

BODYWORX



**Motorised
Treadmill
Model No:
J1530CA**



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

Version A

Before your use

Using instruction

1. The plug should close to the earth, socket should have the special loop, avoid to use with others wiring together.
2. Before using the treadmill, please check if it put on level place.
3. Before running, please check the function of treadmill is all right?
4. When start the treadmill, user should stand up on the two sides ribband side rails
5. Please confirm to nip the safety key's tongs on your cloth when your are running, in order to safe stop treadmill urgently.
6. Play the "START" made treadmill under running.
7. Before running, user should let your left foot flowing the running belt walk, prepare to run, when you feel you could run, could put the feet on the treadmill, post should correct ,it limit one person run on it, please not over load.
8. Runner could adjust the speed according to your need.
9. After running, user could pull off the safety key directly or play "STOP" make treadmill under stop.
10. After running, close the switch, pull off the plug.

Pay attention the following safety notice:

- ◆ The treadmill fit for put in the room, avoid to be damp, do not make water on the treadmill, do not put any other eyewinker on it.
- ◆ Before running, please wear the suitable cloth and shoe.
- ◆ Please keep children away avoid to suddenness.
- ◆ Should avoid to over long time and load running, otherwise made motor and controller broken, fast the abrasion and aging of bearing, running belt and running board, maintain it in period.
- ◆ Reduce the dust, keep fit humidity, avoid to produce more static, otherwise will bother the computer and controller's working.
- ◆ Home use treadmill continue to run not over two hours.
- ◆ Please keep the air through in the room when you are running.
- ◆ When you are running, please keep the rear cover away the wall one meter.
- ◆ If you feel not very good when you are running, please stop and ask for doctor
- ◆ After using the silicon, must put the place children could not take it, avoid to children eat it.
- ◆ After running, user should not jump from treadmill directly, avoid to the risk.
- ◆ Put off plug lightly.
- ◆ If the treadmill happen anything when it working, must stop to use and cut off all of the power.
- ◆ If the treadmill happen unconventionality, it need notice the local sales man to send the know worker to deal with and repair, not allowed to user remove any parts of it.

Warning instruction: avoid to reduce the dangerous and hurt others, please following the below rules:

- ◆ Before running, please check if the cloth's nip was well
- ◆ Do not wear the clothes easy be hang by the treadmill.
- ◆ Do not let the plug close to the hot things
- ◆ Do not let children close to the treadmill
- ◆ Do not use the treadmill outside of room
- ◆ Before move the treadmill, should cut off the power
- ◆ Please do not open the motor cover and roller cover except the professional man.
- ◆ This treadmill just for using in the 20 A electric.
- ◆ When it start, it just limit one person stand on the treadmill.
- ◆ When you are running, if you feel swirl, chest pain, nausea or breath hurry, please stop to run and ask for the coach.
- ◆ The body pulse test not belong to medical equipments, will not test correct, the test result just for your reference.

Warning! Force!

- ◆ When you are remedial or have below symptoms, after discussing with your doctor, then could use this treadmill
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please not use
 2. Have anamorphic arthritis, rheumatic and gouty
 3. Have osteoporosis exceptional
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension)
 5. Have breath obstacle
 6. Using the manpower pulse adjust machine or insert into the body machine
 7. Have sarcomata
 8. Have thrombus or other symptoms
 9. Have diabetes or be caused by diabetes feeling obstacle
 10. Have skin broken
 11. Sicken caused hyperpyrexia (38 °C over 38 °C)
 12. Back bone exceptional or back bone bend
 13. Pregnant or catamenia
 14. Feel body exceptional, need convalesce
 15. Body condition not very well
 16. The aim is to healing
 17. Except the upper symptoms, the body feel exceptional.
- Maybe cause the accident or cause the body condition not very well
- ◆ When you are running, if you feel swirl, chest pain, nausea or breath hurry, please stop to run and ask for the doctor.
 - ◆ Do not let children use this treadmill, also do not let children play around it. If not will have the hurt dangers.
 - ◆ When use or put into package or move it, confirm around it (treadmill's front, down, back)

have no person or pet.

Forbid

- ◆ Do not use it when the cover broken or put off, otherwise will happen accident.
- ◆ When you are running, do not jump on the treadmill, avoid to slip up.
- ◆ Keep treadmill away to the bath room or other damp place.
- ◆ Keep treadmill away to the pyroconductivity place.
- ◆ Do not use it when the plug loose.
- ◆ Do not broken wire or bend it, do not put the heavy thing on it, do not let the wire be nipped.
- ◆ Do not let two persons use the treadmill together, also keep the around person away.
- ◆ If the person could not control himself, please do not let him operate the treadmill.
- ◆ Do not run drastic if you do not practice usually.
- ◆ Do not use it when you eat fully, tired or body power not well, otherwise will hurt health.
- ◆ This treadmill just suit for home use, could not use in public place, otherwise will cause hurt.
- ◆ when you are eating or do other sport, please do not use the treadmill.
- ◆ After drinking or unresponsive, please do not use the treadmill, others may happen accident.
- ◆ When your package of trousers have heavy things, please do not use the treadmill, otherwise will cause accident.
- ◆ The plug please do not attach pin, rubbish and water, other wise could cause fire.
- ◆ When you are using, do not pull off the plug or closed the switch, otherwise could cause hurt.

Do not break down

- ◆ Forbid to break down, repair, recast, otherwise will be hurt by the mechanical failure.

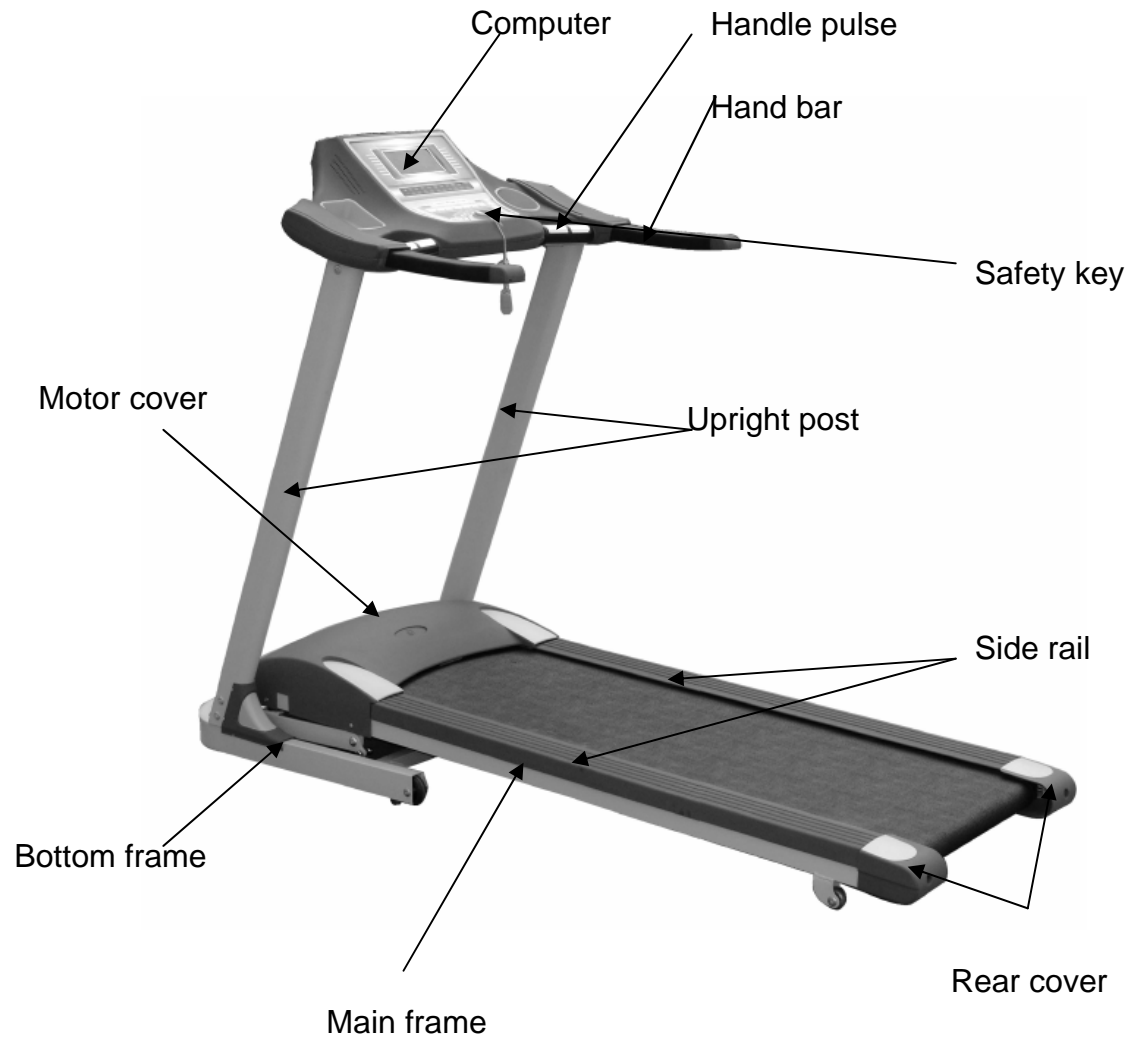
Earth instruction

- ◆ Treadmill must be earth, if the treadmill happen function our of gear, earth will supply the min through way to the current, to reduce the dangerous of electric shock.
- ◆ This treadmill equip the wire with earth and earth plug. Must put the plug into the socket, which must accord to the local rules arrange and set correct.

Dangerous

- ◆ If the earth not connect well, will cause electric shock. If you have doubt for the earth, please consign the professional worker to have a check. Even the plug attached not match the socket, could not allow to recast. Please consign the professional worker arrange the suitable socket.
- ◆ This treadmill has earth plug, please connect it to the same form socket. This treadmill could not use transform socket.

INTRODUCTION



KEY FEATURES

Congratulations on choosing this treadmill.

You have taken the first step to a healthier and more rewarding lifestyle.

This treadmill is especially designed to give you reliable performance and enjoyable workout in the comforts of your home. Please find below the features and benefits of this treadmill.

- ◇ Incline can meet your different requirement, jogging, running, walking.
- ◇ Low impact design with cushions, and PU roller so that your joints are protected against possible injury.
- ◇ Foldable design for convenient storage.
- ◇ Mobility wheels for easy moving and relocation.
- ◇ Hand contact heart-rate system to monitor cardio performance.
- ◇ Emergency safety key for quick motor shut-off.

TECHNOLOGY DATA

Voltage	AC-220V 50Hz
Max weight	115Kg
Dimension	Folding: 926*756*1500mm
	Unfolding: 1810*756*1290mm
Running belt	1300*420mm
Horsepower	900W
Speed	1.0 - 16.0Km/h
Incline	0-15%

Remark: Our company retain the priority of revision not to advise in advance.

CAUTION:

Before beginning any exercise program always consult your physician. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising and consult your physician before continuing.

IMPORTANT SAFETY PRECAUTIONS

When using an electrical product, basic precautions should always be followed.
Read all instructions before using this treadmill.

GROUNDING INSTRUCTIONS

This product must be grounded! If treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. This plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER! Improper connection of the equipment-grounding conductor can result in a 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, have a proper outlet installed by a qualified electrician.

ELECTRICAL SAFETY

To reduce the risk of burns, fire, electrical shock, or injury to persons, take the following precautions.

- When plugged in, do not leave the treadmill unattended at any time. Unplug the treadmill from the power source when it is not in use.
- Do not use the treadmill if the unit is wet or the plug or cable is damaged or the treadmill is not working properly. Do not use a damaged or defective equipment.
- Keep the power cable and plug away from heated surfaces.
- Never place the power cord under carpeting or place any object on top of the power cord.
- Use only the power cord provided with this treadmill.
- Please turn the switch to the “off” position before shut down power supply, then remove the plug from the outlet.

This exercise equipment is designed and built for optimum safety for the home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

WARNING!

Connect this unit to a properly grounded outlet only. Please use special circuit with special power supply, plug with power supply must be connected with earth.

MECHANICAL SAFETY

- Before you start to exercise, make sure the unit functions correctly. To maintain the safety level of the exercise equipment does not use a faulty device.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Inspect the equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
- Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Never activate the speed when someone is standing on the treadmill.

APPROPRIATE ATTIRE

- Always wear appropriate clothing. Do not wear clothing that might catch on any part of this treadmill.
- Always wear non-slippery shoes while working with the treadmill. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones.

CHILDREN AND PETS

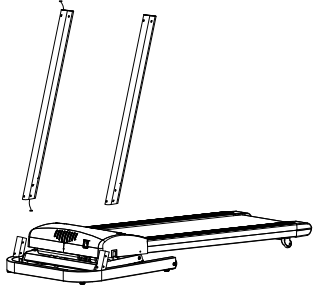
- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under adult supervision. To ensure safety, keep young children off the treadmill at all time.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance.

CAUTION!

Stop your workout immediately if you feel any abnormal pain symptoms and consult your physician. Read this manual before operating this treadmill.

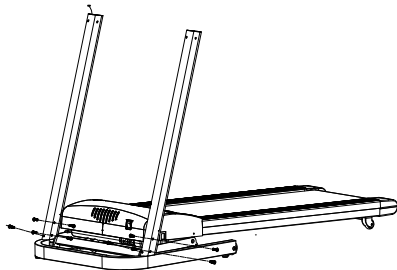
ASSEMBLY INSTRUCTIONS

Step 1: Take the machine from the package, put on the level floor; put the upright into the bottom frame like picture.



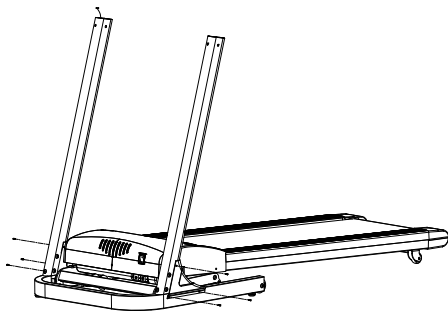
Attention: when insert the right upright post, should connect the signal wires well between upright post and bottom frame.

Step 2: Use 10pcs screws(right and left each 5pcs) M8X15 fix the upright post.

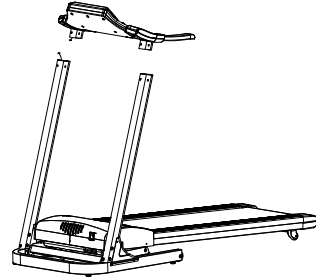


Attention: Fix the front screws well on the upright, then fix the other side screws.

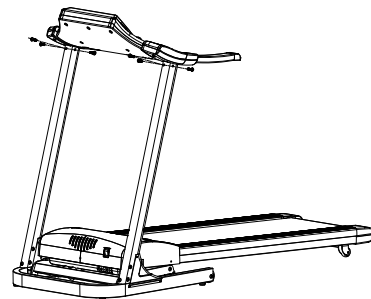
Step 3: Use 6pcs (outside upright right and left 3pcs) ST3*10 fix the cover of upright on the bottom frame.



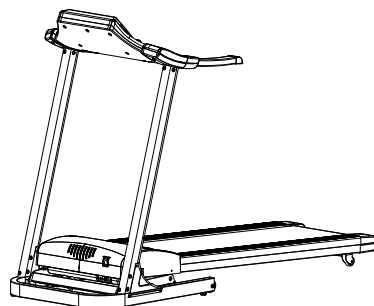
Step4: Take the computer from package, connect well the signal wire between computer and upright.



Step5: Insert the back of computer's U clamp into the upright post, right and left each 3 pcs M8*15 screws fix the upright post and computer, like pictures.



Step6: Like the pictures, fix all of the screws, finish the assemble.



SETTING UP YOUR TREADMILL

PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and attractive setting. This treadmill is designed to use minimal floor space and to go nicely in your home.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow the safety area of 2m x1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a black dust below your treadmill. This is normal wear and does not mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

LEVELING THE BASE

It is important that you place the treadmill on a firm level surface.

Check the treadmill to ensure the frame is level once you have moved the treadmill into the position of your choice.

CAUTION!

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.

GETTING STARTED

TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord at the back of the motor cover. Flip this switch to the "ON" position.

SAFETY TETHER KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!

Never use this treadmill without first securing the safety tether clip to your clothing.

CAUTION!

For your safety, step onto the belt when the speed is no more than 3km/h.

HANDLING YOUR TREADMILL

FOLDING THE TREADMILL

1. Before folding the body of the treadmill, must cut off the power.
2. Check treadmill's incline if is the original place.
3. Uplift the base deck will parallel to the upright, pedal will pop-up by itself.
4. Check the iron sheet before the pedal, if it to the right place (put into the hole), like the pictures.

UNFOLDING THE TREADMILL

1. Unfolding the treadmill, should choose the place to the power 1m and the place should smoothness .
2. Unfolding the treadmill, first the hands should take hold of the end of the frame, using foot let the pedal tilt, hands push down the big frame, when the big frame down 1m to the land, people should leave off the treadmill 1m until it unfold completely.

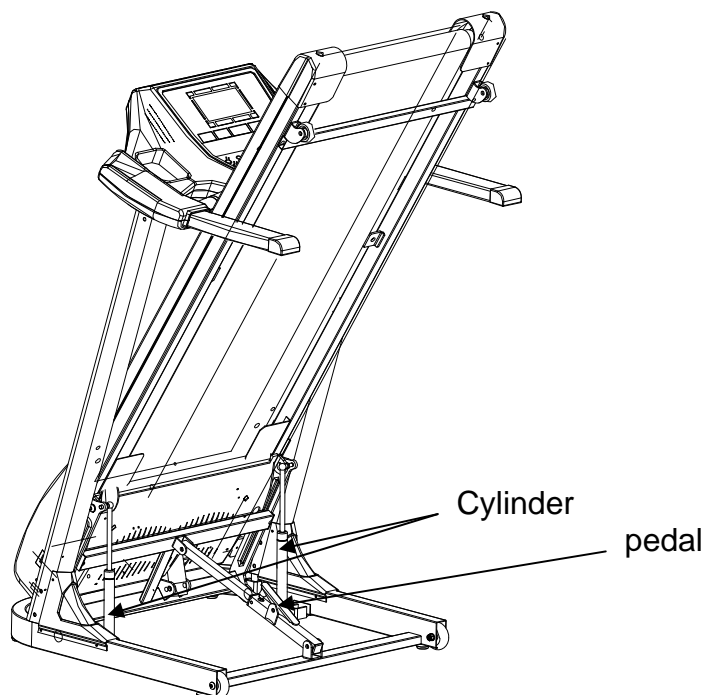
MOVING THE TREADMILL

This treadmill is easy to move around safety.

To move the treadmill

- A、 Switch off the power;
- B、 Unplug the power cord;
- C、 Moving the treadmill by using the PU transportation Wheel.

Sure the upper point, could use one hand take hold of the end of the big frame, the other hand take hold of the same sides hand bar, incline $30^{\circ}\sim 40^{\circ}$, could move the treadmill slowly.



OPERATING THE CONSOLE



□ Windows and button instruction:

1. One big LCD window display the following function:
Distance, time, speed, calories, pulse, circle, body fat date, ring course.
2. Function button: stop, program, speed +, speed -, incline +, incline -, model, start, speed fast button 2, 4, 6, 8, 10, 12KM/H, incline fast button: 0, 3, 6, 9, 12, 15%.
 - A. Program button: under the stop, play the model button could circle choose program: manual program-P01-P02-P03-P04-P05-P06-P07-P08-P09 –body model:
 - B. Model button: under the manual, play the model button into time count down adjust-calories count down adjust-distance count down adjust-usual model-time count down—
 - C. Start: under the stop, play it will start the motor.
 - D. Stop / enter button, when the motor running, play stop, the motor will stop.
 - E. Speed +: under setting, put it will add the setting number, under motor running, play it will add the speed.
 - F. Speed -: under setting, put it will reduce the setting number, under motor running, play it will down the speed.
 - G. Incline +: under motor running, play it will add the incline.
 - H. Incline -: under motor running, play it will reduce the incline.
 - I. Speed fast button: 2, 4, 6, 8, 10, 12KM/H. Under motor running, play it will adjust the speed to the number display.
 - J. Speed fast button: 0,3,6,9,12,15%,under motor running, play it will adjust the incline to the number display.

□ Program/start instruction

1. Program instruction
 - A. One manual program, it include: usual model. time count down, calories count

down, distance count down.

B. Nine setting program: P01, P02, P03, P04, P05, P06, P07, P08, P09;

C. One body fat test function:

2. Start instruction:

A. Put the safety key on the right place, all of the LCD line will display 2 seconds, then into the manual program.

B. Play the start, time window will display: 5 - 4 - 3 - 2 - 1, and when it countdown with buzzer, then the motor start.

□ **Manual model**

1: How into the manual program:

A. Open the switch, into the manual program directly.

B. Under the stop, play program could choose into the usual model of the manual model.

2: The three functions of the manual program: time setting, distance setting, calories setting.

A. When it into manual program, the time window display time is 0:00, under the course window display: 'PRESS PROGRAM OR MODE OR START'.

B. Under the manual model, play the model into time count down model, time window display time just glint, the original time is: 30:00, play speed+/-could set count down time. Time range is 5:00-99:00, under course window display: 'ADJUST VALUE TO PRESS START'.

C. Under the time count down, play model could into calories count down model, the first calories display: 50 therm. play speed+/- could set the range of calories: 50-990 therm, under course window display 'ADJUST VALUE TO PRESS START'.

D. Under the calories count down model, play model could into distance count down, the first distance display is 1.0 km, play speed +/- could set distance, the range of distance is 1.0-99.00km, under course window display 'ADJUST VALUE TO PRESS START'.

3: Manual program instruction

A. Play start button, time count 5 seconds, then motor start to run, the first speed is 1.0km/h.

B. Play speed +/- could adjust speed.

C. Play incline +/- could adjust incline.

D. When motor running, play stop, motor stop to run, all of the parameter change to 0, into the usual model of manual program.

E. Play start again, speed add to 1.0km/h slowly.

F. Play speed fast button could set to the display speed.

G. Pull off safety key could stop motor urgently, LCD window display SAFETY KEY. buzzer sound bi-bi-bi.

H. When set time count down to 0, speed down slowly till stop. Buzzer sound 15/second, first play model, then start, speed add to 1.0km/h.

- I. When set calories reduce to 0, speed down slowly till stop. Buzzer sound 15/second, first play model, then start, speed add to 1.0km/h.
- J. When set distance reduce to 0, speed down slowly till stop. Buzzer sound 15/second, first play model, then start, speed add to 1.0km/h.
- K. The parameter not point is progression.
- L. Play stop button, motor stop to run.

□ **Program model**

- 1、 Original time setting is 30 minute, just set the time, range of time is 5:00—99:00. Play speed +/- could set adjust the setting. Under course of window display 'ADJUST VALUE TO PRESS START'.
- 2、 Play start. Motor start to run, speed up to the program model.
- 3、 Play speed +/- could adjust speed.
- 4、 Play incline +/- could adjust incline.
- 5、 Play speed fast button could set the display speed.
- 6、 Play incline fast button could set the display incline.
- 7、 Each program divide into 20 sets, the running time is the 1/20 of setting time.
- 8、 It will buzzer three sound when change between each sets.
- 9、 When motor running, play stop, motor stop to run, each parameter to 0. into the usual model of manual model.
- 10、 Play start again, speed add to 1.0km/h slowly.
- 11、 Under program model, setting time reduce to 0. speed down slowly till stop, buzzer sound 15 times/second, first play model. then start, speed add to the original.
- 12、 Pull off the safety, motor stop running urgently, LCD window display SAFETY KEY, buzzer sound always bi-bi-bi.

□ **Body fat test**

- 1、 When the treadmill stop, play program, choose body fat test program, into body fat test.
- 2、 Incline window display is the input parameter, speed window display data is setting .
- 3、 After into the body fat test function, first the incline window display: SEX, means the input is sex, speed window display 01, means the setting is male, play speed +/- could choose input: 01(male), 02(female).
- 4、 Play enter, incline window display; AGE, means into setting age, speed window display 25 (year), play speed +/- could adjust age, (range of setting is 1-99 year)
- 5、 Play enter, incline window display HIGH, means into setting body high, speed window display 170cm, play speed +/- could adjust high (range of setting is 100-200cm).
- 6、 Play enter, incline window display WEIGHT, means into setting weight, speed window display 70 KG, play speed +/- could adjust weight, (range setting is 20-150KG).

- 7、 Play enter, incline window display FAT, means into body test function, speed window display 00 (body fat rate).
- 8、 According to Asian's standard, body fat < 18 is slim, between 18 to 23 is ideal weight, between 23 to 28 is too weight, > 29 is fat.

□ **When pull off the safety, the motor could stop to run urgently, LCD window display SAFETY KEY, buzzer always sound bi-bi-bi , if the motor working, pull off it the motor stop urgent.**

	Original	Original set	Set range	Display range
Time(Minute : second)	0:00	30:00	5:00-99:00	0:00~99:59
Speed (KM/H)	0.0	N/A	N/A	1.0 - 16.0
Incline (sect)	00	N/A	N/A	00-15
Distance(KM)	0.00	1.00	1.00 - 99.00	0.0 - 99.9
Pulse(times/minute)	0.0	50	50 - 990	0 - 999

□ Program value

	P01		P02		P03		P04		P05		P06		P07		P08		P09	
No	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline	Speed	Incline
0	2.0	0	2.0	0	2.0	0	4.0	0	2.0	0	2.0	0	2.0	0	2.0	0	2.0	0
1	4.0	1	6.0	2	6.0	3	8.0	3	6.0	3	6.0	5	4.0	4	4.0	5	6.0	1
2	4.0	2	6.0	2	6.0	3	8.0	3	6.0	3	6.0	5	4.0	4	4.0	5	6.0	2
3	6.0	2	8.0	2	10.0	2	10.0	2	8.0	4	6.0	5	4.0	4	10.0	5	12.0	3
4	8.0	2	10.0	2	10.0	2	12.0	2	10.0	4	8.0	4	6.0	3	12.0	6	12.0	4
5	4.0	3	6.0	3	6.0	3	12.0	3	12.0	5	10.0	4	8.0	3	12.0	6	6.0	5
6	6.0	3	10.0	3	12.0	3	8.0	3	12.0	5	14.0	4	4.0	6	6.0	6	12.0	6
7	8.0	2	10.0	2	12.0	3	12.0	3	8.0	5	14.0	3	6.0	6	10.0	7	14.0	7
8	8.0	2	10.0	2	12.0	2	12.0	2	10.0	4	10.0	3	8.0	6	12.0	8	6.0	8
9	4.0	1	7.0	2	6.0	2	14.0	2	12.0	4	12.0	3	4.0	7	6.0	9	14.0	9
10	6.0	2	8.0	2	12.0	2	14.0	2	14.0	4	14.0	3	6.0	7	10.0	9	15.0	9
11	8.0	2	10.0	2	12.0	2	8.0	2	14.0	4	14.0	4	8.0	8	12.0	9	15.0	9
12	7.0	2	6.0	3	6.0	4	14.0	4	8.0	5	10.0	4	4.0	8	6.0	10	6.0	8
13	6.0	1	6.0	3	6.0	4	8.0	4	6.0	5	6.0	4	4.0	9	6.0	10	6.0	7
14	6.0	1	6.0	3	6.0	4	8.0	4	4.0	3	6.0	3	4.0	9	6.0	10	6.0	6
15	3.0	3	3.0	4	3.0	6	10.0	6	4.0	3	2.0	3	10.0	6	2.0	12	8.0	5
16	4.0	3	3.0	4	6.0	6	10.0	6	10.0	3	8.0	3	10.0	6	4.0	12	10.0	4
17	4.0	2	8.0	3	8.0	3	6.0	3	8.0	2	6.0	4	8.0	5	6.0	8	4.0	3

EXERCISE TIPS

STRETCH

Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Hold for a count of ten. Do not bounce. Repeat the stretch exercises again after the cool down will help to loosen and relax your muscles to prevent soreness.

WARM UP

The first five minutes of a work out should be devoted to warming up. This warm up will limber your muscles and prepare them for more strenuous exercise. Warm up on the treadmill by walking at slow speeds.

COOL DOWN

Never stop exercising suddenly. A cool down period of about 5 minutes will allow your heart to readjust to the decreased demand. Use a low speed setting during the cool down to gradually lower your heart rate.

HOW OFTEN?

It is most often recommended that you exercise at least three to four times a week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it is three days or six days, remember that your ultimate goal should be to make exercise a lifetime habit.

HOW LONG?

For aerobic exercise benefits, it is recommended that you exercise for about thirty minutes per session. Always start slowly, especially if you have been sedentary during the past year. In the beginning you may begin with as little as five minutes per session. Your body will need time to adjust to the new activity. As your body adjusts, gradually increase your workout time per session. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 45-50 minutes or more is recommended for best weight loss results.

HOW HARD?

How hard you work out is determined by your goal. Regardless of your fitness goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial!

There are two ways to measure your exercise intensity. The first is by evaluating your perceived exertion level and the second is by monitoring your heart rate.

> > >

CAUTION!

Always consult your physician before beginning any exercise program.

MAINTENANCE

CLEANING

Remove dust on the treadmill with vacuum or slightly damp cloth. Fold up the deck and clean the floor with vacuum periodically will help to prolong the treadmill product life.

Never use solvents on the deck or running belt. Use of solvents can reduce critical lubrication of the deck and belt.

RUNNING BELT CENTERING ADJUSTMENT

When you run or walk, you may push off harder with one foot than the other. This will cause the running belt to run off centered. This treadmill is designed and built to ensure proper tracking of the belt is always centered on the deck. Occasionally the belt may need further adjustment to keep it centered. To center the belt, use the enclosed Allen wrench to adjust the rear roller position.

RUNNING BELT CENTERING PROCEDURE

1. Do not wear loose clothing, neckties, or loose jewelry while making this adjustment.
2. Never turn the bolts more than 1/4 turn at a time.
3. Always tighten one side and loosen the other to prevent over tightening or loosening the belt.
4. Run the treadmill. Adjust belt while the treadmill is running at 4 Mi/H (6.4 Km/H) with no person on the belt.

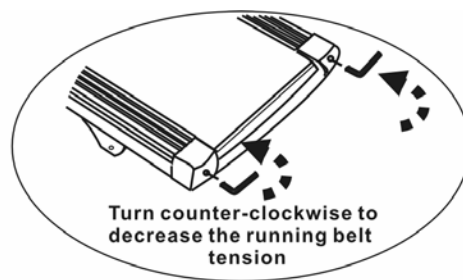
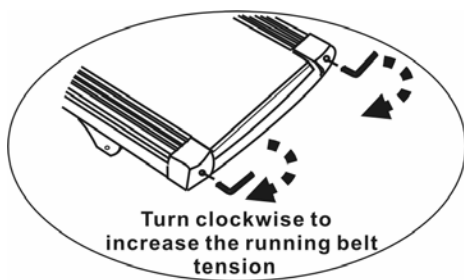
After making the adjustment walk on the belt for five minutes to test. If necessary, repeat the procedure but never turn the bolts more than 1/4 turn at a time. Over tightening the belt can significantly shorten the belt life.

IF BELT TOO FAR TO THE LEFT SIDE:

1. Turn the left roller bolt 1/4 turn clockwise (tighten).
2. Turn the right roller bolt 1/4 turn counterclockwise (loosen).

IF BELT TOO FAR TO THE RIGHT SIDE:

1. Turn the right roller bolt 1/4 turn clockwise (tighten).
2. Turn the left roller bolt 1/4 turn counterclockwise (loosen).



RUNNING BELT TENSIONING ADJUSTMENT

If when you plant your foot on the belt, you can feel a slipping sensation then the belt has stretched and is slipping across the rollers. All belts will stretch over time. This is a normal and common adjustment on any treadmill. To eliminate this slipping, tension both Allen bolts on the rear roller 1/4 turn as shown. Try the treadmill again to check for slipping. Repeat if necessary, but never turn the roller bolts more than 1/4 turn at a time.

DRIVE BELT TENSIONING ADJUSTMENT

If you have tensioned the running belt and are still experiencing a slipping sensation, call your dealer. Only an authorized dealer should perform tensioning of the drive belt.

LUBRICATING THE DECK

A well-lubricated deck will ensure high performance of your treadmill and reduce the level of normal wear and tear to important components. This treadmill has been pre-lubed at the factory. However, for optimal performance, the running deck may require periodic lubrication. With average usage (30 minute workout session at 5-6km/h 3 times a week for two people) lubricate every four to six months. You may adjust the timing of the lubrication based on the intensity of the treadmill use level.

To check the lubrication level, simply lift the running belt, and put your hand as far into the center of the belt as you can reach. If your hand shows signs of silicone, then it does not need additional lubrication. If the board feels dry and there is very little evidence of silicone on your hand, then additional lubrication should be added.

TO LUBRICATE THE DECK:

1. Stop running belt so that the seam is located on top and in the center of the deck.
2. Insert nozzle into spray head of lubricant can.
3. Lift running belt.
4. Position nozzle between the belt and the board approximately 200mm (8") from the front of the treadmill.
5. Apply the silicon from the front to the rear of the treadmill on each side of the treadmill. Try to reach the spray as far into the center of the running deck as possible. The spray time should be approximately four seconds for each side.
6. Spread the silicon by running the treadmill at 1 km/h and step gently on the belt from

left to right. Do that for a few minutes and allow the silicon to soak into the belt.

USAGE	LUBRICATION
1~6kph	Every 6 months
6~12kph	Every 3 months
12~16kph	Every 2 months



Lubricant for running deck

CAUTION!

Over tightening of the belt will severely shorten the life of the belt and may cause further damage to other components.

NOTE:

A well lubricated deck will ensure longevity of your treadmill in addition to providing you with the optimal performance.

DANGER!

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet immediately after use and before cleaning.

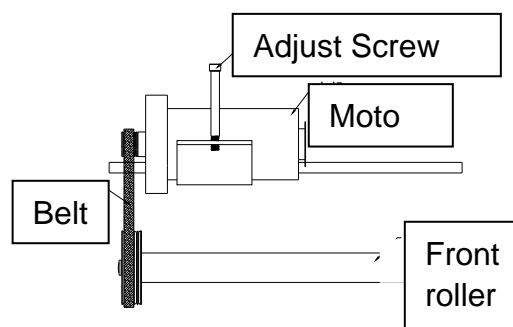
THE ADJUSTMENT OF THE MOTOR BELT

Before all the machine leaving the factory, it's in the best position, but after a period running, the belt may become loose.

Adjust the step:

Use the wrench adjust electrical engineering stud bolt the agreeable hour hand turns to move.

Adjust the scope with take the load and don't beat slippery for precise.



Attention:

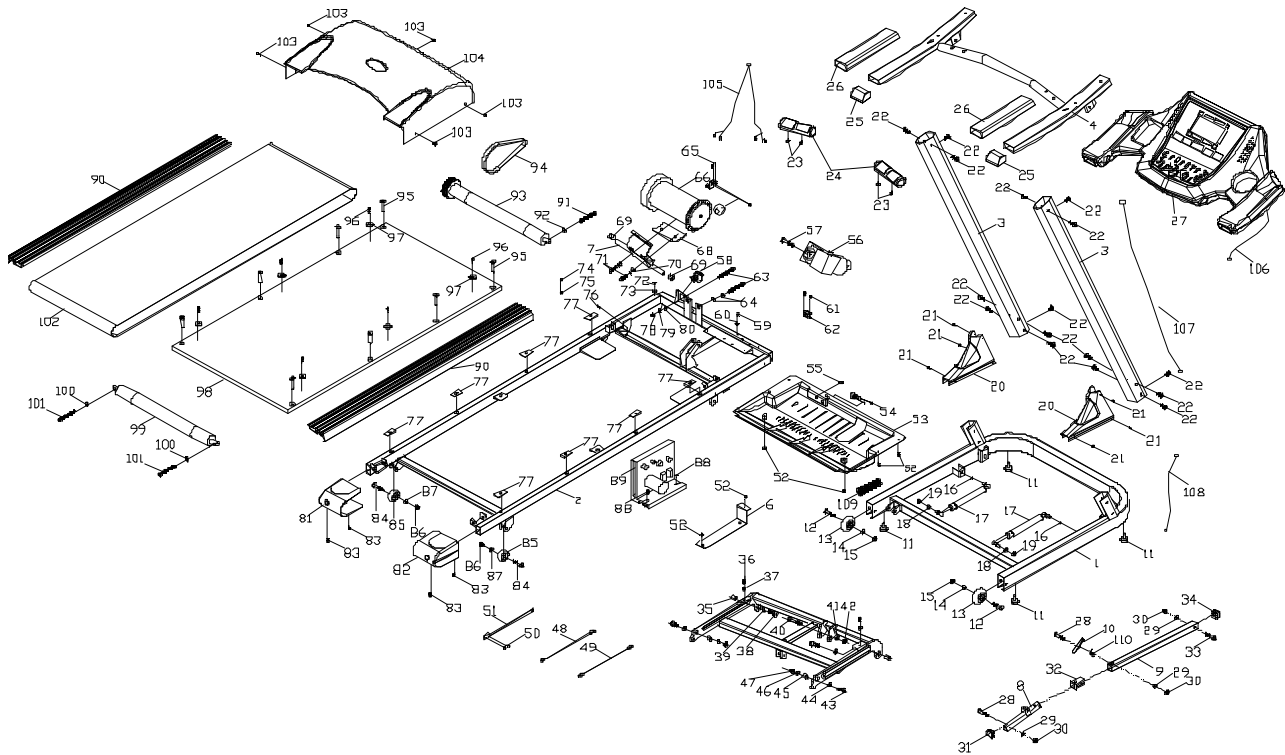
Please turn off the machine when you adjust the motor belt

Periodically tidy up the leather belt and leather belt round grooves to sweep.

TROUBLE SHOOTING

Problem		Reason may happen	Mend methods
Treadmill will not start		a No electricity	Put plug into socket
		b Not put in the safety key	Put in the safety key
		c Circuit signal system turnoff	Check controller's port and signal wire
		d Power supply not open	Put switch on the 'NO' place
		E Fuse burned	Change the fuse
Running belt running not smooth		a Lubricate not enough	Use the silicon lubricate
		b Running belt too tight	Adjust the running belt's loose and tight
Running belt's skid		a Running belt too loose	Adjust the running belt's loose and tight
		B Drive belt too loose	Adjust the running belt's loose and tight
Computer display error	Er1	Communications not well	Signal wire not plug well
	Er2	Explode	Power pipe explode (Change controller)
	Er3	No sensor signal	Sensor wire not plug well, plug it again
	Er4	Incline fall	System failure (Change the controller)
	Er5	Filtrate protection	Load too heavy (Change the controller)
	Er6	System body check is defeated	System failure (Change the controller)
	SAFETY KEY PROTECTION	Safety key didn't put at the appointed place	Put at the appointed place
	Er8	EPROM failure ! 24C02 burn	System failure (Replace the controller)
	Er9	Incline VR wire not connect well	Connect again
	Display not well	Outside disturb arouse computer work confusion	Put of switch, after one minute electricity again, then it running

EXPLODING DIAGRAM



PART LIST

ART	NAME	SPECIFICATION	QUANTITY
1	BASE FRAME		1
2	MAIN FRAME		1
3	UPRIGHT		2
4	TUBE OF FIX COMPUTER		1
5	INCLINE FRAME		1
6	CONTROLLER FIXING		1
7	MOTOR FIXING		1
8	OUTSIDE DREW TUBE		1
9	INSIDE DREW TUBE		1
10	PEDAL		1
11	FOOT		4
12	INSIDE HEX NUT M8*40	M8*40	2
13	BASE FRAM FOOT WHEEL	62	2
14	FLAT WASHER	8* 16	2
15	HEX NUT	M8	2
16	SPRING WASHER	M8	2
17	CYLINDER		2
18	FLAT WASHER	8* 16	2
19	HEX NUT	M8	2
20	COVER OF BASE FRAME		2
21	SCREW	ST3*10L	6
22	INNER HEX SCREW	M8*15	16
23	SCREW	ST3*25	4
24	HANDLE PULSE		2
25	SQUARE TUBE COVER		2
26	FOAM OF HANDLE BAR		2
27	COMPUTER		1
28	INNER HEX SCREW	M8*40	2
29	FLAT WASHER	8* 16	3
30	HEX NUT	M8	3
31	SQUARE STUFF	20*20	1
32	PATHWAY CONVER	20*20	1
33	INNER HEX SCREW	M8*45	1
34	AQUARE STUFF	25*25	1
35	POWDER METALLURGY COVER	17* 10*14	2
36	SCREW	M5*10L	2
37	TAPER WASHER		2

ART	NAME	SPECIFICATION	QUANTITY
38	INNER HEX SCREW	M10*30	2
39	FLAT WASHER	10.5* 20*T1.5	2
40	INNER HEX SCREW	M10*60	1
41	FLAT WASHER	10.5* 20*T1.5	1
42	HEX NUT	M10	1
43	HEX SCREW	M10*30	2
44	FLAT WASHER	10.5* 20*T1.5	2
45	POWDER METALLURGY CONVER	17* 10*12	2
46	FLAT WASHER	10.5* 20*T1.5	2
47	HEX NUT	M10	2
48	CONNECT WIRE (RED)		1
49	CONNECT WIRE(BLACK)		1
50	DOWN COVER		1
51	PHOTOELECTRICITY INDUCE WIRE		1
52	SCREW	ST4*14	8
53	DOWN COVER		1
54	FUSE BASE		1
55	LINE BUTTON		1
56	INCLINE MOTOR		1
57	INNER HEX SCREW	M10*40	1
58	SWITCH		1
59	SCREW	ST4*14	1
60	OUTSIDE WASHER	5	2
61	SCREW	M4*10L	2
62	TRANSFORMER		1
63	HEX SCREW	M8*110	2
64	FLAT WASHER	8* 16	2
65	SCREW	ST3*10L	2
66	MOTOR		1
67	RAY SUPPORT FRAME		1
68	SQUARE CUSHION		1
69	MOTOR CUSHION		2
70	FLAT WASHER	8* 16	2
71	INNER HEX SCREW	M8*20	2
72	SCREW	M5*15	1
73	WASHER	5	1
74	SCREW		2
75	HEX NUT	M5	2

ART	NAME	SPECIFICATION	QUANTITY
76	INNER HEX SCREW	M8*30	2
77	SQUARE CUSHION		12
78	HEX NUT	M8	1
79	SPRING WASHER		1
80	FLAT WASHER	8* 16	1
81	REAR COVER (LEFT)		1
82	REAR COVER (RIGHT)		1
83	SCREW	ST4*14	4
84	INNER HEX SCREW	M8*40	2
85	WHEEL	φ46	2
86	HEX NUT	M8	2
87	FLAT WASHER	8* 16	2
88	SCREW	M5*15L	2
89	CONTROLLER		1
90	SIDE RAIL		2
91	INNER HEX	M8*70	1
92	FLAT WASHER	8* 16	1
93	FRONT ROLLER		1
94	BELT	180J	1
95	SCREW	M8*40	8
96	SCREW	ST4*15	6
97	SIDE RAIL GUAID		6
98	RUNNER BOARD		1
99	REAR ROLLER		1
100	FLAT WASHER	8* 16	2
101	INNER HEX SCREW	M8*60	2
102	RUNNING BELT		1
103	ST4*14 SCREW		5
104	UP COVER		1
105	HANDLE PULSE WIRE		1
106	MAIN SINGLE WIRE1		1
107	MAIN SINGLE WIRE 2		1
108	MAIN SINGLE WIRE 3		1
109	WIRE PROTECT COVER		1
110	TORSIONAL SPRING		1

WARRANTY

TERMS AND CONDITIONS

This warranty is valid only in accordance with the conditions set forth below. Warranty applies only while the followings three conditions are met.

- It remains in the possession of the original purchaser and proof of purchase is demonstrated.
- It has not been subject to accident, misuse, abuse, improper service or unauthorised modifications.
- Claims are made within the 12 months manufacturer's warranty period.

EXCLUSIONS AND LIMITATIONS

This warranty is for home use only. Under no circumstances is this treadmill warranted for semi-commercial or commercial use.

We warrant this product to be free from defects in material and workmanship.

This warranty is expressly limited to the replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty. Labor for repair or replacement of defective parts is not covered by this warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance or installation of parts or accessories not originally intended or compatible with the treadmill sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion or neglect.

Manufacturer shall not be responsible for incidental or consequential damages.

WARRANTY REGISTRATION

The warranty registration must be completed in full. Send or fax this information along with a proof of purchase to your dealer to keep on file. Your dealer must have this information on file before a warranty claim can be processed.

WARRANTY REGISTRATION – Keep a copy for your records

Model #:

Serial #:

Date of purchase:

Your name:

Dealer name:

Address:

Dealer address:



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