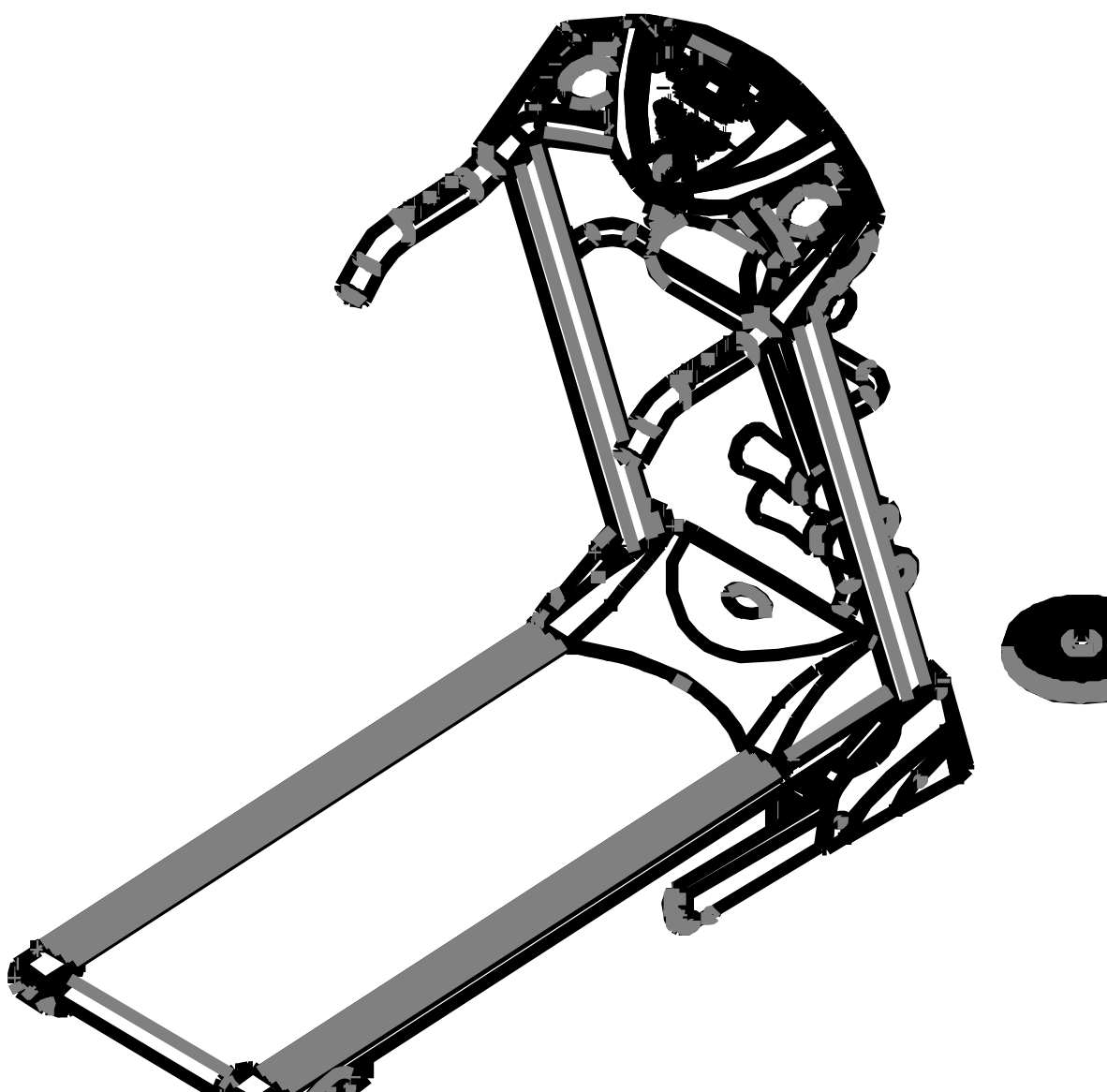




INOVA M MOTORIZED TREADMILL USER MANUAL



CONTENTS



PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUAL CAREFULLY
BEFORE ASSEMBLY AND USE THE TREADMILL.
AND KEEP IT FOR FUTURE REFERENCE.

CONTENT-----	1
IMPORTANT SAFETY PRECAUTIONS-----	2
ASSEMBLY INSTRUCTIONS-----	3-5
FOLDING & UNFOLDING INSTRUCTIONS-----	6
INCLINE INSTRUCTIONS-----	7
GROUNDING METHODS-----	8
OPERATION GUIDE-----	9-12
GETTING STARTED GUIDE -----	13
SAFETY EXERCISE-----	14
WARM-UP EXERCISE-----	15
MAINTENANCE INSTRUCTIONS-----	16
BELT ADJUSTMENT-----	17
EXPLODED DRAWING-----	18
PARTS LIST-----	19-20
ERROR CODE AND SIGNIFICANCE-----	21

IMPORTANT SAFETY PRECAUTIONS

WARNING

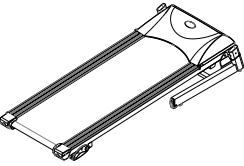
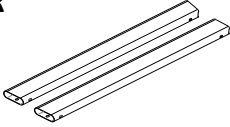
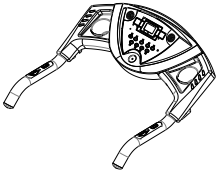

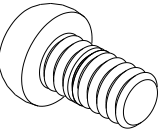
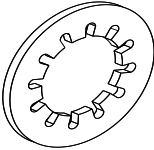
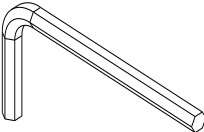
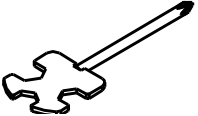
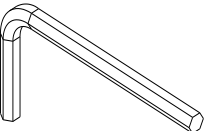
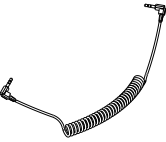
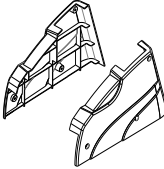
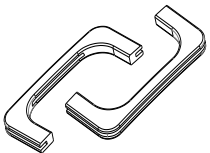
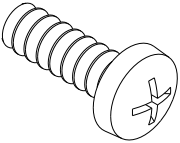
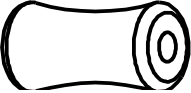
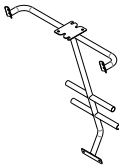
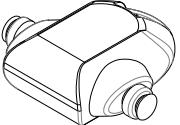
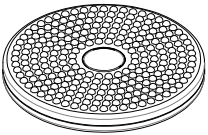
Before starting any exercise program, consult with your physician or health professional, especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

ATTENTIONS

01. Do not plug anything into any parts of this equipment, or it may damage.
02. When using this treadmill, keep attaching the safety pull pin rope to your clothes or belt. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
03. If you use the treadmill for the first time, you must hold the handrail until you feel comfortable on the running belt.
04. Never start the treadmill while you are standing on the walking belt, and always stand on the foot rails on the sides of the frame until the belt is moving.
05. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
06. The treadmill is only used for adults, child use the treadmill must have adult on side.
07. Keep small children or pet away from the treadmill during operation.
08. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation.
09. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed. Note the power cord of motorized treadmill made by special equipment, and if it is broken, please contact distributor quickly. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.
10. Do not do exercise in 40 minutes after meal.

ASSEMBLY INSTRUCTIONS

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS.

1 	3L/R 	17 	41 
52 	67 	68 	69 
70 	73 	74 	75 
76 	77 	79 	80 
81 			

SPARE PARTS LIST

NO.	DESCRIPTION	REMARK	QTY	NO.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1	73	MP3 WIRE		1
3L/R	UPRIGHT		2	74	FRONT COVER		2
17	COMPUTER		1	75	FRONT COVER PLUG		2
41	SAFETY KEY		1	76	BOLT	M4*15	4
52	BOLT	M8*15	14	77	SIT-UP FOAMS		4
67	WASHER	$\phi 14.5 * \phi 8.4$ *t0.8	14	79	MASSAGER FRAME		1
68	ALLEN WRENCH	S5	1	80	MASSAGER		1

69	SCREW DRIVER		1	81	TWISTER		1
70	ALLEN WRENCH	S6	1				

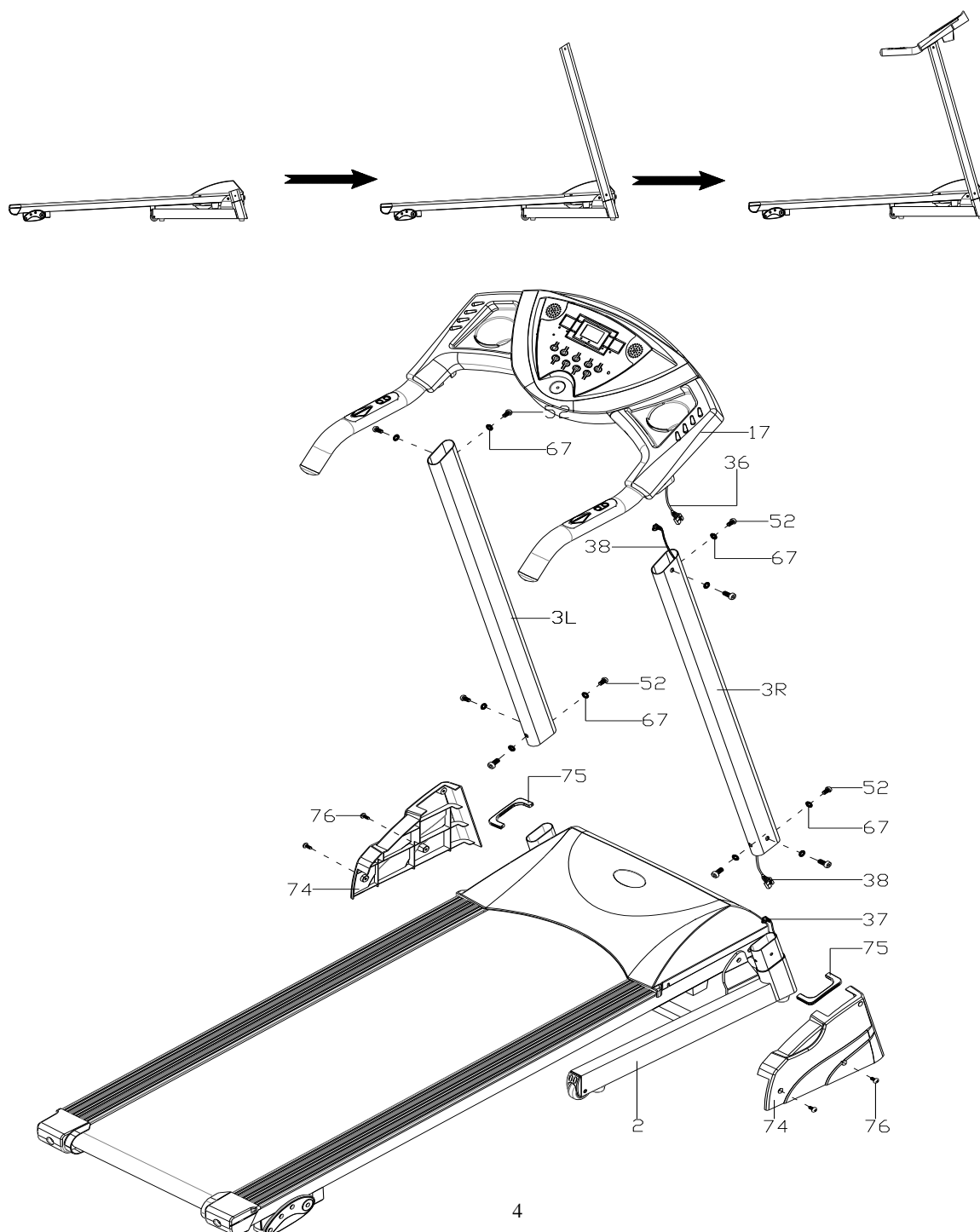
FIXING TOOLS

5# ALLEN WRENCH 1 pc、 6# ALLEN WRENCH 1 pc、 SCREW DRIVER 1 pc

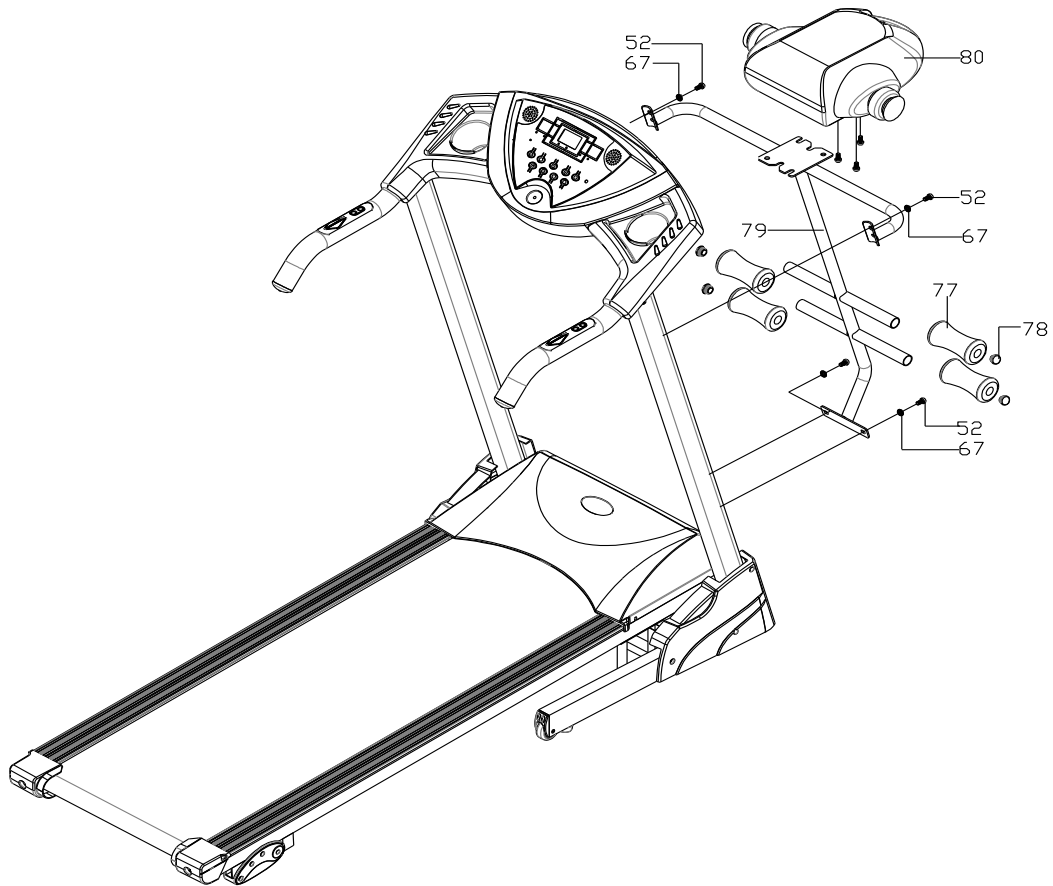
ASSEMBLY STEPS

STEP 1:

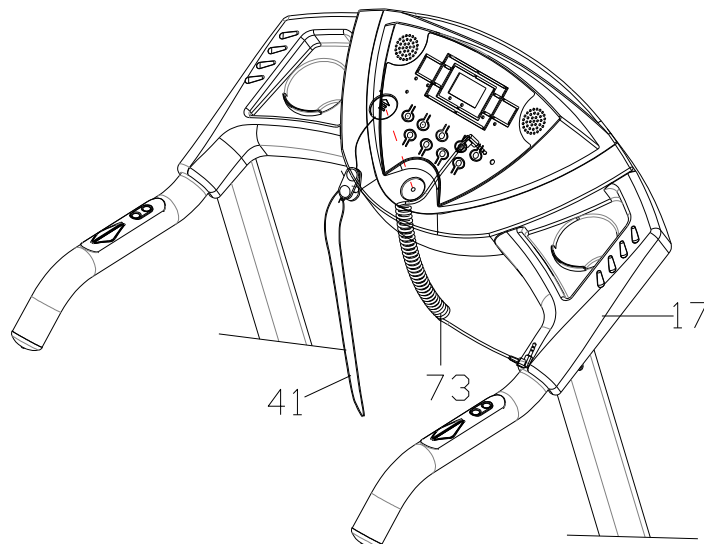
Take out the UPRIGHT (3L/R) & COMPUTER (17); As the picture shown, connect COMPUTER UP/MIDDLE/BOTTOM WIRE (36,37,38) well with COMPUTER (3), and fix them up step by step;



STEP 2: Fix the MASSAGER FRAME (79) & MASSAGER (80) to the MAIN FRAME (2);



STEP 3: Put on the SAFETY KEY (41) & MP3 WIRE (73).



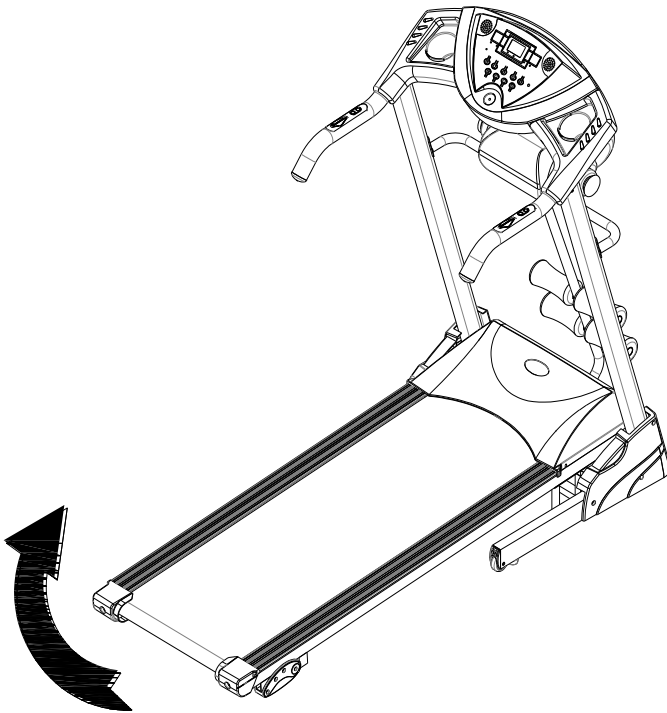
ATTENTION

Must confirm complete assembly as the required above and lock all bolts.

Do the following operations after checking everything is ok.

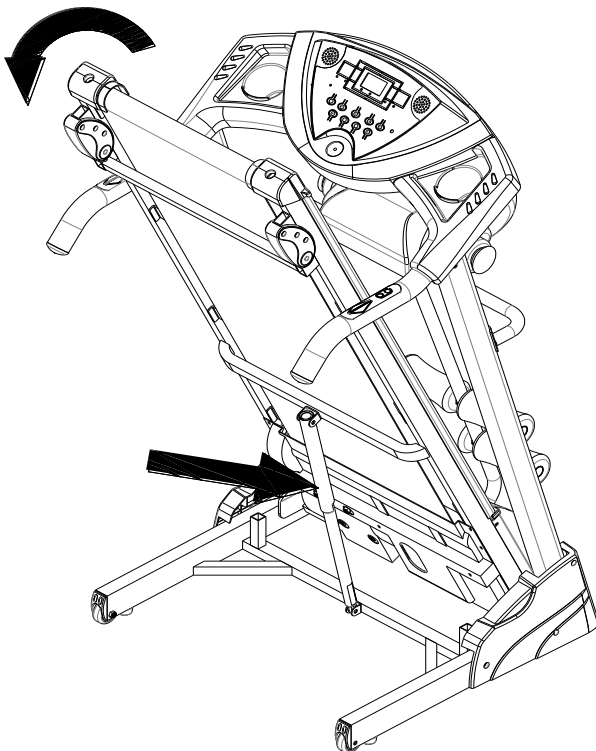
Before you use the treadmill, please read the instructions carefully.

FOLDING INSTRUCTIONS



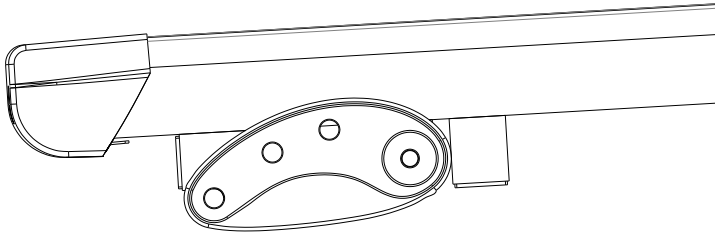
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

UNFOLDING INSTRUCTIONS

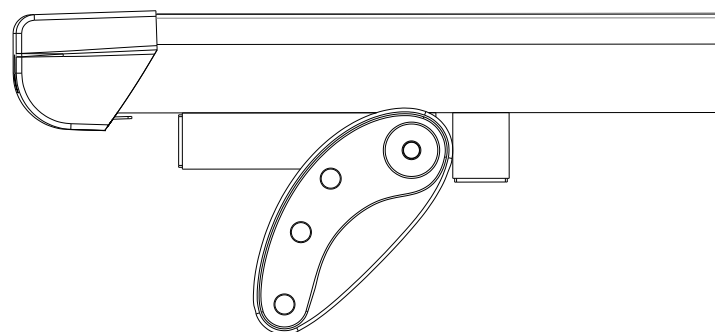
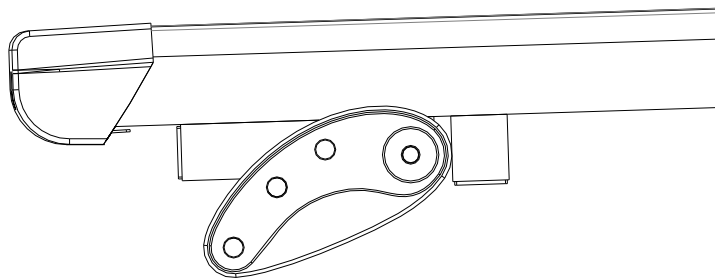


Use foot to kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

INCLINE INSTRUCTIONS



Adjust the incline by moving the pin, There are three levels.



GROUNDING METHODS

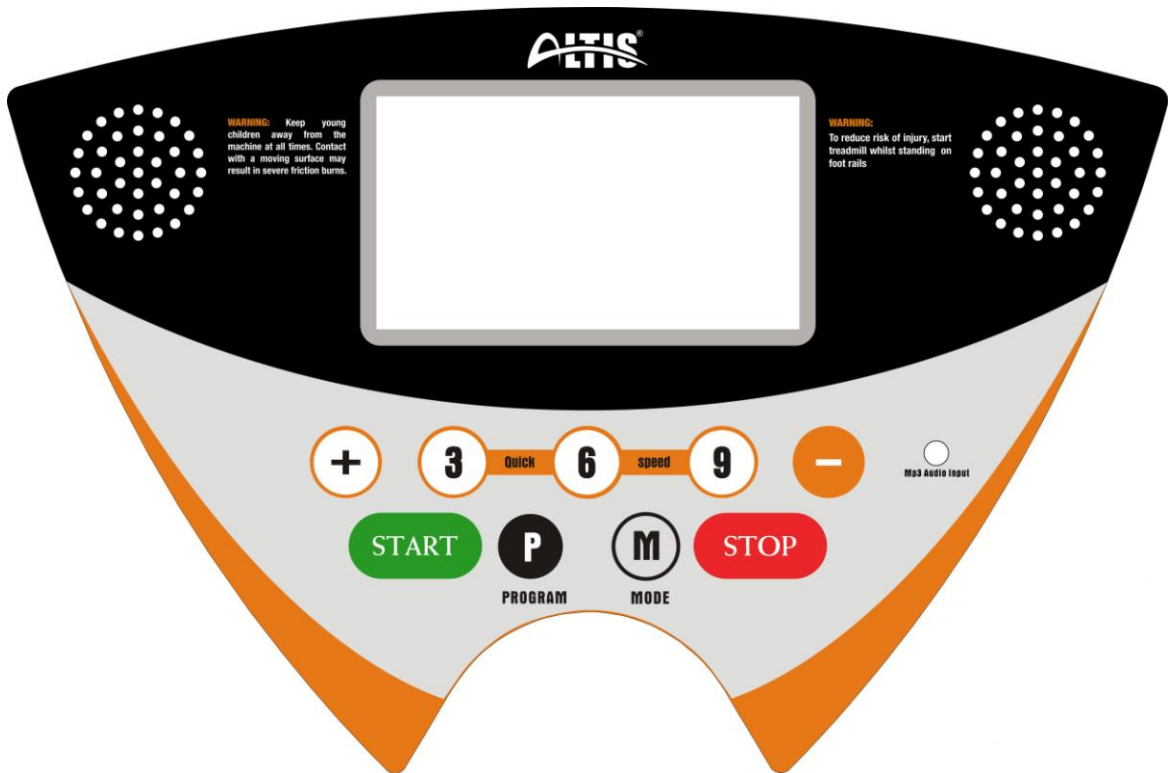
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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 230 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 WINDOW FUNCTION



1. "SPEED" WINDOW:

- 1.1 Display running speed ;
- 1.2 Display program number ;
- 1.3 Display 3 seconds countdown when the treadmill is starting ;
- 1.4 Display the "FAT" characters when in the mode of calorie ;

2. "TIME" WINDOW:

Display running time.

3. "DIST." WINDOW:

- 3.1 Display running distance ;
- 3.2 Display category: "-1-" --- "-5-" when in the mode of calorie ;

4. "CAL." WINDOW:

- 4.1 Display heat and program movement level value ;
- 4.2 Display parameters in the mode of bodyfat testing: "sex"、"age"、"height" 、 "weight"、 "body fat" ;

5. "PULSE" WINDOW:

Display heartbeat value.

BUTTON FUNCTION

1. "PROGRAM" BUTTON:

Program select key. Choose order: manual mode -- P1 – P9 -- FAT cycle.

2. "MODE" BUTTON:

2.1 It is countdown select key when in standby condition. Choose order: manual mode - time countdown - distance countdown - heat countdown cycle ;

2.2 It is calorie parameters select key when in the mode of calorie. Choose order: "sex"、 "age"、 "height"、 "weight".

3. "START" BUTTON:

Press this button to start.

4. "STOP" BUTTON:

Press this button to stop.

5. "SPEED + -" BUTTON:

Adjust speed when treadmill start. Press the button more than 2 seconds, and it will be up or down continuously.

6. "SPEED SHORTCUT" BUTTON:

3, 6, 9 adjust the speed when treadmill running.

7. BUTTONS ON THE LEFT HANDLEBAR:

Start and stop key.

8. BUTTONS ON THE RIGHT HANDLEBAR:

Speed adjust key.

MAIN FUNCTION

Turn on the power, all window lightens 2 seconds, then enter standby condition.

1. QUICK START (MANUAL MODE)

Put on safety lock and press the start button. After 3 seconds, the treadmill will start at the lowest speed. Click "SPEED + -", "3 6 9" or buttons on right handlebar to adjust speed. Press the "STOP" button or take away the safety lock to stop.

2. COUNTDOWN MODE

Press the "MODE" button, choose :time countdown、distance countdown、heat countdown. Windows display a default value and shine. Click "SPEED + -" button to adjust to the necessary values. Press START button. After 3 seconds, the treadmill will start with the lowest speed. Click "SPEED + -", "3 6 9" or buttons on right handlebar to adjust speed. When countdown to 0, the treadmill will stop slowly.

3. BUILD-IN PROGRAM

Press program button to choose any one in P1---P9 and the time window shows default and flickers. press speed button to adjust the time you need. Built-in program totally has 20 sections and running time of every section is set time/20. Press start button, the treadmill will start running after 3 seconds countdown. After one section exercise finish, it will go into next section automatically and the speed will change to the speed of corresponding section. And you can adjust the speed with "SPEED +,-" when running. After all sections finish, the program will stop and the treadmill slow down and stop. And you can also press stop button or take away safety lock to stop the machine.

PULSE FUNCTION

When the treadmill is running, hold the handle pulse about 5 seconds, it will display pulse data. It has heart-shaped graphics when testing pulse. This data is only for reference and can not be as medical data.

BODY TESTER (FAT)

In the standby condition , press **PROGRAM** button continuously to enter "FAT" body fat test. When window displays "FAT", Press **MODE** and choose order ("1-" SEX, "2-" AGE, "3-" HEIGHT, "4-" WEIGHT). Press **SPEED+**, **SPEED-** to set. When all parameters are selected, press **MODE** button again. The window will display "5-" and "---". Then grasp the hand pulse, the window will display your body fat index.

PARAMETER DISPLAY AND SETTING RANGE

Parameters category	Default	Range	Remark
SEX (-1-)	0 (man)	0—1	0=man 1=woman
AGE (-2-)	25	10—99	
HEIGHT (-3-)	170 CM	100—240 CM	
WEIGHT (-4-)	70KG	20—160KG	

BODY FAT INDEX COMPARING

Body fat index (BMI)	Obesity
<19	Thin
19--26	normal
26--30	Over weight
>30	Obesity

SLEEP FUNCTION

When treadmill stops and no actions for more than 10 minutes, the system will shut down the display and go into sleep status. Press any key to wake it up.

SAFETY LOCK FUNCTION

The window shows "---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, set program default.

RUNNING PARAMETER DISPLAY AND SETTING RANGE

	Display range	Default of Mode	Default of Program	Range
SPEED	0.8—12.0 KMH	-----	-----	-----
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00—99.9 KM	1.00KM	-----	0.5—99.5 KM
CALORIES	0—999 Kcl	50Kcl	-----	10—995 Kcl

GETTING STARTED GUIDE

PROGRAM EXERCISE CHAT

TIME INTERVAL MODE		SET TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2

PREPARE

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it.

Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Before do slow walk exercise, please remember it is for your health and can not irritable.

AMOUNT OF EXERCISE

SHORTCUT—The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you fell it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly, it also can strengthen exercise.

CONSUMPTION OF HEAT—This way can really consumption the heat.

Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on the speed that you feel it is comfortable and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule, do not accord to your favor. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

SAFETY EXERCISE

Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

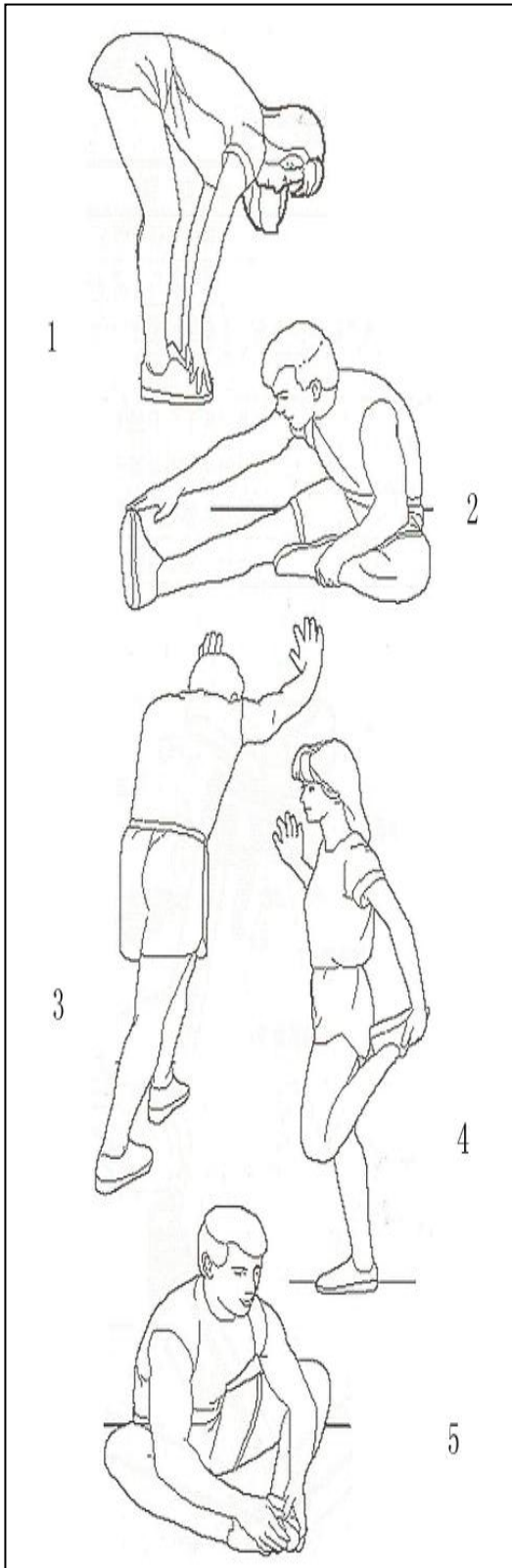
If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km	weak constitution people.
Speed 3.0-4.5 km	sedentary or not often exercise people.
Speed 4.5-6.0 km	walking quickly people.
Speed 6.0-7.5 km	fast walk people.
Speed 7.5-9.0 km	jogger.
Speed 9.0-12.0 km	intermediate speed runner.
More than 12.0 km	excellent runner.

ATTENTION : It is suitable for walker to choose less than or equal to 6 km speed.

It is suitable for runner to choose more than or equal to 8.0 km speed.

WARM-UP EXERCISE



It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 minutes to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises one more time.

1. Reach Down Knees slightly bent and body s lowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds, and relax. Repeat 3 times (**See picture 1**).

2. Hamstrings Stretches Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes by hand. Keeping 10-15 seconds, and relax. Repeat 3 times for each leg (**See picture 2**).

3. Crus and Feet Tendon Stretches Standing with two hands on the wall, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (**See picture 3**).

4. Quadriceps Stretches Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (**See picture 4**).

5. Sartorius (Inner Muscles of the Thigh) Muscle Stretches Sitting down with your soles opposite and knees outward. Pull feet toward groin Keep 10-15 seconds, and relax. Repeat 3 times (**See picture 5**).

MAINTENANCE INSTRUCTION

WARNING Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING General cleaning of the unit will greatly prolong the treadmill's life. 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. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

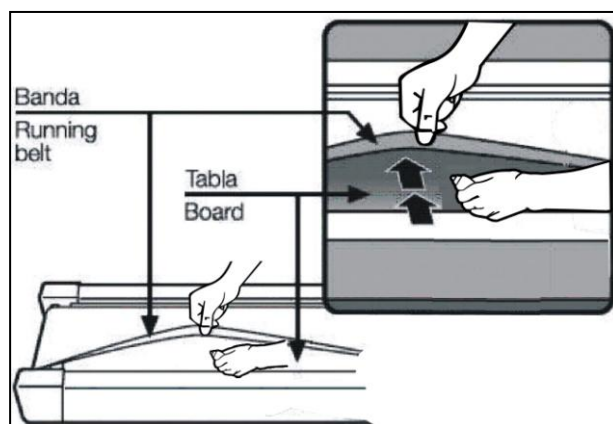
WARNING Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are 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. We recommend lubrication of the deck according to the following timetable:

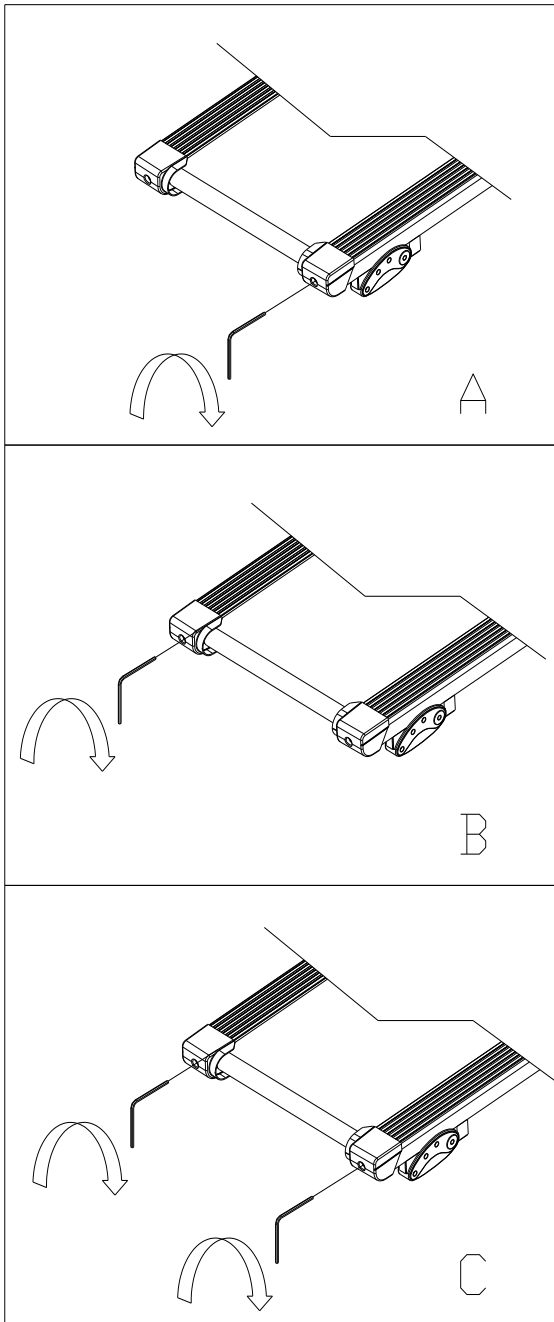
Light user (less than 3 hours/ week)	once three weeks
Medium user (3-5 hours/ week)	once two weeks
Heavy user (more than 5 hours/ week)	every week

We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.



BELT ADJUSTMENT



Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.

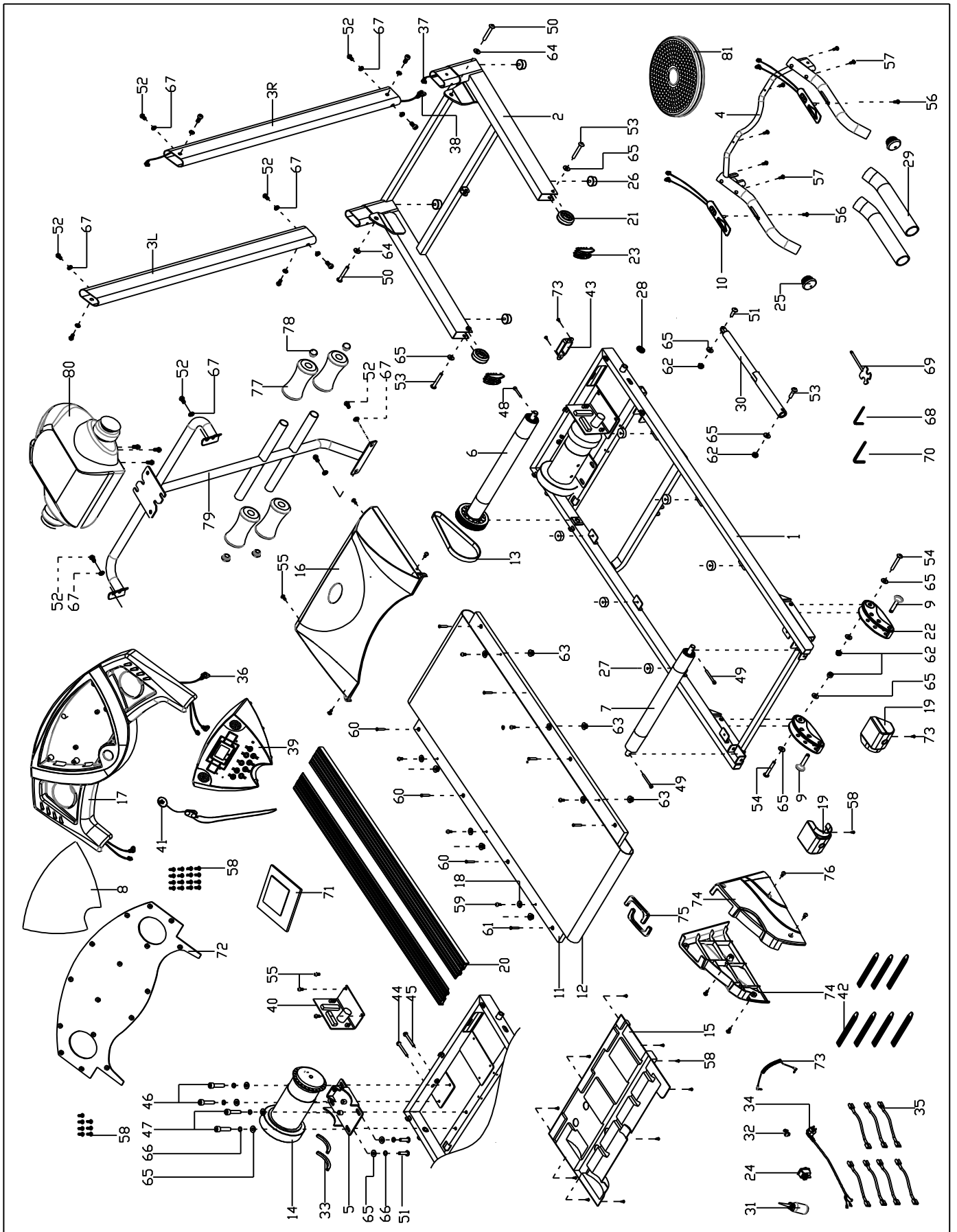
If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt $\frac{1}{4}$ turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle.

See picture A

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation $\frac{1}{4}$ laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation $\frac{1}{4}$ laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness. **See picture C**

EXPLODED DRAWING



PARTS LIST

NO.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1
2	BASE FRAME		1
3	UPRIGHT (L&R)		2
4	HANDRAIL BAR		1
5	MOTOR BRACKET		1
6	FRONT ROLLER		1
7	REAR ROLLER		1
8	DECAL		1
9	PIN		2
10	HAND PULSE		2
11	RUNNING BOARD		1
12	RUNNING BELT		1
13	BELT		1
14	DC MOTOR		1
15	MOTOR BOTTOM		1
16	MOTOR TOP COVER		1
17	COMPUTER COVER		1
18	BOWL GASKET		6
19	END CAP		2
20	SIDE RAIL		2
21	MOVING WHEEL		2
22	ADJUST PAD		2

NO.	DESCRIPTION	REMARK	QTY
23	MOVING WHEEL PIPE	30*60	2
24	POWER SWITCH		1
25	INNER PIPE PLUG		2
26	PLANAR PAD	φ 35*15*(M6*	4
27	BLUE CUSHION	φ 6.2*φ 30*10	6
28	ANNULAR	φ 12*φ 18*φ 2	2
29	HANDRAIL FOAMA		2
30	CYLINDER	F=30kg	1
31	SILICONE OIL		1
32	POWER PLUG		1
33	MOTOR CUSHION		2
34	POWER PLUG		1
35	SINGLE LINE		7
36	COMPUTER UP WIRE		1
37	COMPUTER BOTTOM		1
38	COMPUTER MIDDLE		1
39	COMPUTER BOARD		1
40	CONTROLLER		1
41	SAFETY LOCK		1
42	CABLE TIE		7
43	LITTLE COVER		1
44	BOLT	M8*70	1

NO.	DESCRIPTION	REMARK	QTY		NO.	DESCRIPTION	REMARK	QTY
45	BOLT	M8*60	1		64	WASHER	φ 11*φ 20*t2.0	2
46	BOLT	M8*20	2		65	WASHER	φ 9*φ 16*t1.6	14
47	BOLT	M8*35	2		66	SPRING WASHER	φ 8.1*φ 12.3*t2.1	6
48	BOLT	M6*45	1		67	WASHER	φ 14.5*φ 8.4*t0.8	14
49	BOLT	M6*60	2		68	ALLEN WRENCH	S5	1
50	BOLT	M10*30	2		69	SCREW DRIVER		1
51	BOLT	M8*25	3		70	ALLEN WRENCH	S6	1
52	BOLT	M8*15	14		71	COMPUTER CHIP		1
53	BOLT	M8*40	3		72	COMPUTER BOTTOM COVER		1
54	BOLT	M8*45	2		73	MP3 WIRE		1
55	BOLT	M5*10	8		74	FRONT COVER		2
56	BOLT	ST4*25	2		75	FRONT COVER PLUG		2
57	BOLT	ST4*25	6		76	BOLT	M4*15	4
58	BOLT	ST4*15	35		77	SIT-UP FOAMS		4
59	BOLT	M5*25	6		78	PIPE PLUG		4
60	BOLT	M6*30	6		79	MASSAGER FRAME		1
61	BOLT	M6*20	2		80	MASSAGER		1
62	LOCKNUT	M8	4		81	TWISTER		1
63	LOCK NUT	M5	6					

ERROR CODE AND SIGNIFICANCE

Fault Code	Fault Description	Fault Processing
E01	Communication abnormal: The control and computer has abnormal communication after start	Stop and go into fault. The machine can't running, the computer shows fault code "E1", and the buzzer will ringing three tone. Possible reasons : communication obstructed between controller and computer. please check and make sure the wire connect well and without damage.
E02	Explosion-Proof Protection	Stop and go into fault. The machine shows fault code "E02". Other areas show blank, and can not restart. Possible Reason: check the motor wire if connect well, and then connect it again.
E03	No Speed Wireless Sensor Network	Stop and go into fault status, computer shows fault code "E03". Other areas show blank. After 10 seconds it will go into ready mode, and can restart. Possible Reasons: Can't receive the motor speed sensor feedback above 3 seconds, please check sensor plug and motor connect wire and the controller.
E05	Over-Current Protection	Stop and go into fault status, computer shows fault code "E05". Other areas show blank. After 10 seconds will go into ready mode, and can restart. Possible Reasons: Over the rated load cause too much electricity that make system Self-preservation or some parts blocked and make DC motor can't process. Adjust the machine and restart. Another please check the DC motor or controller have any burned smell or not. If yes, please change the motor or controller. Another make sure the power and voltage is comply with standard.

E06	Controller self checking	<p>Computer displays "E06" or "E8"</p> <p>Possible Reasons: The parts of controller are not connected well, please change them immediately.</p>
E08	EEPROM (data memory) error	<p>Computer displays "E6" or "E08".</p> <p>Possible Reasons: The parts of controller are not connected well, please change them immediately.</p>