



Multi-functional Mute Hydraulic Handrail Treadmill

A90-128



Instructions of Multi-functional Mute Hydraulic Handrail Treadmill

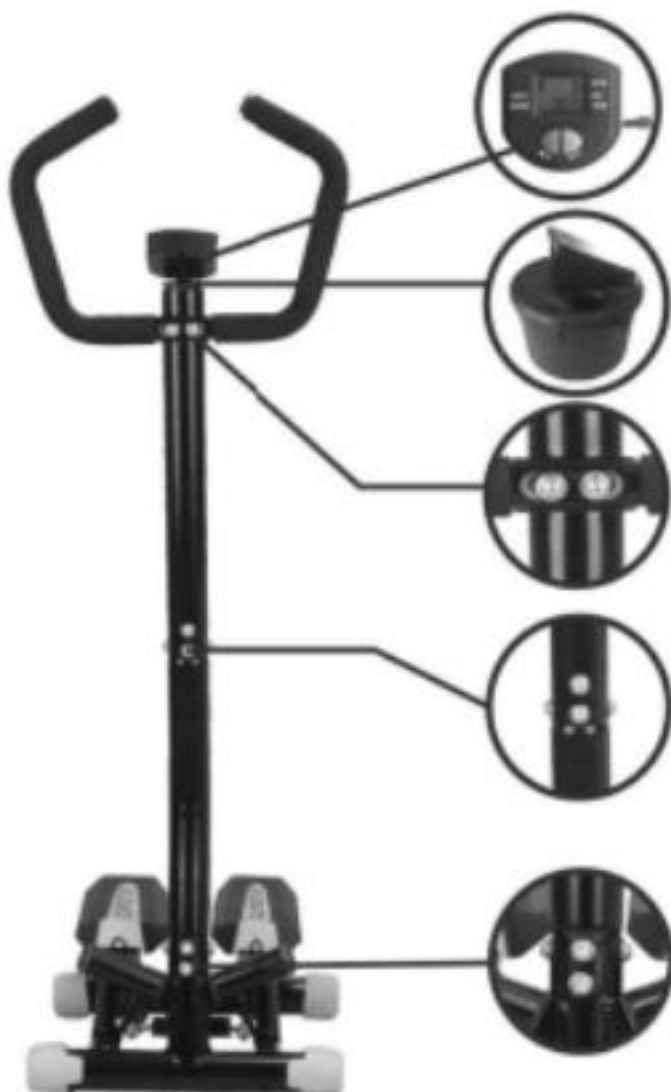
Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc.
7. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
8. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg.
9. The equipment is not suitable for the use as medical appliance.
10. The oil cylinder of the product may have oil leakage when using, please put the equipment on a mat at any time to avoid making the ground dirty.
11. During the use, the oil cylinder may become hot because of friction, please do not touch the cylinder by hand before it gets cool.

Product Details



Product Installation Diagram



5. Connect the induction thread to the thread of the electronic meter, and insert the electronic meter into the base as shown in the picture.

4. Insert the electronic meter base into the upper pipe as shown in the picture and stuck it.

3. Fix the handrail on the upper pipe and then use the arc gasket and screws to fix it as shown in the picture and tighten it.

2. Pass the induction thread through the upper pipe and put the upper pipe into the lower pipe, then fix them with the arc gasket and screws as shown in the picture and tighten it.

1. Pass the induction thread through the lower pipe and put the lower pipe into the main engine, then fix them with the arc gasket and screws as shown in the picture and tighten it.

Using Instructions Electronic Display



Function Description

Scan: automatically show each function parameter in sequence

Time: from 0 to 99: 59

Calorie: accumulating calorie consumption when exercising, only for reference, can not be referred as medical parameter

Counting: accumulating the times of steps

The step speed rate in one minute

Mode: can select every function button, if pressing continuously for 3 seconds, all parameters are zeroed and recounting again.

Important prompt: any input will start the display, press the mode button, four functions can be selected (time/minute, time, calorie, automatic scan). The small arrow on the display screen will display the function corresponding to the 4 arrows on the display screen

Automatic scan: the display screen will automatically display time/minute, time, calorie each for 4 seconds in one time under this state.

Automatic shutdown: if no signal is input continuously for 4 minutes, the display screen will shut down automatically. Step exercise or touching the mode button will input the signal again.

Start the Exercise

Important prompt: please put the treadmill on the flat and stable ground, it is suggested to put a mat under it in case of damaging the ground after long time using the treadmill.

First step: stand on the ground at the back of the treadmill, put your left leg fully on the left tread and step down until it touches the bottom

Second step: put your right leg fully on the right thread.

Third step: start the step exercise in a slow rhythm and get familiar with the unique step rules slowly. If needing to adjust the resistance of the thread, firstly step down from the treadmill, then adjust the button or resistance control level.

Exercise frequency:

It is suggested to exercise every other day. At the beginning, 5 minutes are enough, then can be extended to 15 minutes, until to 30 minutes, or you can finish three times with each time 10 minutes. You can also exercise every day. Remember do not exercise excessively!

Restoration after exercise:

To reduce the muscular soreness in the following days, it's important to do some stretch exercise after exercising. In addition, drink some water and take some deep breath to relax your body, which will make you feel good and have a sense of achievement!

Warm prompt: please add some lubrication oil appropriately on the product components after using for some time in case of feeling stiffness during the use to maintain the product in the optimum operation state.

Trouble Shooting

Troubles	Solutions
Treads can't be rotated smoothly or stop rotating	<ol style="list-style-type: none"> 1. This problem is usually exerted because of long time use. The step resistance exerting heat will result in slow rotation. If needing the treads to rotate flexibly again, just wait the oil cylinder to cool down. 2. Adjust the rotation button resistance appropriately if the treads resistance is too big. 3. Change the oil cylinder if it's damaged.
Harsh voice or other noises given out when exercising	<p>Firstly make sure that all the screws and nuts are all tightened. Secondly add a small amount of lubrication oil to reduce friction and noises. Places where friction is frequently happened include branch pipe of foot straps and sprocket area.</p>
Electronic meter doesn't show anything	<ol style="list-style-type: none"> 1. Battery is uninstalled. Uncover the back box cover and install the battery. 2. Ineffective contact. <ol style="list-style-type: none"> A. Ineffective contact of the battery: B: The distance between the inductor and the electronic meter is not right. Adjust the distance between the inductor and the electronic meter until the electronic meter can show normally. 3. The connection line is unplugged. Check the connection line. 4. The step angle is too low. Readjust the treadmill angle. 5. The electronic meter is broken. Change the electronic meter.

