

3. Product may vary slightly from the item pictured due to model upgrades

# IMPORTANT SAFETY INSTRUCTIONS

<u>WARNING</u> - 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 correct 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.

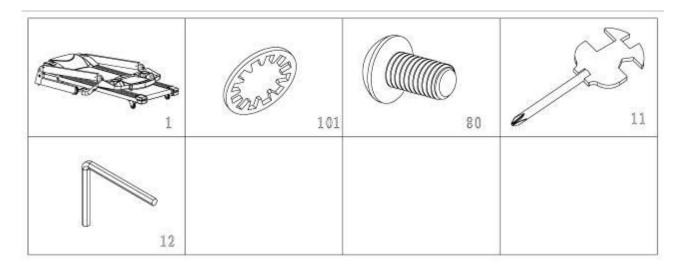
# IMPORTANT OPERATION INSTRUCTIONS

- 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 breasting period.
- **11)** Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- **12)** Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

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

# **ASSEMBLY INSTRUCTIONS**

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



### Spare parts list:

NO.	DES.	Specification	Nos.	NO.	DES.	specification	Nos.
1	main frame		1	101	Lock washer	8	10
11	Wrench w/screw driver	S=13、14、15	1	12	5# Allen Wrench	5mm	1
80	Bolt	M8*10	10				

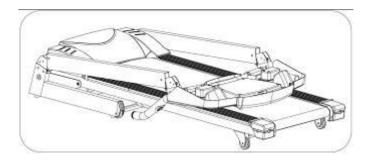
### **FIXING TOOLS:**

5#ALLEN WRENCH 5mm 1pcs、

WRENCH W/SCREW DRIVER S=13、14、15 1pcs

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

### **ASSEMBLY STEP ONE:**



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

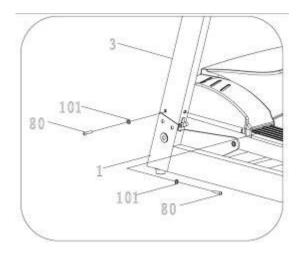
### **ASSEMBLY STEP TWO:**



Pull up the console and upright as arrow direction.

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

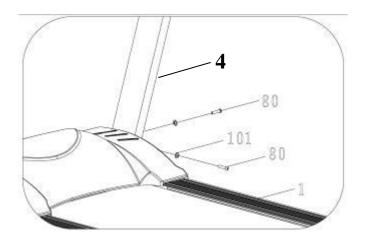
# ASSEMBLY STEP THREE:



Use the 5# allen wrench(12), drill through the bolt (80) to lock washer(101), then lock the Left upright (3) onto MAIN FRAME (1)

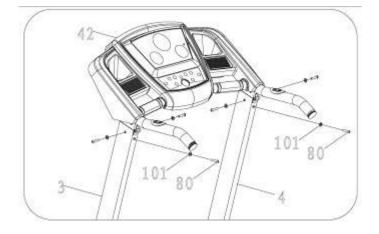
Notice: Support the Left upright with hand, avoid falling down to cause any hurt.

### **ASSEMBLY STEP FOUR:**



Use the 5# allen wrench(12), drill through the bolt (80) to lock washer(108), then lock the Right upright (4) onto MAIN FRAME (1)

### **ASSEMBLY STEP FIVE:**

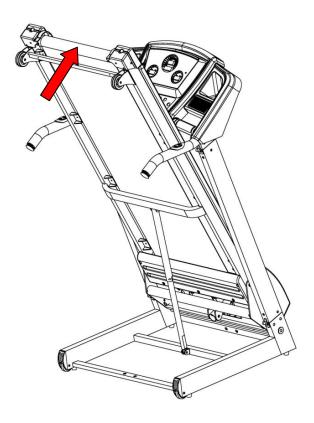


Use the 5# allen wrench(12), drill through the bolt (80) to lock washer(101), then lock the console (42) onto left&right upright (3,4).

ATTENTION: must 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.

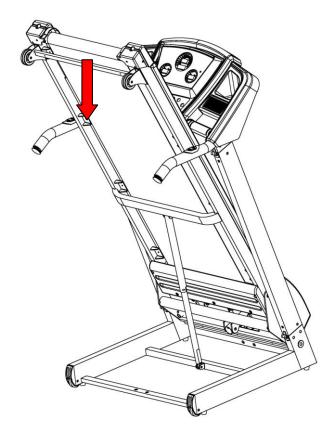
# **FOLDING INSTRUCTION**

# Pulling up:



Support the rear roller with hand, then pull up the running deck, till hearing the sound that the cylinder is locked into the round tube

# Pulling down:



Support the rear roller with hand , depress the air pressure control bar, then the base frame will fall down automaticlly

# **OPERATION GUIDE**



#### WINDOW DISPLAY:

1."SPEED" window:Display speed, show range: 1.0-18KM/h.

- 2."INCL" window : Show the incline, the incline range is 0-20 level;
- 3、 "TIME" window: Show the running time, count from 0:00 to 99:59. When up to 99:59,

the machine will stop smoothly and show 'END' in the computer; When you set the time count down, it will count down from the setting data to 0, when down to 0:00, the machine will stop smoothly and show 'END' in the computer.

4、 "DIS" window: Show running distance, count from 0.00 to 99.9, when up to 99.9, the machine will

clear the data, and recount from 0; When you set the distance count down, it will count from the setting data to 0. when down to 0, the machine will stop smoothly and show 'END' in the computer, after 5 seconds, the machine will be in the default state.

5、 "CAL /PULSE" window: Display runner calories and pulse. When show calories, count from 0 to 999,

to 999 will spill over to clear 0; when calories count down, it will count down from setting data to 0, then the machine will stop smoothly and show 'End', enter the beginning state after 5 seconds. When runner grasps the hand pulse, it will test pulse after 5 seconds and show the data in window, the relevant direct light will show at the same time, pulse range is 40 to 200 hypo/min ( the data is just for reference, can not be as medicinal data.

#### **BUTTON FUNCTION:**

1. "PROGRAM" Button : When the treadmill is not running, press the button can circle choose and

set up the exercise time and program from "0 : 00" " P1-----P5-----P10-----P15-----P24FAT".

Manual mode is the default program, the default speed in kilometer is 1KM/H. (0:00 is manual mode,pre-set program :P1-P25)

2. "MODE" Button : Press this button to choose circle modes: "0 : 00" "15 : 00", "1.0", "50" ("0 : 00" is

manual model, "15:00" is the time count down, "1.0" is distance count down and "50" calorie count

down); when you choose every mode, you can press the speed button and incline button to set count, after that , press the START button to start this treadmill.

3. "START" button: when start the power and attach the magnet end of the safety pulling rope to the

computer. Press the button at any time, it can start motor.

- 4. "STOP" button: press this button while running, it can stop motor and set program default;
- 5. "SPEED+"、"SPEED-" Button : set default count;to adjust speed when treadmill start,the scope is
- 0.1km/hypo in kilometer. Press the button more than 0.5 seconds, will be up or down duratively.
- "INCLINE+"、"INCLINE-" Button: set the default incline; to adjust incline when treadmill start, the scope is 1 section;

#### START-UP QUICKLY(MANUAL)

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

"INCLINE -" to adjust the incline up or down.

#### THE OPERATION OF EXERCISE PROCESS:

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

#### MANUAL MODE:

1. If you do not make any setting and press START button directly, the treadmill will start to run from

the speed 1.0km/h, incline 0. The other windows will start to count from positive direction from windows default, press "SPEED+", "SPEED-" change the speed, press "INCLINE+", "INCLINE -"to change the incline;

2. set up the Time, press "MODE" button to enter into time count down, the TIME window will display"15 : 00" and glittering. Press "SPEED+", "SPEED-", "INCLINE+"、 "INCLINE –" to set up the time what you need. The setting range is 5:00-99:00.

3.In Time setting model, press " MODE " button to enter into distance count down, the DISTANCE window will display "1.0" and glittering. Press "SPEED+", "SPEED-", "INCLINE+"、 "INCLINE –" to set up the distance what you need. The setting range is 0.5—99.9.

4. To set up the Calories, press "MODE" button to enter into calories count down, the CAL window will

display "50' and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE –" to set up the calories what you need. The setting range is 10-999.

5. When setting is finished, press "START" button to start up, the treadmill will run after 3 seconds,

press "SPEED+", "SPEED-", "INCLINE+", "INCLINE –" to adjust the speed and the incline; press the STOP, the treadmill will stop.

#### **INNER INSTALL PROGRAM**

Press "PROGRAM" button SPEED window will display P1-P24 to choose the program you like. Setting of running time, then the TIME window display glittering. Display the advance setting time10:00, press "SPEED+", "SPEED-", "INCLINE+", "INCLINE –" to set up the exercise time what you need. Press "START" button to start the inner install program, the inner install program is divided into 10 sect. Each exercise time=the setting time/10. When the system enter into the next sect will make 3 sound "B—B—" and the speed will be changed according to the setting program, then press "SPEED+", "INCLINE+", "INCLINE –" to change the SPEED and INCLINE, When the program enter next sect will come back to the current speed and incline, and run the one program, the system will make 3 sound "B—B—" and change to the manual program automatically.

#### **PROGRAM EXERCISE CHART**

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

Time Mode

TIME INTERVAL

	1	1	2	3	4	5	6	7	8	9	1
P1	SPEED	2	4	3	4	3	5	4	2	5	
PI	INCLINE	1	2	3	3	1	2	2	3	2	,
P2	SPEED	2	5	4	6	4	6	4	2	4	
F Z	INCLINE	1	2	3	3	2	2	3	4	2	4
P3	SPEED	2	5	4	5	4	5	4	2	3	
	INCLINE	1	2	2	3	1	2	2	2	2	
P4	SPEED	3	6	7	5	8	5	9	6	4	
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	3	6	7	5	8	6	7	6	4	
15	INCLINE	1	2	4	3	2	2	4	5	2	
P6	SPEED	2	8	6	4	5	9	7	5	4	
PO	INCLINE	2	2	6	2	3	4	2	2	2	
D7	SPEED	2	6	7	4	4	7	4	2	4	,
P7	INCLINE	4	5	6	6	9	9	10	12	6	,
<b>D</b> 0	SPEED	2	4	6	8	7	8	6	2	3	/
P8	INCLINE	3	5	4	4	3	4	4	3	3	/
DO	SPEED	2	4	5	5	6	5	6	3	3	,
P9	INCLINE	3	5	3	4	2	3	4	2	3	,
<b>D</b> 10	SPEED	2	3	5	3	3	5	3	6	3	,
P10	INCLINE	4	4	3	6	7	8	8	6	3	,
D11	SPEED	2	5	8	10	6	9	5	3	2	/
P11	INCLINE	1	3	5	8	10	7	6	3	2	
D12	SPEED	2	5	5	4	4	6	4	2	3	
P12	INCLINE	3	5	6	7	12	9	11	11	6	
	SPEED	2	7	4	7	8	9	4	5	3	,
P13	INCLINE	5	6	6	4	6	5	8	9	4	,
	SPEED	2	6	5	4	8	6	5	2	3	
P14	INCLINE	5	6	5	8	4	5	5	10	6	
P15	SPEED	2	6	5	4	8	7	5	3	3	,

	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
r 10	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
F17	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
r Io	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
119	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
120	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
121	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
1 22	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
125	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
127	INCLINE	3	6	8	9	10	12	9	6	3	2

## RANGE OF PROGRAM

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

#### **BODY TESTER:**

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

Press "SPEED+", "SPEED -" to set F-1 - F4 (refer to the following chart), after that, press "MODE" to

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

F-1	Seg	01 male	02 female				
F-2	Age	1099					
F-3	Hight	100200					
F-4	Weight	20150					
	FAT	≤19	Underweight				
F-5	FAT	=(2025)	Normalweight				
10	FAT	=(2629)	Overweight				
	FAT	≥30	Obesity				

#### SAFETY LOCK FUNCTION:

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

#### SAVE ON POWER FUNCTION:

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

#### **MP3 FUNCTION**

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

#### CLOSE UP:

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

#### CAUTION:

- 1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
- 2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the

safety pulling rope to your clothing.

3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

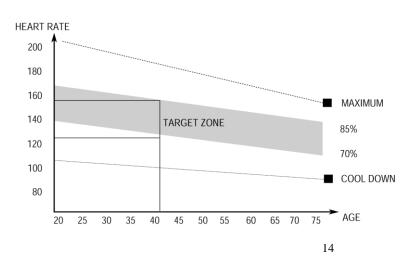
## EXERCISE INSTRUCTIONS

#### 1. The Warm Up Phase

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

#### 2. The Exercise Phase

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



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

#### 3. The Cool Down Phase

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

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

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

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

#### MAINTENANCE INSTRUCTIONS

#### WALKING BELT CENTERING AND TENSION ADJUSTMENT

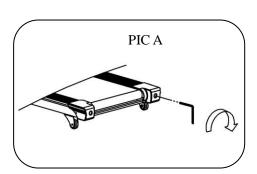
**DO NOT OVERTIGHTEN the walking belt.** This may cause reduced motor performance and excessive roller wear.

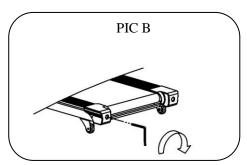
#### TO CENTER WALKING BELT:

- 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

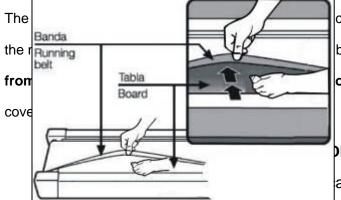




Picture A If the belts has drifted to the RIGHTPicture BIf the belts has drifted to the LEFTWARNING:ALWAYSUNPLUGTHETREADMILLFROMTHEELECTRICALOUTLETBEFORECLEANING OR SERVICING THE UNIT.

#### 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.



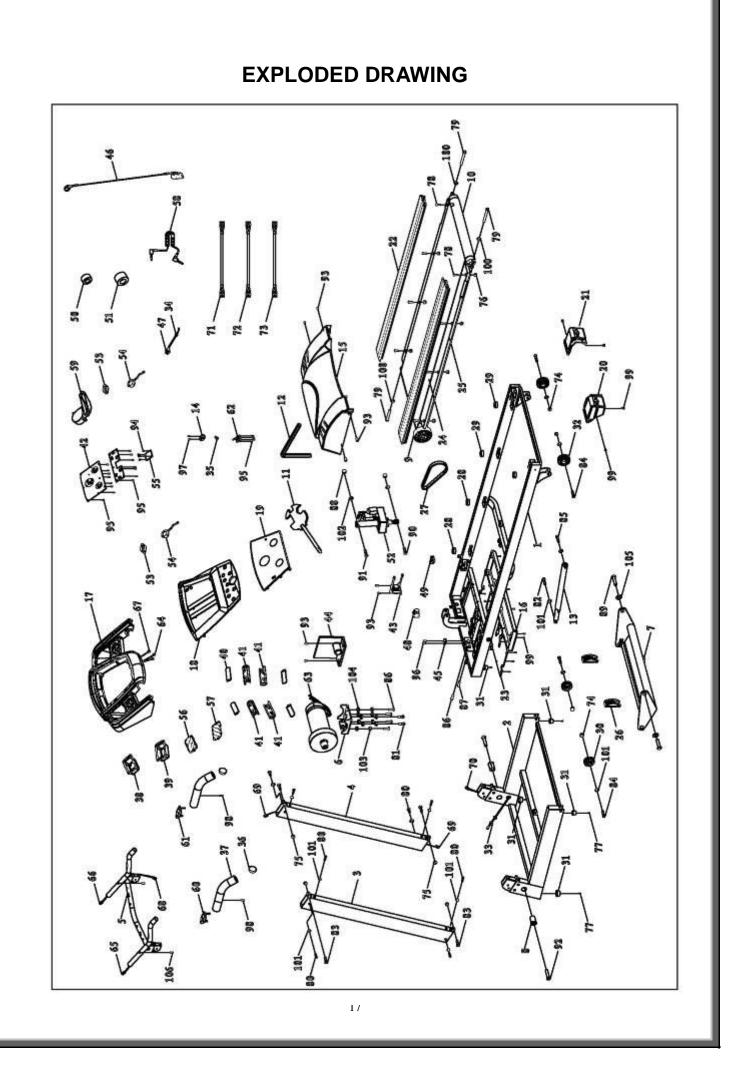
cloth. Be careful to keep liquid away from inside belt. Warning: Always unplug the treadmill or cover. At least once a year remove the motor

#### ECK LUBRICATION

ated, 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)	annually
Medium user (3-5 hours/ week)	every six months
Heavy user (more than 5 hours/ week)	every three month



# PARTS LIST

#.	DESCRIPTION	REMARK	QTY	#.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1	54	SPEAKER		2
2	BASE FRAME		1	55	AMPLIFIER		1
3	LEFT UPRIGHT		1	56	LEFT SPEAKER NET		1
4	RIGHT UPRIGHT		1	57	RIGHT SPEAKER NET		1
5	COMPUTER BRACKET		1	58	MP3 CONNECTOR		1
6	MOTOR BRACKET		1	59	FAN		1
7	INCLINE MOTOR BRACKET		1	60	HANDPULSE WITH INCLINE		1
8	TURNING BUSHING		2	61	HANDPULSE WITH SPEED		1
<u> </u>	FRONT ROLLER		1	62	ON/OFF BOARD		1
			1	63			1
10	REAR ROLLER WRENCH W/SCREW	0 40 44 45	1	03	DC MOTOR		
11	DRIVER	S=13、14、15	1	64	HANDPULSE TOP WIRE INCLINE QUICK BUTTON		1
12	5#ALLEN WRENCH	5mm	1	65	TOP WIRE		1
13	CYLINDER		1	66	SPEED QUICK BUTTON TOP WIRE		1
14	SCREW		1	67	COMPUTER TOP WIRE 1		1
15	MOTOR TOP COVER		1	68	COMPUTER TOP WIRE		1
16	MOTOR BOTTOM COVER		1	69	COMPUTER MIDDLE WIRE		1
					COMPUTER BOTTOM		
17			1	70			1
18	CONSOLE BIG PANEL		1	71			1
19 20	CONSOLE SMALL PANEL		1	72 73	AC SINGLE WIRE		1
20	LEFT BACK COVER		-	74	AC SINGLE WIRE		6
	RIGHT BACK COVER		1		AC SINGLE WIRE	Mo	
22			2	75	BOLT	M8	4
23	BOTTOM COVER BOARD		1	76	BOLT SCREW	M6	8
24			1	77	SCREW	M5*16	6
25			1	78	SCREW	M6*35 M6*55	8
26	WHEEL COVER		2	79	SCREW		
27	MOTOR BELT BLUE CUSHION PAD		1	80	SCREW	M8*10	10 2
28	BLACK CUSHION PAD		4	81	SCREW	M8*25	
29			4	82	SCREW	M8*30	1
30	TRANSPORT WHEEL		2	83	SCREW	M8*32	4
31			4	84	SCREW	M8*40	4
32	ADJUSTABLE WHEEL RING PROTECTING WIRE		2	85		M8*42	1
33	PLUG		2	86	BOLT	M8*30	5
34	POWER WIRE BUCKLE		1	87	BOLT	M8*35	1
35	HANDPLUSE PLATE		1	88	BOLT	M10	2

36	INNER END CAP	2	89	SCREW	M10*20	2
37	FOAM	2	90	SCREW	M10*30	1

# PARTS LIST

						•	
#.	DESCRIPTION	REMARK	QTY	#.	DESCRIPTION	REMARK	QTY
38	LEFT SPEAKER COVER		1	91	SCREW	M10*50	1
39	RIGHT SPEAKER COVER		1	92	SCREW	M10*55	2
40	HANDPLUSE PLATE		4	93	SCREW	M5*8	9
41	ROUND HANDPULSE		4	94	SCREW	ST4.2*12	21
42	COMPUTER BOARD		1	95	SCREW	ST2.9*6.5	19
43	TRANSFORMER		1	96	SCREW	ST2.9*8	2
44	CONTROL BOARD		1	97	SCREW	ST2.9*8	2
45	SPEED SENSOR		1	98	SCREW	ST4.2*25	2
46	SAFETY KEY		1	99	SCREW	ST4.2*12	18
47	POWER WIRE		1	100	LOCK WASHER	6	3
48	SQUARE ON/OFF BUTTON		1	101	LOCK WASHER	8	16
49	OVERLOAD PROTECTOR		1	102	LOCK WASHER	10	2
50	MAGNET CORE		1	103	SPRING WASHER	8	6
51	MAGNET RING		1	104	FLAT WASHER	8	7
52	INCLINE MOTOR		1	105	FLAT WASHER	10	2
53	SPEAKER BOARD		2	106	BOLT	M6*15	4

## **TROUBLESHOOTING GUIDE**

1. Probable reason for computer not workable after power start: The wire from computer to bottom control board didn't connected well or the transformer was burnt out. Check the each wire from computer to control board, make sure they are connected well. If the wire is destroyed, change it. If the above can not settle the problem, try to change a good transformer.

2、E01: Message failure. Probable reason: The wires from computer and bottom control board did not connect well, please check each wire. If the wire was destroyed, change a good one.

3、E02: Burst clash. Check the power is right, if not, use correct power to test; Check if the bottom control was burnt out, change a good one; reconnect the motor wire.

4、E03: No sensor signal. Sensor wire badness, change good wire; It is no use for the motor magnetic, change the magnetic or reset the magnetic;

5.E04: Incline learning defeated, Check VR wire of incline motor whether connect well. If not, reconnect VR to make it firm; Check AC wire of motor whether connect well, and AC wire of motor whether insert well with correct sign of control board; Check connection line of motor whether is destroyed, exchange it or incline motor. And press "learning" botton of bottom control board to relearn after checked everything is well.

6, E05: Current overload protecting. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change good motor and bottom control; Use right voltage.

7. If the motor can not work after pressing START button, the probable reason: the motor wire is broken; the safety pipe is broken or fell; motor wire is not conneted well; IGBT on bottom control board is burnt out. Test the above reasons and change the relevant part.