F40 Treadmill

FREEFORM

Operating Instructions Manual

Special tips:

1. Please read this operation manual carefully before installation and operation.
2. Save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger–To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
3) Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
4) Place your unit on a solid, level surface when in use.
5) Never allow children on or near the treadmill.
6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
7) Keep hands away from all moving parts.
8) Never operate the treadmill if it has a damaged cord or plug.
9) Keep the cord away from heated surfaces.
10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
11) Never drop or insert any object into any openings.
12) The treadmill is intended for in-home use only and not suitable for long time running.
13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
15) Use handrails provided; they are for your safety.
16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
17) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

WARNING:

Once finding any breakdown or damage occurred, stop the treadmill and consult with local agent to find out the solution. In order to secure the personal safety, don't make any maintenance without a qualified engineer.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2) NEVER operate treadmill on Generator or UPS power supply.
3) NEVER remove any cover without first disconnecting AC power.
4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

1) Insert the power plug into the socket directly.
2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
5) In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
6) Always hold on to handrail while making control changes.
7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
10) Please consult your doctor at first before running, if you have one of the following diseases:
    a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
    b. If you are over 35 years old and heavier than common weight.
    c. Women in pregnant or in breasting period.
11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for ages above 35 or people with existing health problems. We take no responsible for any accidents or injuries if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:
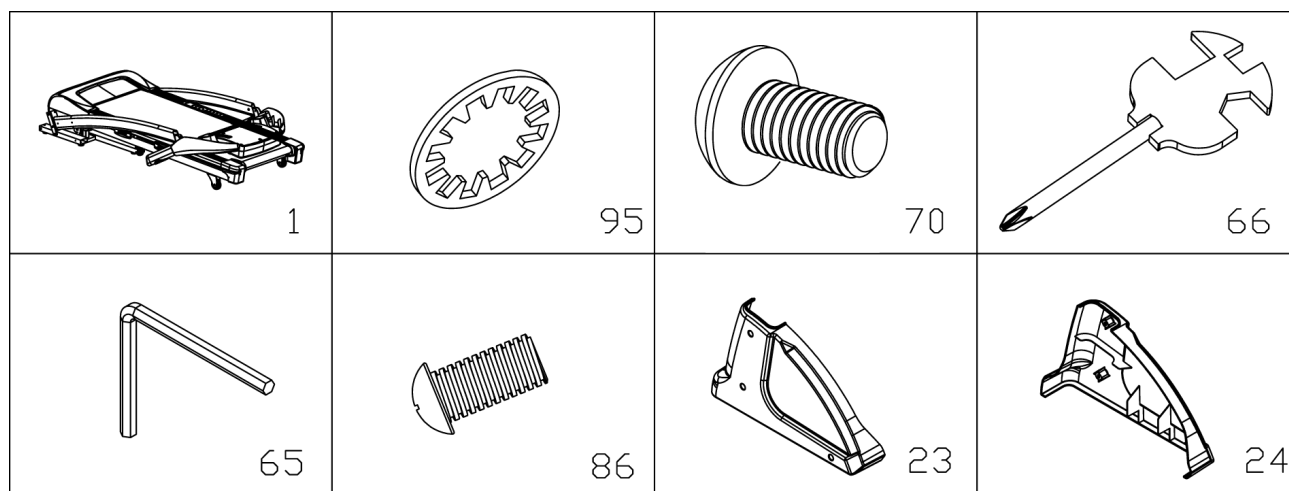
Spare parts list：

NO.	DES.	Specification	Nos.
1	MAIN FRAME		1
95	LOCK WASHER	8	10
70	BOLT	M8*15	10
66	WRENCH W/SCREW DRIVER	S=13,14,15	1

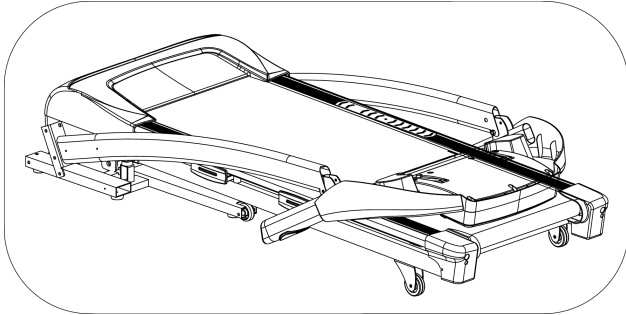| NO.	DES.	Specification	Nos.
65	5#ALLEN WRENCH	5mm	1
86	BOLT	M5*12	6
23	LEFT UPRIGHT TUBE COVER		1
24	RIGHT UPRIGHT TUBE COVER		1

FIXING TOOLS:

5#ALLEN WRENCH 5mm 1pcs、

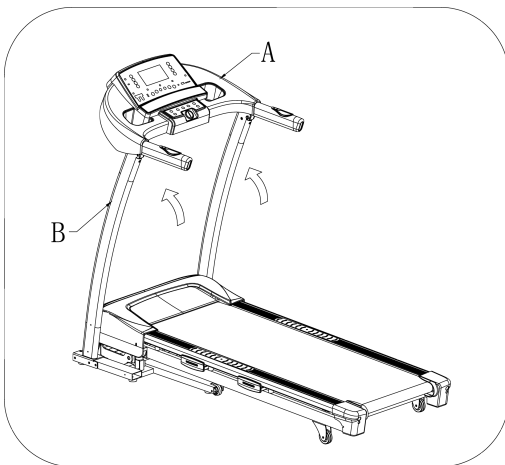**WRENCH W/SCREW DRIVER S=13、14、15 1pcs**

Notice: Do not connect power before assembly completion

ASSEMBLY STEP 1：

Open the carton ， take out the above spare parts and put the MAIN FRAME on the level ground.
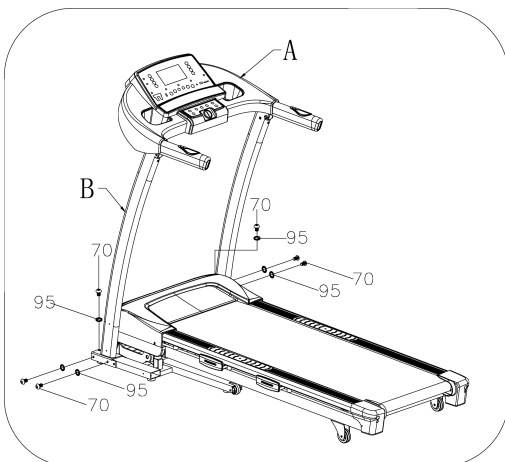
ASSEMBLY STEP 2：

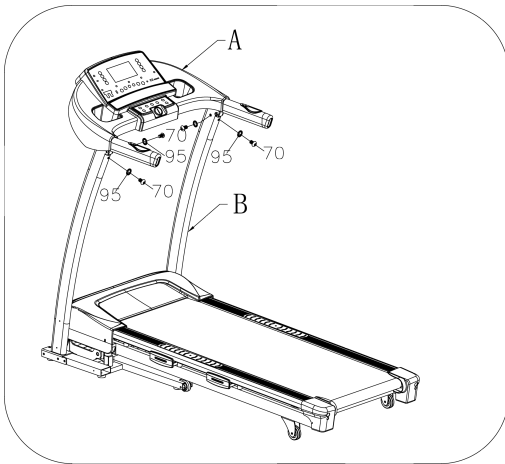Lift up the console (A) and Upright tube (B) towards the arrow direction.

Notice: When you pull up them, make sure do not press the wires inside the upright tube; keep touch the upright and computer by hand to prevent falling down.

ASSEMBLY STEP 3:

Use the 5# Allen wrench(65) and M8*15 bolt(70) and lock washer (95), lock the upright tube(B) onto MAIN FRAME .

ASSEMBLY STEP 4:

Use the 5# Allen wrench (65) and M8*15 bolt (70) and lock washer (95), lock the computer (A) onto the left and right upright tube (B).

ASSEMBLY STEP 5:
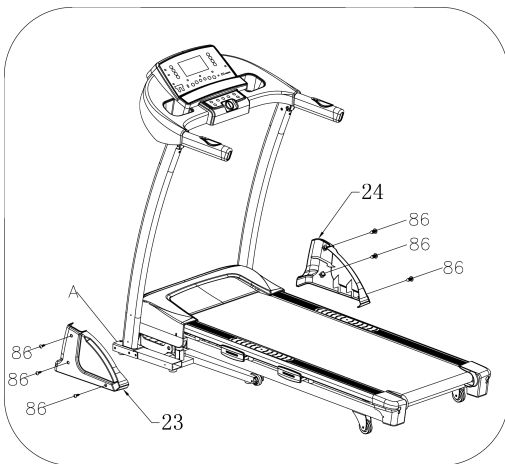
Fix the Left & Right upright tube covers(23,24) to the base frame (A) by using wrench w/screw driver (66) and M5*12 bolt(86).

ATTENTION：Please make sure the machine is completely assembled before operation. Before you use the treadmill, please read the instructions carefully.

FOLDING INSTRUCTIONS

Pulling up:
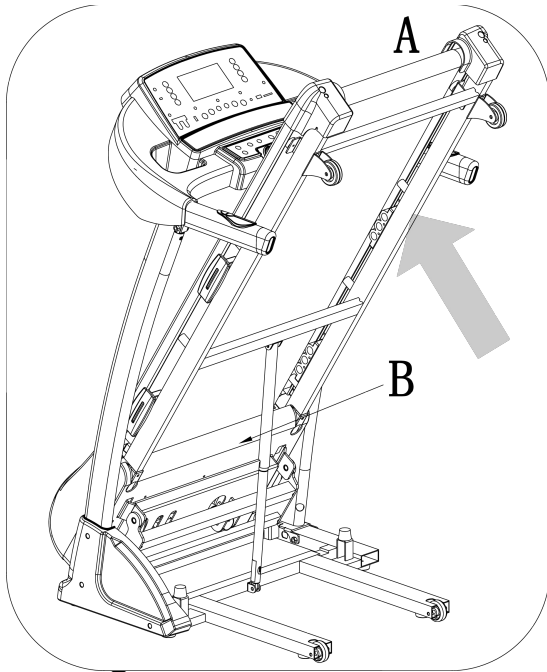
Support place A with hand, then pull up as the arrow direction, till hearing the sound that the CYLINDER (B) is locked into the round tube.

Pulling Down:

Support place A with hand, press the frame slightly, then kick the place B , and the base frame will fall down automatically.

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.
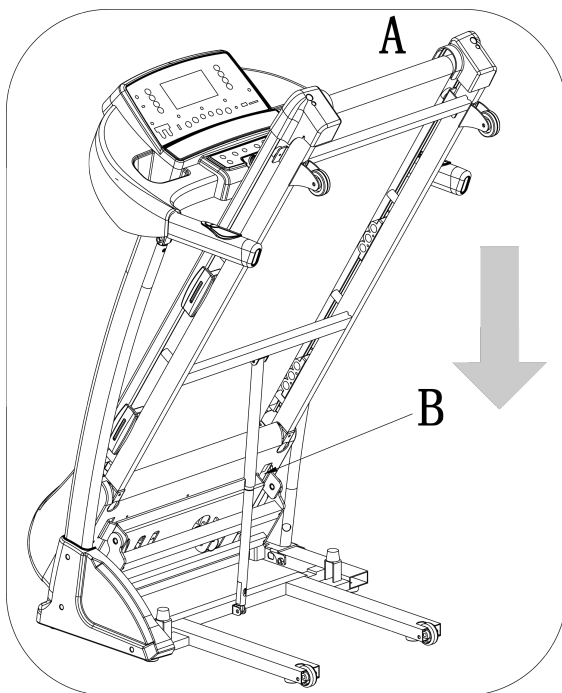
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal voltage circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods
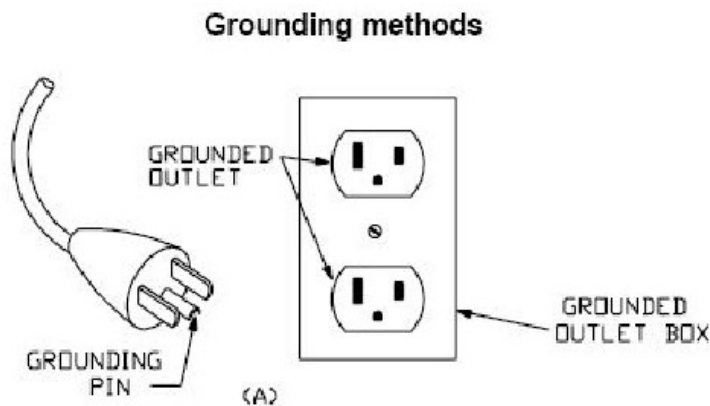
OPERATION GUIDE

WINDOW DISPLAY:

1、"SPEED" window: The window will display speed under operation mode, show speed range of : 1.0-16 KM/H.

2、"DIS./CAL./INCL." window: Display the running distance, runner's calories worked out and incline every five seconds in turn.

A. Display the running distance positive direction from 0.00-99.9, when up to 99.9, it will count again from 0; When count down, it will show from setting data to 0; When down to 0, the machine will stop smoothly and show ' End ', enter into the initial situation after 5 seconds.

B. Display runner's calories worked out. it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and show ' End ', and enter into the situation waiting for operation after 5 seconds.

C. Display incline range: 0-15 sections.

3、" TIME/PULSE" window: Display running time and the runner's heart beat. Display the exercise time positive direction clock from 0：00-99：59 ,when count to 99:59, the machine will stop smoothly and show ' End ', then enter into initial situation after 5 seconds; When count down, it will show from the setting time to 0:00, when down to 0:00 , the machine will stop smoothly and show ' End ', and will enter into the initial situation. When the runner holds handle pulse with two hands, the system can calculate the runner's heart beat and show in this window, the range is 50-200 beats/min (this data is just for reference, can not be as the medical data).

BUTTON FUNCTION:

1、"SELECT" Button：Press this button to choose modes circularly "0：00" "15：00"、"1.0"、"50" " P1-P15…U01-U02-U03 -FAT"("0：00" is manual model, "15：00" is the time count down, "1.0" is distance count down and "50" calorie count down); when you choose each mode, you can press the speed button and incline button to set value, after that ,press the START button to start this treadmill.

2、"START" button：when start the power and attach the magnet end of the safety pulling rope to the computer, press this button and the machine will start work.

3、"STOP" button: Press this button to stop the machine;

4、"SPEED+"、"SPEED-" Button：Press this button to set the value under setting mode. Press this button to adjust the speed when the machine is working.

5、"INCLINE+" , " INCLINE-" button: Press this button to set the value under setting mode. Press this button to adjust the incline when the machine is working.

6、"INCLINE: 5、8 、12、15" incline shortcut button: set incline quickly

7、"SPEED：5、8 、12、15" speed shortcut button：set speed quickly

START-UP QUICKLY (MANUAL)

1、Open the power switch, attach the magnet end of the safety pulling rope to the computer.

2、Press STATR button，the system will enter into 3 seconds count down, the buzzer will make sound and the speed window display count down, the speed will run with speed of 1.0km/hour after 3 seconds.

3、After start-up, you can use speed up or down to adjust the speed up or down, and use incline up or down to adjust the incline up or down.

THE OPERATION OF EXERCISE PROCESS:

1. Press speed-down will reduce the running speed.

2. Press speed-up will increase the running speed.

3. Press incline down will reduce the incline section.

4. Press incline up will increase the incline section.

5. Press the speed shortcut button will adjust the running speed.

6. Press incline shortcut button will adjust the incline section.

7. Press the stop button will stop the machine.

8. Holding the handle pulse with two hands about 5 seconds will show the pulse data.

MANUAL MODE:

1.Under standby mode, press START button directly, the treadmill will work from the speed 1.0km/h, incline 0. The other windows will start to count from positive direction from windows default, press "SPEED+", "SPEED-" change the speed, press "INCLINE+"、"INCLINE -"to change the incline;

2. Under standby mode, press "SELECT" button to enter time count down, the TIME window will display"15：00" and glittering. Press "SPEED+", "SPEED-" , "INCLINE+"、 "INCLINE –" to set up the time what you need. The setting range is 5:00-99:00.

3.In Time setting model, press "SELECT" button to enter into distance count down, the DISTANCE window will display "1.0" and glittering. Press "SPEED+", "SPEED-", "INCLINE+"、"INCLINE –" to set up the distance what you need. The setting range is 0.5—99.9.

4. To set up the Distance, press "SELECT" button to enter into calories count down, the CAL window will display "50' and glittering. Press "SPEED+", "SPEED-" , "INCLINE+"、 "INCLINE –" to set up the calories what you need. The setting range is 10-999.

5. When setting is finished, press "START" button to start up, the treadmill will run after 3 seconds, press "SPEED+", "SPEED-", "INCLINE+"、 "INCLINE –" to adjust the speed and the incline; press the STOP, the treadmill will stop.

INNER INSTALL PROGRAM

There are 15 kinds of inner install program from P1-P15 for this machine.

In initial situation, Press "SELECT" button DISTANCE window will display P1-P15.

Choose your favorite program, at the same time, the TIME window is glittering. Display the advance setting time10:00, press "SPEED+", "SPEED-", "INCLINE+"、 "INCLINE –" to set up the exercise time you want. Press "START" button to start the program you have set. The inner install program can be divided into 10 sections. The time for each section=Total time you have set/10. During the operation of each section, you can press SPEED and INCLINE button to adjust speed and incline, but the machine will recover to be parameter have set when enter into the next section.

When the machine finish one program, the system will make 3 sound "B—B—B—" and stop steadily.

PROGRAM EXERCISE CHART

		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	5	5	7	7	5	5	3	3
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED	10	3	5	7	3	7	5	7	5	3
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED	3	3	5	7	7	9	7	5	5	1
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED	3	5	3	7	1	5	7	5	3	1
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED	5	5	5	7	9	11	9	7	7	5
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED	3	5	9	11	7	12	9	11	5	3
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED	3	7	9	11	9	9	9	7	5	5
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED	5	5	9	9	11	5	11	11	5	3
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED	2	5	5	8	8	4	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED	2	3	4	6	7	5	5	6	7	3
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED	3	4	5	9	5	9	5	5	6	3
	INCLINE	3	6	5	3	5	3	5	5	4	2

P12	SPEED	1	2	3	10	7	7	10	5	4	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED	1	1	3	5	5	5	9	3	1	1
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED	3	4	7	3	4	6	3	4	5	3
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED	2	3	5	5	7	7	7	6	4	3
	INCLINE	3	3	5	5	5	5	2	2	1	0

SELF-DEFINE PROGRAM

Besides 15 inner installed programs, there are 3 user self-define programs: U01, U02, U03

1. User self-define program setting:

In the initial situation, press " program" continually till U01,U02,U03, and the " time " window glitter, show the time 15:00, press " incline+", " incline-", "speed+", "speed-" to set the running time; press "mode" to set program data, set the first interval time, press "speed+", "speed-" or press speed shortcut button to set the speed; press "incline+", "incline-" or incline shortcut button to set the incline; then press "mode" button to finish the first interval time and enter into the second interval time, until finish 10 interval time. The data will be kept till the next setting, the data will not lost for power off.

2. User self-defines program starting:

When the machine is waiting for operation, press the "program" button continually till U1,U2,U3, set the running time then press "start" to start the machine.

3. User self-define program instruction:

Each program will be divided into 10 time section, set the speed and incline in each interval time, then press "start" to run the machine.

RANGE OF PROGRAM

	PROGRAM	ORIGION	SET UP RANGE	DISPLAY RANGE
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00 - 99:59
INCLINE(SECTION)	0	0	0-15	0-15
SPEED(KM/H)	1.0	1.0	1.0-16	1.0-16
DISTANCE(KM)	0	1.0	0.5-99.9	0.00 - 99.9
PULSE(HYPO/MIN)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50	10-999	0 - 999

BODY TESTER:

At the beginning state, press " SELECT" button until you find FAT body fat test, hold on " SELECT" button for about 3 seconds to set F-1、F-2、F-3、F-4、F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 BODY FAT).

Press "SPEED+"、"SPEED -" to set F-1 – F4 (refer to the following chart), after finish setting of F-1,F-2,F-3,F-4, press " SELECT" to set F-5, hold the hand pulse for a while, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body FAT suits for any male and female. The idea FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is

just for reference, can not be as medicinal data.)

F-1	Sex	01 male	02 female
F-2	Age	10------99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normalweight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

SAFETY LOCK FUNCTION:
Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display"———", the buzzer will make 3 sound "B—B—",now the treadmill must be stop. Attach the magnet end of the safety pulling rope to the computer, the treadmill will be at the beginning of running.

SAVE ON POWER FUNCTION:
The system is with saving on power function, at the state of waiting for operation, if without any operate, the saving on power function will be available after 10 mins, the display will be closed up. You can press any button to wake up the display.

MP3 FUNCTION
When the power on, connect the external MP3 equipment, the computer will play. The voice is adjustable from operate the external MP3 equipment; the voice should be adjusted on the proper section to protect the computer loudhailer.

CLOSE UP:
Close up the power: You can close up the power to stop the treadmill; it won't be damaged at any time.

CAUTION:
1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.
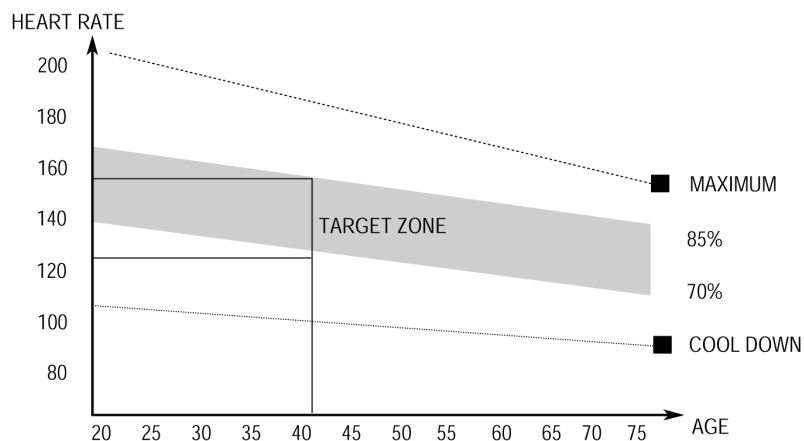
EXERCISE INSTRUCTIONS

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.

HEART RATE

```
200
180
160                                              ■ MAXIMUM
140        TARGET ZONE                              85%
120                                                 70%
100                                              ■ COOL DOWN
 80
    20  25  30  35  40  45  50  55  60  65  70  75   AGE
```

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 harden 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

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise

● If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise
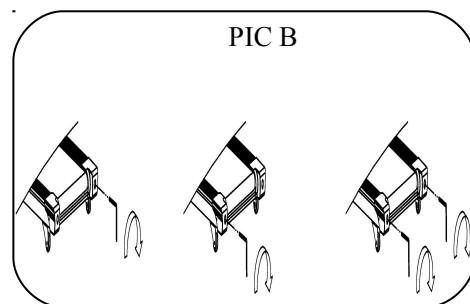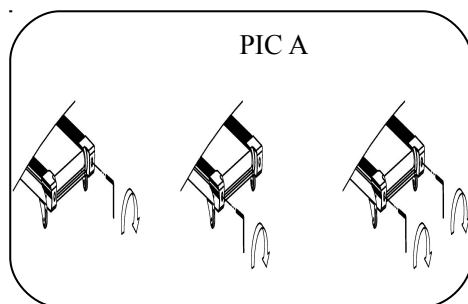
Picture A If the belts has drifted to the RIGHT   **Picture B** If the belts has drifted to the LEFT

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 build up 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.

WALKING 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
- ➢ Heavy user (more than 5 hours/ week)   every three months
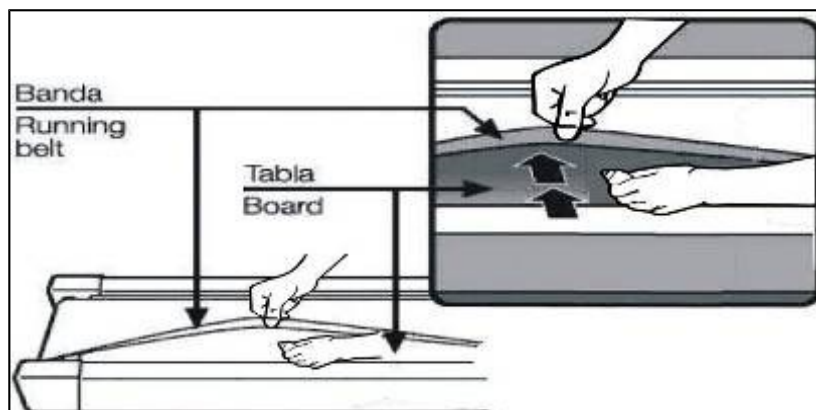
EXPLODED DRAWING
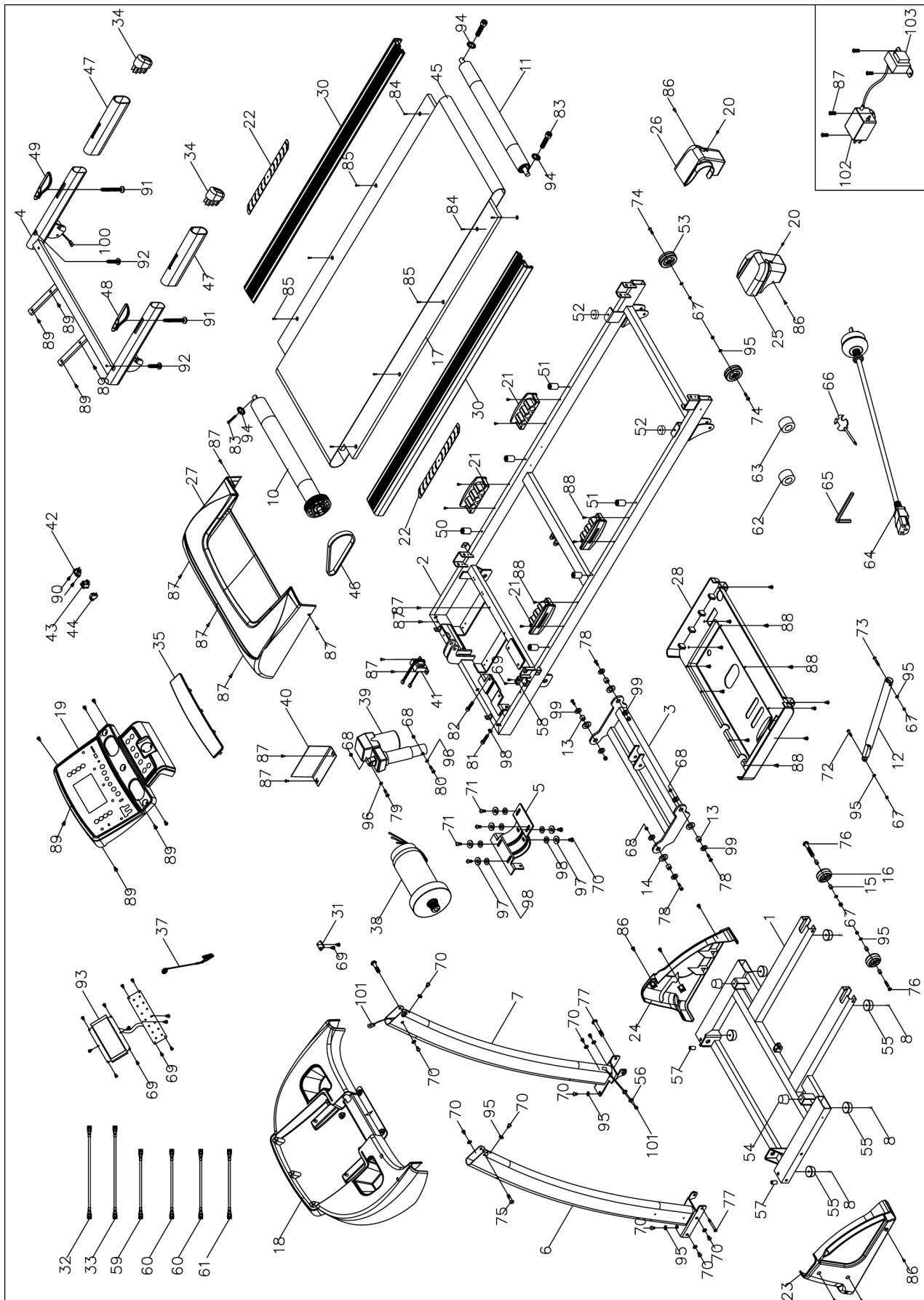
PARTS LIST

No.	Description	Specification	Q'ty	No.	Description	Specification	Q'ty
1	BASE FRAME		1	52	BLUE RUBBR CUSHION		2
2	MAIN FRAME		1	53	ADJUSTABLE WHEEL		2
3	INCLINE FRAME		1	54	CONE-SHAPE CUSHION		2
4	COMPUTER FRAME		1	55	FLAT FOOT PAD		6
5	MOTOR BRACKET		1	56	WIRE PROTECTOR		2
6	LEFT UPRIGHT TUBE		1	57	THREAD AXLE		2
7	RIGHT UPRIGHT TUBE		1	58	SPEED SENSOR		1
8	BOLT	M5*16	6	59	AC SINGLE WIRE	BLUE	1
				60	AC SINGLE WIRE	BROWN	2
10	FRONT ROLLER		1	61	GROUNDING WIRE		1
11	BACK ROLLER		1	62	MAGNET RING		1
12	CYLINDER		1	63	MAGNET CORE		1
13	BUSHING		4	64	POWER WIRE		1
14	PLASTIC PAD		4	65	5# ALLEN WRENCH	5mm	1
15	TRANSPORT WHEEL PLUG		4	66	WRENCH W/SCREW DRIVER	S=13、14、15	1
16	TRANSPORT WHEEL		2	67	BOLT	M8	6
17	RUNNING BOARD		1	68	BOLT	M10	6
18	COMPUTER TOP COVER		1	69	BOLT	T2.9*6.5	16
19	COMPUTER PANEL		1	70	SCREW	M8*15	12
20	BOLT	M5*12	2	71	SCREW	M8*20	6
21	CUSHION PAD		4	72	SCREW	M8*30	1
22	ANTI-SLIP PAD	OPTIONAL	2	73	SCREW	M8*42	1
23	LEFT UPRIGHT TUBE COVER		1	74	SCREW	M8*40	2
24	RIGHT UPRIGHT TUBE COVER		1	75	SCREW	M8*40	2
25	LEFT BACK END COVER		1	76	SCREW	M8*70	2
26	RIGHT BACK END COVER		1	77	SCREW	M8*80	2
27	MOTOR TOP COVER		1	78	SCREW	M10*30	4
28	MOTOR BUTTON COVER		1	79	SCREW	M10*45	1
29				80	SCREW	M10*60	1
30	SIDE RAIL		2	81	SCREW	M8*45	1
31	SAFETY KEY MAGNETIC SENSOR		1	82	SCREW	M8*35	1
32	AC SINGLE WIRE	BLUE	1	83	SCREW	M6*55	3
33	AC SINGLE WIRE	BROWN	1	84	SCREW	M6*35	2
34	PIPE END CAP		2	85	SCREW	M6*25	6
35	SPEAKER NET		1	86	SCREW	M5*12	8
36				87	SCREW	M5*8	15
37	SAFETY KEY		1	88	SCREW	ST4.2*12	12

38	DC MOTOR		1	89	SCREW	ST4.2*12	11
39	INCLINE MOTOR		1	90	SCREW	ST2.9*8	2
40	MCB BOARD		1	91	SCREW	ST4.2*50	2
41	TRANSFORMER		1	92	SCREW	ST4.2*30	2
42	POWER OUTLET		1	93	PCB BOARD		1
43	SQUARE SWITCH		1	94	LOCK WASHER	6	3
44	OVERLOAD PROTECTOR		1	95	LOCK WASHER	8	16
45	RUNNING BELT		1	96	LOCK WASHER	10	2
46	MOTOR BELT		1	97	SPRING WASHER	8	6
47	FOAM COVER		2	98	FLAT WASHER C	8	7
48	HANDPULSE WITH INCLINE		1	99	BIG WASHER C	φ10*φ26*2.0	8
49	HANDPULSE WITH SPEED		1	100	CONSOLE UPPER WIRE		1
50	BLACK RUBBER CUSHION		4	101	CONSOLE BOTTOM WIRE		1
51	BLUE RUBBR CUSHION		2	102	FILTER	OPTIONAL	1
				103	INDUCTANCE	OPTIONAL	1

TROUBLE SHOOTING GUIDE

1. There is no display on screen after the machine is connected to the power source:

a: Please check the overload button, if the overload protector button bounce, please press this button;

b: Please make sure the power source, overload protector ,the driver and the transformer are connected well;

c: Please make sure the wire from the driver to the computer board are connected well.

d: Check the transformer, if it is wrong, please change a new one;

2. E01 display: Failure of signal from computer board to the driver

a: Please check the wire from the drive to the computer board, if the wire is broken, please change a new one.

b: Please check the electronic parts in computer board, if it is wrong, change a new one;

c: Change a new transformer;

3. E02 display: Anti-explosion protects or motor problem

a: Please check the wire from motor, please connect the wire well; If this is no problem with wire connection, please change a new motor.

b: Please is there bad smell from the control board, if the IGBT is shorted out, please change a new driver;

c: Please make sure the voltage is in normal condition.

4. E03 display: No signal

a: If the E03 is displayed after start of 5 to 8 seconds, this is the failure of signal, please check the connection of sensor is well. If it is not connected well, please connect again. If the sensor do not work well, change a new sensor;

b: The signal in control board is wrong, please change a new driver;

5. E04 or E06 display: The failure of incline

a: Please check the signal wire of incline motor is connected well;

b: Please check the AC line of incline motor is connected to the right slot;

c: Please check the wire of incline motor, change a new wire or a new incline motor.

d: Please change a new driver;

e: If are wires are connect well, please reset the button on the driver and start again.

6. E05 display: Over load current protect

a: May be the current is too strong, the system protect itself, please restart the machine.

b: May be a part of the machine is locked and result in the motor problem, please add the oil to the machine and restart.

c: Please check if there is bad smell from the motor, if there is, please change a new motor;

d: Please check if there is bad smell from the driver, if there is, please change a new driver;

7. E07 display: The failure of signal from driver to the computer board

a: Please check the wire from the drive to the computer board, if the wire is broken, please change a new one.

b: Please check the electronic parts in computer board, if it is wrong, change a new one;

c: Change a new transformer;

8. E08 display: The failure of the driver

Please change a new driver

9. E09 display: The folding condition

a: Please unfold the machine, and then restart the machine.

b: Please change a new driver;

10. Can not start the machine: After press the start button, the time is counting, but the motor can not work, and there is no error number showed on screen.

a: Please check the wire in motor is connected well;

b: Please the safety pipe on the driver, if it is broken, change a new one.

c: Please check the IGBT on the driver, if it is broken, change a new IGBT or a new driver.