



FRENCH FITNESS

Commercial Treadmill w/18.5° Touchscreen

FF-T900



110 V 18Q Rev H

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

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

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Important Safety Instructions

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS GROUNDING

INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 110 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service person.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

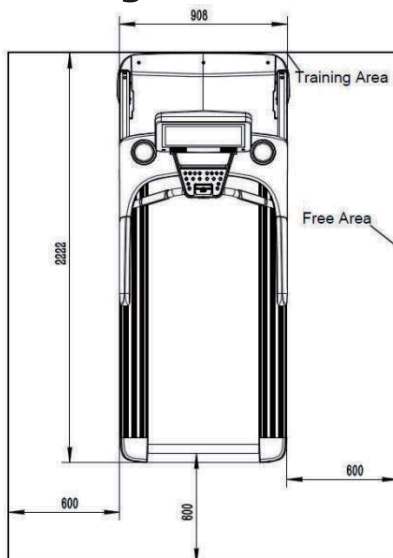
WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Training Area and Free Area



Specifications

Specifications

Class:SB

Maximum User Weight: 180kg/ 396lbs

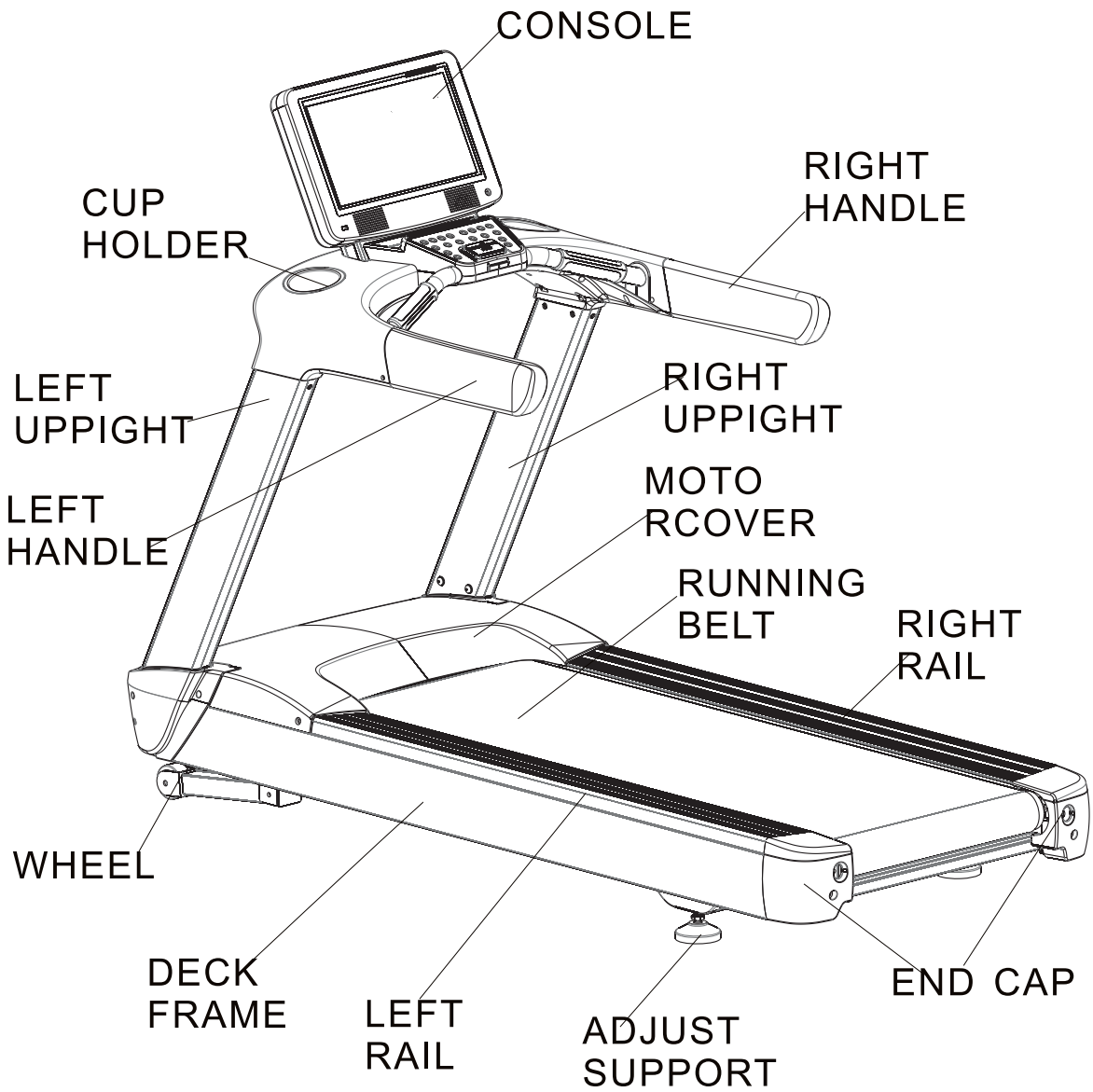
Product Total Surface:2222*908 mm

Product Total Mass: 230kg/ 507lbs

Noise around the treadmill using.

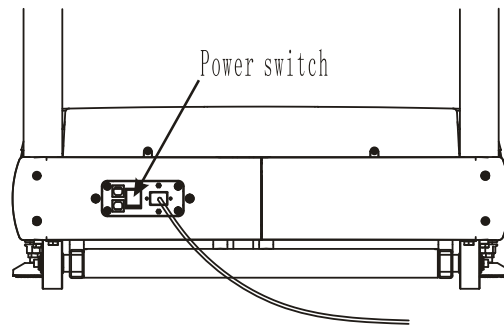
Noise emission under load is higher than without load.

Main parts list



Warning

Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

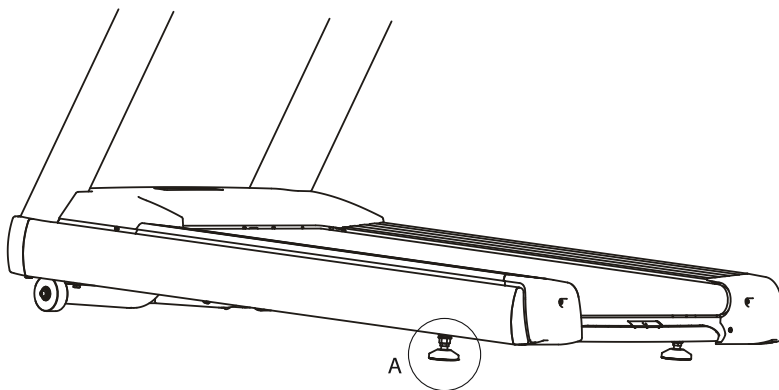


WARNING

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time: Exercise time: 30minuates----Normal;

Exercise frequency : Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

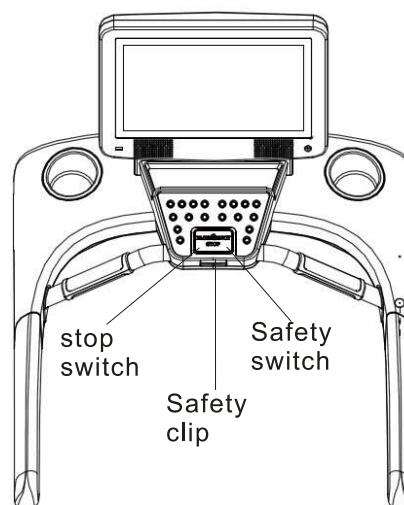
Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it.

Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked

with red wire, it will triger the safety switch to step.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems. Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

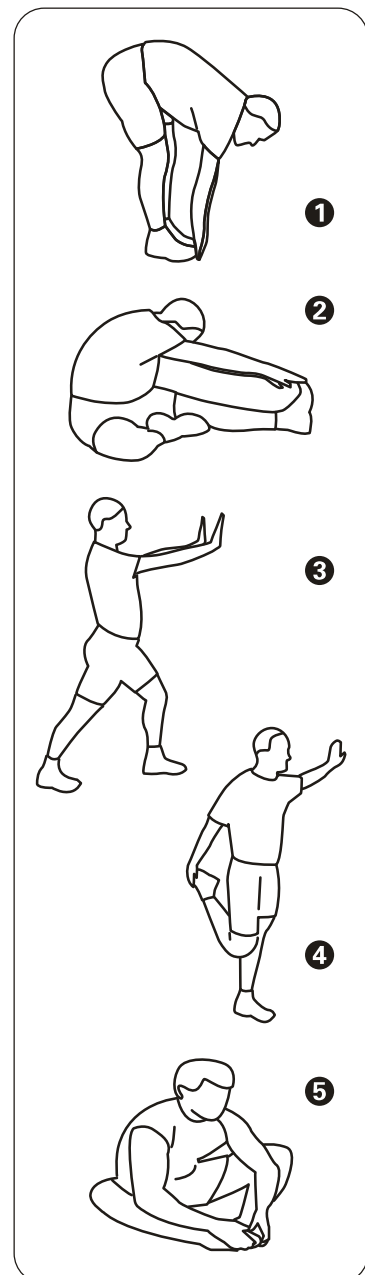
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

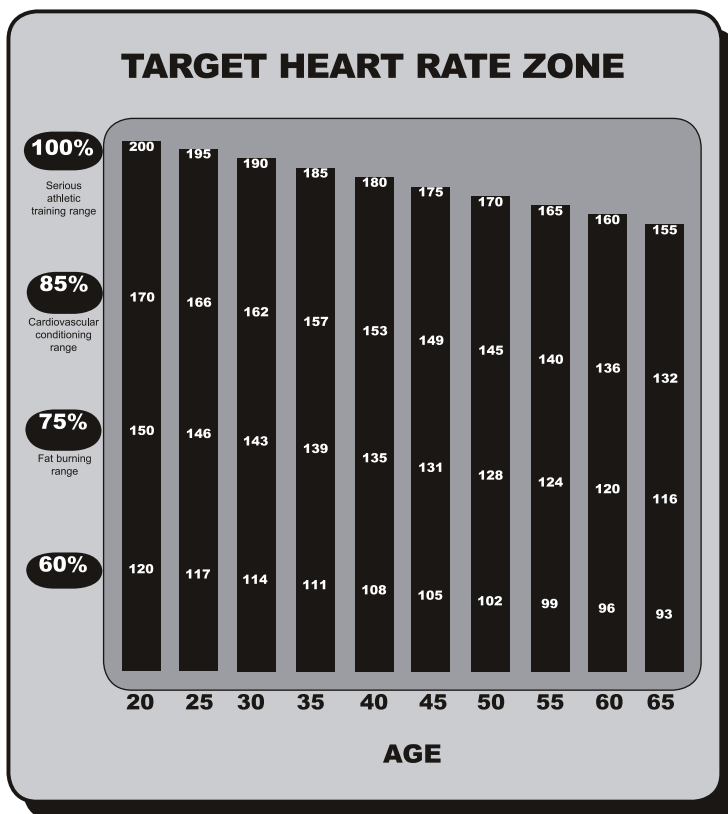
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



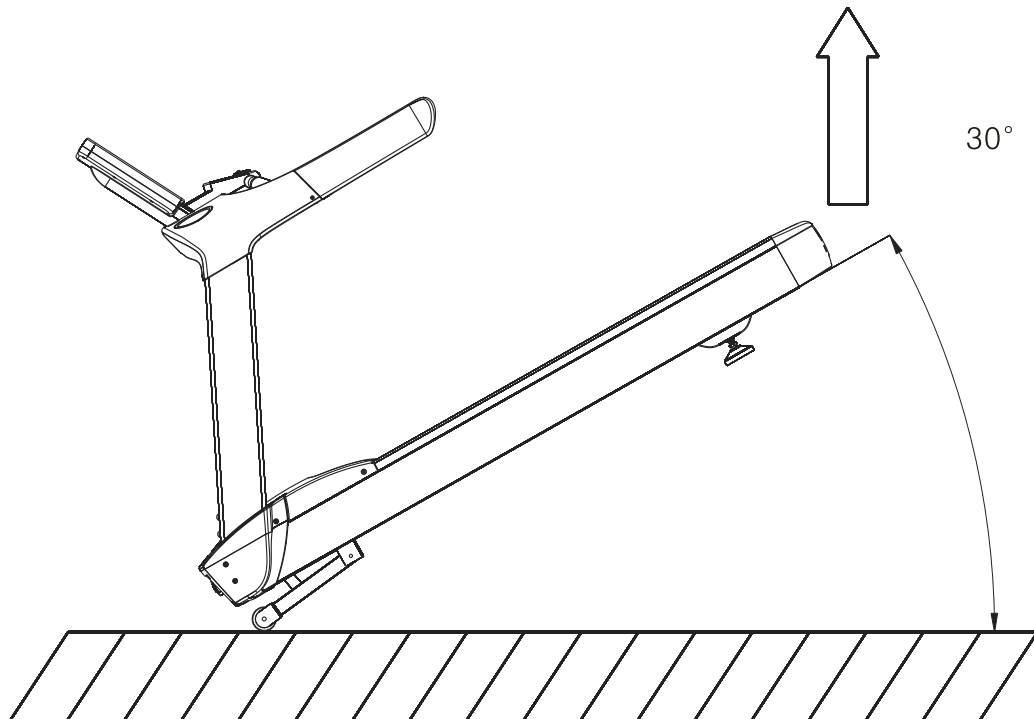
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

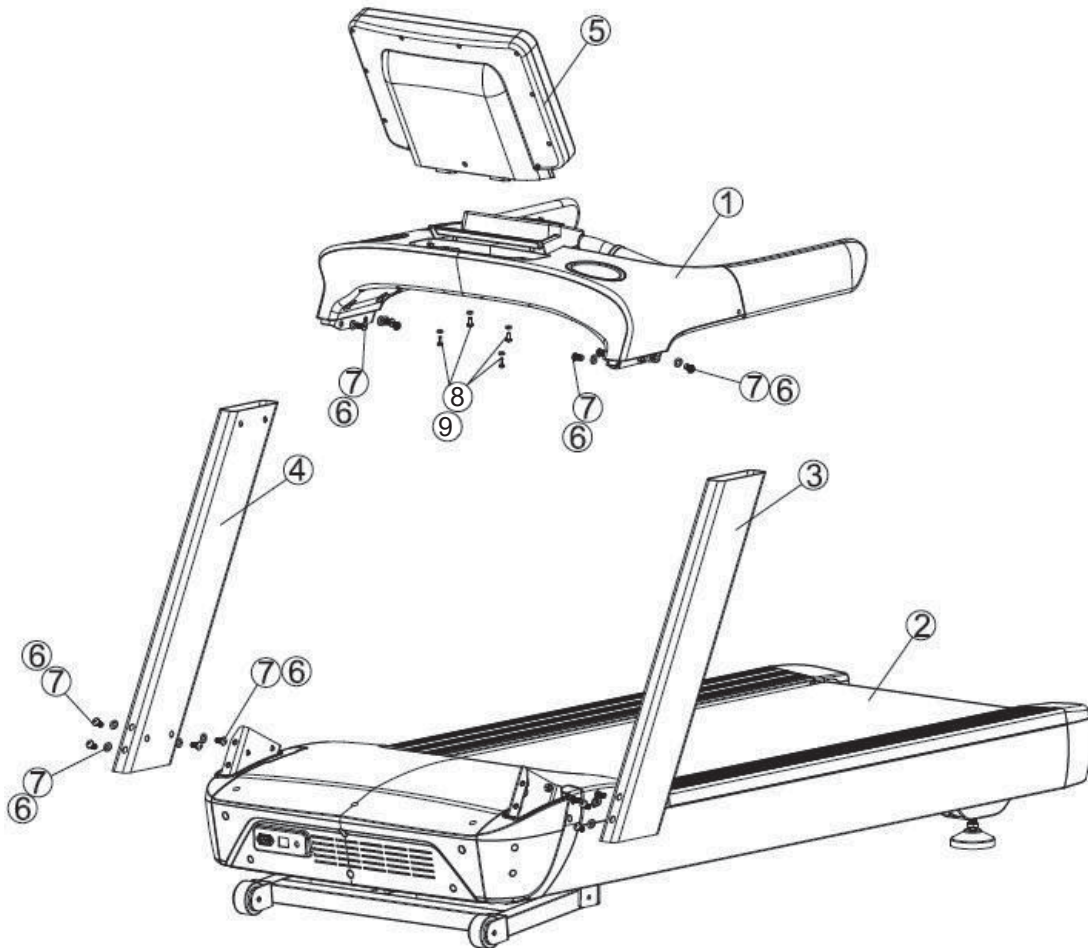
Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.



Parts List and Exploded View

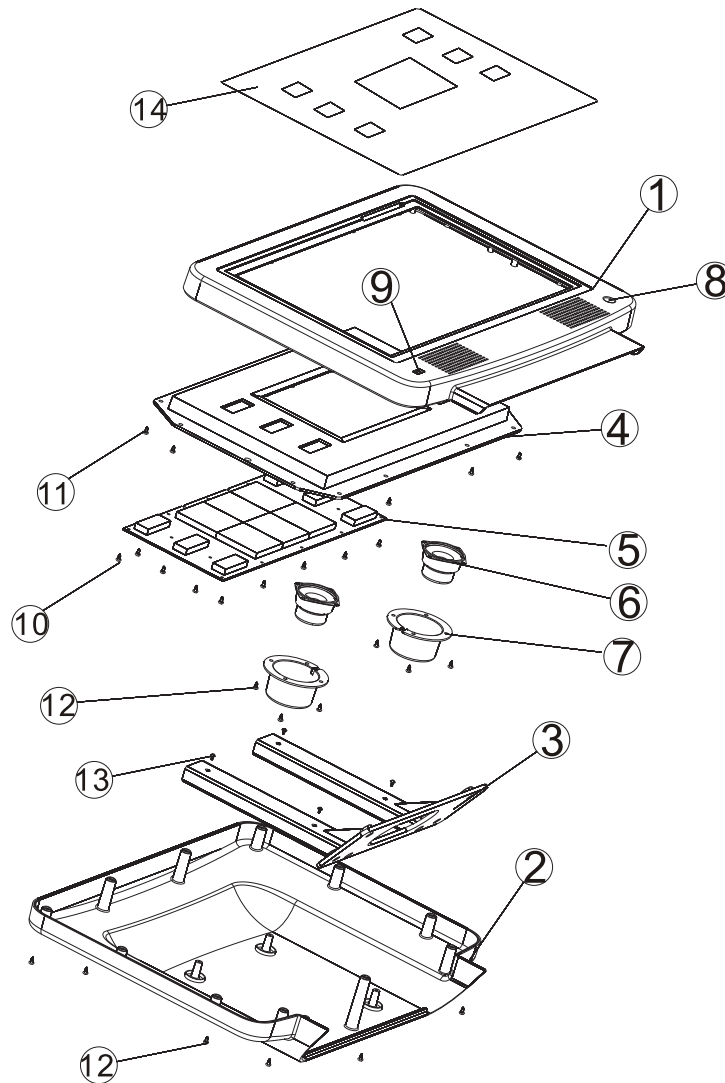
Installation Instructions



LETM NO	Name	Specifications	QTY
1	Console assembly		1
2	Running Part		1
3	Left upright		1
4	Right upright		1
5	LCD display		1
6	Umbrella-head hexagonal bolts	M10*20	14
7	washer	Φ10	14
8	Umbrella-head hexagonal bolts	M8*20	4
9	Washer	Φ8	4

Parts List and Exploded View

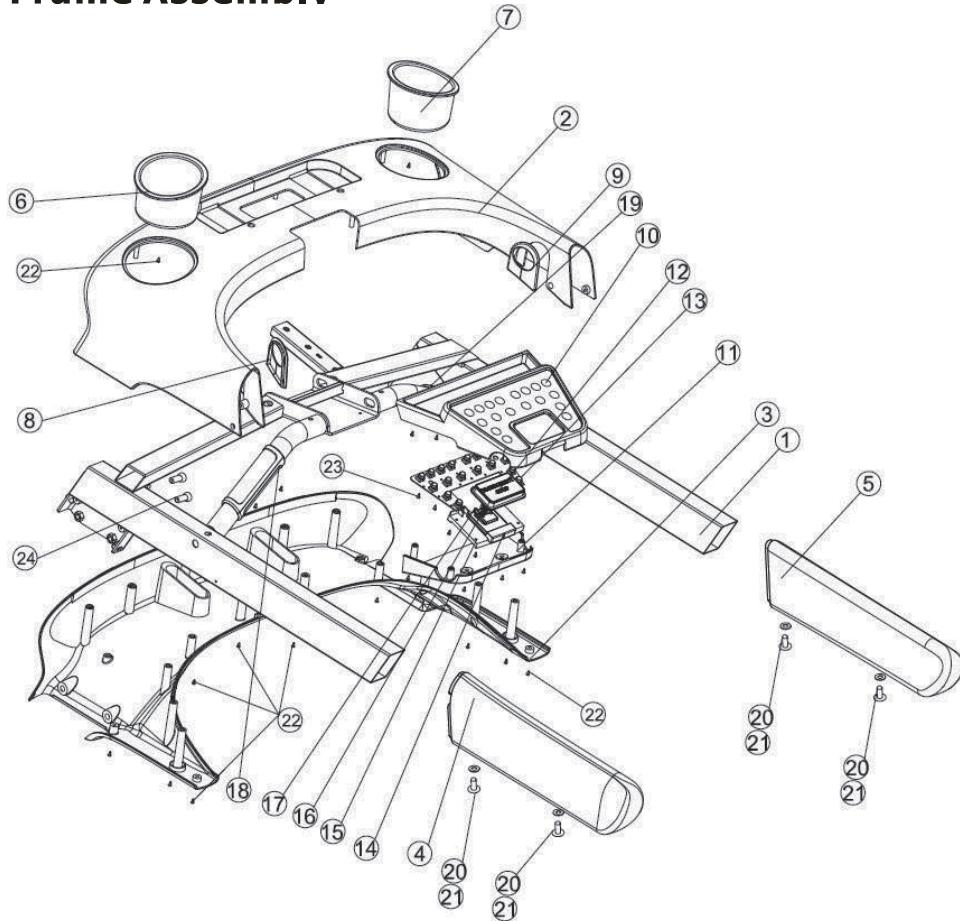
Console Component



LETM NO	Name	Specifications	QTY
1	Uper console cover		1
2	Lower console cover		1
3	Console fixed rack		1
4	LED plate		1
5	LED PCB		1
6	Speaker		2
7	Speaker Cover		2
8	Mp3 interface		1
9	USB interface		1
10	Crcss recessed pan head self - tapping screw	ST3X8	14
11	recessed large flat self-tapping screw	ST4X12	12
12	recessed large flat self-tapping screw	ST3X12	19
13	recessed large flat self-tapping screw	ST4X15	4
14	Console Mask		1

Parts List and Exploded View

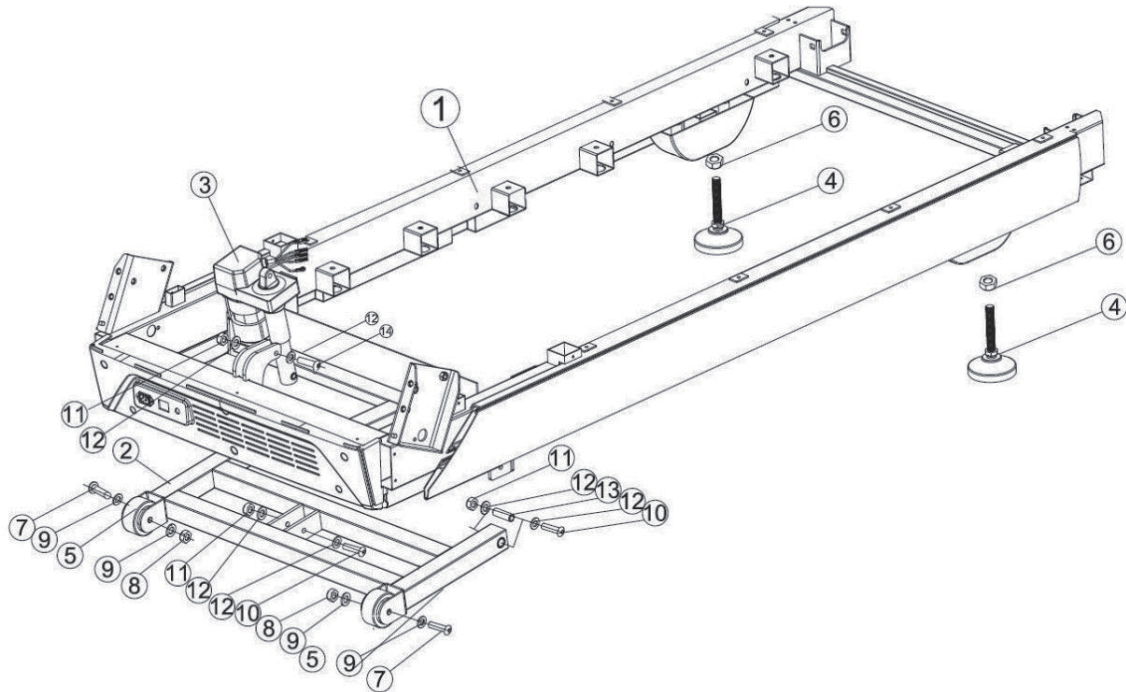
Console Frame Assembly



LETM NO	Name	Specifications	QTY
1	(L&R) Handrail assembly welding		1
2	Upper console cover		1
3	Lower console cover		1
4	Left handrail		1
5	Right handrail		1
6	Left bottle seat		1
7	Right bottle seat		1
8	Left handrail décor		1
9	Right handrail décor		1
10	Upper button cover		1
11	Lower button cover		1
12	Safety key		1
13	Console PCB		1
14	Safety key pull seat		1
15	Safety key base seat		1
16	Compression spring		1
17	Touch switch		1
18	Left handpulse assembly		1
19	Right handpulse assembly		1
20	Cross recessed umbrella head screw	M6X20	4
21	Washer	Φ6	4
22	Cross recessed umbrella head self - tapping screw	ST4X15	35
23	Cross recessed pan head self - tapping screw	ST3X8	28
24	Umbrella- head hexagonal bolts	M10X20	4

Parts List and Exploded View

Deck Frame and Inverter Frame Assembly



LETM NO	Name	Specifications	QTY
1	Base frame welding assembly		1
2	Incline frame welding assembly		1
3	Incline motor		1
4	Ground foot		2
5	Move wheel		2
6	Flat nut	M16	2
7	Umbrella- head hexagonal bolts	M12X70	2
8	Nut hat	M12	2
9	Washer	Φ 12X24X1.5	4
10	Round head hexagon bolt	M10X75	3
11	Nut hat	M10	2
12	Washer	Φ 10X20X1.5	4
13	Shaft Sleeve	Φ 16XΦ 16X49	2
14	Round head hexagon bolt	M10X50	1

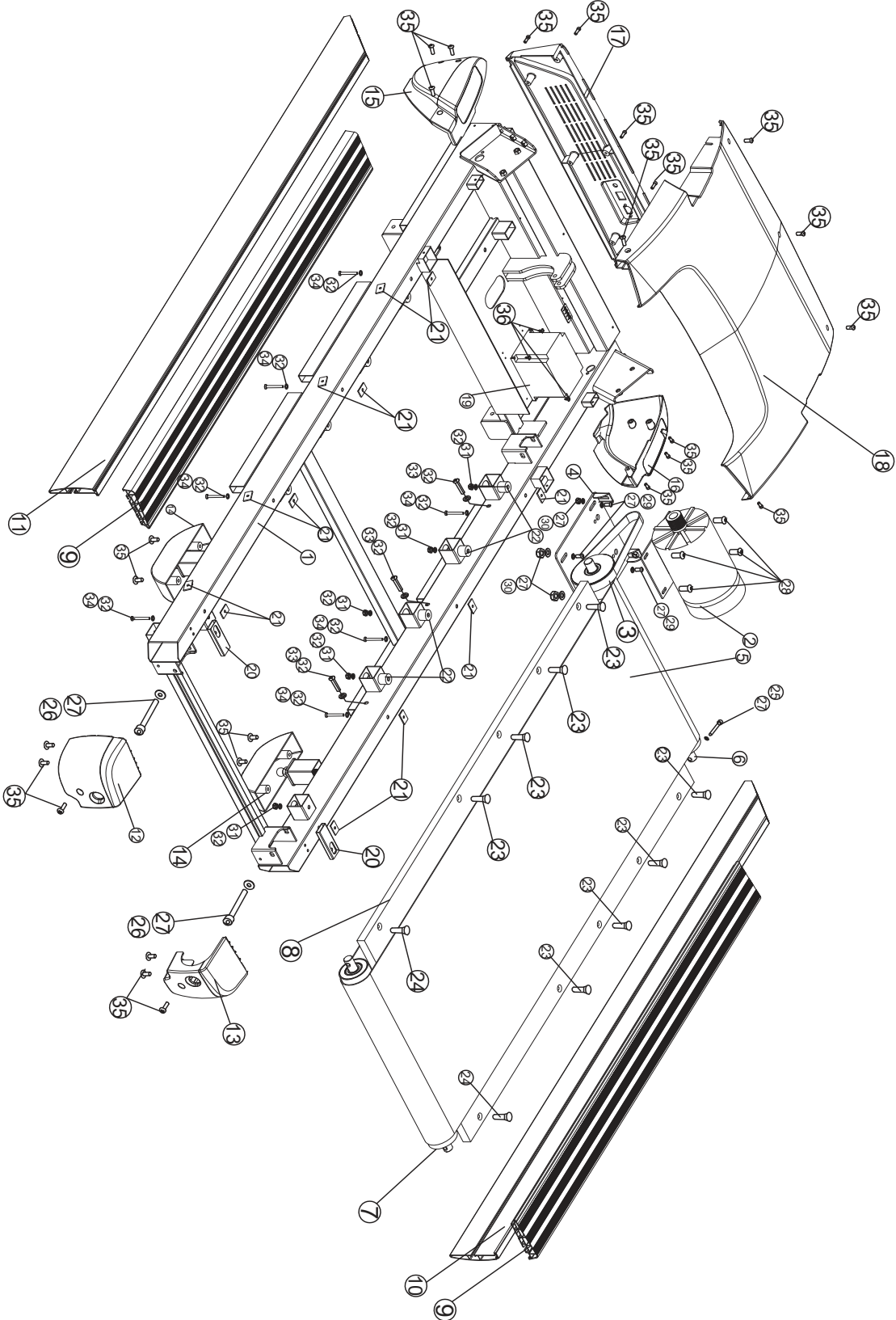
Parts List and Exploded View

Mainframe

LETM NO	Name	Specifications	QTY
1	Base frame welding assembly		1
2	Motor	AC2. 2KW	1
3	Transmission belt	280J10	1
4	Motor fixed seat		1
5	Running belt	3450*600*2.5	1
6	Front roller	Φ 88*Φ 125*Φ 25	1
7	Rear roller	Φ 88*Φ 25	1
8	Runing deck	1460*755*25	1
9	Upper siderail	147.5*34.4*1458	2
10	Right siderail	158.4*29*1925	1
11	Left siderail	158.4*29*1925	1
12	End cap (L)	185*152*146	1
13	End cap (R)	185*152*146	1
14	Ground foot cover	248*85*75	2
15	Upright cover (L)	339*237*85	1
16	Upright cover (R)	339*237*85	1
17	Front motor cover	800*163*75	1
18	Motor cover	903*669*91	1
19	Transducer	AC2. 2KW	1
20	Support tube	J12.7*38.1*1.5*100	2
21	Siderail fixed plate	35*22*3	16
22	Rubber cushion	Φ 25*25*M8	8
23	Hexagon socket head screw	M8*35	8
24	Hexagon socket head screw	M8*40	2
25	Round head hexagon bolt	M10*80	1
26	Round head hexagon bolt	M10*100	2
27	Washer	Φ 10*Φ 20*1.5	
28	hexagon head bolt	M12*40	4
29	Round head hexagon bolt	M10*50	4
30	Nut hat	M10	4
31	Nut hat	M8	10
32	Washer	Φ 8*Φ 16*1	10
33	Round head hexagon bolt	M8*65	8
34	Round head hexagon bolt	M*120	8
35	Round head hexagon bolt	M6*15	28
36	Cross recessed large flat self-tapping screws	ST4*15	4

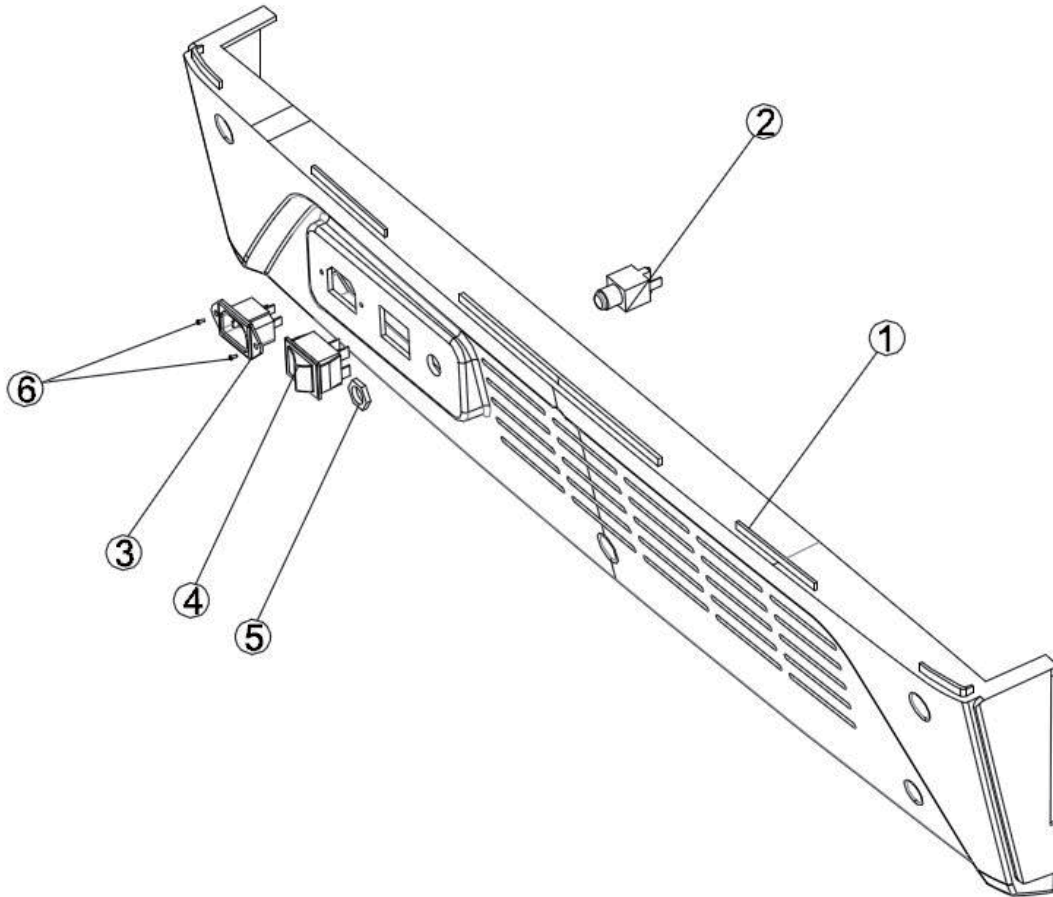
Parts List and Exploded View

Mainframe



Parts List and Exploded View

Switch Cover Assembly



LETM NO	Name	Specifications	QTY
1	Front motor cover	800*163*75	1
2	Leakage protector		1
3	Power socket		1
4	Power switch		1
5	Plastic nut		1
6	Cross recessed countersunk head self-tapping screw	ST4*15	2

Console Panel Functions



1 Hardware Description

1. 13.3 ", 18.5 ", 21.5 "TFT color screen can be used;
2. Capacitive touch screen with touch mode operation function on TFT display screen;
3. One USB port and one audio headphone port are provided to users;
- 4, Support formats online music, video, wireless Internet access;
5. Put the wireless router and treadmill in the same room to ensure WIFI connection signal.

2 Window Interface Function Description

2.1 Standby Page

After power on, the electronic watch display screen enters the standby main display screen as follows.

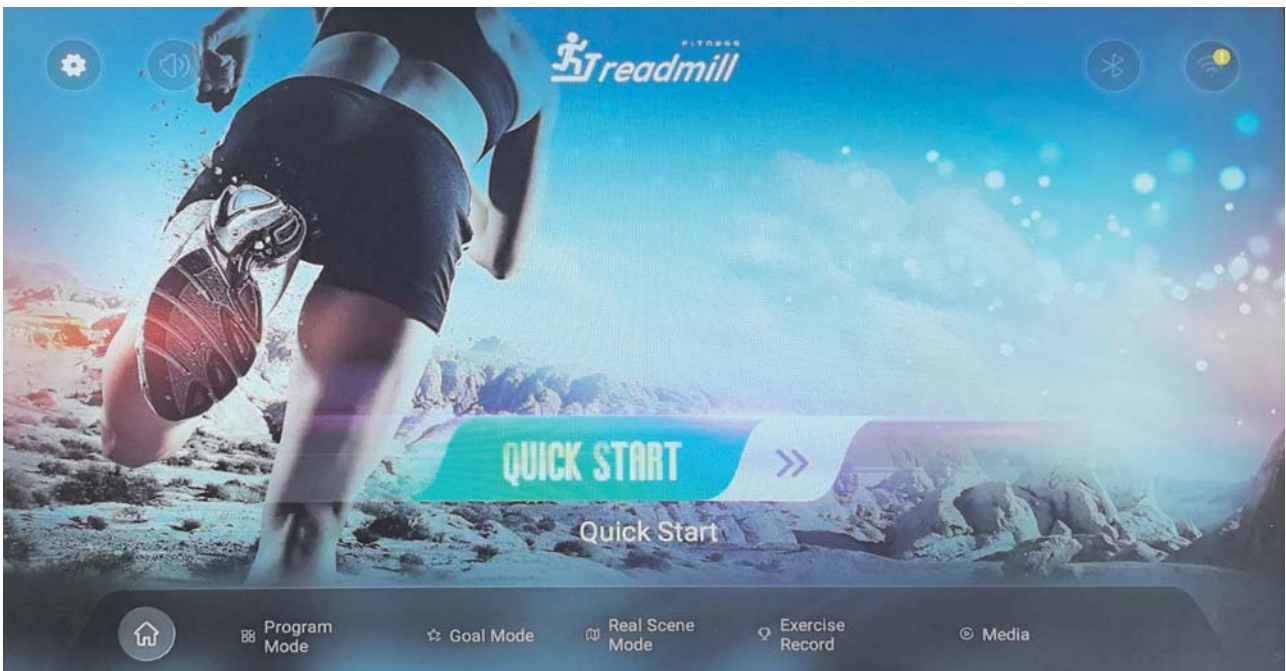


FIG.1 Standby Page

Operating Instructions:

- 1) WIFI connection status is displayed in the upper right corner of the screen, setting button and volume control button are in the upper left corner;
- 2) In the middle of the default home page is the quick start button, which will start to move in the quick start mode after being clicked;
- 3) At the bottom is the menu navigation bar, which are: home page, program mode, goal mode, real scene mode, sports record, entertainment;
- 4) Access to different function modules through the above function keys;
- 5) The Logo of treadmill is displayed in the middle of the top.

Factory password: 20170113.

Please do not adjust the parameters privately. If necessary, please ask the professionals to make the adjustments.

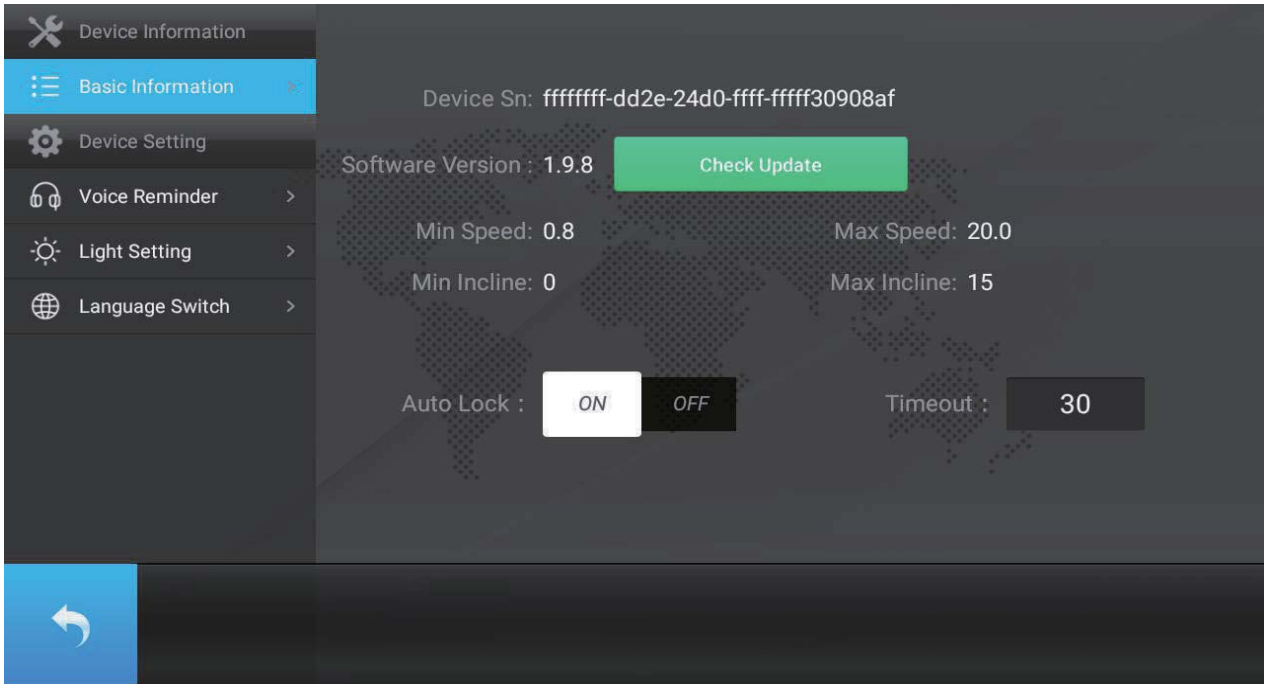


FIG. 2 Setting Interface



FIG.3 Language Settings

Operating Instructions:

- 1) Click the setting "button" in the upper left corner and enter the password to enter the setting interface;
- 2) Setting includes seven settings, including application setting, backlight setting, machine parameters, installation application, uninstall application, language setting and system setting, as shown in FIG. 2;
- 3) Language Settings include simplified Chinese, English, Spanish, Portuguese and Thai, as shown in FIG.3 .

3 Entry And Operation Instructions Of The Sports Page

3.1 Quick Start Mode

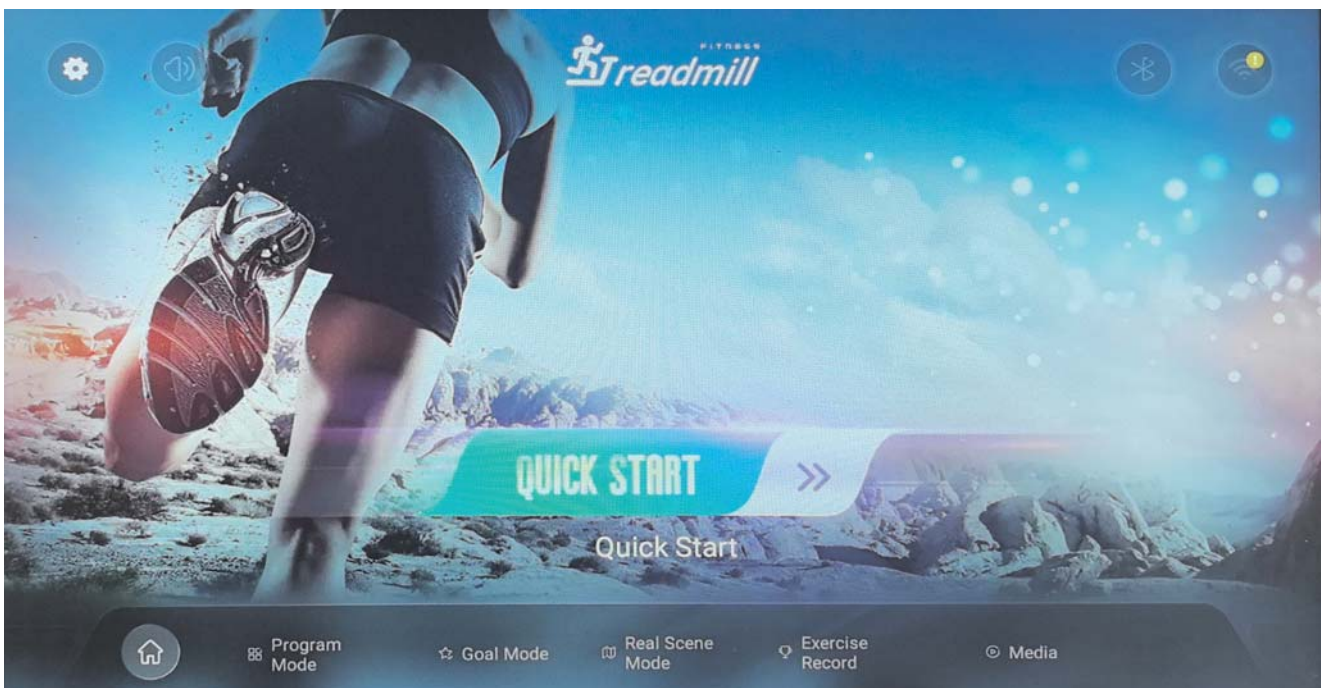


FIG.4 Quick Start



FIG.5 Exercise Page (Time, Distance, Calories)

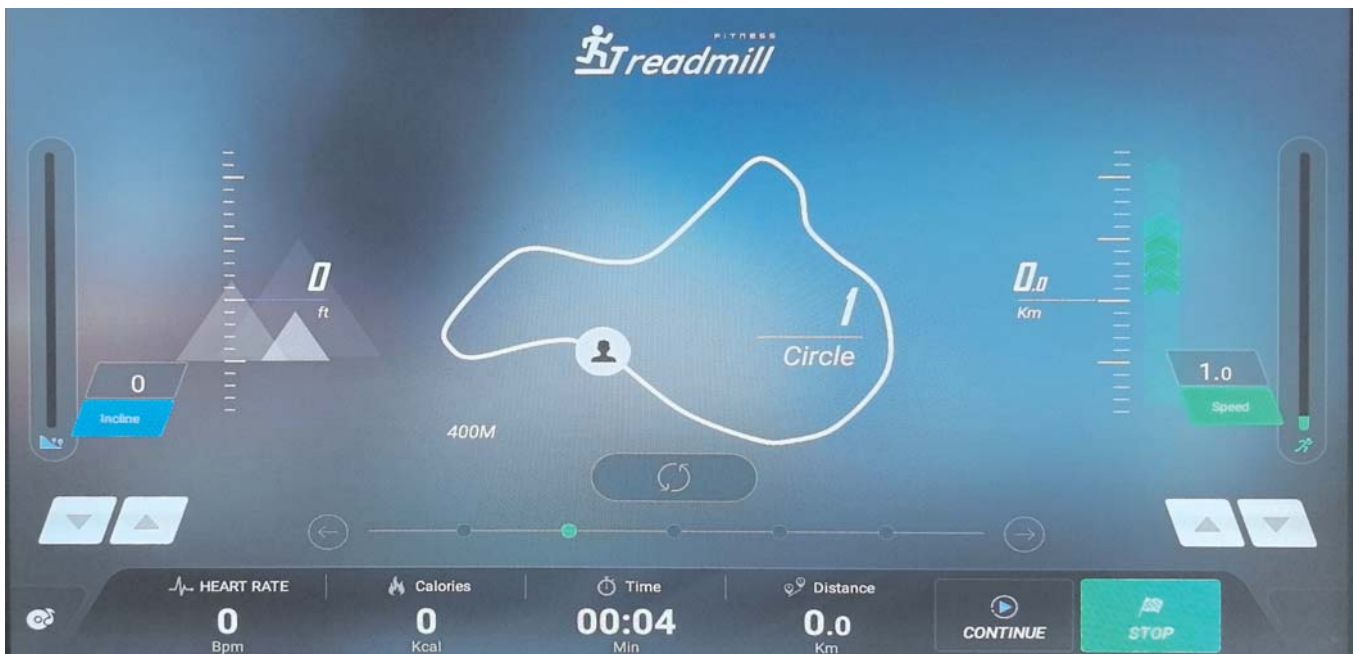


FIG. 6 Sports Page (Runway Display Mode)

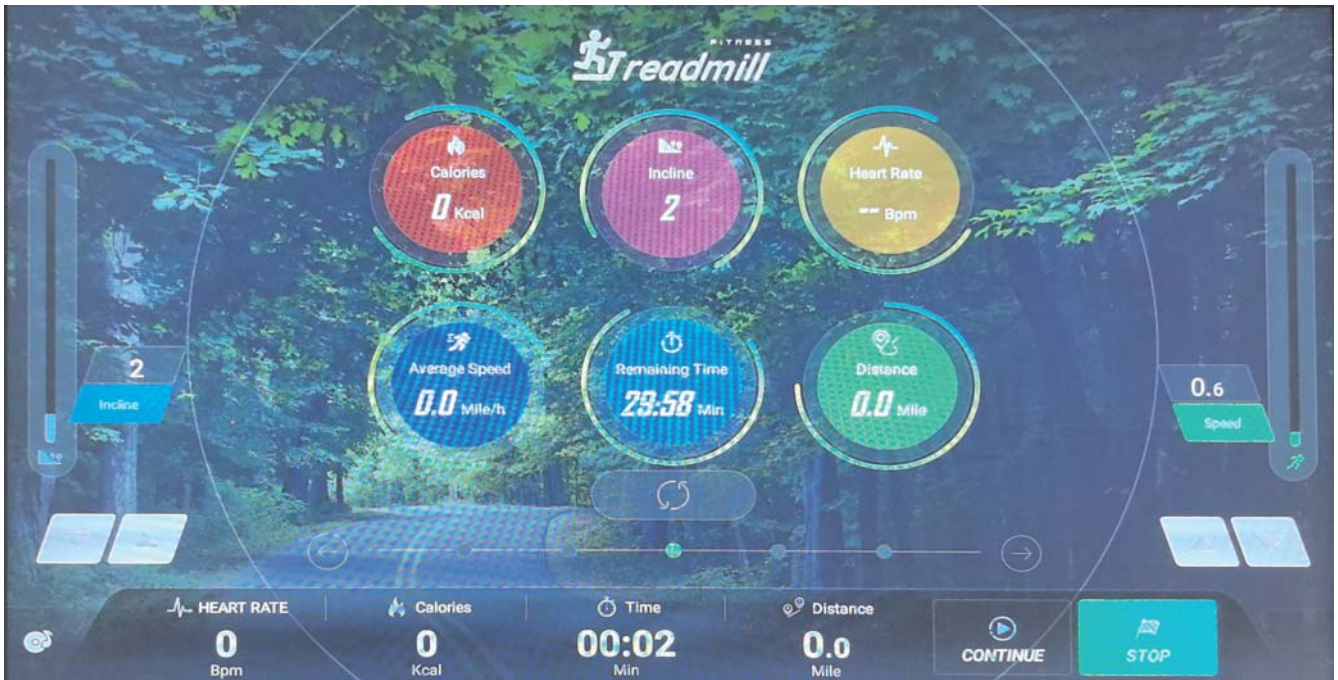


FIG. 7 Sports Page (Parameter Display Mode)

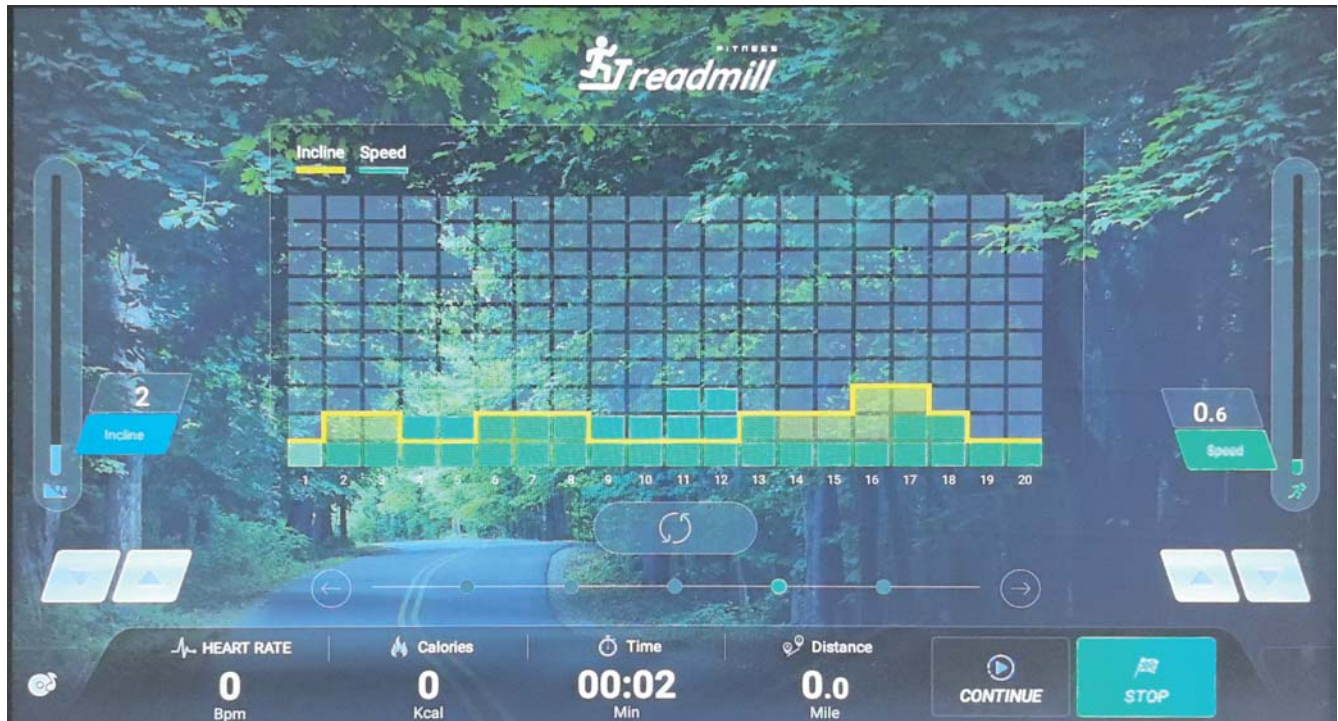


FIG. 8 Motion Page (Slope Speed Display Mode)

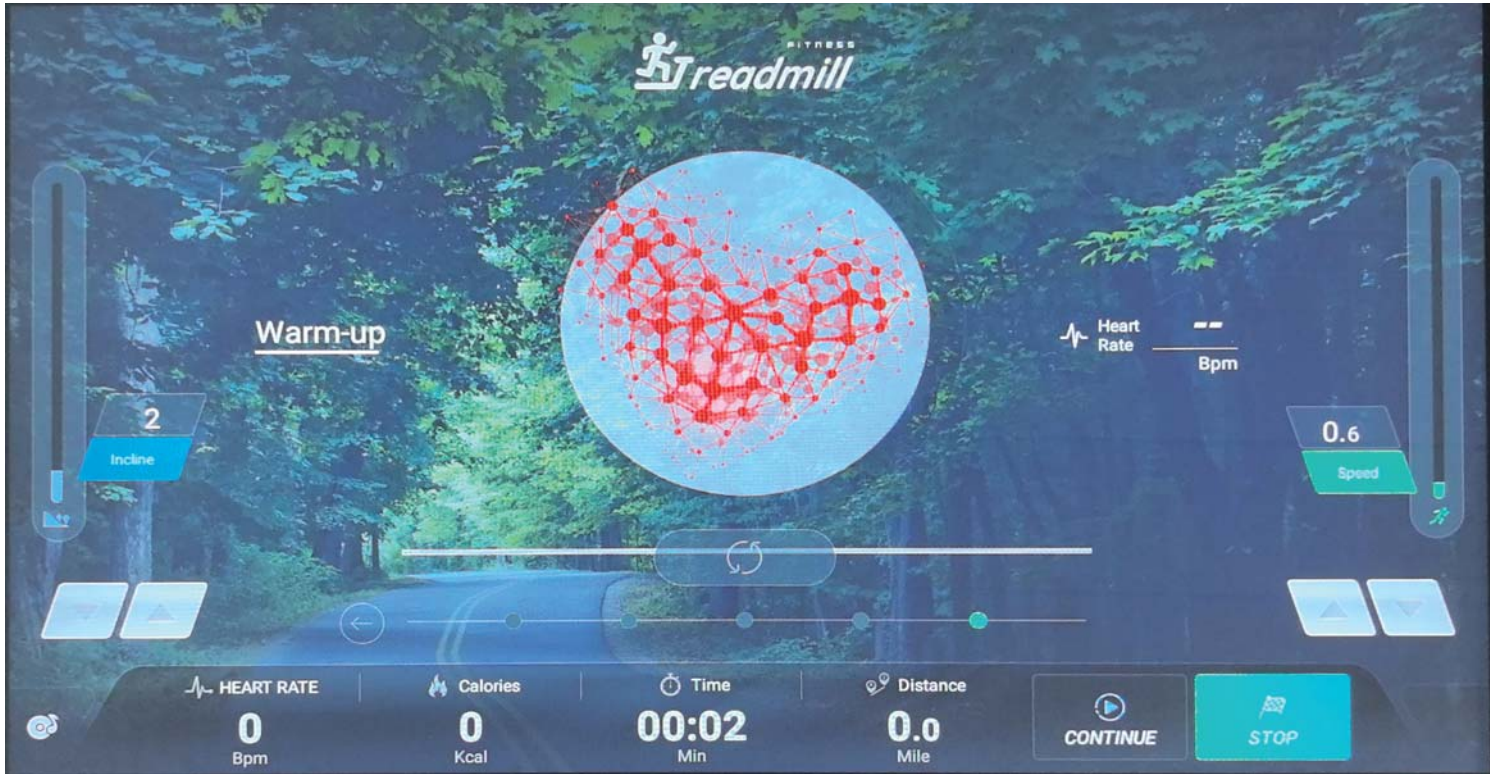


FIG. 9 Sports Page (Heart Rate Display Mode)

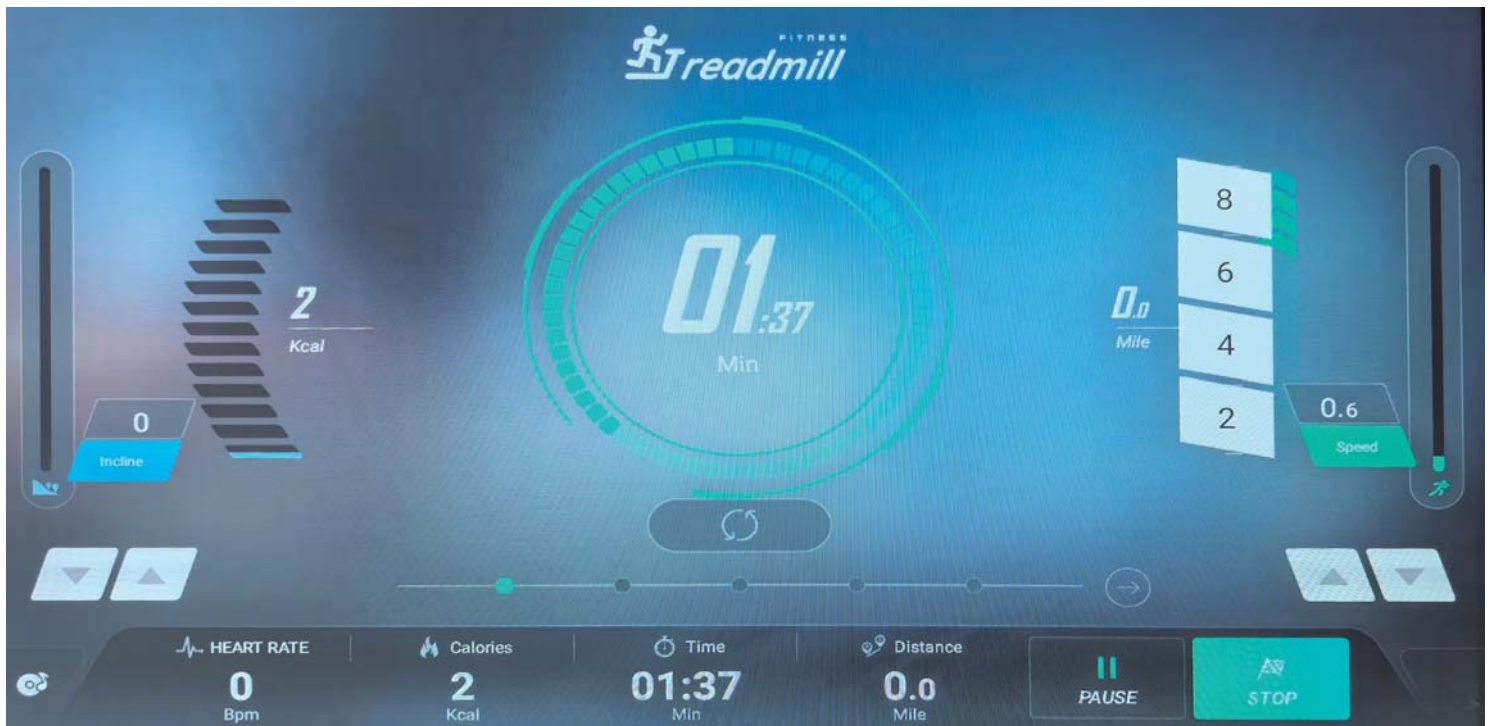


FIG. 10 Sports Page (Speed Adjustment)

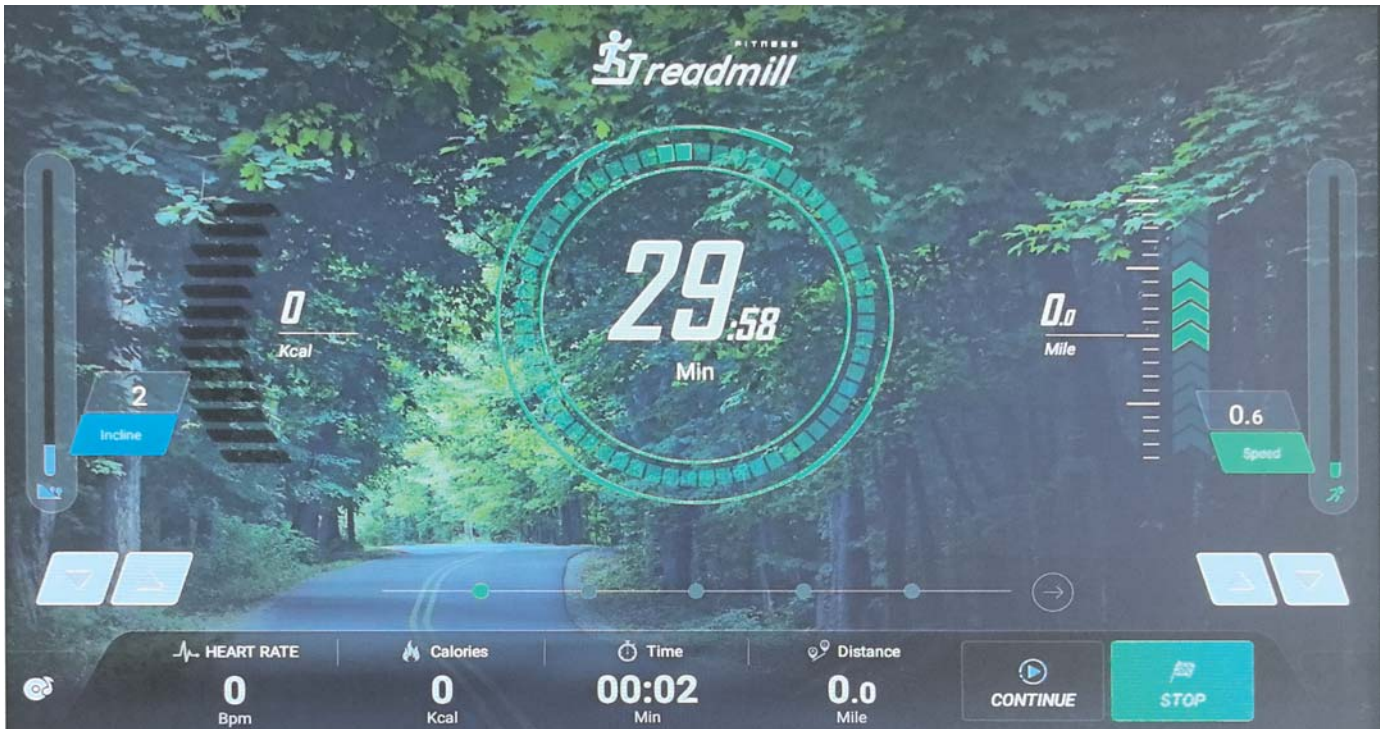


FIG. 11 Sport Page (Slope Adjustment)

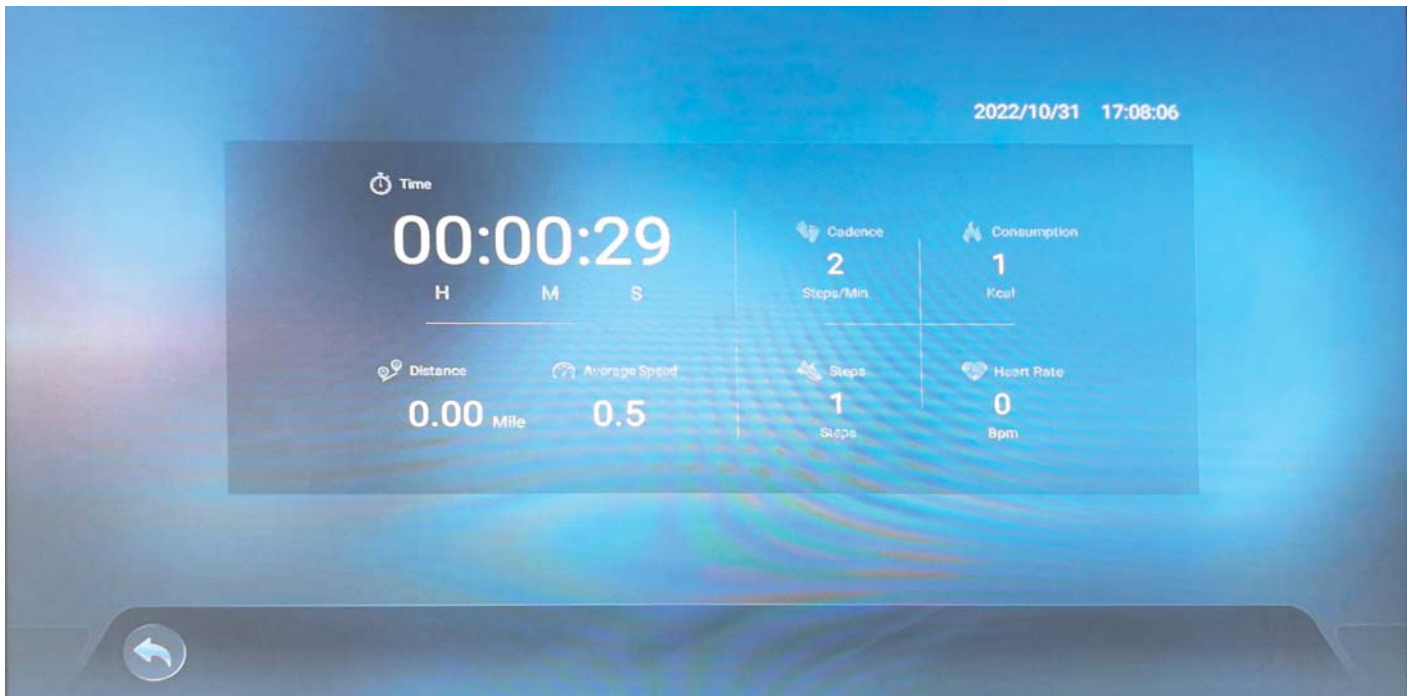


FIG. 12 Motion Results Page

Operating Instructions:

In the standby page, click the home button on the far left of the bottom navigation bar to enter the quick start page. Click the card in the middle of the screen, and the system will enter the motion state in the quick start mode to open the movement page. After the movement starts, the system will enter the page in motion. The page in the movement provides five different display modes, which can be switched by the left and right arrows. By default, the five display modes are automatically rotated.

- 1) Dial display mode: the time of exercise is displayed in the middle, calories consumed during exercise are displayed on the left and mileage is displayed on the right, as shown in FIG. 5;
- 2) Runway display mode: the treadmill climbing height is displayed on the left, and the virtual 400-meter runway is displayed on the middle, as shown in FIG. 6;
- 3) Parameter display mode - display data such as exercise time, distance, average speed, calories, average slope and average heart rate, as shown in FIG. 7;
- 4) Speed and slope display mode -- show the change of speed and slope in sections according to time, as shown in FIG. 8;
- 5) Hourly heart rate mode - display the heart rate change curve according to time, as shown in FIG. 9;
- 6) Speed adjustment - click the speed add or subtract button at the bottom to pop up the speed adjustment operation interface. Slide on the interface to quickly adjust the speed, and it will automatically hide without operation for 5 seconds, as shown in FIG. 10;
- 7) Slope adjustment - click the slope add or subtract button at the bottom to pop up the slope adjustment operation interface. Slide on the interface to quickly adjust the slope and hide automatically without operation for 5 seconds, as shown in FIG. 11;
- 8) Exercise results - automatically pop up after exercise. The results include exercise time, distance, calorie consumption, average speed, gait frequency, steps, average heart rate, segmental pace and other data, as shown in FIG. 12

3.2 Goal Mode

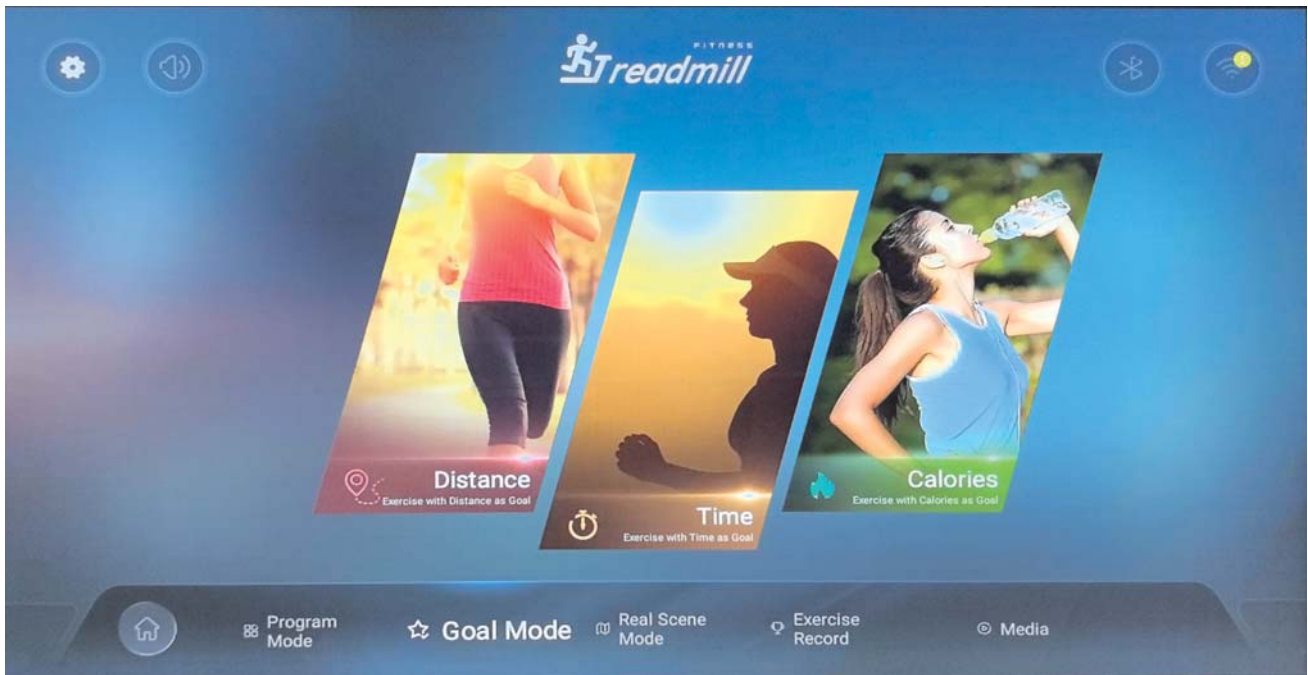


FIG.13 Goal Mode Selection Page

Operating Instructions:

Click the "goal mode" button in the navigation bar at the bottom of the standby page to enter the goal mode selection page. The goal mode includes three running modes, namely, time goal mode, distance goal mode and calorie goal mode, corresponding to the movement mode targeting time, distance and calorie. As shown in FIG. 13

3.2.1 Time

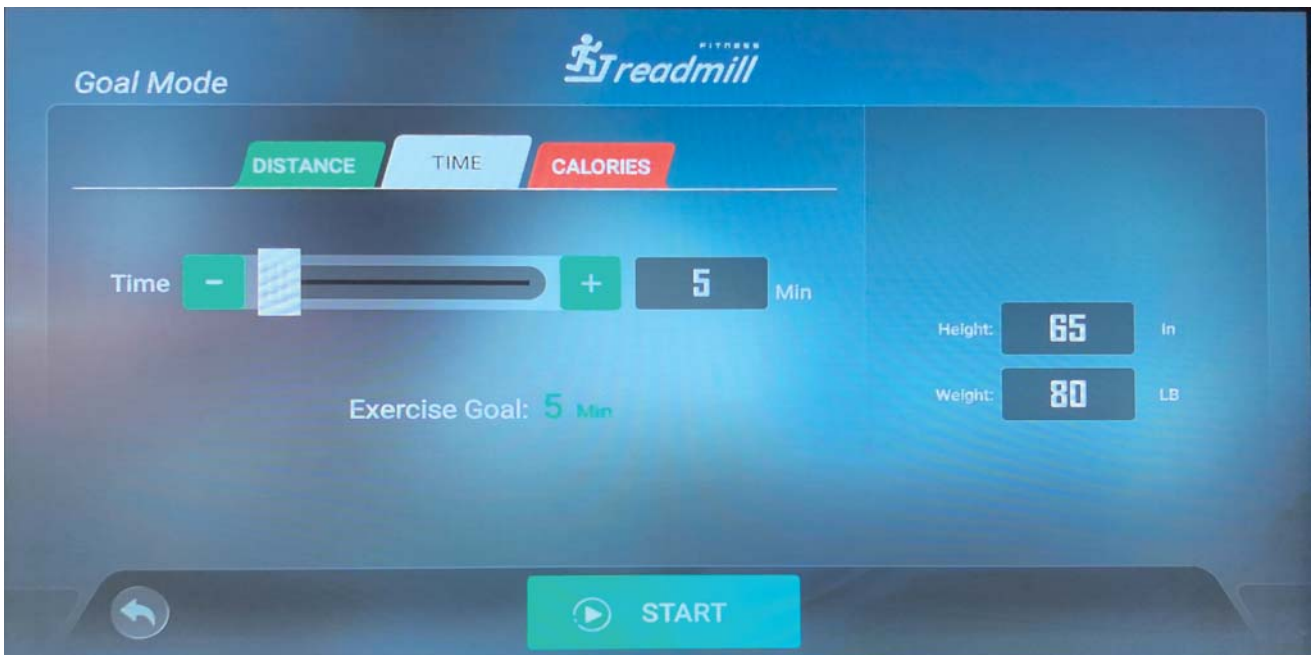


FIG. 14 goal Mode - Time

Operating Instructions:

- 1) The movement started in time mode will automatically end when the movement time reaches the target value, or it can actively press the stop button to terminate the movement in advance;
- 2) The initial value of the time target is 40 minutes, and the setting range is 5-99 minutes;
- 3) Slide left and right to select time target;
- 4) The bottom moving target information will be updated automatically as the user's choice changes;
- 5) Click the start button to start the movement and enter the movement page in the mode of time goal;
- 6) The speed and slope value can be manually adjusted during the exercise.

3.2.2 Distance

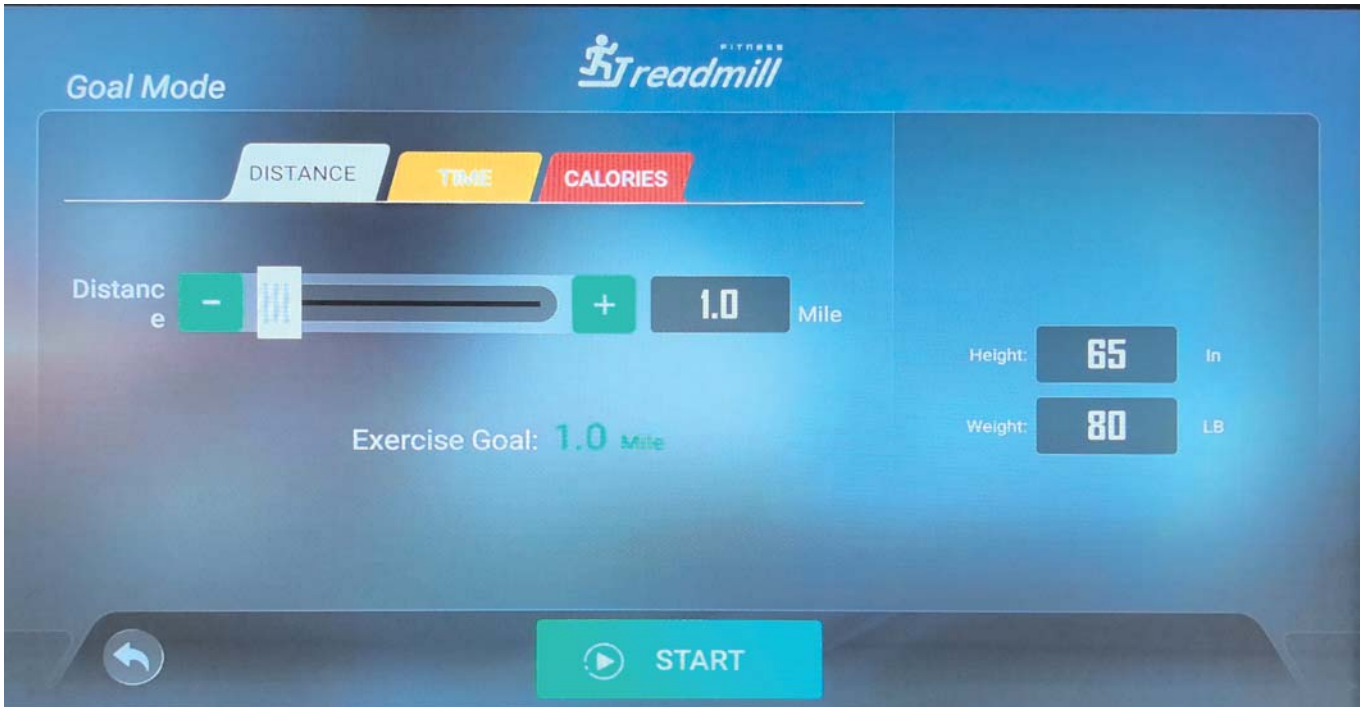


FIG. 15 Goal Mode - Distance

Operating Instructions:

- 1) The motion started in the distance mode will automatically end when the distance reaches the target value, or it can actively press the stop button to terminate the motion in advance;
- 2) The initial value of the distance target is 1 mile, and the setting range is 1~ 99.9mile;
- 3) Slide left and right to select the distance target;
- 4) The bottom moving target information will be updated automatically as the user's choice changes;
- 5) Click the start button to start the movement, and enter the movement page in the distance target mode;
- 6) The speed and slope value can be manually adjusted during the exercise.

3.2.3 Calories

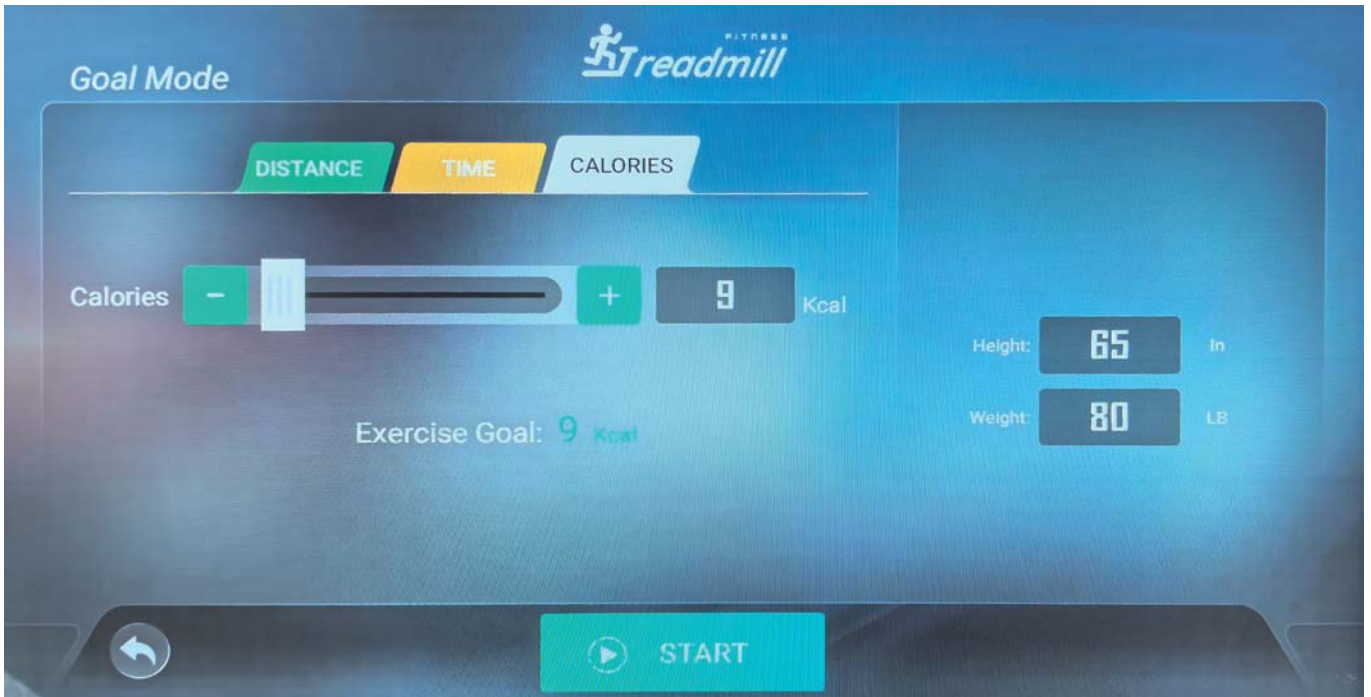


FIG.16 Goal Mode - Calories

Operating Instructions:

- 1) The exercise started in the calorie mode will automatically end when the number of calories burned reaches the target value, or you can actively press the stop button to terminate the exercise in advance;
- 2) The initial value of the time target is 9 Kcal, and the setting range is 9~999 Kcal;
- 3) Slide left and right to select calorie targets;
- 4) The bottom moving target information will be updated automatically as the user's choice changes;
- 5) Click the start button to start exercising and enter the exercise page in calorie target mode;The speed and slope value can be manually adjusted during the movement.

3.3 Fitness Program Mode



FIG.17 Fitness Program Mode

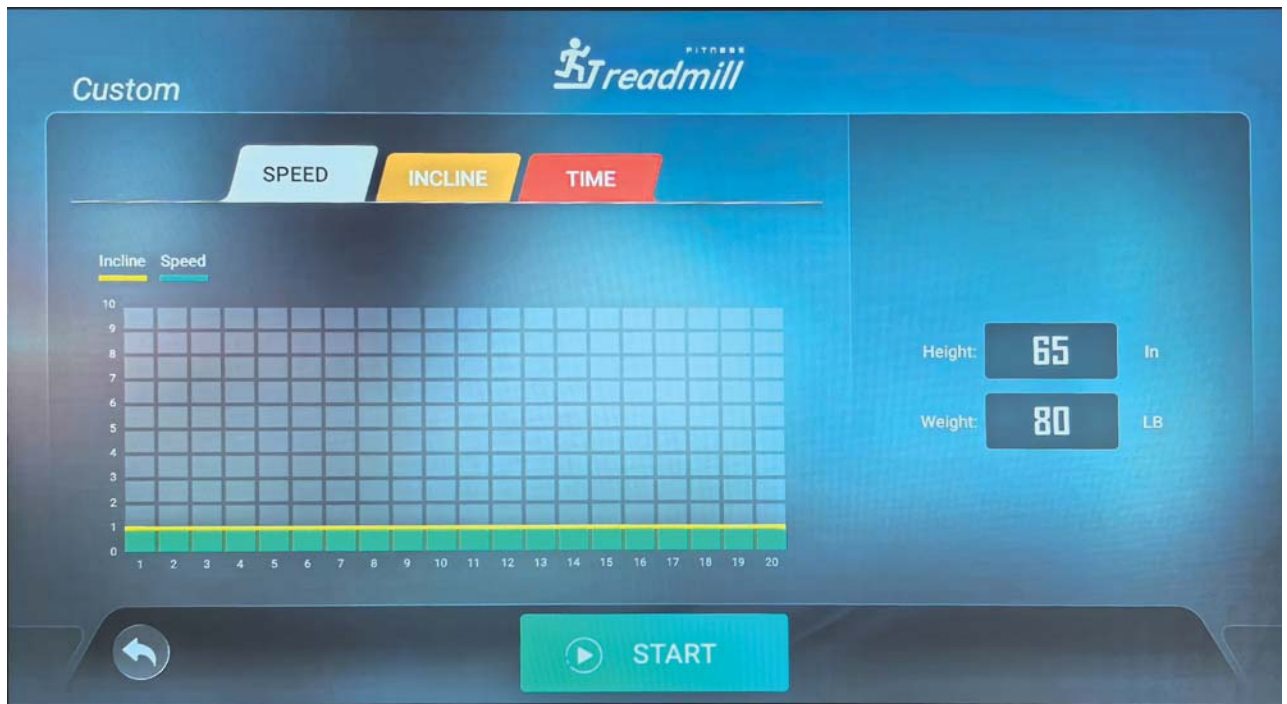


FIG. 18 Customized Mode

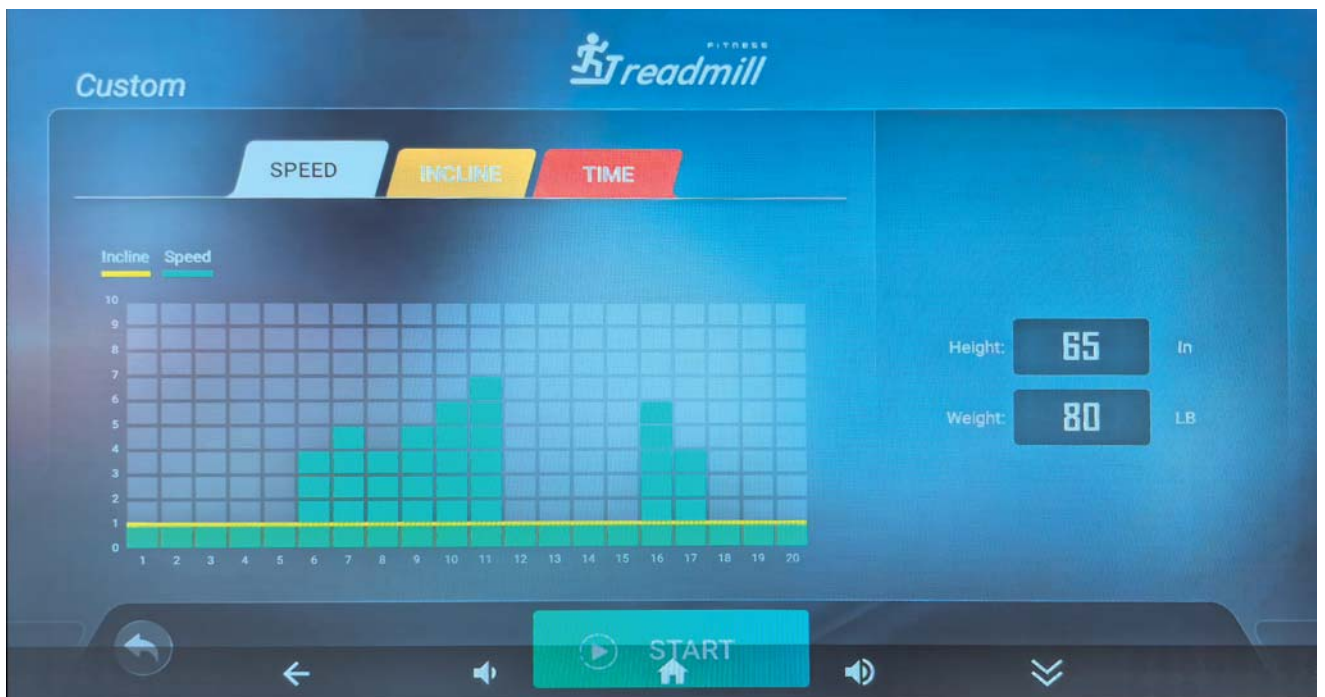


FIG. 19 Custom Speed Settings



FIG. 20 Custom Slope Setting

Operating Instructions:

- 1) The program mode is to set the speed, slope value and target time before the start of the movement. After the start of the movement, the system automatically adjusts the speed and slope according to the preset speed and slope value, and automatically stops the movement after the movement time reaches the target value. Of course, users can also actively click the stop button to terminate the movement in advance;
- 2) The system provides four categories of preset programs, which are Pat-burring Mode, High-intensity Mode, Aerobic Mode and Customized Mode;
- 3) The exercise time range is 5~90 minutes, and the exercise time of each period is between: set / 20;
- 4) The speed and slope value can still be adjusted actively during the movement;
- 5) The customized mode does not provide preset values at all, so it is necessary to actively set the speed and slope sub-values to start the movement;
- 6) FIG. -17 to FIG. -20.

3.4.1 live view Mode

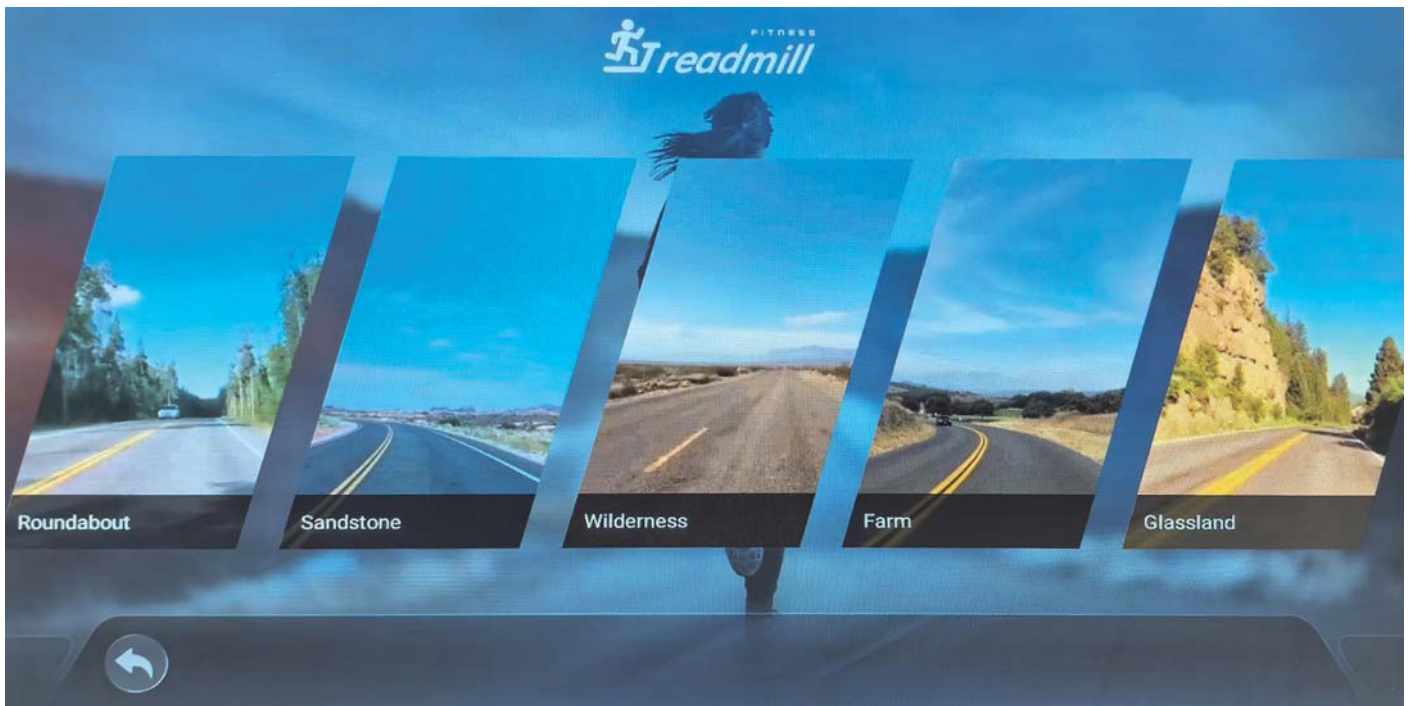


FIG. 21 map race mode

Operating Instructions:

- 1) Click the "real scene mode" button in the map mode page to enter the real scene mode selection page;
- 2) The system provides six types of preset programs, which are roundabout model, grassland mode, wilderness mode, sandstone model, farm model and green hill mode;
- 3) The default time is 60 minutes, and the exercise time range is 5-99 minutes;
- 4) The speed and slope value can still be adjusted actively during the movement;

3.5 Entertainment Page

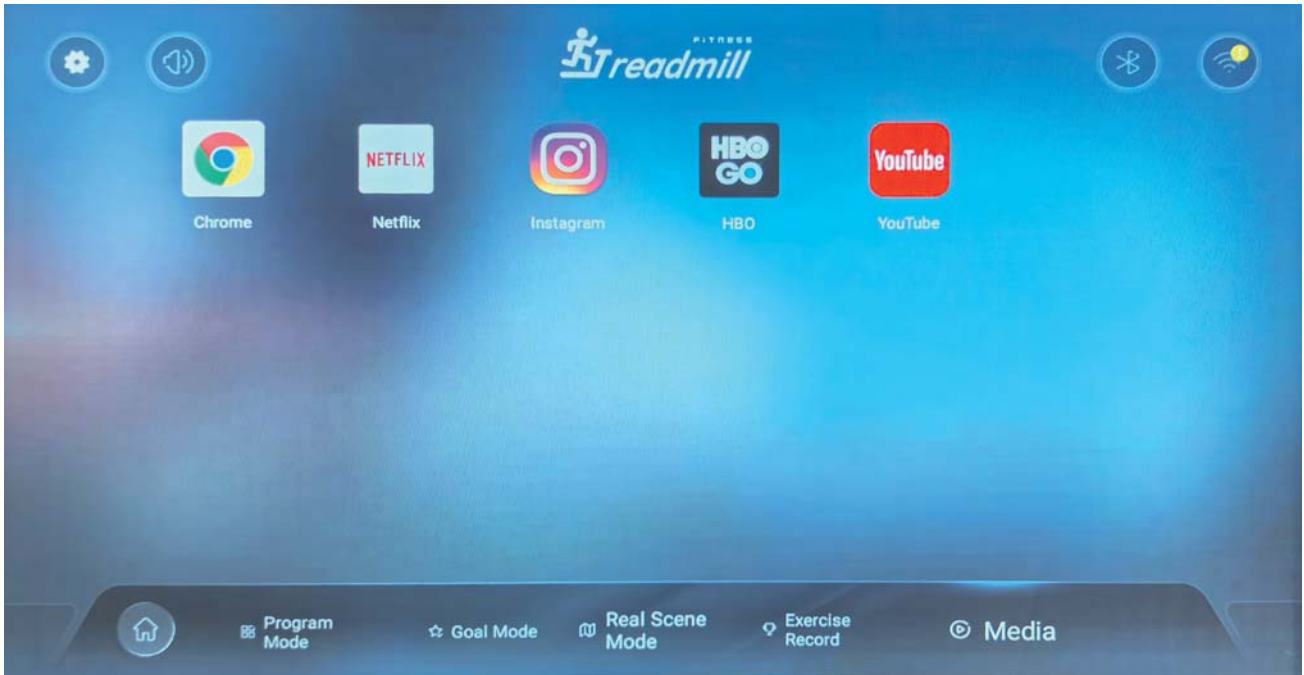


FIG. 22 Entertainment Mode

Operating Instructions:

- 1) Select the "entertainment" button in the navigation bar at the bottom of the home page to enter the entertainment mode.
- 2) The entertainment model shows third-party applications that are preinstalled on the current device (the app icon here will vary with the preinstalled system, without mandatory restrictions).
- 3) The application icon can be directly entered into third-party applications.

3.6 Sports Data Center

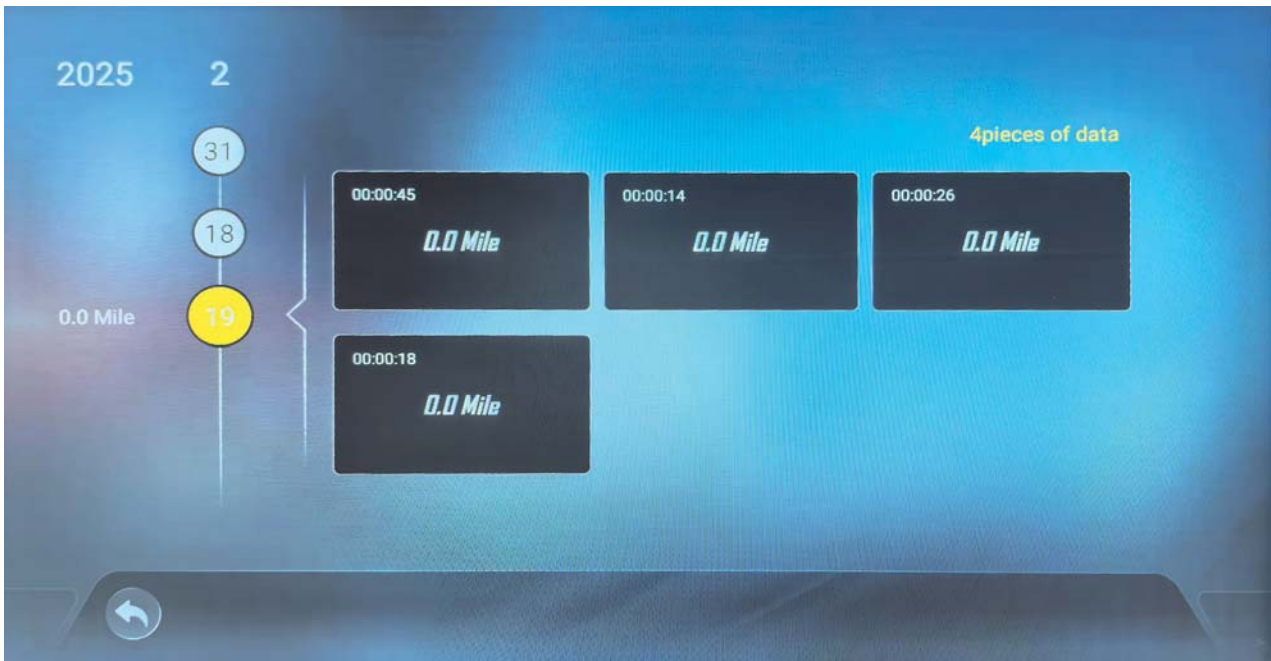


FIG. 23 Motion Data Center

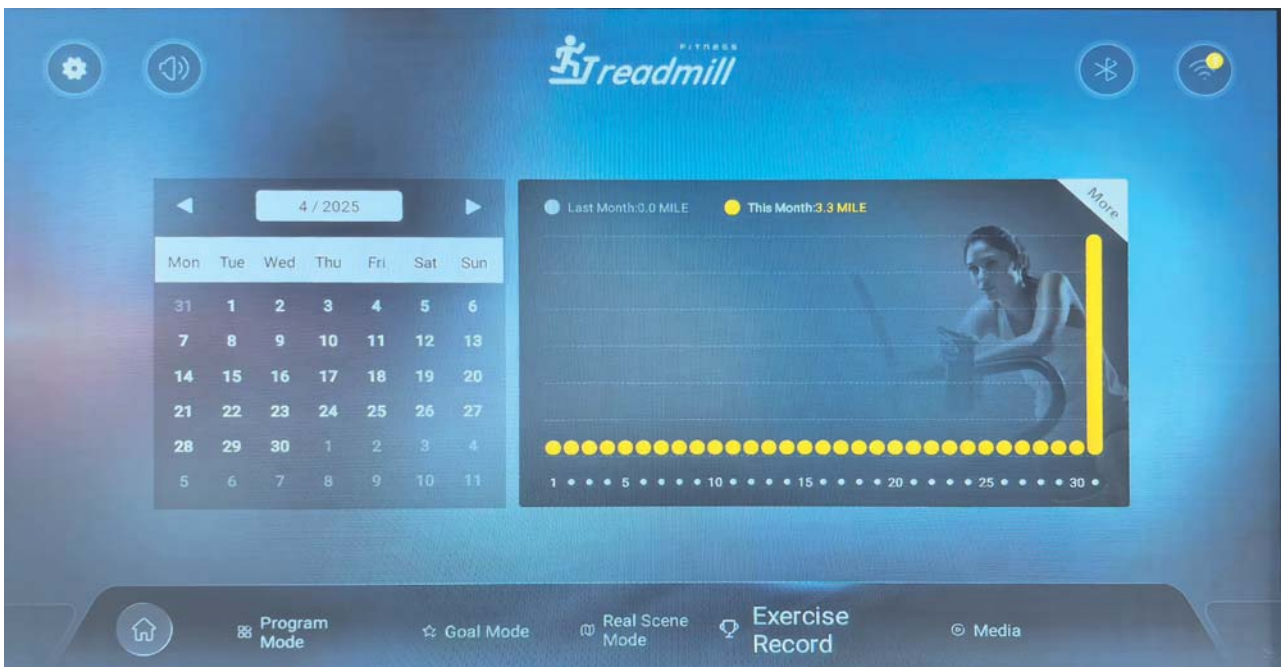


FIG. 24 Sports Data Centers -List

Operating Instructions:

- 1) Select "sports record" in the home navigation bar to enter the page of sports data center; The left side of the page shows the current date, and users can switch calendars by month; The chart on the right shows the summary comparison of the movement data of the current selected month and the previous month by day, which will be switched according to the month selected by the user.
- 2) Click the icon on the right to enter the page of sports data list, which displays sports records by day; Click the button of round number on the left to switch the date, and the right side will list all the movement records of the selected date, and make thumbnail display;
- 3) Click the thumbnail on the right to display the sports record, and then enter the page of sports result details to view the sports details, as shown in FIG. -24.

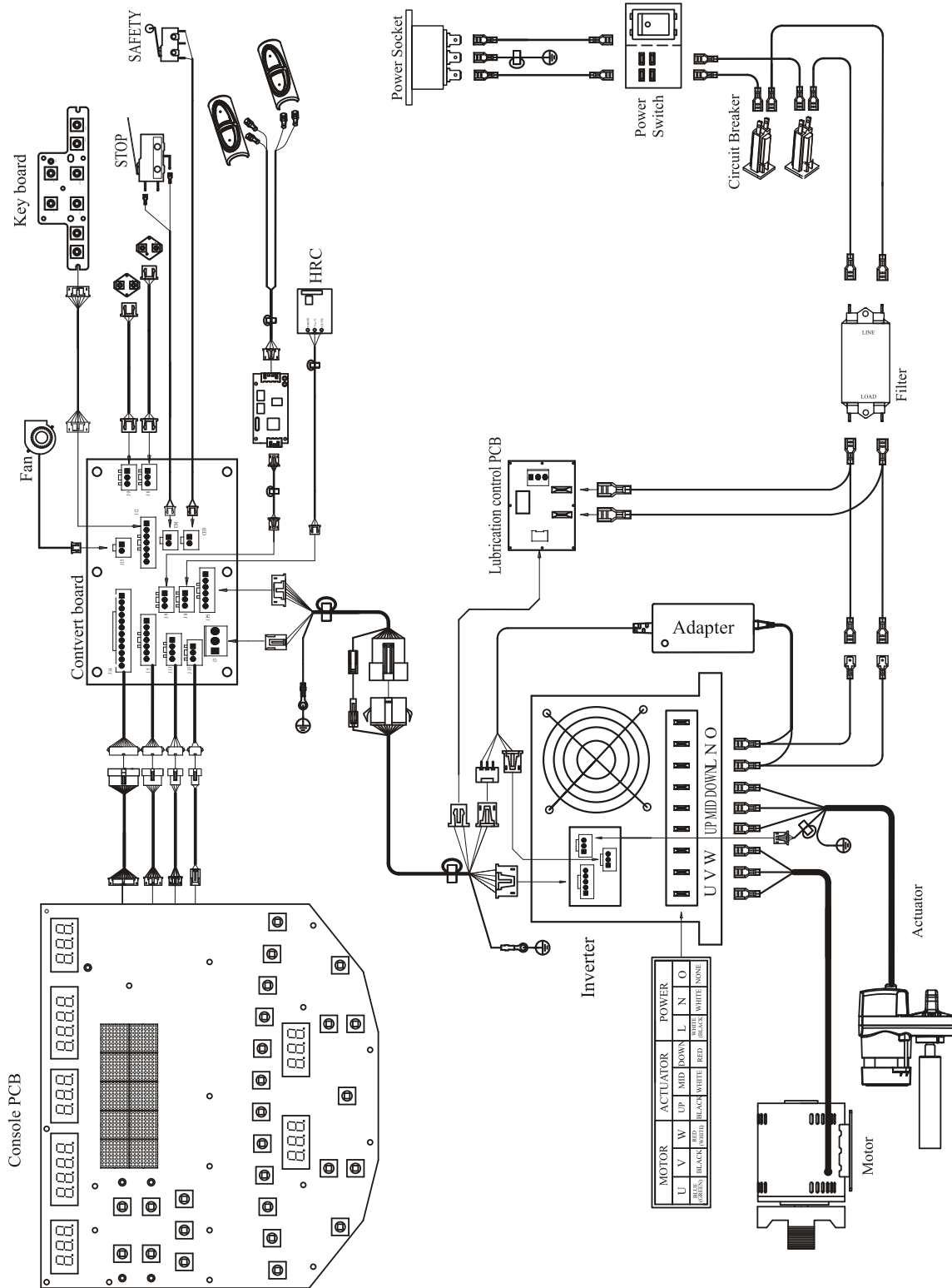
4 demonstrates

This product does not provide other download and installation functions except the automatic update resources provided by the company.

5 matters needing attention

1. Before using this product, please check whether the treadmill is reliably grounded;
2. Check whether the power supply is loaded before exercise; Check whether the safety lock is valid;
3. If abnormal conditions occur during the exercise, the safety lock can be pulled off, and the running opportunity will slow down to stop quickly;
4. If there is any problem with the machine, please contact the dealer. Non-professional personnel, please do not attempt to dismantle or repair the machine to avoid damage to the equipment.

Electrical Connection



Belt Adjustment and Maintenance

1. Running Belt Adjustment

Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.). Speed of Running Belt don't exceed 4KMH, during adjustment.

1.1 Adjust Running Belt in center of treadmill

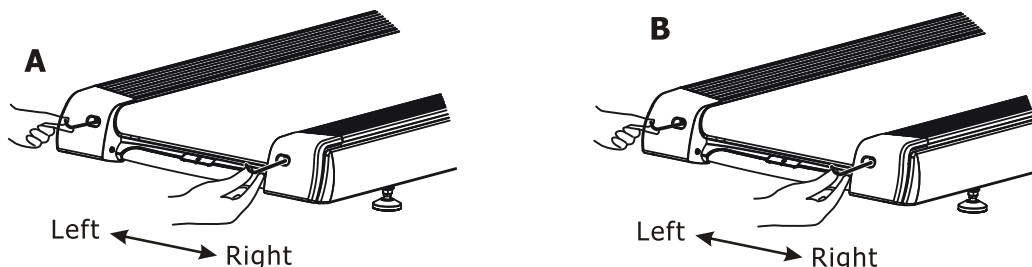
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with an 8 mm Allen wrench as below figure.

B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with an 8 mm Allen wrench as below figure.

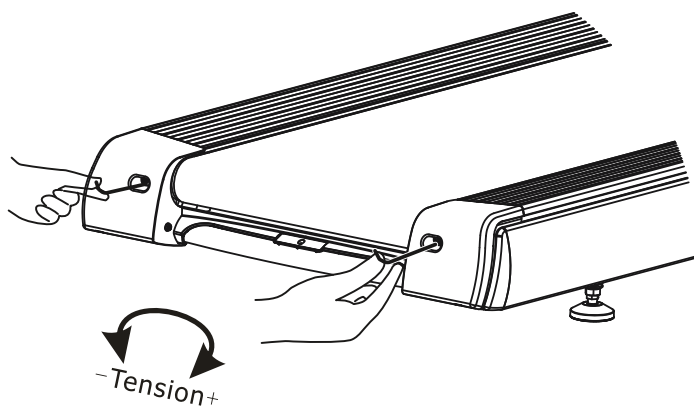


1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time. Tension both the Allen bolts of rear roller **1/4 TURN** as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN the roller bolts more than 1/4 turn at one times.**

Perfect tension of running belt is 0.9~1.1 lbs.

Belt Adjustment and Maintenance



2 CLEANING

Routine cleaning of your unit will extend the life of your unit.

Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration after each Workout.

Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Emergency Button</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>V Belt</i>				Clean	Inspect	
<i>Lubricator Reservoir and filter element</i> <small>(for including the structure of the product)</small>			Inspect		Clean	
<i>Running Deck</i>			Re-Lubricating and inspect			Flip (not include AC2970C)
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		