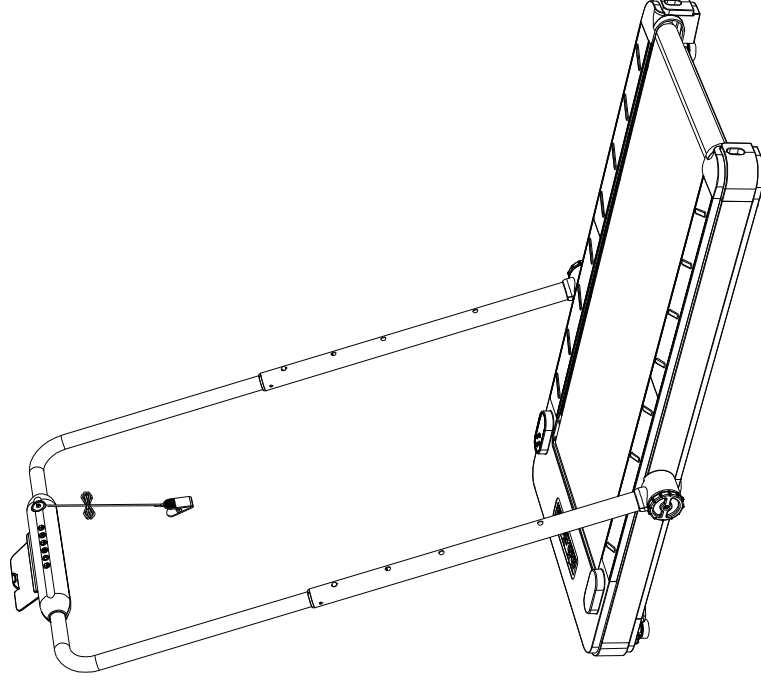


Operating Manual

Model: YQ-T4223



Please carefully read this Operating Manual before using the product, and keep it properly

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I. Safety Precautions, Warnings

- Attention: Please carefully read this Operating Manual before using the product, and take note of safety precautions:**
- ★ The treadmill shall be placed indoors and free from damp. Splashing water on the treadmill and putting any impurities on it are not permitted.
 - ★ You shall wear proper sports wear and sports shoes before exercise. Exercising on the treadmill barefooted is strictly prohibited; stretching the whole body while exercising on the treadmill is required.
 - ★ Power plug shall be securely grounded. Socket shall be served by dedicated loop and shall not be shared with other devices.
 - ★ Children shall be kept away from the treadmill so as to avoid accidents.
 - ★ Long-time overload operation shall be avoided; otherwise, damage to motor and controller will occur; bearing, running belt and running board will be subject to accelerated wearing and aging; regular maintenance shall be conducted.
 - ★ Indoor dust shall be reduced, and certain humidity shall be kept indoors to avoid strong static electricity; otherwise, normal operation of electronic meter and controller may be disturbed.
 - ★ Power supply for the treadmill shall be disconnected after exercise is finished.
 - ★ Good ventilation shall be kept indoors when using the treadmill.
 - ★ Safety lock clamp shall be fastened on clothes during exercise in order for safe stop in case of emergency.
 - ★ In case of discomfort or abnormality during use, stop exercise and seek doctor's advice.
 - ★ Silicone oil shall be kept out of the reach of children so as to avoid serious consequences resulting from eating by mistake.
 - ★ The safety zone behind the treadmill is 1000 x 2000mm.
 - ★ Emergency jumping: While holding the handrail with both hands to support your body, place your feet on edgings and jump off the treadmill from one side.
- Warning: In order to reduce accidents or injuries to others, please observe the following rules:**
- ★ Please check whether clothes are fastened or zipped up before using the treadmill.
 - ★ Don't wear clothes that are easily hooked by the treadmill.
 - ★ Don't place power line near hot objects.
 - ★ Keep children away from the treadmill.
 - ★ Don't use the treadmill outdoors.
 - ★ Disconnect power supply before moving the treadmill.
 - ★ Non-professional personnel are not allowed to open the upper shield, the left and right rear holders without authorization.
 - ★ When the treadmill is started, only one person is allowed to exercise on the treadmill.
 - ★ In case of dizziness, chest pain, gastric disorder causing nausea or polypnea during exercise, please stop exercising immediately and consult your fitness coach.

Warning! Compulsory!

In the process of medical treatment or for the following patients, it is imperative to consult a specialized doctor before using.

- (1) Back pain is occurring or legs, waist or neck was injured; legs, waist or neck and hands become numb – there are chronic complaints such as slipped disc, spondylolisthesis and cervical disc hern.
- (2) Arthritis deformans, rheumatism and gout occur.
- (3) There are such abnormalities as osteoporosis.
- (4) There are circulatory disorders including heart disease, vascular disorder and vascular hypertension.
- (5) Respiratory organ disorder occurs.
- (6) Artificial heart rhythm regulator or implantable medical electronic device is being used.
- (7) There is malignant tumor.
- (8) Thrombosis or severe arterial lipoma, acute venous lipoma and other blood circulation disorder or skin infections develop.
- (9) There is perceptual disturbance caused by high peripheral circulation disorder resulting from such diseases as diabetes.
- (10) Skin injury occurs
- (11) High fever (38 degree centigrade or above) occurs due to diseases or for other causes.
- (12) Spine becomes abnormal or bends.
- (13) The current condition is pregnancy or pregnancy may occur or menstruation is taking place.
- (14) The body becomes abnormal, making it necessary for resting quietly to recuperate.
- (15) Physical condition is obviously poor.
- (16) The treadmill is used for the purpose of rehabilitation.
- (17) Physical abnormality is specially identified except the above symptoms.
 - it may cause accidents or poor physical condition.

◆ In case of body pains or incoordination or abnormalities different from ordinary times – backache, leg and foot numbness, dizziness, abnormal heartbeat, immediately stop using it and consult a doctor.

◆ Children are not allowed to use the product or play around the product.

– Failure to observe this warning may lead to injury.

◆ A child guardian shall prevent children from playing the product.

– Failure to observe this warning may lead to injury.

◆ When using the product or installing or taking out or sliding the product, please confirm that there is no person or pet around – behind, below, in front of – the product.

Prohibition!

◆ Don't use the product if the housing is fissured, cracked, or shows peeling – internal structure is exposed – or the welded part peels off.

– Otherwise, accidents or injuries may occur.

◆ Don't jump onto or jump off the product for exercise.

– Falling may occur and thus lead to injury.

◆ Don't use or keep the product outdoors or at the places subject to damp or droplets including those near bathroom.

◆ Don't use or keep the product at the places under high temperature including those subject to sunshine and around stove, or on warmers such as electric blanket.

– Otherwise, electric leakage or fire may occur.

◆ Don't use the product if power line or power plug is damaged or socket is loose.

– Otherwise, electric shock, short circuit, fire may occur.

◆ Don't damage or forcibly bend or twist power line. Don't place heavy objects on it and don't clamp the line.

– Otherwise, fire or electric shock may occur.

◆ Don't use the product concurrently by two or more persons. Don't let others get close to the product when using it.

– Otherwise, accidents or injuries may occur due to falling.

◆ Don't use the product if a user can't express herself or himself or operate the product by herself or himself

– Otherwise, accidents or injuries may occur.

Don't Disassemble!

◆ Disassembling, repairing, and altering the product are absolutely prohibited.

– There is danger of being injured due to mechanical fault.

Avoid Exposure to Water!

◆ Don't expose main part or operative part to water or other liquid which can conduct electricity.

– Otherwise, electric shock, fire may occur.

Prohibition!

◆ Don't suddenly do intense exercise if a would-be user does no exercise in other periods.

◆ Don't use the product just after eating or exercising, or in case of fatigue or in a abnormal physical state.

– Damage to health may occur.

◆ The product is suitable for household use; it shall not be used at the places with a large number of unspecific users such as schools and gymnasiums.

– Otherwise, injuries may occur.

◆ Don't use the product while eating or carrying out other activities.

◆ Don't use the product if lags in response occur due to alcohol drinking or other factors.

– Otherwise, accidents or injuries may occur.

◆ Don't use the product if there are hard objects within trouser pocket.

– Otherwise, accidents or injuries may occur.

◆ Keep power plug free from needle, rubbish or moisture.

– Electric shock or short circuit, fire may occur.

◆ Don't take out power plug or turn power switch to "Turn Off" when using the product.

– Injuries may occur.

Don't Use It With Wet Hands!

- ◆ Don't take out or insert power plug by wet hands.
 - Electric shock and injuries may occur.

Take Out Power Plug!

- ◆ Take power plug from socket when the product is not in use.
 - Dust and damp may degrade insulation, thus leading to electric leakage and fire.
- ◆ Take power plug from socket when maintenance is conducted.
 - Failure to observe this warning may lead to electric shock or injury.
- ◆ In case of failing to start it or abnormality, stop using it, immediately take out power plug and seek professional inspection and repair.
 - Failure to observe this warning may lead to electric shock or injury.
- ◆ Immediately take out power plug in case of power cut.
 - Otherwise, accidents or injuries may occur once power supply is resumed.
- ◆ Hold power plug with hands rather than power line when taking out power plug.
 - Otherwise, short circuit, electric shock, fire may occur.

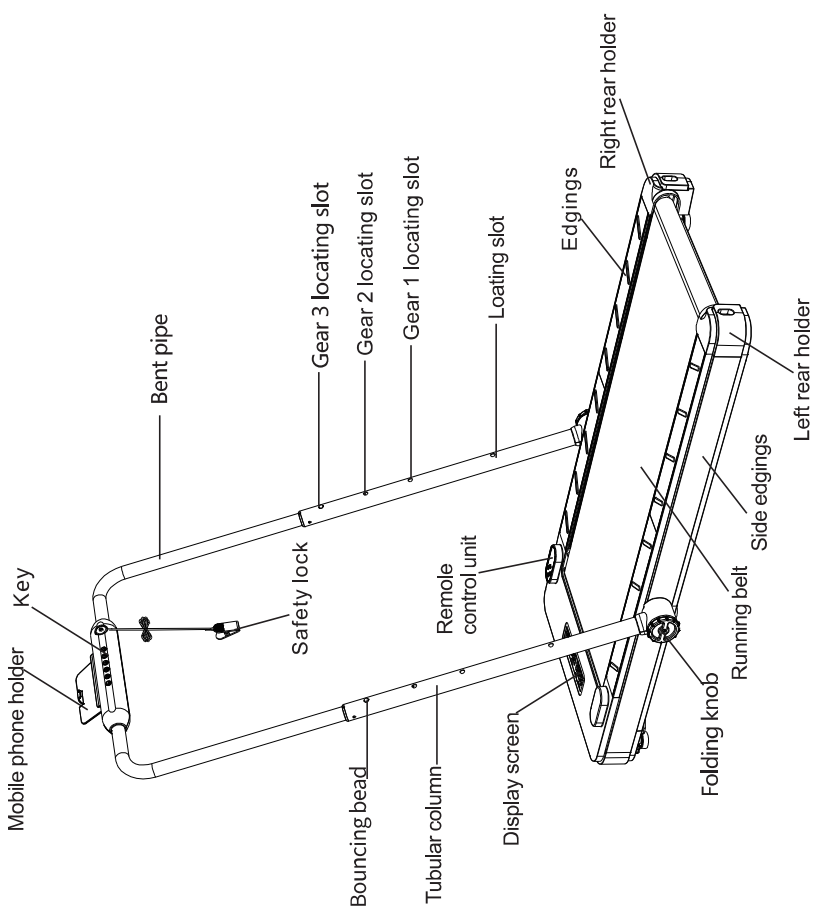
Grounding Instructions!

- ◆ The product must be grounded. In case the product malfunctions, grounding will provide current with a pathway with minimum resistance so as to mitigate the danger of electric shock.
- ◆ The product is equipped with electrical wires with grounding conductor and grounding plug. The plug must be inserted into a suitable socket that has been properly installed and grounded in full compliance with local regulations or ordinances.

Danger!

- ◆ Improper connection of grounding conductor will lead to electric shock. If you have any questions about whether the product is correctly grounded, please entrust a professional electrician to inspect it. Even if the plug for the product does not match socket, you shall not modify it. Please entrust a professional electrician to install a suitable socket.
- ◆ The product has a grounding plug. Please confirm that the product is connected to a socket in the same shape. Multi-tap shall not be used for the product.

II. Product Profile



Packing list:

Serial No.	Name	Quantity	Remarks
1	Hot machine	1	
2	Accessory box	1	See attached list

Technical parameters:

Operating voltage	AC 110V 60Hz
Maximum loading capacity	264.56lbs
Unfold size	49.84*28.43*49.49 inch
Folded size	54.53*28.43*5.20 inch
Running area	420*1050 inch
Motor power	0.88 HP
Displayed speed	0.6-7.5mph
Control mode	Electronic meter, remote control unit

Attached list (accessory box list):

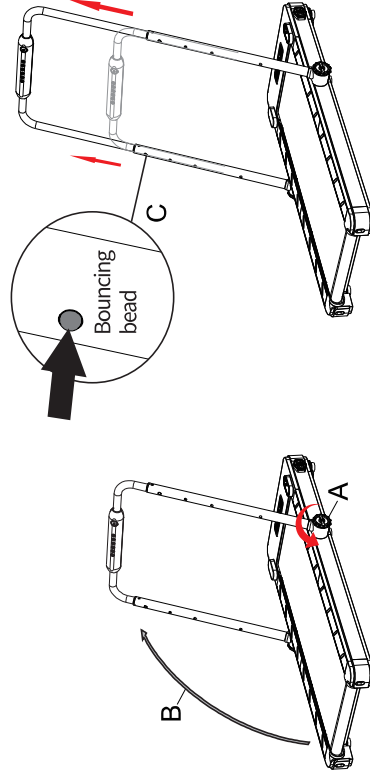
No.	Name	Quantity	Remarks
1	5mm internal hexagonal wrench	1	Others
2	6mm internal hexagonal wrench	1	Adjust running track
3	4.2mm*16mm cross recessed countersunk head self-tapping screw	2	Install mobile phone holder
4	Mobile phone holder	1	
5	Power supply line	1	
6	Remote control unit	1	
7	Safety lock	1	
8	Methyl silicone oil	1	
9	Specification, certificate of conformity	1	
10	Solid wrench	1	

II. Product Profile

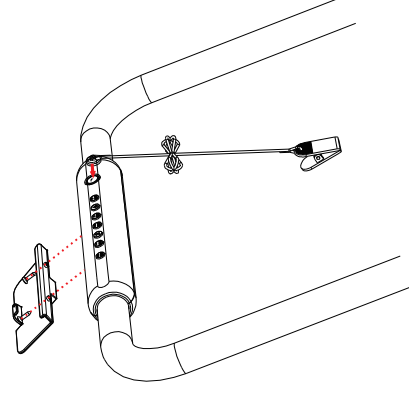
1. Take host machine out of packaging box and keep it flat on blanket or cushion As shown at Step (A) below, rotate the Folding Knob for left and right tubular columns in the shown direction;

As shown at Step (B) below, uplift tubular columns to the upper limit point, and then tighten the Folding Knob.

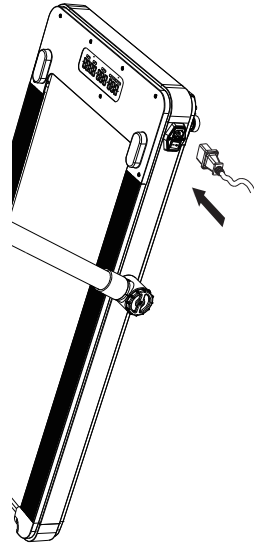
As shown in step (C) of the following figure, press the marbles on the left and right risers successively, and pull the elbows of the left and right table frame upward in turn until the marbles are stuck in the slot holes above the risers. The card hole has 1-3 levels which can be adjusted according to their own needs.



2. As shown below, install mobile phone holder above key control console with screws, suck red safety lock into the right yellow position of key control console; when using the treadmill, fasten the end, with clamp, of safety lock onto the edge of clothes.

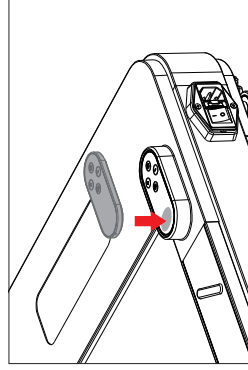


3. As shown below, insert power line into the socket at the treadmill's front end, connect power supply, turn on power switch at the treadmill's right side, the treadmill enters standby mode.

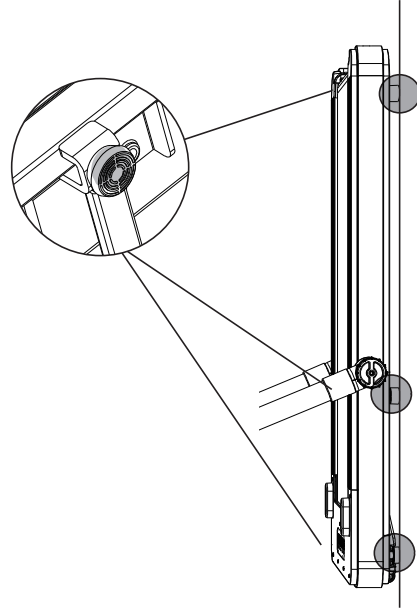


Note: after the treadmill is assembled, please recheck whether all bolts have been tightened.

Placement of remote control unit: as shown, press the indicated area, remote control unit will rise, take it out. Directly put it in place when it is not in use.

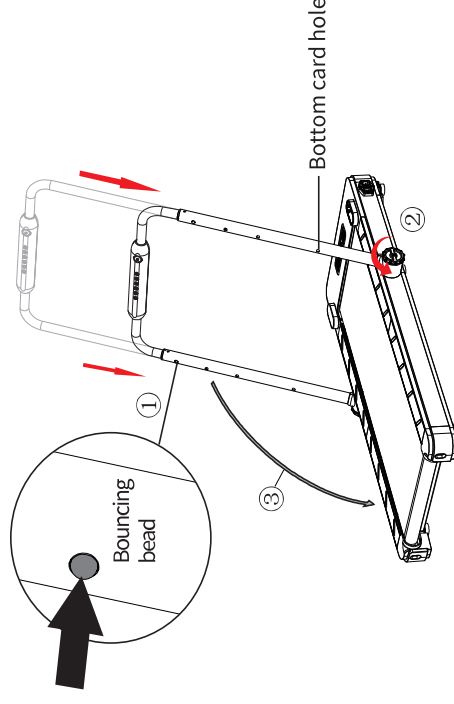


Foot pad adjustment: in case floor is not flat or the treadmill jolts, please adjust six adjustable foot pads at the treadmill's bottom to the proper positions; foot pads must fit floor. (As shown)

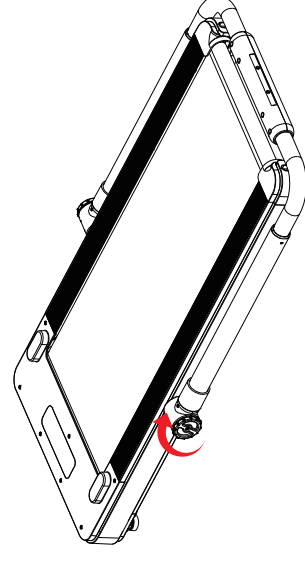


Folding steps

1. As shown at Step 1 below, press bouncing bead for moving bent pipe to the last locating slot of tubular columns: as shown at Step 2, rotate the Folding Knob of left and right tubular columns in the shown direction, and then slowly put down the whole handrail frame, as shown at Step 3 below.



2. As shown below, rotate the Folding Knob in the shown direction to duly fix handrail frame, folding is finished.



IV. Exercise Suggestions and Guidelines

Warm-up

5-10min warm-up is needed before each operation.

Breathing

Holding your breath while operating is not permitted. Generally, when preparing for recovery movement, inhale through the nose and forcefully exhale through the mouth. Breathing shall be coordinated with movement. If breath is too short, stop exercising immediately.

Frequency

In terms of muscle training, 48h rest shall be made available for the same muscle, in other words, the same muscle can't be trained unless time interval between two trainings is one day.

Load

The intensity of training is determined according to individual physical condition, and the principle of progressive load is followed in training. Muscle soreness during initial training is a normal phenomenon. As long as you continue to exercise, the soreness can be eliminated.

Relax

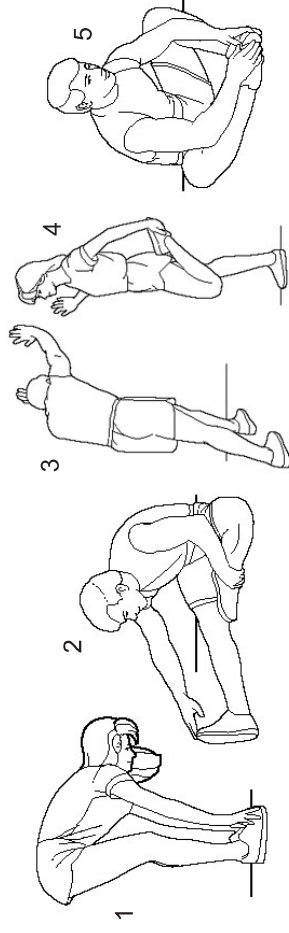
After each exercise, it is necessary to make a 5min recovery movement, especially foot muscles shall be stretched and relaxed to avoid long-term muscle coagulation and maintain muscle elasticity.

Diet

For the sake of protecting the digestive system, exercise is not allowed unless one hour elapses after a meal, and eating is not allowed unless at least half an hour elapses after training. During exercise, drink less water, especially avoid drinking too much water to not increase burden on heart and kidney.

Stretching exercise

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so you shall first walk for 5-10 minutes to warm up, then stop and do stretching exercises, as follows, for five times, with each leg for 10 seconds or longer time; you shall do it again after workout.



1. Downward stretching

Bend your knees slightly, slowly bend your body forward to relax your back and shoulders, and touch your toes with both hands. Keep for 10-15 seconds, then relax. Repeat it three times (see Figure 1).

2. Hamstring stretching

Sit on a clean seat cushion and straighten one leg. Move another leg inward so that it meets the inner side of the straightened leg. Touch your toes with your hands. Keep for 10-15 seconds, then relax. Repeat it for each leg three times (see Figure 2).

3. Calf and heel tendon stretching

Stand against a wall or tree with two hands, with one foot behind. Keep your hind leg upright and your heel on the ground, lean towards the wall or tree. Keep for 10-15 seconds, then relax. Repeat it for each leg three times (see Figure 3).

4. Quadriceps stretching

Put your left hand on a wall or table for keeping a balance, then extend your right hand backwards, grasp your right ankle and slowly pull it towards your hip until your muscles in the front of your thighs become very tense. Keep it for 10-15 seconds, then relax. Repeat it for each leg three times (see Figure 4).

5. Sartorius (inner thigh muscle) stretching

Sit with the soles of your feet facing each other and knees facing outward. Grasp both feet with both hands and pull them towards groin. Keep it for 10-15 seconds, then relax. Repeat it three times (see Figure 5).

V. Operating Instructions

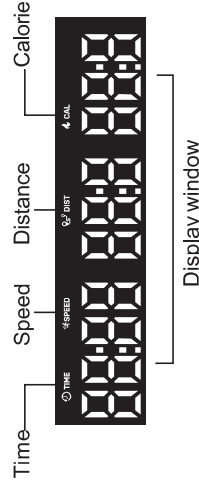
Starting

1. Keep safety lock in safety lock position on panel, turn on power switch, and the buzzer will sound, and the system will enter the standby state.
2. Press the key "Start/Pause", the window will display 3s countdown, and the buzzer will sound once for each decrease before starting the motor.
3. The starting speed is: 0.6mph. At this time, you can press speed+, - key to adjust the speed.

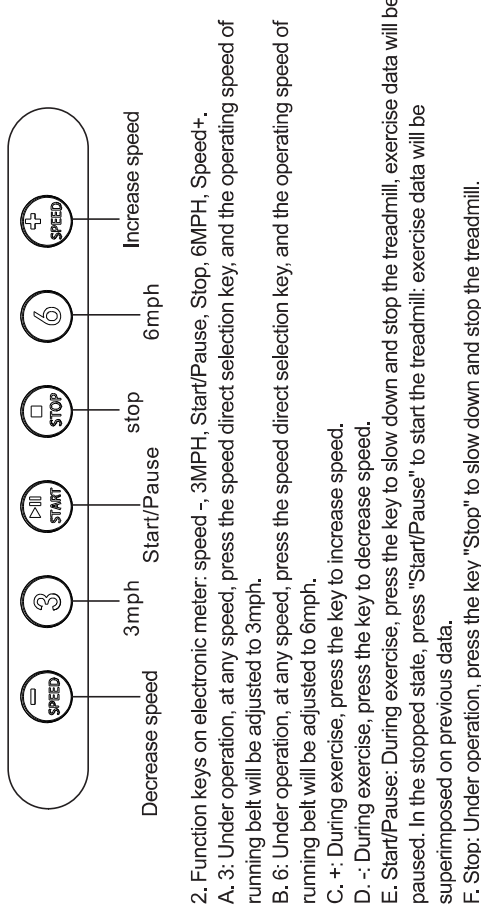
Usages of the treadmill

1. Connect power supply, check whether the treadmill is normal.
 2. The treadmill is under running mode and walking mode: when tubular columns unfold upright and are locked, the treadmill operates under running mode at a operating speed of 0.6-7.5mph . When tubular columns are folded and locked, the treadmill operates under walking mode at a speed of 0.6mph.
 3. Fasten safety lock clamp onto the front of clothes over your chest.
 4. Before exercising, check the stability and function of the treadmill. Starting the treadmill while standing on running belt is strictly prohibited. Before operation, stand on the left and right edgings, hold the handrail with hands, and step onto running belt in the case of normal starting. When starting the treadmill, hold handrail with one hand and press the key "Start/Pause" on electronic meter with the other hand. The treadmill is started 3 seconds later and runs at a speed of 0.6mph. Press "+", motor speed increases to a speed of 1.55-2.17mph (which is the most comfortable speed for learning to run). Grasp handrail with both hands and step onto running belt with both feet in succession, and you will soon be able to keep pace with running belt.
 5. A few minutes later, you can increase speed for running. Press the key "+," on electronic meter to increase speed slowly; you can also press the key "-" to decrease speed.
 6. When it is necessary to pause during exercise, you can press the key "Start/Pause" on electronic meter at any time to stop motor. When it is necessary to continue exercise, you can press the key "Start/Pause" on electronic meter, and exercise data will be superimposed on previous data.
 7. During exercise, you can press the key "Stop" on electronic meter at any time to stop motor.
 8. Under operation, directly press the 3, 6, speed direct selection key at any speed, and the operating speed of running belt is the relative key speed value.
- Note: During exercise, in case safety lock is decoupled, the treadmill will immediately stop, and electronic meter will reject any operation, the window will display "E07".

Display windows and keys



1. LED windows display the following functions:
Three windows display time, speed, distance and calorie data, time and speed switching
Time display range: 0:00-99:59
Speed display range: 1.00-12.00



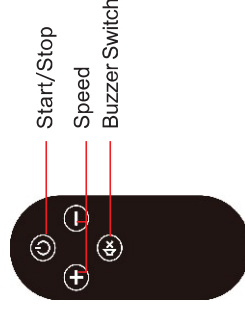
2. Function keys on electronic meter: speed -, 3MPH, Start/Pause, Stop, 6MPH, Speed+.
- A. 3: Under operation, at any speed, press the speed direct selection key, and the operating speed of running belt will be adjusted to 3mph.
- B. 6: Under operation, at any speed, press the speed direct selection key, and the operating speed of running belt will be adjusted to 6mph.
- C. +: During exercise, press the key to increase speed.
- D. -: During exercise, press the key to decrease speed.
- E. Start/Pause: During exercise, press the key to slow down and stop the treadmill, exercise data will be superimposed on previous data.
- F. Stop: Under operation, press the key "Stop" to slow down and stop the treadmill.

Remote control unit pairing mode

1. When the treadmill is under standby mode, remove safety lock, electronic meter displays E07.
2. Long press the key "Start/Stop" on remote control unit, you can hear a "ticking" sound from the treadmill system, suggesting that pairing was successful. Put in place safety lock, and then start using remote control unit to remotely control the treadmill.

Keys on remote control unit

1. Start/Stop: Under standby mode, press the key "Start/Stop" on remote control unit to start the treadmill with 3s countdown, which operates at a speed of 0.6mph. During exercise, you can press the key "Start/Stop" on remote control unit at any time to stop motor.
2. +: During exercise, press the key to increase speed.
3. -: During exercise, press the key to decrease speed.
4. Buzzer Switch: Press the key "Buzzer Switch" on remote control unit to turn off buzzer's prompt tone, and then press the key "Buzzer Switch" on remote control unit to turn on buzzer's prompt tone.



Safety lock function

In any state, remove safety lock, the window displays fault code "E07". When the treadmill is under operation, removing safety lock causes an emergency stop. When safety lock is disengaged, such operations as starting are not allowed.

VI.Common faults and treatment methods

If you have any other questions, please call your local distributor or our after-sales service.

Problem	Possible causes	Maintenance method
Treadmill does not work	Power supply is not connected	Insert plug into socket
	Power is not turned on	Turn power switch to ON
	Safety lock can't be sucked	Suck safety lock into lock position
	Circuit signal system is disconnected	Check controller's input end and signal circuit
Operation of running belt is not smooth	Fuse is blown out	Replace fuse
	Lubrication is not enough	Add methyl silicone oil lubricant
	Running belt is too tight	Adjust running belt
Running belt slipping	Running belt is too loose	Adjust running belt
	Belt is too loose	Adjust belt

The electronic meter displays error messages and how to troubleshoot them.

Problems	Possible causes	Maintenance method
E01	Communication is poor	The signal line is not inserted, re-insert good
E02	Motor wire becomes loose or peels off, whether carbon brush is worn out	Check whether motor wire is loose or peels off; if it does not peel off, check whether motor's carbon brush is worn out; if yes, replace motor; if no, electric control is damaged, replace electric control.
E03	Sensing signal is not available	Induction line is not dully connected, connect it again
E04	Controller or motor is abnormal	Load is excessive, replace controller, motor
E05	Overload protection	Load is excessive, replace electric control
E06	System self-check fails	System fault occurs, replace electric control
E07	Safety lock is not sucked	Suck safety lock into lock position
Display Exceptions	External disturbance	Turn off power switch, one minute later, connect power supply for operation

VII. Product Maintenance

Proper maintenance is the only way to keep your treadmill in optimum state forever, while incorrect maintenance will harm or shorten the treadmill's service life.

- a. Frequent inspection is required due to wear and damage; Worn or damaged accessories – such as motor, electronic control, power line, and running belt – are repaired or professionally repaired to reach the degree of safety which was available when they were shipped from factory.
- b. Defective parts shall be immediately replaced or the period during which the treadmill is in idle shall be reduced until it is repaired; (such as power line)
- c. Special attention shall be paid to the parts which are easiest to wear out, such as running belt.
- d. If supply cord is damaged, it must be replaced by professional personnel of the manufacturer's maintenance department or similar department in order to avoid danger.

1. Lubrication

After running belt is used for a period of time, it must be lubricated by special methyl silicone oil.

Suggestions:

- ★ Used for less than 3h per week Lubricated once in five months
- ★ Used for 4-7h per week Lubricated once in two months
- ★ Used for more than 7h per week Lubricated once in one month

Excessive lubrication is not allowed; the view that "the more lubricants are, the better the effect is" is wrong.

Keep in mind: Reasonable lubrication is an important factor for extending the treadmill's service life.

2. When checking whether lubricant needs to be further added, you grabs running belt, your hands touch the center of running belt's back side as far as possible; if your hands are stained with silicon resin (certain sense of dampness), no lubricant needs to be further added; if running board is dry, and hands are not stained with methyl silicone oil, lubricant needs to be further added.



★ Steps for adding lubricant onto running board (as shown on the right)

★ Stop running belt, fold the treadmill;

★ Lift running belt at host machine's bottom; extend roller to the center of running belt as far as possible, spray methyl silicone oil onto inner side of running belt; add methyl silicone oil onto both sides of running belt;

★ Operate the treadmill at a speed of 0.6mph to evenly apply methyl silicone oil, and lightly tread running belt from left to right, keep this for about several minutes to make methyl silicone oil fully absorbed by the treadmill.

3. Adjustment of running belt in terms of tightness degree: for all treadmills, running belt is adjusted before treadmills leave factory and after installation; however, if used for a certain period, running belt may become loose, for example, pause and slip occur when a user is running. In this case, the adjusting bolts of running belt are clockwise adjusted, by a unit of semicycle, concurrently at left and right sides. If running belt is too loose, slip occurs on running belt and roller when feet are treading on running belt; however, being too tight is also not good since this is prone to increase motor load, damage motor, running belt and roller.

4. Adjustment of running belt in terms of offtracking

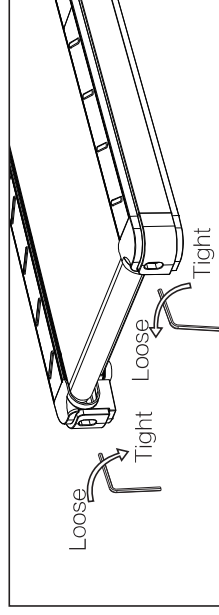
For all treadmills, running belt is adjusted before treadmills leave factory and after installation; however, if used for a certain period, running belt suffers offtracking due to the following factors:

Host machine is not steadily placed.

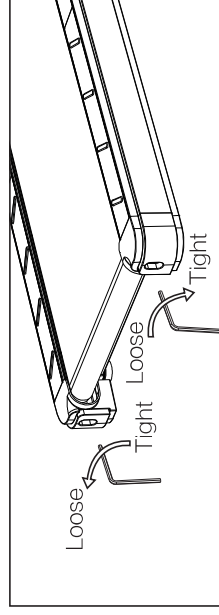
② Both feet of a user didn't tread on the center of running belt during exercise.

③ Forces from both feet of a user are not even.

In case of man-made offtracking, with no-load operation for several minutes, it can return to normal. If automatic recovery is impossible in case of offtracking, 6mm internal hexagonal wrench shall be used to make stepwise adjustments by a unit of semicycle.



If running belt skews toward to the left: clockwise adjust the left bolt or anticlockwise adjust the right bolt.



If running belt skews toward to the right: clockwise adjust the right bolt or anticlockwise adjust the left bolt.

This manual is for reference only and is subject to actual product.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- - Reorient or relocate the receiving antenna.
- - Increase the separation between the equipment and receiver.
- - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- - Consult the dealer or an experienced radio/TV technician for help.ct.

The device has been evaluated to meet general RF exposure requirement.