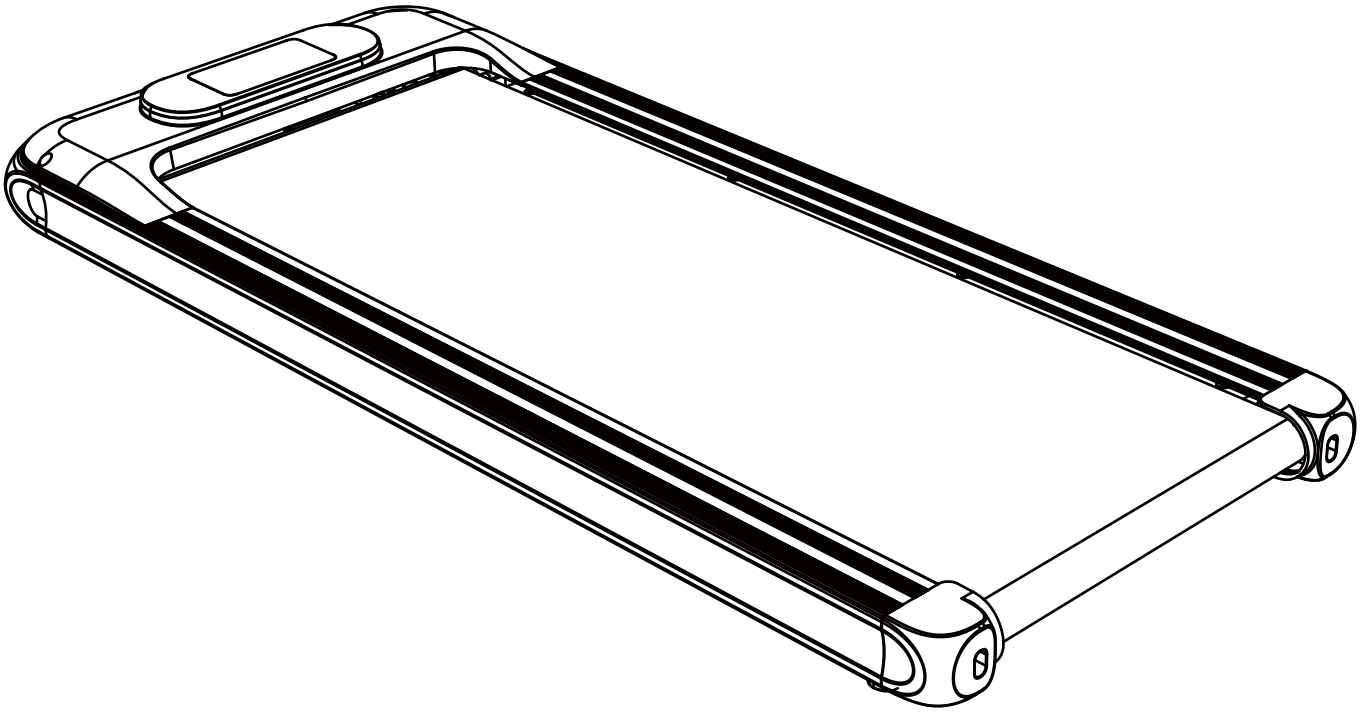
CITYSPORTS

User Manual

Model： CS-WP8

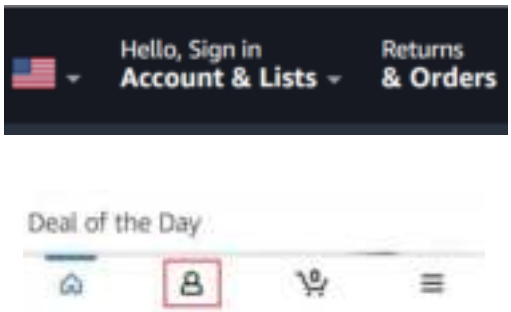
EU V1.2.3



Please read the instruction manual carefully before using this product.

HOW TO CONTACT US ON AMAZON?

Step 1: **Log in to your Amazon account.**



Step 2: Go to **Your Orders**. Select **Problem with order** in the list.

Step 3: Click the "**Ask a Question**" button. Choose your topic from list displayed.

Step 4: Select **Contact seller.**

***If you purchased CITYSPORTS products by other platforms or channels, please also find the corresponding seller contact support. Thanks for your support and patience!**

LANGUAGE LIST

EN.....1

DE.....21

ES.....41

FR.....61

IT.....81

NL.....101

PL.....121

Service Commitment

If the treadmill is faulty or in doubt in use, you can contact us through the email address in our store “About Seller”page and then send us the detailed product problem(if ok, some photos/videos will be useful), we will give you an effective solution to your problem. Also we will provide the instruction videos for customers to solve the relevant product failure problems if needed.

- Download the App for treadmill

- Video of the running belt adjustment

- Video of the motor replacement

- Video of the upper control replacement

- Video of the lower control replacement

Catalogue

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1. Safety Precautions

Thank you for purchasing our product, which will help to improve your health.

To ensure your safety and avoid accidents, please read the instructions manual carefully before use.

1. The treadmill should be placed indoors to avoid moisture, no water should be splashed on the treadmill and no foreign objects should be placed on it.

2. Please wear suitable sportswear and sports shoes before exercise. Do not exercise on the treadmill with bare feet.

3. The power plug must be reliably connected to an earth wire and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.

4. Children should be kept away from the machine to avoid accidents.

5. Avoid running this machine under overload, otherwise it will cause damage to the motor or controller, and speed up the wear and aging of the bearings, running belt and running board,so please do regular maintenance.

6. Ensure that dust in the room is reduced and that the room is kept at a certain temperature to avoid strong static electricity, which could interfere with the normal operation of the display or the controller.

7. Please turn off the switch on the treadmill when you have finished using it for exercise.

8. Please keep the air in the room when using the treadmill.

9. If you feel any discomfort or abnormalities during use, stop exercising and consult your doctor in time.

10. After use, the lubricant must be stored out of the reach of children to avoid serious consequences from accidental ingestion.

11. Safety area at the rear of the treadmill: 1000*2000MM.

12. Keep your hands clear of all moving parts and forbid placing your hands and feet in the gap under the running belt.

WARNING: To reduce the risk of accidents or injury to others, please observe the following.

1. Please check that your clothing is buttoned or zipped up before using the treadmill.
2. Do not wear clothing that can easily be hooked by the treadmill.
3. Do not place the power cable near hot objects.
4. Keep children away from the treadmill.
5. Do not use the treadmill outdoors.
6. The power must be disconnected before moving the treadmill.
7. Only one person can exercise on the treadmill after the machine is activated.
8. If you feel dizzy, have chest pains, retching, or shortness of breath while running, please stop exercising immediately and consult a doctor.

Warm Tips

1. Do not use the machine with the casing in a cracked, broken or dislodged state (with the internal structure exposed) or with the weld section detached. --- Otherwise accidents or injuries may occur.
2. Do not leave pins, rubbish or water to the mains plug. --- to avoid possible electric shock or short circuit or fire hazards.
3. Do not remove the power plug or switch the power switch to "off" during use - to avoid possible injury hazards .

Never use with wet hands!

Do not unplug or plug in the mains with wet hands. ---- to avoid possible electric shock and injury hazards .

Unplug the power supply!

1. Unplug the power supply from the socket when not in use.
--- as dust and moisture can deteriorate the insulation, which can lead to leaky fires.
2. Always remove the mains plug from the socket during maintenance.
--- Failure to do so may result in electric shock or injury.
3. If it does not start or feels abnormal, stop using it, unplug it immediately and contact the seller to have it checked and repaired.
--- Failure to comply may result in electric shock or injury.
4. In the event of a power failure, immediately switch out the power plug.
--- Otherwise, accidents or injuries may occur when the power is restored.
5. When unplugging the power supply, do not hold the power cord part, you need to hold the power plug and pull it out.
--- Otherwise a circuit break, electric shock or fire may result.

Grounding Warnings!

1. The product must be earthed to the power supply. In the event of a malfunction of the unit, earthing will provide the path of least resistance to the current to reduce the risk of electric shock.
2. The product is equipped with a power cord with an equipment earthing conductor and an earthing plug, which must be plugged into a suitable socket that has been properly installed and earthed in full compliance with local regulations or ordinances.

Danger!

1. Improper connection of the equipment's earth conductor can lead to a risk of electric shock. If you are in doubt about the correct earthing of the product, have it checked by a professional electrician. Even if the plug that comes with the product does not match the socket, it is not possible to modify the other, so please consult a professional electrician to install a suitable socket.
2. This product has a grounded plug, please make sure that the product is connected to a socket with the same specification, this product cannot be used with an adapter socket.

2. Warm-up Guides

It is a good idea to stretch before exercising. A successful exercise programme must include warm-up, aerobic and soothing exercises. The frequency of exercise should be at least two to three times a week, preferably with one day of exercise followed by one day of rest. After a few months, you can increase the frequency to four or five days a week. Warming up is an important part of your workout. Warm up before every workout. A moderate warm up prepares your body for the more intense workout ahead, as it helps the muscles to warm up and stretch, improves blood circulation and raises the pulse rate, which delivers more oxygen to the muscles. Repeating warm-up exercises after aerobic exercise can also reduce muscle soreness. We recommend the following warm-up and soothing exercises.

(1). Downward Stretch: Bend your knees slightly and bend your body forward slowly.
Let your back and shoulders relax and touch your hands to your toes as far as possible.
Hold for 10 to 15 seconds, then relax. Repeat 3 times.
(As in figure 1)

Fig-1

(2). Hamstring stretch: Sit on a clean seat cushion and straighten one leg.
Tuck the other leg inwards so that it is close to the inside of the straightened leg.
Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat for each leg 3 times.
(As in figure 2)

Fig-2

Fig-3

(3). Calf and Achilles stretch: Body forward, hands against the wall.
Left leg forward in a lunge. Straighten the right leg and plant the left leg on the floor.
Then bend the left leg and hold for 10-15 seconds, then relax.
Repeat for each leg 3 times. (As in figure 3)

(4). Head exercise:Tilt your head sideways to the right for a count of one and feel the left stretching of the neck muscles; then turn your head to the back for a count of two.
Then turn your head to the left for a count of three; finally turn your head back down towards your chest for a count of four. Then relax and repeat for 3 times.
(As in figure 4)

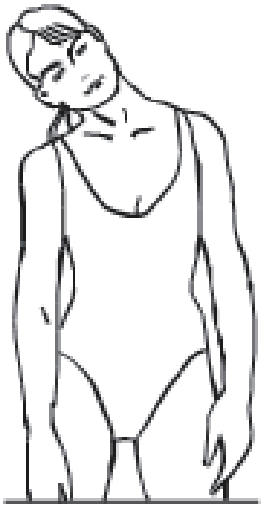


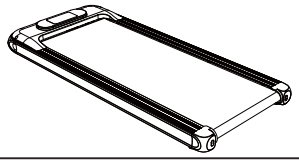
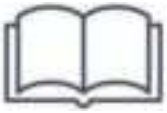
Fig-4

Fig-5

(5). Waist exercise: stretch your arms to the left and right and slowly raise them above your head. Hold your right arm as straight as possible towards the ceiling. Hold it straight for 1 second and feel the stretch in your right side.
Repeat with your left arm. (As in figure 5)

3. Configuration & Technical Parameters

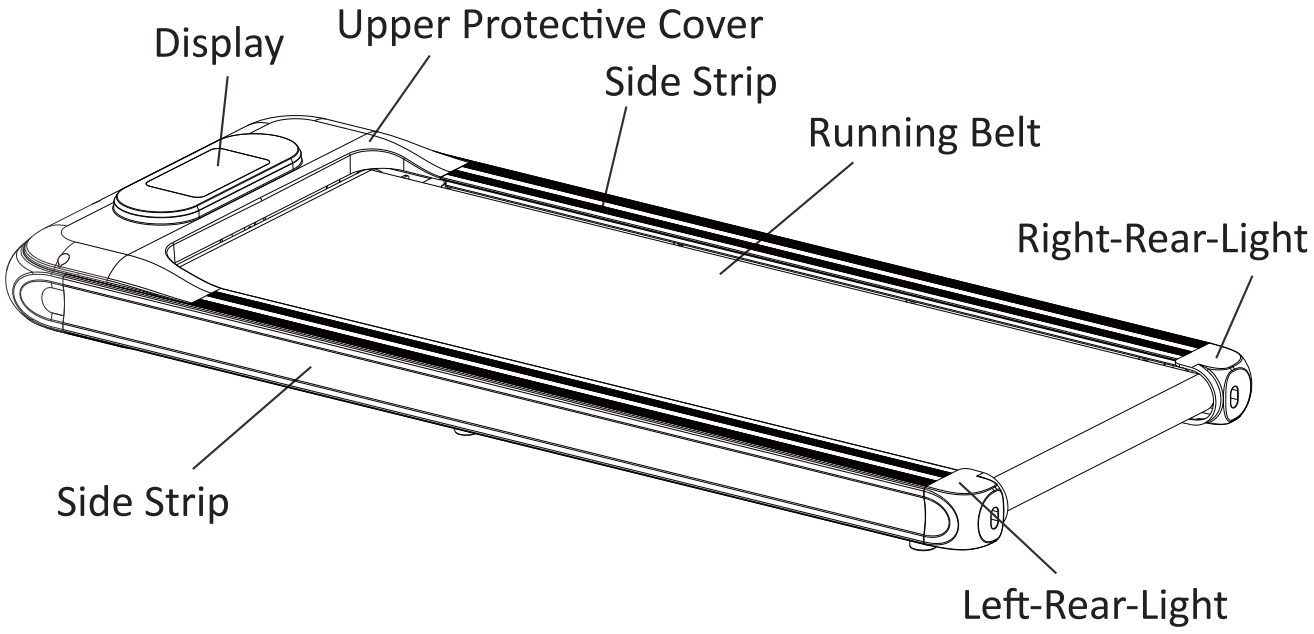
(1) Configuration List

Name	Image (for reference)	Quantity	Note
Treadmill		1	
Remote		1	
User Manual		1	
5MM hex spanner		1	
6MM hex spanner		1	For belt adjusting
Spanner		1	
Lubricants		1	
Power cord		1	

(2) Technical parameters

Configurations	Parameters
Packing Size	1295*590*135 mm
Product Size	1250*525*123 mm
Running Area	400*1050 mm
Running Belt Size	397*2180mm*T1.4
Working Voltage	AC 100-120V
Motor Power	550W
Speed Range	1-6KM/H
Control Mode	Remote control/mobile APP
Max. Load Capacity	120 KG
Net/Gross Weight	20/23KG
Max. transmission power	8dBm (at the antenna input);
Frequency Range	433.05~434.79 MHz

4. Product Structure



5. Assembly Instructions

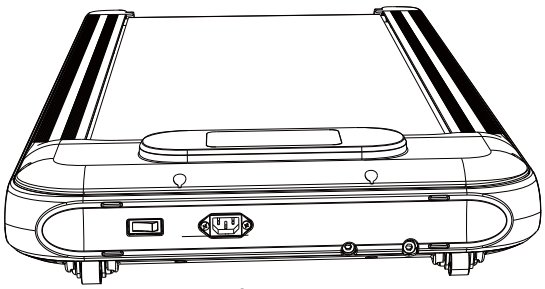


Fig-1

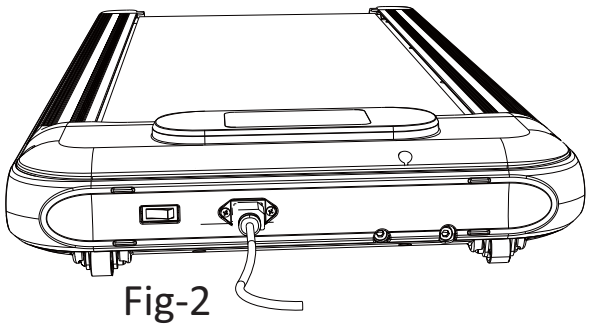


Fig-2

(1). Unpack the outer box and then remove the power cord and treadmill from it and place the treadmill on a flat surface.
(2). Find the power cord and treadmill socket as in figure 1, then insert the plug into the socket as in figure 2.

Turn on

Turn off

(3). To use the treadmill for the first time, turn on the on/off Switch button at the top of the treadmill and hit the O(on) button to turn on the power.

6. Operating Instructions

1. LCD Display

"3", "2", and "1" are displayed when startup the countdown, and the LCD automatically switches every 5 seconds during operation. (They are the "SPEED", "TIME", "DIST", and "CAL" Display). The information in the different displays are as follows:

1. "SPEED": Displays the current speed value in the running status, and the speed range is 1.0-6.0 km/h.
2. "TIME" : Displays the time range from 0 min 0 sec to 99 min 59 sec.
3. "DIST " : Distance range is 0.00~99.99 km.
4. "CAL" : Calorie ranges from 0 to 9999 kcal.

Remote Controller Pairing Method

Within 5 seconds of turning on the stepper, press the " ▷ " button on the remote controller to pair the steppers, and the stepper buzzer will sound continuously. Press the " ▷ " button on the remote control to pair the pedometers, and a continuous beep from the pedometer's buzzer will indicate successful pairing, allowing you to start controlling the pedometers with the remote controller; you do not need to pair the pedometers again when the power is turned off. After pairing, there is no need to pair again when the power is off.

Remote Controller Function

1. Start/Stop: In standby mode, press the "Start/Stop" button on the remote control to run. Start the machine with a countdown of 3 seconds and operate it at a speed of 1.0Km/h while in motion. During the process, you can press the "Start/Stop" button on the remote control at any time to stop the motor from running.

2.During operation, briefly press the "+" button on the remote controller to accelerate slowly. Press this button again to accelerate quickly. The degree continues to increase; The increase is 0.5KM/time.
3.During operation, briefly press the "-" button on the remote control to slow down, and then press this button to slow down quickly, resulting in a continuous decrease in speed; The decrease is 0.5 KM/time.

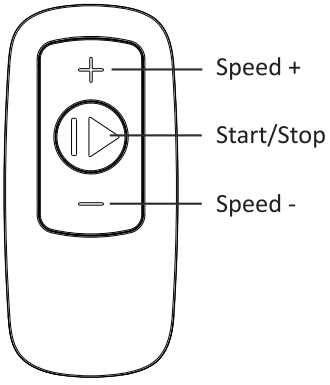
Display Range

Set parameters	Initial	Display Range
Time(Minute: Second)	0:00	0:00—99:59
Speed(KM/H)	1.0	1.0-6.0
Distance(Mile)	0.00	0.00-99.99
Calorie(KCAL)	0.0	0.0-9999

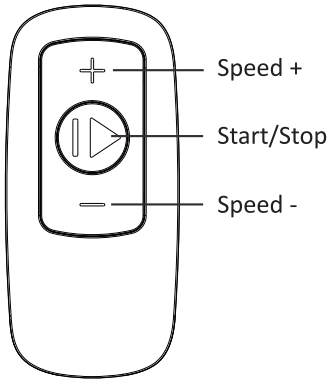
Sleep
In any operating state, sleep for 10 minutes and any button on the remote controller can wake up.

2. There are three modes to start the treadmill:

1. Remote control
2. APP



The first mode: remote control installation and function instructions



Instructions:

(1). Start/Stop the treadmill with the button " " on the remote control.
(2). Press " " for speed - .
(3). Press " " for speed +.

FCC ID:2BEPD-433 IC:31938-433 HVIN:433

Remote control warning

IC:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

RF exposure statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

L'appareil ne doit pas produire de brouillage;

L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Déclaration d'exposition RF:

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. L'appareil peut être utilisé sans restriction dans des conditions d'exposition portables.

FCC ID:

This device complies with Part 15 of the FCC Rules. Operation is subject to the f
ollowing 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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

The devices has been evaluated to meet general RF exposure requirement， the device can be used in portable exposure condition without restriction

The second mode: APP Instruction

Your "CITYSPORTS" treadmill has a built-in APP function, which makes it compatible with most Bluetooth Smart mobile devices.

In order to change certain functions of the treadmill, you must download this APP.

You can download the APP in the following two ways:

Method 1:

① iOS App Store Search “EQiSports” to install and download
App Store Link : https://apps.apple.com/in/app/eqisports/id1481795187

Android version download instructions: Google Play Store search “EQiSports” installation and download

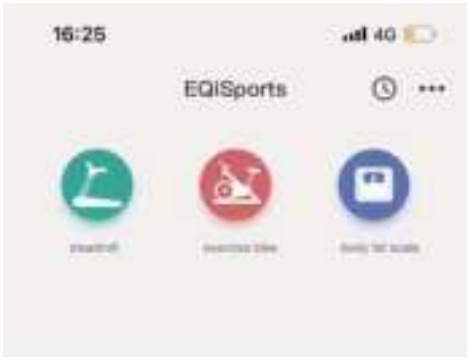
Google Play Link: https://play.google.com/store/apps/details?id=com.yqzz.eqisports

Method 2 :

Please scan the QR code below to download the APP.

More interesting and practical APP functions are waiting for you to explore and discover!

(1) Method 1: Firstly, search for "EQISPORTS" in the app shop and download it to your mobile phone, then open the APP programme and select the treadmill button.



(2) After turning on the Bluetooth on the mobile phone, the EQISPORTS software will automatically search and match the Bluetooth. After the matching is successful, you can choose the corresponding treadmill program to set the target/custom/free treadmill, etc.

(3) APP function settings (the upper right corner of the interface can switch between kilometers/mile; English, Japanese, Russian, Spanish and other languages can be switched)

(4) APP connection speed control (acceleration/deceleration/calorie/mileage)

Methods:
(1) Press ”START/STOP”to Start/Stop the treadmill
(2) Press " " for speed - .
(3) Press " " for speed +.

7. Maintenance Guide

(1). Lubricating oil: After the running belt has been used for a period of time, it must be lubricated with specially configured methyl silicone oil.

*The weekly use time is less than 3 hours and lubricated once every 5 months
*Use 4~7 hours a week and lubricate once every 2 months
*Use more than 7 hours a week and lubricate once a month

⚠ Do not over-lubricate, NOT the more lubricant the better. Remember: Proper lubrication is an important factor in improving the life of your treadmill.

(2). Operation method of adding lubrication:

*First, cut the seal of the inner mouth of the oil bottle, and cut a small mouth of the oil bottle cap (it can be squeezed out smoothly);
*Check whether you need to add lubricant: stop the running belt, just grab the running belt, touch your hand to the center of the back of the running belt as much as possible, and then add 5ML lubricating oil on the running board, as shown below:

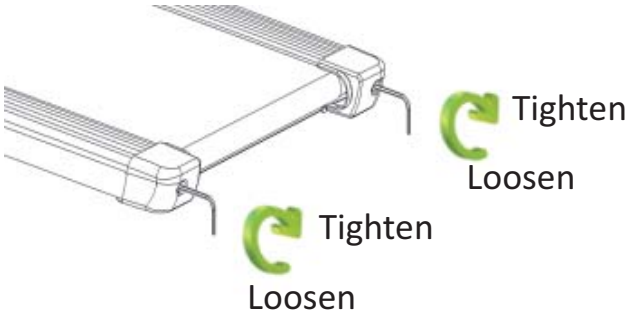
Note: The amount of lubricating oil can only be added 5ml each time. The lubricating oil must be spread evenly in the middle of the running belt. After smearing lubricating oil on both sides of the running belt, start the treadmill and run the treadmill at a speed of 1km/h to spread evenly. Methyl silicone oil, and lightly step on the running belt from left to right, about a few minutes for the methyl silicone oil to be completely absorbed by the running belt.

(3). Adjust the running belt

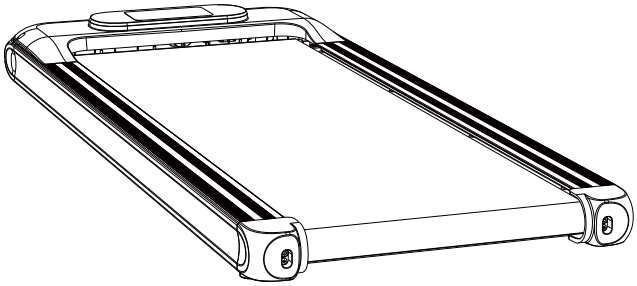
*Adjust the running belt tension. All treadmills should adjust the running belt before leaving the factory and after installation, but there may be looseness after a period of use. For example, the user may stop and slip when running. When this phenomenon occurs, press the the hour-hand direction is in units of half a circle, and the adjustment bolts of the running belt are adjusted synchronously from left to right. If the running belt is too loose, step on the running belt,the running belt and the roller will slip, but it is not good if it is too tight, it is easy to increase the load of the motor, and damage the motor, the running belt and the roller.
*When running, the force used by the two feet is not the same, and the pressure on the running belt is unbalanced, which causing the running belt to deviate from the center. This deviation is normal, and it will go back to center when no one is running on the running belt. If you can't get back to center, you'll need to bring the belt back to center.
*The treadmill is not placed smoothly, and the user's feet are not in the center of the running belt.

Adjustment method:

(1) Run the machine with no load and adjust the speed to 6km/H
(2) Observe the distance from the running track to the left and right side bars
(3) If it is to the left, use the hexagonal wrench to turn the left screw clockwise to adjust, if it is to the right, use the hexagonal wrench to turn the right screw to adjust.
(4) If the running belt is still not in the middle, repeat the above actions until it is adjusted to the middle, and the uniform running belt is OK (as shown below)



Turn right to tighten, turn left to loosen



The running belt calibration is evenly OK.

(4). Maintenance

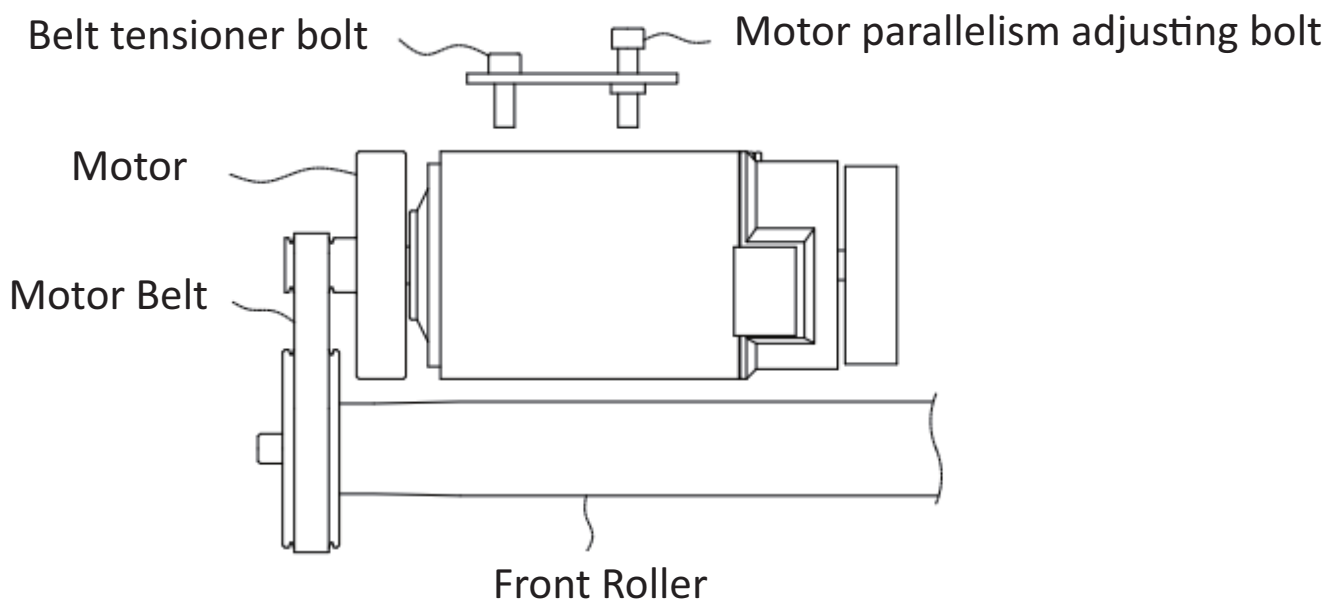
*Regularly clean the fuselage, as well as the dust under the fuselage. It is recommended to wipe gently with a soft cotton cloth. Do not use acidic cleaners.
*Regularly check whether there is debris between the running belt and the running board. If debris are found, they should be removed immediately.
*Put a special sports mat under the treadmill. It can eliminate the noise when running, protect the floor, and effectively prevent dust and foreign objects from entering the motor box or between the running belt and the running board.
*Regularly check the tightness of the running belt and whether there is any deviation.
*Regularly check the emergency braking function of the treadmill to ensure safety and effectiveness.

(5). Adjustment of the motor belt (as shown below)

*All treadmills have been adjusted for motor belts before leaving the factory and after installation, but after a period of use, there may be loose and slippery phenomena, and users can adjust the belts by themselves.

*Adjustment steps: ①Use a hexagonal wrench to turn the motor parallelism adjusting bolt counterclockwise half a turn. ② Turn the belt tension bolt half a turn clockwise.

NOTE: Clean the pulley grooves regularly.



8. Errors and Solution

Error	Reason	Solution
The treadmill does not work	No Power	Insert the plug into the socket
	Power not turn on	Place the power switch at the ON position
	Short circuit in the circuit signaling system	Check controller inputs and signal lines
	Blown fuse	Replace the fuse
The running belt does not running smooth	Not lubricated enough	Add the lubricant
	Treadmill belt is too tight	Adjust the treadmill belt
The treadill slips	The treadmill belt is too loose	Adjust the treadmill belt
	Motor belt is too loose	Adjust the motor belt

*Error Codes and Solution

Error	Reason	Solution
E01	Miscommunication	The signal cable is not plugged in properly and needs to be plugged in again.
E02	Loose or dislodged motor wires, worn carbon brushes.	Check if the line of the motor is loose or off, for example if it is not off, check if the motor carbon brush is worn, for example if the wear is complete, then the motor needs to be replaced, if it is not worn, this means that the electrical control of the treadmill is damaged, the lower control must be replaced.
E03	Loose or dislodged motor wires, worn carbon brushes.	The sensor cable is not connected correctly and must be reconnected.
E04	Abnormal of the controller or motor	Excessive load, replace controller and motor.
E05	Overload protection	Excessive load, replace lower control
E06	System self test failed	System failure, replace lower control.
Display ABNORMONY ERROR	External interference	Turn off the switch and turn it back on after one minute.

FCC STATEMENT

1. 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.

(2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 minimum distance 20cm between the radiator & your body.

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science
and Economic Development Canada’s licence-exempt RSS(s). Operation is subject
to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d’Industrie Canada applicables aux appareils radio exempts de licence.

Lexploitation est autorisée aux deux conditions suivantes:

(1) l’appareil ne diot pas produire de brouillage, et

(2) l’utilisateur de lappareil diot accepter tout bouillage radioélectrique subi, méme si le brouillage est susceptible d’en compromettre le fonctionnement.

Serviceverpflichtung

Wenn das Laufband defekt ist oder Zweifel bei der Verwendung, können Sie uns über die E-Mail-Adresse in unserem Shop "Über Verkäufer"-Seite kontaktieren und dann senden Sie uns die detaillierte Produkt Problem (wenn ok, einige Fotos / Videos werden nützlich sein), werden wir Ihnen eine effective Lösung für Ihr Problem. Auch werden wir die Anweisung Videos für Kunden zur Verfügung stellen, um die relevanten Produktfehler Probleme zu lösen, wenn nötig.

- Laden Sie die App für das Laufband

- Video der Laufgurteinstellung

- Video vom Austausch des Motors

- Video über den Austausch der oberen Steuerung

- Video über den Austausch der unteren Steuerung