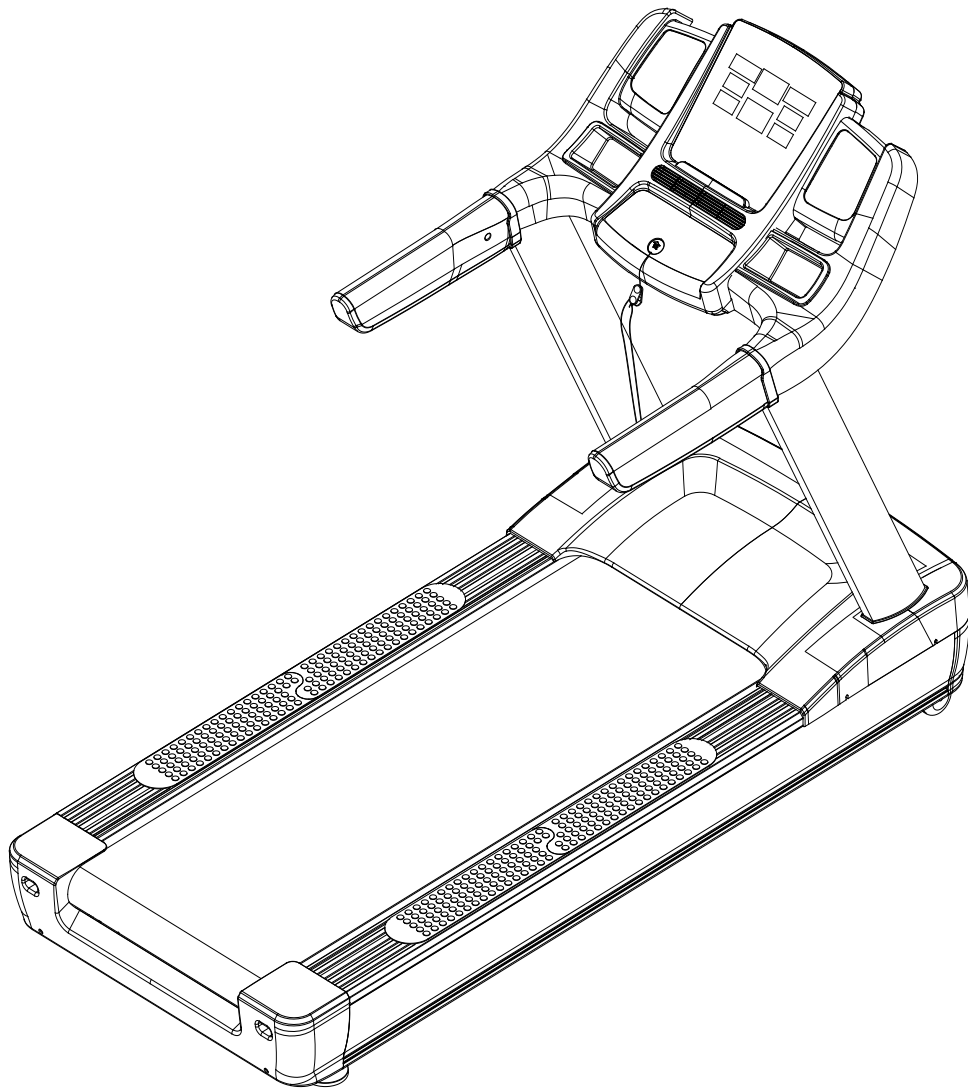


# OWNER'S MANUAL



*Product May Vary Slightly From Pictured.*

**ITEM NO.: PWR INFINITY CORE**

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# CONTENT

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# IMPORTANT SAFETY PRECAUTIONS

**WARNING:** Before starting any exercise program, consult with your physician or health professional, especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

## **ATTENTIONS:**

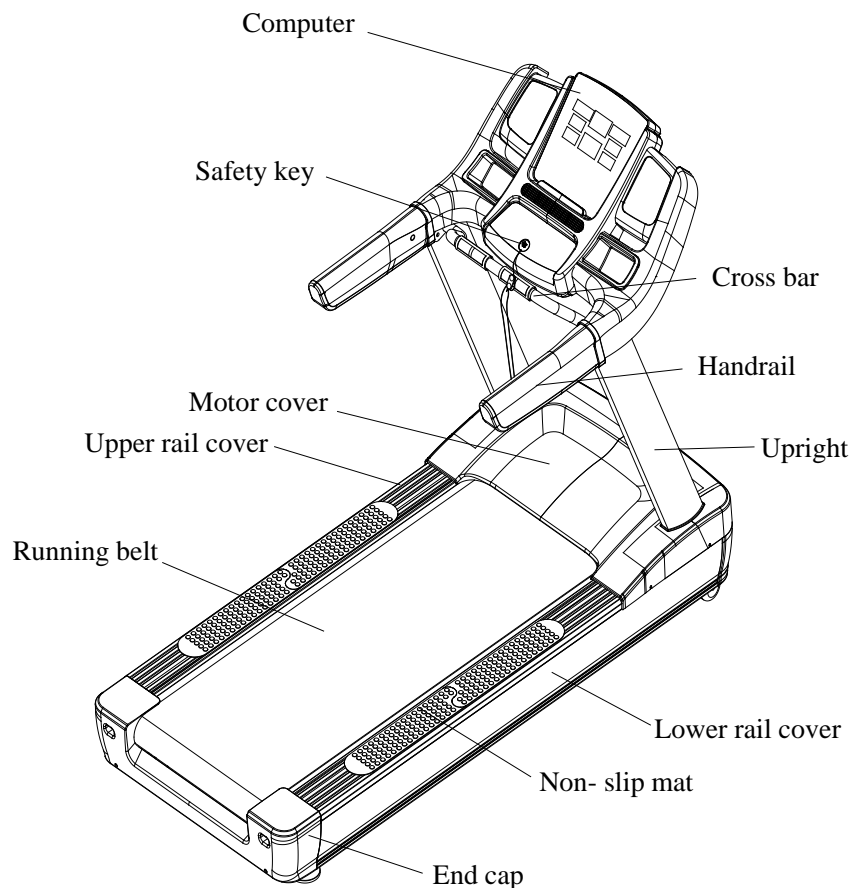
1. When using this treadmill, keep attaching the safety pull pin rope to your clothes or belt.
2. Do not plug anything into any parts of this equipment, or it may damage.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep small children or pet away from the treadmill during operation.
7. Do not do exercise in 40 minutes after meal.
8. The treadmill is only used for adults, child use the treadmill must have adult on side.
9. Always hold the handrails when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.
10. The treadmill is for indoor equipment, do not use outdoor. Position the treadmill on a clean, level surface. Note the treadmill made by special equipment, please do not remodel or do others.
11. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.
12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
13. Do not connection in the middle of power cord, extending the power cord or replace the power cord plug. Stacked weight object on the power cord or make the power cord near the high temperature heat, prohibit use the porous socket, otherwise it will cause fire or electric shock injury accident because of poor contact.
14. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed. Note the power cord of motorized treadmill made by special equipment, and if it is broken, please contact distributor quickly.

15. The treadmill is for home use only.
16. The treadmill maximum user weight is 180kgs
17. Please do not over-use the treadmill can avoid any injury and do not use incorrect way for your safety.
18. When the treadmill is not being used, please keep the safety pull pin in the safety place to avoid the other use.

## Technical Parameters

|                                       |   |
|---------------------------------------|---|
| Input supply voltage : 220-240V, AC   | Working temperature: 0-40 °C                  |
| Speed range: 1-24KM/H                 | Incline range: 15 sections motor incline      |
| Max. user weight: 180kg               | Distance display range: 0.00-99.9km           |
| Calories display range: 0.0-999       | Time display range: 00: 00-99: 59 (min : sec) |
| Heart rate range: 50-200 (time / min) | Running surface: 600*1750mm                   |
| Product size: 2360*905*1480mm         |   |

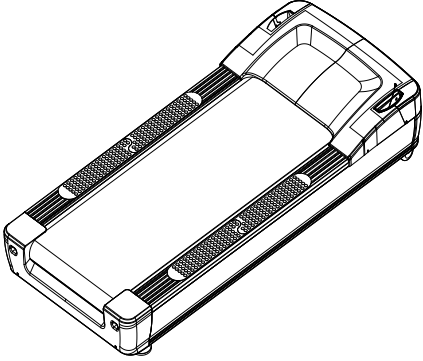
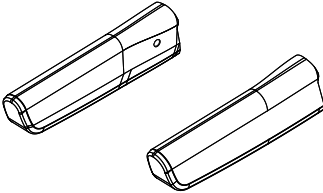
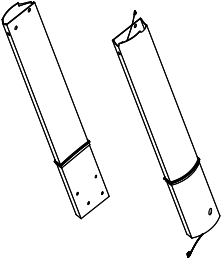
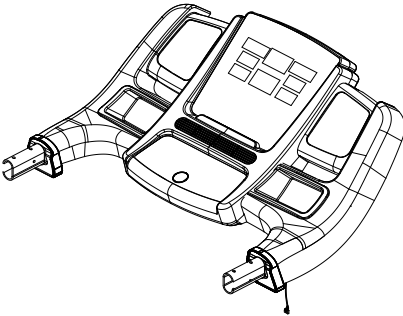

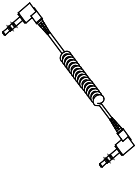

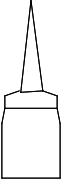


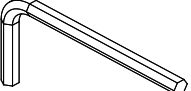
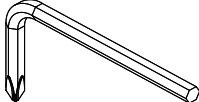
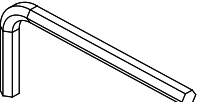
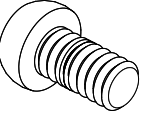
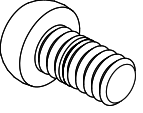
## Product Overview



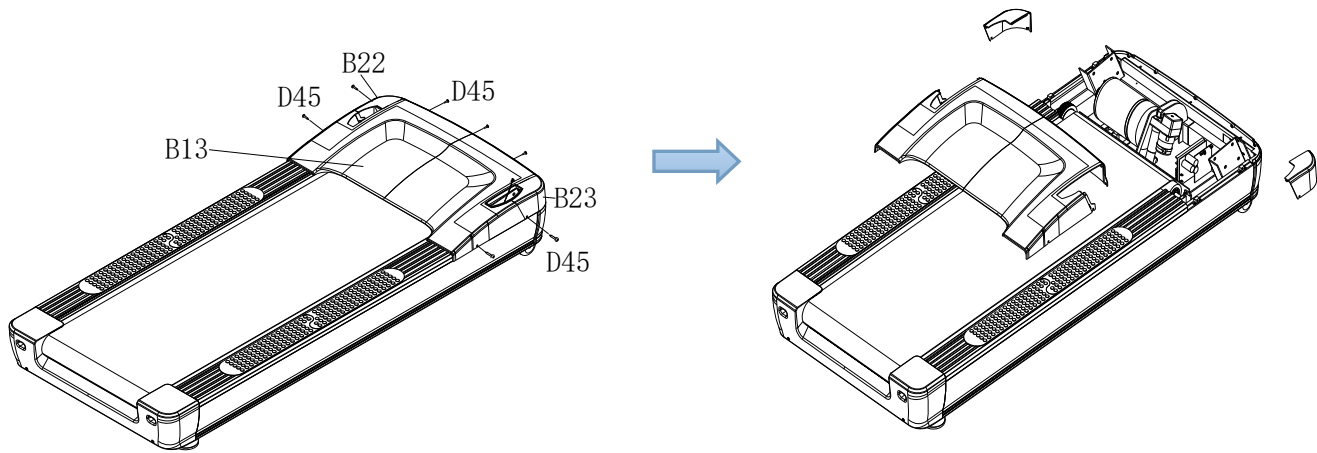
# Assembly instruction

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

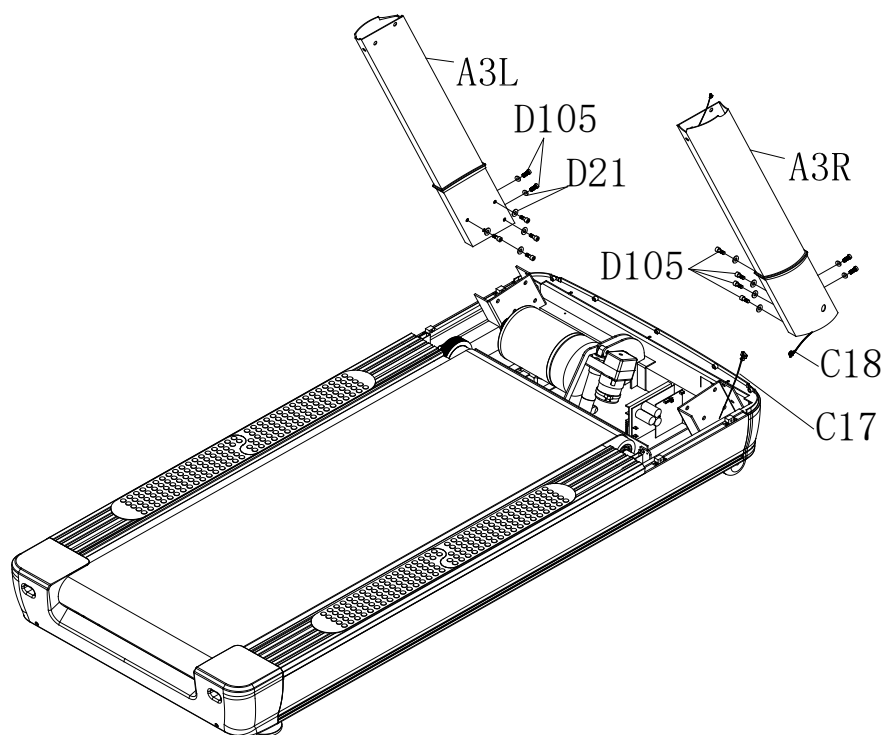
**STEP 1:** Take out and prepare the below parts

|   |  |   |   |
|---|--|---|---|
| <p>Main frame 1 SET</p>                      | <p>B 50/L/R<br/>PU Handrail 1 SET</p>                | <p>A3 L/R Upright 1 SET</p>          |   |
| <p>Console 1 SET</p>                       | <p>C15 Power cable<br/>1PC</p>                      | <p>C19 MP3 cable<br/>1PC</p>        | <p>C13 Safety key 1 SET</p>    |
|   |  | <p>B18 Silicon oil 1<br/>PC</p>     | <p>D23 Flat washer M8<br/>6 PCs</p>  <p>D21 Flat washer M10<br/>18 PCs</p>  |
| <p>D3 Allen wrench T5 1 PC</p>             | <p>D2 Allen wrench plus<br/>Cross head T6 1 PC</p>  | <p>D92 Allen wrench T8<br/>1PC</p>  | <p>D105 Round hex<br/>bolt M10*20 18 PCs</p>   |
| <p>D64 Round hex bolt<br/>M8*20 6 PCs</p>  |  |   |   |

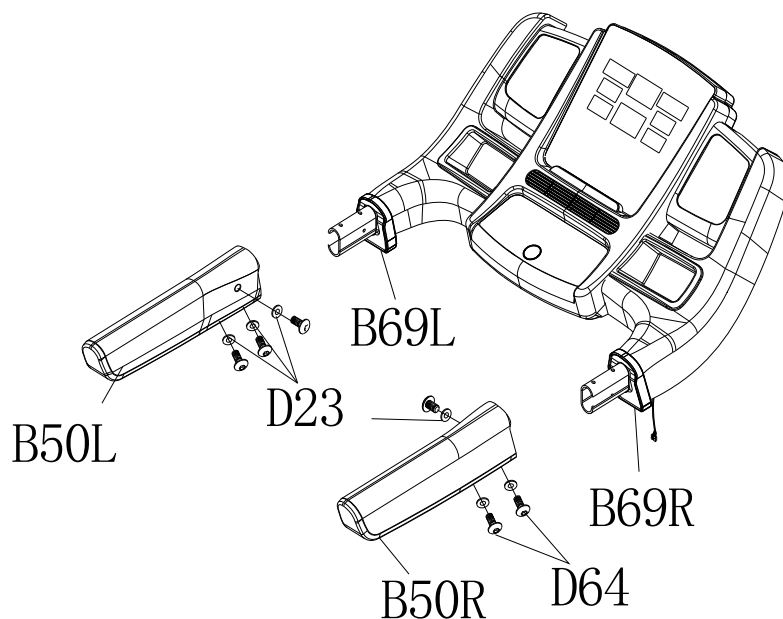
**STEP 2:** Loose the Cross head washer bolt M5X15 (D45) with Allen wrench plus Cross head T6 (D2), remove motor cover (B13) and motor right/ left side cover (B22/B23).



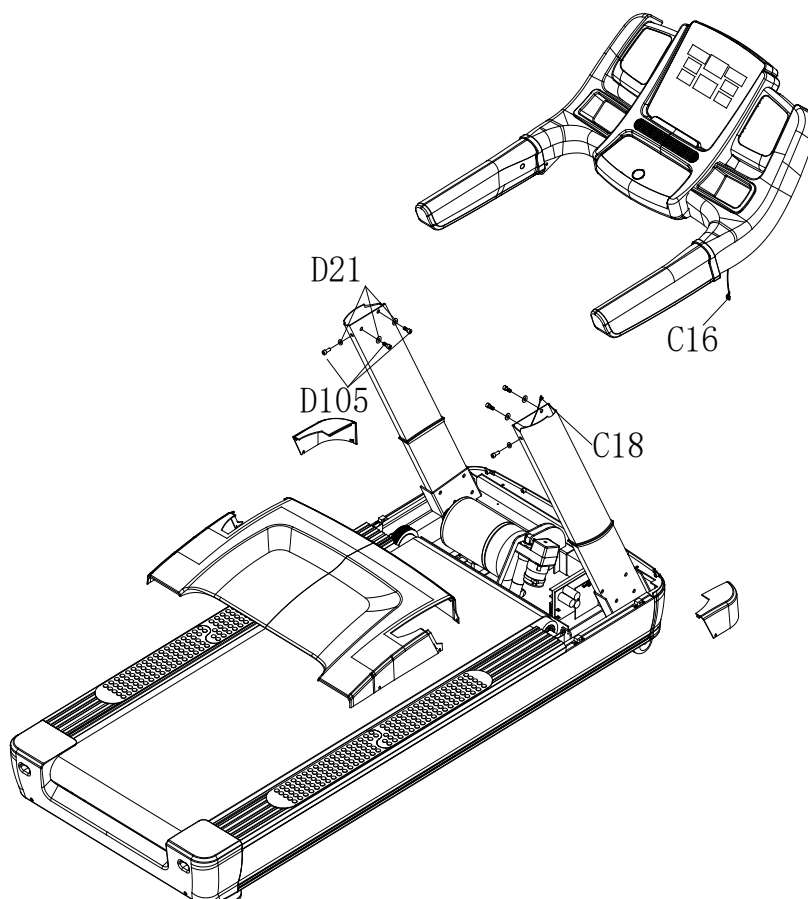
**STEP 3:** Connecting the lower wire (C17) of main frame and middle wire (C18) of right upright, then secure right/ left upright (A3L/R) with bolt M10\*20 (D105) and flat washer M10 (D21). (Not secure tight)



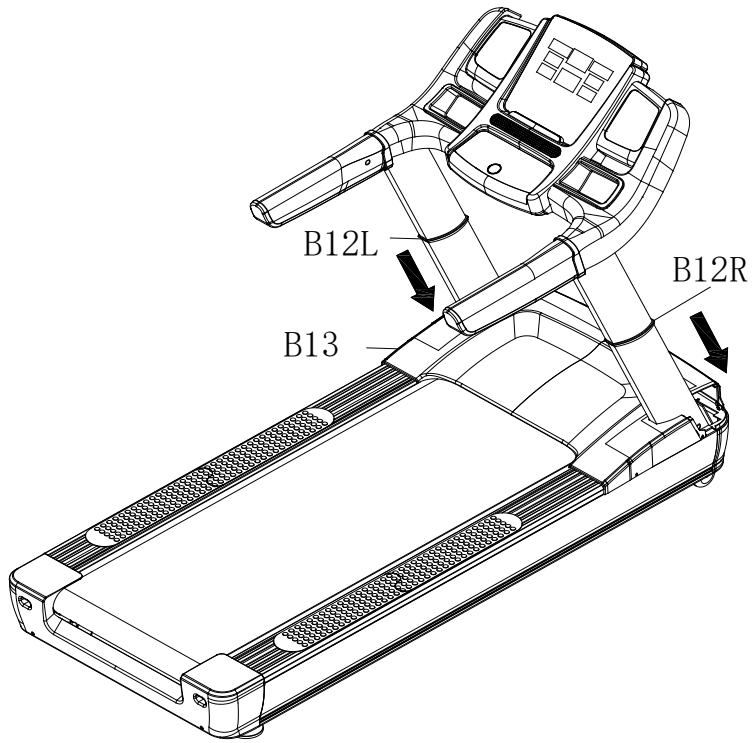
**STEP 4:** Use Round hex bolt M8\*20(D64) and flat washer M8 (D23) to secure left/ right hand rail (B50L/R) tighten on the console with left/ right hand rail silicon sleeves (B69L/R).



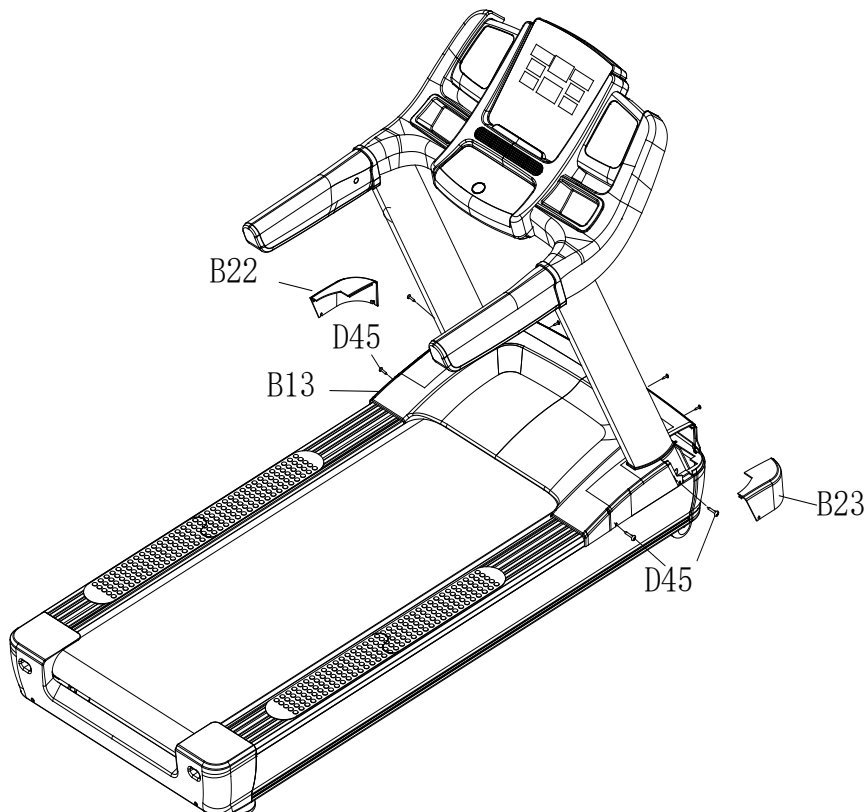
**STEP 5:** Connecting the upper wire (C16) of console bracket and middle wire (C18) of right upright, then secure the console on the right/ left upright (A3L/R), then screw locking with bolt M10\*20 (D105) and flat washer M10 (D21). Tighten all screws.



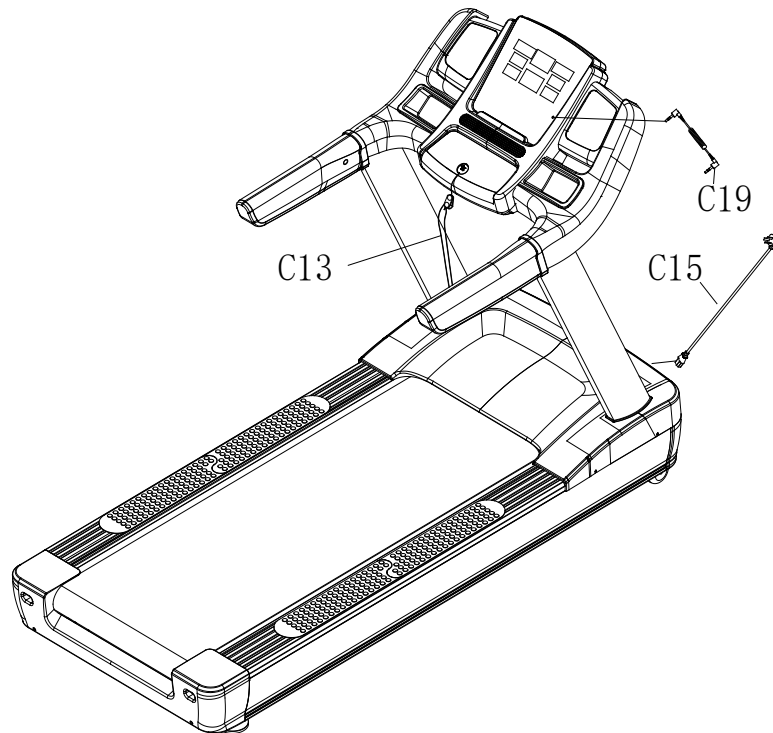
**STEP 6:** Put the motor upper cover (B13) on the treadmill (make sure the left/ right silicon ring (B12L/R) is above the motor upper cover (B13)), then slide down the left / right silicone ring (B12L/R) into the motor upper cover (B13).



**STEP 7:** Attach the left/right motor cover (B22/B23) to the motor upper cover (B13), then screw locking with bolt M5\*15 (D45) as picture.



**STEP 8:** Place on safety key (C13), MP3 cable (C19) and power cable (C15).

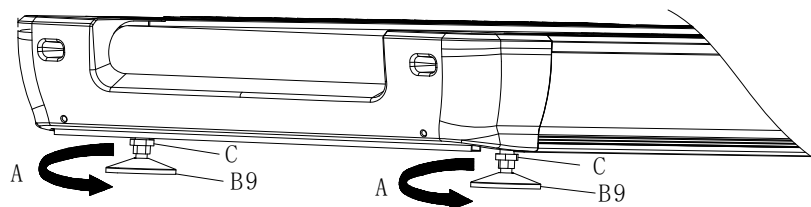


**STEP 9:** To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

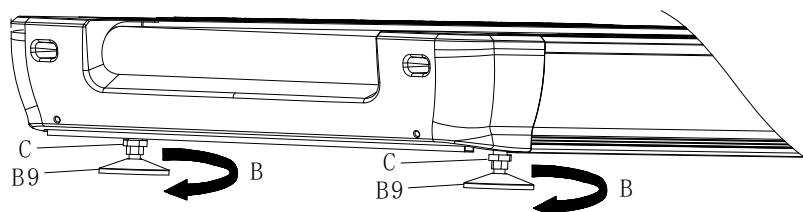
## Foot pad Adjustment

If the treadmill is not level, please see the picture 1 (Arrow A), clockwise rotation the foot pad (B9) to loosen the nut (C), then can be lowered. Please see the picture 2 (Arrow B), counterclockwise rotation the foot pad (B9) to lock the nut (C), then can be raised.

Picture 1



Picture 2



---

## Grounding Method

This product must be grounded. If it should malfunction or breakdown, grounding provides 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.

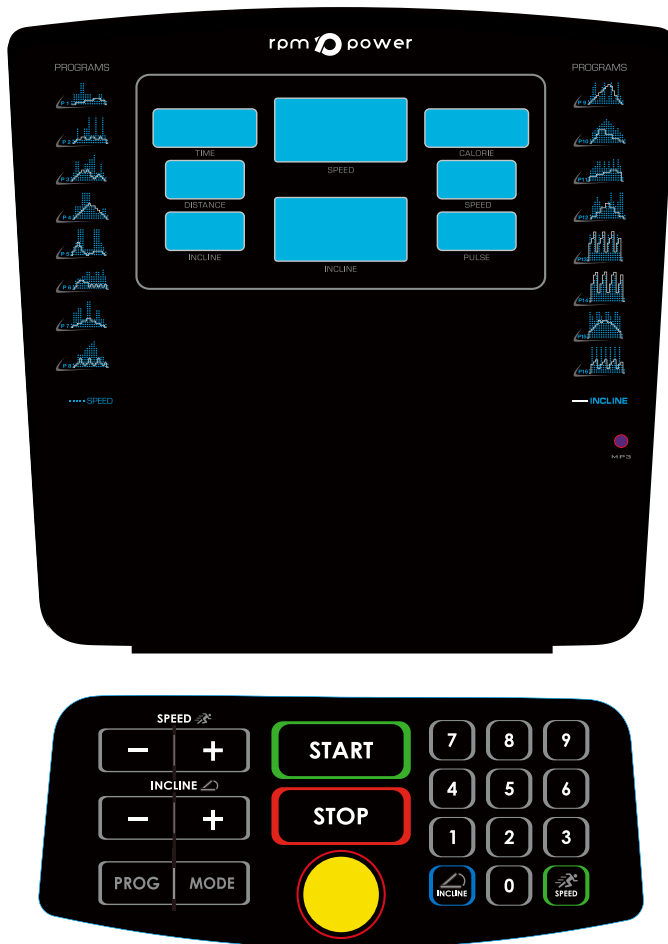
**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product –if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

This product is for use on a nominal 240V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

# Operation Guide

## 1.1. WINDOW DISPLAY

### 1.1. Console



### 1.2. START

Normal start after 5 seconds countdown

### 1.3 PROGRAM

16 pre-set programs, 3 countdown function, 3 user programs, 3 HRC

### 1.4. SAFETY LOCK FUNCTION

The window shows "---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date countdown to "0"

---

## **1.5.BUTTON FUNCTION**

### **1.5.1. START/STOP**

“START”--When the treadmill is not running, press this button to start, speed is “1”

“STOP”--When the treadmill is running, press this button to stop, then set program default and then return to manual mode after stopped.

### **1.5.2 “PROGRAM” BUTTON**

When the treadmill is not running, press this button can choose from manual mode to pre-set mode P1-P16, U1-U3, HRC1-HRC3 and body fat.

### **1.5.3 “MODE” BUTTON**

When the treadmill is not running, press this button to choose countdown modes:”H-1”,”H-2”,”H-3”.

H-1” is the time countdown mode, and “H-2” is the distance countdown mode, “H-3” is the calories countdown mode.

Press the “SPEED+/-” or “INCLINE+/-“button to adjust the data. After that, press the “START” button to start this treadmill

### **1.5.4 “SPEED +/- “BUTTON**

SPEED +/- --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

### **1.5.5 “INCLINE +/- “BUTTON**

INCLINE +/- -- Adjust incline when treadmill start, the increment is 1 level/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

### **1.5.6 DIGIT BUTTON 0-9**

Press the 2 digit number to adjust the speed and incline gradient directly when the treadmill is running, when press the third digit it will have “di-di-di” alarm noise.

### **1.5.7 “SPEED” AND “INCLINE” CONFIRM BUTTON**

After press 2 digit number then press speed or incline quick button to access the order, if over range will have “di-di-di” alarm noise.

---

## **1.6. DISPLAY FUNCTION**

### **1.6.1 TIME**

Display the running time or countdown time

### **1.6.2 SPEED**

Display running speed

### **1.6.3 INCLINE**

Display the incline

### **1.6.4 PULSE**

Display pulse data

### **1.6.5 DISTANCE**

Display the running total distance or distance countdown.

### **1.6.6 CALORIES**

Display the calorie or calorie countdown

### **1.6.7 WINDOW DISPLAY DATA RANGE**

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 1.0 - 24 (km/h)

PULSE: 50 – 200 (BPM)

INCLINE: 0-15(SECTION)

## **1.7 PULSE FUNCTION**

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 40-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, cannot be as medical data.

## 1.8 PROGRAM EXERCISE CHART

There are 16 sections in each program.

| PORG | TIME    | SET TIME/16 = TIME IN EACH OPERATION |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|------|---------|--------------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|      |         | 1                                    | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| P1   | SPEED   | 2                                    | 5  | 5  | 5  | 10 | 10 | 5  | 5  | 5  | 3  | 3  | 2  | 5  | 5  | 3  | 2  |
|      | INCLINE | 0                                    | 0  | 1  | 1  | 1  | 1  | 2  | 2  | 2  | 2  | 3  | 3  | 3  | 2  | 2  | 0  |
| P2   | SPEED   | 2                                    | 2  | 7  | 2  | 2  | 7  | 7  | 12 | 4  | 4  | 12 | 4  | 4  | 12 | 4  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 2  | 3  | 3  | 2  | 2  | 3  | 3  | 2  | 2  | 3  | 2  | 2  | 0  |
| P3   | SPEED   | 2                                    | 4  | 9  | 9  | 4  | 4  | 8  | 8  | 10 | 10 | 12 | 4  | 4  | 8  | 4  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 3  | 4  | 5  | 4  | 5  | 4  | 2  | 1  | 2  | 3  | 2  | 1  | 0  |
| P4   | SPEED   | 2                                    | 6  | 6  | 6  | 12 | 12 | 12 | 12 | 6  | 6  | 3  | 3  | 3  | 5  | 5  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 6  | 6  | 5  | 4  | 3  | 2  | 1  | 0  |
| P5   | SPEED   | 2                                    | 4  | 6  | 12 | 12 | 12 | 3  | 3  | 3  | 3  | 12 | 12 | 12 | 6  | 4  | 2  |
|      | INCLINE | 0                                    | 2  | 4  | 6  | 4  | 2  | 1  | 0  | 1  | 1  | 2  | 2  | 2  | 2  | 3  | 0  |
| P6   | SPEED   | 2                                    | 4  | 5  | 5  | 6  | 6  | 8  | 8  | 6  | 6  | 8  | 8  | 6  | 9  | 6  | 2  |
|      | INCLINE | 0                                    | 1  | 3  | 4  | 4  | 3  | 3  | 1  | 2  | 1  | 2  | 1  | 2  | 1  | 2  | 0  |
| P7   | SPEED   | 2                                    | 7  | 7  | 9  | 9  | 4  | 4  | 12 | 12 | 4  | 4  | 8  | 8  | 4  | 4  | 2  |
|      | INCLINE | 0                                    | 1  | 1  | 2  | 2  | 3  | 3  | 4  | 4  | 3  | 3  | 2  | 2  | 1  | 1  | 0  |
| P8   | SPEED   | 2                                    | 2  | 6  | 6  | 6  | 8  | 9  | 10 | 11 | 12 | 9  | 5  | 5  | 5  | 3  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 4  | 2  | 1  | 2  | 4  | 2  | 1  | 2  | 4  | 2  | 1  | 2  | 0  |
| P9   | SPEED   | 2                                    | 4  | 8  | 10 | 2  | 4  | 8  | 10 | 2  | 4  | 10 | 2  | 4  | 10 | 4  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 8  | 6  | 4  | 2  | 1  | 0  |
| P10  | SPEED   | 2                                    | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 10 | 9  | 8  | 6  | 7  | 5  | 4  | 2  |
|      | INCLINE | 0                                    | 1  | 2  | 4  | 6  | 6  | 6  | 4  | 4  | 4  | 2  | 2  | 2  | 1  | 1  | 0  |
| P11  | SPEED   | 2                                    | 5  | 6  | 7  | 9  | 9  | 6  | 9  | 6  | 9  | 6  | 10 | 6  | 10 | 7  | 2  |
|      | INCLINE | 0                                    | 2  | 2  | 2  | 3  | 3  | 3  | 4  | 4  | 4  | 5  | 5  | 5  | 4  | 4  | 0  |
| P12  | SPEED   | 2                                    | 6  | 8  | 10 | 8  | 6  | 4  | 6  | 8  | 12 | 8  | 6  | 8  | 12 | 12 | 2  |
|      | INCLINE | 0                                    | 1  | 1  | 3  | 3  | 5  | 5  | 7  | 7  | 5  | 5  | 3  | 3  | 1  | 1  | 0  |
| P13  | SPEED   | 2                                    | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 2  |
|      | INCLINE | 0                                    | 8  | 10 | 13 | 4  | 8  | 10 | 13 | 4  | 8  | 10 | 13 | 4  | 8  | 10 | 0  |
| P14  | SPEED   | 2                                    | 8  | 10 | 12 | 4  | 8  | 10 | 12 | 4  | 8  | 10 | 12 | 4  | 8  | 10 | 2  |
|      | INCLINE | 0                                    | 8  | 12 | 13 | 4  | 8  | 12 | 13 | 4  | 8  | 12 | 13 | 4  | 8  | 12 | 0  |
| P15  | SPEED   | 2                                    | 12 | 10 | 8  | 12 | 12 | 10 | 8  | 12 | 12 | 10 | 8  | 12 | 12 | 10 | 2  |
|      | INCLINE | 0                                    | 3  | 4  | 5  | 6  | 8  | 7  | 8  | 8  | 7  | 7  | 6  | 5  | 4  | 3  | 0  |
| P16  | SPEED   | 2                                    | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 12 | 4  | 2  |
|      | INCLINE | 0                                    | 4  | 5  | 6  | 2  | 4  | 5  | 6  | 2  | 4  | 5  | 6  | 2  | 4  | 5  | 0  |

---

## 1.9 THREE COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 15: 00 minutes, setting range 5: 00---99: 00 minutes , each step 1: 00.

Countdown calorie initial setting 50therm, setting range 10---990 term, each step 10.

Countdown distance initial setting 1.0km, setting range 0.5---99.9 km, each step 0.1

Cycle switch order is: manual, time, distance, calories.

## 1.10 BODY TESTER (FAT)

At the beginning state, press “PROGRAM” continually to enter “FAT“ body fat test, window display “FAT”. Press “MODE” to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press “SPEED+”, “SPEED-” to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medicinal data)

01 Sex 01 Male 02 Female

02 Age 10-----99

03 Height 100----200

04 Weight 20-----150

05 FAT≤19 Under weight

FAT= (20---25) Normal weight

FAT= (25---29) Over weight

FAT≥30 Obesity

---

## 1.11 User Program

Besides 15 pre-set programs, there have 3 user-defined programs:U1,U2 and U3Each user program has 20 segments. The user can set the desired speed and incline .Press "PROGRAM" button to choose U1 ,U2 or U3, press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press" INCLINE+" and "INCLINE-" to set incline. Press "MODE" button and your choice will be set. The next workout segment will flash, go through the same setup as you completed with segment one. You must complete all 20 segments and then your user program is ready to use. Press "STOP" key to return to last segment setting any time.

## 1.12 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is "AGE" -> "THR(HRC) data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It's recommended that user uses the wireless chest belt while running HRC function.

**1.12.1** After turning on the power, press "PROG" key to choose HRC function. HRC function is turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the screen.

**1.12.2** Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use "SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't need to be changed for physical health condition.)

Formula is calculated as below:

HRC1 is T.H.R  $= (220 - \text{age}) \times 60\%$ ,

HRC2 is T.H.R  $= (220 - \text{age}) \times 70\%$ ,

HRC3 is T.H.R  $= (220 - \text{age}) \times 80\%$ .

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED +/-" to set up time.

**1.12.3** Enter "START" key to begin the workout (Remember only can press "START" key after all setting is

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completed. It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

**1.12.4** During the operating of HRC, speed and incline will adjust as below:

(1). If Target heart rate  $<THR-15$ , then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data

(2). If  $THR-5 > Target\ heart\ rate \geq THR-15$ , then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data

(3). If  $THR+5 \geq Target\ heart\ rate \geq THR-5$ , then the speed and incline will not change

(4). If  $THR+15 \geq Target\ heart\ rate \geq THR+5$ , then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4KM/h and incline less 1 section until they reach the min. data

(5). If Target heart rate  $\geq THR+15$ , then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8KM/h and incline less 2 section until they reach the min. data

## **1.13 OTHERS**

**1.13.1** When the countdown mode is finished and "END" appears on screen, warning sound occurs. Then it will be back to manual mode.

**1.13.2** Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

**1.13.3** You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press "+" button, it will start from 5:00 again.

**1.13.4** Speed increases at 0.5km/s, and decreases at 0.5km/s.

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## Getting started guide

### PREPARE

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it.

Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

### EXERCISE

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Before do slow walk exercise, please remember it is for your health and cannot irritable.

### AMOUNT OF EXERCISE

**SHORTCUT**——The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you fell it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly, it also can strengthen exercise.

**CONSUMPTION OF HEAT**——This way can really consumption the heat.

Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on the speed that you feel it is comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

### EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule, do not accord to your favor. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

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## SAFETY EXERCISE

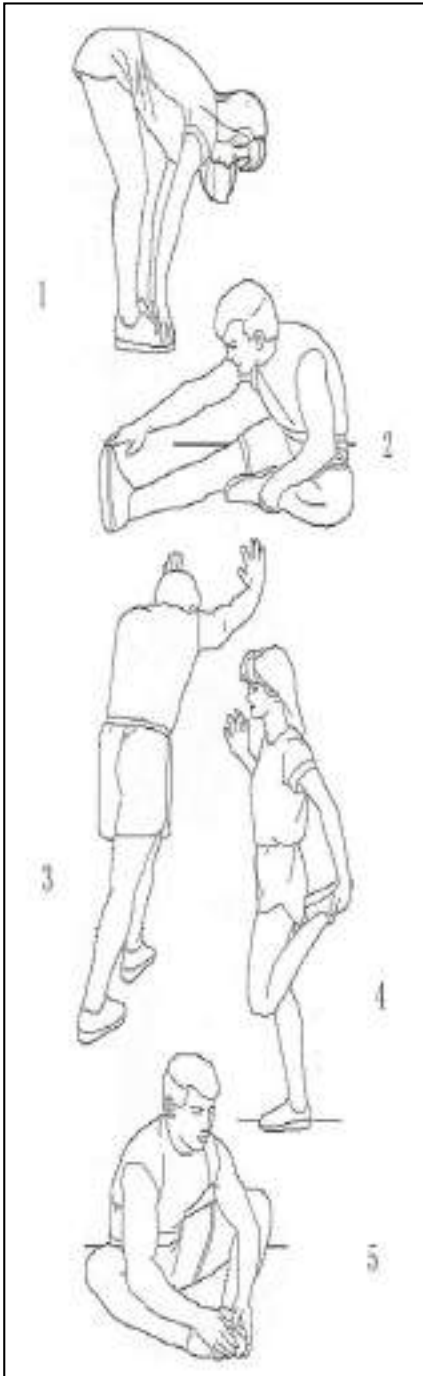
Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

|                   |   |
|-------------------|---|
| Speed 0.8-3.0 km  | weak constitution people.               |
| Speed 3.0-4.5 km  | sedentary or not often exercise people. |
| Speed 4.5-6.0 km  | walking quickly people.                 |
| Speed 6.0-7.5 km  | fast walk people.                       |
| Speed 7.5-9.0 km  | jogger.                                 |
| Speed 9.0-12.0 km | intermediate speed runner.              |
| More than 12.0 km | excellent runner.                       |

**ATTENTION:** It is suitable for walker to choose less than or equal to 6 km speed.

## Warm-up Exercise



It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises again

**1. Reach Down :** Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times(See picture 1).

**2. Hamstrings Stretches:** Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

**3. Crus and Feet Tendon Stretches:** Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

**4. Quadriceps Stretches:** Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

**5. Sartorius (Inner Muscles of the Thigh Muscle Stretches:** Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds, and relax. Repeat 3 times (See picture 5).

## Maintenance Instruction

**WARNING :** Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

**CLEANING:** General cleaning of the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

**WARNING:** Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

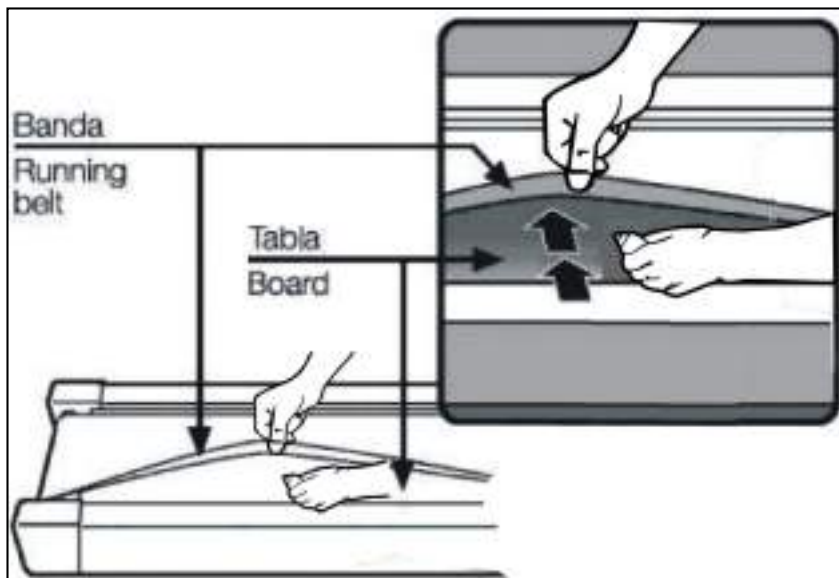
This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

|                                      |               |
|--------------------------------------|---------------|
| Light user (less than 3 hours/ week) | Every 60 days |
| Medium user (3-5 hours/ week)        | Every 45 days |
| Heavy user (more than 5 hours/ week) | Every 30 days |

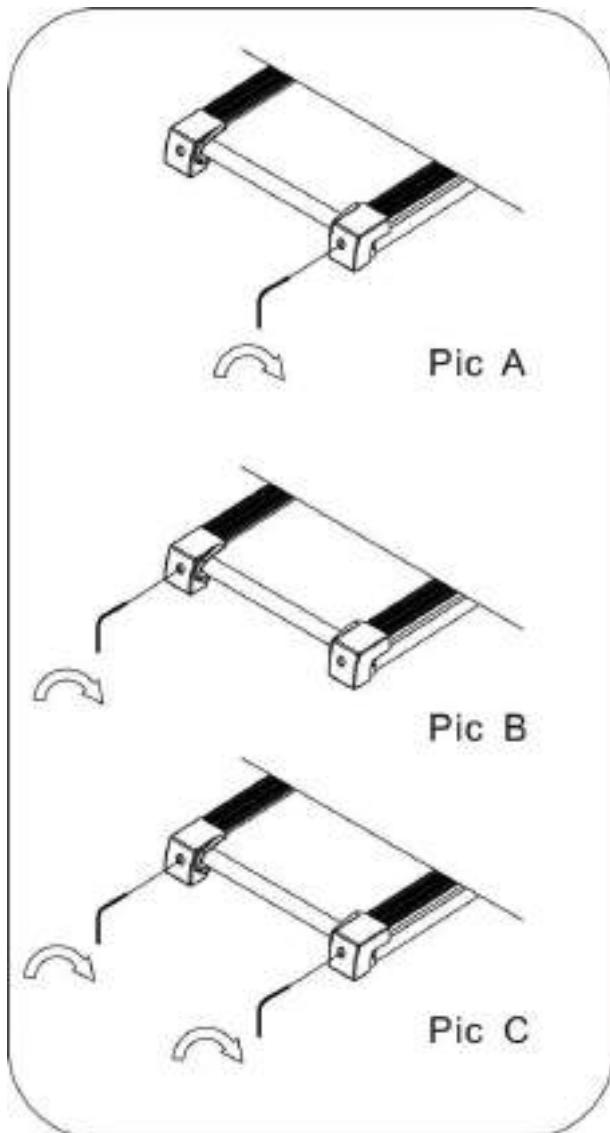
We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.



## Belt Adjustment

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.



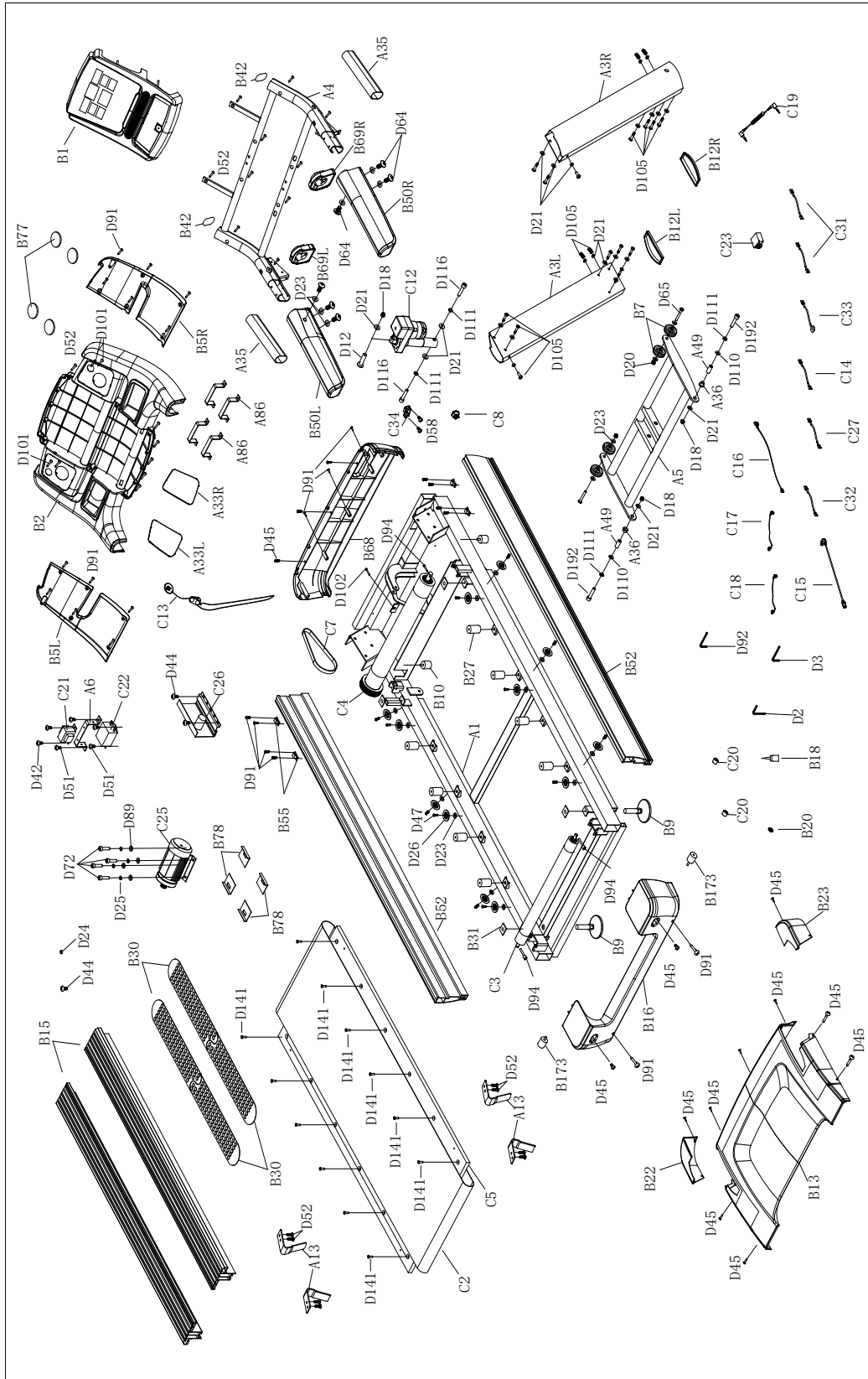
If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

**See picture C**

# Exploded Drawing



## Parts list

| <b>A. Welding parts</b>            |                          |     |  |      |                              |     |
|------------------------------------|--------------------------|-----|--|------|------------------------------|-----|
| No.                                | Descript                 | QTY |  | No.  | Descript                     | QTY |
| A1                                 | Main Frame               | 1   |  | A33L | Left Speaker Grille          | 1   |
| A3L                                | Left upright             | 1   |  | A33R | Right Speaker Grille         | 1   |
| A3R                                | Right upright            | 1   |  | A35  | Handlebar Tube               | 2   |
| A4                                 | Consol bracket           | 1   |  | A36  | Incline Bronze Bushing       | 2   |
| A5                                 | Incline bracket          | 1   |  | A49  | Pivot Shaft                  | 2   |
| A6                                 | Filter Holder            | 1   |  | A86  | Speaker Retainer Plate       | 4   |
| A13                                | belt adjustment part     | 4   |  |      |                              |     |
| <b>B. Plastic parts</b>            |                          |     |  |      |                              |     |
| NO.                                | Descript                 | QTY |  | NO.  | Descript                     | QTY |
| B1                                 | Console set              | 1   |  | B22  | Left motor side cover        | 1   |
| B1-1                               | Overlay                  | 1   |  | B23  | Right motor side cover       | 1   |
| B1-2                               | Membrane key             | 1   |  | B27  | New cushion                  | 8   |
| B1-3                               | Console                  | 1   |  | B30  | Non-Slip mat                 | 4   |
| B2                                 | Console cover            | 1   |  | B31  | Rubber pad                   | 4   |
| B5L                                | Console left back cover  | 1   |  | B42  | Handrail plug                | 2   |
| B5R                                | Console right back cover | 1   |  | B50L | PU left handrail             | 1   |
| B7                                 | Transporting wheel       | 4   |  | B50R | PU right handrail            | 1   |
| B9                                 | Flat foot pad            | 2   |  | B52  | Lower side rail              | 2   |
| B10                                | Limit cushion            | 2   |  | B55  | Motor plastic bracket        | 4   |
| B12L                               | Left silicone ring       | 1   |  | B68  | Motor front cover            | 1   |
| B12R                               | Right silicone ring      | 1   |  | B69L | Left handrail silicone ring  | 1   |
| B13                                | Motor upper cover        | 1   |  | B69R | Right handrail silicone ring | 1   |
| B15                                | Upper side rail          | 2   |  | B77  | EVA cushion                  | 2   |
| B16                                | End cap                  | 1   |  | B78  | L-Shaped of side rail        | 4   |
| B18                                | Silicon oil              | 1   |  | B173 | High Cushion                 | 2   |
| B20                                | Round plug               | 1   |  |      |                              |     |
| <b>C. Electric and drive parts</b> |                          |     |  |      |                              |     |
| NO.                                | Descript                 | QTY |  | NO.  | Descript                     | QTY |

|     |                     |   |     |                     |   |
|-----|---------------------|---|-----|---------------------|---|
| C2  | Runnin belt         | 1 | C19 | MP3 line            | 1 |
| C3  | Rear roller         | 1 | C20 | Magnetic ring       | 2 |
| C4  | Front roller        | 1 | C21 | Inductor            | 1 |
| C5  | Running deck        | 1 | C22 | Filter              | 1 |
| C7  | Drive belt          | 1 | C23 | Overload protector  | 1 |
| C8  | Power switch        | 1 | C25 | AC motor            | 1 |
| C12 | Incline motor       | 1 | C26 | Inverter            | 1 |
| C13 | Safety key          | 1 | C27 | Single cord (Blue)  | 1 |
| C14 | Single cord (Brown) | 1 | C31 | Single cord (Brown) | 2 |
| C15 | Power cable         | 1 | C32 | Single cord (Blue)  | 1 |
| C16 | Upper cable         | 1 | C33 | Grounding cable     | 1 |
| C17 | Lower cable         | 1 | C34 | Outlet              | 1 |
| C18 | Middle cable        | 1 |     |                     |   |

#### D. Hardware parts

| NO. | Descript                            | QTY | NO.  | Descript                         | QTY |
|-----|-------------------------------------|-----|------|----------------------------------|-----|
| D2  | Cross head with allen wrench T6     | 1   | D64  | Round hex screw M8X20            | 6   |
| D3  | Allen WrenchT5                      | 1   | D65  | Round hex screw M8X70            | 2   |
| D12 | Button Head Cap Screw M10X55        | 1   | D72  | Hex round screw M8X25            | 4   |
| D18 | Nylon nut M10                       | 3   | D89  | Washer M8                        | 4   |
| D20 | Nylon nut M8                        | 2   | D91  | Cross self-tapping bolt ST4.2X20 | 25  |
| D21 | Flat washer M10                     | 23  | D92  | Allen wrench T8                  | 1   |
| D23 | Flat washer M8                      | 23  | D94  | Hex round screw M10X70           | 3   |
| D24 | Spring washer M5                    | 1   | D101 | Cross self-tapping bolt ST3.5X12 | 4   |
| D25 | Spring washer M8                    | 4   | D102 | Hex bolt M8X55                   | 1   |
| D26 | Round washer                        | 12  | D105 | Round hex screw M10X20           | 18  |
| D44 | Cross head bolt M5X12, washer       | 3   | D110 | Internal Tooth Washer M10        | 2   |
| D45 | Cross head bolt M5X15, washer M5X15 | 14  | D111 | Spring Washer M10                | 4   |
| D47 | Cross self-tapping bolt ST4.2X16    | 12  | D116 | Socket Head Cap Screw M10X45     | 2   |
| D51 | Phillips Pan Head                   | 6   | D141 | Hex Head Cap Screw               | 12  |

## Error code and significance

| Error Code             | Description   | Solutions   |
|------------------------|---|---|
| E1                     | Failure communication between inverter and computer | <ol style="list-style-type: none"> <li>1、 Check if computer is connected to inverter with correct wires, check connector, check if wire is damaged, or unplug and re-connect</li> <li>2、 Replace inverter and test</li> <li>3、 Replace computer and test</li> </ol>   |
| E2                     | Inverter over heat                                  | <ol style="list-style-type: none"> <li>1. Switch off for over 20 seconds and switch on again. If E2 persists.</li> <li>2. Check if the fan and heat sink are clean or if the fan is working. If E2 persists.</li> <li>3. Replace inverter.</li> </ol>   |
| E3                     | Input voltage low                                   | <ol style="list-style-type: none"> <li>1. Switch off for over 20 seconds and switch on again. If E3 persists.</li> <li>2. Check if the input voltage low. If E3 persists.</li> <li>3. Replace inverter.</li> </ol>  |
| E5                     | Inverter over-current                               | <ol style="list-style-type: none"> <li>1. Switch off for over 20 seconds and switch on again. If E5 persists.</li> <li>2. Check if roller bearing s are stuffed and not rotating freely inside front and rear rollers, check if running belt and running deck are well lubricated without excessive wear and tear, check belt tension is moderate. If E5 persists.</li> <li>3. Replace inverter.</li> </ol> |
| E7                     | Overload protection                                 | <ol style="list-style-type: none"> <li>1. Switch off for over 20 seconds and switch on again. If E7 persists.</li> <li>2. Check if roller bearing s are stuffed and not rotating freely inside front and rear rollers, check if running belt and running deck are well lubricated without excessive wear and tear, check belt tension is moderate. If E7 persists.</li> <li>3. Replace inverter.</li> </ol> |
| Er                     | Other error of inverter                             | <ol style="list-style-type: none"> <li>1. Switch off for over 20 seconds and switch on again. If Er persists.</li> <li>2. Check connection wire is working. If Er persists.</li> <li>3. Replace inverter.</li> </ol>  |
| — —                    | Computer doesn't detect safety key signal           | <ol style="list-style-type: none"> <li>1. Check if safety key switch works, connecting wire works, or magnet inside works</li> <li>2. Safety key is not placed correctly</li> <li>3. Safety key is damaged, check and replace.</li> </ol>   |
| E4                     | Incline Calibration                                 | <ol style="list-style-type: none"> <li>1. Check incline motor sensor wire if connect well, re-plug in.</li> <li>2. Check incline motor AC cable if connect correct, the incline AC cable is connect correct to follow the controller mark.</li> <li>3. Check if the cable of motor is damage.</li> <li>4. Replace cable or incline motor, then press the adjustment button to running again.</li> </ol>     |
| E9                     | Incline error                                       | <ol style="list-style-type: none"> <li>1. Check if incline sensor is connected well. If E9 persists.</li> <li>2. Replace inverter. If E9 persists.</li> <li>3. Replace incline motor.</li> </ol>  |
| No display on computer | /   | <ol style="list-style-type: none"> <li>1、 Check if power cable is connected to machine or change to another power outlet. If power switch is in position, test it by switch ON/OFF. If the power switch is burned out, replace one and make sure there's power to machine</li> <li>2、 Check cable connection between computer and inverter</li> <li>3、 Replace inverter or computer</li> </ol>              |