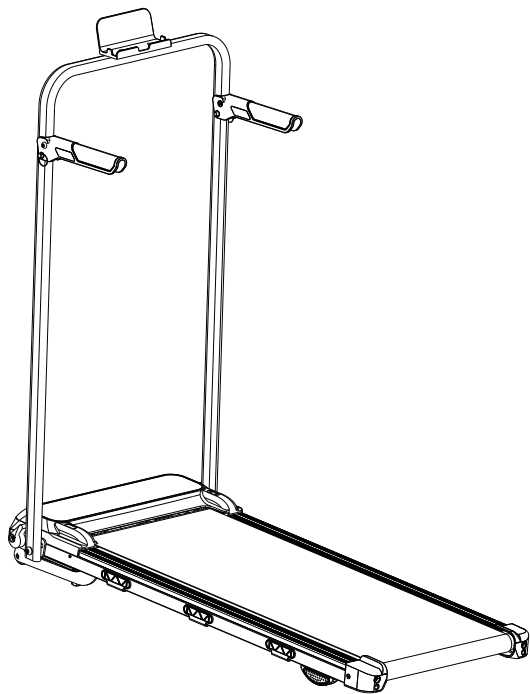


Household Treadmill

Instruction Manual



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Caution To ensure safe use, please read this manual carefully and fully understand the contents before operation.

1. Cover Page & Before Use Notes

Thank you very much for your purchase.

Please contact us if any issues such as damage during transportation, missing parts, error code display, or malfunctions occur. We will provide you with a satisfactory solution.

E-mail: issue-help@outlook.com

Please provide:

- Order Number
 - Details of Product Issues
- (Attach relevant images/videos if applicable)

Before using this product, please read all important instructions and precautions in this manual.



Scan code to watch
assembled video

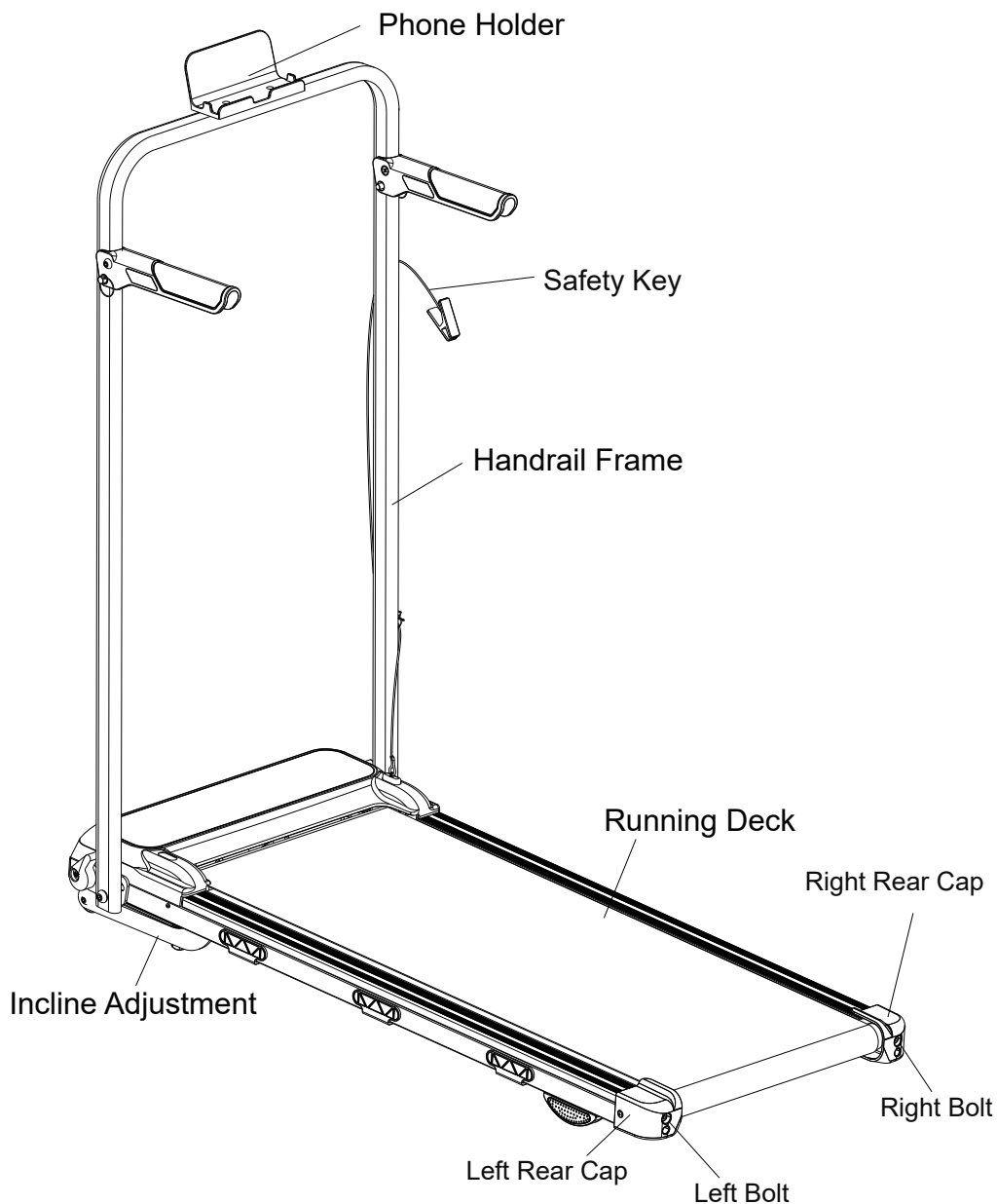
2. Safety Precautions

Please read the following icons and instructions carefully, and use the product safely and correctly.

Icon	Meaning	Specific Precautions
	Warning	 Electric Shock and Fire Prevention · Do not use in wet or humid areas under any circumstances. · Do not damage the power cord or place it near heat sources. · Unplug the power plug before maintenance.  Handle with at least two adults. · Be sure to have at least two adults when moving or unpacking the main unit.
	Prohibited	 Injury Prevention · Please ensure children and pets do not play around the machine.  Prohibited Forced Operation · Do not disassemble or modify the product under any circumstances – this may cause serious malfunctions or accidents.  User's Health · Individuals with chronic illnesses, pregnant individuals, or the elderly should consult a physician before use. · If you feel unwell during training, stop immediately.
	Caution	 Power Check · Do not bend the power cord or place it near heat sources. Before use, ensure that the power plug is properly connected.  Correct Installation and Use · Install the treadmill on a flat and stable surface. · Installation requires adequate space. · Use a dedicated power outlet. Do not share it with other devices.  Health Status Check · Individuals with chronic illnesses or pregnant individuals should consult a physician before use.

3. Product Diagram and Parts List

● Product Diagram



Note: Our products are constantly being improved and may be modified without prior notice. We appreciate your understanding.

● Parts List

Before use, check if all parts are included.

No.	Illustration	Name	Qty
1		Running Deck	1
2		Phone Holder	1
3		Remote Control	1
4		Lock Pin	2
5		Screw	2
6		Safety Key	1
7		Hex Wrench 6mm	1
8		Hex Wrench 5mm	1
9		Safety Key Cord Clip	1
10		Power Cord	1

4. Assembly Instructions

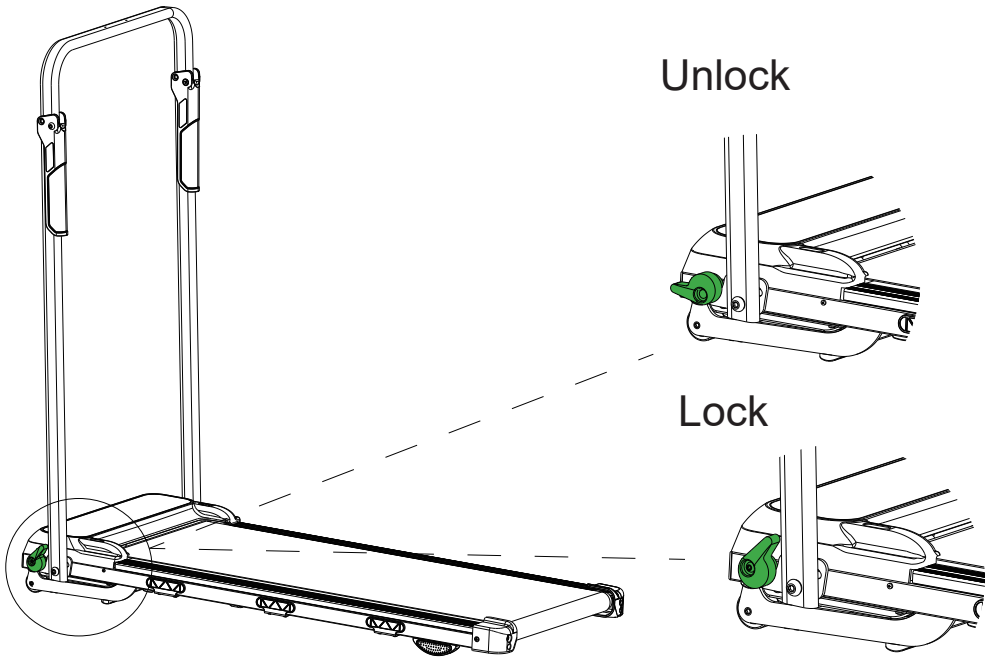
 Assembly work must be performed by two or more adults.

STEP 1

1. Before installation, verify that all parts are complete.

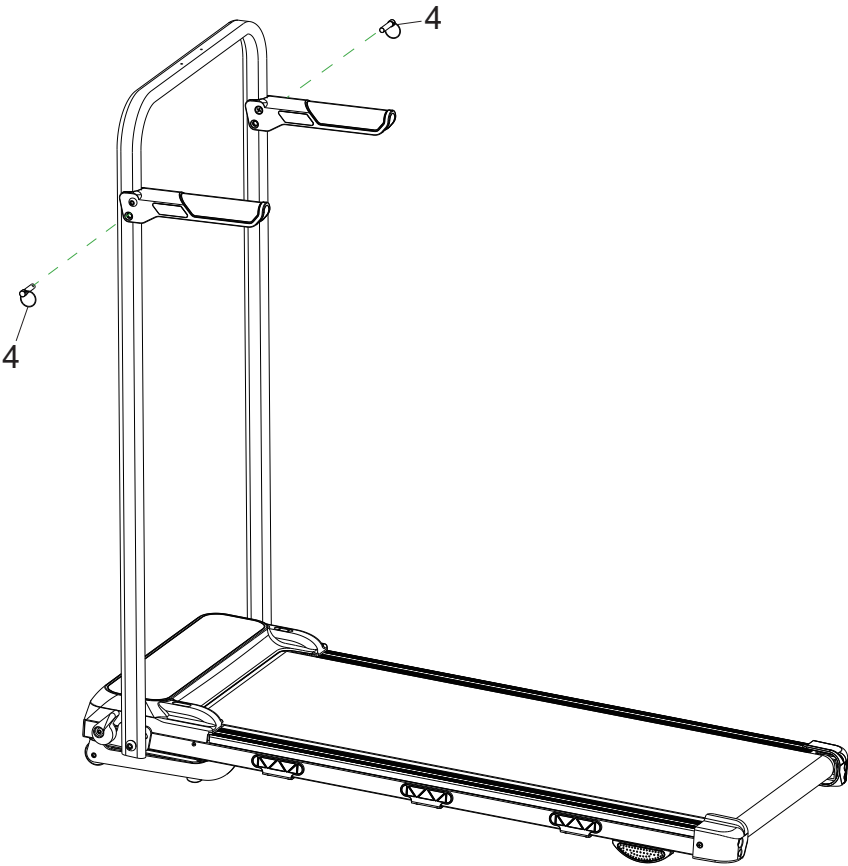
STEP 2

1. Lock the adjustment knob fixing lock in the direction shown.



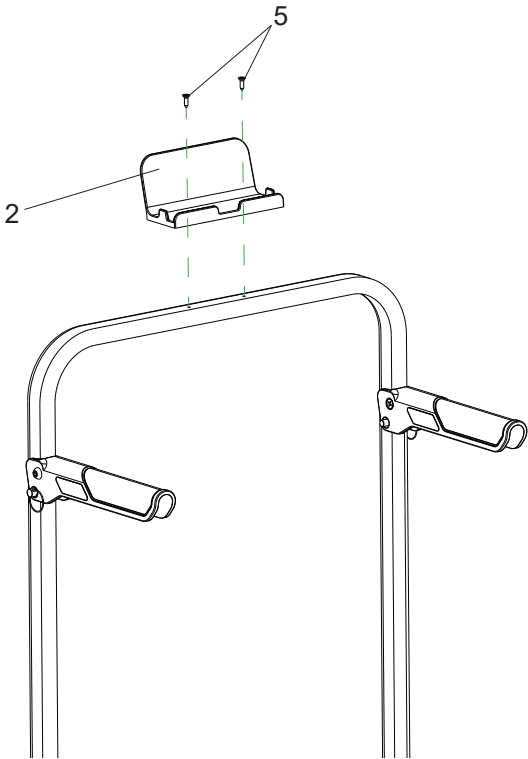
STEP 2

1. Secure the handrail to the frame using the lock pin(4).



STEP 3

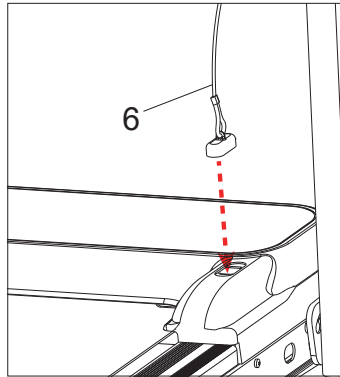
1. Secure the phone holder(2) to the Handrail Frame using screws(5)



Installation is now complete!

Safety Key Installation:

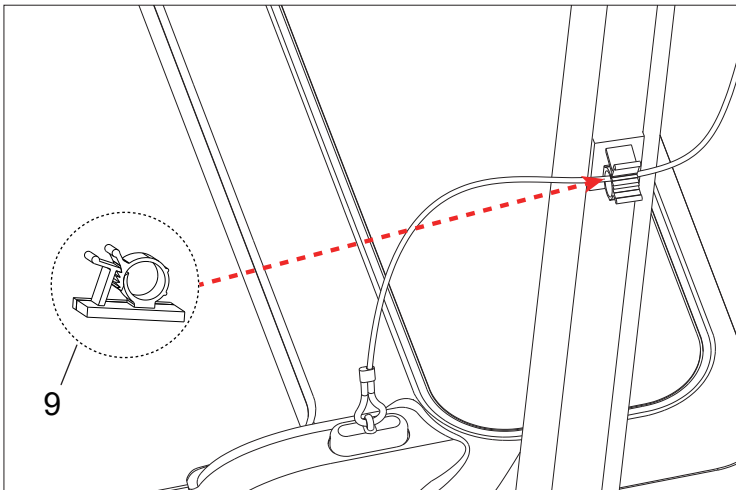
1. Place the small round end of the safety key (6) onto the corresponding position on the motor cover.



2. Attach the safety key cord clip (9) to one side of the handrail frame as shown.

3. Open the clip, pass the safety key cord through it, then close the clip to secure the cord.

4. Attach the clip on the other end of the safety key to your clothing. Ensure the safety key is properly secured before operating the treadmill.



Remote:

- 1.ON: After powering on the treadmill and lighting up the display, press the remote start button. The treadmill will start when the buzzer beeps.
2. OFF: Press the button to stop the treadmill.
3. +: Press the “+” button to increase speed while the treadmill is running.
4. -: Press the “-” button to decrease speed while the treadmill is running.
5. M: Press “M” to set three modes: time countdown, distance countdown, and calories countdown. Use “+/-” to adjust values, then press start to begin.
6. ^: Press “^” to increase the incline while the treadmill is running.
7. v: Press “v” to decrease the incline while the treadmill is running.
8. : Short press the button to turn the buzzer on or off. The buzzer beeps when on and is silent when off.



Note: The images are for reference only. The actual remote control may differ from the images due to variations in production batches.

5. Display and Operation

1. Display Window



Display	Content
◆ TIME	Exercise Time or Countdown Remaining Time
◆ SPEED	Current Speed (0.6 - 7.5 MPH / 1 - 12 KM/H)
◆ DISTANCE	Distance Traveled or Countdown Remaining Distance
◆ CALORIE	Calories Burned or Countdown Remaining Calories
◆ INCLINE	Current Incline Level (1-12 level)

6. Exercise Guidelines

◆Warm-up

Before using the unit, please perform a 5-10 minute warm-up.

◆Breathing

Do not hold your breath during exercise. Coordinate your breathing with your movements. If your breathing becomes too labored, stop exercising immediately.

◆Frequency

Allow 48 hours of rest between training the same muscle groups – that is, please train the same groups every other day.

◆Load

Determine training intensity based on your individual physical condition, then proceed with training following the principle of progressive overload. At the start of training, muscle soreness is normal. The soreness will subside as you continue training.

◆Diet

To protect your digestive system, wait at least 1 hour after meals before exercising. After training, wait at least 30 minutes before eating. Do not consume excessive water during exercise – especially avoid drinking too much water at once – to avoid increasing the burden on your heart and kidneys.

◆Stretching Exercises

No matter how fast you run, it is advisable to perform stretches first. Warmed-up muscles are easier to stretch, so warm up for 5-10 minutes. Then, stop briefly to perform the following 5 stretches. Hold each stretch for 10 seconds or more per leg, and repeat them again at the end of your workout.

1. Forward Bend Stretch

Bend your knees slightly, slowly bend forward, relax your back and shoulders, and reach for your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstrings Stretch

Sit on a clean mat, extend one leg. Bend the other leg inward and press it firmly against the inner side of the extended leg. Reach for the toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 2).

3. Calf and Achilles Tendon Stretch

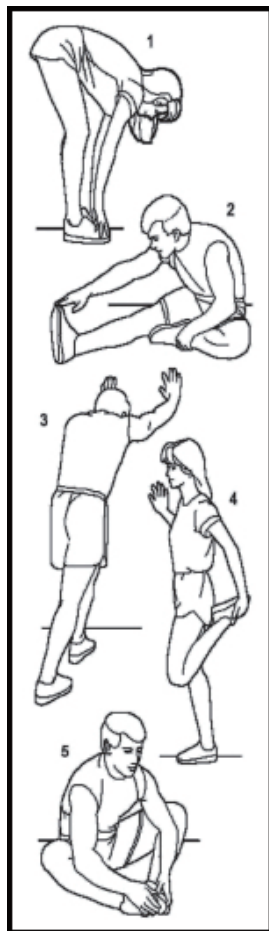
Place both hands on a wall or table, step one leg back, and stand. Keep the back leg straight, heel flat on the floor, and lean your weight forward toward the wall or table. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 3).

4. Quadriceps Stretch

Use your right hand to balance on a wall or table, reach back with your left hand, grab your left ankle, and slowly pull it toward your glutes. Hold the position for about 10-15 seconds when you feel a full stretch in the front of your thigh. Then relax. Repeat 3 times per leg (see Figure 4).

5. Adductors Stretch (Inner Thigh Muscles)

Sit with the soles of your feet together, pointing your knees outward. Hold your feet with both hands and pull them toward your body. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



7. Maintenance

Running Belt Adjustment Method

This product allows you to adjust the tension of the running belt by turning the belt adjustment bolts located at the rear part of the running deck.

Check: Turn on the power, run the belt at a speed of approximately 2-3 MPH, and check if it runs straight.



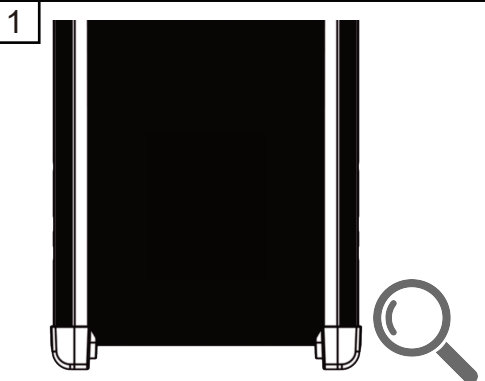
Please perform the adjustment with the power turned off and the plug unplugged.

Adjustment Tips: For each adjustment, turn no more than a 1/4 rotation.

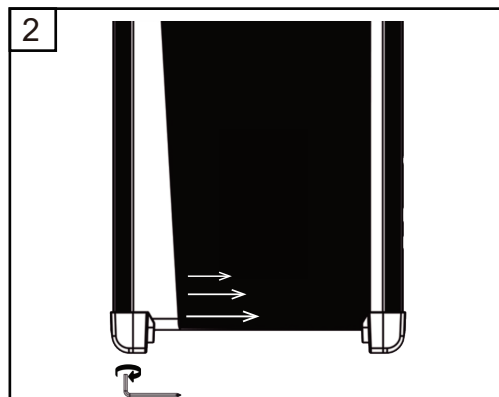
After adjustment, turn on the power, run it at low speed, and check the condition.

Case 1: If the belt is shifting to one side

Symptom: The belt shifts left or right, rubs against the main unit frame, and produces abnormal noise.

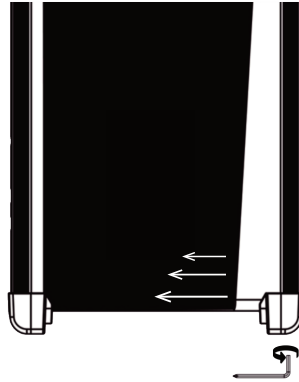


Check the deviation direction: Check which direction the belt is shifting.



Tighten the opposite side: If the belt shifts to the right, use a hex wrench to turn the left adjustment bolt clockwise by 1/4 rotation and tighten it. If it shifts to the left, turn the right adjustment bolt clockwise by 1/4 rotation and tighten it.

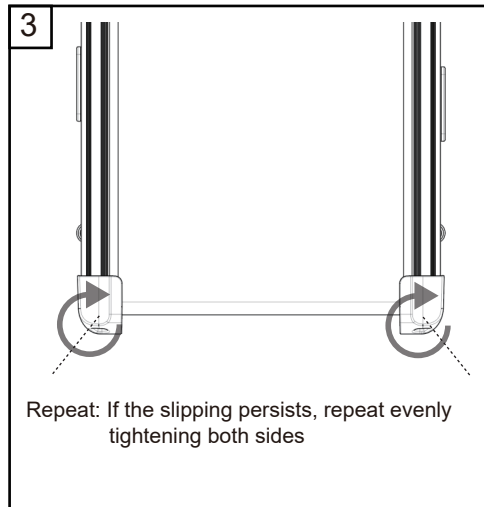
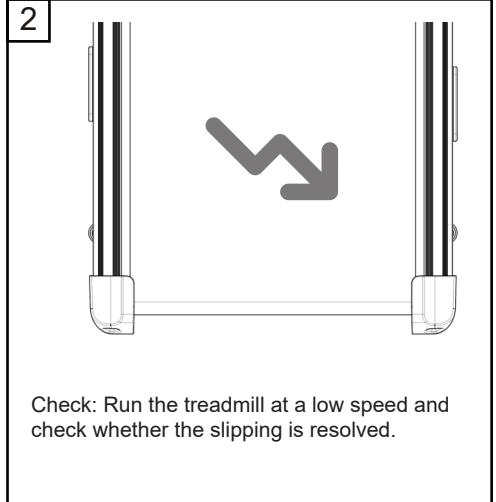
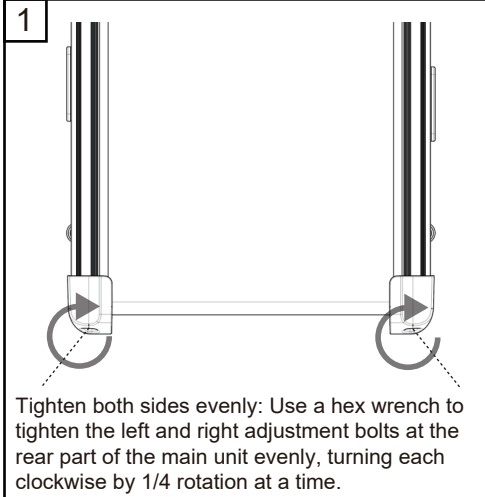
3



Tighten the opposite side: If the belt shifts to the left, use a hex wrench to turn the right adjustment bolt clockwise by 1/4 rotation and tighten it. If it shifts to the right, turn the left adjustment bolt clockwise by 1/4 rotation and tighten it.

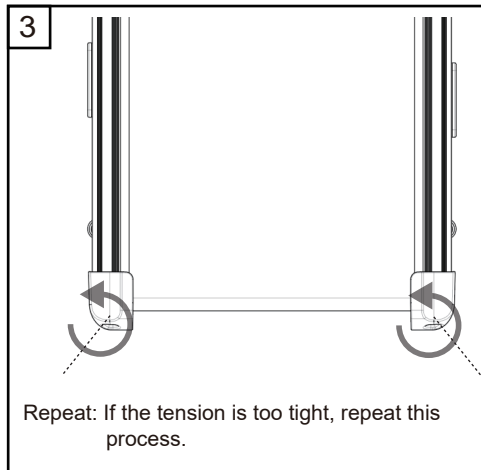
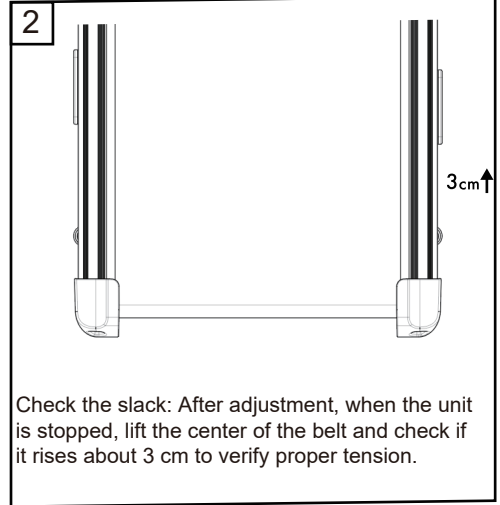
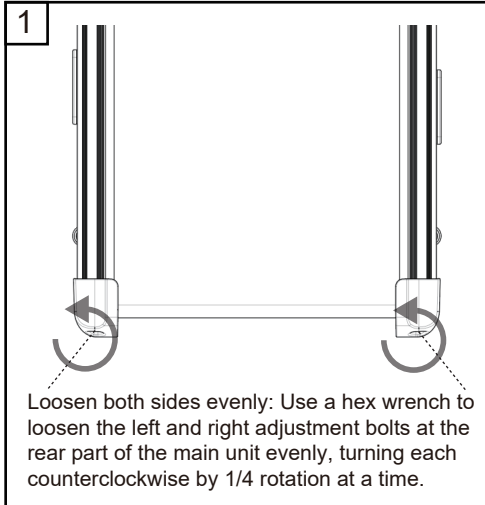
Case 2: If the belt slips or pauses

Symptom: While walking or running, the belt slips under your feet, or the belt stops even though the motor is running.



Case3: If the belt is over-tightened

Symptom: The belt is extremely tight with no slack, and the motor appears overloaded.



▼ Scan the QR code here for the detailed video of the adjustment method ▼



8. Troubleshooting

Error Code	Error Description	Cause	Recommended Action
E02	Stall/Locked-rotor	1. Controller damaged. 2. Motor damaged.	1. Replace the controller.
E03	Motor Damaged	1. Excessive load. 2. Foreign object jamming in the motor or roller. 3. High roller resistance. 4. Controller damaged. 5. Damaged motor with increased resistance. 6. Current detection unit damaged.	1. Reduce the load. 2. Remove foreign objects. 3. Apply lubricant. 4. Replace the controller. 5. Replace the motor.
E04	Bus overvoltage	1. Input overvoltage. 2. Controller damaged.	1. Check the grid voltage. 2. Replace the controller.
E05	Bus undervoltage	1. No input. 2. Controller damaged.	1. Check the mains voltage. 2. Replace the controller.
E07	Safety key protection	1. Safety key not inserted. 2. Hall sensor damaged.	1. For models with safety key: reinsert the safety key 2. For models without safety key: replace the upper controller
E10	Module communication error	1. Module not connected. 2. Module damaged.	1. Replace the module. 2. Replace the controller.
E11	Phase loss	1. Controller damaged. 2. A drive wire not connected. 3. Motor drive wire damaged.	1. Check if the motor drive wires are securely connected. 2. Check for damage to the motor drive wires or mainboard terminals. 3. Replace the controller.

Error Code	Error Description	Cause	Recommended Action
E12	Communication error	1. Loose connection at main upper/lower control port. 2. Damaged upper/lower control cable. 3. Damaged electronic console. 4. Controller damaged.	1. Tighten the connecting wires. 2. Replace the connecting wires. 3. Replace the electronic console. 4. Replace the controller.

9. Product Specifications and Warranty

Item	Specifications
Rated Voltage	110-120 V
Frequency	60 Hz
Speed Range	0.6-7.5 MPH(1-12 KM/H)
Max User Weight	331LBS/150KGS
Max Power	3.0HP
Warranty Period	For 1 year from the date of purchase

● **Note:**

A purchase certificate (such as a receipt) is required when availing of the warranty. Please be sure to keep it. Please dispose of this product in accordance with your local waste disposal regulations.

Warranty Coverage: 1-year parts replacement

Customer Support:

Please contact us. 100% Satisfaction Guarantee	
✓	We have professional customer service staff to answer your questions within 24 hours. If you have any questions, please feel free to contact us.
✓	Return Policy: 30-Day Hassle-Free Returns & Exchanges.
✓	Customer Service: A service team providing personalized solutions to ensure 100% customer satisfaction.
✓	Dedicated Maintenance Service: As a commitment to quality and durability, we provide free maintenance tools for orders placed within 6 months.

E-mail: issue-help@outlook.com

For inquiries regarding this product, please contact us via email.