

Merax A7 Folding Treadmill



Merax A7 Folding Treadmill User Guide

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Merax A7 Folding Treadmill



Product Information

Specifications

- **Input power voltage:** 110V~(50/60Hz)
- **Speed:** 0.5-7.5 mile/h
- **Functions:** Running Mode With Bluetooth Speaker

Packing List

- **Main Machine:** 1 set
- **Accessory Bag:** 1 pc
- **Screws bag list:**
 - **User manual:** 1
 - **Safety key:** 1
 - **Allen key 5mm:** 1
 - **Knob:** 2

Security Precautions and Warnings

To ensure your safety and avoid accidents, please read the instructions carefully before use. Safety Instructions:

- The treadmill must be placed on flat ground; the treadmill should be placed indoors to avoid high humidity and direct sunlight.
- The power plug must be grounded properly. No other appliance should be on the same circuit.
- If the power cord is damaged, please contact the seller for professional guidance or contact a qualified maintenance engineer for service rather than attempt self-repair.
- When the treadmill is not in use, keep the safety key out of the reach of children. If the treadmill will not be used

for a long time, please unplug the power cord.

- Please keep the lubricating oil (if available) in the accessories bag out of the reach of children. If it is accidentally swallowed or splashed in the eyes, please rinse with water and seek medical help immediately.
- Do not use the machine if you feel unwell and consult a doctor immediately.
- This product is not intended for use by children and people with reduced physical sensory.
- Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
- Please clip the safety lock clip to clothes when exercising to prevent accidents.
- Do not wear loose clothes that could become caught on the treadmill.
- If you feel any abnormality such as discomfort during use, please stop exercising and consult a doctor.
- This product should not be used for a long time continuously, as long-term use may easily cause the electrical equipment of the treadmill to overheat and cause electrical failure.
- Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician to handle it.
- This product is suitable for home use, not for professional training and testing, or medical purposes.
- Do not use it in a state where the outer casing is cracked or detached (internal structure exposed).

Installation Instructions

1. Place the treadmill on flat ground indoors, away from high humidity and direct sunlight.
2. Ensure that the power plug is properly grounded and that no other appliances are on the same circuit.
3. If any parts are missing or damaged, contact the seller for assistance.
4. Follow the user manual provided in the accessory bag for step-by-step assembly instructions.
5. Use the included screws and Allen key to securely fasten all parts together.
6. Once assembled, ensure that the safety key is accessible and the treadmill is stable.

Using Instructions

1. Before starting the treadmill, ensure the safety key is inserted and within reach.
2. Plug in the power cord to a qualified socket.
3. Press the power button to turn on the treadmill.
4. Adjust the speed settings according to your preference using the control panel.
5. Connect your device to the treadmill's Bluetooth speaker for audio playback if available.
6. Start walking or running on the treadmill at a comfortable pace.
7. Use the control panel to adjust speed or other functions as needed during your workout.
8. After use, press the power button to turn off the treadmill and unplug the power cord.

Routine Maintenance

1. Regularly clean the treadmill using a soft cloth and mild detergent.
2. Avoid using abrasive cleaners or solvents that may damage the surface.
3. Check for loose screws or parts and tighten if necessary.
4. Lubricate the treadmill belt according to the manufacturer's instructions, if applicable.
5. Store the treadmill in a dry and safe place when not in use.

FAQ

- **Q: Can this treadmill be used outdoors?**

A: No, this treadmill is designed for indoor use only.

- **Q: Can children use this treadmill?**

A: No, this product is not intended for use by children.

- **Q: What should I do if the power cord is damaged?**

A: Please contact the seller for professional guidance or a qualified maintenance engineer for service.

- **Q: How do I connect my device to the treadmill's Bluetooth speaker?**

A: Follow the instructions provided in the user manual to pair your device with the treadmill's Bluetooth speaker.

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.

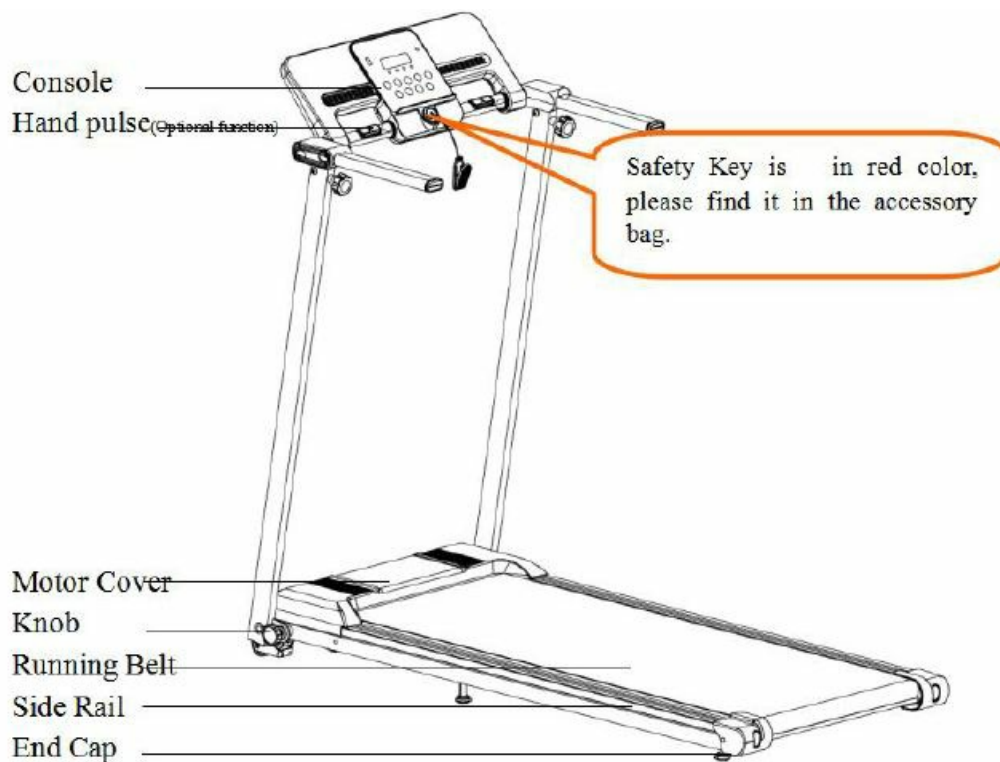
PLEASE DO NOT RETURN TO STORE

Please do not return this product to the retailer!!

We can assist you in ANY way.

If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller.

Product Brief



Main parameters and parts list					
Main technical parameters					
No.	Parameters Names	Description			
1	Input power voltage	110V~(50/60Hz)			
2	Speed	0.5-7.5 mile/h			
3	Functions	Running Mode With Bluetooth Speaker			
Packing list					
1	Complete machine	set	1		
2	Accessory Bag	pc	1		
Screws bag list					
NO.	Name	QTY	NO.	Name	QTY
1	User manual	1	3	Allen key 5mm	1
2	Safety key	1	4	Knob	2

Security Precautions and Warning

In order to ensure your safety and avoid accidents, Please read the instructions carefully before use.

Safety Instructions:

This product was designed and manufactured with many safety concerns, please follow the instructions below to avoid injury. We will not be responsible for any consequences arising from abnormal operations.

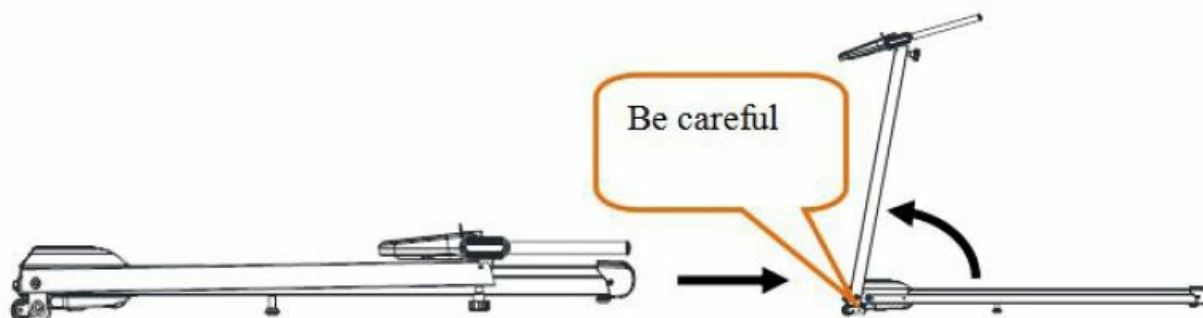
- The treadmill must be placed on flat ground; the treadmill should be placed indoors to avoid moisture, and water should not be splashed on the treadmill. Do not place any foreign objects on the treadmill. Leave at least 3.3 ft of clearance on either side of the treadmill and 6.6 feet behind it to avoid falling into a wall or being wedged between the machine and a wall or a piece of furniture if you lose your balance. The safe space is convenient for emergency jumping off. (Emergency jump: while holding the handrails to support your body, step on the side rail with your feet and jump off the treadmill from one side.)
- The power plug must be grounded properly. No other appliance should be on the same circuit;
- If the power cord is damaged, please contact the seller for professional guidance, or contact a qualified maintenance engineer for service rather than attempt self-repair;
- When the treadmill is not in use, keep the safety key out of the reach of children. If the treadmill will not be used for a long time, please unplug the power cord;
- Please keep the lubricating oil (if have it) in the accessories bag out of the reach of children. If it is accidentally swallowed or split in the eyes, please rinse with water and seek medical help in time;
- Do not use the machine if you feel unwell, and consult a doctor immediately.
- This product is not intended for use by children and people with reduced physical sensory or mental capabilities, or lack of common sense, unless they have been given supervision or guidance by a person responsible for their safety.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, otherwise, it may interfere with the normal work of the electronics and the controller; please use the

original accessories, and it is strictly forbidden to replace them without permission.

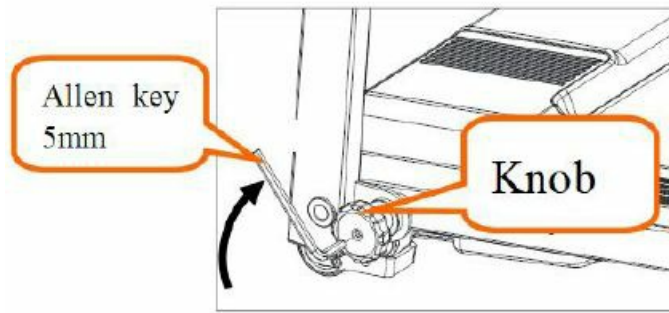
- Keep your hands away from all moving parts, and it is forbidden to put your hands and feet in the space under the running belt.
- Do not place the power cord near hot or moving objects; do not use the product outdoors, in high humidity and direct sunlight.
- Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
- Please clip the safety lock clip to clothes when exercising to prevent accidents.
- Do not wear loose clothes that could become caught on the treadmill.
- If you feel any abnormality such as discomfort during use, please stop exercising and consult a doctor.
- This product should not be used for a long time continuously, as long-term use may easily cause the electrical equipment of the treadmill to overheat and cause electrical failure.
- Use qualified sockets to avoid danger. If the plug and socket are not compatible, do not touch the plug and ask an electrician to handle it.
- This product is suitable for home use, not for professional training and testing, or medical purposes.
- Please do not use it in a state where the outer casing is cracked or detached (internal structure exposed) or the welded part is cracked.
- Do not jump up or down on the machine during exercise. — May cause injury due to falling.
- Do not use it after eating, when tired, or in poor physical condition. — May cause damage to health.
- Keep the treadmill indoors, and the power plug away from pins, dust or moisture. — May cause electric shock or short circuit, fire. Never use it with wet hands!
- Please unplug the power plug from the outlet when it is not in use. —Due to dust and moisture, the insulation will be aged, resulting in leakage fire.
- The product must be grounded. In the event of a malfunction, grounding provides the least resistance path for current to reduce the risk of electric shock.
- This product is HC grade. If you are in doubt about the correct grounding of this product, please entrust a professional electrician to check it.

Installation Instructions

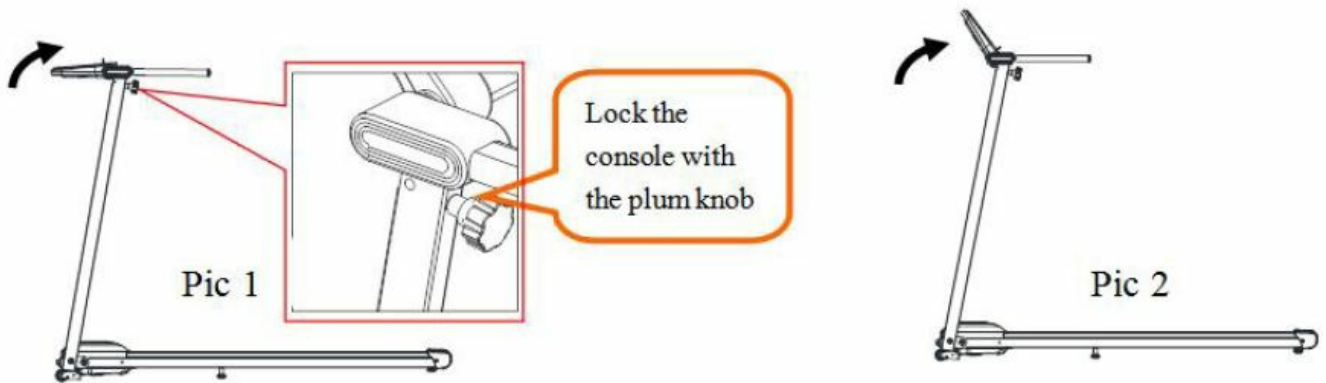
1. Put the machine flat on the ground., then fold up the column and stabilize it;(Be careful not to pinch your hands at the fold at the lower end!)



2. Use the knob to lock the column (lock while slightly shaking the column, to better lock) as shown in the figure; When the knob locks the column, if you feel that the column has a slight shake, you can use the 5# Allen wrench to lock it again.

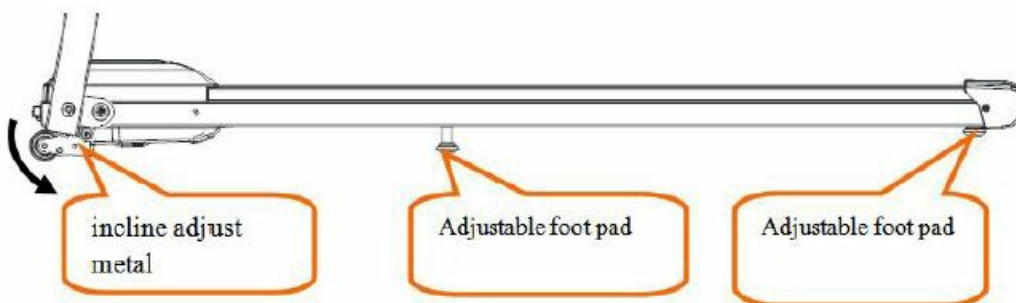


3. The armrest tube is folded down as shown in Figure 1; the electronic watch is folded up as shown in Figure 2;



Using two levels of manual incline:

Fold the left and right incline metal counterclockwise, and then adjust the middle adjustment foot pad until it touches the ground (if there is a gap between the rear end adjustment foot pad and the ground, adjust it to contact the ground first).

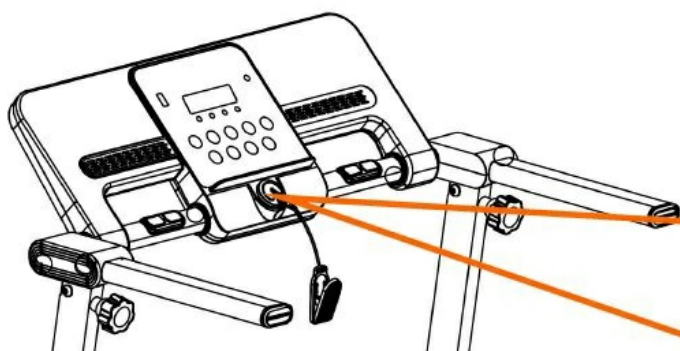


How to adjust the machine table to be flush with the ground:

When there is a gap between the machine table and the ground (or when it is adjusted in two stages), it is necessary to adjust the adjustment foot pad at the rear end of the machine table so that the front and rear Both are in contact with the ground, and then adjust the middle adjustment foot until it is in contact with the ground.

Note:

Adjusting the gap between the foot pad and the ground will cause the machine and console to shake!)



Key point: safety lock is red, and there is a red device with a magnet and a red rope in the plastic bag where the manual is placed. It is the safety lock, and the magnet end is placed on the yellow label of the instrument! (When the Treadmill is running, pull off the safety lock, and the Treadmill will stop moving in an emergency!)

Please note that after confirming that all installations have been completed according to the above requirements, it is necessary to lock them uniformly and check that there are no omissions before connecting to the power supply.

Machine folding:

When you are not using it, first loosen the knob at the lower end of the column (counterclockwise direction) as shown in Figure A; Then fold the Electric watch to position B as shown in the figure; Turn out the knob anticlockwise until the armrest tube can move anticlockwise, and then fold the Electric watch onto the running platform.

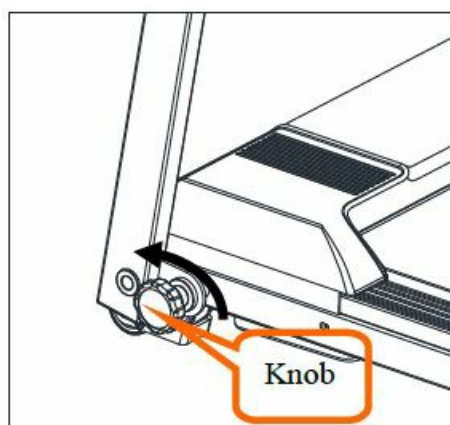


Figure A

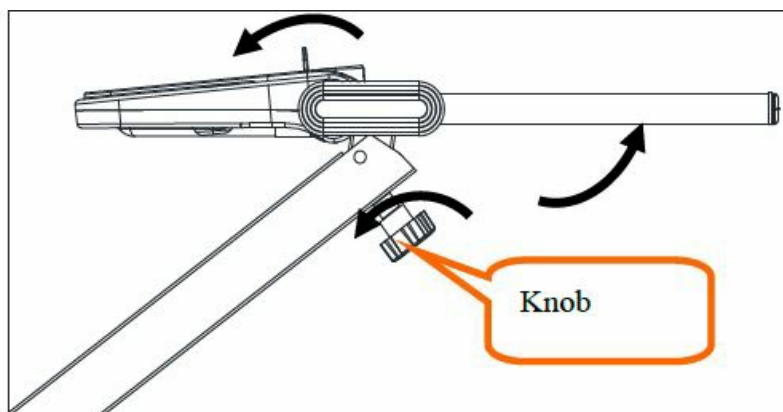
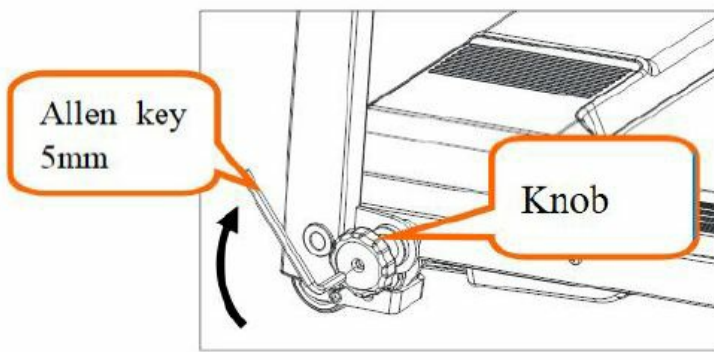


Figure B

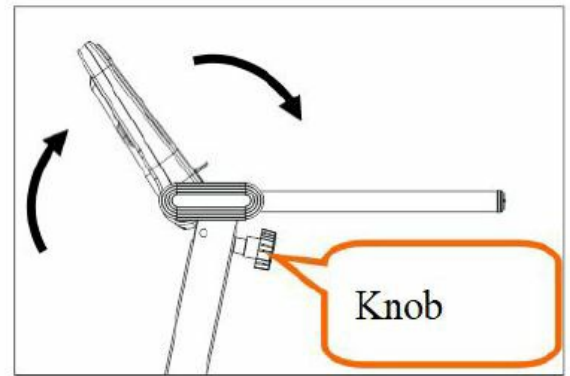
Machine expanding:

When it is necessary to expand the running table, first move the column to the fixing hole in the counterclockwise direction as shown in Figure C, and then use the knob to lock the column (lock the column slightly while shaking it for better locking). If the knob locks the column slightly, you can use the 5# Allen wrench to lock it again; Then fold the handrail tube down to the position as shown in Figure D, lock it with the plum knob (clockwise), and fold the electronic watch up to the position as shown in Figure D (clockwise).

(Be careful not to clip the hand, do not let the child near the treadmill, to prevent injury).



Picture C

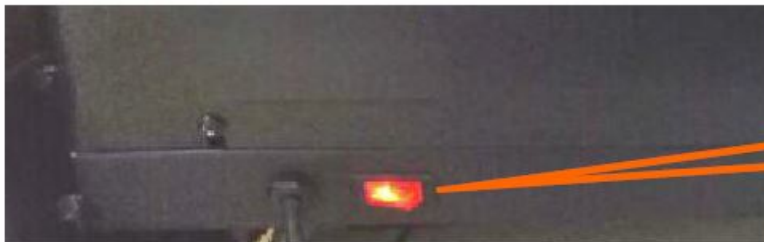


Picture D

Using Instructions

Using treadmill

1. Insert the power plug properly and turn on the switch(in red colour) When the light is on, there will be a beep sound, and then the screen will light up.



2. 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. Pulling the safety key out from the treadmill will stop the treadmill immediately, and please put the safety key back when continue using the treadmill.

Button functions

1. Start button

When the power is on, press the start button to start the treadmill.

2. Stop button

When the treadmill is running, press the stop button to stop the treadmill and all the data will be cleared. After the treadmill stops, the screen will be back to manual mode.

3. Program button

When the treadmill is in standby state, pressing this button can cycle the options of automatic programs (P1 – P12) and manual mode. Manual mode is the default running mode of the system.

4. Mode button

When the treadmill is in the standby state, pressing this button can cycle 3 countdown modes: Time countdown, distance countdown and calorie countdown.

5. Speed \pm button

When the treadmill is running state, these buttons can be used to adjust the speed of the machine. Press Speed + to increase the speed and press Speed – to decrease the speed.

6. Speed direct button

When the treadmill is running, these buttons can be used to adjust the speed to the corresponding value directly. Press the button to cycle and choose the speed of 2/4/6 MPH directly.

Display Function

1. Speed Display.

Display the current running speed value.

2. Time Display

1. Display the time of manual mode and the countdown time under automatic modes and programs. 4.5.3

Distance display

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

3. Calorie display

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

4. Heart rate display

When the heart rate signal is detected, the heart rate indicator light will be on and the screen show the heart rate value.

5. Heart rate detection function (Optional Function)

When the treadmill is energized, hold the heart rate for a while and the heart rate value will show on screen.

(This data is for reference only, it cannot be considered as medical data.)

6. **Bluetooth Speaker:** How to use your Bluetooth on the treadmill is super easy, use your phone go to your settings click on Bluetooth and go to connect scanning and it will search and the name hnk_audio will pop up and will manually connect. After the first use, it will be automatically connected.

Automatic program

Time Programs		Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	SPEED	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	SPEED	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	SPEED	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	SPEED	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	SPEED	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	SPEED	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	SPEED	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4

Translation of Error Codes

Fault code	Failure Description	Fault handling
E1	Communication Abnormal: when the power is on, the connection between the lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joint between the controller and console, and ensure that each core is fully plugged in. Check the connection line, and replace it if it's damaged.

E2	No signal from the motor.	<p>Possible Cause:</p> <p>Check the motor cable to see whether it is connected well or not , if not, connect the motor wire again.</p> <p>Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.</p> <p>Check the speed sensor to see whether it is correctly installed or damaged</p>
E5	<p>Over current protection:</p> <p>In working, the lower controller detects the current to be over 6A for more than 3 seconds.</p>	<p>Possible Cause:</p> <p>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 a 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.</p>
E6	Explosion-proof impact protection: the abnormal voltage or motor causes the faulty circuit that drives the motor.	<p>Possible Cause:</p> <p>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.</p>
E7	No safety key	Put the safety key in the right place.

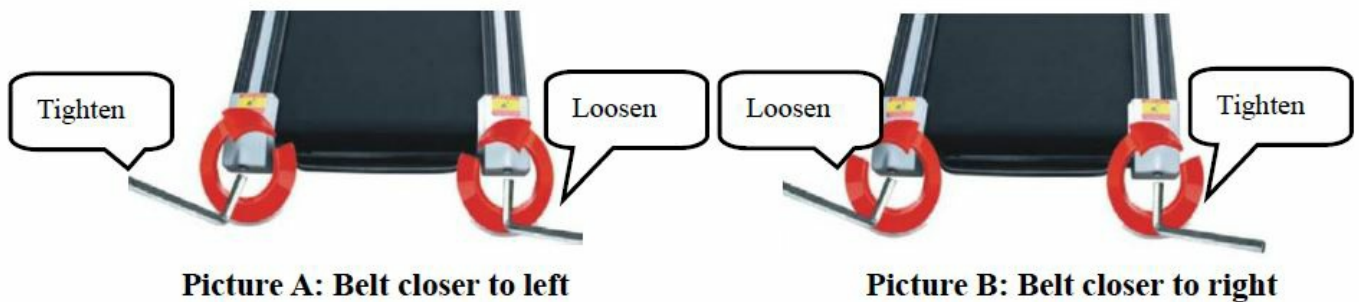
Routine maintenance

- **Warning:** Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.
- **Cleaning:** Comprehensive cleaning will extend the use life of the electric treadmill.
Remove dust periodically to keep the parts clean. Be sure to clean the 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 dirty matters into the running board and belt. Treadmill belts shall be cleaned with a damp cloth with soap. And please pay attention to avoid wetting the electrical components and running belt.
- **Warning:** Make sure the power plug is disconnected before moving the motor cover away, and clean the motor at least once a year.

Running Belt Alignment

Put the treadmill flat on the ground. Make the treadmill run at a speed of 3-4 miles/hour.

- 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 A)
- 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 B)



Picture A: Belt closer to left

Picture B: Belt closer to right

Running Belt Tension Adjusting

When you use the treadmill for a long time, the running belt or the multi-wedge belt becomes loose because of the abrasion. To facilitate safe use, an appropriate adjustment is needed.

Judgment:

The feeling of running with the occasional pause phenomenon indicates that the treadmill belt or multi-wedge belt is a little loose and further affirmation needs to be made.

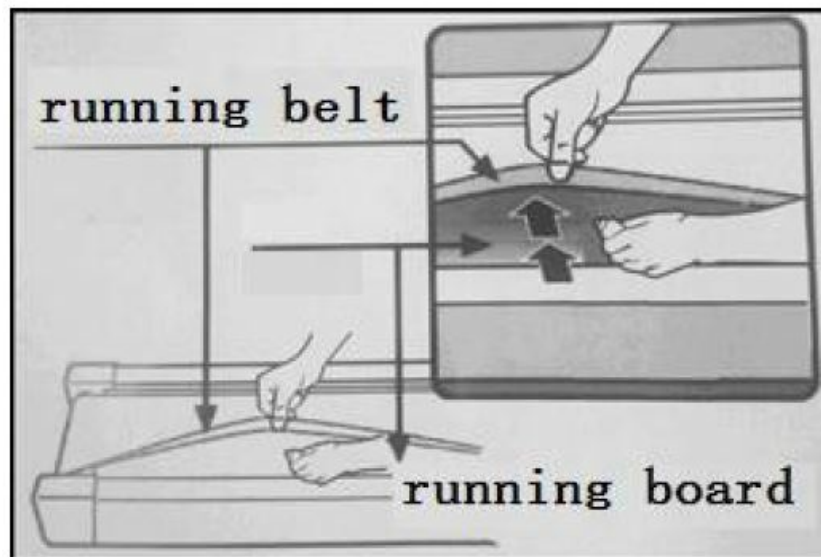
- **Step 1:** Remove the motor cover, make the treadmill run at a speed of 0.5 miles/h, and then stand on the running belt, hold the handlebar, and tread the treadmill belt slightly.
 - The instantaneous step can not stop the belt, the tightness is appropriate.
 - If your instantaneous step stops the running belt, but the multi-wedge belt and front roller are still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use.
 - 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 to 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 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 to the state that it could be flipped by 80%.
- **Step 3:** Finally lock the motor base, and install the motor cover.

Lubrication of Running Belt

- The friction between the running belt and the running board has a significant impact on the service life and performance of the electric treadmill.
- Lightweight users (using <3 hours per week) once every 10 months; Heavyweight users (using >7 hours per week) once every 5 months.

Method of adding lubricating oil:


- **Step 1:** Open up the treadmill belt.
- **Step 2:** Open the silicone oil bottle, and squeeze the silicone oil on the side of the running board, as shown in the following picture:



Treadmills belong to sports equipment and therefore require appropriate maintenance. Maintenance Recommendations are as follows:

1. Due to wear and damage, regular inspections are required; After maintenance or professional repair for the worn or damaged accessories (such as motors, electronic controls, power cords, etc.), its safety level must be consistent with that of the factory.
2. Immediately replace those defective components or idle the equipment for repair(such as power cords).
3. Pay special attention to the components that are most prone to wear and tear. (such as a running belt)

Documents / Resources

	<p>Merax A7 Folding Treadmill [pdf] User Guide A7 Folding Treadmill, A7, Folding Treadmill, Treadmill</p>
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References

- [User Manual](#)

[Manuals+](#). [Privacy Policy](#)

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