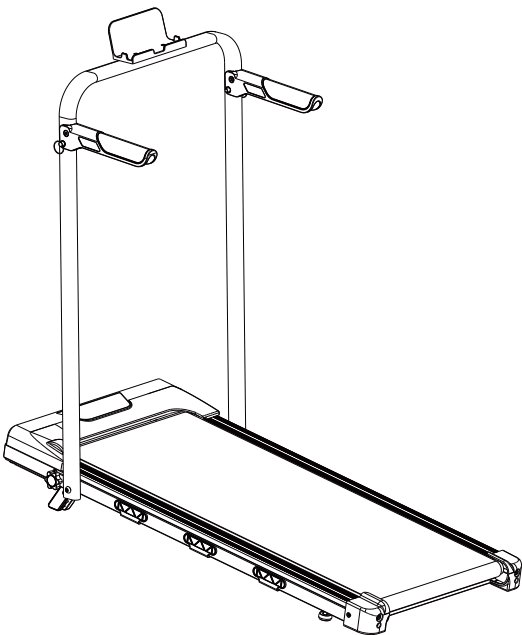


Household Treadmill Instruction Manual

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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.

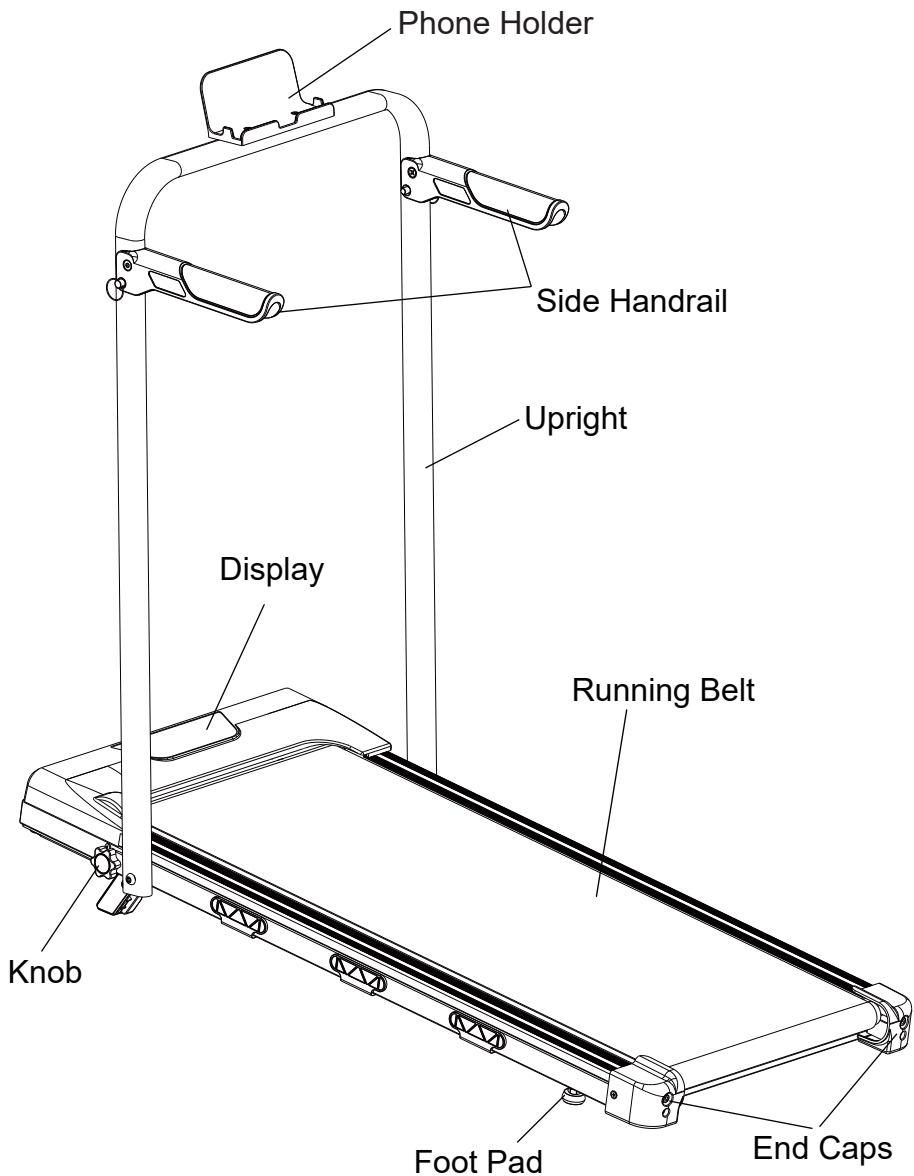
2. Safety Precautions

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. Product Diagram and Parts List

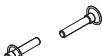
● Product Diagram



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 accessories are included.

No.	List	Product Name	Qty
1		Treadmill Machine	1
2		Phone Holder	1
3		Boost	2
4		Hex Wrench	1
5		Spanner	1
6		Remote Control	1
7		Knob	2
8		Foldable Foot Pedal	2
9		Screws M4x16	2
10		Hex Bolt M8x30	2
11		Lock Nut M8	2
12		Power Cord	1
13		Side Handrail	2
14		Ball Lock Pin	2

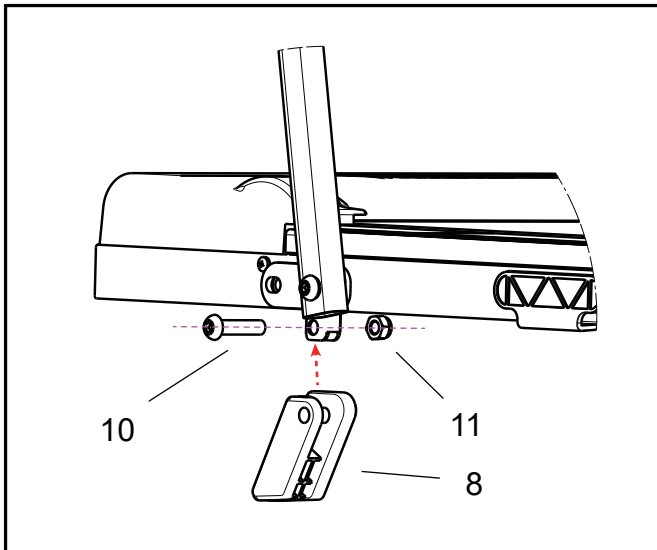
No.	List	Product Name	Qty
15		M6×26 Screw	2
16		M6×10 Screw	2

4. Assembly Instructions

 Assembly work must be performed by two or more adults.

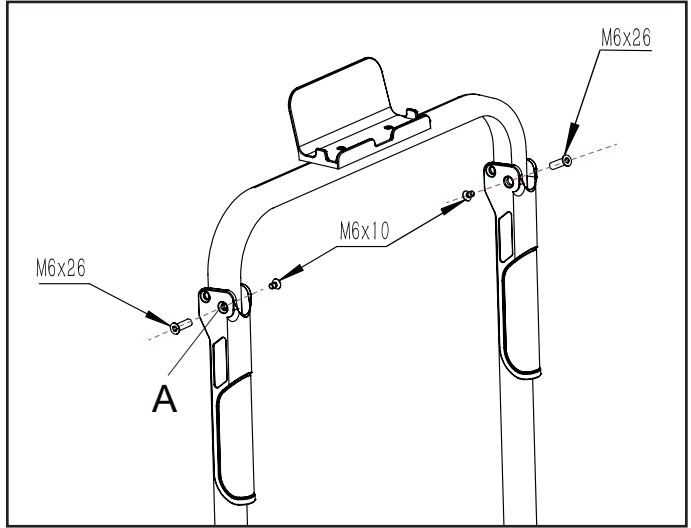
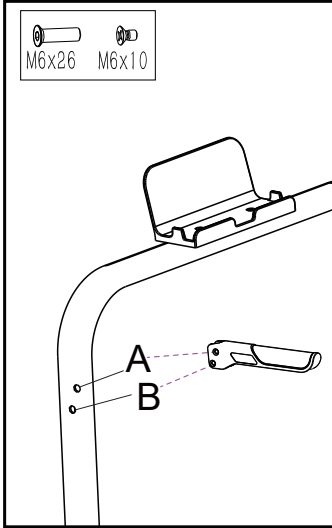
Manual slope installation:

1. Fasten the foldable foot pedals (8L) to the treadmill platform with screws M8×30 (10) and nuts M8(11).
2. Repeat this procedure for the foldable foot pad (8R) on the other side of the running deck.

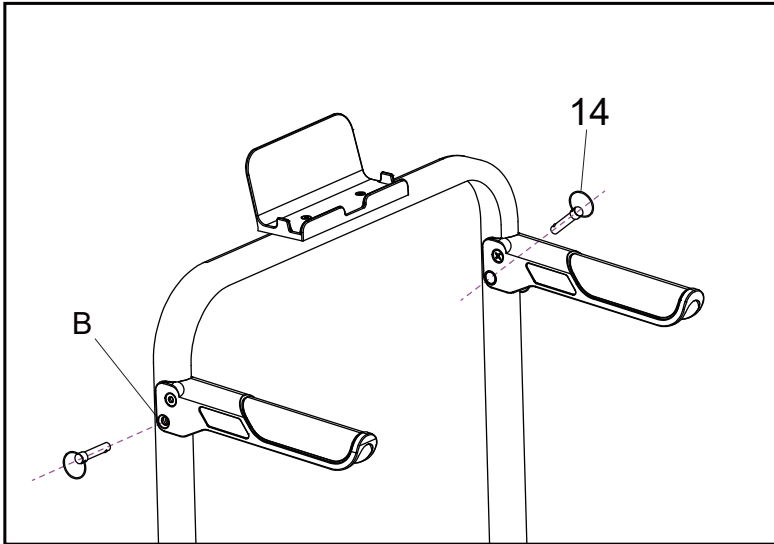


Side Rail Installation:

1. Align the hole on the side handrail (13) with Hole (A) on the curved handrail tube.
2. Secure the side handrail using the M6×26 screw (15) and the M6×10 screw (16).



3. Unfold the side handrail and align the other hole with Hole (B) on the curved handrail tube.
4. Insert the Ball Lock Pin (14).
5. Repeat the same procedure with the other handrail.



Remote:

Step 1: Turn on the power switch of the treadmill.

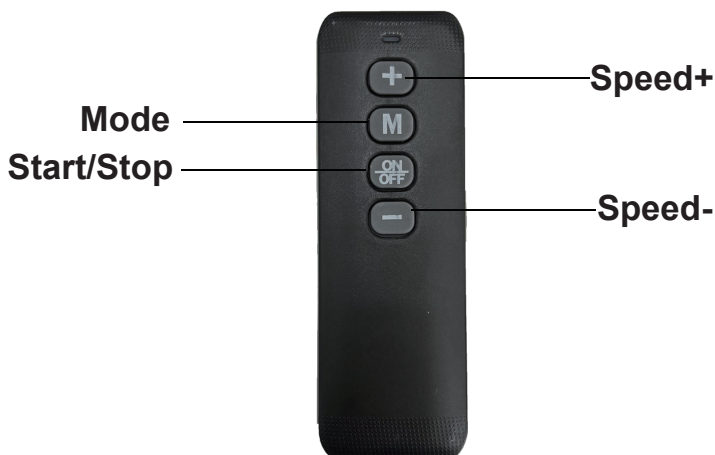
Step 2: In standby mode, press the "M" key to enter three countdown modes: Time, Distance, and Calorie.

During the mode selection, the indicator light for the current mode will remain on.

Then select one of the desired modes, and use the "+" and "-" keys to increase or decrease the value of the countdown function.

Step 3: After setting the countdown value, press "ON/OFF" to start the operation.

Step 4: When you want to exit the countdown function, press "ON/OFF" again to stop.



5. 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

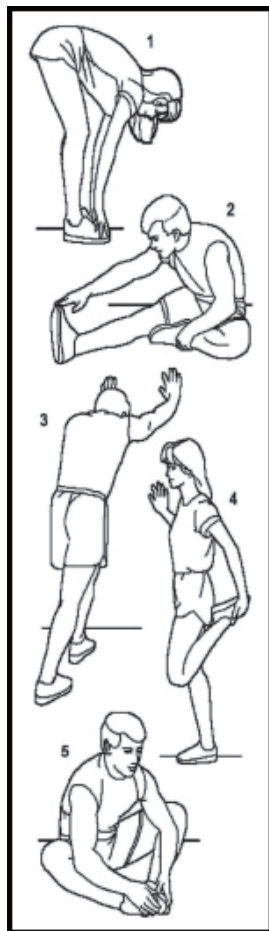
Place both hands on a wall or table, step one leg back, and stand. Keep the back leg straight, heel flat on the floor, and lean your weight forward toward the wall or table. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 3).

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)

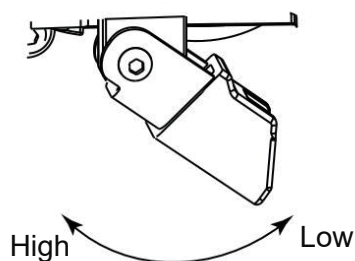
Sit with the soles of your feet together, pointing your knees outward. Hold your feet with both hands and pull them toward your body. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



6. Incline Adjustment Method

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

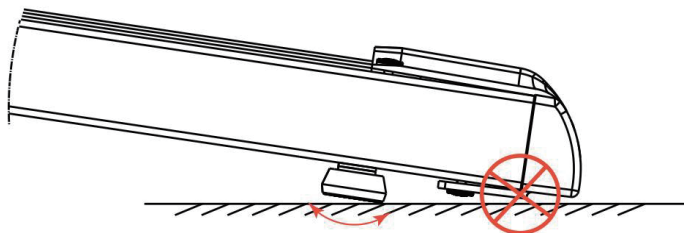
Incline Adjustment



To achieve a higher incline, please insert the support leg into the pocket (if included).



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



- ① Pull up the adjustment lever at the rear of the main unit.
- ② With the lever lifted, slide the main unit and align it with your desired incline level (Level 1 or Level 2).
- ③ Release the lever and confirm that the main unit is fully locked.

Note: When using the incline, we recommend attaching the included auxiliary foot pad to the rear feet.

7. 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.

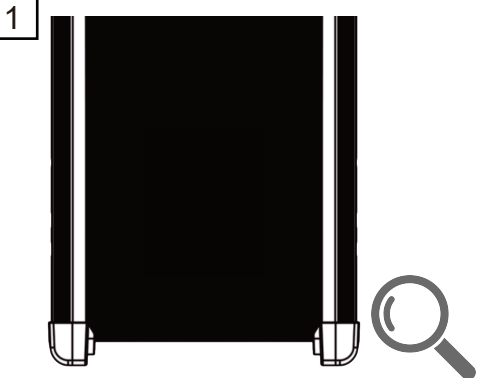
Check: Turn on the power, run the belt at a speed of approximately 3-5 KM/H , and check if it runs straight.



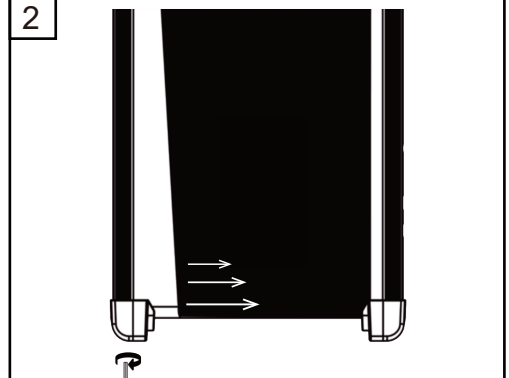
Please perform the adjustment with the power turned off and the plug unplugged.
Adjustment Tips: For each adjustment, turn no more than a 1/4 rotation.
After adjustment, turn on the power, run it at low speed, and check the condition.

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.

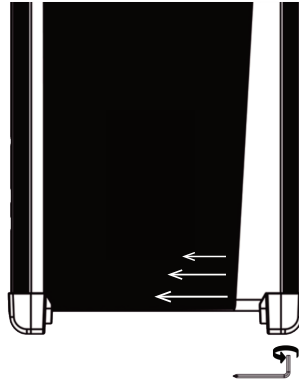


Check the deviation direction: Check which direction the belt is shifting.



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.

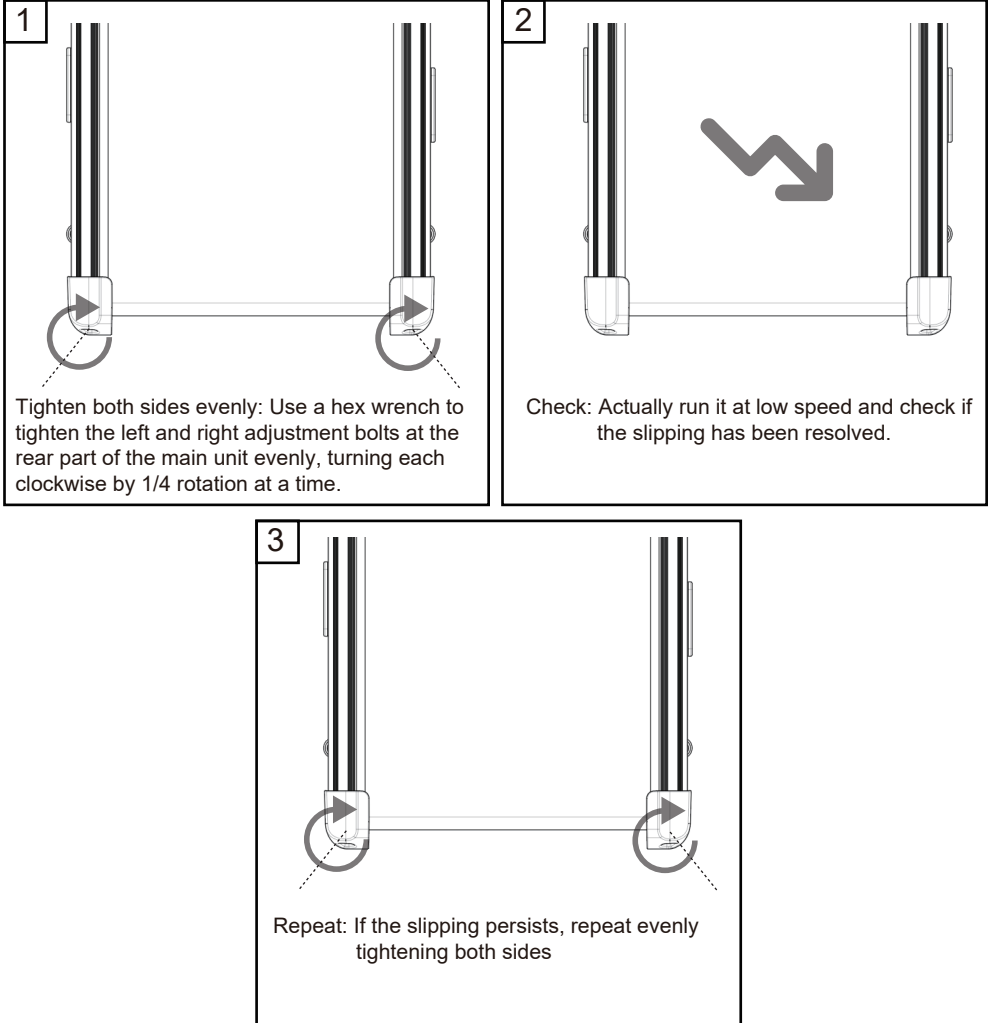
3



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

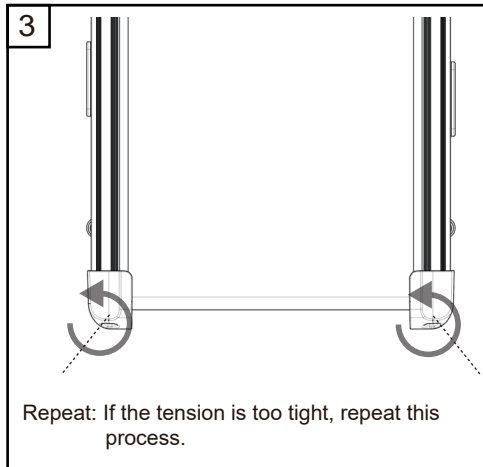
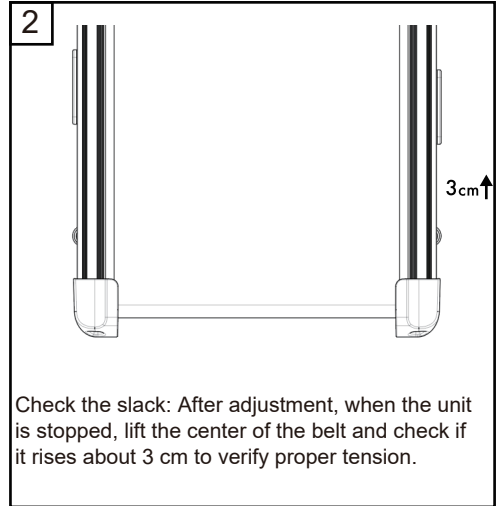
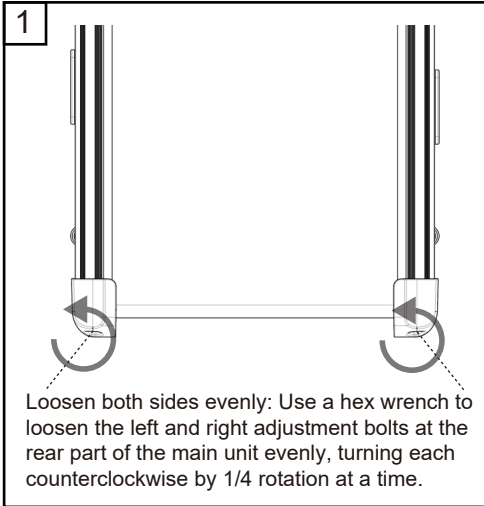
Symptom: While walking or running, the belt slips under your feet, or the belt stops even though the motor is running.



Note: This product requires no lubrication. Do not add oil even if slipping occurs.

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 ▼



8. Troubleshooting

NO.	Error code	Description	Maintenance
1	E01	Communication error	1. Check communication cable. 2. Replace upper control. 3. Replace lower control.
2	E02	Hall sensor detection error	1. Check Hall sensor wire terminals. 2. Replace motor. 3. Replace lower control.
3	E03	Overcurrent error	1. Replace lower control.
4	E05	Undervoltage / Overvoltage error	1. Check external AC power input. 2. Replace lower control.
5	E06	Overload error	1. Check if running belt resistance is abnormal. 2. Replace motor. 3. Replace lower control.
6	E07	Safety key disconnected error	1. Check communication cable. 2. Replace lower control. 3. Replace upper display.
7	E08	Lower control overheat error	1. Check if running belt resistance is abnormal. 2. Replace lower control.
8	E11	UVW three-phase open circuit error	1. Check if motor wires are abnormal. 2. Replace motor. 3. Replace lower control.

9. Product Specifications and Warranty

Item	Specifications
Rated Voltage	220-240 V
Frequency	50 Hz
Speed Range	1-10 KM/H (0.6-6.2 MPH)
Max User Weight	159KG / 350LBS
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 (including lubricating oil and remote control) for orders placed within 6 months.

E-mail: service_sports@163.com

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