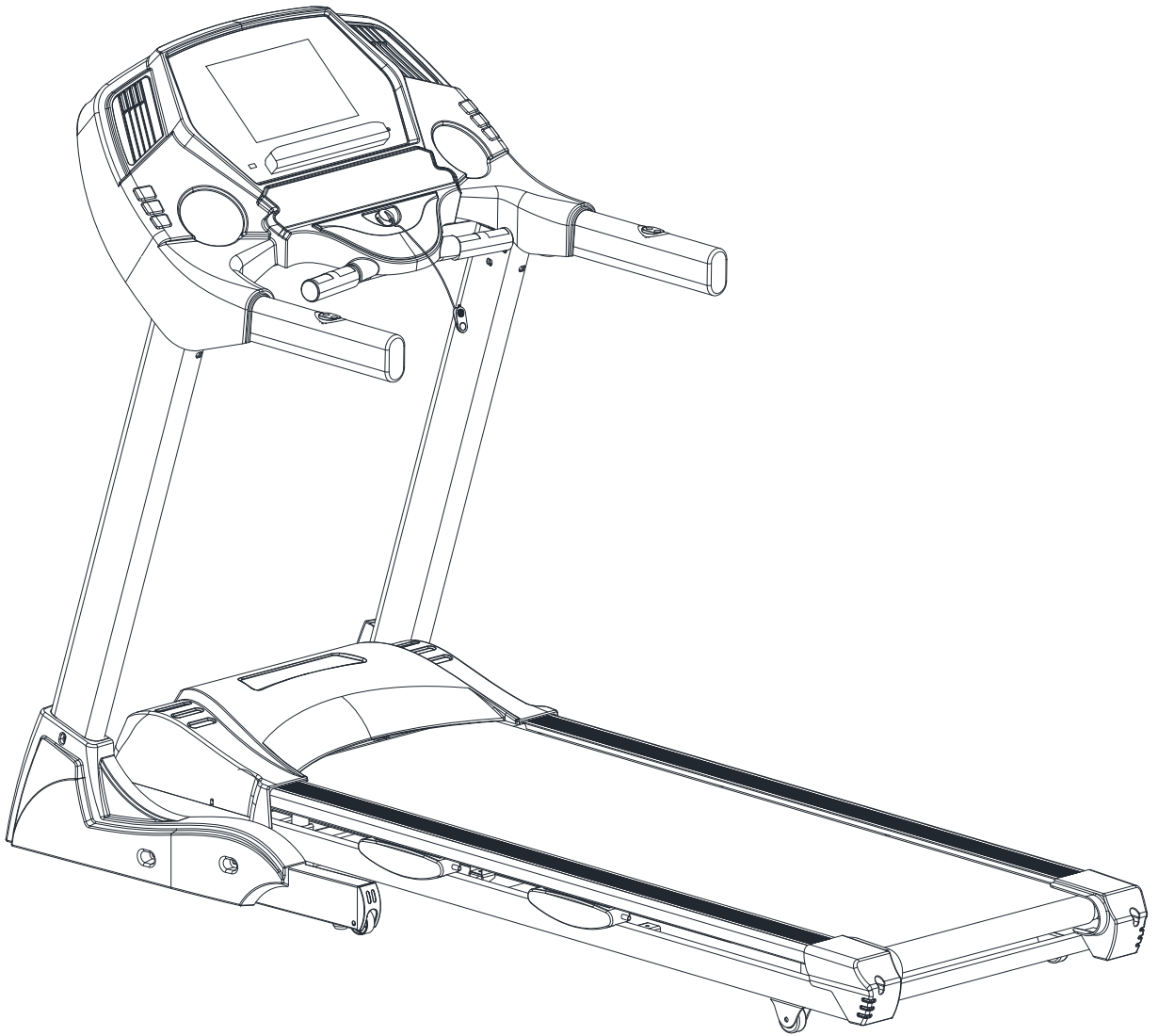# Owner Manual For Motorized Treadmill TM-320

★ **Please read all precautions and instructions in this manual before in detail before using this equipment. Save this manual for future reference.**

Contents

SAFETY TIPS

1, Electric treadmill in a clean and smooth place, do not put electric treadmill on the thick carpet, lest affect the circulation of air in the lower part of the electric treadmill. Also do not put electric treadmill near water or outdoor use, pay attention to moisture-proof.

2, After the electric treadmill is fully installed and the motor protection cover. To connect to the power supply. Plug the power cord plug into the power outlet with safe grounding 10a, we recommend that you use a socket with an overcurrent protector to ensure the safety of the treadmill and the user.

3. Please remove the protective cover casually. If you need to open it for maintenance, make sure to pull out the power cord plug first. (it is recommended that professionals repair.

4. When placing an treadmill, do not block the socket on the wall for easy insertion.

5, The power cord of the treadmill is special, if the power cord damage, please purchase from the dealer, or directly contact the company.

6.Check the installed treadmill again to see if the bolt is locked.

7.Note that the electric treadmill is a special device. Do not modify it for use.

8.Do not insert any other items in any part of the equipment. Avoid damaging the equipment.

Attention :

In order to avoid accidental injury, you must pay attention to the following:

1, to prevent injury, please warm up before exercise.

2. Any strenuous exercise can only start after 40 minutes after meals.

3. Before using the treadmill, check whether the power supply is loaded and the safety lock is effective. Then suck one end of the safety lock onto the treadmill. One end of the jacket or belt, in case of an emergency can be pulled off the safety lock.

4 when standing on the running belt please do not turn on, when the power on, the running belt may have a pause at the beginning of exercise. One must stand on a plastic skid board on either side of an electric treadmill until the running belt moves.

5, please naturally swing your arms while exercising, look ahead, do not look down at your feet.

6. Accelerate gradually when you exercise, until you adapt to the existing speed and then accelerate.

7. Do not wear too long when you exercise. Too loose clothes to be hooked to the electric treadmill, usually wearing rubber soles running shoes or fitness shoes.

8, the first time to use the electric treadmill, be sure to hold on to the handrails. Do not loosen the armrest until you feel comfortable. 9. The continuous movement can not exceed 90 minutes. Please unplug the power plug and remove the safety switch in time to avoid overloading.

10. The safety key should be pulled off immediately during the exercise, hands on the handle, feet jump on the anti-skid board, and then leave.

11, when not using the treadmill, the safety lock should be put away. Do not be taken by children. Minors in the use of treadmill must be accompanied by adults.

12, before folding the treadmill must be completely stopped and reset; Folding is not allowed to operate the treadmill.

13, the rear of the treadmill must be reserved 2000mm × 1000mm space.

SAFETY TIPS
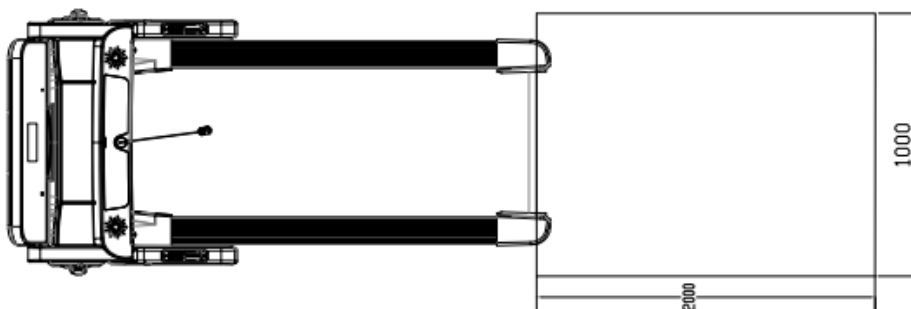
Warning :

1. Two or more people are not allowed to use the treadmill at the same time.
2. The heartbeat monitoring system is for reference only and cannot be used as medicine. Excessive exercise can cause serious injury or death. If you feel dizzy, stop exercising immediately.
3. Children, disabled and pets stay away from the treadmill. All parts of the electric treadmill can be ordered at the local distributor. The distributor can provide you with the services you need.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The 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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.
There is no need to use any adapter for this product.

Figure
Grounding methods

GROUNDED OUTLET

GROUNDED PIN
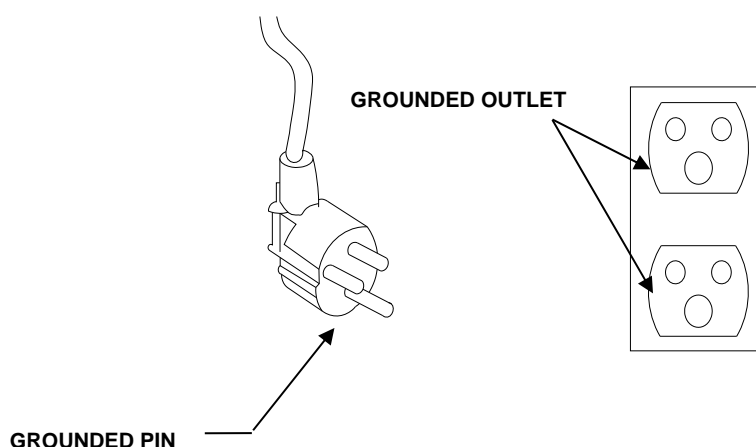
ASSEMBLY INSTRUCTIONS

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.

1	5	15	16	30
40	49	50	77	87
94	100	101	102	103

Parts of assembly：

No.	DESC.	SPEC.	Q'TY	No.	DESC.	SPEC.	Q'TY
1	Main Frame		1	5	Computer		1
15	Hexagon Socket Head Bolt	M10*60	4	16	Hexagon Socket Head Bolt	M10*20	10
30	Cross Round Head Screw	ST4*15	6	40	Internal Serrated Washer	¢10*1	16
49	Left Base Cover		1	50	Right Base Cover		1
77	Safety Key		1	78	Power Line		1
94	Silicon Oil		1	100	MP3 Wire		1
101	Allen Wrench	5#	1	102	Allen Wrench	6#	1
103	Cross Open End Wrench	13 14 15	1				

Installation tools:

Allen Wrench 5mm 5# 1pcs

Allen Wrench 6mm 6# 1pcs

Cross Open End Wrench 13 14 15   1pcs

ASSEMBLY INSTRUCTIONS

Note: Do not plug in the power line until the installation is been completed.

STEP 1:
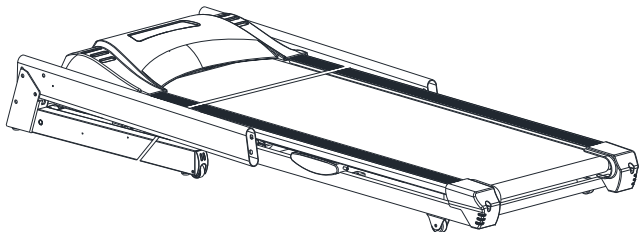
Take out from the carton,and put the main frame in the ground.

STEP 2:
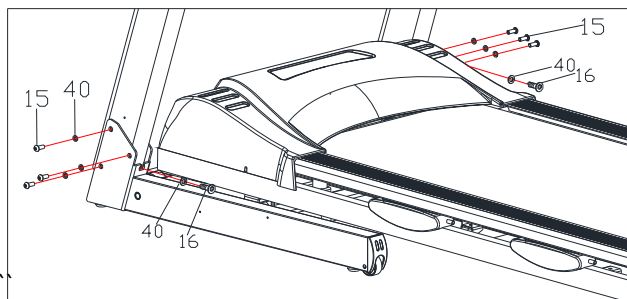
Use a tool(102) to lock Hexagon Socket Head Bolt(15),Internal Serrated Washer(40) and Hexagon Socket Head Bolt(16) into uprights frame and base frame,not firmly.

STEP 3:
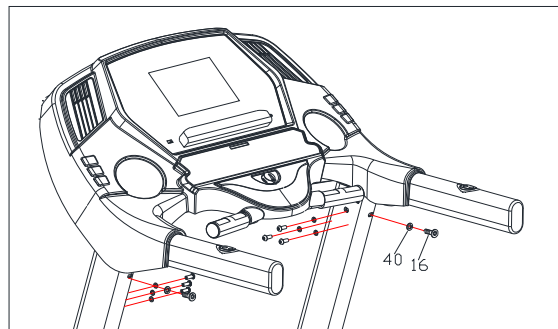
Use a tool(102) to lock Internal Serrated Washer(40) and Hexagon Socket Head Bolt(16) into uprights frame and console frame,not firmly.

STEP 4:
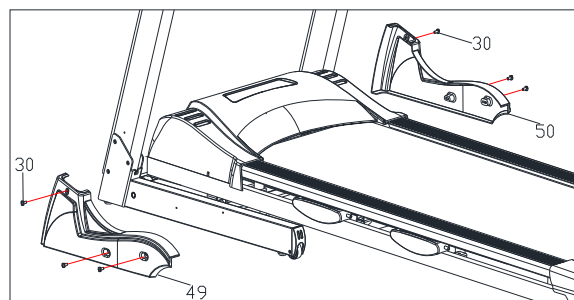
Lock all screws of uprights firmly,then use a tool(103) to lock Cross Round Head Screw(30),Left Base Cover(49) and Right Base Cover into base frame.

STEP 5:
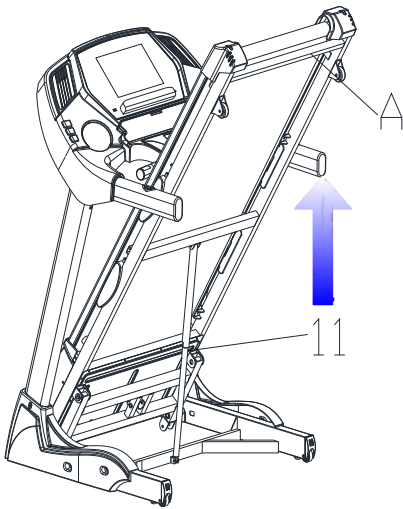
Hold one hand up to the arrow at A and hear the gas spring (11) sound.

STEP 6:
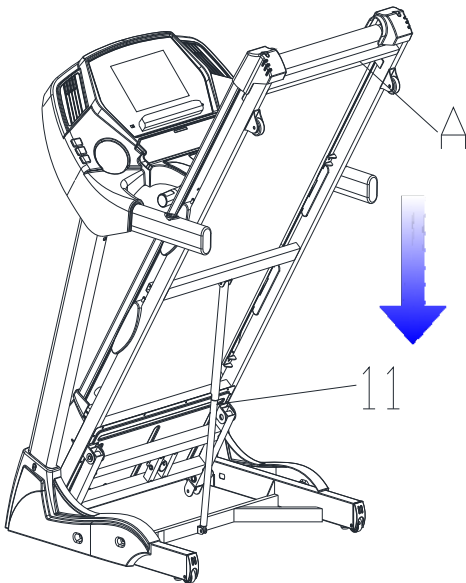
Hold one hand at A, kick the gas spring(11) with your foot, press the hand at A slightly harder down to the rear end of the armrest, let go of the rest of the arm, let go of the machine, and then you can automatically drop it down to the end of the armrest.

NOTE: For your safety and comfort, please check if all screws are fastened
Congratulation! A brand new motorized treadmill has been successful assembled!

➢ **LCD Display Readout :**

1. **Function Button：** START，STOP，PROGRAM，MODE，SPEED+/-，INCLINE+/-,Speed quick button,Incline quick button,Volume+/- button,Switch music up and down buttons,Music start pause button.

2. **KEYBOARD FUNCTION：**

   A "PROGRAM" button : Select program,user 1-5 and FAT while the machine is stop.

   B "MODE" button : Select TIME / DISTANCE / CALORIES countdown mode.

   C "START" button:When machine is sotp,press this button,it will be working.

   D "STOP" button:When machine is working,press this button,it will be stop.

   E "SPEED+" 和 "SPEED -" button:When machine is running,press these button to adjust speed

and parameter.

F　"INCLINE+"和"INCLINE-"button:When machine is running,press these button to adjust incline and parameter.

G　Quick speed button：When machine is running,press quick speed button"4 8 12 16",it will be matched to corresponding speed values.

H　Quick incline button：When machine is running,press quick inlcine button"4 8 12 16",it will be matched to corresponding incline values.

I　Volume+ button:When playing music, press this button to increase the volume.

J　Volume- button:When playing music, press this button to reduce the volume.

K　Switch music up button: Press this button when playing music to switch to the previous music.

L　Switch music down button: Press this button when playing music to switch to the next music.

M　Music start pause button:Press this button when playing music to stop the music.Press again,to start the music.

➢ Safety Key Function
When you take off safety key,the LCD will display E07,meanwhile the treadmill will be stopped.Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

➢ Heart Rate Function

With the treadmill on,hold steel sheet by both hands.For the most accurate heart rate vale,please stand on the treadmill while is stop,and holding time not less than 30 seconds.Showing range:50-200 / second.

This data is for reference only, not as medical data.

➢ The input parameter display and setting rang

	Initial	Setting initial value	Setting range	Show range
Prog. Time(min:sec)	0:00	30:00	5:00-99:00	0:00~99:59
Speed(km/h)	0.0	1.0	1.0-22.0	0.0-22.0
Incline(%)	0.0	0	0-20%	0-20%
Distance(km)	0.0	1.0	0.5 - 99.9	0.0 - 99.9
Calories(Cal.)	0	50	10-999	0-999
Mode Time(min:sec)	0:00	15:00	5:00-99:00	0:00-99:59

➢ Program Instruction : schedule

Each program divided running time into 20 intervals; the speed and incline on each interval has been preset in the factory.

PROG. TIME		Time set/20 intervals=running duration																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	3	6	5	4	4	4	4	5	6	3	6	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	4	3	5	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	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
	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	5	5	9	9	5	5	4	3
	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

	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	6	3	6	3	4	4	5	5	3	3	3	2	2	2
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	1
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	2
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	4	3	3	3	4	5	5	3	3	3	2	2	2
P21	SPEED	4	5	4	4	4	2	3	3	5	3	2	3	3	4	5	3	4	5	5	3
	INCLINE	1	2	2	1	1	3	3	2	2	2	1	1	2	2	2	3	3	3	2	2
P22	SPEED	5	6	4	4	4	2	2	5	4	2	2	4	4	5	6	4	6	6	6	4
	INCLINE	2	2	3	3	3	4	4	3	2	2	1	2	2	2	2	3	3	2	2	2
P23	SPEED	2	4	4	4	4	2	4	5	3	2	2	4	4	6	6	4	7	7	7	4
	INCLINE	2	2	4	4	4	6	6	3	2	2	2	3	3	2	2	3	3	3	2	2
P24	SPEED	3	5	9	5	5	6	6	4	4	3	3	5	5	6	7	7	5	7	7	8
	INCLINE	2	2	4	4	4	6	6	3	2	2	2	3	3	2	2	3	3	3	2	2
P25	SPEED	3	4	5	4	3	3	6	5	4	2	2	4	4	5	6	7	7	5	6	7
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P26	SPEED	1	3	6	4	4	2	5	4	3	2	2	4	4	4	5	6	8	8	6	7
	INCLINE	3	4	4	4	3	3	3	4	3	2	3	5	5	5	4	4	4	3	3	3
P27	SPEED	4	5	3	3	3	6	6	5	3	3	2	3	3	3	4	5	3	4	5	3
	INCLINE	2	4	8	9	9	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P28	SPEED	1	3	4	4	4	2	3	4	4	2	2	3	3	6	7	7	4	6	7	4
	INCLINE	3	2	2	4	3	2	2	4	6	3	4	5	5	5	6	6	6	7	8	9
P29	SPEED	2	5	5	5	4	5	6	3	3	2	2	4	4	7	7	4	7	8	4	8
	INCLINE	5	5	8	8	9	9	9	7	4	2	5	5	5	6	6	6	4	4	6	6
P30	SPEED	6	6	5	4	4	2	4	4	3	3	2	4	5	6	7	5	4	6	8	8
	INCLINE	4	5	5	8	8	10	10	8	6	3	5	6	6	6	7	5	8	8	4	4
P31	SPEED	4	2	4	4	3	4	5	5	4	3	2	5	8	10	7	7	10	10	7	7
	INCLINE	2	4	5	6	3	2	5	5	2	0	4	5	3	2	6	6	2	2	2	2
P32	SPEED	5	5	2	2	4	5	5	7	6	3	3	4	9	9	5	9	5	8	5	9
	INCLINE	3	5	7	3	3	5	6	5	3	3	1	2	3	2	3	5	5	0	0	2
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	7
	INCLINE	2	0	0	5	5	3	2	3	2	1	3	3	5	6	5	3	3	7	5	3
P34	SPEED	2	3	4	5	6	5	4	3	2	1	2	2	4	5	9	9	4	4	4	5
	INCLINE	4	2	2	4	2	6	6	5	4	4	4	4	4	4	3	3	6	6	6	7
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P36	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	5	5	8	8	9	9	9	7	4	1	5	5	5	6	6	6	4	4	6	6
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	4	2	2	6	8	10	12	8	6	3	4	5	5	5	6	6	6	7	8	9
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	7	8	8	9	9	6	6	5	3	2	4	4	4	4	3	3	6	6	6	7
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	4	4	4	3	3	3	4	3	2	3	5	5	5	4	4	4	3	3	3
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	5	5	3	3	3	2	2	2	3	3	3	4	4	5	5	5	4	4
P41	SPEED	3	4	5	5	3	4	5	4	4	4	2	3	3	4	5	2	3	3	5	3
	INCLINE	3	3	3	2	2	1	2	2	1	1	1	1	2	2	2	3	3	2	2	2
P42	SPEED	4	6	6	6	4	5	6	4	4	4	2	4	4	5	6	2	2	5	4	2
	INCLINE	3	3	2	2	2	2	2	3	3	3	1	2	2	2	2	4	4	3	2	2
P43	SPEED	4	7	7	7	4	7	7	4	4	4	2	4	4	6	6	2	4	5	3	2
	INCLINE	3	3	3	2	2	2	2	4	4	4	2	3	3	2	2	6	6	3	2	2
P44	SPEED	7	5	7	7	8	8	5	9	5	5	3	5	5	6	7	6	6	4	4	3
	INCLINE	3	3	3	2	2	2	2	4	4	4	2	3	3	2	2	6	6	3	2	2
P45	SPEED	7	7	5	6	7	8	8	5	4	3	2	4	4	5	6	3	6	5	4	2
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2
P46	SPEED	6	8	8	6	7	8	8	6	4	4	2	4	4	4	5	2	5	4	3	2
	INCLINE	4	4	3	3	3	3	4	4	4	3	3	5	5	5	4	3	3	4	3	2
P47	SPEED	5	3	4	5	3	4	5	3	3	3	2	3	3	3	4	6	6	5	3	3
	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	4	4
P48	SPEED	7	4	6	7	4	6	7	4	4	4	2	3	3	6	7	2	3	4	4	2
	INCLINE	6	6	7	8	9	9	9	10	10	10	4	5	5	5	6	12	12	8	6	3
P49	SPEED	4	7	8	4	8	9	9	4	4	4	2	4	4	7	7	5	6	3	3	2
	INCLINE	6	4	4	6	6	5	5	8	8	9	5	5	5	6	6	9	9	7	4	2
P50	SPEED	5	4	6	8	8	6	6	5	4	4	2	4	5	6	7	2	4	4	3	3
	INCLINE	5	8	8	4	4	4	5	5	8	8	5	6	6	6	7	10	10	8	6	3
P51	SPEED	4	4	3	6	6	10	10	5	5	9	2	5	8	10	7	9	5	5	4	3
	INCLINE	6	2	2	2	2	2	4	5	6	3	4	5	3	2	6	2	5	5	2	0
P52	SPEED	5	6	6	5	6	7	5	5	7	9	3	4	9	9	5	9	5	7	6	3
	INCLINE	5	5	0	0	2	3	5	7	3	3	1	2	3	2	3	5	6	5	3	3
P53	SPEED	4	4	3	6	7	9	5	8	5	9	3	6	7	5	9	5	9	9	4	3
	INCLINE	3	3	7	5	3	2	0	0	5	5	3	3	5	6	5	3	2	3	2	1
P54	SPEED	5	4	3	2	1	2	3	4	5	6	2	2	4	5	6	5	4	3	2	1
	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	4	4
P55	SPEED	6	4	4	2	2	2	4	6	8	6	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2
P56	SPEED	8	6	4	2	2	2	4	6	8	6	2	4	6	8	10	6	4	4	2	2
	INCLINE	6	4	4	6	6	5	5	8	8	9	5	5	5	6	6	9	9	7	4	1
P57	SPEED	3	4	4	3	2	2	2	6	6	8	2	2	6	6	8	10	6	6	2	2
	INCLINE	6	6	7	8	9	9	9	10	10	10	4	5	5	5	6	12	12	8	6	3
P58	SPEED	3	4	5	3	2	2	3	4	5	2	2	3	4	5	2	3	4	5	3	2

	INCLINE	3	6	6	6	7	7	8	8	9	9	4	4	4	4	3	6	6	5	3	2
P59	SPEED	6	2	4	6	2	2	4	6	2	4	2	4	6	2	4	6	2	4	6	2
	INCLINE	4	4	3	3	3	3	4	4	4	3	3	5	5	5	4	3	3	4	3	2
P60	SPEED	5	4	3	2	1	1	3	4	5	6	1	3	4	5	6	5	4	3	2	1
	INCLINE	5	5	5	4	4	4	4	5	5	3	3	3	3	4	4	3	3	2	2	2
P61	SPEED	2	3	3	5	3	3	3	4	5	3	4	5	5	3	4	5	4	4	4	3
	INCLINE	3	3	2	2	2	1	2	2	2	3	3	3	2	2	1	2	2	1	1	2
P62	SPEED	2	2	5	4	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	4
	INCLINE	4	4	3	2	2	2	2	2	2	3	3	2	2	2	2	2	3	3	3	2
P63	SPEED	2	4	5	3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	4
	INCLINE	6	6	3	2	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	2
P64	SPEED	6	6	4	4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	8
	INCLINE	6	6	3	2	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	2
P65	SPEED	3	6	5	4	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	7
	INCLINE	3	3	2	2	2	3	3	4	4	5	5	5	4	4	4	4	5	5	3	4
P66	SPEED	2	5	4	3	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	7
	INCLINE	3	3	4	3	2	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3
P67	SPEED	6	6	5	3	3	3	3	3	4	5	3	4	5	3	4	5	3	3	3	3
	INCLINE	6	6	5	4	4	5	4	4	3	3	6	6	6	7	7	8	8	9	9	7
P68	SPEED	2	3	4	4	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	4
	INCLINE	5	5	8	8	5	5	5	5	6	6	6	7	8	9	9	9	10	10	10	9
P69	SPEED	5	6	3	3	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	8
	INCLINE	3	4	5	2	2	5	5	6	6	6	4	4	6	6	5	5	8	8	9	6
P70	SPEED	2	4	4	3	3	4	5	6	7	5	4	6	8	8	6	6	5	4	4	8
	INCLINE	5	5	7	5	3	6	6	6	7	5	8	8	4	4	4	5	5	8	8	4
P71	SPEED	3	2	2	4	5	3	8	10	7	7	10	10	7	7	10	10	5	5	9	7
	INCLINE	2	5	5	2	0	5	3	2	6	6	2	2	3	2	2	4	5	6	3	2
P72	SPEED	6	6	7	7	6	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9
	INCLINE	5	6	5	3	3	2	3	2	3	5	5	0	0	2	3	5	7	3	3	2
P73	SPEED	5	9	9	4	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	7
	INCLINE	3	2	3	2	1	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3
P74	SPEED	5	4	3	2	1	2	4	5	6	5	4	3	2	1	2	3	4	5	6	1
	INCLINE	6	6	5	4	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	7
P75	SPEED	6	4	4	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	2
	INCLINE	3	3	2	2	2	3	3	4	4	5	5	5	4	4	4	4	5	5	3	4
P76	SPEED	4	6	6	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	2
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P77	SPEED	10	6	6	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	2
	INCLINE	4	6	2	6	3	5	5	5	6	6	6	7	8	9	9	9	10	10	10	9
P78	SPEED	3	4	5	3	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	2
	INCLINE	6	6	5	3	2	4	4	4	3	3	6	6	6	7	7	8	8	9	9	7
P79	SPEED	6	2	4	6	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	2
	INCLINE	3	3	4	3	2	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3
P80	SPEED	5	4	3	2	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	1
	INCLINE	3	3	2	2	2	3	3	4	4	5	5	5	4	4	4	4	5	5	3	4

➢ **User Manual Program**

There are 5 user manual program besides 80 workout-in programs:U1、U2、U3、U4、U5.

1.User manual program setting:In ready mode,press PROGRAM button continuously until your desire (U1-U5) .Press MODE button to set speed and incline in total 10 intervals.

2.User manual program starting:

In ready mode,press PROGRAM button continuously until your desire(U1-U5),and set running time then start.

➢ **Body Fat Scale Function**

In ready mode, press PROGRAM button, window will indicate FAT to BODY FAT analysis function. Press MODE button to select parameters of the category(gender, age, height, weight) .Corresponding window can indicate F1,F2,F3,F4.Each one parameter selected category, press SPEED+- button to adjust parameter value. When all of parameter are adjusted, press MODE button again, corresponding window will indicate F5 , to enter the state of under test, then hold both hands on the handrail pulse kit for 8 seconds and the body fat reading will be displayed on the corresponding window.

Parameter Class	Default Value	Setting Range	Remark
Gender (F1)	1 (Male)	1—2	1=Male 2=Female
Age (F2)	25 years old	10—99 years old	
Height (F3)	170 CM	100—200 CM	
Weight (F4)	70KG	20—150KG	
Result (F5)	As below		

By Asian Standards： FAT ≤19 -- Under weight

19<FAT ≤25 -- Normal weight

25<FAT ≤29 -- Over weight

FAT≥30 -- Obesity

This data is for reference only, not as medical data.

➢ **IF THE METER DISPLAYS AS BELOW:**

QUESTION	EXPLAIN	FIRST INSPECT
E1	1.Signal wire error between the console and controller	Check signal wire
	2.Computer broken	Replace computer
	3.Motor control broken	Replace controller
E2	Controller broken	Replace controller
E3	1.Photoelectric sensor is not installed correctly	Check and connect well
	2.Photoelectric sensor broken	Replace Photoelectric sensor

		3.Poor connection between photoelectric sensor and controller	Check and connect well
		4.Controller broken	Replace controller
E4		Incline self-learning	Return to normal after incline self-learning
E5		1.Too much friction in running belt	Add silicon oil
		2.Controller broken	Replace controller
		3.Motor broken	Replace motor
E6		Motor line and motor broken	Replace motor

MAINTENANCE GUIDE

Warning: Be sure to remove the power plug from the electric treadmill before cleaning or maintaining the product.

Cleaning: full cleaning will extend the life of an electric treadmill.

Remove dust regularly to keep the parts clean. Be sure to clean the exposed parts on either side of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean. Avoid taking foreign objects into worn running boards and running belts under the running belt. The surface of the running belt should be scrubbed with soapy wet cloth. Be careful not to spill water on the electrical components and under the running belt.

Warning: Be sure to remove the plug from the power supply of the electric treadmill before moving the motor cover. Clean the running belt and electric running oil at least once a year

The running board and belt of this electric treadmill have been pre-lubricated. The friction force between the running belt and the running board has a great effect on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil on a regular basis.

We recommend a regular inspection of the board. If the board is damaged, please contact our customer service center.

We recommend that the running belt and the running board of the electric treadmill be lubricated with the following schedule:

Lightweight users (less than 3 hours per week) are used once a year;

Middleweight users (3-5 hours per week) are used once every six months;

Heavyweight users (more than 5 hours per week) are used every 3 months.

MAINTENANCE GUIDE
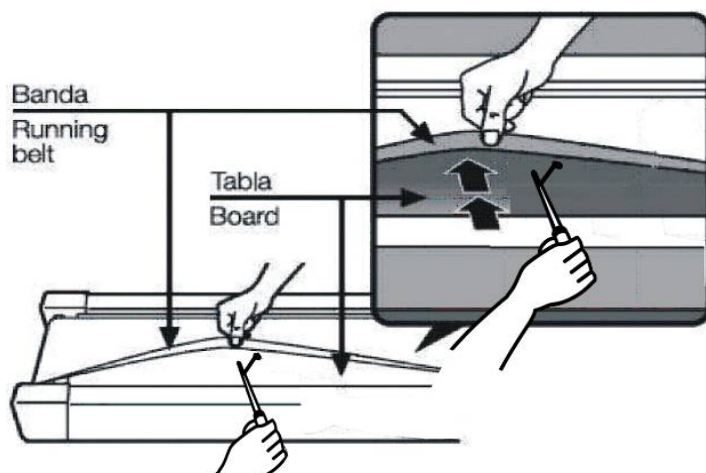
Running belt adjustment:

1. In order to better maintain your electric treadmill and prolong the life of the machine, it is recommended that you continue to use it for 2 hours.

Turn off the power and let the machine rest for 10 minutes.

2.If the running belt is too loose, it will slip while running; if it is too tight, it may reduce the performance of the motor,and make roller, running belt wear aggravated. When the running belit is appropriate elasticity,When the running belt is tight and suitable, you can lift both sides of the running belt from the running board by hand for about 50-75 mm.

Running belt alignment :

Put the electric treadmill on a flat ground.

Make the electric treadmill run at a speed of about 6-8 km / h and observe the running zone deviation.

If the running belt is biased to the right, unplug the safety lock, power switch, rotate the right adjustment bolt 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Observe running zone deviations. Repeat the above steps until the running belt is centered. Figure A.

If the running belt is biased to the left, unplug the safety lock, power switch, rotate the left adjustment bolt 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Observe running zone deviations. Repeat the above steps until the running belt is centered. Figure B

The running belt will gradually relax after the above adjustment or use for a period of time, which needs to be adjusted.

Unplug the safety lock, the power switch, and at the same time rotate the adjustment bolts on the left and right sides 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Then stand on the running belt to confirm the tightness. Repeat the above steps until the belt is moderately tight. Figure C
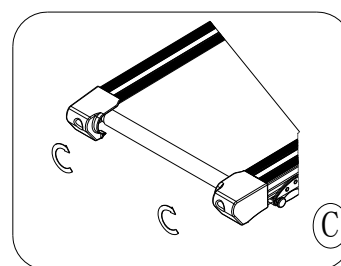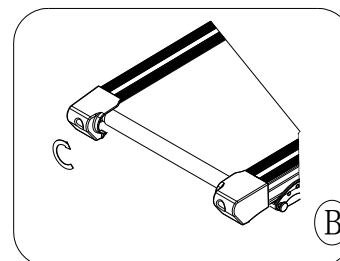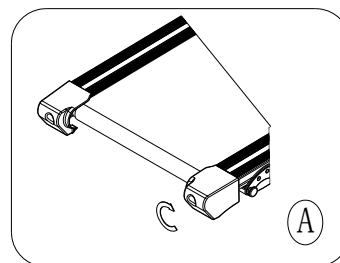
It's best to stretch before exercise. Warm muscles are easier to stretch. So warm up for 10 minutes with 5 minutes. Then stop and stretch as follows-5 times, 10 per leg at a time. Do it again after exercise is over for seconds or more.

1. Stretch downward: bend your knees slightly, bend slowly forward, relax your back and shoulders, and touch your toes with your hands as much as you can. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure l).

2. Stretch your feet: sit on a clean cushion and stretch one leg straight. Turn the other leg inward. Keep it close to the inside of a straight leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 2).

3. Extension of calf and foot tendon: two stand on wall or tree, one foot behind. Keep hind legs upright and heel to the ground, incline to wall or tree. Hold for 10 to 15 seconds. Then relax. Repeat each leg 3 times (see figure 3).

4.Quadriceps stretch: hold the balance on the wall or table with your left hand, then stretch back with your right hand, grab your right heel and pull slowly toward the hip. Until you feel the muscles in front of your thighs tense. Hold on for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 4).

5. The sartorius (muscle on the inside of the thigh) is stretched: the soles of the feet are opposite, the knees face out, and the hands grab the feet and pull towards the groin. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure 5).
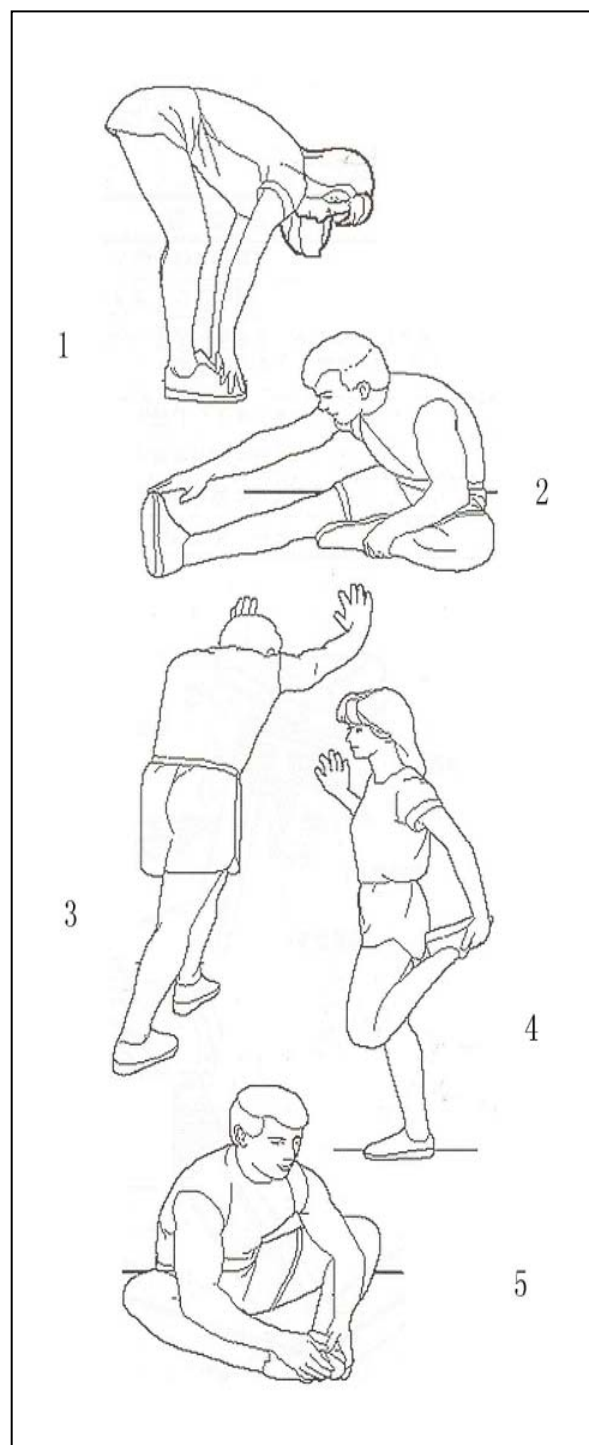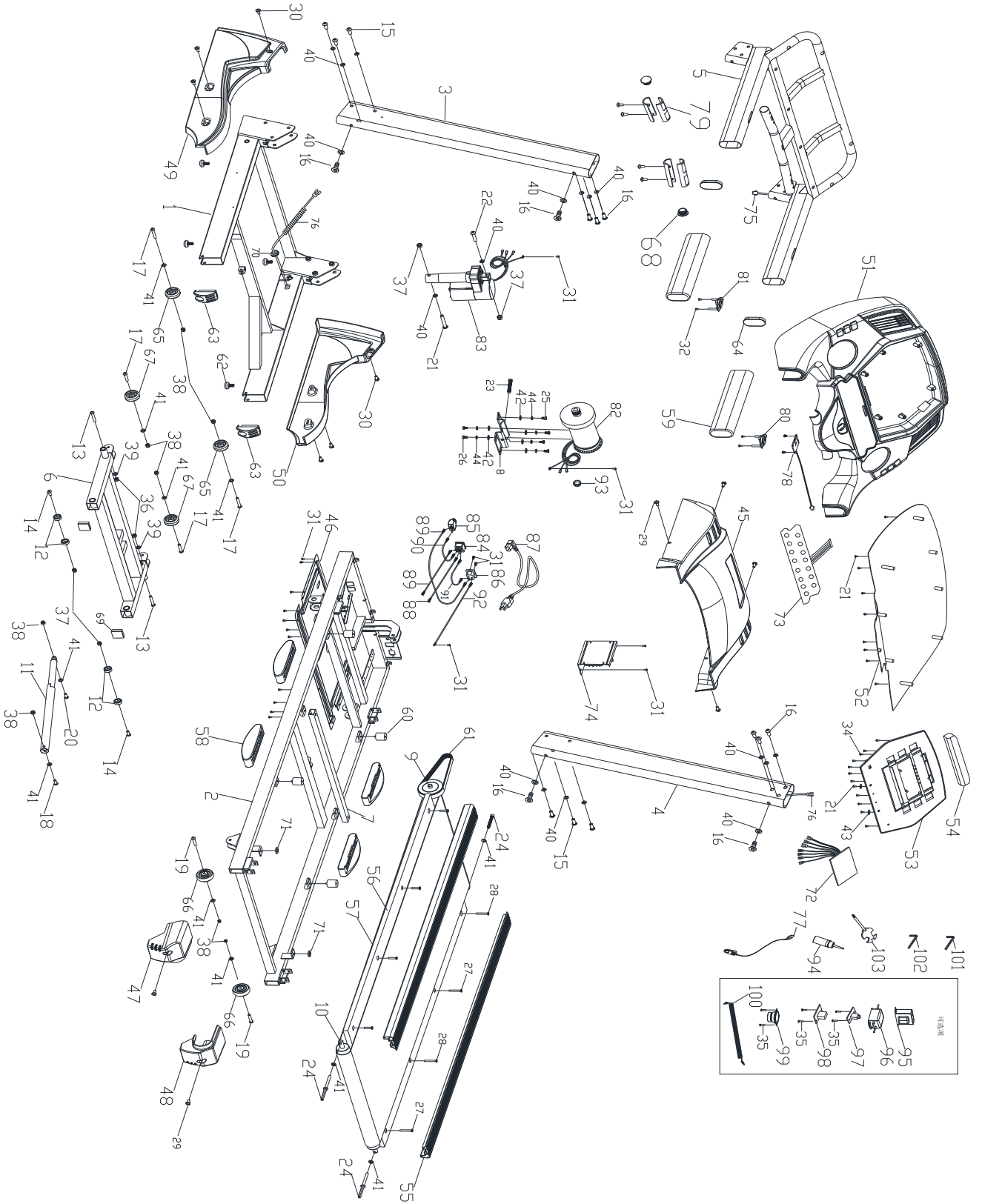
PART LIST

No.	DESC.	SPEC.	Q'ty	No.	DESC.	SPEC.	Q'ty
1	Base Frame		1	53	Panel		1
2	Main Frame		1	54	IPAD Rack		1
3	Left Upright		2	55	Side Rail		2
4	Right Upright		1	56	Running Deck		1
5	Console Rack		1	57	Running Belt		1
6	Incline Rack		1	58	Cushion		4
7	Runnig Deck Pipe		1	59	Handrail Foam		2
8	Motor Base		1	60	Cushion		4
9	Front Roller		1	61	Motor Belt		1
10	Rear Roller		1	62	Adjust Foot		4
11	Gas Spring		1	63	Handling Wheel Cap		2
12	Bearing Spacer		4	64	Oval Inner Pipe Plug		2
13	Hexagon Socket Head Bolt	M12*140	2	65	Handling Wheel		2
14	Hexagon Socket Head Bolt	M10*65	2	66	Handling Wheel		2
15	Hexagon Socket Head Bolt	M10*60	6	67	Moving Wheel		2
16	Hexagon Socket Head Bolt	M10*20	10	68	Handrail Cap		2
17	Hexagon Socket Head Bolt	M8*50	4	69	Square Inner Pipe Plug		2
18	Hexagon Socket Head Bolt	M8*45	1	70	Ring Protection Plug		1
19	Hexagon Socket Head Bolt	M8*40	2	71	Rubber Washer		6
20	Hexagon Socket Head Bolt	M8*25	1	72	Console		1
21	Hex Head Cap Bolt	M10*110	1	73	Keypad Board		1
22	Hex Head Cap Bolt	M10*45	1	74	Controller		1
23	Hex Head Cap Bolt	M8*75	1	75	Top Signal Wire		1
24	Socket Head Cap Screw	M8*65	3	76	Lower Signal Wire		1
25	Socket Head Cap Screw	M8*15	4	77	Safety Key		1
26	Socket Head Cap Screw	M8*12	2	78	Safety Key Sensor		1
27	Flat Head Socket Cap Screw	M8*30	4	79	Hand Pulse		1
28	Flat Head Socket Cap Screw	M8*25	4	80	Speed Quick Button		1
29	Truss Head Screw	M5*10	6	81	Incline Quick Button		1
30	Cross Tapping Screw	ST4*15	6	82	DC Motor		1
31	Cross Tapping Screw	ST4*12	19	83	Incline Motor		2
32	Cross Self Tapping Screw	ST4*65	4	84	Rocker Switch		1
33	Cross Self Tapping Screw	ST4*15	24	85	Circuit Breaker		1
34	Cross Self Tapping Screw	ST2.9*9.5	8	86	Socket		1
35	Cross Self Tapping Screw	ST2.5*8	10	87	Power Line		1
36	Hexagon Check Nut	M12	2	88	Blue Single Line		1
37	Hexagon Check Nut	M10	4	89	Brown Single Line		2
38	Hexagon Check Nut	M8	8	90	Brown Single Line		1
39	Internal Serrated Washer	¢12.5*1	2	91	Blue Single Line		1

40	Internal Serrated Washer	¢10*1	2	92	Grounding Line		1
41	Internal Serrated Washer	¢8*1	13	93	Magnet Ring		1
42	Flat Washer	¢20*¢8.5*1	6	94	Silicon Oil		1
43	Flat Washer	¢18*¢5*1	2	95	Inductors		1
44	Spring Lock Washer	¢8	6	96	Filter		1
45	Motor Cover		1	97	MP3 Mode		1
46	Balley Pan		1	98	USB Mode		1
47	Left End Cap		1	99	Speaker		2
48	Right End Cap		1	100	MP3 Wire		1
49	Left Base Cover		1	101	Allen Wrench	5#	1
50	Right Base Cover		1	102	Allen Wrench	6#	1
51	Computer Upper Cover		1	103	Cross Open End Wrench	13 14 15	1
52	Computer Lower Cover		1				