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**A90-224\_A90-224V70**



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PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUAL  
CAREFULLY BEFORE ASSEMBLY AND USE OF THE TREADMILL.



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

**ASSEMBLY INSTRUCTION**

**Dear customer,**

Thank you for purchasing this product. So that your appliance serves you well, please read all the instructions in this user's manual. If you have any questions, please contact our customer care center.

**Our contact details are below:**

Country	 Phone	 Email
UK	0044-800-240-4004	enquiries@mhstar.co.uk

**IMPORTER ADDRESS:**

MH STAR UK LTD  
Unit 27, Perivale Park,  
Horsenden lane South  
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MADE IN CHINA

# Catalogue

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# Safety Instructions

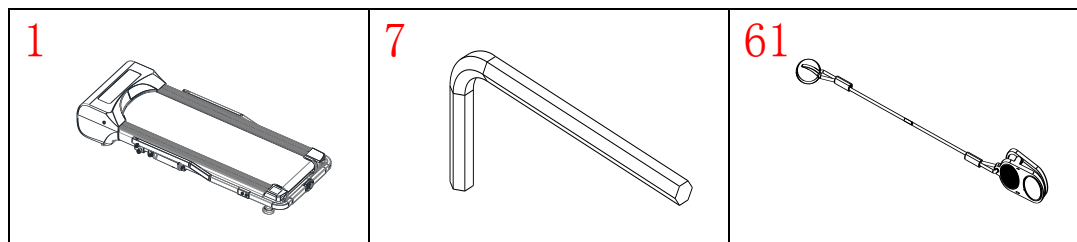
Warning: Consult with your physician or health professional before starting your workout, especially necessary if your are 35 or older or have underlying health conditions. We take no responsibility for any injuries if instructions are not followed. Treadmill should be carefully assembled and covered with the motor shield before connected to the power.

## Notes:

- 1、 Ensure the safety lock's clamp is attached to the clothing or belts before using the treadmill.
- 2、 Please do not insert anything into the treadmill that would damage it, which would damage the equipment.
- 3、 Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
- 4、 Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
- 5、 Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
- 6、 Keep the children and pets away from the treadmill while starting workout. Please make sure there is 50-100CM empty space around for operating the equipment safely.
- 8、 Don't exercise within 40 minutes of after eating dinner.
- 8、 The equipment is suitable for adults, juveniles need be accompanied by adults while workout.
- 9、 You must hold onto the handrails until you become comfortable and familiar with the treadmill when you start your workout.
- 10、 Treadmill is indoor-use equipment, do not use outdoor to avoid damage, Keep the storage place clean, flat, and dry. Please do not use the equipment for other purpose.
- 11、 If the speed increase suddenly or inadvertently due to an electronic failure, please pull off the safety lock from the console in order to stop the treadmill.
- 12、 Do not put anything heavy on the cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power. While insert the plug, please make sure to insert it into the socket with the safety ground circuit.
- 13、 When the equipment is not being used, please cut off the power by unplugging the treadmill. Do not pull the wire when unplugging the treadmill as it may cause damage to the wire. If the power cord is broken, please purchase a new one from the distributor or contact our company as the cord is specialized for this treadmill.
- 14、 This treadmill is designed only for home use.

# ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the spare parts shown below:



Spare parts list:

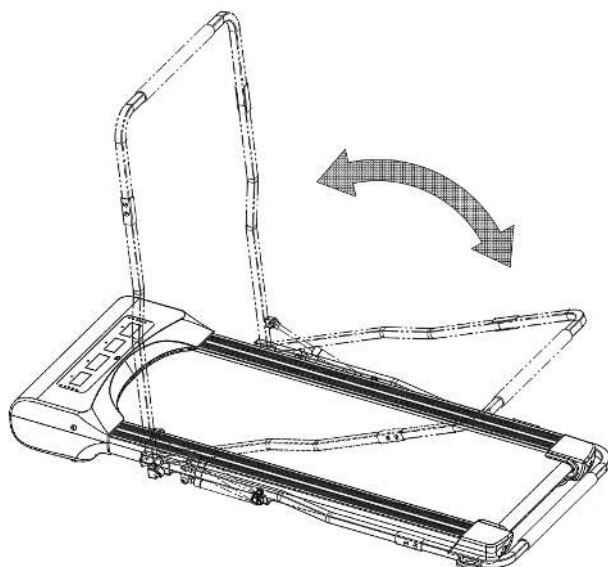
No.	Description	SPEC	QTY	
1	Main Frame		1	pc
7	Wrench	S5	1	pc
61	Safety Lock	With wire clip	1	pc

Assembly tools:

NO.	DESCRIPTION	SPEC.	Q'TY
	5# Allen Wrench	5mm	1

**Notice:** Do not turn on the power before assembly is done. Please carefully read the instruction manual of the treadmill.

## ASSEMBLY STEPS



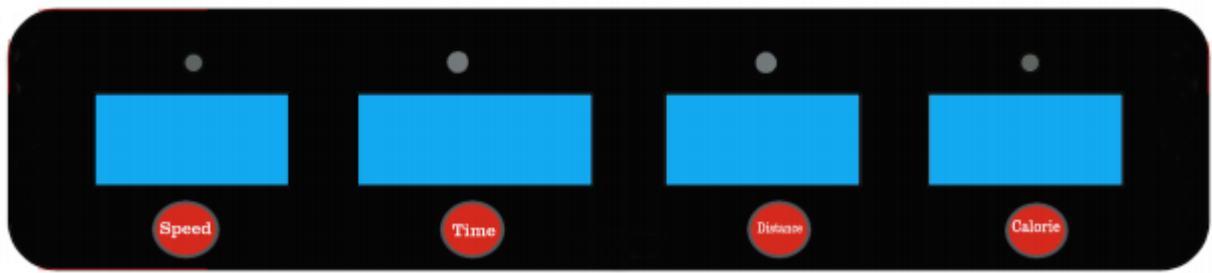
Lift the handrail up and use it when the handrail is lifted and stopped.

# GROUNDING GUIDE

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 that has an equipment grounding conductor and 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.

# OPERATION GUIDE



## 1、 WINDOW DISPLAY

Function:

- Infrared remote control function

The specification USES conventions for nouns:

Treadmill parameters: "SPEED" value。

Motion parameter: "DIS" value, "TIME" value, "CAL" value。

Manual motion mode: Sports mode without setting the amount of exercise。

## 2 、 Parameter Description

**Motion parameters in various sports modes:**

- Minimum display speed of 0.8 km / h
- Maximum display speed of 8 km / h

## 3、 LED display description

LED display:

- Speed display
- Time display
- Distance display
- Calorie display

## 4、 Remote control button description:

Button function:

- Start and Stop
- Speed "+" / "-"
- Power button

## 5、 Remote control button function and operation instructions

- Start---Function: Start the treadmill  
Operation instruction: The computer in standby mode,press the button to start the treadmill.
  
- Stop---Function: Stop the treadmill  
Operation instruction:Press this button at any time to stop the treadmill
  
- Speed “+”/“-” buttons---Function: Speed value adjustment at run time  
Operation instruction: When start the treadmill, press the “+”, “-” buttons to adjust the speed by 0.1km each time.
  
- Power button--- Function: Turn off/on display in standby mode  
Operation instruction: In standby mode,press the button to turn off the display and enter the sleep mode,then press the button to turn on the display.

## 6、 Description of movement mode

### A、 Manual mode function

Enter manual mode: When computer is fully powered on,it enters the initial standby mode,then press start button to enter the manual mode.

Operation instructions: The initial running speed is 1KM/H, time, distance window is counting from zero, pressing speed Adjust button, Adjustable running speed value.

Notice: The exercise time is more than 100 minutes, the system will not automatically stop

## 7、 Sleep function description:

When the treadmill stops running, it will go to sleep without any operation for more than 10 minutes., LED window and corresponding indicator off display,press power button to wake up the computer,and then re-enter the initial standby mode after full display.



# Getting started guide

## **Warm up stage :**

If you are over 35 years old, not very healthy, or your first exercising in a while, please consult with your doctor or professional physician.

Before you use the motorized treadmill, please read the manual fully and make sure you understand its functions and hold the handle bar with both hands. Keep the machine at the low speed of 1.6~3.2 km/h, the test the treadmill with one foot, after getting used to the speed, then you can run on the treadmill and up the speed to about 3-5 km/h.. Keep the speed about 10 minutes, then stop the machine.

## **Exercise stage :**

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If you feel comfortable at the stable velocity, you can add more speed and increase the incline. 30 minutes is a good amount of time to spend on the treadmill. It would not be recommended to change the speed or incline too much at a time, it can keep you feel comfortable.

## **Exercise intensity :**

Warm up at 4.8 km/h for 2 minutes, then increase the speed up to 5.3 km/h and keep walking for 2 minutes, then increase the speed up to 5.8 km/h and walk for 2 minutes, then add 0.3 km/h every 2 minutes until rapid breathing, but not uncomfortable.

Calorie burning---the most effective way

Warm-up for 5 minutes at a 4-4.8 km/h speed, then slowly increase the speed by 0.3 km/h every 2 minutes until you reach a comfortable speed and stay at that speed for 45 minutes. For improving the intensity of movement, you can maintain the speed during an hour of tv. Then increase the speed by 0.3 km/h during every advertisement and go back to the original speed after the ad. Finally, you should slow down the speed step by step for 4 minutes.

## **Exercise frequency :**

The cycle time: 3-5 times/week, 15-60 min/time. Make your workout schedule scientifically instead of clumped together in a week.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. Professionals can help you make up the suitable exercise time-chart according to your age and health condition; determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness, or other discomfort during exercise, please stop at once. You should consult with your physician or health professional before continuing

You can choose the normal walking speed or the jogging speed, if you always take workout with treadmill. If you don't have enough experiences or confirm the testing velocity, you can follow the

instruction:

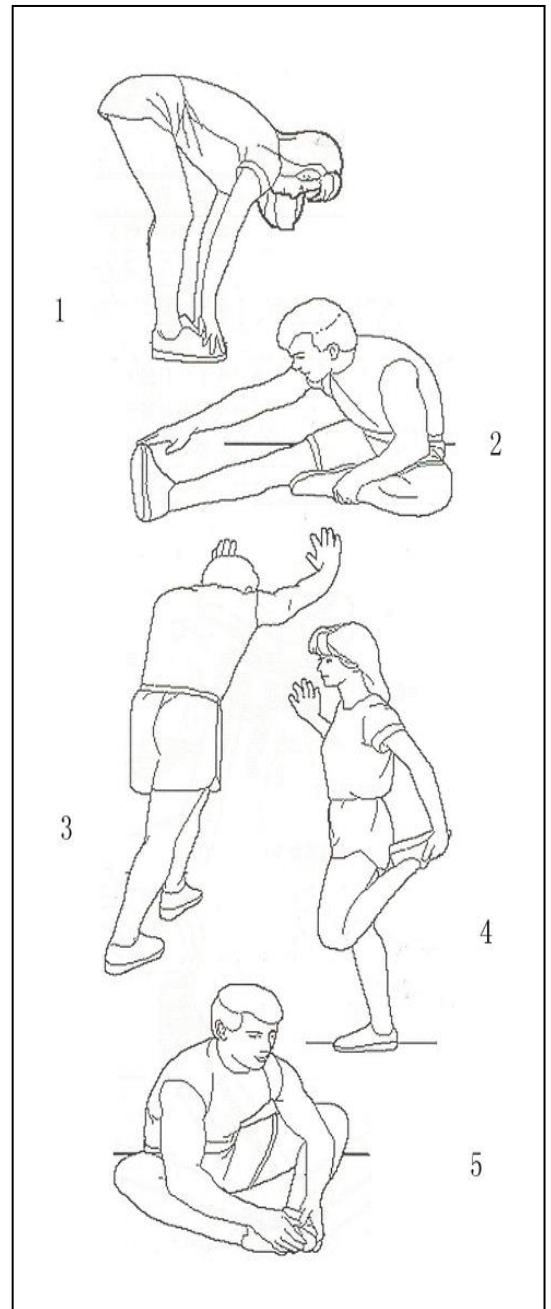
Speed 1.0-3.0KM/H	not well physical
Speed 3.0-4.5KM/H	less movement and workout
Speed 4.5-6.0KM/H	normal walking
Speed 6.0-7.5KM/H	fast walking
Speed 7.5-9.0KM/H	Jogging
Speed 9.0-12.0KM/H	intermediate speed walking
Speed 12.0-14.5M/H	well experiences of running
Speed 14.5-16.0KM/H	excellent runner

Attention: The velocity of movement  $\leq 6\text{KM/H}$ , the normal walking; The velocity of movement  $\geq 8.0\text{KM/H}$ , the runner.

## Warm Up Exercise

Before exercise, it is advised to take 5 – 10 minutes to warm up and stretch, Do these 5 exercises shown below each 5 times.

1. Downward stretch: bend the body forward while keeping the legs straight, relax the back and shoulders, then try to reach your feet with your hands. Maintain the farthest you can stretch for about 10-15 seconds, relax and repeat 3 times (see Figure 1).
2. Hamstring stretch: Sitting on the ground, put one leg forward, bend the other leg inwards, and try to touch your toes with you hand. Maintain the position for about 10-15 seconds. Repeat for each leg three times. (see Figure 2).
3. Tendon stretch: with both hands on a wall, posting up on one leg, put the other leg back. Keep legs straight and maintain the position for 10-15 seconds. Relax and repeat three times for each leg.(see figure 3)
4. Quad stretch: put a hand on a wall and use the other hand to grab your respective leg as seen in the figure. Pull the leg up and maintain position for 10-15 seconds, relax and repeat three time for each leg.(see figure 4)
5. Sartorius (inner thigh muscles) stretch: Put each foot against each other as shown in the figure. Stretch by pushing down on your knees. Hold position for about 10-15 seconds, relax and repeat 3 times. (see figure 5)



**Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.**

**Clean:** General cleaning of the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt by wearing the clean running shoes.

**Warning:** Always unplug the treadmill from the electrical outlet before removing the motor cover.

At least once a year remove the motor cover and vacuum under the motor cover.

## Belt Adjustment

### RUNNING BELT AND DECK LUBRICATION

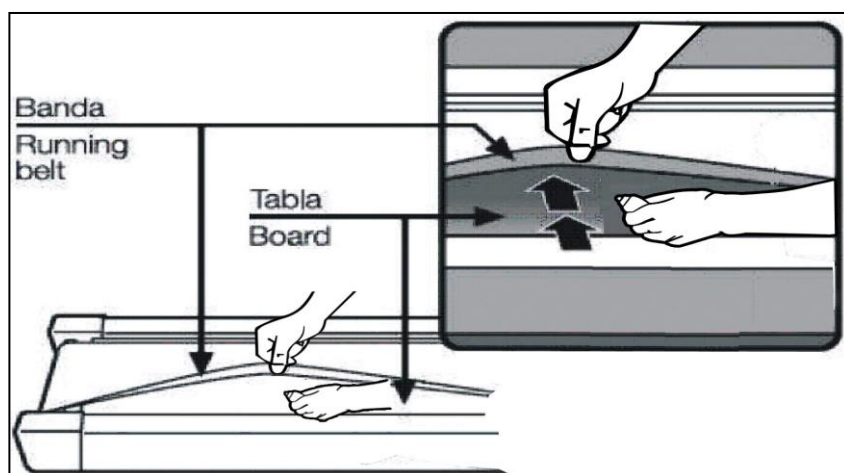
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need to contact our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) - Annually
- Medium user (3-5 hours/ week) - Every six months
- Heavy user (more than 5 hours/ week) - every three months

We recommend that you buy the lubricat from our distributor or directly to our company.

**Attention:** Any repair needs a professional technician.

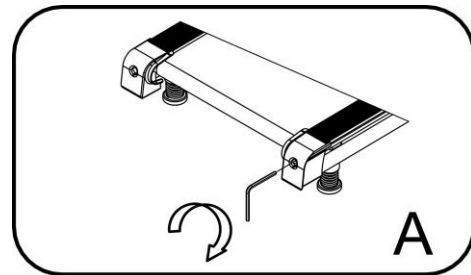


1. We suggest that you cut off the power for 10Mints after keep running 2HS, so that it's good for maintain the treadmill.
2. The belt would slip if too loose during using; if the belt is too tight, it would affect the performance of motor and increase the abrasion of roller and belt. The belt can be lifted away from the deck around 50 — 75mm if the degree of tightness is just well.

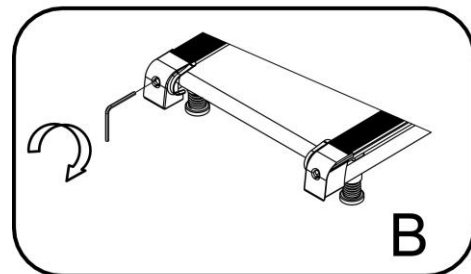
# Center the running belt

1. Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition. If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

**PICTURE - A**

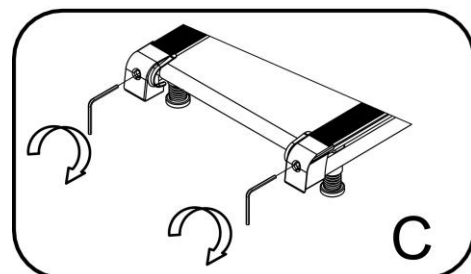


2. If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. **PICTURE - B**

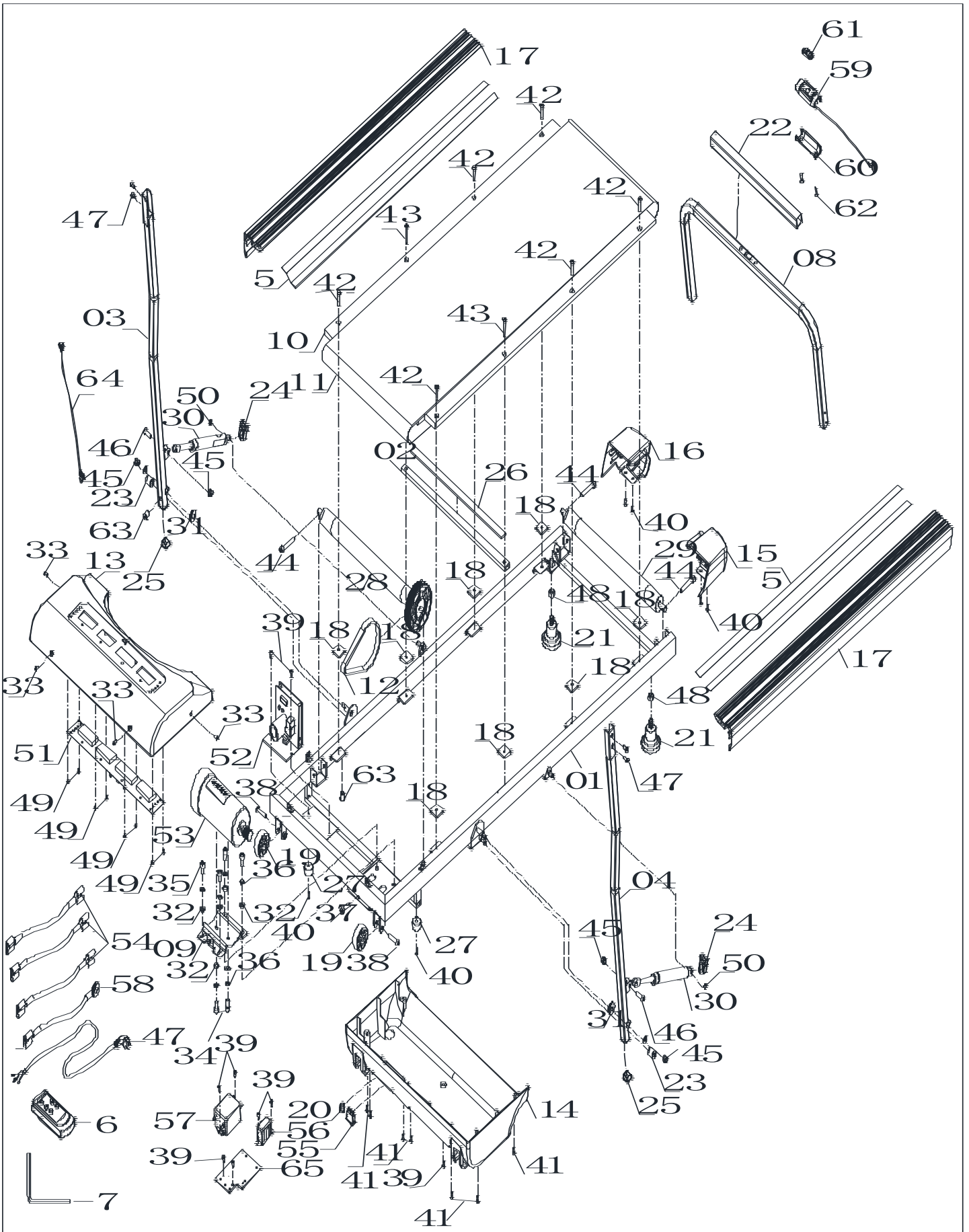


3. Timely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety clock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness.

**PICTURE - C**



# EXPLODED DRAWING



## PARTS LIST

No.	Description	Spec	Qty	NO.	Description	Spec	Qty
1	Main Frame		1	25	Square Plug	20*20*1.5 Square tube	2
2	Strengthen tube		1	26	EVA	20*2*400	1
3	Right Upright post frame		1	27	Flat foot pad	27*16	2
4	Left Upright post frame		1	28	Front roller	φ36*429*φ100*φ12*467	1
5	Double faced adhesive tape	20*2*950	4	29	Rear roller	φ36*406*φ12*457	1
6	Remoter		1	30	Cylinder	φ22*160 length 100	2
7	Wrench	80*80*5 S5	1	31	Needle bearing	φ10*φ24*4	2
8	Handle bar		1	32	Washer	φ9*φ16*t1.5	6
9	Motor Seat		1	33	Screw	M5*10	4
10	Running board	t12*460*1010	1	34	Screw	M8*12 S6	2
11	Running Belt	t1.4*380*2260	1	35	Screw	M8*16 S6	4
12	Ribbed belt	160-J5	1	36	Washer	D8	6
13	Motor cover	546*260*62 466g	1	37	Screw	M8*25 S6	1
14	Bottom cover board	546*260*90 637g	1	38	Screw	M8*35 S6	2
15	Left End Cap	104*152*62 95g	1	39	Screw	ST4.2*12	3
16	Right End Cap	104*152*62 95g	1	40	Screw	ST4.2*16	6
17	Side Rail	83*58*975 1060g(single)	2	41	Screw	ST4.2*16	7
18	Cushion Pad	30*40*5	8	42	Screw	M6*30 S4	6
19	Transport wheel	φ52*φ8.5*22 Black	2	43	Screw	M6*40 S4	2
20	Power cord buckle	6W3-4 Black	1	44	Bolt	M6*50 S5	3
21	Damping foot pad	φ60*53*M10	2	45	Nut	M8 S13	4
22	Hand Grip	φ25*φ31*350	1	46	Screw	M8*25 teeth length15 S6	2
23	Cushion pad	φ8*φ18*19 4.2g	2	47	Power wire	3*0.75mm <sup>2</sup> 10/15A 250V Wire length 1.8Meter	1
24	Cushion block	24*35*11 6g	2	48	Nut	M10 S17	2

No.	Description	Spec	Qty	No.	Description	Spec	Qty
49	Screw	ST2.9*6	8	57	Filter	4A	1
50	Shaft clasp	D8	2	58	Grounding wire	Wire length 250 Big Plug with O-shaped round washer in one side	1
51	Console	Single with blue background light ,LCD ,speed 1.0-6KM/h Manual incline,with wire length 250mm	1	59	Up cover of safety lock	Wire length 1.5M	1
52	Circuit Board	AC220V , manual incline ,100*63*100 220V,	1	60	Down cover of safety lock	84*54*17.5	1
53	DC Motor	0.65hp,3800r,φ23,φ80	1	61	Safety lock	84*54*14.5	1
54	AC single wire	Wire length 250	3	62	Screw	ST4.2*20	2
55	Ship-shaped switch	250V/15A Triangle ship-shaped Switch ,red button ,with light	1	63	Wire plug	12 holes	2
56	Electronic sensor	4A	1	64	Safety lock wire	Wire length 0.5M	1

# Meanings of error message codes

Error code	Failure description	Solutions
E1	Communication abnormality: abnormal communication between the controller and the electronic meter after powering on	Stop the controller to enter failure state. It can not be started up. The electronic meter displays the error code and the buzzer sounds for 3 times. Possible reasons: There is interference between the controller and the electronic meter. Check all the wires that connect the controller and the meter. Make sure that all wirings are properly connected and that there is no damage to them.
E2	Controller can't detect the voltage of motor No speed sensor signal: while there is voltage output from the controller to the DC motor, speed feedback can not be received from the motor for more than 3s.	1.check if the motor wire is well connected to the controller. 2.Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If the system enters into standby state after about 10s of failure state, restart can be conducted. Possible reasons: If speed sensor signal is not received for more than 3s, check whether the sensor connector is well plugged or whether it is damaged; plug it well or replace the sensor. 3.Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If recovering to the normal state and enter into the standby state after stop, normal startup can be implemented. Possible reasons: Check whether motor wires are well connected; re-connect motor wires. Check whether the controller emits abnormal odor; replace it if yes.
E4	Incline motor correction failure or error	re-check incline motor after power on; Check the connection; Change inverter and re-check it; Change the incline motor and re-check;
E5	Over-current protection: in the operation state, the controller continuously detects DC motor current of more than the value of rated current + 6A for more than 3s.	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If the system enters into standby state after about 10s of failure state, restart can be conducted. Possible reasons: System self-protection is triggered under excessive current caused by the excessive load more than the rated value, or some place of the treadmill is jammed so that the motor can not rotate; thus, the system start up self-protection against excessive current under excessive load; adjust the treadmill and restart it. Besides, check whether there is over-current sound or burning odor when the motor is running; replace the motor; check whether the controller emits abnormal odor; replace it if yes; check whether power supply voltage specifications is inconsistent or too low and use correct voltage specifications for re-test.
E6	Explosion-proof protection: abnormal power voltage or motor abnormality leads to the damage of driving motor circuit	Stop and enter the failure state. The electronic meter buzzer sounds for 9 times and the error code is displayed. No display at other areas. If recovering to the normal state and enter into the standby state after stop, normal startup can be implemented. Possible reasons: Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again; check whether the controller emits the odor of burning; if yes, replace the controller; check whether motor wires are well connected; re-connect motor wires.
E7	Safety lock not in position	put Safety lock in position; change Safety lock switch; reconnect Safety lock line