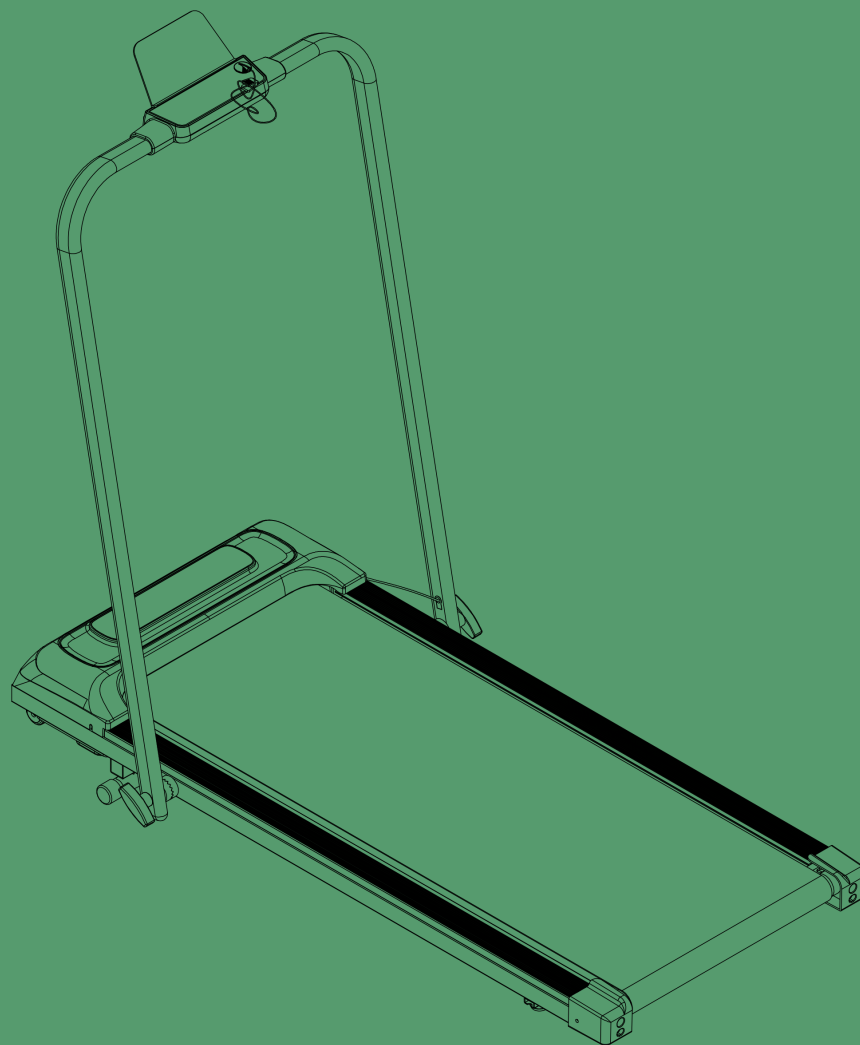


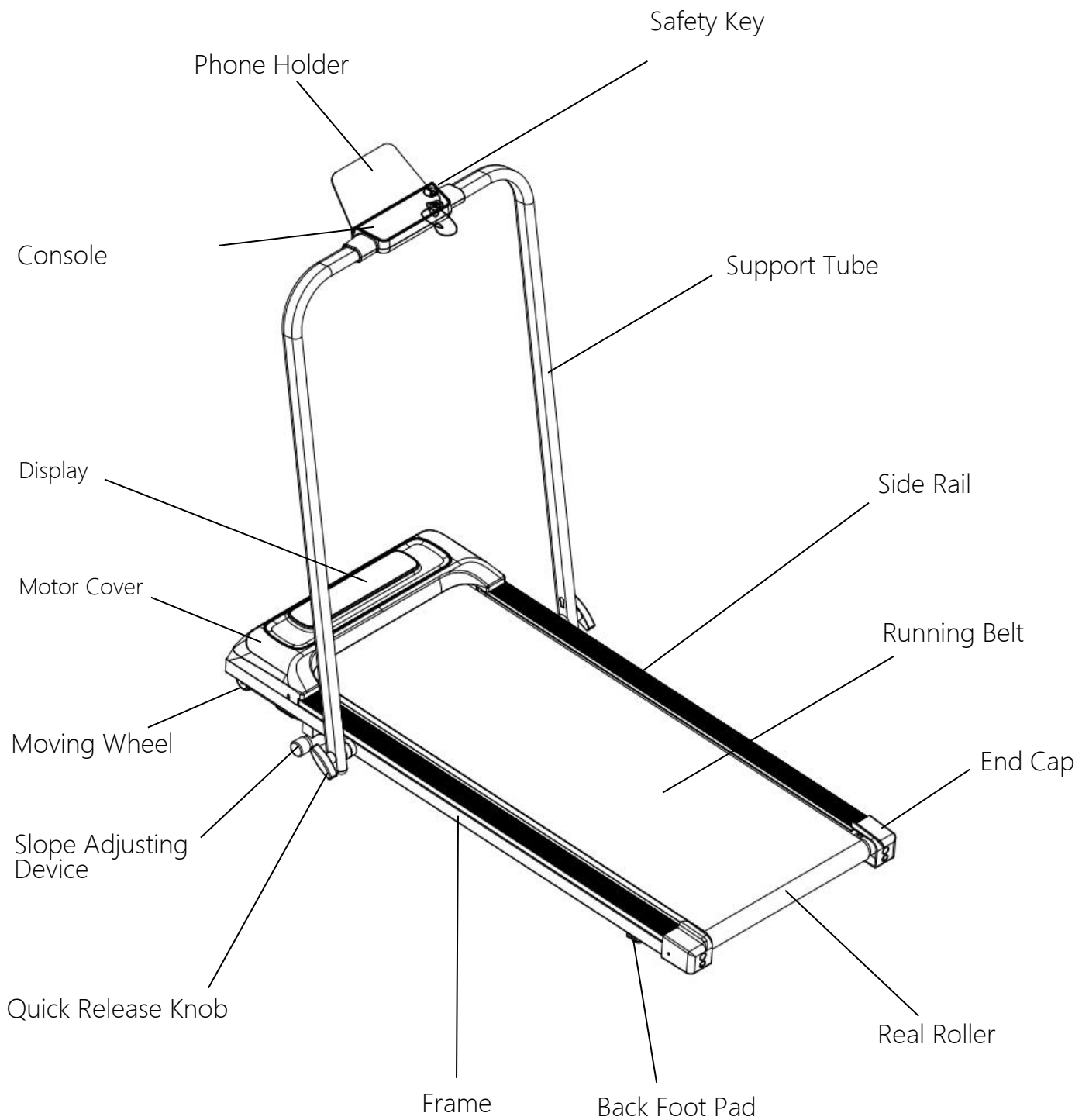
WALKING/JOGGING TREADMILL



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Product Instruction



Safety Cautions and Warnings

Caution! Please read this manual carefully before using the product and take care follow issues:

- This treadmill should be used indoor, do not let this product be soaked and keep it away from water, do not put other things on the treadmill.
- Please take the proper sports gear and do warming up before use the treadmill, do not use the treadmill on bare feet.
- Power plug must be grounded and use dedicated circuit, do not share circuit with other electric equipment.
- Kids should stay away from the treadmill to avoid unexpected situation.
- Do not use the treadmill overload and over time, or the motor, control panel, bearing, running belt and board's life will be greatly shorten. Should do the regular maintenance to keep treadmill in good state.
- Reduce dust and keep certain humidity indoor to prevent electronic and control devices from interference by static electricity.
- Please turn off the treadmill after using.
- Please make sure air circulation when you are using the treadmill, also clamp the emergency switch to your cloth to make sure the treadmill can be stopped if meet unexpected situation.
- Please stop doing exercise if you feel uncomfortable and consult your doctor.
- Please keep the silicone oil away from kid after using to avoid eating accident.

Warning! To avoid accident and injured, please follow bellowing issues:

- Please check your sport gear and make sure the zipper is lock.
- Do not wear cloth which is easy to be hooked by treadmill.
- Do not put the power cord near heat source.
- Do not let kid play with or play near treadmill.
- Do not use the treadmill outdoor.
- Must unplugged the treadmill before moving it.
- Never try to disassembly the product if you are not professional maintainer, or it will cause very bad consequence.
- Only one person use it at one time, do not use it with two people and more.
- Please stop doing exercise if you feel dizzy, Chest pain, nausea, or shortness of breath, and consult your fitness coach or doctor.

Warning! Must follow!

Please consult your doctor if you are under therapy or have any one of following issues:

1. If you are suffering waist pain or hurt leg, waist or neck before, or have perceived obstacle to leg, waist, neck and hand(also include disc herniation, Spondylolisthesis, Cervical protrusion)
2. Deformed arthritis, rheumatism, gout
3. Osteoporosis or bone abnormality
4. Circulatory system disorder(heart disease, vascular disease, high blood pressure)
5. Respiratory organs disorder

6. Implant cardiac pacemaker or other electronic equipment
7. Malignant tumor
8. Thrombosis, serious arterial lipoma, acute venous lipoma and other blood circulation diseases or skin infections
9. Perceived obstacle caused by diabetes
10. Wounded on skin
11. Sick or fever(38°C or higher temperature)
12. Spine abnormality or bending
13. Pregnant women or women are in the menstrual period
14. Unhealthy and need rest
15. Obvious bad condition
16. For physical recovery purpose
17. Other bad feeling expect above situations

All issues above may cause unexpected condition and may harm body. Please stop doing exercise if you feel waist pain, dizzy, Palpitations or other abnormal feeling, consult your fitness coach or doctor.

Do not let kid to use this product. Kid should be keep away from the product, or it may caused unexpected hurting risk.

Please make sure no other people or pets around the product when taking, packing or sliding it.

Forbidden

Never use if you found the shell is broken and off (inside parts are exposed) or welding point is broken. Or it may cause unexpected condition.

Never jump on and off the product when you are using, it may cause falling and injured.

Never store the product outdoor, near bathroom or any place where is damp.

Never use or store the product under direct sunlight, near stove, electric blanket or other heating supply equipment, or it may cause electric shock or fire accident.

Never use the product when you found power cord or plug is broken or socket slack, or it may cause electric shock, short circuit or fire accident.

Never break or twist the power cord, also never put things on the wire to avoid electric shock or fire accident.

Never use the product with two or more people at the same time, keep others way when using the product, or it may cause unexpected situation or falling accident.

Never use the product if user can not express self conscious or can not operate the product by himself/herself. Or it may cause unexpected situation.

Keep the product away from water or other liquid, especially the main base. Or it may cause electric shock or fire accident.

Never do intense exercise if you don't exercise usually. Do not use it after meals, fatigue, or other uncomfortable state, or it may be harm to your health.

This product is only for home use, never use it at school, stadium or other public place, or it may cause unexpected situations.

Never use the product if you are eating or doing other behavior, also never use it after drinking, or it may cause accident or injured.

Do not use it when feeling sluggish after drinking alcohol, as it may lead to accidents or injuries.

Never take your watch, bracelet, mobile phone and other valuable objects with you to

avoid damage, also take off your keys and knife to avoid hurting yourself.

Please check the power cord whether there is needle, garbage or other wet things before using to avoid electric shock, short circuit or fire accident.

Never touch the plug with wet hand to avoid electric shock.

Please turn the power switch to the off position and unplug the product if do not use it for a period to avoid electricity shock or fire accident caused by insulation deterioration.

Grounding Explanation

This product must be grounding, it can greatly reduce the risk of electricity shock when the product is dysfunction.

The plug of this product is grounding standard, please use local legal grounding power source to connect the product

Dangerous

It may cause electricity shock if the product is not grounding properly. Please ask professional electrician to check if you are not sure whether the grounding is correct.

Never modify the plug if it can not fit your power source, please ask professional electrician to install a proper power source.

Never use a transfer plug, this product must connect to power source with grounding function.

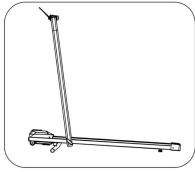
Parameter and Packing list

NO.	Parameter	Description
1	Input Voltage	110V, 60Hz
2	Running Size	16X40 inches
3	Expanded Speed	0.6-7.5MPH
4	Folded Speed	0.6-4MPH
5	Net Weight	50 Pounds
6	Gross Weight	59 Pounds
7	Functions	3 LED display, show time, speed, distance, calories, step
8	Remote	Remote control, start/stop/speed+/speed-

Packing list

No.	Name	Quantity	No.	Name	Quantity
1	Product	1	2	Spare Parts	1

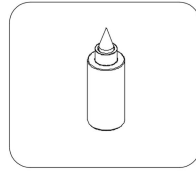
Spare Parts List



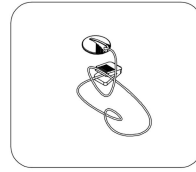
Product



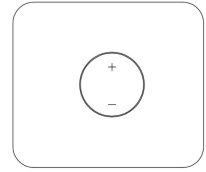
Remote Control



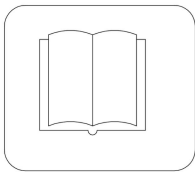
Silicone Oil



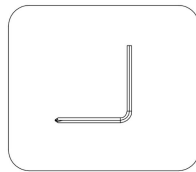
Emergency Stop
Device



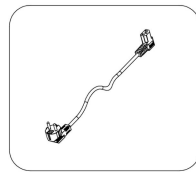
Battery



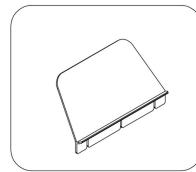
Manual



Allen Wrench (32#)



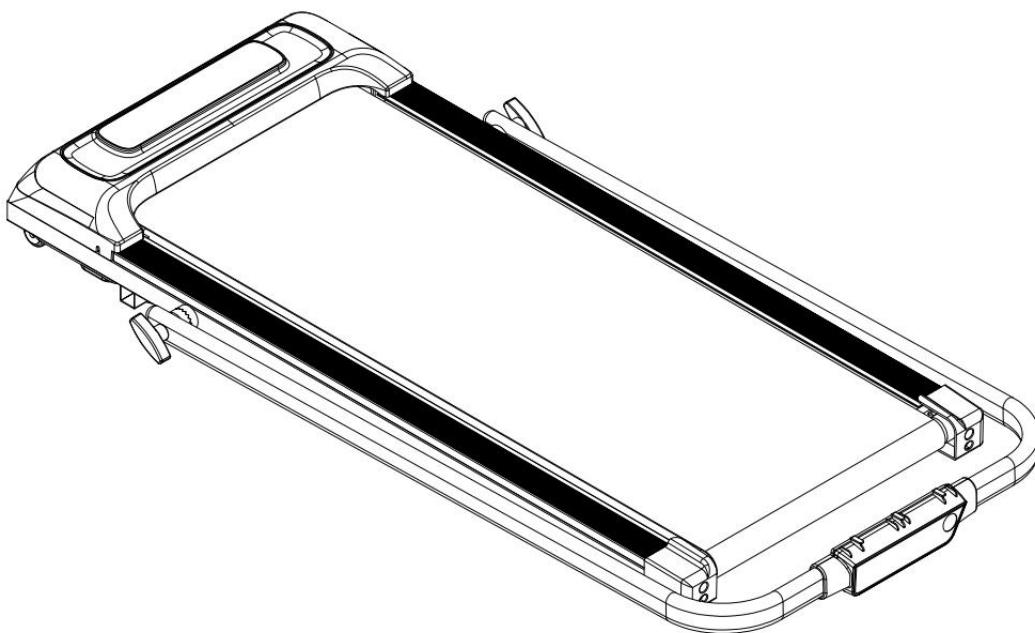
Power Cord



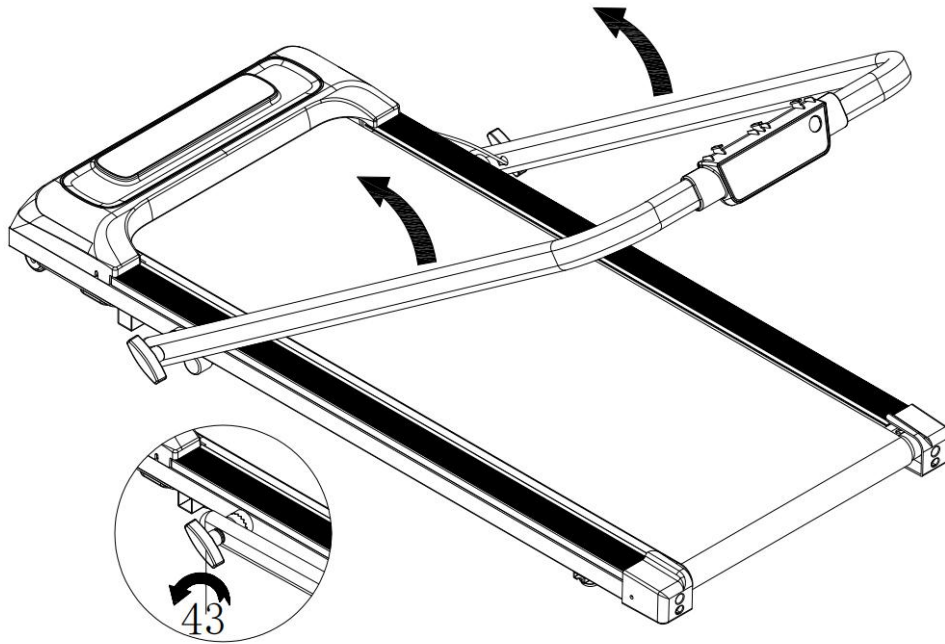
Phone Holder

Assembly Guidance

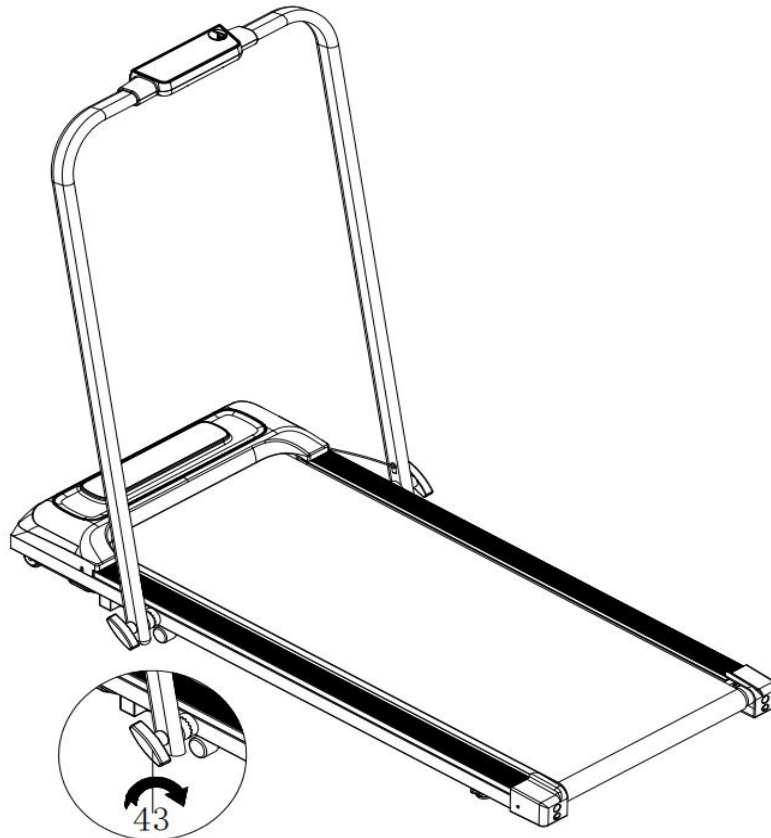
1. Take out the product from the package and take off the PE bag, then lay the product on the flat ground.



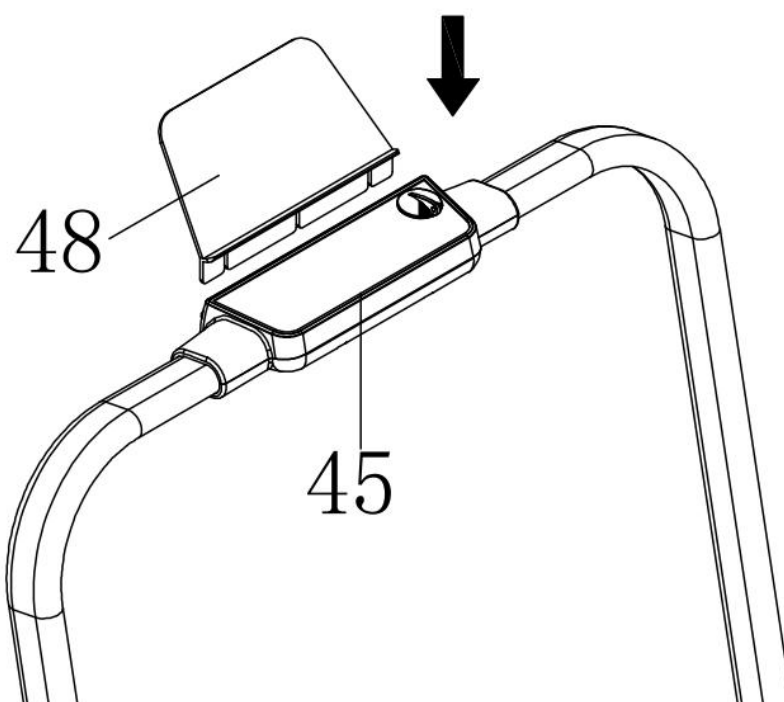
2. With both knobs (43) loosened, pull up the handlebar frame and push it towards the front of the treadmill.



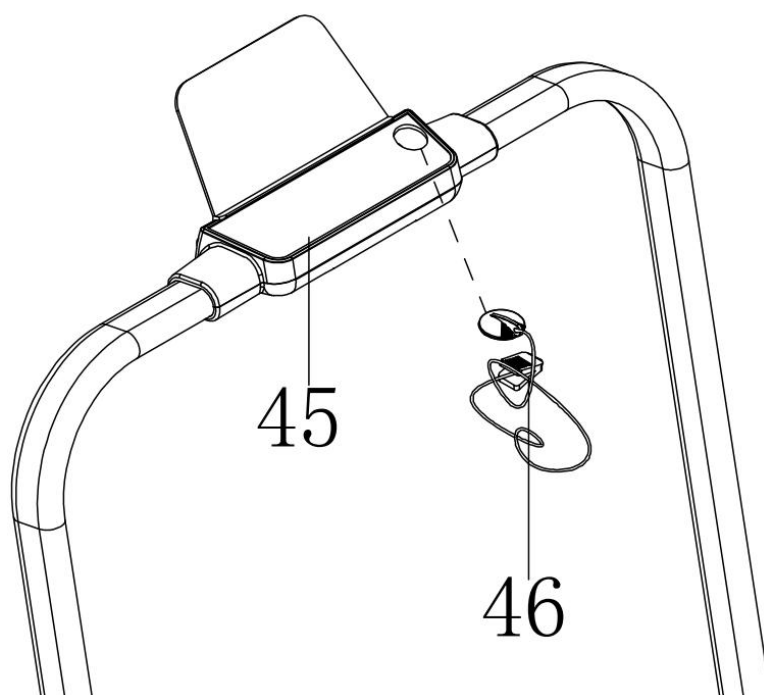
3. Once the correct position is achieved, tighten the two knobs(43) with to lock the handlebar frame in place.



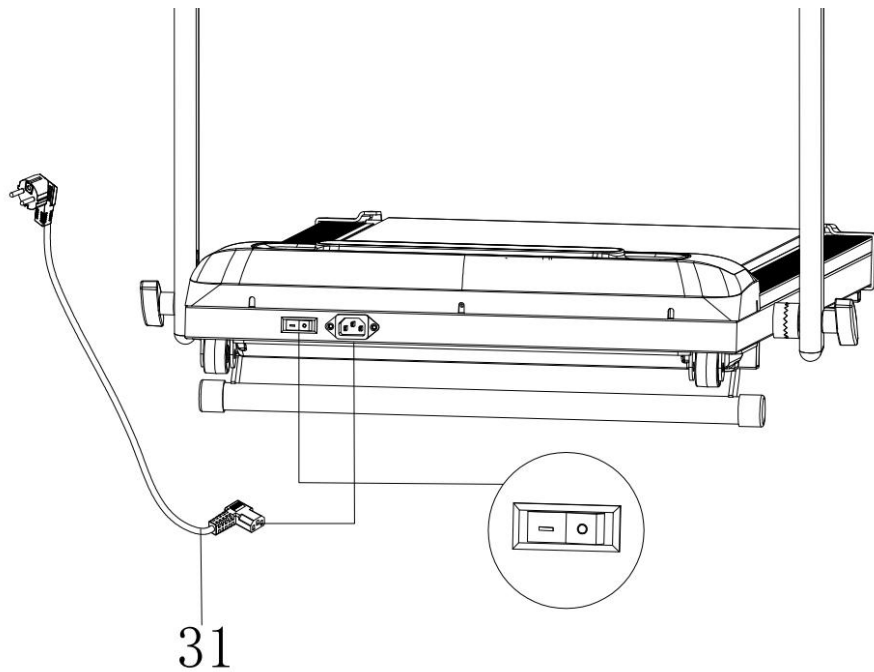
4.Put the Phone holder(48) on the console(45).



5.Put the safety key(46) on the console(45), then you can start to use the machine.

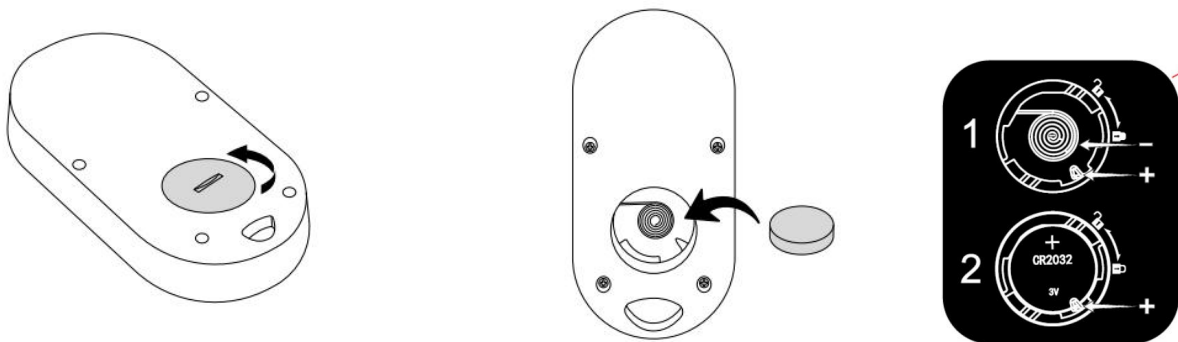


6. Take out the power cord(31) from the bag, insert the plug to the 110v power source and the other side to the terminal hole in the front of the base, put the switch to "—" then you can use the product when the indicator is on.



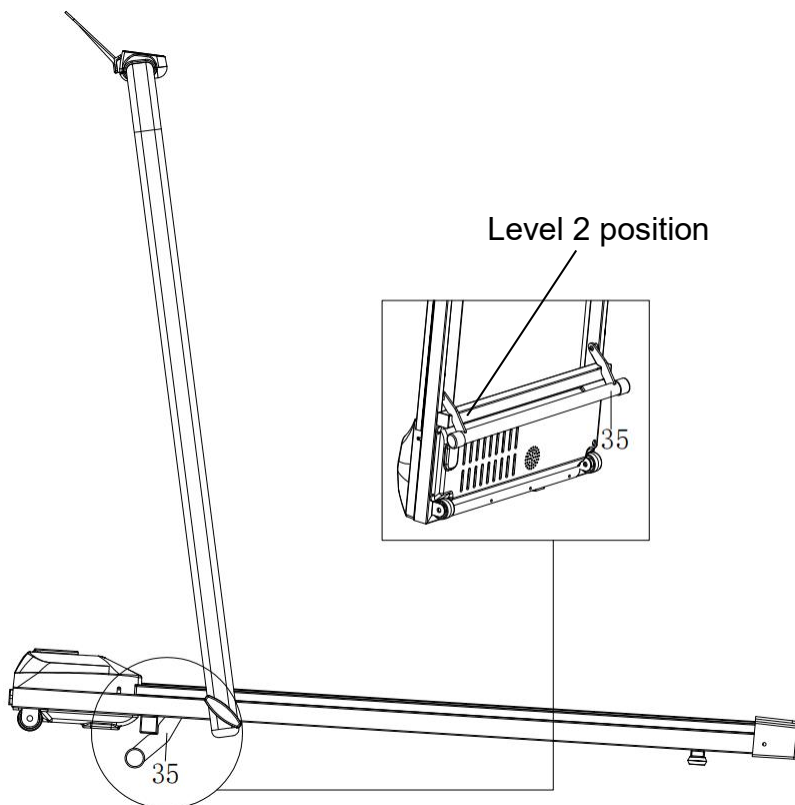
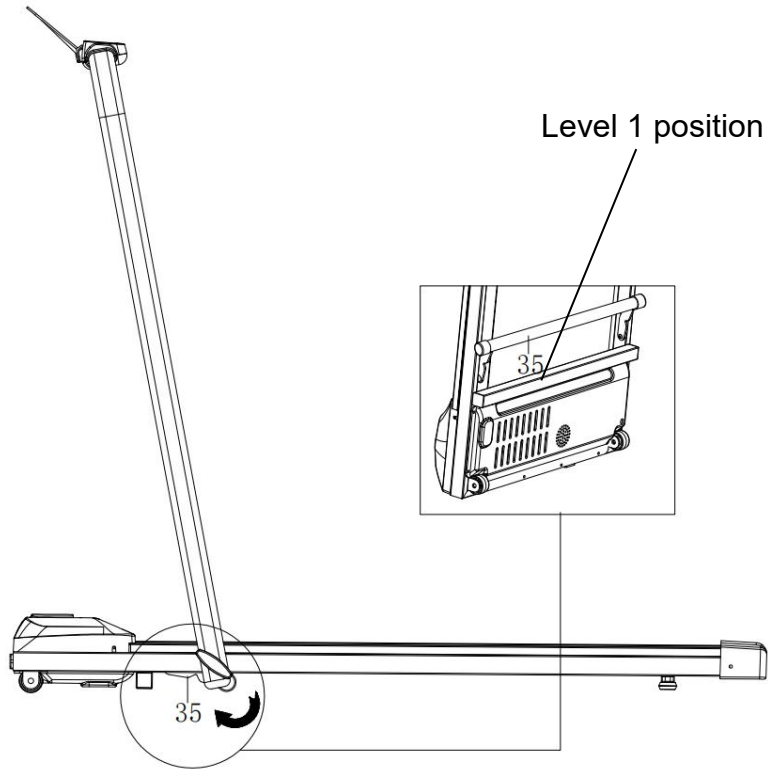
Set Up the Remote

1. Remove the CR2032 battery from the bag.
2. Open the battery compartment cover using a small coin or your fingernail to twist it counterclockwise.
3. Place the battery into the battery compartment, under the clip. The positive(+) side should face you.
4. Replace the battery compartment cover. Using the coin, twist it shut.



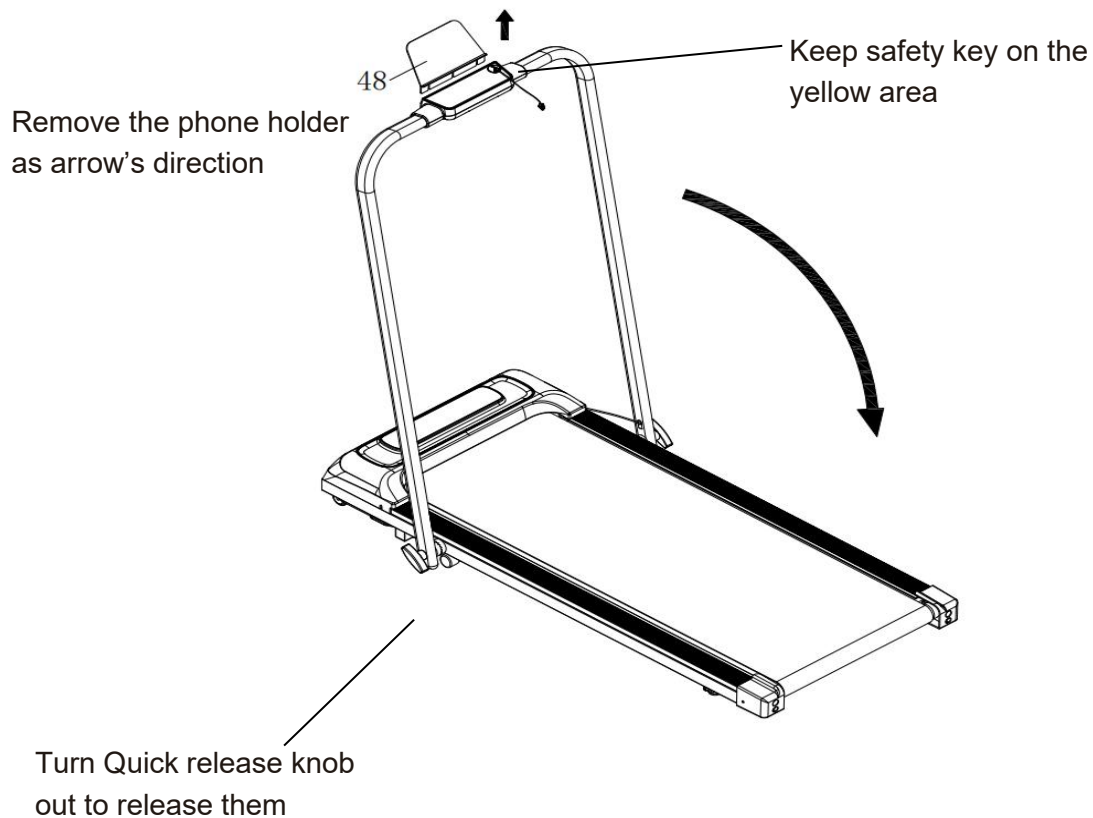
Slope Adjusting Instructions

Lift the treadmill and pull down the Slope adjusting tube(35) to adjust the incline level as above photo shows.

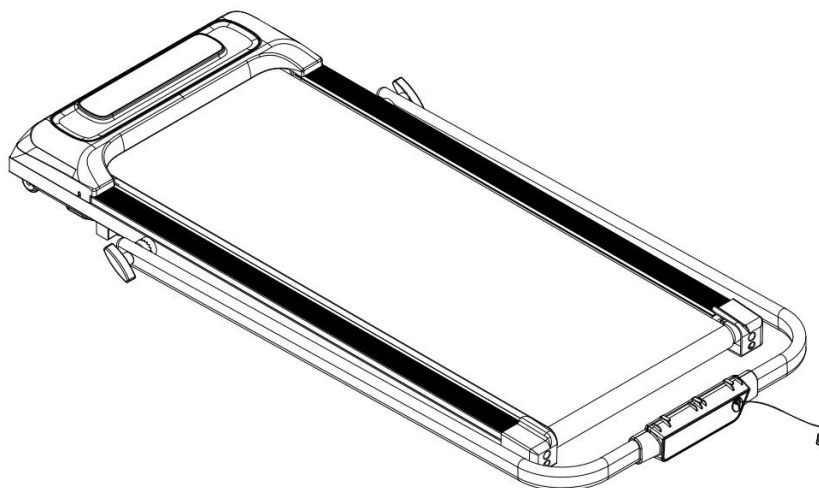


Folded Low Speed Function

1.Remove the phone holder, but keep emergency stop device on the yellow area.



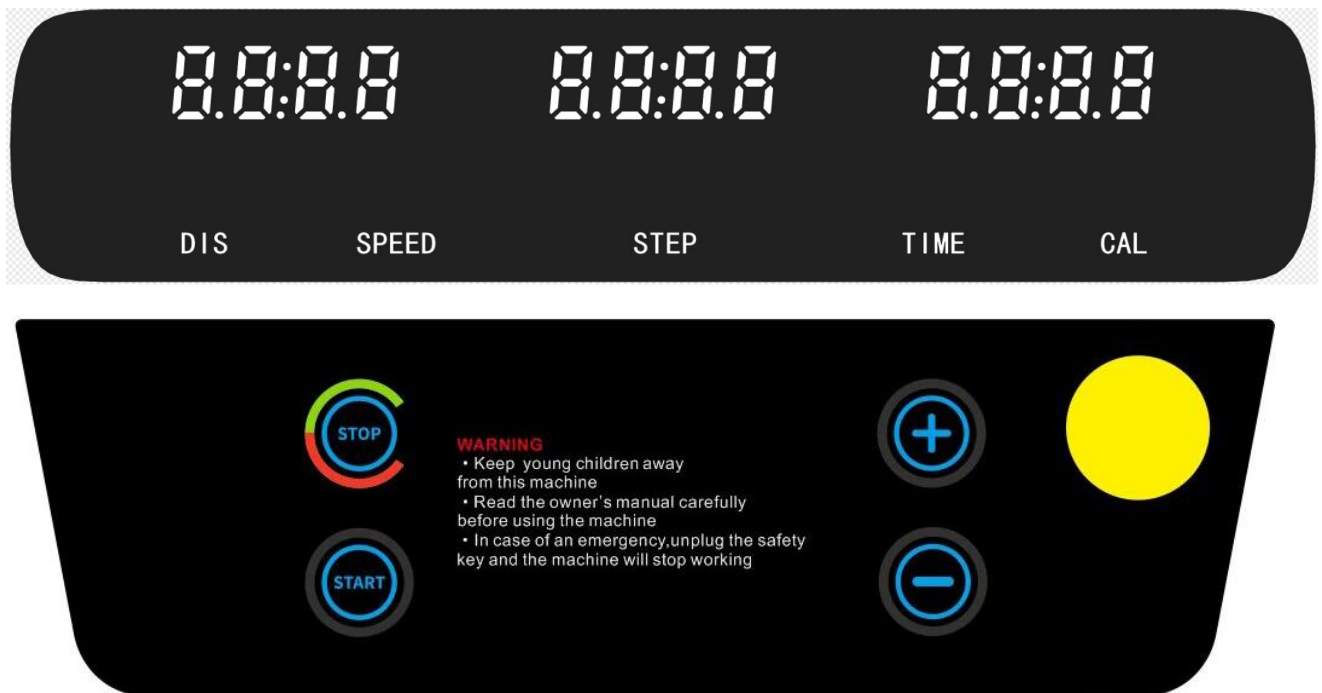
2.Turn Quick release knob out to release them, then hold the support tube and lay it down.



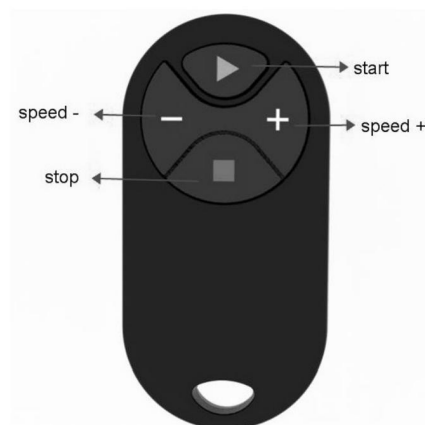
Remarks: This is the low speed mode, you can put the product in your office. The lowest speed is 0.6MPH, the highest speed is 4MPH. You should stand on the running belt first then use remote control to turn on the product. Never try to step on the product when the product is running, or it may cause damage.

Instruction Manual

1. Console Panel



2. Remote Control



- 2.1 Press  the triangle to start the treadmill. Press  the square to stop the treadmill.
- 2.2 SPEED"+": speed + button, at the running state, press it will be add 0.1MPH every time ,press it for a long time ,it will add the speed constantly.
- 2.3 SPEED"-": speed – button, at the running state, press it will decrease 0.1MPH every time, press it for a long time, it will decrease the speed constantly.

3. Display

- 3.1 Speed window: at the running state, it will show speed range: 0.6-7.5MPH.
At folded state, it will show the speed: 0.6-4MPH.
- 3.2 Calories window: at the running state, it will show calories.

- 3.3 Time window: at the running state, it will show running time.
- 3.4 Distance window: at the running state, it will show running distance.
- 3.5 Step window: at the running state, it will show step number.
- 3.6 Press the “START” button on the console to start the treadmill.
- 3.7 Press the “STOP” button on the console to stop the treadmill.
- 3.7 Press the “+” button on the console to increase the speed, press “-” button on the console to decrease the speed.

Trouble Shooting

Please Check the Error Signal Display Of the Window

Code	Problem	Possible Reason	Solution
E01	Display did not receive the signal	Cable connection	Check or replace the cables
		Display default	Replace the display
		Controller default	Replace the controller
E02	The problem between controller and motor	Motor connect wires did not connect well	Check that the motor wires are connected correctly
		No voltage output or abnormal voltage output of controller board	Replace the controller
		Motor default	Replace the motor
E03	The speed is abnormal	The photoelectric sensor is not properly assembled on the motor	Reassemble the sensor
		Poor photoelectric sensor	Replace the sensor
		Failure of controller board	Replace the controller
E04	Over Voltage	Input voltage too high	Adjust the voltage
		Motor default	Replace the motor
		Failure of controller board	Replace the controller
E05	Over Power Current	Power current too high	Adjust the power current
		Problems with the assembly structure of the treadmill and the motor cause motor resistance or blockage	Check the structure if it is well
		Controller default	Replace the controller
E06	Over Voltage	Input voltage too low	Please check whether the power supply line is normal
		Failure of controller board	Replace the controller

Exercise Advises

Warm-up:

5 to 10 minutes of warm-up exercise is required before using the machine.

Breathing:

Breathing cannot be shielded during exercise. Usually, when preparing to return to the movement, inhale through the nose and exhale through the mouth. Breathing and movements should be coordinated. If breathing is too fast, stop exercising immediately.

Frequency:

The exercise of the muscles of the same part should have 48 hours of rest, and the same part can only be trained every other day.

Intensity:

Determine the training weight according to the individual's physical training status, and then practice with the principle of progressive load, soreness can be eliminated.

Diet:

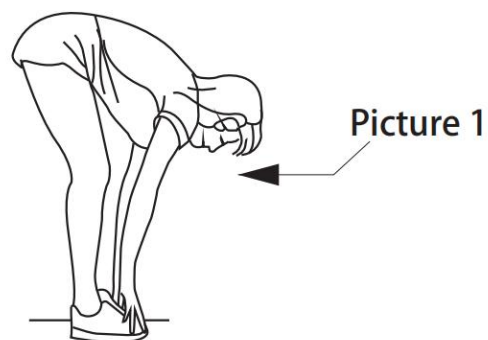
In order to protect the digestive system, you can exercise one hour after meals, and eat at least half an hour after training. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

Stretching:

No matter what speed you run, it is best to do stretching exercises first, warm-up exercises, muscles are easier to stretch, so first walk for 5 to 10 minutes to warm up, then stop and do stretching exercises 5 times as follows. Do each leg exercise for 10 seconds or more at a time, and repeat it after the workout.

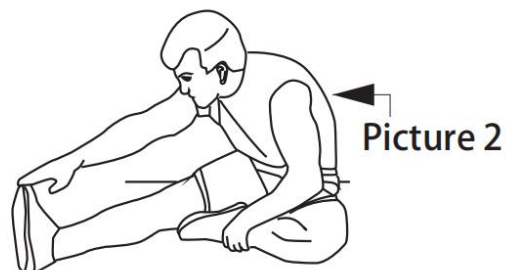
1.Stretch the body down:

Bend your knees slightly, bend your body down slowly, relax your back and shoulders, repeat 3 times (Picture 1).



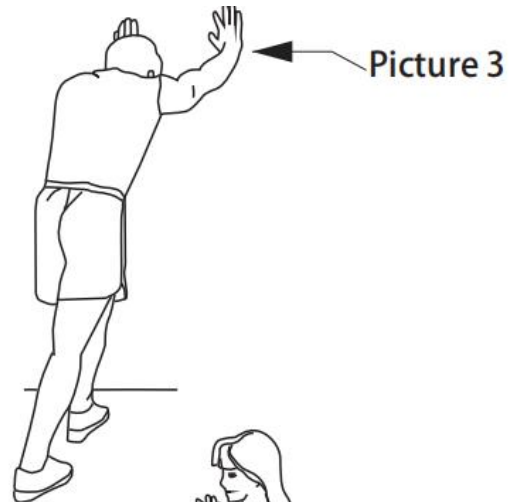
2.Hamstring stretching exercise:

Sit on a clean cushion, straighten one leg, put the other leg close to the inside of the straightened leg, try to touch the toes with your hands, hold for 10-15 seconds, then relax, repeat three times for each leg (Picture 2).



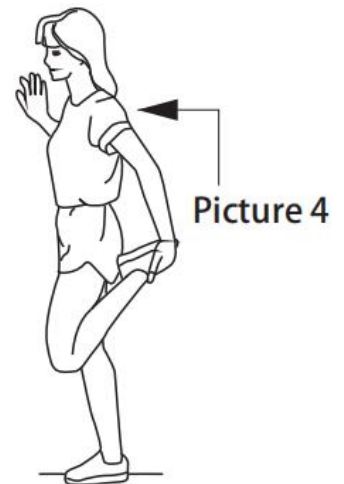
3.Calf and Achilles tendon stretching exercise:

Stand with two hands on the wall or table, keep the rear leg upright and the heel on the ground with one foot behind, lean towards the wall or table, hold for 10-15 seconds, then relax, repeat three times for each leg (Picture 3).



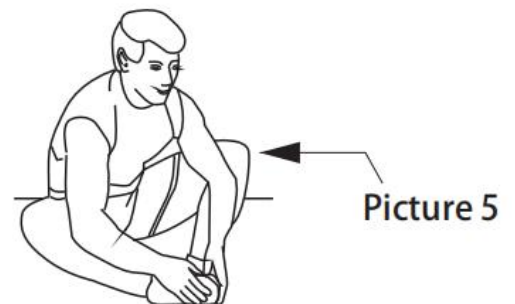
4.Ankle joint stretching exercise:

Hold a fixed support with your right hand to master the balance, then stretch your left hand backwards, grab your left ankle and slowly pull it up to your buttocks until you feel the muscles in front of your thighs tighten, hold for about 10 to 15 seconds, then relax, and repeat 3 times for each leg (Picture 4).



5.Sartorius muscle(inner thigh muscle) stretching exercise:

Put the two soles of the feet facing each other, sit down with the knees facing outwards, grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds, then relax, repeat 3 times (Picture 5).



Maintenance

In order to prolong using time of the motorized treadmill, regular maintenance is necessary.

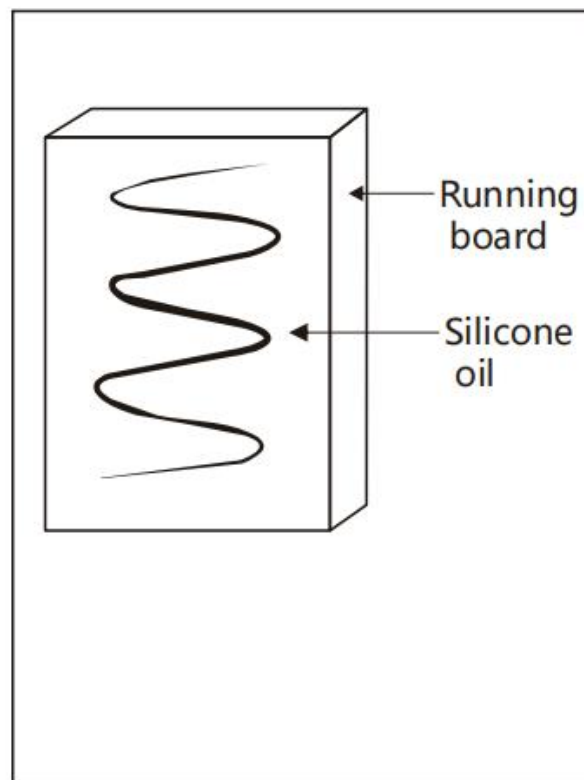
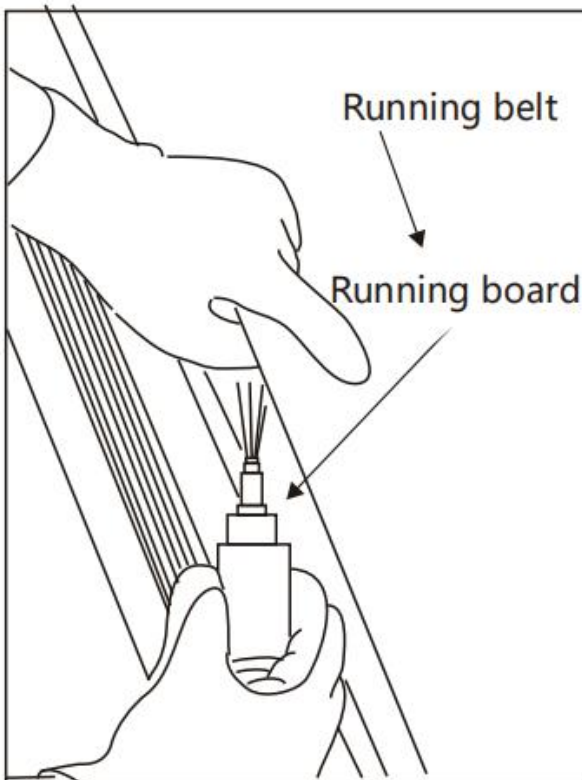
1. When the machine is operated for the first time or for a long time, some lubricant on the running deck or the back of the running belt is necessary in order to lessen the burden of the motor.
2. Clean the parts of the machine regularly to prevent dirt from disturbing the operation of the parts.
3. Drop some lubricant on the axletree of the roller regularly to keep the axletree in good condition.
4. Check the screws and bolts regularly. If they are loose, please screw them down.

Lubricating

We suggest you check out our running belt at a set period, If the back central part of the running belt is dry, it means you should lubricate the belt.

How to lubricate:

1. Stop the running belt.
2. Raise the running belt on the base, then try to put the silicone oil pot under the running belt and smear the silicone oil on the belt and both sides of the treadmill, then set 0.6MPH to make sure silicone oil lubricates every well, you can step the running belt from left to right to improve the lubricating effect.



Running belt deviation adjustment:

All treadmills need to adjust the running belt before leaving the factory and after installation, but after a period of use, it may still appear deviation phenomenon, which may be caused by the following reasons:

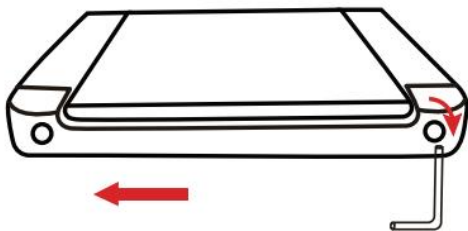
1.The treadmill is not set flat;

2.User does not step on the centre of the running belt;

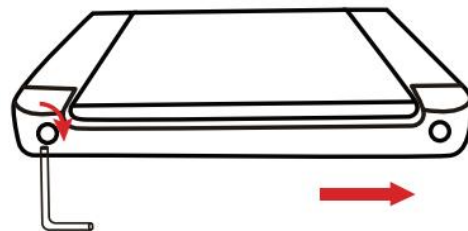
Caused by 1 or 2 is easy to be solved, just set the treadmill flat and let it idle for several minutes can solved the problem.

If the deviating still exist, you can use the 6mm Allen wrench adjust it in a quarter turn.

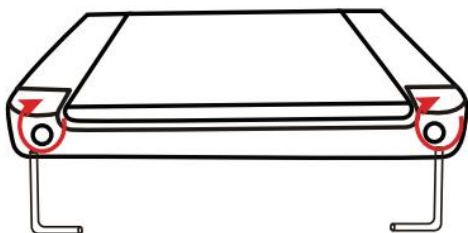
Deviating is not in the warranty scale, user can maintain it follow the instructions. But please fix it as soon as you find the problem or it will break the running belt.



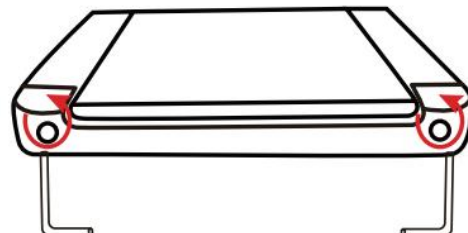
If deviating turns to right, then turn the left screw in counter-clockwise direction, Turn the right screw in clockwise direction



If deviating turns to left, then turn the left screw in clockwise direction, turn the right screw in counterclockwise direction



Turn the left and right screw in clockwise or anticlockwise direction with L-shaped wrench

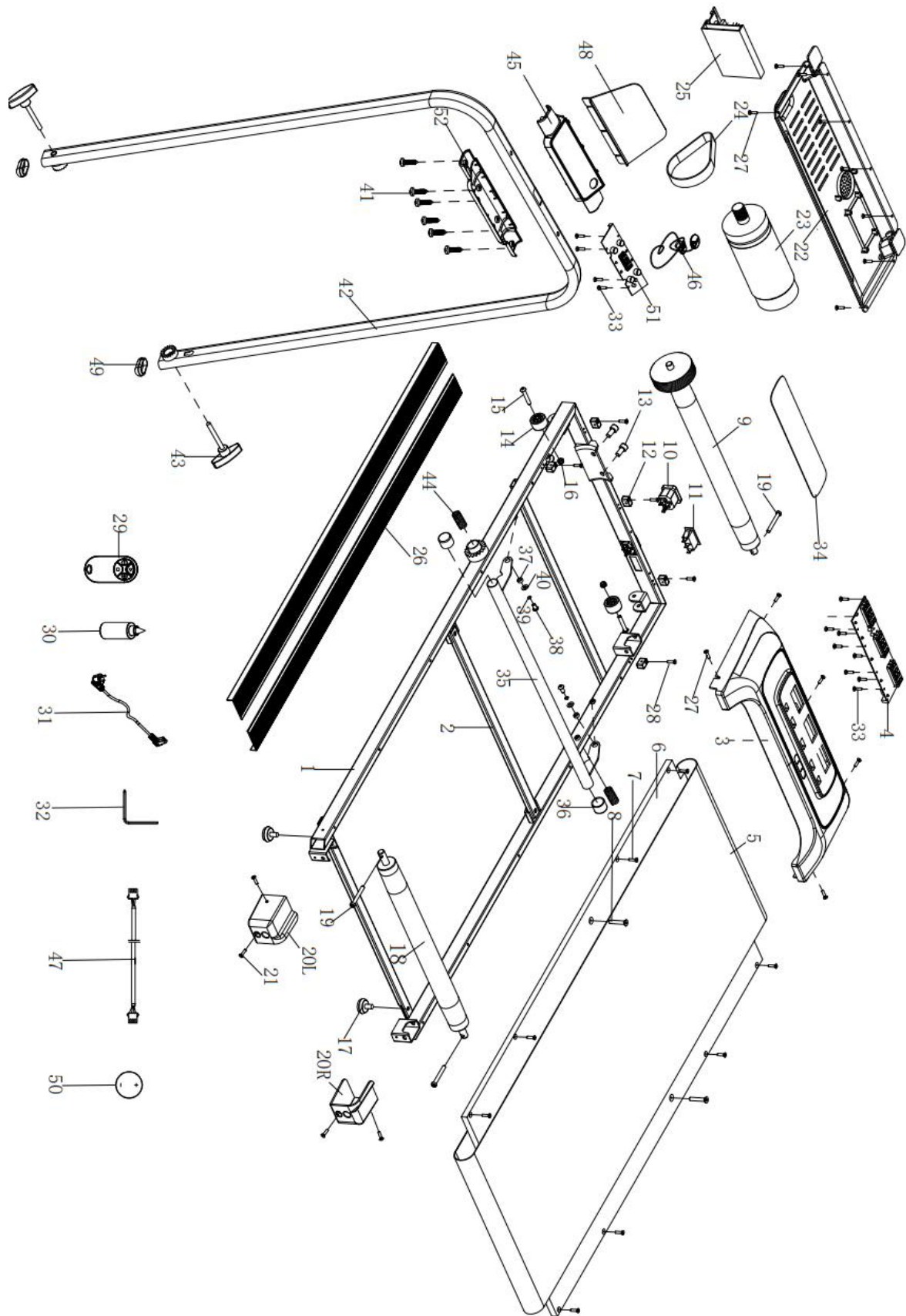


Running belt with slipping: user running with slipping or momentary pauses during running;

1.Running belt with slipping: user running with slipping or momentary pauses during running;

2.Adjustment the running belt: Tighten the running belt screws on both sides clockwise by 3 turns, and then follow the running direction adjust the deviation direction. If it is to the right, adjust the right screw, and then slowly and sequentially adjust the running belt until the running belt is centered.

Exploded Drawing



Parts List

NO.	Parts Name	QTY	NO.	Parts Name	QTY
1	Deck Frame	1	27	Screw M4x16	13
2	Support Bar	1	28	Screw M4x20	5
3	Motor Cover	1	29	Remote	1
4	Display	1	30	Silicone Oil	1
5	Running Belt	1	31	Power Cable	1
6	Running Deck	1	32	Allen Wrench	1
7	Blot M4x20	8	33	Screw M3x7	12
8	Bolt M8x35	2	34	Overlay	1
9	Front Roller	1	35	Support Tube	1
10	Power Plug	1	36	Cushion Cover	2
11	Switch	1	37	Plastic Tube	2
12	Motor Cover Fixer	5	38	Bolt M8x16	2
13	Bolt M8x10	2	39	Spring Washer Ø8	2
14	Front Wheel	2	40	Flat Washer	2
15	Bolt M8x40	2	41	Screw M4x16	6
16	Nut M8	2	42	Handrail	1
17	Feet	2	43	Knob	2
18	Real Roller	1	44	Spring	2
19	Bolt M6x50	3	45	Upper Cover	1
20	End Cap(L/R)	2	46	Safety Key	1
21	Screw M4.2x13	4	47	Connect Cable	1
22	Lower Cover	1	48	Phone Holder	1
23	Motor	1	49	Tube Cover	2
24	Motor Belt	1	50	Battery	1
25	Controller Board	1	51	Button PCB	1
26	Side Rail	2	52	Lower Cover	1

FCC Declaration

1.This device complies with Part 15 of the FCC Rules. The operation must comply with the following two conditions:

- This device must not interfere with the normal use of other equipment;
- This device must accept incoming interference, including interference that may affect normal operation.

2.Unauthorized changes or modifications may result in users losing the authority to operate the device.

This device has passed testing and complies with the B-level restrictions for digital devices in Part 15 of the FCC Rules. These restrictions aim to provide reasonable anti-interference protection for residential installations.

This device generates, uses, and may radiate radio frequency energy. If not installed and used according to the instructions, it may cause interference to radio communication. However, there is no guarantee that interference will not occur in specific installation situations.

If this device does cause interference to radio or television reception, one or more of the following measures can be taken to correct the interference problems:

- Reposition the receiving antenna.
- Increase the distance between the device and receiver.
- Connect the device to a socket in a circuit different from the one connected to the receiver.

Please consult your dealer or experienced radio/television technician for assistance.

FCC radiation exposure statement:

This device complies with the FCC's radiation exposure limits for uncontrolled environments. To avoid the possibility of exceeding the FCC radio frequency radiation exposure limit, personnel should not be more than 20cm (8 inches) away from the antenna during normal operation.

MADE IN CHINA