HIT FITNESS H4

HIT00695

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℃.

（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.

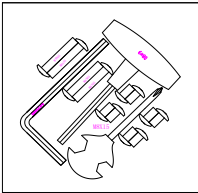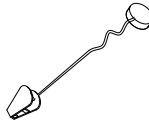# PACKING LIST
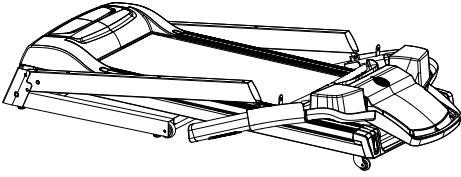
Main frame

Manual

Hardware bag

Safety key
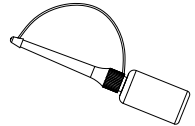
Silicon oil

Hardware bag

Hardware bag list
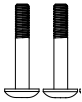
Allen C.K.S. half thread screw
（M8*50*20）2PCS
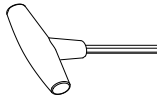
T Wrench 1PCS

Allen C.K.S. full thread screw
（M8*15）4PCS
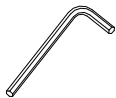
L Wrench（S6）
1PCS
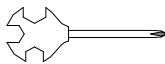
Cross Open
Wrench

Hex lock nut（M8）
2PCS

Spring washer
（Φ8）2PCS

Flat Washer
Φ8   2PCS
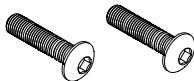
Allen Column full thread screw（M8*25）2PCS

Treadmill Instruction

Safety key

Handle bar

Console

Upright post

Motor cover

Running belt

Rear cover

Side rail
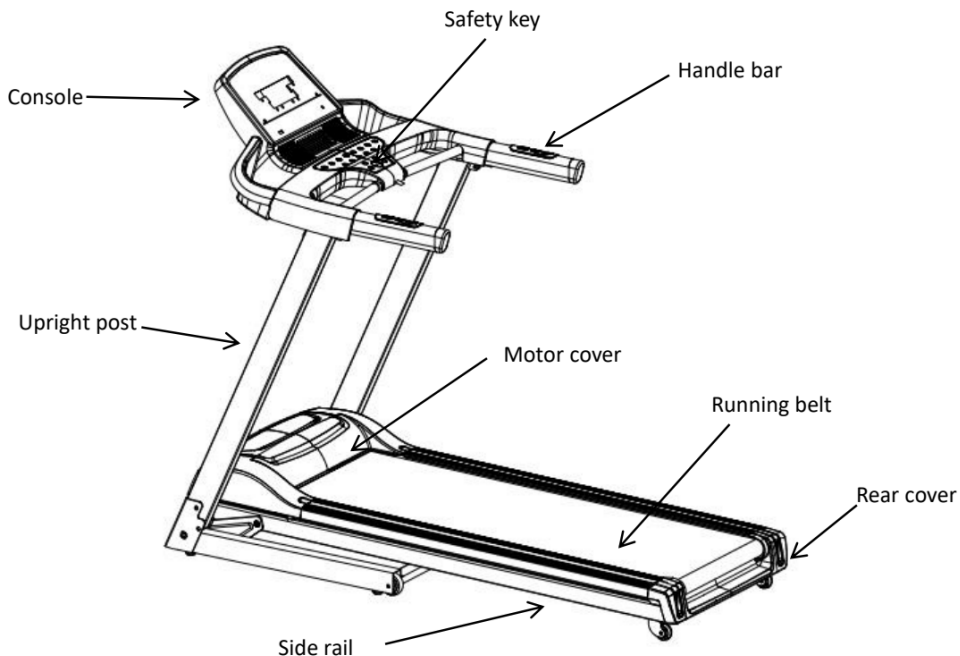
Technical information

Size	Folding size:1140 x 731 x 1500 mm
	Open size:1745 x 731 x 1300 mm
Running size	1400 x 450 mm
Speed	1-18 km/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 the flat floor. Raise up the upright post, use two M8*50*20 Allen C.K.S. half thread screw and two M8*15 Allen C.K.S. full thread screw to lock the left and right upright post frame with the upright post clamping rings on both sides of the base respectively, and do not lock the screws for the time being;
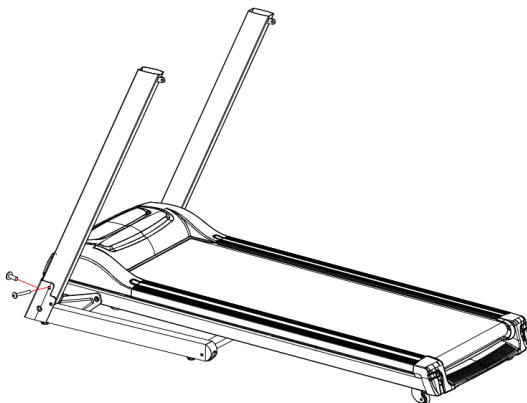
Step 2: Connect console wire and upright post communication wires, then match the console and upright post hole and insert two M8 * 25 hex column full thread screw and two Φ8 spring washer into the hole, then use two Φ88 flat washer and two M8 hex lock nut locking, put the console flatly, then connect the console and upright post, locking with two M8*15 Allen C.K.S full thread screw.
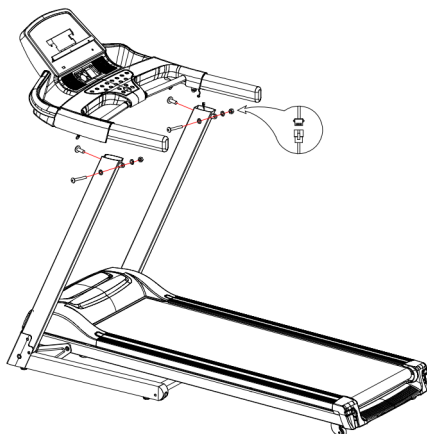
Step 3: Lock all screws, assembling finished.
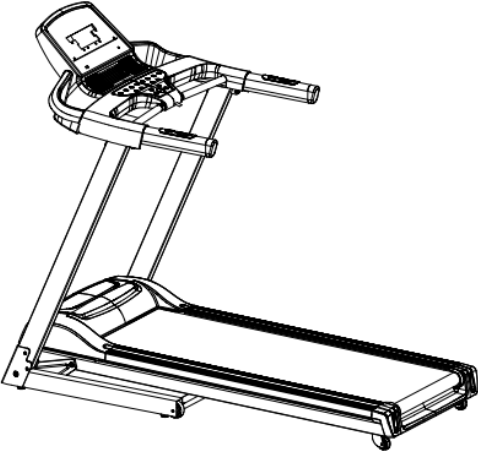
Usage instructions：

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.

Cylinder

Wheels
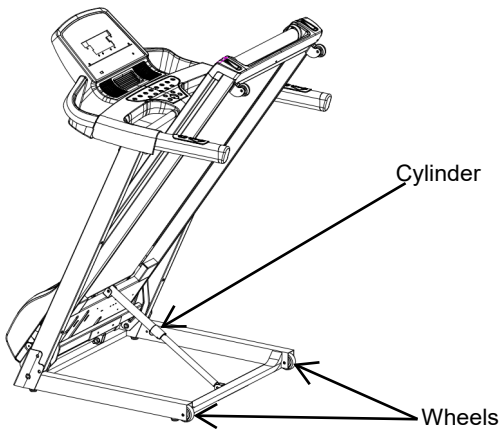
UNFOLDING
1. Choose a flat place that is 1 meter away from the battery socket.

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.
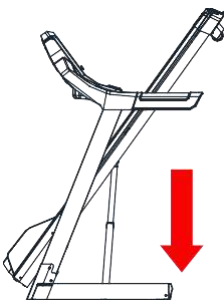
MOVING

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:
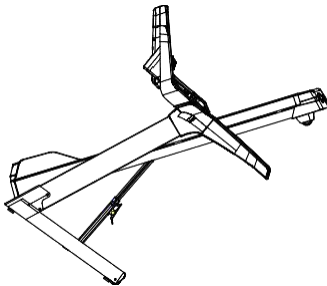
Grounding Guide:

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.
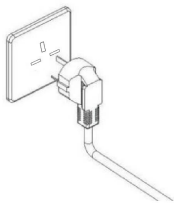
Using instruction of treadmill

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
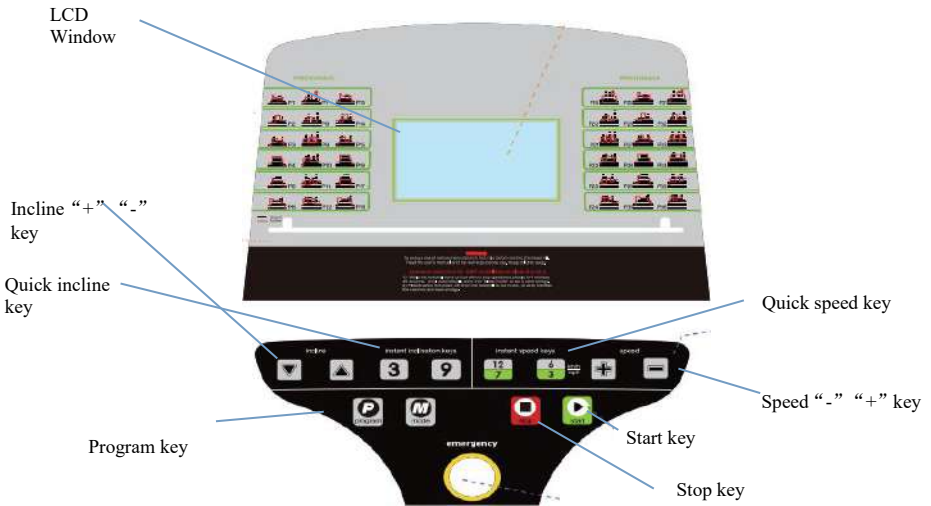
Computer function Instruction:

1: P0: USER training program; P1-P50 is built-in automatic training program, 3 USER, FAT LCD screen,12 operation key;

2. Speed, distance metric system conversion function；

3. Body fat, English system conversion function

4. Operation speed range: 1.0~18.0KM/H；

5. Incline range: 0~15%；

6. Overcharge, overcurrent protection, anti-blast, anti-flying, anti-electromagnetic interference and other safety protection functions;

7. System self-check, abnormal information prompt function

8. 3 self-defining function

LCD window instruction:

1. "SPEED" window：Display the speed value.

2. "TIME" window：Display the time value.

3. "DISTANCE" window：Display the distance value.

4. "CALORIES" window：Display the calories value.

5. "PULSE" window：display pulse value.

6. "INCLINE" window：display the incline value.

Button instruction:

1. PROG： Program select key, when the treadmill is stopped, cycle select from the program to "P1-P50 → $U01{\sim}U03$→HRC1-HRC3→ FAT" as you prefer.

2. MODE：mode select key ： When the treadmill is stopped, set the Mode as you prefer to. You can cycle select the Time count down →calories count down→ distance count down; The reposition of default is 30 minutes when in P1-P50.

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

4. STOP key: when the treadmill is running, stop the treadmill slowly by pressing the STOP key.

5. + key：increase the speed when running. Increase the parameter under the body fat testing.

6. - key：decrease the speed when running.Decrease the parameter under the body fat testing.

7. QUICK SPEED: when the treadmill is running, Speed up directly by pressing the quick speed key 6,12.

8. ▲： : Increase the incline by pressing this key.

9. ▼ : Decrease the incline by pressing this key.

10. QUICK INCLINE：Increase the incline directly by pressing the quick incline key 3, 9

11. Left handle bar "INCLINE+" : press the incline increase button "+" on the handle bar, the function is same as the one on the keyboard;

12. Left handle bar "INCLINE-" : press the incline decrease button "-" on the handle bar, the function is same as the one on the keyboard;

13. Right handle bar "SPEED+" ： press the speed increase button "+" on the handle bar, the function is same as the one on the keyboard;

14. Right handle bar "SPEED-"：press the speed decrease button "-" on the handle bar, the function is same as the one on the keyboard;

Safety key function:

In any state, pull-out safety locks, window displays:"E7" and sound buzzer "DI-DI-DI".

Then put well the safety lock, all show that the full light for 2 seconds, then go to manual start mode (the equivalent of clearing reset).

Safe use instruction:

1. Put the power cord into the electrical outlet with 8A. Flip this switch to the "ON"

position. The screen shines with prompt sound.

2. Put the safety key in the position on the console, clip the clothes clip to the clothes on the chest, and the screen will be fully displayed for 2 seconds before entering the default working state: all counters will be reset, the setting value will be reset, and the treadmill will be in the positive timing mode of manual program P0;

3. Press "PROG" key to cycle select the program P0~P50；

USER Mode:

USER MODE has three modes USER1 ~ USER3, in USER MODE, USER can obtain or set up their own exercise program, press "PROG" to "USER1 ~ USER3", then press the "MODE" button to set or press the START button to START, press the "MODE" key can set up their own programs and 10 section speed and incline, after setting up, pressing the "START" key to start running, the USER's program will be deposited in the exclusive, next time when using can be called directly.

U01,U02,U03,FAT；

"P0" User program. Press "MODE" cycle select four training mode. User can select the speed and inclination. Speed default is 1.0km/h, inclination default is 0%.

5. Training mode 1: Counting. Time, distance, calorie is plus. The select function is closed.

6.Training mode 2: Time Countdown. Under selecting, time window flash, press "+""-" to modify the value. The range is 5-99 minute. Default is 30:00.

7. Training mode 3: Calories Countdown. Under selecting, calories window flicker, press

 "+""-"to modify the value. The range is 20-990CAL. Default is 50CAL

8.Training mode 4: Distance Countdown. Under selecting, Distance window flash, press "+""-"to

modify the value. The range is1.0-99.0km. Default is1.0KM.

9. "P1—P50" Preset program. Only for Time Countdown mode. Under selecting, time

window flash, press "+""-"to select. The range is 5-99 minute. Default is 30:00. Press

 "MODE" key to return to Defaults.

10. Press "START" after setting up training mode, screen display enter 5 seconds time countdown,

with five warning sound, after the countdown to 1, treadmill start gently; speed up slowly to the

display, then the constant speed operation smoothly.

11. When running, press the "+ ", "—"or "quic k speed key" to adjust the speed you want.

12.For P1—P50, speed and incline is divided into 10 segments. Each segment has same time. The

speed after selecting will be avail in current segment. When run to next segment. It will sound 3

times in advance. When finish 10 segments, the motor will stop

with a long prompt sound.

13. Press "START" key when running, it will pause. Press "START" key again, it will running, the

record data will keep on.

14. Press "STOP" key when running, the treadmill will slowly till stop. All will return to the default

state.

15. In any state, pull-out safety key, window displays: E7and sound buzzer. The treadmill stop.

16.The controller always under the inspection. Treadmill will stop once the abnormalcase happen.

Window will show the ERR message and sound.

17. When the treadmill is stopped, press the "PROG"key until select" FAT "and enter into

body fat function, then press "MODE" key to set the parameter.

18. F1 means Sex, the 1(male), 2(female). If the window displays 1, which show you,

select "Male", the original is Male

19. F2 , means Age, the range is 1-99, and the original is 25.

20．F3 , means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch)

21. F4 , means Weight, the range is 20-150KG(44-330pound), the original is 70KG(154pound)

22.F5 , mean BMI, show you have finished the set item , and enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI. Take the Asian people for example,

BMI under 18 is under weight;

Between 18 and 24 is normal weight;

Between 25 and 28 is over weight;

And over 29 is obesity.

24 is default value.

ERP conversion function:

The system starts up in the default ERP mode. Under the condition of not operating the treadmill, the treadmill will enter the sleep state after 4 and a half minutes to save power consumption. Press any key to wake up the system. In standby MODE, keep pressing MODE button for 3S to display '2222' to cancel ERP function, and then press MODE button for 3S to display '1111' to return to ERP MODE.

Program Speed Table

PROG \ SEG		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0

	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	11	7	7	10	10	6	6	6
P37	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	6.0
	INCLINE	10	8	6	4	10	4	10	8	6	4
P38	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	1.0
	INCLINE	12	8	2	12	8	8	2	12	8	2
P39	SPEED	2.0	6.0	11.0	2.0	6.0	6.0	11.0	2.0	6.0	1.0
	INCLINE	12	8	2	12	8	8	2	12	8	2
P40	SPEED	8.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	2.0
	INCLINE	2	4	10	2	4	6	12	6	8	3
P41	SPEED	3.0	6.0	6.0	2.0	11.0	2.0	7.0	6.0	6.0	2.0
	INCLINE	2	3	4	5	6	8	10	9	2	2
P42	SPEED	2.0	6.0	4.0	11.0	6.0	6.0	4.0	11.0	6.0	4.0
	INCLINE	4	4	5	6	7	10	6	6	3	3
P43	SPEED	2.0	4.0	6.0	8.0	7.0	9.0	7.0	3.0	4.0	2.0
	INCLINE	3	5	4	4	3	5	5	4	4	0
P44	SPEED	2.0	4.0	5.0	5.0	6.0	6.0	7.0	4.0	4.0	2.0

	INCLINE	3	5	3	4	2	4	5	3	4	0
P45	SPEED	3.0	6.0	7.0	5.0	8.0	6.0	9.0	7.0	4.0	3.0
	INCLINE	2	2	3	3	2	3	5	7	3	0
P46	SPEED	3.0	6.0	7.0	5.0	8.0	7.0	8.0	7.0	5.0	3.0
	INCLINE	1	2	4	3	2	3	5	6	3	0
P47	SPEED	2.0	8.0	6.0	4.0	5.0	9.0	8.0	6.0	5.0	3.0
	INCLINE	2	2	6	2	3	5	3	3	3	0
P48	SPEED	2.0	3.0	5.0	3.0	3.0	6.0	4.0	7.0	4.0	3.0
	INCLINE	4	4	3	6	7	9	9	7	4	0
P49	SPEED	2.0	5.0	8.0	9.0	6.0	9.0	6.0	4.0	3.0	2.0
	INCLINE	1	3	5	8	1	8	7	4	3	0
P50	SPEED	2.0	5.0	5.0	4.0	4.0	7.0	5.0	3.0	4.0	4.0
	INCLINE	3	5	6	7	9	9	9	9	7	0

ERROR MESSAGE AND SOLUTION:

Problem	Reason	Solution
Treadmill doesn't work	A、Disconnect of power or the power is turn off	Connect the power, and turn on the switch.
	B、Safety key is not put well.	Put the safety key on the correct position.
	C、Transformer is not fix well or transformer defected.	Fix well the transformer or change the transformer.
	D、Electric circuit is off	Check all the power cord and connector are fixed well
Treadmill stop suddenly	A、Safety key fall off	Put the safety key well.
	B、The system problem	Ask for after sale service
Key defected	Key can not work	Change keyboard and wire or change the console.
E1	A、Communication wire loose or defected	Connect the wire well or change the wire.
	B、Console defected	Change the console
	C、Transformer defected	Change the transformer
	D、Controller defected	Change the controller
E2	A、Motor connect wire or motor defected	Change the motor wire or change the motor
	B、The connect wire between the motor and controller is loose or controller defected.	Connect the wire well or change the controller.
E3	A、Speed sensor doesn't fix well	Fix the speed sensor well
	B、Speed sensor defected	Change the speed sensor
	C、The wire between the speed sensor and the controller doesn't connect well	Check and connect the wire well
	D、Controller defected	Change the controller

E4	Incline on self study condition	Check whether the iincline motorr is plugged in correctly or not , replug the connector to make it reliable;Check whether the AC wire of the incline motor is plugged in correctly, and the AC wire of the incline motor is properly plugged in the controller;Check whether the connection wire of the motor is broken, replace the connection wire or incline motor;After all check, press the study key on the controller to restudy the data.
E5	A、 Controller defected	Change the controller
	B、 Motor defected	Change the motor
E6	Explosion-proof impulse protection: abnormal power supply voltage or motor leads to motor circuit damage.	When the machine stops and enters the fault state, the electronic watch buzzer will ring 9 times, and the fault code will be displayed at the same time, while the other areas will not display the content.If the machine is back to normal after shutdown, it can enter standby state and start up normally. Possible reasons: check whether the power supply voltage is 50% lower than the normal voltage, please re-test with the correct voltage specification;Check whether the controller has problem, replace the controller;Check whether the motor wire is connected and reconnect the motor wire.
E7	Console can not test the signal of safety key	Put the safety key to correct position.
No pulse	Hand pulse wire is not connect well or wire defected.	Connect the wire well or change the wire
	Console circuitry defected	Change the console
Console display deficiency	A、 The screw on the PCB board is loose	Tight the screw well
	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.
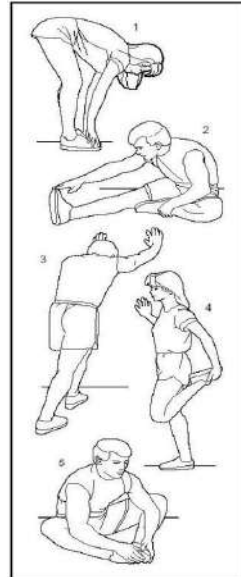
Stretching exercises

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).
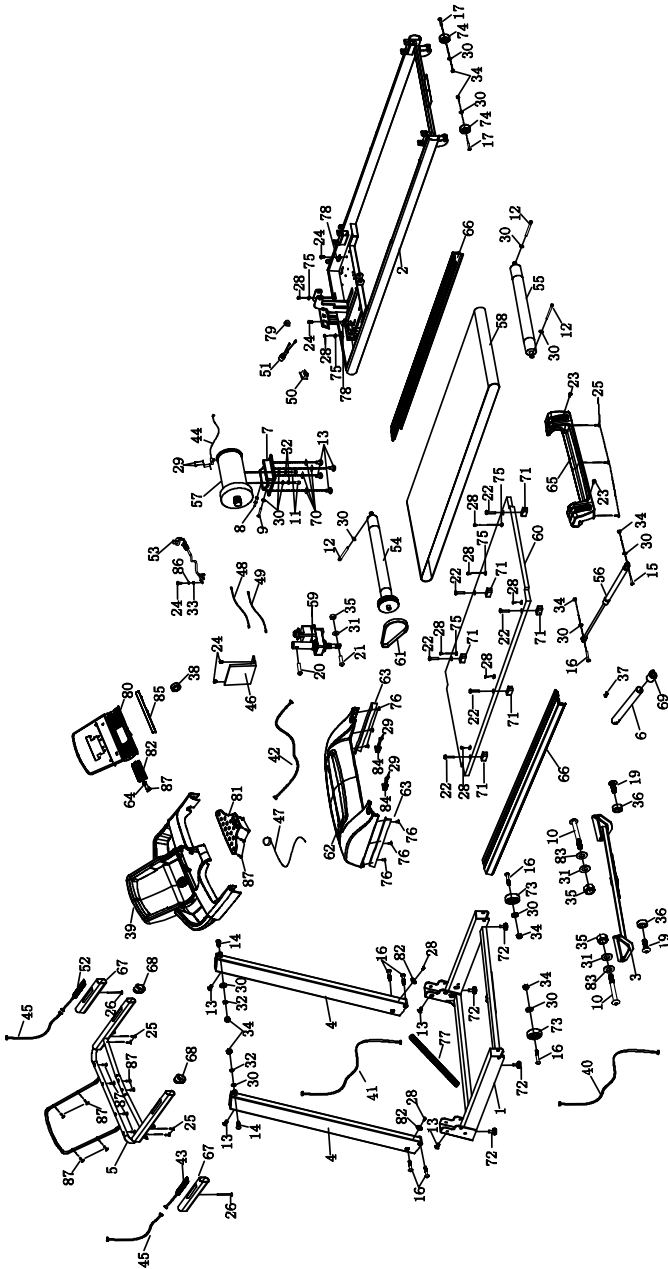
Part list

No.	Description	Qty	No.	Description	Qty
1	Base frame	1	50	Rocker switch	1
2	Main frame	1	51	Fuse holder(with wire)	1
3	Incline frame	1	52	Speed handle pulse	1
4	Upright post(L & R)	2	53	Power cord	1
5	Console frame	1	54	Front roller	1
6	Ezfit linking parts	1	55	Rear roller	1
7	Motor base frame	1	56	Cylinder	1
8	Top motor bolt welding parts-1M8×65	1	57	Motor	1
9	Hex head full thread screw M8×75	1	58	Running belt	1
10	Allen C.K.S. half thread screw M10×90×20	2	59	Incline motor	1
11	Allen column head full thread screw M8×15	2	60	Running deck	1
12	Allen column head full thread screw M8×75	3	61	Motor belt	1
13	Allen C.K.S. full thread screw M8×15	8	62	Motor cover	1
14	Allen column head full thread screwM8×25	2	63	Motor cover stopper	2
15	Allen C.K.S. half thread screw M8×30×20	1	64	Arch clamp	2
16	Allen C.K.S. half thread screw M8×50×20	7	65	Rear cover	1
17	Allen C.K.S. half thread screw M8×40×20	2	66	Side rail	2
			67	Foam	2
19	Allen C.K.S. full thread screw M10×25	2	68	End cap	2
20	Allen C.K.S. half thread screw M10×60×20	1	69	Round end cap	1
21	Allen C.K.S. half thread screw M10×35×20	1	70	Square cushion	4
22	Allen countersunk full thread screw M6×50×Φ16	6	71	Square cushion	6
23	Phillips C.K.S. full thread Screw M5×10	6	72	Feet mat	4
24	Phillips C.K.S. full thread Screw M4×10	7	73	Wheel	2
25	Phillips C.K.S self-tapping screw ST4×16	27	74	Wheel	2
26	Phillips C.K.S self-tapping screw ST4×50	2	75	Round side rail guider	8
27	Phillips pan head self-tapping screw ST3×25	4	76	Phillips C.K.S self-tapping screw ST5.5×15	6
28	Phillips countersunk self-tapping screw ST4×15	6	77	Wire protector	1

29	Phillips countersunk self-tapping screw ST3×10	6	78	Cable clamp	2
30	Flat washer Φ8	15	79	Cord Strain Relief Bushing	1
31	Flat washer Φ10	3	80	Panel	1
32	Spring washer Φ8	4	81	Keyboard	1
33	Serrated lock washers Φ5	3	82	Air outlet	1
34	Hex locked nut M8	8	83	Flat washer	2
35	Hex locked nut 母 M10	3	84	Motor cover limitator	2
36	Incline bushing Φ25×Φ17×Φ10×6×1	2	85	IPAD holder	1
37	Washer-1	1	86	Spring washer	3
38	Magnetic ring	1	87	Phillips C.K.S self-tapping screw ST4×12	13
39	Console cover	1			
40	Communication wire L-800mm	1			
41	Communication wire L-1200mm	1			
42	Communication wire L-700mm	1			
43	Incline handle pulse	1			
44	Speed sensor L-300	1			
45	Handle pulse connection wire L-750mm	2			
46	Controller	1			
47	Safety key	1			

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.
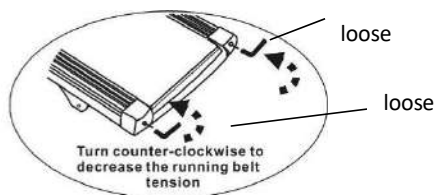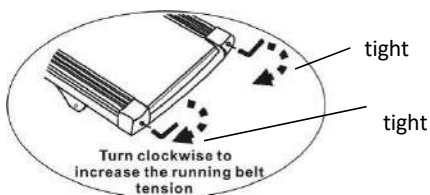
STORAGE:

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 DEVATION:

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.

tight

tight

Turn clockwise to
increase the running belt
tension

loose

loose

Turn counter-clockwise to
decrease the running belt
tension

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