

# USER'S MANUAL

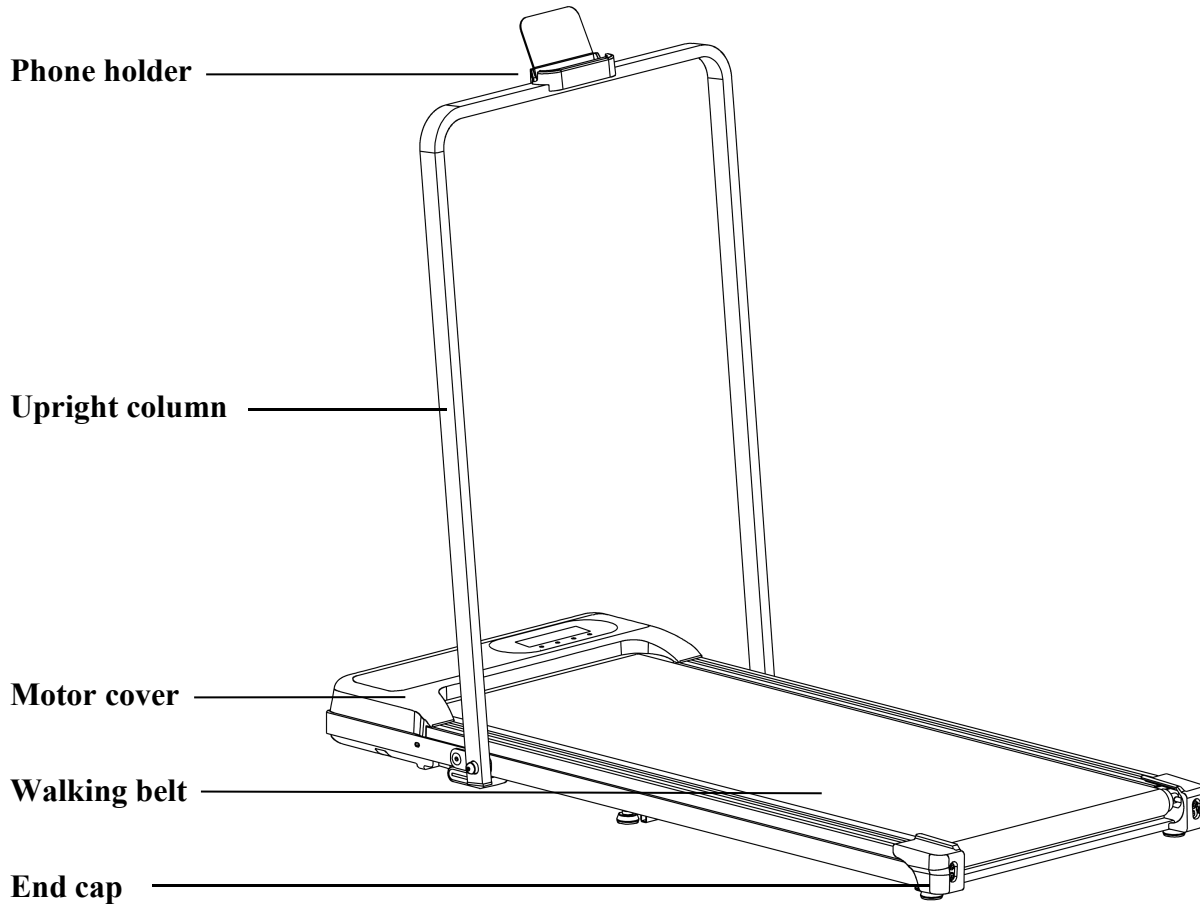


**Note:** Please read this manual before installing and using the motorized walking pad and keep it properly. Following the principles of sustainable development, the product may be updated as necessary without further notice. If the instruction

# CONTENTS

|                                                                 |           |
|-----------------------------------------------------------------|-----------|
| <b>1. Product Brief.....</b>                                    | <b>2</b>  |
| <b>2. Security Precautions and Warning.....</b>                 | <b>3</b>  |
| <b>3. Installation Instructions .....</b>                       | <b>5</b>  |
| <b>4. Exercise suggestions and guidelines (ergonomics).....</b> | <b>7</b>  |
| <b>5. Using Instructions .....</b>                              | <b>8</b>  |
| <b>6. Routine Maintenance .....</b>                             | <b>10</b> |

# 1. Product Brief



## Main parameters and parts list

| No. | Name            | Description | No. | Name            | Description      |
|-----|-----------------|-------------|-----|-----------------|------------------|
| 1   | Input voltage   | 220V ~      | 5   | Max user weight | 90kg             |
| 2   | Rated Frequency | 50-60Hz     | 6   | Dimensions      | 1105*545*940mm   |
| 3   | Speed           | 1.0-10km/h  | 7   | Function        | Running, Walking |
| 4   | Running surface | 400*950mm   |     |                 |                  |

## Packing list

| No. | Name             | Units | Qty | No. | Name            | Units | Qty |
|-----|------------------|-------|-----|-----|-----------------|-------|-----|
| 1   | Complete machine | Set   | 1   | 2   | Accessories Bag | set   | 1   |

## Accessory bag list

| No. | Name                      | Units | Qty | No. | Name            | Units | Qty |
|-----|---------------------------|-------|-----|-----|-----------------|-------|-----|
| 1   | Inner hexagon wrench 5 mm | pcs   | 1   | 5   | Lubricating Oil | pcs   | 1   |
| 2   | Remote Control            | pcs   | 1   | 6   | User Manual     | pcs   | 1   |
| 3   | Screw M5*10               | pcs   | 2   | 7   | Phone holder    | pcs   | 1   |
| 4   | Screw M8*16               | pcs   | 2   |     |                 |       |     |

## 2. Security Precautions and Warning



To ensure your safety and prevent accidents, please read the user manual carefully before using and adhere to the following safety instructions.

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

- ◆ **Any adjustment devices that may interfere with the user's activity should not deviate from the design. The equipment must be installed on a stable base and level surface. The treadmill should be placed on a flat surface indoors, away from moisture, and water should not be spilled on it. Do not place any foreign objects on the treadmill. There should be a safety clearance of 0.5 meters (500 mm) on both sides and at the front, and 1 meter by 1 meter (1000 mm × 1000 mm) at the rear to facilitate emergency dismounting. (Emergency dismounting: Grasp the column with both hands to support your body while stepping onto the side strips, then dismount the treadmill from one side.)**
- ◆ **This product is an electric treadmill intended for healthy individuals aged 12–60.**
- ◆ **This product is not suitable for individuals with disabilities or children. It should not be used by individuals feeling unwell, those with mental impairments, or those lacking basic understanding, unless supervised or guided by someone responsible for their safety. Failure to comply may result in injury.**
- ◆ **Store the lubricating oil bottle from the accessory kit out of children's reach. If accidentally ingested or it enters the eyes, rinse with water and seek medical attention promptly.**
- ◆ **The power plug must be reliably grounded, and the socket should have a dedicated circuit to avoid sharing with other appliances.**
- ◆ **If the power cord is damaged, it must be replaced by the manufacturer, its service department, or similarly qualified personnel to avoid hazards.**
- ◆ Do not use the treadmill in a dusty environment and maintain a certain level of indoor humidity to avoid strong static electricity, which may interfere with the operation of the electronic display and controller. Always use original accessories; unauthorized replacements are prohibited.
- ◆ Keep your hands away from all moving parts, and never place your hands or feet in the gap beneath the walking belt.
- ◆ Keep the power cord away from hot or moving objects. Do not use this product outdoors, in high-humidity environments, or under direct sunlight.
- ◆ Disconnect the power plug before moving the treadmill. Non-professionals must not disassemble the

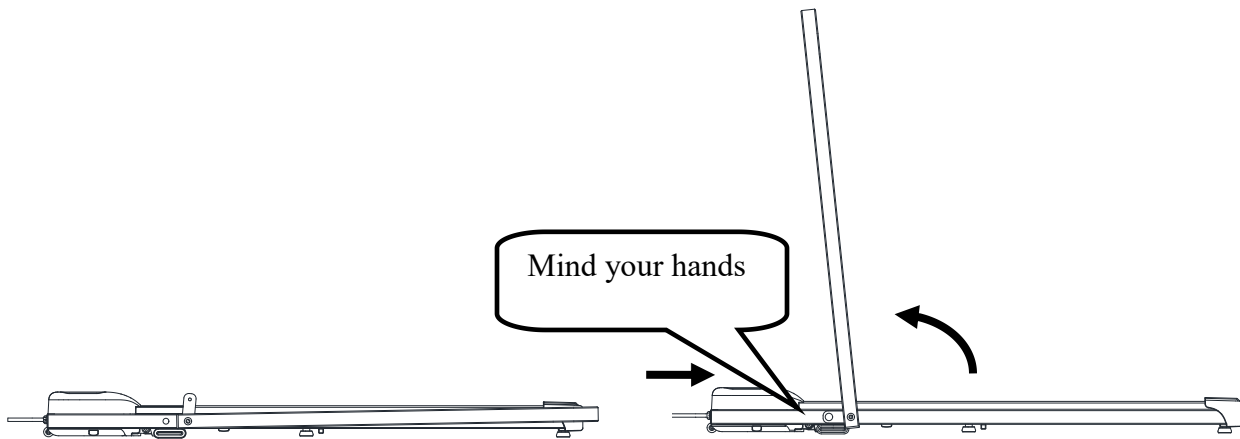


machine, as this may result in serious consequences.

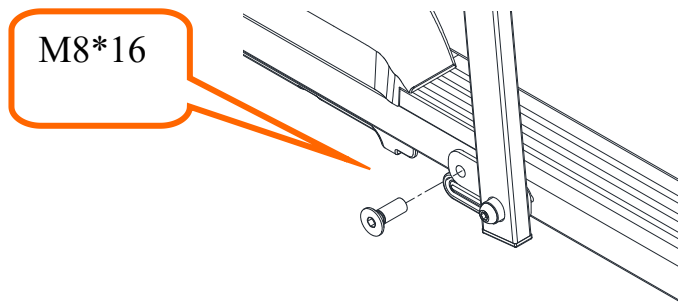
- ◆ Before using the treadmill, check that your clothing is secured (e.g., buttons fastened, zippers closed), and avoid loose garments.
- ◆ Stop exercising immediately if you feel unwell or experience discomfort during use, and consult a doctor.
- ◆ This product is not suitable for prolonged use. Extended use may cause the treadmill's electrical components to overheat, leading to malfunction.
- ◆ Use a qualified socket to avoid potential hazards. If the plug and socket are incompatible, do not attempt to modify the plug. Consult an electrician for assistance.
- ◆ This product is designed for home use only. It is not suitable for professional training, testing, or medical purposes.
- ◆ Do not use the treadmill if the casing is cracked, parts are broken or detached, or welding points are fractured, exposing internal components.
- ◆ Avoid jumping onto or off the treadmill while it is running, as this may cause falls and injuries.
- ◆ Do not use the treadmill immediately after eating, when fatigued, or when in poor physical condition, as this may harm your health.
- ◆ The power plug must not be contaminated with pins, debris, or moisture, as this may cause electric shocks, short circuits, or fires. Do not use the power plug with wet hands!
- ◆ When the treadmill is not in use, disconnect the power plug from the socket. Dust and moisture can cause insulation to deteriorate, resulting in electrical leakage or fires.
- ◆ This product must be grounded. In the event of malfunction, grounding provides a low-resistance path for current to reduce the risk of electric shock.
- ◆ This product is classified as Class H. If you have any doubts about whether the grounding of this product is correct, please consult a professional electrician for inspection.

### 3. Installation Instructions

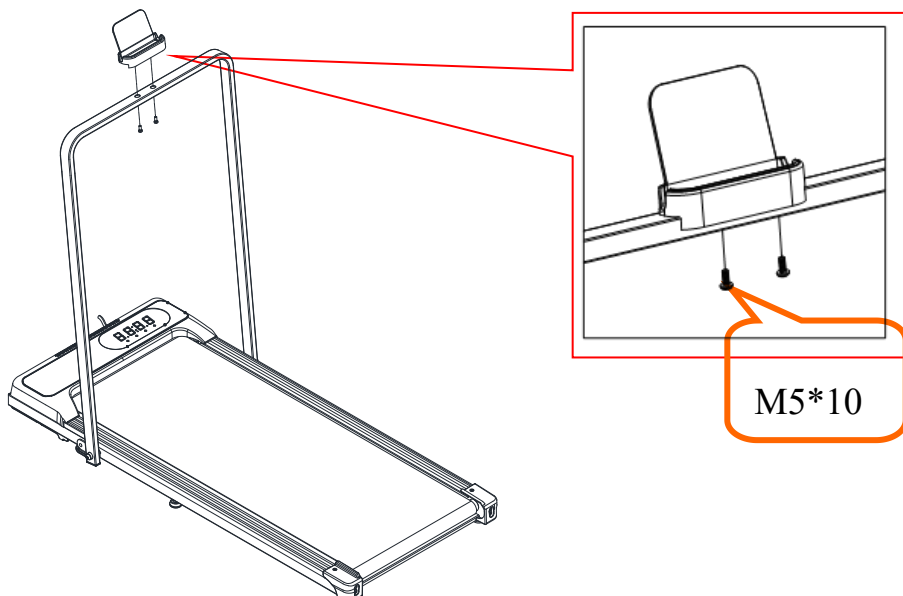
**Step 1.** Remove the treadmill from the packaging and lay it flat on the ground. Fold up the support column and secure it. (Be careful not to pinch your fingers at the folding point.)



**Step 2.** Use the inner hexagon wrench 5mm and screw M8\*16 to tighten the upright column on both sides.



**Step 3.** Use screwdriver and screw M5\*10 to secure the phone holder onto the upright column.

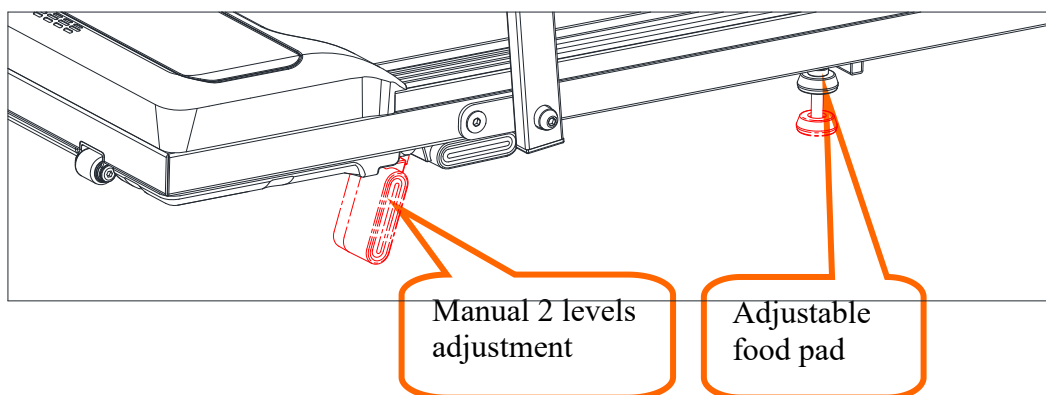


## Method for Leveling the Machine with the Floor:

If there is a gap between the treadmill and the floor, adjust the middle and rear foot pads to ensure full contact with the ground.

(  **Note: Gaps between the foot pads and the floor can cause the treadmill to be unstable.**)

**Introduction to Two-Stage Adjustment of Manual Incline:** The incline of the treadmill can be adjusted manually by rotating the front adjustment wheels located at the base of the treadmill (left and right wheels are adjusted simultaneously). After adjusting the wheels, you can further adjust the middle leveling pads of the treadmill based on the flatness of the ground. Ensure that all leveling pads are in contact with the ground; otherwise, abnormal noises may occur during use, and unnecessary harm could be caused to the user. **(Note: It is recommended to use the treadmill on hard surfaces. If used on soft surfaces (e.g., carpet), raise the front incline to prevent friction with soft materials, which could cause damage to the treadmill.)**



## 4. Exercise suggestions and guidelines (ergonomics)

### Warming up and soothing exercise

A successful exercise program consists of three parts: Warming up, cardio exercise and soothing exercise. Warming up is a very important part of exercise. Warming up must be carried out before every exercise. Warming up can preheat the body, stretch the muscles, and let the body adapt to more intense exercise. Repeating the Warming up exercise at the end of the exercise can help relieve muscle soreness.

We suggest that you perform corresponding warm-up and relief exercises according to the following diagram:

#### Head movement

Stretch the head towards the right shoulder first, straighten the left neck, and turn it clockwise and backward once;

Stretch the head to the left shoulder and rotate it counterclockwise once. Repeat like this.



#### Shoulder lifting exercise

Lift the left shoulder and turn back one circle, repeating 5 times; Then lift the right shoulder back and repeat 5 times, alternating like this.



#### Stretching movement

Raise your hands straight above your head, then grab your right wrist with your left hand and stretch upwards until you feel your right wrist fully straightened, lasting for 5 seconds before switching to your right hand.



#### Quadriceps stretching exercise

Hold the wall with your right hand to maintain balance, lift your left foot backwards with your left hand, keeping the heel of your left foot as close to your hips as possible, for 15 seconds, and switch to the other foot.



#### Thigh inner stretch

Sitting on the ground, with both feet and soles together, grip both feet with both hands and pull them inward to bring them as close as possible to the body. Slowly press down on the heels of both feet and hold this position for 15 seconds.



#### Foot tendon stretching

Sit down, straighten the right leg, bend the left leg, hold the ankle with the left hand and push it inward to make the left foot as close to the body as possible and the sole of the foot close to the inner side of the right thigh. Then press down on the body, extend left and right forward to touch the toe, the greater the pressure, the better. Hold this position for 15 seconds, and switch to the left leg.



#### Calf stretching

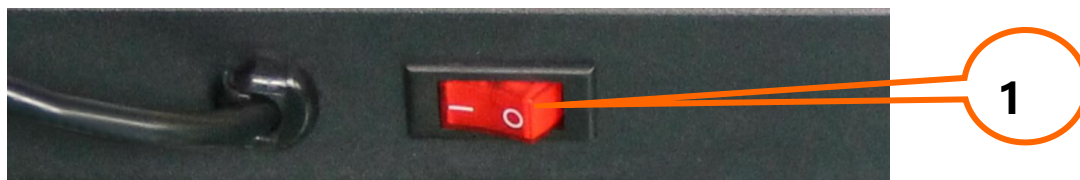
Support the wall with both hands, place your body at a 45 degree angle to the ground, and alternately extend your left and right feet backwards to perform walking movements.



## 5. Using Instructions

### 1. Use the walking machine:

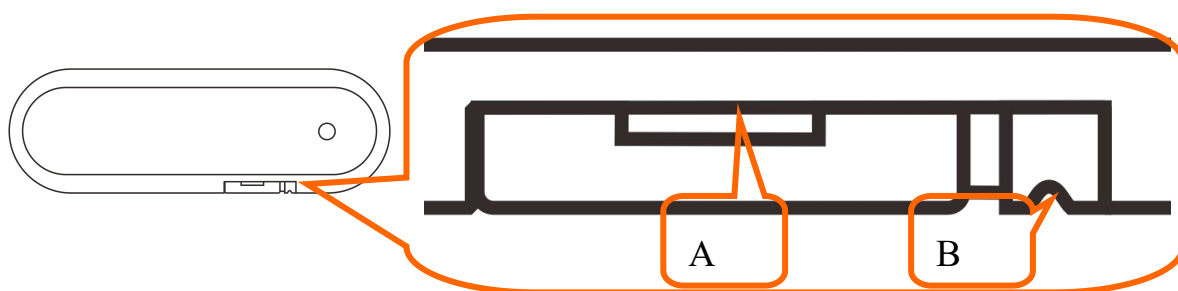
Plug in the power cord and turn on the switch (the switch is red) . When turned on, the switch (1) will light up, and you will hear a "beep" sound. Shortly after, the screen will light up. (Note: The switch is located on the right side of the machine.)



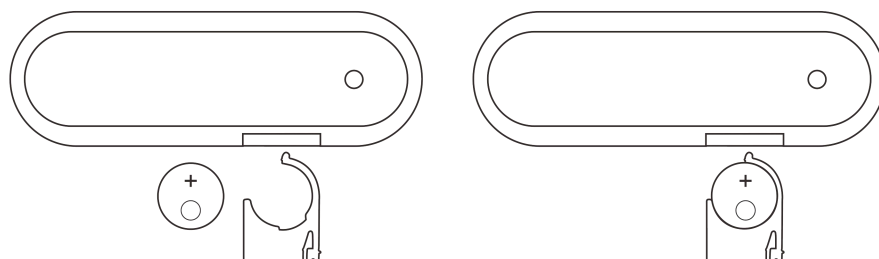
**Operating the Remote Control:** This machine has been pre-paired one-to-one before leaving the factory, and users can use it directly upon receipt. If it cannot be used, re-pairing is required. Once successfully paired, it can be connected. (Pairing method: After powering on, press and hold the "Start" button on the remote control for about 7 seconds to perform one-to-one pairing. (A series of beeps from the buzzer indicates successful pairing. If there are no continuous beeps, the pairing is unsuccessful.) After successful pairing, the remote control can operate the walking machine, and subsequent pairing is not required. The remote control has "+", "-", "Mode", "Start", "Stop" buttons.)

### Remote Control Battery Replacement Operation:

Step 1: Hold the remote control with your right hand. Use your left index finger to hook the long slot in the middle (A) while simultaneously using your left thumb to hook the small slot (B). Pull outward to remove the battery compartment. Refer to the illustration below.



Step 2: Place the button battery with the side marked with text facing up into the battery holder removed from the remote control. Then insert the holder back into the fixed slot of the remote control. Refer to the illustration below.



## Display Functions

**Time Display:** When the time indicator light is on, it displays the current running time.

**Speed Display:** When the speed indicator light is on, it displays the current running speed.

**Distance Display:** When the distance indicator light is on, it displays the current distance.

**Calories Display:** When the calorie indicator light is on, it displays the current calorie count.

## Function Buttons:

**+: During operation, press this button to increase the running speed.**

**-: During operation, press this button to decrease the running speed.**

**Mode:** In standby mode, press this button to cycle through three countdown modes: time, distance, and calories.

**Start:** In the stopped state, press this button to start the walking machine.

**Stop:** During operation, press this button to stop the walking machine.

## Translation of Error codes:

| Error code | Description                       | Solution                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| E1         | Communication Abnormal            | Possible Cause:<br>The communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.                                                                                                                                                                                                                                                                                                                                                            |
| E2         | No Signal from Motor              | Possible Cause:<br>Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.                                                                                                                                                                                                                                                                                                                                                                                   |
| E5         | Over Current Protection           | Possible causes:<br>Excessive current caused by exceeding the rated load, system self protection, or a certain part of the walking machine getting stuck, causing the motor to not rotate, heavy load, excessive current, and system self protection; Adjust the walking machine and restart it to run. Also, check if there is excessive noise or burning smell when the motor is running, and replace the motor; Or check if the controller has a burnt odor and replace it; Or check if the power supply voltage specifications do not match or are low, and retest using the correct voltage specifications. |
| E6         | Explosion-proof Impact Protection | Possible Cause:<br>Check if the power supply voltage is 50% lower than normal Voltage, use the correct voltage and test the machine again; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.                                                                                                                                                                                                                                                                                                                         |

## 6. Routine Maintenance

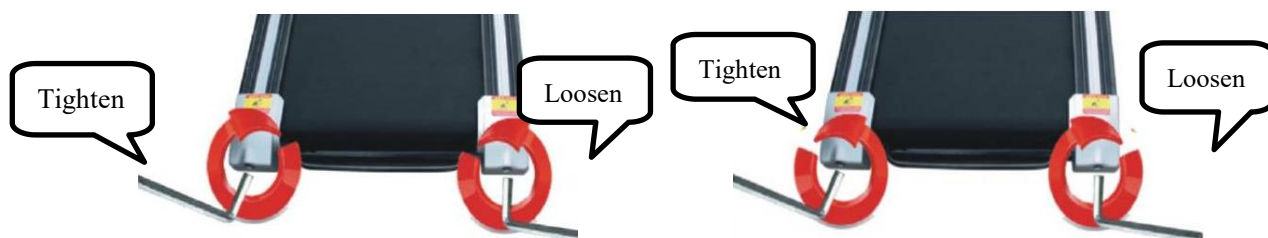
Open the motor cover at least twice a year and vacuum clean the motor. Comprehensive cleaning can extend the lifespan of the treadmill machine. Clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Ensure that sports shoes are clean and avoid carrying foreign objects under the running belt to wear the running board and running belt. The surface of the running belt must be wiped with a damp cloth soaked in soap, taking care not to splash water onto electrical components or under the running belt. (**Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill machine is pulled out.**)

### Adjustment method for running belt deviation:

Put the walking machine flat on the ground. Make the walking machine run at a speed of 6km/h .

**If the running belt is closer to the left:** rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)

**If the running belt is closer to the right:** rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A: Belt closer to left

Picture B: Belt closer to right

### Adjustment Method for Walking Belt Slippage:

After prolonged use of the treadmill, the walking belt may become slightly loose due to wear or stretching. To ensure safe usage, proper adjustments are necessary.

How to Identify the Issue:

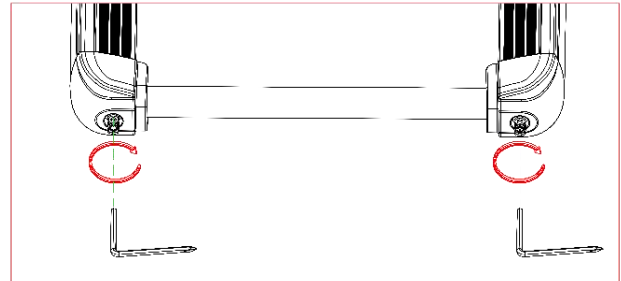
During normal walking on the treadmill, if you feel occasional pauses when your foot lands on the walking belt, it indicates that the belt has become loose. In this case, you need to adjust the adjustment screws. Follow the steps below:

Step 1:

Using an L-shaped inner hexagon wrench (5mm), turn the adjustment screws on the left rear end cap and the right rear end cap clockwise by 1/2 turn each. Refer to the right illustration for guidance.

Step 2:

Start the treadmill at a speed of 1.0 km/h. Stand on the walking belt with both feet, firmly grip the handrails with both hands, and apply force to step down on the walking belt. If the walking belt still slips, repeat Step 1 until the belt no longer slips.



### **Method for Adding Lubricating Oil to the Walking Machine:**

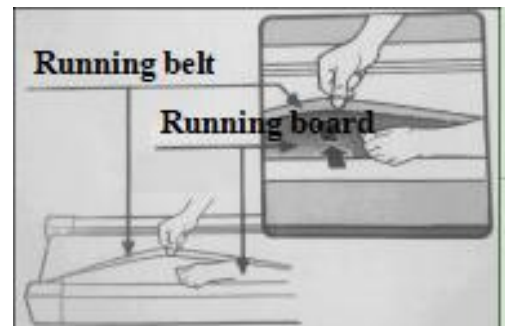
This walking machine is equipped with a maintenance-free walking belt, significantly reducing friction with the walking board and minimizing the maintenance frequency. However, as the friction of the walking board greatly affects the lifespan and performance of the electric walking machine, it is necessary to apply lubricating oil periodically.

**Lightweight users (weekly usage < 3 hours): Once every 10 months. Heavyweight users (weekly usage > 7 hours): Once every 5 months.**

#### **Steps for Adding Lubricating Oil:**

Step 1: Lift the walking machine belt upward.

Step 2: Open the lubricating oil bottle and squeeze the oil onto the walking board, as shown in the right image.



### **Tips for prolonging the service life of walking machine:**

1. In order to better maintain your walking machine and extend its service life, it is recommended that you turn off the power supply of the walking machine after continuous use for 1 hour, and let the machine rest for 10 minutes before use.
2. The walking belt shall be properly tightened. If the walking belt is too loose, it will slip when walking; If it is too tight, it may reduce the motor performance and aggravate the wear of roller and walking belt.



Walking machine belongs to sports equipment, so it needs proper maintenance and servicing. The maintenance and servicing suggestions are as follows:

**1: Frequent inspection is required due to wear and damage; Worn or damaged accessories (such as motor, electrical parts, power cord, walking belt), after maintenance or professional repair, its use safety is consistent with that of the factory.)**

**2: Immediately replace those defective parts and components or leave the equipment idle for repair: (such as power cord).**

**3: Pay special attention to the components that are most vulnerable to wear. (e.g. walking belt).**

- GB** – NOTE: The battery in the remote control requires you to purchase and install it yourself.  
Model: CR2032 3.V
- DE** – HINWEIS: Die Batterie in der Fernbedienung müssen Sie selbst kaufen und installieren  
Modell: CR2032 3.V
- FR** – REMARQUE : la pile de la télécommande doit être achetée et installée par vos soins.  
Modèle : CR2032 3.V
- IT** – NOTA: la batteria del telecomando deve essere acquistata e installata autonomamente.  
Modello: CR2032 3.V
- ES** – NOTA: La pila del mando a distancia debe comprarla e instalarla usted mismo  
Modelo : CR2032 3.V

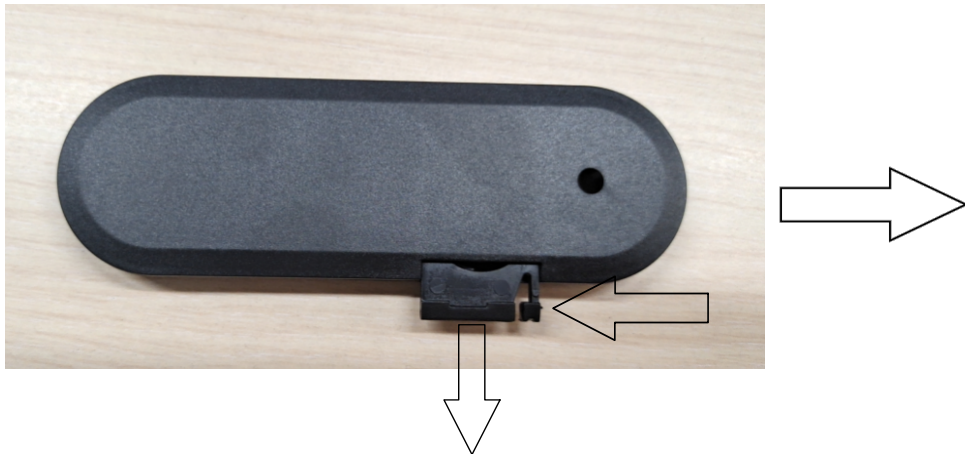
①



②



③



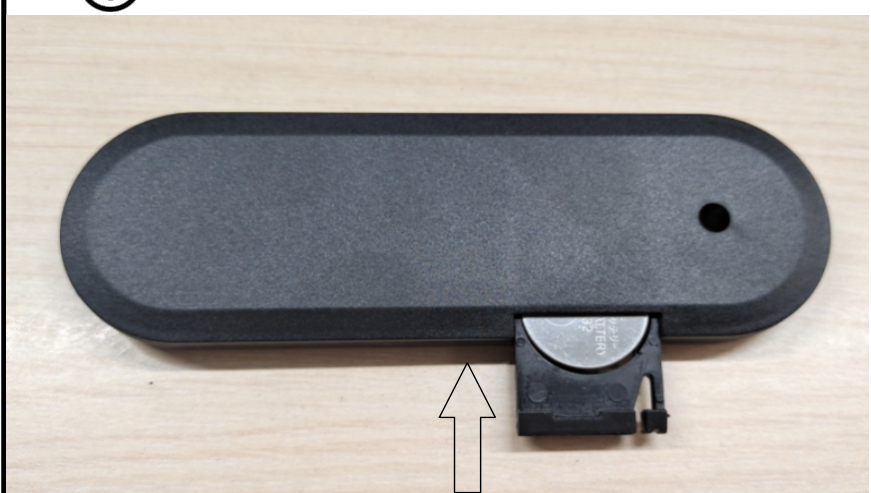
④



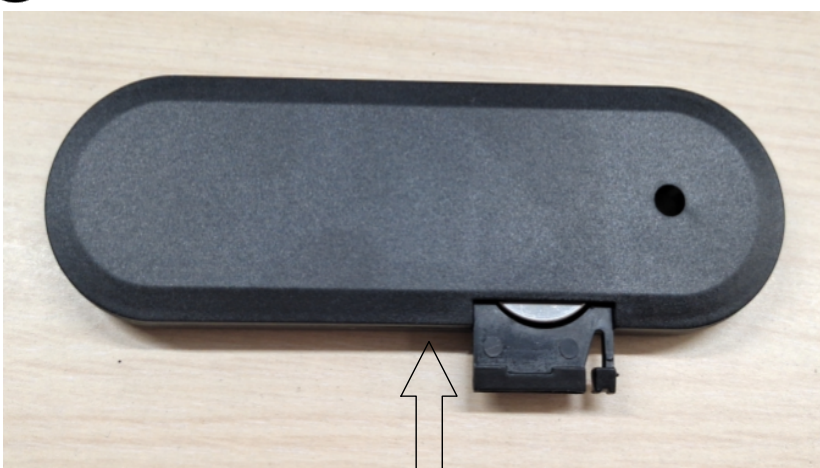
⑤



⑥



⑦



⑧



## Important Notes (English)

1. **Check Before Use:** Ensure all screws and parts are properly installed and tightened before using the treadmill. Check the belt tension and device stability.
2. **Wear Proper Footwear:** Wear appropriate athletic shoes while using the treadmill. Avoid high heels or slippery shoes to prevent slips or injuries.
3. **Do Not Overload:** Do not exceed the treadmill's maximum weight limit or the maximum speed specified in the instructions. Excessive use may lead to device failure or safety risks.
4. **Stay Focused:** Avoid distractions (such as using your phone or watching TV) while using the treadmill. Stay focused to prevent falls or injuries.
5. **Keep Children and Pets Away:** Ensure children and pets are kept away from the running treadmill to avoid accidents. Place the treadmill in a safe area free from interference.

## Wichtige Hinweise (Deutsch)

1. **Vor der Benutzung Überprüfen:** Stellen Sie sicher, dass alle Schrauben und Teile vor der Benutzung des Laufbands ordnungsgemäß installiert und festgezogen sind. Überprüfen Sie die Riemenspannung und die Stabilität des Geräts.
2. **Richtige Schuhe Tragen:** Tragen Sie beim Benutzen des Laufbands geeignete Sportschuhe. Vermeiden Sie Stöckelschuhe oder rutschige Schuhe, um Ausrutschen oder Verletzungen zu verhindern.
3. **Nicht Überlasten:** Überschreiten Sie nicht das maximale Gewichtslimit des Laufbands oder die in der Anleitung angegebene Höchstgeschwindigkeit. Übermäßige Nutzung kann zu Gerätestörungen oder Sicherheitsrisiken führen.
4. **Aufmerksam Bleiben:** Vermeiden Sie Ablenkungen (wie das Benutzen des Handys oder das Fernsehen) während der Nutzung des Laufbands. Bleiben Sie konzentriert, um Stürze oder Verletzungen zu vermeiden.
5. **Kinder und Haustiere Fernhalten:** Stellen Sie sicher, dass Kinder und Haustiere vom laufenden Laufband ferngehalten werden, um Unfälle zu vermeiden. Platzieren Sie das Laufband in einem sicheren Bereich ohne Störungen.

## Remarques importantes (Français)

1. **Vérifiez Avant Utilisation:** Assurez-vous que toutes les vis et pièces sont correctement installées et serrées avant d'utiliser le tapis de course. Vérifiez la tension de la bande et la stabilité de l'appareil.
2. **Porter des Chaussures Appropriées:** Portez des chaussures de sport adaptées lors de l'utilisation du tapis de course. Évitez les talons hauts ou les chaussures glissantes pour prévenir les glissades ou les blessures.

3. **Ne Pas Surcharger:** Ne dépassez pas la limite de poids maximale du tapis de course ou la vitesse maximale indiquée dans le mode d'emploi. Une utilisation excessive peut entraîner des pannes d'appareil ou des risques pour la sécurité.
4. **Restez Concentré:** Évitez les distractions (comme l'utilisation du téléphone ou la télévision) pendant l'utilisation du tapis de course. Restez concentré pour éviter les chutes ou les blessures.
5. **Éloignez les Enfants et Animaux:** Assurez-vous que les enfants et les animaux restent éloignés du tapis de course en fonctionnement pour éviter les accidents. Placez le tapis de course dans une zone sûre sans interférences.

## Note importanti (Italiano)

1. **Controlla Prima dell'Uso:** Assicurati che tutte le viti e le parti siano correttamente installate e serrate prima di utilizzare il tapis roulant. Controlla la tensione della cintura e la stabilità del dispositivo.
2. **Indossa Scarpe Appropriate:** Indossa scarpe sportive adeguate mentre utilizzi il tapis roulant. Evita scarpe con tacchi alti o scivolose per prevenire scivolate o infortuni.
3. **Non Sovraccaricare:** Non superare il limite di peso massimo del tapis roulant o la velocità massima indicata nelle istruzioni. L'uso eccessivo può causare guasti al dispositivo o rischi per la sicurezza.
4. **Rimani Concentrato:** Evita distrazioni (come l'uso del telefono o la TV) mentre usi il tapis roulant. Rimani concentrato per evitare cadute o infortuni.
5. **Tenere Lontani Bambini e Animali:** Assicurati che i bambini e gli animali siano tenuti lontani dal tapis roulant in funzione per evitare incidenti. Posiziona il tapis roulant in un'area sicura priva di interferenze.

## Notas importantes (Español)

1. **Verifique Antes de Usar:** Asegúrese de que todos los tornillos y partes estén correctamente instalados y apretados antes de usar la cinta de correr. Verifique la tensión de la banda y la estabilidad del dispositivo.
2. **Use Calzado Adecuado:** Use zapatos deportivos apropiados al usar la cinta de correr. Evite los tacones altos o los zapatos resbaladizos para prevenir caídas o lesiones.
3. **No Sobrecargar:** No exceda el límite de peso máximo de la cinta de correr o la velocidad máxima indicada en las instrucciones. El uso excesivo puede llevar a fallos en el dispositivo o riesgos de seguridad.
4. **Mantenga la Atención:** Evite distracciones (como el uso del teléfono o ver televisión) mientras usa la cinta de correr. Mantenga la atención para evitar caídas o lesiones.
5. **Mantenga a los Niños y Mascotas Alejados:** Asegúrese de que los niños y las mascotas estén alejados de la cinta de correr en funcionamiento para evitar accidentes. Coloque la cinta de correr en un área segura sin interferencias.

## Viktiga anmärkningar (Svenska)

1. **Kontrollera Före Användning:** Se till att alla skruvar och delar är korrekt installerade och åtdragna innan du använder löpbandet. Kontrollera bältets spänning och enhetens stabilitet.
2. **Bär Lämpliga Skor:** Använd lämpliga träningsskor när du använder löpbandet. Undvik klackar eller hala skor för att förhindra halka eller skador.
3. **Överskrid Inte Kapaciteten:** Överskrid inte löpbandets maximala viktgräns eller den maximala hastigheten som anges i instruktionerna. Överdriven användning kan leda till funktionsfel eller säkerhetsrisker.
4. **Håll Fokus:** Undvik distraktioner (som att använda telefon eller titta på TV) medan du använder löpbandet. Håll fokus för att förhindra fall eller skador.
5. **Håll Barn och Husdjur Bortom Räckhåll:** Se till att barn och husdjur hålls borta från det löpande löpbandet för att undvika olyckor. Placera löpbandet i ett säkert område utan störningar.

## Belangrijke opmerkingen (Nederlands)

1. **Controleer Voor Gebruik:** Zorg ervoor dat alle schroeven en onderdelen correct zijn geïnstalleerd en vastgezet voordat je de loopband gebruikt. Controleer de spanning van de band en de stabiliteit van het apparaat.
2. **Draag Geschikt Schoeisel:** Draag geschikte sportschoenen bij het gebruik van de loopband. Vermijd hoge hakken of gladde schoenen om uitglijden of verwondingen te voorkomen.
3. **Overbelast Niet:** Overschrijd niet de maximale gewichtslimiet van de loopband of de maximale snelheid die in de instructies staat vermeld. Overmatig gebruik kan leiden tot apparaatstoringen of veiligheidsrisico's.
4. **Blijf Geconcentreerd:** Vermijd afleidingen (zoals het gebruik van de telefoon of tv-kijken) tijdens het gebruik van de loopband. Blijf geconcentreerd om vallen of verwondingen te voorkomen.
5. **Houd Kinderen en Huisdieren Uit De Buurt:** Zorg ervoor dat kinderen en huisdieren uit de buurt blijven van de draaiende loopband om ongevallen te voorkomen. Plaats de loopband op een veilige plek zonder verstoringen.