

# USER MANUAL

## Model TP3

### INCLINE WALKING PAD

## 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 (FS-XXXXXX-A)

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.



## WARRANTY INSTRUCTIONS

### **IMPORTANT: FOR TOPUTURE ONLY**

#### **12 months warranty for home use only**

For damaged or defective products, questions, replacement parts, or any other service support, please get in touch with our customer service department by the below methods:

US / CA Warranty:  **toputure\_service@outlook.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:

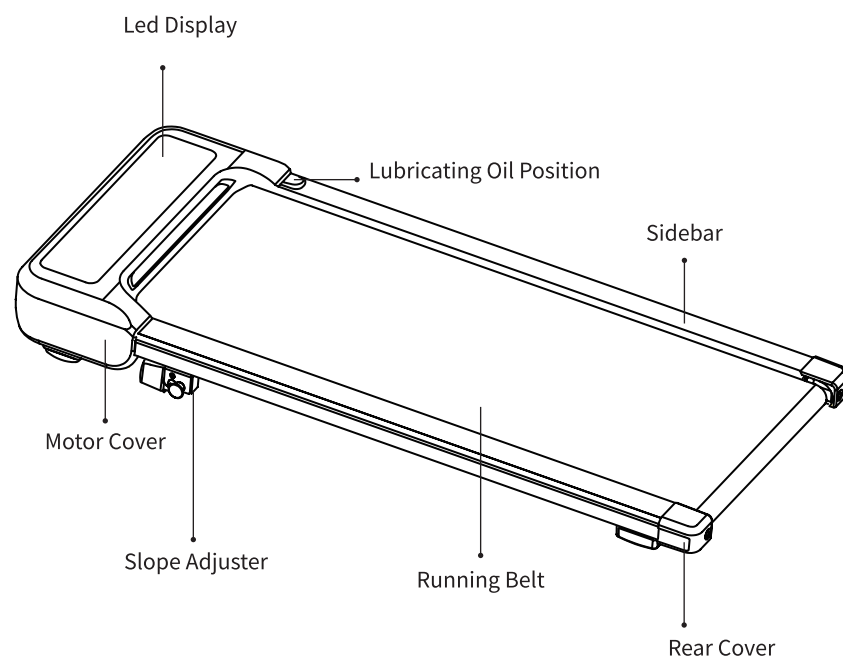
1. Order number
2. Description of parts
3. Date of purchase

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## Product Introduction

Product Model: **TP3**



## Safety Precautions & Warning Instructions

**! Attention:** Please read the manual carefully before use and pay attention to the following safety precautions.

- The treadmill should be placed indoors to avoid moisture, and water should not be splashed onto the treadmill. No foreign objects should be placed on the treadmill.
- Before exercising, please wear suitable sportswear and sports shoes. It is strictly prohibited to exercise barefoot on the treadmill, and the whole body should be stretched out before exercise.
- The power plug must be reliably grounded, and the socket should have a dedicated circuit to avoid sharing with other electrical equipment.
- Children should stay away from this device to avoid accidents.
- It is necessary to avoid prolonged and overloaded operation, otherwise it may cause damage to the motor and controller, accelerate the aging of bearings, running belts, and running plates, and perform regular maintenance.
- Reduce indoor dust, maintain a certain humidity indoors, and avoid generating strong static electricity, otherwise it may interfere with the normal operation of electronic meters and controllers.
- After using the treadmill for exercise, please turn off the power.
- Please maintain indoor air circulation when using the treadmill.
- If you feel unwell or experience abnormal conditions during use, please stop exercising immediately and consult a doctor.
- After use, silicone oil must be stored out of the reach of children to avoid accidental ingestion and serious consequences.

**! Warning:** To reduce accidents or harm to others, please comply with the following regulations.

- Before using the treadmill, please check if the clothing is fastened or if the zipper is closed.
- Do not wear clothes that are easily hooked by the treadmill.
- Do not place the power cord near hot objects.
- Do not let children approach the treadmill.
- Do not use the treadmill outdoors.
- The power supply must be removed before moving the treadmill.
- Non professionals are not allowed to disassemble this machine without authorization, otherwise serious consequences may occur.
- The machine can only be started for one person to exercise on the treadmill.
- If you feel dizzy, chest pain, nausea, or shortness of breath during exercise, please stop exercising immediately and consult a fitness coach or doctor.

### Prohibited!

■ Do not use in a state where the shell is cracked, damaged or detached (internal structure exposed), or when the welding part is detached. To avoid accidents or injuries.

■ Do not jump up or down during exercise. Otherwise, injury may occur due to falls.

■ Do not use or store in damp places such as outdoors, near bathrooms, or in places where water droplets have fallen.

■ Do not use or store in areas with direct sunlight, high temperatures around the stove, or on heating appliances such as electric carpets. Otherwise, it may cause electric leakage and fire.

■ Do not use when the power cord or plug is damaged or the socket is loose. Otherwise, it may cause electric shock, short circuit, or fire.

■ Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it and do not clamp the wire. To prevent fire or electric shock. Do not use it with two or more people at the same time, and be careful not to let people around you get close during use. Otherwise, accidents or injuries may occur due to falls.

■ Do not use it if you are unable to express your own consciousness or cannot operate it yourself. To avoid accidents or injuries.

■ Avoid contact with water and liquids! Do not pour water or liquid onto the main body or operating parts. Otherwise, it may cause electric shock and fire. People who don't exercise regularly should not suddenly engage in intense exercise.

■ Do not use it after eating, when fatigued, just exercising, or when your physical condition is abnormal. Otherwise, it may harm health.

■ This product is suitable for household use and is not suitable for non-specific places with a large number of people, such as schools, sports halls, etc.

■ Do not use while eating or engaging in other activities.

■ Do not use it when feeling sluggish after drinking alcohol. To avoid accidents or injuries.

■ Please do not hold hard objects in your clothing pockets. Before use, please remove valuable items such as watches, bracelets, mobile phones, and sharp items such as keys and knives to avoid damaging items or causing bodily injury.

■ Before use, please check if there are any foreign objects such as needles, garbage, or moisture attached to the power plug. To avoid electric shock, short circuit, or fire.

■ Do not use with wet hands! Do not use wet hands to unplug or insert the power plug. To avoid electric shock or injury.

■ Pull out the power plug! When not in use, unplug the power plug from the socket. To avoid insulation deterioration caused by dust and moisture, which can lead to electric leakage and fire.

## Main Parameters & Accessory Package List

Main Parameters		
No.	Parameter	Description
1	Voltage	100V-120V/60Hz
2	Speed Range	0.6-6.2mph
3	Running Area	40x16 inch
4	Incline	Manual incline
5	Operating Methods	Remote Control+Touchscreen Display+APP
6	Display Data	Speed/time/distance/calories
7	Overall Size	47.55x19.68x5 inch(L*W*H)
8	Package Size	130*60*14cm/51.2x23.6x5.5 inch(L*W*H)
9	Product Weight	Net weight: 40.5lbs Gross weight: 46.2lbs
10	FCC ID	2A48I-TP3
11	IC	29300-TP3

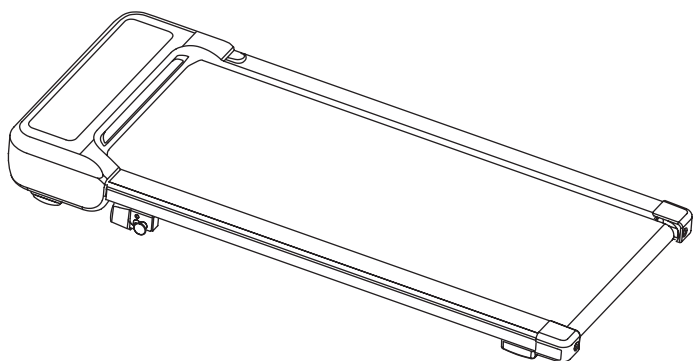
Packing List		
No.	Name	Number
1	Main Machine	1
2	Accessory Package	1

List Of Accessory Packages		
No.	Name	Number
1	L-Shaped Wrench (6 #)	1
2	Remote Control	1
3	User Instructions	1
4	Power Cord	1

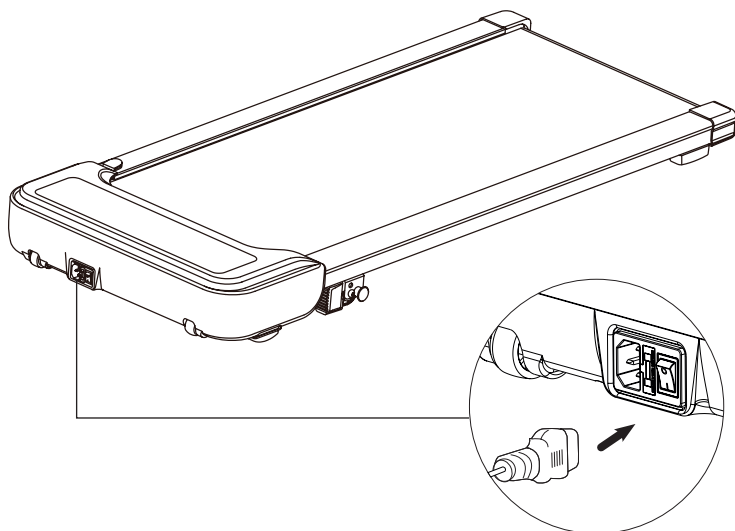
## Product Installation Instructions

### Usage Instructions

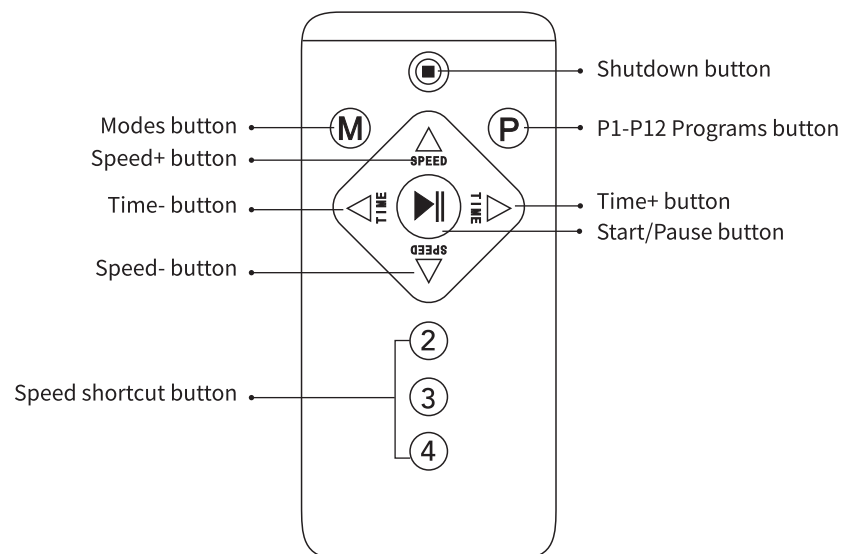
1. Take out the product from the packaging box, remove the outer PE bag, and place it on a flat surface.



2. Take out the power cord from the accessory bag and insert the "P" end into the socket in front of the machine head, Insert the other end into the power socket and turn the power switch next to it to the symbol "—" position to start using this product.



## Remote Control Function Description



**Shutdown button:** Press this button, the speed slowly decreases until to stops, and all data returns to 0.

**Start/Pause button:** When the power is turned on, the panel will light up. Press this button to start the machine. To pause movement, press this button to safely stop. The treadmill has a keeping data memory function. When you press the pause button, go to drink water, or rest for a period of time, then press the start button to continue running. The previously accumulated exercise data will continue to be recorded.

**Mode button:** Press this button to switch between speed, time, and calorie.

**P1-P12 Programs button:** Press this button to switch the automatic motion mode of P1-P12 program values.

**Time+ button:** Pressing this button can adjust the increase in time, as well as adjust speed, calories, and distance in manual mode.

**Time- button:** Pressing this button can adjust the decrease in time, as well as adjust speed, calories, and distance in manual mode.

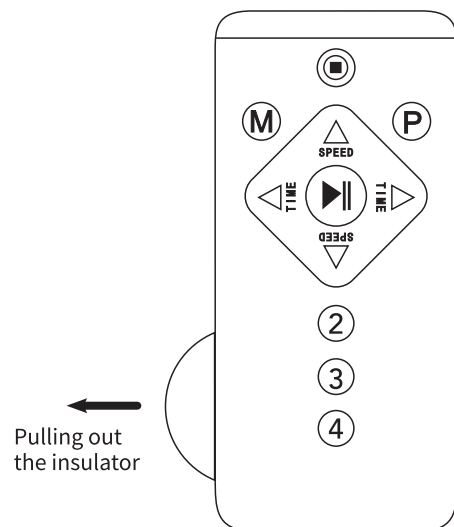
**Speed+ button:** Press this button to adjust the speed up, or adjust the speed, calories, and distance in manual mode.

**Speed- button:** Pressing this button can adjust the decrease in speed, as well as adjust speed, calories, and distance in manual mode.

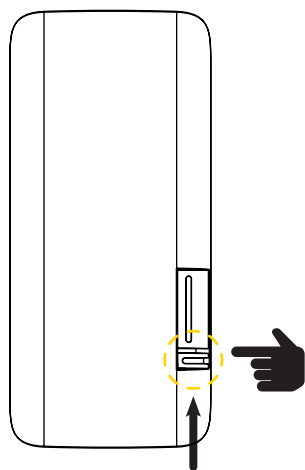
**Speed shortcut button:** Press this button to adjust the speed to the corresponding value.

## Remote Control First Use

1. Pull out the insulation film on the left side of the remote control from the gap shown in the picture, and the remote control can be powered on and used.

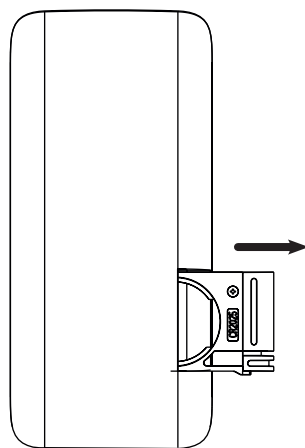


2. If the remote control needs to replace the battery, push on the locking buckle as shown in Figure 1, and then open the battery compartment as shown in Figure 2 to replace the battery. Suggest using the CR2025 battery model.



Push up to release the locking buckle

Figure 1

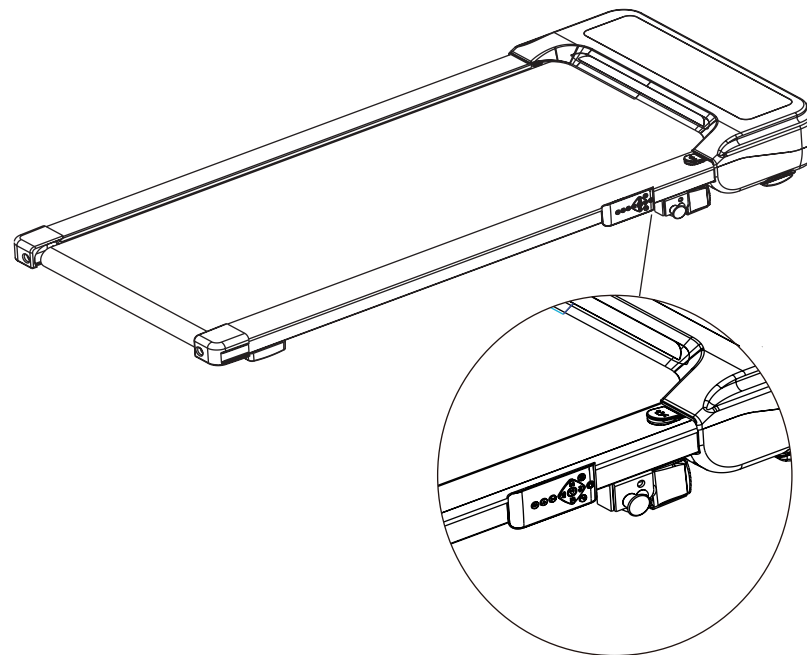


Open the battery slot

Figure 2

## Remote Control Usage Instructions

This remote control has a magnetic suction function, which can be temporarily stored on an iron frame for convenient next use when not in use.



## Product Usage Instructions

### Resume

- This electronic display is convenient to use and has fewer parameter adjustments.

The term used in the manual is:

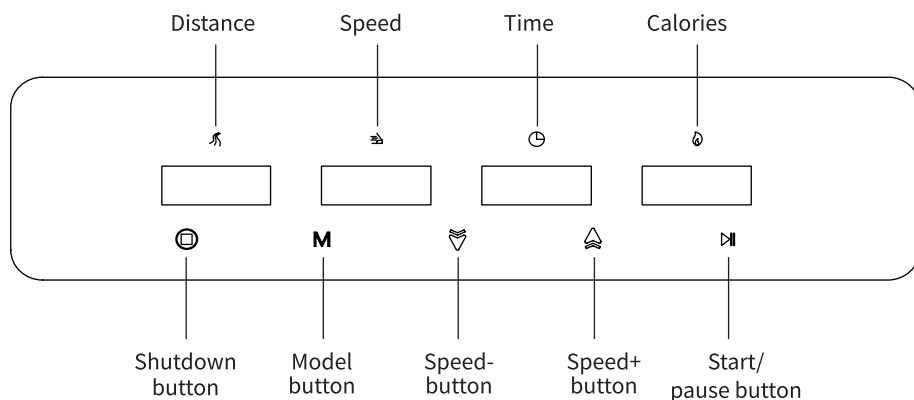
- Treadmill parameters: "speed" value.
- Sports parameters: "distance" value, "calorie" value, "time" value.
- Sports mode: manual mode and program mode.
- Manual motion mode: a motion mode without a set amount of motion.
- Program mode: Set the exercise mode for the amount of exercise.

## LED digital display

- Distance display
- Speed display
- Time display
- Calories display

## Touch buttons

The specific button design of this product is as follows:



## Incline adjustment instruction

1. The slope adjustment block is placed horizontally, and the fixed screw is in hole 1 (Figure 1).

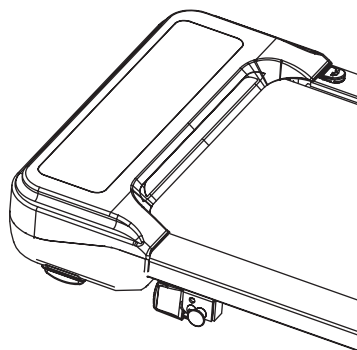
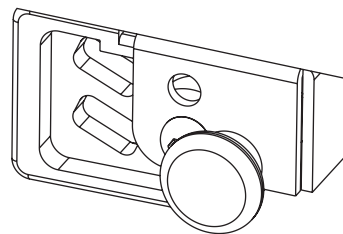


Figure 1



Hole 1

2. Pull out the fixed screw, rotate the slope adjustment block to stand vertically, then insert the fixed screw into hole 2 and fix it. Repeat the above operation to adjust the slope adjustment device on the other end to maintain balance on the treadmill.

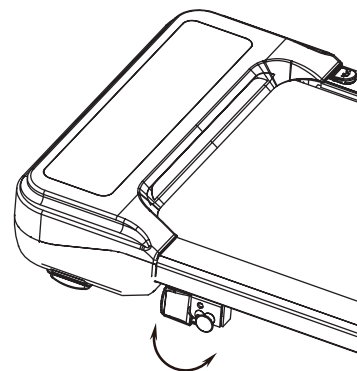
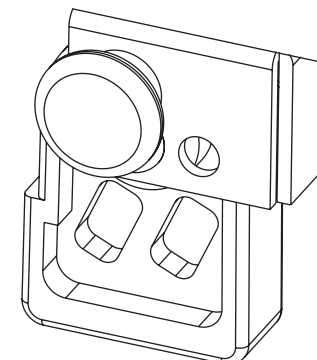


Figure 2



Hole 2

When the slope adjustment block is standing, insert the pin into this hole, the pin must be inserted properly.

## Parameter

1. Supply Voltage: 220V-240V / 50Hz.
2. The Minimum Speed: 0.6 MPH.
3. The Maximum speed: 6.2 MPH.
4. The maximum exercise time in automatic mode is 99 minutes.
5. The shortest time in manual mode is 5 minutes, and the longest exercise time is 99 minutes.
6. The minimum distance in manual mode is 1 miles, and the maximum distance is 99 miles.
7. The minimum calorie count in manual mode is 20 kcal, and the maximum calorie count is 990 kcal.

## Sports mode function description

Automatic mode:

1. Before exercising, check if the power is plugged in properly and if the power switch is turned on. The standby status panel displays 0000, pressing Start button, the countdown will begin 3 seconds later. The speed display shows 0.6 miles, and the distance, time, and calories on the display screen will be updated. Press button to adjust the speed, with a minimum of 0.6 mph and a maximum of 6.2 mph.



2. Press **⏸** button The machine pauses slowly, the speed returns to zero, and other data remains in the current latest state, the screen stays lighting. And then press **⏸** button, After the machine cancels the pause, the speed restarts. Press the left button to slowly stop the machine and reset all data to zero.

Manual mode:

1. In standby mode, the window displays 0:00, Press the P key on the remote control, led window display P01-P12, Time display for 30 minutes and flashing, Press **▲▼** Adjustable time, Min 5 minutes, Max 99 minutes, After completing the setup, Press **⏸** start button on the remote control, After the 3-second countdown starts, Enter the program mode.
2. In standby mode, the window displays 0:00. Press the M key on the remote control, Display H-1, Time show 30 minutes and flashing, Press the remote control **▲▼** time+/- button can adjust time, Min 5 minutes, Max 99 minutes, After completing the setup, press the **⏸** button on the remote control, Enter the mode function after starting the 3 second countdown.
3. In standby mode, the window displays 0:00. Press the M button on the remote control to display H-2, and the distance display flashes 1 mile, press remote **▲▼** button can adjust speed, Min 1 mile, Max 99 miles, After completing the setup, press the **⏸** button on the remote control, enter the mode function after starting the 3 second countdown.
4. In standby mode, the window displays 0:00. Press the M button on the remote control to display H-3, and the calorie display will flash at 50kcal, press **▲▼** button can adjust calorie, Min 20 kcal, Max 990 kcal, After completing the setup, press the **⏸** button on the remote control, enter the mode function after the 3 second countdown.

## P1-P12 program motion diagrams

Program	1	2	3	4	5	6	7	8	9	10
P1	1	2	2	1	1	2	2	3	4	1
P2	1	2	1	2	1	2	3	4	1	2
P3	1	2	1	2	3	2	4	2	1	2
P4	2	1	2	1	2	3	3	1	2	1
P5	2	1	1	2	2	1	2	3	2	2
P6	2	2	1	2	3	2	3	2	3	1
P7	2	1	2	2	1	2	1	2	3	1
P8	1	2	3	2	1	2	2	1	2	3
P9	2	2	4	2	4	2	2	3	2	1
P10	1	2	2	1	2	2	3	2	3	2
P11	2	3	4	4	3	3	2	3	3	1
P12	2	2	1	2	2	3	2	3	2	3

- The treadmill has 12 built-in programs P1-P12. In the standby countdown mode, press the "P/M" key and the window will display "P1", and the "TIME" window will flash; the preset time 30:00 will be displayed, press "+, -" key to set the desired exercise time, and then press the "Start Stop" key to start the built-in program.
- The built-in program is divided into 10 segments, and the exercise time of each segment = set time/10. When entering the next segment, the system will beep three times "Bi-Bi- Bi-". The speed of the system will change with the change of the program segment. During this period, you can press the "+, -" keys to change the speed. However, when the program enters the next segment, it will return to the set speed of that segment. After running a program, the system will issue three beeps of "B i-B i-B i" and the treadmill will slow down smoothly and stop running. The treadmill will enter sleep mode after 10 minutes of stopping.

## Exercise Advice & Guidance

**Ready** - Before each use of this treadmill, it is necessary to warm up for 5 to 10 minutes.

**Breathe** - Breathing should not be blocked during exercise. Usually, when preparing to perform repetitive movements, inhale through the nose and exhale through the mouth, Breathing and movement should be coordinated. If breathing is too rapid, stop exercising immediately.

**Frequency** - The exercise of muscles in the same area should have 48 hours of rest, which means that the same area can only be trained every other day.

**Strength** - Determine the amount of training based on individual physical fitness training status, and then practice according to the principle of gradual load to eliminate soreness.

**Diet** - To protect the digestive system, exercise can only be done one hour after meals, and eating should be done at least half an hour after training. Drink less water during exercise, especially avoid drinking too much water, to avoid increasing the burden on the heart and kidneys.

**Stretch Exercise** - No matter how fast you run, it's best to start with stretching exercises to warm your body and make it easier for your muscles to stretch, First, walk for 5 to 10 minutes to warm up, then stop and do stretching exercises 5 times according to the following method, with each leg doing 10 seconds or more each time. After the running is over, do it again.

### 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)



## Product Maintenance

### Running belt lubrication

After using the running belt for a period of time, it must be lubricated with treadmill lubrication oil.

#### 1. Advise

- Use less than 3 hours per week, lubricate once every 5 months.
- Use 4-7 hours a week, lubricate once every 2 months.
- Use more than 7 hours a week, lubricate once a month.

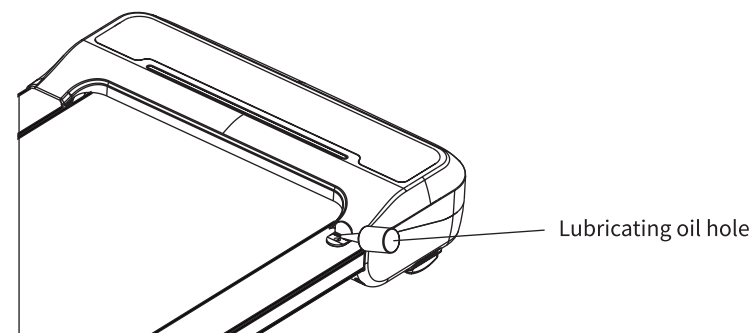
Don't use an excessive amount of lubricating agent. It is not that the more lubricant, the better effect. Reasonable lubrication is an important factor to increase the service life of the treadmill.

#### 2. Lubrication method

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 belt, 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.

### Lubricating Steps (as picture show)

- 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 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.



### 3. 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.

### 4. Running belt deviation adjustment

All treadmills require adjustment of the running belt before leaving the factory and after installation, but after using it for a period of time, it may still experience deviation, which may be caused by the following reasons: 1. Place the treadmill on a uneven ground. 2. The user's feet are not in the center of the running belt during exercise.

#### Running belt deviation adjustment steps

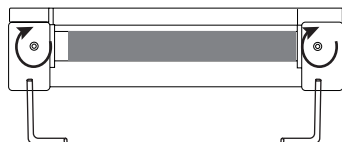
1. Place the treadmill on a flat ground.
2. Run the treadmill at a speed of approximately 0.6-1MPH.
3. If the running belt turn to the left, rotate the adjusting bolt on the left clockwise by 1/4 turn and pause for 30 seconds before the running belt automatically returns to normal. If it does not return 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.



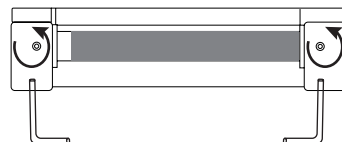
Running belt turn to the right,  
and the right side is tightened



The running belt turn to the left,  
and the left side is tightened



Left and right side balance  
fine-tuning



Left and right side balance  
fine-tuning

Running belt slipping: The phenomenon of a person running with slipping or momentary pauses.

Reason: Running belt too loose.

Running belt adjustment: Tighten the left and right sides of the running belt clockwise by 3 turns each, adjust according to the deviation direction of the running belt, If it is on the right side, adjust it on the right side, slowly adjust the running belt in sequence until it is centered. (Novice user, please contact customer service to provide adjustment video)

## Common Faults and Handling Methods

Display fault code	Fault	Fault judgment	Solution
E01	Communication error	<ol style="list-style-type: none"> <li>1. Check whether the electric display is properly connected to the controller.</li> <li>2. Electronic display no signal output.</li> <li>3. The controller no signal output.</li> </ol>	<ol style="list-style-type: none"> <li>1. Please reconnect the communication wire.</li> <li>2. Replace the electronic display and need repair.</li> <li>3. Replace the controller and need repair.</li> </ol>
E02	Explosion protection error	<ol style="list-style-type: none"> <li>1. The motor wire is not connected.</li> <li>2. The controller provides no voltage output to the motor or abnormal voltage output.</li> <li>3. The motor is broken.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the motor wires is not connected.</li> <li>2. Replace the controller and need repair.</li> <li>3. Replace the motor.</li> </ol>
E03	Detect abnormal speed	<ol style="list-style-type: none"> <li>lower controller board PWM drive circuit failure.</li> <li>4. The power supply voltage is too low.</li> <li>5. The lower control board failed to detect the route.</li> </ol>	Replace the controller
E04	Motor overvoltage protection	<ol style="list-style-type: none"> <li>1. The treadmill has a large load exceeding the rated working voltage of the motor.</li> <li>2. The motor is broken.</li> <li>3. Motor overvoltage detection circuit failure of the lower controller board.</li> </ol>	<ol style="list-style-type: none"> <li>1. Recommended to use it within the rated working voltage range of the motor.</li> <li>2. Replace the motor.</li> <li>3. Replace the controller and need repair.</li> </ol>
E05	Over current protection	<ol style="list-style-type: none"> <li>1. The treadmill load exceeds the rated working current of the motor.</li> <li>2. There is a problem with the assembly structure of the treadmill and motor, causing motor resistance phenomenon.</li> <li>3. Fault in the current limiting system of the lower controller.</li> </ol>	<ol style="list-style-type: none"> <li>1. Recommended to operate within the rated current range of the motor.</li> <li>2. Check if the treadmill structure is normal.</li> <li>3. Replace the controller and need repair.</li> </ol>
E06	Drive power too low voltage	<ol style="list-style-type: none"> <li>1. The power supply voltage is too low.</li> <li>2. The lower control board detection circuit is invalid.</li> </ol>	<ol style="list-style-type: none"> <li>1. Please check if the power wire is normal.</li> <li>2. Replace the controller and need repair.</li> </ol>

## Other problems and troubleshooting methods:

### 1. The electronic watch has no display

- Check whether the power cord is plugged in properly, whether the power switch is turned on, and whether the fuse on the controller is blown.
- Whether the 4-core wire of the electronic watch and the controller is well connected. c: Whether the controller and transformer are well connected.

### 2. The motor can't start

- Please check whether all connecting wires are connected properly.
- Please observe the error signal appearing on the electronic panel.

FCC ID: 2A48I-TP3

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

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.

**This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.**

## Correct disposal of this product



This marking indicates that this product must not be disposed of with other household waste throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where you purchased the product. They can take this product to an environmentally safe recycling.

# Toputure

US/CA Warranty: ✉ [toputure\\_service@outlook.com](mailto:toputure_service@outlook.com)

## **ISED Statement**

- English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic