



PWR **MARATHON** **Treadmill**

USER MANUAL

Contents

Safety precautions, warning instructions	01
Safety exercise measures	02
Parts list	03
Exploded view	04
Detailed exploded view	05
Installation steps	06
Walking belt adjustment	07
Technical parameters	08
Grounding instructions	09
Product function description	10
Care and maintenance	11
Common troubleshooting	12
Warm-up	13
About warranty	14

Please read this manual carefully before using the product and keep it properly.

The illustrations of products, accessories, user interfaces, etc. in the manual are schematic diagrams for reference only.

Due to product updates and upgrades, the actual product may differ slightly from the schematic diagram. Please refer to the actual product.

01 Safety precautions and warning instructions

To ensure your safety and avoid accidents, please read the instructions carefully before use and pay attention to the following safety precautions.

Safety instructions: This product takes many safety issues into consideration in design and manufacturing, but please still follow the instructions below to operate it just in case. We do not bear any consequences caused by abnormal operation.

- The treadmill must be placed on a flat surface; the treadmill is suitable for indoor placement to avoid moisture, water cannot be splashed on the treadmill, and no foreign objects should be placed on the treadmill. The two sides and front of the treadmill should have a safe use space of 1 meter (1000mm) and the rear end should have a safe use space of 2 meters x 1 meter (2000mm*1000mm) to facilitate emergency jump. (Emergency jump: While holding the handrails with both hands to support the body, step on the side bars with both feet and jump off the treadmill from one side.)
- The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- If the power cord is damaged, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments to avoid
- When the treadmill is not in use, put the safety lock out of the reach of children; if it is not used for a long time, please unplug the power cord.
- Please put the accessory bag out of the reach of children to avoid unnecessary accidents.
- This product is not suitable for disabled people and children; those who feel physically unwell or have mental defects and lack common sense are prohibited from using it unless they are supervised or guided by someone responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity indoors to avoid strong static electricity, otherwise it may interfere with the normal operation of the electronic watch and controller; please use original accessories and it is strictly forbidden to replace it privately.
- Keep your hands away from all moving parts, and do not put your hands and feet in the gap under the running belt.
- Do not place the power cord close to hot or moving objects; do not use the product outdoors, in high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
- Please clip the safety lock cable clip on your clothes when exercising to ensure safe shutdown in case of emergency.
- Before using the treadmill, please check whether your clothes are buttoned or zipped, or if they are too loose.
- If you feel any discomfort or other abnormalities during use, please stop exercising and consult a doctor.
- This product should not be used for a long time. Long-term use may cause the treadmill electrical appliance to overheat and cause electrical failure.

01 Safety precautions and warning instructions

- Use qualified sockets to avoid danger. If the plug and socket are incompatible, please do not move the plug and ask an electrician to handle it.
- This product is suitable for professional training and testing, but cannot be used for medical purposes.
- Do not use it when the shell is cracked, broken and detached (internal structure exposed) or the welding part is cracked.
- Do not jump on or off the machine during exercise, which may cause injuries due to falls.
- Do not use it after eating, when tired, or when in poor physical condition, which may cause damage to your health.
- There must be no needles, garbage or water attached to the power plug, which may cause electric shock or short circuit or fire. Never use it with wet hands!
- When not in use, please unplug the power plug from the socket, because dust and moisture will age the insulation and cause leakage fire.
- This product must be grounded. In the event of malfunction, grounding will provide the least resistance path for the current to reduce the risk of electric shock.
- This product is SC grade, with a maximum load of 150kg.
- If you have any doubts about whether the grounding of this product is correct, please entrust a professional electrician to check it.
- Locking method: (For example: to prevent uncontrolled use by a third party, the safety lock should be collected after exercise).
- Before exercise, check whether the power is loaded; check whether the safety lock is effective.
- If an abnormal situation occurs during exercise, you can pull out the safety lock, and the treadmill will quickly slow down to a stop; then put the safety lock in, the device will reset and wait for input instructions.
- It is recommended to wear a heart rate armband. Heart rate data is only a rough reference for the degree of exercise and cannot be used as medical data.
- If there is any problem with this machine, please contact the dealer. Non-professionals, please do not attempt to disassemble or repair to avoid damage to the equipment.
- This device contains a radio transmitter module with a model approval code of CMIIT ID: 2021 DP5307.

Warning: Please consult your physician before starting any exercise. This is especially important for individuals over 35 years old or with existing health problems. Please read all instructions before using any equipment.

02 Safe Exercise Measures

Preparation:

If you are over 35 years old, or have health problems, and this is your first fitness exercise, please consult a doctor or professional before using it. Before using the treadmill, please stand by and familiarize yourself with how to control it, such as starting, stopping, and speed adjustment. You can use it only after you are familiar with it. Then stand on the plastic anti-slip plates on both sides of the treadmill and hold the handrails with both hands. Turn the machine to a low speed of 1.6~3.2 kilometers per hour, stand up straight, look forward, and "step" on the running belt with one foot a few times; then stand on the running belt and move with it. After you feel adapted, slowly increase the speed to 3~5 kilometers per hour. Maintain this speed for about 10 minutes, and then slowly stop the machine.

Exercise:

Please stand by and familiarize yourself with how to control it, such as adjusting the speed and slope, and you can use it only after you are familiar with it. Walk about 1 kilometer at a fixed pace and record the time it takes. This may take 15-25 minutes. When walking at 4.8 km/h, it takes about 12 minutes to walk 1 km. After you can do this easily several times, you can gradually increase the speed and slope, so that you can get a good exercise in 30 minutes. Before the walking exercise program, you should be clear in your mind: Don't be impatient. This exercise is for your own lifelong health, not a magic that will be achieved overnight.

Exercise volume:

Shortcuts - exercising for 15-20 minutes is a good way to save time. Warm up at 4.8 km/h for 2 minutes, then increase the speed to 5.3 km/h and 5.8 km/h, each for 2 minutes. Then increase the speed by 0.3 km/h every 2 minutes until you feel your breathing speed up but not difficult. Maintain this speed and reduce the speed by 0.3 km/h if you feel out of breath. Finally, leave 4 minutes to slow down. If you find it difficult to increase the intensity of the exercise by increasing the speed, use the method of slowly increasing the slope. A slight increase in the slope will greatly increase the intensity of the exercise. How to burn calories - This method will really burn calories. Warm up for 5 minutes at a speed of 4-4.8 km/h, then increase the speed by 0.3 km/h every 2 minutes until you feel it is challenging to exercise at a certain speed for 45 minutes. To strengthen the exercise, you can maintain this exercise speed during a one-hour TV program, increase the speed by 0.3 km/h during each commercial break, and then return to the previous speed during the next program. In this way, the calories will be fully consumed during the commercial time and the subsequent heart rate increase. Finally, leave 4 minutes to

Exercise frequency:

The goal is 3-5 times/week, 15-60 minutes each time. It is best to set a schedule for exercise rather than exercise according to your own preferences. You can control the intensity of the exercise by adjusting the speed and incline. We recommend that you do not set the incline at the beginning; but when you want to increase the intensity of the exercise, increasing the incline of the treadmill is an effective method.

02 Safe Exercise Measures

Before exercising, please consult a professional. He (she) can help you recommend the exercise frequency, exercise intensity and exercise time that matches your age and physical condition. During exercise, if you feel chest tightness or chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

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

If you have no experience or are unsure of the most appropriate test speed, you can refer to the following guidelines:

0.8-3.0 km/h People with poor physical fitness

3.0-4.5 km/h People who are accustomed to sitting or not exercising often

4.5-6.0 km/h Normal speed walkers

6.0-7.5 km/h Fast walkers

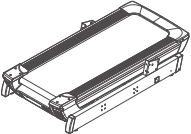


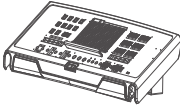
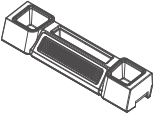

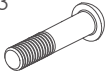
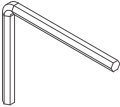
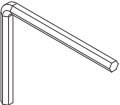
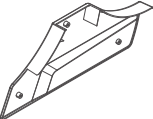
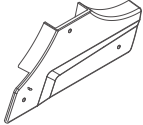
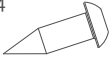
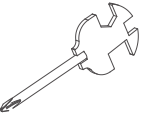




7.5-9.0 km/h Joggers

9.0-12.0 km/h Moderate speed runners

Note: For walkers, a speed of less than or equal to 6 km/h is more appropriate; for runners, a speed of greater than or equal to 8.0 km/h is more appropriate.

03 Parts List

The following figure is a scattered diagram of the parts installed on the whole machine. Open the packaging box and you can take out the following parts from the box.

 1	 4	 5	 6
 8	 74	 73	 18
 17	 31	 32	 94
 19	 65	 62	 40
			 101

03 Parts List

Parts List

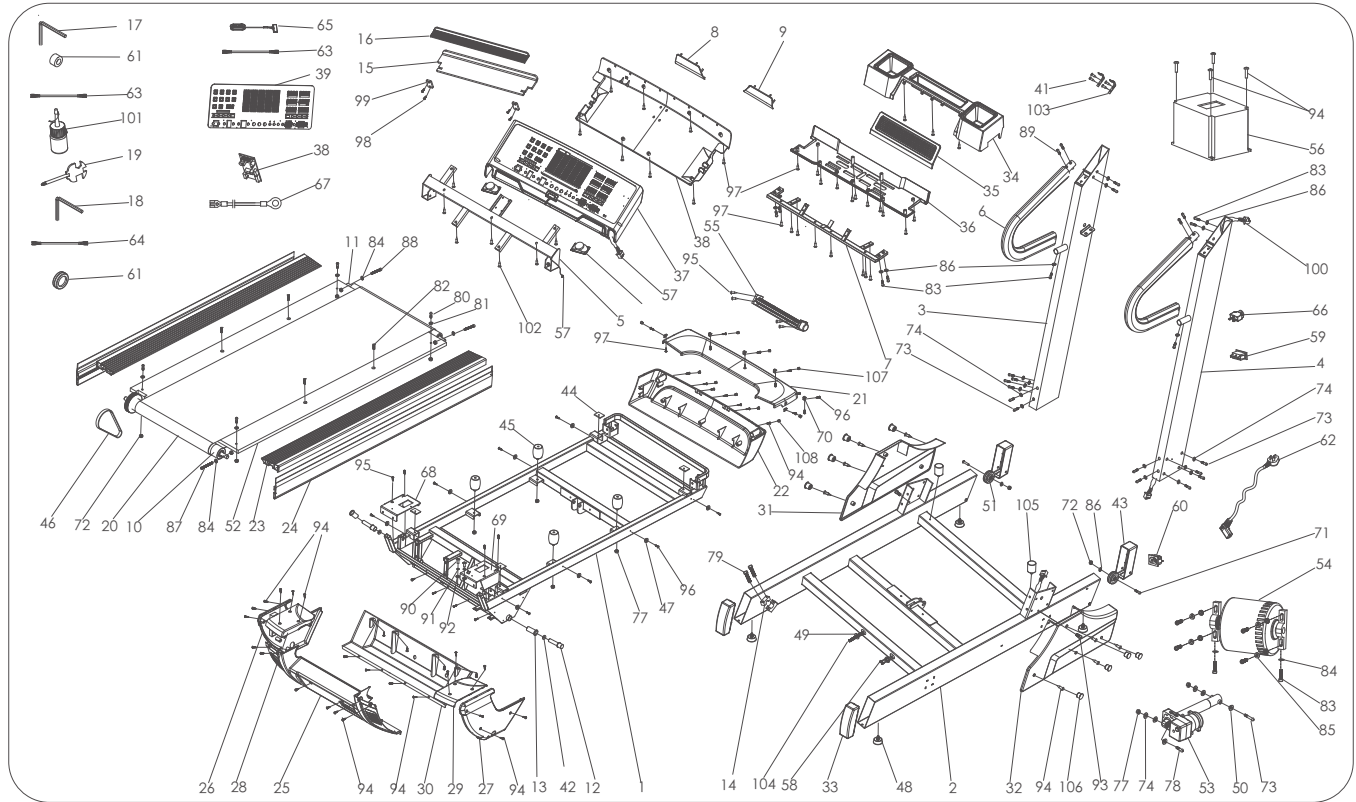
NO.	Name	Specifications	Quantity	NO.	Name	Specifications	Quantity
1	Main frame assembly		1	17	5# hexagon wrench		1
4	Left column tube assembly		1	31	Base left cover		1
5	Right column tube assembly		1	32	Base right cover		1
6	Watch frame assembly		1	94	Cross slot pan head self-drilling screw 4.2*19		8
8	Water bottle holder assembly		1	19	With cross wrench		1
74	Internal serrated lock washer	10	12	40	Base cover hole plug		8
86	Internal serrated lock washer	8	8	65	Safety lock		1
73	Hexagon socket round head screw	M10*15	8	62	Power cord		1
83	Hexagon socket round head screw	M8*16	1	101	Oil bottle		1
18	6# hexagon wrench		1				

Installation tools:

5# Allen wrench for M8 screws 1pcs, 6# Allen wrench for M10 screws 1pcs, cross wrench S=13, 14, 15 1pcs.

Note: Do not plug in the power supply before the installation is completed.

04 Exploded view



05 Exploded view details

No.	Name (specification)	Quantity	No.	Name (specification)	Quantity
1	Main frame assembly	1	19	With cross wrench	1
2	Base assembly	1	20	Running belt	1
3	Left column tube assembly	1	21	Front cover upper cover	1
4	Right column tube assembly	1	22	Front cover lower cover	1
5	Table frame assembly	1	23	Side strip	2
6	Handrail tube assembly	2	24	Side strip	2
7	Water bottle holder assembly	1	25	Rear foot guard rear cover	1
8	Left audio net	1	26	Rear foot guard left cover	1
9	Right audio net	1	27	Rear foot guard right cover	1
10	Front roller	1	28	Rear foot guard left upper cover	1
11	Rear roller	1	29	Rear foot guard right upper cover	1
12	Main frame shaft	2	30	Rear foot guard sealing plate	1
13	Main frame shaft inner sleeve	2	31	Base left cover	1
14	Upper fixing block	2	32	Base right cover	1
15	Aluminum IP frame	1	33	Base plug	2
16	IP cushion		34	Water bottle holder	1
17	5# Allen wrench	1	35	Fan blade	1
18	6# Allen wrench	1	36	Water bottle holder rear cover	1

05 Exploded view details

No.	Name (specification)	Quantity	No.	Name (specification)	Quantity
37	Electronic watch cover	1	55	Cross flow fan	1
38	Electronic watch back cover	1	56	Inverter	1
39	Display PCB	1	57	Electronic watch upper line	1
40	Adapter board PCB	1	58	Electronic watch lower line	1
41	Cross slot pan head self-drilling screw ST2.9*6.5	4	59	Power switch	1
42	Nylon sleeve	2	60	Power cord socket	1
43	Front roller cover	2	61	Magnetic ring	1
44	Motor cushion 35*25*T5.0	4	62	Standard power cord	1
45	Cushion $\phi 50*75*M10$	4	63	Blue single branch line	1
46	Poly-V belt	1	64	Brown single branch line	1
47	Edge buckle	8	65	Safety lock	1
48	Adjustable foot pad $\phi 52*48.5*M8$	4	66	Overload protector	1
49	Ring wire plug B	2	67	Grounding wire	1
50	Spacer sleeve	4	68	Rear foot guard left support plate	1
51	Adjustable roller	2	69	Rear foot guard right support plate	1
52	Tread plate	1	70	Upper cover fixing plate	5
53	Lifting motor	1	71	Inner hexagon flat round head screw M8*65	2
54	AC motor	1	72	Type 1 non-metallic insert hexagonal locking nut M8	9

05 Exploded view details

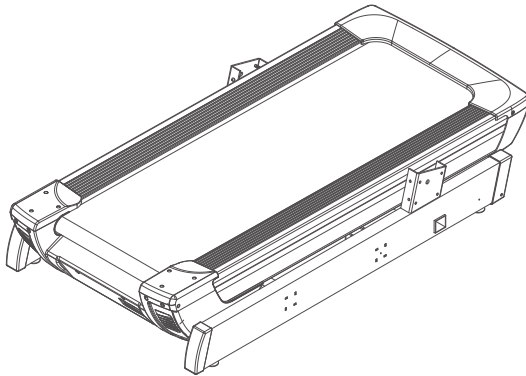
No.	Name (specification)	Quantity	No.	Name (specification)	Quantity
73	Hexagon socket flat round head screw M10*15	12	91	Standard spring washer φ5	2
74	Internal serrated lock washer 10	12	92	Internal serrated lock washer φ5	2
75	Hexagon socket flat round head screw M10*65	1	93	Hexagon socket head screw M8*12	2
76	Flat washer C grade 10	2	94	Cross slot pan head tapping screw ST4.2*19	28
77	Type 1 non-metallic insert hexagon lock nut M10	6	95	Cross slot pan head tapping screw with washer ST4.2*19	19
78	Hexagon socket flat round head screw M10*45	1	96	Cross slot pan head tapping screw ST4.2*12	13
79	Hexagon socket cylindrical head screw M8*35	4	97	Cross slot pan head tapping screw ST4.2*13	19
80	Hexagon socket flat round head screw M8*35	4	98	Cross slot pan head tapping screw ST2.9*12	7
81	Flat washer C grade φ8*24*2	4	99	IP frame fixing plate	2
82	Hexagon socket countersunk head screw M10*32	4	100	Electronic meter middle line L-1500	1
83	Hexagon socket cylindrical head screw M8*30	6	101	Oil bottle	1
84	Flat washer C grade 8	17	102	Cross slot pan head tapping screw ST4.2*30	7
85	Standard spring washer 8	10	103	Switch contact copper sheet	2
86	Internal serrated lock washer 8	8	104	Blue/brown double branch line L-1700	1
87	Hexagon socket cylindrical head screw M8*60	1	105	Buffer pad φ30*42*M6	2
88	Hexagon socket cylindrical head screw M8*75	2	106	Base cover hole plug	8
89	Hexagon socket flat round head screw M8*60	4	107	Front cover upper cover hole plug	5
90	Cross slot pan head screw M5*8	2	108	Front cover lower cover hole plug	5

Note: If there are slight differences between the color and structure of the pictures in this manual and the actual product, please refer to the actual product. The company reserves the right to improve the product. No further notice will be given at that time!

06 Installation steps

Step 1:

- ①: Open the box and take out the above parts from the box (see the parts list for details).
- ②: Lift the machine and lay the main machine flat on the ground for installation.

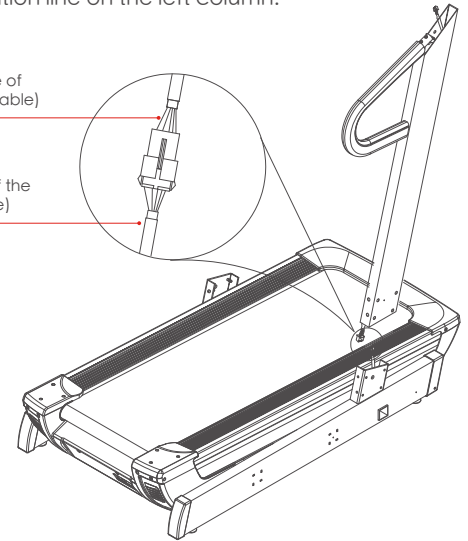


Step 2:

- ①: Connect the middle line (100) of the electronic meter on the right column assembly with the lower line (58) of the electronic meter in the running platform.
Note: Pay attention to the terminal direction!
- ②: Put the left and right columns on the machine, paying attention to the direction of the columns. Note: There is no communication line on the left column.

100 (middle line of the electronic table)

58 (lower line of the electronic table)

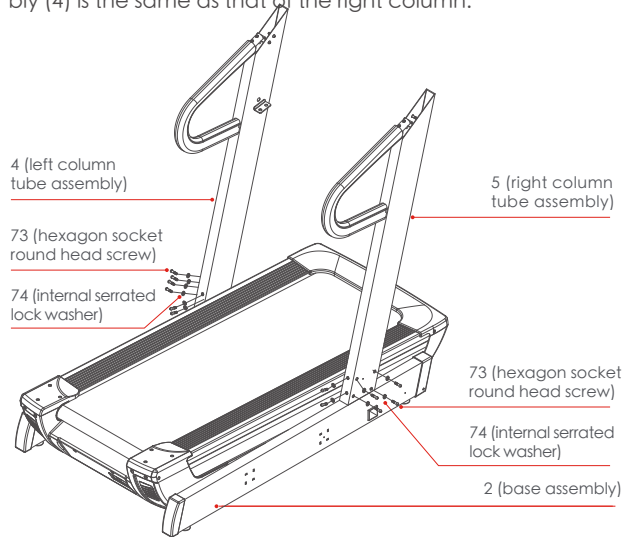


06 Installation steps

Step 3:

①: Take the hexagon socket flat round head screw (73) and put it on the inner serrated locking washer (74). Use a 6# hexagonal wrench (18) to pass through the right column tube assembly (5) and fix the screw on the base assembly (2).

②: The installation method of the left column tube assembly (4) is the same as that of the right column.



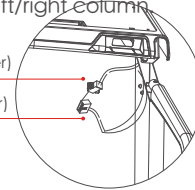
Step 4:

①: First connect the upper line (57) and the lower line (58) of the electronic meter. The interface cannot be loosened. Put the connected wires into the column.

②: Then install the meter frame assembly (6) on the left/right column, take the hexagon socket flat round head screw (83) and put it on the inner serrated locking washer (86). Use a 5# hexagonal wrench (17) to lock the meter frame assembly on the left/right column.

57 (upper line of electronic meter)

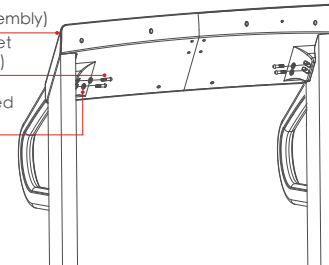
58 (lower line of electronic meter)



6 (meter frame assembly)

83 (hexagon socket round head screw)

86 (internal serrated lock washer)

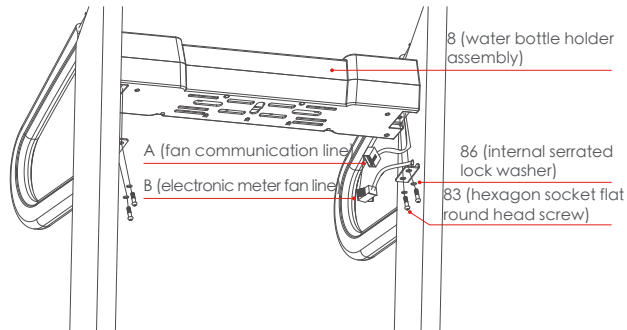


06 Installation steps

Step 5:

①: Connect the fan communication line (A) and the electronic meter fan line (B) of the water bottle holder assembly (8). The interface cannot be loosened. Tuck the connected line into the left column.

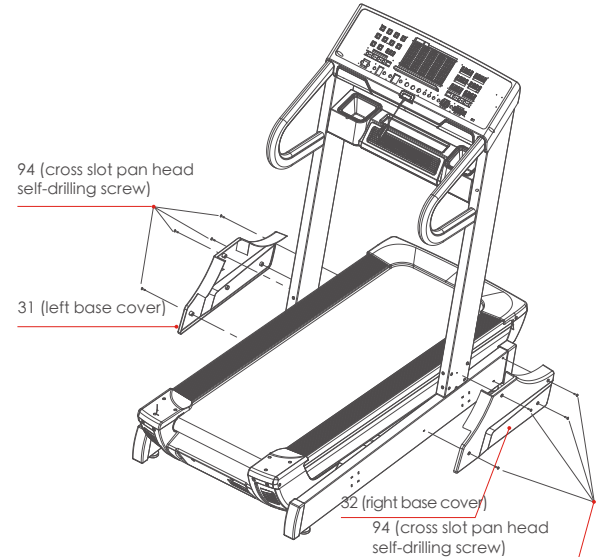
②: Install the water bottle holder assembly (8) on the left/right column, take the hexagonal flat head screw (83), put the inner serrated lock washer (86), and use the 5# hexagonal wrench (17) to lock the water bottle holder assembly on the left/right column.



Step 6:

①: Use a cross wrench (19) and a cross recessed pan head self-drilling screw (94) to fix the right base shield (32) on the base and the right column.

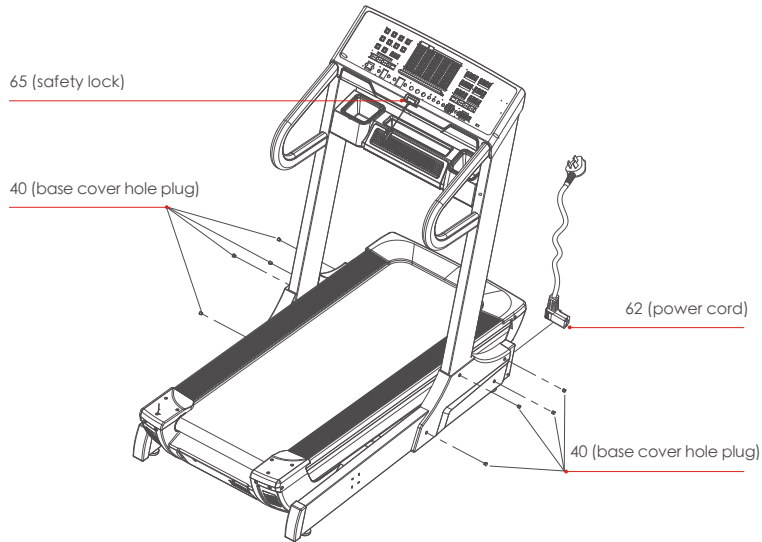
②: The installation method of the left base shield is the same as the right side.



06 Installation steps

Step 7:

- ①: Take the base cover hole plug (40) and plug it into the left and right base cover screw holes.
- ②: Put the safety lock (65) on the electronic watch safety lock position.
- ③: Take the power cord (62) and plug the tail socket into the power socket on the right side of the machine. Plug in the plug and turn on the power switch to start running.



07 Running belt adjustment

1. To better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.

2. If the running belt is too loose, it will slip when running; if it is too tight, it may reduce the performance of the motor and increase the wear of the roller and running belt. When the running belt is appropriately tight, you can lift the two sides of the running belt by hand about 50-75mm away from the running board.

Place the electric treadmill on a flat surface. Run the electric treadmill at a speed of about 6-8 km/h 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 adjustment bolt on the right clockwise 1/4 turn, insert the power switch and safety lock, run the treadmill, and observe the deviation of the running belt.

Repeat the above steps until the running belt is centered.

If the running belt deviates to the left, unplug the safety lock and power switch, rotate the left adjustment bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. The running belt will gradually loosen after the above adjustment or after using it for a period of time, and needs to be adjusted. Unplug the safety lock and power switch, and rotate the adjustment bolts on both sides clockwise 1/4 turn at the same time, insert the power switch and safety lock, run the treadmill, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight.

08 Technical parameters

Dimensions	1777*943*1602mm
Unfolding dimensions	Cannot be folded
Treadmill dimensions	520*1550mm
Net weight of the machine	About 145kg
Power source	Specific to the nameplate on the frame
Maximum output power	Specific to the nameplate on the frame
Speed range	1.0-22km/h
Maximum weight allowed for the user	150kg
Multi-window LED display	Speed Time Distance Calories Heart rate

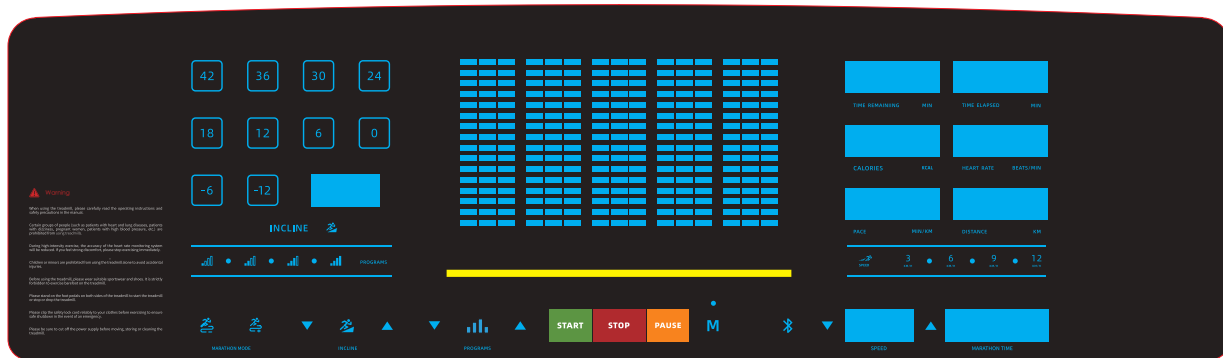
Note: The company reserves the right to improve the technology of the product images and parameters.
Subject to change without prior notice.

09 Grounding Instructions

This product must be grounded. In the event of a malfunction or damage, grounding provides the best way to divert current and reduce the risk of electric shock. This product is equipped with a power cord, a grounding conductor, and a grounding plug. The plug must be connected to the correct power outlet and the installation and grounding must be consistent with the parameters of the user's area of use.

Danger: Improper connection of the grounding conductor can cause electric shock. If you are not sure whether the product is properly grounded, please arrange for a qualified electrician or after-sales personnel to check it. If the plug does not match the socket, do not modify the plug yourself. Choose a correct socket and have a qualified electrician install it. This product is only for voltage 220V. Make sure the plug used is the same as the hole of the socket.
This product does not require an adapter.

10 Product Usage Functions



I. Window Display:

1. "16 x 15 dot matrix"

When in standby mode, the default program "P00" is displayed, and the program selection interface displays "P01...P53", "U01...U03", "HP1...HP3". The mode countdown displays "T", "D", "C". The physical fitness test interface displays "F". When setting the age in heart rate control speed, "AGE" is displayed. When setting the target heart rate, "HEART" is displayed. When starting the countdown, "3", "2", "1" are displayed. When paused, "PAU" is displayed. When the countdown reaches 0:00, the treadmill slows down steadily and stops running and displays "End". The fixed program and user-defined program display program speed data table. When running, the 400-meter/lap track is displayed, and the number of laps is displayed after each lap.

2. "Slope" window:

Displays the current slope value, and the slope display range is: -12...42 gears, corresponding to -5%~27%.

3. "Remaining time" window:

Displays the remaining exercise time, and the countdown decreases from the set time to zero. When the countdown reaches 0:00, the treadmill slows down steadily and stops running, and the speed window displays "End". It enters standby mode 5 seconds after completely stopping.

4. "Elapsed time" window:

Displays the exercise time, and the forward countdown is from 0:00-99:59. When the countdown reaches 99:59, it is reset and counted again.

10 Product Usage Functions

5. "Calories" window:

Displays the calorie consumption value. When displaying the calorie consumption value, the forward count is from 0.0-999.0. After overflow, it is reset and counted again. When counting backward, it counts down from the set value to 0. When the countdown reaches 0, the treadmill slows down steadily and stops running. It enters the standby state 5 seconds after completely stopping.

6. "Heart rate" window:

Displays the heart rate value of the athlete. When the athlete connects to the heart rate belt via Bluetooth, the system can display the athlete's heart rate in this window. The heart rate value display range is: 50-200 beats/minute. (This data is for reference only and cannot be used as medical data.)

7. "Pace" window:

Displays the current pace during operation, in units of MIN/KM.

8. "Distance" window:

When the user customizes the program setting, it displays "S-01...S-15". Displays the exercise distance, counts forward from 0.00-99.90, resets to zero after overflow, counts backward from the set value to zero, and the treadmill slows down steadily and stops running when the countdown reaches 0, and enters the standby state 5 seconds after it stops completely.

9. "Speed" window:

Displays the current speed data in the running state, and the speed display range is: 1.0-22.0KM/H.

10. "Marathon timing" window:

The marathon program displays the exercise time, and the countdown decreases from the set time to zero. When the countdown reaches 0:00, the treadmill slows down steadily and stops running, and the speed window displays "End", and enters the standby state 5 seconds after it stops completely.

II.Button functions:

1. "Start" button: When the power is on and the safety lock is engaged, press this button at any time to start the treadmill.
2. "Stop" button: During exercise, you can use this button to stop the treadmill and reset it.
3. "Pause" button: You can use this button to pause the treadmill during exercise. The running data will be retained after pausing. When you start again, the slope will return to the slope before pausing, and the speed will run at the lowest speed.

10 Product Usage Functions

4. "PROG Previous Page" & "PROG Next Page" are program selection keys: In standby mode, press the up and down keys to cycle through "P01-P10-P20-P30-P40-P50-U01-U02-U03-HP1-HP2-HP3".

When "P01", press 4 program shortcut keys to select

When "P10", press 4 program shortcut keys to select

When "P20", press 4 program shortcut keys to select

When "P30", press 4 program shortcut keys to select

When "P40", press 4 program shortcut keys to select

When "P50", press 4 program shortcut keys to select

"U01-U03" are user-defined programs.

"HP1-HP3" are heart rate control speed.

5. "Marathon-" & "Marathon+" are marathon training program selection keys: in standby mode, press this up and down key to cycle through "M01-M02-M03-M04-M05-M06-M07-M08".

6. "M" is the mode selection key: press this key to cycle through "T", "D", "C", "F" ("T" is the time countdown mode, "D" is the distance countdown mode, and "C" is the calorie countdown mode.) When selecting various modes, you can use the speed and slope plus and minus keys to set the relevant countdown values. After the setting is completed, press the "START" key to start the treadmill. "F" is the fat measurement mode, see the physical fitness

7. "Speed +" and "Speed -" are speed plus and minus keys: standby state, used to adjust the set value. After starting, it is used to adjust the speed, and the adjustment amplitude value is 0.1 each time. When it is pressed for more than 0.5 seconds, it will automatically increase or decrease.

8. "Yangsheng+" and "Yangsheng-" are slope plus and minus keys: standby state, used to adjust the set value. After starting, it is used to adjust the slope, and the adjustment range is 1 level/time. When it is pressed for more than 0.5 seconds, it will automatically increase or decrease.

9. "SPEED": 3, 6, 9, 12KM/H are speed shortcut keys: the speed can be set quickly.

10. "INCLINE": -12, -6, 0, 6, 12, 18, 24, 30, 36, 42 are slope shortcut keys, which can quickly set the slope.

11. "Fixed program selection" key: is a fixed program selection key, which can select a fixed program.

12. "Fan" key: When the treadmill is powered on, press this key at any time to turn the fan on and off.

10 Product Function Description

III. Automatic speed limit:

When the treadmill is running, the speed will be limited according to the following standards regardless of the mode:

When the slope is positive: 0...7 no speed limit; 8...15 maximum speed 18.0KM/H; 16...23 maximum speed 12.0KM/H; 24...32 maximum speed 8.0KM/H; 33...42 maximum speed 4.0KM/H;

When the slope is negative: -1...-6 maximum speed 18.0KM/H; -7...-12 maximum speed 15.0KM/H.

IV. Quick start (P00):

1. Turn on the power switch and correctly adsorb the magnetic safety lock to the safety lock position under the panel.
2. Press the "START" start button, the system enters a 3-second countdown, the buzzer sounds, and the speed window displays the countdown number. After the 3-second countdown is completed, the treadmill starts running at a speed of 1 km/h.
3. After starting, you can use the "SPEED+", "SPEED-" keys to adjust the speed of the treadmill as needed; use the "INCLINE+", "INCLINE-", keys to adjust the slope of the treadmill.

V. Operation during exercise:

1. Pressing the "SPEED-" key will reduce the running speed of the treadmill.
2. Pressing the "SPEED+" key will increase the running speed of the treadmill.
3. Pressing the "INCLINE-" key will reduce the slope of the treadmill.
4. Pressing the "INCLINE+" key will increase the slope of the treadmill.
5. Pressing the stop key will slow down the treadmill to stop running.

VI. Manual mode:

1. In standby mode, directly press the "START" key, the treadmill starts running at a speed of 1.0 km/h and a slope of 0; other windows start counting forward from 0, and press the "INCLINE+", "INCLINE-", "SPEED+", "SPEED-" keys to change the slope and speed.
2. In standby mode, press the "M" key to enter the countdown mode. The "Remaining time" window displays "30:00" and flashes. Press the "INCLINE+", "INCLINE-", "SPEED+", "SPEED-" keys to set the exercise time. The setting range is: 5:00-99:00.

10 Product Function Description

3. In the time countdown mode, press the "M" key to enter the distance countdown mode. The "Distance" window displays "1.00" and flashes. Press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys to set the exercise distance. The distance setting range is: 0.50-99.9 (0.50-60.0 when connected to Bluetooth).

4. In the distance countdown mode, press the "M" key to enter the calorie countdown mode. The "Calorie" window displays "50.0" and flashes. Press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys to set calories. The calorie setting range is: 10.0-999.0.

5. Select one of the three countdown modes and press the start key after the setting is completed. The treadmill will start running after a delay of 3 seconds. Press the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys to adjust the speed and slope; Press the stop key to stop the treadmill.

VII. Built-in program:

1. The initial time is set to 30 minutes. Only the time can be set. The setting range is: 5:00-99:00. Press the speed, up and down plus and minus keys to adjust the set value;

2. Press the start key, the motor starts to run, and the speed slowly increases to the speed indicated in the first section of the automatic program (see the program value table for details);

3. Press the speed plus and minus keys to adjust the speed;

4. Press the up and down plus and minus keys to adjust the slope;

5. Press the speed shortcut key to quickly set the speed indicated by the button;













6. Press the slope shortcut key to quickly set the slope indicated by the button;

7. Each program is divided into 15 sections, and the running time of each section is 1/15 of the set time;

8. When switching between sections, it will beep once; when the set time decreases to zero, the speed slowly decreases until it stops, and the beeper emits a short sound Bi-Bi-Bi, the speed slowly decreases until it stops, and the beeper emits a long sound Bi-Bi-Bi, the time window displays End, and returns to standby after 5 seconds, and the beeper emits a long sound Bi-Bi.

10 Product Function Instructions

VIII. Fixed Program Table

Select Segment		Time Period	Set Time/15=Running Time of Each Segment														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P01 Jogging		SPEED	3	4	5	5	6	5	5	4	5	5	6	6	5	5	3
		INCLINE	1	1	2	2	0	0	-1	-1	-2	-2	0	3	3	1	1
		SPEED	3	5	6	7	7	4	4	6	7	3	4	7	7	4	3
		INCLINE	0	0	-1	-1	1	4	6	5	0	-4	-6	1	2	5	2
		SPEED	2	3	3	4	5	3	4	5	5	3	6	6	4	4	4
		INCLINE	1	5	5	7	3	-2	-4	0	0	4	4	2	2	1	1
		SPEED	2	4	4	6	6	5	4	3	5	6	7	5	4	3	2
		INCLINE	2	2	-1	-1	-3	-3	3	3	5	5	4	4	1	-2	-2
P10 Easy Running		SPEED	4	8	8	9	9	6	4	8	10	10	10	5	9	9	4
		INCLINE	3	-2	-3	2	2	-4	-5	3	0	0	4	6	4	4	4
		SPEED	5	10	10	8	8	5	9	9	9	4	10	10	10	5	4
		INCLINE	5	3	3	-2	-4	-6	0	0	2	5	2	2	2	3	6
		SPEED	6	11	11	8	8	5	10	10	8	8	5	11	11	8	5
		INCLINE	4	2	1	-2	-4	-6	0	0	3	5	6	2	2	-2	5
		SPEED	4	12	11	10	9	8	7	6	8	10	12	11	8	6	5
		INCLINE	4	0	0	2	2	-3	-3	2	4	2	0	0	0	3	6
P20 Threshold Running		SPEED	6	8	10	10	10	10	10	7	5	12	12	10	9	8	6
		INCLINE	5	4	2	2	2	2	2	-3	-5	1	1	3	3	3	6
		SPEED	7	12	13	12	12	10	6	8	11	13	13	10	10	8	5
		INCLINE	4	2	0	0	0	4	-2	-5	0	0	0	3	3	3	3
		SPEED	8	10	10	6	10	12	12	12	12	8	5	9	13	12	6
		INCLINE	6	8	4	4	2	2	-4	-4	2	2	6	4	8	2	2
		SPEED	6	9	12	12	12	8	5	10	13	12	12	9	6	10	10
		INCLINE	2	-5	-2	-2	2	4	6	3	0	0	0	3	6	4	0

10 Product Function Description

IX. Marathon Program

For the marathon program, press the start button directly after the marathon training mode +- displays M-- to start the machine running (the marathon program is a fixed time, and there is no need to set the time or other parameters separately). The marathon program can be set cyclically.

The marathon program is divided into half marathon and full marathon:

The 4 programs of the half marathon are M01-M04, and the corresponding time is 180 minutes, 150 minutes, 120 minutes, and 90 minutes respectively; the half marathon distance is 21.10KM, and the current marathon program will end when the user's exercise distance decreases to 0 or the marathon timer reaches 0.

The 4 programs of the full marathon are M05-M08, and the corresponding time is 360 minutes, 300 minutes, 240 minutes, and 180 minutes respectively; the full marathon distance is 42.20KM, and the current marathon program will end when the user's exercise distance decreases to 0 or the marathon timer reaches 0.

In the marathon program, for safety reasons, users are required to wear a heart rate armband when exercising. If the heart rate exceeds 200 in any speed segment, the speed will no longer increase automatically (the program will switch to the next segment). If the heart rate exceeds 220 for 3 consecutive minutes, the current speed will be reduced by 30%. If the heart rate is still not lower than 200 after 3 minutes, the speed will continue to decrease until it is lower than 200. When running the next segment of the program, if the heart rate is below 200, the speed will return to the program setting value.

10 Product Function Description

X. User-defined programs:

1. In addition to the 24 built-in programs and 8 marathon programs, the treadmill also has 3 user-defined programs that allow users to set according to their personal circumstances: U01, U02, and U03.

2. Setting user-defined programs:

In standby mode, press the "PROG Previous Page" & "PROG Next Page" keys continuously until you reach the user-defined program you want to set. The distance window displays "U01-U03". Press the "MODE" key to enter the setting. The time window displays "S-01...S-15". The speed and lift windows display the corresponding segment-related data. Then you can set each time period. When setting, use the "Speed +", "Speed -" keys or speed shortcut keys to set the speed, use the "Lift +" and "Lift -" keys to set the lift, and press the "PROG Previous Page" & "PROG Next Page" keys to complete the setting of this time period and enter the next time period setting state until all 15 time periods are set; after the setting is completed, the data will be permanently saved until you reset it next time, and this data will not be lost due to power failure.

3. Start the user-defined program:

In standby mode, press the "Program Switch" button continuously until you reach the user-defined program (U01-U03) you want to run, and press the start button to start after setting the running time.

4. After the user-defined program and running time are set, press the start button to start immediately.

5. User-defined program setting instructions.

6. Each program divides the exercise time into 15 time periods. When setting, you must complete the speed, lift and running time settings of all 15 time periods before pressing the start button to start the treadmill.

XI. Heart rate control

L-H: Adjustable range of heart rate value from minimum to maximum:

1. In standby mode, press "PROG Previous Page" & "PROG Next Page" keys continuously until the window displays "HP1...HP3" (heart rate control program). The maximum operating speed of "HRC" is 12.0km/h. Note: If you press the start key directly in the "HRC" display interface, the system will automatically recommend one: AGE (age) is 30 years old, HEART (target heart rate value) is 114 heart rate control parameters for users to use);

2. If you press the "MODE" key, enter the age setting, and the dot matrix window displays the default AGE (age) of 30 years old. Users can select their appropriate age by pressing the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys. The adjustment range of age is 15-80 years old (refer to the HRC table

3. After the user selects his age, press the "MODE" key. The system will automatically recommend a suitable target heart rate based on the user's selected age and display it in the speed window for the user's reference. Users can also select their desired target heart rate value according to their physical condition by pressing the "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys, and the selection range is 84-195 (refer to the HRC table for details);

10 Product Function Description

4. After the user selects his age and target heart rate value, press the "MODE" key to enter the time setting interface. The "TIME" window shows that the preset time is 30:00. Press the "INCLINE+", "INCLINE--", "SPEED+", "SPEED -" keys to adjust the running time. The time adjustment range is: 10:00-99:00.
5. Press "MODE" to enter the startup standby interface or directly press the "START" key to start;
6. When the HRC program is running, you can press "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" keys to start the program. "-" button to adjust the speed and slope, but the system will still automatically adjust the speed and slope to make your heart rate close to the target heart rate value;
7. The first minute after the start of exercise is a warm-up state. The system will not automatically adjust the speed and slope, and can only be adjusted manually; after 1 minute, the system will automatically accelerate at a frequency of 0.5 km/time according to your current heart rate value. When it reaches 8km/h or 12.0km/h, if it is not close to the target heart rate value, the system will automatically increase the slope at a frequency of 1 gear/time to increase the amount of exercise to make your heart rate close to the target heart rate value. Until the heart rate reaches the target heart rate value, the slope and speed will remain unchanged. If the heart rate is greater than the target heart rate value, the system will automatically reduce the slope at a frequency of 1 gear/time, and when the slope is reduced to 0, it will decelerate at a frequency of 0.5 km/time.

10 Product Function Description

HRC parameter table (for reference only)

AGE	BPM			AGE	BPM			AGE	BPM		
	H	DEFAULT	L		H	DEFAULT	L		H	SEFAULT	L
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92
24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

10 Product Function Description

XII. Physical Fitness Test:

In standby mode, press the "MODE" key continuously to enter the human body mass index (FAT) detection function, and press the "PROG Previous Page" & "PROG Next Page" keys to enter the MAN or WOMAN, AGE, HGT (height), KGT (weight), HEART (current heart rate), and physical fitness monitoring interface. Press the "Speed +", "Speed -", "Ascension +", and "Ascension -" keys to set the parameters of MAN or WOMAN, AGE, HGT (height), KGT (weight), (parameters are as shown in the following table). After setting, press the "PROG Previous Page" & "PROG Next Page" keys to enter the physical fitness detection interface. At this time, wear the wireless wristband and it will flash for 5-6 seconds to display your body mass index to check whether your weight and height are proportional. Body mass index (FAT) measures the relationship between a person's height and weight, not the body proportion. FAT is suitable for any man or woman, and together with other health indicators, it provides a basis for people to adjust their weight. The ideal FAT should be between 20 and 24. If it is less than 19, it means you are too thin. If it is between 25 and 29, it means you are overweight. If it is over 30, it means you are obese. (This data is for reference only and cannot be used as medical data.)

MAN	GENDER	MAN	WOMAN
AGE	AGE	10-----99	
HGT	HEIGHT	100-----200	
KGT	WEIGHT	20-----150	
FAT	THIN	≤ 19	THIN
	NORM	= (20---24)	NORMAL
	OWEI	= (25---29)	FAT
	OBES	≥ 30	OBESE

XIII. Display range of each value:

Set parameters	Initial	Set initial value	Set range	Display range
Time (minutes: seconds)	0:00	30:00	5:00-99:00	0:00 – 99:59
Slope (level)	0	N/A	N/A	-12-42
Speed	0.0	N/A	N/A	1.0-18.0KMH
Distance (km)	0.00	1.00	0.50-99.0	0.00 – 99.9
Heart rate (beats/minute)	P	N/A	N/A	50-200
Calories (kcal)	0.0	50.0	10.0-999.0	0.0 – 999.0

10 Product Function Description

XIV. Safety lock function:

In any state, you can pull out the safety lock to stop the treadmill in an emergency. The treadmill stops in an emergency, all windows display "---", and the buzzer sounds "BB" three times; at this time, the treadmill cannot perform any other operations except shutting down. After the safety lock is correctly reinstalled, the treadmill re-enters the standby state and waits for input commands.

XV. Power saving mode:

This system has a power saving function. In the standby state, if there is no key input within 10 minutes, the system enters the power saving mode and automatically turns off the display. Press any key to wake up the system again.

XVI. Shutdown:

The treadmill can be turned off at any time by turning off the power switch, which will not damage the treadmill.

XVII. Calorie calculation formula:

$$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$$

When the lift is 0, the calories consumed per kilometer are 70.3 kcal

11 Care and Maintenance

Warning: Before cleaning or maintaining the product, always unplug the treadmill.

Cleaning: Thorough cleaning will extend the life of the treadmill.

Keep the components clean by removing dust regularly. Always clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure your sports shoes are clean to avoid carrying foreign objects under the running belt and wearing out the running deck and running belt. The surface of the running belt should be wiped with a damp cloth with soap, and be careful not to splash water on the electrical components and under the running belt.

Warning: Always unplug the treadmill before moving the motor cover. Open the motor cover at least once a year to vacuum and clean the motor.

Special Lubricant for Running Belt and Electric Running

The running deck and running belt of this electric running machine have been pre-lubricated with lubricant. The friction between the running belt and the running deck has a great impact on the service life and performance of the electric running machine, so lubricant should be applied regularly. We recommend regular inspection of the board surface. If the board surface is damaged, please contact our customer service center.

We recommend lubricating the running belt and running board of the electric treadmill according to the following schedule:

Light users (less than 3 hours per week) once a year;

Medium users (3-5 hours per week) once every 6 months;

Heavy users (more than 5 hours per week) once every 3 months.

We recommend that you purchase lubricants at your local dealer or contact our company directly.

Note: Any other repairs must be performed by professionals.

12 Common fault handling

Electric running simple fault:

Fault and phenomenon		Possible causes	Solution
Electronic meter display	Safety lock falls off	ASafety lock falls off	Place the safety lock on the panel to the position of the card or the card insertion position
		BMagnetron is not attracted	Install the magnetron to the correct position
	E01 - Communication fault (no inverter signal received)	AElectronic meter signal line is not connected properly or has poor contact	Reconnect the plug wire
	E08 - Inverter cannot receive display board signal	BElectronic meter signal line is damaged and short-circuited or open-circuited	Replace the signal wire
		CElectronic meter signal line failure	Replace the electronic meter
		DInverter signal line failure	Replace the inverter
	E13 - Anti-reverse switch action	ATreadmill is upright or not level	Adjust the treadmill and place it horizontally
		BDrive inversion line is bad	Replace the driver
	E03 - Overvoltage fault	AC overvoltage: higher than 270VAC	Stop using it and ask an electrician to troubleshoot the problem
	E04 - Overcurrent fault E05 - Overload fault	AOverload	System protection, restart if it is blocked manually
		BTransmission part is stuck or blocked	Adjust the transmission part or add lubricating oil
		CInternal short circuit of motor	Replace the motor
		DInverter burns out	Replace the inverter
	E07 - Overheating fault	AOverheat protection, or inverter is bad	Replace the inverter
	E12 - Lifting fault	ALift motor line or signal line is not connected properly	Check whether the connection is wrong and reconnect the connection wire
		BLift motor is bad	Replace the lifting motor
CInverter is bad		Replace the inverter	
E06 - Inverter MCU fault	A Inverter failure	Replace the inverter	
E09 - Inverter internal communication error 1			
E10 - Inverter internal communication error 2			
E14 - Phase failure fault			
E15 - Current sensor U fault			
E16 - Current sensor W failure			

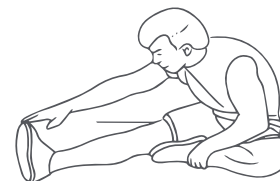
13 Warm-up

Before exercise, it is best to do stretching exercises first. Warm muscles are easier to stretch. Therefore, spend 5 to 10 minutes to warm up, then stop and do stretching exercises as shown in the right picture. Do it 5 times, each leg for 10 seconds or more each time, and do it again after the exercise.



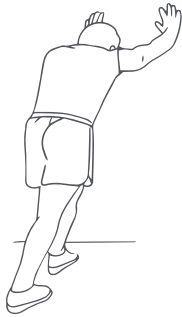
Note: This product is a full-body training equipment. Please follow the above steps to warm up.

1. Stretch down: Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax, and repeat 3 times.



2. Hamstring stretch: Sit on a clean cushion and stretch one leg. Bring the other leg inward so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg.

13 Warm-up



3. Calf and Achilles tendon stretch: Stand with your hands on the wall and one foot behind you. Keep your back leg straight and your heel on the ground, and lean toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.



4. Quadriceps stretch: Use your left hand to hold the wall or table for balance, then reach your right hand back, grab your right heel and slowly pull it toward your buttocks until you feel the muscles in the front of your thigh are very tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.



5. Sartorius muscle (muscles on the inner thigh) stretch: Sit down with your soles facing each other and your knees facing outward. Grab your feet with both hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

15 About Warranty

Warranty Period

From the date of purchase, the whole machine is under free warranty for one year (man-made damage is not covered by the warranty). Please keep the purchase receipt and warranty card properly.

Maintenance Service Instructions

The product must be installed and used according to the instructions on the product drawing. Damage or accidents caused by installation errors or improper use are not included in the free repair range.

If the product needs to be repaired, this card and purchase receipt must be brought to the designated repair center for repair.

Repair fees will be charged for repairs beyond the free

Product Repair Record

Fault Description	Maintenance Status	Maintenance Engineer	Maintenance Date

Certificate of Conformity

Brand	RPM POWER
Product Name	PWR Marathon Treadmill
Product Item Number	TREADMILL1
Inspector	



Product Warranty Card

User Name	
Product Model	
Correspondence Address	
Purchase Status	
Contact Information	
Purchase Date	



Company: RPM SPORTS LTDA

Address: Nenagh Rd, Racecourse Rd, Racecourse, Thurles, Co. Tipperary, Ireland, E41 Y512

尺寸:210*148.5mm

材质:封面157g哑粉纸,内页105g哑粉纸

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