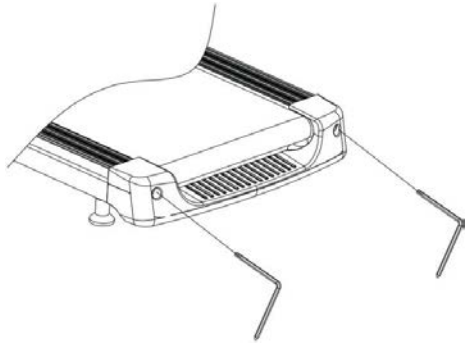
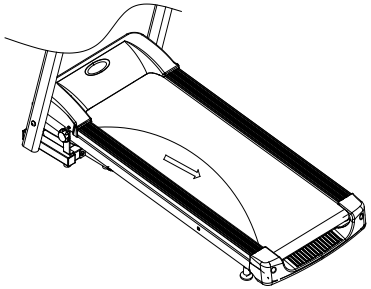
Running belt adjustment method

1. When running belt lean to the left, adjusting screw on the left 1-2 turns along the clockwise. Then, test running; If still lean to the left, repeat the above steps until back to the center.
2. When running belt lean to the right, adjusting screw on the right 1-2 turns along the clockwise. Then, test running; If still lean to the right, repeat the above steps until back to the center.
3. When the running belt too tight, it will cause stronger resistance. Please adjust both sides screws 1-2 turns along the counterclockwise, loosen the belt until stopping skidding or pausing; When the running belt too loose, please adjust both sides screws 1-2 turns along the clockwise.



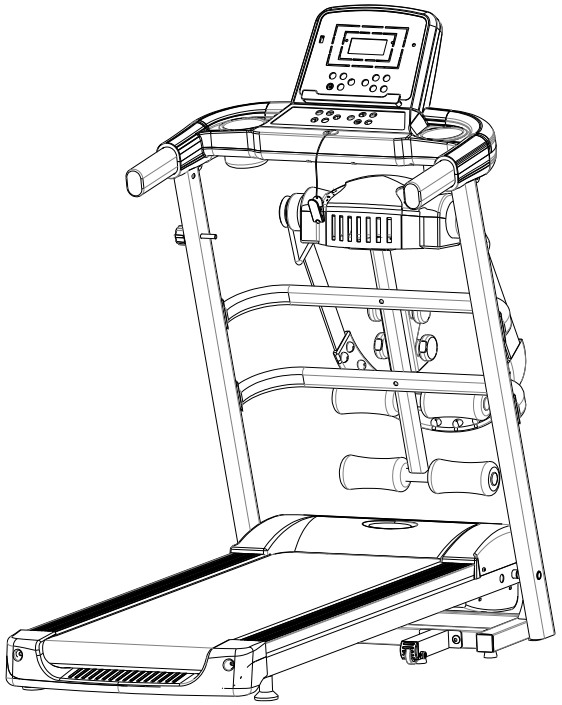
Use the treadmill lubricant

Location is in the middle of the lower surface of the running belt. When add lubricant, please inject to the center of running board, then put down the belt, pressing the hole by hands, rotating the belt to apply evenly.



Multifunctional Treadmill

Instruction Manual



Please read this manual carefully before using the product and keep it.

Thank you very much for purchasing this product, to be able to use the product, be sure to read this manual.

Treadmill main parameters

1. Running Area: 980*390mm
2. Max User's Weight: 100KG
3. Set up Size: (L*W*H)1300*655*1230mm
4. Folding Size: (L*W*H)520*655*1270mm
5. Motor : 0.5hp
6. Speed: 1-12.8
7. Mode: "Manual"; "Time countdown"; "Distance countdown"; "Calories countdown"; "Auto". In accordance with Monitor instruction.
8. 12 sport modes can be set up by own needs.

Safety

Warning

- Please don't use this machine with illness, fatigue and drunk.
- Children should use this machine under adults accompany.
- Please wear comfortable clothes, avoid flip flop or skirt when using this machine.
- Please start from suitable sport as excessive exercise may affect health.
- Loading capacity is 100KG, overload may cause damage.

Attention

- It's common home use machine, please avoid commercial use.
- Please avoid using this machine at fire source location.
- Please exercise in wide space without any danger.
- When use in the floor, please be sure cover the carpet to avoid damage to the surface.
- When not use, please don't set it on the place as follows:
  A. Overheat, over cold place. B. Outdoors, direct sunlight place.
  C. Gas stove, near the fire place. D. Cold and more moisture places.
  E. Child touch place. F. Soot, water vapor place.
- Please don't use this machine on the uneven places.

Treadmill Common Error Messages Prompt Description

E01: communication blocked between Electronic and controller.

Solution	When communication line is blocked between Electronic and under controller	Please connect again or change communication line
	When Electronic without signal	Change Electronic to repair
	When under controller without signal	Change under controller to repair

E02: The controller does not detect the voltage of the motor line.

Solution	Motor cable is not connected	Check connection
	No voltage output or abnormal by under controller	Change under controller to repair
	Motor is bad	Change motor

E03: When the motor is running, the controller can't test the speed signal.

Solution	Motor cable is not connected	Check connection
	Under controller with abnormal signal	Change under controller to repair

E05: When the motor is running, current exceeds the rated current.

Solution	Treadmill motor load exceeds the rated current	Recommend within the rated current of the motor
	Treadmill motor assembly structure problems, causing the motor blocked or resistance	Check the structure of treadmill
	By limiting control system failure	Change under controller to repair

E07: Monitor can't test the signal of security lock.

Solution	Safety Magnet off	Please set magnet safety lock correctly
	Electronic Safety lock system malfunction	Change electronic to repair

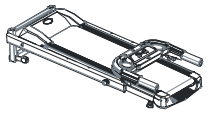
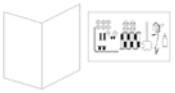
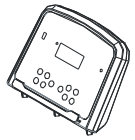
9. Each numerical display range：

	Initial	Set initial value	Setting range	Display Range
Time(min:sec)	0:00	45:00	1:00-45:00	0:00~45.00
Speed(km/h)	0.0	N/A	N/A	1-12.8
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9
Pulse(sec/min)	P	N/A	N/A	40-199
Calories(Kcal)	0	50	20-990	0-999

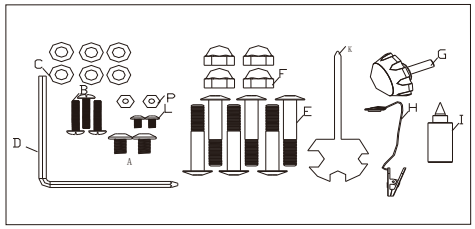
Schedule 1: P1-P12 Program motion map

Time period / formula		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	6	7	8	6	2	3	2
P4	SPEED	3	5	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	5	5	7	7	6	8	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	2	2	2
P10	SPEED	2	5	7	5	8	8	5	2	4	5
P11	SPEED	2	5	6	7	8	8	10	5	3	2
P12	SPEED	2	5	8	6	8	6	9	6	5	5

Packing Details

Frame		Manual + Screw package	
Electronic Panel		Transport wheel bracket	
The following is a multifunctional accessories			
Massager machine		Connecting rod	
Massager bracket		Dumbbell	
Dumbbell rack		Foam	

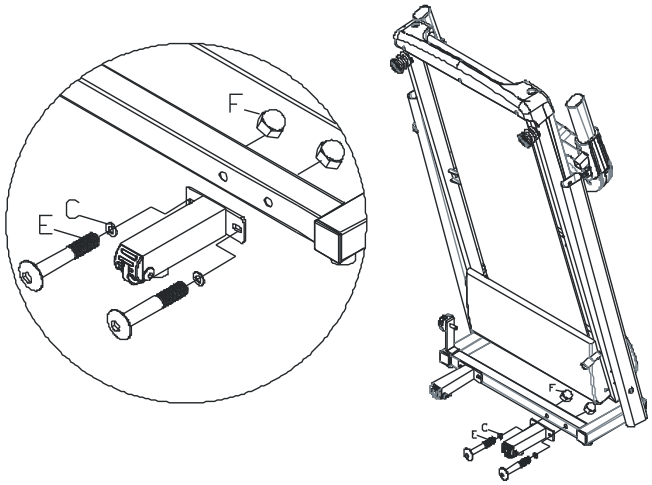
Screw package(multifunctional)



Assembly steps

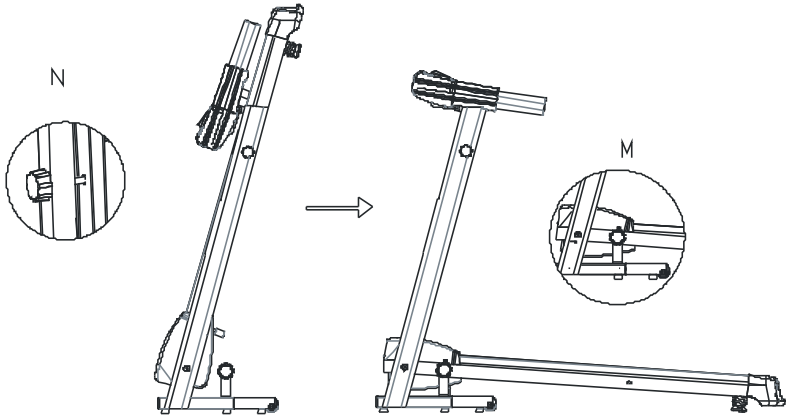
First step: Base assembly

With screw E(4 pcs), washer C(4 pcs) and cap nut F(4 pcs) to carry round bracket fixed to the base.



Second step: Expand Frame

When expanded, first to pull the pin on the column N FIG pull out, the other hand supporting frame slowly on the ground, and the locking knob with M Fig target, to prevent movement when shaking.



B. Countdown mode

1. Enter time countdown mode: In the initial standby mode press Kin selection time countdown mode, where the time window 30:00 minutes and flashing speed by +/- keys set the desired run time, set the range of 8: 00-99 : 00 minutes, press the start button to enter the running time countdown mode.

2. Enter distance countdown mode: In the initial standby mode, press the mode button to select the mode from the countdown, this time from the window 1.0 kilometers and flashes, the distance traveled by the speed +/- key set the desired setting range 1.0 to 99.0 kilometers, press Start key to enter the distance countdown mode.

3. Enter calories countdown mode: In the initial standby mode, press the mode button to select the calorie countdown mode, then 50 calories window displays and flashing speed by +/- keys to set the required run-calorie, setting range from 20 to 990, press the Start button to enter calorie countdown mode.

C. Auto mode

Enter auto mode: In the initial setting mode or standby state, press the key to enter the program automatic program selection. At this time window 30:00 minutes and flashes through speed +/- keys set the desired run time, set the range of 8: 00 ~ 99: 00 minutes, press the Start button to enter the automatic program.

7. Sleep Function

When the treadmill stops running without any operating more than 10 minutes into hibernation, spreadsheets automatically turn off the display, press any key to wake electronic form, re-enter standby mode after the initial full-display.

8. Safety lock function

After normal use, the need to specify the location of the safety lock into electronic form before they can operate electronic form; safety lock to win, spreadsheets or E07 LCD window displays "---", and accompanied by a beep every second warning; as in the running, won the safety lock, the system will quickly stop, close again the safety lock, all motion data is cleared.

3. LCD display instruction

LCD(94774) shows: Speed, Time, Distance, Calories.

4. Button function

- Function button: Speed Shortcuts 4 (2, 4, 6, 8)

  “Start” button “Stop” button

  “Program” button “Mode” button

  “Speed+” button “Speed-” button

5. Button function and operation

“Start” button - Start the motor

“Stop” button - Stop the motor

“Program” button - Auto program selection

“Mode” button - Countdown mode selection

“Speed+/-” button - Adjust speed when running, adjust parameter value when setting

“Speed Shortcuts” - Directly select speed value when running

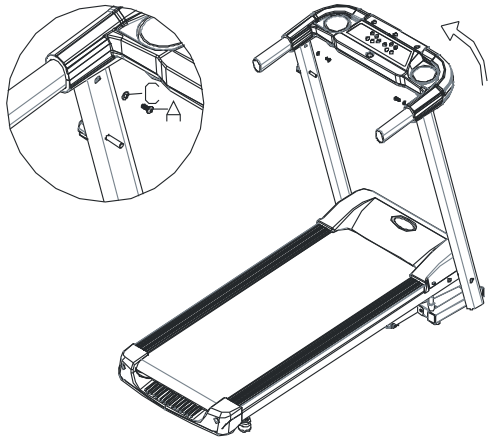
6. Sport modes

A. Manual mode

Enter manual mode: After the electronic power meter-wide display, enter the initial standby mode, then press the start button, enter to manual mode.

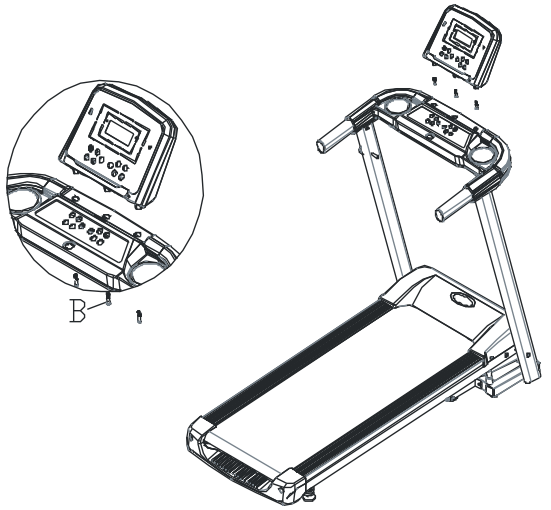
Third step: Display structure assembly

First electronic watch frame folded direction of the arrow, and then screw A(2 pcs), washer C(2 pcs) electronic table frame fixed on the column.

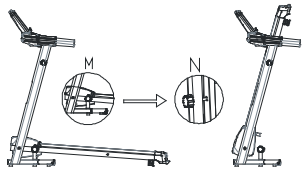
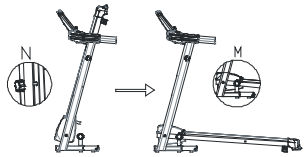
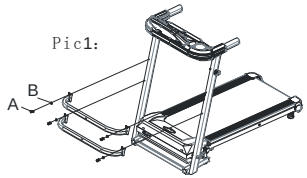
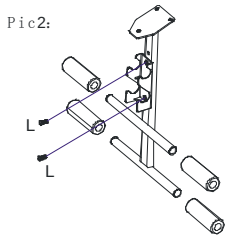
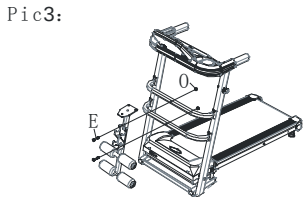
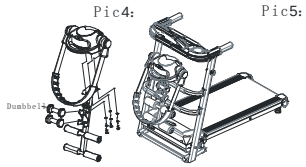


Fourth step: Display panel assembly

First electronic watch docking signal line, then the direction of the arrows, the panel is mounted on the electronic form, and then fixed with screws B(2 pcs).



Folding and unfolding

Folding		When folded, the first M FIG release knob subject, raised his hand to the back of the treadmill to the vertical direction by pulling on the column N Figure the pin fixed to the frame tube hole.
Assembling		When expanded, first to pull the pin on the column N FIG pull out, the other hand supporting frame slowly on the ground, and the locking knob with M Fig target, to prevent movement when shaking.
Assemble connecting rod		take four M8 * 16L screws and 4 M8 arc washer, the two connecting rod lock fixed as the picture on the left.
Assemble dumbbell rack and foam		take two M6 *15L screws(L) to fix the dumbbell rack, Set of four foam as the picture on the left
Assemble massage bracket		take two M8 * 45L screws(E) and and two nuts relaxation(O), the massage head lock securing bracket and connecting rod as the picture on the left.
Assemble massage machine		take three M8 *20L screws and three M8 flat washer, the massage head and lock securing bracket, then put dumbbell on hook as the picture on the left.

No lift electronic watches Operating Instructions



1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode; Mode; Program mode.

2. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 12.8
- Maximum exercise time: 45min under Time mode
- Minimum exercise time: 10min under Time mode
- Maximum exercise distance: 99km under Distance mode
- Minimum exercise distance: 1km under Distance mode
- Maximum calories consumption: 990cal under Calories mode
- Minimum calories consumption: 20cal under Calories mode
- Minimum time: 8min under (P1-P12) Program mode
- Maximum time: 99min under (P1-P12) Program mode

FCC Warning

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any inte rference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interferenceto radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.