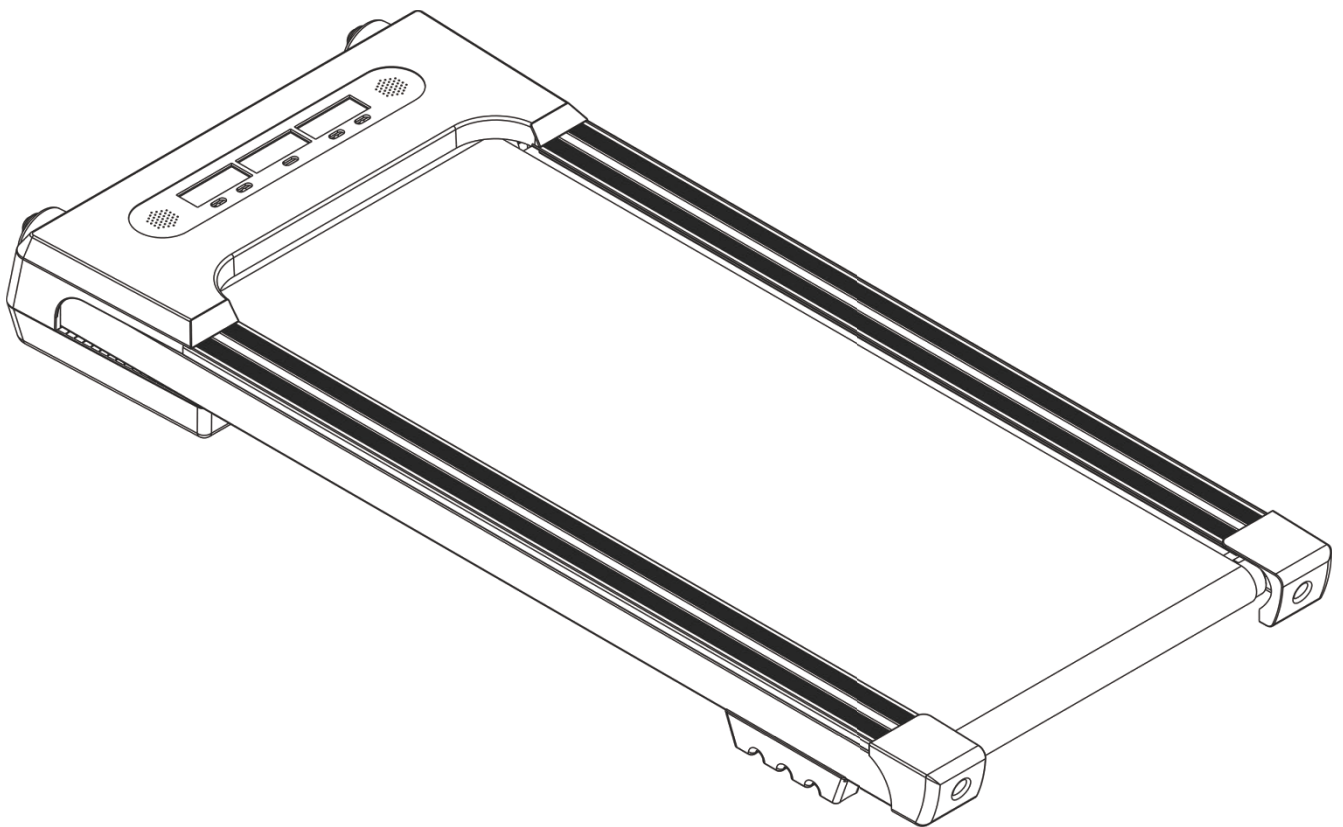# TREADMILL

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 increase speed 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.

2. SAFETY 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.
- 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 increase or decrease speed slowly.
- Do not put the machine near to wet object. Error maybe caused by water drop.

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.
- Water drop 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
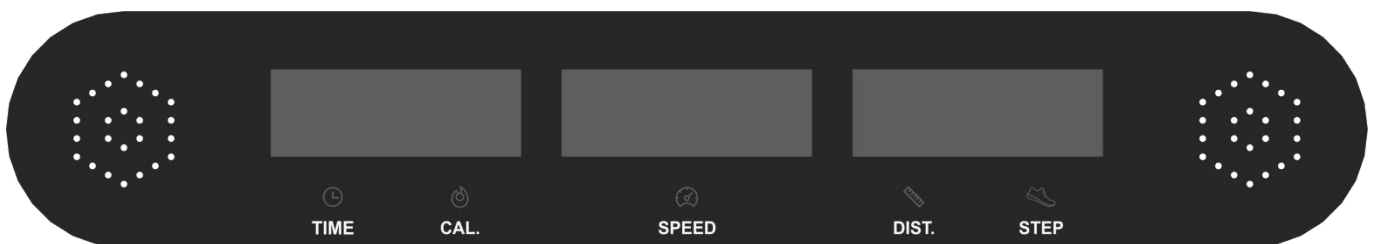
the machine.
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without conduct of professional person.
- Please make sure the running belt is fastened before using.

4. Technical Specification

Product Name	Treadmill
Item No.	A90-326
Power	0.75HP
Voltage	100-110V
Frequency	50Hz
Speed	1-6km/h
User Capacity	100KG

5. Control Panel

TIME　　CAL.　　　　SPEED　　　　DIST.　　STEP

(1) Display

1.1 **"TIME" window** has two modes which shows the running time.①Forward counting time is from 0:00 to 99:59 minutes. ②Countdown is count to 0 from the set time(setting range: 5:00~99:00 minutes). The machine will stop slowly when it counts to 0:00 and shows" end", then the machine will come to the standby mode after 5 seconds.

"STEP "window shows the steps. It counts from 0 to 9999 steps. It will recount when the step numbers reaches the top point.

Note:The window will be switched from TIME and STEP cyclically, you can press" M" button to switch between cyclic display mode and single display mode in motion state.

1.2 **"DISTANCE"window** has two modes which shows the current movement distance. ①In the forward counting mode, the distance will be increased from 0.0 to 99.9 miles, it will recount if the distance reaches the top point. ②In the distance countdown mode, the distance will be decreased from the setting data(setting range:1.00~99.00miles) to 0 . The machine will stop slowly when it counts to 0:00 and shows" end", then the machine will come to the standby mode after 5 seconds.

"CALORIES"window has two modes which shows the calories.①Forward mode counts from 0 to 9999, it will recount when it reaches the top point. ②countdown mode will count from setting calorie data(setting ranges 20~990) to 0. The machine will stop slowly when it counts to 0:00 and shows" end", then the machine will come to the standby mode after 5 seconds.

Note: The window will be switched from DISTANCE and CALORIES cyclically, you can press" M" button to switch between cyclic display mode and single display mode in motion state.

1.3 **"SPEED" window** shows the current running speed, the setting range is 0.5MPH~6.0MPH. The speed will +/- 0.1MPH every time you click "+/-" button. P1 ~ P12 are displayed under the setting of automatic selection.

1.4 After the treadmill is started, every window will be displayed cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.
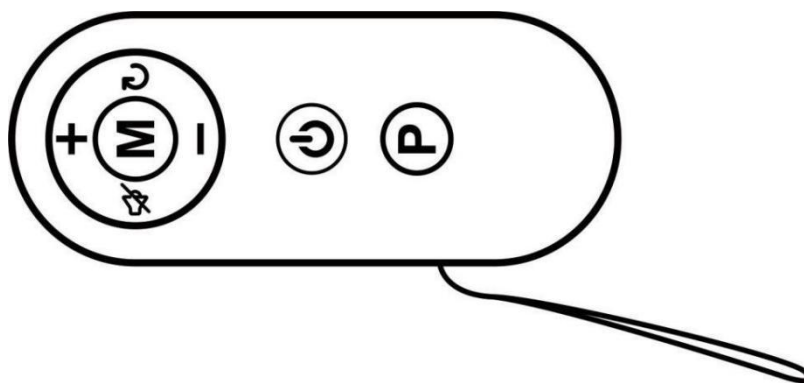
(2) Function Of The Remote Control

2.1 ⏻ "Start/Stop":

(1) In standby or countdown mode: Pressing "start/stop" button to start the machine. Note: The default speed is 0.5MPH/H.

(2) Choose the preset program: Pressing "start/stop" to start the machine and the speed will changes according to the preset speed.

(3) In running state: Pressing "start/stop" , then the treadmill will stop slowly and back to standby state.

2.2 "+""-"button is to adjust speed. Keep pressing "+"/"-" over 0.5 seconds, the speed will keep increasing or decreasing. Note: The speed will change by 0.1mph.

2.3 "M":①In standby mode: it can switch from different mode, including Time, Distance and Calories. ②In running mode: press "M" button will switch display mode between cyclic display mode and single display mode.

2.4 "P": There are P01~P12, totally 12 preset programs you can choose in standby mode.

2.5 Press the " ✖ " once to mute the machine, and press it again to resume the beep sound.

2.6 After use, press " ⏻ " button, treadmill will stop slowly and it will retain its data until power off.It will resume the previous speed when start again.

"Reset": Press the " ↺ " button, the data will reset. It only works when treadmill is in standby mode.

(3) Functional Instruction

3.1 Sports mode: Press "start" key to start the machine and the SPEED window will count from"3 2 1 ". Please note that the default speed is 0.5MPH and you can press"+""-" to adjust speed.

3.2 Countdown mode: when in standby, press"M" key to choose countdown for time, distance and calories. Press "+""-" to set relevant data. After setting, press"start/stop" to start the treadmill, it will count down from the set data, the machine will stop by itself when it counts to 0.

3.3 Preset program(P01~P12): choose one program first and then press "+""-" to set the running time(ranges 5:00~99:00, and the default time is 30:00), press "start/stop" to start the machine, it will run according to the preset speed and speed will change according to the time "(Time/20)".

PROGRAMA	TIME	SET TIME/1.2=RUNNING TIME FOR EACH SECTION																		
P01	SPEED	1.2	1.2	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	3.1	1.9	1.2
P02	SPEED	1.2	1.9	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P03	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.4	4.4	4.4	2.5	4.4	4.4	2.5	2.5	2.5	1.2	3.1	1.9	1.9	1.2
P04	SPEED	1.2	3.1	3.1	3.7	3.7	3.7	3.7	2.5	2.5	1.2	1.2	2.5	4.4	3.7	3.7	3.7	3.7	3.7	2.5	1.2
P05	SPEED	1.9	1.9	3.1	4.4	3.7	3.7	5	3.1	3.1	5	5	3.1	3.7	3.1	5	3.1	4.4	3.1	2.5	1.9
P06	SPEED	1.9	5	5	4.4	5	3.7	5	3.7	2.5	1.2	3.1	2.5	4.4	3.7	3.7	3.7	5	3.7	2.5	1.9
P07	SPEED	1.9	2.5	3.7	3.7	5	3.7	5	4.4	3.1	3.7	3.7	3.7	3.7	4.4	5	4.4	3.7	3.7	3.1	1.9
P08	SPEED	1.9	3.1	3.7	4.4	5	5	4.4	5	2.5	4.4	4.4	2.5	4.4	4.4	5	4.4	5	4.4	3.1	1.9
P09	SPEED	2.5	4.4	1.9	4.4	4.4	4.4	5	5	3.1	5	3.7	4.4	3.7	4.4	5	5	4.4	4.4	3.1	1.9
P10	SPEED	2.5	3.1	1.9	5	5	5	5	5	2.5	5	3.1	2.5	4.4	5	4.4	4.4	5	4.4	3.7	2.5
P11	SPEED	2.5	5	3.7	5	4.4	3.7	3.7	5	3.1	5	5	3.7	3.7	3.7	3.7	3.7	4.4	5	5	1.2
P12	SPEED	2.5	2.5	4.4	5	1.2	5	5	5	5	5	5	5	4.4	5	5	1.2	5	5	5	1.2

(4) About the Remote Control

4.1 Pull out the insulating sheet, you can use the remote control directly.

4.2 The remote control can directly control the treadmill.

4.3 If you have purchased multiple treadmills, in order to prevent the treadmills from interfering with each other, please perform the following operations to match.

4.3.1 Turn on the treadmill.

4.3.2 Simultaneously press the left and right buttons on the remote control for 5 seconds. The display will flash, and the treadmill and the remote control will be paired.
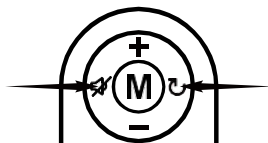
4.3.3 Please note: After matching the remote control, if the remote control is replaced, please perform the matching again according to the above operation.

6. Bluetooth Speaker Instructions

Turn on the Bluetooth switch in the phone settings, find the available Bluetooth devices in the Bluetooth device connection selection, then select and connect the available Bluetooth audio devices.

7. 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.

8. Runbelt Adjustment
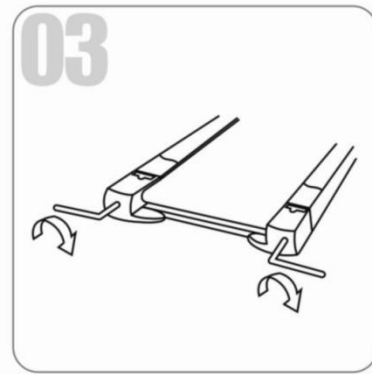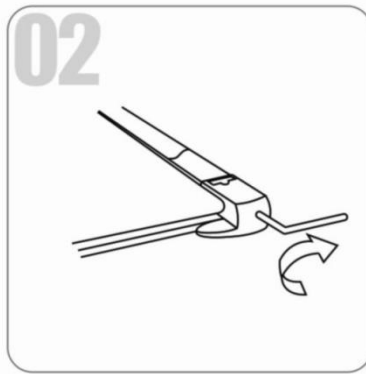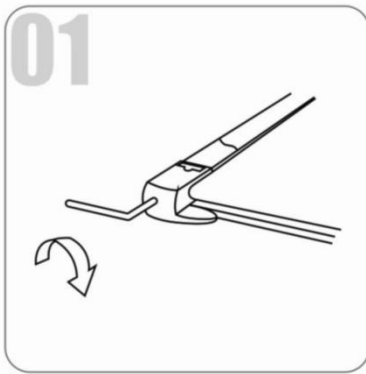
(1) Running belt deviate to left

Start the machine by speed at 2-3mph/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 2-3mph/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.

9. DAILY MAINTAINANCE

1. Please disconnect power before checking the machine or cleaning.
2. Clear belt and dial plate after use, at least once a week.
3. Check and tighten screws and spines at fixing point.
4. Do not hang clothes or other objects on the machine.

10. Trouble Shooting

Error Code	Meaning	Problem	Solution
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.