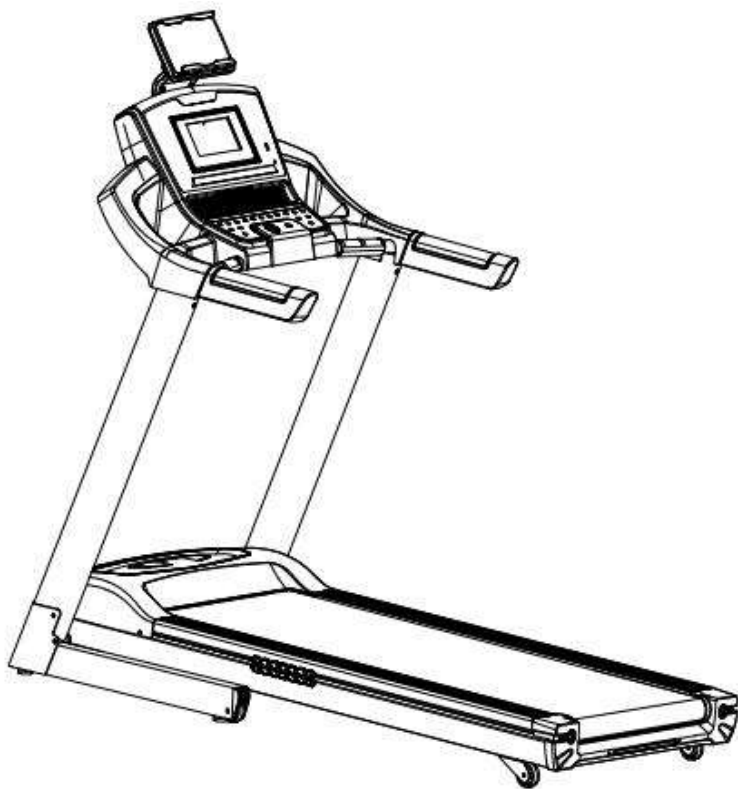


**HIT FITNESS H5**

**HIT00618**



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

Version A

## **THANK YOU**

Thank you for purchasing this product. This product will help you keep fitter and healthier in a simple way.

### **User Guide**

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill is stable on the ground before use.
3. Ensure it is functioning normally before use.
4. Stand on the two side rails when starting the treadmill.
5. Clip the safety key to your clothes to allow easy 'stop' in the event of any emergency.
6. Press the "start" button to get the treadmill started.
7. Follow the running belt with your left leg to do preparation before commencing running. Only when you feel you can run, you should stand on the treadmill and do it with the right posture. Only one person should exercise on the treadmill at any time, and excessive exercise can be dangerous and may cause harm.
8. You can adjust the speed using the control panel if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the "stop" button.
10. Remember to turn off the power and pull out the plug when you finish exercising.

### **Safety precaution:**

- ◆ Place the treadmill indoors to avoid damp conditions.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accidents.
- ◆ Overloading can cause damage to the motor, controller, roller and running belt. Carry out routine maintenance on the treadmill.
- ◆ Keep the unit free from dust and wipe down after use to avoid interference of the console and controller.
- ◆ Limit continuous use of the treadmill to less than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000x1000mm safe space at the end of treadmill when running.
- ◆ Stop running if you feel any discomfort and consider consulting a doctor.
- ◆ Keep the silicone bottle out of reach of children to avoid swallowing.
- ◆ Avoid jumping off the treadmill directly after use.
- ◆ Pull out the power plug gently from the socket.
- ◆ Stop the machine if anything goes wrong and cut the power immediately.

- ◆ Ask your local distributor to handle any issue or provide service. Please do not attempt to dismantle the components.

## **DANGER!**

To reduce accidents or harm, please check following rules.

- ◆ Ensure your clothes are zipped up before running.
- ◆ Do not wear clothes that could be easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something goes wrong, hold the handlebars, remove your weight and leave running belt.
- ◆ Do not use the treadmill outdoors.
- ◆ Cut off the power before moving the treadmill.
- ◆ Do not open the motor or roller cover unless skilled professionally.
- ◆ This machine can be used under 10A circuit.
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may not be exact as medical devices so use the results for reference only.
- ◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. 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.

## **Warning!**

### **Prohibit!**

◆ The following patients undergoing treatment for the following should only use this treadmill after approval from a professional doctor.

- (1) Backache or those who suffer from reoccurring pain in the legs, waist or neck. Those with numbness of legs, waist, neck and hands (i.e. those with chronic diseases such as inter- vertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)
- (2) Deformational arthritis, rheumatism or gout.
- (3) Osteoporosis.
- (4) Bad circulatory system like heart disease, vascular disorders and vascular hypertension.
- (5) Respiratory disturbance.

- (6) Artificial heart rhythm problem.
  - (7) Malignant tumors.
  - (8) Thrombosis.
  - (9) Diabetes caused a perceptual disturbance.
  - (10) Skin injury.
  - (11) High fever above 38°C.
  - (12) Bent back bone.
  - (13) Pregnancy or in the (menstrual) period.
  - (14) In the process of rehabilitation.
  - (15) Abnormal physical features.
- Above cases may cause accident or poor health

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb and abnormal heartbeat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Advise children that the treadmill is not a toy.

- Children may get hurt if you ignore this.

◆ when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

### **Beware!**

◆ Stop using if the cover is cracked (inner parts come out) or welded parts drop off.  
-may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall and get injured.

◆ Do not use or keep the treadmill outdoor or near the bathroom to avoid water.

◆ Do not use or keep the treadmill in areas exposed to direct sunlight, and avoid high temperature places like an electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use if the power line or plug is damaged, or the socket is loose.

- may cause electric shock, short circuit, or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

- may cause fire or electric shock.

- ◆ Only for one person at a time, tell people near to keep their distance
  - may fall down and cause injury.
- ◆ Do not attempt to disassemble or repair without seeking professional assistance.
  - may cause mechanical breakdown and injury.
- ◆ Avoid making contact between the main body and operating components with water or drinks.
  - may cause electric shock and fire.

**Prohibit!**

- ◆ Do not exercise too much if you are not used to it.
- ◆ Do not use the treadmill after meals or when feeling tired.
  - may cause damage to your health.
- ◆ This product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.

- may cause injury.
- ◆ Do not use the product while you are having meals, drinking or doing other activities.
- ◆ Do not use the product under the influence of alcohol.
  - may cause accidents or injury.
- ◆ Do not use the product when you have a hard object in your pocket.
  - may cause accident or injury.
- ◆ Do not pull out the plug or switch the power to “off” while operating.
  - may cause injury.

**Do not operate with wet hands !**

- ◆ Do not pull out or insert the plug with wet hands.
  - may cause electric shock or injury.

**Remember to pull out the plug!**

- ◆ Remember to pull out the plug when treadmill is not in use.
  - Dust and damp can damage insulation and then cause electric leakage and fire.
- ◆ Pull out the plug if performing any maintenance.
  - may cause electric shock and injury.
- ◆ Stop using immediately if you notice anything unusual with the machine, pull out the plug and contact provider’s service department.
  - may cause electric shock and injury.
- ◆ pull out the plug if there is sudden power failure.
  - may cause accidents and injury when power resumption.
- ◆ You should hold the plug not the wire when pulling out the plug.
  - may cause a short circuit, electric shock and fire.

#### Ground connection instruction!

◆ the product must have a grounded connection. The grounded connection can provide a channel with the least resistance for the current when the product is malfunctioning, thus can reduce the danger of electric shock.

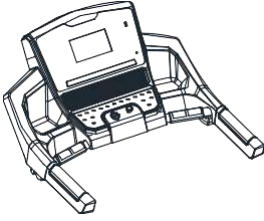
◆ The product is equipped with an electric wire for grounding conductor and grounding plug. The plug must be inserted into a socket that conforms with local regulations.

#### **Danger!**

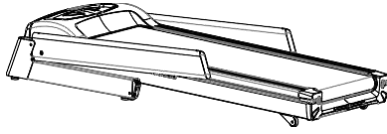
◆ Incorrect connection of grounding conductor may cause electric shock. If you are not sure about the grounding connection, please ask a professional electrician to check. If the plug of the product does not match your socket, you should ask for an electrician to install the correct socket.

◆ The product has a grounding plug. Please confirm that you have the matched socket first. A socket adapter is not allowed.

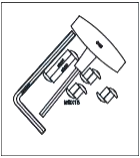
# PACKING LIST



Console



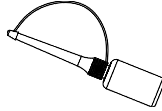
Main frame



Hardware bag



Safety key



Silicone Oil

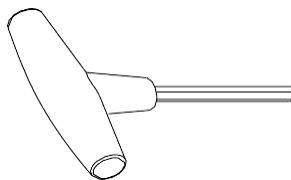
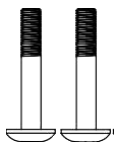


Manual



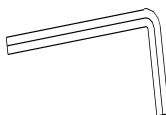
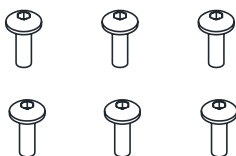
Table holder

## Hardware bag



Allen C.K.S. Self tapping screw×2PCS (M8\*50\*20)

T shaped wrench \* 1PC

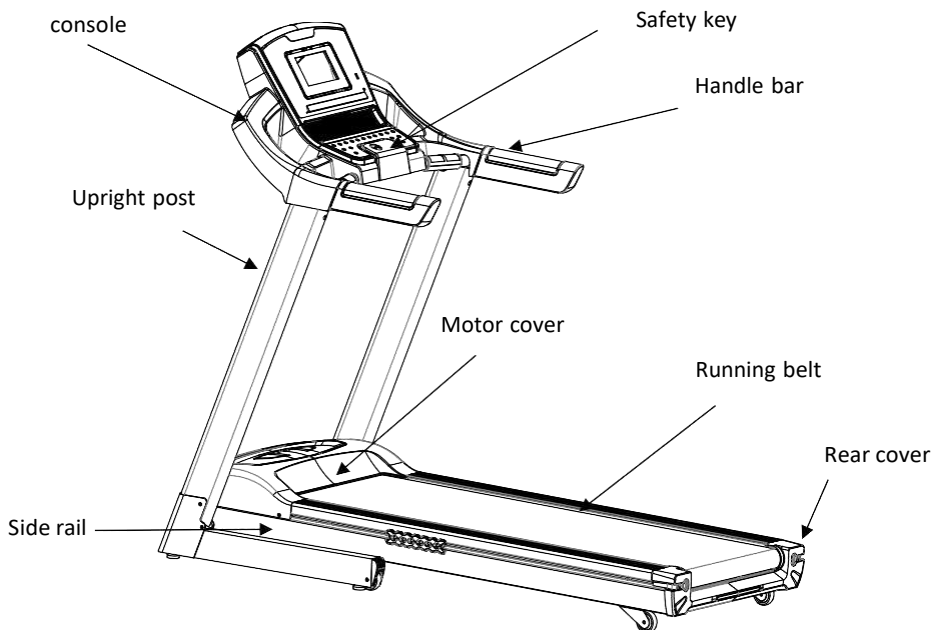


Allen C.K.S. Full thread screw×6PCS(M8\*15)

L Allen wrench S6\*1PC

Philips C.K.S. self-tapping screw ST4\*16 -4pcs

## Treadmill instruction





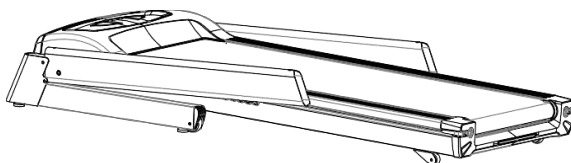
## Technical information

Size	Folding size: 1770*790*1450
	Open size: 1090*790*1560
Running size	1400*500
Space	1-18km/h

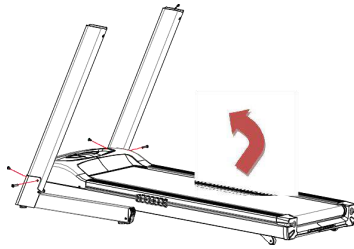
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

## ASSEMBLY INSTRUCTIONS

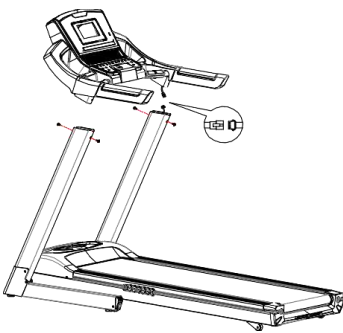
**Step 1:** Take out the machine from box and put it on a flat surface. (As shown)



**Step 2:** Insert the upright post into the clamping ring on both sides of the main frame (please connect the communication wires before you assemble the upright post). Fix the upright post with 2pcs of Allen C.K.S. half thread screw M8\*15 and 2pcs of M8\*50\*20 (do not lock tight at this stage).



**Step 3:** Connect the communication wires between the right console frame and clamp ring (as per the directions in the image below), then connect the console and upright post with 4 PCS of Allen C.K.S. half thread screw M8\*15. (Lock the bolts)



**Step 4:** Assembly of the table holder:

Mount the table holder on the rear side of the console with four screws.



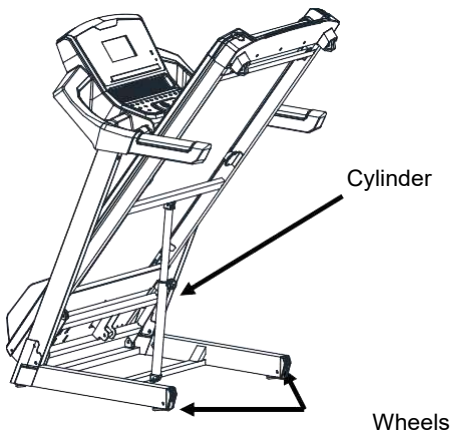
III

# Usage instructions:

## Treadmill folding and moving:

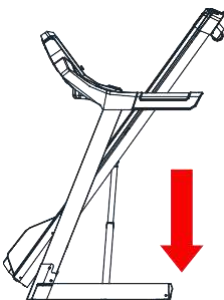
### FOLDING

1. Restore the incline to flat (0) position.
2. Unplug from power point before folding.
3. Lift deck until it's parallel to the upright post and cylinder locks into position.
4. Caution: make sure that the cylinder locking device is engaged.



### UNFOLDING

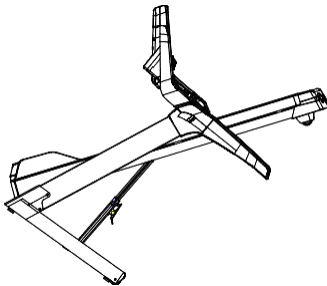
1. Choose a flat place that is 1 meter away from the battery socket.
2. First hold the running desk with both hand. Then one hand hold the running desk and the other pull the cylinder quickly. Let the running desk go down to the horizontal level, and user must keep 1 meter away from the treadmill.
3. Allow deck to begin slowly dropping before releasing hands.



## **MOVING**

- 1: the power is off
- 2: the plug has been pulled out from the socket
- 3: the treadmill has been folded

Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 40~50° up to chest to move the treadmill slowly, as shown in picture below:

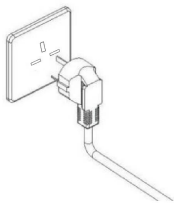


## **Grounding Guide:**

This product must be grounded. If the treadmill fails or is damaged, the ground wire can form a minimum resistance circuit, the current into the ground, thereby reducing the risk of electric shock. This product is equipped with a cable that has a conductor to ground the unit and a grounding plug. This plug must be plugged into a socket that complies with local codes and regulations for installation and grounding requirements.

**Danger!** Improper connection of the equipment grounding conductor may result in an electric shock hazard. If you do not know if the equipment is properly grounded, consult a qualified electrician or service person. Do not change the plug that comes with this product. If the plug does not conform to the socket, allow a qualified electrician to install a suitable outlet.

This product uses a 220-240 volts line and is equipped with a grounded outlet as shown in the illustrations below.



## Using instruction of treadmill

1. Power on, the treadmill will start to the lowest position, check the machine is normal.
2. Attach the safety lock clip to the fabric of sportswear at chest level.
3. Before running, check the stability of the treadmill and it is functioning normally. Do not stand on the run belt at the start, should stand on the sidebar, handlebar, and once is working correctly then start running. When power is on, put one hand to hold the handlebars, press the "START " button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), use both hands to grab handlebars, feet have to step on the running belt, can run with the same speed.
4. After a few minutes, you can speed up the running, press the "speed" + "" key or "speed" - "" to increase or decrease the speed as required.
5. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.
6. Press "Stop" key to stop the motor at any time during running.
7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the required running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current running speed. Press "Stop" to stop the motion.
8. HRC: switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not 100% accurate as medical data, only as a sports reference.)

Note: If safety key is pulled out, the treadmill will stop immediately. The console will not work, the window shows "E-07" until safety key is reinserted.

# Key Definition



- (1) Display window: 7 inch LCD display**
  - 1.1 "DISTANCE" window: displays the distance value;
  - 1.2 "CALORIES" window: displays the calorie value;
  - 1.3 "TIME" window: display the time value;

- 1.4 "INCLINE" window: show the value of the incline;
- 1.5 "PULSE" window: display the heart rate value;
- 1.6. "SPEED" window: displays the speed value;
- 1.7. operating buttons: START,STOP,PROGRAM,MODE,SPEED+/-,INCLINE +/- , Quick Speed key 6/3、9/5、12/7、15/9, Quick Incline key 6、9、12、15.

## **(2) Button instruction**

3.1 "PROG" is Program select key: when the treadmill is stopped, cycle select the program P01-P36 → U01~U03 → BMI as you prefer.

3.2 "MODE" is key select key: In manual mode P0 normal mode, press this key to cycle select: time countdown mode, distance countdown mode, calorie countdown mode, normal mode 4 different countdown operation modes.

In U1-U3, BMI mode, please refer to the specific function description for the function of the mode key.

3.3 "START/PAUSE" key: When the treadmill is stopped, press the START key to turn on the treadmill. Press "START/PAUSE" key when running, it will pause.

3.4 "STOP" key: When the treadmill is running, press the button to STOP the treadmill.

3.5 "SPEED+" and "SPEED -"KEY: can be used to adjust the setting value when setting the parameters of the treadmill. Once the treadmill is started, it can be used to adjust the speed, step 0.1/ time, and automatically continue to increase or decrease when holding down for more than 2 seconds.

3.6 "QUICK INCLINE KEY": It can be used to adjust the setting value when setting the parameters of the treadmill. The treadmill can be used to adjust the ascension after starting, step 1/ time, automatically increase or decrease when held for more than 2 seconds.

3.7 "QUICK SPEED" : 6KM/H, 9KM/H, 12KM/H, 15KM/H In the running state of the treadmill, pressing the shortcut key will directly adjust the motor SPEED value marked on the key.

3.8 Incline shortcut: "QUICK INCLINE" 6%, 9%, 12%, 15%. In the running state of the treadmill, pressing the shortcut key will adjust the lifting motor to the slope value marked on the key.

### **(3) Program / Start Instruction**

#### **A Program Instruction**

1. P0 is normal mode: time counting down, distance counting down, calories countdown mode.
2. 36 setting program: P01,P02,P03,P04,P05, .....,P36;
3. Three user's program: U01~U03;
4. One body fat function: BMI.

### **(4) Manual Mode**

1. How to enter manual mode:
  - A. Switch on, enter normal manual mode.
  - B. When power off, press MODE key to enter manual mode.

2. 3 countdown modes: time countdown, distance countdown, calories countdown. When user enter manual mode, press "MODE" key to select mode. After setting, press "START" key to start the treadmill. The speed and incline are set by user. The default parameter is 1KM/H and 0% incline.

Normal mode, time countdown, distance countdown, calories countdown. User can only set one countdown mode, other parameters positive count.

A. When entering manual setting, Time window displays 0:00; time, distance, calories is in positive counting status and the manual setting is closed. When the motor is running, press 'STOP' key, then the motor starts to slow down to stop, and all settings return to default state.

B. Under normal manual mode, press 'MODE' key to enter time countdown mode, window displays flashing time. The initial time is 30:00, and press '+' or '-' to set the speed, 1 min each time. Time setting range is 5:00-99:00.

C. In time countdown mode, press 'MODE' to switch to distance countdown mode. The distance window displays initial distance parameter, 1 kilometer. Press speed key '+' or '-' to set the distance. Setting range is 1.0-99 kilometer.0, 0.1 kilometer each time.



D. When in distance countdown mode, press 'MODE' to switch to the calories countdown mode. The calorie window displays default calorie parameter, 50 kcal. Press speed key '+' and '-' to set the calorie, 10 kcal each time. Setting range is 20-990 kcal.



### 3. Manual program setting instruction

A. Press 'START', time countdown for 3 seconds, then the motor start running and the initial speed is 1KM/H.

B. When the machine is running, press '+', '-' key or 'QUICK SPEED' to adjust the treadmill speed.

C. When the machine is running, press ""/"" key or "QUICK INCLINE" key to adjust the treadmill incline.

D. When calories counts down to 0, the speed reduces slowly to stop. Then the window displays "END" and the buzzer beeps once per second.

E. When distance counts down to 0, the speed reduces slowly to stop. Then the window displays "END" and the buzzer beeps once per second.

F. When setting time counts down to 0, the speed reduces slowly to stop. Then the window displays "END" and the buzzer beeps once per second.

### (5) Program setting

1. "P1-P36" are system setting programs, which are only used under time countdown mode. Under setting status, time window is flashing, press '+', '-' to adjust the parameter, press 'MODE' to return to the default parameter. The initial time is 30 minutes and the setting range is 5:00—99:00, press speed '+', '-' key to adjust the parameter.

2. After set the training mode, press 'START', time countdown for 3 seconds with 3 warning sound. When count down to 1, the machine starts slowly and speeds up to the setting speed. Then the machine is running with the setting speed and incline.

3. When the machine is running, press '+', '-' key or 'QUICK SPEED' to adjust the treadmill speed.

4. When the machine is running, press ""/"" key or "QUICK INCLINE" key to adjust the treadmill incline.

5. In P1-P36, the speed and slope of each program is divided into 10 segments and divided equally in each time range. The speed and slope after adjusted are effective in the current time. There is 3 second warning sound "beeps" with the switch between different segments. The machine will stop with a long warning sound after running 10 segments.

6. When the treadmill is running, press "START", the motor will switch between pause and restart status. The record remains the same when restarting under the pause status.

7. When the motor is running, press the "STOP" button, the motor stops running.

## **(6) BMI PROGRAMME**

BMI is to measure the connection between user's height and weight. The ideal BMI rate is between 18-24. Below 18 could be deemed underweight and overweight between 25- 28, and possible obesity if over 29. (Only for reference)

1. when the treadmill is stopped, press the "PROG" key until select" BMI "and enter into BMI testing program, press "MODE" key to set the parameter, then press "+" "-" to set the parameter.

2. The data displayed in the window is the set value, the window displays the input parameter function.

3. After entering the function of body fat test, the window will first display: F1, indicating that Sex is entered at this time, the window will display 01, indicating that the setting is male. Press the speed plus or minus button to select input: 01 (male), 02 (female).

4. Press the MODE key "MODE" and the window displays: F2, indicating that you enter the Age setting. The window displays 25 years old (the default value). Press the speed add or subtract key to adjust the Age (the setting range is 10-99 years old).

5. Press the "MODE" button, and the window displays: F3, indicating entering the Weight setting. The window displays 70kg (154 pounds), and the Weight can be adjusted by pressing the speed plus or minus button (the setting range is 20-150kg (44-330 pounds)).

6. Press the "MODE" key, and the window displays F4, indicating that the Height is set. The window displays 170cm (67inch), and the Height can be adjusted by pressing the speed plus or minus key (the setting range is 100-199cm (40-87inch)).



7. Press the MODE button "MODE", the window displays: F5 (BMI), indicating entering the test body fat function, the window displays --, at this time, please put the second-hand on the heartbeat sensor on the handrail, the window will display the subject's body fat value (BMI) within 8 seconds.

## **(7) Safety key function**

In any state, pull-out safety locks, window displays: "E-07" and sound buzzer beeps. The machine will stop immediately if it is running. Then reinsert the safety lock, monitor lights will reactivate for 2 seconds, then go to manual P0 mode (the equivalent of resetting).

## **(8) USER program**

USER mode has U1~U3 modes. In USER mode, users can set their own sports program. Press "PROG" key to adjust to "U1~U3". Then press the "MODE" key or press the speed "+/-" key to adjust the exercise time (the range is 5-99 minutes), then press the START key to START the exercise. Press "PROG" key to cycle select the program U01~U03 and set time by pressing "MODE" or "+" "-" keys. Then press "START" button to start the treadmill.

Press "MODE" to set 10 segments of specialized speed and incline. When set the speed, press the speed increase or decrease keys to set the corresponding users expected speed, which the range is 1KM/H-18KM/H. User can also use the easy quick buttons to quickly select. When set slope, press ""/"

"set the corresponding users required slope. The range is 0-15. You can also use the shortcut key of Ascension to quickly select. Press MODE key to enter the next segment. After the last paragraph is set, the setting will be saved. Press MODE key to set the time, and the default is 30:00. Press the increase or decrease keys to adjust the setting time. After setting, the user can press "START" to start. The user's specialized programs will be saved. When the user runs the next time, he can enter the corresponding mode.

## **(9) Handle pulse function**

Touch the handle pulse for around 5 seconds, display will show heart rate, range 50 — 200/min, The heart shape flashes during the heartbeat test. This data is for reference only and should not be regarded as medical data.

## (10) Parameter range

	Initial	Default	Setting range	Display range
Time(min: second)	0:00	30:00	5:00-99:00	0:00-99:59
Speed(km/h)	0.0	N/A	N/A	1-18
Incline(%)	00	N/A	N/A	0-15
Distance(kilometer)	0.0	1.00	1.0—99.0	0.0—99.9
Calorie(KCal)	0	50	20—990	0—9990

Under some parameters, press the “+” “-” buttons to adjust and cycle set. For example, the time setting range is 5:00 to 99:00. When sets to 99:00, press “+” button can return back to 5:00 to cycle set.

## (11) Bluetooth Media play function

Open the Media play devices, search “RUN MUSIC” and match, connection will be ok after a prompt tone. You can use the device to play music, the volume is controlled by the device.

## (12) Bluetooth APP

Supports Bluetooth connection of three APPs, "Anyrun", "Kinomap" and "Zwift".



### 1. ANYRUN

Turn on the device's Settings -- Bluetooth. Go to the Oma APP -- click Settings -- Device Management -- Find the device. Click the Bluetooth name that you find, and the system will connect automatically. After successful connection, the screen of the console will display the Bluetooth connection symbol.

When using the APP, you need to register a personal account for Oma APP icon -- click on the Settings in the right corner -- log in.  
Users exercise data will save on cloud server.



### 2. KINOMAP

Register and log in the Kinomap APP, click on the fitness equipment management pages, click "+" in the upper right corner to add new fitness equipment. Select My Treadmill and FTMS brand. Click Treadmill on My Treadmill page. Select SW-5925CAI- XXXX from the fitness equipment and click.



### 3. ZWIFT

3.1 Login Zwift APP on mobile, select the running speed in running on the matching device page, click Matching, select SW-5925CAI-XXXX on the search page, and then press OK.

3.2 Select YOUR SPEED on the "What's YOUR SPEED" page and press OK.

3.3 Select the route from the list of locations, select training from the cycling mode, or choose to other Zwifters, and click "Run" after setting.

3.4 The console can synchronize data with Zwift when it starts movement.

Note: Bluetooth cannot be connected to the console under the page of engineering mode.

### (13) Explanation of conversion to metric and imperial system:

A) After unplugging the safety lock, press the "Program" and "Mode" keys at the same time, and the display screen displays "M" indicating the conversion from kilometer to mile;

B) After unplugging the safety lock, press the "Program" and "Mode" keys at the same time. The display screen shows that "KM" represents the conversion from miles to kilometers.

### (14) Treadmill power off

Turn off the treadmill by power off switch, it will not damage the treadmill.

### Program speed Table

SECTION PROGRAMME		1	2	3	4	5	6	7	8	9	10
		P1	SPEED	0.6	1.2	1.2	1.8	1.8	1.8	1.8	1.2
	INCLINE	0	0	1	1	2	2	1	1	0	0
P2	SPEED	0.6	1.2	1.2	1.8	2.5	2.5	1.8	1.2	1.2	0.6
	INCLINE	0	0	2	3	4	4	3	2	0	0
P3	SPEED	0.6	1.2	1.2	1.8	2.5	2.5	1.8	1.2	1.2	0.6
	INCLINE	0	0	3	7	4	4	7	3	0	0
P4	SPEED	0.6	1.2	1.2	1.8	1.8	1.8	1.8	1.2	1.2	0.6
	INCLINE	0	0	3	7	4	4	7	2	0	0
P5	SPEED	0.6	1.2	1.2	1.8	2.5	2.5	1.8	1.2	1.2	0.6
	INCLINE	0	0	2	4	6	8	4	2	0	0
P6	SPEED	0.6	1.2	1.2	2.5	2.5	3.7	2.5	1.2	1.2	0.6
	INCLINE	0	0	3	4	5	7	7	3	0	0
P7	SPEED	1.2	1.8	2.5	3.7	3.7	5.6	3.7	2.5	2.5	1.2
	INCLINE	0	0	2	4	4	6	4	2	0	0

P8	SPEED	0.6	1.2	1.2	2.5	2.5	5.6	5.6	5.6	5.0	2.5
	INCLINE	0	0	2	4	8	9	9	2	0	0
P9	SPEED	1.2	1.8	1.8	3.7	3.7	5.6	3.7	1.8	1.8	1.2
	INCLINE	0	0	9	9	8	4	3	3	0	0
P10	SPEED	0.6	1.2	1.2	2.5	2.5	2.5	2.5	3.7	2.5	1.8
	INCLINE	0	0	2	2	4	9	9	9	0	0
P11	SPEED	1.2	2.5	2.5	3.7	3.7	3.7	3.7	5.6	2.5	0.6
	INCLINE	0	0	9	9	9	3	4	3	0	0
P12	SPEED	0.6	1.8	1.8	3.7	5.6	3.7	5.6	5.6	3.7	2.5
	INCLINE	0	0	9	9	9	9	9	8	0	0
P13	SPEED	2.5	3.7	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6
	INCLINE	0	0	4	8	9	8	9	9	0	0
P14	SPEED	1.2	1.8	1.8	3.7	5.6	3.7	5.6	5.6	3.7	1.8
	INCLINE	0	0	4	8	9	8	9	9	0	0
P15	SPEED	2.5	3.7	5.6	5.6	5.6	5.6	5.6	3.7	2.5	1.2
	INCLINE	0	0	2	3	4	4	3	2	0	0
P16	SPEED	1.2	2.5	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6
	INCLINE	0	0	2	4	5	4	5	6	0	0
P17	SPEED	1.2	1.2	1.2	2.5	3.7	5.6	3.7	1.2	1.2	1.2
	INCLINE	0	0	2	4	6	6	4	2	0	0
P18	SPEED	1.8	3.7	1.8	3.7	3.7	3.7	3.7	1.2	1.2	1.2
	INCLINE	0	0	2	6	8	6	8	2	0	0
P19	SPEED	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6
	INCLINE	0	0	9	8	6	8	6	4	0	0
P20	SPEED	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6	2.5	5.6
	INCLINE	0	0	9	8	2	8	2	2	0	0
P21	SPEED	1.2	3.7	1.2	3.7	5.6	3.7	5.6	1.2	3.7	1.2
	INCLINE	0	0	9	8	2	8	2	2	0	0
P22	SPEED	2.5	3.7	5.6	3.7	1.2	3.7	1.2	1.2	2.5	1.2
	INCLINE	0	0	2	4	9	8	9	2	0	0
P23	SPEED	2.5	3.7	5.6	3.7	3.7	3.7	3.7	1.2	1.2	1.2
	INCLINE	0	0	2	3	4	9	9	2	0	0
P24	SPEED	2.5	3.7	5.6	3.7	2.5	3.7	2.5	1.2	2.5	1.2
	INCLINE	0	0	4	4	5	9	9	2	0	0
P25	SPEED	1.2	2.5	1.8	2.5	1.8	1.8	4.3	1.8	5.6	1.8
	INCLINE	1	2	3	3	1	5	5	6	5	0
P26	SPEED	1.2	3.1	2.5	3.7	2.5	4.3	3.1	1.8	3.1	1.2
	INCLINE	1	2	3	3	2	3	4	5	3	0
P27	SPEED	1.2	3.1	2.5	3.1	2.5	3.7	3.1	1.8	2.5	1.2
	INCLINE	1	2	2	3	1	3	3	3	3	0
P28	SPEED	1.2	3.7	4.3	2.5	2.5	50	3.1	1.8	3.1	1.2
	INCLINE	4	5	6	6	9	9	2	9	7	0

P29	SPEED	1.2	2.5	3.7	5.0	4.3	5.6	4.3	1.8	2.5	1.2
	INCLINE	3	5	4	4	3	5	5	4	4	0
P30	SPEED	1.2	2.5	3.1	3.1	3.7	3.7	4.3	2.5	2.5	1.2
	INCLINE	3	5	3	4	2	4	5	3	4	0
P31	SPEED	1.8	3.7	4.3	3.1	5.0	3.7	5.6	4.3	2.5	1.8
	INCLINE	2	2	3	3	2	3	5	7	3	0
P32	SPEED	1.8	3.7	4.3	3.1	5.0	4.3	5.0	4.3	3.1	1.8
	INCLINE	1	2	4	3	2	3	5	6	3	0
P33	SPEED	1.2	5.0	3.7	2.5	3.1	5.6	5.0	3.7	3.1	1.8
	INCLINE	2	2	6	2	3	5	3	3	3	0
P34	SPEED	1.2	1.8	3.1	1.8	1.8	3.7	2.5	4.3	2.5	1.8
	INCLINE	4	4	3	6	7	9	9	7	4	0
P35	SPEED	1.2	3.1	5.0	5.6	3.7	5.6	3.7	2.5	1.8	1.2
	INCLINE	1	3	5	8	1	8	7	4	3	0
P36	SPEED	1.2	3.1	3.1	2.5	2.5	4.3	3.1	1.8	2.5	2.5
	INCLINE	3	5	6	7	9	9	9	9	7	0

## ERRORMESSAGEAND SOLUTION

Problem	Reason	How to settle the problem
Treadmill not working	A : Did not connect the power supply	Connect the power supply or switch on
	B: Safety key not inserted well	Insert the safety key into the correct position
	C: The circuit of the signal short out	Check the input port of the controller and the signal port
	D. Circuit Broken	Check input and output port and communication wire
	E. Transformer not connected well or transformer is defective	Reconnect the transformer or replace the transformer
Treadmill stops suddenly	A. Safety key drop out	Reconnect the safety key
	B: System abnormal	Repairs required
Button out of work	Button invalid	1, replace the key board and press the keyboard cable 2, replace the motherboard 3, replace the electronic form

E-01	A. Connect wire loose or defected.	Re-connect the wire or change the wire.
	B. Console gets broken	Replace the console
	C. Transformer gets broken	Replace the transformer
	D. Motor controller gets broken	Replace the controller
E-02	A. Motor cable or motor breaks	Replace the motor
	B. Motor cable not connected well with the controller, or controller breaks	Check and reconnect the cable, or replace the controller
E-03	A: Speed sensor cable does not connect well with the controller	Check and reconnect the cable or replace the controller
	B: Controller defected	Replace the controller
	C: Speed sensor not inserted	Insert the speed sensor
	D: Speed sensor defected	Replace the speed sensor
E-05	A: Controller defected	Change the controller
	C: Motor defected	Change the motor
E-07	Console cannot detect safety key signal	<ol style="list-style-type: none"> <li>1. Check the safety key whether it is on right position</li> <li>2. Install the safety devise again,confirm the hole is in the middle</li> <li>3. Replace the console</li> </ol>
No pulse	Handle pulse wire did not connect well or wire defected	Reconnect the wire or change the wire
	Console circuitry defected	Change the console
Console short of display	The screw on the PCB is loose	Tighten the screw
	Console defected	Change the console

## General fitness tips

### Warm-up

5-10 minutes warm up exercise is necessary before operating.

### Breathe

Do not hold your breath during operation, usually when you are ready to restore the movement with a nasal inhalation, breathe out the air forcefully with the mouth, breathing with the movement should be coordinated, if breathing is too fast, should stop the workout immediately.

### Frequency

The exercise which in the same muscles should have a 48-hour break. In other words, you can train the same body part every two days.

### Load



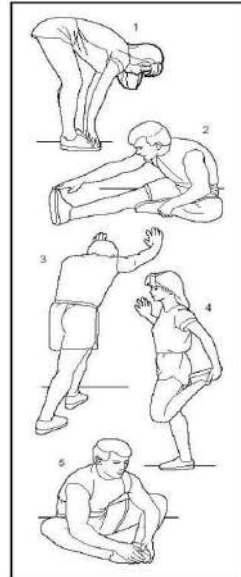
Decide on the amount of exercise according to individual physical condition then according to the principle of asymptotic load to practice. Muscle soreness is anormal phenomenon during the initial training, so as long as the practice continues, the pain can be eliminated.

### **Relax**

After practice, you should do 5 minutes warm-down action, especially the stretching of the foot muscles, so as to avoid the long-term tightening of the muscles and keep the muscles supple.

### **Diet**

In order to protect the digestive system, only exercise an hour after meals, also wait half hour after exercise before eating, drink less water, especially avoid drinking lots of water during exercise, so as not to increase the burden of heart and kidney.



### **Stretching exercises**

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows - do five times, each leg for 10 seconds or more. Do it again after the workout.

#### **Downward stretch**

Bend your knees, lean forward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

#### **Hamstring stretch**

Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 2).

#### **The calf and heel tendons stretch**

Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

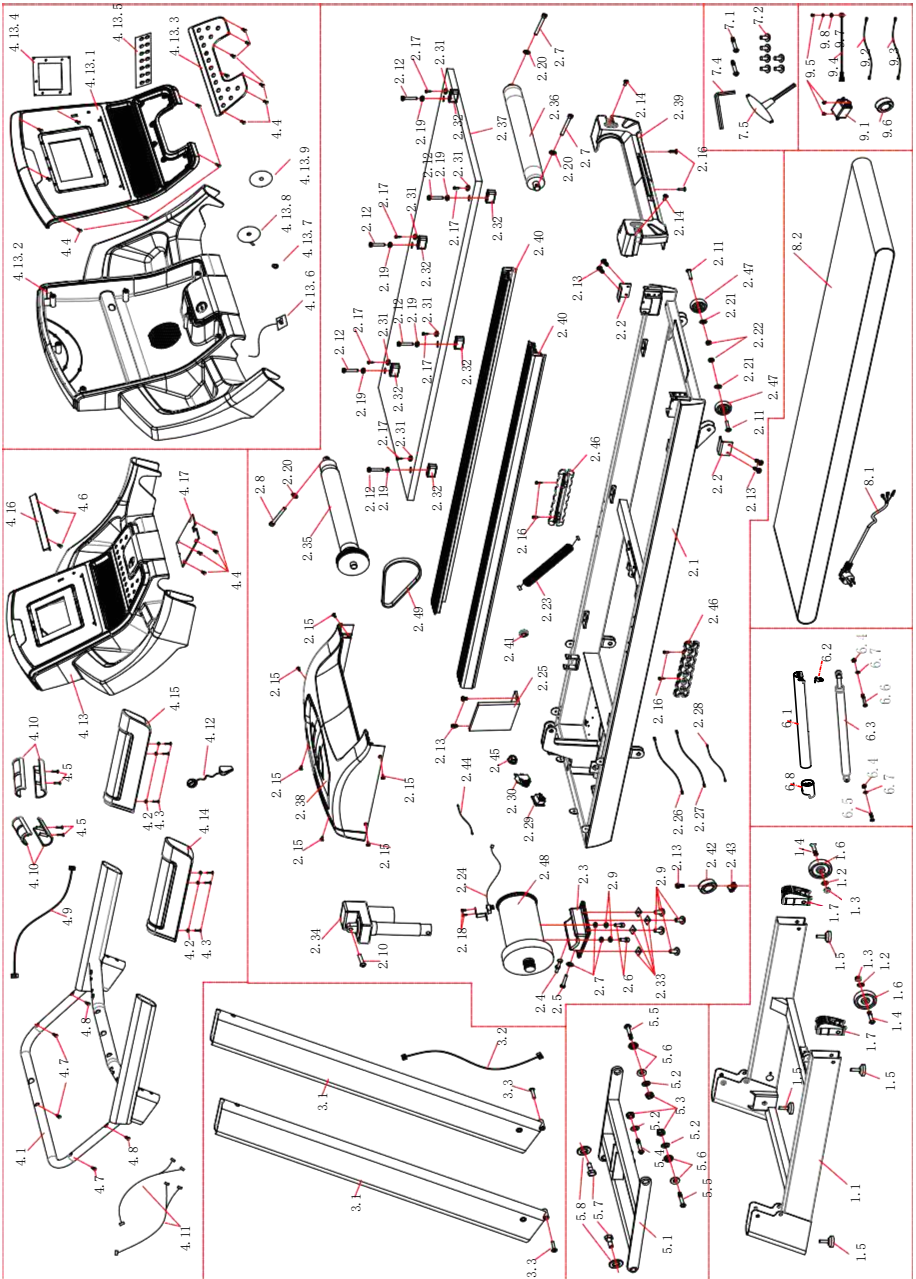
**Quadriceps stretch**

Hold the wall or table with your left hand to keep balance, then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).

**The Sartorius muscle (muscle on the medial side of the thigh) stretches**

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10 to 15 seconds, then relax. Repeat it 3 times (see figure 5).

# EXPLODED DRAWING



No.	Item	Size	QTY	No.	Item	Size	QTY
1				4.2	Base frame	Φ12×Φ4.5×11.0	6
1.1	Base frame		1	4.3	Phillips flat head self-tapping screw	ST4×16(1018/HV550)	16
1.2	Flat washer	Φ8	2	4.4	Phillips flat head self-tapping screw	ST4×16(1022A)	15
1.3	Hexagon jam nut	M8	2	4.5	Phillips disc head self-tapping screw	ST3×25	4
1.4	Hexagon socket large flat head half tooth bolts	M8×50×20	2	4.6	Phillips countersunk head tapping screws	ST3×10	3
1.5	Foot pad	Φ35×37×12×M8(black)	4	4.7	Phillips large flat head tapping screws	ST4×25(1018/HV550)	7
1.6	Wheel	Φ62×Φ8.0×t22(65°±2°/Black)	2	4.8	Phillips large flat head tapping screws	ST4×35	2
1.7	Curved plug		2	4.9	communication wire	L-450mm	1
2				4.10	Hand pulse component		2
2.1	Frame		1	4.11	Hand pulse cable	L-330mm	2
2.2	Spraying parts for rear anti-tramping parts(5925CA-02-06)		2	4.12	Safety key		1
2.3	Spraying parts for motor mounting seat		1	4.13	5925CAI console		1
2.4	welding parts for top motor blot	M8×65	1	4.14	PU handle bar L		1
2.5	Hexagon head full tooth bolts	M8×75(6.8 grade)	1	4.15	PU handle bar R		1
2.6	hexagon socket cap screws	M8×15(8.8 grade)	2	4.16	IPAD holder		1
2.7	hexagon socket cap screws	M8×75(8.8 grade)	2	4.17	Console plate		1
2.8	hexagon socket cap screws	M8×50(8.8 grade)	1	5			
2.9	hexagon flat cap full tooth screws	M8×15(6.8 grade black)	4	5.1	Lifting frame spraying parts		1
2.10	Hexagon flat head half tooth bolts	M10×35×15(8.8 grade)	1	5.2	Flat washer	Φ10	3
2.11	Hexagon flat head half tooth bolts	M8×40×20(6.8 grade)	2	5.3	hexagon lock nut	M10	3
2.12	Hexagon countersunk head full thread bolts	M6×45×Φ16(6.8 grade)	6	5.4	Hexagon socket flat head half tooth bolts	M10×65×20(8.8 grade)	1
2.13	Cross flat head full tooth bolts	M4×10	10	5.5	Hexagon socket flat head half tooth bolts	M10×35×20(8.8 grade)	2
2.14	Cross flat head full tooth bolts	M5×15	2	5.6	shaft sleeve	Φ25×Φ17×Φ10×6×1	4
2.15	Cross flat head full tooth bolts	M5×10	6	5.7	Hexagon head half thread bolts	M12×45×20(6.8 grade)	2
2.16	Cross flat head tapping screws	ST4×16	8	5.8	Flat washer	Φ12×t2.0	2
2.17	Cross grooved head self-tapping screw	ST4×15	6	6			
2.18	Cross grooved head self-tapping screw	ST3×10	2	6.1	Z-lift spray parts		1
2.19	Plastic flat washer (PVC)	Φ12×Φ6×t1.0	6	6.2	Spring		1
2.20	Flat washer	Φ8	6	6.3	Gas lift		1
2.21	Flat washer	Φ8	2	6.4	hexagon lock nut	M8	2
2.22	hexagon lock nut	M8	2	6.5	Hexagon socket flat head half tooth bolts	M8×30×20(6.8 grade)	1
2.23	Communication wire	L-1000mm/	1	6.6	Hexagon socket flat head half tooth bolts	M8×50×20(6.8 grade)	1

2.24	Optical Transducer	L-400	1	6.7	Flat washer	Φ8	2
2.25	5923CAI Control		1	6.8	Double tube plug		1
2.26	Power cables	L-400mm(red)	1	<b>7</b>			
2.27	Power cables	L-400mm(Black)	1	7.1	Hexagon socket flat head half tooth bolts	M8×50×20(6.8 grade)	2
2.28	Power cables	L-100mm/Red)	1	7.2	Hexagon socket flat head full tooth bolts	M8×15(6.8 grade)	6
2.29	Switch		1	7.3	L spanner	6×35×80	1
2.30	Spring-return switch		1	7.4	Tspnner	6×80	1
2.31	Round guide block	Φ25×Φ5×4.5(Black)	8	<b>8</b>			
2.32	Square cushion	40×20×t20×Φ8	6	8.1	Split end power cord		1
2.33	Square cushion	35×35×t3.0×Φ9(Black)	4	8.2	Running belt		1
2.34	Lifting motor		1	<b>9 (CE optional)</b>			
2.35	1700 front roller		1	9.1	Filter		1
2.36	1700 back roller		1	9.2	Power cables	L-300mm(Black)	1
2.37	3220CA running deck		1	9.3	Power cables	L-300mm(Red)	1
2.38	5925CA cover		1	9.4	Connecting wire (ground wire)	L-150mm	1
2.39	Rear cover		1	9.5	Cross recessed flat head bolts with full teeth	M4×10	3
2.40	Side rail		2	9.6	magnet ring	Φ31×Φ19×t16	1
2.41	protective ring		1	9.7	Serrated lock washers	Φ5	1
2.42	magnet ring		1	9.8	Spring washer	Φ5	1
2.43	Wire clip		2	<b>Console</b>			
2.44	Ribbon	3×100	6	4.13	5925CAI console		1
2.45	The power cord buckle		1	4.13.1	Face plate		1
2.46	Decoration block		2	4.13.2	Console cover-1		1
2.47	Wheel	Φ46×Φ8.0×t18.5	2	4.13.3	keyboard		1
2.48	Motor		1	4.13.4	Display PCB		
2.49	Belt		1	4.13.5	Keyboard PCB		1
<b>3</b>				4.13.6	Micro switch (safety lock)		1
3.1	Spraying parts of upright post		2	4.13.7	Safety lock button		1
3.2	Communication wire	L-1200mm	1	4.13.8	Safety key iron plate		1
3.3	Hexagon socket large flat head half tooth bolts	M8×50×20(6.8 black)	2	4.13.9	Sticker of safety key		1
<b>4</b>				4.13.10	Table holder		1
4.1	spraying parts of console frame		1	4.13.11	Philips C.K.S. self-tapping screw ST4*16		4

## LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly to ensure an optimal operation of the treadmill. Suggestions:

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.



### Application of lubricant on the belt:(as shown)

- Stop the running belt and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.
- Wait several minutes to let the silicon spray spread, before starting the machine.

### CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- Weekly:** To make cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill every week.

**STORAGE:**

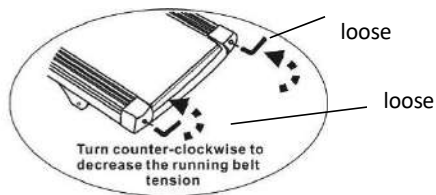
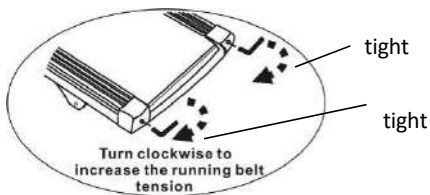
Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

**ADJUSTING THE BELT DEVIATION:**

All running belts are properly set at the factory and after assembly. But after a period, the belt may move or deviate from standard position. The reasons can be listed as follows.

- 1. The treadmill is unstable.
- 2. Feet aren't placed in the centre of the running belt when running.
- 3. Feet exert uneven force.

If deviation does happen, leave for a few minutes to allow it to return to normal. Otherwise adjust step by step in half a turn with a 6mm Allen wrench that is equipped if unable to restore automatically.



Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anti-clockwise.

Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anti-clockwise.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

### Adjustment of the motor's belt

The motor belt of treadmill must be adjusted in the factory and after assembly. However, after a period of use, there may be slackening or slipping.

The step of adjustment:

1. Turn the adjusting screw counterclockwise with wrench.
2. The adjustment range shall be subject to the belt load not slipping.

Noted: Regular cleaning of belts and pulley grooves

