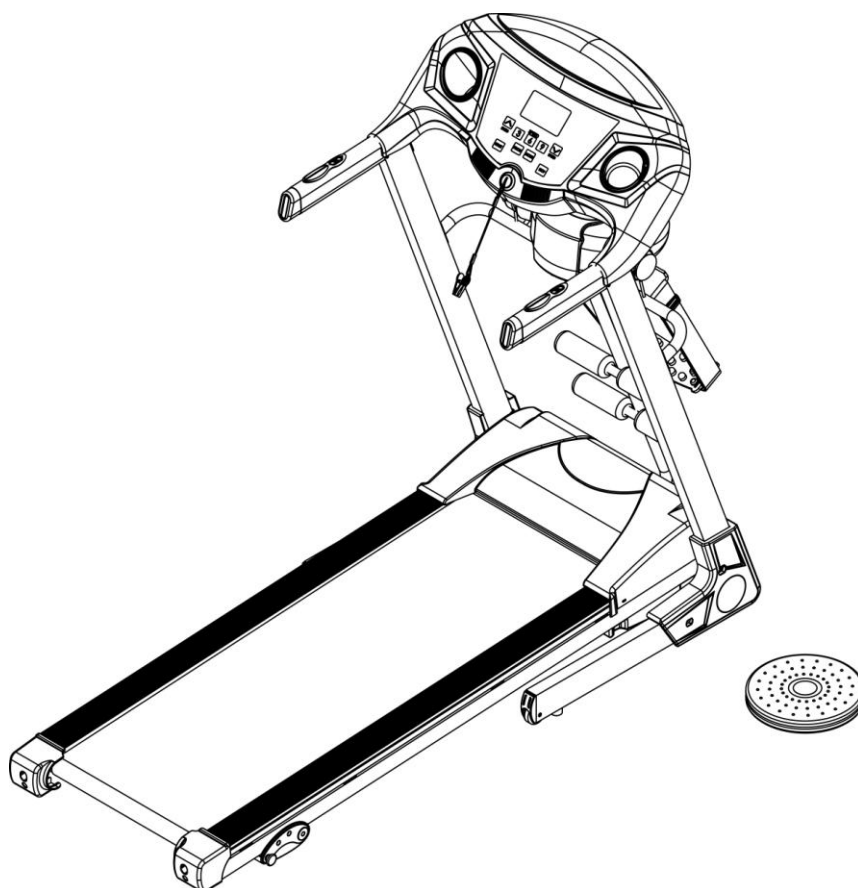




ICONA PLUS USER MANUAL



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

SAFETY PRECAUTION

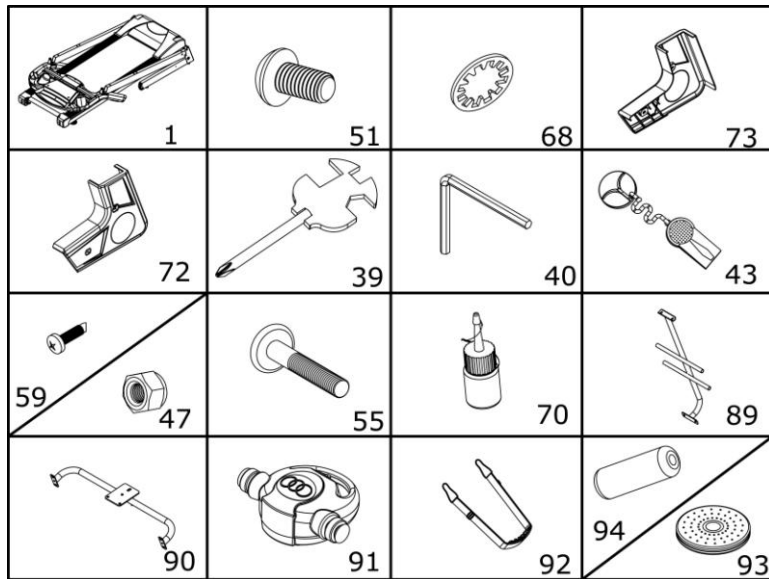
Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be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

ATTENTION:

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-Mints 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.

ASSEMBLY INSTRUCTIONS

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



Part List:

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main frame		1	70	Oil Bottle		1
40	5# Allen Wrench	5mm	1	93	Twister		1
55	Bolt	M8*45	2	91	Massager assemblies		1
51	Bolt	M8*16	4	89	Massager support frame		1
47	Screw	M8	2	90	Massager fix frame		1
68	Arc washer	8	6	94	Foam		4
92	Massager belt		1	59	Screw	ST4.2*19	4
43	Safety key		1	73	Left Base Cover		1
39	Wrench Screw Driver	S=13,14,15	1	72	Right Base Cover		1

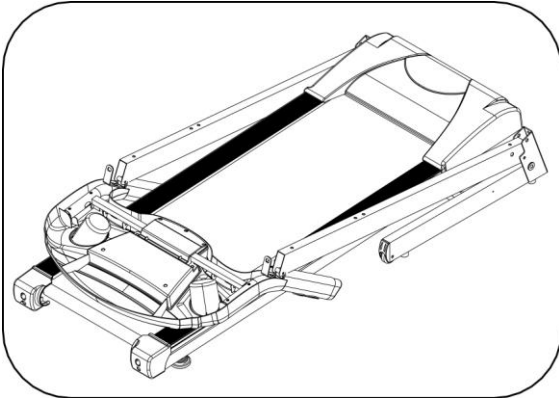
FIXING TOOLS:

5#Allen Wrench 5mm 1pcs、

Wrench screw Driver S=13、14、15 1pcs

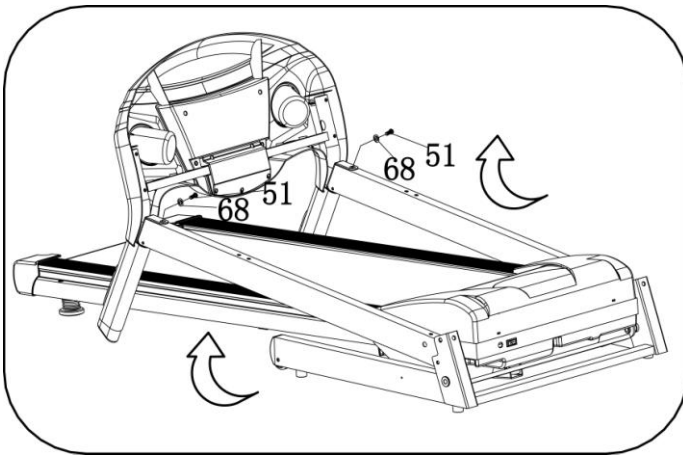
Notice: Do not get through power before complete assembly.

STEP 1:



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

STEP 2:

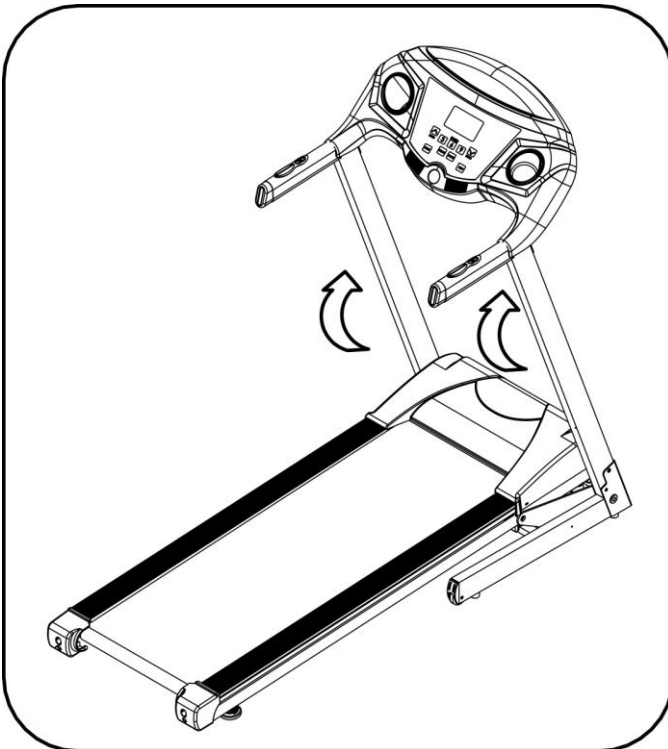


1.Push up the Computer and L& R upright as the arrow position.

2.Screw off the M8*16 bolt(51) and Arc washer (68) from right upright.

3.Use the 5# Allen wrench, M8*16 bolt(51) and Arc washer (68) , fix the computer frame onto the right and left upright.

STEP 3:

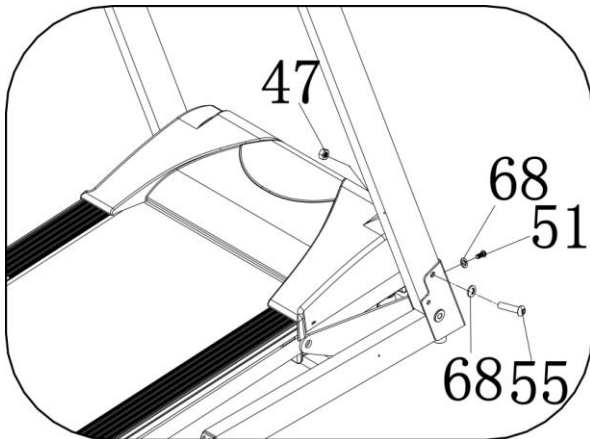


Notice: the wire in the upright can not be pressed and pls check and make sure the wire is connected well. hold the upright and computer by hand, that they will not fall down escaping any hurt.

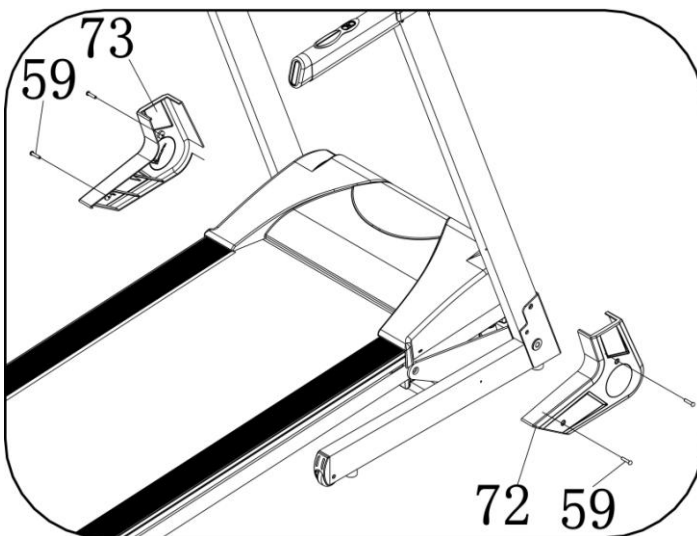
Push up the Computer and upright.

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

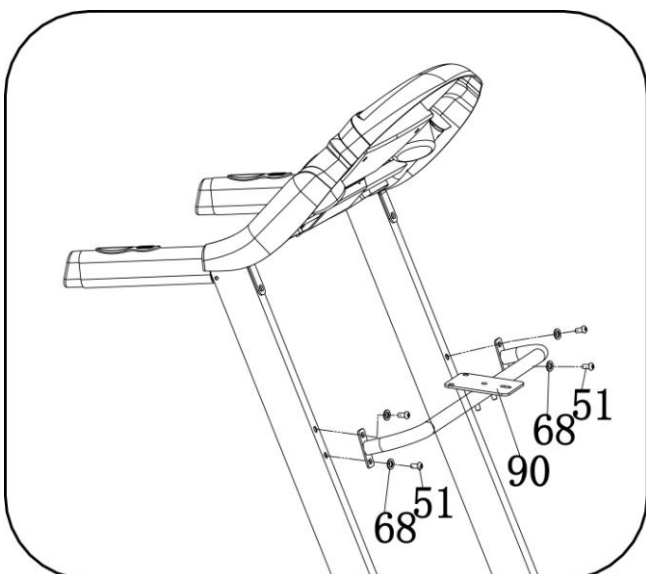
STEP 4:



STEP 5:



STEP 6:



1. Use the 5# Allen wrench, fix the right upright onto the base frame with M8*45 screw(55), arc washer (68), and screw (47)

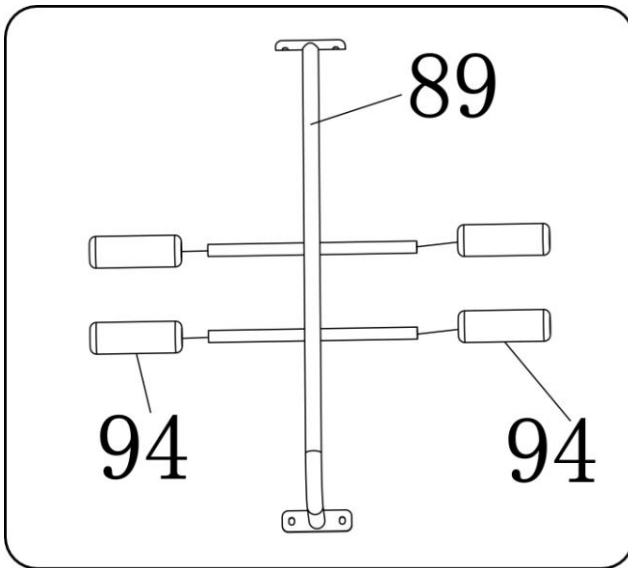
And then fix the right upright onto the base frame with screw M8*16(51) and arc washer (68).

Same way to fix the left upright onto the base frame.

Use Wrench Screw Driver(39) and screw ST4.2*19(59), fix the Left Base Cover(73) and Right Base Cover(72) on both upright.

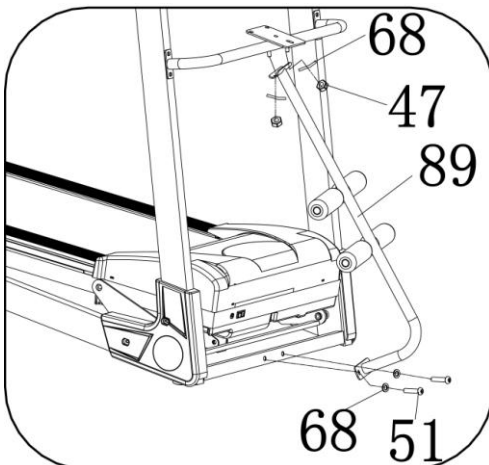
1. Use the 5# Allen wrench, screw M8*16(51), lock washer (68) fix the massager fixing frame (90) on both upright.

STEP 7:



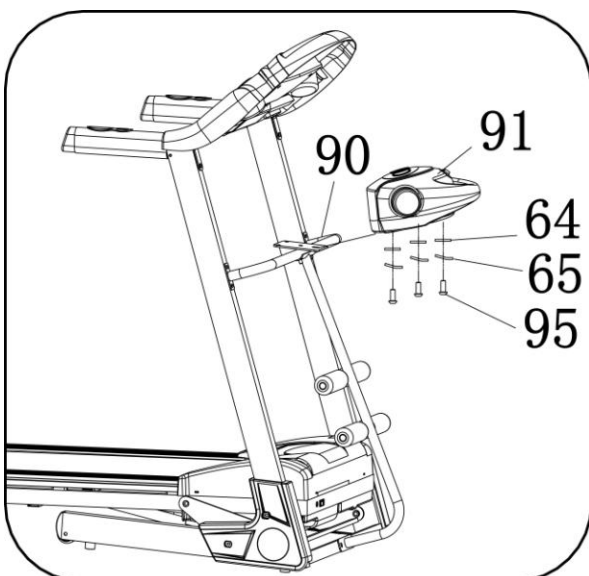
1. Cover the foam (94) into the Massager support frame (89)

STEP 8:



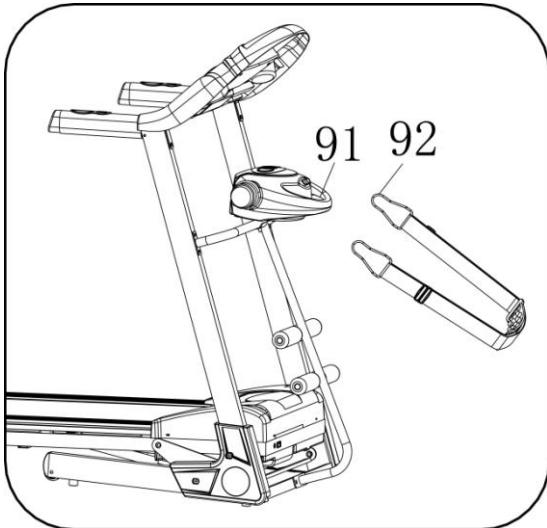
1. Use the 5# Allen wrench and Wrench screw Drive, screw M8*16(51), lock washer (68) fix one side of massager support frame (89) on the frame.
2. Use Wrench screw Drive, bolt M8(47), lock washer (68) fix the other side of massager support frame (89) on the massager fixing frame.

STEP 9:



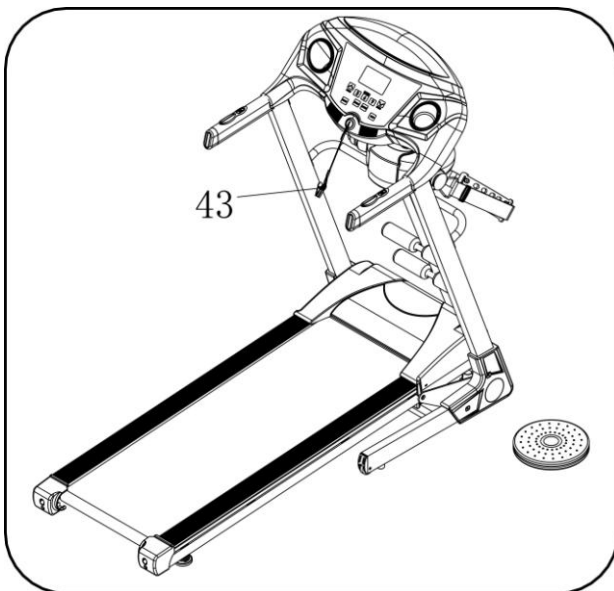
Screw off three bolt, flat washer, spring washer(64,65,95) on massager head(91). Then use wrench screw drive fix the massager head on massager fixing fame(90) by the screwed off bolt, flat washer and spring washer.

STEP 10:



1. Hand the massager belt(92) on the massager head(91).

STEP 11:

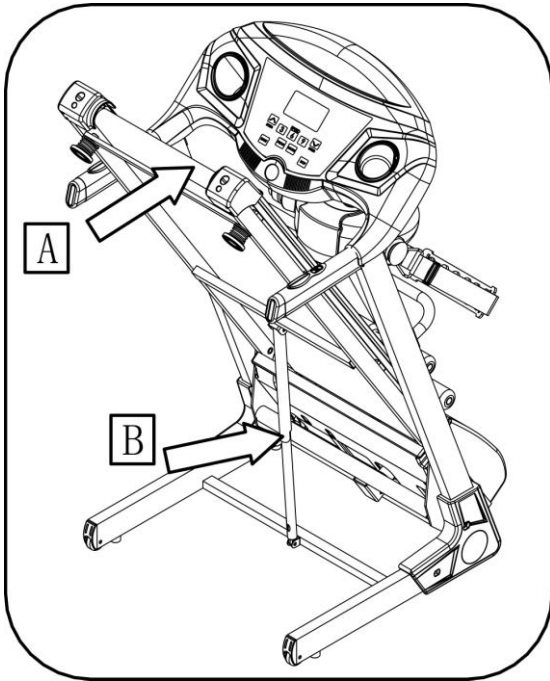


Put the safety key (43) on the computer, and put the twister on the right or left of treadmill.

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

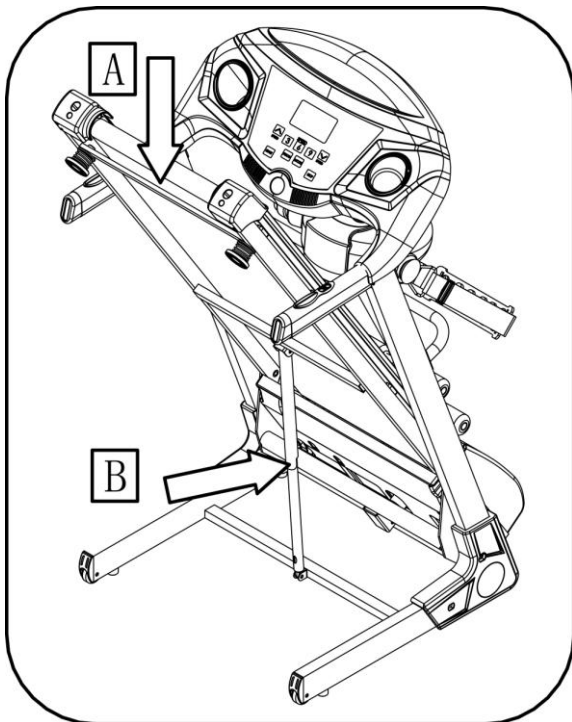
FOLDING INSTRUCTION

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).

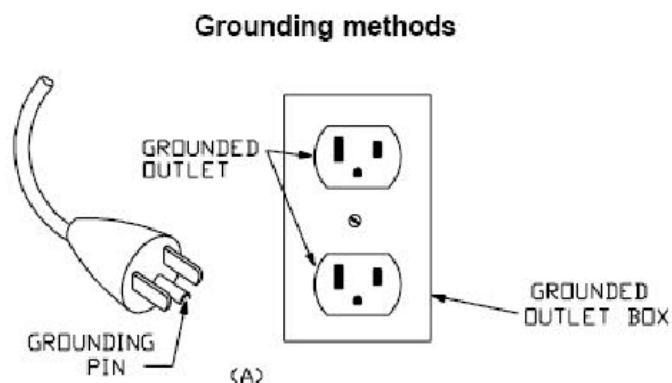
TECHNICAL PARAMETER

BUILT UP SIZE(mm)	1688*690*1358mm	POWER	As the rating label showing
FOLDABLE IZE(mm)	984*690*1420mm	Maximum output power	As the rating label showing
RUNNING BOARD SIZE(mm)	420*1250mm	SPEED RANGE	0.8-14KM/H
NET WEIGHT	63.5KG		
1 LCD WINDOW WITH BLUE BACKGROUND	Speed, Time, Distance, Calories, Pulse		

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.



OPERATION GUIDE



LCD

- 1.Speed window show current speed values, the speed range is 0.8-14.0KM/H.
- 2.Time window show running time. Time ranges from 0:00-99:59.
3. CAL/DIST window show the calorie consumption or the running distance. When in standby or running state,it will show the calorie consumption or the running distance every other 5 seconds.
4. "INCLINE/PULSE" window show the incline value and the heart beating. When runner hold the handpulse sensor, the window will show the heart beating value.(The value only for your reference an it can't be refered as medical data).
5. "PROG" window show the built-in program.When in manual mode,it will show "---".

FUNCTION KEYS

1. "MODE " is for mode selection button. Press this button to circulate selected :Manual Mode -->Time Countdown Mode -->Distance Countdown Mode --> Calorie Countdown Mode.
2. "PROG key: under standby state, press this key to set circulate selected: "Manual Mode", "P01-->P12", FAT. P01-P12 is built-in programs
FAT is body fat testing mode.
3. "START" is activate key .When power on and safety key put on the computer correctly , press this button can start the treadmill.
4. "STOP" is cease key. press button in the running will stop the motor running
5. "SPEED+" "SPEED-" are speed adjustment key. Adjust speed fast or slow when excising. Set parameter when stopped. The adjustment rang is 0.1KM every time, when keep pressing the key over 0.5 second, it will automatic increases or decreases.
6. " INCLINE+"," INCLINE-" is the key to plus or minus slop. On standby mode,they are for adjusting the

settings. Adjust the slop when started, the adjustment value is 1 segment per time. it will automatically last increment or decrement when continue to press the bottom more than 0.5 seconds.

7. "SPEED: 3. 6. 9. 12" are shortcut keys for speed which can set the speed quickly.

8. "INCLINE:3. 6. 9. 12" are shortcut keys for slop which can set the slop quickly.

QUICK START(MANUAL MODE)

1. Turn on the power switch, put the safety key on computer panel correctly.
2. Press "START" key, the window will display: 3-2-1, a buzzer will sound, at the same time, the treadmill will run at the lowest speed.
3. Press "SPEED+"、"SPEED -" and "INCLINE+"、"INCLINE -" to adjust speed and gradient as necessary after starting the treadmill.

OPERATING DURING RUNNING

1. Press "speed-" will decrease the treadmill's running speed.
2. Press "speed+" will increase the treadmill's running speed.
3. Press incline down will reduce machine's gradient angle.
4. Press incline up will increase machine's gradient angle.
5. Press "stop", the treadmill will slow down until stop.
6. When runner hold the handle bar with hand pulse 6 seconds, it will show the heartbeat data.

MANUAL MODE

1. Under standby mode, press "START", the treadmill start run at speed 0.8km/h, other windows start counr from zero, press "speed+", "speed-", "incline+", "incline-" to adjust speed and gradient.
2. Under standby mode, press "mode" to enter time countdown mode, "TIME" window flicker, press "speed+", "speed-", "incline+", "incline-" to set running time, the range is 5:00-99:00.
3. Under time countdown mode, press "mode" to enter dittance countdown mode, the "DIS" window flicker, press "speed+", "speed-", "incline+", "incline-" to set distance, the range is 0.50-99.50.
4. Under dittance countdown mode, press "mode" to enter calorie countdown mode, the "CAL" wiindow flicker, press "speed+", "speed-", "incline+", "incline-" to set distance, the range is 10.0-995.0.
5. Select one of three countdown mode then press START, the treadmill will run in 3 seconds. Press "SPEED+"、"SPEED -", "incline+", "incline-" to adjust speed and incline. Press STOP to stop running.

BUILT-IN PROGRAM

The treadmill is with 12 programs from P01 to P12. Uder ready state, press "PROGRAM", the window show "P1-P12". After choose your favor mode, time window will flicker and show the setting time, press "SPEED+", "SPEED-" to set running time. Then press "START" to start the program. The built-in program divide into 20 sections. Per running time=setting time/20. When enter the next time section, you will hear "Bi-Bi- Bi-". The speed will change by programs. During that, you can adjust the speed and incline by pressing "SPEED+", "SPEED -", "incline+", "incline-". But when enter to next time section, the speed will the same as last time section. Finishing the program, the system will sound as "B i-B i- B I". The treadmill slow down till show "END".

It will enter standby mode in 5 seconds.

PROGRAM INTRODUCTION

SPEED stand for the speed, INCLINE stand for slop (total 12 segment, each slop is 1/12 of total slop). Each program is divided into 20 equal parts of the exercise time, each period time has the corresponding speed and slope.

Please find the below table:

PROGRAM SCHEDULE

TIME PROGRAM		To set time / 20 time = running time of each period																			
		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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	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
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3

BODY FAT TEST

Under standby mode, continued to press the button to enter the program's index (FAT) detection capabilities, Press "mode" button into -1-, -2-, -3-, -4-, -5- interface (-1- gender, -2- age, -3-, height, -4- weight, and -5- constitution, to detect), press "speed+", "speed-" could adjust the 01-04 parameters setting, (the following table for reference), press "mode" button after setting, into -5- body test interface, hands clasped hand pulse about 5 seconds will show you the health index and view your weight and height is whether or not. Constitution index (fat) is evaluating a person in height and weight and is not in proportion, fat applicable to any male and female, and together with other health indicators for the adjustment of the weight of fat. the ideal fat should be between 20 and 25, if less than 19 means too thin, if it were,

sandwiched between 26 and 29 means overweight, and if more than 30 that are fat. (the data for reference only and cannot be treated as medical data.)

-1-	Sex	0= male	1= female
-2-	Age	10-----99	
-3-	Hight	100----240	
-4-	Weight	20-----160	
-5-	FAT	≤19	Underweight
	FAT	=(20---25)	Normalweight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

VALUE RANGE

	RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
SPEED	0.8KMH—14KMH	-----	-----	-----
INCLINE	1--12			1--12
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.5KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—995Kcl

SAFETY KEY FUNCTION

In any state, pull off safety key can stop the treadmill emergently, speed window shows "OFF", and buzz BI-BI-BI sound will be heard. Put on safety key correctly, the treadmill will enter into standby mode and wait for new direct.

POWER SAVE MODE

This system has function of saving power, if no instruction input under 10 minutes, the system will be into power saving mode, shut down display automatically, press any key can resurrects system.

MP3 FUNCTION

After electrify connected MP3 or other audio equipment,the computer can play music. The sound control is in the audio equipment, please pay attention to control the sound lest affect sound quality and built-in audio circuits.

POWER OFF

At any time you can close the treadmill by turn off the power, so won't damage the treadmill.

ATTENTION

1. Check the power on line and safety key is effective before exercise.
2. You can pull out the safety key, if any dangerous condition occurs while exercise, then the treadmill will stop immediately ;Attach the magnet end of the safety pulling rope to the computer, the treadmill will be at the begin of running.
3. Contact with the distributor directly if there are any problems on the machine Never try to demolition or fix up the equipment by yourself except for the professional.

CONSOLE SIMPLE TROUBLE SHOOTING METHOD

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. Display E01: Message failure. Probable reason: The wires from computer and bottom control board didn't connect well, please check each wire. If the wire was destroyed, change a good one.
3. Display 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.Check the motor,or change a good one
4. Display E05 overcurrent protection the reason is overloading of power, starting the system self-protection, or the parts of machine being stocked, result to motor power off; re-setting the panel and press "START". Inspecting whether the smell of burning of motor or the sound of voltage , exchange the motor, or the controller; checking the power voltage whether normal or not , testing the voltage with usual value.
5. 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 connected well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.

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 $\leq 6\text{KM/H}$, the normal walking; The velocity of movement $\geq 8.0\text{KM/H}$,

the runner.

WARM-UP INSTRUCTION

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so the first of 5 ~ 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.

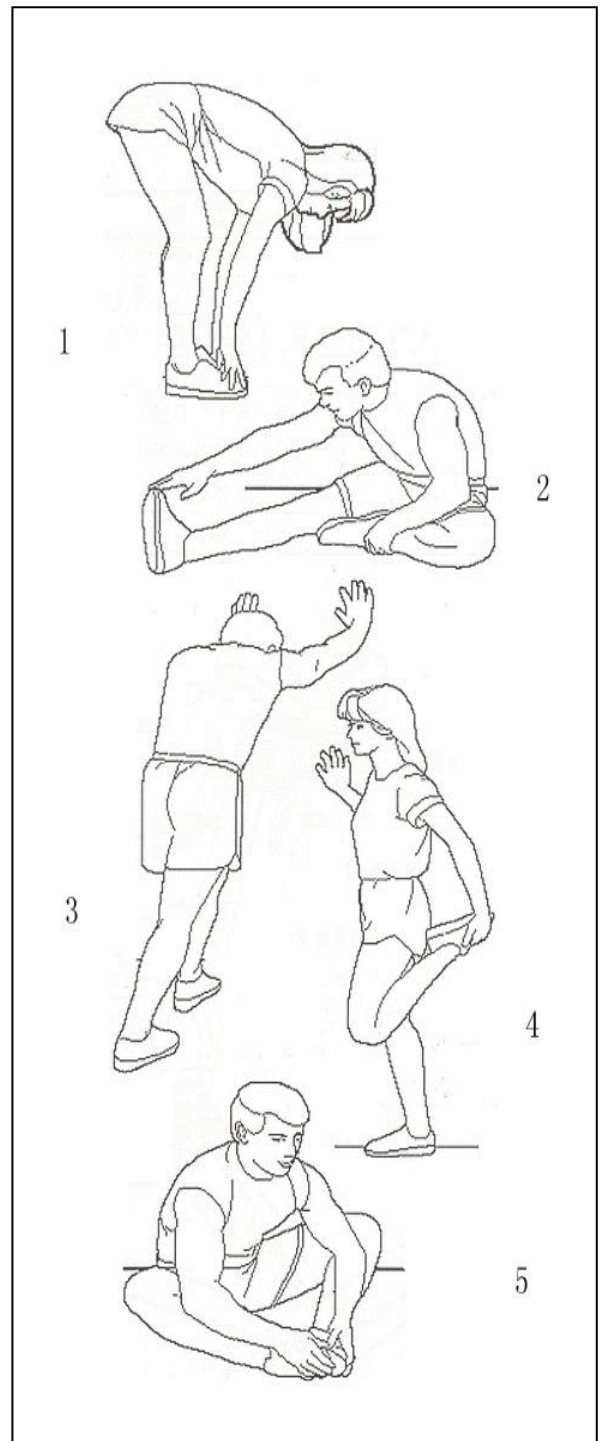
1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

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 quadriceps stretch: the left hand wall or table Fu master balance, and then stretched his right hand back

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



RUNNING BELT ADJUSTMENT

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

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

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

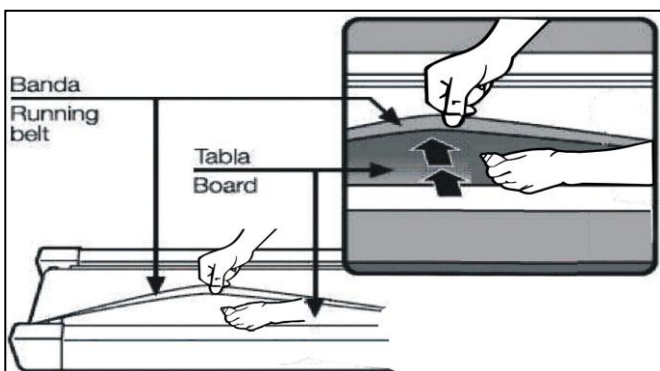
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you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

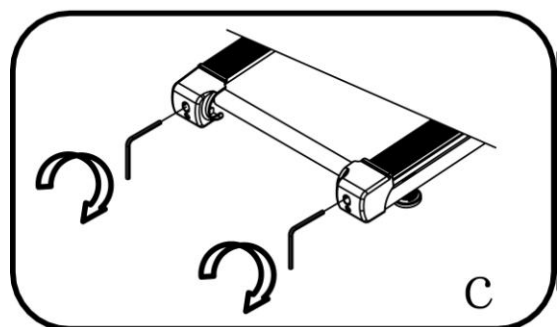
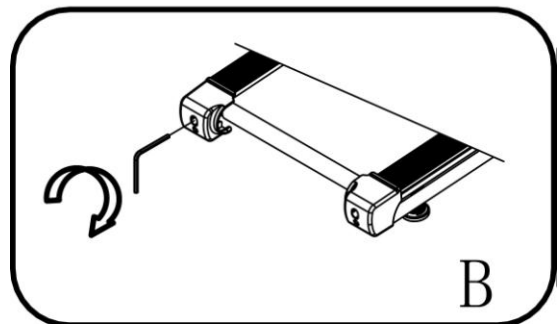
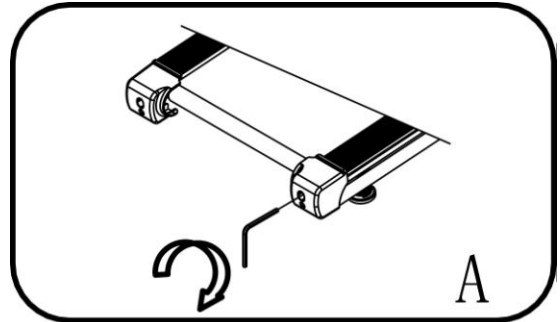
CENTER THE RUNNING BELT

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

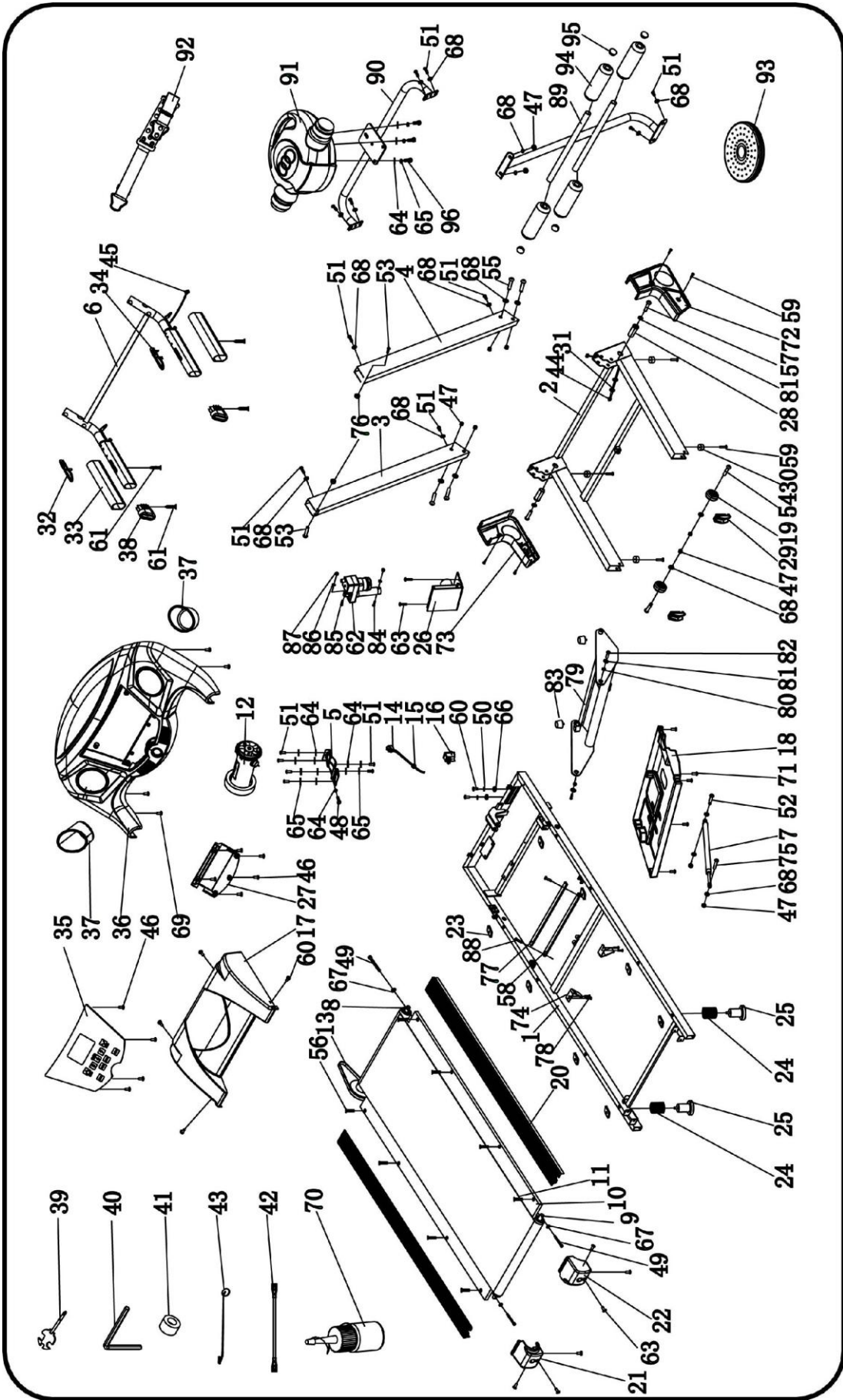
If the belt has drifted to the right, pull out of the safety clock and switch, turn the right adjusting bolt $\frac{1}{4}$ turn clockwise, then start running until centering the belt. PIC A

If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt $\frac{1}{4}$ 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 $\frac{1}{4}$ turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C



EXPLODED DRAWING



PARTS LIST

No.	Item	Spec.	No.	No.	Item	Spec.	No.
1	Main Frame		1	49	Bolt	M6*65	3
2	Base Frame		1	50	Standard spring washer	5	2
3	Left Upright bracket		1	51	Bolt	M8*16	10
4	Right Upright bracket		1	52	Bolt	M8*25 20	1
5	Motor Bracket		1	53	Bolt	M6*37 15	2
6	Computer frame		1	54	Bolt	M8*40 20	2
7	Cylinder		1	55	Bolt	M8*45 20	4
8	Front Roller		1	56	Bolt	M6*35	8
9	Back Roller		1	57	Bolt	M10*60 35	2
10	Running deck		1	58	Reinforcement Tube		1
11	Running belt		1	59	Screw	ST4.2*19	8
12	DC Motor		1	60	Bolt	M5*8	6
13	Motor belt		1	61	Screw	ST4.2*55	4
14	Standard power cord		1	62	Incline Motor		1
15	Power bushing		1	63	Screw	ST4.2*19	8
16	Switch		1	64	Flat washer	8	7
17	Motor Cover		1	65	Standard spring washer	8	6
18	Motor Bottom Cover		1	66	Lock Washer	5	2
				67	Lock Waher	6	3
19	Transport wheels		2	68	Lock Washer	8	12
				69	Screw	ST4.2*20	4
20	Side Rail		2	70	Silicon oil		1
21	Left Back End Cover		1	71	Screw	ST4.2*12	5
22	Right Back End Cover		1	72	Right Upright Cover		1
23	Rubber pad		8	73	Left Upright Cover		1
24	Spring		2	74	Guide Belt Hook		1
25	Rubber foot pad		2	75	Bolt	M8*42 20	1
26	Control Board		1	76	Bolt	M6	2
27	Seal Panel		1	77	EVA Pad	450*20*7	1
28	Rotating casing		2	78	Screw	ST4.2*12	4
29	Wheel covers		2	79	Incline Bracket		1
30	Foot pad		4	80	Casing Pipe		2
31	Ring Protecting Wire Plug		2	81	Washer	10	4
32	Handle Pulse With Start/Stop		1	82	Bolt	M10*20	2
33	Foam		2	83	Taper Pad		2
34	Handle Pulse With Speed		1	84	Bolt	M10*55	1
35	Computer		1	85	Bolt	M10*42	1
36	Computer Bottom Cover		1	86	Washer	10	2
37	Bottle Holder		2	87	Bolt	M10	2
38	Tube plug		2	88	Bolt	M6*16	2
39	Wrench w/screw Driver	S=13、14、15	1	89	Massager Support Frame		1
40	5#Allen Wrench	5mm	1	90	Massager Fix Frame		1
41	Magnetic Ring		1	91	Massager Head		1
42	AC single Wire		1	92	Massager Belt		1
43	Safety key		1	93	Twister		1
44	Computer Bottom Wire		1	94	Foam		4
45	Computer Up Wire		1	95	Circle Inner Plug		4
46	Screw	ST4.2*13	9	96	Bolt	M8*15	3
47	Bolt	M8	8				
48	Bolt	M8*25	1				

THANK YOU FOR PREFERRING OUR PRODUCT

This product you have already purchased is under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

After calling our technical service line and leaving your record, the closest service unit will be forwarded to you. Our widespread technical service network will reach you in the shortest time possible and no doubt, will provide you with the best after sale service.

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 info@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.