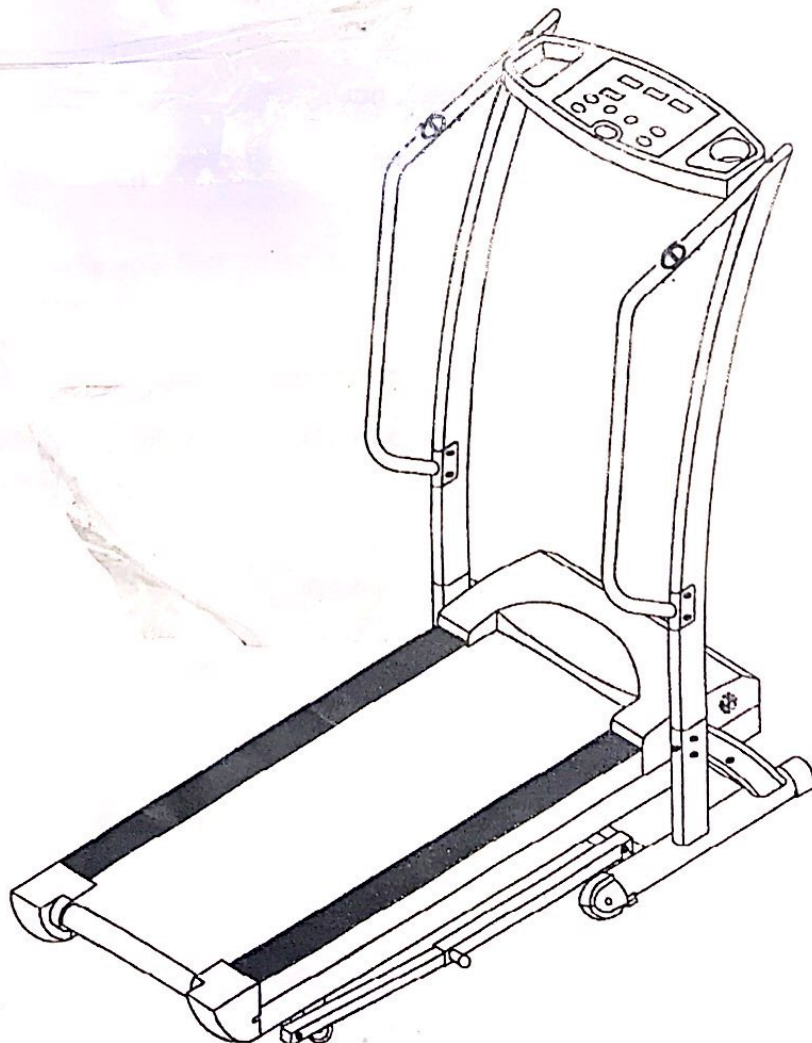


**PROGRAMMABLE  
AUTO INCLINE  
MOTORIZED TREADMILL**

**USER'S MANUAL**



## **SAFETY GUIDELINE**

### **Please read and follow the following safety guidelines:**

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

- . Read this owner's manual and follow the instructions.
  
- . Assemble and operate the treadmill on a solid, level surface. Keep the area behind the treadmill clear.
  
- . Never allow children on or near the treadmill. The treadmill running belt will not stop immediately if any object becomes caught in the belt or rollers.
  
- . Check the treadmill before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the treadmill if the unit is disassembled in any way.
  
- . Keep hands away from moving parts.
  
- . The weight limit for this treadmill is 120 kg.
  
- . Wear proper workout clothing: Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie back all long hair.
  
- . Don't rock the unit from side to side. Care should be taken when mounting and dismounting the unit.
  
- . Straddle the machine with your feet on the right and left staging platforms before starting the running belt.
  
- . Do not place any liquids on any part of the treadmill.
  
- . To prevent any shock, keep all electric components, such as the motor, cord, and switch away from water.
  
- . Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
  
- . Work within your recommended exercise level, do **NOT** work to exhaustion.
  
- . If you feel any pain or abnormal sensation, **STOP YOUR WORKOUT** and consult your physician immediately.
  
- . Turn off the treadmill while adjusting or working near the rear roller.

The treadmill is designed for the use and enjoyment. By following the above precautions and using good judgement and common sense, you will enjoy safe and pleasurable exercise with this treadmill.

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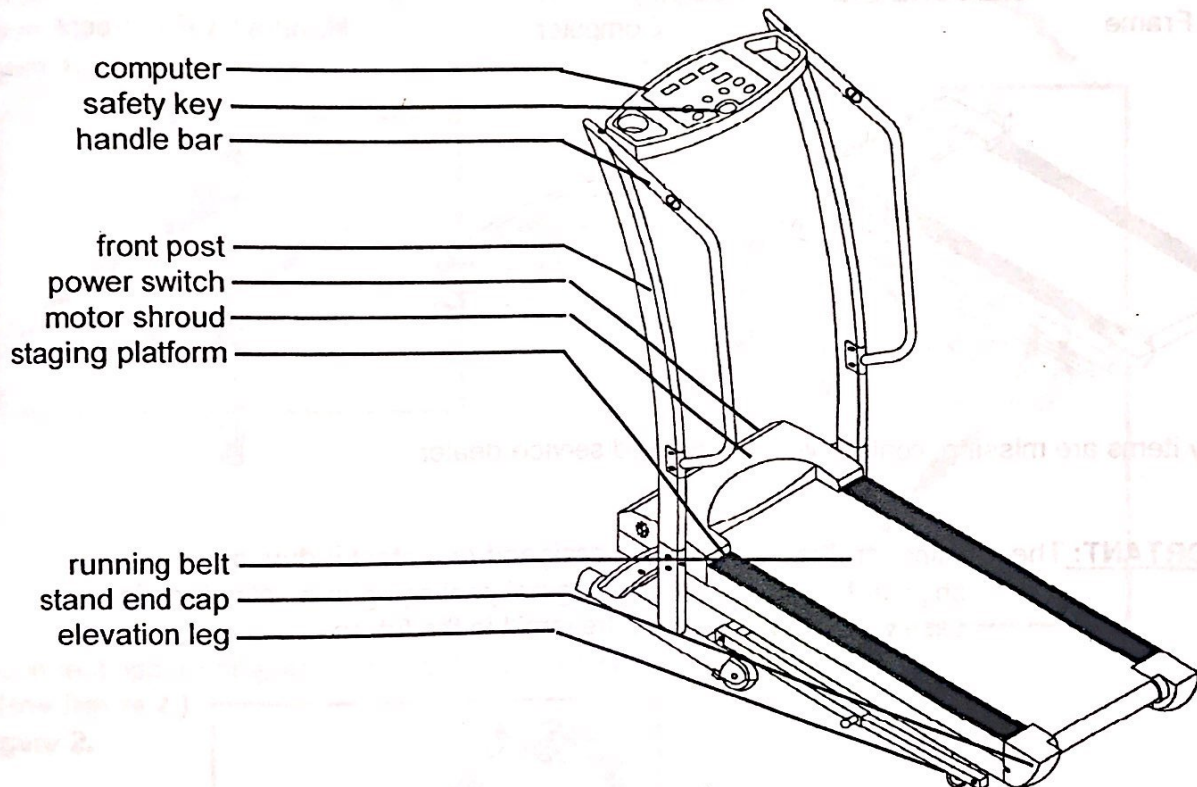
### **7.UNDERSTANDING THE ELECTRONICS PACKAGE .....**

## **ASSEMBLING YOUR TREADMILL:**

### **Installation Requirements**

Read this owner's manual and follow the instruction contained herein.

**CAUTION:** To avoid back strain , and to ensure safety to the unit and yourself, we suggest you may need a helper to remove the running deck assembly from box.

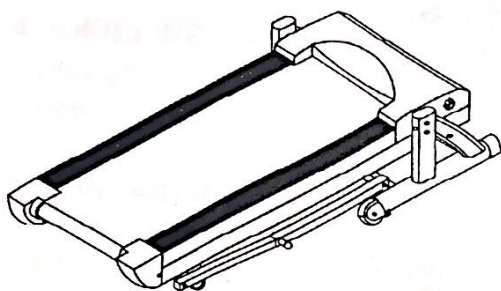


## List of Parts

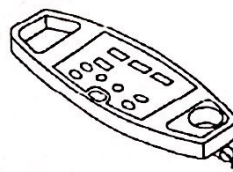
Before assembling your treadmill, make sure that you have all the following items:

- a. Main Frame 1set
- b. Computer 1set
- c. Handrail & Front post 1set
- d. Screw Bag 1box  
(M8 \* 15mm bolt -- 8pcs;  
power wire -- 1pc;  
hex. Allen wrench -- 1pc;  
safety key -- 1pc  
SILICONE OIL -- 1 bottle )

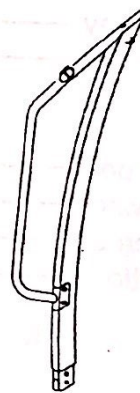
Main Frame



Computer



Handrail & Front post



If any items are missing, contact your authorized service dealer.

**IMPORTANT:** The packing for this treadmill was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the treadmill in the future.

## Step by Step Instructions

The following steps explain how to assemble your treadmill. Please read every step thoroughly, and follow the directions completely to ensure correct assembly.

1. There are important parts enclosed inside of the Styrofoam, please check Styrofoam compartments before discarding. Make sure all packing materials are removed from the treadmill bed.
2. Place the treadmill on a level, flat surface.
3. Upright the Main Frame, connect computer cable(upper) with computer cable(lower) securely. secure with 3 x M8 \* 15mm bolts to left & right front post.  
(see figure 1. & figure 1-1)

figure 1.

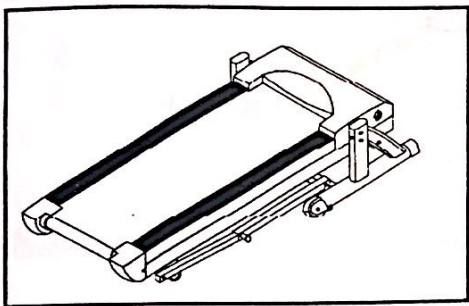
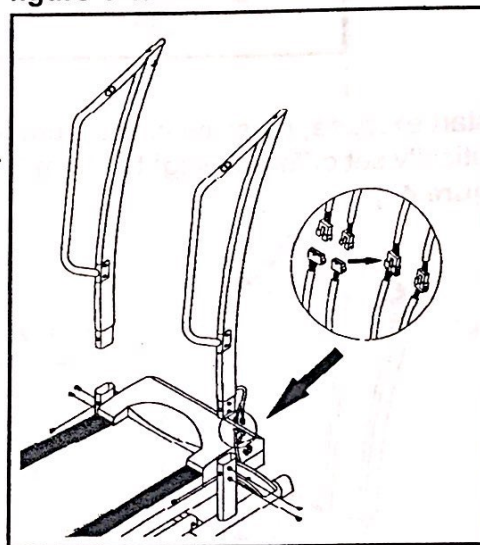
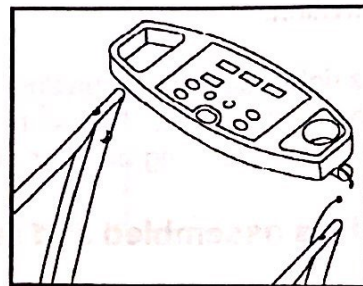
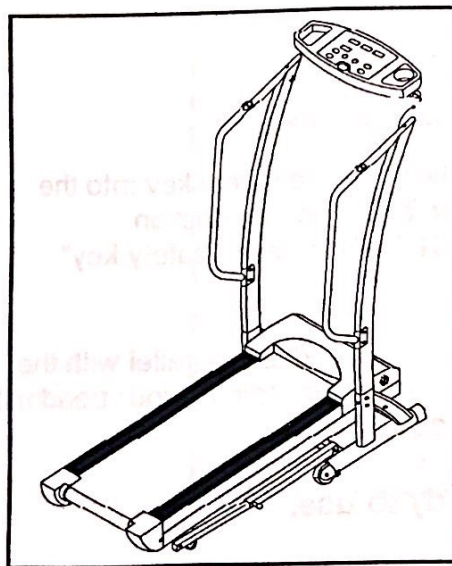


figure 1-1.



4. Connect upper computer cable with lower computer cable.  
(see figure 2.)

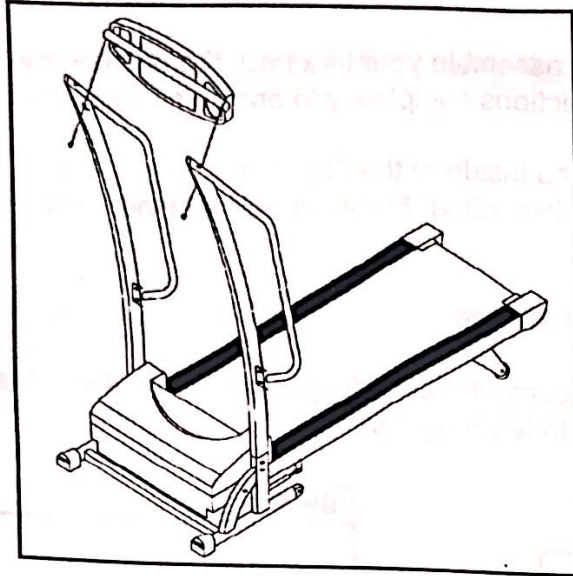
figure 2.



5. Attach Computer to front post, secure with 2 x M8 \* 15 mm bolts to left & right side.

(see figure 3.)

figure 3.



6. When start exercise, press computer button "UP" & "DOWN", the treadmill will automatically set different heights. (from 1% - 8%)

(see figure 4 )

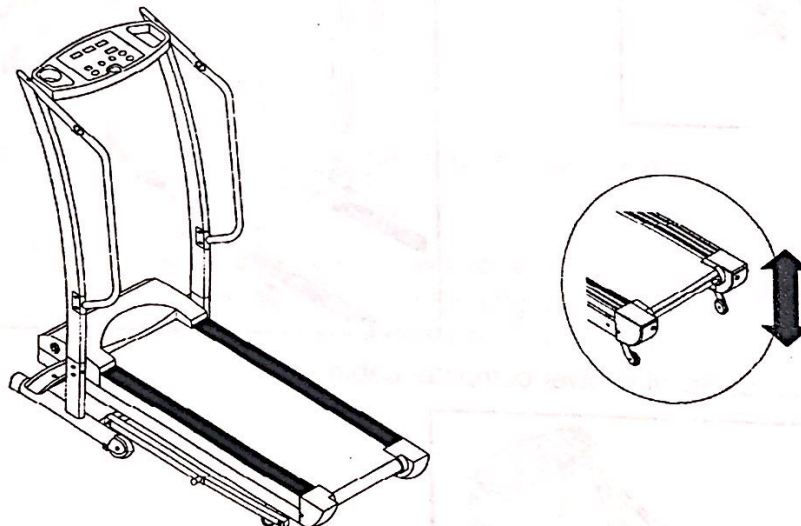


figure 4.

7. After your treadmill is assembled completely, place the safety key into the safety key position on the computer in order for the unit to function . Please refer to the "OPERATING INSTRUCTIONS" section "safety key" for more information.

Make sure the right edge of the running belt is aligned and parallel with the right side of the motor shroud. Please refer to the "Maintaining your treadmill" section "adjusting the running belt" for more information.

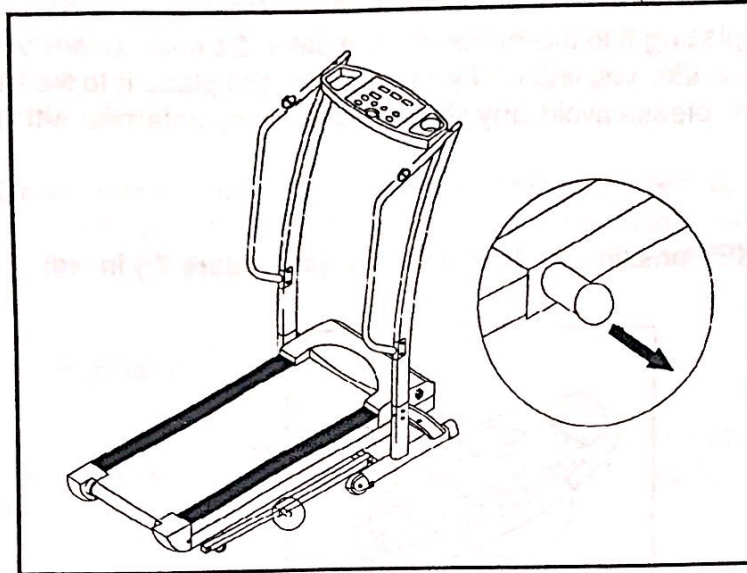
**Your treadmill is assembled and ready to use.**

## Folding & unfolding the treadmill

### folding & standing the treadmill

1. Pull up the quick release at side of treadmill, fold the main frame up toward the handrails.

(see figure 5.)  
figure 5.

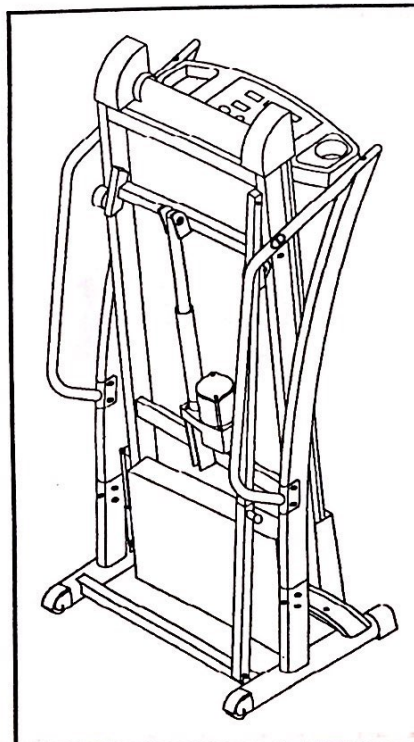


### Unfolding the treadmill from the standing position

1. Pull up the quick release at side of treadmill, lower the treadmill unit until it is lying on flat ground.

(see figure 6.)

figure 6.





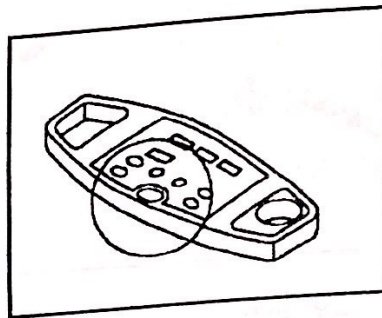
## OPERATING INSTRUCTIONS

**CAUTION:** DO NOT STAND ON THE BELT WHEN STARTING.

### Safety Key

The safety key is required to operate the treadmill. The safety key should be used as an emergency stop by placing it to the button on computer. Be sure to remove the safety key from hand rail after you finished your workout, and place it to the button on computer. For safety, please avoid any children or persons unfamiliar with this treadmill.

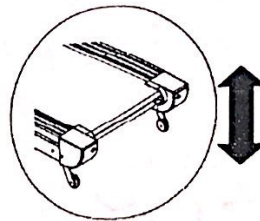
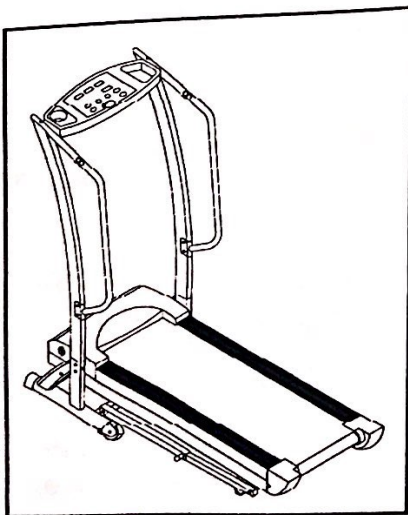
Place the safety key into the SAFETY KEY position on the computer (see figure 7.) in order for the unit to function.  
figure 7.



### Elevation Adjustment

When start exercise, press computer button "UP" & "DOWN" , the treadmill will automatically set different heights. (from 1% - 8% )

figure 3.



### Hand grip Pulse

To measure the present heart rate, hold on both side of hand grip on handlebar tightly.

## **GUIDELINES FOR EXERCISE**

### **How long should I exercise?**

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

### **How often should I exercise?**

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## **MAINTAINING YOUR TREADMILL:**

Your treadmill relies on low friction for peak performance. The treadmill's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the treadmill" for more information.

Proper belt alignment is also important for proper operation of the treadmill. See "Adjusting the Running belt" for more information.

### **Cleaning the Treadmill**

**CAUTION:** Turn off unit and disconnect AC cord before cleaning.

Regular cleaning is recommended to keep your treadmill running at peak performance.

Before your workout, use a dry cloth to clean the staging platform, exposed slider deck, and under the belt as far as you easily reach. This removes dirt or dust which might enter the slider area and compromise the unit's running efficiency.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating. On the running surface, use a soft nylon scrub brush. Do not use water to clean the belt or running surface, or to clean the computer. Should water, for some reason, get on the computer, immediately blow dry the computer.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

### **Adjusting the Running Belt**

The belt is properly aligned at the factory. However, during shipping and handling or by use on an uneven surface, the belt may move off center. Therefore, it is important that you check the belt's alignment before using the treadmill.

The correct alignment of the running belt is critical for smooth operation of the treadmill.

**CAUTION:** DO NOT ALLOW ANYONE TO WALK ON RUNNING BELT DURING THIS PROCEDURE.

Failure to realign the belt could result in tearing or fraying of the belt, which is not covered in the warranty. Please follow the adjustment procedure listed below:

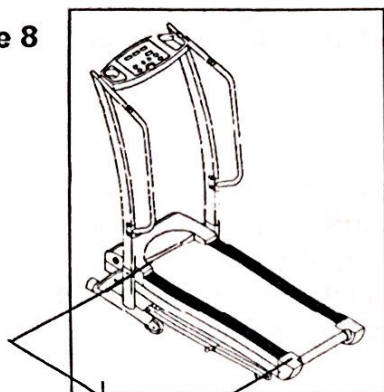
1. Turn on the POWER switch located on the front of machine.
2. Press STOP to enter your information, then press SPEED ▲ or ▼ speed reads 3.6KPH on the digital display.

3. While the unit is running at 3.6KPH, determine where the belt is in relation to motor shroud, make sure the edge of the running belt is aligned and parallel with the right side of the motor shroud.  
Observe for approximately 30 seconds.  
If the belt edge is aligned and parallel with the right side of the motor shroud, the belt does not need adjusting. Conversely, if the belt is not aligned and parallel with the right side of the motor shroud, the belt needs immediate adjustment.
4. Should your belt be out of alignment with side of motor shroud, follow the steps below to return the belt to the "safety zone".
5. Run the treadmill at a steady 3.2KM. Determine if the belt is too far left or too far right.
6. If the belt is too far left, turn the left belt tensioning bolt located at the rear of the treadmill clockwise 1/4 turn at a time, using the hex. Allen wrench. Then turn the right adjustment bolt counterclockwise 1/4 turn. Let the treadmill run at least 30 seconds, then check the position of the belt. If it still has not returned to proper zone, repeat with another 1/4 turn until the belt has returned to the proper position. Do not turn adjusting bolt more than 1/4 turn at a time.
7. Conversely, if the belt is too far right, turn the right Belt Tensioning Bolt clockwise 1/4 turn, then turn the left adjustment bolt counterclockwise 1/4 turn. Then let the treadmill run at least 30 seconds, then check the position of the belt.  
If it still has not returned to the safety zone, repeat with another 1/4 turn until the belt has returned to the safety area. Do not turn adjusting bolt more than 1/4 turn at a time.
8. When the belt is back in the proper position, you can continue your regular use of the treadmill. Slowly increase the speed of the speed of the unit to 9KM, and let it run for at least 45 seconds. Try using the treadmill, if you feel a pause in the belt with each foot plant the belt is too loose. Stop the machine, then adjust both rear roller bolts clockwise 1/2 turn at a time. Try the machine again then check the result. If more adjusting is required, give the both adjusting bolts another slight turn. Do not adjusting bolts more than 2 full-turns.
9. Be careful if the belt is too tight, this will adversely affect the life of the unit. Over tightening cause damage and premature failure of the precision bearings in the front and rear rollers.

Periodically monitor the position of the belt to ensure peak performance:

When you are using the treadmill, if you feel a pause in the belt with each foot plant the belt is too loose. Stop the machine, check the belt tension, lift the running belt off the deck in the middle (see figure 8 & 8-1.). There should be about 15m/m or 3-5kgs of "give" in the belt. If there is too much (see figure 8-2), then adjust both rear roller bolts clockwise 1/2 turn at a time. (see figure 8-3)

figure 8



center

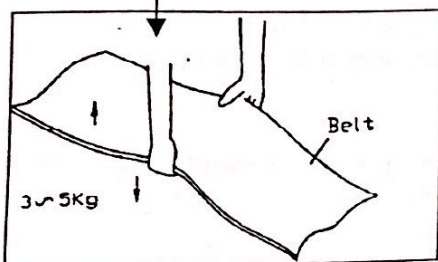


figure 8-1

figure 8-2

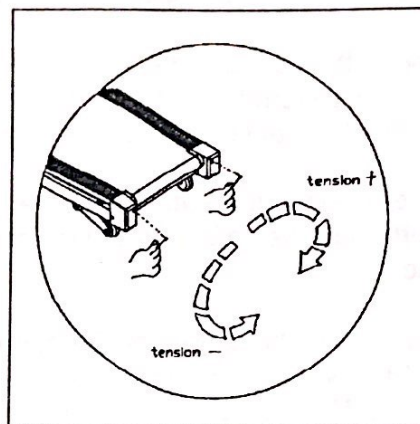
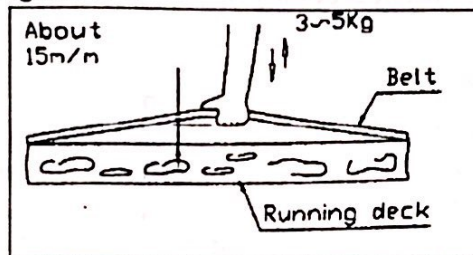


figure 8-3

Then, try the belt tension again, if more adjusting is required, give both adjusting bolts another slight turn. Do not adjust over 2 full-turns.

Conversely, if the "give" in the belt is too tight, adjust both rear roller bolts counterclockwise 1/2 turn at a time (see figure 8-2)

**CAUTION:** To avoid injury, special care must be taken when adjusting the running belt or working near the rear roller. Remove any loose clothing or shoe laces and tie back your hair. Be very careful to keep your fingers or any other object clear of the belt and rollers.

The treadmill are designed to carry specific weights at specific speeds. The treadmill will not stop immediately if any object becomes caught in the belt or rollers.

## **TROUBLE SHOOTING:**

**CAUTION: SHUT OFF UNIT AND DISCONNECT AC CORD BEFORE MAKING ANY REPAIRS OR MODIFICATIONS.**

### **Blank Display**

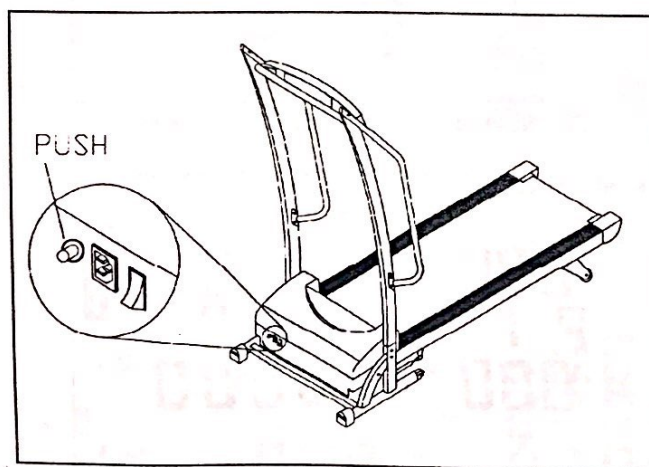
- 1.If you turn o the POWER switch and there is no light:
  - a. Check if the AC power cord is plugged securely into the wall socket.
  - b.Check that the power switch on the front of the unit is in the "ON" position.  
The power switch should be lit.
  - c.If the power switch is no light, and nothing displays on the computer, then the fuse must be replaced.

**CAUTION: MAKE SURE THE TREADMILL PLUG ALREADY REMOVE FROM OUTLET BEFORE REPLACE THE FUSE.**

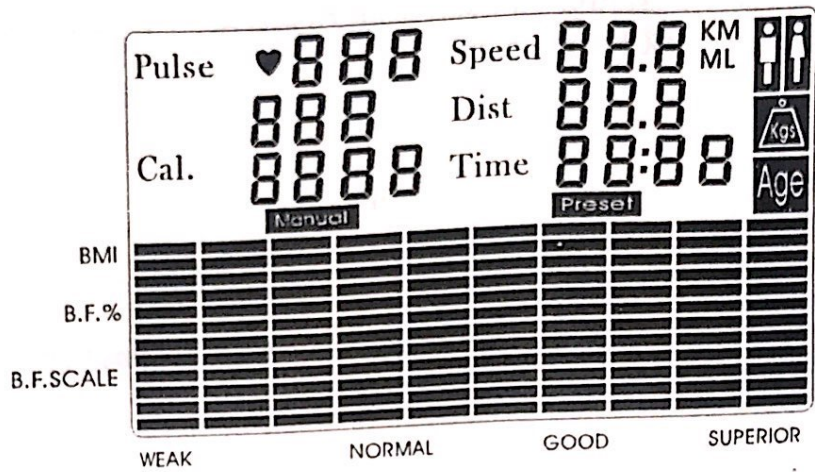
The fuse holder 7amp(100v-120v) / 5amp (200v - 240v) located on the front of the machine. Please make sure your area standard voltage prior replacements.

To remove the fuse, push on the fuse holder . Remove the damaged fuse and insert a new fuse, pushing the fuse and holder in. **(see figure 9)**

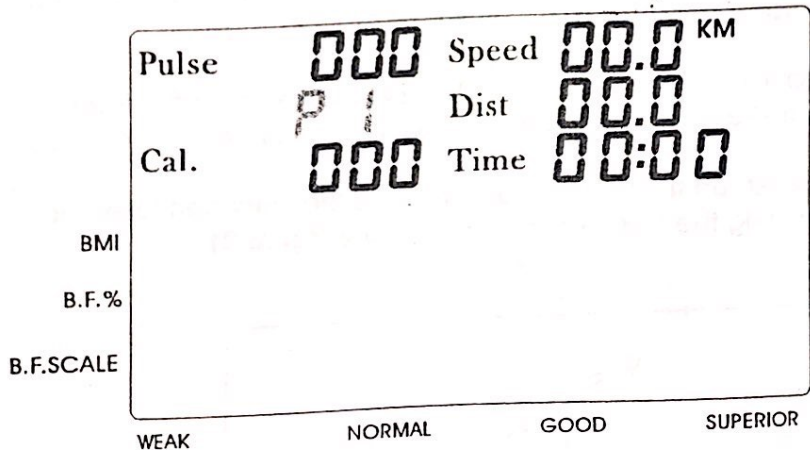
**figure 9.**



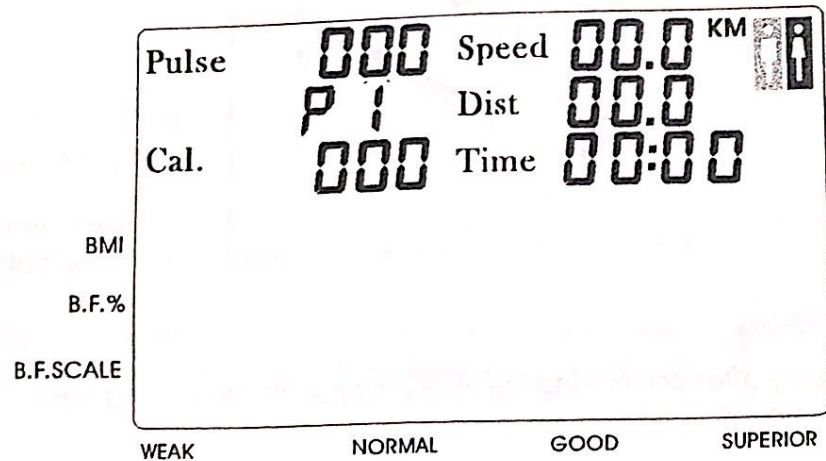
If there is still no display after completing the above steps, please contact your dealer for more information.



POWER ON, FULL DISPLAY FOR 2 SECONDS



P1 BLINKING, PRESS "FAST", "SLOW" TO SET USER.



BLINKING, PRESS "FAST", "SLOW" TO SET SEX.

Pulse 000 Speed 00.0 KM

Cal. P1 Dist 00.0

000 Time 00:00

BMI

B.F.%

B.F.SCALE

WEAK NORMAL GOOD SUPERIOR

AND BLINKING, PRESS "FAST", "SLOW" TO SET WEIGHT.

Pulse 000 Speed 00.0 KM

Cal. P1 Dist 00.0

000 Time 00:00

BMI

B.F.%

B.F.SCALE

WEAK NORMAL GOOD SUPERIOR

AND BLINKING, PRESS "FAST", "SLOW" TO SET AGE.

Pulse 000 Speed 00.0 KM

Cal. H1 Dist 00.0

000 Time 00:00

BMI

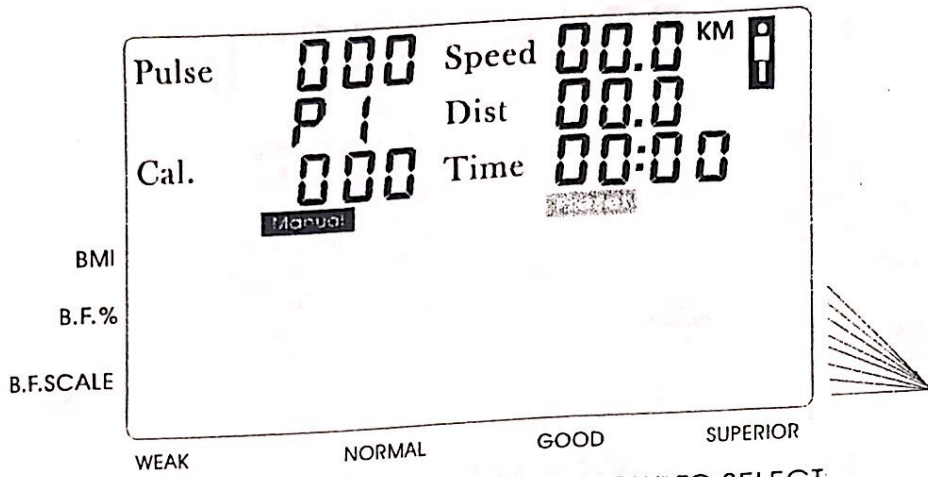
B.F.%

B.F.SCALE

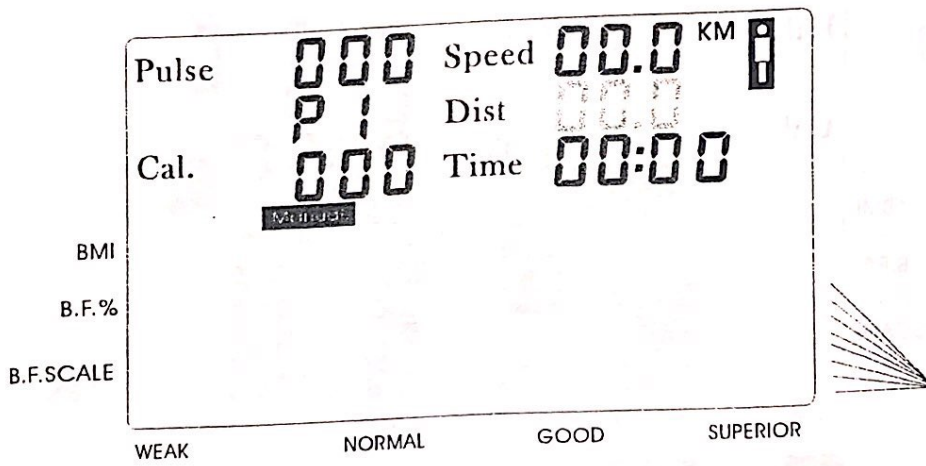
WEAK NORMAL GOOD SUPERIOR

AND BLINKING, PRESS "FAST", "SLOW" TO SET HEIGHT.

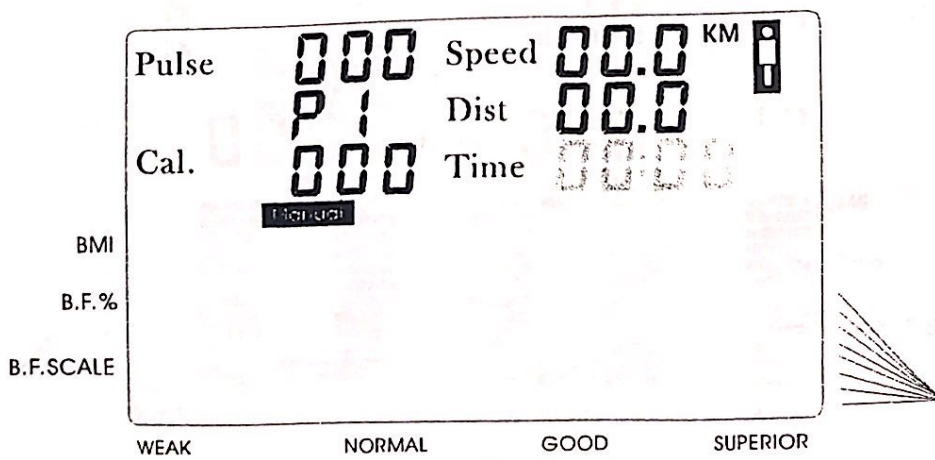




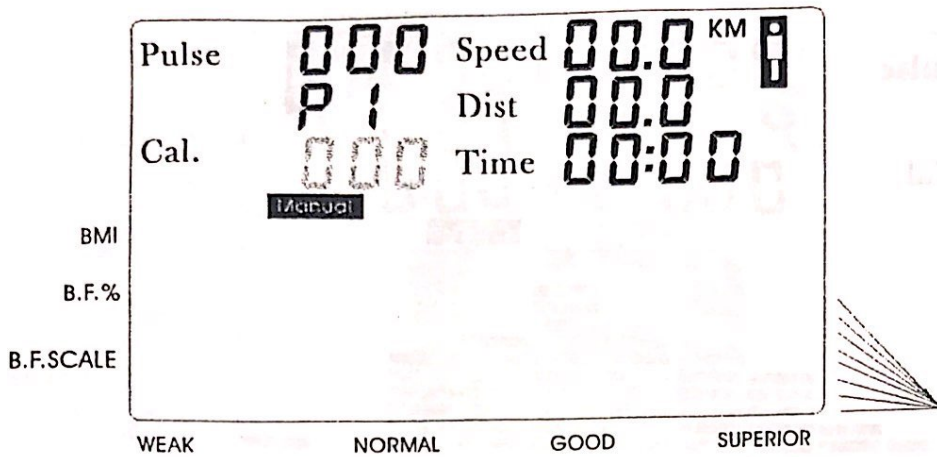
**Preset** BLINKING, PRESS "FAST", "SLOW" TO SELECT MANUAL OR PRESET PROGRAM.



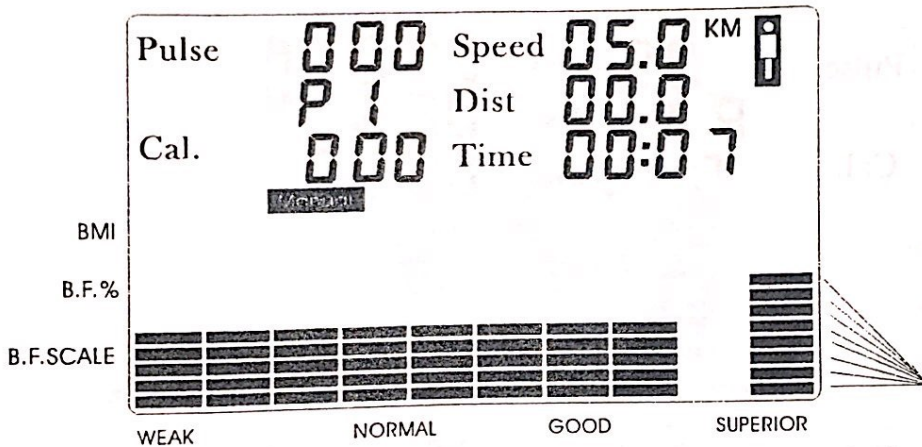
**Dist** 00.0 BLINKING AFTER MANUAL IS SELECTED, PRESS "FAST", "SLOW" TO SET DISTANCE.



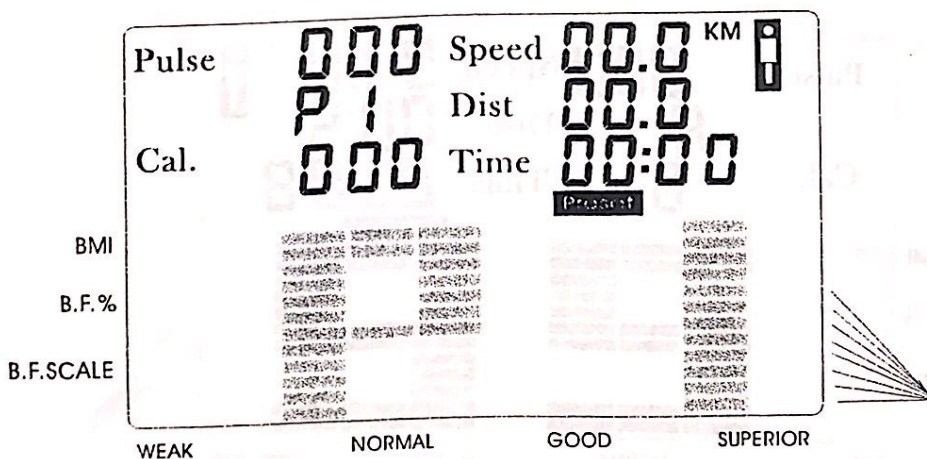
**Time** 00:00 BLINKING IF DISTANCE VALUE SET AS 0, PRESS "FAST", "SLOW" TO SET TIME..



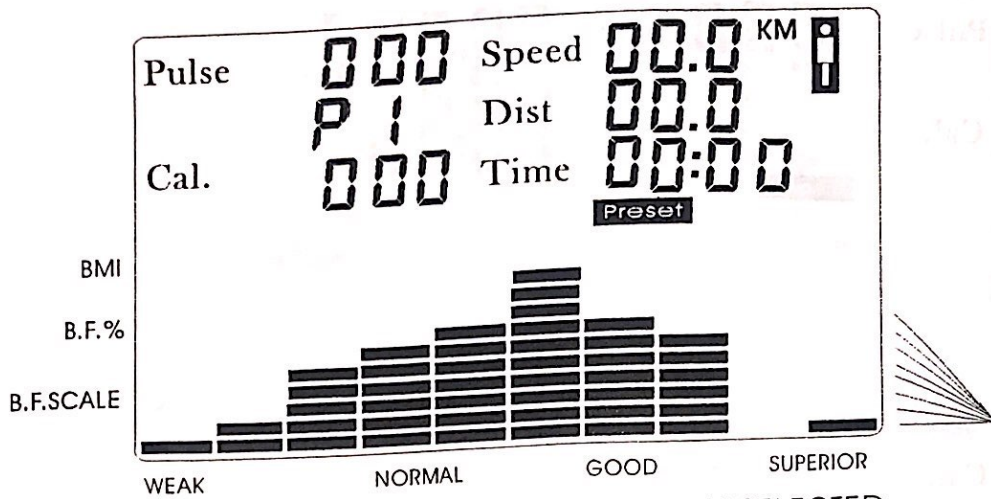
Cal. 000 BLINKING AFTER TIME SET AS 0, PRESS "FAST", "SLOW" TO SET CALORIES.



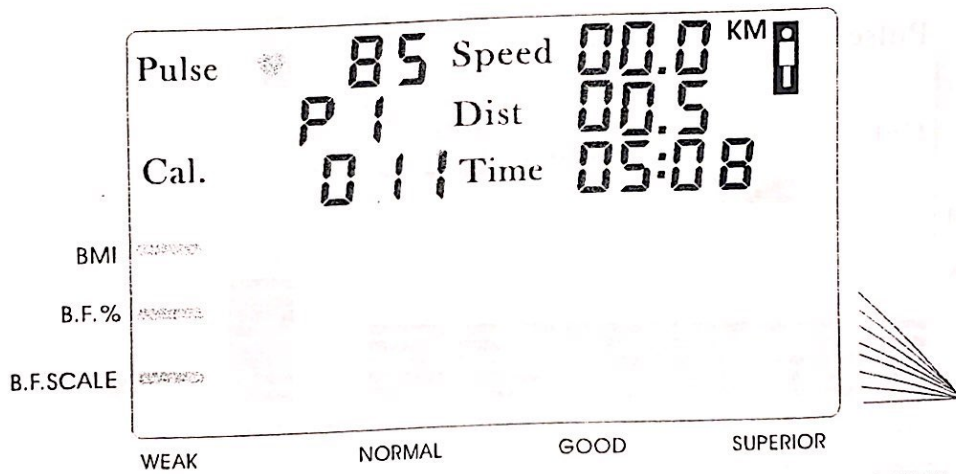
PRESS START TO START EXERCISE. PRESS "FAST", "SLOW", "UP", "DOWN" TO ADJUST SPEED AND INCLINE LEVEL.



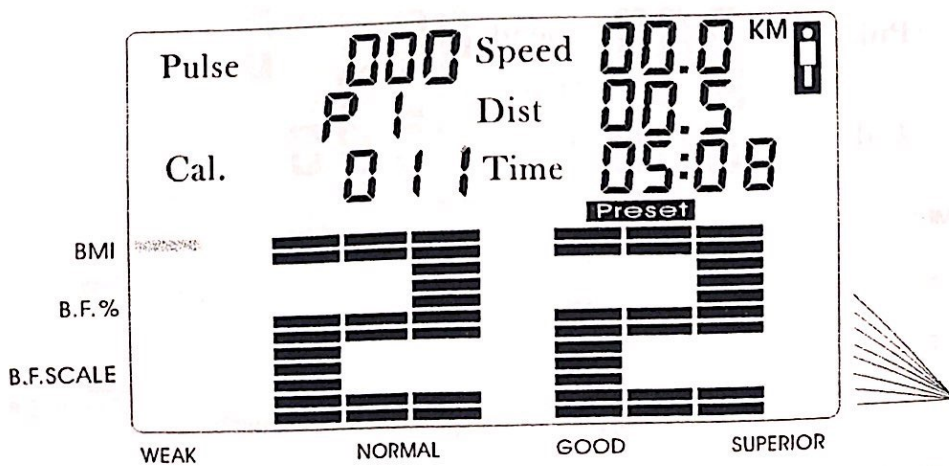
BLINKING AFTER "PRESET" SELECTED, PRESS "FAST", "SLOW" TO SELECT PROGRAMS FROM P1 TO P3.



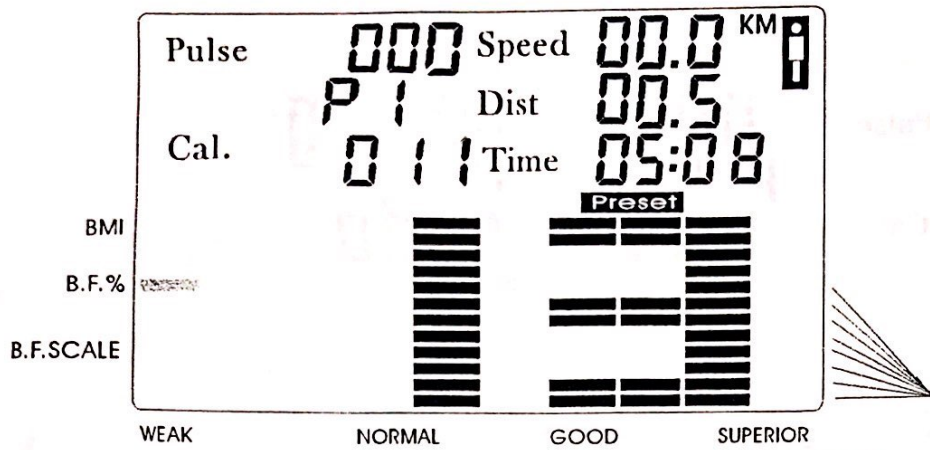
START EXERCISE AFTER DESIRED PROGRAM SELECTED.  
 PRESS "UP", "DOWN" TO ADJUST INCLINE LEVELS.



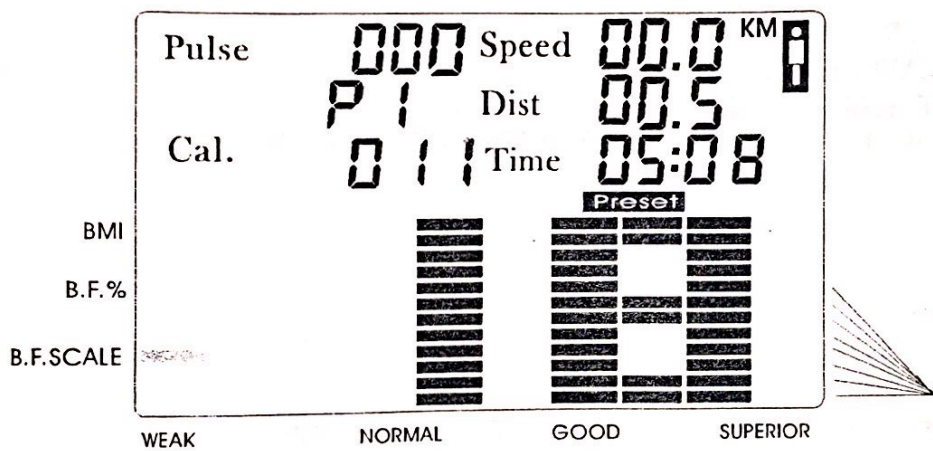
PRESS "BODY FAT", TIME COUNTS DOWN FOR 8 SECONDS  
 NOTE: PLEASE ALWAYS KEEP HEART RATE DETECTING.



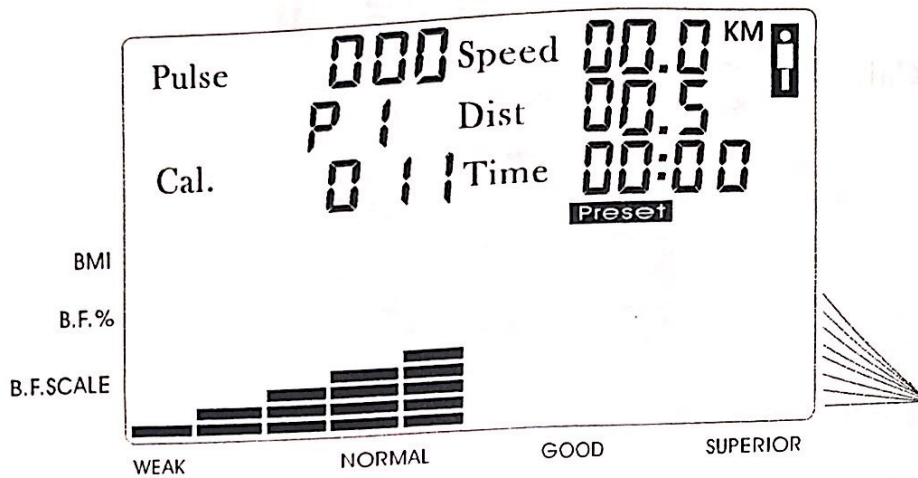
BMI, SHOWS ON DISPLAY,



PRESS "FAST", "SLOW" TO SEE "B.F.%".



PRESS "FAST", "SLOW" TO SEE "B.F. SCALE".



AFTER 20 MINUTES EXERCISE, PRESS "RECOVERY",  
 COMPUTER COUNTS DOWN FOR 60 SECONDS.  
 SEE HEART STRENGTH LEVELS ON DISPLAY.  
 NOTE: PLEASE ALWAYS KEEP HEART RATE DETECTING.

**BUTTONS:**

1. START: PRESS TO START EXERCISE AT INITIAL SPEED 1 KM/0.6ML.
2. STOP/ENTER: a. PRESS TO STOP EXERCISE.  
 b. PRESS TO CONFIRM FUNCTION VALUE UNDER SETTING MODE.
3. FAST: a. PRESS TO INCREASE SPEED WHILE EXERCISE.  
 b. PRESS TO SET FUNCTION VALUES UNDER SETTING MODE.
4. SLOW: a. PRESS TO DECREASE SPEED WHILE EXERCISE.  
 b. PRESS TO SET FUNCTION VALUES UNDER SETTING MODE.
5. UP: PRESS TO INCREASE INCLINE LEVEL.
6. DOWN: PRESS TO DECREASE INCLINE LEVEL.
7. RESET: PRESS TO CLEAR FUNCTION VALUE AND BACK TO LAST SETTING.
8. RECOVERY: PRESS TO ACTIVATE RECOVERY FUNCTION.
9. BODY FAT: PRESS TO ACTIVATE BODY FAT DETECTING.