

## SERVICE

### IMPORTANT

For damaged or defective products, questions, replacement parts or any other service support, Please contact seller customer service

Response Time: 24-48 hours

Emailing us with the **Order ID** will be the best method to receive a response during peak business hours.

**PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE FIRST.**

If you have any installation problems,  
PLEASE contact the seller's customer service

## IMPORTANT SAFETY GUIDELINES

 *Read all instructions before using this appliance.*

**DANGER - To reduce the risk of electric shock:**

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:**

1. An appliance should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from machine.
15. To disconnect, turn all controls to the position, then remove plug from outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.
17. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
18. **The maximum weight capacity for this product is 300 lbs / 136 kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

**SAVE THESE INSTRUCTIONS**

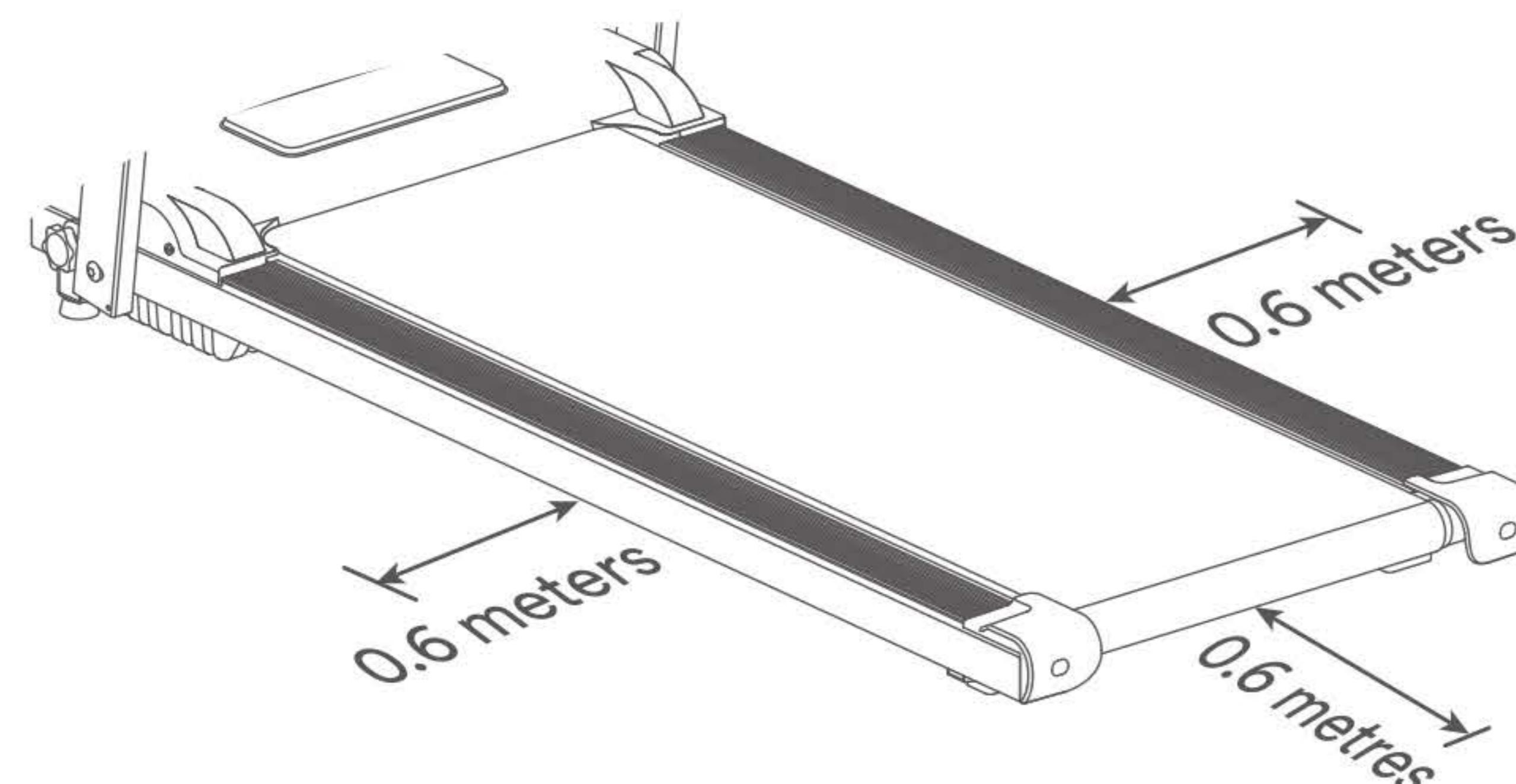
## GROUNDING INSTRUCTIONS:

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 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 will not fit the outlet, have a proper outlet installed by a qualified electrician.

## For EU safety instructions:

1. If the supply cord is damaged, it must be replaced by a special cord set available from the manufacturer or its service agent.
2. The free area shall not be less than 0.6 metres greater than the training area in the directions from which the equipment is accessed.



3. If any of the adjustment devices are left projecting, they could interfere with the user's movement.
4. Warning, that a folded treadmill should not be operated.
5. Warning, to allowing the running surface to come to a complete stop before folding.
6. Noise emission under load is higher than without load.
7. On airborne noise: ≤65dB.
8. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
9. If the heart rate is displayed:  
WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
10. If equipped with a pull-cord safety stop:  
An instruction on how to use, attach and test the pull-cord safety stop is required.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

## POWER SUPPLY PRECAUTIONS

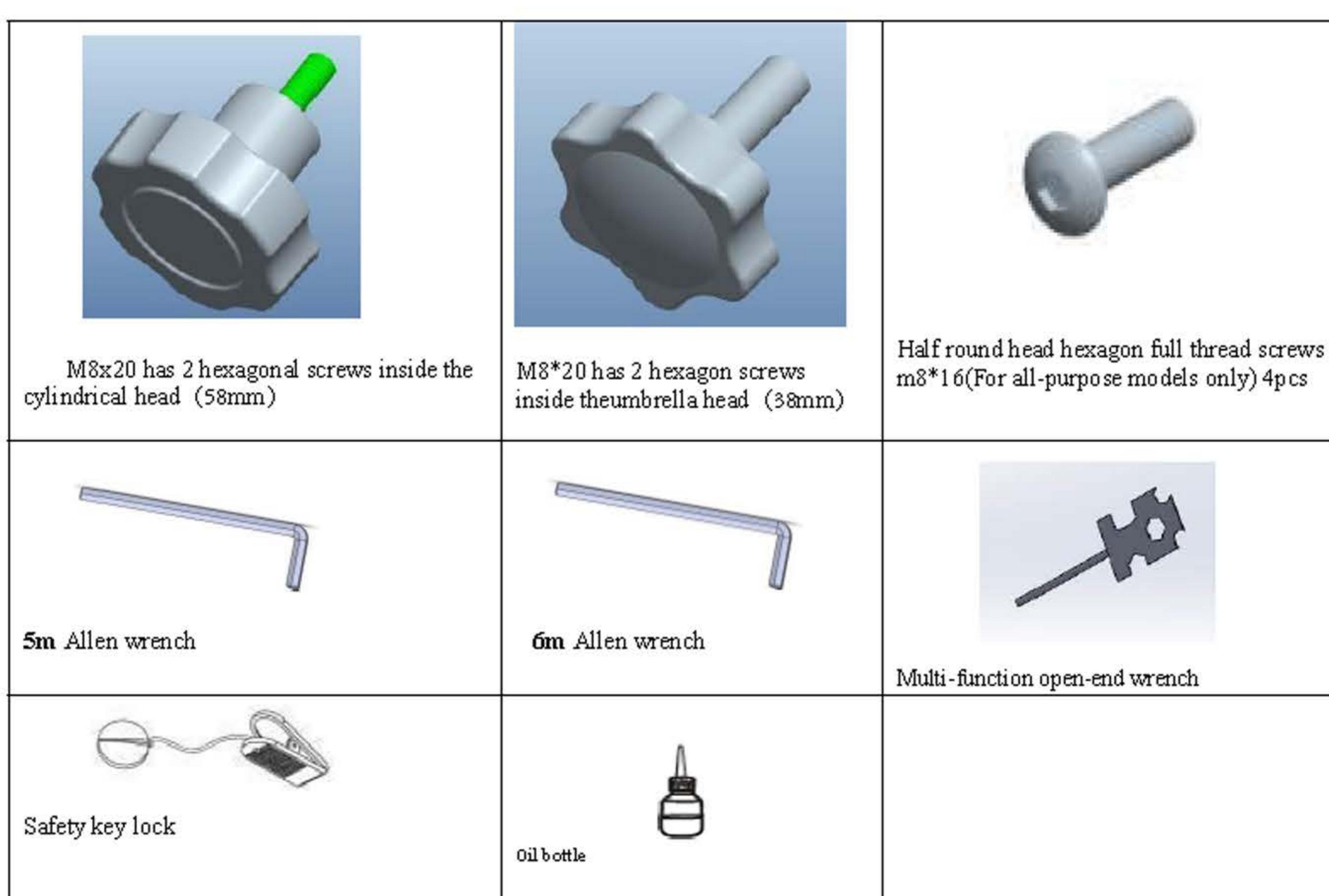
1. Use US: 120V~ 60Hz/EU: 220-240V~ 50-60Hz power supply.
2. The power plug must be reliably grounded, and the socket must be equipped with a dedicated circuit to avoid sharing a circuit with other electrical equipment.
3. Directly plug the power cord firmly into the socket.
4. Use a qualified socket to avoid dangers arising therefrom. If the plug does not match the socket, do not use the plug and ask an electrician to handle it.
5. Do not let the power cord contact the rollers. Do not put the power supply on the running belt. Do not use any damaged plugs.
6. Do not pull out or insert the power plug with wet hands.
7. Pull out the plug from the socket before cleaning and maintenance.
8. Check whether the treadmill functions normally before use. If normal, you can use it, otherwise do not use it and contact our Customer Service Department in time.
9. Clip the safety lock wire to your clothes before exercise for emergency stop.
10. Ensure that there is a 2000\*1000mm vacant safe area without obstacles behind the treadmill during exercise.
11. In case of an abnormality, pull up with the handrail to keep your feet off the running belt and jump out of the treadmill.
12. If you feel dizzy, chest pain, nausea, or breathless during exercise, stop exercising immediately and consult a fitness coach or doctor.
13. Do not use this product outdoors, under high humidity or sunlight.
14. Power off and unplug when you leave.

## PACKING LIST

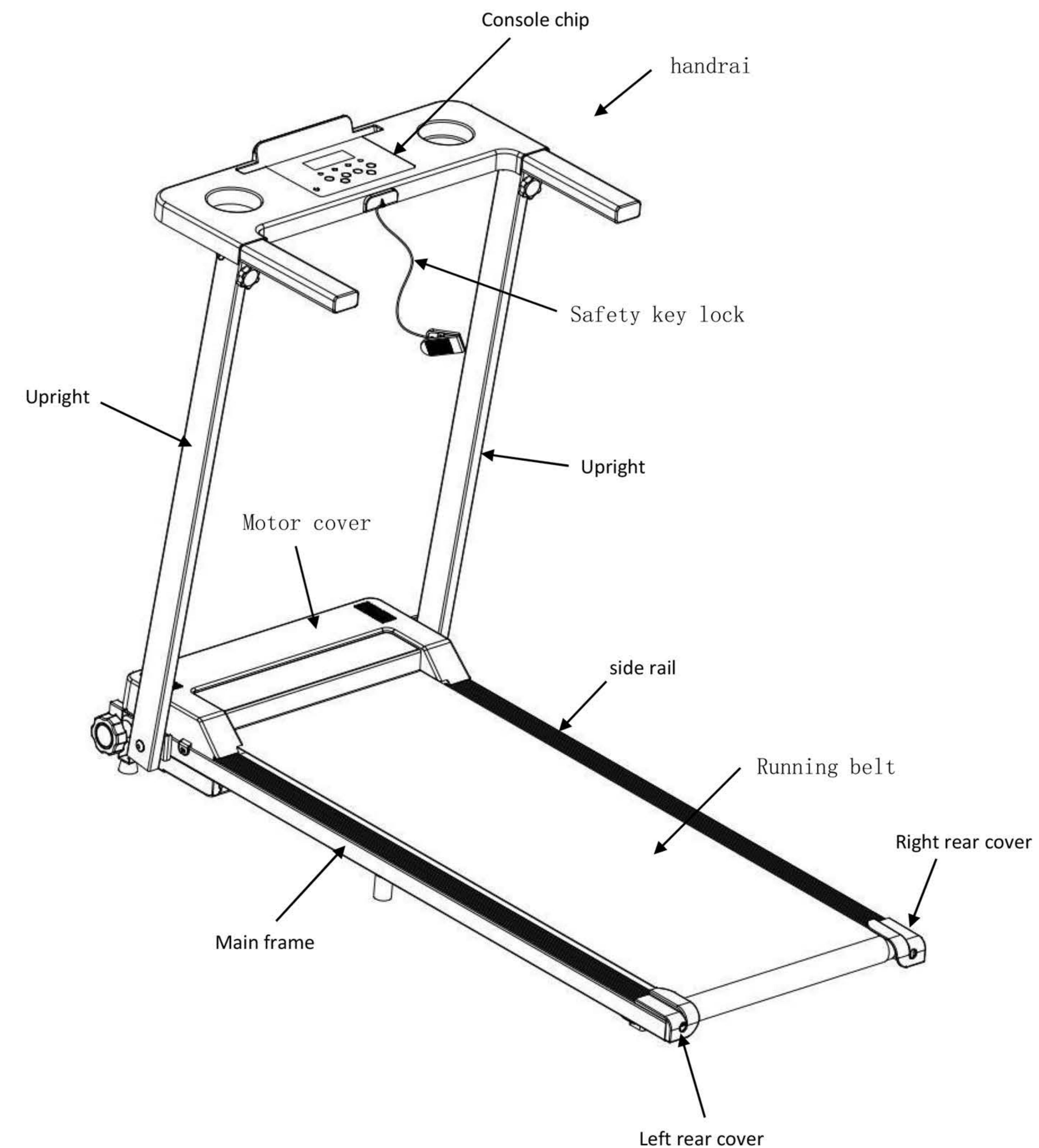
### PRODUCT ACCESSORIES



### TOOL PACK



## PRODUCT OVERVIEW



# ASSEMBLY

## INSTALLATION PREPARATION

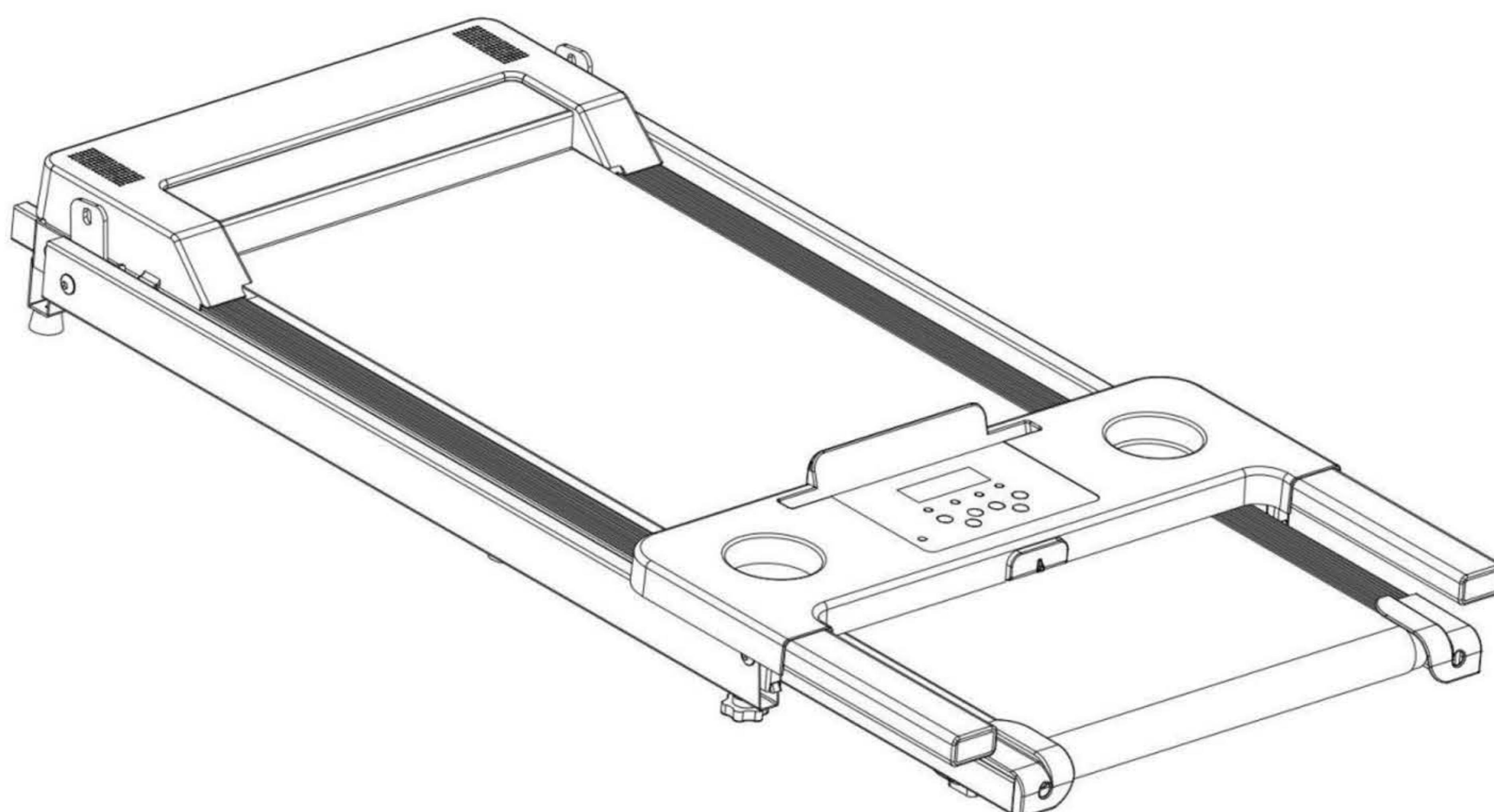
- For safety operation, please select a safe, dry, solid and spacious horizontal surface for installation;
- After receiving the product, remove all parts from the product package. Please carefully check whether the parts and tools are complete according to the packing list.

## INSTALLATION INSTRUCTIONS

- Before installation, please read and understand the important safety steps in the manual carefully.
- Before each installation step, collect the corresponding parts and tools needed;
- Please use the wrench in the tool kit. If there are no special instructions, tighten the bolt and nut to the right (clockwise) and loosen the bolt and nut to the left (counterclockwise).
- When two parts need to be connected, lift the product gently to align with the hole, so that the knob can easily be inserted in the hole.
- Some parts of the product are heavy. Please ensure that two people participate in the assembly, and do not lift heavy parts alone to avoid product or personal damage.

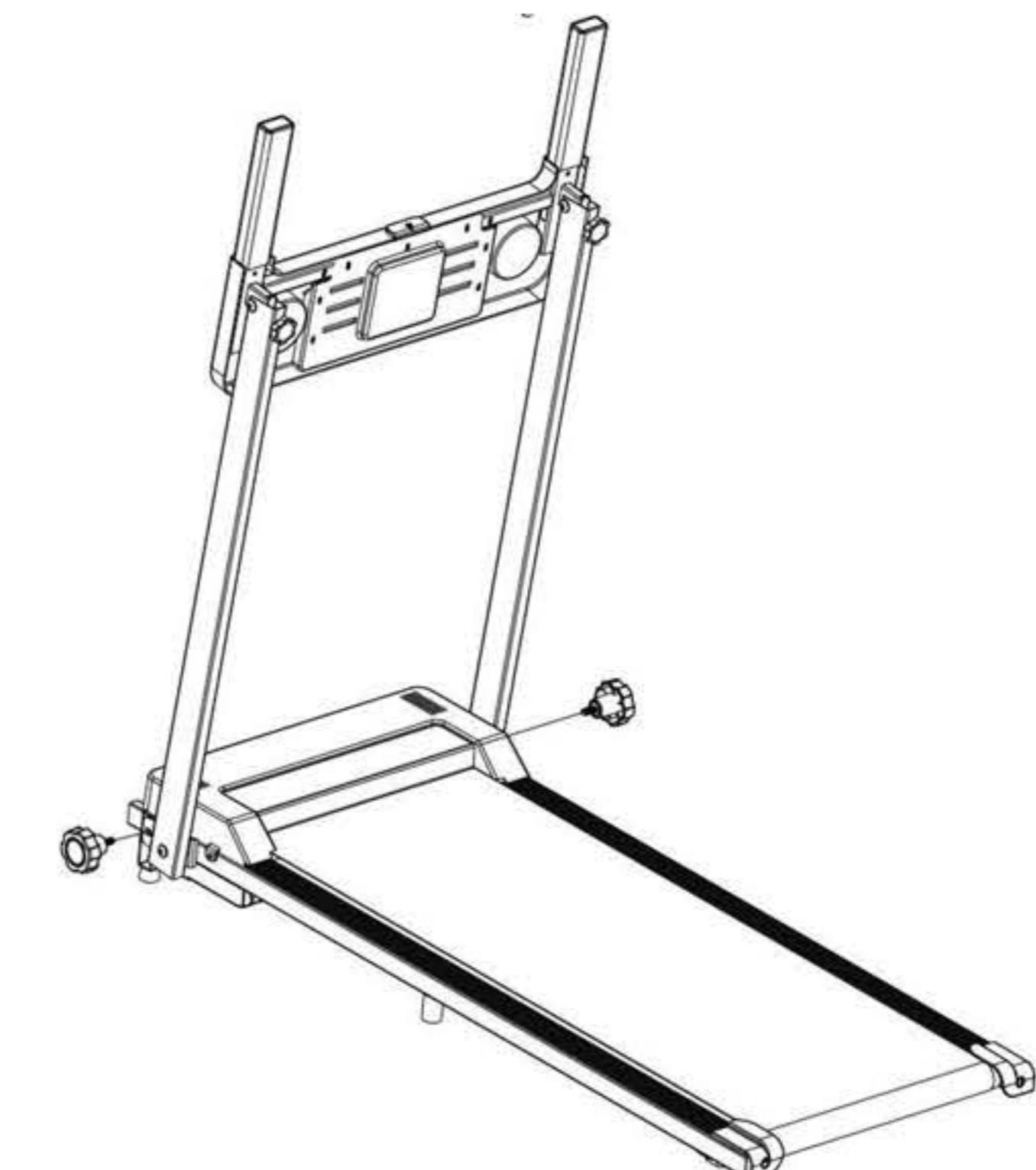
## INSTALLATION STEPS

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

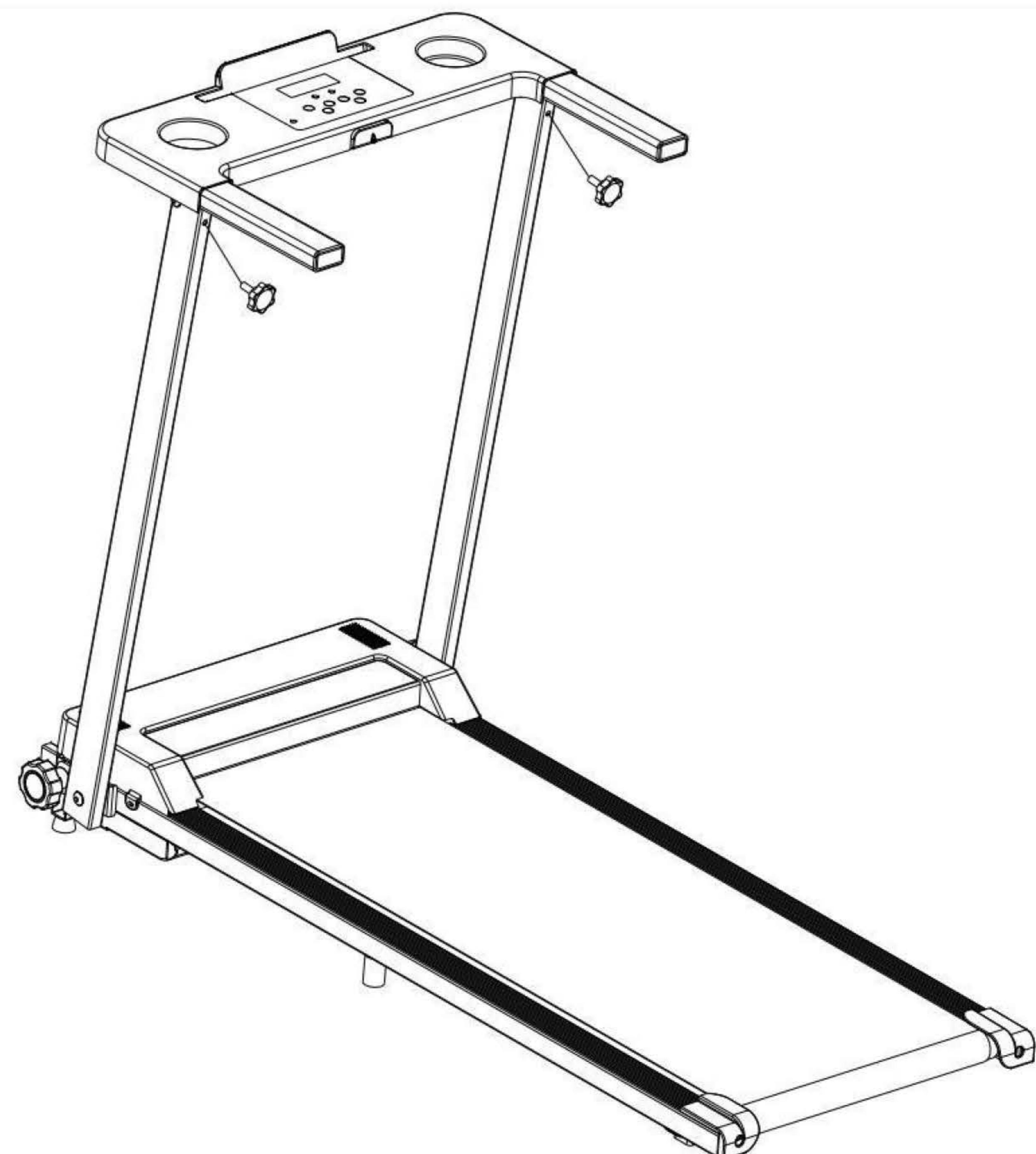


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2. fold up the riser and secure the column to the frame with 2 knobs; when fixing the Knob, put the KNOB in horizontally. Can Not be fixed diagonally to prevent thread damage, the two knobs first do not fix too tight, to the table frame fixed after the two knobs can be fixed tight. (58mm-knobs)

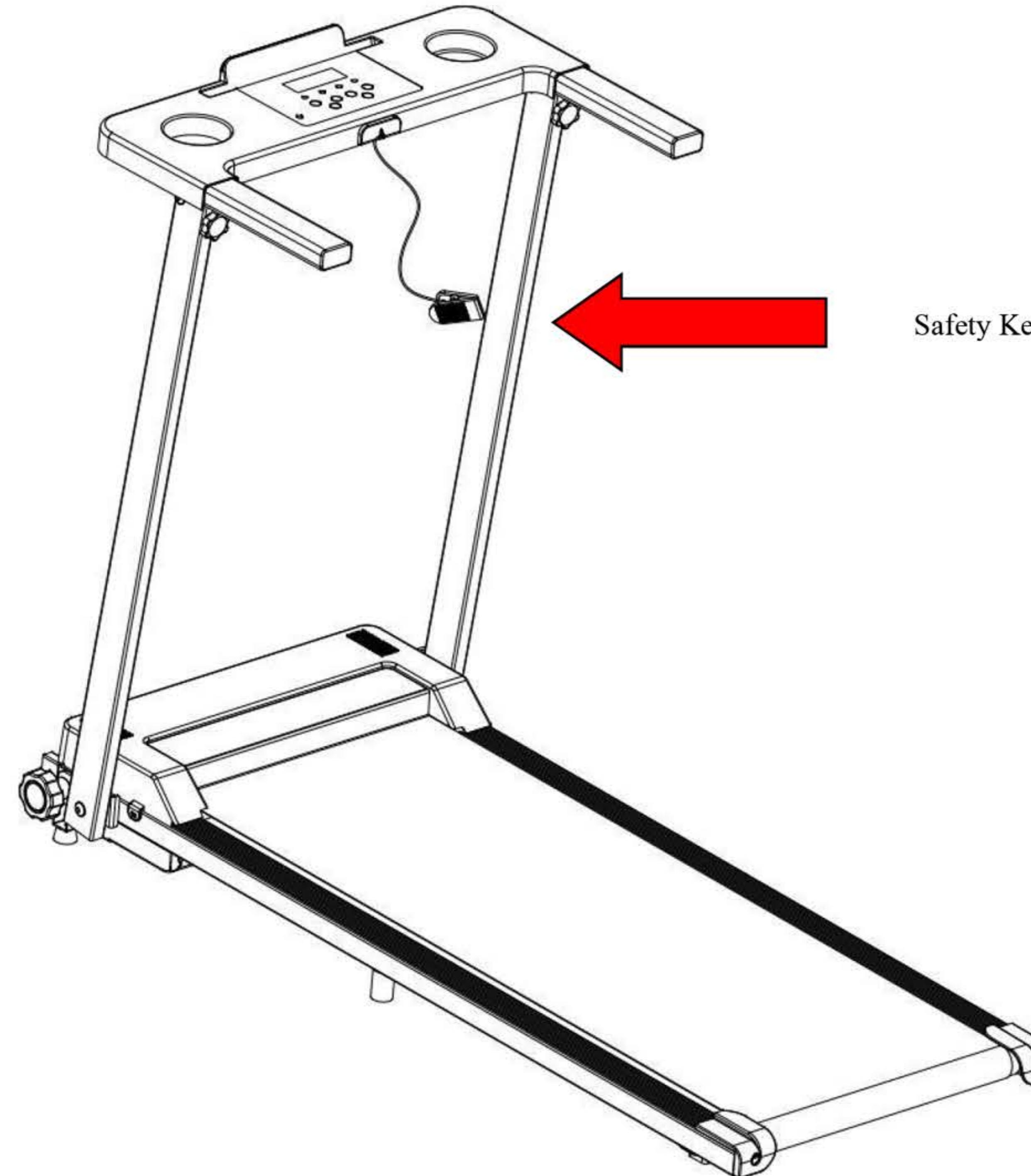


3. fold up the Electronic Watch holder, and fix the Electronic Watch holder and the standpipe with 2 knobs; the position of the Electronic Watch holder fixing knob see picture, please tighten the KNOB. (38mm-knobs)



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4. put the safety key in the correct position of the meter. After fixing the knob of the standpipe to the frame, it can be turned on by electricity



Safety Key

5. Please make sure that all parts have been fixed and installed in the correct position.

#### NOTE:

1. To prevent injury during assembly, please wear gloves and make sure there are two people assembling the product.
2. During product assembly, please pay attention to safety and avoid injury by moving parts.
3. To avoid injury, please keep away from bystanders and children during product assembly.
4. Do not use the product until it is completely assembled and checked.

## OPERATION

### POWER ON

Plug in, turn on the power switch, you will hear a "beep" sound, and the treadmill will be standby.

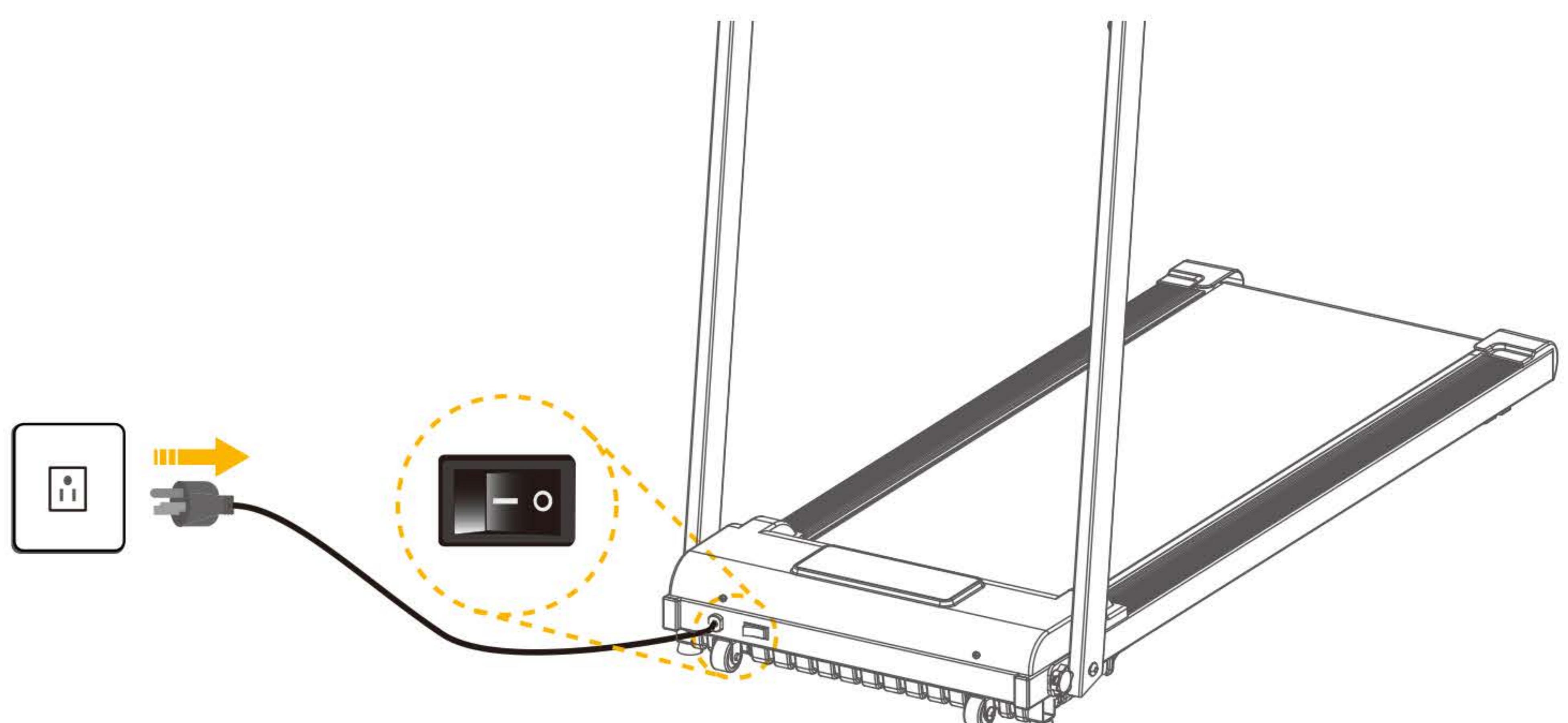
### SAFETY KEY

- The treadmill will only work if the safety lock is properly placed on the console slot. Make sure the Safety Key clip on the clothes when exercising in case of an accident.
- In any situation, pulling off the Safety Key, the treadmill will stop in an emergency, the "SPEED" window displays "E07", at this time, you may not perform any other operation on the treadmill except shutting it down. After the Safety Key is attached correctly again, the treadmill will enter the standby mode.

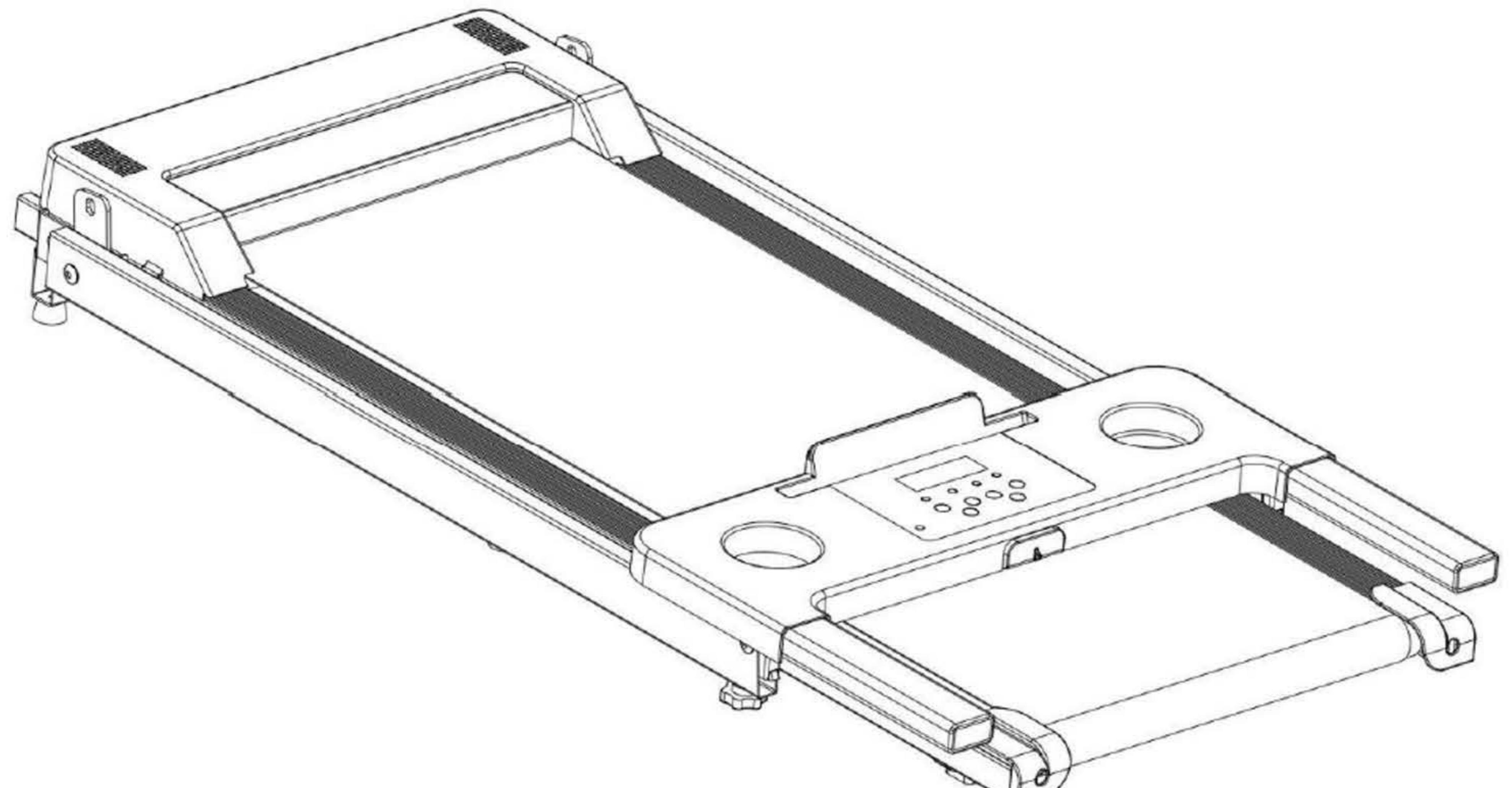
### FOLDING STEPS

When the treadmill is not in use, it can be folded up to save space.

1. Before folding, please turn off the power switch and unplug the power plug;



2.Unscrew the hexagon knob (58mm and 38mm) counterclockwise and remove them,then fold the column and the console



## MAINTENANCE

### GENERAL CLEANING

Proper maintenance is helpful to prolong the service life of the treadmill.

1. Please place the treadmill in a dry and shady environment. Do not place the treadmill outdoors in direct sunlight.
2. Check and lock all parts of the treadmill regularly, and replace defective parts in time.
3. Do not use the treadmill by force when it is damaged, so as to avoid product and personal damage.

### TREADMILL ADJUSTMENT

The treadmill Tread-belt is adjusted before leaving the factory, but after use, it will be stretched or have deviated from the center position. Please adjust it in time to avoid damage to the treadmill.

#### Adjust the tightness of the Tread-belt

If you are using the treadmill, and the Tread-belt slips or does not run smoothly, you can adjust the tightness of the Tread-belt to improve it.

1. Insert the Allen key in the adjustment screw socket on the left side of the Tread-belt, and turn the wrench clockwise to tighten the Tread-belt;
2. Repeat step 1 to adjust the right screw. Be sure in adjusting the screw to rotate the same distance;
3. Repeat steps 1 and 2 until the Tread-belt doesn't slip;
4. If you need to loosen the Tread-belt, please turn the key counterclockwise, and note that the left and right sides should rotate the same distance.

#### NOTE:

The Tread-belt should not be adjusted too tightly, otherwise it will damage the Tread-belt, increase the pressure of the front/rear rotary drum, damage the drum bearing, produce noise and other problems.

#### Adjustment of Tread-belt position

When using the treadmill, because of the possible force difference exerted by both feet and the unbalanced pressure exerted on the tread-belt, the tread-belt may deviate from the center, but this deviation phenomenon is normal. Leave the treadmill running unloaded for a period of time and the tread-belt will automatically return to the center. If it doesn't work, you need to adjust it manually.

1. Run the treadmill without load and adjust the speed to 0.6~0.9;
2. Observe the distance from the Tread-belt to the left and right sidebars:
  - If it deviates to the left, use the Allen key to turn the left screw clockwise;
  - If it deviates to the right, use the Allen key to turn the right screw clockwise;
  - If the Tread-belt is still not in the middle, repeat the above action until it is adjusted to the middle;

**NOTE:**

Do not over-tighten the rotary drum as this will cause permanent damage to the bearing.

**LUBRICATING THE TREADMILL**

When the treadmill leaves the factory, lubricant is added, but necessary inspection is helpful to keep the treadmill in the best condition for use.

**Inspection steps**

1. Pull up the side Tread-belt and reach out to touch the surface of the running deck as far as possible;
2. If you feel there is silicone oil, you don't need to add lubricant for the time being;
3. If you touch the surface and it feels very dry, you need to add 10ml Silicone oil.

**Lubrication cycle**

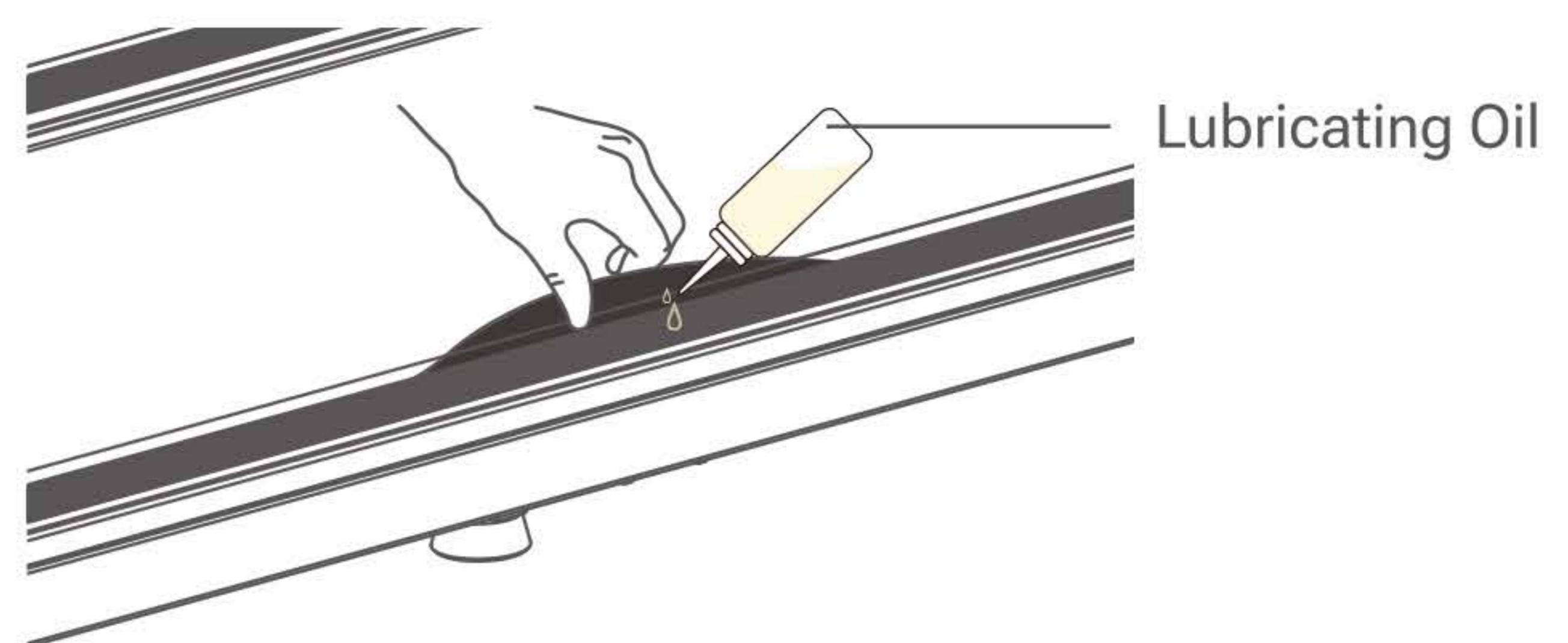
Time	Operation
First use	Check the lubrication, and add according to the situation
30 days or 30 hours of use	Check the lubrication, and add as needed
1 year or 100 hours of use	Add 10ml Silicone oil

**NOTE:**

Please use silicone oil not made of petroleum.

**Adding steps**

1. Cut a small opening in the oil bottle to ensure that it can be poured out, but not in a great amount;
2. Pull up the side Tread-belt so that you can place the oil bottle to the bottom of the running belt and inject oil into the middle of the running board. Put down the running belt;



3. Turn the treadmill on without loading for about one minute, so that the newly added Silicone oil can be automatically and evenly applied before use.

**PRODUCT CLEANING:**

1. After using the product each time, please wipe the stains off the Console and other parts with a clean cloth;
2. If the product is used frequently, it can be wiped with a mild detergent.

**NOTE:**

1. When cleaning the treadmill, the power switch should be turned off and the power cord should be removed from the socket.
2. Please do not use corrosive detergent to wipe.

**PRODUCT STORAGE:**

1. Please put the treadmill in a clean and dry environment.
2. When the treadmill is not in use, it can be folded to save space.
3. When the treadmill is not in use, please turn off the power switch and unplug the power plug.

## CONSOLE

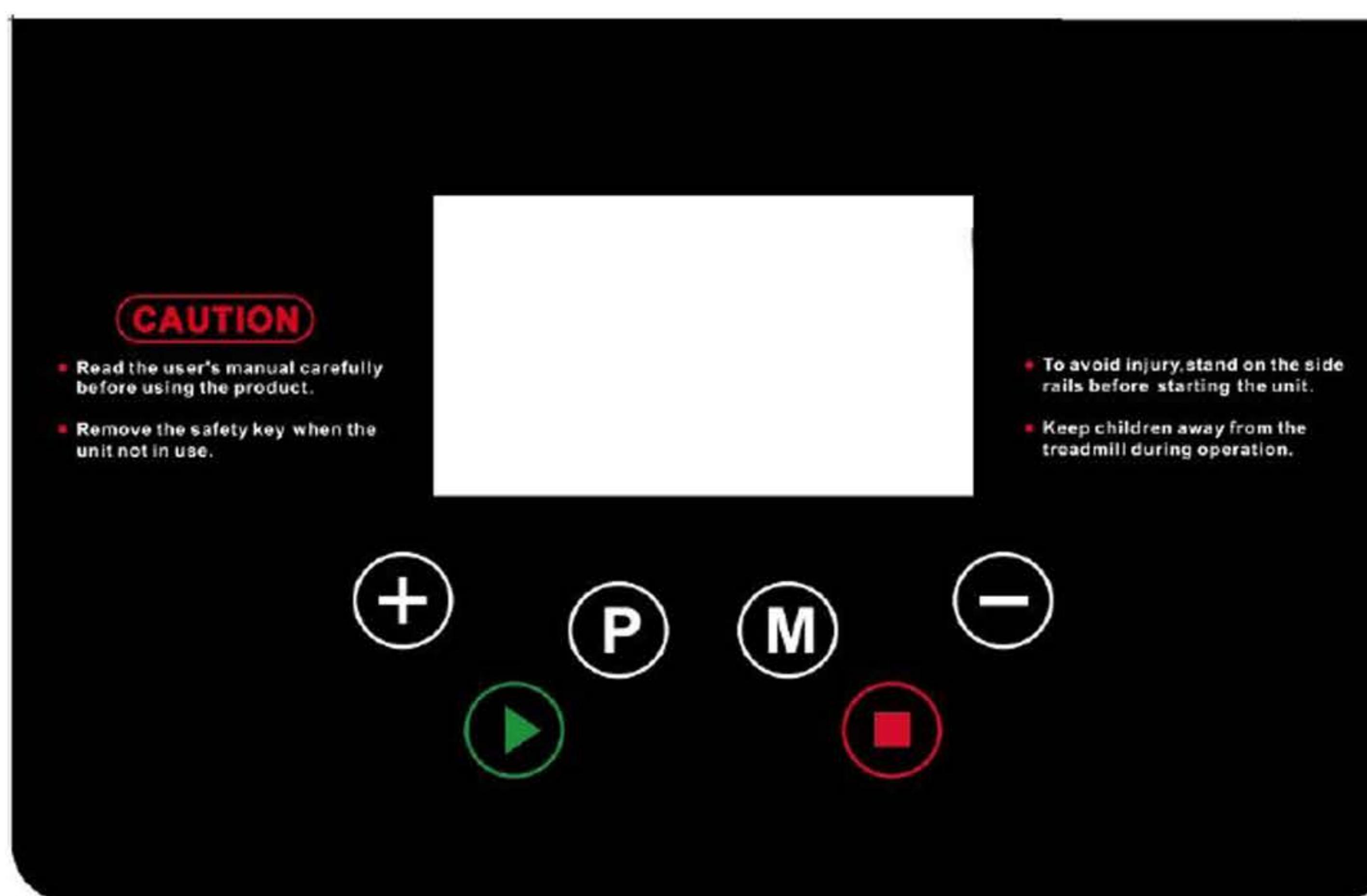
### START / STOP

#### Start:

Start: In standby mode, Attach the Safety Key correctly, press the "START" key, and the treadmill will start running after a 3 second countdown;

#### Stop:

when exercising, press the **STOP** key or directly disconnect the Safety Key to stop running.

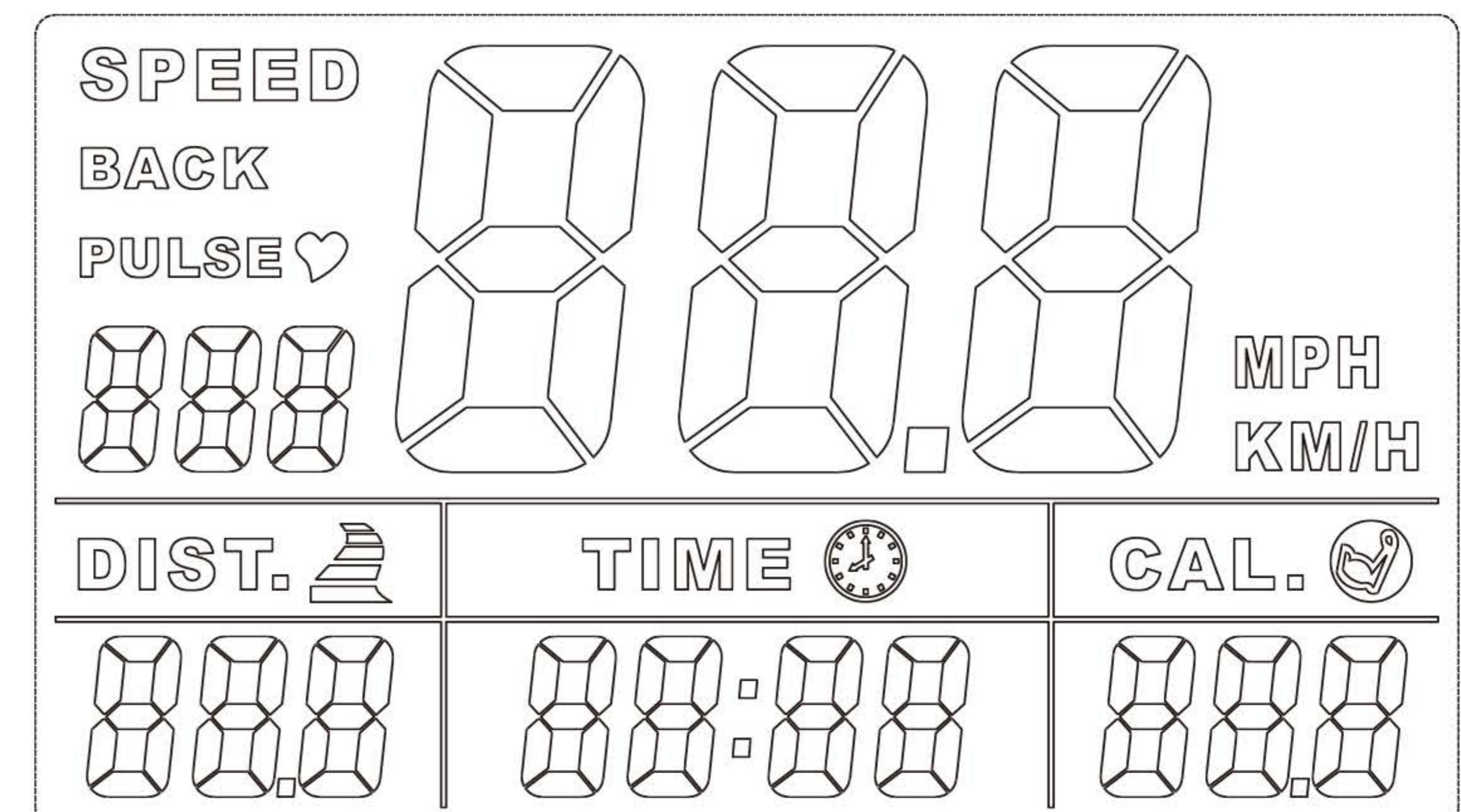


The button with a triangle in the middle is **START**, the button with a square in the middle is **STOP**, **P** means **Program**, and **M** means **MODE**

### KEY FUNCTION

START	Press this key, and the treadmill will start running from the lowest speed or the programmed default speed after a 3second countdown.
STOP	In running mode, press this key and the treadmill will stop running.
MODE	In standby mode, press this key to enter the countdown mode setting, and the selection order is: TIME-DIS.-CAL.- Manual mode.
PROG.	Program selection: P1 ~ P12 - Manual mode.
-	1. When the treadmill is running, press this key to decrease the speed. 2. It can be used to set time, distance, and calories values.
+	1. When the treadmill is running, press this key to increase the speed. 2. It can be used to set time, distance, and calories values.

### WINDOW



Name	Function
SPEED	1. Displays the countdowns of "3" - "2" - "1" in turn during startup; 2. Displays the exercising speed when exercising; 3. Displays "E07" when the Safety Key is disconnected; 4. The lower left corner displays the program number when a built-in program is selected.
TIME	1. Displays the exercising time when exercising; 2. When adjusting the value in the countdown mode, it displays the set time value.
DIS.	1. Displays the exercising distance when exercising; 2. When adjusting the value in the countdown mode, it displays the set distance value.
CAL.	1. Displays the value of calories consumed when exercising; 2. When adjusting the value in the countdown mode, it displays the set calorie value.

## MODE

### Manual Mode

1. In standby mode, press the "START" key directly, and the treadmill starts from the lowest speed after a 3 second countdown;
2. Press "+ / -" to adjust the speed value;
3. Press the "STOP" key to slow down the treadmill to a stop.

### Countdown mode

In this mode, the user can set the value of time, distance, and calories according to the demand. After setting, press the "START" key, the treadmill will enter the countdown mode. Once the set value drops to "0", the treadmill will slow down and stop automatically.

1. In standby mode, press the "MODE" key to enter the countdown mode;
2. Press the "MODE" key to cycle switch: "TIME" - "DIS." - "CAL." – Manual mode.
3. Press the "+ / -" key to add and decrease the value of the current window;
4. Press the "START" key, and the treadmill starts from the lowest speed after a 3 second countdown. At this time, just like in manual mode, the speed and slope can be adjusted through the keys on the panel;
5. When the value set by countdown mode on the window drops to "0", the treadmill will slow down and stop automatically. While exercising, you can also press the "STOP" key or disconnect the Safety Key to stop.

### Built-in program

In addition to the manual mode, there are 12 different programs built into the treadmill. Each program is divided into 10 segments, and the running time of each segment is set time / 10. (Please refer to Appendix 1 for the program table)

1. In standby mode, press the "PROG." key to select any built-in program from P1 to P12. At this time, the "TIME" window displays the default value and flashes, so press the "+ / -" key to adjust the required exercising time;
2. Press the "START" key, and after a 3 second countdown, the treadmill will start to run at the speed of the first segment of the selected program. When this segment of the program is finished, the treadmill will automatically enter the next segment of the program and adjust the corresponding parameters synchronously;
3. While running, you can press the "+/-" key to adjust the speed, but when you enter the next segment of the program, the treadmill will automatically adjust to the default value of the corresponding segment;
4. When all segments of the program are finished and the program is finished, the treadmill will slow down and stop automatically. While exercising, you can also press the "STOP" key or disconnect the Safety Key to stop running.

## SLEEP FUNCTION

When the treadmill stops running and there is no operation for more than 10 minutes, the system will automatically turn off all displays and enter the sleep mode. Pressing any key will wake it up.

### PARAMETER DISPLAY AND SETTING RANGE:

	Display range	Mode default value	Program default value	Setting range
Speed	US: 0.6~6.2(MPH) EU: 1~10(KPH)	-----	-----	US:0.6~6.2(MPH) EU:1~10(KPH)
Time	0:00~99.59	30:00	30:00	5:00~99:00
Distance	US: 0~99.9MI EU: 0~99.9KM	1.0	-----	US: 1~99MI EU: 1~99KM
Calories	0~999	50	-----	10~999

## ERROR CODE

Common failures of control system and troubleshooting.

The following present error codes displayed on the electronic display and their solutions:

ERROR CODE	FAULT ANALYSIS	HANDLING METHOD AND SEQUENCE
E0	Safety lock falls off	<ol style="list-style-type: none"><li>1. Check whether the safety lock magnet has magnetic force.</li><li>2. Check whether the socket of the magnetic ring tube of the display board is loose.</li><li>3. Check whether the controller's communication line and the display board communication line are loose.</li><li>4. Replace the upper controller.</li></ol>
E2	Lower controller's power tube is damaged	Replace the host controller.
E4	Shield wire failure	<ol style="list-style-type: none"><li>1. First replace the 5P communication line of the display board.</li><li>2. Replace the host controller.</li></ol>
E5	Power tube breakdown short-circuit protection (Anti-explosion protection)	<ol style="list-style-type: none"><li>1. Rule out the cases of overweight, shortage of oil on the running belt or running board.</li><li>2. Excessive torque setting.</li><li>3. Replace the motor or host controller.</li></ol>
E6	Main motor abnormality protection	<ol style="list-style-type: none"><li>1. Check whether the motor wire is connected.</li><li>2. Replace the motor.</li><li>3. Replace the host controller.</li></ol>
E7	Communication error	<ol style="list-style-type: none"><li>1. Replace the 5P communication line of the display board.</li><li>2. Replace the display motherboard.</li><li>3. Replace the host controller.</li></ol>
E8	Overload protection	<ol style="list-style-type: none"><li>1. Rule out the cases of overweight, shortage of oil on the running belt or running board.</li><li>2. Replace the running belt or running board.</li><li>3. Replace the motor.</li><li>4. Replace the host controller.</li></ol>

## TROUBLESHOOTING

### Failures and solutions

This product is reliably designed and easy to use. In case of a problem, carefully read the solutions to the failures as described below.

**Failure:** No information is displayed on the screen.

**Solution:** Check whether the power cord is plugged in properly, whether the plug is loose, and whether the power switch is turned on.

**Failure:** Power outage during use.

**Solution:** Check whether the power cord is connected firmly and whether the overcurrent protector is disconnected.

**Failure:** Running belt is not centered.

**Solution:** Check whether the treadmill is placed on flat ground and whether the running belt is adjusted properly. Refer to the adjustment of running belt.

**If the problem in your treadmill is not included in the above, and you are not sure how to solve it**

**PLEASE CONTACT SELLER CUSTOMER SERVICE TIMELY  
AND DO NOT HANDLE IT BY YOURSELF**