INTERACTIVE SLIM TREADMILL WITH BLUETOOTH

SF-T722021

USER MANUAL

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us,

IMPORTANT SAFETY INSTRUCTION

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER –To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
15. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

CAUTION:
To avoid Injury, use extreme caution when stepping onto or off the running belt. Read the instruction manual before using.

IC CAUTION: This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

IC Radiation Exposure Statement:
This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during

exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.

7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 265 pounds (120 KG).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use!

IMPORTANT OPERATING INSTRUCTIONS

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails, and stand on the side rails while it starts up, then step onto the belt once it is in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.
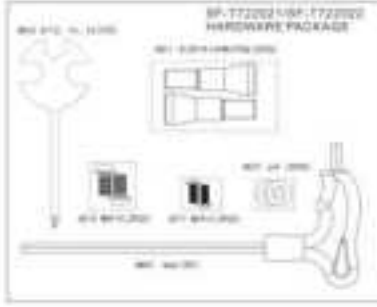

⚠ **IMPORTANT NOTE:**

The running belt must be lubricated before the first use! Please see *Page 9* for instructions on how to properly apply lubricant.

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

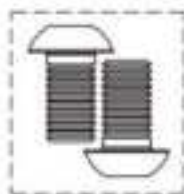|		
A	C24	D12
A09	B	C
D (THANK YOU)	E	

HARDWARE PACKAGE

No.	Description	Spec.	Qty.
A	Treadmill		1
C24	Safety Key		1
D12	Power Wire		1
A09	Bottle Holder		1
B	Lubricant Oil		1
C	Manual		1
D	Thank You Card		1
E	Hardware Package		1

SF-T722021/SF-T722022 HARDWARE PACKAGE

#B10 S=13、14、15（1PC）

#B11 Φ20*Φ14*M12*58（2PCS）
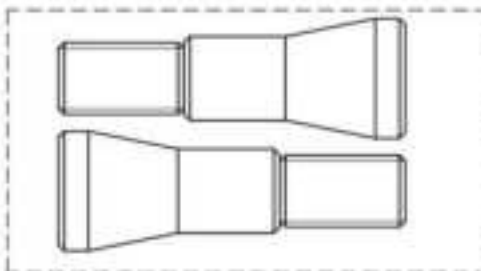
#E10 M8*15（2PCS）

#E17 M5*12（2PCS）

#E27 φ8（2PCS）
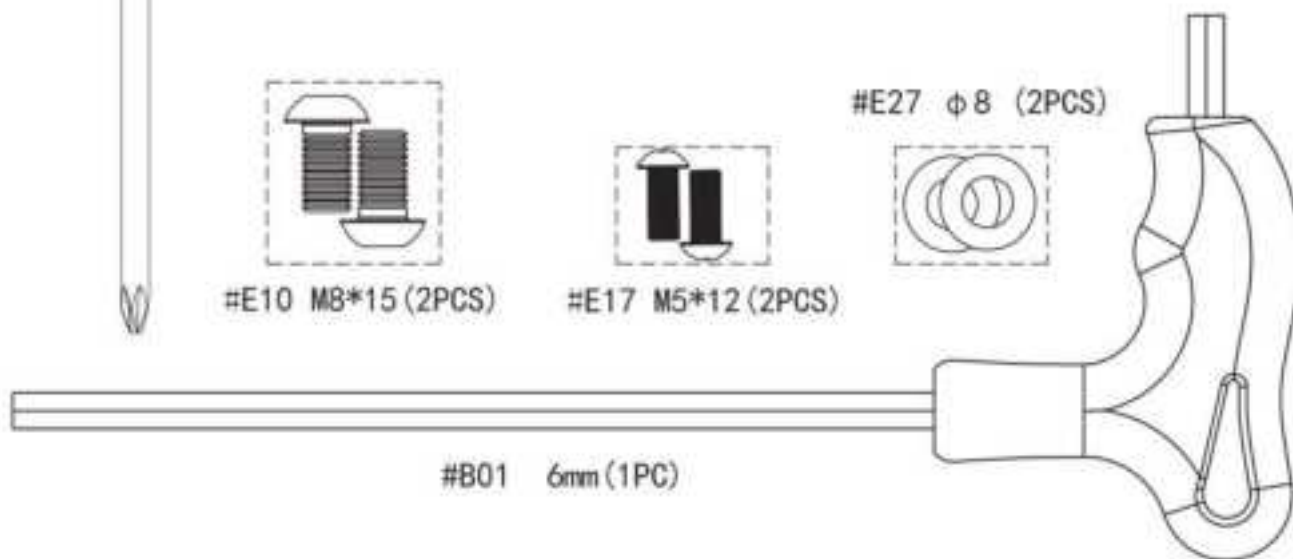
#B01 6mm（1PC）

Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

✓ The model number (found on cover of manual)

✓ The product name (found on cover of manual)

✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the end of the manual)

ASSEMBLY INSTRUCTIONS
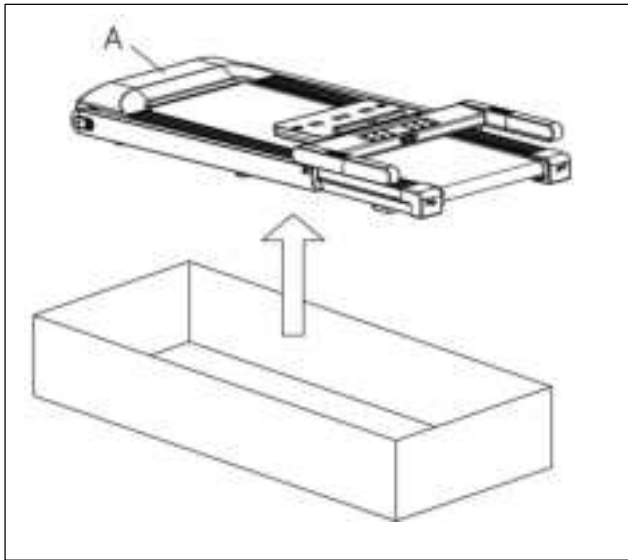
STEP 1:

Open the carton and remove contents. Place the **Main Frame (No. A)** on level ground, ensure that you have a work area that is clean and has adequate space.
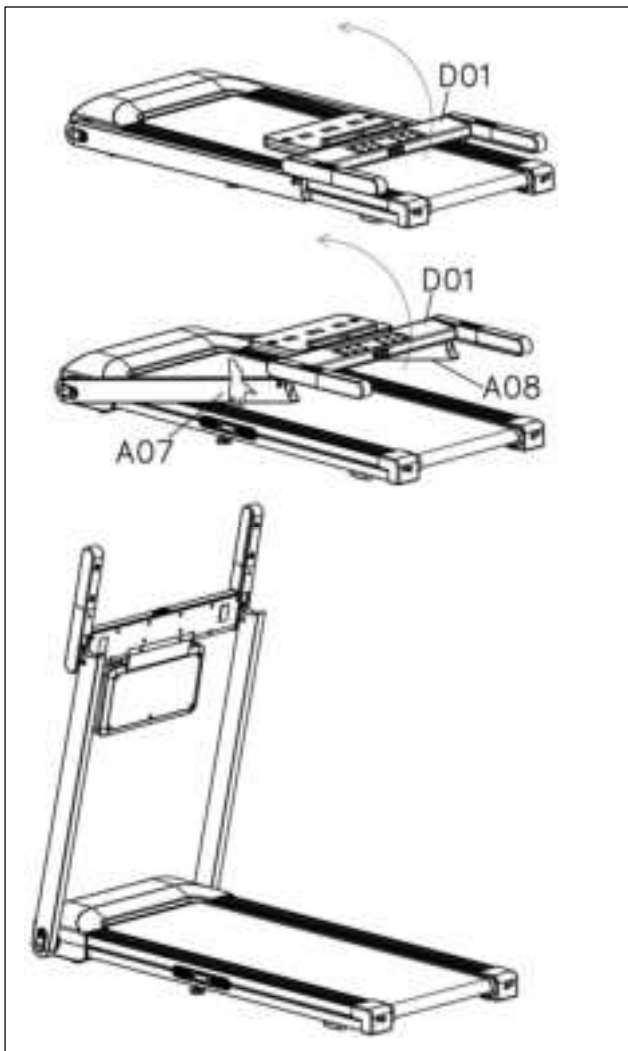
STEP 2:

Lift the **Console (No. D01)** along with **Left** & **Right Upright Tubes (No. A07** & **No. A08)** upward (in the direction specified by the arrows on the diagram to the left).

STEP 3:

Support the **Left** & **Right Upright Tubes (No. A07** & **No. A08)** with your hands to prevent them from falling.

Attach the **Left** & **Right Upright Tubes (No. A07** & **No. A08)** to the **Left** & **Right Side Tube Assemblies (No. A01** & **No. A02)** by using 2 **Bolts (No. B11).** Secure by using **T-shaped Wrench (No. B01)**.
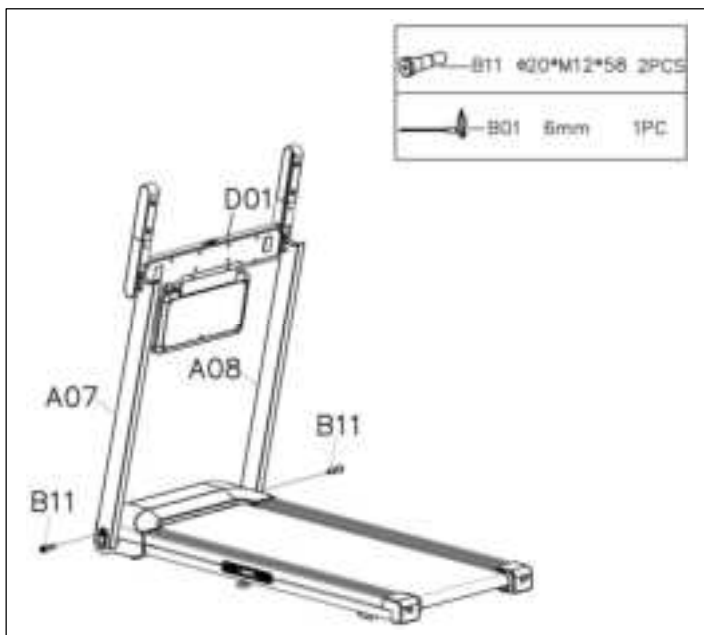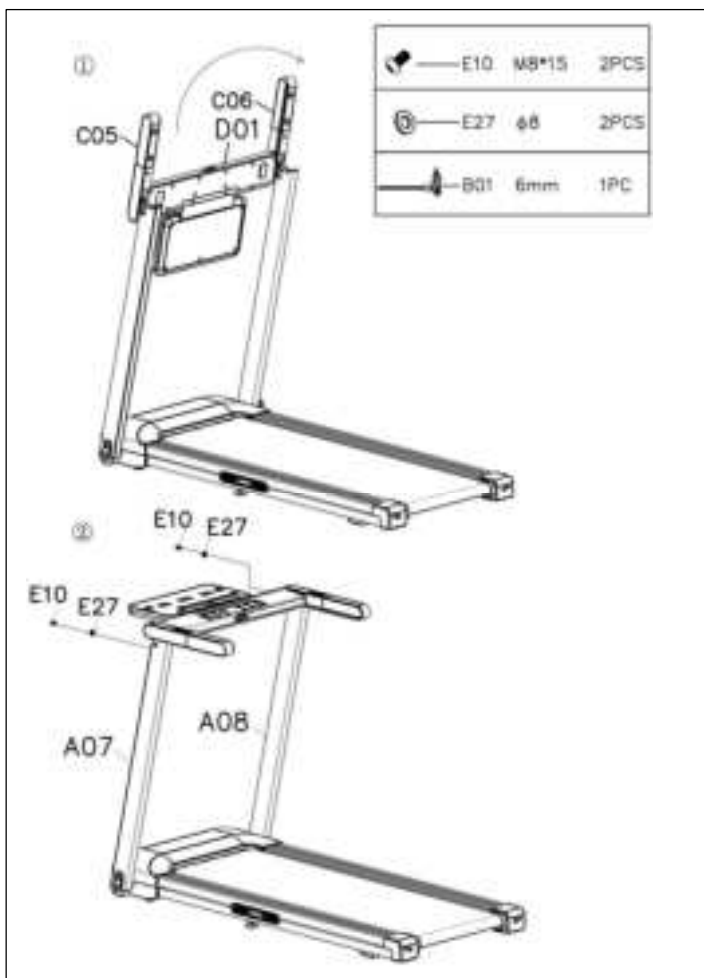
STEP 4:

Turn the **Left** & **Right Handlebar Foam (No. C05** & **C06)** *clockwise*, and then attach **Console (No. D01)** by using 2 **Bolts (No. E10)** and 2 **Flat Washers (No. E27)**. Secure by using **T-shaped Wrench (No. B01)**.

NOTE: When lifting, avoid punching the wires inside the **Left** & **Right Upright Tubes (No. A07** & **No. A08)** as this will cause damage.
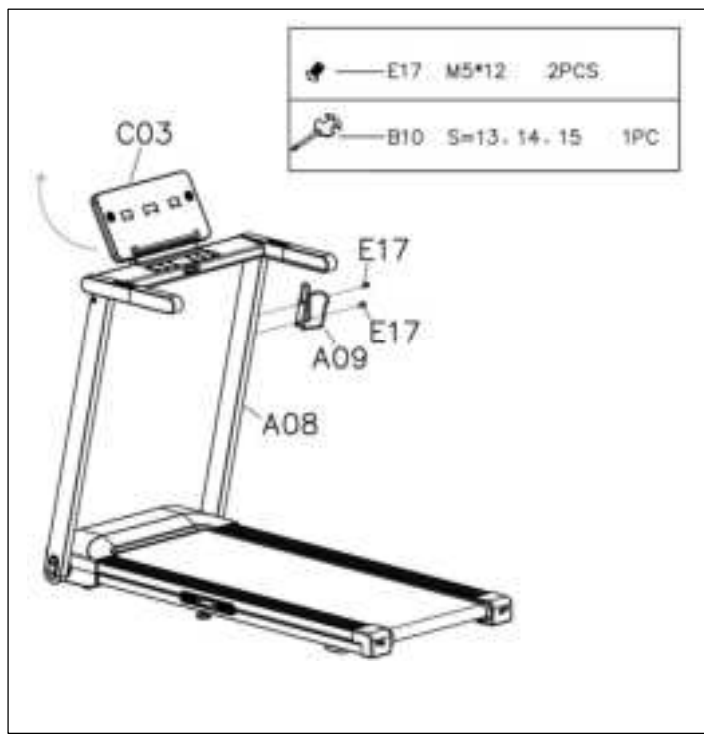
STEP 5:

Adjust the **Panel Top Cover (No. C03)** to the angle you feel comfortable.

Attach the **Bottle Holder (No. A09)** to the **Right Upright Tubes (No. A08)** by using 2 **Bolts (No. E17)**. Secure by using **Spanner w/ Screw Driver (No. B10)**.

STEP 6:

Insert the pin end of **Safety Key (No. C24)** into the **Console (No. D01)**.

The assembly is complete!

⚠️ **IMPORTANT NOTE!**

You will need to lubricate your treadmill before the first use. See *Page 9*.

LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D11)** and **Running Belt (No. C17)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt (No. C17)** and **Running Board (No. D11)** regularly. If you find any wear on the **Running Board (No. D11)**,

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

1. To apply lubricant, lift one side of the **Running Belt (No. C17)** and apply oil to the middle of the **Running Board (No. D11)**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board (No. D11)**. Repeat this process for the other side.

2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

4. DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. C17)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C17)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C17)**. The most suitable tightness for the **Running Belt (No. C17)** is when it is pulled out **50-75mm** from the **Running Board (No. D11)**.
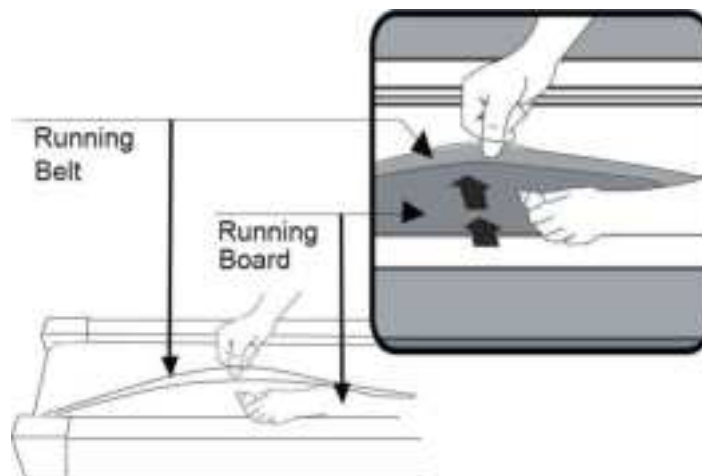
The following timetable is recommended:
Light user (less than 3 hours/ week)   *every six months*
Medium user (3-5 hours/ week)   *every three months*

HOW TO MOVE THE MACHINE
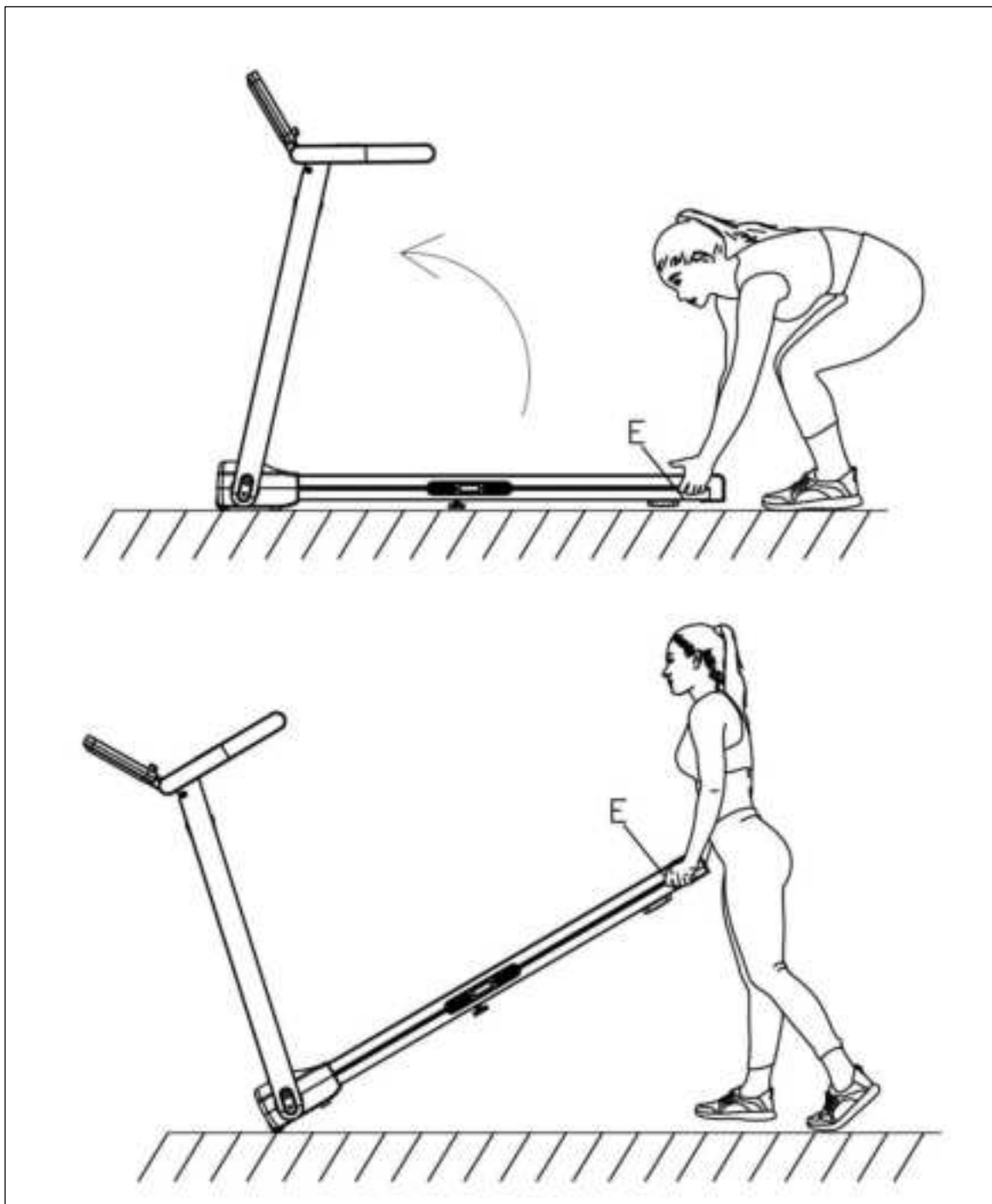
Hold the **treadmill** at position "E" with your hand. Lift up the treadmill and then you can move the treadmill to any place.

HOW TO ADJUST THE BALANCE

When the height of each pad or because of individual machine placed on the ground is not even, you need to adjust the **Adjustable Knob (No. C10)** to level the machine on the ground.

Adjustment method: First, place the machine as shown in above, use **Spanner w/ Screw Driver (No. B10)**, and adjust the **Adjustable Knob (No. C10)** _clockwise_ to raise the footpad, and _counterclockwise_ to lower the footpad. When you have finished adjusting the base leveler, re-tighten the **Nut (No. E04)** by turning it _clockwise_ using **Spanner w/ Screw Driver (No. B10)**. If required, repeat this process to adjust the remaining base levelers.

MAINTENANCE & CARE

General cleaning will help prolong the life and improve performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning two exposed sides of the **Running Belt (No. C17)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. D11)** and **Running Belt (No. C17)**. Clean the surface of the **Running Belt (No. C17)** with a clean damp cloth.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5MPH to check if the **Running Belt (No. C17)** drifts from the center.

If the **Running Belt (No. C17)** moves to the right, turn the right adjusting bolt ¼ turn *clockwise*, then turn the left adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C17)** does not move, repeat this step until it centers. Refer to Figure A.
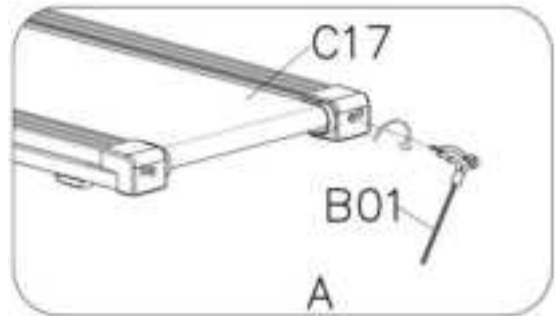
If the **Running Belt (No. C17)** moves to the left, turn the left adjusting bolt ¼ turn *clockwise*, then turn the right adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C17)** does not move, repeat this step until it centers. Refer to Figure B.
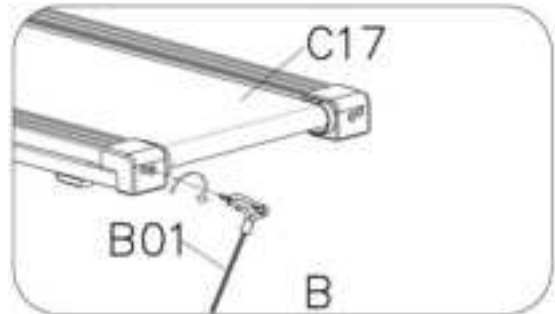
Over time, the **Running Belt (No. C17)** will loosen. To tighten the **Running Belt (No. C17)**, turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C17)**. Continue this process until **Running Belt (No. C17)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.
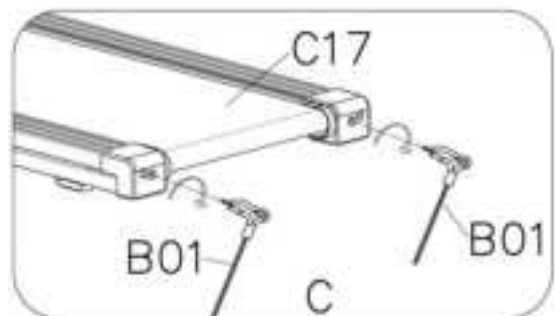
IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:
This product must be grounded. Grounding provides a path of the least resistance for electrical current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

DANGER:
Improper connection of the equipment can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

WARNING!
1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover on the treadmill without first disconnecting power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD

GROUNDED OUTLET

GROUNDING PIN

(A)
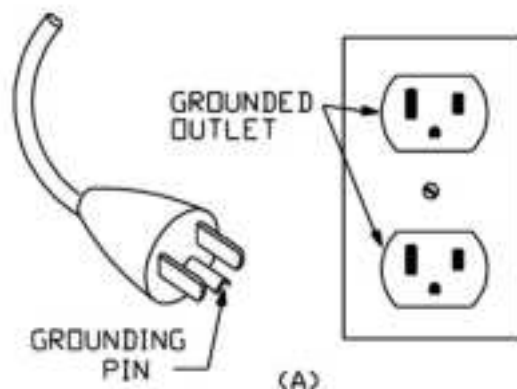
THE DISPLAY CONSOLE
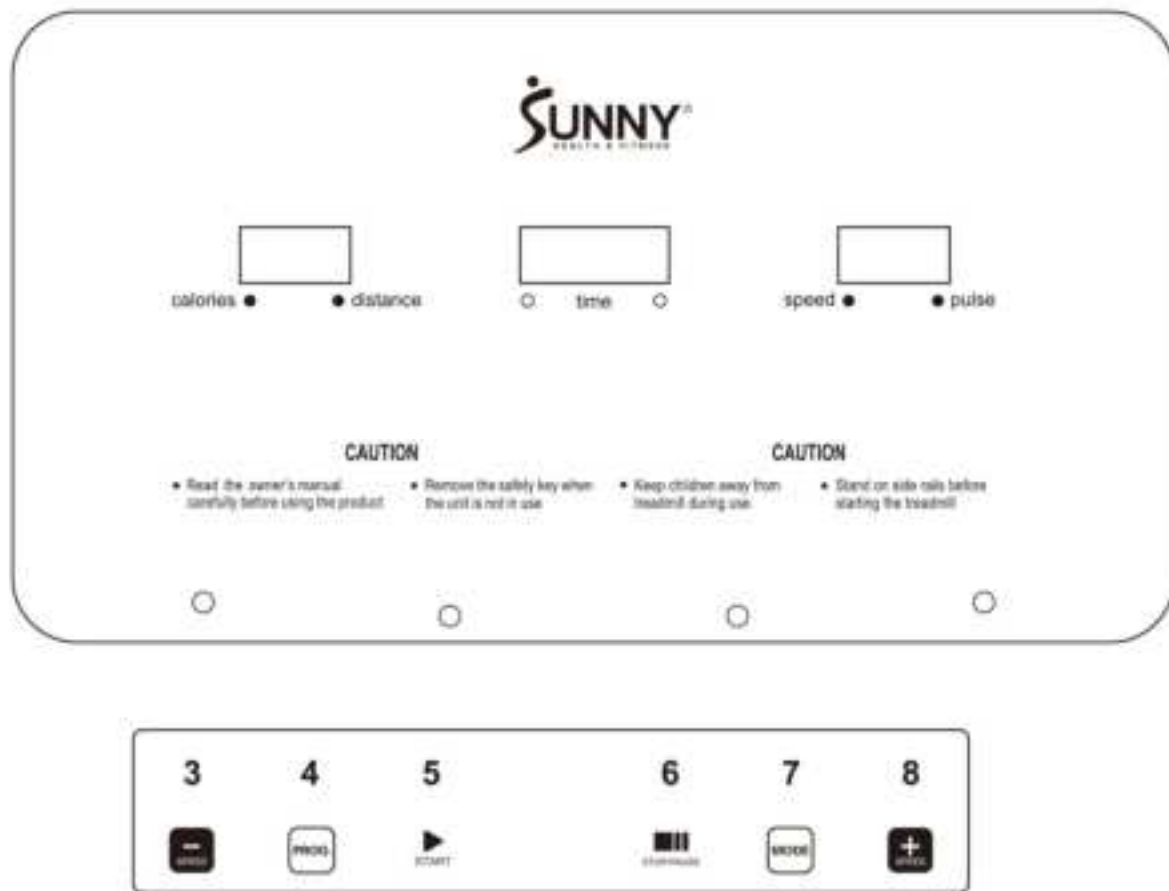
QUICK START:

1. Insert the pin end of the **Safety Key (No. C24)** into the **Console (No. D01)**.
2. Press the START button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the **Running Belt (No. C17)** will start at the initial **default speed of 0.6 MPH**.
3. To adjust the speed, you can use the SPEED **+/-** BUTTONS or QUICK SPEED BUTTONS 3, 4, ... & 8 MPH.

*NOTE: The maximum speed on this treadmill is 9.0MPH.

CONTROL FUNCTIONS:

1. Press the [−] Speed Button to reduce the running speed.
2. Press the [+] Speed Button to increase the running speed.

3. Pressing a Quick Speed Button will adjust the speed to the corresponding speed indicated (3, 4, ... or 8 MPH).
4. Pressing the Stop Button will stop the running belt of the treadmill.
5. Holding the Pulse Sensors located on the handles with both hands for 5 seconds will calculate and

display the runner's heartbeats per minute (BPM) on the console display screen.

WINDOW DISPLAY:

SPEED/ PULSE: The speed range is **0.6-9 MPH**. 0.6MPH is the default running speed.

When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heartbeat and display it in this window. The pulse range is 50-200 beats/min.

NOTE: This data is just for reference and cannot be used for medical purposes.

TIME: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display "End" then automatically reset to 0:00 after 5 seconds.

When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display "End" then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes.

CALORIES/ DISTANCE: Displays the number of calories burned from 0 to 999 KCAL and the distance traveled (0.0-99.9 MILE). When the count reaches 999 KCAL, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the treadmill will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds. When the distance reaches 99.9 MILE, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display "End" and automatically reset to the initial setting after 5 seconds.

When setting PROGRAMS, the speed is programmed in intervals; PROGRAMS are from P01-P02-P03-····P14-P15-U1-U2-U3-FAT.

Note: Calories and distance are not counted when nobody is walking or running on the machine.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0:00	15:00	5:00-99:00	0:00－99:59
SPEED (MPH)	0.0	0.6	0.6-9.0	0.6-9.0
DISTANCE (MILE)	0.00	1.00	0.50-99.9	0.00-99.9
PULSE (BPM)	P	N/A	N/A	50-200
CALORIE (KCAL)	0	50	10-999	0－999

FUNCTION KEYS:

PROGRAM: Press the PROGRAM button to set your desired interval setting. Programs are displayed as P01-P02-P03-····P14-P15-U1-U2-U3-FAT. and the various intervals are shown on the face of the treadmill. P1-P15 are preset programs.

MODE: When stopped, press this button to select Countdown mode.

15:00 MINS is the set Countdown for TIME.

1.0 Mile is the set Countdown for DISTANCE.

50 KCAL is the set Countdown for CALORIES.

When setting each Countdown Mode, you can press the speed **+/–** buttons to increase or decrease from the set data. Press START to start the treadmill.

START: To start the treadmill, insert the pin end of the **Safety Key (No. C24)** into the **Console (No. D01)** and then press the START button. This treadmill requires the **Safety Key (No. C24)** in order to start. 0.6 MPH is the default start speed.

STOP: This button has the functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session completely and all data will be deleted and reset to the initial setting.

SPEED +/–: Press the **+/-** buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ of a second will increase or

decrease the speed continually.

3, 4, ... & 8 (QUICK SPEED BUTTONS): These buttons are preset to 3, 4, ... or 8 MPH speeds for convenience.

LUBRICATION REMINDER:

Your treadmill needs lubrication maintenance every 188 Miles. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your display to remind you when it is time. Please read LUBRICATING THE TREADMILL on *Page 9* to learn the proper steps to lubricate your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

INTERVAL PROGRAMS (P1-P15):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P15. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED **+/- UP/DOWN** BUTTONS if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED **+/- UP/DOWN** BUTTONS to change the SPEED. After finishing one program, the system will beep and display "End." The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG	TIME	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.1	3.1	4.3	4.3	3.1	3.1	1.8	1.8
P2	SPEED	6.2	1.8	3.1	4.3	1.8	4.3	3.1	4.3	3.1	1.8
P3	SPEED	1.8	1.8	3.1	4.3	4.3	5.6	4.3	3.1	3.1	0.6
P4	SPEED	1.8	3.1	1.8	4.3	0.6	3.1	4.3	3.1	1.8	0.6
P5	SPEED	3.1	3.1	3.1	4.3	5.6	6.8	5.6	4.3	4.3	3.1
P6	SPEED	1.8	3.1	5.6	6.8	4.3	7.5	5.6	6.8	3.1	1.8
P7	SPEED	1.8	4.3	5.6	6.8	5.6	5.6	5.6	4.3	3.1	3.1
P8	SPEED	3.1	3.1	5.6	5.6	6.8	3.1	6.8	6.8	3.1	1.8
P9	SPEED	1.2	3.1	3.1	5	5	2.5	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	2.5	3.7	4.3	3.1	3.1	3.7	4.3	1.8
P11	SPEED	1.8	2.5	3.1	5.6	3.1	5.6	3.1	3.1	3.7	1.8
P12	SPEED	0.6	1.2	1.8	6.2	4.3	4.3	6.2	3.1	2.5	1.8
P13	SPEED	0.6	0.6	1.8	3.1	3.1	3.1	5.6	1.8	0.6	0.6
P14	SPEED	1.8	2.5	4.3	1.8	2.5	3.7	1.8	2.5	3.1	1.8
P15	SPEED	1.2	1.8	3.1	3.1	4.3	4.3	4.3	3.7	2.5	1.8

SELF-DEFINE PROGRAM

Besides 15 inner installed programs, there are 3 user self-define programs: U1, U2, U3

1.User self-define program setting:

In the initial situation, press "PROG" continually till U1, U2, U3, and the "time" window glitter, show the time 10:00, press "speed+", "speed-" to set the running time; press "MODE" to set program data, set the first interval time, press "speed+", "speed-" or press speed shortcut button to set the speed; then press "MODE" button to finish the first interval time and enter into the second interval time, until finish 10 interval time. The data will be kept until the next setting, the data will not be lost when powered off.

2. User self-define program starting:

When the machine is waiting for operation, press the "PROG" button continuously till U1, U2, U3, set the running time then press "start" to start the machine.

3. User self-define program instruction:

Each program will be divided into 10 time sections, set the speed in each interval time, then press "start" to run the machine.

BODY MASS INDEX:

Press the PROGRAM button until the window displays FAT to access Body Mass Index. Press MODE to enter F-1, F-2, F-3, F-4, F-5.

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index

Press SPEED **+/-** BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Mass Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body mass index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference not suitable for medical use. The Body Mass Index is suitable for both male and female.

NOTE: General **Body Mass Index** score is **20-25%**

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10---99	
F-3	Height	10---240 CM (40---80 INCHES)	
F-4	Weight	20---150 KG (44---330 LBS)	
F-5	BMI	$\leqslant 19$	Underweight
	BMI	=(20---25)	Normal Weight
	BMI	=(26---29)	Overweight
	BMI	$\geqslant 30$	Obesity

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:
Removing the **Safety Key (No. C24)** from the **Console (No. D01)** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show "- - -" and the speaker will beep 3 times. To start the treadmill again, insert the pin end of the **Safety Key (No. C24)** into the **Console (No. D01)** and press the START button.

POWER SAVE FUNCTION:
When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console (No. D01)** will be turned off. To turn it back on, press any button.

▌POWER ON:
Flick the power switch to this symbol to turn on the treadmill.

⭘POWER OFF:
Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

SAFETY NOTE:
We recommend that you maintain a slow speed at the beginning of a session and hold the **Left & Right Handlebar Foam (No. C05** & **C06)** handrails until you have become familiar with the treadmill.

Insert the pin end of the **Safety Key (No. C24)** into the **Console (No. D01)** and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. C24)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the **Side Rails (No. C18)** and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key (No. C24)** to your clothes and insert the pin end of the key into the **Console (No. D01)**.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.6MPH**. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the pin end of the **Safety Key (No. C24)** to stop the treadmill.

APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.

3. Ensure that the Bluetooth function is turned on from your mobile device.

4. To connect the equipment to the SunnyFit app:

   a. From the "Workout" tab, press on the "Search" button to search for your equipment.
   b. Once your equipment appears on the list, tap the "Select" button to confirm.
   c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the CONSOLE on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
   d. Once your equipment shows up on the "Workout" tab as "Currently Selected," your equipment is now ready to display, track, and record your equipment's workout stats on the app!

5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller.
Computer not working	Wires from the console and bottom control board are not properly connected.	Check wire from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01: Overload	Heavy load make software flow	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Overload	Heavy load make hardware flow	Check that the incoming power supply is the correct voltage.
E03: Overload	Heavy load make IPM module overheats	Check that the sensor wire is properly connected. If damaged, replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.
E04/E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged.

	A moving part of the treadmill is stuck and therefore, the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noises, and check for a burning smell. Replace the motor if necessary.
E06/E07: Motor Abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E09/E10: Motor Abnormality	The motor is damaged, or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.
E11/E12: Message failure	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.

EXPLODED DIAGRAM 1

EXPLODED DIAGRAM 2
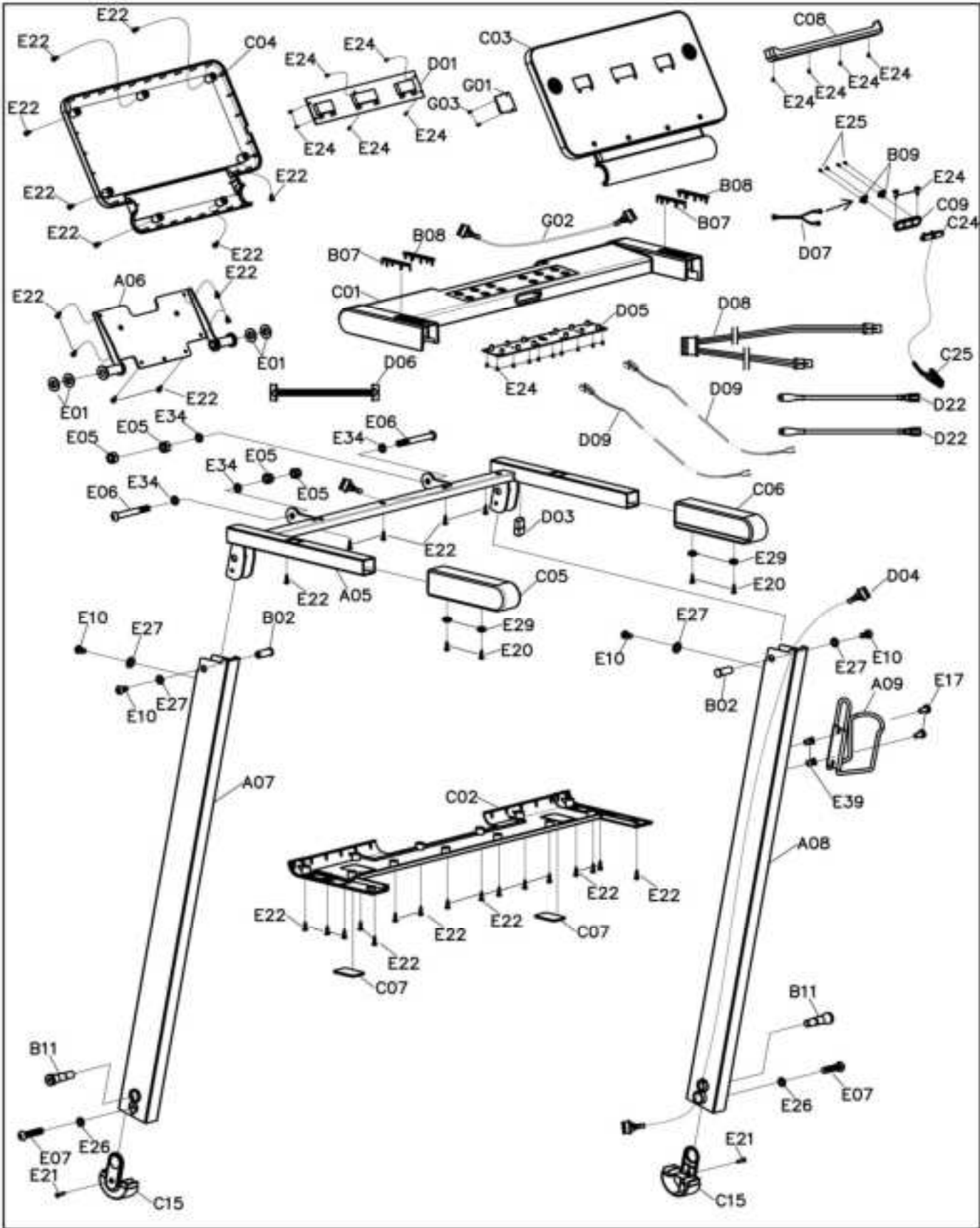
PARTS LIST

No.	Description	Specification	Qty.
A01	Left Side Tube Assembly		1
A02	Right Side Tube Assembly		1
A03	Front Tube Frame		1
A04	Motor Bracket		1
A05	Computer Bracket		1
A06	Pannel Fixed Bracket		1
A07	Left Upright Tube		1
A08	Right Upright Tube		1
A09	Bottle Holder		1
B01	T-shaped Wrench	6mm	1
B02	Turning Bushing		2
B03	Motor Mount Aluminum L		1
B04	Motor Mount Aluminum R		1
B05	Front Roller		1
B06	Rear Roller		1
B07	Left Hand Pulse Sheet 01		2
B08	Right Hand Pulse Sheet 02		2
B09	Metal Sheet		2
B10	Spanner w/ Screw Driver	S=13,14,15	1
B11	Bolt	Φ20*M12*58	2
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Panel Top Cover		1
C04	Panel Bottom Cover		1
C05	Left Handlebar Foam		1
C06	Right Handlebar Foam		1
C07	Rubber Cushion		2
C08	Holder		1
C09	Safety Key Socket		1
C10	Adjustable Knob		2
C11	Motor Top Cover		1

No.	Description	Specification	Qty.
C16	Decorative Cushion		2
C17	Running Belt		1
C18	Side Rail		2
C19	Motor Belt		1
C20	Transportation Wheel		2
C21	Rubber Cushion		6
C22	Tapered Cushion		2
C23	Front Mat		2
C24	Safety Key		1
C25	Safety Key Clamp		1
D01	Console		1
D02	Control Board		1
D03	Upper Signal Wire		1
D04	Lower Signal Wire		1
D05	Keyboard Plate		1
D06	Keyboard Plate Wire		1
D07	Safety Switch Connecting Wire		1
D08	Upper Pulse Wire		1
D09	Lower Pulse Wire		2
D10	Motor		1
D11	Running Board		1
D12	Power Wire		1
D13	Square Switch		1
D14	Power Socket		1
D15	Overload Protector		1
D16	Filter		1
D17	Magnetic Core		1
D18	AC Single Line	Brown,200mm	2
D19	AC Single Line	Blue,200mm	1
D20	AC Single Line	Brown,350mm	2
D21	AC Single Line	Blue,350mm	2

No.	Description	Specification	Qty.		No.	Description	Specification	Qty.
C12	Motor Bottom Cover		1		D22	Grounding Wire	350mm	4
C13	Left Rear Cover		1		E01	Big Washer	Φ10.4*Φ25*1.5	4
C14	Right Rear Cover		1		E02	Nut	M8	2
C15	Upright Tube End Cap		2		E03	Nut	M6	1
No.	**Description**	**Specification**	**Qty.**		**No.**	**Description**	**Specification**	**Qty.**
E04	Nut	M8	4		E24	Screw	ST2.9*8	24
E05	Nut	M10	4		E25	Screw	ST2.0*6	4
E06	Bolt	M10*80	2		E26	Flat Washer	Φ10	2
E07	Nut	M10*40	2		E27	Flat Washer	Φ8	8
E08	Bolt	M8*32 L15	4		E28	Flat Washer	Φ6	6
E09	Bolt	M8*50	2		E29	Big Flat Washer	Φ5*Φ13*1.0	4
E10	Bolt	M8*15	4		E30	Washer	Φ6	1
E11	Flat Washer	Φ6*Φ18*1.5	1		E31	Washer	Φ5	2
E12	Bolt	M6*55	1		E32	Spring Washer	Φ8	4
E13	Bolt	M6*30	4		E33	Bolt	M8*20	2
E14	Bolt	M6*15	3		E34	Big Washer	Φ10*Φ26*2.0	4
E15	Bolt	M6*30	10		E35	Bolt	M8*55	2
E16	Bolt	M6*20	1		E36	Washer	Φ8	2
E17	Bolt	M5*12	2		E37	Screw	ST4.2*12	2
E18	Bolt	M5*8	2		E38	Screw	ST4.2*15	2
E19	Screw	ST4.2*40	2		E39	Nut	M5	2
E20	Screw	ST4.2*20	8		E40	Bolt	M8*32	2
E21	Screw	ST4.2*15	5		G01	USB Module		1
E22	Pan Head Tapping Screw	ST4.2*12	36		G02	USB Connecting Wire		1
E23	Screw	ST4.2*12	7		G03	Screw	ST2.9*8	2

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