FORTIS

T1 ULTRA SLIM WALKING SMART TREADMILL

FST1WLKPADA

SAFETY & WARNINGS

Note:

Ensure you have read and fully understand the instructions for this device. Failure to do so could cause, damage or serious harm.

- When you start training with this product, please consider your physical condition, train properly and regularly to ensure that you have enough physical strength to train. Wrong or excessive training will not help your health.
- This product is not suitable for children. Children can use the product, but only under the supervision of adults. The device is not a toy.
- Only people who have a good understanding of the product and are very healthy should use the device.
- This product is suitable for home use, not suitable for professional training and testing, or medical purposes. If the power line is damaged, it must be replaced by the manufacturer or a qualified service person in order to avoid danger.
- Please check all parts before use. And make sure the screws and nuts are tightened.
- When running on a treadmill, wear comfortable tight clothes to avoid clothes being caught by the machine. Do not let children or pets to play around the treadmill to avoid accidents.
- Place the treadmill on a smooth, clean, level surface. Make sure there are no sharp objects nearby. Do not use it near water and heat sources.
- Please keep your hands away from all moving parts. Do not place your hands and feet in the gap below the running belt.
- The treadmill must have only one user at a time.
- Make sure the screws and bolts are tightened after the treadmill is assembled.
- If the product is not in use, put the machine in a safe place to prevent the danger caused by children and those who are not suitable for using the treadmill.
- When in an emergency, quickly pull down the safety switch and step on the left and right side of the treadmill.
- Place the treadmill well before use, the side of the left and right handrails needs one metre safety distance, the back needs two metres. There should be no obstacles in the safe distance.
- Please use the accessories provided by the original manufacturer and it is strictly forbidden to change it privately.
- The product is a HC grade product with a maximum user weight of 100kgs.
- The running belt on this treadmill has a visible joint mark. This is completely normal and will not affect the performance or operation of your treadmill.

Special Notice

- Place the treadmill in a place where the plug can be plugged into the socket.
- Plug the device into a socket and ensure it is not loose.
- Ensure the socket has been installed professionally.
- If the plug and socket are not compatible, please do not change the plug by yourself. Ask an electrician to handle it.
- Please use a supply voltage of 240V.
- Please do not let the power cord touch the running belt roller, and do not use a damaged plug.
- Unplug the plug from the socket before cleaning and maintenance.
- **WARNING:** if the plug is not pulled out, it may lead to personal injury and equipment damage.
- Please check each part carefully before use.
- Please do not use this product outdoors, in high humidity and in the sun.
- Please turn off the machine and remove the plug when you leave.
- For your safety, the power plug of the machine must be grounded.
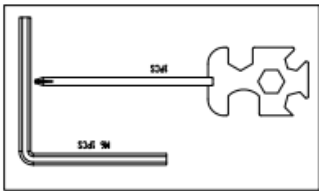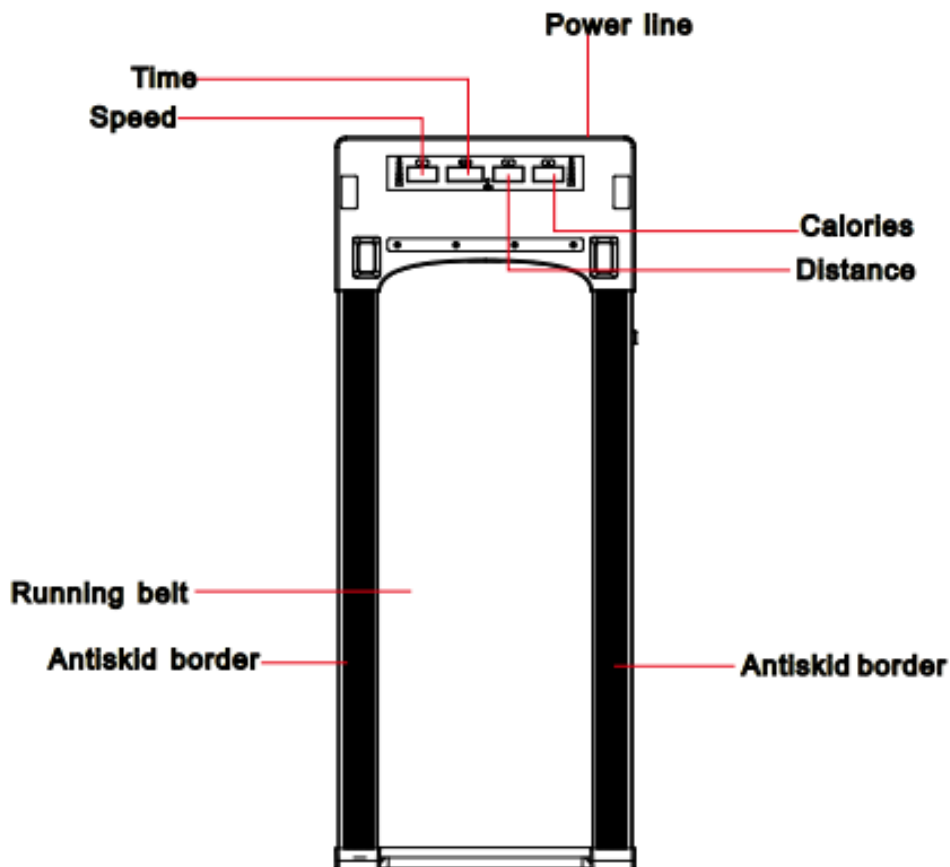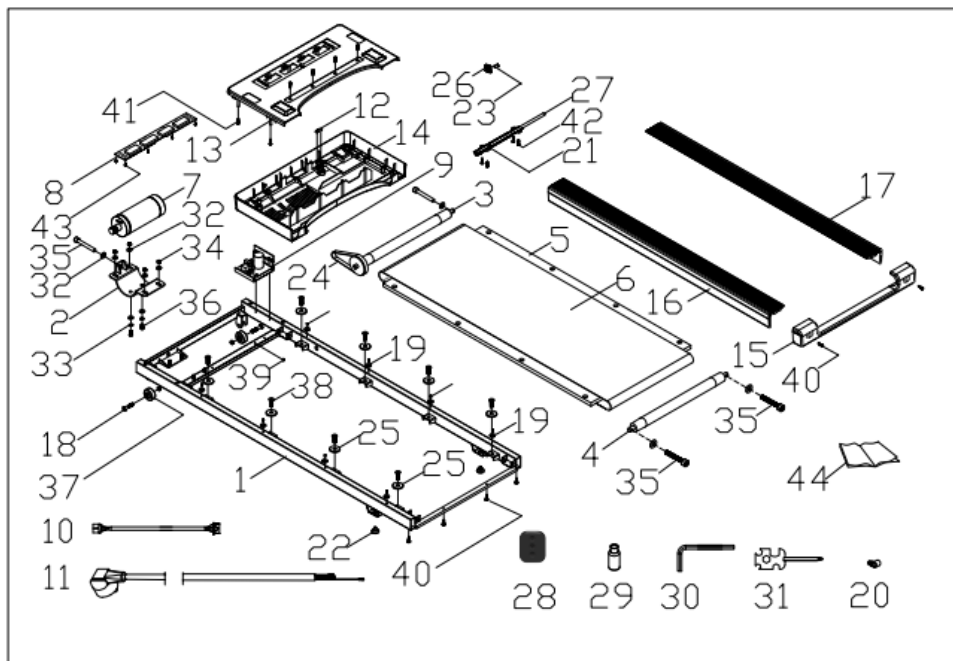
COMPONENTS

Treadmill

Silicone oil (x2)

Cushion (x4)

Remote controller

Installation tool

Power line

Time

Speed

Calories

Distance

Running belt

Antiskid border

Antiskid border

No.	Name	Quantity	No.	Name	Quantity
1.	Main Frame	1	23.	Oil Pipe Bushing	1
2.	Motor Base	1	24.	Poly V-Belt	1
3.	Front Roller	1	25.	Rubber Gasket	10
4.	Rear Roller	1	26.	Silicone Oil Tank	1
5.	Running Board	1	27.	Silicone Refuelling Tube	1
6.	Running Belt	1	28.	Wireless Governor	1
7.	Dc Motor	1	29.	Silicone Oil L-Shaped Hex	1
8.	Electronic Meter PCB	1	30.	L-Shaped Hex Wrench 6mm	1

| 9.	Controller (Lower Controller)	1	31.	Cross Open End Wrench	1
10.	Communication Line	1	32.	Flat Gasket Φ8.5	7
11.	Power Line	1	33.	Spring Gasketφ8.5	2
12.	Power Line Buckle	1	34.	Locknut M8	2
13.	Motor Cover (Upper)	1	35.	Cylindrical Head In Hexagonal Screw M8*55	5
14.	Motor Cover (Lower)	1	36.	Cylindrical Head In Hexagonal Screw M8*12	2
15.	Rear Tail Cover	1	37.	Semicircular Head In Hexagonal Screw M8*35	2
16.	Left Border	1	38.	Countersunk Head In Hexagonal Screw M8*25	8
17.	Right Border	1	39.	Cross Recessed Pan Head Combination Screw M4	1
18.	Moving Wheel	1	40.	Cross Groove Pan Head Self Attack Self Drilling Screw ST4.2*16	17
19.	Border Buckle	2	41.	Cross Groove Pan Self Drilling Screw ST4.0*16	20
20.	R-Shaped Line Buckle	8	42.	Cross Groove Pan Self Drilling Screw ST4.0*12	4
21.	Oil Cover	1	43.	Cross Groove Pan Self Drilling Screw ST3.0*10	2
22.	Shock Absorption Pad	2	44.	Instructions Manual	1

INSTALLATION

The main structure of the treadmill you purchased has already been assembled in the factory. It can simply be used when plugged in. The following operations are how to use handrails and how to fold and unfold them.

1. Lift the treadmill out of the box and placed it on a level surface. (Make sure the front and back of the treadmill has 50cm space for folding and running power lines. etc.)
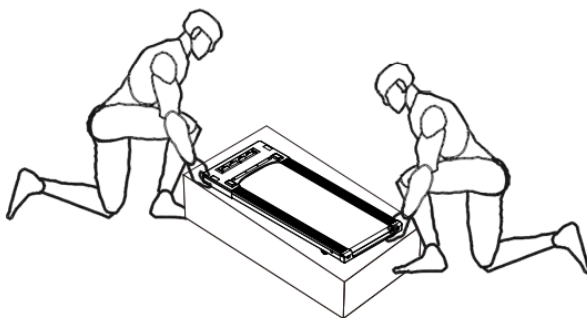
2. As shown below, the tail of the treadmill can be raised with both hands to move forward and backward, which is only suitable for short-distance movement within the room.
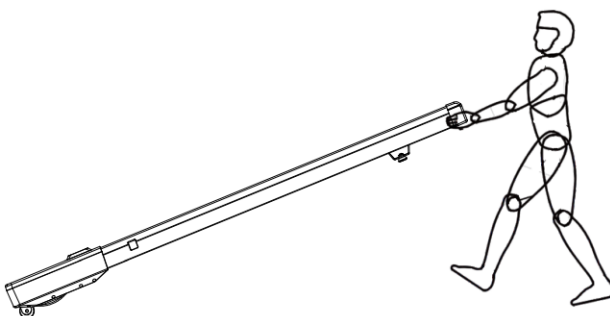
3. Plug in the power, turn on the switch and enjoy the exercise.

OPERATION

LED window display

"SPEED" Window:

Displays the current speed. The speed display range is: 0.8-6.0km/h. When the countdown is started, "3", "2" and "1" are displayed.

"TIME" Window:

Display's the exercise time. The time is from 0:00-99:59. When the time is 99:59, the treadmill speed steadily decreases until it stops running.

The countdown mode will decrease from the set time to zero. When the countdown is 0:00, the treadmill speed steadily decreases until it stops running and completely stops after 10 minutes, later enters the standby state.

"DIS" Window:

Displays the distance travelled, from 0.00-99.90. It will begin to re-count after the maximum is exceeded.

The countdown mode will decrease from the set value to zero, when the countdown reaches 0, the treadmill speed steadily decreases until it stops running and completely stops after 10 minutes, then it will enter standby mode.

"CAL" Window:

Display the calorie consumption value. When the calorie consumption value is displayed, the positive count is from 0.0-999.0, re-count after overflow. When the count is reversed, it is counted from the set value to 0. When the countdown reaches 0, the treadmill speed steadily decreases until it stops running and completely stops after 10 minutes, later enters the standby state.

Remote Button Function

- "□" is start/stop button: This button can be used to stop the treadmill from running state and reset to zero during exercise. Use this button also as the start button when the power is on.
- "+" is speed increasing button: Adjust the speed after the treadmill starts, its adjustment range is 0.1 km/time and it continues to increase when it is held for more than 1 second.
- "-" is speed decreasing button: Adjust the speed after the treadmill starts, the adjustment range is 0.1 km/time and continues to decrease when it is held for more than 1 second.

Operation during exercise:

- Pressing the "-" button will slow down speed of the treadmill.
- Press the "+" button to increase the running speed of the treadmill.
- Press the "□" button to slow down the running speed until it stops running.

APP Guide Operation:

- Download YPOO treadmill APP: Please enter "YPOO" in Apple APP Store or Google Play. Then you can download the treadmill app freely.
- Create your Account: Enter necessary information to create your sport account.
- Select Training Plan: Select training plan and create a customised plan on the app, then you can control your treadmill from your smart phone remotely and do your customized exercise!
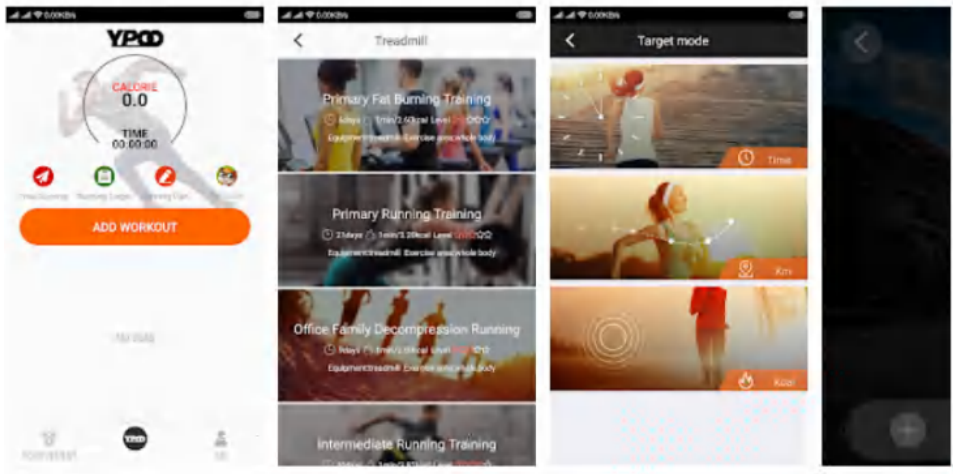
Note:
1. You can choose your local language and set your local language. You can choose: English, Chinese or Korean.
2. This app will protect your privacy and will not collect any personal information. Please feel free to use.

Numerical display range:

Setting parameters	Start	Default	Setting range	Display Range
Time (min : sec)	0:00	-	-	0:00-99:59
Incline (%)				
Speed (km/h)	0.8	0.8	0.8- 6.0	0.8- 6.0
Distance (km)	0.00			0.00-99.90
Heart rate (/MIN)	-	N/A	N/A	-
Calorie (Kcal)	0.0	-	-	0.0-999.0

**VI. Treadmill Shut down instructions:**

The treadmill can be turned off at any time by turning off the power switch so that it does not damage the treadmill.

VII. Error:

E02	Over voltage protection
E03	Over current protection
E04	Motor open-circuit
E06	Communication error
EOC	Burst protection

CLEANING & CARE

Once the treadmill has been run on for 50km cumulatively (about 3 months), maintenance is needed. Put the lubricating oil (about one third each time) squeezed into the silicone oil valve and then the running belt will be automatically maintained.
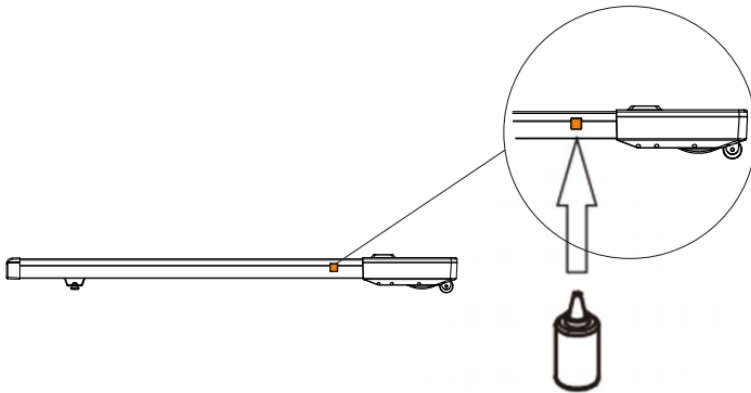
Tips:
Do not use sandpaper or solvents to clean the treadmill. The controller part of the treadmill should not be exposed directly to the sun or moisture to avoid damage. Please check and tighten all accessories of the treadmill frequently. Damaged parts must be replaced immediately.

Proper maintenance is the only way to keep your treadmill at its best. Incorrect maintenance can hurt or shorten the life of the treadmill.

Running belt adjustment

Adjusting the running belt has two functions: Tightening adjustment and the running belt centre position adjustment. The running belt has been adjusted at the factory. However, after use, the running belt will be stretched or deviated from the centre plate and cause damage to the running belt trim strip and the rear cover by friction. It is normal for the running belt to be stretched during use. When the running belt is slippery or not smooth during use, you can improve it by adjusting the tightness of the belt.

### How to adjust the running belt?

1. Adjust the screw on the left side of the belt by Allen Key, turning 1/4 times clockwise to adjust the rear roller to tight the belt.
2. Repeat step 1 to adjust the right screw. Check that the left and the right screw are adjusted to the same distance so that the rear roller can be paralleled to the treadmill frame.
3. Repeat steps 1 and 2 until the running belt does not slip.
4. Note: The running belt can't be adjusted too tightly, which will break the running belt and increase the pressure of the front and rear rollers, causing problems such as roller bearing damage and abnormal noise. If you want to reduce the tension of the running belt, turn the wrench counter clockwise. Note that the left and right sides are rotated at the same distance.

Adjust the running belt to the middle position

When using the treadmill, the pressure on the running belt is unbalanced because the two feet exert different forces when running, that causes the belt deviate from the centre. This deviation is normal. When no one is using the treadmill, the belt goes back to the centre automatically. If not, you need to adjust it to the centre.

How to adjust the running belt to the middle?

1. Run the treadmill with no-load at a speed of 6km/h.
2. Observe the distance of the running belt to the left and right border. If the running belt deviates to the left side, turn the left screw clockwise for 1/4 by inner hexagonal wrench. If the running belt deviates to the right side, turn the right screw clockwise for 1/4 by inner hexagonal wrench. If the running belt is still not in the centre, repeat the above the step until it is adjusted to the centre.
3. After adjusting the running belt to the centre, adjust the speed to 1km/h and observe the deviation of the running belt and check whether there is slipping during running. If still there is any deviation from the centre, repeat the above steps.
4. Warning! Do not over tighten the roller! This will cause the bearing permanent damage! If the above steps do not work, you need to tighten the running belt again.
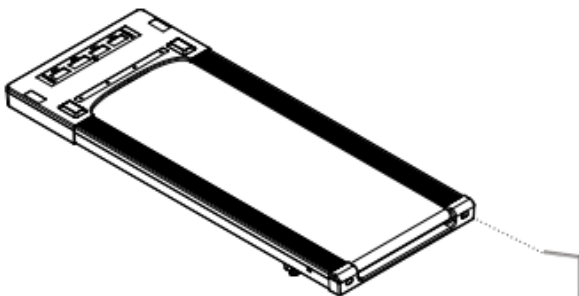
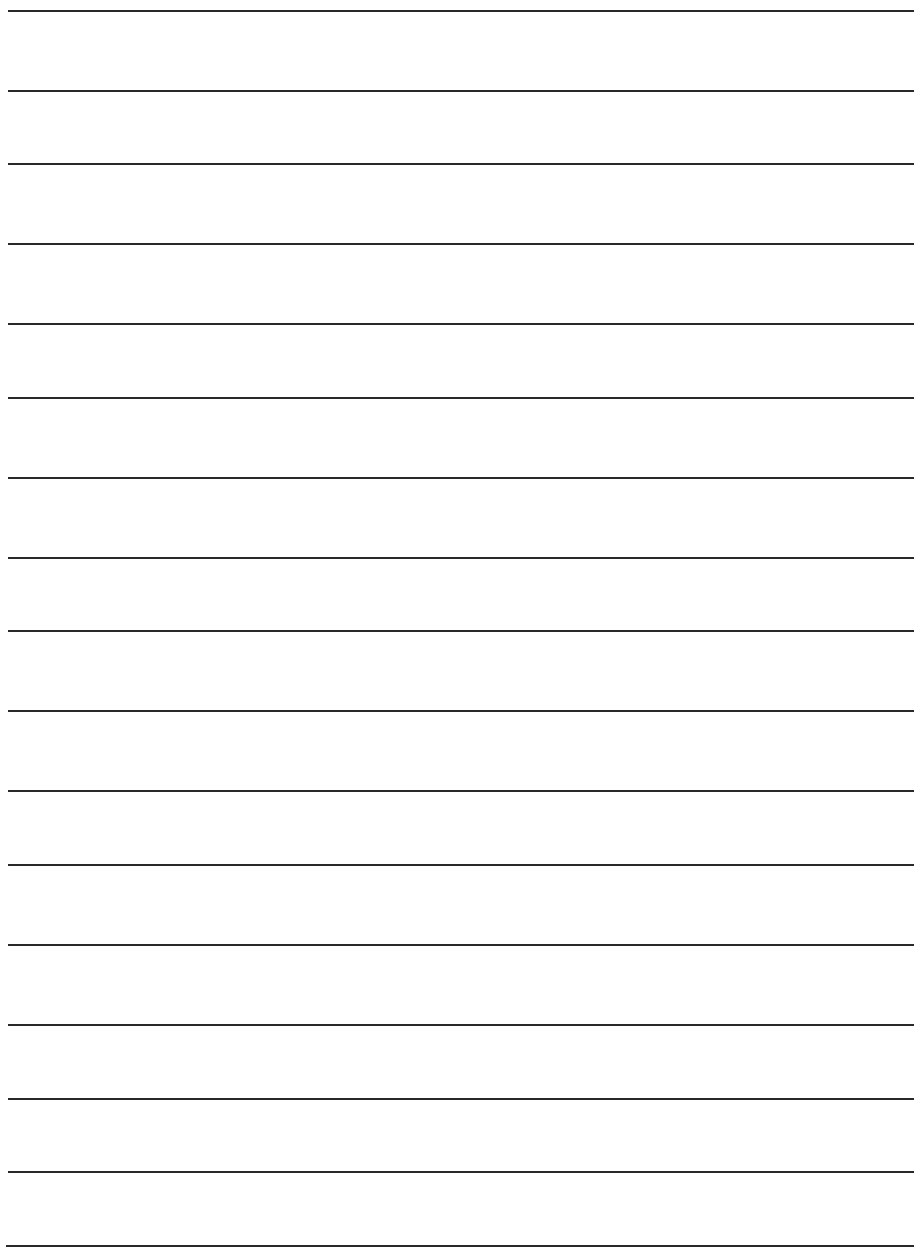**The left and right elastic latches are located behind the walking machine.**

SPECIFICATION

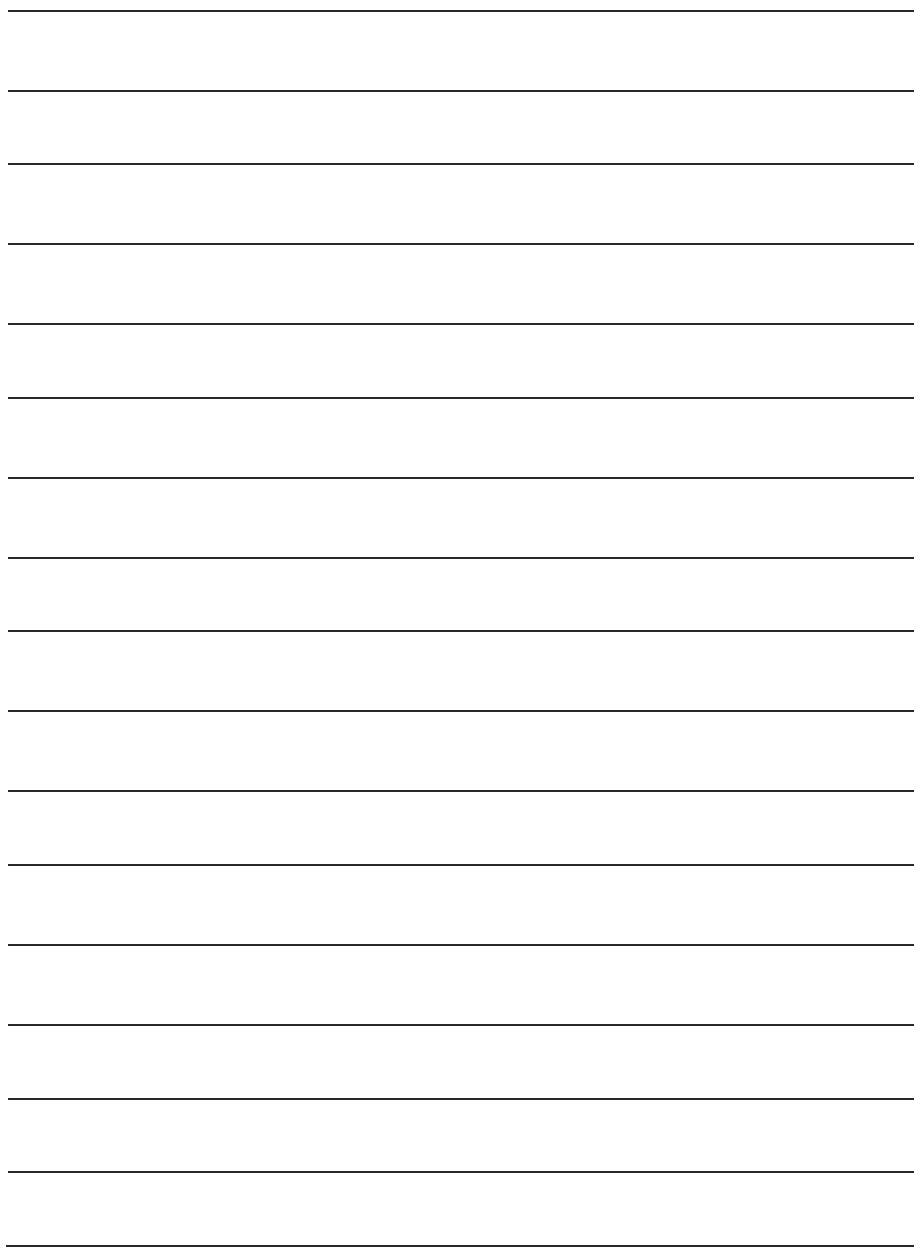|	
Colour	Grey
Net weight	29kg
Running belt	45*120cm
Product size	61*150*125cm
Power (W)	600
Speed	0.8-6km/h
Max user weight	100kg

Motorised Walking Treadmill

Need more information?

We hope that this user guide has given you
the assistance needed for a simple set-up.
For the most up-to-date guide for your product,
as well as any additional assistance you may require,
head online to **help.kogan.com**

kogan.com