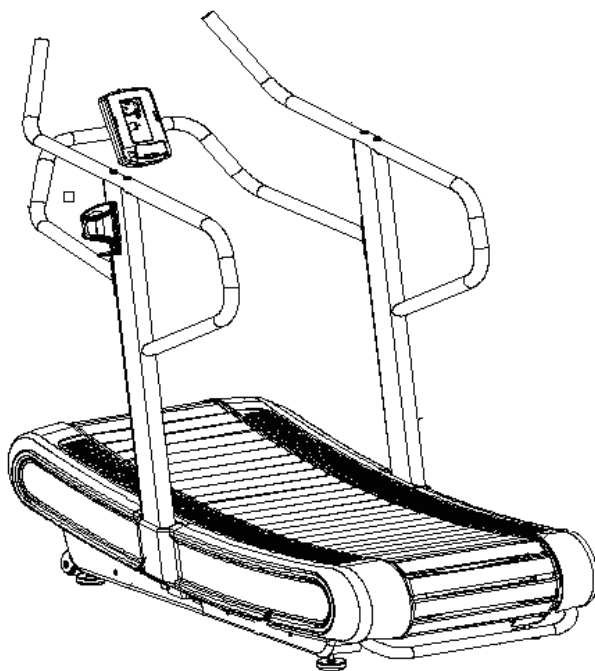


Owner's Manual



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

Version A

Thank you!

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness- and all this in a familiar environment.

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials. Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void. The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Insert page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, motor, cable, electronic devices, running deck and belt. The guarantee does not cover:

1. Damage effected by outer force;
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as foam and plastic wear).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from customer service (insert page) if needed.

Please make sure you have the following information on hand when ordering spare parts.

1. operating instructions
2. model number (located on the cover sheet of these instructions)
3. description of spare part
4. part number
5. proof of purchase with purchase date

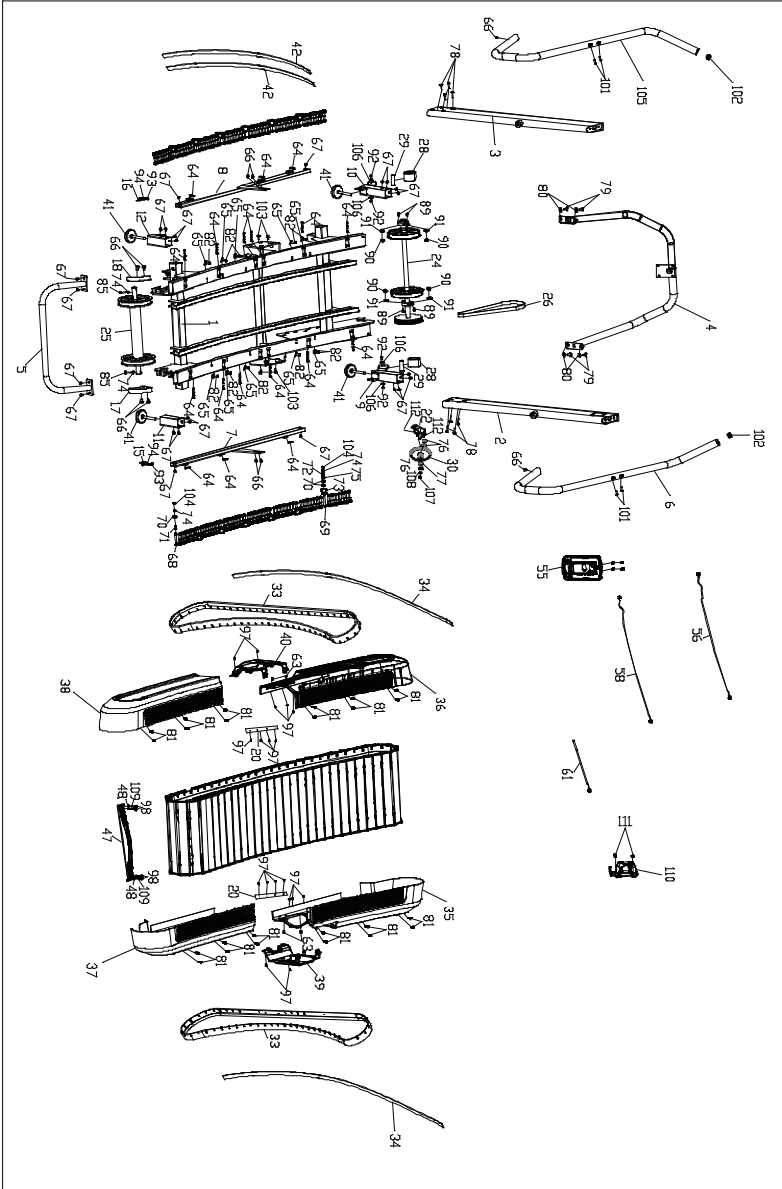
Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be born by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.

Exploded drawing:

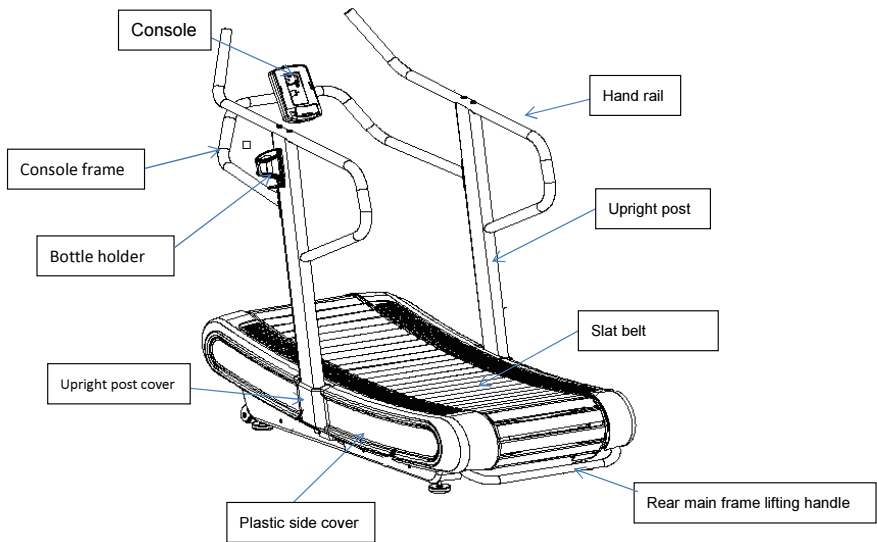


Parts list

No.	Description	Q'ty
1	Main frame	1
2	Upright post - right side	1
3	Upright post - left side	1
4	Console frame	1
5	Rear main frame lifting handle	1
6	Right handle bar	1
7	Curve cover fixing support - right side	1
8	Curve cover fixing support - left side	1
9	Front foot- right side	1
10	Front foot- left side	1
11	Rear foot- right side	1
12	Rear foot- left side	1
15	Rear roller adjustable bracket	2
17	Curve cover reinforcement plate - right side	1
18	Curve cover reinforcement plate - left side	1
19	Adjustable resistor fixing plate II	2
20	Curve cover fixing bracket	2
22	Pulley wheel axle weldment	1
24	Front roller	1
25	Rear roller	1
26	Motor belt - 380PJ6	1
28	Moving wheels	2
29	Wheel axle	2
30	Driving pulley wheel -front	1
33	Driving wheel axle	2
34	EVA mat - t2.0×50×3600	2
35	Front plastic side cover - right side	1
36	Front plastic side cover - left side	1
37	Rear plastic side cover - right side	1
38	Rear plastic side cover - left side	1
39	Upright post side cover - right side	1
40	Upright post side cover - left side	1
41	Front foot stop	4
42	EVA mat - t5.0×70×3000	2
47	Slat belt	60
48	Double hole Washer - t1.5*20*10	120
55	Console	1
56	2 pin connected wire L-1250mm	1
58	2 pin connected wire L-950mm	1
61	2 pin - plug bottom section connected wire L-1000mm	1
63	Screw fixing buckle	4
64	Screw fixing plate	10

65	T shape siderail guider	6
66	Allen head C.K.S full thread bolt - M8*15	9
67	Allen head C.K.S full thread bolt - M8*20	24
68	Hexagon head half thread bolt - M8*65*20	98
69	Hexagon socket head full thread bolt - M8*65	12
70	Bearing 608ZZ	124
71	Sleeve ϕ 12* ϕ 8.1*18.4	98
72	Sleeve ϕ 12* ϕ 8.1*14	12
73	Guiding pulley wheel	12
74	Flat washer ϕ 8	110
75	Internal Circlip ϕ 23	12
76	Deep groove ball bearing 6201ZZ	2
77	One way bearing CSK12P	1
78	Allen head C.K.S half thread bolt M8*55*20	8
79	Allen head C.K. full thread bolt M8*25	4
81	Phillip countersunk head self-tapping screw ST4*35	24
82	Phillip countersunk head self-tapping screw ST4*15	20
85	Hexagon socket head full thread bolt M8*75	2
87	Hex head locknut M8	1
88	Flat washer ϕ 8	1
89	Allen head C.K.S half thread bolt M10*25*15	4
90	Hex head locknut M10	4
91	Flat washer ϕ 10	4
92	Allen countersunk head full thread screw M6*15	4
93	Hexagon head full thread bolt M8*30	2
94	Hexagon nut M8	2
97	Phillip head C.K.S self-tapping screw ST4*16	18
98	Phillip pan head full thread bolt M5*15	240
99	Phillip head C.K.S full thread screw M4*10	3
100	Hex head locknut M4	3
101	Hexagon socket head full thread bolt M8*45	4
102	Flat plug ϕ 38*t1.5	2
103	Hexagon socket head full thread bolt M8*15	4
104	Hex head locknut M8	110
105	Left handle bar	1
106	End cover t1.2* ϕ 31	4
107	Hexagon lock nylon nut M6	1
108	Flat washer ϕ 6	1
109	Spring washer ϕ 6	240
110	Bottle holder	1
111	Cross groove large flat head bolt M4x16	2

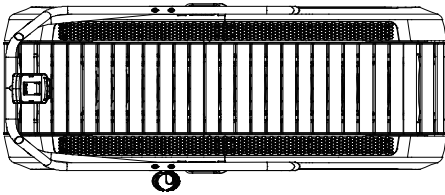
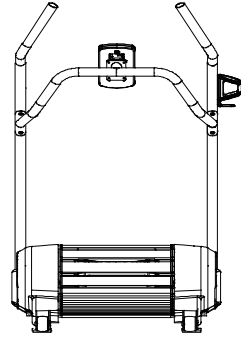
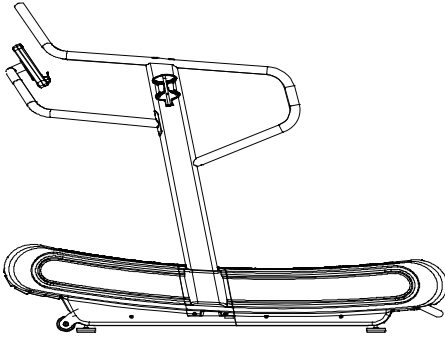
Product profile



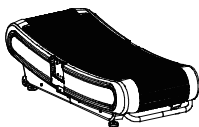
Dimension (Unfold)	1720*810*1570mm
Running surface	1600*480mm

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

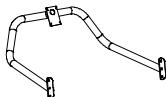
Different views



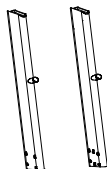
Packing list



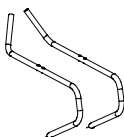
Main body



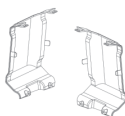
Console frame



Upright post



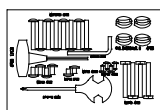
Hand rail left + right



Plastic cover for upright post



Console

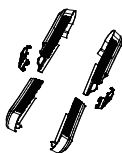


Bolt kit

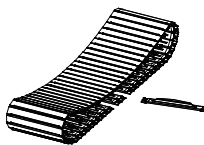
User manual

User manual

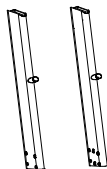
Main part



Plastic cover



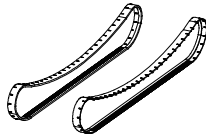
Slat belt



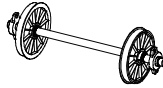
Upright post



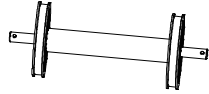
Console



Aluminum slat fixing belt

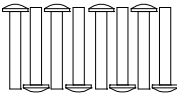


Front roller

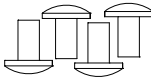


Rear roller

Bolt kit list



Allen head C.K.S half thread bolt M8x55x20



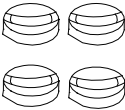
Allen head C.K.S full thread bolt M8x25



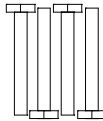
Allen head C.K.S full thread bolt M8x15



Phillip head C.K.S self-tapping screw ST4x16



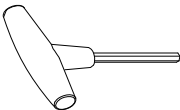
Curve washer
Φ8.5xR25x12.0



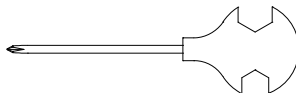
Hexagon socket head full thread bolt M8x45



Cross groove large flat head pointed mouth full M4x16



T shape wrench
6*80



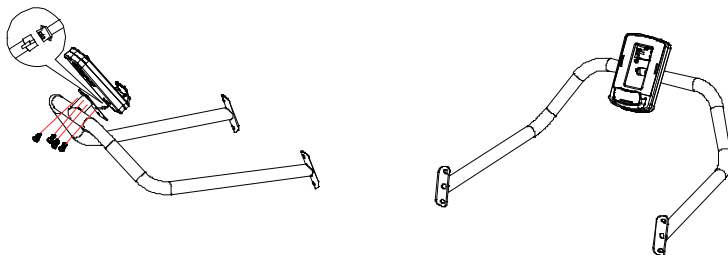
Cross open wrench
14*17*75



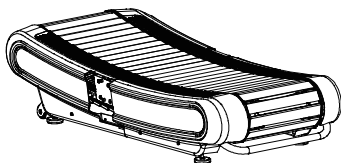
L shape wrench 6*35*80

Assembling step

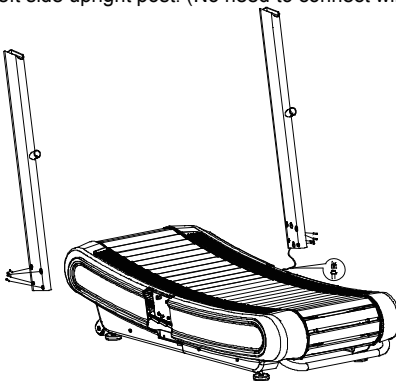
1. Take out the console frame and console from the carton, connect the connect cable, then fix them with 4 pcs of M5X10 screws.



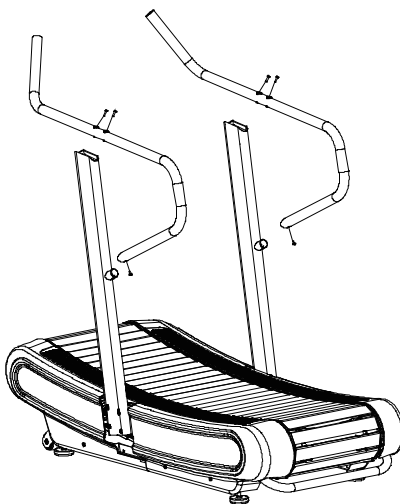
2. Take out the main body from the carton.



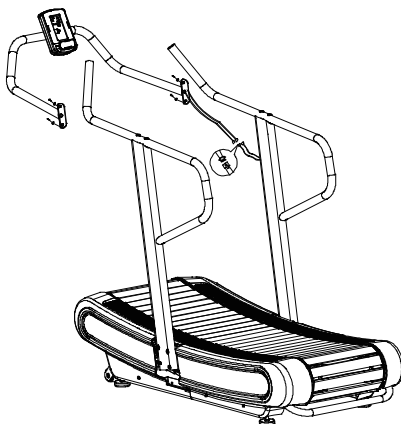
3. Connect the right side upright post connecting wires, insert the redundant wire into the upright post, put the right side upright post on the bracket, then fix it with 4 pcs M8×55×20 screws. Same assembly step on the left side upright post. (No need to connect wires)



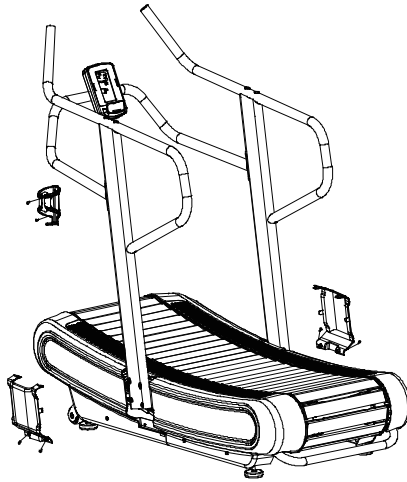
4. Attached the right hand rail to the right upright post, then fix the upper holes with 2 pcs M8*45 screws, then fix the bottom hole with 1 pcs M8*15 screw, then fasten all the screws. Same assembling step on the left side.



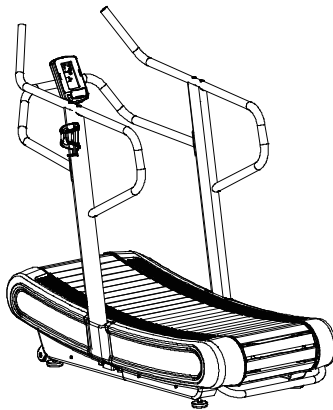
5. Connect the wires from right side upright post and console frame, then fix them with 4 pcs M8*25 screws and 4 pcs curve washers.



6. Fix the upright post cover with 4 pcs ST4*15 screws.



7. Assembling finished



INSTRUCTION MANUAL OF MONITOR

Display function:

Item	Description
TIME	.Display user workout time. .Display range 0:00~1:59:00
DISTANCE	.Display user workout distance. .Display range 0.5~100
CALORIES	.Display calories consumption during workout . .Display range 0 ~ 2000
PULSE(optional)	.Display user heart-rate during workout . .Display range 30~230
WATT	.Display the power consumption during training
SPEED	.Display current training speed
PACE	.Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

Button function:

Item	Description
Up ▲	• Adjust function value up.
Down ▼	• Adjust function value down.
Enter	• Confirm setting or selection.
Start	• Start workout quickly or resume workout in Stop mode.
Stop	• To stop/pause workout. • Hold on this key for 2 seconds to reboot the console.
Interval	• here are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval .
Target Distance	• Fast access to Target Distance training mode.
Target Calories	• Fast access to Target Calories training mode.
Target Heart-rate (OPTIOANL)	• Fast access to Target Heart Rate training mode.
Target Time	• Fast access to Target Time training mode.

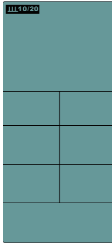
Operation procedure :

Power on--

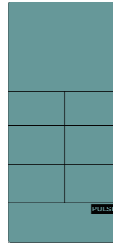
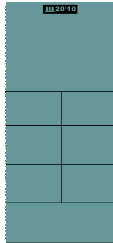
1. When POWER ON, LCD will full display 1s (Figure 1) with long beep sound, then enter into display standby mode(FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into standby mode.



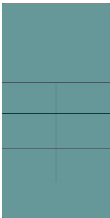
(FIG 1)



(FIG 2)



2. If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode(FIG 3).



(FIG 3)

3. Break mode:

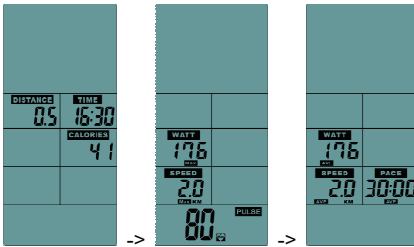
When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display"P". Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press " START "to continue. (FIG 4)



(FIG 4)

4. Stop mode:

Press "STOP" button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display ,but after 0.5s LCD will display TIME, DIST, CAL(display KM or ML according to the setting).After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED ,PULSE,also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS , SPEED ,PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into stand by mode.(FIG 5)



(FIG 5)

5. Quick start :

A. In stand by mode , with single RPM>20 input, quick press "START",buzzer sound 0.5s, then TIME , CALORIES , DISTANCE , WATTS , SPEED , & PACE shining in in sequence , the value will count up according to the operation.



(FIG 6)

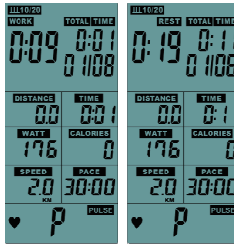
- B. "PULSE" ICON is lighten, if any heart single input the "PULSE" ICON is flashing with current value,if no heart single input LCD display "P".
- C. If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode .
- D. If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
- E. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- F. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- G. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
- H. When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

6. INTERVAL10/20:

- A. Press "INTERVAL10/20" button ,enter to this mode , LCD display **1110/20** ICON , with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds(shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 8)



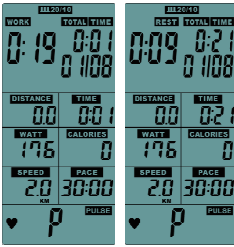
(FIG 7)



(FIG 8)

- D. After Work 10s, LCD window display "01/08"("01" is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
 - E. Work & REST display in cycle , cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
 - F. when the last REST is reached ,this mode is stop directly.
 - G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
 - H. Press the "START "button once, enter into the break mode, and press "START" to continue running.
 - I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
 - J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
- 7、INTERVAL 20/10:

- A. Press "INTERVAL20/10" button ,enter to this mode , LCD display **11120/10** ICON(FIG 10) , with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s , meanwhile with a short buzzer beep (FIG 7) , LCD display "01/XX"("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s) ,"TIME"ICON counts down from 10s to 0s, DISTANCE、CALORIES、WATTS、SPEED、RPM count up according the operation.(FIG 10).

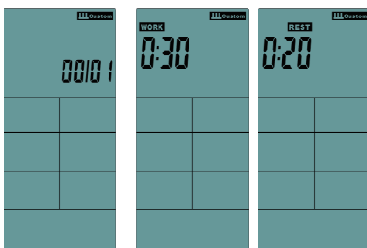


(FIG 10)

- D. After Work 10s, LCD window display "01/08" ("01" is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle , cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- F. when the last REST is reached , this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- H. Press the "START" button once, enter into the break mode, and press "START" to continue running.
- I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

8、INTERVAL CUSTOM:

- A. Press "INTERVAL CUSTOM" button , enter to this mode , LCD display **Interval Custom** ICON (FIG 13) , with buzzer beeps 0.5s.
- B. LCD display the presetting value 01, press "UP、DOWN" button to setting (setting range 01~20), it is non-recyclable (FIG 14).
- C. Press "ENTER" confirmed, "WORK" ICON is flashing, LCD window "TOTAL TIME " display the presetting value 0:30. Press "UP、 DOWN" button to setting (setting range: 0:05~30:00), it is non-recyclable (FIG 15).
- D. Press "ENTER" confirmed, "REST" ICON is flashing, LCD window "TOTAL TIME " display the presetting value 0:20. Press "UP、 DOWN" button to setting (setting range: 0:05~30:00), it is non-recyclable (FIG 16).
- E. Press "ENTER" confirmed, meanwhile with a short buzzer rings 0.5s , LCD display "01/XX" ("01" is flashing) . The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s) , "TIME" ICON counts down from the setting value, DISTANCE、 CALORIES、 WATTS、 SPEED、 PACE count up according to the operation.
- F. There is set RSET time, matrix displays 01/XX (part 01 is flashing), "REST" ICON keep flashing, The buzzer rings for 0.25s every second.
- G. "Work" & "REST " display in cycle , cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- H. when the last REST is reached , this mode is stop directly.
- I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- J. Press the "START" button once, enter into the break mode, and press "START" to continue running.
- K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- L. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



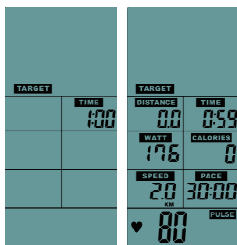
(FIG 14)

(FIG 15)

(FIG 16)

9、TARGET TIME:

- A. Press "TARGET TIME" button ,enter to this mode , LCD flashing display TARGET& TIME .
- B. LCD "TIME" window display the presetting value 1:00 or the last setting value.press "UP、DOWN"button to setting (setting range 1:00~1:59:00), it is non-recyclable .
- C. After setting, press" ENTER" confirmed , TARGET &TIME ICON continue to flashing ,meanwhile start to count down form setting value.
- D. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



10、TARGET CALORIES:

- A. Press "TARGETCALORIE" button ,enter to this mode , LCD flashing display TARGET& CALORIE.
- B. LCD "CALORIE" window display the presetting value 2:00 or the last setting value.press "UP、DOWN"button to setting (setting range 1~2000), it is non-recyclable.
- C. After setting, press" ENTER" confirmed , TARGET & CALORIE ICON continue to flashing ,meanwhile start to count down form the setting value.
- D. Press the "START "button once, enter into the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



11、 TARGET DISTANCE:

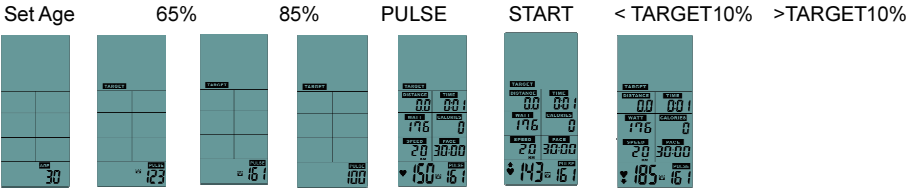
- Press "TARGETDISTANCE" button ,enter to this mode , LCD flashing display TARGET& DISTANCE.
- LCD "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value.press "UP、 DOWN"button to setting (setting range0.5~100), it is non-recyclable.
- After setting, press" ENTER" confirmed , TARGET&DISTANCE continue to flashing ,meanwhile start to count down form the setting value.
- Press the "START "button once, enter into the break mode, and press "START" to continue running.
- Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
- If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



12、 TARGET HEART RATE(OPTIONAL):

- Press "TARGETHEART RATE" button ,enter to this mode , LCD flashing display Age ICON with presetting value 30 or the last setting value.Press "UP、 DOWN"button to setting (setting range11~99), it is non-recyclable.
- After setting, press" ENTER" confirmed , LCD display the presetting value 65% , press "UP、 DOWN"button to adjust to 65% or 85% & the value of Pulse,LCD will shows the corresponding value.
- If selected PULSE, LCD display the presetting value"100" ,press"UP、 DOWN"button to setting (setting range 30~230),it is non-recyclable.
- Press"ENTER"button to start to count,TARGET & PULSE ICON is flashing.
- When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.
- The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP IOC" flashes to remind USER to accelerate.
- The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN IOC" flashes to remind USER to slow down
- The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter into the stand by mode.

- I. Without any heart single input in 30s, the "PULSE" LCD window display "P", buzzer rings 1s and enter into the stand by mode.
- J. Press the "START" button once, enter into the break mode, and press "START" to continue running.
- K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
- L. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
- M. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- N. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this

exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



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