

CURSOR Fitness

C70 Treadmill

User's Manual





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I . Important Precaution



 MINIMUM USER HEIGHT	140 cm		 MAX USER WEIGHT	265 Lbs
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WARNING

CORRECT LUBRICATION OF THE TREADMILL IS REALLY IMPORTANT. THIS LUBRICATION MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL, AND COMPONENTS DURING THE GUARANTEE PERIOD.

In order to decrease the risk of suffering severe injuries, read carefully all the important instructions and warnings regarding the use of a treadmill before using it.

CURSOR FITNESS doesn't take any responsibility for personal injuries or property damages resulting from the use of this product.

1-Before starting any workout program, consult your doctor. It's especially important for people older than 35 years old, people with a health problem, and pregnant women.

2-Use the equipment as explained in the instructions manual.

3-Keep the equipment in an enclosed area, away from dust or humidity. Don't store it in a garage, indoor backyard, or near the water. Humidity, dust and water could lead to a malfunction of the equipment, annulling its guarantee.

4-Place the unit on a flat surface. If the surface is uneven, the proper functioning could be affected. Some models include levelers or leveling threads behind the legs, helping the leveling. Please read the manual to verify if your unit is provided with one of them...

5-The unit must be placed in a ventilated area. Don't use it in places with sprays or oxygen dispensers. The air you breathe may be affected and cause an accident.

6-Keep children younger than 12 years old and pets away from the equipment. Keep the security distance.

7-Check in the manual the maximum weight your equipment can support. Excessive weight could lead to a malfunction in the operating system, which won't be covered by the guarantee.

8-If your equipment is working through a power supply: make sure that the power cord and plug are in good condition. Carry out the connection only when the circuit has a ground connection, otherwise, it could cause damages to the equipment or in the property which the guarantee won't cover. Power cords must be away from hot surfaces.

9-If it is a battery-powered unit: check and make sure that they are charged enough so the display will fully function.

10-If your unit works with an electric supply: check the speed it can reach, for your security. The best is to adjust gradually the speed in order to avoid sudden changes.

11-If your unit works through an electric supply: never leave the machine unattended while it's working.

12-Check and tighten all screws on a regular basis, because due to vibrations screws and nuts tend to loosen. Damages caused by a lack of maintenance won't be covered by the guarantee.

13-Two people will be needed in order to take the unit from the package. Otherwise, the damages caused at this moment won't be covered by the guarantee._

14-Don't let any object fall into the grooves.

15-If the unit works through a power cord: unplug always the power cord before cleaning it, after the workout, and before performing any maintenance duty.

16-If you start feeling pain or dizziness while training: STOP IMMEDIATELY.

17-You must preserve the original packaging with its protections, manual, and components during the guarantee period.

18-Should you need technical assistance or advice with the installation of pieces, You can get in touch with us through **866-950-8629**.

YOU MUST KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE

KEEP THIS ADVICE FOR FUTURE REFERENCES

II. Main Technical Feature



Input Voltage	110V±10%
Frequency	60 HZ
Running area	40.2" x 15.4"
Function	Time, Speed, distance, Calorie, heart rate, Bluetooth, APP, MP3 Speakers
Speed Range	0.6-7.5 MPH
Max user weight	265 LBS

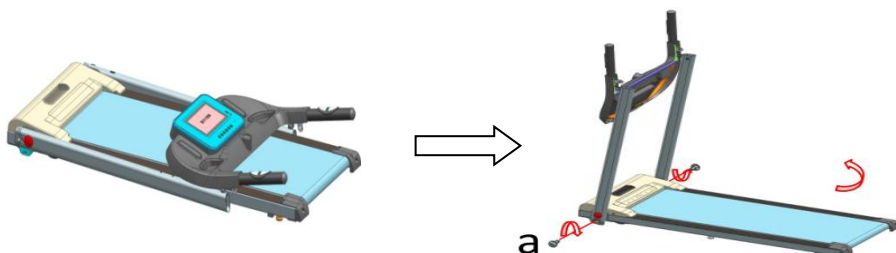
III. Assembly

Plug and Play, No assemble needed

No.	Name	Qty
1.	Main frame	1
2.	M8*20	2
3.	Flat washer	2
4.	M10*43 knob	2
5.	5mm Wrench	1
6.	6mm Wrench	1
7.	Multi Wrench	1
8.	Silicone oil	1
9.	User' s Manual	1
10.	MP3 Wire	1
11.	Security Key	1

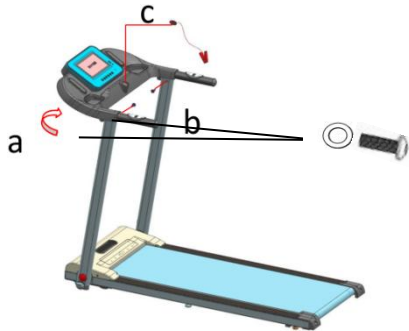
STEP 1

1. Carry out the machine from the package by two persons and place it lightly on a flat floor, and put other fittings beside the machine. Lift up the stand tube and computer panel according to the picture(make sure not to press the signal wire)
2. Insert a 2pcs M10*43 knob to fasten the stand tube.



STEP 2

1. Insert 2 pcs M8*20 screws with a 2 pcs flat washer to fasten the connection between the panel and stand tube.
2. Put on the safety in the position shown in Figure C, turn on the power switch, then can start the machine.



IV. Workout Guidelines



Beware:

Before starting to use this or any exercise programs, consult your doctor. This is especially important for people older than 35 years old, or for people with health problems.

Programm with warm-up workouts:

Warm-up: Start stretching and slightly activating the muscles between 5 and 10 minutes. The warm-up will increase your corporal temperature, your heart rate, and your blood flow,

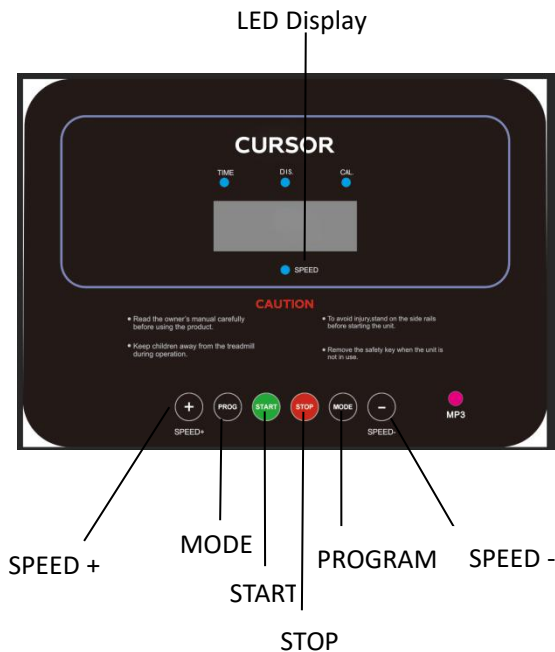
making you ready for the workouts.

- **WORKOUT FOCUSED ON THE TRAINING AREA:** Do some exercises during 20-30 minutes with your heart rate (don't maintain your heart rate for more than 20 minutes during the first weeks of the exercise program). Breathe constantly and deeply during the workout (never hold your breath).
- **COOL DOWN:** Finish with stretching exercises during 5-10 minutes. Stretching increases the flexibility of your muscles and helps you to avoid injuries after the workouts.

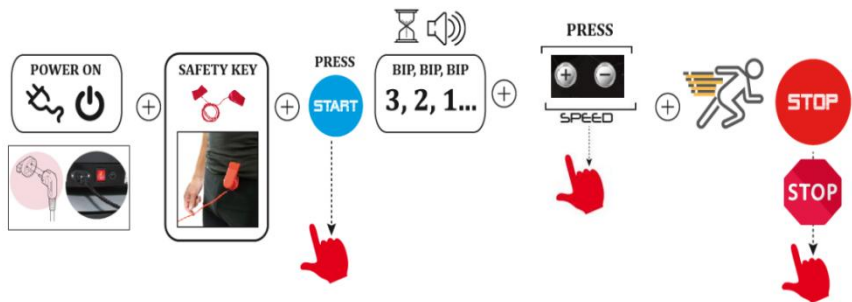
FREQUENCY OF THE WORKOUT:

In order to be fit or improve your shape, complete three workout sessions each week, with a rest day between the workouts. After some months of regular training, you will be able of completing up to five workouts a week.

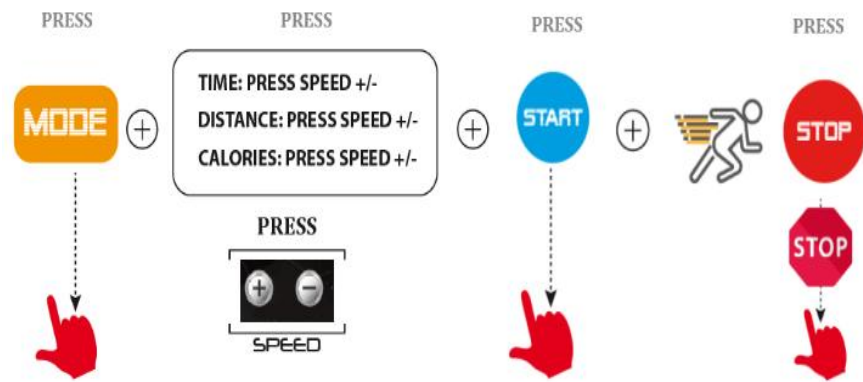
V. Treadmill Operation



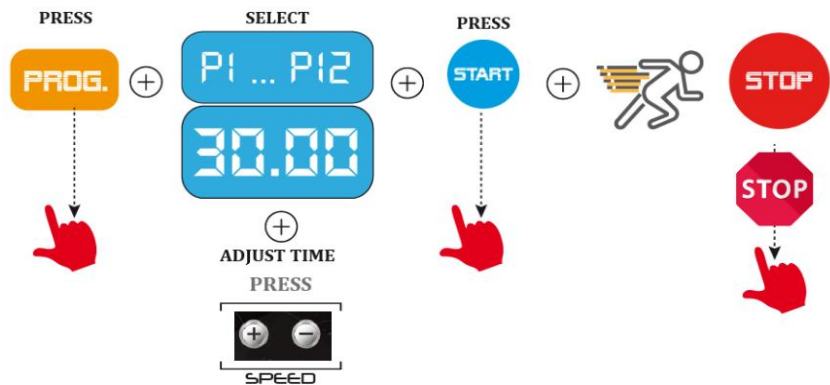
The Method of Use:



“Mode” Setting:

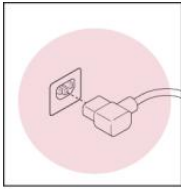


“Program” Setting:

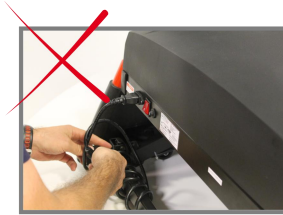
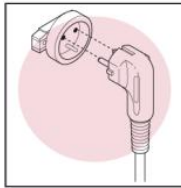


TIME SECTION N PROGRAM M		SETTING TIME / 20= EACH SECTION OPERATION TIME																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	8	5	5	6	6	4
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5
P06	SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4
P09	SPEED	2	4	4	7	7	4	7	8	4	8	8	8	4	4	4	5	6	3
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4
P11	SPEED	3	4	5	8	5	8	5	5	5	8	5	5	5	5	8	8	8	7
P12	SPEED	2	5	8	8	7	7	8	8	7	7	8	8	6	6	8	8	5	5

VI. Maintenance



This product must be earthed. If the power cord is damaged, it must be replaced with a manufacture recommended power cord.



DO NOT TANGLE THE POWER CORD

REGULAR MAINTENANCE OF THE TREADMILL

- **STORAGE:** Keep your equipment in a enclosed place, away from dust or humidity. Don't store it neither in a garage or in a indoor backyard, or near the water. Humidity, dust and water could damage it and have an effect on its functioning
- **ELECTRIC CABLE:** Make sure that the cable and plug are in perfect conditions. Electric cables must be away from hot surfaces
- **SCREWS AND CONNECTING CABLES:** Supervise and tighten the screws on a regular basis, because due to the vibration the screws and nuts tend to loosen.

LUBRICATION: It's a correct lubrication of the treadmill with silicon oil or teflon is really important. This lubrication must be performed regularly depending on its use even before the first use.

Whether it is necessary to lubricate, make sure the machine is switched off and unplug the electricity. Lift the running belt, observe if there are any silicon remaining on the running board which is under the running belt. If it is dry, then you need to apply the lubricant.

- a) The step to lubricate the running board is as follows: (see the above figure)
- b) Stop the running belt l.

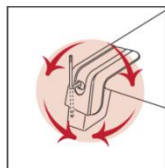
c) Turn over the running belt . Insert the lubricant pot as deep as possible into the middle of the running belt. Apply the lubricant onto the inner side of the running belt. Lubricate both sides of the running belt.

After the lubrication is completed, start the machine at 1km/h to let the running belt bring silicon all over the board.

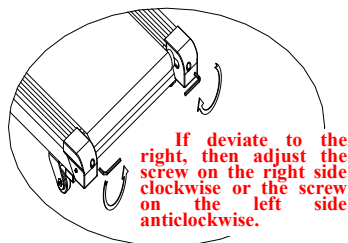
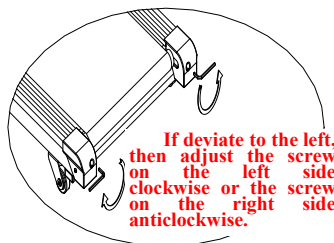
< 3 hours/week	2 months
4 – 7 hours/week	1 month
> 8 hours/week	15 days

- **ALIGN AND TIGHTEN THE BELT OF THE TREADMILL**

- **ALIGN THE BELT:** Due to its use, the belt can move off center. If the belt has moved to the left, start treadmill and increase the speed to 3MPH .Use the 5mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. Don't tighten the belt too much in order to be able to walk. Repeat this procedure until the belt is properly aligned.

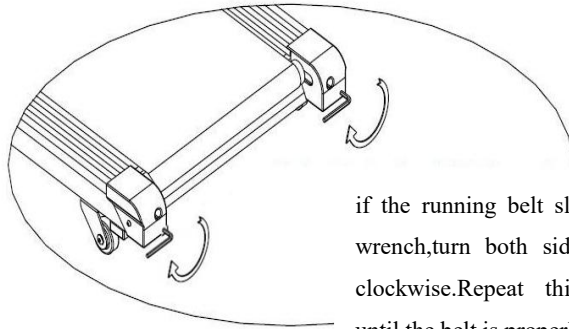


LEFT BOLT RIGHT BOLT



- **TIGHTEN THE BELT:** (if the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3MPH. Using the 5mm Wrench , turn both bolts 1/4 clockwise. If the belt is properly tight to walk, you must be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and maintain the belt aligned. Repeat this procedure until the

belt is properly tightened.



if the running belt slips,use 6mm wrench,turn both sides bolts 1/4 clockwise.Repeat this procedure until the belt is properly tightened.

- **TIGHTEN THE DRIVE BELT:**if the drive belt becomes loose after using for a period of time,you need to:
 - (1) Open the motor cover .
 - (2)Use the 5mm wrench to turn the adjusting bolt clockwise.Repeat this procedure until the drive belt is not slippery anymore.
- **CLEANING:** Don't use abrasive products. A damp cloth is enough.
- **LEVELING:** If your unit is provided with leveling wheels, please adjust them in order to avoid vibrations and therefore malfunctions.
- **KEEP THESE MAINTENANCE ADVISES FOR FUTURE REFERENCES**

VII. Trouble Shooting

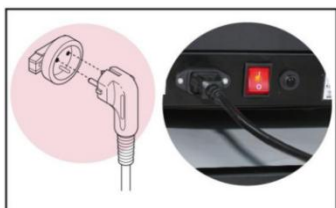
Error Code	Reason	HOW TO SOLVE
	Unplugged	Connect the power supply or check the outlet for electricity
	The power switch is not on	Turn on the power switch

The treadmill doesn't work	Overload protector disengaged	Restart the overload protector
	The signal wire between the computer and the PCB is not in good connect or damaged	Re-connect the Signal wire or change the Signal wire
	Computer damaged	Change the computer
Computer Display -- or ----	Safety key off	Place the safety key in the yellow magnet position on the panel
	The safety key is not connected to the computer or the safety key sensor is not connect	Re-insert the wire or replace the safety key sensor
	The signal wire between the computer and the PCB is not in good connection or damaged	Re-connect the Signal wire or change the Signal wire
Computer display E01	The signal wire between the computer and the PCB is not in good connect or damaged	Re-connect the Signal wire or change the Signal wire
	computer error	Change the computer
	PCB error	Change the PCB
Computer display E02	Over current protection	Turn off and re-start machine,if still has problem,need to check motor and PCB if they are broken
Computer display E03	Over-loaded protection	Turn off and re-start machine,if still has problem,need to check motor and PCB if they are broken
	Motor wire not well connected	Re-connect motor wire
	Motor wire not well connected	Re-connect motor wire

Computer display E10	PCB overheat protection	Stop using for a period of time after cooling
	PCB error	Change the PCB
Computer display E11	Sudden low current protect	Check the AC power supply voltage
	PCB error	Change the PCB
Computer display E12	Sudden big current protect	Check running belt or other place if something inside, or check PCB if it is hurt
	PCB error	Change the PCB
Computer display E14	Lack of phase protection	Re-connect PCB wire
	Heavy foot treadle machine false alarm	Power off restart
	Motor error	Change the motor
	PCB error	Change the PCB
Computer display E16	PCB error	Change the PCB

Correct lubrication of the treadmill with Lubricant is REALLY IMPORTANT. This lubrication must be performed regularly depending on each person, even before its first use.

You must preserve the original packaging with its protections, PURCHASE RECEIPT, manual, and components during the guarantee period



VIII. The Obvious Danger List

No.	Description	Associated
1.	Mechanical Hazards	
1.1	Crushing	Inclining
		Folding
1.2	Shearing	Inclining
		Folding
1.3	Drawing-in Or Trapping	Rear roller
		Drive system
1.4	Falling	Sudden starts/stops
		Excessive speed variation
		Support failure
1.5	Abrasion	Contact with moving running surface
1.6	Slippery Surface	Slipping and falling
1.7	Stored Energy	Folded treadmills falling down
		Springs or elastic devices prior to assembly
2.	Electrical Hazards	
2.1	Electrocution	Contact with live components
3.	Thermal Hazards	
3.1	Burns	Contact with hot surfaces
4.	Hazards generated by neglecting ergonomic principles in design process	
4.1	Ineffective ergonomics	Size or location of support surfaces
		Running surface dimensions
4.2	Human errors human	Reasonably foreseeable misuse

	behaviour	
5.	Noise Hazards	
5.1	Disturbing acoustic communication	Moving treadmill motor and belt

IX. CursorCare



This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Contact Cursor 7/24 response

- ✓ 7*24 online California-based customer service team to solve after-sales problems without obstacles
- ✓ Return Policy: 30-Day Hassle-Free Return and Exchange
- ✓ Customer Service: California-Based Service Team Providing personalized solutions to ensure 100% customer satisfaction
- ✓ Exclusive Maintenance Service: We honor our commitment to quality and durability by offering free maintenance tools for orders within 6 months, including lubricants and remote control

Contact Number: 866-950-8629

CursorCare Team E-Mail: cursorcare@outlook.com

You must preserve the original packaging with its protections, purchase receipt, manual and components during the guarantee period.