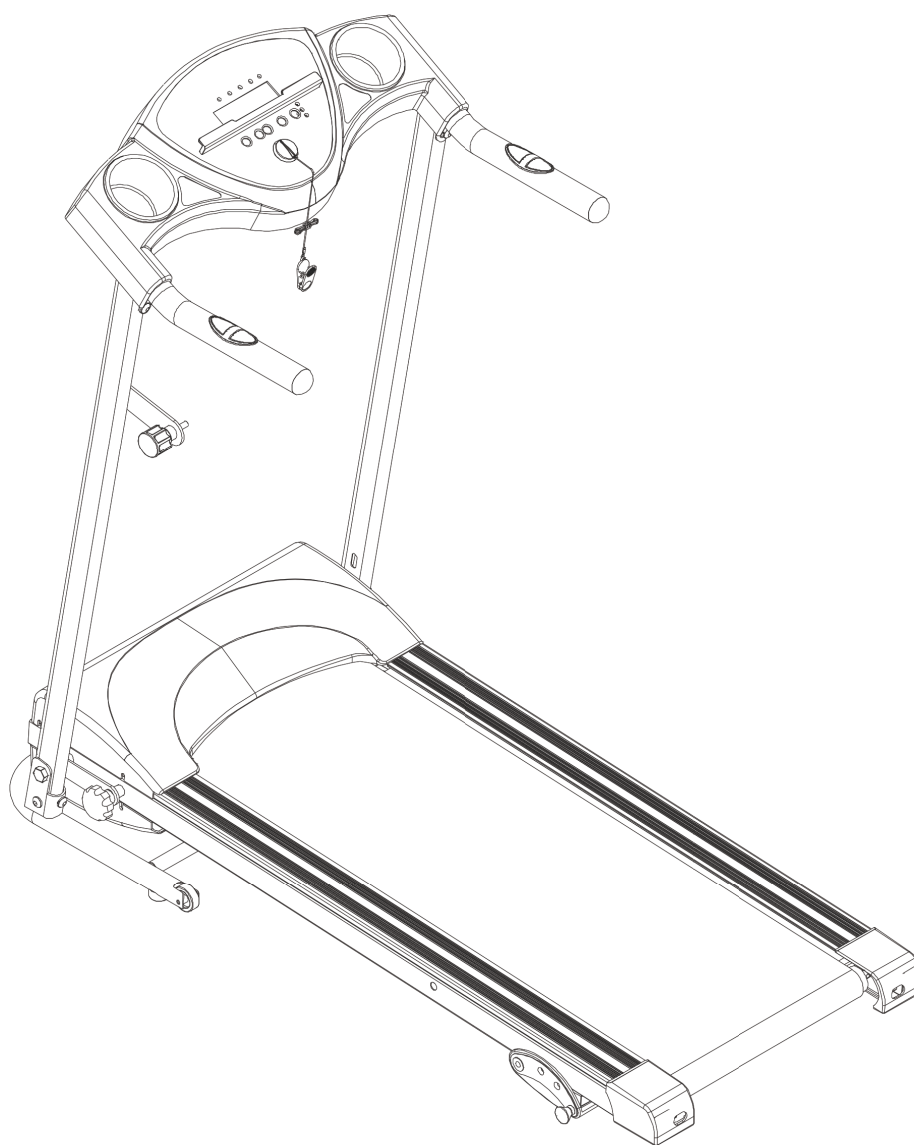




INadd003V01_UK

A90-031V70

MOTORIZED TREADMILL



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

UESR'S MANUAL

1. CAUTION

To avoid any hurts, please read this manual carefully before using.



- For safety purpose do not stand on running belt while start.
- Please stop immediately for any feeling of vomit、 jerky during using.
- Please speed up slowly if needed.
- Adjustment of belt is prohibited during using.
- It is suggested to wear sports shoes when using the machine.
- Children、 elder、 pregnant women、 patients are prohibited to use the machine.
- Please clip the safety key on your clothing during using.
- Please firmly hold the hard bars during using.

2. SAFETY AND NOTIICE

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
 - ① Outdoors.(The machine is specially designed for indoor use only)
 - ② Slant ground or slant places on balcony.
 - ③ Sunlight area or near heater.
 - ④ Big noisy places.
- The proper power for the machine is a.c 220V~240V.
- Error may be appeared if the power is not stable. Please do not use the same socket together with computer、 air conditioner etc.
- It is suggested to wear sports shoes and gym suit when use the machine.
- Please speed up or speed down slowly.
- Be careful of children or other objects while fold and unfold the machine.
- Do not put the machine near to wet object. Error maybe caused by waterdrop.

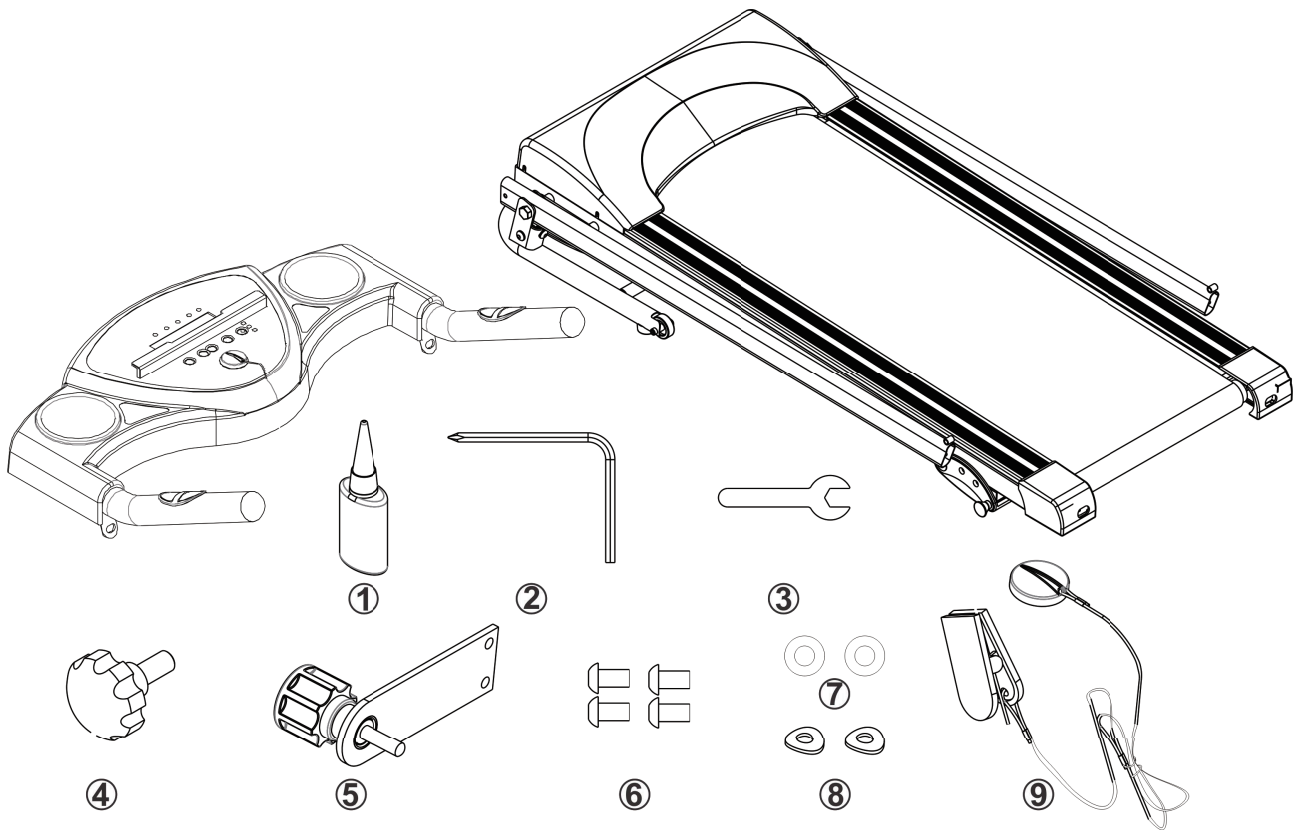
3. CAUTION DURING USE

- If you do not feel well before using, please consult with your doctor or coach.
- It is not our company's responsibility for any improper use by user to cause body injured.
- Please pull up plug after using.
- Please pull out plug for any movement or change parts for the machine.
- Children、elder and pregnant women are prohibited to use the machine. Patients need doctor's consultant before using.
- Please place the machine on flat places. Do not locate any objects 2M behind the machine.
- Do not start the machine when it is folded.
- Waterdrop is prohibited to run into the machine , especially to motor, power line and plug.
- Danger may cause if wearing long dress or other unsuitable dresses during use.
- Encloser spaces, air uncirculated places and with flammability places are prohibited to use the machine.
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without conduct of professional person.
- Please make sure the running belt is fastened before using.

4. Technical Specification

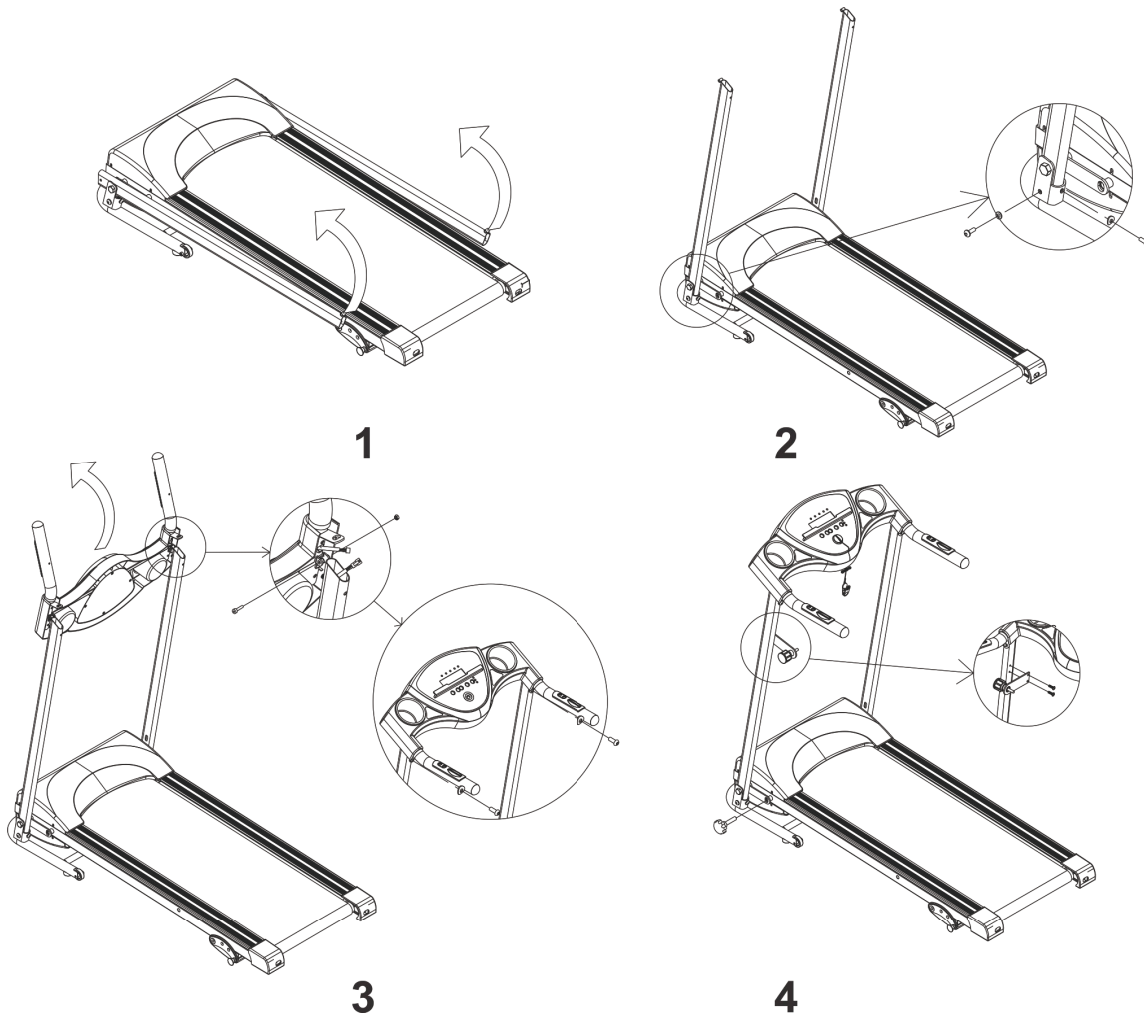
Product Name	Treadmill
Power	0.75HP
Voltage	220V~240V
Frequency	50Hz
Speed	1-10km/h
Net Weight	28.5kg
Maximum Weight	100kg

5. Hardware and Tools



Serial NO.	Part Name	Spec	qty	unit
1	Silicon oil		1	PCS
2	M5 L-shape wrench	M5	1	PCS
3	Open Spanner		1	PCS
4	Fixed Knob	M12x20	1	PCS
5	Stretch Knob	M16x35	1	PCS
6	M8 Screw	M8x16	4	PCS
7	Flat Screw pad	M8	2	PCS
8	Curved screw pad	M8	2	PCS
9	Safety key		1	PCS

6. Assemble Instruction



1. Open box, put machine and all accessories to ground.

2. Pull up upright tubes, use M8*16 screws, φ8 flat screw pads and φ8 curved pads to fix upright tubes to base frame. At this stage, please do not tight up all screws.

3. Remove the pre-installed screws at the top of tubes, put panel to proper position and use M6*25 hex screws and M6 self lock nut to fix panel to upright tubes. Then connect the wire at right side of upright tube. Pull panel to horizon level, use M8*16 screws, φ8 flat screw pads and φ8 curved pads to fix panel to upright tubes.

4. Remove pre-installed cross head screws on left upright tube, then fix the stretch knob parts to left upright tube. Screw M12*20 fixed knob to base frame, put safety key on panel. All assembling finished.

7. Control Panel



①SPEED (KM/H) : 1.0~9.9KM/H ②DISTANCE (METER) : 1~9999METER

③CALORIE (CAL) : 1~9999CAL ④TIME (MINUTE : SECOND) : 00:00~60:00

1.Plug in the power, open the power switch (display“ERR”) , put on safety key (display“OFF”)

2.Screen display“OFF”, Press“ON/OFF”key, the machine will start by 1km/h after 3 seconds。 And then press“ON/OFF”key, the machine will stop。

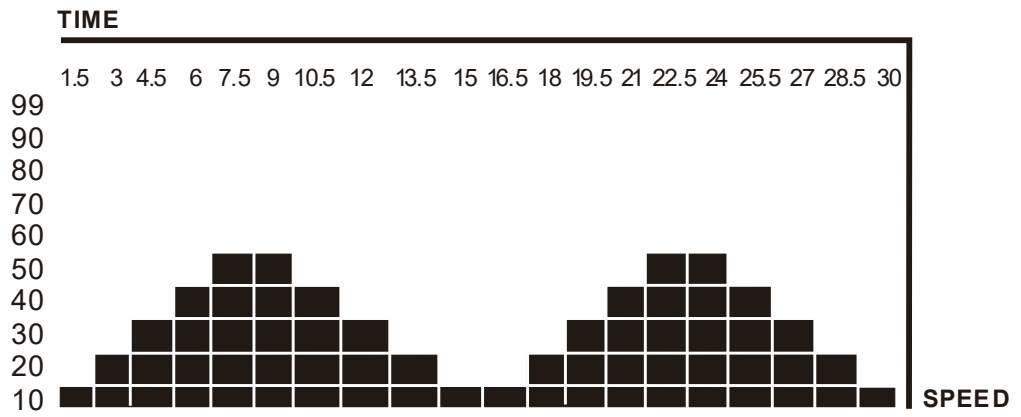
3.Press “+”key for speed up and “-” for slow down, the lowest speed is 1.0KM/H, the fastest is 9.9KM/H。

4.Press“MODE”key, the screen will display from SCAN、 DIST、 TIME and CAL。

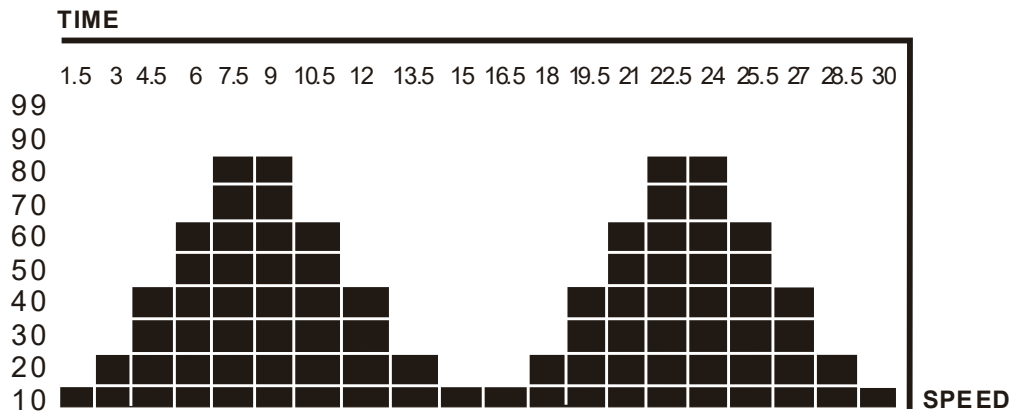
5.Press“AUTO”key, select auto mode P1-P2-P3, the light on means the machine worked

8. Auto Mode

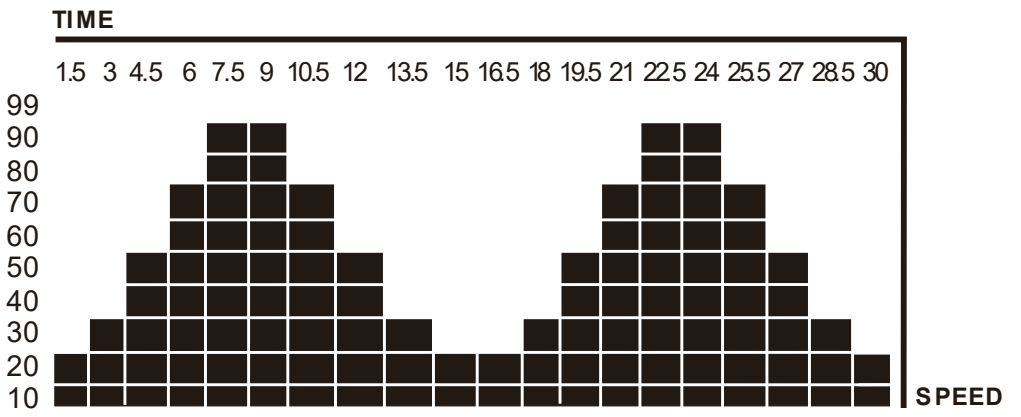
P1



P2

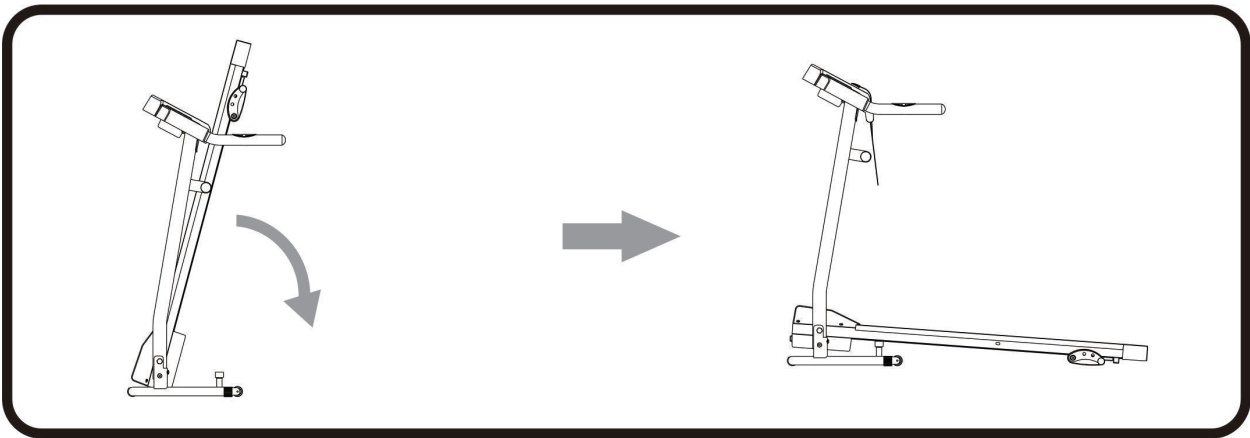


P3

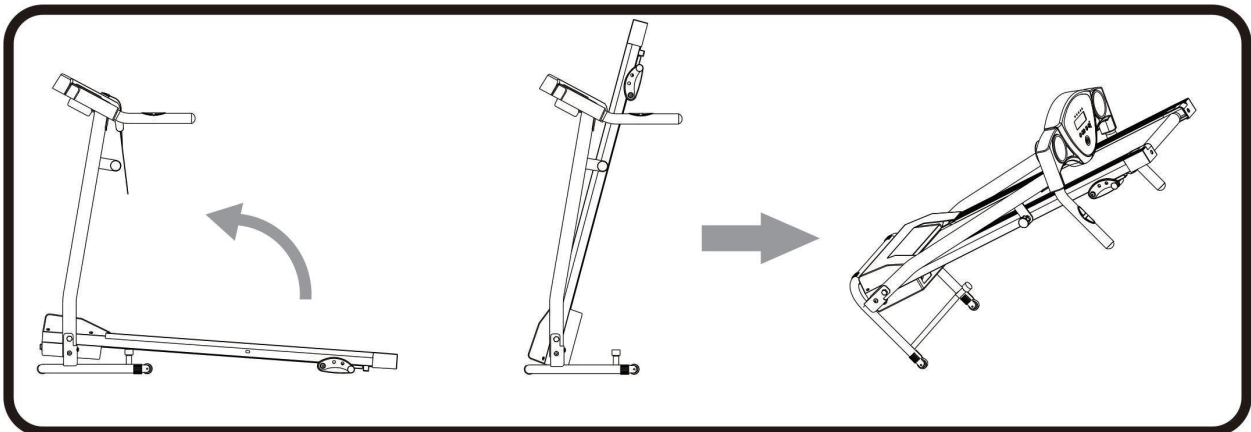


9. Unfold Fold and Move

Unfold: Put the machine on the ground smoothly, open the handrail and tensile Knob.



Fold and Move: After use, please fold the machine and insert the tensile Knob. If the long time does not use the machine can be pushed to the idle position space saving.



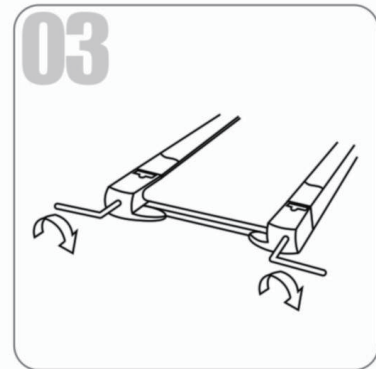
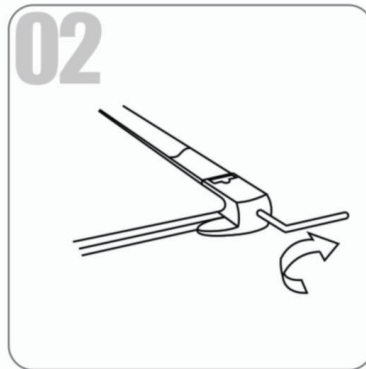
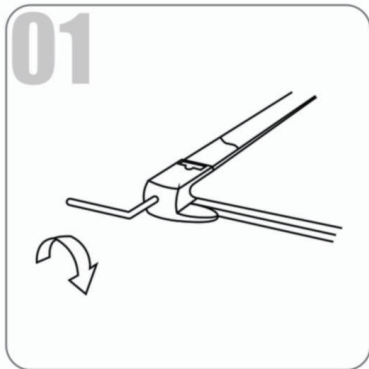
10. USAGE OF SILICONE OIL

Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.



11. Running belt Adjustment

Unfold: Put the machine on the ground smoothly, open the handrail and tensile Knob.



(1) Running belt deviate to left

Start the machine by speed at 2-3Km/h without loading, use die nut to make the screw go 1/4 circle(see fig1). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

(2) Running belt deviate to right

Start the machine by speed at 2-3Km/h without loading, use die nut to make the screw go 1/4 circle(see fig2). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

(3) Running belt logjam

If the running belt is in dead condition, use die nut to make the screw 1/2 circle both left and right till this logjam solved.

12. Daily Maintain

1. Please switch off and cut off power before checking the machine or clearance.
2. Clear belt and dial plate after used, one time every week at least.
3. Check and tight screws and spines at fixed period.
4. Do not hang up clothes etc to the machine,

13. Trouble Shooting

Error Code	Meaning	Problem	Solution
Err(or E00)	No Safety key on Panel	Safe key button is not on properly put on	1. Properly put on safe key button 2. Err(or E00) still shows or there is no function, change the computer screen/display monitor.
E2	Control Board Error	Control board is broken or pseudo soldering on control board	Replace control board
E4	Control Board Error	Control board is broken	Replace control board
E5	Over current Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if it's not blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall off	1. Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded max load weight	1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code still shows.