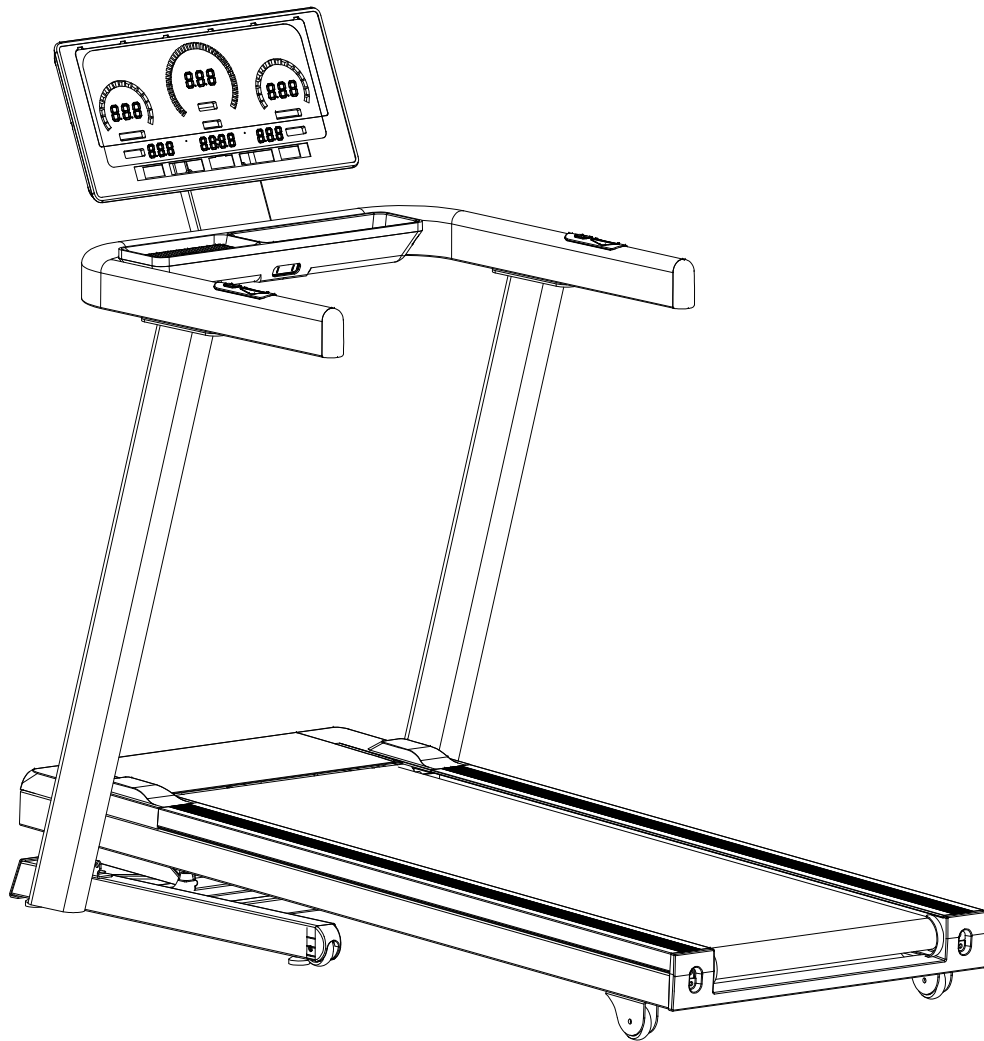# OWNER'S MANUAL

Pure Design Fitness
Address: 72 South Street
Rydalmere NSW 2116
Email: info@puredesignfitness.com.au
Ph: 02 9898 1405

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN EXERCISING

ITEM NO.: PD-TR8

IMPORTANT SAFETY INSTRUCTIONS

Thanks for purchasing this product .The product will help you keep fitter, healthier and better in a very easy way.

User Guide

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.

2. Ensure the treadmill stable on the ground before use.

3. Check if its function normal or not before running.

4. Stand on two side rails when the treadmill starts

5. Clipped the safety key to your clothes when upcoming to control any emergency.

6. Press the "start" button to get the treadmill started.

7. Follow the running belt with left leg to do preparation before trial run. Only when you feel you can run, you can stand on the treadmill and do it with the right posture. And only one person is allowed to exercise on the treadmill, and overload exercise is strictly prohibited.

8. You can adjust speed if necessary.

9. After running, you can stop the treadmill by pulling out the safety key or pressing the "stop" button.

10. Remember to turn off the power and pull out the plug when you finish exercising.

Safety precaution：

◆ Place the treadmill indoors to avoid any water and no heavy stuff.

◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.

◆ Keep children away from the treadmill to avoid any accident.

◆ No overload to give damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.

◆ Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.

◆ Keep the household treadmill continuously running no more than 2 hours.

◆ Keep good air circulation when running.

◆ There should be 2000x1000mm safe space at the end of treadmill when running。

◆ Stop running if any discomfort and consult the doctor.

◆ Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.

◆ Prohibit the user jumping off the treadmill directly after use.

◆   Pull out the power plug gently from the socket.

◆   Stop the machine if anything wrong and cut the power immediately.

◆   Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

DANGER!

To reduce accidents or harm, please check following rules.

◆ Ensure your clothes zipped up before running.

◆ Do not wear clothes that easily hooked.

◆ Keep power cord away from hot objects.

◆ Keep children away from the treadmill.

◆ If something wrong , support the handle bar to push up and leave running belt.

◆ Do not use the treadmill outdoor.

◆ Cut off the power before move of the treadmill .

◆ Do not open motor and roller cover unless professionals .

◆ This machine can be used under 10A circuit .

◆ Ensure that only one person at a time uses the fitness device.

◆ The HRC testing may be not as exact as medical devices so its results for reference only .

◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

Warning and Prohibit!

◆ Following patients under treatment need to get use of the treadmill after approval of professional doctor.

（1）The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)

（2）The patient with deformational arthritis , rheumatism or gout .

（3）The patient with osteroporosis .

（4）The patient with a bad circulatory system like heart disease ,vascular disorders and vascular hypertension .

（5）The patient with respirtory disturbance.

（6）The patient with Artificial heart rhythm problem.

（7）The patient with malignant tumors.

（8）The patient with thrombosis .

（9）The patient with diabete-caused perceptual disturbance.

（10）The person with skin injury .

（11）The patient with a high fever above 38℃.

（12）The person with bent back bone.

（13）The person with pregnance or in (menstrual) period.

（14）The person feels discomfortable .

（15）The person is obviously in a bad condition.

（16）The person for the purpose of rehabilitation.

（17）The person having abnormal physical features.

   - Above cases may cause accident or poor health

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

   - Children may get hurt if you ignore this.

◆ Told the children that this is not a toy.

   - Children may get hurt if you ignore this.

◆ when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

◆ stop use this product when the cover cracked (inner parts come out) or welded parts drop off.

 -may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

   - may fall down and get injury.

◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.

 - may cause electric leakage or fire.

◆ Do not use when the power line or plug damaged, or the socket is loose.

 - may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

 - may cause fire or electric shock.

◆ Only for one person at a time, tell people around not too close.

 - may fall down and cause injury.

◆ people who is not conscious or can't operate by himself can not use the treadmill.

- may cause accident or get injury.

◆ disassemble, repair, change by customer themselves are forbid absolutely.

  - may cause mechanical breakdown and injury.

 To avoid water！

◆the main body and operating components can not meet with water or drink.

  - may cause electric shock and fire.

◆ Do not exercise too much if you are not a regular sportspeople.

◆ Do not use the treadmill after meals or when feel tired.

- may cause damage to your health.

◆ This product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.

- may cause injury.

◆ Do not use the product while you are having meals or doing other activities.

◆ Do not use the product when you feel the body become slow after drink.

- may cause accident or injury.

◆ Do not use the product when you have hard object in your pocket.

- may cause accident or injury.

◆ the power plug cannot be attached with needle, waste or water.

- may cause electric shock, short circuit and fire.

◆ Do not pull out the plug or switch the power to "off" while operating.

- may cause injury.

Do not operate with wet hands！

◆ Do not pull out or insert the plug with wet hands.

- may cause electric shock or injury.

Remember to pull out the plug！

◆Remember to pull out the plug when not using.

- Dust and dampness can damage insulation and then cause electric leakage and fire.

◆ Pull out the plug when maintenance.

- may cause electric shock and injury.

◆ stop using immediately when the product can not start or have something abnormal,

pull out the plug and make a trouble call.

- may cause electric shock and injury.

◆ pull out the plug when meet with power failure suddenly.

 - may cause accident and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause short circuit, electric shock and fire.

Ground connection instruction！

◆ the product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunction, thus can reduce the danger of electric shock.

◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must insert into the socket that conformed to the local regulations.

Danger！

◆ incorrect connection of grounding conductor may cause electric shock.If you are not sure about the grounding connection, please ask a professional electrician to check.if the plug of the product is not match your socket, you should ask for a n electrician to install a correct socket.

◆ the product have grounding plug. Please confirm that you have the matched socket first. Socket adapter is not allowed.
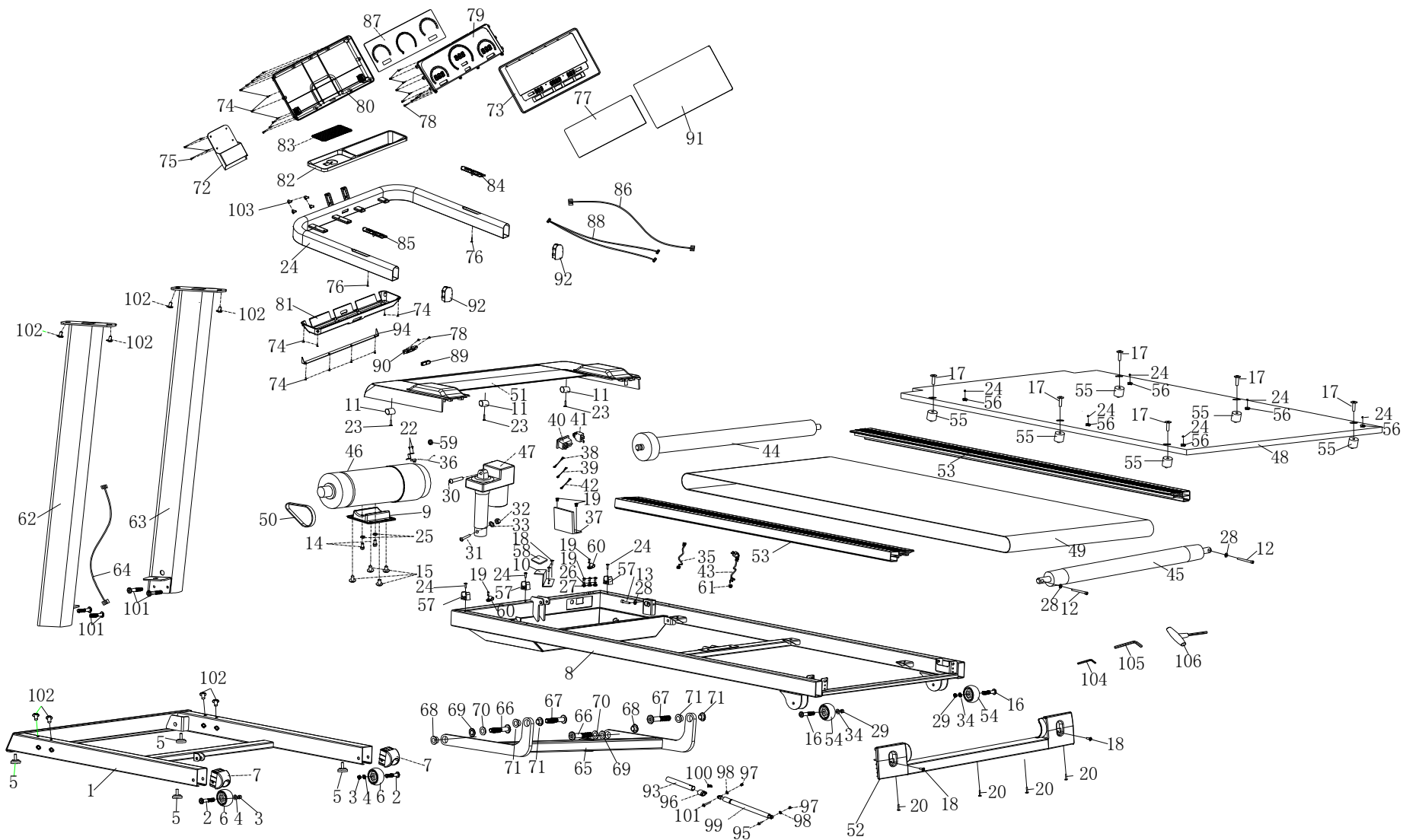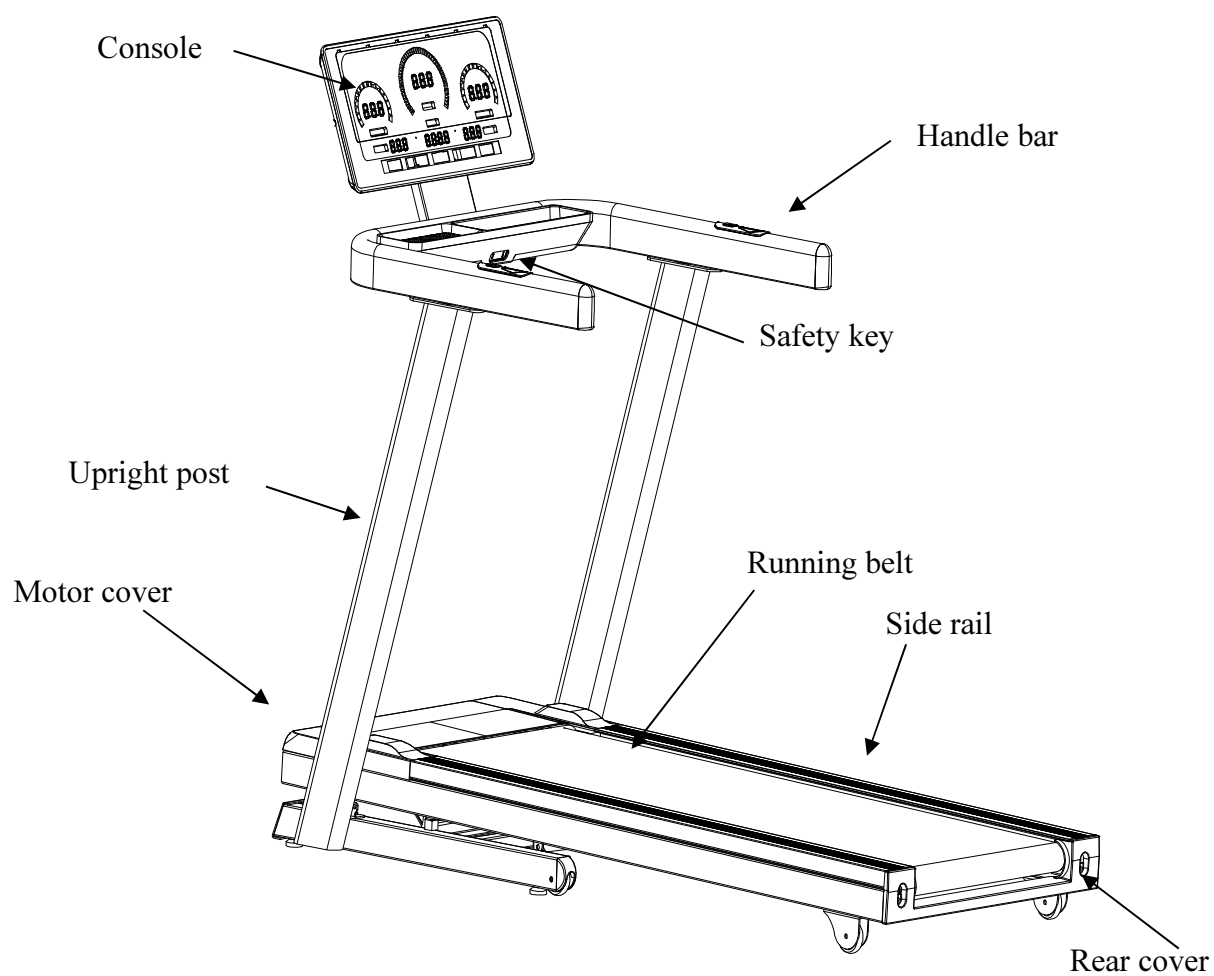
Exploded chart list

No.	Description	Size	QTY	No.	Description	Size	QTY
1	Base weldment		1	63	Upright post R welds	0.32 ㎡	1
2	Hexagon large flat head half-tooth bolt	M8×50×20	2	64	communication line	SM4PIN/SM4PIN/L-1200mm/26#	1
3	hexagon lock nut	M8	2	65	Lift frame welds		1
4	flat washer	Φ8	2	66	Hexagon head half-tooth bolt	M12×Φ14×35×19	2
5	Tapered foot pad (OMA-05-07-005)	Φ50×Φ41×17×M8×27	4	67	Hexagon large flat head full tooth bolt	M10×25×15	2
6	wheel	Φ62×Φ8.0×t22	2	68	Powder metallurgy sleeve	Φ24×Φ19×Φ14×14×3	2
7	Curved open pipe plug	40×60×t2.0	2	69	Sleeve	Φ25×Φ18×t3.0	2
8	Main frame weldment		1	70	flat washer	Φ14	2
9	Motor mount (1320CA-06)		1	71	Lifting shaft sleeve (OMA-05-06-023)	Φ25×Φ17×Φ10×6×1	4
10	Motor cover plate		1	72	Console holder welds		1
11	fixed tube of motor cover	Φ16×t1.2×23	1	73	Display frame	498×175×10.1	1
12	Hexagon cylindrical head full tooth bolt	M8×75	1	74	Cross recessed large flat head tapping screw	ST4×16	19
13	Hexagon cylindrical head full tooth bolt	M8×60	2	75	Cross recessed countersunk head tapping screw	ST4×15	4
14	Hexagon cylindrical head full tooth bolt	M8×15	2	76	Cross recessed countersunk head tapping screw	ST4×70	2
15	Hexagon large flat head full tooth bolt	M8×15	1	77	keratoscopic arc	t0.5×490×167	1
16	Hexagon large flat head half-tooth bolt	M8×45×20	2	78	Cross recessed large flat head tapping screw	ST4×10	12
17	Hexagon countersunk head full tooth bolt	M6×30×Φ16	4	79	Panel	1136EA/571×277×10.8	1
18	Cross recessed large flat head full tooth bolt	M5×10	2	80	Panel rear cover	1136EA/571×277×28	1
19	Cross recessed large flat head full tooth bolt	M4×10	6	81	console basket upper cover		1
20	Cross recessed large flat head tapping screw	ST4×16	4	82	console basket lower cover		1
21	Cross recessed large flat head tapping screw	ST4×10	7	83	Anti-slip pad		1
22	Cross recessed pan head tapping screw	ST3×10	4	84	speed hand-held heartbeat components	7239EA/SM5PIN/L-50MM/SPEED+/-	1
23	Cross recessed countersunk head tapping screw	ST4×15	2	85	incline hand-held heartbeat components	7239EA/L-50MM/SM5PIN/INCLINE+/-	1
24	Console frame welds		1	86	communication line	SM4PIN/SM4PIN/L-750mm/26#	1
25	spring washer	Φ8	3	87	3338EA console set		1
26	spring washer	Φ5	17	88	Hand-held heartbeat communication wire	3330EA/L-1000mm	1
27	serrated lock washers	Φ5	2	89	Safety key	J52×15×15（/L-700	1
28	flat washer	Φ8	3	90	Safety lock socket	J86×20×16	1
29	hexagon lock nut	M8	3	91	Acrylic panel	t1.0×554×260	1

30	Hexagon large flat head half-tooth bolt	M10×35×20	3	92	D shaped tube plug	DX40×80	2
31	Hexagon large flat head half-tooth bolt	M10×65×20	2	93	one-way valve	Φ29×t1.2×340	1
32	Hexagon large flat head half-tooth bolt	M10	1	94	miscellaneous basket cover		1
33	flat washer	Φ10	1	95	Hexagon large flat head half-tooth bolt	M8×30×20	1
34	flat washer	Φ8	1	96	Double round tube plug	Φ33×Φ23×48	1
35	communication line	SM5PIN/SM4PIN/L-750mm/26#/	1	97	hexagon lock nut	M8	2
36	photoelectric sensor	L-500	2	98	flat washer	Φ88×Φ50×Φ17×606	2
37	3330EA controller（ERP）	AC220V/1-20KM/H/Incline(ERP)	1	99	Pressure rod	720×318×Φ10×Φ8.2×350N	1
38	Connect wire	L-300mm/1.5mm2/(Red)	1	100	shrapnel-1	t0.6×16.5×43	1
39	Connect wire	L-300mm/1.5mm2/(Black)	1	101	Hexagon large flat head half-tooth bolt	M8×50×20	4
40	Rocker switch	KCD4	1	102	Hexagon large flat head full tooth bolt	M8×15	8
41	Self-resetting switch	10A/ABR21-16/250VAC	1	103	Hexagon pan head full tooth bolt	M6×10	4
42	Connect wire	L-100mm/1.5mm2/(Red)	1	104	L-shaped wrench	4*30*80	1
43	Plug	3×1.0mm2×2000	1	105	L-shaped wrench	6*35*80	1
44	3330EA front roller	Φ88×Φ50×Φ17×606	1	106	T-shaped wrench	6*80	1
45	3330EA rear roller	Φ50×Φ17×529×578	1				
46	Motor	1.5HP/DC180V/4600RPM/Φ32/36	1				
47	Incline motor	1/18HP/75mm/AC220V(195mm)	1				
48	3330EA running deck	1300×604×t18	1				
49	Running belt	2930×500×t1.6	1				
50	belt	174（442）PJ6	1				
51	3330EA motor cover	367.5×673×36.7	1				
52	Rear cover	673×93×51	1				
53	Side rail	87×34.5×1342	2				
54	Wheel	Φ62×Φ8.0×t22	2				
55	Cylindrical cushion	Φ30×30×M6×6	6				
56	Round guide block	φ25×φ5×4.5	10				
57	pipe strap	φ16（white）	3				
58	EVA pad (E21-V1-12)	t15×30×30	1				
59	magnet ring	Φ29×Φ17×t7.5	1				
60	cable clamp	3/8(UC-2)	1				
61	power cable clip	SR-5R1	1				
62	Upright post L welds	0.32 ㎡	1				

Product introduction

Console

Handle bar

Safety key

Upright post

Running belt

Side rail

Motor cover

Rear cover

Technical information

Dimension	Fold: 1135*795*1460
	Unfold: 1720*835*1440
Running surface	1420*500
Speed	1.0－20.0km/h

Remark：WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.
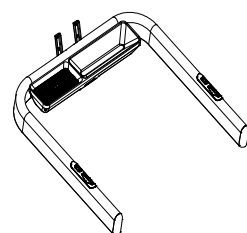
1440

1725

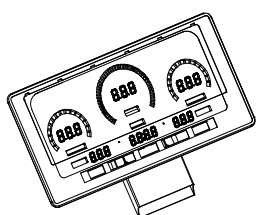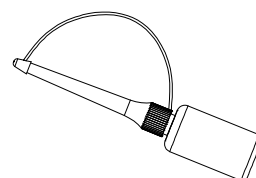1460

1135
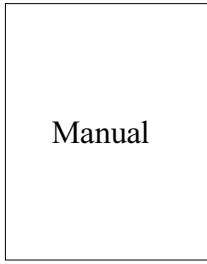
795

1725
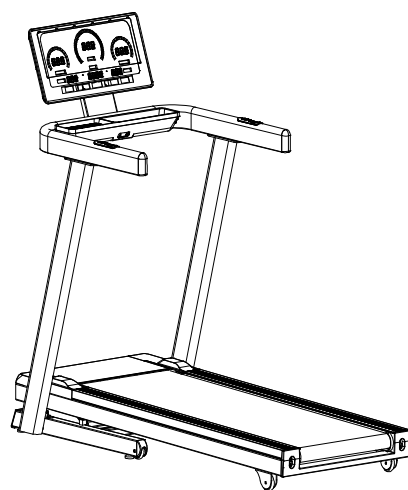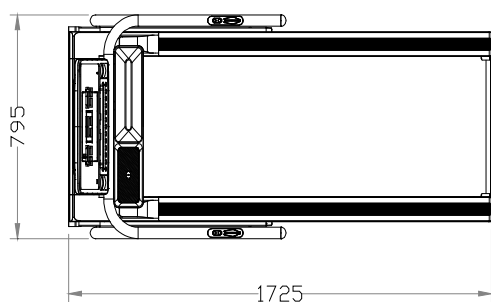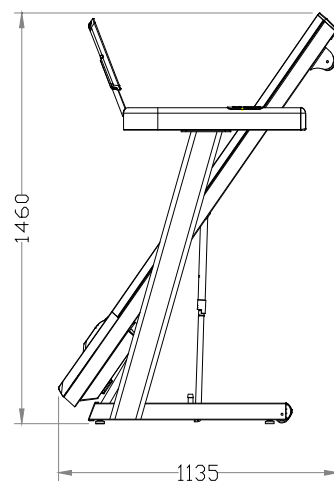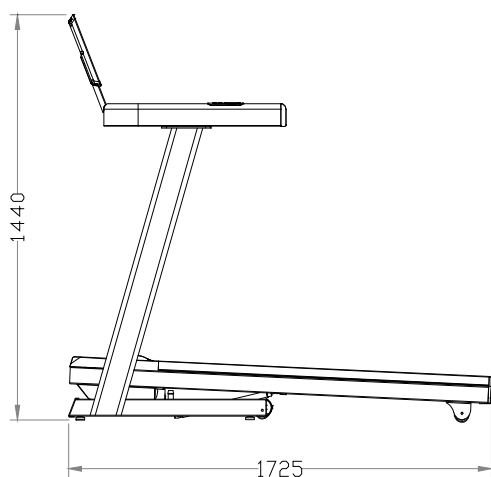
Packing list
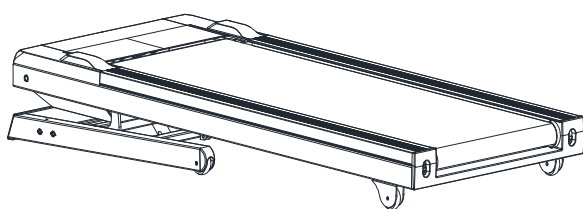
Main body
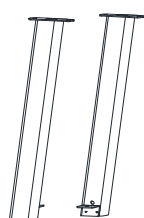
Upright post

Console frame

Console

Safety key

silicone oil
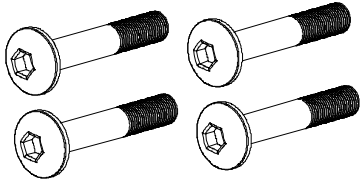
Manual
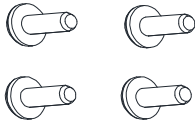
Screw kit

Manual

Screw kit

Hardware Pack List

Hexagon large flat head half tooth bolt（M8*50*20）
4pcs

L shape wrench S4 1pc

Hexagon pan head full tooth bolt（M6*10）4pcs
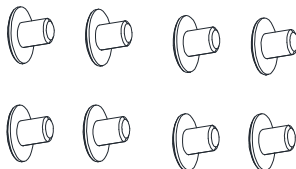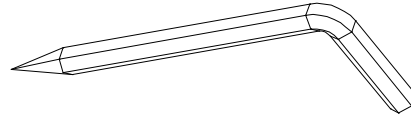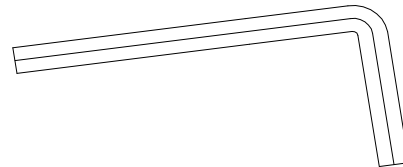
L-type Allen wrench S6 1pc

Hexagon large flat head full tooth bolt　M8×15 8pcs
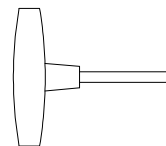
T-shaped wrench 6×80

Installation Steps

**Notes:Please don't totally tighten all screws during installation.
Tighten all bolts after the components are fully installed.**
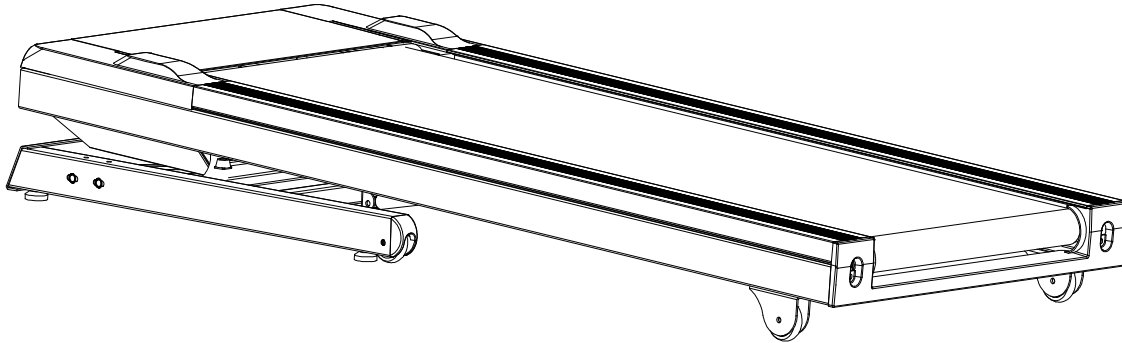
Step 1: Lift the machine out of the packing box and place it on the flat floor. (as shown in the picture), remove all PE bags and packing belts wrapped on the machine!
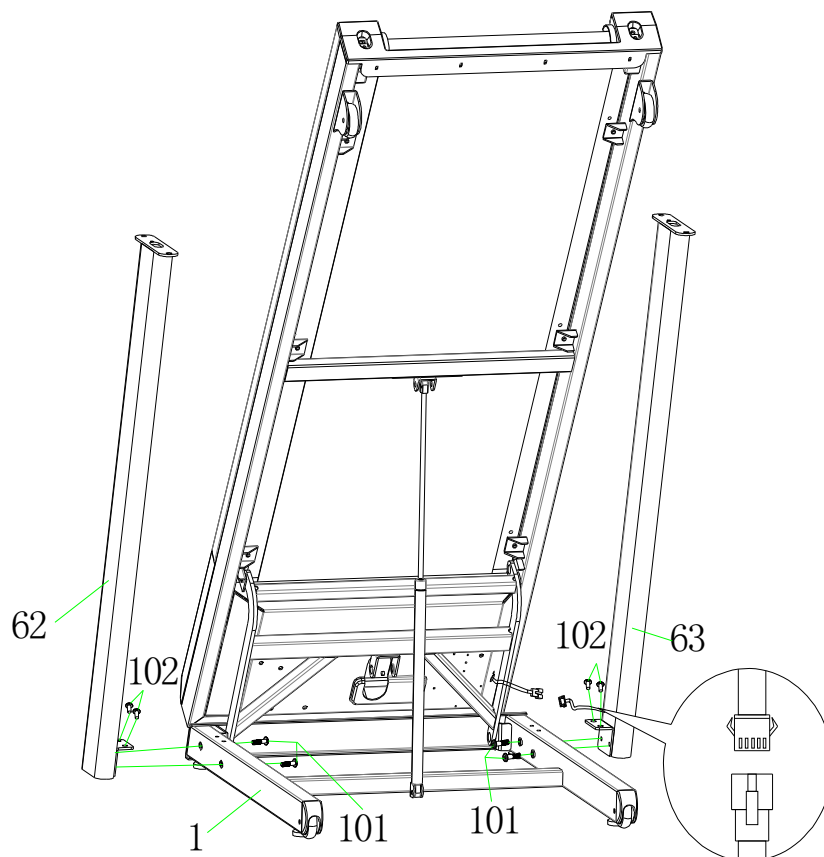
Step 2: As shown :Keep the treadmill upright, insert the (62) upright post into the corresponding position of the (1) base solder,   lock it into the corresponding hole of the (62) upright post with the (101) M8×50×20 hexagonal large flat head half-tooth bolt through the (1) base, and lock it into the corresponding hole of the (01) base with the (102) M8*15 hexagonal large flat head half-tooth bolt through the (62)upright post. The operation on the other side (63) is the same after connecting the upright post (please be careful, don't clamp the communication line in the upright post).
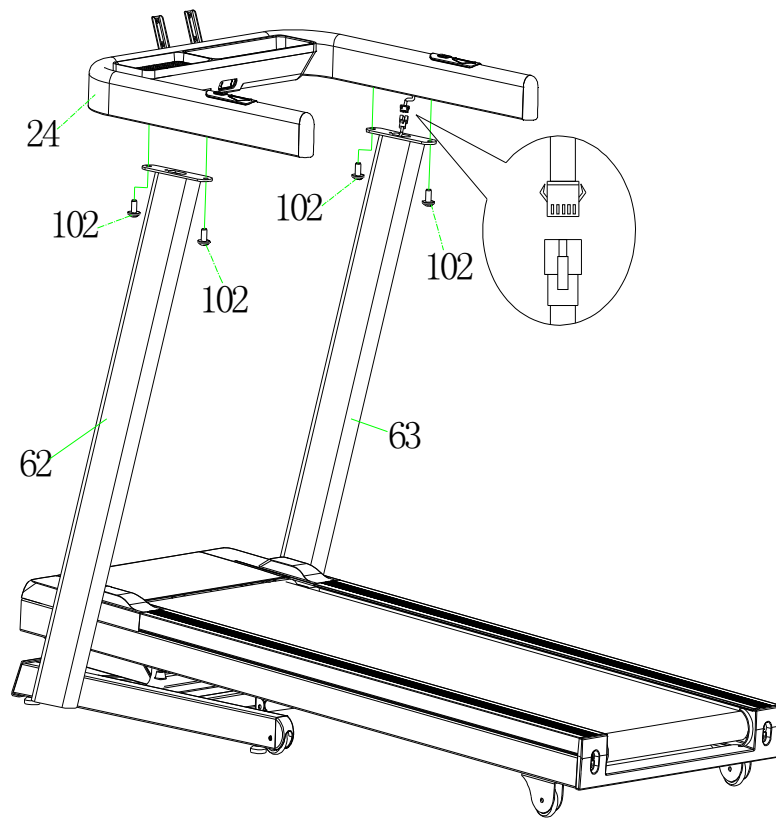
Step 3: As shown in the figure: After the signal line on the right side of the handrail frame is connected, install the (72) handrail to the corresponding position of the (62) (63) upright post, and lock the (72) handrail frame through the corresponding hole of the (62) (63) upright post with the (102) M8×15 hexagonal large flat head full-tooth bolt.
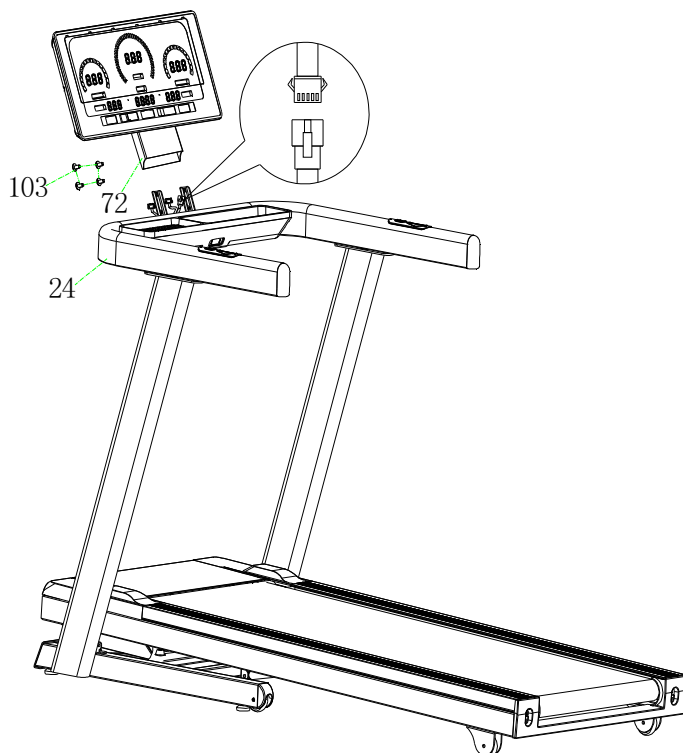
Step 4: As shown: after connecting the signal wire of the console, insert the welding fixed mount (72) into the armrest welding holder(24), locked with (103)M6×10 .

89
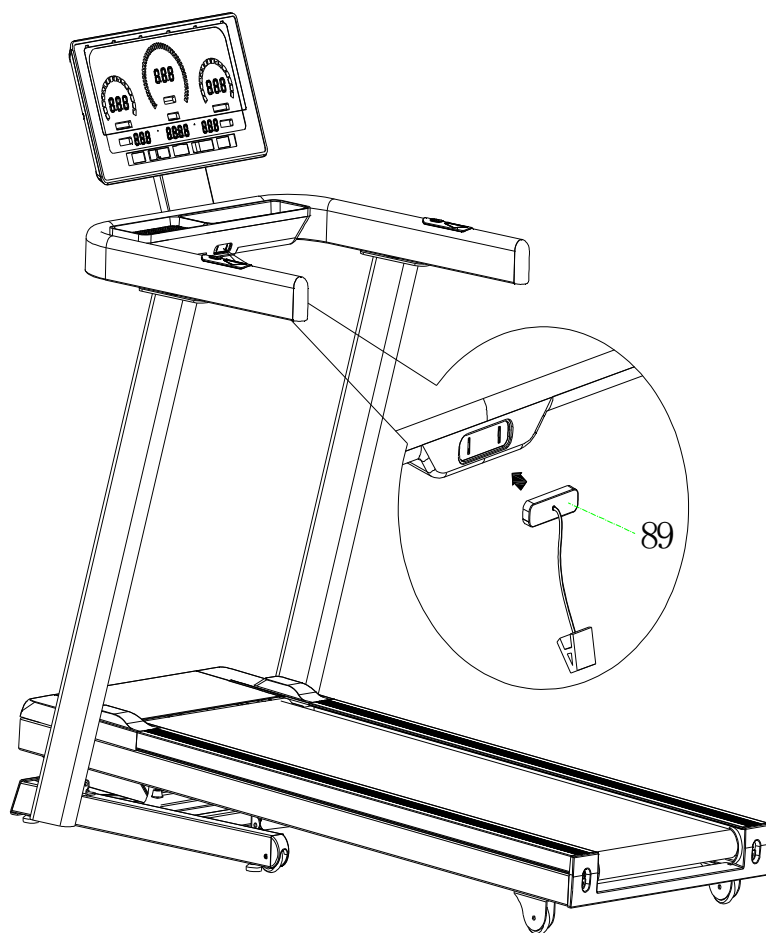
Step 5: Set up the machine and tighten all self-mounting bolts. Then put the safety lock (89), the treadmill is completed!

General Fitness Tips

1. Warm-up
Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe
Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency
The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load
According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax
Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet
In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

Stretching exercises
No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1.Stretch down
The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching
Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch
Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching
Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

5. The sartorius muscle (muscle inside the thigh) stretches
The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).
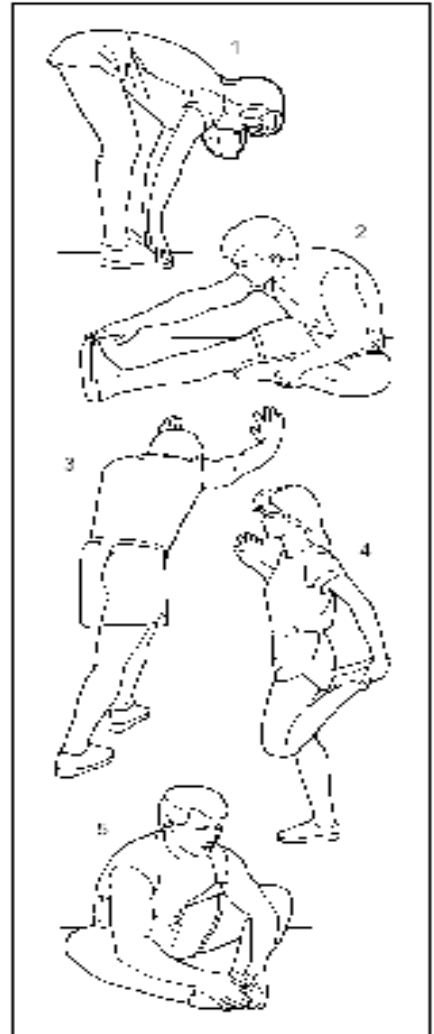
Instructions of Console Panel

LED display

Incline shortcuts   incline " + " " - "   Program   Start/Pause   Mode   Speed shortcuts   Speed"+""-"
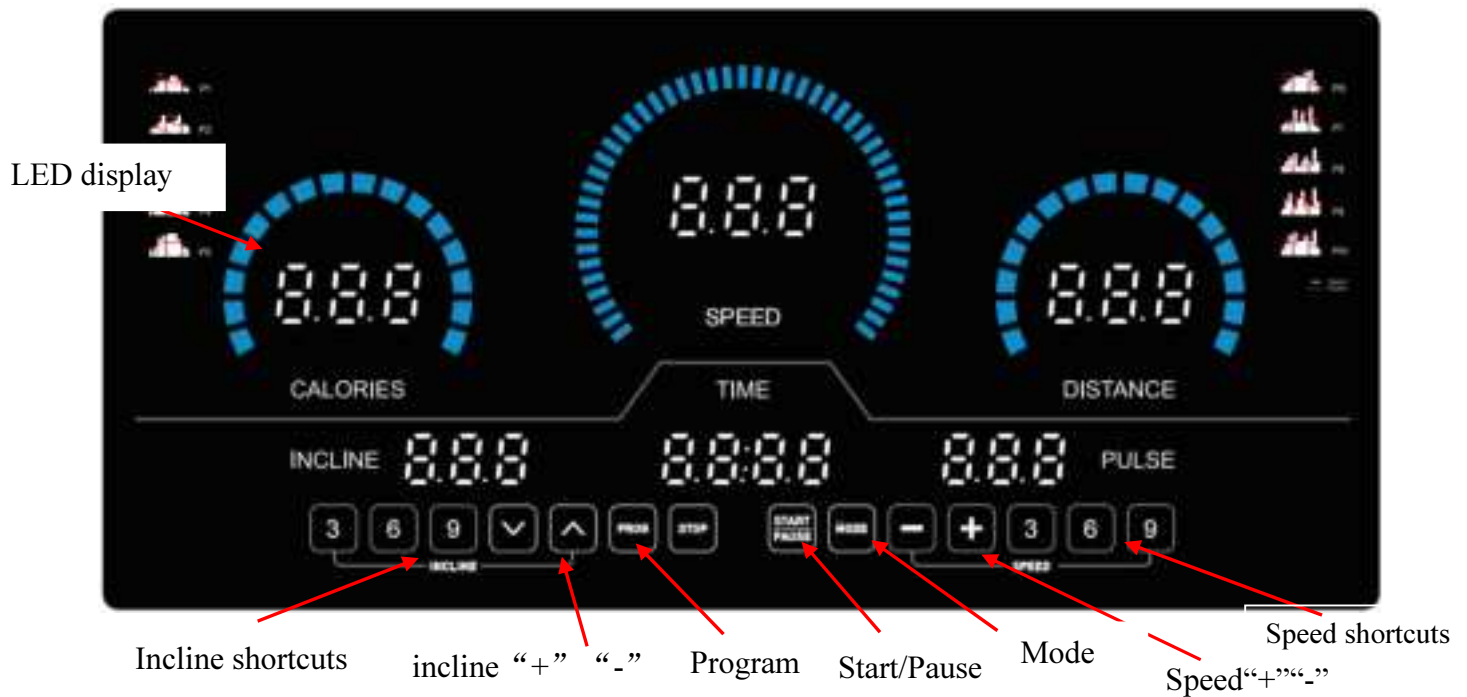
Console Function Description

1、P01 is a user manual program, P01-P36 is a built-in automatic training program, 3 user, BMI;

2、LED display, 14 operation keys;

3、Speed, distance system conversion function;

4、Operating speed range: KM 1.0~20.0KM/H, inch 0.6-12.5MPH;

5、Incline range: 0~15%;

6、Overload, overcurrent protection, explosion-proof impact, anti-speed, anti-electromagnetic interference and other safety protection functions;

7、System self-test, abnormal information prompt function;

8、3 custom functions;

9、ERP functions;

10、Fuel reminder function;

Description of windows

1、"CALORIES" window: display the value of Calories;

2、"TIME" window: display the value of time;

3、"DISTANCE" window: display the value of distance;

4、"INCLINE" window: shows the value of incline.

5、"PULSE" window: display the value of heart rate;

6、"SPEED" window: shows the speed value;

Imperial Conversion Instructions:

1) After unplugging the safety lock, press the "PROGRAM" and "MODE" keys at the same time, the display will show 0.6, which means the conversion from kilometers to miles;

2) After unplugging the safety lock, press the "PROGRAM" and "MODE" keys at the same time, the display will display 1.0, indicating that miles are converted to kilometers;

KEY FUNCTION

1、"PROG" : program selection key, in the stopped state, cycle to select program P0~P36, U01~U03, BMI;

2、"MODE" : When the manual MODE is selected, the initial state is the normal mode. Press the mode key to select the countdown mode -> Backward distance mode -> Backward calories -> Normal mode in the manual mode; Reset button for the default (30 minutes) countdown interval in P1-P36;

3、"START" : start/pause button, in the stopped state, start the treadmill; In the running state, suspend the treadmill; "pause" without effect if the Bluetooth connection;

4、STOP: Stop/reset key 1. In the running state, press the STOP key for slow stop; 2. When the ERR information is displayed, the information displayed once is cleared.

5、"+" : speed increment key, in the stop or fat measurement state, to set the parameter increment key, in the running state, to speed increment key;

6、"-" : speed decline key, in the stop or fat measurement state, is the set parameter decline key, in the running state, is the speed decline key;

7、"QUICK SPEED" : 3,6,9 speed shortcut keys, in the running state of the treadmill, directly set the speed to the specified value of the key;

8、"▲" : incline increment key;

9、"▼" : incline decline key;

10、"QUICK INCLINE" : 3,6,9 incline shortcut keys, when the treadmill is running, directly set the speed to the specified value of the key;

Safety key：

The safety key is composed of a touch switch, a clothespin and a nylon rope, which can prevent the emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the console keyboard is forbidden to operate, and the screen displays "E-07", accompanied by a prompt sound. Each time you place the security lock, the screen will display for 2 seconds and then enter the default working state of the system.

USER program:

USER has three USER1~USER3. In USER mode, users can access or set their own sports program, press

"PROG" key to adjust to "USER1~USER3", then press "mode" key to set or press START key to start sports. Press the "MODE" key to set the 10 sections of speed and ascension of your own program. After setting, the user press "START" to start the treadmill. The user's program will be saved and can be used directly next time.

Safety Guide

1、 Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed with a prompt sound, then identify the safety key.

2、 Place the safety key in the position on the console and clip the clothespin to the clothes on the chest. The screen is fully displayed for 2 seconds then enters the default working state: all counters are cleared to zero, the set value is reset, the treadmill is in the positive timing mode of manual program P0;

3、 Press "PROG" key to select a program: P01~P36, U01,U02,U03, BMI;

4、 "P0" is a user-defined program, press "MODE" key to select four training modes, the training speed and slope are set by the user. Default: Speed 1.0KM/H, slope 0 section.

Training mode 1: positive counting time, time, distance, calories are positive counting, close the setting function;

Training mode 2: countdown time, setup state, time window flashing, press "+", "-" key to modify the set value, set range: 5-99 minutes, default value: 30:00;

Training mode 3: countdown distance, set the state, the distance window flashes, press "＋", "-" key to modify the set value, set the range: 1.0-99.0 KM, the default value: 1KM;

Training mode 4: reverse calorie, set state, calorie window flashes, press "＋", "-" key to modify the set value, set range: 20-990CAL, default value: 50CAL;

5、 "P01-P36" for the system setup program, only trained in the countdown mode, under the setting state, the time window flashes, press "＋", "-" key to modify the set value, press the "MODE" key to reset to the default value, set the range: 5-99MIN, the default value: 30:00;

6、After setting the training mode, press "START" key, the screen starts to display 5 seconds countdown with 5 beeps, after the countdown is 1, the treadmill starts gently, accelerates slowly to the displayed speed, and then runs smoothly at constant speed.

7、In the running state, press "＋", "-" key or "QUICK SPEED" key to adjust the speed of the treadmill;

8、 In P1-P36, the speed of each program is divided into 10 segments, each period is equally divided according to the set time. The speed adjusted by key is only valid in the current segment, and three beeps will be sent three seconds in advance when the segment is converted to the other segment. The motor stops automatically when the program runs full of 10 segments, with a "beep";

9、In running mode, press "START" key, the motor will change between the two states of suspension and running. Restart in the paused state, the recorded running data and process stay the same.

10、In the motor running, press "STOP" key, the motor will slow down until it stops smoothly, all the settings will be restored to the default state;

11、In the motor running, press " ▲","▼"key or" QUICK INCLINE "to adjust the treadmill slope;

12、In any state, pull off the safety lock, the screen displays "E-07", and accompanied by a tone, the treadmill stops running;

13、The control system at any time in the safety monitoring, as long as the discovery of anomalies, the treadmill will be emergency stopped, the screen displays abnormal information prompts, accompanied by beeps;

14、When the abnormal information is displayed on the screen, press STOP. The system clears the displayed information one time.

15、BMI test method: press the "PROG" key to select the program BMI, press the "MODE" key to select the project serial number. press the "＋" and "-" keys to set the parameters.

16、Item No. F1 (Sex): indicates the gender; set the parameter range: 1-2, "1" indicates male, "2" indicates female, default value: 1;

17、Item No. F2 (Age): indicates age; set parameter range: 1-99 years old, default value: 25 years old.

18、Item No. F3 (Height): indicates height; set parameter range: 100-220CM, default value: 170CM;

19、Item serial number F4 (Weight): indicates weight; set parameter range: 20-150KG, default value: 70KG;

20、 Item serial number F5 (BMI): indicates the completion of parameter settings, enter the BMI test state, please hold both hands to the left and right handles of the heart rate sensing piece, wait for 4 seconds, the parameter display window will show the test person's body fat rate (BMI); to the standard of the Asian people, the body fat is less than 18 for thin, between 18 and 24 for the ideal body weight, between 25 and 28 for overweight, greater than 29 for obese, and the body fat of the person under test will be shown in the window. Default value: 24 (this data is only for exercise reference).

21、British BMI test method: Press the "PROG" key to select program BMI, press the "MODE" key to select item serial number, press the "+" and "-" keys to set parameters.

A) Item number F1 (Sexo) : indicates gender; The value ranges from 1 to 2, where 1 indicates
male and 2 indicates female. The default value is 1.

B) Item number F2 (Age) : indicates age; Value range: 1 to 99 years old. Default value: 25 years old ;

C) Item No. F3 (Height) : indicates height. The value ranges from 39 to 87 inches. Default value: 67
 inches.

D) Item number F4 (Weight) : indicates weight; Set parameters range: 44-330 LBS. Default: 154 LBS.

E) Item No. F5 (BMI) : indicates the completion of parameter setting and entering the body fat test
 state. Please hold both hands on the heart rate sensor on the left and right handles.Wait 4 seconds, the
 parameter display window will display the body fat percentage (BMI) of the tested person; By Asian
 standards, a body fat of less than 18 is considered lean, a body fat of 18 to 24 is considered ideal, a body fat
 of 25 to 28 is overweight, and a body fat of more than 29 is considered obese (this data is for exercise
 reference only). Default value: 24

ERP transfer function:

The system starts in ERP mode by default. When the treadmill is not operated, it will enter hibernation state in about 4 and a half minutes to save power consumption. Press any key to wake up the system. In standby MODE, hold down the mode key for 3S to display '2222' to cancel the ERP function, and hold down the mode key for 3S to display '1111' to return to ERP mode.

Speed and slope table for the automatic program P01-P36: metric

Pro	Seg / Class	1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0

	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

Speed and slope table for the automatic program P01-P36: inch

Pro \ Class \ Seg		1	2	3	4	5	6	7	8	9	10
P1	SPEED	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	1.2	1.2	3.1	5	5	5	5.0	3.1	1.8	1.2
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	1.2	2.5	3.7	3.7	3.7	5	5	3.7	2.5	1.8
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	1.8	2.5	3.7	5.6	3.7	3.7	4.3	5.6	3.1	2.5
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	1.8	2.5	5	5.6	3.7	3.7	3.7	5.6	3.1	2.5
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	1.8	1.8	3.7	5.6	5.6	5.6	5.6	3.7	2.5	1.8
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	2.5	3.1	5.6	6.2	6.8	6.8	6.8	5	3.1	2.5
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	2.5	3.1	4.3	5	5	5	6.2	6.8	3.7	2.5
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	2.5	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.5	1.8
	INCLINE	2	2	7	7	7	9	9	11	7	3
P20	SPEED	2.5	3.7	5	6.2	2.5	3.7	5	3.7	7.5	3.7

	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	2.5	5	6.8	3.1	5	7.5	3.7	3.1	7.5	4.3
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	2.5	3.7	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.5
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	3.1	3.7	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.7
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	3.1	4.3	6.8	6.8	6.8	5	5	6.8	4.3	3.7
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	1.8	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.5
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	2.5	3.1	4.3	6.2	4.3	4.3	5	6.2	3.7	3.1
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	2.5	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.7	3.1
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	2.5	2.5	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.5
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	3.1	3.7	6.2	6.8	7.5	7.5	7.5	5.6	3.7	3.1
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	3.1	3.7	5	5.6	5.6	5.6	6.8	7.5	4.3	3.1
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	3.1	3.7	3.7	7.5	3.7	6.8	3.7	7.5	3.1	2.5
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	3.1	5.6	7.5	3.7	5.6	7.5	4.3	3.7	7.5	5
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	3.1	4.3	6.8	7.5	5	5	6.8	5	7.5	3.1
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	3.7	4.3	7.5	6.8	5	6.2	6.8	7.5	5	4.3
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	3.7	5	7.5	7.5	7.5	5.6	5.6	7.5	5	4.3
	INCLINE	5	10	10	7	7	10	10	6	6	6

Common faults and troubleshooting methods:

Porblem code	Possible reasons	Solution
System does not work	A、The power is not connected or the power is not turned on	Connect the power supply, or turn the power switch to the "NO" position
	B、Safety locks are not in place	Put the safety lock in the correct position
	C、The controller or console is not powered on	Replace the controller or console
	D、Poor line contact	Check system input and output and communication lines
Suddenly stop in normal condition	A、Safety lock dropped	Reinstall the safety lock
	B、system error	Ask the repairman to deal with it
Keys failure	KEY INVALID	1、Replace the key board and keyboard cable 2, replace the motherboard 3, replace the console
E-01	A、The communication cable is in poor contact	Reconnect the communication cable and check whether the port is properly inserted or replace the communication cable.
	B、Defective console	Change the console
	C、Defective controller	Change the controller
E-02	A、Defective Motor cable and motor	Change the motor
	B、The motor cable is improperly connected to the controller or the controller is improperly connected	Check and reconnect or replace the controller
E-03	A、The photoelectric sensor is not installed correctly	Check and reconnect
	B、Poor photoelectric sensor	Replacement of photosensor
	C、Photoelectric sensor dirty or poor first contact	Check and reconnect/clean light sensor
	D、Defective controller	Change the controller
E-05	A、Controller damaged	Replace the controller
	B、Motor damaged	Replace the motor
	C、mechanical failure	Check the running oil or drum for blockage
E-07	The console is not detecting the safety lock signal	1、check whether the safety lock is put in place; 3. Reinstall the safety lock mechanism; 3. Replace the electronic watch
No heart rate	A、The grip wire is not inserted in place or the grip wire is not good	Check and connect or replace the grip cable
	B、Electronic system circuit fault	Change the console
console incomplete or missing lines	A、LED digital tube or screen is bad	Replace the mainboard or screen
	B、system failure	Change the console

Folding and Moving of Treadmill

1 Folding Treadmill

1) When folding, the power must be disconnected.

2) Check the incline of the treadmill for the lowest position.

3) Lift the treadmill to the upright position, the Ezfit linking parts will automatically get stuck on the hydraulic;

4) Check whether the check Ezfit linking parts is stuck on the hydraulic, as shown in the figure.

Ezfit linking

Hydraulic

Wheel
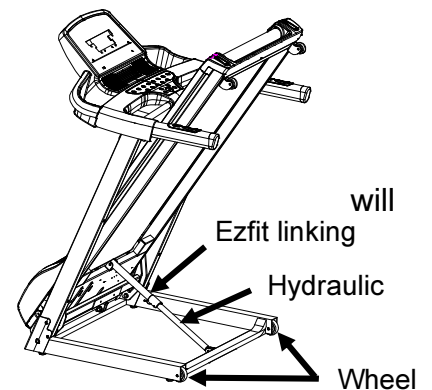
2 Treadmill unfolds

1) To unfold the treadmill, you need to choose a place about 1 meter away from the power outlet and the ground is flat without other obstacles.

2) When unfolding the treadmill, firstly, you need to hold the treadmill with both hands, step on the Ezfit linking with your feet, and the treadmill will automatically drop to the ground slowly; at this time, the user must leave the treadmill about 1 meter away until the treadmill is completely Expand. as the picture shows:

3 Moving Treadmill

When moving, must ensure that:

1) The power switch of the treadmill is turned off;

2) The power plug has been pulled out from the socket;

3) The large frame has been folded;

After clarifying the above points, hold the end of the treadmill with one hand and the armrest on the same side with the other hand, and move the machine slowly when it is tilted 40~50° to the chest. as the picture shows.
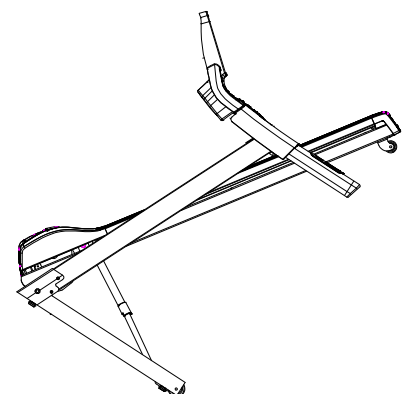
Grounding guide

This product must have grounding. If error and damage occurred to the treadmill , grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable, which has one grounding conductor and grounding plug. The treadmill must be grounded with correct socket that is compatible with local rules.

Danger! If you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.
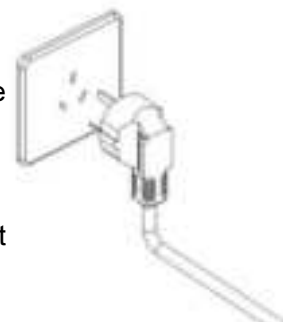
PRODUCT USING INSTRUCTIONS

Using instruction of treadmill

1. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is normal.

2. Clip the safety key cord with your clothes.

3. Ensure and check its function and stability before using.Standing on the Running belt to get it started is not allowed.The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill.Hold the handle bar when press the "START" key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press "+ "Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Run at the same pace as your running belt.

4. After several minutes, you can speed up by pressing "+"key or slow down by "-"key meanwhile holding the hand bar.

5. When running, press speed value, you can enter into the fixed speed you want.

6. Pressing "stop" key at any time to stop the motor.

7. Pre-setting Use

Connect the power .Turn the power on.

Press "choose" key to select what mode you want.

Press "starts" key to get started in your selected mode.

You can press "+" or "-"to change the speed or "stop" key to make it stop.

8. HRC testing

After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window.

Note: When the safety key pull out ,the treadmill will stop immediately,

And the computer can not work ,the window shows "----".

Treadmill Maintenance

1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion ：

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

2. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt: (as shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.
    Wait several minutes to let the silicon spray spread,
- before starting the machine
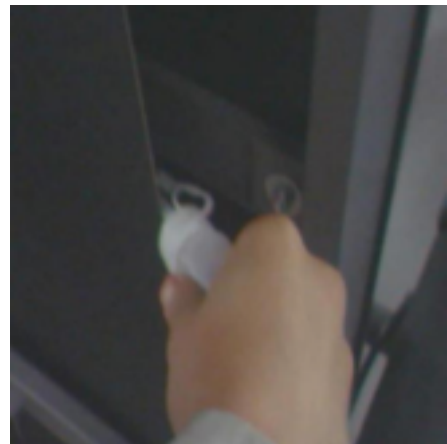
Cleaning

Regular cleaning of the striding belt ensures a long product life.

Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket,before starting the cleaning or maintenance.

- After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.
    Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.
- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.
    Storage: Store you treadmill in a clean and dry environment. Ensure the master powers witch is off and is unplugged from the electrical wall outlet.

1. Belt Adjustment

All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But

too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

2. Adjusting the belt deviation:

All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

     ① The treadmill is unstable.

     ② Feet didn't in the central of the running belt when running.

     ③ Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.
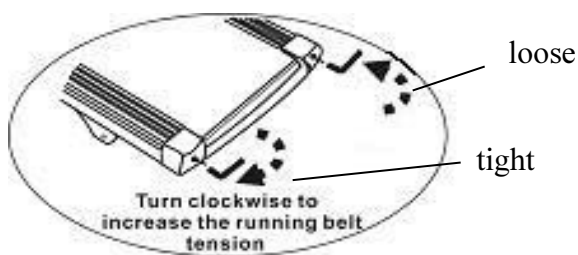
Such as left deviation of running belt.
Adjust the left screw clockwise or the right screw anti-clockwise.
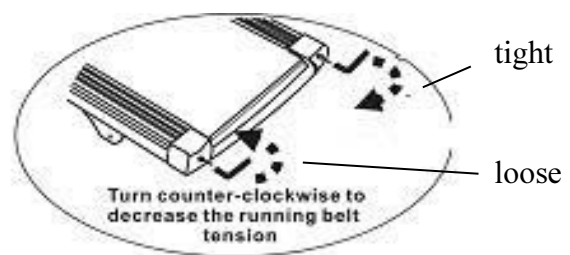
Such as right deviation of running belt.
Adjust the right screw clockwise or the left screw anti-clockwise.

KEY POINT:

-Clockwise means tighten.

-Anti-clockwise means loosen.

-Running belt will shift to the loose side.

①If the running belt shifts to the left, that means the left side is too loose.

Adjust the left bolt clockwise to make the left tighter.

Or adjust the right screw anti-clockwise to make the right looser.

②If the running belt shifts to the right, that means the right side is too loose.

Adjust the right bolt clockwise to make the right tighter

Or adjust the left screw anti-clockwise to make the left looser.

Attention:

-You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.

-When you adjust the bolt, don't rotate it too much.

-After each adjustment you need to look for the changes in the running belt.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Running belt deviation does not belong to the scope of warranty, mainly by the user in accordance with the

manual self-maintenance.Deviation will seriously damage the running belt, must be found in time, timely correction.

Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

Adjustment Steps：① Turn the adjusting screw counterclockwise with wrench

② The adjustment range shall be subject to the belt load not slipping.

NOTE: Regular cleaning of belts and pulley grooves

Screw of adjustment   Screw

Motor

Belt

Front roller
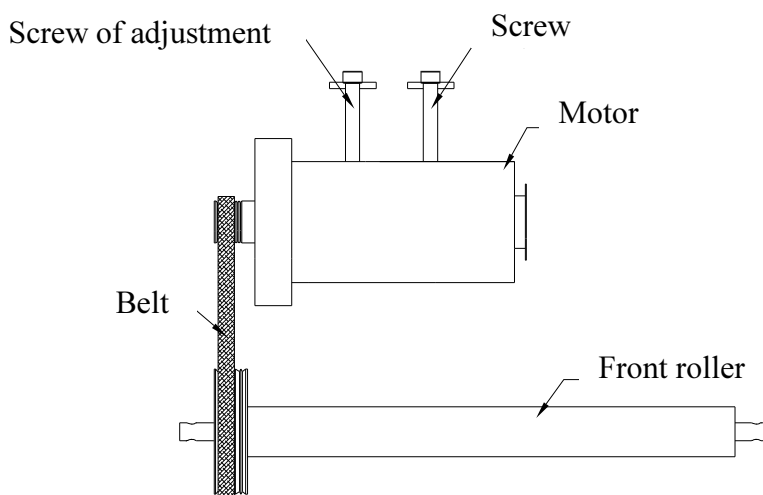
Common faults and treatment methods

Part of the treadmill

The problem	Possible causes	Maintenance methods
The treadmill doesn't work	A is unplugged	Plug into socket
	B the security key is not embedded	Embed the safety key in the panel
	C circuit signal system open	Check the controller input and signal line
	D power supply not turned on	Place power switch in NO position
	E the fuse blew	Replace the fuse
Run with it Not moving smoothly	A not enough lubrication	Using a methyl silicone oil lubricant
	Running straps are too tight	Adjust your running bands for tightness
The running belt slipped	A the running belt is too loose	Adjust your running bands for tightness
	B the belt is loose	Adjust drive belt tightness

Part of the console

Fault code	Fault description	Trouble shooting
E 1	Abnormal communication: between control and console after power-on.	Controller shutdown into a fault state. Unable to start. The console shows the failure code, and the buzzer beeps three times. Possible reasons:control and the console communication is blocked, check the connection of the communication line, ensure that each core fully inserted. Replace the connection line if it is broken..
E 3	The motor cord is not connected properly.	Shutdown into the fault state, the console buzzer sound 9times, and showing the fault code. If it returns to normal after shutdown, it can enter the standby state and restarted. Possible causes:Check whether the motor wire is connected, keep the wire is connected. Check whether the controller has any odor,replace the controller;
E 3	No speed sensor signal: the lower control voltage output to the DC motor, can not receive the motor speed feedback for more than 3 seconds.	Shutdown into the fault state, the console buzzer sound 9times, and showing the fault code. After shutdown 10s, enter the standby state,can be restarted. Possible causes: If no speed sensor signal for 3 seconds, check whether the sensor plug is not inserted or damaged, plug it in or replace the sensor.
E 4	Incline learning	Check whether the lifting motor induction line is plugged in properly, re-plug the connector to make it reliable;check whether the AC line of the lift motor is plugged in correctly, and the AC line of the jack motor and the controller are marked correctly; check whether the connecting line of the motor is broken, replace the connecting line or the lift motor; and press the learning key on the control to learn again.
E 5	Over-current protection: under the running state, the control detects that the DC motor current is greater than the rated current + 6A for more than 3 seconds.	Shutdown into the fault state, the console buzzer sound 9times, and showing the fault code. After shutdown 10s, enter the standby state,can be restarted. Possible causes: If the current exceeds the rated load, the system self-protection, or a part of the treadmill is stuck, causing the motor can not turn, the load is too heavy, the current is too large, the system self-protection; adjust the treadmill to start up again.Also, check whether the motor has a flow sound or burnt odor, replace the motor, or replace the controller, or check whether the power supply is inconsistent or low voltage, retest with correct voltage.
E 6	Explosion-proof impulse protection: the power supply voltage is abnormal or the motor is abnormal etc. causes the drive motor circuit to be damaged.	Shutdown into the fault state, the console buzzer sound 9times, and showing the fault code. After shutdown 10s, enter the standby state,can be restarted Possible causes: check power supply voltage is lower than 50% of normal voltage, please use the correct voltage to re-test; check whether the controller has a smell, replace the controller; check whether the motor wires are connected, reconnect the motor wires.

Bluetooth APP for Treadmill

Bluetooth connection supports Anyrun, Zwift and Kinomap

AnyRun

Download, register and log in the AnyRun APP, enter the setting page:
Click **Setting**, which is at the right lower corner, click **Devices**, the APP will detect the Bluetooth codes, select the Bluetooth code, which is same as the code tagged on the equipment console, and pair.

Zwift

Download, register and log in the Zwift APP, enter the setting page:
Under **PAIRED DEVICES** page, click **RUN** for treadmill; Then click **POWER SOURCE**, and there is pop-up menu, select the Bluetooth code, which is same as the code tagged on the equipment console, then select **OK** to be paired.
NOTE: Zwift remembers the devices used in the previous session and may attempt to pair to those devices if they are present and available. If you see devices paired that you don't wish to use, you can simply deselect them and select the device you do wish to pair.

Kinomap

Download, register and log in the Kinomap APP, enter the setting page:
click **More** in the right lower conner, click **Equipment management**, click **+** at the right upper area, select ⛫ for treadmill;
Then select the Bluetooth brand of your choice e.g., Anyrun etc.; Click the content under Interactive, the APP detects found equipment, select the Bluetooth code, which is same as the code tagged on the equipment console, then click **ADD NEW EQUIPMENT**, it will pop out **equipment successfully added.**