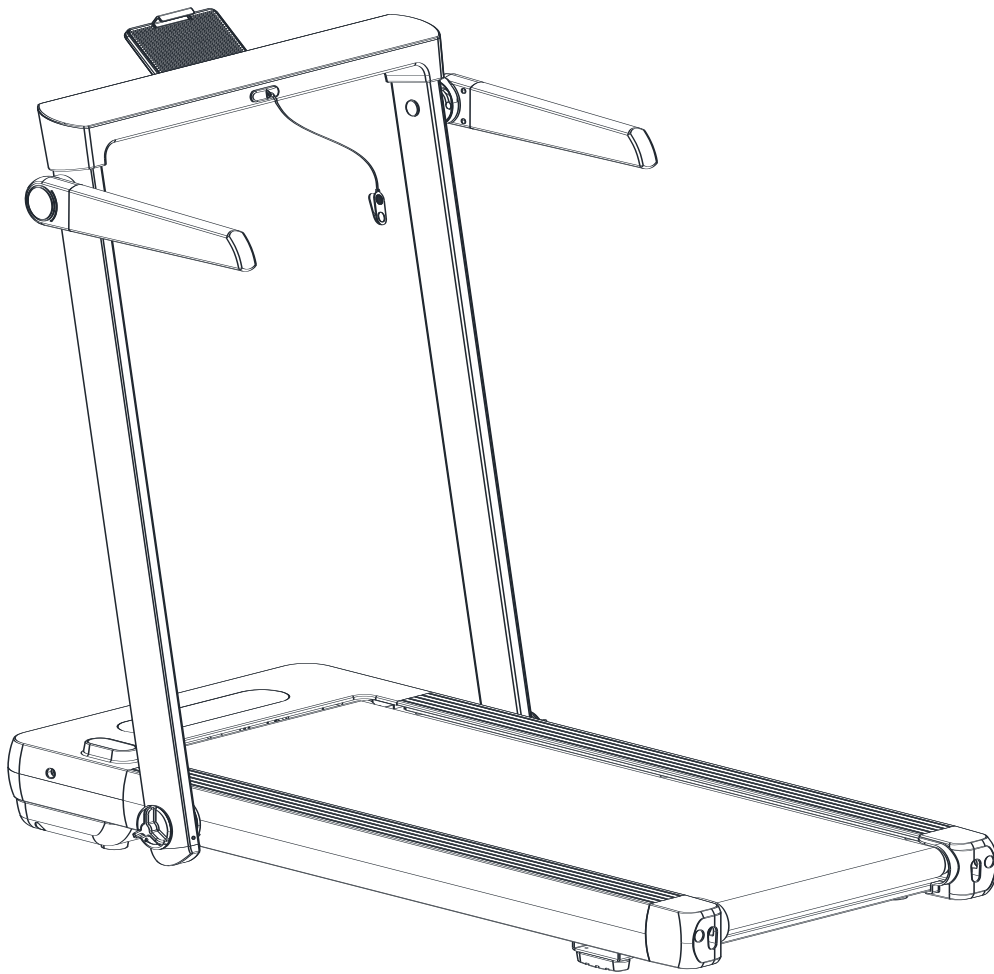


# 2 in 1 Folding Treadmill User Manual



**Please read all precautions and instructions in this manual in detail before using this equipment.**

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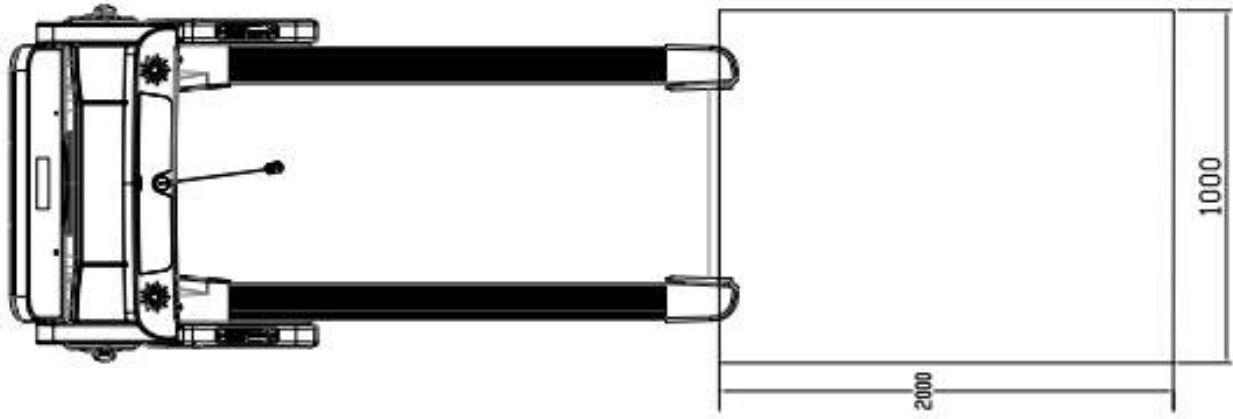
## Safety Tips


1. Put motorized treadmill in a neat and flat place, do not put it on the thick carpet, lest affect the circulation of air in the lower part of the motorized treadmill. Also do not put motorized treadmill near water or outdoor use, pay attention to moisture-proof.
2. Only after the motorized treadmill fully installed and the motor protection cover, can the power be switched on. Plug the power cord plug into the power outlet with safe grounding 10a, we recommend that you use a socket with an overcurrent protector to ensure the safety of the treadmill and the user.
3. Please do not casually remove the protective cover, if you need to open it for maintenance, make sure to pull out the power cord plug first. (it is recommended that professional repair.)
4. When placing the motorized treadmill, do not let it block the wall socket, to facilitate the insertion of.
5. The motorized treadmill power cord is dedicated, if it damaged, please buy from the dealer, or directly connect with our company.
6. Please check the installed motorized treadmill again to see if the bolt is locked.
7. Please attention that the motorized treadmill is a dedicated machine, do not modify it for other use.
8. Please do not insert any other items in any part of the equipment, lest damage the equipment.

## Attention

To avoid accidental injury, you must pay attention to the following:

1. To prevent injury, please warm up before exercise.
2. Any strenuous exercise can only start after 40minutes after meals.
3. Before using the treadmill, check whether the power supply is loaded and the safety key is effective. Then suck one end of the safety key onto the treadmill. One end of the clip on the clothes or belt, in case of an emergency can be pulled off the safety key.
4. Please do not turn on when standing on the running belt, when the power on, the running belt may have a pause at the beginning of exercise. One must stand on a plastic skid board on either side of an electric treadmill until the running belt moves.
5. Please naturally swing your arms while exercising, look ahead, do not look down at your feet.
6. Accelerate gradually when you exercise, until you adapt to the existing speed and then accelerate.
7. Do not wear too long,too loose when you exercise to prevent clothes to be hooked to the motorized treadmill, usually wearing rubber soles running shoes or fitness shoes.
8. The first time to use the motorized treadmill, be sure to hold on to the handrails. Do not loosen the handrail until you feel comfortable.
9. The continuous exercise can not exceed 90 minutes. Please unplug the power plug and remove the safety switch in time to avoid overloading.
10. When there is any different situation, you must pull off the safety key immediately, hands on the handle, feet jump on the anti-skid board, and then leave.
11. When not using the treadmill, the safety key should be put away. Do not be taken by children. Minors in the use of treadmill must be accompanied by adults.
12. Before folding the treadmill must be completely stopped and reset; it is not allowed to operate the treadmill after folding.
13. The rear of the treadmill must be reserved 2000mm × 1000mm space.



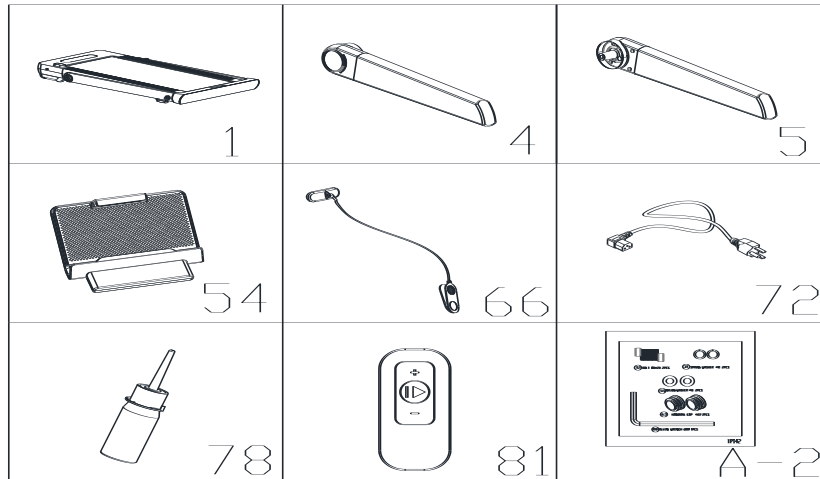
 Warning :

1. Two or more people are not allowed to use the treadmill at the same time.
2. Please use under medical supervision if unwell.
3. The heartbeat monitoring system is just for reference, cannot be used as medicine. Excessive exercise can cause serious injury or death. If you feel dizzy, stop exercising immediately.
4. Kids, disabled people, pets should keep away from the treadmill, in case of accidents.

# Installation Steps

The picture below are scatter diagram of all components of the treadmill, open the carton, you can remove the components as below.

## A-1

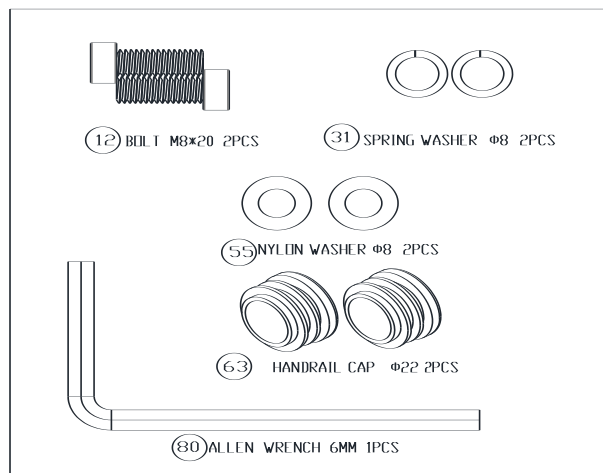


## Spare parts list

No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
1	Running pad		1	4	Left rail		1
5	Right rail		1	54	IPAD holder		1
66	Safety key		1	72	Power cord		1
78	Silicon oil		1	81	Remote control		1
A-2	Screw bag		1				

## Screw bag:

## A-2



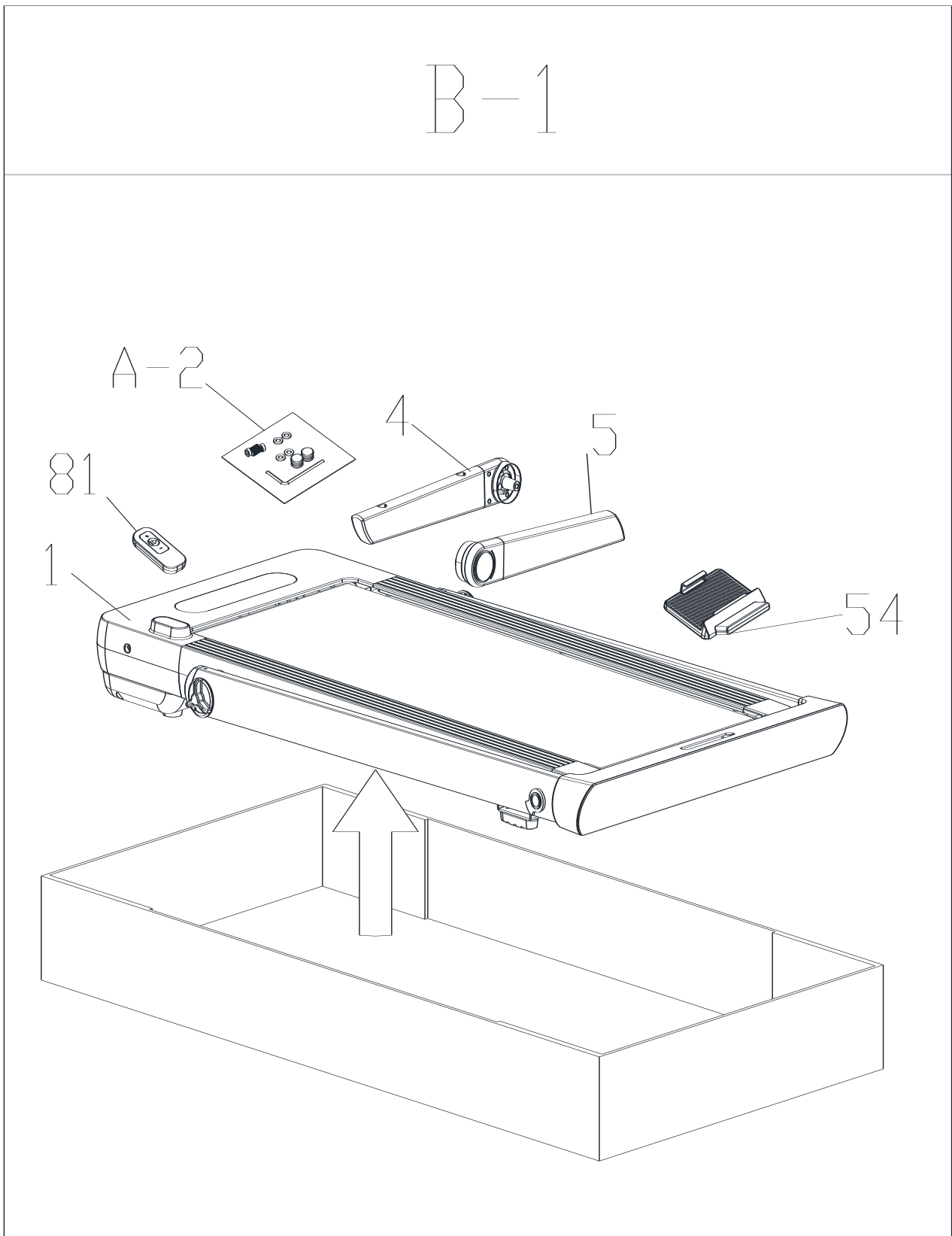
## Installation tool:

6# allen wrench 6mm 1pcs

**Attention: Do not plug in the power until installation is complete.**

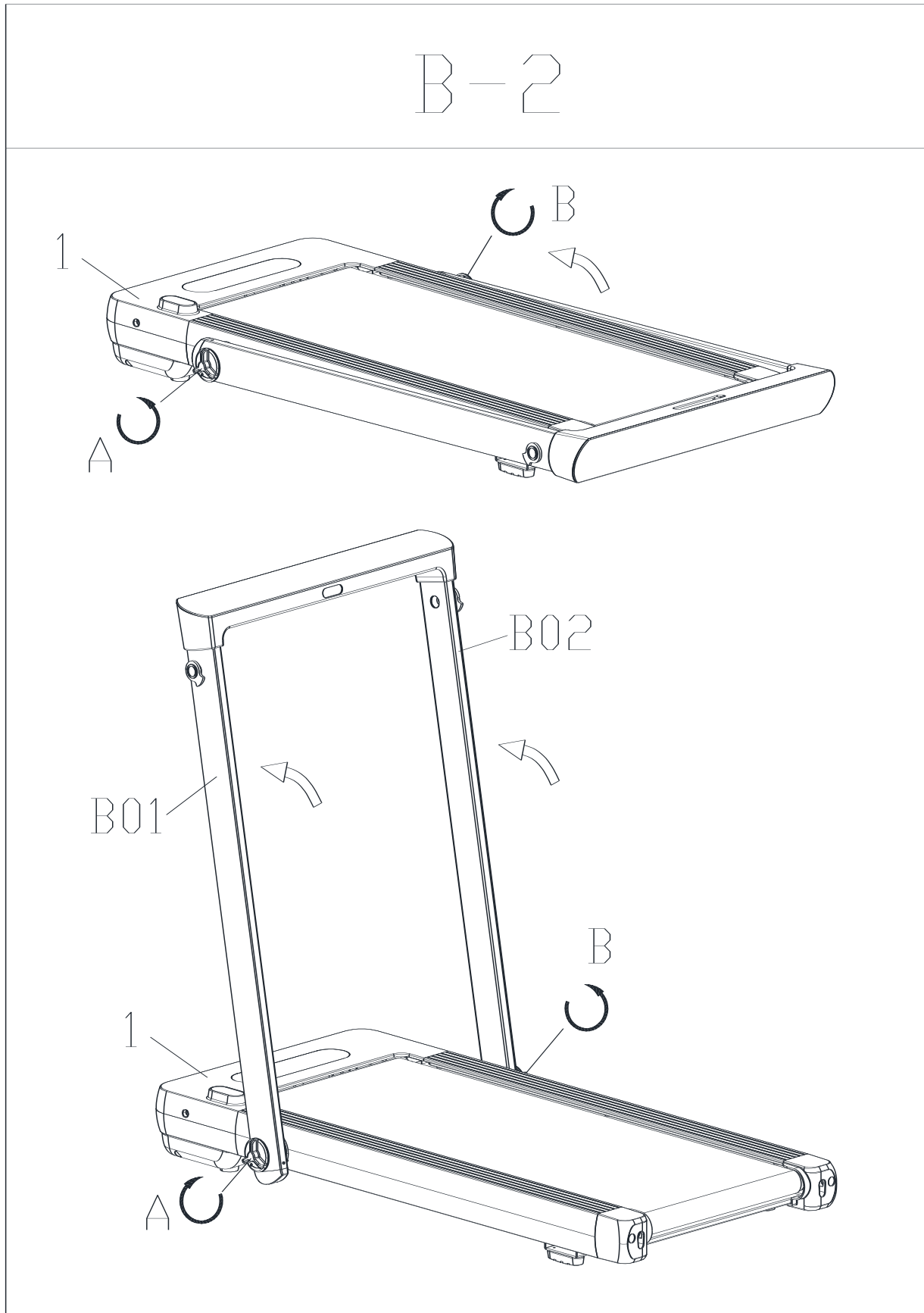
**Step 1:**

Remove the following materials from the carton and place the main frame on the ground.



**Step 2:**

First turn out the knobs at A and B, then stand up the column B01 and B02, and finally tighten the knobs at A and B, as shown in the figure.



**Step 3:**

Insert the left armrest into the left column, and then assemble the nylon gasket(55) spring pad(31) into the left column hole in turn, and finally lock the bolt(12) screw with a tool wrench. Install the right armrest in the same way as the left armrest, as shown in the figure.

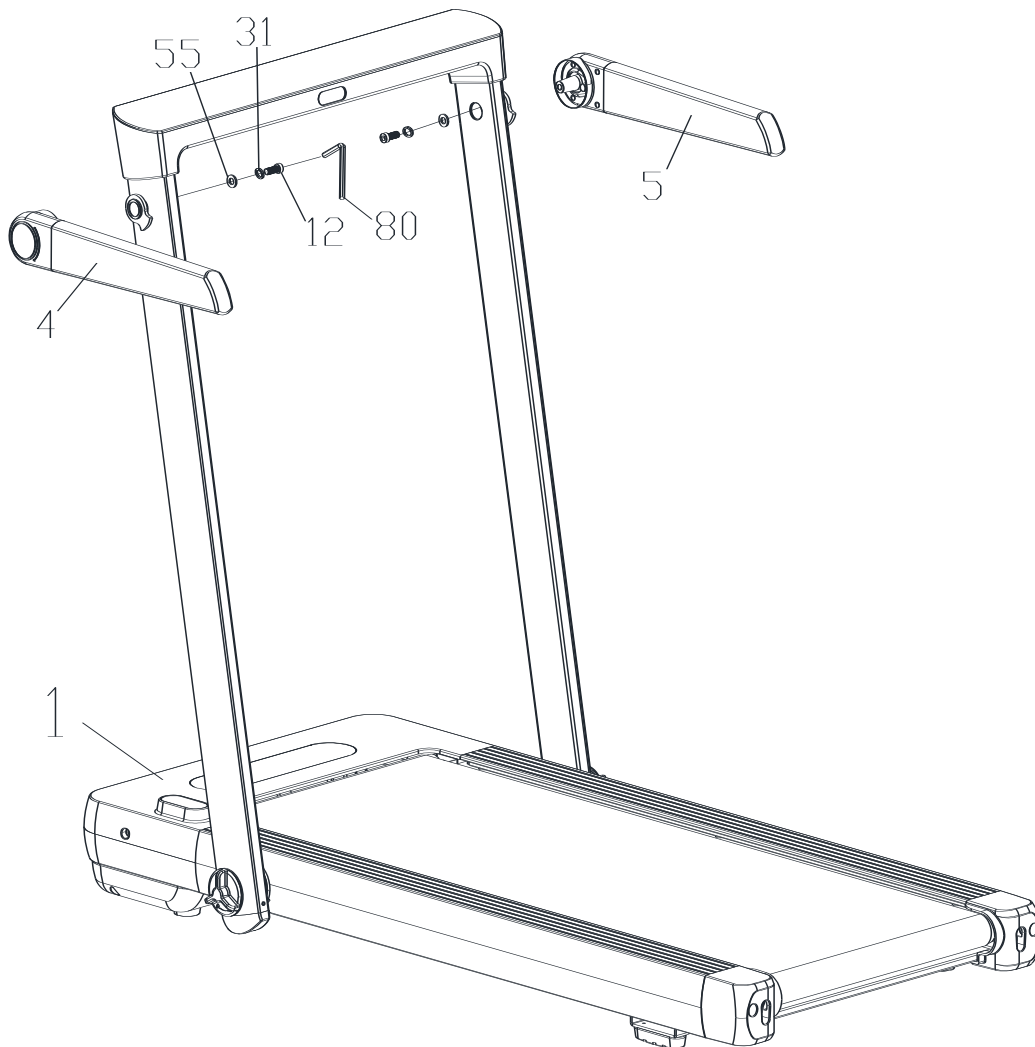
B-3

12 1PCS

31 2PCS

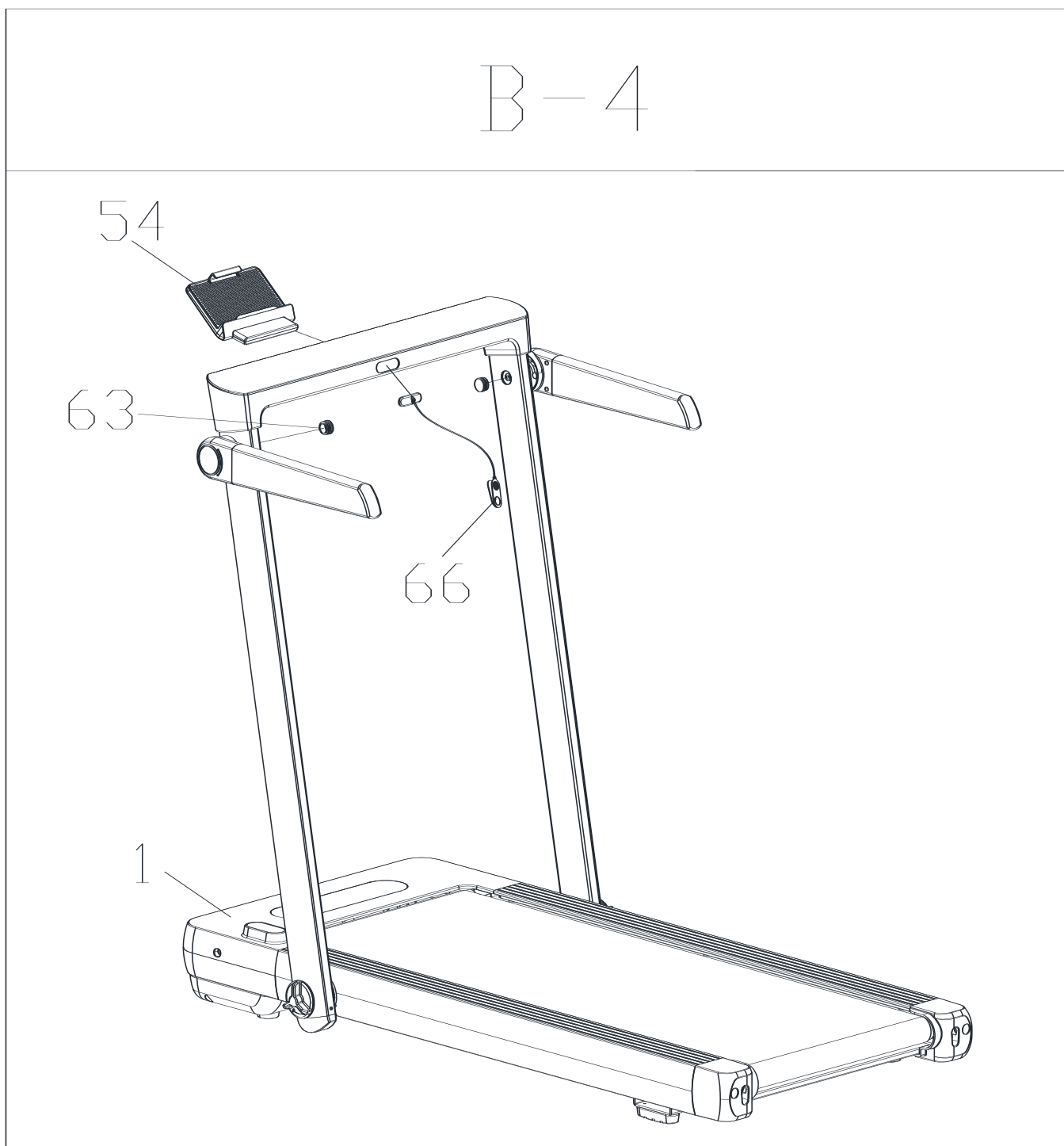
55 2PCS

80 S=6 1PCS



**Step 4:**

Install the IPAD holder(54) on the console, plug the armrest stopper(63) into the hole, and finally install the safety key(66) on the console as shown in the figure.



**Note: Please check if all screws are fastened after ensure all the steps are installed as above.**

## Technical Parameter

Display :	LED
Input Voltage :	220V/60HZ
Display Readout:	speed, step number,time,distance,calorie
Built-in program :	P1-P15
Custom program :	U1-U3
Running Speed range :	1-14KM/H
Walking Speed range :	1-6KM/H
Motor:	DC motor, peak power 1.0HP
Running belt :	1050*420 MM
Folding size :	1327*758*200 MM
Unfolding size :	1255*758*1087 MM
Package Size :	1430*750*165 MM
Max user weight :	120KG

## Treadmill Introduction

220V DC controller, dual display, inch, walking and running treadmill. Pull up the armrest to change to running mode, the treadmill speed range is 1-14KM/H, and put down the armrest to change to walking mode, the treadmill speed range is 1-6KM/H.

In running mode, the handrail control panel (sub-display) lights up and is controlled by touch buttons(the remote control is invalid), and the safety key is effective.

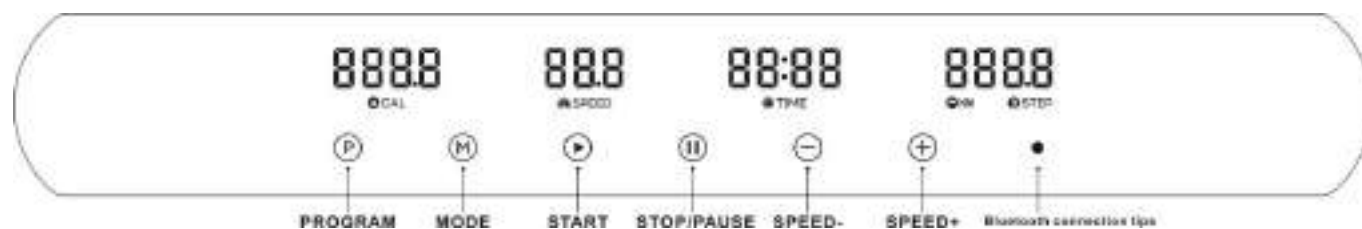
In walking mode, the electronic panel (main display) on the motor cover is illuminated and is controlled by the remote control. The touch buttons and safety key do not work.

In the standby state, switch the state of walking and running through the position of the armrest. The running state cannot be switched when running. After the end of the campaign, you can switch. Note: If you need to switch to walking mode, please be sure to remove the mobile phone bracket before putting down the column, so as not to trip over the iPad holder bracket!

# Operation guide

## A. Running Mode Touch Button Description

The running mode sub-display



1. ▶ START: Start the treadmill;
2. ⏸ STOP: Press once to pause the treadmill, and press once again to stop running (the remote control is invalid);
3. ▶ Speed+: When the treadmill is running, press to increase the speed of the treadmill;
4. ◀ Speed-: When the treadmill is running, press to reduce the running speed of the treadmill;
5. M MODE: In the standby state, you can cycle to select three different countdown operation modes, namely: time countdown mode, distance countdown mode, calorie countdown mode. In the countdown mode, you can set the relevant backward counting value by the "+" and "-" keys. After setting, press the "Start" key to start the treadmill.
6. P PRO.: In the standby state, use this key to switch 15 system preset programs (P1-P15) and 3 custom programs (U1-U3).

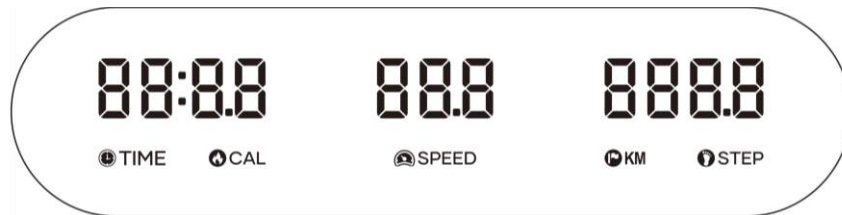
Prog	Time	Set time/20 time periods=Up and down time period running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

System program table:

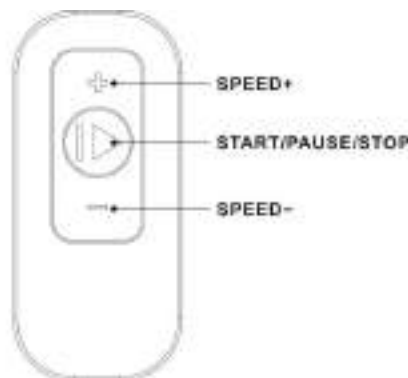
Custom program, the user can set the running speed of each segment. Press the "+" and "-" keys to adjust the running speed of each stage, press the "MODE" key to confirm the saving and enter the speed setting of the next stage, and press "START" to start the treadmill until the setting of the 20th stage is complete.

## B. Walking Mode Remote Control Description

The walking mode main display



### 1. Remote control introduction



The remote control is a three-button remote control, the upper key is "Speed +", the lower key is "Speed -", the middle key is "Start / Pause / Stop" and press once to start running, then press once again to pause and hold for three seconds to stop running.

### 2. Remote control pairing

Need the column to fall, press the start button of remote control until the buzzer "beep" sounds, pairing success.

**Note: Cannot use the remote control to operate when running.**

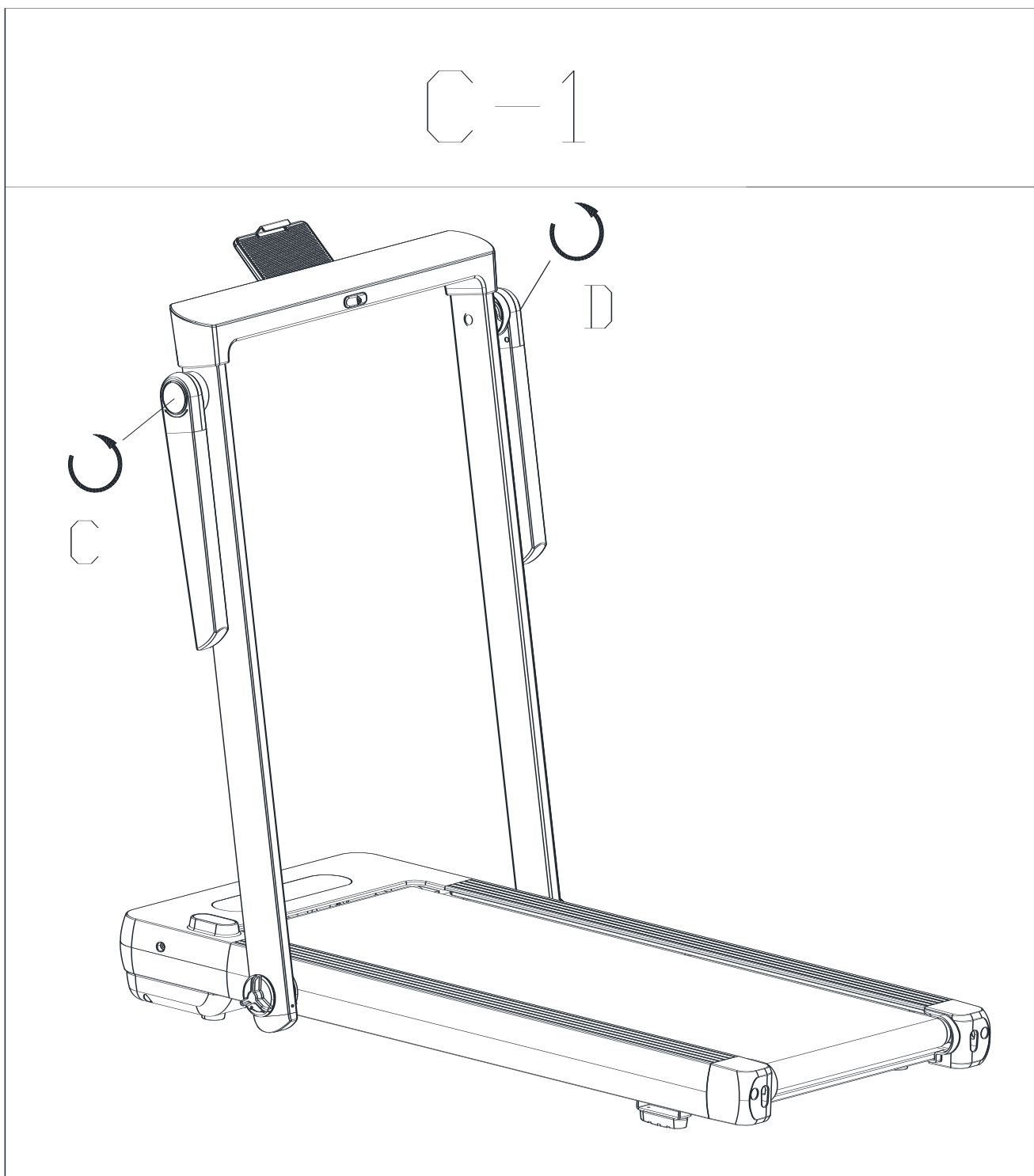
## C. Error Message Code Meaning:

Code	Possible Causes	Fault Analysis	Treatment
SAFE	Safety switch off	The safety switch board is damaged	Replace the safety switch board
		meter damage	Change meter
Er 1	The display board did not receive the message Motor driver signal	The upper and lower control cables are in poor contact	Reconnect the upper and lower control cable
		The upper and lower control cable is broken	Replacement cable
		Electronic watch damage	Change electronic watch
		Motor driver failure	Replace motor driver
Er 3	Overvoltage protection	Input overvoltage	Check whether the AC voltage is higher than 265V
		Motor driver failure	Replace motor driver
Er 4	Overcurrent protection	The motor pulley is too tight	Refasten belt
		There's too much friction on the board and the belt	Add lubricating oil between plate and belt
		Motor driver failure	Replace motor driver
Er 5	Overload protection	The motor belt is too tight	Adjust belt tightness
		Running belt and running plate friction	Add lubricating oil between plate and belt
		Motor driver failure	Replace motor driver
Er 6	Open circuit protection	Motor not connected	Connecting motor
		Motor open circuit	Replace motor
		Motor driver failure	Replace motor driver
Er 7	The motor drive is not connected Received the display board signal	The upper and lower control cables are in poor contact	Reconnect the upper and lower control cable
		The upper and lower control cable is broken	Replacement cable
		Electronic watch damage	Change electronic watch
		Motor driver failure	Replace motor driver
Er 13	IGBT Short circuit	Motor driver failure	Replace motor driver
Er 14	The load short circuit	Motor short circuit	Replace motor
		Motor driver failure	Replace motor driver

## Running/Walking Mode Change

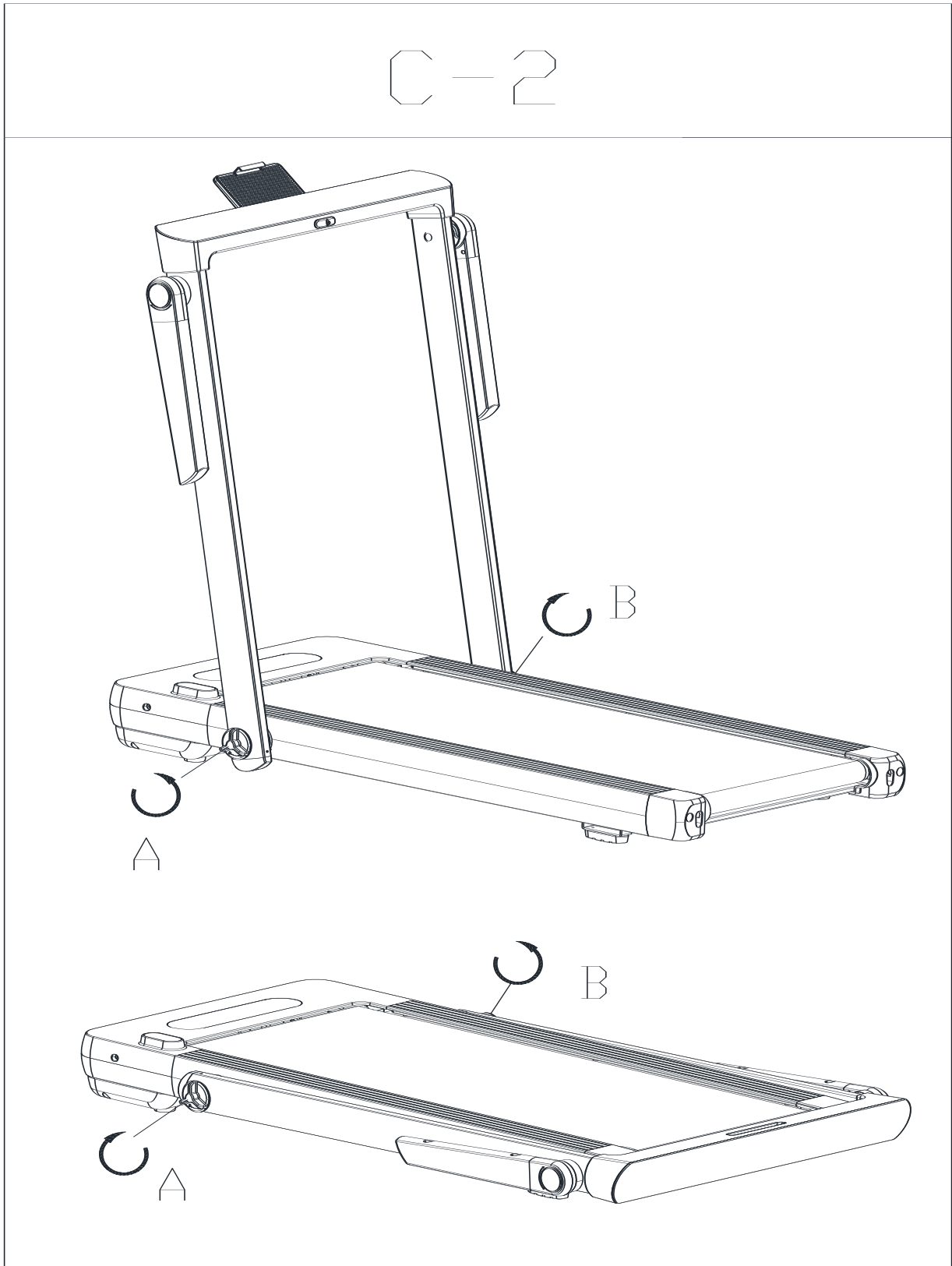
### Step 1:

Turn the armrest at C and D counterclockwise to be parallel to the column, as shown in the figure.

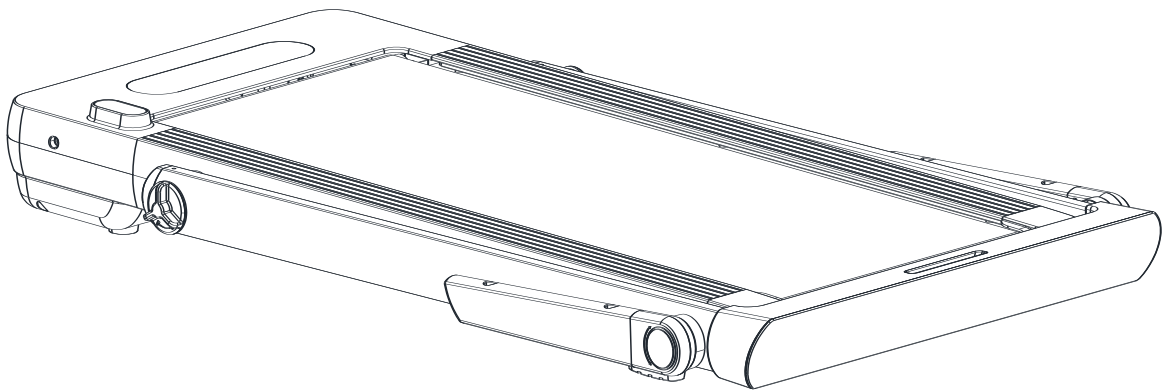
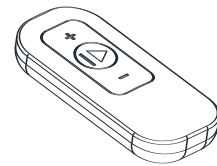


**Step 2:**

Loosen the knobs at A and B, lay the column flat, tighten the knobs at A and B, and remove the IPAD holder. As shown in the figure.



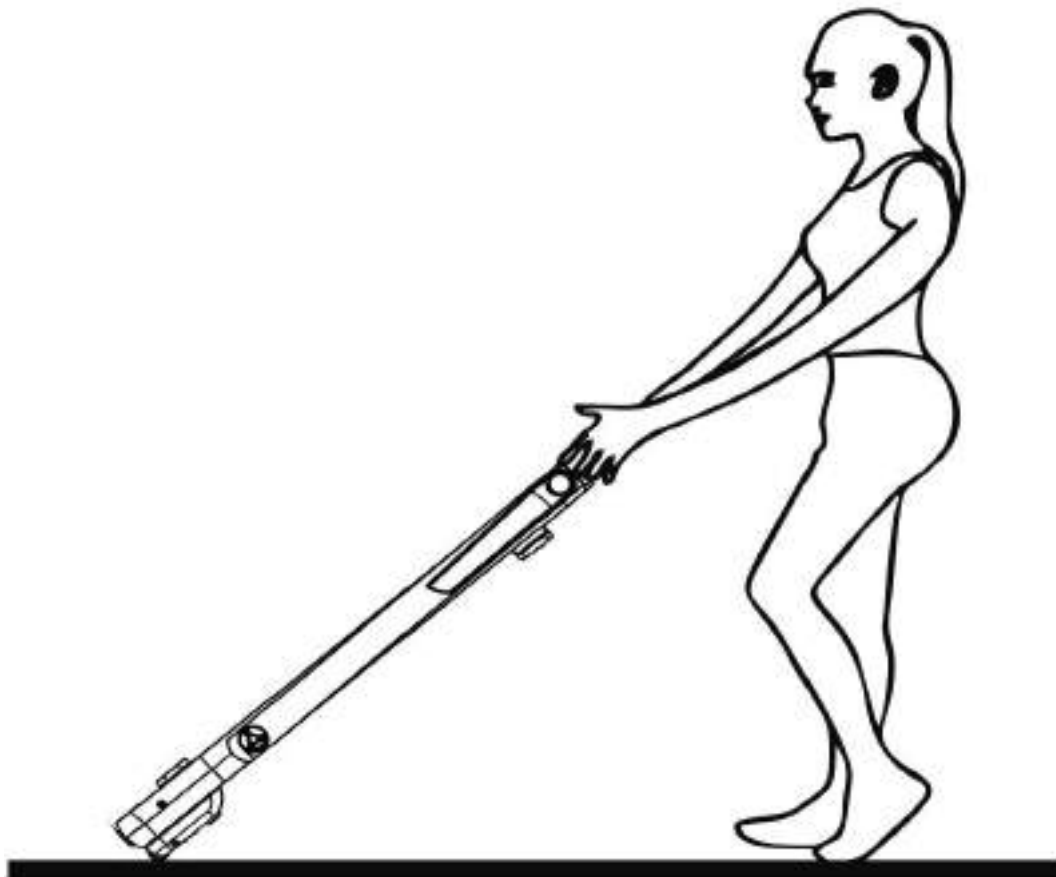
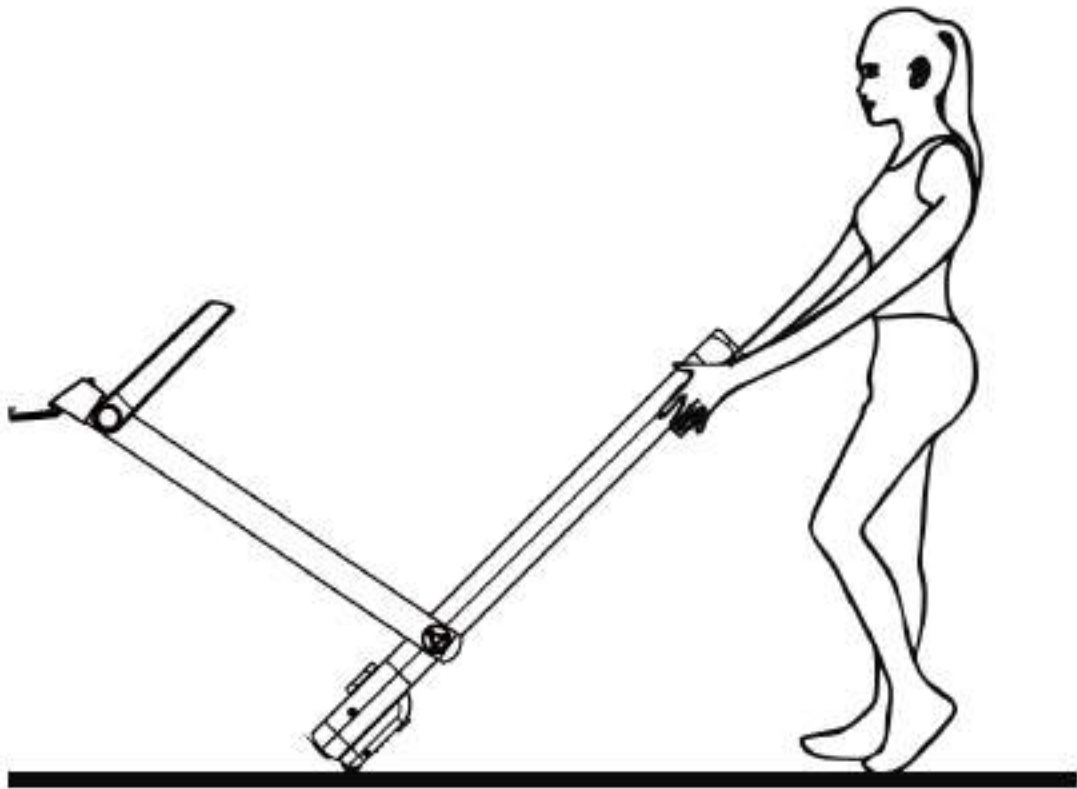
D-1



**Attention:**

**If you need to switch to walking mode, please make sure to remove the phone holder before putting down the handrail to avoid tripping over the iPad holder!**

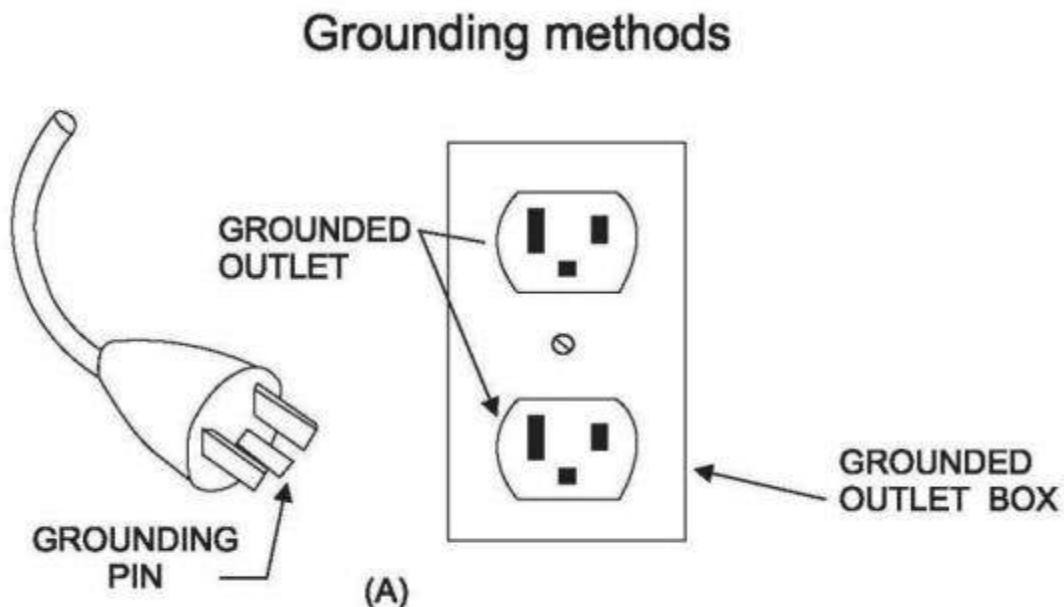
## Transporting Instructions



## Grounding Description

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal voltage circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



## SAFETY EXERCISE TIPS

# Introductory Exercise Guide

### Preparation :

If you are over 35 years old or have health problems, and it's your first time fitness exercise, please must consult your doctor or professionals before use.

Before using the motorized treadmill, please stand by and know well how to control it, such as start, stop, speed adjustment, only when you are familiar with the motorized treadmill can you use it. Then stand on the plastic skid plates on both sides of the treadmill and grab the handrails with hands, turn the machine on to a low speed of 1.6~3.2 km/h. Stand straight, look forward and let one foot touch the running belt a few times; then stand on the running belt and move with it. When you feel comfortable, slowly increase the speed to 3-5 km/h. Maintain this speed for about 10 minutes and then slowly stop the machine.

### Exercise :

Please stand by and know well how to control it, such as speed adjustment and incline, only when you are familiar can you use it. Walk 1 kilo meter with fixed pace, and record time you have used. It maybe take 15-25 minutes. When you walk with a 4.8 mph per hour speed, 1mph may take 12 minutes. After you can easily do this several times, you can increase speed and incline slowly, so that last 30 minutes you can get a good workout. Before strolling exercise routine, be clear in your mind: no impatience, this exercise is for your own lifetime of health, not overnight magic.

## Exercise volume

Shortcuts - Exercising for 15-20 minutes is a great way to save time.

Warm up at 3 km/h for 2 minutes, then increase the speed to 3.2 km/h and 3.6 km/h for 2 minutes each. Then increase the speed in increments of 0.3 km/h every 2 minutes until you feel your breathing quicken but not difficult. Maintain this speed for the workout and if you feel out of breath reduce the speed by 0.1 km/h. Leave 4 minutes at the end to slow down. If you find it difficult to increase the intensity of the workout by increasing the speed, then use the method of slowly increasing the incline. A slight increase in incline will make the exercise much more intense.

The way to burn calories - this method will make the calories actually burn off.

Warm up at 2.4 to 3 km/h for 5 minutes, then increase the speed in increments of 0.1 km/h every 2 minutes until you feel it would be challenging to keep exercising at a certain speed for 45 minutes. To intensify your workout, you can maintain this workout speed during the hour-long TV show, make the speed increase by 0.1 mph during each commercial interruption, and then return to the previous speed exercise during the next show so that calories are fully burned during both the commercial breaks and the subsequent increase in heart rate. Allow 4 minutes at the end to decelerate.

## **Frequency of exercise:**

The goal is to exercise 3-5 times/week for 15-60 minutes each time. It is best to set a workout schedule first, rather than exercising according to your own preferences. You can master the strenuousness of your exercise by adjusting the speed and incline yourself. We recommend that you do not set the incline at the beginning; however, when you want to increase the intensity of your workout, raising the incline of the motorized treadmill is a very effective way.

Before taking exercise, consult a professional. He or she can help you recommend the frequency, intensity and time of exercise commensurate with your age and physical condition. If you feel chest tightness or chest pain during exercise. 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, you can choose the normal walking speed or the jogging speed when you choose the speed.

If you are inexperienced or unsure of the most appropriate test speed, refer to the following guidelines:

- 1.0 to 3.0 km/h people with poor constitution
- 3.0 to 4.5 km/h person who is accustomed to sitting or not exercising
- 4.5 to 6.0 km/h constant speed walker
- 6.3 to 7.5 km/h fast walker
- 7.5 to 9 km/h jogger
- 9.0-12.0 km/h medium speed runner
- 12.0-14.5 km/h experienced runners
- 14.5-16.0 km/h excellent runners

Please note that a speed less than or equal to 3.7 km/h is more appropriate for a walker, and a speed greater than or equal to 5.0 km/h for a runner.

## Warm-up Exercise

It's best to stretch before exercise. Warm muscles are easier to stretch. So warm up for 10 minutes with 5 minutes. Then stop and stretch as follows-5 times, 10 per leg at a time. Do it again after exercise is over for seconds or more.

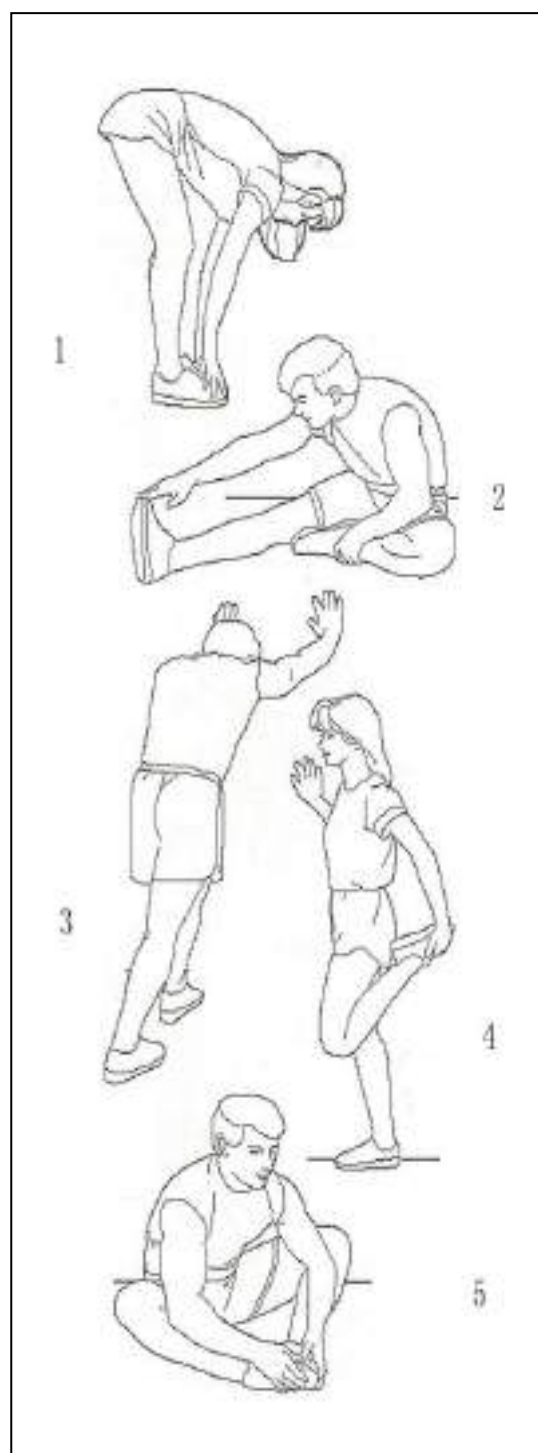
1. Stretch downward: bend your knees slightly, bend slowly forward, relax your back and shoulders, and touch your toes with your hands as much as you can. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure 1).

2. Stretch your feet: sit on a clean cushion and stretch one leg straight. Turn the other leg inward. Keep it close to the inside of a straight leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 2).

3. Extension of calf and foot tendon: two stand on wall or tree, one foot behind. Keep hind legs upright and heel to the ground, incline to wall or tree. Hold for 10 to 15 seconds. Then relax. Repeat each leg 3 times (see figure 3).

4. Quadriceps stretch: hold the balance on the wall or table with your left hand, then stretch back with your right hand, grab your right heel and pull slowly toward the hip. Until you feel the muscles in front of your thighs tense. Hold on for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 4).

5. The sartorius (muscle on the inside of the thigh) is stretched: the soles of the feet are opposite, the knees faceout, and the hands grab the feet and pull towards the groin. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure 5).



## Daily Maintenance

**Warning:** Be sure to unplug the electric treadmill before cleaning or maintaining the product

**Cleaning:** Comprehensive cleaning will extend the life of the electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed areas on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure your running shoes are clean and don't wear out the running board and belt by carrying foreign bodies under the running belt. The surface of the running belt must be swabbed with a wet soapy cloth. 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 electric treadmill before moving the motor cover. Open the motor cover at least once a year to clean the motor dust belt and special lubricating oil for electric running.**

The running board and belt of this electric treadmill have been pre-lubricated. The friction force between the running belt and the running board has a great effect on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil on a regular basis.

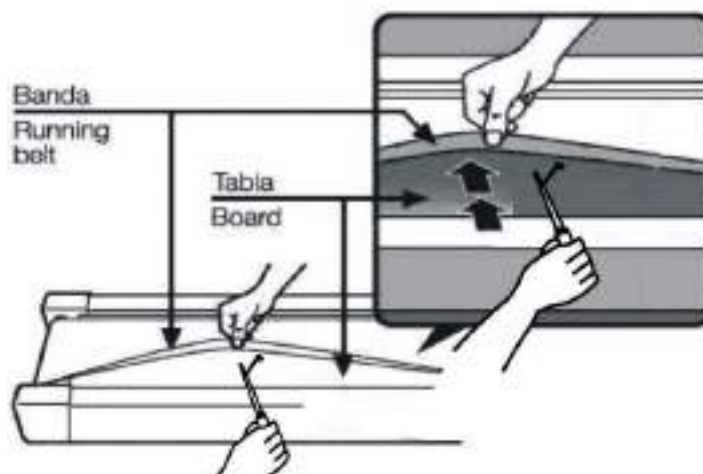
We recommend a regular inspection of the board. If the board is damaged, please contact our customer service center.

We recommend that the running belt and the running board of the electric treadmill be lubricated with the following schedule:

Lightweight users (less than 3 hours per week) are used once a year;

Middleweight users (3-5 hours per week) are used once every six months;

Heavyweight users (more than 5 hours per week) are used every 3 months



## Running Belt Adjustment:

1. To better maintain your electric treadmill and extend the machine life, it is recommended that you continue to use it for 2 hours Turn off the power and let the machine rest for 10 minutes before using.

2. If the running belt is too loose, it may slip when running. If too tight, too tight may reduce the motor performance and make roller, running belt wear and tear aggravate. When the running belt is loose and tight, you can lift the running belt from both sides with your hands The step plate is about 50-75mm.

## Running Belt Alignment:

Place the treadmill on a level surface.

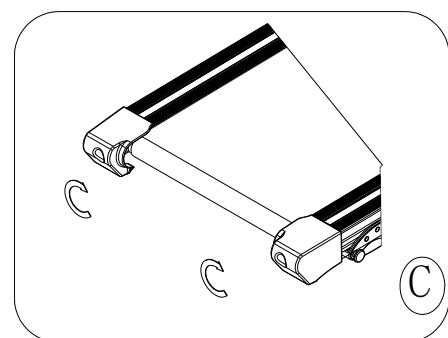
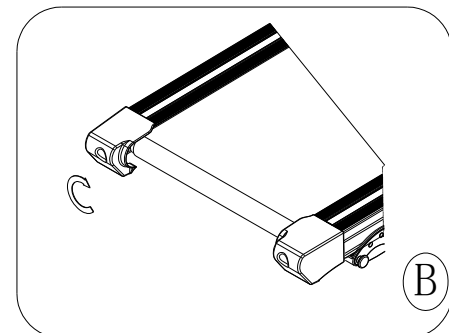
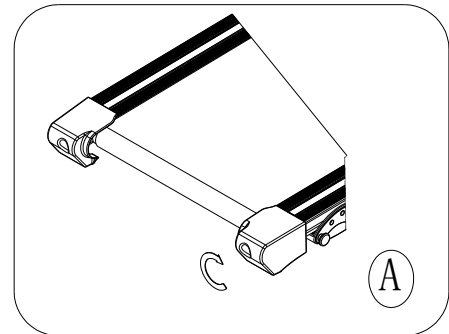
Run the electric treadmill at a speed of about 6-8 miles/h and observe the deviation of the running belt.

If the running belt is tilted to the right, remove the safety key and power switch, rotate the adjusting bolt on the right side clockwise 1/4 turn, insert the power switch and safety lock to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure A.

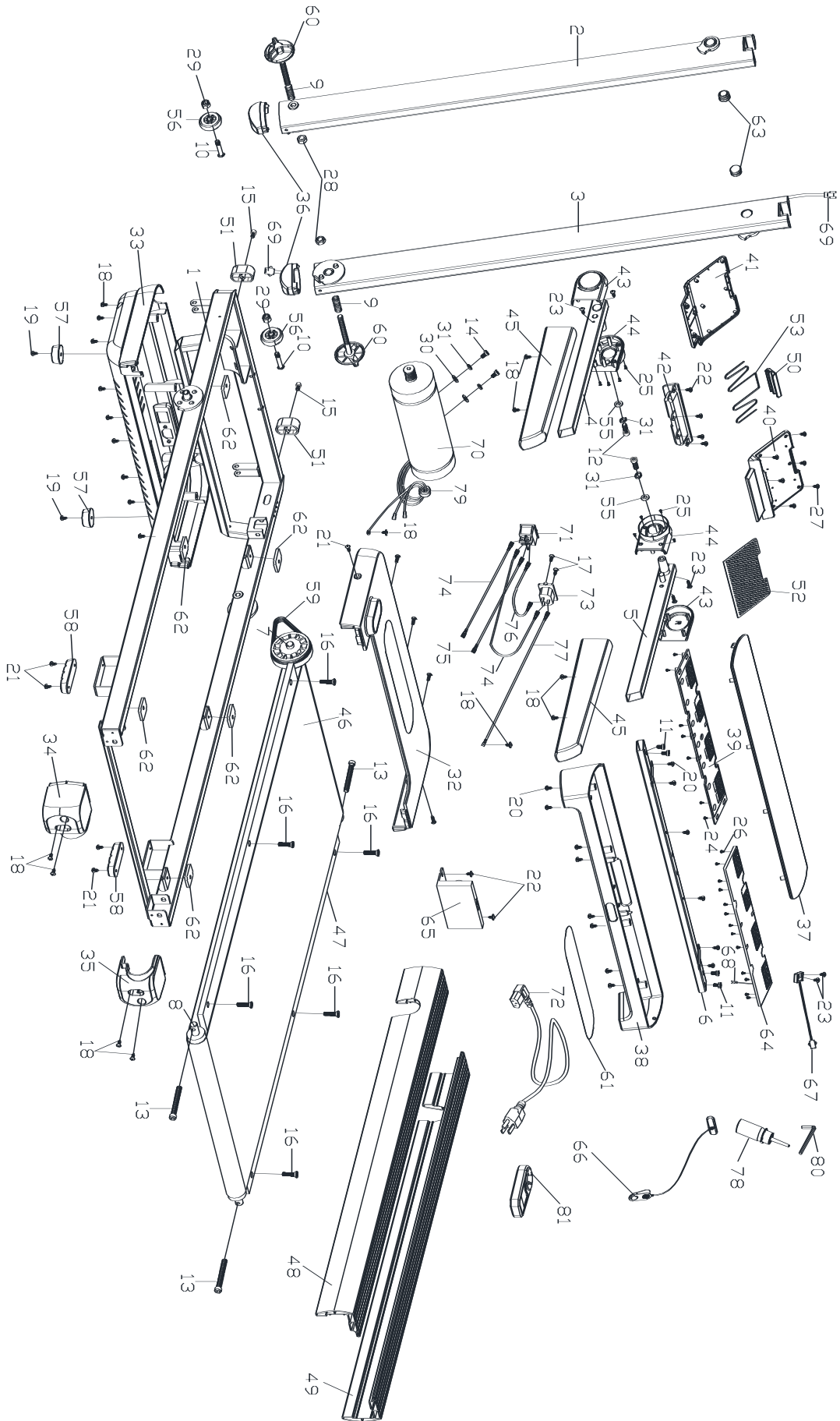
If the running belt is tilted to the left, remove the safety key and power switch, rotate the adjusting bolt on the left side clockwise 1/4 turn, insert the power switch and safety key to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure B

Running belt in the above adjustment or use after a period of time will gradually relax, need to adjust.

Remove the safety lock and power switch, and rotate the adjusting bolts on both sides clockwise 1/4 turn. Insert the power switch and safety key to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight. Figure C



# Exploded View



# Parts List

No.	Name	Spec.	Qty	Note	No.	Name	Spec.	Qty	Note
1	Main frame		1		42	IPAD holder fastener		1	
2	Left rail		1		43	Armrest cover		2	
3	Right rail		1		44	Armrest inner cover		2	
4	Left hand bar		1		45	Foam handrail		2	
5	Right hand bar		1		46	Running belt		1	
6	Meter rack		1		47	Running board		1	
7	Front roller		1		48	Left side cover		1	
8	Rear roller		1		49	Right side cover		1	
9	spring		2		50	IPAD clip		1	
10	Hexagon socket pan head bolt	M8*30	2		51	Forefoot pad		2	
11	Hexagon socket pan head bolt	M8*20	4		52	IPDA silicone mat		1	
12	Cylindrical head hex socket bolt	M8*20	2		53	Tension rope		1	
13	Cylindrical head hex socket bolt	M8*50	3		54	IPAD holder		1	
14	Cylindrical head hex socket bolt	M8*12	2		55	Nylon gasket		2	
15	Cylindrical head hex socket bolt	M6*25	2		56	Tote wheel		2	
16	Hexagonal countersunk head bolt	M6*25	6		57	Foot pad		2	
17	Cross countersunk self tapping screws	ST3*12	2		58	Back foot pad		2	
18	Cross recessed pan head self-drilling screw	ST4*15	19		59	Wedge belt		1	
19	Cross recessed pan head self-drilling screw	ST4*19	2		60	Delta knob		2	
20	Cross recessed pan head tapping screw	ST4*15	12		61	Acrylic face sticker		1	
21	Cross large flat head bolt	M4*15	9		62	Rubber pad		6	
22	Cross recessed pan head tapping screw	ST4*10	6		63	Armrest stopper		2	
23	Cross large flat head tapping screw	ST3*10	6		64	Electronic watch		1	
24	Cross large flat head tapping screw	ST3*5	7		65	Controller board		1	
25	Cross recessed pan head tapping screw	ST2.5*8	8		66	Safety key		1	
26	Cross recessed pan head tapping screw	ST2.5*5	15		67	Safety lock sensor		1	
27	Cross countersunk head tapping screw	ST2.5*5	6		68	Digital watch		1	
28	Hexagon lock nut	M10	2		69	Digital watch under		1	
29	Hexagon lock nut	M8	2		70	DC motor		1	
30	Flat gasket	∅ 20*∅ 8.2*1	2		71	Hull switch		1	
31	Standard spring pad	∅ 8	4		72	Power cord		1	
32	Motor upper cover		1		73	Socket socket		1	
33	Motor lower cover		1		74	Blue single branch		2	
34	Left rear tail cover		1		75	Brown single branch		1	
35	Right rear tail cover		1		76	Brown single branch		1	
36	Column tube plug		2		77	Ground wire		1	
37	Digital watch top cover		1		78	Silicone Riecon oil		1	
38	Electronic watch lower cover		1		79	Magnetic ring		1	
39	Watch movement panel		1		80	Hexagonal plate hand	6#	1	
40	IPAD top cover		1		81	Remote control		1	
41	IPAD bottom cover		1						