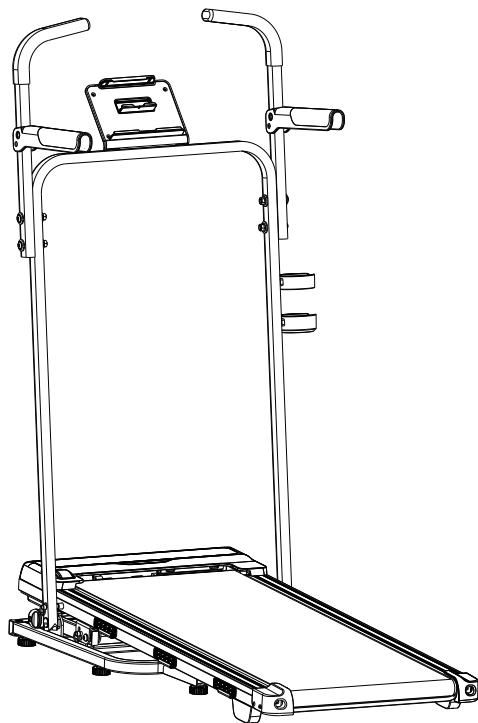


Household Treadmill Instruction Manual



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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, please read all important instructions and precautions in this manual.

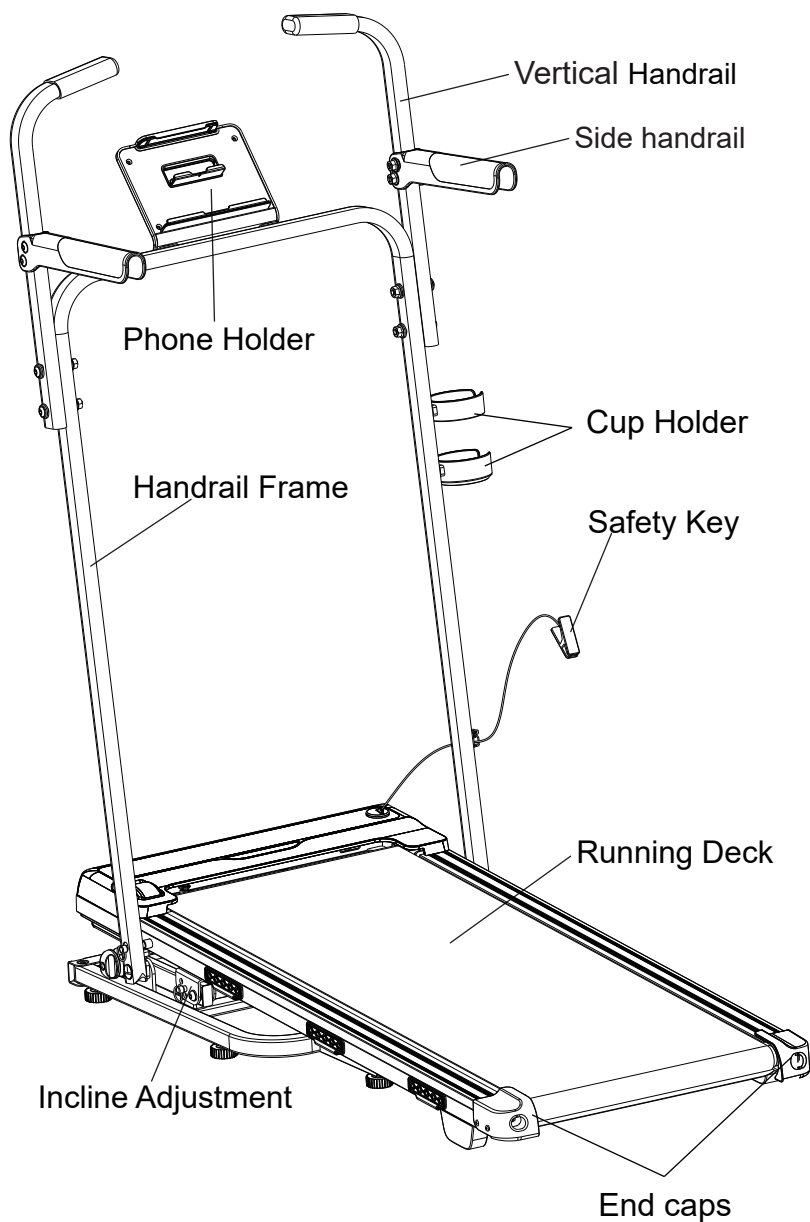
2. Safety Precautions

Please read the following icons 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

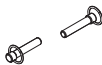
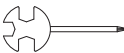
● Product Diagram



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

● Parts List

Before use, check if all parts are included.

No.	Illustration	Product Name	Qty
1		Running Deck	1
2		Vertical Handrail	2
3		Phone Holder	1
4		Remote Control	1
5		Flat Washer M8	8
6		Curved Washer M8	4
7		Button Head Socket Cap Screw M8 × 55	4
8		Hex Lock Nut M8	8
9		Ball Lock Pin φ8 × 50	2
10		Silicone Hole Plugs	2
11		Multifunctional Screwdriver	1
12		5mm Hex Wrench	1
13		Knob M8 × 20	2
14		Safety Key	1
15		Safety Key Cord Clip	1

No.	Illustration	Product Name	Qty
16		Upper Cup Holder	1
17		Lower Cup Holder	1
18		Hex Socket Screw M6x10	2
19		Self-tapping screw ST4×12	2
20		Button Head Socket Cap Screws M8X40	4
21		Side handrail	2

4. Assembly Instructions



Assembly work must be performed by two or more adults.

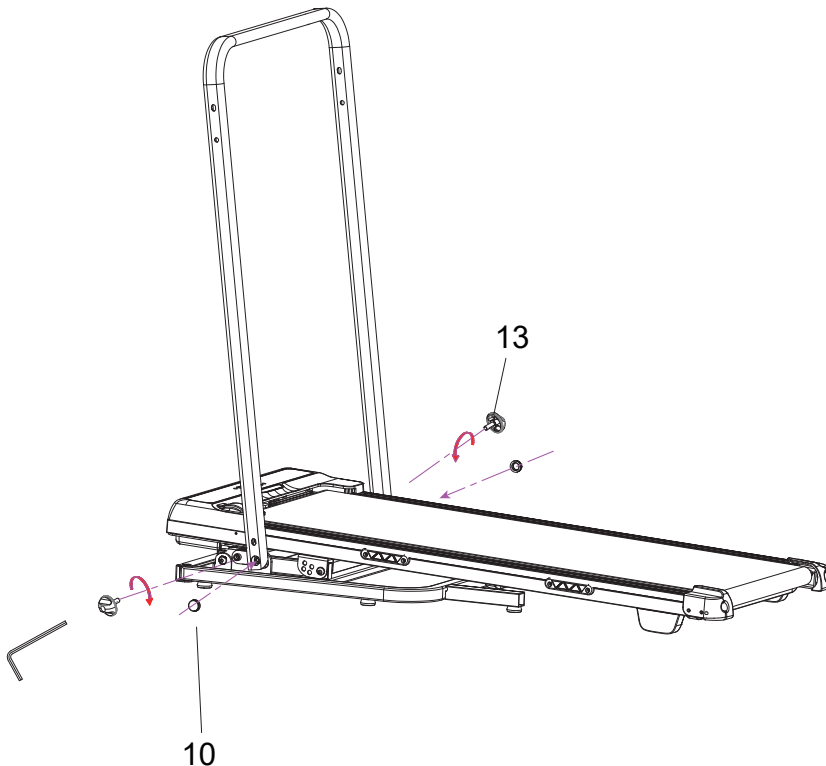
STEP 1

1. Before assembly, check if all parts are included.

STEP 2

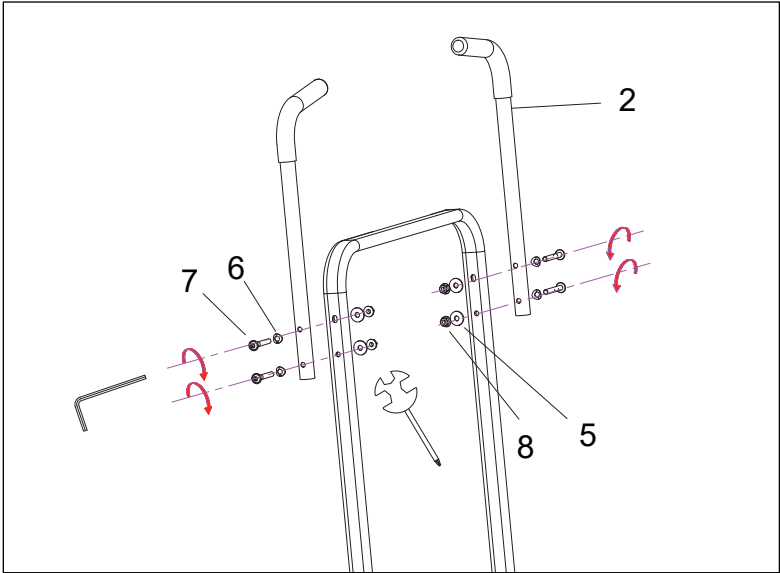
1. Adjust the handrail frame to the desired angle.
2. Attach the two knobs (13) to the holes on both sides of the treadmill, and tighten them to secure the handrail frame.
3. Insert the two silicone hole plugs (10) into the matching holes as shown.

Note: The knobs are for positioning only (prevents the frame from shaking). It is normal if they do not tighten fully.



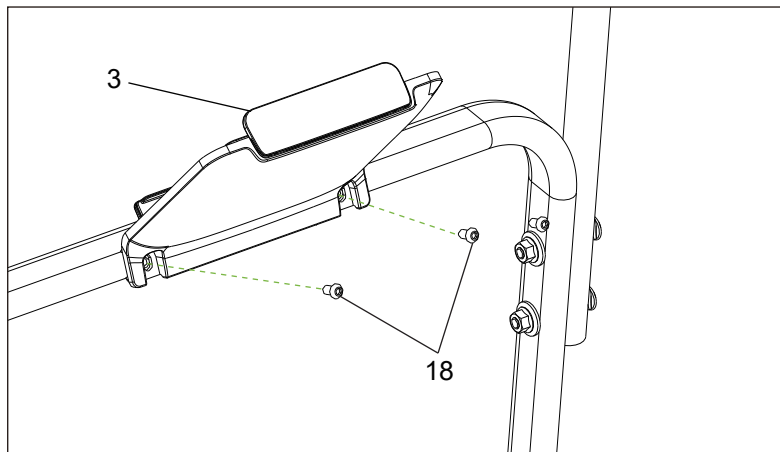
STEP 3

- 1. Attach both handrails (2) to the handrail frame using button head socket cap screws (7), curved washers (6), flat washers (5), and hex lock nuts (8), two sets per side, as shown in the drawing.
- 2. Tighten all fasteners securely.



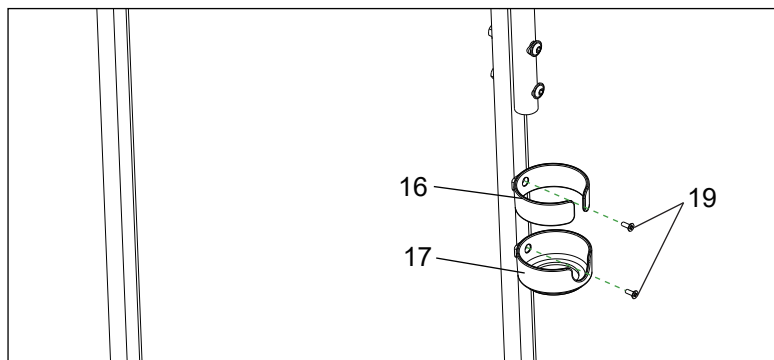
STEP 4

1. Align the phone holder (3) to the mounting holes on the upright. Insert two hex socket screws (18), then fully tighten them with the hex wrench (12).



2. Align the upper cup holder (16) and lower cup holder (17) with the two mounting holes on the upright. Fasten tightly with two self-tapping screws (19) using the screwdriver (11).

(Note: Distinguish the upper and lower positions of the cup holders.)

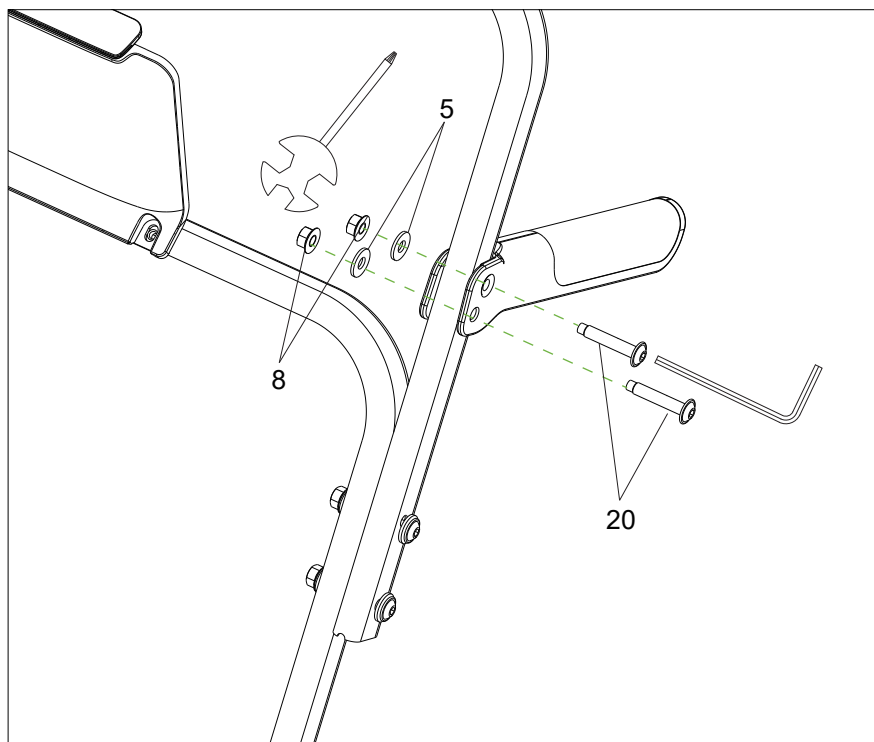


STEP 5

1. Attach the side handrail (21) to the vertical handrail(2) and align the holes.

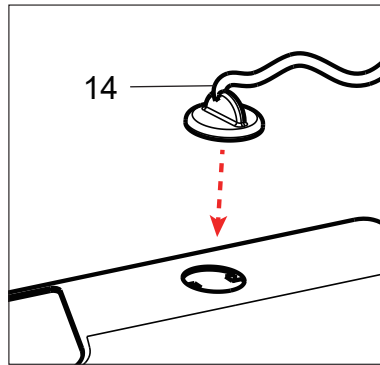
2. Prepare two M8×40 head socket cap screws (20), two M8 flat washers(5) and two M8 hex lock nuts(8). Use the hex wrench(12) and the screwdriver(11) to tighten all fasteners to secure the side handrail.

Note: Turn the hex wrench and screwdriver in opposite directions simultaneously.



Safety Key Installation:

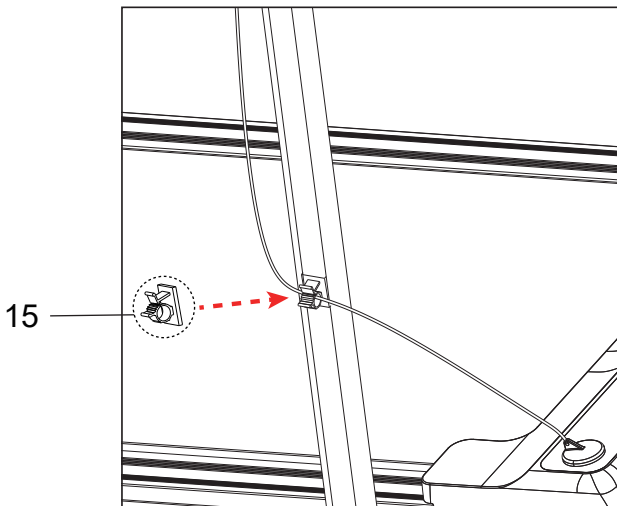
1. Place the small round end of the safety key (14) onto the corresponding position on the motor cover.



2. Attach the safety key cord clip (15) to one side of the handrail frame as shown.

3. Open the clip, pass the safety key cord through it, then close the clip to secure the cord.

4. Attach the clip on the other end of the safety key to your clothing. Ensure the safety key is properly secured before operating the treadmill.



Remote:

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

Step 2: In standby mode, press the “↺” 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 press “+” or “-” 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 mode, press “ON/OFF” again to stop.



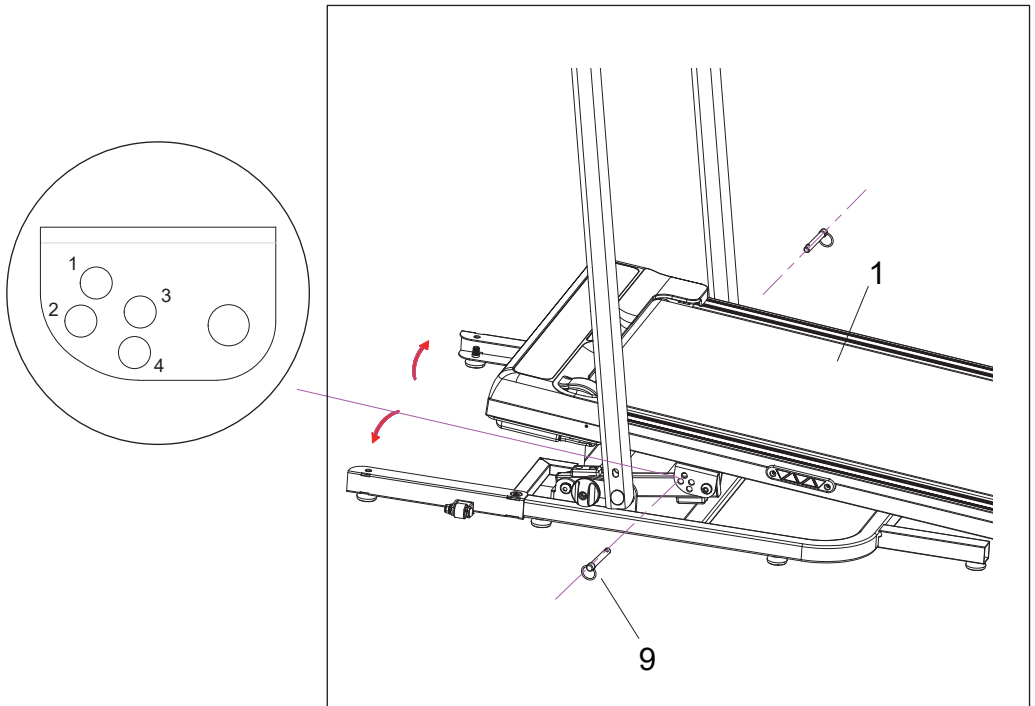
Note: The images are for reference only. The actual remote control may differ from the images due to variations in production batches.

5. Incline Adjustment Method

1. Pull the front support plates on both sides outward.
2. Adjust the running deck (1) to the desired angle.
3. Insert the two ball lock pins (9) into the corresponding holes on both sides to lock it in place.

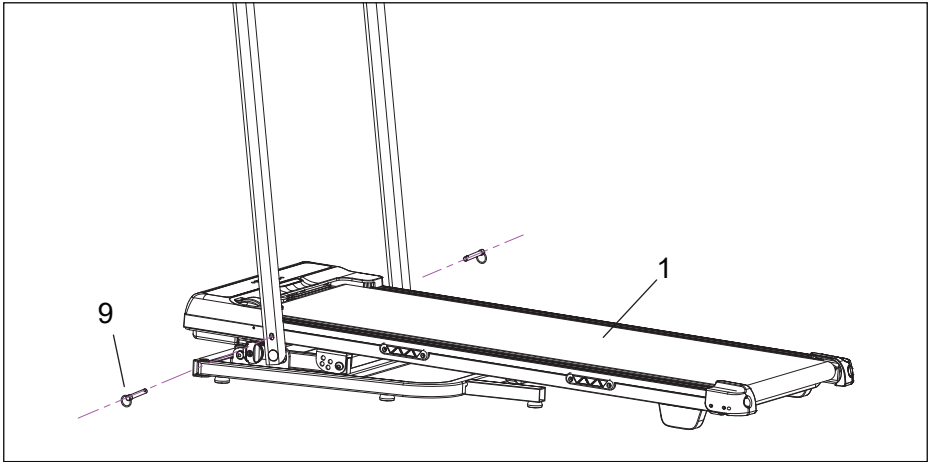
Incline Level Selection:

There are four adjustment holes on each side of the treadmill, numbered 1 to 4 (from lowest to highest incline). Always ensure that the same numbered hole is selected on both sides to keep the running deck level and stable.



How to Move the Treadmill

1. Remove the ball lock pins (9) and adjust the running deck (1) to the lowest incline.
2. Reinsert the pins into the corresponding holes on both sides of the frame, as shown in the drawing.



NOTICE:

This manual provides detailed information about the product's functions and operating instructions. However, due to product updates and design improvements, the actual product may differ slightly from the descriptions in this manual. For any differences caused thereby, such as appearance, interfaces, colors, etc., please refer to the actual product.

6. 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, wait at least 1 hour after meals before exercising. After training, wait at least 30 minutes before eating. Do not consume excessive water during exercise – especially avoid drinking too much 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

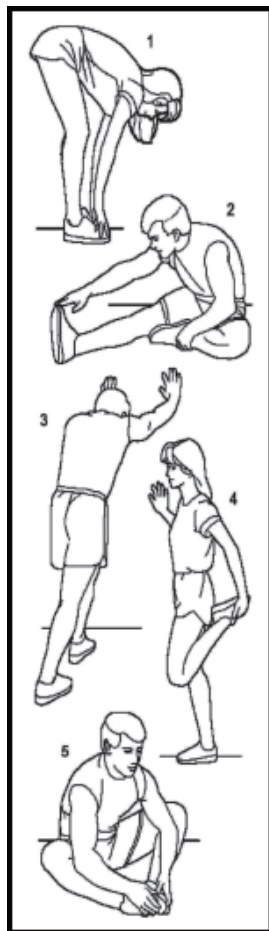
Place both hands on a wall or table, step one leg back, and stand. Keep the back leg straight, heel flat on the floor, and lean your weight forward toward the wall or table. Hold for 10-15 seconds, then relax. Repeat 3 times per leg (see Figure 3).

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).



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.



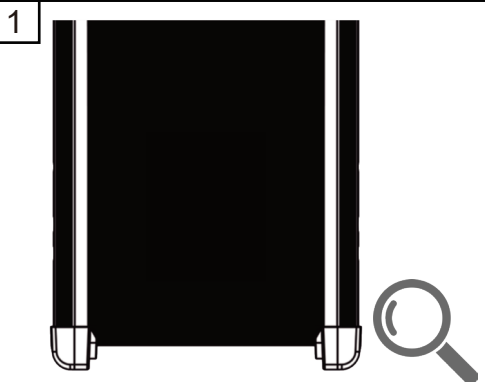
Please perform the adjustment with the power turned off and the plug unplugged.

Adjustment Tips: For each adjustment, turn no more than a 1/4 rotation.

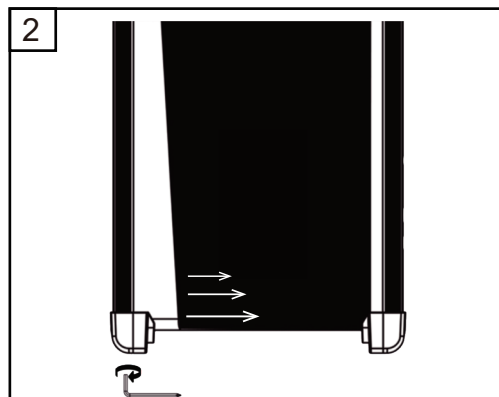
After adjustment, turn on the power, run it at low speed, and check the condition.

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.

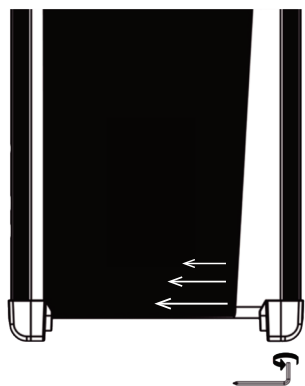


Check the deviation direction: Check which direction the belt is shifting.



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.

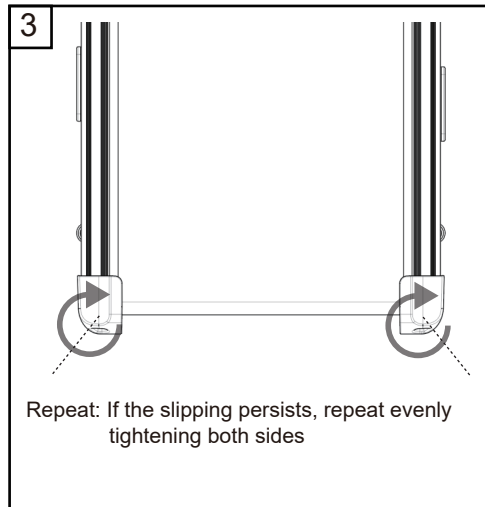
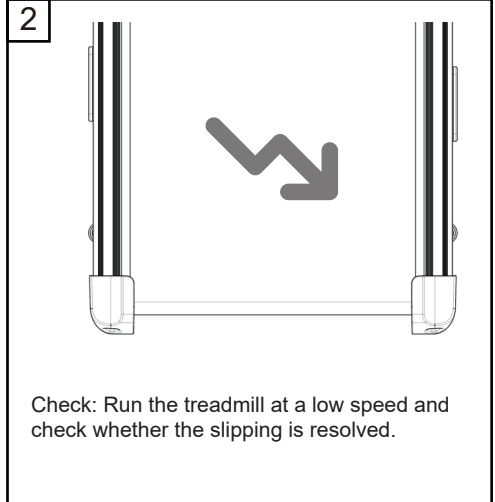
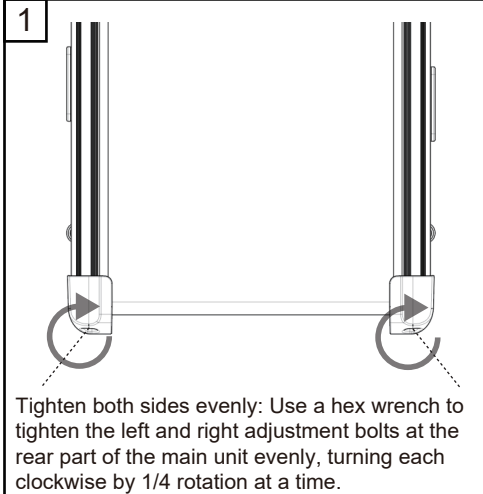
3



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.

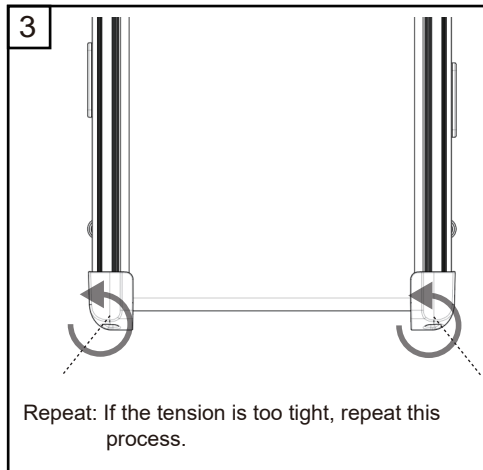
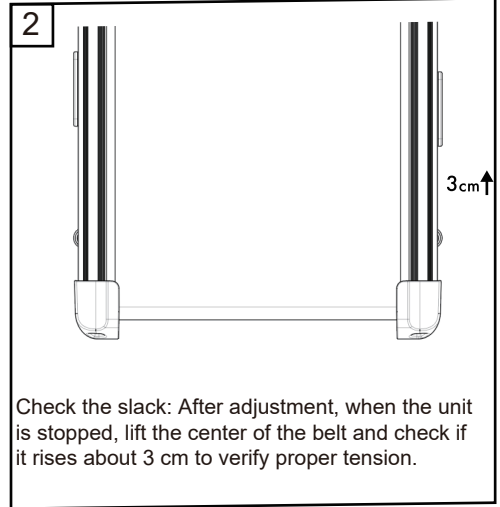
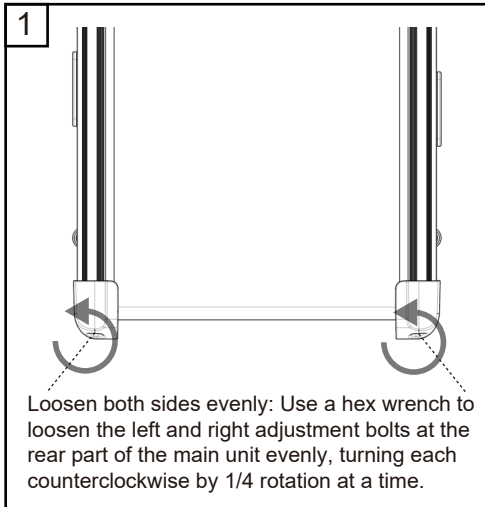
Case 2: If the belt slips or pauses

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



Case3: If the belt is over-tightened

Symptom: The belt is extremely tight with no slack, and the motor appears overloaded.



▼ Scan the QR code here for the detailed video of the adjustment method ▼



8. 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.

9. 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	159 KG/350 LBS
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.