Thank you very much to choose our products. Before installation and usage, please read the instructions carefully.

Contents

I. Warning, main technical parameters and features

Warning!

1. When you are using the treadmill, please prevent your kids from approaching the treadmill. Juveniles should not use the treadmill without the adult's accompany to prevent any accident.

2. The power supply for treadmill should be well grounded. The treadmill may be damaged by using outlet without good grounding and the Manufacturer may not provide warranty for this! After the practice, stop the treadmill and shut off the power supply.

3. Laymen must not open the front cover of treadmill and adjust the electronic control without approval, to avoid unnecessary troubles.

4. In order to lengthen the service life of treadmill and ensure your safety, it is forbidden for overweighed (beyond the weight limit) persons to use the treadmill and for two or more persons to use one treadmill simultaneously.

5. Please do not walk up or down the treadmill from the rear part to avoid getting hurt by the machine.

6. When the treadmill is operating, it is forbidden to touch the running belt by hand or exercise with bare feet.

7. The heart rate monitoring is only for reference and cannot act as medical data; hypertensives and cardiopaths should not use the treadmill alone to prevent accident.

8. When you are using the treadmill, if you feel chest tightness and dizziness, stop your motion immediately for excessive motion may cause serious harm or accident.

9. Emergency jump-off method: if emergency happens during the movement process and the treadmill belt does not stop, hold the handrail with your hands to support your body and separate your feet from the treadmill belt surface, step on the stepping platform at two sides as well as get away from the treadmill from one side.

10. At least 2000mm×1000mm safety area should be kept behind the treadmill to avoid that accident occurs during the treadmill's operation.

11. Software announcement: Third-party software provided in the system and intellectual property of Apps are owned by the third party. Treadmill manufacturers provide these third-party software and Apps with no support or guarantee, nor assume any responsibilities for them. Installing and using third-party Apps are individual behaviors of the users and have nothing to do with the manufacturers.

12. For your safety, please operate the following functions when the treadmill is idle: "Wireless Net", "Set up", "Application", "Time Zone", "Video", "Music". When the treadmill is operating, please use the real buttons on the control panel to perform relevant operations as possible.

Special Note	For the health and safety of your family, please read following operating instructions and precautions before your start practicing on it so that you can get more fun from the practice. (It is forbidden for unauthorized after-sales service personnel to adjust the treadmill.)

The weight limit is exposed on this product. If your body weight is over 180Kg (396Ib), the service life of the treadmill may be affected.
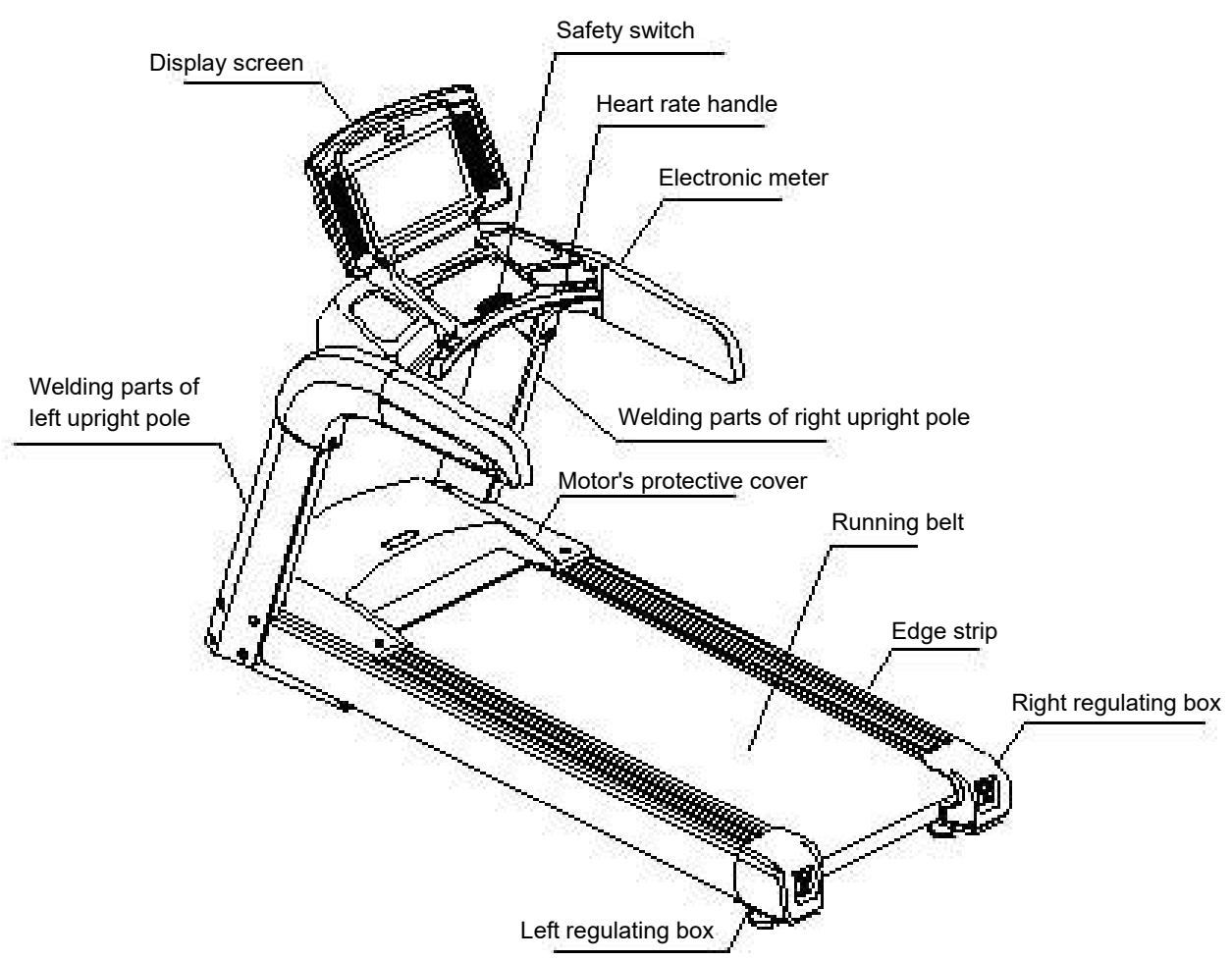
Main technical parameters

- Input power voltage: AC220V-240V（50Hz~60Hz）
- Rated voltage: 12.5A
- Operating ambient temperature: 0~40℃
- Motor power: 3750W
- Scope of operating speed: 1~20 (km/h)
- Gradient regulating range: 0-20%
- Range of time display: 0:00:00~99:59:59(H:M:S）
- Distance display range: 0.00~9999.99（km）
- Scope of heart rate: 50~200 (b/pm)
- Scope of calorie display: 0~99999.99 (calories)
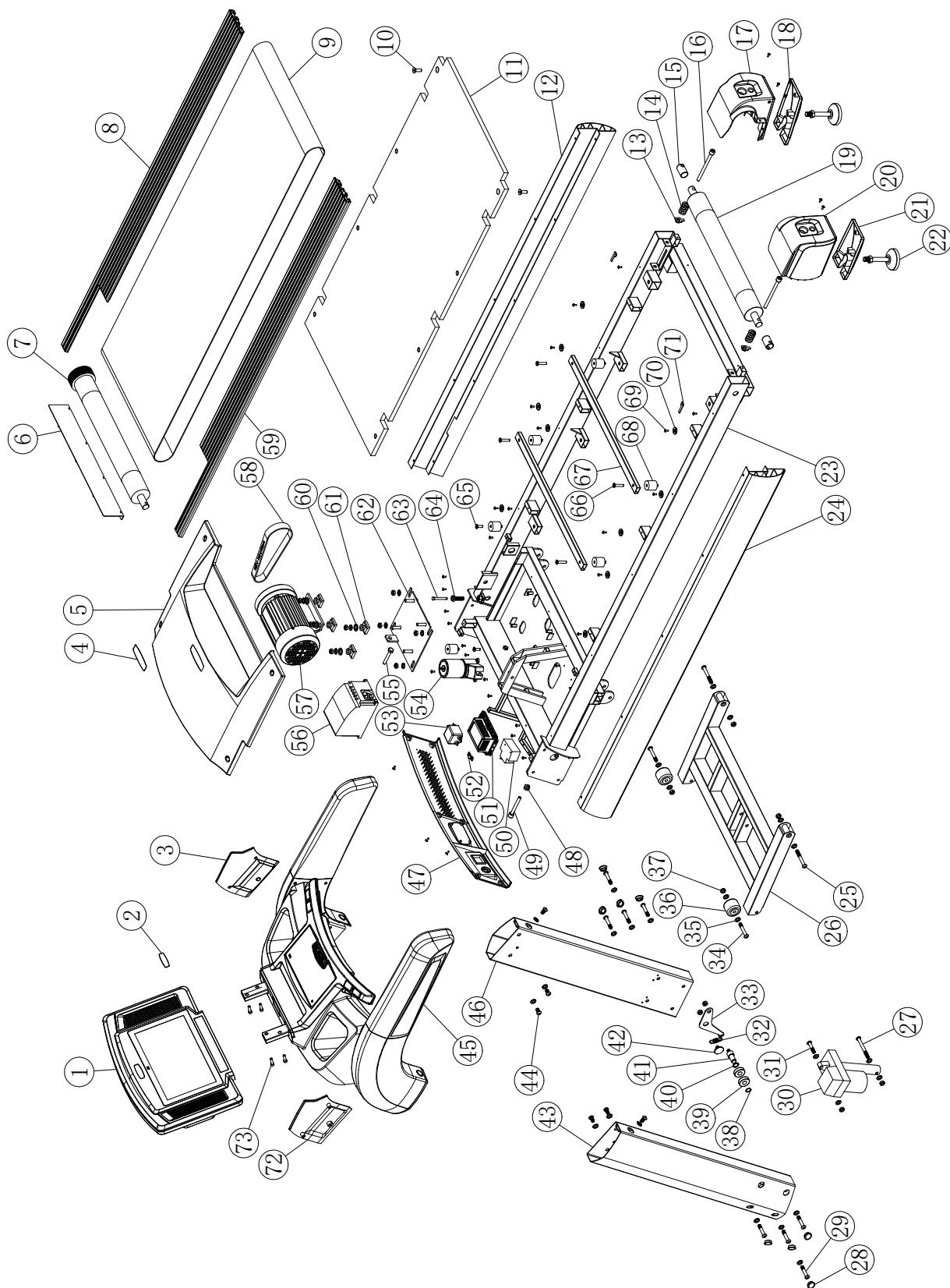- Floor area: 223×93×161cm
- Effective usable floor area: 154×56cm

Features

- 3750W AC motor
- Double safety protection functions with both emergency stop and soft stop
- PU handrail

- Use 15.6" LCD multipoint capacitive touch screen with high resolution at 1920x1080

- Android 7.1 operation system; RK3288 eight-core processor (four core Cortex-A17 & four core GPU Mail-400); Memory:2GB; Hard disc: 8GB; Internet: WIFI on board, support 802.11b/g/n
- Support ultrafast WIFI internet surfing, powerful ability of audio and video playing, support MP3, WMA, WAV, APE, FLAC, AAC, OGG, M4A, 3GPP, etc. format of audio files, support 1080P high-definition video
- USB2.0 interface on console
- Preset 24 intelligent running programs
- Virtual scene mode brings user an immersive experience through different simulated outdoor running surroundings
- Intelligent Health Cloud APP, support multi-platform and multi-language making it easy for user to setup, storage and search the information
- High-fidelity surround dual speakers, support Bluetooth music input.
- Professional and simple user operation interface; Quick buttons for speed, incline and program; Humanity management of system setting
- Auto Lubrication; Auto motor belt tighten; Auto running belt tighten
- New design of hidden mobile device bracket
- Multilayer shock absorption system
- Overcurrent and short circuit protection in all-around way

- Smart sports App, supports multi-platform (IOS system and Android system.)

- The intelligent IoT treadmill, makes the running process full of fun. Sharing running data, interacting with the community, participating in online running competitions in real time.

II. Product introduction

Display screen

Safety switch

Heart rate handle

Electronic meter

Welding parts of left upright pole

Welding parts of right upright pole

Motor's protective cover

Running belt

Edge strip

Right regulating box

Left regulating box

III. Product explosion diagram

IV. Particular sheet of explosion diagram

| S/N	Part name	Qty.	S/N	Part name	Qty.
1	Display screen	1	38	Elastic retaining ring for shaft	1
2	Small diamond LOGO	1	39	Bearing	2
3	Right inner lower decorative cover of watch	1	40	Bearing spacer	1
4	Big diamond LOGO	1	41	Bearing shaft	1
5	Motor cover	1	42	Fixed axis	1
6	Dust cover	1	43	Welding parts of left upright pole	1
7	Front drum	1	44	M10×20 Round Head Hexagon Screw	6
8	Top right bar	1	45	Header	1
9	Running belt	1	46	Welding parts of right upright pole	1
10	Hexagon socket countersunk head screw	2	47	Motor front cover	1
11	Running plate	1	48	Power plug	1
12	Right edge strip	1	49	M10X85 hexagon socket head cap screw	1
13	Running belt adjusting catch weldment	2	50	Power supply overcurrent protection switch	1
14	Running belt tension spring	2	51	Power box	1
15	Rear roller pad	2	52	Line clip	1
16	M10X140 hexagon socket head cap screw	2	53	Power filter	1
17	Right regulating box	1	54	Oiler	1
18	Lower decorative cover of right rear adjustment box	1	55	M10X65 hexagonal screw	1
19	Rear drum	1	56	Frequency converter	1
20	Left regulating box	1	57	Frequency conversion motor	1
21	Lower decorative cover of left rear adjustment box	1	58	Motor belt	1
22	Universal foot pad	2	59	Top left sidebar	1
23	Welding parts of running plate	1	60	Motor cushion cap	4
24	Left edge strip	1	61	Motor pad	4
25	M10X80 hexagon socket pan head screw	2	62	Welding piece of motor mounting plate	1
26	Welding parts of erector	1	63	Spring pull pin	1
27	M10X100 hexagon socket pan head screw	1	64	M12 external thread adjusting rod	1
28	Stud plug	10	65	M8X25 crossed countersunk head screw	2
29	M10X55 round head hexagon socket head screw	8	66	M8X40 crossed countersunk head screw	4
30	Lifting motor	1	67	Running board cushion tube	2
31	M10X50 hexagon socket pan head screw	1	68	Shock pad	6
32	Belt tension spring	1	69	M4X12 large crossed flat head screw	57
33	Belt tension movable plate	1	70	Edge positioning ring	10
34	M10X65 hexagon socket pan head screw	2	71	Edge positioning piece	2
35	M10 small flat gasket	34	72	Left inner lower decorative cover of watch	1
36	Lifting roller	2	73	M8X30 hexagon socket head cap screw	4
37	M10 check nut	16			

V. Assembly step

All parts of electric treadmill have been strictly assembled and debugged before the ex works. An electric treadmill can be easily assembled into if the installation is carried out by observing following steps.

Step I: Install the upright pole. Open packing box of the treadmill (B box) and bring out of it and put the right upright pole with the right end of the chassis together and then lock it with 4 M10x55 round hexagon socket pan head screw. Moreover, put the right upright pole (there are connectors at the downside of the upright poles, separately insert them with connectors at the left end of the chassis) with the left end of the chassis and then lock them with 4 M10x55 round hexagon socket pan head screw washers, as shown in the following figure:
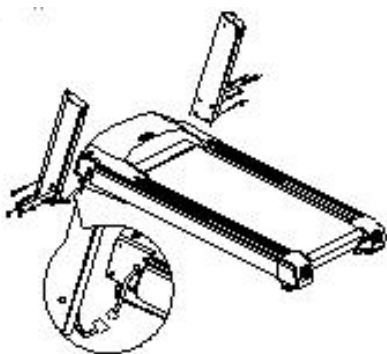
Step II: Install the electric meter stand. Open packing box of the treadmill (A box) and bring out of the electric meter stand. Connect the connector at the top end of the left upright pole with the connector of the electric meter stand and then insert the left and the right in the left and right upright pole. Separately lock it with 6 M10x20 round hexagon socket pan head screw washers (as shown in the following pictures) and tighten all the screws on the upright pole and then cover 10 plugs.
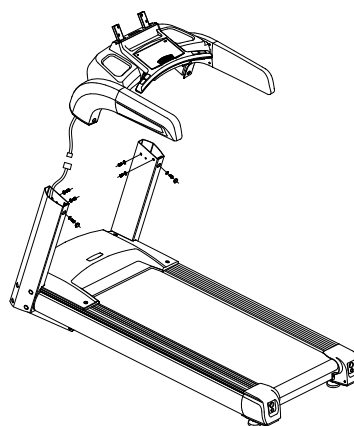
Step III: Install the decorative cover at the left downside and decorative cover at the right downside. Bring out of the decorative cover at the left downside and decorative cover at the right downside and lock them with 4 M4X10 end-cut round cross self-tapping screw and 2 M4X12 large flat-head Philip's head crews, as shown in the following picture:
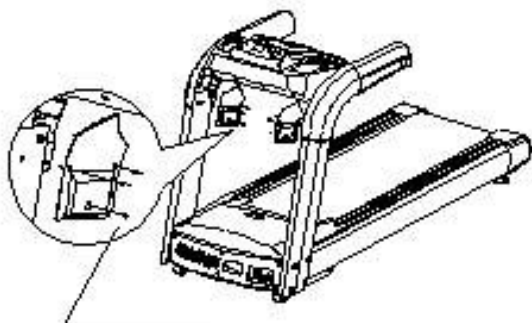
Note: tighten the oblong hole with the large flat-head Philip's head

Step IV: Install the display screen. Bring out of the display screen and connect the connector of the display screen with the connector of the electric meter stand well. Moreover, lock it with 4 M8x30 round hexagon socket pan head screw washers, as shown in the following figure:
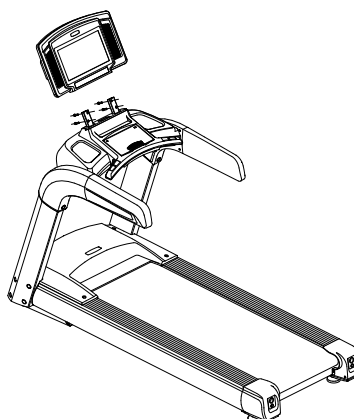
Step V: Complete the installation of treadmill and look over whether various parts of the treadmill are tightened. Run the treadmill at the slow speed and check whether the various parts of the running belt are flexibly operated and whether the running belt is properly tight, subject to no deviation and no sliding of the running belt(shown on the ″daily maintenance of the treadmill″) after checking, move the treadmill to the proper

position and use it.

VI. Display and function operation of electronic meter

1. Specifications and parameters of Android treadmill system:

Operation system	Android 7.1
Processor	Rockchips RK3288, OCTA Core
Screen	15.6 inches, 1920x1080 resolution, capacitive screen
System memory	2GB
Flash memory capacity	8GB
Wi-Fi	WiFi，802.11b/g/n
Video file	The formats supporting high definition include MP3, WMA, WAV, APE, FLAC, AAC, OGG, M4A, 3GPP, etc.
Audio file	MP3, WAV, etc
USB2.0	1
Physical button	Start/Pause, Stop, Speed+, Speed -, Incline⌃, Incline⌄, Volume+, Volume switch, Volume -, Fresh air switch, Main interface button, Return button, Speed shortcut key, Incline shortcut key
Power supply	Input AC, 220V, 50hz

2. Functions of keys on the electronic meter′s panel:

2.1 START/PAUSE: In case the power is on, press this key to start the treadmill; during the operation of the treadmill, press this key to pause the treadmill and kept the operating data, and press the key again to continue with the just-set parameters.

2.2 ″STOP″: Use this key to stop and reset the treadmill during its operation.

2.3 ″SPEED +″, ″SPEED −″ are the speed add-subtract keys: use these keys to regulate the speed after startup with the regulating range of 0.1km/time; when the keys are pressed and held for over 0.5s,

the speed increases or decreases continuously.

2.4 INCLINE $\asymp$, INCLINE $\vee$ are the gradient add-subtract keys: Use these keys to regulate the gradient after startup with the regulating range of 1 section/time; when the keys are pressed and held for over 0.5s, the gradient increases or decreases continuously.

2.5 "Speed: 4, 8, 12, 16" are short-cut keys for speed regulating: they can be used to regulate the speed quickly.

2.6 "Incline: 4%, 8%, 12%, 16%" are short-cut keys for gradient regulating: they can be used to regulate the gradient quickly.

2.7 "Music - 🔈, Music Switch 🔈(ON/OFF), Music +🔈" are control keys of power amplifier.

2.8 "Home   " key: at any operating interface, press this key to enter the home page.

2.9 "Return   " key: return from the current interface to the previous operating interface or exit the application program.

3. Window display and unction description of touch keys

3.1   Starting interface

After power on, the display screen of the   electronic watch shows the following startup interface:
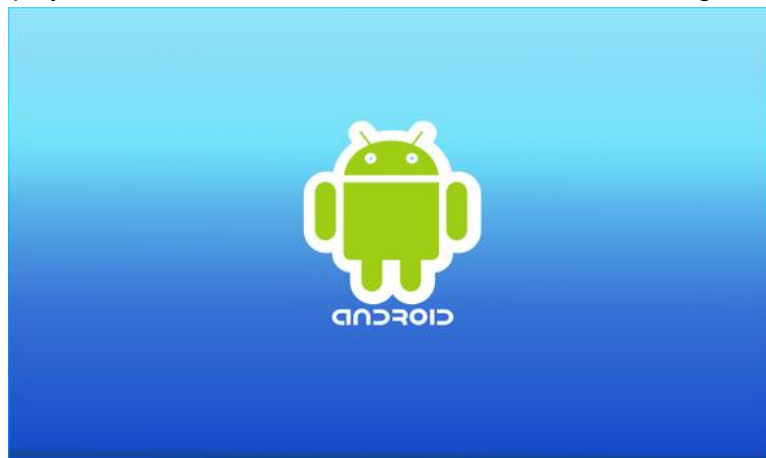
3.2   Main interface of display screen of the electronic meter have two pages and display interfaces are as follows after entering into standby state:

Page 1   Page 2

Touch the icon " ▷ "in the display screen interface to switch to the interface on page 2. Touch the icon " ◁ "in the display screen interface to switch to the interface on page 1, and the left and right sliding screens respectively can also switch to the main interface. In the above interface: touch any icon above the display screen to enter the corresponding submenu.

3.3   User management: (it can be operated when the treadmill is in halted state)

3.3.1 Registration: After the mobile phone is connected to the Internet, scan the two-dimensional code to download the sports show APP and register in accordance with the registration process. Basic information (user name, password, nickname, weight, male/female) can be filled in or modified on the sports show APP.

Please use phone to scan QR code to download FitShow app and register
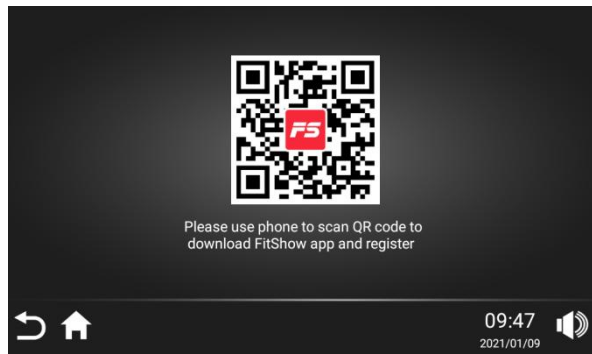
3.3.2 **Login:** After the treadmill is connected to the Internet, it can use the existing account to log in or log out of the logged-in account.

The operation steps are as follows: touch the ″login″ button to fill in the user name and password, and press ″login″ to complete. You can also use the sports show APP in your mobile phone to scan the two-dimensional code in the upper right corner of the treadmill screen to log in (operation steps: open the sports show APP→ discover → scan the icon in the upper right corner → scan the two-dimensional code in the upper right corner of the treadmill screen to log in). You can also press ″log out″ to log out of your account after running.
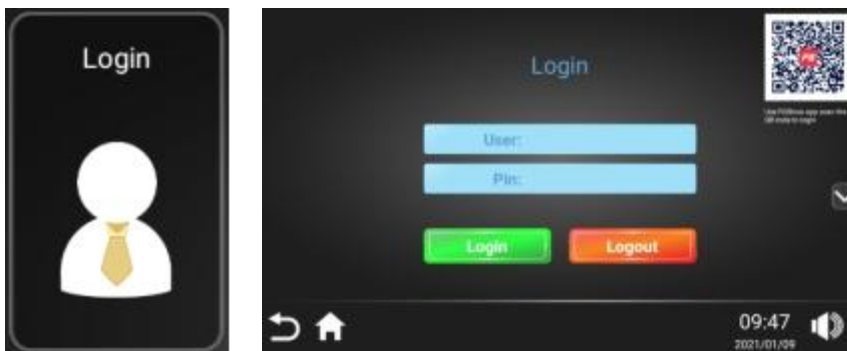

3.4   Manual mode

3.4.1 A. Directly press ″Start″ key in standby state. The screen starts three-second count-down with warning tone. After count-down ends, the treadmill operates with the speed of 1.0km/h and incline of 0; and then enter into ″Target″ window of the exercise interface.

B. The ″Exercise Target″ window starts counting forward and will stop automatically after 100 hours. Press ″Speed Plus and Minus Key″ or ″Speed Shortcut Key″ to change the speed;   Press ″Slope Addition and   Subtraction Key″ or ″Slope Shortcut Key″ to change the slope;   Press the ″Stop″ button during exercise to stop the running of the treadmill and reset it to zero.

C. It displays (time, distance, calories, heartbeat, movement target, climbing height, slope addition and subtraction, stop, pause, speed addition and subtraction) in which slope addition and subtraction, stop, pause, speed addition and subtraction can be synchronized with the electronic watch panel buttons in the exercise interface window.

D. ″Heartbeat″ window: when the sporter steps on the side bar with both feet and starts the treadmill, the heartbeat data will be displayed in the heartbeat window in the exercise interface for about 5-10 seconds when both hands hold the heartbeat handle. (Hand-held heartbeat measurement data only serves as a rough reference for the degree of exercise and cannot be used as medical data.)
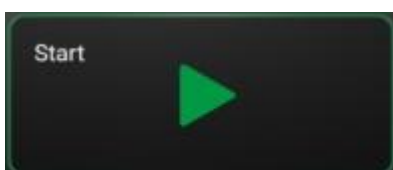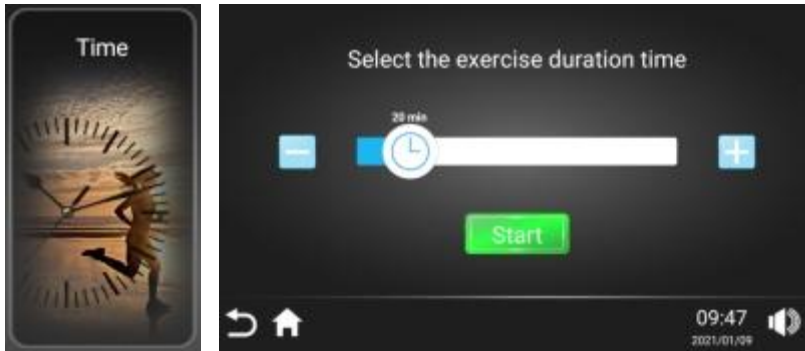
3.4.2 "Distance" key: after setting exercise distance, user starts to move and ends exercise after expected exercise distance is achieved. During exercise, user can freely increase and decrease speed and incline and directly press "Stop" to stop its operation.

Operating steps are as shown in the following figure: touch "Distance" key, determine your target exercise distance and press "Start" to start it.
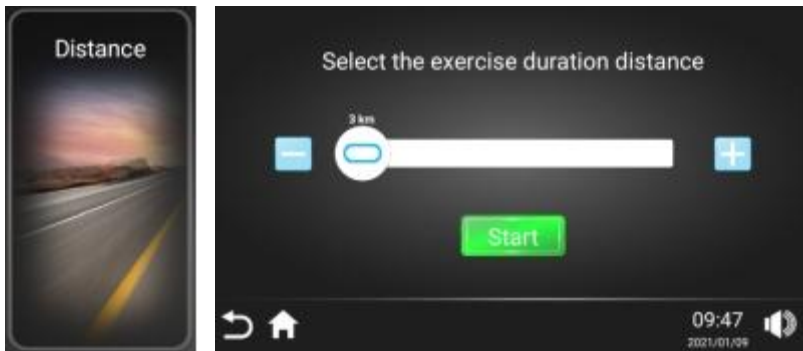

3.4.3 "Time" key: after setting exercise time, user starts to move and ends exercise after expected exercise time is achieved. During exercise, user can freely increase and decrease speed and incline and directly press "Stop" to stop its operation.

Operating steps are as shown in the following figure: touch "Time" key, determine your target exercise time and press "Start" to start it.

3.4.4 "Calorie" key: after setting exercise calories, user starts to move and ends exercise after expected exercise calories are achieved. During exercise, user can freely increase and decrease speed and incline and directly press "Stop" to stop its operation.

Operating steps are as shown in the following figure: touch "Calorie" key, determine your target exercise calories and press "Start" to start it.
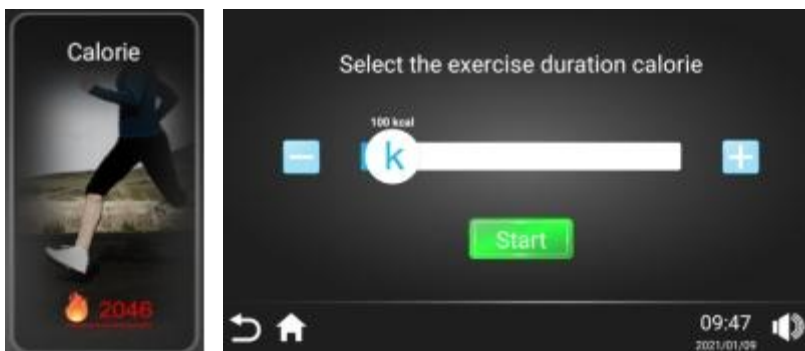

3.5 Exercise Program

24 intelligent scientific running programs (including lose weight, burn fat, mountain and so on) are built in the system. After the user selects desired exercise program and sets exercise time, press "Start" key, the treadmill start to operate built-in program. During operation of the treadmill, speed and incline can be regulated, but when entering the following section, it can be automatically regulated to default values of the program. During the exercise, user can press "Stop" key to stop the operation at any time.

Each built-in program includes 16 sections, and the operating time of each section is equal to the set time/16. When the previous section ends, it automatically enters the following section, and the speed and incline can be automatically regulated to the numbers of this section. When operation of all sections and program are completed, treadmill slows down slowly and stops finally.

The operation steps are as follows: Touch the "Exercise Program" button, select the built-in program (the built-in program table consists of 3 pages), press the arrow to select the upper and lower pages, or slide the screen left and right to select the upper and lower pages, click the program you need, set the program exercise time, and press "Start" to start the treadmill.
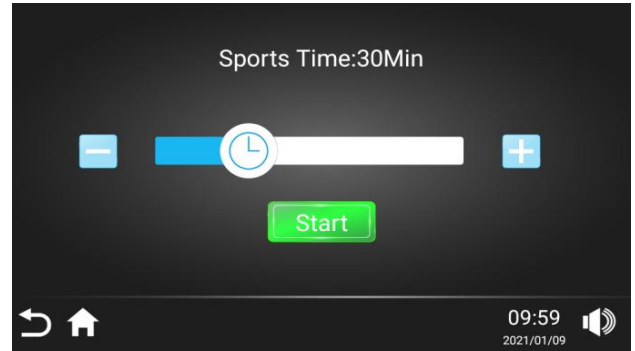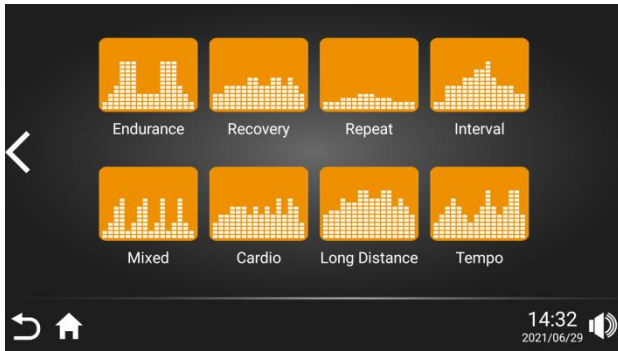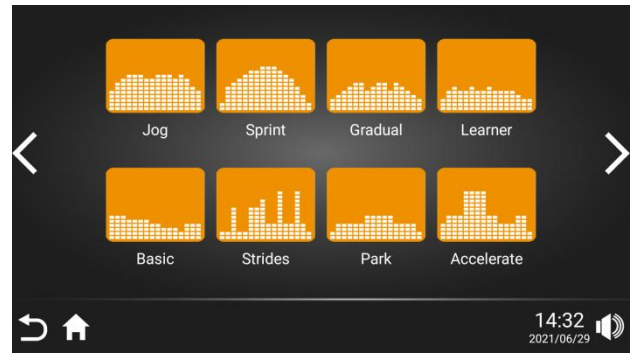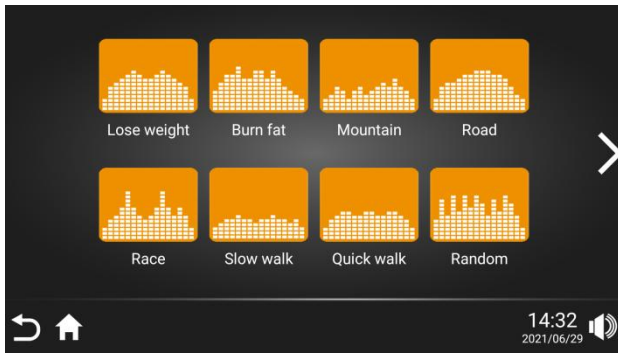
Built-in program data (divided into 16 segments, the running time of each segment is set time divided by 16)

Program	Time section	Operating time of each section = setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01 Lose weight	SPEED	3	6	7	8	9	10	9	8	8	9	10	9	8	7	6	3
	INCLINE	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
P02 Burn fat	SPEED	5	7	9	9	11	8	8	10	10	8	10	8	6	5	4	3
	INCLINE	3	5	4	4	3	5	5	3	3	5	3	5	5	3	3	3
P03 Mountain	SPEED	3	4	6	5	3	5	6	4	5	6	7	6	8	6	5	3
	INCLINE	6	8	10	12	14	12	10	14	12	10	8	10	6	4	3	2
P04 Road	SPEED	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	INCLINE	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1
P05 Race	SPEED	3	5	6	8	12	8	6	5	6	8	12	8	6	8	6	3
	INCLINE	3	6	5	3	1	3	5	6	5	3	1	3	5	3	5	2
P06 Slow walk	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2
P07 Quick walk	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	2	2

P08 Random	SPEED	5	10	6	11	7	11	8	11	9	6	10	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P09 Jog	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	9	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P10 Sprint	SPEED	2	6	7	8	9	10	10	11	11	11	10	9	8	6	4	2
	INCLINE	4	5	6	7	8	9	10	10	10	10	10	9	5	7	5	2
P11 Gradual	SPEED	3	4	5	6	7	7	5	6	7	7	5	7	6	5	4	3
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	3	2	3	2	2
P12 Learner	SPEED	3	5	6	5	5	6	5	5	6	5	5	5	5	4	3	3
	INCLINE	2	3	2	3	3	2	3	4	3	3	3	3	3	2	2	1
P13 Basic	SPEED	6	6	6	5	5	5	5	4	4	3	3	3	2	4	4	4
	INCLINE	1	2	3	4	5	6	7	8	9	10	11	12	4	2	2	0
P14 Strides	SPEED	2	2	8	2	2	8	8	10	4	4	12	4	4	12	4	2
	INCLINE	0	2	2	2	6	6	2	2	4	4	2	2	4	2	2	0
P15 Park	SPEED	2	4	4	4	4	4	6	6	6	6	6	4	4	4	4	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	0
P16 Accelerate	SPEED	4	6	6	6	12	12	12	12	6	6	4	4	4	6	6	2
	INCLINE	0	2	2	4	4	6	8	8	6	6	6	4	4	2	2	0
P17 Endurance	SPEED	2	4	6	12	12	12	4	4	4	4	12	12	12	6	4	2
	INCLINE	0	2	4	6	6	6	6	6	6	4	4	2	2	2	4	0
P18 Recovery	SPEED	4	4	6	6	6	6	8	8	6	6	8	8	6	8	6	4
	INCLINE	0	2	4	4	4	4	4	2	2	2	2	2	2	2	2	0
P19 Repeat	SPEED	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	2
	INCLINE	0	1	1	1	1	2	2	2	2	1	1	1	1	1	1	0
P20 Interval	SPEED	2	2	6	6	6	8	8	10	10	12	8	6	6	6	4	4
	INCLINE	0	2	2	4	2	2	2	4	2	2	2	4	2	2	2	0
P21 Mixed	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	2	2	4	4	6	6	8	8	10	8	6	4	2	2	0
P22 Cardio	SPEED	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4
	INCLINE	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P23 Long Distance	SPEED	6	7	7	10	9	9	12	12	10	10	12	12	8	10	8	6
	INCLINE	2	2	3	3	4	4	6	6	8	8	10	10	6	5	5	0
P24 Tempo	SPEED	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12	6
	INCLINE	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0

3.6 Virtual Scenes: (Users Purchase Themselves as Needed)

After selecting the scene, start to operate the treadmill. During exercise, the scene will give people an

immersive feeling. During exercise, users can freely increase and decrease speed and incline, or directly press "Stop" to stop operation. The speed of live scene can make the scene faster or slower according to manual adjustment speed.
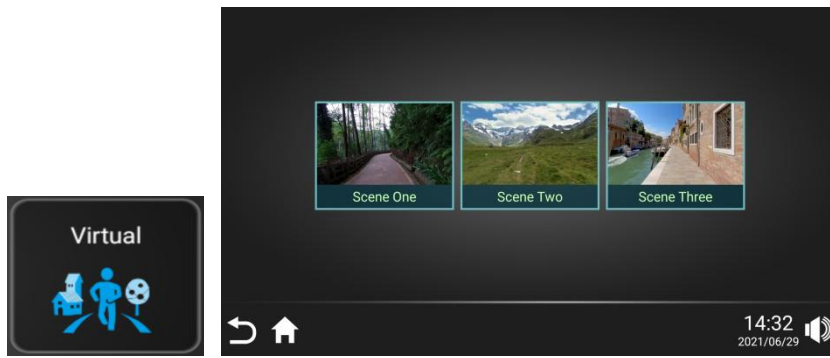
3.7 Exercise management

3.7.1 Exercise data: check data of previous exercise, including: time, distance and calorie.

3.7.2 Sports Records: After logging in to the user, you can view historical sports records and sports statistics here. The exercise information stored in the system must meet certain conditions ≥ 200m before being selected for storage. The exercise information temporarily will be stored in the system for a certain period of time. The system automatically will clean up the exercise information stored for too long on a regular basis.
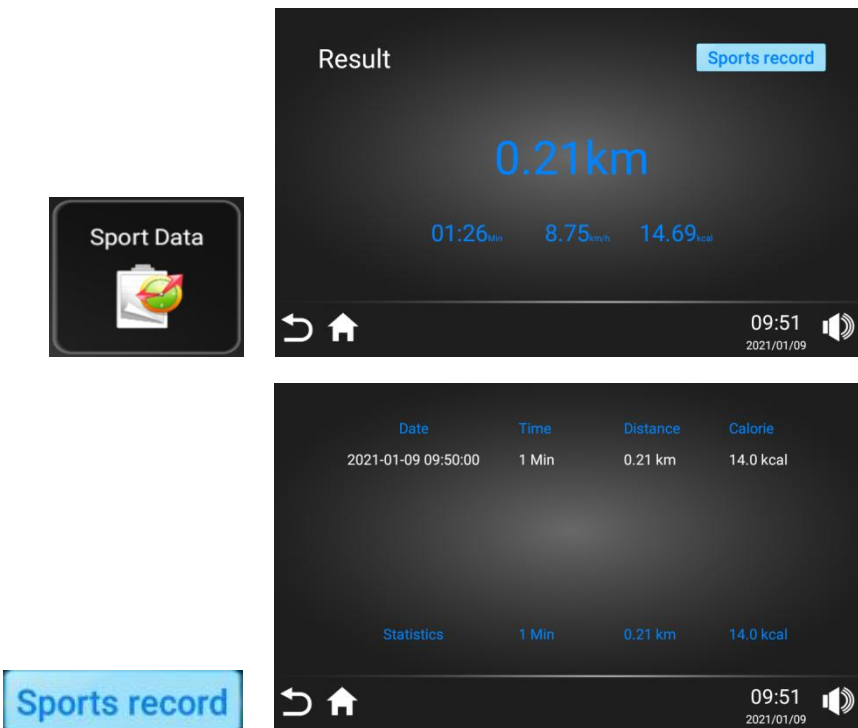
3.7.3 Record data of historical exercise of the treadmill is synchronous with data of terminals of cellphone and pad. Open Sports show on terminals of cellphone and pad and check data. Data records are shown in right figure. Specific operation is shown in "Sports show.pdf". For cellphones of Apple version 4S and above, log in Sport show App sofeware(search "Sports show") at Apple Store. For cellphones of Android version, log in the latest version of App software at http://www.ifitshow.com/. Scan the following two-dimensional code and install Sports show App:

3.8 Language

Users can choose to switch to different languages provided by the system. The operation steps are as shown in the right figure: touch the "language" button, click the language you need, and then return to the main interface automatically.
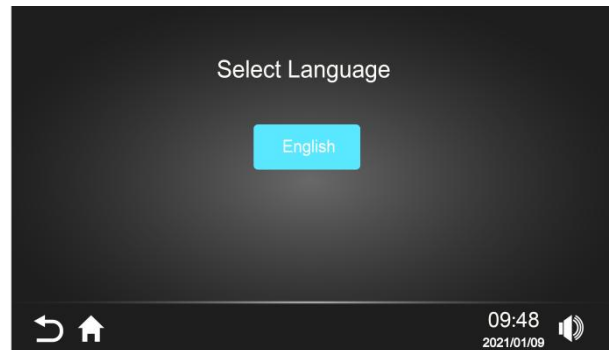
3.9 Help

Operating steps are as shown in right figure: touch "Help" key, window displays precautions during use of treadmill and introduction to functions of keys on main interface.
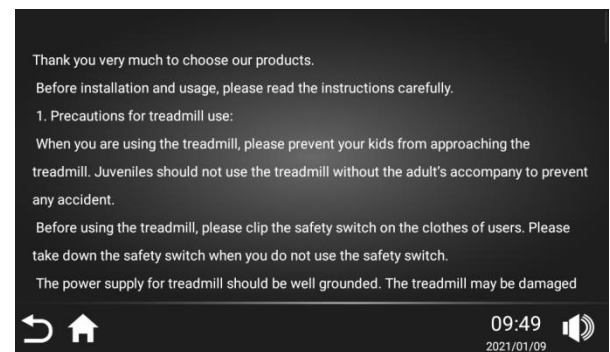
3.10 Wireless network

Operating steps are as shown in right figure: touch "Wireless network" key, select WI-FI signal, input WI-FI connection code, complete connection and setting of WI-FI for high-speed internet.
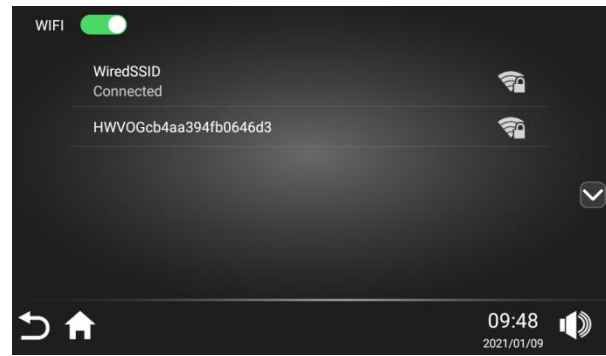
3.11 Setting

The operation steps are as shown in the right figure: touch the "Settings" button to select brightness level, clear cache, set engineering mode, and restore with one key. The engineering mode is owned by treadmill developers and is not open to users.
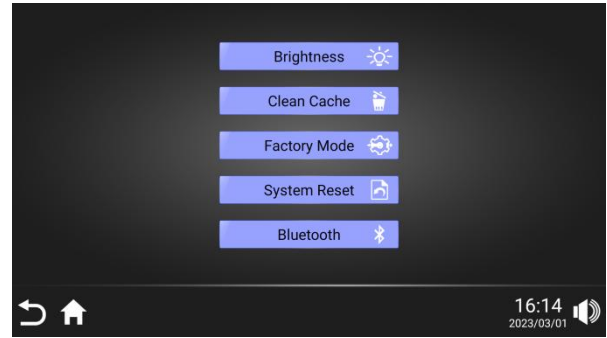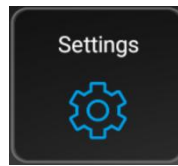
3.11.1 Bright adjust

The operation steps are as shown in the right figure: touch the "brightness level" button, select the required brightness, and touch the "Return" button to complete backlight adjustment.
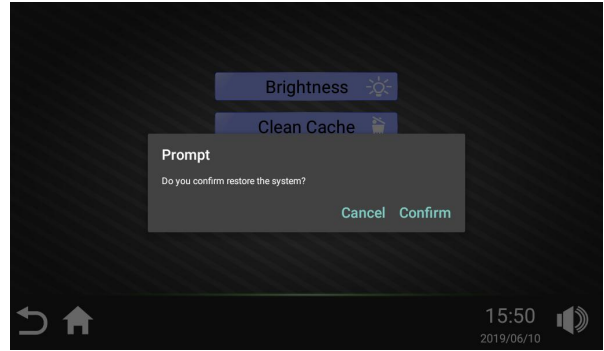
3.11.2 Cache cleaning

The operation steps are as shown in the right figure: touch the "cache cleaning" button, select the application that needs to clean the cache, and touch the "cache cleaning" button to complete the cleaning.
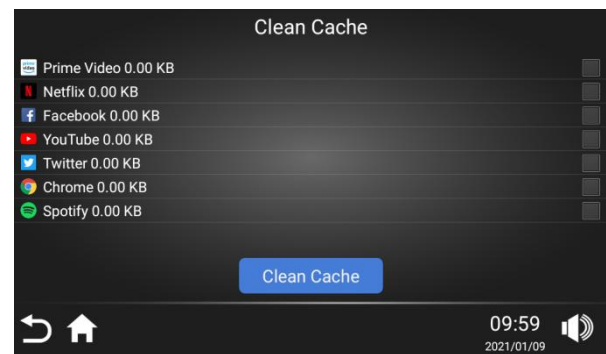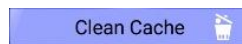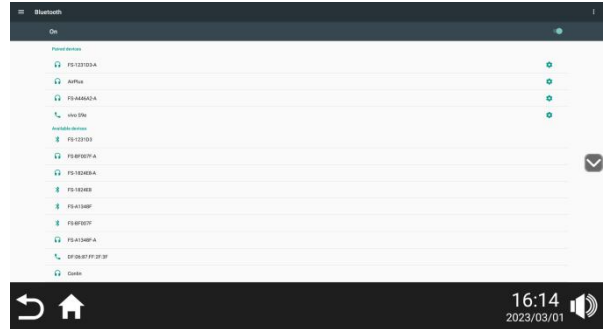
3.11.3 One-click Restore

Operating Steps: Touch "One Button Restore" to quickly restore to the factory state.
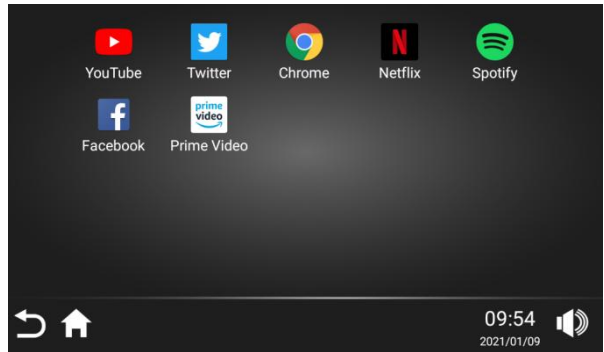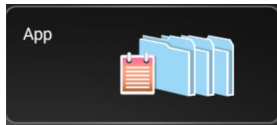

3.11.4 Bluetooth output

connection: Press the "Bluetooth" button to search for the device for pairing.

3.12 Application

System pre-loaded APP application can be open. Operating steps are as shown in right figure: touch "Application"key, enter into APP application interface, touch any icon on upper side of the display screen to enter into corresponding submenu.

3.13 Time zone

User can freely adjust time zone and time according to your time zone.Operating steps are as shown in right figure: touch "Time zone"key, enter into submenu and set required time zone and then return to main interface.
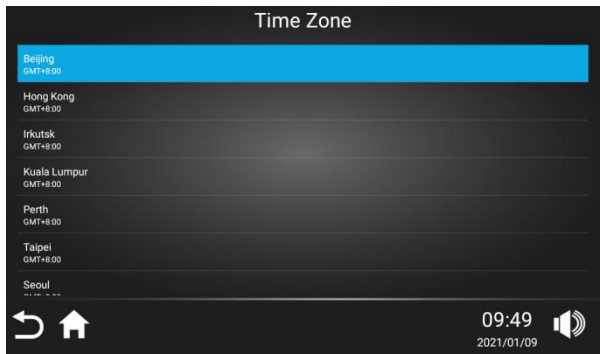
3.14 Internet

Browse webpage online.

3.15 Yahoo

Yahoo search is available.
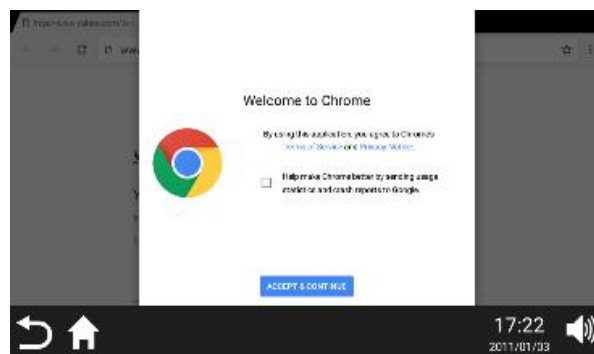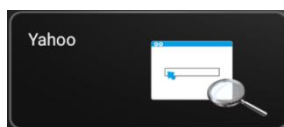
3.16 Video

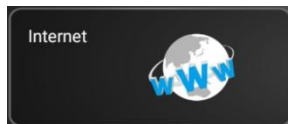Play local video files. Insert storage devices such as USB flash disk equipped with video into the USB

interface, click the〝video〞

button, and click the list file to play the corresponding video.

3.17 Music

Play local audio files. Insert storage devices such as USB flash disks with music into the USB

interface, click the〝Music〞

button, and click the

〝Musician〞local song to

enter the list to play the corresponding music.
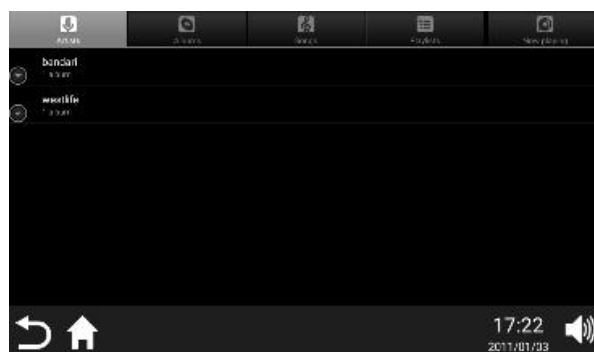
3.18〝Home〞key

 Return to home screen by clicking the icon on the key board at any interface

3.19〝Return〞key

 At any interface, clicking the icon can return to the previous operation interface or exit the application

program; the operation function synchronizes with the key function of Electronic meter.

3.20 "Volume" key

 The volume can be controlled by clicking the icon at the top right corner of the display screen and sliding the volome from the left and right.

4. Operation during the exercise

4.1 Press the "-"button to reduce the speed of the treadmill; Press the "+"button to increase the speed of the treadmill.

4.2 Press the"⌄"button to reduce the gradient of the treadmill; Press the"⌃"button to increase the gradient of the treadmill.

4.3 Press the speed shortcut keys of "4, 8, 12, 16" to switch the speed; Press the speed shortcut keys of "4%, 8%, 12%, 16%" to switch the gradient.

4.4 You press the "Stop" button or "safety switch" and then the treadmill can slow down and stop finally.

5. Heartbeat measurement:

The sports man tread on the edge and start up the treadmill; hold the holding sheet steel with both hands and the heart-beat value can be displayed in the Heart-beat Windows after 5-10s; the holding heart-beat measured data are only used as the reference of exercise degree rather than medical data.

6. USB input

The corresponding video or audio complying with the format can be played through the player after the USB is inserted.

7. Interconnection function

The treadmill provides a connection function with the "Fitshow" App, which can control the treadmill

wirelessly. At the same time, the "Fitshow" App records and stores the user's exercise data, which is

convenient for the exercisers to check and share.

Instructions:

7.1　For smart phones, you can directly search for "Fitshow" in the App store to download and install, or scan the QR code on the machine to download and install. Fitshow installation requirements: iPhone require 4S or higher, and Android smart phones require 5.0 or higher. Note: For anything in the "Fitshow" that involves becoming a member, the need to pay and of activities have nothing to do with the treadmill manufacturer.

7.2　Open the"Sports" page in the "Fitshow" App, click "Quick start, objectives, procedures", the "Nearby Devices" dialog box pops up, click "renovate" to find the Bluetooth (Bluetooth: FS-XXXXXX) of the treadmill, and click "Select" to pair , After the pairing is successful, click "Start" and the treadmill will start slowly after

3...2...1... countdown.

If the Fitshow APP is connected to the Bluetooth, and the Bluetooth is automatically disconnected during the operation, please restart the phone (or turn off and on the phone) once, and then run the APP.

8.　Bluetooth audio

The treadmill can be connected to mobile phones, tablets or other devices to play music.

How to use: Turn on the Bluetooth switch of the external device, search and pair the Bluetooth of the treadmill (Bluetooth name of the treadmill: Conlin), after the pairing is successful, the treadmill will emit a beep. When playing audio from an external device, the volume of the audio is controlled by the external device.

Note: After user 1 is successfully connected and paired, user 2 cannot connect to paired Bluetooth when user 1 does not disconnect.

When the external device is far away from the treadmill, it will automatically disconnect, and when the external device returns to the range of the treadmill, the treadmill will automatically connect.

9. Bluetooth output

Plug external audio equipment (like MP3) into audio input port through audio cable to play music; insert earphone into audio output port to receive audio signal. Press Volume –″🔈″ and Volume + ″🔈″ to adjust volume; press sound switch ″🔈″ to close or open sound.

10. Automatic shutdown function

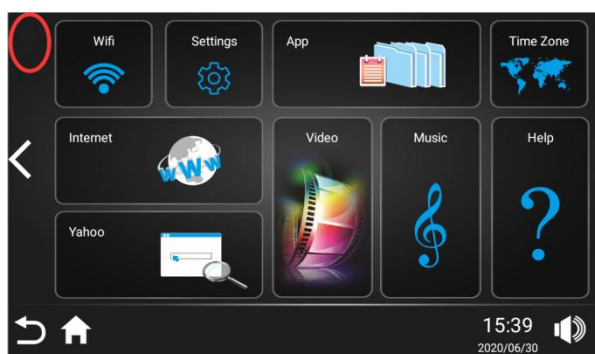The treadmill system will detect the user at all times. When the user leaves the running belt for more than 5 minutes, the system recognizes that there is no user exercise state, the system will stop the treadmill and enters the standby state to ensure the safety of the user. (This feature is off by default)

5 minutes no steps to pause

11. Safety lock function

Under any state, removing the safety lock can emergently stop the motor and the window shows ″safe lock falls off″.

12. Shut down

The treadmill can be off by turn off the power or the treadmill at any time, which does not damage it.

13. Parameter display and set range:

	Initial	Setting initial value	Setting range	Display range
Time (hour: minute : second)	0:00:00	20:00	1-120：00	0:00:00-99:59:59
Speed (km/h)	1.0	1.0	1.0-20	1.0－20
Slope (section)	0	0	0-20	0-20
Distance (km)	0.00	3	1-100	1-9999.99
Calorie (kcl)	0	100	1-1000	1－99999.99

VII. Use method and safety protection for treadmill

1. Debugging of treadmill
   1.1 Before the powering, inspect whether the power ground wire is well grounded and pull the running belt with hands to check whether it can run flexibly without any abnormal sound.
   1.2 Insert the power plug and open the power switch. All the windows of the electric meter show initial value and the running belt dose not move.
   1.3 Press the ″Start″ Key and the treadmill starts operating at a low speed (the operating speed is 1.0km/h). Observe whether the treadmill and electronic meter can operate normally.
   1.4 Press the ″Speed-up″ Key and ″Speed-down″ Key to observe whether the regulation is normal.
   1.5 Press the ″stop″ key or ″safety switch″ key. Then, the treadmill can slow down and stop finally. Turn off the supply switch and take out of the power plug.
2. Operating instructions
   After being debugged, the electric treadmill can be put into use
   2.1 Plug the power supply in the household 220V outlet. The outlet must be provided with appropriate

<u>grounding wire.</u>

2.2 Press the "start" key. Then, the running belt slowly moves. When the speed is about 1.0km/h, the speed of the treadmill is shown on the meter.

2.3 If you want to increase the speed of the treadmill, press the speed+ key, up to 20km/h.

2.4 If it is too late to reduce the speed when running at the high speed, you can press the "safety switch" and the then treadmill can quickly slow down and stop finally.

2.5 Press "STOP" after running and the treadmill slows down until it stops.

3. Safety protection for treadmill

3.1 Under any state, the exerciser only presses the "safety switch" and then treadmill emergently stops.

3.2 When the treadmill belt skids or the running belt is stuck, the motor may stop in about 3s.

VIII. Precautions

1. Circuit

1.1 Avoid using other electric appliances in the same power supply circuit. The power supply circuit must be able to supply over 12.5A electricity current.

1.2 It is required that the service voltage should be in the range of 220V±10%. The voltage beyond this range may lead to the abnormal operation.

1.3 Inspect whether the power supply is loaded and the safe switch is valid before exercise.

1.4 When abnormal condition occurs during the exercise, you can press the safe switch and the treadmill can quickly slow down and stop finally.

1.5 You should turn off the power switch and take out of the power plug after using the treadmill.

1.6 In Winter, certain humidity should be kept indoors to avoid strong static electricity.

1.7 <u>If the power wire is damaged after use, please go to specified products distributor for replacement or purchase.</u>

1.8 If you have any questions about the treadmill, please contact the distributor. It is not allowed for laymen to disassemble or maintain the treadmill for fear of damaging the treadmill.

2. Placing environment

2.1 It is only proper for the treadmill to be placed indoors for protection against humidity. It is forbidden to splash water on the treadmill. It is forbidden to place any foreign materials on or inserted them in the treadmill.

2.2 During the operation of the treadmill, the motor may generate a small number of sparks, so the treadmill should be placed at a drafty place and kept away from explosives.

2.3 When the treadmill is used, ensure its fore and rear feet reliably contact the ground. If the ground surface is uneven, it should be stably padded with carpet or rubber plate.

2.4 Pay attention to the interior hygiene usually to reduce indoor dust because its sensibility may be influenced by the dust adhered on the electronic components.

3. Precautions before or during exercise

3.1 For your safety, wear sports clothes and select suitable sports shoes when using the treadmill. It is strictly forbidden to exercise on the treadmill with bare feet.

3.2 It is not allowed for two or more persons to do exercises on the treadmill at the same time.

3.3 Prepare a towel before running to prevent sweat from dropping on the running belt and being thrown into the enclosure to damage the electric appliance.

3.4 The beginner can get on the treadmill only after he stands on the edge to test several times with one foot and feels capable of keeping up with the speed of the running belt.

3.5 The treadmill has enough motor power. In principle, the zero start can be realized, but to extend the service life of the treadmill, it is suggested that you should stand on both edges of the treadmill and get on it for exercise after the normal start.

3.6 It is strictly forbidden to get on and off from the rear end as it is very easy for people to tumble in such way.

3.7 The strength should be equal when the hands are on the armrests and run on it straightly to avoid belt deflection.

3.8 When people run in a normal state, the two hands should be moved from the armrests. The arms can be swung boldly so that the exercise result may be better.

3.9 The stop lock should be pressed when get off the treadmill. Don't get off the treadmill until the

running belt stops completely.

3.10 Keep the child away from the running treadmill for fear that the hand or the clothes may clamped by the running belt to cause serious injury.

3.11 It is strictly forbidden to touch the working running belt by hands.

4. Additional precautions

4.1 The cardiac should not use the electric treadmill alone.

4.2 Determine the running speed according to your physical conditions; and the sick should not use the treadmill or use it under the instruction of a doctor.

4.3 The heart rate sensor is not a medical facility and the detection results are for reference only.

IX. Daily servicing and maintenance of electric treadmill

During the daily use of the treadmill, the following should be noted for the maintenance.

1. Keep the treadmill clean

1.1 The service life of the treadmill can be significantly extended by keeping clean. Often wipe the running board and footboard exposed on the two sides of the running belt. Reduce long-term accumulation of the dust and dirt under the running belt.

1.2 The running belt can be wiped with soft cloth dipped with soapsuds. Don′t let the water flow to the bottom of the running belt and into the shield.

1.3 Regularly check each bolt and nut. Please tighten and fix them immediately with tools if they are loose.

1.4 Regularly check whether the groove of the motor belt is clean. If there are residual, they must be cleaned off to avoid unnecessary vibration when it is used.

1.5 Regularly clean the electric control system and the dust surrounding the motor to ensure normal operation of the treadmill.

2. Automatic oiling system

After the treadmill is continuously operated for 200km, lubricating oil which can lubricate the running plate and belt can be automatically added in the oiling system once for about 2 ml, of which the volume of oil can is about 200ml. for every 4000km operation, the user needs to add lubricating oil to oil can for fear that the lubricating oil is used up to destroy the running belt and plate.

Firstly open the protective cover on the electric motor before oiling. The method of oiling is shown in the right picture:

(It must not be too full and it is proper to ensure that oil is not more than 3/4 of the bottle.)
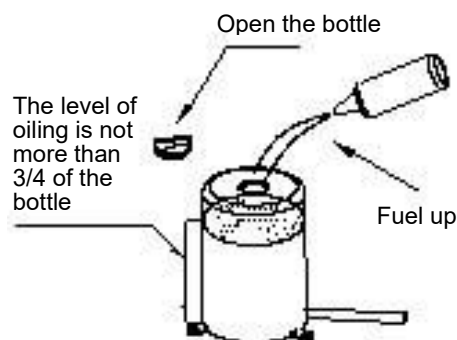
3. Judgment for friction:

The frictional force of the running board and running belt can be increased by uncleanness or reduction of lubricant, which may damage the motor and control panel. The excessive frictional force is characterized with followings:

3.1 Under the power off condition, it is arduous to drive the belt by feet, or even the belt cannot be driven;

3.2 When the treadmill is operated at the middle speed, you press the ″safety switch″ and the running belt quickly stops;

3.3 The increment of frictional force may cause the damage of motor or control panel, short circuit, tripping, fuse burn-out, etc.

4. Adjustment for the tightness of running belt:

4.1 Although all treadmills have been adjusted at exworks, the running belt may become loose after the treadmill is used for some time. The maintenance is mainly carried out by the user. If the running belt is too loose, the skidding phenomenon of running belt and drum may occur when you step on the running belt. But excessive tightness is not good either because it may damage motor, running belt and drum, increase the running noise of the treadmill, etc. In general condition, it is better to lift the two sides of running belt 5-6cm away from the running board.

4.2 Judgment method for tightness of running belt

Adjust the treadmill speed to 1.5 km/h, grasp the armrest forcefully with both hands and prevent the operating of running belt with feet. At this time, if the running belt stops running, the front drum continues running, but the running belt continues running after being released, indicating that the running belt is excessively loose. Meanwhile, the user may feel the halt at sometimes, and the long-term use under the

loose state may shorten the service life of running belt. Therefore, adjustment should be done timely.

4.3 Adjusting method for the tightness of running belt: After the treadmill is used for some time, the halt may be felt while you are running on it, which is caused by the excessive loose running belt. The tightening adjustable bolt of the right and left rear regulating box is used to adjust the tightness and deflection. It is the core component of the adjustment of the complete treadmill.

Regulating method: (note: tighten it clockwise and release it anticlockwise. The following tightening or releasing respectively refers to the clockwise direction or anticlockwise direction)

After the treadmill has been used for some time, the running belt may extend to a certain extent.

If slipping of the running belt occurs during the exercise, it shows the running belt is a little loose. Now you should tighten adjusting bolts of the rear cover. Tighten adjusting bolts of the rear cover at both sides in the meantime as a standard of 1/4 circle until no slipping or pause on the treadmill, as shown in the picture:


Regulate screw

Regulate screw
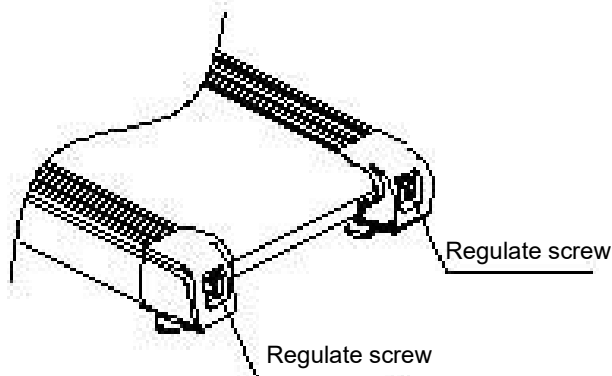
Special attention: As for the running belt, it is not the tighter the better. The tightness should be adjusted as required. The service life of the running belt may be shortened if it is too tight.

5. Adjustment for motor belt:

5.1 As for all treadmills, although the motor belt has been adjusted at exworks, the running belt may suffer the halt after the treadmill is used for some time, because the motor belt gets loose.

5.2 Judgment method for tightness of running belt: adjust the treadmill speed to 1.5 km/h, grasp the armrest forcefully with both hands and prevent the operating of running belt with feet. If the running belt stops running, the front drum continues running, but the running belt continues running after being released, indicating that the running belt is excessively loose. Meanwhile, the user may feel the halt at sometimes, and the long-term use under the loose state may shorten the service life of running belt. Therefore, adjustment should be done timely.

Adjust the screw anticlockwise to compact organization with the belt

5.3 Solution: firstly release the screw of the protective cover on the motor, open it and adjust bolts of the motor belt anticlockwise by several full turns until the user has no pause feeling(as shown in the picture). Mainly, it is independently adjusted by the user.
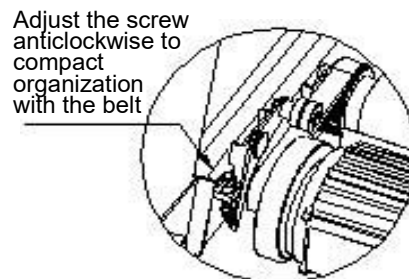
X. Elimination methods for common faults

Fault or phenomenon	Possible reasons	Handling method
No display on the treadmill	A. Power supply isn't connected or there is no power supply	Plug power line into AC line or check AC socket
	B. Power switch isn't on	Place power switch in ON position
	C. Mainboard has no power supply or is damaged	Check whether power line of electronic meter is connected or replace mainboard
	D. Signal line of electronic meter is disconnected	Replace or reconnect signal line
	E. Electronic meter is damaged	Replace electronic meter
	F. backlight doesn't light	Replace electronic meter
Treadmill exercise is not smooth, weak or jittered	A. Driving position has resistance	Adjust the driving position or add lubricating oil
	B. Driving belt is too tight or too loose	Adjust tightness of driving belt
	C. Torque of actuator is too small or too large	Adjust the torque potentiometer to the

			appropriate position
Display of the Electronic meter	E01- communication failure (no frequency converter signal received) E08- frequency converter fails to receive signal of display board E11- starting signal was received, but shutdown signal wasn't received before	A. Signal line of electronic meter isn't connected well or is in poor connection	Reconnect plug wire
		B. Signal line of electronic meter is damaged with short-circuit or open circuit condition	Replace signal line
		C. Signal Line fault of electronic meter	Replace electronic meter
		D. Signal line fault of frequency converter	Replace frequency converter
	E03-overvoltage fault	Overvoltage AC: higher than 270VAC	Stop using and ask electrician to troubleshoot
	E04- Overcurrent fault E05- Overload fault	A. Overload	System protection. It should be restarted in case of artificial blocking
		B. Driving position is blocked or obstructed	Adjust the driving position or add lubricating oil
		C. Internal short circuit of motor	Replace motor
		D. Burnout of frequency converter	Replace frequency converter
	E07- overheating fault	A. Overheating protection or poor frequency converter	Replace frequency converter
	E12 - lifting fault	A. Lifting motor line or signal line is not connected well	Check connection of the lines is wrong and reconnect the lines
		B. Poor lifting motor	Replace lifting motor
		C. Poor frequency converter	Replace frequency converter
	E06-MCU fault of frequency converter E09 - Internal communication error 1 of frequency converter E10- Internal communication error 2 of frequency converter E14 - phase default failure E15 - U failure of current sensor E16 - W failure of current sensor	A. Frequency converter fault	Replace frequency converter

XI. Precautions for exercise

Warm-up: Before each exercise, it is necessary to take 5~10 min to do the warming up, including the

warm-up (including the stepping machine, treadmill, rowing machine and exercise bike) and stretching (stretch the muscles in the training part and bend the joints) to prevent the sport injury.

Breath: During the exercise, it is not allowed to hold the breath. Generally, inhale from noise when doing the preparing or homing actions and exhale from mouth when putting forth the strength. The breath should be coordinating with the actions. In case of short breath, stop exercising immediately.

Frequency: The training for the same muscle should be carried out at the interval of 48h, that is to say, the training for the same muscle should be carried out every other day.

Load: Everyone should determine the training intensity according to his or her physical conditions. The load exercise should be done progressively. In the initial exercise, you may get muscular ache. As only as you keep exercising in the aforesaid frequency, the ache may be relieved.

Relax: After each exercise, you should do 5-minute homing actions, especially the stretching and relaxing for muscles of trained legs to prevent the muscle from getting long-term spasm and maintain the elasticity of muscle.

Diet: In order to protect the digestive system, the exercise can be carried out 1 hour after the meal and have meals at least half an hour after the exercise. During the exercise, drink water as little as possible. It is forbidden to swallow much water for fear of burdening the heart and kidney.

If you have any questions about the treadmill, please contact the distributor. It is not allowed for laymen to disassemble or maintain the treadmill for fear of damaging the treadmill.

Attention:
The right of final interpretation for the appearance, specification, model, etc. of products is owned by our company. Any product is subjected to change without notices and product pictures are for reference only!