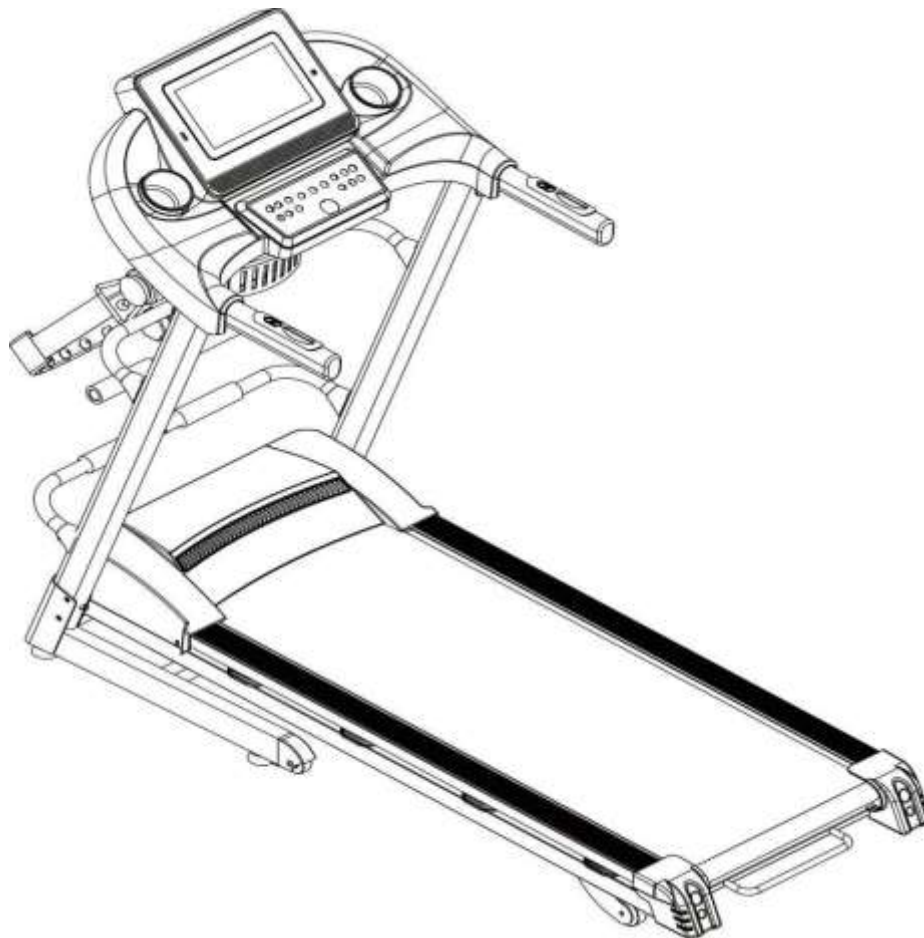


# USER'S MANUAL

## MODEL: FT100M



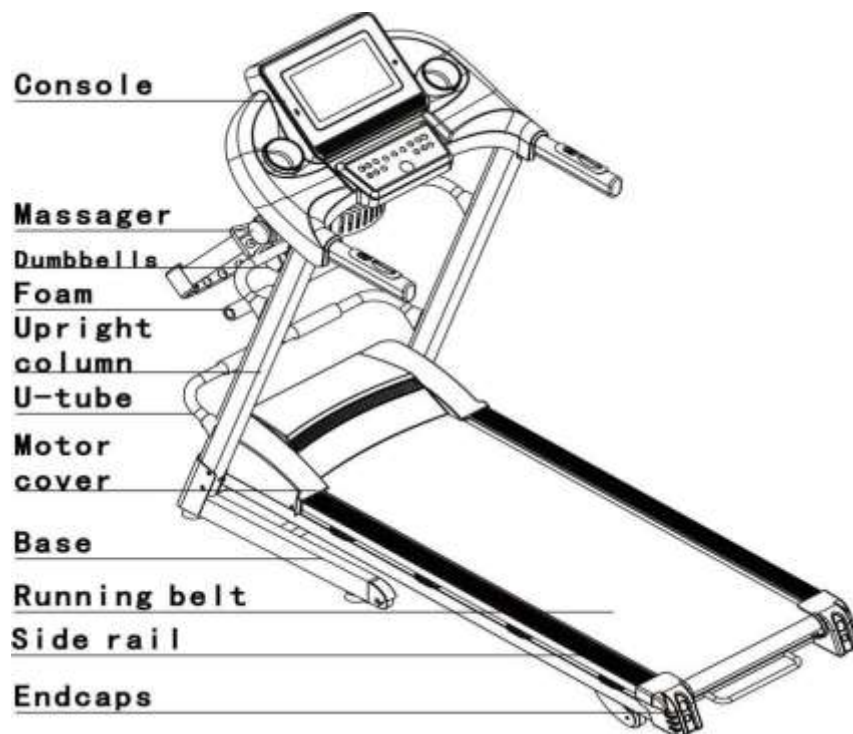
**Note:** Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

**Always choose a Treadmill that can support at least 20 more kilograms of weight than your current weight since the impact weight increases during running and walking.**

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# 1. Product Brief - Model: FT100M



## Main parameters and parts list

### Main technical parameters

No.	Parameters Names	Description
1	Input power voltage	AC220-240V(50~60Hz)
2	Power	3.25HP
3	Speed	0.8-14.8Km/h
4	Running surface	1240*420 mm
5	Max user weight	110KG
6	Expand dimensions	1615*680*1270 mm
7	Functions (Option)	Running (Sit up, Dumbbell, Massager)

### Packing list

No.	Name	Units	Qty
1	Complete machine	Set	1
2	Sit up/dumbbells/massager/Twister	Set	1
3	Accessory Bag	Pc	1
4	Frame of Multi-function	Pc	1
5	Frame pipe of Massager	Set	2

Tools Bag					
No.	Name	Qty	No.	Name	Qty
1	Inner Hexagon spanner 6mm	1	7	Audio cable	1
2	Inner Hexagon spanner 5mm	1	8	Screws M8*22	4
3	Combination wrench	1	9	Screws M8*45	2
4	Safety Key	1	10	Washerφ8	2
5	Silicone oil	1	11	Nut M8	2
6	User's manual	1	12	Screw M8*25	2
Multi-function model accessory					
1	Screws M8*40	4	6	Screws M8*55	2
2	Nut M8	6	7	Washerφ8	6
3	Massager pipe	2	8	Dumbbells	2
4	Foam	4	9	Multifunction frame	1
5	Massager	1			

## 1. Security Precautions and Warnings

**Tips:** Before folding the treadmill, make sure that the gradient is "zero".

**Notice:** : Please read the instructions carefully before use.

- ◆ Indoor using and storing the treadmill, avoid dampness, and do not spill water.
- ◆ Please wear suitable clothes and sneakers before exercise. Please do not exercise on the treadmill barefoot.
- ◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid long and overloaded operations, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.
- ◆ Keep machine away from dust to avoid strong static.
- ◆ Please cut the electric power off after using.
- ◆ Please maintain good ventilation when running.
- ◆ Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.
- ◆ If you feel not very well when using this machine, please stop and consult a doctor.

- ◆ Silicone oil must be kept away from children after use.
- ◆ If power cord is damaged, please contact our qualified maintenance personnel for service rather than assembling it yourself.
- ◆ Always choose a Treadmill that has user weight capacity at least 20 Kgs more than your current weight since the impact weight increases



### **Forbidden**

- ◆ Don't use the machine in the status of the shell break or break off (the internal structure exposed)
- ◆ Don't jump up and down in the process of movement.
- ◆ Don't keep machine in or near moist space such as the bathroom.
- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance.
- ◆ Don't use when the power cord is damaged or power plug pin is loose.
- ◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.
- ◆ People who seldom do exercise shouldn't suddenly do intense exercise.
- ◆ After eating or when feel tired, do not use machine.
- ◆ This product is suitable only for domestic use and not for commercial use. Warranty will void in case of commercial use.
- ◆ when not in use, pull out the power plug from the socket.

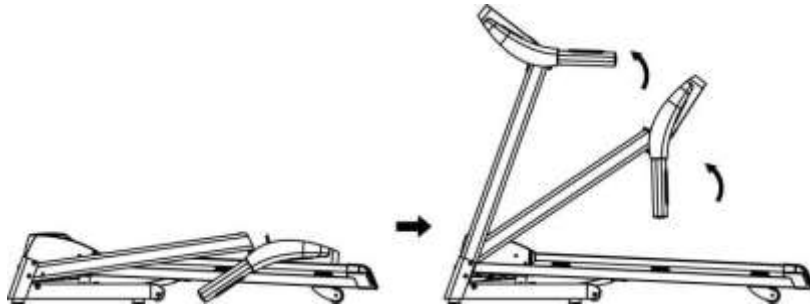


### **Ground protection system!**

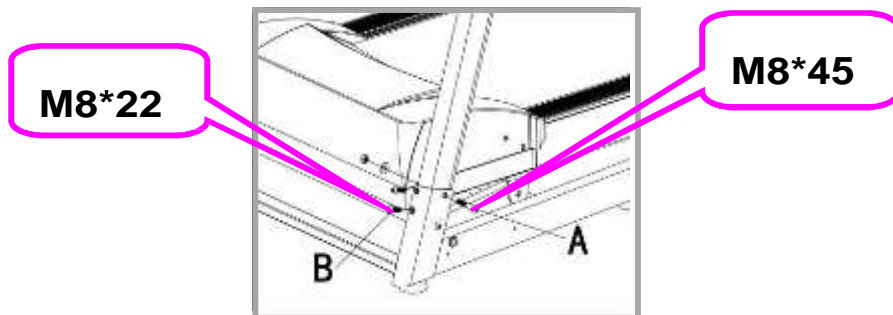
- ◆ This product must be grounded. If the machine is faulty, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.
- ◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.
- ◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

## 2. Installation Instructions

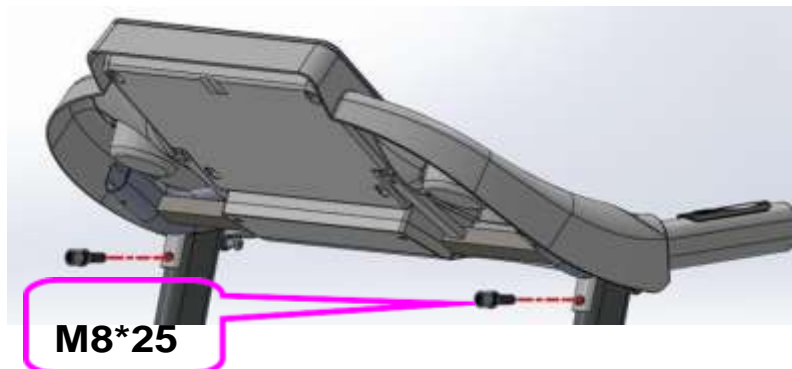
When installing, simply fix all screws first, then tighten screws when the installation of frame is done. Put the machine on the flat ground.



1. Use 5# inner hexagon wrench and screw M8\*45 and screw M8\*22 to lock washer and nut and fix the column on the base.

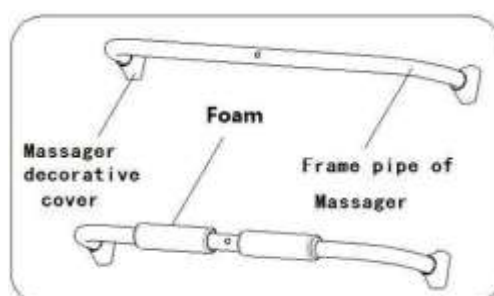


2. Hold left& right columns, use 6# inner hexagon wrench and screw M8\*25 to lock the console on the columns.



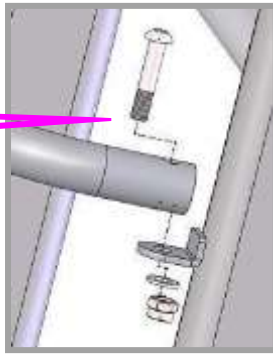
Above are single function installation steps, multifunctional machines need to be installed after you complete the steps above and then continue with the following installation:

3. Put two foams and four massager's decorative covers on the frame pipe.(as the picture bellow)



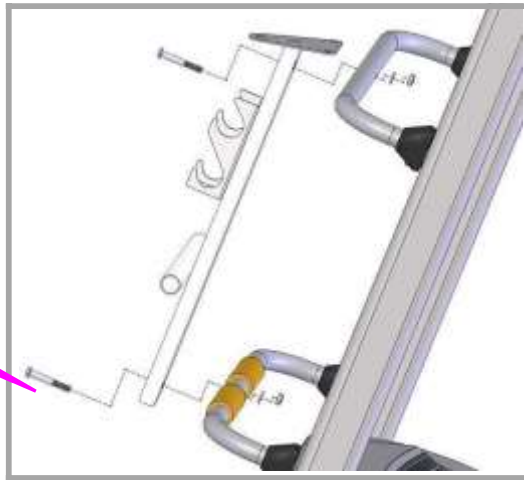
4. Use screw M8\*40, washer $\phi$ 8 and nut M8 to lock the massage frame on the columns.

**M8\*40**



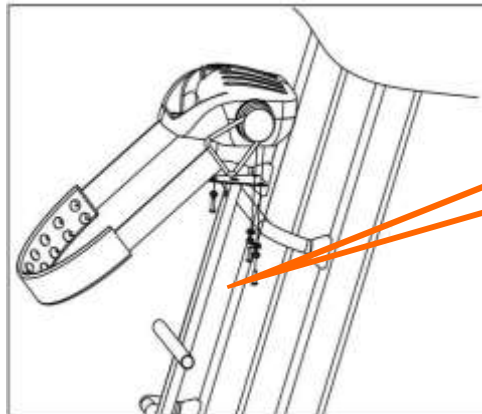
5. Use screw M8\*45, washer $\phi$ 8 and nut M8 to lock the massage frame on the massage pipe.

**M8\*45**

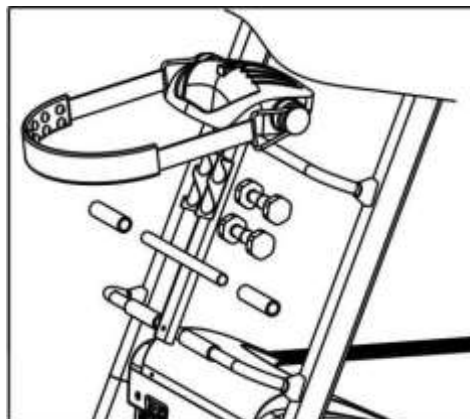


6. Remove the preinstalled screw M8\*15 from the massager, and then use screw M8 \* 15 o fix the massager on the massager frame.

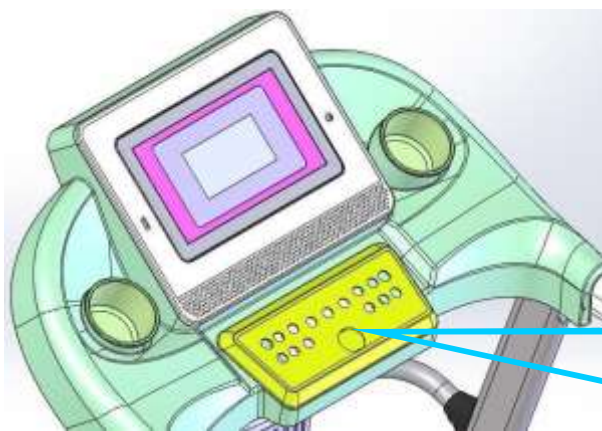
**M8\*15**



7. Put the two foams on the massager pipe and put the two dumbbells on the frame.



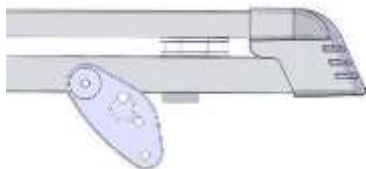
8. Put the safety key on the picture showing place to start the treadmill.



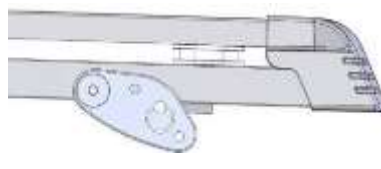
Safety key is in red color. Put it in the yellow area of the display and press the start button to start the treadmill.

NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check that no part is left out before plugging electricity.

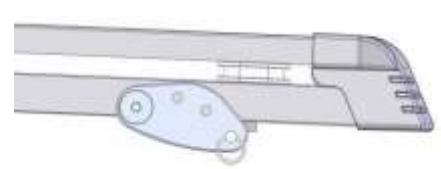
According to users' own physical condition, three levels of incline are here for choose as below:



Level 1



Level 2



Level 3

## 4. Using Instructions

### Using treadmill

1) Insert the power plug properly and turn on the switch(in red color)

When the light is on, there will be a beep sound, and then the screen will light up.



1

2) Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in places children cannot reach. If it is eaten or split into eyes by mistake, please use water to wash and consult doctor immediately.

3) Safety key Introduction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents.



#### 4) Folding Instructions

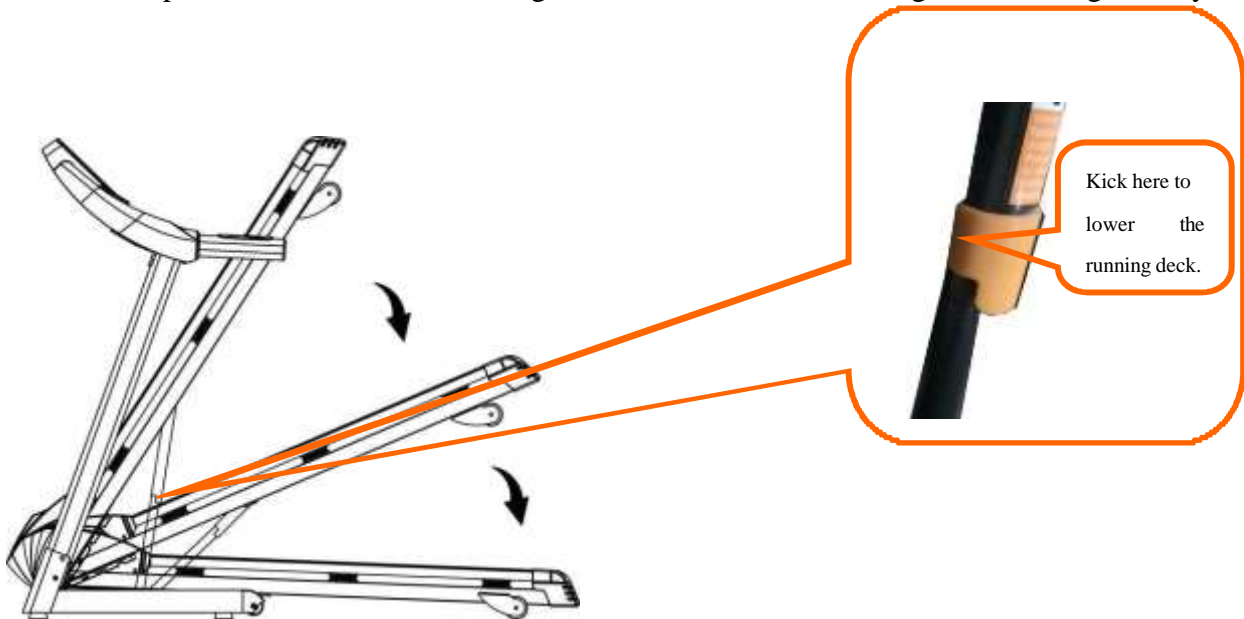
Fold the treadmill:

It will save space when the treadmill is folded.

Please turn off the switch and pull out the power plug before folding. Lift the running deck until it is held.

Unfold the treadmill:

Kick the pressure rod, hold the running deck and then let the running deck to fall gradually.



#### 5) Console instructions

##### **Start-up**

Normally start after 5 seconds of countdown.

##### **Amount of programs**

3 manual programs, 12 automatic programs, 1 FAT program.

##### **Safety lock function**

Disconnect the security lock, "E7" shows on the screen. The treadmill stops immediately, and you will hear a beep sound. Put the safety key back, all the data will be cleared in 2 seconds.

##### **Key function**

##### **Start button, Stop button:**

When the power is on, press the start button to start the treadmill. And press the stop button to stop the treadmill when the unit is in running mode.

##### **Program key**

In standby mode, pressing this key can cycle the options from manual mode to P1 to P12 automatic programs. Manual mode is the system defaulting running mode.

##### **Mode key**

In standby mode, press this key to cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode. Use speed + - to adjust the set value.

##### **Speed + - key:**

Use these keys to adjust the speed of the treadmill or to adjust the set value.

##### **Speed shortcut key:**

Use these keys to change the speed in running mode.

### Media control keys

Play/Pause, Previous, Next, Volume up, Volume down. Press these keys to adjust the media when insert audio equipment.

Incline + - key:

Can be used to set values of parameters and incline. The incline value increase or decrease by one level in each pressing, and if press for more than 2 seconds, the incline can change continuously.

### Display Function

#### Speed Display

Display the current running speed value.

#### Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

#### Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

#### Calorie display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

#### Heart rate display

Heart rate signal will be detected after holding the heart rate sensor on handrails for a short time. This data is for reference only, it cannot be considered as medical data.

#### Automatic program

Each program is divided into 10 segments, and the running time of each segment of the program is evenly distributed. Following is a form of time distribution of 12 programs.

<div>Time Program</div>		Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

### 3 Modes parameter setting

Set the initial time countdown to 30:00 minutes, the setting range is 5:00-----99:00 minutes, step by 1:00. The initial setting of calorie countdown is 50 kcal, the setting range is 20 --- 990 kcal, step by 10. The initial setting of distance countdown is 1.0 kilometers, the setting range is 1.0 --- 99.0 km step by 1.0. Cycle to switch the order of manual, time, distance and calories.

#### Physical Fitness Test (FAT)

In standby mode, press the "Program" key to enter the human body mass index (FAT) detection window that displays "FAT". Press the "Settings" button to select the parameters to be set (F1 - gender, F2-age the F3-height, F4-body weight), use "speed+" and "speed -" to set gender and press mode button to set following parameters. When settings are done, hold the hand pulse to enter the physical detection. The body mass index (FAT) is a measurement of the relation between a person's height and weight, but not refer to the proportion of the body. FAT is suitable for men and women, along with other health indicators, it serves as basis for people to adjust weight. Ideal FAT should be between 20-25, less than 19 means skinny, the range between 25 and 29 is overweight, and if you exceed 30, it is considered to be obesity. The range of parameters is as follow. (This data is for reference only and cannot be considered as medical data.)

01 Sex 01male 02 female

02 Age10 -----99

03 Height 100-----200

04 Weight 20---- 150

05 FAT  $\leq 19$  Under weight

FAT = (20---25) Normal weight

FAT = (25---29) Over weight

FAT  $\geq 30$  Obesity

## Translation of Error Codes

Fault code	Failure Description	Fault handling
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. Check the speed sensor to see whether it is correctly installed or damaged
E5	Over current protection: In working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again ; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	Without putting the safety Key	Put the safety key on the right place.

## 5. Routine maintenance

**Warning:** Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid too wet the electrical components and running belt.

**Warning:** Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

### Running belt specialized lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center.

We advise using lubricant between running belt and running board with following schedule:

Lightweight user (use less than 3 hours a week) once per month;

Heavyweight use (use more than 7 hours a week) once every half month.

1.If the treadmill belt is too loose, there will be skid phenomenon while running; if it's too tight, it may reduce motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

### Running with adjusted alignment and tightness

In order to better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

### Running Belt alignment

- ★ Put electric treadmill flat on the ground.
- ★ Make the electric treadmill run at a speed of about 6-8km/hour .
- ★ If the running belt is closer to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)
- ★ If the running belt is closer to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)



Picture A

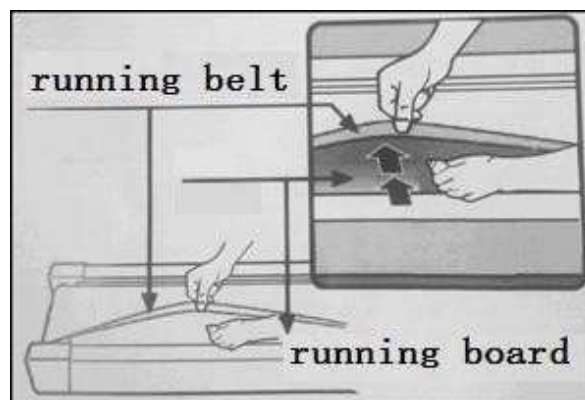


Picture B

### Applying silicone oil

Step 1: Open up the treadmill belt.

Step 2: Open the silicone oil bottle, squeeze the silicone oil on the side of running board , as shown in the following picture:



## Bluetooth Function

Scan QR code bellow to download CULTSPORT APP



Cultsport tracks your Health data by connecting to your health equipment and your fitness band and tracking all your health data in once place. The Cultsport app tracks Exercise (steps), Calories burnt and Sleep besides other health data. We connect to most fitness bands so our customers do not need to invest on another product.

Cultsport certified panel of Nutritionists will interact (speak) and build customized plans for each customer. Our certified panel of Fitness Experts will build customized plans of each customer based on their equipment and age/health.

We keep all your data in one place- on the Cultsport app so that it can be referenced by you, your Coach or medical practitioners.

Scan QR code below to download CULTSPORT PLAY APP



Cultsport Play combines the fun of video games with the intensity of serious workouts, helping you achieve your fitness goal. Pair a Cultsport Play -supported Treadmill to our app, and get started today.



***Thank you for buying FITKIT:***

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