

**Owner Manual For
Motorized treadmill
AC200**



Please read all precautions and instructions in this manual before in detail before using this equipment.

CONTENTS

Safety Tips-----2-4

Installation Steps-----5-8

Start Guide-----9-10

Warm-Up -----11

Safety exercise tips-----12

Operation Guide-----13-17

Maintenance-----18-19

Explosive View-----20

Part List-----21

Trouble Shooting Guide-----22

Safety Tips

- 1, Electric treadmill in a clean and smooth place, do not put electric treadmill on the thick carpet, lest affect the circulation of air in the lower part of the electric treadmill. Also do not put electric treadmill near water or outdoor use, pay attention to moisture-proof.
- 2, After the electric treadmill is fully installed and the motor protection cover. To connect to the power supply. Plug the power cord plug into the power outlet with safe grounding 10a, we recommend that you use a socket with an overcurrent protector to ensure the safety of the treadmill and the user.
3. Please do not remove the protective cover casually. If you need to open it for maintenance, make sure to pull out the power cord plug first. (it is recommended that professionals repair.
4. When placing the electric treadmill, do not block the wall socket. To facilitate the insertion of.
- 5, the electric treadmill power cord is dedicated, if the power cord damage, please purchase from the dealer, or directly contact the company.
5. Check the installed treadmill again to see if the bolt is locked.
6. Note that the electric treadmill is a special device. Do not modify it for use.
7. Do not insert any other items in any part of the equipment. Avoid damaging the equipment.

Attention

In order to avoid accidental injury, you must pay attention to the following:

- 1, to prevent injury, please warm up before exercise.
2. Any strenuous exercise can only start after 40 minutes after meals.
3. Before using the treadmill, check whether the power supply is loaded and the safety lock is effective. Then suck one end of the safety lock onto the treadmill. One end of the jacket or belt, in case of an emergency can be pulled off the safety lock.
- 4 when standing on the running belt please do not turn on, when the power on, the running belt may have a pause at the beginning of exercise. One must stand on a plastic skid board on either side of an electric treadmill until the running belt moves.
- 5, please naturally swing your arms while exercising, look ahead, do not look down at your feet.
6. Accelerate gradually when you exercise, until you adapt to the existing speed and then accelerate.
7. Do not wear too long when you exercise. Too loose clothes to be hooked to the electric treadmill, usually wearing rubber soles running shoes or fitness shoes.
- 8, the first time to use the electric treadmill, be sure to hold on to the handrails. Do not loosen the armrest until you feel comfortable.
9. The continuous movement can not exceed 90 minutes. Please unplug the power plug and remove

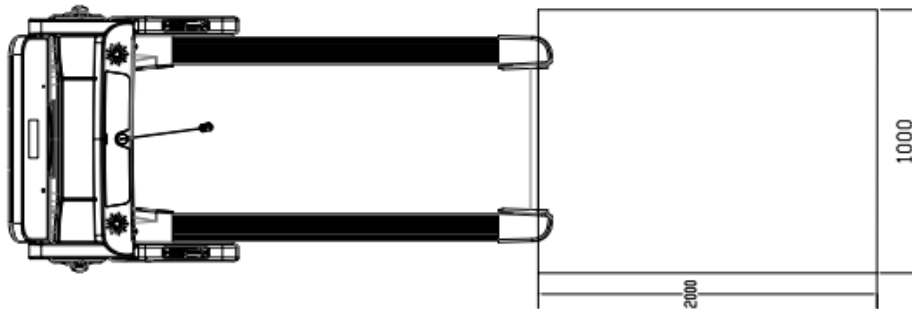
the safety switch in time to avoid overloading.

10. The safety key should be pulled off immediately during the exercise, hands on the handle, feet jump on the anti-skid board, and then leave.

11, when not using the treadmill, the safety lock should be put away. Do not be taken by children. Minors in the use of treadmill must be accompanied by adults.

12, before folding the treadmill must be completely stopped and reset; Folding is not allowed to operate the treadmill.

13, the rear of the treadmill must be reserved 2000mm × 1000mm space.



warning :

1. Two or more people are not allowed to use the treadmill at the same time.
2. Under the guidance of the doctor, please use.
3. The heartbeat monitoring system is for reference only and cannot be used as medicine. Excessive exercise can cause serious injury or death. If you feel dizzy, stop exercising immediately.
4. Children, disabled and pets stay away from the treadmill. All parts of the electric treadmill can be ordered at the local distributor. The distributor can provide you with the services you need.



GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

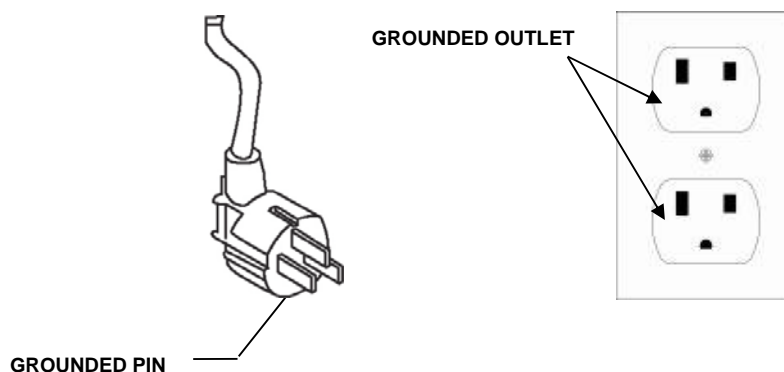
The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

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 products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.














The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug. There is no need to use any adapter for this product.

Figure
Grounding methods



Installation Steps

When you open the package you will find all parts of the treadmill, shown as the pictures

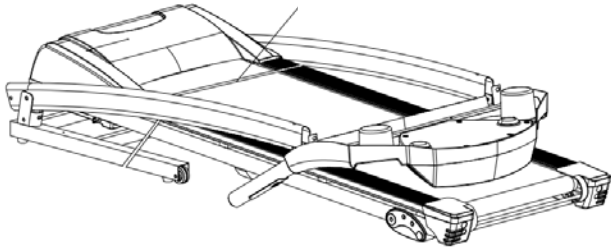
 1	 33	 34	 72	 73
 74	 10	 13	 26	 21
 57	 80	 70		

NO.	NAME	SPEC	Q'TY	NO.	NAME	SPEC	Q'TY
1	Base		1	13	Hexagon socket pan Bolt	M8*15	4
33	Base cover Right		1	26	Internal serrated lock washer	Φ8*1.2	6
34	Base cover Left		1	21	Self-tapping screw with cross - groove head	ST4*12	2
72	Allen Wrench	5#	1	57	Safety key		1
73	Allen Wrench	6#	1	80	Mp3 wire		1
74	Cross open end wrench	13 14 15	1	70	Lubricant oil		1
10	Hexagon socket pan Bolt	M8*45	6				

Installation Steps

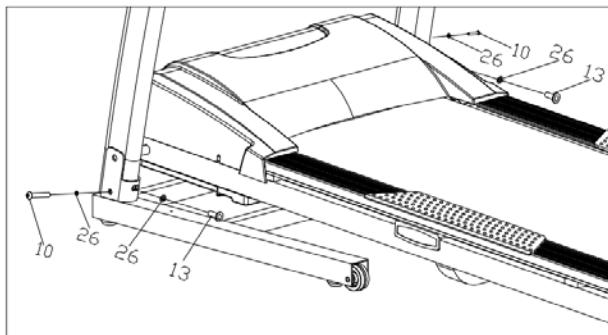
STEP 1

Place them on the ground, then cut open the tape.



Take out the treadmill from the carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the carton. Then Cut open the packing tape.

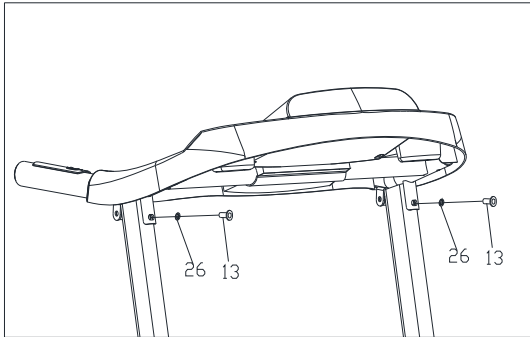
STEP 2



Use the Allen Wrench(72) to lock Hexagon Socket Pan Head Bolt(10), Washer(26), Hexagon Socket Pan Head Bolt(13) into uprights and base,not lock firmly.

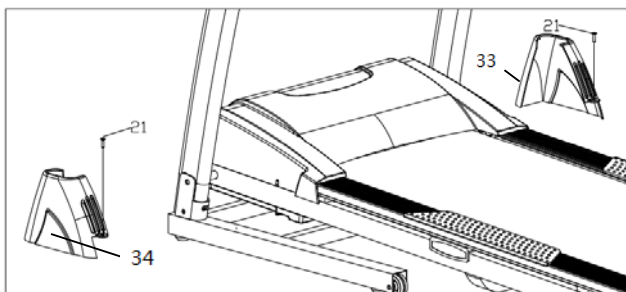
Installation Steps

STEP 3



Use the Allen Wrench(72) to lock Washer(26), Hexagon Socket Pan Head Bolt(13) into uprights and console rack, not lock firmly.

STEP 4

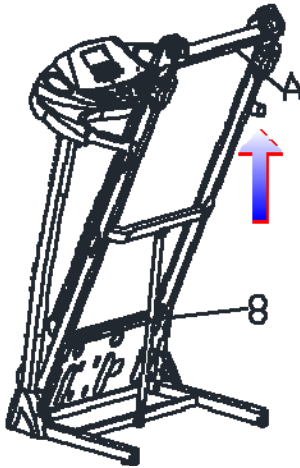


Use Cross open end wrench(74) to lock Pan head screw with cross groove(21),Then lock the Base cover Right & Left(33&34).

NOTE: make sure to lock all the screws after the installation according to the above requirements, and then switch on the power after checking that there is no omission. Please refer to the instructions for treadmill operation.

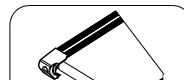
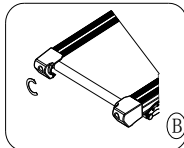
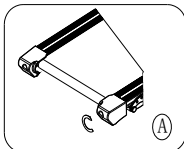
Installation Steps

STEP 5



Please raise base at the top of arrow named A, until hear the sound from gas spring

STEP 6



Please catch A, use your foot to kick gas spring, and press down a moment, then machine will be descent automaticly

**NOTE: For your safety and comfort, please check if all screws are fastened
Congratulation! A brand new motorized treadmill has been successful assembled!**

Start guide

preparation :

if you are 35 years old or have health problems, and this is your first fitness exercise, be sure to consult your doctor or professional before you use it. Before using an electric treadmill. Please stand by and familiarize yourself with how to control it-start, stop, speed adjustment, etc. You can use it when you are familiar with it. Then stand on the plastic skid board on either side of the treadmill and grab the handrails with your hands. Drive the machine to a low speed of 1.6 / 3.2 km / h, stand straight, look forward, and use one foot on the running belt. Then stand on the running belt and move with it. After feeling comfortable, slowly increase the speed to 3 / 5 km / h. Keep the speed at this speed for about 10 minutes, and then slowly let the machine stop.

take exercise :

Please stand by and familiarize yourself with how to control it-for example, adjust the speed and slope before you can use it. Walk about 1 kilometer at a fixed pace. Record the time taken. This may take 15-25 minutes. Walking at 4.8 km / h will take about 12 minutes. After you can easily do this a few times. You can gradually increase your speed and slope, so you can get good exercise for 30 minutes. Before you walk through the exercise program, be clear: don't be impatient, this exercise is for your own health throughout your life. Not overnight magic.

amount of exercise

Shortcut-exercise for 15-20 minutes is a good way to save time.

Warm up at 4.8 km / h for 2 minutes, then increase the speed to 5.3 km / h and 5.8 km / h. Each lasts 2 minutes. Then increase the speed by 0.3 km / h every 2 minutes until you feel breathing faster but not difficult. Maintain this pace of exercise. If you feel breathless, reduce your speed by 0.3 km / h. Leave four minutes to slow down. If you find it difficult to increase your intensity by increasing your pace. Then slowly increase the gradient. A slight increase in the slope will greatly increase the intensity of the movement.

The method of burning heat-this method will actually burn off the heat.

Warm up at 4.8 km / h for 5 minutes, then increase by 0.3 km / h every 2 minutes. Until you feel that 45 minutes of continuous exercise at a certain speed can be challenging. To enhance your exercise, keep it up for an hour on TV. Increase the speed by 0.3 km / h each time a commercial advertisement is broadcast, and then return to the previous speed movement on the next show, so that during the

advertising time and the subsequent increase in heart rate. The heat will be fully consumed. Finally, four minutes will be set aside to slow down

Frequency of exercise :

The goal is 3-5 times a week, 15-60 minutes per exercise. It's best to schedule exercise first. Instead of exercising according to your own preferences, you can master the intensity of your exercise by adjusting the speed and slope yourself. We advise you not to set the slope at the beginning; But when you want to increase the intensity of exercise, increasing the slope of the electric treadmill is a very effective way

Warm up

It's best to stretch before exercise. Warm muscles are easier to stretch. So warm up for 10 minutes with 5 minutes. Then stop and stretch as follows-5 times, 10 per leg at a time. Do it again after exercise is over for seconds or more.

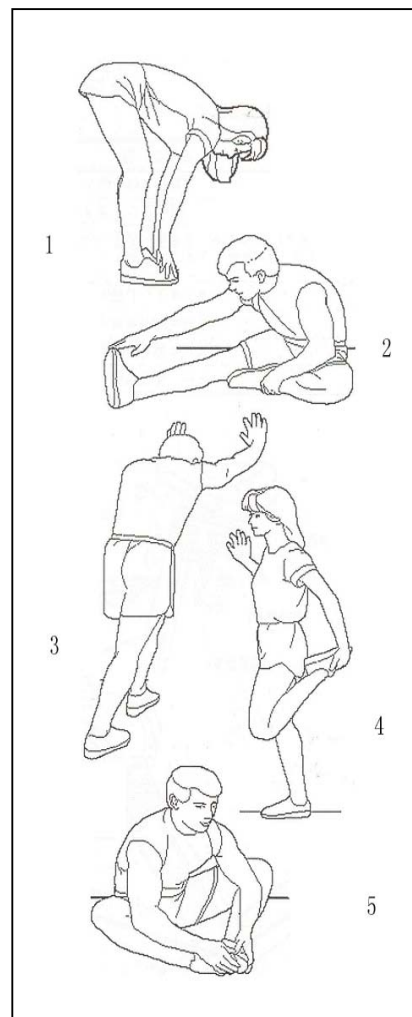
1. Stretch downward: bend your knees slightly, bend slowly forward, relax your back and shoulders, and touch your toes with your hands as much as you can. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure 1).

2. Stretch your feet: sit on a clean cushion and stretch one leg straight. Turn the other leg inward. Keep it close to the inside of a straight leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 2).

3. Extension of calf and foot tendon: two stand on wall or tree, one foot behind. Keep hind legs upright and heel to the ground, incline to wall or tree. Hold for 10 to 15 seconds. Then relax. Repeat each leg 3 times (see figure 3).

4. quadriceps stretch: hold the balance on the wall or table with your left hand, then stretch back with your right hand, grab your right heel and pull slowly toward the hip. Until you feel the muscles in front of your thighs tense. Hold on for 10 to 15 seconds, then relax. Repeat each leg 3 times (see figure 4).

5. The sartorius (muscle on the inside of the thigh) is stretched: the soles of the feet are opposite, the knees face out, and the hands grab the feet and pull towards the groin. Hold for 10 to 15 seconds. Then relax. Repeat 3 times (see figure 5).



Safety exercise tips

Before taking exercise, consult a professional. He or she can help you recommend the frequency, intensity and time of exercise commensurate with your age and physical condition. If you feel chest tightness or chest pain during exercise. Irregular heartbeat, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

If you often use an electric treadmill, you can choose the normal walking speed or the jogging speed when you choose the speed.

If you are inexperienced or unsure of the most appropriate test speed, refer to the following guidelines:

1-3.0 kilometers per hour people with poor constitution

A person who is accustomed to sitting or not exercising at a speed of 3.0-4.5 kilometers per hour.

4.5-6.0 km / h constant speed walker

6.0-7.5 km / h fast walker

7.5-9.0 km / h jogger

9.0-12.0 km / h medium speed runner

12.0-14.5 kilometers per hour experienced runners

Excellent runners with speeds of 14.5-16.0 km / h

Please note that a speed less than or equal to 6 kilometers an hour is more appropriate for a walker, and a speed greater than or equal to 8.0 kilometers an hour for a runner.

OPERATION GUIDE



I. Window description:

"START" , " STOP" , " PROGRAM" , " MODE" , " SPEED▲/▼" " INCLINE.

II. Button function:

1. "PROG" button: program selection key. The selection order is: Manual mode / P1-P40 preset programs/ FAT cycle.
2. "MODE" button:
 - 2.1 Select key for countdown mode, in standby status. Selection order is: Manual mode, time countdown, distance countdown, calorie countdown, U1-U5(User setting programs) cycle.
 - 2.2 In the state of measuring FAT mode, select the key for measuring FAT parameters: The selection order is "gender", "age", "height" and "weight".
- 3."START" button: Press this key and the treadmill starts at 3 seconds from the lowest speed or the default program speed. Start running.
4. "STOP" button: Press this button during exercise, the treadmill slowly decelerates to the standby state after stopping.
5. "SPEED ▲/▼" button: Speed adjustment. Adjust speed during exercise; When stops, can be used to adjust the parameters.
6. Quick SPEED button: 3, 6, 9km/h
7. Quick INCLINE button: 3, 6, 9

III. Safety key function

Any time the safety key is disconnected, the treadmill quickly stops running, all data is cleared. All windows show "--". All normal operations must be done in the state that the safety key is connected.

IV. Pulse measurement:

Hold the left and right handrails with both hands, and the "PULSE" window will show your heartbeat after about 5 seconds. For a more accurate heartbeat, stand on the treadmill and measure it when it stops. And hold the handrails at least 30 seconds. The heartbeat data is only for workout reference, cannot be used for medical purpose.

V : EACH VALUE RANGE :

	Initial	Setting initial value	Setting range	Show range
Program time(min:sec)	0:00	30:00	5:00-99:00	0:00~99:59
Speed(km/h)	0.0	N/A	1.0-14.0	0.0 - 14.0
Incline	0.0	N/A	1.0-15.0	0.0 - 15.0
Distance(km)	0.0	1.0	0.5 - 99.9	0.0 - 99.9
Calories(cal)	0	50	10 - 999	0 - 999
Moed time(min:sec)	0:00	15:00	5:00-99:00	0:00~99:59

VI. USER MANUAL PROGRAM :

There are 5pcs of user manual program besides 40 workout-in programs:U1、 U2、 U3、 U4、 U5.

While the treadmill is in stand-by situation,press "PROGRAM" button continually until occur U1 U2 U3 U4 U5,and set working time,then press "START" button.

VII. BODY FAT :

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

While the treadmill is in stand-by situation,press "PROGRAM" button continually until occur FAT,then press "MODE" button to set sex/age/height/weight,then press "MODE" button again,and push your hands on handrail button,it will occur your body fat value within 8 seconds.

Parameter	Default	SETTING RANGE	REMARK
SEX (F1)	1 (MALE)	1—2	1=MALE 2=FEMALE
AGE (F2)	25 Years	10—99 Years	
HEIGHT (F3)	170 CM	100—200 CM	
WEIGHT (F4)	70KG	20—150KG	
RESULT (F5)	AS BELOW		

TREAT ASIAN AS STANDARD,RESULT:FAT ≤ 19 -- Under weight

$19 < \text{FAT} \leq 25$ -- Normal weight

$25 < \text{FAT} \leq 29$ -- Over weight

$\text{FAT} \geq 30$ -- Obesity

Special note: this data is only used as a motion reference and can not be regarded as medical data.

40 built-in program data sheets

P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	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	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1

P21	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P22	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P23	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P24	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P25	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P26	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P27	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P28	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P29	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P30	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P31	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
P32	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P33	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P34	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P36	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1

VIII. Error code and trouble-shooting :

Error Code	Error Description	Trouble-shooting
E1	A、 Signal wire is abnormal	Check signal wire is fully well inserted.Replace it if damaged.
	B、 Console pcb is abnormal	Change console pcb
	C、 Motor is abnormal	Change motor
E2	A、 Inverter is abnormal	Change inverter
E3	A、 Speed sensor is not firmly connected	Check and link well
	B、 Speed sensor is broken	Change speed sensor
	C、 Speed sensor is not connected with inverter	Check and link well
	D、 Inverter is abnormal	Change inverter
E5	A、 Running belt is rubbing too much	Add lubricant oil
	B、 Inverter is damaged	Change inverter
	C、 Motor is damaged	Change motor
E6	A、 Motor is abnormal	Change motor

Maintenance guide

Warning: be sure to remove the power plug from the electric treadmill before cleaning or maintaining the product.

Cleaning: full cleaning will extend the life of an electric treadmill.

Remove dust regularly to keep the parts clean. Be sure to clean the exposed parts on either side of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean. Avoid taking foreign objects into worn running boards and running belts under the running belt. The surface of the running belt should be scrubbed with soapy wet cloth. Be careful not to spill water on the electrical components and under the running belt.

Warning: be sure to remove the plug from the power supply of the electric treadmill before moving the motor cover. Clean the running belt and electric running oil at least once a year

The running board and belt of this electric treadmill have been pre-lubricated. The friction force between the running belt and the running board has a great effect on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil on a regular basis.

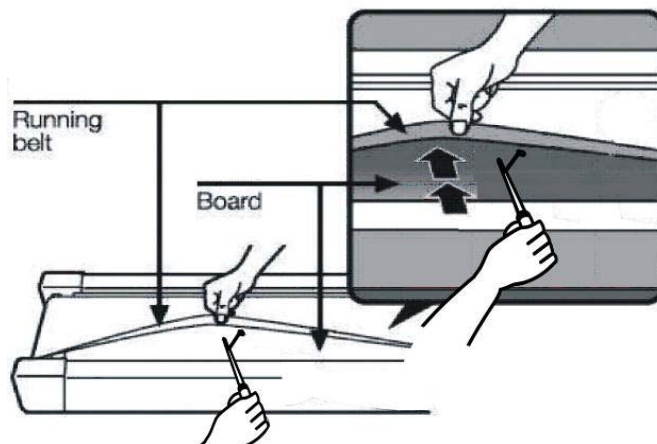
We recommend a regular inspection of the board. If the board is damaged, please contact our customer service center.

We recommend that the running belt and the running board of the electric treadmill be lubricated with the following schedule:

Lightweight users (less than 3 hours per week) are used once a year;

Middleweight users (3-5 hours per week) are used once every six months;

Heavyweight users (more than 5 hours per week) are used every 3 months.



Running belt adjustment:

1. In order to better maintain your electric treadmill and prolong the life of the machine, it is recommended that you continue to use it for 2 hours

Turn off the power and let the machine rest for 10 minutes.

2. If the running belt is too loose, it will slip while running; if it is too tight, it may reduce the performance of the motor. And make roller, running belt wear aggravated. When the running belt is tight, you can use your hands to carry the running belt from both sides of the run.

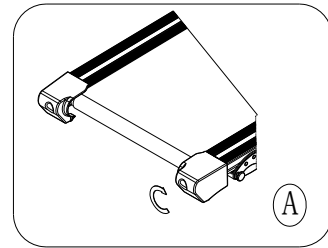
The step board is about 50-75 mm.

Running belt alignment :

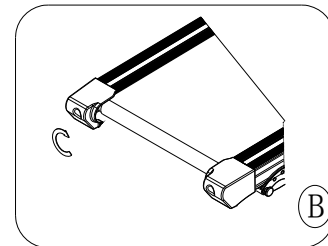
Put the electric treadmill on a flat ground.

Make the electric treadmill run at a speed of about 6-8 km / h and observe the running zone deviation.

If the running belt is biased to the right, unplug the safety lock, power switch, rotate the right adjustment bolt 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Observe running zone deviations. Repeat the above steps until the running belt is centered. Figure A.

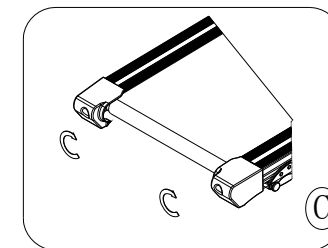


If the running belt is biased to the left, unplug the safety lock, power switch, rotate the left adjustment bolt 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Observe running zone deviations. Repeat the above steps until the running belt is centered. Figure B

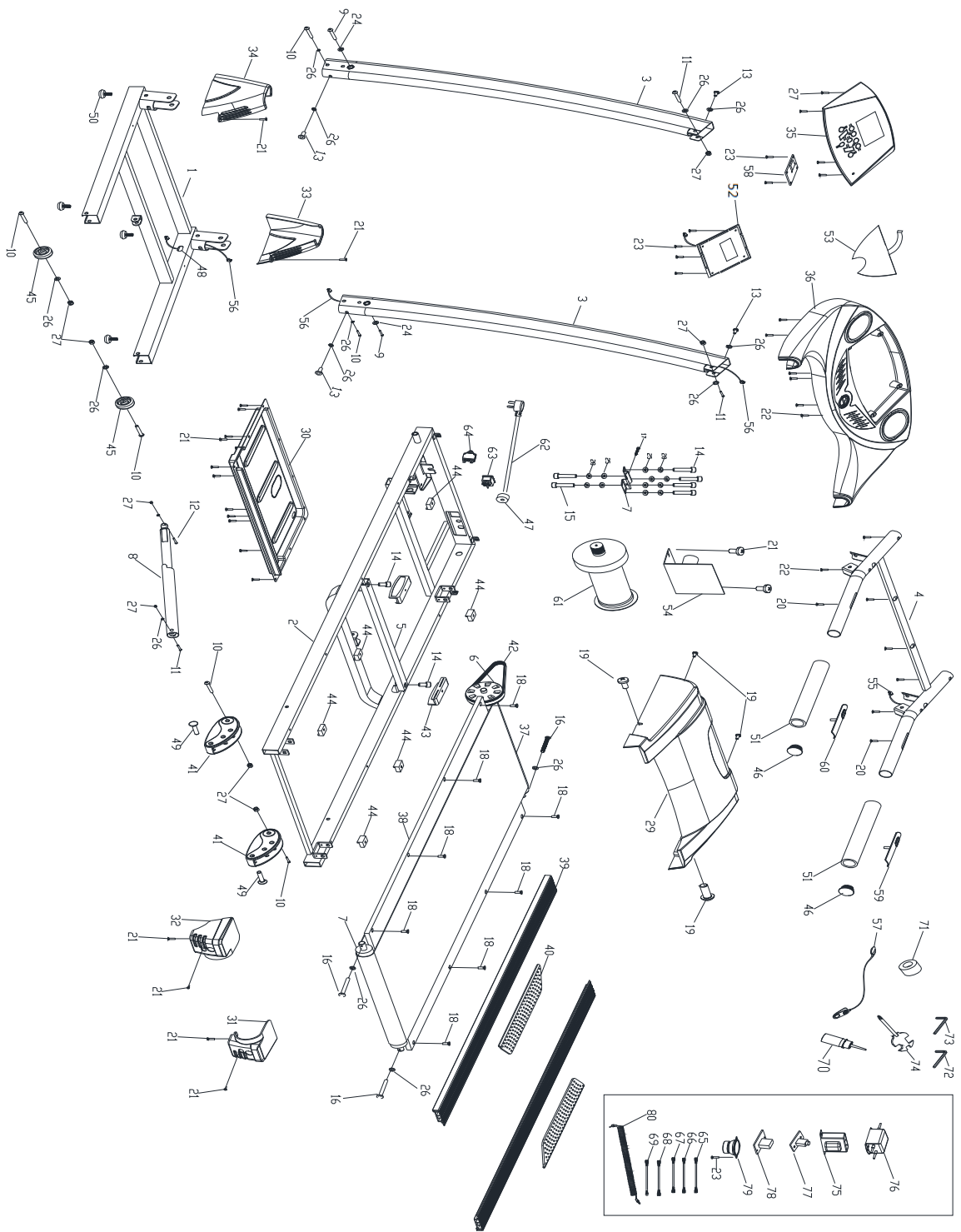


The running belt will gradually relax after the above adjustment or use for a period of time, which needs to be adjusted.

Unplug the safety lock, the power switch, and at the same time rotate the adjustment bolts on the left and right sides 1/4 times clockwise, insert the power switch, safety lock, and make the treadmill run. Then stand on the running belt to confirm the tightness. Repeat the above steps until the belt is moderately tight. Figure C



Exploded view



Part list

No.	Description	Qty	Remark
1	Base	1	
2	Main frame	1	
3	Base tube	2	
4	Console rack	1	
5	Running board Fixed iron	1	
6	Front Roller	1	
7	Rear roller	1	
8	Air cylinder	1	
9	Hexagon socket pan Bolt	2	M10*105
10	Hexagon socket pan Bolt	6	M8*45
11	Hexagon socket pan Bolt	3	M8*40
12	Hexagon socket pan Bolt	1	M8*25
13	Hexagon socket pan Bolt	4	M8*15
14	Hexagon socket head bolt	4	M8*15
15	Hexagon socket head bolt	4	M8*12
16	Hexagon socket head bolt	3	M8*60
17	Outer hexagonal bolt	1	M8*75
18	Hexagon socket countersunk head bolt	8	M6*28
19	Large flat head screw with cross groove	4	M5*10
20	Cross self - tapping self - drilling screw	2	ST4*20
21	Self-tapping screw with cross - groove head	20	ST4*12
22	Self-tapping screw with round head with cross groove	12	ST4*15
23	Self-tapping screw with round head with cross groove	6	ST2.2*8
24	Flat washer	2	Φ 10*1.2
25	Flat washer	6	Φ 8*1.2
26	Internal serrated lock washer	15	Φ 8*1.2
27	locknut	8	M8
28	Standard spring washer	6	Φ 8
29	Motor cover	1	568*352*110
30	Belly pan	1	540*318*21
31	End cap Right	1	
32	End cap Left	1	
33	Base cover Right	1	
34	Base cover Left	1	
35	Console PCB	1	
36	Console cover UP	1	
37	Running belt	1	
38	Running board	1	
39	Side rail	2	
40	Pedal	2	

No.	Description	Qty	Remark
41	Manual regulator	2	
42	Motor belt	1	
43	Cushion	2	100*30*28
44	Cushion	6	30*23*14
45	Handing wheel	2	
46	Handrail pipe plug	2	
47	Power cord	4	
48	Ring guard plug	1	∅ 24*∅ 18*6
49	Bolt	6	∅ 27*∅ 10*40
50	Adjust the floor mat	4	
51	Handrail foam	2	
52	Console	1	
53	Key pad	1	
54	Controller PCB	1	
55	Upper cable of console	1	
56	lower cable of console	1	
57	Safety key	1	
58	Safety key sensors	2	
59	Heart rate right	1	
60	Heart rate left	1	
61	DC Moter	1	
62	Power line	1	
63	Power swich	1	
64	Overload protector	1	
65	Wire bule	2	
66	Wire brown	1	
67	Wire brown	1	
68	Wire blue	1	
69	Ground wire	1	
70	Lubricant oil	1	
71	Magnet ring		
72	Allen Wrench	1	#5
73	Allen Wrench	1	#6
74	Cross open end wrench	1	13 14 15
75	Inductance	1	optional
76	Filter	1	optional
77	MP3 set		
78	USB set		optional
79	Speaker		
80	MP3 wire		

Trouble shooting guide

ERROR CODE	SYMPTOM	
E01	No speed sensing information, problem on speed sensor.	
E02	Input voltage overload.	
E03	Input current overload.	
E04	Motor defection.	
E06	Defection on cables between computer and controller.	
E09	Error on controller proofreading with incline motor.	
E0P	Error on controller proofreading with motor.	
E0C	Short circuit protection.	
E07	Safety off.	
E0E	Eeprom error.	
PROBLEM	POSSIBLE CAUSES	CORRECTION
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in. 2. Safety key not attached correctly. 3. Treadmill circuit breaker tripped. 4. On/Off switch not turned on. 5. Auto shut down timed out. 	<ol style="list-style-type: none"> 1. Tighten into suitable outlet. 2. Insert safety pull pin. 3. Reset circuit breaker. 4. Turn on On/Off switch. 5. Unplug and re-plug electrical cord.
Treadmill belt slipping	<ol style="list-style-type: none"> 1. Walking belt too loose. 2. Deck needs lubrication. 	<ol style="list-style-type: none"> 1. Tighten walking belt. 2. Lubrication belt and deck.
Treadmill noisy	<ol style="list-style-type: none"> 1. Loose hardware. 2. Motor straining. 3. Clicking sound-roller knocking. 	<ol style="list-style-type: none"> 1. Tighten visible screws, nuts and bolts. 2. Check the belt tension-3 finger test. 3. Adjust rear rollers-check the tension.
Inaccurate pulse rate	<ol style="list-style-type: none"> 1. Too much hand movement. 2. Palms too wet. 3. Gripping handgrips too tight. 4. Wearing rings. 	<ol style="list-style-type: none"> 1. Stand on the side rails to obtain accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.