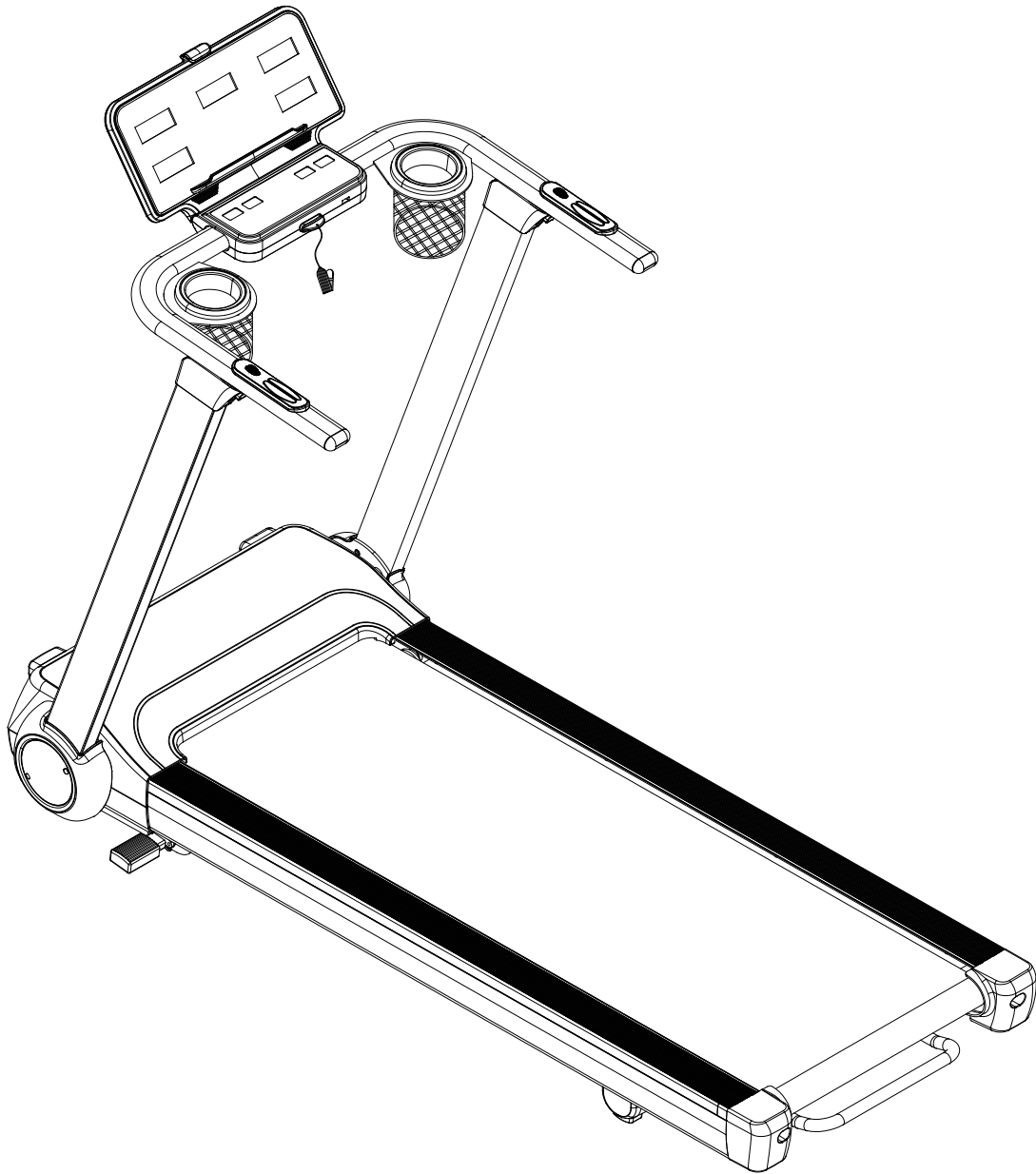


OWNER'S MANUAL



Product May Vary Slightly From Pictured.

ITEM NO.: PWR LIFESTYLE

CONTENT

Thank you for your purchase of this quality treadmill from our company. Please carefully read this entire manual before operating your new treadmill. Especially keep the manual at available place in order to read when you need. When you refer the manual, please find important safety precautions.

Remark: Our Company preserves the right for design of product; we don't particularly inform if we have to revise design, appearance of treadmill is based on real object.

1. IMPORTANT SAFETY PRECAUTIONS	3
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1. 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:

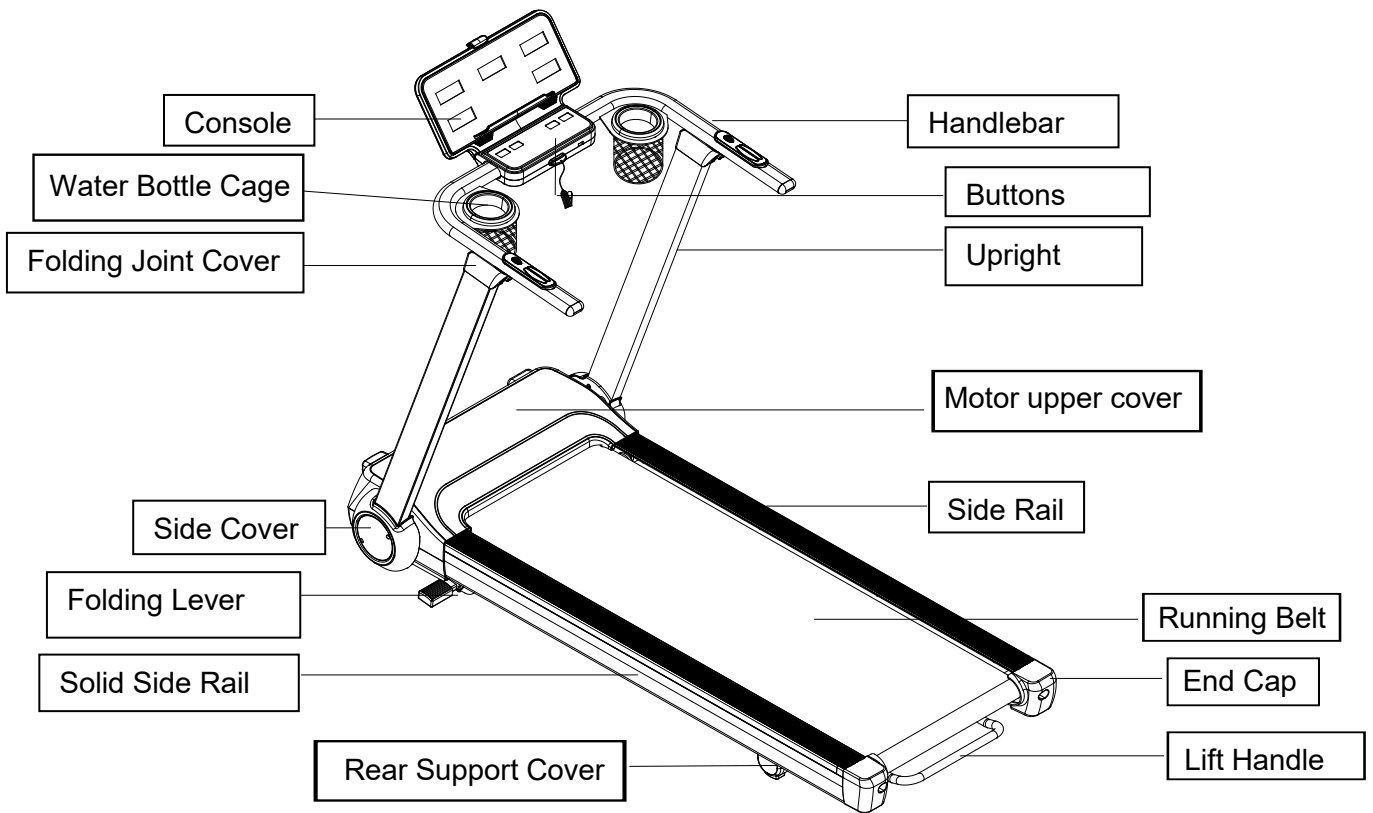
1. When using this treadmill, clip the safety key rope to your clothes or belt.
2. Do not plug anything into any parts of this equipment, or it may damage the equipment.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. 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 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 within 40 minutes after meal.
8. The treadmill is only used for adults, child use the treadmill must have adult supervision.
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 changes.

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 safety key is disengaged from the console.
13. Do not extend 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 key removed.
15. The treadmill is for home use only.
16. The treadmill maximum user weight is 110kgs
17. Please do not over-use the treadmill so can avoid any injury and do not use in 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.
19. The same power supply line to avoid the use of other electrical appliances, power supply line must be able to provide more than 6.8 a current.
20. The supply voltage is required to be between 220V and 10%
21. Unplug the power supply after use.
22. Should maintain a certain indoor humidity in winter, to avoid strong static electricity.
23. If the power cord is damaged, please go to the distributor for replacement or purchase

2. DIMENSION DATA

Power Circuit : 220V~AC	Use in temperature : 0-40°C
Real Speed : 0.8-18KM/H	Incline : 12 sections of motor incline
Max user weight : 115kg	Distance range : 0.00-99.9km
Calories : 0-9999 Kcal	Time range : 00 : 00-99 : 59 (min)
Heart rate range : 50-200 bpm	Running face : 450*1300mm
Set up size : 1660*730*1250mm	Folding size : 1660*730*260mm

3. PRODUCT DESCRIPTION



Parts List

A-Welding and Metal Parts					
No.	Description	QTY	No.	Description	QTY
A1	Main Frame	1	A40L	Left Connection Bracket	1
A1-H	Handlebar	1	A40R	Right Connection Bracket	1
A3L	Left Upright	1	A41	Cylinder U-Shape Bracket	2
A3R	Right Upright	1	A42	Cylinder Spacer	2
A4	Handlebar	1	A43	Cylinder Fixation Pin	2
A5	Incline Bracket	1	A45	Pedal Lever Spacer	2
A13	Barrier chip	2	A46	Incline Axle	2
A16	Handrail Folding Joint Bracket	2	A47	Stopper Pin	2
A34	Safety Key Pin	2	A48	PU Wheel Spacer	2
A38	Pedal Lever Bracket	1	A54	Lower controller assembled plate	1
A39L	Left Bottom Hook	1	A56	Side Strip End Cap	2
A39 R	Right Bottom Hook	1	A57	Pivot structure	1
B-Plastic Parts					
No.	Description	QTY	No.	Description	QTY
B1	Console Set	1	B97	Bottle Holder Net	2
B1-1	Overlay	1	B98	Folding Joint Cover	2
B2	Console Cover	1	B99	Folding Joint Top Cover	2
B11	Side Cover	2	B100	Folding Button	2
B13	Motor Upper Cover	1	B101	Transportation Wheel Cover	2
B14	Motor Bottom Cover	1	B102L	Left Inner Side Cover 1	1
B15	Side Rail	2	B102R	Right Inner Side Cover 1	1
B16L	Left End Cap	1	B103L	Left Inner Side Cover 2	1
B16R	Right End Cap	1	B103R	Right Inner Side Cover 2	1
B17	Transportation Wheel	4	B104	PU roller	2
B18	Silicon Oil	1	B105	Curved food cap	2
B27	Round Shape Cushion	4	B106	Rear Support Leg Cover	2
B31	Rubber Pad	4	B107	Side Rail Fixing Piece	6
B51	Water Bottle Holder Ring	2	B108	Bungee Cord	1
B52	Solid Side Rail	2	B113	IPAD holder	1
B79	Plastic Bushing	1	B114	IPAD clip	1
B81	USB Cover	1	B138	PROG+START button	1
B87	Safety Button Holder	1	B139	STOP+MODE button	1

B89	Self-Lubricating Bearing	4	B147	Square Pedal Lever	1
B95	Button Platform Set	1	B169	Securing Strap	1
B95-1	Button overlay	1	B170	Plastic Expansion Anchor	1
B96	Button Platform Bottom Cover	1			

C Electronic and Transmission Parts

No.	Description	QTY	No.	Description	QTY
C2	Running belt	1	C16	Upper Cable	1
C3	Rear roller	1	C17	Lower Cable	1
C4	Front roller	1	C20	Magnetic Ring	1
C5	Running board	1	C21	Inductor	1
C7	Multi Groove belt	1	C22	Filter	1
C8	Power button	1	C23	Overload Protector	1
C9	Controller	1	C27	Single Cable 300 (Blue)	2
C10	Quick Buttons on Left Handlebar	1	C31	Short Single Cable 150 (Brown)	3
C11	Quick Buttons on Right Handlebar	1	C32	Short Single Cable 150 (Blue)	2
C12	Incline Motor	1	C33	Grounding Wire	1
C13	Safety Key	1	C34	Power Switch	1
C14	Single Cable 300(Brown)	1	C41	Cylinder	2
C15	Power Line	1	C42	Brushless Motor	1

D. Hardware Parts

No.	Description	QTY	No.	Description	QTY
D2	Allen Wrench T6	1	D91	Phillips Pan Head Self-Drilling Screw ST4.2X19	12
D7	Button Head Cap Screw M10X60	1	D96	Phillips Pan Head Screw M6X12	4
D10	Button Head Cap Screw M10X45	1	D98	Extension Spring	1
D13	Button Head Cap Screw M8X15	2	D99	Pression Spring	2
D16	Button Head Cap Screw M8X45	4	D111	Spring Washer M10	1
D18	Nylon Nut, M10	4	D121	Console press spring	1
D19	Nylon Nut, M6	2	D123	C Ring (ϕ 5)	2
D20	Nylon Nut, M8	5	D124	C Ring (ϕ 6)	4
D21	Flat Washer, M10	2	D125	Button Head Cap Screw, M8X10	2

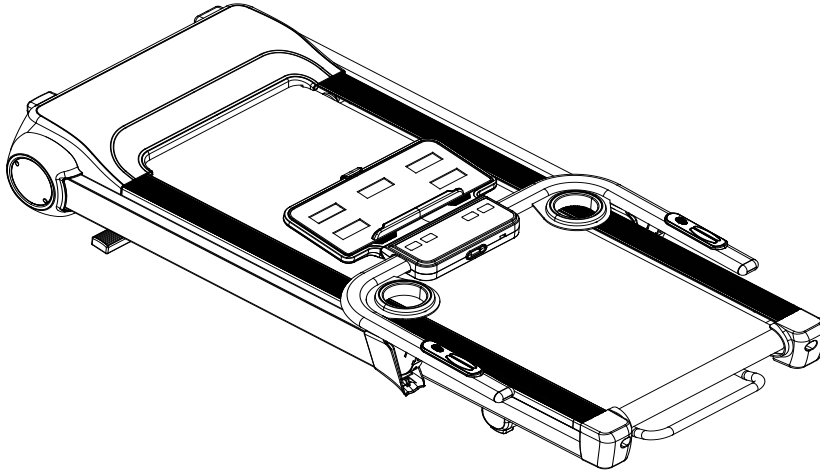
D22	Flat Washer,M6	6	D126	Button Head Cap Screw M8X37	2
D23	Flat Washer,M8	9	D127	Nylon Nut M8	2
D25	Spring Washer,M8	1	D128	Button Head Cap Screw,M6X12	2
D34	Socket Head Cap Screw M8X60	3	D131	Flat Socket Head Cap Screw M8X22	2
D36	Hex Head Cap Screw M6X25	8	D134	Phillips Pan Head Self-Tapping Screw ST3.0X8	6
D42	Phillips Rounded Washer Head Screw M4X10	6	D136	Phillips Pan Head Self-Tapping Screw ST4.2X10	8
D44	Phillips Rounded Washer Head Screw M5X12	2	D138	Socket Head Cap Screw M8X15	2
D45	Phillips Rounded Washer Head Screw M5X15	4	D139	Phillips Flat Head Self-Tapping Screw ST4.2X25	4
D48	Phillips Rounded Washer Head Self-Drilling Screw ST4.2X19	20	D140	Button Head Cap Screw, M6X28	2
D52	Phillips Pan Head Self-Tapping Screw ST4.2X16	34	D143	Phillips Rounded Washer Head Self-Tapping Screw ST4.2X16	4
D58	Phillips Flat Head Self-Drilling Screw ST3.5X16	2	D148	Phillips Rounded Washer Head Self-Drilling Screw ST4.2X12	2
D64	Button Head Cap Screw M8X20	4	D158	Socket Head Cap Screw M10X65	2
D71	Hex Head Cap Screw M8X15	2	D181	Phillips Rounded Washer Head Self-Drilling Screw ST4.2X12	10
D74	Socket Head Cap Screw M6X25	6	D187	Console frame shaft screw	1
D79	Spring Washer M6	4	D189	Phillips Rounded Washer Head Self-Drilling Screw triangular M4X16	2
D89	Washer M8	3			

			D203	Phillips Pan Head Screw M5X18	4
			D218	Phillips Pan Head Self-Tapping ScrewST5.5X40	2

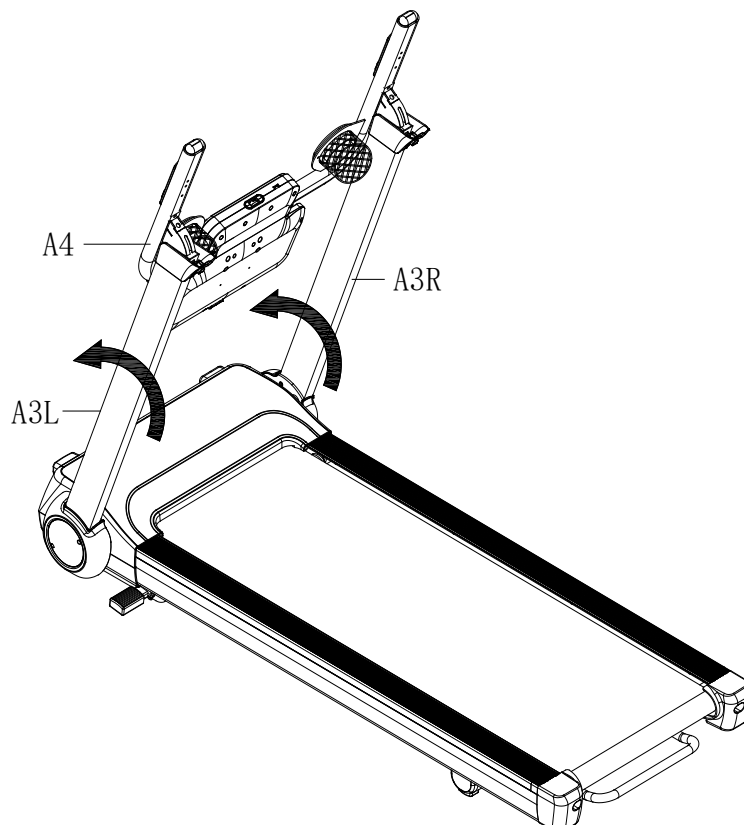
Assembly instructions

ATTENTION: Do the following operations after checking all screws are tightened and everything is OK. Before you use the treadmill, please read the instructions carefully.

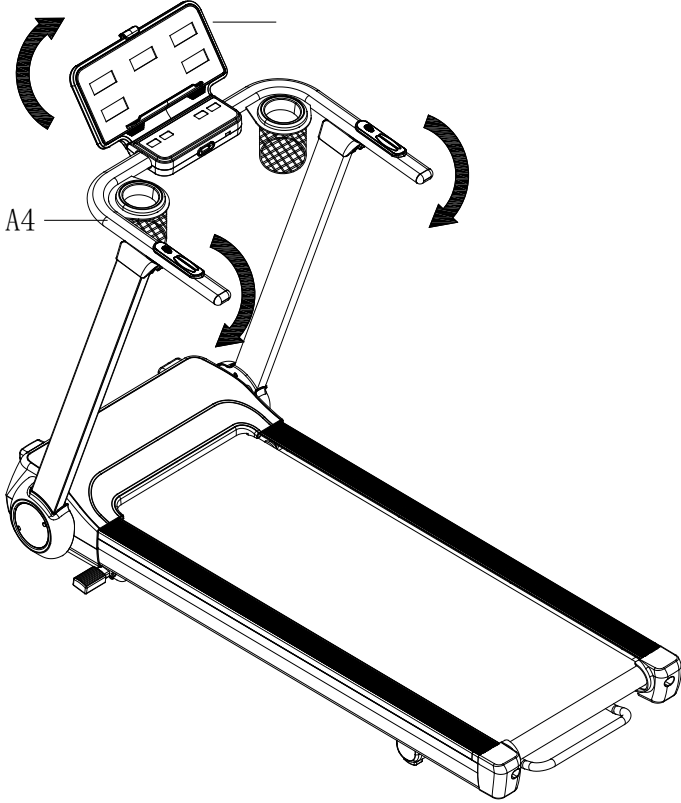
STEP 1 : Move out the treadmill unit from the packaging box, and place it on the flat ground or floor.



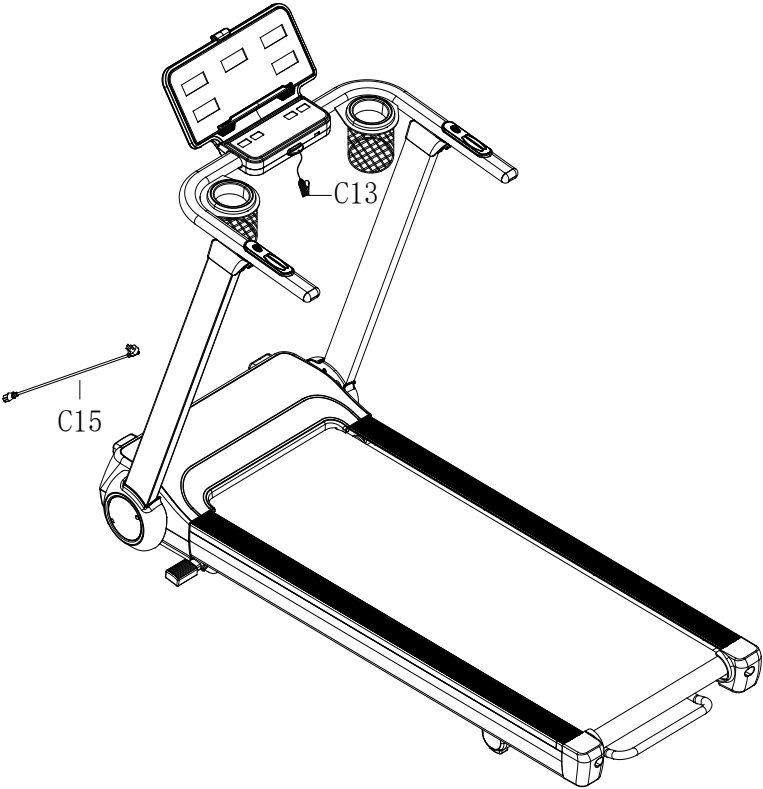
STEP 2 : Hold left and right #A4 handlebar and lift it up until hearing a “clock” sound for locking the A3L/ A3R Uprights into position.



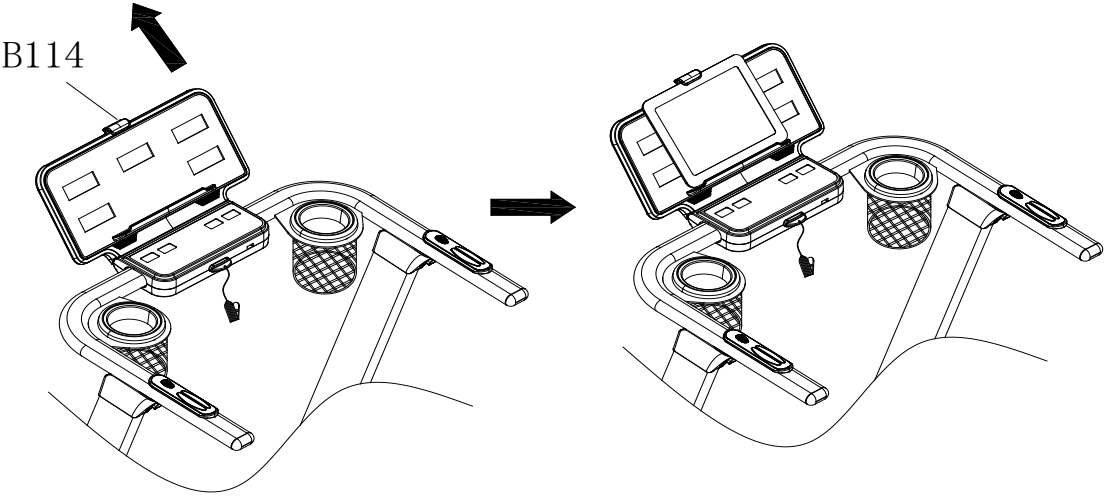
STEP 3: Hold left and right #A4 Handlebar and push it down until hearing a “clock” sound for lock it into position. Rotate the #B1 Console to the appropriate reading angle.



STEP 4: Plug in the #C15 Power Cord and insert the #C13 Safety Key.

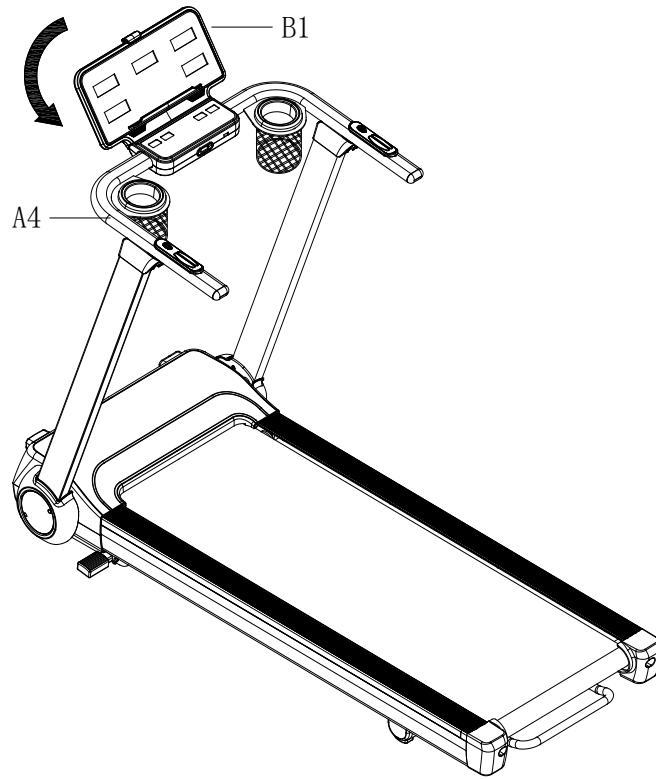


Addition STEP: To place an Ipad, pull out tablet holder (B114), then place your Ipad.

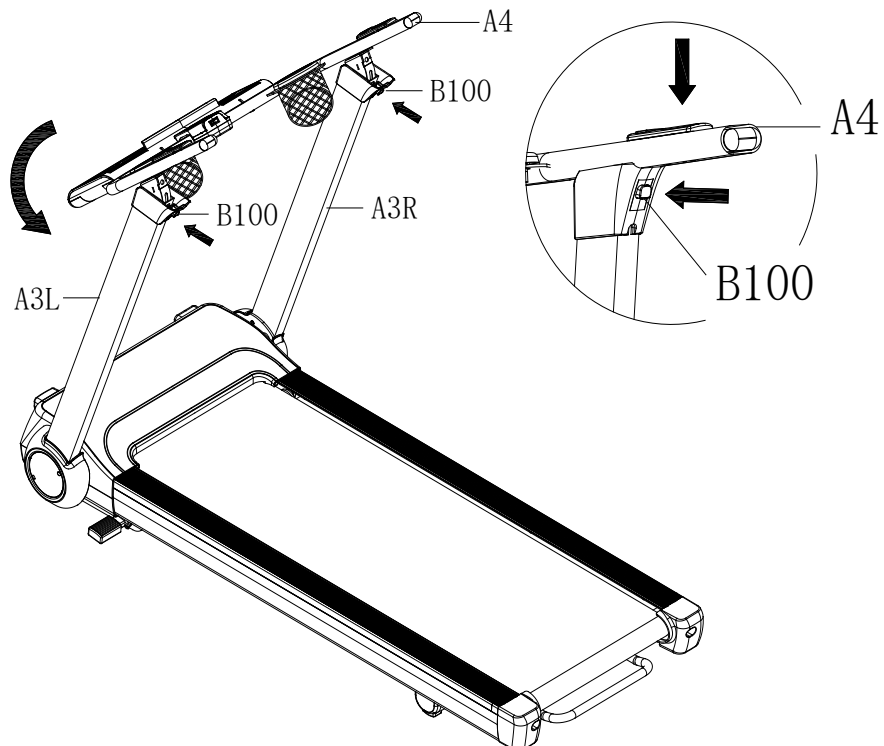


Folding Instruction:

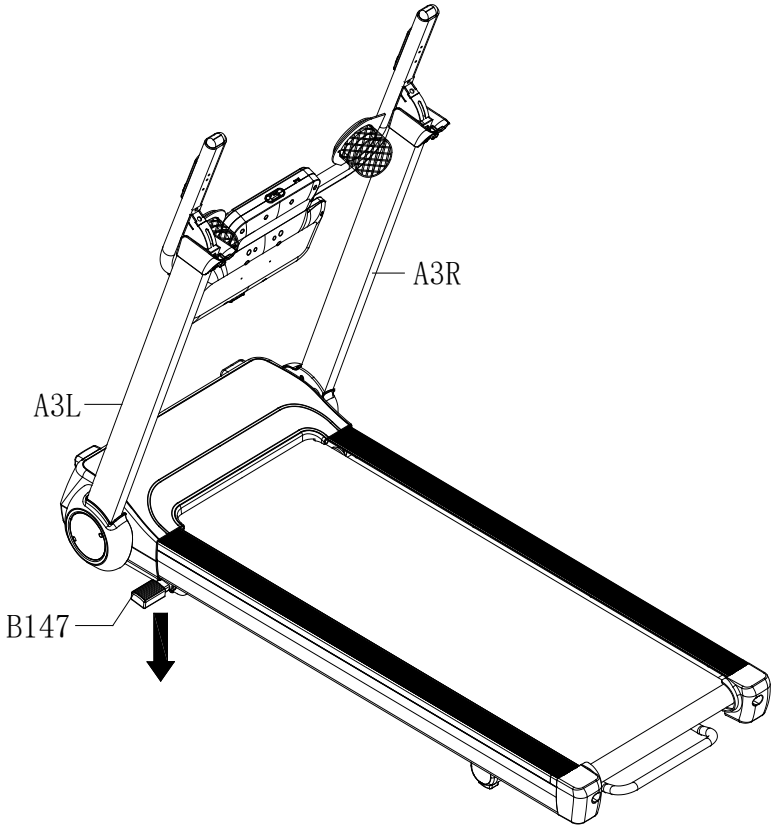
STEP 1: Rotate the #B1 Console backward to be horizontal with #A4 Handlebar.



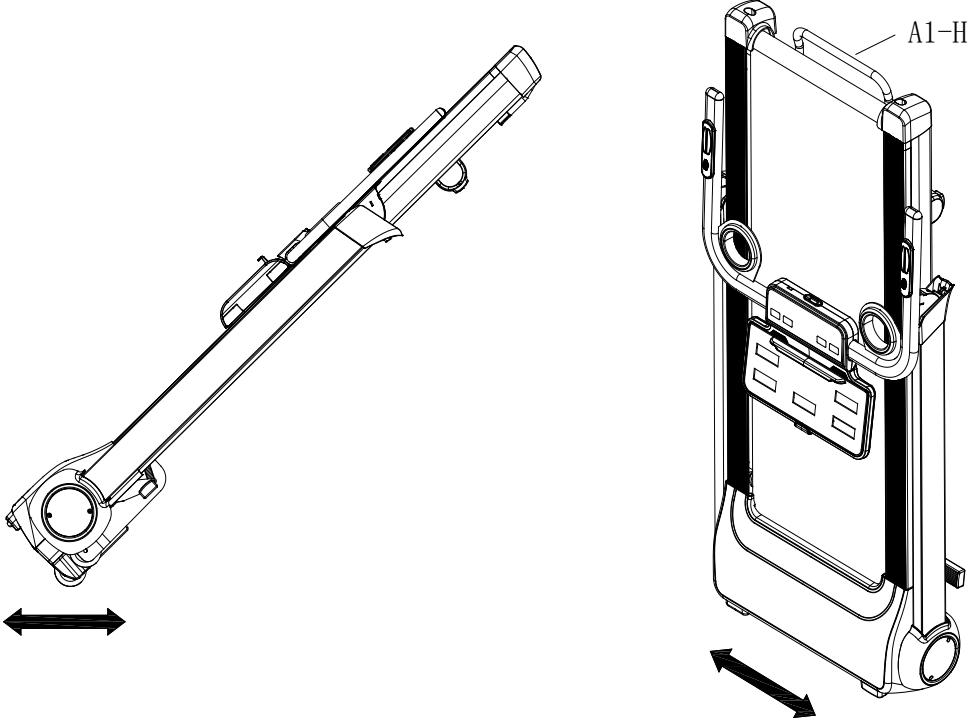
Step 2: Slightly push down the #A4 handlebar and press #B100 Button at the same time. Once the #A4 Handlebar is un-locked, rotate it back to attach #A3L/A3R uprights.



Step 3: Step down B147 Pedal lever for auto folding process until #A3L / #A3R to be horizontal with running deck.



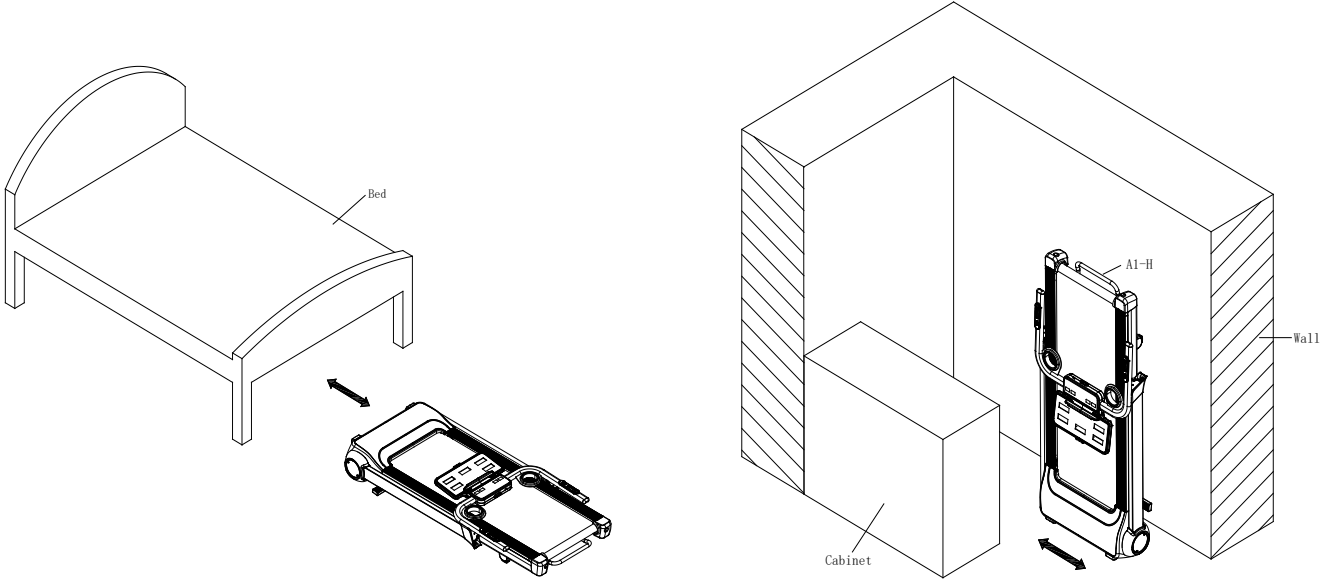
Step 4: Hold #A1-H Lift Handle for transportation or lift one end of treadmill up to standing position.



Picture 1

Picture 2

Step 5 : Place treadmill at standing position against wall for storage, or place it under the bed for space saving



Note: When standing the treadmill upright, to prevent it from falling and causing injury, secure it to the wall using fixing strap (B169) or 2 PCS of Phillips Pan Head Self-Tapping Screw ST5.5X40 (D218) with 2PCS of Plastic expansion tube (B170).



Operation Guide

1.1 WINDOW DISPLAY



1.2. START

Normal start after 3 seconds countdown

1.3 PROGRAM

1 manual mode, 3 countdown mode, 1 body fat program, 12 preset programs, 3 Users, and 3 HP programs

1.4 SAFETY KEY FUNCTION

The window shows "----" when you take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. When you put the safety lock back on, the computer will display for 2 seconds and the data will turn to "0."

2 BUTTON FUNCTION

1.5.1 START AND STOP/PAUSE

"START"--Put the safety lock on, press "start", treadmill will start in the lowest speed after 3 second countdown

"STOP/PAUSE"--When the treadmill is running, press this button once to "Pause". During "Pause" speed and incline will go back to 0 and keep data. Press "Start" during pause mode to start again or Press "Stop/Pause" again to stop and erase data.

1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button to cycle from manual mode to preset mode P1-P12, body fat program, U1-U3, HP1-HP3

1.5.3 “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 go up or down automatically.

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 5km/h , 10km/h , 15km/h , to adjust the speed directly when the treadmill is running.

1.5.6 “INCLINE+/-” BUTTON

INCLINE +/-, Adjust incline when treadmill start; the increment is 1 level/time.

Press the button more than 2 seconds, and it will go up or down automatically

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 4, 8, 12 to adjust the incline directly when the treadmill is running

1 DISPLAY FUNCTION

1.6.1 SPEED

Display treadmill speed.

1.6.2 HEART RATE/ CALORIES

Heart rate/ Calories switch in every 5 second.

1.6.3 TIME

Display the running total time or countdown time.

1.6.4 INCLINE/ALTITUDE

Display the current incline level

Display altitude you have ran, it is based on your incline level and how far you ran will show your MTS Altitude.Switch every 5 second

1.6.5 DISTANCE

Display your total running distance or countdown distance.

1.6.6 ALL WINDOW DISPLAY DATA RANGE

TIME : 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 9999 (C)

SPEED:0.8-18.0(km/h)

PULSE: 50 – 200 (BPM)

INCLINE : 0 – 12

ALTITUDE : 0 – 9999 MTS

STEPS : 0 – 9999 STEPS

PACE : BASED ON CURRENT SPEED

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse for about 5 seconds, and it will display pulse data or equip a wireless chest belt with a 5.3K Hz frequency. The pulse data range is 50-200 BPM. This data is only for reference and can not be used as medical data.

1.8 SLEEP FUNCTION

When there is no operation for more than 10 minutes, the system will turn off all displays and enter into the sleep mode. Press any button to wake up.

1.9 PROGRAM MODE

Press“PROGRAM”button , Select any one of P12 to be the built-in program, the corresponding program block diagram will be lit, and the other unselected program block diagrams will be off. The "TIME" window displays the default value and flashes, and the "SPEED▲, ▼" (INCLINE▲, ▼) keys are used to adjust to the desired exercise time. The built-in program is divided into 10 sections, and the running time of each section is set time/10. Press the START button, and the treadmill will start running according to the speed of the first stage and the incline after counting down for 3 seconds. When the previous stage of running is over, it will automatically enter the next stage of running, speed and incline will be automatically adjusted to the value of this stage .

When all the program ends, treadmill will slowly decelerates to a stop. During operation, you can press "SPEED▲, ▼" (INCLINE▲, ▼) or the buttons on the armrest to adjust the speed and incline. But it will be automatically adjusted to the program default value when entering the next paragraph. You can also directly press the "STOP" button or move out the safety lock to stop exercising.

1.8 10 sections of 12 built-in program data table

MODE		TIME	SET TIME / 10= EVERY GRADE TIME									
			1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3	
	INCLINE	0	3	3	3	4	4	4	1	1	0	
P2	SPEED	3	3	4	4	5	5	5	6	6	4	
	INCLINE	2	2	2	3	3	3	3	4	4	2	
P3	SPEED	2	4	6	8	7	8	6	2	3	2	
	INCLINE	3	5	4	4	3	4	4	3	4	2	
P4	SPEED	3	3	5	6	7	6	5	4	3	3	
	INCLINE	0	3	3	2	2	5	5	3	3	2	
P5	SPEED	3	6	6	6	8	7	7	5	5	4	
	INCLINE	3	5	3	4	2	3	4	2	3	2	
P6	SPEED	2	6	5	4	8	7	5	3	3	2	
	INCLINE	3	4	5	6	3	5	5	6	4	3	
P7	SPEED	2	9	9	7	7	6	5	3	2	2	
	INCLINE	0	3	3	3	4	4	4	1	1	0	
P8	SPEED	2	4	4	4	5	6	8	8	6	2	
	INCLINE	1	1	4	4	4	5	5	4	3	2	
P9	SPEED	2	4	5	5	6	5	6	3	3	2	
	INCLINE	3	5	3	4	2	3	4	2	3	2	
P10	SPEED	2	5	7	5	8	6	5	2	4	3	
	INCLINE	1	5	6	8	8	7	6	5	5	3	
P11	SPEED	2	5	6	7	8	9	10	5	3	2	
	INCLINE	3	5	6	8	6	5	8	7	5	2	
P12	SPEED	2	3	5	6	8	6	9	6	5	3	
	INCLINE	5	7	5	8	6	5	9	10	6	2	

1.9 MANUAL MODE OPERATION

1.9.1 Press start key, time count down 3 seconds, then treadmill will start to work with initial speed 0.8km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press incline +/-, you can adjust the incline

1.9.4 Press stop/pause, you can pause/stop treadmill at working state

1.9.5 Press quick speed key, you can quickly adjust the speed you want

1.9.6 Press quick incline key, you can quickly adjust the incline you want

1.10 COUNTDOWN FUNCTION

Countdown mode: Press “mode”, you can choose countdown time, countdown calorie and countdown distance. The corresponding window displays the default value and blinks. Press “SPEED ▲ 、 ▼” (INCLINE ▲ 、 ▼) to adjust to the desired value. Press “start”, treadmill will start in the lowest speed after 3 second countdown, press “+” button to adjust speed, press “-” button to adjust incline. When the display window count down to 0, treadmill will stop.

Of course can press “stop” button or move out the safety lock to stop.

1.11 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----220CM

04 Weight 20-----160 KG

05	FAT	≤19	Under weight
	FAT	= (20---25)	Normal weight
	FAT	= (25---29)	Over weight
	FAT	≥30	Obesity

1.12 USER PROGRAM

Continuously operate the PROGRAM key to select Uxx (U1-U3), set the time to start, and the function is like a built-in program. If you are not satisfied with the Uxx built-in data set by the factory, select the corresponding U program, press the MODE button, enter the custom modification of the built-in data of the U program, adjust the speed and lift value through the SPEED or INCLINE wheel handle or the quick button.

After setting a segment, press "MODE" to enter the next segment, until all segments are set, press "MODE", the custom data will be saved until the next reset.

U1 default factory speed is 1KM, incline 0

U2 default factory speed is 2KM, incline 0

U3 default factory speed is 3KM, incline 0.

1.13 HEART RATE CONTROL (HP) PROGRAM

IT IS RECOMMENDED THAT YOU USE A HEART RATE CHEST BELT (TRANSMITTER) WHEN USING HRC PROGRAMS; HAND PULSE MAY NOT BE RELIABLE FOR HRC PROGRAMS.

1. Continuously operate the PROGRAM button to select HP1/HP2/HP3. You can operate the "SPEED ▲, ▼" (INCLINE ▲, ▼) keys to adjust the exercise time. The default age is 30 years old, which corresponds to the default target heart rate of 30 years old. If you need to adjust the age, Press the MODE button, the time window will flash and display AG: 30, operate the "SPEED ▲, ▼" (INCLINE ▲, ▼) button to adjust the age, the heart rate window will display the target heart rate corresponding to the age, if you need to adjust the target heart rate, press the MODE button again, the heart rate window flashes to display the heart rate, operate the "SPEED ▲, ▼" (INCLINE ▲, ▼) keys to adjust the heart rate until you are satisfied, and press the MODE button.

2. In the running state of HP1/HP2/HP3 program, you can press "SPEED ▲, ▼" (INCLINE ▲, ▼) keys to adjust speed and incline, but the system will still automatically adjust the speed and incline so that your heartbeat is close to the target heartbeat value.

3. The first 1 minute after the start of the exercise is a warm-up state, the system will not automatically adjust the speed and incline, and can only be adjusted manually; 1 minutes after, the system will automatically adjust according to your current heartbeat value.

3-1. If the current heartbeat is lower than the target heartbeat value, it will automatically accelerate at a frequency of 0.5 km/time, and when added to the specified at the highest speed, if it is not close to the target heart rate value, the system will automatically increase the incline at a frequency of 1 step/time to increase the amount of exercise so that your heart rate is close to the target heart rate value.

3-2. If the current heartbeat is higher than the target heartbeat value, it will automatically lower the incline at a frequency of 1 stage/time to reduce the amount of exercise. When the incline when it is reduced to 0, if it is not close to the target heartbeat value, the system will automatically decelerate at a frequency of 0.5 km/time to reduce the amount of exercise until the heartbeat reaches the target heartbeat value, and the incline and speed will remain at the original state without changing.

4. After entering the heart rate control program, if the heart rate value is 0 for more than 1 minute, the heart rate is considered to be lost, and the speed and incline are immediately reduced to the lowest.

5. Target heart rate calculation formula, target heart rate = $(220 - \text{age}) * \text{intensity} \%$. The intensity of the "HP1" program is 75%, and the maximum operating speed is 8.0km/h; the intensity of the "HP2" program is 85%, and the maximum operating speed is 9.0km/h; the intensity of the "HP3" program is 100%, and the maximum operating speed The speed is 10.0km/h. If you are not satisfied with the calculated target heart rate value, you can manually adjust it, and the adjustment range is 100-210.

Measurement your heart beat

Hold the steel sheets of the left and right armrests with both hands, the "PULSE" window will display your heartbeat value after about 5 seconds. In order to obtain a more accurate heartbeat value, please stand on the treadmill and measure it when it stops, and the holding time should not be less than 30 Second. The heartbeat data is only used as a reference for the degree of exercise and cannot be used as medical data.

1.15 OTHERS

1.15.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlight on the computer. Press any key to resume the system.

1.15.2 Countdown time, countdown calorie and countdown distance, you can only set one of them at a time. It will only start the last set countdown when you press start. The set parameter will start to countdown and others display normal data..

1.15.3 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test, Steps Counted, Altitude ran are only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

1.15.4 You can set parameters in a cycle. Ex: Set time range is 5:00-99:00, when at 5:00 you can hit “-” key and it will go to 99:00, when at 99:00 you can hit “+” and it will go to 5:00.

1.15.5 When the treadmill is running, press Mode+Program buttons at the same time for at least 3 seconds to go from Scan mode to stay display one. Press again to stay at display two. Press again to go back to scan mode Note: You will hear a beep if you successfully switch the display modes.

1.15.6 When you remove safety key, you can press Mode+Program buttons at the sametime for at least 3 seconds to view treadmill’s Odometer. During this mode if you press mode+program for 3 seconds it will reset the odometer. If want to leave mode without resetting the data, just plug in the safety key.

1.16 Bluetooth App

Search any of below apps to download. Once it's downloaded, open and connect app to treadmill and synchronize the training data on treadmill.



Kinomap



Zwift



FitShow

1.17 ERROR CODE AND TROUBLE SHOOTING

Error Code	Problems	Solutions
E01	Connection fails between “PCB” and “Lower Control Board”	<ol style="list-style-type: none"> 1. Check every wire is connected well between PCB and lower control board. 2. Check if any of the wire is damaged. 3. Check if PCB or lower control board is in good condition. If any chip is damaged, change PCB or lower control board.
E02	Over-loading Protection	<ol style="list-style-type: none"> 1. Check if power outlet has low voltage supply. If so, change a power outlet. 2. Check if lower control board has bad smell. If so, change a lower control board. 3. Check if wires connected to motor are well connected.
E05	Over-current Protection	<ol style="list-style-type: none"> 1. Check if any part on motor is stuck. U-plug power cable and adjust motor. Plug back in the power cable and re-start to run the treadmill. 2. Check if motor has burned smell. If so, change a motor. 3. Check if lower control board has burned smell. If so, change a lower control board. 4. Check if power outlet has low voltage supply. If so, change a power outlet.
E07	Parameter lost	Replace a lower control board.
E08	EEPROM damage	Replace a lower control board.

How to use your treadmill

1. Insert the safety key at the corresponding position of the console.
2. Before electrifying, check whether the power supply grounding wire is well grounded, pull the running belt by hand to check whether it is flexible and sound-free.
3. Plug in the power plug, turn on the power, all windows on the console show the initial value, running belt does not move.
4. Press the “Start” button and start the treadmill at a low speed of 0.8 km/h. Observe whether the treadmill, the treadmill and the console are running normally.
5. Speed up the “+” and “-” and see if it's working. Press the “ Stop” button or pull the safety switch to stop the treadmill. Turn off the power and unplug the power. The treadmill in the installation and commissioning can be put into use
6. Plug into the power outlet, power outlet must have a good grounding wire.
7. Put in the safety key and press the “Start” button. The running belt moves slowly at a speed of about 0.8 km/h. the meter shows the speed of the treadmill.
8. If you want to increase the speed of your treadmill, press the speed button.
9. If you are running at a high speed and do not have time to slow down, remove the safety key and stop the treadmill immediately. At the end of your run, slow down your pace and press the stop button.

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. Do not require adding lubrication.

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

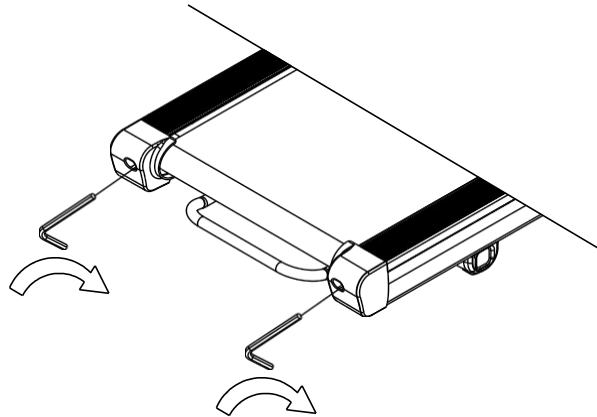
Light user (less than 3 hours/ week)	Every 60 days
Medium user (3-5 hours/ week)	Every 45 days
Heavy user (more than 5 hours/ week)	Every 30 days

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

Please note, any other maintenance 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.

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 belt is centered.

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.