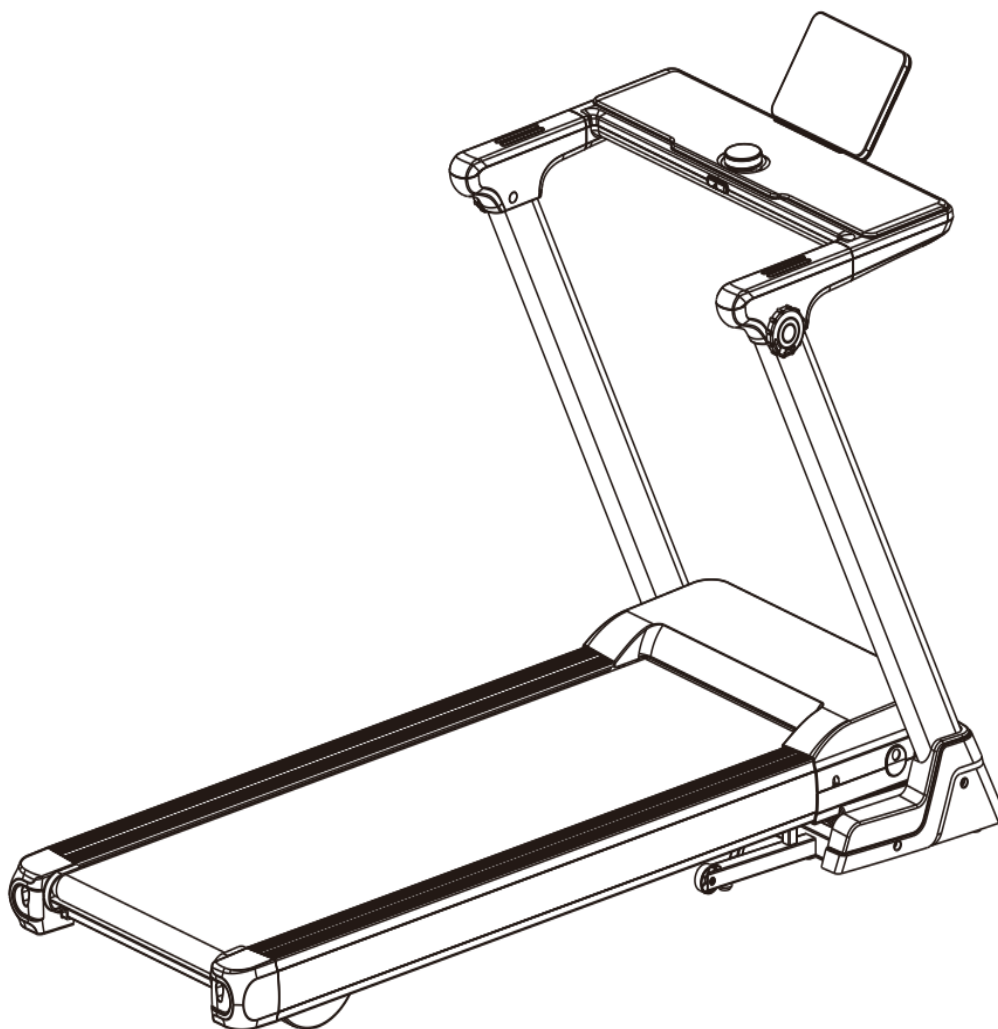


Owner Manual For Motorized Treadmill

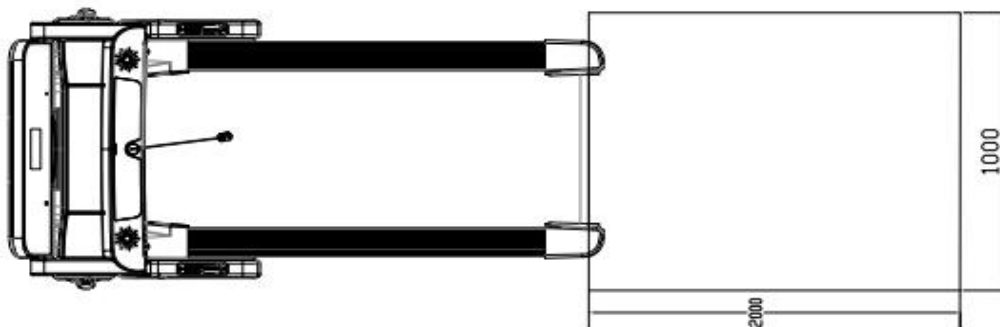
T906



Please read all precautions and instructions in this manual before in detail before using this equipment. Save this manual for future reference.

Security considerations

- 1、 Electric treadmill in a clean and smooth place, do not put electric treadmill on the thick carpet, lest affect the circulation of air in the lower part of the electric treadmill. Also do not put electric treadmill near water or outdoor use, pay attention to moisture-proof.
- 2、 After the electric treadmill is fully installed and the motor protection cover. To connect to the power supply. Plug the power cord plug into the power outlet with safe grounding 10a, we recommend that you use a socket with an over current protector to ensure the safety of the treadmill and the user
- 3、 Please remove the protective cover casually. If you need to open it for maintenance, make sure to pull out the power cord plug first. (it is recommended that professionals repair).
- 4、 When placing the electric treadmill, do not block the wall socket. To facilitate the insertion of.
- 5、 the electric treadmill power cord is dedicated, if the power cord damage, please purchase from the dealer, or directly contact the company
- 6、 Check the installed treadmill again to see if the bolt is locked.
- 7、 Note that the electric treadmill is a special device. Do not modify it for use.
- 8、 Do not insert any other items in any part of the equipment. Avoid damaging the equipment.

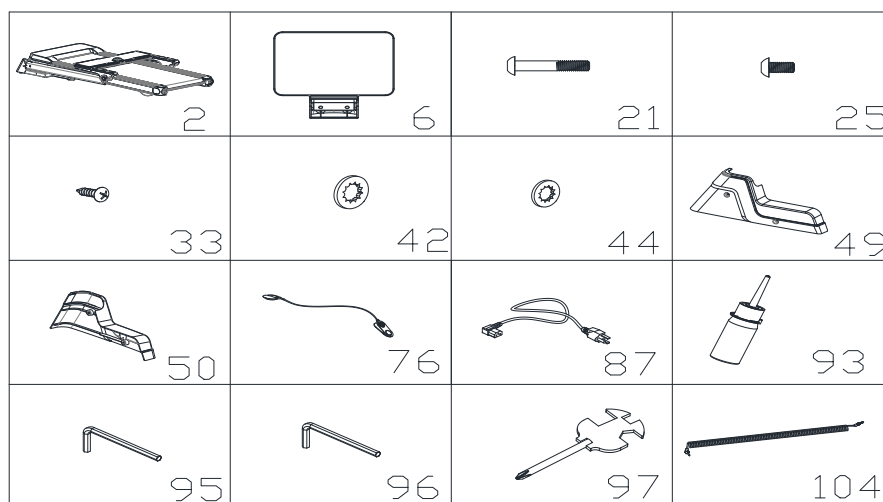


Attention

1. In order to avoid accidental injury, you must pay attention to the following: please warm up before exercise
2. Any strenuous exercise can only start after 40 minutes after meals
3. Before using the treadmill, check whether the power supply is loaded and the safety lock is effective. Then suck one end of the safety lock onto the treadmill. One end of the jacket or belt, in case of an emergency can be pulled off the safety lock
4. When standing on the running belt please do not turn on, when the power on, the running belt may have a pause at the beginning of exercise. One must stand on a plastic skid board on either side of an electric treadmill until the running belt moves
5. Please naturally swing your arms while exercising, look ahead, do not look down at your feet
6. Accelerate gradually when you exercise, until you adapt to the existing speed and then accelerate.
7. Do not wear too long when you exercise. Too loose clothes to be hooked to the electric treadmill, usually wearing rubber soles running shoes or fitness shoes.
8. The first time to use the electric treadmill, be sure to hold on to the handrails. Do not loosen the armrest until you feel comfortable.
9. The continuous movement can not exceed 90 minutes. Please unplug the power plug and remove the safety switch in time to avoid overloading.
10. The safety key should be pulled off immediately during the exercise, hands on the handle, feet jump on the anti-skid board, and then leave.
11. When not using the treadmill, the safety lock should be put away. Do not be taken by children. Minors in the use of treadmill must be accompanied by adults.
12. Before folding the treadmill must be completely stopped and reset; Folding is not allowed to operate the treadmill
13. The rear of the treadmill must be reserved 2000mm × 1000mm space.

- 1、 Two or more people are not allowed to use the treadmill at the same time.
- 2、 Under the guidance of the doctor , please use.
- 3、 The heartbeat monitoring system is for reference only and cannot be used as medicine.Excessive Exercise can cause serious injury or death.If you feel dizzy,stop exercising immediately.
- 4、 Children,disabled and pets stay away from the treadmill.All parts of the electric treadmill can be Ordered at the local distributor.The distributor can provide you with the services you need.

The following figure is a scattered diagram of the components installed on the entire machine. Open the packaging box and you can remove the following components from the box.



Part-list

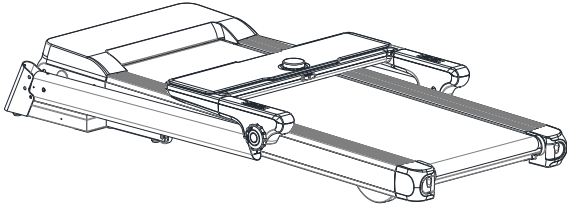
SN	Name	Specifications	Quantity	Serial number	Name	Specifications	Quantity
21	Bolt	M8*55	2	25	Bolt	M8*20	4
33	Cross recessed screw	ST4*19	4	42	Flat gasket	∅ 8	2
44	Curved gasket	∅ 8	2	49	Base cover left		1
50	Base cover right		1	76	safety lock		1
87	power line		1	93	Silicon oil bottle		1
95	Allen key	5#	1	96	Allenkey	6#	1
97	Cross open end wrench		1	104	MP3line		1

Installation tools:

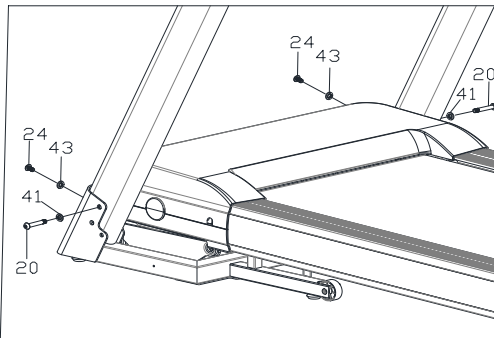
5 # Hex key 5mm 1pcs 6 # Hex key 6mm 1pcs Cross open end wrench 1pcs

Note: Do not plug in the power until the installation is complete

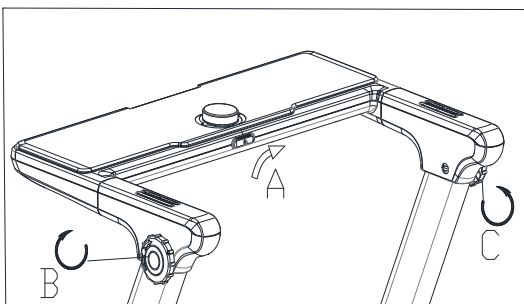
STEP 1: Remove the following materials from the box and place the main frame on the ground, cutting off the packaging tape.



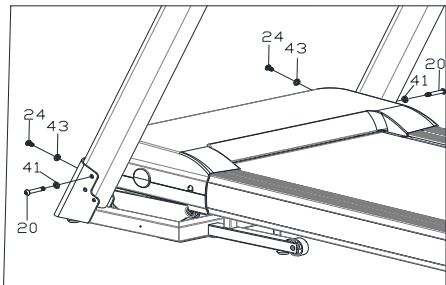
STEP 2: Lock the Allen head bolt (21), flat pad (42), Allen bolt (25), arc spacer (44) on the column and base with the tool Allen wrench (5#) (95) and lock it



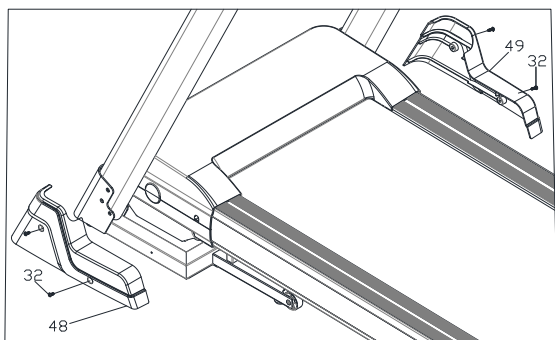
STEP 3: Fold up the Electric watch at position A, tighten the left knob at position B clockwise, and tighten the right knob at position C clockwise, as shown in the left figure.



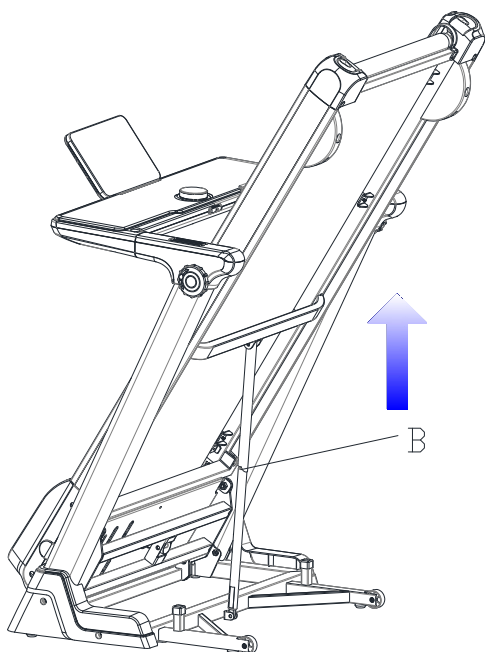
STEP 4:First, insert the outgoing line (78) at the D of the meter core into the outgoing line (79) at the F of the Electric watch. After the meter core and the Electric watch are aligned to the hole position, use the tool Hex key (5 #) (95) to lock the meter core (6) on the Electric watch, and use the hexagonal socket pan head bolt M8 * 20 (25) for the screw, as shown in the left figure.



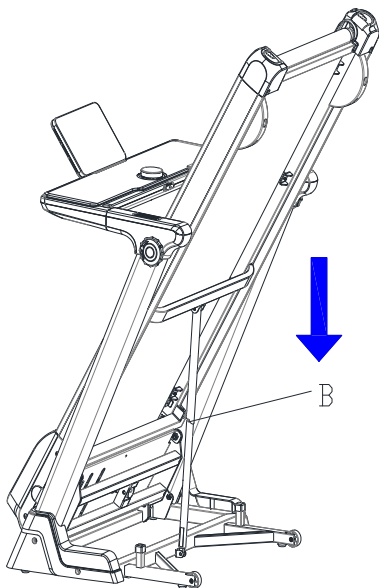
STEP 5: Lock the left and right base covers to the post with a tool cross-opening wrench (97) and use Phillips slot screws (33) for screws, as shown on the left.



STEP 6: Raise one hand towards the arrow at position A and hear the sound of the air pressure rod



STEP 7: With one hand at position A, kick the air pressure rod with your foot, and press down slightly with the hand at position A until it reaches the end of the armrest. After the machine releases its grip, it will automatically lower.



NOTE: For your safety and comfort, please check if all screws are fastened

Congratulation! A brand new motorized treadmill has been successful assembled!

Grounding instructions

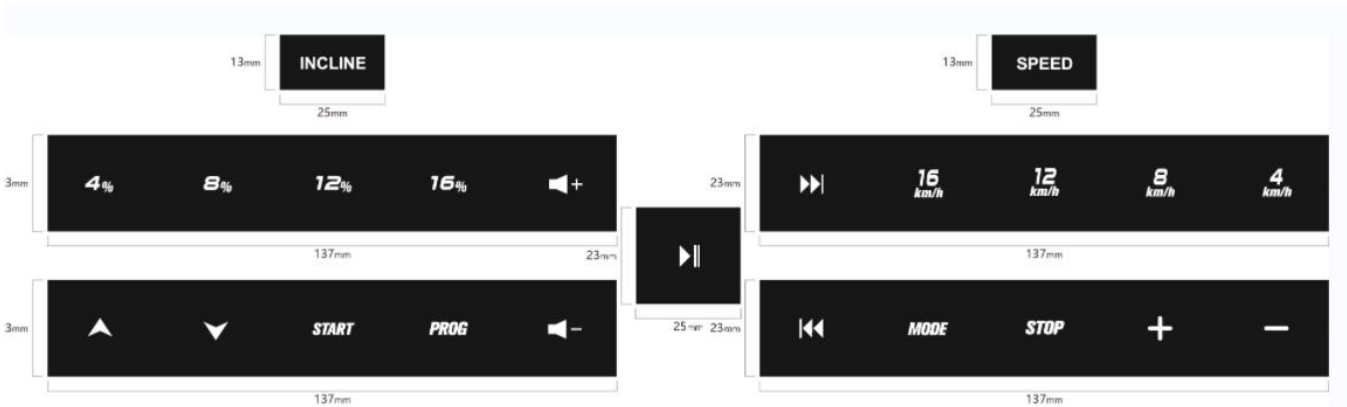
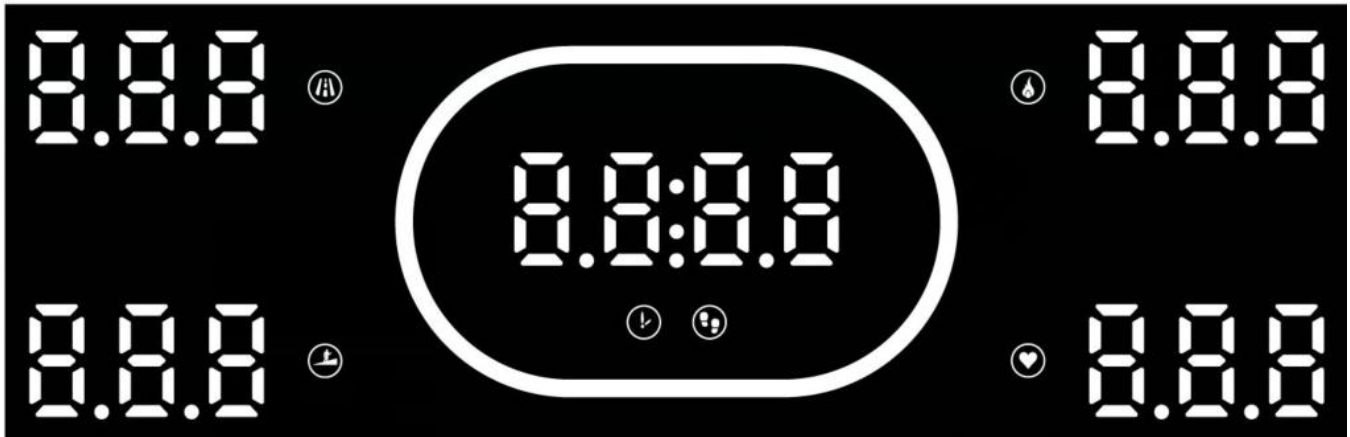
This product must be grounded, in case of accidental leakage or other failures, grounding can provide

A path to the minimum resistance of the current. This product is equipped with a cable with a Grounding conductor and a grounding plug. The grounding plug must be inserted into the local code And regulations and properly installed in the socket.

Warning : incorrect grounding conductors can cause electrical shock risk. If you are not sure if the

Product is grounded, ask the electrician or related person. Do not modify the product with the Grounding plug. If there is no suitable socket, please install a suitable outlet for electrician. This Product is suitable for area voltage and is equipped with grounding plug.

Electronic operation



I Overview

Functions carried by this electronic watch:

- Up and down function
- MP3 interface play function
- USB interface playback function
- Hand-held heartbeat function

Terminology conventions used in the manual:

Treadmill parameters: Speed value, Slope value

Exercise parameters: "Distance" value, "Calories" value, "Time" value, "Heartbeat" value.

Sports mode: manual, mode, program

Manual mode: A motion mode without a set amount of motion.

Countdown mode: A sport mode with a specific amount of exercise.

Automatic program: The Treadmill has different self set motion schemes. This Treadmill has 60 motion schemes.

User defined program: the user can set the motion scheme by himself. This Treadmill has 3 kinds of motion schemes.

II .Parameter Description

.Motion parameters under various motion modes:

- Minimum displayed speed 1 km/h
- Maximum display speed of 20 km/h

Maximum exercise time in time mode: 99 minutes

- Minimum exercise time in time mode: 8 minutes
- Maximum movement distance in distance mode: 99 kilometers
- Minimum movement distance in distance mode: 1 kilometer
- Maximum calories burned in calorie mode: 990 calories
- Minimum calories burned in calorie mode: 20 calories
- (P1-P60) Minimum time for program operation: 8 minutes
- (P1-P60) Maximum time for program operation: 99 minutes
- Lowest displayed slope: 0 segment
- Maximum displayed slope: 20 segments

III.Display Description

Display content:

- Speed display
- Time display
- Distance display
- Calories display
- Heartbeat display
- Slope display

IV .Description of the key function

.Key board function keys:

- speed shortcut keys (4,8,12,16)
- Start key Stop key
- Program key mode key
- Speed+Key Speed - Key
- Volume+Key Volume - Key
- Previous key Next key
- Play/Pause key

V .Key functions and operating instructions

Start button - Function description: Start motor operation

Operating instructions: 1. When the Electric watch is in standby mode, press this key to start the motor

2. When the Electric watch is in the mode setting state, press this key to start the motor

3. When the Electric watch is in the program setting state, press this key to start the motor

·Stop button - Function description: Stop the motor operation

Operating instructions: 1. When the Electric watch is running, press this key to stop the motor

2. After the motor completely stops running, all data will be reset and enter the initial state

·Program Key - Function Description: Automatic Program Selection

Operating instructions: 1. When the Electric watch is in standby mode, press this key to enter the automatic program setting

2. After entering the automatic program setting, continue to operate this button to enter the custom program

3. After entering the custom program settings, continue to operate this button to enter the body fat test settings state

4. Operation process: Automatic program - Custom program - Body fat test - Return to initial state

·Mode key - Function description: Countdown mode selection

Operating instructions:

1. When the Electric watch is in standby mode, press this key to enter the countdown mode setting

2. In the body fat test setting state, press this key to enter the next parameter setting

3. Operation process in standby mode: time countdown - distance countdown - calorie countdown - return

4. Operation process under body fat test setting: Set gender - Set age - Set height - Set weight - Body fat test

·Speed+/- keys - Function description: Adjust the speed value during operation, and adjust the parameter value during setting time

Operating instructions: 1. When the Electric watch is running, the speed value can be adjusted

2. In the parameter setting state, the size of the set parameter value can be adjusted

·Up and down+/- keys - Function description: Adjusting the slope value during operation

Operating instructions: 1. When the Electric watch is running, the running slope value can be adjusted

·Speed shortcut key - Function description: Directly select the speed value during operation

Operating instructions: 1. When the Electric watch is running, press this key to directly select the corresponding speed value

·Elevating shortcut key - Function description: Directly select the slope value during operation

Operating instructions: 1. When the Electric watch is running, press this key to directly select the corresponding slope value

·Volume+/- key --- Function description: USB song volume Control key

Operating instructions: 1. After powering on and closing the safety lock, press this button to adjust the volume of USB songs

·Up/Down Song Key - Function Description: USB Song Selection Key

Operating instructions: 1. After powering on and the safety lock is closed, press this button to choose to switch to playing songs from USB

·Play/Pause Key - Function Description: USB Song Play and Pause Selection Key

Operating instructions: 1. When playing a song, press this button to select whether to play or pause the song in USB

VI. Description of the sport mode

A. Manual mode function

Enter the manual mode: after the Electric watch is powered on and fully displayed, it will enter the initial standby mode. At this time, press the Start key to enter the operation of the manual mode.

Operation instructions: The initial running speed is 1.0KM/H, and the time, distance, and calorie windows are counted positively from zero based on speed

The adjustment key can adjust the size of the running speed value, and pressing the up and down adjustment key can adjust the size of the running slope value.

If the exercise time exceeds 99:59 minutes, the system will not shut down and the time will start counting from scratch.

B. Countdown mode function

1. Enter time countdown mode: In the initial standby mode, press the mode key to select time countdown mode. At this time, the time window displays 30:00 minutes and flashes. You can set the required running time through the speed+/- keys, with a setting range of 8:00~99:00 minutes. Press the start button to enter the time countdown mode.

Operation instructions: the initial operation speed is 1.0KM/H, the time window starts counting down according to the set operation time, the distance and calorie windows start counting up from zero, press the speed adjustment key to adjust the size of the operation speed value, press the up and down adjustment key to adjust the size of the operation slope value, when the set time counts down to zero, the Electric watch starts to slowly stop running, and automatically returns to the initial standby state.

2. Enter distance countdown mode: In the initial standby mode, press the mode key to select distance countdown mode. At this time, the distance window displays 1.0 kilometers and flashes. You can set the required running distance through the speed+/- keys, with a range of 1.0~99.0 kilometers. Press the start button to enter distance countdown mode.

Operation instructions: the initial operation speed is 1.0KM/H, the distance window starts counting down according to the set distance, and the time and calorie windows start counting up from zero. Press the speed adjustment key to adjust the operation speed value, and press the up and down adjustment key to adjust the operation slope value. When the set distance counts down to zero, the Electric watch starts to stop running slowly.

3. Enter calorie countdown mode: In initial standby mode, press the mode key to select calorie countdown mode. At this time, the calorie window will display 50 and flash (the desired running calories can be set through the speed+/- keys, with a range of 20-990). Press the start button to enter calorie countdown mode.

Operation instructions: the initial operation speed is 1.0KM/H, the calorie window counts backwards according to the set calorie, and the time and distance window counts forwards from zero. Press the speed adjustment key to adjust the operation speed value, and press the up and down adjustment key to adjust the operation slope value. When the set calorie counts backwards to zero, the Electric watch starts to stop running slowly.

C. Automatic programming function

Enter automatic program: In the initial standby mode or mode setting mode, press the program button to enter automatic program selection. At this time, the time window displays 30:00 minutes and flashes (the required running time can be set through the speed+/- keys, with a range of 8:00~99:00 minutes). Press the start button to enter the operation of the automatic program.

Operation instructions: The automatic program is divided into 20 sections, and the speed and slope values of each section are run according to the values set in the automatic program. The running time of each section is 1/20 of the set time, and the time window starts counting

backwards according to the set running time. The distance and calorie windows start counting positively from zero. Press the speed adjustment button to adjust the size of the running speed value, and press the up and down adjustment button to adjust the size of the running slope value, When the program runs to the next section, the speed and slope values are automatically adjusted to the internal fixed values of the next section. When the set time counts down to zero, the Electric watch starts to slowly stop running

D. Custom program (U01-U03):

In addition to 60 built-in automatic programs of the system, the Treadmill also has three user-defined programs that allow users to set themselves according to their personal conditions: U01, U02, U03.

1. User defined program settings:

In standby mode, continuously press the "Program" key until the desired user-defined program (U01-U03) is set. Press the "MODE" key to confirm entering the settings, and then set the first time period. When setting, use the "SPEED+", "SPEED -" keys or speed shortcut keys to set the speed, and use the INCLINE+/INCLINE - keys to set the slope, Press the "MODE" key to complete the setting of the first time period and enter the setting state of the second time period until all 20 (time window displays S01-S20) time periods are set; After the setting is completed, the data will be permanently saved until the next time you reset it. During the setting process, the power cannot be cut off, otherwise the data cannot be automatically saved.

2. User defined program startup:

A. In standby mode, continuously press the "Program" button until the desired user defined program (U01-U03) is run, and set the running time before pressing the start button to start.

B. After the user defined program and running time settings are completed, pressing the start button can also start immediately.

3. User defined program setting instructions:

Each program divides the moving time into 20 time periods. When setting the speed, slope and running time of all 20 time periods, press the Start key to start the Treadmill.

4. During the operation, the speed can be adjusted through "SPEED+" or "SPEED -". When the previous section ends, it will automatically enter the next section and the speed will be automatically adjusted to the set value for that section.

Description of body fat test functions

Enter Body Fat Test Settings: In the initial standby or mode setting state, press the program key to select the body fat test settings (in the U03 custom program setting state, press the program key again to enter the body fat test FAT setting state).

Body fat test setting instructions: After entering the body fat test setting state, the speed window displays the parameter function (F-X), and the time window displays the set value. Press the speed+/- keys to adjust the set value, and press the mode key to select the next setting.

The first item is gender (F-1) setting: initial value 1 (setting range 1-2, 1 represents male; 2 represents female)

The second item is age (F-2) setting: initial value of 25 (setting range: 10-99 years old)

The third item is height (F-3) setting: initial value 170 (setting range 100-220CM)

The fourth item is weight (F-4) setting: initial value 70 (setting range 20~150KG)

The fifth item is body fat (F-5) test: initial value---

Body fat test: After the setting is completed, enter the fifth item of body fat test, and the initial display is "---". At this time, hold both hands onto the heartbeat test steel plate for about 5 seconds, and the index of body fat test will be displayed.

Body fat index description: Body fat index is a measure of the relationship between a person's height and weight, suitable for any male or female, along with other health indicators, to provide a basis for adjusting weight. The ideal body fat index should be between 20 and 25. If it is below 19, it indicates that the weight is too light, if it is between 26 and 29, it indicates that the weight is overweight, and if it exceeds 30, It indicates obesity (note: this data is for reference only and cannot be used as medical data).

VIII. Description of hand held heartbeat function

Test method for hand held heartbeat function: Place the palms of both hands on the steel plates of the left and right handrails, and naturally grip them on the handles on both sides. After about 5 seconds,

The LCD heartbeat display window will display the initial value of the heartbeat. Please keep your hands still and the heartbeat display window will slowly change the display data. After 60 seconds, it will approach the current actual heartbeat value

Instructions for using the handheld heartbeat function: The following conditions may result in irregular heartbeat data:

1. During the grip test, the grip is too tight, please hold it moderately.
2. When running, holding the hand jump handle while testing will result in continuous changes in contact. When testing the hand jump, it is recommended to stop the movement, stand your feet on the edges of both sides, and hold your hands quietly.
3. When the hands are dry or cold, or when the skin on the palms is particularly thick.

Note: Due to the various testing methods and influencing factors, the hand held heartbeat test data is only used as a reference for exercise and cannot be used as medical data

IX. Description of the hibernation function

In normal use, the safety lock must be placed in the designated position of the Electric watch before the Electric watch can be operated and the safety lock can be removed. The window of the Electric watch displays E07 or "---", accompanied by a warning tone. If the safety lock is removed in the running state, the system will shut down quickly. After the safety lock is closed again, **all** movement data will be cleared.

X. Description of the safety lock function

In normal use, the safety lock must be placed in the designated position of the Electric watch before the Electric watch can be operated and the safety lock can be removed. The window of the Electric watch displays E07 or "---", accompanied by a warning tone. If the safety lock is removed in the running state, the system will shut down quickly. After the safety lock is closed again, all movement data will be cleared.

XI. MP3 Function Description

After power on, music can be played when connecting to an external MP3 or other audio device. The volume of playing music should be adjusted on an external MP3 or other audio device. Please control the volume to avoid affecting the quality of playing music and the audio control circuit inside the Electric watch.

XII. USB Function

When the USB stick is inserted after power on (when the MP3 hole is not inserted into the MP3 device), the Electric watch can play music in MP3 format in the USB stick.

The latest 60 built-in program data table 20 paragraphs

Time Program		Set the set time/20 time periods as the running time of the upper and lower time periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2

	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	5	3	2	3	2	1
P21	SPEED	4	5	4	4	4	2	3	3	5	3	2	3	3	4	5	3	4	5	5	3
	INCLINE	1	2	2	1	1	3	3	2	2	2	1	1	2	2	2	3	3	3	2	2
P22	SPEED	5	6	4	4	4	2	2	5	4	2	2	4	4	5	6	4	6	6	6	4
	INCLINE	2	2	3	3	3	4	4	3	2	2	1	2	2	2	2	3	3	2	2	2
P23	SPEED	2	4	4	4	4	2	4	5	3	2	2	4	4	6	6	4	7	7	7	4
	INCLINE	2	2	4	4	4	6	6	3	2	2	2	3	3	2	2	3	3	3	2	2
P24	SPEED	3	5	9	5	5	6	6	4	4	3	3	5	5	6	7	7	5	7	7	8
	INCLINE	2	2	4	4	4	6	6	3	2	2	2	3	3	2	2	3	3	3	2	2
P25	SPEED	3	4	5	4	3	3	6	5	4	2	2	4	4	5	6	7	7	5	6	7
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P26	SPEED	1	3	6	4	4	2	5	4	3	2	2	4	4	4	5	6	8	8	6	7
	INCLINE	3	4	4	4	3	3	3	4	3	2	3	5	5	5	4	4	4	3	3	3
P27	SPEED	4	5	3	3	3	6	6	5	3	3	2	3	3	3	4	5	3	4	5	3
	INCLINE	2	4	8	9	9	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P28	SPEED	1	3	4	4	4	2	3	4	4	2	2	3	3	6	7	7	4	6	7	4
	INCLINE	3	2	2	4	3	2	2	4	6	3	4	5	5	5	6	6	6	7	8	9
P29	SPEED	2	5	5	5	4	5	6	3	3	2	2	4	4	7	7	4	7	8	4	8
	INCLINE	5	5	8	8	9	9	9	7	4	2	5	5	5	6	6	6	4	4	6	6
P30	SPEED	6	6	5	4	4	2	4	4	3	3	2	4	5	6	7	5	4	6	8	8
	INCLINE	4	5	5	8	8	10	10	8	6	3	5	6	6	6	7	5	8	8	4	4
P31	SPEED	4	2	4	4	3	4	5	5	4	3	2	5	8	10	7	7	10	10	7	7
	INCLINE	2	4	5	6	3	2	5	5	2	0	4	5	3	2	6	6	2	2	2	2
P32	SPEED	5	5	2	2	4	5	5	7	6	3	3	4	9	9	5	9	5	8	5	9
	INCLINE	3	5	7	3	3	5	6	5	3	3	1	2	3	2	3	5	5	0	0	2
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	7
	INCLINE	2	0	0	5	5	3	2	3	2	1	3	3	5	6	5	3	3	7	5	3
P34	SPEED	2	3	4	5	6	5	4	3	2	1	2	2	4	5	9	9	4	4	4	5
	INCLINE	4	2	2	4	2	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P36	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	5	5	8	8	9	9	9	7	4	1	5	5	5	6	6	6	4	4	6	6
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	2	2	6	8	10	12	8	6	3	4	5	5	5	6	6	6	7	8	9
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	7	8	8	9	9	6	6	5	3	2	4	4	4	4	3	3	6	6	6	7
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	4	4	4	3	3	3	4	3	2	3	5	5	5	4	4	4	3	3	3
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P41	SPEED	3	4	5	5	3	4	5	4	4	4	2	3	3	4	5	2	3	3	5	3
	INCLINE	3	3	3	2	2	1	2	2	1	1	1	1	2	2	2	3	3	2	2	2

P42	SPEED	4	6	6	6	4	5	6	4	4	4	2	4	4	5	6	2	2	5	4	2
	INCLINE	3	3	2	2	2	2	2	3	3	3	1	2	2	2	2	4	4	3	2	2
P43	SPEED	4	7	7	7	4	7	7	4	4	4	2	4	4	6	6	2	4	5	3	2
	INCLINE	3	3	3	2	2	2	2	4	4	4	2	3	3	2	2	6	6	3	2	2
P44	SPEED	7	5	7	7	8	8	5	9	5	5	3	5	5	6	7	6	6	4	4	3
	INCLINE	3	3	3	2	2	2	2	4	4	4	2	3	3	2	2	6	6	3	2	2
P45	SPEED	7	7	5	6	7	8	8	5	4	3	2	4	4	5	6	3	6	5	4	2
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2
P46	SPEED	6	8	8	6	7	8	8	6	4	4	2	4	4	4	5	2	5	4	3	2
	INCLINE	4	4	3	3	3	3	4	4	4	3	3	5	5	5	4	3	3	4	3	2
P47	SPEED	5	3	4	5	3	4	5	3	3	3	2	3	3	3	4	6	6	5	3	3
	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	4	4
P48	SPEED	7	4	6	7	4	6	7	4	4	4	2	3	3	6	7	2	3	4	4	2
	INCLINE	6	6	7	8	9	9	9	10	10	10	4	5	5	5	6	12	12	8	6	3
P49	SPEED	4	7	8	4	8	9	9	4	4	4	2	4	4	7	7	5	6	3	3	2
	INCLINE	6	4	4	6	6	5	5	8	8	9	5	5	5	6	6	9	9	7	4	2
P50	SPEED	5	4	6	8	8	6	6	5	4	4	2	4	5	6	7	2	4	4	3	3
	INCLINE	5	8	8	4	4	4	5	5	8	8	5	6	6	6	7	10	10	8	6	3
P51	SPEED	4	4	3	6	6	10	10	5	5	9	2	5	8	10	7	9	5	5	4	3
	INCLINE	6	2	2	2	2	2	4	5	6	3	4	5	3	2	6	2	5	5	2	0
P52	SPEED	5	6	6	5	6	7	5	5	7	9	3	4	9	9	5	9	5	7	6	3
	INCLINE	5	5	0	0	2	3	5	7	3	3	1	2	3	2	3	5	6	5	3	3
P53	SPEED	4	4	3	6	7	9	5	8	5	9	3	6	7	5	9	5	9	9	4	3
	INCLINE	3	3	7	5	3	2	0	0	5	5	3	3	5	6	5	3	2	3	2	1
P54	SPEED	5	4	3	2	1	2	3	4	5	6	2	2	4	5	6	5	4	3	2	1
	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	4	4
P55	SPEED	6	4	4	2	2	2	4	6	8	6	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2
P56	SPEED	8	6	4	2	2	2	4	6	8	6	2	4	6	8	10	6	4	4	2	2
	INCLINE	6	4	4	6	6	5	5	8	8	9	5	5	5	6	6	9	9	7	4	1
P57	SPEED	3	4	4	3	2	2	2	6	6	8	2	2	6	6	8	10	6	6	2	2
	INCLINE	6	6	7	8	9	9	9	10	10	10	4	5	5	5	6	12	12	8	6	3
P58	SPEED	3	4	5	3	2	2	3	4	5	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	3	2
P59	SPEED	6	2	4	6	2	2	4	6	2	4	2	4	6	2	4	6	2	4	6	2
	INCLINE	4	4	3	3	3	3	4	4	4	3	3	5	5	5	4	3	3	4	3	2
P60	SPEED	5	4	3	2	1	1	3	4	5	6	1	3	4	5	6	5	4	3	2	1
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2

Treadmill AC system error message prompt description

Er01 : indicates that the electronic meter and the electronic control communication abnormal phenomenon prompt

Er01 Common problem-solving methods	The communication line of the Electric watch is not well connected, broken, and in poor contact	Please reconnect the communication cable
	The electronic meter has no signal output	Replace the Electric watch for maintenance
	Downward control no signal output	Replace the lower control and wait for repair

Er02: Indication of abnormal voltage measurement between the lower control and the motor

Er02 Common problem-solving methods	The motor wire is not properly connected	Check if the motor wires are connected correctly
	No voltage output or abnormal voltage output from the lower control to the motor	Replace the lower control and wait for repair
	Bad motor	Replacing the motor

Er03: Indication of abnormal speed detected by the lower control

Er03 Common problem-solving methods	PWM drive circuit failure on the lower control board	Replace the lower control, pending repair
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Er04 : Indicates the prompt for over-voltage protection information of the lower control motor

Er04 Common problem-solving methods	The load of the Treadmill greatly exceeds the rated working voltage of the motor	Recommended for use within the rated operating voltage of the motor
	Abnormal Treadmill motor	Motor replacement
	The lower control board motor over-voltage test line fails	Replace the lower control, pending repair

Er05: Indicates the prompt for over-current protection information of the lower control motor

Er05 Common problem-solving methods	The load of the Treadmill exceeds the rated working current of the motor,	Recommended within the rated operating current of the motor
	There is a problem with the assembly structure of the treadmill and the motor, causing motor resistance or blockage	Check whether the Treadmill structure is normal
	Failure of the downward control current limiting system	Replace the lower control, pending repair

E06: Indication of abnormal phenomenon of low voltage in the driving power supply of the lower control cabinet

E06 Common problem-solving methods	Supply voltage is too low	Please check whether the power supply line is normal
	The lower control board test line fails	Replace the lower control and wait for repair

E07: The electronic meter security lock is not placed

E07 Common problem-solving methods	Safety magnet escape	Please put the safety lock on the designated position of the Electric watch
	Electric watch safety lock system failure	Replace the Electric watch for maintenance

Safety exercise

Guide to getting started with sports

Preparation :

If you have health issues, and this is your first fitness exercise, please consult a doctor or professional before using it

Before using the electric Treadmill, please stand aside and get familiar with how to control it - such as starting, stopping and speed regulation, etc. You can use it only after you are familiar with it. Then stand on the plastic skid on both sides of the Treadmill and grasp the handrail with both hands, drive the machine to a low speed of 1.6~3.2 km/h, stand straight, look forward, and "punch" several times on the running belt with one foot; Then stand on the running belt and exercise with it. After feeling adapted, slowly increase the speed to 3-5 kilometers per hour. Maintain this speed for about 10 minutes, then slowly stop the machine.

Exercise :

Please stand next to it and familiarize yourself with how to control it - such as adjusting the speed and slope - before you can use it. Walk at a fixed pace for approximately 1 kilometer and record the time taken. This may take 15-25 minutes. When walking at a speed of 4.8 kilometers per hour, a distance of 1 kilometer will take approximately 12 minutes. After you can easily do this a few times, you can gradually increase the speed and slope, and continue for 30 minutes to get good exercise. Before strolling through the exercise program, it is important to be clear in your heart that you cannot be impatient. This type of exercise is for your own lifelong health, not just for overnight magic.

Exercise volume

Short cut - exercising for 15-20 minutes is a great way to save time.

Warm up for 2 minutes at a speed of 4.8 km/h, then increase the speed to 5.3 km/h and 5.8 km/h, each lasting for 2 minutes. Then increase the speed by 0.3 kilometers per hour every 2 minutes until you feel your breathing is faster but not difficult. Maintain this speed for exercise, and if you feel suffocated, reduce the speed by 0.3 kilometers per hour. Finally, leave 4 minutes to slow down. If you find it difficult to increase the intensity of exercise by increasing speed, then use the method of slowly increasing the slope. A slight increase in slope will greatly increase the intensity of exercise.

The method of consuming heat - this method will truly consume the heat.

Warm up for 5 minutes at a speed of 4 to 4.8 kilometers per hour, then increase the speed by 0.3 kilometers per hour every 2 minutes until you find it challenging to continue exercising for 45 minutes at a certain speed. In order to strengthen exercise, you can maintain this exercise speed during an hour long TV program, increase the speed by 0.3 kilometers per hour during each commercial insert, and then return to the previous speed for exercise in the next program. This way, during the advertising time and the subsequent increase in heart rate, calories will be fully consumed. Finally, leave 4 minutes to slow down.

Frequency of exercise:

The goal is to exercise 3-5 times per week for 15-60 minutes each time. It is best to set a schedule for exercise first, rather than exercising according to one's own preferences. You can control the intensity of the exercise by adjusting the speed and slope yourself. We suggest that you do not set a slope at the beginning; But when you want to increase the intensity of exercise, increasing the gradient of the electric Treadmill is a very effective way.

Before exercising, please consult a professional. He/she can help you recommend exercise frequency, intensity, and duration that matches your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, please stop immediately! Consult a professional before continuing to exercise.

If you often use the electric Treadmill, you can choose the normal walking speed or jogging speed when selecting the speed.

If you have no experience or cannot determine the most suitable testing speed, you can refer to the following guidelines: People with poor physical fitness at speeds of 1-3.0 kilometers per hour
People who are accustomed to sedentary or sedentary driving at speeds of 3.0-4.5 kilometers per hour

Regular speed walkers at speeds of 4.5 to 6.0 kilometers per hour

Fast walkers with speeds of 6.0-7.5 kilometers per hour

Slow runners with speeds of 7.5 to 9.0 kilometers per hour

Medium speed runners with speeds of 9.0-12.0 kilometers per hour

Experienced runners with speeds of 12.0-14.5 kilometers per hour

Excellent runners with speeds of 14.5-16.0 kilometers per hour

Please note that a speed of less than or equal to 6 kilometers per hour is more suitable for pedestrians; For runners, compare at a speed greater than or equal to 8.0 kilometers per hour

Exercise warm-up

Before exercising, it's best to do stretching exercises first. Warm muscles are easier to stretch, so warm up for 5-10 minutes first. Then stop and do the stretching exercise as follows - do 5 times, each leg for 10 seconds or more at a time, and do it again after the exercise is over.

1. Extend downwards: Bend your knees slightly, slowly bend your body forward, allowing your back and shoulders to relax, and try to touch your toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).
2. Foot tendon extension: Sit on a clean seat cushion and straighten one leg. Pull the other leg inward to make it snug against the inner side of the extended leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat for each leg three times (see Figure 2).
3. Extension of calf and foot tendons: Stand with two feet against a wall or tree, and one foot behind. Keep your hind legs upright and keep your feet on the ground, tilting towards the wall or tree. Hold for 10-15 seconds, then relax. Repeat for each leg three times (see Figure 3).

Quadriceps extension: Use your left hand to hold the wall or table for balance, then extend your right hand backwards, grab your right heel, and slowly pull towards your buttocks until you feel tension in the muscles in front of your thighs. Hold for 10-15 seconds, then relax. Repeat for each leg three times (see Figure 4).

5. Sartorius muscle (muscle on the inner side of the thigh) stretching: the soles of the feet are opposite, and the knees are facing outward. Grasp both feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

Maintenance Guidelines

Warning: Before cleaning or maintaining the product, be sure to unplug the power plug of the electric Treadmill.

Cleaning: comprehensive cleaning will extend the life of the electric Treadmill.

Regularly remove dust to maintain component cleanliness. Be sure to clean the exposed parts on both sides of the running belt, as this will reduce the accumulation of impurities under the running belt. Ensure that sports shoes are clean and avoid carrying foreign objects under the running belt to wear the running board and belt. The surface of the running belt must be wiped with a damp cloth soaked in soap. Please be careful not to splash water onto electrical components or under the running belt.。

Warning: Before moving the motor protective cover, be sure to unplug the power plug of the electric Treadmill. Open the motor protective cover at least once a year to vacuum and clean the motor. Use running belts and electric running special lubricating oil

The running board of the electric Treadmill and the running belt have been pre-coated with lubricating oil. The friction between the running belt and the running board has a great impact on the service life and performance of the electric Treadmill, so it is necessary to apply lubricating oil regularly.

We suggest conducting regular inspections of the board surface. If the board is damaged, please contact our customer service center.

We suggest applying lubricating oil between the running belt and running board of the electric Treadmill according to the following schedule: (usage is shown in the following figure)

Lightweight users (less than 3 hours per week) once a year;

Middleweight users (3-5 hours per week) once every 6 months;

Heavy user (over 5 hours per week) every 3 months.

Running belt adjustment:

In order to better maintain your electric Treadmill and extend its service life, it is recommended that you continue to use it for 2 hours. Turn off the power and let the machine rest for 10 minutes before use. If the running belt is too loose, there may be slipping during running; if too tight, it may reduce motor performance and exacerbate the wear of the drum and running belt. When the tension of the running belt is suitable, you can lift both sides of the running belt away from the running board approximately 50-75mm

Running belt centered.

Place the electric Treadmill on the flat ground.

Run the electric Treadmill at a speed of about 6-8 km/h and observe the deviation of the running belt.

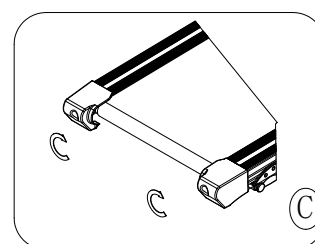
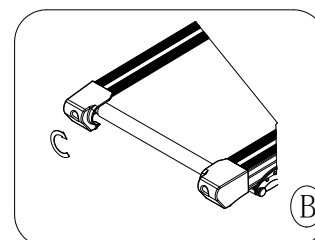
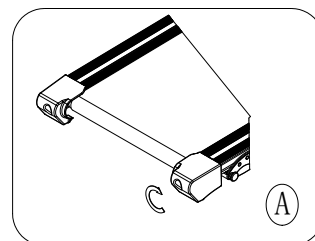
If the running belt is to the right, pull out the safety lock and power switch, rotate the right adjusting bolt 1/4 circle clockwise, insert the power switch and safety lock, make the Treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure A.

If the running belt is to the left, pull out the safety lock and power switch, rotate the left adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, make the Treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered.

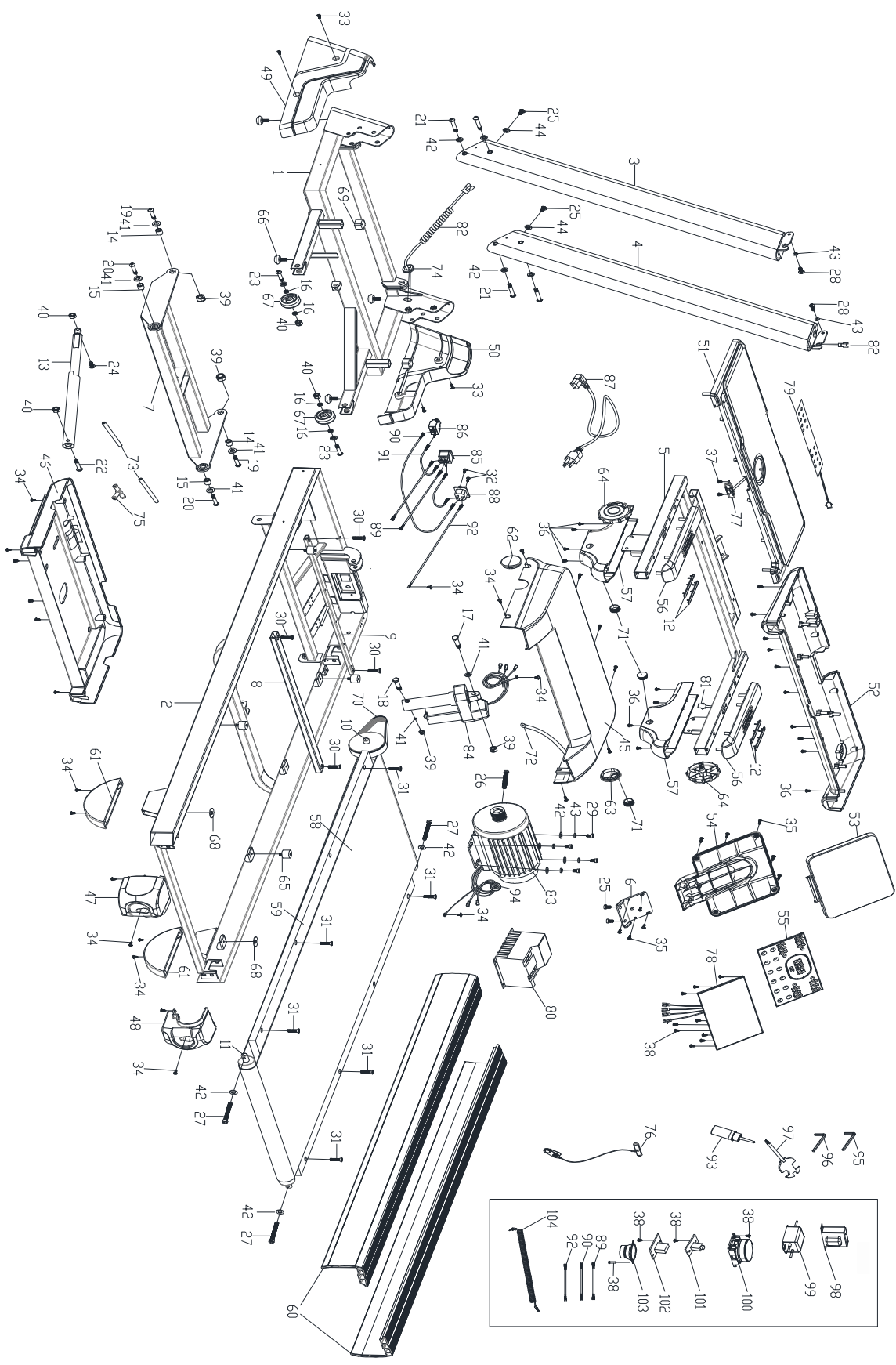
Figure B

The running belt will gradually loosen after the above adjustments or use for a period of time, and needs to be adjusted.

Unplug the safety lock and power switch, and at the same time, rotate the adjusting bolts on the left and right sides for 1/4 turn clockwise, insert the power switch and safety lock to make the Treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the tension of the running belt is moderate. Figure C



Explosive View



Explosion details

S/N	Name	PSN	QTY	Remarks	Serial number	Name	PSN	Qty	Remarks
1	base		1		53	Core panel		1	
2	Main frame		1		54	Movement back cover		1	
3	Left pillar		1		55	Movement frame		1	
4	Right pillar		1		56	Armrest cover		2	
5	Watch stand		1		57	Armrest undercover		2	
6	Core fixing plate		1		58	Running belt		1	
7	Lifting frame		1		59	Running board		1	
8	Running board cushion tube		1		60	Sidebar		2	
9	Refueling bracket		1		61	Semi-circular rubber feet		2	
10	Front drum		1		62	Kong Saki Left		1	
11	Rear drum		1		63	Kong Saki Right		1	
12	Handheld tablet		4		64	Armrest limit knob		2	
13	Ascended spacer sleeve		1		65	Cushion with teeth		4	
14	Lifting spacer sleeve		2		66	Adjust the foot pads		4	
15	Short lift spacer sleeve		2		67	Handling wheel		2	
16	Handling wheel spacer sleeve		4		68	Rubber gasket		2	
17	Allen head bolts	M10*40	1		69	Outer tube plug		2	
18	Outer hexagonal bolt	M10*55	1		70	Multi wedge		1	
19	Inner hexagonal bolt	M10*30	2		71	Tube plugs		3	
20	Inner hexagonal bolt	M10*25	2		72	Refueling tub		1	
21	Inner hexagonal bolt	M8*55	4		73	Refueling pipe branch		2	

22	Inner hexagonal bolt	M8*45	1		74	Annular wire protection plug		1	
23	Inner hexagonal bolt	M8*40	2		75	T-shaped tee		1	
24	Inner hexagonal bolt	M8*25	1		76	Safety lock assembly		1	
25	Inner hexagonal bolt	M8*20	4		77	Safety lock sensor		1	
26	Outer hexagonal bolt	M8*35	1		78	Electric watch		1	
27	Hexagon bolt with cylindrical head	M8*65	3		79	Film button		1	
28	Hexagon bolt with cylindrical head	M8*12	2		80	controller		1	
29	Hexagon bolt with cylindrical head	M8*20	4		81	Upper line of Electric watch		1	
30	Inner hexagonal bolt	M6*12	4		82	Lower line of Electric watch		1	
31	Inner hexagonal bolt	M6*25	6		83	AC motor		1	
32	Cross countersunk head self tapping and self drilling screws	ST4*12	2		84	Lifting motor		1	
33	Cross recessed head self tapping and self drilling screws	ST4*19	4		85	rocker switch		1	
34	Cross recessed head self tapping and self drilling screws	ST4*12	28		86	Overload protector		1	
35	Cross recessed head self tapping and self drilling screws	ST4*10	9		87	Power cord		1	Plug according to order
36	Cross recessed head self tapping and self drilling screws	ST4*15	26		88	Pin z concave socket		1	
37	Cross recessed head self tapping and self drilling screws	ST2.9*9.5	2		89	Blue single branch line		2	Add with CE 1
38	Cross recessed head self tapping and self drilling screws	ST2.3*6	28		90	Brown single branch line		2	dd with CE 1
39	Hexagon lock nut	M10	4		91	Brown single branch line		1	
40	Hexagon lock nut	M8	4		92	Grounding wire		1	Add with CE 1

41	Flat gasket	∅ 10	6		93	Silicon oil bottle		1	
42	Flat gasket	∅ 8	15		94	Magnetic ring		1	
43	Standard spring pad	∅ 8	6		95	Inner hexagonal wrench	5#	1	
44	Arc spacers	∅ 8	2		96	Inner hexagonal wrench	6#	1	
45	Motor upper cover		1		97	Cross open end wrench	13 14 15	1	
46	Motor lower cover		1		98	inductance		1	Optional
47	Left rear tail cap		1		99	filter		1	Optional
48	Right rear tailgate		1		100	Shuttle		1	Optional
49	Base cover left		1		101	MP3 module		1	Optional
50	Base cover right		1		102	USB module		1	Optional
51	Upper cover of Electric watch		1		103	horn		2	Optional
52	Lower cover of Electric watch		1		104	Audio spring cable		1	Optional