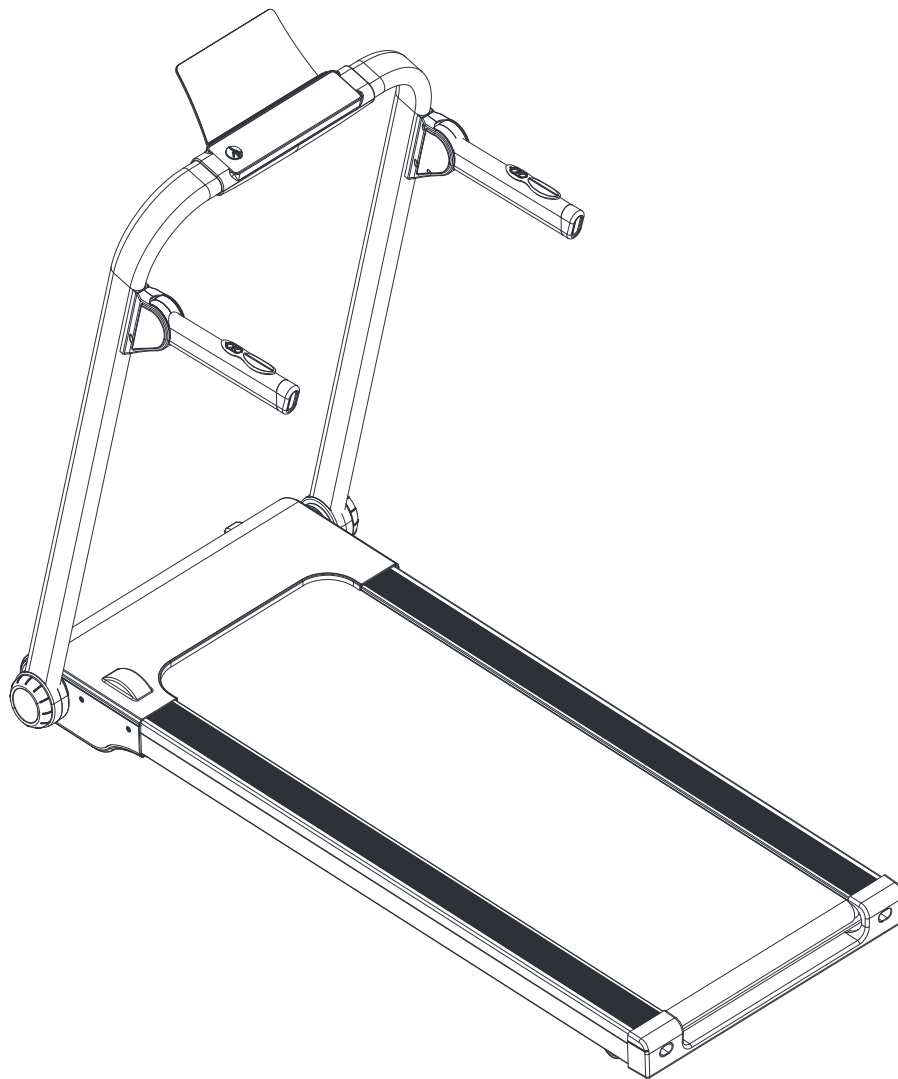IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTIONS

CONTENT

IMPORTANT SAFETY PRECAUTIONS

WARNING：Before starting any exercise program, consult with your physician or health professional，especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

ATTENTIONS:
1. When using this treadmill, keep attaching the safety pull pin rope to your clothes or belt.
2. Do not plug anything into any parts of this equipment, or it may damage.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, 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 could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep small children or pet away from the treadmill during operation.
7. Do not do exercise in 40 minutes after meal.
8. The treadmill is only used for adults, child use the treadmill must have adult on side.
9. Always hold the handrails when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.
10. The treadmill is for indoor equipment, do not use outdoor. Position the tread-mill on a clean, level surface. Note the treadmill made by special equipment, please do not remodel or do others.
11. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.
12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
13. Do not connection in the middle of power cord, extending the power cord or replace the power cord plug. Stacked weight object on the power cord or make the power cord near the high temperature heat, prohibit use the porous socket, otherwise it will cause fire or electric shock injury accident
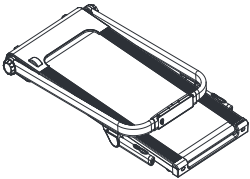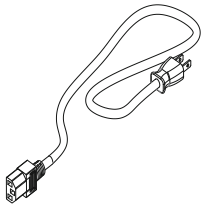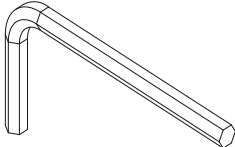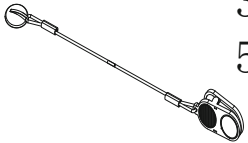because of poor contact.
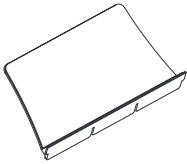
14. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed. Note the power cord of motorized treadmill made by special equipment, and if it is broken, please contact distributor quickly.

15. The treadmill is for home use only.

16. Please do not overuse the treadmill so can avoid any injury and do not use incorrect way for your safety.

17. When the treadmill is not being used, please keep the safety pull pin in the safety place to avoid the other use.

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

1	38	40	3 5
04			

PARTS:

NO	NAME	QTY		NO	NAME	QTY
1	Main frame	1		40	Wrench	1
38	Power cord	1		35	Safety key	1
04	IPAD holder	1				

ASSEMBLY INSTRUCTIONS

P1
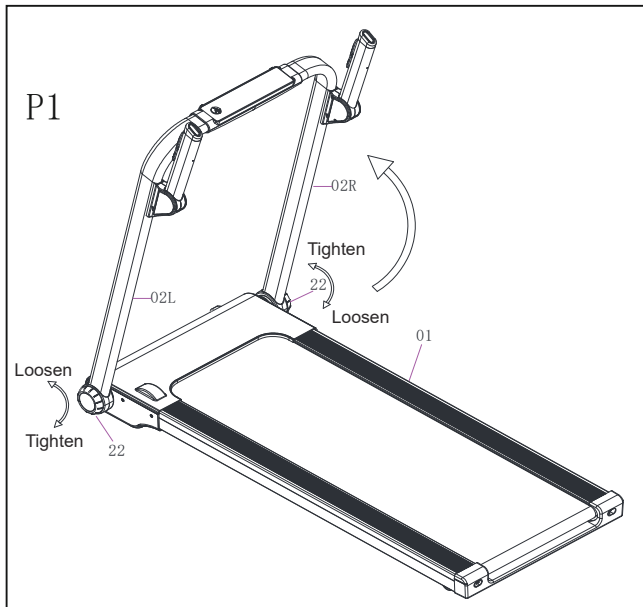
STEP1：Unscrew the knob(22)anti-clockwise about 4round,then follow the direction of arrow to unfold the post(02L/02R),finally,secure the knob(22)clockwise until its tightened.

P2
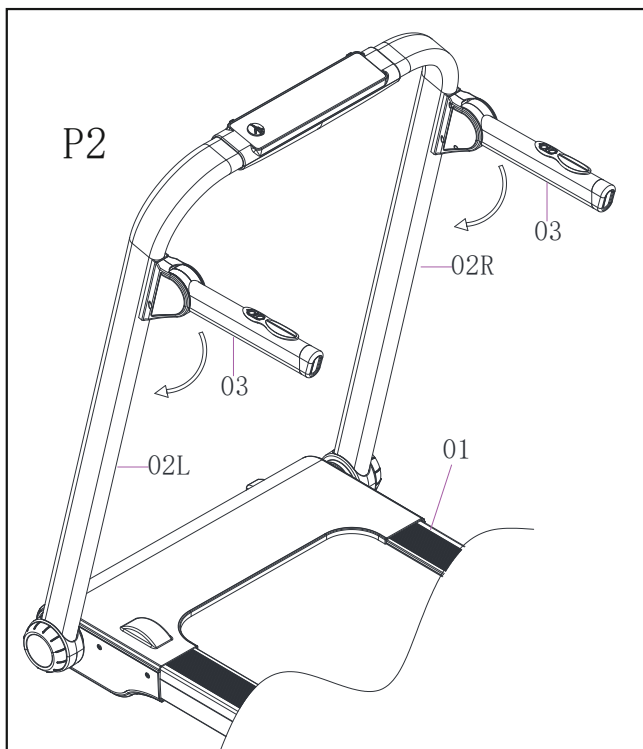
STEP2：Pull handlebar(03)out of the position as pic2

P3

P4
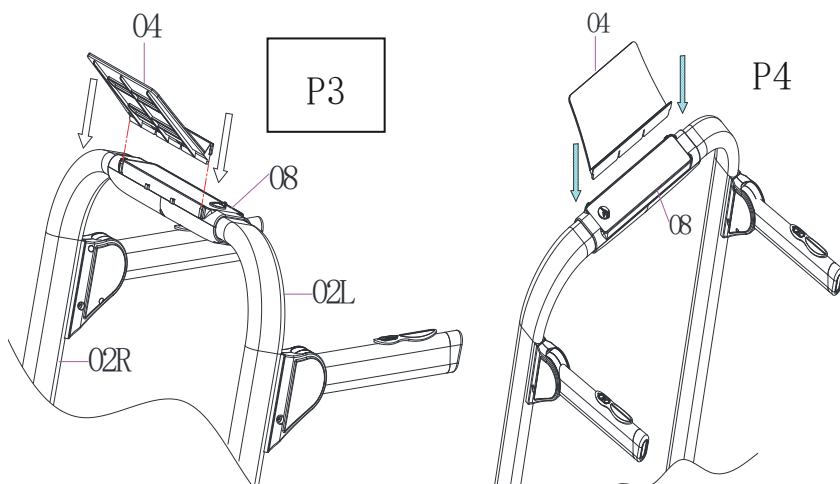
STEP3：Put IPAD(04)in hole of monitor(08) as pic3-4

P5
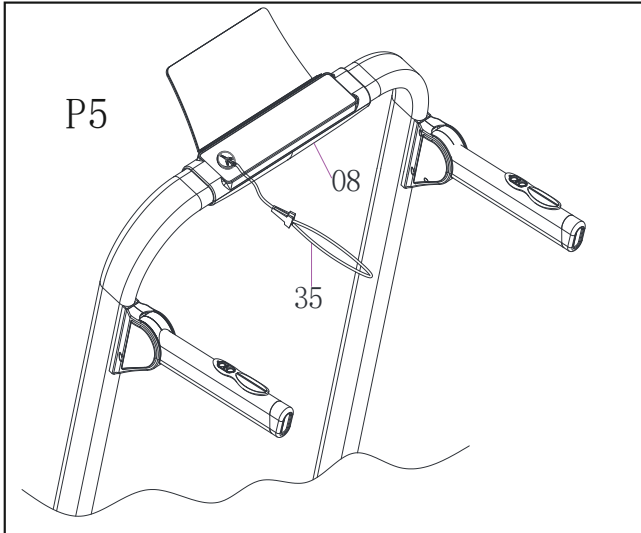
STEP4：Put safety key(35)on monitor(08)as pic5

08

35

P6
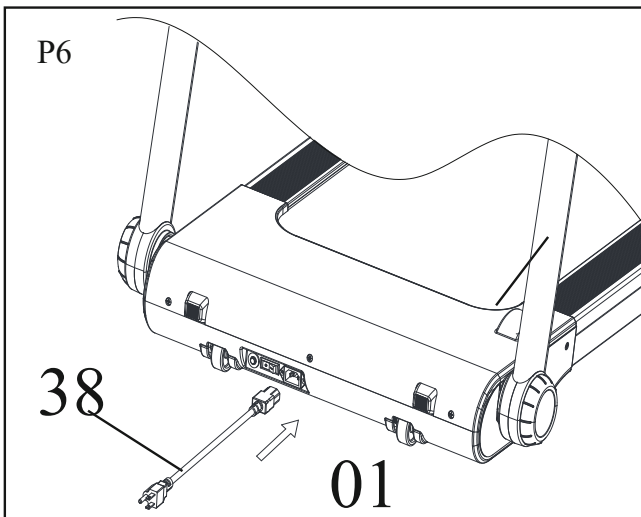
STEP5：Stick power cord(38)in main frame(01)follow the arrow as pic 6

38

01

GROUNDING METHODS

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 for use on a nominal 220-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

FUNCTION INSTRUCTION

Description

The functions of this electronic watch

LED display

Hand pulse

The nouns used in the manual are prescribed

Treadmill Parameters"Speed"

Exercise Parameters:"Distance","Time","Calorie"

Manual motion mode:An exercise pattern with no set amount of exercise

Instructions

Motion parameters in various motion modes:

The minimum display speed is 1 km/h

The maximum display speed is 16 km/h

The maximum exercise time in time mode: 99 minutes

The minimum exercise time in time mode: 8 minutes

The longest range in range mode: 99 km

The minimum range in range mode: 1km

The maximum number of calories burned in calorie mode: 990

The minimal number of calories burned in calorie mode: 20

(P01-P12)Minimum running time of automatic program: 8 minutes

(P01-P12)Maximum run time of automatic program: 99 minutes

LED Display Instructions

displayed on the LED

Speed display

Time display

Distance display

Calorie display

Pulse display

Key function and operation instructions

Start/stop -- function description:Start motor operation
Operating instructions:
1.Press this button to start the motor when the electronic watch is in full manual operation mode
2.Press this button to start the motor when the electronic meter is set in the countdown mode
3.Press this button to start the motor when the electronic watch is in the automatic program setting state
4.Press this button to stop the motor running when the electronic meter is in running state
Program/mode -- function description:Automatic program selection

Operating instructions:
1.Press this button to enter the countdown mode setting when the electronic watch is in full manual operation mode
2.Press this button to enter the automatic program setting state when the electronic watch is in manual operation mode
3.Operation process in standby state: time counting-distance counting-calorie counting-automatic program selection
Speed +/- -- function description:The speed value at runtime is adjusted, and the parameter value at parameter setting is adjusted

Operating instructions:
1.The electronic table can adjust the running speed value under the running state
2.In the parameter setting state, the size of the parameter value can be adjusted

Description of movement pattern
A.Manual mode function
Go into manual mode:After the electronic meter is fully displayed, it will enter the full manual operation mode. Press the "Start" button at this time to enter the operation mode of manual operation.
Run Instructions:Initial running speed is 1.0km /H, time, distance, calorie window from zero positive count, by speed
Adjust key, can adjust the size of the running speed value.
The movement time is more than 99:59 minutes, the system does not stop, and the time starts from zero.
B. Counting mode function
1.Enter time counting mode:Under manual operation mode, press the mode key to select the time counting mode. At this time, the time window displays 30:00 minutes and flashes. The required running time can be set by the speed +/- key, with the setting range of 8:00 to 99:00 minutes

Run Instructions:The initial running speed is 1.0km /H, the time window starts to count backward according to the set running time, and the distance and calorie window starts to count positive from zero. Press the speed adjustment key to adjust the running speed value. When the set time reaches zero, the electronic watch starts to stop running slowly

2.Enter distance countdown mode:Under manual operation mode, press the mode key to select the range countdown mode. At this time, the distance window displays 1.0km and flashes. The required running distance can be set by the speed +/- key, and the set range is 1.0km ~ 99.0km

Run Instructions:The initial running speed is 1.0km /H, and the distance window starts to count backward according to the set distance, and the time and calorie window starts to count positive from zero. Press the speed adjustment key to adjust the running speed value. When the set distance reaches zero, the electronic watch starts to stop running slowly

3.Go into calorie counting mode:In manual operation mode, press the mode key to select the calorie counting mode. At this time, the calorie window will display 50 and flash. The required running calories can be set by the speed +/- key, with the setting range ranging from 20 to 990.

Run Instructions:The initial running speed is 1.0km /H. The calorie window starts counting backward according to the set calories, and the time and distance window starts counting positive from zero. Press the speed adjustment button to adjust the running speed value

C.Automatic program function

Enter automatic program:In manual operation mode, press the program key to enter the automatic program selection. At this time, the time window displays 30:00 minutes and flashes (the required running time can be set by the speed +/- key, and the set range is 8:00 ~ 99:00 minutes). Press the start key to enter the operation of the automatic program

Run Instructions:Automatic program is divided into 20 section, the speed of each value to run, according to the program automatically the default value of each segment running time is 1/20 to set time, set according to the operation of the time window began to count down time, distance and starting from scratch is counting calories window, press speed adjustment, the size of the adjustable speed values, when the program run to the next paragraph, speed automatic adjustment to the next section of the default values, when setting the time down to zero, electronic watch stop running slowly

Handlebar heartbeat function description

Method for testing handlebar heartbeat function:The palms of both hands are attached to the steel plate position of the left and right handrails, naturally held on both sides of the handlebars, about 5 seconds later,

The LED heartbeat display window will display the initial heartbeat value.

Please keep your hands in the static state. The heartbeat display window will slowly change the display data, and it will be close to the current actual heartbeat value after 30 seconds

Handlebar heartbeat function instruction:The following conditions may produce irregular heartbeat data

1.The grip is too tight during the hand grip test. Please control the grip appropriately

2.When running, it is suggested to stop the movement when testing the hand jump while holding the hand jump. Stand on the side bars of both sides and hold hands quietly

3.When the hands are dry or cold, or the skin on the palms of the hands is particularly thick

ATTEN:The data of hand heart test can only be used as sports reference but not as medical data due to various factors

Description of sleep function

When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter the sleep state. The LED window and the corresponding indicator light will turn off and display. Press the power button to wake up the electronic watch, and it will re-enter the initial standby state after full display

Safety lock function description

When in normal use, you need to put the safety lock in the specified position of the electronic watch before you can operate the electronic watch. Take off the safety lock, and the LED window of the electronic watch displays "--". If you take off the safety lock in the running state, the system will stop quickly

List1: P1—P12

Time / Program		Set the time /20 periods = the elapsed time of the upper and lower periods																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

PREPARE:

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it. Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE:

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Before do slow walk exercise，please remember it is for your health and can not irritable.

AMOUNT OF EXERCISE:

SHORTCUT——The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you fell it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly, it also can strengthen exercise.

CONSUMPTION OF HEAT——This way can really consumption the heat. Warm up 5 minutes by 4--4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45mins on the speed that you feel it is comfort-able and challenge. In order to strengthen do exercise. You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertise-ments, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

EXERCISE FREQUENCY:

Target is 3--5 times per week, do 15-60mins each time. It is better to make a time schedule, do not accord to your favor. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km   weak constitution people.

Speed 3.0-4.5 km   sedentary or not often exercise people.

Speed 4.5-6.0 km   walking quickly people.

Speed 6.0-7.5 km   fast walk people.

Speed 7.5-9.0 km   jogger.

Speed 9.0-12.0 km   intermediate speed runner.

More than 12.0 km   excellent runner.

ATTENTION：It is suitable for walker to choose less than or equal to 6 km speed.

It is suitable for runner to choose more than or equal to 8 km speed.

Warm-up Exercise

Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1.Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10~15 seconds, repeat 3 times.

2.Hamstring Stretch

Sitting on a clean cushion, then bend your left foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10~15 seconds, repeat each foot 3 times.

3.Calf and Foot Stretching

Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

4. Quadriceps Stretch

Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

5.Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10~15 seconds, repeat 3 times.
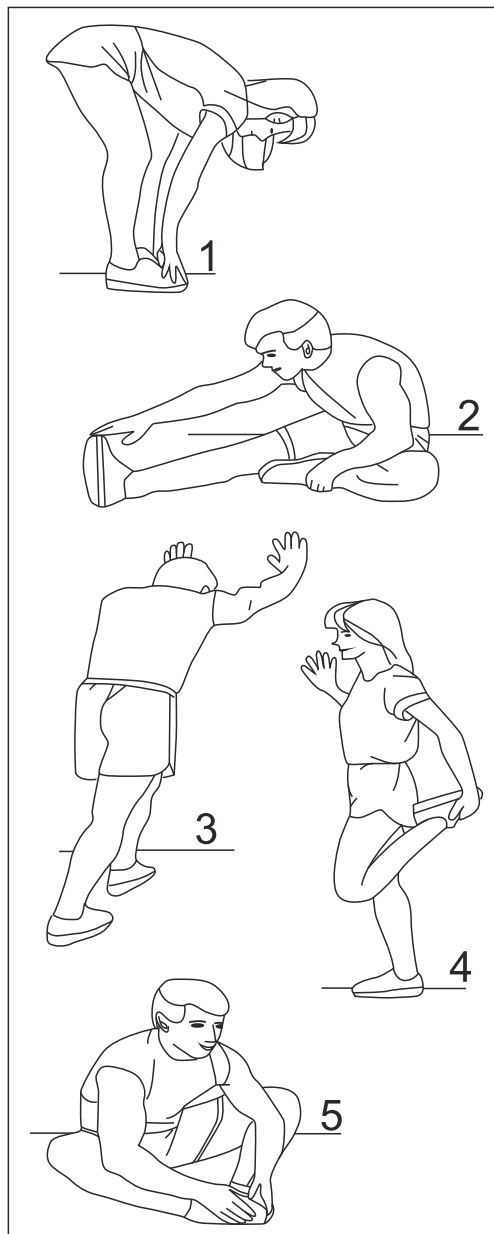
Maintenance Instruction

WARNING：Please make sure pull out the treadmill's power plug before clean-ing or maintaining the product.

CLEANSING：General cleaning or the unit will greatly prolong the treadmill's life.

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 build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING：Always unplug the treadmill from the electrical outlet before remov-ing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are 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 recom-mend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:
Light user (less than 3 hours/ week)   Every 60 days
Medium user (3-5 hours/ week)   Every 45 days
Heavy user (more than 5 hours/ week)   Every 30 days
We suggest you buy lubricating oil from local distributors or contact our compa-ny directly.

Pay attention, any other maintains please ask professionals for help.

BELT ADJUSTMENT

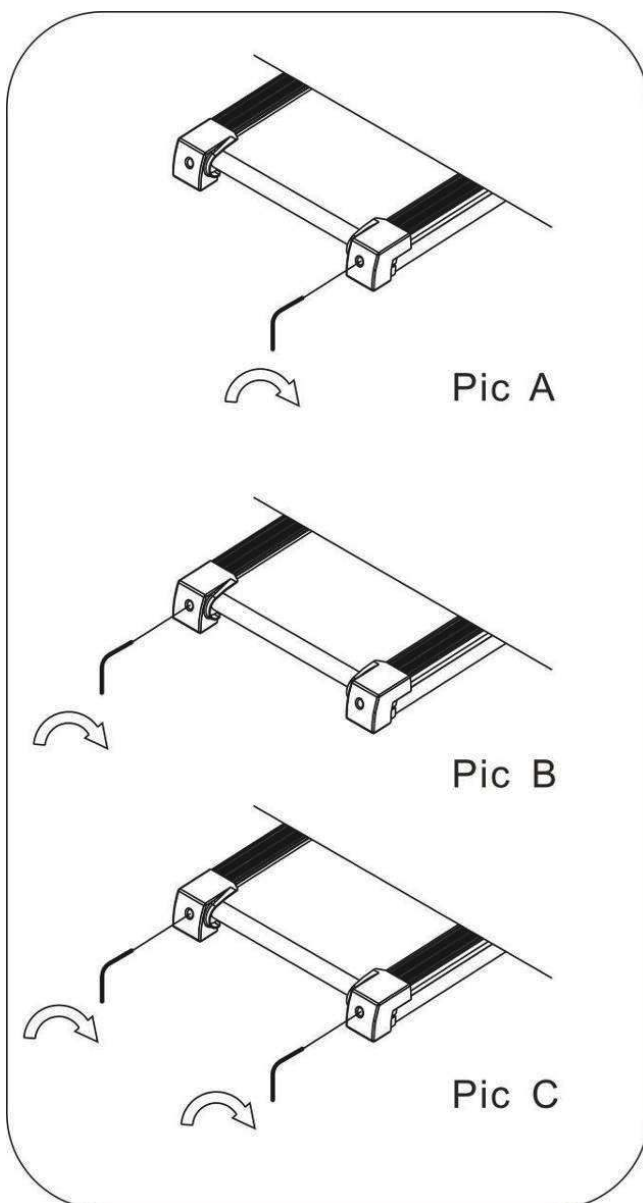Banda
Running belt

Tabla
Board

Pic A

Pic B

Pic C
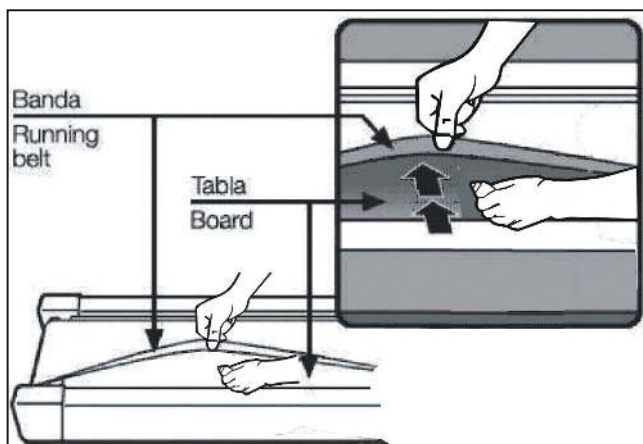
If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, re-start the treadmill and observe the running belt to see if it deviates. Repeat the above steps until the running belt is aligned in the middle. See picture A

If the treadmill belt is swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power on to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. See picture B

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness. See picture C

Error code and significance

Fault Code		Fault Description	Fault Processing
E1	Communication abnormal: The control and computer has abnormal communication after start	1.The main console line is not plugged well	Check if the plug is fixed well or not
		2.The main console line faulty	Change the console line
		3.Console faulty	Change console
		4.Controller faulty	Change controller
E2	No voltage sensor from motor	The communication wire faulty	Check the wire is loosen or not and fix it well
E3	No Speed Wireless Sensor Network: Can't receive the motor speed sensor feedback	1.The speed sensor is not assembled well	Check if the speed sensor is fixed well
		2.Speed sensor break	Change the speed sensor
		3.Controller faulty	Change the controller
E5	Current overload faulty	1.Motor faulty	Check if the motor burn and change the motor
		2.The rated current in controller is too small	change the controller
		3. The current is over the rated	Check if the user weight is over the limited
E6	Explosion-Proof Protection：Some unusual condition of power or voltage that cause damage to the motor drive circuit.	1.The power voltage is too small	Use the standard voltage
		2.The burn small from controller	Change the controller
E7	No display	Safety key faulty	Change the safety key
	No working	a. No power	Plug in the power
		b. Safety key faulty	Put on the safety key
		c. Short circuit	Check the controller line and sensor system
		d. The power switch is not open	Turn on the power
	The running belt is not smooth	a. The lube is not enough	Add the lubrication
		b. Running belt is too tight	Adjust the belt
	The running belt is slipped	a. The belt is too loose	Adjust the belt
		b. The motor belt is loose	Adjust the motor belt

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

IMPORTER ADDRESS:
MH STAR UK LTD
Unit 27, Perivale Park,
Horsenden lane South
Perivale, UB6 7RH
MADE IN CHINA

ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente.
Nuestros datos de contacto son los siguientes:

☎ 0034-931294512

✉ atencioncliente@aosom.es

IMPORTADOR:
SPANISH AOSOM, S.L.
C/ ROC GROS, Nº 15. 08550, ELS HOSTALETS DE BALENYÀ, SPAIN.
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WWW.AOSOM.ES
ATENCIONCLIENTE@AOSOM.ES
TEL: 931294512
HECHO EN CHINA

FR

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.
Nos coordonnées sont les suivantes:

☎ 0033-1-84166106

✉ aosom@mhfrance.fr

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2, rue Maurice Hartmann
92130 Issy-les-Moulineaux
France
Fabriqué en Chine

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.

IMPORTADOR:
SPANISH AOSOM, S.L
C.ROC GROS N.15, 08550. ELS HOSTALETS DE BALENYÀ
TEL: 931294512 (SEG-SEX DAS 7:30H ÀS 16:30H)
INFO@AOSOM.PT
WWW.AOSOM.PT

DE

Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.
Unsere Kontaktdaten stehen unten:

☎ 0049-(0)40-88307530

✉ service@aosom.de

ADRESSE DES IMPORTEURE:
MH Handel GmbH
Wendenstraße 309
D-20537 Hamburg
Germany
IN CHINA HERGESTELLT

IT

In caso di dubbio, si prega di contattare il nostro centro assistenza clienti.
I nostri dettagli di contatto sono di seguito:

☎ 0039-0249471447

✉ clienti@aosom.it

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Aosom