FOLDABLE MAGNETIC TREADMILL OWNER'S MANUAL

IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*
The specification of this product may vary from this photo, subject to change without notice.

Table of Contents

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

Safety Instructions

Read all instructions carefully before operating this product.

Basic precautions should always be followed, including the following safety instructions when using this equipment:

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.

4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedalling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 100kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems.
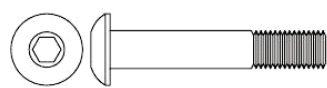
CAUTION:
Retain this Owner's Manual for future reference.

Exploded Diagram
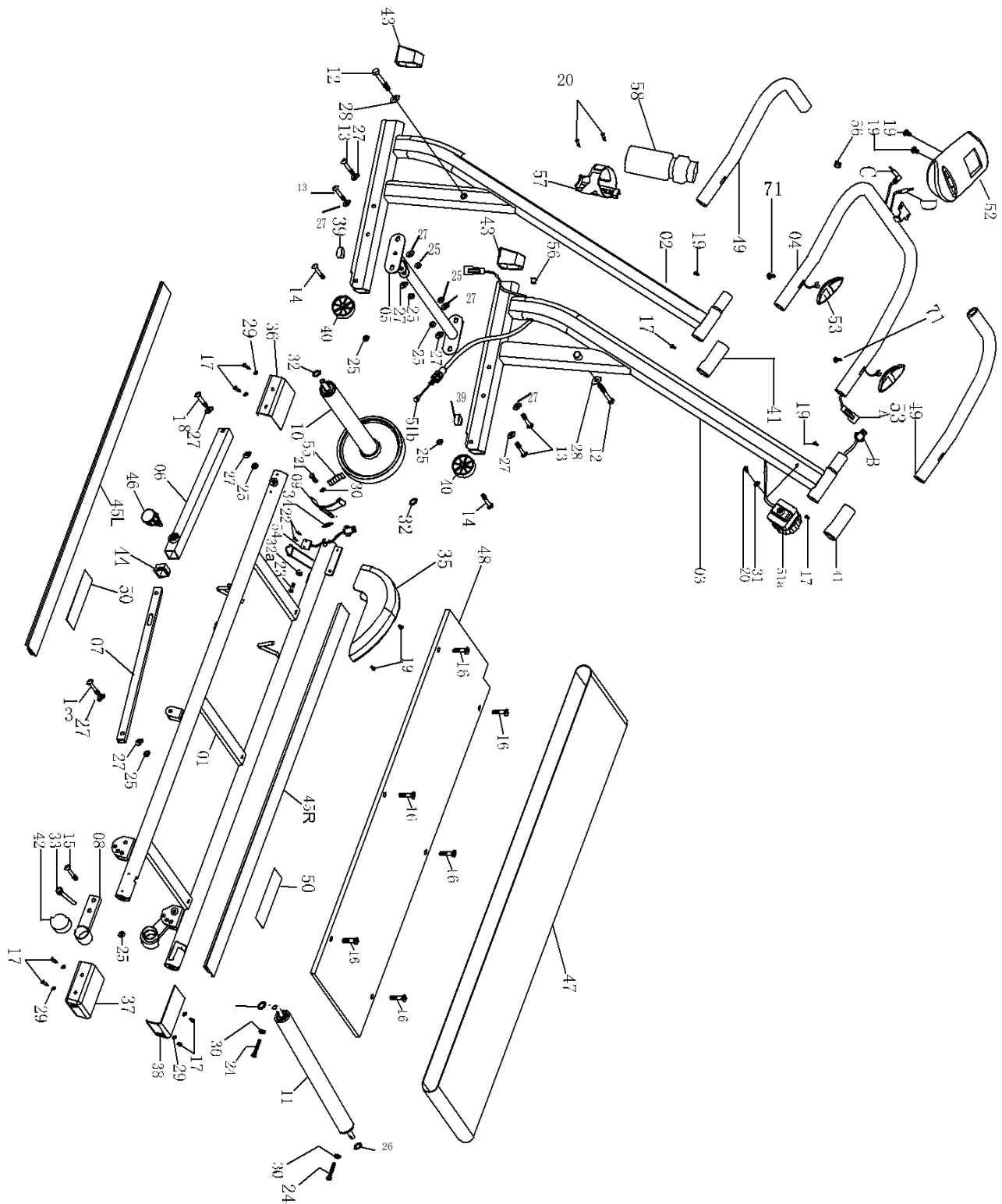
PARTS LIST A

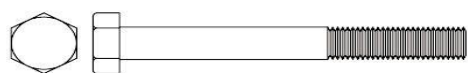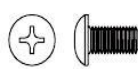M8*45
#13 Qty5

M8*50
#18 Qty1
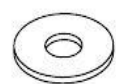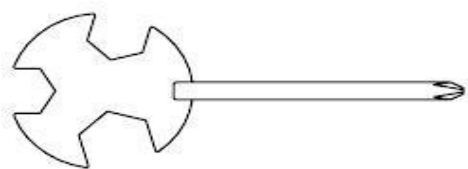
M8
#25 Qty6

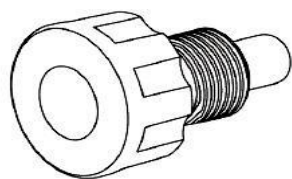M10*70
#12 Qty2

M5*10
#19 Qty4

$\phi 8.2*\phi 17$
#27 Qty12

$\phi 10.3*\phi 25$
#28 Qty2

S13-14-15
#60 Qty1

S5
#59 Qty1

M14*1.5
#46 Qty1

PARTS LIST B

No.	Description	Quantity	Specification
1	Main frame	1	
2	Left support	1	
3	Right support	1	
4	Handlebar	1	
5	Crossed connection tube	1	
6	Outer adjusting tube	1	
7	Inner adjusting tube	1	
8	Incline adjustment	2	
9	Magnet lombination	1	
10	Front roller	1	
11	Rear roller	1	φ42x2.0tx400L
12	Screw	2	M10x70L
13	Screw	5	M8x45L
14	Screw	2	M8x40L
15	Screw	2	M8x35L
16	Screw	6	M5x20L
17	Screw	8	M4x15L
18	Screw	1	M8x50L
19	Screw	6	M5x10L
20	Screw	3	M5x20L
21	Screw	1	M6x12L
22	Screw	2	M3x15L
23	Screw	1	M5x45L
24	Screw	2	M6x65L
25	Nylon nut	10	M8x8t
26	Spring washer	2	
27	Washer	12	φ8.5xφ16x1.5t
28	Washer	2	φ10.5xφ21x1.5t
29	Washer	6	φ4.3xφ12x1.0t
30	Washer	3	φ6.3xφ16x1.5t
31	Washer	1	φ5.5xφ20x1.5t
32	Spring washer	2	φ12.5xφ20x1.5t
32a	nut	1	M5
33	Latch with rings	2	φ8x40L
34	Spring	1	φ1.6 xφ14x40L
35	Flywheel cover	1	255Lx170Wx125H
36	Left front cover	1	115Lx105Wx44H

No.	Description	Quantity	Specification
37	Left rear cover	1	115Lx105Wx44H
38	Right rear cover	1	115Lx105Wx44H
39	Cushion	2	
40	Transportation wheel	2	¢ 8.5x ¢ 49x21H
41	Handlebar cover	2	
42	Adjustment support fixing part	2	
43	End cap	2	
44	Bushing	1	
45L/R	Side bar	2	
46	Spring knob	1	
47	Running belt	1	
48	Running board	1	
49	Handlebar	2	
50	Blank	2	
51a	Tension control	1	
52	Computer	1	
53	Handpulse sensor	2	
54	Sensors	1	
55	Magnet	10	
56	Linc plug	2	
57	Bottle holder	1	
58	Water bottle	1	
59	Wrench	1	
60	Wrench	1	
71	Screw	2	

Assembly Instructions

Remove all the separate parts from the packaging, lay them on the floor and check roughly that all are there on the base of the assembly steps. Please note that a number of parts have been connected directly to the main frame and pre-assembled. In addition, there are several other individual parts that have been attached to separate units. This will make it easier and quicker for you to assemble the equipment.
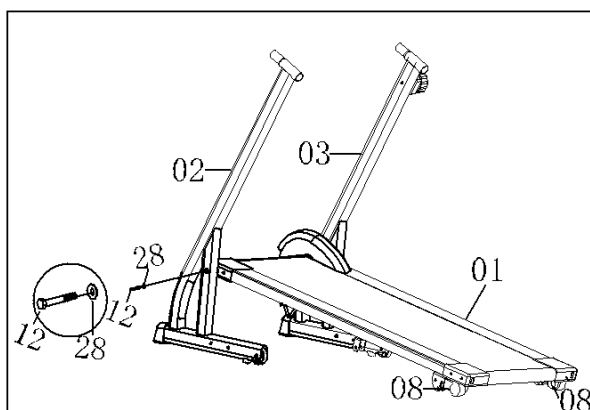
Step 1: Assembling of front cover
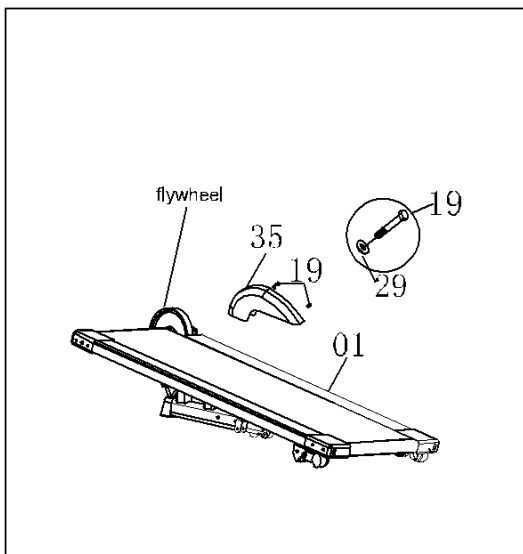
Assembling of flywheel cover

Put the flywheel cover (35) on to the flywheel, fix the cover by fasten screw (19).
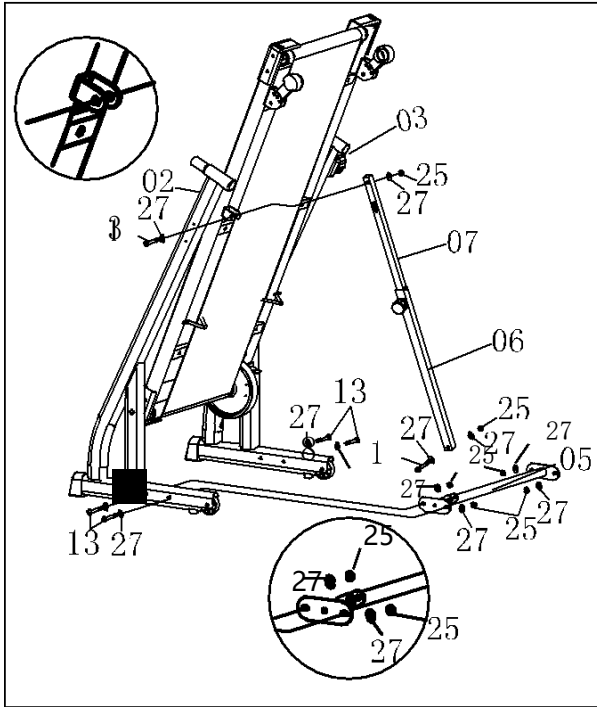
Step 2: Assembling of the right and left support

Assembling of the left and right support with main frame

Assembly right and left support (2,3) to the main frame (01) by fasten screw (12) and washer (28).

## Step 3: Assembling of the right and left support and adjusting tube

a. Lift up the running area.
b. Put the cross bar (05) in between right & left support (2,3).
c. Insert screw+washer (13, 27) from the outboard of the base of support(02,03). Put washer (27) from the inboard and fix the screw by fastening the nylon nut (25).
d. Install the gas lift (06) to the left side of cross bar (05). Put on washer (27) and screw (18), put on another washer (27) from the other side, then fix it by fastening nylon nut (25).
e. Connect the upper gas lift (07) to the left side of the main frame, put on screw (1 3) and washer (27) through the drill hole, put on another washer (27) from the other side, then fix by fastening nylon nut (25).

Step 4: : Assembling of the right and left support and adjusting tube
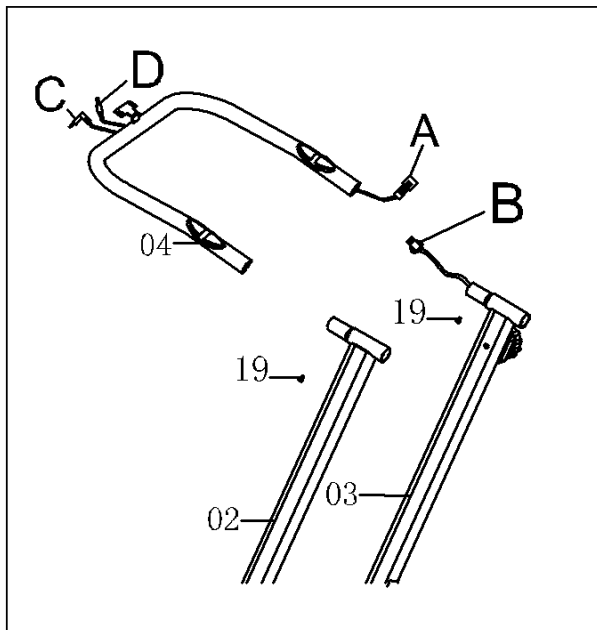
Connect the sensor wire (A) & (B), then install the foam handle bar (04) onto the left & right support (02), (03), fix the handle bars (04) by screw (19). Make sure the computer holder is facing the ceiling .

Step 5: Assembling of computer
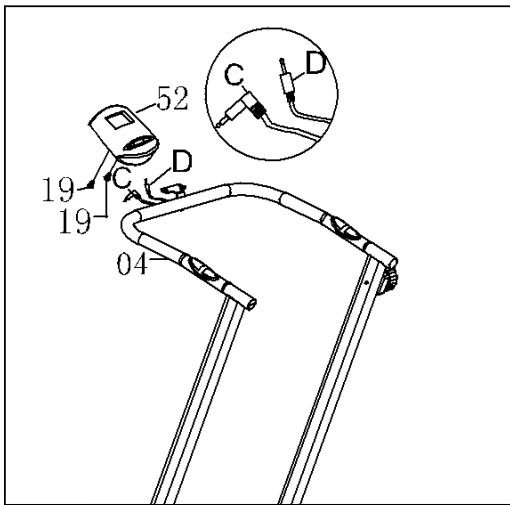
a. Install the computer to the holder with 2 screw (19).
b. Plug the cable (C) to the side of the computer.
c. Plug cable (D) to the back of the computer.

Note:cable (C) goes into the side of the computer

HEIGHT ADJUSTMENT

Step 1: Pull out the pins on both side

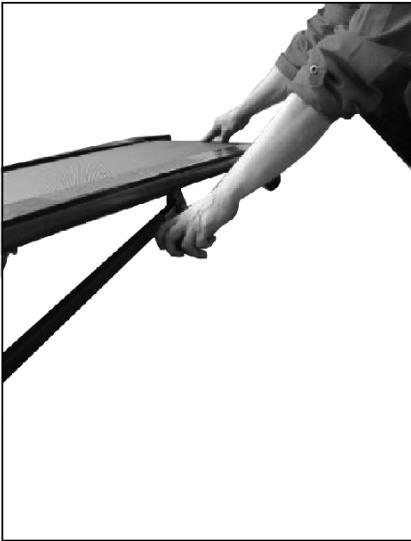Step 2: Turn the supporting legs to the desired height and insert the pins back into the responding slots

Folding Procedures

Step1:   ob under the platform

Step2: Lift up the platform till it locks on to the supporting legs.
       Make sure the spring knob is also locked in.

Unfolding Procedures

Step 1: Hold the platform with one hand, while unlocking the spring knob (46) to avoid sudden dropping of the platform

Step 2. Hold the platform and let it drop down slowly till the supporting legs touches the ground.

FINAL CHECKING

1.Check that all screws and parts are correctly installed and nuts and bolts tightened.

2. If the computer doesn't function correctly.
a) Check that all plugs are connected correctly.
b) Check that the batteries are correctly installed.
c) Check that the batteries have power. (Maybe try other batteries)

3. If the running belt is running off centre
a) Treadmill belts can run off centre as the mat stretches from use.
This is not a fault and can be rectified by following the instructions below.
b) If you allow the belt to run to one side and it damages the Running Mat this is NOT covered by the guarantee. Stop and make the adjustment before any damage occurs.

HOW TO ADJUST RUNNING BELT.
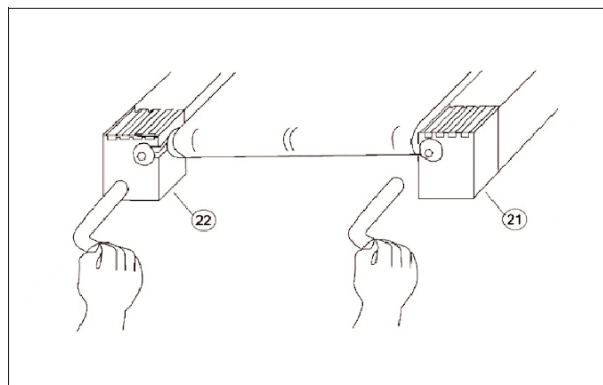
Belt drifting left.
Turn the screw in the left rear cover (22) clockwise and the screw in the right rear cover (21) counter-clockwise by a quarter first, and then rotate the belt (16) gently and then rotate the Running Belt (16) slowly and number of times until it returns to centre.

Belt drifting right.
Turn the screw in the left rear cover (22) counter-clockwise and the screw in the right rear cover (21) clockwise by a quarter first, and then rotate the belt (16) gently and then rotate the Running Belt (16) slowly and number of times until it returns to centre.

Belt Slipping.
Turn both right and left screws which in the rear cover (21, 22) clock-wise by a quarter first, and then rotate the belt (16) gently. Repeat the procedure, if the belt (16) still slips.

MONITOR INSTRUCTION

Place in the batteries before assembling

Put in the batteries:

Open the battery box on the back side of the computer and put in the batteries. You can find attached notice about the right way to put the batteries at the bottom of the battery box a.

Initiation:

1. Please make sure before initiation that all cable connection is put through.

2. Assure that the batteries (2X1.5V UM-3 or AA) are put in correctly. (+/ - Pole).

3. In case the digital display is unclear or difficult to read, take the batteries out, wait about 15 to 20 seconds and put them late in again. If nothing changes, change the batteries (2X1.5V UM-3 or AA).

Computer Buttons:

1. RECOVERY: Press to enter into pulse test and recovery function.

2. MODE: Press to select functions preset, or hold on can be total reset for all function values.

3. SET: Set target values in time, distance and calories.

Computer Functions

Scan/ automatic denotation variation:

From the automatic denotation variation, your current training assess is given sequentially: TMR (training time), SPD (speed), DST (training distance), CAL (calorie) and Pulse (present pulse frequency).

Time (TMR): Record exercise time by counting up or down. from 00:00 to 99:59.You should preset a training time so that it counts down to 00:00. It alarms for about 8 seconds after you get to the target preset.

Km/h (SPD): Display exercise speed in Km/h (0-99.9 Km/h).

Distance (DST): Sum up your walking distance from 0.00 to 99.99 km.

You should preset a training distance so that it counts down to 00:00. It alarms for about 8 seconds after you get to the target preset.

Calorie (CAL): Record calories consumption during exercise from 0 to 9999 k/cal.

Pulse (Pulse): Display current heart rate (beat per minute).

Test (Recovery pulse): Press up and down simultaneously with pulse-in during exercise, all functions will be paused expect pulse (please keep pulse detecting). Computer counts down for 60 seconds, and then recovery level shows on monitor from level 1 to 6.

After countdown the computer generates your fitness note from F1 to F6, in which "F1" is for very good, "F2" good, "F3" satisfactory, "F4" adequate, "F5" inadequate and "F6" insufficient. You could improve steadily the values by continuous training.

Note

1: Computer automatically shut down after 4 minutes without any signal input.

2: In case of improper display, please replace the battery.

Exercise Instructions

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

Warm Up Exercises

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.
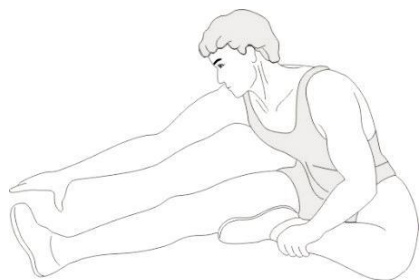
Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible.Hold for 15 counts. Relax and then repeat with left leg extended.

Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
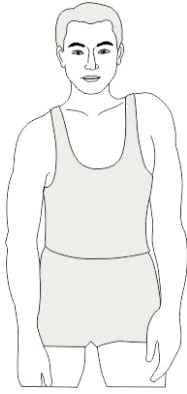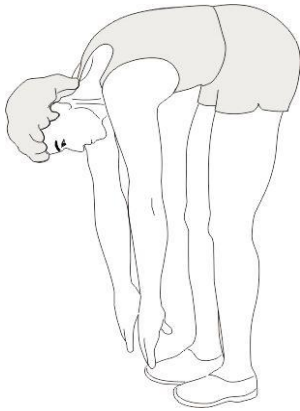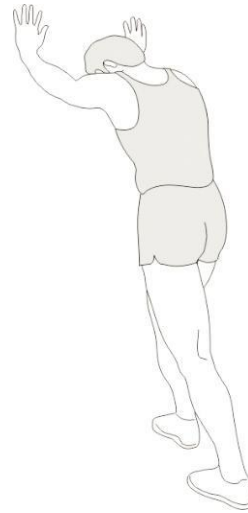
Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

The Cool Down Phase

This stage is to let your Cardiovascular 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 EXERCISE CYCLE 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.