F80 Treadmill

FREEFORM

Operating Instructions Manual

Special tips:

1.   Before installation and operation, please read this operation manual carefully.
2.   Please 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 working 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: DON'T ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a solid flat level surface with nearby access to a power outlet (correct voltage, frequency and grounded).
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result. Rubber Equipment mats are recommended on this type of surface.
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) Never allow children to play on or near the treadmill.
5) When using the treadmill, make sure the plastic clip of the safety key is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill during use.
6) Keep hands away from all moving parts.
7) Never operate the treadmill if it has a damaged cord or plug.
8) Keep the cord away from heated surfaces.
9) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite in a highly flammable environment.
10) Never drop or insert any object into any openings.
11) The treadmill is designed and intended for in-home use only and not suitable for long periods of running (Maximum program time is 99:59 minutes).
12) To ensure disconnection, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
13) The pulse sensors are not medical devices. Various factors, including the user's movement, skin type and external interferences may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
14) Use handrails provided; they are for your safety.
15) 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.
16) Temperature use range from 5 to 40 degrees Celsius.

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

IMPORTANT ELECTRICAL INFORMATION

WARNING!

1) NEVER use a ground fault circuit interrupt (RCD) 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 a 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 wall socket directly. Do not use adapters or extension cords.
2) 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 respond to 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. To mount the treadmill stand on the side-rails press start the unit starts at a very low speed step onto the moving belt while it is moving at this speed. Always hold on to handrail while making control changes.
6) A safety key is provided with this machine it is recommended to always attach the safety key to the user while using the treadmill. Removal of the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the treadmill.
7) Do not use excessive pressure on console control keys. They are easily damaged by excessive force.
8) 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 are supervised by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
9) Please consult your doctor at first before running, if any of the following conditions apply to you:
    a) Cardiovascular illnesses, high blood pressure, diabetes, respiratory illnesses, and other chronic ailments or complications from these.
    b) If you are over 35 years old and heavier than average weight.
    c) Pregnant or breast-feeding mothers.
10) Please stop exercising immediately and consult your doctor if you feel lightheaded or you experience and other aches and pains.
11) Drink adequate water after exercise to rehydrate.

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below parts:

1	97	77	90
32	33	23	24
118	119	117	124
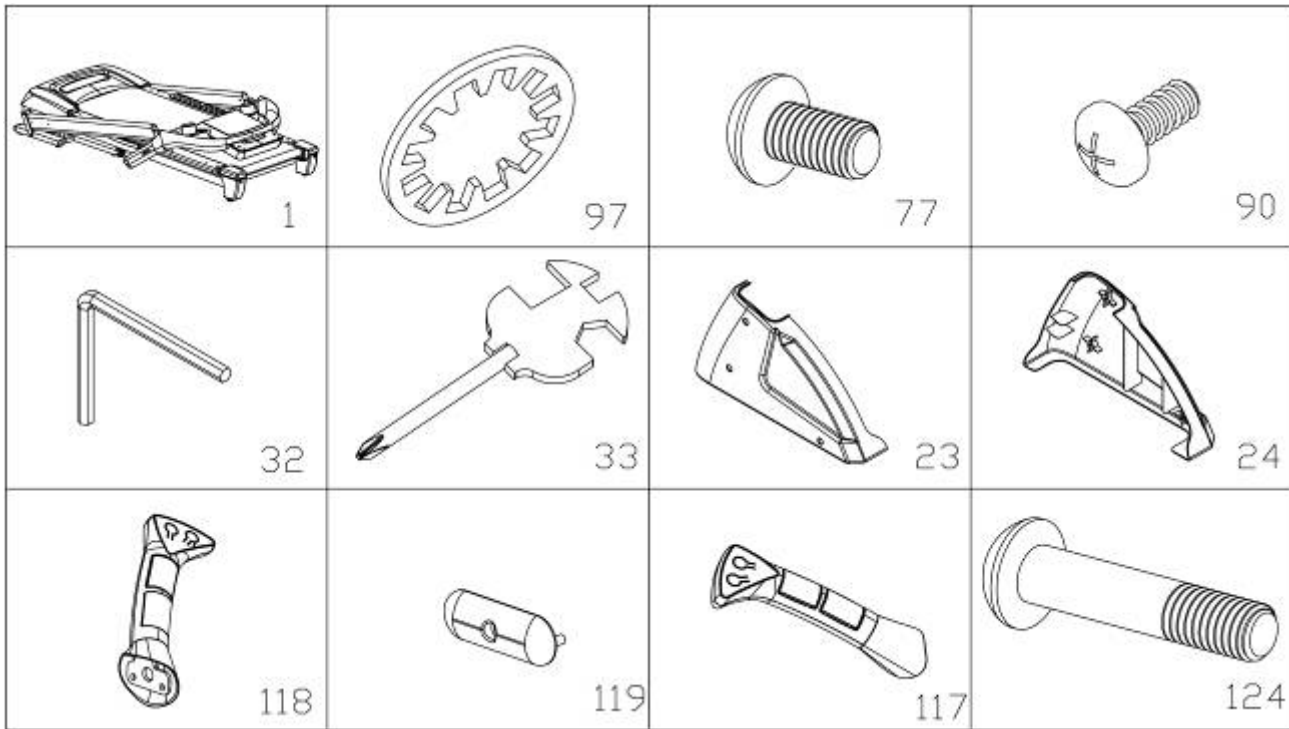
Parts list：

| NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	MAIN FRAME		1	32	5#ALLEN WRENCH	5MM	1
97	LOCK WASHER	8	10	33	WRENCH W/SCREW DRIVER	S=13,14,15	1
77	BOLT	M8*15	10	23	LEFT UPRIGHT TUBE COVER		1
90	BOLT	M5*12	8	24	RIGHT UPRIGHT TUBE COVER		1
118	LEFT BAR		1	119	BOLT COVER		2
117	RIGHT BAR		1	81	BOLT	M8*50	4

Assembly Tools:

#5 ALLEN WRENCH: 5mm 1pcs.

COMBINATION WRENCH W/SCRW DRIVER: 13mm, 14mm, 15mm 1pcs.

Notice: Do not power up the unit before assembly is complete.

ASSEMBLY STEP 1:
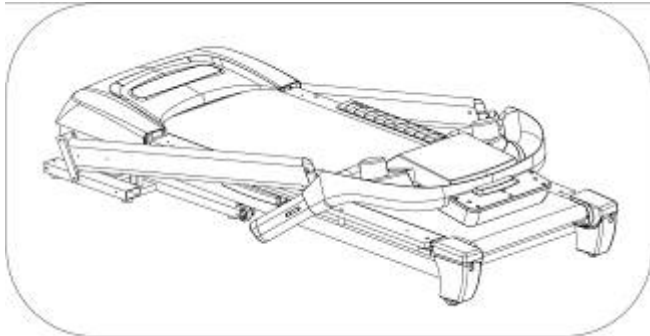
Open the carton，remove all the parts from the box.

ASSEMBLY STEP 2:

Lift up the Console (A) and upright supports (B) in the direction indicated by the arrows.

Note: Be careful when putting the Console in place. There are wires running through the uprights when lifting the assembly ensure the wire is not being pinched. Hold uprights to prevent the console falling until it has been secured as per step 3
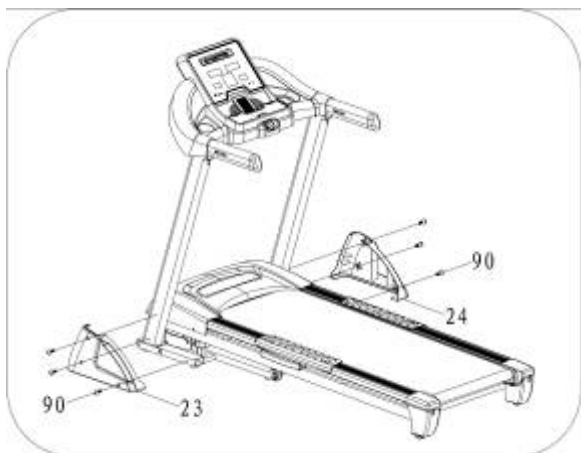
ASSEMBLY STEP 3:

Use the 5# Allen wrench (32) and M8*15 bolt (77) and lock washer (97), lock the upright tube (B) onto main frame.

ASSEMBLY STEP 4:
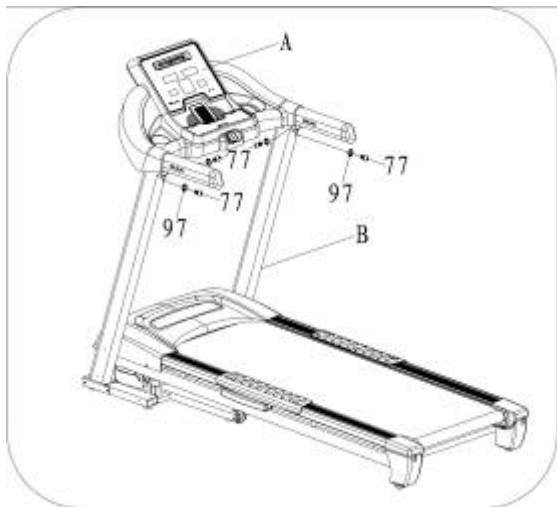
Use the 5# Allen wrench (32) and M8*15 bolt (77) and lock washer (97), lock the console (A) onto the left and right upright tube (B).

ASSEMBLY STEP 5:

Fix the Left & Right upright tube covers (23,24) to the base frame by using wrench w/screw driver (33) and M5*12 bolt (90).

ASSEMBLY STEP 6:
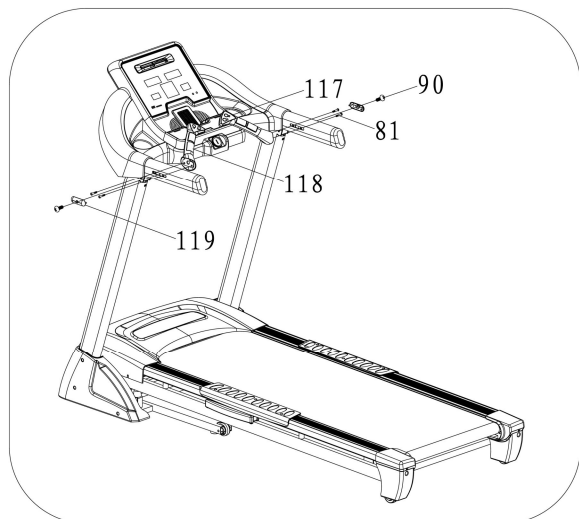
1.Fix the Left & Right bars(118,117) to the console by using 5# Allen wrench(32) and M8*50 bolt (124).

2. Fix the bolt cover (119) to the console by using wrench w/screw driver (33) and M5*12 bolt (90).

FOLDING INSTRUCTION

Pulling up:
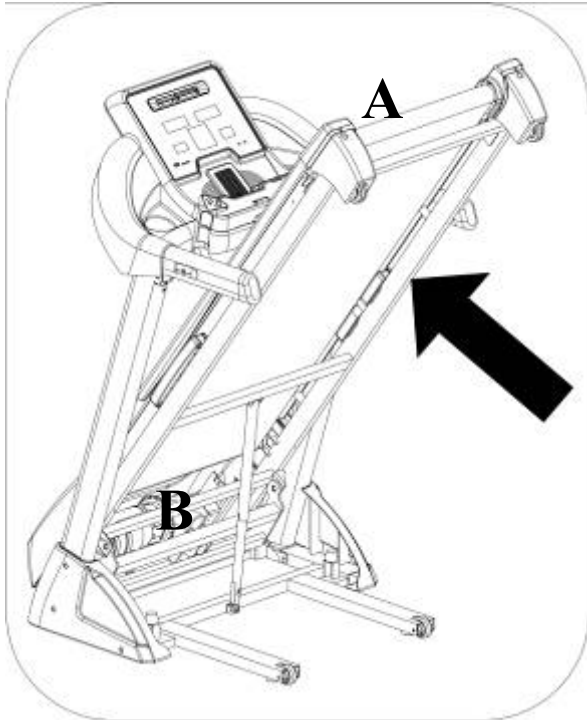
Raise the deck from point A with hand, and then pull up in direction of the arrow, until you hear the support cylinder lock into place (Point B)

Pulling down:

Slightly raise the deck at point A. using your foot press the metal support tube in (point B). Release point A. the deck will fall into its lowered position without any further assistance

GROUNDING METHODS

This product must be grounded. Should it malfunction or breakdown, grounding provides a path of least resistance for electric cur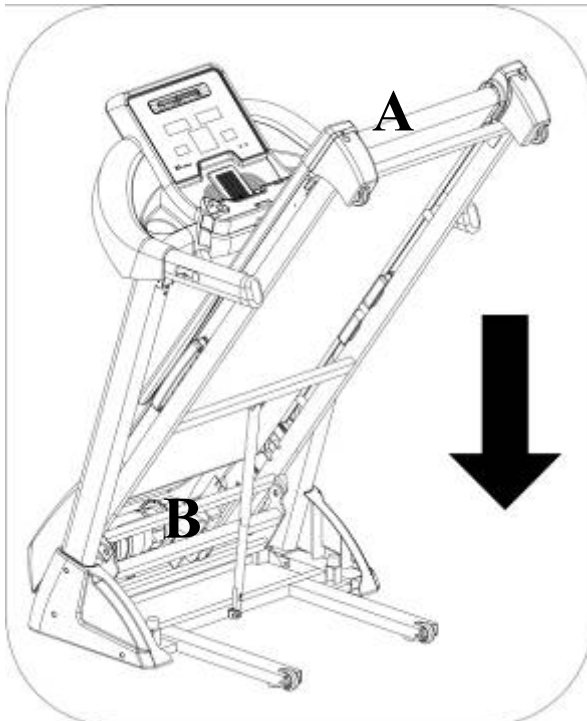rent to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Do not modify the plug provided with the product. This product is for use on a nominal 240-volt circuit and has a grounding plug. No adapter should be used with this product.

OPERATION GUIDE
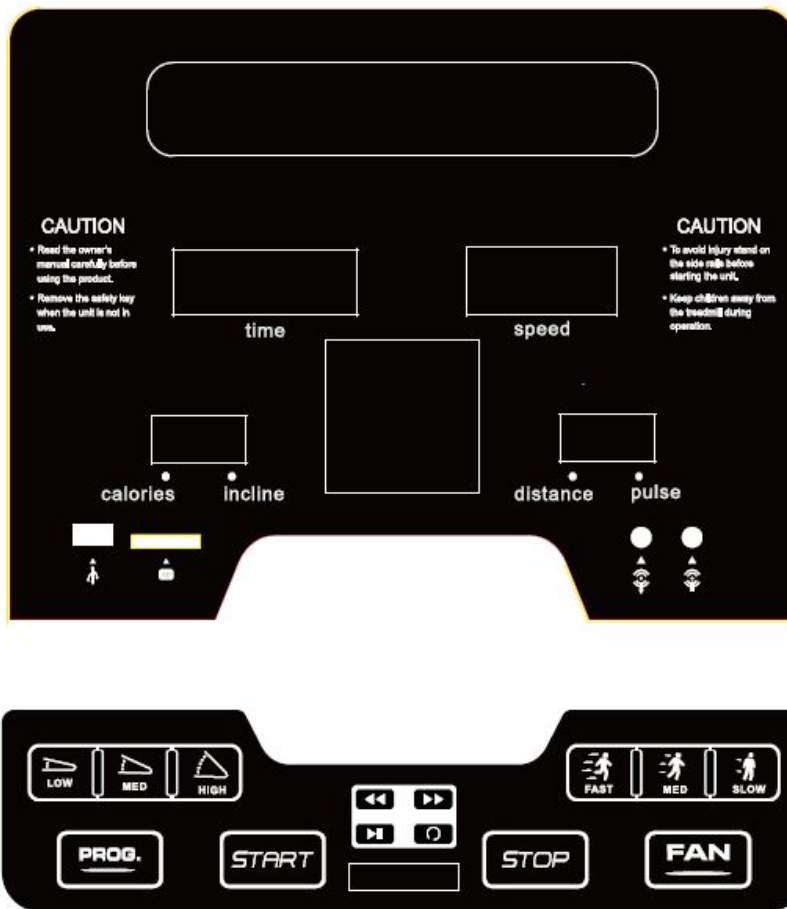
WINDOW DISPLAY:

1. "**TIME**" window: Displays running time (minutes : seconds).

   In modes where a time target has not been specifically set the display will count up from 0:00. If the count reaches 99:59 the machine will turn off slowing the belt smoothly and the console will return to its initial state. When a time has been preset the count will decrease from the preset to 0:00. Once 0:00 is reached the machine will slow down and then stop and the console will return to its initial state.

2. **"DIS. & PUL."** window: Shows both Distance (kilometers) and Pulse (beats per minute),

   Unless a preset distance target has been entered the window will show the distance in km counting up from 0.00 to 99.9. When a distance has been preset it will count down show from the distance set to 0.00; When 0.00 is reached, the machine will stop smoothly, show 'End' on the display and enter into its initial state after a further 5 seconds. To display the runner's heartbeat the runner holds handle pulse grips with two hands, the system will calculate the runner's heart beat and show in this window. The range is 50-200 beats/min. While in startup mode the window will show the program information P1-P24, U1-U3 or FAT.
   Please note this data is just for reference, it cannot be used as medical data.

   The accuracy of readings can be affected by many factors including conductivity of the users hands, strength of the users own electrical signal, cleanliness of the sensors and external interference to name a few. Unfortunately for some people there is no way of accurately measuring their pulse using this type of technology. A heart rate belt and watch may be a better option.

4. **"CAL. & INCL."** window: Scans between Calories and the Incline level

Displays user calories burnt. It will count from 0 to 999; unless a target value has been preset. When a count of 999 has been reached with will start again from 0. If a target Calorie value has been set the prior to the workout the count will begin at the target value and count down, when it reaches 0, the machine will slow down and come smoothly to a stop. Current level of incline will be displayed level 0-15.

Please note: Calories burned is indicative only and for reference use only.

To accurately calculate calories burned there are a large number of factors that need to be taken into consideration including age, gender, level of fitness. Other manufacturers calculate using different average figures and user information, this is why there is often a discrepancy between different models of treadmills.

5. **"SPEED"** window: Displays the current speed (km/h) during use.

During treadmill use the window will display 1.0-20 km/h. When setting a program the base speed will be shown in this window.

6. Matrix window: During use the dot matrix display will show the users progress around a 400M track. Once the track is complete the unit will beep once and the track will restart. The window will show program information while setting one of the preset programs.

BUTTON FUNCTION:

1. "**PROGRAM** (PROG.)" Button：

In standby mode, press this button to choose "P1-P24…U1-U2-U3 -FAT".

2. "**START**" button：With the power switch on and the safety key in place on the console, press this button and the machine will start. There will be a beep and the machine will start counting down from 3. Once 0 is reached the walking belt will start moving.

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

4. "**SPEED+**", "**SPEED-**" Buttons：While in standby mode these buttons will adjust values while the treadmill is running they will adjust the speed up and down.

5. "**INCLINE^**", "**INCLINEv**" Button: While in standby mode these buttons will adjust values while the treadmill is running they will adjust the incline up and down.

6. Quick select incline buttons: **Low** (level 3), **Medium** (level 6), and **High** (level 9) pressing these buttons will quickly set the incline level of the treadmill.

7. Quick select speed buttons: **Fast** (speed 9), **Medium** (speed 6), **Slow** (speed 3) pressing these buttons will quickly set the speed of the treadmill.

8. Entertainment functions:

8.1 Input select:

This button selects the input for the inbuilt entertainment system. Pressing this button allows selection between: iPhone/iPad or external device plugged into the 3.5mm audio input jack **(AUX)**, USB **(USB)**, SD **(SD)** and Radio. If there is no USB or SD device installed, you can only choose between iPhone/iPad and Radio.

8.2 Button Functions
   While in AUX mode

   [▶▶] : Press and hold to increase the volume

   [◀◀] : Press and hold to decrease the volume

   [▶ll] : Press to mute (note: will not pause the music on the auxiliary device.)

8.3: Radio function

   [▶ll] : Press and hold this will search for and store local radio stations

   [▶▶] : You can press this button to search the next FM channel.

   [◀◀] : You can press this button to search the previous FM channel.

8.4: USB card slot [◀ ⮸] :

   You can insert a USB device to the USB slot, select USB to play.

   [▶▶] : Press and hold to increase the volume; a single press will skip to next track

   [◀◀] : Press and hold to decrease the volume; a single press plays the previous track

   [▶ll] : Press to Pause/Play

8.5: SD card slot [◀ SD] :

   You can insert SD card to SD card slot, select SD to play.

   [▶▶] : Press and hold to increase the volume a single; press will skip to next track

   [◀◀] : Press and hold to decrease the volume a single; press plays the previous track

   [▶ll] : Press to Pause/Play

8.6: Audio input and headphone jack output;

 If you insert your headphones into headphone jack, the audio from USB, SD, or radio it will transfer to the headphones.

 You can connect external audio equipment to Audio input jack, to play select AUX

Notice: While the iPhone/iPad dock is in use the plugged in device will charge, Music selection must be made on the device itself. If there is a cable plugged in to the audio input jack it will override the docking cable.

9.0 Fan: You can press "FAN" button to start the on-board fan.

QUICK START GUIDE (Manual mode)

1. Turn power switch on; attach the magnet of the safety key to the console 0.00 will be displayed on the screen, this state is further referred to as standby.
2. Press START button the unit will count down from 3 the buzzer will make sound the count will be shown in the speed window once 0 is reached the treadmill will start at 1.0km/hour.
3. After start-up, you can use "SPEED+" or "SPEED-" to adjust the speed up or down, and use "INCLINE^" or "INCLINEv" to adjust the incline up or down.
4. Press stop to complete workout.

MANUAL TARGET MODE: (Target TIME, DISTANCE or CALORIES)

1. While in standby press the "PROG" button the dot matrix display will show a T and the default time in the TIME window will now be 15:00; pressing "SPEED+", "SPEED-", "INCLINE^" or "INCLINEv" will change the target time. Adjust the target to the desired time; press START button to start the work out. The time will count down from the set point to 0:00. Once 0:00 is reached the treadmill will slow down, stop and it will finish in standby mode.
2. While in standby twice press the "PROG" button the dot matrix display will show a D and the default time in the DISTANCE window will now be 1.0; pressing "SPEED+", "SPEED-", "INCLINE^" or "INCLINEv" will change the target distance. Adjust the target to the desired distance; press START button to start the work out. The distance will count down from the set point to 0.00. Once 0.00 is reached the treadmill will slow down, stop and it will finish in standby mode.
3. While in standby press the "PROG" button 3 times the dot matrix display will show a C and the default time in the CALORIE window will now be 50; pressing "SPEED+", "SPEED-", "INCLINE^" or "INCLINEv" will change the Calorie target. Adjust the target to the desired amount of Calories; press START button to start the work out. The distance will count down from the set point to 0. Once 0 is reached the treadmill will slow down, stop and it will finish in standby mode.

FACTORY PRESET PROGRAMS

There are 24 preset programs from P1-P24 for this machine.

In initial situation, repeatedly pressing "PROGRAM" button will display P1-P24 in the speed window.

The profile for the program is represented on the DOT matrix display; the following chart shows the preset incline and speed values for each program. Choose your desired program, the TIME window start blinking. Adjust the time using "SPEED+", "SPEED-", "INCLINE^" or "INCLINE" to your desired workout length the program which is split into 10 steps will be divided evenly across the chosen time. Press "START" button to start the program you have set. During operation of each step, you can change the SPEED and INCLINE, but be aware the next step in the program will jump back to the preset values set at the factory.

Once the program is complete the console will beep 3 times, the treadmill will slow and then stop.

PROGRAM EXERCISE CHART

		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P1	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P2	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P3	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P4	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P5	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P6	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P7	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P8	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P9	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
P10	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
P11	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
P12	INCLINE	3	5	6	7	12	9	11	11	6	3

P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

USER PROGRAMS

Besides the 24 preinstalled programs, there are 3 User Programs: U1, U2, and U3

1. To save a User Program:
   a. In the standby state, press "PROG" repeatedly until U1, U2 or U3 is shown.
   b. Press and hold "PROG" for approximately 3 seconds, the unit will beep and the time window will start blinking. Press "SPEED+", "SPEED-", "INCLINE^" or "INCLINEv" to set the running time; press "PROG" to set.
   c. The first interval in the Dot Matrix window will now be blinking, this is interval one for the user program. Using "SPEED+", "SPEED-", "INCLINE^" or "INCLINEv" set the desired speed and incline. Once set Press "Program once to move to interval two. Repeat this step until all 10 intervals are set. Once all 10 intervals are set the treadmill will remember this program unless another workout is programmed over the top of it.
2. User Program use:
   a. In the standby state, press "PROG" repeatedly until U1, U2 or U3 are shown.
   b. Adjust the time if desired and press "START".

HEART RATE CONTROL PROGRAM:

1. Press "HRC"button under standby mode, you can choose heart rate control from HP1 to HP2.
   HP1: The max speed will be 10.0KM/H,and the default heart rate is 114hypo/min.

HP2: The max speed will be 12.0KM/H,and the default heart rate is 114hypo/min.

2. Press "MODE" button to enter age setting.Time window will show default age of 30.Owner can press "INCLINE+"、"INCLINE -"、"SPEED+"、"SPEED -" button to choose actual age, and age range is from 15 to 80 years old.

3. After owner finish choice of age, press "MODE" button, system will recomand a suitable target hear rate and show in screen for owner's reference. Owner can also press "INCLINE+"、"INCLINE -"、"SPEED+"、"SPEED -" button to choose expected target heart rate according to owner's physical condition, and available option range is from 84 to195.

4. After owner finish opition of age and target heart rate, press "MODE" to enter time setting. "TIME"window will show preset time of 10:00, press "INCLINE+"、"INCLINE -"、"SPEED+"、"SPEED -"button to adjust time, and available range is from 10:00 to 99:00.

5. Press "START" button directly to start up.

6. Under HRC mode, if you do not set any value and press "START" button directly, the system will adjust speed and incline automatically as per the default target heart rate value.

7. Under the operation of HRC program, "INCLINE+"、"INCLINE -"、"SPEED+"、"SPEED -"buttons are available to adjust speed and incline, but the system can also adjust speed and incline automatically to achieve owner's target heart rate value.

8. The first 1 min of your running is warm-up, the system will not adjust speed and incline automatically, only manual adjustment is available in the first min.After 1 min, the system will add speed under frequency of 0.5km each time, when the value reachs the max speed, and still does not achieved target heart rate value, system will add incline with frequency of 1 section each time in order to reach owner's target heart rate value, when the setting time finish, the machine will stop automatically

9. Note: Heart rate control program can only be available when chest belt is used, and chest belt must put closely to chest and skin.

BODY TESTER:

1. In the standby state, press "PROG" repeatedly until FAT is displayed.
2. Press and hold "PROG" for approximately 3 seconds the display will show F1. Using the table below enter all the data using the "SPEED+" and "SPEED-" keys followed by "PROG" to set.
3. Once F5 has been entered hold onto the pulse grips. The treadmill will then calculate your index figure. Your result can be used in the table below.

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)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obese

(PLEASE NOTE: This data is just for reference, cannot be used as medical data.)

SAFETY KEY FUNCTION:

If the safety key is removed while the treadmill is running the belt will stop immediately. In the standby state it will prevent the treadmill from starting. While the key is removed all the windows display "———". Reattaching the safety key to the console put the treadmill back into its standby mode.

POWER SAVING FUNCTION:

After 10 minutes of sitting in standby idle the screen of the console will switch off. The screen will relight and normal function resume by pressing any button.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a workout and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the clip of the safety key rope to your clothing to ensure the treadmill shuts off should you fall.
3. To end your workout safely, press the STOP button to stop the belt moving before you dismount.

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 exercise, the muscles in your legs will become stronger. The level of work should be sufficient to raise your heart beat into the target zone shown on the graph below. This stage should last for a minimum of 12 minutes for most people.
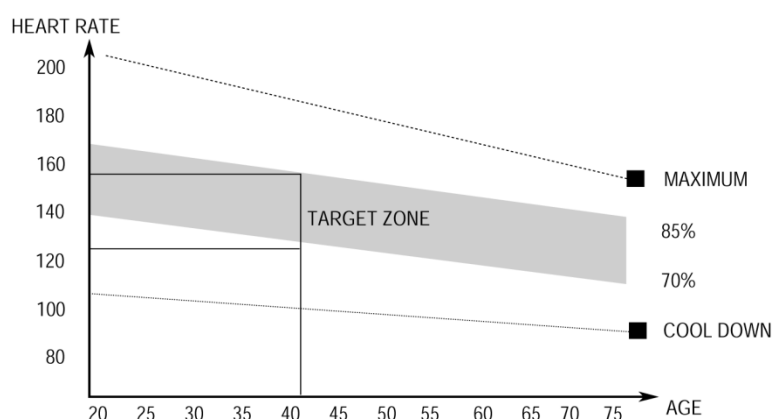
3. The Cool Down Phase

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.

Maintenance

Reasonable cleaning/lubricating should be undertaken to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL. FOR THESE REASONS WE RECOMMEND YOU REGULARLY LUBRICATE THESS FRICTION POINTS TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: ALWAYS UNPLUG POWER CORD BEFORE MAINTENANCE.

WARNING: STOP TREADMILL BEFORE FOLDING.

Maintenance and servicing

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

1) Turn off the treadmill with the on/off switch, and then unplug the power cord at the wall outlet.
2) Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
3) Inspect the power cord.
4) Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
5) Check the tension and alignment of the running belt. Make sure that the treadmill belt is not damaging any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

1) Turn off the treadmill with the star/stop switch, and then unplug the power cord at the wall outlet.
2) Fold the treadmill into the upright position, making sure that the lock latch is secure.
3) Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.

EVERY MONTH -IMPORTANT!

Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you regularly lubricate this friction point to prolong the useful life of your treadmill.

You should apply the lubrication after approximately the first 20 hours of operation. We recommend checking of the deck every 30 days.

How to check the running mat for proper lubrication:

1. Disconnect the main power supply.

2. Fold the treadmill up into the storage position.

3. Feel the back surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

This can be purchased from your local hardware store.

Lubrication instuctions below.

Please also check all assembly bolts are tight

EVERY 6 MONTHS

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill.

1) Turn off the treadmill with the start/stop switch, and then unplug the power cord at the wall outlet.
2) Leave the treadmill for 15 mintues. Remove motor cover and vacuum any dust or lint out of the motor area.
3) Lubricate the air shocks with Teflon based spray.

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

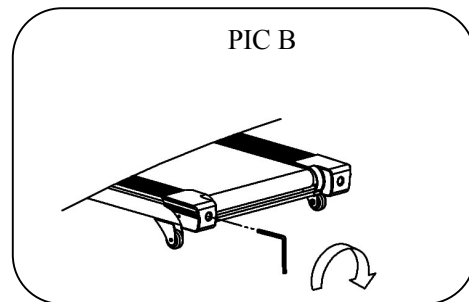**DO NOT OVERTIGHTEN the walking belt.** This may cause reduced motor performance and excessive roller bearing wear.

TO CENTER WALKING BELT:

● Place treadmill on a level surface

● Run treadmill at approximately 4km/hr

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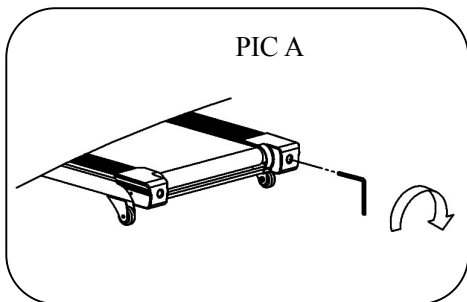
Picture A If the belts has drifted to the RIGHT   **Picture B If** the belts has drifted to the LEFT

To check for the correct belt tension: Stand on the side rails and set the treadmill running to 4km/h. Holding on to the handrails plant one foot directly in the centre of the belt. If the belt stops it is too loose. Tighten the bolts pictured about half a turn clockwise and repeat the test.

If you have repeated this test and done more than 2.5 full turns the problem may be the drive belt please contact the retailer for more information.

CLEANING

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR

SERVICING THE UNIT.

General cleaning or the unit will greatly prolong the life of 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 damp, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning：Always ensure the treadmill is unplugged 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

The treadmill is equipped with lubricated running board, which needs regular maintenance. The friction between running board and running belt has a great effect on the treadmills' life.

The steps are as follows:

a) Remove the power cord from the wall socket.
b) Wipe out the dust between running board and running belt with a clean cloth.
c) As shown in the picture apply the Silicon oil on the running board (2 small daubs about 50mm in diameter approximately where your feet hit the deck during use).
d) Plug the treadmill back and set running to the lowest speed. Slowly walk the silicon over the surface of the treadmill deck.
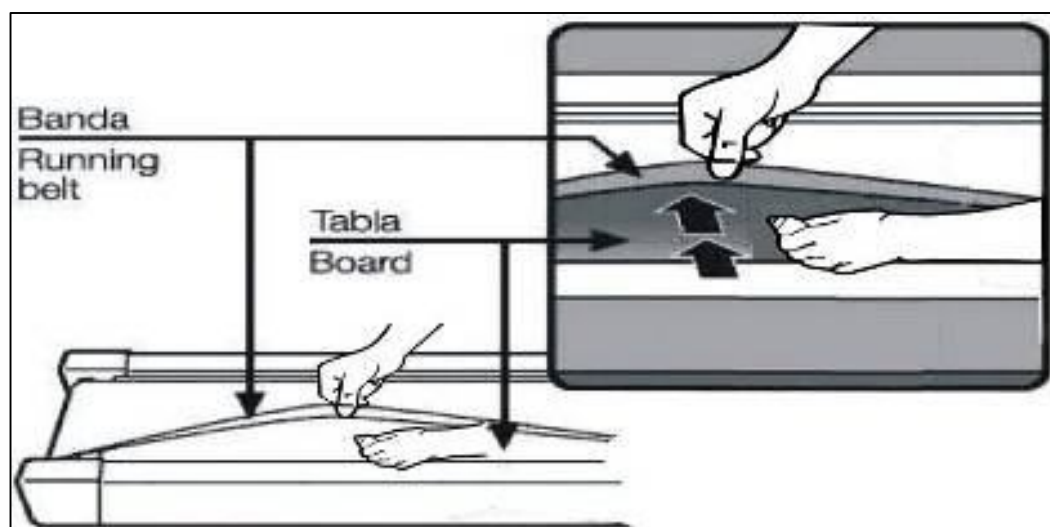
EXPLODED DRAWING
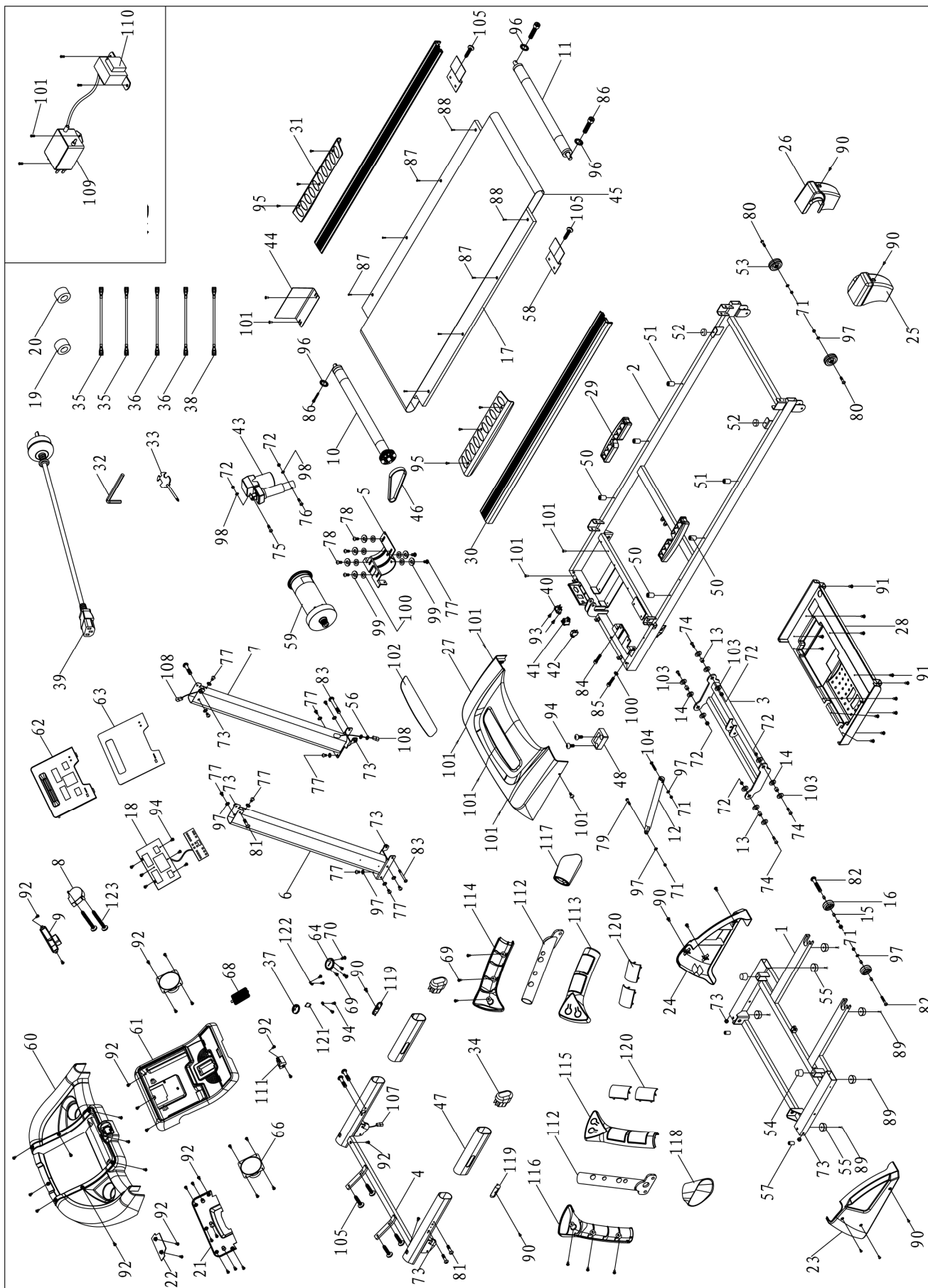
PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	Q'TY	NO.	DESCRIPTION	SPECIFICATION	Q'TY
1	BASE FRAME		1	63	CONSOLE ARCYLIC		1
2	MAIN FRAME		1	64	SAFETY KEY TRAY		1
3	INCLINE FRAME		1				
4	CONSOLE FRAME		1	66	SPEAKER		2
5	MOTOR BRACKET		1				
6	LEFT UPRIGHT TUBE		1	68	RUBBER MAT		1
7	RIGHT UPRIGHT TUBE		1	69	BOLT	ST3.5*10	8
8	FAN		1	70	BOLT	M6*15	2
9	FAN GUIDE TUBE		1	71	HEX	M8	6
10	FRONT ROLLER		1	72	HEX	M10	6
11	BACK ROLLER		1	73	HEX	M8	8
12	CYLINDER		1	74	ALLEN	M10*30	4
13	BUSHING		4	75	ALLEN	M10*45 L20	1
14	PLASTIC PAD		4	76	ALLEN	M10*60 L20	1
15	TRANSPORT WHEEL PLUG		4	77	ALLEN	M8*15	12
16	TRANSPORT WHEEL		2	78	ALLEN	M8*20	4
17	RUNNING BOARD		1	79	ALLEN	M8*30 L15	1
18	PCB BOARD		1	80	ALLEN	M8*40 L 20	2
19	MAGNET RING		1	81	ALLEN	M8*50 L 20	6
20	MAGNET CORE		1	82	ALLEN	M8*70 L 20	2
21	COMPUTER BOTTOM COVER UP		1	83	ALLEN	M8*80 L 20	2
22	COMPUTER BOTTOM COVER DOWN		1	84	ALLEN	M8*30	1
23	LEFT UPRIGHT TUBE COVER		1	85	ALLEN	M8*40	1
24	RIGHT UPRIGHT TUBE COVER		1	86	ALLEN	M6*55	3
25	LEFT BACK END COVER		1	87	ALLEN	M6*25	6
26	RIGHT BACK END COVER		1	88	ALLEN	M6*40	2
27	MOTOR TOP COVER		1	89	BOLT	M5*16	6
28	MOTOR BOTTON COVER		1	90	BOLT	M5*12	8
29	CUSHION		2	91	SCREW	ST4.2*12	12
30	SIDE RAIL		2	92	SCREW	ST4.2*12	35
31	NONE-SLIP MAT		2	93	SCREW	ST2.9*8	2
32	5# ALLEN WRENCH		1	94	SCREW	ST2.9*6.5	12
33	WRENCH W/SCREW DRIVER		1	95	SCREW	ST4.2*15	6
34	PIPE PLUG		2	96	LOCK WASHER	6	3

35	AC SINGLE WIRE		2	97	LOCK WASHER		8	16
36	AC SINGLE WIRE		2	98	LOCK WASHER		10	2
37	SAFETY KEY		1	99	SPRING WAHSER		8	6
38	GROUNDING WIRE		1	100	FLAT WASHER C		8	7
39	POWER WIRE		1	101	SCREW WITH WASHER		M5*8	13
40	POWER OUTLET		1	102	MOTOR TOP COVER ARCYLIC			1
41	SQUARE SWITCH		1	103	BIG WASHER C		10*Φ26*2.0	8
42	OVERLOAD PROTECTOR		1	104	ALLEN		M8*42 L20	1
43	INCLINE MOTOR		1	105	SCREW		ST4.2*20	6
44	MCB BOARD		1	106				
45	RUNNING BELT		1	107	TOP SIGNAL WIRE			1
46	MOTOR BELT		1	108	BOTTOM SIGNAL WIRE			1
47	FOAM COVER		2	109	FLITER		OPTIONAL	1
48	SPEED SENSOR		1	110	INDUCTANCE		OPTIONAL	1
49				111	WIRE COVER			1
50	BLACK RUBBER CUSHION		4	112	PULSE SUPPORTING TUBE			2
51	BLUE RUBBR CUSHION		2	113	SPEED PULSE TOP COVER			1
52	BLUE RUBBR CUSHION		2	114	SPEED PULSE BOTTOM COVER			1
53	ADJUSTABLE WHEEL		2	115	INCLINE PULSE TOP COVER			1
54	CONE-SHAPE CUSHION		2	116	INCLINE PULSE BOTTOM COVER			1
55	FLAT FOOT PAD		6	117	SPEED PULSE END CAP			1
56	WIRE PROTECTOR		2	118	INCLINE PULSE END CAP			1
57	THREAD AXLE		2	119	BOLT COVER			2
58	Z-SHAPED BOARD		2	120	PULSE IRON SHEET			4
59	DC MOTOR		1	121	SAFETY KEY COPPER SHEET			1
60	CONSOLE BOTTOM COVER		1	122	SAFETY KEY SPRING SHEET			2
61	CONSOLE TOP COVER		1	123	SCREW		ST4.2*40	2
62	CONSOLE PANEL		1					

TROUBLE SHOOTING GUIDE

1) If the console doesn't light up after the power has been turned on the most likely cause is that the wire running up the upright arm has been damaged during assembly or is not plugged in correctly. Please check the cable and connections.

   Check the overload button; located beside the power switch, if the overload protector button has triggered, please press this button.

2) E01: Communications failure. Probable cause: The wires from console and motor control board are not connected well, please check each plug. If the wire is damaged, replace it.

FOR THE BELOW CONDITIONS PLEASE CONTACT RETAILER FOR FUTHER INFO.

3) E02: Surge Protection. Ensure the treadmill is plugged into a 230V socket. Test in new socket if still not going the bottom control board is possibly damaged please contact reailer.

4) E03: No speed sensor signal. If the motor runs for a few seconds and then brings up the E3 error there is a problem with the feedback from the speed sensor. Please contact retailer for detailed instructions on how to check.

5) E04 or E06 Incline: Please check all wires running from the incline motor they should be well seated try unplugging and plugging them back in. Contact Retail if this doesn't resolve the problem

6) E05: Current Overload protection. Either the unit is over the rated load or the motor is stuck, causing excessive current. Turn the unit off and check the belt rotates freely the try restart if the problem persists contact the retailer. It is possible the motor or bottom control board have failed.

7) E07: Communication problems. The wires from console and motor control board are not connected well or the wire is damaged, please check each plug. If the wire is damaged, replace it

8) E08: Control Board Failure: Contact retailer

9) E09: Check the deck has been correctly lowered

10) The motor will not start after pressing "START" button. There are several possible reasons:

   a. The motor wire is broken or disconnected;

   b. The fuse is blown;

Test the above reasons, if it is not one of these contact the retailer.