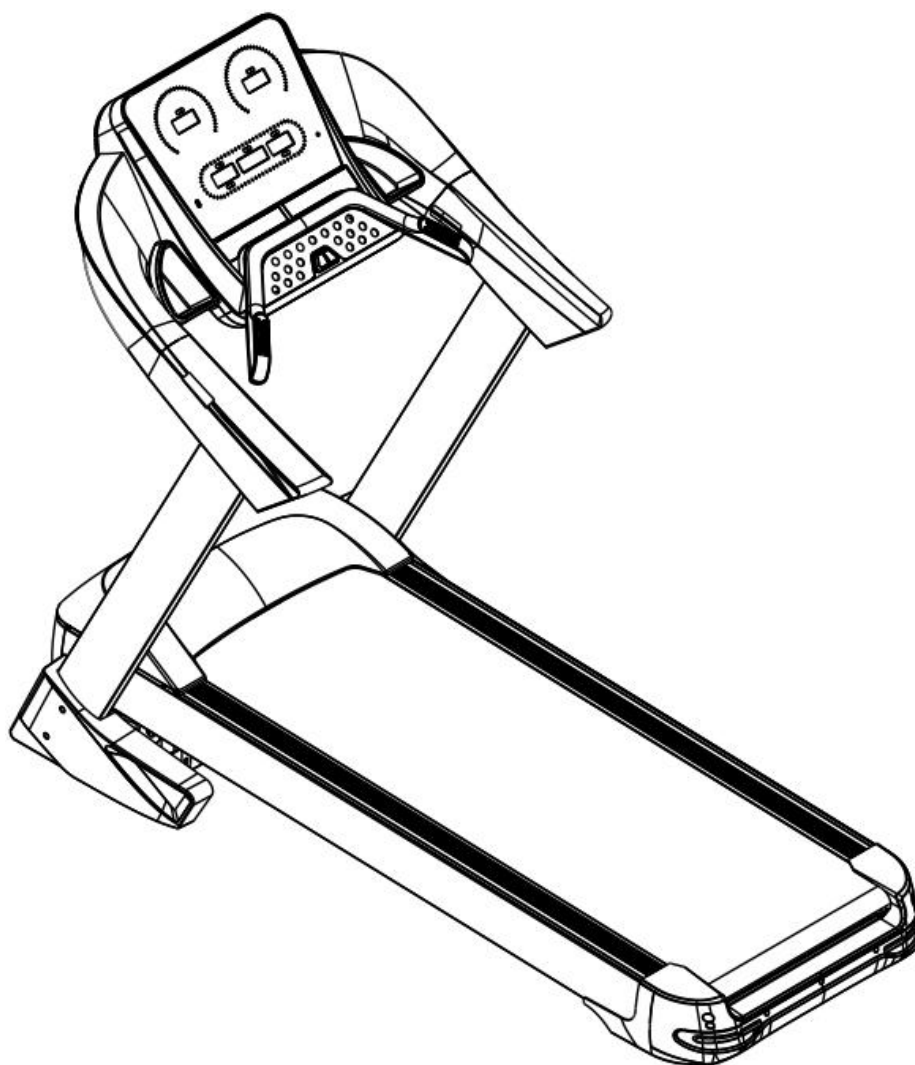


FRENCH FITNESS

FF-FT300

FRENCH FITNESS FT300 FOLDING TREADMILL

ASSEMBLY MANUAL



PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUAL CAREFULLY BEFORE ASSEMBLY AND USE THE TREADMILL. AND KEEP IT FOR FUTURE REFERENCE.

FEATURES

- Super folding
- With 12 pre-set programs (P1-P12), user set: U1-U3
- LED
- AC Motor : 1100W
- Speed Range: 0.62 - 11.6mph
- 110 VAC 60Hz standard
- Running Belt: 15" x 204" (1500mm x 520mm)
- Incline: Auto 0-10%

TECH SPECS

- Max User Weight: 330lb (150kg)
- Weight: 216lb (98kg)
- Dimensions: 74.8"L x 35.8"W x 58.6"H (190cm x 91cm x 149cm)

WARRANTY

10 Years Parts, 1 Year Labor (Light Commercial)

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Thank you for purchasing this product. It will improve your health.

I. Quality Guarantee Commitment

We ensure that this product is made from high-quality materials. We will repair the product if it has problems in normal use.

Warranty period is 1 year (from the date of purchase). If the product you purchase has quality problems, please contact with our customer service personnel in 12 months. Please don't deal with the problems without permission. We are responsible for repair of the following accessories: frame, wires, foam on armrest, motor, moving wheels, etc. The following cases are beyond the scope of warranty:

- Damage for external reason.
- Use non-original accessories.
- Handle incorrectly by yourself.
- Fail to operate as instructed.

Quick-wear parts will not be repaired or replaced if normally worn, such as running belt, etc.

This quality guarantee commitment is only valid for private use of family and inapplicable to gymnasium and other situations of professional training.

Please contact with our customer service personnel to buy accessories beyond scope of warranty and provide the information below when ordering:

- Instruction.
- Model of treadmill.
- Serial number of accessory.
- Proof of date of purchase.

Please don't send the product to our company before our customer service personnel confirm. We refuse to bear any expenses if you send back the product without permission.

II. Safety Instruction

Many safety problems are considered in design and manufacturing of the product, but please still operate according to the instruction below just in case. We are not responsible for any consequences caused by abnormal operation.



In order to ensure your safety and prevent accidents, please carefully read the operating instruction before use.

1. Please consider your physical condition when training with the product, and train in an appropriate and regular way to ensure that you have enough physical strength. Wrong or excess training will be harmful to your health.
2. This product is unsuitable for children. Those that feel unwell or are mentally defective and lack common sense of use shall not use the product unless under guardianship or guidance of people responsible for their safety. Children shall be prevented from fiddling with the equipment.
3. This product is suitable for home use instead of professional training and test or medical treatment.
4. Heart rate display of this product does not provide data for clinical medicine.

5. The damaged power line must be replaced by manufacturer or professional maintenance personnel to prevent danger.
6. Please inspect all components and ensure that screws and nuts are tightened before use.
7. Please wear comfortable tight clothes when using the product to prevent the clothes from being hooked by the machine. Don't let kids or pets play nearby to avoid accidents.
8. Please place the product on smooth, clean and flat ground, ensure that there is nothing sharp nearby and don't use it near source of water and heat.
9. Don't touch any moving parts with hands or place hands or feet in gap beneath the running belt.
10. This product can only be used by one person when running.
11. Ensure that screws and bolts are tightened after assembly of the product.
12. Please use accessories provided by the factory and don't replace them without permission.
13. This product is HC product. The weight of user is not more than 150kg.

III. Special Safety Instruction Power source

- Place the treadmill where the plug can reach the socket.
- Directly insert the power line into socket and keep it firm.
 - Please use qualified socket to avoid consequential danger. If the plug and socket are incompatible, ask the electrician to deal with it instead of moving the plug.
- 220V—240VAC power source is used.
 - Please keep power line away from roller, and don't place power source on running belt or use damaged plug.
- Please pull the plug out from the socket before cleaning and maintenance.

Warning: failing to pull out the plug may cause personal injury and damage to equipment.




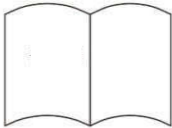


- Please inspect each component before use.
- Please don't use the product outdoors, at high humidity and in the sunshine.
- Please turn off the machine and pull out the plug when leaving.

IV. Description of Assembly

- Please carefully read steps of assembly before assembly.
 - Take out all wrap pages and place them on clean ground, which is convenient for you to check and install.
- Carefully check whether components are complete according to packing list.
 - Please pay attention to safety when using tools or handling. Please don't install forcibly as you like in assembly.
 - Please confirm whether the tools and packing materials left are dangerous. Plastics and foam are harmful to kids.
 - Assemble the product according to the instruction. Please carefully read steps and description of assembly.
- The product must be carefully installed by adults, and by professionals if necessary.

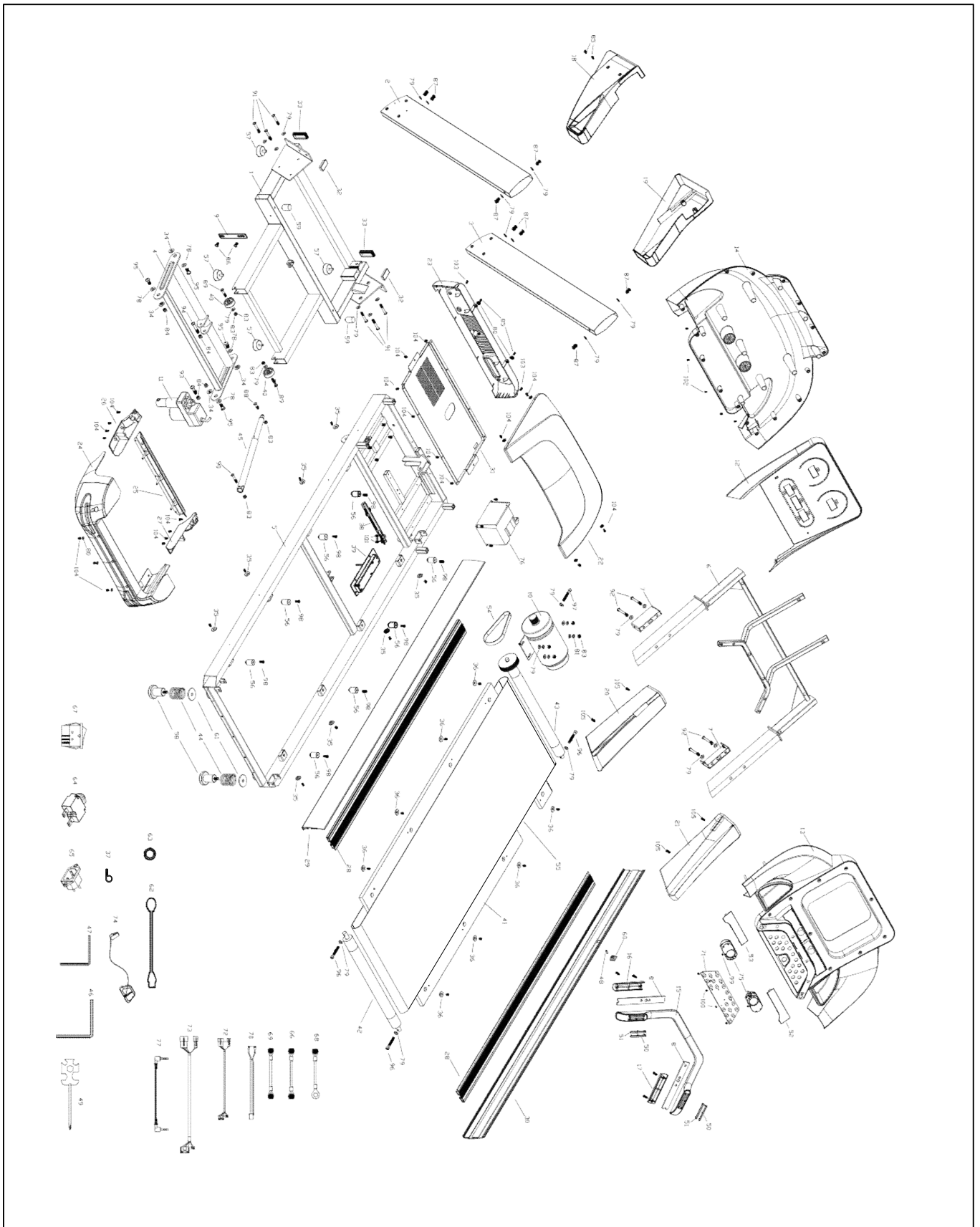
Warning: carefully install the product without damaging it.

CONFIGURATION LIST

BASE FRAME + DISPLAY METER SET		
SIDE COVER (L+R)		
TOOLS KIT	MP3 CONNECTING LINE	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;">SAFETY LOCK</div> <div style="display: flex; justify-content: space-around; width: 100%;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> MANUAL  </div> </div> <div style="display: flex; justify-content: space-around; width: 100%; margin-top: 10px;"> <div style="text-align: center;">  SCREW BAGS </div> <div style="text-align: center;">  MP3 CONNECTING LINE </div> </div> </div>
	SAFETY LOCK	
	SILICONE OIL	
	INSTRUCTION MANUAL	
	SCREW BAGS	

EXPLOSION DIAGRAM

All accessories are here and displayed in the list below.



PARTS LIST OF EXPLOSION DIAGRAM

NO.	PARTS NAME	Q'TY
1	Pedestal	1
2	Upright post(L)	1
3	Upright post(R)	1
4	Incline frame	1
5	Main frame	1
6	Display meter frame	1
7	Connecting iron sheets	2
8	Small armrest fixed iron sheets	2
9	Package stator	1
10	AC motor	1
11	Incline motor	1
12	Display meter	1
13	The top cover of Computer meter	1
14	The bottom cover of Computer meter	1
15	Small armrest	1
16	Small armrest lower cover(L)	1
17	Small armrest lower cover(R)	1
18	Side cover(L)	1
19	Side cover(R)	1
20	PU foam(L)	1
21	PU foam(R)	1
22	Motor top cover	1
23	Motor front cover	1
24	Rear cap	1
25	Rear cap inner trim cover	1
26	Rear cap side trim cover(L)	1
27	Rear cap side trim cover(R)	1
28	Top strip	1
29	Side strip(L)	1
30	Side strip(R)	1
31	Motor bottom cover	1
32	25*50*T2.0 Square tube plug	2
33	30*70*T2.0 Square tube plug	2
34	φ 10* φ 15* φ 25 Plastic spacer	4
35	φ 25* φ 4.2*6 Side strip buckle	8
36	φ 25* φ 4.2*4.5 Side strip buckle	8
37	R-type wire clamp	2
38	Oil cap	1

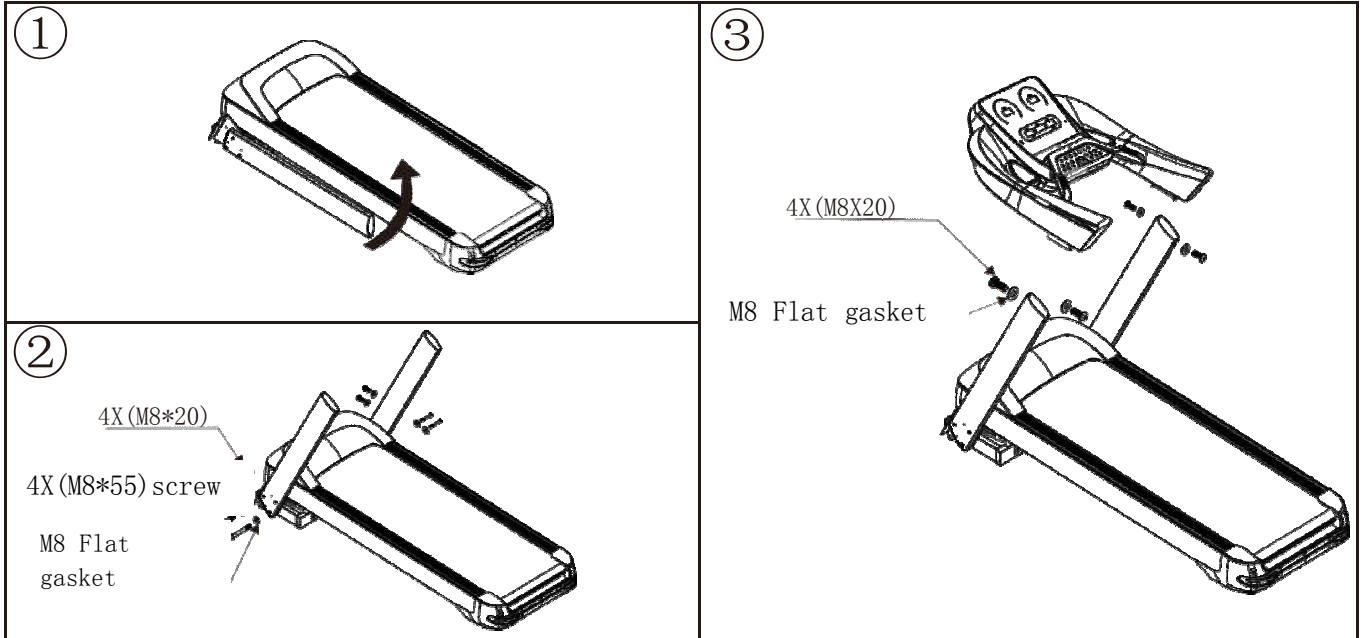
NO.	PARTS NAME	Q'TY
54	Motor belt	1
55	Running belt	1
56	φ 24*33*M8(Internal fangs) Round cushion	8
57	φ 40* φ 50*T18 adjustment foot pad	4
58	φ60*φ35*65*M10*22 Foot pad	2
59	φ 24*33*M8 Round cushion	2
60	15*25*25 Silicone oil tank	1
61	φ 10.5* φ 46*T3 rubber gasket	2
62	Power line (with tail plug)	1
63	φ 31* φ 19*H16 magnetic ring	1
64	Overload protector	1
65	Upsidedown T-shaped socket	1
66	150mm AC connecting line(Red)	3
67	Power switch	1
68	150mm Ground line	1
69	150mm AC connecting cable(Black)	2
70	Heart rate line	2
71	Key button board	1
72	Computer middle line length:1100mm	1
73	Computer middle line length:1800mm	1
74	Safety lock	1
75	Louder Speaker	2
76	Inverter	1
77	MP3 connecting line	1
78	φ10-20*T1.5 flat washer	4
79	φ8-16*T1.5 flat washer	26
80	φ4.2*φ16*T0.8	13
81	φ8-14*T2.0 spring washer	4
82	M4*10 Cross combination screw	1
83	M8 Lock nut	8
84	M10 lock nut	4
85	M4*15 Cross large flat head screw	6
86	M8*15 Hexagon socket head cap screws	2
87	M8*20 Hexagon socket head cap screws	8
88	M8*30 Hexagon socket head cap screws Length:20	1
89	M8*40 Hexagon socket head cap screws Length:20	2
90	M8*45 Hexagon socket head cap screws Length:20	1
91	M8*55 Hexagon socket head cap screws Length:20	6

39	Fuel tank	1	92	M8*75 Hexagon socket head cap screws Length:20	4
40	φ 48* φ 8*23 Moving wheel	2	93	M10*40 Hexagon socket head cap screws Length:15	1
41	Running deck	1	94	M10*55 Hexagon socket head cap screws Length:15	1
42	Rear roller	1	95	M10*25 Hexagon socket head cap screws	4
43	Front roller	1	96	M8*60 Cylindrical head socket head cap screws	3
44	φ 49* φ 5*5 circle*60 compressed spring	2	97	M8*70 Cylindrical head socket head cap screws	1
45	Gas spring	1	98	M8*25 Countersunk head hex head screw	8
46	M6 L-shaped wrench	1	99	ST2.5*8 Cross recessed round head self tapping screw	6
47	M5 L-shaped wrench	1	100	ST3.0*8 Cross recessed round head self tapping screw	12
48	Tubing bushing φ 8.0*t0.3*15	1	101	ST4.0*13 Cross recessed round head self tapping screw	9
49	Multi-function wrench	1	102	ST4.0*16 Cross recessed round head self tapping screw	61
50	Heart rate iron (R)	2	103	ST4.2*13 headφ8 Cross round head self-drilling screw	2
51	Heart rate iron (L)	2	104	ST4.2*16 headφ8 Cross round head self-drilling screw	38
52	Speaker net cover (R)	1	105	ST4.2*25 headφ10 Cross round head self-drilling screw	4
53	Speaker net cover (L)	1	106	M8 lock nut	4

STEPS OF ASSEMBLY

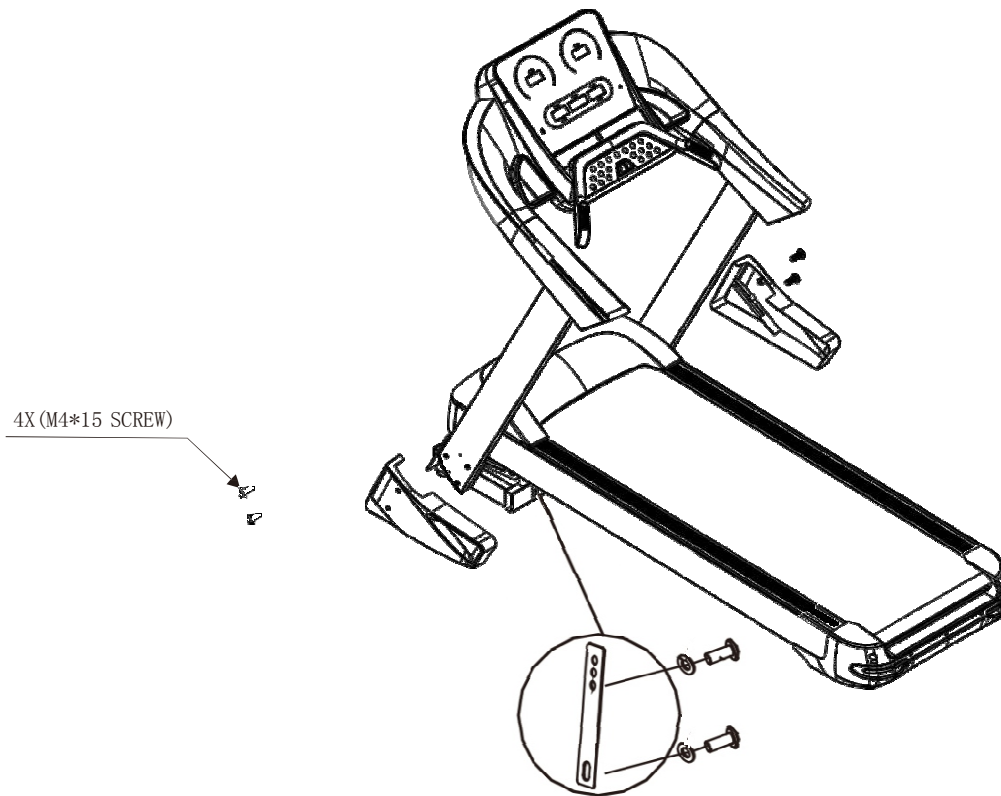
Step 1: installation of complete machine

1. Hold the Column and slowly pull to the fixing hole position.
2. Fix Column onto Pedestal with M8*20, M8*55 screw and M8 flat gasket.
3. Fix Display Meter onto the Column with M8*20 screw and M8 flat gasket.



Step 2: Assembly of left and right side covers

1. Remove the package stator that hold the frame and the base, and be careful not to hurt someone when the frame bounces off.
2. Fix the left and right side covers on both sides of pedestal with M4*15 screw and lock them.



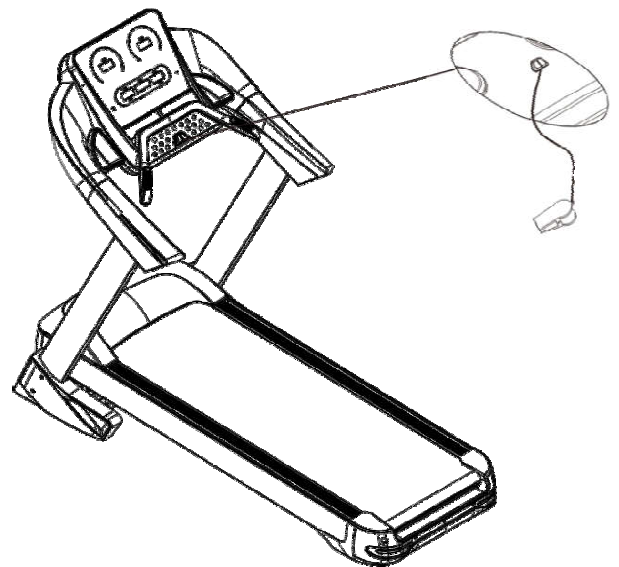
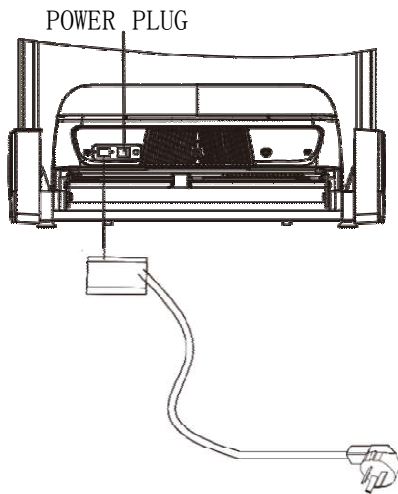
Finally, please ensure that all screws are tightened after all accessories are assembled.

OPERATING INSTRUCTION

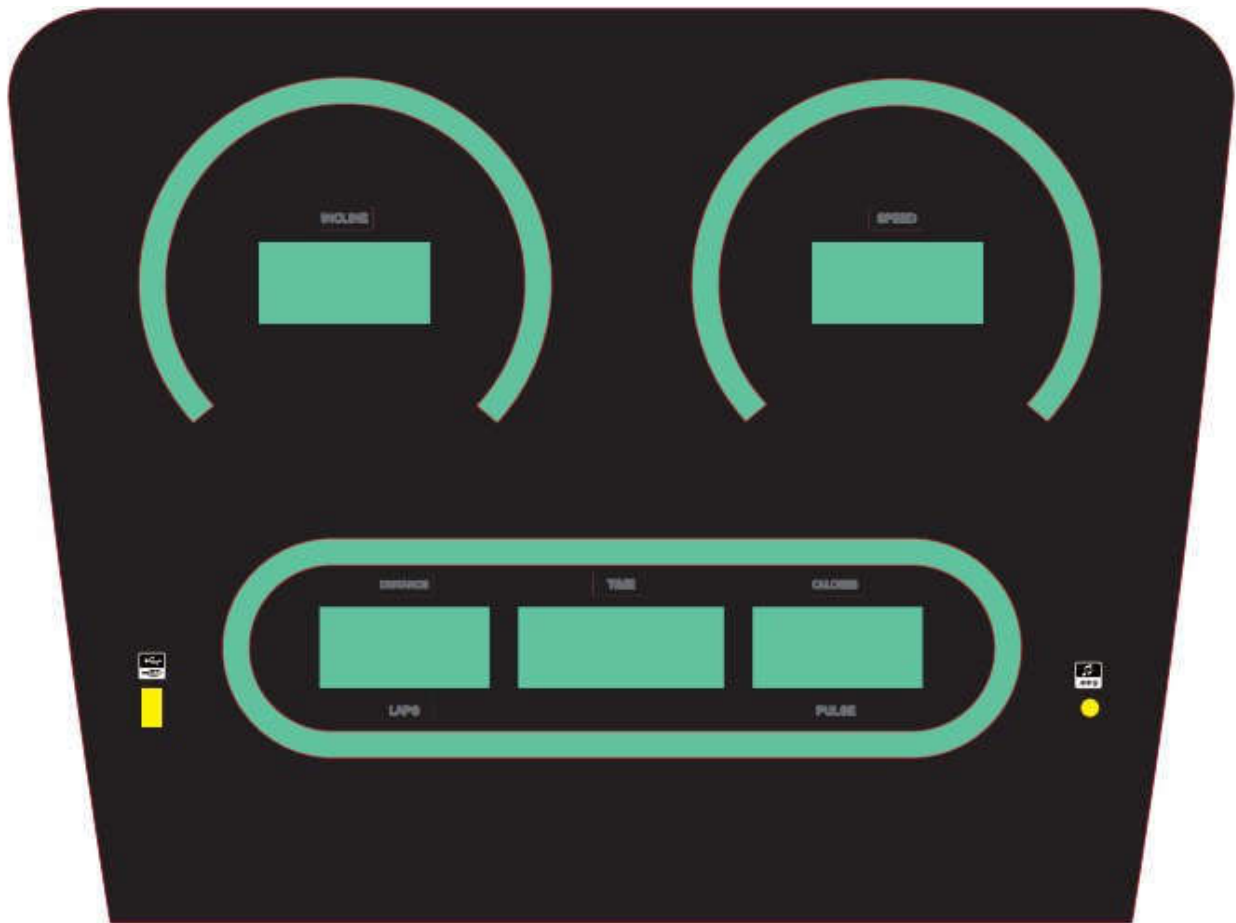
Operating instruction of Treadmill:

Power socket with ground line must be used for your safety when you use the treadmill.

1. Insert power plug into socket and turn on power switch a (light turns red). You will hear “beep” and window on instrument panel displays;
2. Place safety lock at yellow position of instrument panel, when the treadmill can be normally used. Please clamp the safety lock onto your clothes when using the machine to avoid accidents. You can open the safety lock at any time to immediately stop the motor to avoid falling over. Please place the safety lock back and start starting program to use the machine again.



CONSOLE OPERATING INSTRUCTION



A. SCREEN DISPLAY:

1. "INCL" window:

Display the current incline value, display range is 0-10% (18 Levels).

2. "SPEED" window:

The current speed value is displayed in the running state, display range is 1.0-22.0KM/h.

When the countdown is started, "3", "2", and "1" are displayed.

3. "DIS." window:

Show distance:

The movement distance is displayed. The positive count is from 0.00-99.90. After overflow, it is cleared and recounted. The reverse count is decremented from the set value to zero. When the countdown reaches 0, the treadmill runs smoothly and the speed window displays "End", 5 seconds after the complete stop, enter the standby state.

In the running state, each time a run is completed, the number of turns is displayed for 2 seconds. "P01-P02-...-P12-FAT" is displayed during program selection and setting.

4. "TIME" window:

The exercise time is displayed. The positive timing is from 0:00-99:59. When the time is up to 99:59,

the treadmill runs smoothly and stops running and displays “End”. After 5 seconds, it stops to enter the standby state; the countdown is set. The time is decremented to zero. When the countdown reaches 0:00, the treadmill runs smoothly and stops running. The speed window displays “End”, and 5 seconds after the complete stop, it enters the standby state.

5. “CAL./PUL.” window:

Show Calories:

The calorific value is displayed. When the calorie value is displayed, the positive count is from 0.0-999.0. After overflow, it is cleared and recounted. When the count is reversed, it counts down from the set value to 0. When the countdown reaches 0, the treadmill The steady down speed stops running and “End” is displayed, and the standby state is entered 5 seconds after the complete stop. Heartbeat display:

The heartbeat value of the user is displayed. When the user holds the heartbeat sensor handle in both hands, the system can automatically detect the heartbeat frequency of the user and display it in this window. The heartbeat value display range is 50-200 beats/min. (This data is for reference only and cannot be used as medical data.)

B. KEY BUTTON FUNCTION:

1. **“PROG”** is the program key: In the standby state, press this button to cycle through “P01-P02-...- P12-FAT”.
2. **“P01-P12”** is a built-in program.
3. **“FAT”** is a fat test.
4. **“MODE”** is the mode selection button: press this button to cycle through “0:00”, “30:00”, “1.0”, “50.0” (“0:00” is manual mode, “15:00” is time) In the countdown mode, “1.0” is the distance countdown mode, and “50.0” is the calorie countdown mode.) When selecting various modes, the speed and incline “+ or -” keys can be used to set the relevant countdown value. After the setting is completed, Press the “START” button to start the treadmill.
5. **“START”** is the start button: When the power is turned on and the safety lock is closed, press this button at any time to start the treadmill.
6. **“STOP”** is stop button: This button can be used to stop the treadmill from running and reset to zero during exercise.
7. **“SPEED+”, “SPEED-”** is Speed+/- button: When in standby state to adjust the set value. It is used to adjust the speed after starting. The adjustment range is 0.1 km/time, and it automatically increases or decreases continuously when it is held for more than 0.5 seconds.
8. **“INCLINE+”, “INCLINE-”** is Incline+/- button: When in standby state to adjust the set value. It is used to adjust the slope after starting. The adjustment range is 1 segment/time. When it is continuously pressed for more than 0.5 seconds, it will automatically increase or decrease continuously.
9. **“SPEED: 4,8,12”KM/H** is speed shortcut button: Speed settings can be made quickly.
10. **“INCLINE:4,8,12”%** is Incline shortcut button: Incline settings can be made quickly.
11. Entertainment function operation instructions:

The product is connected to the power supply. At this time, the MP3 audio source is inserted, and the speaker can play MP3 music; insert the USB device, the product The music in the USB will be played automatically; **Volume -** : press this button to decrease the volume; **Volume +**: press this button to increase the volume; **Previous song**: Press this button for the previous song; **Next song**: press this button for the next song; **Play/Pause**: Press this button to play or pause music.

C. QUICK START (MANUAL MODE):

1. Turn on the power switch and properly attach the magnetic safety lock to the safety lock position under the panel.
2. Press the “START” start button, the system enters the 3 second countdown, the buzzer sounds,

and the speed window displays the countdown. After the 3 second countdown, the treadmill starts running at 1 km/h.

3. After starting, use the “SPEED+” and “SPEED -” keys to adjust the speed of the treadmill as needed; use the “INCLINE+” and “INCLINE -” keys to adjust the gradient of the treadmill.

D. OPERATION DURING EXERCISE:

1. Press the “SPEED -” button to decrease the running speed of the treadmill.
2. Press the “SPEED+” button to increase the running speed of the treadmill.
3. Pressing the “INCLINE -” button will reduce the slope of the treadmill.
4. Press the “INCLINE+” button to increase the slope of the treadmill.
5. Press the stop button to slow down the running opportunity until it stops running.
6. When the athlete holds the heartbeat handle with both hands, the heartbeat data is displayed for about 3 seconds.

E. MANUAL MODE:

1. In the standby mode, press the “START” button directly, the treadmill starts running at 1.0 km/h speed and incline 0; other windows start counting from 0, press “INCLINE+”, “INCLINE -”, “SPEED+””, “SPEED -” button changes the incline and speed.
2. In the standby mode, press the “MODE” button to enter the time countdown mode. The “TIME” window displays “30:00” and flashes. Press the “INCLINE+”, “INCLINE -”, “SPEED+”, “SPEED -” buttons. The movement time can be set from 5:00 to 99:00.
3. In the time countdown mode, press the “MODE” button to enter the distance countdown mode, the “DIS” window displays “1.00” and flashes, press the “INCLINE+”, “INCLINE -”, “SPEED+”, “SPEED -” buttons The movement distance can be set, and the distance setting range is 0.50-99.9.
4. In the distance countdown mode, press the “MODE” button to enter the calorie countdown mode, the “CAL” window displays “50.0” and flashes, press the “INCLINE+”, “INCLINE -”, “SPEED+”, “SPEED -” buttons Calories can be set, the calorie setting range is: 10.0-999.0.
5. Select one of the three countdown modes and press the start button after the setting is completed. The treadmill will start running after 3 seconds delay. Press “INCLINE+”, “INCLINE -”, “SPEED+”, “SPEED -” to adjust. Speed and Incline; Press the stop button to stop the treadmill.

F. THE BUILT-IN PROGRAM:

There are 12 built-in programs P01-P12 in the system. In the standby state, press the “PROG” key speed window to display “P01-P12”. After selecting the favorite program, the “TIME” window will flash at the same time; the preset time is 30:00. Press "INCLINE+", "INCLINE -", "SPEED+", "SPEED -" to set the required exercise time, then press the "START" button to start the built-in program. The built-in program is divided into 20 segments, each movement time. = set time / 20.

When entering the next paragraph, the system will generate “Bi-Bi-Bi-” 3 sound prompts. The speed and slope of the system will change with the block change. In the meantime, you can press “INCLINE+”, “INCLINE -”, “SPEED+”, “SPEED - The key changes the speed and slope, but when the program enters the next paragraph, it will return to the speed and slope of the segment. After running a program, the system will issue 3 prompts for “B iB i- B i”, and the treadmill will drop smoothly. The speed stops running and “End” is displayed, and the standby state is entered 5 seconds after the complete stop.

G. THE PROGRAM DESCRIPTION:

SPEED stands for speed and **INCLINE** stands for slope (10 slopes, each slope is 1/10 of the total slope). Each program divides the exercise time into 20 equal parts, each with a corresponding speed and slope.

Table:

PROGRAM \ TIMES		SETTING TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 Slow walk	SPEED	3	4	5	5	6	5	5	4	5	5	6	5	4	5	5	6	5	5	3	
	INCLINE	2	2	3	2	3	2	3	2	3	3	2	2	3	3	2	2	3	3	2	2
P02 Fast walk	SPEED	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	INCLINE	3	4	5	5	4	4	3	3	4	4	5	5	4	4	3	3	4	4	2	2
P03 Variable speed running	SPEED	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	INCLINE	3	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	4	3	2
P04 Light run	SPEED	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	INCLINE	2	2	3	3	4	4	3	3	4	4	3	3	4	4	3	3	4	4	3	2
P05 Aerobic running	SPEED	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	INCLINE	3	3	4	4	5	5	4	4	5	5	4	4	5	5	4	4	5	5	3	2
P06 Road running	SPEED	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	INCLINE	0	0	1	1	1	2	2	2	1	1	1	0	0	1	1	2	2	1	1	0
P07 Beach run	SPEED	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	INCLINE	2	5	1	4	2	6	4	6	3	0	1	5	2	6	3	0	2	5	3	1
P08 Mountain running	SPEED	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	INCLINE	6	8	12	6	11	8	10	6	8	10	12	10	8	12	7	10	10	8	6	2
P09 Body sculpting	SPEED	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	INCLINE	2	3	4	5	6	6	5	5	4	4	5	5	6	6	5	5	4	4	3	2
P10 Lose weight	SPEED	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	INCLINE	4	5	6	7	6	5	6	7	6	5	6	7	6	5	6	7	6	7	5	2
P11 Fat burning	SPEED	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	INCLINE	2	4	6	8	7	6	7	8	7	6	7	8	7	6	7	8	7	6	3	2
P12 Women style	SPEED	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	INCLINE	2	2	3	3	3	2	2	3	3	3	2	2	3	3	3	2	2	3	3	2

H. BODY TEST:

In the standby mode, press the “Program” button continuously to enter the body mass index (FAT) detection function, press the “Mode” button to enter the F-1, F-2, F-3, F-4, F-5 interface (F -1--sex, F-2—age, F-3—height, F-4—weight, F-5-physical test), press “Speed+”, “Speed-”, “Incline+”, The “Incline-” button can be used to set the parameters of 01—04 (the parameters are as shown in the table below). After setting, press the “Mode” button to enter the F-5 physique detection interface. At this time, hold the heart rate board with both hands 5-6. After the second, your body mass index will be displayed to see if your weight and height are commensurate. The body mass index (FAT) is a measure of a person's height and weight, not the body proportion, FAT is suitable for any male and female, and other health. The indicators together provide the basis for adjusting the weight. The ideal

FAT should be between 20-24. If it is lower than 19, it means too thin. If it is between 25 and 29, it is overweight, and if it exceeds 30, it is considered obese. (This data is for reference only and cannot be used as medical data.)

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Hight	100----200	
F-4	Weight	20-----150	
F-5	FAT	≤19	Under weight
	FAT	=(20---24)	Normal weight
	FAT	=(25---29)	Over weight
	FAT	≥30	Obesity

DISPLAY RANGE:

Setting parameter	Initial	Set the Initial value	Set Range	Display range
Time (Min:Sec)	0:00	30:00	5:00-99:00	0:00—99:59
Incline (Segement)	0	N/A	N/A	0-10% (18 Levels)
Speed (KM/H)	0.0	N/A	N/A	1.0-22.0KMH
Distance (KM)	0.00	1.00	0.50-60.0	0.00—60.0
Heart rate(times / minute)	P	N/A	N/A	50-200
Calories(Kcal)	0.0	50.0	10.0-999.0	0.0—999.0

I. SAFETY LOCK FUNCTION:

In any state, pulling off the safety lock can stop the running of the treadmill urgently, the treadmill will stop urgently, the speed window will display "--", and the buzzer will give a "Bi-Bi" alarm 3; No other operations can be performed outside of the shutdown. After the safety lock is properly re- installed, the treadmill re-enters the standby state and waits for an input command.

J. POWER SAVING MODE:

The system has a power-saving function. If there is no key command input within 10 minutes in the standby state, the system enters the power-saving mode, automatically turns off the display, and presses any key to wake up the system again.

K. MP3 FUNCTION:

When connected to an MP3 or other audio device after power-on, the Display meter can play music. The size of the sound is controlled on the audio device. Please pay attention to the size of the sound so as not to affect the quality of the sound and the built-in audio circuit.

L. SHUTDOWN:

The treadmill can be turned off at any time by turning off the power switch so that it does not damage the treadmill.

M. NOTE:

1. Check if the power is loaded before the exercise; check if the safety lock is valid.
2. An abnormal situation occurs during the movement, the safety lock can be pulled off, the running opportunity is quickly decelerated to stop; then the safety lock is placed, the device is reset, and the input command is awaited.
3. If there is any problem with this machine, please contact the dealer. Non-professionals, please do not attempt to disassemble or repair to avoid damage to the equipment.

N. Fault Analysis and Handling:

Fault or phenomenon		Possible cause	Solve Method
Treadmill no display		A.Does not have a power supply, or no power.	Connect the power cord to the AC, or check the outlet.
		B.Power switch is not turned on.	Set the power switch to the ON position.
		C.Drive is not powered or damaged.	Press the overload protector again or replace the drive.
		D.Electronic meter signal line disconnection.	Replace the signal cable and reconnect it.
		E.Meter damage.	Change the Meter.
		F.(LCD) backlight is not bright.	Need to repair, check the backlight, or replace the backlight.
Treadmill display is incomplete, lack of strokes		A.Display driver IC solder or solder.	Need to repair, check solder joints, re-weld in place.
		B.(Liquid Crystal) Conductive strip slides, not fixed in place.	Reassemble the LCD.
		C.Display driver IC is defective.	Need to repair, solder new display driver IC.
Treadmill movement is not smooth, powerless or jittery		A.There is resistance in the transmission part.	Adjust the transmission part, or add lubricant.
		B.The belt is too tight or too loose.	Adjust the belt tension.
		C.Drive torque is too small or too large.	Adjust the torque potentiometer to the proper position.
M E T E R D I S P L A Y	--- or---- (or display E00/E07 according to customer requirements)	A.Safety lock off.	Place the security lock on the panel to pull or insert the card.
		B.The magnetron is not sucking.	Magnetron installed to the correct position.
	E01-Communication failure (the drive did not receive the meter signal); E13-Communication failure (the meter does not receive the drive signal)	A.The signal line of the electronic watch is not connected or the contact is poor.	Re-plug the line.
		B.There is a short circuit or open circuit in the signal line of the electronic watch.	Change the signal cable.
		C.Electronic meter signal line failure.	Change the Electronic Meter.
		D.Drive signal line failure.	Change the Drive.
	E02- Stall protection (explosion protection or main motor abnormality)	A.The motor cable is not plugged in, or the motor is open inside.	Re-plug the motor cable,or change the Motor.
		B.Drive IGBT breakdown damage	Change the Drive.
		C.External AC voltage is too low	Stop using, ask the electrician to troubleshoot.
	E03-No speed sensing signal (with speed sensing driver)	A.The speed signal line is not connected, or the sensor is damaged.	Re-plug the speed signal line,or change the sensor.
		B.Drive sensing line is bad	Change the Drive.
	E04-Lift self-test learning failure (with lifting drive)	A.Lifting motor line or signal line is not plugged	Check if the line connect is wrong, re-plug the signal line.
		B. lift motor bad	Change the Lift motor.
		C.Drive bad	Change the Drive.
	E05-Overcurrent protection	A.Excessive load	System protection, restart when you manually block
		B. The drive part is stuck or blocked	Adjust the transmission part, or add lubricant
C.Internal short circuit of the motor		Change the motor.	
D.Drive burnout		Change the Drive.	
E06-Usually the motor	A.The motor cable is not plugged in properly	Re-plug the motor cable.	

is damaged	B.Internal damage of the motor	Change the Motor.
	C.Motor idling	When the current is too small, please report the error. Please install the test.
E08-Storage error (outside driver)	A.The storage IC is not plugged in (non-switching power supply)	Re-insert into the IC holder, pay attention to the PIN1 foot position.
	B.The storage IC is damaged, or the related line is bad.	Change the storage IC,or change the Drive.
E09-Inverted error (with inverted drive)	A.The treadmill is erected or placed horizontally	Adjust the treadmill,placed horizontally.
	B.Bad drive inverted line	Change the Drive.
E10-Usually the motor instantaneous peak current abnormality, over current protection	A.Drive torque is too large	Adjust the torque potentiometer to the proper position.
	B.Internal short circuit of the motor	Change the Motor.
	C.The drive part is stuck	Adjust the transmission part, or add lubricant
E11-External AC voltage over voltage (according to customer requirements)	AC over voltage: higher than 270VAC for 220V system; higher than 150VAC for 110V system	Stop using, ask the electrician to troubleshoot
E14-External AC voltage under voltage (according to customer requirements)	AC under voltage: less than 160VAC for 220V systems; less than 70VAC for 110V systems	Stop using, ask the electrician to troubleshoot

O. Calorie calculation formula

$$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$$

In the case of ascending to 0, the calories burned per mile are 70.3 kcal.

DAILY MAINTENANCE

Maintenance of electric treadmill:

Appropriate maintenance is the only way to keep your treadmill in optimum state. Wrong maintenance will damage or shorten the service life of treadmill.

Important reminder:

- Please don't clean the treadmill with sandpaper or solvent. The controller of treadmill shall not be directly exposed to sunlight or damp to prevent damage.
- Frequently inspect and lock all parts of treadmill and immediately replace the damaged parts.

Regulate running belt

Adjustment of running belt is equipped with two functions: adjustment of degree of tightness and central position of running belt. The running belt has been adjusted when leaving the factory, but it will be stretched after use to deviate from central position to cause damage by wearing trim strip and rear protecting cover. It is normal to stretch the running belt in use.

Adjust running belt

If the running belt is slip or not smooth when you use the treadmill, you can improve it by adjusting degree of tightness of running belt.

HOW TO ADJUST RUNNING BELT

1. Insert 5mm hexagon wrench into the regulating screw on the left of running belt, and turn the wrench by 1/4 of a circle clockwise to regulate the rear roller to tighten the running belt.
2. Repeat step 1 to adjust the screw on the right. Ensure that the regulating screw is turned by the same distance to make the rear roller parallel with the frame.
3. Repeat step 1 and 2 until the running belt is not slip.
4. Note: the running belt shall not be too tight, which will damage the running belt, roller bearing, etc., increase pressure of front/rear roller, and bring abnormal sound or other problems. To reduce tension of running belt, please turn the wrench anticlockwise by same distance on both sides.

Adjust running belt to the middle

When you use the treadmill, the force of feet is different, and pressure on running belt is unbalanced, which makes the running belt deviate from the center. Such deviation is normal. It will return to the center when nobody is running on the running belt. You need to adjust it to the center if it fails to return to the center.

1. Keep the treadmill in no-load running and adjust speed to 6KM/H.
2. Observe the distance from running belt to left and right edgestrips.
 - If the running belt tilts towards the left, turn the left screw by 1/4 of a circle clockwise with Allen wrench.
 - If the running belt tilts towards the right, turn the right screw by 1/4 of a circle clockwise with Allen wrench.
 - If the running belt is still not in the middle, repeat the above steps until it is in the middle.
3. Adjust speed to 16KM/H after adjusting running belt to the middle, and observe deviation of running belt and smoothness of running. Repeat steps of adjustment in case of deviation.
4. Warning! Please don't tighten the roller excessively! This will cause permanent damage to the bearing!

You need to tighten the running belt again if the above steps fail to reach the effect.



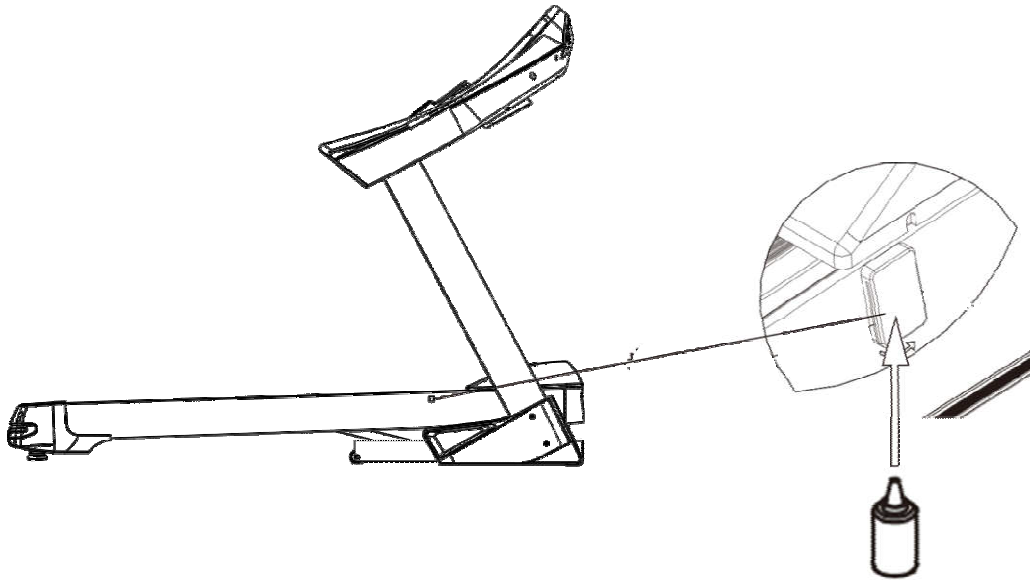
Adjust running belt to back of treadmill on both sides.

Lubricating oil (MANUAL OIL)

The treadmill is oiled when leaving the factory, but lubricity of treadmill shall be inspected frequently, which helps to keep it in optimum state. The treadmill must be oiled after 1 year or running for 100h.

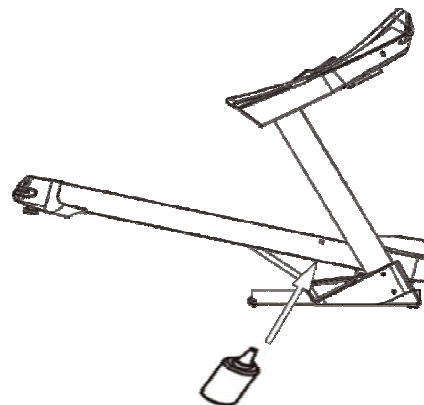
Lift one side of the running belt and touch the surface of running platform after running for 30h or 30 days. It is unnecessary to lubricate if there is silicone oil; if the surface is clearly dry, please oil it as instructed below.

As shown in the figure, it needs to open the oil cap, pour the silicon oil into the oil port, after finished, turn on the treadmill to run for some time.



Lubricating oil (AUTO LUBRICATE OIL)

As shown in the figure, it needs to open the oil cap, pour the silicon oil into the oil port, after finished, turn on the treadmill to run for some time.



Note: Stop the treadmill to make the running belt still when oiling the running belt. And please use non-petroleum silicone oil.

Cleaning

Frequently clean the treadmill to guarantee its service life.

- **Warning:** cut off the power when cleaning the treadmill. The power line must be pulled out from the socket.
- **After use:** clear sweat stains and sundries on instrument and other parts with clean towel and damp cloth.
- **Note:** don't use corrosive articles and liquid to prevent damage to electronic elements. Don't expose electronic elements to sunlight.

- **Every week:** clean the ground every week, and clear dirt brought by shoes and other sundries on the ground.

Storage: please place your treadmill in clean and dry environment, and ensure that power switch is off and plug is not in power socket.

Movement and folding: handling wheel is added in design to move the treadmill. Please confirm that power is off and the body of treadmill is folded before moving.

- **Warning**

Please consult your doctor and receive complete physical examination before using the product. Don't carry out frequent and violent exercise without permission of doctor. Please stop using the product and consult your doctor if you feel unwell in use. The product shall be used correctly.

Please read service manual in detail before exercise. Please keep children and pets away if the product is unattended or idle.

Please wear suitable clothes including sneakers. Please don't loosen your clothes in exercise to prevent them from being hooked by the machine.

Ensure that all bolts and nuts are tightened when using the equipment. Regularly maintain the treadmill to keep it in good condition.

Before use:

How to start exercise plan depends on your physical condition. If you have not exercised for years or you are seriously overweight, you must gradually increase exercise time, such as a few minutes every week.

At the beginning you may only exercise for a few minutes in target heart rate scope. Anyway, your aerobic fitness will be improved in about 6-8 weeks. Don't lose heart if it takes more time. It is very important to exercise at your own pace. Some day you will be able to exercise continuously for 30min.

- Please consult your doctor before exercise or training. Ask the doctor to inspect your training and diet plan and give suggestions on your exercise plan.
- Set exercise goal after consulting with your doctor to ensure that the plan is practical, and start exercise plan at leisure.
- You can add some aerobic exercises into exercise plan, such as walking, jogging, swimming, dancing or riding. Test pulse frequently. If you have no electronic heartbeat monitor, consult the doctor about how to correctly measure pulse with hand from wrist or neck. In addition, you must set target heart rate on the basis of age and physical condition.

Drink enough water in exercise. You must supplement water lost due to overexercise to prevent dehydration. Don't drink a great deal of ice water or beverage. The temperature of drinking water or beverage shall be room temperature.

The instruction is for reference only. Welcome to point out the improper part.