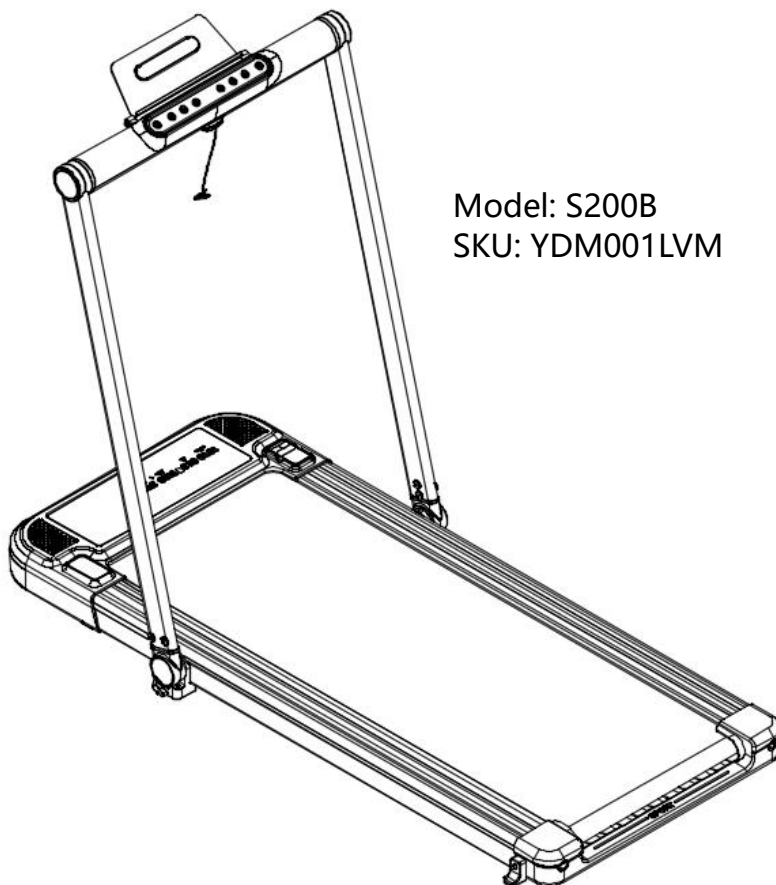


FOLDING TREADMILL

Product Instruction



Model: S200B
SKU: YDM001LVM



Please read the instruction carefully before using,
Pictures for reference only, the specific kind prevails

THANK YOU SO MUCH FOR YOUR PURCHASE!

If any problem, please be free to contact us at
our **US-EN** customer service e-mail address:

THERUN-Services@outlook.com

Content

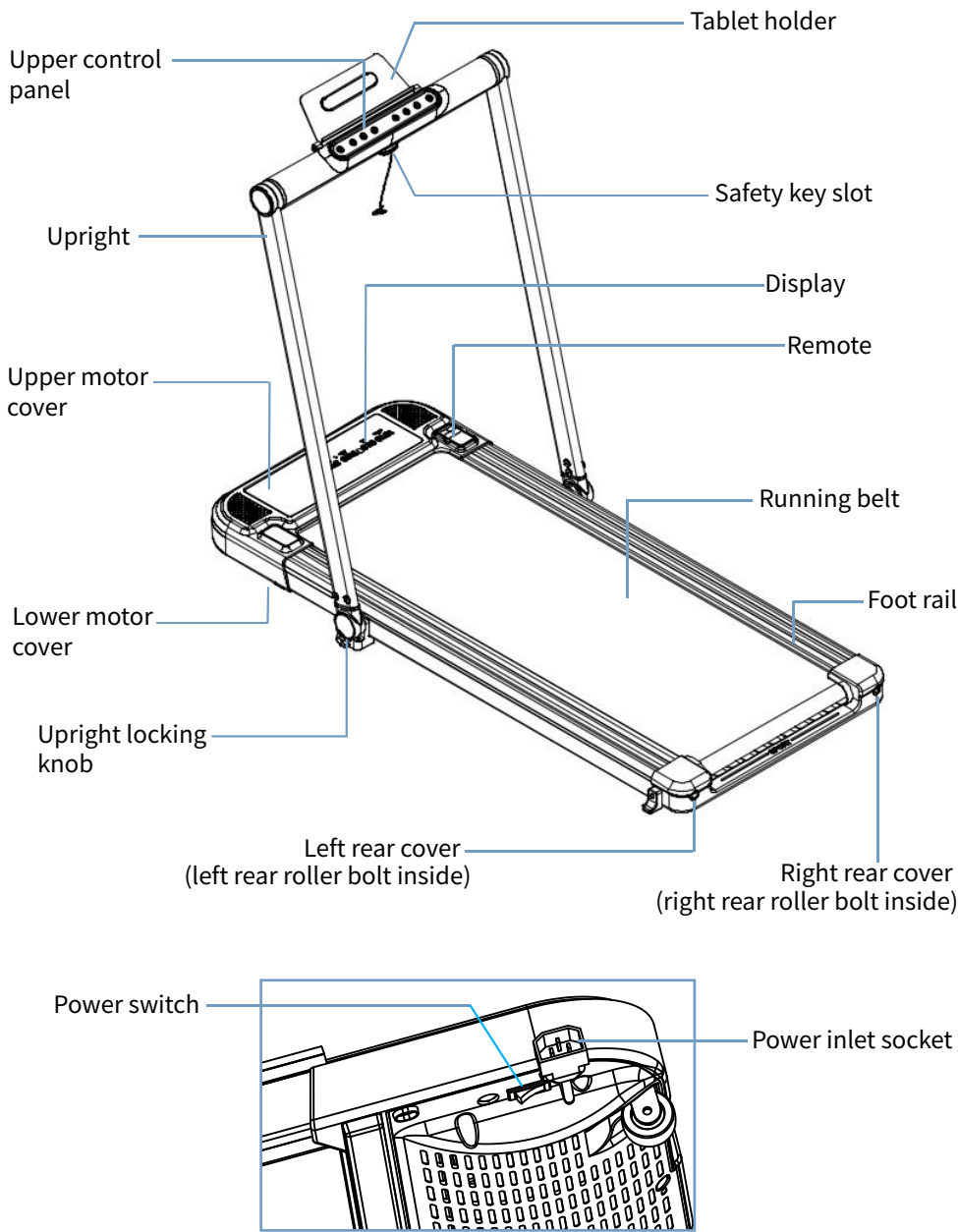
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I. SECURITY CAUTIONS

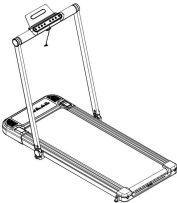
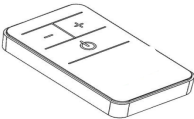
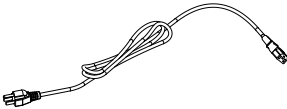
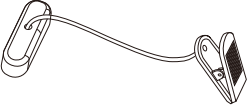
- Please read the instructions carefully before use to ensure your safety and avoid accidents.
- This product is for indoor use ONLY, please do NOT store it or use it outdoors or in areas of high humidity. Please place on a flat, level and clean surface. Do not place it on a thick carpet or near water area. There should be 3-6 feet barrier-free safety area behind the treadmill when using.
- Keep children under the age of 12 and pets away from the treadmill at all times. Persons who are indisposed, mentally disabled or lack common sense are not allowed to use it.
- Close supervision is necessary when used by or near children over the age of 12, or disabled persons. We do not assume any responsibility for accidental injuries due to violation operation, unauthorized modification or disassembly of the machine, and ignorance of precautions.
- Never operate the treadmill if it has a damaged power cord or plug. If the power cord is damaged, in order to avoid danger, it must be replaced by the manufacturer or professional maintenance personnel.
- This treadmill must be operated on a 100V-120V AC power supply. The plug must be connected to an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. If a properly grounded outlet is not available, please arrange qualified electricians to install one.
- Check all parts before use to ensure that the screws and nuts are tightened.
- When using it, please wear appropriate exercise clothes. Do not wear loose clothes that could become caught in the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals to avoid accidents.
- Keep hands and feet clear of moving parts at all times to avoid injury. Do not place hands or feet in the gap between the running deck and the floor.
- This product is designed for family use only, not suitable for professional training and testing, and can not be used for medical purposes.
- Only one person is allowed on the treadmill at a time.
- Never leave the treadmill unattended while it is running. Always remove the key, turn off the power switch when not in use.
- Before cleaning and performing any maintenance, please turn off the treadmill and unplug the power cord.
- Please use the spare parts provided by the original factory. It is strictly forbidden to replace any original part without permission from the manufacturer.
- The maximum user weight is 120KGS / 265LBS. Please do NOT exceed the weight limit.

II. PARTS AND TECHNICAL SPECIFICATIONS

Product Structure



Packing List

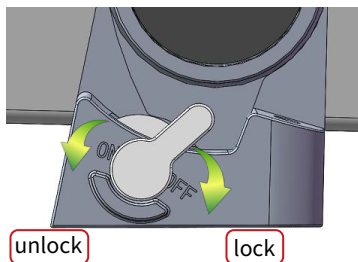
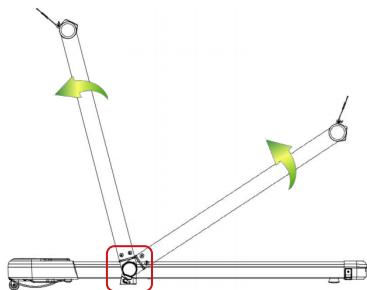
		
Treadmill	Remote Control	Power Cord
Qty: 1	Qty: 1	Qty: 1
		
Hex Wrench	Silicon Oil	Safety Key
Qty: 1	Qty: 1	Qty: 1

Technical Specifications

Item Dimension (Folded)	55.71" L x 26.57" W x 4.72" H 141.5cm L x 67.5cm W x 12cm H
Item Dimension (Unfolded)	52.56" L x 26.57" W x 42.52" H 133.5cm L x 67.5cm W x 108cm H
Running Area	42.52" L x 16.92" W 108cm L x 43cm W
Item Weight	62.17 LBS / 28.20 KGS
Working Voltage	100V - 120V AC
Peak Power	2.5 HP
Speed Range	0.6-7.6 MPH
Max Capacity	264.55 LBS / 120.00 KGS
Shipping Dimension	57.87" L x 27.95" W x 5.71" H 147cm L x 71cm W x 14.5cm H
Shipping Weight	72.75 LBS / 33.00 KGS

III. ASSEMBLY INSTRUCTIONS

Assembly Steps



Step ①: Open the carton box, take the machine and all the accessories out of the box, and place the machine on a cleared and flat floor.

Step ②: Lift up the upright frame until it can not be moved further.

Step ③: Hold the upright frame with one hand and turn the locking knob to the “OFF” position as showed in the right image above.

Step ④: Repeat step 3 on the other side of the treadmill.

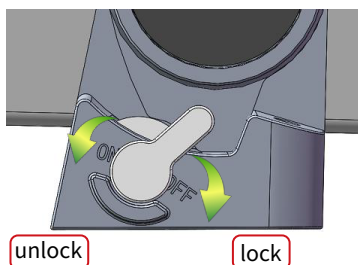
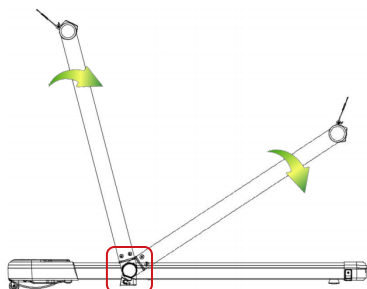
Step ⑤: Now the assembly process is completed.

Note:

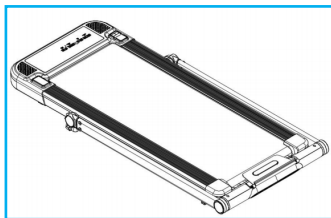
There may be an oily substance on the exterior of the machine. This is normal. Please wipe it away with a soft cloth or a mild, non-abrasive cleaner. The running belt comes pre-lubricated with silicon oil, to reduce friction between the running belt and the running deck surface. You will need to re-apply lubricant regularly as part of your treadmill's routine maintenance.

After the treadmill has been set up and placed on a flat and level surface, the running belt must be checked to confirm proper tracking. To check the belt, turn the machine on and run it for 1-3 minutes to see if the belt becomes off-center.

Folding Steps



- Step ①: Turn the locking knobs on the both sides of the treadmill to the “ON” position.
- Step ②: Lower the upright frame and put it flat.
- Step ③: Now the folding process is completed.



Tablet Holder Assembly Steps

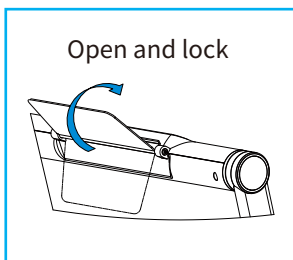


figure 1

Flip the tablet holder upwards, and it will be locked in place to use.

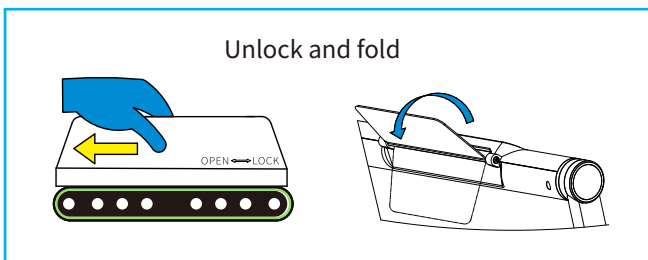


figure 2

Pull the tablet holder to the left side a bit to the **OPEN** direction. Now the tablet holder is unlocked and can be folded down.

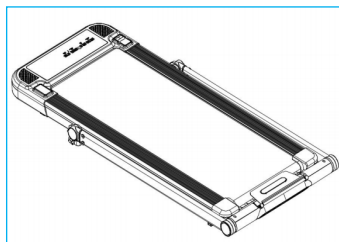
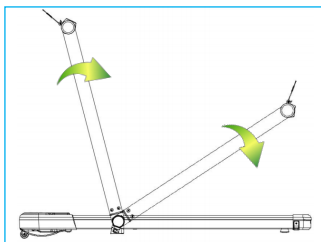
IV. FUNCTIONAL OPERATING INSTRUCTIONS

This machine is a dual-purpose treadmill.

1. When the uprights are set up (as shown in the figure below), the speed range is 0.6-7.6 mph.



2. The uprights can be folded and leveled (as shown in the figure below), the speed range is 0.6-3.8 mph.

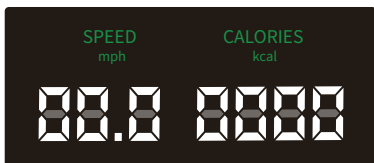


⚠ WARNING:

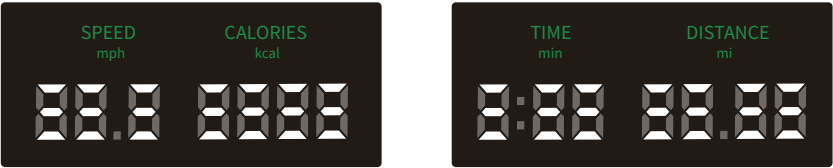
It is strictly forbidden to fold and unfold the treadmill upright frame while the machine is running. When it is used as a flat treadmill, please remove the safety key to prevent the cord from getting stuck in the gap between running belt and the deck.

Start-up Instructions

- Please confirm that the safety key is attached to the treadmill when it is unfolded, otherwise the treadmill cannot be turned on.
- Please attach the magnet part of safety key to the treadmill and attach the clip part to your clothes.
- Connect the treadmill to a properly grounded outlet and turn on the power switch button.
- The digital display flashes from bottom to top and then the treadmill enters standby mode.



- Aim the remote control at the middle of the digital display, press the START button, three horizontal bars appear in sequence from bottom to top on the display. The treadmill starts and runs at a speed of 0.6 mph.



Note: The display shows a horizontal line when the safety key is missing / not in place.

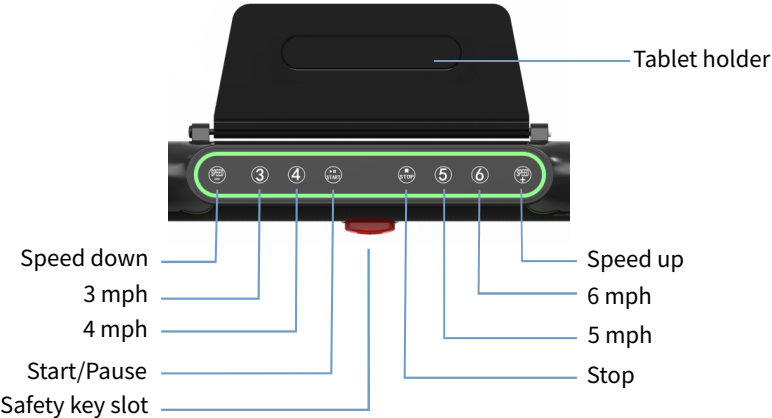
Speed Control

1. Use the speed control +/- buttons on the upper control panel or the remote control to adjust the running speed.
Short press the speed +/- button to increase/decrease the current by 0.2mph at a time. Press and hold the speed +/- button down, and the speed will go up/down by 0.2 mph continuously. The speed will stop increasing/decreasing when the speed +/- button is released, or the treadmill is adjusted to the max/min speed.
2. Use speed shortcut button on the upper control panel to change the current speed to 3 mph, 4 mph, 5 mph or 6 mph.

Stop the Machine

To stop the treadmill, press the  button on the remote control, or press the **STOP** button on the panel.
The treadmill will automatically stop after it continuously runs for 99 minutes.
Note: If there is no use of the machine over 5 minutes, the display will turn off automatically and the treadmill will go into sleep mode.

Upper Control Panel



Operating instructions

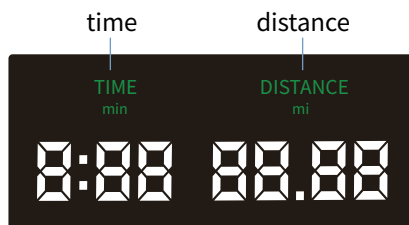
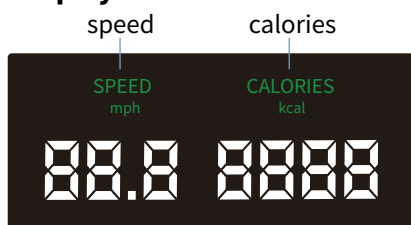
START Button: In standby mode, press the **START** button, the treadmill will start to run at the speed of 0.6 mph. To pause the treadmill, press the **START** button again. During the pause, the **START** button will keep flashing. (The current data will not be cleared when in pause mode).

STOP Button: Press the **STOP** button and the treadmill will slowly stop running.

③ ④ ⑤ ⑥ Quick Speed Button: Quickly change speed to 3 mph, 4 mph, 5 mph or 6mph. For instance, when the treadmill is on, press the **③** button, the treadmill will slowly increase/decrease from the current speed to the speed of 3 mph.

— SPEED + SPEED Speed Adjustment Button: Adjust the speed of the treadmill by 0.2 mph at a time.

Data Display



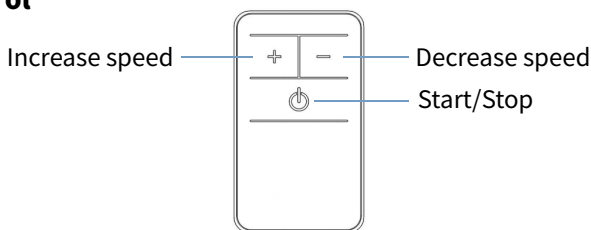
① Speed Display Range: 0.6-7.6 mph

② Calories Range: 0001-9999 kcal

③ Time Range: 01 - 99 minutes

④ Distance Range: 0.01-99.00 miles

Remote Control



Remote control instructions

⏻ Button: In standby mode, press **⏻** button, the treadmill will start and run at the speed of 0.6mph. Press **⏻** again and the treadmill will stop.

+ Button: Short press - Increase the current speed by 0.2 mph

Long press - Continually increase the speed by 0.2 mph

— Button: Short press - Decrease the current speed by 0.2 mph

Long press - Continually decrease the speed by 0.2 mph

Note: The speed can only be increased up to 3.8 mph only using the remote control. To further increase the speed to 4.0 - 7.6 mph, you need to press the + key on the upper control panel.

V. WARM-UP EXERCISE

Before exercising, it's better to do stretching exercises first. A successful exercise plan must include warm-up, aerobic and relaxation exercises. The number of exercises should be at least two or three times a week. You can take a day off for exercise. After a few months, you can increase the number of exercises to four to five days a week.

Warm-up is an important part of your fitness exercise. Warm-up before every exercise. Moderate warming-up can prepare your body for the next more intense exercise, because warming-up can help muscle warm up and stretch, improve blood circulation and pulse, and send more oxygen into muscle. Repeated warm-up exercise can also reduce muscle soreness after aerobic exercise. We recommend the following warm-up and relaxation exercises.

1. Stretch downward: Bend your knees slightly and bend your body forward slowly. Relax your back and shoulders and touch your toes with both hands. Hold for 10 to 15 seconds, then relax. Repeat three times.



1

2. Stretch your ankles: Sit on a clean cushion and straighten one leg. Put the other leg inward so that it is close to the straight leg. Try to touch your toes with your hands. Keep it for 10 to 15 seconds. Then relax. Repeat each leg three times.



2

3. Extension of the calf and foot tendons: body forward hands against the wall the left leg arches forward, the right leg is straight, the left leg is on the ground, then bend your left leg and hold it for 10 to 15 seconds, then relax, repeat each leg three times.



3

4. Head movement: 1-tilt your head to the right and feel the left neck muscle stretch; 2-turn head to the back; turn head to the left; 4-turn your head to front of the chest. then relax and do it three times.



4

5. Waist movement: stretch your arms to the left and right, then slowly lift it up, over your head. Put your right arm as far as possible to the ceiling. Straighten, hold for 1 second, and feel the stretch of your right muscle. Repeat the same action on the left arm.



5

VI. MAINTENANCE GUIDE

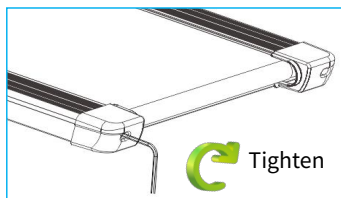
 **Warning:** Be sure to unplug the power cord of the machine before performing any maintenance step on the machine.

- Use soft cloth to clean product surface.
- Full cleaning will prolong the service life of the machine.
- Clean the dust regularly to keep the parts clean. Clean the exposed parts on both sides of the running belt. Keep your sneakers clean. Avoid bringing dirt, dust or debris to the area between the running belt and the running board, which will cause damage to the belt and the board. The surface of the running belt should be wiped with a wet cloth and mild soap. Please be careful not to splash water onto any electrical components to avoid damage.
- Check and tighten all parts of the treadmill properly and regularly. Replace any defective part.

1. Aligning and tensioning the running belt

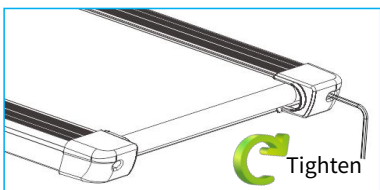
1.1 The running belt is off-center

- ◆ Running belt moves to the left



Adjustment method: With the power turned off, use a 5mm hex wrench to turn the left rear roller bolt 1/4 turn clockwise. Then turn the treadmill on and run the treadmill for a few minutes. Repeat the adjustment until the running belt is centered.

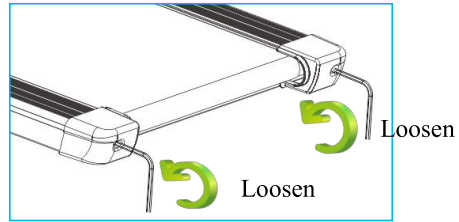
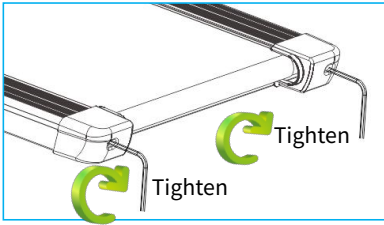
- ◆ Running belt moves to the right



Adjustment method: With the power turned off, use a 5mm hex wrench to turn the right rear roller bolt 1/4 turn clockwise. Then turn the treadmill on and run the treadmill for a few minutes. Repeat the adjustment until the running belt is centered.

1.2 The running belt slips / feels loose

The running belt may be stretched after use it for a period of time. Temperature, humidity, and use will cause the belt to stretch at different rates. If the belt starts to slip when a user is on it, the belt needs to be tightened.



Adjustment method: With the power turned off, use a 5mm hex wrench to turn both the left and the right rear roller bolts 1/4 turn clockwise at the same time to tighten the running belt. Then turn the treadmill on and test the treadmill. Repeat the adjustment until the tension of the running belt is properly set.

How to check belt tension:

Run the treadmill at 3 mph. Walk on the belt and grip the upright frame firmly, stand on the foot rail with one foot, and step down with the other foot firmly to try to stop the belt. If the belt can be stopped easily each time, then the belt is still too loose and more tightening needs to be done.

- Do NOT over-tighten the running belt. Over-tightening will cause damage to the belt, the board and the front/rear roller, even cause the motor to burn out.
- Be sure to adjust both sides evenly so the running belt won't become off-center. If the running belt is off-center, please refer to "The running belt is off-center" part and adjust.

Note: When you use the treadmill, the pressure on the running belt is not balanced because the force applied by your feet is different during running, which will deviate the running belt from the center. This kind of deviation is normal and the running belt will return to the center when no one is on it.

2. Lubricating the running belt

The machine has been pre-lubricated before leaving the factory. With use, the surface the running deck will gradually becomes dry and the friction between it and the running belt will increase, which may wear both the deck and the belt. Proper belt lubrication will help keep you treadmill in its best condition. We recommend you lubricate your treadmill once every three month.

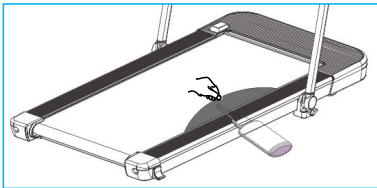
To check if the belt needs to be lubed:

1. Unplug the treadmill.
2. Lift the belt up and try to access to the center of the deck as far as possible with your hand.
3. Touch the deck to see if it is oily or not. If it is oily, there is no need to add lubricant. If the deck is dry, the running belt needs to be lubed.

Please use special lubricants for treadmills.

How to add lubricant to the treadmill:

- Turn off the power switch and unplug the treadmill. Silicon oil needs to be added onto the surface of the deck under the running belt (as shown in the pic below).
- Open the silicon oil bottle by cutting a small opening at the top of the nozzle so that the silicon oil can be squeezed out easily.
- Lift the running belt from the middle of one side. Point the silicon oil bottle nozzle as far as you can to the center of the belt. Then apply 10-15 ml silicon oil onto the surface of the deck.
- Turn on the machine and leave it running at 0.6 mph for 1-2 mins to fully spread the lubricant onto the surface of the deck.



VII. ERROR CODE

Code	Causes	Resolutions
E01	Poor communication between electronic display board and lower control board	1. Check if the connection between the electronic display board and the lower control board is proper or not. 2. The main IC of the lower control board contacts badly and need to be re-tightened. 3. The power supply for the lower control board is abnormal, please replace the lower control board.
E02	Explosion protection	1. The circuit of the motor is open or in bad contact, please replace the motor or check the connecting terminals. 2. Power tube breaks down, please replace it or the lower control board.
E05	Overcurrent protection	1. Overload. 2. The friction between the running belt and the deck is too large and the treadmill needs to be lubricated.
E06	Overload protection	3. The motor is damaged, please replace it.
E10	Poor communication between control buttons and upper control panel	1. Check if the electronic display board and the lower control board are poorly connected. 2. The lower control board plug is not in good contact and needs to be re-plugged. 3. The power supply of the lower control board is abnormal, please replace it.

VIII. WARRANTY

MANUFACTURER'S LIMITED WARRANTY

The supplier warrants to the original purchaser that this product is free from any defect in materials and/or workmanship, provided that the product is properly installed, properly operated and used for the intended purpose (for home use ONLY). This limited warranty is extended ONLY to the original purchaser, and only covers products purchased as new.

The supplier's obligations under this warranty applies to the following:

Frame - 1 year from date of purchase

All Other Parts - 90 days from date of purchase

Exclusions from warranty:

The supplier does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by the installation guidelines.
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. Cosmetic items such as scratches, dents or discolorations.
4. Damage caused by normal wear and tear, vandalism, accidental or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

The supplier, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Replacement parts can be ordered by emailing our US-EN customer service department:

THERUN-Services@outlook.com

When ordering replacement parts please include the following information in the email:

1. Order details, including order number, distributor/seller name and date of purchase
2. Description of the part, such as part number, part name or photo of the part
3. Description of the issue, if needed, include pic or video

Before the confirmation of our customer service, please do not send the products to our company, and send them back without permission. Our company does not bear any cost.