

# **ENERGY USER MANUAL**





Read all instruction carefully before use this product. Retain this owner's manual for the future's reference

# SAFETY INSTRUCTIONS

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

#### Before the assembly, be sure to check if delivery is complete by using the included parts-list.

- 1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
- 2. Please do not insert any items to any part of the equipments, which would damage the equipment.
- 3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- 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 may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- 6. Keep the children and pets away from the treadmill while starting workout.
- 7. Don't exercise in 40-Minutes after dinner.
- 8. The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.
- 9. You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.
- 10. Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.
- 11. Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.
- 12. 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.

13. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several

holes, these may cause fire or people may be hurt by the power.

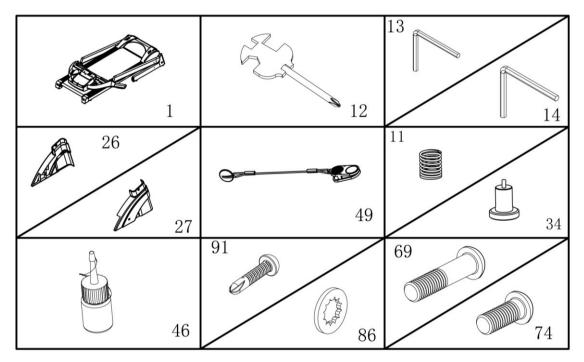
14. Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.

15. This Treadmill only for home-using.

- •The owner's manual is only for customers' reference.
- •The supplier can not guarantee for mistakes occurring due to translation or change in technical specification of the product.
- •All data displayed are approximate guidance and cannot be used in any medical application

# ASSEMBLY INSTRUCTIONS

When you open the carton, and you will find the below parts in the carton.



#### Spare Parts List :

No	DES.	Specification	Qty	No	DES.	Specification	Qty
1	Main frame		1	46	Oil bottle		1
12	wrench w/screw driver	S=13\14\15mm	1	49	Safety key		1
13	#5 Allen wrench	5mm	1	69	Bolt	M8*45	2
14	#6 Allen wrench	6mm	1	74	Bolt	M8*16	4
27	Right base cover		1	86	Lock washer	8	6
26	Left base cover		1	91	Bolt	ST4.2*19	4
11	Spring		1	34	Foot Pad		2

#### FIXING TOOLS:

#5 Allen Wrench 5mm 1pc

#6 Allen wrench 6mm 1pc

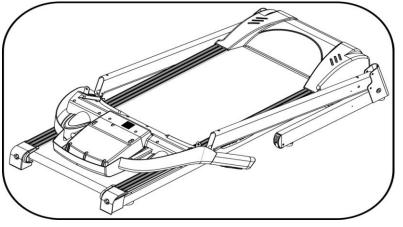
Wrench w/screw Driver S=13、14、15 1pcs

Notice: Do not get through power before complete assembly.



1.Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.



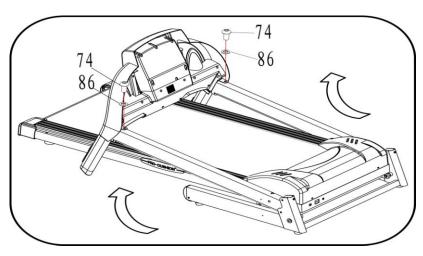


1.Put the computer as below illustration, Use the 5# Allen wrench,lock the Computer frame to Left Upright and Right Upright tight by Bolt M8\*16(74) and Lock washer(86).

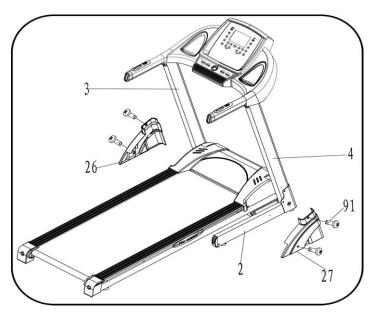
Pull up the Computer and L& R upright as the arrow position.

Notice: When you pull up them, make sure the upright not press the wires in upright; keep touch the upright and computer by hand, that they will not fall down escaping any hurt.

STEP3:







Use the 5# Allen wrench (13), lock the Bolt M8\*45 (69) and Lock washer(86),lock the Right Upright

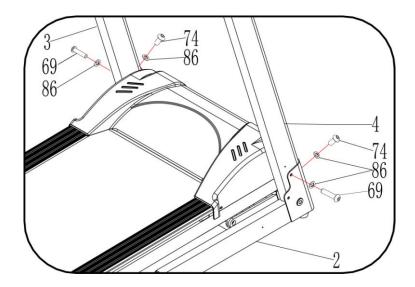
Tube (4) to the Main Frame;

Use the 5# Allen wrench (13), lock Bolt M8\*16 (74) and Lock washer(86) to the base frame through base and right upright tube. Reference the picture left.

Left side assembly method same as right side.

Notice: Support the upright with hand avoid falling down to have any hurt.

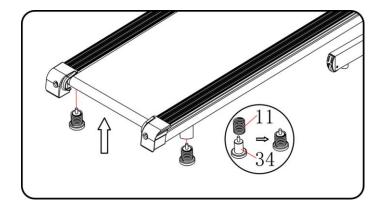
# **STEP 5**:



Use wrench w/screw driver, lock the Right base cover (27) and ST4.2\*19 Bolt (91) to the right upright.

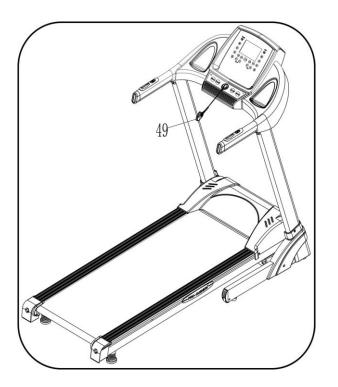
Left side assembly method same as right side.

#### STEP 6 :



Insert the spring (11) onto the Foot Pad (34), hand up the main frame, spin the foot pad with spring into the main frame.

#### **STEP 7 :**

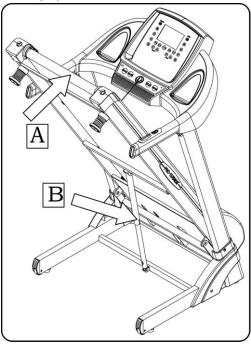


Put the safety key (49) on the computer.

ATTENTION: Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

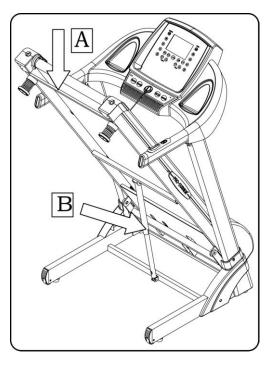
### FOLDING INSTRUCTION

#### Pulling up:



Pull up the base frame at position A, till hearing the sound that the air pressure bar B is locked into the round tube

# **Pulling down**



Support place A with hand , kick the place of air pressure bar, then the base frame will fall down automatically ( Please keep anybody and any pet away the machine when falling down)

ATTENTION: Tighten all the bolts to ensure the safety of using the machine. Your treadmill is assembled and ready for operation.

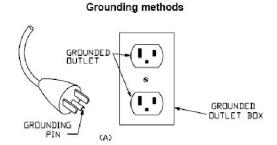
# TECHNICAL PARAMETER

BUILT UP SIZE(mm)	1685*720*1350mm	POWER	As the rating label showing			
FOLDED SIZE(mm)	910*720*1535mm	MAXIMUM OUTPUT POWER	As the rating label showing			
RUNNING AREA(mm)	480*1300mm	SPEED RANGE	1-18KM/H			
NET WEIGHT	63.8 KG					
1 LCD WINDOW DISPLAY	SPEED, TIME, DISTANCE, PULSE, CALORIES					

## GROUNDING METHOD

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 220~240 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.(**The below picture is just for reference**)



# **OPERATION GUIDE**





#### **1.LCD WINDOW DISPLAY:**

SPEED: Show speed

When running, the speed show 1.0-18.0KM/h. When starting, The window will count down:3,2,1. TIME: Show running time;

- DIST.: Show distance;
- CAL.: Show calories;

PUL.: Show heart beat data;

INCL.: Show the incline data

#### **2.BUTTON FUNCTION:**

"PROG" button: Press this button to choose program P1-P2---P15-U01-U02-U03-----FAT;

"MODE" button: When machine in standby state, press this button to choose the mode: mode-time count down, mode-distance count down, mode-calories count down;

"START" button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

"STOP" button: Press this button to stop the machine, the machine will stop smoothly;

" SPEED+" 、 " SPEED-" : Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

"INCLINE+" 、 "INCLINE-": Adjust the incline. Press the button to adjust incline section when run, and adjust the data when stop;

SPEED (2,4,6,8,10) : Adjust the speed quickly INCLINE (2,4,6,8,10) : Adjust the incline quickly

USB Control Botton: Previous and Next,Sound Off,Sound + and Sound -When the user hold the bar of hand heartbeat about 6 second, it could show the pulse data.

#### **3.MAIN FUNCTION**

Open the power switch, the window will light, the machine will enter into ready state.

#### 3.1 START-UP QUICKLY (MANUAL):

Attach the magnet end of the safety pulling rope to the computer, press 'START' button to start the machine, it will run at the lowest speed, press "SPEED+" "SPEED-" to adjust the speed. When you would like to stop machine, press the 'STOP' button or take out the safety key directly

#### 3.2 COUNT DOWN MODE:

Press the 'MODE' button, it can choose time countdown mode, distance count down mode, calories countdown mode, and the window will show the default data and glitter. At the same time, press "SPEED+" "SPEED-" to set the data. Press 'START ' button, the machine will run at the lowest speed, you can press "SPEED+" "SPEED+" "SPEED-" to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the computer to stop the machine.

When Standby mode, press button "MODE" "Time" Window show "15 : 00" and light, press button "SPEED+", "SPEED-", "INCLINE+", "INCLINE-" could set the time, setting arrange:

5: 00-99: 00.

Press "MODE" to get into the distance count down mode, "DISTANCE" window display "1.00" with light, press button "SPEED+", "SPEED-", "INCLINE+", "INCLINE-" could set running distance, setting arrange: 0.50—99.90.

Press "MODE" to get into the calories count down mode, press the button "SPEED+", "SPEED-", "INCLINE+", "INCLINE-", could set calories, setting arrange: 10.0—999.0.

#### **4.INNER INSTALL PROGRAM:**

Press 'PROG' button to choose the inner install program from P1----P15. When set the program, the time window will show default data and glitter, press SPEED or INCLINE button to set the running time. Each program has been divided into 20 section, Each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatic, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed by the "SPEED+", "SPEED-" whenever, When the program enter next section will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever.

	TIME						To	set tiı	me / 2	20 tin	1e = r	unnir	ng tim	ne of e	each I	perio	b				
PROG	ì	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
PUI	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
FUZ	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
105	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
F04	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
FUJ	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
100	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
PU7	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
PU0	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
F03	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
PII	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P1Z	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P15	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P14	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P13	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

#### **INNER PROGRAM DATA LIST**

#### **5.BODY FAT TEST**

Press ' PROGRAM' button under ready condition, till ' FAT' show in the window. 'FAT' is body fat test mode. Press ' MODE' to choose parameter ' SEX / AGE / HEIGHT / WEIGHT', and the window will show "-1-", "-2-", "-3-""-4-". When set each parameter, press SPEED or INCLINE botton to adjust the data, and the window will show the data and press 'MODE' button to finish, and the window will show "-5-" and "---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

F-1	Sex	01 men	02women			
F-2	Age	1099				
F-3	Hight	100200				
F-4	Weight	20150				
	FAT	≤19	Underweight			
F-5	FAT	=(2024)	Normal weight			
1-5	FAT	=(2529)	Overweight			
	FAT	≥30	Obesity			

#### 6. VALUE RANGE

	INITIAL DATA	DEFAULT DATA	SETTING RANGE	SHOWING RANGE
Time(min;sec.)	0:00	15:00	5:00-99:00	0:00 - 99:59
Incline ( piece )	0	0	0-15	0-15
Speed ( km/h )	1.0	1.0	1.0-18.0	0.0-18.0
Distance(km)	0.00	1.00	0.50-99.9	0.00 - 99.9
Pulse(piece/min)	Р	N/A	N/A	50-200
Calories(Kilocalories)	0	50.0	10.0-999	0.0 - 999

#### **7.SAFETY LOCK FUNCTION:**

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

#### **8.SLEEP FUNCTION:**

Stopped for more than 10 minutes without any operation, the system completed all showed off into the body of sleep state. Press any key to wake up.

#### 9.MP3 Function:

Put the outside equipment (as: MP3) into the mp3 wire to the MP3 input.So it could play the music.

#### **10.Calories calculate formula:**

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70.3×V(Km/h)×t(h)×(1+?%)
```

When the incline is 0, when it runs 1 km waste 70.3 kilocalories.

#### EXERCISE INSTRUCTIONS

#### WARM UP STAGE

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

#### EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

#### EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

#### EXERCISE FREQUENCY

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional

people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

Speed 1-3.0KM/H	not well physical					
Speed 3.0-4.5KM/H	less movement and workout					
Speed 4.5-6.0KM/H	normal walking					
Speed 6.0-7.5KM/H	Fast walking					
Speed 7.5-9.0KM/H	Jogging					
Speed 9.0-12.0KM/H intermediate speed walking						
Speed 12.0-14.5M/H well experiences of running						
Speed 14.5-16.0KM/H excellent runner						

Attention: The velocity of movement ≤6KM/H , the normal walking; The velocity of movement ≥8.0KM/H ,the runner.

#### WARM-UP INSTRUCTION

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, so the first of 5  $\sim$  10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure I).

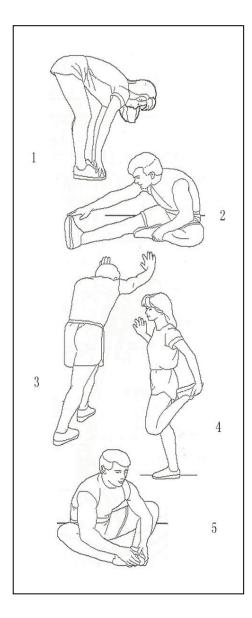
2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times

(see Figure 3).

4 .quadricones stretch: the left hand wall or table Cu master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times(see Figure 5).



#### RUNNING BELT ADJUSTMENT

# Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

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.

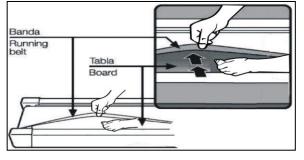
#### **RUNNING BELT AND DECK LUBRICATION**

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. You need contact with our service center if you find the damage 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

We recommend that you buy the lubrication from our distributor or directly to our company. **Attention:** Any repair need the professional technician.



1, We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

2,For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.

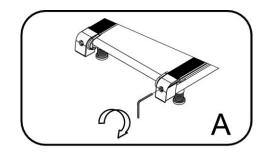
## CENTER THE RUNNING BELT

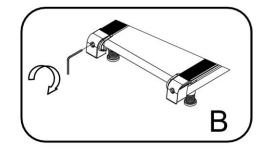
Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

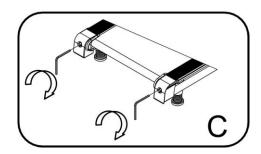
If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A

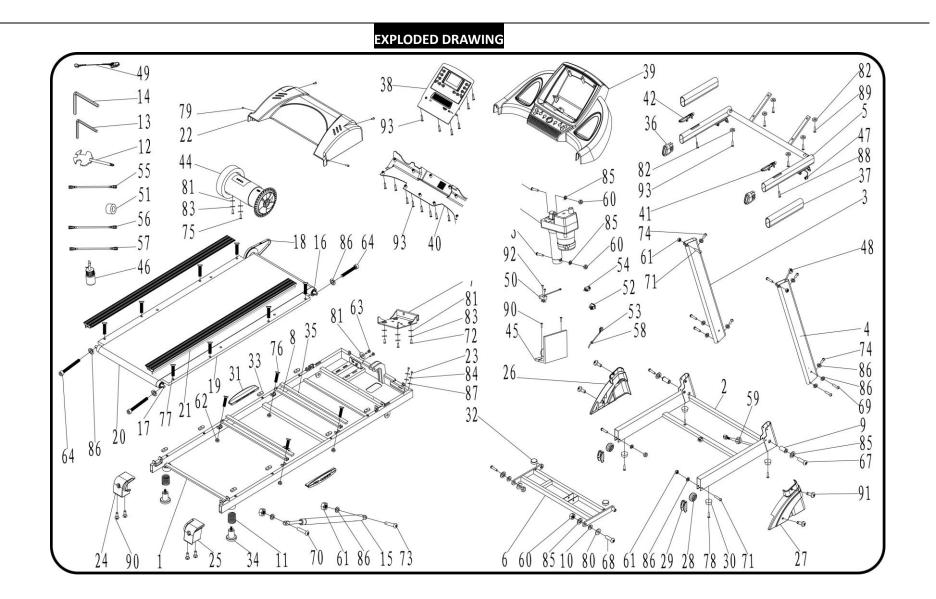
If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B

Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C









	PARTS LIST						
NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main frame		1	49	Safety key		1
2	Base frame		1	50	Light sensor		1
3	Left upright		1	51	Magnet Ring		1
4	Right upright		1	52	Power Switch		1
5	Computer Bracket		1	53	Power Line		1
6	Incline Bracket		1	54	Overload protection		1
7	Motor Bracket		1	55	AC Single Wire		1
	Running board Strengthen						
8	Tube		2	56	Blue Single Wire		1
9	Rotate Tube		2	57	Brown Single Wire		1
10	Drive pipe		2	58	Power cord		1
					Ring substantial		
11	Spring		2	59	plug		2
		S=13、14、			Bolt		
12	wrench w/screw driver	15	1	60		M10	4
13	#5 Allen wrench	5mm	1	61	Bolt	M8	6
14	#6 Allen wrench	6mm	1	62	Bolt	M6	4
15	Cylinder		1	63	Washer	M8*30	2
16	Front roller		1	64	Bolt	M8*65	3
17	Rear roller		1	65	Bolt	M10*42	1
18	Motor Belt		1	66	Bolt	M10*55	1
19	Running Board		1	67	Bolt	M10*60	2
20	Running Belt		1	68	Bolt	M10*30	2
21	Side Rail		2	69	Bolt	M8*45	4
22	Motor Cover		1	70	Bolt	M8*42	1
23	Bolt	M5*15	2	71	Bolt	M8*40	4
24	Left back cover		1	72	Bolt	M8*32	4
25	Right back cover		1	73	Bolt	M8*25	2
26	Left Base Cover		1	74	Bolt	M8*16	4
27	<b>Right Base Cover</b>		1	75	Bolt	M8*12	2
28	Transportation wheel		2	76	Bolt	M6*40	4
29	Wheel cover		2	77	Bolt	M6*35	8
30	Feet Pad		4	78	Bolt	M6*16	4
31	Elastic Cushion		2	79	Bolt	M5*8	4
32	Undercut Cushion		2	80	washer	10	2
33	Rubber Pad		8	81	washer	8	7
34	Foot Pad		2	82	washer	6	6
35	EVA		2	83	Lock Washer	8	6
36	Pad oblique tube plug		2	84	Lock Washer	5	2
37	Foam grip		2	85	Lock Washer	10	4

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NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
38	Console panel		1	86	Lock Washer	8	15
39	Computer top cover		1	87	Flat Washer	5	2
40	Computer bottom cover		1	88	Bolt	ST4.2*55	2
41	Hand Pulse with Speed+/- button		1	89	Bolt	ST4.2*20	4
	Hand pulse with incline						
42	+/- button		1	90	Bolt	ST4.2*19	6
43	Incline Motor		1	91	Bolt	ST4.2*19	4
44	DC Motor		1	92	Bolt	ST2.9*6.5	2
45	Control Board		1	93	Bolt	ST4.2*13	19
46	Oil Bottle		1				
47	Computer up wire		1				
48	Computer bottom wire		1				

# TROUBLE SHOOTING

CODE	REASON	SOLUTION
E01	Message failure between computer and bottom control board	<ol> <li>Check the computer and bottom control board wire connect well;</li> <li>Check if IC on bottom control board is loosen, reset the IC</li> <li>Power on bottom control board has some problem, change the bottom control board</li> </ol>
E02	Burst clash	<ol> <li>Check the power is right, if not, use correct power to test;</li> <li>Check if the bottom control was burnt out, change a good one; reconnect the motor wire.</li> </ol>
E03	No sensor signal	<ol> <li>Check the speed sensor wire connect well, reconnect the wire</li> <li>Check if the speed sensor was damaged, change a good one.</li> </ol>
E04	Incline Error	<ol> <li>Check the incline motor wire connect well, reconnect the wire</li> <li>Check if the incline motor was damaged, change a good one.</li> </ol>
E05	Current overload protecting	<ol> <li>Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart;</li> <li>Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change good motor and bottom control; Use right voltage.</li> </ol>
E08	Driver Problem	<ol> <li>Check if the 24C02 8 pin IC in the bottom control board connect well, reconnect it.</li> <li>Change the bottom control board</li> </ol>

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Our target in the general technical service implementation is to follow the customer satisfaction and bring you the best service. Thus, the central office is immediately informed about each installation or problem solution. Besides, directing our services from the headquarters prevents potential troubles.

Please e-mail us at <u>info@spordunyasi.com.tr</u> for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.