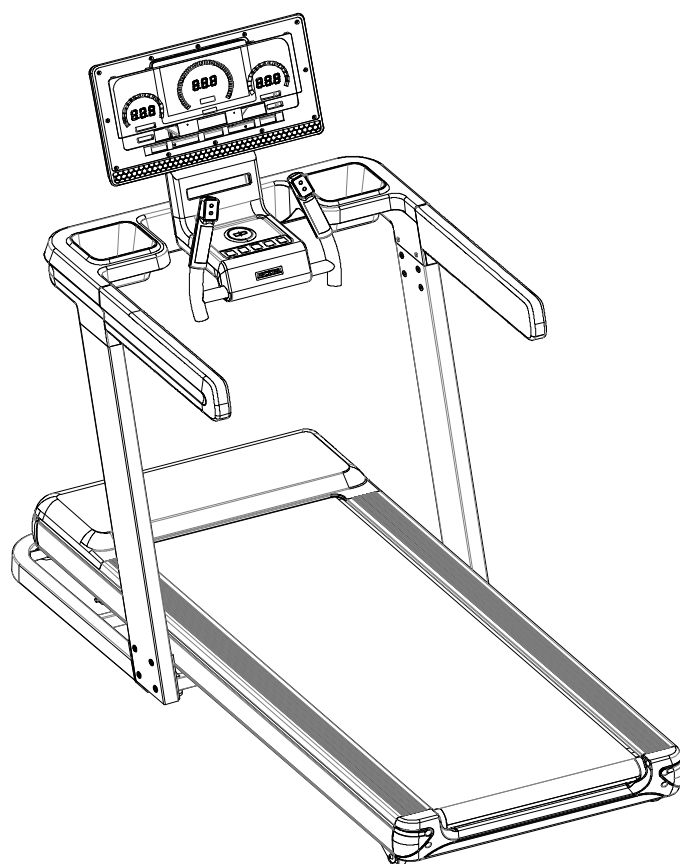


# HIT00897

## HIT FITNESS H6



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

## **THANKYOU**

Thanks for purchasing this product. This product will help you keep fitter and healthier in a simple way.

### **User Guide**

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill is stable on the ground before use.
3. Ensure it is functioning normally before use.
4. Stand on two side rails when starting the treadmill.
5. Clip the safety key to your clothes to allow easy “stop” in the event of any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with your left leg to do preparation before commencing running. Only when you feel you can run, you should stand on the treadmill and do it with the right posture. Only one person should exercise on the treadmill at any time, and excessive exercise can be dangerous and may cause harm.
8. You can adjust the speed using the control panel if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
10. Remember to turn off the power and pull out the plug when you finish exercising.

### **Safety Precaution:**

- ◆ Place the treadmill indoors to avoid damp conditions.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accidents.
- ◆ Overloading can cause damage to the motor, controller, roller and running belt. Carry out routine maintenance on the treadmill.
- ◆ Keep the unit free from dust and wipe down after use to avoid interference of the console and controller.
- ◆ Limit continuous use of the treadmill to less than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000x1000mm safe space at the end of treadmill when running.
- ◆ Stop running if you feel any discomfort and consider consulting a doctor.
- ◆ Keep the silicone bottle out of reach of children to avoid swallowing.
- ◆ Avoid jumping off the treadmill directly after use.
- ◆ Pull out the power plug gently from the socket.

- ◆ Stop the machine if anything goes wrong and cut the power immediately.
- ◆ Ask your local distributor to handle any issue or provide service. Please do not attempt to dismantle the components.

## **DANGER!**

To reduce accidents or harm, please check the following rules.

- ◆ Ensure your clothes are zipped up before running.
- ◆ Do not wear clothes that could be easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something goes wrong, hold the handlebars, remove your weight and leave running belt.
- ◆ Do not use the treadmill outdoors.
- ◆ Cut off the power before moving the treadmill.
- ◆ Do not open the motor or roller cover unless skilled professionally.
- ◆ This machine can be used under 10A circuit.
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may not be exact as medical devices so use the results for reference only.
- ◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. Keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

## **Warning!**

### **Prohibit!**

◆ The following patients undergoing treatment for the following should only use this treadmill after approval from a professional doctor.

1. Backache or those who suffer from reoccurring pain in the legs, waist or neck. Those with numbness of legs, waist, neck and hands (i.e. those with chronic diseases such as inter-vertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.).
2. Deformational arthritis, rheumatism or gout.
3. Osteoporosis.
4. Bad circulatory system like heart disease, vascular disorders and vascular hypertension.

5. Respiratory disturbance.
6. Artificial heart rhythm problem.
7. Malignant tumors.
8. Thrombosis.
9. Diabetes caused a perceptual disturbance.
10. Skin injury.
11. High fever above 38 °C.
12. Bent back bone.
13. Pregnancy or in the (menstrual) period.
14. In the process of rehabilitation.
15. Abnormal physical features.

- Above cause may cause accident or poor health.

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heartbeat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Advise children that the treadmill is not a toy.

- Children may get hurt if you ignore this.

◆ When using, taking out, putting back or moving this product, please make sure there is nobody or pets around

### **Beware!**

◆ Stop using if the cover is cracked (inner parts come out) or welded parts drop off.

- may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall and get injured

◆ Do not use or keep the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or keep the treadmill in areas exposed to direct sunlight, and avoid high temperature places like an electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use if the power line or plug is damaged, or the socket is loose.

- may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power-cord. Also do not put heavy things on it.

- may cause fire or electric shock.

◆ Only for one person at a time, tell people near to keep the distance.

- may fall down and cause injury.

◆ Avoid making contact between the main body and operating components with water or drinks.

- may cause electric shock and fire.

## **Prohibit!**

◆ Do not exercise too much if you are not used to it.

◆ Do not use the treadmill after meals or when feeling tired.

- may damage to your health.

◆ The product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.

- may cause injury.

◆ Do not use the product while you are having meals, drinking or doing other activities.

◆ Do not use the product under the influence of alcohol.

- may cause accidents or injury.

◆ Do not use the product when you have a hard object in your pocket.

- may cause accident or injury.

◆ Do not pull out the plug or switch the power to “off” while operating.

- may cause injury

## **Do not operate with wet hands!**

◆ Do not pull out or insert the plug with wet hands.

- may cause electric shock or injury.

## **Remember to pull out the plug!**

◆ Remember to pull out the plug when treadmill is not in use.

- Dust and damp can damage insulation and then cause electric leakage and fire.

◆ Pull out the plug if performing any maintenance.

- may cause electric shock and injury.

◆ Stop using immediately if you notice anything unusual with the machine, pull out the plug and contact provider’s service department.

- may cause electric shock and injury.

◆ Pull out the plug if there is sudden power failure.

- may cause accidents and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause a short circuit, electric shock and fire.

## **Ground Connection Instruction!**

◆ The treadmill must have a grounded connection. The grounded connection can provide a channel with the least resistance for the current when the product is malfunctioning, thus can reduce the danger of electric shock.

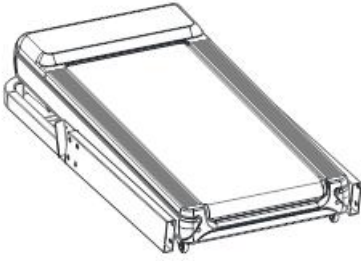
◆ The product is equipped with an electric wire for grounding conductor and grounding plug. The plug must be inserted into a socket that conforms with local regulations.

## **Dangers!**

◆ Incorrect connection of grounding conductor may cause electric shock. If you are not sure about the grounding connection, please ask a professional electrician to check. If the plug of the product does not match our socket, you should ask for an electrician to install the correct socket.

◆ The product has a grounding plug. Please confirm that you have the matched socket first. A socket adaptor is not allowed.

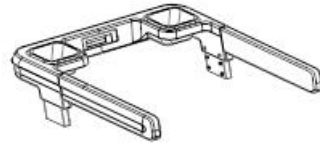
# PACKING LIST



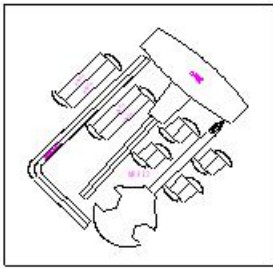
Main body



LED Console



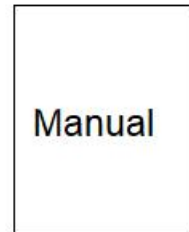
Console tray



Screw Bag

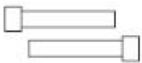


Silicon Bottle

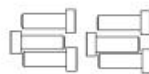


Manual

## Hardware Bag



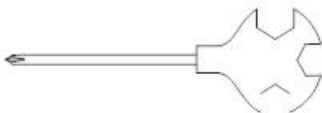
Hexagon cylindrical head full thread bolts M8×45 x2 pcs



Hexagon cylindrical head full thread bolts M8×35 x6 pcs



Hexagon countersunk head full tooth bolt M8×25 x8pcs



Cross wrench 14\*17\*75\*1pc

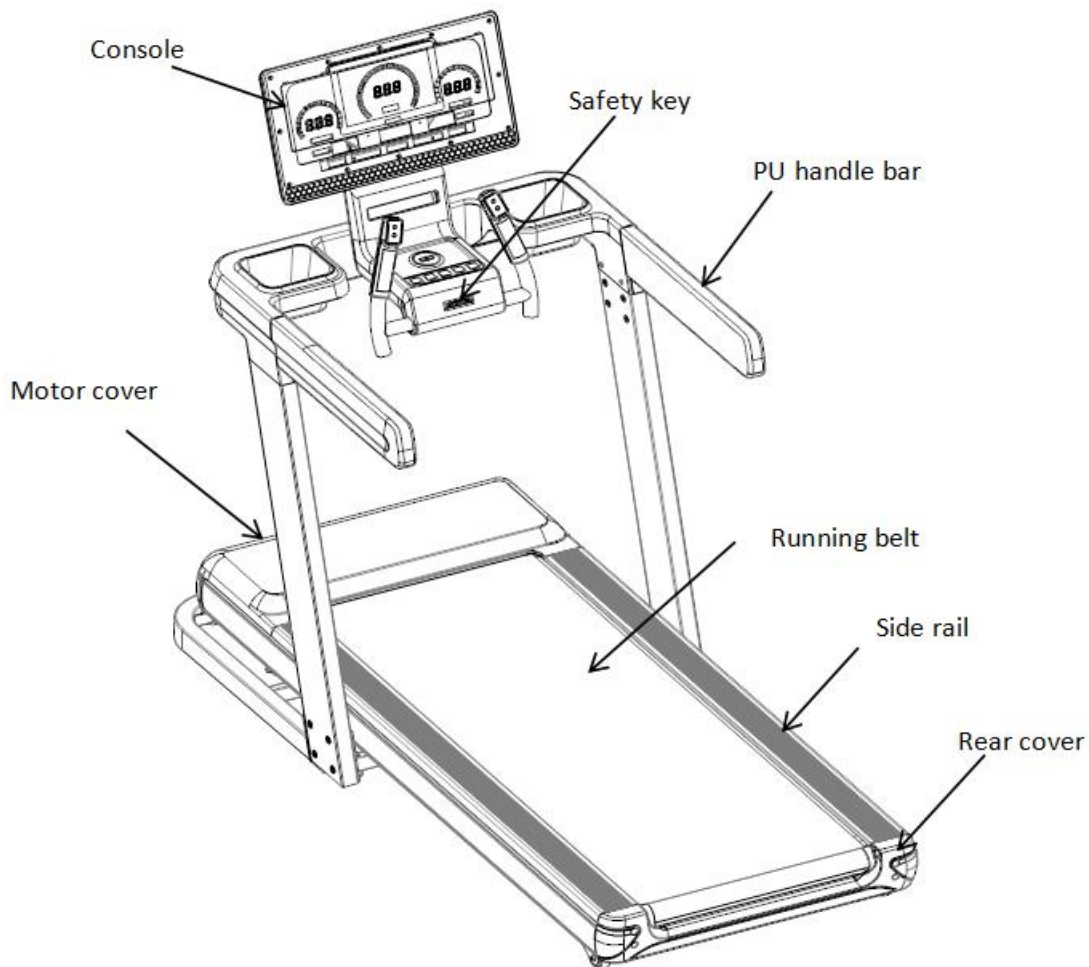


T shape wrench 6\*80\*1pc



L shape wrench 5\*30\*80s\*1pc

## Treadmill Instruction



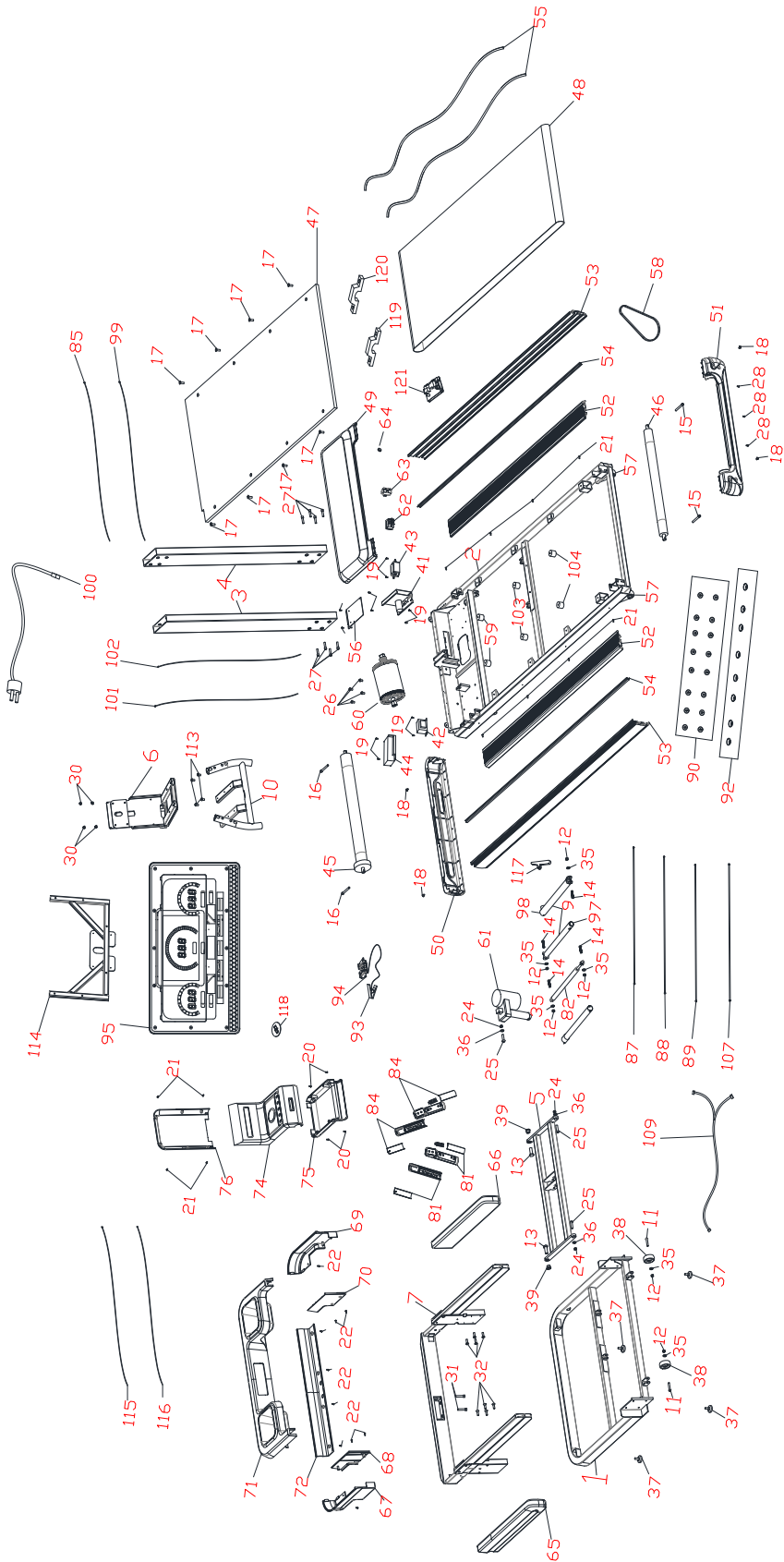
## Technical Information

Dimension	Unfold: 1823*886*1582mm
Running board	1450*550mm
Speed	1.0—22.0km/h
Motor Incline	0-15%

REMARK : WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.



# Exploded diagram



## Parts list

No.	Part description	QTY
1	Base frame	1
2	Main frame	1
3	Left upright post	1
4	Right upright post	1
5	Incline frame	1
6	Monitor frame	1
7	Monitor tray frame	1
10	Pulse handle bar	1
11	Hexagon large flat head half-thread bolt M8×50×20	2
12	hexagon lock nut M8	12
13	Hexagon head half-thread bolt M12×Φ14×35×19	2
14	Hexagon large flat head half thread bolt M8×35×20	4
15	Hexagon cylindrical head full tread bolt M8×75	2
16	Hexagon cylindrical head full tread bolt M8×60	1
17	Hexagon countersunk head full thread bolt M6×25	10
18	Cross recessed large flat head full thread bolt M5×10	4
19	Cross recessed large flat head full thread bolt M4×10	10
20	Cross recessed countersunk head tapping screw ST4×15	18
21	Cross recessed large flat head tapping screw ST4×16	10
22	Cross recessed countersunk head tapping screw ST3×10	2
23	Hexagon large flat head half-thread bolt M8×40×20	2
24	hexagon lock nut M8	3
25	Hexagon large flat head half-thread bolt M10×65×20	1
26	Hexagon large flat head full-thread bolt M8×25	4
27	Hexagon cylindrical head full thread bolt M8×35	8
28	Cross recessed large flat head tapping screw ST4×10	14
29	Cross recessed large flat head tapping screw ST4×12	24
30	Hexagon pan head full thread bolt M6×25	4
31	Hexagon cylindrical head full thread bolt M8×45	2
32	Hexagon countersunk head full thread bolt M8×25	8
34	Hexagon large flat head half-thread bolt M10×35×20	3
35	Flat washer Φ8	14
36	Flat washer Φ10	4
37	Feet pad	4
38	Front wheel	2

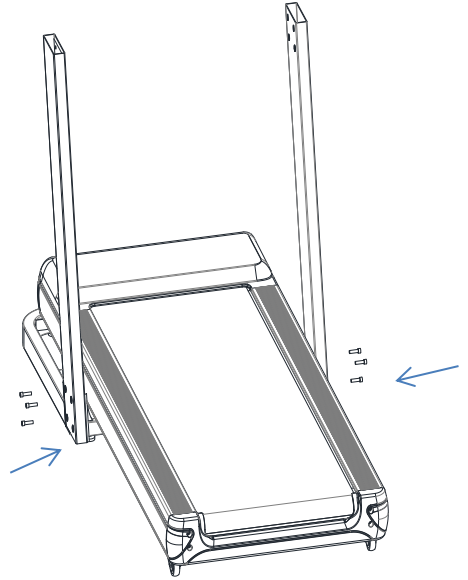
39	Powder metallurgy sleeve	2
41	Controller	1
42	Inductance	1
43	Filter	1
44	Power adaptor	1
45	Front roller	1
46	Rear roller	1
47	Running board	1
48	Running belt	1
49	Motor cover	1
50	Front motor cover	1
51	Rear cover	1
52	Side rail	2
53	Lateral side rail	2
54	Cover of light line	2
55	LED light line	2
56	Fix plate for filter and inductance	1
57	Rear wheel	2
58	Motor belt	1
59	Cylindrical cushion	6
60	AC Motor	1
61	Incline motor	1
62	Switch	1
63	Fuse	1
64	Power cable buckle	1
65	Left PU handle bar	1
66	Right PU handle bar	1
67	Left outside lateral cover of handle bar	1
68	Left inside lateral cover of handle bar	1
69	Right outside lateral cover of handle bar	1
70	Right inside lateral cover of handle bar	1
71	Upper monitor tray	1
72	Bottom monitor tray	1
74	Central part upper cover of monitor tray	1
75	Central part bottom cover of monitor tray	1
76	Rear cover of monitor connection neck	1
81	Incline handle pulse	1

82	Cylinder	1
84	Speed handle pulse	1
85	Upright post communication	2
87	Power communication wire	1
88	Power communication wire	1
89	Power communication wire	1
90	Round guide block for side rail	16
91	Power cable buckle	3
92	Plastic flat washer	8
93	Safety key	1
94	Safety key base	1
95	Monitor	1
97	Internal expansion tube	1
98	External expansion tube	1
99	Frame communication wire for LED light line	1
100	Power cable	1
101	Communication wire for monitor	1
102	Upper communication wire for LED light line	1
103	Cylindrical cushion 2	2
104	Cylindrical cushion 3	2
107	Power communication wire	1
109	Handle pulse wire	1
111	Monitor bracket	1
112	Hexagon large flat head bolt M8×40	2
113	Hexagon large flat head full thread bolt M8×15	4
114	Inner bracket of monitor	1
115	Main communication wire for button	1
116	LED light line communication wire for button	1
117	foot pedal for cylinder	1
118	Rubber washer for wireless charger	1
119	Fix plate A of motor base	1
120	Fix plate B of motor base	1
121	ERP energy saving panel	1

# ASSEMBLY INSTRUCTIONS

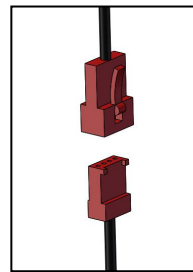
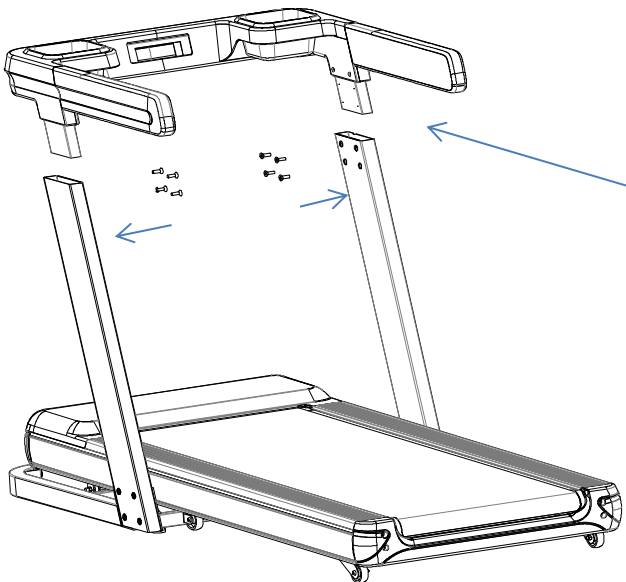
## Step 1

Take out the machine from box and put it on the flat floor. Lift up the stand post and fix them well with 6pcs of M8X35 screws. Do not fasten the screws.

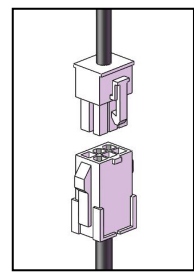


## Step 2

Connect the signal wire in the right upright post and monitor tray as below picture. Assemble the monitor tray onto upright post and fix them with 8pcs of screw M8x25.



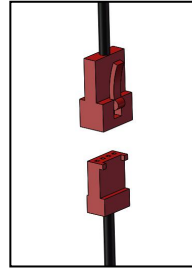
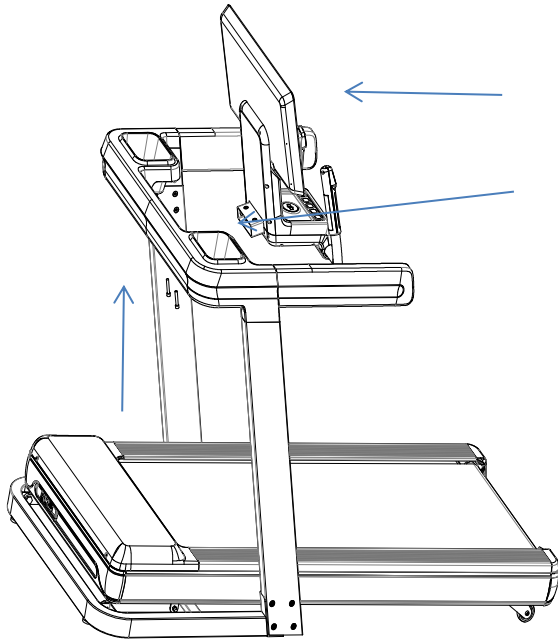
Wire of LED light line



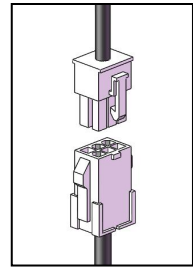
Main wire

**Step 3**

Fasten all the bolts. Connect the signal wire in the monitor tray and monitor as below picture shown, then insert the monitor onto monitor tray and fix them with 2pcs of bolt M8\*45. The assembly is finished.



Wire of LED  
light line



Main wire

# General Fitness Tips

## 1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

## 1. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

## 3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

## 4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

## 5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

## 6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

## Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

### 1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

### 2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

### 3. Calf and heel stretch

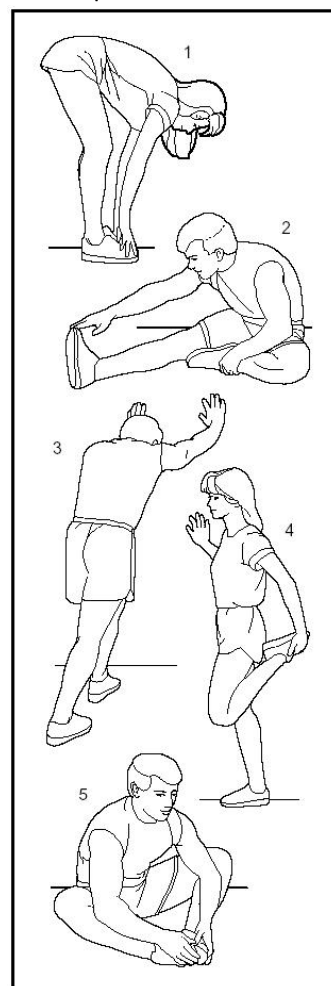
Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

### 4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

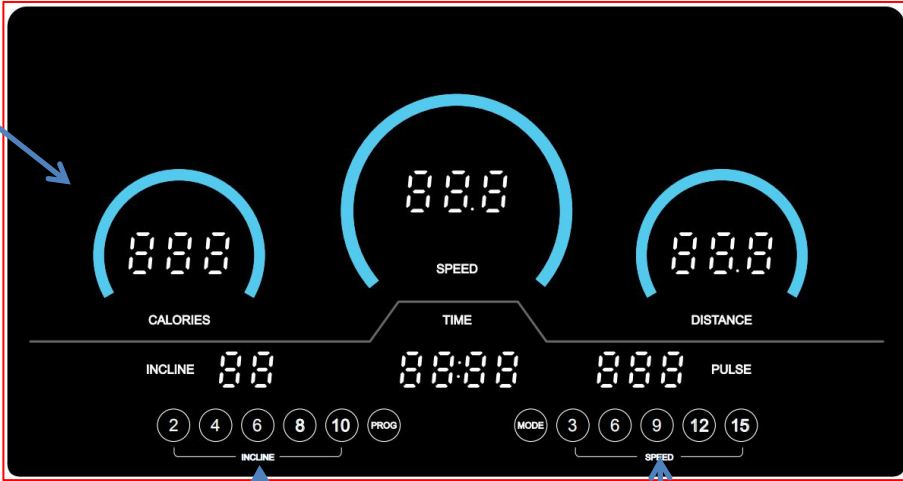
### 5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).



# Console Function Intruccion

LED window



Incline quick button

Speed quick button

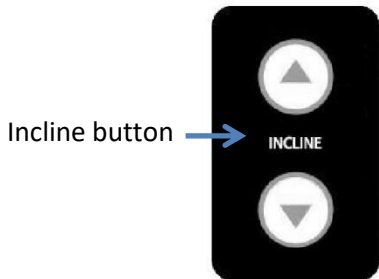


Mode button

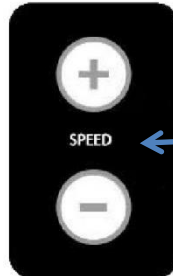
Program button

Stop button

Sart button



Incline button



Speed button



## LED window display instruction

1. CALORIES window: Display the value of heat.
2. SPEED window: Display speed value.
3. DISTANCE window: Display distance value.
4. INCLINE window: Display the value of the rise and the fall.
5. TIME window: Display time value.
6. PULSE window: Display the heart rate.

## Monitor main functions:

1. P0 is manual program; P01-P36 are preset auto program; three User program, and BMI program;
2. LED display with 16 operation keys;
3. English and metric system conversion function of speed/distance;
4. Speed range:1.0~22.0KM/H, Incline range:0-15 levels
5. Overload, overcurrent protection, explosion-proof impact, anti-speed, anti-electromagnetic interference and other safety protection functions;
6. System self-check, abnormal information prompt function;
7. 3 custom functions;
8. ERP function;
9. Bluetooth App function

## Keyboard operation instruction

1. **PROG**: Program key. Under stop state, press PROG button to select program from P0~P36/ U01~U03/ HRC1~HRC3,BMI circularly .
2. **MODE**: Mode selection key. When the manual mode is selected, the initial state is normal. Press the MODE key to select three countdown operation modes: *Time countdown mode -> Calorie countdown mode -> Distance countdown mode -> Normal*. Any program of P1~P36 is reset key of the countdown default value 30minutes.
3. **START**: START/PAUSE key. When the treadmill is under stop state, press the key to start. On the contrary, when the treadmill is under running state, press the key to pause.

4. **STOP**: STOP key. When the treadmill is under running state, press the key to stop slowly. When the monitor display ERR message, press it to clean error message.

5. **Speed +/-**: Increase/decrease key. When it's under stop or under body fat testing state, it's used to increase/decrease the parameter setting. When it's under running state, it's used to increase/decrease the speed.

6.  : Increase/decrease key for incline.

### **Conversion between kilometers and miles**

- ◆ Take off safety key, and press PROGRAM and MODE key simultaneously for few seconds. If monitor display 0.6, it means conversion from km to e miles.
- ◆ Take off safety key, and press PROGRAM and MODE key simultaneously for few seconds, if *monitor* display 1.0, it means converting from miles to km.

### **Safety key function**

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop.

1. In any state, the safety key is pulled off and the time window displays "E-07" with a buzzer sound. If the motor is running, the motor is stopped urgently and the console keypad ban to operate.

2. Each time the safety key is placed, the screen will be fully displayed for 2 seconds. Then enter the system default working state.

### **USER program:**

The USER mode has three USER1~USER3. In the USER mode, users can set their own sports program. Press the "P" button to adjust to "USER1~USER3", then press the "M" button to set or press the START key to start the exercise. Press the "M" button to set the 10 speeds and elevation of your own program. After setting, the user presses "START" to start the exercise. The user's exclusive program will be saved and can be directly used for the next time.

## Safety Usage Guide

1. Insert the power cord plug into the 10A power socket with safety ground and turn on the power switch. The console screen is fully displayed with a buzzer sound and identify the safety key.

2. Put the safety key in its position of the console and connect it with your cloth in front of your chest. It'll enter into default working state of the system after the screen fully displays for 2 seconds. The treadmill is under the positive timing mode of manual program P0. All counters are cleared and the set value is reset.

3. Press **PROG** button to select program P0~P36/ U01~U03/ HRC01~HRC03 and BMI circularly.

3.1 **P0** is custom program for user. Press **MODE** button to select four training modes circularly. Training speed and incline will be set by user. Default value of speed is 1.0KM/H and default value of incline is 0%.

◆ **Training Mode 1 - Normal:** Time, distance and calories are all counted positively, disable setting function.

◆ **Training Mode 2 - Time countdown:** Time window flashes under setting state. Press handlebar button +/- to modify the setting value. Time setting range is 5~99mins and default value is 30mins.

◆ **Training Mode 3 - Calorie countdown:** Calorie window flashes under setting state. Press button +/- to modify the setting value. Calorie setting range is 20~9990cal and default value is 50cal.

◆ **Training Mode 4 - Distance countdown:** Distance window flashes under setting state. Press button +/- to modify the setting value. Distance setting range is 1.0~99.0km and default value is 1.0km.

3.2 P1~P36 is system setting program and only available for the training under time countdown mode. Time window flashes under setting state. Press button +/- to modify setting value. Time setting range is 5-99mins and default value is 30mins.

4. After setting the training mode, press **START** button, the screen will display time countdown with 3s and accompanying 3 buzzer sounds. When it countdown to 1, the treadmill will start gently and slowly accelerate to the displayed speed. And then running with constant speed smoothly.

4.1 Under running state, press button **SPEED +/-** key to adjust the running speed.

4.2 In P1~P36, the speed and incline of each program will be divided into 10 segments. Time of each segment is divided equally in the setting time. Adjusted speed or incline is only effective within the current segment. There's 3 buzzer sounds 3s ahead of the conversion between the segments. The motor will stop automatically accompanying with a long alert tone after the program runs the whole 10 segments.

4.3 When the motor is under running state, press **START** button again, the motor will be switched between pause and running states. Restart it from pause state, recorded running data and progress remain unchanged.

5. When the motor is under running state, press **STOP** button, the motor will slowly decelerate till it stops smoothly, and all settings will return to the default state.

6. Under running state, press button **INCLINE**   key to adjust the incline level.

7. In any state, the motor will stop urgently when the safety key is pulled off and the time window displays "E-07" with a buzzer sound.

8. The electric control system is in safety monitoring at any time. The running treadmill will stop in an emergency when the abnormality is found. The screen will display the abnormal information and accompany with the alert tone.

9. Press "STOP" key can clear the error message when display window show any error code.

10. Body fat test method: Press the **P** key to select program BMI, and press the **MODE** key to select project number, and press button **+/-** to set parameters.

10.1 **F1** (sex): gender; Parameter range: 1~2. 1 indicates male and 2 indicates female. Default value: 1.

10.2 **F2** (Age): age; Value range: 1 to 99 years old. Default value: 25 years old.

10.3 **F3** (Height): indicates the height. Parameter range: 100 to 220cm. Default: 170cm.

10.4 **F4** (Weight): indicates body weight; value ranger: 20 to 150kg. Default value 70kg.

10.5 **F5** (BMI): indicates the completion of parameter setting and entering body fat testing state. Please hold both hands on the heart rate sensor on the left and right

handles and wait for 4 seconds, the display window will display the body fat percentage (BMI) of the tested person. By Asian standards, body fat less than 18 is considered thin, between 18 and 24 is the ideal weight, between 25 and 28 is overweight, and over 29 is obese. Default: 24 (this data is for exercise purposes only).

## **ERP function**

The system starts in ERP mode by default, when the monitor is under standby mode without any operation over 20minutes, the monitor will go to sleep mode to save power consumption (only identify whether the motor is running or not). Removing or putting the safety key can wake up the system.

## **HRC Program**

The default HRC is three groups. Limited speed of HRC1 is 9 km/h. Limited speed of HRC2 is 11 km/h. Limited speed of HRC3 is 13 km/h

1. Setting method/ sequence/ parameter range of HRC. Press the program key to display HRC. Entering to next setting by pressing the mode key to confirm. Press the speed key to adjust and complete the setting of the last parameters then can start.

A) Age setting range: 15~80 years old, default 25 years old.

B) Default THR (target heart rate):  $(220 - \text{age}) * 0.6$

C) THR can be modified. Modify range: 80~180

D) Time setting. Default 30 minutes. Modify range: 5~99 minutes

2. Relation of speed change.

A) Change frequency. HRC detects heart rate every 30 seconds (Heart rate displays in the screen all the time)

B) Speed increases by 2km/h when user's heart rate is 30 beats/min below the target heart rate.

C) Speed increases by 1km/h when user's heart rate is 6~29 beats/min below the target heart rate.

D) Speed decreases by 2km/h when user's heart rate is 30 beats/min above the target heart rate.

E) Speed decreases by 1km/h when user's heart rate is 0~5 beats/min above the target heart rate.

G) Speed remains the same When the user's heart rate is 0~5 beats/min below or above the target heart rate.

3. In the following situations, the speed of treadmill will slow down to the lowest within 20 seconds and stop after running at the lowest speed for 15 seconds with alarm sound every second.

A) Every 30 seconds to detect a heart rate, when the two consecutive heart rate can not be detected.

B) 1 km / h (0.6 mph), heart rate leads to deceleration.

C) When the heart rate exceeds 220 - the setting age.

4. Deceleration should not be lower than 1 km/h (0.6 mph) when its speed is above 1km/h (0.6 mph). Such as: Treadmill with minimum speed of 1 km/h (0.6 mph), when it runs at 1.6 km/h (1.0 mph) and it'll slow down to 1 km/h (0.6 mph) when the heart rate causes a 1.0 (2.0) km/h deceleration.

5. Incline isn't controlled by the heart rate but by manual. The treadmill is not controlled by heartbeat for 1 minute before starting running, and only starts running according to the built-in formula after 1 minute of running.

## Bluetooth function

### KINOMAP

Register and log in the Kinomap APP, click on the fitness equipment management pages, click "+" in the upper right corner to add new fitness equipment. Select My Treadmill and then choose brand "AnyRun". Click AnyRun treadmill on My Treadmill page, then select SW-7210EB-XXXX from the fitness equipment and click.



### Zwift

Download, register and log in the Zwift APP, enter the setting page:

Under PAIRED DEVICES page, click RUN for treadmill; Then click POWER SOURCE, and there is pop-up menu, select the Bluetooth code, which is same as the code tagged on the equipment console, then select OK to be paired.



NOTE: Zwift remembers the devices used in the previous session and may attempt to pair to those devices if they are present and available. If you see devices paired that you don't wish to use, you can simply deselect them and select the device you do wish to pair.

### Connect to Bluetooth music

Turn on the Bluetooth of your phone. If it is the first time to connect to music Bluetooth, search for the Bluetooth device with the name Run Music in other devices and connect.

**Automatic program P1-P36 metric speed/incline table:**

SEG		1	2	3	4	5	6	7	8	9	10
PROG											
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3



P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

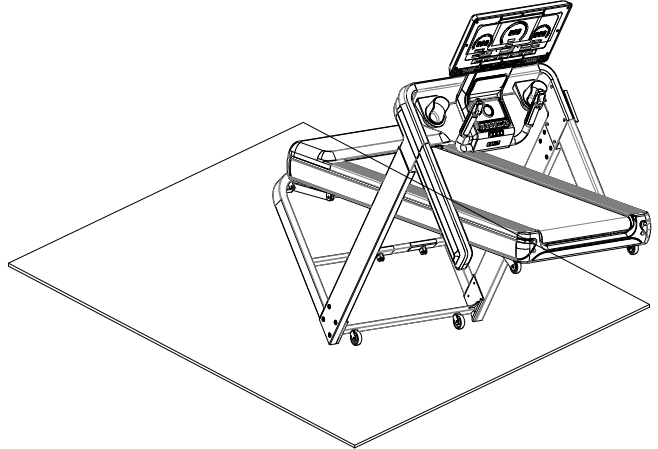
## Common faults of electronic system and troubleshooting methods:

Item	Reason	Maintenance
System not working	A、 Not plugged in or not turned on	Connect the power, or turn the power switch to the "NO" position
	B、 Security key not in place	Put the safety key in the correct position
	C、 No power to the controller or monitor	Replace the controller or monitor
	D、 Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
Sudden stop in normal state	A、 Safety key off	Replace the safety key
	B、 System abnormal	Please call after-sales service
Button failure	Button invalid	1.Replace the key board and the keyboard cable; 2.Replace the PCB board 3.Replace the console.
E-01	A、 defective communication line	Reconnect the communication cable and check if the terminal is connected well or replace the communication cable
	B、 defective console	Replace the console
	C、 defective controller	Replace the controller
E-02	A、 Defective motor cable and motor	Replace the motor
	B、 defective between motor cable and controller or defective controller	Check and connect cables well or replace the controller
E-03	A、 The speed sensor is not installed correctly	Check and reconnect
	B、 Defective speed sensor	Replace the speed sensor
	C、 Dirty speed sensor or poor contact	Check and reconnect/clean the dust, grease on speed sensor
	D、 defective controller	Replace the controller
E-05	A、 Controller is damaged	Replace the controller
	B、 damaged motor	Replace the motor
	C、 mechanical failure	Check whether the silicon oil backside of running belt is dry or rollers was blocked
E-07	Console does not detect safety lock signal	1. Check whether the safety key is in correct position; 2. Reinstall the safety key sock; 3. Replace the console
No heart rate display	A、 The handle pulse cables are not inserted properly or defective	Check and connect or replace the handle pulse cables
	B、 Console cables are defective	Replace the console
The console shows incomplete or missing strokes	A、 LED digital tube is defective	Replace the PCB board or monitor
	B、 system error	Replace the monitor
Incline failure	A、 Defective incline motor	Replace the incline motor
	B、 defective controller	Replace the controller
	C、 Controller signal is abnormal	Press the calibrate key on the controller to calibrate the incline value.

## MOVING THE TREADMILL

Make sure all following points when moving the treadmill:

1. Restore the incline to flat (0) position.
2. Unplug from power point.
3. Remove the power cord from the power plug



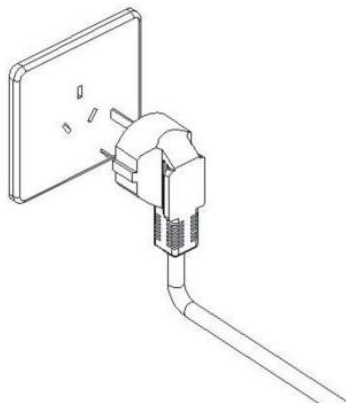
After lifting up the treadmill by grabbing the end of both handrails and stand up straight, user can move the treadmill forward or backforward slowly to the right place and lay the treadmill flat gently.

## Grounding Guide

This product must be grounded. If the treadmill fails or is damaged, the grounding wire forms a circuit with the lowest resistance, and current is led underground, reducing the risk of electrocution. This product comes with a cable, which has a conductor and a ground plug to ground the device. This plug must be plugged into a socket that meets the installation and grounding requirements of local standard and regulations.

Danger! It may cause a risk of electrocution if there's improper connection of the ground conductor of the equipment. Please consult with the qualified electrician or repairman if you do not know whether the equipment is properly grounded. Please do not change the plug that comes with this product. Please let a qualified electrician to install a suitable socket if the plug does not fit the socket.

This product operates on 220-240 volt lines and is equipped with a ground socket as shown in the following illustration.



## How to use treadmill

1. Expanding the treadmill to the lowest position after power on and to check whether it's normal.
2. Clip the safety key to the front of the user's shirt.
3. Please check the stability and function of the treadmill before exercising. It's strictly prohibited to start treadmill when standing on the running belt. Please stand on the side rails and hold the handlebar before running the treadmill. Till the treadmill runs normally after its start, user can start running .

Hold the handrail with one hand and press the START button with the other hand to start the treadmill. The treadmill starts after 5 second and runs at a speed of 1.0km/h. Press the "+" key of speed, the motor speeds up to 2.5 ~ 3.5km / h which's the most suitable running speed. Running speed of user will soon be the same as the running belt after stepping on it by grabbing the handlebars with both hands.

4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. Press speed shortcut keys during the running time can enter into the needed running speed.
6. Press STOP key to stop the motor at any time during running.
7. Heartrate test: Turn on the switch of treadmill, the heartrate value will be showed in the display window after user grab the metal sensor chips of HRC for few seconds. (Note: The value is only for exercise reference but not for medical data.)

## Treadmill Maintenance

### 1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion :

- |  |                                 |
|--|---------------------------------|
| Using time less than 3 hours every week  | lubrication once every 5 months |
| Using time equal to 4-7 hours every week | lubrication once every 2 months |
| Using time more than 7 hours every week  | lubrication once every month    |

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

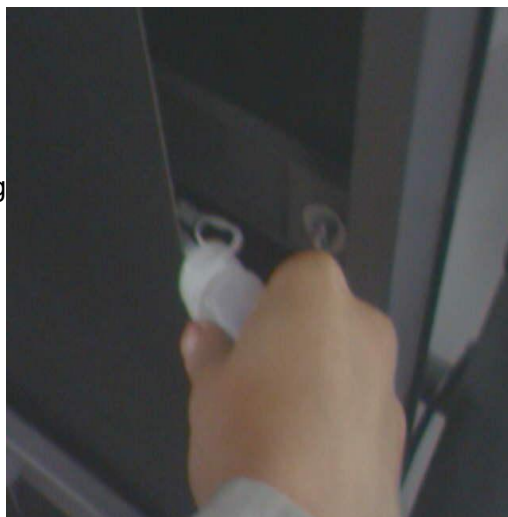
2. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt: (as shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.

Wait several minutes to let the silicon spray spread,

- before starting the machine



### 3. Belt Adjustment

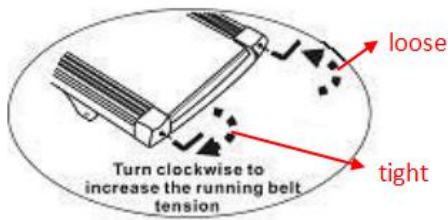
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

### 4. Adjustment of belt deviation:

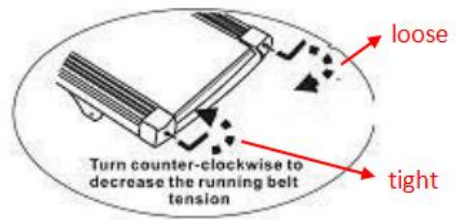
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- ① The treadmill is unstable.
- ② Feet didn't in the central of the running belt when running.
- ③ Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anti-clockwise.



Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anti-clockwise.

### KEY POINT:

- Clockwise means tighten.
- Anti-clockwise means loosen.
- Running belt will shift to the loose side.

① If the running belt shifts to the left, that means the left side is too loose.

Adjust the left bolt clockwise to make the left tighter.

Or adjust the right screw anti-clockwise to make the right looser.

② If the running belt shifts to the right, that means the right side is too loose.

Adjust the right bolt clockwise to make the right tighter

Or adjust the left screw anti-clockwise to make the left looser.

## **Attention:**

-You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.

-When you adjust the bolt, don't rotate it too much.

-After each adjustment you need to look for the changes in the running belt.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

## **Cleaning**

Regular cleaning of the striding belt ensures a long product life.

Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

**Storage:** Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.