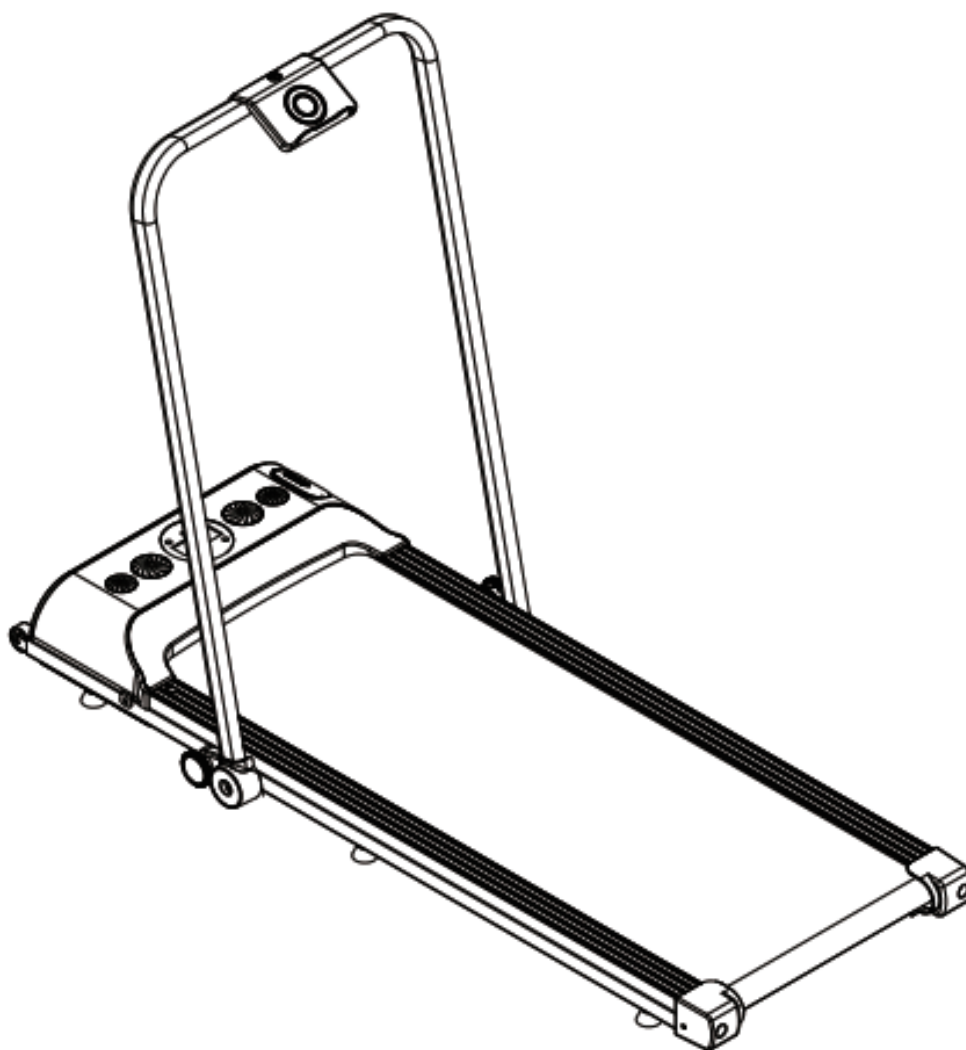




IN230800291V01\_UK

**A90-246V70\_A90-246**

## Treadmill



**UK  
CA CE**

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

**INSTRUCTION MANUAL**

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## 1 SAFETY INSTRUCTIONS

Please read all contents of this manual carefully before use for the safety of all users. We are not liable for any injuries because of improper operation.



### CAUTION

Please follow the instructions below to avoid any accidents to you or others.










1. The treadmill must be placed on a flat ground and indoors to avoid dampness; water should not be splashed on the walking machine, and no foreign object should be placed on the treadmill. There should be a safe use space of 2m x 1m (2000mm x 1000mm) at the back and a safe space of 1 metre (1000mm) at both side and front end of the treadmill for emergencies. (Emergency escape: While holding the armrests with both hands to prop up your body, step on the side bars with your feet and jump off the treadmill from one side).
2. The plug must be grounded reliably, and the socket must have a dedicated loop to avoid sharing with other electrical equipment.
3. If the power cord is damaged, it must be replaced by professional from the manufacturer' maintenance department or similar departments to avoid danger.
4. When not using the treadmill, keep the safety lock out of the reach of children; if you will not use it for a long time, please unplug the power cord.
5. Keep the lubricating oil bottle in the accessory kit out of the reach of children. If you accidentally swallow it or get it into your eyes, rinse with clean water and consult a doctor in time.
6. This product is not suitable for the disable and children; those who feel unwell or have mental defects or lack common sense are prohibited from using it, unless under the supervision or guidance of a person responsible for their safety. ----If you do not comply, there may be danger of injury.
7. Do not use the treadmill in a dusty place and keep the indoor humidity at a certain level to avoid strong static electricity, otherwise it may interfere with the normal operation of the electronic watch and the controller; please use the original accessories, and it is strictly forbidden to replace it without permission.
8. Avoid all moving parts with both hands. **DO NOT** put hands and feet in the gaps under the running belt.
9. Do not place the power cord near hot or moving objects; do not use the product outdoors, or under high humidity and sunlight.
10. Unplug the treadmill before moving it. Non-professionals are not allowed to disassemble the machine without authorisation, otherwise serious consequences may occur.
11. Please clip the safety lock cable clip to your clothes during exercise to prevent safe shutdown in an emergency.
12. Before using the treadmill, please check whether the clothes are fastened or zippered, or the clothes are too loose.
13. If you feel uncomfortable and other abnormalities during use, please stop exercising and consult a doctor.
14. This product should not be used for a long time. Long-term use can easily cause the electrical appliances of the walking machine to overheat and cause electrical malfunctions.
15. Use qualified sockets to avoid danger. If the plug and the socket are not compatible, ask an electrician to handle it.

16. The product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.
17. Do not use in the state where the shell is cracked, broken off (the internal structure is exposed) or the welding part is cracked.
18. Do not jump up or down on the machine during exercise. --- may cause injuries due to falls.
19. Do not use after eating, fatigue, or poor physical strength. ---May cause damage to health.
20. No needles, trash or water should be attached to the power plug. ---It may cause electric shock or short circuit, fire. Do not use with wet hands.
21. When you do not use it, please unplug the power plug from the socket. ---Dust and moisture will deteriorate the insulation and cause leakage fire.
22. The product must be grounded. In the event of malfunction, grounding will provide the least resistance path for the current to reduce the risk of electric shock.
23. This product is HB grade made in China. If you have any doubts about the correct grounding of this product, please entrust a professional electrician to inspect it..

## 2 PRODUCT SPECIFICATIONS

<b>Current voltage</b>	220V-240V	<b>Current frequency</b>	50 Hz
<b>Product size</b>	1330*560*960mm	<b>Effective use area</b>	400*1100mm
<b>Speed</b>	1.0-8.5km/h	<b>Max weight</b>	100kg
<b>Peak power</b>	1.5HP		

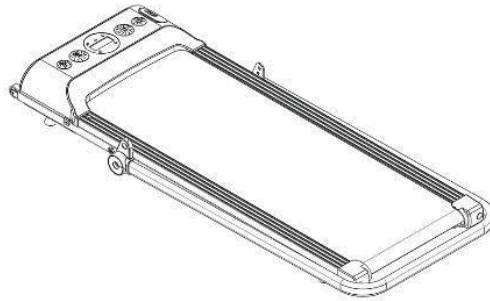
## 3 PACKAGE SPECIFICATIONS

No	Parts		No	Parts	
1	Treadmills		6	Round knob	
2	remote control (Without battery)		7	Phone stand	
3	Manual		8	Inside cylinder head	M6*15
4	Silicone oil		9	Mobile phone anti-slip mat	
5	Tool (Allen Key)		10	Safety key	

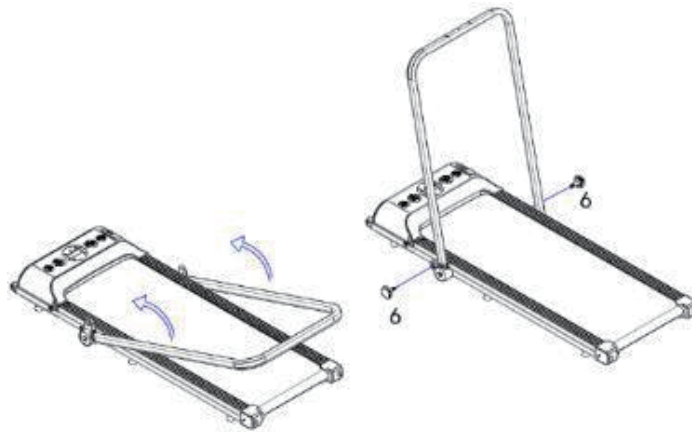
To follow the principle of continuous development, the product may be updated when necessary, and there will be no further notice at that time. If the manual does not match the product, the actual product shall prevail.

## 4 ASSEMBLY INSTRUCTIONS

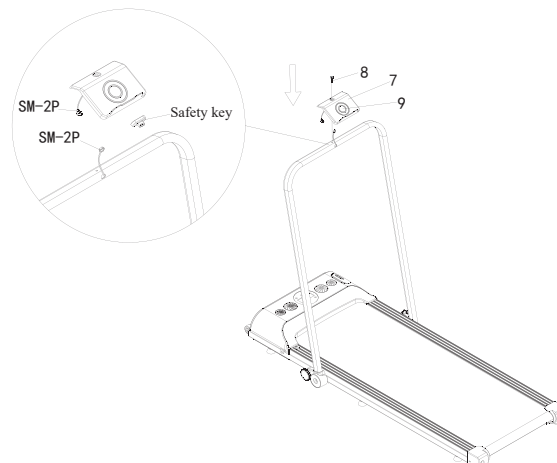
Step 1: Remove the main frame out of the carton.



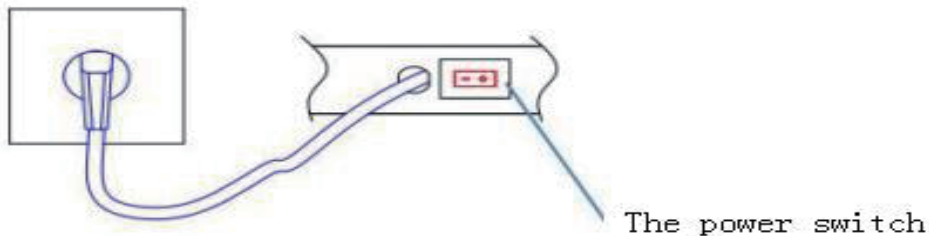
Step 2: As illustrated below, hold the column with both hands and gently pull upwards. Fix the column on the main frame with the round knob (#6).



Step 3: Then use 8# (M6\*15) to lock the 7# mobile phone holder on the column corresponding to the direction indicated by the icon arrow. In terms of location, when you need to put the mobile phone on the 7# mobile phone holder, you can stick the 9# mobile phone anti-slip mat on the 7# mobile phone holder to prevent the phone from falling.



Before using the treadmill: please plug in the power first, turn on the switch (switch is red), please wait for the screen. Lights up and enters the start interface.



### 5.1. The appearance of the electronic display.



#### 5.1.1 "SPEED"

Displays the current running speed.

#### 5.1.2 "Time"

The running time in manual mode or the countdown of running time in mode and program.

#### 5.1.3 "DIST."

Display the accumulated distance in manual and program mode or the reciprocal distance in mode.

#### 5.1.4 "CALORIES"

Display the calorie accumulation during exercise in manual and program mode or calorie countdown when running in mode number.

#### 5.1.5 "MILEAGE" total mileage window:

Display the accumulated distance after exercise (save the data of this exercise distance in normal stop state, Cleared if abnormal shutdown)

5.1.6 The range of each displayed data is as follows:

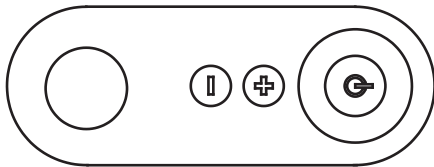
**TIME:** 5:00 - 99.59(MIN)

**DISTANCE:** 1.0 - 99.0(KM)


**CALORIES:** 20.0 - 990(C)

**SPEED:** 0.5 - 8.5(MPH)



## 5.2 Functions of the remote-control buttons:



5.2.1 Before using the remote control, please purchase the 2032 button battery and install it on the remote control.

5.2.2 “” Start/Stop button:

Start button, when the treadmill is stopped, press the start, and stop button, the speed will display "0.5MPH". The machine starts. Stop button, when the treadmill is running, press the start and stop button, all data cleared, the treadmill returns to manual mode after it stops, and the treadmill stops.

5.2.3 “” and “” are speed plus and minus keys:

Use to adjust the speed after starting up. The adjustment range is 0.1MPH/time. When it is held down for more than 2 seconds, it will continue to increase or decrease automatically.

## 5.3 Safety lock function

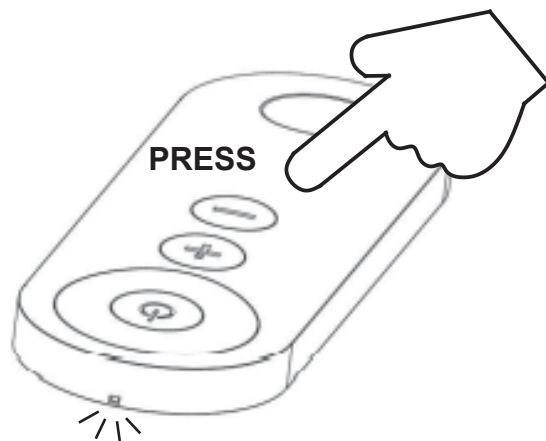
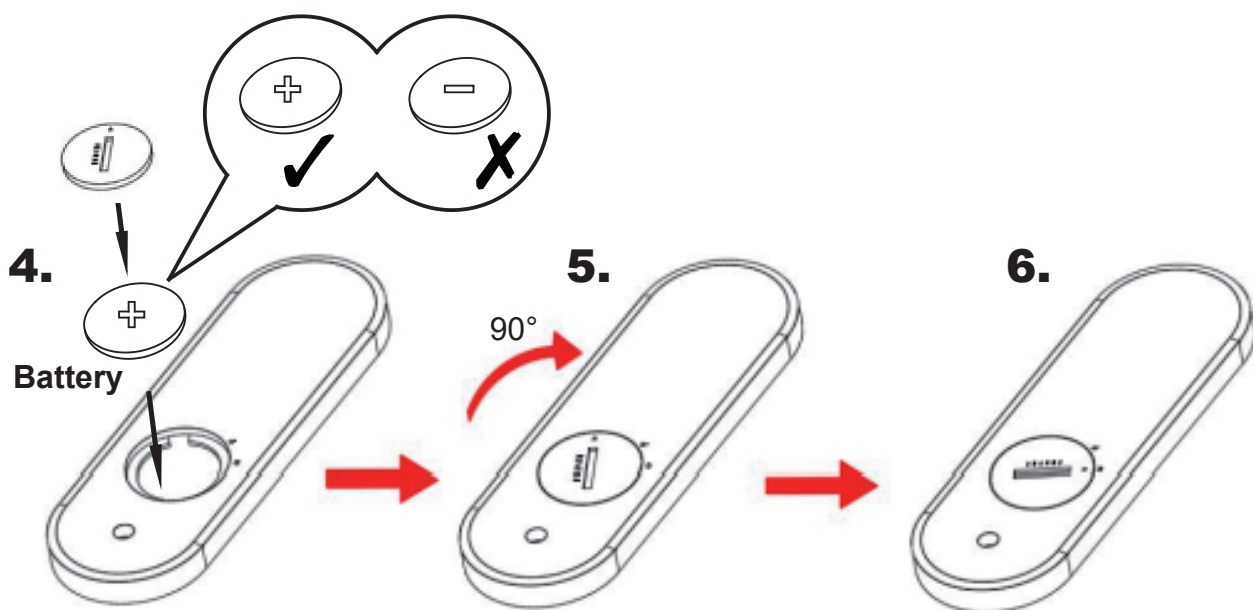
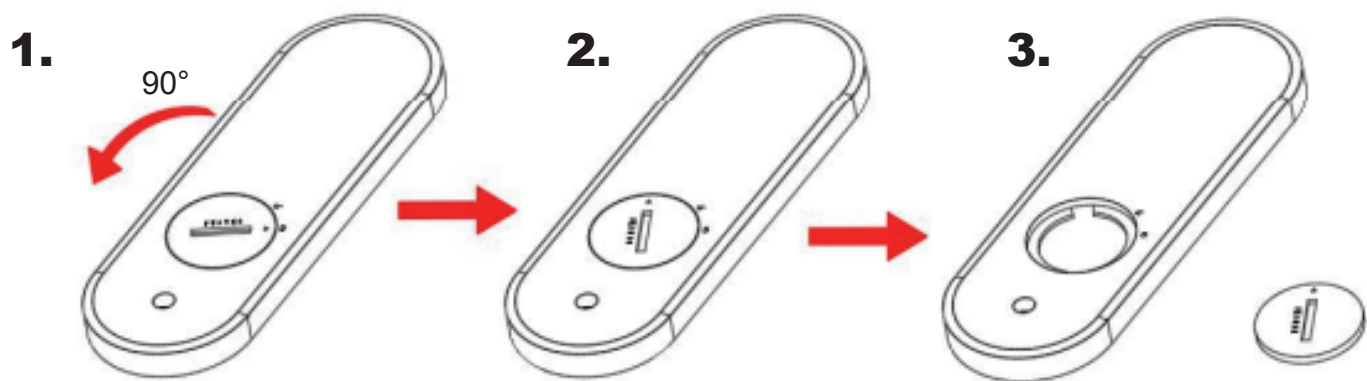
When the safety lock is removed, the "E7" code will be displayed and the treadmill will stop quickly, and sound a beep alarm. When the safety lock is inserted again, the electronic watch displays for 2 seconds and all data is cleared.

## 5.4 Bluetooth sharing music.

Turn on the power switch of the treadmill, manually search for the Bluetooth device (JF-BTMP3) with the mobile phone, find the Bluetooth device and click connect. After the connection is successful, the music on the mobile phone can be sent to the running device via Bluetooth.

## 5.5 Other

5.5.1 The standard value of calories is 30 Kcal / km.



**OK**

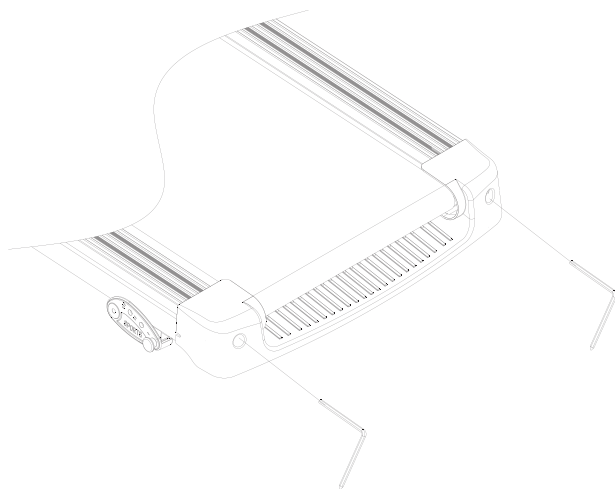


## 6 MAINTENANCE INSTRUCTIONS

Proper maintenance keeps your treadmill in optimal condition, improper care and maintenance can result in an injury or shorten the life of the treadmill.

**Warning: Always unplug the treadmill before cleaning or maintaining the appliance!**

- 6.1 Frequent inspections are required to ensure any to wear and damage is detected early; worn or damaged accessories (such as motors, electronic controls, power cords, running belts), after maintenance or professional repairs, are safe to use as they leave the factory. ).
- 6.2 Immediately replace the defective parts and repair the equipment (such as the power cord).
- 6.3 Pay special attention to the most easily worn components (such as running belts).
- 6.4 Clean the treadmill regularly to keep parts clean.
- 6.5 After each use of the treadmill, use a clean towel or cloth to clean the meter and other parts with sweat and debris. Please be careful not to splash water on any electrical components and under the running belt.
- 6.6 Please place your treadmill in a clean and dry environment, ensure the power is turned off and the power cable has been unplugged.
- 6.7 To facilitate easy movement, the treadmill is equipped with wheels, please ensure you disconnect the power before moving.
- 6.8 In order to maintain and extend the life of the treadmill, it is recommended that you rest the treadmill for 10 minutes after continuous use for 30 minutes.
- 6.9 The running belt has been adjusted before leaving the factory, but after use, the running belt will be stretched and will deviate from the centre position, causing the running belt to rub the side bars and the rear cover and damage it. It is normal for the running belt to be forced to stretch during use. After using the treadmill for a period, if the running belt slips or is not smooth when using the treadmill, you can adjust the tightness of the running belt to improve it, as indicated below.



#### a. Running belt loose adjustment

If the running belt is too loose, step off the treadmill, insert a hex wrench into the adjustment hole of the left guard and rotate clockwise 1/4 turn, and then rotate 1/4 lap clockwise on the right foot. Pay particular attention when tightening the belt and ensure both sides are adjusted synchronously, so that the running belt can be tightened and will not deviate from the centre point. If the running belt is too tight, adjust the left and right synchronisation counter clockwise.

**Note:** The running belt cannot be adjusted too tightly. This will pull the running belt, increase the pressure of the front/rear drum, and damage the drum bearings, resulting in damage to the treadmill. Only adjust the running belt so that it does not slip during operation.

#### b. Running belt alignment

When you use a treadmill, the pressure on the running belt is unbalanced because the force of both feet is not the same when running, causing the running belt to deviate from the centre. This deviation is normal, and when no one is running on a running belt, it automatically returns to the centre. If your belt does not do this, you will need to run the belt back to centre.

Run the treadmill without stepping onto it, and increase the speed to 6th gear, observe the distance from the left and right-side bars:

- If left, use a hex wrench to rotate the left screw clockwise 1/4 turn;
- If right, use a hex wrench to rotate the right screw clockwise 1/4 turn;
- If the running belt is still not in the middle, repeat the above action until adjusted to the middle.

After adjusting the belt to the middle, adjust the speed to 6th gear, and observe the deviation of the running belt and the smoothness of the run, if there is a deviation, repeat the adjustment step.

**Warning! Do not over tighten the drum! This will result in permanent damage to the bearings!**

## 7. LUBRICANTS

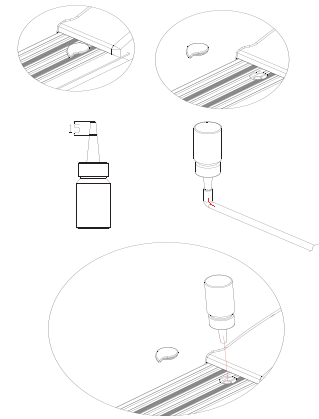
Treadmills are oiled when they are shipped, but the lubricity of the treadmills is often checked to help keep the treadmills at peak use. The treadmill must be lubricated after one year of use or 100 hours of operation.

After 30 hours or 30 days of use, with the treadmill stationary, pull the starting belt from the side to reach as far as possible to touch the table surface, if you can feel the lubricant, do not need to add lubricant. (Use non-petroleum lubricants).

## How to add lubricant

Please adhere to the following instructions carefully.

Open the side bar on the front left of the refuelling decorative cover. Insert the bottle into the opening to measure the size, use a pair of scissors or art knife to cut off tip of the bottle to size. Place the bottle into the hole and squeeze the bottle (as illustrated to refuel). Please ensure the oil bottle tip of the thin rod is inserted correctly and securely into the fuel pipe on the platform and then pour oil into it.



## 8. ERRORS AND TROUBLE SHOOTING

8.1. The electronic table displays the error message code and excludes:

FAULT CODE	ISSUE	SOLUTION
E1	Communication anomalies: power-on control and electronic table communication abnormal.	Possible causes: electronic control and electronic table communication is blocked, check the electronic table to the next section of the control communication line of the connection, to ensure that each core is fully inserted. Check if the electronic table is connected to the controller break, replace the cable.
E2	High voltage fault	Check the motor line for damage, odour, replace the motor.
E3	No motor detected	Check that the motor line is connected and reconnect the motor line. Check the motor line for damage, odor, replace the motor.
E5	Over current protection: In the operational state, the control continuously detects that the DC motor current is greater than the amount of fixed current, up to 3 seconds	Possible reasons: more than the rated load caused by excessive current, system self-preservation, or a part of the treadmill is stuck dead, resulting in the motor cannot turn, the load is too heavy, the current is too large, the system self-insurance; There is also checking the motor for over current or burning odor, replacing the motor, checking the controller for burning air, replacing the controller, or checking that the supply voltage specifications are not high or low, retest using the correct voltage specifications.
E6	Explosion protection: abnormal supply voltage or motor anomalies, etc. lead to drive motor circuitry damage.	Possible cause: Check if the supply voltage is below normal. 50%, retest with the correct voltage specifications, check the controller for odour, replace the controller, check that the motor line is connected, and reconnect the motor line.
E07	Safety switch not on.	Put the security lock in place.

## 8.2 Common problems and troubleshooting methods.

### 8.2.1 Some or all of the buttons are not working well.

- Uncover the upper case of the electronic watch and test whether the buttons are working.
- Check or replace the electronic board.
- Check the button can be worked after the power is turned back on .

### 8.2.2 The electronic watch has no display.

Troubleshooting methods :

- Check if the input voltage is within the allowable range : AC 200-240V.
- Check if the switch on the electric running machine is turned on.
- Check if the fuse inside the power outlet is blown. If it is blown, replace it with a spare fuse.
- Check the controller if LED is lit.
- Check each cable.
- Check or replace the electronic board.
- Check or replace control board.
- Other problems and troubleshooting

### 8.2.3 The treadmill does not start.

- Check if the power plug is plugged in, the power switch is turned on, and the safety switch is removed.

### 8.2.4 Treadmill slips

- Adjust the running belt tightly by referring to the instructions.

### 8.2.5 Running belt deviation.

- Refer to the instructions to adjust the running belt to centre.

### 8.2.6 Running abnormal sound.






- Check if the machine screws are loose and the running belt needs to be lubricated .

## 9. EXERCISE GUIDELINES

- ✓ Consult your doctor before starting an exercise or training program. Please follow the doctor's advice and instructions for training.
- ✓ Set your goals with your doctor beforehand, and ensure the plan is realistic and start the training program with ease.
- ✓ You can add some aerobic exercise to your exercise plan, such as walking, jogging, swimming, dancing or cycling. Always check the pulse. If you do not have an electronic heartbeat monitor, ask your doctor how to measure the pulse by hand or neck. In addition, you must set the target heart rate based on age and physical well-being.
- ✓ Drink plenty of water during exercise. You must replenish moisture lost from excessive exercise to prevent dehydration. Avoid drinking plenty of ice water or beverages, and the temperature of your drinking water or beverage is equal to room temperature.

## 10. WARM UP EXERCISE

Warm-up and soothing exercise: A successful exercise program must include warm-up, aerobic and soothing exercises. The number of exercises should start with at least two or three times a week, increasing to four or five times a day after a few months. Warm-up is an important part of your fitness routine and should not be skipped. Carrying out warm up exercise before your workout can help prepare your body for more intense exercises as it helps muscles warm, stretch, improve blood circulation, increases pulse, and delivers more oxygen into the muscles. After the aerobic exercise, repeated warm-up exercises can also reduce muscle soreness. We recommend the following warm-up and soothing exercises.

<p><b>1. 1.Stretch down:</b> The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, hands touch the toes as much as possible. Hold for 10-15 seconds and then relax. Repeat 3 times</p>	 <p>Pic 1</p>
<p><b>2. The tendon stretch:</b> Sit on a clean cushion, straighten one leg, and then put the other leg inward so that it fits snugly against the inside of the straight leg and try to touch the toe with your hand. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg</p>	 <p>Pic 2</p>
<p><b>3. The calf and heel are stretched:</b> Hold the wall with both hands or stand with one foot behind, keep the hind legs upright, and the heels touch the ground and tilt toward the wall. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg</p>	 <p>Pic 3</p>
<p><b>4. Quadriceps stretching:</b> Grasp the balance with your left hand or the table, then extend your right hand backwards and grab the right heel and slowly pull it toward your hips until you feel the muscles in front of your thighs. Hold for 10-15 seconds and then relax.</p>	 <p>Pic 4</p>
<p><b>5. The sartorius muscle (muscle inside the thigh) stretches:</b> The soles of the feet are opposite, the knees are seated outwards, and both hands grasp the feet and pull toward the groin. Hold for 10-15 seconds and then relax. Repeat 3 times</p>	 <p>Pic 5</p>

**UK**

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

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