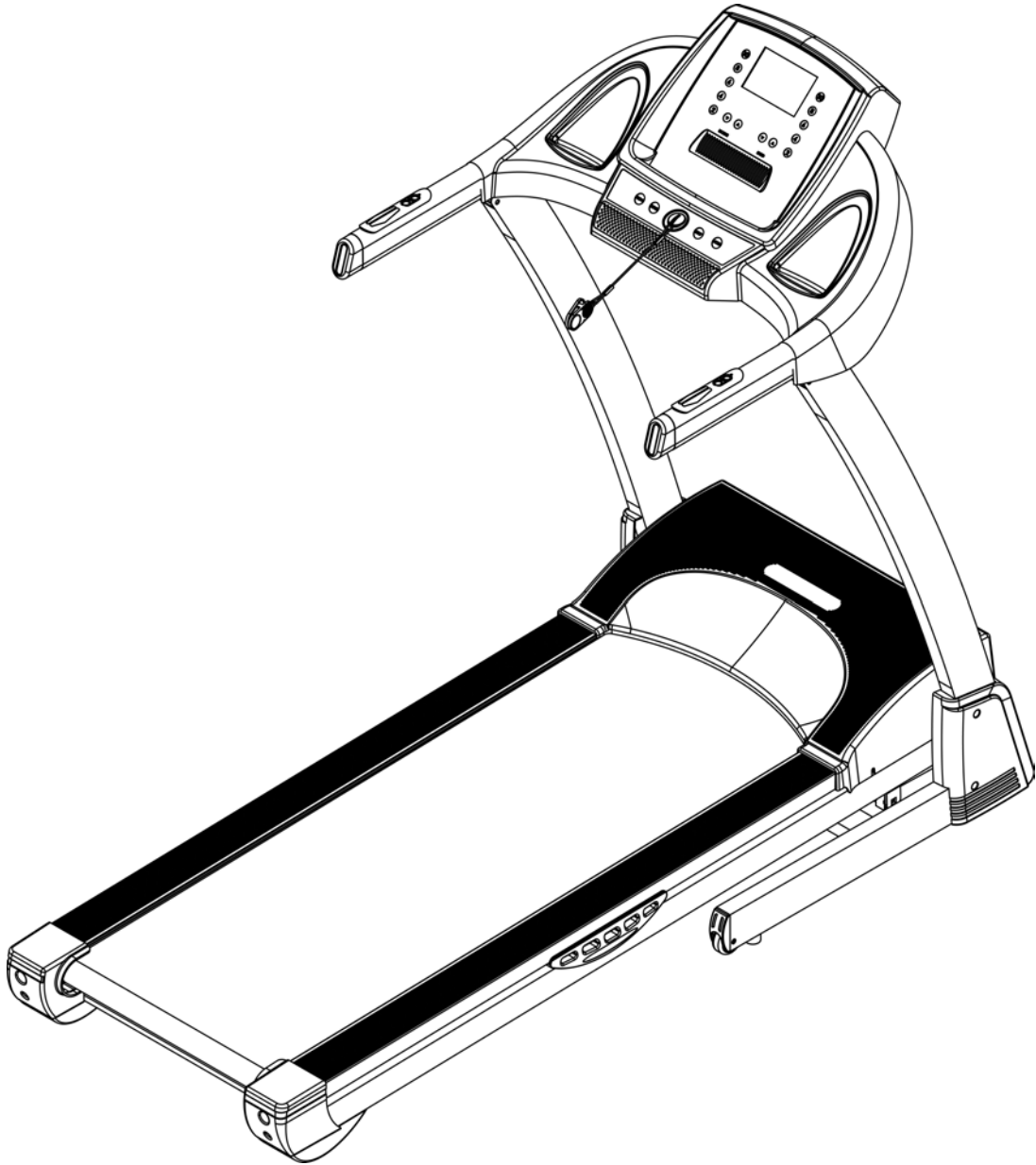# Owner's Manual

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

Safety Instructions

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.

Before the assembly, be sure to check if delivery is complete by using the included parts-list.
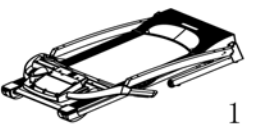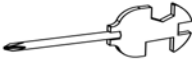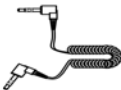
1, Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.

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-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-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 the 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.

- The owner's manual is only for customers' reference.

- The supplier can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

- All data displayed are approximate guidance and cannot be used in any medical application

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

Spare Parts List：

No	DES.	Specification	Qty		No	DES.	Specification	Qty
1	Main frame		1		49	Safety key		1
13	5# Allen wrench	5mm	1		51	Bolt	M8*16	4
14	6# Allen wrench	6mm	1		64	Lock washer	8	6
26	Left base cover		1		70	Bolt	M8*45	2
27	Right base cover		1		83	Bolt	ST4.2*19	4
46	Oil bottle		6		84	MP3 wire	option	1
12	wrench w/screw driver	S=13、14、15	1					

FIXING TOOLS:

#5 Allen Wrench   5mm 1pc

Wrench w/screw Driver S=13、14、15   1pcs

Notice: Do not get through power before complete assembly.

STEP 1:
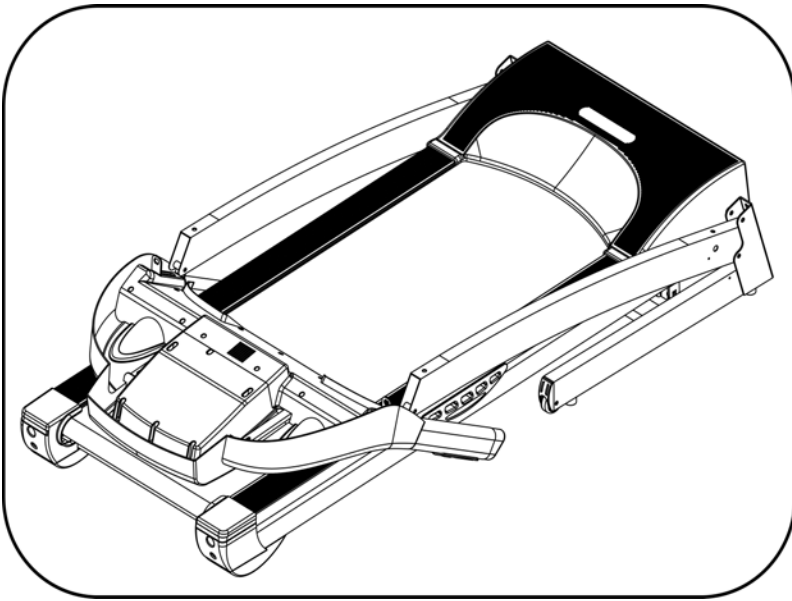
1.Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

STEP 2:
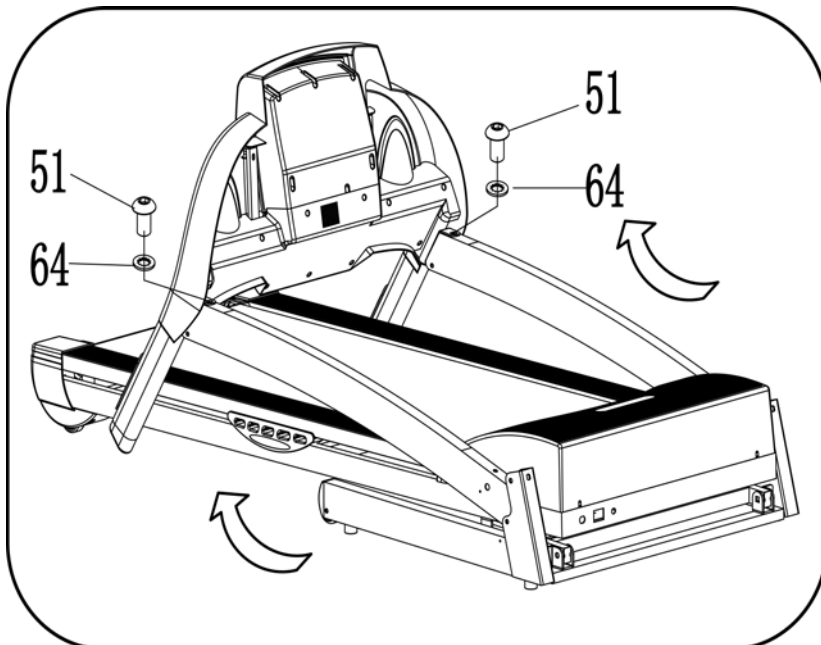
Folding the computer,use 5# Allen wrench, lock the computer onto the L&R upright tubes with the boltM8*16(51) and lock washer(64).
Notice:On both sides of the height is the same.

STEP 3：
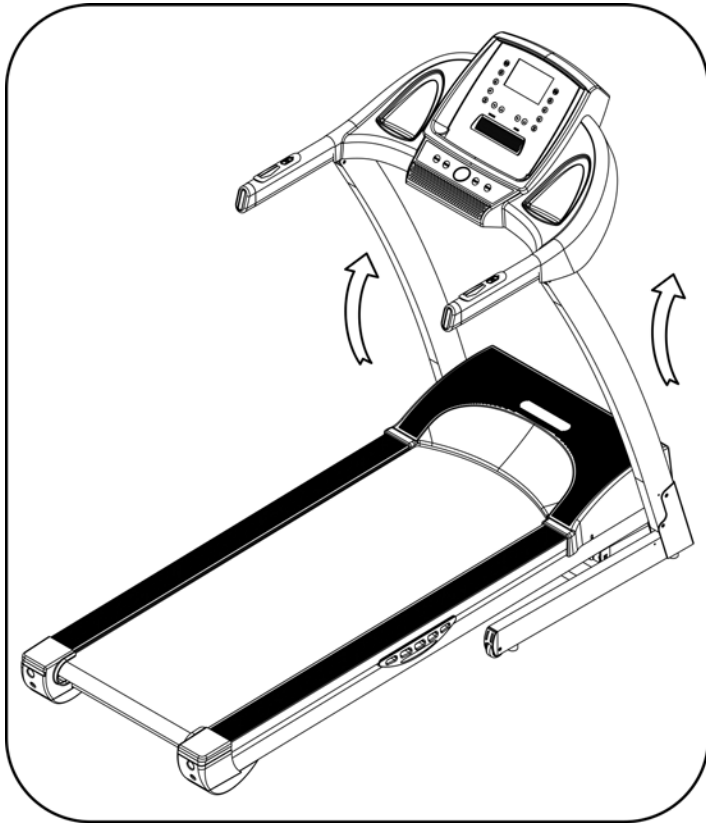
Hold up the L&R uprights.(as the left picture).
Notice: Please hold the uprights with a hand, avoid to hurt anyone.

STEP 4：
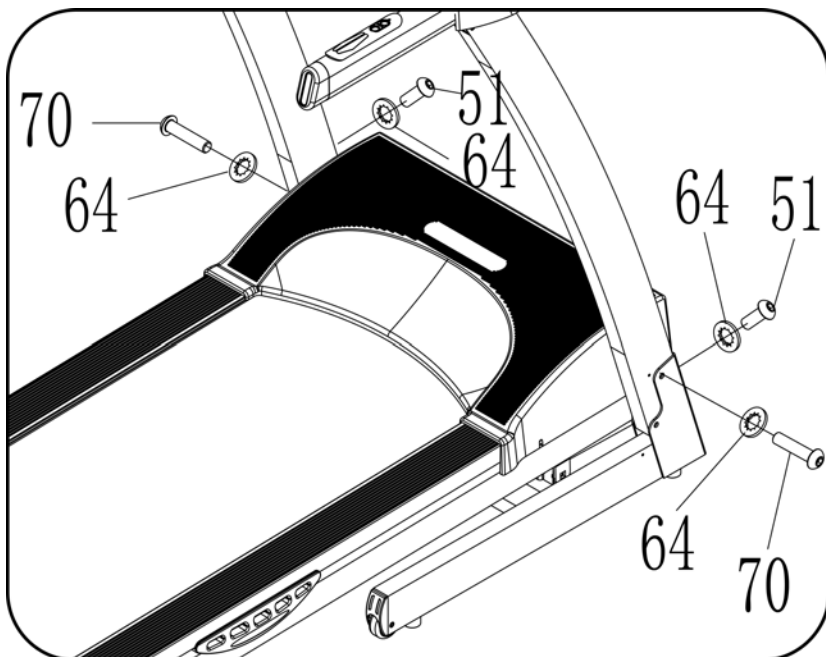
1、Use 5# Allen wrench, lock the upright tubes onto the main frame with the bolt M8*45(70) and lock washer(64).
2、Then Use 5# Allen wrench,lock the upright tubes onto the main frame with the bolt M8*16(51) and lock washer(64).
The both side are the same assembly method.
Notice: Do not press the computer wire when folding the computer. Support the upright with hand avoid falling down to have any hurt.

STEP 5：
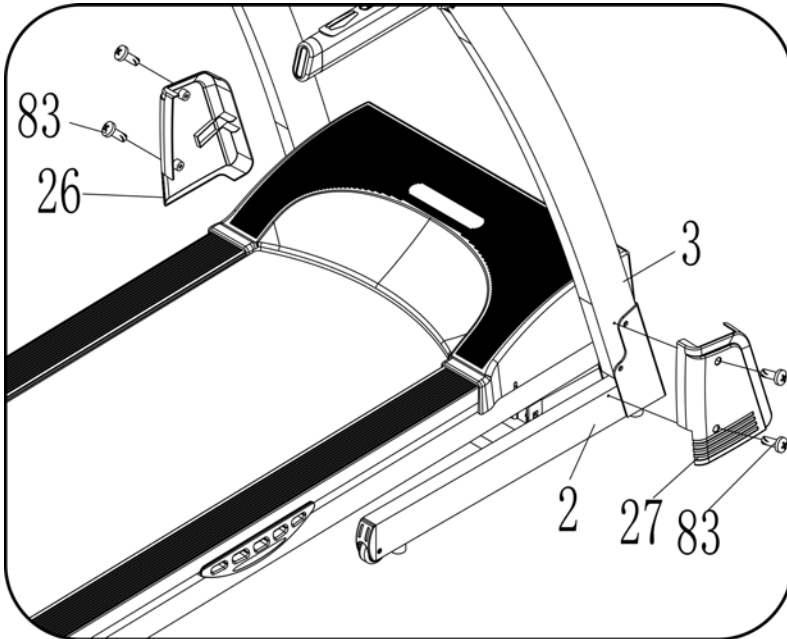
Use wrench screw(12) diver, lock the base covers(26/27) onto the base frame with bolt ST4.2*19(83).

The both side are the same assembly method.

Notice: During locking please hold the uprights with your hand, avoid to fall down escaping any hurt.

STEP 6：
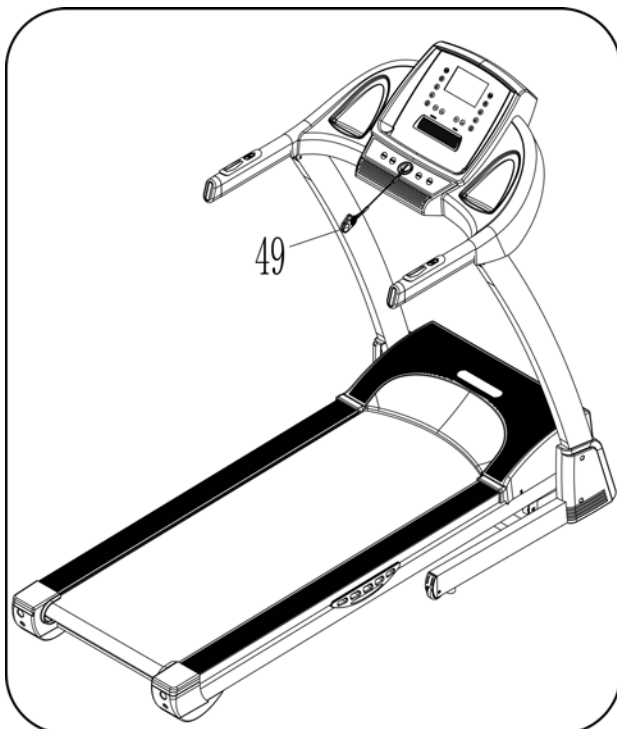
Put the safety key (49) on the computer.

ATTENTION：Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

FOLDING INSTRUCTION

Pulling up:
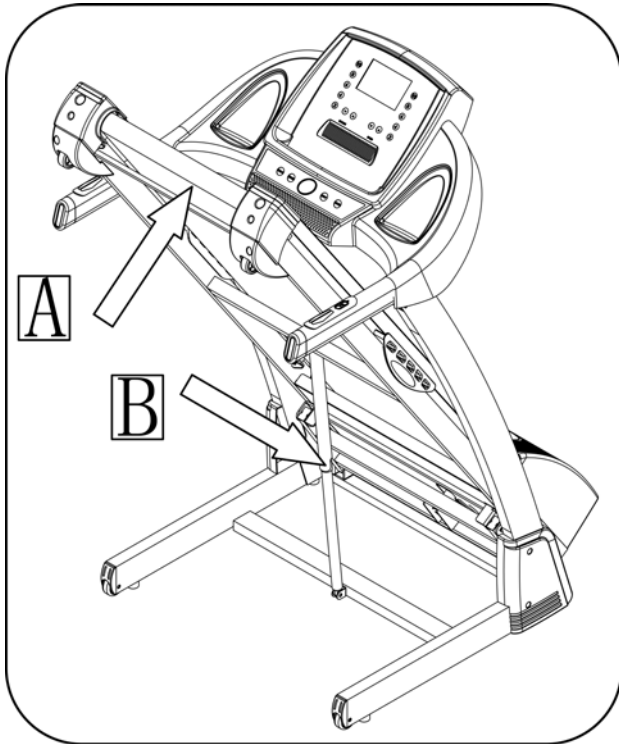
Pull up the base frame at position A, till hearing the sound that the air pressure bar B is locked into the round tube

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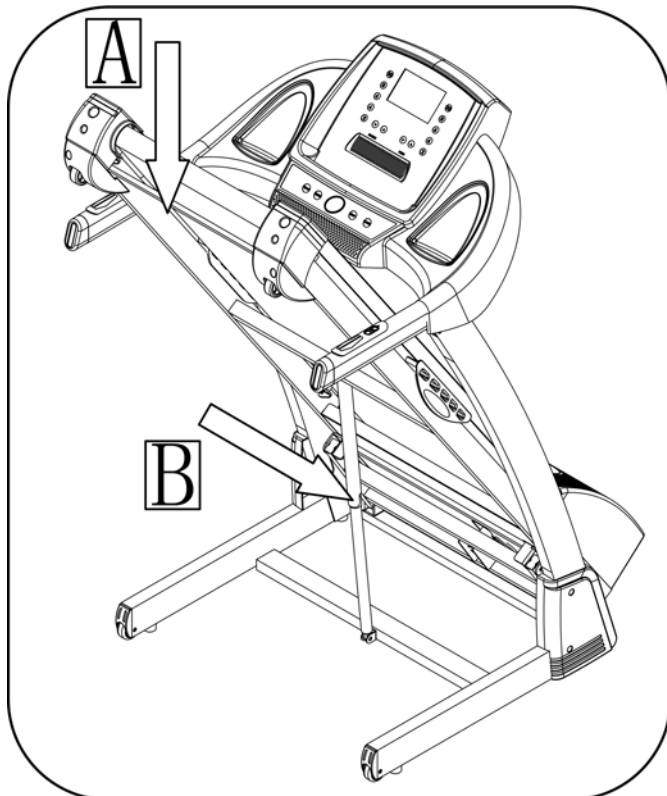
Support place A with hand , kick the place of air pressure bar, then the base frame will fall down automatically (Please keep anybody and any pet away the machine when falling down)

Technical   Parameter

BUILT UP SIZE(mm)	1609*748*1319mm	POWER	As the rating label showing
FOLDED SIZE(mm)	1107*748*1375mm	MAXIMUM OUTPUT POWER	As the rating label showing
RUNNING AREA(mm)	450*1250mm	SPEED RANGE	1-20KM/H
NET WEIGHT	63KG		
1 LCD WINDOW DISPLAY	SPEED, TIME, DISTANCE, PULSE, CALORIES		

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220~240/100-120 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.**(The below picture is just for reference)**

Grounding methods

COMPUTER OPERATION GUIDE
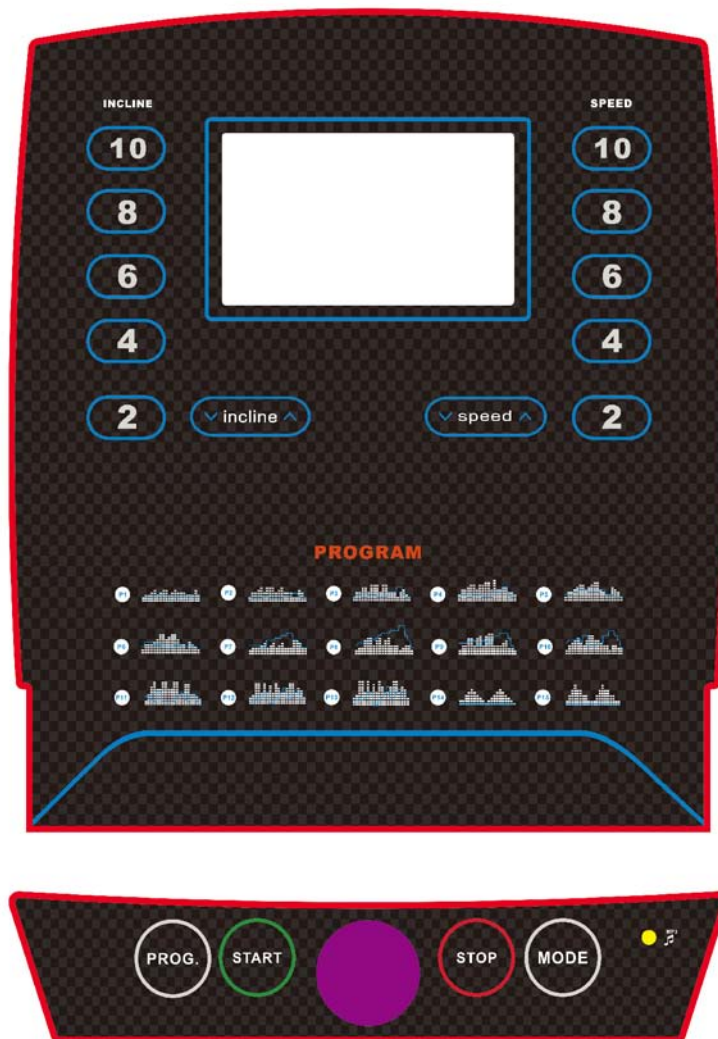
1.LCD WINDOW DISPLAY：

SPEED: Show speed. When running, the speed show 1.0-20.0KM/h.

INCL.: Show the incline data. The incline show 0-15

TIME: Show running time. Forward count from 0:00-99:59, till 99:59 will slow down to stop smooth and show "End", after stop 5 seconds to enter standby mode. the count down from the setting point to zero. till 0:00 will slow down to stop smooth and show "End", after stop 5 seconds to enter standby mode

DIS.: Show distance. Forward count from 0:00-99:99. it will accumulate from 0 if surpass the range data. Reverse counting from setting value to zero. till 0 will slow down to stop smooth and show "End", after stop 5 seconds to enter standby mode

PUL./CAL.: Show heart beat data or calories; Show calorie. the positive count from 0 to 999, when surpass the range data from 0 to accumulate. Reverse counting from setting value to zero. till 0 will slow down to stop smooth and show "End", after stop 5 seconds to enter standby mode. When the user hold the bar of hand heartbeat, it could show the pulse data. Heart beat display range:50-200 times/minute

(the data is for reference only, not as a medical data)

2.BUTTON FUNCTION:

"PROG" button: When machine in standby state, press this button to choose program 0:00, P01-P02-P03 ----P15, FAT.

0:00, manual mode, the system default operating mode, the default speed 1.0 KM/H

P01-P15, inner install program.

FAT, FAT TEST MODE

"MODE" button: Press this button to choose the mode: 0:00, 15:00, 1.00, 50, (0:00 manual mode, 15:00 mode-time count down, 1.00 mode-distance count down, 50 mode-calories count down) When choosing model , both speed and incline button are used to set down count , after press "START" button to start the treadmill.

"START" button: When turn on Power and Safety lock combined, press this button at any time, start the treadmill .

"STOP" button: Press this button to stop the machine, and clear and reset.

" SPEED+"、" SPEED-" : Press the button adjust the set point when machine in standby state . Adjust the speed when running. The adjustment value of 0.1 km/times, when holding more than 0.5 seconds automatically continue increasing or decreasing.

" INCLINE+"、"INCLINE-" : Press the button adjust the set point when machine in standby state . Adjust the incline when running. The adjustment value of 1length /times, when holding more than 0.5 seconds automatically continue increasing or decreasing.

SPEED（2,4，6,8,10）: Adjust the speed quickly

INCLINE（2,4，6,8,10）: Adjust the incline quickly

3 START-UP QUICKLY (MANUAL):

Attach the magnet end of the safety lock to the computer, press ' START' button to start the machine, it will run at the lowest speed, press " SPEED+" " SPEED-" to adjust the speed. When you would like to stop machine, press the ' STOP' button or take out the safety key directly

4 The operation when running

Press "speed-" will reduce the operating speed of the treadmill.

Press "speed+" will increase the operating speed of the treadmill.

Press "incline -" will reduce the incline of the treadmill.

Press "incline +" will increase the incline of the treadmill..

Press "stop" will slow down to stop running.

When the user hold the bar of hand heartbeat about 3 second, it could show the pulse data.

5 COUNT DOWN MODE:

When standby state, press the ' START' button, the machine will run at the1KM/H speed and the incline at 0 .The window will count forward from 0. At the same time, press button "SPEED+"、"SPEED-"、"INCLINE+"、"INCLINE-"change the speed and incline.

When Standby mode, press button" MODE" enter time count down mode. "Time " Window show"15：00"and light，press button "SPEED+"、"SPEED-"、"INCLINE+"、"INCLINE-" could set the time，setting arrange: 5：00—99：00.

Press "MODE" to get into the distance count down mode, "DISTANCE" window display "1.00"with light , press button "SPEED+"、 "SPEED-"、 "INCLINE+"、 "INCLINE-"could set running distance, setting arrange：0.50—99.90.

Press "MODE" to get into the calories count down mode, press the button "SPEED+"、 "SPEED-"、 "INCLINE+"、 "INCLINE-",could set calories, setting arrange：10.0—999.0.

three modes to choose one of them set up and then press the start button, treadmill will start after 3 seconds, press "INCLINE +", "INCLINE -", "SPEED +", "SPEED -" button to adjust speed and incline. The treadmill will stop when press the stop button

6 INNER INSTALL PROGRAM:

Press 'PROG' button to choose the inner install program from P1----P15. When set the program, the distance window will show P01-P15.After choose program, the time window will light. Show the preset time 30:00 ,press "INCLINE +", "INCLINE -", "SPEED +", "SPEED -" button to set the desired time Then press "START " button star the inner install program. Each program has been divided into 20 section, Each exercise time=the setting time/10. When enter the next period of system "Bi Bi Bi - -" 3 voice . the speed and the incline with the program change, press "INCLINE +", "INCLINE -", "SPEED +", "SPEED -" button to adjust speed and incline., but when the program enter the next section will be back to the speed and the incline, run through a program, the system will issue "I - I - B B B I" three voice , the treadmill will slow down to stop smooth and show "End", after stop 5 seconds to enter standby mode.

7.PROGRAM INSTRUCTION:

Each program has been divided into 20 section and every time corresponding to the speed and incline.

INNER PROGRAM DATA LIST

PROG \ TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		To set time / 20 time = running time of each period																			
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.Data display and set range：

	INITIAL DATA	DEFAULT DATA	SETTING RANGE	SHOWING RANGE
Time(min;sec.)	0:00	15:00	5:00－99:00	0:00－99:59
Incline （piece）	0	0	0－15	0－15
Speed （km/h）	0	1.0	1.0－20	1.0－20
Distance(km)	0	1.00	0.50－99.9	0.00－99.9
Pulse(piece/min)	P	N/A	N/A	50－200
Calories(Kilo calories)	0	50	10－999	0－999

9.BODY FAT TEST

Press ' PROGRAM' button under ready condition, Press ' MODE' enter F-1、F-2、F-3、F-4、F-5 (F-1--SEX,F- 2—AGE ,F- 3—HEIGHT, F-4—WEIGHT，F-5-BODY TEST). press SPEED + - button to 01-04 set(Parameters in the following table), and the window will show the data and press 'MODE' button to finish, and the window will show"F-5" and"---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data.

F-1	Sex	01male	02female
F-2	Age	10------99	
F-3	Hight	100----200	
F-4	Weight	20-----200	
F-5	FAT	≤19	Underweight

10.SAFETY LOCK FUNCTION:

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows display"———"， the buzzer will make 3 sound "B—B—",now the treadmill must be stop. Attach the magnet end of the safety key to the computer, the treadmill will be at the beginning of running.

11.MP3 Function：(Option)

When treadmill is power on, connect MP3 or other audio equipment the window will start to play music. Volume is adjustable on the audio equipment. Pleae adjust suitable volume to avoid effecting voice quality, and inset voice-frequency circuit.

12.SLEEP FUNCTION:

Stopped for more than 10 minutes without any operation, the system completed all showed off into the body of sleep state. Press any key to wake up.

13. shut down

At any time turn off the power switch to close the treadmill, will not damage the treadmill.

Exercise Instructions

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

Speed 12.0-14.5M/H well experiences of running

Speed 14.5-16.0KM/H excellent runner

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

WARM UP STAGE

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 l).

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 .quadricones 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, 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. Repeat three times(see Figure 5).
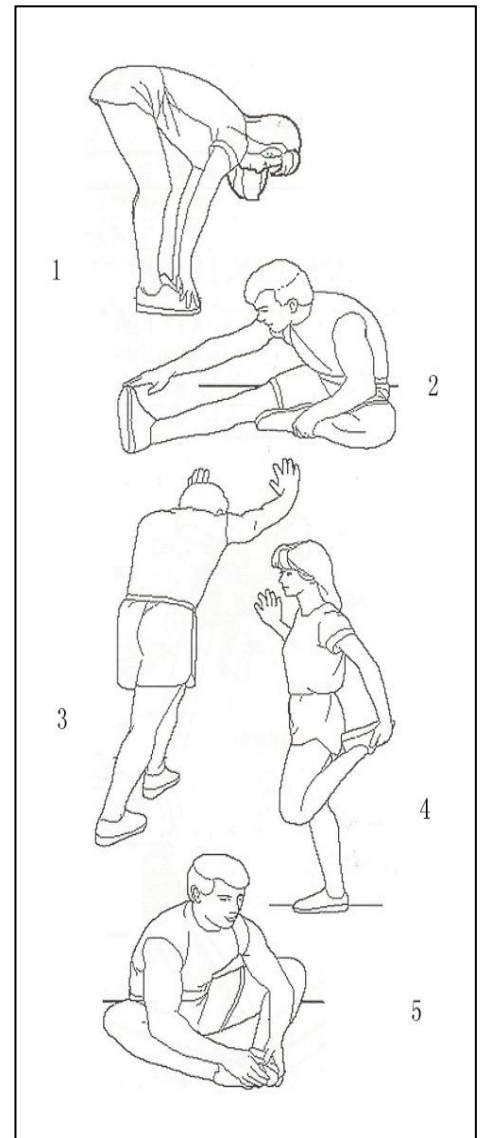
RUNNING BELT ADJUSTMENT

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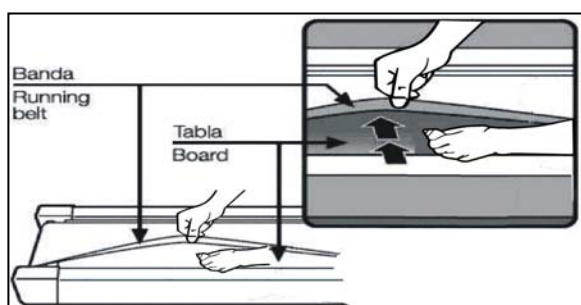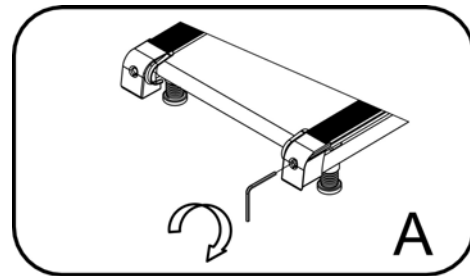

1, We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

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 between plates and belt , the belt be away from the plates about 50-75mm on both sides ,if the best not too tight and loose.
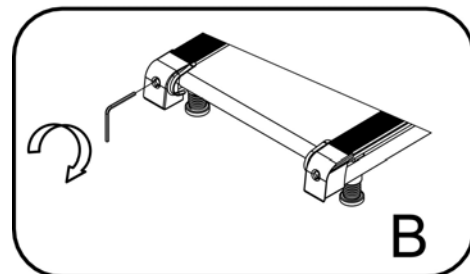
Center the running belt

●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
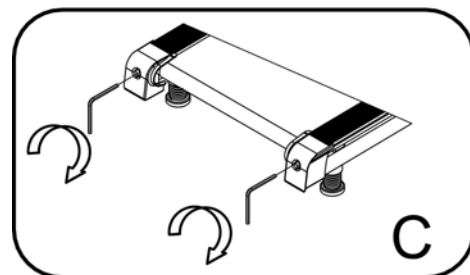
EXPLODED DRAWING
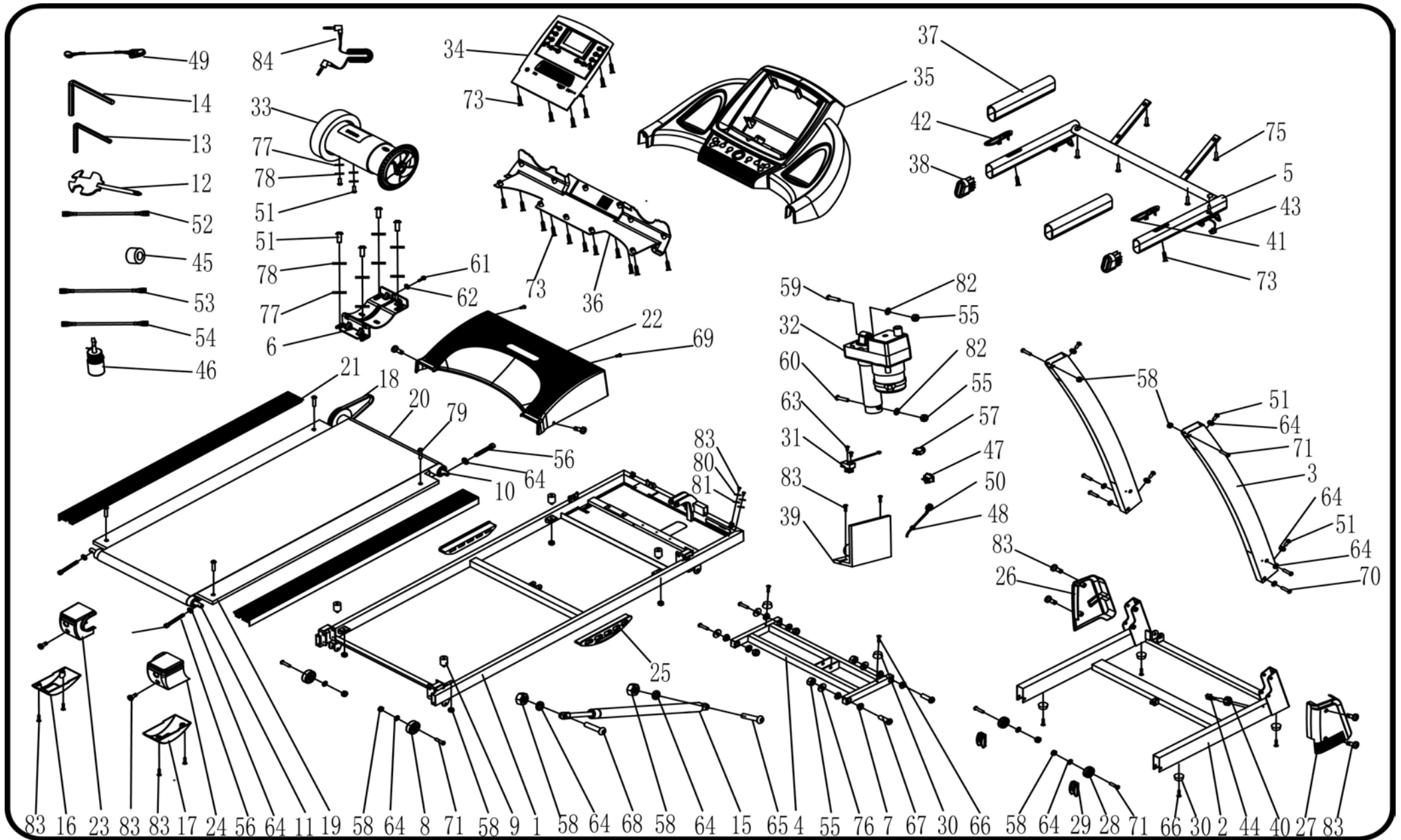
NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QT
1	Main Frame		1	44	Computer Bottom Wire		1
2	Base Frame		1	45	Magnetic Ring		1
3	Upright bracket		2	46	Oil bottle		1
4	Incline frame		1	47	Switch		1
5	Computer Bracket		1	48	Power Wire Buckle		1
6	Motor Bracket		1	49	Safety Key		1
7	Interval tube		4	50	Power Wire		1
8	Moving wheel		2	51	Bolt	M8*16	10
9	Cushion		4	52	AC single wire		1
10	Front Roller		1	53	Blue single wire		1
11	Back Roller		1	54	Brown single wire		1
12	wrench w/screw driver	S=13、14、15	1	55	1 Lock Nut	M10	4
13	5# Allen wrench	5mm	1	56	Bolt	M8*55	3
14	6# Allen wrench	6mm	1	57	Overload protector		1
15	Cylinder		1	58	1 Lock Nut	M8	12
16	Left moving cover		1	59	Bolt	M10*42	1
17	Right moving cover	Circle end cap	1	60	Bolt	M10*55	1
18	Motor Belt		1	61	Bolt	M8*35	1
19	Running Board	Motor Bottom	1	62	Big flat pad		1
20	Running Belt		1	63	Screw	ST2.9*6.5	2
21	Side Rail		2	64	Lock washer	8	17
22	Motor Up Cover		1	65	Bolt	M8*25	1
23	Left back end cover		1	66	Bolt	ST4.2*25	4
24	Right back end cover		1	67	Bolt	M10*45	4
25	Spring cushion		2	68	Bolt	M8*42	1
26	Left base cover		1	69	Bolt	M5*8	4
27	Right base cover		1	70	Bolt	M8*45	4
28	Transport Wheel		2	71	Bolt	M8*40	6
29	Moving wheel cover		2	72	Bolt	M8*32	8
30	Foot pad		4	73	Bolt	ST4.2*55	2
31	Sensor		1	74	Bolt	ST4.2*13	19
32	Incline motor		1	75	Bolt	ST4.2*20	6
33	Computer panel		1	76	Flat washer C	10	4
34	Computer up cover		1	77	Flat washer C	8	6
35	Computer bottom cover		1	78	Standard spring ring	8	6
36	Foam		1	79	Bolt	M8*25	4
37	Screw	ST4.2*20	8	80	Lock washer	5	2
38	Inclined tube plug		2	81	Lock washer	5	2
39	Control Board		1	82	Lock washer	10	2
40	Ring wire plug B		1	83	Bolt	ST4.2*19	15
41	Hand pulse with speed		1	84	MP3 wire	Option	1
42	Hand pulse with incline		1				
43	Computer Up Wire		1				

TROUBLE SHOOTING

CODE	REASON	SOLUTION
E01	Message failure between computer and bottom control board	1. Check the computer and bottom control board wire connect well; 2. Check if IC on bottom control board is loosen, reset the IC 3. Power on bottom control board has some problem, change the bottom control board
E02	Burst clash	1. Check the power is right, if not, use correct power to test; 2. Check if the bottom control was burnt out, change a good one; reconnect the motor wire.
E03	No sensor signal	1.Check the speed sensor wire connect well, reconnect the wire 2. Check if the speed sensor was damaged, change a good one.
E04	Incline Error	1.Check the incline motor wire connect well, reconnect the wire 2. Check if the incline motor was damaged, change a good one.
E05	Current overload protecting	1. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart; 2. Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change good motor and bottom control; Use right voltage.
E08	Driver Problem	1. Check if the 24C02 8 pin IC in the bottom control board connect well,reconnect it. 2. Change the bottom control board

The image shown here is indicative only. If there is inconsistency between the image and the actual product, the actual product shall govern. The company reserves the right to improve the product, without notice.