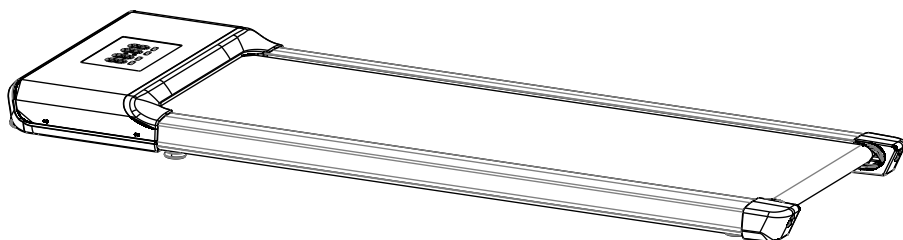
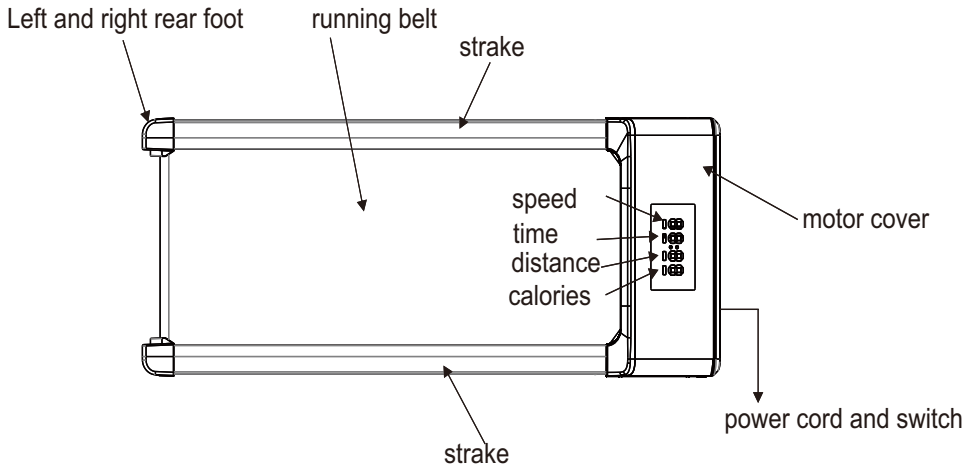


Treadmill Instruction Manual



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Product brief:



Attention :

- .It's common home use machine,please avoid commercial use.
- .Please avoid using machine at fire source commercial use.
- .please exercise in wide space without any danger.
- .when use in the floor,please be sure cover the carpet to avoid damage to the surface.
- .Please don't use this machine on the uneven places.

Packing list :

number	name	unit	Q'TY		
1	treadmill	pcs	1		
2	screw package	pcs	1		
Screwpackage					
number	name	Q'TY	number	name	Q'TY
01	5# wrench	1	03	oil	1
02	remote control	1	04	manual	1

Parameters:

Model	P100
Voltage	AC220V/50HZ
Max use's weight	100KG
Packing Size	1370*530*115mm
Running Area	1100*400mm
Speed	1--6km/h

Thank you very much for purchasing this product ,to be able to use the product,be sure to read this manual.

Safety precautions

- .Please don't use machine with illness,fatigue and drunk.
- .Children should use this machine under adults accompany.
- .Please wear comfortable clothes,avoid flip flop or skirt when using this machine.
- .Please start from suitable sport as excessive exercise may affect health.
- .Loading capacity 100KG,overload may cause damage.

Sports suggestins and guidelines

5 to 10 minutes of warm-up before each use of the machine. It is not allowed to shield during exercise, usually, when preparing to restore, inhale by nose and exhale by mouth. The breath and action should be coordinated. If the breath is short, stop the exercise immediately.

Muscle exercise in the same parts should be rest for 48 hours, that is, we can train the same parts every other day. determine the weight of the training accord to the physical training status of the individual, and then gradually increase the load to to practice. The initial training of muscle soreness is a normal phenomenon, as long as continue to practice.

Diet in order to product the digestive system, exercise can only be carried out hour after. During exercise, dink less water, not a lot of water, so as not to increase the burden of heart and lung.

Streching exercise

No matter how fast you walk, first you should do streching exercise. Warm muscles are easier to stretch. Therefore, walk for 5 to 10 minutes to warm up, then stop and do srenching exercise for 5 times as follows. Each leg should be done for 10 seconds or more each time, and then do it again after the exercise.

Stretch down

Slightly bend your knees, slowly bend your body downward, relax your back and shoulders, touch your feet with both hands as much as possible for 10-15 seconds, then relax and repeat 3 times. (picture 1)

Leg stretch

Sit on the clean ground, straighten one leg, put the other leg in, make the leg cose to the inside of the straightened leg, touch the foot with your hand as much as possible, keep it for 10-15 seconds, and then relax. Repeat for 3 times for each leg. (picture 2)

Calf and foot extension

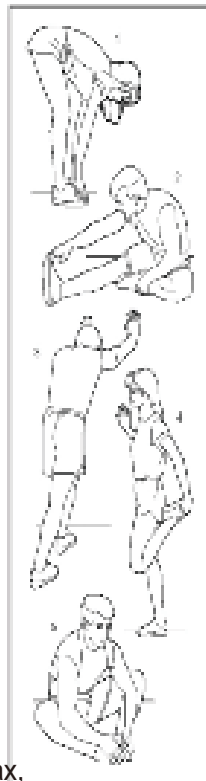
Stand with two hands on the wall, one foot in the back, keep the back foot upright, heel on the ground, tilt towards the wall, hold for 10-15 seconds, then relax, and make three times of figure 3 for each leg.

Stretch the head chicken

Hold the wall with your right hand to grasp the balance, then stretch back with your left hand, grasp your left foot and slowly pull it up to your hip until your feel the muscle in front of your thigh is very tense, about 10-15 seconds. Then telax, do each leg three times. (picture 4)

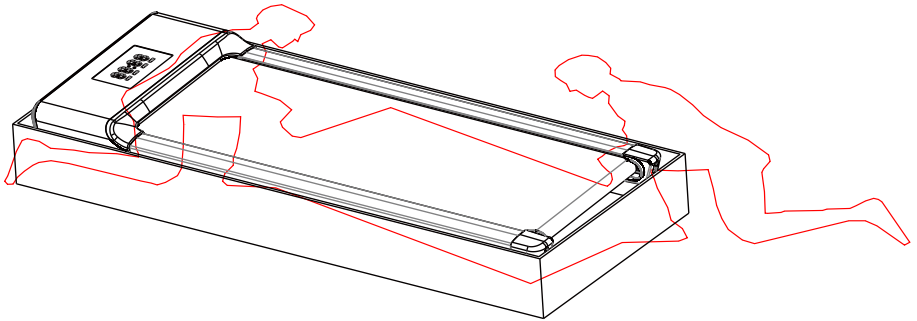
Stretch the inner thigh muscles

With feet facing each other, and pull the feet to the abdmen with both hands, hold for 10-15 deconds, then relax, repeat 3 times. (picture 5)



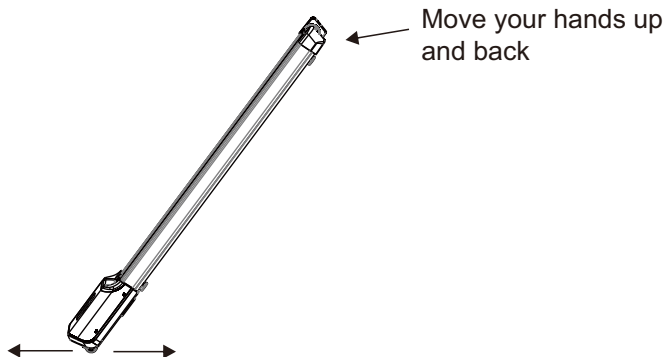
Assembly instructions

The machine has been installed in the manufacturer and can be used after power on. Take the machine out of the box and put it on the floor. Make sure there is a space of 50cm in front and back.



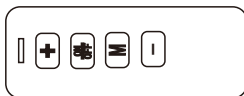
The machine moves

As shown in the picture, you can move back and front by lifting the tail of the machine properly with both hands. It is only suitable for short-distance movement in the room.



Operation guide

Remote control



1、 Window display

it will display “3” and “1”.

When the machine is running ,the display window “speed window” and “time window” will be automatically switched every 5 seconds. The indicator light under the calorie window changes with the window display. The information displayed in different windows is as follows.

(1) .”speed”window”

The current speed value is displayed in the running state, and the speed light is on. The display range is 1.0--6.0km/h.

(2) .”time”window”

Display the movement time. The time is on. The forward timing is from 0:00-60:00, 60 minutes, and the machine is flat stable deceleration stops operation, countdown decreases from the set time to zero, when the countdown reaches 0:00. The machine will enter the standby state 10 minutes after it stops running smoothly and stably.

(3) .”distance”window

Display the movement distance , distance equal bright forward count overflows from 0.00-99.00 and then counts again, reverse count decrease from the set value to zero, when the counter is turned to 0, the machine will drop steadily until it stops running 10 minutes to standby.

(4) .”calories window”

The caloric consumption value is displayed. When the caloric consumption value is displayed on the caloric lamp, it overflows from 0.0-99:00 in the positive counting then count again. when counting in reverse direction ,count back from the set value to 0. When counting back to 0, the machine is stable drop stop running quickly, and enter standby mode 10 minutes after complete stop.

2. Remote control function

(1) .”Start stop” is the start/stop key: when the power is on, press this key at any time to start the line. During the movement ,you can stop the operation of the machine by pressing this key.

(2) open ”+” is the speed increase key, after machine is started, increase the speed, and its adjustment range is km/time.

speed ”-” is the speed decrease key, after the machine is started, increase reduce the speed, and the state’s adjustment range is 1 km/time.

(3) “switching calculation” is to check the speed time distance and calorie display.

According to the operation of another machine, the second white switch is used to switch the display port once, and then move (manual mode) to turn on the power switch.

3. Quick start

(1) .Open the power switch.

(2). Press ”start/stop” button, the machine enters the 3 seconds countdown, the buzzer makes a sound and the window is built at the same time. display the countdown number. After the countdown of 3 seconds, the machine starts to run at 1.0km.

(3) After the start-up, you can use the “speed +” and “speed -” keys to adjust the speed of machine as required.

4.Operation in the process of movement :

- (1).Press the “speed -”key to reduce the running speed of the machine.
- (2).Press the “speed +”key to increase the running speed of the machine.
- (3).Press the “start stop”key and the machine will slow down to stop.

M key: In backward mode, open the machine power switch and press M key to select the time. Distance. In press - you can select backtrace

5.Each numerical display range :

set parameters	initial	Setting value	setting grange	Display range
Time (min:sec)	0:00	10:00	5:00-60:00	0:00 - 60:00
	-	-	-	-
speed(km/h)	1.0	1.0	1.0-6.0	1.0-6.0
Distance(km)	0.00	1.0	1.0-99.00	0.00 - 99.00
Pulse(sec/min)	-	N/A	N/A	-
Calories(kcal)	0.0	50.0	20.0-990.0	0.0 - 990.0

6. Turn off machine :

The machine can be shut down by turning off the power switch ,so as not to damage the machine.

TreadmillCommonErrorMessagesPromptDescription

01:communicationblockedbetweenElectronicandcontroller. Solution

S	When communication line is blocked between Electronic and under controller	Please connect again or change communicationline
	WhenElectronicwithoutsignal	ChangeElectronictorepair
	Whenundercontrollerwithoutsignal	Changeundercontrollertorepair

E02:Thecontrollerdoesnotdetectthevoltageofthemotorline. Solution

S	Motorcableisnotconnected	Checkconnection
	No voltage output or abnormal by undercontroller	Changeundercontrollertorepair
	Motorisbad	Changemotor

E03:Whenthemotorisrunning,thecontrollercan'ttestthespeedsignal. Solution

S	Motorcableisnotconnected	Checkconnection
	Undercontrollerwithabnormalsignal	Changeundercontrollertorepair

E05:Whenthemotorisrunning,currentexceedstheratedcurrent.

Solution	Treadmill motor load exceedstheratedcurrent	Recommend within the ratedcurrentofthemotor
	Treadmill motor assembly structure problems, causingthemotorblocked orresistance	Check the structure of treadmill
	By limiting control system failure	Changeundercontrollerto repair

E07:Monitorcan'ttestthesignalofsecuritylock. Solution

S	SafetyMagnetoff	Please set magnet safety lockcorrectly
	ElectronicSafetylocksystem	Changeelectronictorepair

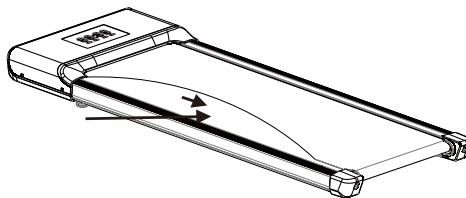
Running belt adjustment method .

1. When running belt leans to the left, adjust the screw on the left 1-2 turns along the clockwise. Then, test running; if still leans to the left, repeat the above steps until back to the center.
2. When running belt leans to the right, adjust the screw on the right 1-2 turns along the clockwise. Then, test running; if still leans to the right, repeat the above steps until back to the center.
3. When the running belt is too tight, it will cause stronger resistance. Please adjust both sides screws 1-2 turns along the counterclockwise, loosen the belt until stopping skidding or pausing; When the running belt is too loose, please adjust both sides screws 1-2 turns along the clockwise.



Use the treadmill lubricant

LOCATION is in the middle of the lower surface of the running belt. When add lubricant, please inject to the center of running board, then put down the belt, pressing the hole by hands, rotating the belt to apply evenly.



FCC Statement

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.

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.

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