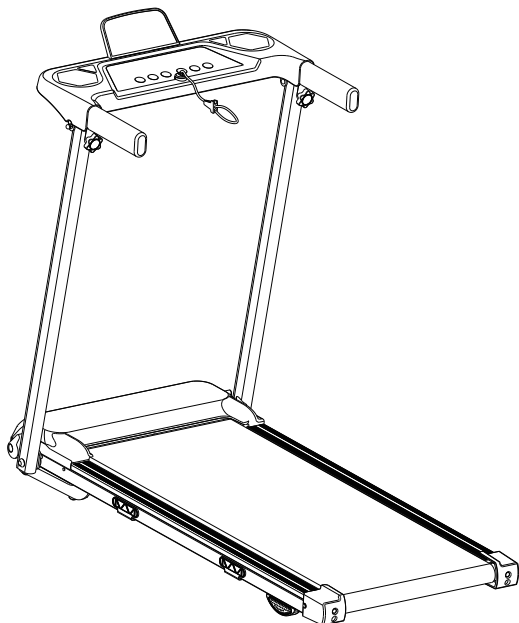


Household Treadmill Instruction Manual



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

1. Cover & Before Use

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: service_sports@163.com

Please provide:

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

Before using this product, be sure to read the "Safety Precautions" carefully and handle it correctly.

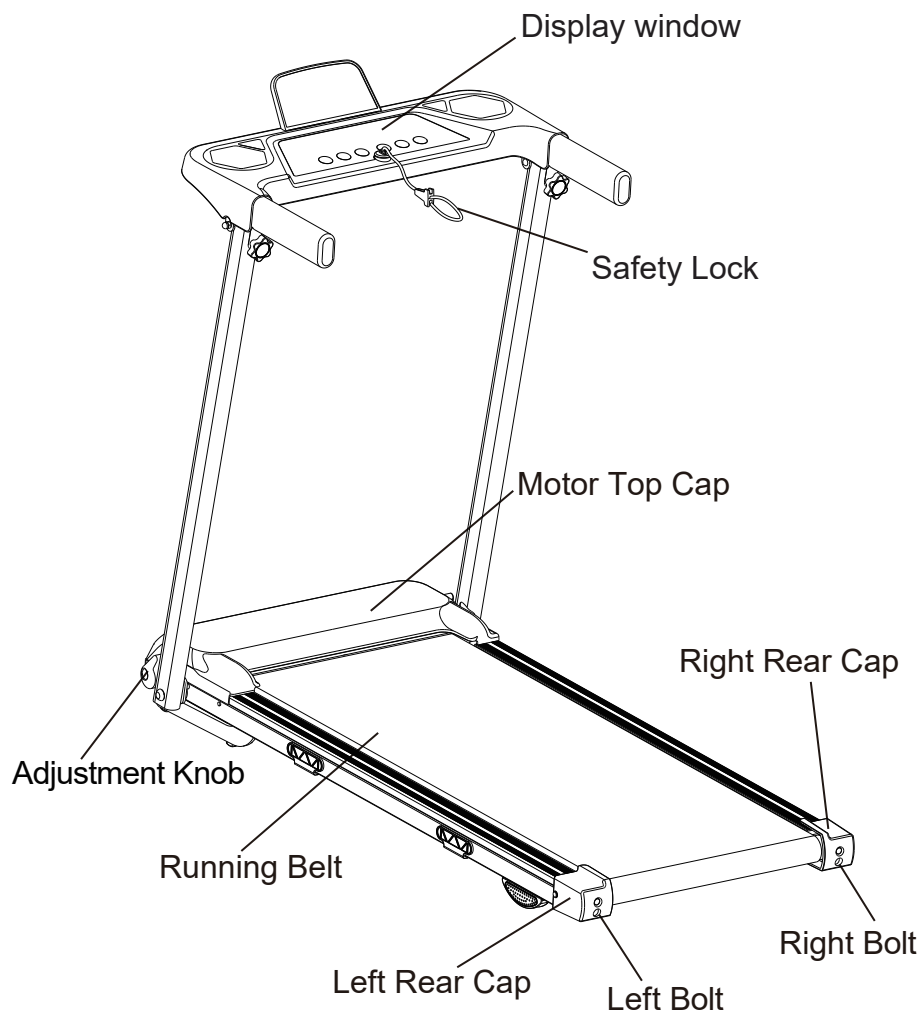
2. Safety Precautions

Please read the following symbols 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. · Be sure to unplug the power plug during maintenance.  Handle with at least two adults. · Be sure to have at least two adults move or unpack 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, check that the power plug is firmly connected.  Correct Installation and Use · Install on a flat and stable surface. · Ensure 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. Component Names & Accessories

● Product Diagram



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

● Parts List

Before use, please check that all accessories are included.

No.	List	Product Name	Qty
1		Treadmill machine	1
2		Safety Lock	1
3		Knob M8*20	2
4		Hex Wrench 6mm	1
5		Hex Wrench 5mm	1
6		Phone Holder	1
7		Power Cord	1

4. Assembly Instructions

 Assembly work must be performed by two or more adults.

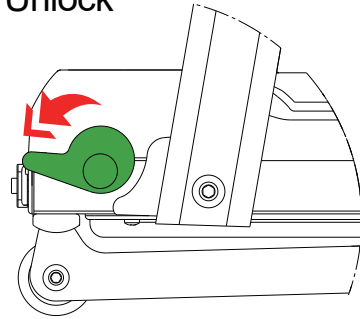
STEP 1

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

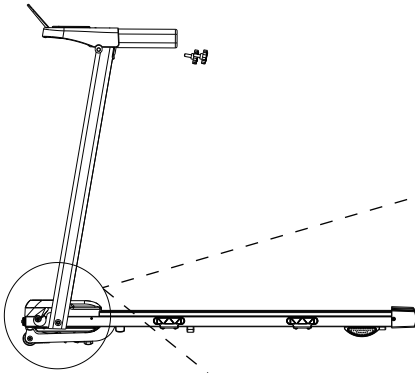
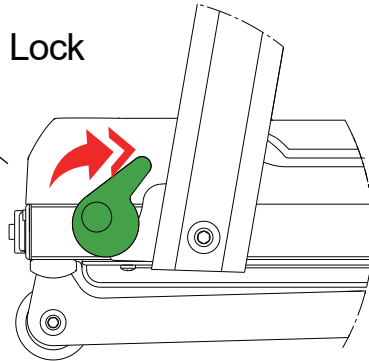
STEP 2

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

Unlock

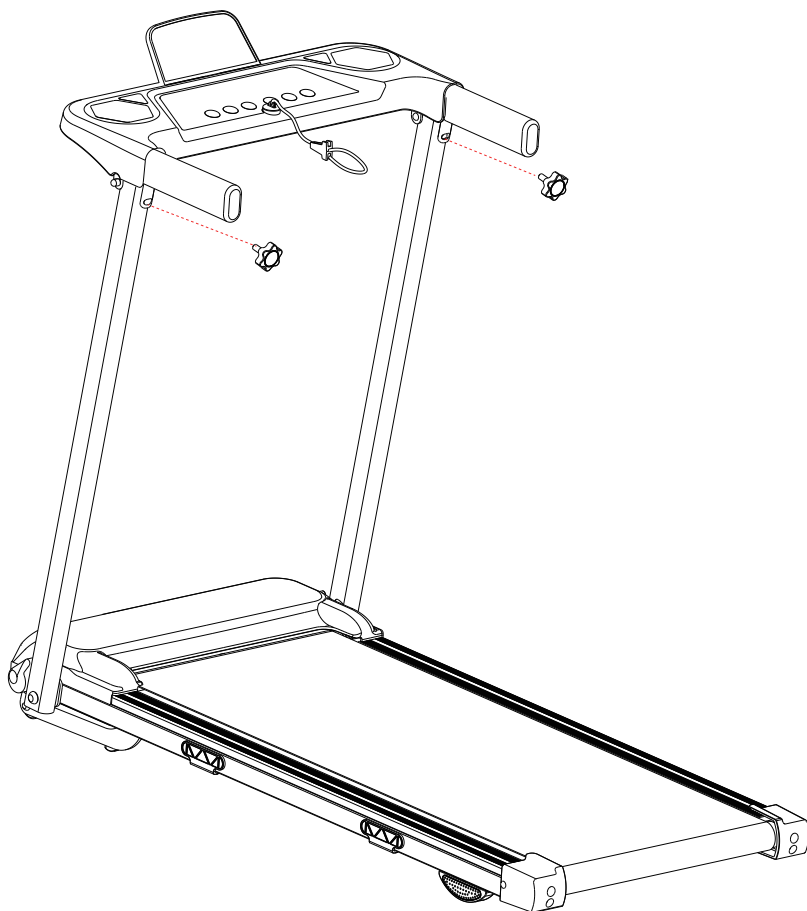


Lock



STEP 3

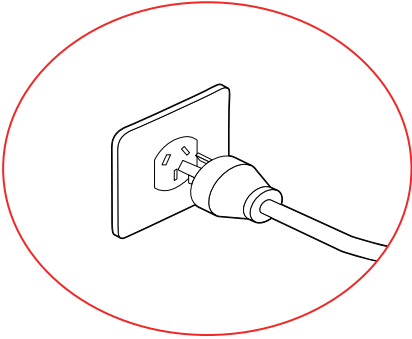
1. Fasten the instrument rack to the pillar with M8×20 knobs.



5. Quick Start Guide

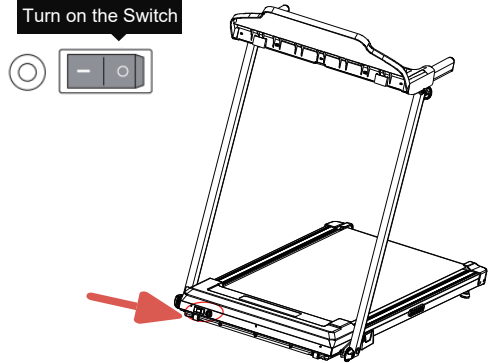
 Assembly requires two or more adults.

Step 1: Power Connection



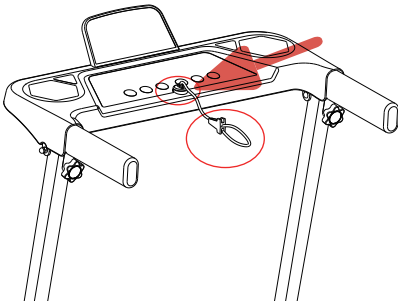
Connect the Power Adapter to the Main Unit and the electrical outlet.

Step 2: Turn on the Power Switch



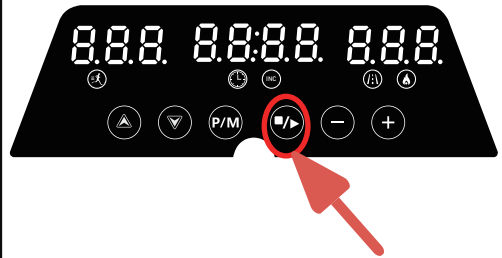
Switch the Power Switch located on the front of the Main Unit's lower part to the "ON" position.

Step 3: Safety Key Installation



Attach the included Safety Key to the Safety Key Mounting Slot near the Display. Without it, the unit will not function.

Step 4: Start → Press the Button to Begin!



6. Display and Operation

1. Display Window



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

2. Key Functions



Press once to start the machine at 1KM/H after 3 seconds; press again to slow it to a full stop.



Speed up.



Speed down.



Incline up.



Incline down.

Incline Self-Test: When the incline malfunctions and becomes unusable, after powering on the treadmill, press and hold both the incline "▲" and "▼" buttons for 3 seconds. Once the treadmill completes the self-test, it can be used again.



Press this Button in Standby Mode to switch sequentially from Manual Mode to Auto Programs P1-P12. Manual Mode is the system's default operating mode.

Press this Button again in Standby Mode to choose from 3 countdown modes.

Step 1: Press the Button in Standby Mode to enter the 3 countdown modes (Time, Distance, Calories).

Step 2: After setting the countdown value, press the Button to start.

Step 3: To end the countdown function, press the Button to stop.

		Set the time/20 time periods=upper and lower running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	Speed	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P07	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

PS: Speed: KM/H

7. Exercise Recommendations and 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, exercise at least 1 hour after meals. After training, wait at least 30 minutes before consuming a meal. Do not consume excessive water during exercise – especially avoid drinking large amounts of 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

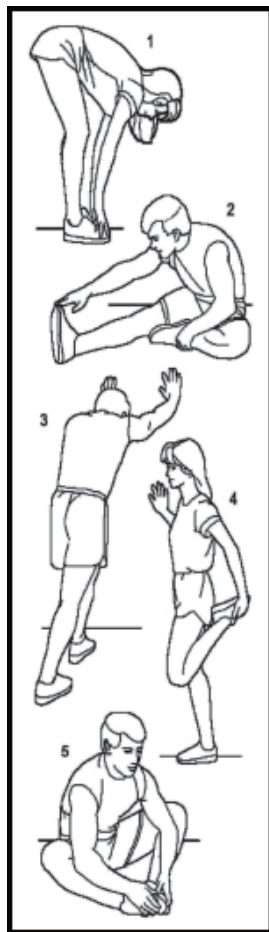
Place both hands on a wall or table, step one leg back, and stand. Keep the back leg straight, heel flat on the floor, and lean your weight forward toward the wall or table. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 3).

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).



8. 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 3-5KM/H, and check if it runs straight.

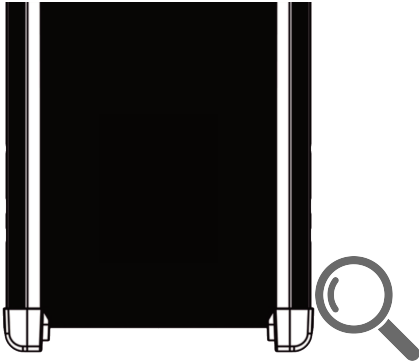


Please perform the adjustment with the power turned off and the plug unplugged.
Adjustment Tips: For each adjustment, turn no more than a 1/4 rotation.
After adjustment, turn on the power, run it at low speed, and check the condition.

Case 1: If the belt is shifting to one side

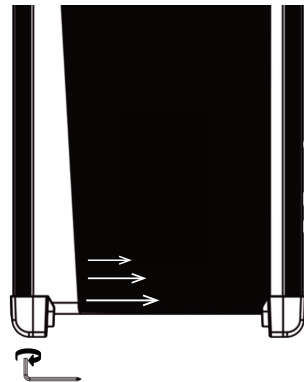
Symptom: The belt shifts left or right, rubs against the main unit frame, and produces abnormal noise.

1



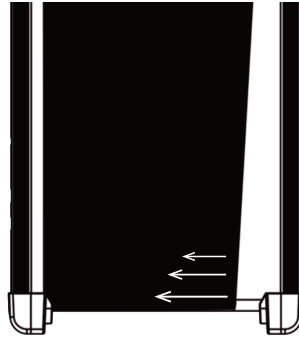
Check the deviation direction: Check which direction the belt is shifting.

2



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.

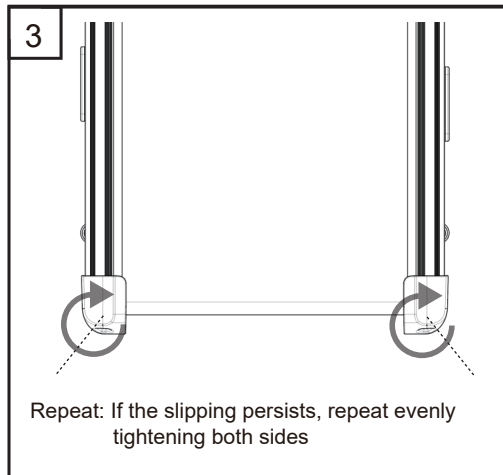
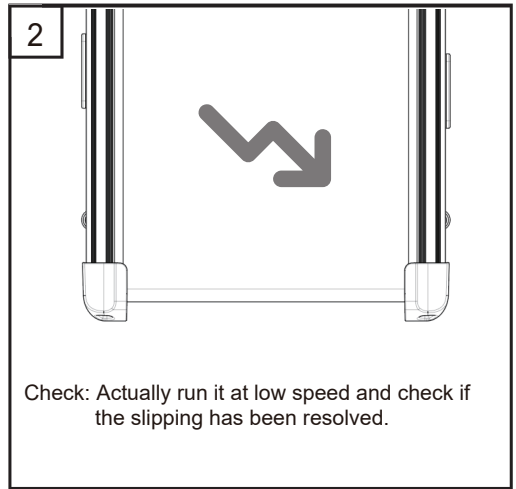
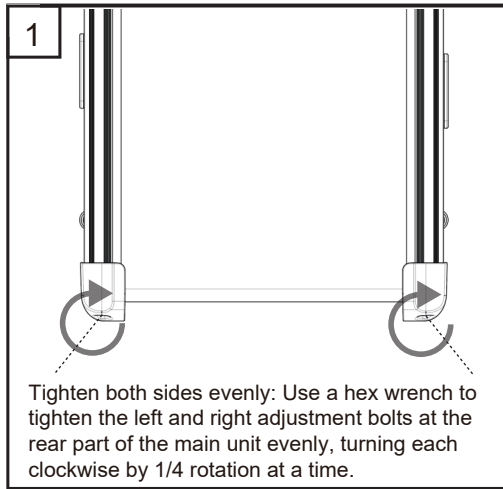
3



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.

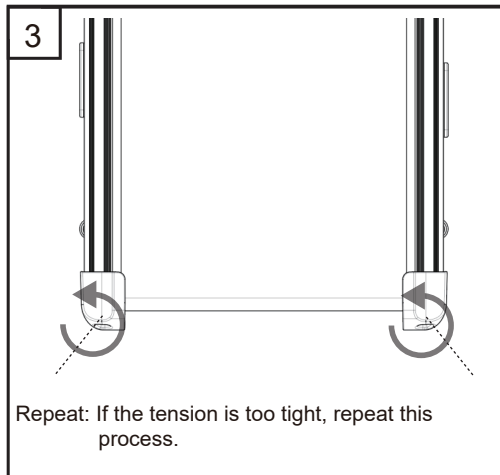
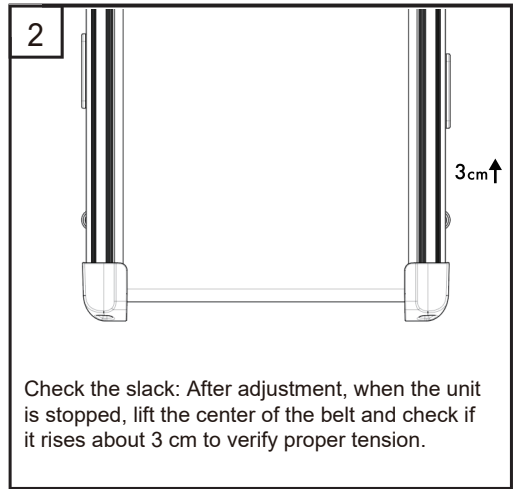
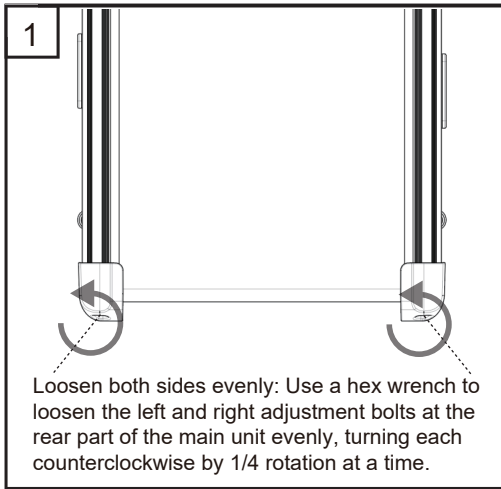
Case 2: If the belt slips or pauses

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 stiff with no slack, and the motor feels overloaded.



▼ Click here for the detailed video of the adjustment method ▼



9. Troubleshooting

Fault Phenomenon	Judgement	Solution
No display on the treadmill	1. No power connected or no power supply. 2. Treadmill power switch not turned on. 3. Overload protector tripped. 4. Driver damaged. 5. Poor contact, damage or open circuit of the signal wire between the electronic display and the driver. 6. Electronic display damaged.	1. Plug the power cord into the power socket or check if the socket has power. 2. Turn the power switch to the "ON" position. 3. Press the overload protector to reset it. 4. Replace the driver. 5. Reconnect the connectors of the relevant signal wires or replace the signal wire. 6. Replace the electronic display.
Treadmill has display but no backlight	Poor contact of the backlight screen connection wire or damaged backlight screen.	Reconnect the backlight screen connection wire, or replace the backlight screen or electronic display.
Incomplete display or missing segments on the electronic display	1. Cold solder joint of components on the electronic display. 2. Faulty driver IC of the electronic display.	Repair or replace the electronic display.
"---" or "----"	1. Safety key detached. 2. Poor connection between the safety key and the electronic display, or faulty safety key sensor. 3. Poor contact of the signal wire between the electronic display and the driver, or damaged signal wire.	1. Place the safety key on the yellow magnetic adsorption position of the panel. 2. Reconnect the connection wire or replace the safety key sensor. 3. Reconnect all plugs of the signal wire or replace the signal wire.

Error Code Reference Table

Error Code	Cause	Recommended Action
E01	1. Poor contact of the signal wire between the electronic display and the driver, or damaged signal wire. 2. Fault in the communication circuit of the electronic display. 3. Fault in the communication circuit of the driver.	1. Reconnect all plugs of the signal wire or replace the signal wire. 2. Replace the electronic display. 3. Replace the driver.
E02	1. Motor coil overheated and damaged due to long-term overload use. 2. Faulty driver. 3. Sudden heavy foot pressure to stop the treadmill.	1. Replace the motor. 2. Replace the driver. 3. Power off, then power on again before reuse.
E03	1. Sudden heavy foot pressure to stop the treadmill. 2. Treadmill overload. 3. 2/3 phase wires of the motor disconnected or not connected. 4. Motor coil overheated and damaged due to long-term overload use. 5. Faulty driver.	1. Power off, then power on again before reuse. 2. Check if the running belt or treadmill is jammed. 3. Reconnect the motor wires to the driver. 4. Replace the motor. 5. Replace the driver.
E10	1. Long-term overload use of the motor. 2. Faulty driver.	1. Stop use, wait for the motor to cool down, then power on again for reuse. 2. Replace the driver.
E11	1. AC power supply voltage too low. 2. Faulty driver.	1. Check the AC power supply voltage. 2. Replace the driver.
E12	1. AC power supply voltage too high. 2. Faulty driver.	1. Check the AC power supply voltage. 2. Replace the driver.
E14	1. Motor phase wire detached. 2. False alarm caused by sudden heavy foot pressure on the treadmill. 3. Faulty motor. 4. Faulty driver.	1. Reconnect the phase wire to the driver. 2. Power off, then power on again before reuse. 3. Replace the motor. 4. Replace the driver.
E16	Faulty driver	Replace the driver.

10. Product Specifications and Warranty

Item	Specifications
Rated Voltage	220-240 V
Frequency	50 Hz
Speed Range	1-12 KM/H(0.6-7.5 MPH)
Max User Weight	181KGS/400LBS
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 the waste classification of your local area.

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: service_sports@163.com

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