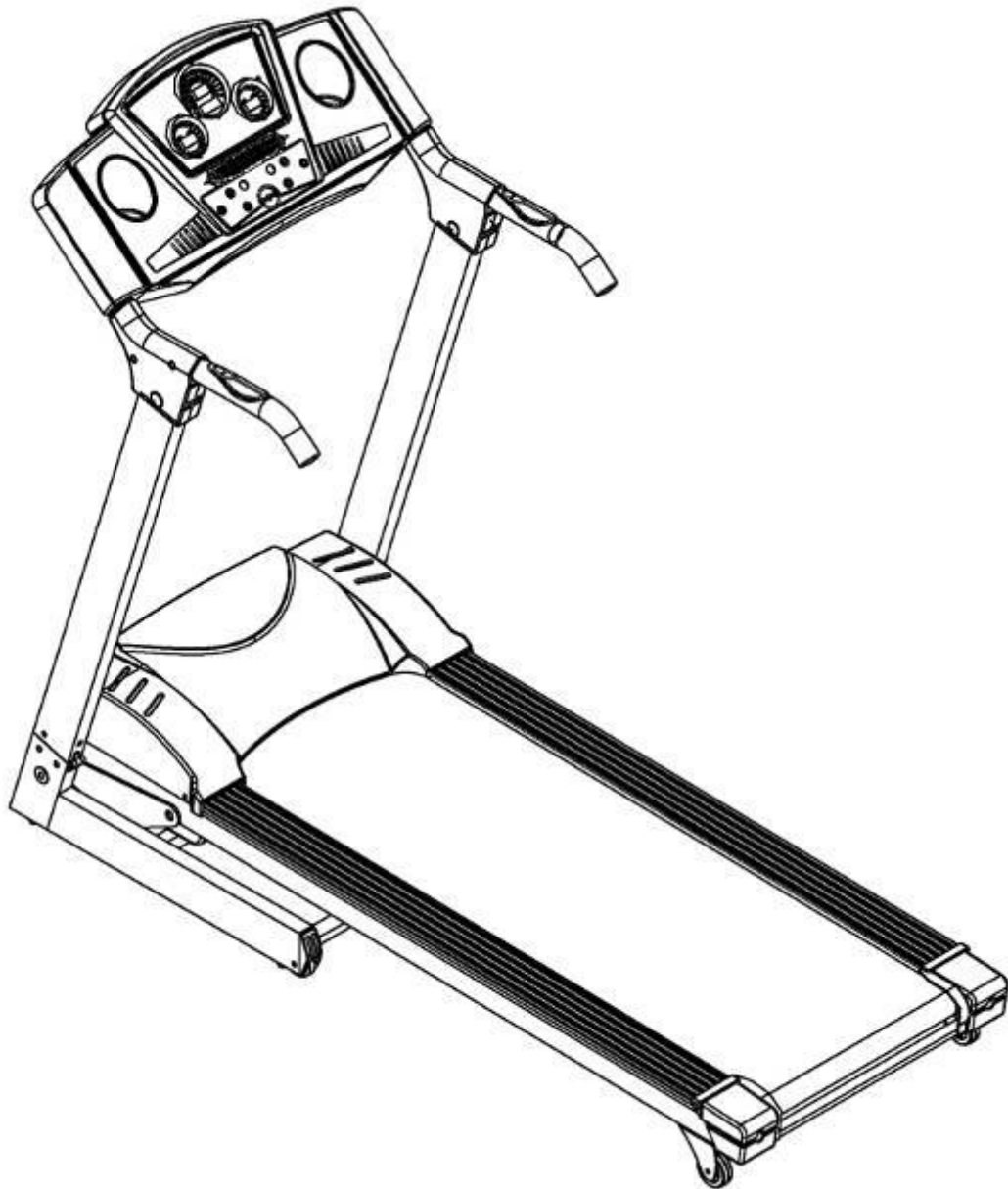


GORDION Motorized Treadmill

Operating Instructions Manual



Special tips:

1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger—To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 1) Install the treadmill on a flat level surface with access to a suitable voltage , grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- 7) Keep hands away from all moving parts.
- 8) Never operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11) Never drop or insert any object into any openings.
- 12) The treadmill is intended for in-home use only and not suitable for long time running.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 15) Use handrails provided; they are for your safety.
- 16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 17) Allowed temperature: 5 to 40 degrees.

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

IMPORTANT ELECTRICAL INFORMATION

WARNING!

- 1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2) NEVER operate treadmill on Generator or UPS power supply.
- 3) NEVER remove any cover without first disconnecting AC power.
- 4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

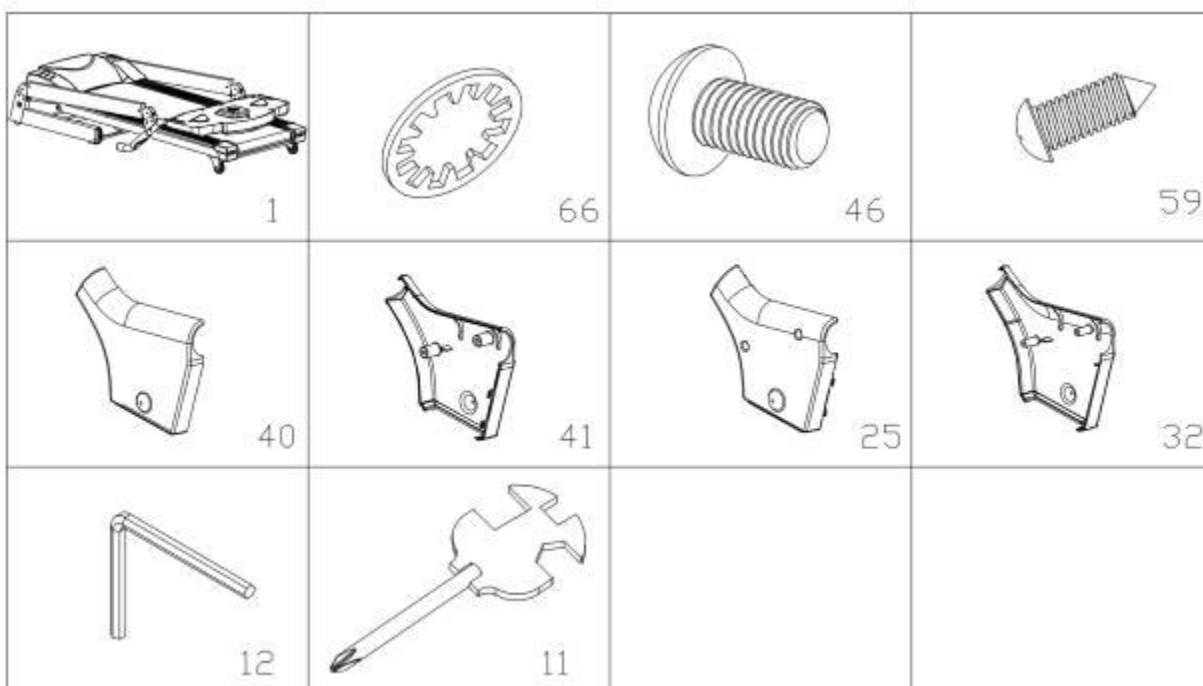
IMPORTANT OPERATION INSTRUCTIONS

- 1) Insert the power plug into the socket directly. Current load should be correct.
- 2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- 5) In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 6) Always hold on to handrail while making control changes.
- 7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 10) Please consult your doctor at first before running, if you have one of the following diseases:
 - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - b. If you are over 35 years old and heavier than common weight.
 - c. Women in pregnant or in breastng period.
- 11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

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.

ASSEMBLY INSTRUCTIONS

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



Spare parts list:

| NO. | DES. | Specification | Nos. | NO. | DES. | specification | Nos. |
|-----|--------------------------|---------------|------|-----|-------------------------|---------------|------|
| 1 | main frame | | 1 | 66 | Lock washer | 8 | 10 |
| 11 | lock washer | S=13、14、15 | 1 | 12 | 5# Allen Wrench | 5mm | 1 |
| 46 | Bolt | M8*10 | 10 | 59 | Screw | ST4.2*12 | 4 |
| 40 | Left handle bar cover L | | 1 | 41 | Left handlebar cover R | | 1 |
| 25 | Right handle bar cover L | | 1 | 32 | Right handlebar cover R | | 1 |

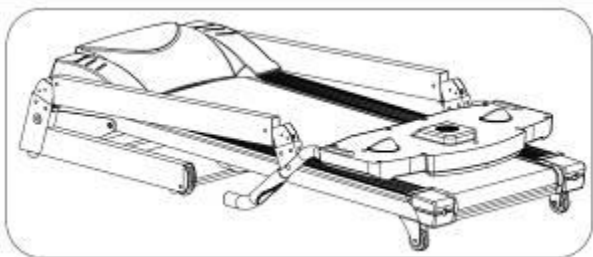
FIXING TOOLS:

5#ALLEN WRENCH 5mm 1pcs、

WRENCH W/SCREW DRIVER S=13、 14、 15 1pcs

Notice: Do not connect to power source before assembly is completed

ASSEMBLY STEP ONE:



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

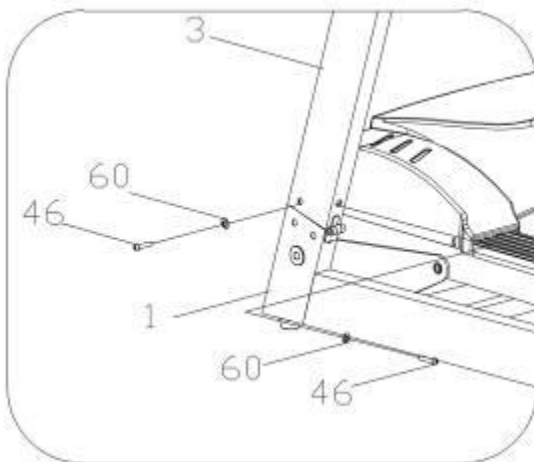
ASSEMBLY STEP TWO:



Pull up the display and upright as arrow direction.

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

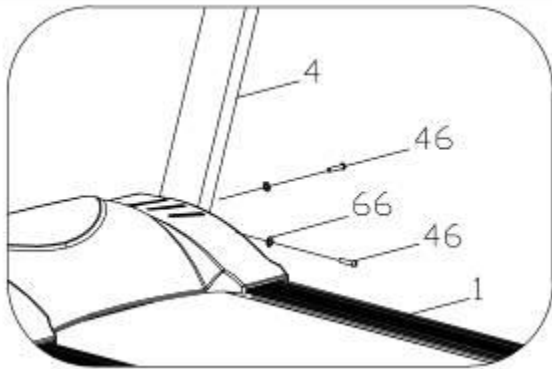
ASSEMBLY STEP THREE:



Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the Left upright (3) onto MAIN FRAME (1)

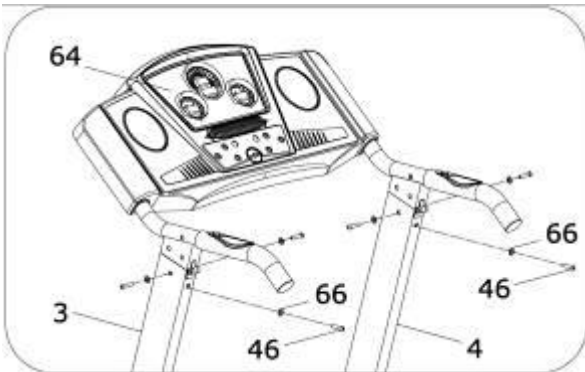
Notice: Support the Left upright with hand, avoid falling down to cause any hurt.

ASSEMBLY STEP FOUR:



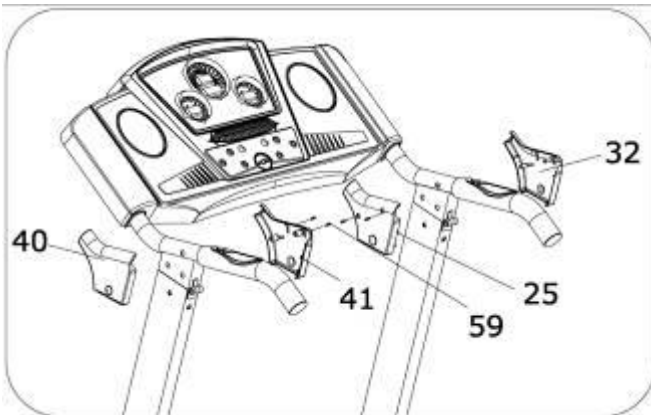
Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the Right upright (4) onto MAIN FRAME (1)

ASSEMBLY STEP FIVE:



Use the 5# allen wrench, drill through the bolt (46) to lock washer(66), then lock the COMPUTER (64) onto R&L upright (3,4).

ASSEMBLY STEP SIX:

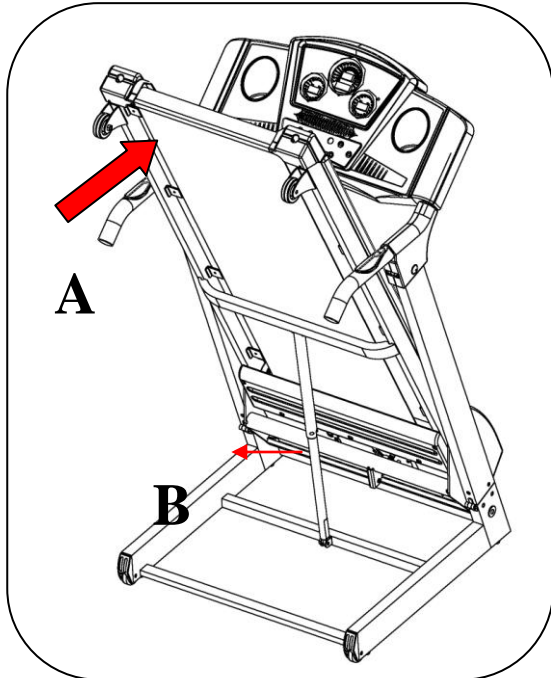


With ST4.2*12 Screw(59), insert the upright cover (25、 32、 40、 41) onto the L&R handle bar.

ATTENTION: please make sure that assembly is completed as the required to above instructions and all bolts are tightened. Before you use the treadmill, please read the instruction carefully.

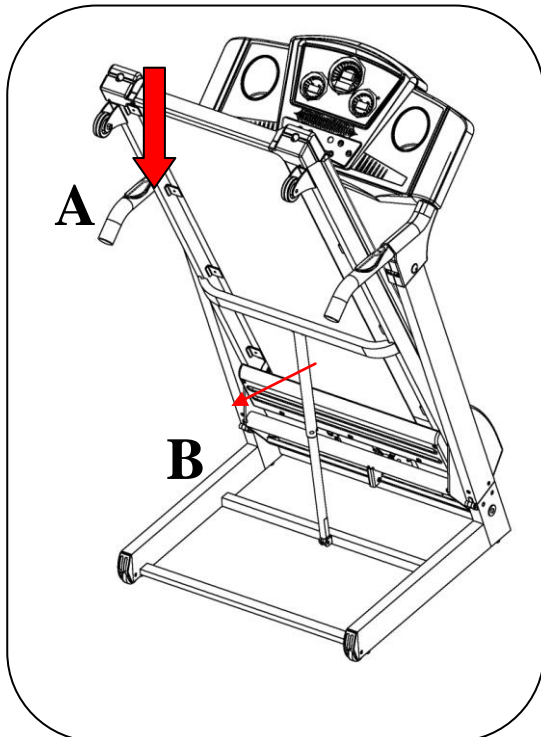
FOLDING INSTRUCTION

Pulling up:



Support place A with hand, then pull up following the arrow direction, till hearing the sound that the cylinder (B) is locked into the round tube

Pulling down:



Support place A with hand , depress the place B of air pressure control bar, then the base frame will fall down automaticly

TECHNICAL PARAMETER

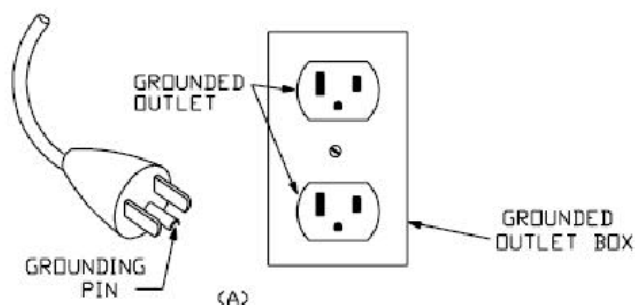
| | | | |
|--------------------------|------------------------------------|------------------|------------------|
| BUILT UP SIZE(mm) | 1585*715*1315 | POWER | AS ORDER REQUIRE |
| FOLDABLE IZE(mm) | 910*715*1470 | MAX OUTPUT POWER | AS ORDER REQUIRE |
| RUNNING SURFACE SIZE(mm) | 1220*420 | INPUT CURRENT | AS ORDER REQUIRE |
| NET WEIGHT | 60KG | INCLINE | 0-20 |
| | | SPEED RANGE | 1.0-18KM/h |
| LED DISPLAY | SPEED TIME DISTANCE CALORIES PULSE | | |

GROUNDING METHODS

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. Please ensure 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. "SPEED" window: Display speed, show range: 1.0-18KM/h.
2. "INCL" window : Show the incline, the incline range is 0-20 level;
3. "TIME" window: Show the running time, count from 0:00 to 99:59. When up to 99:59, the machine will stop smoothly and show 'END' in the computer; When you set the time count down, it will count down from the setting data to 0, when down to 0:00, the machine will stop smoothly and show 'END' in the computer.
4. "DIS" window: Show running distance , count from 0.00 to 99.9, when up to 99.9, the machine will clear the data, and recount from 0; When you set the distance count down, it will count from the setting data to 0. when down to 0, the machine will stop smoothly and show 'END' in the computer, after 5 seconds, the machine will be in the default state.
5. "CAL /PULSE" window: Display runner calories and pulse. 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. When runner grasps the hand pulse, it will test pulse after 5 seconds and show the data in window, the relevant direct light will show at the same time, pulse range is 40 to 200 hypo/min (the data is just for

reference, can not be as medicinal data.

BUTTON FUNCTION:

1. "PROGRAM" Button : When the treadmill is not running, press the button can circle choose and set up the exercise time and program from "0 : 00" " P1-----P5-----P10-----P15-----P24FAT".
Manual mode is the default program, the default speed in kilometer is 1KM/H. (0:00 is manual mode,pre-set program :P1-P25)
2. "MODE" Button : Press this button to choose circle modes: "0 : 00" "15 : 00"、"1.0"、"50" ("0 : 00" is manual model, "15 : 00" is the time count down, "1.0" is distance count down and "50" calorie count down); when you choose every mode,you can press the speed button and incline button to set count,after that ,press the START button to start this treadmill.
- 3 . "START"button: when start the power and attach the magnet end of the safety pulling rope to the computer. Press the button at any time, it can start motor.
4. "STOP"button: press this button while running,it can stop motor and set program default;
5. "SPEED+"、"SPEED-" Button : set default count;to adjust speed when treadmill start,the scope is 0.1km/hypo in kilometer. Press the button more than 0.5 seconds,will be up or down duratively.
6. "INCLINE+"、"INCLINE-" Button: set the default incline; to adjust incline when treadmill start, the scope is 1 section;
7.  Fan button : open or stop the fan .

START-UP QUICKLY(MANUAL)

1. Open the power switch, attach the magnet end of the safety pulling rope to the computer.
2. Press STATR/STOP button, the system will enter into 3 seconds count down, the buzzer will make sound and the time window display count down, the speed will run 1.0km/hour after 3 seconds.
3. After start-up, you can use "SPEED+"、"SPEED -" to adjust the speed up or down; use "INCLINE+"、"INCLINE -" to adjust the incline up or down.

The operation of exercise process:

1. Press speed-down will reduce the running speed.
2. Press speed-up will increase the running speed.
3. Press incline down will reduce the incline section.
4. Press incline up will increase the incline section.
5. Press STOP will reduce until it stopped.
6. When the user hold the hand pulse by both hand, the computer will show the user's pulse data after 5 seconds

Manual mode:

1. If you do not make any setting and press START button directly, the treadmill will start to run from the speed 1.0km/h, incline 0. The other windows will start to count from positive direction from windows default, press "SPEED+", "SPEED-" change the speed, press "INCLINE+", "INCLINE -"to change the incline;
2. set up the Time, press "MODE" button to enter into time count down, the TIME window will display"15 : 00" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set up the time what you need. The setting range is 5:00-99:00.
3. In Time setting model, press " MODE " button to enter into distance count down, the DISTANCE window will display "1.0" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set up the distance what you need. The setting range is 0.5—99.9.
4. To set up the Calories, press "MODE" button to enter into calories count down, the CAL window will display "50" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set up the calories what you need. The setting range is 10-999.
5. When setting is finished, press "START" button to start up, the treadmill will run after 3 seconds, press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to adjust the speed and the incline; press the STOP, the treadmill will stop.

Pre-set program

Press "PROGRAM" button SPEED window will display P1-P24 to choose the program you like. Setting of running time, then the TIME window display glittering. Display the advance setting time 10:00, press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set up the exercise time what you need. Press "START" button to start the inner install program, the inner install program is divided into 10 sect. Each exercise time=the setting time/10. When the system enter into the next sect will make 3 sound "B—B—" and the speed will be changed according to the setting program, then press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to change the SPEED and INCLINE, When the program enter next sect will come back to the current speed and incline, and run the one program, the system will make 3 sound "B—B—" and change to the manual program automatically.

Program exercise chart

Each program will divide into 10 grades for the exercise time and each time section has the speed and incline accordingly.

| Time | Mode | TIME INTERVAL |
|------|------|---------------|
|------|------|---------------|

| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|---------|---|---|---|----|----|---|----|----|---|----|
| P1 | SPEED | 2 | 4 | 3 | 4 | 3 | 5 | 4 | 2 | 5 | 3 |
| | INCLINE | 1 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 2 |
| P2 | SPEED | 2 | 5 | 4 | 6 | 4 | 6 | 4 | 2 | 4 | 2 |
| | INCLINE | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 4 | 2 | 2 |
| P3 | SPEED | 2 | 5 | 4 | 5 | 4 | 5 | 4 | 2 | 3 | 2 |
| | INCLINE | 1 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 1 |
| P4 | SPEED | 3 | 6 | 7 | 5 | 8 | 5 | 9 | 6 | 4 | 3 |
| | INCLINE | 2 | 2 | 3 | 3 | 2 | 2 | 4 | 6 | 2 | 2 |
| P5 | SPEED | 3 | 6 | 7 | 5 | 8 | 6 | 7 | 6 | 4 | 3 |
| | INCLINE | 1 | 2 | 4 | 3 | 2 | 2 | 4 | 5 | 2 | 1 |
| P6 | SPEED | 2 | 8 | 6 | 4 | 5 | 9 | 7 | 5 | 4 | 3 |
| | INCLINE | 2 | 2 | 6 | 2 | 3 | 4 | 2 | 2 | 2 | 1 |
| P7 | SPEED | 2 | 6 | 7 | 4 | 4 | 7 | 4 | 2 | 4 | 2 |
| | INCLINE | 4 | 5 | 6 | 6 | 9 | 9 | 10 | 12 | 6 | 3 |
| P8 | SPEED | 2 | 4 | 6 | 8 | 7 | 8 | 6 | 2 | 3 | 2 |
| | INCLINE | 3 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 2 |
| P9 | SPEED | 2 | 4 | 5 | 5 | 6 | 5 | 6 | 3 | 3 | 2 |
| | INCLINE | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P10 | SPEED | 2 | 3 | 5 | 3 | 3 | 5 | 3 | 6 | 3 | 3 |
| | INCLINE | 4 | 4 | 3 | 6 | 7 | 8 | 8 | 6 | 3 | 3 |
| P11 | SPEED | 2 | 5 | 8 | 10 | 6 | 9 | 5 | 3 | 2 | 2 |
| | INCLINE | 1 | 3 | 5 | 8 | 10 | 7 | 6 | 3 | 2 | 3 |
| P12 | SPEED | 2 | 5 | 5 | 4 | 4 | 6 | 4 | 2 | 3 | 4 |
| | INCLINE | 3 | 5 | 6 | 7 | 12 | 9 | 11 | 11 | 6 | 3 |
| P13 | SPEED | 2 | 7 | 4 | 7 | 8 | 9 | 4 | 5 | 3 | 2 |
| | INCLINE | 5 | 6 | 6 | 4 | 6 | 5 | 8 | 9 | 4 | 2 |
| P14 | SPEED | 2 | 6 | 5 | 4 | 8 | 6 | 5 | 2 | 3 | 3 |
| | INCLINE | 5 | 6 | 5 | 8 | 4 | 5 | 5 | 10 | 6 | 3 |

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

Range of program

| | PROGRAM | BEGIN | SET UP RANGE | DISPLAY RANGE |
|------------------|---------|-------|--------------|---------------|
| TIME(MIN:SECOND) | 0:00 | 15:00 | 5:00-99:00 | 0:00 - 99:59 |
| INCLINE(LEVEL) | 0 | 0 | 0-20 | 0-20 |
| SPEED(K/h) | 1.0 | 1.0 | 1.0-18 | 1.0-18 |
| DISTANCE(K) | 0 | 1.0 | 0.5-99.9 | 0.00 - 99.9 |
| PULSE(hypo/min) | P | N/A | N/A | 50-200 |
| CALORIE(THERM) | 0 | 50 | 10-999 | 0 - 999 |

BODY TESTER:

At the beginning state, press “ PROGRAM” continually entering FAT body fat tester, press “ MODE “ enter F-1、 F-2、 F-3、 F-4、 F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER),

Press “SPEED+”、 “SPEED -” to set F-1 – F4 (refer to the following chart), after that, press “ MODE” to set F-5, grasp the hand pulse, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body FAT suits for any male and female, to adjust the weight according it together with other body quality index. The idea FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference, can not be as medicinal data)

| F-1 | Seg | 01 male | 02 female |
|-----|--------|------------|--------------|
| F-2 | Age | 10-----99 | |
| F-3 | Hight | 100----200 | |
| F-4 | Weight | 20-----150 | |
| F-5 | FAT | ≤19 | Underweight |
| | FAT | =(20---25) | Normalweight |
| | FAT | =(26---29) | Overweight |
| | FAT | ≥30 | Obesity |

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 pulling rope to the computer, the treadmill will be at the beginning of running.

Save on power function:

The system is with saving on power function, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 mins, the display will be closed up. You can press any button to turn on the display.

MP3 function(Option, if have)

When the power is on, contacting the external MP3 equipment, the computer will play. The voice is adjustable from operate the external MP3 equipment, the voice should be adjusted on the proper section to protect the computer loudhailer.

Close up:

Switch off the power: You can switch off the power to stop the treadmill, which 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.

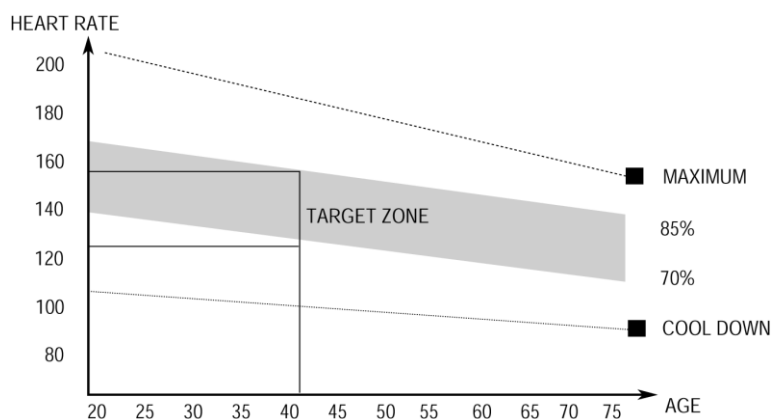
EXERCISE INSTRUCTIONS

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 and count to 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 you 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 although 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

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

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE.

WARNING: STOP TREADMILL BEFORE FOLDING.

Maintenance and servicing

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- 1)** Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- 2)** Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- 3)** Inspect the power cord.

-
- 4) Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
 - 5) Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

- 1) Turn off the treadmill with the star/stop switch, then unplug the power cord at the wall outlet.
- 2) Fold the treadmill into the upright position, making sure that the lock latch is secure.
- 3) Move the treadmill to a remote location.
- 4) Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- 5) Return the treadmill to its previous position.

EVERY MONTH -IMPORTANT!

- 1) Inspect all assembly bolts of the machine for proper tightness.
- 2) Turn off the treadmill with the start/stop switch, then unplug the power cord and wait 60 seconds.
- 3) Remove the motor cover. Wait until screen lights turn off.
- 4) Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.

EVERY 6 MONTHS

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

- 1) Turn off the treadmill with the start/stop switch, and then unplug the power cord at the wall outlet.
- 2) Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- 3) Lubricate the air shocks with Teflon based spray.

EVERY 2 YEARS

It is necessary that you change your treadmill motor brushes, motor V-belt, treadmill running belt; once every 2 years to avoid damaging your treadmill. If you fail to change, this may cause damage to the treadmill, voiding any warranty.

SERVICING: IF YOU FAIL TO COMPLY WITH MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED FITNESS REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE CALL OR EMAIL US.

General Cleaning

- 1) Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- 2) On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

General Care

- 1) Check parts for wear before use.
- 2) Pay particular attention to the fixing knobs and make sure they are tight.
- 3) Always replace the mat if worn and any other defective parts.
- 4) If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. You should apply the lubrication after approximately the first 20 hours of operation. We recommend lubrication of the deck every 30 days.

See below procedures for lubricating:

- 1) Use a soft, dry cloth to wipe the area between the belt and deck.
- 2) Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).
- 3) Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubing is necessary.

How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the back surface of the running mat.

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

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

We recommend you use a silicone based spray to lubricate your Treadmill. This can be purchased from your local sports Retailer or a local hardware store.

Identification ways for the degree of tightness of running belt and poly V-belt.

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or poly V-belt.

- a) Cut off power, screw off the bolt on cover of protection. Then take down the protecting cover from the treadmill
- b) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the poly V-belt needs to be adjusted.
- c) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

The adjustment steps for poly V-belt

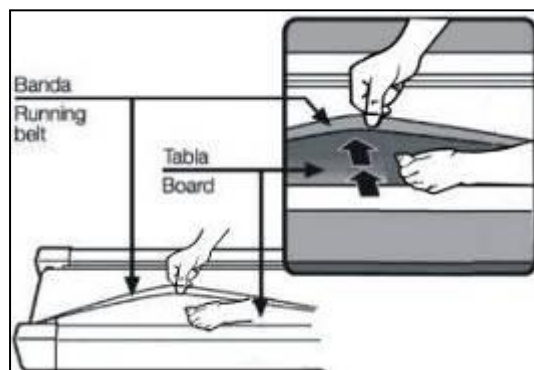
Cut off power firstly and take down the cover of protection.

- a) Loosen the four screws for the motor, adjust them in a circuit clockwise, then screw down the loose screws.
- b) Keep the power on, and adjust the poly V-belt is loose or not following the point 3.1 above, if yes, please repeat the action same to point a) above.

Running board lubrication

The treadmill is equipped with lubricated running board, which needs constant maintenance. The friction between running board and running belt has a great effect on the treadmills' e life. So please lubricate your machine termly. The steps are as follows:

- a) Cut off the power
- b) Wipe out the dust between running board and running belt with a clean cloth.
- c) Daubing the Silicon oil on the running board and running belt equably.
- d) While adding lubrication oil, please keep your clothes away from the machine for avoiding the injury.

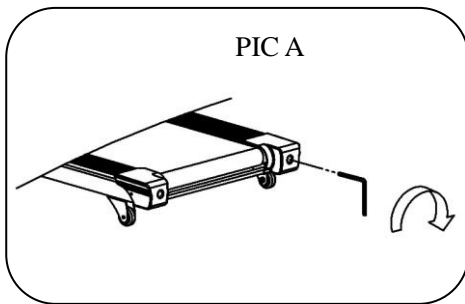


Center the running belt :

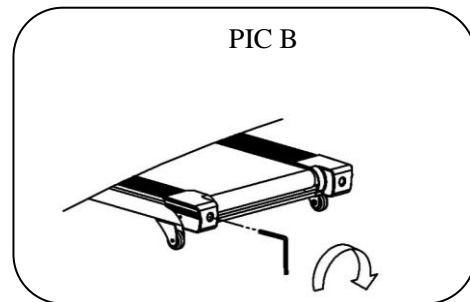
DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

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



PIC A



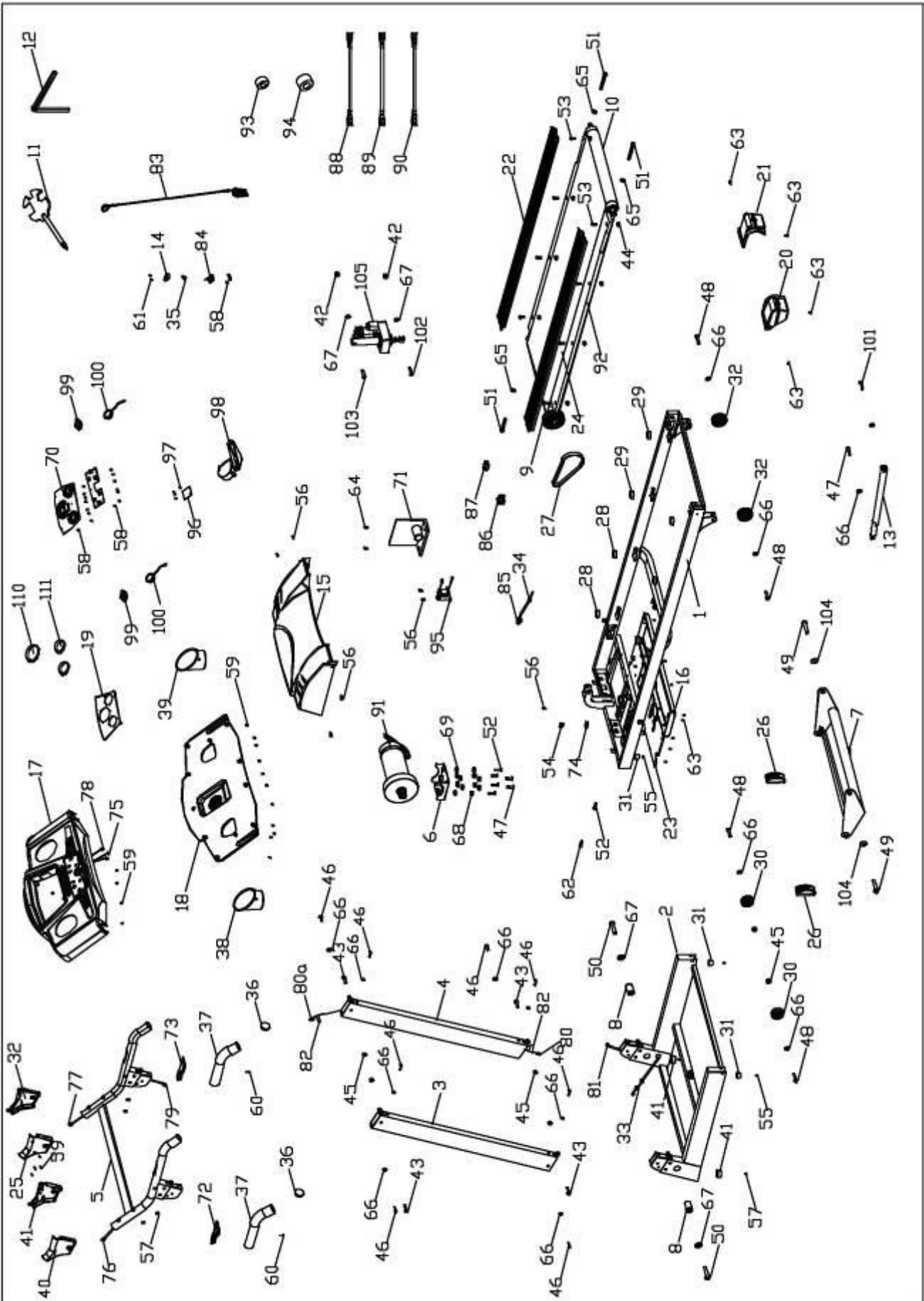
PIC B

Picture A If the belts has drifted to the RIGHT

Picture B If the belts has drifted to the LEFT

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

EXPLODED DRAWING



| #. | DESCRIPTION | REMARK | QTY | #. | DESCRIPTION | REMARK | QTY |
|----|--|------------|-----|----|---------------------------|--------------|-----|
| 1 | MAIN FRAME | | 1 | 38 | LEFT BOTTLE BRACKET | | 1 |
| 2 | BASE FRAME | | 1 | 39 | RIGHT BOTTLE BRACKET | | 1 |
| 3 | LEFT UPRIGHT | | 1 | 40 | LEFT HANDLEBAR COVER L | | 1 |
| 4 | RIGHT UPRIGHT | | 1 | 41 | LEFT HANDLEBAR COVER R | | 1 |
| 5 | COMPUTER BRACKET | | 1 | 42 | LOCK NUT | M10 | 2 |
| 6 | MOTOR BRACKET | | 1 | 43 | BOLT | M8*30 L15 | 4 |
| 7 | INCLINE MOTOR BRACKET | | 1 | 44 | LOCK NUT | M6 | 8 |
| 8 | TURNING BUSHING | | 2 | 45 | LOCK NUT | M8 | 8 |
| 9 | FRONT ROLLER | | 1 | 46 | BOLT | M8*10 | 10 |
| 10 | REAR ROLLER | | 1 | 47 | BOLT | M8*25 L15 | 3 |
| 11 | WRENCH W/SCREW DRIVER | S=13、14、15 | 1 | 48 | BOLT | M8*40 L20 | 4 |
| 12 | 5#ALLEN WRENCH | 5mm | 1 | 49 | BOLT | M10*20 | 2 |
| 13 | CYLINDER | | 1 | 50 | BOLT | M10*55 | 2 |
| 14 | SAFETY KEY IRON SLIP | | 1 | 51 | BOLT | M6*55 | 3 |
| 15 | MOTOR TOP COVER | | 1 | 52 | BOLT | M8*35 | 5 |
| 16 | MOTOR BOTTOM COVER | | 1 | 53 | BOLT | M6*35 | 8 |
| 17 | COMPUTER TOP COVER | | 1 | 54 | SCREW | ST2.9*8 | 2 |
| 18 | COMPUTER BOTTOM COVER | | 1 | 55 | BOLT | M5*16 | 6 |
| 19 | COMPUTER PANEL | | 1 | 56 | BOLT | M5*8 | 10 |
| 20 | LEFT BACK COVER | | 1 | 57 | BOLT | M6*16 | 4 |
| 21 | RIGHT BACK COVER | | 1 | 58 | SCREW | ST2.9*6.5 | 20 |
| 22 | SIDE RAIL | | 2 | 59 | SCREW | ST4.2*12 | 19 |
| 23 | BOTTOM COVER BOARD | | 1 | 60 | SCREW | ST4.0*25 | 2 |
| 24 | RUNNING BELT | | 1 | 61 | SCREW | ST2.9*8 | 2 |
| 25 | RIGHT HANDLEBAR COVER R | | 2 | 62 | BOLT | M8*30 | 1 |
| 26 | WHEEL COVER | | 2 | 63 | SCREW | ST4.2*12 | 18 |
| 27 | MOTOR BELT | | 1 | 64 | TRANSFORMER | | 1 |
| 28 | BLUE CUSHION PAD | | 4 | 65 | LOCK WASHER | 6 | 3 |
| 29 | BLACK CUSHION PAD | | 4 | 66 | LOCK WASHER | 8 | 18 |
| 30 | TRANSPORT WHEEL | | 2 | 67 | LOCK WASHER | 10 | 4 |
| 31 | FOOT PAD | | 4 | 68 | SPRING WASHER | 8 | 6 |
| 32 | ADJUSTABLE WHEEL RING PROTECTING WIRE PLUG | | 2 | 69 | FLAT WASHER | 8 | 6 |
| 33 | POWER WIRE BUCKLE | | 2 | 70 | COMPUTER | | 1 |
| 34 | SAFETY KEY SPRING BALL | | 1 | 71 | CONTROL BOARD | | 1 |
| 35 | INNER END CAP | | 1 | 72 | PULSE WITH SWITCH | | 1 |
| 36 | FOAM | | 2 | 73 | PULSE WITH SPEED | | 1 |
| 37 | | | 2 | 74 | MAGNETIC SENSOR | | 1 |

PARTS LIST

| | | | | | | | |
|-----|---------------------------|------------|---|-----|-------------|--|---|
| 75 | PULSE UP WIRE | | 1 | 111 | SMALLI RING | | 2 |
| 76 | PULSE WITH SWITCH UP WIRE | | 1 | | | | |
| 77 | PULSE SPEED UP WIRE | | 1 | | | | |
| 78 | COMPUTER UP WIRE 1 | | 1 | | | | |
| 79 | COMPUTER UP WIRE | | 1 | | | | |
| 80 | COMPUTER MIDDLE WIRE | | 1 | | | | |
| 81 | COMPUTER BOTTOM WIRE | | 1 | | | | |
| 82 | LABEL | | 2 | | | | |
| 83 | SAFETY KEY | | 1 | | | | |
| 84 | SWITCH BOARD | | 1 | | | | |
| 85 | POWER WIRE | | 1 | | | | |
| 86 | SQUARE SWITCH | | 1 | | | | |
| 87 | OVERLOAD PROTECTOR | | 1 | | | | |
| 88 | AC SINGLE LINE | BROWN 150 | 1 | | | | |
| 89 | AC SINGLE LINE | BLUE 150 | 1 | | | | |
| 90 | AC SINGLE LINE | BROWN 150 | 1 | | | | |
| 91 | DC MOTOR | | 1 | | | | |
| 92 | RUNNING BOARD | | 1 | | | | |
| 93 | MAGNETIC CORE | | 1 | | | | |
| 94 | MAGNETIC RING | | 1 | | | | |
| 95 | FLAT WASHER | 10 | 2 | | | | |
| 96 | INCLINE MOTOR | | 1 | | | | |
| 97 | BOLT | M10*30 L15 | 1 | | | | |
| 98 | BOLT | M10*50 L15 | 1 | | | | |
| 99 | SPEAKER PLASTIC BOARD | | 2 | | | | |
| 100 | SPEAKER | | 2 | | | | |
| 101 | AMPLIFIER BOARD | | 1 | | | | |
| 102 | SCREW | ST4.2*12 | 4 | | | | |
| 103 | SCREW | ST2.9*6.5 | 4 | | | | |
| 104 | MP3 CONNECT WIRE | | 1 | | | | |
| 105 | FAN | | 1 | | | | |
| 106 | SCREW | ST3.5*40 | 2 | | | | |
| 107 | SCREW | ST4.2*12 | 2 | | | | |
| 108 | FILTER | | 1 | | | | |
| 109 | BOLT | M4*8 | 4 | | | | |
| 110 | BIG RING | | 1 | | | | |

TROUBLESHOOTING GUIDE

- 1、 Probable reason for computer not workable after power start: The wire from computer to bottom control board didn't connected well or the transformer was burnt out. Check the each wire from computer to control board, make sure they are connected well. If the wire is destroyed , change it. If the above can not settle the problem, try to change a good transformer.
- 2、 E01: Message failure. Probable reason: The wires from computer and bottom control board did not connect well, please check each wire. If the wire was destroyed, change a good one.
- 3、 E02: Burst clash. Check the power is right, if not, use correct power to test; Check if the bottom control was burnt out, change a good one; reconnect the motor wire.
- 4、 E03: No sensor signal. Sensor wire badness, change good wire; It is no use for the motor magnetic, change the magnetic or reset the magnetic;
- 5.E04: Incline learning defeated, Check VR wire of incline motor whether connect well. If not, reconnect VR to make it firm; Check AC wire of motor whether connect well, and AC wire of motor whether insert well with correct sign of control board; Check connection line of motor whether is destroyed, exchange it or incline motor. And press "learning" botton of bottom control board to relearn after checked everything is well.
- 6、 E05: Current overload protecting. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; 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.
- 7、 If the motor can not work after pressing START button, the probable reason: the motor wire is broken; the safety pipe is broken or fell; motor wire is not conneted well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

Proofreading has been carefully done to the manual, if there are printing mistakes, please kindly understand. If pictures and the real product doesn't match, please take the product as the final and correct one.

If any improvement on function and specification, please kindly understand if you are not informed.