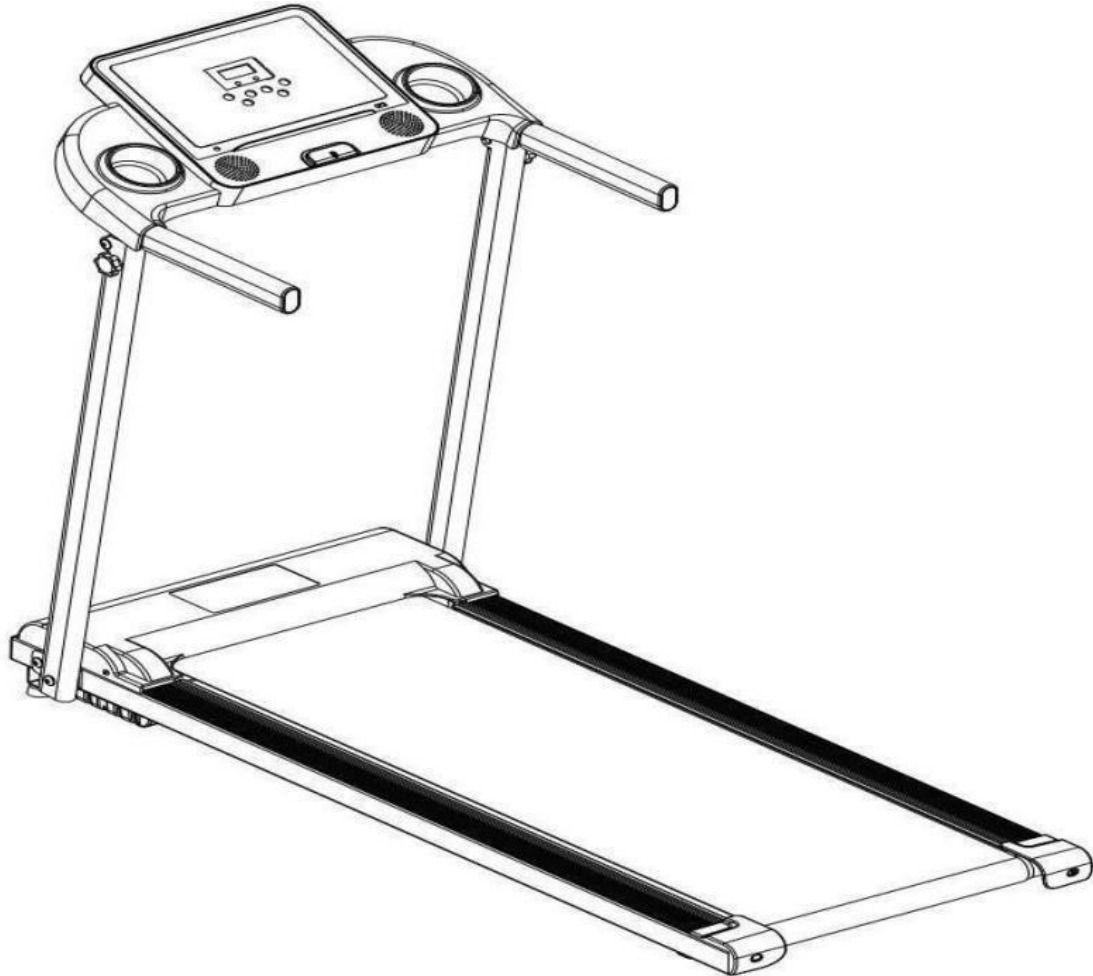


USER'S MANUAL

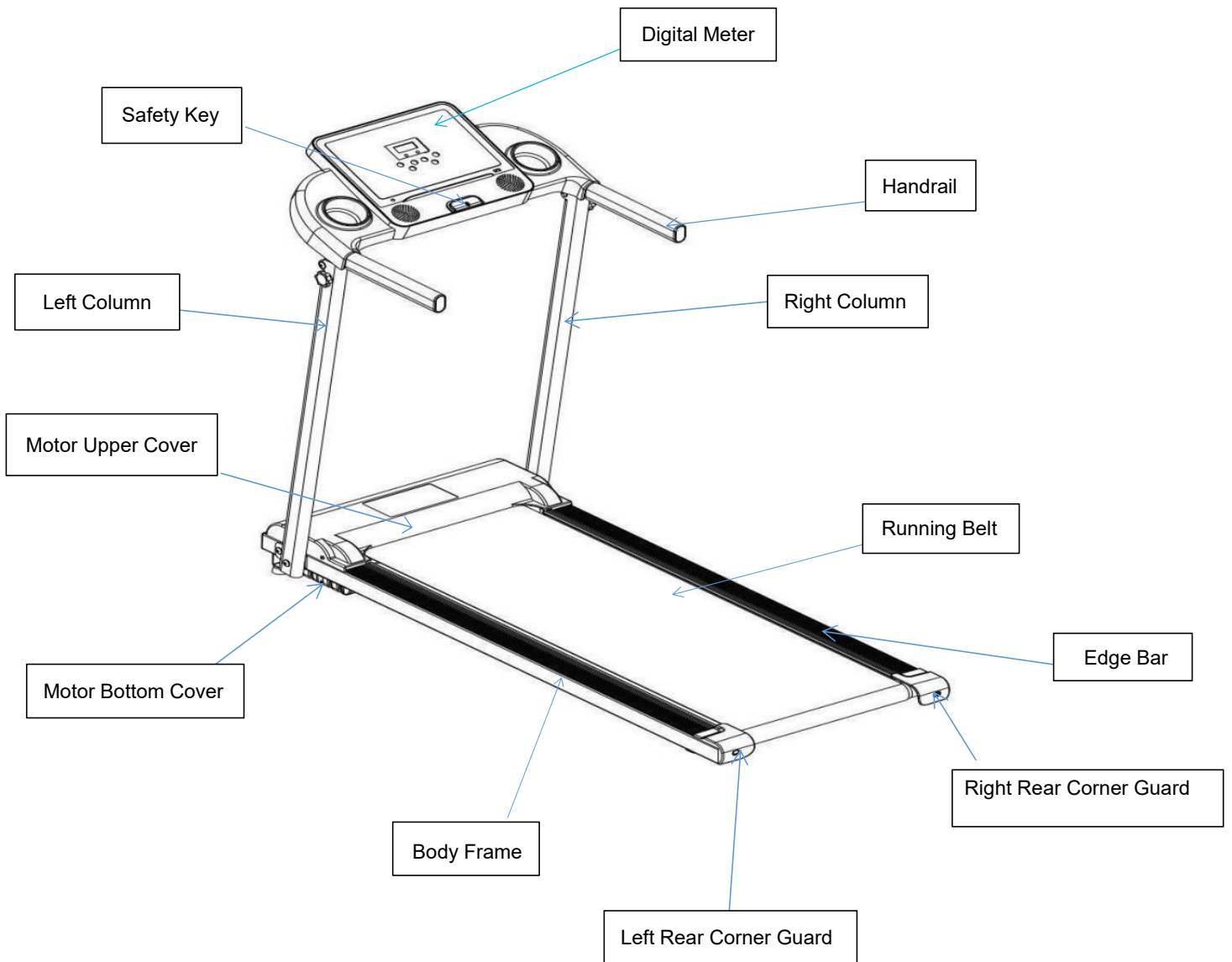


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BRIEF INTRODUCTION




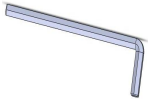
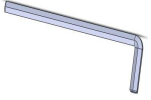




(all parts are indicated in the diagram)



ATTENTION:

1. Please definitely read the guide for operations carefully before assembly. If anything goes wrong during the assembly process, please contact us for customer service.
2. Please be aware that the return of the treadmill is not available in case of product failure due to improper or forced assembly!
3. The main commodity and its accessories are required together with the original package intact when the return is reasonable. Otherwise it must be paid at the price if the damage is caused by human factors or there are components missing (the outer packing or the spare parts).
4. In order to ensure your safety, please do not transport or move the treadmill when it's operating lest your fingers or body be clipped and injured. And we are not responsible for injuries or accidents due to improper use.

PACKING LIST

Sequence number	Parts' name	Quantity
1	main frame (columns, running platform, digital meter)	1 set
2	accessories	1 set
Accessory List		
<div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center; margin: 10px;">  <p>M8x16 Half round hex bolt 2 pcs</p> </div> <div style="text-align: center; margin: 10px;">  <p>M8*35 Half round hex bolt 4pcs</p> </div> <div style="text-align: center; margin: 10px;">  <p>A manual</p> </div> <div style="text-align: center; margin: 10px;">  <p>5m Allen wrench</p> </div> <div style="text-align: center; margin: 10px;">  <p>6m Allen wrench</p> </div> <div style="text-align: center; margin: 10px;">  <p>Screw driver 1pcs</p> </div> <div style="text-align: center; margin: 10px;">  <p>Safety key lock</p> </div> <div style="text-align: center; margin: 10px;">  <p>oil bottle</p> </div> <div style="text-align: center; margin: 10px;">  <p>Mp3 line</p> </div> </div>		

TECH SPECS

working voltage	AC110V~50Hz
maximum safety weight load	100kg
overall dimension	1270mm*570mm*1070mm
motor peak power	2.0 HP
effective area	1050mm*383mm
continuous output	500W
function	walk/run
Protection Level Against Electric Shock	1 Class

PLEASE READ ALL THE INSTRUCTIONS IN THE MANUAL CAREFULLY BEFORE ASSEMBLY AND USE.

PLEASE KEEP THIS GUIDE BOOK FOR FUTURE REFERENCE.

PLEASE BE AWARE THAT THE APPEARANCE,COLOR AND SURFACE PATTERN OF OUR PORDUCTS SHALL BE BASED ON THE ACTUAL WITH CONTINUOUS UPDATING WITHOUT PRIOR NOTICE.

IMPORTANT SAFETY PRECAUTIONS

ATTENTION: PLEASE READ THE INSTRUCTIONS CAREFULLY BEFORE USE AND PAY ATTENTION TO PRECAUTIONS BELOW.

- 1.This treadmill is only for home use avoiding being affected with damp. Do not splash water or stack heavy objects on it.
- 2.Please wear suitable sportswear and sports shoes. Never ever exercise on the treadmill with bare feet or stretch yourself all over on it.
- 3.The power plug must be reliably grounded, and the socket should have an exclusive circuit so as to avoid being interfered with other electrical appliances.
- 4.Keep children away from the machine to avoid accidental injury.
- 5.Refrain from overuse at heavy load and long time,otherwise it would cause motor and controller damage, or speeds up the wear and aging of the bearing, the running belt and the running plate. Please carry out regular maintenance.
- 6.Please reduce the dust, retain certain air-humidity of your room and avoid producing strong static, otherwise it may interfere with the operation of the electronic meter and the controller.
- 7.Please turn off the power after use.
- 8.Please keep adequate ventilation when you use the treadmill.
- 9.Please stop immediately and consult doctors if you don' t feel well or anything unusual occurs.
- 10.The silicone oil must be stored after use in a place that children can not get so as to prevent them from eating it by mistake, which could lead to serious consequences.

WARNING: IN ORDER TO REDUCE ACCIDENTS AND INJURIES, PLEASE OBSERVE THE FOLLOWING RULES.

1. Please check if your garment is buttoned or zipped before using the treadmill.
2. Please wear appropriate clothes that would not be easily hooked or caught in the treadmill.
3. Make sure the power cord is far away from hot objects.
4. Keep children or pets away from the treadmill during operation.
5. Position the treadmill on clear, flat floor instead of tilted surfaces. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill outdoors or near water.
6. Cut off the power before moving or transporting.
7. No one is allowed to disassemble the treadmill without authorization, which may lead to severe consequences. Please turn to specialized persons if anything goes wrong.
8. The treadmill is merely adapted in circuits of 20 amps.
9. The treadmill is only for one person to exercise each time.
10. If you get dizzy, chest pain, nausea or short of breath during exercise, please stop immediately and consult your fitness instructor or go to doctor in time.

WARNING! IMPERATIVE!

People who are under medical treatment or have one of the following symptoms must consult with their specialists before use!

- (1) suffering from pain in the waist or were injured in the legs, waist or neck at the past; numbness of legs, waist, neck and hands (with persistent problems such as herniated disk, spinal slip and cervical herniation and etc.)
- (2) deform-able arthritis, rheumatism, gout
- (3) osteoporosis abnormalities
- (4) circulatory disorders (heart disease, vascular disorders, hypertension, etc.)
- (5) respiratory disorders
- (6) using artificial heart rate adjusters and implantable medical electronics
- (7) malignant neoplasm
- (8) Used to have symptoms such as a blood circulation disorder or a variety of skin infections, such as a thrombus or a severe aneurysm, an acute hematoma, etc.
- (9) sensory impairment caused by high peripheral circulation disorders such as diabetes
- (10) skin trauma
- (11) high fever due to illness, etc. (38° or higher)
- (12) an abnormal dorsal bone or a curved dorsal bone
- (13) be pregnant or likely to be pregnant or is in a menstrual period
- (14) feeling physically abnormal and needing rest
- (15) apparently in poor health
- (16) with rehabilitation purposes
- (17) In addition to the above, people who feel physically abnormal.---(may cause accidents or poor physical conditions)
- (18) In course of exercise if you feel waist pain, legs and feet numbness, dizziness, heartbeat and any other abnormal pain or dis-coordination, please stop instantly and consult doctors.
- (19) Children should be under adult' s supervision if they need to exercise on the treadmill---otherwise there would be a risk of injury.

(20) Please don't forget to confirm whether there are people and pets (back, bottom, front) or not during operation and when you load and take out the product.

PROHIBITION!

1. Do not use the product if the housing is cracked and shed (internal structure leaks) or there are welding parts fell off---otherwise you may get injured by accident.
2. Do not jump up and down when the conveyor belt is moving---it could get you tripped over and injured.
3. Do not use or preserve this product in damp places near the bathroom or where there will be water drops dripping.
4. Never expose the product in circumstances with direct sunshine and keep away from objects at high temperature like stoves and electric heating carpet---or it could lead to electric leakage or fire.
5. Do not use the treadmill if the power cord or plug damaged, or the socket loose---it may result in electric shock, short circuit and fire.
6. Do not damage or forcibly bend or twist the power cord or even lay heavy objects on it, and never make the line caught---it would increase the risk for electric shock or fire.
7. Not suitable for two or more people at the same time and don't let others approach---they will probably get tripped over and injured.
8. Not for people who have problems in expressing themselves or operating the product alone---could be in danger.
9. Always keep away from water!
10. Do not drench the main part or the operating console with water or drink.
11. People who don't usually do sports should not abruptly do intense exercise.
12. Never ever exercise just after meals or when you feel tired in physically abnormal condition---may be harmful to your health.
13. This product is designed for domestic use but not crowded sites such as schools, gymnasiums and etc.
14. Don't use it while having foods or doing other activities simultaneously.
15. Keep the power plug clean and do not plug in or out with hands wet.
16. Plug out the power cord when you are not using the machine---the dust and moisture would degrade the insulation, leading to electric leakage or fire.
17. Do not use the treadmill after drinking alcohol and becoming unresponsive.
18. Don't exercise with hard objects in your pants pocket.

GROUNDING METHOD

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

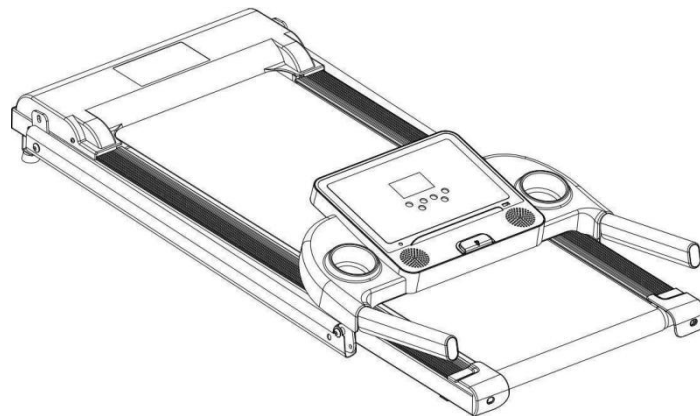
This treadmill is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is

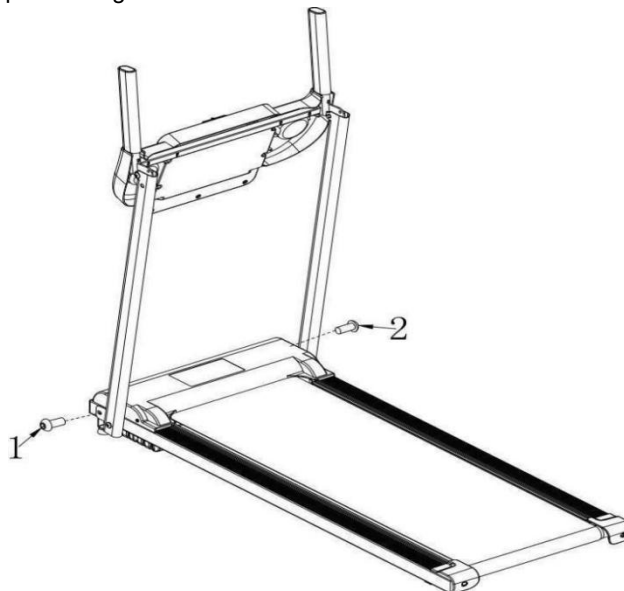
properly grounded. Do not modify the plug provided with the product – if it does not fit the outlet, please find a proper outlet installed by a qualified electrician. Please make sure that the product is connected to an outlet having the same shape and configuration as the plug. And no change-over adapter socket is approved.

ASSEMBLY INTRUCTIONS

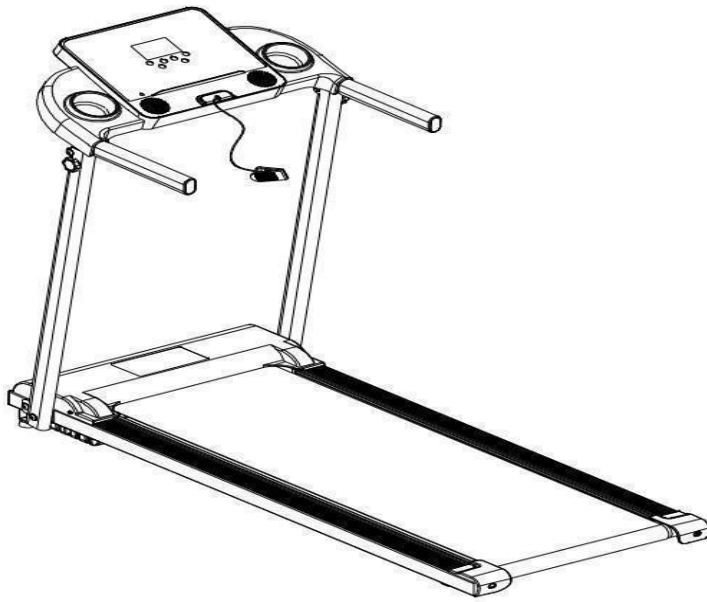
1. Open the packing carton, take out all the spare parts and place the main frame of the treadmill flat on the floor.



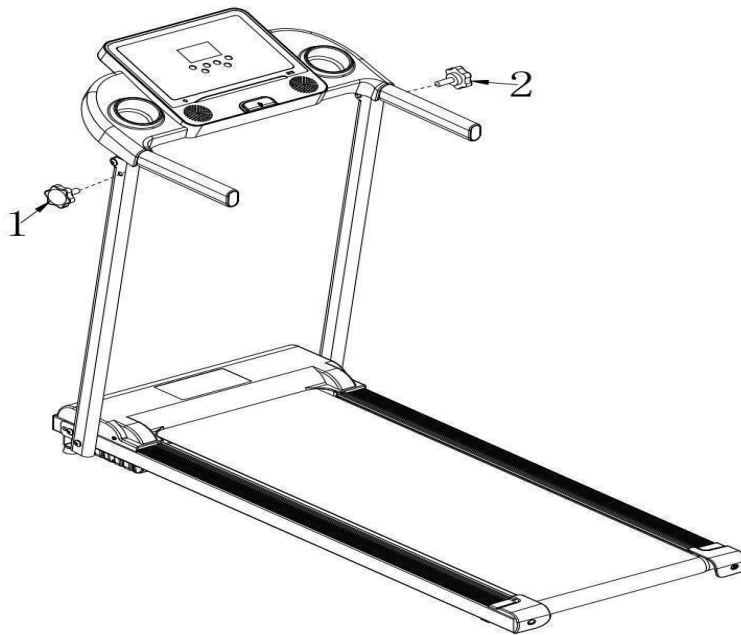
2. Lift up the columns and fix to the main frame by two M8*16 screws; the fixture position and order are referred to number 1 and 2 in the diagrammatic sketch; the columns should not be tightened until the bracket which is used to support the digital meter is installed and fixed.



3. Fold the bracket supporting the digital meter and fix it to the columns with two knobs tightened. The position is referred to number 1 and 2 in the diagrammatic sketch.



4. Place the security key at the correct position and connect it to the digital meter. Once the installation is done, this treadmill could be plugged in and start on.



EXERCISE GUIDE

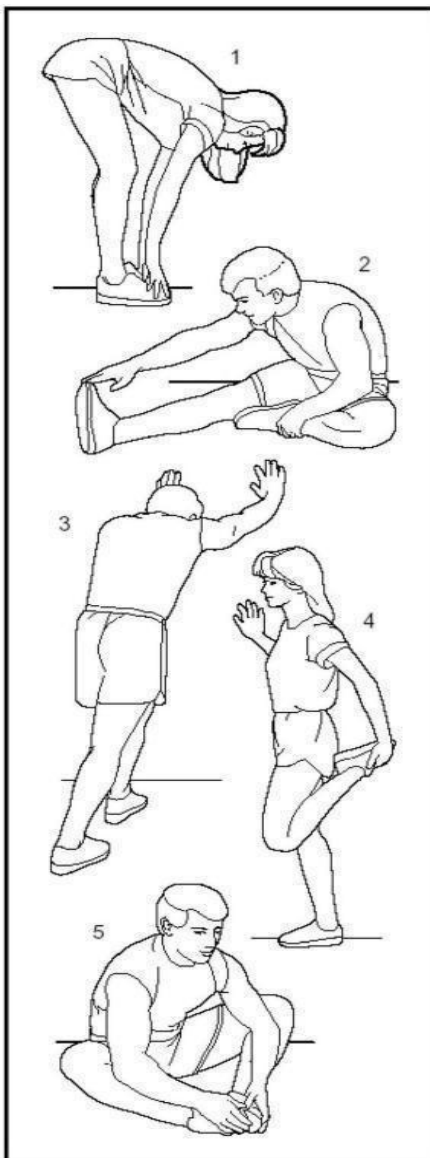
WARM-UP

5 to 10 minute warm-up is required before exercise on the treadmill.

BREATH

Do not hold your breath while exercising. Generally we recommend inspiration by nose and expiration by mouth in accordance with your movements. Please cease your exercise instantly when you are too short of breath.

FREQUENCY



The same part of the muscle need at least a 48-hour rest, which means you should exercise every other day.

TRAINING LOAD

The initial training load rests with training state individually. And you could raise it according to the progressive training principle. Muscle soreness could be a normal phenomenon at the beginning of your training cycle, which would fade gradually along with the exercise process.

MEAL ARRANGEMENT

In order to protect the digestive system, please assure neither to exercise until one hour later after meals nor to eat until at least half an hour after exercise. You'd better drink as less water as you can in the meanwhile so as not to increase the burden of heart and kidney.

WARM-UP EXERCISE

It could be better to warm up and make your muscle more flexible by walking for 5-10 minutes regardless of the speed you would

like to run on. Then stop to do stretch exercise for 5 times as the methods shown below, 10 seconds or more for both feet each time, and do it again after running.

Reach Down

Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times (picture 1).

Hamstrings Stretches

Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg (picture 2).

Crus and Feet Tendon Stretches

Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (picture 3).

Quadriceps Stretches

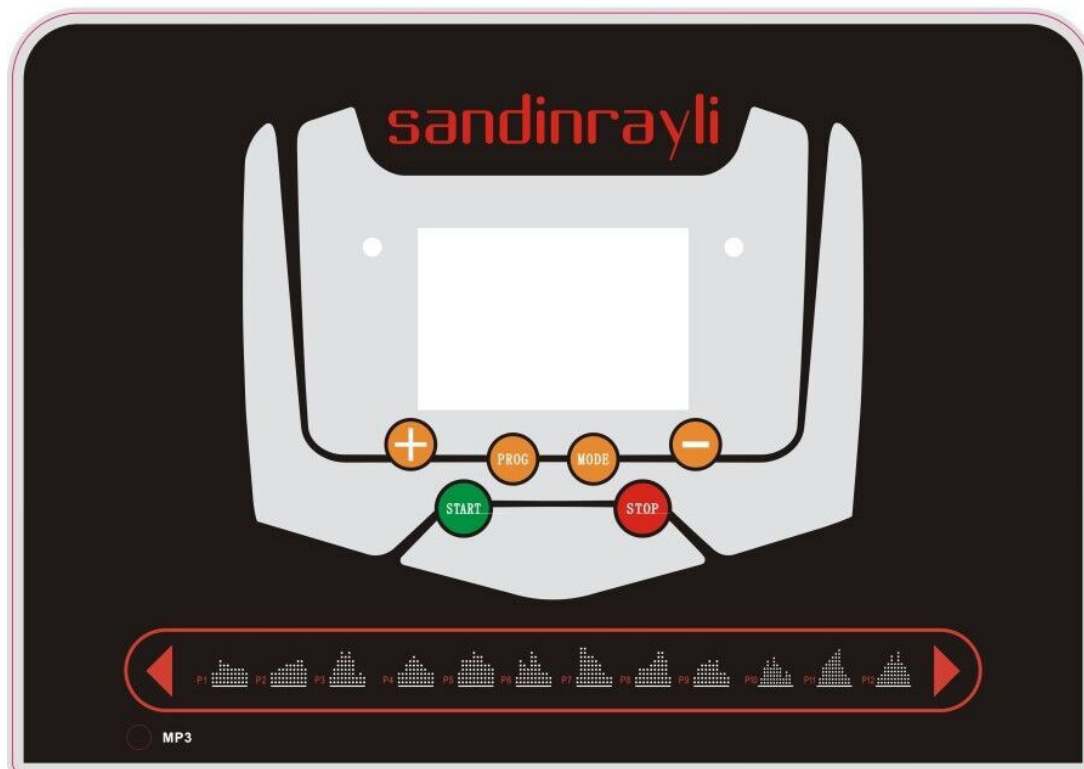
Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (picture 4).

Sartorius (Inner Muscles of Thigh) Stretches

Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds and relax. Repeat 3 times (picture 5).

OPERATION INSTRUCTIONS

1. DISPLAY WINDOW



1) 'SPEED' DISPLAY

This display area could show the speed of running belt when the treadmill is in operation, ranging from 1~8 km/h, and the number signal of a countdown from 3 to 1 when the running is starting.

2) 'TIME' DISPLAY

This display area could show forward timing (from 0:00 to 99:59) which will be reset at 99:59 and the countdown from the set time to zero. Then the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

3) 'DIS.' DISPLAY

This display area could show the running distance which will be counted forward from 0.0 to 99.9 and be reset when it's over 99.9. The distance countdown will start at the set distance and descends to zero. Then the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

4) 'CAL' DISPLAY

This display area could show the calories consumed, forward from 000 to 990 and countdown from the set number to zero. The number will be reset if it's over 990. When the countdown is finished the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

2. BUTTON FUNCTION

1) 'PROG' is the button which you could press and choose different built-in programs from P01 to P12 in the standby state.

2) 'MODE' is the button which you could press and choose various modes including '15:00', '1.0', '50.0' ('15:00' refers to time countdown mode; '1.0' refers to running distance countdown mode; '50.0' refers to calories countdown mode).

The relevant numerical value of all countdown modes can be turned up and down. You can press 'START' and start your exercise with all parameters set.

3) 'START' is the key to start on the treadmill any time as long as the power is on and the safety key is correctly sucked and gripped.

4) 'STOP' is the key to make a pause and reset the treadmill.

5) '+, -' are the buttons to adjust the parameters in the standby state and adjust the speed when the treadmill is operating.

And each press could make a difference of 0.1km on the speed. If you press the button more than 1 second, the speed would be automatically accelerated or slowed down continuously.

3. QUICK START (MANUAL MODE)

1) Turn the power on and make sure the magnetic safety key is correctly sucked and gripped to the security lock under the control panel.

2) Press 'START' and the system would begin to count down for 3 seconds with prompt sounds. Meanwhile the 'SPEED' DISPLAY will show the countdown number and the treadmill will start on at the speed of '1' when the countdown is over.

3) '+' and '-' could be used to adjust the running speed during operation.

4. MANUAL MODE

- 1) Directly press 'START' in the standby state and the treadmill will start operating at the speed of '1'. Other indicators will count forward from zero and you could press '+' and '-' to change the speed.
- 2) Press 'MODE' to enter into time countdown mode and 'TIME' DISPLAY will flash showing '15:00'. Press '+' and '-' to set your running time, ranging from '5:00' to '99:00'.
- 3) Press 'MODE' in the time countdown mode to enter into running distance countdown mode with 'DIS' DISPLAY flashing and showing '0.8'. Press '+' and '-' to set your running distance, ranging from '0.5' to '99.9'.
- 4) Press 'MODE' in the running distance countdown mode to enter into consumed calories countdown mode with 'CAL' DISPLAY flashing and showing '50.0'. Press '+' and '-' to set your running distance, ranging from '10.0' to '990'.
- 5) The treadmill will start operating 3 seconds later after you choose one of the three countdown modes and press 'START'. Press '+' and '-' to adjust the speed if needed. Press 'STOP' and the treadmill will come to a pause.

5. BUILT-IN PROGRAMS

The system has a total of 12 built-in programs P01-P12. In the standby state, press 'PROG', the program window will show 'P01' and 'TIME' DISPLAY will flicker displaying preset time '30:00'. You can choose the program you like and press '+' and '-' to set the required exercise time, and then press "START" to validate the built-in program. The built-in programs are divided into 10 segments, each segment of the exercise time equals the set time/10. When entering the next segment, the system would have 3 prompt sounds like 'Bi-Bi-Bi'. The speed changes with the program segments shifted, during which you can press '+' and '-' to adjust the speed. However, the speed will be restored to the speed of the next segment with the program shift. At the end of the program, there will be 3 prompt sounds like 'Bi-Bi-Bi' and the treadmill will steadily slow down and stop completely transferring to the standby state.

6. ENERGY-SAVING MODE

The standby state would automatically transfer to the energy-saving mode with a black display screen if there aren't any operations in 10 minutes. You could press any buttons to enter into the standby state.

7. PROGRAMS NOTES

Each built-in program would divide the exercise time into 10 equal segments, and every one of the segments has its corresponding speed.

Time Segments Programs		The set time/10=The time of each segment									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	6	3	4	5	2	3	2

P4	SPEED	3	3	5	6	4	4	5	4	3	2
P5	SPEED	3	6	6	6	2	2	4	3	2	1
P6	SPEED	2	6	5	4	3	3	5	4	3	2
P7	SPEED	2	5	5	4	4	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	4	3	3	1
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	3	5	4	6	5	2	4	3
P11	SPEED	2	5	6	6	4	3	2	5	3	2
P12	SPEED	2	3	5	6	5	6	4	6	5	3

8. DISPLAY VALUE RANGE

Parameters	Initial Value	Default Value	Setting Range	Indication Range
Time(min.&sec.)	0:00	15:00	5:00~99:00	0:00~99:59
Speed(km/h)	1	1	1~8	1~8
Distance(km)	0.00	1.00	0.5~99.9	0.0~99.9
Heart Rate(beat)	---	---	---	---
Calories(KCAL)	0.0	50.0	10.0~990	0.0~990
Gradient(section)	---	---	---	---

9. SAFETY LOCK

At any state, pulling off the SAFETY KEY can stop the running of the treadmill urgently with the SPEED DISPLAY showing "E07". The treadmill would not respond to any other operations except shutdown. And it will resume the standby state in the case of the safety lock reloaded correctly, waiting for input instructions.

ERROR CODES

Fault Code	Fault Description	Fault Processing
E1	Communication anomaly: the communication anomaly between the under control and the digital meter	<p>Potential reasons:</p> <p>The communication is blocked, please check each connection point from the digital meter to the under control and change the broken lines.</p>
E2	Motor not detected	<p>Potential reasons:</p> <ol style="list-style-type: none"> 1. Please check the motor power line and reconnect it or replace if needed. 2. The motor could be damaged, please check and replace it if needed.
E5	Electric overload protection: Continuous direct current of the motor over 6A for more than 3s is detected by the under control when operating.	<p>Potential reasons:</p> <ol style="list-style-type: none"> 1. Over load results in excessive current or some parts are stuck and the motor could not operate normally. 2. Check the motor and replace it if needed. 3. Check the controller. If there's burnt smell, please replace it. 4. Check the specifications of the power supply. If it's not compliant with the standard, please replace it with correct power supply.
E6	Protection against current explosion: The motor circuit is damaged by voltage anomaly or motor anomaly.	<p>Potential reasons:</p> <ol style="list-style-type: none"> 1. Check the voltage. If it's not enough for normal operation, please use correct power supply and try it again. 2. Check the controller. If there's peculiar smell, please replace the controller. 3. Check the motor line. If it's not well connected, please fix it.
E7	Safety lock falls off.	Connect the safety lock to the right position and make sure it will not fall off easily again.

MAINTENANCE INSTRUCTIONS

LUBRICATION

After running tape is used for a period of time, it must be lubricated with special methyl-silicone oil.

1.Recommendations for Lubrication Frequency:

The Running Time	Lubrication Frequency
less than 3 hours each week	once for every 5 months
4-7 hours each week	once for every 2 months
over 7 hours each week	once each month

(Excessive lubrication is forbidden.)

Notice:

Reasonable lubrication is effective for expanding the service life of the treadmill.

2. Lubrication Method

How to confirm if the treadmill needs more lubricant?

Grab and lift the running belt and reach out your hand as close as possible to the center of the backside of the running belt. If the running board is dry and the belt doesn't feel damp, you need to add lubricant. Run the belt at the speed of 1KM/H in order to evenly apply the silicone grease and tap the running belt from left to right for a few minutes so as to make sure the silicone grease fully absorbed by the running belt.

3.Running Belt's Elasticity Adjustment

The running belt has already been adjusted in the factory but could still become loose and slip at the driving rod after a period time of use. Please synchronously turn the bolts on both sides of the running belt clockwise at a half circle each time. Be careful and do not over-tighten the belt in case raising the load of motor or spoil the motor, the running belt and the rotating rod.

4.Off-track Deviation

Possible Reasons:

- 1.The treadmill is placed on surface not horizontal.
- 2.The user's feet are not in the center of the running belt when exercising.

3. Uneven exertion of user's feet.

Usually a few minutes of non-load running could fix the problem. If the deviation can not be automatically recovered, please use the attached 5#/6# inner hexagonal wrenches to turn the belt gradually, at a quarter circle as a unit.

The deviation could severely damage the running belt, which is beyond the scope of warranty and must be repaired in time by the user following the instructions.



Please adjust the left bolt clockwise or adjust the right bolt counterclockwise if it's left deviation. And implement the contrary measures if it's right deviation.

5. Driving Belt Adjustment

Note: The grooves of the driving belt and the wheels should be cleaned regularly.

6. Slip or Intermittent Pause

Open the front motor cover, turn on the treadmill. Hold on to the handrail and pedal your feet against the running belt checking the condition of the running belt and the transmission belt (the motor). Please fix and adjust either one with pauses.

This guide book is for reference only. Please be aware the products shall be based on the actual without prior notice if there's some change on the actual!