



# **HOME WALKING**

## **Aluminum Alloy Multi-Function Walking Machine (with armrests)**

### **User Manual**

**Xiamen Renhe Sports Equipment Co., Ltd**

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HOME WALKING Walking Machine User Manual

Congratulations on choosing the HOME WALKING walking machine, hereinafter referred to as the walking machine, 0 of the whole machine is made of high-strength aluminum alloy without welding process. The patented automatic speed control mode combines fitness, entertainment and safety. Please enjoy walking at home and in the office. Therefore, please read this user manual carefully before starting your walking machine, you can get important tips about operating the walking machine. In addition, you will get information that is very useful for the safety of this machine.

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## Prompt

## Overview

The purpose is to quickly know about the walking machine and understand the meaning of the serial number and symbol of the user manual. It is important to keep this user manual, especially when lending or reselling this machine.

## Icon in the user manual

**!** This symbol represents a safety alert that it must be read and followed carefully for the safety of yourself and others and to avoid damaging your walking machine.

**i** This symbol represents the points for attention. Please read them carefully and observe them to get correct operation and better experience of this walking machine.

## Steps

Strictly observe the sequence and follow the steps with serial numbers.

1. The first step of the operation.
2. The second step of the operation.

## List

No mandatory sequential operations are displayed as lists with enumerated items.

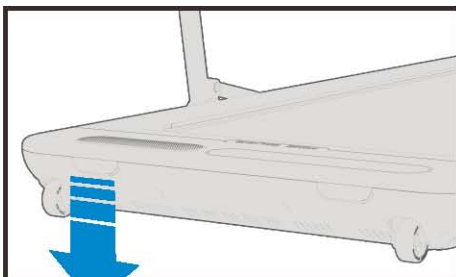
- ▷ The first step
- ▷ The second step

## Timeliness of this user manual

We continue to further develop to ensure that the walking machine has a high level of safety and quality. Therefore, this walking machine may occasionally differ from the description. (Note: The cover is the regular color matching of the walking machine, the specific color is subject to the color of the purchased model)

## Walking machine serial number

Copy the walking machine serial number (located around the power switch) to the serial number field below and then save this user manual.



	型号: HOME WALKING	请仔细阅读用户手册	
	电压: 220V-240 V	功率: 450W	等级: HC
	频率: 60-60HZ	最大承重: 120KG	
	制造商: 厦门仁和运动器材有限公司		
	生产地址: 厦门市同安区工业集中区集成路1129号		
序列号:			

### Manufacturer Information

Manufacturer: Xiamen Renhe Sports Equipment Co., Ltd.  
Address: No. 112, Jicheng Road, Industrial Concentration Zone, Tong'an District, Xiamen, Fujian Province  
Hotline: 00-05 2-

### Official website

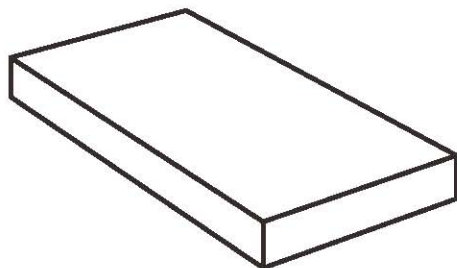
Log in to Renhe official website for more information, please visit the official website:  
[www.rhfitnesssequipment.com](http://www.rhfitnesssequipment.com)

## Unpacking

### Overview

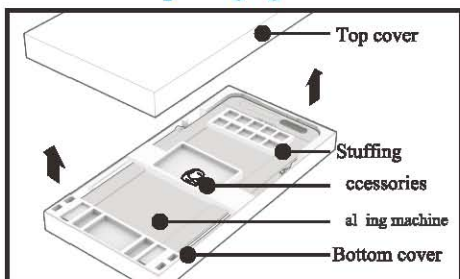
Be sure to place the walking machine carton on a flat surface. Please be careful to carry it. Never unpack from the side of the carton.

### Packing carton specifications



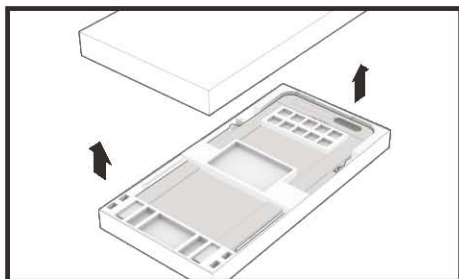
Item	Specifications
Carton size (mm)	1515x 515 x120
Gross weight (g)	10

### Carton inner packaging

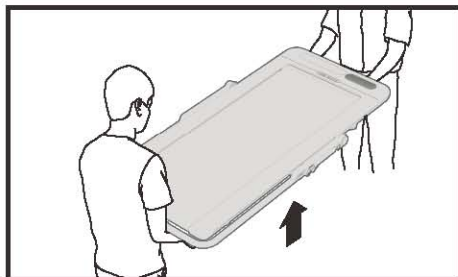


### Unpacking step

1. Make sure the top cover of the carton is facing up and open the top cover.



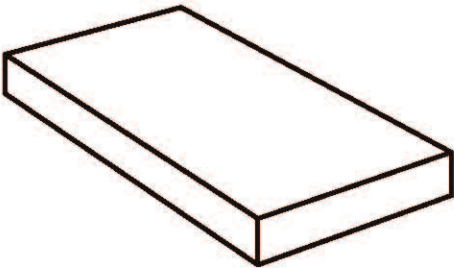
2. It is required to take the treadmill out of the bottom cover by two people.



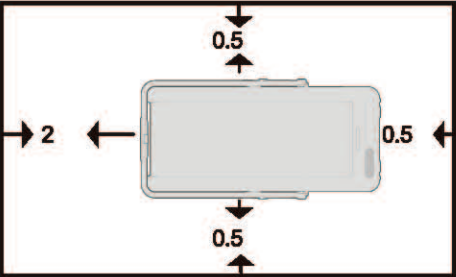
3. Place the walking machine on a flat surface. Do not put on a too soft mat or a thick carpet when using.



Put the stuffing bag into the carton , fasten the top and bottom cover and keep it well .



5. It is recommended to leave at least 0.5 m of space on both sides of the walking machine and a 2 m safe area behind the walking machine.



Product technical parameters

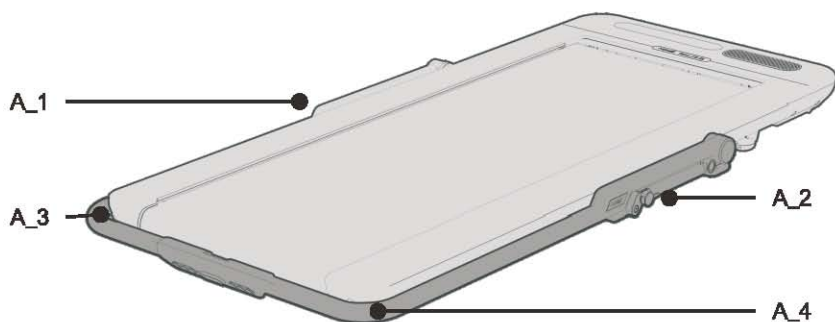
No.	description
Unfolding dimension(mm)	1000x500
Folding dimension(mm)	150x50
Running area (mm)	1200x 0
Net weight	5
Max speed ( km/h )	120
Applicable user age(year)	12- 0
Incline(%)	Fixed
Motor power ( W )	50
Speed range( km/h)	Handrail unfold: 1.0- 0.0
	Handrail folding: 1.0- 0.0
Display Specifications	High-contrast digital display
Exercise parameters	speed, steps, time, distance
Control mode	Manual control mode
	Remote control mode
	Automatic control mode

**Note:** Please keep the original carton and filler after unpacking. During the warranty period, the walking machine that needs to be returned and changed should be returned to the original factory in the original packaging.

## Handrail unfolding operation

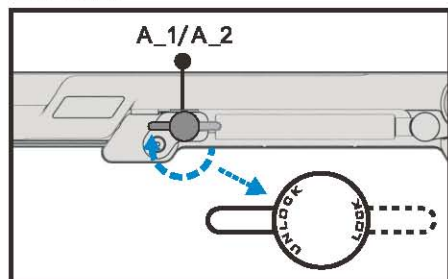
### Overview

The handrail of the walking machine adopts the gas-liquid buffer technology, and the automatic unfold can be realized when the armrest unfolding stroke reaches a certain angle. Follow the steps below to unfold the walking machine.

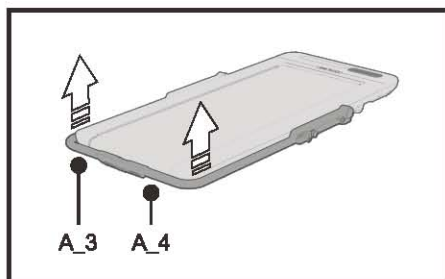


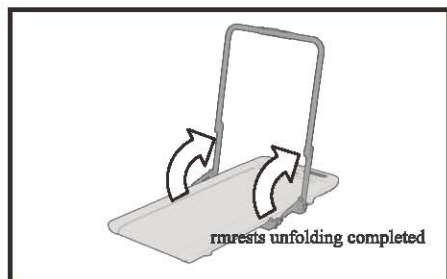
### Unfolding steps

1. Move the two-way locking mechanism switch 1 / 2 on the left and right sides of the armrest from the LOCK position to the UNLOCK position to adjust the handle to the unfolded state.

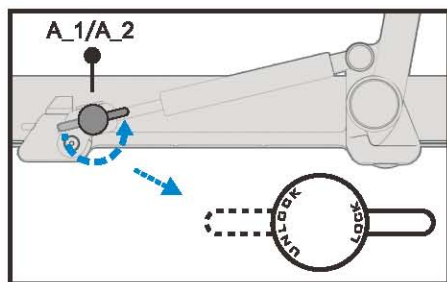


2. Raise the armrest 1 / 2 up to a certain angle with both hands, and the armrest will automatically rise to the appropriate height.





After the unfold is completed, the bidirectional locking mechanism 1/ 2 switch should be moved from the UNLOCK position to the LOCK position to fix the armrest.



#### **Note:**

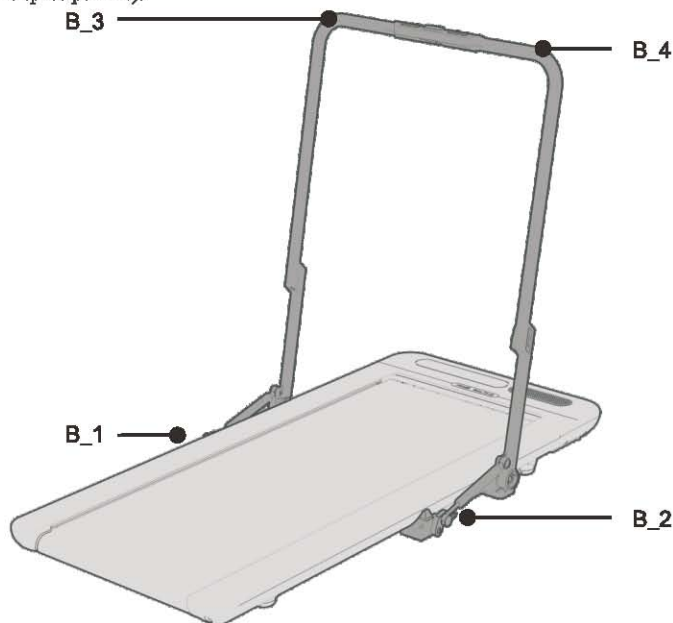
- ▷ The angle of the armrest can be adjusted and fixed according to the user's usage habits. Adjust the unfold angle and then move the two-way locking mechanism switch to the locked position.
- ▷ When the handrail is folded, the maximum speed of the walking machine is 1 m/h. When the handrail is in the unfolded state, the maximum speed of the walking machine is automatically adjusted to 2 m/h.



## Handrail folding operation

### Overview

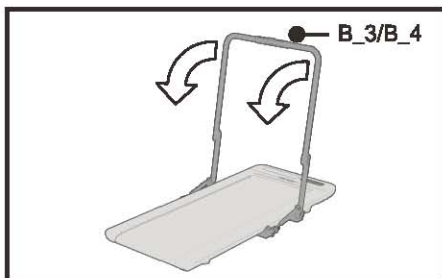
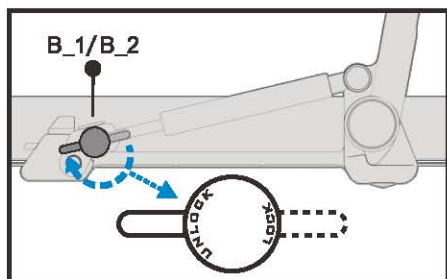
This walling machine is designed to be fully foldable and requires no installation tools. The handrail adopts a gas-liquid cushioning technique. When the handrail is folded, the handrail is held by both hands until the folding is completed. Please follow the steps below to fold the walling machine. The thickest section is no more than 10cm when the walling machine is fully folded, it can accommodate any space that meets this size, such as under the sofa or under the bed (where the space permits).



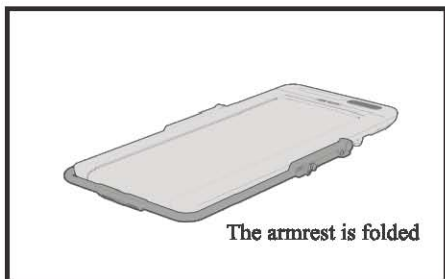
### Folding step

1. Rotate the bidirectional locking mechanism switch B\_1/B\_2 on the left and right sides of the armrest from the OC position to the N OC position. Adjust the armrest to the unlocked state.

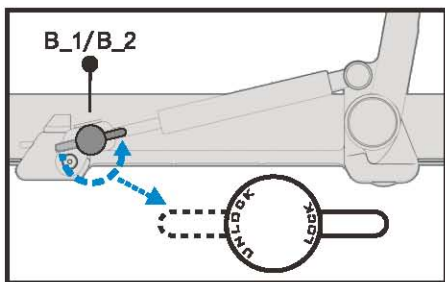
2. Press the armrest B\_3/B\_4 to the main body of the machine with both hands. Hold the handrail when pressing until the folding is completed.







After the folding is completed, the bidirectional locking mechanism B\_1/B\_2 switch should be moved from the N OC position to the OC position to fix the armrest.



#### Note:

After folding, the two-way locking machine mechanism switch must be moved to the lock position, so that the armrest and the machine body are fixed tightly to facilitate the movement of the walking machine.


When the handrail is in the unfolded state, the maximum speed of the walking machine is  $\text{m/h}$  when the handrail is folded, the maximum speed of the walking machine is automatically adjusted to  $\text{m/h}$ .

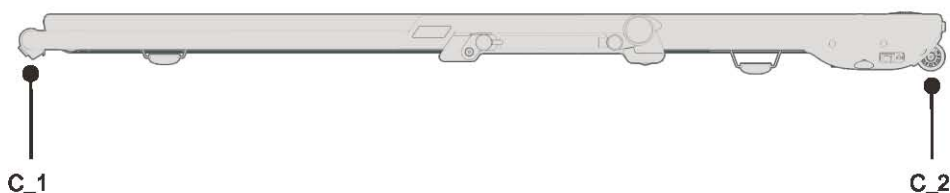


## Moving operation

### Overview

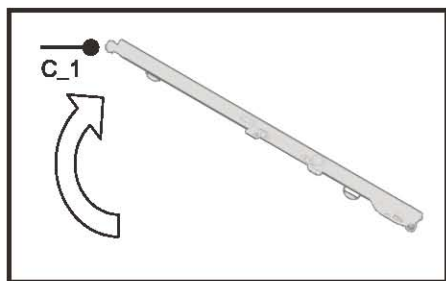
The net weight of the machine is 5 g. The two-way locking mechanism (locking status, see page 11 for details) can be used to fasten the body when the armrest is folded so as to facilitate the movement of the walling machine. Please follow the steps below to move the walling machine.

 **Warning:** Before moving the walling machine, remove the power cord plug from the socket and make sure that the armrest locking mechanism switch is in the locked state.

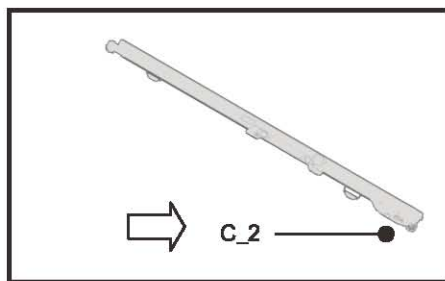


### Moving step

1. Lift the walling machine from the armrest C\_1 with both hands.



2. Move the walling machine to the desired position with the two moving wheels C\_2 that are under the motor cover.



## Power supply

## Grounding instructions

### Overview

This product must be grounded. If the product fails, grounding provides a minimum resistance path for the current and thus reduces the risk of electric shock. The original plug of this product is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate socket and the socket must be properly installed and grounded in accordance with all local codes and regulations.



#### Warning

Failure to follow the instructions may result in electrical leakage.

▶ Never touch the power cord and power switch with wet hands.

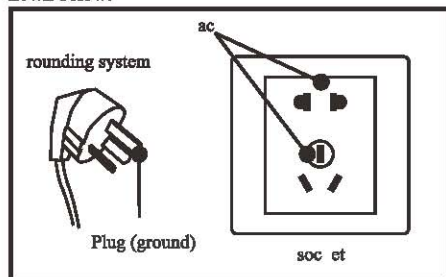
▶ Do not remove the motor cover, otherwise there may be an electric shock danger.

## Power requirement

The normal use voltage of this product is 220 volts. The voltage required for the unit can be found on the nameplate sticker (usually around the front of the motor cover). It needs to be used according to the specific voltage requirements.



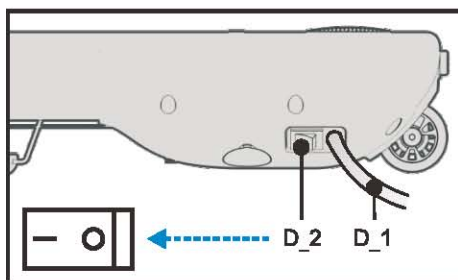
Please refer to the product grounding diagram as shown below.



## Power on/off

### Overview

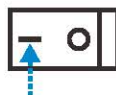
This walking machine comes with a power cord, the power cord and power switch are located on the right side of the motor cover.



Category	Description
_1	Power cord
_2	Power switch
	Power switch icon meaning 【1】 = on, 【0】 = off

### Power on step

1. Power on the walking machine.
2. Press the icon 【1】 at the power switch 2 of the walking machine.



### Power off step

1. Press the icon 【0】 at the power switch 2 of the walking machine.
2. Pull out the power plug of the walking machine from the socket.

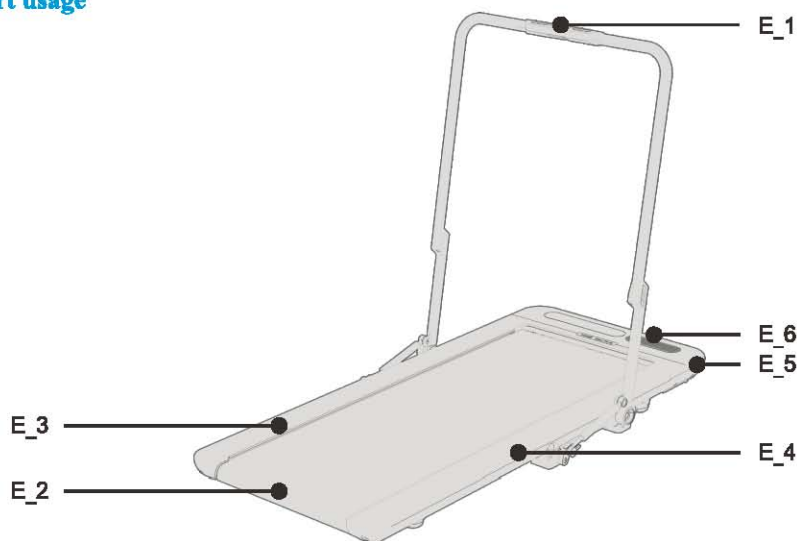


## Operation of walking machine

### Overview

By introducing the walking machine parts, buttons, remote control (optional) and movement parameters window, you can get familiar with the working principle of different working modes quickly. The walking machine has three control modes, namely manual control mode, automatic control mode and remote control mode (optional).

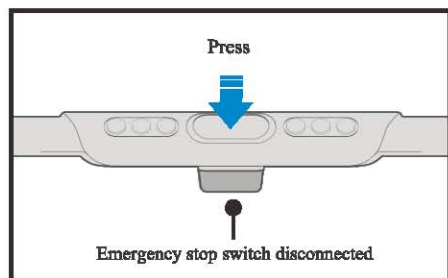
### Part usage



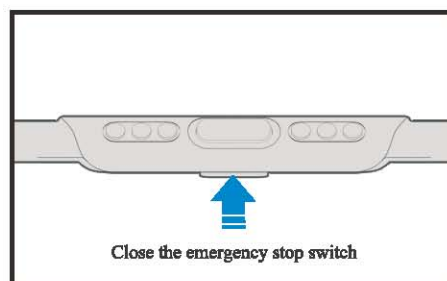
### Emergency stop switch

The emergency stop switch is located at E\_1.

The emergency stop switch is long red button, which is located in the middle of the handrail of the walking machine. When the walking machine is running, in case you encounter an emergency, pat the emergency stop switch with your hand, the walking machine will stop quickly.



To restart the walking machine, close the emergency stop switch firstly, and then press the Start button on the handrail button of the walking machine.



## Walking belt

The walking belt is located at E 2.

Warm up before the exercise, check the walking belt condition of the walking machine, adjust the tightness if necessary, and carry out the lubrication maintenance of the walking machine in time.

## Side rail

The side rails are located at B 1/B 2.

The fixed side rail on both sides of the running belt for user to safely stand over during start-up or in an emergency.

## Motor cover

The motor cover is located at B 5.

Do not cover the motor cover to avoid malfunction or damage caused by excessive motor temperature. Do not step on or jump on the motor cover.

## Bluetooth Speaker

The Bluetooth speaker is located at E 3.

This walking machine is equipped with a Bluetooth speaker, which is located on the right side of the motor of the walking machine. Connect the speaker to the phone via the Bluetooth function of the phone and control it on the phone (see page 20 for details on Bluetooth speaker operation).



**Note:** Please close the emergency stop switch after powering on the walking machine. If the emergency stop switch is not closed, it will not start normally. The emergency stop switch button "E ER ENC STOP" will continue to flash.

## Handrail button

The armrest button is used to control the start, pause, stop, acceleration, deceleration, and control mode switching of the walking machine.



The function button panel is at F 1.



- ▶ Speed up button
- ▶ Press this button to decrease the speed in increments of 0.1 m/h
- ▶ Long press this button to continually decrease the speed



- ▶ Mode Switch button
- ▶ Switch between manual control mode and automatic control mode.



- ▶ Start button
- ▶ Start the walking machine and enters the manual control mode



- ▶ Stop button
- ▶ The walking machine gradually decelerates to stop and the exercise parameters are cleared to zero.



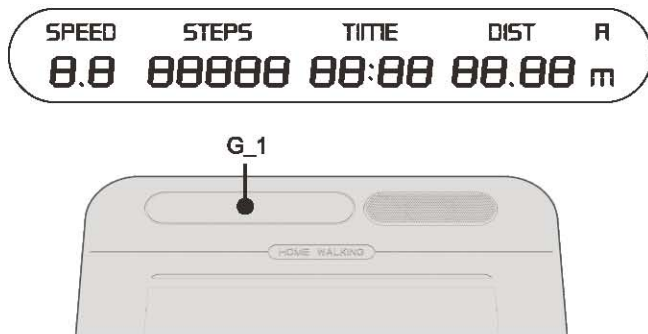
- ▶ Pause button
- ▶ Pause the walking machine, the speed value is cleared to zero, and the exercise parameters are retained.



- ▶ Acceleration button
- ▶ Press this button to increase the speed in increments of 0.1 m/h
- ▶ Long press this button to continually increase the speed

## Display window

Power on the walking machine, turn on the power switch, and the display will light up. The display window adopts white matrix numbers to display the movement parameters such as speed, number of steps, time, and mileage of the walking machine, and simultaneously displays the two control modes of the walking machine.



The sports parameter display window

Name	Description
SPEED	Speed (handrail unfold status) display range 1.0 m/h- 10.0 m/h
	Speed (handrail folding state) display range 1.0 m/h- 10.0 m/h
STEPS	Number of steps display Range 0- 99999 steps
TIME	Time display range 00:00- 59:59
IST	distance display range 0 m- 999.9 m
	Automatic control mode
	Manual control mode
	Remote control mode(optional)

### SPEED

Displays the current speed value. Pauses or stops the walking machine, and the value is cleared to zero.

### STEPS

Displays the cumulative number of steps in a single exercise.

Pause the walking machine, the value will remain, if restart the walking machine before it enters sleep mode, then the parameters will continue to accumulate.

The value is cleared to zero after stopping the walking machine.

### TIME

Shows the duration of a single exercise.

Pause the walking machine, the parameters will remain, if restart the walking machine before it enters sleep mode, then the parameters will continue to accumulate.

The parameter is cleared to zero after stopping the walking machine.

### DIST

Displays the accumulated mileage of a single exercise.

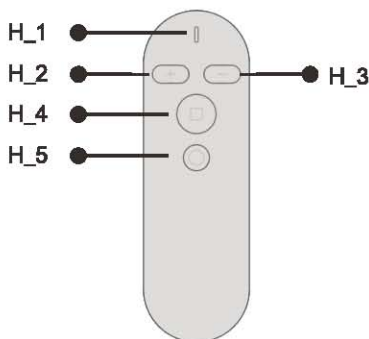
Pause the walking machine, the parameters will remain, if restart the walking machine before it enters sleep state, then the parameters will continue to accumulate.

**i** Note: Sleep mode is detailed on page 2.

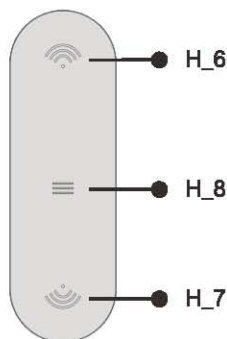


## Remote control(optional)

The remote control is used to control the start, stop, acceleration, deceleration and control mode switching of the walling machine.



Front of the remote control



Back of the remote control

## Key Function

Name	Description
H_1	button work indicator light
H_2	acceleration button
H_3	deceleration button
H_4	start/stop composite button
H_5	control mode switch button
H_6/H_7	wireless transmitter indicator
H_8	battery cover

### Button work indicator light

Press the remote control button and the indicator light on.

### Acceleration button

Press the acceleration button, the speed value is first rounded up by a multiple of 0.5 m/h, press again, the speed is incremented by 0.5 m/h.

### Deceleration button

Press the acceleration button, the speed value is first rounded up by a multiple of 0.5 m/h, press again, the speed is decremented by 0.5 m/h.

### Control mode switch button

It is used for manual control mode and automatic control mode cyclic switching.

## Remote control matching steps

You will need to match the remote control with the walling machine when the first time you use it, the matching operations are as follows:

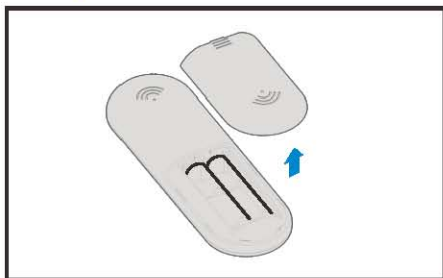
1. Power off the walling machine
2. Power on the walling machine and turn on the power switch, at the same time, press and hold any buttons on the remote control for more than 5 seconds

The status of the matching progress appears in the display window, as shown in the figure.



Wait for the matching process to be completed. If it is not successful, repeat the above steps.

## Battery cover



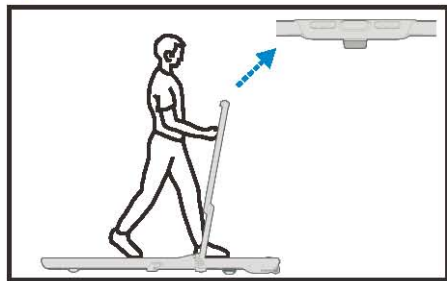
This walling machine remote control uses two batteries, the procedure for replacing the battery of remote control is the same as that of a normal TV remote.



## Manual control mode

The manual control mode provides the user to control the walking machine with the armrest button.

## Operation



### Start

Power on the walking machine, turn on the power switch, press the armrest Start button to start the walking machine and start walking, then slowly accelerate.

### Acceleration

Press the acceleration button on the handrail. Each time you press it, the speed increases by 0.1 m/h. When you long press it, the speed increases rapidly until the maximum speed reaches 1 m/h.

### Deceleration

Press the deceleration button on the handrail. Each time you press it, it will reduce the speed by 0.1 m/h. When you long press it, the speed will decrease rapidly until the minimum speed reaches 1 m/h.

### Pause

Press the armrest Pause button to pause the walking machine, and the machine gradually slows down to stop.

### Stop

Press the armrest Stop button to stop the walking machine, and the walking machine gradually slows down to stop.

### Mode switch

Press the armrest Mode Switch button to switch the exercise mode. There are two states:

▷ When the walking machine is in the manual control mode, press the Mode Switch button, the walking machine will switch to the automatic control mode (see page 21 for details of automatic control mode operation).

▷ When the walking machine is in the automatic control mode, press any button on the armrest or remote control (optional), the walking machine will switch to the manual control mode and execute the corresponding button command.

## No-load function

After starting the walking machine, if no one walks on the walking belt for 10 seconds, the walking machine will stop automatically.

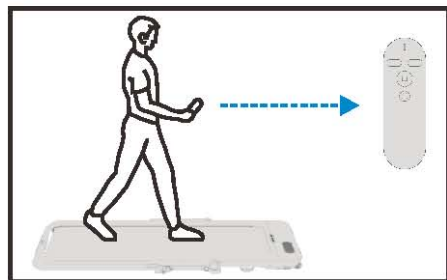
### Note:

- ▷ After starting the walking machine, beginners need to accelerate slowly.
- ▷ When operating the buttons, hold the armrest with one hand.
- ▷ In case of emergency, please press the emergency stop button. The walking machine stops quickly, hold the handrail firmly. After the speed has slowed down, place two feet on the side rails.
- ▷ To stop the exercise, press the stop button. Hold the handrail firmly. After the speed has slowed down, place your feet on the side edges.
- ▷ See the Safety guide on page 2 for safety precautions.

## Remote control mode(optional)

The remote control speed control mode provides users to control the walking machine with remote control.

### Operation



### Start

Press the remote start/stop composite button to start or stop the walking machine. There are two states:

▷ When the walking machine is in the standby state: Press the start/stop composite button to start the walking machine.

▷ When the walking machine is in operation:

Press the start/stop composite button to stop the walking machine.

### Acceleration

Press the acceleration button on the remote control. Each time you press it, the speed value is rounded up in multiples of 0.5 m/h. Press again, the speed is increased by 0.5 m/h, the maximum speed of the walking machine without handrail is 10 m/h, and the maximum speed of the walking machine with handrail is 5 m/h.

### Deceleration


Press the deceleration button on the remote control. Each time you press it, the speed value is first rounded up in multiples of 0.5 m/h. Press again and the speed is reduced by 0.5 m/h until the minimum speed is 1 m/h.

### Mode switch

Press the Mode Switch button on the remote control to switch the exercise mode. There are two states at this point:

▷ When the walking machine is in the manual control mode: press the mode switch button on the handrail or remote control (optional), the walking machine switches to the automatic control mode (see page 21 for details of the automatic control mode operation).

▷ When the walking machine is in the automatic control mode: press any button of the handrail or remote control (optional), the walking machine will switch to the manual control mode and execute the corresponding button command.

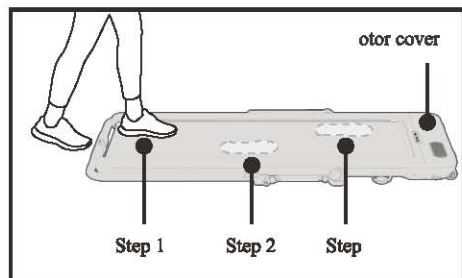
 Note: See Safety guidelines on page 2 for safety precautions.

## Automatic control mode

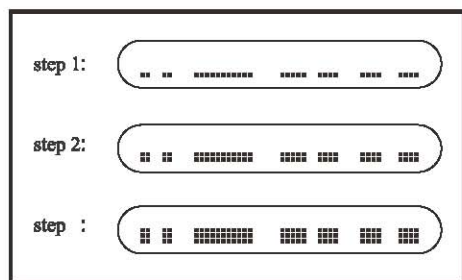
The automatic control mode adopts TO R N2.0 intelligent speed control system developed by Renhe company, which is able to control the running state of the walking machine without button control.

### Start

1. al steps continuously from the bac of the wal ing belt at the normal wal ing pace (5-10cm space must exist between two feet) as shown in the figure:

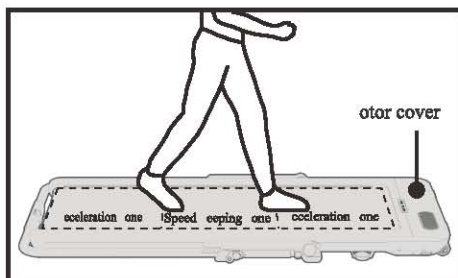


The display shows that the content will be synchron- i ed with steps, as shown in the figure:



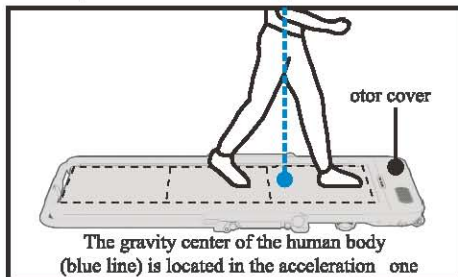
2. fter completing the three wal s, the wal ing ma- chine starts running in automatic mode and records the movement data.

### Walking operation



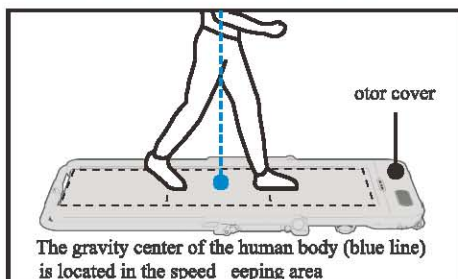
### Acceleration

hen the user's body movement center of gravity is located in the acceleration one of the wal ing belt, eep moving in this area will reali e automatic acceleration, as shown in the below figure:



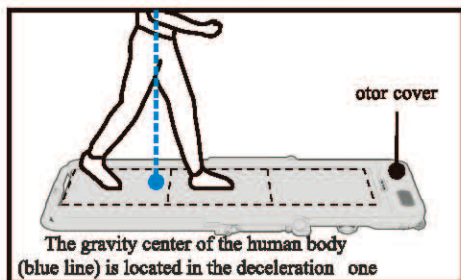
### Uniform speed

hen the user's body movement center of gravity is located in speed eeping one of the wal ing belt, eep moving in this area, the speed will maintain as a constant speed, as shown in the below figure:



## Deceleration

When the user's body movement center of gravity is located in the speed deceleration area of walking belt, keep moving in this area will realize automatic deceleration, as shown in the below figure:



### Deceleration from the acceleration zone

When the center of gravity of the user's body moves from the acceleration zone to the speed keeping zone and continues to walk, the walking machine automatically decelerates and then maintains a constant speed.

### Deceleration from the uniform speed zone

When the center of gravity of the user's body moves from the speed keeping area to the deceleration area and continues to walk, the walking machine automatically decelerates to the lowest speed and then stops.

## Mode switch

When the walking machine is in the automatic control mode: press any button on the handrail or remote control (optional), the walking machine cancels the automatic control mode and executes the corresponding button command.

## Stop operation

### Stop from the acceleration zone

When the center of gravity of the user's body moves from the acceleration zone and enters the speed keeping zone, and then slows down from the speed keeping zone and enters the deceleration zone and continues to walk, the walking machine will automatically decelerate to the lowest speed and then automatically stop.

### Stop from the uniform speed zone

When the center of gravity of the user's body moves from the speed keeping area to the deceleration area and continues to walk, the walking machine will automatically decelerate to the lowest speed and then automatically stop.

## Note:

Automatic speed control mode requires learning and adaptation.

For the first time of use, you need to control it in the state of unfolding the armrest. If you encounter an emergency during the operation, please press the stop button or the emergency stop switch, and the walking machine cancels the automatic control mode and stops.

This exercise mode can be used completely away from the armrest button or remote control, and is recommended for users with better motor coordination or experience with a walking machine.

Wearing a euphotic insole or high heels is not suitable for automatic control mode.

See Safety Instructions on page 2 for safety precautions.



## Sleep and wake up

After the walking machine is powered on, if the user does not operate the function button for a long time or does not walk on the walking belt, the system automatically enters the sleep mode.

If you need to continue using it, you can wake up the walking machine by pressing the function button or touching the walking belt by single foot.

### Sleep

If the user does not operate the walking machine function button or no one walks on the walking belt, the system enters the sleep mode after the standby time exceeds 5 minutes, and the display window is as follows:



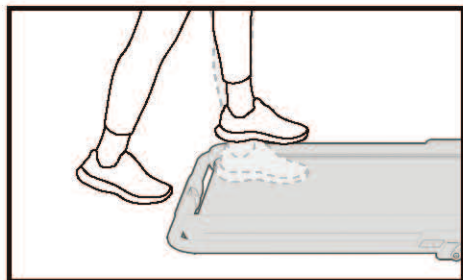
-- -- --

### Wake up operation

There are two ways to wake up the walking machine:

▶ Press any function button of the armrest, the display window is lightened, the button light is on and the walking machine is awakened.

▶ Raise your foot to continuously touch the walking belt of walking machine at a constant speed. Take three steps to wake up the walking machine. The movement between each two touches is no more than 5 seconds, as shown in the figure:



During the wake-up process, the middle area of the display will change with the number of touches, as shown below:

First, the display window is as follows:



--

Second, the display window is as follows:



-- --

Third, the display window is as follows:



-- -- --

After correctly completing the three-step touch on the walking belt, the display window lights up the parameters, the armrest button light is on, and the walking machine is awakened.

### The following error action will not wake up the walking machine

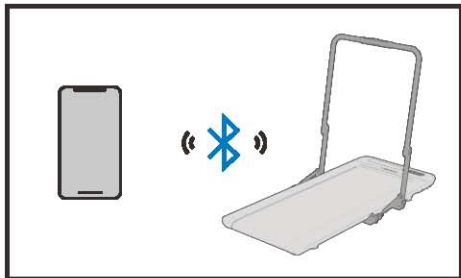
▶ Wake up action error: The wake of the foot should be in the same direction as the step on the walking machine. If the foot is perpendicular to the direction of motion, the wake up fails.

▶ Wake up time error: Use single foot to continuously touch the walking belt of walking machine with a constant speed. The wake-up fails if the interval between each two touches exceeds 5 seconds.

## Bluetooth Speaker

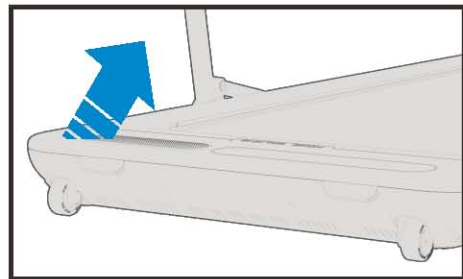
This walling machine is equipped with a Bluetooth speaker, which can be connected to the mobile phone through the Bluetooth function of the mobile phone, and can be controlled on the mobile phone. Support phones or tablets with Bluetooth devices.

### Matching



#### Operation Steps:

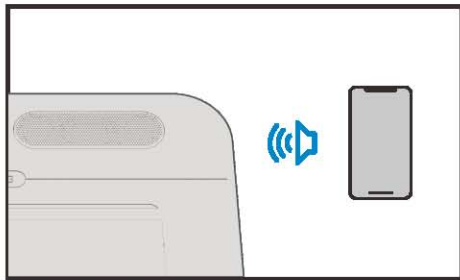
1. Power on the walling machine, turn on the power switch under the motor cover, and wait for the phone to pair
2. Enter the phone settings interface, select the Bluetooth icon and turn on the Bluetooth function
  - After the Bluetooth function is turned on, click on the Bluetooth speaker name in the available devices to pair. The name of the Bluetooth speaker is specifically viewed in the front of the motor cover as shown in the figure.



- After clicking on the Bluetooth speaker name, enter the pairing code: 12 or 0000. Wait for the system to pair to complete the operation. When the Bluetooth connection is successful, there will be a ding-dong tone.

### Use

Control the playback of songs via a mobile phone or tablet with a Bluetooth device.



### Problems and Troubleshooting

If there is a problem that the Bluetooth device cannot be connected to the walling machine, there are three troubleshooting solutions:

- ▶ Power on the walling machine, wait 10 seconds, restart, and then refresh the pairing again
- ▶ Delete the Bluetooth list and refresh the pairing again. Click on the Bluetooth speaker name of the walling machine and enter the pairing code again. The pairing code is 12 or 0000.
- ▶ Check if another device has successfully connected to the Bluetooth speaker.

## Dynamic warm-up

### Overview

Dynamic warm-up refers to some of the relaxed physical activities that can get the body into motion. The so-called heat begins with the acceleration of blood circulation.



Warning

The body will stretch when it is static, it will impact muscle groups and increase the tension of the muscles, causing tiny tears in the muscle tissue, which can lead to injuries.

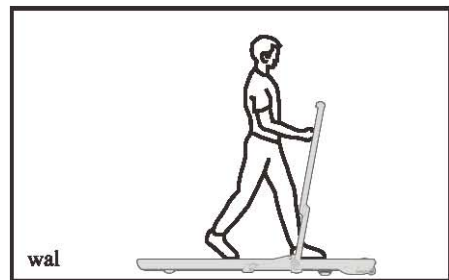
### Principle

When the human body is resting, the blood circulation system mainly serves the nervous system of the brain, internal organs and glands, digestive system, and other systems. After the start of the exercise, the muscles' demand for blood circulation will increase.

About half of the blood that originally flows to other parts of the body will enter the training muscles. It should start with a very relaxed activity and then gradually strengthen up.

### Warm-up step

1. Perform very relaxing physical activities such as indoor walking, walking slowly on walking machine, and riding an exercise bike indoors. Warming up for 12-15 minutes in these ways allows the heart rate to rise slowly, allowing the body to heat up and increase the ability to stretch joints, muscles, tendons and ligaments.



2. For endurance-type training users, there is no need to challenge the limit of the motion range, just need static stretching. Static stretching is a very slow and delicate activity, you can gently stretch the muscles and maintain a steady state for 10-30 seconds, the best static stretching requires each muscle group to repeat 3-5 times in order.

3. Warm up the body for at least 15-20 minutes through the above steps, and let the heart rate rise slowly. The heart rate tester can be used to detect the heart rate value. Provide adequate oxygen supply for body movements and provide blood circulation to the muscles.

### Effect

- ▷ Relieve muscle soreness after exercise.
- ▷ Reduce stress on internal organs and glands.
- ▷ Reduce the risk of injury from exercise.

### Functional premise

▷ The warm-up method and warm-up time should be adjusted accordingly for your body. Pay special attention to the signals given by your body. At comfortable room temperature, you should not put on too much clothes for warm-up and exercise, which will increase your body pressure.

## Dynamic cool down

### Overview

The most important reason why we need to be cool down our body after exercise is that this is a starting point for physical recovery. Cool down body exercise will slow down your heart rate. Although it will not reach your heart rate at the beginning of your training or resting heart rate, it will be very close. Carrying out enough cold body activities will greatly reduce the discomfort after training.



#### Warning

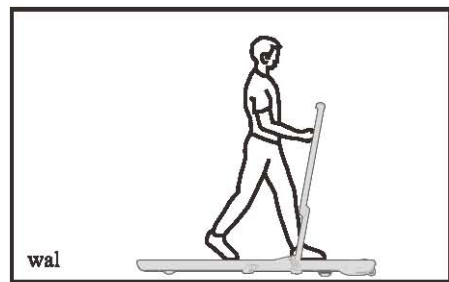
Do not stop training suddenly and rest directly after physical training, take a rest directly. Do not perform high-intensity exercise in the second half of training.

### Principle

After the human body is trained to perform cool down body activities, the heart rate is slowly lowered, and the corresponding exercise intensity is reduced. This cool down body protects the user from physiological stress and provides good protection for the cardiovascular system and muscles. It can promote muscle oxygenation and blood circulation, and help to eliminate blood lactic acid, which are very important parts of the recovery process.

### Cool down step

1. Perform very relaxing physical activities such as indoor walking, walking slowly on a walking machine, riding an exercise bike indoors or swimming.



2. Use these methods for at least 15-20 minutes of cool down body sports to slow down your heart rate

### Effect

- ▷ Relieve muscle soreness after exercise.
- ▷ Reduce stress on internal organs and glands.
- ▷ Reduce the risk of injury from exercise.

### Functional premise

The cool down body method and cool down body time should be adjusted accordingly for your body. Pay special attention to the signals given by the body. If the temperature in the room is too low, the clothes should be properly added to keep warm during cool down body press.



## Safety guidelines

### Overview

Be sure to use the product in accordance with the product use purpose in the user manual.

#### Important safety instructions

- ▶ The product must be used at the specified rated voltage/rated power supply and the power socket must be grounded.
- ▶ Place the walking machine on a flat surface, do not place it on a too soft mat or too thick carpet, and make sure that the walking machine have a safe area of 2m x 1m
- ▶ Never use a sprayer or use it in oxygen-poor environment.
- ▶ Keep all conductive devices away from liquids.
- ▶ Do not place anything on the running platform of walking machine.
- ▶ Don't wear clothes that can hook up to the walking machine.
- ▶ Do not allow ventilation port on the motor cover blocked by debris when using the operation.
- ▶ Check regularly and locate each part, do not put your hands on rotatable joints.
- ▶ In the power-on state, do not let child or pet get close walking machine whether you use it or not.
- ▶ Do not put your fingers or any foreign objects in the gap to avoid causing danger.
- ▶ This product is not intended for use by children or those with reduced mobility.
- ▶ Please remove the power plug from the socket after use or before cleaning the product.
- ▶ Do not touch the power cord and power switch with wet hands.
- ▶ When a part of the walking machine, such as walking belt or rotating scroll bar roll in stuff, turn off the power and clean it.
- ▶ When the walking belt is running, don't try to turn around.
- ▶ Keep your position facing front at all times.
- ▶ It is forbidden to have two or more people on the walking machine at the same time.
- ▶ It is forbidden to shake the walking machine at any time.
- ▶ Do not press on the armrests with hands to support the body hanging in the air.
- ▶ In case of emergency, please pat the emergency stop switch and the walking machine will stop quickly.
- ▶ When the armrest is unfolded, in the event of an emergency, hold the handrail of the walking machine with both hands, and step on the non-slip side pedal (side strip) on both sides of the walking belt or on the ground to avoid losing balance and causing a fall.

Do not use this product when the following conditions occur:

- ▶ The power cord or power plug is damaged, the operation is not normal, the product drops on the ground or is damaged.
- ▶ Do not use spare parts not recommended by the manufacturer.
- ▶ In addition to professionals, it is strictly forbidden to adjust the electrical control part of the walking machine.

### Usage environment

- ▶ Do not use this product in humid or excessive dusty environment so as to avoid product failure.
- ▶ Do not use this product at room temperature above 0°C.
- ▶ Do not place the product outdoors or near water source.
- ▶ Do not place the product near electric heaters, stoves or areas with direct sunlight.
- ▶ Do not place blankets or soft cloth cushions under this product. The heat generated during the operation of the product may cause the blanket or soft cloth pad to be in danger of burning or electric shock.

### Operation safety

This product is not suitable for the following people:

- ▶ Do not use it by those who doctors tell not to exercise, so as to avoid accidents or physical discomfort such as thrombosis, severe aneurysms, acute venous tumors, various dermatitis, skin infections, etc.
- ▶ It is forbidden to use together with the following medical equipment: Cardiac adjuster implantable medical electronic instruments, medical electronic instruments used to sustain life such as artificial heart.



#### WARNING

Excessive exercise can cause serious injury or death. Do not exercise too much. If you feel dizzy, stop exercising immediately.

## Disclaimer

**Caution:** The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC Radiation Exposure Statement:** This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## Label:

FCC ID: 2ASIIRHA0

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

100 mm

50 mm

## Maintenance

### Centering adjustment of the walking belt

Before the shipment, the walking belt on the walking machine has been adjusted to be centered for you. But during the transportation process, the walking belt may be off-center. Before you start using the walking machine, you must ensure that the walking belt is already centered to ensure smooth running of the walking machine.

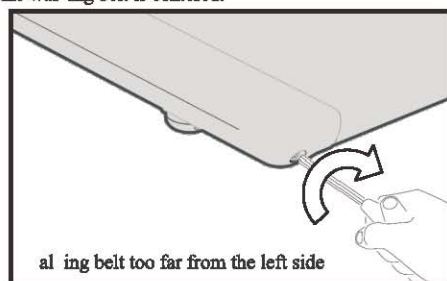


#### Safety Tips

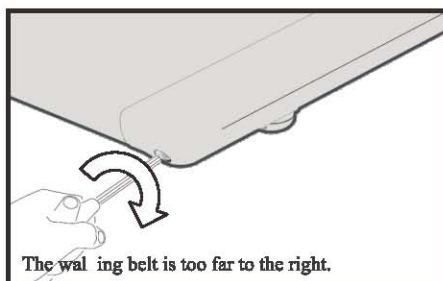
It is forbidden to operate the walking machine during adjustment.

#### Steps

1. If the step is to the left, use the T-shaped hex wrench to turn the adjustment bolt on the left side clockwise by 1/4 turn, and operate it to the speed of about 1 m/h. After running for 1 minute, observe whether the walking belt is centered. If the walking belt is moved to the right, turn the adjusting bolt counterclockwise by 1/4 turn. Repeat the above actions until the walking belt is centered.



2. If the walking belt deviates to the right, use the T-shaped hex wrench to turn the adjusting bolt on the right side clockwise by 1/4 turn, and run to the speed of about 1 m/h. After running for 1 minute, observe whether the walking belt is centered. If the step is moved to the left, turn the adjusting bolt counterclockwise by 1/4 turn. Repeat the above actions until the walking belt is centered.



**Note:** If there is still a problem during the adjustment process, please contact after sales service.



## Maintenance

### Add lubricant

The running board and wal ing belt of this wal ing machine have been pre-coated with lubricating silicone oil. The friction between the running board and the wal ing belt has a great influence on the service life and performance of the wal ing machine, so it is necessary to apply lubricating oil regularly. Apply about 20 grams each time and be sure to apply evenly.

We recommend that the running board and the wal ing belt of the wal ing machine be lubricated with silicone oil (for reference only) as follows:

Once every 3 months for users with less use times (less than 5 hours per week)

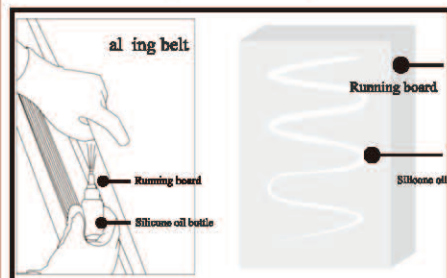
Once every 6 months for users with moderate use times (5-15 hours per week)

Once every month for users with frequently use times (more than 15 hours per week)

**Warning**  
When you lubricate the wal ing belt, you need to turn off the wal ing machine. Then unplug the power cord from the power socket.

### Lubrication step

1. Lift the wal ing machine from the side and tilt it at an angle of 45 degrees.
2. Open the wal ing belt by hand, pour the lubricating silicone oil on the front, middle and back of the running board, let the lubricating silicone oil flow down to the other side of the wal ing belt until it flows to exceed the middle of the running board, and then lay flat the machine. Repeat this step to lubricate the other side of wal ing belt and running board.



3. After finishing the lubrication step, after starting up, wal slowly for a few minutes to ensure that the wal ing belt and the running board fully absorb the lubricating silicone oil before starting to increase the speed.

### Storage

- ▶ When not in use, please store the product in a safe, dry, ventilated and cool place.
- ▶ Do not twist the power cord.
- ▶ Avoid sharp objects scratching the surface of the product.
- ▶ Do not place the product under direct sunlight or high temperatures.

### Cleaning

**Warning**  
Be sure to unplug the machine's power cord of wal ing machine before cleaning or maintaining the product.

- ▶ Use a cloth to clean the surface of the product.
  - ▶ Comprehensive cleaning will extend the life of the wal ing machine.
  - ▶ Remove dust regularly to keep parts clean. Sweep the exposed parts of wal ing belt both sides, this will reduce the accumulation of impurities under the wal ing belt. Keep the sneakers clean, avoid carrying foreign objects into the wal ing belt, so as to avoid wearing the wal ing belt and running board. The surface of the wal ing belt must be wiped with a damp cloth dampened with soap. Be careful not to spill water under the electrical components and the wal ing belt.
- Note:** Do not damage the electrical components or break the control line.

# Troubleshooting

Error code	possible reason	Solution
	Burst protection	Replace the controller or check the motor cable
	Overcurrent	Working with excessive frictional resistance, need to add oil or controller is damaged
	Overload protection	Working with excessive frictional resistance, need to add oil or controller is damaged