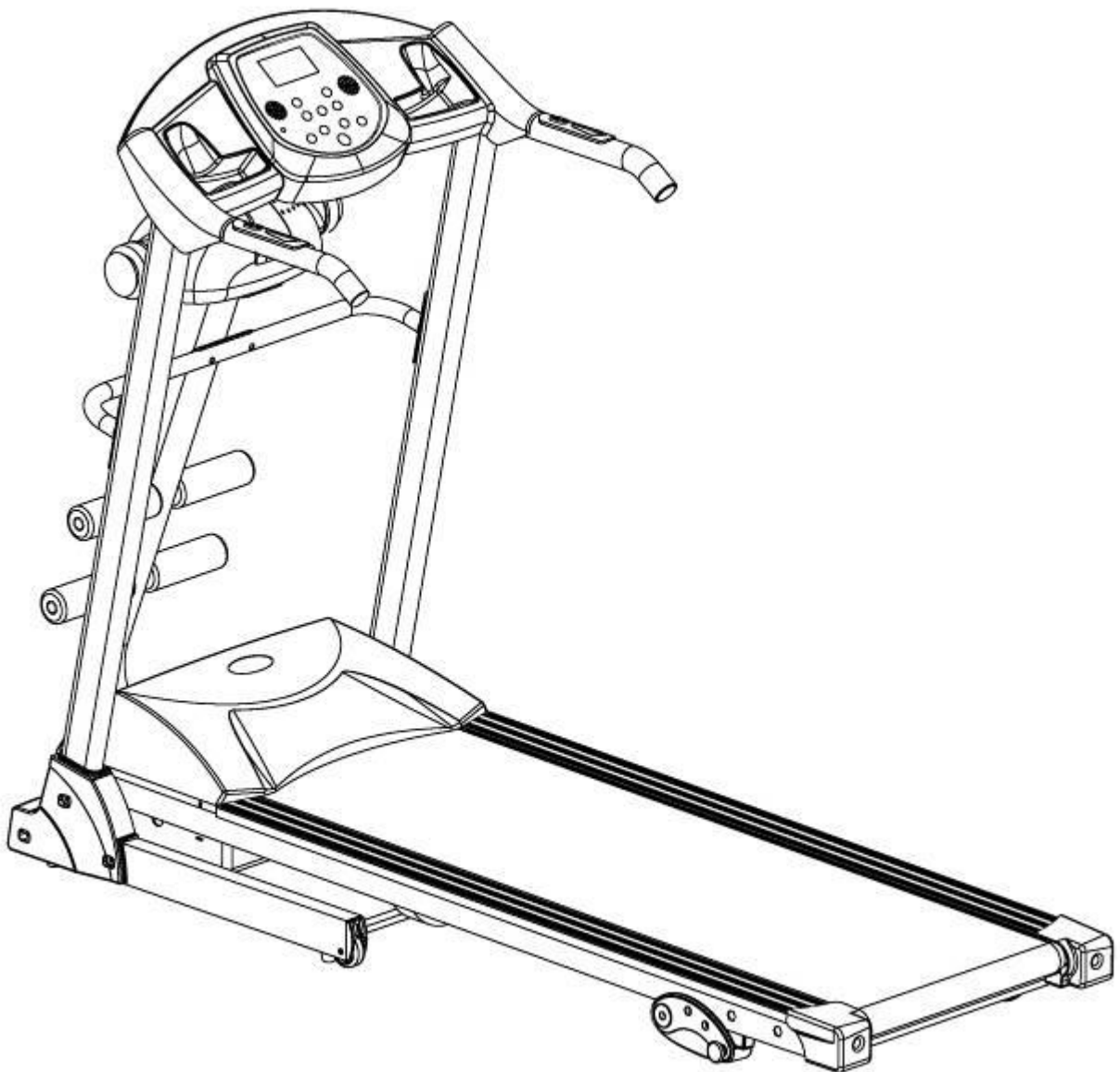




hattrick

HATTRICK RB-4000 M MOTORIZED TREADMILL

OPERATING INSTRUCTIONS MANUAL



IMPORTANT SAFETY INSTRUCTIONS

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

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

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

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

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

IMPORTANT ELECTRICAL INFORMATION

WARNING!

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

IMPORTANT OPERATION INSTRUCTIONS

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

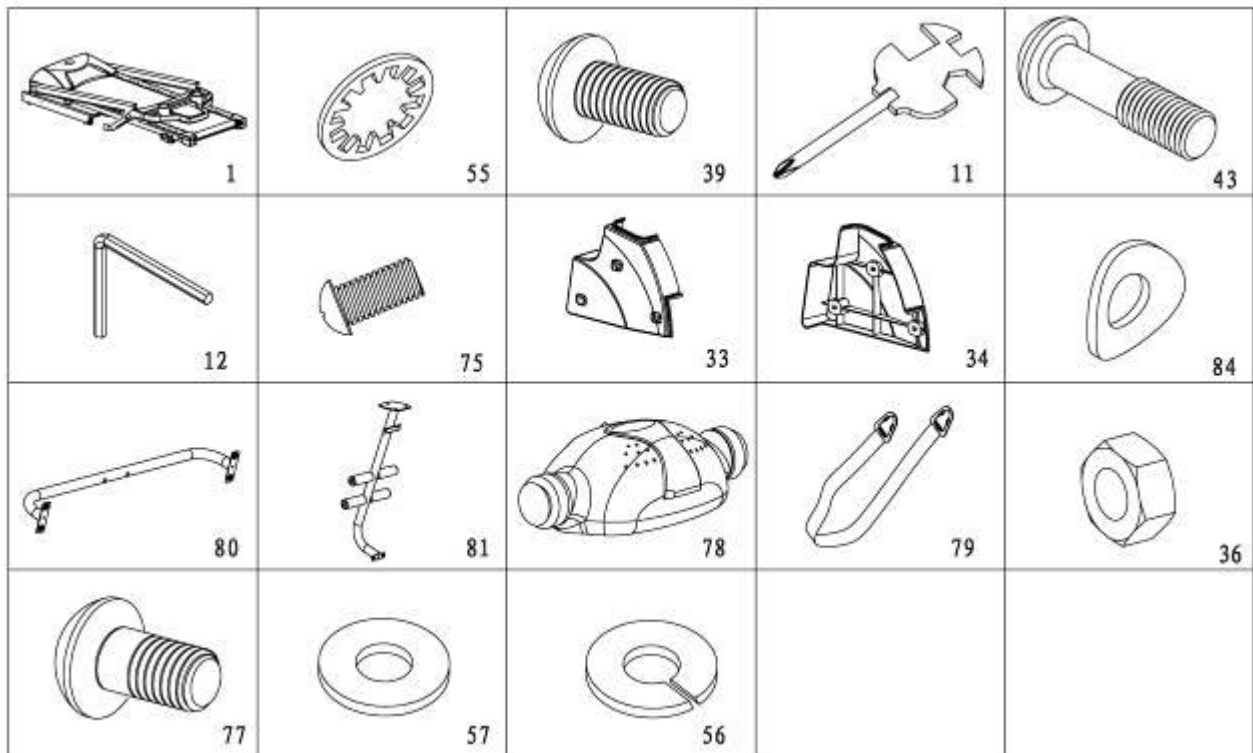
Warning: Now here we suggest that you should consult with your physician or health professional

before starting your workout, especially for the age up to 35 old or once-health problem people.

We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ASSEMBLY INSTRUCTIONS

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



PART LISTS

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main Frame		1	55	washer	8	8
39	Bolt	M8*15	11	12	5# Allen Wrench	5mm	1
11	Wrench w/screw driver	S=13、 14、 15	1	75	Bolt	M5*12	6
33	Left Upright Tube Cover		1	34	Right Upright Tube cover		1
78	Massage head		1	84	ARC Washer		4
79	Massage belt		1	77	Screw	M8*25	6
80	Connecting frame		1	43	Bolt	M8*40	2
81	Support frame		1	57	Flat washer	8	9
36	Bolt	M8	2	56	Spring wahser	8	9

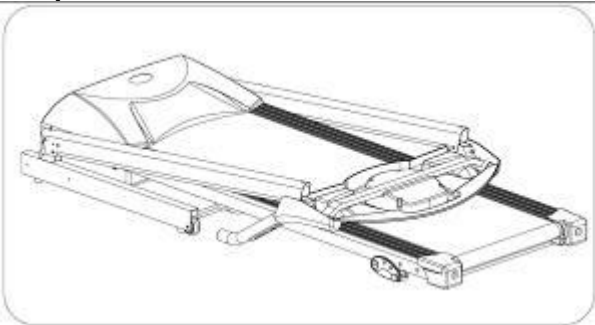
Assembly tools:

5#Allen wrench 5mm 1pcs、

Wrench with screw driver S=13、 14、 15 1pcs

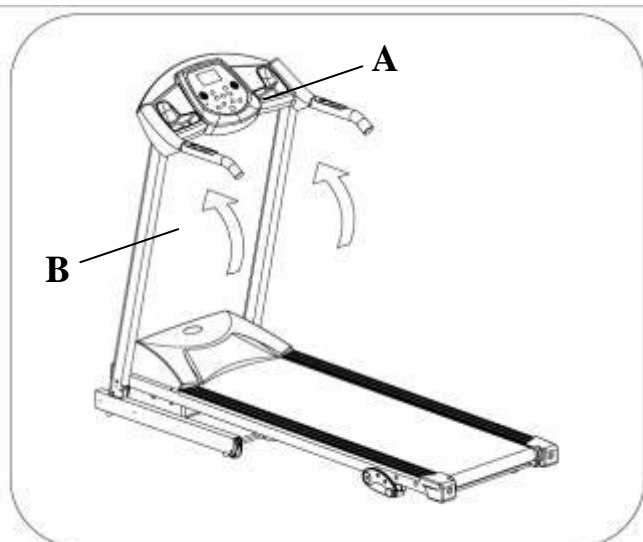
Notice: Do not get through power before complete assembly

Step 1:



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

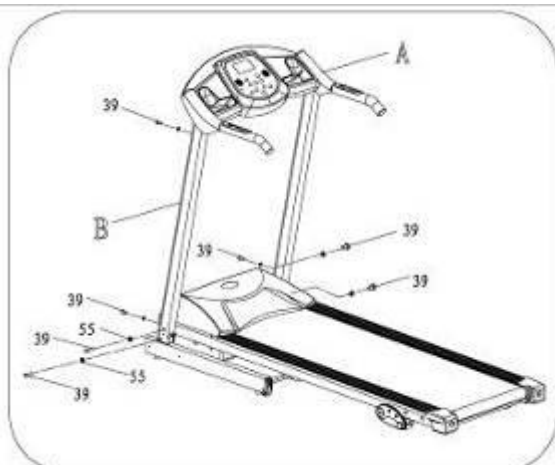
Step 2:



Push up the Console A and Upright tube B towards the arrow direction.

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

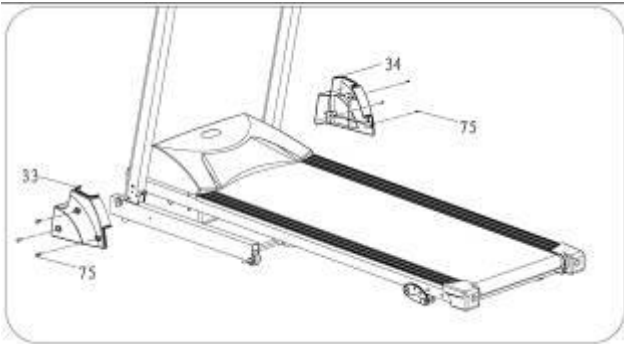
Step 3:



Fix the upright tube(B) and console tube(A) to the main frame with M8*15 bolt (39) and Lock Washer (55) by using 5# Allen wrench.

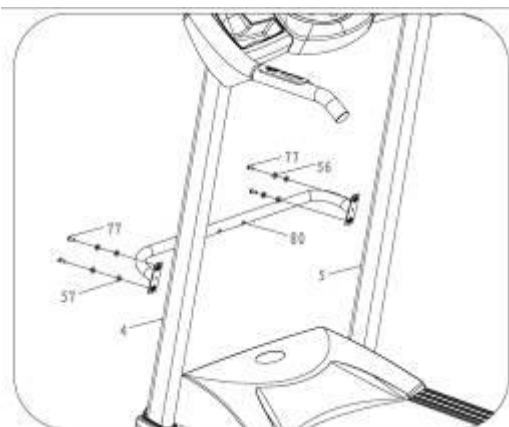
Notice: Support the Upright Tube with hand to avoid falling down.

Step 4 :



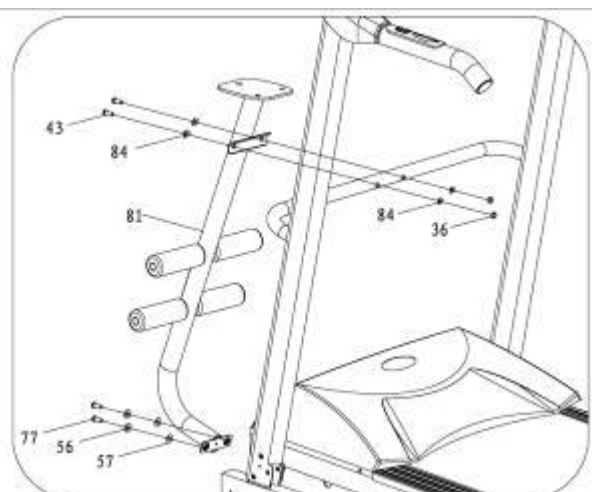
Fix the Left & Right Upright Tube Cover(33,34) to the base frame with M5*12 bolt(75) by using Wrench w/ screw driver.

Step 5:



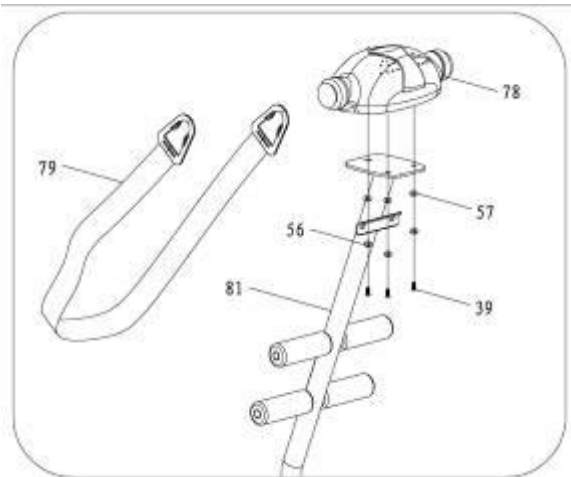
Use 5# Allen Wrench, drill the Bolt(77) M8*25 through the flat washer(57), spring washer 8(56),then lock the connecting frame(80) onto the left and right upright(4,5).

Step 6:



1.Use 5# Allen Wrench , drill the bolt M8*25(77) through the flat washer 8 (57), spring washer (56), then lock the supporting frame (81) onto the main frame (1);
2. Use 5# Allen Wrench, drill the bolt M8*40(43) through the arc washer (84), bolt(36), lock the supporting frame(81) onto the connecting frame(80).

Step 7:

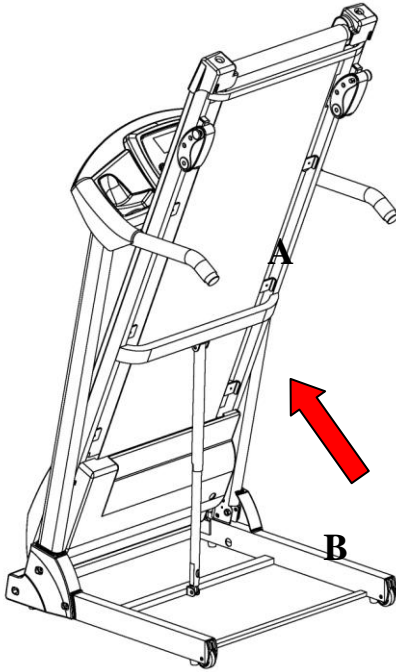


1. Use 5# Allen Wrench, drill Bolt M8*15 (39) through the spring washer (56), flat washer (57), lock the massage head (78) onto the supporting frame (81)
2. Hang the massage belt (79) onto the massage head (78).

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

FOLDING INSTRUCTIONS

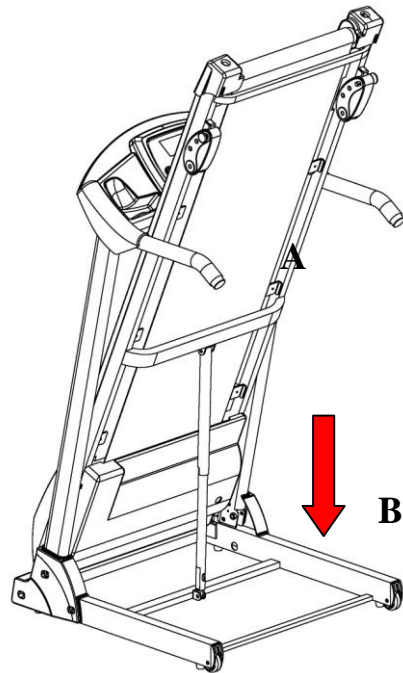
Pulling Up:



Put your hand on A position, then pull up the base frame till hearing the sound that the air pressure bar (B) is locked into the round tube

Pulling Down:

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



TECHNICAL PARAMETER

Set up size(mm)	1735*680*1200MM	Voltage	As per country
Folding size(mm)	890*680*1490MM	Output:	As per country
Running surface(mm)	1220*400	Input:	As per country
		Speed	0.8-12KM/H or 0.8—6KM/H
Max. User Weight	120KG		
Display	SPEED TIME DISTANCE CALORIES PULSE		

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal voltage 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



WINDOW DISPLAY:

- 1." speed " window: Display the speed, the speed range is 0.8--12km/h or 0.8--6km/h, 1 grid means 1 km/h.
When setting programmes, show P1-P9, when setting mode, show H1-H3.
2. " time" window: Display running time. Display the exercise time positive direction clock from 0:00-99:59, when count to 99:59, the machine will stop smoothly and show ' End ', then enter into initial situation after 5 seconds; When count down, it will show from the setting time to 0:00, when down to 0:00, the machine will stop smoothly and show ' End ', and will enter into the initial situation.
- 3." distance" window: Display the running distance, Display the exercise time positive direction clock from 0:00-99:9, when up to 99.9, it will count again from 0; When count down, it will show from setting data to 0; When down to 0, the machine will stop smoothly and show ' End ', enter into the initial situation after 5 seconds.
- 4." calories" window: Display runner's calories worked out. it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and show ' End ', and enter into the situation waiting for operation after 5 seconds.
5. " pulse" window: Display the runner heart beat. When the runner holds handle pulse with two hands, the system can calculate the runner's heart beat and show in this window, the range is 50-200 beats/min (this data is just for reference, can not be as the medical data).

BUTTON FUNCTION:

1. " Program " button: Under initial situation, press this button to choose the program from "0.8" 、 " P1-P2-P3-P4-P5-P6-P7-P8-P9" 9 programs; 0.8 is the system default running mode, "P1-P9" are pre-set programs.
2. " MODE " button: Press this button to choose circlely "0.8", "H1", " H2 ", "H3" (0.8 is the system default running mode, "H1" is time counting down mode, " H2 " is distance counting down mode, " H3 " is calories counting down mode). When setting each mode, you can press speed +/- and incline +/- to set the data, press " START" to start the machine
3. " START " button: When getting through the power and safety key attached, press this button at

any time to start the machine.

4. " STOP " button: When the machine is running, press this button to stop any time and all the data will be initial data.
5. " SPEED +", " SPEED -" button: Under initial situation, set the data with this button. When the machine is running, press the button to adjust the speed, 0.1 KM at each press, when press the button over 0.5 seconds, the speed will be up or down continually
- 6."SPEED: 5,8,12" are quick buttons of speed range 0.8-12KM/H, you can choose speed 5, 8, 12 quickly by pressing quick buttons. "SPEED: 2,4,6" are quick buttons of speed range 0.8-6KM/H, you can choose speed 2, 4, 6 quickly by pressing quick buttons.

7.SPEED SWITCH:

Under initial situation with safety key on the position, press "SPEED+/-" simultaneously and hold on for 5 seconds, the buzzer will make "B1" sound and the speed window will show the speed "12.0 (0.8--12km/h) " or "6.0 (0.8--6km/h) ".

The switch will not achieve under other situation.

START-UP QUICKLY(MANUAL)

1. Open the power switch, attach the magnet end of the safety pulling rope to the computer.
2. Press STATR/STOP button, the system will enter into 3 seconds count down, the buzzer will make sound and the time window display count down, the speed will run 0.8km/hour after 3 seconds.
3. After start-up, you can use "SPEED+", "SPEED -" or speed quick buttons to adjust the speed up or down.

THE OPERATION OF EXERCISE PROCESS:

1. Press speed-down will reduce the running speed.
2. Press speed-up will increase the running speed.
3. Press speed quick buttons can adjust the speed to correspondent speed.
4. Press the stop button will stop the machine.
5. Holding the handle pulse with two hands about 5 seconds will show the pulse data.

MANUAL MODE:

1. If you do not make any setting and press START button directly, the treadmill will start to run from the speed 0.8km/h. The other windows will start to count from positive direction from windows default, press "SPEED+", "SPEED-" change the speed.
2. set up the Time, press "MODE" button to enter into time count down H1, the TIME window will display "10 : 00" and glittering. Press "SPEED+", "SPEED-" to set up the time what you need. The setting range is 5:00-99:00.
3. In Time setting mode, press " MODE " button to enter into distance count down H2, the DISTANCE window will display "1.0" and glittering. Press "SPEED+", "SPEED-" to set up the distance what you need. The setting range is 0.5—99.9.
4. In distance setting mode, press "MODE" button to enter into calories count down H3, the CAL window will display "50" and glittering. Press "SPEED+", "SPEED-" to set up the calories what you need. The setting range is 10-999.
5. When setting is finished, press "START" button to start up, the treadmill will run after 3 seconds, press "SPEED+", "SPEED-" to adjust the speed; press the STOP, the treadmill will stop.

INNER INSTALL PROGRAM

Press "PROGRAM" button SPEED window will display P1-P9 to choose the program you like. Setting of running time, then the TIME window display glittering. Display the advance setting time 10:00, press "SPEED+", "SPEED-" to set up the exercise time what you need. Press "START" button to start the inner install program, the inner install program is divided into 10 sect. Each exercise time = the setting time / 10. When the system enter into the next sect, it will make 3 sound "B—B—" and the speed will be changed according to the setting program, then press "SPEED+", "SPEED-" to change the SPEED, When the program enter next sect it will come back to the current speed, After finishing one program, the system will make 6 sound "B—B—" and display "END" to stop slowly, It will enter into initial situation after stopped completely in 5 seconds..

PROGRAM EXERCISE CHART

Each program will divide into 10 grade for the exercise time and each time sect has the speed accordingly.

Program exercise chart for speed range 0.8-12KM/H

		TIME INTERVAL= SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	5	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	3	3	5	6	7	8	6	4	3	3
P4	SPEED	3	6	6	6	8	8	8	3	3	3
P5	SPEED	2	5	6	7	8	8	7	7	3	3
P6	SPEED	2	10	10	8	8	7	6	3	2	2
P7	SPEED	3	4	5	6	7	8	7	6	4	3
P8	SPEED	3	8	6	9	8	8	8	3	10	3
P9	SPEED	2	4	6	8	8	8	7	7	3	3

Program exercise chart for speed range 0.8-6KM/H

		TIME INTERVAL= SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	5	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	3	3	5	6	4	5	6	4	3	3
P4	SPEED	3	6	6	6	5	5	4	3	3	3
P5	SPEED	2	5	6	5	6	6	5	4	3	3
P6	SPEED	2	5	5	4	4	3	6	3	2	2
P7	SPEED	3	4	5	6	5	4	5	6	4	3
P8	SPEED	3	5	6	5	4	3	5	3	6	3

P9	SPEED	2	4	6	5	5	4	5	6	3	3
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RANGE OF PROGRAM

	Initial	Initial Data	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00 - 99:59
SPEED(K/h)	0.8	0.8	0.8-12(0.8-6)	0.8-12(0.8-6)
DISTANCE(KM)	0.00	1.00	0.50-99.9	0.00 - 99.9
PULSE(hypo/min)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50	10-999	0 - 999

BODY TESTER:

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

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

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

SAFETY LOCK FUNCTION:

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

POWER SAVE FUNCTION:

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

MP3 FUNCTION(OPTIONAL)

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

CLOSE UP:

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

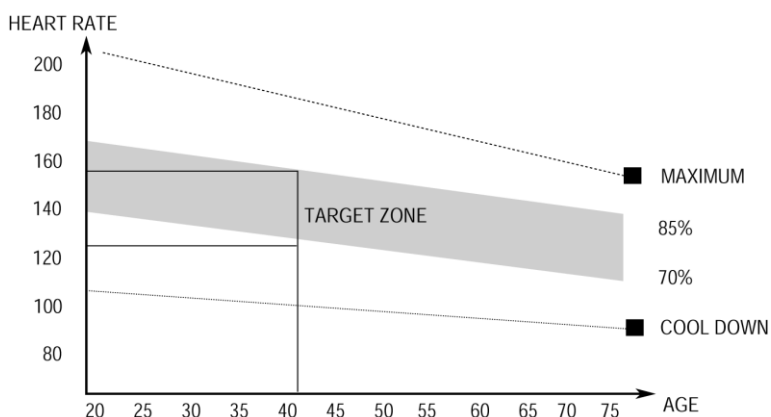
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held and count to approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to you but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes although most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week

To tone muscle while on your treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

BAKIM

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

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

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE.

WARNING: STOP TREADMILL BEFORE FOLDING.

Maintenance and servicing

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- 1) Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- 2) Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- 3) Inspect the power cord.
- 4) Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- 5) Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

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

EVERY MONTH -IMPORTANT!

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

EVERY 6 MONTHS

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

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

EVERY 2 YEARS

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

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

General Cleaning

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

General Care

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

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

Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

You should apply the lubrication after approximately the first 20 hours of operation.

We recommend lubrication of the deck every 30 days.

See below procedures for lubricating:

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

How to check the running mat for proper lubrication:

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

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

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

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

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

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

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

make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

The adjustment steps for poly V-belt

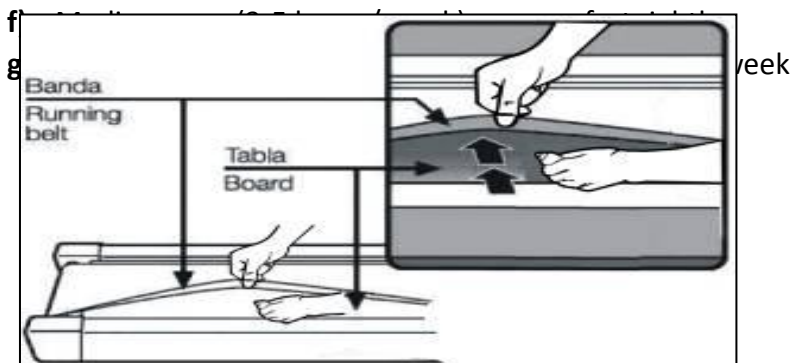
Cut off power firstly and take down the cover of protection.

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

Running board lubrication

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

- a) Cut off the power
- b) Wipe out the dust between running board and running belt with a clean cloth.
- c) Daubing the Silicon oil on the running board and running belt equably.
- d) While adding lubrication oil, please keep your clothes away from the machine for avoiding the injury.
- e) Light user (less than 3 hours/ week) triweekly

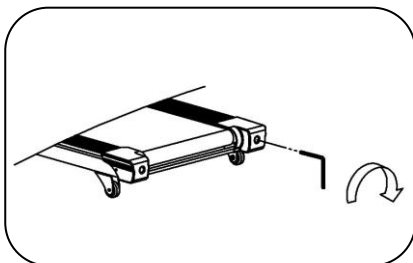


Center the running belt :

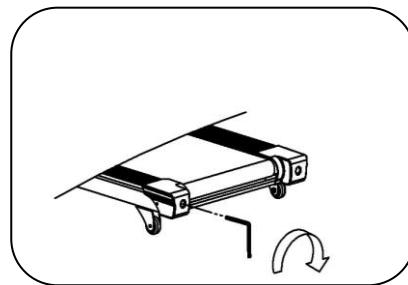
DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt has drifted to the right, turn the right adjusting bolt $1/2$ turn clockwise and the left adjusting bolt $1/2$ turn counterclockwise
- If the belt has drifted to the left, turn the left adjusting bolt $1/2$ turn clockwise and the right adjusting bolt $1/2$ turn clockwise and the right adjusting bolt $1/2$ turn counterclockwise



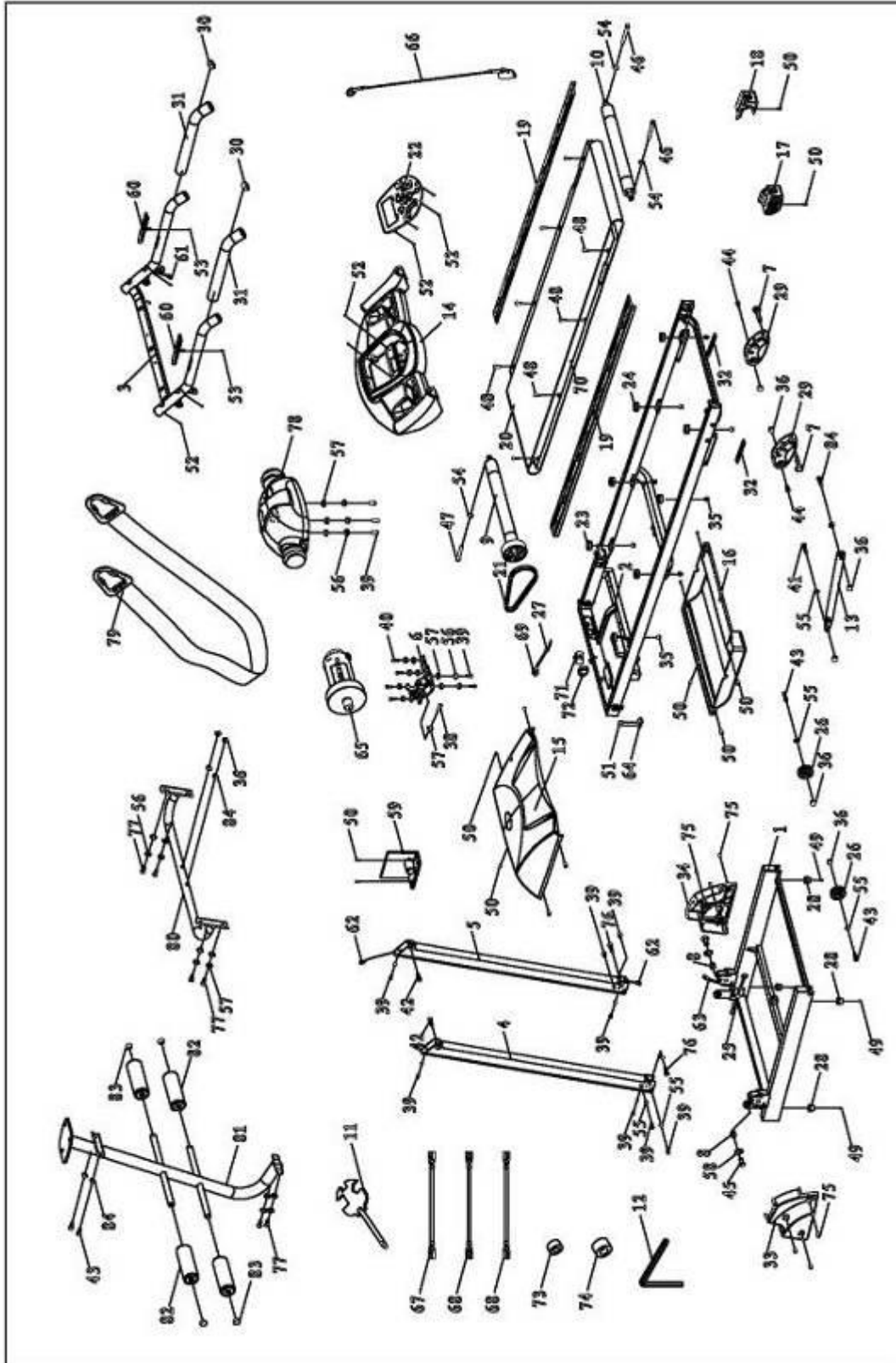
Picture A If the belts has drifted to the RIGHT



Picture B If the belts has drifted to the LEFT

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

EXPLODED DRAWING



PARTS LIST

1	Base Frame		1	44	Bolt	M8*45	2
2	Main Frame		1	45	Bolt	M10*30	2
3	Computer Bracket		1	46	Bolt	M6*55	2
4	Left Upright		1	47	Bolt	M6*45	1
5	Right Upright		1	48	Bolt	M6*35	8
6	Motor Bracket		1	49	Screw	M5*16	4
7	Fixing pin		2	50	Screw	M5*8	15
8	Turnning Bushing		2	51	Screw	S T2.9*8	2
9	Front Roller		1	52	Screw	ST4.2*12	8
10	Rear Roller		1	53	Screw	ST4.2*25	2
11	Wrench w/ screw driver	S=13、14、15	1	54	Washer	6	3
12	5# Allen Wrench	5mm	1	55	Washer	8	12
13	Cylinder		1	56	Washer	8	15
14	Console top cover		1	57	Washer C	8	16
15	Motor top cover		1	58	Washer C	φ10*φ26*2.0	2
16	Motor bottom cover		1	59	Control board		1
17	Lefe rear cover		1	60	Handpulse		2
18	Right rear cover		1	61	Console upper wire		1
19	Side rail		2	62	Console middle wire		1
20	Running belt		1	63	Console lower wire		1
21	Motor belt		1	64	Speed sensor		1
22	Computer board		1	65	DC Motor		1
23	Black cushion		4	66	Safety accessory		1
24	Blue cushion		4	67	AC single line	Blue	2
25	Ring protecting wire plug		2	68	AC single line	Brown	3
26	Moving wheel		2	69	Power wire		1
27	Power wire buckle		1	70	Running board		1
28	Foot pad		4	71	Square switch		1
29	Adjustable foot pad		2	72	Overload Protector		1
30	End cap		2	73	Magnetic ring		1
31	Foam		2	74	Magnetic core		1

32	EVA cushion		3	75	Bolt	M5*12	6
33	Left upright tube cover		1	76	Bolt	M8*35	2
34	Right upright tube cover		1	77	Bolt	M8*25	6
35	Bolt	M6	8	78	Massage head		1
36	Bolt	M8	8	79	Massage belt		1
37	Bolt	M8	2	80	Connecting frame		1
38	Bolt	M8*35	1	81	Supporting frame		1
39	Bolt	M8*15	13	82	Foam		4
40	Bolt	M8*20	4	83	End cap		4
41	Bolt	M8*30	1	84	ARC washer		4
42	Bolt	M8*40	2	85	Bolt		6
43	Bolt	M8*40	4				

TROUBLE SHOOTING

- 1、 Probable reason for computer not workable after power start: The wire from computer to bottom control board didn't connected well or the transformer was burnt out. Check the each wire from computer to control board, make sure they are connected well. If the wire is destroyed , change it. If the above can not settle the problem, try to change a good transformer.
- 2、 E01: Message failure. Probable reason: The wires from computer and bottom control board did not connect well, please check each wire. If the wire was destroyed, change a good one.
- 3、 E02: Burst clash. Check the power is right, if not, use correct power to test; Check if the bottom control was burnt out, change a good one; reconnect the motor wire.
- 4、 E03: No sensor signal. Check if all sensor wire are good, if damaged, change a good one. If not works, check if the speed sensor is ok, if damaged, change the speed sensor. If still not works, check if the motor wire connect well or need to chagne motor.
- 5、 E05: Current overload protecting. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change good motor and bottom control; Use right voltage.
- 6、 If the motor can not work after pressing START button, the probable reason: the motor wire is broken; the safety pipe is broken or fell; motor wire is not conneted well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.
