TP2 说明书印刷要求：

尺寸：140*210mm

颜色：4C 印刷

材质：封面封底 -200g 铜版纸
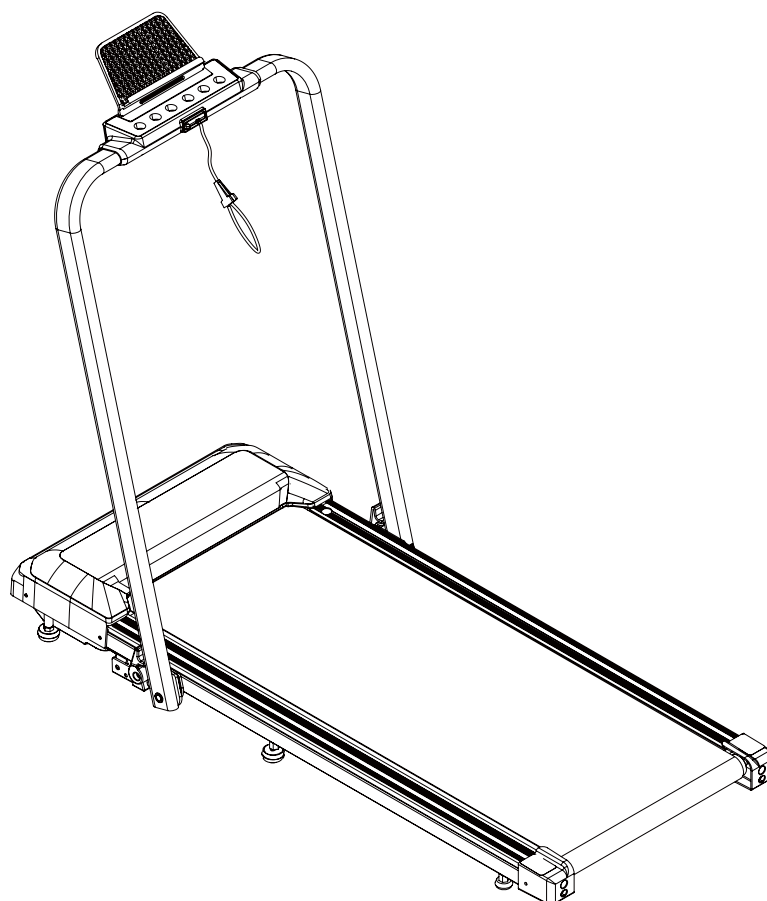
　　　内页 -105g 铜版纸

装订要求：胶装 + 线装

不可掉页、漏页，裁剪装订整齐

（此页不印刷）

Toputure

USER MANUAL Model TP2

HOME TREADMILL

FITSHOW Installation Procedure

1. Scan the QR code on the right

2. http://fitshow.com/qr

3. Jump to the App Store to download and install Open the App, allow permission based on the system prompt

4. Connect to TP2

5. Login to the App, please use the mobile number or email to register for the new user

6. Start Using FITSHOW

This treadmill is also suitable for "Kinomap", "ZWIFT" Sports APP.

Attentions:
Please fill in the correct email or mobile phone number to make sure you can retrieve your password and username via them.

Toputure

WARRANTY INSTRUCTIONS

⚠ IMPORTANT: FOR TOPUTURE ONLY

Component length of warranty: 12 months warranty for home use only

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

US / CA Warranty: ✉ **toputure_service@outlook.com**

UK / EU Warranty: ✉ **toputure.service@gmail.com**

Response Time: 24 hours

Emailing us with the Order ID is the best method to received a response during peak business hours.

When order replacement parts please have the following information ready:

1. Order number
2. Description of parts
3. Date of purchase

LANGUAGE

》》》

CATALOG

»»

Installation Instructions

List of install components

Serial Number	Component Parts Name	Number
1	Treadmill	1
2	Upright Tube	2
3	Electronic Display	1
4	Safety Lock	1
5	PAD Holder	1
6	Quick Release Handle	2

Picture of the installed structure

PAD Holder

Electronic Display

Safety Lock

Upright Tube

Lubricating Oil Hole

Motor Cover

Tunning Board

Right Sidebar

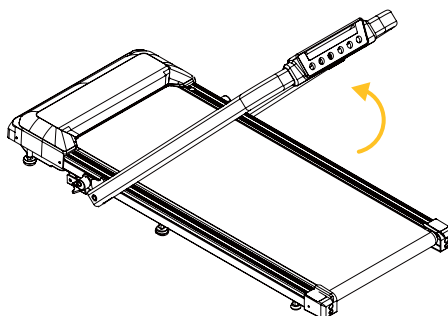Quick Release Handle

Left Sidebar
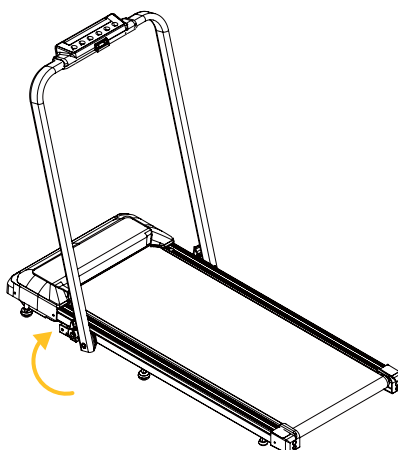
Rear Cover
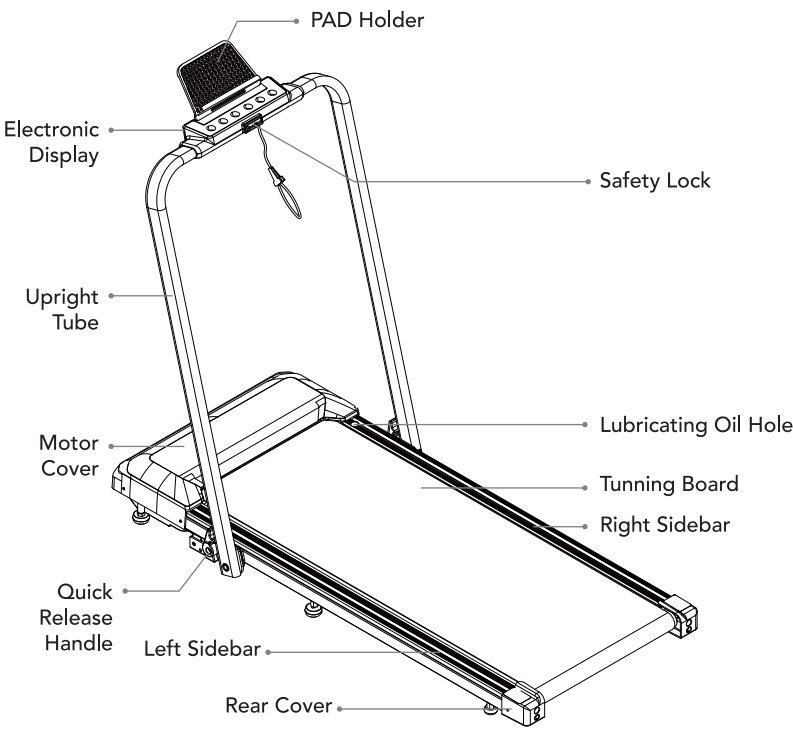
Installation Steps

1. Open the package, take out the accessory parts bag from the box, and lay the main machine flat on the ground.
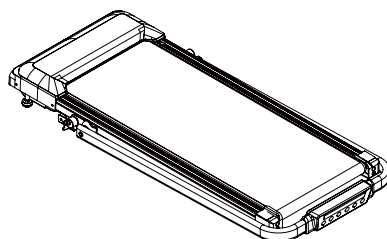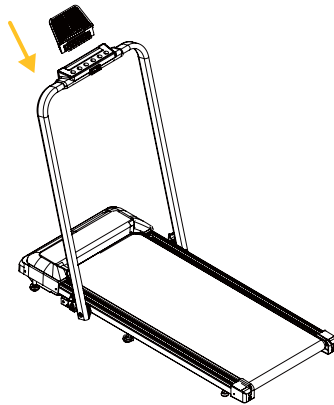

2. Push upwards in the direction indicated by the arrow(as shown in the following picture).
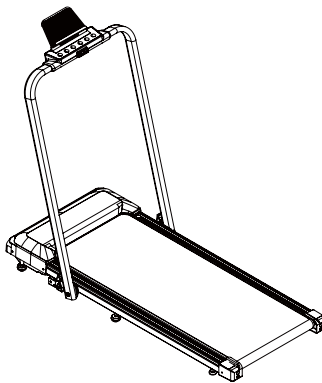

3. Fix the quick release handle against the upright tube in the direction of the arrow.

4. Place the PAD holder.

5. Assembly and installation completed.

6. Place a safety lock on the yellow sticker position of the electronic display, and power on to operate the treadmill.

Red Safety Lock
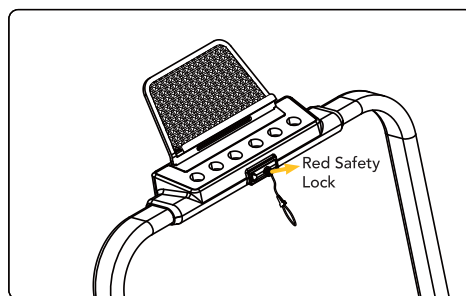
7. Incline adjustment instructions.
a. As shown in picture 1, lift the rear of the machine and gently kick away the Incline adjustment frame with your feet.

b. As shown in picture 2, lay flat the machine, then adjust ② downwards to adhere to the ground, and then turn the nut upwards and tighten it against the bolts on the frame. (Note: If Inclines is not required, the operation is reversed)
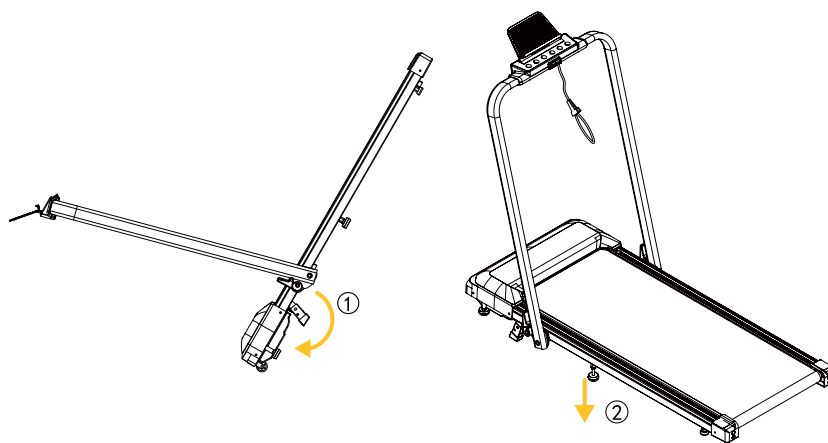
Picture 1

Picture 2

Product Introduction
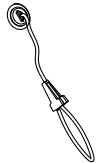
1. Packing List

Serial Number	Accessory Name	Number	Notes
1	Main Machine	1	
2	Accessory Kit bag	1	See attached list
3	Product Manual	1	

2. Attached List (List of Accessory Packages)

5#Wrench
x1

Red Safety Key
x1
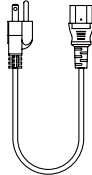
3v Button Battery
x1
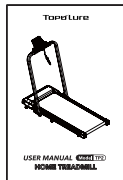
PAD Holder
x1

Remote
x1

Power Cord
x1

Product Manual
x1

Warranty Card
x1

Main Parameter

Model number	TP2
USA standard voltage	100-125V 60Hz
Europe standard voltage	220-240V 50/60Hz
Speed	US:0.6-7.5mph; UK:1-12km/h
Incline	Manual incline
Overall size (assembly)	1208*560*1021mm
Overall size (folded)	1300*560*135mm
Package size	1360*600*155mm
Net weight/Gross weight	23/28kg
FCC ID	2A2PN-TP2
IC	27884-TP2

Product Main Functional Introduction

1. Equipped with running and walking mode.
2. F Industrial grade motor, low noise, high power, providing powerful power, with a speed of up to 12.0KM/H (7.5 MPH).
3. Adopting high-strength, tensile, and anti-static running belts.
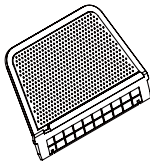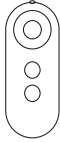4. High strength, high-density, and high elasticity double-layer running board, with rubber shock absorbers.
5. The front and rear rollers adopt precision extraction tubes with a wall thickness of 3.0, and both ends are equipped with a 3-degree taper to automatically reset the running belt.
6. LED display screen.
7. Easy to install treadmill, Simply fold the upright tube to a certain angle and tighten the quick release handle to complete the fixation of the upright tube. Rotate the armrest by one angle to complete the deployment of the entire machine. The entire machine wiring has been fully connected before leaving the factory, and the entire machine can be used after powered on.

Product Usage Instructions

USA display screen

EUR/UK display screen

Bottom Display Screen

1. Resume

The functions of this electric display include:
- FITSHOW APP control function·
- Remote control

Terms used in the manual:

Treadmill Motion parameters: 'Speed' value,"Distance" value, "Calories" value, "Time" value. Sports mode: manual, mode, program

Full manual motion mode: A motion mode without a set amount of motion.

Countdown mode motion mode: a motion mode with a specific amount of motion.

Automatic program motion mode: The treadmill has different motion schemes set internally, with 12 preset programs within this treadmill.

2. Bluetooth APP Function Introductions

After the treadmill is powered on, in standby mode, If you want to control the speed through the sports app, you can download Fitshow app and open the it, after entering the app interface, click search, search for the Bluetooth name(TP2), and then click connect the device. After connecting, you can operate the treadmill through the app.

3. Parameter Introduction

Motion Parameters Under Various Motion Modes：
- Minimum display speed: US/CA: 0.6 MPH, UK: 1KM/H
- Maximum display speed: US/CA: 7.5 MPH, UK: 12KM/H
- Maximum exercise time in time mode: 99 minutes
- Minimum exercise time in time mode: 8 minutes
- Maximum movement distance in distance mode: 99 miles
- Minimum movement distance in distance mode: 1 miles
- Maximum calories burned in calorie mode: 990 calories
- Minimum calories burned in calorie mode: 20 calories
- (P01-P12) Minimum time of automatic programs: 8 minutes
- (P01-P12) Maximum time of automatic programs: 99 minutes

4. Display screen button function description

Button Function Keys:
- Start button / Stop button
- Programs button / Modes button
- Speed+ button / Speed- button
- US/CA display: Speed shortcut button(2/4 MPH)
- UK display: Speed shortcut button(3/6KM/H)

5. Display screen button function description

1) Start/Stop button – Function description: Start/stop motor working

Operating instructions:

a. In the manual mode, press this button to start the motor operation.

b. In the countdown mode, press this button to start the motor operation.

c. In the automatic programs, pressing this button can start the motor operation.

d. In the display is operating, press this button to stop the motor.

2) Mode button -- Function description: Selection of countdown mode

Operating instructions:

a. In manual operation mode, press this button to enter countdown mode setting/

b. Operation process in standby mode: time countdown - distance countdown - calorie countdown - automatic program selection.

3) Programs button – Function description: Selection of automatic programs

Operating instructions:

a. In the countdown mode, press this button to enter automatic program settings.

b. In the manual operation mode, press this button to enter the automatic program setting state.

4) Speed+/- button -- Function description: Speed value adjustment during operation, parameter value adjustment during parameter setting

Operating instructions:

a. In the operation state, adjust the speed value of the operation.

b. In the parameter setting state, the size of the set parameter value can be adjusted.

5) Speed shortcut button: --- Function description: Directly select the speed value during operation

Operating instructions:

a. In operating mode, press this key to directly select the corresponding speed value.

6. Remote button function description

Modes button

Shortcut button

Speed up button

Programs button

Speed down button

Start/Pause button

Stop button

Remote button

▶❙❙	Start/Pause button	+	Speed+ button
STOP	Stop button	—	Speed - button
M	Modes button	3	Speed shortcut button(only one button):
P	Programs button		(US/CA: 3MPH UK: 4KM/H)

1) Start/Pause button -- Function description: Starting/pausing motor operation

Operating instructions:
a. In the fully manual operation mode, press this button to start the motor operation, and then press the button to pause the motor operation while retaining the data.
b. In the countdown mode setting state, press this button to start/pause motor operation
c. In the automatic program setting state, pressing this button can start/pause the motor operation.

2) Stop button – Function description: In any mode of operation,Press this button to stop the motor operation.

3) Mode button -- Function description: Selection of countdown mode

Operating instructions:
a. In the fully manual operation mode, press this button to enter the countdown mode setting
b. In standby mode operation process : time countdown - distance countdown - calorie countdown - automatic program selection.

4) Programs button – Function description: Selection of automatic programs

Operating instructions:
a. In the countdown mode, press this button to enter automatic program settings.
b. In full manual operation mode, press this button to enter the automatic program setting state.

5) Speed+/-button -- Function description: Speed value adjustment during operation, parameter value adjustment during parameter setting.
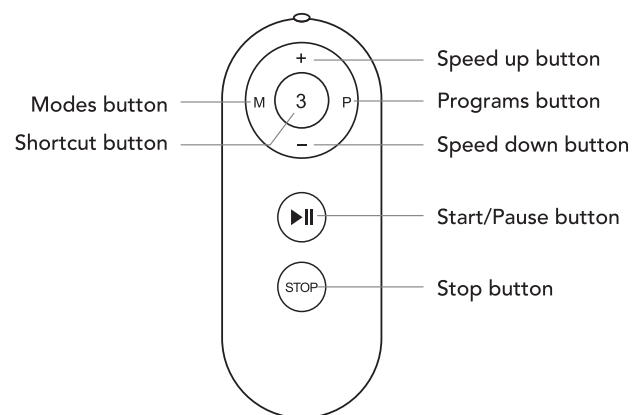
Operating instructions:
a. In the running state, the speed value of the operation can be adjusted.
b. In the parameter setting state, the size of the set parameter value can be adjusted.

6) Speed shortcut button -- Function description: Directly select the speed value during operation

Operating instructions:
a. In running mode, press this button to directly select the corresponding speed value.

7. Sports Mode description

A. Manual mode function

1.1 Entering manual mode:

After the electric display is powered on and fully displayed, it enters the full manual operation mode. At this time, press the start button to enter the manual operation mode.

1.2 Operating instruction:

The initial running speed is 0.6MPH (1.0KM/H), and the time, distance, and calorie windows are counted positively from 0. Press the speed button to adjust the running speed value.

If the exercise time exceeds 99:59 minutes, the treadmill will automatically stop, and the exercise data on the treadmill and APP will not be retained. At this point, the treadmill needs to be restarted and the exercise time will start counting from 0.

B. Automatic programs function(Please press the P/M button to enter P1-P12)

1.1 Enter automatic program:

In the manual operation mode or mode setting state, press the program button to enter automatic program selection. At this time, the time window displays 30:00 minutes and flashes (the required running time can be set through the speed+/- button, with a range of 8:00~99:00 minutes). Press the start button to enter the operation of the automatic program.

1.2 Operating instruction:

The automatic program is divided into 20 sections, with each section running at a speed value set in the automatic program. The running time of each section is 1/20 of the set time. The time window starts counting backwards according to the set running time, and the distance and calorie windows start counting positively from 0. Pressing the speed adjustment button can adjust the size of the running speed value. When the program runs to the next section, the speed will automatically adjust to the set value of the next section. When the set time counts backwards to 0, The display slowly stop to running.

P1-P12 program motion diagrams(Miles)

Program	Time	Set the setup time/20 time periods = running time of upper and lower time periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	1.2	1.8	1.8	2.4	3.1	1.8	2.4	3.1	3.1	1.8	2.4	3.1	2.4	2.4	2.4	1.2	1.8	1.8	3.1	1.8
P2	Speed	1.2	2.4	2.4	3.1	3.7	2.4	3.7	3.7	3.7	2.4	3.1	3.7	2.4	2.4	2.4	1.2	1.2	3.1	2.4	0.6
P3	Speed	1.2	2.4	2.4	3.7	3.7	2.4	4.3	4.3	4.3	2.4	4.3	4.3	2.4	2.4	2.4	1.2	2.4	3.1	1.8	1.2
P4	Speed	1.8	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	4.9	4.9	3.1	5.5	3.1	3.1	3.7	3.7	2.4	2.4	1.8
P5	Speed	1.2	2.4	2.4	3.1	3.7	4.3	4.3	3.1	3.7	4.3	4.9	4.9	3.1	2.4	1.8	1.8	3.7	3.1	2.4	1.2
P6	Speed	1.2	2.4	1.8	2.4	3.1	2.4	4.9	4.3	3.7	4.3	4.9	1.8	3.7	2.4	2.4	1.2	3.1	2.4	1.8	1.2
P7	Speed	1.2	1.8	1.8	1.8	2.4	3.1	1.8	2.4	3.1	1.8	2.4	3.1	1.8	1.8	1.8	3.7	3.7	3.1	1.8	1.8
P8	Speed	1.2	1.8	1.8	3.7	4.3	4.3	2.4	3.7	4.3	2.4	3.7	4.3	2.4	2.4	2.4	1.2	1.8	2.4	2.4	1.2
P9	Speed	1.2	2.4	2.4	4.3	4.3	2.4	4.3	4.9	2.4	4.9	5.5	5.5	2.4	2.4	2.4	3.1	3.7	1.8	1.8	1.2
P10	Speed	1.2	2.4	3.1	3.7	4.3	3.1	2.4	3.7	4.9	4.9	3.7	3.7	3.1	2.4	2.4	1.2	2.4	2.4	1.8	1.8
P11	Speed	1.8	2.4	3.1	5.5	3.1	5.5	3.1	3.1	3.1	5.5	3.1	3.1	3.1	3.1	5.5	5.5	4.9	4.3	3.7	1.8
P12	Speed	1.2	3.1	4.9	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.7	3.7	5.5	5.5	3.1	3.1	2.4	1.8

P1-P12 program motion diagram(Kilometer)

Time / Program		Set the setup time/20 time periods = running time of upper and lower time periods																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

C. Countdown mode function:(Please press the P/M button 12 times to enter countdown mode)

1.1 Enter time countdown mode:

In the fully manual mode, press the mode button to select the time countdown mode. At this time, the time window displays 30:00 minutes and flashes. The desired operating time can be set using the speed+/- button, with a setting range of 8:00~99:00 minutes. Press the start button to enter the time countdown mode.

1.2 Operating instruction:

The initial running speed is 0.6MPH (1.0KM/H). The time window starts counting backwards according to the set running time, and the distance and calorie windows start counting positively from 0:00. Press the speed button to adjust the size of the running speed value. When the set time counts backwards to 0:00, the display slowly stops to running.

2.1 Enter distance countdown mode:

In the fully manual mode, press the mode button to select the distance countdown mode. At this time, the distance window displays 0.6MPH (1.0KM/H) and flashes. The required running distance can be set through the speed+/- button, with a setting range of 1.0~99.0 miles. Press the start button to enter the distance countdown mode.

2.2 Operating instruction:

The initial running speed is 0.6MPH (1.0KM/H). The distance window starts counting backwards according to the set distance, and the time and calorie window starts counting positively from 0. Press the speed adjustment button to adjust the running speed value. When the set distance counts backwards to 0, the display slowly stops to running.

3.1 Enter calorie countdown mode:

In the fully manual mode, press the mode button to select the calorie countdown mode. At this time, the calorie window displays 50 and flashes. You can set the desired running calories through the speed+/- button, with a setting range of 20-990. Press the start button to enter the calorie countdown mode.

3.2 Operating instruction:

The initial running speed is 0.6MPH. The calorie window starts counting backwards according to the set calorie count, while the time and distance windows start counting positively from 0. Press the speed adjustment button to adjust the running speed value. When the calorie count is set to 0, the display slowly stops running.

8. Sleep Function Description

When the treadmill stop to running and there is no operation for more than 10 minutes, it enters a sleep state, and the display screen automatically turns off. Press any button to wake up the display, and at once it is fully displayed, it enters the initial standby state again.

9. Safety lock function description

During using, the safety key needs to be placed in the designated position on the electric display before the machine can be operated. If the safety key is removed, the various display windows on the display screen will display "---", accompanied by a warning noise. If the safety key is removed during operation, the system will shut down quickly. After closing the safety lock again, all exercise data will be reset.

10. Precautions

1. Before using this product, please check if the treadmill is flat on the ground.
2. Before exercising, check if the power supply is loaded; Check if the safety lock is effective.
3. If there is an abnormal situation during exercise, the safety lock can be pulled off, and the running machine will quickly slow down to stop.
4. If this treadmill have any problems, please contact the seller; Non-professional person, please do not attempt to disassemble or repair to avoid equipment damaged.

Safety Usage Notices

Thank you for choosing our products. Proper use of the treadmill is a guarantee of your safety and convenience. Before using the treadmill, please carefully read the following content:

1. After confirming that the treadmill has been installed according to the installation instructions can the power be turned on.Be careful not to block the plug on the wall when placing it, and leave a space of 0.8 meters in front for easy insertion.
2. Reserve a safety space of 0.8 meters on both sides of the treadmill, and a safety space of 2 meters (L) * 1 meter (W) behind the treadmill.
3. Insert the power cord into a power outlet with a safe grounding. The power cord of the electric treadmill is dedicated. If the power cord is damaged, please purchase it from the dealer and have it replaced by a professional, or contact our company directly and send a professional to replace it.

4. The treadmill is an indoor device, please do not use it outdoors. Place the treadmill in a clean and flat place, pay attention to moisture resistance, and avoid placing it on objects such as thick carpets to avoid affecting the airflow of the lower part of the treadmill. The electric treadmill is a specialized device, please do not modify it for other purposes.

5. Do not wear loose clothes during exercise to prevent safety accidents caused by hanging them on an electric treadmill. Suggest wearing shoes with rubber soles;

6. Please do not remove the protective cover casually. If it needs to be opened for maintenance, please make sure to unplug the power cord first.

7. When using the treadmill, do not let children get close to it to prevent danger.

8. If you are using the treadmill for the first time, please remember to hold onto the armrest with your hands until you become proficient before releasing it.

9. If there is a problem with the electronic display system that causes the electric treadmill to suddenly accelerate or the treadmill's speed to automatically increase, please immediately remove the safety lock on the electronic watch and the electric running machine will stop immediately.

10. If the electronic system malfunctions and cannot be stopped, please quickly hold your hands on the handrails on both sides and jump out of the walking area, allowing your feet to step on the edges on both sides, turn off the power in a timely manner, and notify after-sales person.

11. When the treadmill is not in use, the power cord should be unplugged.

12. The child need to be accompanied by an adult when using this electric treadmill.

Exercise Advice & Guidance

If you are using an electric treadmill for the first time, it is necessary to read the following content:

Ready:

Before using an electric treadmill for the first time, please stand next to it and familiarize yourself with how to control it: start, stop, and speed adjustment. After you are familiar with it and you can use it. Then stand on the plastic anti slip boards on both sides of the treadmill, grab the armrest with both hands, drive the machine to a low speed of 1-2mph, stand straight, look forward, and try to relax: then stand on the running belt and exercise with it. After feeling adapted, slowly increase the speed to 2-3mph. Maintain this speed for about 10 minutes before slowly stopping the machine. Do not run at high speed for the first time to prevent falling.

Exercise:

Walk at a fixed pace for approximately 0.6 miles(1km) and record the time taken. This may take 15-25 minutes. When walking at a speed of 3mph(4.8km/h), a 0.6 mile(1km)journey will take approximately 13 minutes. After you can easily do this a few times, you can gradually increase your speed, which lasts for 30 minutes and you can get good exercise.

Exercise Frequency:

The goal is to exercise 3-5 times per week for 15-60 minutes each time. It is best to develop a exercise schedule based on your physical condition, rather than exercising according to your preferences. You can control the intensity of exercise by adjusting your speed and exercise time.

Amount of Exercise:

Shortcut - Exercise for 15-20 minutes is a great way to save time. Warm up at a speed of 2.5-3mph(4-4.8KM/H) for 5 minutes, then increase by 0.2mph(0.3km/h)per minute until you feel that continuing to exercise for 45 minutes at a certain speed can be challenging.

Dress up:

It is recommended to choose running shoes or fitness shoes. At the same time, do not stick any foreign objects on the sole of the shoes to avoid carrying them under the running belt and wearing the running board and belt. Clothing should be comfortable to wear and suitable for exercise. It is recommended to use cotton breathable sports clothing.

Stretch Exercise:

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so walk for 5-10 minutes first to warm up. Then stop and do stretching exercises as follows - 5 times, each leg for 10 seconds or more at a time: Do it again after the exercise is over.

1. Stretch Down

Bend your knees slightly, and bend your body slowly, letting your back and shoulders relax, try to touch your toes with both hands for 10-15 seconds. Then relaxing, repeat 3 times for each leg;(see picture 1)

2. Hamstring Stretch

Sit on a clean cushion, straighten one leg and retract the other leg so that it is close to the inner side of the straight leg. Try to touch the toes with your hands, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 2)

3. Calf and heel tendon extension

Stand with both hands supporting the wall or table, with one foot behind, keep your hind legs upright and your heels on the ground, tilt towards the wall or table, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 3)

4. Ankle Extension

Hold the wall or table with your left hand to balance, then extend your right hand backwards, grab your right ankle, and slowly pull towards your buttocks until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.(See Picture 4)

5. Stretching the Inner Thigh Muscles

Sit with the bottom of the legs facing each other, with the knees facing outwards,grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds. Then relax, and repeat the procedure 3 times. (See Picture 5)

Exercise Safety Measures

Before exercising, please consult a professional. He can help you recommend exercise frequency, intensity, and duration that matches your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, please stop immediately!

Product Maintenance Guide

⚠ **Warning:** Before cleaning or maintaining the product, please unplug the power plug of the electric treadmill.

♻ **Cleaning:** Comprehensive cleaning will greatly extend the lifespan of electric treadmills.

Regularly remove dust to maintain component cleanliness.Be sure to clean the exposed parts on both sides of the running belt, as this will reduce the accumulation of impurities under the running belt. Ensure that sports shoes are cleaning and avoid carrying foreign objects under the running belt to wear the running board and belt.The surface of the running belt must be wiped with a damp cloth soaked in soap. Please be careful not to splash water onto electrical components or under the running belt.

⚠ **Warning:** Before moving the motor protective cover, be sure to unplug the power plug of the electric treadmill. Open the motor protective cover at least once a year to dust vacuum the motor, clean the running belt, and lubricate the silicone oil.

The running board and running belt of this electric treadmill have been pre-coated with lubricating oil. The friction between the running belt and the running board has a significant impact on the service life and performance of electric treadmills, so it is necessary to regularly apply lubricating silicone oil. We suggest conducting regular checks on the running board.

Lubricating Recommendations:
Lightweight users (less than 3 hours per week) lubricate once every 6 months.
Medium user (3-5 hours per week) lubricate once every 3 months.
Heavyweight users (over 5 hours per week) lubricate once every 1.5 months.

Maintenance Instructions

To better maintain your electric treadmill and extend its lifespan, it is recommended that you turn off the power after continuous use for 2 hours and let the machine rest for 10 minutes before use.

If the running belt is too loose, there may be slipping during running; If the running belt is too tight, it may reduce the performance of the motor and exacerbate the wear of the drum and running belt.When the tension of the running belt is suitable, you can lift both sides of the running belt by hand about 50-75mm away from the running board.

Running belt lubrication

1. Remember: Reasonable lubrication is an important factor in improving the lifespan of a treadmill.

2. The method to check whether you need to add lubricant is to grab the running belt and touch the center of the back of the running belt with your hands as much as possible. If there is silicone oil (a little damp)inside the running bet, it means no need to add lubricant. If the running board is dry and no silicone oil is felt in the running belt, you need to add lubricant.

3. Lubricating Steps:

• Lift the lubricating oil position cover with your left hand: Align the spout of the oil pot with the filling port, squeeze the silicone oil bottle with your hands, let 10-15ml appropriate amount of silicone oil be added into the filling port and close the cover.

• Then turn on the treadmill with a speed 0.6 mph (1km/h)to evenly spread the lubricant. Gently step on the running belt from left to right, the lubricant can be completely absorbed by the running belt after 8-10 minutes.
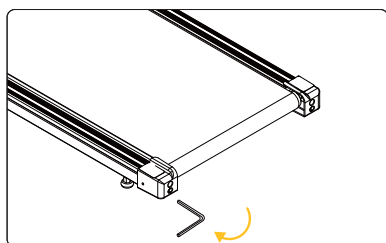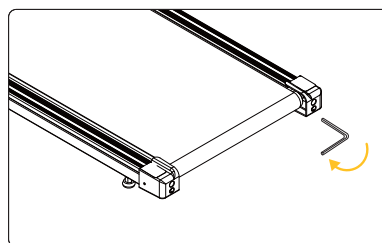
Adjusting the tightness of the running belt
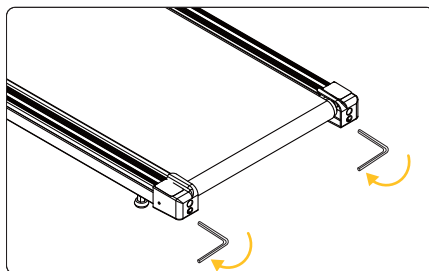
All treadmills must be adjusted before leaving the factory and after installation, but after a period of use,there may be slack,such as the user feels pause and slippery when running. Please adjust the running belt adjustment bolts in a clockwise direction with half a circle as the unit, and synchronize the left and right; Slightly adjust to normal use without the above phenomenon.

Running belt deviation adjustment

1. Place the treadmill on a flat ground.

2. Run the treadmill at a speed of approximately 1-2MPH.

3. If the running belt turn to the left, rotate the adjusting bolt on the left clockwise by 1/4 turn and pause for 30 seconds before the running belt automatically returns to normal. If it does not return to normal, please repeat the above method for adjustment.

4. If the running belt leans to the right, rotate the adjusting bolt on the right clockwise by 1/4 turn and pause for 30 seconds before the running belt automatically returns to its original position. If it does not return to its original position, please repeat the above method for adjustment.

If the running belt turn to the left, rotate the adjusting bolt on the left clockwise by 1/4 turn and pause for 30 seconds before the running belt automatically returns to normal. If it does not return to normal, please repeat the above method for adjustment.

If the running belt leans to the right, rotate the adjusting bolt on the right clockwise by 1/4 turn and pause for 30 seconds before the running belt automatically returns to its original position. If it does not return to its original position, please repeat the above method for adjustment.

Common faults and processing method

Display Fault Code	Possible cause	Repair method
E01	1. Check whether the electric display is properly connected to the controller	Please reconnect the communi-cation wire
	2. Electronic display no signal output	Replace the electronic display and need repair
	3. The controller no signal output	Replace the controller and need repair
E02	1. The motor wire is not connected	Check if the motor wires is not connected
	2. The controller provides no voltage output to the motor or abnormal voltage output	Replace the controller and need repair
	3. The motor is broken	Replace the motor
E03	Lower controller board PWM drive circuit failure	Replace the controller and need repair
E04	1. The treadmill has a large load exceeding the rated working voltage of the motor	Recommended to use it within the rated working voltage range of the motor
	2. The motor is broken	Replace the motor
	3. Motor overvoltage detection circuit failure of the lower controller board	Replace the controller and need repair
E05	1. The treadmill load exceeds the rated working current of the motor	Recommended to operate within the rated current range of the motor
	2. There is a problem with the assembly structure of the treadmill and motor, causing motor resistance phenomenon	Check if the treadmill structure is normal
	3. Fault in the current limiting system of the lower controller	Replace the controller and need repair
E06	1. The power supply voltage is too low	Please check if the power wire is normal
	2. The lower control board detection circuit is invalid	Replace the controller and need repair
E07/---	1. Safety magnet fall off	Please place the safety lock in the position on the electronic display
	2. Electronic display safety lock system fault	Replace the electronic display, need to repair