USER'S MANUAL

TROUBLESHOOTING

⚠ **ATTENTION**

Please Read This Instruction Thoroughly
And Keep it for Further Reference

S.N	Fault	How to solve the problem
1	Run belt defected	Use an inner hexangular spanner to adjust roller screw from main rack till the front and back pulleys are balanceable.
2	Run belt skids	Use an inner hexangular spanner to adjust roller screw from right to left holes of end cover synchronously. Adjust belt little tight till it don't skid and lubricate the belt with an amount of lubricant.
3	Can't adjust the slop of the machine	Check whether there is something blocks the supporting piece of back wheel and notice it to service people.
4	There is unusual sound such as collision or friction when operating	Check whether the outside visible part has loosened and the security key has set correctly. Notice it to service people.
5	There is no indication on instrument	Check whether the outside power is disconnected and the power switch is on and the security key has set correctly. Notice it to service people.
6	SPEED window shows E01	Check 7-core cable connection. May be speedometer is too far from the belt of front wheel. The distance between magnet and speedometer can not be larger than 5MM.
7	The instrument shows the button is correct but the motor can't rotate.	Check whether the power cable of motor is ok and shut off power to switch on again. Notice it to service people.
8	The running machine don't contact with ground well	Adjust the six cushion of U-shape bottom bracket of machine.
9	During operating, instrument automatically set to zero.	Please don't run irregularly when you are doing exercise. Because the machine will be protected automatically.

- If you must stop the run belt running, please quickly pull the security key off electronic instrument. You can leave this machine only when the run belt has stopped running and you must put your feet on skid proof side pedal, then you can land ground.

- The power socket this product uses must be grounded. If there is any fault or damage, the ground can provide a circuit whose resistance is minimum to avoid getting an electric shock. This product has two insulated cable connecting to grounded conductor and grounded receptacle plug, so the plug you use must be plugged into the socket.
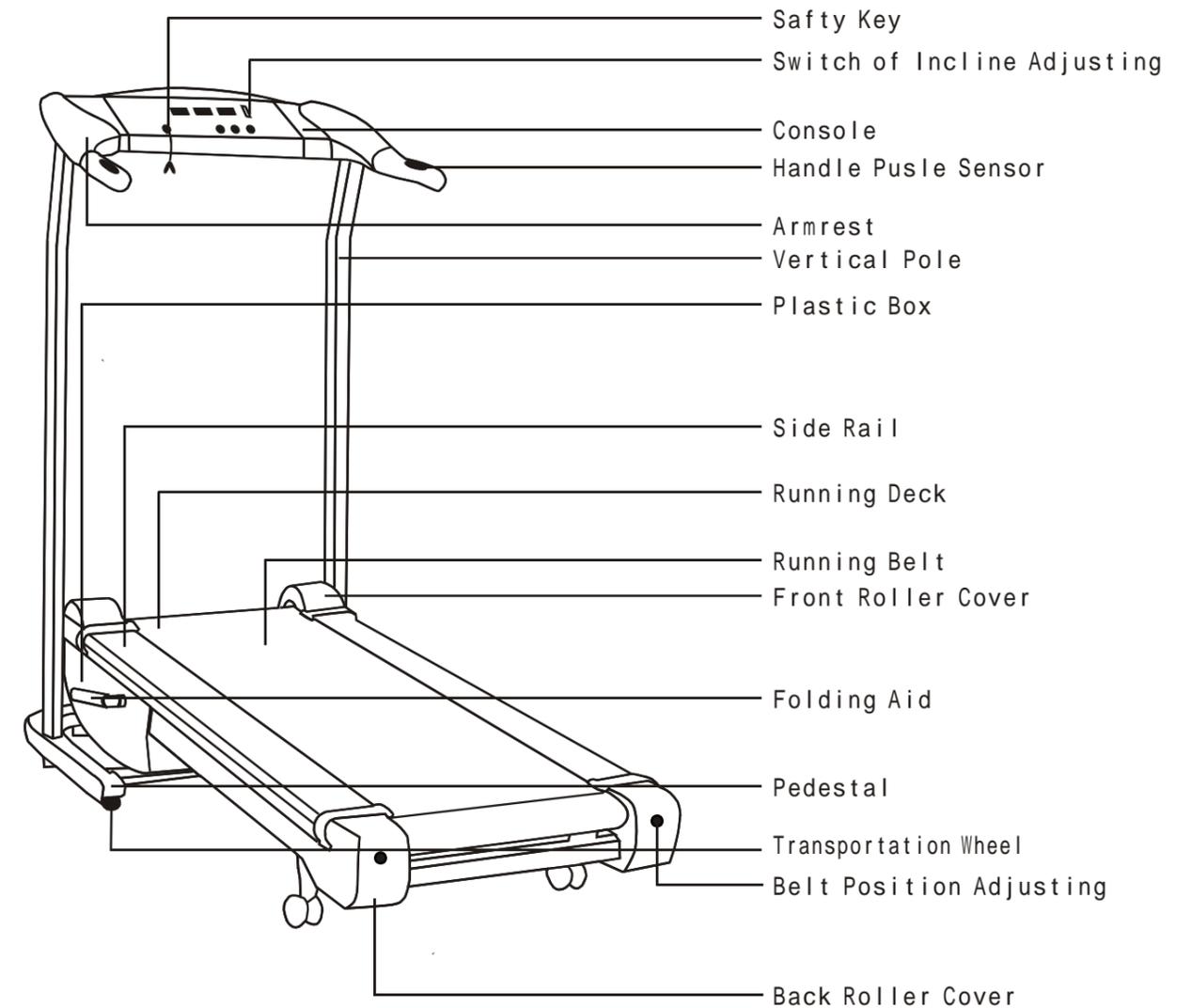
⚠ WARNING

- To avoid the risk of getting an electric shock, please so cleaning after using remember to pull off the receptacle plug.

- This machine is not suitable for children and people who have inconvenience to move.

- In case cable or plug of running machine has been damaged, please don't keep using and should send it to service center.

  Pull off the plug only after switching off the power and all control button.

- There must be a space between power and calorific plane.

- Don't leave sundries in the intake of plastic protective cover of electric motor when operating.

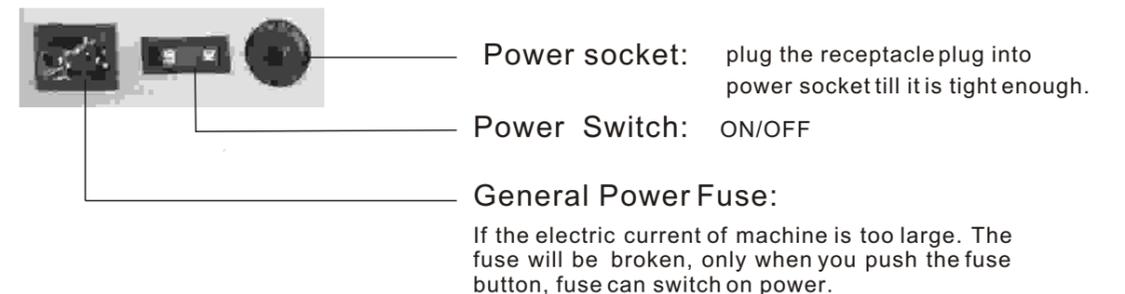- Don't leave this machine in the region where sprayer is used or oxygen is not enough.

SIMPLE MAINTENANCE

- Remember to keep your machine in good status, this not only can provide safe sport, also can increase the life of your machine. The usual used method of maintenance are listed as follows:

- 1 Check your machine whether all screws are loosened every two or three months.

- 2 Lubricate backside of running belt an amount of lubricate every 100 hours to extend the life of run belt.

- 3 Please leave this machine far away from moist and fair during running or collecting.

- 4 Wipe the machine outside surface with soft cloth and a small quantity of detergent but don't wipe it with water after you use the machine.

- 5 Please run this machine within the range of load, and don't keep the machine continue to running over 60 minutes

Name of Parts

Safty Key
Switch of Incline Adjusting
Console
Handle Pusle Sensor
Armrest
Vertical Pole
Plastic Box
Side Rail
Running Deck
Running Belt
Front Roller Cover
Folding Aid
Pedestal
Transportation Wheel
Belt Position Adjusting
Back Roller Cover

How to Use the Power Switch

Power socket: plug the receptacle plug into power socket till it is tight enough.

Power Switch: ON/OFF

General Power Fuse:

If the electric current of machine is too large. The fuse will be broken, only when you push the fuse button, fuse can switch on power.

Assembly Drawing
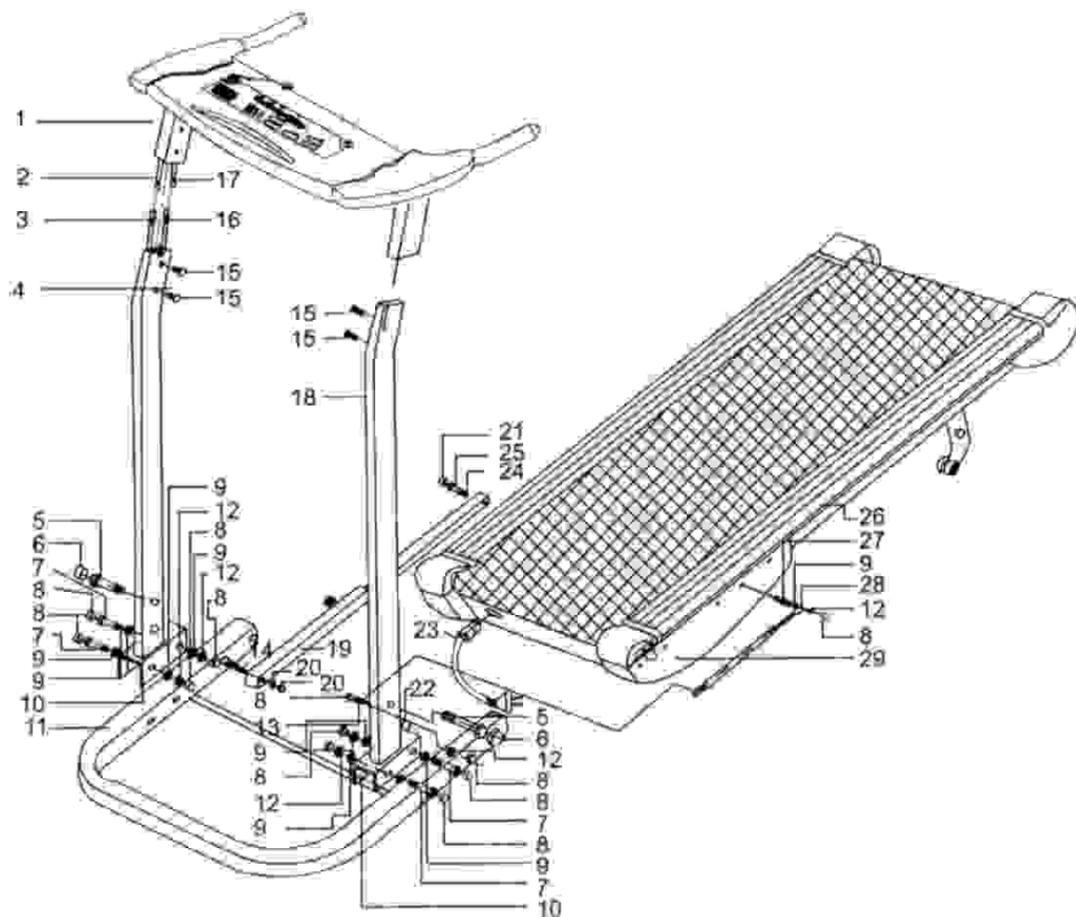
PARTS LIST

S.N	NAME	QTY	S.N	NAME	QTY	S.N	NAME	QTY
1	Console and Armrest Groupware	1 SET	11	Pedestal	1 SET	21	Covering Cap for Screw (Fit for M8)	2 PCS
2	Male connection of signal line	1 SET	12	M10 Nylon Nut	6 PCS	22	Fasten Piece of vertical Pole and Pneumatic Pump	1 PC
3	Female connection of signal line	1 SET	13	Screw of Vertical Pole and Pneumatic Cylinder	1 PC	23	Power Cable	1 PC
4	Right Vertical Pole	1 PC	14	Lock Pin for Pedestal and Folding Shaft	1 PC	24	Plane Washer 8.4	2 PCS
5	Bolt M10×86	2 PC	15	Bolt M8×15	4 PCS	25	Bolt M8×40	1 PC
6	Covering Cap of Screw (Fitting for M10)	10 PCS	16	Female Connection of Inclination Motor	1 PC	26	Running Board	1 SET
7	Bolt M8×60	4 PCS	17	Male Connection of Inclination Motor	1 PC	27	Locking screw of Pneumatic Cylinder	1 SET
8	Covering Cap of Screw (Fitting for M10)	10 PCS	18	Left Vertical Pole	1 PC	28	Pneumatic Cylinder	1 SET
9	Washer 10.5	9 PCS	19	Supporting Tube for folding	1 PC	29	Bottom Plastic Cover	1 PC
10	Connection of Vertical Pole and Pedestal	2 PCS	20	M8 Nylon nut	2 PCS	30		

IMPORTANT NOTICE

- The machine is only designed for home ,not suitable for professional sporting spot. If the machine be used in that spot is out of our free repair service, but we can supply charged service from it sell out .
- Please set your machine indoor, don't place it outdoors near to water. When you stand on the run belt, don't switch on the power.
- Don't let children or pets access to this machine whether it is used or not.
- Check and lock each part termly, don't put your hand on movable joints.
- Don't place anything on the running machine.
- Don't switch on the power when nobody using the machine.
- Please keep electric devices far away from liquid.
- Plug security key into machine before using and clip testing clip on your clothes. When you meet some trouble and want to stop the immediately, you only need to disconnect the connection between the security key and control table. And when you want to run it again, you only need to plug the security key and restart it.
- When the run belt is jammed by something, you should shut off the power and then clean it away immediately.
- When the machine is running, don't try to turn your body and keep the position facing the front side.
- Don't shake the machine anytime or stand on the armrest or electronic instruments.
- When feeling tired you should stop exercising. If you feel sick, please consult a doctor.
- Be careful when stepping on and leaving running machine.
- You should hold anytime and only when the speed of run belt is slow you can step onto the machine and don't leaving the machine when it has not stopped thoroughly.

ATTENTION

- For your safety, please read the following items thoroughly:
- This product uses the power of 220V; please assure that the socket you use is the same as the one this product required. Remember this product don't use any transformer. Please use grounded socket, and don't use the socket that others using.
- If you weigh over 90kg, you are suggested to use other machine of our company.
- Please check all tools before assembling and check whether the front bottom bracket is placed on the ground horizontally.
- There must have security distance of 2m 1m behind the running machine.
- Before using every time, please check whether every parts running well, if you find something especial, please adjust or change the ruined parts immediately. And notify the dealer or our repair service center
- Be sure to wear sport clothes and sport shoes when exercising, baboosh and high-heel shoe is forbidden.

2. You can clean all data by pressing this key for 2 seconds in the pattern of stopping.

SPEED+

1. Press this key to select preset procedures of SPEED 2 and SPEED 3.
2. Press this key to increase the value of SPEED, DISRANCE, CALORIE and PULSE.
3. Press this key to accelerate when electric motor is rotating.

SPEED-

1. Press this key to SPEED2 and SPEED3.
2. Press this key to decrease the value of SPEED, TIME, DISTANCE, CALORIE and PULSE.
3. Press this key to decelerate when electric motor is rotating.

START/STOP

Press this key to start or stop the machine.

TIME

When you start to exercise, the LCD will display the value from 00:00 to 99:59.

DISTANCE

The displayer will count from 0 to 999KM and display it.

CALORIES

The displayer will display the value from 0-999 of calories you have exhausted.

PULSE

Please hold pulse sensor in your hand and your pulse will be displayed on PULSE window of LCD.

UP/DOWN

The main function of this key is to control the machine's runway slop by electric drive.
Operator can adjust the slop of machine according to his requirement by pressing this key.

FAT SCAN

Press this key to enter into this process when the machine is not running. At this function, only CALORIES and PULSE window will work. The CALORIES will display the serial number of inputting value and the PULSE window shows the inputting value. The serial number, range and initial value of input are as chart (1).
Press FAST or SLOW to adjust the input value and press FAT to shift to next value After finish inputting all the value the CALORIES window will display 5 as serial number, the hold PULSE after a minute the PULSE window will display your fat value. The comparison of fat rate data to fat or thin standard are a chart (2).

CALORIES WINDOW DISPLAY	PULSE WINDOW DISPLAY	
1 GENDER	1 MALE 2 FEMALE	The initial value: 1
2 AGE	1~99 YEAR	The initial value: 25
3 HEIGHT	100~199 CM	The initial value: 170 CM
4 WEIGHT	20~150 KGS	The initial value: 70 KGS
5 FAT RATE	0~99 (%)	The initial value: -----

FAT RATE	MALE	FEMALE
THIN	< 14	< 17
FIT	14 - 23	17 - 23
FAT	> 23	> 27

HANDLE SWITCH

There is a grip switch on both armrest, the one on right grip is designed for easy adjusting the speed during your workout, the left one is for start and stop the machine running and function the same as the START and STOP key on the console.

⬤ INSTALLATION STEPS

1. Place part (11) horizontally as the figure shows and plug part (10) into corresponding hole in part (11).
2. Place part (7) and (9) together and run through part (11) and lock tightly with part (12). Push part (8) into (7) and (12).
3. Plug part (2) and (17) on part (1) into part (3) and (16) on part (4) respectively.
4. Foist all connected cable terminations into elliptic holes on part (4) and (18) and plug part (11) into the corresponding holes of part (4) and (18) and lock part (1), (4) and (18) with (15).
5. Run part (19) into (14) and lock them with part (20) and cover them with part (21).
6. Raise part (26) and place it at appropriate position over part (11). Align the side hole on part (29) with those of part (4) and (18) and lock part (4), (18) and (26) with (5), then cover them with part (6).
7. Raise part (26) upward, run the other end of part (19) through the U-shape piece of (26). Install part (24) and (25) into one side of U-shape piece sequentially and lock the other side with part (20), then cover them with part (6).
8. Support part (26) with (19). Screw part (27) into the corresponding hole of (29) and let them run through part (9), (28), (12) and (8).
9. Align the other end of part (28) with the upper hole of (22) and run part (13) through the hole, lock it with part (12), cover with part (21).
10. Plug part (21) into the corresponding hole on (29).

⬤ PREPARATIONS FOR THE USER

⬤ **Warm-up:**
In order to avoid injuring during the exercise, it is necessary to have 5~10 minutes warm-up exercise. Including warming body, extending muscles and so on.

⬤ **Breath:**
It is prohibited to hold breath when doing exercise. Usually, you should breath in with nose when prepare of return to exercise and then breath out with mouth. Breath and movement should be in harmony, if not, please stop.

⬤ **Frequency:**
It is necessary to have a 48-hour-rest when exerciser in the same muscle or do it every other day.

⬤ **Load:**
Arrange the load according to your physical condition, and then increase frequently. Muscle-ache appeared at the beginning can restore to a normal state if you do as the above-mentioned.

⬤ **Relaxation:**
Every exercise can follow with a 5-minute-relaxation, particularly for the foot and leg muscles, in order to keep the muscles bouncy and avoid coagulating.

⬤ **Diet:**
Exercise should be done an hour later or half-an-hour earlier than meals, and with less water to reduce the load of heart and kidney.

HOW TO USE THIS MACHINE

You must be sure that the power is switch off completely before exercising or folding it for collection. You only can operate this machine when the run belt is stationary.

Before exercising, operator must hold the crossbeam of end part of main frame with one hand and loosen the nut of pull pin and raise main frame slowly, at that time, the folding supporting pole will be shorten and the pull pin will also slide to the other end of folding supporting pole. When the machine is placed on the ground perfectly horizontally, you can hear the sound of Pa, it means that the pull pin has brought into play and fastened the folding supporting pole. At that time, operator should lock the nut on pull pin.

When folding the machine after using:

When operator finishes his exercise and wants to fold the running machine, he must hold the crossbeam of end part of main frame with one hand and loosen the nut of pull pin and raise main frame slowly, at that time, the folding supporting pole will be pulled out and the pull pin will also slide to the other end of folding supporting pole. Hearing the sound of Pa means the pull pin has reached the limited position and limited the folding supporting device. The operator should lock the nut on pull pin.

Attention

When operating, the operator must assure that he has heard the sound of pull pin's reaching the limited position and has locked the nut on pin whether you place the machine horizontally or fold it for collection.

PERFORMANCE

Continuous output power	1.25 HP	Gross weight	74.5kg
The maximum output power	2.5 HP	Net weight	70.5kg
The input power	230-800W	Maximum load	90 kg
The maximum input electric current	8A	Size	2150× 680× 1430 mm
Range of velocity	0~13Km/h	Incline	0~6 degree electrically adjusted
Voltage	220V-240V/50Hz	Runway	8 point, shockproof and folding
Electronic instrument	can show time, speed, distance, hand pulse, and calorie exhausting value, 3 position presetting procedures.		

HOW TO USE THE INSTRUMENTS
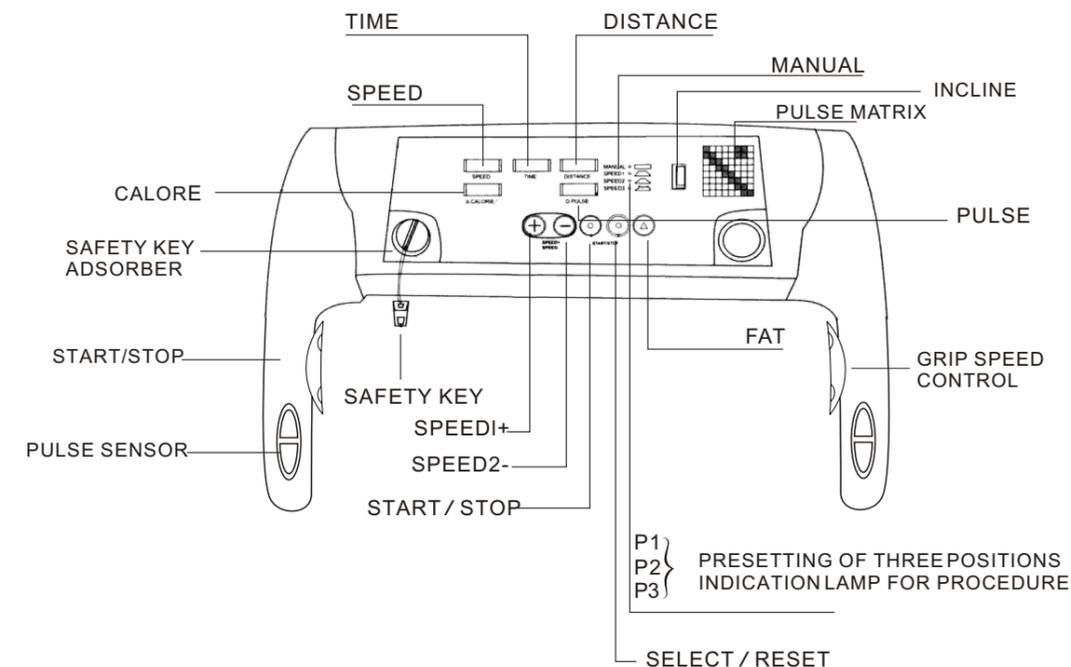
Start Running

For the sake of safety, please hold the handle tightly when you step on/off the machine and put your feet on the side bar for decoration when you start to exercise, and only when the run belt is running slowly you can stand on it.
1. Plug the power into socket and switch on.
2. Put the security key into the magnetic absorbing seat on the side of the instrument table.

Stop Running
1. Press speed key to decelerate the velocity to minimum value.
2. Hold the armrest tightly and put your feet on the side bar for decoration.
3. Remove the security key or switch off the start button to stop the machine.

Attention
1. Clip the other end security key on your cloth. Thus when you are doing exercise, in the case of your body losing balance, the security key will pull the key off the instrument and then the machine will stop.
2. Put the security key on the magnetic absorbing seat and restart the machine.

USAGE OF THE INSTRUMENTS

SELECT/RESET
1. Press this key to select key on your cloth. Thus when you are doing exercise, in the case of your body losing balance, the security key will pull the key off the instrument and then the machine will stop.
2. Put the security key on the magnetic absorbing seat and restart the machine.

SPEED+
1. Press this key to select speed, time, distance and the value of calorie. The LCD will be changeable when resetting. After your input values with SPEED+ and SPEED- button, you can set the nest function by pressing the key again.