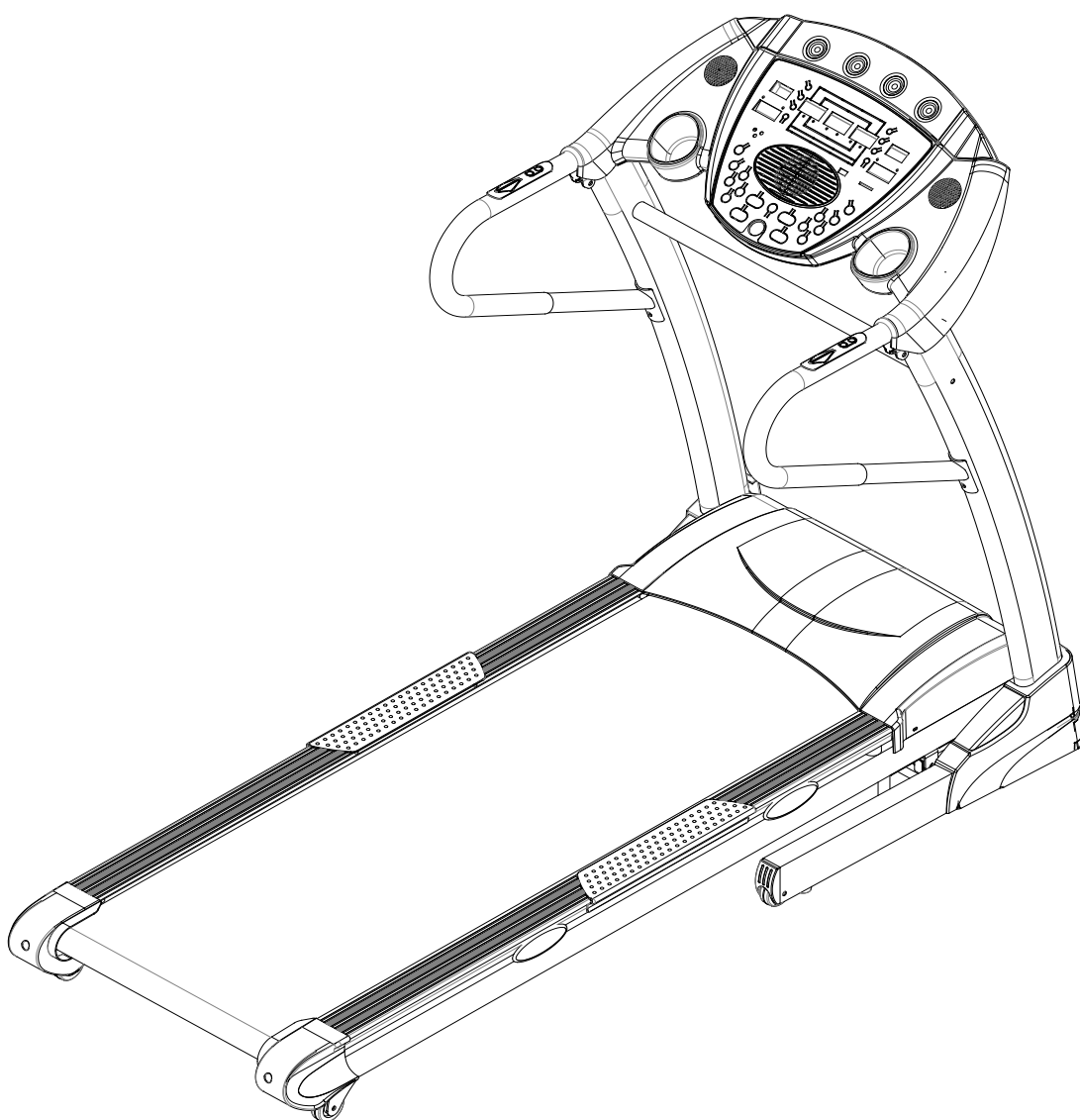


Motorized Treadmill Owner's Manual

HS312TM

EQUINOX



PLEASE READ ALL INSTRUCTIONS IN THE OWNER'S MANUAL.
CAREFULLY BEFORE ASSEMBLY AND USE OF THE TREADMILL,
AND KEEP IT FOR FUTURE REFERENCE.

CONTENTS-----1

IMPORTANT SAFETY PRECAUTIONS-----2

ASSEMBLY INSTRUCTIONS----- 3-5

FOLDING & UNFOLDING INSTRUCTIONS-----6

INCLINE INSTRUCTIONS-----7

GROUNDING METHODS-----8

OPERATION GUIDE-----9-14

GETTING STARTED GUIDE -----15

SAFETY EXERCISE-----16

WARM-UP EXERCISE-----17

MOTOR BELT ADJUSTMENT-----18

MAINTENANCE INSTRUCTIONS-----19

BELT ADJUSTMENT-----20

EXPLODED DRAWING-----21

PARTS LIST----- 22-23

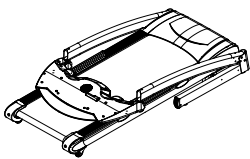
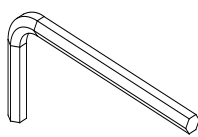
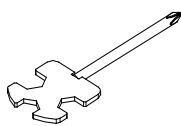

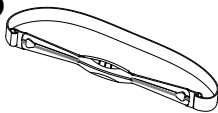
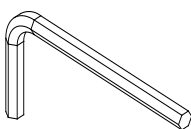

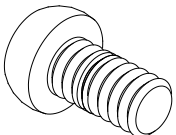
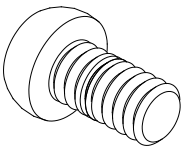
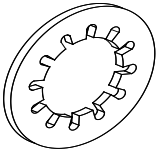

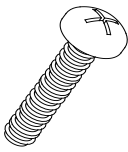
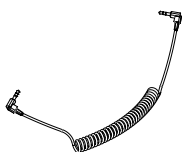
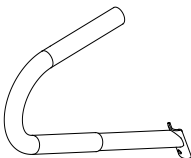
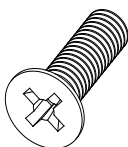
ERROR CODE AND SIGNIFICANCE-----24

Important Safety Precautions

- **Before starting any exercise Programme**, consult with your physician or health professional.
- **This applies especially to persons above 35 years old** or to people who have had health problems before.
- **Please do not turn on the power to the Treadmill** until assembly is completely finished and the motor cover is attached.
- **Please do not plug any electrical or other equipment** or items into any parts of this equipment, or damage may result.
- **When using this Treadmill**, keep the safety pull pin lanyard attached to your clothes or belt. In case of unforeseen circumstances or accidents, the Treadmill will come to a complete stop when the pull pin is disengaged from the console.
- **If you are using the Treadmill for the first time**, please hold the handrail until you feel comfortable with running on the running belt.
- **Never start the Treadmill while you are standing on the walking belt**, and always stand on the foot rails on the sides of the frame until the belt is moving.
- **Do not wear long, loose fitting clothing** that could become caught in the Treadmill. Always wear running or aerobic shoes with rubber soles.
- **Treadmills should only be used unsupervised by adults**; if a child wishes to use a Treadmill they should have adult supervision.
- **Please do not let small children or pets** approach the Treadmill during operation.
- **Position the Treadmill on a clear, level surface**. Do not place the Treadmill on thick carpet as it may interfere with proper ventilation of the machine.
- **When the Treadmill is not in use**, the power cable should be unplugged and the safety pull pin removed.
- **Please note that the power cable for this Treadmill is specially made**, and if it is broken, please contact your distributor quickly to obtain a new one.
- **Please do not exercise for the first 40 minutes after eating a meal**.
- **Please turn off any music when you are testing your Pulse rate with a wireless chest belt**.

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE PARTS AS SHOWN BELOW.

If any are missing, please contact your dealer as soon as possible

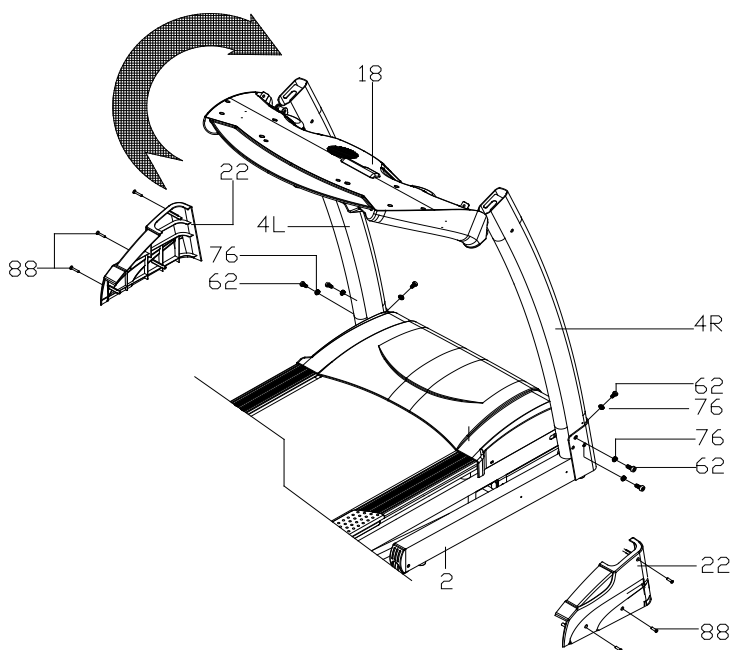
1 	19 	20 	22 
MAIN FRAME 1PC	ALLEN WRENCH 1PC	SCREW DRIVER 1PC	FRONT COVER 2PCS
26 	37 	47 	61 
WIRELESS CHEST BELT 1PC	ALLEN WRENCH 1PC	L POWER PLUG 1PC	BOLT M8*30 2PCS
62 	76 	86 	88 
BOLT M8*15 8PCS	INNER WASHER 10PCS	SAFETY KEY 1PC	BOLT M4*15 6PCS
90 	91 	92 	
MP3 LINE 1PC	HANDRAIL BEND PIPE 2PCS	BOLT M6*10 2PCS	

FIXING TOOLS

5# ALLEN WRENCH 1 pc, 6# ALLEN WRENCH 1 pc

SCREW DRIVER S=13, 14, 17 1 pc

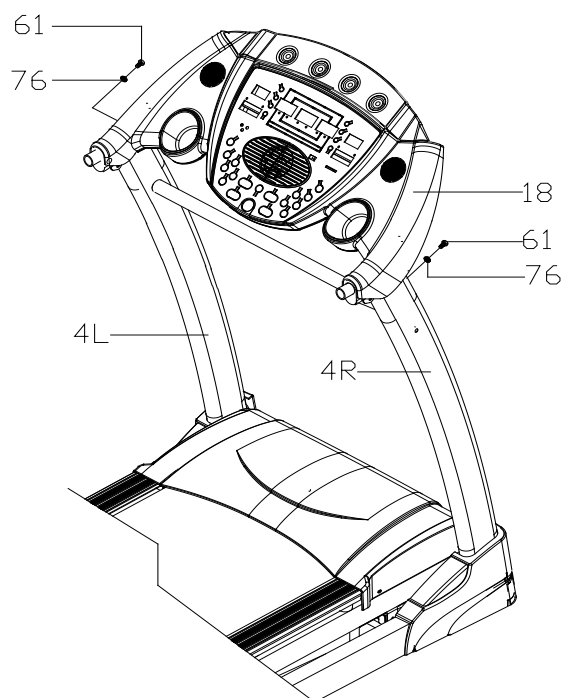
Assembly:



STEP 1:

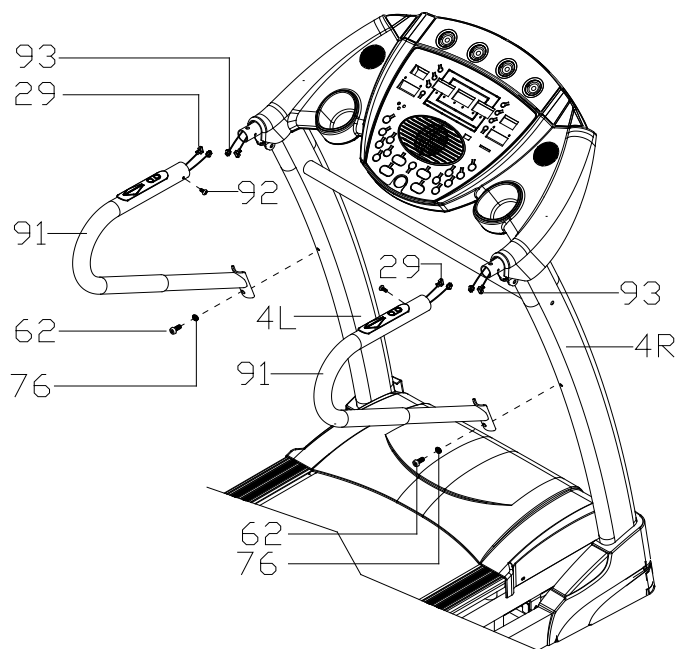
Open the box and take out all of the parts. Please make sure all of the parts are there and if not please contact your dealer immediately. Place the main frame on a flat surface and then using both hands, hold the COMPUTER (18) and pull up the UPRIGHTS (4L)(4R) in the arrow direction until the screw holes at the bottom are in alignment. Then screw the upright tubes onto the base frame (2) with HALF ROUND HEAD HEX BOLTS (62), INNER WASHERS (76). After that, screw the FRONT COVERS (22) onto the BASE FRAME (2) with CROSS FLAT HEAD BOLTS (88).

Then rotate the COMPUTER (18) in the arrow direction to match with UPRIGHT (4L/4R).



STEP 2:

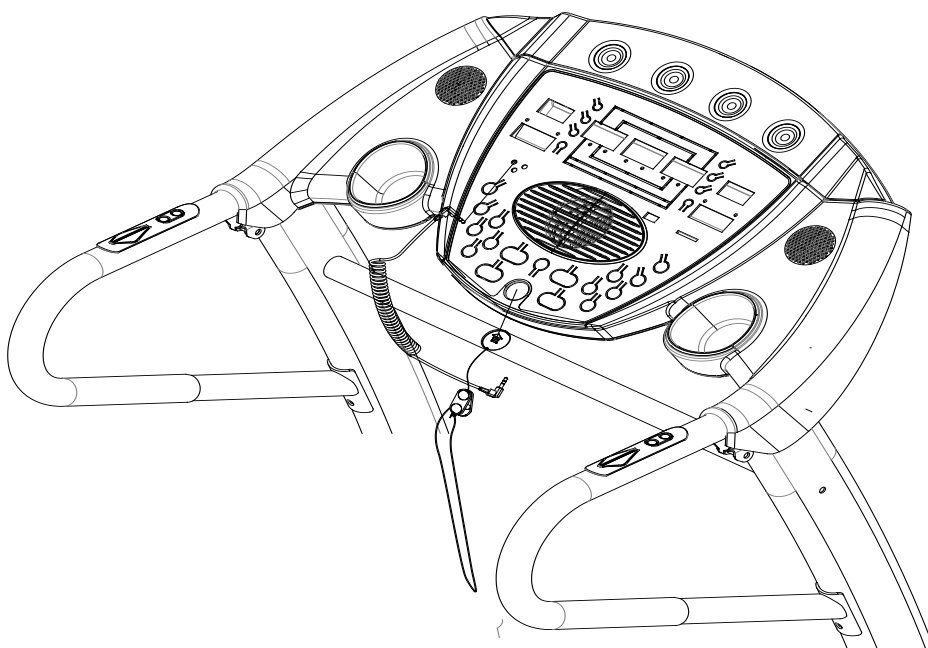
Fix the COMPUTER (18) securely onto the UPRIGHTS (4L/4R) with HALF ROUND HEAD HEX BOLTS (61) and INNER WASHERS (76)



STEP 3:

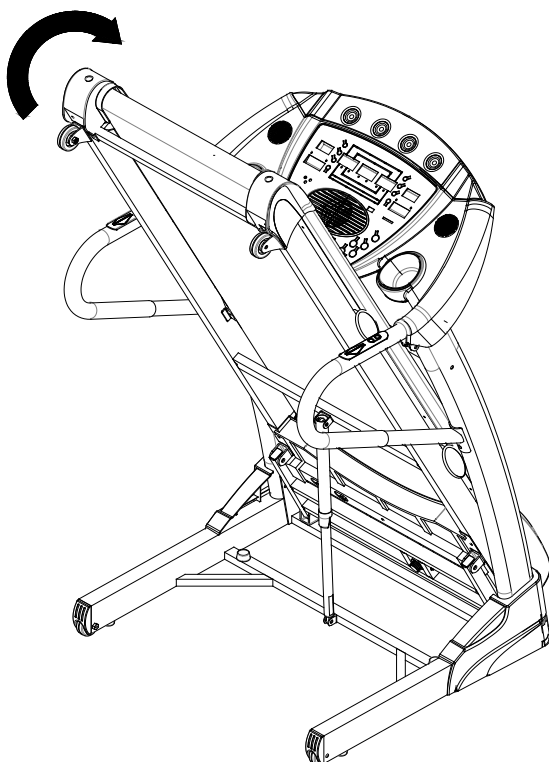
Connect the HAND PULSE sensors (29) and the HANDPULSE WIRES (93). The Fix HANDRAIL BEND PIPE Supports (91) onto the UPRIGHTS (4L) and (4R) with COUNTERSUNK SCREWS M6*10(92), and HALF ROUND HEAD HEX BOLTS M8*15(62) and $\phi 8.4 \times \phi 14.5 \times t 0.8$ INNER WASHER(76) as required.

STEP 4: Put on the MP3 LINE (90) and SAFETY KEY (86).



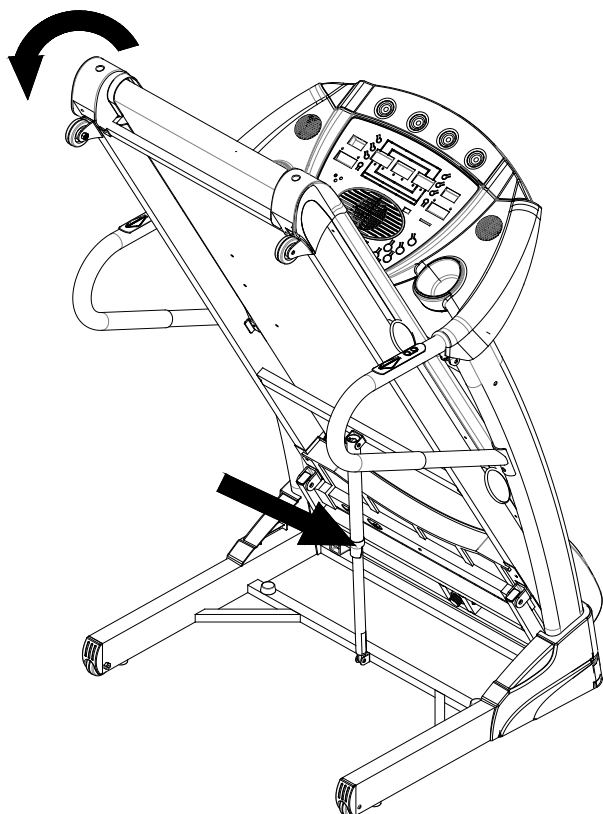
ATTENTION Please confirm that all assembly steps have been completed and all bolts and screws etc are tight. Please read the operating instructions carefully before turning on the Treadmill.

FOLDING INSTRUCTIONS:



Lift up the bed of the machine and continue to lift until you hear a "click" that is made by the safety casing engaging the pneumatic cylinder.

UNFOLDING INSTRUCTIONS



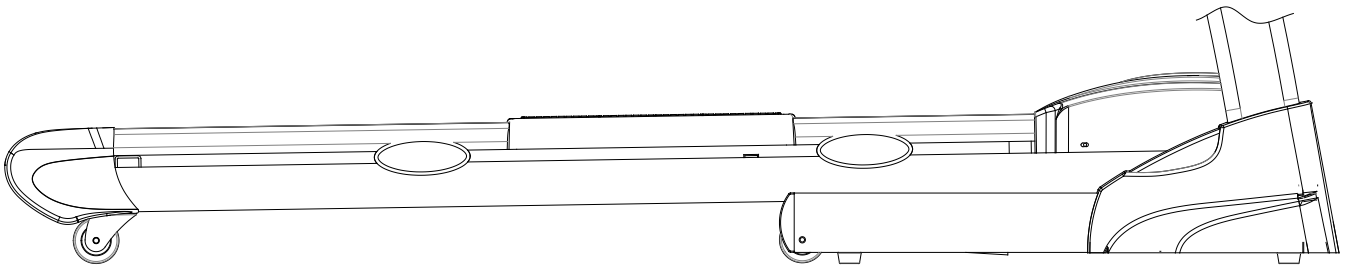
Holding the bed of the machine with both hands, use your foot to kick the safety sleeve lightly, to disengage it. Then pull down the bed in the same direction as the arrow. You can now let go of the bed and it will fall slowly and smoothly to the ground.

INCLINE INSTRUCTIONS:

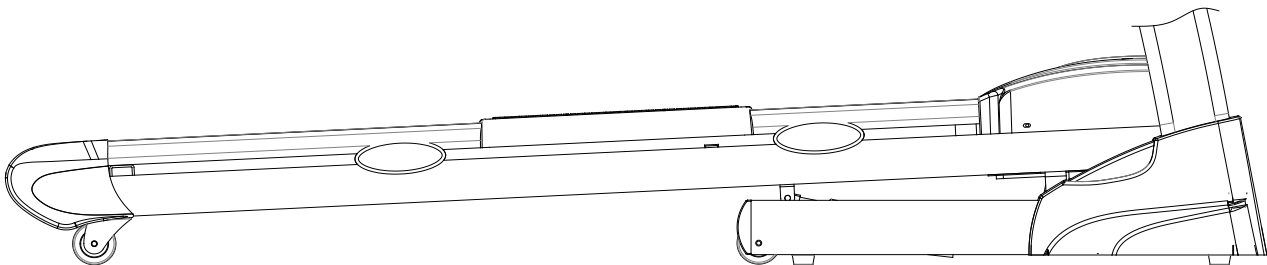
Buttons marked **【INCLINE+】** **【 INCLINE-】** and **【 + 】** **【 - 】** on the left handrail are incline add and subtract buttons in 2% increments. To adjust the incline when the treadmill is running, press the button for more than 2 seconds, to add or subtract inclination.

The computer also has shortcut keys 2%, 4%, 6%, 8%, and 10%

Picture A shows incline “0%”, Picture B shows incline “12%”.



PICTURE 1



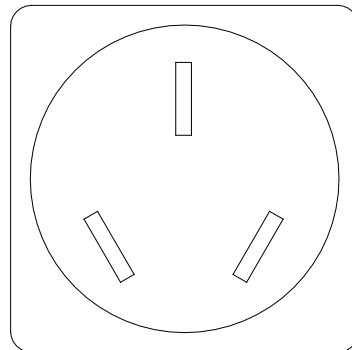
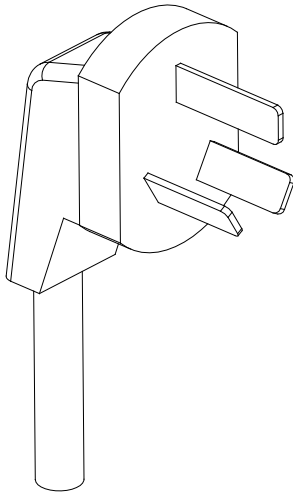
PICTURE 2

Grounding:

This product must be grounded. If the machine should malfunction or breakdown, the grounding will provide a path of least resistance for the electric current thus reducing the risk of electric shock. This product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, please have a proper outlet installed by a qualified electrician.

This machine is for use on a nominal 230-volt circuit and has a grounding plug illustrated in the sketch below. Please make sure that the machine is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



WINDOWS DISPLAYS



黑色	黑色
白色	白色
PANTONE Cool Gray 2 C	PANTONE Cool Gray 2 C
PANTONE 152 C	PANTONE 152 C
PANTONE 877C	PANTONE 877C
PANTONE 485C	PANTONE 485C
PANTONE 427C	PANTONE 427C
PANTONE 422C	PANTONE 422C
PANTONE 362C	PANTONE 362C

- PROGRAM (PROG): Displays "---" in manual mode.
- TIME: Indicates the time you have exercised.
- SPEED: Displays the speed, speed range is 1km/h-20km/h.
- INCLINE and PULSE: Displays the incline when "INCL" flashes, then displays the pulse value when "PULSE" flashes.
- CAL and DIST: Indicates the Calories burned or Distance run every 5 seconds when "CAL" or "DIST" flashes.

BUTTON FUNCTIONS:

- PROGRAM (PROG) Press the "PROG" button to choose from manual modes "P01-P70".
- MODE: Press the "MODE" button to choose Manual Mode or Time Countdown or Distance Countdown or Calories Countdown.
- START: Press this button to start.
- STOP: Press this button to stop.
- SPEED: Press "SPEED + -" to adjust the speed when the Treadmill is running.
- SPEED SHORTCUTS: Press 4 ,8 ,12, 16 to quickly adjust the speed.
- INCLINE: Press "INCLINE+ -" to adjust the incline when the Treadmill is running.
- INCLINE SHORTCUT: Press 3,6 ,9 ,12 to quickly adjust the incline.
- LEFT HANDRAIL BUTTON: incline " + -" button adjusts the incline when running.
- RIGHT HANDRAIL BUTTON: speed " + -" button adjusts the speed when running.

- FAN BUTTON: Fan start and stop.

MAIN FUNCTIONS:

Turn on the power, every window will be lit for 2 seconds, then the machine will enter manual mode.

MANUAL MODE:

Put on the safety key then press the START button.

- After a 3 seconds countdown, the treadmill will start with the lowest speed.
- Press the "SPEED" shortcut button, "4 8 12 16" or right handrail button to adjust the speed.
- Press the "INCLINE" shortcut button, "3 6 9 12" or left handrail button to adjust the incline.
- Press the "STOP" button or pull away the safety key to stop the machine running.

COUNTDOWN MODES:

Press the MODE button.

- From here you can choose: Time Countdown, Distance Countdown or Calories Countdown. The corresponding window will display default value and flash.
- Press the "SPEED+ -" button or the "INCLINE+ -" button to adjust the values.
- Press the "START" button, after 3 seconds countdown, the treadmill will start at the lowest speed. Press "SPEED+-" to adjust the speed.
- Press "INCLINE +- to adjust Incline.
- When the window's countdown value is 0, the treadmill will slow down smoothly until stopped.

BUILT-IN PROGRAMS:

There are 70 built-in programs.

- When the treadmill is not running, press the PROGRAM button, the speed window will then display "P1-P70".
- Choose any program from P1 to P70 and the time window will show a default time 30:00 and will flicker. Now press the "SPEED + -" button to adjust the time you need.
- Press the "START" button.
- The treadmill will start after 3 seconds adjusting to the first program section's speed

and incline, and will continue to follow the steps of the programs stages until the last section.

- When the program is over, the incline will reduce to 0, and the treadmill will slow down and stop.
- When you are running you can press “INCLINE + -” to adjust the incline and also press “SPEED+ -” to adjust the speed. The program will return to its own setting at the next section.

HAND PULSE SENSORS

- Hold the hand pulse sensors for about 5 seconds then the window will display your Pulse rate.
- To get the exact Pulse rate, please test with the treadmill stopped, and hold the hand pulse sensors for no less than 30 seconds.

Note: The pulse rate data is just for reference only and cannot be as medical data.

FAN FUNCTION:

Press the fan button to start and stop the fan.

POWER SAVING MODE

If the computer receives no instructions or no button is pressed for 10 minutes. The system will close the display and enter standby mode. Press any button to awaken the system.

PARAMETERS DISPLAY AND SETTING RANGES

	DISPLAY RANGE	MODE DEFAULT VALUE	PROGRAM DEFAULT VALUE	SETTING RANGE
SPEED	1KMH—22KMH	-----	-----	-----
INCLINE	0%---15%	-----	-----	-----
TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.0KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—999Kcl

BODY TESTER (FAT)

Press PROGRAM and continue pressing until entering FAT body fat tester.

- The window displays FAT.
- Press MODE and enter your parameters (-1- SEX, -2- AGE, -3- HEIGHT, -4- WEIGHT, -5- FAT TESTER). Press SPEED+, SPEED- to set.
- Press MODE to set -5-, grasp the hand pulse sensors, the window will display your body quality index.
- The body quality index is to test the relationship between your height and weight.

BODY FAT INDEX

INDEX (BMI)	OBESITY LEVELS
<19	Under weight
19--26	Normal weight
26--30	Over weight
>30	Obesity

RUNNING PARAMETERS DISPLAY AND SETTING RANGES

PARAMETER CATEGORY	DEFAULT VALUE	SETTING	RANGE
REMARK			
SEX	(-1-) 0 (MAN)	0—1	0=MAN 1=WOMAN
AGE	(-2-)	25	10-99
HEIGHT	(-3-)	170 CM	100-240CM
WEIGHT	(-4-)	70KG	20-160KG

MP3 MUSIC AUDIO AMPLIFIER FUNCTIONS

Insert the MP3 jack plug into the MP3 socket on the console.

HRC PROGRAM:

- Press PROG to choose HRC.
- Press MODE to set the age, range15-800.
- Press MODE to set Pulse rate, range 80-180.
- Press MODE to set time (adjustment time is 22 min), then you can start the treadmill.

Notes:

- When you are in HRC program mode, you can press "SPEED +/-" or "INCLINE +/-" buttons on the hand rails to adjust your speed and incline, but the default program will still adjust automatically to let your pulse reach the target Pulse rate.
- The first to third minute of the program is a warm up step, so the program will not automatically adjust the speed and incline, but you can still adjust it by yourself.
- From the fourth minute, the program will automatically add speed in 0.5 km increments.
- During the exercise, the program will automatically adjust the speed and incline every 10 seconds to help you to reach your target Pulse rate.
- At the twenty-first minute, the program turns to COOLDOWN mode: the incline will reduce to zero and the speed is decreased by 0.5km/h every 10 seconds.
- When the speed descends to 4km/h, it will stay there until the treadmill stops.
- You should use the chest belt to test your pulse, with the belt put on your chest tightly.

ATTENTION:

Please do not use HRC with MP3 function, as interference could result.

PROGRAM EXERCISE CHART

Time Level Program		SET TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P3	SPEED	2	4	4	6	5	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2

	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P13	SPEED	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P14	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P15	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P16	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P17	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P18	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P19	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P20	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P21	SPEED	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P22	SPEED	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P23	SPEED	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P24	SPEED	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P25	SPEED	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P26	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P27	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P28	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P29	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P30	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
P31	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

P32	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P33	SPEED	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P34	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P35	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P36	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
P37	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P38	SPEED	2	4	4	6	5	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P39	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P40	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P41	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P42	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P43	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P44	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P45	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P46	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P47	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P48	SPEED	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P49	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P50	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P51	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P52	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P53	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P54	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P55	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2

	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P56	SPEED	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P57	SPEED	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P58	SPEED	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P59	SPEED	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P60	SPEED	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	2	6	6	8	10	8	6	6	2	2	2	6	6	8	10	8	6	6	2	2
P61	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	2	3	4	5	2	3	4	5	4	3	2	3	4	5	2	3	4	5	4	3
P62	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
	INCLINE	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P63	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	1	3	1	2	1	2	1	1	2	0	1	3	1	2	1	2	1	1	2	1
P64	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
	INCLINE	1	2	2	3	4	4	3	2	1	0	1	2	2	3	4	4	3	2	1	1
P65	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	1	4	5	7	9	11	9	7	5	3	1	4	5	7	9	11	9	7	5	3
P66	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	2	5	6	8	10	8	6	6	2	2	2	5	6	8	10	8	6	6	2	2
P67	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
	INCLINE	2	4	4	5	2	3	4	5	4	3	2	4	4	5	2	3	4	5	4	3
P68	SPEED	1	4	6	8	10	8	6	4	2	2	1	4	6	8	10	8	6	4	2	2
	INCLINE	2	3	6	2	4	6	2	4	6	2	2	3	6	2	4	6	2	4	6	2
P69	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P70	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2

Getting Started

PREPARATION

If you are around 35 years old or more, or have health problems, or if this is your first time to do fitness exercises, please consult doctor or professional before using the Treadmill.

Learn the Machine:

Before doing any exercise, please stand on the side to learn how to operate the Treadmill, practicing things such as start, stop, and speed/incline adjustments. After that stand on the deck of the Treadmill, hold the handrails firmly. Start at low speeds 1.6--3.2 km/h, stand straight, look forward, one foot try to do few times, then stand on the belt to do some trial exercise. After learning the functions and adapting to the motion of the machine, you can

adjust the speed to 3--5 km/h and keep going for gradually lengthening periods.

BEGINNING EXERCISE

To walk 1 km at constant speed needs about 15-25 minutes depending on your comfort level, so please try this then record it. Next, try walking 1km at 4.8 km/h which should take about 12 minutes. If you can do this easily a few times, then you can adjust the speed and incline, and go on to do 30 minutes.

AMOUNT OF EXERCISE

SHORTCUT - The best way to save time is do 15-20 minutes exercise.

Warm up for 2 minutes at 4.8 km/h, and then adjust the speed to 5.3 km/h and then to 5.8 km/h, and continue to exercise for 2 more minutes. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickening but you are not breathing hard. Keep this speed to do exercise, if feels uncomfortable at any time then please reduce the speed to a more comfortable level.

CONSUMPTION OF CALORIES – This is a good way to eat up some calories

Warm up for 5 minutes by at 4 to 4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, then you can do 45mins exercise at the speed that you feel is comfortable but challenging. In order to gain strength, do more exercise. For example, you can run 1 hour at this speed watching TV and then maybe add 0.3 km/h speed when the advertisements come up. Then, maybe return the speed the original setting when the next programme comes on. This type of exercise regime is a real calorie burner but please remember to keep the 4 minutes reducing the speed.

EXERCISE FREQUENCY

Target is 3--5 times per week, doing 15-60 minutes each time. It is much better to make and keep to a time schedule, and not just exercise when you feel like it. If you feel the need for more strenuous exercise, then please use the speed and incline controls. However, we'd suggest that you do not set incline when starting the exercise period.

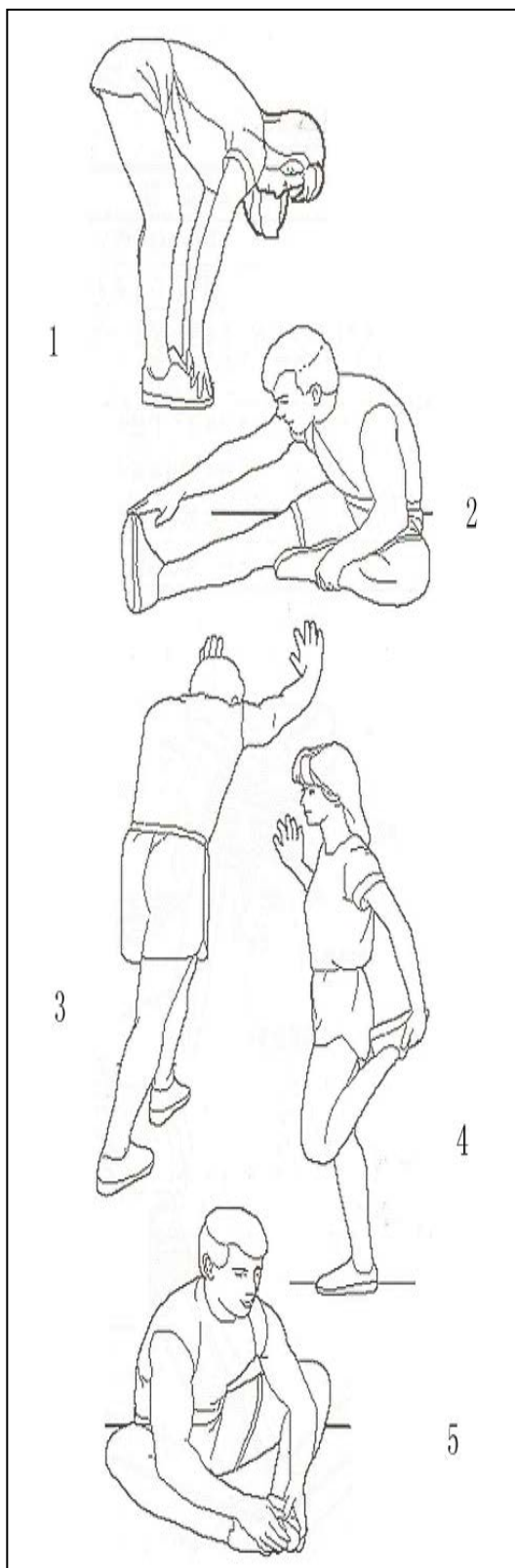
Please consult professional staff before doing exercises. They will help with recommendations on exercise rate/intensity and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular heartbeat, shortness of breath, dizziness or other symptoms, please stop immediately

If you have no experience or can't be sure of the exercise speed for you, then you can reference the below standards:

Speed 1-3.0 km	people with weaker constitutions.
Speed 3.0-4.5 km	sedentary people who do not often exercise.
Speed 4.5-6.0 km	moderately fast walking people.
Speed 6.0-7.5 km	fast walking people.
Speed 7.5-9.0 km	joggers.
Speed 9.0-12.0 km	intermediate speed runners.
More than 12.0 km	excellent runners.

ATTENTION : It is OK for walkers to choose less than or equal to 6 km speed.

It is OK for runners to choose more than or equal to 8.0 km speed.



Warm Up Exercises:

It is better to do some warm-up exercise. Warm the muscles by easy stretching, and use 5-10 minutes to warm-up. Then stop and the illustrated methods do stretch exercises repeating five times, and then for each foot do 10 seconds or more every time. After running, repeat these stretch exercises.

1. Reach Downs: Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch your toes. Keep 10-15 seconds, and relax. Repeat 3 times (See picture 1).

2. Hamstring Stretches: Sitting on a soft cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes by hand. Keeping 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

3. Crus and Feet Tendon Stretches: Standing with two hands on the wall, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

4. Quadriceps Stretches: Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

5. Sartorius (Inner Muscles of the Thigh) Muscle Stretches: Sitting down with your soles opposite and knees outward. Pull feet toward groin Keep 10-15 seconds, and relax. Repeat 3 times (See picture 5).

Maintenance Instructions:

Checking Belt Tension:

If you feel the running belt has occasional pause when you are running, the running belt or motor belt is probably too loose and you'll need to adjust it.

Judgment methods:

Step 1: Open the motor cover then let the Treadmill work at the slowest speed.

Step 2: Stand on the running belt and move together with it, hang on to the handrails and try your best to press down and stop the running belt with your feet.

Step 3: If the running belt doesn't stop when you press it, then it's working and adjusted fine.

If the running belt stops when you press it, but the front roller doesn't stop, then you need to adjust the belt tension.

If the running belt and front roller stop when pressing down on the belt, then the motor drive belt is too loose and you'll need to adjust it.

Motor Drive Belt Adjustment method:

Step 1: Remove the power plug from the wall and then remove the motor cover.

Step 2: Loosen the four motor attachment bolts, then adjust the threaded bar with 6# Allen wrench.

As a quick test, if you can use one hand to twist the motor belt by 120° or more, then the motor belt is too loose. It should be adjusted tightly. Tighten until you can only twist the belt by about 60°, then the motor belt is just right.

Step 3: Re-tighten the motor attachment bolts and replace the motor cover.

WARNING

Please make sure to remove the power plug before cleaning or maintaining the Treadmill.

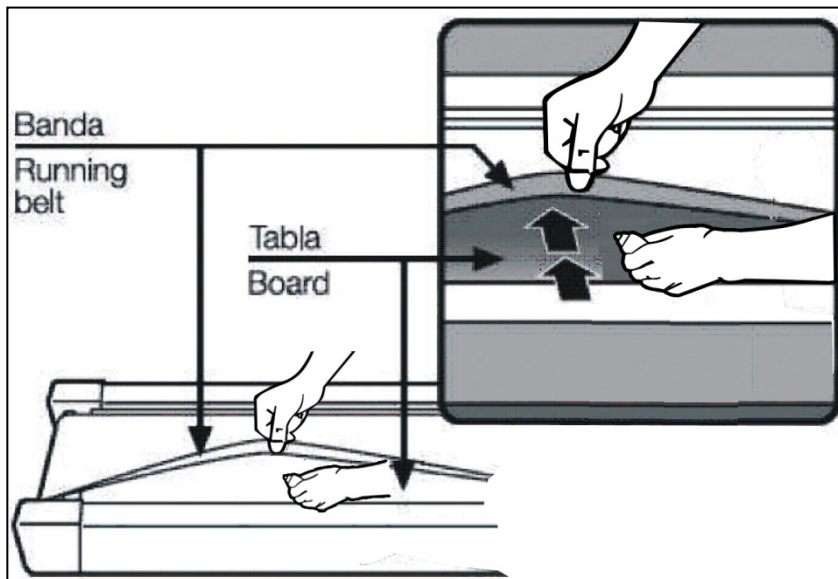
CLEANING

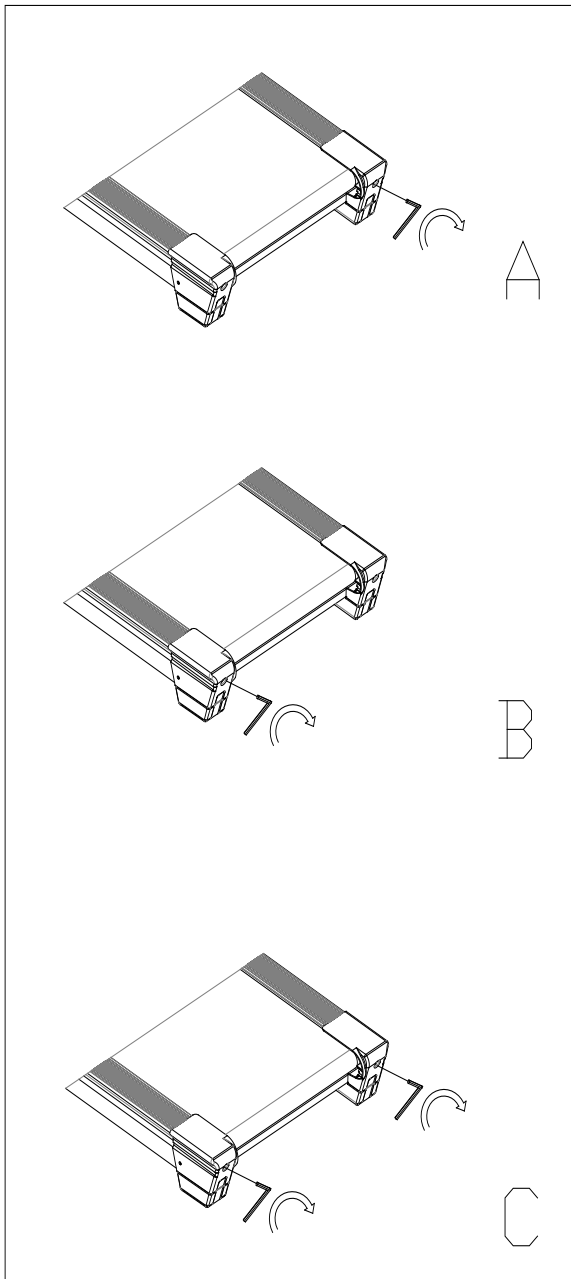
- General cleaning of the unit will greatly prolong the Treadmill's life.
- Keep the Treadmill clean by dusting regularly.
- Be sure to clean the exposed parts of the deck on either side of the walking belt, and also the side rails as this reduces the buildup of foreign material underneath the walking belt.

- Make sure your running shoes are clean.
- The top of the belt may be cleaned with a wet soapy cloth but be careful to keep the cleaning liquid away from inside the motorized Treadmill frame or from underneath the belt.
- At least once a year remove the motor cover and vacuum inside.
- This Treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your Treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.
- We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)	annually
Medium user (3-5 hours/ week)	every 6 months
Heavy user (more than 5 hours/ week)	every 3 months

We suggest you buy lubricating oil from local distributors or contact our company directly.
For other maintenance please ask professionals for help.





Adjusting the Running Belt:

Place the Treadmill on a level surface then set it to run at approximately 6-8 km/h. Observe the running belt deviation to the right or left.

If the belt is drifting to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, run the Treadmill and observe the running belt deviation condition. Repeat above steps until the running belt rolls nicely in the middle.

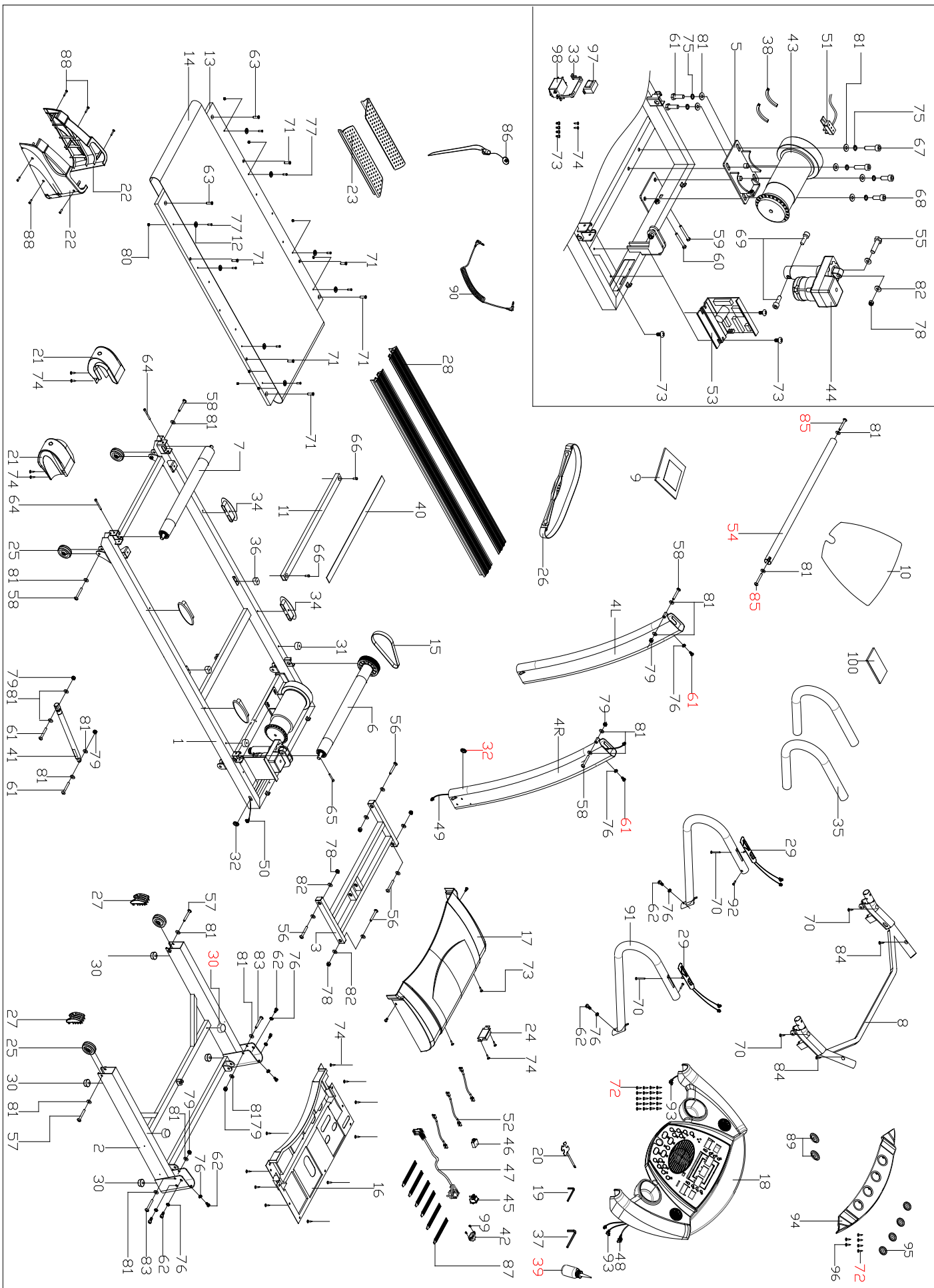
See picture A

If the Treadmill belt is drifting left, then repeat the steps above steps until the belt is centered. **See picture B**

The Treadmill belt tension will gradually relax after a prolonged period of use. In this case, unplug the safety lock, and turn off the power. Then turn the two adjusting bolts, one on each foot clockwise 1 / 4 turn. Then turn on the safety lock and power and run the Treadmill. Stand on the belt to confirm the tightness. Repeat the above steps until the belt reaches moderate tightness.

See picture C

EXPLODED DIAGRAMS



PARTS LIST

NO.	DESCRIPTION	REMARK	QTY		NO.	DESCRIPTION	REMARK	QTY
1	MAIN FRAME		1		25	ADJUSTABLE WHEEL	φ 9* φ 62*23.5	4
2	BASE FRAME		1		26	WIRELESS CHEST BELT RECEIVER		1
3	INCLINE BRACKET		1		27	MOVING WHEEL PLUG	40*80*t1.8 PIPE	2
4L\ R	UPRIGHT		1		28	EDGING		2
5	MOTOR BRACKET		1		29	HAND PULSE		2
6	FRONT ROLLER		1		30	PLANAR PAD		6
7	REAR ROLLER		1		31	CUSHION	φ 30* φ 6.5*16	2
8	COMPUTER BRACKET		1		32	RING PROTECTING WIRE PLUG		2
9	COMPUTER CHIP		1		33	BRACKET		1
10	COMPUTER OVERLAY		1		34	CUSHION		4
11	RUNNING BOARD STRENGTH TUBE		1		35	HANDRAIL FOAM	φ 48* φ 54*287	2
12	BOWL WASHER		8		36	SMALL CUSHION		2
13	RUNNING BOARD		1		37	ALLEN WRENCH	S6	1
14	RUNNING BELT		1		38	MOTOR CUSHION BLOCKING		2
15	MOTOR BELT	200-J7	1		39	SILICON OIL		1
16	MOTOR BOTTOM COVER		1		40	EVA CUSHION	t3.0*20*565	1
17	MOTOR TOP COVER		1		41	CYLINDER	F=35kg	1
18	COMPUTER		1		42	POWER WIRE BUCKLE		1
19	ALLEN WRENCH	S5	1		43	DC MOTOR		1
20	SCREW DRIVER		1		44	INCLINE MOTOR		1
21	END CAP	SYMMETRY	2		45	POWER SWITCH		1
22	FRONT COVER	SYMMETRY	2		46	OVERLOADED PROTECTOR		1
23	FOOT PEDAL		2		47	POWER CORD		1
24	COVER		1		48	COMPUTER UPPER WIRE		1

NO.	DESCRIPTION	REMARK	QTY	NO.	DESCRIPTION	REMARK	QTY
49	COMPUTER MIDELE WIRE		1	75	SPRING WASHER	φ 8.1* 12.3*φ2.1	6
50	COMPUTER BOTTOM WIRE		1	76	INNER WASHER	φ 8.4* 14.5*φ0.8	8
51	SENSOR		1	77	COUNTERSUNK HEAD SCREW	M5*30	8
52	SINGLE LINE		3	78	LOCK NUT	M10	5
53	CONTROLLER		1	79	LOCK NUT	M8	6
54	HANDRAIL BAR		1	80	HEX NUT	M5	8
55	HEX NUT	M10*45	1	81	FLAT WASHER	φ 9* 16*φ1.6	24
56	HALF ROUND HEAD HEX BOLT	M10*45	4	82	FLAT WASHER	φ 11* 20*φ2	10
57	HALF ROUND HEAD HEX BOLT	M8*50	2	83	HALF ROUND HEAD HEX BOLT	M8*60	2
58	HALF ROUND HEAD HEX BOLT	M8*40	4	84	CORSS FLAT HEAD SELF TAPPING BOLT	ST4.2*25	2
59	ROUND HEAD HEX BOLT	M8*85	1	85	HALF ROUND HEAD HEX BOLT	M8*55	2
60	ROUND HEAD HEX BOLT	M8*75	1	86	SAFETY KEY		1
61	HALF ROUND HEAD HEX BOLT	M8*30	4	87	CABLE TIE		1
62	HALF ROUND HEAD HEX BOLT	M8*15	10	88	CORSS FLAT HEAD BOLT	M4*15	6
63	COUNTERSUNK SCREW	M6*25	2	89	SPEAKER		2
64	ROUND HEAD HEX BOLT	M6*60	2	90	MP3 LINE		1
65	ROUND HEAD HEX BOLT	M6*45	1	91	HANDRAIL BEND PIPE		2
66	ROUND HEAD HEX BOLT	M6*15	2	92	COUNTERSUNK SCREW	M6*10	2
67	ROUND HEAD HEX BOLT	M8*35	2	93	HAND PULSE LEAD-OUT WIRE		2
68	ROUND HEAD HEX BOLT	M8*20	2	94	SPEAKER COVER		1
69	ROUND HEAD HEX BOLT	M10*30	2	95	SMALL SPEAKER		4
70	CROSS FLAT HEAD SELF TAPPING BOLT	ST4.2*50	4	96	CROSS FLAT HEAD SELF TAPPING BOLT	M4*10	2
71	COUNTERSUNK SCREW	M6*45	6	97	REACTOR		1
72	CROSS FLAT HEAD SELF TAPPING BOLT	ST4.2*15	24	98	FILTER		1
73	GASKET HEAD SCREW	M5*10	11	99	COUNTERSUNK SCREW	ST4.0*10	2
74	GASKET HEAD SELF TAPPING SCREW	ST4.2*15	20	100	TFT REMOTE CONTROL		1

Fault Codes and Significances

Fault Code	Fault Description	Fault Processing
E01	Communication abnormal: The control board and computer are not communicating correctly	<p>Stops and goes into fault Status. The machine will not run, the computer shows fault code “E1”, and the alarm Beeps three times.</p> <p>Possible Reasons: Check all the connection points between the console and controller.</p> <p>Make sure every line is well connected.</p> <p>Check all the wires are not damaged. If that fails, change the connector wires.</p>
E02	Unusual Voltage condition: Some unusual condition of power or voltage that can cause damage to the motor drive circuit.	<p>Start and stop fault status. The computer will Beep 9 times and shows the “E2” code on the screen.</p> <p>Go into the ready mode and restart the Treadmill.</p> <p>Possible reason: The power or voltage is not enough or the controller is faulty.</p> <p>Make sure that all of the wires are connected correctly</p>
E03	No Speed Wireless Sensor Network	<p>Stops and go into fault status. Computer shows fault code“E03”. Other areas show blank. After 10 seconds the machine will go into ready mode, and can be restarted.</p> <p>Possible Reasons: Computer is not receiving motor speed sensor feedback for more than 3 seconds, please check sensor plug and motor connection wires. Check the controller.</p>
E05	Over-Current Protection	<p>Stops and goes into fault status, computer shows fault code“E05”.Other areas show blank. After 10 seconds the machine will go into ready mode, and can be restarted.</p> <p>Possible Reasons: Overvoltage spike makes the system go to self-preservation. Machine parts are seized or not moving for some reason. Check and adjust the machine and restart. Check the DC motor or controller for any signs of burning smells. If detected, please change the burned motor or controller.</p>
E06	Controller self-check error	<p>Computer shows "E06"</p> <p>Possible reasons: the controller wires are not connected well, please check and reconnect or change them immediately.</p>
E08	EPROM (Data memory error)	<p>The computer shows“E08”.</p> <p>Possible reasons: the controller wires are not connected well, please check and reconnect or change them immediately.</p>