

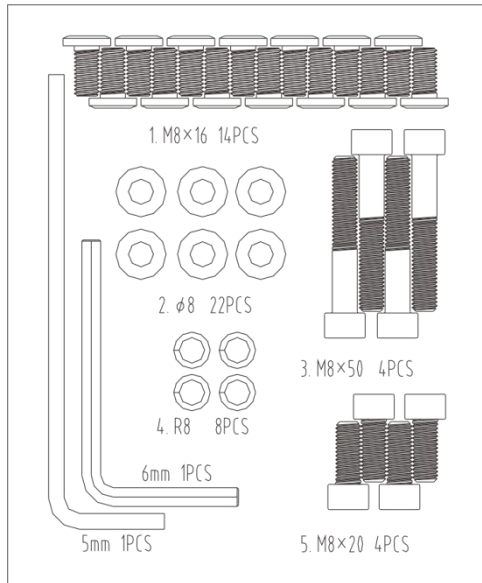
Treadmill User Manual

V8T



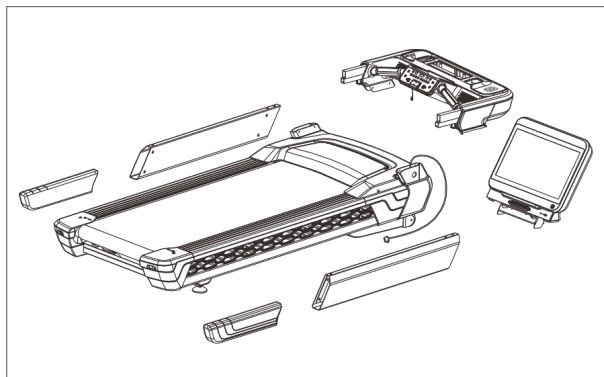
Assemble manual:

Before assembling the treadmill, please be familiar with the parts listed in the right figure. The number next to the figure in the right figure indicates the specification of the part and the quantity of the part required in the assembly.



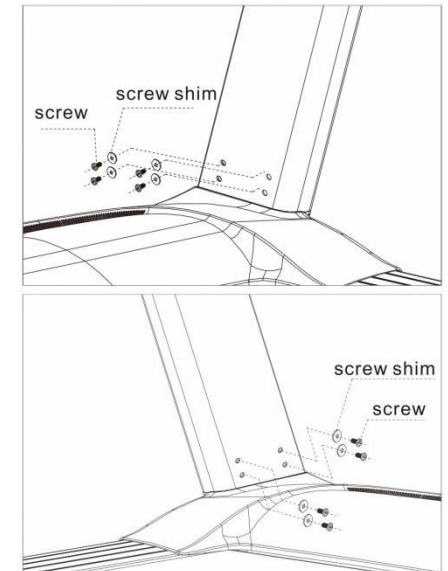
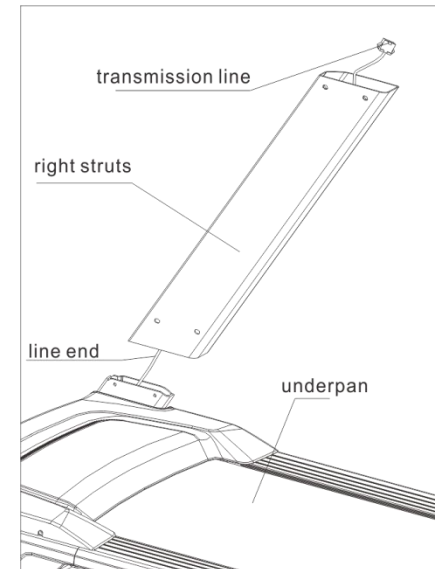
Step 1 : Take all parts out.

Handle with care and don't leave any parts out.



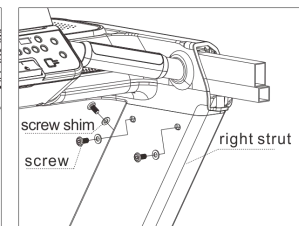
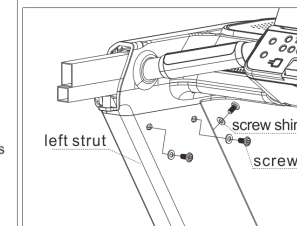
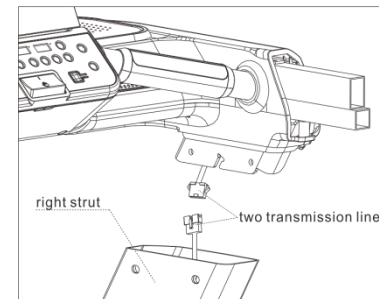
Step 2 : Install struts.

Put the underpan away and take both struts out. Make the data transmission line through right side strut. Then fasten the screws on the bottom stand pillar with tools. Also, tighten the other side strut as the same way.



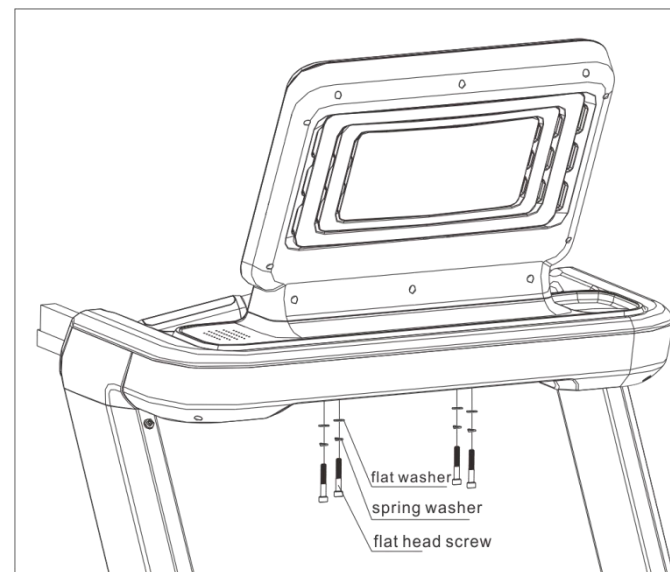
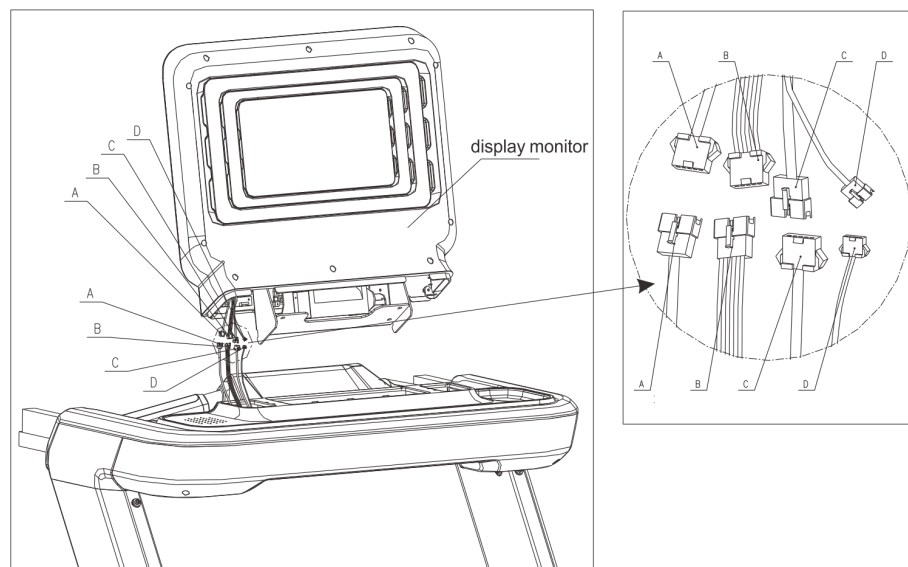
Step 3 : Install top console.

Raise the console above struts, connect two data transmission lines first, then plug the top console in struts(Attention:Axoid squeezinf the data transmission lines).And fasten the screws on the upper standing pillar with tools.

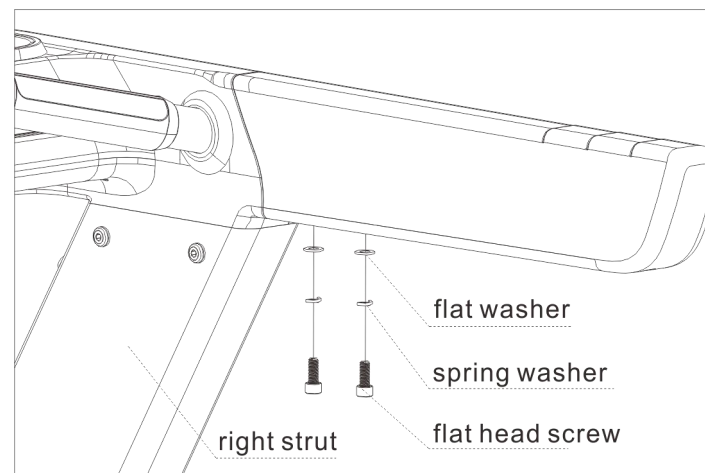


Step 4 : Install the display monitor.

1. Two people assist in the installation, take out the meter head, one person holds the meter head, one person connects the multi-core wire in the meter head with the multi-core wire on the dial base, A to A, B to B, C to C, D to D. when connecting and inserting, the two plugs should be inserted horizontally, after the "click" sound, gently pull it, do not separate, and put the multi-core wire in the case smoothly.
2. After the meter head is placed in a good position, take out the corresponding screw and washer, align the screw hole, and tighten the screw. .



After putting the armrest cover in place, take out the corresponding screw and washer, align the screw hole and tighten the screw.



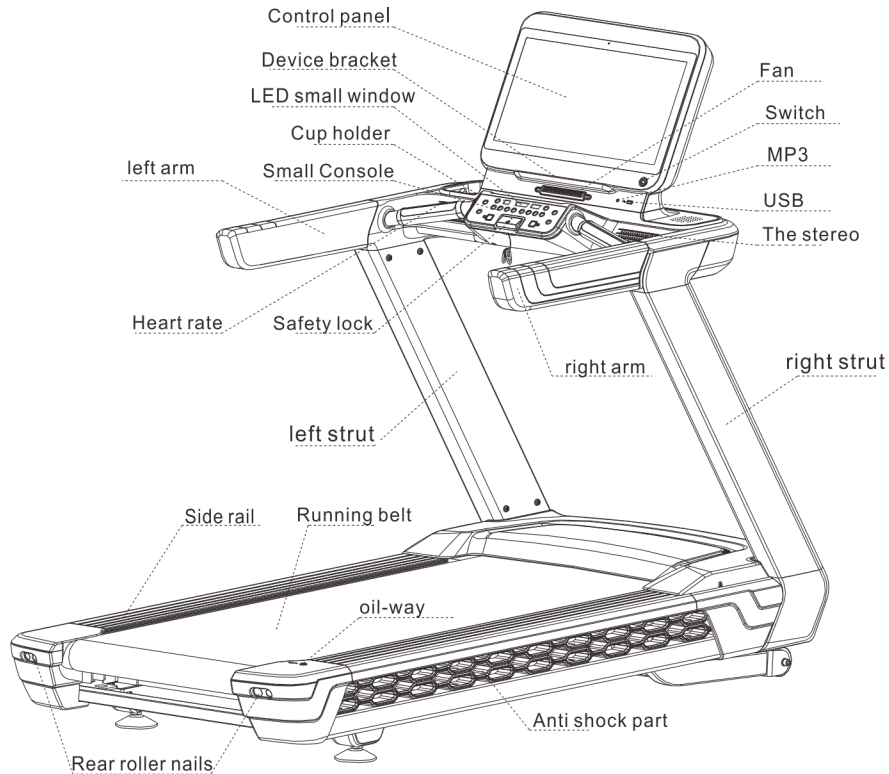
Product Introduction

Exercising regularly on the treadmill is beneficial for your health. For Respiratory system: Improves myocardial function, increases cardiopulmonary after exercise.

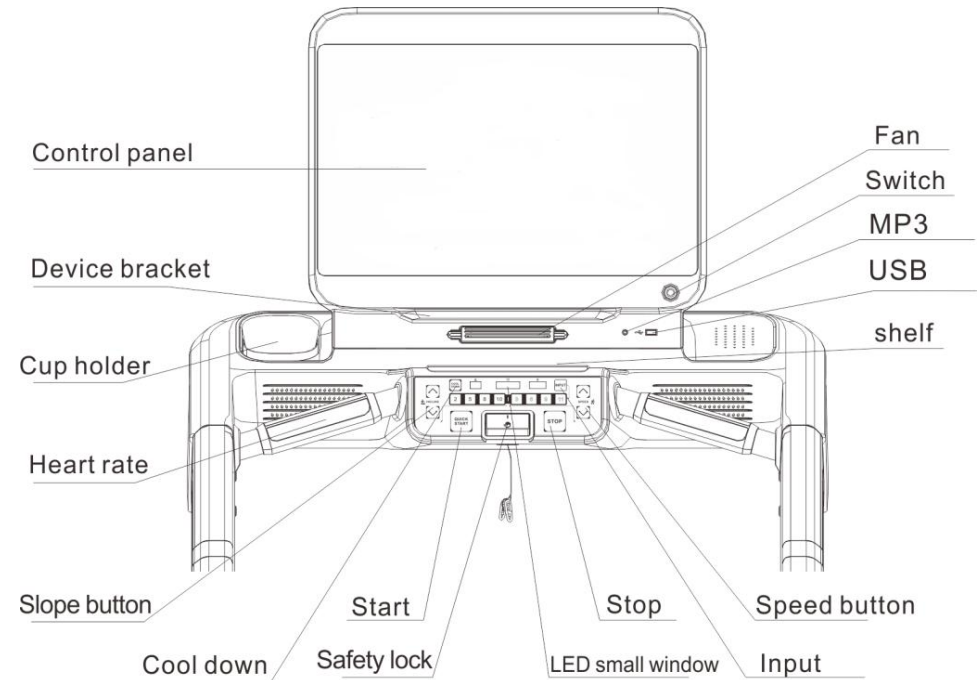
For Nervous system: Fresh the mind and improve ,has great analytical action after exercise.

Metabolism: Activate many factors in your body, and it is good to effectively accelerates bone growth after exercise.

Immunologic function: Lower blood pressure, boost the immune system and improve immune response and resistance to disease to disease after exercise.



Familiar with all parts as below before reading other words.

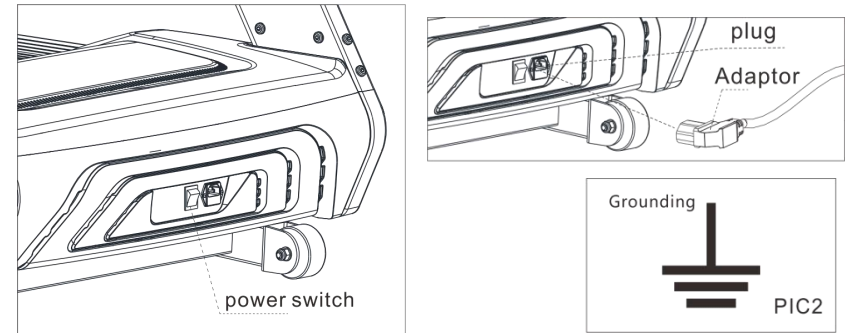


Special Programs

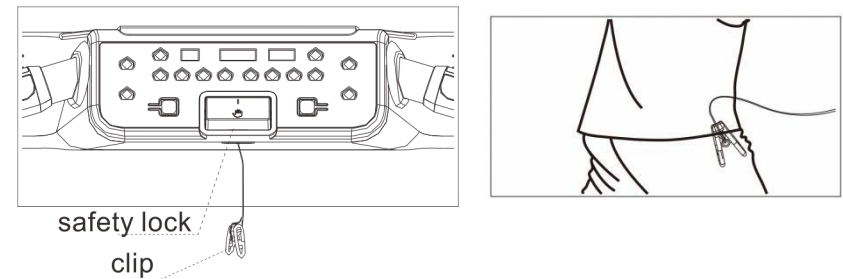
Fixed program1: Weight
loss Fixed program2: Fat
burning Fixed program3:
Climbing
Fixed program4: Middle age
training Fixed program5: Elderly
training Fixed program6: Race
Fixed program7: Women physical keeping
Fixed program8: Speed interval training
Fixed program9: Slope interval training
Fixed program 10: Men physical
keeping Fixed program 11: Calorie
countdown Fixed program 12: Distance
countdown
Heart rate control speed: HRC

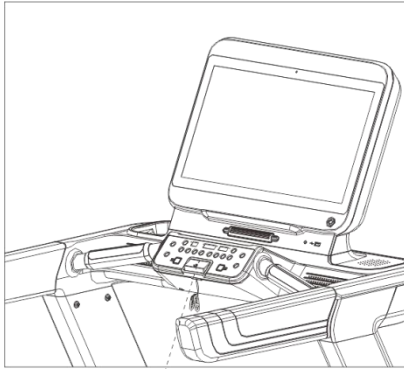
Start the treadmill:

Remove the power cord, Insert one side into the rear of the treadmill
then insert the other side into power supply.



Please make sure the safety lock before running, clip one side on
runner's clothes.



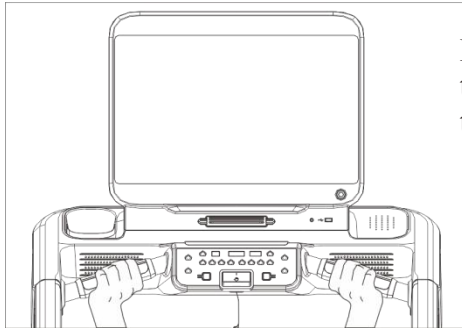


pull down

Pull down the safety switch, when you feel uncomfortable. Then timely medical treatment.

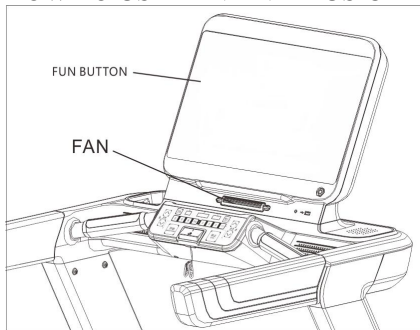
We have a high fidelity stereo system, which can be connected with your audio player or mobile device, and music can accompany you to complete the training. When you need to, plug one end of the audio cable (not included) into the jack of the console and the other end into the "headphone hole" of the player or mobile device to ensure that the audio cable is fully plugged in. Note: you can buy Audio cable from local electronics store. Next, press the play button on the player or mobile device. Adjust the volume with the volume control on the player or mobile device.

Heart Rate Manual:

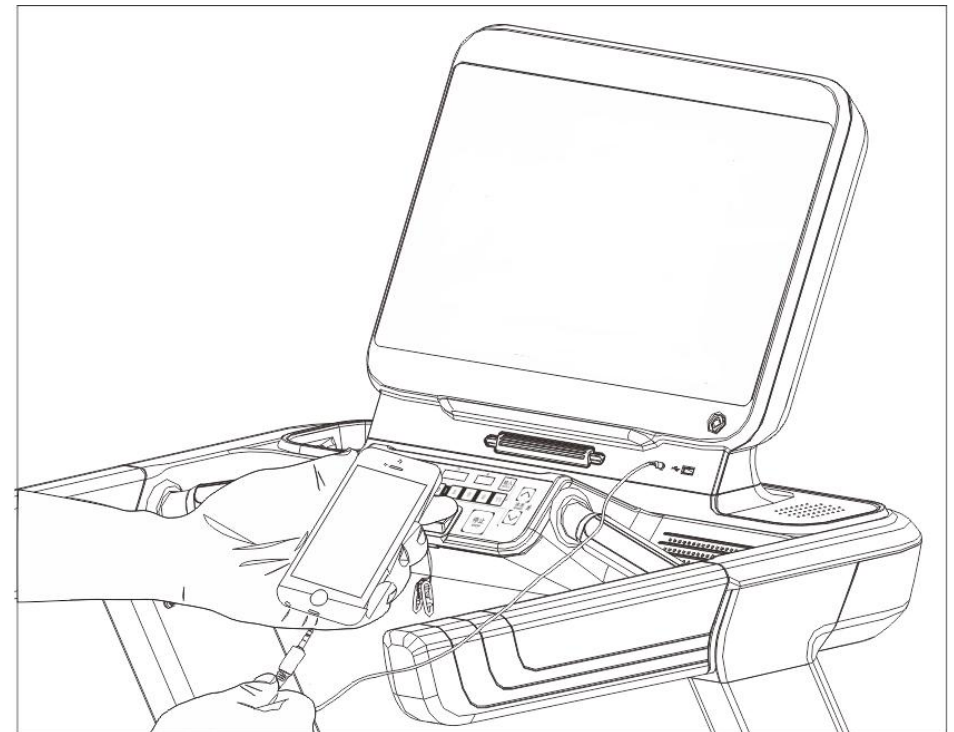


Put your both hands on the touch sensor that will show the heart rate.

HOW TO USE FAN AND MUSIC



Turn on the fun, as pic show



Daily Maintenance:

Because of the environment change or long time using, the running belt may deviate, so that need to adjust the running belt by hand.

WARNING: When adjusting the running belt, it is forbidden to touch the belt when the running belt is in a rotating state !

How To Adjust The Running Belt Elastic:

When using treadmill sometimes abrupt, please stop using immediately it means the running belt too tight.

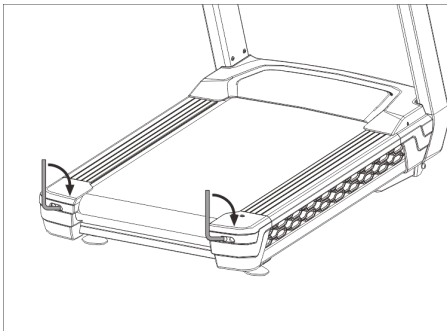
keep the speed 2km/h, stand on treadmill, use your feet to hold the running belt with your max strength.

Listen if there is sound from front roller.

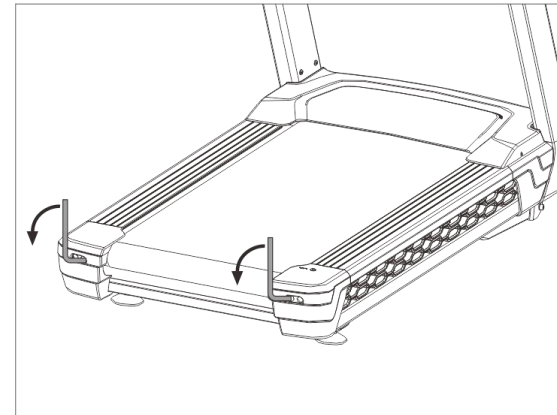
If the front roller keep moving but with big noise, it means the running belt is too loose.

If with small noise and front roller stop running, it means the motor belt too loose.

1. Tight the running belt.

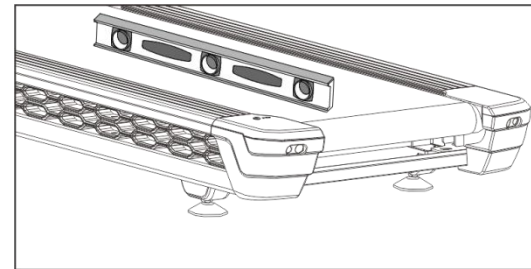


2. Loose the running belt.



Steps to level the treadmill:

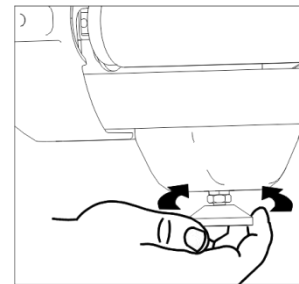
1. Place the level on the running belt to check if the treadmill is level.



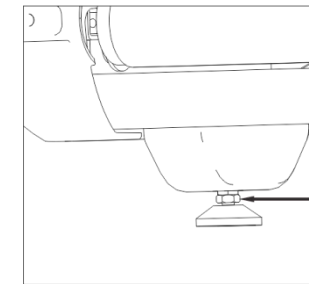
2. Stand in the rear near adjustable feet.

3. Ask the appropriate assistant to help lift the back of the treadmill

4. Adjust the rear foot as needed.



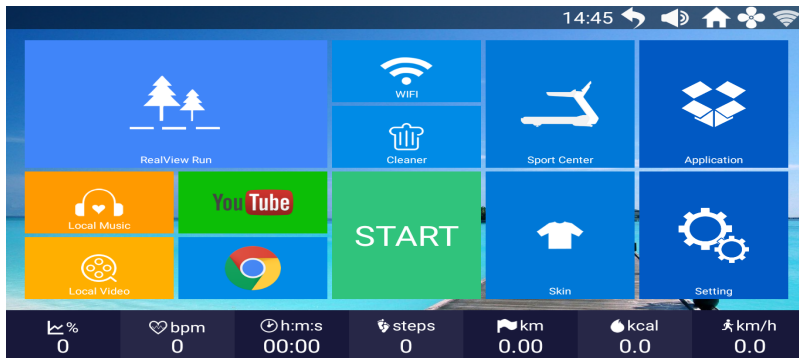
Adjust a foot



Lock nut

MAIN INTERFACE

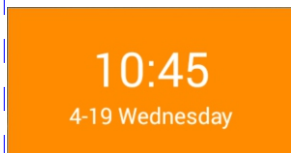
main interface is divided into ten functional modules: weather forecast, local video (local music, local video), Internet (built-in third party video APP), WIFI link, one button cleaning, sports show, skin setting, application, setting, Sports Center (built-in time inversion, calorie inversion, distance inversion, step number Inversion, program movement, heart rate control, runway mode, real motion, customization).



Function detailed explanation

1. Weather forecast

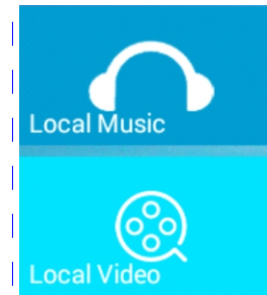
Weather conditions used to manage current time and location ;



- ◆Support the user to manually correct the current time and date;
- ◆The current time and date will be updated automatically when connect network

2. Local video (local music, local video)

It is used to manage and play video and audio files in memory and external U disk;



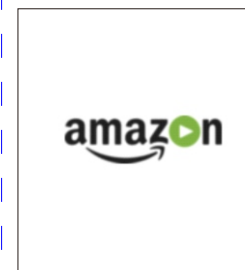
- ◆ Support for playing MP3, APE, MP4, MOV and other common audio and video format files;
- ◆ Video files in local video and audio files do not need to connect to the network. They can be directly clicked;
- ◆ In the course of exercise, we should try to choose the music with the good rhythm, and it is best to adapt to the running rhythm. The music that has a sudden change of rhythm is easy to have a bad effect on the rhythm of running;
- ◆ Please try not to watch the video while running. It's easy to distract. It may cause the running speed too fast or too slow.

◆ How to play videos stored in USB:

①Insert the USB storage device into the USB interface and play the audio and video files through related operations;

3.Internet

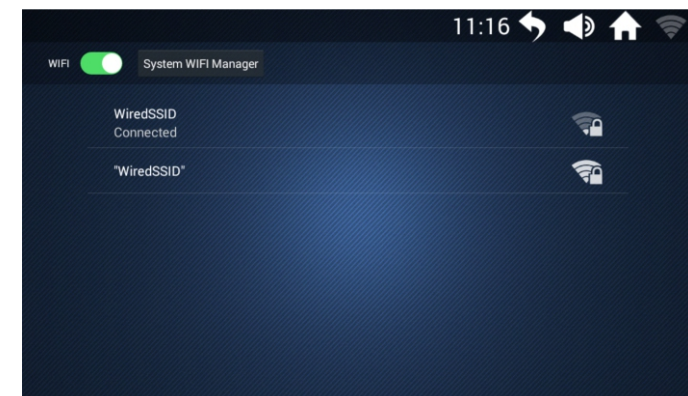
Built-in third party video APP



- ◆ You need to connect to the WIFI network to use ;
- ◆ Please try not to browse the content of the web page or watch the video files while running, so it is easy to distract and cause accidental injury; you can first set up the content and start the treadmill. ;
- ◆ In order to reduce the boring feeling in the process of exercise, we should listen to some relaxing music appropriately.

4.WIFI

4.1 Click  enter into WIFI management:

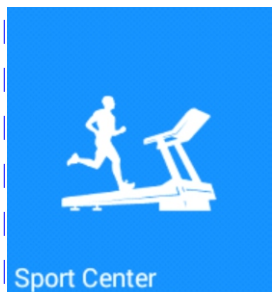


5. One key cleaning

5.1 Click  one key cleaning, directly cleaning the cache and memory of the machine.

6. Sports Center

Built in 9 kinds of sports: time reversal, calorie inversion, distance inversion, step count, program movement, heart rate control speed, runway mode, real motion, custom.



◆ Every running time is less than 60 minutes.

◆ The slope of the treadmill can increase the difficulty of pushing the ground, imitating the resistance of the road running, making the running closer to the outdoor running rather than being run by the treadmill. But too high slope must adjust the speed of the treadmill and avoid falling too fast.

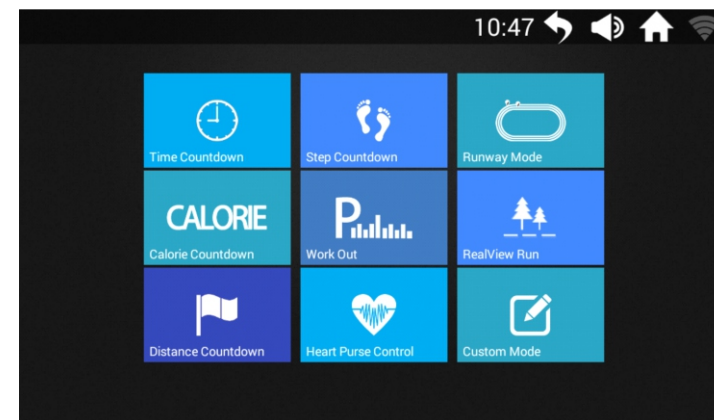
◆ Whether the running speed is appropriate or not, there is a simple criterion, that is, there is a sense of sweating in running, but there is no air, very uncomfortable feeling, that is, the running speed is the best.

◆ Please check the safety lock before exercise. During the movement, any abnormal condition occurs, the safety lock is removed, and the opportunity for running is slowed down rapidly to stop running.

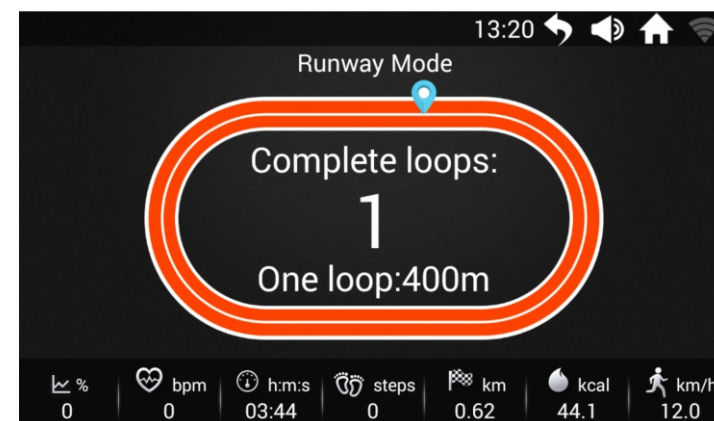
◆ Please pay attention to your heart rate value at any time during the exercise. The highest heart rate is controlled at 220 age reduction (this is the limit value, the general movement does not exceed 90% of this value). If it is the older sports person, this number needs to be reduced a little more.

◆ Any vigorous exercise should be carried out about 30~60 minutes after meals.

6.1 In the main catalogue click  enter into sport center



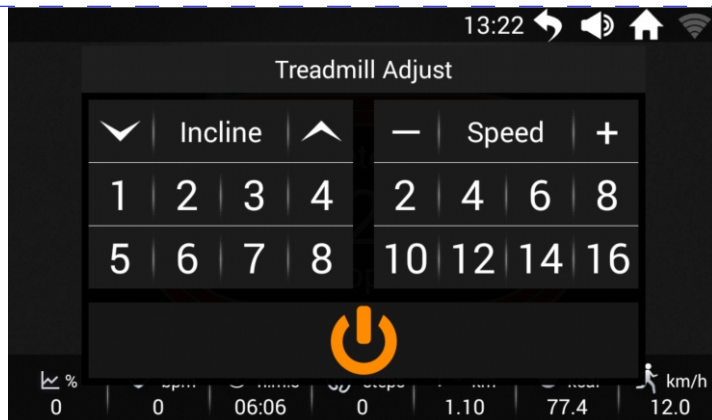
6.2 Click  enter into lap running mode:



◆ The 1 Lane of the runway is 400 meters. When the icon is rotated, the number of circles is automatically calculated by 1, and so on.

Parameter adjustment of treadmill:

◆ Click on any area of the screen to eject the floating window to control the treadmill;



②Click  , the treadmill will appear to restart and stop two items for user choice. ;

The floating window automatically closes in three seconds.

◆Racetrack mode start :

①After adjusted by sliding up and down. Press the start button to run the treadmill automatically after entering "3, 2, 1, GO"

②The speed and slope can be adjusted through the speed of the panel and the buttons of the slope or the floating window. ;

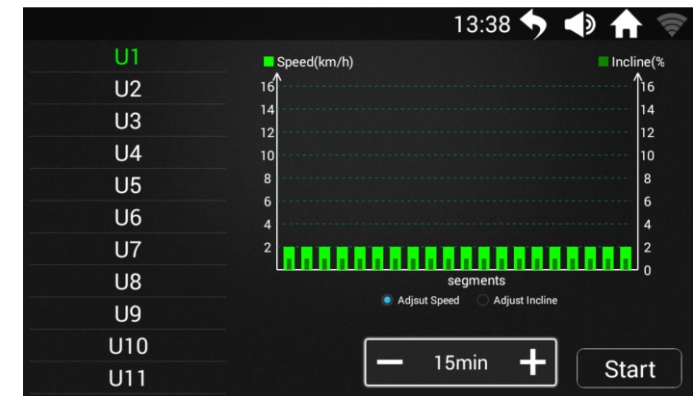
③Click  , treadmill stop running in slowly , show  and  to choose by user, When the user has not made a choice, clicking the return key of the upper right corner can return to the main interface to operate other operations other than the treadmill. The user chooses to click any motion mode of the motion center interface and will return to the runway mode interface. ;

④Click  treadmill start running by the slowest speed ;

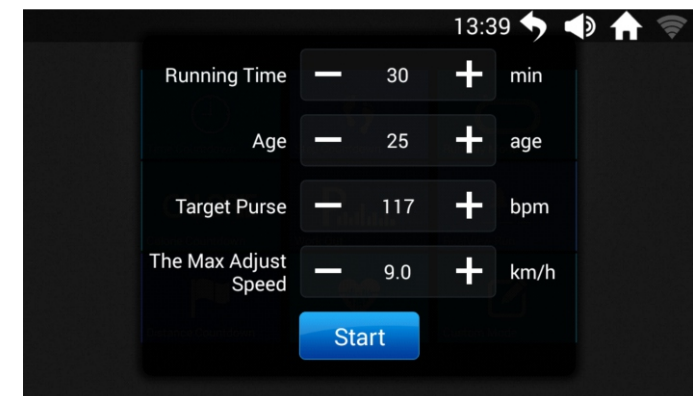
⑤Click  treadmill stop running in slowly.



6.3 Click  enter into customized mode :



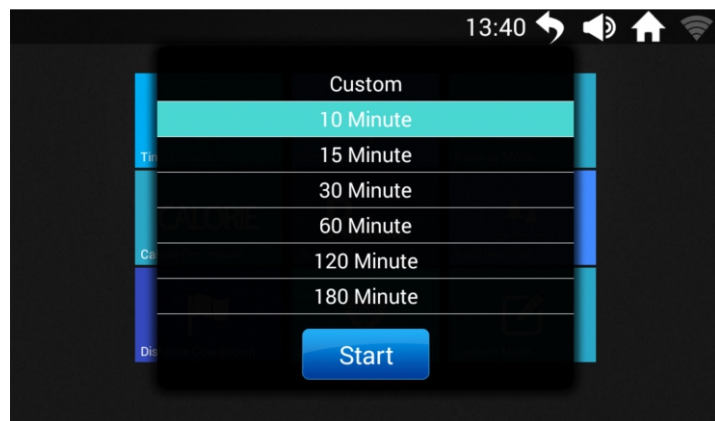
6.4 Click  enter into heart rate setting ;



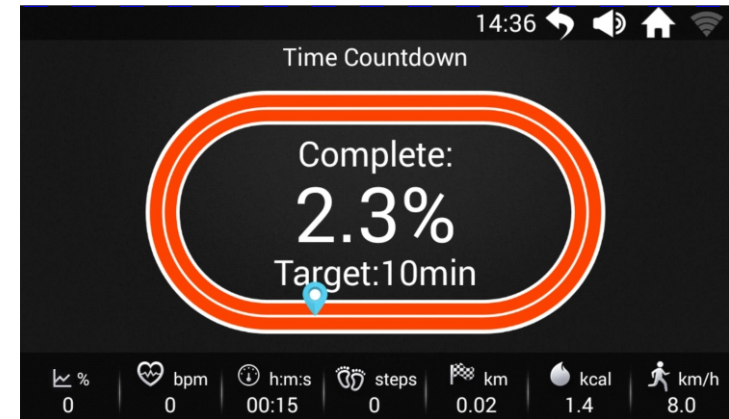
◆ Users set parameters according to their needs, click the start button, and the treadmill starts running.



6.5 Click  enter into time count down mode

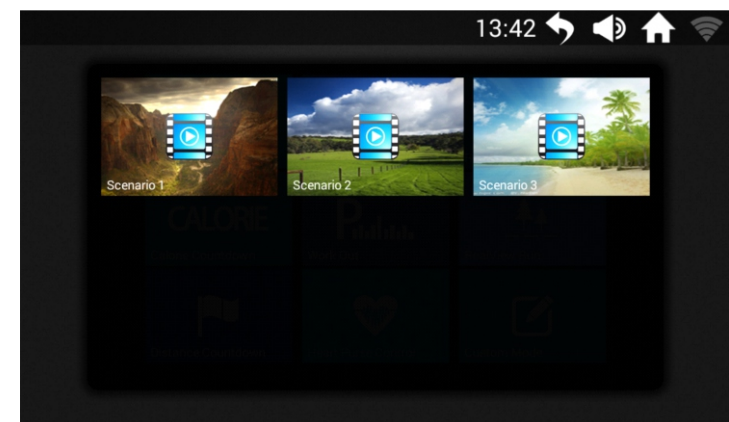


◆ The user selects the movement time according to the requirement, built-in fixed time, if the user wants to set up itself, can click the custom, the finger press the window to add and subtract key to set up the movement long, When setting OK, click  button, start running;

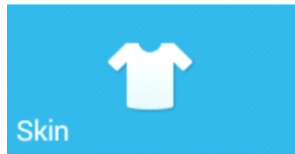


Press the stop key, the treadmill stably stop running, the treadmill pops out the session frame, restarts and stops the two items for the user to choose, chooses the stop button, the system will automatically calculate the performance of the movement and pop up the related transcript interface.

6.6 Click  Entering the real motion page:



7.Skin

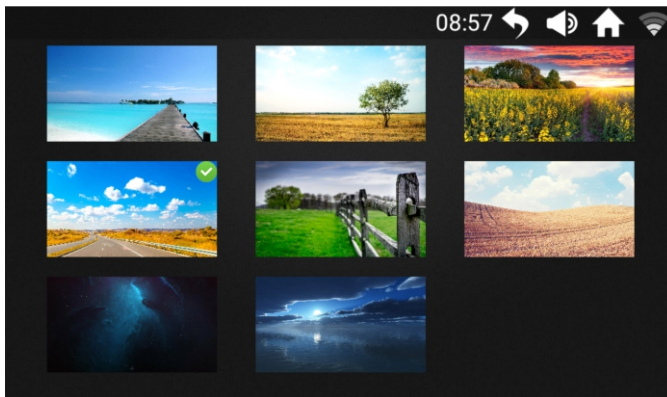


◆ The built-in skin of the system is available for users to choose and does not support users to download themselves.

◆ You can choose to change the background skin of the machine according to your preferences.

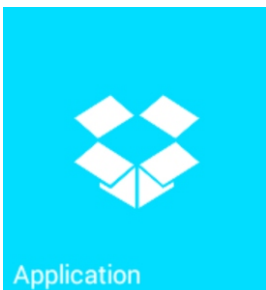
7.1Skin Setting

Click  enter into skin setting, after selection,  appears on it



8.Application

There are five functional modules built in third party music and video APP application, Internet, social networking, news and so on.



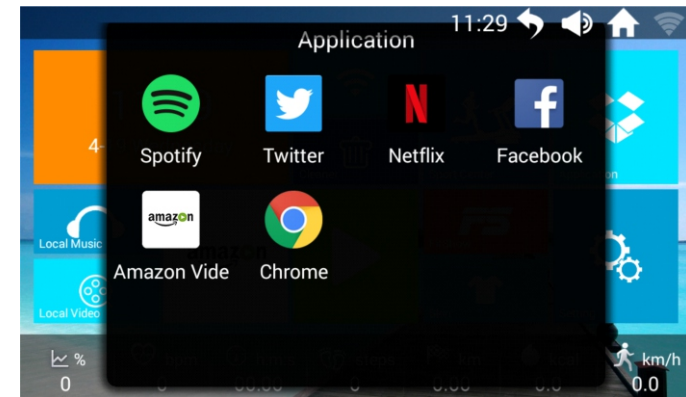
◆ The six functional modules of the Internet need to be connected to the WIFI network to be used.

◆ It supports playing MP3, MP4, MOV, APE, and other common audio and video format files.

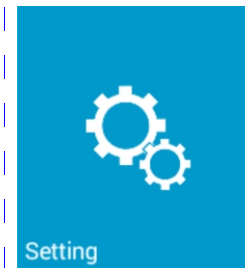
◆ Please try not to browse the content of the web page or watch video files during running, so it is easy to distract and cause accidental injury; you can first set up the content, and then start the treadmill.

◆ During the running, you should listen to some relaxing music, so as to reduce the boring feeling in the process of exercise.

Click  enter into entertainment:



9. Setting

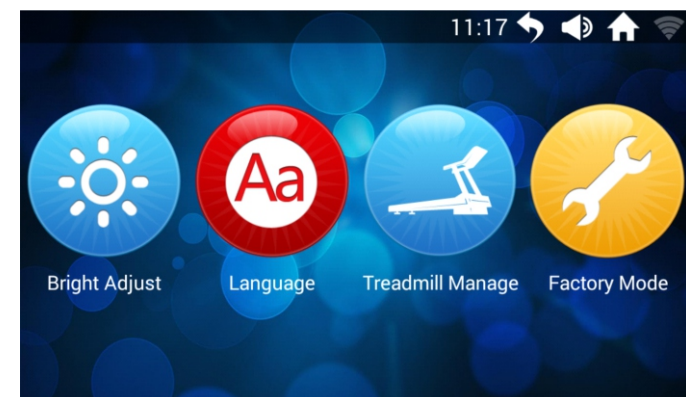


◆ This system will prohibit users from installing other APP applications, so as not to cause the treadmill system to crash.

◆ This system will prohibit users from uninstalling the built-in APP applications.

◆ Please remove the data and caching of the APP application regularly.

Click  enter into system setting:



9.1 Brightness adjust:

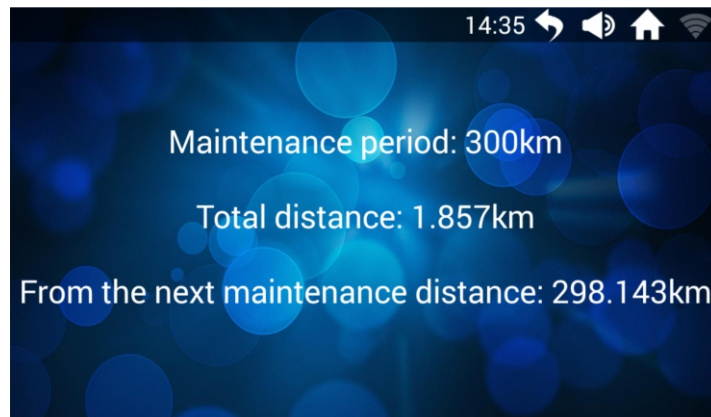
When setting up the interface, click the brightness adjustment icon to enter the list.



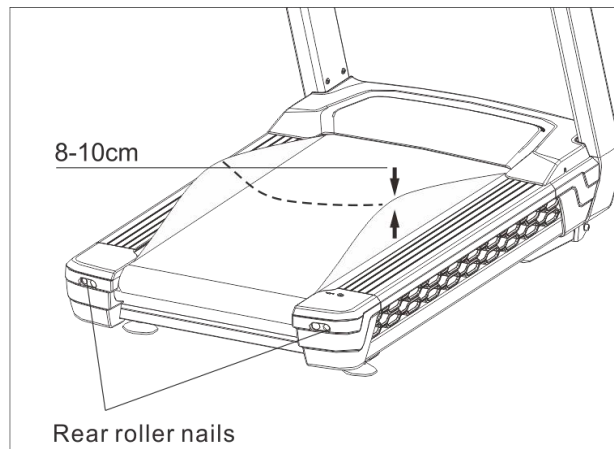
Fingers slide on the brightness bar, slide to the right, increase the brightness, slide to the left to reduce the brightness.

9.2 Factory Mode:

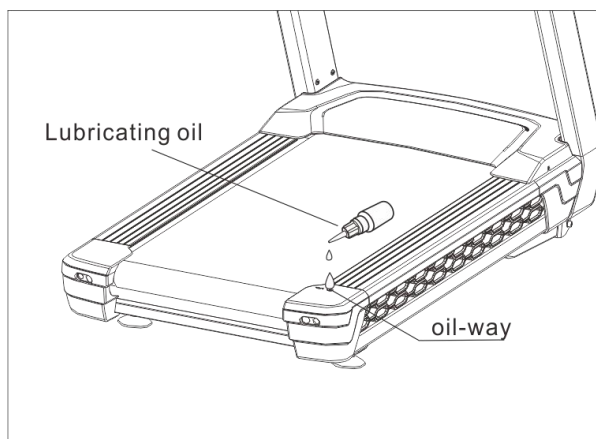
Set up the interface, click the machine management icon to enter the machine management interface, this interface shows the cumulative mileage, and the distance from the next maintenance mileage



How To Clean&Maintain The Running belt :



- 1 .Stand at the end of machine, then pull up the running belt then use dry textile clean the running board.
- 2.Highly suggest to clean the board every 6 months
3. After cleaning, the running belt and running board need to be "properly" lubricated.



Trouble Shooting

CODE	FAILURE	REASON	SOLUTION
E01 E07	display board can't receive signal	A display board connecting cable damage	Check the connecting cable, or change invert or display board.
		B invert connecting cable damage	
E02	incline motor problem	A incline motor connecting cable problem	reconnecting cable
		B incline motor damage	change incline motor
		C invert problem	change invert
E03	over voltage	A invert problem	change invert
		B AC voltage too much	check AC power
E04/E05	over current	A over load capacity	decrease loading weight
		B transmission jam	check transmission part
		C motor problem	change motor
		D invert damage	change invert
E10	over heating	A invert problem	change invert
E13	IGBT SHORT-CIRCUIT	A invert problem	change invert
E15	receive start signal but not receive stop signal	unusual stopping	power off and restart after 5 min
E16	power problem	A invert damage	change invert
		B motor connecting cable loose	check connecting cable
		C motor damage	change motor
E17	current U sensor issue	A invert problem	change invert

Example Warm-up Exercises:

Please do warm-up exercises before running on treadmill. And refer to the following warm-up method.

1.NECK EXERCISES

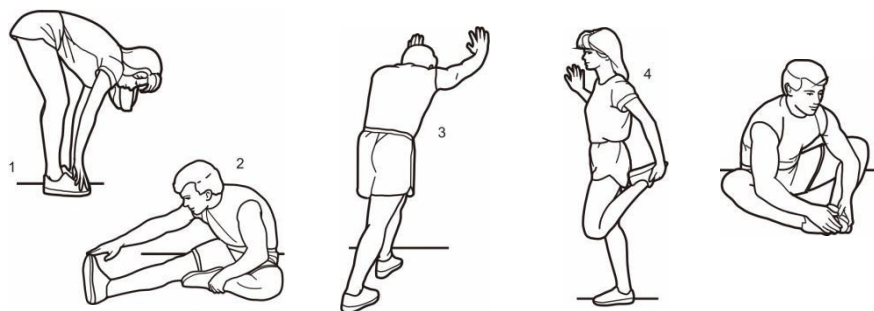
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

2.EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

3.ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



4.TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

5.EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

6.EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

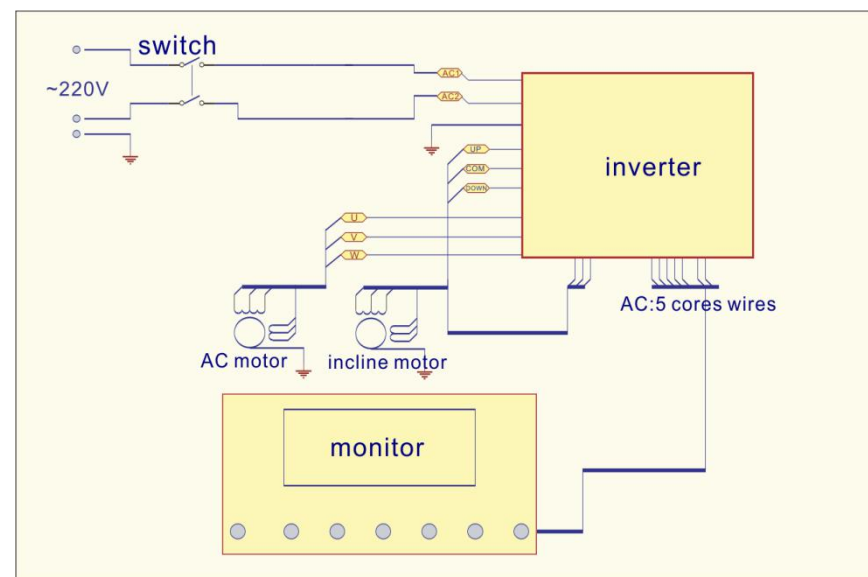
7.EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

8.INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

Circuit diagram



Technical Specifications

Operating Voltage	voltage $\pm$ 10%(50Hz)	Distance Display	0.1-99.9km
User Weight	~180KG	Calorie Display	00-999kcal
Dimensions	2000x876 x1625mm	Heart Rate	40-250beat/m
Running Area	1450x580mm	Speed Range	0.8-20km/h
Machine Weight	N.W.:178Skg/G.W.:162kg	Incline	0-21%
Packaging Size (LxWxH)	2170x1020x455mm 1050x1020x390mm	Ambient Temperature	0°C-40°C
		Safety Protection	Multiple Protection
Motor Power	220VAC	Peak Power	70HP
Time Range	00:00-99:59(min:sec)	Driver	220VAC IOA
Console Display	Speed,Time,Distance,Calorie,Heart Rate,Running Program.Incline and so on		

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

1	RUNNING FRAME	23	SCREW M8×50	45	SCREW M5×16
2	COVER	24	RUBBER	46	SPRING RING 5
3	SCREW ST4.8×16	25	RUBBER 5	47	RIGHT POLE DOWN COVER
4	FOOT PART	26	RUNNING DECK	48	LEFT POLE COVER
5	INCLINE FRAME	27	RUNNING BELT	49	RIGHT POLE COVER
6	INCLINE FRAME AXLE	28	SCREW M8×45	50	CONTROL BOARD
7	SCREW M10×80	29	RUBBER	51	SCREW M4×10
8	SPRING RING 10	30	FRONT ROLLER		
9	SCREW M10×70	31	SCREW M10×30	52	5 CORE LINE
10	WHEEL PART	32	REAR ROLLER	53	DUST PREVENTION
11	RING 10	33	SCREW M10×85	54	POWER BOARD
12	SCREW M10	34	SIDE RAIL	55	POWER SWITCH
13	INCLINE MOTOR	35	RAIL BUTTON	56	POWER PLUG
14	SCREW M10×45	36	LED	57	SCREW ST3×8
15	SCREW M10×70	37	HORIZIONAL BELT	58	POWER LINE
16	MOTOR AC	38	RIGHT END CAP	59	FRONT COVER
17	MOTOR BELT	39	SCREW M5×12	60	FRONT COVER BUTTON
18	MOTOR FRAME	40	LEFT END CAP	61	OIL INSTALLING DECK
19	SCREW M8×20	41	RIGHT CONNECTING COVER	62	SCREW ST4.2×13
20	SCREW M8×20	42	SCREW M8×80	63	SID RAIL STOPPER
21	SPRING RING 8	43	LEFT CONNECTIONG COVER	64	MOTOR COVER
22	SPRING RING 8	44	LEFT POLE DOWN COVER	65	RIGHT POLE
66	SCREW M8×16	79	LEFT HANDLE RING	92	CUP
67	LEFT POLE WELDING	80	RIGHT HANDLE RING	93	SPEAKER 70X40
68	DISPLAY FRAME	81	LEFT HEART SENSOR	94	RESET BUTTON
69	DISPLAY UP COVER	82	RIGHT HEART SENDOR	95	FRONT COVER OF DISPLAY
70	SCREW ST4.2×25	83	HANDLE HEART SENSOR UP BASE	96	WIND DOOR

71	SCREW M8×50	84	HANDLE HEART SENSOR DOWN BASE	97	WIND DOOR FRAME
72	LEFT HANDLE STOPPER	85	BUTTON	98	USB BOARD
73	RIGHT HANDLE STOPPER	86	SWITCH BASE	99	MP3
74	LEFT HANDLE RUBBLE COVER	87	SWITCH	100	DISPLAY BOARD
75	RIGHT HANDLE RUBBER COVER	88	BOARD	101	DISPLAY FRAME
76	HANDLE RUBBER	89	BOARD	102	FAN
77	LEFT HANDLE RING	90	SAFETY KEY	103	DISPLAY BACK COVER
78	RIGHT HANDLE RING	91	DISPLAY DOWN COVER		

