

VIVA FITNESS
TREADMILL
OWNER'S MANUAL
ITEM NO. T240



WARNING

Read all instruction carefully before use this product. Retain this owner's manual for the future's reference:

----When using this treadmill, keep attaching the safety pull pin rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward,
never look adown at your feet.

----Add the speed step by step when running.

----When emergency happens, take away the "emergent stop button" immediately.

----Leave the treadmill after the running belt stop stably.

Caution: Read the assembly instruction carefully ,follow the instruction when assemble.

ATTENTION

- 1、 Before starting any exercise program, consult with your physician or health professional.
- 2、 Check all the bolts locked.
- 3、 Never put the treadmill in the wetness area, or it will cause troubles.
- 4、 We take no responsibility for any troubles or hurts due to above reasons.
- 5、 Dress sport clothes and shoes before running.
- 6、 Do not do exercise in 40 minutes after meal.
- 7、 To prevent hurts, please warm up before exercise.
- 8、 Consult with doctor before exercise if you have high blood pressure.
- 9、 The treadmill is only used for adults。
- 10、 Provide the olds, children and handicapped with good care, guide and supervision.
- 11、 Do not plug anything into any parts of this equipment, or it may damage.
- 12、 Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- 13、 Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.

IMPORTANT SAFETY PRECAUTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Always unplug the power cord before remove the treadmill motor cover.
7. Keep small children away from the treadmill during operation.
8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
9. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
10. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.
11. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
12. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

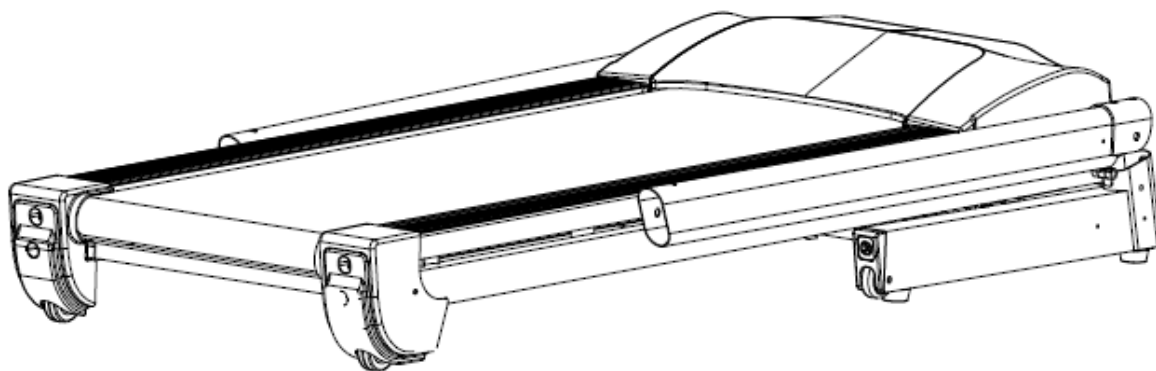
13. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

14. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

ASSEMBLY STEPS

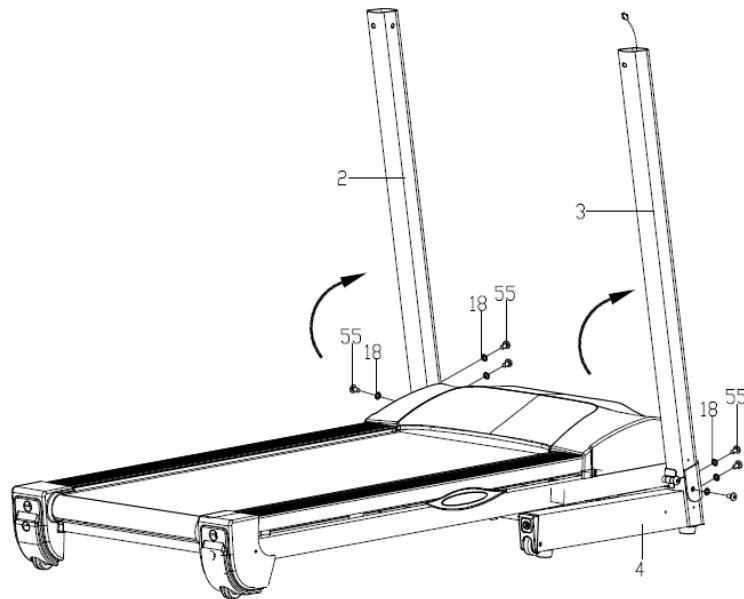
ASSEMBLY STEP ONE :

Open the package,take out all parts and place the main frame on the flat ground.(NOTE:please don't cut down the packing straps.)



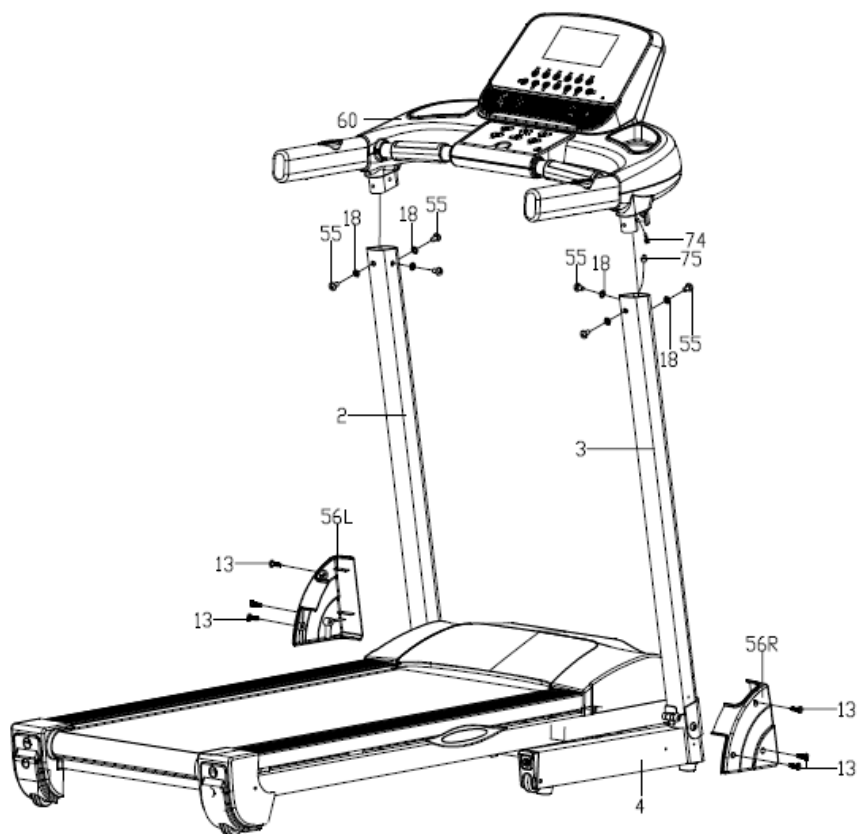
ASSEMBLY STEP TWO:

1. Cut down the straps;
2. Fold up the upright tube(2,3) separately.(NOTE:please don't press the wires in the upright tube when you fold it,and support the upright tube by hand,otherwise it will be fall down.)
3. Lock the upright tube(2,3) on the bottom frame(4) with the screw(55) and washer(18).(please don't lock them tightly now)



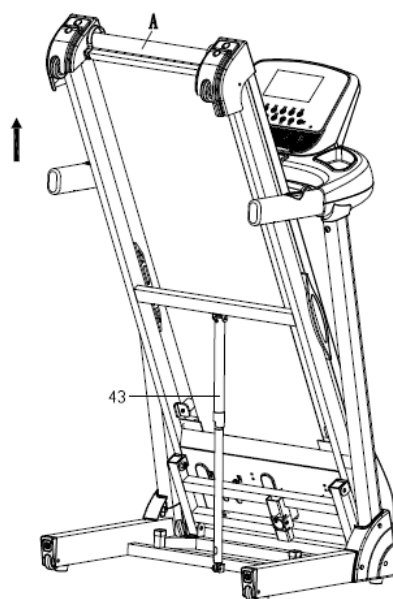
ASSEMBLY STEP THREE:

1. First, connect the computer connecting wire(74) with extension wire(75) together, then lock the computer frame(60) on the upright tube(2,3) with screw(55) and washer(18), at last, lock the bottom frame(4) on the upright tube(2,3) with screw(55).
2. Lock the protective guard(56L/R) on the bottom frame(4) with screw(13).



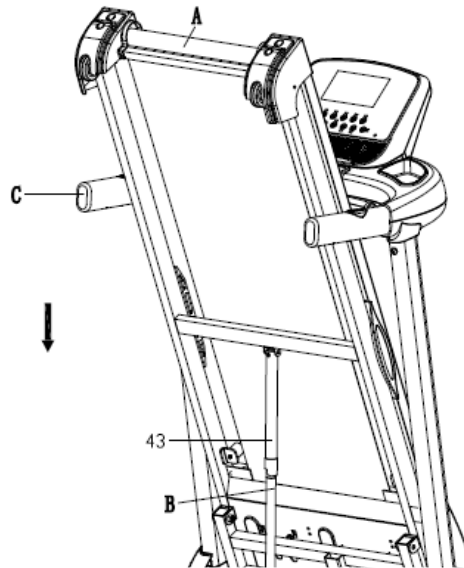
ASSEMBLY STEP FOUR:

When you fold the machine: put your hands on place A, lift up the machine, then push it to the direction of the arrow, stop it when you hear the sound from the cylinder(43).

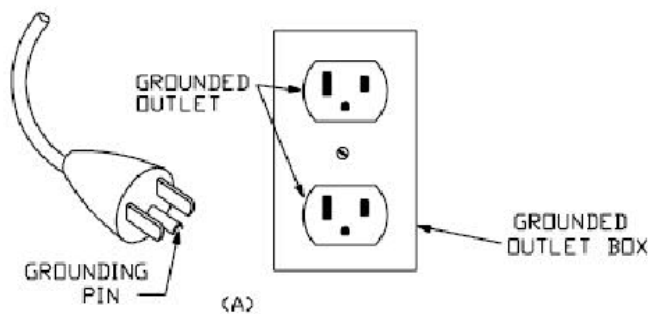


ASSEMBLY STEP FIVE:

When you unfold the machine: grasp the place A by your hands, knick the place B of cylinder(43) by your right foot, push the running board to the level of place C, then the running board will get down automatically.



Grounding methods



This prod
a path of
product is

grounding plug. The plug must be plugged 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 serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-volt circuit and has a grounding plug that is accordance with VDE . Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Pls pay great attention to the voltage of power and the plug of the power. Wrong voltage and plug will cause fault of the product. Below plug just for setting reference.

DS

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TECHNICAL PARAMETER

ASSEMBLY SIZE(mm)	1670*750*1365	POWER	AS ORDER
FOLDABLE SIZE(mm)	1050*760*1500	MAX OUTPUT POWER	AS ORDER
RUNNING SURFACE SIZE(mm)	420*1280	INPUT CURRENT	AS ORDER
NET WEIGHT	60KG	SPEED RANGE	1.0-16 KM/H
MAX WEIGHT	110KG	INCLINE	0-15%

Operation Instructions



1. LCD windows will display the following functions:

- A. Speed window: display speed data.
 - B. Time/ heart rate window: display time/ heart rate data. Display heartbeat in the operation process first.
 - C. Distance/ calorie/ incline windows: display distance/ calorie/ incline data. Display in turn in operation process. Press "Mode" to switch the display. Incline will be displayed first for section change; incline will be displayed first for stop; if the incline is 0, the value displayed is the distance.
- ## 2. Function keys: START, STOP, PROGRAM, MODE, SPEED +, SPEED -, INCLINE +, INCLINE -, SPEED SHORTCUT (2,4,6,8,12) KMH/MPH, INCLINE SHORTCUT (3,6,9,12)%;
- ## 3. Description to function keys:
- A. Program: in the stop state, press it to select programs in turn: manual mode -P01 -P02- ...-P12 -U01 -U02 -U03-FAT
 - B. MODE: in the stop state, press it to select programs in turn: manual mode (normal state) - time countdown- distance countdown – calorie countdown.
 - C. START: in the stop state, press it to start up the motor.
 - D. STOP: when the motor is running, press it to stop the motor.
 - E. SPEED +: in setting state, press it to increase the set value. When the motor is running, press it to increase the speed.
 - F. SPEED -: in setting state, press it to decrease the set value. When the motor is running, press it to decrease the speed.

- G. INCLINE +: in setting state, press it to increase the set value. When the motor is running, press it to increase the incline.
- H. INCLINE -: in setting state, press it to decrease the set value. When the motor is running, press it to decrease the incline.
- I. When the safety lock is removed, press PROGRAM+MODE for 3s to for metric –inch conversion.

II Instructions to fixed program/ startup

1. Program:

- A. One manual mode, including normal mode, time countdown, calorie countdown and distance countdown modes.
- B. 12 fixed programs: P01, P02... P12.
- C. 3 customized programs: U01, U02 and U03.

2. Startup

- A. Put the safety lock to the safety lock switch position on the panel.
- B. Press “START” and the window will display 3—2—1; for each time of number reduction, the buzzer will sound. Then, the motor will be started.

III Manual mode:

1. How to enter manual mode:

- A. Switch on the power supply; then, directly enter normal mode under the manual mode.
- B. In stop state, press MODE to select normal mode, time countdown, calorie countdown and distance countdown modes under the manual mode

2. Three setting functions under manual mode: time setting, distance setting and calorie setting.

- A. When entering the manual mode, the time is displayed as 0:00;
- B. In manual mode, press MODE to enter time countdown mode; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/ SPEED - and INCLINE +/ INCLINE -. Time setting range: 5:00-99:00.
- C. In time countdown mode, press MODE to enter distance countdown mode; the initial distance will be displayed as 1.00 km/mi; set the distance by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 0.50-99.90 km/mi; each time of increase/ decrease will be 0.1 km/mi.
- D. In distance countdown mode, press MODE to enter calorie countdown mode; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 10.0-999.0 kcal; each time of increase/ decrease will be 1.0kcal.

3. Operation in manual mode:

- A. Press START and the motor will start operating after 3s of countdown; the initial speed will be 1.0km/h for metric system or 0.6mile/h for imperial system;
- B. Press SPEED +/ SPEED - to adjust speed;
- C. Press INCLINE +/ INCLINE - to adjust the incline;
- D. Press speed shortcuts to quickly set up to the speed marked on the key;
- E. Press incline shortcuts to quickly set up to the incline marked on the key;
- F. When the motor is running, press STOP and the motor will slow down and stop finally;
- G. Remove the safety lock to urgently stop motor running; then, LCD window will display “---” and the buzzer will make short sound of Bi-Bi-Bi.
- H. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the speed will gradually reduce till the stop of the machine, the buzzer will make short alarm “Bi-Bi-Bi”, and the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm “Bi-Bi”;
- I. Parameters not set will increase forwards, and will be reset after reaching the upper limit of the

display range; in manual mode, the machine will stop when the time accumulates to be more than 99:59 (100min).

IV Fixed program mode:

1. The initial time is set to be 30min; only time can be set; setting range: 5:00- 99:00. Press SPEED +/- SPEED - or INCLINE +/- INCLINE - to adjust the set value;
2. Press START key, the motor will start running and the speed will gradually increase to the value for the first section of auto program (see details in the table of program parameters);
3. Press SPEED +/- SPEED - to adjust speed;
4. Press INCLINE +/- INCLINE - to adjust the incline;
5. Press speed shortcuts to quickly set up to the speed marked on the key;
6. Press incline shortcut to quickly set up to the incline marked on the key;
7. Each program is divided into 20 sections; operating time for each section will be 1/20 of the set time.
8. The buzzer will sound for three times when switching from one section to another;
9. When the set time reduces to zero, the speed will gradually reduce till the stop of the machine. The buzzer will make short alarm Bi-Bi-Bi; when the machine stops, the buzzer will make long alarm of Bi-Bi-Bi. The speed window will display END; 5s later, the machine will return to the standby state; then, the buzzer will make long-alarm of Bi-Bi;
10. Remove the safety lock to urgently stop motor running; then, LCD window will display “---” and the buzzer will make short sound of Bi-Bi-Bi.

V Body fat test:

In standby state, press MODE to enter Physical fitness test program. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5(F—1:gender, F—2:age, F—3:height, F—4:weight, F—5:physical test), Press SPEED +/- SPEED - or INCLINE +/- INCLINE to set the parameter of 01-04(see below detailed table), then press MODE to enter the program of F—5 for physical test. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.FAT is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provide the important grounds for adjusting the weight with other health indicators. The perfect FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

F--1	Gender	01(man)	02(woman)
F--2	Age	10-----99	
F--3	Height	100-----200	
F--4	Weight	20-----200	
F--5	FAT	≤19	Underweight
	FAT	=(20--24)	Normalweight
	FAT	=(25--29)	Overweight
	FAT	≥30	Obesity

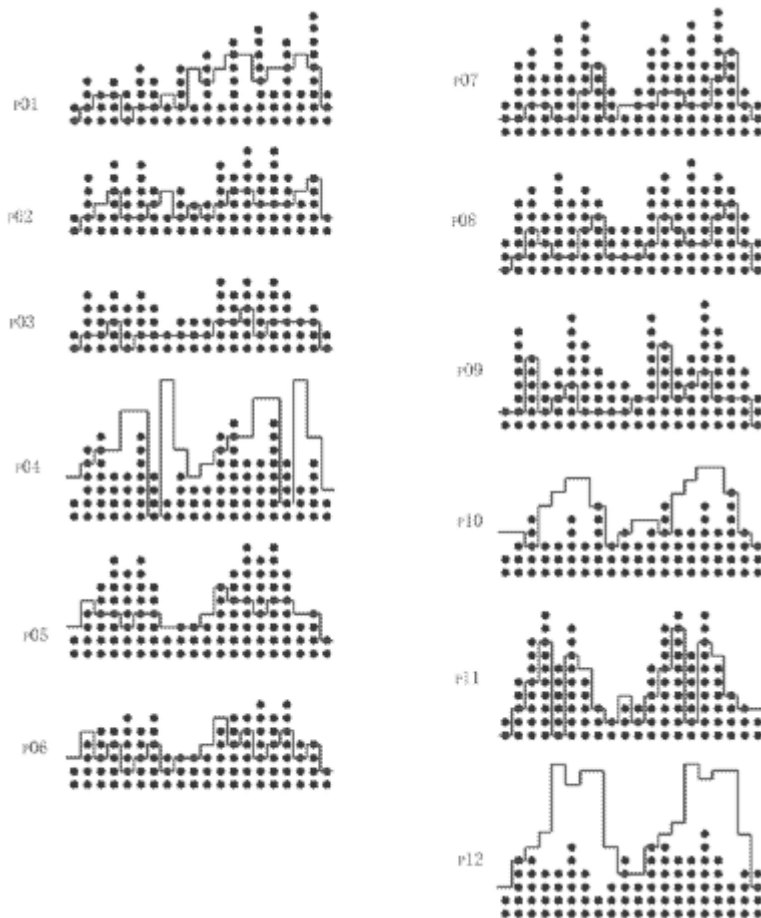
VI Parameters in fixed program mode (metric system)

Program	Time section	Set time/ 20 =running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	2	4	3	4	3	5	4	2	5	2	6	2	7	2	8	3	7	3	9	3
	Incline	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	Speed	2	5	4	6	4	6	4	2	4	3	3	6	5	7	5	7	5	3	5	2
	Incline	1	2	3	4	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	Speed	2	5	4	5	4	5	4	2	3	3	3	6	5	6	5	6	5	3	4	2
	Incline	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	Speed	2	6	7	4	4	7	4	2	4	3	3	7	8	5	5	8	5	3	5	2
	Incline	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	Speed	2	4	6	8	7	8	6	2	3	3	3	5	7	9	8	9	7	3	4	2
	Incline	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	Speed	2	4	5	5	6	5	6	3	3	3	3	5	6	6	7	6	7	4	4	2
	Incline	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2
P07	Speed	3	6	7	5	8	5	9	6	4	2	4	7	8	6	9	6	10	7	4	3
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	Speed	3	6	7	5	8	6	7	6	4	4	4	7	8	6	9	7	8	7	5	3
	Incline	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	Speed	2	8	6	4	5	9	7	5	4	4	3	9	7	5	6	10	8	6	5	3
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	Speed	2	3	5	3	3	5	3	6	3	4	3	4	6	4	4	6	4	7	4	3
	Incline	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	Speed	2	5	8	10	6	9	5	3	2	3	3	6	9	10	7	10	6	4	3	2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	Speed	2	5	5	4	4	6	4	2	3	5	3	6	6	5	5	7	5	3	4	4
	Incline	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3

VII Parameters in fixed program mode (imperial system)

Program	Time section	Set time/ 20 =running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	1.2	2.5	1.9	2.5	1.9	3.1	2.5	1.2	3.1	1.2	3.7	1.2	4.3	1.2	5.0	1.9	4.3	1.9	5.6	1.9
	Incline	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	Speed	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.9	1.9	3.7	3.1	4.3	3.1	4.3	3.1	1.9	3.1	1.2
	Incline	1	2	3	4	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	Speed	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.9	1.9	1.9	3.7	3.1	3.7	3.1	3.7	3.1	1.9	2.5	1.2
	Incline	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	Speed	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.9	1.9	4.3	5.0	3.1	3.1	5.0	3.1	1.9	3.1	1.2
	Incline	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	Speed	1.2	2.5	3.7	5.0	4.3	5.0	3.7	1.2	1.9	1.9	1.9	3.1	4.3	5.6	5.0	5.6	4.3	1.9	2.5	1.2
	Incline	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	Speed	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.9	1.9	1.9	1.9	3.1	3.7	3.7	4.3	3.7	4.3	2.5	2.5	1.2
	Incline	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2

P07	Speed	1.9	3.7	4.3	3.1	5.0	3.1	5.6	3.7	2.5	1.2	2.5	4.3	5.0	3.7	5.6	3.7	6.2	4.3	2.5	1.9
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	Speed	1.9	3.7	4.3	3.1	5.0	3.7	4.3	3.7	2.5	2.5	2.5	4.3	5.0	3.7	5.6	4.3	5.0	4.3	3.1	1.9
	Incline	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	Speed	1.2	5.0	3.7	2.5	3.1	5.6	4.3	3.1	2.5	2.5	1.9	5.6	4.3	3.1	3.7	6.2	5.0	3.7	3.1	1.9
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	Speed	1.2	1.9	3.1	1.9	1.9	3.1	1.9	3.7	1.9	2.5	1.9	2.5	3.7	2.5	2.5	3.7	2.5	4.3	2.5	1.9
	Incline	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	Speed	1.2	3.1	5.0	6.2	3.7	5.6	3.1	1.9	1.2	1.9	1.9	3.7	5.6	6.2	4.3	6.2	3.7	2.5	1.9	1.2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	Speed	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.9	3.1	1.9	3.7	3.7	3.1	3.1	4.3	3.1	1.9	2.5	2.5
	Incline	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3



VIII Customized program:

In addition to 12 built-in programs, the treadmill also has 3 customized programs to support the customized setting based on the user's specific situation: U01, U02 and U03.

1、 Setting of customized program:

In standby state, continuously press PROGRAM to the required customized program (U01~ U03); press MODE to confirm entering the setting; then, set up parameters in the first time section; set up speed by SPEED +/ SPEED - or speed shortcuts and set up incline by INCLINE +/ INCLINE - or incline shortcuts; press MODE to complete the first time section's setting and enter the state to set up parameters for the second time section until the completion of setting for all the 20 time sections. Set parameters will be permanently saved until the next time setting. These parameters will not be lost due to power disconnection.

2、 Start of customized program:

A. In standby state, continuous press PROGRAM to the required customized program (U01~ U03). After setting up the operation time, press START.

B. In the customized program state and after the setting of operation time, press START to immediately start up the machine.

3、 Instructions to the setting of customized program:

Each program divides its operation time into 20 sections. Be sure to complete the setting for speed, incline and operation time for all the 20 section before pressing START to start the treadmill.

IX Parameter display range:

	Initial	Initial setting value	Setting range	Display range
Time (m: s)	0:00	30:00	5:00-99:00	0:00-99:59
Speed in metric system (km/h)	0.0	N/A	N/A	1.0—16.0KMH 0.6-10.0MPH
Speed in imperial system (mi/h)				
Incline (%)	00	N/A	N/A	0-15
Distance (km/mi)	0.0	1.00	0.50—99.90	0.00—99.99
Calorie (kcal)	0	50.0	10.0—999.0	0.0—999.9

X Safety lock function

Remove safety lock under any situation, LCD window will display “---” and the buzzer will make short sound of “Bi-Bi-Bi”. If the motor is running, it will be emergently stopped. When the safety lock is removed, all keys will lose effect.

XI Energy-saving mode:

The system has energy-saving function. In standby state, if no key order input in 10min, the system will enter the energy-saving mode with the display automatically closed. Press any key to revoke the system.

XII MP3 function (optimal):

When connecting to MP3 or other audio devices in powering on state, the electronic meter can play music. Sound volume shall be controlled through the audio device; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

XIII USB function (optimal):

When connecting to USB in powering on state, the electronic meter can automatically play MP3 format music. Sound volume can be controlled through keys on the panel; please properly adjust the volume to obtain better sound quality and avoid impact to built-in audio circuit.

XIV Shutdown:

Be sure to shut down the treadmill by switching off the power supply to avoid damage to the treadmill.

XV Cautions:

1. Please check whether power supply is connected and whether safety lock is effective before using the treadmill.
2. In case of any abnormality in the use process, please remove the safety lock and the treadmill will rapidly slow down till stop; then, restore the safety lock, the equipment will reset and wait for inputting instructions.
3. In case of any problem of the machine, please contact the dealer; equipment damage may be caused for non-professional personnel to dismantle or repair the machine.

Calorie calculation method:

$$30 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$$

When the lifting is 0, the calorie consumption for each 1km of running is about **30kcal**.

Kindly reminder: Parameter aboved only for reference.

Meanings of error message codes:

Problem	Potential reasons	Solutions
Safe lock falls down	Safe lock falls down	<ol style="list-style-type: none"> 1. Place back the safe lock; 2. Replace safe lock switch or magnetic sensor in the electronic meter; if the problem still fails to be solved, replace the electronic meter;
E01	<p>After powering on, the electronic meter displays E01</p> <p>Communication failure from the electronic meter to the driver</p> <p>The electronic meter displays E01 in the operating process</p> <p>Communication failure from the driver to the electronic meter</p>	<ol style="list-style-type: none"> 1. Check whether the connecting joint between the electronic meter and the core wire of the controller is loose; whether wires are damaged; whether the core wires are in correct connecting order. 2. The controller may be defective. Check and replace a good one. 3. The electronic controller's IC may not be plugged to the place. Check and ensure good plugging. 4. The transformer may be damaged. Check and replace a good one.
E02	Explosion-proof protection or motor abnormality	<ol style="list-style-type: none"> 1. Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again; 2. Check whether motor wires are well connected; re-connect motor wires, or, if the problem still fails to be solved, replace the motor; 3. Check whether there is peculiar odor generated by the controller; if yes, it means that IGBT has been broken down to cause short circuit; then, replace the controller.
E03	No sensory signal	Check whether the photoelectric sensor directs to the hole on CD; check whether wires of photoelectric sensor are damaged and whether terminals of the photoelectric sensor and speed terminals on the controller are firmly connected.
E04	Lifting learning or self-inspection fails	<ol style="list-style-type: none"> 1. Check whether motor signal wires are well inserted; re-insert the signal wire joint to ensure that it is reliable; 2. Check whether lifting motor's AC wires are properly connected; lifting motor shall be correctly plugged according to marks on its AC controller; 3. Check whether motor wiring is damaged to form open circuit; if yes, replace wires or replace the lifting motor; 4. Replace the controller; 5. After all of these inspections, press the learning key to learn again.
E05	Over-current protection	1. It may be the system's self-protection against excessive

		<p>current when the load exceeds the rated value; restart the machine;</p> <p>2. Some part of the treadmill is jammed so that the motor can not rotate, thus triggering the self-protection of the system against excessive current under excessive load; adjust the treadmill and restart it, or add lubricant.</p> <p>3. Check whether there is over-current sound or burning when the motor is running; replace the motor;</p> <p>4. Check whether the controller emits the odor of burning; replace the controller.</p>
E06	Lifting sensor has no signal	<p>1. Check whether lifting signal wires are damaged.</p> <p>2. Check whether lifting signal terminals and the controller's lifting terminals are firmly connected.</p> <p>3. Check whether lifting power cords are damaged.</p> <p>4. Check whether lifting power cord terminals and the controller's lifting terminals are firmly connected.</p>
No display on the electronic meter	The controller is not powered on or is damaged	<p>1. First of all, check whether the over-load protector has tripped off; if yes, press it;</p> <p>2. Check the power supply switch, over-load protector and the controller's power cord and transformer to ensure well connection;</p> <p>3. Check whether the power cords from the electronic meter to the controller are well collected; dismantle the pillar to check connecting joints on each section of the wiring from the electronic meter to the controller; ensure that each wire core is well connected; or the reason may be the communication power cord defect (damaged or broke down); in such case, re-connect or replace wires.</p> <p>4. The transformer is damaged; replace the transformer</p>

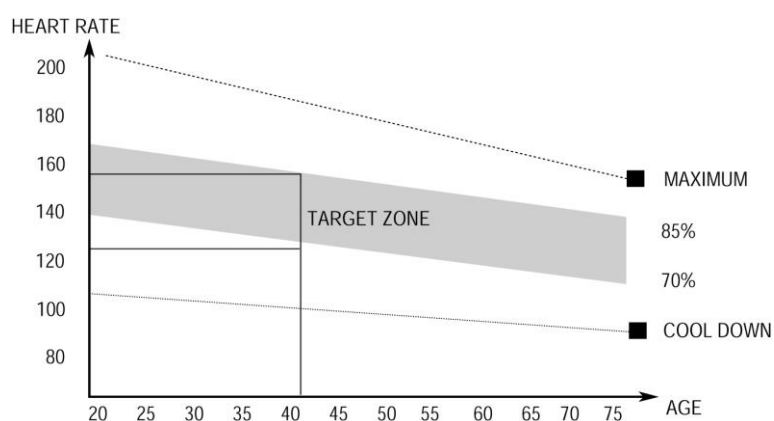
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you

are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

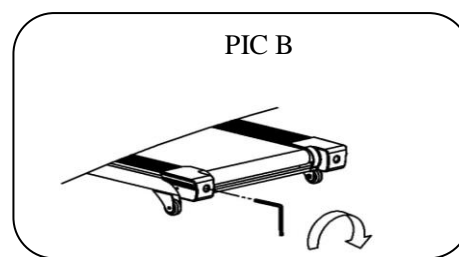
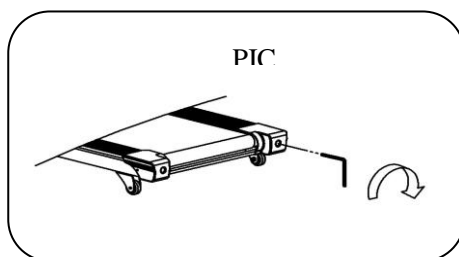
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise
- If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise



Picture A: If the belt has drifted to the LEFT **Picture B:** If the belt has drifted to the RIGHT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

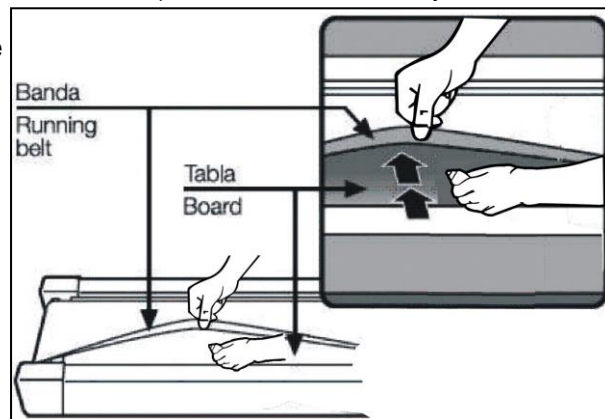
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

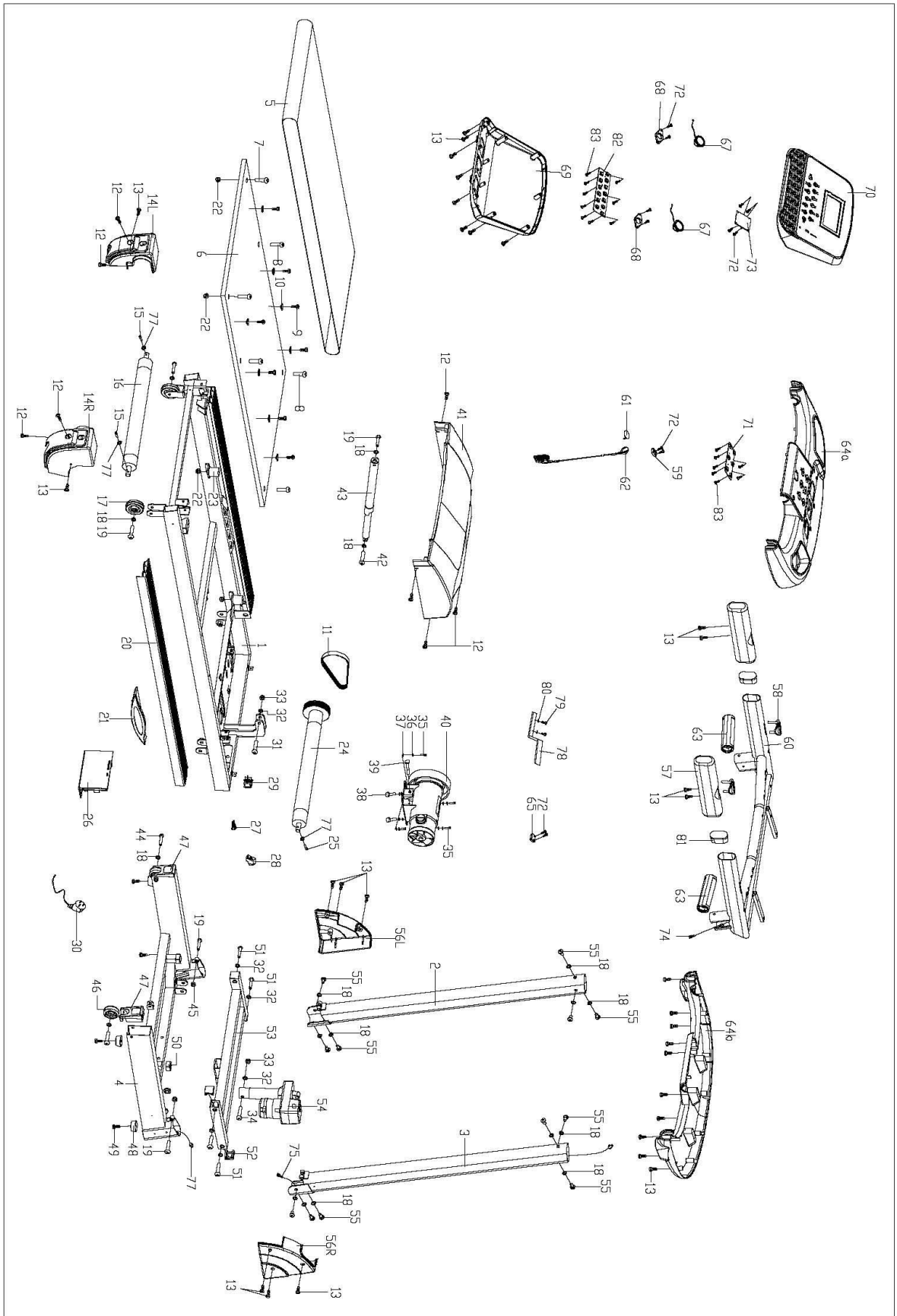
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more



EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	43	Cylinder	1
2	Left upright tube	1	44	Screw M8*50	2
3	Right upright tube	1	45	Nut M8	2
4	Bottom frame	1	46	Moving roller	2
5	Running belt	1	47	End cap	2
6	Running board	1	48	Flat foot pad	4
7	Screw M6*25	2	49	Screw M6*15	4
8	Screw M6*20	4	50	Square end cap	2
9	Taping screw ST4*16	8	51	Screw M10*50	4
10	Edgings fixer	8	52	Square end cap	4
11	Belt	1	53	Incline frame	1
12	Screw M5*8	8	54	Incline motor	1
13	Screw ST4*12	36	55	Screw M8*15	12
14 L/R	End cap	1 pr.	56L/R	Protective guard	1.pr
15	Screw M6*55	2	57	Foam grip	2
16	Rear roller	1	58	Shortcut key	2
17	Adjusting roller	2	59	Safety lock sensor	1
18	Washer Φ 8*1.2	18	60	Computer frame	1
19	Screw M8*40	5	61	Safety lock bracket	1
20	Edgings	2	62	Safety lock	1
21	Cushion	2	63	Hand pulse	2
22	Nut M6	6	64a/b	Computer frame cover	1.pr
23	Running board cushion	4	65	Optical flame detector	1
24	Front roller	1	66	Audio outlet	1
25	Screw M6*45	1	67	Loudspeaker	2
26	Power controlling circuit board	1	68	Loudspeaker board	2
27	Power wire buckle	1	69	Computer rear cover	1
28	Overload protector	1	70	Computer upper cover	1
29	Switch	1	71	PCB board	1
30	Power wire	1	72	Screw ST2.9*9.5	10
31	Screw M10*40	1	73	Sound amplifier board	1
32	Washer M10*1.2	6	74	Computer lower cable	1
33	Nut M10	2	75	Computer middle cable	1
34	Screw M10*55	1	76	Computer upper cable	1
35	Screw M8*15	4	77	Washer Φ 6	3
36	Spring washer D8	6	78	Optical flame	1
37	Flat washer D8	6	79	Screw ST4*12	2
38	Screw M8*30	2	80	Spring washer	2
39	Screw M8*45	1	81	End cap	2
40	Motor	1	82	Button board	1

41	Motor cover	1	83	Screw	16
42	Screw M8*25	1			