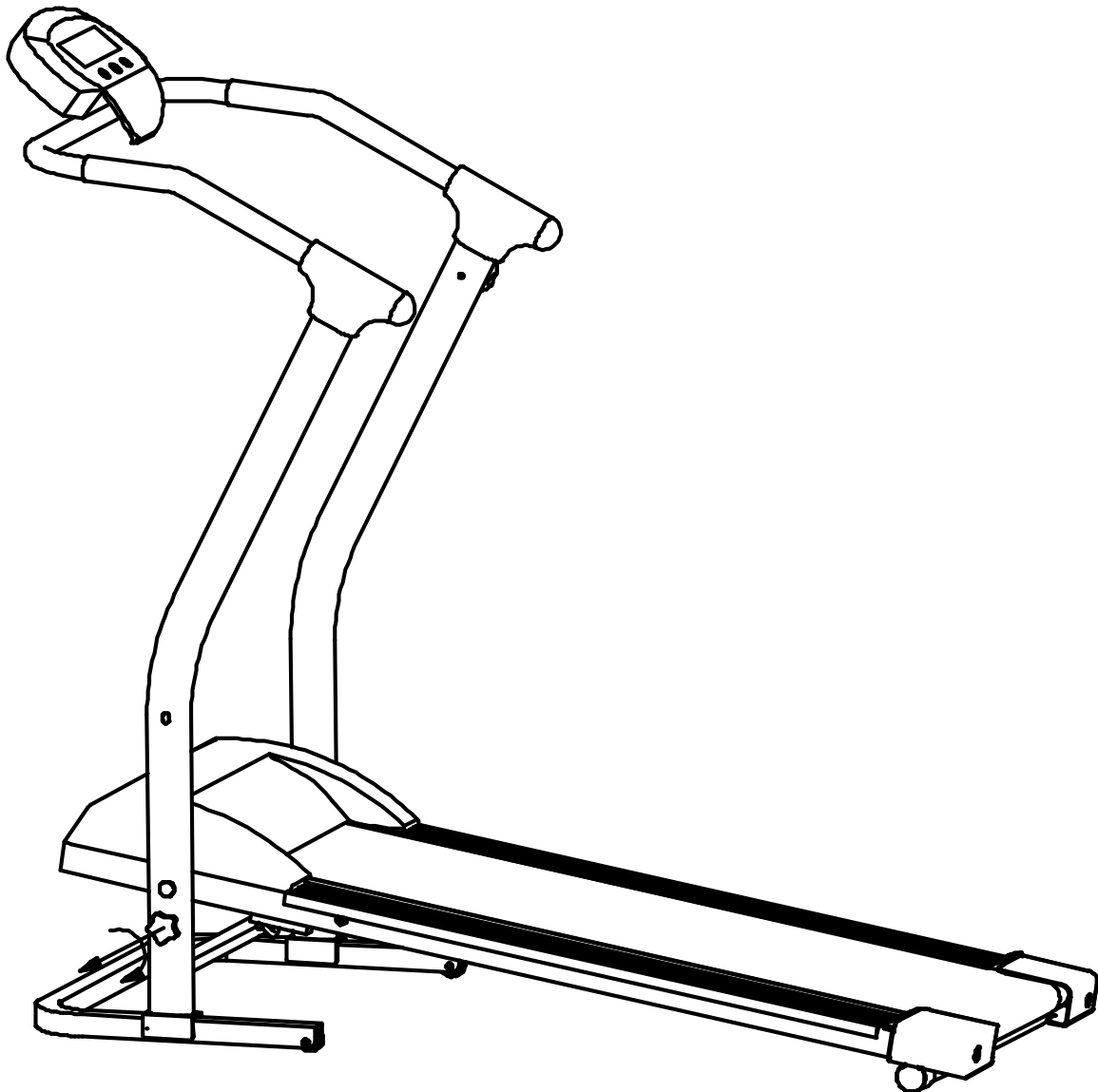# USER'S MANUAL

Important Safety Information

**Please keep this manual in a safe place for easy reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly.   Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.

6. Before using the equipment, check that the nuts and bolts are securely tightened.

7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 100kg.   Braking ability is independent of speed.

11. The equipment is not suitable for therapeutic use.

12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

EXELODED-VIEW ASSEMBLY DRAWING
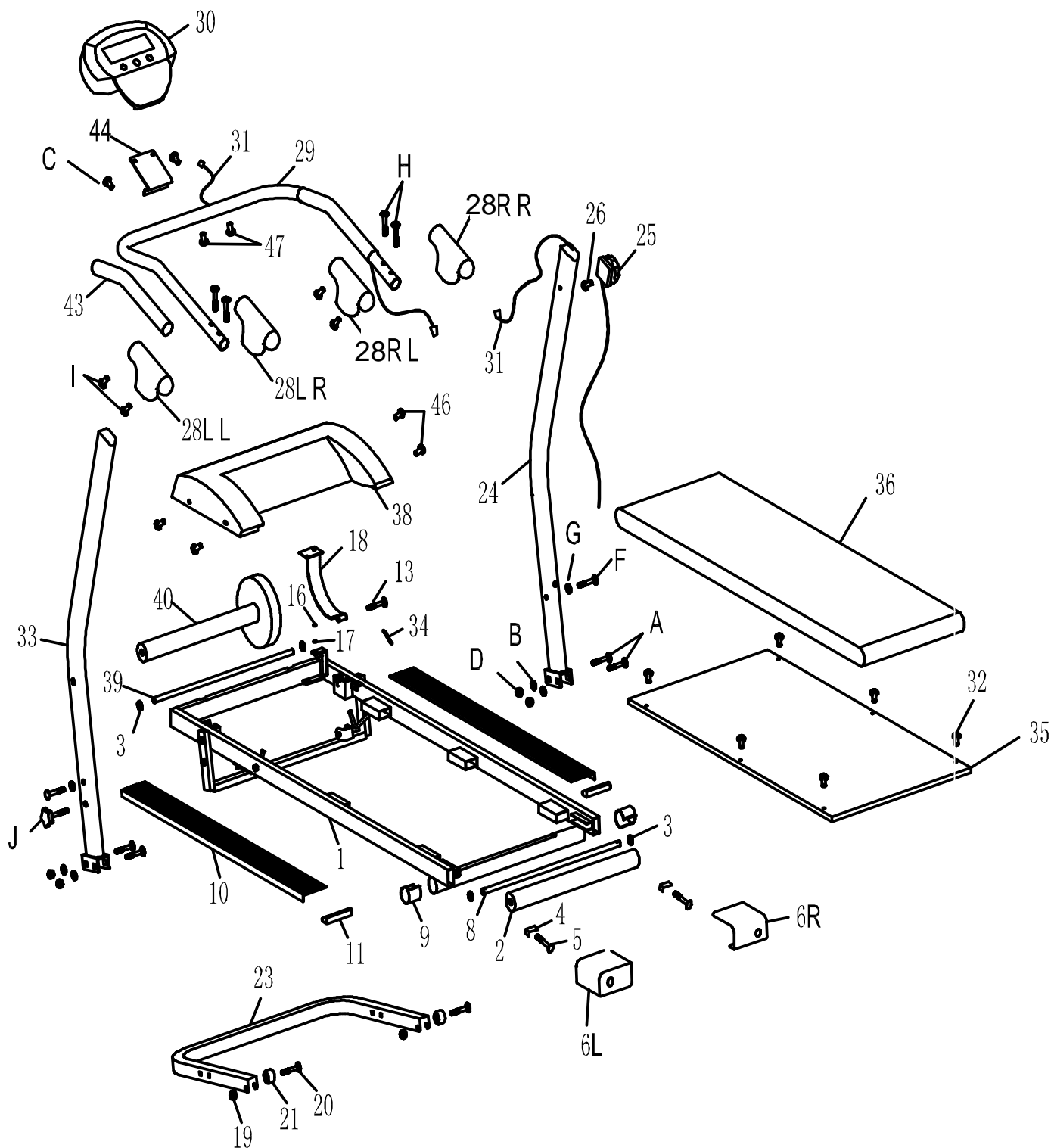
PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	MAIN FRAME	1	31	COMPUTER SENSOR WIRE	1SET
2	REAR ROLLER	1	32	BOLT M5*25	8
3	PLASTIC WASHER	4	33	LEFT SIDE HANDLE POST	1
4	STEEL END	2	34	SPRING	1
5	BOLT M6	2	35	RUNNING BOARD	1
6	REAR END CAP(L/R)	2	36	RUNNING BELT	1
8	REAR AXLE	1	38	COVER	1
9	END CAP	2	39	FRONT AXLE	1
10	SIDE RAIL	2	40	FRONT ROLLER	1
11	T TYPE PLUG	2	43	HANDLEBAR GRIP	2
13	BOLT M8*45	1	44	COMPUTER MOUNT BRACKET	1
16	BOLT M6*35	1	46	BOLT M4*10	4
17	NUT M6	1	47	BOLT M5*10	2
18	BASE OF TIIE MAGNET	1	A	BOLT M8*50	4
19	NUT M8	2	B	WASHER Φ8	4
20	BOLT M8*40	2	C	BOLT M5*10	2
21	PLASTIC WHEEL	2	D	NUT M8	4
23	BOTTOM FRAME	1	F	BOLT M8*50	2
24	RIGHT SIDE HANDLE POST	1	G	WASHER Φ8	2
25	TENSION KNOB	1	H	BOLT M8*45	4
26	BOLT M5*20	1	I	BOLT M4	4
28	COVER OF HANDLE(R)	1	J	KNOB M8	1
28	COVER OF HANDLE(L)	1	K	WRENCH	1
29	HANDLEBAR	1	N	WRENCH S5	1
30	COMPUTER	1			
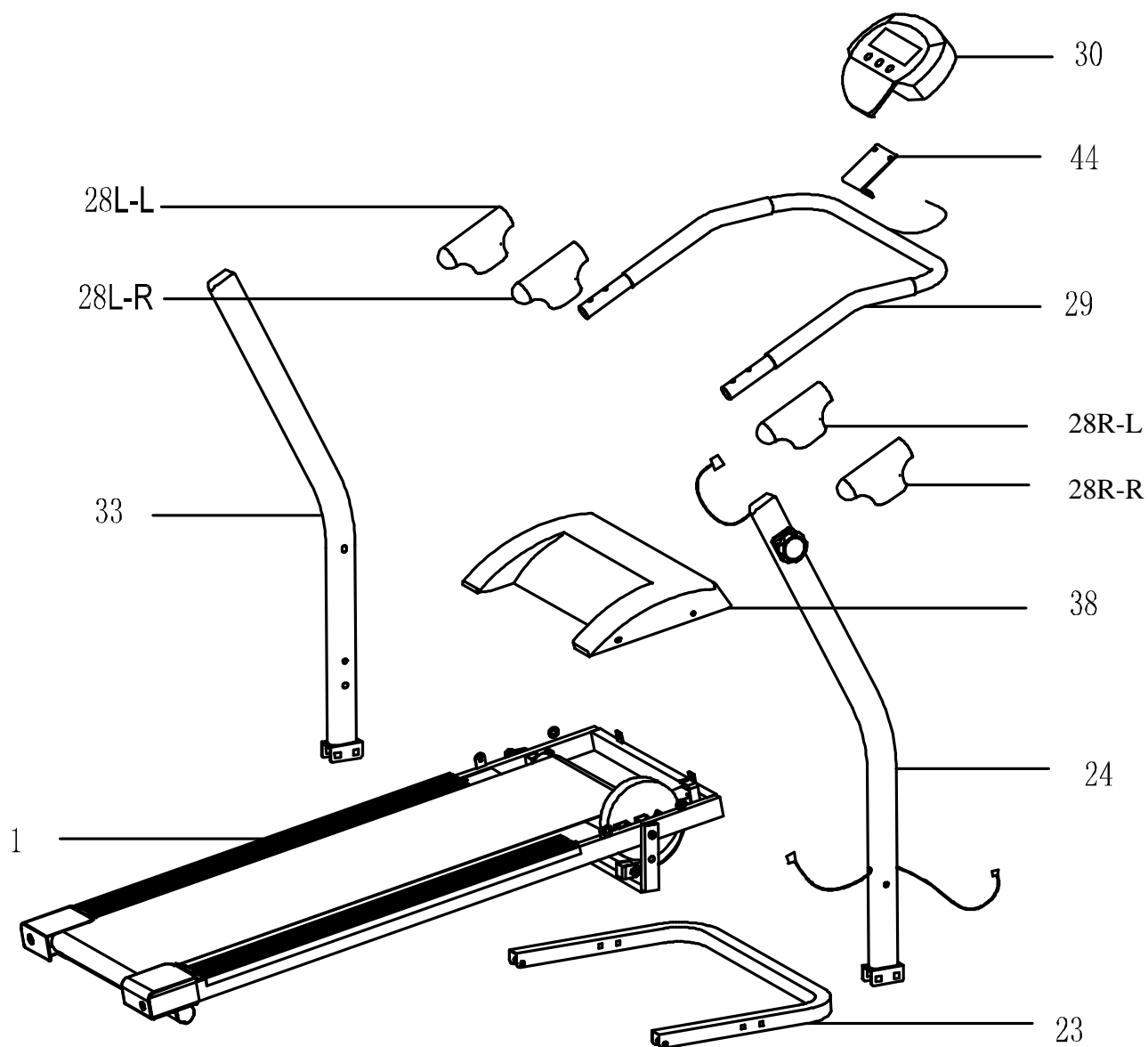
PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	MAIN FRAME	1	**29**	HANDLEBAR	1
23	BOTTOM FRAME	1	**30**	COMPUTER	1
24	RIGHT SIDE HANDLE POST	1	**33**	LEFT SIDE HANDLE POST	1
28	COVER OF HANDLE(R)	1	**38**	COVER	1
28	COVER OF HANDLE(L)	1	**44**	COMPUTER MOUNT BRACKET	1
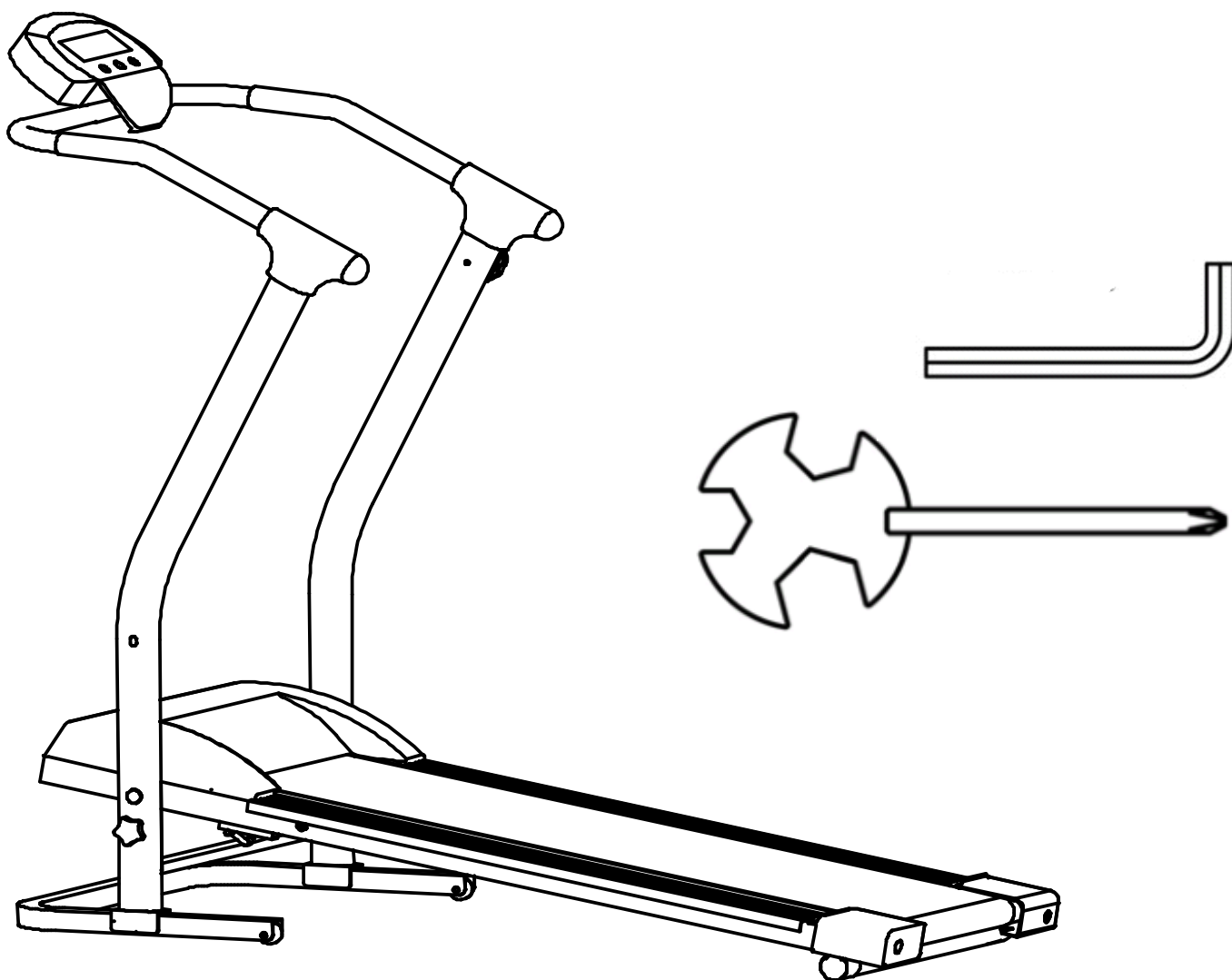
Notice

Read this manual before assembly

Recognize the spare parts first
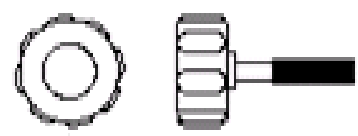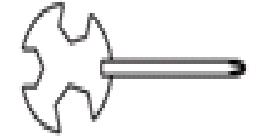
Check the hardware
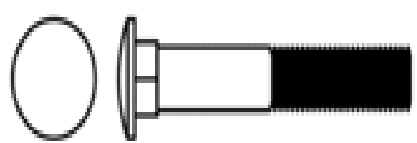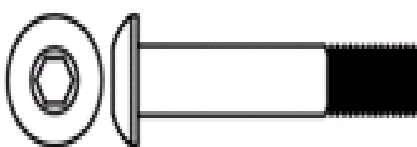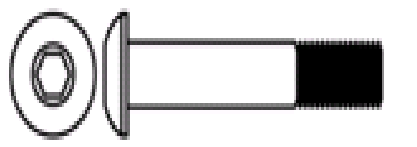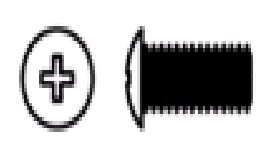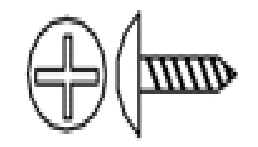
Ensure that you have the right tools
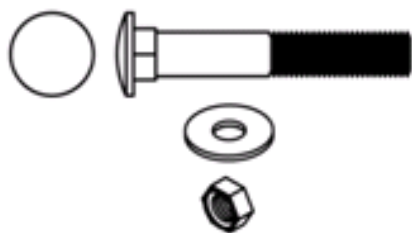
Prepare an area to assemble

Follow the instruction accordingly

Never force the joints

Periodically tighten the joints
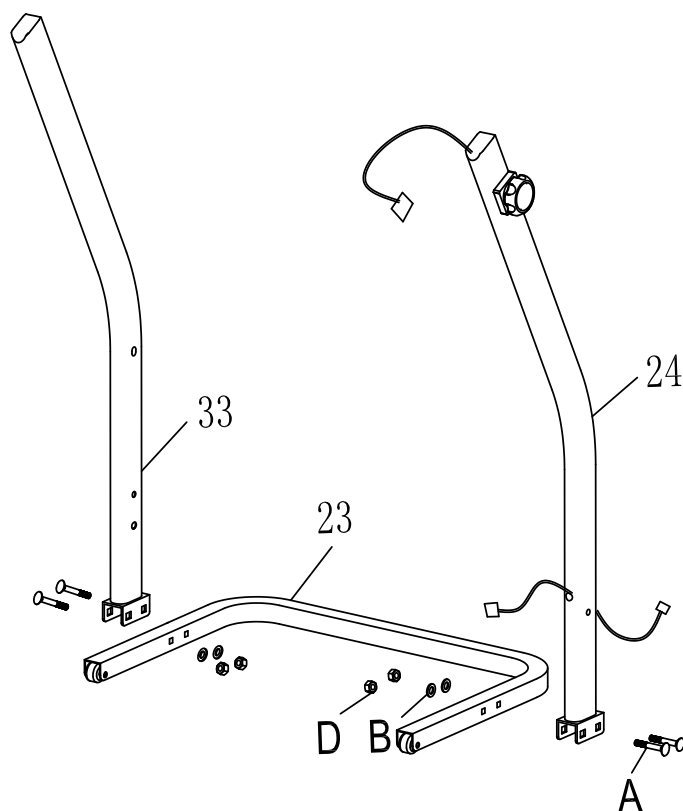
# A	M8*50	4PCS
# F	M8*50	2PCS
# H	M8*45	4PCS
# C	M5*10	2PCS
# I	M4	4PCS
# 46	M4*10	4PCS
# B	Φ8	4PCS
# G	Φ8	2PCS
# D	M8	4PCS
# J	M8	1PCS
# K		1PCS
# N	S5	1PCS

ASSEMBLY INSTRUCTION

|			
# A	M8*50	4PCS
# B	Φ8	4PCS
# D	M8	4PCS

33

24

23

D B

A

STEP 1

Open the carton, get the above parts out and put the bottom frame (23) on the level ground.
Attach right side handle post (24) and left side handle post (33) onto bottom frame (23) and
fasten with M8*50 bolts (A), washers (B) and M8 nuts (D).

Before you assemble the tension cable, please make sure that it is at the level 8

2 3 4 5 6 7 8

LOW   HIGH

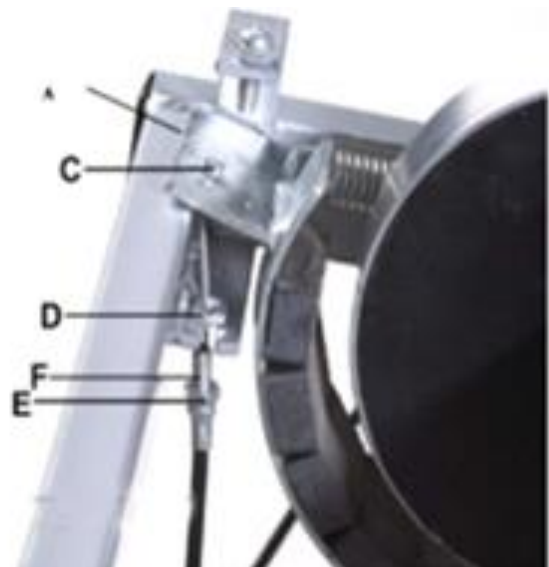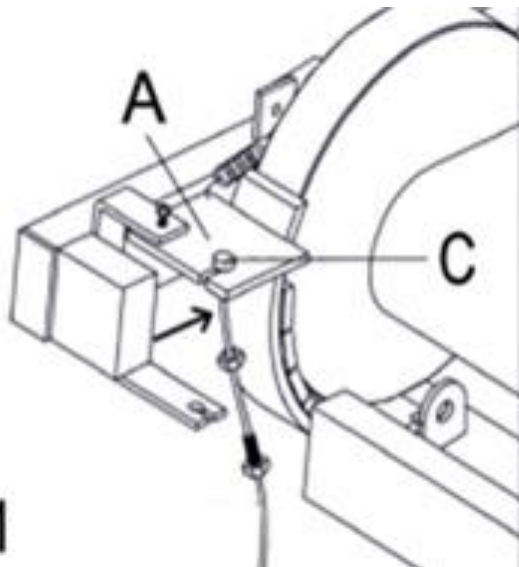TENSION CONTROL

A

B

C

D

F

E
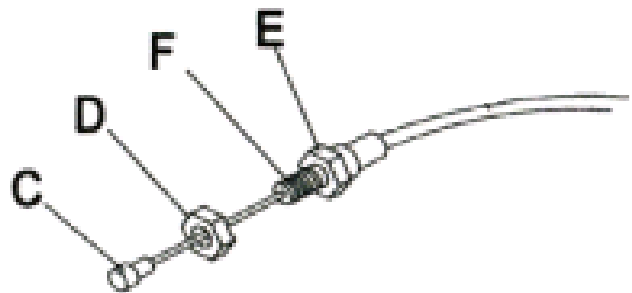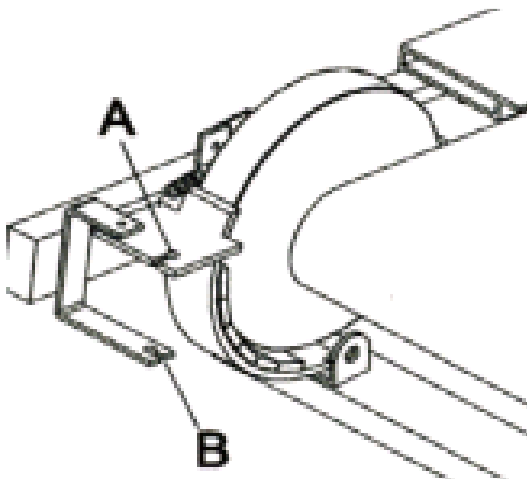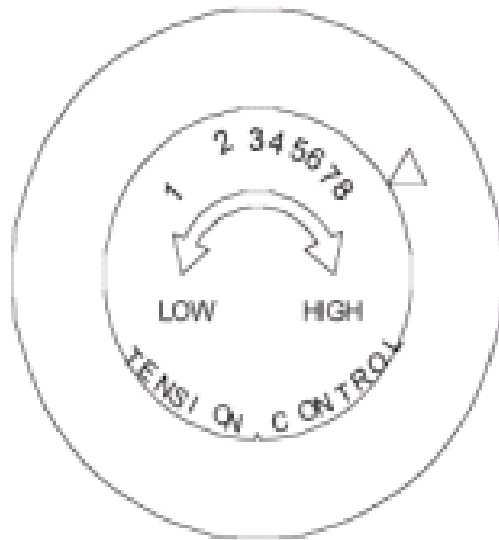
STEP 2

Before you assemble the tension cable, please make sure that it is at the level 8

Insert M5*10 bolt (C), M8 nut (D), M8*50 bolt (F), nut (E) onto tension cable

Mount the magnetic tension adjusting set onto bracket and fasten with M8*50 bolt (A) and washer (B)

STEP 2 -1

The assembly step for magnetic tension adjusting set:

Insert M5 bolt*10 (C) and M8*50 (A) through the bracket (Note: lay the tension cable under the main frame)
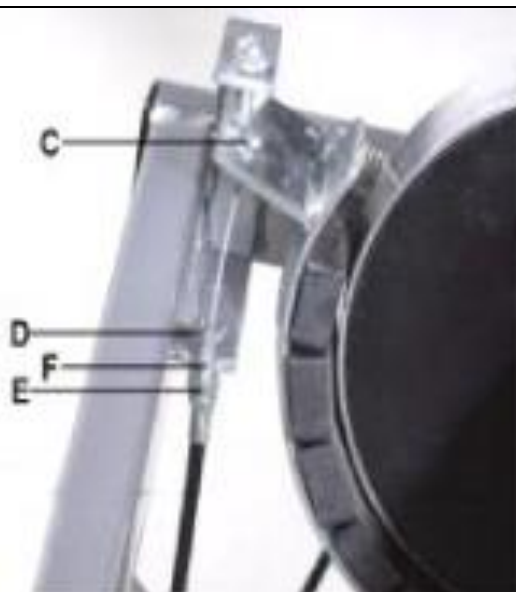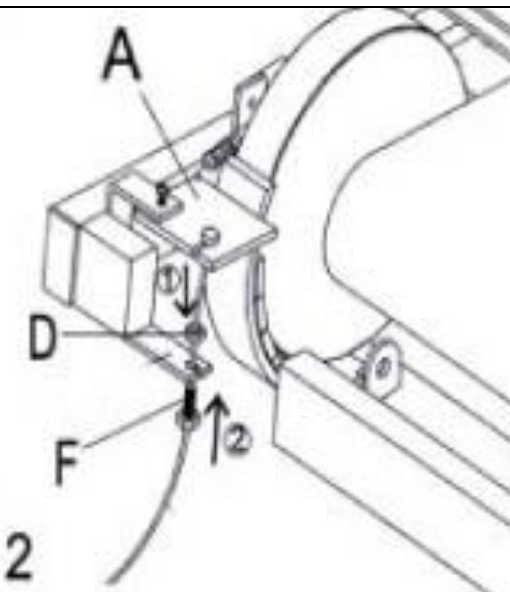
STEP 2 -2

Pull tension cable downward

Insert M8*50 bolt (F) into the bracket
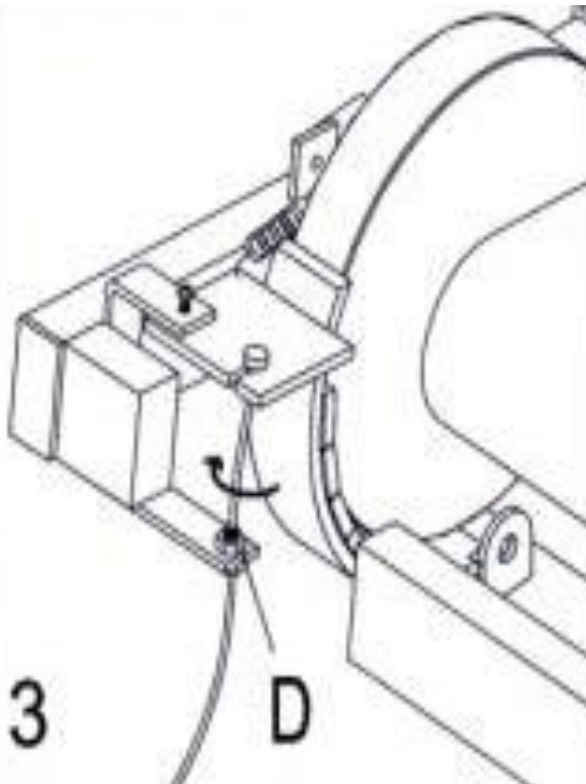
STEP 2-3

Revolve M8 nut (D) as the drawing direction in order tighten the parts well

46   M4*10   4PCS

46

33

24

38

1
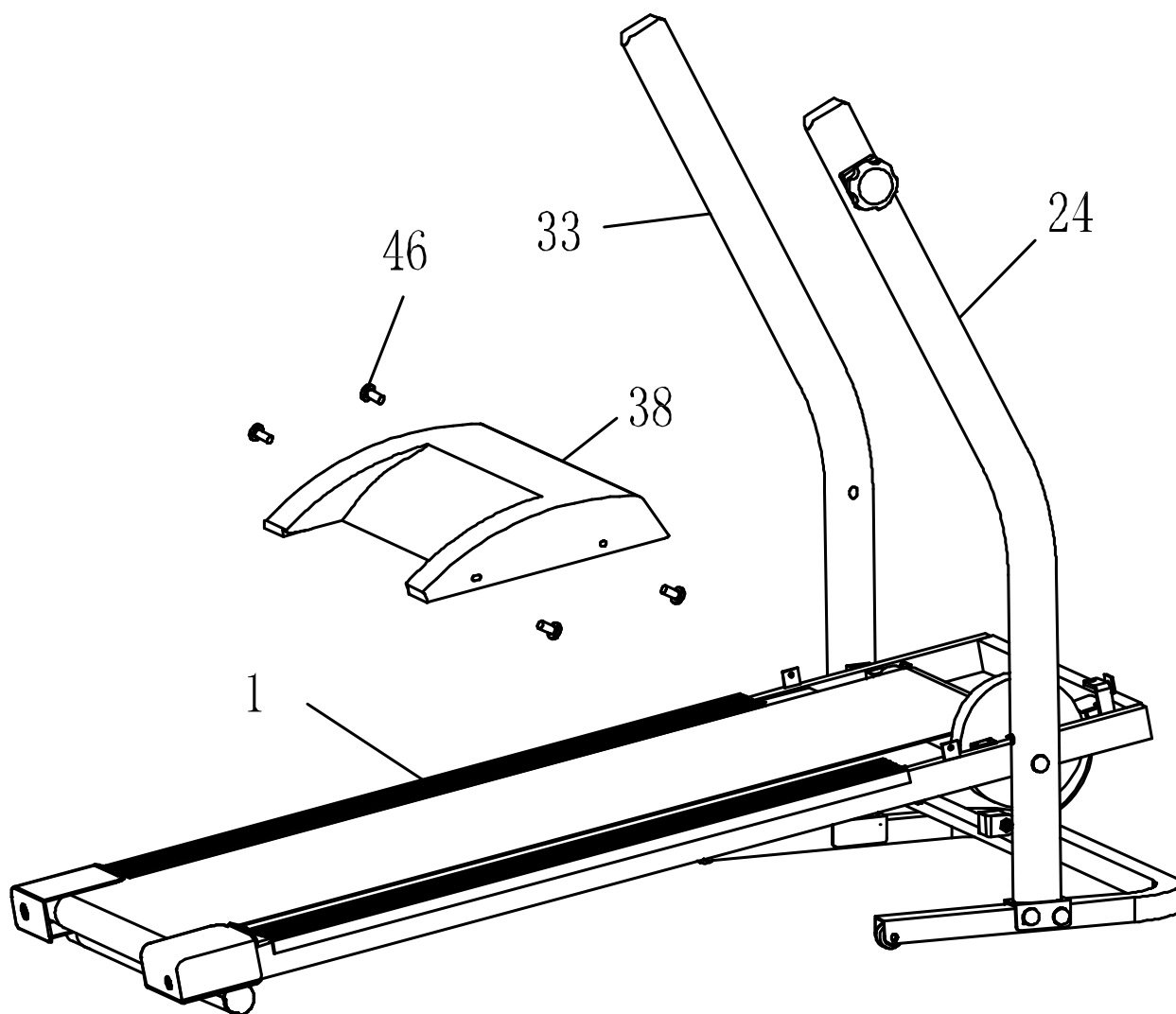
STEP 3

Attach main frame (1) onto right side handle post (24) and left side handle post (33)

Attach cover (38) onto main frame (1) and fasten with M4*10 bolts (46)

F M8*50 2PCS

G Φ8 2PCS

33

G

F

24

1

G

F
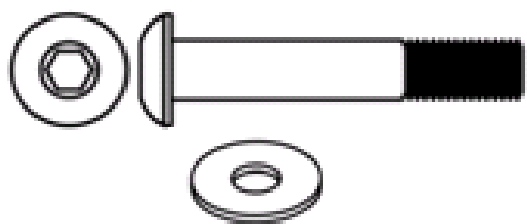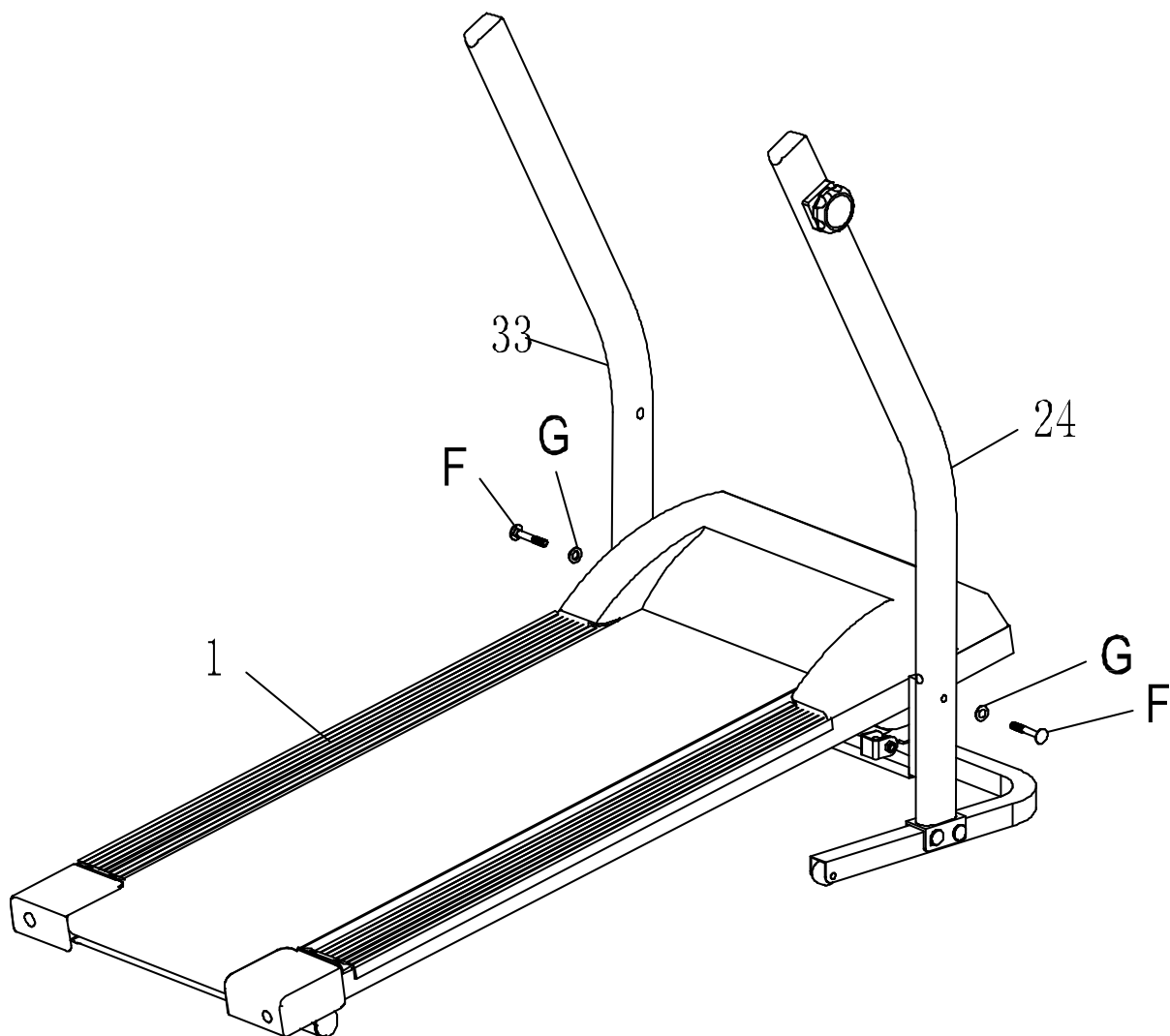
STEP 4

Fasten right side handle post (24) and left side handle post (33) onto main frame (1) with M8*50 bolts (F) and washers (G)

H   M8*45   4PCS

29

H

31

33

24

31

42
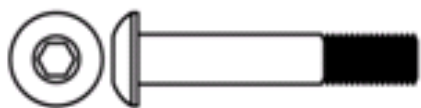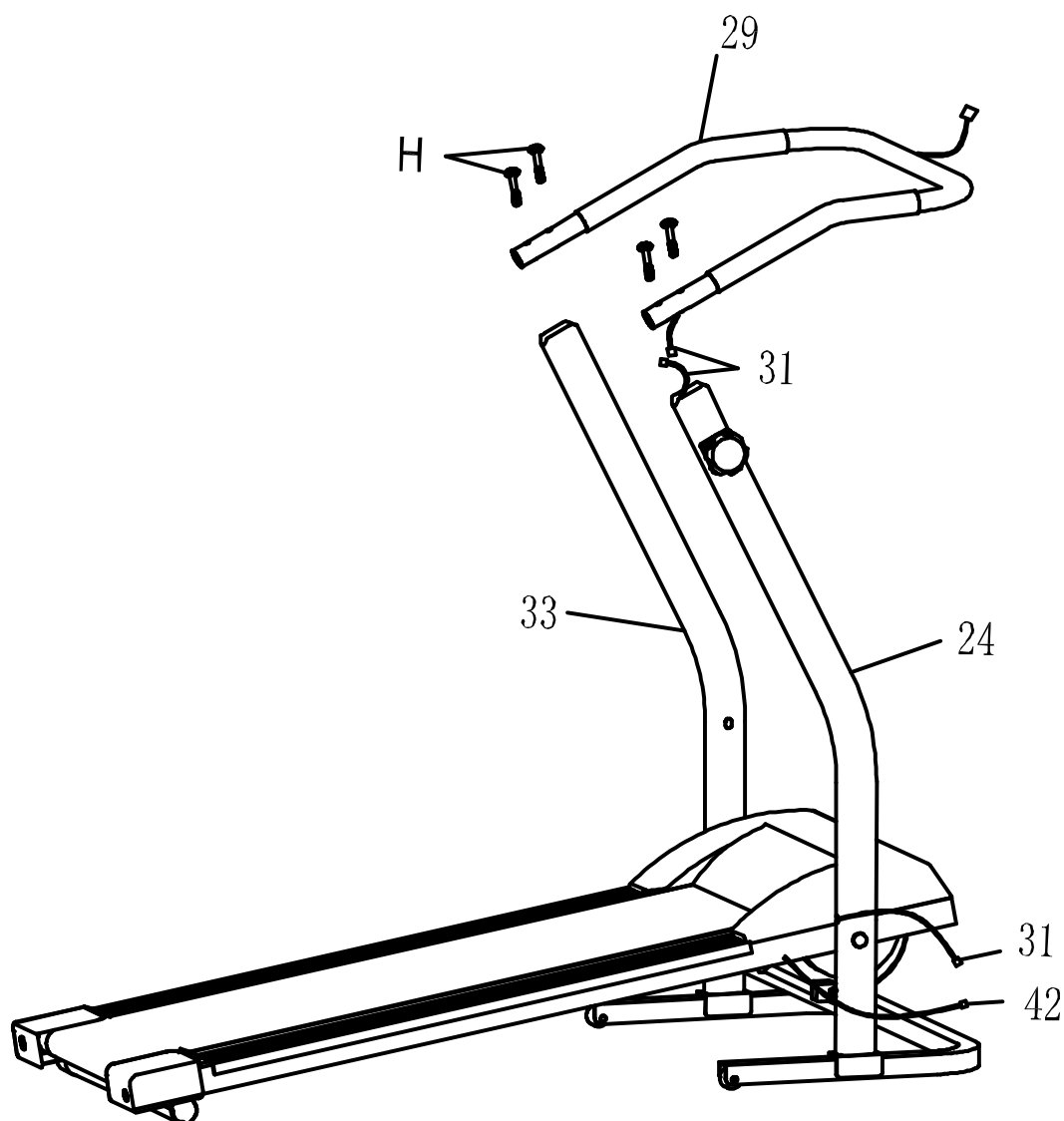
STEP 5

Connect computer sensor wires (31) together
Attach handlebar (29) onto handle posts, and fasten with M8*45 bolts (H)

C   M5*10   2PCS

I   M4   4PCS

44

C

28L-L

28L-R

I

28R-L
28

29

28R-R
28
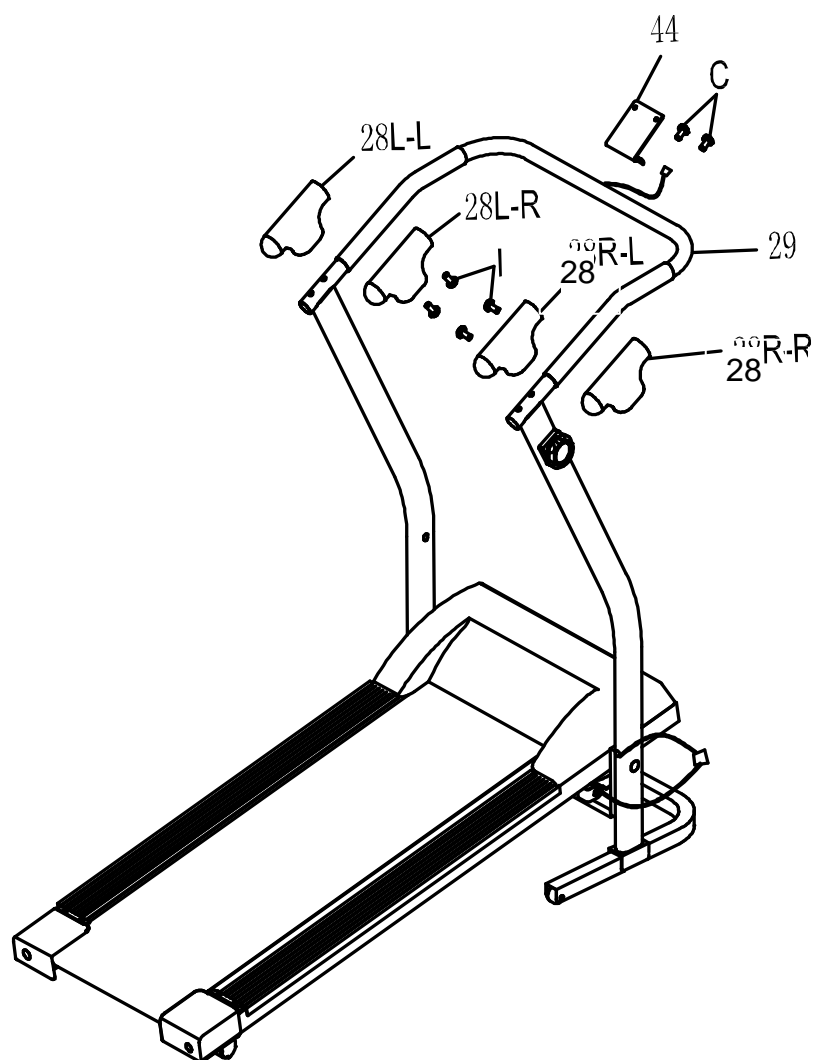
STEP 6

Attach covers of handle L,R (28) onto handlebar and fasten with M4 bolt (I)
Attach computer mount bracket (44) onto handlebar and fasten with M5*10 bolt (C)
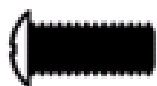
47   M5x10   2PCS
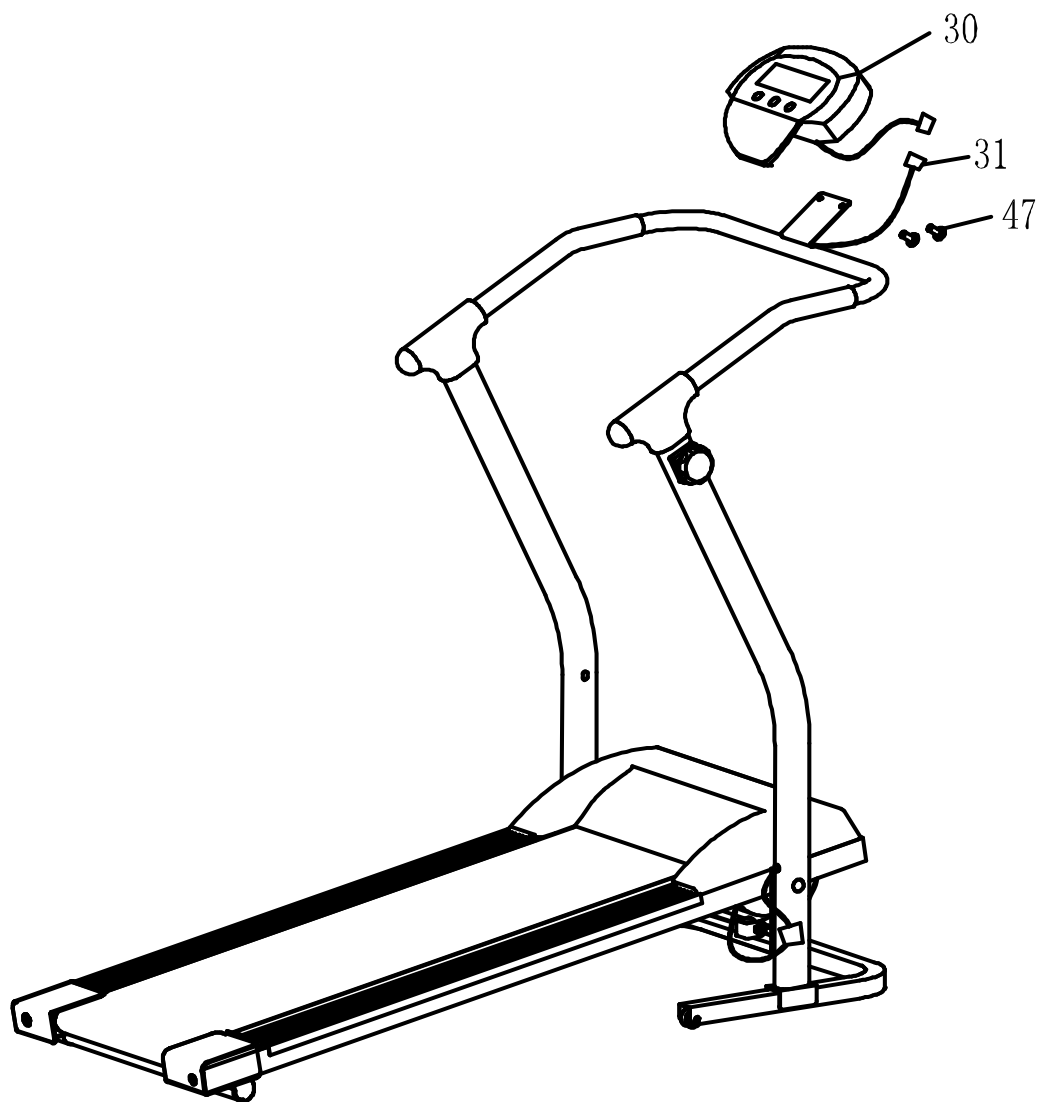
STEP 7

Connect computer sensor wires (31)
Attach computer (30) onto computer mount bracket (44) and fasten with M5*10 bolts (47)

J   M8   1PCS

J
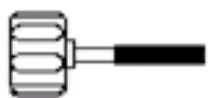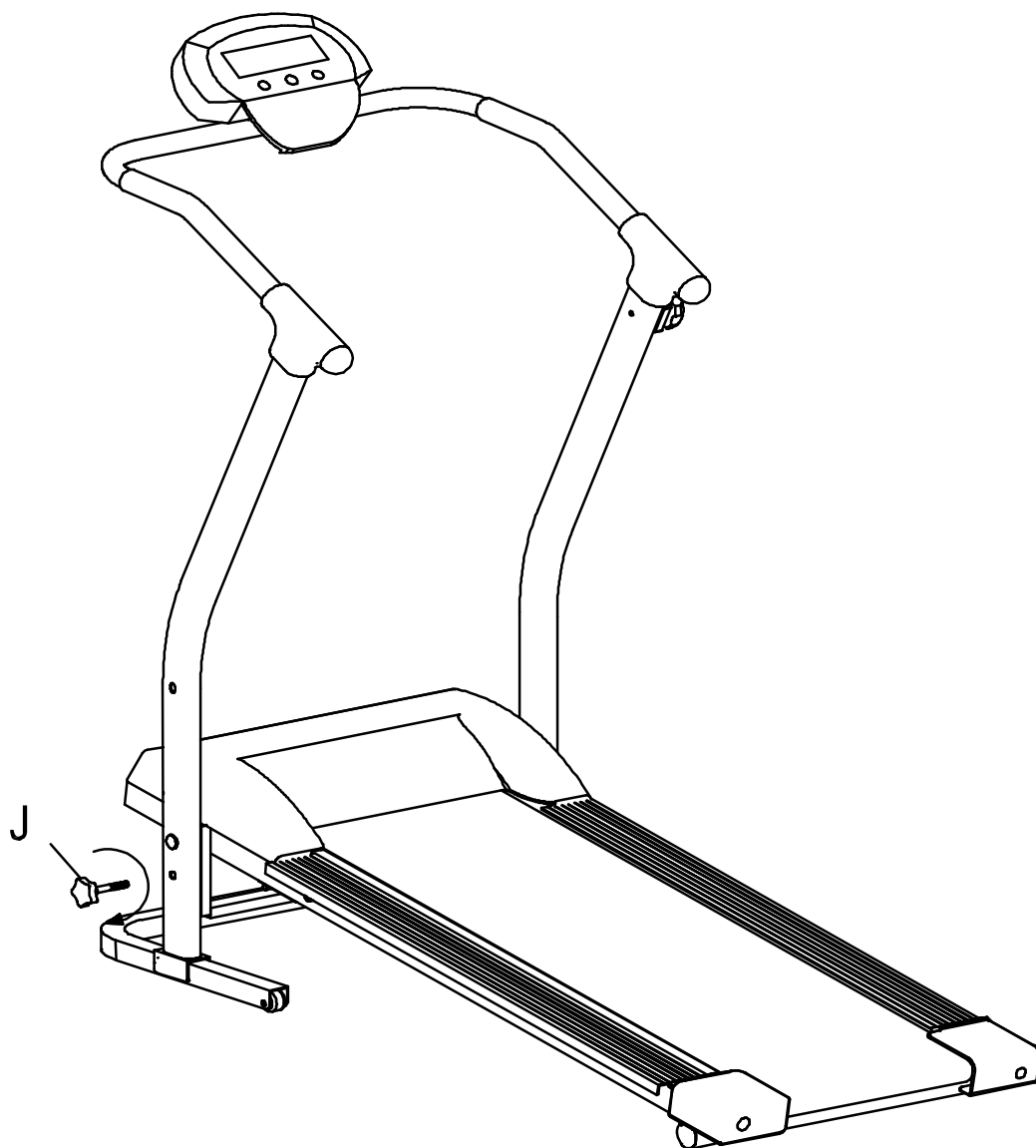
STEP 8

Insert M8 knob (J) to secure the platform

FOLDING INSTRUCTION

Please loosen knob(J) completely before folding the treadmill. Then lift the NO.1 Main frame to the upright position and use knob(J) to fasten it tightly to prevent any accident in advance
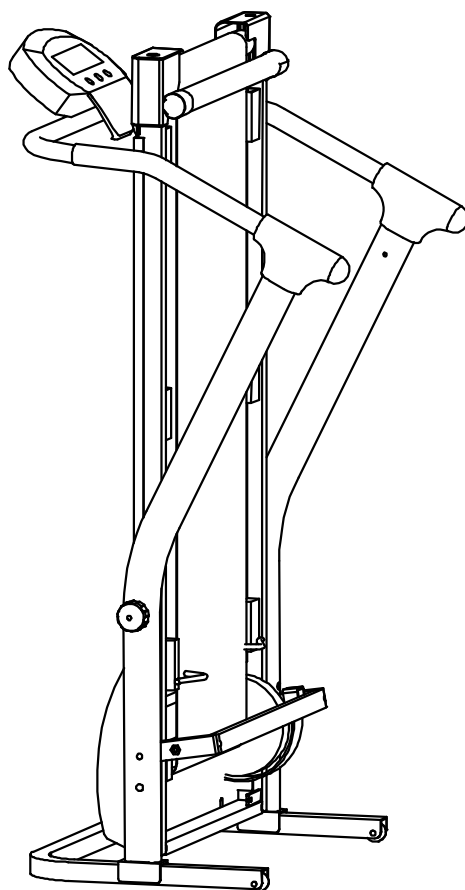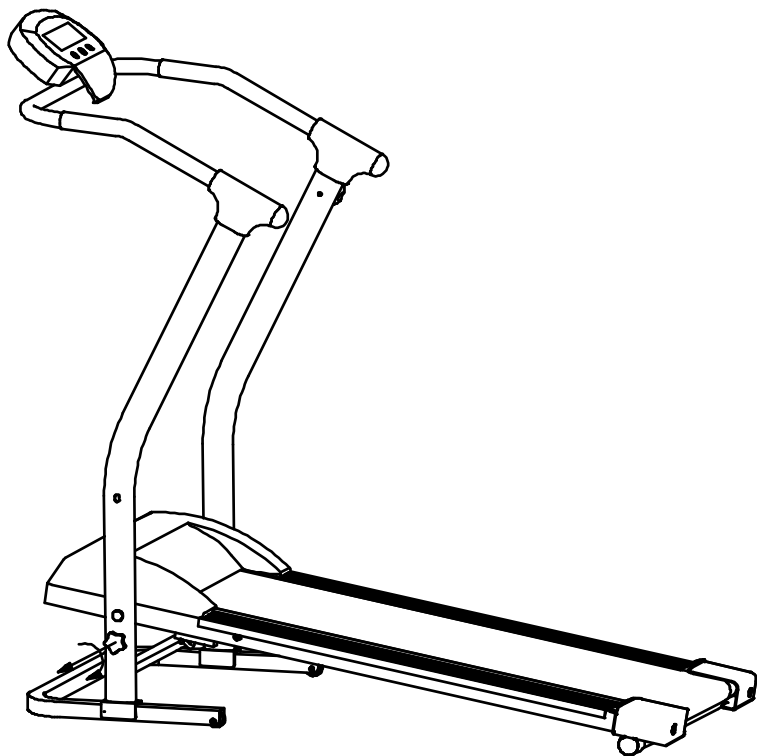
THE TENSION ADJUSTMENT ON THE MACHINE

The tension power has a great influence on the effect of the exercise, such as the consumption of the calories. The exerciser can set the desired tension power according to the photo as below
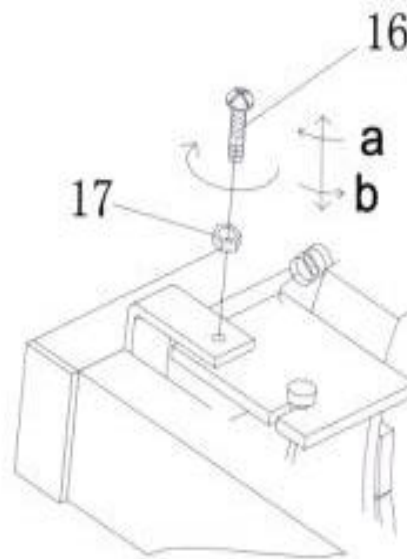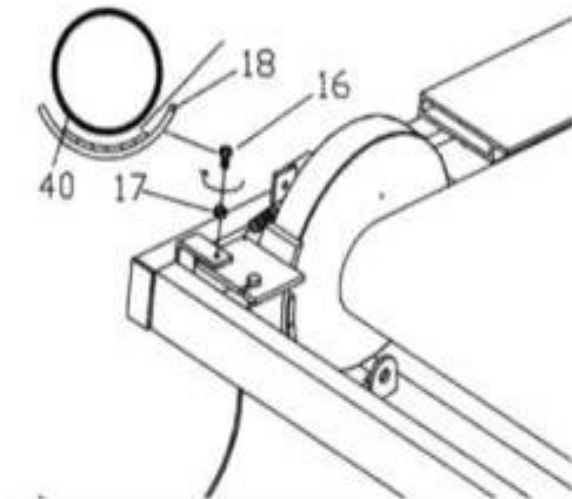
(1) When revolving the bolt No.16 in the a-direction, the tension power will be less

(2) When revolving the bolt No.16 in b-direction, the tension power will be more

Once after adjusting the No.16 bolt, you also have to check if the tension wire is too loose, if necessary you just adjust the bolt No, D,E

a direction------------loosen

b direction------------tighten

ADJUSTING (CENTERING) AND TIGHTENING THE TREADMILL
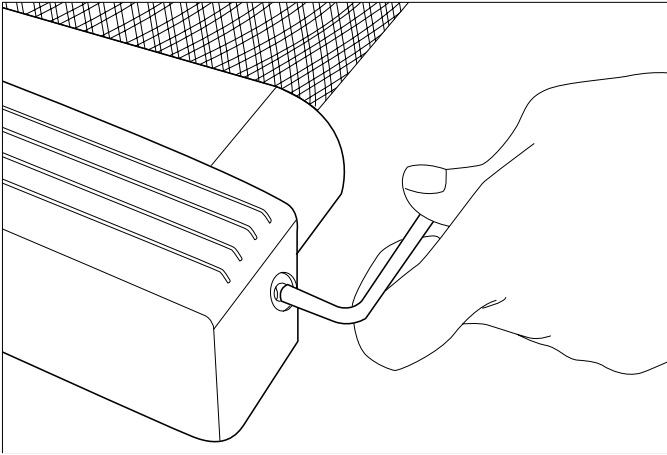
The treadmill is properly centered by the factory. However, after a long usage you must check to make sure the treadmill is still centered on the running deck and that it still runs with enough tension to ensure a smooth run. If this is not the case, the treadmill has to be adjusted.

To do this, proceed as follows: If the treadmill is running to far to the left, the turn the left screw clockwise so that the band will be adjusted to the right. If the problem is not corrected after doing this, then please turn the right screw as well, but counter clockwise, until the band is the middle and has the correct tension.

If the bank is in general too loose (fluttering), then turn both screws clockwise using the hexagon wrench until it is tighter. If you notice that the band "wanders" to the left or the right during training, then repeat the adjustment procedure and re-centre it.

Depending on the circumstances, this could be necessary a few times.

Warning: When adjusting the band with the screws, do it carefully and with as few turns as possible because over tightening the screws could result in damages of the plastic end caps. Check the location of the band during the centering procedure by walking a little bit in between adjustments.

If the band has been correctly adjusted, it will be sufficient to check the position in regular intervals of several weeks.

In addition, the correct centering must be checked after each time the treadmill is folded up as well as after every transport.

EXERCISE   INSTRUCTIONS

Using your TREADMILL will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

SIDE BENDS

FORWARD BENDS

OUTER THIGH

INNER THIGH

CALF / ACHILLES
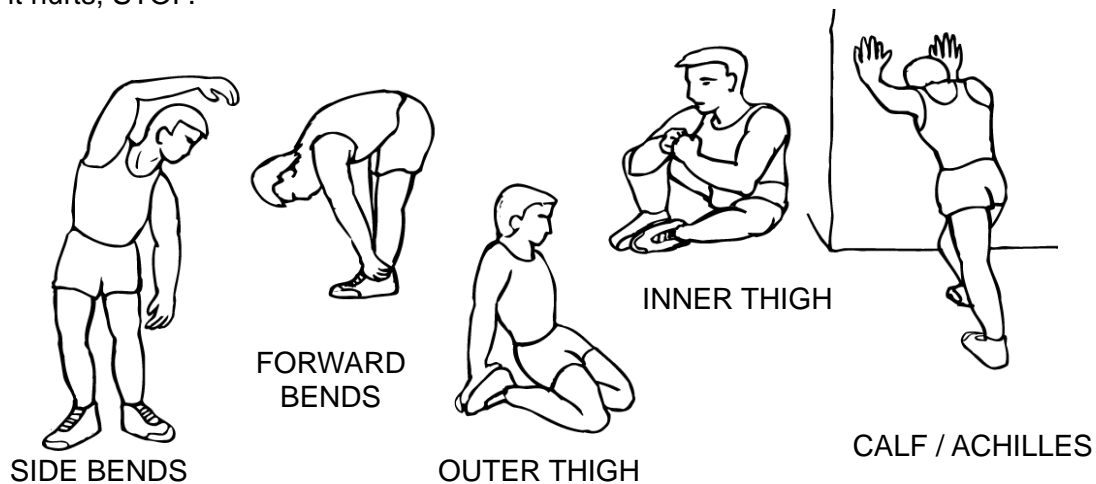
2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become more flexible.   Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.
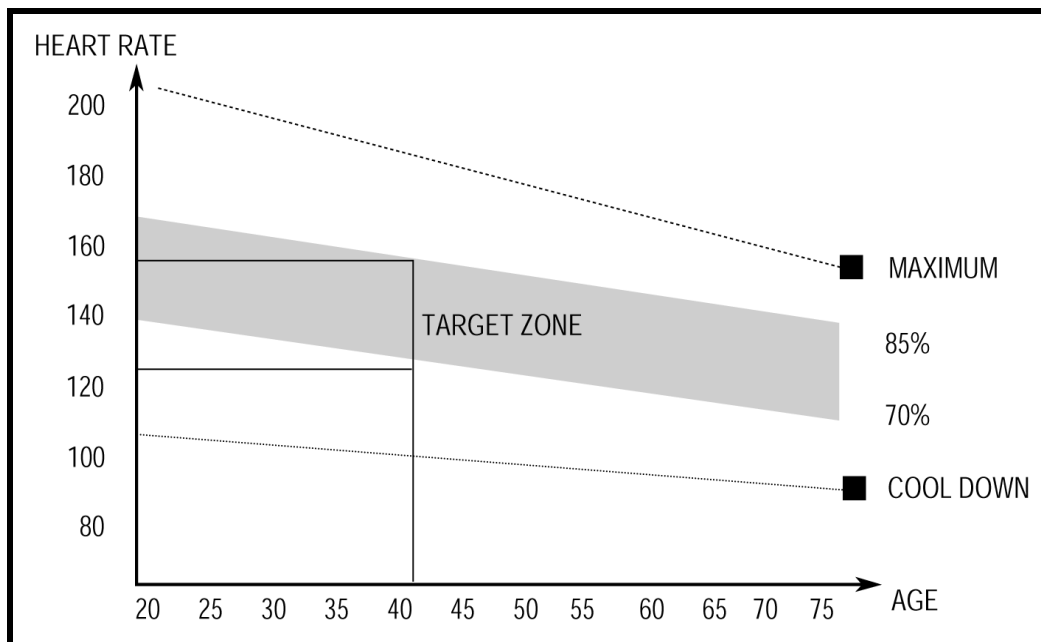
This stage should last for a minimum of 12 minutes though most people start at about

15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE   TONING

To tone muscle while on your TREADMILL, you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT   LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

CONSOLE INSTRUCTIONS

SPECIFICATIONS: NO SMS_203

TIME…………………………………00:00-99:59

SPEED(SPD)…………………………0-99.9KM/H(ML/H)

DISTANCE…………………………….0-99.99KM(ML)

CALORIES……………………………0-999.9KCAL

※ODOMETER(ODO)…………….0-999.9KM(ML)

※PULSE(PUL)………………………40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

SET(IF HAVE):Can to proceed the data establish for "TIME" "DISTANCE" "CALORIES"

CLEAR(RESET): The key to reset the value to zero by pressing the key

※ON/OFF(START/STOP): The key to pause the signal input by pressing the key

OPERATION PROCEDURE:

1. **AUTO ON/OFF**

    The system turns on when any key is pressed or when it sensor an input from the speed sensor. The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes

2. **RESET**

    The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. **MODE**

    To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking

FUNCTIONS:

1. **TIME:**

Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

2. **SPEED:**

   Press the MODE key until the pointer advance to speed. The current speed will be shown.

3. **DISTANCE:**

   Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4. **CALORIE:**

   Press the MODE key until pointer lock on CALORIE. The calorie burned will be displayed when starting exercise.

5.ODOMETER (IF HAVE):

   Press the MODE key until the pointer advanced to ODOMETER. The total accumulated distance will be shown.

6. **PULSE** (IF HAVE): Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put car-clip to ear). And wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please reinstall the batteries to have a good result