

OWNER'S MANUAL



Product May Vary Slightly From Pictured.

ITEM NO.: PWR URBAN

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
2. DIMENSION DATA	5
3. PRODUCT DESCRIPTION	5
4. EXPLODED DRAWING	6
5. PARTS LIST	7
6. ASSEMBLY INSTRUCTIONS	11
7. CONSOLE ROTATION	17
8. Console Operation Guide	18
9. GETTING STARTED GUIDE	35
10. MAINTENANCE INSTRUCTIONS	35
11. BELT ADJUSTMENT	37

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:

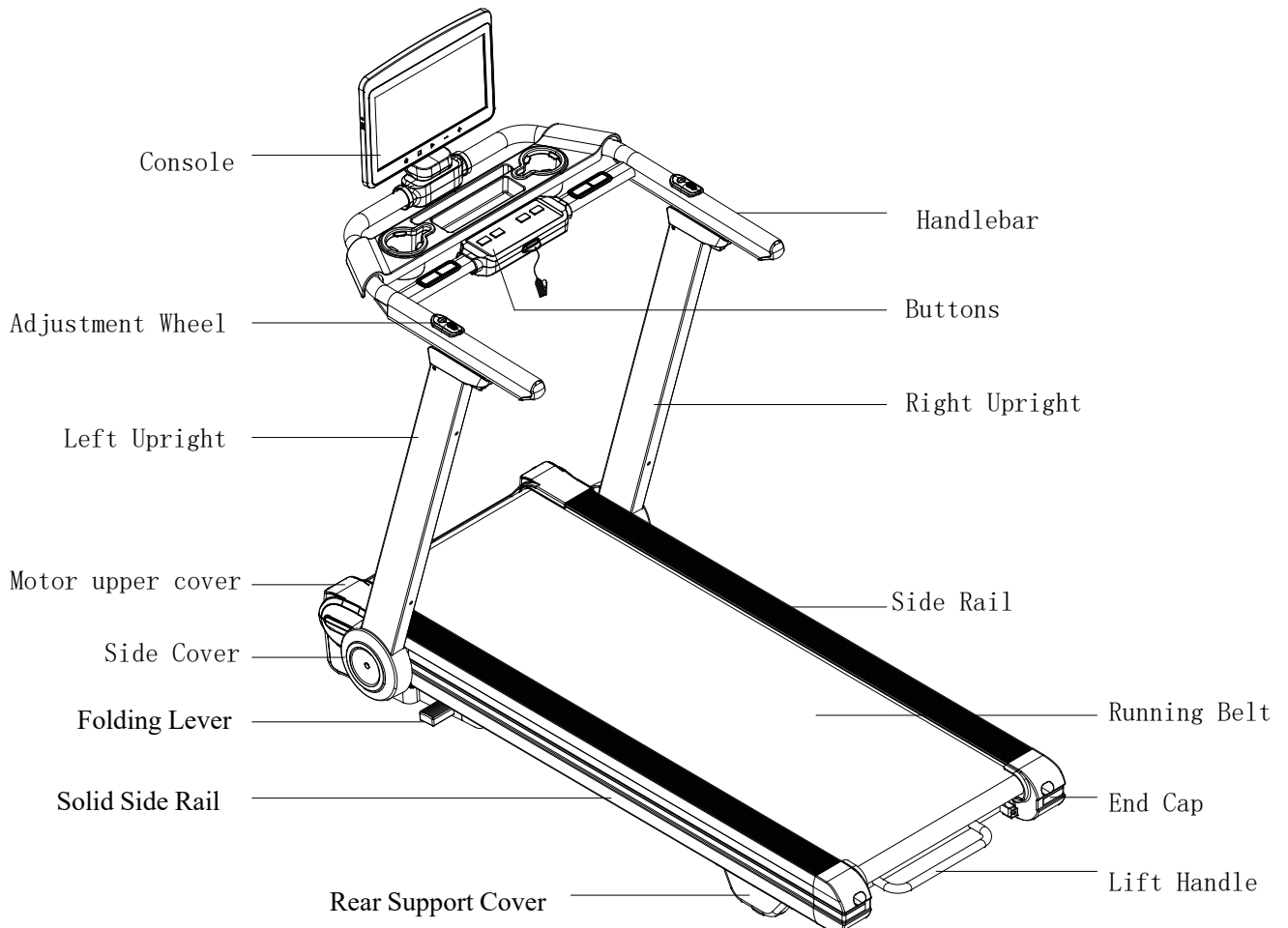
1. When using this treadmill, clip the safety key rope to your clothes or belt.
2. Do not plug anything into any parts of this equipment, or it may damage the equipment.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. 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 150kgs
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 : 0.8-22KM/H	Incline : 12 sections of motor incline
Max user weight : 150kg	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 : 520*1500mm
Set up size : 1750*830*1530mm	Folding size : 1800*910*380mm

3. PRODUCT DESCRIPTION



Parts List

A-Welding and Metal Parts					
No.	Description	QTY	No.	Description	QTY
A1	Main Frame	1	A42	Left Connection Bracket	2
A3L	Left Upright	1	A45	Right Connection Bracket	2
A3R	Right Upright	1	A47	Cylinder U-Shape Bracket	2
A4L	Left Handlebar	1	A48	Cylinder Spacer	2
A4R	Right Handlebar	1	A56	Side Rail Stopper	2
A5	Incline Bracket	1	A57	Console Folding Shaft	1
A13	Barrier chip	2	A58	Console Support Bracket	1
A16L	Left Handrail Folding Joint Bracket	1	A60	Short Solid Side Rail Fixing Plate	2
A16 R	Right Handrail Folding Joint Bracket	1	A61	Handlebar Connector	1
A34	Safety Key Pin	2	A62	Incline Axle Screw	2
A38	Pedal Lever Bracket	1	A64	Countersunk Washer	4
A39L	Left Bottom Hook	1	A65	Upper Washer	1
A39 R	Right Bottom Hook	1	A69	Folding Lever	2
A40L	Left Connection Bracket	1	A70	Handlebar Cylinder Installation	1
A40 R	Right Connection Bracket	1	A83	Upper Motor Cover Stopper	1
A41	Cylinder U-Shape Bracket	2	A84	<i>Protective Sleeve</i>	2
			A85	TFT Display Mounting Plate	1
B-Plastic Parts					
No.	Description	QTY	No.	Description	QTY
B1	Console Set	1	B121	Console Folding Shaft Busing	1
B11L	Left Side Cover	1	B123	Console Folding Shaft Upper Cover	1
B11 R	Right Side Cover	1	B124	Console Folding Shaft Lower Cover	1
B13	Motor Upper Cover	1	B125	Adjustment Wheel Cover	2
B14	Motor Bottom Cover	1	B127	Shelf Attach Bushing	2
B15	Side Rail	2	B128	Upper Nylon Washer	1
B16L	Left End Cap	1	B129	Console Rotating Bushing	1
B16 R	Right End Cap	1	B130	Console Front Support Cover	1
B17	Adjustment Wheel	4	B131	Console Rear Support	1

				Cover	
B18	Silicone Oil Bottle	1	B132	Upper Cover of Button Platform	1
B20	Round Plug	1	B132-1	Overlay of Button Platform	1
B52	Solid Side Rail	2	B133	Bottom Cover of Button Platform	1
B87	Plastic Safety Key Pin	1	B135L	Left Side Rail Fixing Piece	1
B89	Incline Bearing	4	B135R	Right Side Rail Fixing Piece	1
B98L	Left Handlebar Cover	1	B138	Buttons (PROG+START)	1
B98R	Right Handlebar Cover	1	B139	Buttons (STOP+MODE)	1
B100	Folding Button	2	B146	Heart Rate Handlebar	2
B104	PU Roller	2	B147	Square Pedal Lever	1
B105	Arc Shaped Foot Pad	2	B149	Motor Bottom Fixing Piece	1
B107	Side Rail Fixing Piece	4	B169	Fixing strap	1
B117	Water Bottle Shelf	1	B170	Plastic expansion tube	2
B118	Rubber Cushion	4			
B119	Short Cushion	2			
B120	Long Cushion	2			

C Electronic and Transmission Parts

No.	Description	QTY	No.	Description	QTY
C2	Running belt	1	C21	Inductor	1
C3	Rear roller	1	C22	Filter	1
C4	Front roller	1	C23	Overload Protector	1
C5	Running board	1	C27	Single Cord (Blue) 300	2
C7	Multi Groove belt	1	C31	Single Cord (Blown) 150	3
C8	Power button	1	C32	Single Cord (Blue) 150	2
C9	Controller	1	C33	Single Ground Wire	1
C12	Incline Motor	1	C34	Outlet	1
C13	Safety Key	1	C41	Cylinder	2
C14	Single Cable 300(Brown)	1	C42	Brushless Motor	1
C15	Power Line	1	C43	Left Quick Wheel Button	1
C16	Console Upper Cable	1	C44	Right Quick Wheel Button	1
C17	Lower Section Cable	1	C50	Magnetic Ring (Large)	1
C18	Medium Section Cable	1	C53	Slow Pull Hydraulic Cylinder	1
C20	Magnetic Ring	5			

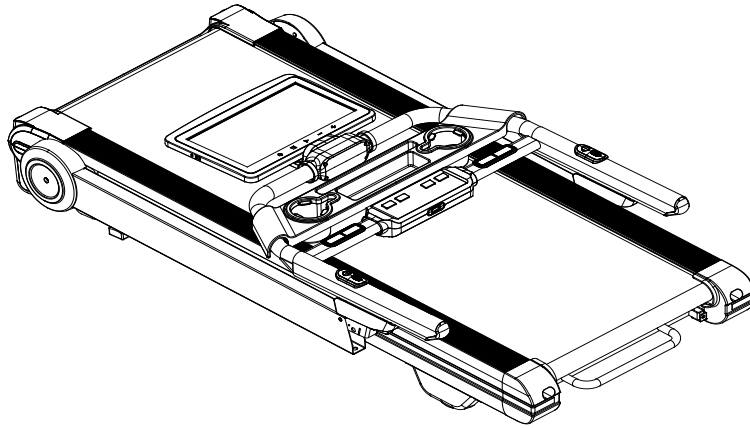
D. Hardware Parts					
No.	Description	QTY	No.	Description	QTY
D2	Allen Wrench T6	1	D123	C Ring (§ 5)	2
D6	Button Head Cap Screw M8X50	2	D125	Button Head Cap Screw,M8X10	3
D7	Button Head Cap Screw M10X60	1	D127	Nylon Nut M8 M8	2
D10	Button Head Cap Screw M10X45	1	D128	Button Head Cap Screw,M6X12	2
D16	Button Head Cap Screw M8X15	4	D131	Flat Socket Head Cap Screw M8X22	2
D18	Nylon Nut M10	4	D134	Phillips Pan Head Self-Tapping Screw, ST3.0X8mm	6
D19	Nylon Nut M6	2	D138	Socket Head Cap Screw M8X15	2
D20	Nylon Nut M8	6	D139	Phillips Flat Head Self-Tapping Screw ST4.2X25	4
D21	Flat Washer M10	2	D145	Phillips Pan Head Screw, M5X16mm	13
D23	Flat Washer M8	19	D146	Socket Head Cap Screw M10X60	2
D24	Spring Washer M5	8	D160	Socket Head Cap Screw, M8X30mm	4
D25	Spring Washer M8	5	D162	Spring § 25	1
D26	Bowl Shape Washer	4	D164	Socket Head Cap Screw, M4X12mm	3
D34	Socket Head Cap Screw,M8X60mm	3	D165	Socket Head Cap Screw, M6X35mm	4
D44	Phillips Rounded Washer Head Screw, M5X12mm	2	D169	Phillips Pan Head Self-Tapping&Drilling Screw ST4.2X16	10
D45	Phillips Rounded Washer Head Screw M5X15mm	4	D177	Large Flat Washer M8	1
D48	Phillips Rounded Washer Head Head Self-Drilling Screw, ST4.2X19mm	2	D180	Allen Wrench T4	1
D50	Phillips Rounded Washer Head Head Self-Drilling Screw, ST4.2X25mm	2	D181	Phillips Pan Head Triangular Self-Tapping Locking Screw, M4X16mm	4
D52	Phillips Pan Head	26	D183	Button Head Cap Screw,	8

	Self-Tapping Screw, ST4.2X16mm			M6X8mm	
D53	Phillips Pan Head Self-Tapping Screw ST4.2X25	4	D189	Socket Head Cap Screw, M5X10mm	2
D58	Phillips Flat Head Self-Drilling Screw ST3.5X16	2	D196	Phillips Flat Head Self-Tapping Screw, ST4.0X60mm	4
D64	Button Head Cap Screw M8X20	4	D215	Phillips Pan Head Screw, M4X6mm	4
D71	Hex Head Cap Screw M8X15	4	D216	Spring Washer M4	4
D72	Socket Head Cap Screw M8X25mm	1	D218	Phillips Pan Head Self-Tapping ScrewST5.5X40	2
D76	Socket Head Cap Screw M6X10	2	D220	Hex Head Bolt M8X15	2
D80	Phillips Rounded Washer Head Screw M5X8mm	2	D221	Button Head Cap Screw M8X25	2
D89	Washer M8	2	D222	Phillips Truss Head Screw M6X8	1
D96	Phillips Pan Head Screw, M6X12mm	4	D223	Socket Head Cap Screw M5X8	1
D98	Extension Spring	1	D224	Button Head Cap Screw M5X12	8
D99	Pression Spring	2	D226	Socket Head Cap Screw M5X12	3
D117	Phillips Flat Head Self-Tapping Screw ST4.2X16	4			

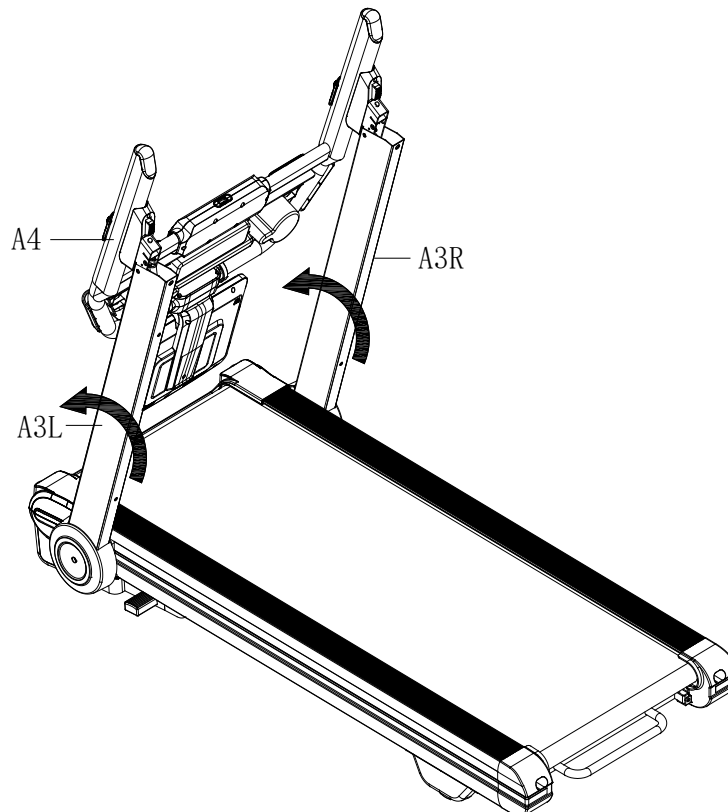
Assembly instructions

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.

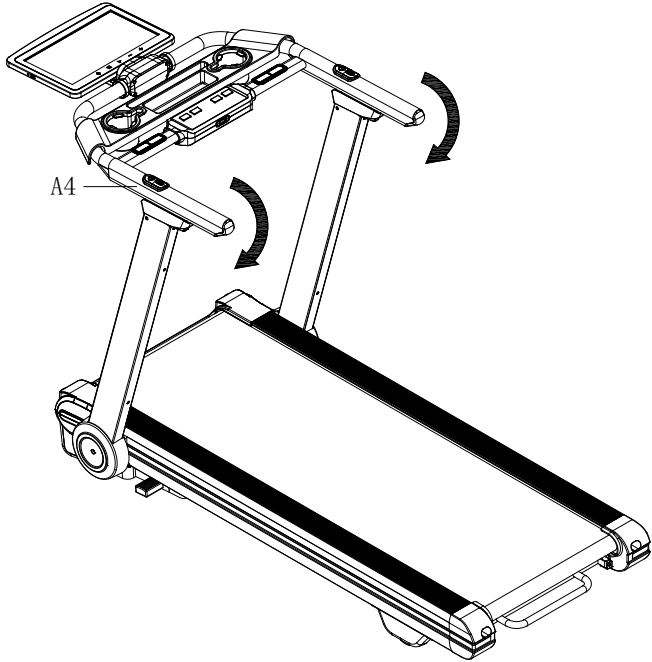
STEP 1 : Move out the treadmill unit from the packaging box, and place it on the flat ground or floor.



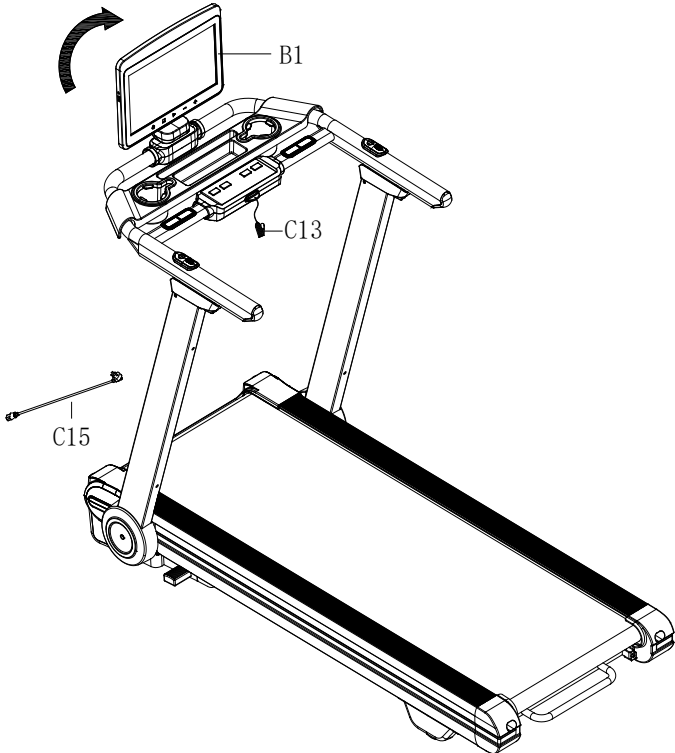
STEP 2 : Hold left and right #A4 handlebar and lift it up until hearing a “clock” sound for locking the A3L/ A3R Uprights into position.



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.

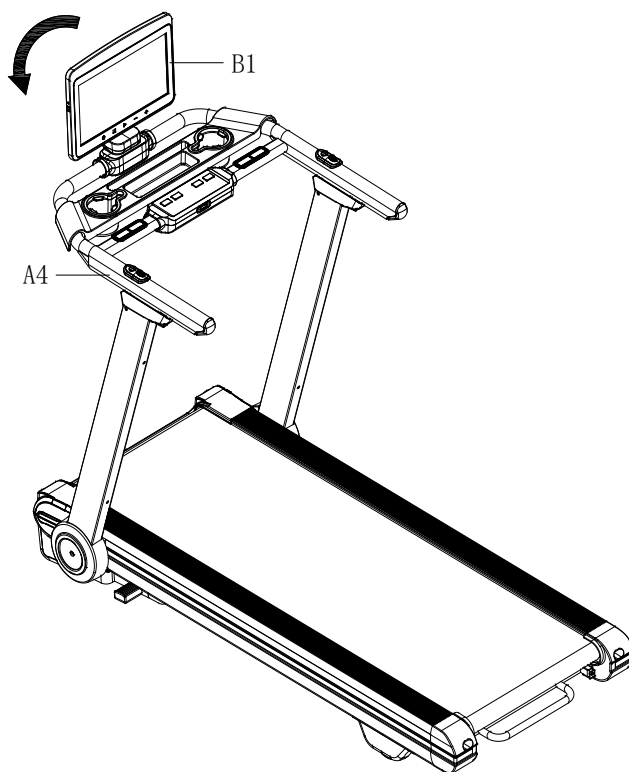


STEP 4: Plug in the #C15 Power Cord and insert the #C13 Safety Key.

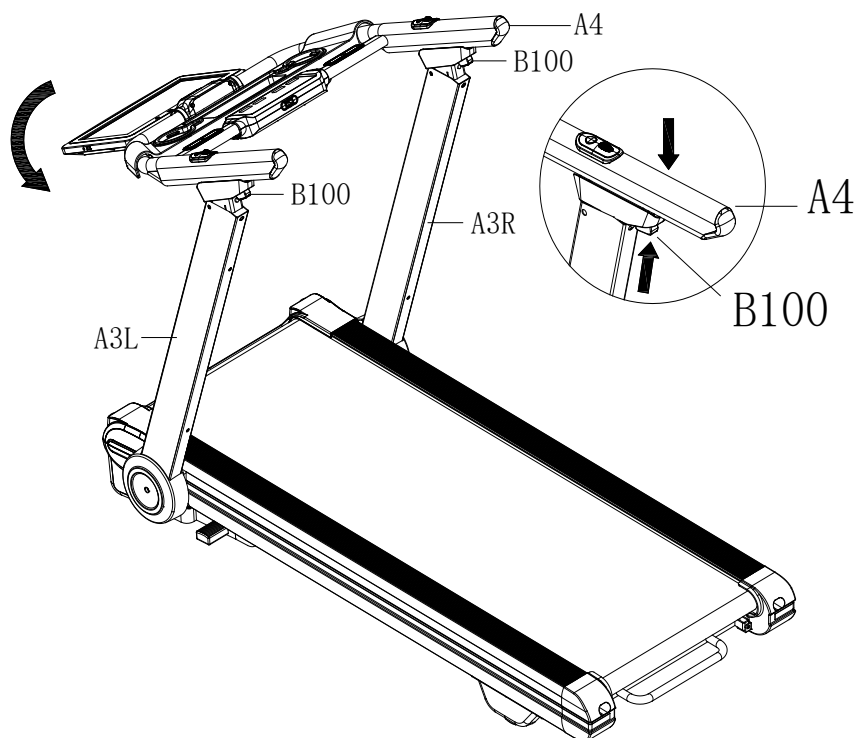


Folding Instruction:

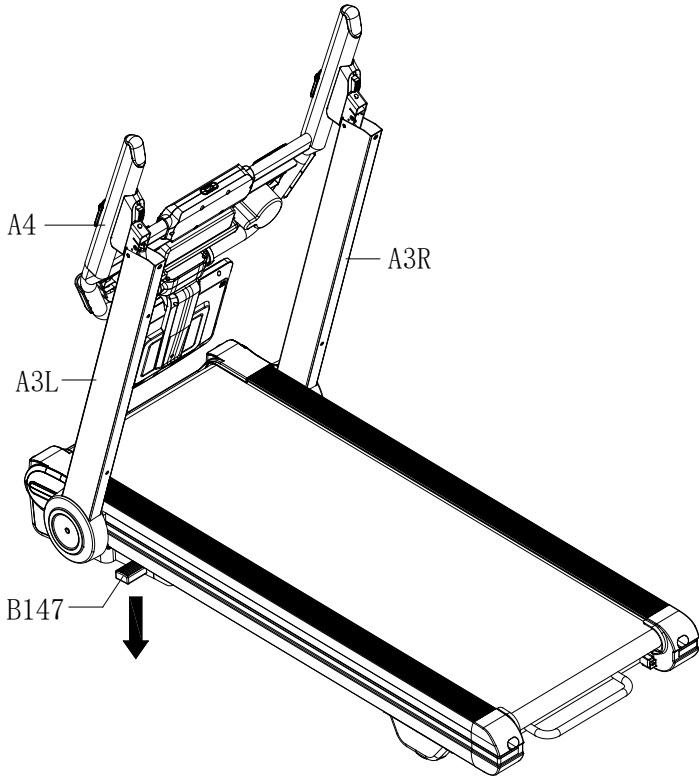
STEP 1: Rotate the #B1 Console backward to be horizontal with #A4 Handlebar.



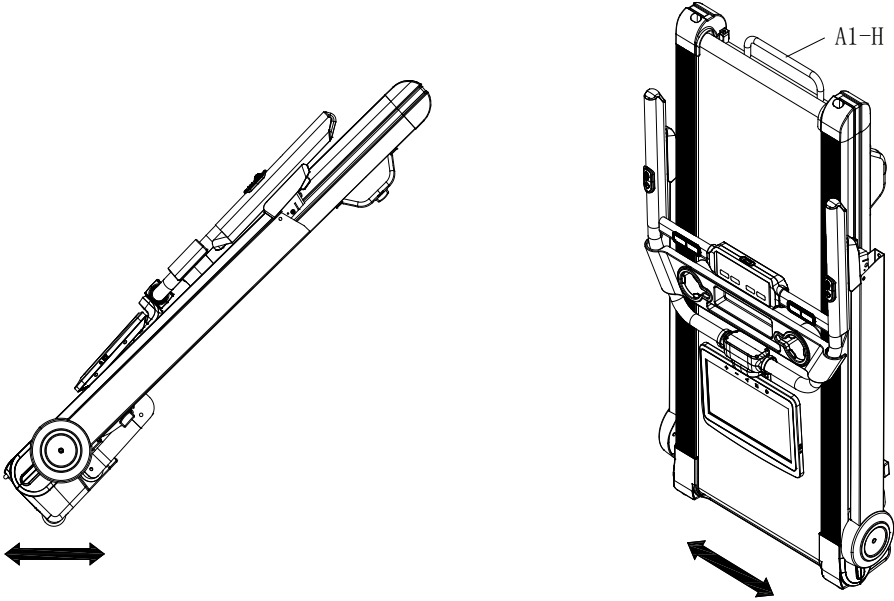
Step 2: Slightly push down the #A4 handlebar and press #B100 Button at the same time. Once the #A4 Handlebar is un-locked, rotate it back to attach #A3L/A3R uprights.



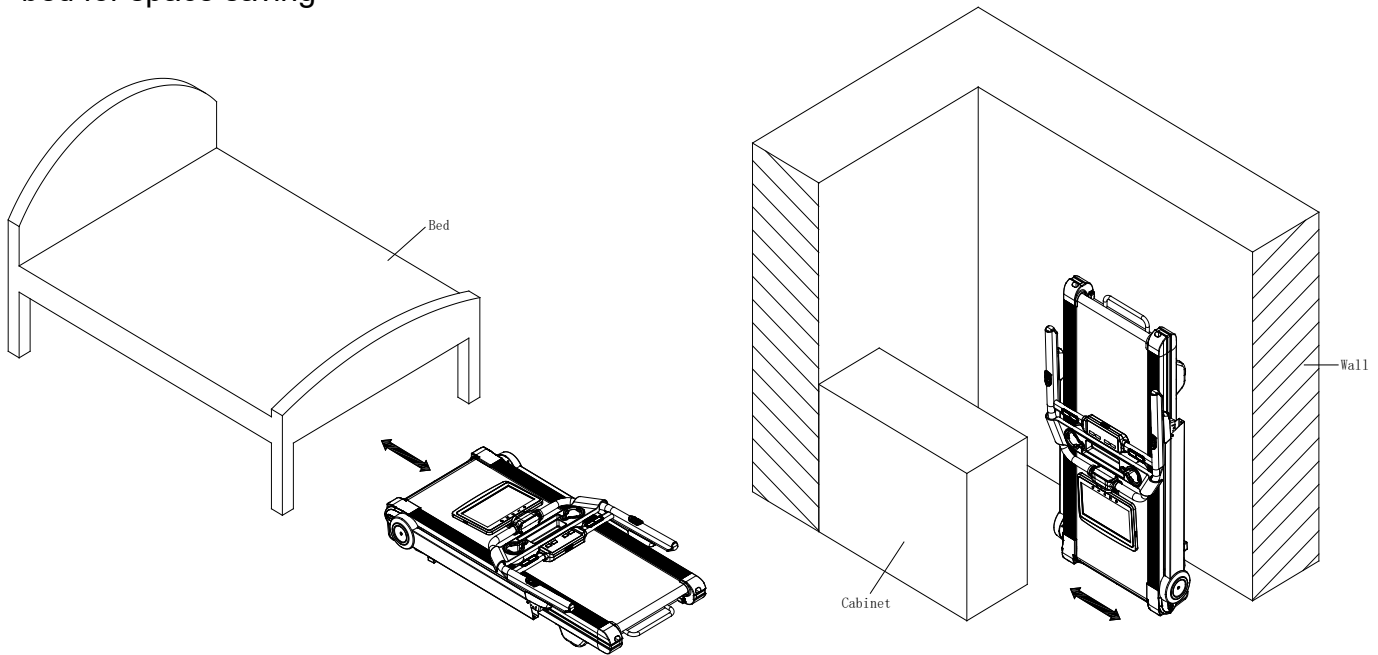
Step 3: Step down B147 Pedal lever for auto folding process until #A3L / #A3R to be horizontal with running deck.



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



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

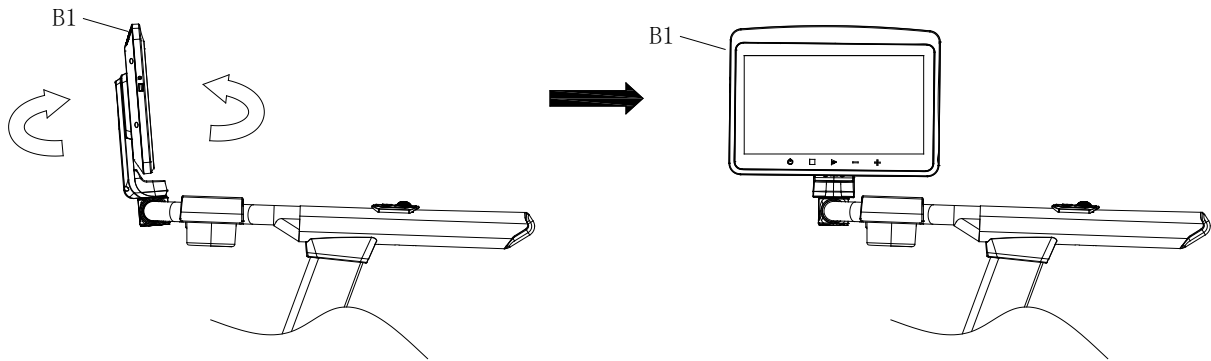


Note: When standing the treadmill upright, to prevent it from falling and causing injury, secure it to the wall using fixing strap (B169) or 2 PCS of Phillips Pan Head Self-Tapping Screw ST5.5X40 (D218) with 2PCS of Plastic expansion tube (B170).

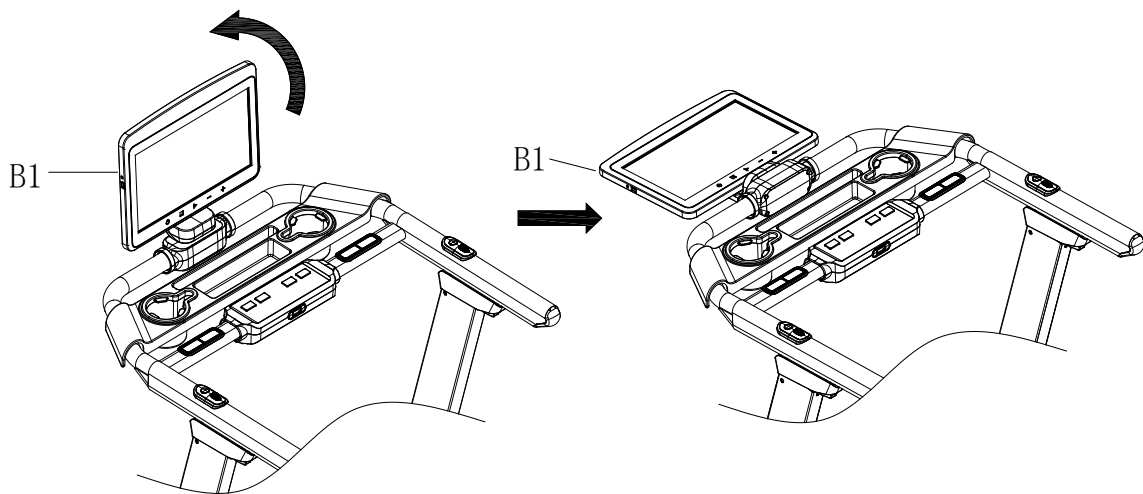


CONSOLE ROTATION INSTRUCTION

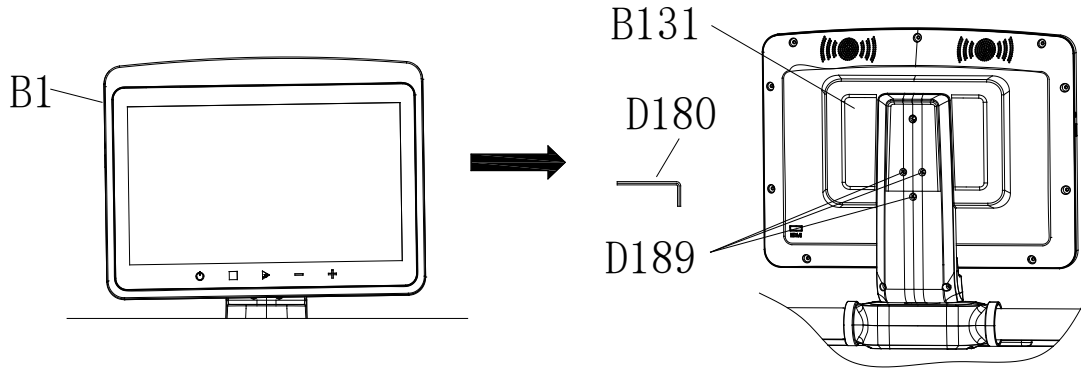
The console can be adjusted into directions as the instruction below. Gently rotate the tablet to left 90° or right 90°



Push console gently to the back or bring it to the front for matching different user heights.



When the #B1 15.6" TFT Console doesn't stand straight, use #D180 Allen Wrench T4 to loosen all 3 pcs of #D189 Screw counter-clockwise for only 1 turn. Adjust #B1 15.6" TFT Console straight, and then tighten the same screws by turning them clockwise.



CONSOLE INSTRUCTIONS

1.1 WINDOW DISPLAY



1.2 BUTTON PLATFORM FUNCTION

1.2.1 START

- When you press the START button, the program will start operating.
- If you press START at the WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.
- If you press START at the PAUSE mode, the program will restart and operate with the minimum speed and Incline 0.

1.2.1 STOP

- Press STOP once when at WORK OUT mode, the console display will show PAUSE. The speed will go back to 0 but the incline level will remain.
- Press STOP twice when at PAUSE mode, the program will end. Both speed and incline will resume back to 0.

1.2.2 PROGRAM

If user presses PROGRAM button in IDLE MODE, you will enter the interface of GOAL mode (GOAL/ HILL/ RANDOM INCLINE).

1.2.3 MODE

- Only valid when in the workout page.
- User can switch between INCLINE PROFILE and SPEED PROFILE by pressing MODE button.

1.2.4 QUICK SPEED

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

1.2.5 QUICK INCLINE

Press the incline quick button to quickly adjust incline to level 5, level 10, or level 15 when the treadmill is running.

1.2.6 SAFETY KEY

If user turns on the console but without inserting the safety key, the console will show "PLEASE PLACE SAFETY KEY".

1.2.7 LEFT WHEEL QUICK BUTTON (INCLINE/VOLUME)

- While the WHEEL QUICK BUTTON displays BLUE light, it's for adjusting the INCLINE. (increase 1 level by rotating the wheel forward; decrease 1 level by rotating the wheel back)
- While the WHEEL QUICK BUTTON displays GREEN light, it's for adjusting the VOLUME. (increase 1 level by rotating the wheel forward; decrease 1 level by rotating the wheel back)

1.2.8 RIGHT WHEEL QUICK BUTTON (SPEED)

- While the WHEEL QUICK BUTTON displays BLUE light, increase 0.1 km/h by rotating the

wheel forward; decrease 0.1 km/h by rotating the wheel back.

- While the WHEEL QUICK BUTTON displays GREEN light, increase 1 km/h by rotating the wheel forward; decrease 1 km/h by rotating the wheel back.

1.3 CONSOLE DISPLAY BUTTON FUNCTION

1.3.1 POWER

If user presses POWER button at IDLE MODE, the console display will be turned off; If user wants to turn on, please press the POWER button again.

1.3.2 STOP

- Press STOP button once when under the WORK OUT mode, the console display will show PAUSE. The speed will go back to 0 but the incline level will remain.
- Press STOP button twice when under the PAUSE mode, the program will end. Both speed and incline will resume back to 0.

1.3.3 START


- When you press the START button, the program will start operating.
- If user presses START at WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.
- If user presses START at PAUSE mode, the console will restart and operate with current program.

1.3.4 SPEED +/-


Press +/- button to accelerate the speed by 0.1 km/h.

1.4 CONSOLE SCREEN BUTTON FUNCTION

1.4.1 QUICK INCLINE

- Press +/- button to increase or decrease the incline by 1 level.
- Press expand option list button  and quickly adjust the incline to level 1, level 3, level 6, level 9, level 12 or level 15 when the treadmill is running.

1.4.2 QUICK SPEED

- Press +/- button to increase or decrease the incline by 0.1 km/h.
- Press expand option list button  and quickly adjust the speed to 1km/h, 3km/h, 5km/h, 7km/h, 9km/h, 11km/h, 13km/h or 15km/h when the treadmill is running.

1.4.3 MEDIA

Press the button MEDIA in IDLE MODE and there are 2 options: Application and Mirror.

1.4.3.1 APPLICATION

- YouTube
- Netflix
- Disney+
- Amazon Prime Video
- Facebook
- Twitter
- Instagram
- Spotify
- Kinomap



1.4.3.2 MIRROR (IOS System / Android System)

- IOS System Guideline
Connect your mobile to the facility's WiFi network. Press the 'Screen Mirroring' button on your mobile, then select the 'Device-XXX'.
- Android System Guideline
Connect your mobile to the facility's Wi-Fi network. Scan the left QR code or search 'ANPLUS Screen Mirroring' app in Play Store and download. Open, select the 'Device-XXX', then press 'Start Mirroring'.



- QR Code for APP Downloading:



1.4.3.3 HDMI

- Press HDMI  button, and then press  to activate the function.
- If the device is connected, you will see it on the screen when you go back to IDLE mode; If not, then the screen will show color bar.

1.4.4 WEARABLE BLUETOOTH DEVICE

- The default status is off. Please enter PAUSE mode first, and then press the wearable Bluetooth device button.
- Turn on the Bluetooth function and connect to your device.
- If it connects successfully, the icon changes to;  if not, the icon shows 

1.4.5 PROFILE

- Press PROFILE button or press incline and speed to change the profile display.
- There are 30 section bars in the profile graph.
- If user does set the goal time, the time of each section bar will be goal time/30; if user doesn't set the goal time, every one minute will jump to next section bar.

2.

1.5 MODE FUNCTION DESCRIPTION

1.5.1 IDLE MODE

Home page for the console.

1.5.2 SLEEP MODE

- After 30 minutes without any operation, the console will automatically enter sleep mode.
- Real Sleep Mode turns off the console display and power, and the console will wake up only by pressing any button.
- Fake Sleep Mode only turns off the console display, and the console will wake up by touching the screen or pressing any button.

	Sleep Mode ON	Sleep Mode OFF
Display ON	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	Without any operation within 30 minutes → Will enter FAKE Sleep Mode (Awaken the computer by touching the screen)

Display OFF	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	WILL NOT enter Sleep Mode
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1.5.3 WARM UP MODE

- Warm up mode is 3 minutes. If you don't need the warm up, press SKIP to over it.
- There are 7 programs are with warm up mode: Hill, Random Incline, Speed, Interval, Gerkin and HRC.

1.5.4 WORKOUT MODE

- When at workout mode, the console shows INCLINE PROFILE, and user could switch to SPEED PROFILE or COURT DYNAMIC PROFILE manually according to your need.

1.5.5 PAUSE MODE

- Press STOP once to enter PAUSE mode and all data would stop counting.
- User cannot adjust the speed and incline at PAUSE mode.
- In FITNESS TEST program, the test ends and show workout summary after press PAUSE button.
- In VISION RUN program, the video stops when you press PAUSE button.

1.5.6 COOL DOWN MODE

- Cool down mode is 3 minutes. If you don't need the cool down, press SKIP to over it and then check your workout summary.
- Program with cool down mode: Hill, Random Incline, Speed, HIIT, Custom, Gerkin.
- Default Speed:
 - 03:00-02:00 40% of the final speed of the program
 - 02:00-01:00 30% of the final speed of the program
 - 01:00-00:00 20% of the final speed of the program

1.5.7 WORKOUT SUMMARY MODE

- While the GOAL achieved or you finish the exercise, the exercise ends and enter workout

summary mode.

- During PAUSE MODE, if user doesn't operate over 3 minutes, the console will end the workout summary mode and go back to IDLE mode automatically
- For ARMY program, it will show SUCCESS or FAILED in the workout summary mode.
- For MARATHON program, it will show the level result based on the marathon criterion in workout summary mode.

1.5.8 SHARE TO APP



- You could share the exercising result by pressing SHARE button.
- Choose the preferred APP which you'd like to share your workout result.

1.6 EXERCISE STATUS DISPLAY

Status Display	Description
DISTANCE	<ol style="list-style-type: none">1. Unit: Metric → MI / Imperial → KM2. Display Data Range: 0.0~999.93. When user sets DISTANCE as GOAL, the window shows remaining distance; otherwise, it shows the total distance.
TIME	<ol style="list-style-type: none">1. Unit: MINUTE:SECOND2. Display Data Range: 00:00 ~ 99:593. Pull-down the button and user could switch to different data display: ELAPSED TIME, TARGET TIME, REMAINING TIME4. If user sets up the goal time before start exercising:<ul style="list-style-type: none">- The data presents the remaining time.- When user achieves the goal time, the exercise ends.5. If user doesn't sets up the goal time before start exercising:<ul style="list-style-type: none">- The data presents the elapsed time.- When the data exceeds 99:59, it will go back to 00:00 and keep counting.

CALORIES	<ol style="list-style-type: none"> 1. Unit: kcal 2. Display Data Range: 0~9999 3. Pull-down the button and user could switch to different data display: <ul style="list-style-type: none"> - METs (Metabolic Equivalent): no unit - CALORIES - CALORIES / HR - ELEVATION GAIN: unit m/ft 4. When user sets CALORIES as GOAL, the window shows remaining calories; otherwise, it shows the actual consuming calories.
HEART RATE	<ol style="list-style-type: none"> 1. Unit: BPM 2. Display Data Range: 40~220 3. Setting Data Range: 40~200 4. Pull-down the button and you could switch to different data display: CURRENT HR, AVG HR, MAX HR.
PACE	<ol style="list-style-type: none"> 1. Unit: MIN / KM 2. Display Data Range: 2:30~120:00
INCLINE	<ol style="list-style-type: none"> 1. Unit: level 2. Display Data Range: 0 ~15 level
SPEED	<ol style="list-style-type: none"> 1. Unit: MPH/KM 2. Display Data Range: 0.8~24.0 km/h 3. Initial Speed: 0.6MPH/ 1.0KM 4. Shows the actual current speed.

1.7 BASIC SETTING

1.7.1 CONNECTING SETTING

1.7.1.1 WiFi

- Turn on the WiFi function and search for the WiFi name.
- Please go back to the HOME page after the connection is made, then the console will start connecting to WiFi.

1.7.1.2 Ethernet

Please turn on the Ethernet function according to user's need.

1.7.1.3 Bluetooth

- Turn on the Bluetooth function and search for your device.
- Please go back to the HOME page after the connection is made, then the console will start connecting to your device.

1.7.2 MACHINE SETTING

1.7.2.1 Language

The default language is English.

1.7.2.2 Unit

The default language is Metric.

1.7.2.3 Date & Time

User can choose to display time in 24-hour clock or 12-hour clock.

1.7.2.4 Screen Brightness

Adjust the screen brightness by using the bar.

1.7.2.5 Volume

Adjust the volume by using the bar.

1.7.2.6 Child Lock

- In case kids inadvertently activate the machine, the default setting of child lock is on.
- If no operation at IDLE mode for 10 minutes, the console shows "CONSOLE LOCKED".
- Please press HOME button longer to unlock the console.

1.7.2.7 BEEP MODE

User can choose mute or unmute the beep sound of pressing touch screen button.

1.7.3 APP UPDATE

User can see if there is any App need to be updated.

1.7.4 MACHINE INFORMATION

1.7.4.1 TOTAL TIME

- Unit: hour
- Display Range: 0000~9999

1.7.4.2 TOTAL DISTANCE

- Unit: KM/M
- Display Range: 0000~9999

1.8 PROGRAM FUNCTION DESCRIPTION

1.8.1 QUICK START

Press QUICK START button when at IDLE mode or before you choose any other program.

1.8.2 CLASSICS

There are 3 programs in CLASSICS: Goal, Hill and Random incline.

1.8.2.1 GOAL

- User can set their own goal for time, distance and calories.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- When user achieves any of the goal, the program ends and enter to summary mode.

1.8.2.2 HILL

- User can set up the ideal time, max speed and max incline.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- Default incline:

Time section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Incline level	0	1	2	2	3	3	4	5	5	2	1	4	6	8	6
Time section	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Incline level	5	4	3	2	2	3	5	7	9	11	12	10	8	6	3

- Press INCLINE and SPEED button in the middle of screen to change the profile display.
- When user achieve any of the goal, the program ends and enter to cool down mode.

1.8.2.3 RANDOM INCLINE

- User can set up the ideal time and max incline.
- This program provides a random incline every time user press refresh button.
- The default time is 20 minutes, and the default max incline is 10 level, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

1.8.3 INTERVAL

There are 3 programs in INTERVAL: Speed, HIIT and Custom.

1.8.3.1 SPEED

- User can set up the ideal time and max speed.
- The default time is 20 minutes, and the default max speed is 2.0 mph, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

1.8.3.2 HIIT

- User can set up the ideal select interval ratio, work speed, rest speed and repetition.
- The default setting:
 - Select Interval Ratio: 10:30 (work:rest)
 - Work Speed: 6 mph
 - Rest Speed: 2 mph
 - Repetition: 4 times
- When user achieve goal time, the program ends and enter to cool down mode.

1.8.3.3 CUSTOM

- User can set up the ideal work time, work speed, rest time, rest speed and repetition.
- The default setting:
 - Work Time: 1 min
 - Work Speed: 6 mph
 - Rest Time: 30 seconds
 - Rest Speed: 2 mph
 - Repetition: 4 times
- When user achieves goal time, the program ends and enters to cool down mode.

1.9 MARATHON

- There are 4 different marathon programs in MARATHON: 5K, 10K, 21.5K and 42K.
- User can set up the ideal time and speed.
- The default time is 20 minutes, and the default speed is 0.5 mph, if user doesn't set the goal for time before starting.
- When user achieves the goal time, the program ends and enters to summary mode.

1.10 USER PROGRAM

- There are 2 options in USER PROGRAM: User and Guest.
- After login, press CUSTOM button to preset each section of speed and incline, and preset the time and max speed afterwards.
- The default time is 20 minutes, and the default incline is 10 level, if user doesn't set the goal for time before starting.

1.11 VISION RUN

- There are many different videos in VISION RUN, each of the video is in 10 minutes.

- Choose one video, and set up the ideal time, distance and calories based on user's need.
- The default setting if user doesn't set the goal for time before starting:
Time: 20 min
Distance: 5 M
Calories: 200 Kcal
- Cannot use media, mirror and HDMI function when under vision run program.
- When user achieves the goal time, the program ends and enters to summary mode.

1.12 HRC

There are 3 options in HRC PROGRAM: 60%, 70% and 80%.

1.12.1 Initial Setting

- Target Heart Rate Calculation:
When at 60%, THE: $(220 - \text{Age}) * 60\%$
When at 70%, THE: $(220 - \text{Age}) * 70\%$
When at 80%, THE: $(220 - \text{Age}) * 80\%$
- User can set up the target time and target heart rate.
- The default setting if user doesn't set the target before starting:
Target Time: 20 min
Target HR: 140 bpm
- When user achieves goal time, the program ends and enters to cool down mode.

1.12.2 Pop-up Window

While exercising, the console may jump out the pop-up window below.

- If actual heart rate $> \text{TRH} + 5$, the speed will automatically decrease by 0.5 km/h every 10 seconds.
- If actual heart rate $> \text{TRH} + 25$ even the speed is already decrease to the lowest over 15 seconds, the console will jump a warning window.
- If actual heart rate $> \text{TRH} + 25$ even the speed is already decrease to the lowest over 30 seconds, the program will end and enter to summary mode.
- If actual heart rate $< \text{TRH} - 5$, the speed will automatically increase by 0.5 km/h every 10 seconds.
- If no heart rate is detected over 30 seconds, the console will ask user to reconnect or

finish the program.

- If no heart rate is detected over 60 seconds, the program will end and enter summary mode.

1.13 FITNESS TEST

- There are 8 programs in FITNESS TEST: Air force, Army, Coast Guard, PEB, Marine Corps, Navy and Gerkin.
- Only Gerkin has warm up and cool down mode.
- During fitness test, once user presses PAUSE or STOP, the test fails and goes to summary mode.
- If there is no operation in summary mode over 3 minutes, the console will go back to IDLE mode automatically.
- The test result WILL NOT be stored.

1.13.1 USER SETTING

The default user setting if user doesn't set up before starting:

- Height: 160cm
- Gender: Male
- Age: 30 years old
- Weight: 70kgs (155 lbs)

1.13.2 AIR FORCE

- The total distance is 2.4 km (1.5 mile).

1.13.3 ARMY

- The total distance is 3.2 km (2.0 mile).

1.13.4 COAST GUARD

- The total distance is 2.4 km (1.5 mile).

1.13.5 PEB

- The total distance is 2.4 km (1.5 mile).

1.13.6 MARINE CORPS

- The total distance is 4.8 km (3.0 mile).

1.13.7 NAVY

- The total distance is 2.4 km (1.5 mile).

1.13.8 GERKIN

- Only Gerkin has warm up and cool down mode.
- The total distance is 4.8 km (3.0 mile).

1.13.8.1 WARM UP MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the warm up will end and go to summary mode.

1.13.8.2 WORKOUT MODE

- Target heart rate: $(220 - \text{Age}) * 85\%$
- If no heart rate is detected over 1 minute, the test will end and go to summary mode.
- Once user presses STOP or PAUSE button, the program will end and go into workout summary mode.
- Speed and incline in this program will be adjusted automatically according to user's heart rate. User cannot adjust speed and incline manually in this program.
- After user achieving or over the target heart rate and lasting for 15 seconds, or exercising for 11 minutes, the testing is completed. The program will end and go into cool down mode.

1.13.8.3 COOL DOWN MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the cool down will end and go to summary mode.
- After cool down mode finished, the program ends.

1.14 ERROR MESSAGE

Error Code	Problem	Solution
E208	No safety key signal	<ol style="list-style-type: none"> 1. Check whether the safety key operates smoothly and moves freely. 2. Check whether the power cable connected to treadmill is loose or disconnected. 3. Check whether the safety switch board connected to safety key button panel is damaged. 4. Check whether the console is damaged.
E209	Mis-communication between console and controller	<ol style="list-style-type: none"> 1. Check whether the connection between the console wire and the controller is loose or disconnected. 2. Check whether the controller is damaged. 3. Check whether the console is damaged. 4. Power off for 2 minutes, then power on again.
E210	Over-loading	<ol style="list-style-type: none"> 1. Possible cause: Exceeding the rated load, resulting in excessive current, which triggers the system's self-protection. Restart to recover. 2. Check whether the power cable plug and motor connection are loose or disconnected. 3. Replace the controller.
E211	Speed sensor or Hall sensor fails	<ol style="list-style-type: none"> 1. Check whether the motor wires are properly connected; reconnect the motor wires. 2. Replace the motor. 3. Replace the controller.
E2	Incline motor failure	<ol style="list-style-type: none"> 1. Check whether the incline (elevation) wire is properly connected. 2. Reconnect the incline wire and then power on again. 3. Reconnect the incline wire and recalibrate.
E213	Over-current	<ol style="list-style-type: none"> 1. The possible cause is that the load exceeded the rated capacity, leading to excessive current. The system activated self-protection—simply restart to resume operation. 2. A part of the treadmill may be jammed, preventing the motor from turning, which causes excessive load and current. Adjust the treadmill or add lubrication, then restart.

		<ol style="list-style-type: none"> 3. Check if the motor makes an overcurrent noise or has a burnt smell during operation—if so, replace the motor. 4. Replace the controller.
E214	Self check error when controller is turned on	<ol style="list-style-type: none"> 1. Turn off power for at least 2 minutes, and then power it back. 2. Change a new controller.
E215	Parameter lost on controller or data lost for parameter	Contact customer service for correct parameter and setting.
E216	EEPROM damage, calibration failure, or failure to data saving	<ol style="list-style-type: none"> 1. Power off for 2 minutes, then turn the power back on. If the treadmill still cannot start, replace the controller. 2. Check whether the incline wire is properly connected. After reconnecting, recalibrate.
E217	Over voltage, low voltage, or IPM over heat	<ol style="list-style-type: none"> 1. Check whether the input power voltage is normal. 2. Check whether the power cable plug connection at the socket is loose.
Blank	Mis-communication between console and controller	<ol style="list-style-type: none"> 1. Check whether the connection between the console wire and the console wire is loose or disconnected. 2. Check whether the connection between the console adapter boards is good. 3. Check whether the console is damaged, and replace it if necessary.
E1	Middle controller receives no signal from controller	Check whether the controller is damaged; replace the controller if necessary.
E22	Mis-communication between console and middle controller	<ol style="list-style-type: none"> 1. Check whether the console is damaged; replace the console if necessary. 2. Check whether the controller is damaged; replace the controller if necessary.

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:

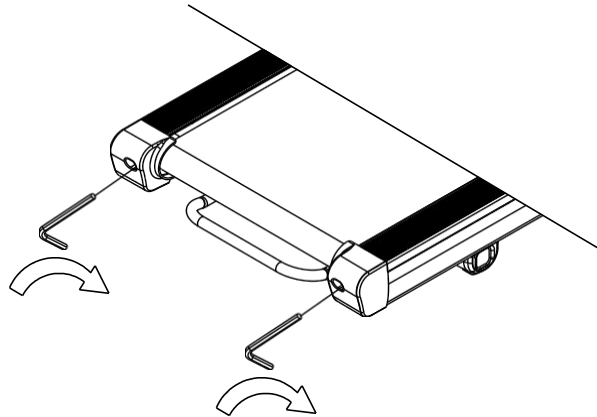
Light user (less than 3 hours/ week)	Every 60 days
Medium user (3-5 hours/ week)	Every 45 days
Heavy user (more than 5 hours/ week)	Every 30 days

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.