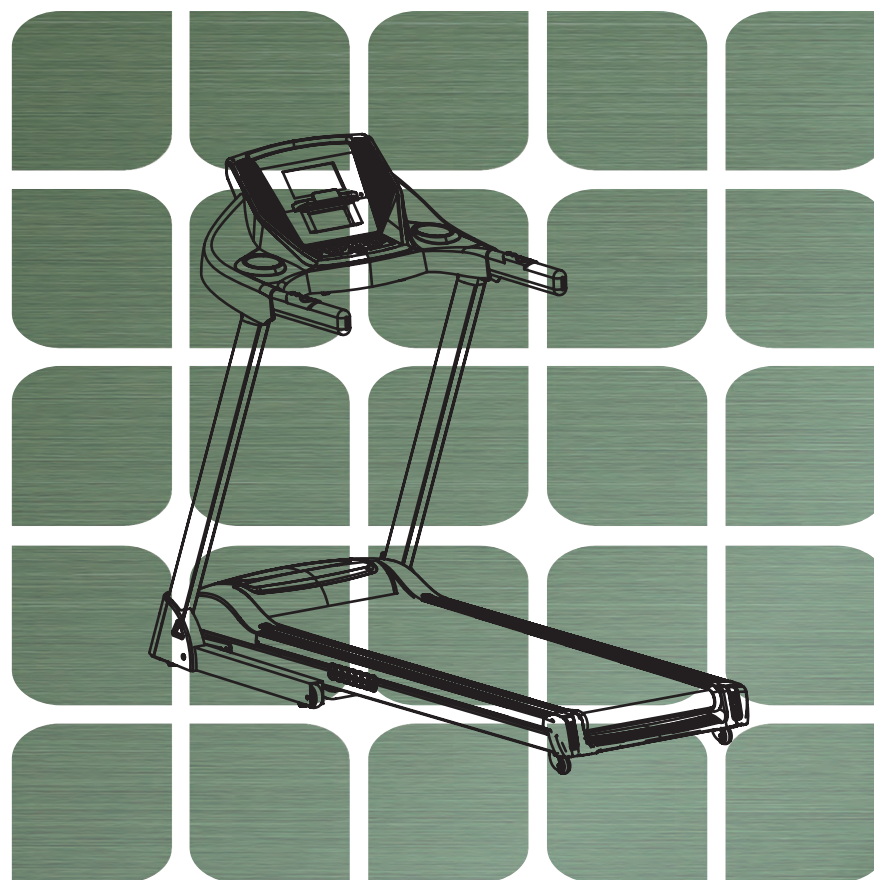# MOTORIZED TREADMILL
OWNER'S MANUAL

BodyMax T60

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials. Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void.

The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Inset page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, foam, and wheels. The guarantee does not cover:

1. Damage affected by outer force
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as running belt).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from Customer Services (Inset page) as needed.

Please make sure you have the following information on hand when ordering spare parts.

1. Operating instructions
2. Model number (located on the cover sheet of these instructions)
3. Description of attachments
4. Attachment number
5. Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our Service team. The costs of unsolicited shipments will be borne by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard.

To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.

2) We recommend that handicapped people should only use the device when a qualified care is present.

3) When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.

4) 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.

5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be stowed in a place that children or house pets cannot reach.

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

7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.

8) Do not use a device that is damaged or unserviceable.

9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.

10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.

11) Use the device only for the purposes described in these operating instructions. Use only attachments recommended by the manufacturer.

12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

Special Safety Precautions

●Power source:

●Choose a place in reach of a socket when placing the treadmill.

●Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.

●A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. do not modify the plug provided with the appliance if it is not compatible with your socket. ask a qualified electrician to install a suitable socket.

●Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).

●Keep power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.

●Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.

●Inspect the treadmill before every use to make sure that every part is operational.

●Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.

●Never leave the treadmill unattended.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental copaiba if the supply cord is damaged, it must be replaced by the manufacturer, its service

Children should be supervised to ensure that they do not play with the appliance

Assembly

●Before starting with the assembly of this fitness device carefully read through the set up steps as of page 8. We also recommend that you view the assembly drawing prior to assembly.

● Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.

● Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.

●Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!

●Take your time when viewing the drawings and then assemble the device according to the series of illustrations.

●The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

Unpacking & Assembly

WARNING: Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.
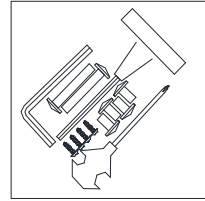
UNPACK AND VERIFY THE CONTENTS OF THE BOX:

●Lift up and remove the box that surrounds the Treadmill.

●Check the following items are present. If any of the parts are missing, contact with the dealer.

Packing
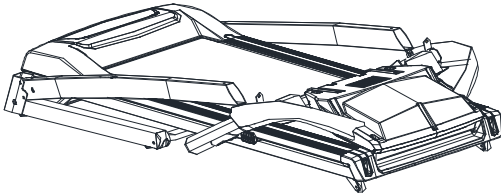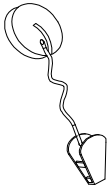
Treadmill body   Hardware kit

Safety key   Silicon oil bottle   manual
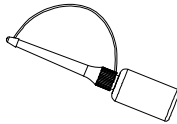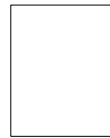
Hardware kit
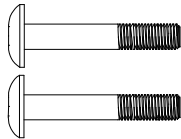
Allen C.K.S. half thread screw (M8*55*20）x2
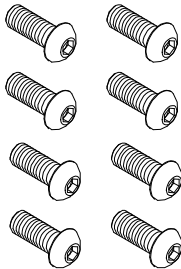
T shape wrench x1

Allen C.K.S full thread screw（M8*15）x4

L shape wrench S6 x 1

Philips big flat head self-drilling screw(ST4*16)X4
wrench(14*17*75)X1
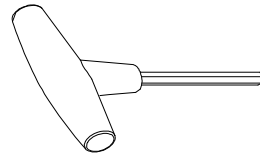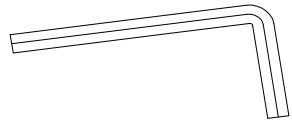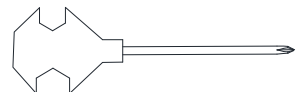
Cross open end

Main parts
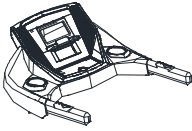
Console

Motor cover

Motor

Motor belt
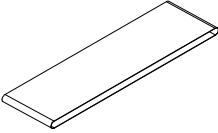
Running belt
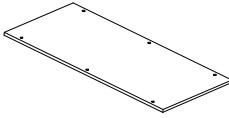
Running deck

Side rail
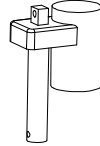
Incline motor
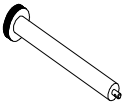
Front roller
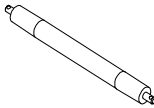
Rear roller
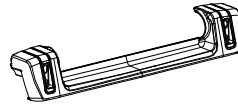
Rear cover

Treadmill instruction

Console

Handle bar

Stand post

Running belt

Paddle

Said rail

Rear cover

Technical data

1360

1670

750
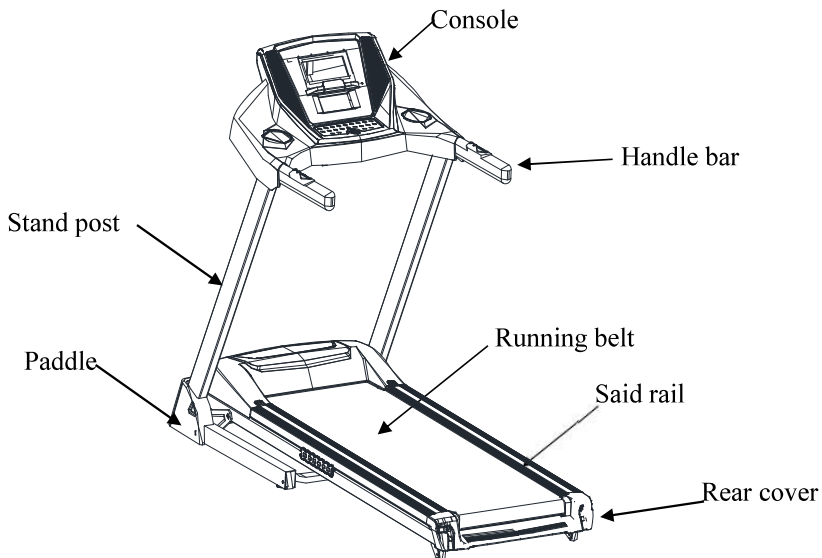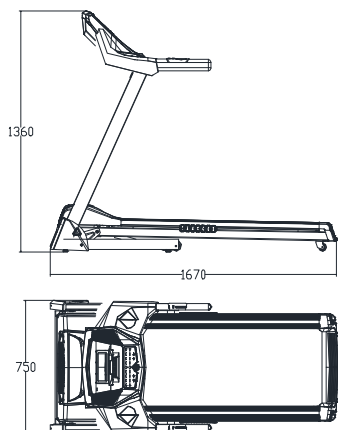
Size	Unfold: 1670*750*1360
	Fold: 1090*750*1430
Running surface	1250*440
speed	1.0—16.0km/h

WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Assembly procedures

Step 1. Put the treadmill out of the packing box and put it on the plat floor.（As shown below）
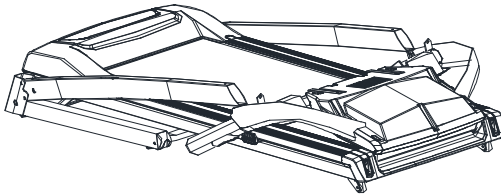
Step 2. Two person take the stand post slowly to be 70° angle with running beck, at the same time, holding the console handlebar to prevent it overturn. Then fix the treadmill by Allen C.K.S. full thread screw M8×15 and M8×50x20.   .
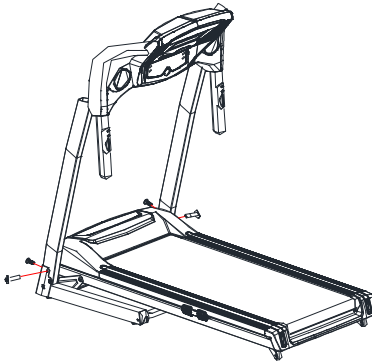
Step 3. Two person use the left hand hold the front console, use the right hand to hold the console handlebar to overturn. Then fix the console to the stand post by Allen C.K.S. half thread screw M8x15. Finished the assembling.
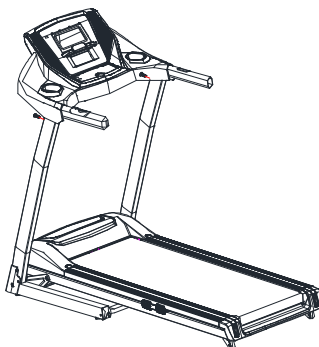
Step 4. Using 2pcs of screws ST4X16 to fix the paddle on base frame of treadmill.

SETTING UP YOUR TREADMILL
PLACEMENT IN YOUR HOME
To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space and to go nicely in your home.
- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 2m X 1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that No sensitive electrical equipment, such as computer or TV, share the same circuit.

CAUTION!
Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system.
Read this manual before operating this treadmill.

GETTING STARTED

TURN POWER ON

Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shines with prompt sound.

SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should your fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency top only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make turn it will not come off your clothing.

GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

WARNING!

Never use this treadmill without first securing the safety tether clip to our clothing.

CAUTION!

For your safety, step onto the belt when the speed is no more than 3km/h.

FOLDING THE TREADMILL

1. Restore the incline to flat (0) position.

2. Unplug from power point before folding.

3. Lift deck until it's parallel to the upright post and cylinder locks into position.

4. Caution: check to ensure cylinder locking device has engaged.

UNFOLDING THE TREADMILL

1. Place one hand on handle bar, use the other to push top of the running deck forward.

2. Press one foot on the middle section of the cylinder to disengage the locking mechanism.

3. Allow deck to begin slowly dropping before releasing hands.

MOVING THE TREADMILL

The treadmill can be moved around in house safely in its fold-up position by using the transport

wheels.

Firmly hold onto handle bars with both hands, pull the treadmill towards you, then portable on wheels, drag or push slowly.
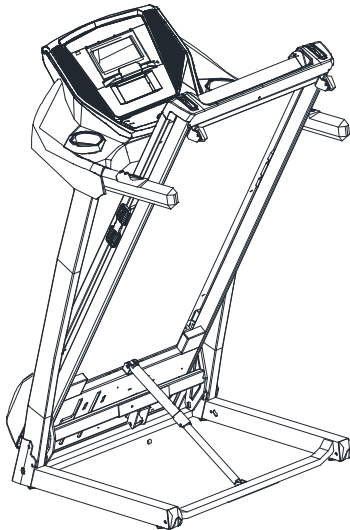
Console function instruction 、treadmill instruction

LCD Window

Incline quick key

Speed quick key

Incline "+" "-" key

Speed "+" "-" key

Program

Mode

Stop

Start
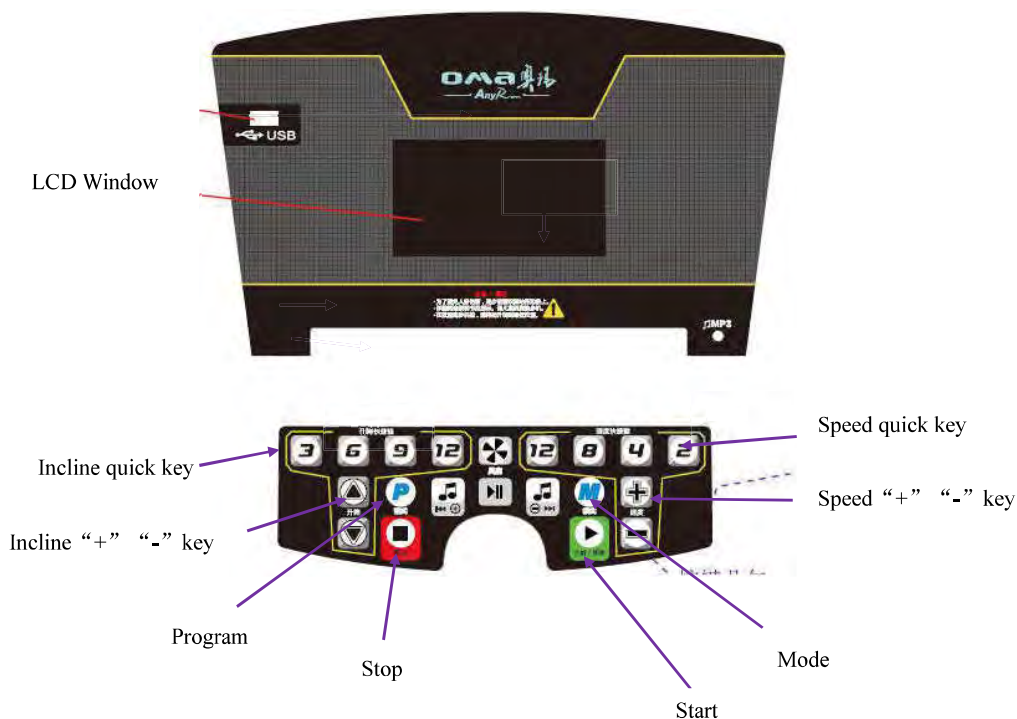
Console operation instruction

System has the function of overload、overcurrent protection，explosion-proof，overrun，anti-electromagnetic interference, safety protection functions, system self-test，and exception message.

1．Window and button instruction：

(Ⅰ)::Display window instruction：5inch LCD display.

- ✧ "DIS" window：show the distance；
- ✧ "CAL" window：show the calories；
- ✧ "TIME" window：show the time value；
- ✧ "INCLINE/PULSE" window：show the incline level and pulse；
- ✧ "SPEED" window：show the speed value；In the program setting. Show P01~P40，

U-1、U-2、U-3 and FAT。

1. **Function button**：START/PAUSE，STOP，PROGRAM，MODE，SPEED+/-，INCLINE +/- ，Fan key ，Speed quick key 2km/h(1mph) 、4km/h(2mph) 、8km/h(5mph) 、12km/h(7mph)，Incline quick key 3、6、9、12.

2. **Function button instruction**：

A. Program key："P"is program key：when the treadmill is stop, pressing this key to choose the program from P01 to P40 and user program U1 to U2, U3and fat function . When the treadmill is pause, pressing this key to exit pause situation.

B. Mode key："M"is the mode key：when treadmill is under manual program, you can press this key to choose four modes as time countdown, distance countdown, calories countdown, standard. When under fat program, the mode key acts differently, please refer to the detailed instruction in the fat mode part.

C. Start key："START/PAUSE" is the star/pause key. Press this key to star the treadmill when it is stop, and press this key to stop the treadmill when it is running.

D. Stop key: "stop" is the stop key, when treadmill is running, pressing this key the treadmill will stop.

E. Speed key："SPEED+" and "SPEED -"is the key to increase and decrease speed：when starting treadmill, press one time to increase the speed by 0.1 km/h, when press continuously more than 0.5 seconds, it can increase or decrease the speed automatically. When set the parameter of treadmill, this key could help to adjust set value.

F. Quick speed key： When the treadmill is running, press the quick keys directly to increase the speed as the speed value accordingly.

G. Incline " + "and" - " is the incline key: when starting the treadmill, pressing this key to adjust the incline, press one time to increase step 0.1 / time, when press continuously more than 0.5 seconds, it can increase or decrease the incline automatically

H. Quick speed key： When the treadmill is running, press the quick keys directly to increase the incline as the incline value accordingly.

I. FAN is for opening or closing fan function

(Ⅱ) metric conversion instructions：

a) pull out the safety key and press the "PROGRAM" and "MODE" key in the same time, the display shows 0.6MPH represents to convert from kilometer miles;

b) Press the safety lock unplug "PROGRAM" and "MODE" button, the display shows 1.0KM / H represents to convert from miles to kilometers.

(Ⅲ) ：program/start instruction：

A：program instruction：

1：Manual program, normal mode, the time countdown, distance countdown, calorie countdown mode

2：40 preset program：P01,P02,P03, ……,P40；

3：3 user program：U1,U2,U3。

4：one body FAT function。

B：How to start：

1 ：lock the safety key, the electronic displays will show version no. for two seconds, then the buzzer will sound and then enter manual program。

2 ：Press the start button, the time window displays: 5-4-3-2-1 with buzzer sounds, treadmill will start running when the time countdown to 1

3：In the treadmill running, press the stop button to stop the treadmill.

(Ⅳ)：Manual program：

1：how to enter manual program：

A：Turn on the power switch; choose normal mode of manual program directly and then get enter.

B：When treadmill stops, press the program key to select the manual program to enter the normal mode

2： There are three settings: time setting, distance setting, calories setting; After entering the normal mode of manual program and treadmill is standby, press button "MODE" to select various modes, then press the "START" button to start the treadmill; the training speed and incline is set by the user, the default value: speed 1.0KM / H, incline 0%.

The treadmill is only allowed to set one mode from standard mode, time countdown, distance countdown and calories countdown. Treadmill will run according to the last setting parameter.

The parameter will be countdown and other display will be forward count.

A： When entered manual program, the time window displays the time 0:00; time, distance, calories begin to count. Under motor operation, press "STOP" button, the motor decreases speed slowly until stop, all settings revert to the default state.

B： Under normal mode of manual program, press mode button "MODE" to enter the time countdown mode when the treadmill is under standby mode. The time window displays the time and flashes under setting mode. The initial time is 30: 00 , use "+", "-" to set the time countdown as 1 minute/time. Time setting range: 5: 00-99: 00.

C： In time countdown mode, press mode button "MODE" to enter the distance countdown mode when the treadmill is under standby mode, the distance window displays the distance and flashes under setting mode , the initial distance is 1.0 kilometer , use "+", "-" to set the distance as 0.1km/time. Distance setting range: 1.00-99.00 kilometers.

D： In distance countdown mode, press mode button "MODE" to enter the calories countdown mode when the treadmill is under standby mode , the calories window displays the calorie and flashes under setting mode, the initial calorie is 50 kcal , use "+", "-" to set the calories as 10kcal/time. Calories setting range: 20-990 kcal.

3：manual program instruction：

A: Press Start, countdown 5 seconds, then the motor is running, the initial speed is 1.0km / h.

B: Press speed "+", "-" keys or speed quick keys to adjust the speed

C: Press incline "+", "-" keys or incline quick keys to adjust the incline;

D. Press "STOP" key to stop the treadmill when it is running.

E. Get off the safety key, the treadmill will stop urgently and display show "E07" with buzzer 15times.

F: When the set calories to reach 0, the speed gradually decreases until it stops, the middle window displays the End.

G: When the set distance to reach 0, the speed gradually decreases until it stops; the middle window displays the End.

H: When the set time to reach 0, the speed gradually decreases until it stops, the middle window displays the End.

(Ⅴ): Preset programs

P1-P40 are the preset programs only used in countdown mode. The time window flashes under setting mode, then press "+", "-" key to modify the default value, the initial time setting is 30 minutes. Under preset program, it only can set the time, time setting range: 5: 00-99: 00.

1: Each program is divided into 10 segments, each segment will be run 1/10 of set time.

2: When treadmill is running, press the 'STOP/PAUSE' key to stop it and all parameter won't change.

3: Press the 'STOP/PAUSE 'key again, treadmill speed will run as the preset program.

4. When the time reaches zero, the speed gradually decreases until it stops, the middle window displays End.

5. Pull out the safety key can urgently stop the treadmill, the windows display E07.

(Ⅵ)：Body fat function

1. When the treadmill stops, press the "P" key to select" FAT "and enter into body fat function.
2. Calories window display the setting value and distance window display the input parameter.
3. After enter body fat function ,the distance window shows F1 means sex .The calories window shows 1 means male, you can press incline "+""-"key to adjust .01(male),02(female).
4. Press mode key ,the distance window shows F2 means enter setting age，calorie window shows 25. press speed "+""-"to adjust age (the range is 10-99)
5. Press mode key , the distance window shows F3 means enter setting height, calorie window shows 170cm(68').press speed "+""-"to adjust height (the range is 100-200cm/40'-80')
6. Press mode key ,the distance window shows F4 means enter setting weight, calorie window shows70kg.press speed "+""-"to adjust weight (the range is 20-150kg)
7. Press mode key, the distance window shows F5 means you have finished the set item and enter into body fat function. Putting two hands on the pulse pad and wait for 8 seconds, the distance window will show your BMI.
8. Take the Asian people for example, BMI under 18 is too thin; between 18-23 is standard; between 23-28 is fat; and over 29 is too fat.

PARAMETER	DEFAULT VALUE	SETTING RANGE	REMARK
GENDER(-1-)	1 （MALE）	1—2	1=MALE 2=FEMALE
AGE （-2-）	25 YEARS OLD	10—99 YEARS OLD	
HEIGHT （-3-）	170 CM	100—200 CM	
WEIGHT （-4-）	70KG	20—150KG	

ASIAN STANDARD，TESTING RESULT： FAT ≤18 -- Under weight

18<FAT ≤28 — Normal weight

FAT ≥28 — Obesity

MARK：this data is only for exercise and not for medical reference.

(Ⅶ)：Safety key function

In any state, pull-out safety locks, the window displays"E07"and sound buzzer BIBI-BI. If the treadmill is running, the treadmill will stop immediately; all button of console cannot be used.
When put well the safety lock, the display show version for 2 seconds and enter work status, the treadmill go to manual start mode (the equivalent of clearing reset).

(Ⅷ)：Heart rate test

When treadmill is running, put your two hands on the handle pulse, the " PULSE" window will display your heart rate. In order to get exact value, please stand on the treadmill and test it when treadmill stop, your two hands must hold handle pulse over 30 seconds. The default value is actual heart rate, the range is 50-200 times/minute.
MARK: this data is only for exercise and not for medical reference.

(IX) USER program:

1. Treadmill has three user modes: U1, U2, and U3 that can be adjusted by the user themselves.

Press "PROG" key to cycle select the program U01~U3 and press speed or incline "+""-" to increase or decrease the time(range is 5~99 minutes), then press start to begin movement,

2. Under user mode, press "MODE'" to set the speed and incline range for each segment.

3. Under user mode, press "MODE" to set the parameters, user can set your own exclusive 10 segment of speed and inclination by pressing speed or incline "+" "-" . After setting the parameters, press "mode" to start the next segment. Press "MODE" key to set exercise time, the default value is 30 minutes. Press speed or incline "+" "-" to adjust the time. After all parameters setting, press the "START" key to start running. The user own exclusive program will be saved automatically which can be used next time.

(X). Setting range

	original	Default value	Setting range	Display range
Time （ ） minute:second)	0:00	30:00	5:00-99:00	0:00~99:59
speed(km/h)	0.0	N/A	N/A	1.0－16.0
inclination（%）	0	N/A	N/A	0-12
distance(km)	0.0	1.00	1.0－99.9	0.0－99.9
calorie	0	50	20－990	0－999

When setting the parameter, please use "+""-"to adjust, the adjust can be recyclable. For example, when setting the time from 5：00 to 99：00，if press"+" one more time, it will back to 5：00.

(XI) ERP function

1. If system set ERP as default mode, treadmill will enter to dormant state after 4.5 minutes to save electricity if without any operation on treadmill. Pressing any button can wake up system..

2. Under standby state, pressing button MODE for 3 seconds, display will show '2222' and then the ERP function will be cancelled, pressing 3 seconds again to recover ERP function.

Program chart

Every program will be divided into 10 segments. Run-time for every program will be divided equally

SECT. / PROG.		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1	2	2	3	3	3	3	2	2	1
	INCLINE	0	0	1	1	2	2	1	1	0	0
P2	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	2	3	4	4	3	2	0	0
P3	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	3	0	0
P4	SPEED	1	2	2	3	3	3	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	2	0	0
P5	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	2	4	6	8	4	2	0	0
P6	SPEED	1	2	2	4	4	6	4	2	2	1
	INCLINE	0	0	3	4	5	7	7	3	0	0
P7	SPEED	2	3	4	6	6	9	6	4	4	2
	INCLINE	0	0	2	4	4	6	4	2	0	0
P8	SPEED	1	2	2	4	4	9	9	9	8	4
	INCLINE	0	0	2	4	8	9	9	2	0	0
P9	SPEED	2	3	3	6	6	9	6	3	3	2
	INCLINE	0	0	9	9	8	4	3	3	0	0
P10	SPEED	1	2	2	4	4	4	4	6	4	3
	INCLINE	0	0	2	2	4	9	9	9	0	0
P11	SPEED	2	4	4	6	6	6	6	9	4	1
	INCLINE	0	0	9	9	9	3	4	3	0	0
P12	SPEED	1	3	3	6	9	6	9	9	6	4
	INCLINE	0	0	9	9	9	9	9	8	0	0
P13	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	4	8	9	8	9	9	0	0
P14	SPEED	2	3	3	6	9	6	9	9	6	3
	INCLINE	0	0	4	8	9	8	9	9	0	0
P15	SPEED	4	6	9	9	9	9	9	6	4	2
	INCLINE	0	0	2	3	4	4	3	2	0	0
P16	SPEED	2	4	4	9	4	9	4	9	4	9
	INCLINE	0	0	2	4	5	4	5	6	0	0
P17	SPEED	2	2	2	4	6	9	6	2	2	2
	INCLINE	0	0	2	4	6	6	4	2	0	0
P18	SPEED	3	6	3	6	6	6	6	2	2	2
	INCLINE	0	0	2	6	8	6	8	2	0	0
P19	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	9	8	6	8	6	4	0	0
P20	SPEED	4	9	4	9	4	9	4	9	4	9
	INCLINE	0	0	9	8	2	8	2	2	0	0
P21	SPEED	2	6	2	6	9	6	9	2	6	2
	INCLINE	0	0	9	8	2	8	2	2	0	0
P22	SPEED	4	6	9	6	2	6	2	2	4	2
	INCLINE	0	0	2	4	9	8	9	2	0	0

P23	SPEED	4	6	9	6	6	6	6	2	2	2
	INCLINE	0	0	2	3	4	9	9	2	0	0
P24	SPEED	4	6	9	6	4	6	4	2	4	2
	INCLINE	0	0	4	4	5	9	9	2	0	0
P25	SPEED	2	4	3	4	3	3	7	3	9	3
	INCLINE	1	2	3	3	1	5	5	6	5	0
P26	SPEED	2	5	4	6	4	7	5	3	5	2
	INCLINE	1	2	3	3	2	3	4	5	3	0
P27	SPEED	2	5	4	5	4	6	5	3	4	2
	INCLINE	1	2	2	3	1	3	3	3	3	0
P28	SPEED	2	6	7	4	4	8	5	3	5	2
	INCLINE	4	5	6	6	9	9	2	9	7	0
P29	SPEED	2	4	6	8	7	9	7	3	4	2
	INCLINE	3	5	4	4	3	5	5	4	4	0
P30	SPEED	2	4	5	5	6	6	7	4	4	2
	INCLINE	3	5	3	4	2	4	5	3	4	0
P31	SPEED	3	6	7	5	8	6	9	7	4	3
	INCLINE	2	2	3	3	2	3	5	7	3	0
P32	SPEED	3	6	7	5	8	7	8	7	5	3
	INCLINE	1	2	4	3	2	3	5	6	3	0
P33	SPEED	2	8	6	4	5	9	8	6	5	3
	INCLINE	2	2	6	2	3	5	3	3	3	0
P34	SPEED	2	3	5	3	3	6	4	7	4	3
	INCLINE	4	4	3	6	7	9	9	7	4	0
P35	SPEED	2	5	8	9	6	9	6	4	3	2
	INCLINE	1	3	5	8	1	8	7	4	3	0
P36	SPEED	2	5	5	4	4	7	5	3	4	4
	INCLINE	3	5	6	7	9	9	9	9	7	0
P37	SPEED	1	2	2	3	3	3	3	2	2	1
	INCLINE	0	0	1	1	2	2	1	1	0	0
P38	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	2	3	4	4	3	2	0	0
P39	SPEED	1	2	2	3	4	4	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	3	0	0
P40	SPEED	1	2	2	3	3	3	3	2	2	1
	INCLINE	0	0	3	7	4	4	7	2	0	0

Trouble Shooting

Problem	Possible cause	Corrective action
Treadmill does not work	a .No connect to power supply	Plug into socket
	b. Safety switch not insert	Insert safety switch in monitor
	c .Cut off the signal circuit system	Check control panel and signal cable
	d. Treadmill is not switch on	Switch on
	e. Fuse is broken	Change fuse
Belt does not run properly	a .Running belt not lubricate well	Adjust running belt by silicon
	b. Belt too tight	Adjust running belt
Belt is slipping	a. Belt is too loose	Adjust running belt
	b .Motor belt is too loose	Adjust the motor belt

MESSAGE AND SOLUTION:

Problem	Reason	How to settle the problem
Treadmill can not work	A : Did not connect the power supply	Connect the power supply
	B: Safety key did not put well	Well put the safety key on the correct position
	C: transformer did not fix well or transformer defected .	Fix well the transformer or change the transformer
	D: Electro circuit interrupt	Check the connect wire and the terminal of the connect wire ,and well connect .
Treadmill stop suddenly	A :safety key fall off	Put well the safety key .
	B: the electronic system problem	Ask for the after sale service
Key defected	Key is damaged	Change key
	Key can not work	Change key board and wire. Change pcb board. Change computer.
E1	A: Connect wire loose or defected	Well connect the wire or Change the wire
	B: computer defected	Change the computer
	C: Transformer defected	Change the transformer
	D: Controller defected	Change the controller
E2	A: Motor connect wire or motor defected	Change the motor wire or change the motor
	B: The connect wire between the motor and controller is loose or controller defected	Well connect the wire or change the controller
E 3	A : speed sensor not well put	Well put the speed sensor
	B: speed sensor defected	Change the speed sensor
	C: The connect wire between the speed sensor and the controller did not connect well	Well connect the wire ,
	D: controller defected	Change the controller
E5	Controller defected	Change the controller
	Motor defected	Change the motor
E7	Computer cannot test the safety key signal	Check the safety key ,and well put .
No pulse	Handle pulse wire did not connect well or wire defected	Well connect the wire or change the wire
	Console circuitry defected	Change the console
Console short of display	The screw on the pcb is loose	Tight well the screw
	Console defected	Change the console

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature. When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.
Exercises for your personal work-out

Warm-up / stretching exercises
A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands.   Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

6

EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.
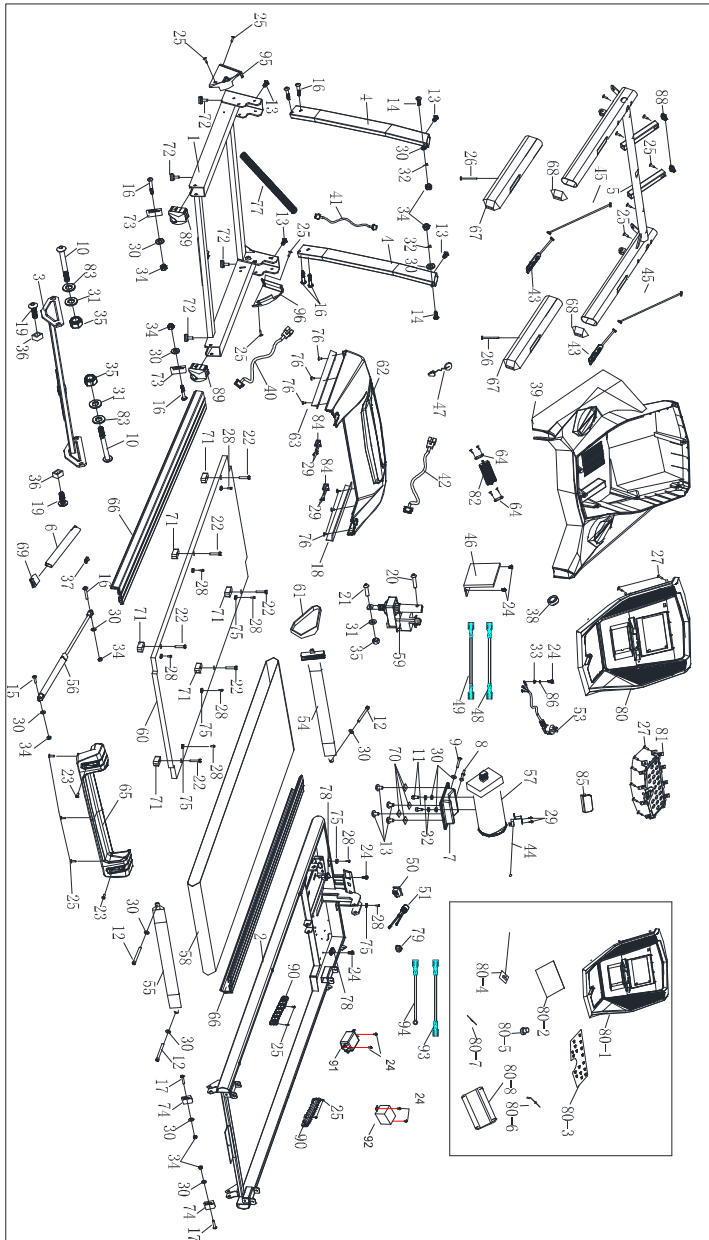

7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain
this position for 30-40 seconds if possible.

8

NO.	Description	Q'ty
1	Base frame	1
2	Platform frame	1
3	Incline frame	1
4	Stand post	2
5	Console frame	1
6	Ezfit linking parts	1
7	Motor mount	1
8	Top motor bolts weldment -1	1
9	Hexagon head whole tooth bolts	1
10	Large flat head semi hex bolt tooth	2
11	Hexagon socket head bolt whole tooth	2
12	Hexagon socket head bolt whole tooth	3
13	Hexagon large flat head screw the whole tooth	8
14	Hexagon socket head bolt whole tooth	2
15	Large flat head semi hex bolt tooth	1
16	Large flat head semi hex bolt tooth	7
17	Large flat head semi hex bolt tooth	2
18	Right fixing plate spray shield member	1
19	Hexagon large flat head screw the whole tooth	2
20	Large flat head semi hex bolt tooth	1
21	Large flat head semi hex bolt tooth	1
22	Hexagon countersunk head whole tooth bolts	6
23	Cross recessed flat head screw the whole tooth	6
24	Cross recessed flat head screw the whole tooth	11
25	Cross recessed large flat head self tapping screws	29
26	Cross recessed large flat head self tapping screws	2
27	Cross recessed large flat head self tapping screws	15
28	Cross recessed countersunk head tapping screws	6
29	Cross recessed countersunk head tapping screws	6
30	Flat Washers	15
31	Flat Washers	3
32	Spring washer	4
33	Serrated lock washer	3
34	Hexagon nuts	8

35	Hexagon nuts	3
36	PM sets	2
37	Shrapnel -1	1
38	Ring	2
39	Upper cover of console	1
40	Communication lines	1
41	Communication lines	1
42	Communication lines	1
43	Incline Handle pulse	1
44	Speed sensor	1
45	Handle pulse communication lines	2
46	Controller	1
47	Safety key	1
48	Power cable	1
49	Power cable	1
50	Rocker Switch	1
51	Fuse holder (with cable)	1
52	Speed Handle pulse	1
53	Power cord	1
54	front roller	1
55	rear roller	1
56	Cylinder	1
57	Motor	1
58	Running belt	1
59	Incline motor	1
60	running boards	1
61	Motor belt	1
62	Motor cover	1
63	left fixing plate for motor cover	1
64	Arched plate (1950CA-32)	2
65	Rear cover	1
66	Side rail	2
67	Foam grip	2
68	Oval tube plugs	2
69	Double tube plug	1

70	Square cushion	4
71	Square cushion	6
72	Tapered pads (conductive rubber)	4
73	wheel $\Phi 46$	2
74	wheel $\Phi 62$	2
75	The circular edge of the guide block	8
76	Cross recessed large flat head self tapping screws	6
77	Wire protective sleeve -2	1
78	Clamps	2
79	Power cord guider	1
80	Console set	1
81	Display (button)	1
82	Outlet	1
83	Plastic pad	2
84	Limit shield sheet	2
85	IPAD hold	1
86	Spring washer	3
87	Cross recessed pan head self tapping screws	13
88	Square pipe plug	2
89	Arcuate opening plug	2
90	Cushion	2
91	Filter	1
92	inductance	1
93	Power cord connect wire	1
94	Communication lines(Earth)	1
95	Left paddle	1
96	Righ paddle	1