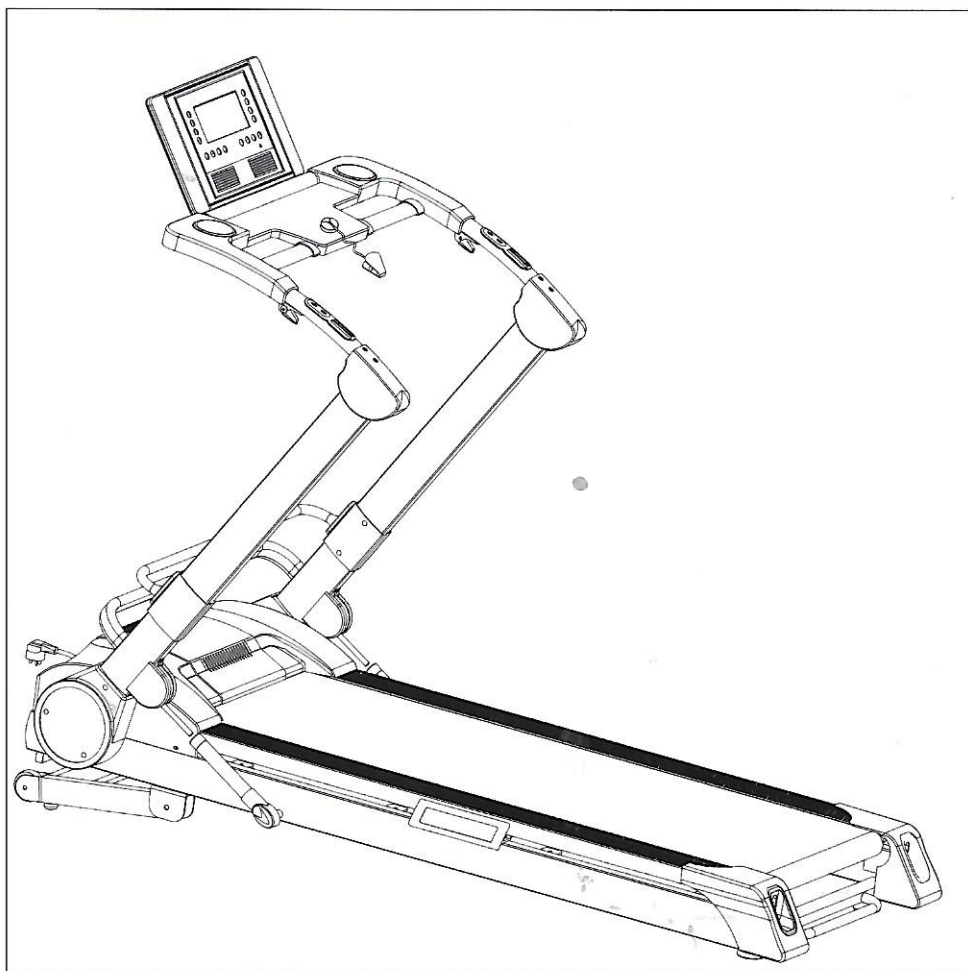


USER'S MANUAL

2360CA

MOTORIZED TREADMILL



How to assemble?

STEP 1:

Take the machine and tool set from the carton and put them on flat ground.

PARTS LIST: FIG 1

- 1.Wrench
- 1PC
- 2.Silicon oil
- 1PC

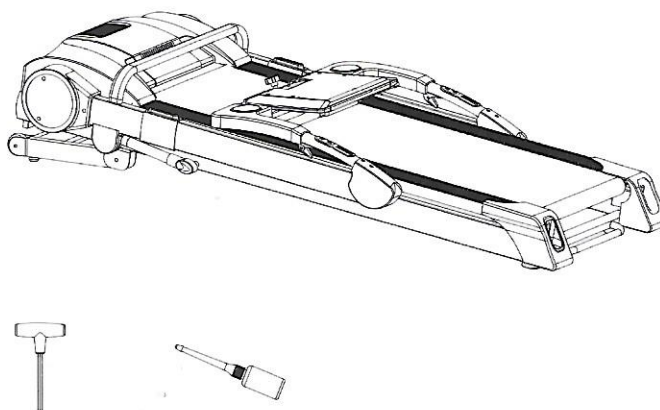


FIG 1

STEP 2:

Hold the MIDDLE part of the foldable bar with one hand, and pull it upward as FIG 2.

Meanwhile, hold the upright tube with the other hand and pull it upward as the arrowhead direction.

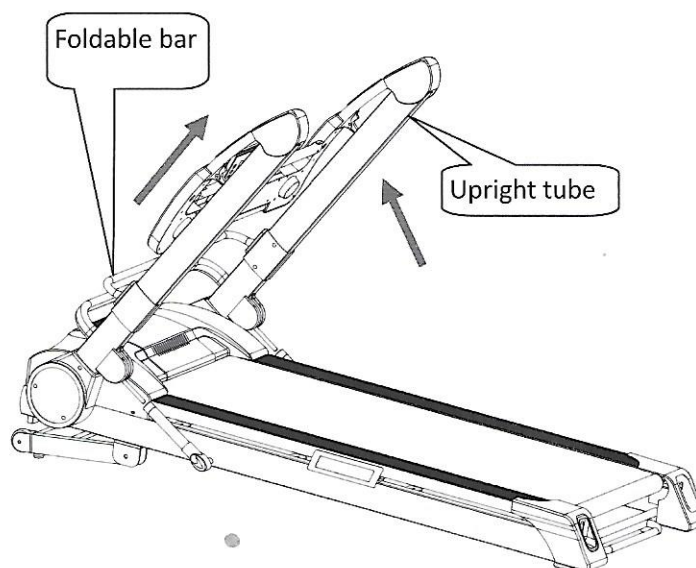


FIG 2

STEP 3:

Uplift the handle bars with both hands. It will be ok when the sound "Kaka" is heard. Then turn the switch button in clockwise direction and lift up the console in the correct position. After finishing, tighten the switch button.

Assembly is finished.

Note: For avoiding from injury, please pay attention to the joint parts.

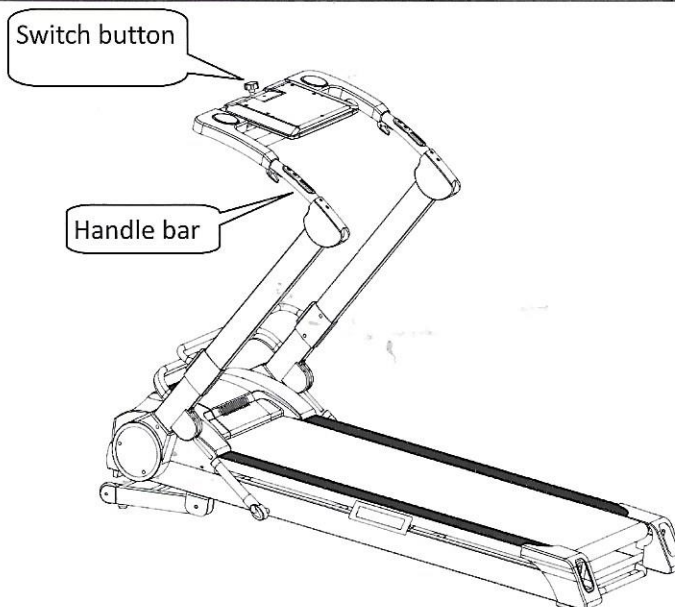


FIG 3

☺ Product Intro

⌚ Structure

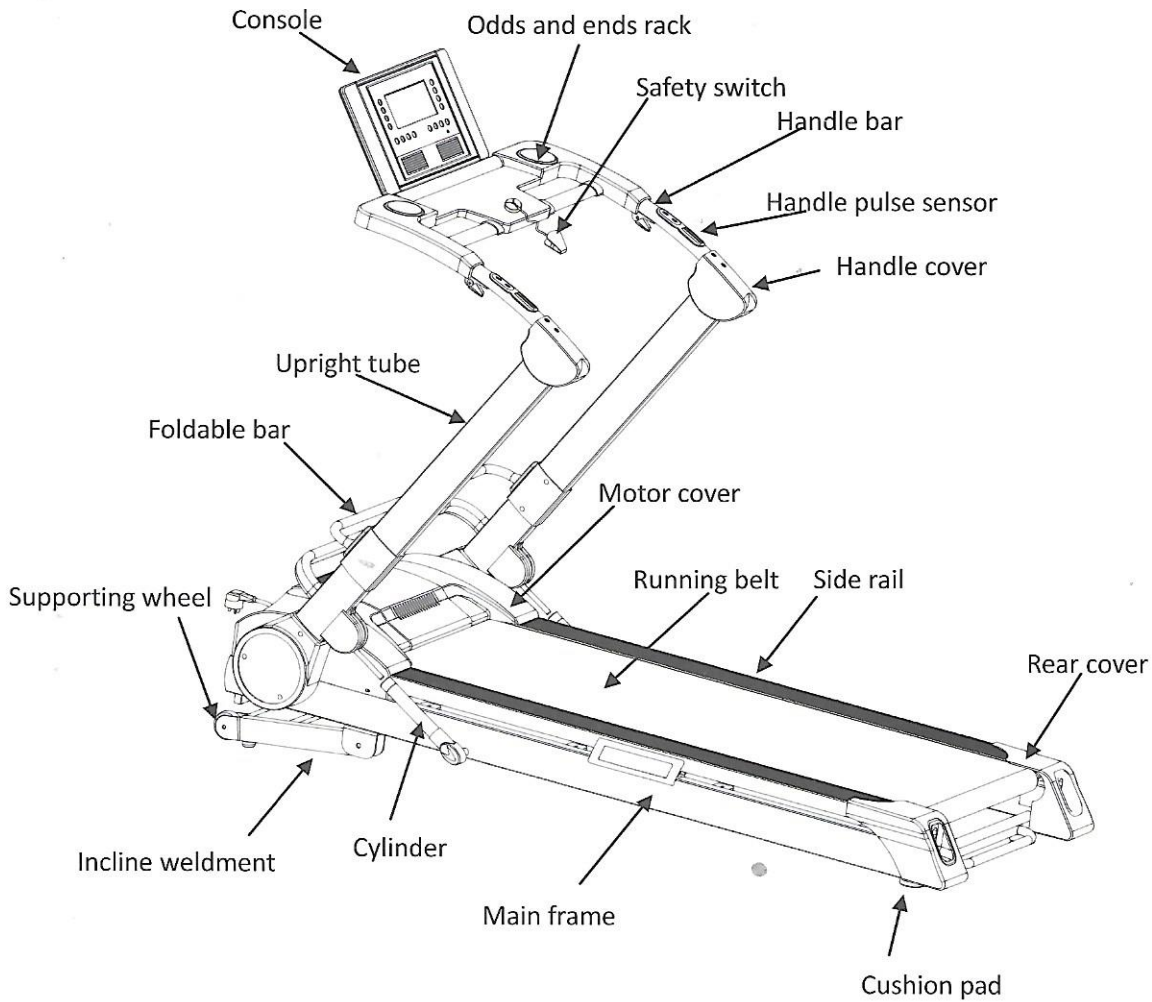


FIG 4

⌚ Parameter

Voltage	AC-220~240V 50~60Hz
Max load	130kg/290lbs
Size	Foldable: L1775*W800*H360mm
	Assembly: L1775*W800*H1385mm
Running area	1350*450mm
Max power	3.5HP
Incline	0~15%
Speed	1.0—18.0Km/h

Exploded drawing

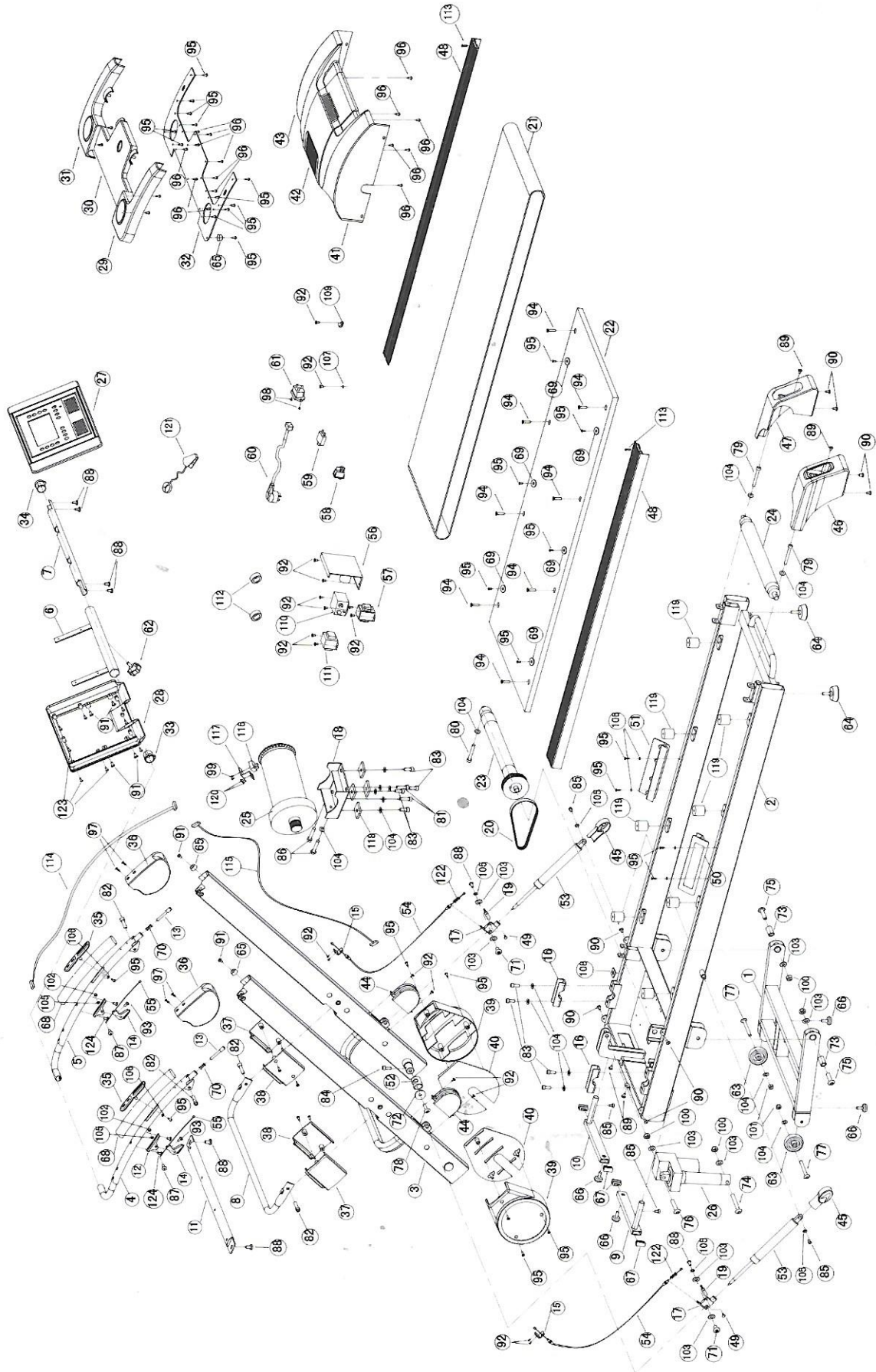


FIG 5



Itemized list

S/N	Name	Qty	S/N	Name	Qty	S/N	Name	Qty	S/N	Name	Qty
1	Incline bracket	1	26	Incline motor	1	51	Right decoration part	1	76	Hex screw M10*45	1
2	Main frame	1	27	Upper console cover	1	52	Plastic cover	2	77	Hex screw M8*50	2
3	upright tube	1	28	Under console cover	1	53	Cylinder	2	78	Hex screw M8*15	2
4	Left handle bar	1	29	Left cross tube	1	54	Below Wire	2	79	Hex screw M8*65	2
5	Right handle bar	1	30	Middle cross tube	1	55	Upper Wire	2	80	Hex screw M8*45	1
6	Console bracket	1	31	Right cross tube	1	56	Controller	1	81	Hex screw M8*30	2
7	console tube	1	32	Cross bar board	1	57	Transformer	1	82	Hex screw M8*25	4
8	foldable bar	1	33	Left console spindle cover	1	58	switch	1	83	Hex screw M8*20	8
9	Left grounding tube	1	34	Right console spindle cover	1	59	Restoration switch	1	84	Hex screw M8*15	2
10	Right grounding tube	1	35	Handle pulse	2	60	Power cable	1	85	Hex screw M6*15	4
11	Cross tube	1	36	Handle cover	2	61	Plug	1	86	Hexagonal screw M8*50	2
12	U grip ring	2	37	Left foldable bar cover	2	62	Switch button	1	87	Cross screw M6*20	2
13	Lock	2	38	Right foldable bar cover	2	63	Wheel	2	88	Cross screw M6*15	8
14	Wire line hitch	2	39	Left upright tube cover	2	64	Wheel base	2	89	Cross screw M5*15	4
15	Wire connector	2	40	Right upright tube cover	2	65	Small cushion pad	4	90	Cross screw M5*10	8
16	Spindle ring	2	41	Left motor cover	1	66	Cushion pad	4	91	Cross screw M4*15	6
17	Cylinder connector	2	42	Middle motor cover	1	67	Cover	4	92	Cross screw M4*8	19
18	Motor base	1	43	Right motor cover	1	68	Foam	2	93	Cross screw M4*12	2
19	Cylinder switch	2	44	Upper cylinder cover	2	69	Sator for Side rail	6	94	Cross screw M6*25	8
20	V belt	1	45	Under cylinder cover	2	70	Lock spring	4	95	Cross screw ST4*15	42
21	Running belt	1	46	Left rear cover	1	71	Screw	2	96	Cross screw ST4*10	15
22	Running board	1	47	Right rear cover	1	72	Flat washer Φ35*Φ8.5*2.5	2	97	Cross screw M4*5	4
23	Front roller	1	48	Side rail	2	73	Lubrication cover	2	98	Cross screw ST3*10	2
24	Rear roller	1	49	Insertion strip	2	74	Hex screw M10*65	1	99	Cross screw ST2.9*6.5	2
25	Motor	1	50	Left decoration part	1	75	Hex screw M10*55	2	100	Lock nut M10	4

 Exploded drawing

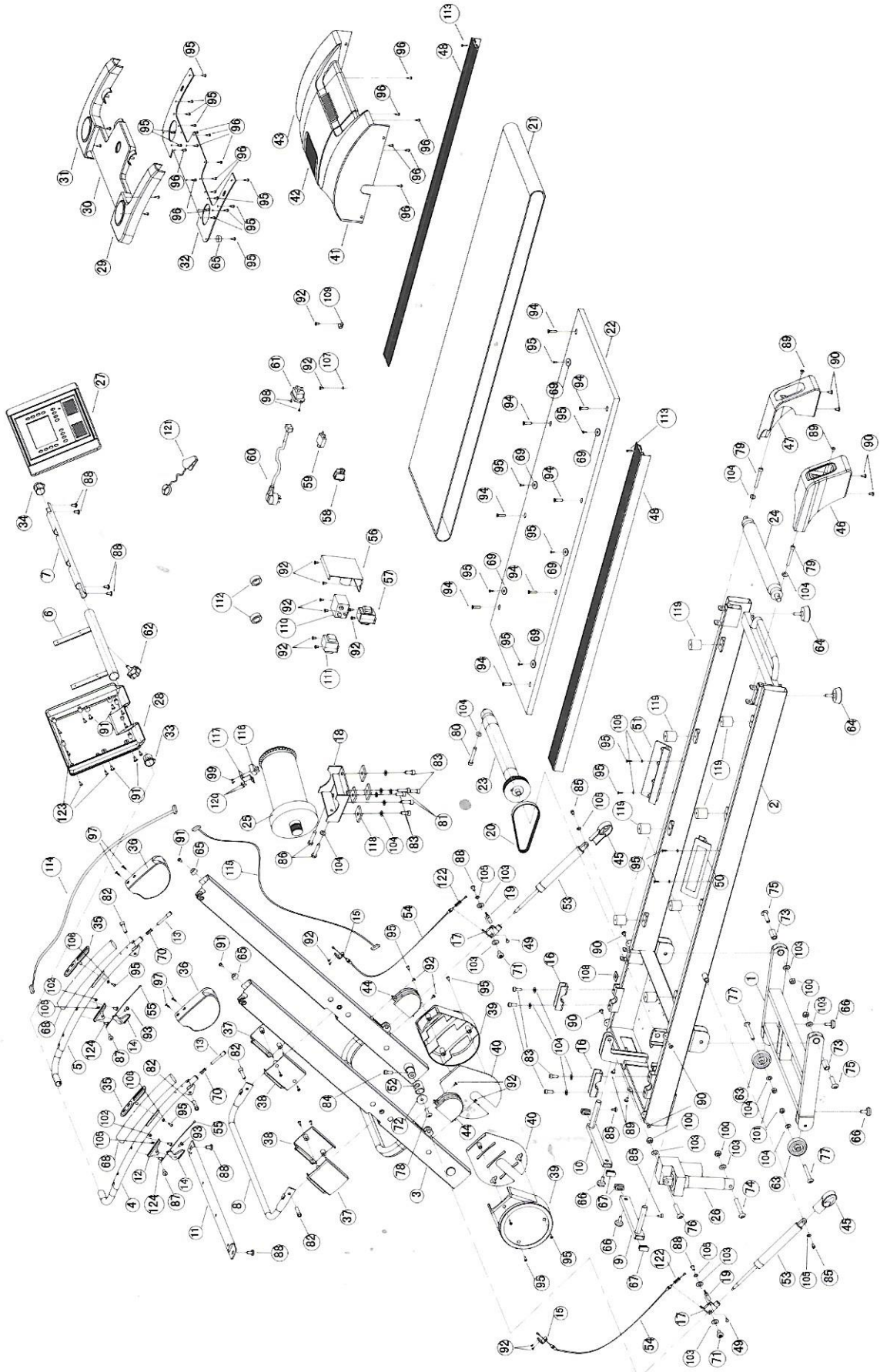


FIG 5

Before use

STARTING THE TREADMILL

LOCATION

Place the treadmill on flat floor before use.

MAINS SUPPLY

Ensure that the power lead is plugged into a suitable, live, mains socket.

PULSE SENSOR

There are two ways to measure your heart rate. One is using the handle pulse sensor . The other is using a chest belt. The handle pulse is setting for the priority. For HR training, the use of a chest belt to measure pulse rate is strongly recommended.

START/ STOP

- 1、 Ensure that the SAFETY KEY is attached to the console.
- 2、 To start the treadmill, press START button.
- 3、 To start using the treadmill, stand on each side rail with your feet.
- 4、 Attach the SAFETY KEY to your clothing at your waist.
- 5、 Follow the user manual to start using the treadmill.

ADJUSTMENTS

BELT ADJUSTMENT INSTRUCTION

- 1、 Belt adjustment bolts are located at the rear of the treadmill, as show on the right.
- 2、 Belt moving (tracking) to the right :
Start the treadmill and set at 4 kph. Using an allen key wrench, turn the right adjustment bolt clockwise 1/4 of a turn. Continue adjustments at 1/4 of a turn untill belt returns to the center. Continue to run the treadmill for a short period of time monitoring the belt movement to ensure you have not made an over adjustment.
- 3、 Belt moving (tracking) to the left :
Start the treadmill and set at 4 kph. Using an allen key wrench, turn the right adjustment bolt clockwise 1/4 of a turn. Continue adjustments at 1/4 of a turn untill the belt returns to the center. Continue to run the treadmill for a short period of time monitoring the belt movement to ensure you have not made over adjustment.
- 4、 If the belt appears to be loose, tighten both bolts evenly by a 1/4 turn. If it appears tight, loosen both bolts evenly a 1/4 turn.
- 5、 To reduce the friction (sticking) of the walking belt and min wear, silicone lubricant may be applied directly to the walking board and the underside of the belt.

Note: The lubricant may be applied whenever sticking

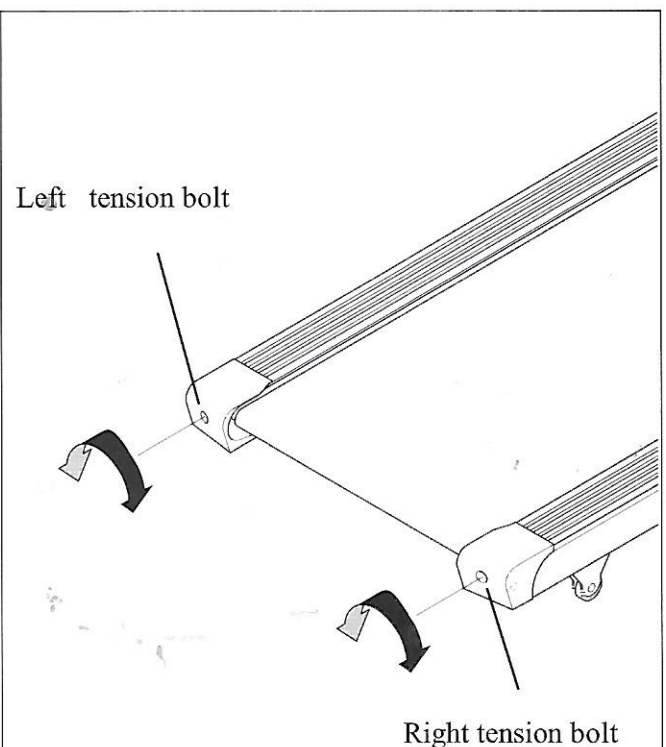


FIG 6

occurs. To apply, simply lift up the running board and spray the lubricant onto the running board and the underneath of the running belt.

MOTOR BELT ADJUSTMENT

All treadmills' motor belts have been adjusted before they are sent out from factory. But it must be adjusted for second time after building up . Also maybe after a long time using, the occasion, slipping/ looseness may occur. User can adjust the motor belt as below:

- a. Turn the adjusting screw counter-clockwise with the wrench.
- b. When the motor strap recovers to be tight/non-slipping, it is OK.

NOTE: Fly wheel should be cleaned regularly.

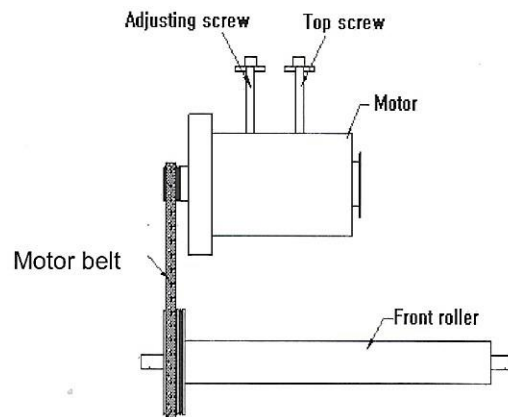


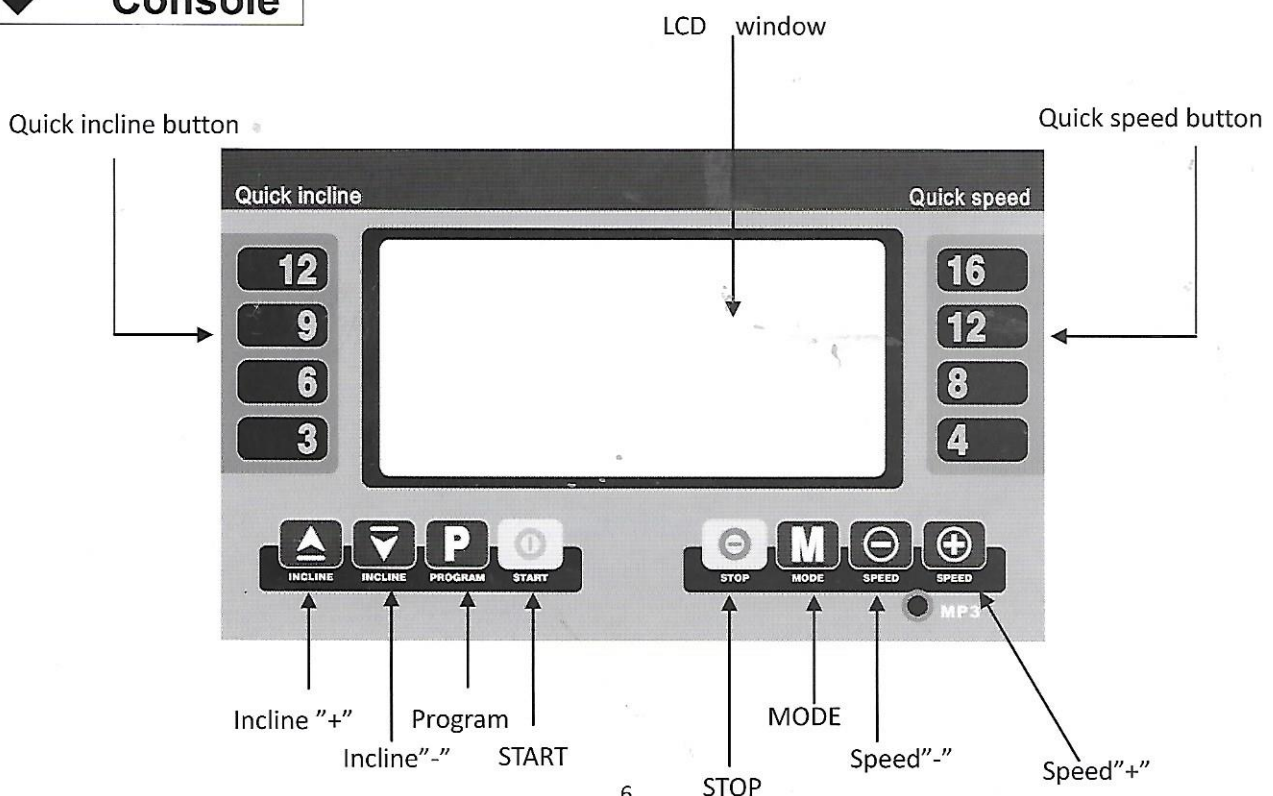
FIG 7

ATTACHING THE SAFETY KEY

- a. Attach the SAFETY KEY to the console before turning the machine on. Attach the clip to your clothing at your waist before beginning your workout. If the SAFETY KEY disconnects during use in case of emergency, the treadmill will slow down and stop. Also, an intermittent beep will occur and the display will show '--- --'.

USING THE TREADMILL

◆ Console



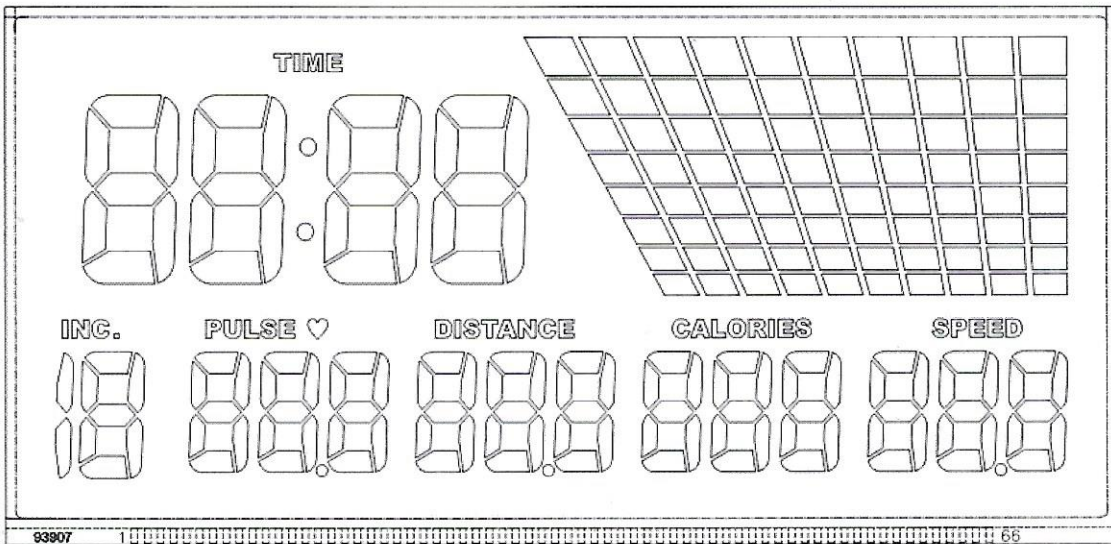


FIG 8

◆ **QUICK START**

Treadmill

1. Attach the safety key to the console and your clothing.
2. Connect the treadmill to the power supply and switch on.
3. Press the START button. The treadmill will count down from 5 and then start at 1.0 km/h.
4. Move onto the running surface.
5. Press the SPEED UP or SPEED DOWN button to increase or decrease the SPEED.
6. Press the INCLINE UP or INCLINE DOWN button to increase or decrease the INCLINE.
7. Press the STOP button to stop the treadmill and reset all values.

◆ **PRESET PROGRAM SELECT**

1. Connect the treadmill to the power supply. After program selected, press START button.
2. Repeatedly press the PROGRAM KEY until the required program has been selected. The table as below show each program with their speeds in km/h and their inclines in %. The treadmill will stay at each section for a tenth of the time selected for the workout.

Program	P01		P02		P03		P04		P05		P06		P07	
S/N	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline
1	3.0	0	1.0	0	5.0	0	3.0	0	2.0	0	4.0	0	4.0	0
2	5.0	0	7.0	1	9.0	1	6.0	1	12.0	2	5.0	1	7.0	1
3	5.0	1	1.0	2	4.0	2	12.0	2	12.0	4	6.0	3	9.0	1
4	10.0	1	7.0	2	8.0	3	12.0	3	12.0	6	8.0	4	4.0	3
5	5.0	1	12.0	3	10.0	4	12.0	4	3.0	4	6.0	4	4.0	3
6	2.0	1	4.0	3	12.0	5	3.0	5	3.0	2	8.0	3	12.0	5
7	3.0	2	12.0	2	4.0	4	3.0	6	3.0	1	6.0	3	4.0	5
8	2.0	2	4.0	2	8.0	5	3.0	7	3.0	0	9.0	1	8.0	7
9	5.0	2	12.0	3	4.0	4	5.0	6	12.0	1	6.0	2	4.0	7
10	3.0	0	2.0	0	4.0	0	2.0	0	2.0	0	3.0	0	2.0	0

	P08		P09		P010		P011		P012		P13		P14	
1	2.0	0	2.0	0	4.0	0	4.0	0	4.0	0	5.0	0	5.0	0
2	6.0	2	12.0	1	5.0	1	5.0	1	7.0	4	5.0	1	7.0	1
3	6.0	3	2.0	3	6.0	2	7.0	2	10.0	8	7.0	1	9.0	2
4	6.0	4	12.0	5	8.0	4	9.0	3	8.0	4	7.0	3	12.0	4
5	12.0	4	2.0	7	6.0	6	6.0	4	12.0	8	5.0	2	5.0	1
6	5.0	6	2.0	9	8.0	8	9.0	5	6.0	4	12.0	3	7.0	1
7	5.0	6	12.0	7	6.0	6	6.0	6	6.0	8	12.0	3	9.0	1
8	5.0	8	2.0	5	9.0	4	10.0	7	12.0	4	7.0	4	5.0	2
9	3.0	8	2.0	3	3.0	2	7.0	8	12.0	8	10.0	4	7.0	2
10	3.0	0	3.0	0	3.0	0	3.0	0	6.0	0	5.0	0	5.0	0

- 3、 Press the SPEED UP or SPEED DOWN button to adjust the length of the workout.
- 4、 Press the INCLINE UP or INCLINE DOWN button to adjust the INCLINE of the treadmill.
- 5、 Press START to begin the distance.
- 6、 Press the STOP button at any time to stop the workout.

◆ **MANUAL MODE:**

- 1、 Connect the treadmill to the power supply and switch on.
- 2、 Attach the safety key to the console and your clothing.
- 3、 Press the MODE button to choose TIME, DISTANCE or CALORIE LIMITS for your exercise routine. Alternatively, if you wish to set a TIME, DISTANCE or CALORIE limit, press the SPEED UP/DOWN button until the appropriate option is selected.

The default setting for the above are:

- Time: 30 minutes
- Distance: 1.0 kilometre
- Calorie Limits: 50 kilocalories

- 4、 Press the SPEED UP or SPEED DOWN button to adjust the speed.
Press the INCLINE UP or INCLINE DOWN button to adjust the incline.
- 5、 When the required limit has been set, press the START button.
- 6、 The treadmill will start at 1 km/h.
- 7、 The speed can be adjusted by either:
 - a) Using the SPEED UP/ DOWN button to adjust speed with intervals of 0.1kph;
 - b) Pressing the QUICK SPEED button on the console (4~16 kph);
 - c) Using the speed control button on the handle bar to adjust speed with intervals of 0.1kph;
- 8、 The incline can be adjusted by either:
 - a) Using the INCLINE UP/ DOWN button to adjust incline with intervals of 1%;
 - b) Pressing the QUICK INCLINE button on the console (3~12%);
 - c) Using the incline control button on the handle bar to adjust incline with intervals of 1%;
- 9、 Press the STOP button at any time to pause the workout;
- 10、 Press the START button to continue the workout;

◆ HRC PROGRAMS

HRC Function Instruction

A. HRC setting values

- 1、 Age: 15 to 80.
- 2、 Target heart rate: $80 - (220 - \text{AGE}) \times 0.9$.
- 3、 The max heart rate of user: $220 - \text{AGE}$.
- 4、 Heart rate difference = (target heart rate – actual heart rate) .
- 5、 HRC is only useful for wireless transmitter, which is not suitable for handle pulse.

B. Operation instructions

- 1、 Press PROGRAM KEY to select HRC program. The LCD window will display HRC. It is not functional to press “Start” key. You must enter “Mode” key to enter and confirm AGE SETTING, TARGET HEART RATE SETTING, TIME SETTING.
- 2、 Press Mode key to enter AGE SETTING firstly, it can be set from 15 to 80 by SPEED or INCLINE UP/DOWN KEY.
- 3、 Press Mode key to enter TARGET HEART RATE SETTING, it can be set: $80 - (220 - \text{AGE}) \times 0.9$ by SPEED or INCLINE UP/DOWN KEY.
- 4、 Press Mode key to enter TIME SETTING, it can be set by SPEED or INCLINE UP/DOWN KEY.

Note: If actual heart rate is over $(220 - \text{AGE})$, speed and incline value decrease to the default value till 0, with alarm every 15 seconds.

If there is no heart rate signal or the user is using the handle pulse, the speed will keep unchanged. If there is still no heart rate signal from the chest belt for two 30 seconds, the speed will reduce to 1.0KM/H and the incline fall to 0. The machine alarms every 15 seconds and then stop automatically.

HRC Programs (chest belt transmitter compulsory)

P15: HR1 - weight loss:

After enter into HR1, set values of age , THR (TARGET HEART RATE) and Time well. Press START: the treadmill will run at 1 kph for 1 minute as warm-up. After this timeframe the computer will adjust speed with 1 km every 30 seconds, till THR (+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically reduce speed till THR is reached again.

P16: HR2- cardio:

After enter into HR2, set values of age , THR (TARGET HEART RATE) and Time well. Press START: the treadmill will run at 1 kph for 1 minute as warm-up, adjust speed manually.. After this timeframe the computer will adjust incline with 1% every 30 seconds till THR (+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically reduce incline till THR is reached again.

P17: HR3- interval fat burn:

After enter into HR3, set values of age, THR (TARGET HEART RATE) and Time well. Press START: the treadmill will run at 1 kph for 1 minute as warm-up. After this timeframe the computer will adjust inclination with 1% and speed with 1 km every 30 seconds till THR (+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically reduce inclination and speed till THR is reached again.

◆ HANDLE PULSE/BODY FAT SENSORS

As shown in FIG 4, the treadmill handle sensors are integrated with the function of HANDLE PULSE / BODY FAT SENSORS.

A. The HANDLE PULSE SENSORS can be used as an exercise aid to determine general heart rate trends. And it can not be taken as a medical data.

To display your pulse, firmly grip the handle, placing your hands over the HANDLE PULSE SENSORS. Your pulse will be displayed on the PULSE display within seconds.

B. The BODY FAT SENSORS can be used as an exercise aid to determine general BODY FAT rate trends. And it can not be taken as a medical data.

To display your BODY FAT rate, please do as followings:

1) When the treadmill stops, press PROGRAM KEY to enter into body fat analyzer program.

2) In the CALORIE window, it shows the data for gender, age, stature, weight and body fat. And in the PULSE window, it shows the code for gender, age, stature, weight and body fat respectively.

3) In the PULSE window, 01 stands for gender. User can press "Speed"+"-"key" to choose male or female. And in the CALORIE window, 01 stands for male, 02 stands for female.

4) In order to enter to 02 which stands for age in the PULSE window, press "Mode key" to shift. And in the CALORIE window, it shows 25. At this time, user can press "Speed"+"-"key" to choose the data from 10—99.

5) In order to enter to 03 which stands for stature in the PULSE window, press "Mode key" to shift. And in the CALORIE window, it shows 170cm. At this time, User can press "Speed"+"-"key" to choose the data from 100—199cm.

6) In order to enter to 04 which stands for weight in the PULSE window, press "Mode key". And in the CALORIE window, it shows 70kg. At this time, User can press "Speed"+"-"key" to choose the data from 20—150kg.

7) In order to enter to 05 which stands for body fat in the PULSE window, press "Mode key". Put User's two hands on the handgrip sensor for 8 seconds, and the data will show in the CALORIE window.

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the treadmill.

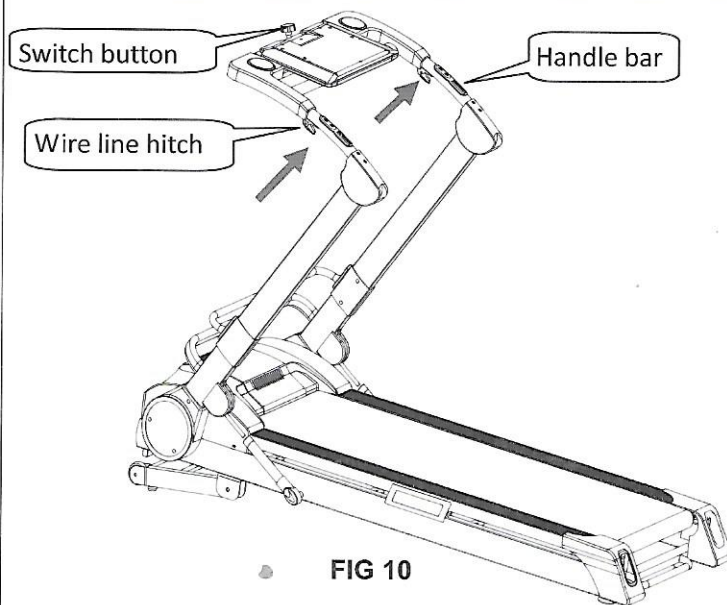
☺ Folding & Moving

❖ Folding

Your treadmill can be folded up in 2 ways, to save space when not in use. The step for folding is opposite to the step of unfolding as shown in the following:

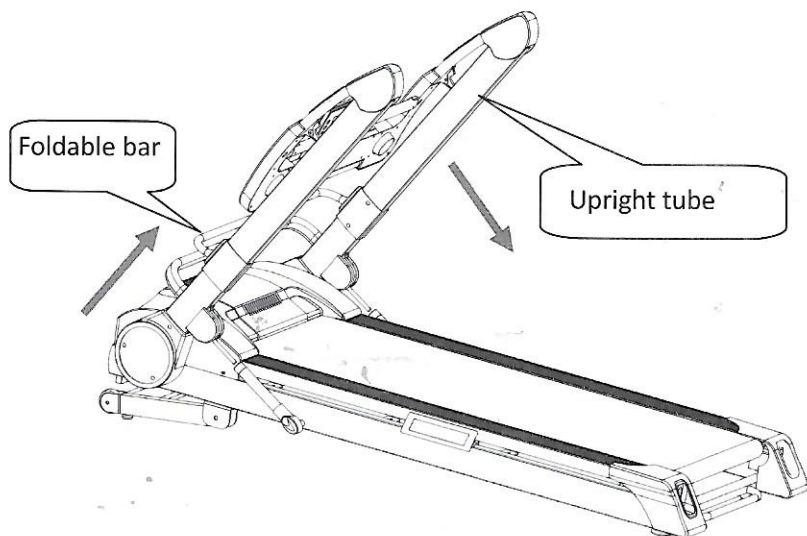
STEP 1:

A、 Turn the switch button in clockwise direction and fold up the console in the correct position. After finishing, tighten the switch button.
B、 Hold the wire line hitch with both hands and uplift both handle bars a little as arrowhead direction. After uplifting, press the wire line hitch as arrowhead direction. And then fold up the handle bar slowly till it is close to the upright tube.



STEP 2:

Hold the MIDDLE part of the foldable bar with one hand, and pull it upward.
Meanwhile, hold the upright tube with other hand and pull it downward till it is close to running platform.



STEP 3:

Turn the grounding tube in opposite direction to the vertical position.

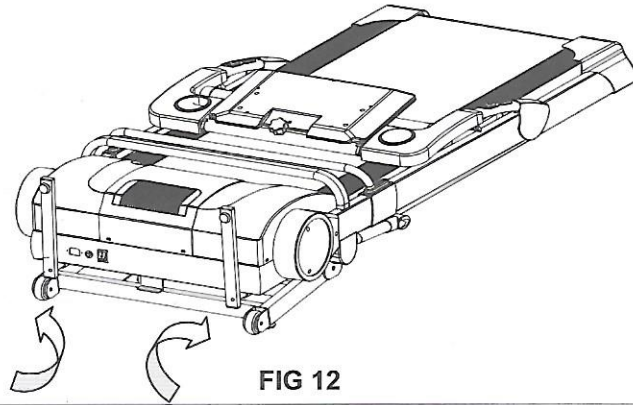


FIG 12

STEP 4:

Hold the tube and lift the main frame to vertical position.

Note: The machine must lean on the wall when not using in case that the machine fall down.

NOTE: Keep the children and old people away from the machine. If necessary, they should be under guardian.

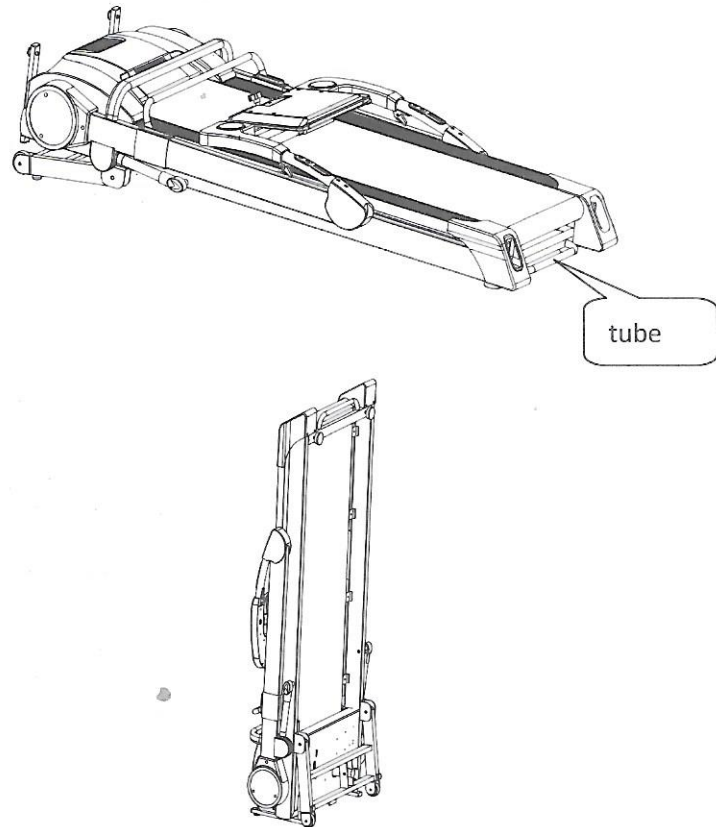


FIG 13



NOTE: Before folding, make sure the treadmill is unplugged and at lowest position.



WARNING: To prevent injury, make sure you have a firm hold of the deck before raising.



NOTE: Do not hold onto the belt as it may slip during the lifting process.

❖ Moving

While moving it, user must make sure that:

- a: The power is turned off;
- b: It is at the lowest position and has been unplugged, and line is off the machine;
- c: Treadmill has been folded up, as the following figure.

When the above 3 points are finished, User should hold the end tube and uplift the machine to incline the treadmill upwards by 30°~40° to let the supporting wheels on ground, as the following figure.

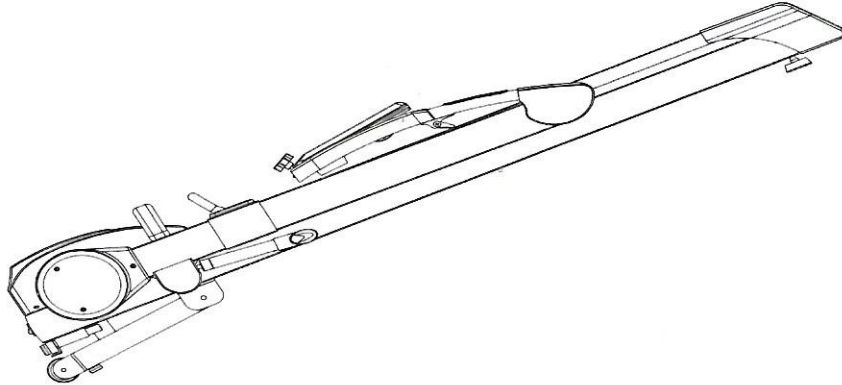


FIG 14



WARNING: To prevent injury, make sure you have a firm hold of the end tube before folding or moving.



NOTE: Do not hold the belt as it may slip during the lifting process.



WARNING: To prevent injury, ensure the upright tubes, handle bar and console are securely locked in position, before attempting to move the treadmill.



NOTE: Two people are recommended to move the treadmill.



WARNING: Unplug the treadmill before moving.

※ Main body

Problem	Possible reason	Method
Treadmill don't work	a. Unplugged	Plug it into the socket
	b. Safety key is not in place.	Place the safety key in place on the console.
	c. Signal cable ,controller and console is disconnected or connected improperly.	Check the input signal cable of the console and controller and other signal cables.
	d. Power is not turned on	Check the power cable.
	e. Fuse blew out.	Change for new fuse.
The moving of running belt is not smooth.	a. Lubrication is not enough.	Add to some lubrication.
	b. Running belt is too tight	Adjust the running belt.
Running belt is slipping.	a. Running belt is too loose.	Adjust the running belt.
	b. V-Belt is too loose.	Adjust the V- belt.

※ Console

Error code	E01	E02	E03	E05	E07

1、 E01

A: E01: Order information between the control and console can not be transmitted.
 B: Solution: Check whether connecting parts of the signal cable are connected well especially check whether the four-pin connector is connected well, and check whether all parts of the cords are in good condition.

2、 E02

A: E02: The controller can not detect the voltage of motor.
 B: Solution: Check whether the positive and negative cable of the motor is connected to the controller well.

3、 E03

A: E03: When the motor is working, the controller can not detect the speed feedback signal.
 B: Solution: Check whether the optical sensor is aligned with the holes on the disc of the motor; check whether the cords between the sensor and disc are in good

condition.

And check whether the sensor and the controller are connected well by the cords.

4、E05

A: E05: The working current of the motor is excessive, over the rated current.

B: Solution: Check whether the motor is damaged, or replace the motor.

5、E07

A: E07: Safety key signal can not be detected.

B: Solution: Check whether the magnetron is damaged, the location of the magnetron is correct, and the safety key is in place.

If any other questions, please ask help from local distributors or our after-sales service department.

Maintenance

Advice of Lubrication

After using the running belt for a period of time, the running belt must be lubricated by silicon oil.

Less than 3 times per week: once every 5 months

From 4 to 7 times per week: once every 2 months

More than 7 times per week: once every month



NOTE: Moderate volume of lubrication is needed to increase the life span of the treadmill, but not too much.

How to add lubrication?

- a. Check the lubrication: Stop the treadmill and fold it up, user could check the underneath center of the running board. If it's a little wet, showing that is OK. Otherwise it should be added some lubrication.
- b. Add the lubrication: Simply lift up the running board and spray the lubricant onto the running belt and the underneath the running board.



- c. After adding, put down the running board and start the treadmill with the speed 1Km/h. Then with one foot tramples the running belt slightly for several minutes, to let the running belt absorb the lubrication well.



GUIDELINES



Conditioning Guidelines:

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia



Beginners Guidelines:

If you're beginning an exercise program, you should check with your doctor if:

You have been diagnosed with heart problems, high blood pressure or other medical conditions.

You have not exercised for over a year.

If you are over 35 and do not currently exercise.

You are pregnant.

You have diabetes.

You have chest pain, or experience dizziness or fainting spells.

You are recovering from an injury or illness.

WORKOUT TIPS

Always perform stretching exercises both before and after your workout.

Start slowly; doing too much or too soon can lead to injuries.
If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

Start with two or three 15 minute sessions per week with a rest day between work-outs.

Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles that you'll use during your workout.

Increase the pace and resistance to a little harder than comfortable and exercise as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.

End each workout with a 5-minute cool down period at a gradually reducing pace. You should then stretch the muscles you've just worked to prevent injury and cramp.

Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

Don't worry about distance or pace.
For the first few weeks, focus on endurance and conditioning.

Stretching Tips

Before running, User should do 5-10 minute's warm-up exercise as followings:

1



Head rolls

Rotate your head to the right for one count, Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

5



Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

2



Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

6



Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

3

Side stretches



Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

7

Hamstring stretches



Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

4

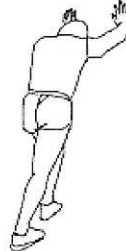
Inner thigh stretch



Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

8

Calf/achilles stretch



Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 seconds.

Precaution & Safety note

Precaution before using

- 1、 Make sure the plug is well grounded and the treadmill is well connected before usage.
- 2、 Use the treadmill indoors on a level surface. Keep the treadmill away from excessive moisture and dust.
- 3、 Prior to running, check and make sure the treadmill is without any malfunction.
- 4、 When starting, the user must stand with each foot on each piece of side rail.
- 5、 Before running, users should run only with the LEFT foot to follow the speed of running belt for preparation first. When you think it is OK for you, you can run with both feet in right position.
- 6、 User can adjust speed according to your demand.
- 7、 Always attach the clip to your clothing at your waist and attach the safety key to the console before beginning your workout.
- 8、 The treadmill should not be used by persons weighing more than 130kg/290lbs.
- 9、 It requires a 220~240 V AC, 50/60 Hz mains supply. Do not use any other supply.
- 10、 The treadmill should be used in 20 AMP's circuit only.

Safety Note

- 1、 Don't place the heavy on it.
- 2、 Before running, please wear appropriate sportswear and sports shoes.
- 3、 Children should keep away from the machine to prevent accidents.
- 4、 To reduce indoor dust, and maintain certain indoor humidity is necessary to avoid too much static electricity.
- 5、 Home electric treadmill cannot work over 3 hours continuously. Otherwise it may cause damage to and even decrease the normal life span of the motor, controller, bearings, running belt, running board. And periodical maintenance is necessary.
- 6、 When using the treadmill, if User feels unfit or abnormal, Please stop running and consult a doctor.
- 7、 When running, the treadmill should be placed one meter away from wall.
- 8、 When running, please make sure the room is ventilating enough .
- 9、 After using silicone oil , you must place it beyond children's reach .
- 10、 After running , user can't jump away from the treadmill directly, to avoid accidents.
- 11、 If any unusual happens while running, user must stop and cut off power.
- 12、 If any problem occurs, user shall notify the local distributor for help and solution.



WARNING: In order to reduce accidents or injuries to others, please do as the following requirements:

- 1、 Please make sure the clothing is well buttoned and well zipped before running.
- 2、 Don't wear the clothes which are hooked easily.
- 3、 Power cable is not allowed to be placed near to the hot.
- 4、 Cut off the power before moving the treadmill.
- 5、 Non-professionals are prohibited to disassemble ,repair and do any replacement!
- 6、 The treadmill is intended for one person usage per time.
- 7、 If you feel the following sensation (dizziness, chest pain, nausea, or polypnea), stop running immediately and consult a fitness coach.
- 8、 The pulse monitor is not a medical device. The detection result may be not accurate is just for reference.



WARNING: If there is any damage with the power cable .It should be repaired or replaced by professional staff or the appointed staff by the distributor.



WARNING: People who are under treatment, or who have the following conditions, must consult a doctor before running on it.

- (1) People who have an ache for waist, neck, hand or leg, or ever were wounded in any of these parts, or have Parasthesia for any of these parts (disk herniation, cervical vertebra disease, etc.)
- (2) People who have deformed arthritis, rheumatism, gout.
- (3) People who have osteoporosis.
- (4) People who have problems (heart disease, vascular disorder, hypertension etc)in the circulatory system.

- (5) People whose respiratory organs are impaired.
- (6) People who are using artificial pacemaker implanted in the body.
- (7) People who have malignant tumors.
- (8) People who have problems of blood circulation (thrombosis or severe dynamic fatty tumor, acute Fang tumor etc), or skin infection.
- (9) People who have consciousness disorder.
- (10) People with skin injured.
- (11) People who have a high fever(38 ° C or above) due to illness etc.
- (12) People whose spine is abnormal or bent.
- (13) People who are or may be pregnant or in menstrual period.
- (14) People who feel physically abnormal, and need to rest.
- (15) People who are obviously in poor body condition.
- (16) People who use for the purpose of recovery from illness.
- (17) Other abnormal conditions.



WARNING: The treadmill is not ready for the physically weak, the unresponsive or the mentally disordered people. Unless they are under the help or guidance of their guardian.

Occasions which may cause an accident or abnormal body

condition?

- ◆ During running time period, User feels abnormal (backache, leg numbness and feet numbness, dizziness etc), must stop immediately and consult a doctor.
- ◆ Do not let children run on it, nor let children play around it.
- ◆ When running, placing or moving, make sure there is nobody or no pet around the surrounding (at the back, on the floor, at the front).
- ◆ Don't use when inner components are exposed or jointing parts are broken off.
- ◆ Don't use or store it outdoors, or near to the bathroom and any other moist places.
- ◆ Don't use or store it in direct sunlight or under high temperature.
- ◆ Don't use when the power cable, plug or socket is damaged, nor when the plug is loosened.
- ◆ Don't damage, forcibly bend or wrest the power cable. And don't place heavy objects on it, nor clamp the line.
- ◆ Disassemble, repair or modification is prohibited.

Prohibition

- ◆ Don't do exceeding exercise if you don't exercise usually.
- ◆ Don't use, after eating or exercising, or when feeling fatigue or abnormal body condition.
- ◆ The treadmill is intended for home use only.
- ◆ Don't use while eating or doing other activity.
- ◆ Don't use when feeling sluggish after drinking.
- ◆ Don't use when trousers pockets are with hard objects.
- ◆ Make sure the power plug is not attached to needles, garbage or water.
- ◆ During using, don't unplug it or switch it off.

 **No wet hands!**

- ◆ Don't unplug or insert the power plug with wet hands.

 **Unplug it!**

- ◆ When not in use, user must unplug it.
- ◆ When doing maintenance, make sure the treadmill is unplugged.
- ◆ If user can't start or finds abnormal status, user must stop using immediately, unplug it and ask for professional to check.
- ◆ When the electricity is cut off, User must unplug it immediately.
- ◆ Don't move the plug out by holding the power cable.

 **Grounding!**

- ◆ The product must be grounded. If malfunction occurs, grounding cable will protect user from the risk of electric shock.
- ◆ The treadmill is equipped with grounding conductor and grounding plug. User must insert the plug to well-grounded outlet, in accordance with local regulation.
- ◆ If the grounding conductor, grounding plug or grounding outlet can't be connected properly, user should ask for help from a professional electrician.

All rights are reserved and the actual item is the standard.