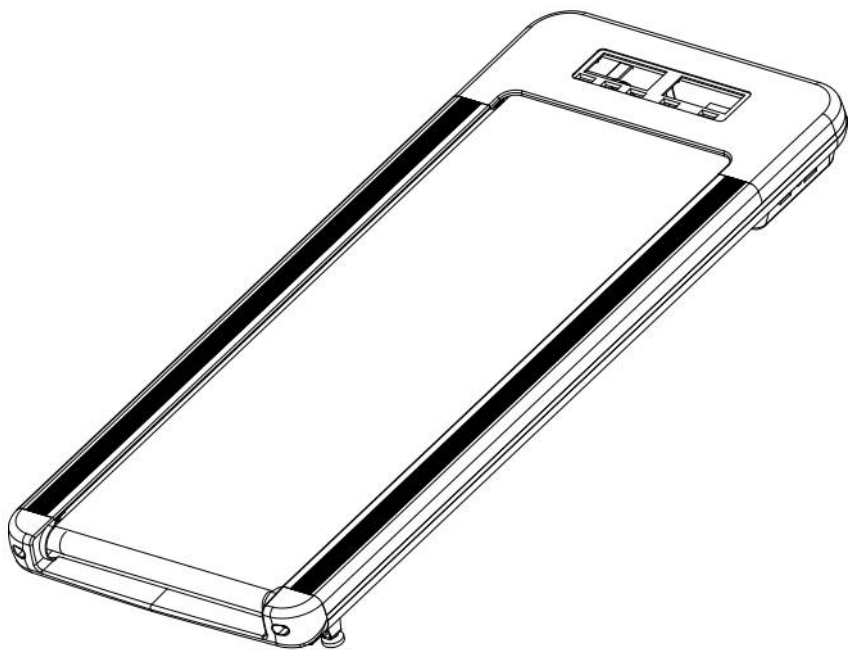


Motorized Treadmill

Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Дякуємо за придбання цього продукту.

Цей продукт допоможе вам залишатися у формі у дуже простий спосіб.

Керівництво користувача

1. Завжди підключайте вилку до розетки із заземленням, і розетка повинна мати спеціальну схему, щоб уникнути спільного використання з іншим електричним обладнанням.
2. Перед використанням переконайтеся, що бігова доріжка рівно стоїть на землі.
3. Під час запуску бігової доріжки встаньте на дві бічні рами
4. Натисніть кнопку «старт» на пульті ДУ, щоб запустити бігову доріжку.
5. Починайте вашу ходу з мінімальної швидкості.
8. Бігова доріжка призначена ЛИШЕ ДЛЯ ОДНОЇ ОСОБИ. Перевантаження не допускається.
9. При необхідності можна відрегулювати швидкість.
10. Після бігу ви можете зупинити бігову доріжку натиснувши кнопку «стоп» на пульті ДУ.
11. Не забудьте вимкнути живлення та вийняти вилку, коли закінчите тренування.

Заходи безпеки:

- ◆ Розмістіть бігову доріжку в приміщенні, щоб уникнути потраблення води.
- ◆ Користуючись тренажером, одягайте зручний одяг і бажано спортивне або аеробне взуття.
- ◆ Тримайте дітей подалі від бігової доріжки, щоб уникнути нещасного випадку.
- ◆ Проводьте регулярне обслуговування бігової доріжки.
- ◆ Зберігайте в приміщенні менше пилу та певну вологість, щоб уникнути перешкод у роботі консолі та контролера.
- ◆ Доріжка може безперервно працювати не більше 2 годин.
- ◆ Забезпечте хорошу циркуляцію повітря під час бігу.
- ◆ Під час бігу на кінці бігової доріжки має бути безпечний простір розміром 2000x1000 мм.
- ◆ Припиніть біг, якщо ви відчуваєте дискомфорт, і зверніться до лікаря.
- ◆ Зберігайте силіконову пляшку в недоступному для дітей місці, щоб уникнути серйозної помилки.
- ◆ Забороніть користувачам стрибати з бігової доріжки відразу після використання.
- ◆ Обережно витягніть вилку з розетки.
- ◆ Зупиніть тренажер, якщо щось не так, і негайно вимкніть живлення.
- ◆ Попросіть місцевого дистриб'ютора вирішити будь-яку проблему або надати послугу.

Самостійний демонтаж компонентів забороняється.

Щоб зменшити кількість нещасних випадків або завдати шкоди іншим, ознайомтеся з наступними правилами.

- ◆ Переконайтеся, що ваш одяг застебнутий на блискавку перед бігом.
 - ◆ Не носіть одяг, який легко чіпляється.
 - ◆ Тримайте шнур живлення подалі від гарячих предметів.
 - ◆ Тримайте дітей подалі від бігової доріжки.
 - ◆ Не використовуйте бігову доріжку поза приміщенням.
 - ◆ Відключайте живлення бігової доріжки після тренування.
 - ◆ Не відкривайте двигун і кришку ролика, окрім професіоналів.
 - ◆ Цей апарат можна використовувати в ланцюзі 10 А.
 - ◆ Переконайтеся, що тільки одна людина одночасно використовує тренажер.
 - ◆ негайно припиніть тренування, якщо ви почуваетесь погано або відчуваєте більсуглобів або м'язів.
- Зокрема, слідкуйте за тим, як ваше тіло реагує на програму вправ.
- Запаморочення є ознакою того, що ви занадто інтенсивно тренуєтеся з пристроєм.
- При перших ознаках запаморочення ляжте, поки вам не стане легше

УВАГА!

Користувачі які проходять лікування наступних хвороба, повинні користуватися біговою доріжкою після схвалення професійного лікаря!

(1) Люди, у яких болить спина або яка раніше отримувала травму ніг, попереку, шию.

Ті, у кого оніміння ніг, попереку, шиї, рук (тих, хто має хронічні захворювання, такі як протрузія міжхребцевих дисків, протрузія шийних хребців тощо)

(2) Пацієнт з деформаційним артритом, ревматизмом або подагрою.

(3) Пацієнт з остеопорозом.

(4) Пацієнт із поганою системою кровообігу, як-от захворювання серця, судинні розлади та судинна гіпертензія.

- (6) Пацієнт із проблемою серцевого ритму.
- (7) Хворий на злоякісні пухлини.
- (8) Пацієнт з тромбозом.
- (9) Пацієнт із порушенням сприйняття, спричиненим діабетом.
- (10) Людина з травмою шкіри.
- (11) Пацієнт із високою температурою вище 38°C.
- (12) Людина із зігнутою спиною.
- (13) Вагітність або в (менструальний) період.
- (14) Людина відчуває дискомфорт.
- (15) Людина явно в поганому стані.
- (16) Особа з метою реабілітації.
- (17) Людина з ненормальними фізичними властивостями.

- Вищезазначені випадки можуть призвести до нещасного випадку або погіршити здоров'я

◆ негайно припиніть тренування, якщо ви відчуєте нездужання, наприклад біль у суглобах або м'язах, запаморочення, оніміння та порушення серцевого ритму, і якомога швидше зверніться до лікаря.

◆ Тримайте дітей подалі від бігової доріжки.

- Діти можуть постраждати, якщо ви проігноруйте це.

◆ Попередьте дітей, що це не іграшка.

◆ Використовуючи, виймаючи, ставлячи назад або переміщуючи цей продукт, будь ласка, переконайтеся, що поблизу немає нікого або домашніх тварин.

Заборонено використовувати!

◆ припиніть використовувати цей виріб, якщо кришка тріснула (внутрішні частини вилізли) або зварені частини відпали. Це може спричинити небезпеку або травму.

◆ Не стрибайте з бігової доріжки під час бігу.

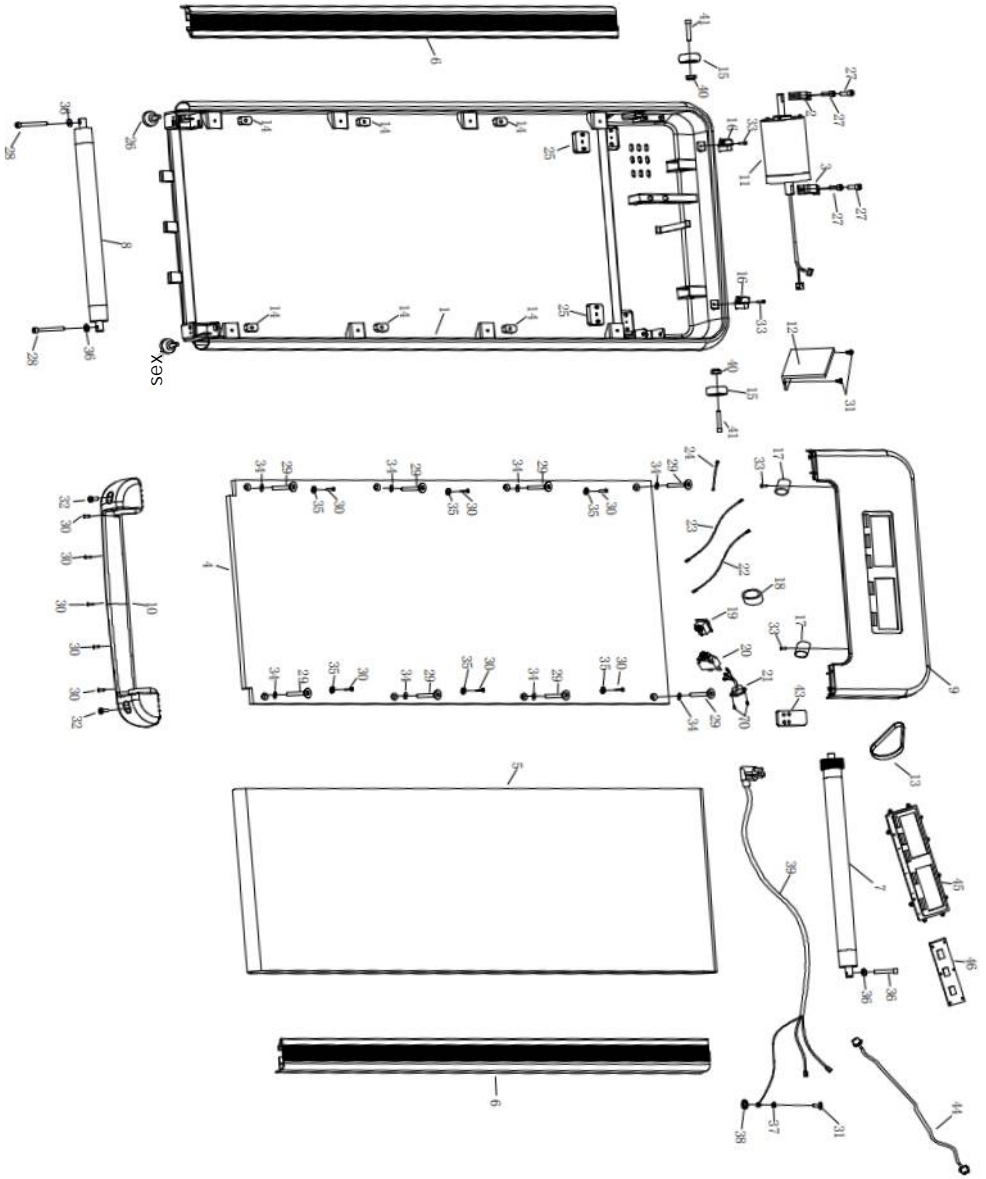
- Ви може впасти і отримати травму.

◆ Не використовуйте та не залишайте бігову доріжку поза приміщенням або поблизу ванної кімнати, щоб уникнути потрапляння води.

◆ Не використовуйте та не зберігайте бігову доріжку в місцях, які піддаються впливу прямих сонячних променів, і уникайте місць з високою температурою, наприклад електричної ковдри та обігрівача. Це може спричинити пожежу.

◆ Не використовуйте, якщо лінія живлення чи вилка пошкоджені, або якщо розетка несправна. Це може призвести до ураження електричним струмом, короткого замикання або пожежі.

EXPLODED DRAWING

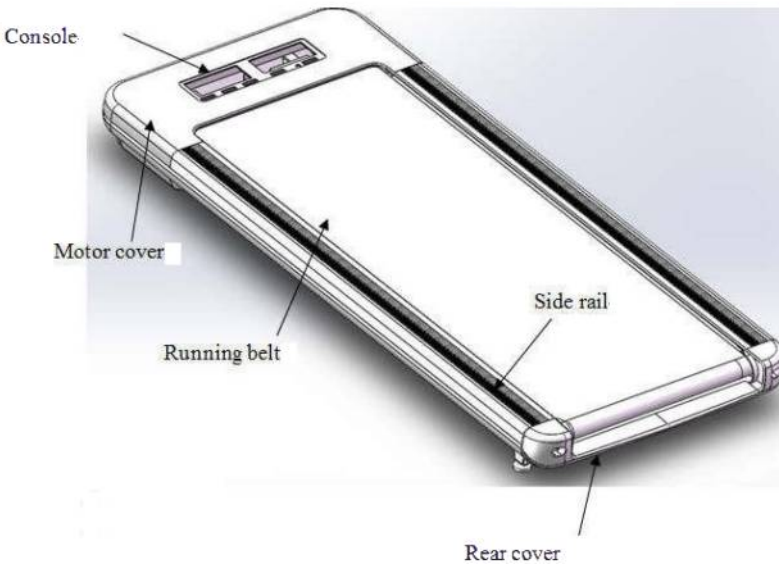


Spare part list

No.	Description	Qty
1	Base frame	1
2	Motor press plate left	1
3	Motor press plate right	1
4	Running board	1
5	Running belt	1
6	Side rail	2
7	Front roller	1
8	Rear roller	1
9	motor cover	1
10	Rear cover	1
11	Motor	1
12	Controller	1
13	Motor belt	1
14	Cushion	8
15	Wheel	2
16	Pipe strip	2
17	Motor cover fixed tube	2
18	Magnetic ring	1
19	Ship switch	1
20	Automatic reset switch	1
21	Power cord buckle (ship switch)	1
22	Communication wire (red) L-200mm	1
23	Communication wire (black) L-200mm	1
24	Communication wire L-100mm	1
25	Square foot pad	2
26	Adjusting foot pad	2
27	Allen cylinder full thread screw M8*15	4
28	Allen cylinder full thread screw M8*75	3
29	Allen sunk full thread screw M6*30*(p16	8
30	Philips C.K.S. self-tapping screw ST4*10	10
31	Philips C.K.S. full thread screw M5*5	2
32	Philips C.K.S. full thread screw M5*10	2
33	Philips sunk self-tapping screw ST4*15	4
34	Plastic flat gasket (PVC)	8
35	Side rail guide block	6
36	Flat washercp8	3
37	Spring washercp5	1
38	external serration lock nut	1
39	Power cord	1

40	Hexagon self-locking nut	2
41	Hexagon half tooth bolt M8X75	2
42	Hexagon full tooth bolt	1
43	Remote control	1
44	Communication wire	1
45	Digital tube fixer	1
46	Console	1

Treadmill brief instruction

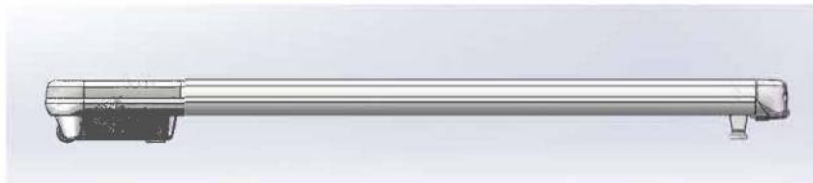


Technical information

Dimension	Unfold: 1457*610*117
Running surface	1220*450 mm
Speed	0.5-6.0km/h

Remark: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Packing list



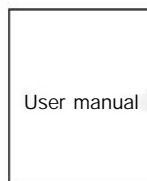
Treadmill



Telecontroller



Silicone bottle



User manual

ASSEMBLY INSTRUCTIONS: Can be used directly, no need for assembly

General fitness tips

1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

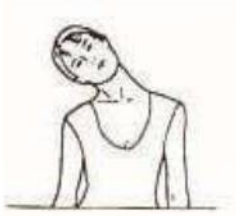
Warm-up/stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

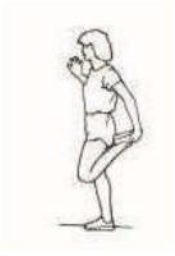
Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards.

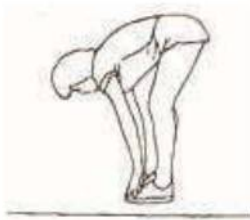
Maintain this position for 30-40 seconds if possible.



5

TOUCHTOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

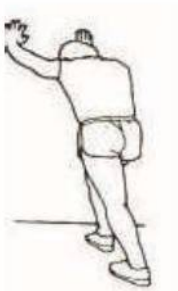
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



8

Console instruction



User Guidelines

Plug the power cord plug into the 10A power socket with safe grounding, turn on the power switch, and the electronic console screen will be fully displayed with a prompt sound.

The electronic control system is in the safety monitoring at any time, as long as any abnormality is found, the running treadmill will stop urgently, and the console screen will show the abnormal information promptly, accompanying with prompt sound.

When the abnormal information is shown on the screen, to turn on and turn off the switch can help to clear the fault information.

Key Definition: 2 Led display

"DIS" window: Display the distance value.

"CAL" window: Display the calories value

"TIME" window: Display the time value.

"STEP" window: Display the step value.

"SPEED" window: Display the speed value.

Console Function Instruction

Built-in 3 countdown training programs

2 LED Digital tube display screen, with telekeyboard

Speed range: 0.5 to 6.0 km/h

System self-test, with abnormal information prompt function

HRC function (optional)

Stepping function

Bluetooth (optional)

Telekeyboard instruction

"START/PAUSE" key: When the treadmill stop, press this key to start, when the treadmill is running, press this key to pause.

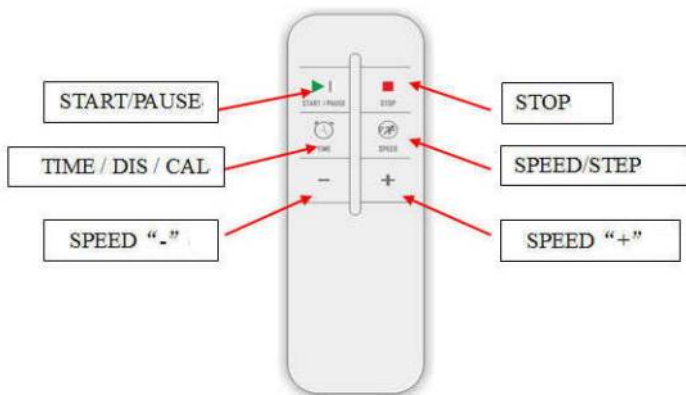
"STOP" key: When the treadmill is running or pause, press this key, the treadmill stop, all data clear to 0.

"TIME" key: controls left display window to show functions between time, calories and distance while running. In the initial state, the above functions will play in a continuous loop. User can choose one of the functions to display by pressing "TIME" key.

"SPEED" key: controls right display window to show functions between speed and steps. In the initial state, the above functions will play in a continuous loop. User can choose one of the functions to display by pressing "SPEED" key.

"+" key: Press "+" key to increase speed, adding 0.1km per each click,

"-" key: Press "-" key to reduce speed, reducing 0.1km per each click.



OPERATION

"TIME" window: displays running time. Time counts from 0:00 to 99:59 and counts down from setting time to 0:00 (time setting range is from 5:00 to 99:00). Treadmill will slow down till stop smoothly when time counts down to 0:00.

"DIS" window: displays current running distance. Distance counts from 0 to 999.9 and restarts

counting when distance exceeds the range. Distance counts down from setting range to 0.0 then treadmill will slow down till stop smoothly (the setting range is from 1.0 to 99.0).

"CAL" window: displays calorie. Calorie counts from 0 to 9999 and restarts counting when calorie exceeds the range. Calorie counts down from setting value to 0 then treadmill will slow down till stop smoothly (the setting range is from 20 to 9999). In running state, "TIME" button on telecontroller can switch function between time, distance and calorie. To click "TIME" button twice, the window will show running time continuously. To click "TIME" button once, the window will show time, distance and calorie in rotation.

"STEP" window: displays current running steps.

"SPEED" window: displays current running speed. Setting and display range is 0.5 to 6 km/h.

Manual program

In stop state, press "TIME" cycle select four training mode. User can select the speed. Speed default is 1.0km/h.

Training mode 1: Normal counting. Time, Distance, Calorie is increasing. The select function is closed.

Training mode 2: Time Countdown. Under selecting, time window flash, press "+" or to select. The range is 5-99 minute. Default is 30:00.

Training mode 3: Calories Countdown. Under selecting, calories window flicker, press "+" or "-" to select. The range is 20-9999CAL. Default is 50CAL.

Training mode 4: Distance Countdown. Under selecting, distance window flash press "+" or "-" to select. The range is 1.0-99.0km. Default is 1.0KM.

After training mode is set, press "START" key then monitor will count down from 5 seconds with 5 prompt tone. When time counts down to 1 second, speed will start from 0.5km/h and increase to the setting speed slowly.

System error and solution

Problem or Error code	Reason	Solution
System didn't work	A. No power	Plug into socket, connect with electricity, turn on switch button.
	B. Telecontroller defected	Check battery of telecontroller or replace the telecontroller
	C. Controller defected	Connect the wire well or change controller
	D. Open circuit	Check the input and output of the system and the communication line
Stop abruptly under normal state	B. Broken system	Ask serviceman to repair it

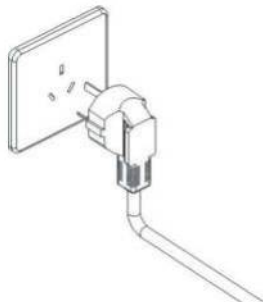
The keys malfunction	Telecontroller button defect	Check battery of telecontroller or replace the telecontroller
E-01	A. The communication wire is not connect well or defect	Reconnect the communication line and check whether terminal is inserted well, or change communication line
	B.Console defect	Change console
	C.Controller defect	Change controller
E-02	A. Hall fault	Change controller
E-04	A. Overcurrent protection	Change controller
		Change motor
E-06	A.Blocking and turning protection	Change controller
Incompleted information show on console	A.Console defect	Change computer control board (PCB)

Grounding guide:

This product must have grounding. If error and damage occurred to the treadmill, grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product equipped with one cable, this cable have one grounding conductor and grounding plug.The treadmill must be grounded with correct socket that is compatible with local rules .

Danger :if you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.

It should be under 220-240V and matches with this kind of socket as shown.



TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. Suggestions:

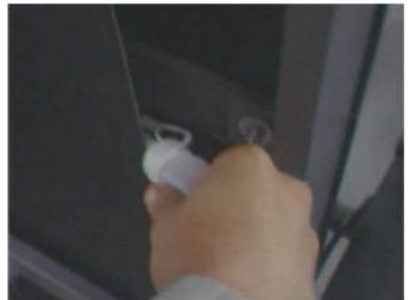
Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

The way of checking whether the running belt need lubrication is, lift the sides of the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt need lubrication.

Application of lubricant on the belt:(as shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oilcan can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.
- Wait several minutes to let the silicon spray spread, before starting the machine.



CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- After each training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

•**Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE:

Store you treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

BELT ADJUSTMENT

All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

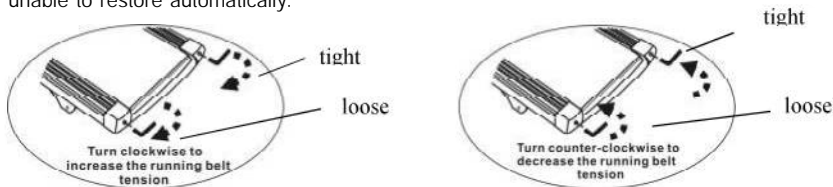
ADJUSTING THE BELT DEVIATION:

All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

1. The treadmill is unstable.
2. Feet didn't in the central of the running belt when running.
3. Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal.

Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.

In case of a dry surface refer to the following instructions. Only use oil free silicon spray.

Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- **Warning:** The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

• **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE:

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

Important notes

• The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.

• Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the

structure of your exercise program. Incorrect or excessive training could be harmful to your health.

- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.

- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.

- The pulse sensor is not a medical device, it is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

