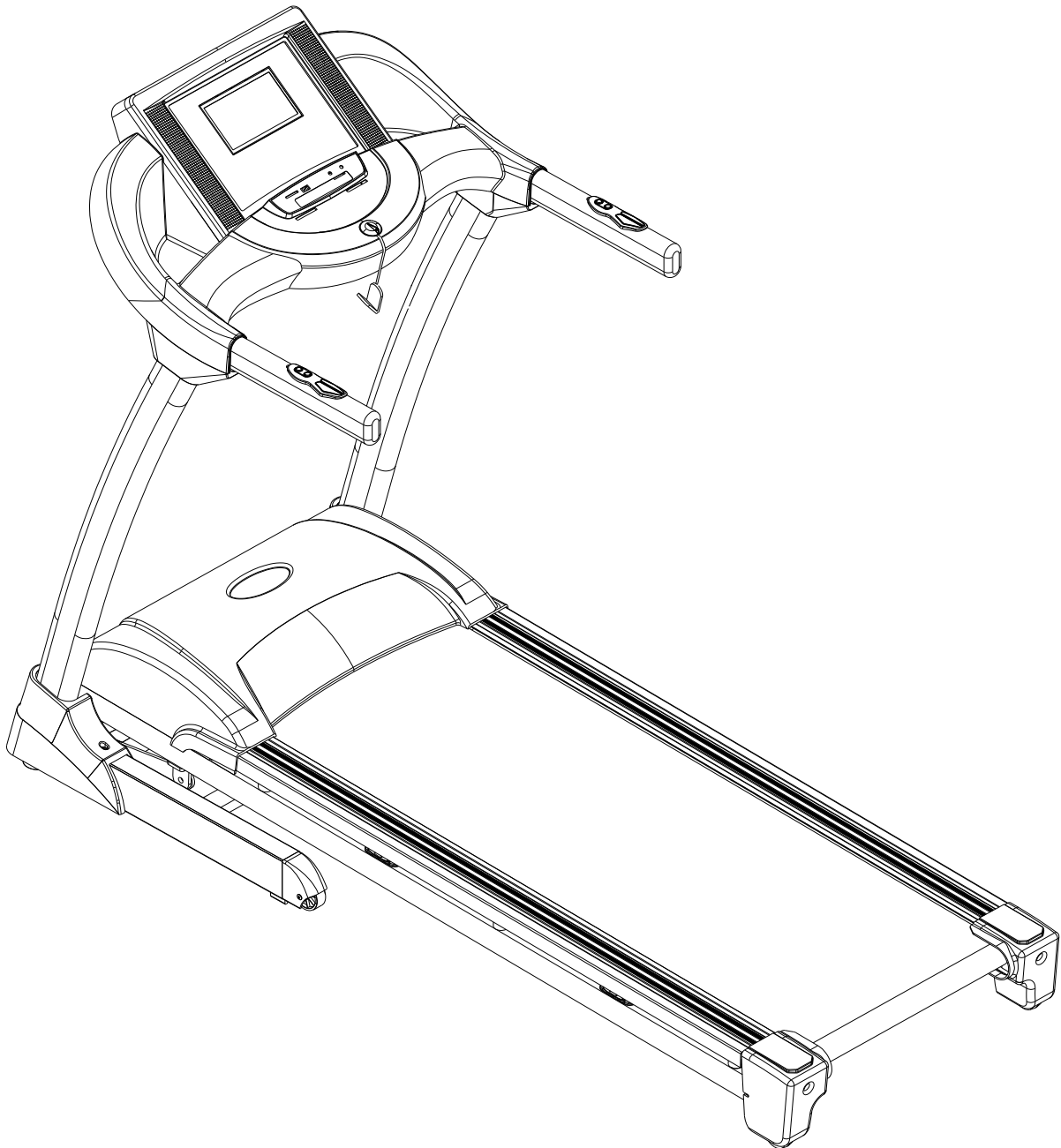




hattrick

SYNERGY MOTORIZED TREADMILL USER MANUAL



Special tips:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.

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Acknowledgement

Thank you for purchasing this item which can improve your health.

1、 Warranty

- We make sure that this item is made of high-quality materials.
- In normal use, we will take charge of maintenance if any problem occurs.
- If the item you purchased meets problems as follows, the manufacturer's warranty is not effective:
 - Damage caused by external reasons
 - Don't use original manufacturer's spare parts
 - Improper handling by yourself
 - Operate against user manual
- For easy-wear parts, such as belt, we don't provide maintenance and replacement for normal use.
- This warranty is only valid for home use, but is not suitable for gym or other professional exercise.
- If you want to purchase spare parts, please contact our services and provide this manual.

2、 Tips for Safety

We take much concern on safety when we are designing and producing this item. However, in case of emergency, please pay attention to following tips. We don't assume responsibility if any accident caused by improper operation..

- According to your body condition, please exercise properly. Overload or improper exercise will damage your health.
- While running, you should dress properly. Don't dress too loosely in case your clothes will be entangled by the machine .And please wear sport shoes. In order to avoid unnecessary injury, please don't let your children or pets play near the machine.
- This item is not suitable for children. For patients or the disabled, please use the machine under the guides of their doctors or guardians.
- Don't use this machine outdoor, high-humidity condition or in the sun.
- Please power off and pull the plug when the machine is not in use.
- This machine is for home use, but not suitable for professional exercise or testing and medical purposes.
- The displayed heart rate is for reference, not for medical use.
- If power wire is broken, please ask the manufacturer or professional services to replace it in case of danger.
- Please check all the parts before use. Make sure that all the screws and nuts are fastened.

- Please place the item on the clean, flat and solid floor. Make sure there is nothing sharp, no source of water or hear around the machine.
- Please stop exercising immediately and consult your doctor or fitness coach if you're feel giddy, surfeit, thorax ache or other symptoms.
- Hands shall avoid all running parts. Don't put your hands or feet under the running belt.
- This item is only for one person to use!
- Please use original manufacturer's spare parts and don't replace them yourself.

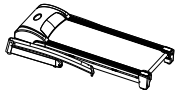
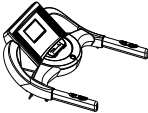
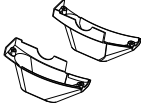
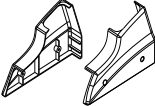

3、 Packing Details

Warning: Carefully install the product, avoid making any damage.


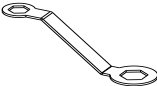

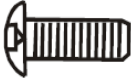

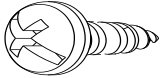

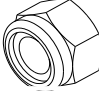



Notice: 1) Carefully read instructions before installation, operate in accordance with procedures.

2) Remove all paper boxes and foams

3) Check all the following components. If there are missing or problematic parts, please contact our services.

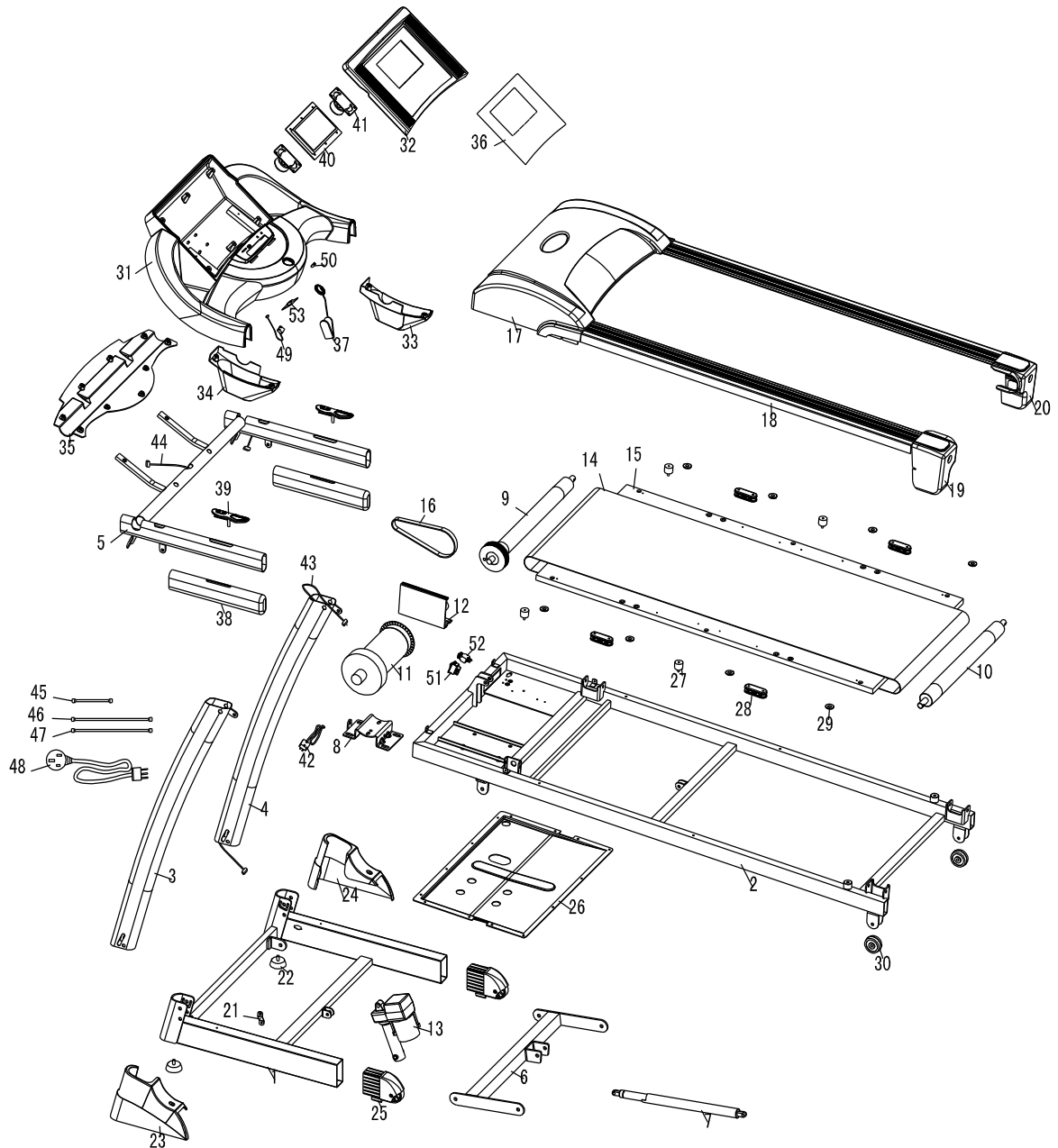
				
Frame	Meter	Decorative cover	Decorative cover	Hardware bag

Hardware bag

		
Multi-wrench 1 pcs	Homemade wrench 1 pcs	Umbrella-type allen screw M8*60 2pcs
		
Umbrella-type allen screw M8*20 6pcs	Umbrella-type allen screw M4*20 4pcs	Umbrella-type cross tapping screw M4.2*15 4pcs
		
Washer 8pcs	Nut 4pcs	Safety key 1pcs
		
Lubricant 1pcs	MP3 connector 1pcs	

4、Explosive View:

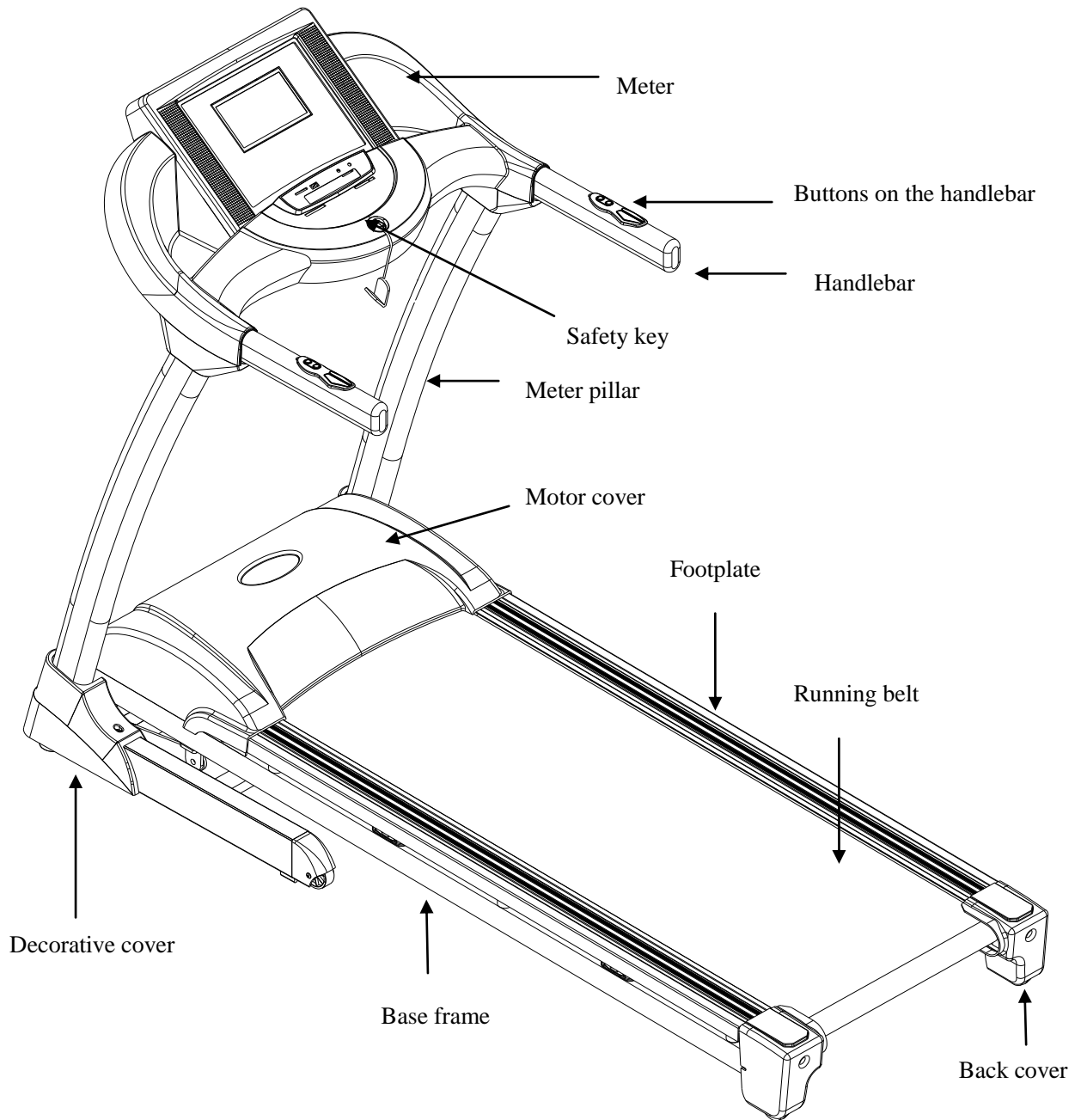
These are all the components used in installation. All components are listed in the following form.



5、 List of Components

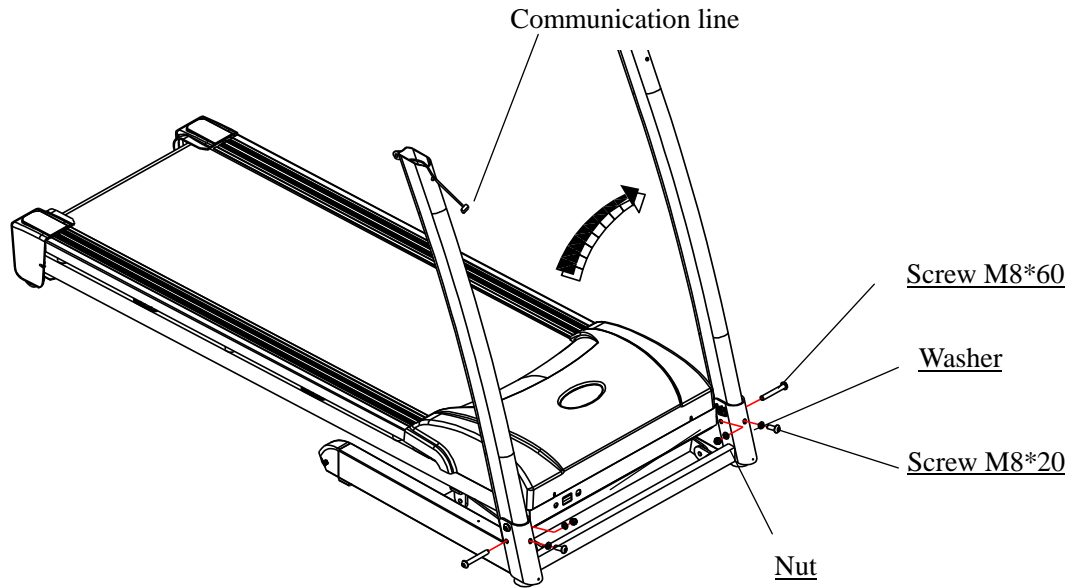
No.	Component	Quantity	No.	Component	Quantity
1	Base frame	1	29	Locating pad of footplate	8
2	Main frame	1	30	Rubber transporting wheel	2
3	Left meter pillar	1	31	Upper cover of the meter	1
4	Right meter pillar	1	32	Panel of the meter	1
5	Meter frame	1	33	Right decorative cover of the pillar	1
6	Incline frame	1	34	Left decorative cover of the pillar	1
7	Pressure stick	1	35	Under cover of the meter	1
8	Motor stator	1	36	Pad of the meter	1
9	Front roller	1	37	Safety key	1
10	Back roller	1	38	Sponge sheath on handlebars	2
11	Motor	1	39	Hand heart rate	2
12	PCB	1	40	Upper control panel	1
13	Incline motor	1	41	Speaker	2
14	Running belt	1	42	Sensor wire	1
15	Running board	1	43	Upper communication line	1
16	Multislot belt	1	44	Under communication line	1
17	Motor cover	1	45	Red connecting line	1
18	Footplate	2	46	Red connecting line	1
19	Left back cover	1	47	Green connecting line	1
20	Right back cover	1	48	Power wire	1
21	Connecting part of base frame	1	49	Reed pipe for safety key	1
22	Adjustable foot pad	5	50	MP3 module	1
23	Left decorative cover	1	51	Power switch	1
24	Right decorative cover	1	52	Overload protector	1
25	Set of transporting wheel	2			
26	Cover under motor	1			
27	Shock gasket	4			
28	Shock absorber	4			

6、Treadmill Structure



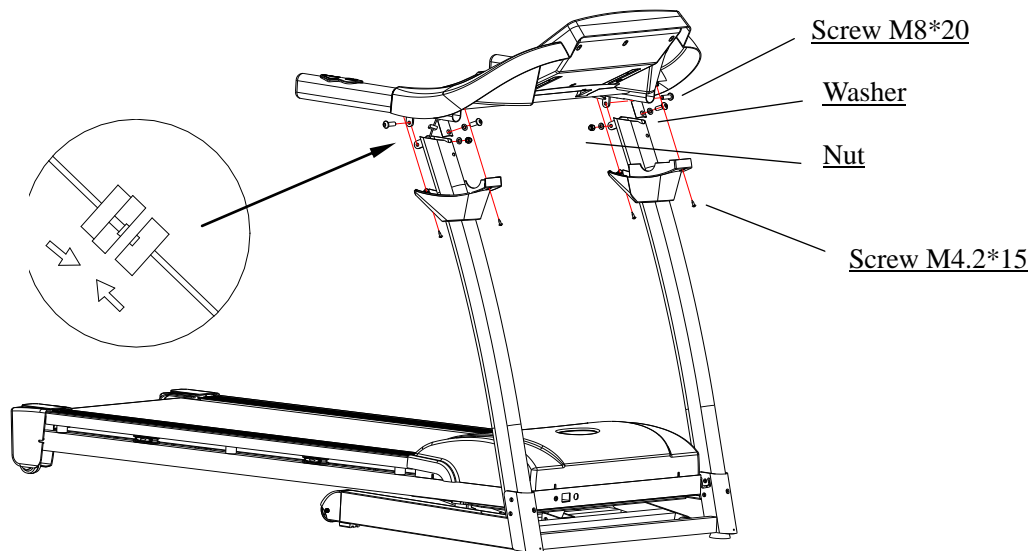
7、Installation

Step 1: Install meter pillars



- Let the communication line pass through the right meter pillar.
- Put meter pillars on the base frame. First, use 2 Screw M8*20 and 2 washers; second, use 2 Screw M8*60, 2 washers and 2 nuts to fasten meter pillars. (Don't tighten screws at first)

Step 2: Install the meter

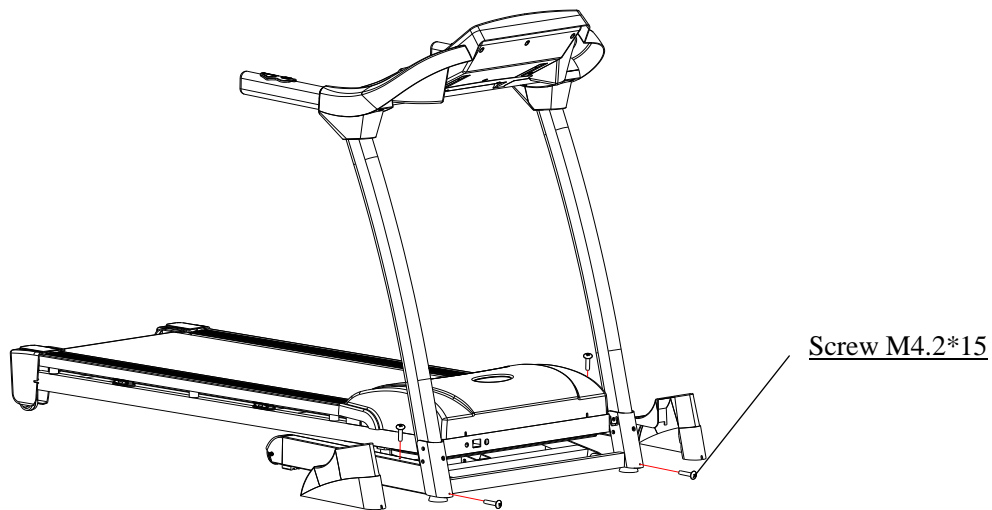


- Put decorative cover through left and right pillars.
- Make sure that communication lines are connected correctly
- Put the meter on the meter pillars. Use 4 Screw M8*20, 4 washers and 2 nuts to

fasten the meter. (Don't tighten screws at first)

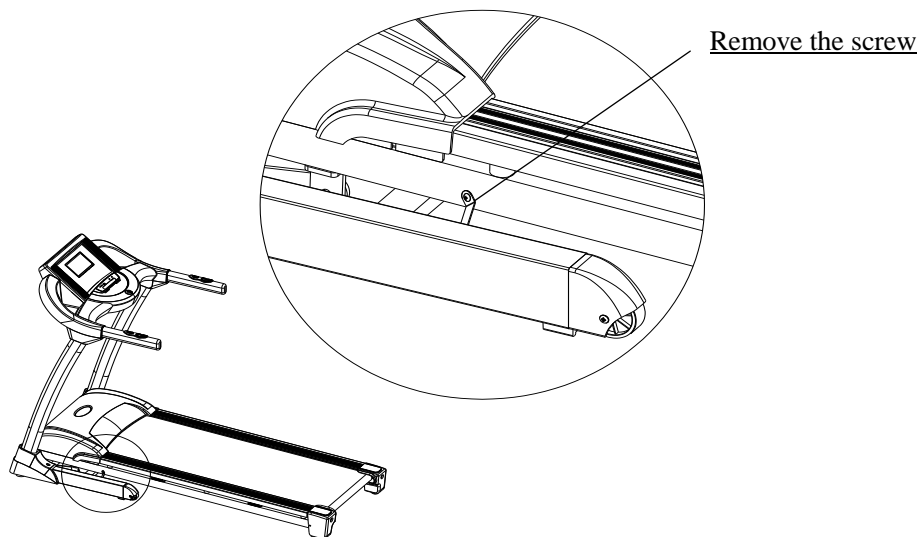
- d) Turn power on and start the machine. If all functions work well, tighten all screws in **Step 1** and **2**.
- e) Use 4 Screw M4.2*15 to fasten left and right decorative covers of pillars.

Step 3: Install decorative covers.



- a) Use 4 Screw M4.2*15 to fasten left and right decorative covers.

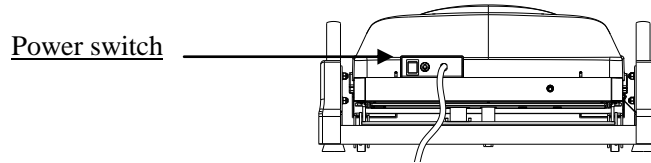
Step 4: Remove the screw in base frame



8、 Use Instructions

Power:

Insert the power plug and switch on the machine. The switch light will be on and you will hear a sound like “Di”. Then you will find the meter is on.



Safety key:

The machine can work only when safety key is put at the appointed position. Nip the other end of the safety key to clothes. In this way, you can pull up safe key to stop the machine immediately in case of accidents. If you want to use the machine again, put safety key back.



Folding instructions :

➤ Folding:

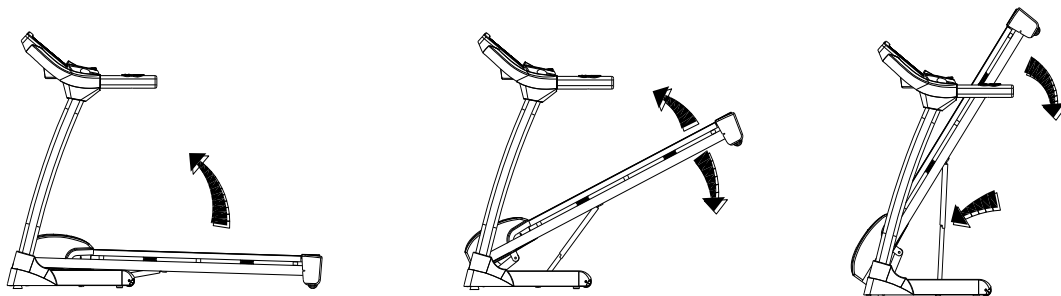
Folding the machine will save space.

Before folding, please switch off and pull up the plug.

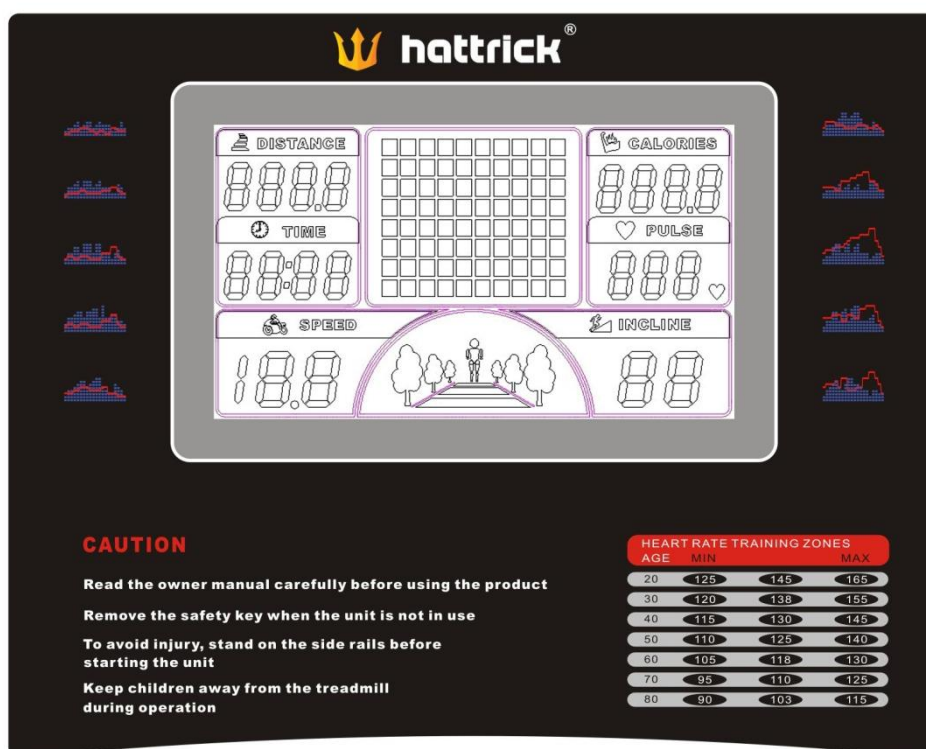
Use hands to lift the running board until it is locked.

➤ Unfolding:

First, lift up the running board a little and step on the pressure sticker. Second pull down the running board for a while, then the running board will goes down to the ground automatically.









9、Guides for Console Operation



Specifications

Time	00:00-99:59 min	
Speed	1.0-20.0 km/h	
Incline	0-20%	
Distance	0.00-99.9 km	
Calories	0-999 kcal	
Heart rate	50-200 / min	
Program	Built-in program	P1-P99
	Count-down mode	Time/Distance/Calories
	Body fat measurement	Fat
Sex	1/0 (Man/Woman)	

Panel buttons and functions

	<p><u>START button:</u> Press “Start” button, the system will count down in 3 seconds, which displays on the screen! The machine will run at the speed of 1.0km/h.</p>
	<p><u>STOP button:</u> Press this button to stop the running machine. <u>Reset:</u> Press “Stop” button twice continuously to reset the machine.</p>
	<p><u>PROG. Button</u> In ready condition, press “PROG” button to select programs from P1-P99. P1-P99 are built-in programs. After finish selection, press “Start” button to start the machine!</p>
	<p><u>MODE button</u> In ready condition, press “MODE” button to select from Time, Distance and Calories count-down modes. After finish selection, press “Start” button to start the machine!</p>
	<p><u>SPEED Δ ∇ button</u> In ready condition, buttons are used to adjust preset-data. In running condition, buttons are used to adjust speed, and the adjusting range is 0.1km/h each time. Keep pressing buttons for over 0.5 second, the speed will continuously increase or decrease.</p>
	<p><u>INCLINE Δ ∇ button</u> In ready condition, buttons are used to adjust preset-data. In running condition, buttons are used to adjust incline, and the adjusting range is 1% each time. Keep pressing buttons for over 0.5 second, the incline will continuously increase or decrease.</p>



SPEED direct button

In running condition, press these buttons to set the speed to be 3km/h, 6km/h and 9km/h directly.



INCLINE direct button

In running condition, press these buttons to set the incline to be 3%, 6% and 9% directly.



“O” button

Press this button to select from “LINE-IN”, “USB”, “SD” and “FM radio” modes.



“M” button

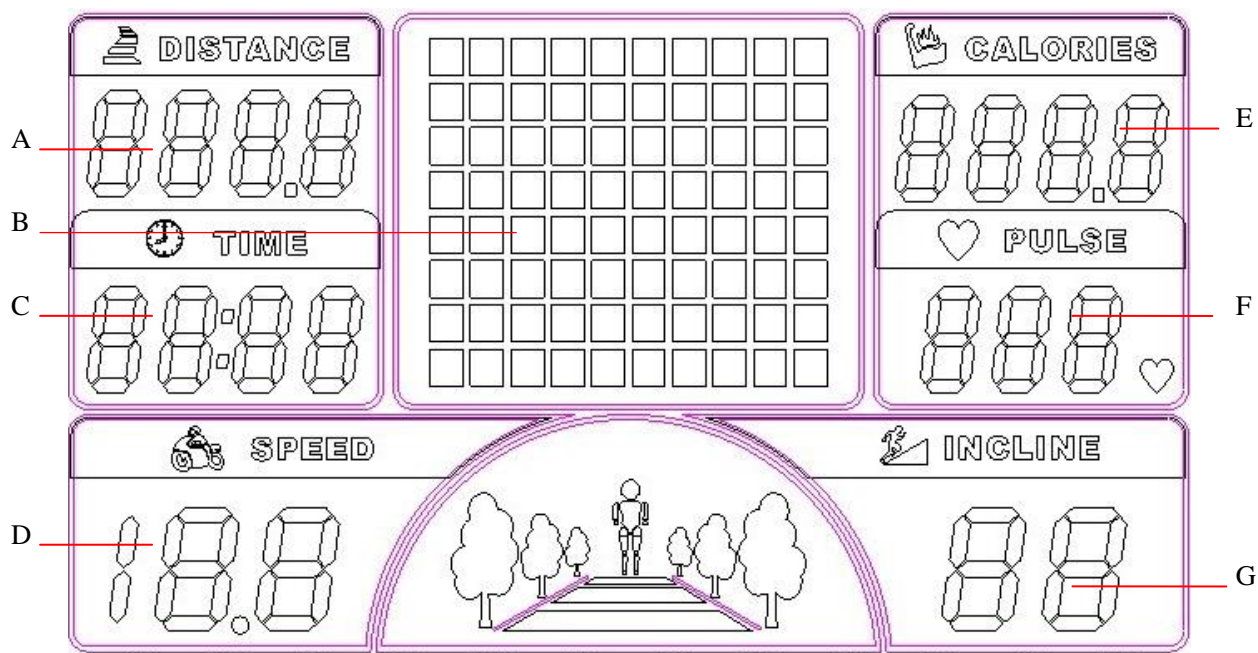
In “LINE-IN”, “USB” or “SD” mode, press this button to Start or Pause the music.
In “FM radio” mode, press this button to Search radio programs.



“◀” and “▶” buttons

Press “◀” button to change into the former music or radio program. Press this button for a while to turn down the sound.
Press “▶” button to change into the next music or radio program. Press this button for a while to turn up the sound.

Screen



A	Display distance
B	Display mimic diagram
C	Display time
D	Display speed
E	Display calories
F	Display pulse
G	Display incline

10、 Detailed Instructions

a. Quick start (Manual mode)

1. Switch power on and put the safety key at the appointed position.
2. Press "Start" button, the system will count down in 3 seconds, which displays on the screen! The machine will run at the speed of 1.0km/h.
3. According to your needs, press "SPEED Δ or ∇ " to change speed and press "INCLINE Δ or ∇ " to change incline.
4. When hands are on hand heart rate sensors for 5-8 seconds, heart rate will be displayed on the screen.

b. Count-down mode:

In ready condition, press “MODE” button to select countdown modes. After finish selection and reset “Time/Distance/Calories”, press “Start” button to start the machine!

1. In “Time Mode”, the screen displays flashing “15: 00”. Then press “SPEED Δ or ▽” or “INCLINE Δ or ▽” to reset time from 05: 00—99: 00.
2. In “Distance Mode”, the screen displays flashing “1.0”. Then press “SPEED Δ or ▽” or “INCLINE Δ or ▽” to reset distance from 0.5—99.9.
3. In “Calories Mode”, the screen displays flashing “50”. Then press “SPEED Δ or ▽” or “INCLINE Δ or ▽” to reset calories from 10—999.

c. Built-in program

There are 99 built-in programs, from P1 to P99. In ready condition, press “PROG.” button to select one program from P1-P99. After that, press “MODE” button to set time from 5: 00—99: 00. Then press “START” button to start the machine.

Every built-in program is divided into 10 periods, each period lasts 1/10 of set time. During every period, press “SPEED Δ or ▽” to change speed and press “INCLINE Δ or ▽” to change incline if necessary. From one period to another, there will be a sound like “Bi” for 3 times, then speed and incline will be changed according to built-in programs. After finishing one program, there will be a sound like “Bi” for 3 times, then the machine will stop slowly and the screen will display “End”. The machine will be in ready condition in 5 seconds.

d. Body fat measurement:

In ready condition, press “PROG.” button continuously to “FAT”. Press “MODE” button to select “HEIGHT”, “WEIGHT”, “AGE”, “SEX” and “FAT”. Press “SPEED Δ or ▽” or “INCLINE Δ or ▽” to set above data. Then press “MODE” to “FAT” screen. At this time, put your hands on the hand heart rate sensor for 5-8 seconds. Then you will see body fat displayed on the screen.

Please find out whether your weight and height fits according to the following form. (These data is only for reference, not for medical use)

F-1	SEX	1-MAN	0-WOMAN
F-2	AGE	10-99	
F-3	HEIGHT	100-220	
F-4	WEIGHT	20-150	
F-5	FAT	≤19	Thin
		20—25	Fit
		25—29	Overweight
		≥30	Obesity

e. Power saving:

When the power is on, if the machine doesn't work for 10 minutes, it will sleep and the screen will be off. Press any key to wake up the machine.

11、Maintenance

Maintain the machine

Proper maintenance can always keep the machine in good condition.

1. Do not use sand paper or solvent to clean the machine.
2. Controlling parts can not be exposed in the sun or humid environment.
3. Check and tighten all parts regularly. Replace broken parts immediately.

Adjust the running belt

The running belt is well adjusted before being packed. After a period of use, the running belt may loosen or deflect, which is normal. Then it is necessary to adjust the running belt, otherwise there will be friction damage to the running belt.

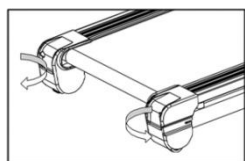
1. Tension:

- a) Keep the machine at the speed of 3km/h.
- b) Put the multi-wrench into the left adjusting screw and turn clockwise by 1/4 circle.
- c) Put the multi-wrench into the right adjusting screw and turn clockwise by 1/4 circle.
- d) If necessary, repeat Step b and c as above until the running belt runs smoothly.

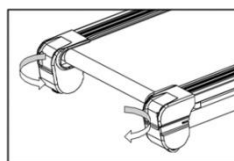
Note: These four steps are available to tighten the running belt, if you need to loosen it, please turn anti-clockwise.

2. Deflection:

- a) Keep the machine at the speed of 6km/h.
- b) If the running belt deflect to the left, put the multi-wrench into the left adjusting screw and turn clockwise by 1/4 circle or put the multi-wrench into the right adjusting screw and turn anti-clockwise by 1/4 circle. (Diagram 1)
- c) If the running belt deflect to the right, put the multi-wrench into the right adjusting screw and turn clockwise by 1/4 circle or put the multi-wrench into the left adjusting screw and turn anti-clockwise by 1/4 circle. (Diagram 2)
- d) If necessary, repeat Step b and c as above until the running belt runs in the middle.



Deflect to the left (Diagram 1)



Deflect to the right (Diagram 2)

Lubricant (White bottle)

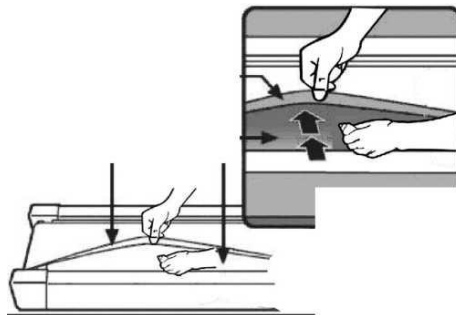
All treadmills were added lubricant before packed. However, it is still necessary to add lubricant after using the machine for 30 hours or 30 days.

How to add lubricant:

- a) Cut a small hole at the head of the lubricant bottle. Make sure that the lubricant can be shot out from the hole.
- b) Lift up the running belt and shoot the lubricant to the middle of the running board.
- c) Put down the running belt and put some pressure on the place where you add lubricant.
- d) Start the machine at the speed of 1 km/h for 1 minute.

We recommend lubrication of the deck according to the following timetable:

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



Cleaning

Clean the machine regularly to extend service life. Here are some tips for cleaning:

- a) Please power off and pull the plug before cleaning.
- b) Do not use corrosive or liquid material to clean the machine, which shall cause damage to electronic parts.
- c) Frequently wipe out the sweat and dust on the surface, running board or somewhere else by clean or wet cloth.
- d) Please clean the floor around the machine every week.

12、 Guides for Malfunction

Analyzing and eliminating malfunction

Item	Malfunction	Reason	Solution
1	The machine doesn't work	The safety key is missing	Put the safety key at the right position
		The power switch is in "0" position	Turn power switch to "1"
2	The meter doesn't work	The meter and upper communication line are not correctly connected	Disassemble the meter and make sure that the meter and communication line are well connected.
		The upper communication line is broken	Replace the upper communication line!
3	E01 on the screen	Communication failed	Check sensor wire to see whether it is well connected or whether it is broken.
4	E02 on the screen	Motor crush protection	Check input voltage first. If the voltage is standard, check control panel and motor
5	E03 on the screen	No signal	If there is no signal from speed sensor wire for 5-8 seconds, check connections first, then replace sensor wire if broken
			If there is no signal from the motor for 5-8 seconds, check connections first, then replace the motor if broken
6	E04 on the screen	Error of incline	Check whether the VR wire of incline motor is well connected. Then check other connections of incline motor are good. If there are lines broken, replace them.
7	E05 on the screen	Current overload protection	Check the motor. If it's good, restart the machine. If there is something broken in control panel or the motor, replace control panel or the motor.

Note: If the machine still doesn't work after taking these solutions, please contact our services as soon as possible.