

NOTE:
Please read all instructions
carefully before using this
product

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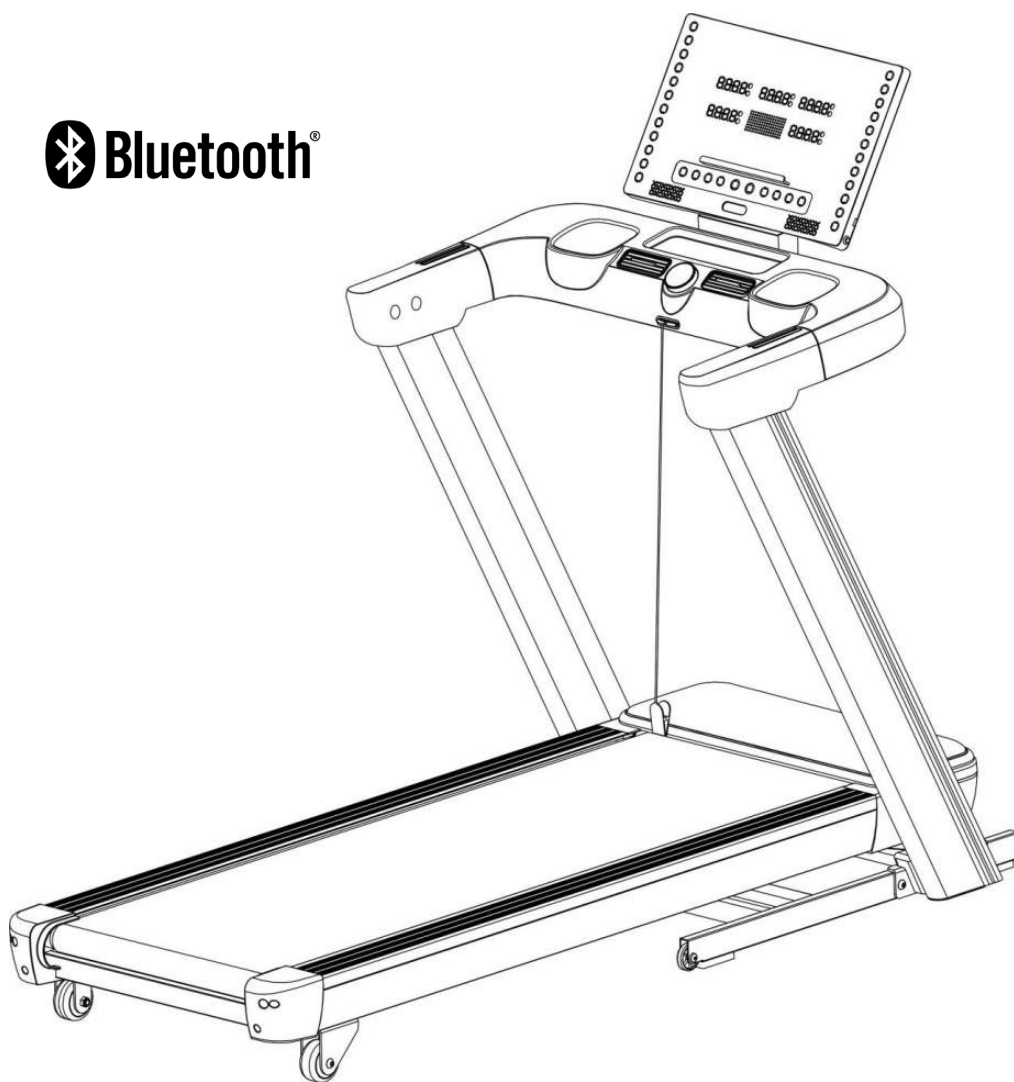
Model
ALL TERRAIN
CAMATR-4500

Retain This Manual
for Reference

OPERATING
INSTRUCTIONS
MANUAL



MARCY MOTORISED TREADMILL
CAMATR-4500 ALL TERRAIN



IMPORTANT: Please read this manual before commencing
assembly of this product.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY ALL TERRAIN CAMATR-4500 Treadmill. For your safety and benefit, please read this manual carefully before using the equipment. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our Customer Solutions Department who will offer immediate assistance.

Pure-Tec Limited
www.puretecfitness.com

Email: service@puretecfitness.com

Electrical Safety Instruction

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using this treadmill.

DANGER—To reduce the risk of electrical shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING—To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The treadmill should never be left unattended when plugged in. Unplug from the outlet when not in use and before putting on or removing parts.
2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Replace the damaged cord or plug with a new one from the manufacturer or its service agent or return this treadmill to a service center for examination or repair.
4. Keep the cord away from heated surfaces.
5. Never operate the treadmill with the air openings blocked. Keep the air opening free of lint, hair, and alike items. Never drop or insert any object into any opening.
6. Do not use it outdoors.
7. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
8. To disconnect, turn the treadmill off, then remove plug from outlet.
9. Connect this treadmill to a properly grounded outlet only. See grounding instructions.
10. This appliance is not intended for use by people with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
11. Do not carry this appliance by supply cord or use cord as a handle.
12. Household use only.
13. Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.

CAUTION—To avoid injury, use extreme caution when stepping onto or off a moving belt.

Read instruction manual before using.

Important Safety Instruction

To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

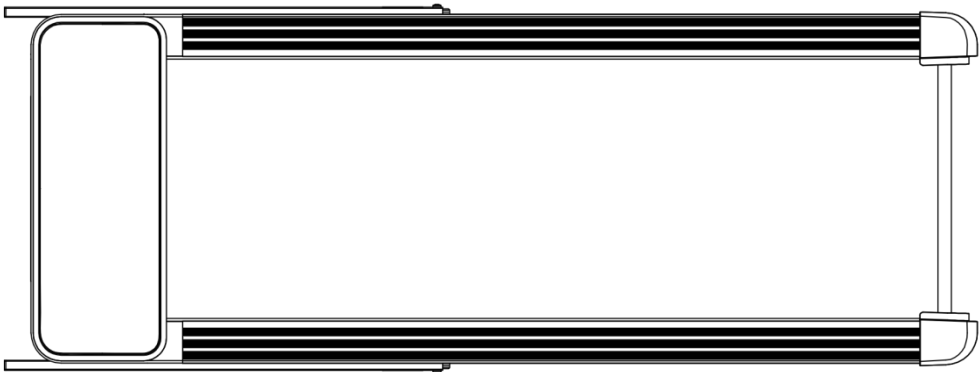
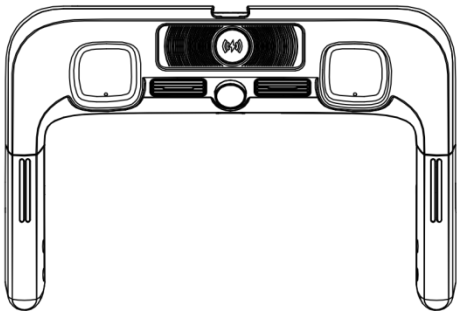
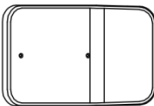
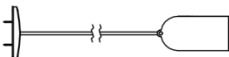
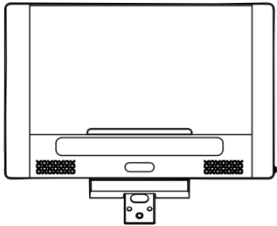
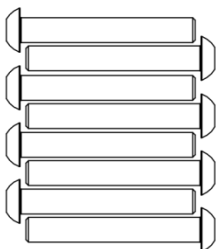
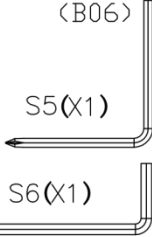
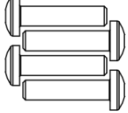
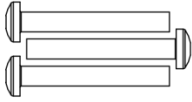
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adults use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have more than 240cm of free space behind it and 60cm on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor and home use only; it is not intended for commercial use.
13. If you don't feel well or in case of any emergency, grab the handlebars with both hands and jump onto the side rails to avoid injury.

SAVE THESE INSTRUCTIONS

Important Operating Instructions

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a low speed. To begin using, stand on the side rails while it starts up, then step onto the belt once it's in motion.
6. A safety key is provided for emergency use. The treadmill will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
7. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
8. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
9. Always stay hydrated during and after exercise.
10. Do not lift the treadmill.
11. The belt must be lubricated before the first use.

Assembly Parts and Tools Required

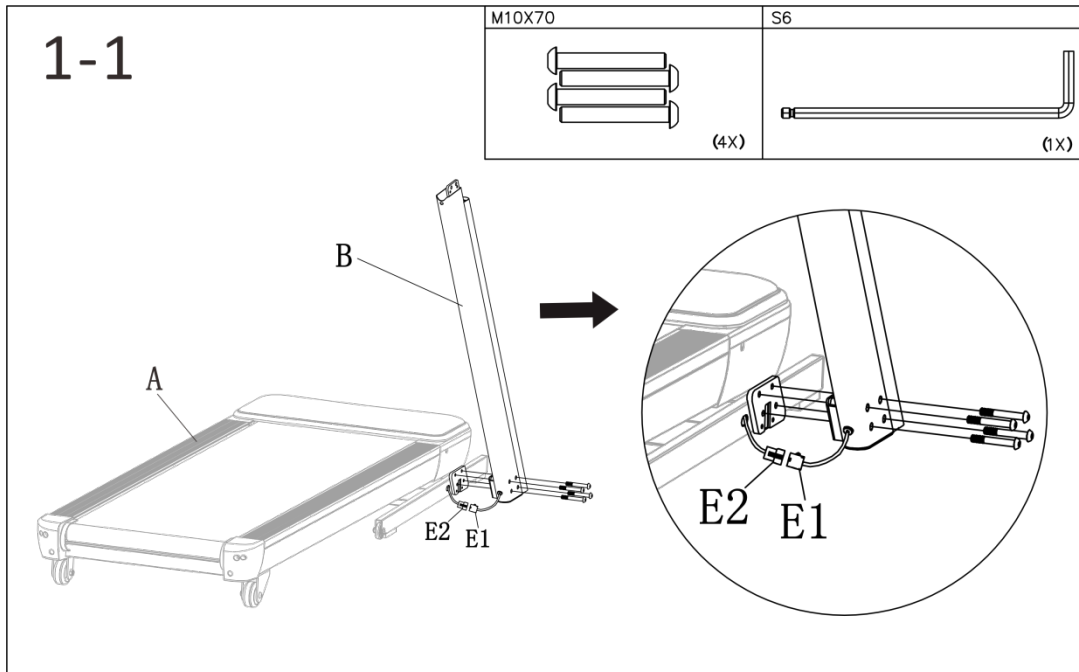
A 			
B 	C 		
D 	E  (C14)		
	F  (E12)		
	G  (B08)		
I 	H  (E10)		
	J  (C19)	M10X70 (X8)  (D25)	
(B06)  S5(X1) S6(X1) (B07)	M8X35(X4)  (D13)	M8X60(X3)  (D14)	M4X25(X2)  (D15)

Please check carefully if all items inside the packaging box are complete and in good condition.
If anything is missing or damaged, please contact customer service!

Assemble the Treadmill

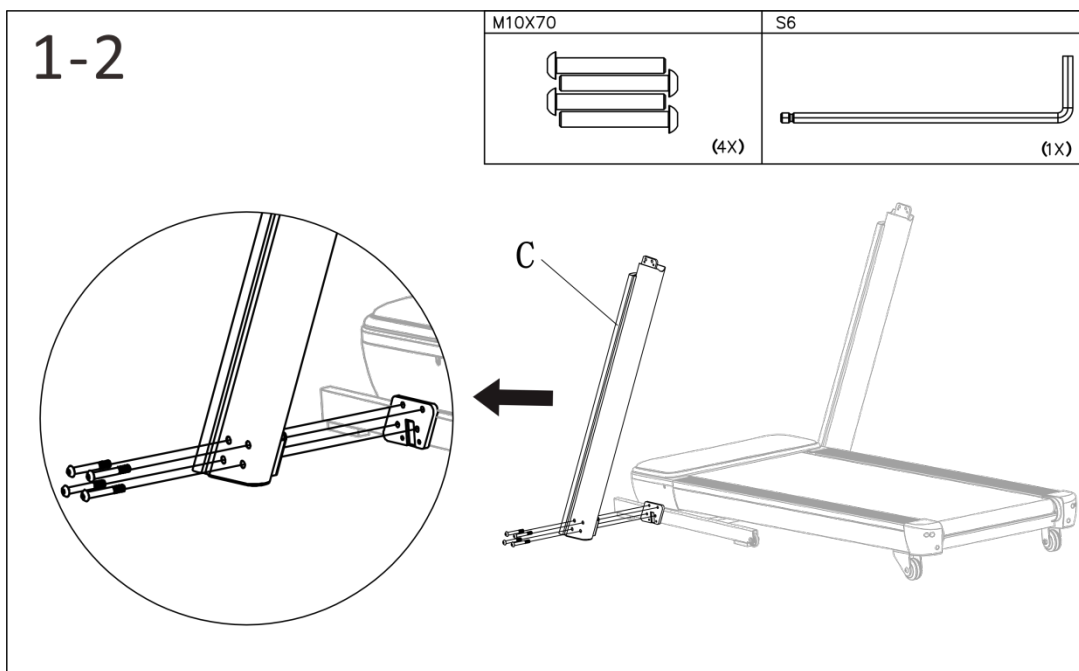
STEP 1 : Install Right Upright Tube

- Attach the **right upright tube (B)** to the main frame.
- Use the provided Allen wrench and bolts (do not fully tighten yet).
- Connect the signal wire pins **E1 (lower)** and **E2**, then place the wire inside the left frame hole.



STEP 2 : Install Left Upright Tube

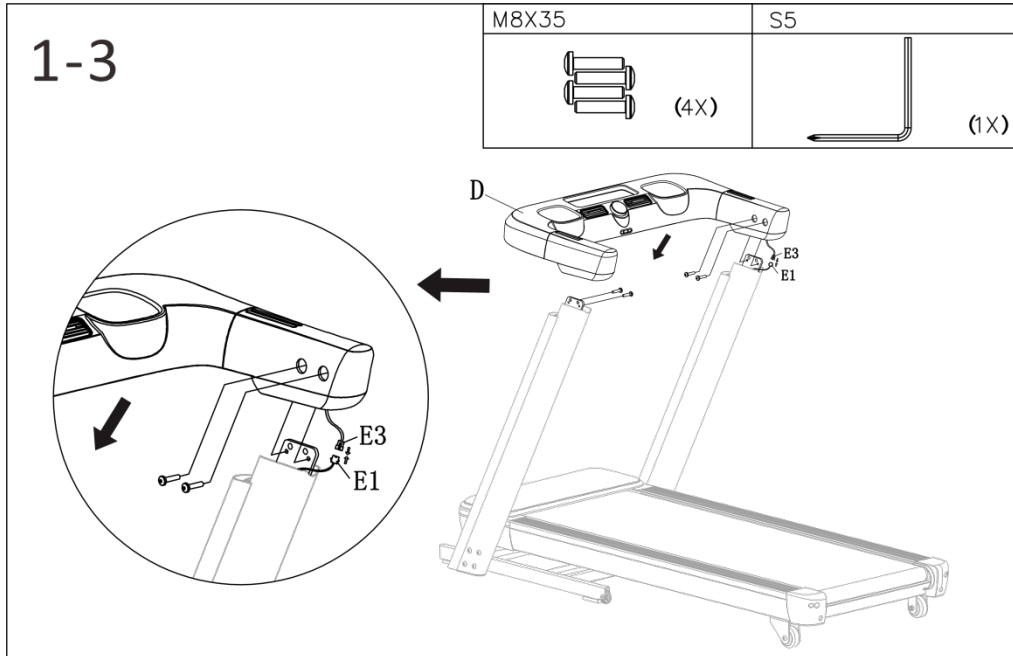
- Attach the **left upright tube (C)** to the main frame.
- Secure with bolts using the Allen wrench.
- Again, pre-tighten only at this stage.



STEP 3 : Attach Handlebar Assembly

1. Connect signal wire pins **E3** and **E1** (upper).
2. Mount the **handlebar set (D)** to both upright tubes.
3. Secure using bolts with the Allen wrench. Now fully tighten all bolts.

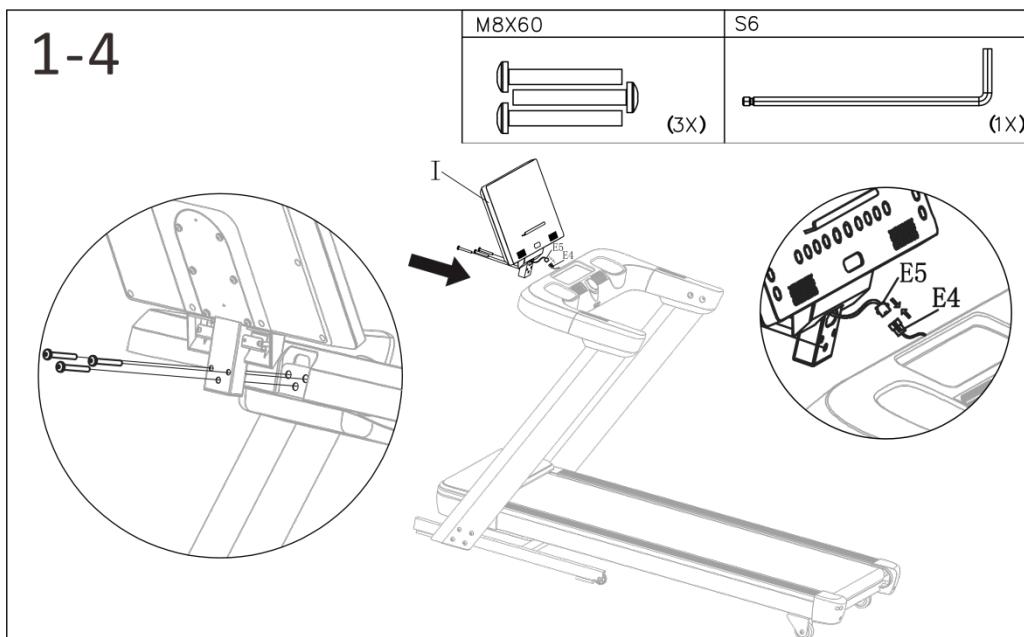
⚠ Tip: Ensure wires are not pinched during assembly.



STEP 4 : Install Console Screen

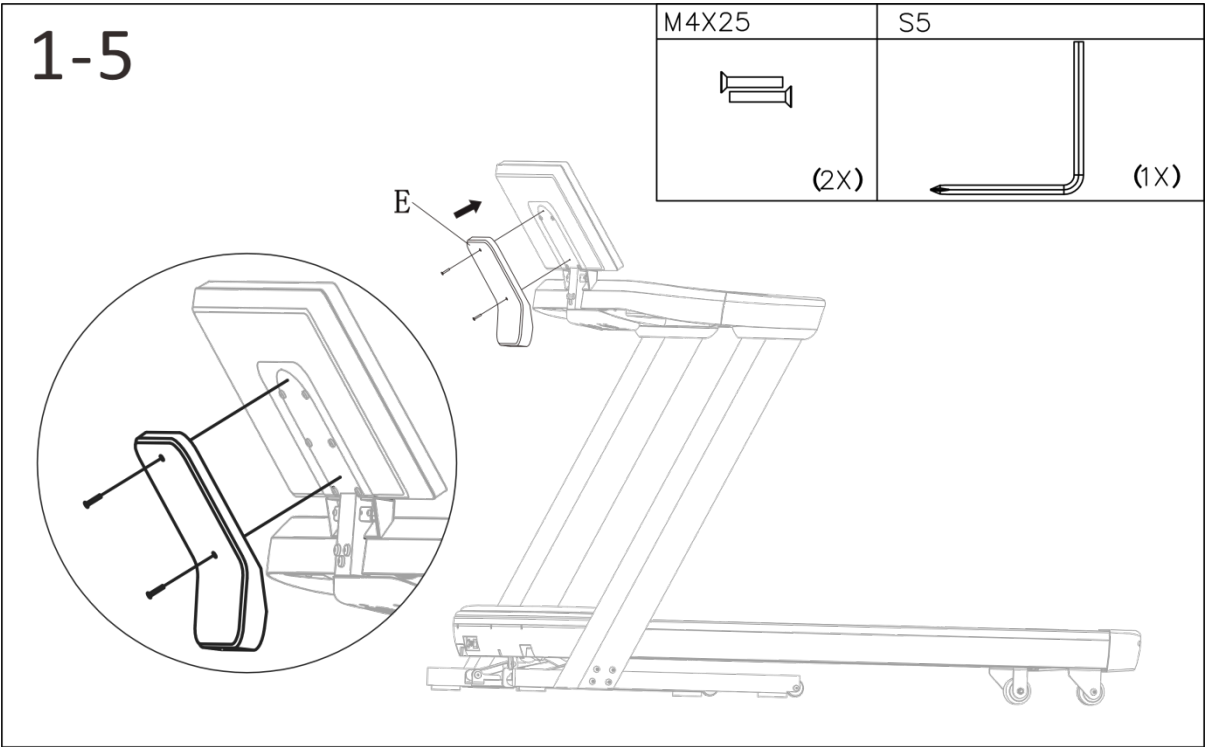
1. Connect signal wire pins E4 & E 5.
2. Attach the **console screen set (I)** to the handlebars set.
3. Secure using bolts with the Allen wrench. Now fully tighten all bolts.

⚠ Tip: Ensure wires are not pinched during assembly.



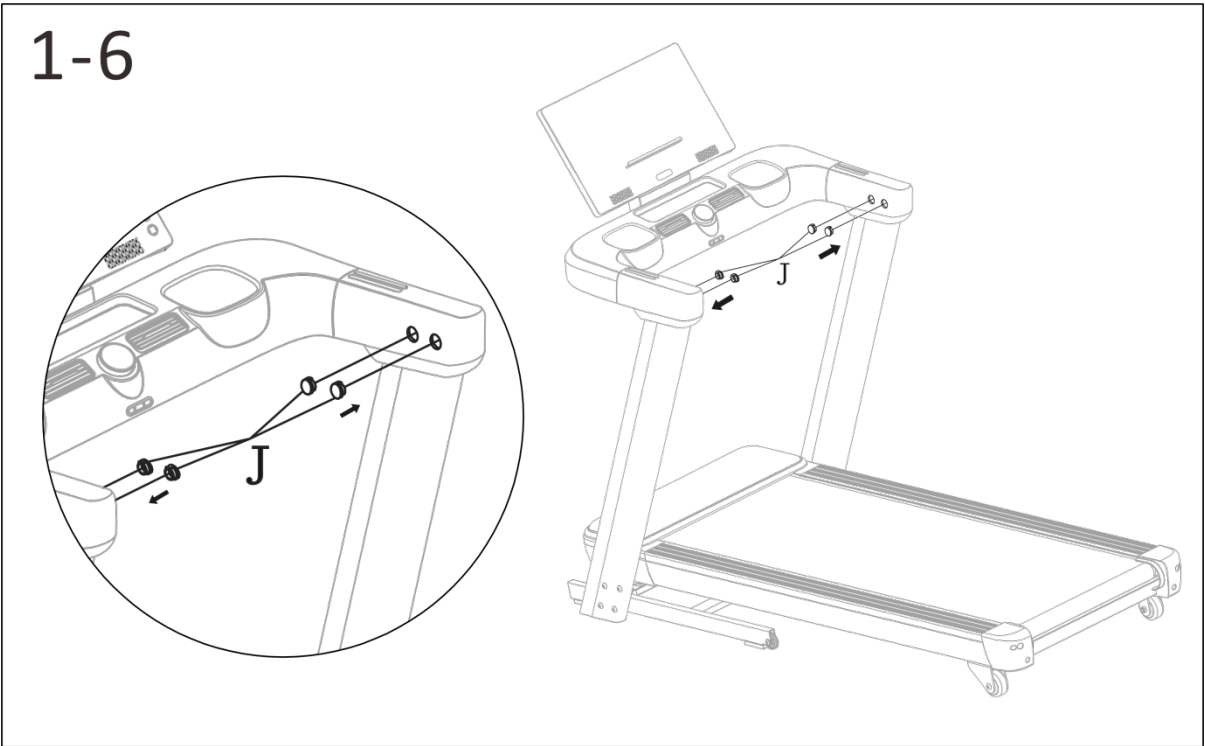
STEP 5: Install Console Back Cover

Fix console back cover (E) to the console screen set (I), secure using bolts with the Allen wrench.



STEP 6: Install Caps

Insert 4pcs of caps (J) into the left and right handlebars.



STEP 7: Final Bolt Tightening & Insert Safety Key

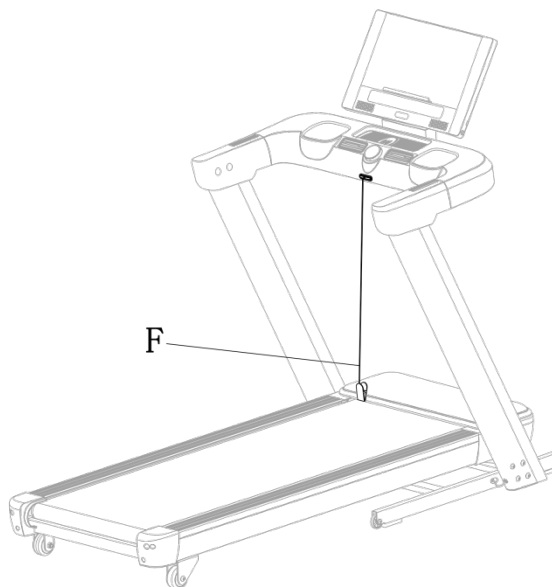
- Fully tighten all bolts from **Step 1 and Step 2**.
- Insert the **safety key (F)** into the console.

Assemble complete!

Please put the safety key to where the children are not easy to get when treadmill is not in use.

Please make sure all bolts are firmly fastened with tool before running.

1-7



How to Fold & Unfold

Power Fold Automatic Folding System

Important Note

- This treadmill folds/unfolds **automatically** using the **FOLD/UNFOLD** button on the right side of the console.
- **Do NOT manually lift or lower** the treadmill deck. Manual operation may damage the motor and void the warranty.

How to Fold/Unfold

- Press the “FOLD/UNFOLD” button on the control panel to raise or lower the treadmill.
- The treadmill will move automatically.

Caution

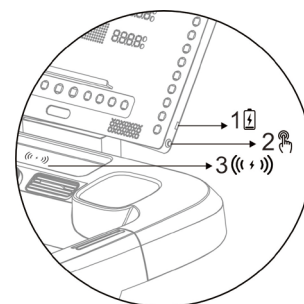
Forcing manual movement can damage the lift motor or misalign the frame. If it doesn't respond, press and hold the “FOLD/UNFOLD” button.

Following these steps ensures safe use and preserves your treadmill's performance.

This is a power folding treadmill, fold & unfold is controlled by button located on right side of console set. (**No.2 FOLD/UNFOLD button**)

Unfold the treadmill:

Attention: Before unfolding, please make sure that there are no people, pets or objects are under the running deck to avoid possible injuries caused by crushing.



-When the treadmill is folded, and the window shows current state of FOLD, short press of FOLD/UNFOLD button to unfold.

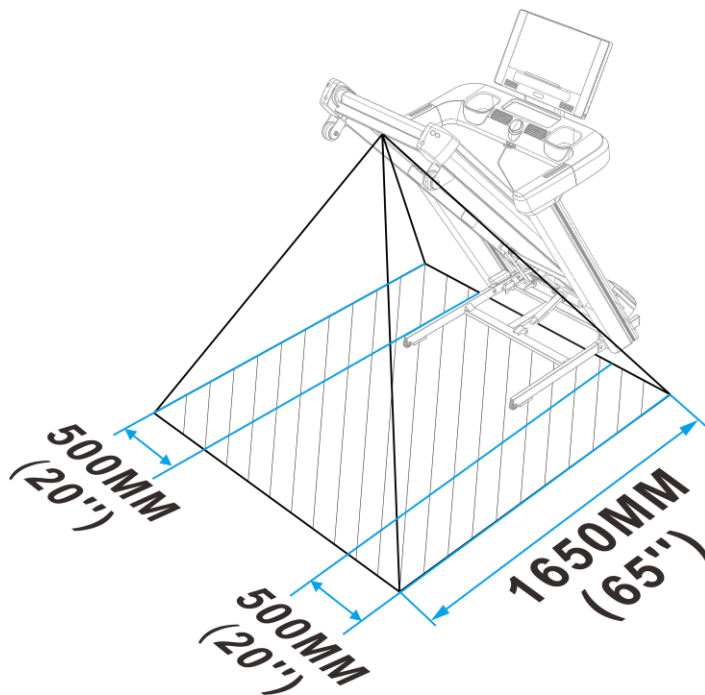
-During the process of unfolding, the display will show UNFOLDING, and finish unfolding without any interference. After finishing unfolding, machine will enter standby mode.

-During the process of unfolding, if you press FOLD/UNFOLD button again, the unfolding will pause, and the window will show FOLDPAUSE. Press FOLD/UNFOLD button again to continue the unfolding.

Warning:

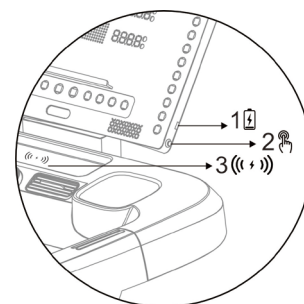
For your safety, please do not get too close to the treadmill during the process of unfolding. (Please take the drawing below as reference for sensor detect area)

This treadmill is built-in with infrared sensor. If sensor detects that there is person or pet inside the detect area and too close to the machine, the system will remind with warning sound and unfolding will pause. If the warning sound appears and unfolding pauses, please leave away from the detect area, unfolding will continue after 2 or 4 seconds.

**Fold the treadmill:**

Attention: Before folding, please make sure that there are no people, pets or objects are placed on the running deck.

To fold it, press **No.2 “FOLD/UNFOLD”** button on the side of the console to initiate power folding.



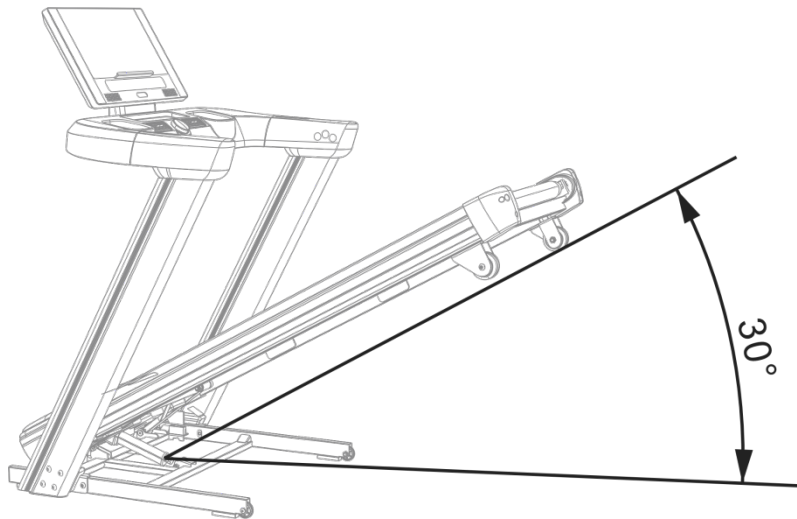
-During the process of folding, the console will display “FOLDING”. Pressing the button again to pause, the display shows “FOLDPAUSE”. Press the button again to continue folding process.

Forced unfolding:

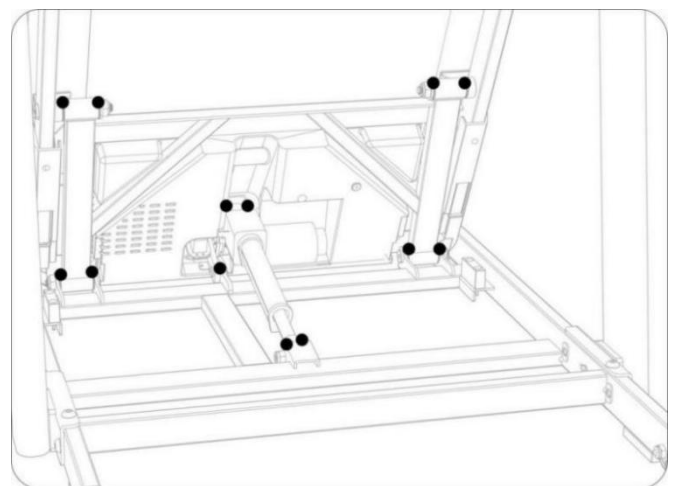
When the treadmill is folding and you want it to unfold, long press the FOLD/UNFOLD button and hold on for more than 2 seconds, the machine will be forced to unfold.

Attention:

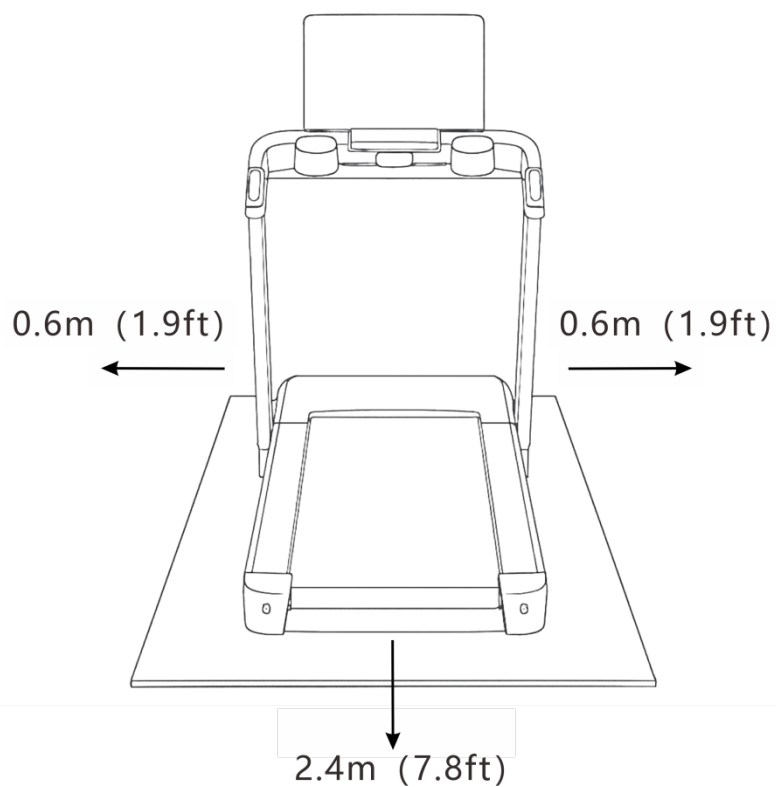
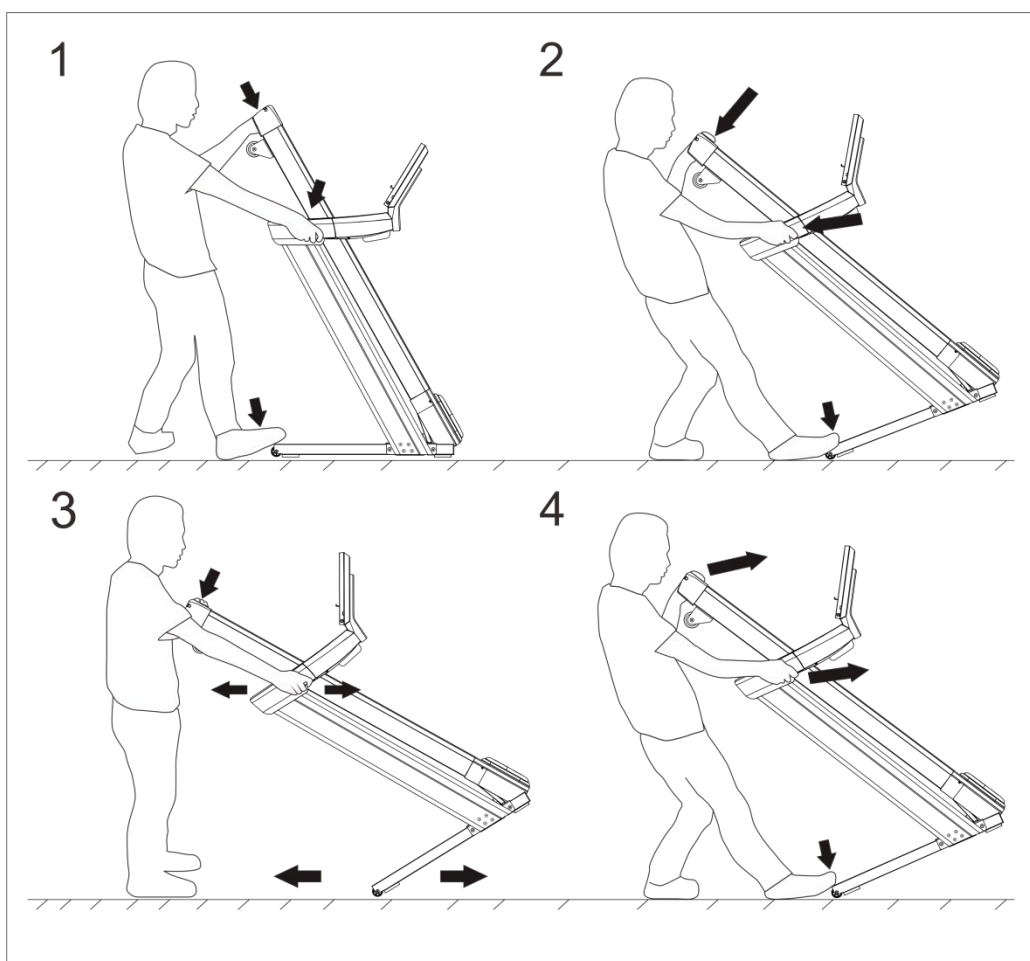
1. After the folding is enabled, if there is person standing on the running deck, and the folding angle is not more than 30 degrees, the system will detect obstruction, and machine will change from FOLDING state to UNFOLDING state and return to the unfolding state.
2. If the folding angle is more than 30 degrees and the folding is obstructed, the treadmill will detect, and folding will stop, console show “FOLD”. Press FOLD/UNFOLD button, machine will change from FOLDING state to UNFOLDING state and return to the unfolding state.

**Lubrication of folding mechanism:**

1. This treadmill contains a power folding mechanism, machine noise during the process of folding/unfolding is normal and not a defect.
2. If the treadmill has been used for a long time, and the folding/unfolding process is accompanied with unusually abnormal noise, it means that the actuator shaft may need to be lubricated. If this happens, you can fold the treadmill and lubricate the joint parts with mechanical lubricating oil to reduce noise, as shown:



Treadmill Moving and Proper Placement



Important Electrical Information

WARNING:

This treadmill requires the right power source to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and our user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that is illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

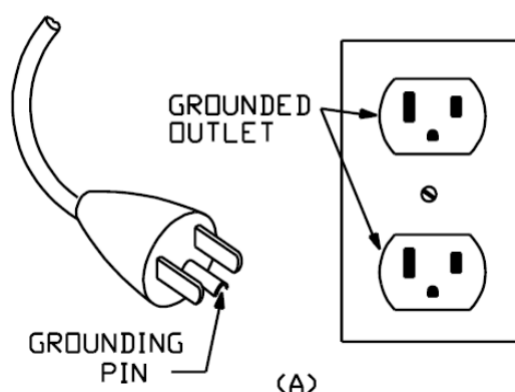
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

WARNING!

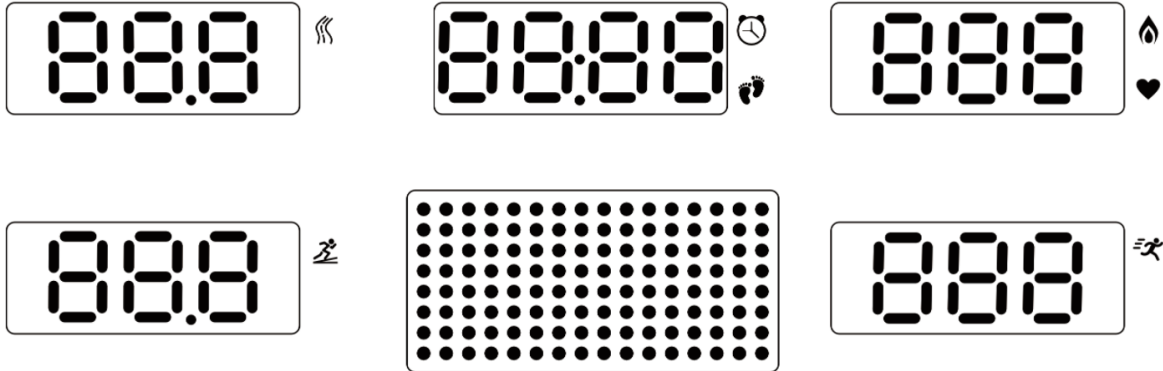
1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



Operation Guide

Window Display



-  1. Displays current distance.
-  2. Shows the elapsed workout time, starting from **0:00**. When the maximum time limit is reached, the treadmill will automatically stop.
-  3. Displays number of steps the user has walked.
TIME/ STEPS readings share the same display window and alternate every 5 seconds.
-  4. Shows total number of calories burned during the workout.
-  5. Shows the user's current heart rate.
Hold the hand pulse sensor on the handlebar with both hands, and connect a Bluetooth® heart rate monitor, the console will show user's pulse value after 5 seconds.
Note: This is for reference only, not medical use.

The CALORIES and PULSE readings share the same display window.

- When the pulse is detected, the window will show your pulse.
- When the pulse is not detected, the window will display calories burned instead.

-  6. Shows current treadmill speed. Press “SPEED+/-” buttons to adjust the speed of the treadmill.

When the decline is set to -3, -2, or -1, the speed range is limited to 1-13km/h.

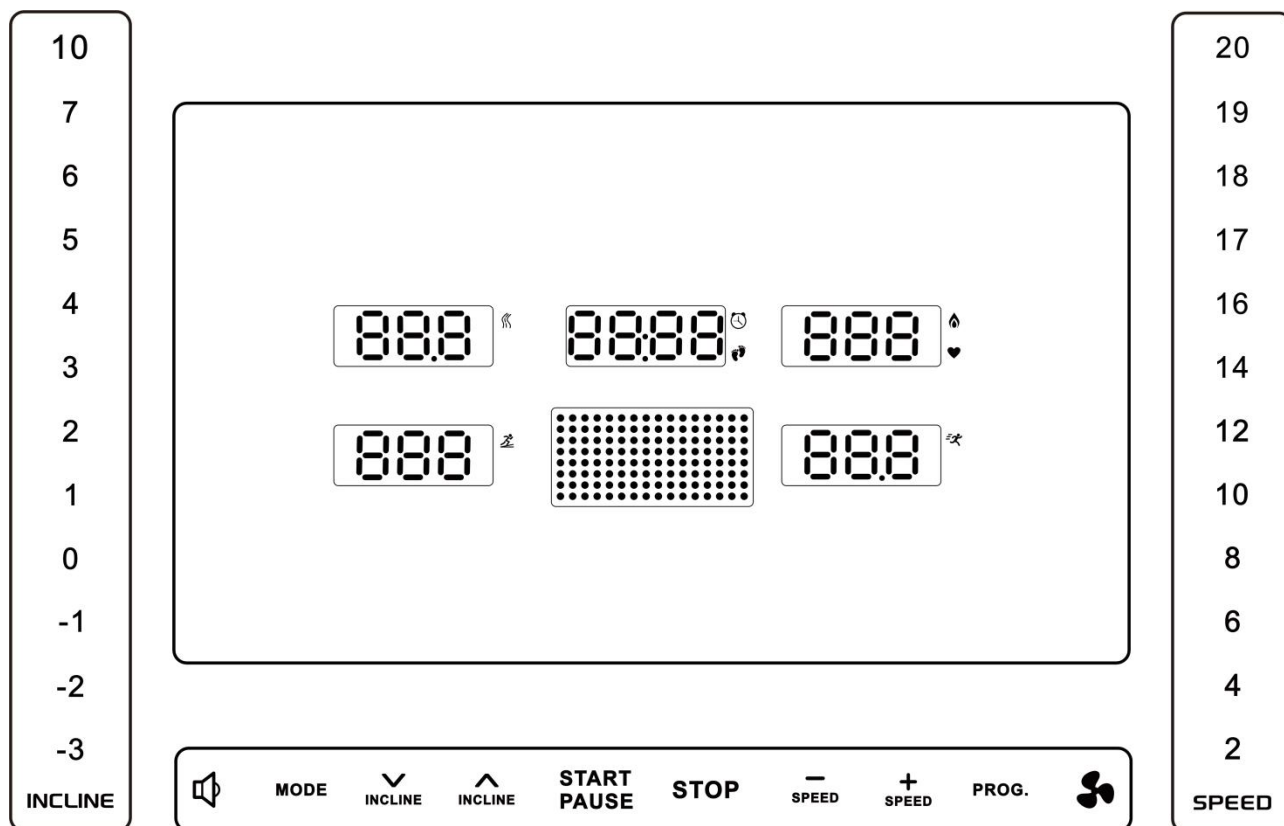
When the incline is set to 0 – 10, the speed range is limited to 1-22km/h.

7. Matrix window:

- In **Running Mode**, the matrix window displays the number of laps completed.
- In **Program (PROG.) Mode** displays the program profile or chart.

-  8. Shows the current inclined level of the treadmill. Use the “INCLINE ^/V” buttons to adjust the slope.

Console Button Function



1. Volume Control (Bluetooth® Audio)

Short press to increase the volume.

Long press to decrease the volume.

2. MODE Button: Countdown Settings

Press the “MODE” button to cycle through the following countdown options:

- Time Countdown - Distance Countdown - Calories Countdown

Press the “START/PAUSE” button to begin the selected mode.

2.1 Time Countdown

While in standby mode, press the “MODE” button until the TIME window displays the default value.

Use the “INCLINE $\wedge/\vee$ ” or “SPEED $-/+$ ” buttons to adjust the countdown time.

Press “START/PAUSE” to begin.

2.2 Distance Countdown

In standby mode, press “MODE” until the DISTANCE window displays the default value.

Adjust the distance using the “INCLINE $\wedge/\vee$ ” or “SPEED $-/+$ ” buttons.

Press START/PAUSE to begin.

2.3 Calories Countdown

In standby mode, press “MODE” until the CALORIES window shows the default value.

Use the “INCLINE $\wedge/\vee$ ” or “SPEED $-/+$ ” buttons to set your target calories.

Press “START/PAUSE” to begin.

3. INCLINE $\vee$ (Down) (Incline range: -3% to 10%)

Press to decrease the incline level.

4. INCLINE ^ (Up) (Incline range: -3% to 10%)

Press to increase the inclined level.

5. Quick Incline Buttons

Press any of these buttons to jump directly to a specific incline level:

-3, -2, -1, 0, 1, 2, 3, 4, 5, 6, 7, 10

6. START/PAUSE

Press to start the treadmill or to pause a workout.

Press again to resume after pausing.

7. STOP

Press to stop the treadmill completely.

8. SPEED - (Speed range: 1-22km/h)

Press to decrease speed in increments of 0.1.

9. SPEED + (Speed range: 1-22km/h)

Press to increase speed in increments of 0.1.

10. Quick Speed Buttons

Press to instantly set the treadmill to a specific speed:

2, 4, 6, 8, 10, 12, 14, 16, 17, 18, 19, 20

11. PROG (Program Mode)

11.1 Default Programs

While in standby mode, press the “PROG” button to access the 26 preset programs.

Use “INCLINE ^/V” to select a program.

Then use “SPEED -/+” to set the duration for that program.

Press “START/PAUSE” to begin.

Each program consists of 16 segments.

- You can manually adjust speed and incline during any segment.

- However, at the start of each new segment, the treadmill will revert to the default speed and incline settings for that segment.

- After all 16 segments are completed, the treadmill will stop automatically.

		TIME INTERVAL= setting time/16 (Speed Unit: kilometer per hour)															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	2	3	3	5	3
	SLOPE	-2	-2	-1	-1	-1	0	0	0	-1	-1	-2	-1	-1	-1	-1	-1
P2	SPEED	2	4	4	5	6	4	6	6	6	4	4	2	2	5	4	2
	SLOPE	-2	-1	-1	-1	-1	0	0	-1	-1	-1	-1	-1	0	0	-1	-1
P3	SPEED	2	4	4	6	6	4	7	7	7	4	4	2	4	5	3	2
	SLOPE	-1	0	0	-1	-1	0	0	0	-1	-1	-1	-1	1	0	-1	-1
P4	SPEED	3	5	5	6	7	7	5	7	7	8	5	6	6	4	4	3
	SLOPE	-1	0	0	-1	-1	0	0	0	-1	-1	-1	-1	1	0	-1	-1
P5	SPEED	2	4	4	5	6	7	7	5	6	7	3	3	6	5	4	2
	SLOPE	0	0	0	1	1	2	2	2	1	1	1	1	2	-1	-1	-1
P6	SPEED	2	4	4	4	5	6	8	8	6	7	4	2	5	4	3	2
	SLOPE	0	2	2	2	1	1	1	0	0	0	0	1	1	1	0	-1
P7	SPEED	2	3	3	3	4	5	3	4	5	3	3	6	6	5	3	3
	SLOPE	1	1	1	1	0	0	3	3	3	4	4	5	5	2	1	1
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	2	3	4	4	2
	SLOPE	1	2	2	2	3	3	3	4	5	6	6	6	7	5	3	0
P9	SPEED	2	4	4	7	7	4	7	8	4	8	4	5	6	3	3	2
	SLOPE	2	2	2	3	3	3	1	1	3	3	2	2	5	4	1	-1

P10	SPEED	2	4	5	6	7	5	4	6	8	8	4	2	4	4	3	3
	SLOPE	2	3	3	3	4	2	5	5	1	1	1	2	2	5	3	0
P11	SPEED	2	5	8	10	7	7	10	10	7	7	9	9	5	5	4	3
	SLOPE	1	2	0	-1	3	3	-1	-1	-1	-1	-1	1	2	2	-1	-3
P12	SPEED	2	4	9	9	5	9	5	8	5	9	9	9	5	7	6	3
	SLOPE	-2	-1	0	-1	0	2	2	-3	-3	-1	0	2	4	2	0	0
P13	SPEED	2	6	7	5	9	9	7	5	5	7	9	5	9	9	4	3
	SLOPE	0	0	2	3	2	0	0	4	2	0	-1	-3	-3	0	-1	-2
P14	SPEED	2	2	4	5	6	5	4	3	2	1	6	5	4	3	2	1
	SLOPE	1	1	1	1	0	0	3	3	3	4	4	5	5	2	1	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	6	6	4	4	2	2
	SLOPE	0	0	0	1	1	2	2	2	1	1	1	1	2	-1	-1	-1
P16	SPEED	2	3	3	3	4	5	5	5	3	3	2	4	2	3	5	3
	SLOPE	-2	-2	-1	0	0	-1	-1	-1	-1	-2	-2	-1	-1	-2	-1	-1
P17	SPEED	2	4	4	4	6	5	6	6	6	4	2	4	2	5	4	2
	SLOPE	-2	-1	-1	0	0	-1	-1	-1	-1	-1	-1	-1	0	0	-1	-1
P18	SPEED	2	4	4	4	7	6	6	7	7	4	4	4	2	5	3	2
	SLOPE	-1	0	0	0	0	0	-1	-1	-1	-1	-1	1	1	-1	-1	1
P19	SPEED	2	5	5	7	5	6	7	7	7	8	6	5	6	4	4	3
	SLOPE	-1	0	0	0	0	0	-1	-1	-1	-1	-1	-1	1	1	-1	-1
P20	SPEED	2	4	4	7	7	5	6	5	6	7	6	3	3	5	4	2
	SLOPE	0	0	0	2	2	2	1	1	1	1	1	1	2	0	-1	-1
P21	SPEED	2	4	4	6	8	4	5	8	6	7	5	4	2	4	3	2
	SLOPE	0	2	2	1	1	0	2	1	0	0	0	1	1	0	0	-1
P22	SPEED	2	3	3	5	3	3	4	4	5	3	6	3	6	5	3	3
	SLOPE	1	1	1	0	3	3	1	0	3	4	4	5	5	6	1	1
P23	SPEED	2	3	3	7	4	6	7	6	7	4	3	4	2	4	4	2
	SLOPE	1	2	2	3	3	4	2	3	5	6	6	6	7	7	3	0
P24	SPEED	2	4	4	4	7	7	7	8	4	8	6	4	5	3	3	2
	SLOPE	2	2	2	3	1	1	3	3	3	3	2	2	5	6	1	-1
P25	SPEED	2	5	5	5	7	7	7	8	4	7	5	4	5	3	3	2
	SLOPE	1	2	2	3	1	1	3	3	2	2	4	4	6	6	3	-3
P26	SPEED	2	4	4	5	8	7	7	8	4	8	6	4	5	3	3	2
	SLOPE	1	2	2	3	2	2	3	3	4	4	2	2	5	6	6	-1

11.2 User Self-setting Programs

- Under standby mode, press the “PROG.” button until the window displays U1, U2, U3, U4, or U5.

Select a user program, then press the “SPEED - / +” or “INCLINE $\wedge/\vee$ ” buttons to set the desired time. Each user program can include up to 16 sections.

Press the “MODE” button to confirm and proceed to section 1 setup.

Use the “INCLINE $\wedge/\vee$ ” buttons to set the incline, and the “SPEED - / +” buttons to set the speed for section.

Press the “MODE” button to confirm and move to the next section.

Repeat the process until all 16 sections are configured.

Press the “START/PAUSE” button to begin the program.

You can set a target duration for each session using the user-defined programs, up to a maximum of 99 minutes.

11.3 Heart Rate Control Programs (HP1, HP2, HP3)

To use a Heart Rate Control (HP) program, a **Bluetooth® wireless heart rate monitor** is required.

Note: Before starting an HP program, please refer to the manual section on “*Connecting to Wireless Wearable Devices for Heart Rate Monitoring*” and ensure your Bluetooth device is successfully connected to the treadmill.

Getting Started

1. While in **standby mode**, press the “PROG.” button until **HP1**, **HP2**, or **HP3** appears on the screen.
2. Select your desired HP program.
3. Use the “SPEED -/+” or “INCLINE $\wedge/\vee$ ” buttons to set your **target time**.
4. Press “START” to begin. The treadmill will run using the default settings shown below:

Program	Default Age	Target Heart Rate (BPM)	Max Speed
HP1	30	142 BPM	8km/h
HP2	30	161 BPM	9km/h
HP3	30	190 BPM	10km/h

Customizing Heart Rate Settings

To adjust the default age and target heart rate (BPM):

1. After selecting an HP program, press the “MODE” button to enter the **age setting**.
 - Use “SPEED -/+” or “INCLINE $\wedge/\vee$ ” to set your age (range: 15–80).
 - The system will automatically calculate a suggested target heart rate based on your age.
2. To customize the **target BPM**, press “MODE” again.
 - Use “SPEED -/+” or “INCLINE $\wedge/\vee$ ” to set a BPM value (range: 100–210).
3. Press “MODE” again to enter the **time setting**.
 - Adjust the target workout time using “SPEED -/+” or “INCLINE $\wedge/\vee$ ”.
4. Press “START” to begin the program.

During the Program

- You may manually adjust the **speed** or **incline** at any time.
- However, the system will automatically increase or decrease speed and incline to help you maintain your **target heart rate**.

Note: Heart rate data is for reference only and should not be used for medical purposes.

11.4 Body Fat Test

Follow these steps to perform a body fat test on the treadmill:

A. Enter Body Fat Mode

- While in standby mode, press the “PROG.” button until the display shows **FAT**.
- Use the “SPEED -/+” or “INCLINE $\wedge/\vee$ ” buttons to set **F-1 (Sex)**.

B. Input Personal Information

Press the “MODE” button to confirm and proceed through the following settings:

- **F-2: Age**
- **F-3: Height**
- **F-4: Weight**

For each item, use the “SPEED -/+” or “INCLINE $\wedge/\vee$ ” buttons to adjust the value, and press “MODE” to confirm before moving to the next.

C. Start Body Fat Test

- After entering your personal data, press the “MODE” button to enter **F-5**.
- Grasp the pulse sensors on the handlebars with both hands for approximately **5 seconds**.
- The display will then show your **body fat percentage**.

You can refer to the body fat classification table in the manual to interpret your results.

BODY FAT TEST			
F-1	Sex	01-Male	02-Female
F-2	Age	10-99	
F-3	Height (cm)	100-200	
F-4	Weight (kg)	20-150	
F-5	Fat	≤19	Thin
	Fat	=(20-25)	Normal
	Fat	=(26-29)	Over-weighted
	Fat	≥30	Obese
Warning: The test result cannot be regarded as medical value; it is only for reference!			



Fan Button:

Press this button to turn the fan **on**, adjust the speed, or turn it **off**.

- **1st press:** Fan turns on at **Level 1**
- **2nd press:** Fan switches to **Level 2**
- **3rd press:** Fan turns **off**

Knob Functions

- **Short press** the knob to begin a **3-2-1 countdown**, then the workout will start automatically.
- The display will rotate every 5 seconds between:

• **TIME / SPEED**

• **DISTANCE / PACE**

• **CALORIES / INCLINE**



During Workout:

- Turn the knob left to decrease the speed.
- Turn the knob right to increase the speed.



After Workout Starts:

- Short press the knob to pause the workout.
- Long press the knob to stop the workout completely.

Bluetooth® Connectivity Guide

1. Connecting to Fitness Apps

A. Kinomap App

- Open the **Kinomap** app and add new equipment.
- Under the **TREADMILL** interface, select **FTMS**.
- Choose the Bluetooth device name that begins with “**TR7000**”.
- Press the “**START/PAUSE**” button on the treadmill to begin the workout.

B. Zwift App

- In the **PAIRED DEVICES** interface, select **RUN SPEED**.
- Choose the Bluetooth device name that begins with “**TR7000**”.
- Press the “**START/PAUSE**” button on the treadmill to begin the workout.

2. Connecting to Bluetooth® Audio

- Enable Bluetooth® on your phone or device.
- Search for and connect to the Bluetooth® name that begins with “**TR7000-A**”.
- Once connected, your device’s audio will play through the treadmill’s built-in speakers.

Volume Control:

- You can adjust the volume from your device’s volume controls or use the volume control button on the treadmill itself.

3. Connecting to Wireless Wearable Devices for Heart Rate Monitoring

This treadmill supports Bluetooth-compatible wearable heart rate monitors.

Device Requirements:

- Must have a **heart rate broadcast** feature.
- Must support a **standard Bluetooth® protocol**.

Before Connecting:

- In most cases, the heart rate broadcast function is turned **off** by default to save battery.
- To display heart rate on the treadmill, **enable the broadcast mode** in your wearable device’s settings menu.

Connection Notes:

- Keep your wearable device within **5 m (approx. 16 ft)** of the treadmill.
- Once broadcasting is enabled, the treadmill will **automatically detect and display** your heart rate

Device Charging Options

Method 1: USB Charging

Connect your device using a charging cable to the **USB port** (refer to **Area 1** on the console).

Method 2: Wireless Charging

If your device supports **wireless charging**, simply place it on the designated **wireless charging area** to begin charging. (refer to **Area 3** on the console).

 **Note:** Ensure your device is compatible with wireless charging before using this feature.

Lubrication Reminder Function

This treadmill features an automatic lubrication reminder.

- After every **187 miles (300 km)** of accumulated use, the treadmill will require lubrication.
- The console will display **“OIL”**, and a **beeping sound will occur every 10 seconds** as a reminder.
- When this happens, refer to the user manual and apply treadmill oil to the **center of the running deck**.

To reset the reminder:

After lubrication is complete, press and hold the **“STOP”** button for **3 seconds** in standby mode. The alert and sound will be turned off.

Safety Lock Function

For your protection, this treadmill includes a **safety key system**.

- If the safety key is removed during operation, the treadmill will **stop immediately**.
- The display will show **“—”** and an alert sound will play.
- The treadmill will not function until the safety key is **properly reinserted**.

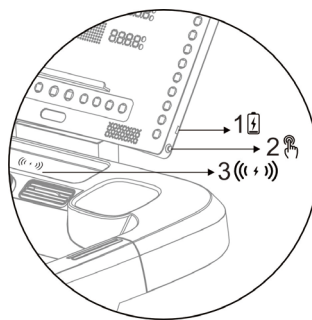
Power Saving Function

To conserve energy, the treadmill automatically enters **power-saving mode**:

- If the treadmill is in **standby mode** and no buttons are pressed for **10 minutes**, the display will turn off.
- Press any button to **wake up the display** and resume use.

Caution & Safety Tips

1. **Start Slow:** Begin each workout at a slow speed and hold the handrails until you feel comfortable.
2. **Use Safety Key:** Always insert the safety key into the console and attach the clip to your clothing before starting.
3. **Safe Stopping:** To end your session, either press the **“STOP”** button or **remove the safety key**—the treadmill will stop immediately.



Troubleshooting

Problem	Possible Cause	Suggested Action
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted and console shows “---- ----”	Insert Safety Key into console
Running belt misaligned	Uneven belt tension	Adjust rear roller bolts on both sides
Display not working	Loose wire connection	Check all wires between the PCB and control board
E01: Software over current	Overcurrent condition	1. Power off and restart 2. Replace control board
E02: Hardware over current	Overcurrent condition	
E03: Control Board Overheating Protection	Damage or overheating	1. Power off and restart 2. Replace control board
E04: Low Voltage Protection	Input voltage too low	1. Power off and restart 2. Replace control board
E05: Over Voltage Protection	Input voltage too high	1. Power off and restart 2. Replace control board

E06-E09 Motor or motor wire connection abnormality. E06, E07, E08 or E09 error code, please power off the machine, and power on after 1 minute to see if machine can work normally. If treadmill still does not operate, possible problem and solution:	Motor issue or wiring fault.	Check motor wires to see if the motor is well connected. If the wires have been punctured or damaged or lose, you will need to replace or re-fix the wires. If the problem is not rectified, you may need to replace the motor
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	1. Inspect moving parts of the treadmill to ensure that they are operating correctly. 2. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. 3. Check the control board, replace it if damaged. 4. Lubricate the treadmill.
	The incoming voltage is too low or too high. The control board is damaged.	1. Restart the treadmill. 2. Check the incoming voltage to ensure it's correct.
E10: Overload protection	Treadmill experienced an electrical overcurrent	1. Over current, power off and then restart to check if treadmill can work. 2. If the problem is not rectified, you may need to replace the control board or motor.
E12: Communication failure	Treadmill systems failed to communicate properly with each other	1. Power off and then restart to check if treadmill can work. 2. Check all connection wires from console to the control board. Replace them if they are punctured or damaged. 3. If the problem is not rectified, you may need to replace the control board or PCB board.
E15: Servo motor failure	1. When a servo motor fault occurs, it may be caused by incorrect positioning. 2. The treadmill can still operate normally, but incline and folding functions will be disabled. 3. Servo recalibration procedure.	1. Disconnect the safety key. 2. Simultaneously press and hold both Incline- and STOP buttons for 3 seconds. 3. Release when you hear a beep - the servo will automatically begin recalibration 4. Wait for recalibration to be completed before normal operation resumes.

Maintenance & Care

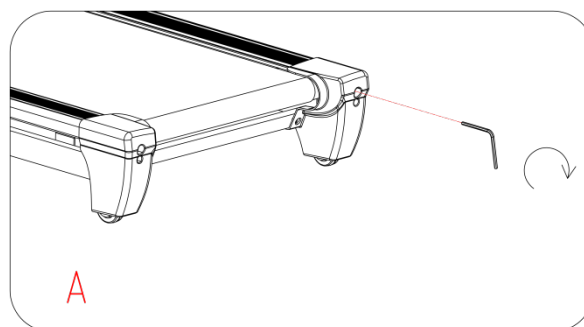
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth. Children without supervision shall not do the cleaning or maintenance by themselves.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

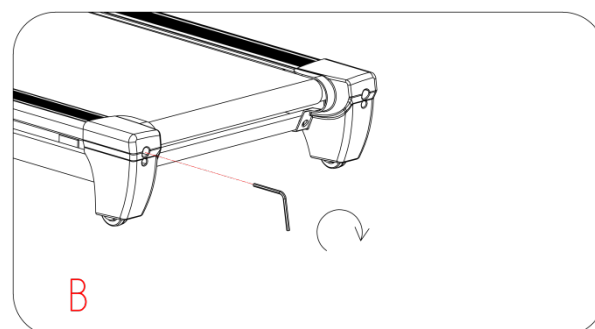
Centering the Running Belt:

Place the treadmill on level ground and set it at 6-9 km/h (3.7-5.6 mph). Center the running belt when one side of the running belt drifts.

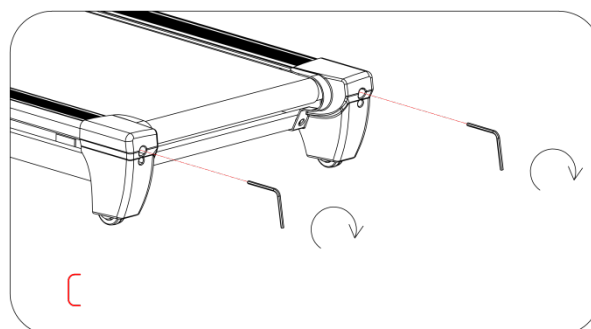
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counterclockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counterclockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt, turn the Left & Right-side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



Lubricating the Treadmill

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

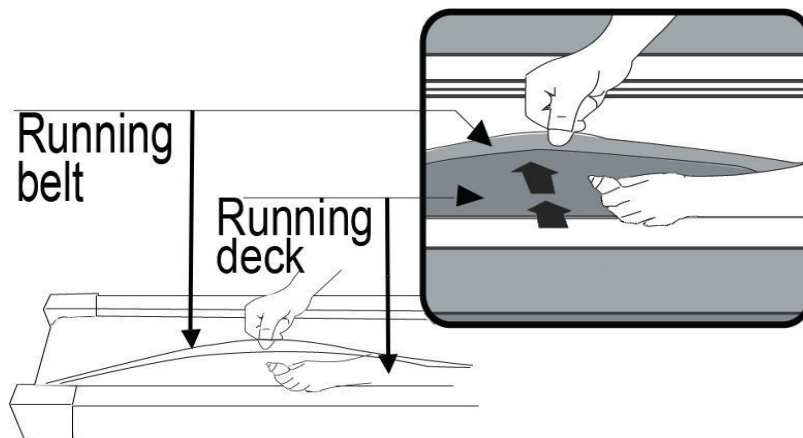
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

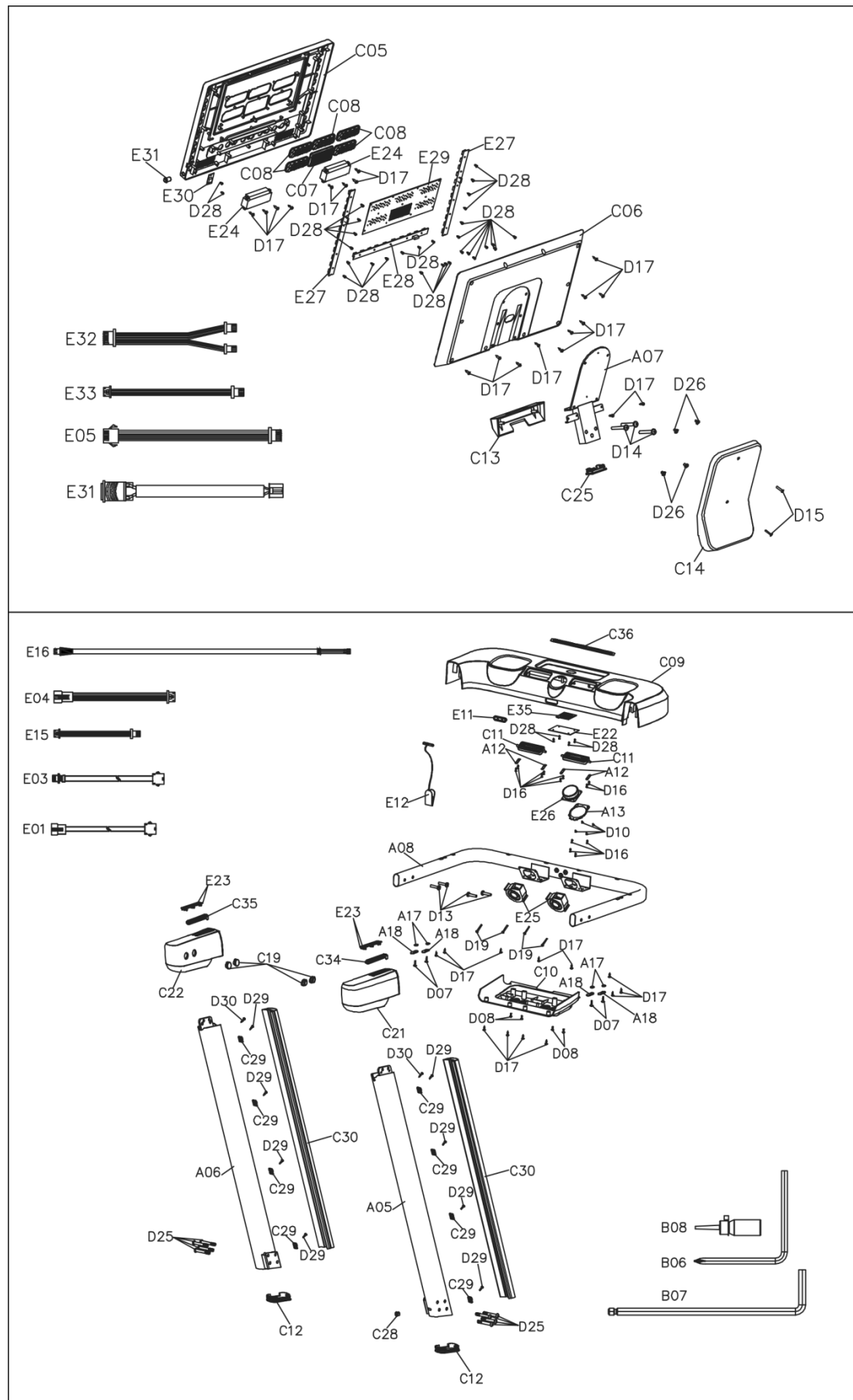
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following timetable is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

Exploded Drawing



Parts List

Part No.	Description	Remarks	Qty	Part No.	Description	Remarks	Qty
A01	Under Frame		1	D09	M4*12 Bolt		4
A02	Main Frame		1	D10	M3*6 Bolt		4
A03	Lifting Assembly		1	D11	M5*12 Bolt		4
A04	Rotating Assembly		1	D12	Spring Washer		4
A05	Right Upright Tube		1	D13	M8*35 Screw		4
A06	Left Upright Tube		1	D14	M8*60 Bolt		3
A07	Console Assembly		1	D15	M4*25 Bolt		2
A08	Handlebar Assembly		1	D16	ST2.9*10 Screw		12
A09	Steering Gear Fixing Plate		1	D17	ST4.2*16 Screw		39
A10	Motor Clamp 1		1	D18	ST4.2*13 Screw		5
A11	Motor Clamp 2		1	D19	M4*35 Bolt		4
A12	Fan Fixing Plate		4	D20	M10*60 Bolt		2
A13	Knob Fixing Collar		1	D21	M10 Nut		5
A14	Lifting Spacer		2	D22	M10*45 Bolt		3
A15	Tension Spring		1	D23	M8*62 Bolt		2
A16	Motor Cover Connector		5	D24	M8*50 Bolt		1
A17	Flat Washer(Φ14)		4	D25	M10*70 Bolt		8
A18	Handlebar washer		4	D26	M6*20 Bolt		4
A19	Servo motor rotor blade		1	D27	Flat Washer (Φ16)		1
B01	Front Roller		1	D28	ST2.9*8 Screw		34
B02	Back Roller		1	D29	ST4.2X19 Screw		8
B03	Motor Belt		1	D30	ST4.2X19Screw		2
B04	Running Belt		1	E01	PCB & Control Board Connection Wire-Middle		1
B05	Running Board		1	E02	PCB & Control Board Connection Wire-Lower		1
B06	S5 Wrench		1	E03	PCB & Control Board Connection Wire-Upper		1
B07	S6 Wrench		1	E04	PCB Control Board Connection Wire		1
B08	Lubrication Oil		1	E05	Display Board Connection Wire		1
C01	Motor Cover Lower		1	E06	Motor		1
C02	Motor Cover Upper		1	E07	Lifting Motor		1
C03	Back End Cover (R)		1	E08	Circuit Breaker		1
C04	Back End Cover (L)		1	E09	Steering Gear		1
C05	Console Cover Upper (with Stickers)		1	E10	Power Wire		1
C06	Console Cover Lower		1	E11	Safety Key Socket		1
C07	Perforated Piece 1		1	E12	Safety Key		1
C08	Perforated Piece 2		5	E13	Power Socket		1
C09	Handlebar Middle Cover-Upper		1	E14	Power Switch		1
C10	Handlebar Middle Cover-Lower		1	E15	Knob Connection Wire		1
C11	Fan Adjusting Cover		2	E16	Handle Pulse Connection Wire		2
C12	Upright Tube Blockage		2	E17	Grounding Wire (L=200)		2
C13	Console Deco Cover-Front		1	E18	Power Cord (R, L=120)		2
C14	Console Deco Cover-Back		1	E19	Power Cord (R, L=200)		1
C15	POM Spacer		8	E20	Power Cord (B, L=120)		1
C16	Transport Wheel		2	E21	Power Cord (B, L=230)		1

C17	Main Frame Cushion		2	E22	PCB Control Board		1
C18	Cushion		4	E23	Handle Pulse Sensor		4
C19	Caps		4	E24	Speaker		2
C20	Foot Pad		4	E25	Fan		2
C21	Handlebar Foam-R		1	E26	Knob Set		1
C22	Handlebar Foam-L		1	E27	Incline/Speed Quick Button Board		2
C23	Bearing Wheel		2	E28	Key Board		1
C24	Side Rail		2	E29	Display Board		1
C25	Console Assembly Blockage		1	E30	USB Socket		1
C26	Side Rail Top Foam		4	E31	Folding Switch Set		1
C27	Running Board Foam		4	E32	Key Board Wire		3
C28	Power Cord Buckle		3	E33	USB Connection Wire		1
C29	Plastic Buckle		8	E34	Control Board		1
C30	Upright Tube Deco Cover		2	E35	Wireless Charging Board		1
C31	Slide Rail Tape		2	E36	IRS Connection Wire-Front		1
C32	IRS Cushion		1	E37	IRS Connection Wire-Back		1
C33	POM Spacer		1	E38	IRS (Infrared Sensor)		1
C34	Hand Pulse Fix Seat(R)		1	E39	Magnet ring		1
C35	Hand Pulse Fix Seat(L)		1	E40	Magnet ring Φ28		1
C36	Wireless charging silicone pad		1	F01	Filter-optional		1
D01	M12*98 Bolt		2	F02	Power Cord (R, L=120mm)-optional		1
D02	M12*79 Bolt		2	F03	Power Cord (B, L=120Mm)-optional		1
D03	M12 Nut		4	F04	Grounding Wire-optional		1
D04	M8*32 Bolt		4	F05	M4*6 Bolt (Filter)-optional		2
D05	M8 Nut		6	F06	ST4.2*19 Flange Screw-optional		3
D06	M8*30 Bolt		2	F07	Filter Fixing Plate-optional		1
D07	ST4.2*19 Flange Screw		22	G01	Inductance-optional		1
D08	M4*8 Bolt		8	G02	M4*8 Bolt -optional		2

LIMITED WARRANTY

PureTec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty conditions. This warranty extends only to the original purchaser and is valid for home use only. PureTec's obligation under this Warranty is limited to replacing damaged or faulty parts at PureTec's option.

All returns must be pre-authorised by PureTec. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorised by PureTec.

PureTec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department

PureTec Limited

www.puretecfitness.com

Email: service@puretecfitness.com

When ordering replacement parts, please provide the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase