

# MOOVYOO

## TAPIS ROULANT

### MIRACLE V396



**Read all instructions carefully before assembly and using this product. Retain this owner's manual for future reference:**

# IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit.

This product must be grounded well. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level enough surface with a 2m\*1m area. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. **NEVER** start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, **ALWAYS** stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Always unplug the power cord before removing the treadmill motor cover.

7. Keep small children away from the treadmill during operation.

8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

## IMPORTANT SAFETY PRECAUTIONS

9. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

10. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin should be removed.

11. Before starting any exercise program, consult with your physician or health professional. He or she can help to establish the exercise frequency, intensity (target heart zone) and time appropriate to your particular age and physical condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your physician before continuing.

12. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

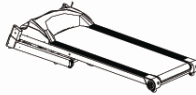




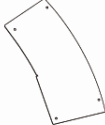


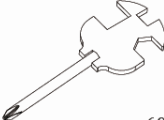

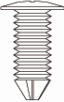
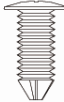
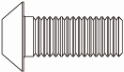




13. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

**14. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well ( feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.**

# ASSEMBLY INSTRUCTIONS

**Caution: Read the assembly instruction carefully, and follow the instruction while assembling.**

**When you open the carton, you will find the below spare parts**

 1	 2	 3	 4	 18
 19	 50	 51	 68	 71
 81	 91	 93	 94	 97
 98	 121			

## Spare parts list:

NO.	DESCRIPTION	SPEC	QTY	NO.	DESCRIPTION	SPEC	QTY
1	Main frame		1	2	computer		1
3	Left upright		1	4	Right upright		1
18	Upright cover L		1	19	Upright cover R		1
50	Left bottom cover		1	51	Right bottom cover		1
68	Socket head wrench	S=13、14、15	1	71	6# Allen wrench	6mm	1
81	screw	ST4.2*13	8	91	screw	ST4.2*12	6
93	bolt	M10*25	8	94	Lock washer	10	8
97	Lock washer	8	4	98	bolt	M8*52	4
121	5# Allen wrench	5mm	1				

## Assembly tools

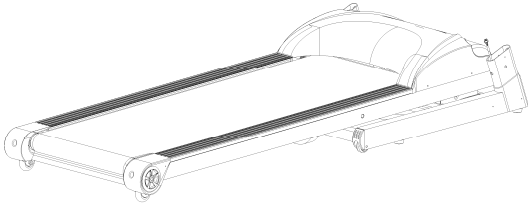
**Socket head/Allen wrench: 5mm 1pcs      6mm 1pcs**

**Screw driver :S=13、14、15 1pcs**

# ASSEMBLY STEPS

**Notice: Do not turn power on before assembly is done.**

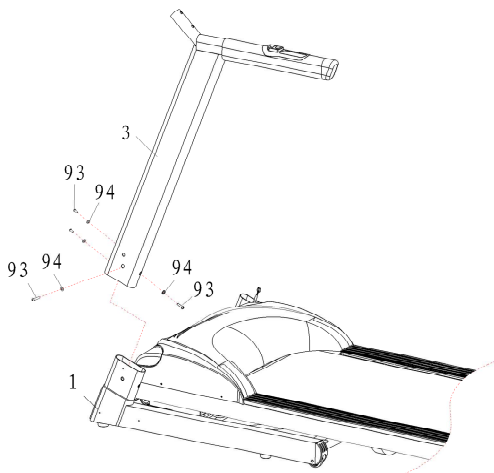
Step 1:



Open the carton, get out the above spare parts, put the MAIN FRAME on the ground.

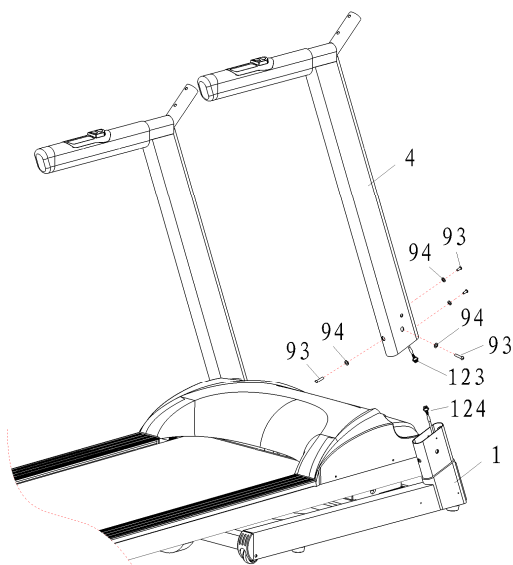
Attention: Before assemble the back cover, make sure all the above procedures finished strictly and all the bolts locked tightly

Step 2:



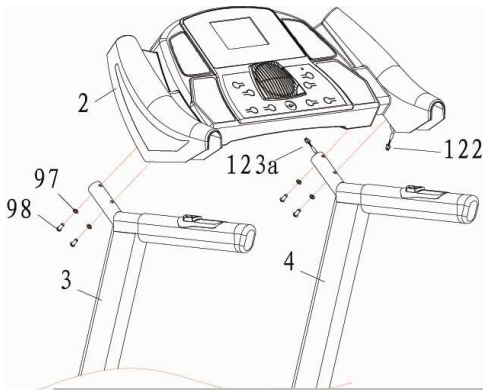
Insert the left upright (3) into the main frame and use 6# Allen wrench (71), Bolt M10\*25(93) and lock washer(94) to lock left upright onto the main frame

Step 3:



Connect the middle wire(123) in the upright(4) to the lower wire(124) in the main frame(1). Then insert the right upright (4) into the main frame and use 6# Allen wrench (71), Bolt M10\*25(93) and lock washer(94) to lock right upright onto the main frame

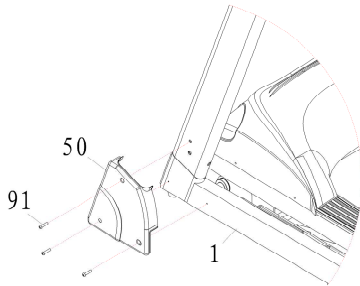
**Step 4:**



Connect the computer up wire (122) to the middle wire (123a) in the right upright(4). Then use the 5# Allen wrench (121), bolt M8\*52 (98) and lock washer (97) to lock the computer onto the upright (3)(4)

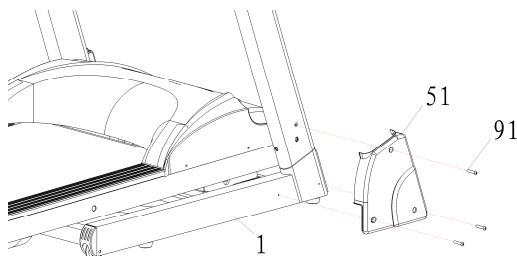
**Caution:** make sure all the steps be finished strictly and then you can turn on the power. Read the operation guide below carefully before using

**Step 5:**



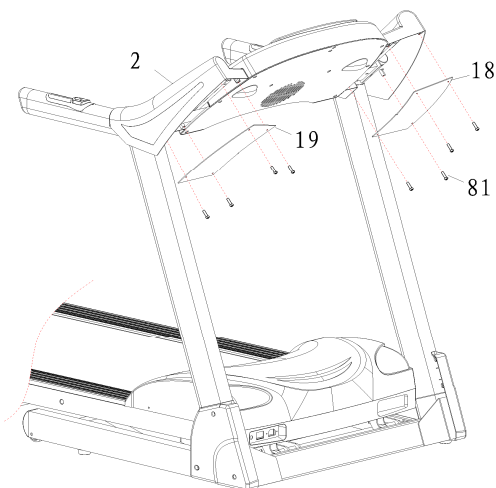
Use screw driver and screw ST4.2\*12(91) to lock the left back cover(50) onto the main frame (1)

**Step 6:**



Use screw driver and screw ST4.2\*12(91) to lock the right back cover(51) onto the main frame (1)

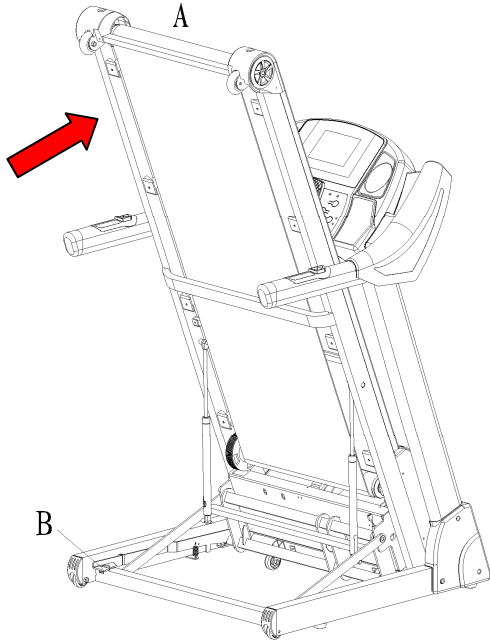
**Step 7:**



Use screw driver and screw ST4.2\*13(81) to lock the upright (18、19) onto the computer (2)

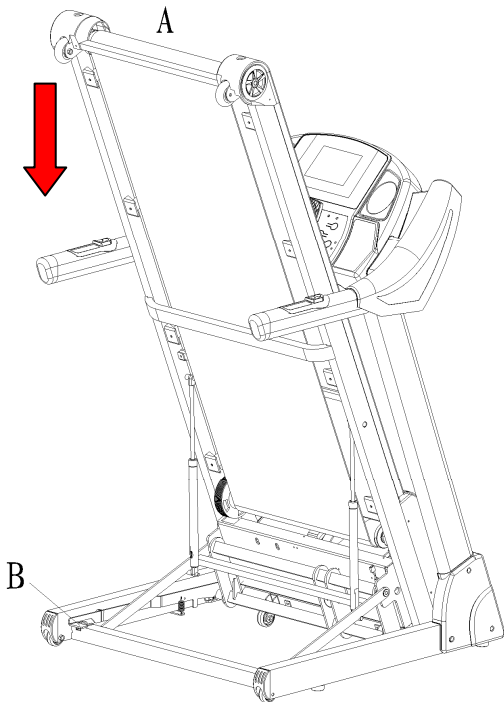
# FOLDING INSTRUCTION

**Pulling up:**



1. Hold the place A, and pull up the main frame as the arrow showing till you hear the sound from pedal hook

**Pulling down:**



2. Hold place A, and trample the pedal hook (place B), then the main frame will decline automatically

## TECHNICAL PARAMETER

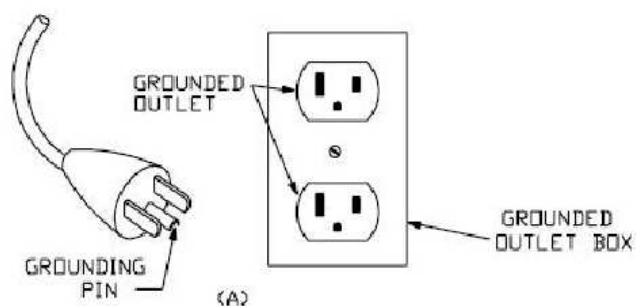
BUILT UP SIZE(mm)	1990*920*1350	POWER	AS ORDER REQUIRE
FOLDABLE SIZE(mm)	960*920*1770	MAX OUTPUT POWER	AS ORDER REQUIRE
RUNNING BOARD(mm)	1520*510	INPUT CURRENT	AS ORDER REQUIRE
NET WEIGHT	116KG	SPEED RANGE	1.0-20KM/h
INCLINE LEVELS	20 SECTIONS	MAX USE'S WEIGHT	125KG
ONE LCD DISPLAY WINDOW	SPEED TIME DISTANCE CALORIES PULSE INCLINE		

## GROUND GUIDE

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 220-volt 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. This product is with touch-screen operation way, the operation interface is very convenient for the user to do the function operation.
2. Turn on the power, attach the safety key onto the keypress board to enter the system into the stand-by status.
3. The system is internally with pre-set Media Playing Function and externally with SD card, USB connector and MP3 connectors.
4. In case of emergency, pull up the safety key and the the treadmill will stop immediately.



### **CAUTION CAUTION**

- **When doing operation, please not touch the screen by sharp articles, such as pencil, finger nail or press the screen too firmly. If so, it will break the treadmill or damage the touch-screen.**

1, "SPEED" window: Speed range: 1.0-20KM/H;

2. "TIME" Window: Show running time. Turn data per 5 seconds, and relevant direction light will light. Display the exercise time positive direction clock from 0: 00-99: 59, To 99: 59 spill over from 0: 00 to reset, count down from the setting time to 0: 00, When It to 0: 00, then the actual exercise time from the positive direction to start to count down.


3. "INCL" Window: Show incline. The default show is incline, the range: 1-20.


4. "PULSE" Window: Show pulse. When touching the handle pulse slice with both hands, it will show the pulse data in the window, the range is 50-200 per hypo/min. (The data is just for reference, do not use as the medical data)

5. "DIST" window: Show the running distance, count from 0 to 999, to 999 will spill over to clear 0; it will count down from setting data to 0, then the machine will stop smoothly and show 'End', enter the beginning state after 5 seconds.

6. "CAL" window: Display runner calories. When show calories, count from 0 to 999, to 999 will spill over to clear 0; when calories count down, it will count down from setting data to 0, then the machine will stop smoothly and show 'End', enter the beginning state after 5 seconds.

## BUTTON FUNCTION:


1.  Music Playing Button: Press this button to enter into the music playing window. The system accepts audio file format as MP3、WMA、WAV、PLAC、APE, and ect.


2.  Video Playing Button: Press this button to enter into the video playing window. The system accepts video format as 480P, 720P, 1080, and also accepts video file format as RM、RMVB、AVI、WMV、MPEG、3GP、DAT、MP4、DTA、M2TS and so on.

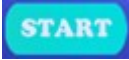
Attention:

(1). Some special file is not able to be played ( the audio format is non-standard, the video format is non-standard or the size of the file is too big).

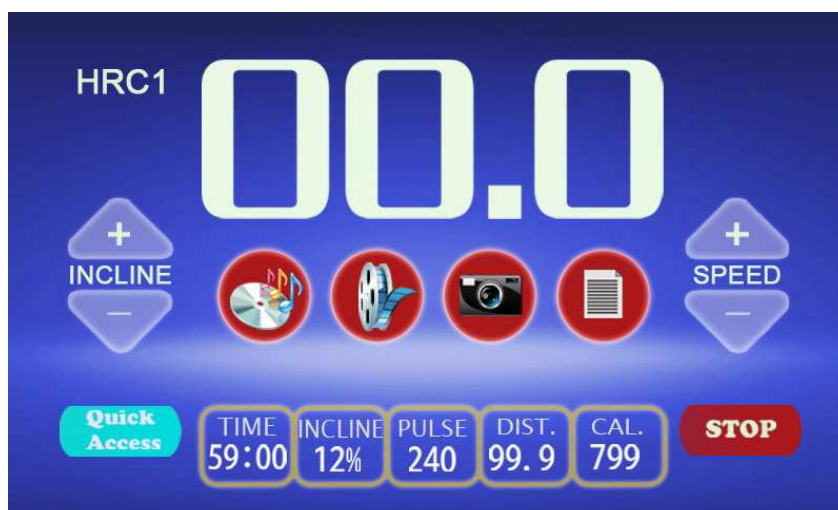
(2). When playing the high definition video, the response will be slower while touching the screen key-press.

3.  Photo Playing Button: Press this button to enter into the photo playing window. The system accepts picture format as JPG、BMP、PNG and so on. (Attention: When playing the photos, the response speed will be different according to the different resolution of the photos. The higher the resolution is, the slower the display speed will be).

4.  Program Manual Button: Press this button to enter into the pre-set program window. There are 15 pre-set programs P1-P15, 3 user's manual programs U1-U3, 3 heart rate control programs HRC1-HRC3 and 3 count down mode MODE1-MODE3 (MODE1: Time count-down mode, MODE2: Distance count-down mode, Calorie count- down mode MODE3).


5.  Start Button: Press START button, the system will start to count down from 3 seconds and the counting data of the second will be displayed on the computer. After counting-down is finished, the treadmill will start by the speed of 1KM/H.

### Running Status Display Window

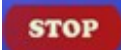



6. “SPEED+”, “SPEED-” Speed Button: After starting the treadmill, pressing “SPEED” button can adjust the speed and the adjustment range is 0.1km per time. When pressing “SPEED” button for more than 0.5 seconds, the speed will be continuously increased or decreased.


7. “INCLINE+”, “INCLINE-” Incline Button: After starting the treadmill, pressing “INCLINE” button can adjust the level of incline and the adjustment range is 1 section per time. When pressing “INCLINE” button for more than 0.5 seconds, the incline level will be continuously increased or decreased. This system is with the “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE-” touch-screen key-press, and also with “SPEED+”, “SPEED-”, “INCLINE+”, “INCLINE-” key-press on the handle bars.)

8.  Incline, Speed Quick Access Button: Press this button to enter into the Incline & Speed quick access display window to choose the incline (1、3、5、7、9、11、13、15%) and speed (1、3、5、7、9、11、13、15KM/H) as the below diagram:



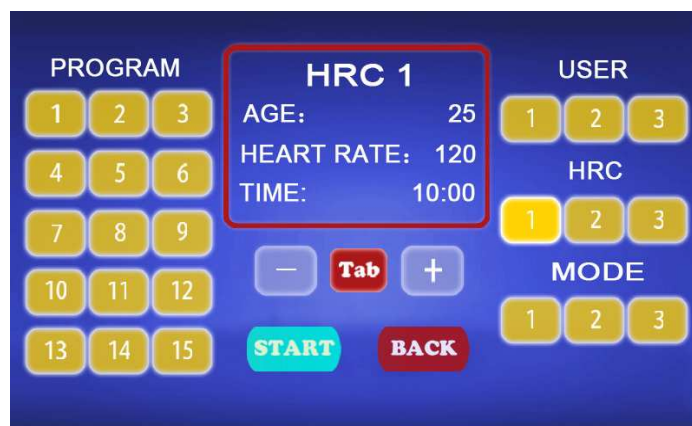
9.  STOP Button: While running the treadmill, press this button at any to stop the treadmill and return all the data back to 0.


10.  Go Back Button: Press this button to go back the previous display interface.

11.  Display window switch button: This button has the following 2 functions:  
 a, Press this button till you hear the sound “Bi” to stop the treadmill immediately when using the treadmill.  
 b, Press this button till you hear the sound “Bi” and then keep pressing it for 3 seconds to close the display window. With the display window closed, press this button till you hear the sound “Bi” and then keep pressing it for 3 seconds to open the display window again.

## PROGRAM OPERATION INSTRUCTION:

### Program Display Window



Press the Program Manual Button  at the first display window to enter the program display window shown as above picture. Then you can choose the pre-set program P1-P15, 3 user’s manual program U1-U3, 3 heart rate control program HRC1-HRC3 and 3 count-down mode MODE1-MODE3 (MODE1: Time count-down mode, MODE2: Distance count-down mode, MODE3: Calories count-down mode).

**1. COUNT-DOWN PROGRAM OPERATION INSTRUCTION:**

- (1)."MODE1": Press this button to enter the Time count-down mode, and the "TIME" window will display 15:00 and glitter. Press "+" "-" to set the running time. The range is 5:00 --- 99:00.
- (2)."MODE2" Press this button to enter the Distance count-down mode, and the "DISTANCE" window will display "1.0" and glitter. Press "+" "-" to set the distance. The range is 1.0 --- 99.9.
- (3)."MODE3" Press this button to enter the calories count-down mode, and the "CAL" window will display "20" and glitter. Press "+" "-" to set the calories. The range is 20 --- 999.
- (4).Choose one of the 3 count-down mode and then press the "START" button to start after 3 seconds. Press "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" to adjust the incline and speed you want. Press "STOP" button to stop the treadmill.

**2. PROGRAM CHART:**

Each program is to divide the setting exercise time into 16 equal sections, and each time section has both the preset speed and incline level.

**PROGRAM CHART**

TIME PROGRAM		Each exercise time=the setting time/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1	3	3	7	7	5	5	5	7	7	5	5	5	5	3	2
	INCLINE	0	2	6	6	8	8	6	6	4	4	4	6	6	2	2	0
P2	SPEED	2	3	3	6	5	5	8	5	5	6	8	8	8	5	4	3
	INCLINE	0	3	9	9	9	2	2	8	8	4	1	1	4	4	4	0
P3	SPEED	2	3	5	5	7	7	8	5	5	5	3	3	8	8	4	3
	INCLINE	0	2	3	4	5	5	7	7	4	4	4	4	6	3	2	0
P4	SPEED	2	2	3	5	5	5	8	8	8	8	5	5	5	3	2	2
	INCLINE	0	3	6	6	6	9	9	9	9	9	9	6	6	6	2	0
P5	SPEED	3	4	5	6	7	8	9	10	10	10	9	8	7	5	4	3
	INCLINE	0	2	4	4	8	8	6	6	6	6	8	7	6	5	1	0
P6	SPEED	3	4	5	5	6	6	7	7	7	9	9	10	10	11	5	3
	INCLINE	0	8	8	8	8	8	7	7	7	7	7	5	5	3	3	0
P7	SPEED	3	4	9	4	11	4	10	4	9	4	8	4	11	5	3	2
	INCLINE	0	1	4	4	4	6	6	6	8	8	8	10	10	10	6	0
P8	SPEED	3	5	8	3	5	7	9	3	5	7	10	3	5	7	11	5
	INCLINE	0	3	8	8	3	3	7	7	3	3	6	6	3	3	5	0
P9	SPEED	3	7	9	4	7	10	4	7	11	5	7	12	4	7	12	6
	INCLINE	0	6	6	3	7	7	3	8	8	3	9	9	3	3	7	0
P10	SPEED	3	5	6	6	6	9	10	6	6	9	10	6	6	6	11	3
	INCLINE	0	7	7	7	5	5	5	8	8	8	8	8	8	4	4	0
P11	SPEED	4	5	7	9	10	11	9	6	8	9	10	10	11	9	6	5
	INCLINE	0	6	6	6	3	3	3	7	7	4	4	4	4	6	6	0
P12	SPEED	4	6	10	10	7	10	10	10	7	7	10	10	10	10	6	5
	INCLINE	0	8	8	6	9	9	5	5	8	8	8	4	4	4	4	0
P13	SPEED	1	2	3	4	5	6	7	8	9	10	12	10	8	6	4	2
	INCLINE	0	1	2	3	4	5	6	8	7	6	5	4	3	2	1	0

P14	SPEED	2	4	6	8	10	12	12	11	12	11	10	9	8	7	5	3
	INCLINE	0	3	9	10	9	2	2	8	8	4	1	1	4	5	4	0
P15	SPEED	2	3	5	5	7	12	8	5	9	5	3	3	8	6	4	3
	INCLINE	0	2	3	4	5	5	7	7	4	4	8	4	6	3	2	0

(1).The system is with 15 pre-set programs P1 – P15. On the program interface, you can choose the program as you like. When you see “TIME” glittering, press “+” & ” -” over the preset time 15:00 to set up the time that you need, then press “START” to start the treadmill. After that, the interface to go back to the first display window and you can see the chosen program data shown on the top left corner. For example, if Program 1 is shown on the top left corner, it means that the system will be running with Program 1 operation status. The preset program is divided into 16 sections, and each exercise time=the setting time/16. When the system enters into the next section, it will make 3 “Bi-Bi-Bi” sound, the speed and the incline level will change according to the preset data. During the same section course, you can press “INCLINE+”, “INCLINE-”, “SPEED+”, “SPEED-” to change the incline level and the speed. When the system goes into the next section, it will recover to the preset data of the speed and the incline. When the program is completely operated, the system will make 3 “Bi-Bi-Bi” sound.

(2). When the program is finished, the treadmill will stop and enter into STAND BY status after 5 seconds.

### 3. USER PROGRAM OPERATION INSTRUCTION:


USER1, USER2, USER3: Besides the 15 preset programs, you can also set up another 3 user’s programs as your need: USER1, USER2, USER3.

(1). User’s program setting:

After entering into the program display window, choose the program USER 1, USER2 or USER3 and then the “TIME” will glitter. Press “Tab” to change the “TIME”, “SPEED” & “INCLINE” setting, press “+”, “-“ to adjust the “TIME”, “SPEED” & “TIME” data, and press “START” directly after finishing the setting. The preset time of the system is 15:00. After the treadmill starts to work, the window will enter into the first display window, and the display of “USER1, USER2 or USER3 means that the system is working under the User’s PROGRAM.

(2).The USER setting data can be saved when you use the treadmill next time.

### 4. HRC PROGRAM OPERATION INSTRUCTION (OPTION):

(1).Under the STANDBY state, Press program manual keypress  to enter into the program choosing window which is with 3 HRC programs. When using it, just press HRC1, HRC2 or HRC3 to choose the one you like:

“HRC1” program: the highest speed is 8.0km/h; age: 30; default pulse: 124/minute;

“HRC2” program: the highest speed is 9.0km/h; age: 30; default pulse: 143/minute;

“HRC3” program: the highest speed is 10.0km/h; age :30; default pulse:162 /minute;

(2).After you choose the HRC program, press “+”, “-“ to adjust the “Age”, then press “TAB” to save and enter into the “Pulse” set-up. When it is finished, press “TAB” again to enter into the “Time” set-up. The time range is: 10:00 – 99:00 and the preset Time is : 15:00. (After press “TAB”, the system will save the parameter that you set automatically. And the Age and Pulse range are shown as the attached table.)

(3).After finishing “Time” set-up, press “START” to start the treadmill. The display window will enter into

the main operation display window, and HRC1, HRC2, or HRC3 will be shown on the left of the window which means that the system is working under the HRC program.

(4).Under the HRC program, you can press “INCLINE+”, “INCLINE –”, “SPEED+”, “SPEED –” button to change the speed and incline level, but the system will still do adjustment of the speed and incline level automatically to meet with your target heart rate.

(5).The first one minute after the exercise is the warm-up phase, in which the system won’t change the speed and incline level automatically, so the change can only be done manually. After one minute, the system will increase the speed automatically with 0.5KM/ML every time according your current pulse. when the speed reaches the highest speed of the HRC program, if it still cannot reach your target pulse, the system will increase the incline level ( 1 section each time) to increase the exercise level in order to reach the target pulse. When it comes to the target pulse, the speed and incline level will keep the same level and won’t change.

**Attention: The HRC program must use chest belt to test your heart rate. Make sure that the chest belt must be attached closely to the chest and the skin.**

### HRC PROGRAM CHART

Age	HRC1-Target zone (L-H)			Age	HRC2- Target zone (L-H)			Age	HRC3- Target zone (L-H)		
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
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22	124	129	134	22	144	149	154	22	163	168	173
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46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
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55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
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76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124



## PROGRAM RANGE:

	PROGRAM	BEGIN	SET UP RANGE	DISPLAY RANGE
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00—99:59
INCLINE(%)	0	0	0-20	0-20
SPEED(K/h)	1.0	1.0	1.0-20	1.0-20
DISTANCE(K)	0	1.0	1.0-99.9	0.00—99.9
PULSE(hypo/min)	P	N/A	N/A	50-200
CALORIE(THERM)	0	20	20-999	0—999

## MEDIA OPERATION INSTRUCTION:

1, Music Playing Operation:

### Music Playing Display Window





Internal Saver  
External SD Card Saver  
External USB Saver

Music File Name

Press this keypress to stop the treadmill at any time

Volume Adjustment (Touch directly)


BACK  
Keypress  
(Return to previous menu)

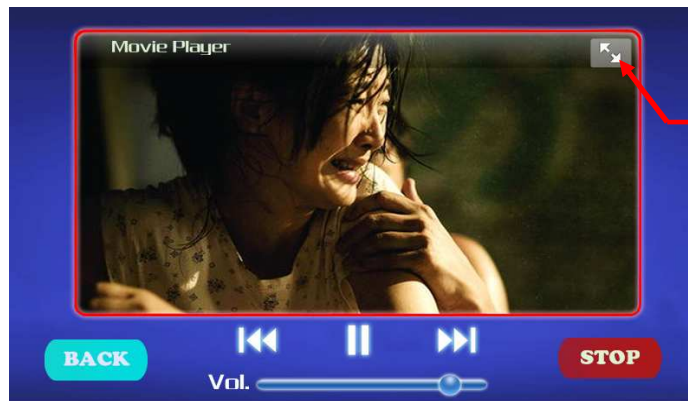
The system offers 3 storage options: Internal Saver, External SD Card Saver and External USB Saver. You can touch the SAVER symbol  to choose the SAVER that you want, and the SAVER Symbol will shine when you chose it. : Previous, : Play/Pause, : Next. When you want to play the music that you choose, just double click the file name.

## Video Playing Display Window



The color of the file will change into red color after it is chosen.

Video operation is the same as the music operation. Press the playing symbol  after you chose the Video file that you want to play, and then enter into the Video Window shown as below:



Full Screen Playing Keypress

: Previous, : Next, : Pause, : Play

## Picture Browse Window



:Picture Left Movement, :Picture Right Movement, : Playing, :Stop

When the picture is playing, the system will display each picture with every 2 seconds.

**Attention:**

1. Some special Music & Video files are not able to be played, such as non-standard Audio and Video formats, or the size of the file is too big.
2. When playing the picture, the playing reaction speed will be different according to the resolution of the picture. The higher the resolution is, the slower the reaction speed will be.
3. USB & SD Card Storage should be with good quality, otherwise it will occur playing standstill or sudden exit.
4. When playing the file, just double click the file name.

**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 “Bi-Bi-Bi”, and the treadmill become stopped. Attach the magnet end of the safety pulling rope to the computer, the treadmill will be at the beginning of running.

**MP3 FUNCTION:**

When Mp3 is connected, the computer is able to play music. The volume is controlled on the Mp3. Please pay attention adjust the volume properly for having better timbre and protecting the inner voice-frequency circuit.

**TURN OFF:**

Turn off the power: You can turn off the power to stop the treadmill, so that the treadmill 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.

**TROUBLE SHOOTING GUIDE****1. No display on the console after the power is started:**

The probable reason is that the wire from the console to the bottom control board is not connected well or the transformer is burnt out. Take off the upright frame tubes and check every single connection part of the wires from the console to the bottom control board and make sure that all the wires are connected well. If the problem is caused by the defective wires or the defective transformer, please do the replacement by the new wires or transformer.

**2. E01—Communication failure:**

The probable reason is that the communication from the console to the bottom control board is stuck. Check every single connection part of the wires from the console to the bottom control board and make sure that all the wires are connected well. If the problem is caused by the defective wires, do the replacement by the new wires.

**3. E02—Burst clash protection:**

Check if the voltage is lower than 50% of the normal voltage and do the testing again by the correct voltage. Check if the control board has strange smell, if it is, please use a new control board to do the replacement. Check if the motor wires are connected well, and re-connect the motor wires well.

**4. E03—No sensor signal:**

The probable reason is that the speed sensor signal has not been received during 10 minutes, check if the sensor signal light of the bottom control board is flashing, if not, please use the new part to do the replacement. Check if the sensor plug is connected well or if the magnetic sensor is broken, re-connect the sensor plug or change the magnetic sensor with the new one.

**5. E04—Incline leaning failure:**

Check if the VR wire of the incline motor is connected well, re-connect the VR wire plug. Check if the AC wire of the incline motor is connected well, connect the AC wire of the incline motor with the correct position of the control board. Check if the motor connection wires are broken, if yes, do the change by the new wires or the new incline motor. Press the button of the bottom control board to re-work after all the checkings are done well.

**6. E05—Current overload protection:**

The probable reason is that the user's weight is over limit loading and causes too much current, so the unit starts self-protection system. If a certain part of the treadmill is stuck, it may also cause the problems that the motor can not rotate, the loading is over the limit and the current is too much. Adjust the treadmill well and restart the unit power. In addition, check if the motor has the overloading current sound or the burning smell, if yes, change the motor by the new one. Check if the control board has the burning smell, if yes, change the control board by the new one. Check if the voltage is normal or too low, do re-testing by the correct voltage.

7. If the motor doesn't rotate after pressing the START button, check if the motor wires are broken, the fuses of the bottom control board are damaged or come off, the motor wires are connected well, and the IGBT of the bottom control board is burnt. Check if all the motor wires are connected well, the fuses of the control board are okay, if not, re-assemble it or change the part with the new one. Check if the motor is getting loose, and connect the motor wires well. Use the Multimeter to test if the IGBT of the bottom control board is burnt out, change either the IGBT or the whole bottom control board.

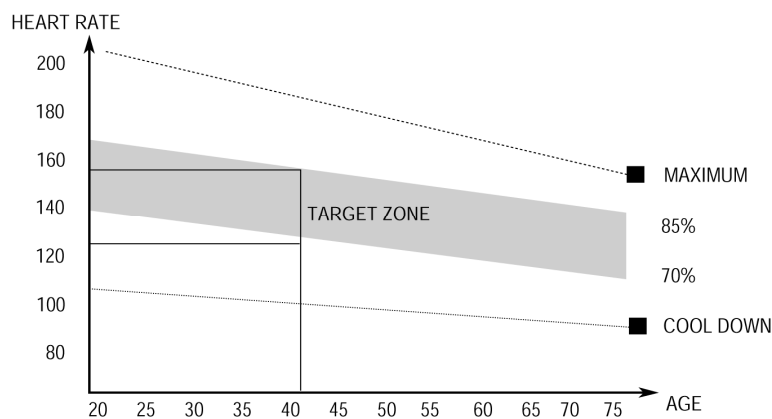
# EXERCISE INSTRUCTIONS

## 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 limit 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.



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 harder 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.

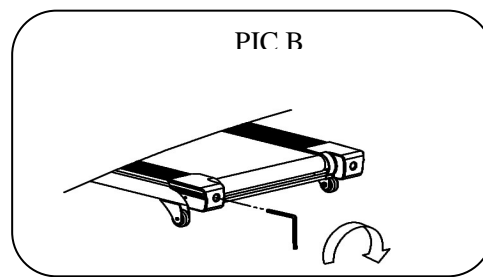
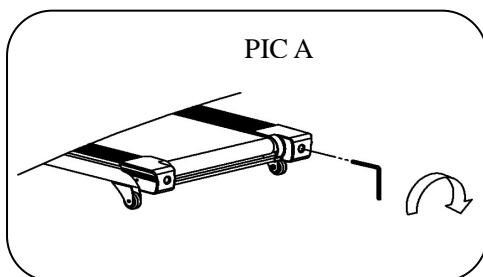
## MAINTENANCE INSTRUCTIONS

### 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 LEFT

**Picture B** If the belts has drifted to the RIGHT

**WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.**

## CLEANING

General cleaning of 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.

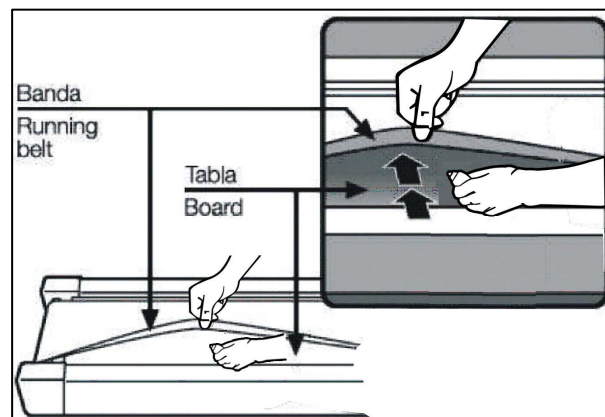
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

## WALKING BELT AND DECK LUBRICATION

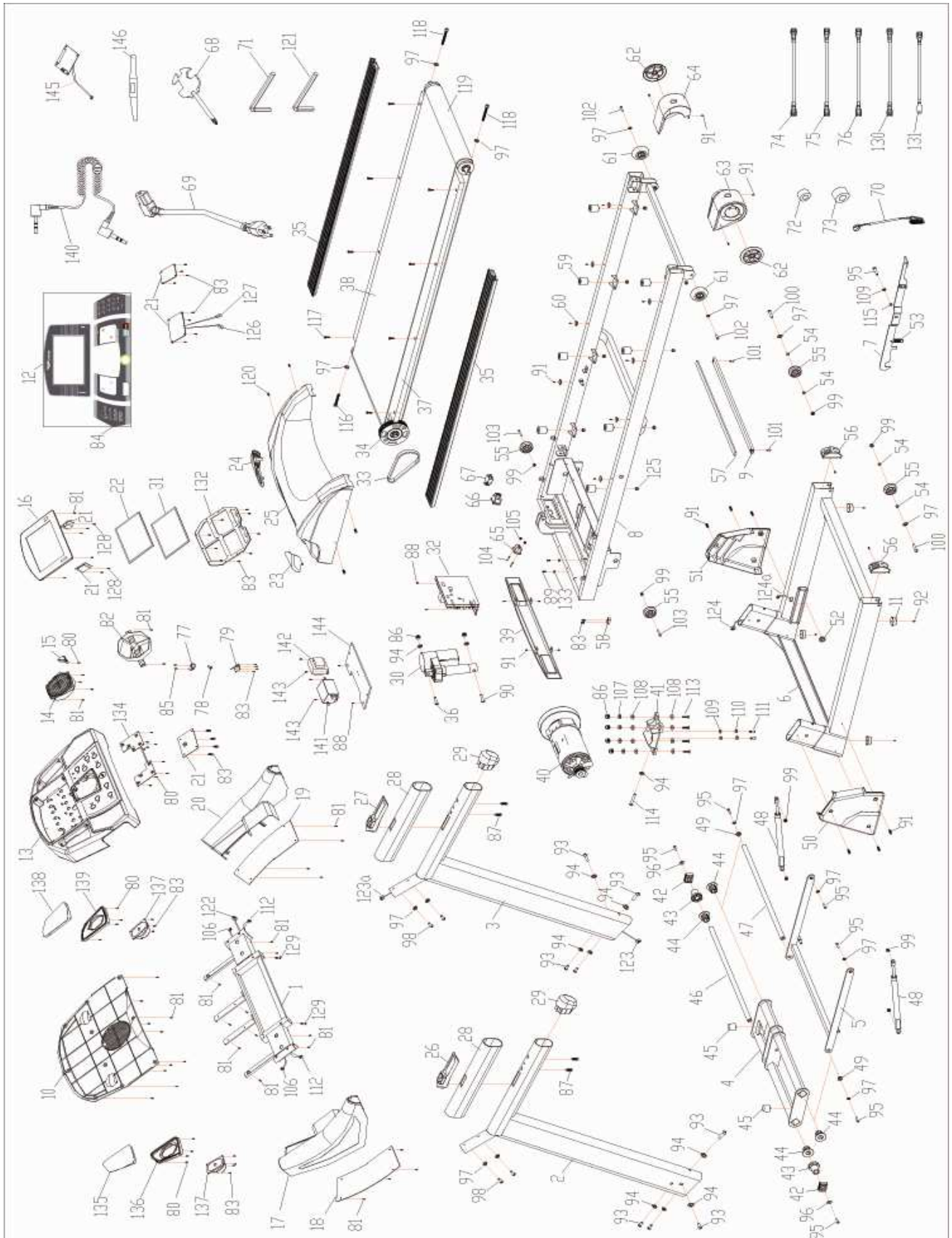
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

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.	NAME	SPEC.	QUAN	NO.	NAME	SPEC.	QUAN
1	COMPUTER ASSEMBLY		1	39	MOTOR FRONT COVER		1
2	LEFT UPRIGHT		1	40	DC MOTOR		1
3	RIGHT UPRIGHT		1	41	MOTOR SEAT		1
4	ADJUST SUBASSEMBLY		1	42	SLIDE PIECE		2
5	SUPPORT FRAME SUBASSEMBLY		1	43	PLASTIC BEARING		2
6	BASE FRAME		1	44	TUBE STOPPER		4
7	PEDAL SUBASSEMBLY		1	45	TAPER CUSHION MAT		2
8	MAIN FRAME		1	46	SLIDE RAIL AXIS		1
9	STRENGTH TUBE ASSEMBLE		1	47	LOCATION CONTROL AXIS		1
10	COMPUTER BOTTOM COVER		1	48	CYLINDER		2
11	FLAT MAT		4	49	AXIS COVER		2
12	OVERLAY		1	50	LEFT UPRIGHT COVER		1
13	COMPUTER TOP COVER		1	51	RIGHT UPRIGHT COVER		1
14	FAN TOP COVER		1	52	RING PROTECTOR STOPPER		1
15	COOLING SWITCH		1	53	EXTEND SPRING		1
16	COMPUTER BOARD		1	54	WHEEL CAP BUSHING		4
17	LEFT HANDLE COVER		1	55	WHEEL		4
18	LEFT HANDLEBAR COVER		1	56	WHEEL CAP		2
19	RIGHT HANDLEBAR COVER		1	57	EVA PAD		1
20	RIGHT HANDLE COVER		1	58	MAGNETIC SENSOR		1
21	TFT CONTROL BOARD		1	59	ROUND CUSHION		8
22	TOUCH SCREEN		1	60	CUSHION FOR SIDE RAIL		8
23	LEFT MOTOR COVER		1	61	WHEEL		2
24	RIGHT MOTOR COVER		1	62	END CAP COVER		2
25	MOTOR COVER		1	63	LEFT END CAP		1
26	PULSE WITH SPEED BUTTON		1	64	RIGHT END CAP		1
27	PULSE WITH INCLINE BUTTON		1	65	ELECTRICAL OUTLET		1
28	FOAM		2	66	SWITCH		1
29	END CAP		2	67	OVERLOAD PROTECTOR		1
30	INCLINE MOTOR		1	68	ALLEN WRENCH		1
31	TFT TOUCH SCREEN		1	69	STANDARD POWER WIRE		1
32	CONTROL BOARD		1	70	SAFETY KEY		1
33	BELT	J220-8	1	71	6#SCREW DRIVER		1
34	FRONT ROLLER		1	72	MAGNETIC CORE		1
35	SIDE RAIL		2	73	MAGNETIC RING		1
36	BOLT	M10*45	1	74	AC SINGLE WIRE		1
37	RUNNING BOARD		1	75	SINGLE WIRE 1	350 YELLOW	1
38	RUNNING BELT		1	76	SINGLE WIRE 2	350 BULE	2

77	IRON SHEET OF THE SAFETY KEY		1	112	PULSE UPWIRE		1
78	SPRING BALL		1	113	BOLT	M10*30	4
79	SAFETY KEY SENSOR		1	114	BOLT	M10*90	1
80	SCREW	ST2.9*9.5	18	115	PEDAL BUSHING		1
81	SCREW	ST4.2*12	36	116	BOLT	M8*40	1
82	COOLING FAN		1	117	BOLT	M6*22	8
83	SCREW	ST2.9*6.5	18	118	BOLT	M8*65	2
84	BUTTON OVERLAY		1	119	REAR ROLLER		1
85	SCREW	ST2.9*8	2	120	BOLT	M5*8	4
86	NUT	M10	6	121	5# Allen wrench		1
87	SCREW	ST4.2*19	4	122	COMPUTER UP WIRE		1
88	BOLT	M5*12	4	123	COMPUTER MIDDLE WIRE		1
89	BOLT	M5*6	2	124	COMPUTER LOW WIRE		1
90	BOLT	M10*62	1	125	NUT	M6	8
91	SCREW	ST4.2*12	25	126	INCLINE UP WIRE		1
92	BOLT	M6*16	4	127	SPEED UP WIRE		1
93	BOLT	M10*25	8	128	SCREW	ST3.5*9.5	4
94	LOCK WASHER	10	11	129	BOLT	M6*40	2
95	BOLT	M8*25	7	130	AC LINE	120	1
96	WASHER C	8	2	131	GROUND LINE	350	1
97	WASHER	8	15	132	TOUCH SREEN HOLDER		1
98	BOLT	M8*52	4	133	WASHER		2
99	NUT	M8	8	134	KEY BOARD		1
100	BOLT	M8*50	2	135	LEFT AUDIO NETWORK		1
101	BOLT	M6*12	2	136	LEFT AUDIO CONNECTING BOARD		1
102	BOLT	M8*42	2	137	SPEAKER		2
103	BOLT	M8*35	2	138	RIGHT AUDIO NETWORK		1
104	BOLT	M3*10	2	139	RIGHT AUDIO CONNECTING BOARD		1
105	NUT	M3	2	140	MP3 CONNECTOR		1
106	HANDPULSE UP WIRE		1	141	INDUCTANCE	OPTION	1
107	SPRING LOCK WASHER	10	4	142	REACTANCE	OPTION	2
108	FLAT WASHER C	10	8	143	BOLT	OPTION	2
109	FLAT WASHER C	8	3	144	CONTROL BOARD	OPTION	1
110	SPRING LOCK WASHER	8	2	145	HEART RATE RECEIVER	OPTION	1
111	BOLT	M8*30	2	146	CHEST BELT	OPTION	1