

# PWR FLOW TREADMILL

User Manual

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# Getting Started Guide

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## Preparation:

If you are older than 35 or bothered by health problems, and it's the first time you do work out, be sure to consult your doctor or professional before using it.

Before using the electric treadmill, please stand by and familiarize yourself with how to control it--such as start, stop and speed adjustment, etc., wait until you are familiar with it before you can use it. Then, you can stand on the plastic skid boards on either side of the motorized treadmill and grab the handrails with both hands, run the machine at a low speed of 1.6 to 3.2 km/h. Stand up straight, look ahead and "climb" on the running belt with one foot. Stand on the motorized treadmill, run as it operates. As you become adaptive at it, slowly increase your speed to 3-5 km/h. Keep this pace for about 10 minutes, then let the treadmill stop

## Exercise:

Stand beside it and familiarize yourself with how to control it -- you can adjust the speed and slope, and use it after you get used to it. Walk at a steady pace for about 1 kilometer and record the time spent. It may cost 15-25 minutes. A kilometre run will take about 12 minutes when walking at 4.8 miles per hour. If you can do this for several times, then gradually increase the speed and incline so that you can take exercise for 30 minutes. Before walking exercise, bear in mind that; don't be impatient. This kind of exercise is good for your lifetime health, instead of overnight magic.

## Amount of exercise:

Shortcut -- 15-20 minutes of workout is a great way to save time.

Warm up for 2 minutes at the speed of 4.8 miles per hour, and speed up to 5.3 km/h and 5.8 km/h for 2 minutes each. Next, speed up by 0.3 km/h every 2 minutes until you feel breathing faster but not harder. Keep this speed, and reduce speed by 0.3 km/h if you feel suffocated. Leave four minutes to slow down. Slowly increase the slope if you feel that it difficult to increase your workout intensity by increasing your speed. Slowly increase the slope, and the intensity of the exercise can be greatly increased.

Method to burn calories -- the best way of losing weight.

Warm up for 5 minutes at the speed from 4 to 4.8 km/h, then increase at a rate of 0.3 km/h every 2 minutes as you feel that running at some speeds for 45 minutes can be challenging. For the sake of taking more exercise, keep this speed for the duration of an hour of TV, and speed up by 0.3 km/h per commercial break. In the next program, it returns to our previous speed. In this case, calories will be fully burned during the commercial break and the subsequent increase in heart rate. Leave four minutes to slow down.

## Exercise frequen-

Target: 3-5 times/week, working out for 15-60 minutes at a time. It is recommended to make your exercise schedule first, rather than doing it to your liking. You can also control the intensity of the movement by means of adjusting the speed and slope. Don't set a slope at the beginning; However, rising the slope of the motorized treadmill is a great way to increase the workout intensity.

# Safety Precautions

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**Warning:** Before making any exercise plan, you are advised to consult the doctor(s), especially if you are older than 35 or have a history of health problems. We are not responsible for any harm caused by this. Don't switch on before the motorized treadmill is fully installed and the motor protection cover is covered.

## Precautions

1. Before using motorized treadmill, make sure the safety switch clip is attached to your clothing or belt.
2. Don't insert any other items in any part of the equipment as this will damage the equipment.
3. You need to place motorized treadmill on somewhere clean and flat place. Don't place the motorized treadmill on the thick carpet to avoid affecting the air flow under the motorized treadmill. Don't place the motorized treadmill near water or use it outdoors.
4. Don't power on when a person stands on the running belt. After power on, there may be a pause at the beginning of the run. Hence, you must stand on plastic skid boards on either side of your motorized treadmill until the running belt moves.
5. Don't wear clothes that are too long or loose. Long clothes would hang on an motorized treadmill. Wearing running shoes with rubber soles will be better.
6. Keep away from children and pets when using motorized treadmill.
7. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
8. Children should be supervised to ensure that they do not play with the appliance.
9. Cleaning and user maintenance shall not be made by children without supervision.
10. Any strenuous exercise can only begin 40 minutes after a meal.
11. This fitness equipment is for adults. Minors should be accompanied by an adult when using the motorized treadmill.
12. In the initial use of handrail motorized treadmill, hold the handrail with your hands until you feel comfortable releasing it.
13. Motorized treadmill belongs indoor equipment. Do not use outdoors. Placement area must be flat, tide and clean. Moistureproof is important. Also, please note that motorized treadmill is special equipment, so don't change it to something else.
14. The power cord of motorized treadmill is dedicated. If the power cord is damaged, purchase from the distributor, or contact the company directly.
15. Given a problem with the electronic system that causes the motorized treadmill to suddenly accelerate or the speed of the motorized treadmill to increase automatically, unplug the safety switch immediately and the motorized treadmill will stop immediately.
16. Don't separate wires in the middle of the power cord, and never extend the power cord or replace the power cord plug. Then place heavy objects on the power cord or place the power cord near a hot heat source, and prohibit the use of porous sockets. Otherwise, it will cause fire or electric shock accidents due to

# Safety Precautions

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poor contact.

17. Power cut when the machine is not in use for a long time. Don't pull the cord as power cut; For the sake of avoiding breaking part of the core wire of the power cord, you need to pull it out by holding the power plug. Insert the power cord plug into the power socket with safe grounding, the power cord of motorized treadmill is special, feel free to contact the manufacturer as soon as possible if the power cord is damaged.

18. This motorized treadmill is only used for home. Only people weighing less than 130KG can be used.

19. Indication that the free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.

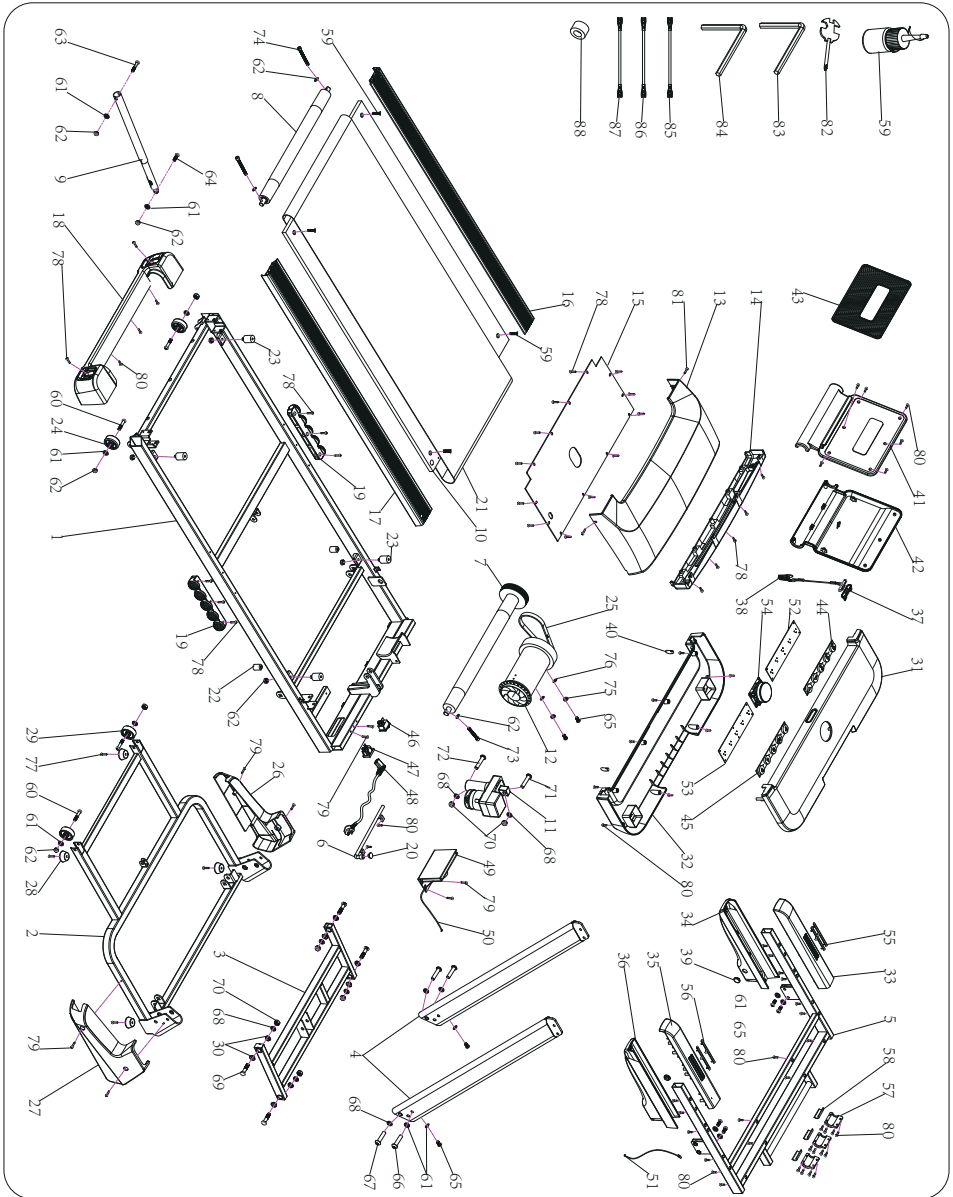
20. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

21. The safety area behind motorized treadmill: 2000\*1000MM

22. The heart rate data from motorized treadmill are for reference only. They cannot be used as medical data.

23. Emergency jump: For instance, in case of lack of physical strength, pull the safety lock, hold the handrail with both hands, and jump onto the safety pedal with both feet to protect the athlete's personal safety.

# Exploding Drawing



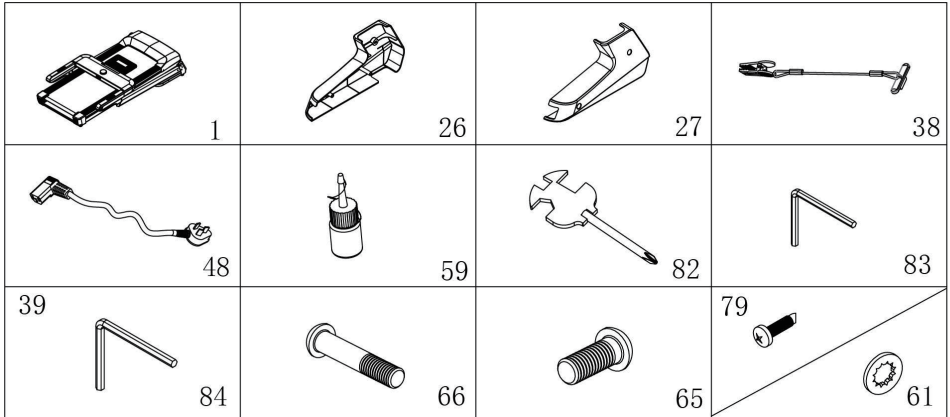
# Exploding Detail

No.	Name	Specification	Number	No.	Name	Specification	Number
1	Assembly of main frame assembly		1	45	Right presure key panel		1
2	Base assembly		1	46	Power switch		1
3	Assembly of ascension frame		1	47	Power socket		1
4	Column assembly		1	48	Power plug wire		1
5	Assembly of electronic meter rack		1	49	Lower controller		1
6	Assembly of guide rod		1	50			1
7	Front roller		1	51	Upper wire		1
8	Back roll		1	52	Left circuit board		1
9	Gas spring		1	53	Right circuit board		1
10	Run board		1	54	Display knob switch		1
11	Ascension motor		1	55	Sheet iron of left pulse		2
12	DC motor		1	56	Sheet iron of right pulse		2
13	Motor cover		1	57	Tiles' clamp		3
14	trim cover before motor		1	58	Tiles		3
15	Comer floor support of motor		1	59	Oil bottle		1
16	Left trim		1	60	Inner hexagonal flat round head screw	M8*40	4
17	Right trim		4	61	Internal teeth serrated lock washers	8	17
18			1	62	1 Shaped nonmetal insert hexagon jam nut	M8	10
19	Main frame cushion		2	63	Inner hexagonal flat round head screw	M8*42	1
20	Oil filler plug		1	64	Inner hexagonal flat round head screw	M8*25	1
21	Belt		1	65	Inner hexagonal flat round head screw	M8*16	8
22	Buffer nut column		2	66	Inner hexagonal flat round head screw	M8*45	2
23	Cushion		4	67	Inner hexagonal flat round head screw	M10M5	2
24	Roller		2	68	Internal teeth serrated lock washers	10	10
25	Wedges belt cover		1	69	Mushroom head square neck screws	M10M5	4
26	Side cover of left bottom		1	70	1 Shaped nonmetal insert hexagon jam nut	M10	4
27	Side cover of right bottom		1	71	Inner hexagonal flat round head screw	M10*42	1
28	Rubber foot		4	72	Inner hexagonal flat round head screw	M10*55	1
29	Carrying wheel		2	73	Hexagon socket cap head screws	M8*45	1
30	Distance sleeve		8	74	Hexagon socket cap head screws	M8*55	1
31	Upper cover of electronic meter		1	75	Standard spring washer	8	2
32	Lower cover of electronic meter		1	76	Washer	8	2
33	Left handrail upper cover		1	77	Cross recessed pan head self-tapping and self-drilling screws	4.2*25	4
34	Left handrail lower cover		1	78	Cross recessed pan head self-tapping and self-drilling screws	4.2*19	26
35	Right handrail upper cover		1	79	Cross recessed pan head with cross recessed pan head self-tapping and	4.2*19 cushion	8
36	Lower cover of right handrail		1	80	Cross recessed pan head self-tapping	4.2*12 (scraping pin end)	52
37	Safe lock base		1	81	Cross recessed pan head self-tapping and self-drilling screws	4.8*19	2
38	Safety lock		1	82	Cross rim wrench		1
39	Cover plug of handrail		2	83	Hexagon key wrench	5#	1
40	Electronic meter cover plug		2	84	Hexagon key wrench	6#	1
41	IPAD rack upper cover		1	85	AC single wire		1
42	IPAD rack lower cover		1	86	Blue single wire		1
43	IPAD rack cushion		1	87	Brown single wire		1
44	Left presure key panel		1	88	Magnet ring		1

Notes: If the color and structure of the picture in this manual are slightly different from the real object, the object shall prevail. The company is at the liberty to improve the product. Subject to change without prior notice!

# Component List

Scattered diagram of the components installed on the whole machine is shown below, and open the packing case and you can fetch the following parts.



## Parts list:

No.	Name	Specification	Number	No.	Name	Specification	Number
1	Assembly of main frame assembly		1	83	5# Hexagon key wrench	5mm	1
26	Side cover of left bottom		1	84	6# Hexagon key wrench	5mm	1
27	Side cover of right bottom		1	66	Inner hexagonal flat round head screw	M8*45	2
38	Safety lock		1	65	Inner hexagonal flat round head screw	M8*16	4
48	Power line		1	79	Cross recessed pan head with cross recessed pan head self-tapping and self-drilling	ST4.2*19	4
59	Oil bottle		1	61	Internal teeth serrated lock washers	8	6
82	Cross rim wrench	S=13, 14、15	1				

## Installation tools:

5# hexagon key wrench 5mm 1 pcs

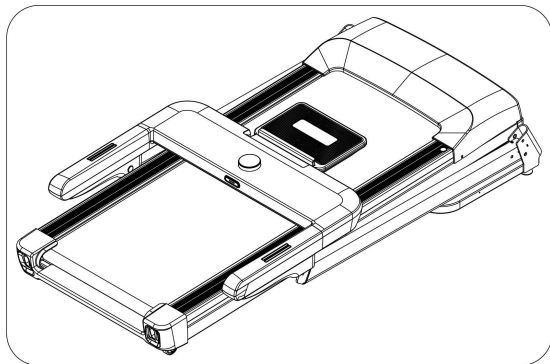
Cross rim wrench S=13, 14, 15 1 pcs.

Note: Don't plug in the power supply until the installation is complete.

# Assembly Instruction

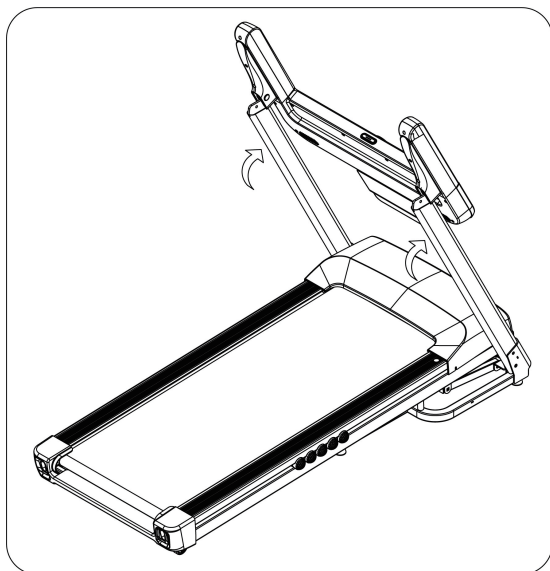
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## Assembly step I:



Open the packing box, take out the above materials and parts from the box, and lay the main vehicle flat on the

## Assembly step II:

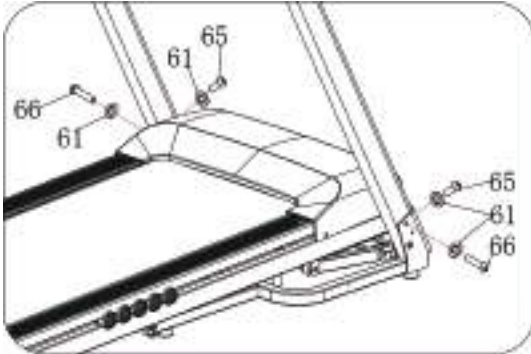


1. Fold the electronic meter and folds column upwards.

Note: Hold the column set with one hand to prevent the column from falling down.

# Assembly Instruction

## Assembly step III:



1. Make use of 5# hexagon key wrench, M8\*45 Inner hexagonal flat round head screw (66) internal serrated lock washer (61), and lock tight the column set to the base;

Then, use 5# hexagon key wrench, M8\*16 hexagonal flat mushroom head screw (65) and internal teeth serrated lock washer ( 61), and lock tight the column group onto the main frame set. Left and right side modes are the same.

Note: Hold the column set with one hand to prevent the column from falling down, which would hurt people.

## Assembly step III:



1.Fold the electronic meter and column upward according to the figure.

2.Take out the handrail hole plug (39) and use a 5# hexagon key wrench, M8\*16 inner hexagonal flat round head screw (65) with internal teeth serrated lock washers

(61) Lock the electronic meter assembly on the left and right columns.

3.Insert the handrail hole plug (39) back into position after locking the screws.

4.Left and right side modes are the same

Note: Don't hold down the line inside the column the folding, and check whether the wire connection is intact;Your hand needs to hold on to screw when locking it, avoiding column and electronic meter

# Assembly Instruction

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## Assembly step V:



1. Use a cross rim wrench to set the cross recessed pan head self-tapping and self-drilling screws (79), then lock the left base cover onto the base.
2. Left and right side modes are the same.

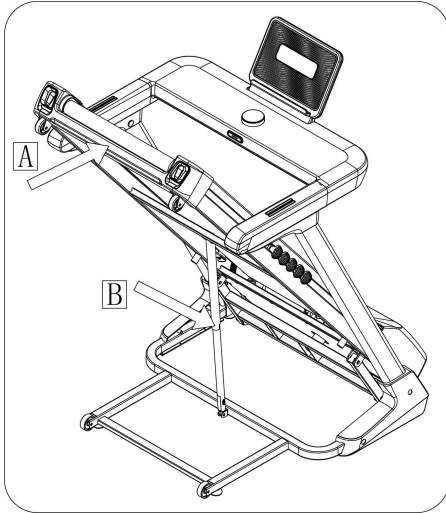
Note: Put forth your needs to snap



Place the safety lock (38) on the electronic meter. Then connect the power cord (48) to the power supply and the motorized treadmill can run

# Folding Step

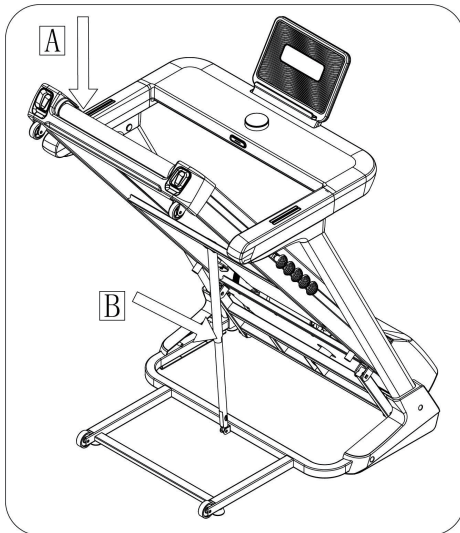
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Support position A with both hands and lift the machine slightly, push up slightly until you hear the pressure bar B of the kia side casing making a sound.

Warning: that a folded treadmill should not be operated;

Warning: to allow the running surface to come to a complete stop before folding;



Support position A with both hands and lift the machine slightly up, gently kick the pressure rod casing with your foot until the casing moves. Pull the main frame down by hand and let the frame fall to the ground slowly, and people and pets can leave the machine to avoid harm.

# Grounding Instructions

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- This product must be grounded. In case of failure or damage, grounding may provide the best way to divert the current and thus reduce the likelihood of an electric shock.
- These products are equipped with power cord, grounding conductor, and grounding plug.
- The plug must be connected to the correct power socket.
- Installation and grounding of plug must be consistent with the parameters in the user's area.
- **Danger:** incorrect connection of the grounding conductor can lead to electric shock. Please arrange a qualified electrician or after-sales personnel to check if you cannot confirm whether the product is well grounded. Do not modify the plug by yourself if the plug is inconsistent with the socket. Select a correct socket and arrange a qualified electrician to install it.
- This product is only applicable to 220-240V voltage.



# Function Description of Electronic Meter

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## I. Description of Window:

The functions of the shuttle knob window are as follows

Speed, time, steps, distance, calorie, heart rate, slope. Such data are displayed in turn every 3s, and the corresponding indicator light will be on. When the Bluetooth is connected successfully, the indicator will be always on.

## II. Function of Button:

1. Shuttle knob function button: start / pause / stop key.

1.1 In case of keeping a short press of this key in the standby state, the motorized treadmill will run from the lowest speed after 3s countdown;

1.2 In case of keeping a short press of this key in the running state, the motorized treadmill will slow down to stop. At this time, it will enter the pause state, and the motion data will not be cleared. In case of keeping a short press of this key again, the motorized treadmill will start running at the speed before the pause after 3s countdown

1.3 In case of keeping a long press of this key for more than 2s in the running state or pause state, the motorized treadmill will slow down to stop, and all data will be cleared to enter the standby state.

2. Shuttle knob: speed regulation in the running state: rotate clockwise to accelerate (the buzzer will ring for a long time after reaching the maximum speed of 18km/h), rotate counterclockwise to decelerate (the buzzer will ring for a long time after reaching the minimum speed of 1.0km/h).

3. Speed (3, 6, 9): fast speed adjustment key.

4. Speed ▲ and ▼: acceleration and deceleration adjustment key

5. Slope (3, 6, 9): fast ascension adjustment key.

- There will be a prompt tone when any key is pressed effectively. There will be a long prompt tone when the parameter is adjusted beyond the limit.

There will be no prompt tone when the key is pressed invalid.

## III. Sleep:

The system will turn off all displays and enter the sleep state when there is no operation for more than 10min. Press any key to wake up.

## IV. Safety Lock:

Any time the safety lock is disconnected, the motorized treadmill will stop quickly and all data will be cleared to 0. All windows display "----". All normal operations and running must be carried out with the closed state of the safety lock.

## V. Heart Rate Test:

After you hold the left and right steel handrails with both hands, your heart rate will be displayed after about 5s. In order to obtain a more accurate heart rate, please stand on the motorized treadmill and measure it when it stops (note: the holding time shall not be less than 30s). You can also use a compatible bluetooth heart rate belt to measure your heart rate. The measured pulse value is shown alternately by a

# Faults and Troubleshooting

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and pulse value in the upper display. Response time is up to 60 seconds. Heart rate data can only be used as a reference for the physical activity level, and cannot be used as medical data.

1. If the electronic meter displays "E01" after running, it means a communication failure. Possible reasons: the communication between the electronic controller and the electronic meter is blocked. Check each joint from the electronic meter to the communication line of the lower controller to ensure that each core is fully inserted. Check whether the connecting wire between the electronic meter and the controller is damaged, and replace the connecting wire. Check whether the communication line of the electronic meter or the controller is damaged, and replace the electronic meter or controller if damaged.
2. If the electronic meter displays "E02" after running, it means an anti-overshoot protection. Check whether the power supply voltage is lower than 50% of the normal voltage, and retest with the correct voltage specification; check whether the controller has peculiar smell, and replace the controller; check whether the motor wire is properly connected, and reconnect the motor wire.
3. If the electronic meter displays "E03" after running, it means no sensing signal. Possible reasons: the speed sensor signal is not detected for 10s. Check whether the sensor plug is not plugged in or whether the magnetic sensor is broken or damaged, if yes, plug it in or replace the magnetic sensor.
4. If the electronic meter displays "E05" after running, it means an overcurrent protection. Possible reasons: the current exceeds the rated load, resulting in excessive self-protection of the system, or a part of the motorized treadmill is stuck, which causes motor failure, excessive load and excessive current, resulting in self-protection of the system. Adjust the motorized treadmill and restart it. Check whether there is overcurrent sound or burnt smell when the motor is running, and replace the motor; check whether the controller has burnt smell, and replace the controller; check whether the power supply voltage specification is inconsistent or low, and retest with the correct voltage specification.
5. If the motor does not run after pressing the start key, the possible reason is that the relevant lines of the control motor are abnormal; the fuse of the lower controller is damaged or falls off; the motor wire is not plugged in; the IGBT on the lower controller is burned out. Check whether the lines of the control motor are plugged in correctly and well, check whether the fuse on the electric controller is intact, and install or replace it; Check whether the motor wire is loose, and plug in the motor wire. Use a multimeter to measure whether the IGBT on the lower controller is burnt out, and replace the IGBT on the lower controller or replace the lower controller.
6. E07/E08: Replace the controller

# Running Belt Adjustment

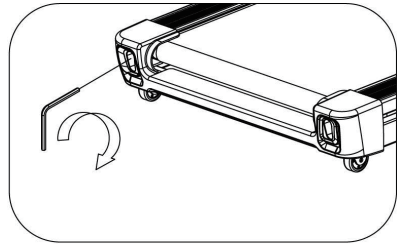
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1. In order to better maintain your motorized treadmill and prolong its service life, it is recommended that you should turn off the power after continuous use for 1.5h and use it after 10min.

2. If the running belt is too loose, it may slip during running; if the running belt is too tight, it may reduce the performance of the motor and aggravate the wear of the drum and running belt. When the tightness of the running belt is appropriate, both sides of the running belt can be lifted about 50-75mm away from the running board by hands.

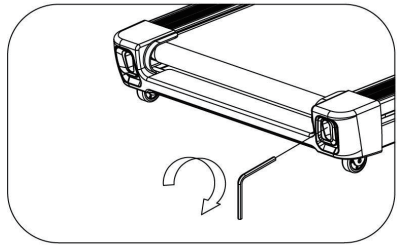
Place the motorized treadmill on a flat ground. Run the motorized treadmill at a speed of about 6-8 km/h and observe the deviation of the running belt.

If the running belt is biased to the right, unplug the safety lock and power switch, rotate the adjusting bolt on the right side clockwise for 1/4 turn, insert the power switch and safety lock, make the motorized treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure A.



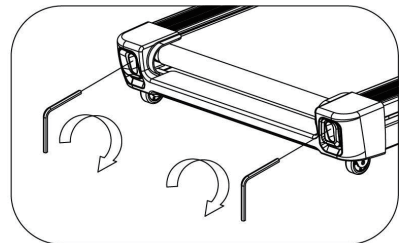
A

If the running belt is biased to the left, unplug the safety lock and power switch, rotate the adjusting bolt on the left side clockwise for 1/4 turn, insert the power switch and safety lock, make the motorized treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure B



B

After the above adjustment or use for a period, the running belt will be gradually loose and need to be adjusted again. Unplug the safety lock and power switch, rotate the adjusting bolts on the left and right sides clockwise for 1/4 turn, insert the power switch and safety lock to make the motorized treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the tightness of the



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# Maintenance Guideline

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**Warning:** be sure to unplug the power supply of the motorized treadmill before cleaning or maintenance.

**Cleaning:** comprehensive cleaning will prolong the life of the motorized treadmill.

Remove dust regularly to keep components clean. Be sure to clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean and avoid carrying foreign matters under the running belt to wear the running board and running belt. Wipe the surface of the running belt with a wet cloth stained with soap. Please be careful not to splash water on the electrical components and under the running belt.

**Warning:** be sure to unplug the power supply of the motorized treadmill before moving the motor protective cover. Open the motor protective cover at least once a year to dust and clean the motor

**Special lubricating oil for running belt and motorized treadmill**

The running board and running belt of the motorized treadmill have been pre coated with lubricating oil. The friction between the running belt and the running board has a great impact on the service life and performance of the motorized treadmill, so it is necessary to apply lubricating oil regularly. We recommend that the surface of the running board should be inspected regularly. If the surface of the running board is damaged, please contact our customer service center.

We recommend applying lubricating oil between the running belt and the running board of the motorized treadmill according to the following schedule: (details are as follows)

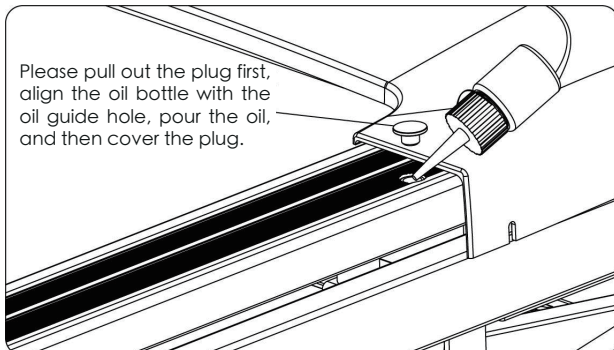
- Less use (less than 3h per week): once a year;
- Moderate use (3-5h per week): once every 6 months;
- More use (more than 5h per week): once every 3 months.

We recommend that you purchase lubricating oil from local dealers or contact our Company directly.

**Note:** any other maintenance needs to be operated by professionals.

a) A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

b) An advice to replace defective components immediately and/or keep the equipment out of use until repair;



# Safety Exercise Measures

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Before exercise, please consult a professional who can recommend exercise frequency, exercise intensity and exercise time consistent with your age and physical condition. During exercise, if you feel chest distress or chest pain, irregular heart rate, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

If you often use the motorized treadmill, you can choose the normal walking speed or jogging speed when selecting the speed.

If you have no experience or cannot determine the most appropriate test speed, you can refer to the following guidelines:

0.8-3.0 km/h	People with poor physique
3.0-4.5 km/h	Sedentary person or people who don't take regular exercise
4.5-6.0 km/h	Constant speed walker
6.0-7.5 km/h	Fast walker
7.5-9.0 km/h	Jogger
9.0-12.0 km/h	Medium speed runner
12.0-16.0 km/h	Fast runner

Please note: for walkers, a speed greater than or equal to 6 kilometers per hour is more appropriate; for runners, a speed greater than or equal to 8.0 kilometers per hour is more appropriate.

# Specification for the screen

System hardware parame-	System Functions:
* LCD: 10.1-inch 1280*800 IPS HD LCD screen	* Real-time monitoring of human heart rate
* Touch screen: 10.1 inch capacitive touch	* Display current speed value and slope, user can adjust in real time
* Processor: Cortex-A9 1.5GHz quad-core proces-	* Calculate and display the distance traveled
* Memory: 1GB DDR3 RAM	* Calculate and display calories consumed
* Android: 6.0.1	* Calculate and display the completed time
* Hard disk: 8GB EMMC can support expansion of	* Set the target time and automatically run the time to the meter mode
* Network: WIFI 2.4g	* Set the target distance and automatically run the distance counter mode
* Audio: 5W*8 Euro stereo digital amplifier	* Set the target heat and automatically run the calorimeter mode
*USB: USB 2.0 x 1	* Support user's mobile phone or WeChat for login and user Settings
* Bluetooth: Bluetooth 4.2 is built in and bluetooth devices can be connected externally	* Support bluetooth peripheral connection, body fat scale and other data sharing
* Camera: 2 million, compatible with 5 million (optional)	* Built-in user management mode, can be customized running program
*WIFI : Wireless internet	* Built in five live sports scenes, five runway hardness switching modes
* ACC. MP3. AMR. OGG. WMA and other audio files	* Ultra hd real-time motion mode, speed and image synchronization
* Mpeg-4. WMV. Rmvb.avi and other video files play	* Preset a variety of exercise planning mode to adapt to different user needs
* Support to run the third party live APK	* Preset a variety of fitness courses to adapt to different physical training
* Support to run third party audio APK	* Support one-to-many remote live video teaching, video interaction
* Support to run third party video APK	* WeChat sharing of single movement records and history queries
* Support to run third party game APK	* Weight management analysis, BMI measurement of lipid function and basal metabolic values
* Support for file playback (third-party file browser APK)	* The sound level setting can be adjusted arbitrarily, and the voice broadcast can be turned off
* Support Bluetooth speaker, stereo amplifier	* Support voice broadcast, voice reminder of speed change
* External audio input interface	* Chinese and English language switch, screen wallpaper switch, brightness
* Play music videos and pictures of the external USB flash drive	* Equipment testing, air valve self-testing, refueling setting (optional)
* AI voice interaction (optional)	* Safety lock off safety mode
* Remote video (course) live (optional)	* Support running movement mode to enter multimedia playback with one click
<b>Interface style design:</b>	* Support motion real-time display function in full screen playback mode
* Simple \ Cool \ Dynamic \ sliding menu design	* Equipment information display and brand service display
* The homepage five rings circulation sliding design, highlights the motion state display	* Online upgrade, local upgrade
* Operation key (main menu \ Return \ Volume \ Cleaning)	* Built-in electronic operating guide

# Specification for the screen

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## CONSOLE WINDOW DISPLAYS AND TOUCH KEY FUNCTIONS EXPLAINED

After the treadmill has been connected to a power source the Console Screen will display as



The Console Screen will then enter the standby main display interface as shown below:



## INTERFACE DISPLAY INSTRUCTIONS

As shown above, the main selection options are Free Mode, Exercise Mode, Program Mode, Custom Mode,

Outdoor Mode, User Management, System Settings, Local Music, Local Video and Online App. The Exercising data window can be displayed by pressing **Program Mode**. This will either present or remove the data depending on whether the data is displayed already or not. The data that will be displayed once



# Specification for the screen

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## FUNCTIONAL OPERATION INSTRUCTIONS

### FREE MODE:

By selecting the Free Mode icon, the below screen will be shown which allows the user to run freely and increase or decrease the speed and incline based on their requirements. If in other multimedia applications, simply press the start button to automatically enter the Free Mode.



### PROGRAM MODE:

Program mode includes a total of 24 different exercise options which allows the treadmill to automatically change the speed and incline based on the selected program whilst the user is training. These can be initiated

Once selecting Program Mode the below screen will be shown. From here the user can select their desired program.



# Specification for the screen

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Once the desired program has been selected the user can also select the duration of exercise.



Once program and exercise duration has been selected the user simply needs to press the Confirm button and then the start key.

After 3 seconds the treadmill will automatically start and will adjust the speed and incline based on the program selected by the user. This will continue until the program selected has been completed by the user.

Once completed the treadmill will automatically come to a slow stop to indicate that the selected program is complete.

During the selected program the user is still able to increase or decrease the speed or incline by adjusting it manually on the Console. However, when the program enters the next section of the program, the treadmill



# Specification for the screen

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NOTE: Whilst in operation the user can return to a previous screen by selecting  on the screen.

## EXERCISE MODE:

When in the Standby interface the user can select the Exercise Mode icon which will then display the below screen showing three additional sub-section icons as shown below:



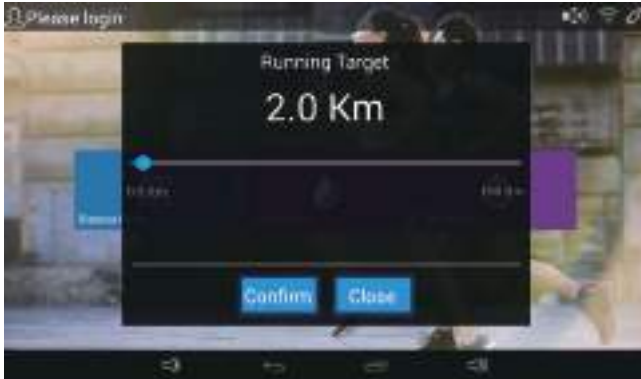
By selecting the Time Mode the user can select the desired duration that they would like to run for. This screen will be displayed as shown below. By sliding the blue point the duration is selected.



# Specification for the screen

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By selecting the Distance Mode the user can select the desired distance that they would like to run. This screen will be displayed as shown below. By sliding the blue point the distance is selected.



By selecting the Calorie Mode the user can select the desired calories that they would like to burn. This screen will be displayed as shown below. By sliding the blue point the desired calorie burn is selected.



pressing the Confirm key shown on the screen. Following this the START button must be pressed to begin the workout. Only once the selected Distance, Duration or Calorie burn has been reached will the treadmill stop. Unless the STOP button is pressed, or Safety Key is removed during operation.

NOTE: Whilst in operation the user can return to a previous screen by selecting  on the screen.

# Specification for the screen

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## CUSTOM MODE

By selecting the Custom icon whilst in the standby main interface display the below sub-category screen will then be displayed.



Here, the user can customise up to 8 training programs.

By selecting **Custom** the user can select between U1 to U8 in order to begin their desired program.



Once a U1 to U8 has been selected the below screen will be shown.



# Specification for the screen

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Here, the user can increase or decrease both the Incline (Orange) and Speed (Blue) by simply touching one of the bars in each column and sliding it to the desired level.

NOTE: It is highly recommended that each column should not exceed 10 in order to avoid a sharp change in speed or incline

Once the custom program has been designed the user simply needs to press the Confirm button shown on the console screen to lock this program in.

NOTE: Whilst in operation the user can return to a previous screen by selecting  on the screen.

## OUTDOOR MODE:

By selecting the Outdoor Mode icon whilst in the standby main interface display the below screen will then be displayed.



Here, the user can select between three life-like scene screen displays. The three options are Park Trestle, Round Running Area and Tropic Beach.

Below is an example of the Tropic Beach display.



# Specification for the screen

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Once the desired scene has been selected and entered the user needs to press the START button in order to begin the workout. Speed and incline can be increased or decreased during operation automatically by the user selecting the respective increase/decrease button on the console.

## ENTERTAINMENT/MULTIMEDIA OPERATION INSTRUCTIONS

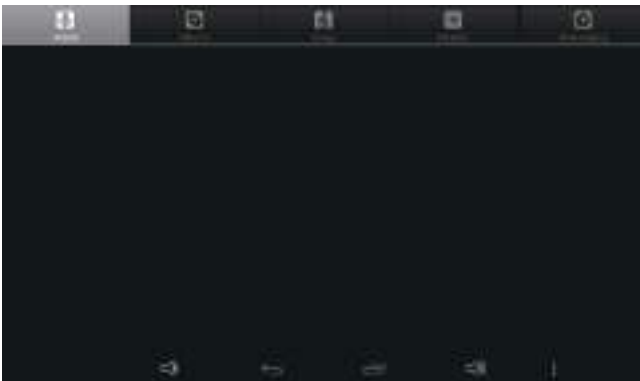
On the right side of the standby main interface screen icons Local Music, Local Video and Online App are illustrated as shown below:



### LOCAL MUSIC

By selecting the Local Music icon, the user will enter the local music player which enables the user to select songs already loaded on their personal USB attached externally to the treadmill.

The screen will display as follows (NOTE: The below illustration shows no songs loaded):



# Specification for the screen

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## LOCAL

By selecting the Local Video icon, the user will be able to access preloaded videos from their USB device.

## ONLINE APP

By selecting the Online App icon, the user will enter the Online App options screen which will display as follows:



Here, the user can select from Amazon, YouTube, Twitter, Spotify, Facebook, Chrome and Netflix

NOTE: WIFI must be selected and initiated first before other online apps can be used.

## ADDITIONAL OPERATION INSTRUCTIONS

### SETTINGS

By selecting the Settings icon whilst the Console is in the standby main interface display the below screen will then be shown.



# Specification for the screen

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## BACKLIGHT BRIGHTNESS

By pressing the Backlight Brightness icon the below sub-category display will be shown.



Here, the user can adjust the console display brightness by sliding the blue point to the desired setting.

## WIFI

By pressing the WIFI icon the below sub-category display will be shown.



Here, the user can select the desired WIFI network by following the below steps:

1. Press the screen to select WIFI on / off.
2. Once WIFI has been turned on, the Console will automatically find available networks.
3. Select the desired network by choosing the available network on the screen.

# Specification for the screen

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## CLEANER

By pressing the Cleaner icon the below sub-category display will be shown.



Here the user can select what APP' s or information they would like to delete.

## RECOVERY

By pressing the Recovery icon the below sub-category display will be shown.



Here, the user can restore the console back to factory settings.

## UPGRADE

By pressing the Upgrade icon the below sub-category display will be shown.



# Specification for the screen

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Here, the user can upgrade the system to the next version update (if available) by simply pressing on the Check for Updates icon and selecting download on the next version update (if available).

## WALLPAPER

By pressing the Wallpaper icon the below sub-category display will be shown.



Here, the user can select between several pre-installed wallpapers.

## ENGINEERING MODE

This icon is not open to the user and should not be pressed. This is to assist in the servicing or repair of the treadmill.

## LANGUAGE



# Specification for the screen

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## OTHER

By pressing the Other icon the below sub-category display will be shown



Here, the user can set the Date and Time, read the user manual and select whether they want the voice activation function to be on or not.

## USER MANAGEMENT INSTRUCTIONS

By selecting the User Management icon whilst in the standby main interface display the below sub-category screen will then be displayed.



Here, the user can create a profile which can be logged in and out of. By creating a profile, the system automatically saves any changes made under that user profile.

NOTE: Admin password is 1234

# Warm Up Exercise

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No matter what speed you walk at, it is best to do warm up exercises first.

Warmed muscles are easier to stretch, so takes 5-10 minutes to warm up. Then stop and do stretching exercises as follows --- 5 times, 10 seconds or more per leg each time: do it again after the exercise.

## 1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds. Then relax. Repeat 3 times for each leg.

## 2. Hamstring stretch

Sit on a clean cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands.

Hold for 10-15 seconds, then relax. Repeat 3 times for

## 3. Stretching of small feet and Achilles

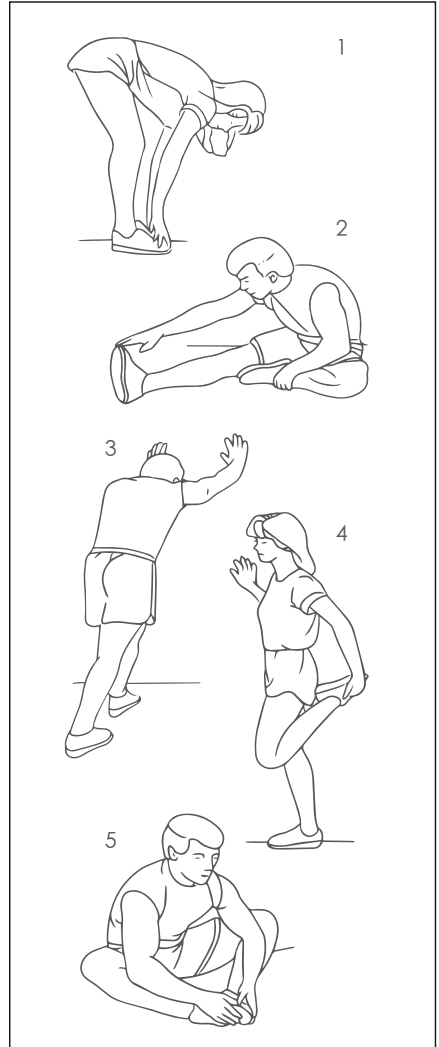
Tendon Stand with two hands against a wall or tree, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward the wall or tree. Hold for 10-15 seconds, then relax Repeat 3 times for each leg.

## 4. Quadriceps stretch

Hold the wall or table with your left hand to balance, then stretch your right hand back, grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

## 5. Stretching of the sartorius (muscle on the inner thigh)

Sit with your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times.





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