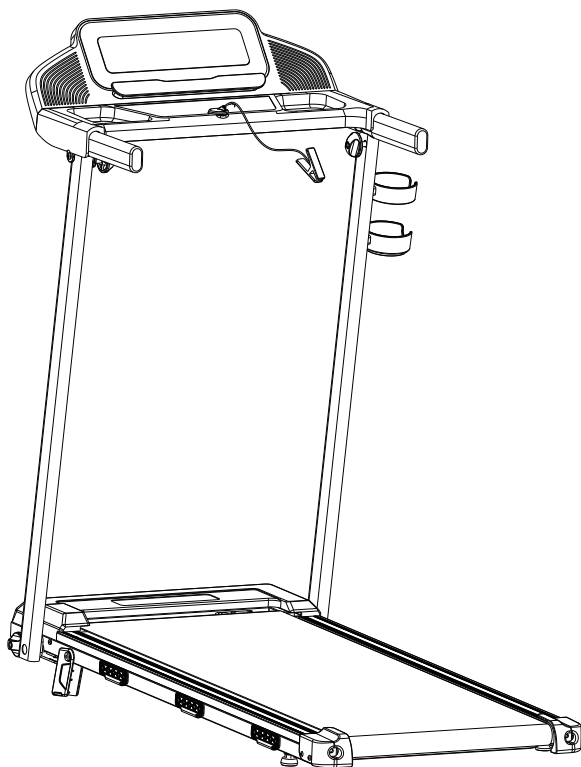


Household Treadmill Instruction Manual



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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.

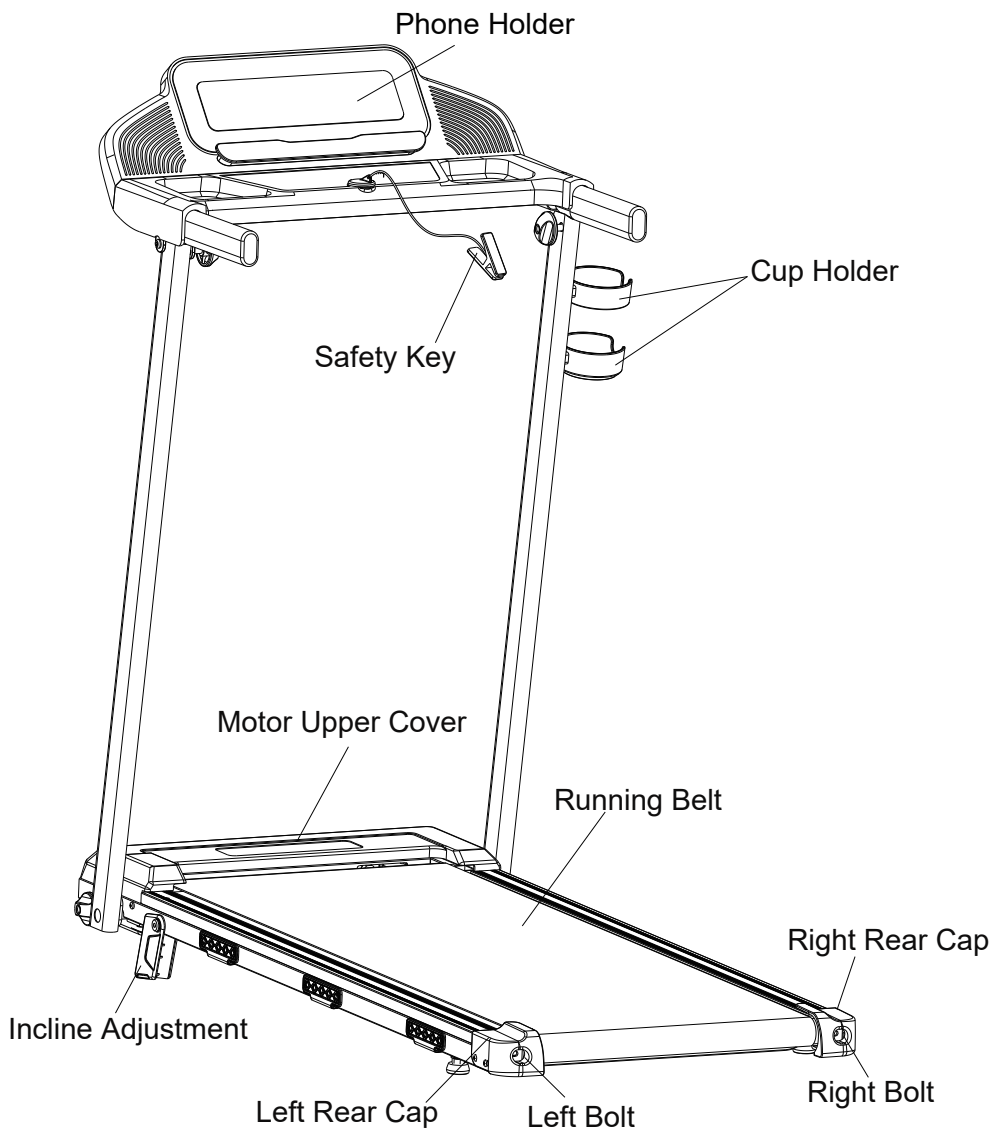
2. Safety Precautions

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. · 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

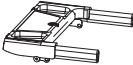
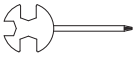
● Product Diagram



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

● Parts List

Before use, please check that all parts are included.

No.	List	Product Name	Qty
1		Running Deck	1
2		Console Assembly	1
3		Phone Holder	1
4		Safety Key	1
5		Hex Wrench 5mm	1
6		Hex Wrench 6mm	1
7		Multifunctional Screwdriver	1
8		M6 × 16 Button Head Socket Cap Screw	2
9		M6 × 30 Button Head Socket Cap Screw	2
10		Knob	4
11		Phillips Pan Head Self-Tapping Screw	5
12		Boost A	2
13		Boost B	2
14		Upper Cup Holder	1
15		Lower Cup Holder	1

4. Assembly Instructions

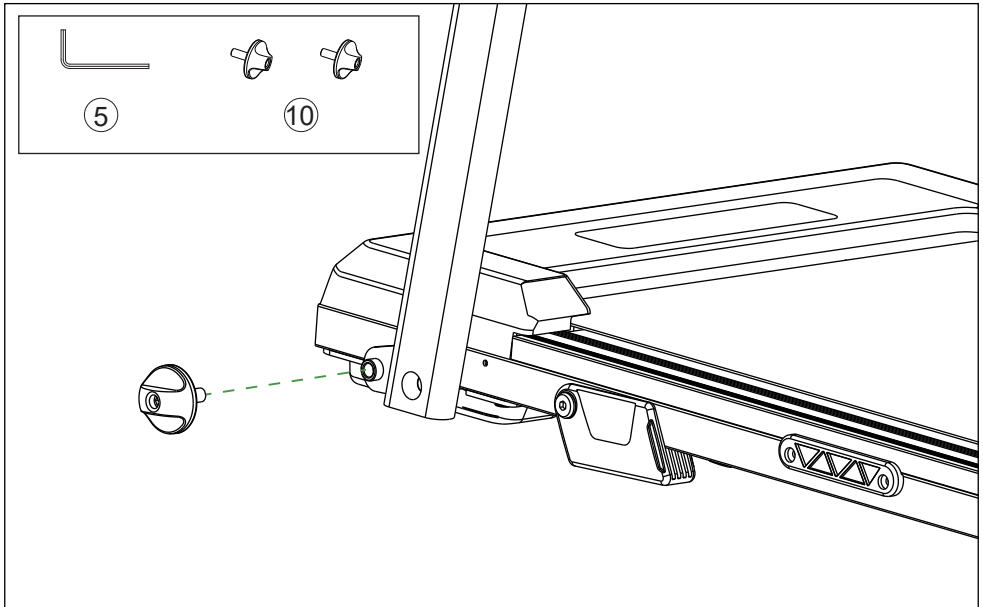
 Assembly work must be performed by two or more adults.

STEP 1

1. Before assembly, verify that all parts are included according to the Parts List.

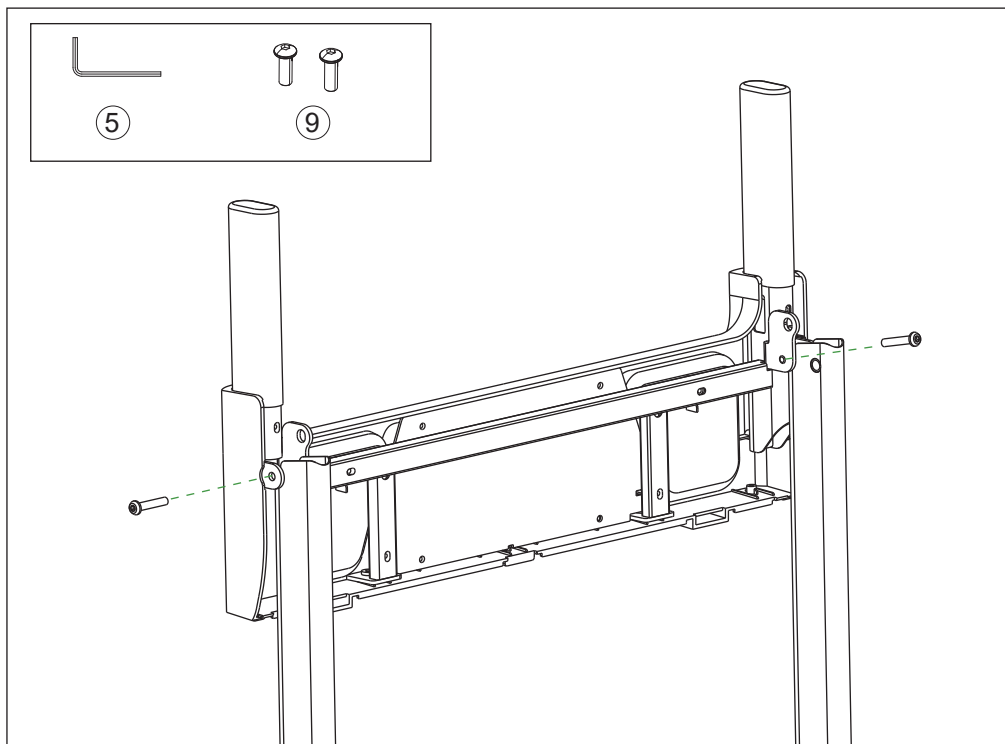
STEP 2

1. Adjust the upright to the correct angle and align two Knobs (10) with the mounting holes on both sides.
2. Using Hex Wrench (5), secure the knobs.



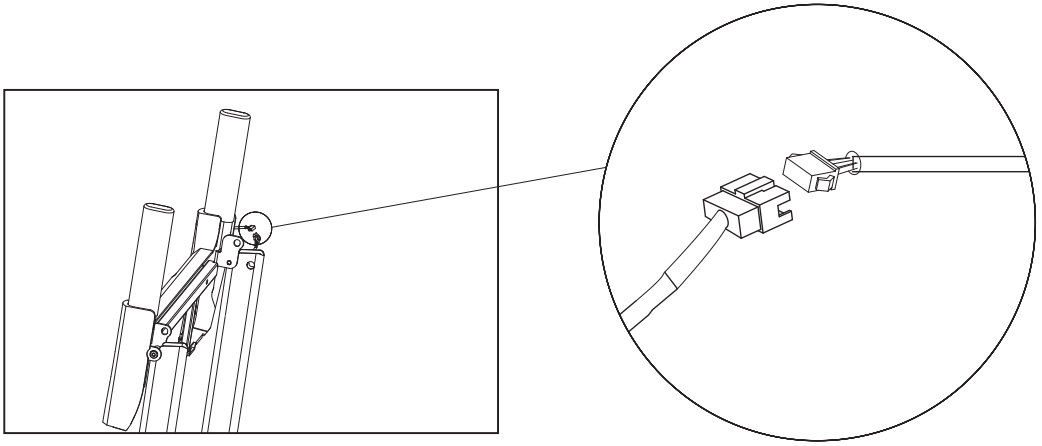
STEP 3

1. Align two Screws (9) with the mounting holes on both sides of the upright.
2. Using Hex Wrench (5), tighten the screws.



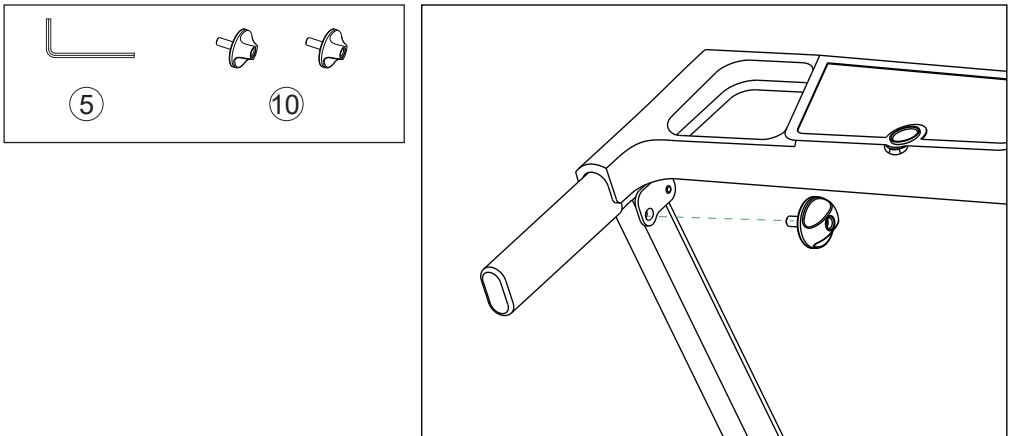
STEP 4

1. Connect the communication wire from the Console Assembly (2) to the communication wire from the top of the upright.
2. Make sure the connector is fully locked.



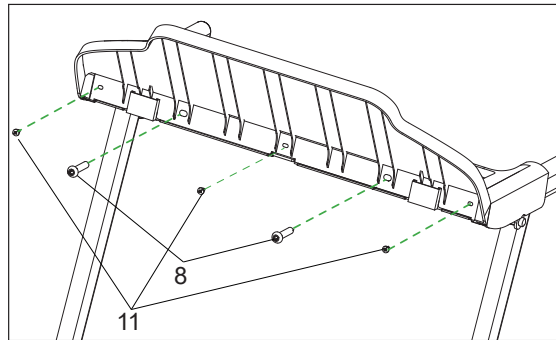
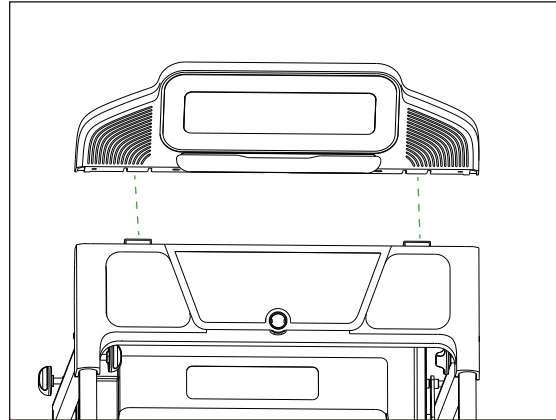
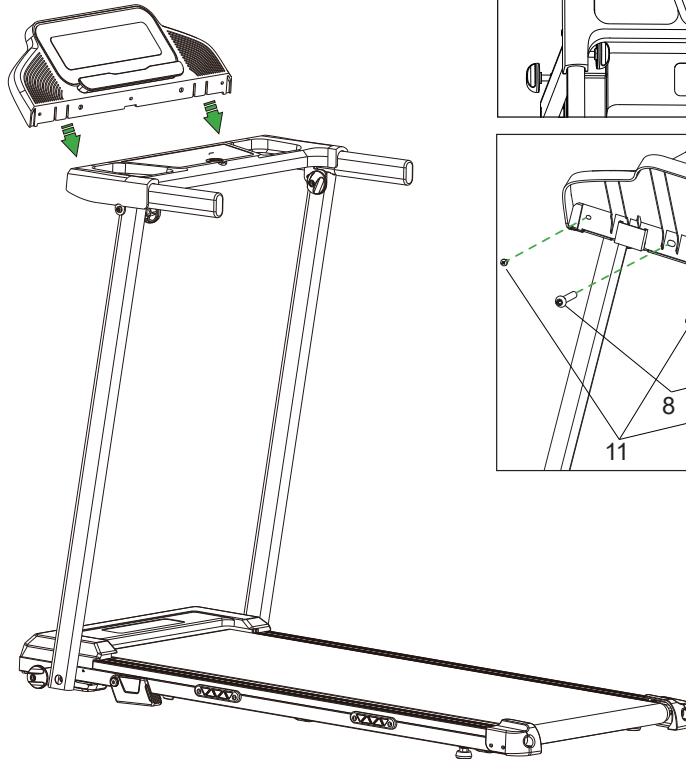
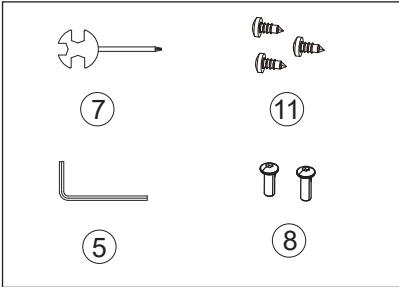
STEP 5

1. Adjust the Console Assembly (2) to the correct angle and align the holes.
2. Align two Knobs (10) with the mounting holes on both sides of the upright.
3. Using Hex Wrench (5), secure the knobs.



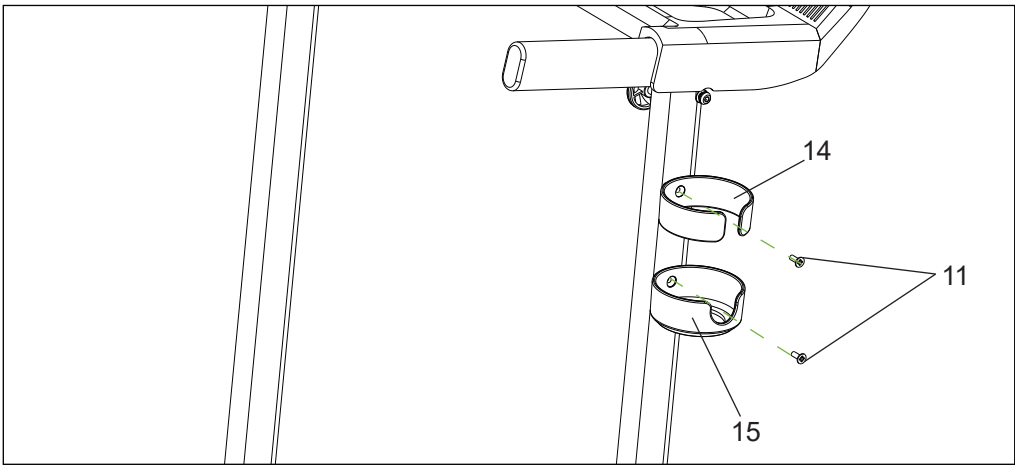
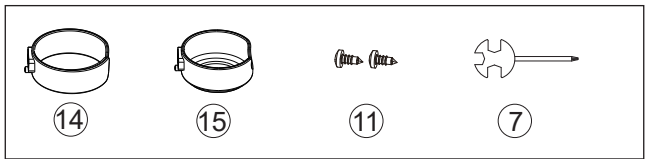
STEP 6

1. Align the clips of the Phone Holder (3) with the corresponding holes on the console housing.
2. Insert the Phone Holder (3) into position.
3. Align the holes of the Phone Holder (3) with the holes on the Console Assembly (2).
4. Prepare two Screws (8) and secure them using Hex Wrench (5).
5. Prepare three Screws (11) and tighten them using Screwdriver (7).



STEP 7

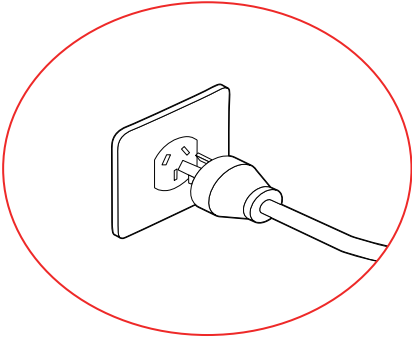
1. Align the cup holder(14&15) to the mounting holes of the armrest.
Take two self-tapping screws(11) and tighten securely with a screwdriver.
(Note: Distinguish the upper and lower positions of the cup holder.)



5. Quick Start Guide

 Assembly requires two or more adults.

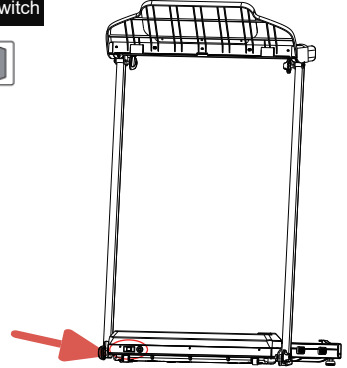
Step 1: Power Connection



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

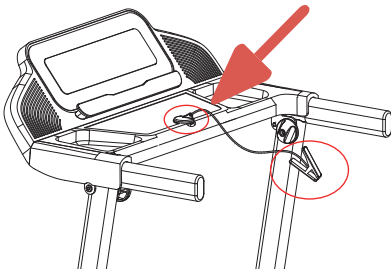
Step 2: Turn on the Power Switch

Turn on the Switch



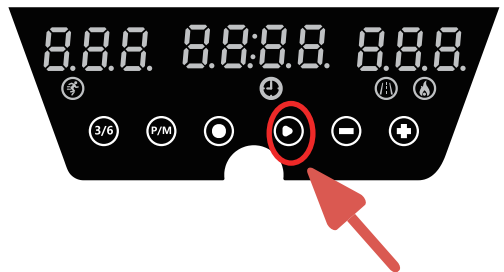
Switch the Power Switch located on the front of the Main Unit's lower part to the "ON" position.

Step 3: Safety Key Installation



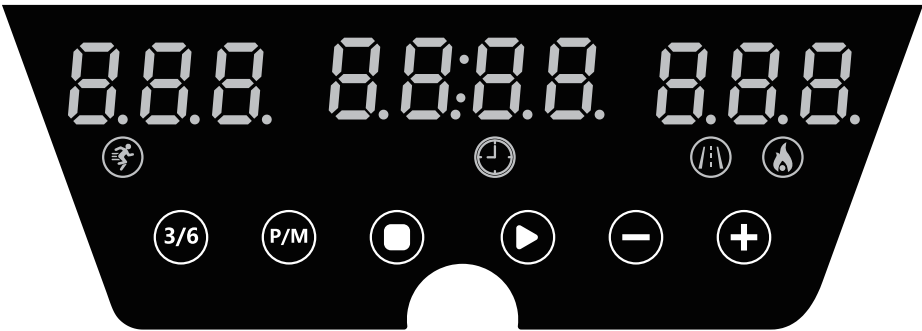
Attach the included Safety Key to the Safety Key Mounting Slot near the Display. Without it, the unit will not function.

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 (0.6 - 7.5 MPH / 1 - 12 KM/H)
◆ DISTANCE	Distance Traveled or Countdown Remaining Distance
◆ CALORIE	Calories Burned or Countdown Remaining Calories

2. Key Functions

-  After 3 seconds, the unit will start at 1 KM/H.
-  The speed will decelerate and stop at 0.
-  Speed Up.
-  Speed Down.
-  When the machine starts, set the speed to 3 KM/H; then press again to set it to 6 KM/H.



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 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

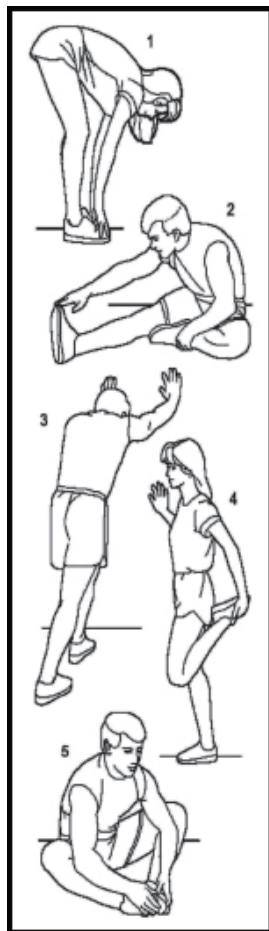
Place both hands on a wall or table, step one leg back, and stand. Keep the back leg straight, heel flat on the floor, and lean your weight forward toward the wall or table. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 3).

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).

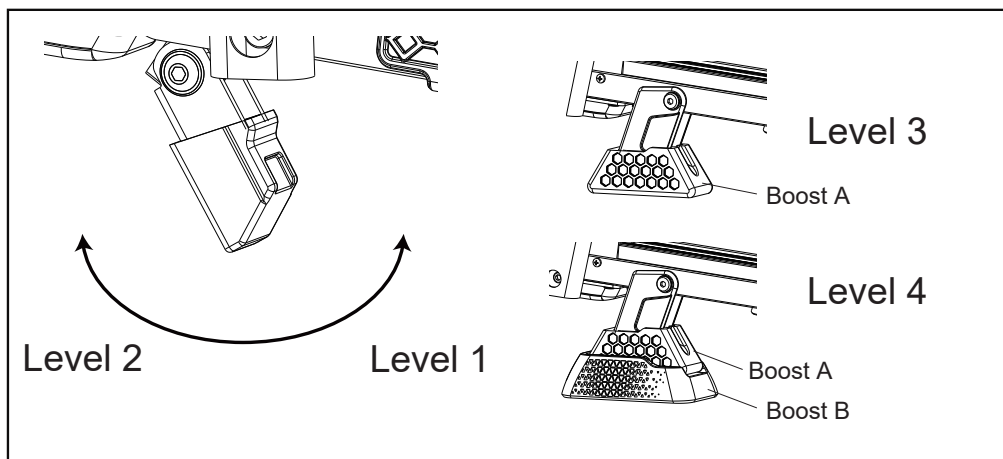
5. Adductors Stretch (Inner Thigh Muscles)

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).

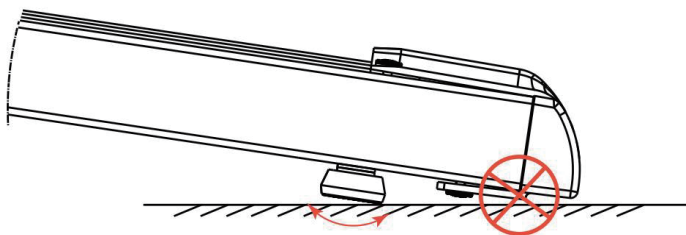


8. Incline Adjustment Method

Four levels of incline allow you to adjust the training intensity.



Rotate to adjust the height from the ground and prevent the rear guard from touching the floor.



Level 1(Initial Position):

1. The treadmill is set to the Level 1 incline position by default.

Level 2:

1. Pull up the two adjustment levers at the rear of the main unit.
2. While keeping the levers lifted, adjust the treadmill to the Level 2 incline position.
3. Release the levers and confirm that the main unit is fully locked.

Level 3:

1. Install the two adjustment levers into Boost A. Adjust the treadmill to the Level 3 incline position.

Level 4:

1. Install Boost A into Boost B. Adjust the treadmill to the Level 4 incline position.

9. 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.

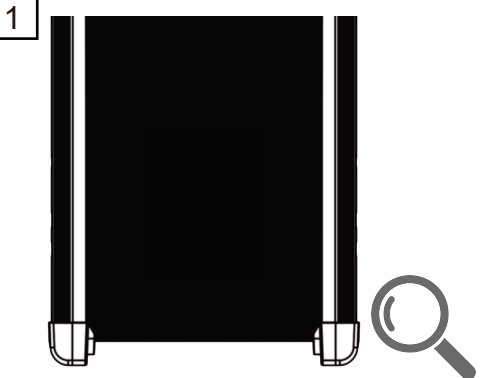
Check: Turn on the power, run the belt at a speed of approximately 3-5 KM/H , and check if it runs straight.



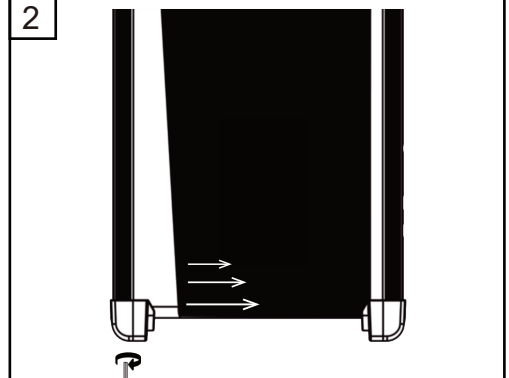
Please perform the adjustment with the power turned off and the plug unplugged.
Adjustment Tips: For each adjustment, turn no more than a 1/4 rotation.
After adjustment, turn on the power, run it at low speed, and check the condition.

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.

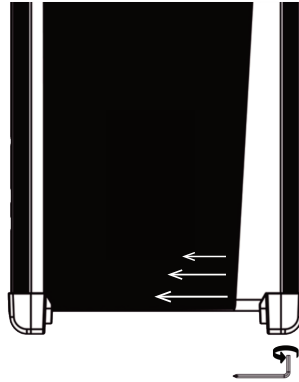


Check the deviation direction: Check which direction the belt is shifting.



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.

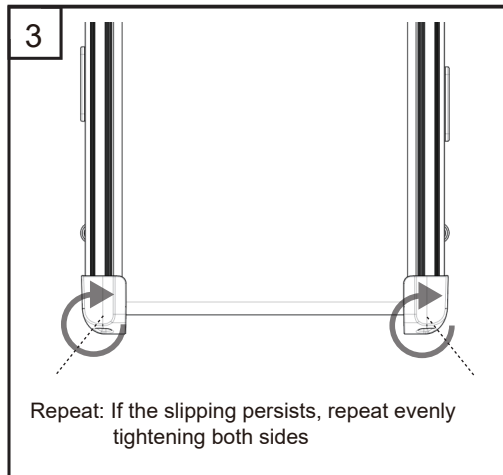
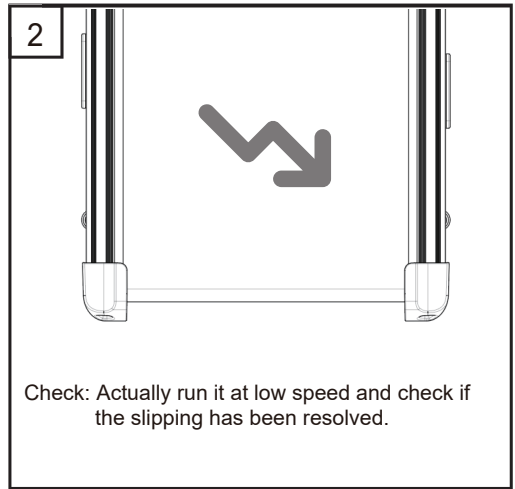
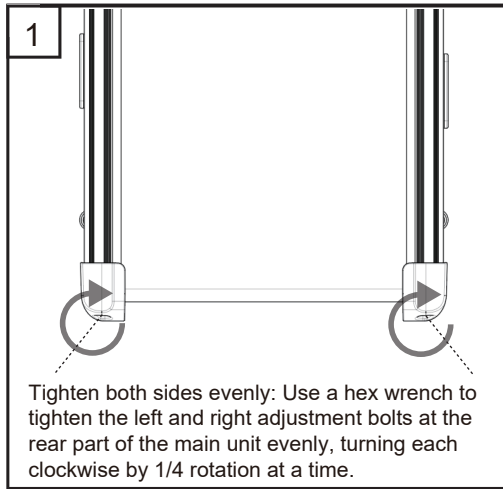
3



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.

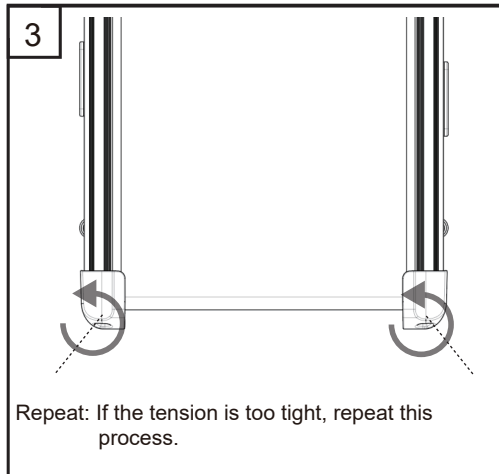
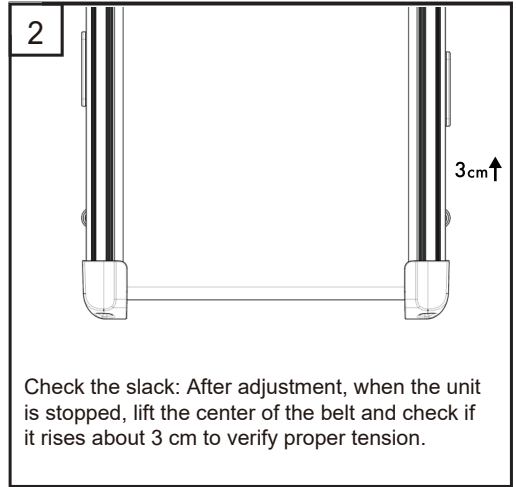
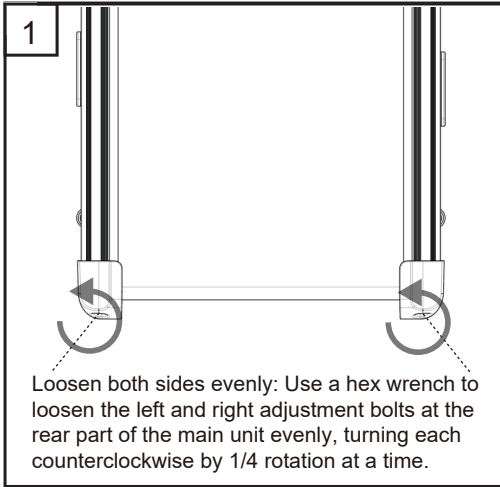
Case 2: If the belt slips or pauses

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 stiff with no slack, and the motor feels overloaded.



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



10. Troubleshooting

Error Description	Cause	Recommended Action
Treadmill no display	1. Power cord not plugged in or no power supply. 2. Unit power switch turned off. 3. Overload protector tripped. 4. Drive controller damaged. 5. Poor contact or open circuit of signal wire between console and drive controller. 6. Console damaged.	1. Plug the power cord into the socket or check if the socket has power. 2. Flip the power switch to the ON position. 3. Press the overload protector to reset. 4. Replace the drive controller. 5. Unplug and reinsert the connectors of relevant signal wires, or replace the signal wires. 6. Replace the console.
Console shows power but no backlight display	Poor contact of backlight wiring or damaged backlight screen.	Reconnect the backlight wiring, or replace the backlight screen or console.
Incomplete display or missing segments on the console	1. Cold solder joints of components on the console. 2. Faulty display driver IC of the console.	Repair or replace the console.
Console shows --- or ----	1. Safety key detached. 2. Poor connection between safety key and console, or faulty safety key sensor. 3. Poor contact or damaged signal wire between console and drive controller.	1. Place the safety key on the yellow magnetic suction position of the console. 2. Reconnect the connecting wire or replace the safety key sensor. 3. Unplug and reinsert all signal wire connectors, or replace the signal wire.

Error Code	Error Description	Cause	Recommended Action
E01	Communication Failure	1. Poor contact or damaged signal wire between console and drive controller. 2. Fault in communication circuit of the console. 3. Fault in communication circuit of the drive controller.	1. Unplug and reinsert all signal wire connectors, or replace the signal wire. 2. Replace the console. 3. Replace the drive controller.
E02	Overcurrent Protection Fault	1. Motor coil overheated and damaged after long-term overload operation 2. Faulty drive controller 3. Sudden heavy foot stop	1. Replace the motor 2. Replace the drive controller. 3. Power off and restart before reuse.
E03	Overload protection triggered, or two / all three motor phase wires disconnected	1. Sudden heavy foot stop 2. Treadmill overload 3. Two or all three motor phase wires disconnected 4. Motor coil overheated and damaged due to prolonged overload operation 5. Faulty drive controller	1. Power off then power on again before reuse. 2. Check if the treadmill belt is stuck. 3. Reconnect the motor wires to the drive controller. 4. Replace the motor. 5. Replace the drive controller.
E10	Overheat Protection	1. Motor operated under overload for a long time. 2. Faulty drive controller.	1. Stop using for a period to cool down the motor, then power on again for use. 2. Replace the drive controller.
E11	Low Voltage Protection	1. AC power supply voltage too low. 2. Faulty drive controller.	1. Check AC power supply voltage. 2. Replace the drive controller.
E12	Overvoltage Protection	1. Excessively high AC supply voltage. 2. Faulty drive controller.	1. Check AC power supply voltage 2. Replace the drive controller

Error Code	Error Description	Cause	Recommended Action
E14	Phase Loss Fault	1. Motor phase wires disconnected 2. False alarm caused by sudden heavy foot stepping on treadmill 3. Faulty motor 4. Faulty drive controller	1. Reconnect phase wires to the drive controller 2. Power off and restart for reuse 3. Replace the motor 4. Replace the drive controller
E16	Drive Controller Fault	1. Faulty drive controller.	1. Replace the drive controller.

11. 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 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: service_sports@163.com

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