FT6001 – Løbebånd – Pro

Contents

Assemble Instructions

Assembly Parts List

Part #	Name	Q.T.Y.	Part #	Name	Spec.	Q.T.Y.
01	Main Frame	1	08	Hex Bolt	M10*25	5
02	Console Frame	1	09	Hex Bolt	M8*15	4
03	Ipad holder	1	10	Hex Bolt	M8*25	6
04	Water holder	1	11	Cross recessed thumb head screw	ST4.2*15	4
05	Pillar Frame	1	12	Cross recessed countersunk head screw	ST4.2*15	2
06	Power plug	1	13	Washer	Ø10.5*ø20*t2	5
07	Motor Cover	1	14	Washer	ø8.4*ø16*t1.6	10

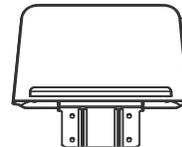**Tools needed for the assembly**

- ✓ Philips Screw Driver
- ✓ Open Spanner
- ✓ Allen Wrench ø6mm (provided as spare parts)
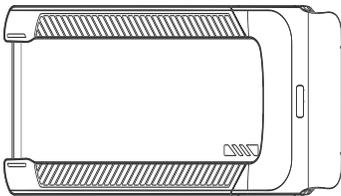
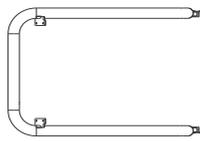**Main Frame**
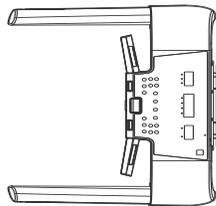
Console frame

Ipad holder

Water holder
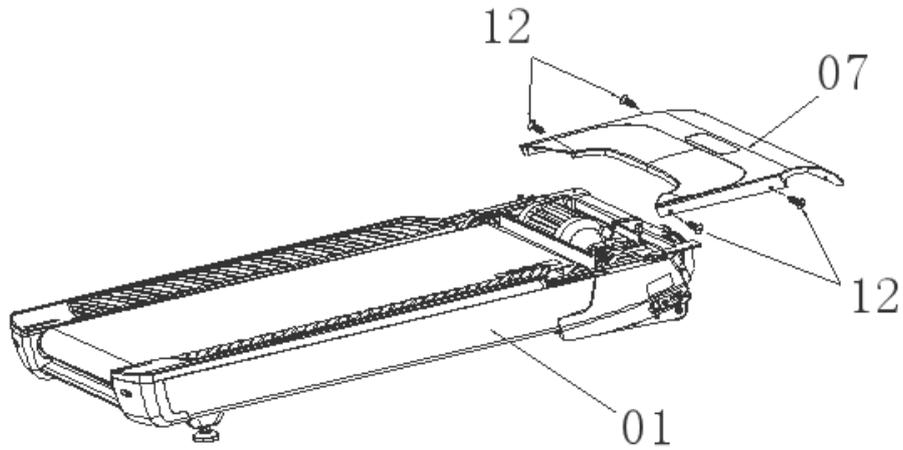

Pillar frame

Power plug

Open packing box and take out the above mentioned parts. Place machine body in ground horizontally.

Reminder: We recommend 3 persons to take body machine from the packing box, and 2 persons assemble treadmill for the sake of safe

Step 1:

a: Use Philips Screw Driver to disassemble #07and #12 parts from 01(see figure below), and collect #12 (screw), take out of #07(motor cover) carefully from left and right side.

Step 2:

Set pillar (#05) into main frame (#01), use Hex Bolt and Flat Washer (as showed in figure) to fix #05, #13, #08 into Main Frame. (Do not fix them tight).Connect wire B of #01 and wire B of #05.

Notice: When setting main frame, it needs 2 persons to operate, avoiding connector caught. When connecting, please note the direction of BNC and do not pull the wire hard.
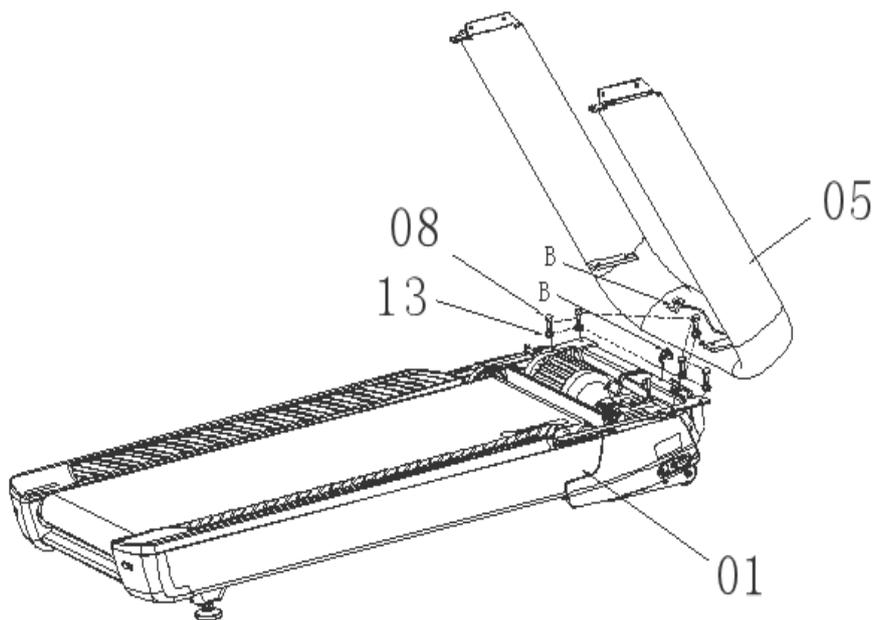
Step 3: Connect wire D of #02 and wire D of #05. Set console frame (#02) into main frame (#05), and Use

Allen Wrench (as shown in figure) with #10and #14 to fix console frame into #05. Screw it tight after 6

screws are screwed.

Notice: When setting main frame, it needs 2 persons to operate, avoiding connector caught. When connecting, please note the direction of BNC and do not pull the wire hard.
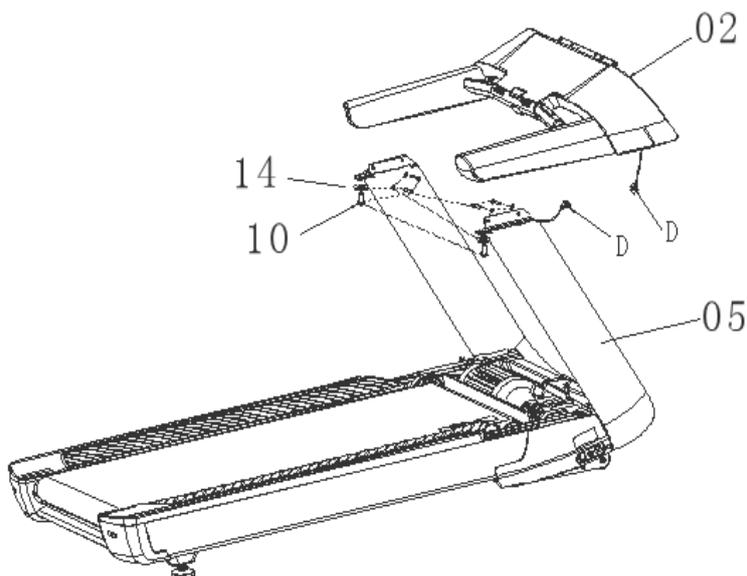
Step 4: Fix water holder (#04) into console (#02), Use Open Spanner to and screw #11, #04 tight into #2

Notice: When setting #04 into console (#02), please screw it when the position set correctly. And it takes 2

persons to screw it.
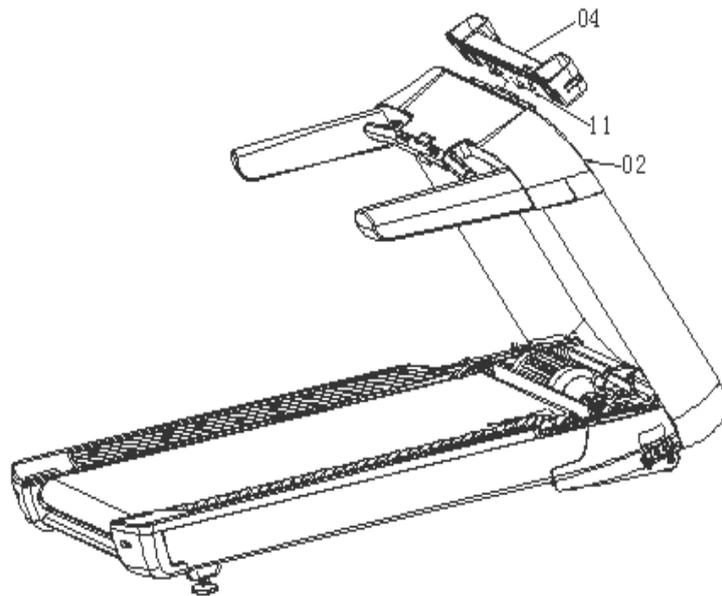
Step 5: Use PH Screw Driver to fix #09, #14 and #03 into #04. Finally, screw it tight.

Notice: When setting #03 into the #4, please note the position of #04. And it takes 2 persons to screw it.
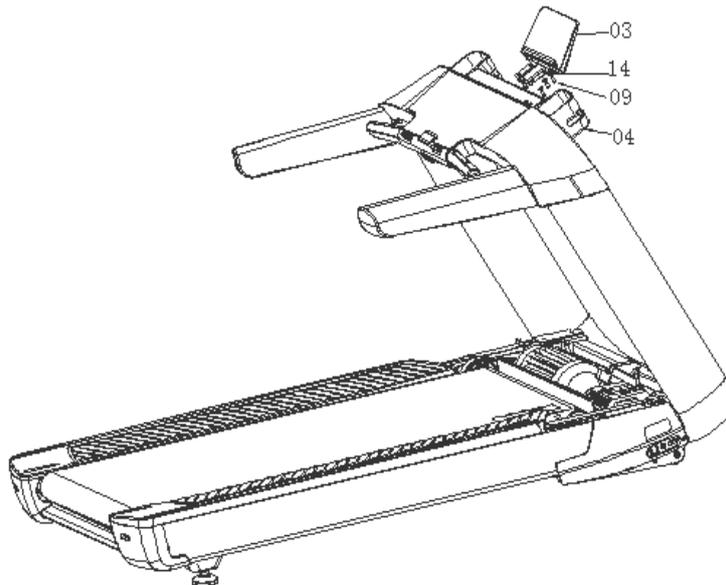
Step 6:

Use Hexagon wrench to screw #8 tight. Then take motor cover #7 and bolts #12,use screw driver to fix #07nto #01 tightly.

Notice: when set #01 into #07, please note the position and gap and screw it.
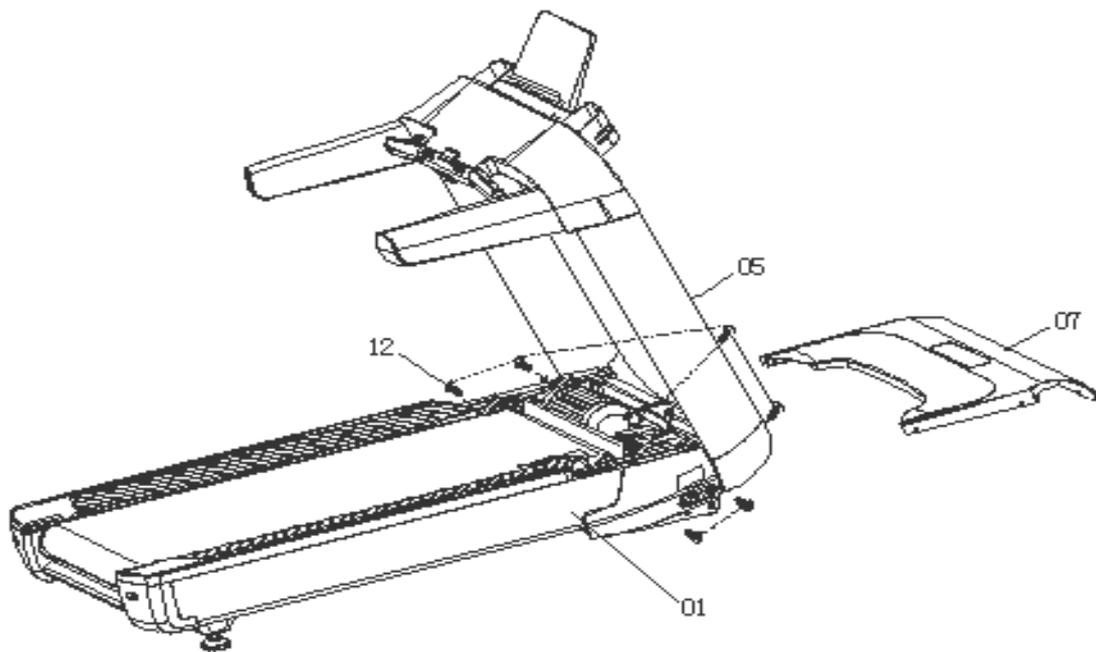
Step 7:

Take power plug (#06) and set it into main frame (#01)
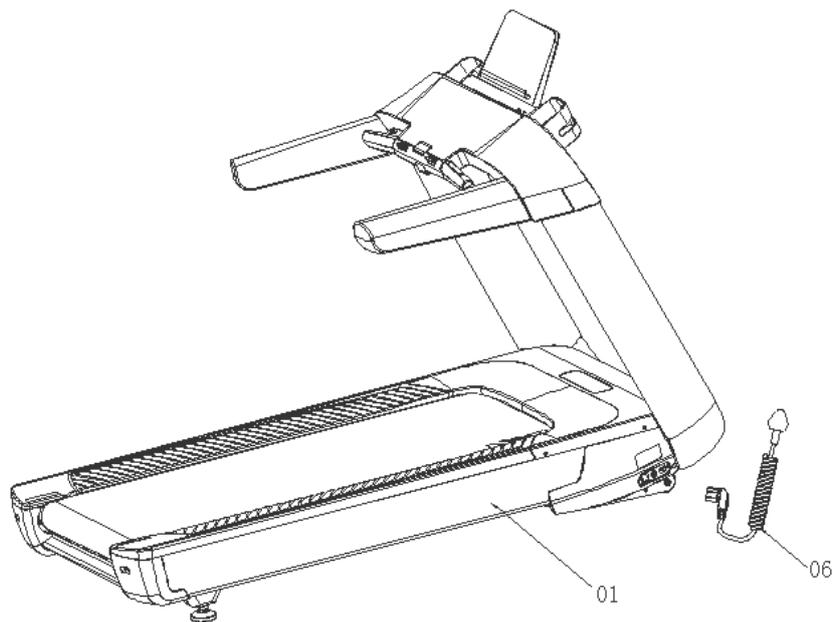
Caution!

✓ Make sure the above assembly is finished properly as above steps before connect the equipment with electricity.
✓ Carefully check below instruction before operating the treadmill.

Moving Instructions
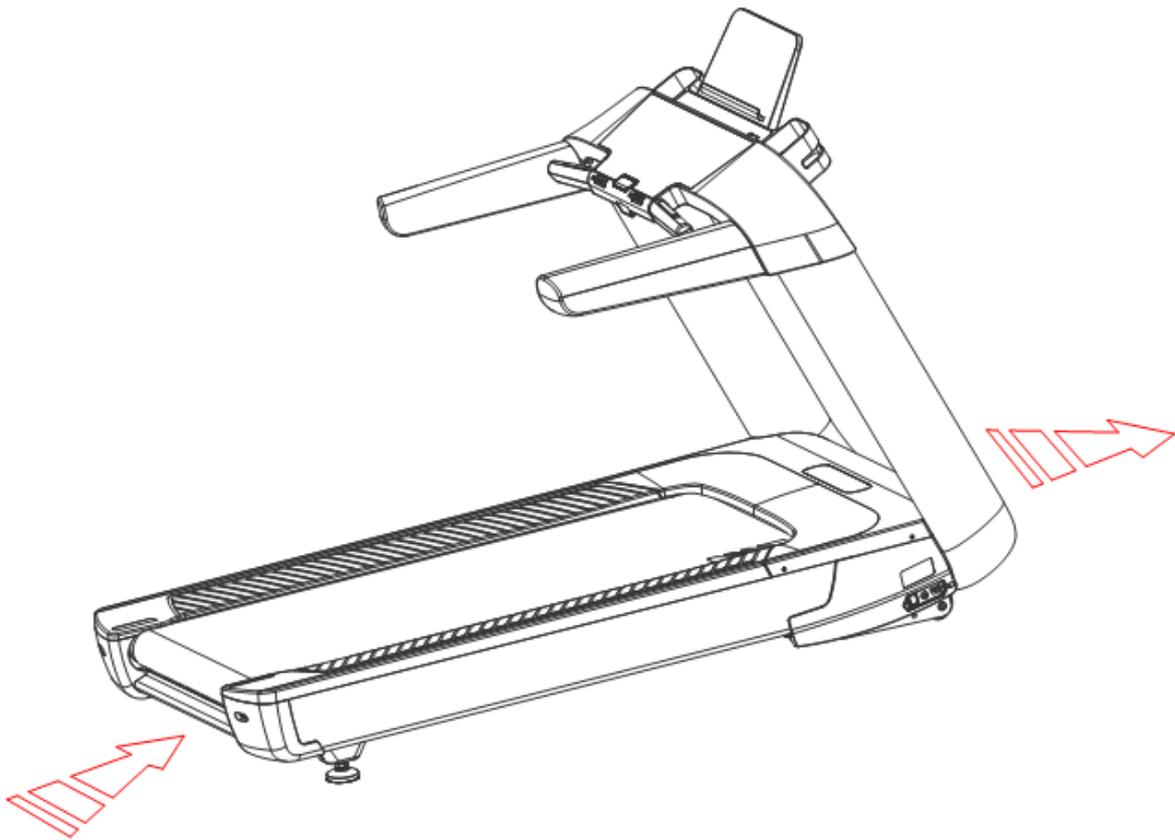
To Move the Treadmill

- ✓ Make sure the treadmill is fully stopped before trying to move it.
- ✓ Stand towards the rear end of running deck. Lift up the rear end of the running deck as the arrow shown in above picture.
- ✓ Push the treadmill forward to your desired location and stop. Put the rear end down to the ground gently.
- ✓ Attention!
- ✓ Before moving treadmill, please make sure the power cord plug has been pulled from the socket. Otherwise it may result damage to the plug and socket.

Specifications

Dimension(mm)	2217*982*1523	Power	AC 220 ~240V
Foldable Size(mm)	Un-foldable	Motor	AC3.0CHP/6.0PHP
Walking Area(mm)	580*1570	Electric Current	≤10A
Net Weight	205KGS	Speed Range	0.5-25Km/H
Gross Weight	245KGS	Surrounding Temperature	0—40℃
Incline	-2-18%	Class	SB
Max User Weight	180kg		
Console Display	Heart Rate Distance Incline Calorie Time Steps Calorie/Hour Speed Pace		

Safety Instructions

Thank you for purchasing our product. It is important to read this entire manual before assembling and using the equipment. Safe and efficient 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. Please keep this manual in a safe place for reference.

➢ The power can be connected after the correct assembly according to the Assembly Instruction. Please make sure the socket is not covered by the treadmill itself when locating. So you can find the socket for power easily.

➢ To avoid electrostatic interference, make sure to insert the plug into the socket with ground wire. Socket not well grounded might result in unstable operation of the computer, even damage to it. The power line from original package is of exclusive usage to the treadmill. If damaged, please purchase from our dealer or contact us directly.

➢ To avoid circuit interference, do not use other electrical appliances at the same power line. Or it might cause unstable use or damage to both appliances.

➢ The treadmill is a kind of indoor fitness equipment, please don't use it outdoors. The place putting the treadmill should be neat and waterproof. Please note that don't put the treadmill on the thick carpet or that kind of material, so that the air under the treadmill can flow. The treadmill is a kind of exclusive fitness equipment; please don't use it for other purpose.

➢ When you exercise, please don't wear long or loose clothes, to avoid twine clothes to the treadmill and cause injury. It is suggested that the users wear sneakers or sport shoes.

➢ Please don't take away the protection cover at will, if the opening is only for the maintenance, please pull out the plug firstly.

➢ During running exercise, keep the children away from the treadmill to avoid any accident.

➢ If kids using the treadmill, they should be closely watched and protected by adults or professional trainers.

➢ If it is the first time for you to use the treadmill, please keep in mind to grasp the handle with two hands, until you feel that you adapt to the situation, then you can let go of the handles.

➢ Please press the safety key (red) on the appropriate position of the clothing, to prevent accidents during the exercise, we can pull off the safety key timely to stop the treadmill in order to ensure safety.

➢ Power off the power supply and take out the plug and save it well after using.

➢ Do not touch any parts which are on the exercise.

➢ Heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate testing, so the test results are just for reference.

➢ If you feel any danger during exercising, should hold handrails on both sides, jump off the ground or the pedal platform on the sides.

➢ During exercise, there should have 2000mm*1000mm safety areas so that can jump off when there have any accidents.

User's Guide

If this is your first time using Motorized Treadmill, you are strongly suggested to read below carefully.

Before Exercise

Before the exercise, you should know about your health situation, and make out a best exercise plan for your exercise. Suggestions of consultation from the physician or professionals, that may be get more efficiency.

Before the first use of treadmill, please stand by a side and familiar with how to control it—for example, start, stop, speed adjustment, and so on. After you master the skill very well, you can use it. Then stand on the skid-proof plastic board of the two sides of the running surface, grasp the handles with two hands, and adjust the speed of the treadmill computer to the 1.60-3.20 k/h. Before your exercise, try to relax yourself as soon as possible. Then stand on the running belt exercising. After feeling adapt to the situation, increasing the speed to 3-5 k/h slowly. Remaining this speed exercise for about ten minutes, then let the machine stop slowly. When first using the treadmill, please don't adjust to a high speed to avoid the tumble.

Exercising

Walking about one kilometer with a regular pace, the treadmill meter will record the exercise time. It will take about 15-25 minutes. Walking with a speed of 4.8 k/h, one kilometer will take about 20 minutes. After feeling easy to get this target for several times, you can increase the speed gradually. Exercising like this for about 30 minutes, you will get a good training. Before the next exercising, please don't rush.

Exercise Frequency

The target is 3-5 times per week. The time is about 15-60 minutes every time. You should make out a schedule according to the health situation, but not your interest. You can control the degree of severe exercise by adjusting the speed and exercise time.

Exercising Intensity

Shortcut-----It is a good time saving method to exercise 15-20 minutes.

Warm up for 5 minutes under the speed of 4-4.8 k/h, then increase the speed according to a rate of 0.3 k/h every two minutes until you feel it is a challenge to expercise with a certain rate for 45 mins.

The above is only for reference, please consult the expert for details.

Wearing

What you need is a pair of good shoes; sneaker or sports shoes are suggested. The shoes bottoms don't stick to any other things that can avoid to wear and tear the running board and running belt. The clothes should be comfortable and suitable for the exercise, suggestion of wearing cotton ventilate sportswear.

Stretch Exercise:

No matter what kind of speed you walk with, you should firstly do the stretch exercise. Then the muscle will be stretched more easily. So firstly, walk for 5-10 minutes to warm up, then stop and do the stretch exercise according to the following methods for five times. Each leg exercise for 10 minutes every time or even more .Suggestion try it again after ending the exercise.

● **Stretch Down**

The knees slightly bend, the body bend forward slowly. Relax the back and shoulders, the two hands try to touch the tiptoe. Hold for 10-15 minutes, and then relax. Exercise like this for three times. As picture 1

● **Foot sinew stretch**

Sitting on the clean ground, extend one leg straightly, then bend the other, lastly make it close to the inner side of the straight leg tightly. Try to touch the tiptoe with the hands. Hold for 10-15 minutes, and then relax. Each leg repeats this exercise for three times. As picture 2 shows.

● **Shank and heel sinew stretch**

Standing with two hands touching the wall, one food is behind and the other is front. Keep the rear leg straight and the heel touch the ground, and then incline to the wall. Hold for 10-15 minutes, and then relax. Each leg repeats the exercise for three times. As picture 3:

● **Quadriceps Stretch**

With the left hand touching the wall or desk to control the body balance, and right hand extend toward the back and grasp the right ankle, then pull it toward the buttocks slowly, until you feel that the front muscle of thigh is very strength. Hold for 10-15 minutes, and then relax. Each leg repeats this exercise for three times. As picture 4.
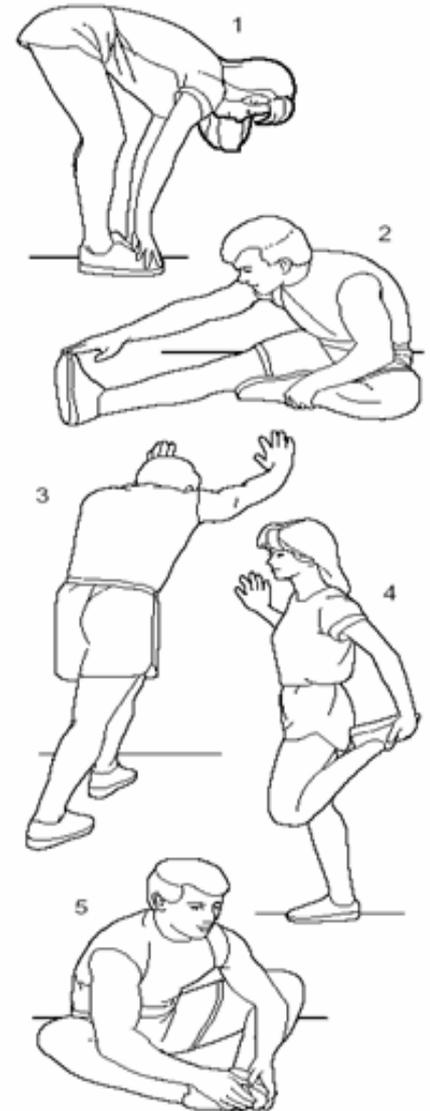
Operation Instructions
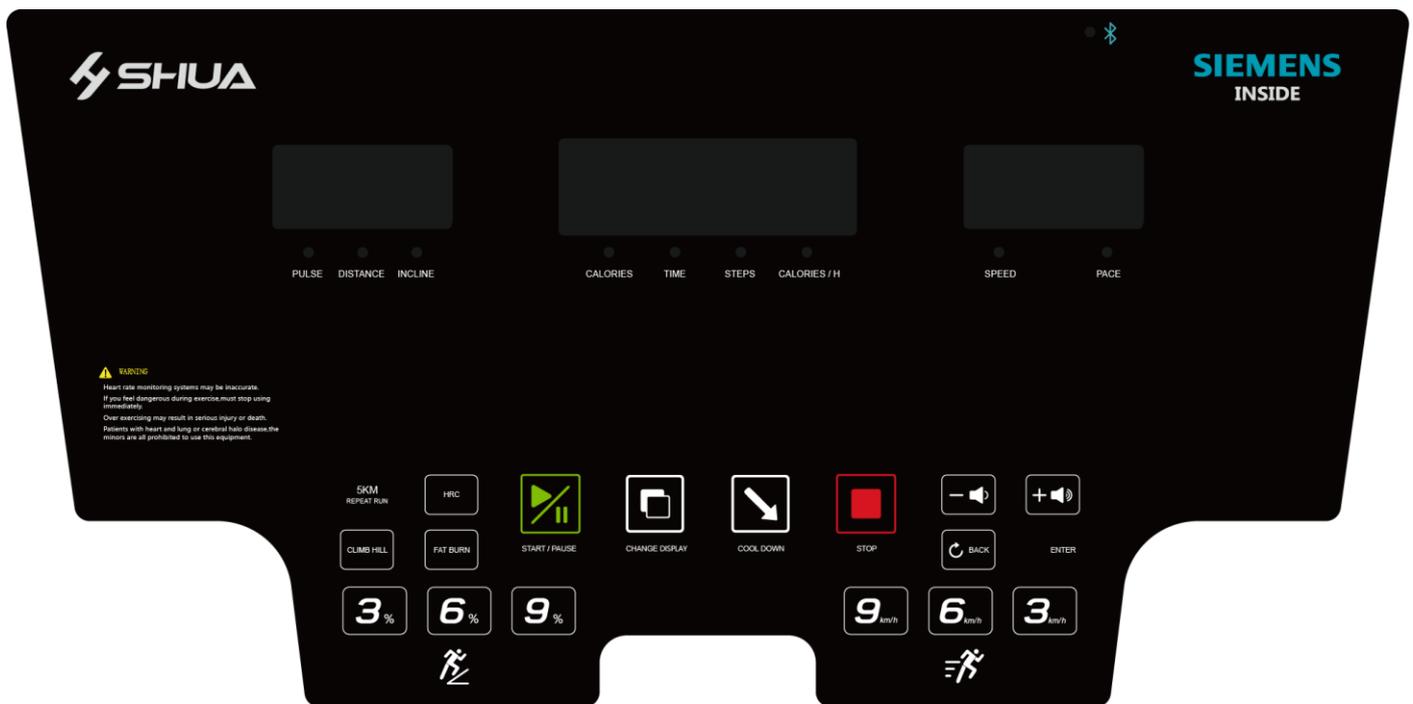
Kindly reminder: please check the safety key before start

Window display

 1.1 SPEED: display speed

 1.2 TIME: display time

 1.3 DIST:display distance

 1.4 CAL.: display calories

 1.5 Cal/h:display calories per hour

 1.6 PULSE: display heart rate

 1.7 Steps: display steps

 1.8 INC.:display incline

 1.9 Pace: display pace

 1.10 Dot matrix: Display Bluetooth ID in standby status.

Key function instruction

 2.1 "Start/Pause":

  Under the power on and locked safety key, press this key to stop treadmill. In working conditions, press this key to pause treadmill.

 2.2 "Stop":

  User can stop treadmill during exercise. Press over 2 seconds, reboot the system.

 2.3 "Speed+,speed-":

In standby mode, it adjusts set value. Use this key to adjust the speed.

2.4 "Incline+,incline-"

It adjusts incline according to user's need.

2.5 "5KM Repeat Run":

Choose "5KM Repeat run" button mode on treadmill standby status.

2.6 "HRC"：

It can enter the HRC mode in stand by status.

2.7 "CLIMB HILL"：

It can enter the mountain climbing mode in stand by status.

2.8 "FAT BURN"：

It can enter the fat burn mode in stand by status.

2.9 "CHANGE DISPLAY"：

In stand by status, it can open or close the Bluetooth heart rate mode; in exercise status, it can change the window display content.

2.10 "Cool Down":

Choose "cool down" mode to relax when running.

2.11 Speed quick key "QUICK SPEED":3.6.9

2.12 Incline quick key" QUICK INC":3.6.9

2.13 Volume increase and decrease key: adjust the volume

Function mode instruction

3.1 Normal mode:

In standby mode, press "start" key, and treadmill is running at the speed of 0.5km/, Adjust incline and speed by "Incline+", "Incline-", "speed +", "speed-" .Stop key is to stop the treadmill.

3.2 5KM repeat run:

In standby mode, press "5KM repeat run" key to start, 10KM countdown to 0.

3.3 Fixed mode:(fat burning and mountain climb)

Choose either fat burning mode or mountain climbing mode, use speed+, speed - key to set time, press start key to start the program. Each program has 16 levels change (Program and Profile chart below)

3.3.1fixed program chart: Program and Profile as below:

Time Program Level		Time set/16=time in different levels															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Mountain climb	Speed	4	4	5	7	7	5	5	5	7	7	5	5	4	3	3	2
	Incline	0	2	4	6	8	10	2	4	6	8	10	2	4	6	8	10
Fat burning	Speed	3	5	7	9	9	9	9	9	9	9	9	9	9	9	5	4
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

3.4 HRC programs:

	HP1 program				HP2 program				HP3 program		
		Heart rate				Heart rate				Heart rate	
age	minimum	default	maximum	age	minimum	default	maximum	age	minimum	default	maximum
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166
32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162
36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150
51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147
54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143

59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140
62	98	103	108	62	114	119	124	62	129	134	139
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71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

1. Default time of speed control of heart rate is 10 minutes.

2. In standby status, press HRC key to switch "Hrc1/Hrc2/Hrc3"mode. The enter key can adjust time, age, goal heart rate, maximum speed; remark: if presses start key under the Hrc1/Hrc2/Hrc3 dispaly, the system will automatically recommend one suitable data to user. Maximum speed of "Hrc1/Hrc2/Hrc3"is 12.0KMH, default age is 30，goal heart rate is 124、143、162 counts/minutes

3. If press enter key, then you can set age, speed window display age 30.User can use speed+-, incline+- to choose suitable age, age range is between 10 to 99, the dot matrix display "AGE"

4. User choose the age, press enter key, dot matrix display "THR",system will recommend suitable goal heart rate in window; User can adjust speed+-, incline+- according to needs. Range is from 86 to 179.

5. User set goal heart rate, press enter key, the dot matrix display "SET SPEED MAX";Set the maximum speed of heart rate mode, default value is 12.0KPH; user can adjust speed+-, incline+- to meet requirements, maximum speed range is 6.0KPH~12.0KPH;

6. User choose the age, goal heart rate, speed, then press start key to start the treadmill.

7. Under the program Hrc1/Hrc2/Hrc3，press speed+,speed-, incline+,incline- to adjust; However, the system will automatically adjust speed or incline to reach goal heart rate.

8. Every 10 seconds, when user's heart rate is less than goal heat rate 5, the system will adjust speed 0.5 mile/count, when reach maximum speed, if it still do not reach goal heart rate, the system will adjust incline/count to meet it.

9. Every 10 seconds, when user's heart rate is more than goal heat rate 5, the system will adjust incline

1/count, when reach minimum incline, the system will reduce speed 0.5 mile/count to reach goal heart rate; when it reaches, the incline and speed won't change.

remark：When use this mode, the heart bracelet must be close to the chest and skin.

   3.5 Sleep mode: Stand by within 10 minutes without press any keys or programs. Press any keys or programs to start.

   3.6 Safety mode：Press or pull safety key under the emergency, the led displays check safety key.

Exercise data display and set range

	range	program default value	Mode default value	range set
speed(KMH)	0.5~25.0	....	0.5	0.5~25.0
time(MIN)	0:00~99.59	30：00	---	5:00~99:00
distance(KM)	0~99.9	....	---	----
calories（CAL）	0-999	....	---	----
step	0~9999	----	----	----
incline（INCL）	-2~18	....	....	-2~18

4. Other functions: wireless heart rate, Bluetooth connection and music display, USB charging,

1. Wireless heart rate function: when wearing the 5.3k wireless heart rate chest strap, the heart rate display window will display the heart rate value.
2. Wearing standard Bluetooth heart rate bracelet: in standby state, press the switch display button to turn on or off standard Bluetooth heart rate display.
3. User can use MP3 wire and Bluetooth to play the music. When standby, there is a serial number which shows on the display. Open the Bluetooth in the phone and there will show the serial number then connect it.
4. USB charging port can be used for charging mobile phone (5v-2a) through data cable. Note: please do not play mobile phone music, video or games when charging mobile phone.

5. Fault Display
During operation, the Inverter might show protection action, the auxiliary window time window displays as following:

Display	Error information
E1	Low voltage instability
E2	Abnormal of temperature sensor
E4	Over current
E5	Communication error
E6	Over voltage
E7	Incline error
E8	Abnormal of falling
E9	Overheat of inverter
E11	Overload of inverter

E12	Overload of system
E13	Abnormal of motor
E16	Overload of motor
E33	Flash program fault
E34	EEPROM fault
E35	Low voltage indication
E37	Emergency stop indication
E38	Driver setting fault
E39	Input low voltage
E40	Input high voltage
E41	High temperature indication

6. Special function and engineering mode instruction

6.1 In standby status, press speed key 6 and incline key 6 over 2 seconds, it can open or close the no man running mode. Under the no man running mode, if there is no man running over 5 minutes, the treadmill stops automatically.

6.2 In standby status, press speed key 9 and incline key 9 over 5 seconds, it can open or close the infrared distance sensing mode.

6.3 In standby status, press incline key 3, incline key 6 and incline key 9 over 2 seconds, it can get the ID of Bluetooth voice mode

6.4 In standby status, press speed key 9 and delete key, it can enter the distance sensing engineering mode; this mode can adjust the alarm distance data, default value is 500. Stand 70cm before distance sensor dot matrix window display the distance data, user need to change the right dot matrix value same to left dot matrix value; press enter key to keep data.

6.5 In standby status, press speed key 3 and incline key 3 over 2 seconds, it can check the incline adjustment mode; under this mode, inlcine check by itself. After check, data restored automatically.

6.6 Machine specification engineering mode: pull off the safetykey,hold on enter key and put safety key back, the window display Eng. Press start key to switch data: frequency,speed,incline; when set the data, press start key for verification. After verification, data kept automatically and in standby status.

6.7 Factory reset：Pull off the safety key, and press speed -, speed+ and stop key together; then put safety key back, the window display EE, it means reset factory data successfully.

6.8 In standby status, presses incline 3 and enter button at the same time for 2 seconds. It will enter the total query time and distance mode. Press change display. It can change the display content

Exercise Safety Measures

Please consult the professional before exercising. He/she can recommend the suitable exercise time, frequency and intensity according to your age and body statement. If you feel chest distress or pain, disorder heartbeat, short of breath or sick during exercising, please stop at once. And you had better consult the specialized person if you want to continue exercising.

Maintenance

Notice!

Please make sure that the power has been cut off before the maintenances of this unit.

Clean

- Thorough clean can extend the lifetime of machine unit. Clean the dust regularly, especially the dust accumulating beside the treadmill belt to avoid the accumulation below the belt.

- Make sure the neat of the shoes to avoid the foreign objects carried by shoes abrading treadmill board and bolt.

- The surface of treadmill bolt must be cleaned by wet cloth spread with soap. Please avoid water splashing on the electric parts and the bolt.

Notice

Please pull the plug out before moving treadmill motor cap. Please clean dust of motor once a year.

Running belt and silicon lubricating oil

There is already lubricating oil between running deck and running belt before you get the treadmill. The friction between running belt and running deck has a big impact on its life service and performance. That is why we need lubricate the treadmill regularly. We suggest regular check. If the running deck has any wear, please contact with our customer service center.

We suggest the owner to lubricate the Treadmill according to below.

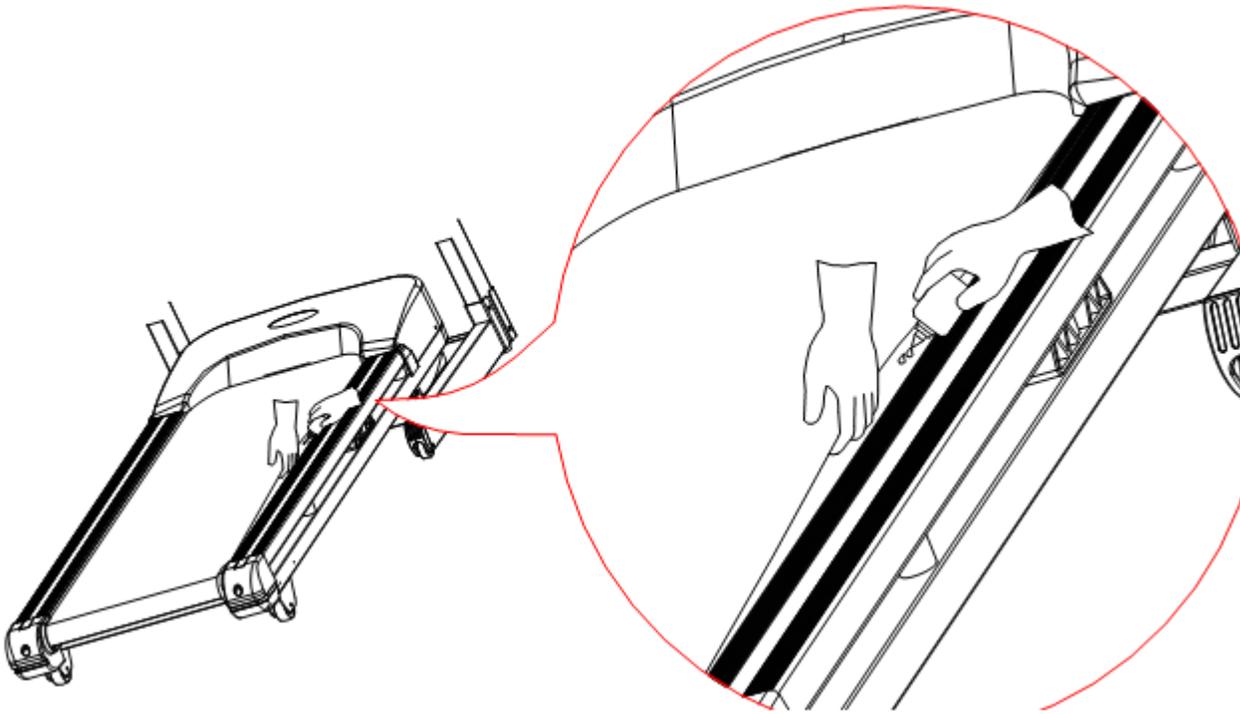| Exercising Frequency	Lubricating Schedule
Inactive User (less 3 hours every week)	once every year
Active User (3-5 hours every week)	once every 6 months
Super Active User (exceed to 5 hours every week)	once 3 months

We suggest that you should purchase lubricates silicon oil from local dealer or contact our company directly.

Method to Add the Silicon Oil

✓ As above Figure, tilt the treadmill at a angle of about 45 degrees.

✓ Lift up the Running Belt with one hand, put some lubricating oil onto the running deck, let the lubricating oil flow towards the other side of running deck. When the oil flows across the middle line, put the equipment to horizontal direction.

✓ Turn on the equipment, walk on the treadmill slowly for a few minutes, let the running belt being complete attached of lubricating oil. Increase the speed and lubrication is finished.

Note

✓ Do not put on too much lubricating oil once.

✓ After lubricating, use a cloth to clean up the extra oil on the side and surface of the running belt.

Maintenance Instructions

1. In order to maintain the electric treadmill and prolong the service life of the treadmill, it is suggested that users turn off the power after two hours use and let the treadmill free for 10 minutes before the usage.

2. If the running belt is too loose, it will slip during the running exercise. If it is too tight, it will lower the function of electric engine, and wear the roller and running belt severely, and shake the whole machine. If you want to test if the tightness of the running belt is appropriate, please support the running belt away from the running board about 50-75mm.

Adjust the running belt to be in a proper tightness

In order to let you use the treadmill better and more efficiently, it is necessary to adjust the running belt to the best state.

Adjust running belt to be in the middle

- Put the treadmill on a flat ground.

- Make the treadmill run at about 3.5KM/H
- If the running belt inclines to right side, turn the right adjustable bolt for 1/2 cycles by clockwise, and then turn the left adjustable bolt for 1/2 cycles by counter-clockwise. See figure A:
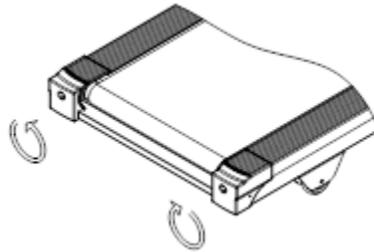

Fig. A

- If the running belt inclines to left side, turn the left adjustable bolt for 1/2 cycles by counter-clockwise clockwise. See figure B:
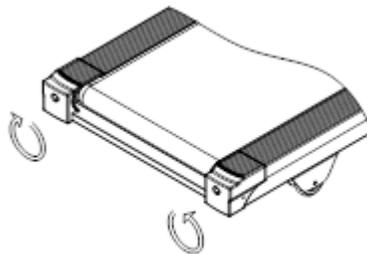

Fig. B

V-Belt Adjusting

After a long time exercise, the multi-wedge belt was worn or became loose. In this case, you must do an appropriate adjustment for the safety. The way of judgment is: during your normal running exercise, when your foot step on the running belt and feel that the running belt has the phenomenon of occasional stop that indicates the running belt or multi-wedge belt is somewhat loose, the further confirmation should be done. The way to judge which kinds of components are loose: taking apart the six screws on the protection cover above the belt, let the treadmill run in a speed of 1KM/H, then stand on the running belt, grasp the armrest. (We suggest step and press the running belt by the runner's weight).

✓ If the instantaneous stepping strength cannot stop the running of the running belt that indicates the tightness of multi-wedge belt and running belt are appropriate.

✓ If you find that the instantaneous stepping strength make the treadmill stop, but the multi-wedge and the front roller are still running, it indicates the running belt is loose, and then the appropriate adjustment should be done for the safety usage. (About the adjustment of running belt, please refer to maintenance guide).

✓ If you find that the instantaneous stepping strength make the running belt and multi-wedge belt stop, while the motor is still running, it means that appropriate adjustment should be done for the safety usage.

Adjusting Method:

● **Step 1:**

Remove the six screws of the treadmill front shield cover, thus relieved the shield covers.

● **Step 2:**

Loosen (but not remove) the four screws of the fixed motor base, and then adjust the bolt with spanner. While gently turning the ribbed belt between motor shaft and the front roller, if it is too loose, you can turn ribbed belt 100% ; if it is too tight, you can turn to a very limited angle; After this adjustment, the tightness is proper when it can be turned 80%.

● **Step 3:**

Lock motor base, fitted with shield cover