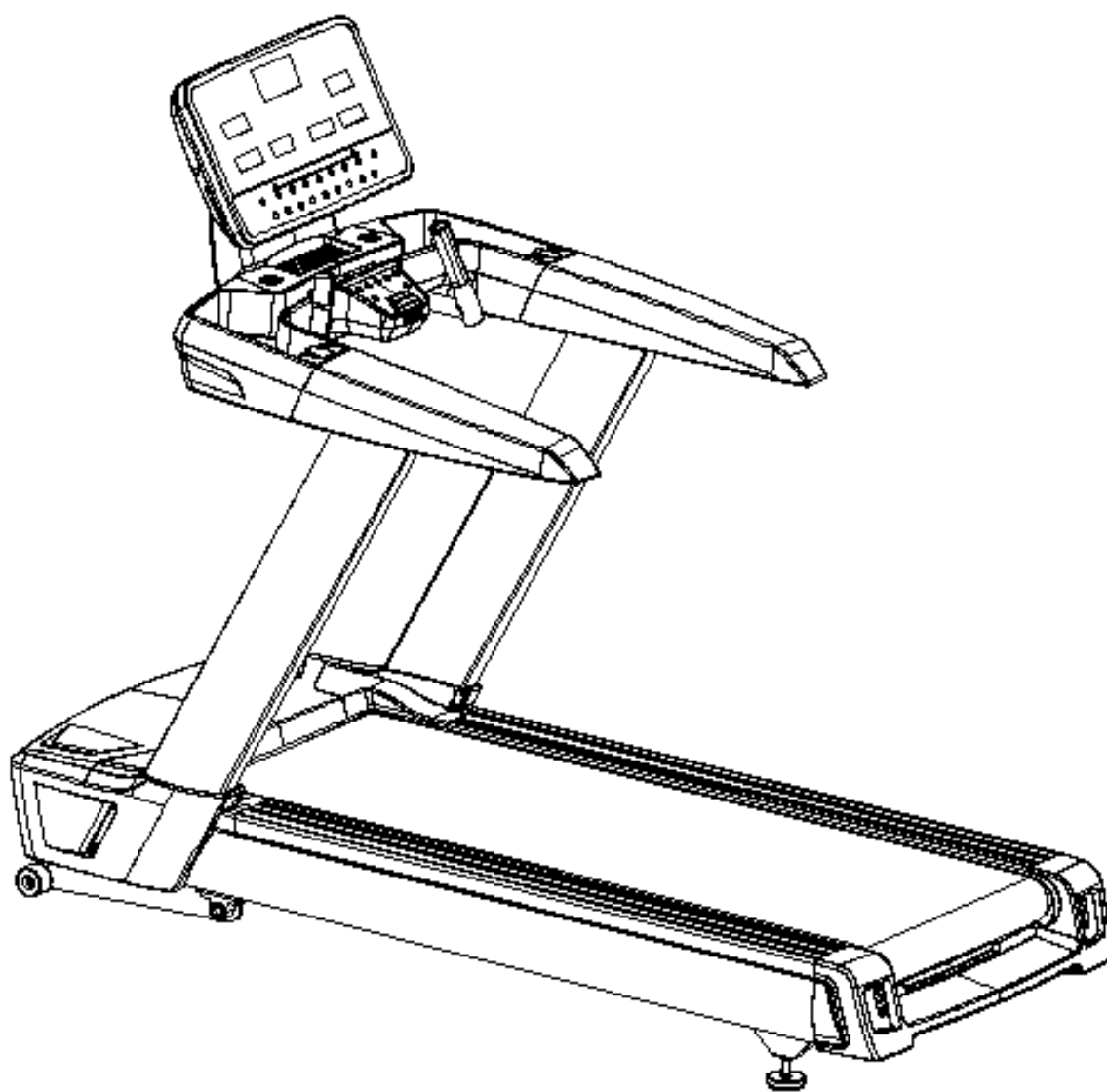# HIT FITNESS H15

Retain this owner's manual for future reference

Read and follow all instructions in this owner's manual

Thanks for purchasing this product .The 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 thr 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 pulloing 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 coditions.

◆ 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 ad 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 consulingt 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 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 protrssion, 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 ℃.

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 powercord. 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 electriic 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 feelig tired.

- may damage to your health.

◆ The product is for home and gym use. It can not be used in school 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 mainenance.

- 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 malfunctionning, 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 prefessional 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 pulg. Please connfirm that you have the matched socket first. A socket adaptor is not allowed.

PACKING LIST
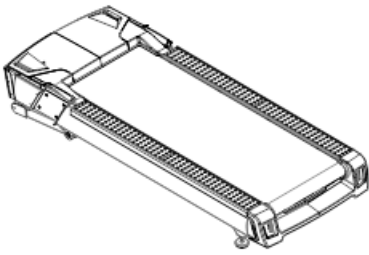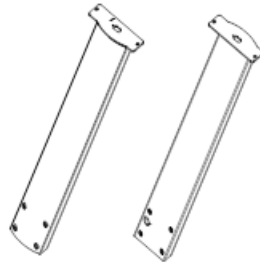
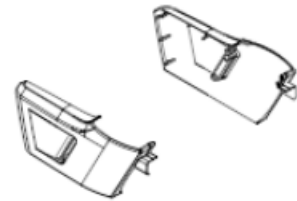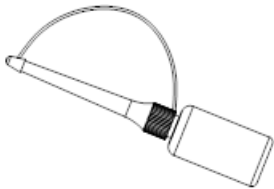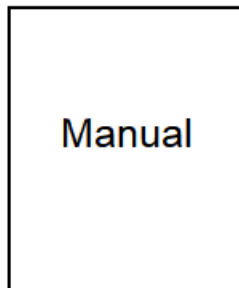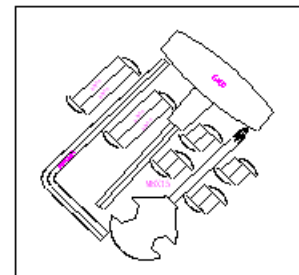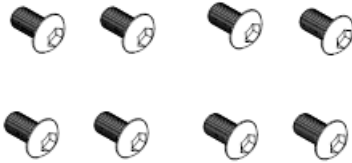|		
Main Frame	Upright Post Frame (L & R)	Console Frame
Display Frame	Console Back Cover	End Cover of Upright Post (L & R)
Silicon Oil	Manual	Screw Kit
Power cord		
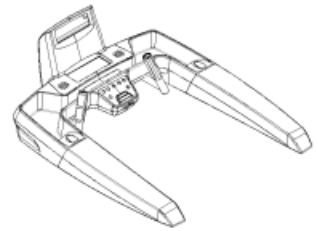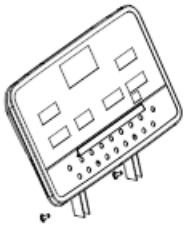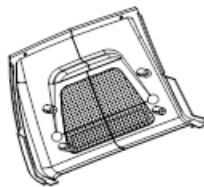
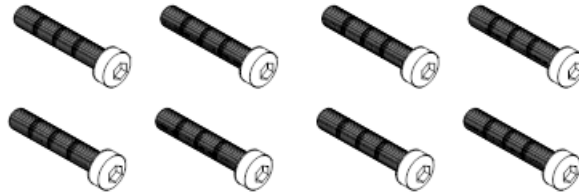# Hardware Bag

Phillips C.K.S. Self-tapping Screw
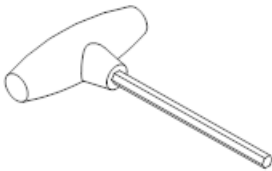(ST4*16) 8PCS

Phillips C.K.S. full thread Screw
(M4*16) 4PCS

Phillips C.K.S. Self-tapping Screw
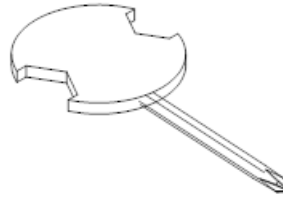(ST4*8) 2PCS

Allen C.K.S. Bolt(full thread)
(M8*20) 8PCS

Allen Cylinder Bolt (full thread)
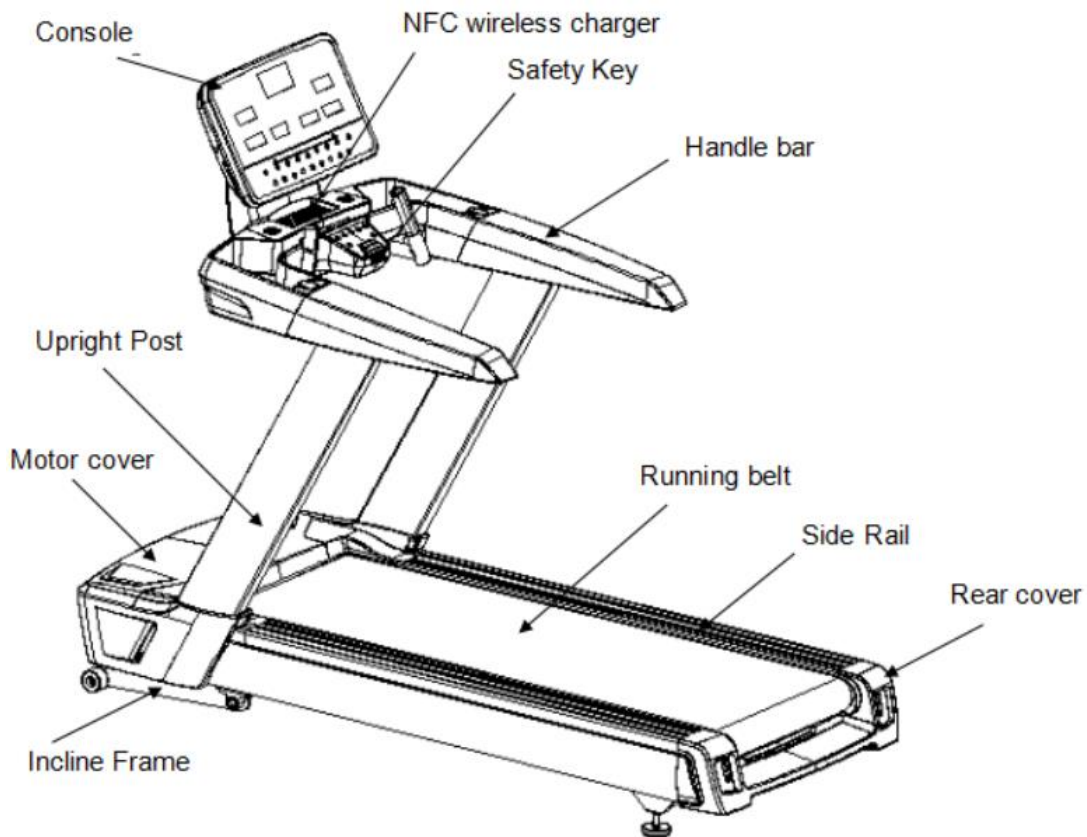(M8*80) 8PCS

T-type Handle
Allen Wrench * 1PC

L-type Allen
wrench * 1PC

Phillips Screwdriver
1PC

Treadmill Instruction
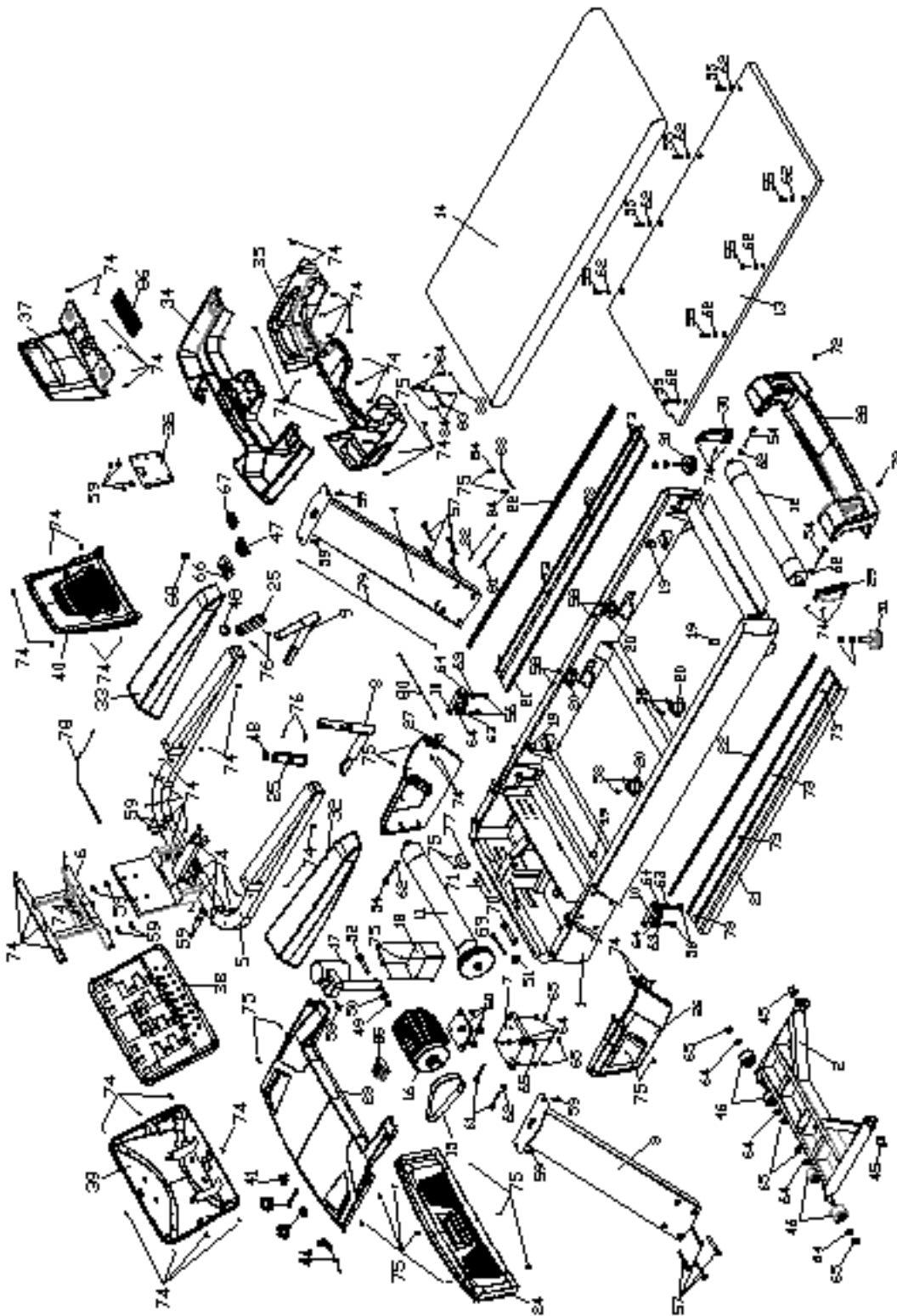

Technical Information

Foldable Dimension	2145*930*1680
Running Area	1580*600
Speed	1.0—25.0km/h
Incline	0-15%

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

Exploded Diagram

Part List

No.	Description	Specification	QTY
1	Base Frame		1
2	Incline Frame		1
3	Upright Post Left		1
4	Upright Post Right		1
5	Console Frame		1
6	Display Frame		1
7	Motor Frame		1
8	Handle Pulse Frame (left)		1
9	Hand Pulse Frame (right)		1
10	Fixing Base	t25×91×51 (zinc plating-white)	2
11	Front Roller	Φ150×Φ85×Φ25×715	1
12	Rear Roller	Φ85×Φ25×638×705	1
13	Running Board		1
14	Running Belt		1
15	Motor Belt		1
16	AC Motor		1
17	Incline Motor		1
18	Inverter		1
19	Cylindrical Cushion	Φ30×30×M8×8	4
20	Mounted Cushion	80×54×40(red)	4
21	Aluminium Side Rail	128×49×1400	2
22	Rubber Pad of Side Rail	100×8×700	2
23	Motor Cover	810×595×68	1
24	Motor Cover Front	810×114×192	1
25	Handle Pulse Set	cylinder length 133 (with metal plate)	2
26	End Cover of Upright Post Left		1
27	End Cover of Upright Post Right		1
28	Rear Cover	855×163×195	1
29	End Cap of Rear Cover Left	78×34×155	1
30	End Cap of Rear Cover Right	78×34×155	1
31	Foot Pad	Φ74×86×M12	2
32	PU Handlebar Left		1
33	PU Handlebar Right		1
34	Console Upper Housing		1
35	Console Lower Housing	926×377×129	1
36	Console connectting Board	5.0x131x168	1
37	Console Mounting Base	432×208×227	1
38	Console		1
39	Display Back Cover	586×82×359	1

Item	Description	Specification	QTY
40	Console back cover	5550EA/408×123×316	1
41	Power Socket	250V/10A/ Red L-60/ Black L-150/ Yellowish Green L-320	1
Item	Description	Specification	QTY
42	Fuse (with wire)	FP-ZHY-8(6.35×30)/15A	1
43	Switch	30A	1
44	Power Cord	3×1.5mm2×2000	1
45	Powder Metallurgy Sleeve	Φ35×Φ30×Φ20×27	2
46	Wheel	Φ59xΦ15.5xt40	4
47	Safety Key Press Part	83.5×42.7×33.2	1
48	Pipe Plug		2
49	Hex Locknut	M12	1
50	Flat Washer	Φ12	1
51	Magnet ring	Φ35xΦ22xt15	1
52	Allen C.K.S. Bolt (half thread)	M12×70×20	1
53	Allen C.K.S. Bolt (half thread)	M10×40×20	1
54	Allen Cylinder Bolt (full thread)	M8×75	3
55	Allen Sunk Bolt (full thread)	M8×30	8
56	Allen Cylinder Bolt (full thread)	M10×35	4
57	Allen Cylinder Bolt (full thread)	M8×80	8
58	Allen Cylinder Bolt (full thread)	M8×10	8
59	Allen C.K.S. Bolt (full thread)	M8×20	16
60	Allen Cylinder Bolt (full thread)	M8×15	4
61	Allen Cylinder Bolt (full thread)	M8×55	2
62	Flat Washer	Φ8	16
63	Spring Washer	Φ10	4
64	Flat Washer	Φ10	12
65	Hex Locknut	M10	8
66	Safety Key Mounting Base	106×54×24	1
67	Safety Key Pulling Part	60.5×42×12	1
68	Tension Spring	Φ11.8×Φ0.8×24	1
69	Connecting Wire (grounding)	L-150mm/ 1.5mm2/ #6.3 female terminal/ Φ6 terminal	1
70	Power Connection Wire	L-450mm (red)	2
71	Power Connection Wire	L-450mm (black)	1
72	Phillips C.K.S. Bolt (full thread)	M5×15 (steel nail)	2
73	Phillips C.K.S. Self-tapping Screw	ST4×20	8
74	Phillips C.K.S. Self-tapping Screw	ST4×16	72
75	Phillips C.K.S. Screw (full thread)	M4×16 (steel nail)	26
76	Philips Pan Head Self-tapping Bolt (full thread)	ST3x25	4
77	Filter	10A	1
78	Communication Wire	5552EA/L-900mm	1
79	Communication Wire	5552EA/L-1200mm	1
80	Communication Wire	5552EA/L-800mm	1

Item	Description	Specification	QTY
81	Power Connection Wire	L-800mm/1.5mm2/ Red	1
82	Power Connection Wire	L-800mm/1.5mm2/ Black	1
83	Connecting Wire (grounding)	L-200mm/1.5mm2	3
Item	**Description**	**Specification**	**QTY**
84	Serrated Lock Washer	Φ5	6
85	Switching power supply		1
86	NFC silicone pad		1
87	Phillips C.K.S. Screw (self-tapping)	ST4×8	2

ASSEMBLING INSTRUCTION
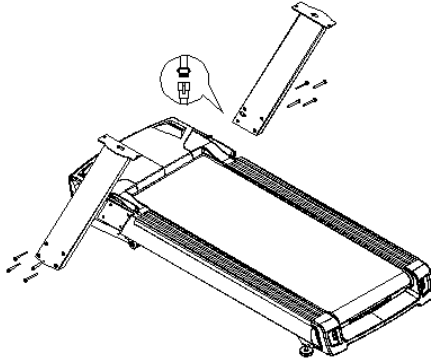
Step 1

Take out the machine from box and put it on the flat floor. Stuck the upright posts into the mounting groove of the main frame and fix the posts by 4pcs of screw (M8*80) for each side.

Please connect the communication wires well before installing the upright post (R) .
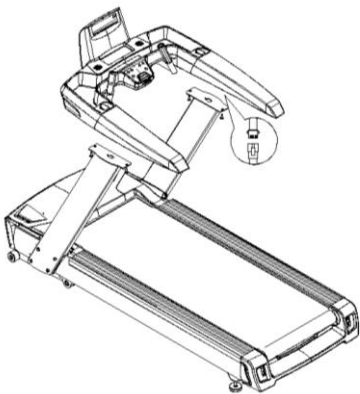
Step 2

Connect communication wire of the right side of console frame with the wire of the upright post (R) firstly. Place the console frame on the upright posts and fix them by 4pcs of Screw (M8*20).
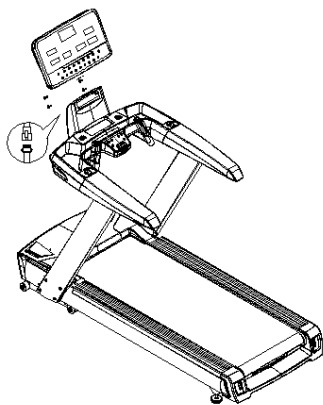
Step 3

Organize the wires first then insert the display frame to the mounting base of the console frame assembly (as image on the left), fix them by 4pcs of screw (M8*20) and connect the communication wires well.

Step 4

Fix the end cover of upright post (L) to the main frame by 2pcs of screw (M4*15) and then fix the end cover by 2pcs of screw (ST4*15). The same way to assemble the end cover of the upright post (R). Assemble the back cover of the console is fixed with 4pcs of ST4*15
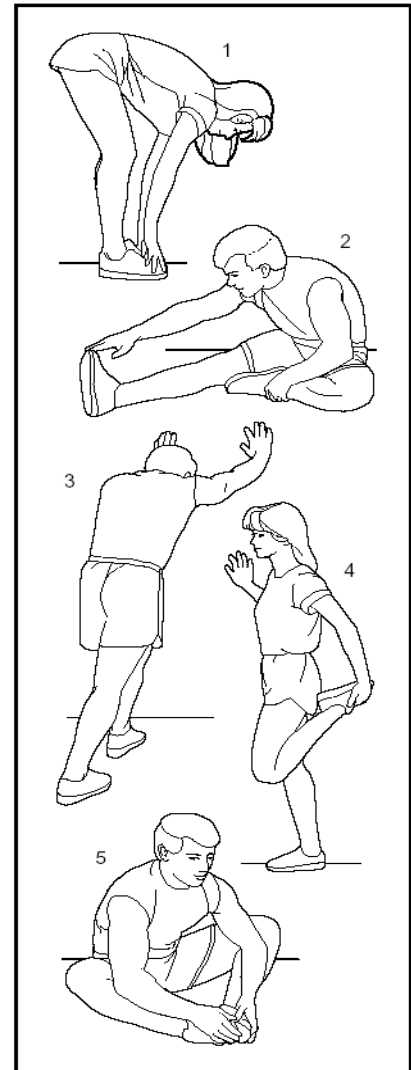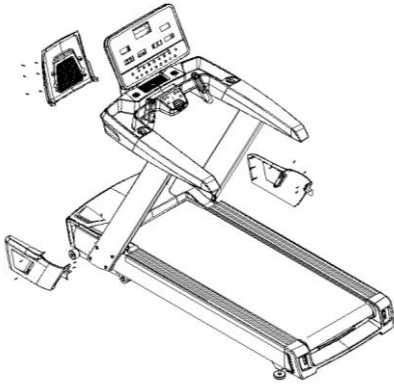
General Fitness Tips

1. Warm-up

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

2. 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 Description

Console Function Description
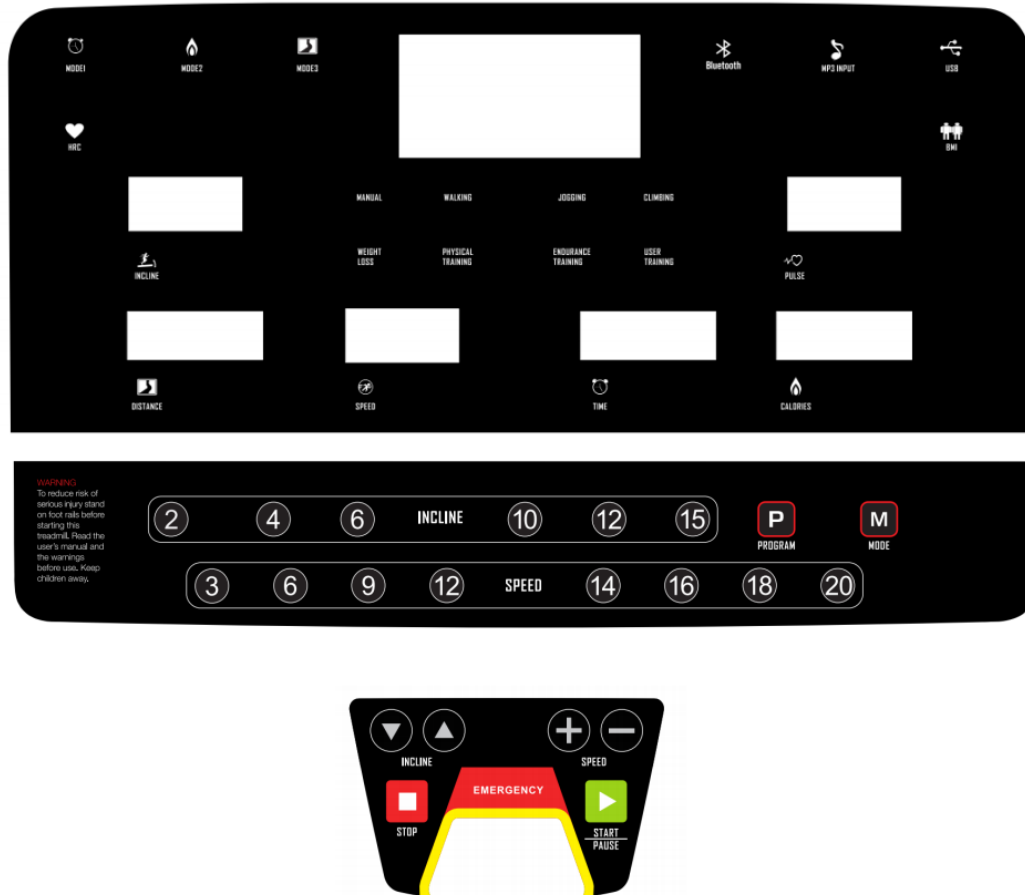
1.1 **P0** is the manual program for user. **P1-P36** is the preset auto program for training. U1~U3 (user-defined program), FAT.

1.2 1 LED dot matrix screen, 6 digital displays, 23 operation keys .

1.3 Speed Range:1.0~25.0KM/H. Incline Range: 0~15 %.

1.4 Controller with Inverter.

1.5 Self-checking system, and warning function of abnormal information.

1.6 Available shift between metric and imperial in program of speed and distance.

1.7 NFC wireless Charger

Display Window Description

"SPEED" window：display the value of speed.

"TIME" window：display the value of time.

"DISTANCE" window：display the value of distance and steps.

"CALORIES" window：display the value of calories.

"PULSE" window：display the value of pulse.

"INCLINE"window: display the value of incline.

Keyboard Operation Description

1. **P** is PROGRAM key. User can select program P0~P36, U1~U3(user defined program), FAT(body fat function) circularly when the treadmill is under STOP state.

2. **M** is MODE key. When you select Manual mode, the initial state is normal. Press Mode key to select three different countdown operation modes: Time countdown mode --> distance countdown mode --> calorie countdown mode --> normal. The Reset key of default time countdown(30 mins) is in P1-P36.

3. **START** is START/PAUSE key. Press the key to start the treadmill when it's under stop states. Press the key to pause the treadmil when it's running.

4. **STOP** key. Under running state, press STOP key and the treadmill will go to a slow stop.

5. **"+/-"** SPEED control key. Adjust running speed of the treadmill by pressing **"+/-"** key when the treadmill is under the running states. While under the stop or body fat testing states, pressing **"+/-"** key to adjust the setup of the parameter.

6. **Speed Shortcut** key 3,6,9,12/ 14,16,18,20: In the running state, user can adjust the running speed directly to the key specified value as the shortcut shows.

7. ▲/ ▼ INCLINE control key. In the running state, user can adjust the incline level by pressing ▲/ ▼

8. **Incline Shortcut** key 2,4,6,10,12,15: In the running state, user can adjust the incline level directly to the key specified value as the shortcut shows.

Shift between Metric and Imperial

➢ Pull out the safety key, press PROGRAM and MODE key at the same time, M displays in the screen which means it shifts to Imperial system already.

➢ Pull out the safety key, press PROGRAM and MODE key at the same time, KM displays in the screen which means it shifts to Metric system already.

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.

In any state, once the safety key is pulled out, motor will stop urgently and E-07 display in the screen with a buzzer sound. The console keys will ban to operate. Every time the safety key is replaced, the screen will fully display for 2 seconds and system will enter into default working state.

Operation Instruction

1. Put the power cord to a grounded power outlet with 8 amps. Turn on the power switch, the console screen displays fully and accompanying with prompt sound, then identificates the safety key.

2. Put the safety key in the right position and clip the clothespin to the clothes on the chest. The system will enter into the default working state after the screen fully displayed for 2 seconds. All counters and setting value will be reset to original state. The treadmill is in positive timing mode of the manual program P0.

3. Press **PROGRAM** key to select program P0~P36/ U1~U3/ FAT circularly.

3.1 P0 is customized program for user. Press MODE key to select four training modes circularly. Trainning speed and incline is 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 **+/-** key to modify the setting value. Setting range from 5mins~99mins and default 30mins.

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

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

3.2 P1~P36 is setting program of the system and only available for the training under the mode of time countdown. Time window flashes under setting state. Press button **+/-** to modify setting value. Time setting range is from 5mins to 99mins and default 30:00

3.3 Press **START** button after complete training mode setting. The screen starts to display a 5-second countdown and accompanying prompt tone for five times. Whent counting down to 1, the treadmill starts gently, slowly accelerate to the displayed speed and go into running with constant speed smoothly.

3.3.1 Press button **+/-** or **QUICK SPEED** key to adjust the running speed when it's under running state,

3.3.2 In P1~P36, the speed and incline of each program will be divided into 16 segments. Time of each segment is divided equally in the setting time. Adjusted speed or incline is only effective in the current segment. There's 3 buzzer sounds 3sec ahead of the conversion between the segments. The motor will stop automatically accompanying with a long alert tone after the program runs the whole 16 segments.

3.3.3 When motor is in running state, press **START** button to pause the motor. If press the key again, and the treadmill resume running. Running data and progress still remains.

3.4 When the motor is in running state, press **STOP** button to stop the motor slowly till it stops smoothly. All settings will return to the default state.

3.5 In any state, the motor will stop urgently when the safety key is pulled out and E-07 display in the window

with a buzzer sound.

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

3.7 There're three selections in USER mode USER1~USER3. User can access or set up his/her own motion program. Press PROGRAM key to USER mode USER1~USER3, it'll flash in TIME display window at the moment. User can press speed key **+/-** to set up exercise time. Press MODE key after time setup, it'll flash both in the display window of SPEED & INCLINE. User can set up his/her own program in 16-segment of speed and incline. Press speed key **+/-** to set up the speed of each segment of exercise, and press ▲/▼ to set up the incline level of each segment of exercise. After setting, user can press START to begin the exercise. User's specified program will be saved and can be accessed to use directly in next time.

3.8 Body Fat test method: Press the PROGRAM key to select FAT, the DISTANCE window displays setting project number, then press the MODE key to select project number. TIME display window in the right side displays the parameter of the setting item. Press button **+/-** to adjust the parameters. For the

  ➤ **F1** (sexo): defined as gender. Parameter range is 1~2. **1** defined as male, **2** defined as female. Default 1.

  ➤ **F2** (Age): defined as age. Parameter range is 1~99 years old. Default 25 years old.

  ➤ **F3** (Height): defined as height. Parameter range is 100~220cm. Default is 170cm.

  ➤ **F4** (Weight): defined as body weight. Parameter range is 20~150kg. Default is 70kg.

  ➤ **F5** (BMI): defined the completion of parameter setting and entering into body fat testing state. Please hold the heart rate sensor of the handlebar by both hands for 8 seconds, body fat percentage (BMI) of the testee will display in the parameter window. According to Asian standards, it's is considered as thin if BMI less than 18. It's considered as ideal weight if BMI between 18 and 24. It's considered as overweight if BMI between 25 and 28. And it's considered obese if BMI is over 29. BMI default 24 (the datum is for exercise purposes only).

NFC Wireless Charger

When the treadmill is powered on, users can put mobile phone with charging function in charging area of machine, to charge the mobile phone wireless.

Automatic Program P1-P36 Metric Speed / Incline Table

SEG		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0	2.0
	INCLINE	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0

|																	
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P23	SPEED	4.0	6.0	11.0	6.0	7.0	8.0	11.0	10.0	10.0	10.0	11.0	8.0	6.0	8.0	14.0	6.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	18	12	12	12	10	2
P24	SPEED	4.0	6.0	11.0	6.0	6.0	11.0	6.0	7.0	11.0	6.0	4.0	10.0	10.0	14.0	11.0	6.0
	INCLINE	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	11.0	13.0	5.0	13.0
	INCLINE	5	9	11	12	5	8	11	12	5	8	11	10	10	10	11	12
P26	SPEED	3.0	4.0	8.0	7.0	10.0	12.0	9.0	7.0	10.0	12.0	10.0	7.0	10.0	12.0	14.0	7.0
	INCLINE	6	10	12	12	9	10	11	12	9	10	12	12	9	10	12	12
P27	SPEED	5.0	7.0	12.0	12.0	10.0	10.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
	INCLINE	3	6	5	6	7	9	8	8	9	8	8	7	6	5	4	3
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	15.0	13.0
	INCLINE	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	SPEED	4.0	3.0	7.0	5.0	10.0	11.0	10.0	12.0	12.0	3.0	10.0	10.0	11.0	12.0	12.0	10.0
	INCLINE	3	5	7	8	13	12	12	12	12	12	12	11	9	7	5	6
P30	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	3.0
	INCLINE	3	8	8	6	7	9	8	7	8	8	8	9	4	7	9	4
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	11	8	10	12	11	8	10	12	11	8	10	12	11	8	10	12
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
	INCLINE	12	9	11	12	9	9	11	12	9	12	11	12	12	9	11	12
P33	SPEED	3.0	7.0	13.0	17.0	12.0	8.0	17.0	12.0	9.0	7.0	12.0	17.0	7.0	12.0	13.0	17.0
	INCLINE	12	10	4	12	10	4	12	10	4	12	10	6	12	10	4	4
P34	SPEED	5.0	7.0	12.0	12.0	3.0	12.0	7.0	12.0	12.0	12.0	3.0	12.0	7.0	12.0	12.0	12.0
	INCLINE	3	4	11	8	5	11	5	7	12	7	3	12	7	4	12	8
P35	SPEED	5.0	7.0	12.0	7.0	7.0	8.0	12.0	11.0	11.0	3.0	12.0	7.0	7.0	13.0	12.0	7.0
	INCLINE	3	4	5	8	10	12	12	12	11	12	12	10	12	12	14	3
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2

P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
	INCLINE	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

Moving the Treadmill

Make sure all following points when moving the treadmill:

1. Restore the incline to flat (0) position.

2. The power switch of treadmill is OFF.

3. Remove the power cord from the power socket.

After clearly define above points, lift up the machine by firmly holding the end of running platform. Standing up straightly to move the machine forward or backward slowly and lay it flat gently in the right position.
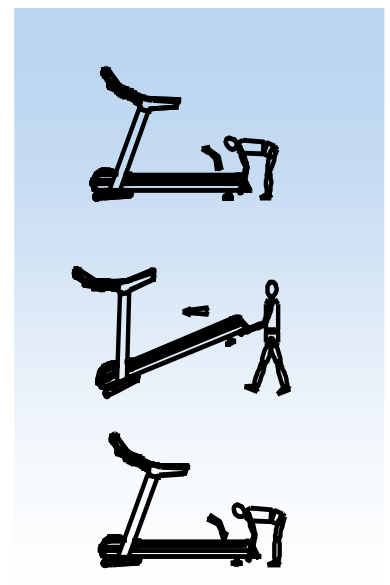
Grounding Guide

This product must be grounded. If the treadmill fails or is damaged, the ground wire can form a minimum resistance circuit, the current into the ground, thereby reducing the risk of electric shock. This product is equipped with a cable that has a conductor to ground the unit and a grounding plug. This plug must be plugged into a socket that complies with local codes and regulations for installation and grounding requirements.

Danger! Improper connection of the equipment grounding conductor may result in an electric shock hazard. If you do not know if the equipment is properly grounded, consult a qualified electrician or service person. Do not change the plug that comes with this product. If the plug does not conform to the socket, allow a qualified electrician to install a suitable outlet.

This product uses a 220-240 volts line and is equipped with a grounded outlet as shown in the illustrations below.
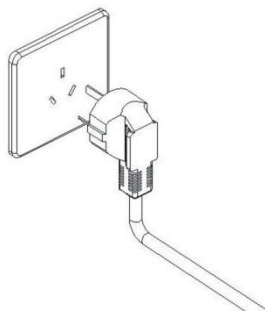
Treadmill Use instruction

1. Power on, the treadmill will start to the lowest position, check the machine is normal.

2. Attach the safety lock clip to the skirt of the sportsman's chest.

3. Before running, must confirm the stability of the treadmill and function is normal. It is strictly prohibited to stand on the run belt start, should stand on the side bar, handle bar, once confirm everything well then start running. When power on, put one hand to seize the handlebars, press the "START " button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), both hands grab handlebars, feet have to step on the running belt, can run with the same speed.

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. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.

6. Press "Stop" key to stop the motor at any time during running.

7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the current running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current time period running speed. Press "Stop" to stop the motion.

8. HRC test (optional): switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not as medical data, only as a sports reference.

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 therunning 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 showed):

● Stop the running belt, and fold the treadmill. Lift the belt that's behide the back of main frame and try to send the oil can to the middle of the belt.

● Spray silicone oil to the inner side of the running belt and coating both sides of the running belt by silicone oil.

● Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right. Keep it running for several minutes then the silicon oil can be fully absorbed by the running belt.
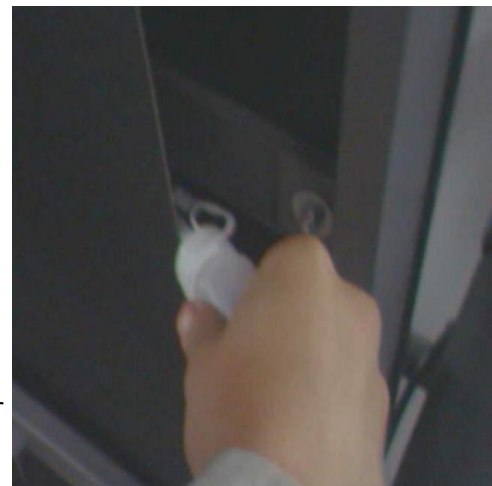
3. Belt Adjustment

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.
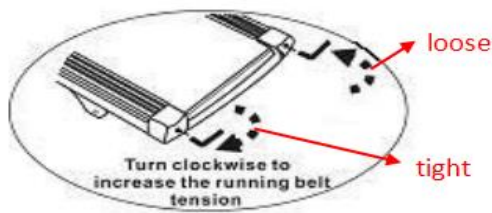
Such as left deviation of running belt.

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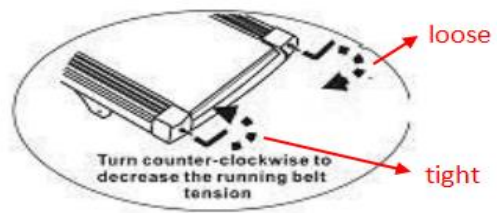
Such as right deviation of running belt.

Adjust the right screw clockwise or the left screw anti-clockwise.

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.

5. Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

Adjustment Steps: ① Turn the adjusting screw counterclockwise with wrench.

② The adjustment range shall be subject to the belt load not slipping.

NOTE: Regular cleaning of belts and pulley grooves
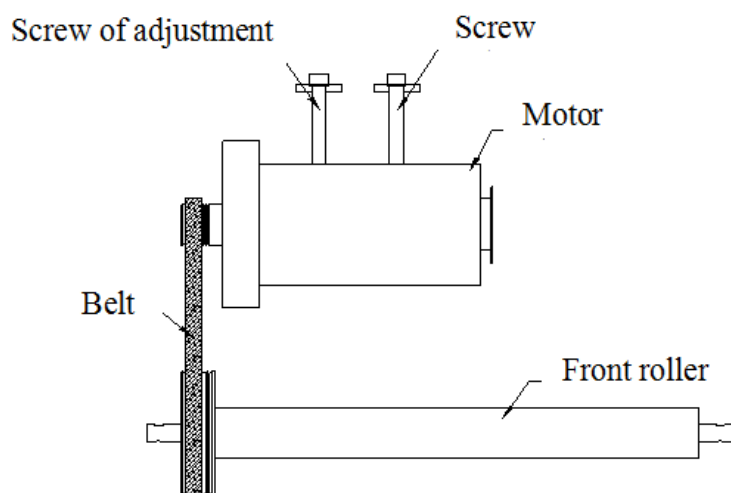
Cleaning

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 you treadmill in a clean and dry environment. Ensure the master powers witch is off and is unplugged from the electrical wall outlet.

Common faults and troubleshooting methods

Problem & code	Reason	How to settle the problem
Treadmill out of working	A. The power supply was not connected or the power switch was turned off.	Connect the power supply or turn on the power switch.
	B. Safety key was not in right position.	Place the safety key to the correct position
	C. Transformer not connect well or transformer is defective.	Reconnect the transformer or replace the transformer.
	D. Circuit broken.	Check the port of input & output and the communication wire
Treadmill stop suddenly	A. Safety key drop off	Reconnect the safety key
	B. System abnormaly	Ask for repairing
Key out of work	A. Key broken or invalid	Replace the key
	B. All keys invalid	1.Replace the key board and wires. 2. Replace the PCBA .
	C.Bad connection between motor wire and controller.	Reconnect the wire or replace the controller
E7	The console can't detect the safety key signal	1. Check whether the safety key insert well.
No pulse display	A. Handle pulse wire isn't connect well or the wire is defective.	Reconnect or replace the wire
	B. Console circuitry defected	Replace console
Console short of display	A. Screws of display board loosed	Tighten the screws.
	B. System failure	Replace console
E01	Inverter trip out under low voltage state	Replace inverter or ask for professional checking
E02	Temperature sensor abnormal	Replace inverter or ask for professional checking
E04	Inverter output overcurrent protection	Replace inverter or ask for professional checking
E06	Inverter overvoltage protection	Replace inverter or ask for professional checking
E09	Inverter overheat protection	Replace inverter or ask for professional checking
E21	Flash program error	Replace inverter or ask for professional checking
E22	Program error	Replace inverter or ask for professional checking
E23	Low voltage alarm	Replace inverter or ask for professional checking
E25	Emergency stop alarm	Replace inverter or ask for professional checking
E0A	Motor overload protection	Replace motor or inverter
E0B	Inverter overload protection	Replace inverter or ask for professional checking
E0C	System abnormal under overload	Replace inverter or ask for professional checking