



WARNING

Read all instructions carefully before using this product. Retain this owner's manual for future 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 "Safety Key" immediately.

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

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

ATTENTION

- 01- Before starting any exercise program, consult with your physician or health professional.
- 02- Check all the bolts locked.
- 03- Never put the treadmill in the wetness area, or it will cause troubles.
- 04- We take no responsibility for any troubles or hurts due to above reasons.
- 05- Dress sport clothes and shoes before running.
- o6- Do not do exercise in 40 minutes after meal.
- 07- To prevent hurts, please warm up before exercise.
- o8- Consult with doctor before exercise if you have high blood pressure.
- 09- 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.
- 14- Maximum weight of user: I70KGS / 375LBS.
- 15- Pulse monitor data may not be accurate, can not be used for medicine. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUSTION

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. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.

7. Always unplug the power cord before remove the treadmill motor cover.

8. Make sure there is no less than 2*1m space behind the treadmill.

9. Keep small children away from the treadmill during operation.

10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

10. 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.

12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.

13. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

14. Put the safety key away where cannot be reached by the children. Minors must be accompanied by the adults when using the treadmill.

15. 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.

16. 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.

17. 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.

18. 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.

19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.

ASSEMBLY STEPS

STEP 1:

1). Connect the Controller wire (93) with the Lower extension wire (92) properly;

2). Attach the Upright tube (2L/R) onto the Main frame (1) with the Allen bolts (55) and Serrated washers (69) as shown.

NOTE: Thread in all the Allen Bolts (55) Without Tightening.



STEP 2:

Connect the Upper extension wire (91) with the Lower extension wire (92) properly;

Attach the Computer frame (3) onto the Upright tube (2L/R) with the Allen bolts (55) and Serrated washers (69) as shown;

Tighten all the Allen bolts (55) installed via STEP 1.



STEP 3:

1. Connect the Computer connecting wire (90) with Upper extension wire (91) properly;

Connect the Upper wire (107) with Lower wire (108) for Loudspeaker;

Connect the Connecting wires (89) with Control wires (100) for Heart Rate;

Connect the Connect wire (8) with Control wire (56) for Keyboard;

Connect the Connect wire (44) and Control wire (45) for Safety Key.

2. Fix the Panel top and bottom cover (23 & 24) to the Computer frame (3) with the Allen cylindrical head bolts (62) as shown.



STEP 4:

Insert the A pin of the Upright tube cover (30a/b & 31a/b) to the B socket on the Computer frame (3) as shown, then fit the Upright tube cover (30a/b & 31a/b) onto the Upright tubes (2L/R), and secured with the Phillips tapping screws (83).



STEP 5:

1). Fill the equipped Silicon Oil into the Lubrication pump (112), then tight the Sealed cap as FIG.-C;

If Treadmill comes w/o Auto Lubrication System, please ignore.

2). Fit the Motor cover (36) onto the Main frame (1) and secured with the Phillips tapping screws w/Washer (82) as shown.

3). Plug the Power cable (101) into the Power socket on the Main frame (1).



GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, 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 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 looks like the plug illustrated in **Sketch A** in following figure. Make sure that the product is connected to

an outlet having the same configuration as the plug.

No adapter should be used with this product.



TECHNICAL PARAMETER

ASSEMBLY SIZE (mm)	2285×1025×1635	POWER (HP)	AS ORDER
FOLDING SIZE (mm)	N/A	MAX OUTPUT POWER	AS ORDER
RUNNING SURFACE (mm)	580 × 1660	INPUT CURRENT	AS ORDER
NET WEIGHT	apprx. 233 KG	SPEED RANGE	1.0-22KM/H 0.6-13.5mph
MAX USER WEIGHT	170 KG 375 LB	INCLINE	0 - 15%

OPERATION INSTRUCTIONS

Function Specifications



SPEED: display Speed value; Display Range: 1.0 - 22.0KM/H.

TIME: display Time; Display Range: 00:00 - 99:59.

DIST.: display Distance; Display Range: 0.0 - 99.9.

INCL.: display Incline; Display Range: 0 - 15.

CAL./ STEPS: display Calories & current running Steps; Cal. Range: 0-999.9.

PROG./ PULSE: display Programs and Heart Rate;

Dot-Matrix Window: display the Runway and the Number of Turns, 400Meters per Turn.

1. START: press "START" and after 3s-Countdown will with a normal start.

2. PROGRAM: 18 Preset programs, 3 USER setting programs, 4 Exercise Modes & Body Fat Test programs.

3. SAFETY KEY FUNCTION:

Pull out the Safety Key, the treadmill will stop immediately and Dot-Matrix window will show "---" with Bee Bee ... warning. Restore the Key, all windows will light up for 2s and previous data will be cleaned up, then enter standby state.
4. KEY FUNCTIONS: START, STOP, PROG, MODE, SPEED/+/-, INCLINE/+/-.

Speed Shortcut: 3km/h, 6km/h, 9km/h, 12km/h; Incline Shortcut: 3%,6%, 9%,

(1) "START" for startup, press START the treadmill will run at minimum speed 1.0KM/H; "STOP" for stop, the treadmill will stop via the key been pressed.

(2) "PROG.": In standby state, you can select the programs from Manual Mode to "P1-P18, U1-U3, FAT" by pressing this key; Manual mode is set as default, and initial speed is 1.0 km/h, max speed up to 22km/h.

③ "MODE": In standby state, press the key to select H-1 to H-3 three different Countdown Modes; H-1 for Time countdown mode; H-2 for Distance countdown mode; H-3 for Cal. Countdown mode.

SPEED/+/- key are available to setup all the countdown modes, and after setting the parameters, press "START" to run the treadmill.

④ SPEED+/-: to increase or decrease the speed setting; via setting the parameters, these keys can be used as Parameter adjuster; via the treadmill is running, the keys will be used as Speed adjuster, 0.1km/h per step; hold the key over 0.5s, it will continuously Speed Up or Down.

(5) INCLINE+/-: "INCLINE+" and "INCLINE-" are for slop adjusting, which can be used for Parameter setting; via the treadmill is running, the keys will be used to adjust the Incline, 1-level per step; hold the key over 0.5s, it will continuously incline or decline.

6 SPEED Shortcut: 3km/h, 6km/h, 9km/h & 12km/h can be set under operation condition.

(7) INCLINE Shortcut: 3%, 6%, 9%, 12% can be set under operation condition.

8 VOLUME: adjust the music Volume.

9 UP/NEXT: select the music Truck.

(1) Kilometer convert with Mile: take off the safety key, press "PROG." and "MODE" for 3 seconds at the same time. The max speed is 22KM/H in Metric system, Shortcut key: 3, 6, 9, 12 means 3km/h, 6km/h, 9km/h & 12km/h; The max speed is 15.5MPH in Imperial system, Shortcut key: 3, 6, 9, 12 means 2.0MPH, 3.5MPH, 5.5MPH, 7.5MPH

(1) Software Version: Press the SPEED+ and SPEED- two buttons for 1 second during the standby state, you could get the information of current software version.

(12) Incline Fitting: Press the INCLINE+ and INCLINE- two buttons for 3 seconds in the condition after taking away the safety key, treadmill will fitting the incline. Please don't do other operations during incline fitting process, otherwise will be failure.

5. HEART RATE TEST FUCTION: when the treadmill on, hold the heart rate sensor for 5s, the Pulse value will be showed up, range 50-200Peep per minute. In order to get more accurate Pulse value, stop & stand on the treadmill, hold the Sensor no less than 30seconds. For reference only, Not for Medical purpose. 6. PRESET Programs: each program has 16-Sections, every section has average

6. PRESET Programs: each program has 16-Sections, every section has average running time.

- 12 -

12%.

	Time Sect.				Set	time	e/16	= rur	nning	, tim	e for	eac	h Se	ctio	n		
Prog	ram	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
D1	SPEED	2	3	3	4	5	3	4	5	5	3	6	8	7	6	5	2
PI	INCLINE	0	1	2	2	2	3	3	2	2	3	3	3	2	2	2	0
D 2	SPEED	2	3	5	7	9	10	7	5	6	8	10	12	7	6	5	2
P2	INCLINE	0	1	2	3	4	5	5	5	5	5	5	5	4	3	2	0
D7	SPEED	2	5	8	9	10	10	10	10	10	10	8	9	7	8	5	2
гJ	INCLINE	0	1	2	4	6	5	5	5	4	4	8	8	5	2	2	0
БΛ	SPEED	2	3	6	9	10	12	8	9	7	6	6	7	12	10	5	2
P4	INCLINE	0	1	2	5	7	8	8	8	8	8	8	8	6	4	2	0
DE	SPEED	2	6	12	8	10	12	12	12	12	12	8	9	7	6	5	2
P3	INCLINE	0	2	4	5	5	5	5	3	5	2	5	5	5	2	2	0
DE	SPEED	2	4	6	8	10	12	8	10	10	12	8	12	10	6	4	2
P0	INCLINE	0	3	2	2	5	5	5	2	2	4	5	3	2	2	2	0
D7	SPEED	2	6	9	10	10	10	10	9	8	7	6	6	8	6	5	2
F7	INCLINE	0	3	5	5	5	7	9	10	9	7	3	3	2	2	2	0
по	SPEED	2	5	8	9	5	9	5	9	5	9	6	9	7	9	5	2
70	INCLINE	0	1	3	3	3	5	7	9	13	14	14	14	6	4	2	0
D۵	SPEED	2	3	6	9	11	8	13	8	13	8	13	8	13	8	5	2
P9	INCLINE	0	1	5	7	7	3	3	2	2	4	3	3	2	2	2	0
D10	SPEED	2	6	8	14	15	13	14	9	8	13	6	9	7	6	5	2
FIU	INCLINE	0	2	2	2	2	3	3	3	3	3	5	5	5	5	2	0
D11	SPEED	2	3	4	5	6	7	8	9	10	11	12	9	7	6	5	2
F 11	INCLINE	0	3	4	5	6	6	6	6	6	6	8	8	8	5	2	0
P12	SPEED	2	6	7	9	11	13	14	8	8	9	7	9	7	6	5	2
1 12	INCLINE	0	1	2	3	4	5	6	7	8	9	10	11	8	6	2	0
D13	SPEED	2	6	8	11	12	13	15	13	15	13	15	13	11	7	5	2
15	INCLINE	0	4	5	5	5	3	3	2	2	4	6	4	3	2	2	0
D14	SPEED	2	5	8	12	15	11	14	15	15	13	9	8	8	6	5	2
	INCLINE	0	3	2	2	5	3	3	5	2	4	8	8	7	5	2	0
D15	SPEED	2	6	10	14	11	13	8	10	15	13	9	9	7	6	5	2
115	INCLINE	0	2	4	6	8	8	8	8	8	8	5	5	3	4	2	0
D16	SPEED	2	8	9	9	10	13	9	10	8	9	13	9	7	6	5	2
FIO	INCLINE	0	3	2	2	4	3	3	2	2	4	3	3	3	2	2	0
D17	SPEED	2	7	9	10	15	13	12	11	10	9	8	7	7	6	5	2
F 17	INCLINE	0	2	2	5	5	3	3	3	3	4	3	6	2	4	2	0
D10	SPEED	2	5	8	10	9	8	7	8	9	10	16	9	7	6	5	2
P18	INCLINE	0	4	2	4	4	3	3	5	5	5	5	3	2	2	2	0

Below is the Profile chart for 18 Preset Programs in Metric System:

Below is the Profile chart for 18 Preset Programs in Imperial System:

	Time Sect.				Set	time	e/16	= rur	nning	tim	e for	eac	h Se	ctio	n		
Prog	ram	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
D1	SPEED	1	2	2	3	4	2	3	4	4	2	5	7	6	5	4	1
	INCLINE	0	1	2	2	2	3	3	2	2	3	3	3	2	2	2	0
D 2	SPEED	1	2	4	6	8	9	6	4	5	7	9	11	6	5	4	1
PZ	INCLINE	0	1	2	3	4	5	5	5	5	5	5	5	4	3	2	0
DZ	SPEED	1	4	7	8	9	9	9	9	9	9	7	8	6	7	4	1
РЭ	INCLINE	0	1	2	4	6	5	5	5	4	4	8	8	5	2	2	0
БЛ	SPEED	1	2	5	8	9	11	7	8	6	5	5	6	11	9	4	1
F4	INCLINE	0	1	2	5	7	8	8	8	8	8	8	8	6	4	2	0
DE	SPEED	1	5	11	7	9	11	11	11	11	11	7	8	6	5	4	1
P5	INCLINE	0	2	4	5	5	5	5	3	5	2	5	5	5	2	2	0
De	SPEED	1	3	5	7	9	11	7	9	9	11	7	11	9	5	3	1
FU	INCLINE	0	3	2	2	5	5	5	2	2	4	5	3	2	2	2	0
70	SPEED	1	5	8	9	9	9	9	8	7	6	5	5	7	5	4	1
P7	INCLINE	0	3	5	5	5	7	9	10	9	7	3	3	2	2	2	0
по	SPEED	1	4	7	8	4	8	4	8	4	8	5	8	6	8	4	1
P0	INCLINE	0	1	3	3	3	5	7	9	13	14	14	14	6	4	2	0
ро	SPEED	1	2	5	8	9	7	12	7	12	7	12	7	12	7	4	1
F 3	INCLINE	0	1	5	7	7	3	3	2	2	4	3	3	2	2	2	0
P10	SPEED	1	5	7	13	14	12	13	8	7	12	5	8	6	5	4	1
	INCLINE	0	2	2	2	2	3	3	3	3	3	5	5	5	5	2	0
D11	SPEED	1	2	3	4	5	6	7	8	9	10	11	8	6	5	4	1
	INCLINE	0	3	4	5	6	6	6	6	6	6	8	8	8	5	2	0
D12	SPEED	1	5	6	8	9	12	13	7	7	8	6	8	6	5	4	1
	INCLINE	0	1	2	3	4	5	6	7	8	9	10	11	8	6	2	0
D13	SPEED	1	5	7	10	11	12	14	12	14	12	14	12	10	6	4	1
110	INCLINE	0	4	5	5	5	3	3	2	2	4	6	4	3	2	2	0
P14	SPEED	1	4	7	11	14	10	13	14	14	12	8	7	7	5	4	1
	INCLINE	0	3	2	2	5	3	3	5	2	4	8	8	7	5	2	0
D15	SPEED	1	5	9	13	10	12	7	9	14	12	8	8	6	5	4	1
- 13	INCLINE	0	2	4	6	8	8	8	8	8	8	5	5	3	4	2	0
P16	SPEED	1	7	8	8	9	12	8	9	7	8	12	8	6	5	4	1
1.10	INCLINE	0	3	2	2	4	3	3	2	2	4	3	3	3	2	2	0
D17	SPEED	1	6	8	9	14	12	11	10	9	8	7	6	6	5	4	1
	INCLINE	0	2	2	5	5	3	3	3	3	4	3	6	2	4	2	0
D19	SPEED	1	4	7	9	8	7	6	7	8	9	12	8	6	5	4	1
F 10	INCLINE	0	4	2	4	4	3	3	5	5	5	5	3	2	2	2	0

7. Customized Program:

In addition to 18 Preset programs, the treadmill also has 3 User Defined

programs to support customized setting based on the user's specific situation: U01, U02 and U03.

1) Setting the Customized Program:

In standby state, continuously press "PROG." to the required Customized program (U01- U03); at the same time, the "TIME" window flashing, display the preset time, press "INCLINE+"/ "INCLINE-" or "SPEED+/-" to set the running time, press MODE to confirm the setting; then, set up parameters for the 1st time section of 16; set speed by SPEED +/ SPEED - or speed shortcuts and set incline by INCLINE +/ INCLINE - or incline shortcuts; press MODE to complete the 1st time section's setting and enter the state to set parameters for the 2nd time section until completion of setting for all the 16 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 the Customized Program:

In standby state, continuously press "PROG." to the required Customized Program (U01~ U03). After setting up the running time, press "START".

8. Body Fat Test:

In standby state, press "MODE" to select & enter Body Fat Test program. The window display"FAT". Press MODE to set the parameter of F1(gender), F2(age), F3(height), F4(weight), Press SPEED +/ SPEED - to set the parameter of 01-04(see below detailed table), the window display F5 after setting. At this state, hold the Pulse sensor for 5-6 seconds and it will display the FAT result, 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 20-25, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity. (The result is only for reference, not for medical judgment.)

F1	Gender	01(man)	02(woman)
F2	Age	10	99
F3	Height	100	200
F4	Weight	20	150
	FAT	≦19	Under weight
F 6	FAT	=(2025)	Normal weight
F2	FAT	=(2529)	Over weight
	FAT	≧30	Obesity

9. Parameters for 3 Modes: Countdown Time- initial set time is 30:00min., Set Range: 5:00---99:00 min., by 1:00min./step; Countdown Cal.- Initial set value is 50Kcal, Set Range: 20-990 Kcal, by 10Kcal/step; Countdown Distance- initial set value is 1.0Km, Set Range: 1.0-99.0 Km, by 1.0Km/step; loop switch sequence is Manual, Time, Distance & Calories.

10. Total Mileage and Oil Refuel Function

- Remove Safety Key, press SPEED+ and SPEED- for 1s at the same time, the total mileage Km will display in the Speed and Incline window: the first 3 higher digits displayed in SPEED window, and the lower 3 digits displayed in the Incline window.
- 2) Clear up the total mileage: first enter the Total Mileage window as above indicated, and then press STOP for 3s, the system will delete and clear up the mileage to zero.
- 3) Remove the Safety Key and press START and STOP for 2s at the same time to enter Refuel Parameter setting. The time window will display the Interval Time for each Refuel. Press "INCLINE+/-" to adjust the Interval Refuel Time by 10s per step. Via the Distance window display operation KM for each Refuel, press "SPEED+/-" to adjust the distance by 10KM per step.
- 4) Every 30 Km need to Refuel, and Refill Lubrication Oil need 60s.
- 5) When the system detect that the Oil Depot is closed, will regard as the oil out of use and the dot matrix window display "System Oil Run Out". Turn off treadmill power to change oil depot or refill the oil depot. After finishing the operation, system will clear up the "System Oil Run Out" prompt message and the treadmill can be used again.
- 11. OTHERS

① When Countdown Mode running completed, the window display END, the alarm peers 0.5s in every 2s, until the treadmill stop fully, then back to Manual Mode.

2 Via setting the Parameters, it will be cycle setting, such as for Time set range 5:00---99:00, when set to 99:00, press INCLINE+ it will back to 5:00 and continue.

③ Countdown Time, Countdown Cal., Countdown Distance, only one parameter can be set, and operates the last parameter. The one which has set countdown, other is with normal count.

(4) Cal. Standard value is 70.3 Kcal/Km.

(5) When test Body Fat, both hands hold heart pulse for 5s and the body fat display.

6 Kilometer transform with mile. In standby or removing safety key state, press PROG and MODE for 3 seconds at the same time, you will hear the sound of 'BE', and your fastest speed will be showed.

⑦ Remove the Safety Key in any modes could rapidly slow down the treadmill till stop. "---" will be immediately displayed on the window, the buzzer buzz "Bi-Bi-Bi" sound continuously. Buttons are invalid in this condition.

Restore the safety lock, the window will display for 2s and then get into standby state, wait for inputting commands.

12. Meanings of Error Codes:

Code	Description	Fault Reason	Trouble Shooting			
	Communication	Digital meter and inverter	Check the connection and fits it			
	error between	not connected well	Check the connection and fits it			
E01	Digital meter and	Digital meter broken	Change digital meter			
	Inverter	Inverter broken	Change inverter			
		Temp Sensor short circuit				
EO2 Ove	Over- Heat	Controller chip 358/324	Change inverter			
	Protection	broken				
		Fan fault				
	Low-voltage	Power voltage below	Make sure the voltage in the			
E03	Drotection	185V	right range			
	FIOLECTION	Power voltage normal	Change inverter			
		Incline motor correction	Re-check incline motor after			
		failure	power on			
E04 Incline motor E04 correction fa or error	Incline motor	Inverter connection	Check the connection			
	correction failure or error	loosed				
		Inverter broken	Change inverter and re-check it			
		Incline motor broken	Change the incline motor and			
			re-check			
			Add lubricating oil to reduce			
	Over-current	Motor with over current	the resistance between running			
E05			belt and running deck			
	•	IPM module short	Change inverter			
	- · ··	circuit				
	Communication	Controller and inverter	Check the connection and fits it			
E06	error between	not connected well				
	inverter and	Controller broken	Change controller			
	controller	Inverter broken	Change inverter			
E07	Over-load	Parameter setup error	Change Inverter			
	Protection	Over-loading	Reduce loading			
		Incline sensor not	Check the connecting of incline			
E09	Incline signal error		sensor			
		Incline motor fault	Change incline motor			
		Inverter fault	Change Inverter			
		Safety IOCK NOT IN	Put Safety lock in position			
<i>"</i>	Cafaty Kay	Position Sefety look ewitch broker	Change Safety look switch			
" <u>"</u> "	Safety Key	Safety lock switch broken	Change Safety IOCK SWITCh			
		Safety lock connection	Reconnect Safety lock line			

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 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

RUNNING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the Running Belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER RUNNING BELT

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph

• If the belt has drifted to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

• If the belt has drifted to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



Picture A: If the Belt has Drifted to the RIGHT



Picture B: If the Belt has Drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size Allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but NEVER TURN the roller bolts more than **1/4 TURN** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET

BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning or 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 buildup 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.

RUNNING 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

every three months

- Heavy user (more than 5 hours/ week)
 - Banda Running belt Tabla Board

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	58	Allen Cylindrical head bolt M1O*115	1
2L/R	Upright tube	1/1	59	Allen Cylindrical head bolt M10*65	2
3	Computer frame	1	60	Allen Cylindrical head bolt M10*55	1
4	Incline frame	1	61	Allen Cylindrical head bolt M6*15	1
5	Idle wheel rack	1	62	Allen Cylindrical head bolt M6*40	4
6	Running deck retainer	2	63	Nylon nut M10	8
7	Loudspeaker fixing plate	2	64	Nylon nut M6	5
8	Keyboard connect wire	1	65	Hex nut M2O*2.5	2
9	Front baffle	1	66	Spring nut ST4.8	5
10	Front roller	1	67	Hex nut M3	2
11	Rear roller	1	68	Flat washer	1
12	Step edging	2	69	Serrated washer Φ10*1.2	21
13	Edging washer	10	70	Flat washer Φ12*2.0	8
14	Edging fixer	10	71	Flat washer Φ10*2.0	7
15	Bearing block	2	72	Flat washer Φ6*1.5	1
16	Universal regulation feet	2	73	Spring washer Φ12	8
17	PU transport wheel	2	74	Spring washer Φ10	4
18	Bearing spacer	4	75	Spring washer Φ5	2
19	Tension spring	1	76	Concave washer	1
20	Bearing	6	77	Phillips screw M6*15	6
21	Console top cover	1	78	Phillips screw w/washer M5*15	19
22	Console bottom cover	1	79	Phillips screw w/washer M5*8	4
23	Panel top cover	1	80	Phillips sunk screw M3*15	2
24	Panel bottom cover	1	81	Adjusting bolt	1
25	Handgrip top cover	1	82	Phillips Tapping Screw w/washer ST4.8*22	7
26	Handgrip bottom cover	1	83	Phillips tapping screw ST4.0*16	87
27L/R	Handgrip decorate cap	1/1	84	Phillips tapping screw ST4.0*12	4
28	Keyboard top cover	1	85	Phillips Tapping Screw w/washer ST4.0*12	26
29	Keyboard bottom cover	1	86	Phillips Sunk Head Tapping Screw ST4*16	4
30a/b	Upright tube cover L	1/1	87	Phillips screw w/washer M4*8	10
31a/b	Upright tube cover R	1/1	88	Phillips screw M4*8	4
32L/R	PU Handgrip	1/1	89	Heart rate connecting wire	2
33	Rack mat	1	90	Computer connecting wire	1
34	Safety key socket	1	91	Upper extension wire	1
35	Safety key	1	92	Lower extension wire	1

76	Motor cover	1	07	Controller wire	1
30	Motor cover	1	93		1
57	Front frame cover	1	94	Amplifier board	1
38	Rear roller end cap	1	95	Loudspeaker	2
39	Deck stopper	4	96	USB socket	1
40	Silicon gel cushion	2	97	MP3/Headphone jack	1
41	Running belt	1	98	AC motor	1
42	Running deck	1	99	Incline motor	1
43	Belt	1	100	Heart rate control wire	2
44	Safety key connect wire	1	101	Power cable	1
45	Safety key control wire	1	102	Power switch	1
46	Incline frame cushion	2	103	Circuit breaker	1
47	Non-slip mat	4	104	Power socket	1
48	Rear feet sleeve	2	105	Inverter	1
49	Panel fixer	2	106	MP3 connecting cable	1
50	Allen bolt M12*35	8	107	Upper loudspeaker wire	2
51	Hex bolt M10*70	2	108	Lower loudspeaker wire	2
52	Hex bolt M10*55	4	109	Filter (optional)	1
53	Hex bolt M10*50	1	110	Inductor (optional)	1
54	Hex bolt M10*35	1	111	Lubrication pipe rack	1
55	Allen bolt M10*20	14	112	Lubrication pump	1
56	Keyboard control wire	1	113	Controller (optional)	1
57	Allen bolt M8*15	2			