

# USER'S MANUAL



# WARNING:

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.

## Leave save these instructions

### **IMPORTANT: Read all instructions and warnings before using the treadmill**

#### **IMPORTANT VOLTAGE INFORMATION!**

Before inserting the power cord into an electrical outlet, verify the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for this treadmill include a grounded dedicated circuit, rated for one of the following: 115VAC +/-5%, 60Hz and 200amps; 208/220 VAC, 60Hz, 15amps or 230 VAC +/-5%, 50Hz and 10amps. Check with your dealer for the exact voltage requirements of your treadmill. Use of the wrong voltage will damage the treadmill.

**WARNING! : Do not attempt to use the treadmill with a voltage adaptor.**

**Do not attempt to use the treadmill with an extension cord.**

#### **GROUNDING INSTRUCTIONS**

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be put into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

#### **DANGER!**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the treadmill is properly grounded.

#### **CONSULT A DOCTOR IMMEDIATELY**

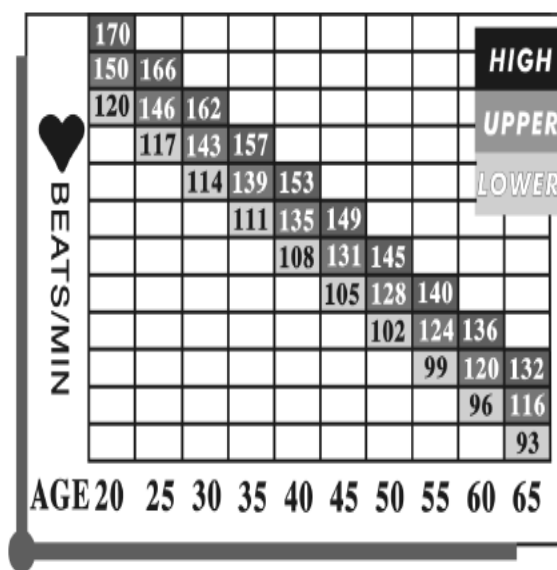
Warning: before starting any exercise program consult your Doctor. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We take no responsibility for personal injury damage sustained by or through the use of this treadmill.

#### **IMPORTANT SAFETY INSTRUCTIONS**

- Obtain a medical exam before beginning any exercise program.
- Keep children and pets away from the treadmill. Teenagers and disabled persons must be supervised while using the treadmill.

- Stop exercising if you feel faint, dizzy, or experience pain at any time while exercising and consult your Doctor.
- Clip the SAFETY KEY onto your clothing and carefully test it prior to using the treadmill.
- Disconnect all power before servicing the treadmill.
- Connect the treadmill to a properly grounded outlet only.
- Do not operate electrically powered treadmill in damp or wet locations.
- Remove the SAFETY KEY when not in use.
- Inspect the treadmill for worn or loose components before each use.
  - Do not operate the treadmill if:
    1. The power cord is damaged.
    2. The treadmill is not working properly
    3. The treadmill has been dropped or damaged.
- Do not use the treadmill outdoors.
- Read and understand this owner's manual completely before using the treadmill.
- Read and understand all warnings posted on the treadmill and in this owner's manual.
- Do not wear loose or dangling clothing while using the treadmill.
- Always wear proper footwear on or around exercise equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 100cm at each side, 200cm at the back and enough room for safe access and passage at the front of the treadmill.
- Do not modify the treadmill in any way.

### **TARGET HEART RATE ZONE**



You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. It is between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone = Maximum Heart Rate X 0.6

Upper limit of Target Heart Rate Zone  
= Maximum Heart Rate X 0.75

(This is recommended by American Heart Association. Before starting exercise program, please consult your Doctor to understand your physical condition & situation)

### **Target Heart Rate Zone**

**220 - your age = Maximum Heart Zone**

### **HOW OFTEN SHOULD YOU EXERCISE?**

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

### **HOW AND HOW HARD SHOULD YOU EXERCISE?**

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training

heart range for you. Before starting any exercise program consult your Doctor.

### **HOW LONG SHOULD YOU EXERCISE?**

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

### **BEGINNER TREADMILL PROGRAM**

#### EXERTION LEVEL

		DURATION
WEEK 1	Easy	
WEEK 2	Easy	10~16 minutes
WEEK 3	Moderate	14~20 minutes
WEEK 4	Moderate	18~24 minutes
WEEK 5	Moderate	22~28 minutes
WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes

### **UNPACKING & ASSEMBLY**

**WARNING!** : Use extreme caution when assembling the treadmill. Failure to do so could result in injury

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

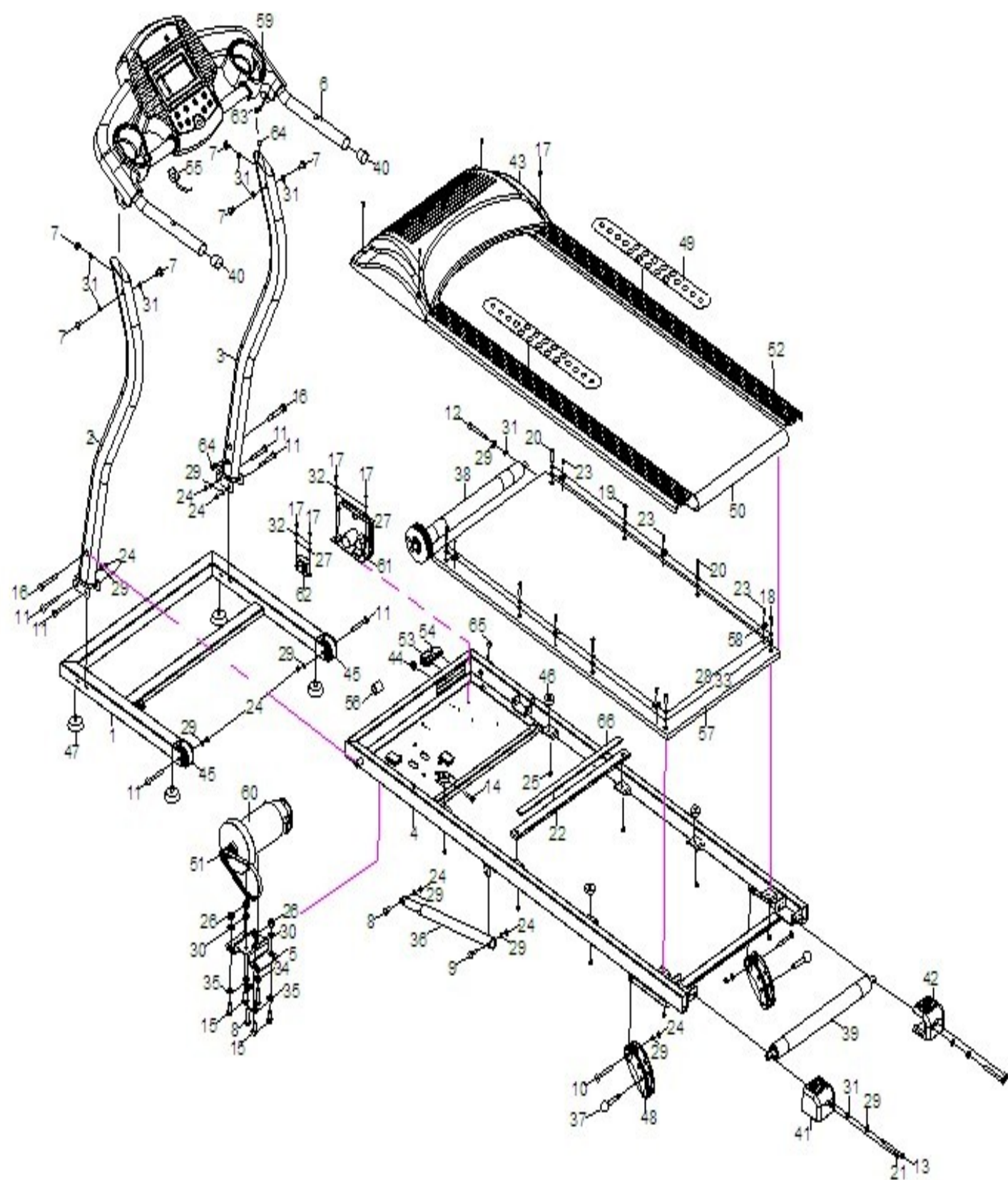
1. Unpack the carton and take out all loose parts etc and place outside of the carton.
2. Tear open the carton as shown in the picture below and then fold up the treadmill.
3. Hold on roller cover by two hands and lean back the treadmill, move the treadmill forward as the picture shows.

序号	名称	规格	单位	每台用量
1	底座架		SET	1
2	立柱左		SET	1
3	立柱右		SET	1
4	车架		SET	1
5	马达座		SET	1
6	电子表架		SET	1
7	大扁頭內六角螺絲	M8*15 全牙 UCP	PCS	6

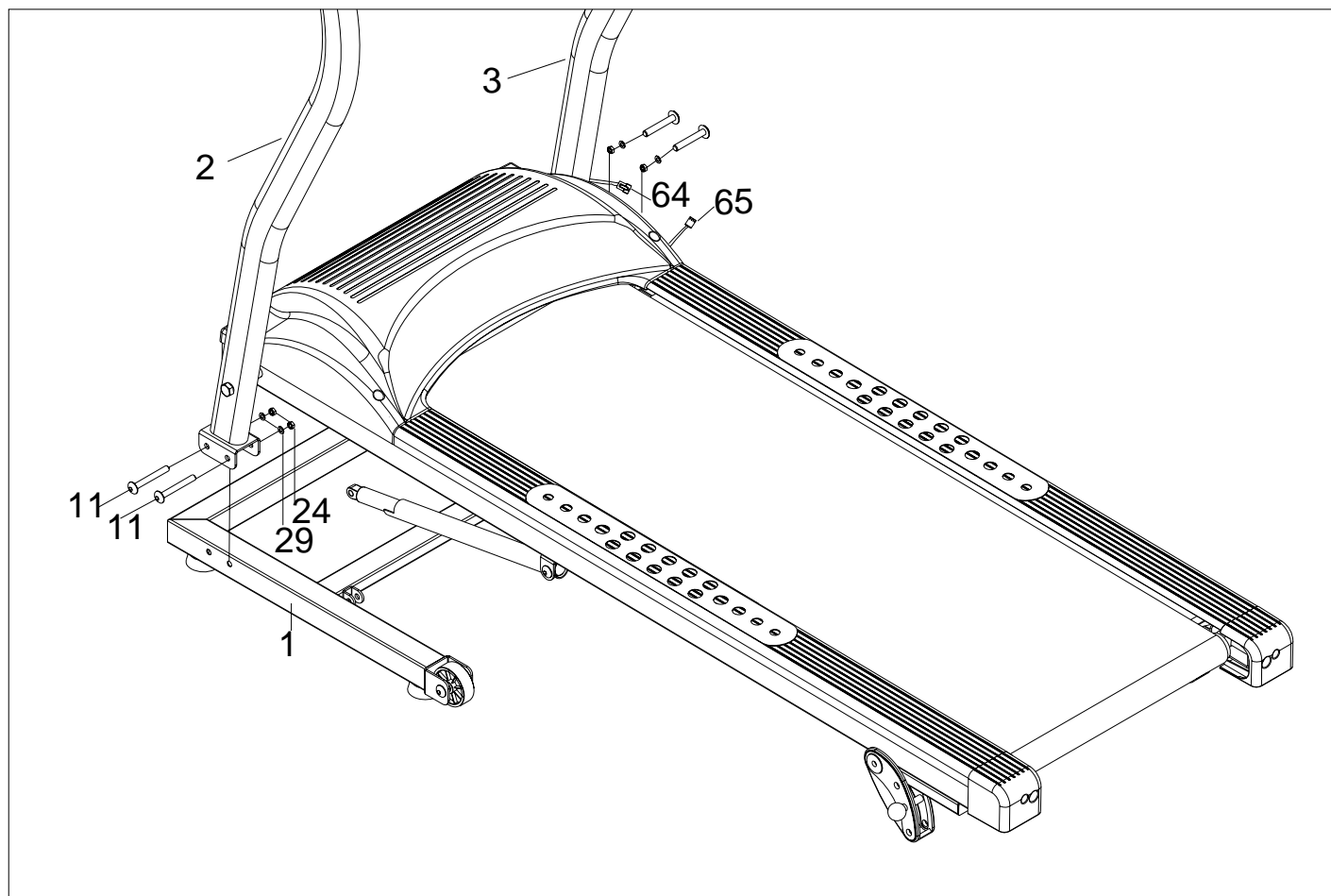
8	大扁頭內六角螺絲	M8*30 牙长 15 UCP	PCS	3
9	大扁頭內六角螺絲	M8*42 牙长 28 UCP	PCS	1
10	大扁頭內六角螺絲	M8*50 牙长 20 UCP	PCS	2
11	大扁頭內六角螺絲	M8*60 牙长 20 UCP	PCS	4
12	承窩头內六角螺絲	M8*65 全牙 UCP	PCS	1
13	承窩头內六角螺絲	M8*80 全牙 UCP	PCS	2
14	承窩头內六角螺絲	M8*20 全牙 UCP	PCS	1
15	六角螺絲	M10*25 全牙 UCP	PCS	4
16	六角螺絲	M10*65 牙长 20 UCP	PCS	2
17	一字帶十字大扁頭螺絲	M4*12 鍍五彩	PCS	10
18	一字帶十字大扁頭螺絲	M6*25 UCP	PCS	2
19	一字帶十字大扁頭螺絲	M6*40 UCP	PCS	2
20	一字帶十字大扁頭螺絲	M6*45 UCP	PCS	4
21	一字帶十字圓头螺絲	M5*15 鍍五彩	PCS	2
22	橫杆		PCS	1
23	十字沉头自攻螺絲	φ 4*15 UCP	PCS	6
24	尼帽	M8	PCS	10
25	尼帽	M6	PCS	10
26	尼帽	M10	PCS	4
27	平面華司	φ 9.8*φ 4.2*T0.8UCP	PCS	6
28	平面華司	φ 12.5*φ 6.6*T1.6UCP	PCS	8
29	平面華司	φ 17*φ 9*T1.6UCP	PCS	13
30	平面華司	φ 21*φ 11*T2.0UCP	PCS	4
31	防滑華司	φ 15*φ 8.4*T0.8UCP	PCS	9
32	彈簧華司	φ 9.2*φ 5.1*T1.3 UCP	PCS	6
33	彈簧華司	φ 12.2*φ 6.1*T1.5 UCP	PCS	8
34	彈簧華司	φ 16*φ 8.5*T1.5 UCP	PCS	2
35	塑膠平面華司	φ 20*φ 10*T2.0 UCP	PCS	4
36	氣壓棒	QDY22*10-650*280- 40KG 緩沖式帶固定結構	PCS	1
37	球头鋼珠插銷	φ 10*50	PCS	2
38	前滾筒	HR φ 96*φ 46*φ 39*490(535) 鍍 白鋅	PCS	1
39	后滾筒	HR φ 46*φ 39*450(520) 鍍白鋅	PCS	1
40	圓內管塞	配 φ 28.6*T1.5 管 BK	PCS	2
41	后护角(左)	92*104*117*T3.0 左	PCS	1
42	后护角(右)	92*104*117*T3.0 右	PCS	1
43	馬達蓋	110*340*568*T3.0	PCS	1
44	护线扣	6R-2	PCS	1
45	搬運輪		PCS	2

46	缓冲垫	φ 9* φ 30*T20BK	PCS	4
47	脚垫	M8*15* φ 40* φ 50 BK	PCS	4
48	调节脚垫	145*65*38	PCS	2
49	止滑垫（选配）	500*75*T1.4	PCS	2
50	跑步带	390*2500*T1.6 BK	PCS	1
51	多槽皮带	190J*6 槽 BK	PCS	1
52	边条	25*78*1085*T2.0	PCS	2
53	摇摆开关	RF-1004-NBR4. W1A	PCS	1
54	过载保护器	RFMB-083-11C3N-R-D 220V	PCS	1
55	安全锁	L800mm; 红尼龙绳+圆形磁石+红夹 φ 28mm	PCS	1
56	磁芯环	φ 28* φ 18*H13mm	PCS	1
57	跑步板	1100*544*15 背黑. 雾面	PCS	1
58	边条固定取付		PCS	1
59	电子表		PCS	1
60	马达		PCS	1
61	控制器		PCS	1
62	变压器		PCS	1
63	控制连接线	上	PCS	1
64	控制连接线	中	PCS	1
65	控制连接线	下	PCS	1
66	单面胶		PCS	1





## ASSEMBLY INSTRUCTION

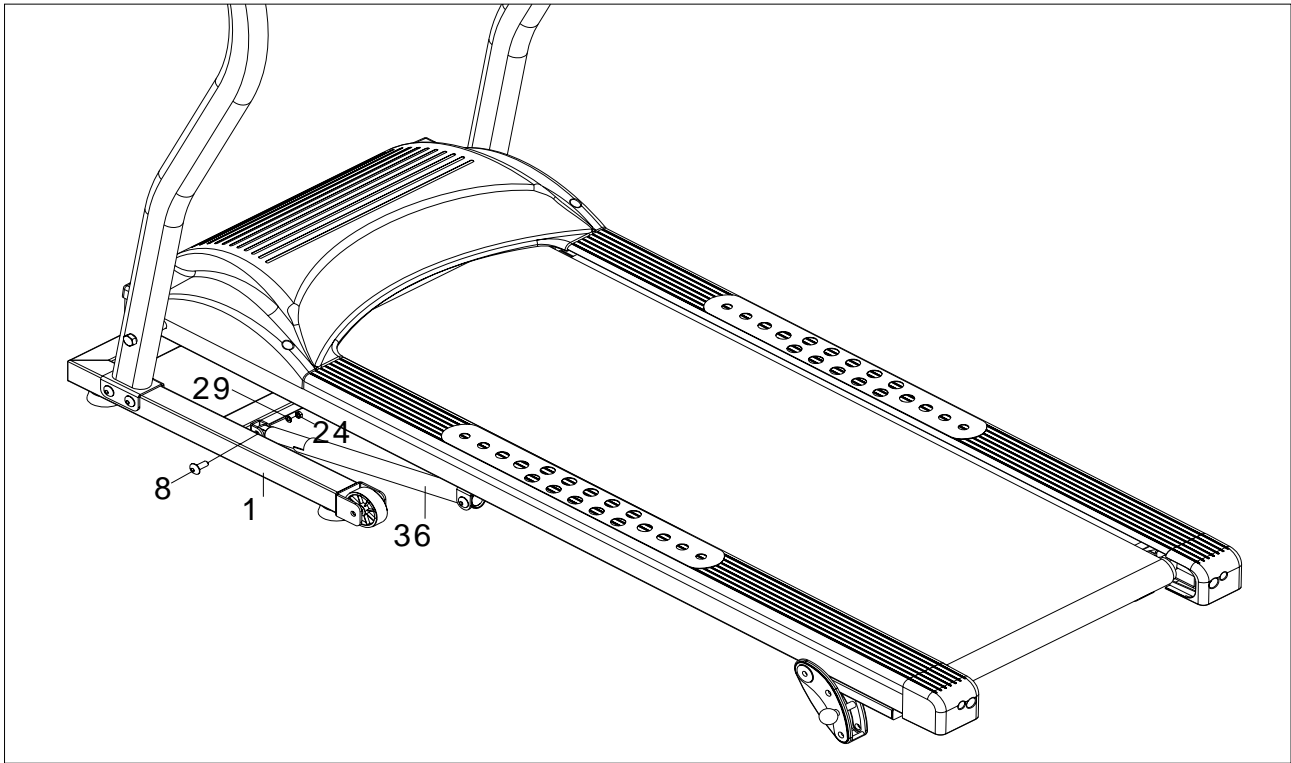


### ●STEP ONE: Assemble the posts

First, connect the cable (64) with (65) in the right post (3) ,

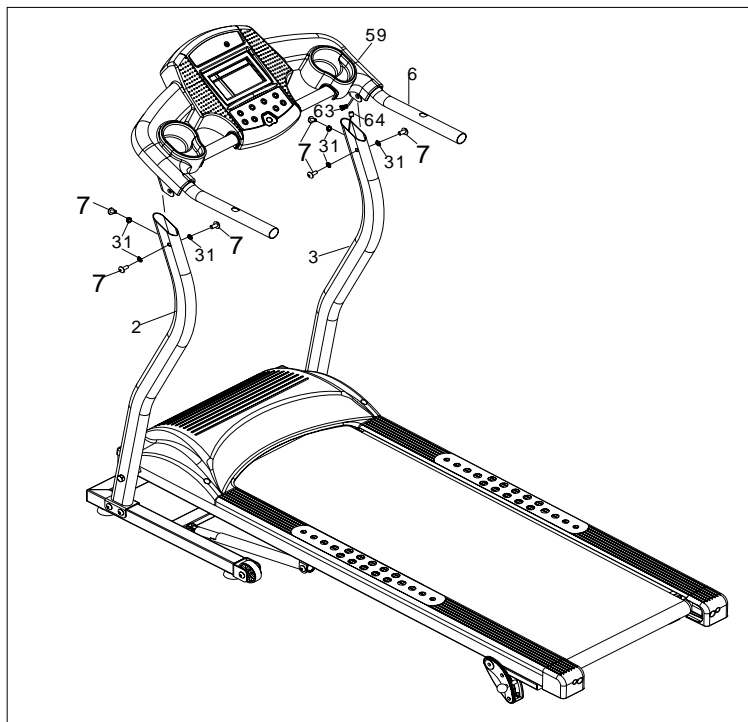
Second, lift the side posts and place them in correspondence to the pre-drilled holes on the base frame; use the supplied screws (11) and washers (24) and (29) to fix the side post to the base frame.





●**STEP TWO: Assemble the post bar**

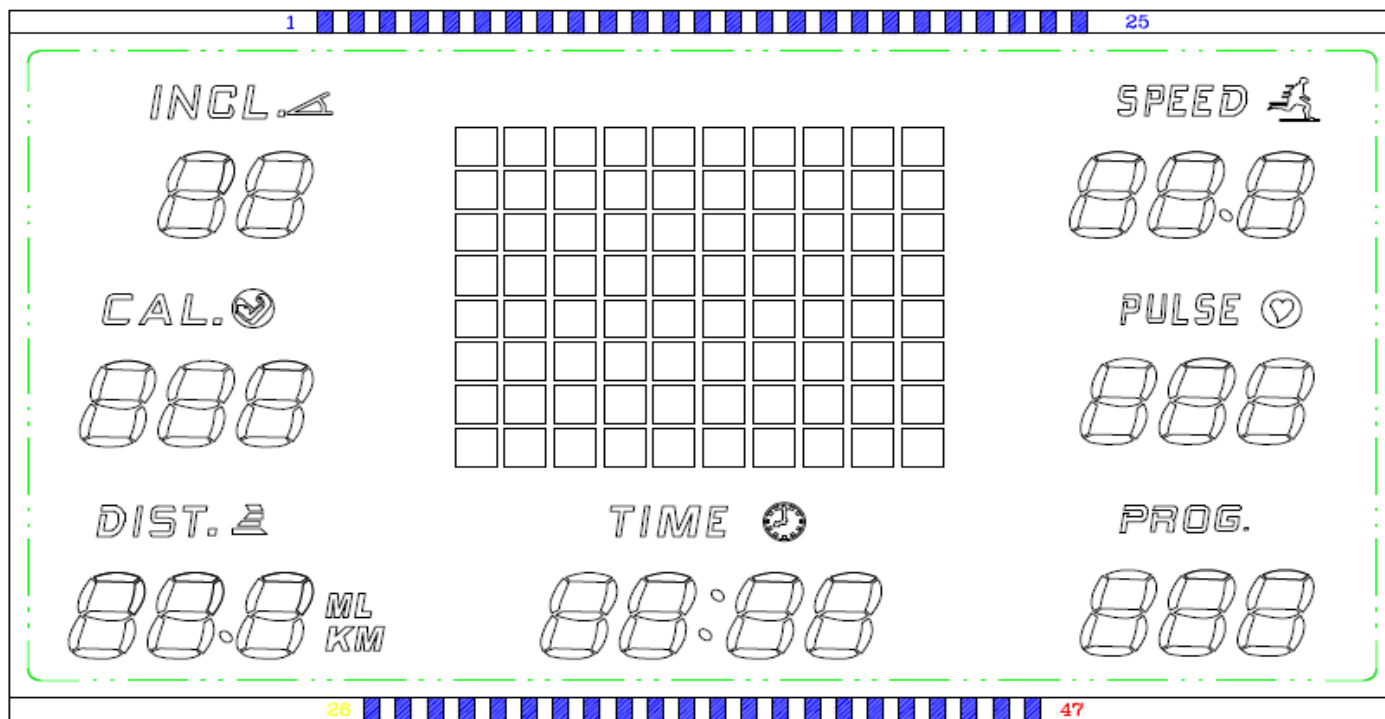
Use the supplied screw (8 washer (7) and nut 24 to fix the air shock(36) with the based frame



●**STEP THREE: Assemble the console.**

1. Connect the connecting cables (64) with console (63)
2. Use the supplied screw (7) and washer (31) to fix the console with the side posts.

## CONSOLE INSTRUCTION



## ONE FUNCTION INSTRUCTION

- 1.1 There are fifty built-in default automatic mode P1-P50 in computer, 30 minutes for every mode;
- 1.2 There are two user self-programming mode of computer, two minutes every section, it's 30 minutes in total.
- 1.3 Set the countdown time, countdown distance, countdown calories mode;
- 1.4 Running speed: 1.0-12KM/H
- 1.5 Manual incline: 3 level
- 1.6 8 operation key ,there are 4 short cut key on the console;
- 1.7 Handle pulse function, the inspection range: 40—190;

## TWO: BUTTON OPERATION INSTRUCTION

- 2.1 "SELECT": select button at at the stopping state, select program mode
- 2.2 "START/STOP": RUNNING, STOP button, at the readiness state, turn on the treadmill; at the running state, suspend the treadmill, and preserve the data;
- 2.4 SPEED"+": speed + button, at the running state, press it will be add 0.1KM/H every time ,press it for a long time ,it will add the speed constantly ,at the stop state, select the work program ;
- 2.5 SPEED"-": speed – button, at the running state, press it will decrease 0.1KM/H every time, press it for a long time, it will decrease the speed constantly, at the stop state, select the work program ;.

9

- 2.6 "QUICK SPEED":4 speed short cut button ,at the running state ,choose the corresponding speed 2,5,8,12.

## THREE: SELF-SETTING MODE OPERATION INSTRUCTION

- 3.1 when you select manual mode, you can set countdown time mode, countdown distance setting mode,

countdown calories. At the other mode, you can set countdown time mode.

- 3.2 Countdown training choice way: at the stop state, press "SELECT" button, enter the countdown time setting mode; then press "SELECT" button again, enter the countdown distance setting mode; last press "SELECT" the third time, it will enter the countdown time mode again, in turn circularly
- 3.3 Countdown time training mode: at the stopping state, press "SELECT" button, enter setting state, the time window display flash, default display 30:00, press SPEED+/- button amend the setting value. The setting range: 10—99 minutes. Press "START" button and startup the treadmill. When the countdown time is 00:00, the treadmill stop running automatically.
- 3.4 Countdown distance training mode: at the stopping state, press "SELECT" button, enter setting state, the distance window flash display, default display 5.0KM, press SPEED+/- button and amend setting value, setting range: 1.0—99.0KM. Press "START" button to startup treadmill, as the speed 0.8KM/H to start to run, press SPEED+/- to adjust the speed. When countdown distance is 0.0, treadmill stop running automatically.
- 3.5 Countdown calories training mode: at the stopping state, press "SELECT" button for three times, enter the setting state, the calories window display flash, default display 50CAL, press SPEED+/- button to amend setting value, setting range: 10—990CAL. Press "START/STOP" button to startup treadmill, as the speed 0.8KM/H to start to run, press the SPEED+/- to adjust speed. When Countdown calories is 0, treadmill will stop running automatically.

## BELT ADJUSTMENT

### **BELT ADJUSTMENT**

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off-centre after use. Stretching is normal during the break-in period.

#### **ADJUSTING THE BELT TENSION**

If the running belt feels as though it is "slipping" or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

#### **TO INCREASE THE RUNNING BELT TENSION:**

- A. Place 8MM wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
- B. Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C. Repeat STEP A and STEP B until the slipping is eliminated.
- D. Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

#### **TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TURNS.**

#### **CENTERING THE RUNNING BELT**

### **10**

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually.

- A).** Start the treadmill without anyone on the running belt, press (SPEED UP) bottom until speed reached

6kph.

**B).** Observe whether the running belt is toward the right or left side of the deck.

a. If toward the left side of the deck

Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4.

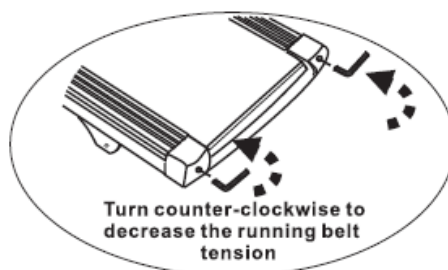
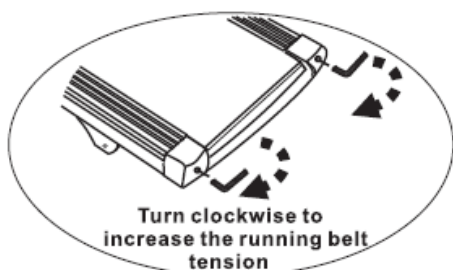
b. If toward the right side of the deck

Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4.

c. If the belt is still not at centre, repeat the above steps until the running belt is on centre.

**C).** After the belt is centered, increase the speed to 16kph (or highest speed) and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



## CARE & MAINTENANCE

**WARNING!:** To prevent electrical shock, be certain the treadmill is turned off and unplugged before cleaning or routine maintenance.

### RUNNING BELT AND RUNNING DECK LUBRICATION

For maximum treadmill life, this treadmill needs a routine lubrication as part of a general maintenance for the machine. The routine maintenance procedure will prevent premature wear of the running belt, running deck and drive motor system. The recommended lubrication schedule as:

USAGE	LUBRICATION
1~6kph	Every 3 months
6~12kph	Every 2 months
12~16kph	Every 1 months



This schedule is the recommended application for a single user, up to 20~30 minutes per time. It should be 3~4 times per week. For lubrication, you can contact your dealer.

### CLEANING

Perspiration should be wiped from the console and treadmill surface after your workout.

You should wipe down your treadmill once a week with a water dampened, soft cloth. Be careful not get excessive moisture on the display panel as this might cause an electrical hazard or electronics to fail.

### STORAGE

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

wall outlet.

### **MOVING**

This treadmill has been designed and equipped with wheels for easy mobility. Before moving, ensure the master power switch is in the off position and the power cord is unplugged from the electrical outlet.

### **FOR CONSUMER/HOME USE ONLY!!**

This treadmill is designed for home use only. Do not use for light institutional or commercial.

### **LUBRICATION**

It is important to take good care of your treadmill deck (the walking surface underneath the belt). A good silicone lubrication will also improve the performance of your treadmill.

**NOTE:** Use the silicone that is supplied with the treadmill. Additional silicone lubricant can be purchased from your retail store.

**WARNING: STOP** the treadmill and remove the safety key before lubricating the running deck.

### **HOW TO SPRAY SILICONE ON DECK?**

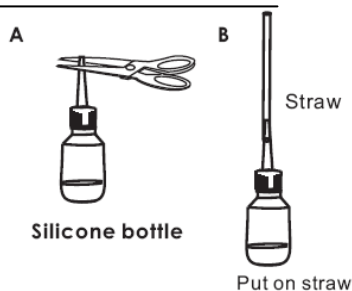
A). Find the silicone bottle. It is located in the hardware kit package included with this treadmill.

B). Find a straw and put it onto the silicone bottle as the drawing shows.

C). Spray silicone evenly on treadmill deck as the drawing shows. (ATTENTION: The treadmill **MUST BE STOPPED** before applying the silicone lubricant. This is to prevent injury, otherwise the edge of the running belt may cut you or your fingers could be crushed by the rollers. )

Do not put too much silicone on the deck. Excessive lubricant may cause slippage of the belt on the rollers.

### **HOW TO SPRAY SILICONE ON DECK?**



## **TROUBLE SHOOTING**

1. Speed error signal: "OVER SPEED"

Solution: 1). Adjust the position of speed sensor wire

2) Replace the speed sensor wire

2. The safety key is not connected: "SAFETY KEY OFF"

Solution: 1) Adjust the position of the safety key.

2) Replace the switching line of safety key.

## WARM-UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your :

### Head rolls

1



Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

2



### Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

3



### Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

4



### Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

5



### Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

6



### Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

7



### Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Start up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

8



### Calf/achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

