

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

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### 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.

<b>Special Note</b>
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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 (396lb), the service life of the treadmill may be affected.

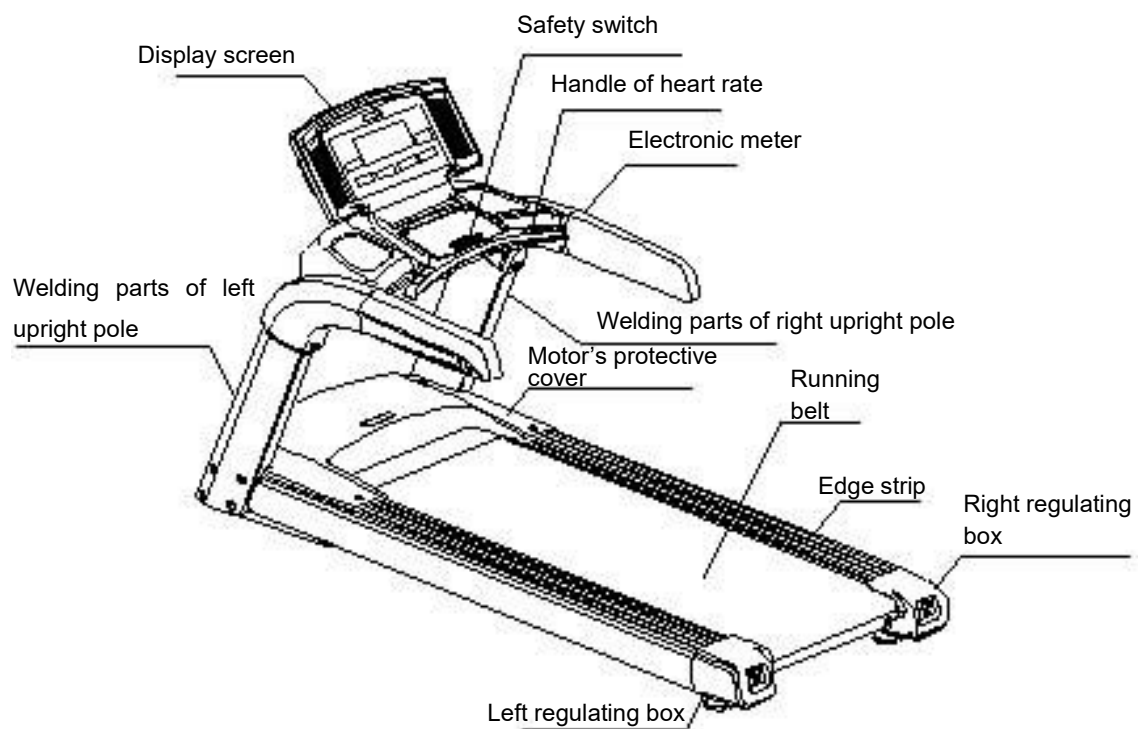
## Main technical parameters

- Input power voltage: AC220V-240V (50Hz~60Hz)
- Rated voltage: 12.5A
- Operating ambient temperature: 0~40°C
- Motor power: 3750W
- Scope of operating speed: 1~20 (km/h)
- Gradient regulating range: 0-20%
- Range of time display: 0:00 ~99: 00 (M:S)
- Distance display range: 0.00~99.90 (km)
- Scope of heart rate: 50~200 (b/pm)
- Scope of calorie display: 0.0~999 (calories)
- Floor area: 223 × 93 × 161 cm
- Effective usable floor area: 154×56cm

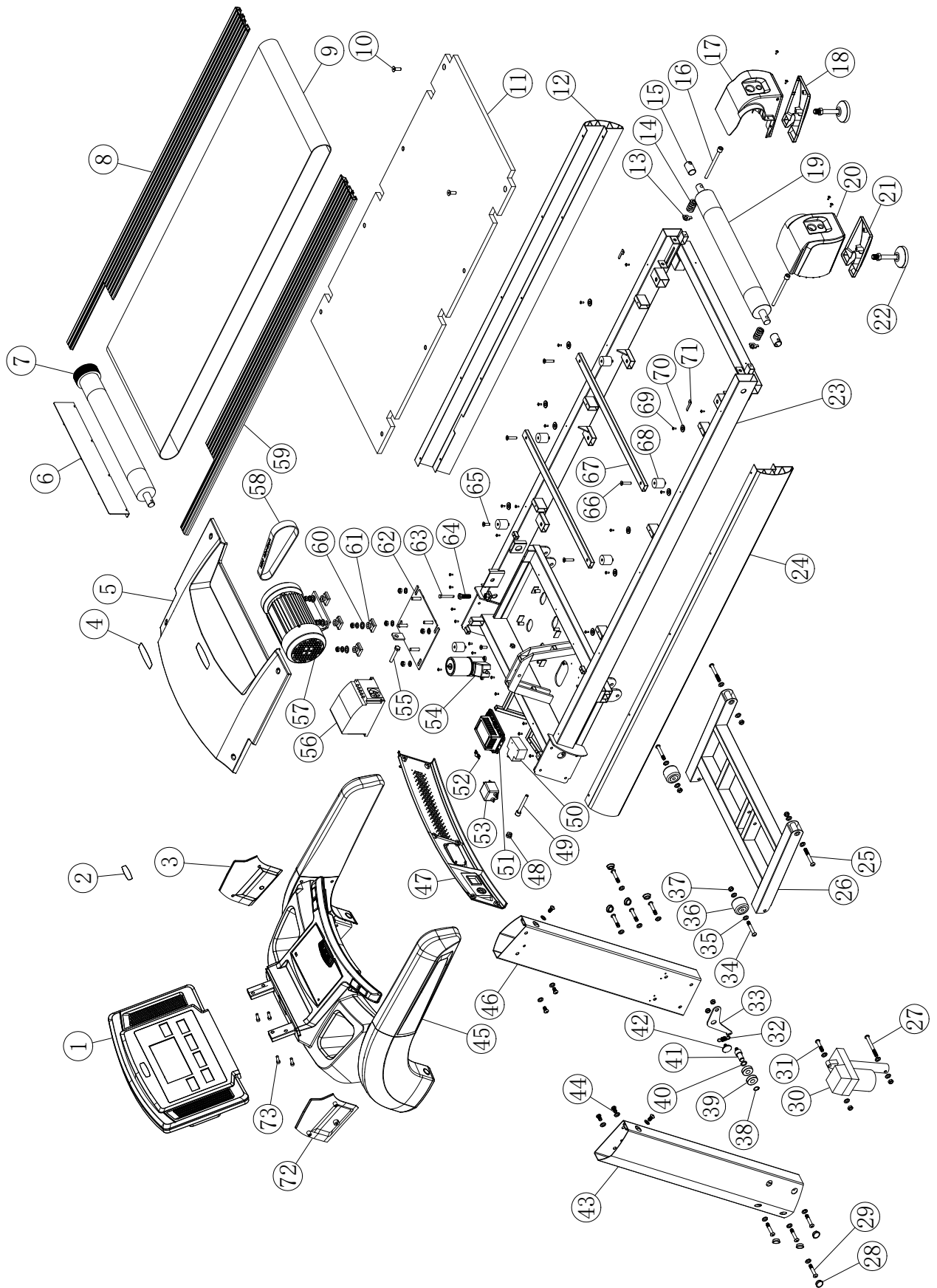
## Features

- ◆ 3750W AC motor
- ◆ Double safety protection functions with both emergency stop and soft stop
- ◆ PU handrail
- ◆ Multi-windows LED display
- ◆ Preset12 intelligent running programs, 3 user-defined modes
- ◆ High-fidelity surround dual speakers, support Bluetooth music input.
- ◆ Provide function of body mass measurement for user to evaluate body mass index
- ◆ 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
- ◆ Adopt screen dormancy technology, lower energy consumption design, applicable for wider voltage range
- ◆ 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



### III. Product explosion diagram



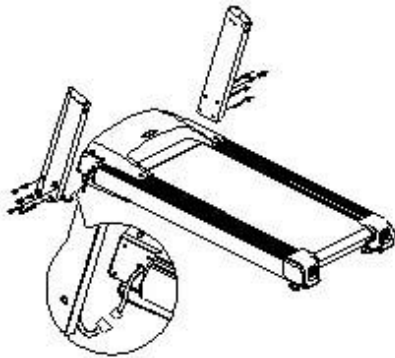
#### IV. Particular sheet of explosion diagram

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	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			

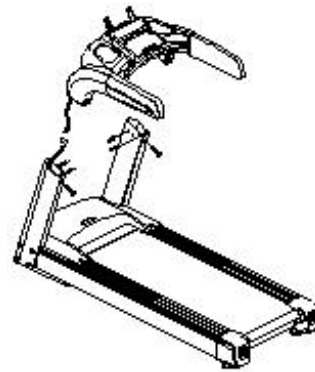
## V. Assembly step

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.

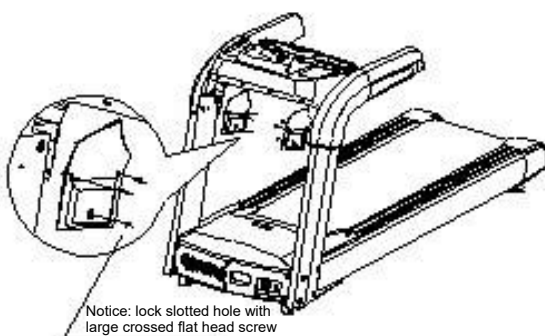
Step I: Install upright pole. Open packing box (B box) of treadmill and lift the treadmill. Fit right upright pole to right end of underframe, lock it with four 4 M10x55 round head hexagon socket screws (with gasket), fit left upright pole (left end of upright pole has joints of control line which are separately connected to joints of control line of left end of underframe) to left end of underframe, lock it with four M10x55 round head hexagon socket screws, as shown in the following figure:



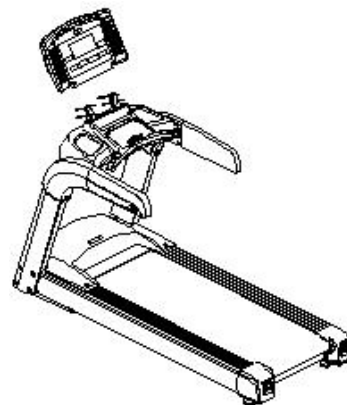
Step II: install electronic meter frame. Open packing box (A box) of treadmill and take out of electronic meter frame. Connect control line joints of upper end of left upright pole and electronic meter frame, separately insert them into left and right upright poles, separately lock them with six M10x20 round head hexagon socket screws with gasket (as shown in the following figure), tighten all screws in the uprights poles which are covered with 10 bulkheads



Step III: install left lower decorative cover and right lower decorative cover. Take out of left and right lower decorative covers, lock them with four M4x10 round head crossed tail-out tapping screw and two M4x12 large crossed flat head screws, as shown in the following figure:



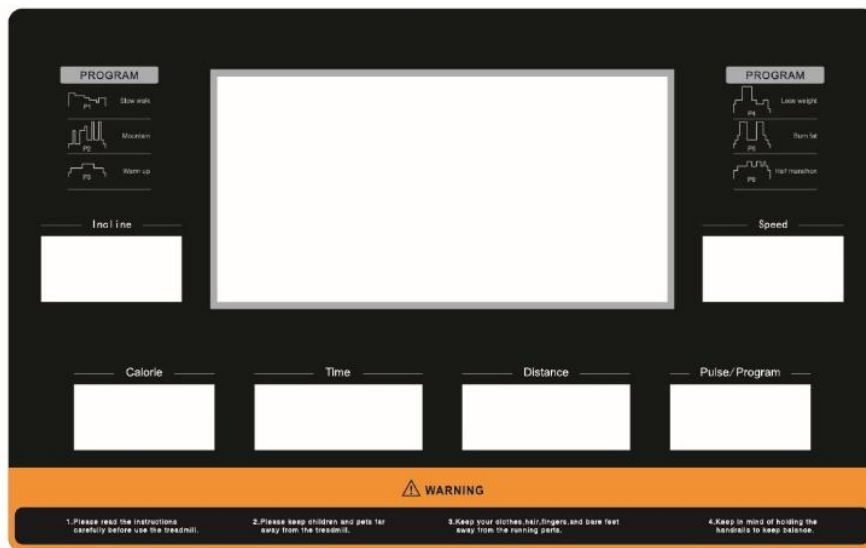
Step IV: install display screen. Take out of display screen, connect control line joints of display screen and electronic meter frame, lock electronic meter with four M8x30 hexagon socket head cap screw with gasket, as shown in the following figure:



Step V: install treadmill, carefully inspect whether each part of treadmill is tightened. Start treadmill at low speed and inspect whether each part of running belt operates flexibly and tightness of running belt is proper. It should accord with the standard of no deviation and no slip of running belt (see "daily care and maintenance electric treadmill"). After inspection, transfer treadmill to proper location for use.

## VI. Display and function operation of electronic meter

### 1. Functions of keys on the electronic meter's panel:



1.1 Incline: display incline.

1.2 Speed: display speed.

1.3 Calorie: display calorie, positive timing and count-down.

1.4 Time: display time, positive timing and count-down.

1.5 Distance: display distance, positive timing and count-down.

1.6 Heart rate/program: display value of heart rate when testing heart rate and display program number when choosing program.

1.7 Big lattice window (hereafter referred to as information window): display runway, program diagram, start of count-down, information tips and so on.



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 suspend the treadmill and keep 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 "Program switch (Program)" Key: press and hold P01---P12, U01---U03, FAT and manual mode in turn

cyclic switching.

2.4 "Target setting (Mode)" Key: press and hold manual mode—time count-down—distance count-down—heat count-down in turn cyclic switching.

2.5 " $\approx$   $\cong$ " Key: use these keys to regulate incline with the regulating range of 1 section/time during its operation; when the keys are pressed and held for over 0.5s, the gradient increases or decreases continuously. Use these keys to regulate parameters when stopping.

2.6 "+ -" Key: regulate the speed during its operation 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. Use these keys to regulate parameters when stopping.

2.7 "4 8 12 16" Key: regulate speed quickly: 4km/h、8km/h、12km/h、16km/h.

2.8 "4% 8% 12% 16%" Key: regulate gradient quickly: 4%、8%、12%、16%.

### 3. Start-up interface

Plug power and start it; LED subtitle is full bright and running pictures of the dynamic character. And then enter into standby state.

### 4. Quick start

Under the condition of starting of power source, press "Start" Key. After the system enters "3, 2, 1" count-down, treadmill slowly starts at the speed of 1km. Press "+ -" Key to regulate speed and " $\approx$   $\cong$ " Key to regulate incline. During operation of 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.

### 5. Countdown mode:

Press "Target setting" Key, manual mode, time count-down, distance count-down and heat count-down can be selected in turn.

Relevant windows separately display default values and flash. At this point, press " $\approx$   $\cong$ " Key or "+ -" Key to regulate the desired values, press "Start" Key. After information window starts "3, 2, 1" count-down, treadmill slowly starts at the speed of 1kmspeed, press " $\approx$   $\cong$ " Key to regulate incline and "+ -" Key to regulate speed. When window values counts down to 0, treadmill slows down slowly and stops finally. During the exercise, user can press "Stop" or "Safety switch" to stop the operation at any time.

### 6. Built-in program

Press "program switch" Key, select any one of built-in programs in P01---P12.

At this point, "heart rate/program" window display: program number P01---P12;

"Information window" displays: program diagram relevant to P01—P12;

Press "Target setting" Key, "Time window" displays default exercise time and flashes. " $\approx$   $\cong$ " Key or "+ -"



Key can be presses to regulate the desired exercise time.

Each built-in program includes 16 sections, and the operating time of each section is equal to the set time/16.

Press "Start" Key. After the system enter "3, 2, 1" count-down, start operation according to speed and lift values in the first section of built-in program. When the previous section ends, it automatically enters the following section, and the lift and speed can be automatically regulated to the numbers of this section. During operation, press " $\cong$   $\cong$ " Key to regulate incline and "+ -" Key to regulate speed, but when entering the following section, it can be automatically regulated to default values. When operation of all sections and program are completed, treadmill slows down slowly and stops finally. During the exercise, user can press "Stop" or "Safety switch" to stop the operation at any time.

### Date sheet of built-in program

Time section Program		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	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
P02	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
P03	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
P4	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
P05	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
P06	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
P07	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
P08	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
P09	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

P10	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
P11	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
P12	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

## 7. User defined program

Except 12 system built-in programs, treadmill is equipped another three user defined programs that allows self setting according to personnel situation: U01, U02, U03.

7.1 Continuously press "Program switching (Program)" Key until "U01-U03" is displayed on "Heart rate/program" window under standby state. Press "Target setting(Mode)" Key and enter settings, "Time window" displays default exercise time and flashes. Press " $\approx$   $\approx$ " Key or "+ -" Key to regulate the desired exercise time; press "Target setting(Mode)" Key to determine time, "Time window" displays "d01...d16", speed and incline windows display relevant data of corresponding sections. And then set each time section (including 16 time sections). During settings, use "+ -" Key to set speed and " $\approx$   $\approx$ " Key to set incline, press "Target setting(Mode)" Key to complete setting of this time section and enter the following time section. Set state until settings of 16 time sections are completed; after completion of settings, data will be kept until you reset it again. The data will not lose due to power failure.

7.2 Under standby state, press and hold "Program switching(Program)" Key to the desired operating user defined program (U01-U03), set operating time and press "Start" Key to start.

## 8. Fat-measuring mode

In standby mode, press the "program switching" key successively, and the "heart rate/program" window displays "FAT" to enter the fat measurement mode.

Press the "Goal Setting" key to select the parameter category (in the time window, "F-1" means "gender", "F-2" means "age", "F-3" means "height" and "F-4" means "weight"); The distance window displays the corresponding parameter value). For each parameter category selected, press the "speed plus or minus" key or the "slope plus or minus" key to adjust the parameter value. Press the "Target Setting" key again when all parameters have been adjusted, and the slope/heart rate window will show F-5, then hold the steel sheet with both hands for about 10 seconds, and the distance window will show your body fat index. The parameter values entered each time will be retained for a long time until reset. Body FAT index (FAT) is a measure of the

relationship between a person's height and weight, not the proportion of the body. fat is suitable for any male or female and provides a basis for people to adjust their weight together with other health indicators. The ideal FAT should be between 20 and 25. If it is lower than 19, it means too thin. If it is between 25 and 29, it is overweight. If it is over 30, it is considered obese. (This data is for reference only and cannot be used as medical data. )

Enter the parameter display and setting range:

Parameter category	Default value	Setting range	Remarks
Last name (F-1)	( 0 )	0/1	0 for male and 1 for female
Age (F-2)	25 Years old	10-99 years old	
Body height (F-3)	170 CM	100—200 CM	
Body weight (F-4)	70KG	20—150KG	

The results of body fat index test show that: (This data is for reference only and cannot be used as medical data.)

Parameter category	Test value	Remarks
Body fat index -5-	≤19	Too thin
	=(20---25)	Ideal
	=(25---29)	Overweight
	≥30	Fat

### 9. Heartbeat measurement:

During operation of treadmill, the sporter stands on left and right edge strips, holds for about 10 seconds and then your heartbeat numbers are displayed on the "heart rate/program" window. Heartbeat numbers can only be reference of exercise level other than medical data.

### 10. 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:

10.1 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 other commercial activities have nothing to do with the treadmill manufacturer.

10.2 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.

### 11. 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.

### 12. Dormant function

When there is no any operation in the standby status for more than 5 minutes, the system will close all windows display and enter the dormant state. Press any key to wake up to the standby interface.

### 13. Safety lock function

Under any exercise status, press "safety switch" to urgently stop the treadmill. The treadmill is in the standby status again, waiting for inputting the order.

### 14. Shut down

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

### 15. Parameter display and set range:

	Initial	Setting initial value	Setting range	Display range
Time (hour: minute : second)	0:00	30:00	5:00-99:00	0:00-99:00
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	1.0	0.5-99.90	0.00-99.90
Calorie (kcl)	0	50.0	10-999	0—999

## 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 grounding wire.

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  $220V \pm 10\%$ . 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 If the power wire is damaged after use, please go to specified products distributor for replacement or purchase.

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.

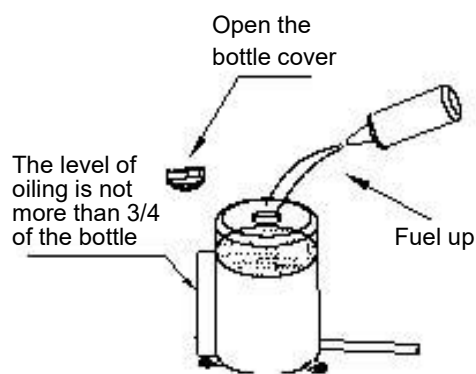
#### 2. Automatic refueling system

After the treadmill is continuously operated for 200km, lubricating oil which can lubricate the running plate and belt can be automatically added in the refueling 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.)



**Lubricate the running belt manually:** When the safety lock is off, press "+" and "-" at the same time for 3 seconds, the treadmill system will inject lubricating oil between the running board and the running belt.

**Special attention: the automatic lubrication system of the treadmill can meet the user's normal use. Treadmills that not used for long time, the running belt will become too dry, and the resistance between the running belt and running board will be high, you can manually lubricate it, but please do not lubricate it too frequently. Frequent lubricating may cause spillage due to excessive oil.**

#### 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.

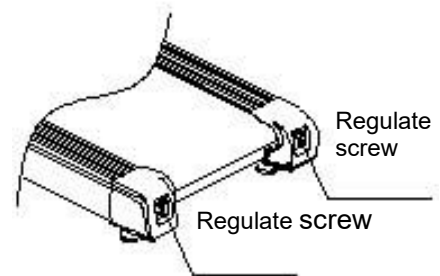
4.2 Judgment method for tightness of running belt

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:



**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.**

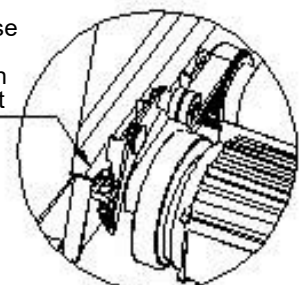
5. Adjustment for motor belt:

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.

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

Adjust the screw anticlockwise to compact organization with the belt



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
The treadmill display is incomplete and some strokes of letters are missing.		A. display faulty welding or continuous welding of the driving IC.	It needs to be repaired. Check the welding spot and reweld it in place.
		B. display poor driving of IC.	It needs to be repaired and weld a new display driving IC.
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
Display of the Electronic meter	---or---	A. Safe lock falls off	Place safe lock on the panel to attract or plug-in card position
		B. Magnetron isn't attracted	Assemble magnetron to right position
	E01- communication failure (no frequency converter signal received) E08- frequency converter fails to receive signal of display board	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
	E13 - anti-inverted off-on action	A. Treadmill is erected or placed not horizontally	Adjust and horizontally place treadmill
		B. Poor line due to inversion of actuator	Replace actuator
	E03-overvoltage fault	Overvoltage AC: higher than 270VAC	Stop using and ask electrician to troubleshoot
	E04- Overcurrent 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
	E05- Overload fault	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	Frequency converter fault	Replace 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		

## XI. Precautions for exercise

**Warm-up exercise:** warm-up exercise for 5~10 minutes before every operation is required, including warm-up exercises(marching on the spot, treadmill, rowing machine and exercise cycle) and stretching exercises(training on stretching of local muscle and joint bending) to avoid the exercise damage during the operation.

**Breath:** During the exercise, it is not allowed to hold the breath. Generally, inhale from nose 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!**