

FT6021 – Løbebånd Semipro



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Assemble Instructions

Assembly Parts List

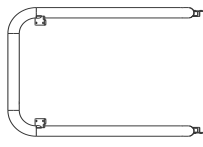
Part #	Name	Q.T.Y.	Part #	Name		Spec.	Q.T.Y.
01	Main Frame	1	11	Motor Hood			1
02	Post Frame	1	12	Tapping Screw		ST4.2*15	6
03	Lower Console	1	13	Hex Bolt		M10*20	2
04	Upper Console	1	14	Hex Bolt		M10*25	3
05	L Post Cover (Upper)	1	15	Hex Bolt		M8*40	4
06	L Post Cover (Upper)	1	16	Hex Bolt		M8*15	6
07	R Post Cover (Upper)	1	17	Tapping Screw		ST4.2*15	10
08	R Post Cover (Lower)	1	18	Washer		Ø10.5*Ø20*t1.5	2
09	Safety Key	1	19	Washer		Ø8.4*Ø16*t1.6	4
10	Power wire	1	20	Water Holder Frame			1
			21	Wireless heart rate band			1

Tools needed for the assembly

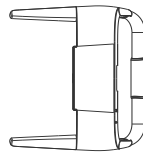
- ✓ Philips Screw Driver
- ✓ Open Spanner
- ✓ Allen Wrench Ø6mm (provided as spare parts)



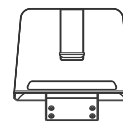
Main Frame



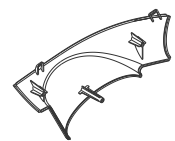
Post Frame



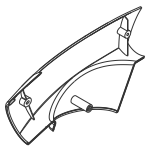
Lower Console



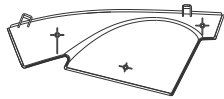
Upper Console



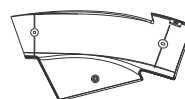
L Post Cover (Upper)



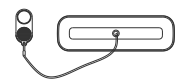
L Post Cover (Lower)



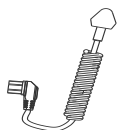
R Post Cover (Upper)



R Post Cover (Lower)



Safety Key



Power Wire



Water Hold Frame



Wire Heart Rate Band

Step 1:

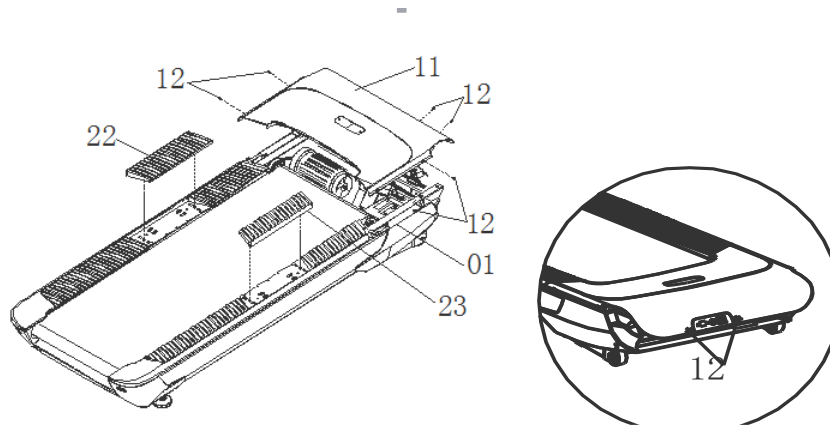
a: Use Philips Screw Driver to disassemble #11 and #12 parts from 01 (see figure below), and collect #12 (screw)

b: take out 22 and 23, and stick them into 01, then they will be higher than 01 and will not loose and fall off

Notice:

a: 2 screws at the left of motor hood, 2 at the right of motor hood (see figure below). Take motor hood out gently after disassembling screw.

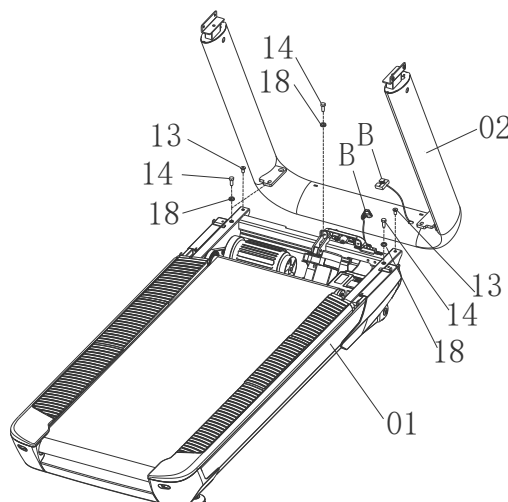
b: the inner logo of 22 is L, the inner logo of 23 is R, positioning bar need to be placed in the hole of 01 steel board



Step 2:

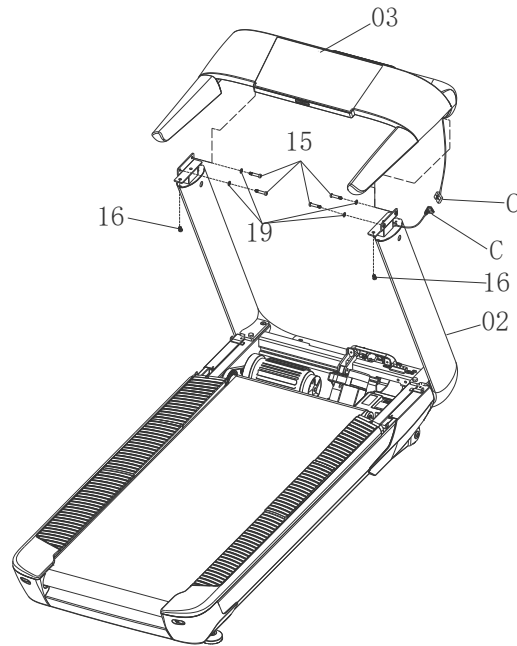
Set post (#2) into main frame (#1), and connect B of main frame with B of post. Use Hex Bolt and Flat Washer (as shown in figure) to fix #13, #14, #18 into Main Frame. (Do not fix them tight)

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.



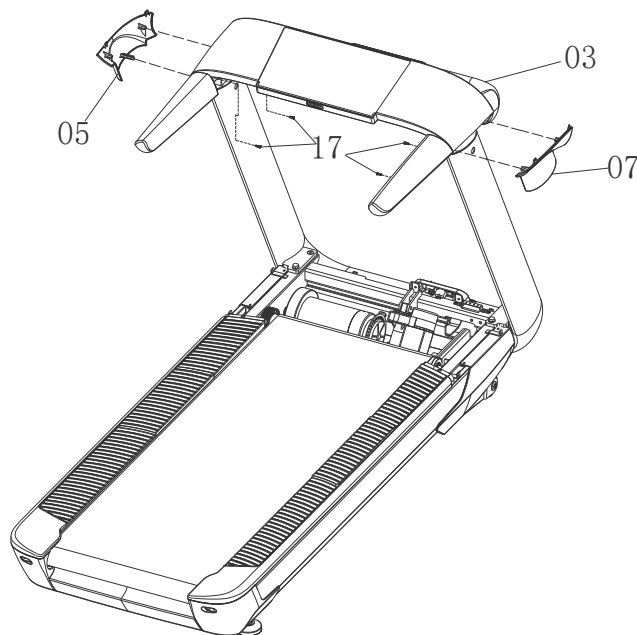
Step 3: Set console (#3) into main frame (#2), and connect C of main frame with C of console. Use Allen Wrench (as shown in figure) to fix console into #15 and #19. Screw it tight after 4 screws are screwed.

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.



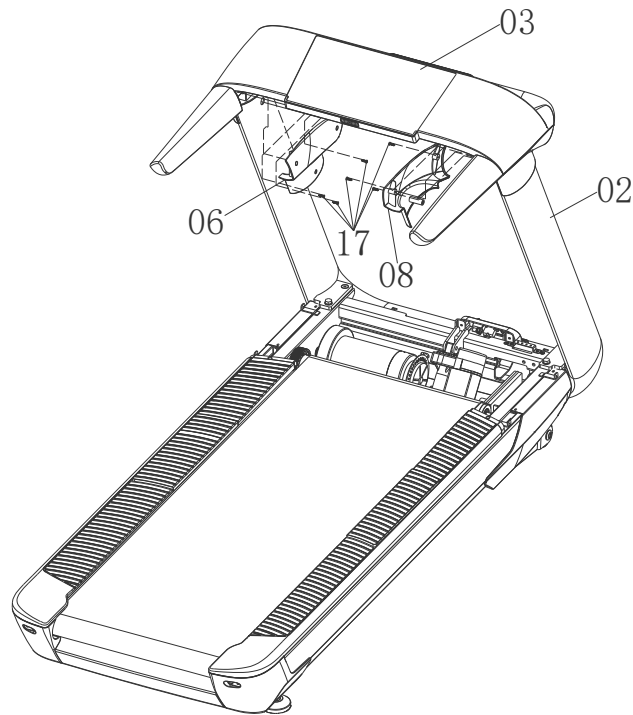
Step 4: Use Open Spanner to fix #5, #7 into console, and screw it tight.

Notice: When setting #5, #7 into console, please note the position of buckles at both side. Put it gently into plastic parts of console. And it takes 2 persons to screw it.



Step 5: Use PH Screw Driver to fix #6, #8 into console, and connect #5, #7. Finally, screw it tight.

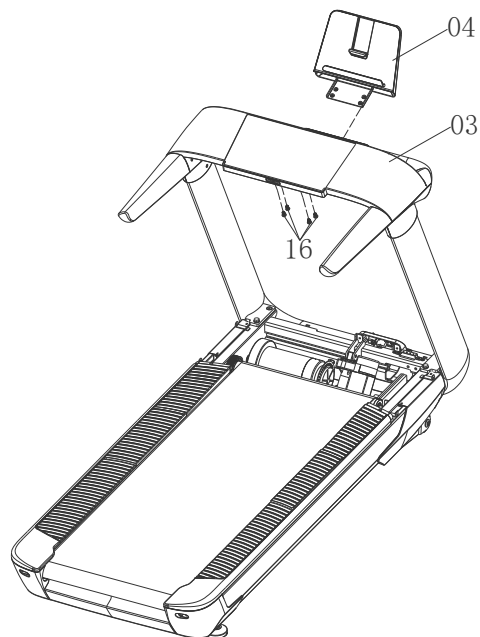
Notice: When setting #6, #8 into #5, #7, please note the front buckle. And do not press the wire, screw it after buckle settled.



Step 6:

Use Hexagon wrench to fix #4 into console. Screw it tight after 4 screws are screwed.

Notice: set #4, #3 into console position. Put #4 into console tightly and screw it. And it takes 2 persons to screw it.

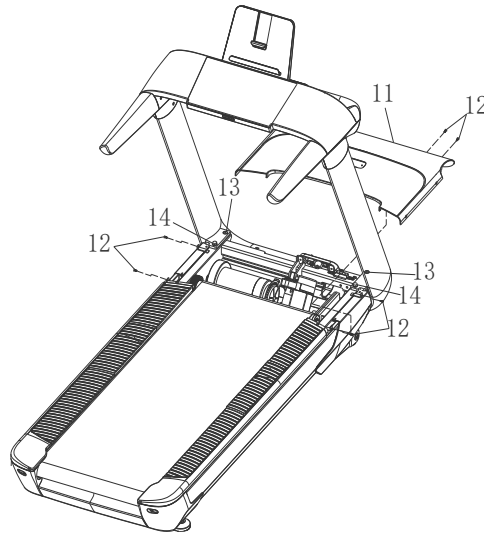


Step 7:

A: Use Hexagon wrench and open spanner to tighten #13, #14.

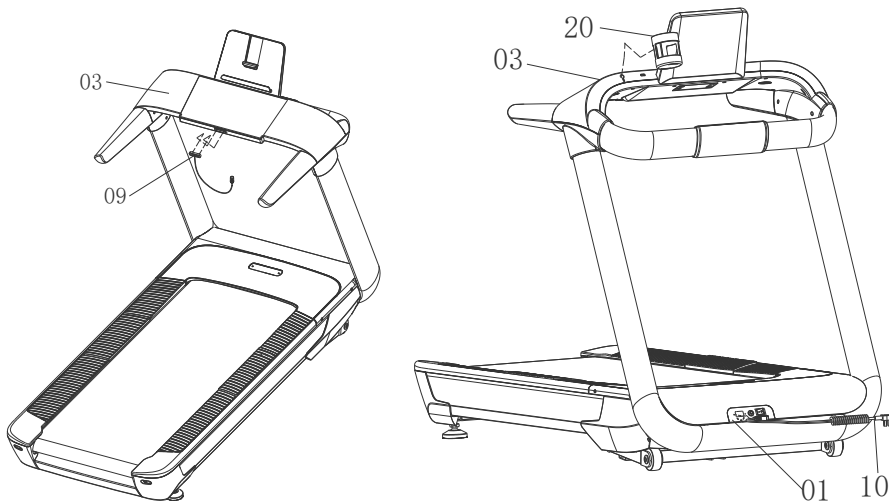
B: Use the motor hood (#11) and screws (#12) that are disassembled at step 1, use Phillip screw driver to fix #11 into #1, and screw it tight.

Notice: Put #11 into 1 at a certain angle. It needs set gently into #1 in the middle of post at a certain angle and adjust the position. Finally, screw it tight.



Step 8:

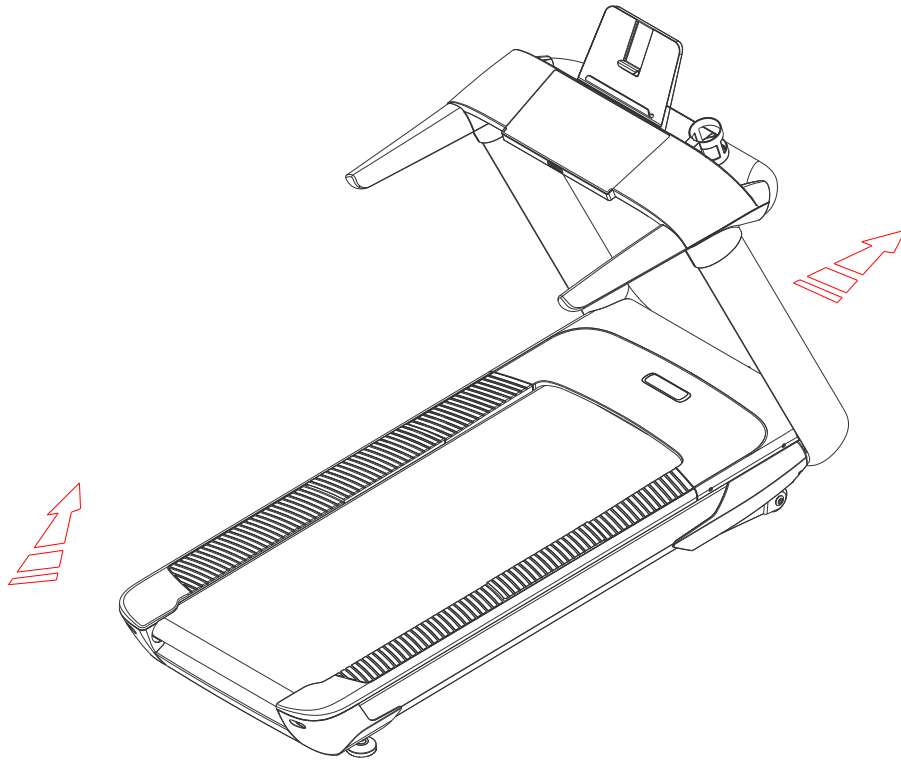
Fix safety key (#9) into #3, then put #20 into #3, connect #10 into #1 at last.



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

Data Sheet

Dimension(mm)	2030*910*1530	Power	AC 220 ~240V
Foldable Size(mm)	Un-foldable	Motor	AC2.5CHP/5.0PHP
Walking Area(mm)	520*1450	Electric Current	≤8.5A
Net Weight	141KGS	Speed Range	1.0-20Km/H
Gross Weight	173KGS	Surrounding Temperature	0—40°C
Incline	0-15%	Class	HA
Max User Weight	≤130KGS		
Computer Display	Speed Incline Steps Time Distance Calorie Heart Rate		

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.
- Safe operation required free space to 2000mm (L)*1000mm (W)*2250mm (H) when exercise.
- The treadmill is a kind of indoor fitness equipment, please don't use it outdoor. Apply to aerobic cardio exercise, increase heart and lung function mainly, training muscle supplement.
- It's not allowed to convert the equipment beyond its original design and purp

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 exercise 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**

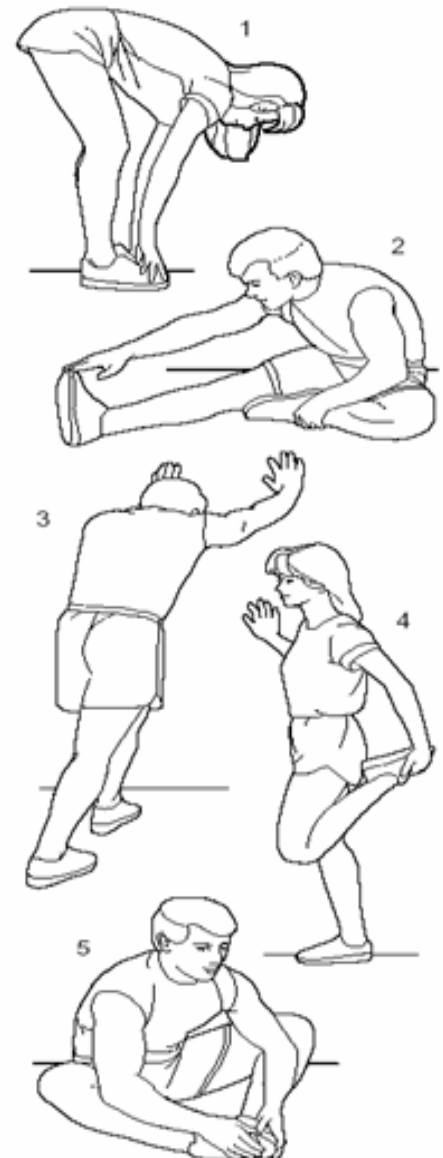
Standing with two hands touching the wall, one foot is behind and the other is front. Keep the rear leg straight and the heel touch the ground, and then incline to the wall. Hold for 10-15 minutes, and then relax. Each leg repeats the exercise for three times. As picture 3:

- **Quadriceps Stretch**

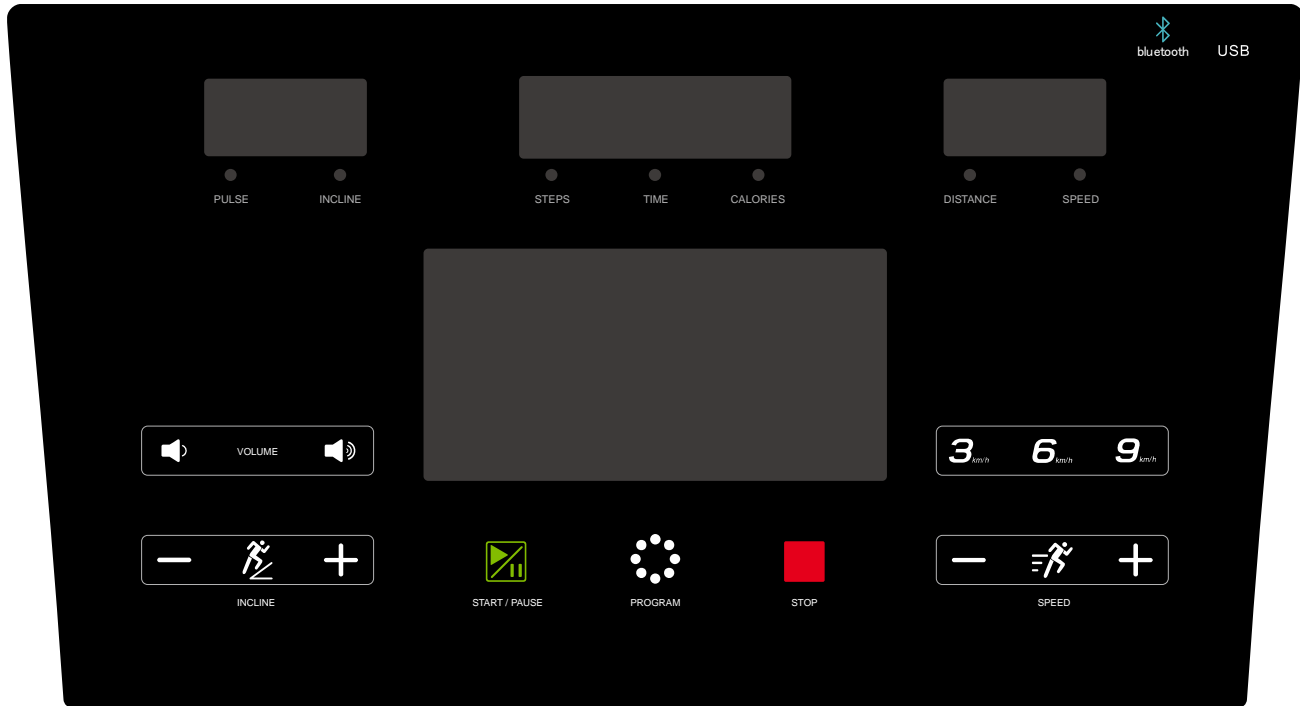
With the left hand touching the wall or desk to control the body balance, and right hand extend toward the back and grasp the right ankle, then pull it toward the buttocks slowly, until you feel that the front muscle of thigh is very strength. Hold for 10-15 minutes, and then relax. Each leg repeats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

- **Sartorial Stretch**

Make the feed soles opposite, and sit down with the knees toward outside. Grasp the feed with two hands and bring them toward the groin. Hold for 10-15 minutes, and then relax. Repeat this exercise for three times. As picture 5.



Operation Instructions



Kindly reminder: please check the safety key before start

Window display

1. "TIME", "Cal ", "STEPS" window: Display exercise time/calories/steps after 5 seconds during exercise.

When it shows time, timing is from 0:00-99:59, when it is greater than 99:59, the data will be start overall again. Time will be decreased to zero when it is countdown mode. The treadmill will slow down till stop when the countdown reaches 0:00.

When it shows cal, forward calculation will be 0-9999, and clear the data when the value is greater than 9999. when it is reverse calculation, then the value will be countdown to 0. treadmill will slow down and stop when the value reaches 0.

When it shows steps, then the range will be 0-99999(notice: steps function may have difference for exercises speed lower than 2km/h

2. "DIS ","Speed" window: Display distance/speed after 5 seconds during exercise.

The screen shows distance and speed within 5 seconds under exercising mode. Forward calculation start from 0.00-99.9 when it is showing distance, and the value will be cleared.

3. "Pulse ","INC" window: Display heart rate or incline; Incline range is 0-15%. (heart rate is only for reference)

4. Window: Display treadmill other information.

Buttons function

- 1."Program" key: In standby mode, press the key to choose "0:00", "15:00", "1.00", "50.0", "P01-P02-....P08" ("0:00" is manual

mode, "15:00" is time countdown mode, "1.00" is distance countdown mode, "50.0", is calorie countdown mode)

2. "Start/Pause" key: Under the power on and locked safety key, press this key to stop treadmill. In working conditions, press this key to pause treadmill.
3. "Stop" key: User can stop treadmill during exercise.
4. "Speed+", "Speed-" key: In standby mode, it adjusts set value. And it adjust speed after start.
5. "Incline+", "Incline-" key: In standby mode, it adjusts set value. And it adjust incline after start.
6. "Volume+", "Volume-" key: Adjust the volume of sound.
7. "3、6、9" are speed shortcut key which can set speed quickly.

Quick start (manual mode)

1. Turn the power on, lock safety key into safety key position
2. Press start key, system is in the 3 seconds countdown. Buzzer sounds and speed window displays countdown number, and then treadmill is running at the speed of 0.5km/h
3. Press "speed +", "speed-" to adjust speed; Press "Incline+", "Incline-" to adjust the incline.

Operation during exercise

1. Press "speed-" key to reduce treadmill speed.
2. Press "speed+" key to increase treadmill speed.
3. Press "incline-" key to reduce treadmill incline.
4. Press "incline+" key to increase treadmill incline.
5. Press stop key to stop treadmill slowly.
6. It displays heart rate data after 3 seconds when user is wearing heart rate band.

Manual mode

1. In standby mode, press "start" key, and treadmill is running at the speed of 0.5km/h. Adjust incline and speed by "Incline+", "Incline-", "speed +", "speed-" .
2. In standby mode, press "mode" key to enter time countdown mode, "TIME" window displays "15:00" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set exercise time, time range is 5:00-99:00.
3. In time countdown mode, press "mode" key to enter distance countdown mode, "DIS" window displays "1.00" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set exercise distance, distance range is 0.50-99.90.
4. In distance countdown mode, press "mode" key to enter calorie countdown mode, "CAL" window displays "50.0" and blinks; Press "Incline+", "Incline-", "speed +", "speed-" to set calorie, calorie range is 10.0-999.0.

5. Choose one of 3 countdown modes and sets start key, treadmill is running after 3 seconds. Press "Incline+", "Incline-", "speed +", "speed-" to adjust speed and incline; Press stop key, treadmill stops running.

Built-in Program: P1-P8

This system has 8 built-in programs P1- P8. In the standby mode, press the "program" key, the distance window of auxiliary window displays "P1-P8", choose program that you like. After that, "Time" window blinks; displaying preset time 10:00, press "Incline+", "Incline-", "speed +", "speed-" for desired motion of time; And then press the "start" button to start the built-in program. The built-in program is divided into 16 sections, each section of the movement time = set time /16. When enters the next stage, the system sounds 3 tones "Bi---" for indication. The speed and incline of system changes as program changes, and it is adjustable by "Incline+", "Incline-", "speed +", "speed-". When program enters the next stage, the speed and incline changes, same to the stage. System sounds 3 tones "Bi---" for indication when finishes one program. The treadmill speed reduces slowly and window displays "End", enter into standby mode when treadmill is still.

Programs instruction:

Speed stands for speed, incline stands for pitch (total 15 pitches, each pitch is 1/15) . Time is divided into 16 parts for each program, corresponding speed and pitch for each time.

Time Program		Time set/16															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01 Walk	S	2	4	5	5	6	6	7	7	7	7	6	6	5	4	3	2
	I	1	1	2	2	2	2	3	3	3	3	2	2	2	2	1	1
P02 Jog	S	2	5	6	8	9	9	9	9	9	9	9	8	7	6	5	3
	I	1	2	3	3	2	2	3	3	2	2	3	3	3	3	2	1
P03 Hill	S	2	4	6	6	9	10	10	9	6	6	9	9	9	7	5	3
	I	1	2	3	4	5	5	4	4	5	5	3	3	6	6	3	2
P04 Random	S	2	6	7	7	11	11	11	9	9	9	9	6	6	6	4	2
	I	4	5	6	6	3	3	7	8	6	4	5	6	7	7	4	2
P05 Weight Loss	S	4	5	7	8	9	10	10	8	8	9	9	9	9	6	4	3
	I	1	3	3	2	2	2	3	4	4	3	2	2	4	4	3	1
P06 Cardio	S	3	6	6	6	8	8	8	8	10	10	10	11	11	8	5	3
	I	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
P07 Race	S	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	I	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1
P08 Sprint	S	2	6	6	9	9	11	11	11	11	11	6	6	6	5	4	2
	I	4	5	6	7	8	9	10	10	9	9	5	6	7	8	5	2

PS: S for speed; I for incline;

Personal trainer program

1. Speed maximum and Pitch maximum is decided according to age and gender. BMI values are based on the program and exercise time. If the speed and pitch of program are over SM and PM of the age, then value depends on the SM and PM of the age. Finally, calculate exercise time through age.

2. Sport program calculation formula

a. Age、Gender factor: Speed maximum(SM) and Pitch maximum (PM)

	Male		Female	
Age	(SM)	(PM)	最 (SM)	(PM)
10-15	8	10	8	8
16-39	12	12	12	10
40-49	10	10	9	8
50-59	10	8	8	6
60-69	8	6	7	5
70-79	6	4	6	4
79-89	4	3	5	3
90-99	3	0	3	0

b. BMI values and equivalent Program P**

BMI	Phy.	P	T ₁		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<15	Extreme -ly low weight	P01	30	Speed	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
				Incline	2	6	4	6	8	10	14	18	22	26	30	34	38	42	46
15-18.4	Low weight	P02	30 + (BMI - 15) * 60 / 35	Speed	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
				Incline	2	4	4	6	6	8	8	8	6	6	6	4	4	2	2
18.5-21.2	Norma I 1	P03		Speed	2	6	10	12	8	6	8	12	16	20	24	28	32	36	40
				Incline	1	2	2	4	4	4	2	2	2	4	4	4	2	1	0
21.3-23.9	Norma I2	P04		Speed	2	6	10	10	1	8	8	8	1	1	1	8	6	4	2
				Incline	1	2	2	3	3	3	2	2	2	3	3	3	2	1	0
24-25.5	Over weight	P05		Speed	2	4	6	6	8	8	8	8	6	6	6	6	4	3	2
				Incline	0	0	0	1	1	1	2	2	2	1	1	1	0	0	0
25.6-26.9	Pre- Obese	P06		Speed	1	2	2	4	4	6	6	8	8	6	6	4	2	1	1
				Incline	0	0	0	1	1	1	1	1	1	1	1	0	0	0	0
27-29.9	I Obese	P07		Speed	1	2	2	3	3	5	5	7	7	8	6	4	2	1	1
				Incline	0	0	0	0	0	1	1	1	1	1	0	0	0	0	0
30-40	II Obese	P08		Speed	1	2	2	4	4	2	2	6	6	7	5	3	2	2	1
				Incline	0	0	0	0	1	1	1	1	0	0	0	0	0	0	0
40-50	III Obese	P09		Speed	1	1	2	2	4	5	6	6	6	6	4	3	2	1	1
				Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
>50	IV Obese	P10	90	Speed	1	1	1	3	3	5	5	5	6	6	4	2	1	1	
				Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

PS: Phy is for physique; P for program; T for time, unit is minute;

Values displayed range

Set data	Start	Set initial value	Range settled	Range displayed
Time(M:S)	0:00	15:00	5:00-99:00	0:00—99:59
Incline (%)	0	0	0-15	0-15
Speed (KM/H)	0.0	0.5	0.8-18.0	0.0-18.0
Distance(KM)	0.00	1.00	0.50-99.9	0.00—99.9
Pulse(Counts/Min)	P	N/A	N/A	50-200
Calorie(Kcal)	0.0	50.0	10.0-999	0.0—999
Steps	0	--	--	99999

Safety key function

Under any circumstance, unlocking safety key can stop treadmill. Window displays“---/----” with 3 “BB” alarming sound. There are no workable operations except turning treadmill off.

Power-saved mode

In standby status, if users do not press any key, then the system is automatically into power-saved mode. But press any key to start the system, smart and energy-saved.

Blue tooth function

Open blue tooth function, and connect blue tooth module in console (X6-SPEAKER). Display phone music, then console can display music. Please keep the volume of voice, avoiding affecting the sound quality and inside audio circuit.

Wireless heart rate function

Wear equipped heart rate band, window displays heart rate when steadily receive message from heart rate band.

USB charging function

The USB port can charge phone through data cable (5V---500MA). Please note that do not play phone music when charging phone.

Power off

It is ok to turn the power off at any time to shut treadmill down. This method would not cause any damages to treadmill.

Notice

1. Please check the power before exercise; Check the safety key.
2. I there is something wrong during exercise, please pull out safety key. Treadmill will rapidly reduce speed and stop; Lock safety key again ,waiting for input direction.
3. If treadmill does not work, please ask professionals for help;

Fault Display

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

Display	Error information
--/---	Safety key drop off
E1	overheat
E2	overcurrent
E3	Over pressure
E4	Over load
E5	Communication error
E7	Incline error
E8	Default phase

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)

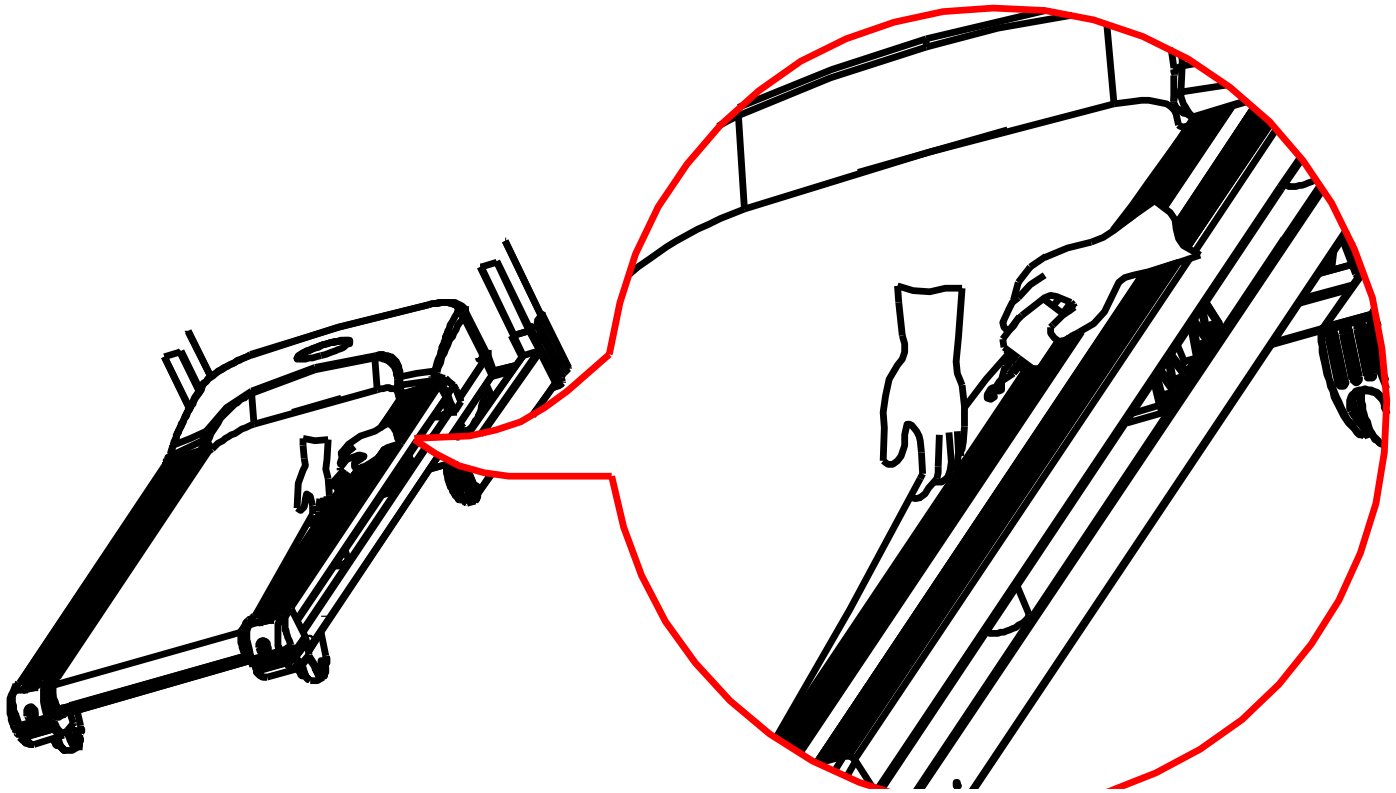
once every 6 months

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:

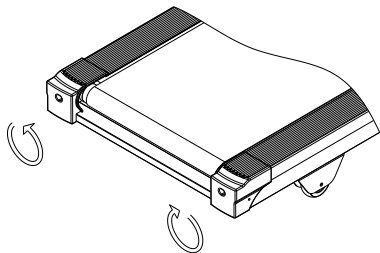


Fig. A

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

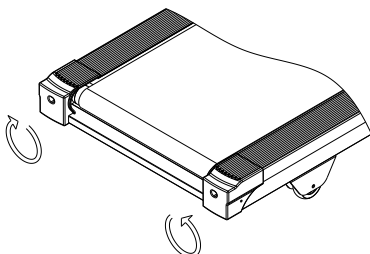


Fig. B1

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 armres. (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, then the appropriate adjustment should be done for the safety usage. (About the adjustment of running belt, please refer to maintenance guide).
- ✓ If you findl 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 cover.

- **Step 2:**

Loosen (but not remove) the four screws of the fixed motor base,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 whent it can be turned 80%.

- **Step 3:**

Lock motor base, fitted with shield cover

Common faults and trouble shooting

Malfunction	Reason	Trouble shooting
Treadmill cannot start	1. The plug hasn't been connected or the switch hasn't been opened. 2. The over current protector of the treadmill disconnected 3. The indoor over current protector disconnected 4. Safety key disconnected	1. Insert plug or start the power 2. Change fuse or press the protector button 3. Reset over current protector 4. Put safety key to right place
Treadmill belt slip	The belt hasn't been tightened	Adjust the tightness of the belt (see maintenance guide)
Poly V-belt slip	The belt hasn't been tightened	Adjust the tightness of the poly v belt(see maintenance guide)
Treadmill isn't in the center place	The degree of the roller balance hasn't been adjusted well	Adjust the belt to the rotating axis (see maintenance guide)
The strange voice of treadmill during exercise	The nut has loosen	Tightened relevant nuts