# 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: issue-help@outlook.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.

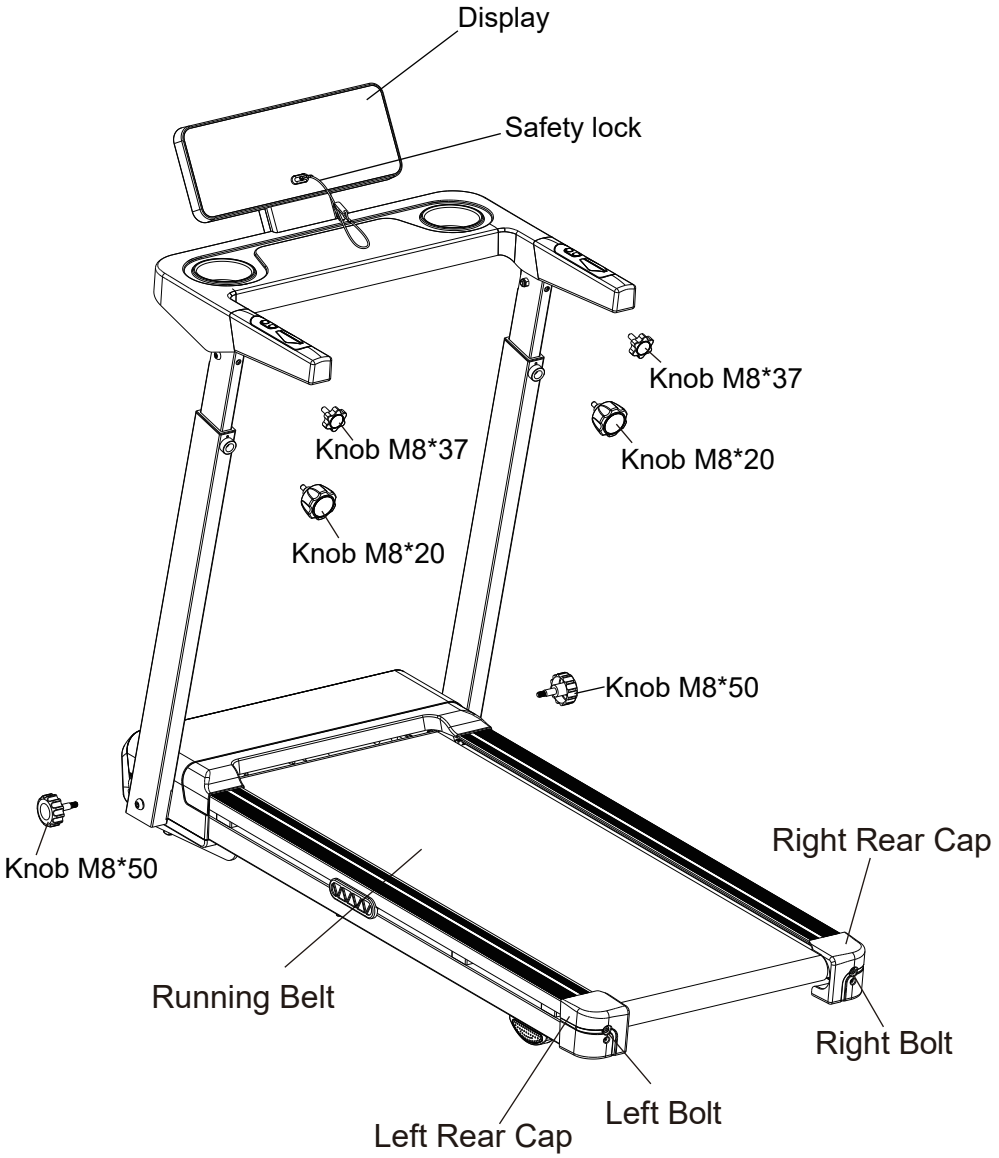
# 2. Safety Precautions

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**<br>· Do not use in wet or humid areas under any circumstances.<br>· Do not damage the power cord or place it near heat sources.<br>· Be sure to unplug the power plug during maintenance.<br>**Handle with at least two adults.**<br>· Be sure to have at least two adults move or unpack the main unit. |
|  | Prohibited | **Injury Prevention**<br>· Please ensure children and pets do not play around the machine.<br>**Prohibited Forced Operation**<br>· Do not disassemble or modify the product under any circum stances – this may cause serious malfunctions or accidents.<br>**User's Health**<br>· Individuals with chronic illnesses, pregnant individuals, or the elderly should consult a physician before use.<br>· If you feel unwell during training, stop immediately. |
|  | Caution | **Power Check**<br>· Do not bend the power cord or place it near heat sources. before use, check that the power plug is firmly connected.<br>**Correct Installation and Use**<br>· Install on a flat and stable surface.<br>· Ensure adequate space.<br>· Use a dedicated power outlet. Do not share it with other devices.<br>**Health Status Check**<br>· Individuals with chronic illnesses or pregnant individuals should consult a physician before use. |

# 3. Names of Each Part and Accessories

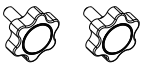
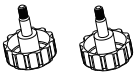
## ● Product Diagram



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 |  | Hex Wrench 6mm | 1 |
| 4 |  | Knob M8*20 | 2 |
| 5 |  | Knob M8*37 | 2 |
| 6 |  | Knob M8*50 | 2 |

# 4. Assembly Instructions

Assembly work must be performed by two or more adults.

STEP 1

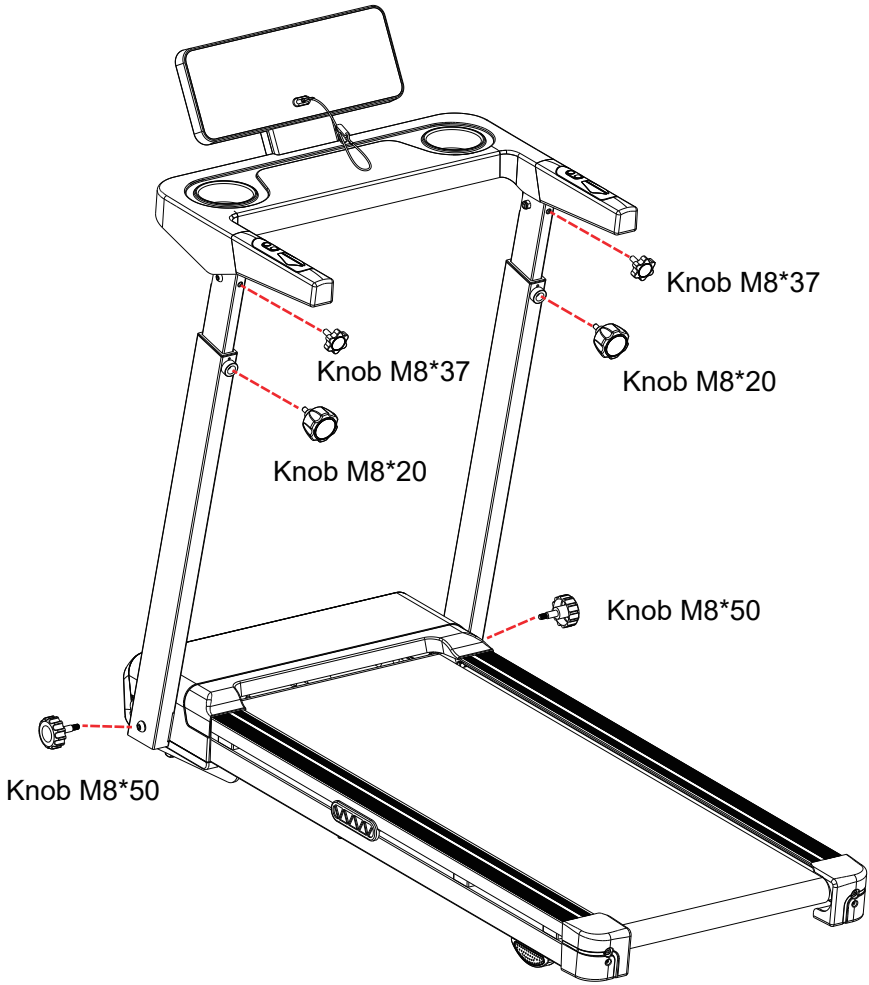
1. Before installation, verify that all parts are complete.

STEP 2

1. Fix the column to the frame with two M8*50 knobs.
2. Hold the connection point between the dial and the column with both hands; adjust to a height suitable for your movement.

STEP 3

1. Align the upper and lower column holes, lock the left and right columns separately with M8*20 knobs.
2. Fix the dial to the column with two M8*37 knobs.
3. Adjust the display screen to the desired angle.

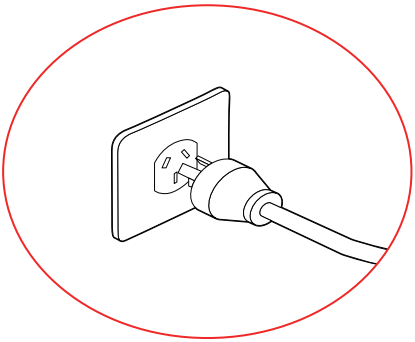



**Installation has been completed!**

# 5. Quick Start Guide

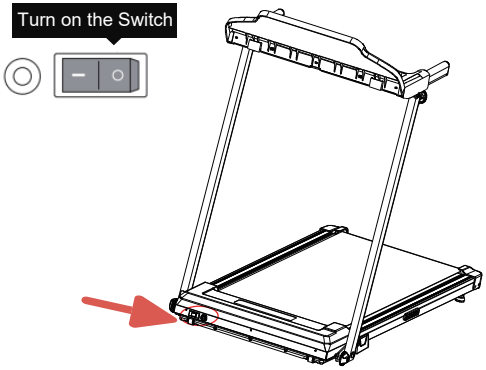
Assembly requires two or more adults.

## Step 1: Power Connection



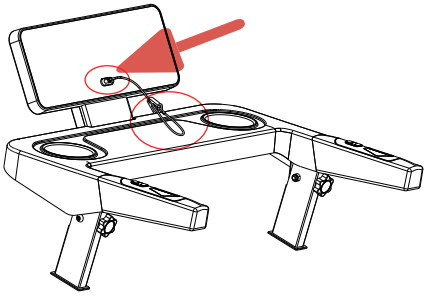
Connect the Power Adapter to the Main Unit and the electrical outlet.

## Step 2: Turn on the Power Switch



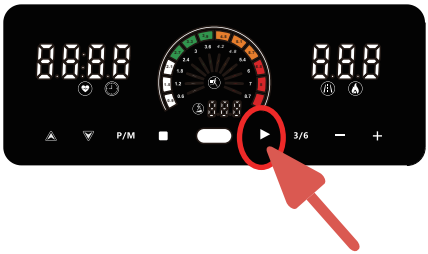

Switch the Power Switch located on the front of the Main Unit's lower part to the "ON" position.

## Step 3: Safety Key Installation



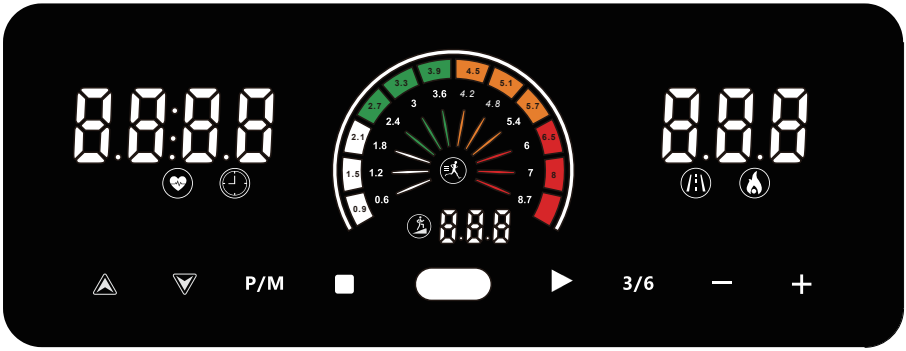
Attach the included Safety Key to the Safety Key Mounting Slot near the Display. Without it, the unit will not function.

## 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 (0.6 - 8.7 MPH / 1.0 - 14.0 KM/H) |
| ◆ DISTANCE | Distance Traveled or Countdown Remaining Distance |
| ◆ CALORIE | Calories Burned or Countdown Remaining Calories |
| ◆ HEART RATE | Current Heart Rate (30-199 bpm) |
| ◆ INCLINE | Current Incline Range (0-20 level ) |

## 2. Key Functions

- After 3 seconds, the unit will start at 0.6 MPH.
- The speed will decelerate and stop at 0.
- 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.

 With the unit running, Switch the speed to 3 MPH.
Switch the speed to 6 MPH.

 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 | 0.6 | 0.6 | 1.2 | 1.2 | 1.8 | 1.2 | 2.4 | 2.4 | 2.4 | 1.2 | 2.4 | 2.4 | 1.2 | 1.2 | 1.2 | 0.6 | 1.2 | 2.4 | 1.2 | 0.6 |
| P02 | Speed | 0.6 | 1.2 | 1.2 | 1.8 | 2.4 | 1.2 | 3.6 | 3.6 | 3.6 | 1.2 | 3.6 | 3.6 | 1.2 | 1.2 | 1.2 | 0.6 | 2.4 | 2.4 | 1.2 | 0.6 |
| P03 | Speed | 0.6 | 1.2 | 1.2 | 2.4 | 2.4 | 1.2 | 4.8 | 4.8 | 4.8 | 1.2 | 4.8 | 4.8 | 1.2 | 1.2 | 1.2 | 0.6 | 2.4 | 1.2 | 1.2 | 0.6 |
| P04 | Speed | 0.6 | 2.4 | 2.4 | 2.4 | 2.4 | 2.4 | 2.4 | 1.2 | 1.2 | 0.6 | 0.6 | 1.2 | 4.8 | 2.4 | 2.4 | 2.4 | 2.4 | 2.4 | 1.2 | 0.6 |
| P05 | Speed | 1.2 | 1.2 | 2.4 | 3.6 | 2.4 | 2.4 | 4.8 | 2.4 | 2.4 | 4.8 | 4.8 | 2.4 | 2.4 | 2.4 | 4.8 | 2.4 | 3.6 | 2.4 | 1.2 | 1.2 |
| P06 | Speed | 1.2 | 4.8 | 4.8 | 3.6 | 4.8 | 2.4 | 4.8 | 2.4 | 1.2 | 0.6 | 2.4 | 1.2 | 3.6 | 2.4 | 2.4 | 2.4 | 4.8 | 2.4 | 1.2 | 1.2 |
| P07 | Speed | 1.2 | 1.2 | 2.4 | 2.4 | 4.8 | 2.4 | 4.8 | 3.6 | 2.4 | 2.4 | 2.4 | 2.4 | 2.4 | 3.6 | 4.8 | 3.6 | 2.4 | 2.4 | 2.4 | 1.2 |
| P08 | Speed | 1.2 | 2.4 | 2.4 | 3.6 | 4.8 | 4.8 | 3.6 | 4.8 | 1.2 | 3.6 | 3.6 | 1.2 | 3.6 | 3.6 | 4.8 | 3.6 | 4.8 | 3.6 | 2.4 | 1.2 |
| P09 | Speed | 2.4 | 3.6 | 1.2 | 3.6 | 3.6 | 3.6 | 4.8 | 4.8 | 2.4 | 4.8 | 2.4 | 3.6 | 2.4 | 3.6 | 4.8 | 4.8 | 3.6 | 3.6 | 2.4 | 1.2 |
| P10 | Speed | 2.4 | 2.4 | 1.2 | 4.8 | 4.8 | 4.8 | 4.8 | 4.8 | 1.2 | 4.8 | 2.4 | 1.2 | 3.6 | 4.8 | 3.6 | 3.6 | 4.8 | 3.6 | 2.4 | 1.2 |
| P11 | Speed | 2.4 | 4.8 | 2.4 | 4.8 | 3.6 | 2.4 | 2.4 | 4.8 | 2.4 | 4.8 | 4.8 | 2.4 | 2.4 | 2.4 | 2.4 | 2.4 | 3.6 | 4.8 | 4.8 | 0.6 |
| P12 | Speed | 2.4 | 2.4 | 3.6 | 4.8 | 0.6 | 4.8 | 4.8 | 4.8 | 4.8 | 4.8 | 4.8 | 4.8 | 3.6 | 4.8 | 4.8 | 0.6 | 4.8 | 4.8 | 4.8 | 0.6 |

PS: Speed: MPH

# 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.

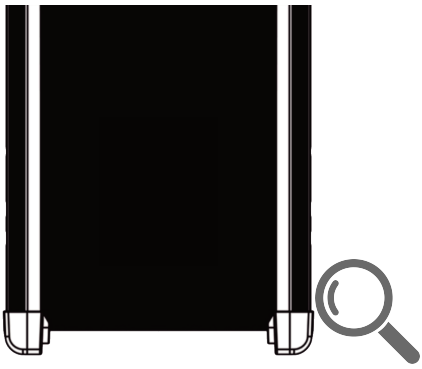
Check: Turn on the power, run the belt at a speed of approximately 2-3 MPH , and check if it runs straight.

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

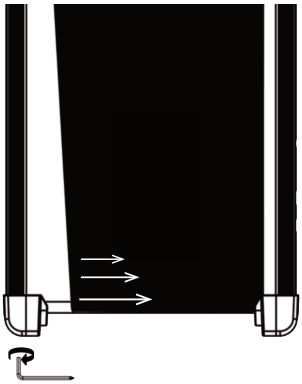
Symptom: The belt shifts left or right, rubs against the main unit frame, and produces abnormal noise.

1



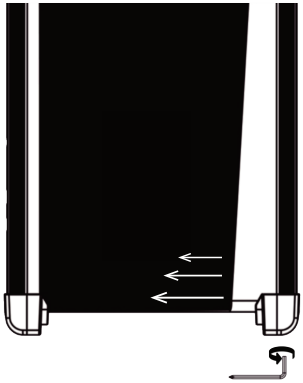
Check the deviation direction: Check which direction the belt is shifting.

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

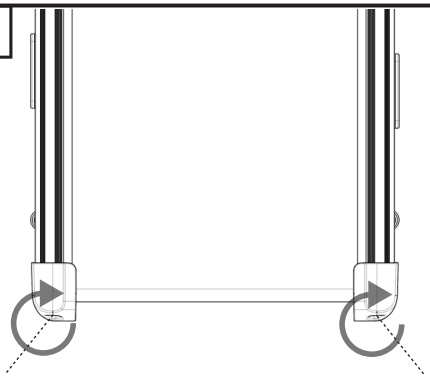


Tighten the opposite side: If the belt shifts to the left, use a hex wrench to turn the right adjustment bolt clockwise by 1/4 rotation and tighten it. If it shifts to the right, turn the left adjustment bolt clockwise by 1/4 rotation and tighten it.

## Case 2: If the belt slips or pauses

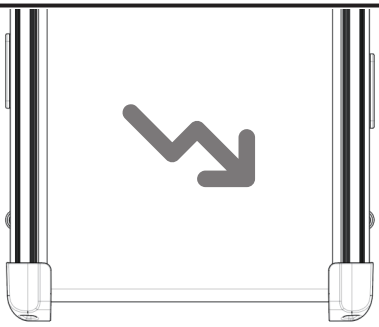
Symptom: While walking or running, the belt slips under your feet, or the belt stops even though the motor is running.

1



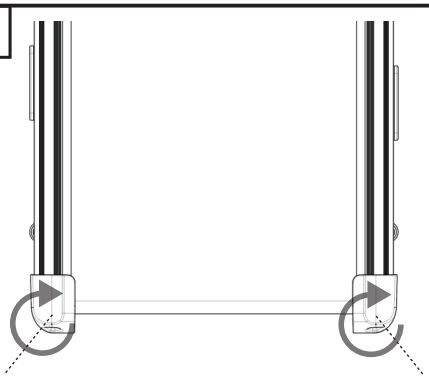
Tighten both sides evenly: Use a hex wrench to tighten the left and right adjustment bolts at the rear part of the main unit evenly, turning each clockwise by 1/4 rotation at a time.

2



Check: Actually run it at low speed and check if the slipping has been resolved.

3

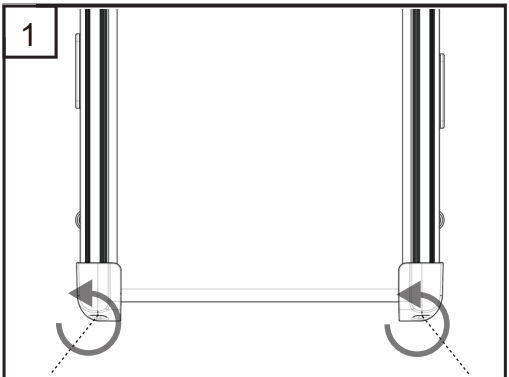


Repeat: If the slipping persists, repeat evenly tightening both sides

## Case3: If the belt is over-tightened

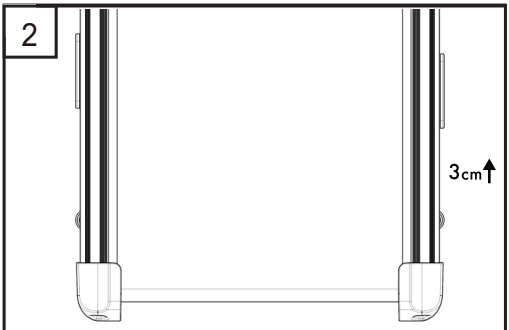
Symptom: The belt is extremely stiff with no slack, and the motor feels overloaded.

1



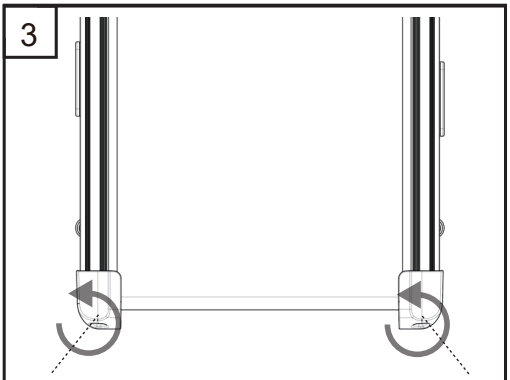
Loosen both sides evenly: Use a hex wrench to loosen the left and right adjustment bolts at the rear part of the main unit evenly, turning each counterclockwise by 1/4 rotation at a time.

2




Check the slack: After adjustment, when the unit is stopped, lift the center of the belt and check if it rises about 3 cm to verify proper tension.

3



Repeat: If the tension is too tight, repeat this process.

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

# 9. Troubleshooting

## Error Code Reference Table

| Error Code | Description | Recommended Action |
|---|---|---|
| E01 | 1. The main connection line interface of the upper and lower controllers is loose.<br>2. The controller main connecting wires are damaged.<br>3. Display panel damaged.<br>4. Controller damaged. | 1. Strengthen the connection line interface.<br>2. Replace the main connecting wire.<br>3. Replace the display panel.<br>4. Replace controller. |
| E03 | 1. Voltage Instability.<br>2. Controller damaged. | 1. Using a voltage regulator.<br>2. Replace controller. |
| E05 | 1. Exceeding the rated current of the motor.<br>2. Motor assembly issues. | 1. Used within the rated operating current range of the motor.<br>2. Check if the treadmill structure is normal. |
| E06 | 1. The motor connecting wire is not connected or loose.<br>2. Main motor damaged.<br>3. Controller damaged. | 1. Strengthen the motor connection wire.<br>2. Replace motor.<br>3. Replace controller. |
| E07 | 1. Safety lock not connected or internal magnet detached.<br>2. Display malfunction. | 1. Reposition the safety lock or magnet.<br>2. Replace Display panel. |
| E08 | 1. Connection wire between the upper controller and the safety lock is loose.<br>2. Safety lock armrest button board malfunction.<br>3. The upper controller is damaged. | 1. Strengthen the connection line interface.<br>2. Replace armrest button board.<br>3. Replace the controller. |
| E09/0C | 1. Controller is damaged. | 1. Replace the controller. |
| E | 1. Faulty driver. | 1. Replace the driver. |

# 10. Product Specifications and Warranty

| Item | Specifications |
|---|---|
| Rated Voltage | 110-120 V |
| Frequency | 60 Hz |
| Speed Range | 0.6-8.7 MPH (1-14 KM/H) |
| Max User Weight | 400LBS/181KGS |
| Max Power | 3.5HP |
| 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: issue-help@outlook.com

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