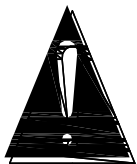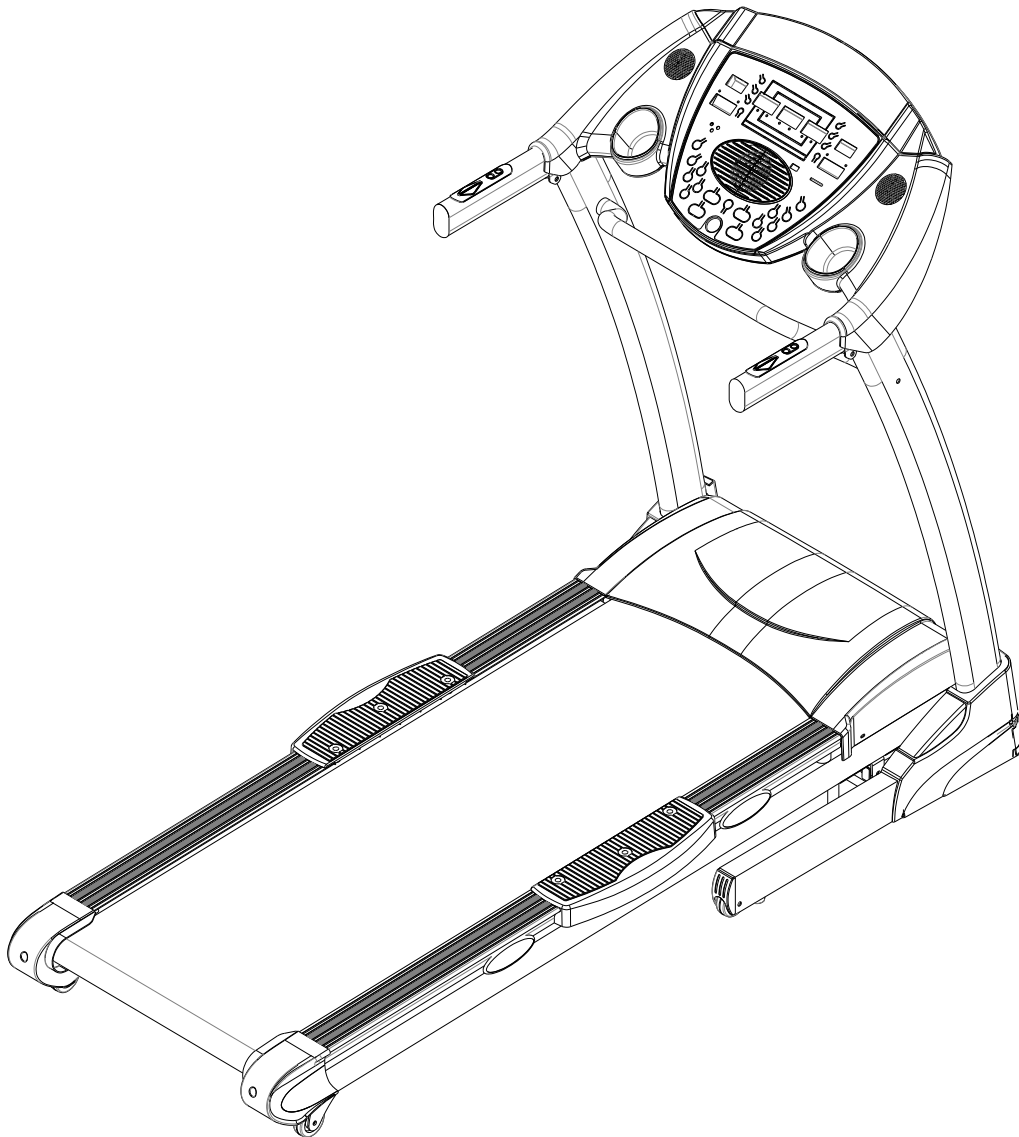# OLYMPIC TREADMILL USER MANUAL

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

CONTENTS

IMPORTANT SAFETY PRECAUTIONS

WARNING
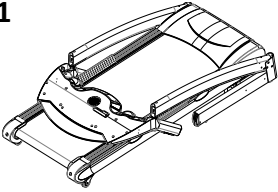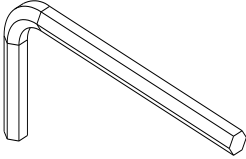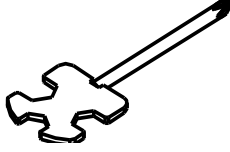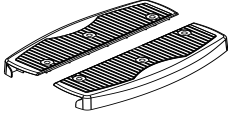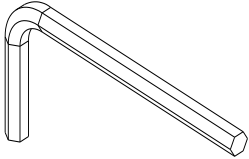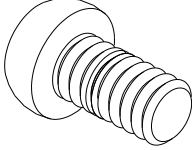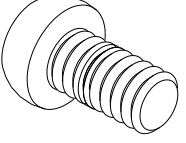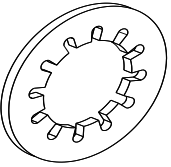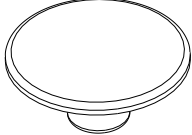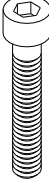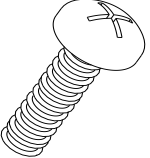
Before starting any exercise program, consult with your physician or health professional，especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill 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	19	20	22
23	37	61	62
76	86	87	89
92	93		

SPARE PARTS LIST

NO.	DES.	SPECIFICATION	Q'Y		NO	DES.	SPECIFICATION	Q'Y
1	MAIN FRAME		1		62	BOLT	M8*15	6
19	ALLEN WRENCH	S5	1		76	WASHER	ϕ8.4*ϕ14.5*t0.8	8
20	SCREW DRIVER		1		86	FOOT PEDAL PLUG		6
22	FRONT COVER		2		87	SAFETY KEY		2
23	FOOT PEDAL		2		89	BOLT	M6*25	6
37	ALLEN WRENCH	S6	1		92	MP3 WIRE		1
61	BOLT	M8*30	2		93	BOLT	M4*15	6

FIXING TOOLS:

5# ALLEN WRENCH   1pc

6# ALLEN WRENCH   1pc

WRENCH W/SCREW DRIVER   1pc

STEP 1：Open the box and put the mainframe on the floor; Pull up the COMPUTER (18) and UPRIGHT (4L/R) as arrow direction,until the screw holes are alignment; Lock the UPRIGHT (4L/R) onto the BASE FRAME (2) with M8*15 BOLT (62)、14.5*ϕ8.4*t0.8 WASHER (76); Rotate the COMPUTER (18) as arrow direction,until the screw holes are alignment; Lock the FRONT COVER (22) to the BASE FRAME (2) and UPRIGHT (4L/R) with M4*15 BOLT (93).
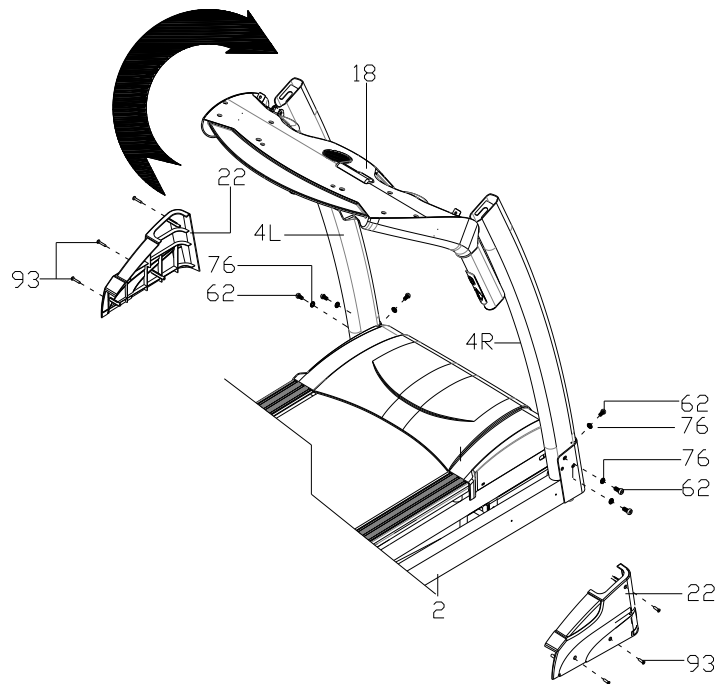
STEP 2：Lock COMPUTER (18) onto UPRIGHT (4L/R) with M8*30 BOLT (61)、ϕ8.4*ϕ14.5*t0.8 WASHER (76).
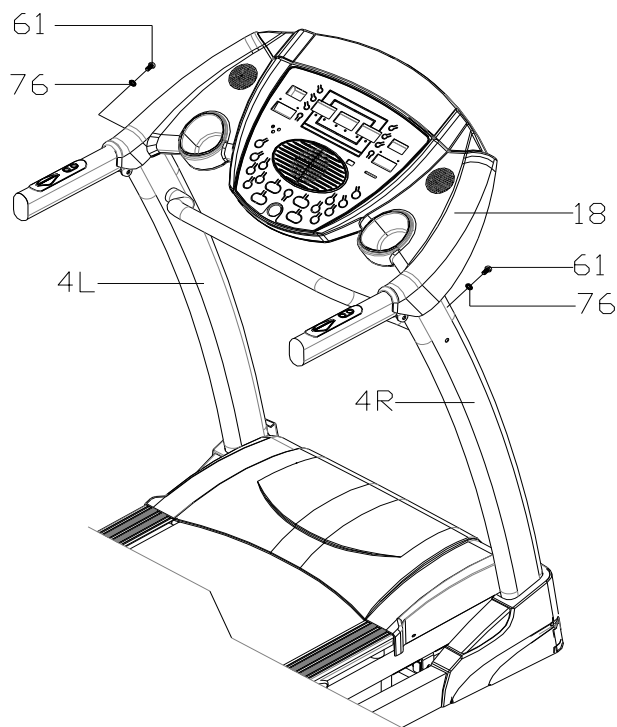
Step 3：Use M6*25 BOLT (89) to lock FOOT PEDAL (23) onto the RUNNING BOARD (13); then put FOOT PEDAL PLUG (86) onto the FOOT PEDAL (23) to cover the bolts.
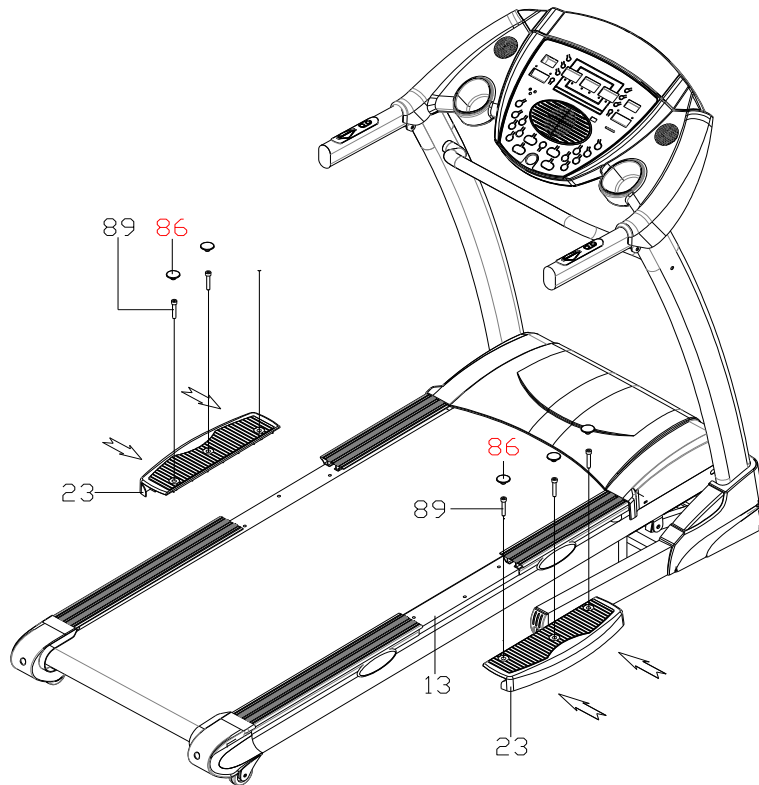
STEP 4: Put on the SAFEY KEY (87) and MP3 WIRE (92).
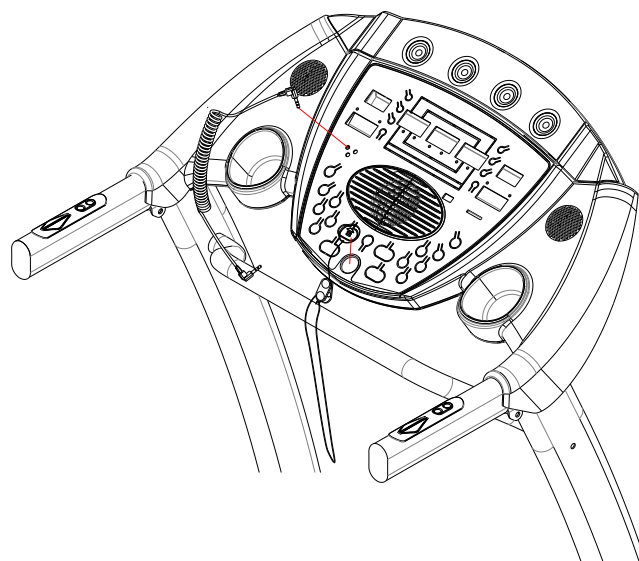
ATTENTION

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

Do the following operation after checking everything is OK.

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

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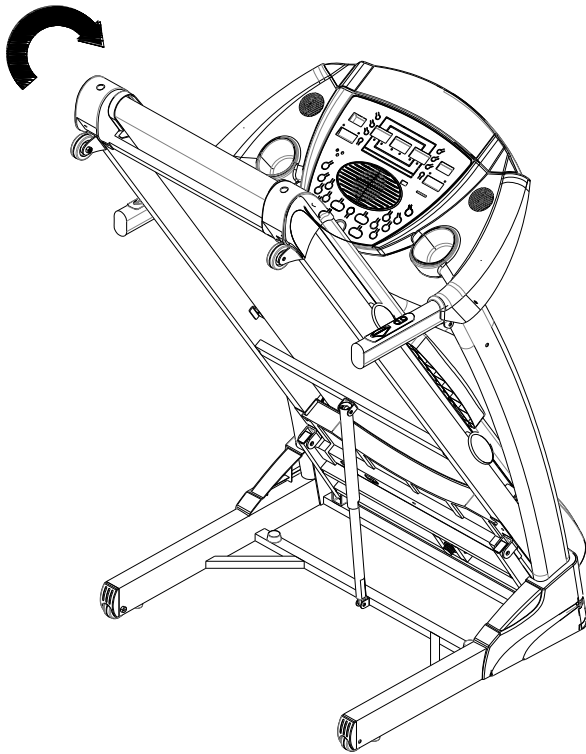
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

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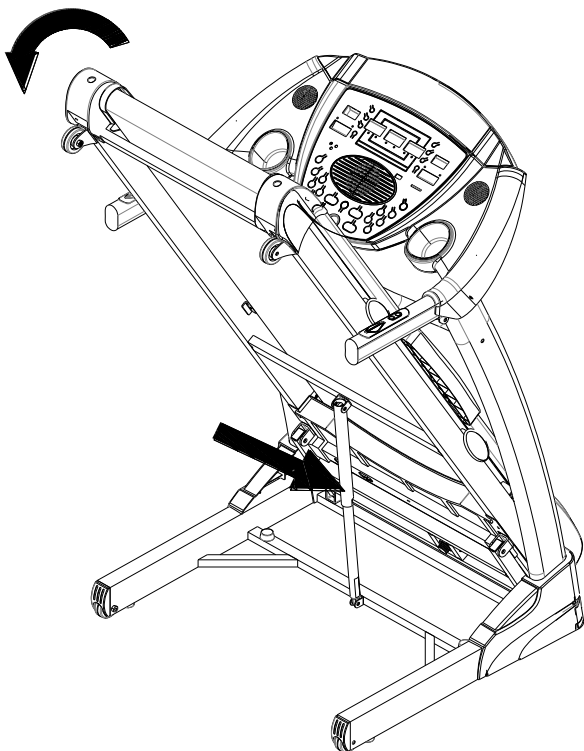
Use foot kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

INCLINE INSTRUCTIONS
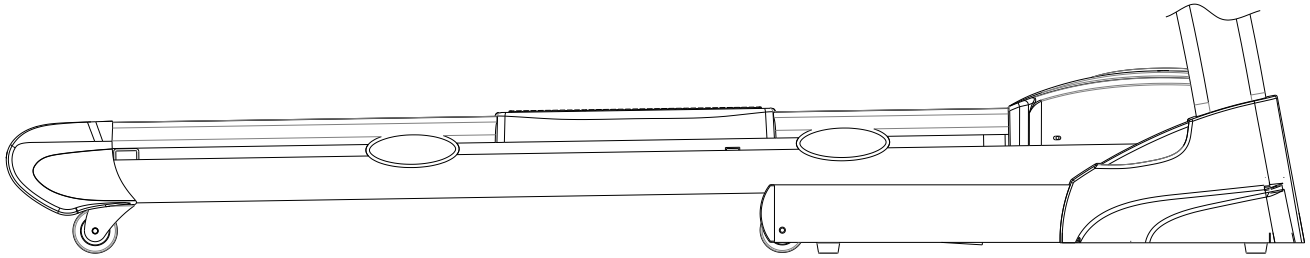
PIC   I
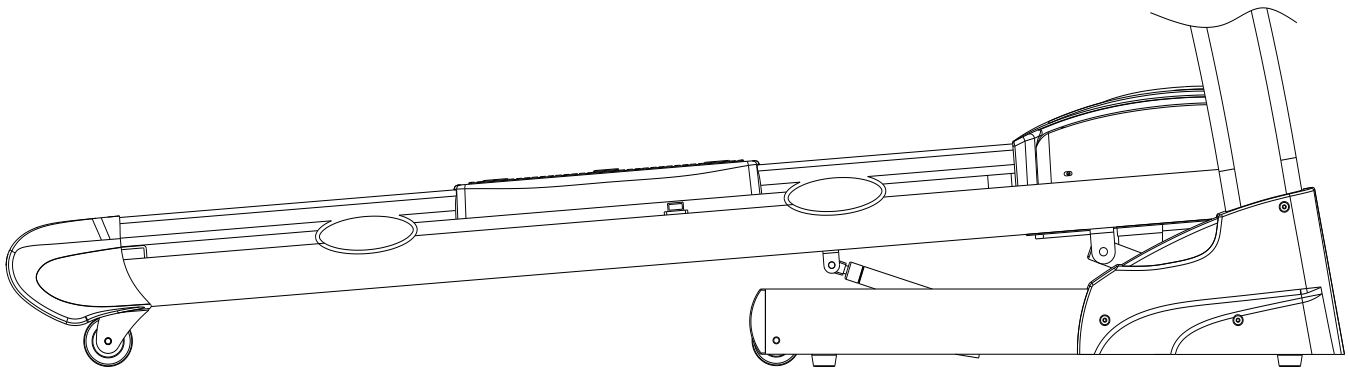
PIC   II

INCLINE INSTRUCTIONS

【INCLINE+】【INCLINE-】 and　【+】【-】 on handrail is incline add and subtract button.

To adjust incline when treadmill running, the stepping is 1 level / time.

Press the button more than 2 seconds, will be up or down automatic.

Also have shortcut key 3, 6, 9,12.

PIC I shows incline "0", PIC II shows incline "15".

GROUNDING METHODS

This product must be grounded.   If it should be 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 230V 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.

1. WINDOWS DISPLAY

LCD SCREEN：
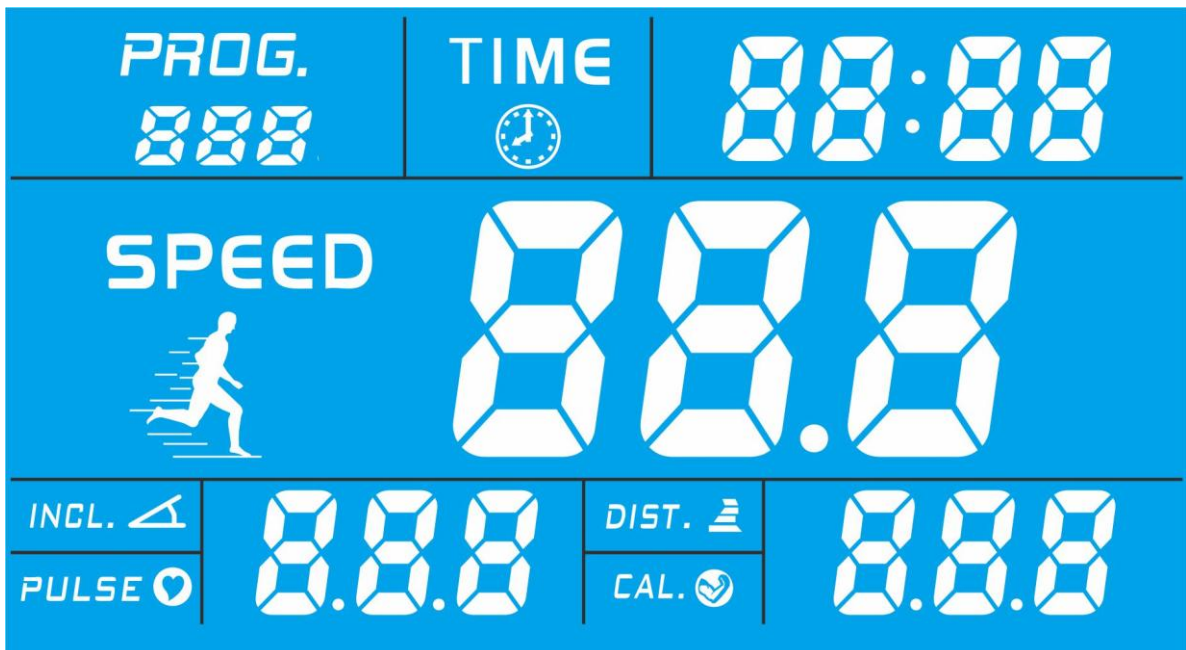
LCD WINDOW FUNCTION

1.   "SPEED" WINDOW:

Display the current SPEED, the range is **1.0-20.0** KM/H.When you press START button, it shows

3 secondes count down: 3、2、1.

2.   " DIST. / CALO." WINDOW:

2.1 Display running distance.

Every 5 seconds, DIST screen will change to CALO. screen.

2.2 Display the calorie value.

Every 5 seconds, CALO. screen will change to DIST. Screen.

3.   " PULSE / INCLINE" WINDOW:

3.1. Display the heartbeat value. When hold the hand pulse, the heartbeat rate is displayed

on this window, and the corresponding lamp will be lighten. The heartbeat value is 50-200

times/minutes. This data is only for reference and can not be as medical data.

3.2. Display incline value. Incline range: 0-15%

4.   "TIME " WINDOW:

Display running time.

5.   " PROGRAM" WINDOW

Display the program: P01-P24, FAT

BUTTON FUNCTION

START	Press this button to start. After 3 seconds countdown, the treadmill will start with the lowest speed 1.0 KM/H or default speed.
STOP	Press this button to stop.
PROG.	For program choosing, the programs are as the following: P01-P24, FAT,
MODE	To choose manual mode and countdown modes: TIME COUNTDOWN, DISTANCE COUNTDOWN and CALORIE COUNTDOWN.

	To adjust speed when treadmill start, the scope is 0.1 km/hypo in kilometer.
	To adjust incline when treadmill start, the scope is 1%。
	4 / 8 / 12 / 16 adjust the speed when treadmill is running
	3 / 6 / 9 / 12 adjust the incline.when treadmill is running.
	FUN BUTTON:Press to start the fun,then press again the fun will stop.
	"VOL+- "can adjust the volume when music is playing
	"Prev/next" can switch to the songs you are interested in when SD or or USB equipment is working.
	"MUTE" can make the loudspeaker mute when the music is playing
	"PAUSE" can make the music stop when you want to stop for a while.

MAIN FUNCTION

Turn on the power, all window lighten 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 + -", "4 8 12 16" or rotate the right handrail around to adjust speed . Press "INCLINE (+-)", "3 6 9 12 " or rotate the left handrail around to adjust incline. 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 + -", "4 8

10 12 ” or rotate the right handrail around to adjust speed . Press "INCLINE (+-)", "3 6 9 12 ” or rotate the left handrail around to adjust incline. When countdown to 0, the treadmill will stop slowly. Also you could press the "STOP" button or take away the safety lock to stop.

3．BUILD-IN PROGRAM

When the treadmill is not running, press program button, the speed window will display "P1-P24". Choose any one in P1---P24 and the time window shows default value 30:00 and flickers. Press "SPEED +-" or "INCLINE+-"button to adjust the time you need. Press "START" button to start build-in program. Built-in program totally has 16 sections and running time of every section is set time/16. When enter the next section, it will make a sound of "Bi" to prompt. The system's speed is changed as the program. And you can adjust the speed with "SPEED +,-" when running. But when enter the next section, it will recover this section's speed. After all sections finish, the system will make a sound of "bi-bi-……" ten prompt sound and display "End".   At this time, press "STOP" button can make the treadmill restoration, and it will enter standby mode.

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. To get the exact heartbeat rate, please test when the treadmill stops, and hold the hand pulse not less than 30 seconds. This data is only for reference and can not be as medical data.

FUN FUNCTION

Press FUN button can start the fun function when the treadmill is power on.

POWER SAVING MODE

This system includes power saving mode, When the treadmill is not running, If there is no button instruction for 10 minutes. The system will enter power saving mode and close the display. Press any button can awaken system.

SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop

quickly with "BiBi" alarm noise. And put the safety lock on, set program default.

MP3 FUNCTION

This treadmill can accept various media medium : SD card / USB disk / MP3 wire /

headset socket. When you are playing music,please make sure the treadmill is in louder

state, not "MUTE" state.

A. SD card / USB disk display:

    Insert the SD card or USB disk with music, the system will play them automatically.

    Press buttons to choose the music or adjust the volume as you like.

B. MP3 wire display:

    Insert the MP3 wire into your audio device (MP3 / PHONE) to display the music.

    Press buttons to choose the music or adjust the volume as you like.

ATTENTION

    When you insert SD card / USB disk / MP3 wire all together, the priority level is as below:

    1, MP3 wire

    2,SD card or USB disk.

BODY TESTER（FAT）

At the beginning state, press **PROGRAM** continue entering FAT body fat tester，window displays **FAT**. Press **MODE** and enter (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER). Press **SPEED+**, **SPEED-** to set. Press **MODE** to set F-5, grasp the hand pulse, the window will display your body quality index. 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 ideal 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)

PARAMETERS	ARRANGE	NOTE
SEX	01--02	01= MALE 02= FEMALE
AGE	10—99 YEARS	
HEIGHT	100—200 CM	
WEIGHT	20—150 KGS	

RUNNING PARAMETER DISPLAY AND SETTING RANGE

	Default value	Default setting value	Setting range	Display range
TIME(min: s)	30:00	30:00	5:00---99:00	0:00—99:59
SPEED(km/h)	--------	--------	--------	1—20 KMH
DISTANCE(km)	1.0KM	--------	0.5—99.9KM	0.00—99.9KM
INCLINE	--------	--------	--------	0%---15%
CALORIES	50Kcl	--------	10Kcl—999Kcl	0Kcl—999Kcl

PROGRAM EXERCISE CHAT

PROG	TIME	SETTING TIME / 20 GRADES = EVERY GRADE TIME

PROG	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
P1	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P2	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P3	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P4	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P5	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P6	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	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
P7	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	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
P8	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P9	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P11	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
P12	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	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
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P21	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	1	2	2	3	4	4	3	2	1	0	1	2	2	3	4	4	3	2	1	1
P22	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	1	4	5	7	9	10	9	7	5	3	1	4	5	7	9	10	9	7	5	3
P23	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	2	5	6	8	10	8	6	6	2	2	2	5	6	8	10	8	6	6	2	2
P24	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
	INCLINE	2	4	4	5	2	3	4	5	4	3	2	4	4	5	2	3	4	5	4	3

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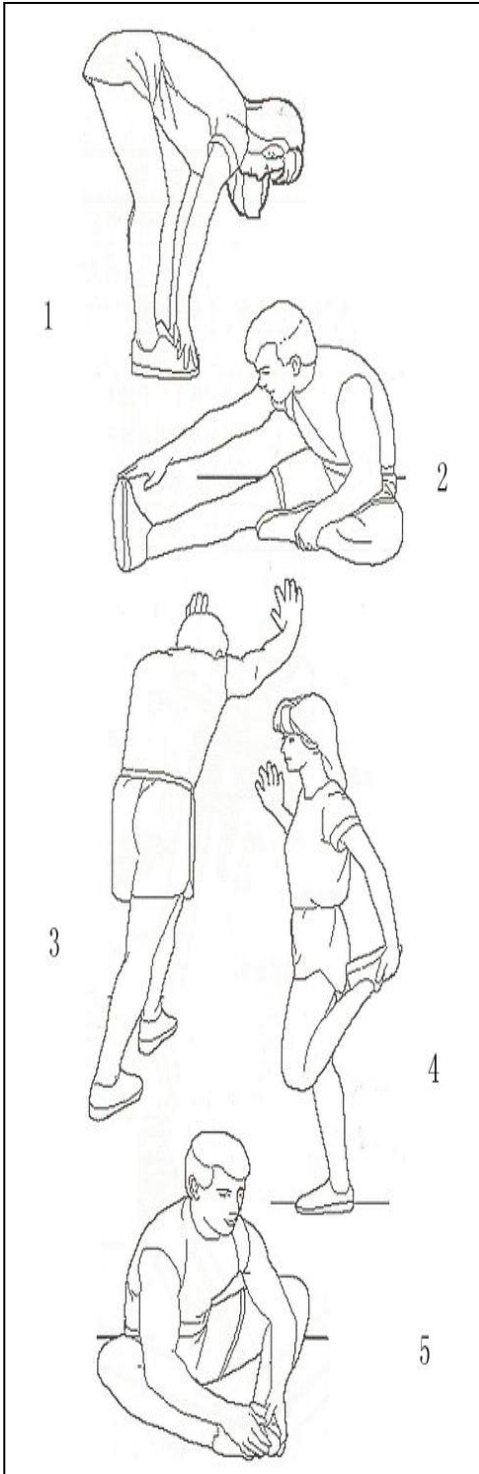
1. Reach Down Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds, and relax. Repeat 3 times (**See picture l**).

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. Keep10-15 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 pulled out the treadmill's power plug before cleaning or maintain the product.

CLEANING

General cleaning or the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. 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)	every three week
Medium user (3-5 hours/ week)	every two week
Heavy user (more than 5 hours/ week)	every week
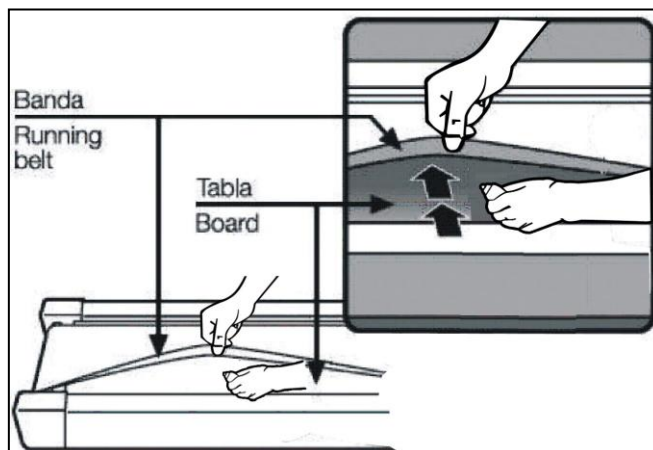
MOTOR BELT ADJUSTMENT

If you feel the running belt has occasional pause when you are running, the running belt or motor belt is flabby, you need to adjust it.

JUDGEMENT METHODS

Step 1: Open the motor cover, then let the treadmill work by the slowest speed.

Step 2: Stand on the running belt and move together with it, hang on to the handrail foam and try your best to press the running belt with your feet.

Step 3: If the running belt doesn't stop when you press it, the running belt and motor belt is not flabby or not tight. They are just right;

If the running belt stops when you press it, but the front roller doesn't stop, then you need to adjust the running belt (see the "belt adjustment"); If the running belt and front roller stop when press the running belt, the motor belt is flabby, you need to adjust it.

ADJUST METHODS

Step 1: Close the power, and open the motor cover.

Step 2: Unscrew the four bolts of motor and adjust the threaded bar with 6# allen wrench. If you can use hand to reverse the motor belt by 120°or more, then the motor belt is too flabby. It should be adjusted tightly. If you can reverse the motor belt about 60°, then the motor belt is just right. There is no need to adjust it.

Step 3: Lock the bolt of motor base frame and assemble the motor cover.

BELT ADJUSTMENT

A

B

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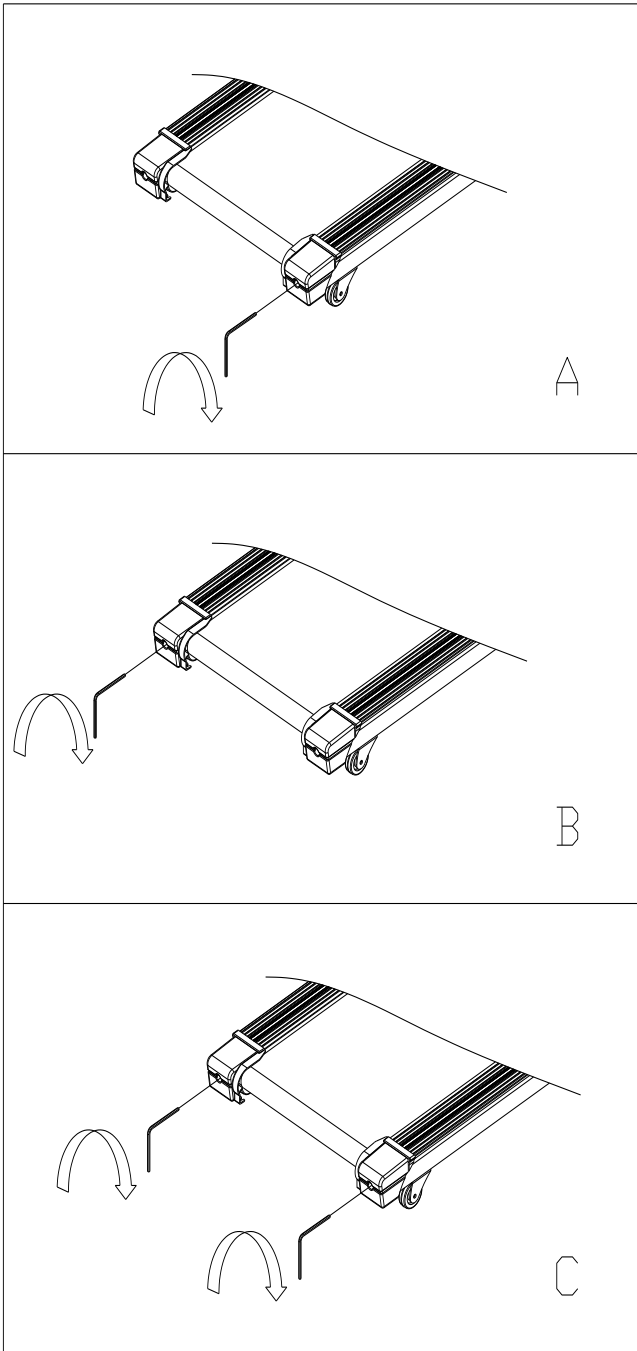
Place treadmill on a level surface. Make treadmill run at approximately 6-8km/h, observe the running belt deviate condition.

If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 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 PIC 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 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 PIC 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 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 PIC C.

EXPLODED DRAWING
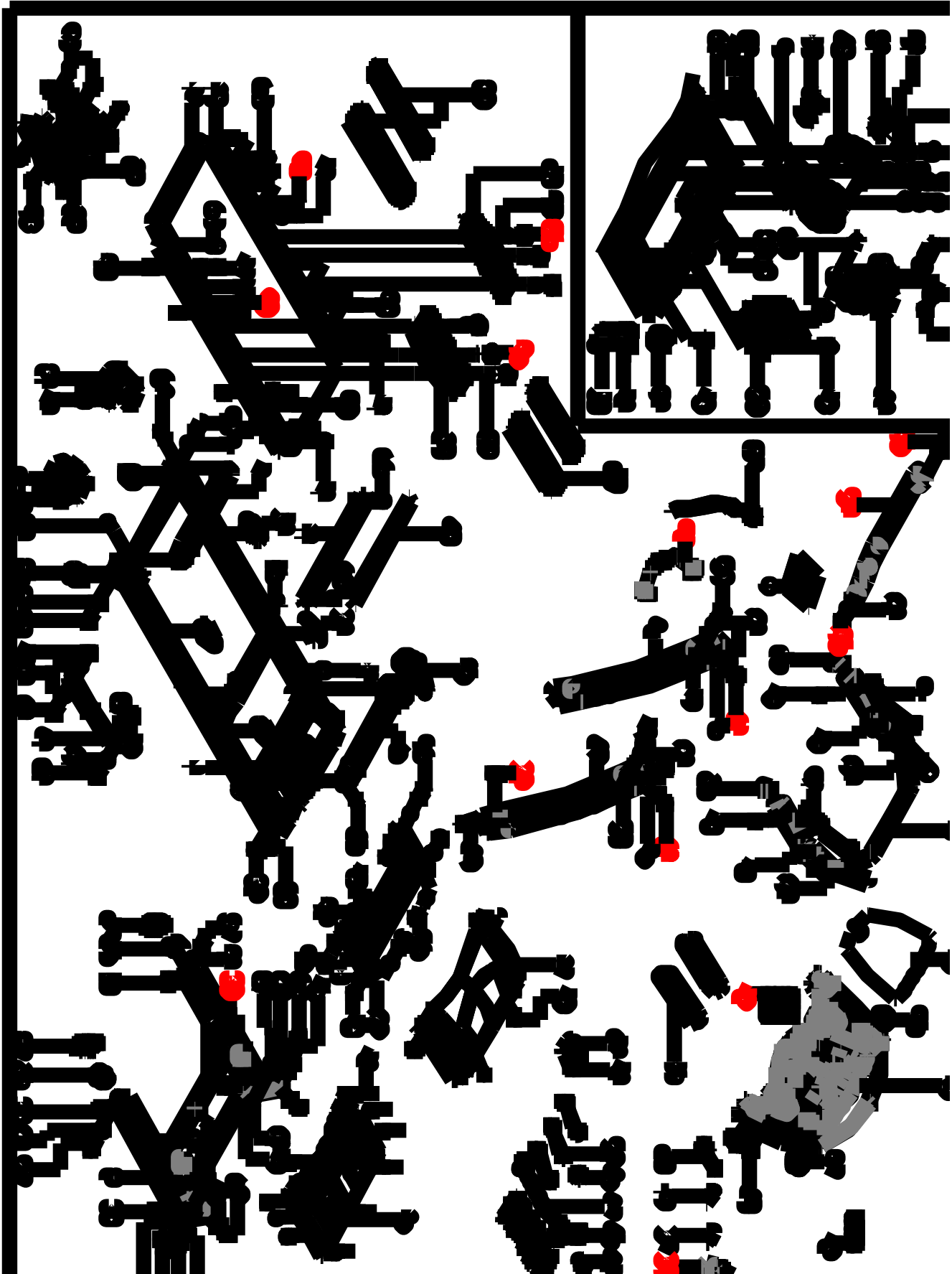
PARTS LIST

NO.	DESCRIPTION	REMARK	Q'Y	NO.	DESCRIPTION	REMARK	Q'Y
1	MAIN FRAME		1	25L/R	ADJUSTING WHEELS	$\phi9*\phi62*23.5$	4
2	BASE FRAME		1	26	INNER PIPE	30*60*t1.5	2
3	INCLINE BRACKET		1	27	MOVING WHEELS PIPE	40*80*t1.8	2
4L/R	UPRIGHT		1	28	EDGING A		2
5	MOTOR BRACKET		1	29	EDGING B		2
6	FRONT ROLLER		1	30	FLAT CUSHION		6
7	REAR ROLLER		1	31	CUSHION PAD	$\phi30*\phi6.5*16$	2
8	COMPUTER BRACKT		1	32	RING PROTECTING PLUG		2
9	COMPUTER CHIP		1	33	VOLT TRANSFORMER		1
10	DECAL		1	34	CUSHION PAD		4
11	RUNNING BOARD STRENTHEN PIPE		1	35	HANDRAIL FOAM	$\phi48*\phi54*287$	2
12	BOWL WASHER		8	36	LITTLE CUSHION PAD		2
13	RUNNING BOARD		1	37	ALLEN WRENCH	S6	1
14	RUNNING BELT		1	38	MOTOR CUSHION PAD		2
15	MOTOR BELT		1	39	SILICONE OIL		1
16	MOTOR BOTTOM COVER		1	40	EVA CUSHION	t3.0*20*565	1
17	MOTOR TOP COVER		1	41	CYLINDER	F=35kg	1
18	COMPUTER		1	42	POWER CODE		1
19	ALLEN WRENCH	S5	1	43	DC MOTOR		1
20	SCREW DRIVER		1	44	INCLINE MOTOR		1
21	END FOOT CAP		2	45	POWER SWITCH		1
22	FRONT COVER		2	46	OVERLOADING PROTECTOR		1

23	FOOT PEDAL		2		47	POWER PLUG		1
24	LITTLE COVER		1		48	COMPUTER TOP WIRE		1

NO.	DESCRIPTION	REMARK	Q'Y		NO.	DESCRIPTION	REMARK	Q'Y
49	COMPUTER MIDDLE WIRE		1		74	BOLT	M4*15	18
50	COMPUTER BOTTOM WIRE		1		75	SPRING WASHER	$\phi8.1*\phi12.3*t2.1$	6
51	MAGNETIC SENSOR		1		76	INNER WASHER	$\phi8.4*\phi14.5*t0.8$	8
52	SINGLE WIRE		3		77	BOLT	M5*30	8
53	CONTROLLER		1		78	LOCKING NUT	M10	5
54	HANDRAIL PIPE		1		79	LOCKING NUT	M8	6
55	BOLT	M10*45	1		80	NUT	M5	8
56	BOLT	M10*45	4		81	FLAT WASHER	$\phi9*\phi16*t1.6$	24
57	BOLT	M8*50	2		82	FLAT WASHER	$\phi11*\phi20*t2$	10
58	BOLT	M8*40	4		83	BOLT	M8*60	2
59	BOLT	M8*85	1		84	BOLT	M4*25	2
60	BOLT	M8*75	1		85	BOLT	M8*55	2
61	BOLT	M8*30	4		86	FOOT PEDAL PLUG		6
62	BOLT	M8*15	8		87	SAFETY KEY		1
63	BOLT	M6*25	2		88	CABLE TIE		6
64	BOLT	M6*60	2		89	BOLT	M6*25	6
65	BOLT	M6*45	1		90	BOLT	M6*35	4
66	BOLT	M6*15	2		91	HAND PULSE		2
67	BOLT	M8*35	2		92	MP3 WIRE		1
68	BOLT	M8*20	2		93	BOLT	M4*15	6
69	BOLT	M10*30	2		94	MAGNETIC RING		1

70	BOLT	M4*50	4		95	LOUDERSPEAKER		2
71	BOLT	M6*45	2					
72	BOLT	ST4.2*15	26					
73	BOLT	M5*10	7					

ERROR CODE AND SIGNIFICANCE

FAULT CODE	FAULT DESCRIPTION	FAULT PROCESSING
E01	Communication abnormal: The control and computer has abnormal communication after start	The computer shows fault code "E01" Possible reasons：Communication obstructed between controller and computer, please check the wire and make sure the wire connect well and the wire without and danger.
E02	No Speed Wireless Sensor Network	The computer shows fault code"E02". Possible Reasons：Can't receive the motor speed sensor feedback above 3 seconds, please check sensor plug and motor connect wire and the controller.
E03	Over-Current Protection	The computer shows fault code "E03". 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.
E04	Incline self-learning fault	Check incline motor sense wire and AC wire are inserted well; AC wire is right inserted according to the indentify in the incline motor; make sure the incline motor wire without damager; after check those, press the button on controller, then start

		self-learning again. 27
E06	Explosion-Proof Protection	The machine shows fault code "E06". Possible Reason: Check the motor wire if connect well, and then connect it again.
E07	Controller self-checking error	Change the controller.
E08	EEPROM is broken	Change the controller.