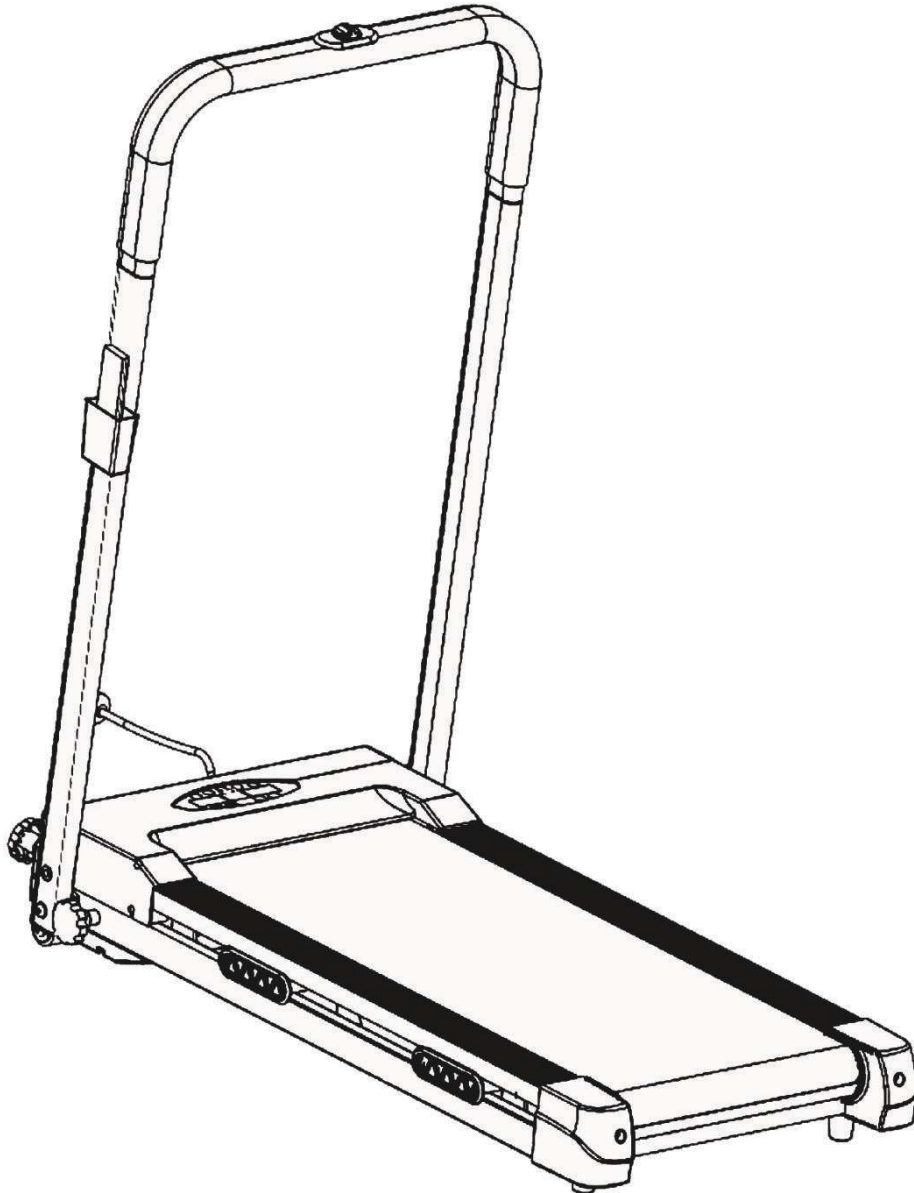




IN240300118V01_UK

A90-131V70



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTIONS

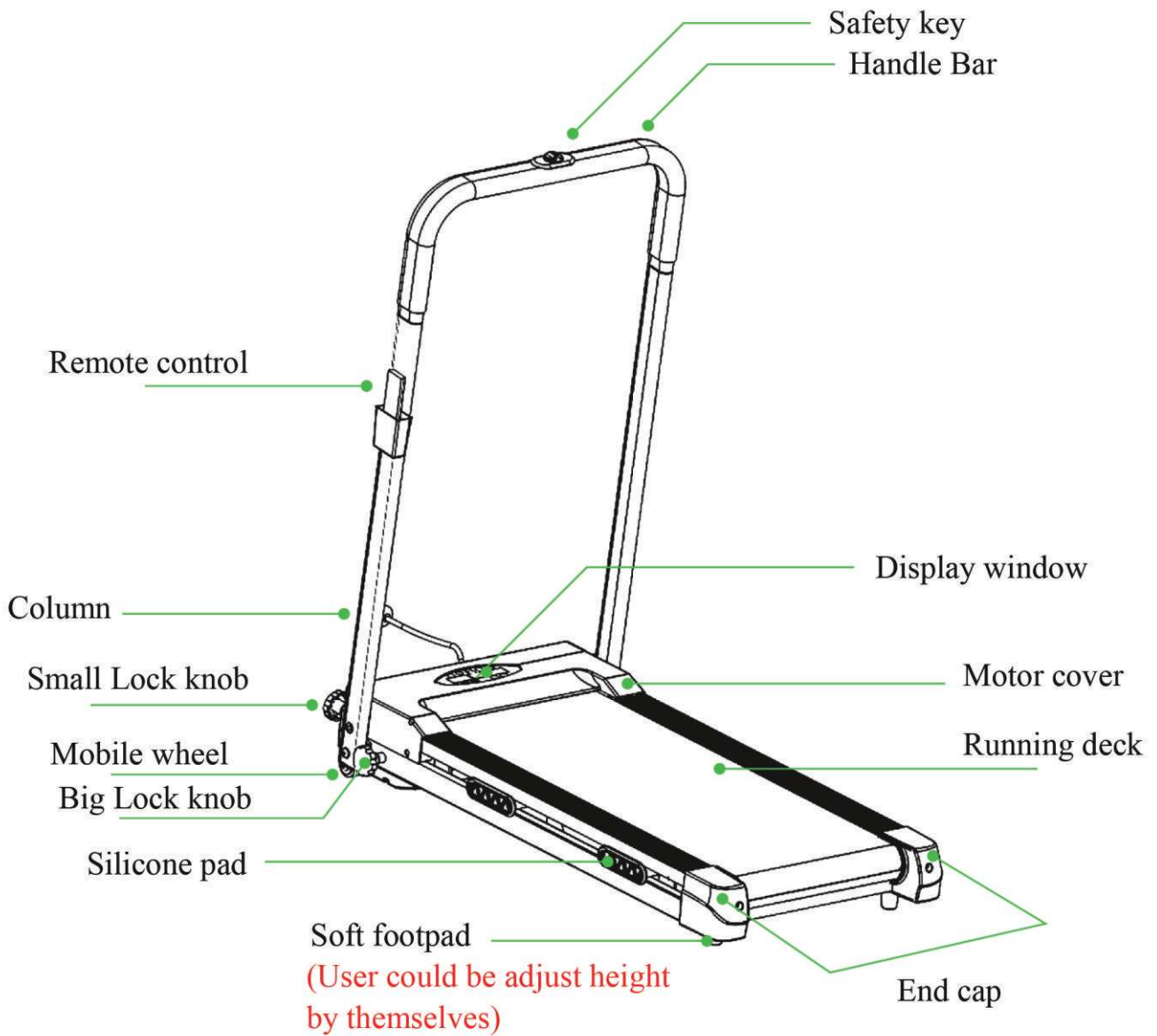
Contents

Product Introduction	01
Safety Precautions and Warnings	02
Main Parameters and Accessory Package	04
Installation Instructions	05
Suggestions and Guidelines for Exercise	07
Product Instructions	08
Product Maintenance	12
Common Faults and Solutions	15
Service Commitment	16

I Product Introduction

Product name: Treadmill Machine

Product model: A90-131



II Safety Precautions and Warnings

Notice Please read carefully this Operating Manual before use and pay attention to the following safety matters:

- Place the treadmill indoor and prevent it from water. Don't place any foreign matters on it.
- Before exercising, wear a proper gym suit and shoes and warm up your whole body. No barefoot running on the treadmill.
- Make sure that the power plug is reliably grounded and the socket is provided with an exclusive circuit not shared by other appliances.
- Keep children away from the treadmill to prevent accidents.
- Avoid long-time or over-load operation and provide regular maintenance to prevent damage to the motor and controller and slow down the aging of the bearing, running belt and running board.
- Take measures to reduce indoor dust and maintain indoor humidity, thus preventing the occurring of strong static electricity which may interfere normal operation of the electronic meter and controller.
- Maintain good ventilation during use of the treadmill and turn off the power after use.
- Clip the stay wire of safety lock to your suit during exercising for safe shutdown in case of emergency.
- In case of any physical complaint or abnormal condition, stop exercising at once and consult a doctor.
- Store the silicone oil at a place beyond the reach of children after use to prevent accidental ingestion.



Warning: To avoid accident or injury, please obey the following rules:

- Make sure to button or zip up your suit before using the treadmill.
- Don't wear clothes easily hooked by the treadmill.
- Keep the power line away from heat.
- Keep children away from the treadmill.
- Don't use the treadmill outdoor.
- Make sure to cut off power before moving the treadmill.
- Don't disassemble the treadmill without permission if you are not a professional, otherwise serious consequences may occur.
- Make sure that this treadmill is used in 20A circuit.
- Make sure that only one person exercises on the treadmill.
- In case of dizziness, chest pain, regurgitation or shortness of breath during use, stop exercising at once and consult a gym instructor or a doctor.

 Serious warning!

- If you are under treatment or the following conditions, please consult a specialist before using this product.
 - (1) Suffering from backache or having been injured in leg, back or neck; feeling numb in leg, back, neck or hand or having an inveterate disease such as slipped disc, spondylolisthesis and cervical disc herniation;
 - (2) Suffering from deformed arthritis, rheumatism or gout;
 - (3) Suffering from osteoporosis or osseous abnormality;
 - (4) Suffering from a circulatory disorder (heart disease, vascular disorder, high blood pressure, etc.);
 - (5) Suffering from a respiratory disorder;
 - (6) Using an artificial pacemaker or similar electronic medical instrument;
 - (7) Suffering from malignant neoplasm;
 - (8) Suffering from a blood circulation disorder such as thrombosis, severe arterial aneurysm and acute venous aneurysm or various skin infections;
 - (9) Suffering from perceptual disturbance due to peripheral circulation disturbance caused by diabetes;
 - (10) Suffering from a skin injury;
 - (11) Having a high fever (38°C or above);
 - (12) Having an abnormal or curved spine;
 - (13) Being pregnant or possibly being pregnant or in menstrual period;
 - (14) Suffering from physical abnormality and needing rest to recuperate;
 - (15) Being in obviously bad physical state;
 - (16) Exercising for recovery;
 - (17) Suffering from physical complaints other than the above-mentioned situations.

In any case of the above, exercising on the treadmill may cause an injury to your body.

- In case of backache, leg or foot numbness, dizziness, palpitation or any other abnormality, stop the treadmill immediately and consult a doctor.
- Don't let any child use or play around this product. Inobservance may cause injuries.
- Make sure there is no person or pet around (in the front or rear of or below the product) when putting in or taking out or using the product.



Prohibition!

- Never use the product if its housing is cracked or damaged (with the inner structure exposed) or if its welded position is disengaged, so as to prevent accidental injuries.
- Never jump on and off the treadmill during exercising, or you may fall down.
- Don't use or store the treadmill outdoor, around a bathroom or at other moist locations where it may be exposed to water.
- Don't use or store the treadmill in an area exposed to direct sunlight, around a stove or on an electric heating carpet where it may be exposed to heat so as to prevent electric leakages and fire accidents.
- Don't use the treadmill if the power line or the power plug is damaged or any socket outlet gets loose so as to prevent electric shocks, short circuits and fire accidents.
- Don't damage or forcibly bend or twist the power line. Don't place any heavy object on the power line or let it clamped so as to prevent electric shocks and fire accidents.
- Make sure not to allow 2 or more persons to use the treadmill simultaneously. Keep anyone else from the treadmill during use so as to prevent accidental injuries caused by falling over.
- Make sure not to allow anyone who cannot express his thoughts or is incapable of operation to use the treadmill, so as to prevent accidental injuries.
- Make sure that the main part or operating part of the treadmill is not exposed to water or any other liquid so as to prevent electric shocks and fire accidents.
- Don't do vigorous exercise if you seldom exercise at ordinary times.
- Don't use the treadmill right after a meal or when you are tired or under abnormal physical state so as to prevent damage to health.
- Please use this product at home only rather than in such busy places as the school and gymnasium, or any other location where there is a risk of injury.
- Don't use the treadmill while eating or doing other things.
- Don't use it when you are drunk or your body is retarded so as to prevent accidental injuries.
- Please take out hard objects such as the cell phone and sharp objects such as the key and knife from your pockets and take down your watch, bracelet and

other valuable articles before exercising so as to prevent damage to these articles or physical injuries.

- Check the treadmill before use to ensure there is no dirt, water or any other foreign matter attached on the power plug so as to prevent electric shocks, short circuits and fire accidents.
- Caution! Never pull out or insert the power plug with wet hands so as to prevent electric shocks or accidental injuries.
- Caution! Make sure the power plug is pulled out from the socket during nonuse so as to prevent electric leakages and fire accidents due to insulation deterioration caused by accumulated dust and moisture.



Grounding instructions!

- This product must be grounded. Grounding will provide current with a channel with least resistance in case of malfunction of the treadmill, thus reducing the risk of electric shocks.
- This product is provided with a power supply with the grounding conductor and plug. The plug must be put into a socket properly installed in strict accordance with local statutory rules and orders.

Danger!

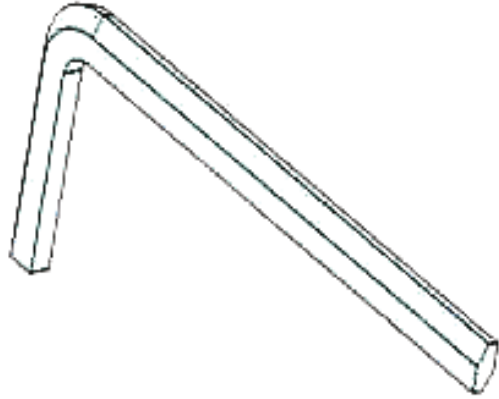
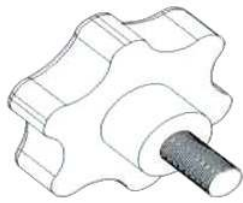
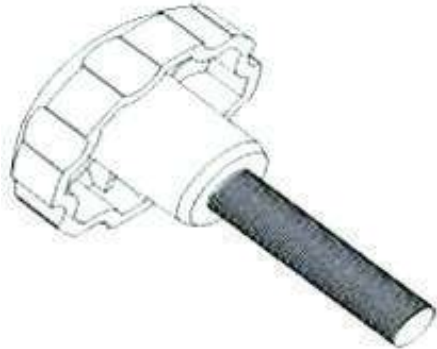
- Improper grounding may cause electric shocks. If you are not sure about the properness of grounding, please have it checked by a professional electrician. The plug provided along with the product shall not be modified even though it is not matched with the socket. In such case, please ask a professional electrician to install a proper socket.
- Please make sure the grounding plug is put into a matched socket. It is not allowed to use a socket adapter.



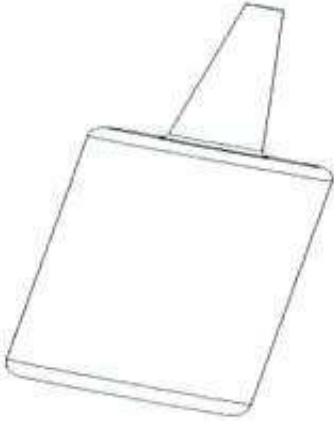
Main Parameters and Packing List

Major technical parameters

Parameter	Description
Input voltage	AC220V (50 – 60Hz)
Motor power	0.5HP
Speed	1 to 6 km/h
Area of the running belt	35*80 cm

Packing list 1

1	5#L Key (1pcs)	
2	Small Lock knob (2pcs)	
3	Big Lock knob (1pcs)	

4	Safety key (1pcs)	
5	Remote control holder (1pcs)	
6	Silicon oil (1pcs)	

Packing list 2

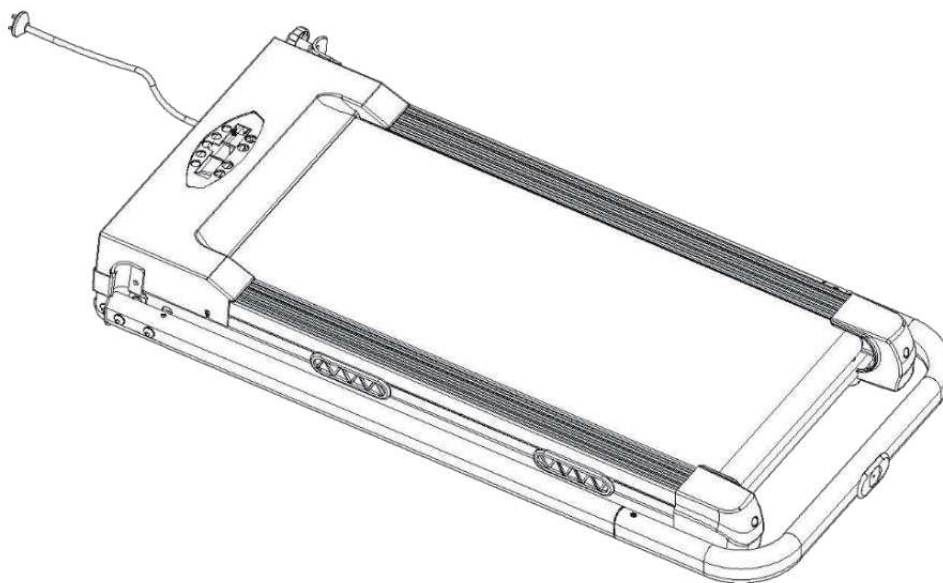
1	Remote control	
2	User manual	

III Installation Instructions

Preliminarily fix all screws first and tighten them up after installing the frame.

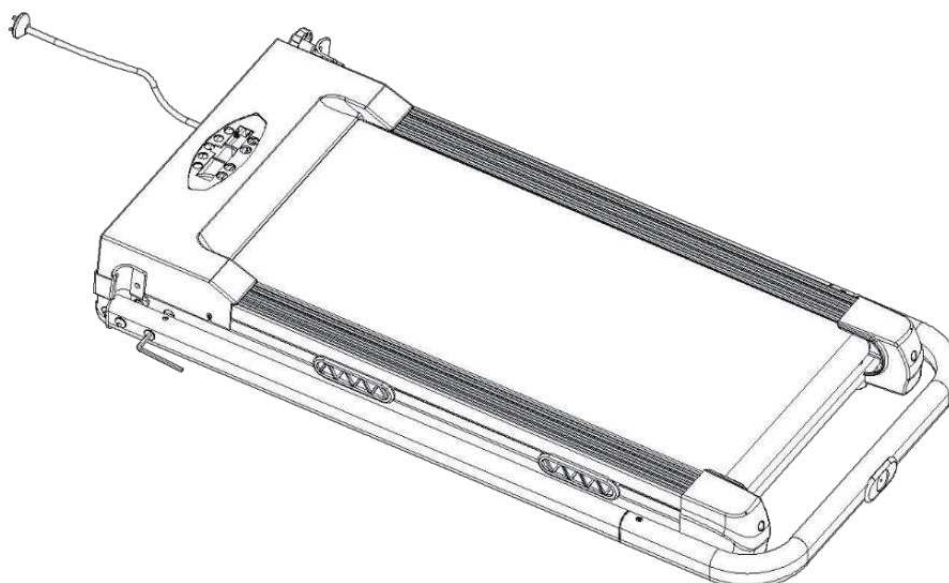
Step 1

Remove treadmill from box and place flat on the floor.



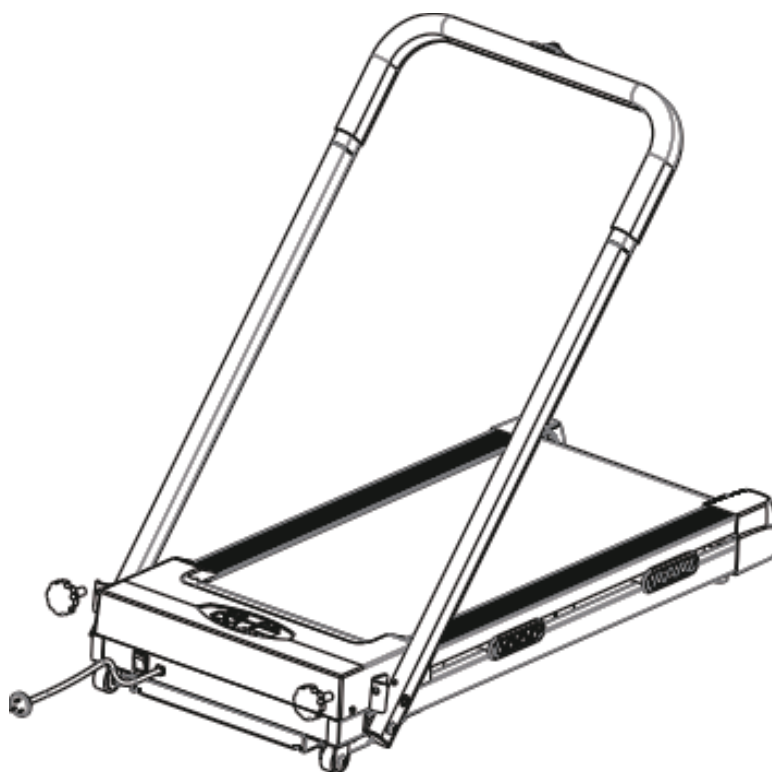
Step 2

Loosen Hex Socket Button Head Screw form treadmill.(From Box is Hex Socket Button Head Screw After Installation Please Change To Big Lock Knob)



Step 3

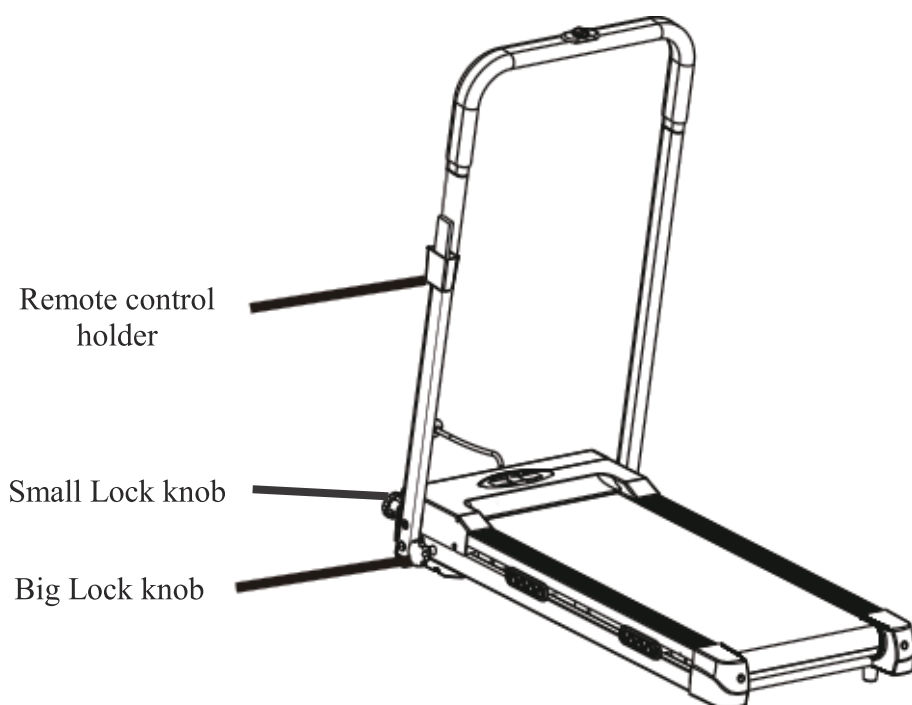
Lift the column vertical and tighten with 2 lock knob.



Step 4

Install the lock knob on the frame.

Initial start up – place the safety key, power on and start up the treadmill. If the final start up is successful, install the remote control holder on the column.



IV Suggestions and Guidelines for Exercise

Warm-up

Do warm-up exercise for 5 – 10 minutes before using this treadmill.

Breath

Don't hold your breath while exercising. Inhale with your nose and exhale through your mouth while returning from a movement. Breath shall coordinate with your movement. In case of shortness of breath, stop exercising at once.

Frequency

The interval for exercising the same part of muscle shall be 48 hours, i.e. two days.

Load

The exercise load shall be determined depending on your performance status and increased step by step so as to reduce ache.

Diet

In order to protect your digestive system, don't do exercise within one hour after a meal and don't eat within half an hour after exercise. Don't drink a large amount of water during exercise so as to reduce load on your heart and kidney.

Stretching exercise

No matter how fast you run, you'd better do stretching exercise to warm up your body by walking for 5 – 10 minutes and extend your muscles by doing the following stretching exercise for 5 times, with at least 10-second exercise at each leg for each time.

1. Downward stretch

Slightly bend your knees and then slowly bend down your body to relax your back and shoulder. Repeat this for 3 times. (See Fig. 1)

2. Hamstring stretch

Sit on a clean cushion, and then straighten one leg while fully bending the other inwards. Try to touch the toe of the unbent leg with your finger and maintain this position for 10 – 15s and then relax. Repeat this 3 times for each leg. (See Fig. 2)

3. Stretch of calves and Achilles tendon

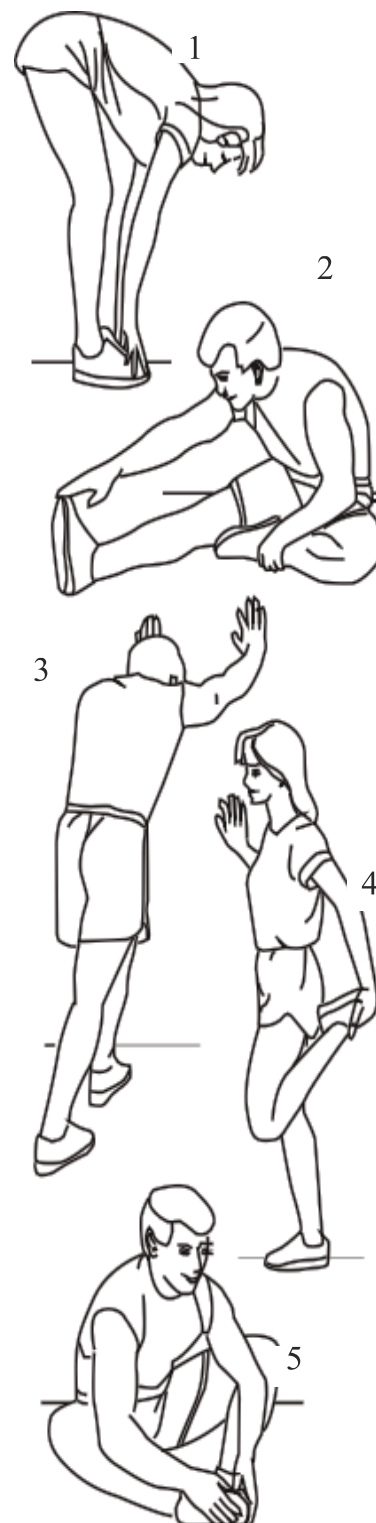
Place both hands against the wall or desk and support your full body weight. Then move one leg backwards and lean your body against the wall or the desk. Maintain this position for 10 – 15 seconds and then relax. Repeat this 3 times for each leg. (See Fig. 3)

4. Stretch of ankle joint

Hold a fixed object with your right hand to keep balance and stretch your left hand backwards. Grasp your left foot with your left hand and lift it up slowly towards your haunch until the front muscle of the thigh gets tight. Maintain this position for 10 – 15 seconds and then relax. Repeat this 3 times for each leg. (See Fig. 4)

5. Stretch of Sartorius (muscle on the inside of the

Sit down with knees bent outwards and with two soles against each other and hold your feet with hands to pull it towards the groin. Maintain this position for 10 – 15 seconds and then relax. Repeat this 3 times. (See Fig. 5)



V Product Instructions

I Overview

This product is equipped with a convenient electronic meter with only a few adjustment parameters.

Parameters used in this Manual include:

Treadmill parameter: speed

Exercising parameters: distance, calorie and time

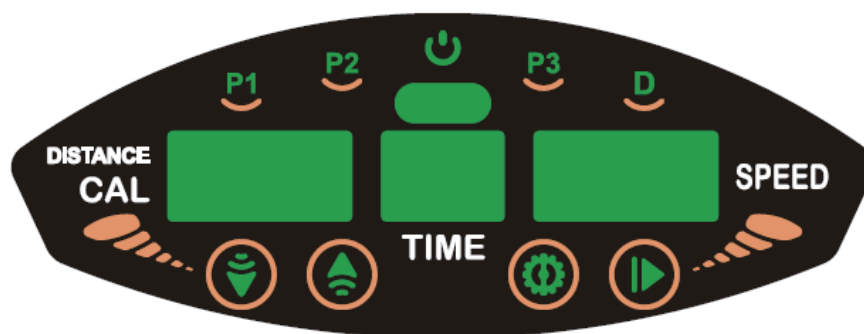
Exercising modes: manual mode (without preset amount of exercise) and program mode (with preset amount of exercise).

II Display of LED Nixie tube

- 1 Time display
- 2 Distance display
- 3 Calorie display
- 4 Speed display
- 5 Program display

III Keys

The keyboard is designed as follows:



The face map and pattern are for reference only.

Key to start and stop:

Key to switch mode:

Key to speed up/down:

IV Parameters

- 1 Supply voltage: 220V/50Hz;
- 2 Minimum speed 1Km/h;
- 3 Maximum speed 6Km/h;
- 4 Maximum exercise time under manual mode: 60 minutes;
- 5 Minimum time under program mode (program 1 – program 24): 30 minutes;
- 6 Maximum calorie consumed under manual mode: 999 kcal;
- 7 Minimum calorie consumption under program mode: 10 kcal.

V Safety switch

In any case, if the safety switch is disengaged, the system will stop and the corresponding window will display “EII-safety switch is disengaged”.

VI Exercising mode

Preconditions shared by exercise modes to be discussed here are:

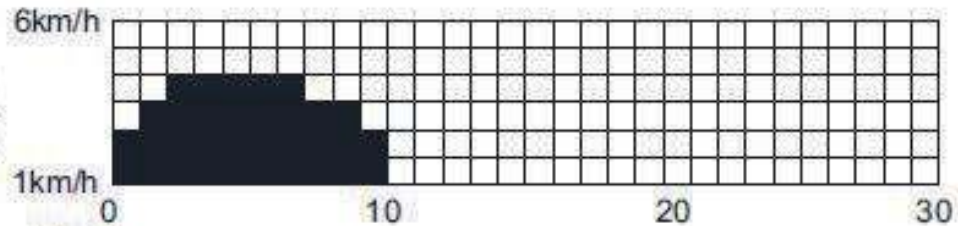
Manual mode:

Before doing exercises, make sure that the power supply is plugged properly, the safe lock is in place, and the power switch is on. Then, press the key to start and do exercise 4s later.

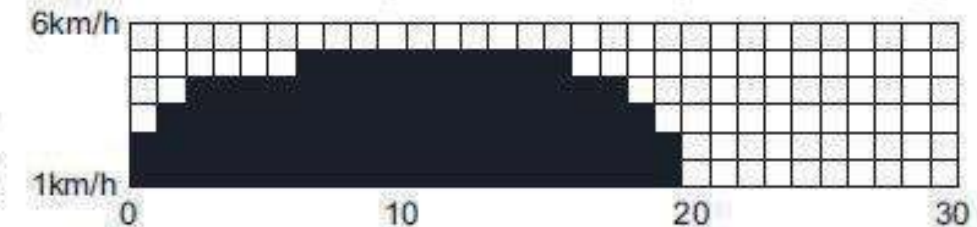
Automatic mode:

Press the mode key to select a mode and then press the start key to start doing exercises.

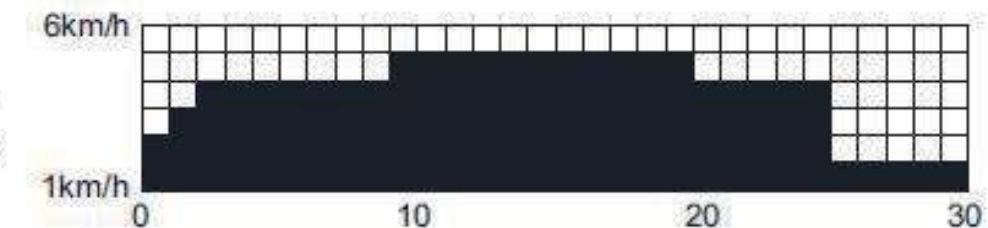
P1:10
(minutes)



P2:20
(minutes)



P3:30
(minutes)



VII Utilization of remote control

- 1 Press the "Start" key to start and the "Stop" key to stop the treadmill.
- 2 Press "Fast" or "Slow" key for speeding-up/down.
- 3 Press "P" key to change the program (p1 - p3). Press the key before pressing the "Start" key.
- 4 Press "M" key to change the mode (time, distance, calorie and timing.) Press "Time +" or "Time -" to adjust values.

VI. Product Maintenance

Lubrication

After use for a certain period of time, the running belt must be lubricated with special methyl silicone oil.

1. Recommendation:

Used less than 3 hours every week Lubricated every 5 months

Used 4 – 7 hours every week Lubricated every 2 months

Used more than 7 hours every week Lubricated every 1 month

Apply moderate but not excessive lubricant each time so as to improve the service life of the treadmill.

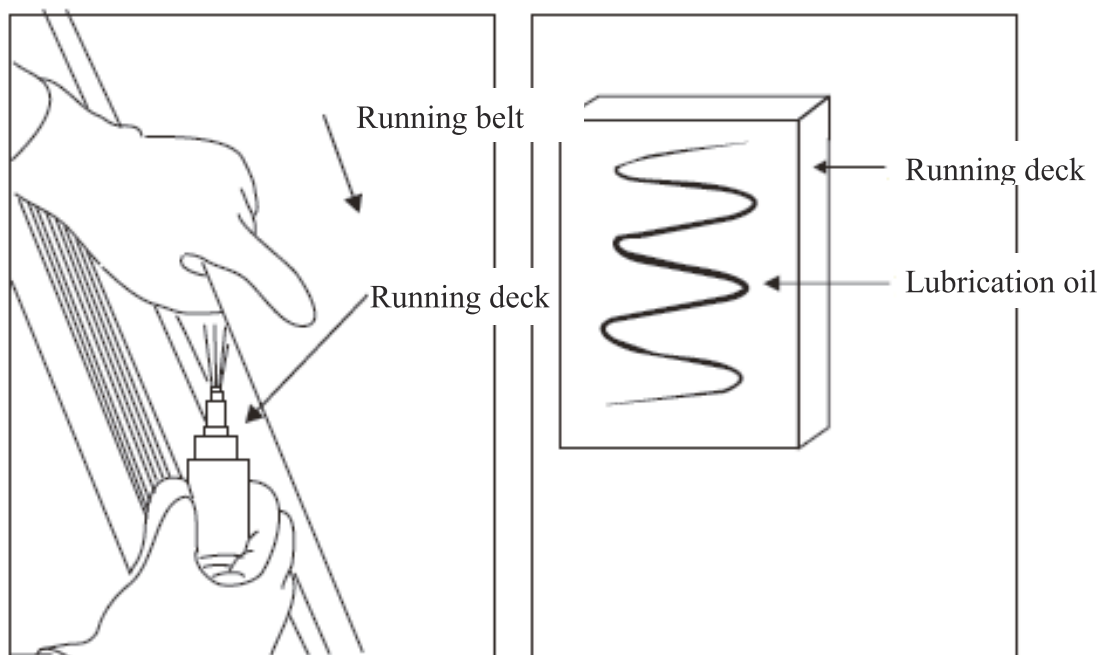
2. Lubrication method

To check if lubricant is required, lift up the running belt and try to touch the central part of its reverse side with your hand. The feeling of silicon oil (feeling of moisture) indicates that lubrication is not required, while a dry surface of the running deck and the lack of silicon resin means that lubrication is required.

Steps for application of lubricant on the running deck: (see the figure below)

A. Stop the running belt and fold the treadmill;

B. Lift up the running belt on the reverse side of the main frame and try to put the oil can to the moving part of the running belt. Spray silicon oil to the inner side of the treadmill and both sides of the running belt. Then, run the treadmill at 1km/h to uniformly apply silicon oil uniformly. Lightly tread on the running belt from left to right. Silicon oil will be absorbed by the running belt within a few minutes.



3. Adjustment of belt tension

The running belts of all the treadmills have been properly adjusted before delivery and after installation; however, they may get loose after use for a certain period of time. If the running belt slips or hesitates when the user runs on the treadmill, adjust the belt and set the bolt clockwise on both left and right simultaneously at a half-turn increment. If the running belt is too loose, the belt and roller will slip when the user set his feet onto the belt; but it is not good that the belt is over-tightened, because that will increase the motor load, damage the motor, running belt and roller.

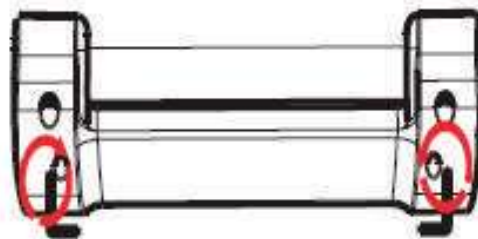
4. Adjustment of off-center running belt

The running belts of all the treadmills have been properly adjusted before delivery and after installation; however, they may run off the center after use for a certain period of time for the reasons below:

- A. The treadmill is placed unevenly;
- B. The user does not run on the center of the running belt;
- C. The user's feet do not apply even load. Run the treadmill at no load for several minutes for recovery. If it fails, turn the bolt at an 1/4-turn increment with a 6mm socket head wrench provided along with the treadmill. Off-center may cause severe damage to the running belt and the so-caused damage is not under warranty, so users have to perform maintenance by themselves as per this Manual and timely correct it.



If the running belt deviates to the right, adjust the right screw clockwise and adjust the left screw anticlockwise.



If the running belt deviates to the left, adjust the right screw anticlockwise and adjust the left screw clockwise.

- A. Use a wrench to turn the adjustment bolt clockwise;
- B. Make adjustment to the extent that no slip happens to the load on the running belt
(Note: Regularly remove inclusions in the grooves of the belt and belt pulley).

5. Solution to slippage or hesitation of the running belt

Open the front motor cover and start the treadmill. Then, hold the handle bar and apply a force against the running belt with feet to see whether it is the transmission belt of the motor or the running belt that hesitates. Next, make adjustment accordingly.

VII. Common Faults and Solutions

Symptom	Cause	Solution	
Treadmill unable to work	Power supply not connected	Put power plug into the socket	
	Safety key not inserted	Insert safety key into the panel	
	Circuit signal system disconnected	Check the input end and signal circuit of the controller	
	Power supply not on	Place the power supply switch to the "ON" position	
Running belt unable to run smoothly	Insufficient lubrication	Apply methyl silicone oil for lubrication	
	Excessive tension of running belt	Adjust the tension of the running belt	
Errors displayed on the electronic meter and solutions	E01	The commands which the electronic meter gives to the controller and the feedback which the controller gives to the electronic meter are blocked	Check if the connector of the 4-core wire connecting the electronic meter with the controller is loose or if the wire is damaged. Check if the 4-core wire is connected in correct order.
	E02	The controller does not find the voltage at the wire of the motor.	Check if the wires at the positive and negative poles of the motor are reliably connected with the terminal on the controller.
	E03	The motor in operation does	Check if the photoelectric sensor is

		not find the speed feedback signal.	aligned with the hole on the compact disc of the motor and if the terminals on the wires are connected firmly.
	E05	The motor in operation is subjected to overcurrent.	Check if the motor is damaged or replace the motor.
	E07	The signal of safety lock is not detected	Check if the magnetron is damaged, if it is in the correct position and if the magnet is placed appropriately.

Other problems and solutions:

1. No display on the electronic meter
 - a. Check if the power line is connected properly, if the power supply switch is on and if the fuse on the controller is burn out;
 - b. Check if the 4-core wire between the electronic meter and the controller is connected appropriately;
 - c. Check if the controller and transformer are connected properly.
2. No display or abnormal display on the hand-held heart rate sensor
 - a. Check if the wires of the hand-held heart rate sensor are connected reliably;
 - b. Check if the hand is in close contact with the sensing plate;
 - c. Wash hands and keep them moist.
3. Failure to start the motor
 - a. Check if all the wires are connected properly;
 - b. Check the fault signal displayed on the electronic meter.
4. Insensitive touch screen
 - a. Check if the touch screen is subjected to moisture;
 - b. Check if the hands are sweating.

UK

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

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

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MH STAR UK LTD
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0034-931294512



atencioncliente@aosom.es

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Nos coordonnées sont les suivantes:



0033-1-84166106



aosom@mhfrance.fr

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France
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PT

Se tiver alguma dúvida, por favor contacte o nosso Centro de Atendimento ao Cliente. Os nossos dados de contacto são os seguintes:



0034-931294512



info@aosom.pt.

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SPANISH AOSOM, S.L
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INFO@AOSOM.PT
WWW.AOSOM.PT

DE

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

Unsere Kontaktdaten stehen unten:



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service@aosom.de

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0039-0249471447



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