
COSCO[®] *f*ITNESS

MOTORIZED TREADMILL

USER'S MANUAL

Model No. Sprint 30



Read all instruction carefully before use this product. Retain this owner's manual for the future's reference.

Safety precautions

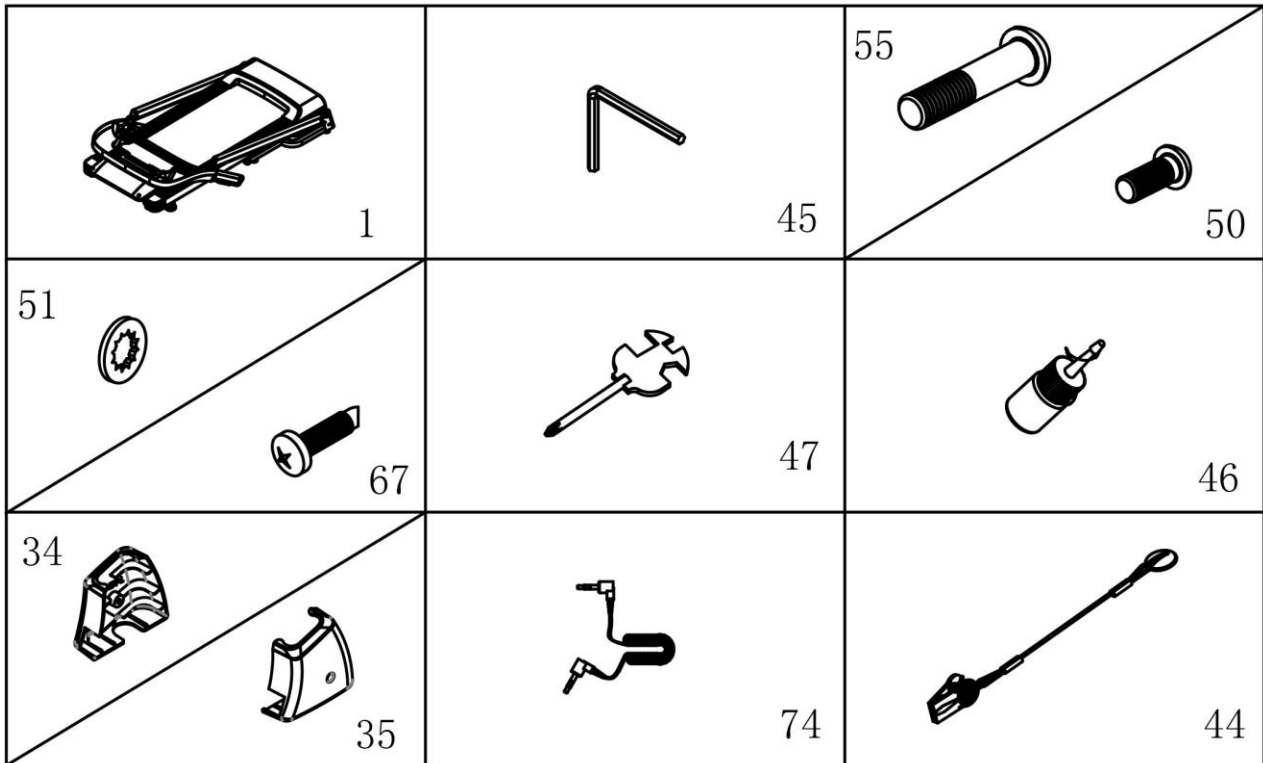
Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

Attention :

1. Ensuring the safety clamps 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-Mints 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-using equipment, not outdoor-using for avoiding damage. Keep the store-place clean and flat, drying. Prohibiting the other purpose using, only for workout.
11. Please purchase the power-line to the distributor or contact with our company directly, for the power-line only equip to the treadmill.
12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
13. Do not connect 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. ◦
14. Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep thee wire unbroken.Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment .You must contact with the professional people directly while the line is damaged.
15. This Treadmill only for home-using. Max user weight: 100KGS
- 16.Safety area behind the treadmill : 1000*2000MM

Assembly Instructions

When you open the carton, and you will find the below parts in the carton



PART LIST:

NO	DES.	Specification	Nos.	NO	DES	Specification	Nos
1	Main Frame		1	47	Wrench with screw driver		1
45	5# Allen Wrench	5mm	1	46	Oil bottle		1
55	Bolt	M8*45	2	34	Left base cover		1
50	Bolt	M8*16	6	35	Right base cover		1
51	Lock washer	8	8	74	MP3 Wire	OPTIONAL	1
67	Bolt	4.2*19	2	44	Safety key		1

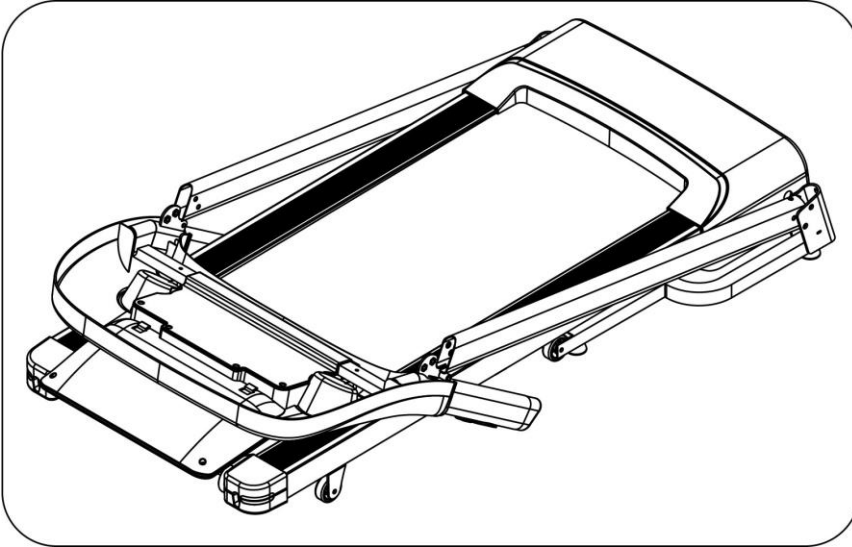
FIXING TOOLS:

5# Allen Wrench 5mm 1pc

Wrench with screw driver 1pc

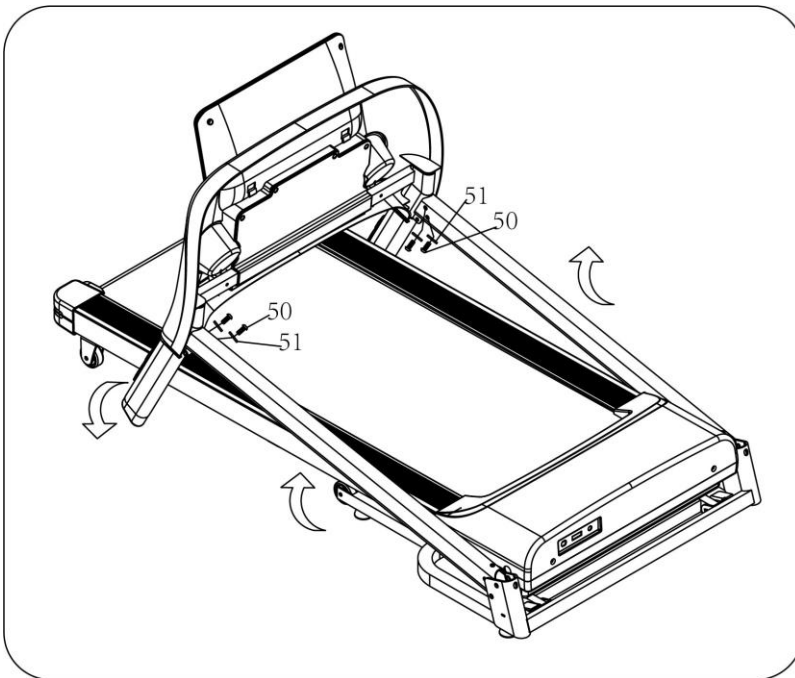
Notice: Do not get through power before complete assembly

STEP 1 :



1. Open the carton, take out the above spare parts, put the Main Frame on the level ground.

STEP 2:



1. Hold on the Computer frame and use the 5# Allen wrench, bolt(50) and lock washer (51), fix the computer frame onto the right and left upright.

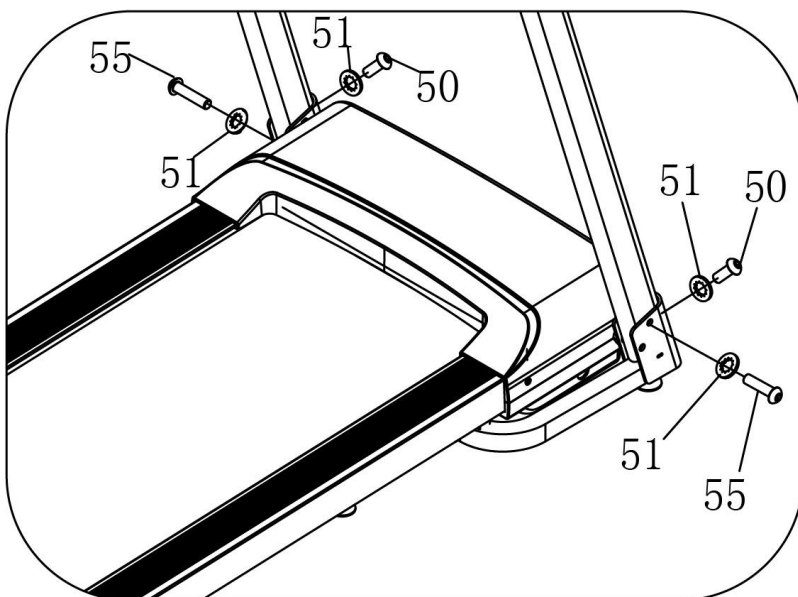
Left picture for reference.

STEP 3:



1. Push up the Computer and L&R uprights.

STEP 4:

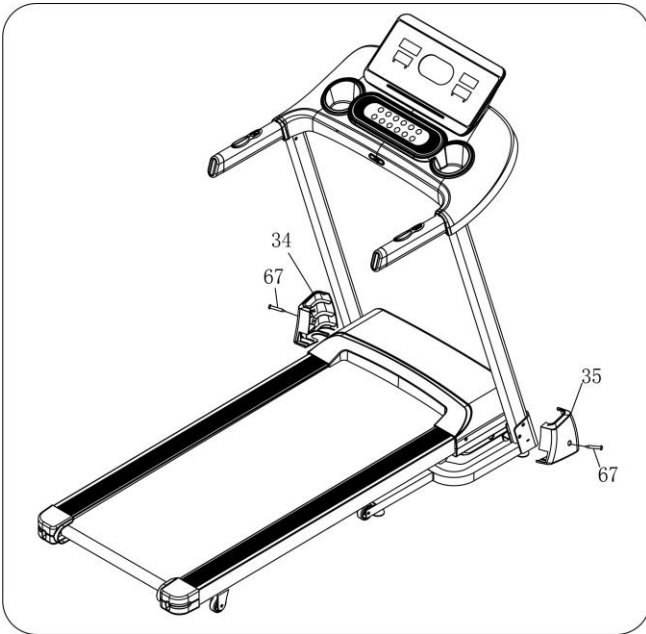


1. Use 5# Allen wrench, firstly lock upright onto base frame by bolt (55) and lock washer (51), then lock upright onto base frame by bolt (50) and lock washer (51).

Left the same as right, see left picture.

Notice: Support the upright with hand to avoid falling down to have any hurt.

STEP 5:



1. Use the Wrench with screw driver, lock the Bolt (67) and Left base cover (34) to the Base Frame;

Right side assembly method same as left side.

Notice: Support the upright with hand avoid falling down to have any hurt.

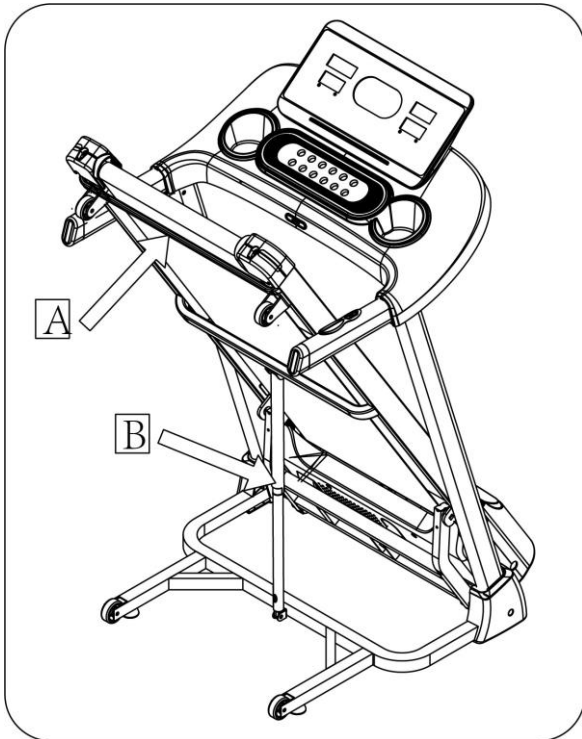
STEP 6:



1. Put the safety key (44) on the computer.

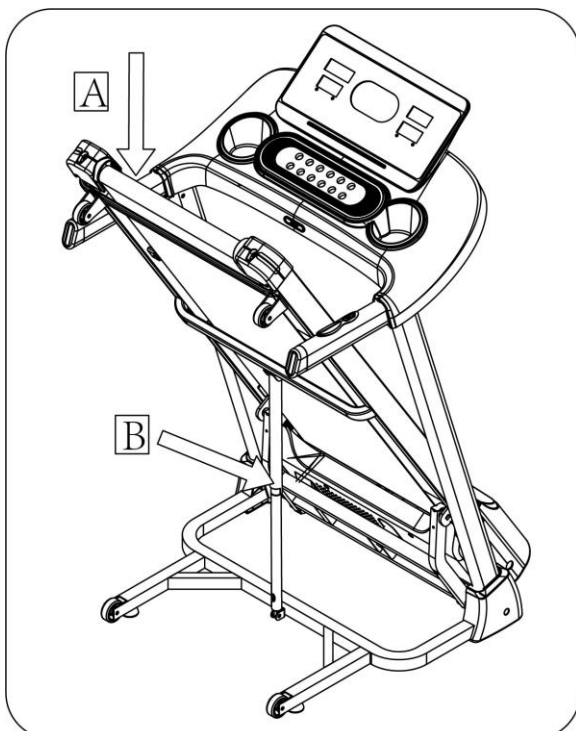
Folding Instruction

Pulling up:



1. Pull up the base frame at position (A) till hearing the sound that the air pressure bar (B) is locked into the round tube.

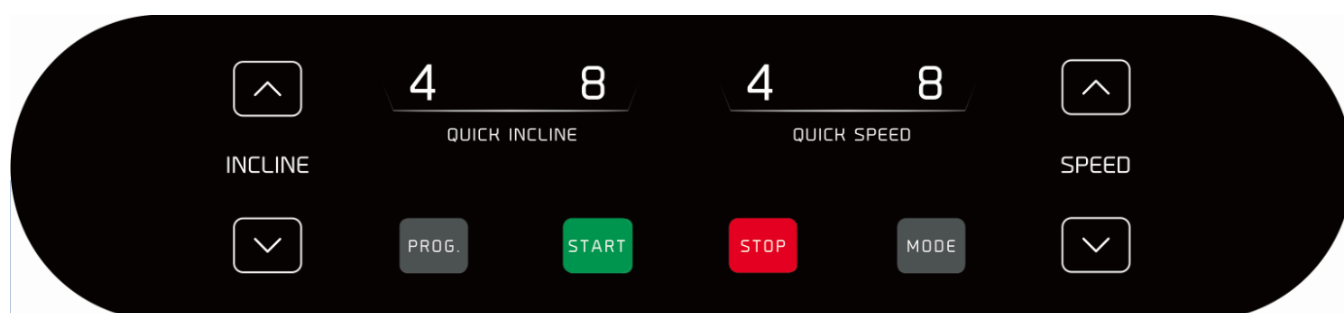
Pulling down:



1、 Support place A with hand , kick the place of air pressure bar, then the base frame will fall down automatically
(Please keep anybody and any pet away the machine when falling down).

Operation Guide

1. DISPLAY WINDOW



2. LED WINDOW DISPLAY DETAILS:

TIME: Show running time;

SPEED: Show speed;

INCLINE/CAL.: Show incline level and calories, When the corresponding icon is lit, the corresponding element is displayed;

PULSE/DIST.: show heart beat data and distance. When the corresponding icon is lit, the corresponding element is displayed;

3. BUTTON FUNCTION

“START” button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

“STOP” button: Press this button to stop the machine, the machine will slow the speed still stop.

“PROG” button: Press this button to choose program from manual mode—P1----P15---FAT;

“MODE” button: When machine in standby state, press this button to choose the mode: manual mode-time count down mode-distance count down mode-calories count down;

SPEED▲、▼: Adjust the speed. Press the button to adjust the speed when running, and adjust the data

when stop;

INCLINE ▲、▼: Adjust the incline. Press the button to adjust the incline when running, and adjust the data when stop;

SPEED (4, 8) : Adjust the speed quickly.

INCLINE (4, 8) : Adjust the incline quickly.

When any key is pressed effectively, it will be accompanied by a prompt tone, and when the parameter adjustment of the key exceeds the limit, it will be accompanied by a long tone prompt. There will be no prompt tone when the key press is invalid.

4. SAFETY KEY FUNCTION

Pull out the safety key, the treadmill will stop quickly, All normal operation must be in the state of safety key locked.

5. HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after 5 seconds. In order to get the heart beat more correct, please test when the machine stop, and holding the hand pulse more than 30 seconds. The heart beat data is just for reference, can not be as the medical data.

6. RUNNING DATA DISPLAY AND SETTING RANGE

	INITIAL DATE	INITIAL SETTING DATE	SET RANGE	SHOW RANGE
SPEED(KM/H)	1-16KM	-----	-----	-----
INCLINE	12%	-----	-----	0—12%
MODE TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9 KM	1.00KM	-----	0.5KM—99.9KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—990Kcl

7.DATE TABLE:

PROGRAM \ TIME		Setting time/20= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	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
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

8. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the window. 'FAT' is body fat test mode. Press 'MODE' button to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and window will show "-1-", "-2-", "-3-", "-4-". When set each parameter, press SPEED ▲/▼ to adjust the data, and window will show the data and press 'MODE' button to finish, and the window will show "-5-" and "---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

8.1 Data display and set range

Parameter Type	default	Setting range	mark
SEX (-1-)	0 (MALE)	0—1	0=MALE 1=FEMALE
AGE (-2-)	25	10—99	
HEIGHT (-3-)	170 CM	100—240 CM	
WEIGHT (-4-)	70KG	20—160KG	

8.2 BMI reference

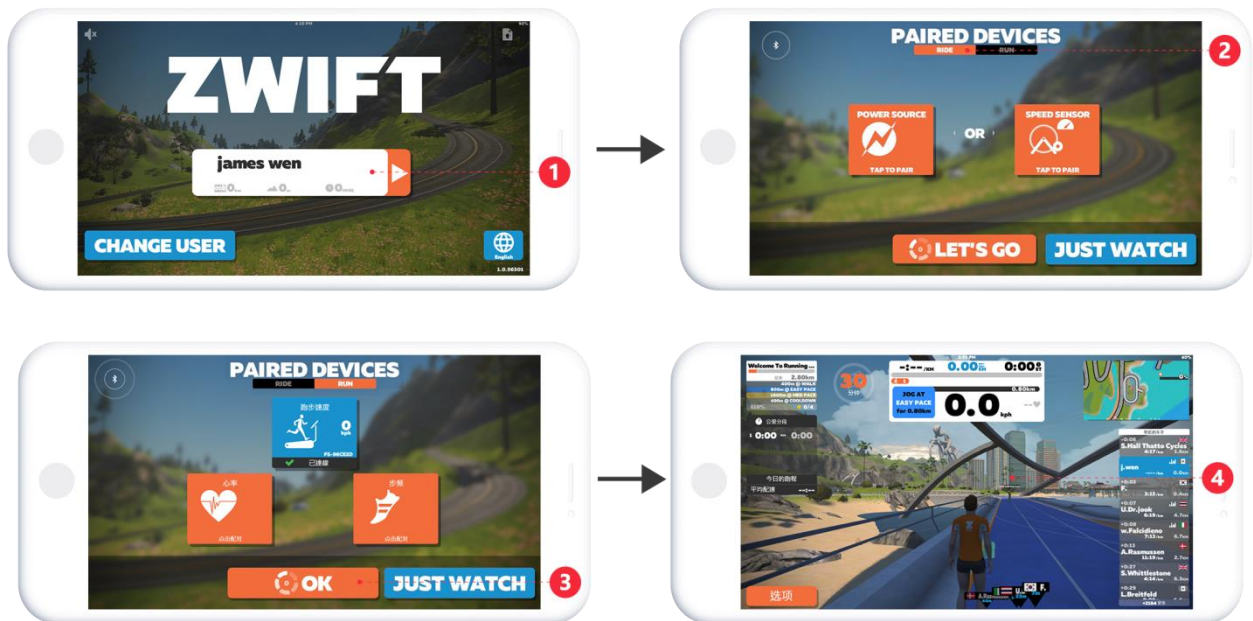
(BMI)	
FAT ≤19	Under weight
19<FAT ≤25	Normal weight
25<FAT ≤29	Over weigh
FAT ≥30	Obesity

9. Bluetooth speaker function

Open the Bluetooth of your phone or IPAD searching the Bluetooth, after successfully connect to it. The music you play on Phone or IPAD will sing from treadmill speaker.

10. Bluetooth APP

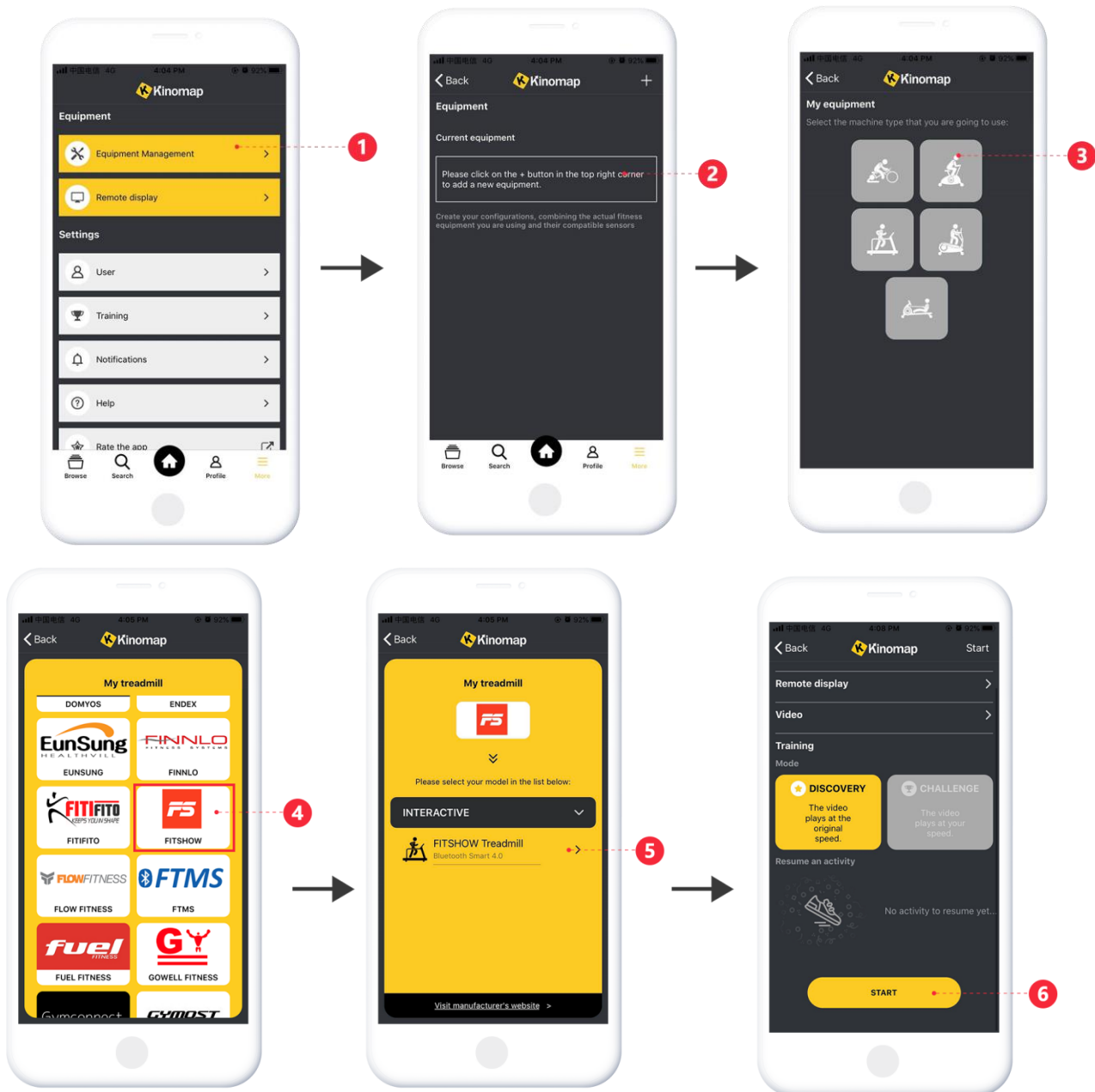
ZWIFT



Search, download, and install ZWIFT over the App Store.

- 【1】 Enter ZWIFT to register an account;
- 【2】 Login account to select the paired riding or running equipment;
- 【3】 Pair device successfully, tap OK to start sport;
- 【4】 For riding equipment, start riding directly. For running equipment, need to press the start button to start running.

Kinomap



Search, download, and install Kinomap over the App Store.

- [1]** Enter Kinomap to select [More] page;
- [2]** Select to add more fitness equipment;

-
- 【3】** Select the desired device type;
 - 【4】** Tap FiteShow entrance;
 - 【5】** Tap the matching devices like 'Fs-XXXX' to bind Find related videos to start sports.
 - 【6】** Find related videos to start sports.

TROUBLE SHOOTING

Fault Code	Main reason	Solution
E01	The wire from computer to bottom control board did not connected well	<ol style="list-style-type: none"> 1. Check the connection wire between computer and control board was well connected. 2. Make sure the IC on the control board was well inserted. If not re-insert. 3. Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	<ol style="list-style-type: none"> 1. Bad contact with motor open circuit. Please change a new motor or check the connector. 2. Power tube was puncture. Please change a new Power tube or control board.
E03	No sensor signal	<ol style="list-style-type: none"> 1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light. 2. Check if the plug of sensor is well connected 3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.
E05	Over current Protection	<ol style="list-style-type: none"> 1. Overloaded. 2. Running board with heavy resistance. Need to be oiled 3. Damage in Motor. Change a new motor.
E07	Parameter missing	<ol style="list-style-type: none"> 1. Change Control Board
E08	EEPROM Damage	<ol style="list-style-type: none"> 1. Change Control Board

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 can not 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/2Mints ,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.

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 heart beat, 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 1-3.0KM/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

Attention: The velocity of movement **≤6KM/H** , **the normal walking**; The velocity of movement **≥8.0KM/H** ,**the good runner**.

WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises .

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.

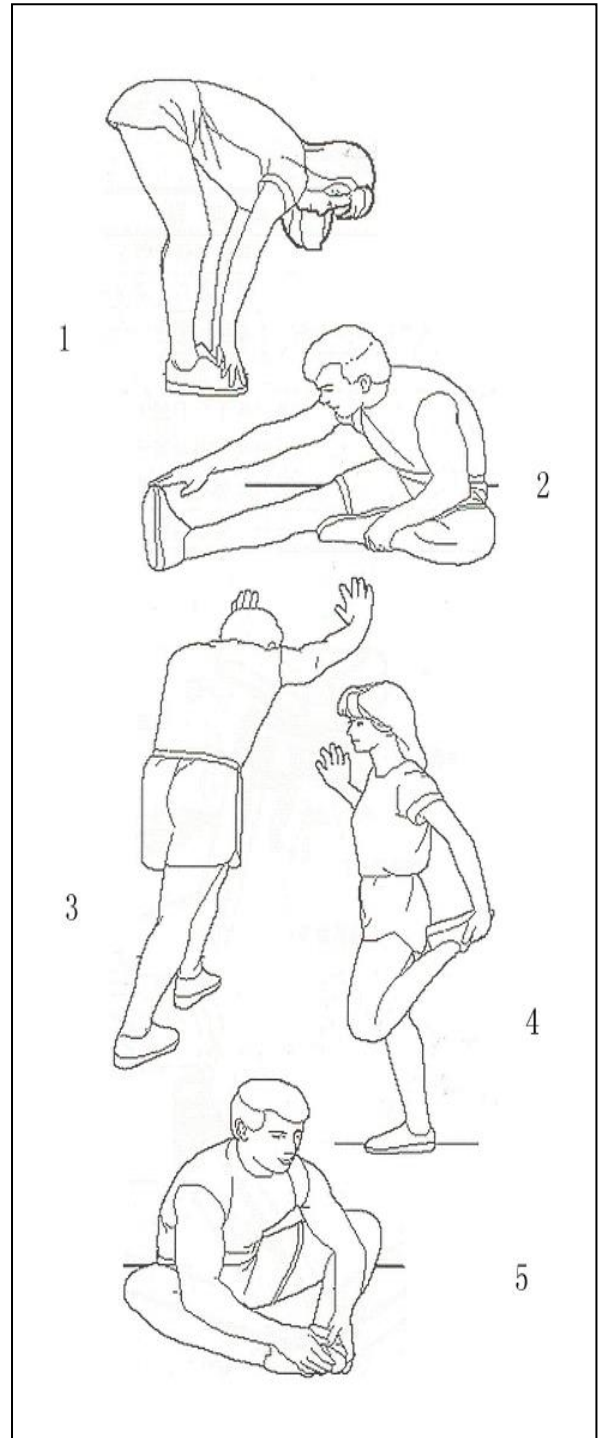
1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

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, 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, then relax. Repeat for each leg do three times (see Figure 3).

4. Quadriceps stretch: the left hand wall or table to 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, then relax. Repeat for each leg to do three times (see Figure 4).

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, then relax (see Figure 5).



RUNNING BELT ADJUSTMENT

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

Clean: General cleaning of 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 build up 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.

RUNNING BELT AND DECK LUBRICATION

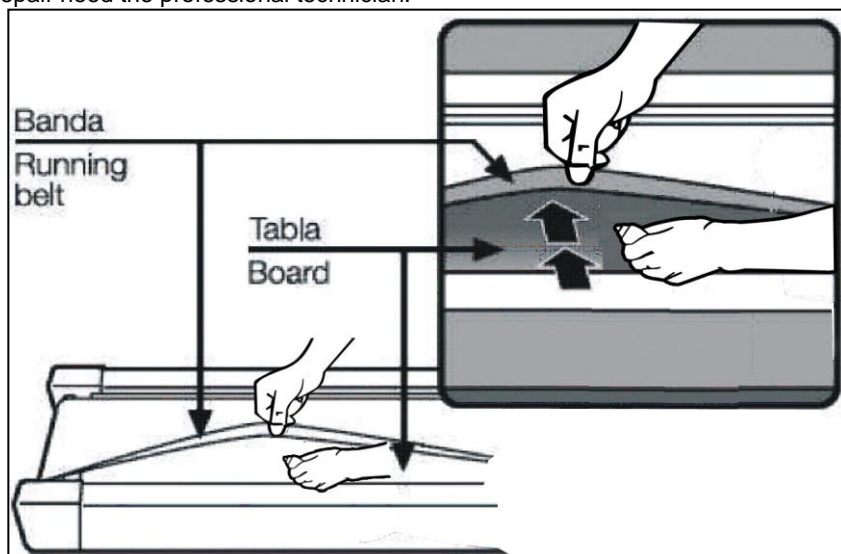
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you 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 need the professional technician.



1, We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

2,For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance

lates about 50-75mm on both sides ,if the best not too

CENTER THE RUNNING BELT

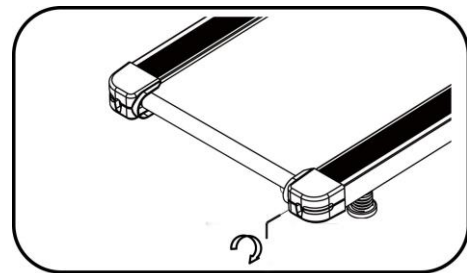
●Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

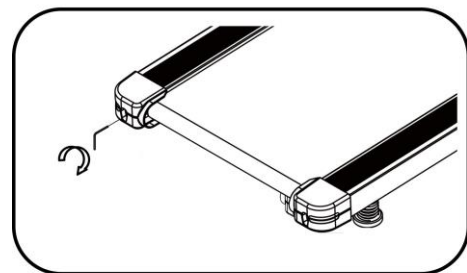
PIC A

If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B

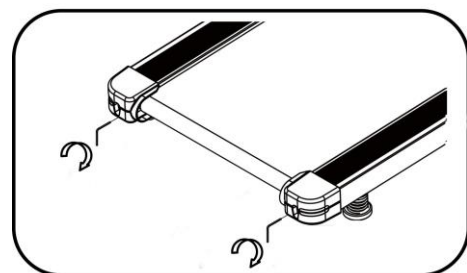
Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C



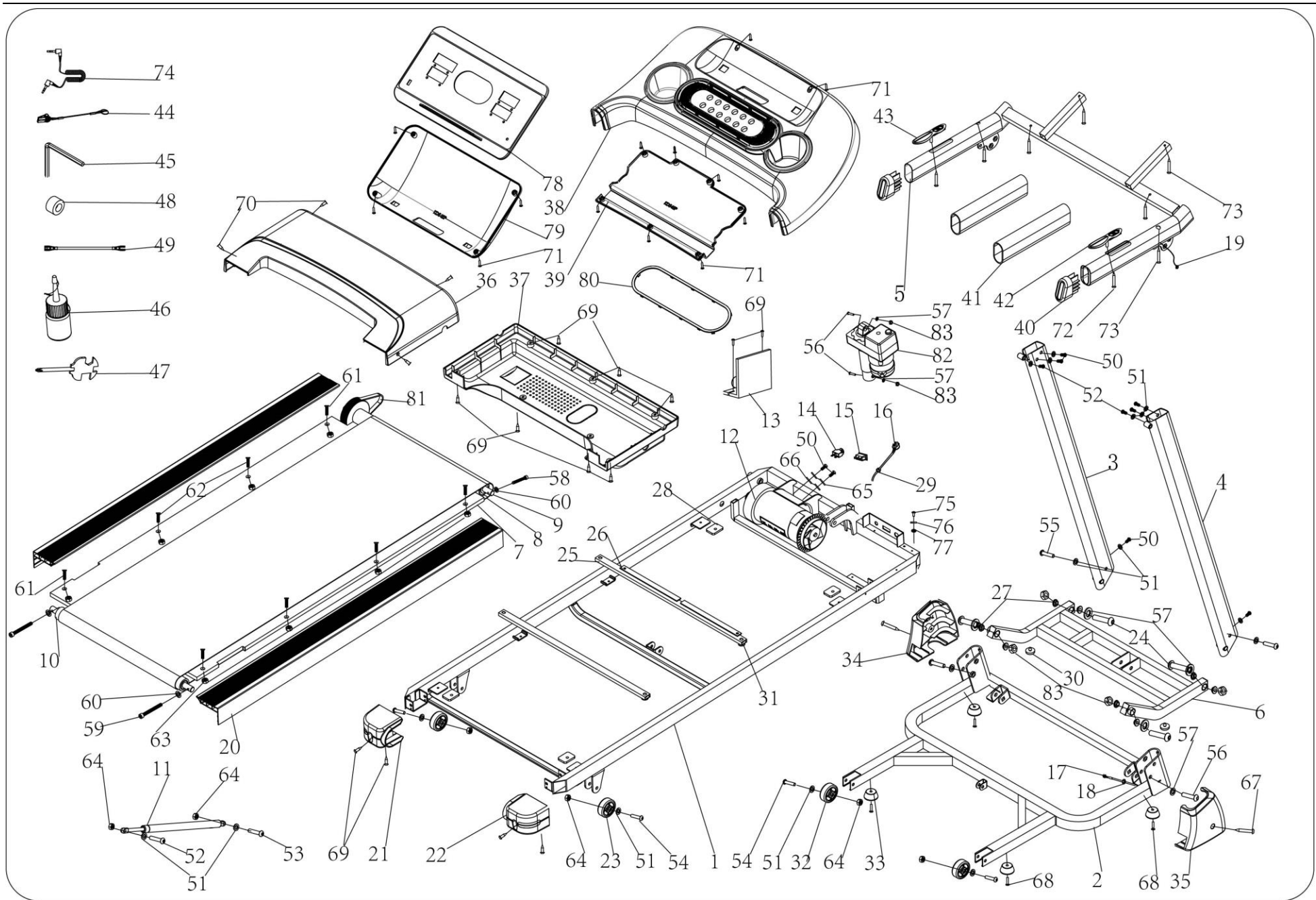
A



B



C



Exploded Parts Diagram

N	DESCRIPTION	SPECS.	QT	N	DESCRIPTION	SPECS.	QT
1	Main Frame		1	45	5# Allen Wrench	5 mm	1
2	Base Frame		1	46	Oil Bottle		1
3	Left Upright Frame		1	47	Wrench	S=13、14、15	1
4	Right Upright Frame		1	48	magnet Ring		2
5	Computer Bracket		1	49	Brown Wire		1
6	Incline Bracket		1	50	Bolt	M8*16	12
7	Running Board		1	51	Lock Washer	8	14
8	Running belt		1	52	Bolt	M8*25	3
9	Front Roller		1	53	Bolt	M8*42	1
10	Rear Roller		1	54	Bolt	M8*40	4
11	Cylinder		1	55	Bolt	M8*45	2
12	DC Motor		1	56	Bolt	M10*55	2
13	Control Board		1	57	Lock Washer	10	6
14	Over Protector		1	58	Bolt	M6*55	1
15	Power Switch		1	59	Bolt	M6*65	2
16	Power Line		1	60	Lock Washer	6	3
17	Computer bottom wire		1	61	Bolt	M6*30	4
18	Ring wire protector B		2	62	Bolt	M6*37	4
19	Computer Up wire		1	63	Bolt	M6	8
20	Side Rail		2	64	Bolt	M8	6
21	Right back end cover		1	65	Flat Washer	8	2
22	Left back end cover		1	66	Spring Washer	8	2
23	Wheel		2	67	Bolt	ST 4.2*19	2
24	Bolt	M10*45	4	68	Bolt	ST 4.2*25	4
25	Running Board Strengthen Tube		2	69	Bolt	ST 4.2*12	14
26	Strengthen Tube pad		4	70	Bolt	ST 4.2*19	4
27	Space casing		8	71	Bolt	ST 4.2*13	13
28	Cushion		4	72	Bolt	ST 4.2*45	2
29	Power Wire Buckle		1	73	Bolt	ST 4.2*35	6
30	Cushion Pad		2	74	MP3 wire	Option	
31	Nylon Pad		4	75	Bolt	M5*8	1
32	Transportation Wheel		2	76	Spring Washer	5	1
33	Foot Pad		4	77	Lock Washer	5	1
34	Left Base Cover		1	78	Computer Up Cover		1
35	Right Base Cover		1	79	Computer Bottom Cover		1
36	Motor Up Cover		1	80	Decorate Ring		1
37	Motor Bottom Cover		1	81	Motor belt		1
38	Computer Up Cover		1	82	Incline motor		1
39	Computer Bottom Cover		1	83	Lock Nut	M10	6
40	Tube Plug		2				
41	Foam		2				
42	Speed +/- keypad		1				
43	Start/Stop keypad		1				
44	Safety Key		1				
