



# OVICX Q2S Folding Treadmill User Manual

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# OVICX

**OVICX Q2S Folding Treadmill**

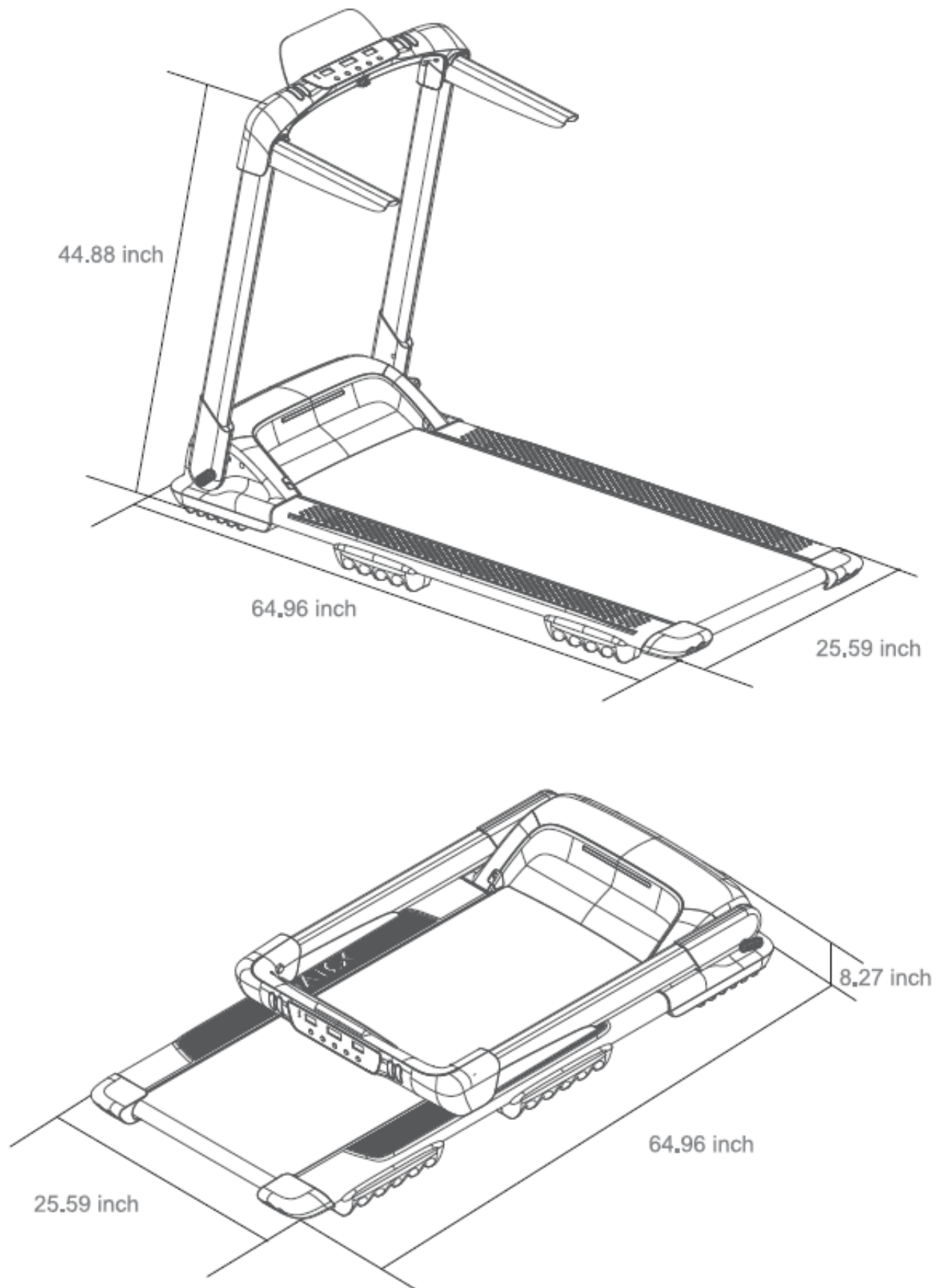


## Product Brief Introduction

Product Name: Treadmill

Product Model: 0VICX-Q2S PLUS

## Product Unfolded Size



## Safety Instruction

### **Thank you for choosing our product.**

The correct use of treadmill is the guarantee for your safety and convenience. Please read the following contents carefully before you use the treadmill.

1. Please make sure you have installed the treadmill correctly before powering it on. For an easy plugging in, be careful not to cover the socket on the wall.
2. Please plug power cord into the socket connected to the ground for safety. The plug of the treadmill is unique, if the power cord got damaged, please contact our distributor or contact us directly.
3. The treadmill is the indoor equipment, please do not use it outdoor. The place where to position the treadmill should be clean and flat. Please keep it away from moisture. Please do not put the treadmill on anything such as thick blanket which may influence the air circulation under the treadmill. The treadmill is special equipment, so please do not use it for any other purpose.
4. Do not wear too large or too loose clothes when doing exercise, in order to prevent accidents from your clothes hung to any parts of the treadmill. We recommend you to wear sneakers or gym shoes with rubber bottom.
5. Please do not take off protection cover casually. If you do need to open it for maintenance, please unplug the power cord first.
6. If it is the first time for you to use the treadmill, please do remember to grab the handrails till you feel comfortable.
7. If the treadmill accelerates suddenly or increases its speed automatically caused by the problem of electronic console system, please pull out the safety key to stop the equipment instantly.
8. Please unplug and lay power cord away when not using the treadmill.
9. To avoid any risk, you should not allow children close to the treadmill when it is on.
10. There should be adult accompanying when children use the treadmill.
11. Before exercise, please warm up for 3-5 minutes, such as exercising joint and jogging.
12. Turn on power at the bottom to start the treadmill. Press "on/off" button, and digital display shows "Start" and then the treadmill begins to work. The system shall start at speed "1" automatically, so the beginner could take this speed to warm up.
13. Grab the front ends of the handrails by two hands, step onto the treadmill and increase the speed to 0.9mph to 1.8mph slowly. Keep your body straight, relax as much as possible, and walk with the running belt.
14. After getting familiar with the treadmill functions, you can preset the exercise time and adjust it according to your own cadence.
15. On the digital display, you can choose to show speed, time and distance of your exercise. Also, it can show the calorie you consumed and your heart rate on the digital display. During running, your heart beat rate could be measured by grabbing the chips on the two handrails.
16. Warning! Equipped with a 27.56 inch red magnetic safety key (the red one). If you find the treadmills abnormal or feel risky, please pull out this magnetic safety key to stop the treadmill instantly in order to avoid accident occurrence.
17. While exercising, please clip the safety key (red) thread on suitable position of your clothes, in order to pull it out to stop the treadmill immediately and ensure safety when accident occurs. When you do not use the treadmill, please well keep safety key to avoid and third party to use it uncontrolled.
18. When finishing your exercise, please plug off and put away power cord.
19. Warning! Do not touch any spare parts when it's working.
20. Heart rate sensor is not medical equipment. A lot of causes may lead to inaccurate test results, so the test results are only for reference.
21. Warning! If you feel any potential danger during the exercise, you should step the two side handrails to jump to ground or jump to two side foot boards urgently.
22. Warning! 78.74'39.37 inch safety spare area behind the treadmill is required, so that you can have enough

space to jump off the working treadmill when any danger occurs.

23. During exercise, 78.74 (Length)\*39.37 (Width)\*88.58 (Height)inch free space is required for safe operation
24. Warning! The treadmill is indoor equipment. Please do not use it outdoor. Exercising on the treadmill is aerobic exercise to strengthen the functions of your heart and lung. Muscle exercise is auxiliary.
25. Warning! Any adjustment devices that may interfere with the user's motion should not deviate from the design.

#### Hints:

1. Beginners should get familiar with the function buttons on the panel before using the treadmill.
2. To prevent falling down, please stand on the plastic anti-skid plates on both sides first when starting the treadmill instead of standing on the running belt directly.
3. Before running, Please put on your sportswear instead of jeans or leather shoes.
4. Please do not play with other people while using the treadmill. It is strictly forbidden to jump off the treadmill during the running process.

### Product Technology Parameter and Component List

#### Technology Parameter

Product Model	OVICX-Q2S PLUS
Unfolded Size	64.96*25.59*44.88 inch
Speed	8.7mph
Rated Voltage	110V-
Rated Frequency	50/60Hz
Rated Power	1.25HP
Efficient Running Area	16.93*49.21 inch
Display	LED
Gross Weight	110.23lbs
Net Weight	94.80lbs
Dimensions	66.14*29.33*10.04 inch
Category and Level	HB *
App Connectivity	
Safety Protection	1. Safety switch on the meter 2. Overcurrent fuse on the treadmill's internal control panel

We reserve the rights to improve or change the pictures and technology parameters of this product without prior notice. Please understand.

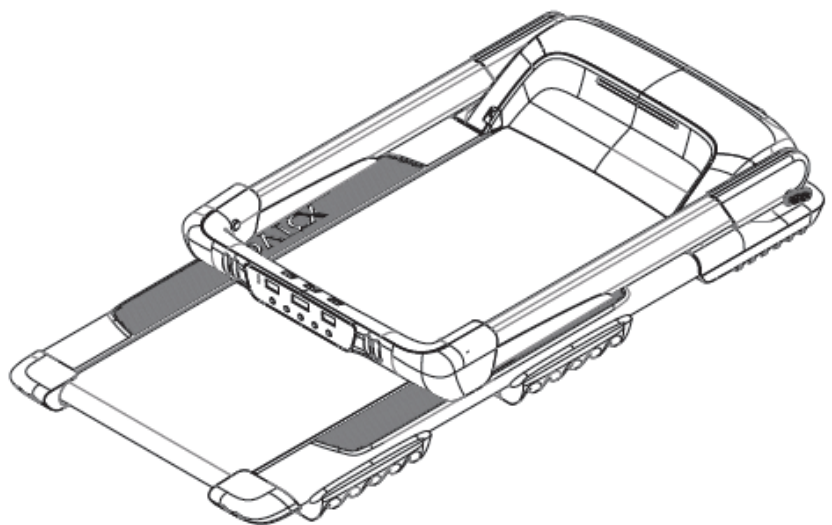
## Component List

No.	Name	Qty	Remarks
1	Entire machine (base, main frame and electric console)	1pc	
2	Spare parts box	1box	Safety key 1pc Hexagon wrench 1pc Lubricating silicone oil 1 bottle User manual 1pc Power cord 1pc phone paste holder 1pc

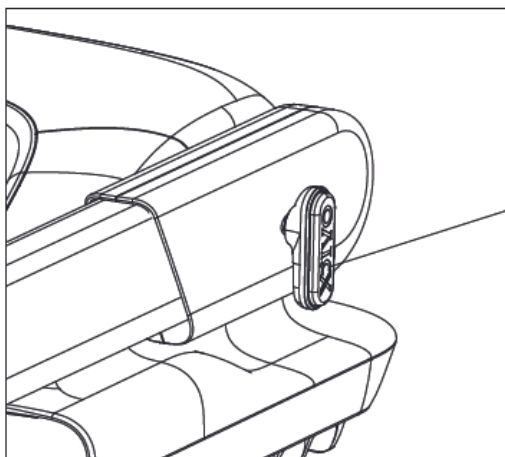
## Installation Instruction

Simple installation in 4 steps

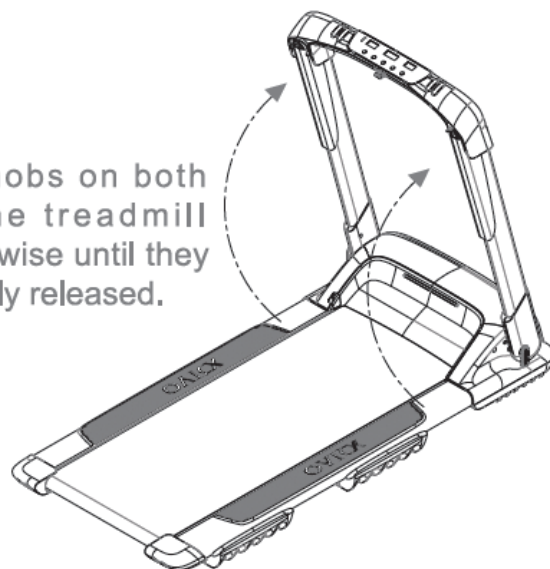
1. Open the package, take out the treadmill, spare parts box, power cord, instruction manual from the box.



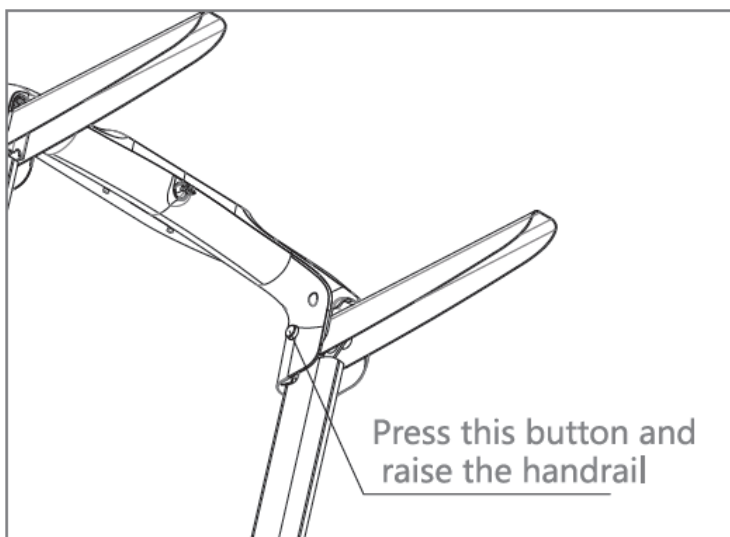
2. Turn the knobs on both sides of the treadmill counterclockwise until they are completely released. Raise the uprights of both sides as shown in the figure. Then fasten the knobs on both sides clockwise until both uprights are fixed tightly.



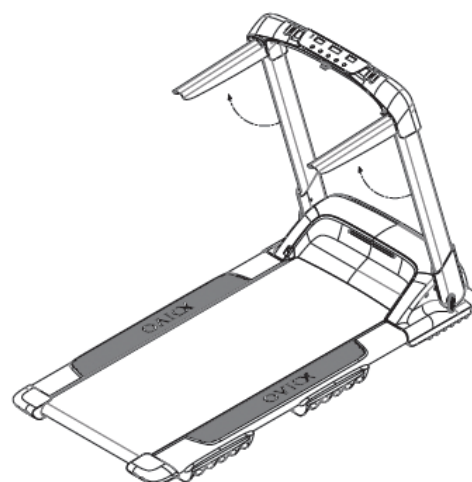
Turn the knobs on both sides of the treadmill counterclockwise until they are completely released.



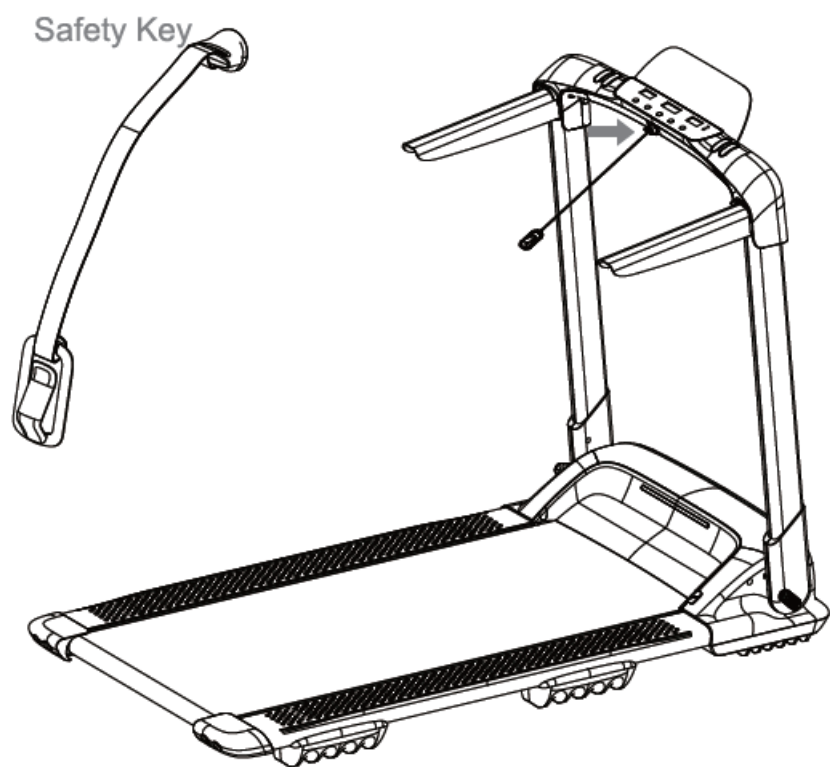
3. Press the button with your left hand to unlock the handrail, and raise the handrail of the treadmill you're using with your right hand until it is fully locked. Install the other side in the same way. ( Before using, please press the handrail by strength to make sure it is tightly fixed and would not fall down)



Press this button and raise the handrail



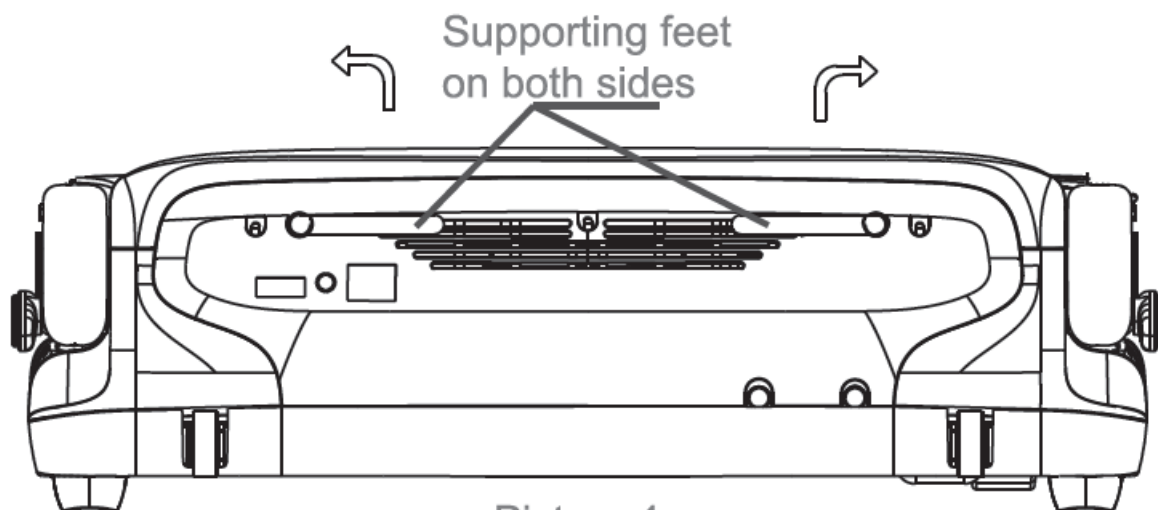
4. Take out the phone holder and insert it into the slot.
5. Check again the above installation is tightly fixed before use. Take out the red safety key from the spare parts bag and insert it into the key slot of control console, and then plug the power cord and turn on the power to start the treadmill.



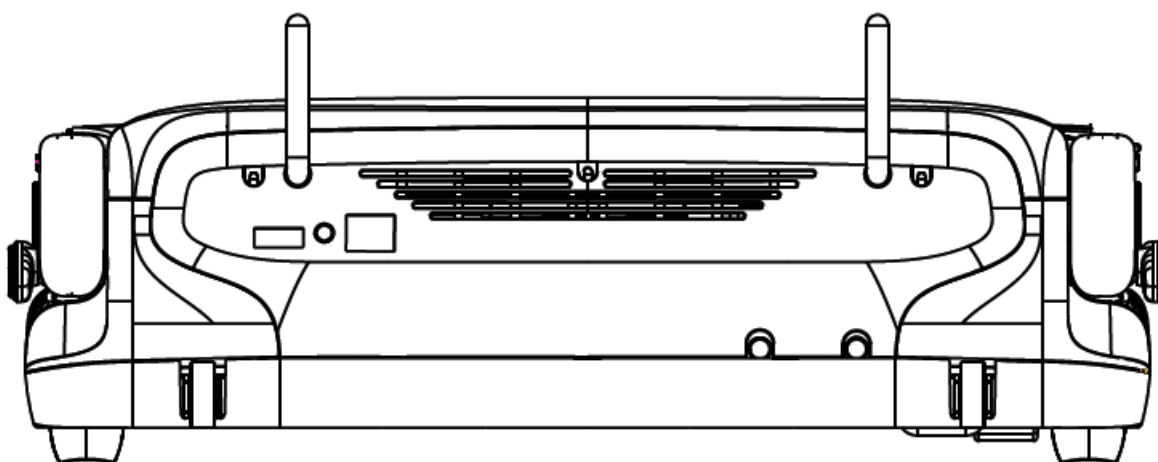
## Installation Instruction

### Upright Description



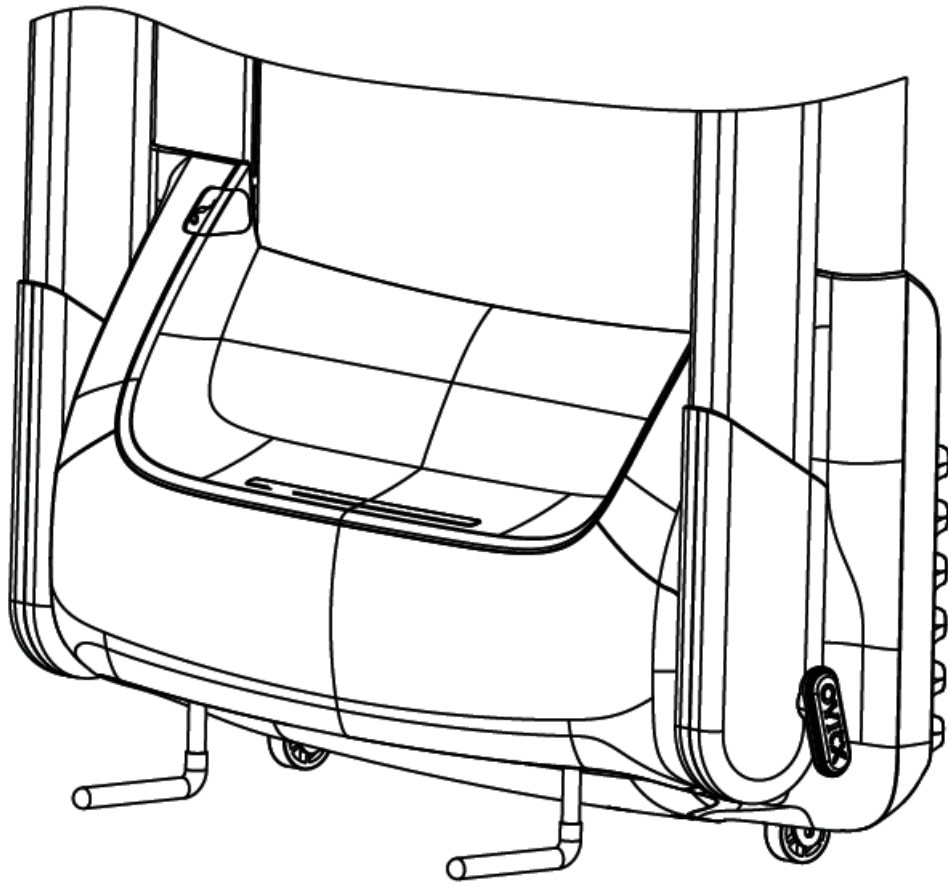


Picture 1



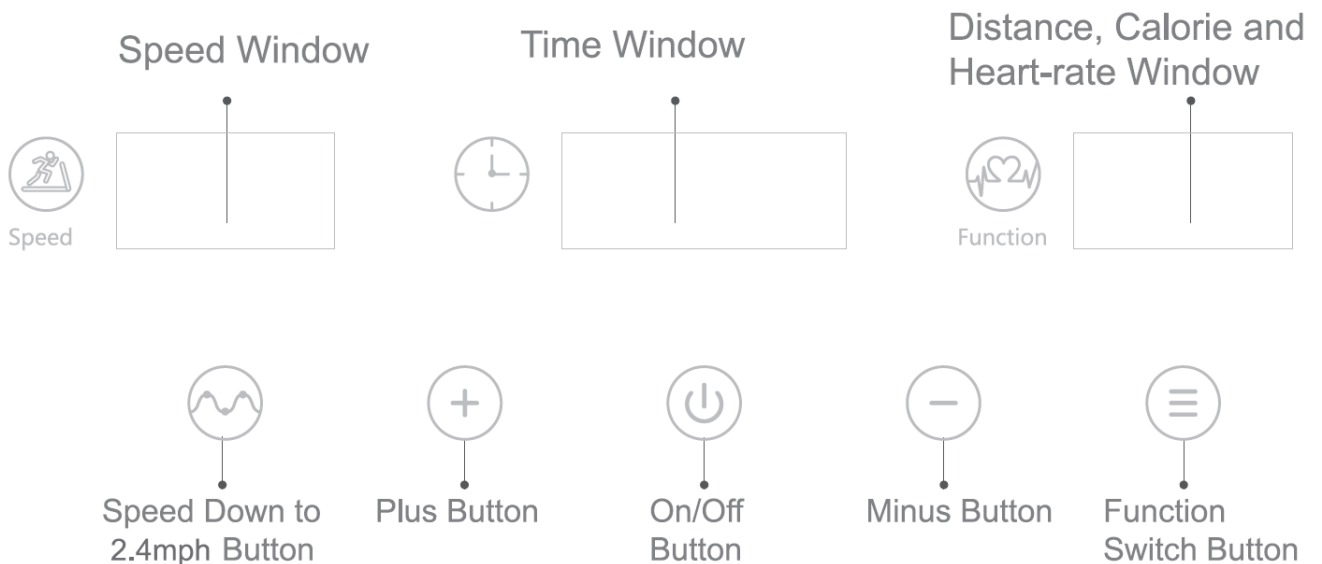
Picture 2

Pull the supporting feet on both sides outward as shown in picture 1, then rotate them by 90 degrees in the direction shown, then release them into the slot (as shown in picture 2), then erect the treadmill as shown in picture



## Button Instruction

### Panel



### Operation Window Display

#### 1. Speed Window

It show the current speed

Unit: mph ; Accuracy: 0.1 mph

#### 2. Distance, Calorie and Heart-rate Window

1. When distance indicator light is on, it displays the total distance from the start of the workout. Unit: mile;  
Accuracy: 0.01 mile
  2. When Calorie indicator light is on, it displays your total calorie consumption from the start of the workout.  
Unit: kcal;  
Accuracy: 0.01 kcal
  3. It shows your heart-rate once it gets the data of your hand pulse.
3. Time Window
1. It displays the running time. (Range: 0-99:59)
  2. It displays the error code when failure occurs
4. Indicator Light
1. Calorie Indicator Light: When the window displays calorie data, the calorie indicator light will be on.
  2. Distance Indicator Light: When the window displays distance data, the distance indicator light will be on
  3. Bottom light: When the treadmill starts running, the bottom light is on, the treadmill stops running, and the bottom light is off.

#### **Button and function**



On/off: Press the button to start the treadmill



Switch button: Press this button to switch distance, calorie data in the display window.



Plus: Adjust the speed. Each press of the button, speed increases by 0.1



Minus: Adjust the speed. Each press of the button, speed decreases by 0.1



5.Speed down: Press this button when feeling tired, then the treadmill will switch into the walking state( 2.4mph ).And press this button again after a break, the running speed will automatically go back to the previous speed.

#### **Error code display**

A:Error information of control device and troubleshooting methods

Information Code	Possible reasons	Troubleshooting Guideline
Er 1	Safety key disconnected	<p>1.1 Check whether the safety key is connected to the designated position.</p> <p>1.2 Check whether the safety key is loosen or dropped</p> <p>1.3 Check or replace the safety key</p>
Er 3	Problem on the bottom chip near the motor	<p>2.1 Replace the chip</p>
Er 7	Problem on the motor or Motor disconnected	<p>3.1 Check if the motor cable is loosen or dropped.</p> <p>3.2 Check or replace the motor.</p> <p>3.3 Check or replace the chip</p> <p>3.4 Check if the line of safety key is connecting well or not</p>
Er 8	No signal error	<p>4.1 Check if the connecting cable is loosen, dropped or damaged</p> <p>4.2 Check or replace the console</p> <p>4.3 Check if the light of the controller and the LED is on</p> <p>4.4 Check or replace the chip</p>
Er 9	Overload protection	<p>5.1 Check if overloaded</p> <p>5.2 Check if the mechanical running parts are jammed</p> <p>5.3 Check if there is a lack of lubricant oil. When lack of lubricant oil, the friction between plate and belt would increase</p> <p>5.4 Check if the running plate is badly worn</p> <p>5.5 Check if the running belt is badly worn</p> <p>5.6 Check if the motor is short-circuited</p> <p>5.7 Check or replace the controller</p>
Er 10	Overvoltage protection	<p>6.1 Please check if the voltage on the power supply line is 20% greater than DC 110V-</p> <p>6.2 Check or replace the chip</p>

Information Code	Possible reasons	Troubleshooting Guideline
Er11	Over current protection	<p>7.1 Check if overloaded</p> <p>7.2 Check if the mechanical running parts are jammed</p> <p>7.3 Check if there is a lack of lubricant oil. When lack of lubricant oil, the friction between plate and belt would increase</p> <p>7.4 Check if the running plate is badly worn</p> <p>7.5 Check if the running belt is badly worn</p> <p>7.6 Check if the motor is severely short-circuited</p> <p>7.7 Check or replace the controller</p> <p>7.8 IGBT tube short-circuited</p>
Er12	Electric motor short circuit	<p>8.1 Check whether there is any foreign matter at the output end of the controller causing short circuit</p> <p>8.2 Check or replace the controller</p>
	Some or all of the buttons are not working well	<p>9.1 Check or replace the buttons</p> <p>9.2 Check or replace the console</p> <p>9.3 Uncover the upper case of the electric meter and test if the buttons work well</p> <p>9.4 Disconnect power supply, re-plug and then check if the buttons work well</p>

## Exercise Suggestion and Guideline

If it is your first time to use motorized running machine, you need to read the below tips:

### Preparation

Before exercise, it is better to know your own health status in order to make an exercise plan based on it. It is recommended to consult a doctor or a professional to get multiplier effects.

Before first use of the running machine, please stand by it and learn how to control it, for example: start, stop, adjust speed and etc. After getting familiar with it, you can start to use the running machine. Stand on the plastic anti-slip plates on the two sides of the track and seize the handrails by two hands. Then, turn on the running machine and adjust the speed around 1.0-1.9mph (low speed). Keep your body straight and your eyes look forward. Step on the running belt carefully and relax yourself until you can gradually follow the speed. When you are comfortable, you may slowly increase the speed to 1.8-3.0mph. Keep this speed for about 10 minutes. and then slow down it until it stops. For your first time, please do not run at high speed to prevent from falling down.

### Exercise

Walk about 0.62 mile at a fixed pace and record the time it spent. It may take 15-25 minutes. When the speed is at 2.9mph, it shall take you about 12 minutes for a distance of 0.62 mile. After you can easily do it for a few times, you can gradually increase the speed. Keep it for 30 minutes, and you can get a good exercise. Before you start to walk, please be patient and be aware that this exercise is good for your health during the whole life time.

## **The Frequency of Exercise**

Your target is to exercise 3-5 times every week, and each time exercise for 15-60 minutes. It is better to make an exercise schedule based on your body status, rather than do it according to your own preferences. You can control the intensity by adjusting the speed and exercise time.

## **Exercise Time**

Shortcut: 15-20 minute exercise is a good way to save time. Warm up for 5 minutes at 2.4-2.9mph , and then increase speed by 0.2mph increment per minute until you feel at a suitable speed, and keep running for about 45 minutes. You will fully enjoy this exercise.

The above content is for reference only. Please consult professionals for more details.

## **Wearing**

The only thing you need is just a pair of good shoes, and we recommend you to wear running shoes or gym shoes during exercise. Meanwhile, please be careful that there is nothing stuck on the shoes in order to avoid from anything dropping into running machine and then damaging the running plate and belt. Clothes should be comfortable and suitable for sports, and we recommend you to wear the breathable sportswear made from cotton.

## **Stretch exercise**

No matter how fast you walk, it is better to do stretch exercises first. Warm muscle is easier to stretch, so please spend 5-10 minute to warm up first. Then stop and use the below methods to do stretch exercises. Stretch for 5 times and at least 10 seconds for each leg in warm-up, and do it again after exercise.

### **1. Stretch down**

Keep your knees slightly curved, and slowly bend your body forward. Relax your back and shoulder and touch your toes with your hands (see figure 1). Keep this for 10-15 seconds, and then relax. Repeat it for 3 times.

### **2. Foot tendon stretch**

Sit on a clean cushion, stretch one leg out and adduct another leg to cling the inner side of the leg stretched-out, and then touch the toes by hand (see figure 2). Keep this gesture for 10-15 seconds and then relax.

Repeat this 3 times for each leg.

### **3. Foot and heel tendon stretch**

Stand with your hands on the wall or tree, and separate your two legs forward and back. Lean toward the wall or tree, and keep the back leg straight and put its heel to floor (see figure 3).

Keep this gesture for 10-15 seconds and then relax. Repeat this 3 times for each leg.

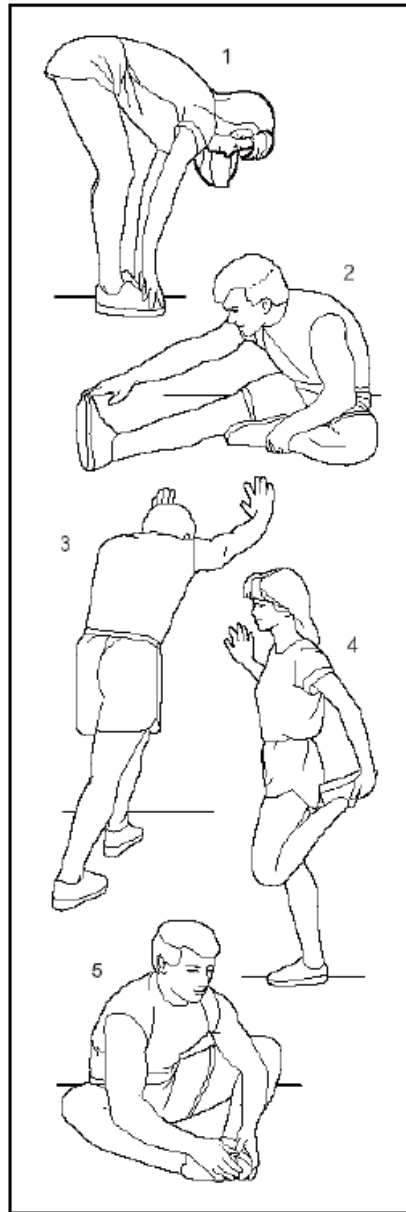
### **4. Quadriceps stretch**

Hold wall or table by your left hand for balancing, extend your right hand backward to grasp your right ankle, slowly pull the heel toward your butt until you feel lightness of the front muscle on your thigh (see figure 4).

Keep this gesture for 10-15 seconds and then relax. Repeat this 3 times for each leg.

### **5. Sartorius muscle (inner muscle of thigh) stretch**

Sit down with two soles facing each other and two knees outwards. Grasp the two feet and pull them towards your groin. Keep this gesture for 10-15 seconds, and then relax. Repeat this 3 times.



### Exercise safety measures

Please consult a professional before exercise. He can give you some suggestions about exercise frequency, intensity and duration according to your age and physical condition. During exercise, if you feel chest choking or chest pain, irregular heartbeat, breath difficulty, dizziness or any other discomfort, please stop immediately. And consult professionals before you resume the exercise.

## Maintenance Guideline and Instruction

### Maintenance guideline

**WARNING:** Be sure that the electric running machine is not plugged in before you clean or maintain the product.

**Cleaning:** A comprehensive cleaning shall significantly extend the product life. Remove dust regularly to keep parts clean. It is necessary to clean the exposed parts on two sides out of the belt, and this shall decrease dust accumulation under the belt. Be sure your sports shoes are clean before exercise and this could avoid lint from dropping into the running machine and then damaging the running plate and belt. Scrub the belt surface by a wet cloth with soap, and be careful not to spill water on the electrical components or under the belt.

The running machine has been pre-coated with silicone oil between the running plate and belt. It is necessary to lubricate it by silicone oil regularly, because the friction between the running belt and plate has big impact on product life and performance. We recommend you to take regular inspection on the running plate. If the running plate is damaged, please contact our customer service center.

**We recommend the user to inject the silicone oil between running belt and plate according to the following timetable:**

Low frequency users (use time: less than 3 hours per week): inject silicone oil once every 6 months

Middle frequency users (use time: 3-5 hours per week): inject silicone oil once every 3 months

High frequency users (use time: more than 5 hours per week): inject silicone oil once every 1.5 months

We recommend you to buy silicone oil from your local distributor or contact us directly.

### **Maintenance instruction**

In order to maintain your running machine better to extend product life, it is recommended to turn off the running machine after using it for 2 hours, and have a 10 min break before continue.

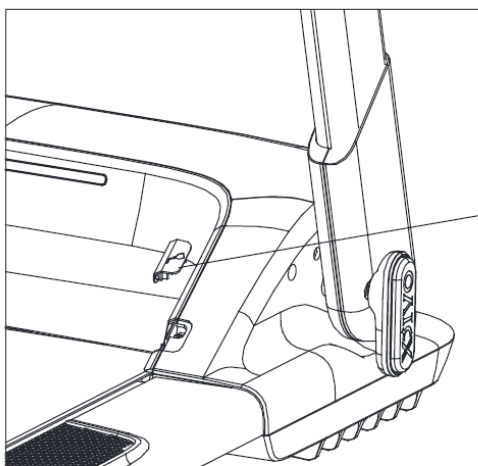
If the running belt is too loose, it could be slippery when you exercise; if too tight, it may decrease the motor performance and increase the abrasion of drum and running belt. You can check whether the running belt is fitting or not by raising the two sides of running belt horizontally by hands. The suitable distance between raised running belt and plate is 1.97-2.95inch.

### **Running plate lubrication**

We mentioned above that it is necessary to inject silicone oil on running plate at the right time. But please do not use excessive silicone oil as the lubricants are not the more the better. Remember: proper lubrication is an important factor in extending the product life of a running machine.

The method to check whether it is necessary to inject silicone oil Raise the running belt and stretch your hand as far as possible to touch the central part of the back side of the running belt. If your hands can grab a little silicone oil (feel slightly moist), that means you do not need to inject silicone oil. If the running plate is dry and no silicone oil adhered to your hand, then you need to inject silicone oil.

The procedure to inject silicone oil on the running plate:



Open the sealing cover, align the oil bottle with the oil filler, slowly inject the oil into the oil pipe, and add the lubricating oil according to the dry and wet degree of the reverse side of the running belt.

- As shown in the picture, cut the oil bottle mouth, twist off the long mouth cover, tear the inner sealing paper, and then tighten the long mouth cover. In order to make a good connection with the oil hole, do not cut too long when cutting the mouth, about 0.20inch or less, as long as the oil can flow out.
- Turn on the treadmill and run it at the lowest speed(0.6mph),then lubricate the running belt as shown in the picture
- Align the oil bottle with the oil filler , squeeze the oil bottle slowly to let the oil flow into the running belt through the oil pipe, and run the treadmill at a speed of 0.6mph to evenly apply the silicone oil,and lightly tap on the belt in the middle. In a few minutes, the silicone oil can be completely absorbed by the running belt.



### **Tautness adjustment of the running belt.**

The running belt has been adjusted to a suitable tautness twice after the installation and before delivery. However, after use for a period of time, the running belt could be somehow loose. For example: the user may feel standstill or slippery during his running. When this phenomenon occurs, please adjust the tautness of the running belt by rotating the both left and right adjusting bolts clockwise with a half circle as a unit. (to tighten the running belt, please operate in an anticlockwise direction). If the running belt is too loose, the user will feel slippery when running; while it is also not good if the running belt is too tight, because it shall increase the motor load and damage the motor, running belt, the roller and etc.

### **Running belt centering**

Place the running machine on even ground.

Start the running machine and set the speed at about 2.1 mph.

If the running belt is tilted to the left side, rotate the adjustment bolt on the left side by 1/2 circle in the clockwise direction , and then rotate the adjustment bolt on the right side by 1/2 circle in an anticlockwise direction.

If the running belt is tilted to the right side, rotate the adjustment bolt on the right side by 1/2 circle in the clockwise direction , and then rotate the adjustment bolt on the left side by 1/2 circle in an anticlockwise direction.

- If the running belt is tilted to the left side, rotate the adjusting bolt on the left side clockwise or rotate the adjusting bolt on the right side counterclockwise
- If the running belt is tilted to the right side, rotate the adjusting bolt on the right side clockwise or rotate the adjusting bolt on the left side counterclockwise

### **Driving belt adjustment**

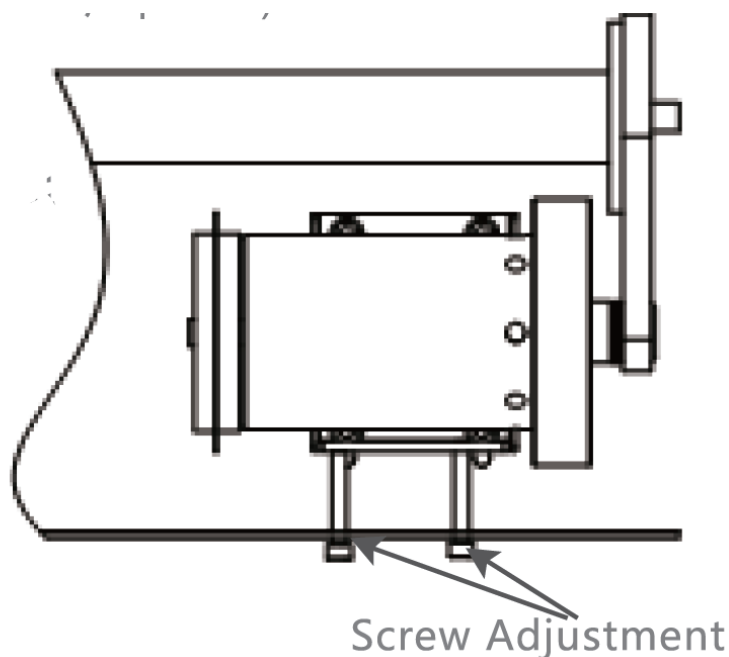
The driving belt has to be adjusted before delivery. However, after using a period of time, slipping phenomenon may occur and the user can adjust the driving belt by himself.

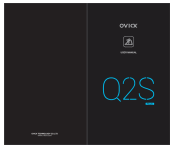
Adjustment procedure (as shown in the right picture):

Rotate the adjustment bolt clockwise with a wrench

The adjustment range: take load without slipping as the standard

Note: please clean junk in the belt groove and pulley groove





[OVICX Q2S Folding Treadmill](#) [pdf] User Manual  
Q2S Folding Treadmill, Q2S, Folding Treadmill, Treadmill

## References

- [✖ Smart Exercise Machine Smarter Price – OVICX](#)