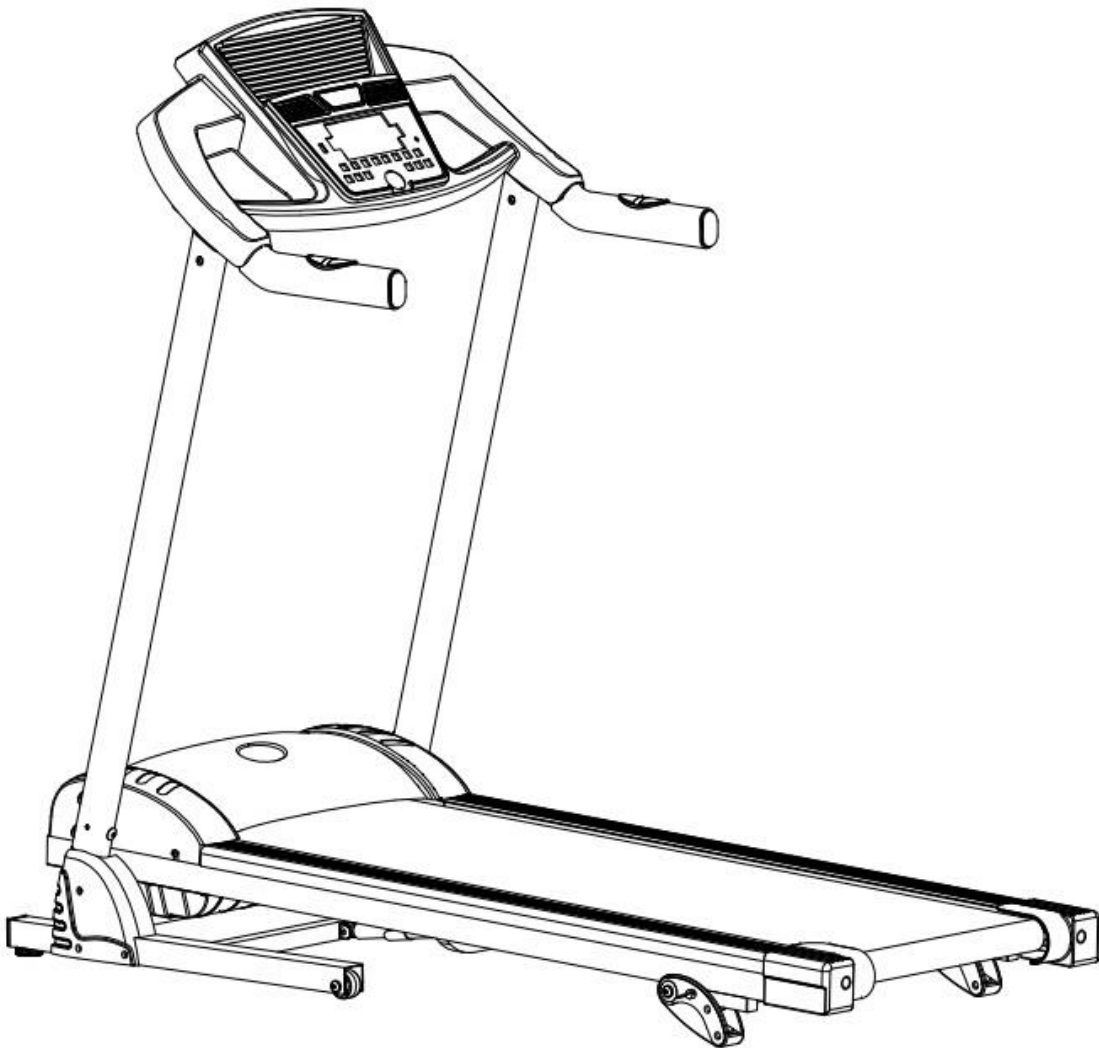


# MOTORIZED TREADMILL

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*INSTRUCTION MANUAL*



**PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUAL  
CAREFULLY BEFORE ASSEMBLY AND USE THE TREADMILL.**

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## **1. FEATURES**

**Congratulations on choosing the motorized treadmill. You have taken the first step to a healthier and more rewarding lifestyle.**

The treadmill is especially designed to meet your needs. The following are the features of the treadmill.

- Speed Range: 0.8~16.0 KM/H
- 3 levels manual incline
- Hand pulse
- 12 pre-programs
- Input voltage: 220V
- The frame lies low on the ground to ensure a more stable and safer experience.
- This foldable treadmill also has wheels to make it even easier to move.
- Different programs to help you achieve your fitness goals.
- Fixed speed settings to make for a more convenient workout.

## **2. PRECAUTION**

**TO REDUCE THE RISK OF ELECTRIC SHOCK, BURN, FIRE OR OTHER INJURY, PLEASE READ THE FOLLOWING CAUTIONS AND INFORMATION BEFORE OPERATING THIS TREADMILL.**

- It is the responsibility of the owner to be sure that all the users of this treadmill are informed of all warning and precautions.
- Keep pets and small children away from the treadmill at all times.
- Never start the treadmill while you are standing on the walking belt.
- The treadmill is capable of high speeds. To avoid sudden jumps in speed, adjust the speed in small increments.
- Regularly inspect and tighten all parts of the treadmill. Keep hands away from all moving parts.
- Never leave the treadmill unattended while it is running. Always remove the safety key and move the on/off switch to the “off” position when the treadmill is not in use. Refer to the console instructions page of this manual for the location and operation of the on /off switch.
- Never leave the treadmill unattended when plugged in.
- When folding or moving the treadmill, make sure that the safety lock is fully engaged. Do not remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed only by an authorized service representative.
- Keep the plug and power cord away from heated surfaces.
- Keep all electrical components, such as the motor, power cord and on/off switch away from water or other liquids to prevent shock. Do not set anything on the handrails, computer console or belt.

### **FOR YOUR OWN SAFETY, BE ADVISED OF THE FOLLOWING:**

- Assemble and operate the treadmill on a solid level surface. Keep at least four feet of clearance around the treadmill at all times.
- Always insert the safety key and attach the clip to your clothing on your waist before commencing your workout. If you should encounter problems and need to stop the motor quickly, simply pull the cord to disengage the safety key from the console. To continue operation, simply reinsert the safety key into the console.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Remove the safety key and store it in a safe place when the treadmill is not in use. Keep the safety key away from children.
- Wear the proper exercise clothing and shoes for your workout. Do not wear loose clothing or shoes with leather soles or heels. Be sure to tie long hair back.
- Keep all loose clothing and towels away from the running surface. The belt will not stop immediately if an object gets caught in the rollers or belt. Should an object gets caught, turn the unit off immediately.
- Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Step onto the running belt only when it is running at a very slow speed. Do not step off the treadmill while the belt is moving.
- To get on or off the running surface, straddle the running surface by standing on the right and left platforms on each side of the belt before starting the belt (to begin your workout) and after it has stopped (at the end of your workout).
- Never attempt to turn around while on the treadmill with the belt running. Keep your head and body facing

forward at all times.

- Never turn on the treadmill while someone is standing on the running surface.
- Do not rock the treadmill, stand on the handrails or computer console at any time.
- Do not overexert yourself during your workout. Stop your workout immediately if you feel overexerted. If you feel any pain or discomfort, please consult your physician.
- Do not attempt any service on the treadmill yourself other than the assembly and maintenance described in this manual. The treadmill is for household use only. Please refer to the customer service information contained in this manual should your treadmill require additional service other than that described in this manual.
- 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 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.







**ELECTRICAL SAFETY:** This motorized treadmill must be grounded. Should it break or malfunction, grounding reduces the risk of shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**IMPORTANT:** Improper connection of the equipment-grounding conductor can result in a risk of an electric shock. If you are in doubt as to whether the treadmill is properly grounded, check with a qualified electrician or service person. Do not modify the plug provided with the treadmill. If it does not fit the outlet, then get a proper outlet installed by a qualified technician.

**SURGE PROTECTION:** Although this treadmill is equipped with built-in surge protection, an external surge protector is still recommended.

The treadmill will shut off automatically if it encounters a surge in power. A reset button is located at the lower front of the motor cover. If the treadmill should be shut down, turn the on/off switch to the “off” position, then press the reset button. The treadmill will now work properly.

### 3 ASSEMBLY INSTRUCTION

Hardware packing list			
Part # Description	Quantity (PCS)	Part # Description	Quantity (PCS)
M8x15 mm. Bolt 	14	Safety key 	1
screw ( $\phi$ 4*16) 	6	Allen wrench 	1
M8 Clock Washer $\phi$ 8.2) 	14	Silicone Oil 	1

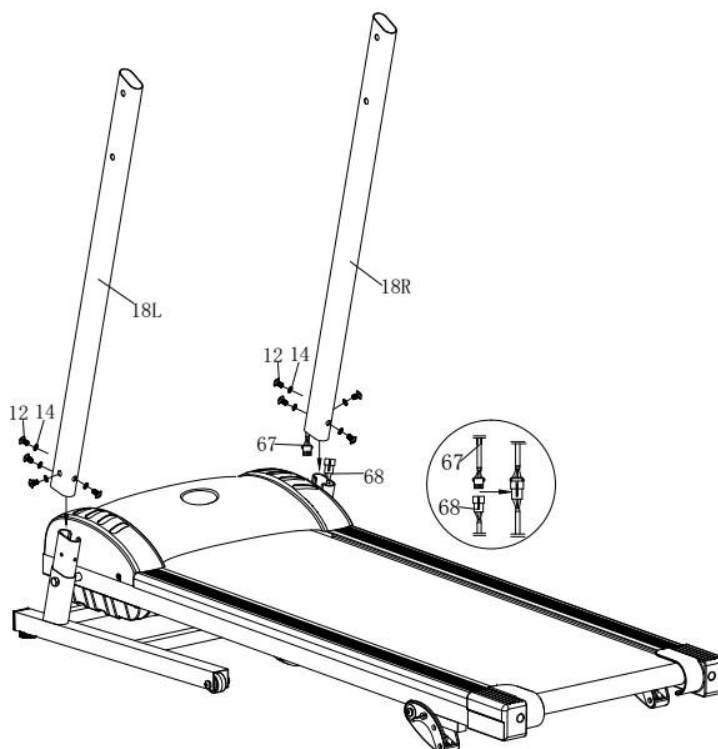
#### NOTE:

1. Above described parts are all the parts you need to assemble this treadmill. Before you start to assemble, please check the hardware packing to make sure they are included.
2. Please find tools in the hardware pack to help you assemble this treadmill easier.
3. please don't fix all the screws too tight until you finished all the steps.

#### ● STEP ONE: Assemble the posts

First, Connect the cable (67) and (68) in the right post.

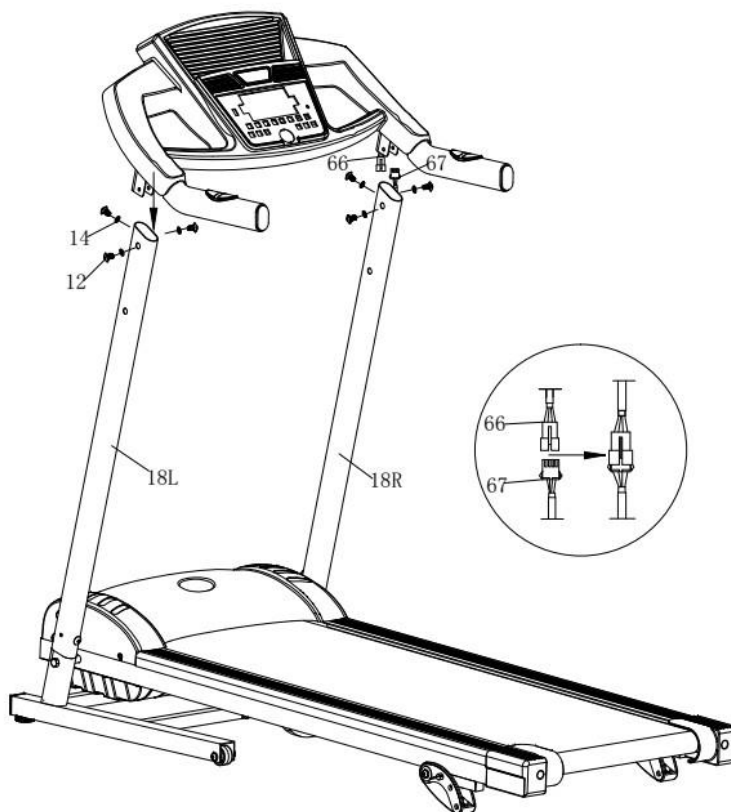
Second, Lift the side posts (18L and 18R), use the supplied screws (12) and washers (14) to fix the post to the base frame.



● **STEP TWO: Assemble the console**

First, Connect the cable (66) and (67) in the right post, please make sure connect well.

Second, Use the supplied screws (12,) and washer (14) to fix the console with the side posts(18L and 18R).



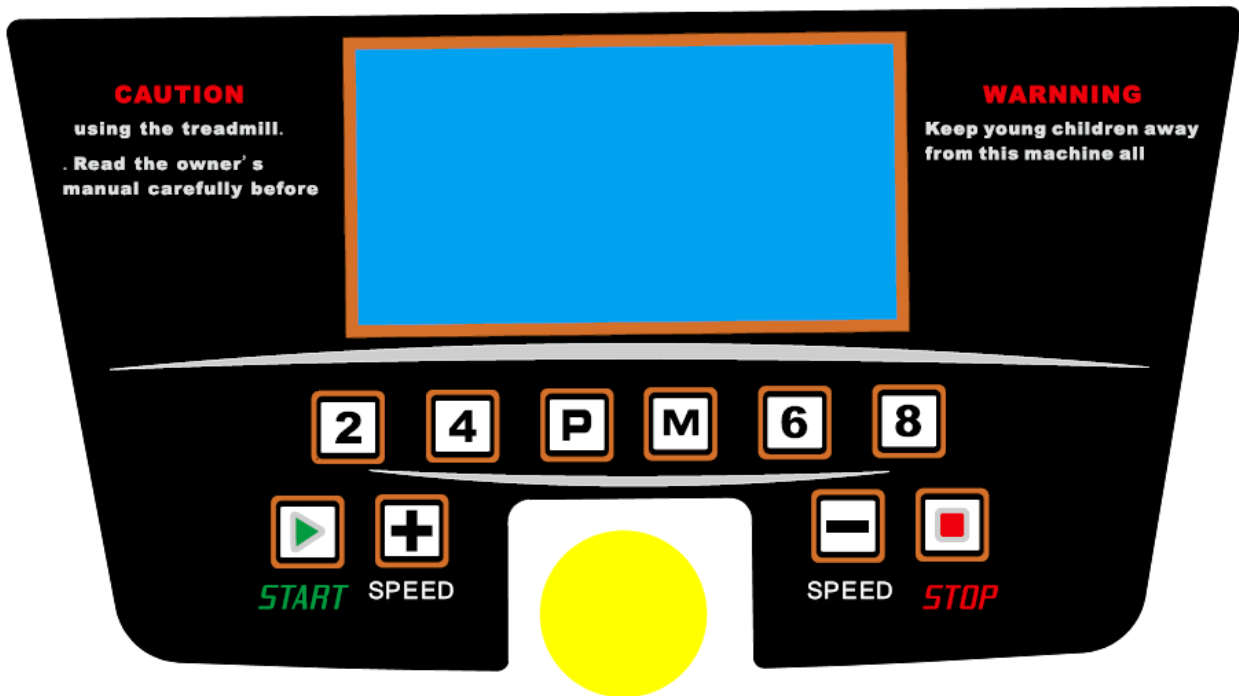
**STEP THREE: Assemble the side covers**

Use the supplied screws (5) to fix the side covers(13L &13R) to the both side posts.



## 4.CONSOLE PANEL

### 1. CONSOLE PANEL



### 2. KEY FUNCTION:

- 2.1 "START" start running machine, "STOP": stop running machine.
- 2.2 PROGRAM: Mode choice button, at the stopping state, select loop (P1、 P2、 P3、 P4、 ... P12) as following:
- 2.3 MODE: mode button at the stopping state, select the countdown time, countdown distance and countdown calories circularly.
- 2.4 SPEED"+": speed + button, at the running state, press it will be add 0.1KM/H every time ,press it for a long time ,it will add the speed constantly;
- 2.5 SPEED"-": speed – button, at the running state, press it will decrease 0.1KM/H every time, press it for a long time, it will decrease the speed constantly.
- 2.6 "QUICK SPEED": 4 speed short cut buttons ,at the running state ,choose the corresponding speed 2,4,6,8.

### 3. PROGRAM

- 3.1 Countdown time training mode: at the sopping state ,press "MODE" button ,enter setting state ,the time window display flash, default display 30:00, press SPEED+,- button amend the setting value .The setting range:5—99 minutes .Press "START" button and startup the treadmill. when the countdown time is 00:00 ,the treadmill stop running automatically .
- 3.2 Countdown distance training mode: at the stopping state ,press "MODE" button ,enter setting state, the distance window flash display , default display 5.0KM ,press SPEED+,-button and amend setting value ,setting range: 0.5—99.0KM. Press "START" button to startup treadmill ,as the speed 0.8KM/H to start to run, press SPEED+<- to adjust the speed .When countdown distance is 0.0 ,treadmill stop running automatically.



3.3 Countdown calories training mode: at the stopping state , press “MODE” button for three times ,enter the setting state ,the calories window display flash ,default display 100CAL, press SPEED+,-button to amend setting value ,setting range:20—990CAL. Press “START/STOP” button to startup treadmill , as the speed 0.8KM/H to start to run, press the SPEED+,- to adjust speed. When Countdown calories is 0,treadmill will stop running automatically.

3.4 Now input program mode, the program mode have P1-P6 in all, please press program key separately you can choose you desired and the time window will flash.

enter setting state ,the time window display flash, default display 30:00, press The setting range:5—99 minutes SPEED+,- button amend the setting the time .Press “START” button and startup the treadmill. When the countdown time is 00:00 ,the treadmill stop running automatically .Press speed +,- can change the program data during running.

### 3.5 Program list

#### Program list

program minutes		Set minutes/ 10 = the time of each level									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
P11	SPEED	2	6	7	4	4	7	4	2	4	2
P12	SPEED	2	5	5	4	4	6	4	2	3	4

### 4.3 4.HEAT BEAT TEST

4.1 After controller check the hand pulse, the Speed/Pulse windows will show correspondence pulse value.

4.2 Check before exercise, feet standing on the both sides of the side rails, and both hands hold the rate-sensor light, wait for 20 seconds you will find a accurate rate value display on the rate window.

4.4 Check after exercise, feet standing on the both sides of the side rails, and both hands hold the rate-sensor light, wait for 20 seconds you will find a accurate rate value display on the rate window.

(Note: In order to the test date more exactly, please don't test in running)

### 5. BODY FAT TEST

5.1 At the setting state, Continuous press “program” into body fat text (FAT), then press “mode” button, Windows will show “F-1, F-2, F-3, F-4, F -5”.

(F-1---Gender, F-2---Age, F-3---Height, F-4---weight, F-5, Fat test)

Press ”Speed+” ”Speed-“ button to setting “F-1 to F-4”(please reference below list),

After finished setting, press ”mode” button, windows will show into “F-5” ,keep both hands on the hand pulse for 2-3

seconds, windows will show your Fat data, please check whether your height and weight correspond. FAT text is just measure the inner relationship between height and weight not for body proportion.

FAT texting is suit for all the female and male, it is same as other health indicator providing help people to adjust weight .The best FAT data is between 20 to 25 range, if FAT data less than 19 means too slim, if FAT data between 25 to 29 means over weight, if the data more than 30 means too fat.(This data just for reference not for medical data.)

F-1	Gender	01male	02female
F-2	Age	10-----99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

## 6.ERROR SINGNAL

Please check the error Signal display of the window

Er 1: Display panel doesn't receive signal

Er 3: Over voltage

Er 4: Over current

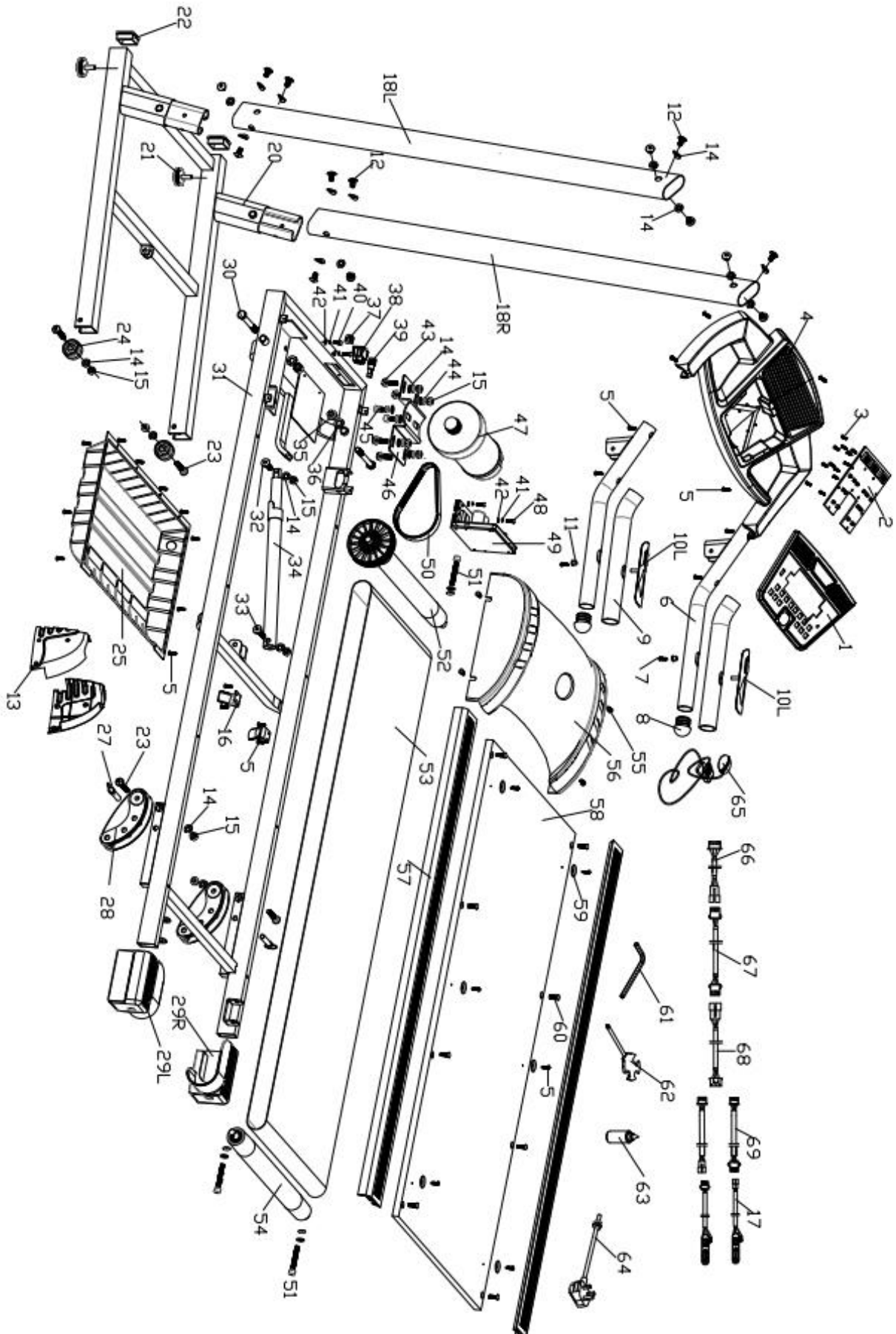
Er 5: Over weight

Er 6: Motor connection

Er 7: Controller doesn't receive signal

SAFE: Safety protection

# EXPLODED DRAWING



## PARTS LIST

No	parts name	qty	no	parts name	qty
1	display holder	1	36	flat washer	2
2	display PCB	1	37	cable lock	1
3	screw	12	38	switch	1
4	computer plastic	1	39	fuse	1
5	screw	30	40	bolt m4x12	2
6	handle bar (L/R)	2	41	spring washer	4
7	screw	2	42	flat washer	4
8	handle bar cap	2	43	bolt m8x20	4
9	handle bar foam	2	44	spring washer	8
10	hand pulse pad	2	45	bolt m8x12	2
11	ABS tube	2	46	motor plate	1
12	bolt m8x15	14	47	motor	1
13	upright cover	2	48	bolt m4x16	2
14	flat washer	18	49	controller board	1
15	nut	10	50	motor belt	1
16	cushion	2	51	bolt m8x55	3
17	pulse cable 2	2	52	front roller	1
18	upright post(L/R)	2	53	running belt	1
19	washer	3	54	real roller	1
20	base frame	1	55	bolt m5x15	4
21	adjustable foot	2	56	motor cover	1
22	38 x 38 cap	2	57	side rail	2
23	bolt m8x50	4	58	running deck	1
24	wheel	2	59	side rail fixer	6
25	lower cover	1	60	bolt m6x25	8
26	bolt m8x20	3	61	Allen key	1
27	incline bolt	2	62	Function Wrench	1
28	incline plastic	2	63	silicon oil	1
29	end cap(L/R)	2	64	power cable	1
30	bolt M10 x 90	2	65	safety key	1
31	main frame	1	66	cable up	1
32	bolt M8x30	1	67	cable middle	1
33	bolt M8x45	1	68	cable lower	1
34	gas spring	1	69	pulse cable 1	2
35	nut m10	2			

## 5 OPERATION INSTRUCTION

### 1. PREPARATION BEFORE START

- 1.1 Plug in the power cord and press the power key at the down front part of the machine. If the machine is not operated or moved for a long time, please turn off the power.
- 1.2 Nip the safe key on the clothes and put the switch of magnet into the computer. If the safety magnet is not put into the assigned location, then the machine will not work.

### 2. START

- 2.1 Press START/STOP, the machine begins to work with starting speed 0.8KM/h
- 2.2 Press SPEED can control the speed, with one press 0.1 KM/h will be increased or decreased. Press the key without stop can get to the speed you want. The highest speed is 16KM/h while the lowest is 0.8KM/h.

### 3. TWO WAYS TO STOP THE MACHINE

- 3.1 Pulling the safe key will put a quick stop to the machine which will beep. Before restart, please put the yellow magnet to the original place.
- 3.2 Press START/STOP, the machine will stop working

## IMPORTANT SAFETY INSTRUCTION

1. The machine is for home use
  2. The voltage for the machine is 220V.
  3. Before operating the machine, please do 10-minute warm-up and wear clothes and shoes that are suitable for sports
  4. Do not stand on the motorized treadmill when you adjust, test or start the motorized treadmill.
  5. Be careful when you get on or off the machine. Before starting the machine, please grab the handlebars and place your feet on the side rails (not the running belt). After starting the machine, stand on the belt with the machine operating at the lowest speed. Then increase the speed gradually. Before getting off the machine, please decrease the speed to the lowest level in case of any danger.
  6. When operating, press the safety at any time, the motor will stop working and the controller will give warnings.
  7. Children should be supervised by adults when they play on or beside the machine.
  8. The motorized treadmill should be protected from sunshine, damp and dirt. All the parts shall be cleaned often.
- When the machine is free from using for a long time, please don't place any objects or stand on the machine.

## 6 CARE AND MAINTENANCE

### 6.1 Care

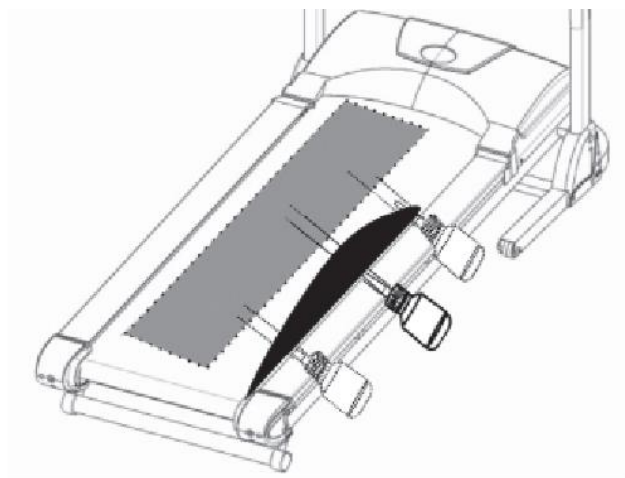
☐ For cleaning the running belt use a vacuum cleaner. If the belt is really dirty, please use a wet cloth. Do not use any cleanser. When cleaning, use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture comes into the computer. Components that come into contact with perspiration, need cleaning only with a damp cloth

## 6.2 Lubrication

The treadmills have already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances.

To maintain the running belt, we have included a small bottle of "Silicone Oil". "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

**Attention:** Only use "Silicone Oil" lubricants for this equipment. **In addition, do not add any other oil ingredient; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**



## 6.3 Centering the running belt

During the exercise, one foot is pushing the running belt stronger than the other. According to that, the belt will be moved out of the centre. Normally the belt will be centered automatically, but during longer exercise, it can be, that the belt is off the centre. In this case, please follow up the following instruction. At the rear end of the running deck, there are 2pcs of Allen screws, which will be used for centering the belt. Don't use any loose clothes during centering.

- Please turn the Allen screw not more than  $\frac{1}{4}$  turn for each step.
- Stretch one side and release the other side.
- the speed of the belt has to be 6km/h, but make sure, that nobody is running on the belt.

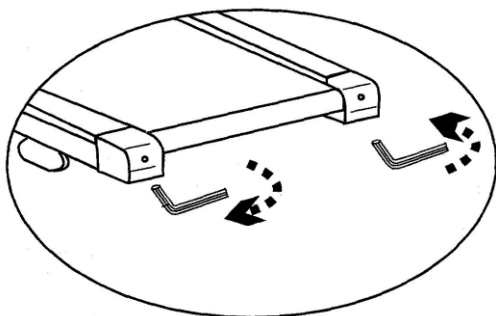
If you finish the centering, walk on the treadmill for about 5 minutes, with the speed of 6km/h. If the running belt is still not in centre, please centre the belt again. Pay attention, that you don't force the belt too much, a shorter life will be caused. If the gap on the left side is too big, please

- turn the left screw a  $\frac{1}{4}$  turn clockwise (tighten it)
- turn the right screw a  $\frac{1}{4}$  turn anticlockwise (loose it)

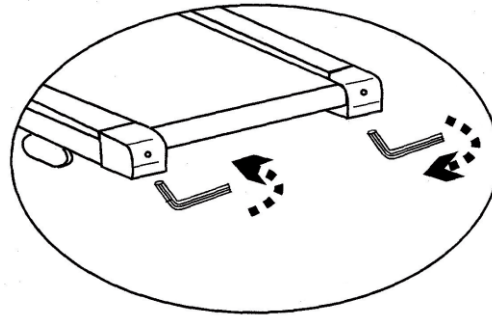
If the gap on the right side is too big, please

- turn the left screw a  $\frac{1}{4}$  turn anticlockwise (loose it)
- turn the right screw a  $\frac{1}{4}$  turn clockwise (tighten it)

Laufbandgurt zu weit rechts/  
running belt moves to right side



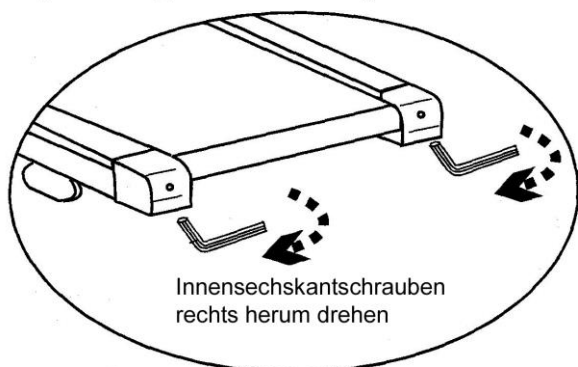
Laufbandgurt zu weit links/  
running belt moves to left side



#### 6.4 Tighten the belt

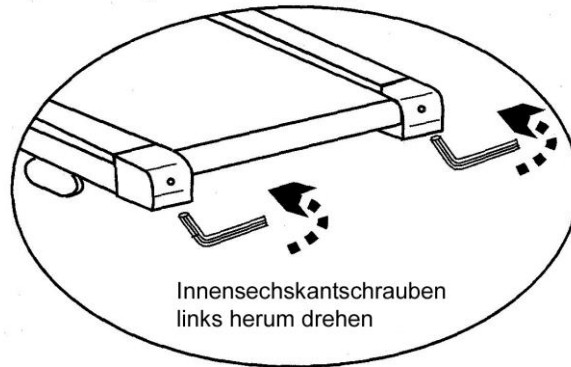
after longer exercise, the tension of the belt will decrease. It can be checked if you put one foot on the belt and belt will stop. To solve this problem, please turn both screws clockwise for  $\frac{1}{4}$  turns. Please do not turn them more. If the belt is running out of the centre, please adjust it like described under above center the belt.

Spannung erhöhen/ tighten the belt



Turn screw clockwise

Spannung lösen/ untighten the belt



Turn screw anticlockwise

## 7 TRAINING MANUAL

Training with the treadmill is an ideal movement training for strengthening important muscle groups and the cardio-circulatory system.

#### General notes for Training

☒\* Never train immediately after a meal.

☒\* If possible, orientate training to pulse rate.

☒\* Do muscle warm-up before starting training by loosening or stretching exercises.

☒\* When finishing training, please reduce speed. Never abruptly end training.

### **7.1 Training frequency**

To improve physical fitness and to enhance condition over the long term, we recommend training at least three times a week. This is the average training frequency for an adult in order to obtain long-term condition success or high fat burning. As your fitness level increases, you can also train daily. It is particularly important to train at regular intervals.

### **7.2 Training intensity**

Carefully structure your training. Training intensity should be increased gradually, so that no fatigue phenomena of the musculature or the locomotion system occurs.

### **7.3 Heart rate orientated training**

For your personal pulse zone it is recommended that an aerobic training range will be chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range. Find this zone in the target pulse diagram or orientate yourself on the pulse programs. You should complete 80% of your training time in this aerobic range (up to 75% of your maximum pulse).

In the remaining 20% of the time, you can incorporate load peaks, in order to shift your aerobic threshold upwards. With the resulting training success you can later produce higher performance at the same pulse; this means an improvement in your physical shape. If you already have some experience in pulse-controlled training, you can match your desired pulse zone to your special training plan or fitness status.

#### **Note:**

Because there are persons who have „high“ and „low“ pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram). In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important that a physician will be consulted before starting training, in order to check health capacity for training.

### **7.4 Training control**

Both medically and in terms of training physiology, pulse-controlled training makes most sense and is orientated on the individual maximum pulse. This rule applies both to beginners, ambitious recreational athletes and to pros. Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points). In order to effectively configure cardio circulatory training according to sport-medical aspects, we recommend a training

pulse rate of 70% - 85% of maximum pulse. Please refer to the following target pulse diagram.

*Measure your pulse rate at the following points in time:*

1. Before training = resting pulse
2. 10 minutes after starting training = training / working pulse
3. One minute after training = recovery pulse

☒ During the first weeks, it is recommended that training will be done at a pulse rate at the lower limit of the training pulse zone (approximately 70 %) or lower.

☒

## **12**

During the next 2 - 4 months, intensify training stepwise until you reach the upper end of the training pulse zone (approximately 85 %), but without overexerting yourself.

☒ If you are in good training condition, disperse easier units in the lower aerobic range here and there in the training program so that you regenerate sufficiently. „Good“ training always means training intelligently, which includes regeneration at the right time. Otherwise overtraining results and your form degenerates.

☒ Every loading training unit in the upper pulse range of individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75 % of the maximum pulse).



When condition has improved, higher intensity of training is required for the pulse rate to reach the „training zone“; that means, the organism is capable of higher performance.

#### Calculation of the training / working pulse:

220 pulse beats per minute minus age = personal, maximum heart rate (100 %).

Training pulse

Lower limit:  $(220 - \text{age}) \times 0.70$

Upper limit:  $(220 - \text{age}) \times 0.85$

#### 7.5 Training duration

Every training unit should ideally consist of a warm-up phase, a training phase, and a cool-down phase in order to prevent injuries.

Warm-up: 5 to 10 minutes of slow running.

Training: 15 to 40 minutes of intensive or not overtaxing training at the intensity mentioned above.

Cool-down: 5 to 10 minutes of slow running.

Stop training immediately if you feel unwell or if any signs of overexertion occur.

*Alterations of metabolic activity during training:*

☐ In the first 10 minutes of endurance performance our bodies consume the sugars stored in our muscles Glycogen.

☐ After about 10 minutes fat is burned in addition. ☐ After 30 - 40 minutes fat metabolism is activated, then the body's fat is the main source of energy.

