

# INSTRUCTION MANUAL



**READ THIS MANUAL CAREFULLY BEFORE INSTALLATION AND OPERATION AND SAVE IT FOR FUTURE REFERENCE.**

**ALL PRODUCT DRAWINGS ARE ONLY FOR REFERENCE. THE FINALLY CORRECT DETAILS PLEASE SEE REAL PRODUCTS.**

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# Safety Precautions

Thank you for purchasing this treadmill, it has been designed and manufactured to give you many years of trouble free service. You may already be familiar with using a similar product but please take the time to read these instructions which have been written to ensure that you get the very best from your purchase.

## Warnings

1. To reduce the risk of serious injury, read the following important warnings before using the treadmill.
2. Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the treadmill properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

## Electrical Safety Precautions

Failure to observe the following warnings may increase the risk of an electric shock and personal injury.

1. Always check the power cable for damage prior to use. If any damage is observed, do NOT use the power cable.
2. Never touch the power cable with wet hands.
3. Position the power cable so that it cannot be walked on or pinched.
4. Only the supplied power cable should be used with the treadmill.

## General Safety Precautions


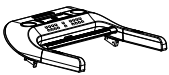

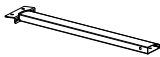
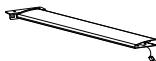
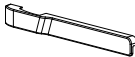
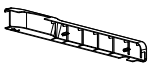

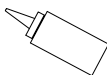
1. Use the treadmill only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the power cable.
3. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and safety precautions.
4. The treadmill is heavy and should be removed from the packaging and assembled by two people.
5. Before assembling the treadmill, make sure that it is not plugged into any electrical source, such as a wall socket.
6. Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. Position the treadmill with at least 2 meters \* 1 meter of free space behind the treadmill.
7. Keep the treadmill away from excessive moisture and dust.
8. Before using the treadmill, check the nuts and bolts are securely tightened.
9. The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. Do not use the treadmill until they have been replaced.
10. The treadmill has been tested and certified to EN20957 under class H.C. Suitable for domestic, home use only.
11. The maximum loading of this treadmill is 150KG.
12. Braking is controlled by the belt rotation power supply.
13. The treadmill is not suitable for therapeutic use.

14. Keep children and pets away from the treadmill. The treadmill is designed for adult use only.
15. Wear suitable clothing whilst using the treadmill. Avoid wearing loose clothing which may get caught in the treadmill or clothing that may restrict or prevent movement.
16. Do not arch your back when using the treadmill; always try to keep your back straight.
17. If you feel pain or dizziness while exercising, stop immediately and cool down.
18. The pulse sensor is not a medical device. Several things including user movement, may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
19. Care must be taken when lifting or moving the treadmill so as not to injure your back. Always use proper lifting techniques and/or use assistance.
20. A safe key is supplied for personal safety. Use the safe key when operating the treadmill for the emergency dismount function. In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.
21. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the treadmill after any damaged parts have been fixed.
22. The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given adequate supervision or instruction. Concerning use of the appliance in a safe way and understand the hazards involved.
23. Supervised children using the treadmill must not be allowed to play with the treadmill.
24. This machine must be well earthed. It can decrease the danger of electric shock
25. Cleaning and user maintenance shall not be made by children without supervision.

# Assembly Steps

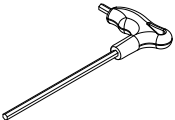
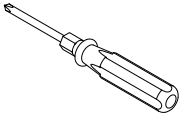

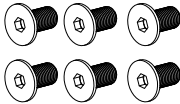
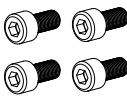

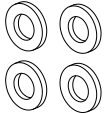
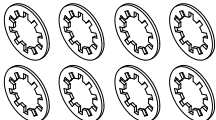
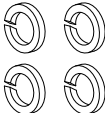
Please check the package list carefully before assembly.

## Package list:

				
A	B	C	A08	A09
				
C08	C09	E22	E	

NO.	Description	Specification	QTY	NO.	Description	Specification	QTY
A	Mainframe		1	C08	Left bottom cover		1
B	Display seat assembly		1	C09	Right bottom cover		1
C	Display		1	E22	Power cable		1
A08	Left column assembly		1	E	Silicon oil		1
A09	Right column assembly		1				

## Hardware

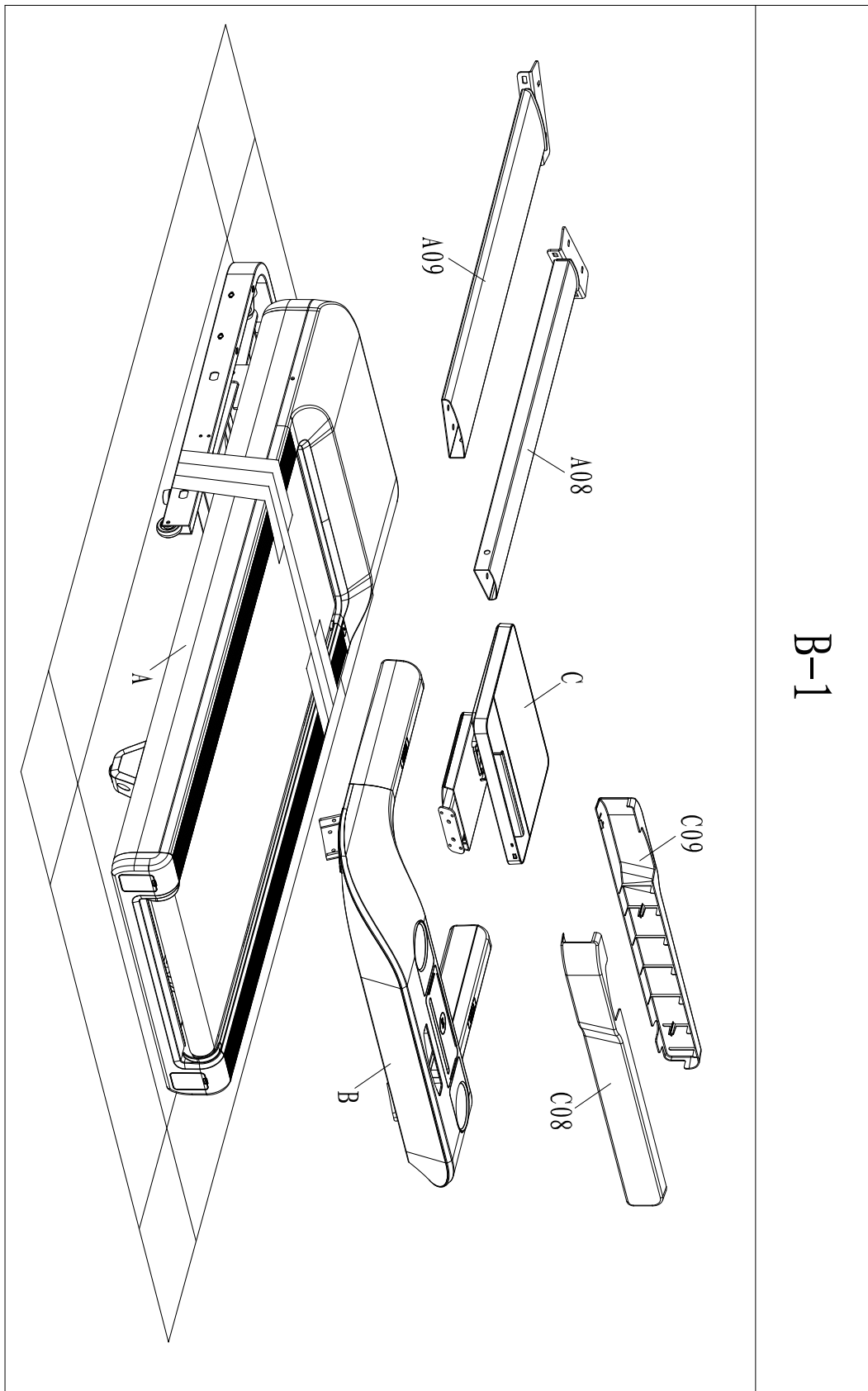
B14 S6 (1X) 	B15 6*125 (1X) 	D09 M10*25 (8X) 
D15 M10*20 (6X) 	D19 M8*15 (4X) 	D31 ST4. 2*12 (4X) 
D40 φ 8 (4X) 	D44 φ 10 (8X) 	D48 φ 8 (4X) 

**Attention: please don't switch on before finish assembling.**

**Step 1:**

1. Open the package, take out the parts and place them on the ground, and you can see the drawing below.

**Note: Do not untie the packing strap of the main frame (A) before taking out the product.**

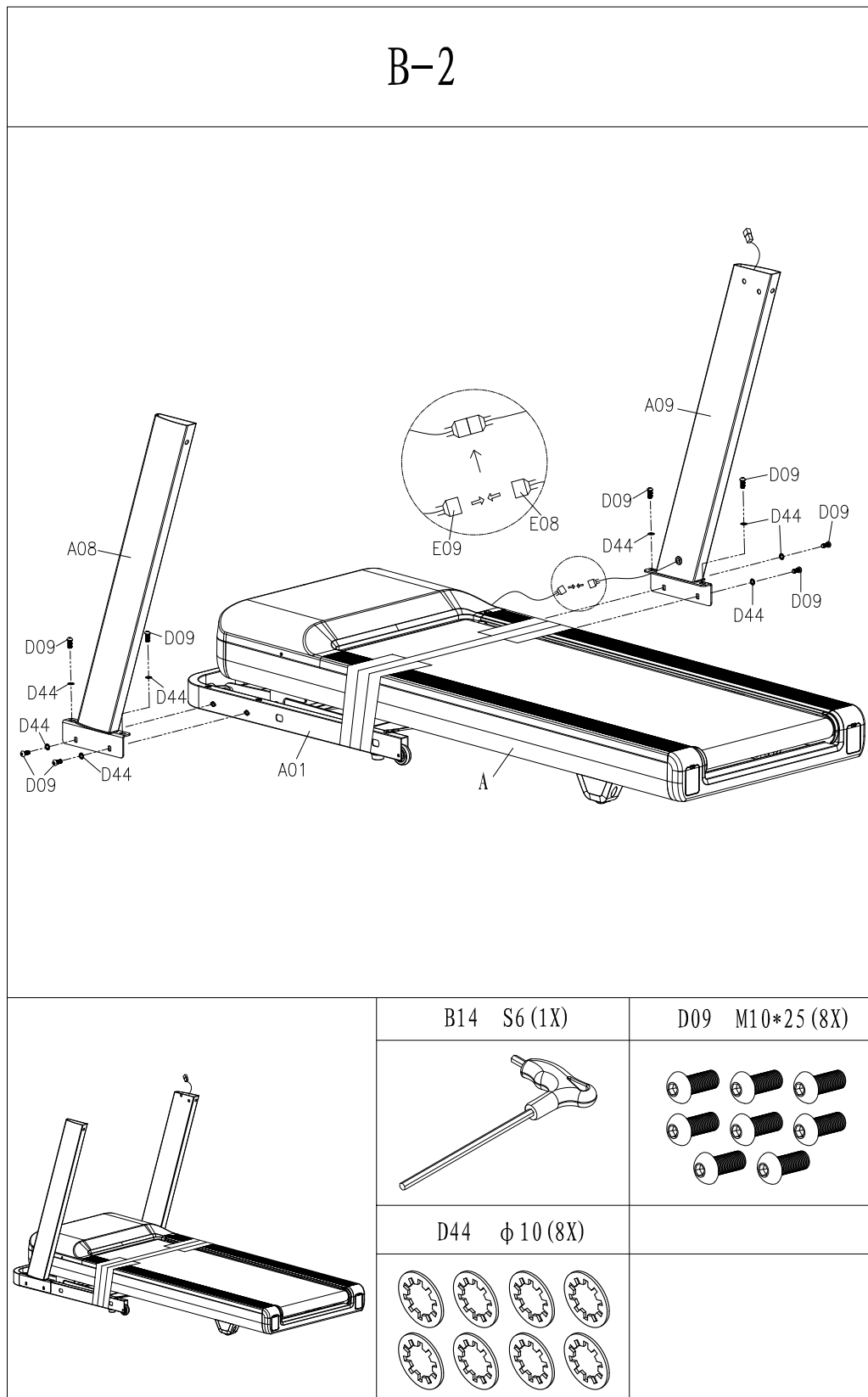


B-1

## Step 2:

1. Fix the left column assembly (A08) to the main frame (A01) with inner hexagon pan head bolt (D09) and internal toothed lock washer (D44).
2. First, connect the extension wire 2 (E08) of the display with the lower wire (E09) of the display. Then fix the right column assembly (A09) with inner hexagon pan head bolt (D09) and internal toothed lock washer (D44) by Allen wrench (B14).

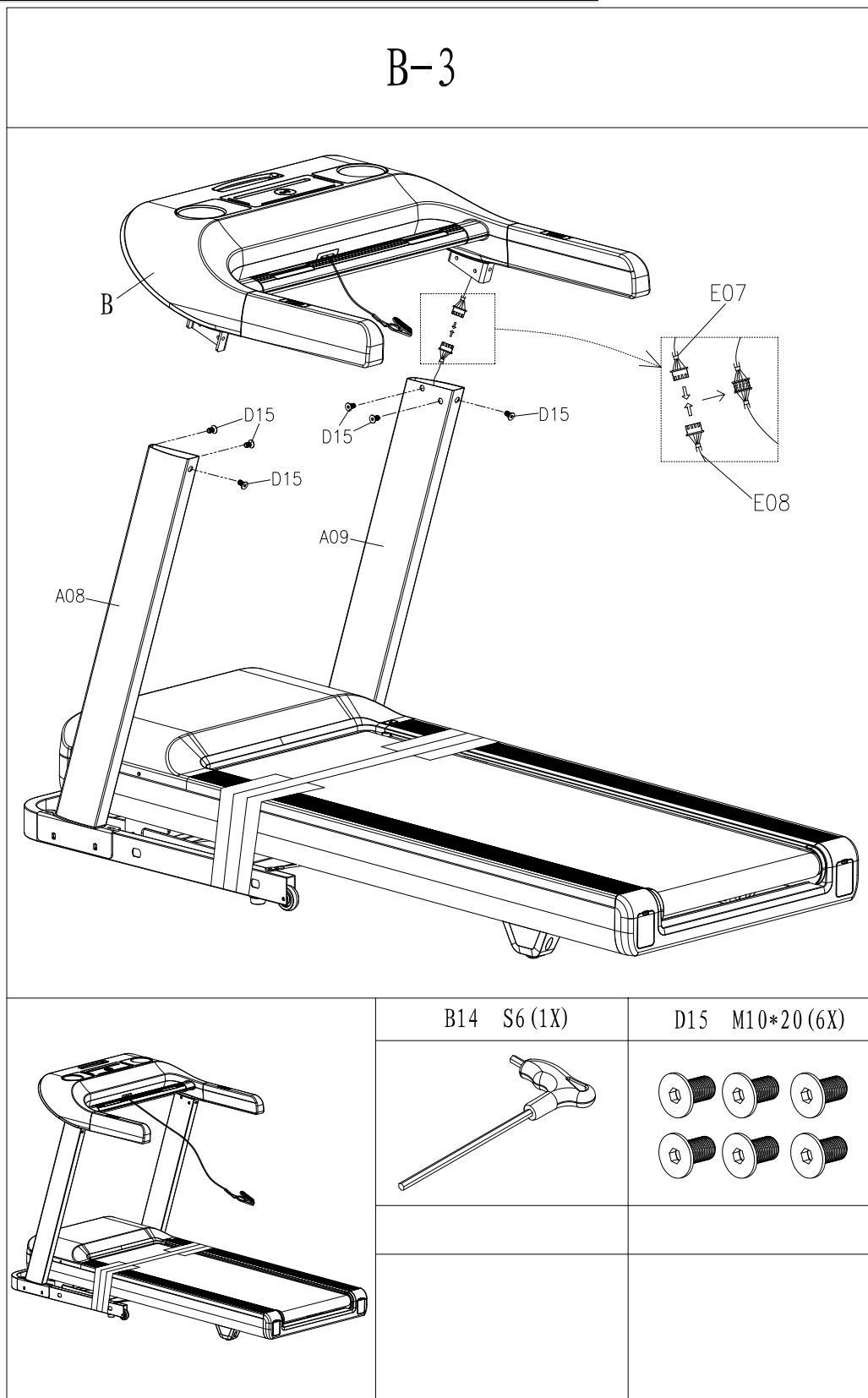
**Note: Do not pinch the wires during the assembly process.**



### Step 3:

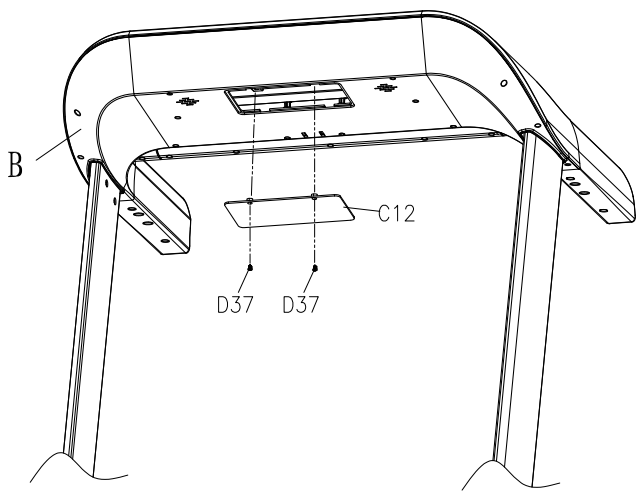
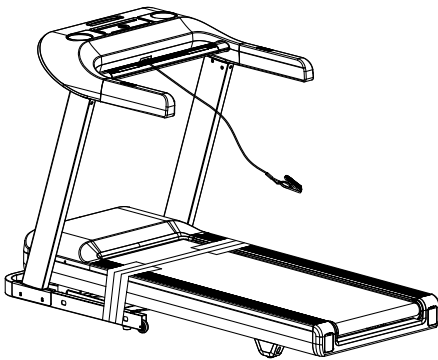
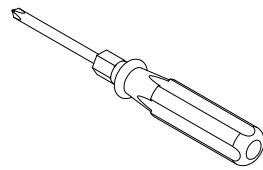
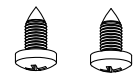
1. Connect the extension wire 1 (E07) of the display with the extension wire 2 (E08) of the display.
2. Fix the display assembly (B) to the left and right upright column (A08, A09) with inner hex countersunk head bolt (D15) by Allen wrench (B14).

**Note: Confirm that the above wires are well connected before fastening the screws.**



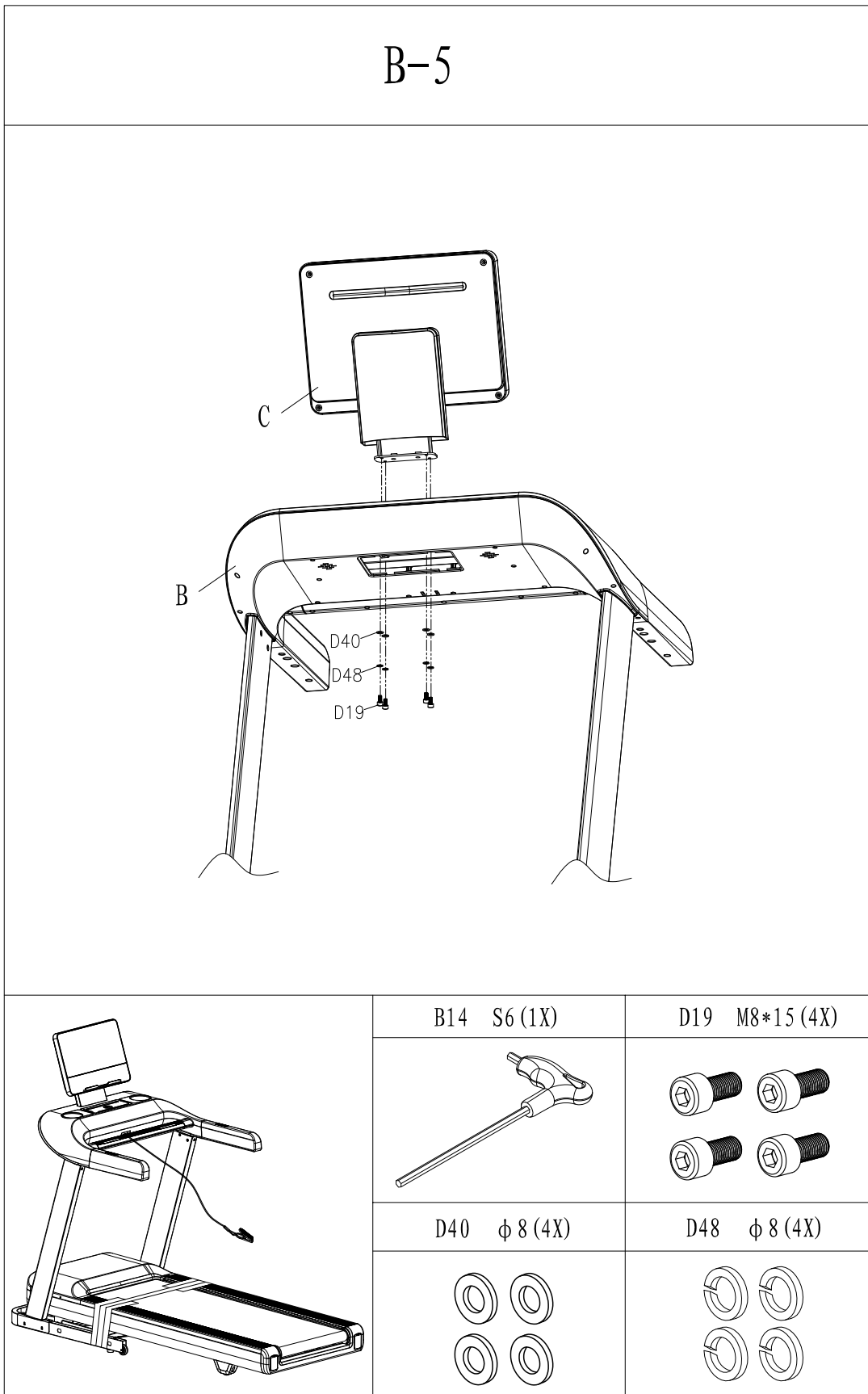
### Step 4:

1. Remove rge cross pan head screw (D37) by screw driver (B15) and then set them aside for later use. At the same time, remove the display bottom small cover (C12) of the electronic watch and set it aside for later use.

<h1>B-4</h1>			
			
	B15 6*125 (1X)	D37 ST4.2*10 (2X)	
			

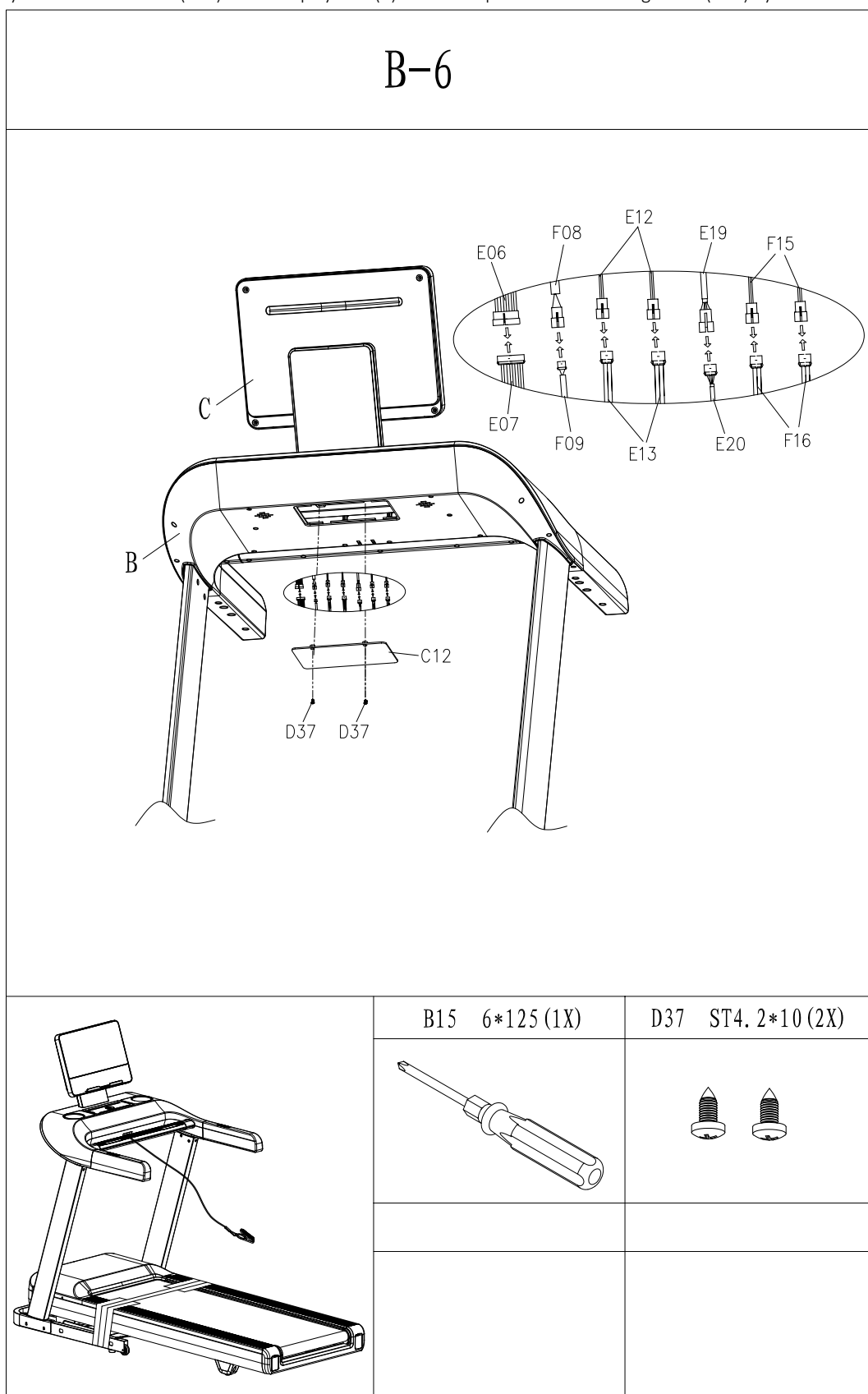
**Step 5:**

1. Fix the display assembly (C) to the display seat (B) with inner hexagon pan head bolt (D19), spring washer (D18) and washer (D40) by Allen wrench (B14).



**Step 6:**

1. First, connect the wires.
2. Fix the display bottom small cover (C12) to the display seat (B) with cross pan head self-drilling screw (D37) by screw driver (B15).



## Step7

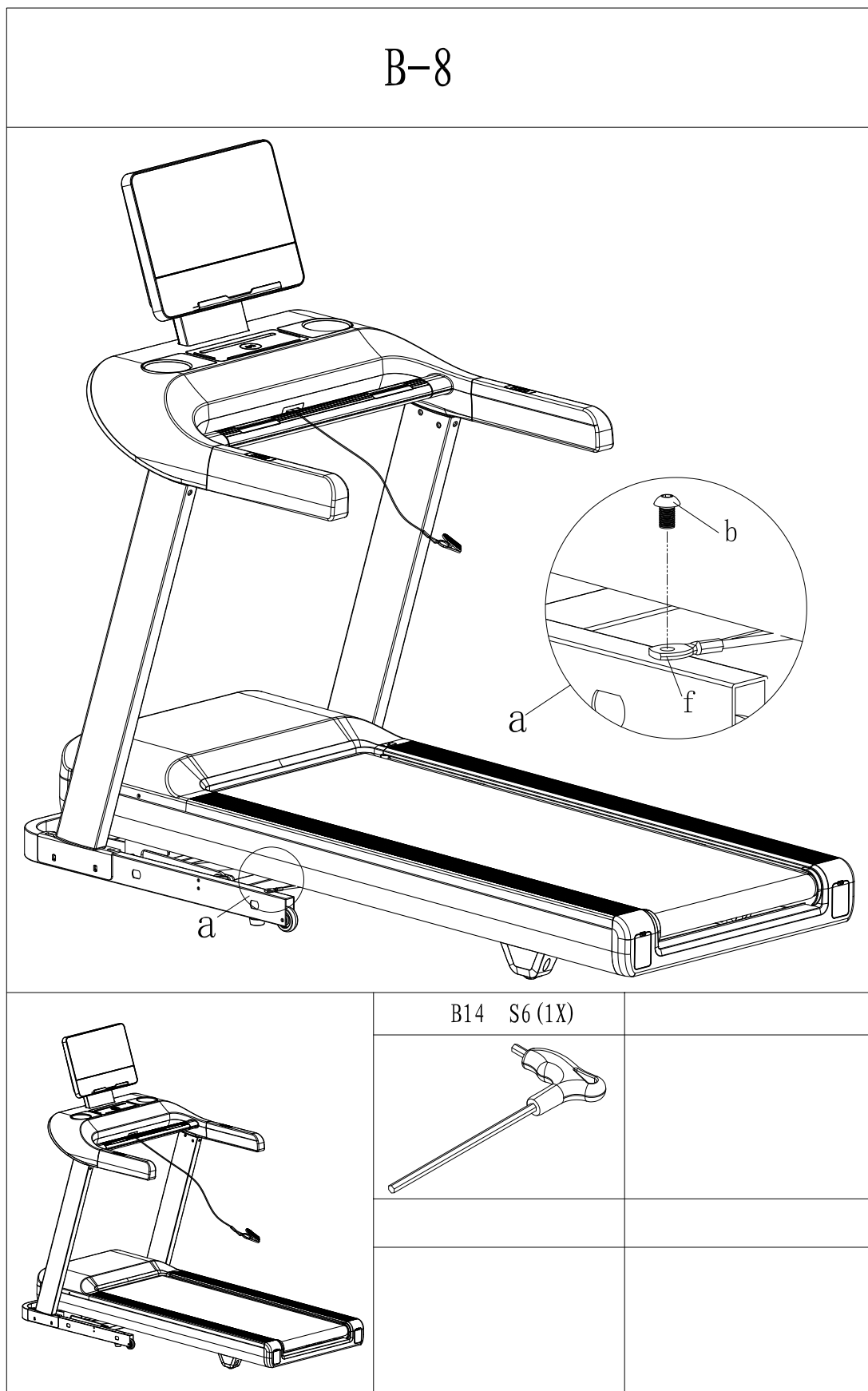
1. Cut the packing belt.

B-7




## Step8

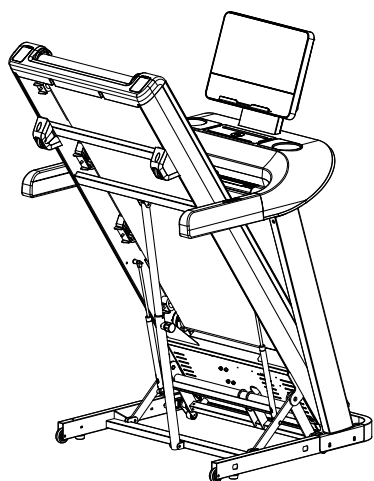
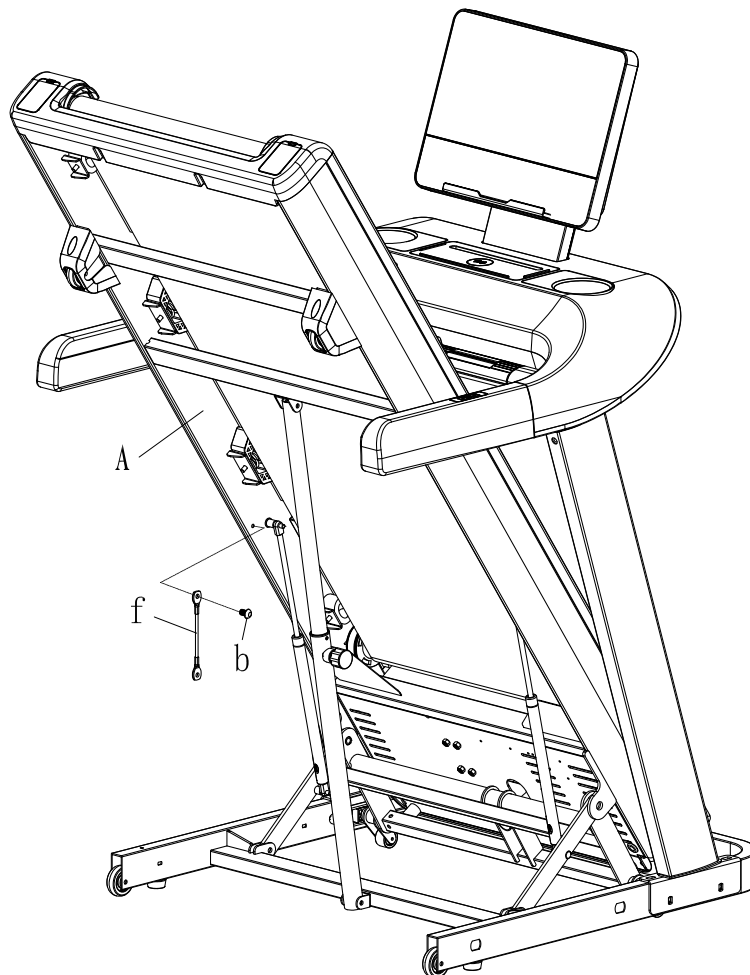
1. Use an Allen wrench (B14) to remove the inner hexagon pan head bolt (b) and disassemble the end of the steel cable (f) at the base component side.



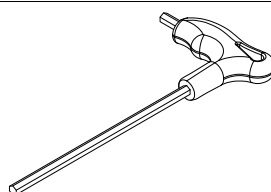
## Step9

Note: The steel cable (f) is not regarded as a component of the machine itself. It is merely an accessory added for the safety of installers and users during the product packaging process. After the steel cable (f) is removed, it should be properly stored for use in the next packaging.

# B-9

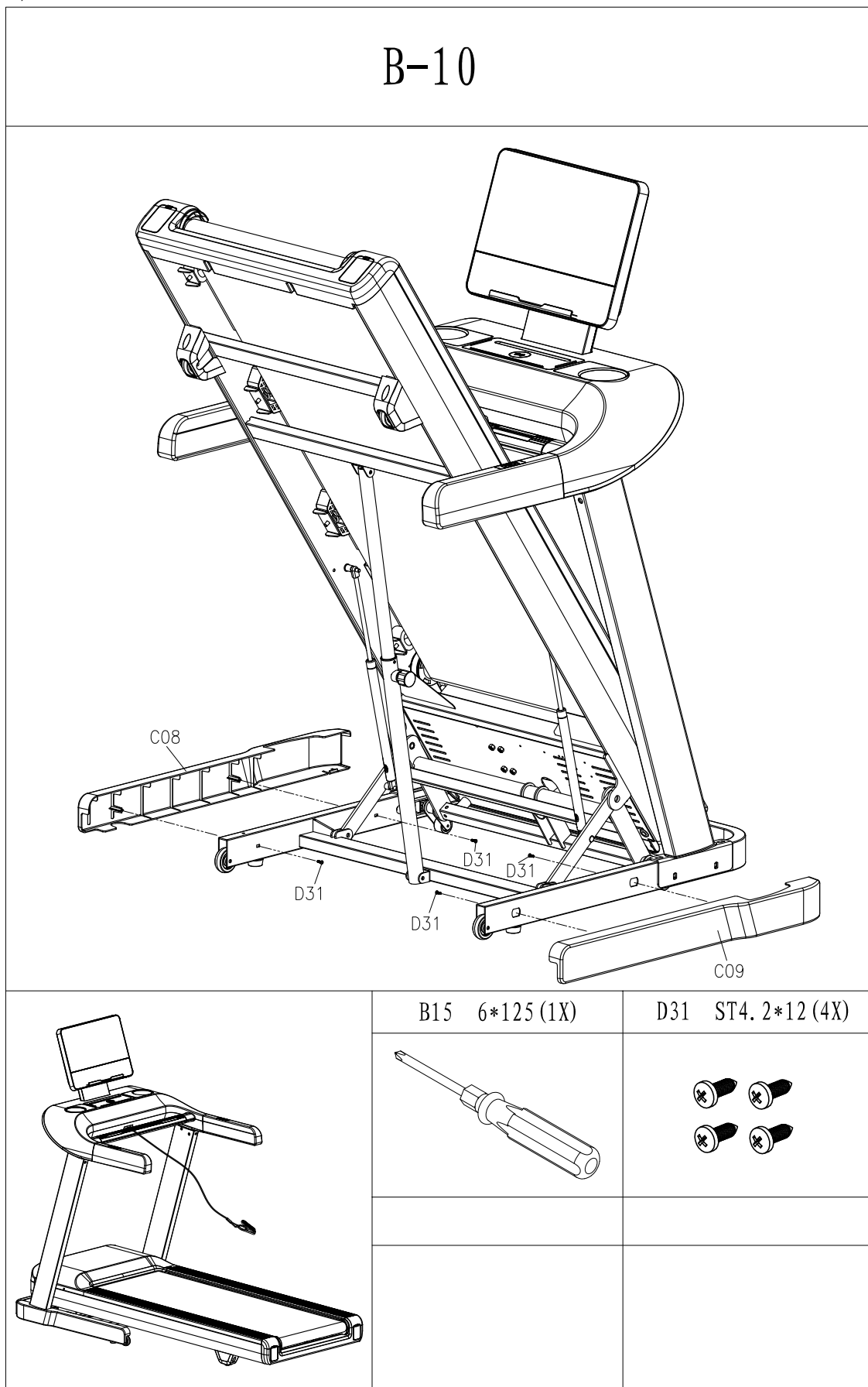


B14 S6 (1X)



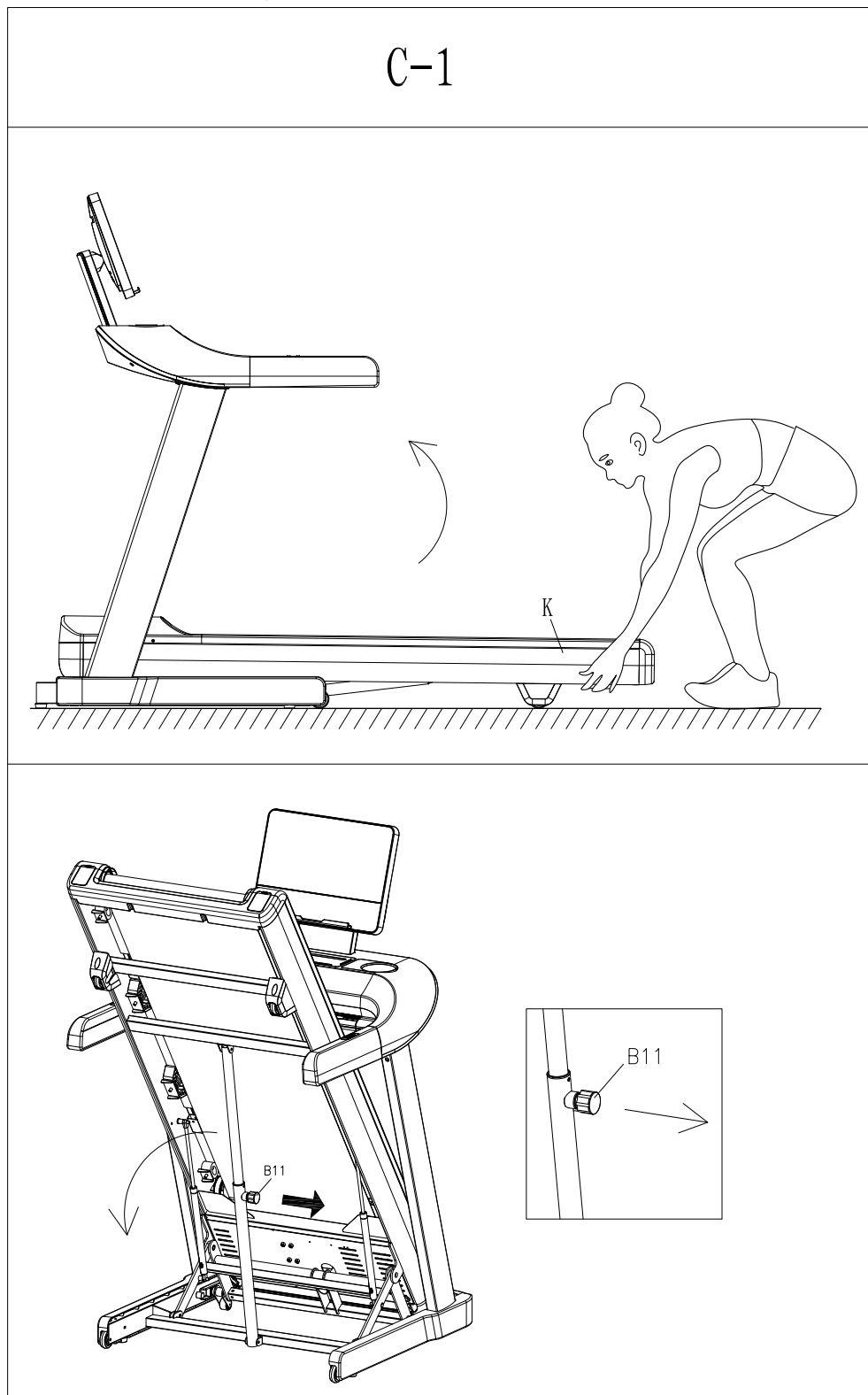
## Step10

1. Use a screwdriver (B15) and cross pan head self-tapping screws (D31) to assemble the left/right bottom cover (C08/C09) onto the main frame (A01).



# Folding and unfolding

1. When folding the machine: (Do not fold the machine while it is in operation or ascending.) Place your hand at position (K), lift the machine upward, and push it in the direction of the arrow with a bit of force until you hear the sound of the gas pressure rod snapping into place.  
**Note: When lifting the machine upward, to prevent it from moving forward, another person can assist by holding against the front end of the machine table.**
2. When lowering the machine table: Grasp the spring bolt (B11) and pull the spring bolt (B11) forcefully in the direction indicated by the arrow, and the machine table will automatically descend.



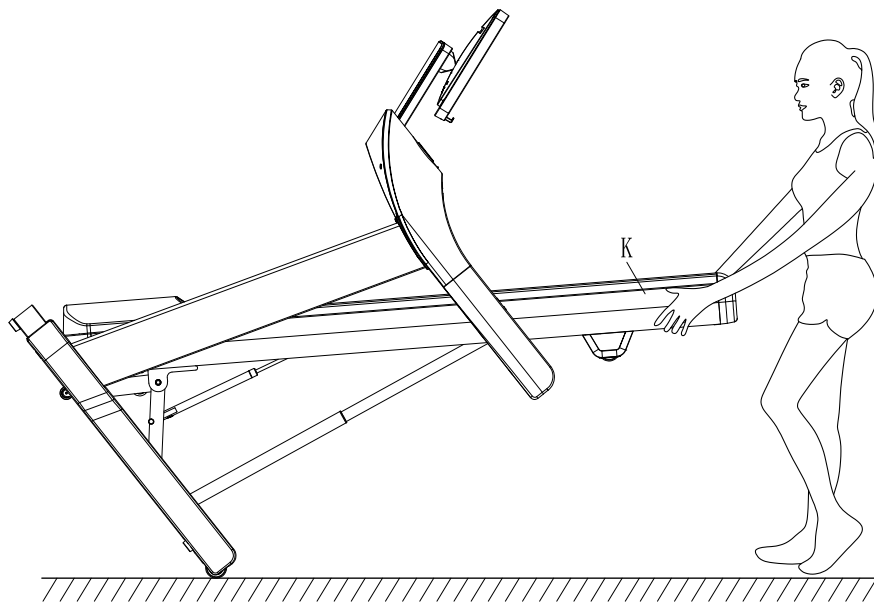
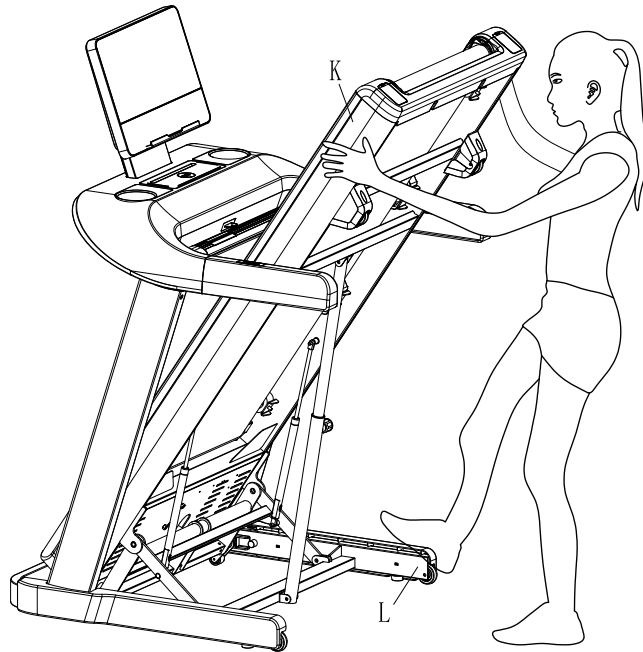
# Transportation

1. When carrying the machine table, place your hand at position (K), step on the base tube (L), and press the machine table downward.

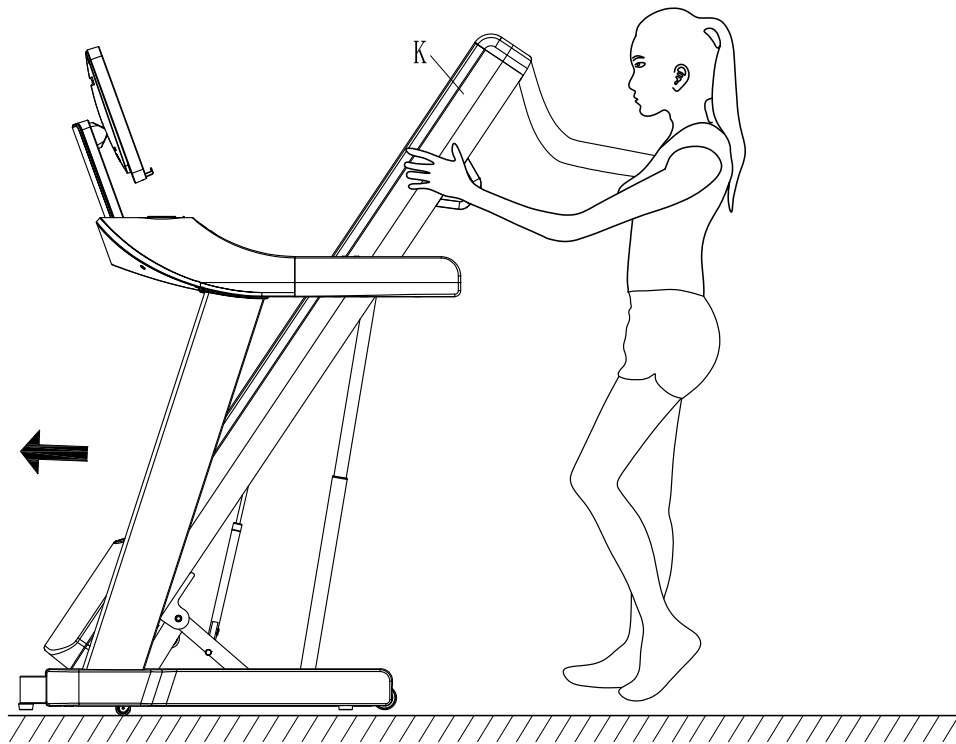
**Note: Since the machine table is heavy, another person can assist.**

2. Place your hand at position (K) and move the machine table.

D-1



D-2



# Display Operation introduction

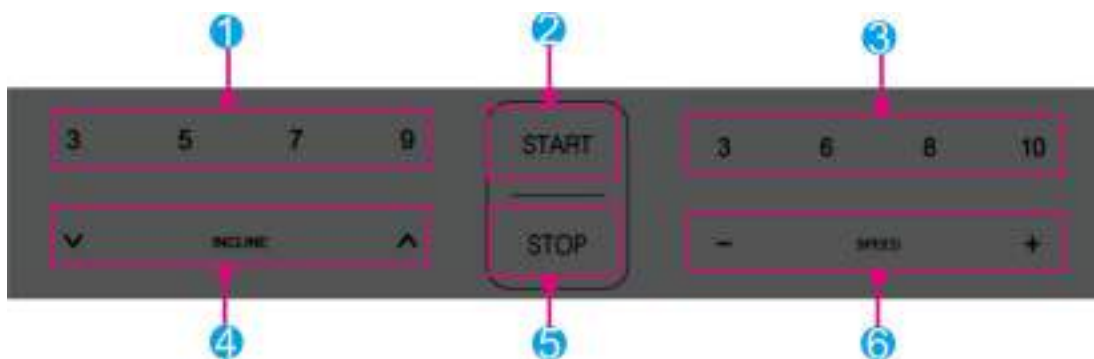
## 1. Attention

1. To ensure the normal operation of the treadmill, please do not download other software.
2. In order to ensure the operating speed of the treadmill, please clear its cache regularly.
3. The treadmill maybe cannot connect to Wi-Fi that requires web authentication.
4. When using the treadmill for the first time, please register your personal account first, so that you can better experience the powerful functions of PRM (The Professional Running Manager).

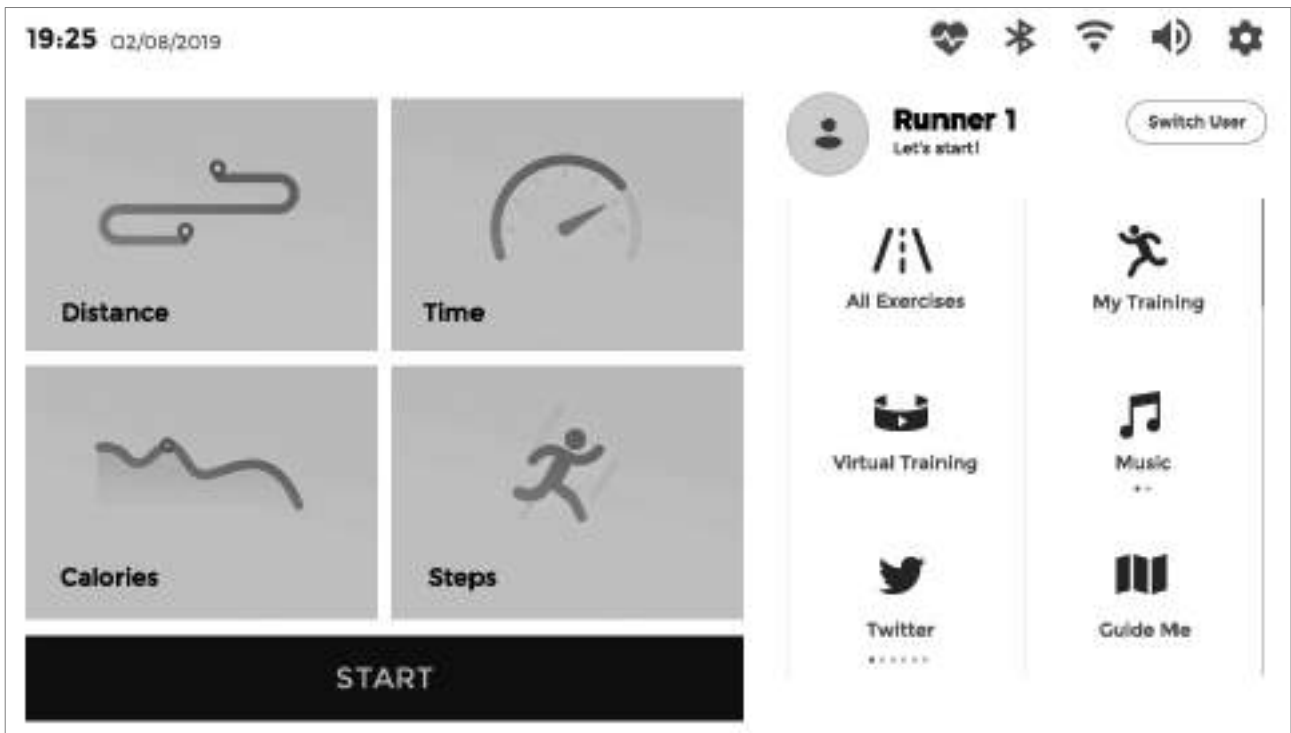
## 2. Start-up

1. Check that the safety key is properly configured, and turn on the power switch.
2. After startup, the screen displays the buffer interface, and then enter the main interface when the progress bar is 100%.










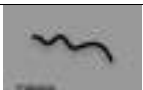
## 3. Main windows instruction


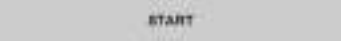










NO.	Icon	Function description
1		Incline quick button.
2		"Start" button: When the power supply is turned on and the safety key is engaged, pressing this button at any time can start the treadmill. If it is started in the manual mode, the treadmill will start and run at the lowest speed and the lowest inclination.
3		Speed quick button.
4		Incline Increase/Decrease button: The adjustable range is from 0 to 15 levels. The adjustment amplitude is 1 level per operation. When the button is continuously pressed for more than 0.5 seconds, it will automatically increase or decrease continuously.
5		"Stop" button: When the power supply is turned on and the safety lock is engaged, pressing this button at any time can stop the treadmill.
6		"SPEED" Speed Increase/Decrease button: The adjustable range is from 1.0 to 22 km/h. The adjustment amplitude is 0.1 km per operation. When the button is continuously pressed for more than 0.5 seconds, it will automatically increase or decrease continuously.



**Warning:** Regarding the number of steps, there may be certain deviations if the speed is below 2 km/h, or above 12 km/h with a incline greater than 10%.

ICON	DESCRIPTION
19:25 02/08/2019	Time and date: When the device is connected to the Internet, they will be automatically calibrated
	Heart rate: When the device detects the heart rate, this icon will be lighted ON (if the device is equipped with a wireless chest belt, the heart rate data from the wireless chest belt will be displayed in priority)
	Bluetooth: This icon will be lighted ON when the device is connected to the APP
	Wi-Fi: This icon will be lighted ON when the device is connected to the Wi-Fi
	Volume adjustment: Adjust the volume by scrolling
	Settings
	Current user name
	User quick switch
	Distance count down
	Time count down
	Calories count down

	Steps count down
	Start up
	Built-in HRC, Runway, Workout Programs
	Built-in user information settings, My Reports, My Programs, My Test
	Scene training mode
	Local music, video file management and playing
	Third-party APP
	User's manual
	Return
	Homepage

# Function Details

## Quick Start

After clicking "START", the device will start up at the lowest speed and incline.

As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.

## Distance Count Down



1. After clicking this icon, there will be five system modes (5 KM, 10 KM, 15 KM, Half Marathon, Marathon) and other custom modes (Customize) available.
2. After setting, click "START" to start the exercise. (As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.)
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

## Time Count Down



1. After clicking this icon, there will be five system modes (10 MIN, 20 MIN, 30 MIN, 40 MIN, 60 MIN) and other custom modes (Customize) available.
2. After setting, click "START" to start the exercise. (As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.)
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

## Calories Count Down



1. After clicking this icon, there will be five system modes (150 KCAL, 300 KCAL, 500 KCAL, 800 KCAL, 1000 KCAL) and other custom modes (Customize) available.
2. After setting, click "START" to start the exercise. (As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.)
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

## Steps Count Down



1. After clicking this icon, there will be five system modes (1 KILOSTEPS, 2 KILOSTEPS, 5 KILOSTEPS, 8 KILOSTEPS, 10 KILOSTEPS) and other custom modes (Customize) available.
2. After setting, click "START" to start the exercise. (As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.)
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

## All Exercises

- HRC

**Note: To better experience this function, it is recommended to be equipped with both wireless heart rate receiver and chest belt.**



Click "HRC".



Set the parameters as required. After setting, click "START" to start the exercise.

**Note: Age cannot be set here, which needs to be set/modified in the user information.**

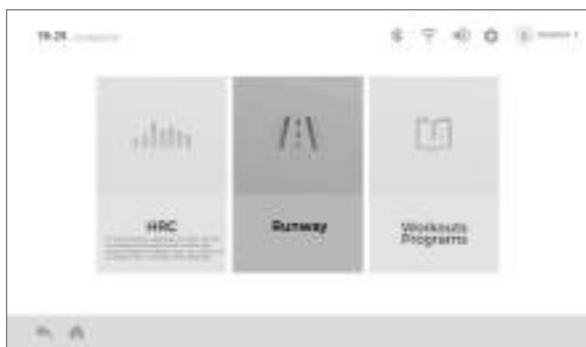


1. As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.

**Note: The pink line represents the maximum heart rate, the blue line represents the target heart rate, and the red line represents the user's real-time heart rate.**

2. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

- Runway



Click "Runway".

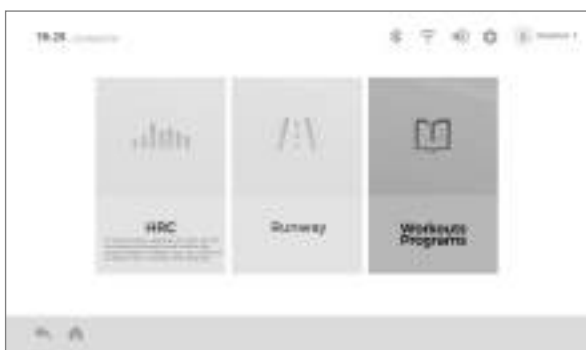


Set the number of circles as required (400m / circle).  
After setting, click "START" to start the exercise.



1. After the runway is lighted ON for one circle, the number of completed circles is 1; but if the exercise is less than one circle, it will not be counted.
2. As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

- **Workout Programs**



Click "Workout Programs"

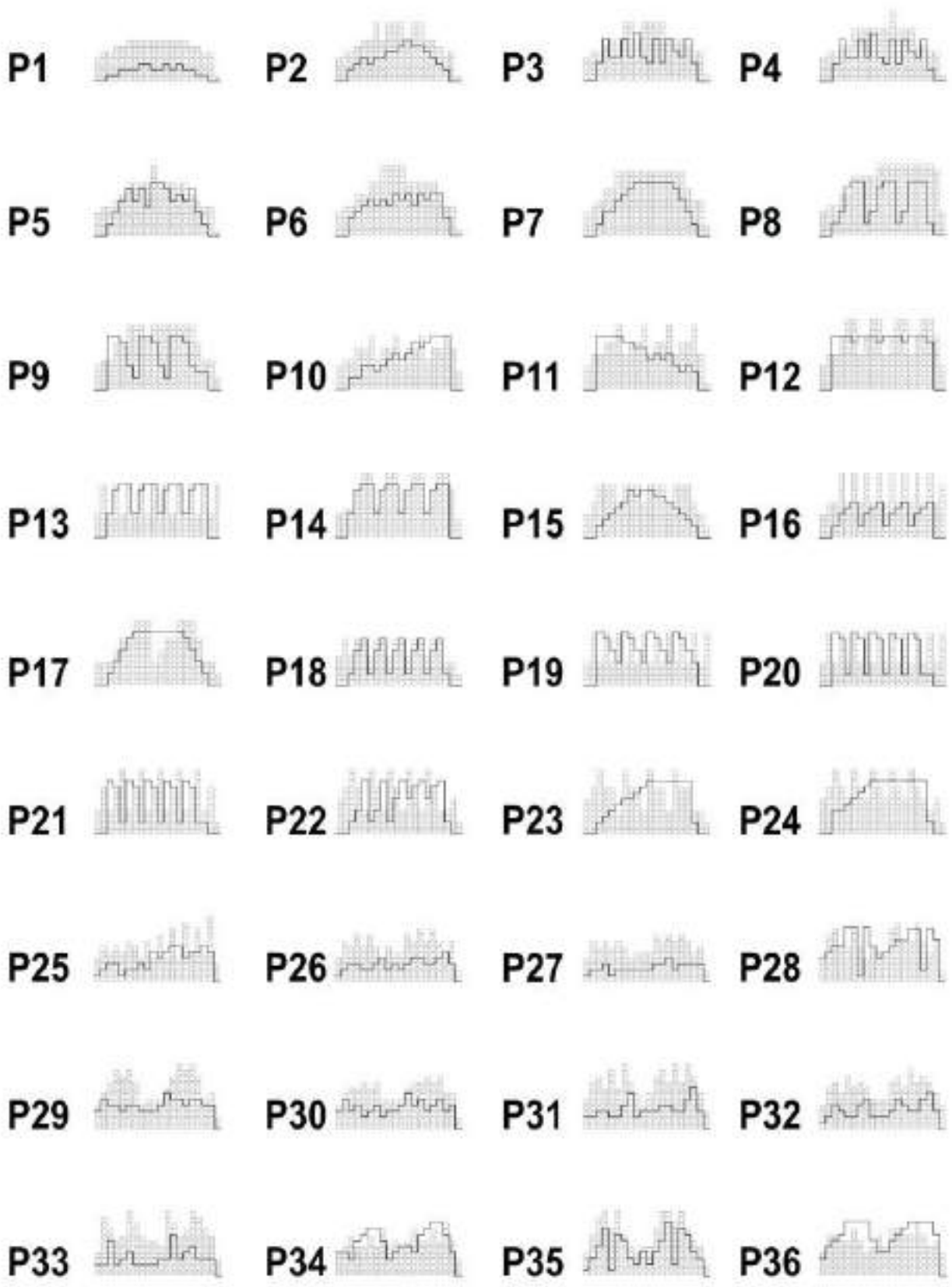


1. Touch lightly the line of "P1-P14", and scroll it left and right, then click to select the training program as required. When the name is lighted ON, the program is selected; the bar chart displays the segmented data of Speed and Incline.
2. Set the exercise time. After setting, click "START" to start the exercise.



1. As required, click "SPEED +/SPEED -" to change the speed; click "INCLINE ^/INCLINE v" to change the incline.
2. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

Speed and Incline segmented change curves for P1-P36 programs



## My Training

- Register and modify the user information



1. Register a new user: Click "Edit".
2. Registered users: To confirm whether the current user name is correct, you can click "Switch User" to switch the users; to modify the current user information, you can click "Edit".

Click "Edit Information"



Fill in the information, and then click "Next" to return to the previous interface.

- My Reports



Click "My Reports".



1. Display the current user's total exercise data.
2. Click "CLEAR DATA" to clear the data.

- My Programs



Click "My Programs".



1. Click "Speed" or "Incline" and scroll the circular slider to set the corresponding segmented value of "Speed" or "Incline".
2. Set the exercise time. After setting, click "START" to start the exercise.
3. Each user can set 6 custom programs.



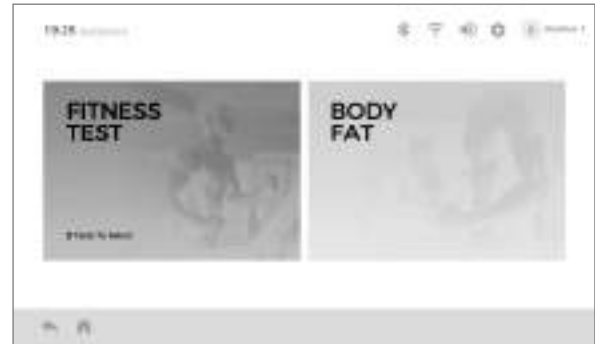
1. As required, click "SPEED +/SPEED -" to change the speed; click "INCLINE ^/INCLINE v" to change the incline.
2. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

- My Test

1. FITNESS TEST



Click "My Test"



Click "FITNESS TEST"



Click "HRC".



Click "PRO".

**Note: To better experience this function, it is recommended to be equipped with both wireless heart rate receiver and chest strap.**



Set the parameters as required. After setting, click "START" to start the test.

**Note: Age cannot be set here, which needs to be set/modified in the user information.**



Confirm the user information; if there is an error, please go to the user information to modify it, or switch the users. After setting, click "START" to start the test.



1. As required, click "SPEED +/SPEED –" to change the speed; click "INCLINE ^/INCLINE ∨" to change the incline.
2. After the 15-minute test, automatically display the rating results of the current test.

**Note: During test, if clicking "STOP" to stop it, the test will not be completed, and there will be no rating results.**



1. As required, click "SPEED + / SPEED –" to change the speed; click "INCLINE ^ / INCLINE ∨" to change the incline.
2. After the 15-minute test, automatically display the rating results of the current test.

**Note: During test, if clicking "STOP" to stop it, the test will not be completed, and there will be no rating results.**

The formula for the result is  $V_{O2} = (D_{12} - 504.9) / 44.73$ .  $V_{O2}$  is test result and  $D_{12}$  is the distance that run in 12 minutes.

	Age	V <sub>O2</sub> MAX (ml/min/kg)				
Male	20-29	V<38	38≤V<42	42≤V<46	46≤V<51	V≥51
	30-39	V<37	37≤V<41	41≤V<44	44≤V<48	V≥48
	40-49	V<35	35≤V<38	38≤V<42	42≤V<46	V≥46
	50-59	V<32	32≤V<36	32≤V<39	39≤V<43	V≥43
	60-69	V<29	29≤V<32	32≤V<36	36≤V<40	V≥40
	70-79	V<26	26≤V<29	29≤V<32	32≤V<37	V≥37
Female	20-29	V<32	32≤V<36	36≤V<40	40≤V<44	V≥44
	30-39	V<31	31≤V<34	34≤V<38	38≤V<42	V≥42
	40-49	V<29	29≤V<33	33≤V<36	36≤V<40	V≥40
	50-59	V<27	27≤V<30	30≤V<33	33≤V<37	V≥37
	60-69	V<25	25≤V<27	27≤V<30	30≤V<33	V≥33
	70-79	V<24	24≤V<26	26≤V<28	28≤V<31	V≥31
Class		Fail	Pass	Good	Great	Excellent
Result		E	D	C	B	A

## 2. BODY FAT



Click "My Test"



Click "BODY FAT"



keep your hands holding the hand pulse sheet, the window will display your body fat index in 8 seconds.



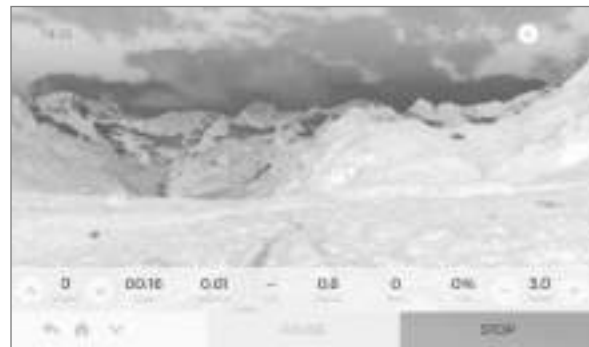
Set the tester information. After setting, click "Next".

≤19	THIN
= (20 ~ 25)	NORMAL
= (26 ~ 29)	WEIGHT
≥30	FAT

## Virtual Training



Scroll left and right to select the desired scene, and then click "START" to start the exercise.

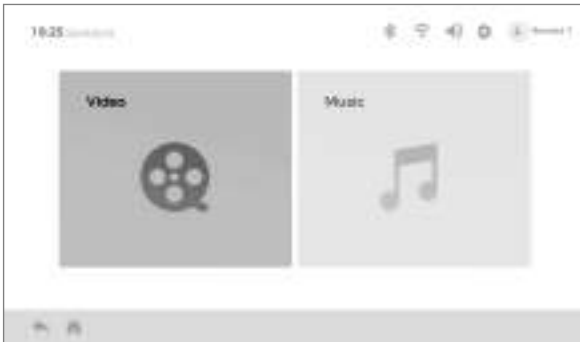


1. As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.
2. Click "v" at the bottom left to switch to full-screen mode, and click "^" at the bottom right to switch to the original state.
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.

## Video & Music

Manage and play the audio and video files built in the device or inside USB, and support to play the files in MP3, APE, MP4, MOV and other common audio and video formats.

- **Video**



Click "Video".





1. As required, click "SPEED + / SPEED -" to change the speed; click "INCLINE ^ / INCLINE v" to change the incline.
2. Click "v" at the bottom left to switch to full-screen mode, and click "^" at the bottom right to switch to the original state.
3. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.



Select the video file that you want to watch.



Note: When the video is playing, the user can click  to zoom out the video to a compact window (or choose whether to click  to pause the video playing). At this time, the user can operate other functions of the device.

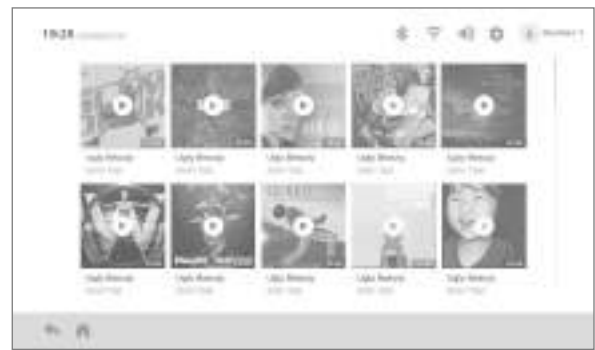


After these operations are completed, click the compact window to switch to the interface of video playing.

● Music



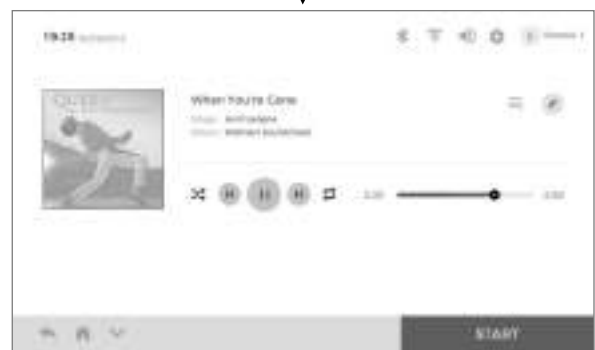
Click "Music"



Select the audio file that you want to play.



1. As required, click "SPEED +/SPEED -" to change the speed; click "INCLINE  $\wedge$  /INCLINE  $\vee$ " to change the incline.
2. Click "PAUSE" to pause the exercise; click "STOP" to stop the exercise, and automatically display its related data records.



After clicking the playlist "☰", the user can select some music files to play. After "X" or "🔄" is lighted ON, the user can change the order in which audio files are played.

**Note:** When the music is playing, the user can click "📏" to zoom out the music to a compact window. At this time, the user can operate other functions of the device.

Click "START" to start the exercise.



After these operations are completed, click the compact window to switch to the interface of music playing.

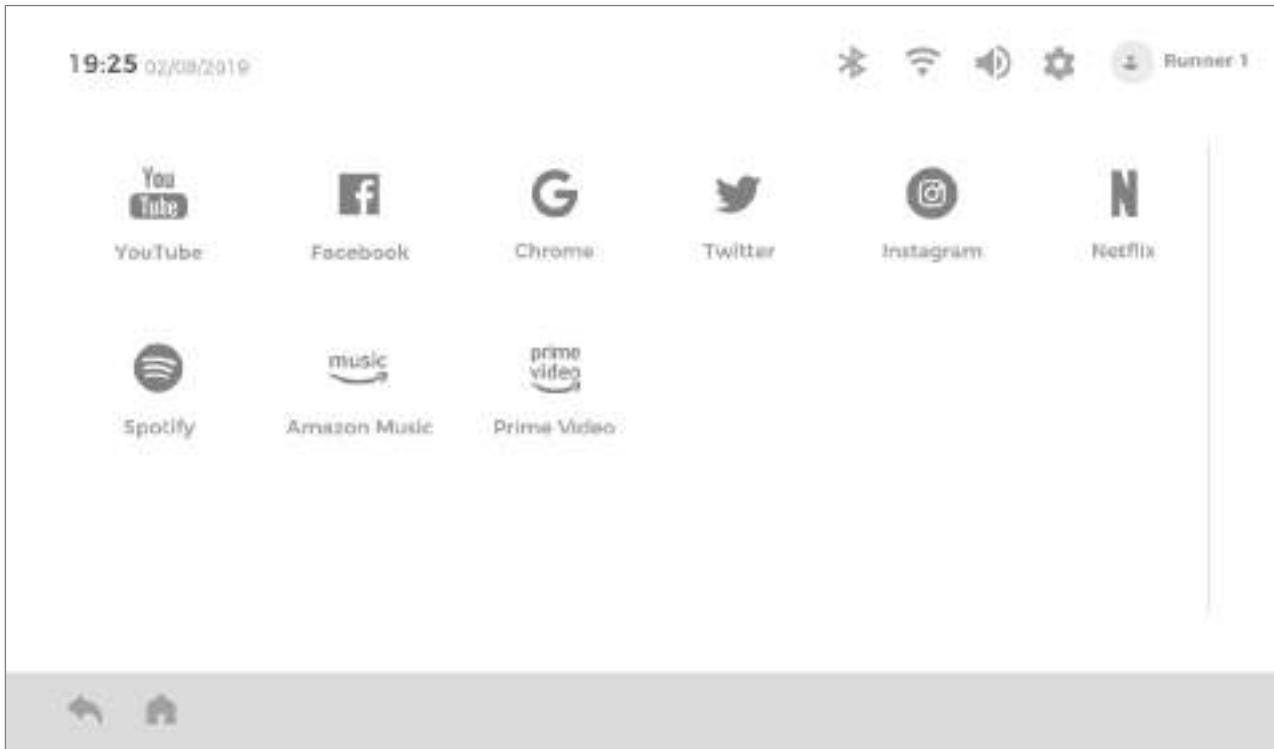
## Application

Built-in third-party Apps: YouTube, Amazon Music, Instagram, Twitter, Chrome, Netflix, Spotify, Facebook and Prime Video.

Due to different laws of network management in different regions, some APP functions may not be used.

When using, it needs to be connected to Wi-Fi.

Try not to use the APP during exercise, so as to avoid any accidental injury caused by distraction



## Guide Me

It is recommended to read Instruction and Prompt in Guide Me before exercise.

## Setting

- **Wi-Fi**  
Switch on the Wi-Fi signal, scroll up and down the Wi-Fi list, and click the name of the Wi-Fi to be connected, then enter the password to connect it.
- **Display & Brightness**  
Scroll up and down to adjust the screen brightness.
- **Language**  
Scroll up and down the language list, and then click to select the desired language.
- **Unit Change**  
Switch between metric system and British system.
- **Time Setting**  
Click to select the time zone that you are located in.
- **Clear Cache**  
It is recommended that the cache be cleaned monthly.

# Tips for Stretching

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

## Thigh Stretch:

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.



## Hamstring Stretch:

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.



## Calf Stretch:

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.
- Note: Keep your back and rear leg straight when performing this exercise.



## Inner Thigh Stretch:

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.



# Maintenance

**Warning: Before cleaning the machine, please make sure the power has been switched off.**

1. **Cleaning:** Wipe away the dust on the belt, running board and side footboard as excess dust may increase the frictional on the belt and cause damage to the machine. It is recommended to clean the machine once a month.

**Warning: Before moving the motor protective cover, make sure to unplug the power plug of the electric treadmill.**

**Open the motor protective cover at least once a year to vacuum and clean the motor.**

2. **Lubrication:**

The running board and running belt of this electric treadmill have been pre - lubricated. The friction between the running belt and the running board has a significant impact on the service life and performance of the electric treadmill. Therefore, it is necessary to lubricate it regularly. We recommend conducting regular inspections of the board surface. If there is any damage to the board surface, please contact our customer service center.

We recommend lubricating the area between the running belt and the running board of the electric treadmill according to the following schedule: (The usage is shown in the diagram below)

People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months

People who use the treadmill less than 3-5 hours per week, please lubricate the machine per 3 months

People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months

3. **Belt adjustment**

- 1) To better maintain your electric treadmill and extend its lifespan, we recommend that: After continuous use for 2 hours, turn off the power and let the machine rest for 10 minutes before using it again.
- 2) If the running belt is too loose, it will slip during running. If it is too tight, excessive tightness may reduce the motor performance and accelerate the wear of the rollers and the running belt. When the running belt is at an appropriate tightness, you can lift both sides of the running belt about 50 - 75mm off the running board by hand.

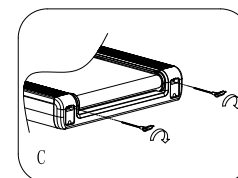
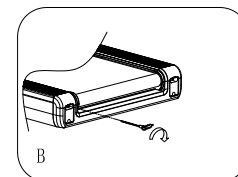
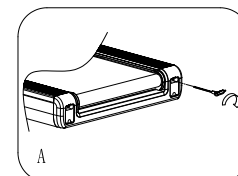
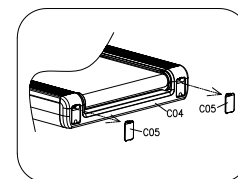
4. **Running Belt Alignment:**

Place the electric treadmill on a flat surface. First, remove the rear corner hole cover (C05), then operate the electric treadmill at a speed of approximately 6 - 8 kilometers per hour and observe the deviation of the running belt.

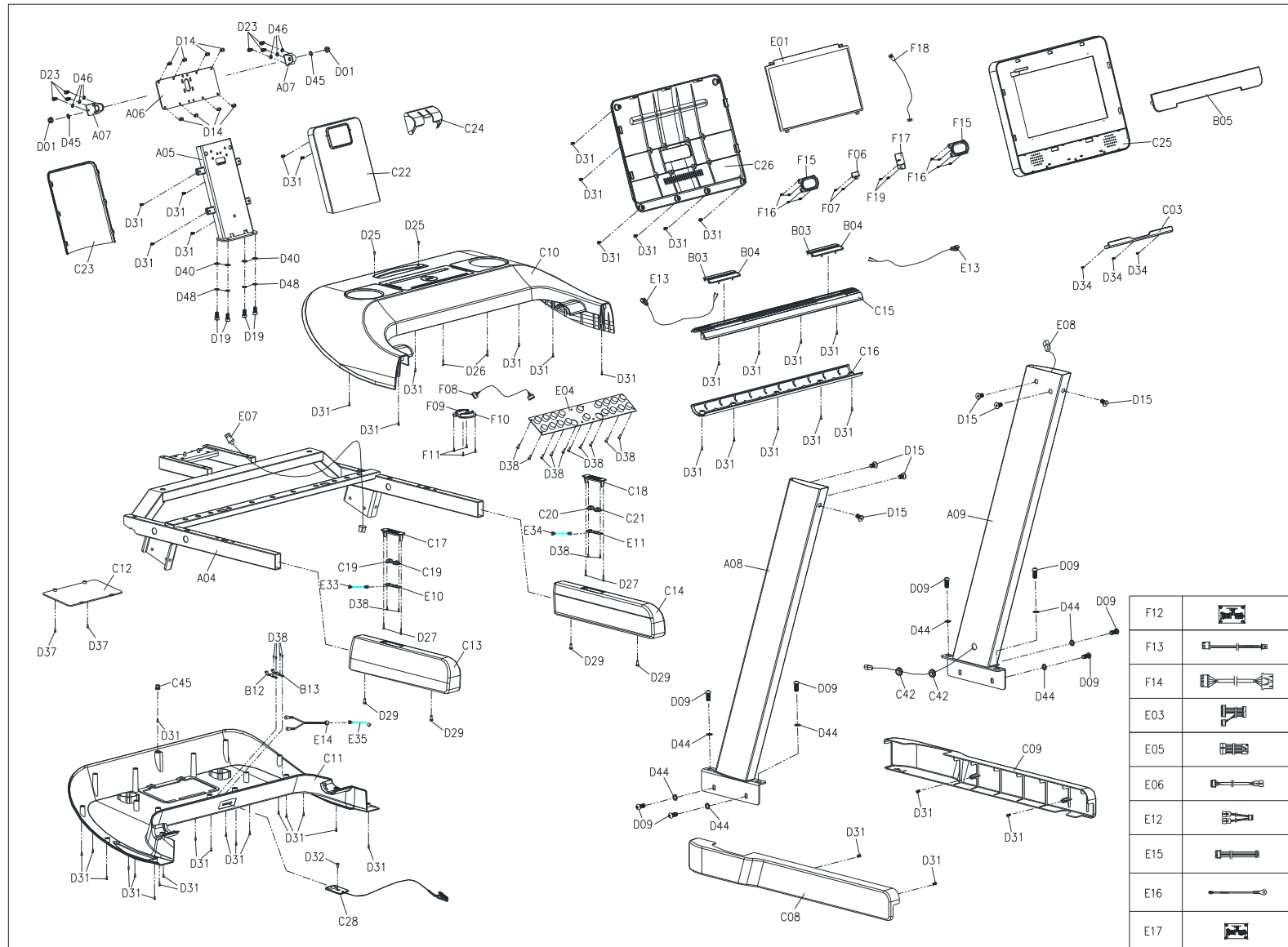
If the running belt deviates to the right, unplug the safety lock and power switch. Rotate the right - hand adjustment bolt clockwise by 1/4 turn. Plug in the power switch and safety lock, operate the treadmill, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. (See Figure A)

If the running belt deviates to the left, unplug the safety lock and power switch. Rotate the left - hand adjustment bolt clockwise by 1/4 turn. Plug in the power switch and safety lock, operate the treadmill, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. (See Figure B)

After the above adjustments or after using the treadmill for a period of time, the running belt may gradually become loose and needs to be adjusted. Unplug the safety lock and power switch. Rotate both the left - hand and right - hand adjustment bolts clockwise by 1/4 turn simultaneously. Plug in the power switch and safety lock, operate the treadmill, and then stand on the running belt to check the tightness. Repeat the above steps until the running belt has an appropriate tightness.



# Explosive drawing





# Part list

NO.	Description	Spec	QTY	NO.	Description	Spec	QTY
A01	Base Assembly		1	C09	Right Bottom Cover		1
A02	Main Frame Assembly		1	C10	Top Display Cover		1
A03	Incline Frame Assembly		1	C11	Bottom Display Cover		1
A04	Display Frame		1	C12	Bottom Display Small Cover		1
A05	Control Panel Support Frame Assembly		1	C13	Left Foamed Handle		1
A06	Panel Fixing Plate Assembly		1	C14	Right Foamed Handle		1
A07	Tapered Shaft Fixing Plate Assembly		2	C15	Front Upper Handlebar Cover		1
A08	Left Column Assembly		1	C16	Front Bottom Handlebar Cover		1
A09	Right Column Assembly		1	C17	Quick Button Seat (Incline)		1
A10	Support Frame Assembly		1	C18	Quick Button Seat (Speed)		1
A11	Adjusting Sleeve Assembly		1	C19	Quick Direction Button		2
A12	Adjusting Inner Tube		1	C20	Quick Speed Increase Button		1
A13	Side Rail Cushion		6	C21	Quick Speed Decrease Button		1
A14	Edge Strip Fixing Plate		4	C22	Front Part of The Rear Cover of The Panel		1
B01	Bushing		2	C23	Rear Part of The Rear Cover of The Panel		1
B02	Gas Spring		2	C24	Screw Cover of The Panel		1
B03	Pulse Iron Sheet 1		2	C25	Upper Cover of The Panel		1
B04	Pulse Iron Sheet 2		2	C26	Lower Cover of The Panel		1
B05	Sound Speaker Mesh		1	C27	Running Belt		1
B06	Incline Rotation Sleeve		2	C28	Safety Key		1
B07	Front roller		1	C29	Lubrication Hole Cover		1
B08	Rear roller		1	C30	Foot Pad		4
B09	Compression Spring 1		4	C31	Adjustable Roller		4
B10	Incline Rotating Sleeve		2	C32	Moving Wheel		2
B11	Spring Pin		1	C33	Cushion Pad		4
B12	Safety Key Spring Plate A		1	C34	Upper Cover of The Oil Guide Pipe		1
B13	Safety Key Spring Plate B		1	C35	Lower Cover of The Oil Guide Pipe		1
B14	T-shaped Allen Wrench		1	C36	Cushion Pad		2
B15	Screw Driver		1	C37	Poly-V Belt		1
C01	Motor Front Cover		1	C38	Trapezoidal Cushion Pad		4
C02	Motor Upper Cover		1	C39	Fixation Seat of the Top Motor Cover		2
C03	Ipad Holder		1	C40	Slide Block		2
C04	Rear Protective Cover		1	C41	Plastic Washer		6
C05	Rear Protective Cover End Cover		2	C42	Annular Wire Protection Plug		2
C06	Upper Side Rail		2	C43	Adjustable Inner Sleeve		1
C07	Wheel Cover		2	C44	Cylinder Cushion Pad		2
C08	Left Bottom Cover		1	C45	Fixing buckle		1
D01	Hexagon Flange Nut	M8	2	D42	Washer	φ8*φ22* 20	2
D02	Spring washer	Φ10	4	D43	Washer	φ10*φ26 *20	4

D03	Type I Non-Metallic Hexagon Nuts	M8	21	D44	Internal Toothed Lock Washers	Φ10	11
D04	Type I Non-Metallic Hexagon Nuts	M10	9	D45	Internal Toothed Lock Washers	Φ8	23
D05	Hexagon Socket Head Cap Screws	M10*20	2	D46	Internal Toothed Lock Washers	Φ6	6
D06	Inner Hexagon Pan Head Screw	M10*45	1	D47	Internal Toothed Lock Washers	Φ5	2
D07	Inner Hexagon Pan Head Screw	M10*42	2	D48	Spring Washer	Φ8	4
D08	Inner Hexagon Pan Head Screw	M10*30	2	D49	Inner hexagon pan head bolt	M10*45	4
D09	Inner Hexagon Pan Head Screw	M10*25	8	D50	Spring Washer	Φ5	2
D10	Inner Hexagon Pan Head Screw	M8*55	1	D51	Washer	Φ10	10
D11	Inner Hexagon Pan Head Screw	M8*50	1	E01	Display		1
D12	Inner Hexagon Pan Head Screw	M8*42	4	E02	Power box connection wire		1
D13	Inner Hexagon Pan Head Screw	M8*15	4	E03	Main wire upper connection wire		1
D14	Inner Hexagon Pan Head Screw	M6*10	8	E04	Display Key Board		1
D15	Inner Hexagon countersunk Screw	M10*20	6	E05	Main wire lower connection wire		1
D16	Inner Hexagon countersunk Screw	M8*25	4	E06	Display Upper Wire		1
D17	Inner Hexagon Cylinder Head Screw	M8*65	2	E07	Display Extension Wire1		1
D18	Inner Hexagon Cylinder Head Screw	M8*50	1	E08	Display Extension Wire2		1
D19	Inner Hexagon Cylinder Head Screw	M8*15	4	E09	Display Lower Wire		1
D20	Hexagon nut	M8	2	E10	Incline Quick Connection Wire		1
D21	Inner Hexagon Cylinder Head Screw	M6*30	4	E11	Speed Quick Connection Wire		1
D22	Inner Hexagon Pan Head Screw	M8*45	2	E12	Pulser Upper Wire		1
D23	Inner Hexagon Cylinder Head Screw	M6*10	6	E13	Pulser Lower Wire		2
D24	Cross Pan Head Self-Tapping and Drilling Screws	ST4.2*16	14	E14	Safety Key Connection Wire		1
D25	Cross Pan Head Self-Tapping and Drilling Screws	ST4.2*16	8	E15	Wireless heart rate adaptor wire		1
D26	Cross Pan Head Self-Tapping Screw	ST4.2*50	2	E16	Heart rate transfer grounding wire		1
D27	Cross Pan Head Self-Tapping Screw	ST4.2*65	4	E17	Heart rate adaptor board		1
D28	Cross Pan Head Self-Tapping Screw	ST4.2*20	2	E18	Frequency converter power box		1
D29	Cross Pan Head Self-Tapping Screw	M5*12	12	E19	Frequency converter		1
D30	Cross Pan Head Screw	M5*12	2	E20	Magnet ring		1
D31	Cross Pan Head Self-Tapping Screw	ST4.2*12	50	E21	Running Board		1
D32	Cross Pan Head Self-Tapping Screw	ST4.2*12	1	E22	Power Cable		1
D33	Cross Pan Head Self-Tapping Screw	ST3.5*12	5	E23	Switch		1
D34	Cross Pan Head Self-Tapping Screw	ST2.9*16	3	E24	Socket		1
D35	Cross Pan Head Self-Tapping Screw	ST2.9*8	2	E25	Overload Protector		1
D36	Cross Pan Head Self-Tapping Screw	N4*12	8	E26	AC Single Wire	Brown	2
D37	Cross Pan Head Self-Tapping Screw	ST4.2*10	2	E27	AC Single Wire	Brown	2
D38	Cross Pan Head Self-Tapping Screw	ST2.9*6	18	E28	AC Single Wire	Blue	1
D39	Cross Pan Head Self-Tapping and Drilling Screws	ST4.2*16	6	E29	Earthed Wire		1
D40	Washer	Φ8	4	E30	Magnetic Core		1
D41	Washer	Φ6	4	E31	AC Motor		1
E32	Incline Motor		1	E34	Speed quick connection lower wire		1
E33	Incline quick connection lower wire		1	E35	Safety key connection lower wire		1

## Optional parts list

NO.	Description	Spec	QTY	NO.	Description	Spec	QTY
F01	Filter	Filter Optional	1	F12	Bluetooth Adaptor Board	Bluetooth Music	1
F02	Inductor		1	F13	Bluetooth Power Connection Wire		1
F03	Cross Pan Head Screw		4	F14	Bluetooth Audio Connection Wire		1
F04	Ac Single Wire		1	F15	Speaker	Speaker	2
F05	Earthed Wire		1	F16	Cross Pan Head Self-Drilling Screw		8
F06	Type-c Charging Wire	Type-c Charging Optional	1	F17	USB Module	USB Data Interface	1
F07	Cross Pan Head Self-Drilling Screw		2	F18	USB Connection Wire		1
F08	Connection Wire of Wireless Charging Board	Wireless Charing	1	F19	Cross Pan Head Self-Drilling Screw		2
F09	Wireless Charging board		1				
F10	Wireless Charging seat		1				
F11	Cross Pan Head Self-Drilling Screw		4				