

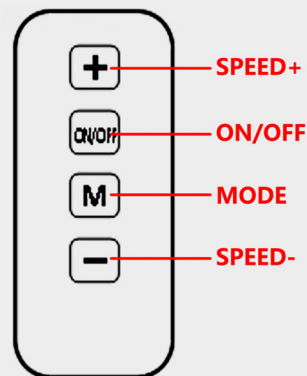
control to adjust speed range from 0.6-3.8 miles per hour, and track training data on LED display.

(1) When you receive the product, it does not come with batteries. Please insert two AAA batteries and press the button. The light will flash to indicate the signal is sent.

(2) Press the "+" key to increase the speed by 0.2 miles per hour. Press the "-" key to decrease the speed by 0.2 miles per hour.

(3) Press the "ON/OFF" key to start or stop the treadmill.

(4) Press the "M" key to change the LED display mode. It will show real-time feedback on speed, distance, calories burned, and time.



How to add lubricating oil to the running belt

NOTE: There is no hole for adding lubricating oil on the treadmill.

It is recommended to add lubricating oil once before use. If there is friction noise from the running belt, you can try adding lubricating oil. Here are some steps you need to take:

(1) Turn off the treadmill and unplug the power cord.

(2) Gently lift one side of the treadmill belt.

(3) Spray 1/4 of the lubricating oil on each side of the treadmill belt and the treadmill board.

(4) Turn on the power and let the treadmill run at a low speed.

(5) When the lubricating oil is evenly spread between the treadmill belt and the treadmill board, wait until the belt fully absorbs the oil before regular lubrication.

Use: <3 hours/week: lubrication frequency: once every 2 months.

Use: 4-7 hours/week: lubrication frequency: once a month.

Use: 8 hours/week: lubrication frequency: once every 15 days.



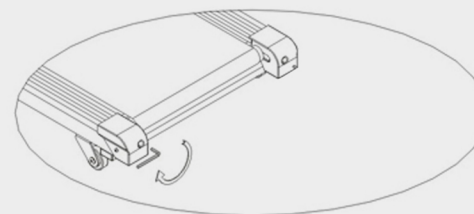
Adjustment of running belt deviation

Treadmill belt deviation is a normal phenomenon caused by uneven force or the user's feet not being centered on the belt.

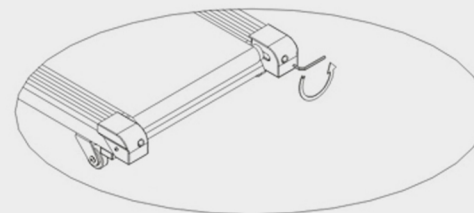
1. We first determine whether the belt deviates to the left or right.

2. Belt deviation adjustment requires the treadmill to be turned on and set to a speed of 3.8 mph.

3. ①. If the belt deviates to the left, turn the screw on the left side of the tail of the treadmill clockwise by 360 degrees. If it continues to deviate to the left, turn it clockwise by 90 degrees. If it deviates to the right after adjustment, turn the screw on the right side clockwise by 90 degrees, and observe the belt until it returns to the center.



②. If the belt deviates to the right, turn the screw on the right side of the tail of the treadmill clockwise by 360 degrees. If it continues to deviate to the right, turn it clockwise by 90 degrees. If it deviates to the left after adjustment, turn the screw on the left side clockwise by 90 degrees, and observe the belt until it returns to the center.



Treadmill belt deviation is mainly adjusted by checking whether the ground is level, running the treadmill without a user, and adjusting the two screws at the tail of the treadmill. Each adjustment requires waiting for at least 30 seconds to see if it moves to the correct position.

During normal use, be careful not to lean to the left or right for extended periods of time to reduce belt deformation and deviation.

Adjust the running belt tightening

If the running belt slips:

(1) Start the treadmill and increase the speed to 3mph.

(2) Use a 6mm wrench to turn the bolts on both sides clockwise by 1/4. Repeat this step until the belt is appropriately tightened.

