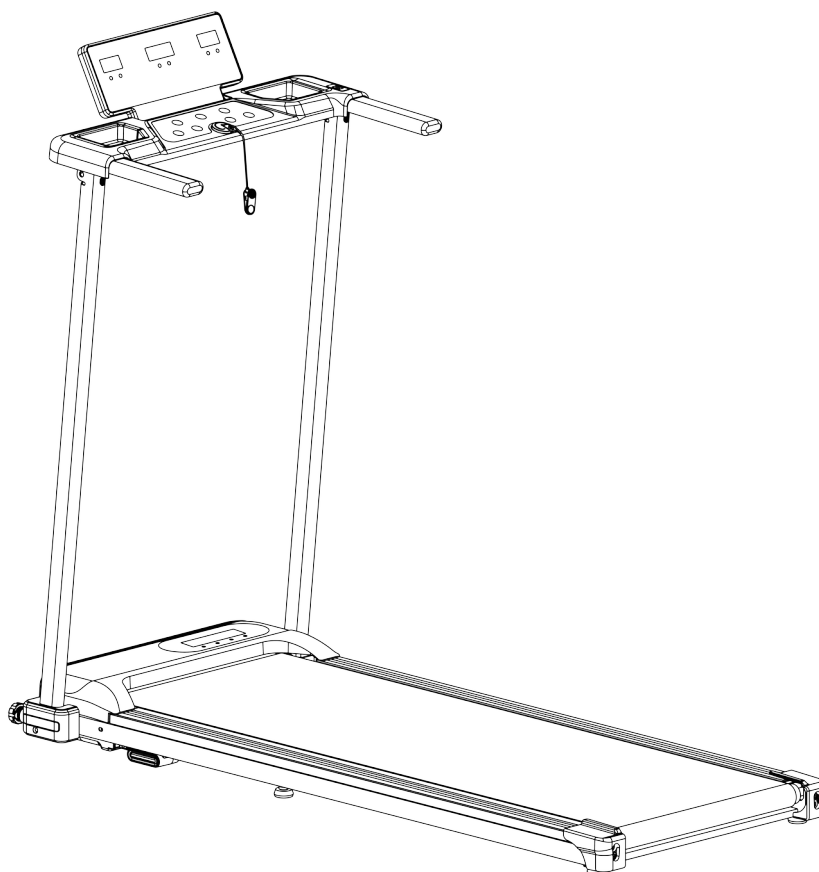

USER'S MANUAL



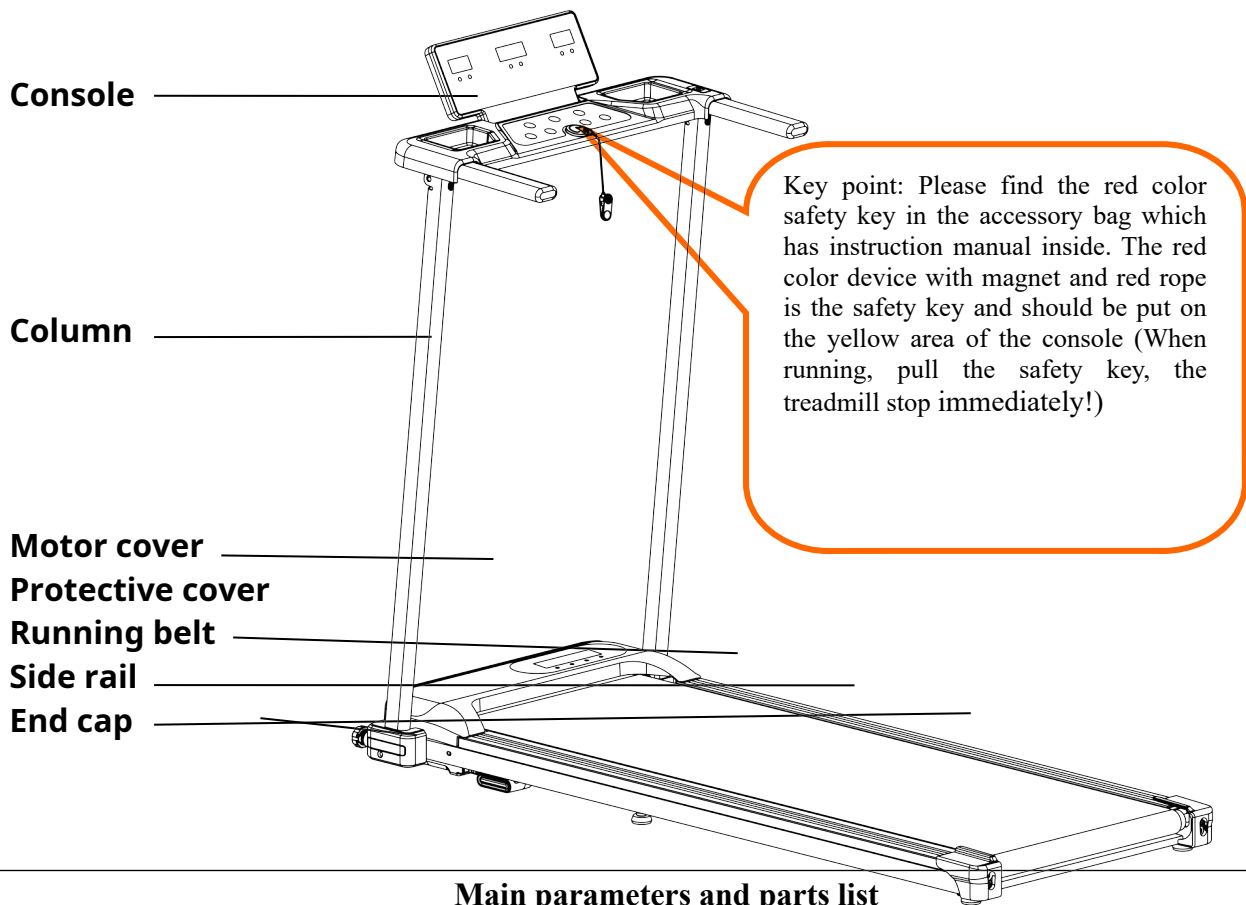


Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

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1. Product Brief



Main parameters and parts list

No	Name	Description	No.	Name	Description
1	Input voltage	AC110V ~;	4	Running surface	15.75*40.94 inch
2	Rated power	50-60Hz	5	Expanded size	47.24*21.46*39.96inch
3	Speed	1.0-8 mile/h	6	Function	Running

Packing list

No	Name	Units	Qty	No.	Name	Units	Qty
1	Complete machine	set	1	3	Accessory Bag	set	1
2	Side cover	set	1				

Additional accessories with Column

No	Name	Units	Qty	No.	Name	Units	Qty
1	Screw M8*16	PCS	2	5	Safety key	PCS	1
2	Screw M5*12	PCS	2	6	Silicon oil	PCS	1
3	Inner hexagon spanner 5 mm	PCS	1	7	User manual	PCS	1
4	T-shaped knob	PCS	1				

2. Security Precautions and Warnings

 To ensure your safety and prevent accidents, please read the instruction manual carefully before use and pay attention to the following safety precautions.

Safety Instructions: Many safety considerations have been taken into account in the design and manufacture of this product, but please still follow the instructions below as a precaution. We shall not be liable for any consequences caused by improper operation.

- ◆ Any adjustment device that may interfere with the user's movement should not deviate from the design. The equipment should be installed on a stable base and level surface. The treadmill must be placed on flat ground. The treadmill is suitable for indoor use. Avoid moisture, do not spill water on it, and do not place any foreign objects on the treadmill. Ensure a safe usage space of 0.5 meters (500mm) on both sides and the front, and 1 meter × 1 meter (1000mm × 1000mm) at the rear for emergency dismounting. (Emergency dismounting: Step on the side strips with both feet and dismount from one side of the treadmill.)
- ◆ This product is an electric treadmill suitable for healthy people aged 12 to 60.
- ◆ This product is not suitable for use by disabled persons or children. Persons with physical discomfort, mental impairments, or lack of common sense are prohibited from using it, unless under the supervision or guidance of a person responsible for their safety. Failure to comply may result in injury risk.
- ◆ Keep the lubricating oil bottle in the accessory kit out of reach of children. In case of accidental ingestion or contact with eyes, rinse with water and seek medical attention immediately.
- ◆ The power plug must be reliably grounded, and the socket shall have a dedicated circuit to avoid sharing with other electrical equipment.
- ◆ If the power cord is damaged, it must be replaced by a professional from the manufacturer, its maintenance department, or a similar entity to avoid danger.
- ◆ Do not use the treadmill in a dusty environment. Maintain proper indoor humidity to avoid strong static electricity, which may interfere with the normal operation of the electronic console and controller. Use only original accessories; unauthorized replacement is strictly prohibited.
- ◆ Keep hands away from all moving parts. Do not place hands or feet in the gap under the running belt.
- ◆ Do not place the power cord near hot or moving objects. Do not use the product outdoors, in

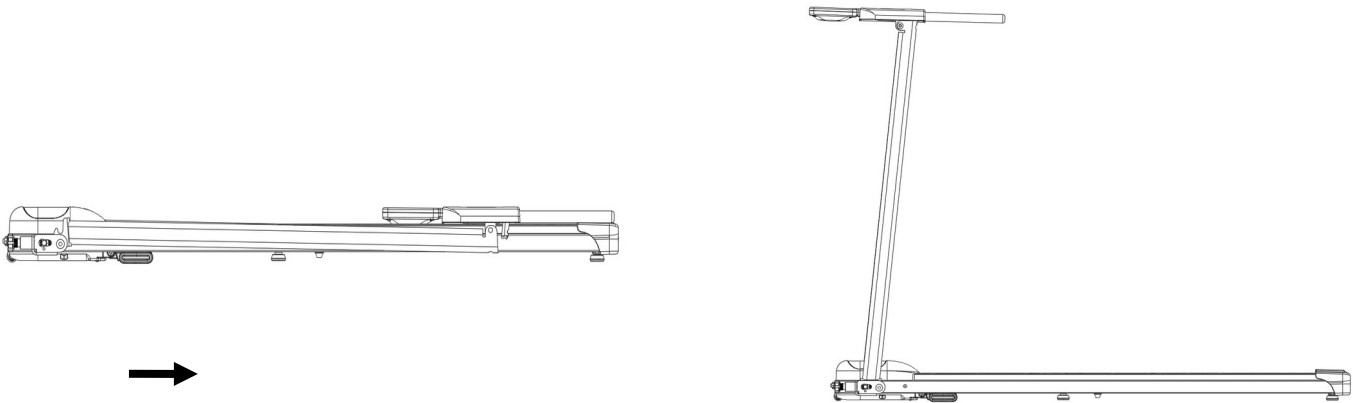
high humidity, or under direct sunlight.

- ◆ Unplug the power plug before moving the treadmill. Non-professionals are prohibited from disassembling the machine, as serious consequences may occur.
- ◆ Check that clothing is properly fastened or zipped up before using the treadmill, and avoid overly loose clothing.
- ◆ If you feel unwell or experience any abnormal conditions during use, stop exercising immediately and consult a doctor.
- ◆ This product is not suitable for prolonged use, as it may cause overheating of electrical components and lead to malfunctions.
- ◆ Use a qualified socket to avoid danger. If the plug and socket are incompatible, do not modify the plug; consult an electrician instead.
- ◆ This product is suitable for home use only, not for professional training, testing, or medical purposes.
- ◆ Do not use the product if the casing is cracked, broken, or detached (exposing internal structures) or if the welded parts are cracked.
- ◆ Do not jump onto or off the machine during exercise. ----This may cause injury due to falling.
- ◆ Do not use the treadmill after meals, when fatigued, or in poor physical condition. ---This may harm health.
- ◆ Ensure that the power plug is free of pins, debris, or moisture. ----This may cause electric shock, short circuit, or fire. Do not use with wet hands!
- ◆ Unplug the power plug when the product is not in use. ----Dust and moisture can cause insulation aging, leading to electric leakage or fire.
- ◆ This product must be grounded. In case of malfunctions, grounding provides the lowest resistance path for current to reduce the risk of electric shock.
- ◆ This product is of class H. If you have any doubts about whether it is properly grounded, consult a professional electrician for inspection.

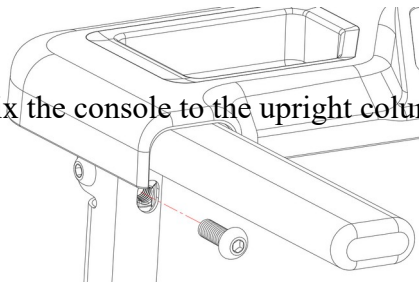
3. Installation Instructions

Step 1. Lift the machine out of the packaging, place it flat on the ground, then fold the upright column upward and hold it steady.

(Be careful of pinching hands at the lower folding part!)

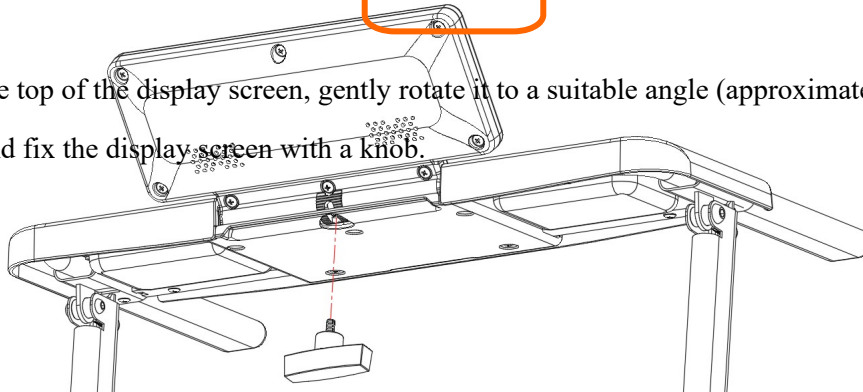


Step 2. Use wrench 5mm to fix the console to the upright column with screws M8*16



M8*16

Step 3. Hold the top of the display screen, gently rotate it to a suitable angle (approximately 45 degrees from the ground), and fix the display screen with a knob.



Knob

Step 4. Pass M5*12 screws through the left and right side guards, and fix them to the upright column with a screwdriver.

M5*12

Step 5. Place the safety lock in the position as shown in the diagram, and press the start button to make the machine run!

Safety Lock: The safety lock is red. Inside the PE bag containing installation screws and tools, there is a red device with a red rope – this is the safety lock. Insert the two protruding pins of the safety lock into the two holes on the yellow part of the console!

Method for Adjusting the Machine to Be Flush with the Ground:

When there is a gap between the machine and the ground, adjust the leveling feet in the middle and at the front of the machine so that both the front and rear make contact with the ground.

(**!Note:** Gaps between the leveling feet and the ground will cause the machine to be unstable!)

Adjustment pad

2 levels
adjustment

Adjustment pad

Sports Advice and Guidelines (Ergonomics)

Warming up and soothing exercise

A successful exercise program consists of three parts: Warming up, cardio exercise and soothing exercise. Warming up is a very important part of exercise. Warming up must be carried out before every exercise. Warming up can preheat the body, stretch the muscles, and let the body adapt to more intense exercise. Repeating the Warming up exercise at the end of the exercise can help relieve muscle soreness.

We suggest that you perform corresponding warm-up and relief exercises according to the following diagram:

Head movement

Stretch the head towards the right shoulder first, straighten the left neck, and turn it clockwise and backward once; Stretch the head to the left shoulder and rotate it counterclockwise once. Repeat like this.



Shoulder lifting exercise

Lift the left shoulder and turn back one circle, repeating 5 times; Then lift the right shoulder back and repeat 5 times, alternating like this.

Stretching movement

Raise your hands straight above your head, then grab your right wrist with your left hand and stretch upwards until you feel your right wrist fully straightened, lasting for 5 seconds before switching to your right hand.



Quadriceps stretching exercise

Hold the wall with your right hand to maintain balance, lift your left foot backwards with your left hand, keeping the heel of your left foot as close to your hips as possible, for 15 seconds, and switch to the other foot.



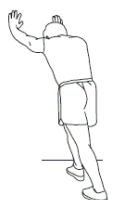
Thigh inner stretch

Sitting on the ground, with both feet and soles together, grip both feet with both hands and pull them inward to bring them as close as possible to the body. Slowly press down on the heels of both feet and hold this position for 15 seconds.



Foot tendon stretching

Sit down, straighten the right leg, bend the left leg, hold the ankle with the left hand and push it inward to make the left foot as close to the body as possible and the sole of the foot close to the inner side of the right thigh. Then press down on the body, extend left and right forward to touch the toe, the greater the pressure, the better. Hold this position for 15 seconds, and switch to the left leg.



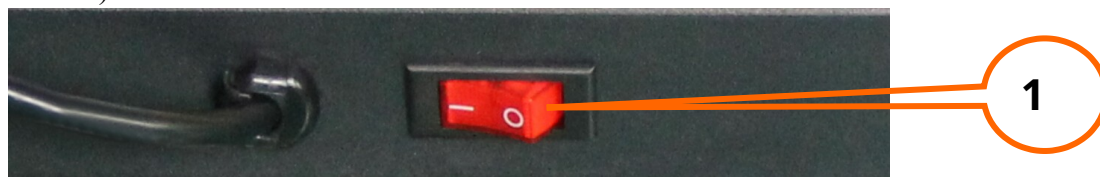
Calf stretching

Support the wall with both hands, place your body at a 45 degree angle to the ground, and alternately extend your left and right feet backwards to perform walking movements.

5. Using Instructions

1.Using the Treadmill:

Plug in the power supply and turn on the switch (the red switch) (1). It will light up, and you will hear a "beep" sound, followed by the screen lighting up. (Note: The switch is on the right side of the machine.)

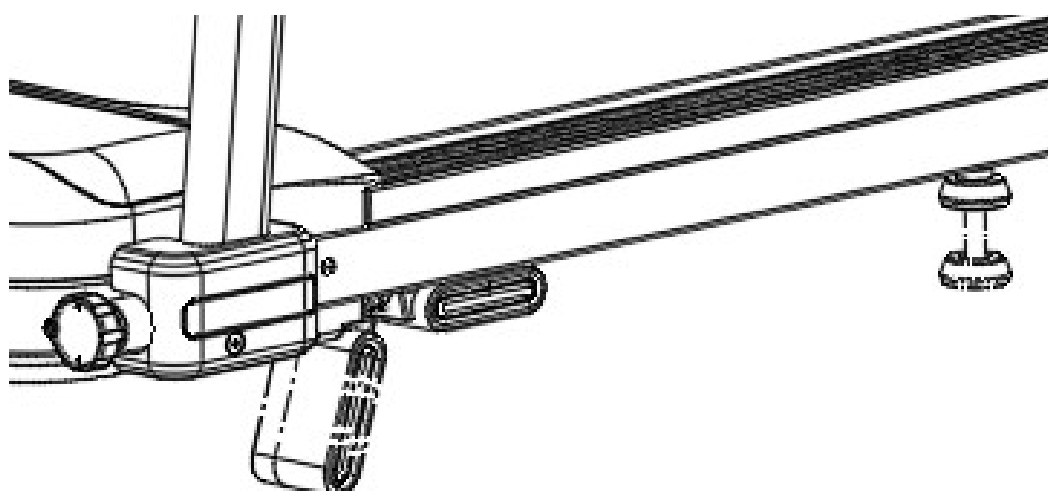


2.Introduction of Safety Lock:

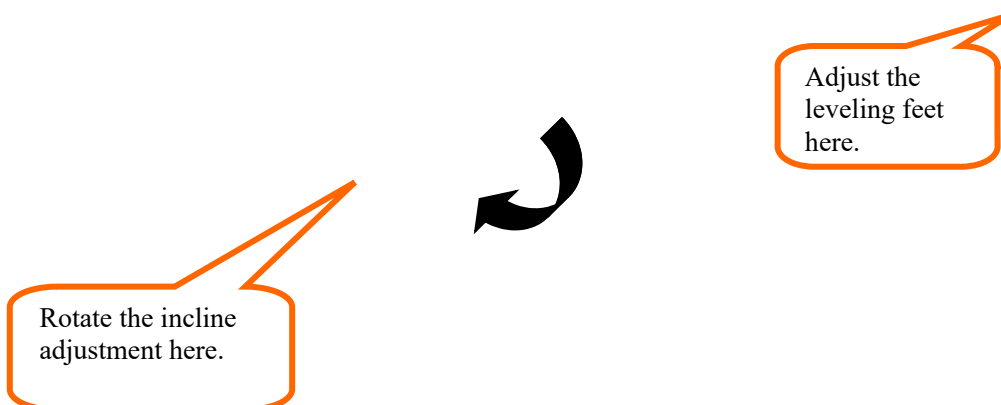
The treadmill can only run when the safety lock is completely placed on the yellow area of the console; Clip the safety lock on the clothes when using the product. In case of accidents, pull off the safety lock can stop the motor from running immediately; Put the safety lock back if you want to continue using the treadmill; In any case, unplugging the safety lock can stop the treadmill.

3.Introduction to Two-stage Adjustment of Treadmill Slope:

The slope of the treadmill deck can be adjusted by manually rotating the two ends at the front of the treadmill (both left and right sides should be adjusted synchronously). After adjustment, rotate the leveling feet in the middle of the deck according to the flatness of the ground to make corresponding adjustments. Ensure all feet are in contact with the ground; otherwise, abnormal noise may occur during exercise and cause unnecessary injuries to users. **(Note: It is recommended to use the treadmill on hard floors. If used on non-hard surfaces (such as carpets), the slope of the front of the**



treadmill deck must be adjusted upward to avoid friction with soft materials (e.g., carpets), which may cause unnecessary damage to the machine!)



4. Instrument Operation Instructions

Safety Lock Function :

Unplugging the safety lock immediately displays "E7", the treadmill stops quickly, and a continuous "beep-beep-beep" alarm sounds. When the safety lock is placed back, all electronic meter data is cleared.

In any state, pulling off the safety lock can urgently stop the treadmill operation, with an information prompt on the display. Affixing the safety lock resets the electronic meter and returns to the initial main display interface.

Display Function

Time Display: When the time indicator light is on, it shows the current running time.

Speed Display: When the speed indicator light is on, it shows the current running speed value.

Distance Display: When the distance indicator light is on, it shows the current distance value.

Calories Display: When the calories indicator light is on, it shows the current calorie count.

Function Buttons:

Start/Pause Button: When the treadmill is stopped, press the "**Start/Pause**" button to start it. (If the treadmill is running, press "**Start/Pause**" once to pause, and press again to resume.)

Stop Button : When the treadmill is running, press the "**Stop**" button to clear all data. After the treadmill comes to a complete stop, it returns to manual mode.

Program Button : In standby mode, pressing this button cycles through modes from manual to

automatic programs. Manual mode is the system's default operating mode.

Mode Button : In standby mode, pressing this button cycles through 3 different countdown running modes.

Speed + Button : In running state, press to increase the running speed.

Speed - Button : In running state, press to decrease the running speed.

Speed Shortcut Buttons : When the treadmill is operating, pressing the speed shortcuts 2/4/6 directly switches the speed to 2MPH, 4MPH, or 6MPH.

Automatic program

Time Program		Setting / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	SPEED	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	SPEED	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	SPEED	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	SPEED	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	SPEED	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	SPEED	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	SPEED	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4

Translation of Error codes

Fault Code	Fault Description	Fault Handling
E1	Communication Abnormality	Possible cause: Communication between the electronic control and the meter is blocked. Check each connection of the communication cable from the meter to the lower control unit, ensuring all cores are fully plugged in. Inspect the connection cable between the meter and controller for damage and replace it if necessary.
E2	Motor Not Detected	Possible cause: Check if the motor cable is properly connected and reconnect it. Inspect the motor cable for damage or unusual odors, and replace the motor if needed.
E5	Over-current Protection	Possible cause: Exceeding the rated load causes excessive current, triggering system self-protection; or a part of the treadmill is stuck, preventing the motor from rotating, leading to overload and excessive current. Adjust the treadmill and restart it. Additionally, check if the motor makes abnormal sounds or emits a burning odor (replace the motor); inspect the controller for burning smells (replace the controller); or verify if the power voltage specification is incorrect or too low (use the correct voltage specification for retesting).
E6	Anti-runaway Protection	Possible cause: Check if the power voltage is below 50% of the normal voltage (retest with the correct voltage specification); inspect the controller for unusual odors (replace the controller); check if the motor cable is properly connected and reconnect it.
E7	Safety Switch Not Installed	Insert the red safety lock into the yellow sticker on the meter!

6. Routine Maintenance and Instructions

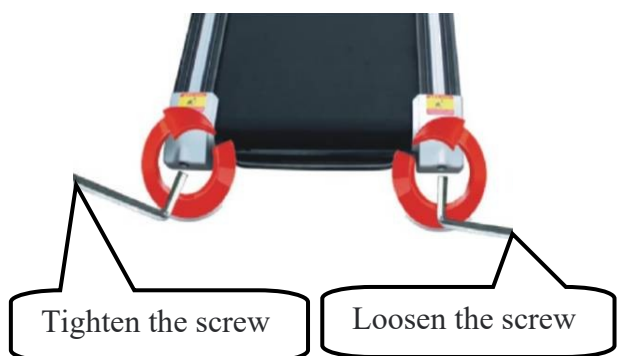
Open the motor cover at least twice a year, and vacuum the motor. A thorough cleaning can extend the life of your treadmill. Clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure your sneakers are clean and avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth moistened with soap, taking care not to splash water on the electrical components or under the running belt. (**WARNING:** Before cleaning, maintaining or moving the treadmill, be sure to unplug the plug first.)

Running Belt alignment:

Put treadmill flat on the ground. Make the treadmill run at a speed of around 6 km/h.

- **If the running belt is closer to the left**, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)

- **If the running belt is closer to the right**, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A
Adjustment Method for Left-sided Running Belt Deviation



Picture B
Adjustment Method for Right-sided Running Belt Deviation

The method for adding lubricating oil to the treadmill is as follows : This treadmill is pre-coated with lubricating oil at the factory. The friction between the running belt and the running board has a significant impact on the service life and performance of the electric treadmill, so regular lubrication is necessary.

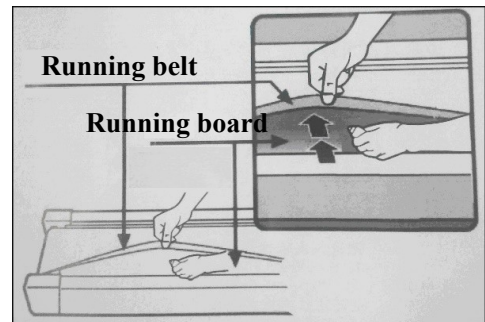
Light users (using<3 hours per week) once every 10 months;

Frequent users (using>7 hours per week) once every 5 months.

Lubrication Method:

Step 1: First, lift the treadmill belt upward.

Step 2: Open the lubricating oil bottle and squeeze the oil onto the running board, as shown in the right picture.



Treadmills are sports equipment and thus require proper maintenance and care. The maintenance and care recommendations are as follows:

1. Due to wear and tear, regular inspections are necessary. For worn or damaged parts (such as motors, electronic controls, power cords, and running belts), after maintenance or professional repair, their safety level must be consistent with that of the factory.

2. Immediately replace defective components or take the equipment out of service for repair (e.g., power cords).

3. Pay special attention to the components most prone to wear and tear (e.g., running belts).