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A90-201V70



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

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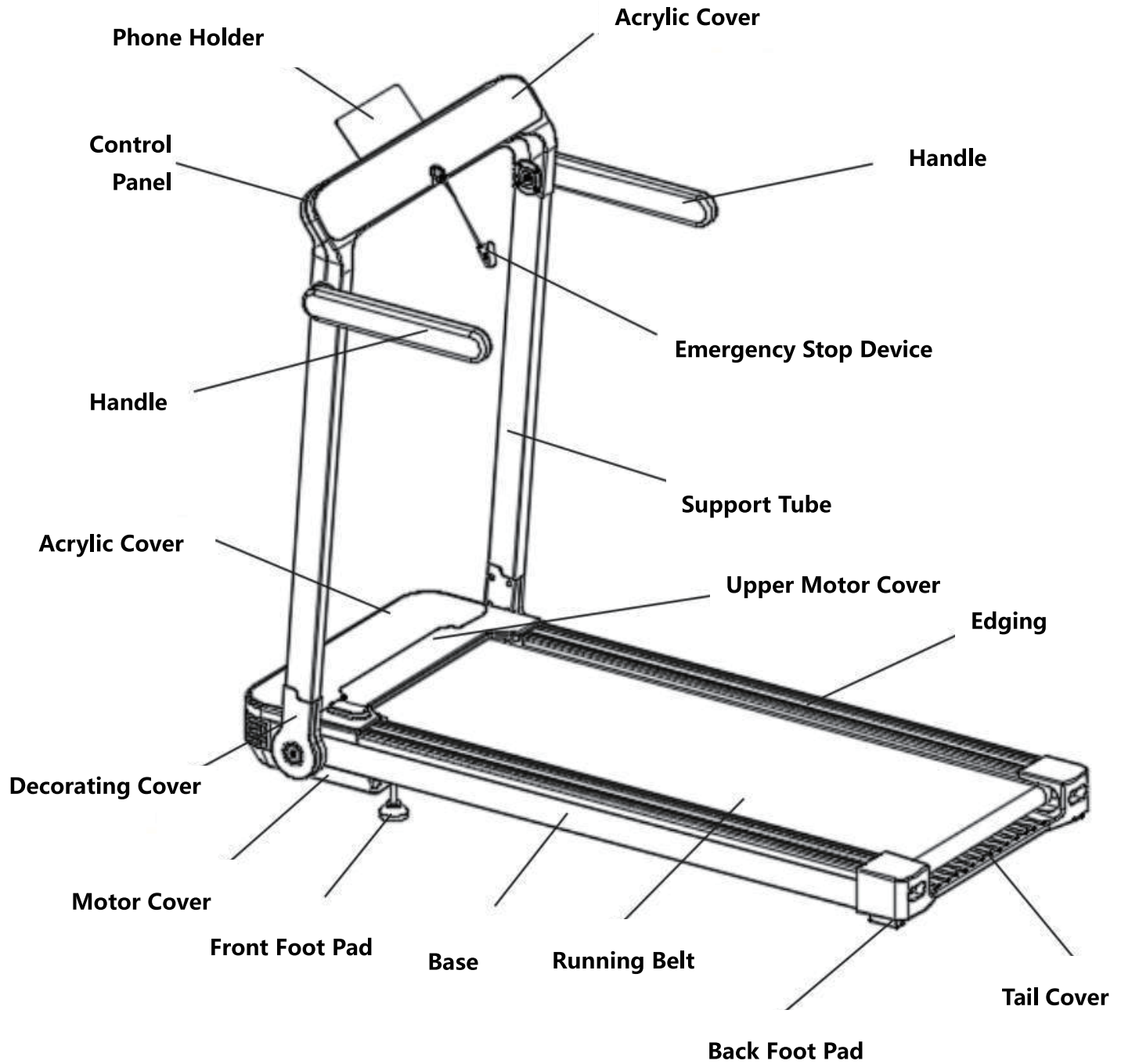
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Product Instruction



Safety cautions and warnings

Caution! Please read this manual carefully before using the product and please do follow below issues:

This treadmill should be used indoor, do not let this product be soaked and keep it away water, do not put other things on the treadmill.

Please take the proper sports gear and do warming up before use the treadmill, do not use the treadmill on bare feet.

Power plug must be grounded and use dedicated circuit, do not share circuit with other electric equipment.

Kids should stay away from the treadmill to avoid unexpected situation.

Do not use the treadmill overload and over time, or the motor, control panel, bearing ,running belt and board' s life will be greatly shorten. Should do the regular maintenance to keep treadmill in good state.

Reduce dust and keep certain humidity indoor to prevent electronic and control devices from interference by static electricity.

Please turn off the treadmill after using.

Please make sure air circulation when you are using the treadmill

Clamp the emergency switch to your cloth to make sure the treadmill can be stopped if meet unexpected situation.

Please stop doing exercise if you feel uncomfortable and consult your doctor

Please keep the silicone oil away from kid after using to avoid eating accident.

Warning: To avoid accident and injury, please do follow following issues:

Please check your sport gear and make sure the zipper is lock

Do not wear cloth which is easy to be hooked by treadmill

Do not put the power cord near heat source

Do not let kid play with or play near treadmill

Do not use the treadmill outdoor

Must unplugged the treadmill before moving it

Never try to disassemble the product if you are not professional maintainer, or it will cause very bad consequence

The treadmill can only be used in 20A circuit

Only one person use it at one time, do not use it with two people and more.

Please stop doing exercise if you feel dizzy, Chest pain, nausea, or shortness of breath, and consult your fitness coach or doctor.

Warning!

Please consult your doctor if you are under therapy or have any one of following issues:

If you are suffering waist pain or hurt leg, waist or neck before, or have perceived obstacle to leg, waist , neck and hand(also include disc herniation, Spondylolisthesis, Cervical protrusion)

Deformed arthritis, rheumatism, gout

Osteoporosis or bone abnormality

Circulatory system disorder(heart disease, vascular disease, high blood pressure)

Respiratory organs disorder

Implant cardiac pacemaker or other electronic equipment

Malignant tumor

Thrombosis, serious arterial lipoma, acute venous lipoma and other blood circulation disease or skin infections

Perceived obstacle caused by diabetes

Wounded on skin

Sick or fever(38°C or higher temperature)

Spine abnormality or bending

Pregnant women or women are in the menstrual period

Unhealthy and need rest

Obvious bad condition

For physical recovery purpose

Other bad feeling besides above situations

All issues above may cause unexpected condition and may harm body.

Please stop doing exercise if you feel waist pain, dizzy, Palpitations or other abnormal feeling, consult your fitness coach or doctor.

Do not let kid to use this product. Kid should be kept away from the product, or it may cause unexpected risk.

Please make sure no other people or pet around the product when taking, packing or sliding it.

Forbidden

Never use if you found the shell is broken and off (inside parts are exposed) or welding point is broken. Or it may cause unexpected condition.

Never jump on and off the product when you are using, it may cause falling and injured.

Never store the product out door, near bathroom or any place where is damp.

Never use or store the product under direct sunlight, near stove, electric blanket or other heating supply equipment, or it may cause electric shock or fire accident.

Never use the product when you found power cord or plug is broken or socket slack, or it may cause electric shock, short circuit or fire accident

Never break or twist the power cord, also never put things on the wire to avoid electric shock or

fire accident

Never use the product with two or more people at the same time, keep others away when using the product, or it may cause unexpected situation or falling accident.

Never use the product if user can not express self conscious or can not operate the product by himself/herself. Or it may cause unexpected situation.

Keep the product away water or other liquid, especially the main base. Or it may cause electric shock or fire accident

Never do intense exercise if you don't exercise usually. Do not use it after meal, fatigue, or other uncomfortable state, or it may be harm to your health.

This product is only for home use, never use it at school, stadium or other public place, or it may cause unexpected situations.

Never use the product if you are eating or doing other behavior, also never use it after drinking, or it may cause accident or injured.

Never take your watch, bracelet, mobile phone and other valuable objects with you to avoid damage, also take off your keys and knife to avoid hurting yourself.

Please do check the power cord whether there is needle, garbage or other wet things before using to avoid electric shock, short circuit or fire accident.

Please turn the power switch to off position and unplug the product if do not use it for a period to avoid electricity shock or fire accident caused by insulation deterioration

Grounding Information

This product must be grounding, it can greatly reduce the risk of electricity shock when the product is dysfunction.

The plug of this product is grounding standard, please use local legal grounding power source to connect the product

Danger

It may cause electricity shock if the product is not grounding properly. Please ask professional electrician to check if you are not sure whether the grounding is correct. Never modify the plug if it can not fit your power source, please ask professional electrician to install a proper power source.

Never use transfer plug, this product must connect to power source with grounding function.

Parameter and packing list

Parameter

No.	Parameter	Description
1.	Input voltage	AC220/50Hz
2.	Motor power	600W
3.	Speed	1-12 KM/h
4.	Running belt area	430*1200mm
5.	Maximum load	90KG
6.	Expanded dimension	W76*D148*H122cm

Packing List

No.	Name	Quantity
1	Base	1pc
2	Spare parts	1pc

Spare Parts List

No.	Name	quantity
1	Allen wrench	1
2	Emergency Stop Device	1
3	Manual	1
4	Silicone Oil	1

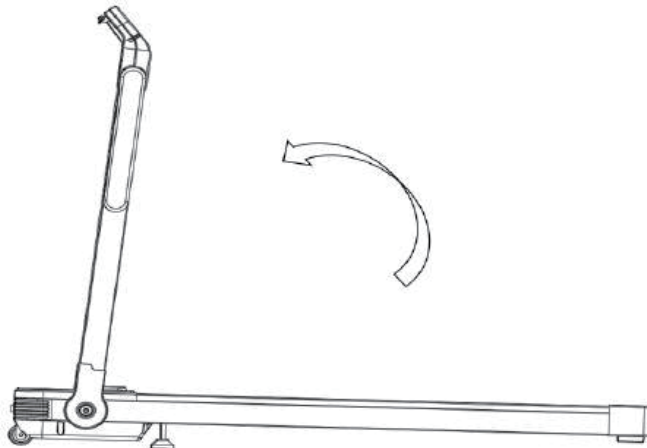
Assembly Guidance

Assembly instructions for Support tube:



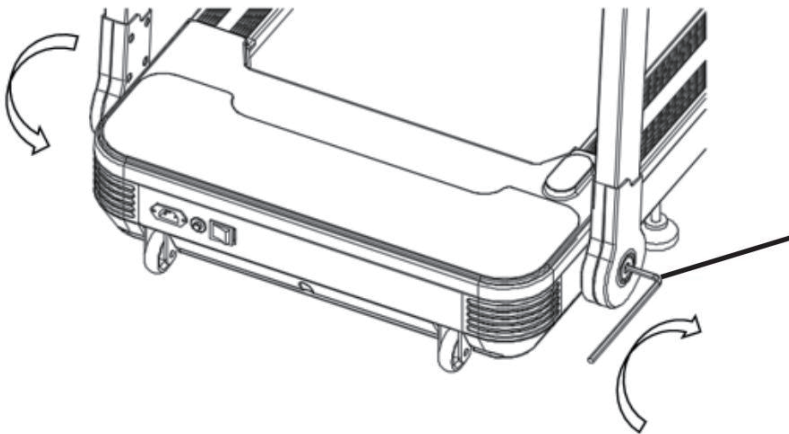
Step 1

Take out the product from the PE bag and put it on flat floor.

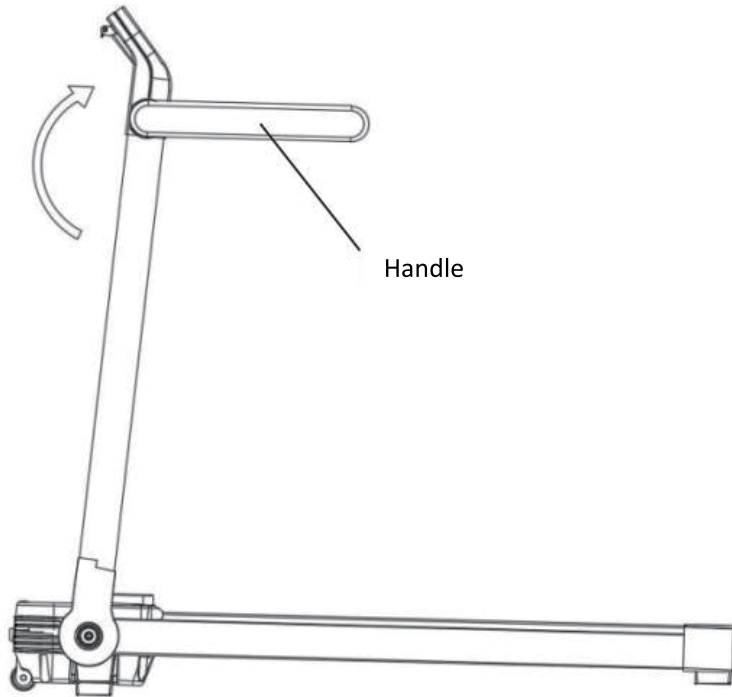


Support tube

Step2 Then pull the support tube from the base, until the support tube get to the almost vertical position to the base.



Step3 Use the 6# Allen wrench to lock the screws which is inside the both decoration covers in clockwise direction.(If the handles can be shaken easily, please keep locking the screws)



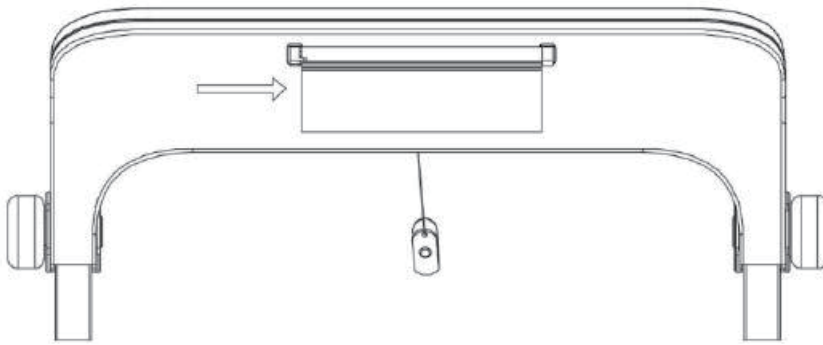
Step4

Turn the handles as arrow' s direction,



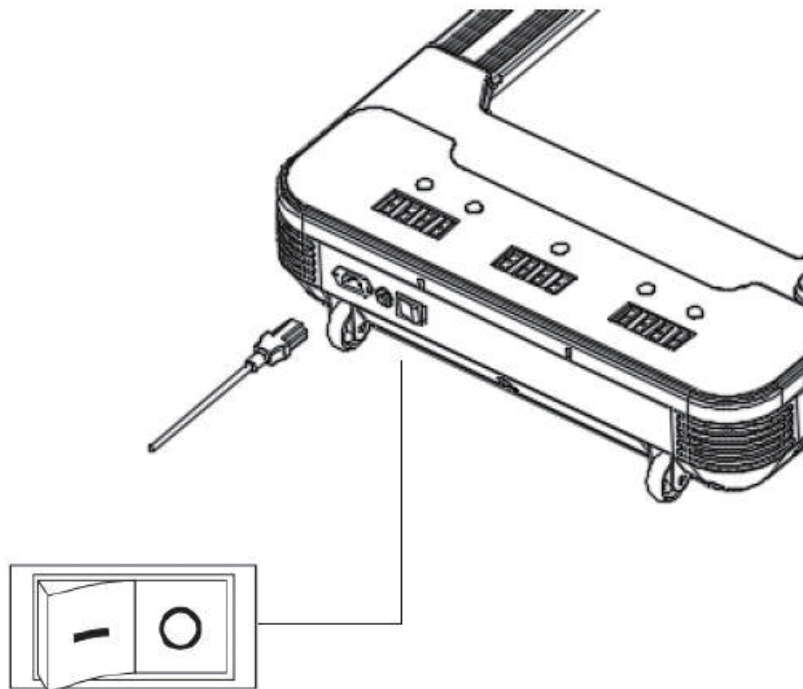
Step 5

There is a yellow area in the control panel, please put the emergency stop device on the middle of the this yellow area.



Step6

Please push the phone holder to the left , when the phone holder is free from the locker please put the holder up.



Please turn the switch to “-” position

Step7 Then connect the power cord to the power source and the power interface on the product, turn the switch to “-” position, then the product is power on, now you can enjoy your exercise.

Exercise advises and plan

Warm up Do warm up exercise for 5~10 minutes before using this product

Breath Do not hold your breath when you are using this product, try to breath by nose and coordinate with your movement. You should stop if breath too hasty

Exercise frequency Muscle should rest for 48 hours after exercising

Intensity It depends different individual, please increase intensity gradually, the fatigue can be cure under this situation.

Diet To protect the digestive system, please do not use this product in 1 hour after meal, also do not take any food in half hour after exercise. Try to not drink water when doing exercise to reduce visceral burden.

Stretching exercises No matter what speed you will run, a first stretching exercise is necessary, it can improve muscle activity and reduce the risk of sports injured. So you can follow the bellowing guidance after warming up, 5 times for each pose, and do it again after exercise.

1.Stretch down bend down relax shoulder and back then try to touch your feet, 3 times (picture 1)

2.Stretch legs sit on a mat, stretch one leg and keep the other to stay balance then try to touch your toes of the straight leg, stay the pose for 10~15 seconds then repeat to the other leg, 3 times(picture 2)

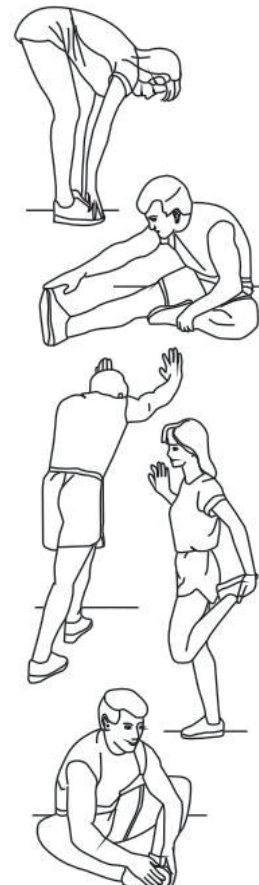
3.Stand and put your hands on the wall or table, then push your body down and stay 10~15 seconds, 3 times for each leg(picture 3)

4.Ankle joint stretch

Stand and hold something to keep balance, then pull one ankle to your Buttocks until you feel tense on leg muscle, stay 10~15 seconds, 3 times for each leg(picture 4)

5. Thigh stretch

Sit and keep feet against, then pull feet to groin, stay 10~15 seconds and do it for 3 times(picture 5)



Instruction manual

I. Brief introduction

It is an easy operating-panel, it does not require complicated operation

Vocabulary explanation:

Treadmill related: speed





Sports related: distance, calorie, time

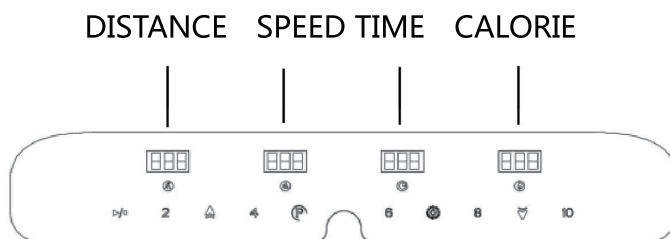
Mode: manual mode and auto program

Manual mode: free adjusted mode without default data

Auto program: the mode with default data.

II. Led digital display

- 1、 **DISTANCE** 
- 2、 **SPEED** 
- 3、 **TIME** 
- 4、 **CALORIE** 



III. Keys

Control panel instructions

1. Start/stop 
2. Speed + 
3. PROG 
4. MODE 
5. Speed - 

IV.Parameter

- 1.Voltage 220V/50Hz
- 2.Minimum speed 1 KM/H
- 3.Maximum speed 12 KM/H
4. Auto mode maximum time is 99 minutes
- 5.Manual mode minimum time is 5 minutes, maximum time is 99 minutes
- 6.Manual mode minimum distance is 1 KM, the maximum distance is 99 KM.
- 7.Minimum calorie is 20 KCal, the maximum is 990 KCal under manual mode.

V. Safety warning

















The display will show E07 if emergency stop device is removed in any case.

VI.Mode

Auto Mode

Please check whether the power supply is plugged, the safety lock is set in right place and whether the power switch is turned on.

In the standby state, the window displays 0:00, press the START button to start the 3 seconds countdown, and the window displays 1 KM. The time window shows the 000 minutes in default state. The window will display the corresponding digital speed, calories and distance. The product will stop automatically after 99 minutes. You can adjust speed by pressing the speed + - key, the minimum speed is 1 KM/H, the maximum speed is 12 KM/H

- 1.Manual mode :Press  to choose auto program P1-P12, under auto mode the default time is 30 minutes, you can adjust the time by pressing   , the minimum time is 5 minutes, the maximum time is 99 minutes. Then you can press  , the product will start working after a three seconds' count down. The product will sound " di di di" if it switch program.
- 2.Press  key once, the control panel will display H-1, the default time is 30 minutes, you can adjust the time by pressing   , the minimum time is 5 minutes, the maximum time is 99 minutes. Then you can press  , the product will start working after a three seconds' count down.
- 3.Press  key twice, the control panel will display H-2, the default distance is 1 KM, you can adjust the time by pressing   , the minimum distance is 1 KM, the maximum distance is 99 KM. Then you can press  , the product will start working after a three seconds' count down.
- 4.Press  key three times, the control panel will display H-3, the default calorie is 50 KCal, you can adjust the calorie by pressing   , the minimum calorie is 20 KCal, the maximum calorie is 990 KCal. Then you can press  , the product will start working after a three seconds' count down.

Maintenance

Lubricating

The running belt must be lubricated with the specialized silicone oil after using for a period.

1. Suggest lubricating frequency : Using time is less than 3 hours a week Lubricate it every 5 month

Using time is 4-7 hours a week Lubricate it every 2 month

Using time is over 7 hours a week Lubricate it every month

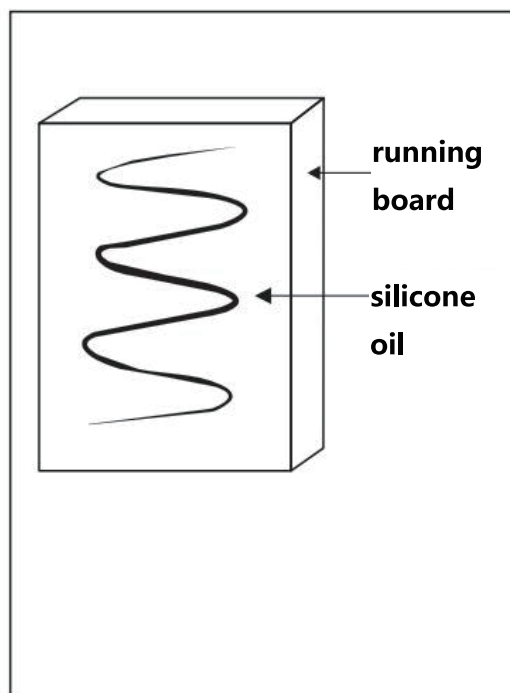
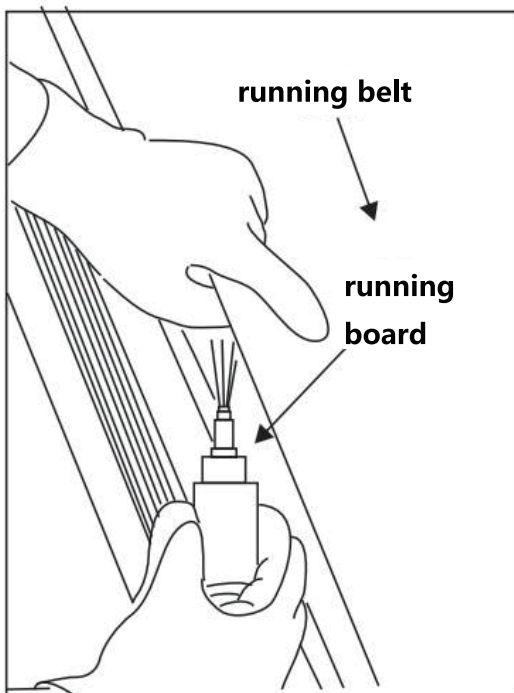
It will not be better if it is over lubricating, but reasonable lubricating can be a important factor to increase the life of treadmill

2. How to do the lubricating To check whether your treadmill needs lubricating, you can hold the running belt and put the other hand to touch the bottom center of the running belt, if you can feel the wet silicone oil that means it does not need lubricating. If you feel the running belt is very dry that means your treadmill need a lubricating.

A How to lubricating (as shown in the picture)

B Stop and fold the treadmill

C Raise the running belt on the base, then try to put the silicone oil pot under the running belt and smear the silicone oil on the belt and both side of the treadmill, then set 1KM/H to make sure silicone oil lubricates every well, you can step the running belt from left to right to improve the lubricating effect.



3. Adjusting the elastic tendency of running belt

Every treadmill must set the elastic tendency before it leaves factory and after assembly, but it will become loose after using a period.

Just like it will stuck or slide sometimes, you can turn the adjusting bolt in clockwise direction, semi-circle a time (left and right at the same time) to adjust the running belt. Don't make it too loose or too tight, or the running belt will slide or make motor over load.

4. Running belt deviating.

All running belt is in the right place when it is packaged. But there are some factors will cause this situation

a. The treadmill is not set flat

b. User does not step on the center of the running belt

c. Caused by 1 or 2 is easy to be solved, just set the treadmill flat and let it idle for several minutes can solved the problem.

If the deviating still exist, you can use the 6mm Allen wrench adjust it in a quarter turn.

Deviating is not in the warranty scale, user can maintain it as follow instructions. But please fix it as soon as you find the problem or it may break the running belt.



If deviating turns to right, then turn the left screw in counterclockwise direction,



Turn the left screw in clockwise direction with Allen wrench



If deviating turns to left, then turn the left screw in clockwise direction,



Turn the left screw in counterclockwise direction with Allen wrench

1. Running belt slipping: The running belt may slip or have unexpected stop in working time

2. Adjust the belt: Adjust the screws around the belt in clockwise direction for 3 rounds, then adjust the belt as the belt deviation until the belt return to the middle of the base.

Common malfunctions and solutions

Malfunctions	Cause	Solution
Treadmill does not work	Unplug	Connect the power cord
	Emergency Stop device is not in the right place	Put the emergency stop device on the right place in control panel
	Single wire or power supply broken	Check signal wire
	Switch off	Switch on
Running belt dose not move smoothly	Not enough lubricating	Lubricate with silicone oil
	Running belt is too tight	Adjust the intensity of the running belt
E01	Control panel does not work	Check whether the communicating wire is broken or unplug
E02	Motor line disconnected	Check whether the motor line is disconnected or not connect well.
E05	Over voltage protection	Turn off the product and turn on again the product will be ok.
E07	Emergency stop device falls off	Put the emergency stop device on the yellow place of control panel.

Other malfunctions and solutions

1. Control panel does not work

- a. Check whether the power cord is connected correctly, whether the switch is on, or whether the fuse on the control panel is blew.
- b. Check whether the control panel is well connected to the display.
- c. Check whether the control panel is well connected to the transformer.

2. The HR function does not display well

- a. Check whether the connecting line of HR is firmed.
- b. Check whether your hands touch the inducting point
- c. Please wash your hands and keep your hands wet.

3. Motor does not work

- a. Please check whether all wires are well connected.
- b. Please check the error code on display.

4. Touching screen does not work well

- a. Please check whether the screen is wet
- b. If there is too much sweat in your hands.

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



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enquiries@mhstar.co.uk

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info@aosom.pt.

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SPANISH AOSOM, S.L

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INFO@AOSOM.PT

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Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.

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service@aosom.de

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clienti@aosom.it

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