A90-225V70

CE | UK CA

ASSEMBLY INSTRUCTION

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Safety Instructions

Warning: Consult with your physician or health professional before starting your workout, especially necessary if your age is up to 35 or once had healthy problem. We take no responsible for any troubles or hurts if you don't following our instructions. Treadmill should be carefully assembled and covered with the motor shield before connected to the power.
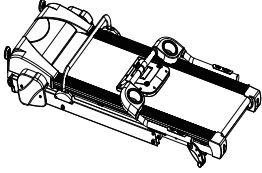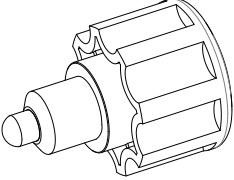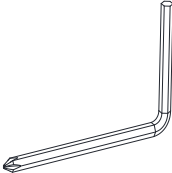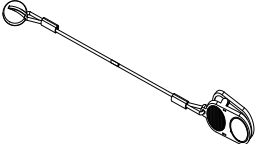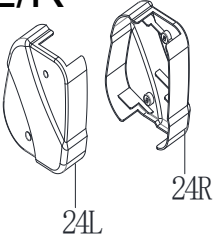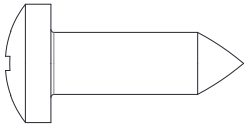
Attentions

1、Ensure the safety lock's clamp were attached to the clothing or belts before using the treadmill.

2、Please do not insert any items to any part of the equipment, 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.

7、Don't exercise in 40-Minutes after dinner.

8、The equipment is suitable for adults, Juveniles need be accompanied with adults while workout.

9、You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start the workout.

10、Treadmill is indoor-use equipment, not outdoor-use for avoiding damage. Keep the store-place clean and flat, drying. Please do not use the equipment for other purpose.

11、The power line of treadmill is special. If the power line is damaged, please buy it from the distributor or contact the company directly.

12、If the speed increase suddenly or inadvertently due to an electronic failure, please pull off the safety lock from the console, then the treadmill will stop.

13、Do not connect other line to the middle of 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, pls make sure to Insert it into the socket with the safety ground circuit.

14、When the equipment is not used, please cut off the power by pulling off the plug. While cutting off the powder, do not pull the power line which may cause broken to the line. Once the power-line is broken, please purchase the power-line from the distributor or contact with our company directly, as the power-line is dedicated to the treadmill.   -4-

Parts List

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

1	32	71	40
24L/R	60		

Spare parts list:

NO.	DESCRIPTION	SPEC	Q'TY		NO.	DESCRIPTION	SPEC	Q'TY
1	Main Frame		1		71	Allen Wrench	S6 55*95mm	1
32	Quick Pull Pin	M16	2		40	Safety Key	Line length 0.8m	1
24L/R	Upright Decoration Cover L/R		1/1		60	Screw	ST4.2*15	4

Assembly Instructions

P1
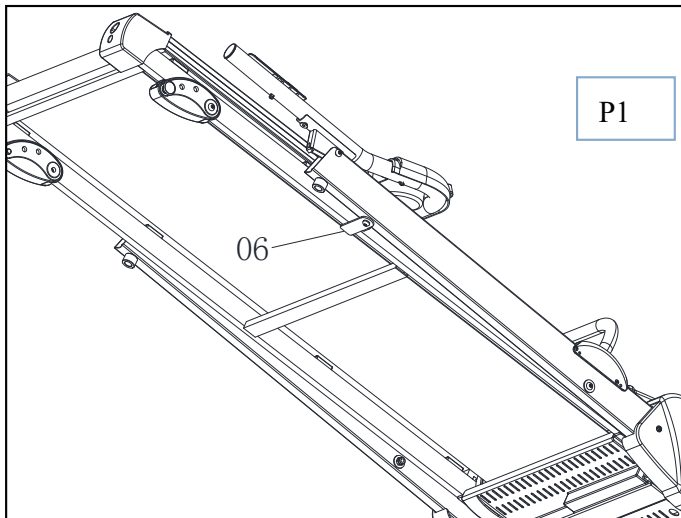
STEP 1: Rotate the locking plate (06) 90° in arrow direction .(P1)

02R

Pull out them

02L

P2
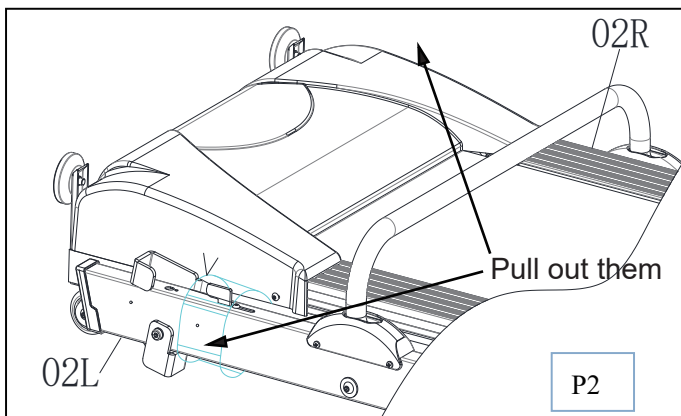
STEP 2: Pull out plastic film from Upright Post Frame(02L/R). (P2).

P3

02R

60

60

24R

02L

60

24L
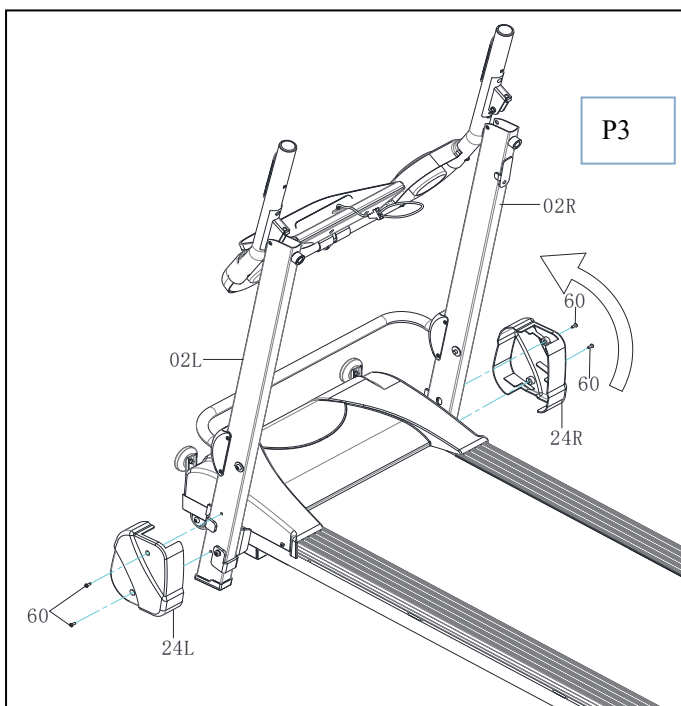
STEP 3: Rotate the Upright Post Frame(02R/L) as the direction of the arrow. (P3).Keep holes of Upright Decoration Cover (24L/R) inline with holes of Upright Post Frame(02L/R) ,then lock Upright Decoration Cover (24L/R) well by using Screw(60).

Assembly Instructions

P4

03
32
02R
02L
32
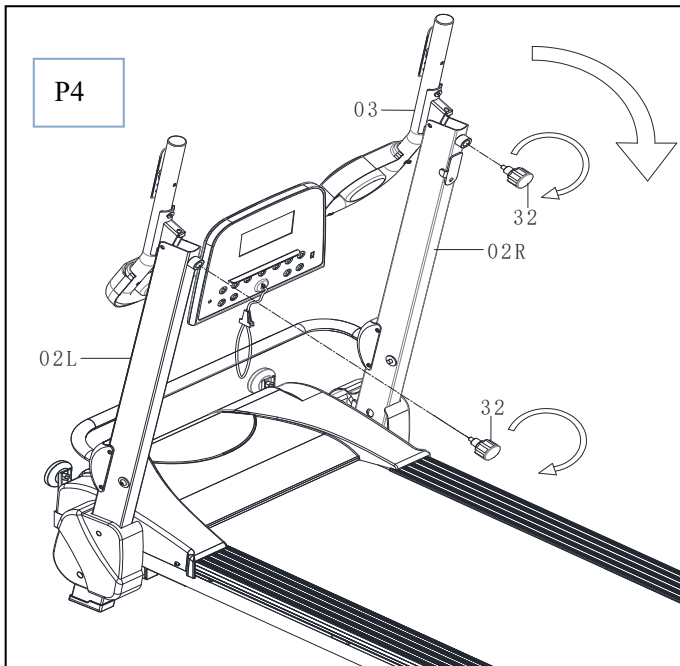
STEP 4: Adjust the handle bar(03) until holes are aligned, then install quick pull pin(32) and tighten them in arrow direction .(P4)

P5

13

33
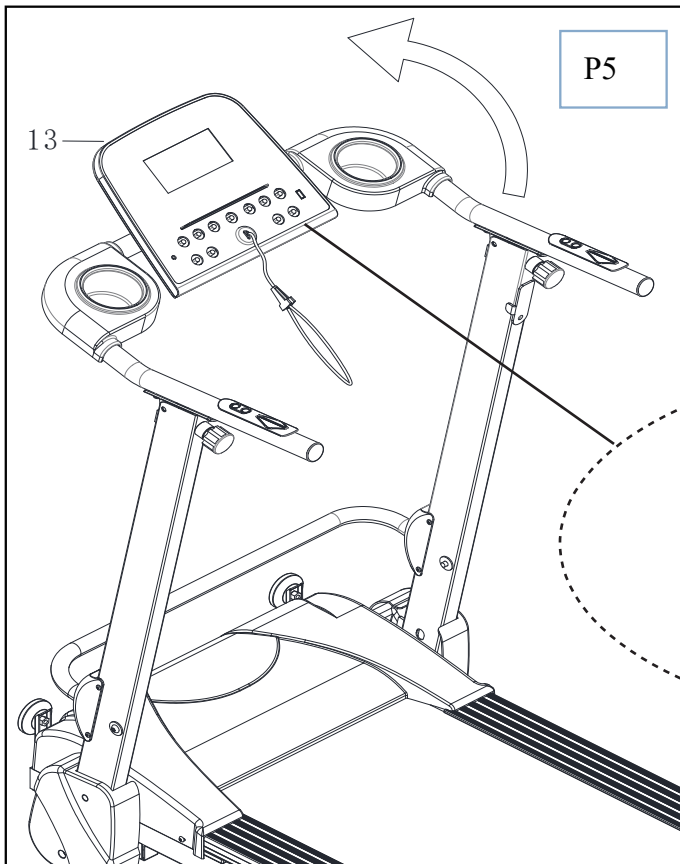
STEP 5: Adjust the computer(13)to the required angle, then install knob(33) and lock it.(P5)
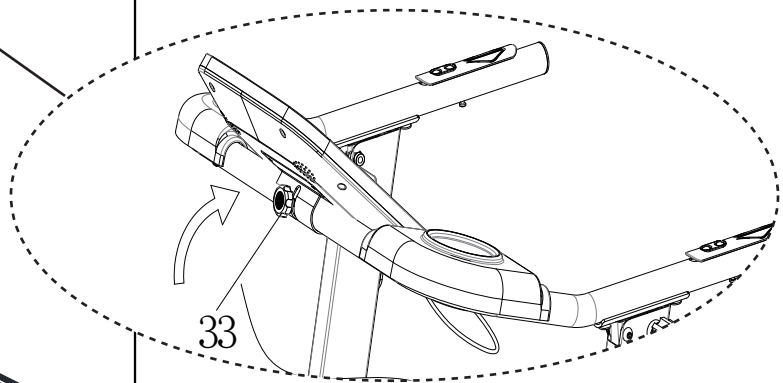
Folding Instructions

13

33

P6
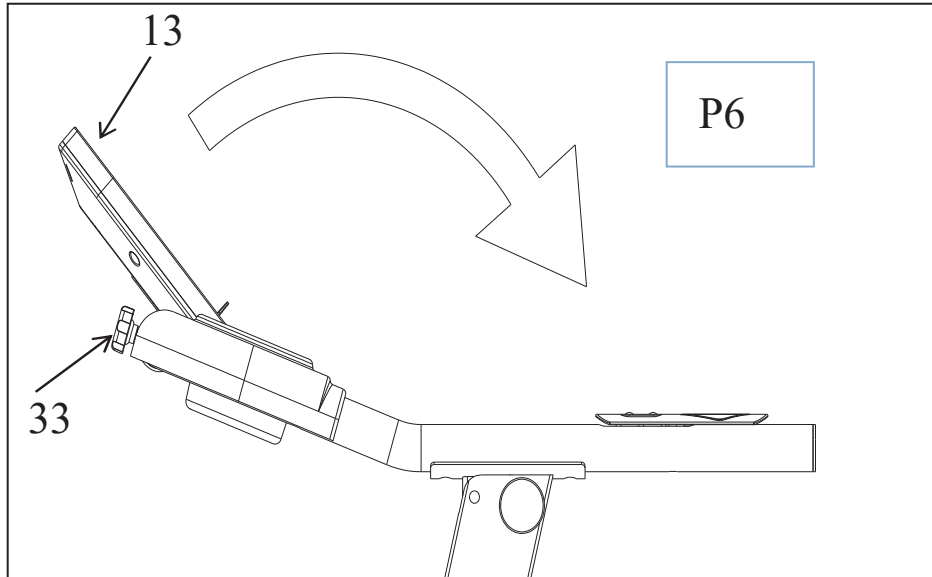
STEP 1: Turn the knob(33) loose, rotate the computer(13) 135°in arrow direction .(P6)

03

P7

32

32
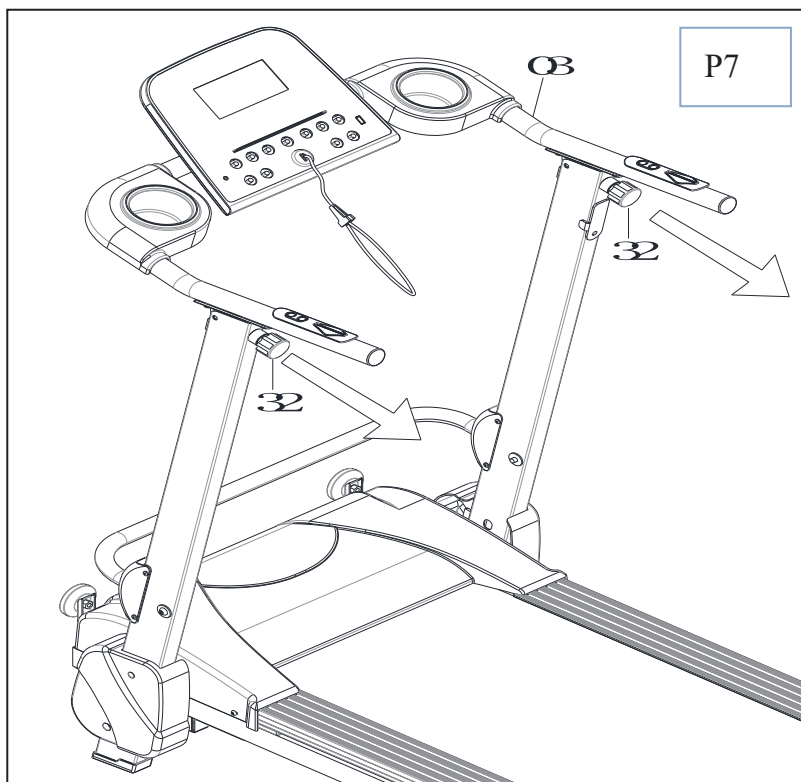
STEP 2: Pull out the pins(32) in the direction of the arrow, at the same time , rotate the handle bar(03) forward in place.(P7)

P8

02L/R

67

01

P9

06
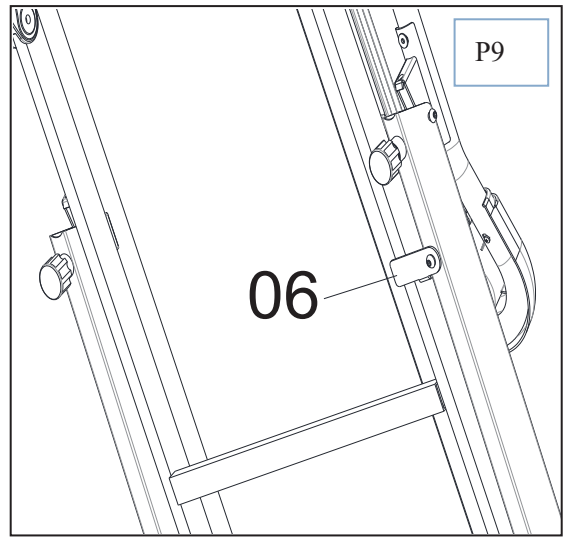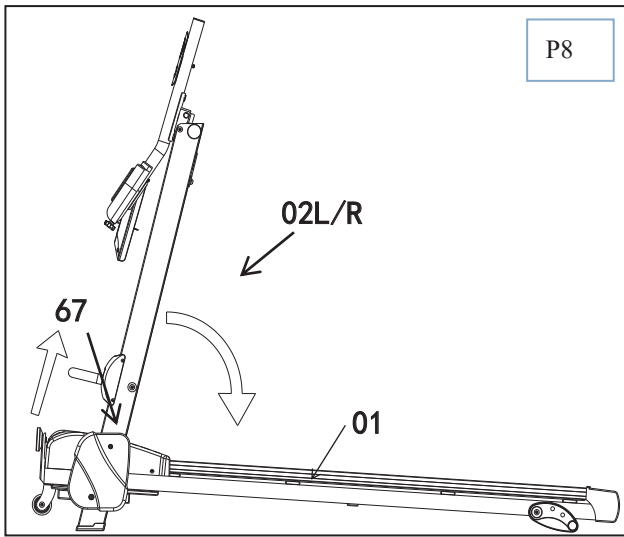
STEP 3：Pull the adjust bar（67）in place as the direction of the arrow , at the same time rotate the upright post frame(02L/R) in the arrow direction to level the main frame(01)，(P8) then turn back the locking plate (06) in beginning position.(P9)

P10
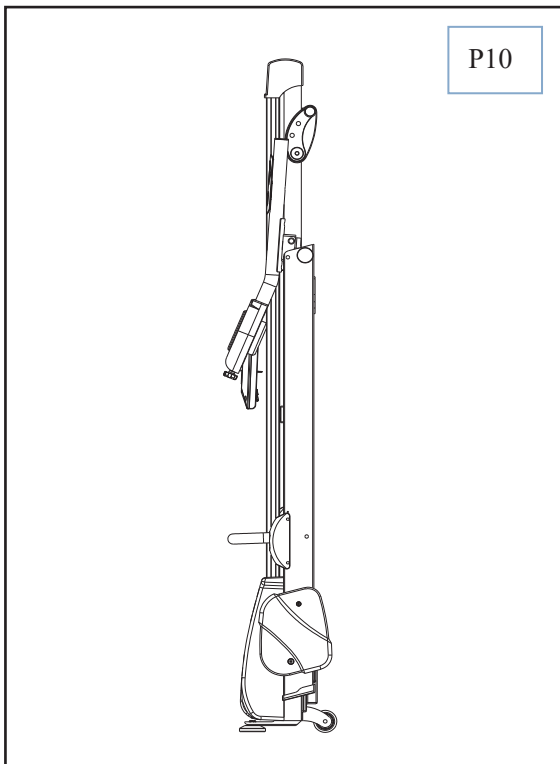
STEP 4：Upright storage.(P10)

Attention： Do not turn on the power before assembly is done. Please read carefully the operation instruction of the treadmill.

Ground 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 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.
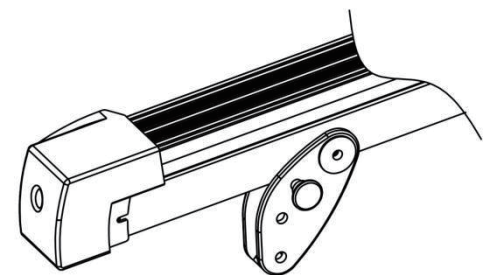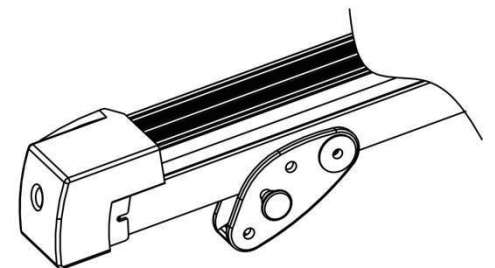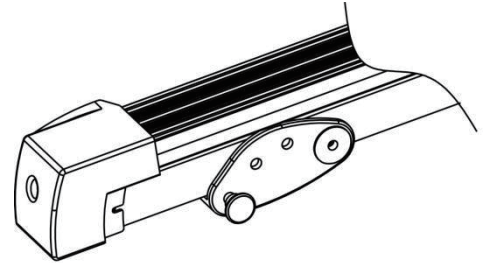
Incline Instruction

As above drawing, you can adjust lifting angle by changing pin's position. There are 3 sections adjust key to be used.

Function Instruction

WINDOW DISPLAY

1.Sketch

   The function of computer

   ·MP3 interface playback function
   ·USB interface playback function
   ·Hand- pulse function

Terminological conventions used in the instructions：

   Treadmill parameters："SPEED" value.
   Motion parameter："DIS" value, "TIME" value，"CAL" value，" BEAT" value.
   Motion mode: manual, mode, program
   Manual Motion Mode: Motion Mode without Setting Motion Volume.
   Model Motion Mode: Motion Mode with Specific Motion Volume.
   Programmed Sports Mode: Different Sports Schemes Set up by the treadmill itself. Twelve Sports
   Schemes Set up in the treadmill.

2.Specification

   Motion parameters in various motion modes：

   · Minimum display speed 0.8 km/h
   · Maximum display speed 14 km/h
   · Maximum exercise time in time mode: 99 minutes
   · Minimum exercise time in time mode: 8 minutes
   · Maximum distance in distance mode: 99 km
   · Minimum distance in distance mode: 1 km
   · Maximum calorie consumption in calorie mode: 990 calories
   · Minimum calorie consumption in calorie mode: 20 calories
   · The shortest running time of (P1-P12) program: 8 minutes
   · The longest running time of (P1-P12) program: 99 minutes

3.LCD Display Description

   Display content on LCD (92264)：

   · Speed display
   · Time display
   · Distance display
   · Calorie display

· Heartbeat display

4. Button Function Description

- **SPEED QUICK BUTTON（3,5,7,9,12）**
- **START/STOP**
- **"PROGRAM" BUTTON   "MODE" BUTTON**
- **"SPEED +/- " BUTTON**

5. Button Function

· START Button: Start Motor Operation

Operational Description： 1. When the computer is standby, the countdown time of 5 seconds after pressing this button can start the motor.

2. In the mode setting state, the computer can start the motor by counting down 5 seconds after pressing this button.

3. In the programming state, the computer can start the motor by counting down 5 seconds after pressing this button.

· STOP Button : Stop motor operation

Operational Description： 1. When computer is in operation, press this button to stop the motor.

2. When the motor stops running completely, all data will be cleared to the initial state.

· "PROGRAM" Button：Automatic Program Selection

Operational Description： 1. In standby state, press this button to enter automatic program setting.

2. Keep pressing this button after entering P12, and you can enter the settings of the custom program.

3. After entering the custom program settings, continue to operate this button to enter the body fat test settings.

4. Operating flow: Programming - Body Fat Test Setting - Returning to Initial State

· "MODE" Button：Choice of countdown mode

Operational Description： 1. When the computer r is standby, press this key to set the countdown mode.

2. In the body fat test setting state, press this button to enter the next parameter setting.

3. Standby operation process: time countdown-distance countdown-calorie countdown-return

4. Operation flow under body fat test settings: setting sex-setting age-setting height-setting weight-body fat test

5. Press this button to enter different periods of time in the customized program settings

· "SPEED +/- " Button：Running speed adjustment, setting parameter adjustment

Operational Description： 1. The speed value of the computer can be adjusted when it is in operation.

2. Under the condition of parameter setting, the value of setting parameter can be adjusted.

·**SPEED QUICK Button**：Direct Selection of Runtime Speed Values

Operational Description：In the running state of the computer, press this **button** to select the corresponding speed value directly.

6. **Motion Mode Description**

   A、**Manual Motion Mode**

   Enter the manual mode: After the computer is fully displayed on power, it enters the initial standby state. At this time, press the start **button**, and then it enters the manual mode of operation.

   Running instructions: Initial running speed is 0.8KM/H, time, distance, calorie window is counted positively from zero, according to the speed adjustment key, the value of running speed can be adjusted。
   Exercise time is more than 99:59 minutes, the system does not stop, and the time starts from zero.

   B、**Countdown Mode Function**

   1. Enter the Countdown mode：In the initial standby state, select the time countdown mode by pressing the mode button. At this time, the time window shows 30:00 minutes   and flickers to show that the required running time can be set by the "SPEED +/- " button. The setting range is 8:00-99:00 minutes. Press the start button to enter the time countdown mode.

   Running instructions：The initial speed of 0.8 KM/H, 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 +/- " button, the size of the adjustable speed value, when setting the time down to zero, electronic watch began to slowly stop running, speed is reduced to zero, return to the initial standby mode automatically.

   2. Enter distance countdown mode：In the initial standby state, select the distance countdown mode by pressing the mode button. At this time, the distance window shows 0.8 kilometers and flickers. The required distance can be set by "SPEED +/- " button. The range is 1.0-99.0 kilometers. Press the start button to enter the distance countdown mode.

   Running instructions：The initial running speed is 0.8KM/H, the distance window counts down according to the set distance, the time and calorie window counts positively   from zero, and the "SPEED +/- " button can adjust the size of the running speed value. When the set distance counts down to zero, the computer starts to stop running slowly and automatically returns to the initial standby state after the speed decreases to zero.

   3. Enter calorie countdown mode：In the initial standby state, the calorie countdown mode is selected by pressing the mode button. At this time, the calorie window displays 50 and flickers. The required running calories can be set by the "SPEED +/- " button, and the range is 20-990. Pressing the start button, the calorie countdown mode can be operated.

Running instructions：Initial speed of 0.8 KM/H, the terms of the calorie counting, counting calories window, window of time and distance are counting from scratch, press "SPEED +/- " button, the size of the adjustable speed value, can adjust the size of the gradient value operation, when calorie meter to zero, set up electronic watch began to slowly stop running, speed reduction to zero after the return to the initial standby mode automatically.

C、Automatic Programming Function

Enter Auto Program：In the initial standby state or mode setting state, press the program button 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 +/- " button, and the setting range is from 8:00 to 99:00 minutes). Press the start button to enter the automatic program running.

Running 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 of the setting 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 +/- " button, the size of the adjustable speed values, when the program run to the next paragraph, speed value automatically adjusts to the next section of the default values, when setting the time down to zero, computer began to slowly stop running, speed is reduced to zero, return to the initial standby mode automatically.

D、Custom Program (U1-U3):

In addition to 12 system built-in programs, the treadmill also has three user-defined programs that allow users to set up by themselves according to their own circumstances: U1, U2, U3.

1. User-defined Program Settings：

Press "PROGRAM" button in standby state until the user defined program (U1-U3) you want to set, press "MODE" button to determine the entry settings, and then set the speed for the first time period. When setting, use "SPEED +/- " button or SPEED QUICK Button to set the speed. Press "MODE" button to complete the settings of one time period and enter two time periods to set the state straight. To complete all 20 (calorie window display S1-S20) time period settings; after settings are completed, data will be permanently saved until your next reset, during the settings can not power off, otherwise the data can not be automatically saved.

2. Startup of User-defined Programs：

A. Press the "PROGRAM" button continuously in standby state until the user-defined program (U1-U3) you want to run is set up, and then press the start button to start.

B. Press the start button immediately after the user-defined program and run time settings are completed.

3. User-defined Program Settings：

Each program divides the running time into 20 periods. The speed, gradient and running time of all 20 periods should be set before the treadmill can be started by pressing the start button.

4. Speed can be adjusted by "SPEED +/- " button in the process of operation. When the last stage of operation is over, it automatically enters the next stage of operation, and the

speed is automatically adjusted to the set value of the section.

7. Functional description of body fat test

Enter Body Fat Test Settings：In the initial standby state or mode setting state, press the "PROGRAM" button to select the body fat test setting (in the P12 automatic program setting state, press the "PROGRAM" button to enter the body fat test setting state).

Body fat test setting instructions：After entering the body fat test setting state, the distance window displays the parameter function (-X-), the calorie window displays the setting value, adjusts the setting value according to the "SPEED +/- " button, and chooses to enter the next setting according to the "MODE" button.
The first is gender (-1-) setting: initial value 1 (range 1-2, 1 for men; 2 for women)

The second item is age (-2-) setting: initial value 25 (range 10-99 years)
The third item is height (-3-) setting: initial value 170 (range 100-220 CM)
The fourth item is weight (-4-) setting: initial value 70 (setting range 20-150 KG)
The fifth item is the body fat (-5-) test: initial value ---

Body fat test：When the settings are completed, enter the 5th body fat test, initially showing "---". At this time, holding hands on the Hand Pulse Sensors for about 5 seconds will show the body fat test index.

Explanation of body fat index：Body fat index is a measure of a person, the relationship between height and weight is suitable for any men and women, together with other health indicators for people to adjust weight basis, the ideal body fat index must be between 20 ~ 25, if less than 19, said the weight is too light, if between 26 ~ 29, said overweight, obesity and if more than 30, said (note: the data are for reference only, not as a medical data).

8. Hand Pulse function description

Hand Pulse Function：The palms of both hands are attached to the Hand Pulse Sensors of the left and right armrests respectively. They are held naturally on the handles on both sides. After 5 seconds or so, the LCD heartbeat display window will display the initial value of heartbeat. Please keep the hands still. The heartbeat display window will slowly change the display data and approach the actual value of heartbeat in 30 seconds.

Instructions for the Hand Pulse function:

The following conditions may produce irregular heartbeat data:

1. When holding the test, the strength of the hand is too tight. Please hold the moderate strength.
2. When running, the hand-holding and jumping handles test will produce constant changes in contact. When testing the hand-jumping, it is recommended to stop the movement, stand on the bilateral edges of the feet, and hold the hands quietly.
3. Persons with dry or cold hands or especially thick palm skin.

Note: Hand Pulse heartbeat test data can not be used as medical data only as a reference for exercise because of the way of measurement and the reasons of many influencing factors.

9. Description Of Dormancy Function

When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter a dormant state. The computer will automatically turn off the display and press any button to wake up the computer, and then re-enter the initial standby state.

10. Safety Lock Function Description

In normal use, the safety lock should be placed in the designated position of the computer before the computer can be operated and the safety lock can be taken down. The LCD window of the computer shows E07 or "-". If the safety lock is taken down in operation, the system will shut down quickly and all movement data will be cleared after the safety lock is closed again.

11.MP3 Function Description

After power-on, music can be played when accessing external MP3 or other audio devices. The volume can be adjusted by the volume +/- button. Please pay attention to controlling the volume, so as not to affect the quality of playing music and the audio control circuit inside the electronic meter.

12.USB Function

After the computer is powered on, the cell phone can be charged by inserting a data line.

13. Various numerical display ranges：

	BEGIN	SET UP VALUE	SET UP RANGE	DISPLAY RANGE
TIME (MIN: SECOND)	0:00	30:00	8:00-99:00	0:00~99:59
SPEED(KM/H)	0.0	N/A	N/A	0.8－14
DISTANCE(KM)	0.0	1.0	1.0－99.0	0.0－99.9
PULSE(BEAT/MIN)	P	N/A	N/A	40－199
CALORIE(KCAL)	0	50	20－990	0－999

Schedule 1：   P1—P12 PROGRAM EXERCISE CHART

Program	Time	SET TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPD	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	SPD	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P3	SPD	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	SPD	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	SPD	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P6	SPD	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
P7	SPD	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	SPD	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P9	SPD	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPD	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPD	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	SPD	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

Gettingss Stasrted Guide

Warm up stage：

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on; don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 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 walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you cannot add the speed or incline too much at one time, it can keep you feel comfortable.

Exercise intensity：

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity: 4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2 Mints, until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally, you should slow down the speed step by step for 4Mints.

Exercise frequency：

The cycle time: 3-5times/Week, 15-60mints/Times. Make up the schedule of workout scientific, not only for your hobby.

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.

Safety Exercise Instructions

Consult with your physician or health professional before starting your workout. The professional people 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. You should consult with your physician or health professional as keep going.

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: 6 km/h or less is appropriate for walkers; A speed greater than or equal to 8.0 km/h is appropriate for runners.

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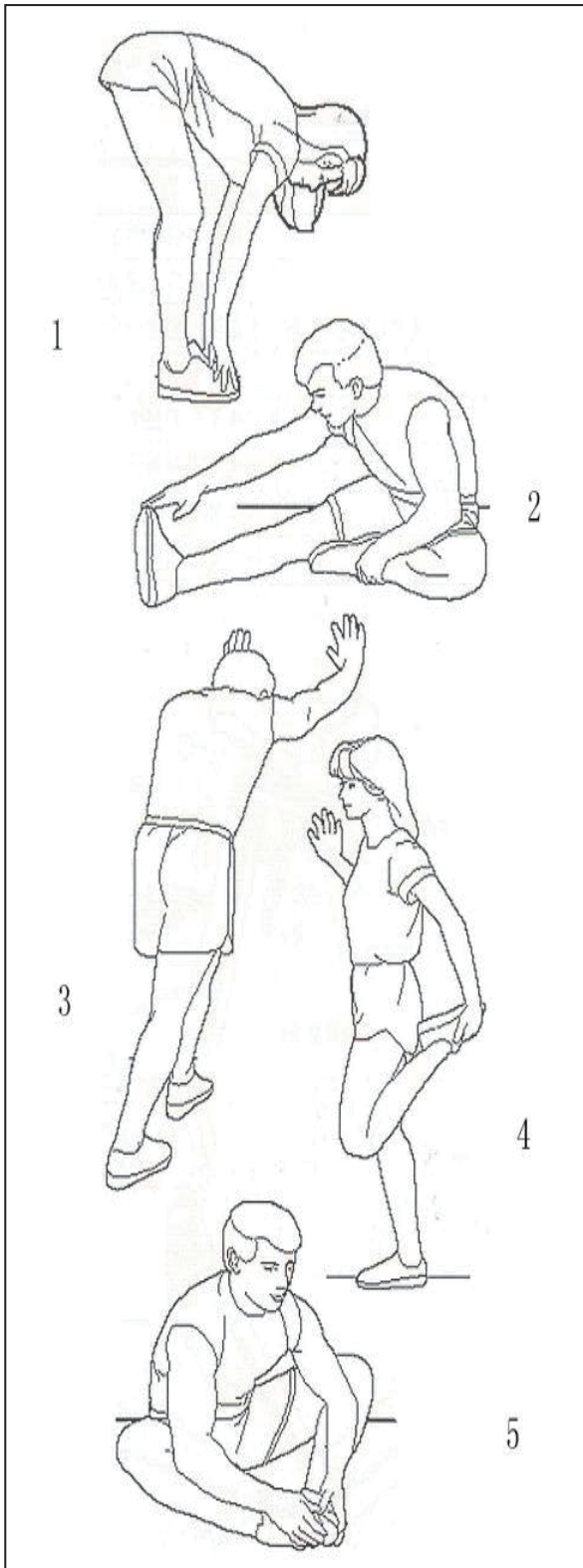
Before exercise, it is better Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, and then relax. Repeat three times to do (see Figure I).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. Hand try to touch the toes. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, and then relax. Repeat for each leg do three times (see Figure 3).

4. Quadriceps stretch: the left hand wall or table Cu master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, and then relax. Repeat for each leg to do three times (see Figure4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, and then relax. Repeat three times (see Figure 5).

Maintenance Guide

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANINGOR SERVICING THE UNIT.

Clean: General cleaning or 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 contact with 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 lubrication from our distributor or directly to our company.

Attention: Any repair needs the professional technician.
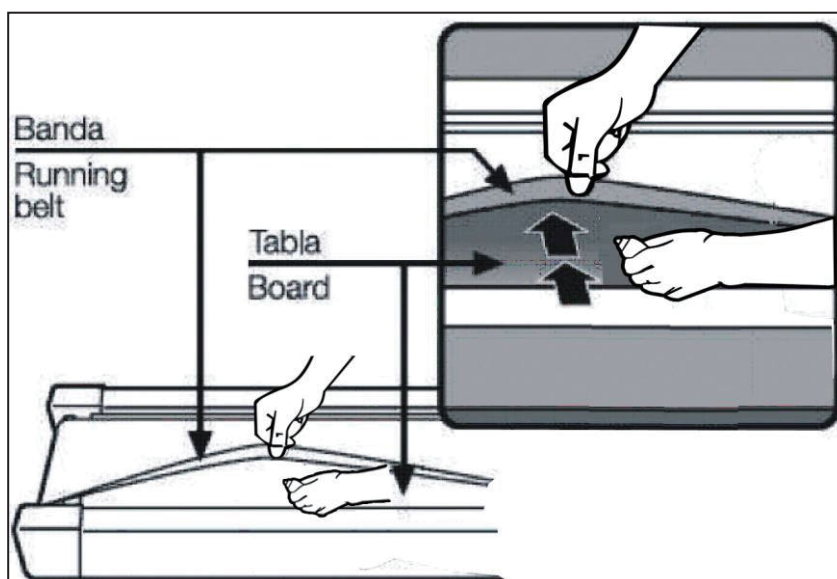
Explosive Diagram

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 treadm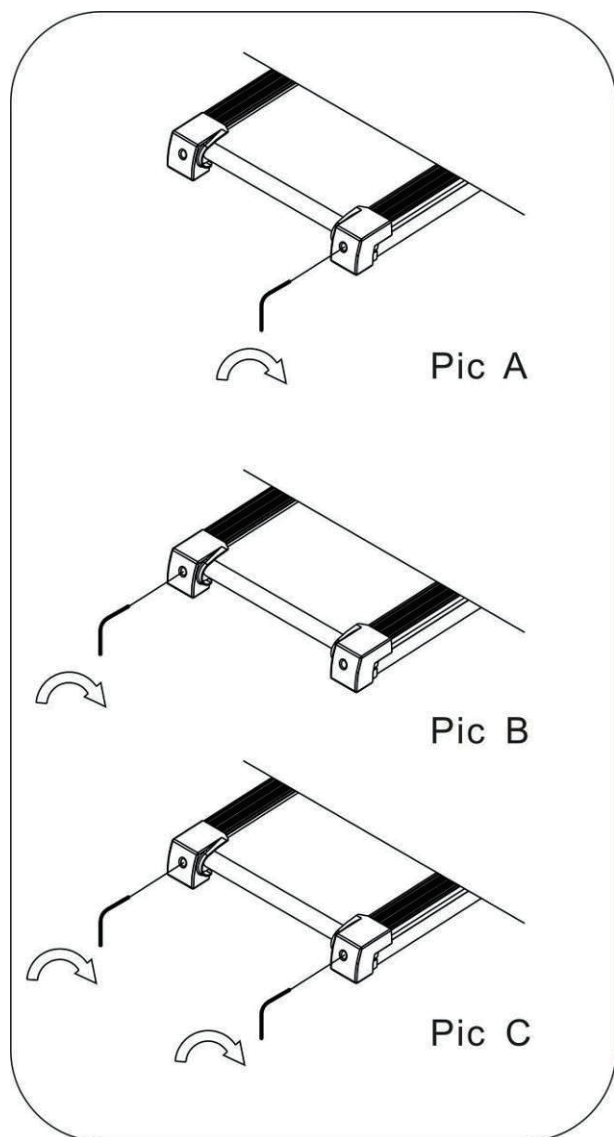ill and observe the running belt to see if it deviates. Repeat the above steps until the running belt is aligned in the middle. **See picture A**

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**

Parts Catalog Lists

NO	DESC	SPEC	Q'TY	NO	DESC	SPEC	Q'TY
1	Main Frame		1	25	Adjust bar cover	138*37.5*48	2
2	Upright Post Frame		2	26	Cushion Pad	17*40*10	8
3	Handle Bar		1	27	Power Wire Clip	6W3-4	1
4	Handle Bar locking plate L/R		2	28	Manual adjustor	36*65*145	2
5	Adjust board		2	29	Ball pin	Φ27*Φ	2
6	locking plate		1	30	Cushion Pad 1	20*30*5.0	2
7	Front Roller	Φ42*478*Φ	1	31	Cushion Pad 2	20*55*5.0	2
8	Rear Roller	Φ38*440*Φ	1	32	Quick pull pin		2
9	Press Spring		2	33	Adjusting knob	Φ37*18*M8*20	1
10	Running Board	T15*560*1215	1	34	Adjusting knob	Φ60*30*M8*10	1
11	Running Belt	T1.4*420*2690	1	35	Controller		1
12	Driving Belt	190-J5	1	36	Pulse with START/STOP	850mm	1
13	Computer		1	37	Pulse with Speed Button	850mm	1
14	Water Bottle Rack		2	38	Computer Upper	850mm	1
15	Motor Top Cover	350*580*100	1	39	Computer Below	2000mm	1
16	Left End Cap	95*90*95	1	40	Safety Key	1200mm	1
17	Right End Cap	95*90*95	1	41	DC Motor	Φ30,Φ86	1
18	Motor Bottom Cover	320*558*50*T1	1	42	AC double Wire	250mm	1
19	Side Rail	36*80*1190	2	43	AC Single Wire	250mm	1
20	Moving Wheel	Φ54*Φ8.5*22	2	44	Square Switch		1
21	Handle Bar End Cap	Φ32.1.4	2	45	Overload	125/250VAC	1
22	Foam Grip	Φ30*38*420	2	46	Power Wire	10/15A	1
23	Upright Post End Cap	35*80*36	2	47	Computer bracket		1
24	Upright Decoration Cover L/R	180*208*52	2	48	Bolt	M8*45	1

NO	DESC	SPEC	Q'TY	NO	DESC	SPEC	Q'TY
49	Bolt	M8*60	2	60	Screw	ST4.2*15	23
50	Bolt	M8*12	3	61	Screw	M5*10	8
51	Bolt	M8*20　S6	4	62	Nut	M8 S13	8
52	Bolt	M8*40	1	63	Flat Washer	Φ9*Φ16*t1.0	14
53	Bolt	M8*50	2	64	Spring Washer	D8	8
54	Bolt	M8*40	6	65	Lock Washer	Φ5.2*Φ10*t1	1
55	Bolt	M8*45	2	66	Arc washer	Φ25*Φ8.5*t1.5	1
56	Bolt	M8*25	4	67	Adjust bar		1
57	Bolt	M6*40	8	68	Motor bracket		1
58	Screw	ST4.2*12	11	69	EVA glue	2.0*20*1180	4
59	Screw	ST4.2*30	2	70	Plastic plug	12*8.2*30	
				71	Allen wrench	S6　80*80mm	1

Meanings of Error Message Codes

Treadmill DC system Error message instructions

E01：Indicate abnormal phenomena of computer and electronic control communication

E01 Solutions to Common Problems	The communication line of the computer is not well connected, broken and in bad contact.	Please reconnect the communication line
	No Signal Output of computer	Replacement of computer to be repaired
	No Signal Output of down-control	Replacement of down-control to be repaired

E02：Indicate abnormal phenomena between down-control and motor

E02 Solutions to Common Problems	The motor wire is not connected properly	Check whether the motor wires are connected correctly
	No Voltage Output or Abnormal Voltage Output of down-control	Replacement of down-control to be repaired
	Bad motor	Replacement motor

E03：Indicates the abnormal phenomenon of the down-control detection speed

E03 Solutions to Common Problems	Photoelectric inductor incorrectly mounted on motor (photosensitive mode)	Reassembly
	Poor Photoelectric Inductor (Photosensitive Mode)	Replacement of Photoelectric Inductors
	Failure or motor damage of down-control board circuit (non-inductive mode)	Replacement of down-control or motor, to be repaired

E04：Indicate information prompt for overvoltage protection of down-control logging motor

E04 Solutions to Common Problems	The treadmill load exceeds the rated operating voltage of the motor	Recommended in the rated operating voltage range of the motor
	Abnormal treadmill motor or excessive speed due to light sensitivity failure	Replacement of motor or Photoelectric Inductors
	Failure of down-control Board Overvoltage Measurement Line	Replacement of down-control to be repaired

E05：Indicate information hint for down-control overcurrent protection of measuring motor

E05 Solutions to Common Problems	The treadmill load exceeds the rated operating current of the motor	Recommended in the rated operating current range of the motor
	Problems in the assembly structure of treadmill and motor cause motor resistance or blockage	Check whether the treadmill structure is normal
	Fault of down-control Current Limiting System	Replacement of down-control to be repaired

E06：Indicate the abnormal phenomenon of low voltage of down-control drive power supply

E06 Solutions to Common Problems	The supply voltage is too low	Please check whether the power supply line is normal
	Failure of down-control Board Routing Line	Replacement of down-control to be repaired

E07：The safety lock of the computer has not been put up properly

E07 Solutions to Common Problems	Safety magnet shedding	Please place the safety lock at the designated position of the computer.
	Failure of computer Safety Lock System	Replacement of computer to be repaired