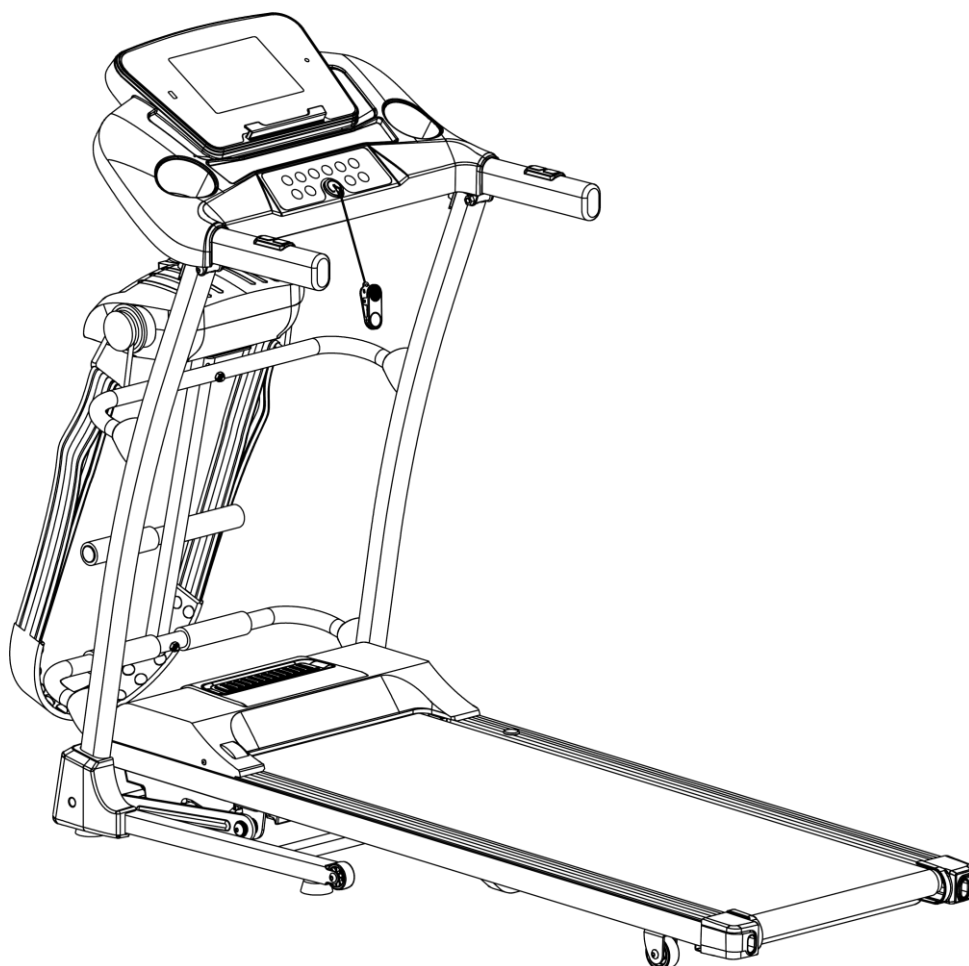


USER'S MANUAL

Model: SmartrunCardiff

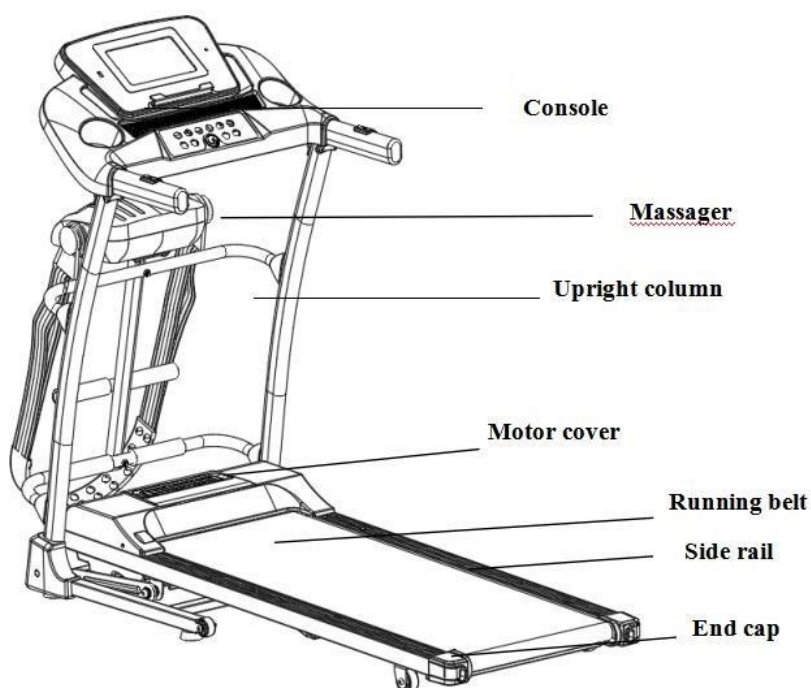


Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

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1. Product Brief



Main technical parameters								
No.	Parameters Names	Description						
1	Input voltage	220-240V~						
2	Rated frequency	50-60Hz						
3	Speed	1.0-14km/h						
4	Running surface	1200*400 mm						
5	Expand dimensions	1540*645*1185 mm						
Packing list								
No.	Name	units	Qty		No.	Name	units	Qty
1	Complete machine	pcs	1		3	Accessory bag	set	1
2	Side cover	pcs	2					
Accessory bag list								
No.	Name	units	Qty		No.	Name	units	Qty
1	ScrewsM8*22	pc	6		6	Safety key	pc	1
2	ScrewsM8*20	pc	2		7	Silicon Oil	bottle	1
3	Inner hexagon spanner 5 mm	pc	1		8	User manual	pc	1
4	Inner hexagon spanner 6 mm	pc	1		9	MP3 Cable	pc	1
5	Knob	pc	1					

2. Security Precautions and Warnings

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

Notice: : Please read the instructions carefully before use.

- ◆ Indoor using and storing the treadmill, avoid dampness, and cannot be spilled by water.
- ◆ Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.
- ◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid too long time and overload operation, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.
- ◆ Keep machine away from dust to avoid strong static.
- ◆ Please cut the electric power off after using.
- ◆ Please maintain good ventilation when running.
- ◆ Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.
- ◆ If you feel not very well when using this machine, please stop and consult a doctor.
- ◆ Silicone oil must be kept away from children after use.
- ◆ If power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.



Forbidden

- ◆ Don't use the machine in the status of the shell break in or break off (the internal structure exposed) or under the condition of welding-parts may fall off.
---- Otherwise, an accident or injury may happen.
- ◆ Don't jump up and down in the process of movement.
---- May be injuries caused by the fall.
- ◆ Don't keep machine in or near moist space such as the bathroom.

- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance.
----Otherwise, may cause the leakage and burst into flames.
- ◆ Don't use when the power cord is damaged or power plug pin is loose.
----Otherwise, will lead to an electric shock, short circuit or fire.
- ◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.
----Otherwise, will cause fire or get an electric shock.
- ◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use.
---- Or it may be an accident or injury due to falls.
- ◆ People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill.
----May occur accident or injury.
Avoid drinking water or pouring water when operation.
---- May cause electric shock and fire. Forbidden!
- ◆ People who seldom do exercise shouldn't suddenly do intense exercise.
- ◆ After eating or when feel tired, do not use machine.
---- May lead damage to your health.
- ◆ This product is suitable for family use, does not apply to schools, gymnasium and so on.
---- There is the danger of injury.
- ◆ Don't use when hard objects are in pants pockets.
----May cause accident or injury.
- ◆ Don't use when the power plug is on the needle, garbage, or water.
----May cause electric shock, short circuit, or fire. Do not use with wet hands!
- ◆ when not in use, pull out the power plug from the socket.
----The dust and moisture can age the insulation, and result in leakage fire.



Ground protection system!

- ◆ This product must be grounded. If the machine is dysfunctional, grounding will provide a good

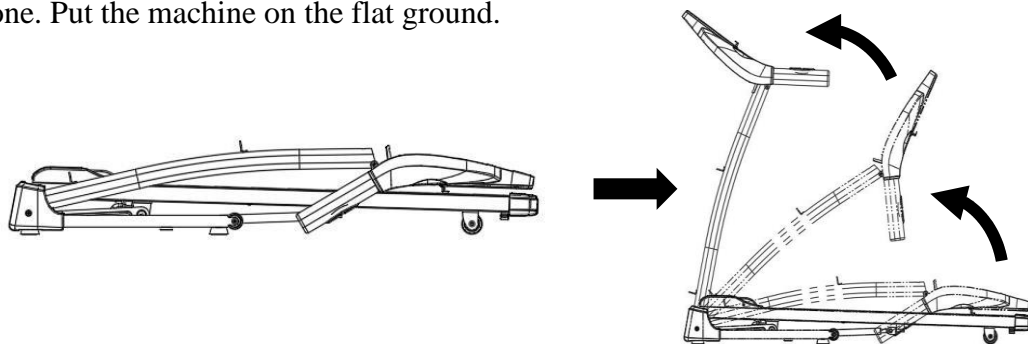
channel for electric current, in order to reduce the electric shock risk.

- ◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.
- ◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

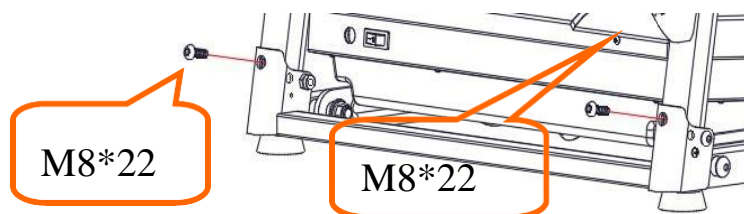
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved, children shall not play with the appliance, cleaning and user maintenance shall not be made by children without supervision.

3. Installation Instructions

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

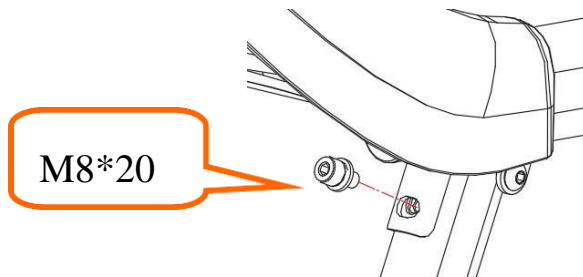


1. Use 5# inner hexagon wrench and screw the two M8*22 to fix the column on the base.

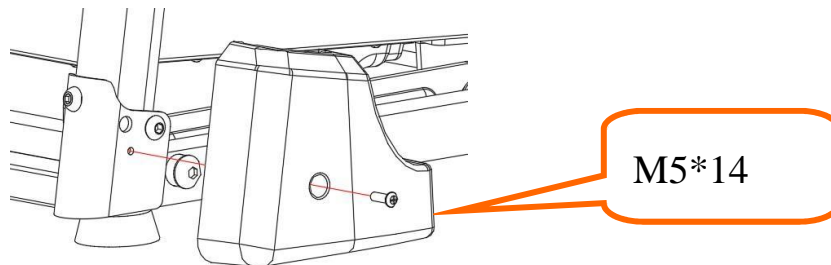


2. Hold left & right columns, use 6# inner hexagon wrench and screw M8*20 to lock the console on

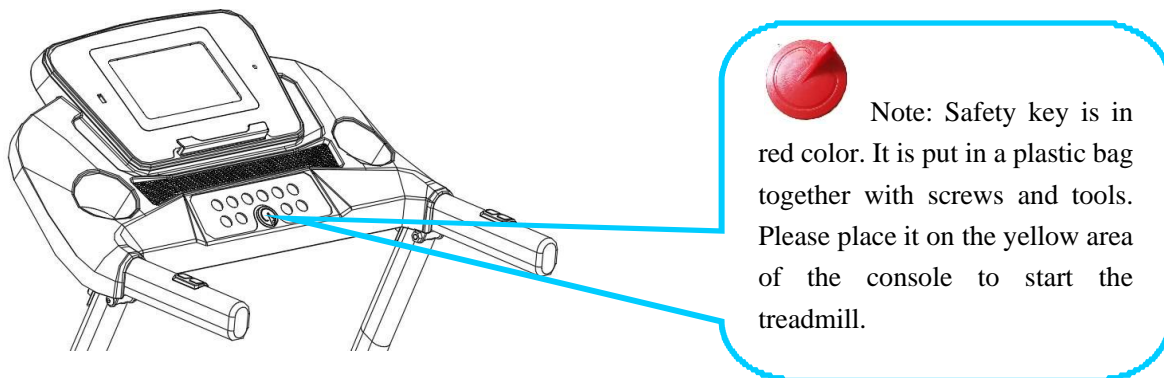
the columns.



3. Use screwdriver to remove the preinstalled screw M5*14 and use them to install the base corner covers on the base.

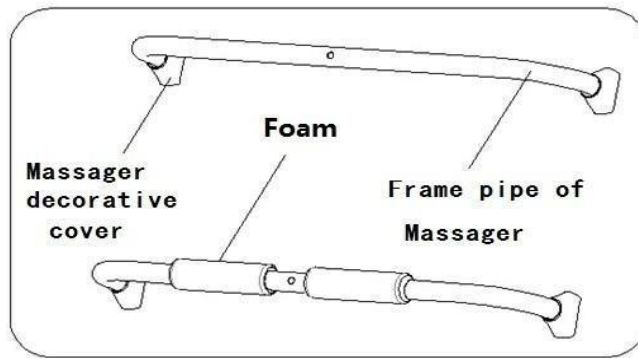


4. Put the safety key on the right position to make sure the treadmill starts normally.

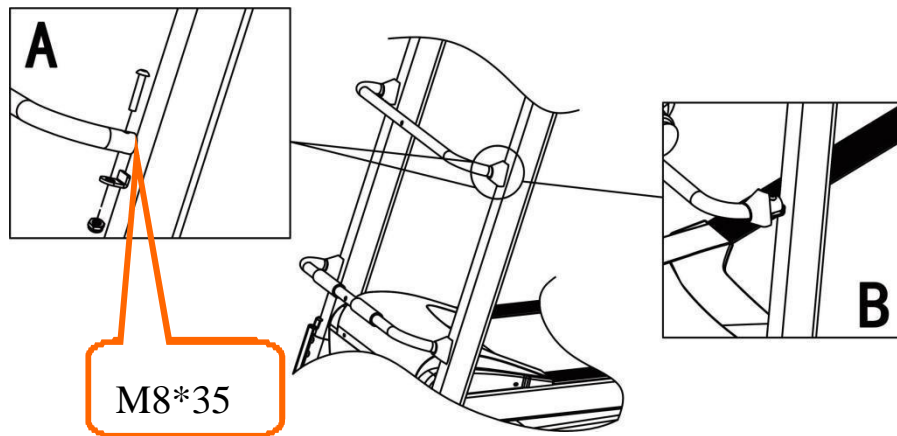


NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

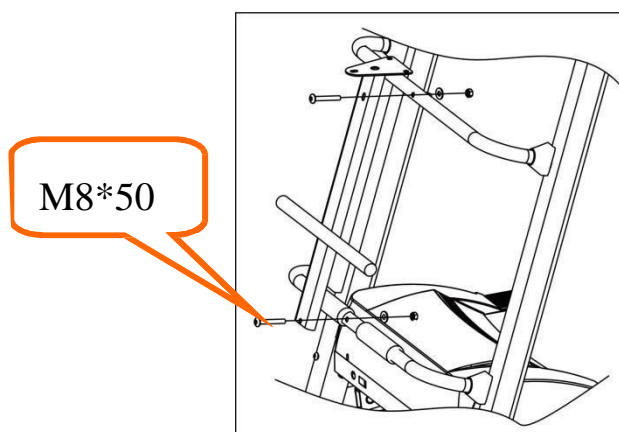
5. Put two foams and four massager's decorative covers on the Ushaped tubes. (as the picture below)



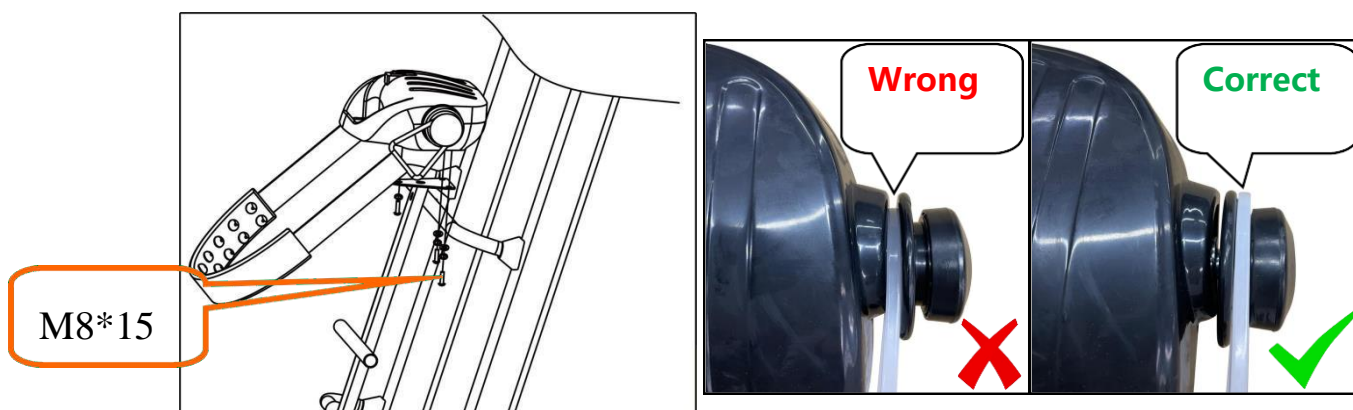
6. Use 5# inner hexagon wrench, screw M8*35, and nut M8 to lock the U shaped tubes on the columns (Picture A). Then use the decorative covers to cover the screws (Picture B). (Install the U shaped tube with foams under the one without the foam.)



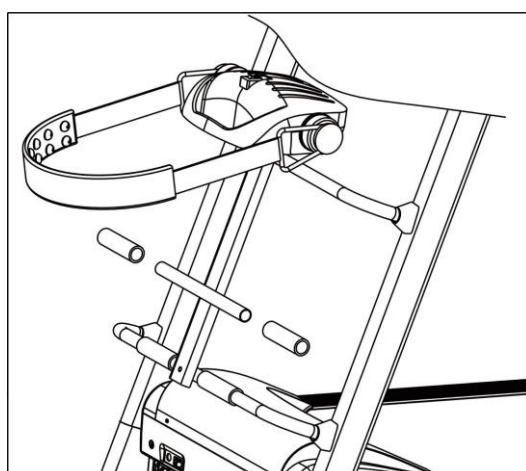
7. Use 5# inner hexagon wrench and screw M8*50 to fix the massager frame onto the U shaped tubes, and tighten it with nut M8.



8. Remove the three M8*15 screws from the massager, and then use them to fix the massager onto the massager frame and put the belt on the massager.



9. Fix these two foams on the frame.

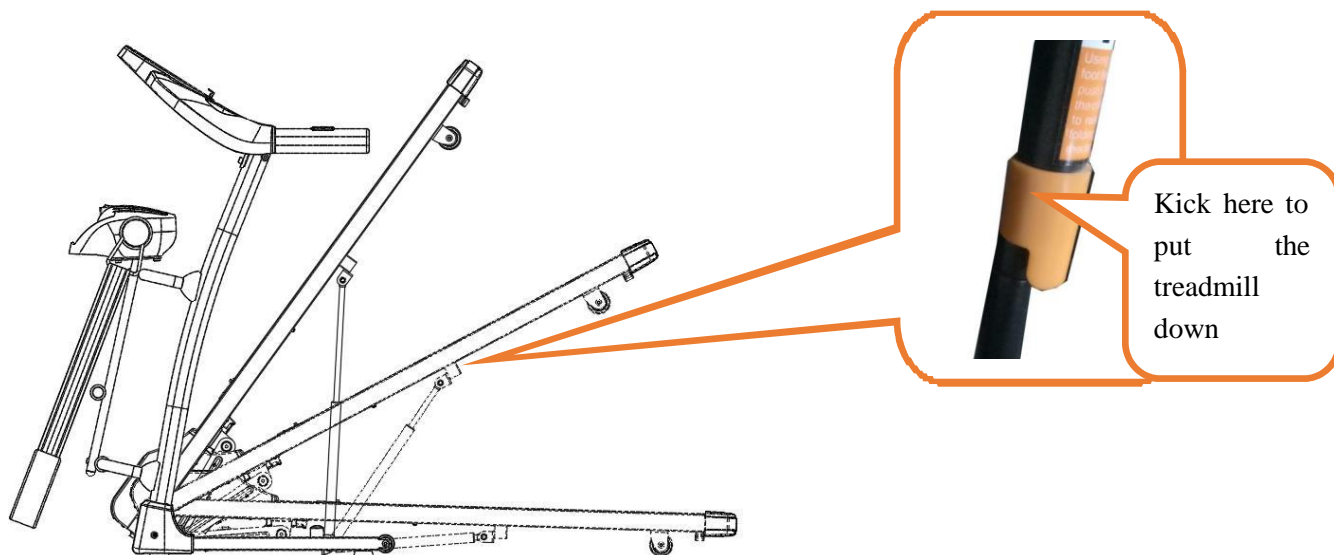


- Folding treadmill:

The treadmill can be folded to save space; before folding, turn off the power switch of the treadmill and unplug it. Lift the treadmill by hand until the treadmill is stuck.

- Lower the treadmill:

Kick the air bar with your foot, pull the treadmill with your hand, and then release your hand, the treadmill will automatically drop to the ground slowly, please refer to the picture below:

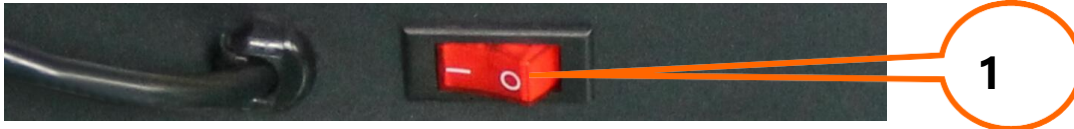


4. Using Instructions

Using treadmill

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

When the light is on, there will be a sound of “Di”, and then the screen will be light up (Systems with TFT screen takes more time to enter the start interface).



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

3) Safety key Introduction



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

4) Console Instructions

Buttons

Start

When the treadmill is in standby condition, press this button to start the treadmill

Stop

When the treadmill is in running state, press this button to stop the treadmill.

Programs

12 automatic programs

Mode

In standby mode, press this key can cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode.

Speed + -

Use these keys to adjust the speed of the treadmill. Press speed+ to increase the speed and press speed- to decrease the speed.

Speed quick keys:

When the treadmill is on running state, press these keys to change the speed directly to 3/6/9/ km/h.

Incline button: Incline + and Incline - can be used to set values of parameters and incline. Press these buttons to adjust the incline in running state.

Incline shortcut: When the treadmill is running, press the Ascension shortcut keys to quickly switch directly between Ascension 3/6/9/12.

Display Function

Speed Display

Display the current running speed value.

Time Display

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

Distance display

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

automatic mode.

Calorie display

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

Heart rate display

Heart rate signal will be detected, and the heart-shaped mark flashes while testing This data is for reference only, it cannot be considered as medical data.

Automatic programs

Each program is divided into 10 segments, and the running time of each segment is evenly divided.

The time and speed distribution of each running program are as follows:

Time Program		Set time / 10 = running time of each period															
		①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩	⑪	⑫	⑬	⑭	⑮	⑯
P1	SPEED	1	2	1	1	2	1	1	2	1	1	2	2	1	2	2	1
	INCLINE	1	1	1	2	1	1	1	2	1	1	1	2	1	1	1	2
P2	SPEED	1	2	2	2	2	2	2	1	1	1	2	2	2	2	1	1
	INCLINE	1	3	1	2	1	3	1	2	1	3	1	2	1	3	1	2
P3	SPEED	1	2	3	3	3	2	2	3	3	3	2	2	3	3	2	1
	INCLINE	2	3	2	3	2	2	2	2	3	3	1	1	1	2	2	2
P4	SPEED	2	2	3	3	4	4	4	3	3	3	4	4	4	4	3	2
	INCLINE	1	1	2	2	4	4	4	4	5	5	4	4	2	2	2	1
P5	SPEED	2	3	4	5	4	3	4	5	6	5	3	4	5	5	4	3
	INCLINE	2	2	4	5	6	6	6	5	4	4	4	3	3	3	2	2
P6	SPEED	3	4	3	2	2	3	5	6	5	3	3	5	6	5	3	3
	INCLINE	4	4	5	5	5	6	6	7	6	6	5	5	5	4	4	4
P7	SPEED	2	3	5	6	5	5	4	5	6	6	5	4	5	6	5	3
	INCLINE	4	4	4	6	6	6	6	4	3	3	4	5	5	5	6	6
P8	SPEED	5	6	4	6	3	8	4	3	6	8	8	6	6	3	6	3
	INCLINE	4	4	4	5	5	7	7	7	5	5	3	3	2	4	2	1
P9	SPEED	3	5	6	6	8	6	6	4	6	6	8	6	6	8	6	5
	INCLINE	4	3	4	4	4	7	7	8	8	9	7	5	5	5	3	3
P10	SPEED	3	5	6	6	8	8	8	8	8	8	8	8	8	8	5	3
	INCLINE	4	4	6	6	6	5	5	5	5	7	7	7	7	8	8	9
P11	SPEED	5	6	8	8	10	10	10	10	10	10	10	10	10	8	8	5
	INCLINE	6	6	7	7	9	9	9	10	10	9	9	9	7	7	7	6
P12	SPEED	4	6	4	6	6	8	8	6	6	8	8	10	10	10	8	6
	INCLINE	5	5	6	9	9	10	9	9	9	10	10	9	10	8	7	7
P13	SPEED	5	10	10	10	10	10	10	8	10	10	10	10	10	10	8	5

	INCLINE	4	4	4	4	6	6	6	6	7	7	7	8	8	10	10	10
P14	SPEED	5	8	10	8	5	8	10	8	5	8	10	8	5	8	10	8
	INCLINE	6	6	7	7	10	10	9	10	10	10	10	9	8	8	7	7
P15	SPEED	3	10	5	12	8	12	5	10	12	8	8	10	10	12	8	3
	INCLINE	6	7	7	8	10	10	11	11	11	12	12	12	11	11	11	10
P16	SPEED	5	6	8	10	10	10	10	10	10	8	8	8	10	10	8	5
	INCLINE	7	7	7	9	9	9	10	10	10	9	9	9	10	10	8	8
P17	SPEED	8	10	12	12	12	12	12	10	10	12	12	12	12	12	10	8
	INCLINE	10	10	10	11	11	11	12	12	11	11	11	11	11	12	12	11
P18	SPEED	6	10	10	10	12	12	12	10	12	12	10	10	10	8	8	6
	INCLINE	7	7	7	7	9	9	9	11	11	12	13	13	13	13	13	12
P19	SPEED	5	10	12	12	10	8	10	12	12	10	8	10	12	12	10	8
	INCLINE	6	6	6	6	8	8	8	7	7	8	8	9	9	10	10	10
P20	SPEED	5	10	14	5	10	14	5	10	14	5	10	14	5	10	14	5
	INCLINE	8	8	8	10	11	11	11	12	14	14	14	12	12	11	12	12

Translation of error codes

Fault code	Failure Description	Fault handling
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Check the cable connection between the console and the control border to ensure that each core is fully plugged in. Replace the connection cable if it is damaged.
E2	No detection of motor	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable, replace it if it is damaged or has a burnt smell.
E5	Over current protection: In working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burnt smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.

E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	No safety key	Put the safety key on the right place.

5. Routine Maintenance

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

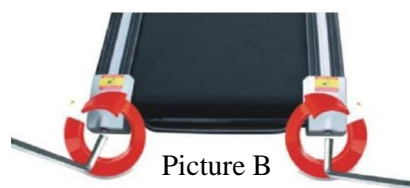
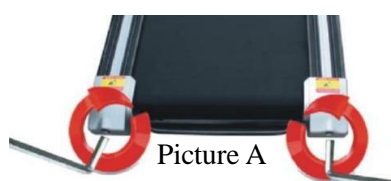
Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

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

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

Running Belt Alignment

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



Multi-wedge Belt Tension Adjusting

When you use the treadmill for a long time, the multi-wedge belt becomes loose because of the abrasion, then you have to do some appropriate adjustment to facilitate the safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt are a little loose and further affirmation need to be made.

Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly. (we advise treading the treadmill belts with the user's own weight)

A The instantaneous step cannot stop the belt, the tightness is appropriate.

B If your instantaneous step stops the running belt, but the multi-wedge belt and former roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use.

C If you observe that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments must be made to facilitate the safe use.

Step 2: Use a wrench to adjust the screws on the motor base according the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

Step 3: Finally lock the motor base, install the front cover.

Tips for extending the lifespan of a treadmill

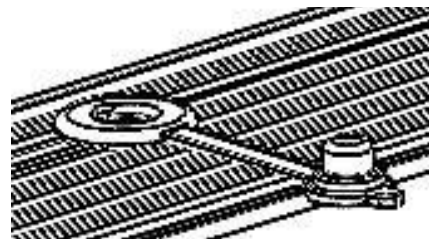
To better maintain your treadmill and extend its lifespan, it is recommended that you turn off the power of the treadmill after continuous use for 1 hour and let the machine rest for 10 minutes before using again.

2. The tightness of the running belt should be appropriate. If the running belt is too loose, there may be slipping during running; If it is too tight, it may reduce the performance of the motor and exacerbate the wear of the roller and running belt.

Applying silicone oil

Step 1: Open the oil filler cover on the right side of the edge strip.

Step 2: Open the lubricating oil bottle, squeeze in above the refueling mouth lubricating oil, as shown on the right picture.



Customer Care Support

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