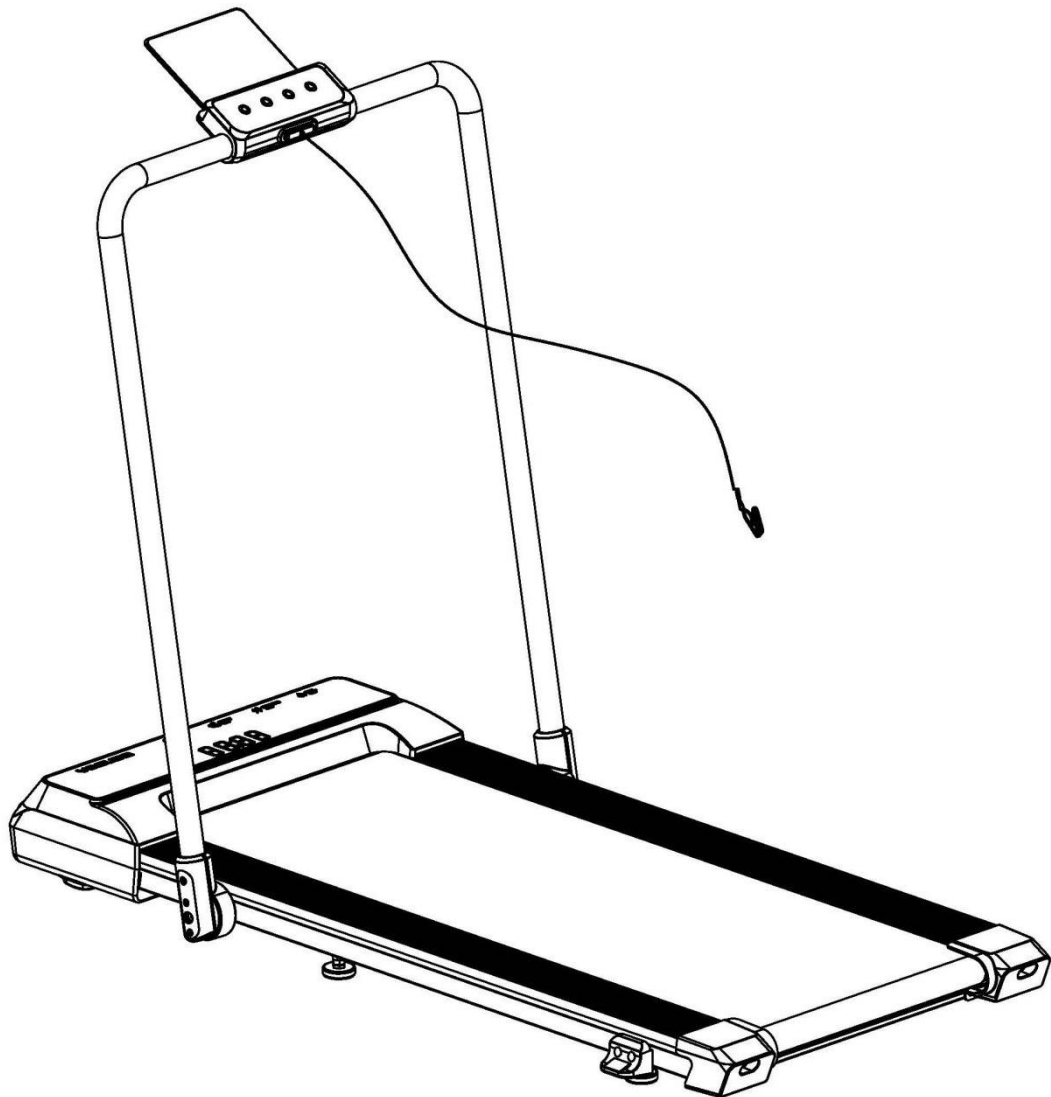

YOSUDA Treadmill YSD-T200

INSTALLATION GUIDE & USER MANUAL



Please read this manual before assembling and using. Retain owner's manual for using instructions. Your satisfaction is very important to us,
PLEASE CONTACT US: AvaBestcustomerservice@outlook.com

Catalog

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Treadmill supports connecting to mobile App via Bluetooth

(Note: The scenario simulation function in the FITSHOW ,KINOMAP& ZWIFT APP is free for a limited time. The final right of interpretation belongs to the official FITSHOW , KINOMAP& ZWIFT APP.)

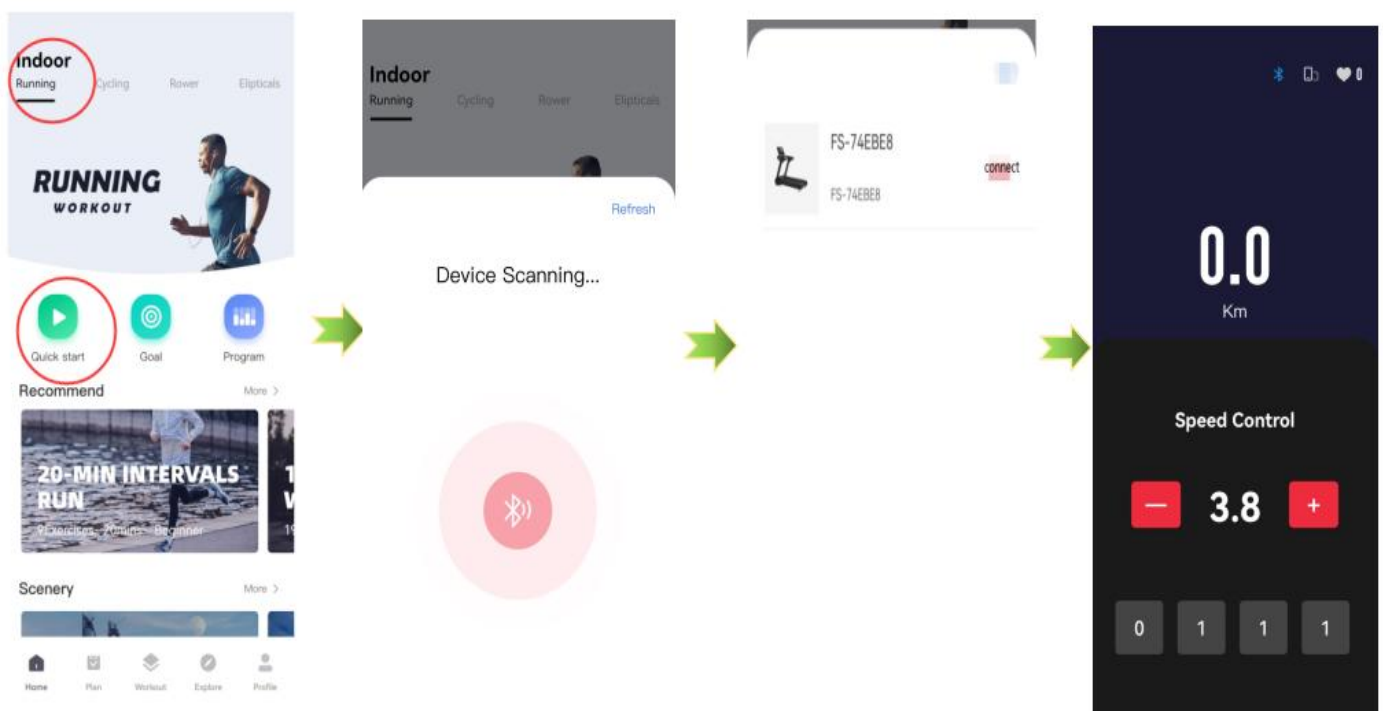
The Bluetooth model of our treadmill is: YSD-T200

FITSHOW

1. Scan this QR code and download app.
2. Open the app and register the personal information.Turn on our phone Bluetooth.
3. Click the “Running”, and then click the “Quick Start” button, the program is connecting to the machine, wait until the mobile phone program displays the word connection, and click the connection directly.



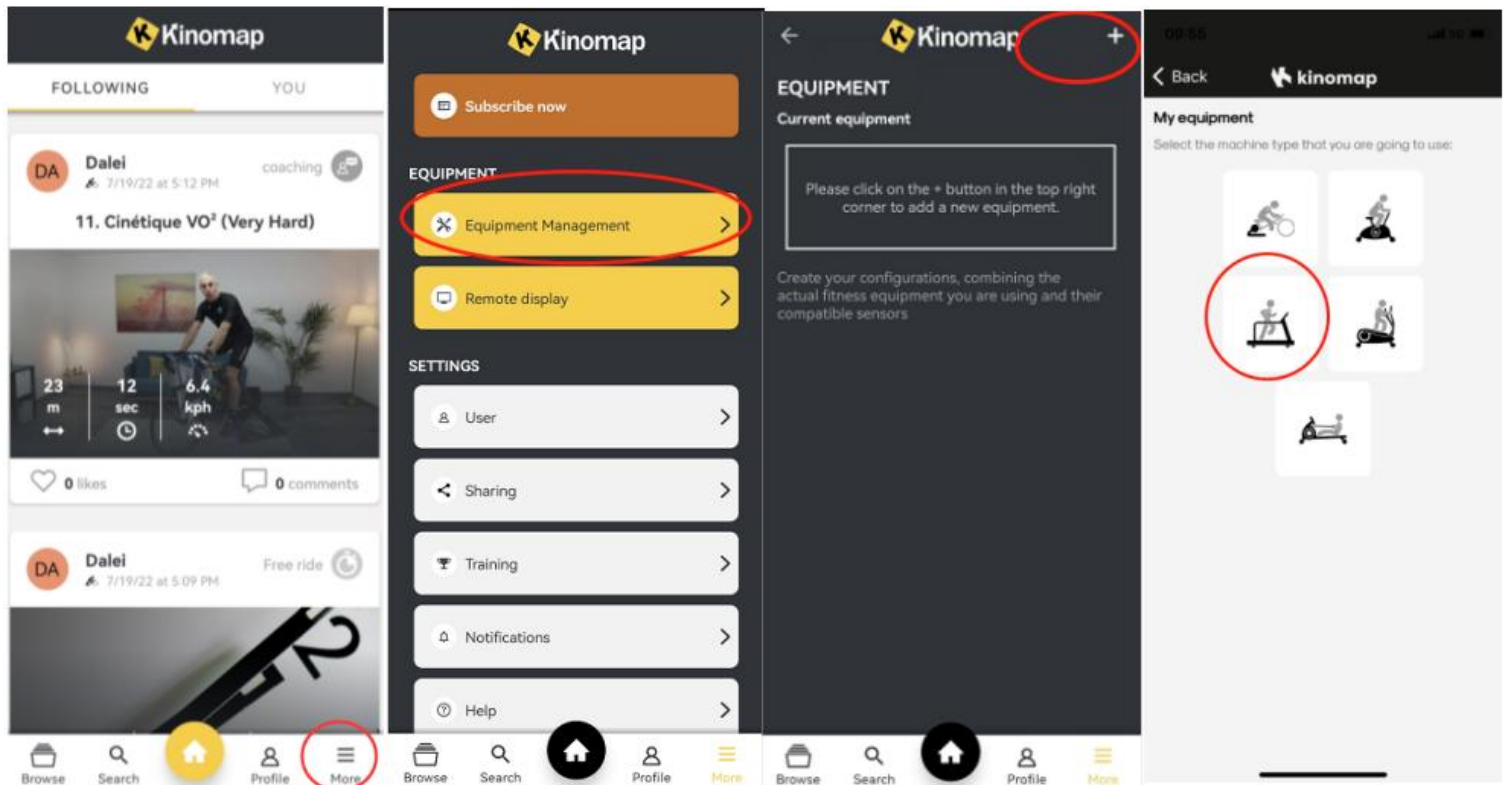
Note:In order to ensure correct and fast connection, it is necessary to turn on the treadmill connection power in advance and turn on the Bluetooth on the mobile phone.



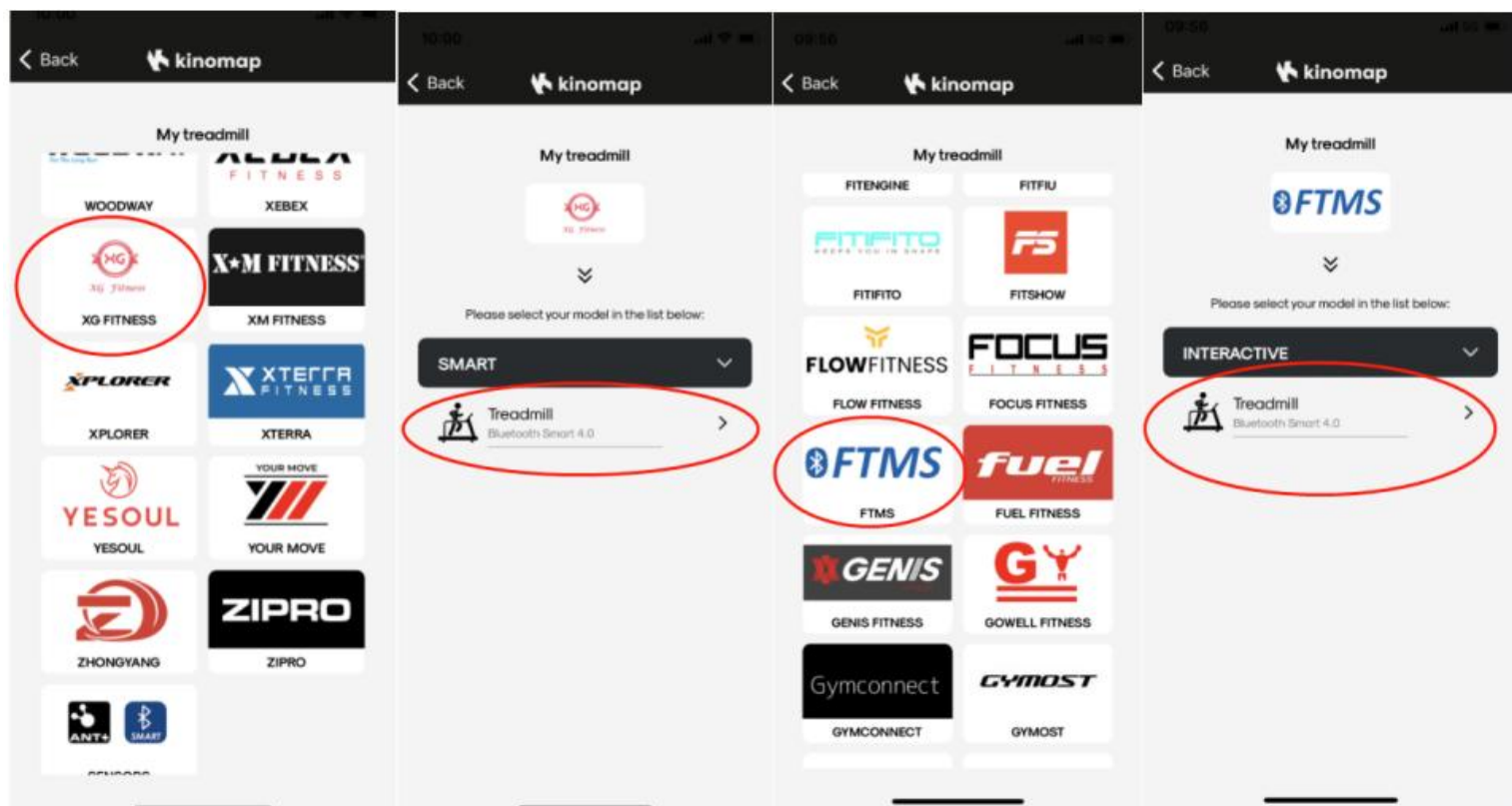
Kinomap

Search "KINOMAP" in the mobile app store to download app and register the personal information.

Note: The treadmill can connect to FTMS and XG FITNESS.
Our Bluetooth and treadmill equipment must be turned on to connect.



There are two ways to connect to the treadmill via Bluetooth. If one of **XG FITNESS** and **FTMS** cannot be connected, please change to another mode.



Finally, the connection is successful, and the user interface display is as follows.



Zwift

【1】 Search "ZWIFT" in the mobile app store to download app and register the personal information.

【2】 Choose to pair running equipment;

【3】 After the pairing is successful, click OK to start exercising;

【4】 The treadmill needs to press the start button on the device to start exercising.



Note: The Bluetooth model connected to the APP is not unique, and the specific model is based on the model displayed on the mobile phone connection.

Important Safety Instructions

Warning: Before carrying out any exercise program, it is recommended that you first consult a professional doctor, especially if you are over 35 years old or have had health problems, and we are not responsible for any resulting injuries.

1. Only after the treadmill is completely installed and the motor protective cover is covered, the power can be turned on.
2. In order to ensure the correct use of the treadmill and give full play to its function, please read this instruction manual carefully before use, if you lend this product to others, please be sure to forward this instruction manual together.
3. If find that the power cord or power plug of the product is damaged, please stop using it immediately, and go to the company or the dealer designated by the company for repair or replacement, do not disassemble and replace it by yourself.

Points to note

1. Before using the treadmill, make sure the safety switch clip on the clothes or belt.
2. Please do not insert any other items into any part of the equipment, as this will damage the equipment.
3. Put the treadmill in a clean and flat place, do not put the treadmill on a thick carpet, so as not to affect the air circulation under the treadmill, and do not place the treadmill near water or use it outdoors.
4. Please do not turn on the machine when people are standing on the running belt. After the power is turned on, there may be a pause when the running belt starts to move. People must stand on the pedal edge on both sides of the treadmill until the running belt starts to move.
5. Do not wear clothes that are too long or too loose when exercising, to prevent hanging to the treadmill, and usually wear running shoes with rubber soles.
6. When using the treadmill, please do not let children or pets near it.
7. Any strenuous exercise can only be done 40 minutes after a meal.
8. This fitness equipment is only for adults, and minors need to be accompanied by adults when using treadmills.
9. When using the treadmill for the first time, be sure to hold the horizontal

Important Safety Instructions

handrails with your hands, and then release the horizontal handrails until you feel comfortable.

10. The treadmill for indoor equipment, please do not use it outdoors.

Place clean and smooth, pay attention to moisture-proof, and note that the treadmill is special equipment, please do not modify moved to other uses.

11. The power cord of the treadmill is special. If the power cord is damaged, please buy it from the dealer, or directly with our company.

12. If the treadmill suddenly accelerates or the speed of the treadmill increases automatically due to a problem with the electronic system, please unplug the safety switch immediately and the treadmill will stop immediately.

13. Don't wire in the middle of the power cord, extend the power cord or replace the power cord plug, stack heavy objects on the power cord or put the power cord near the high temperature heat source, prohibit the use of multi-hole socket, otherwise it will cause fire or electric shock injury due to poor contact.

14. When the machine is not used for a long time, the power should be cut off. When cutting off the power, do not pull the power cord; must grab the power plug unplugged, so as not to pull off part of the core of the power cord. Insert the power cord plug into the power socket with safety grounding, the power cord of the motorized treadmill is special, if the power cord is damaged, please contact the seller ASAP.

15. This treadmill is Type H Class C home treadmill.

16. Use the treadmill correctly to prevent the body from being injured by sports:

A. **Warm-up before running;** (do warm-up activities before running, otherwise, it is easy to cause thigh and calf muscle strain. Pressing legs, squatting, stretching muscles, flexing and stretching joints, etc. can increase the temperature of muscles and make them stronger. Soft. After getting on the treadmill, you should start with "dynamic" warm-ups such as slow walking and jogging, and gradually increase the amount of exercise. This process usually takes 10-15 minutes. In addition, you should gradually slow down when you get off the treadmill. On the left and right side anti-slip pads, so as not to fall or slip due to dizziness)

B. **Do not set too fast speed;** (When using a treadmill, you must first understand your own exercise limit. If your physical strength cannot keep up and the set speed is too fast, it is easy to lose the rhythm and fall easily. This is a common question for "newcomers")

C. **Avoid excessive exercise;** (The time and intensity of exercise on the treadmill should be

Important Safety Instructions

determined according to the purpose of the exercise. Jogging for more than half an hour will consume fat, and more than 1 hour will consume protein. Therefore, if the purpose is to lose weight, the exercise time should be both It should not be too short or too long, 40 minutes is appropriate, otherwise, it is easy to be physically exhausted and cause sports injuries)

17. When the treadmill is running, the area around the treadmill half a meter, two meters directly behind shall not have any object;

18. If you are running too fast, overwhelmed or can not keep up with the pace of the treadmill, and you suddenly don't want to run and are caught off guard, pull the safety key, hold the horizontal handrail of the treadmill with both hands and jump quickly with both feet on the pedal edge, the safety key will disengage and play the role of an emergency stop, which is convenient and quick to protect the personal safety of the sportsman.

Prohibition

1. DO NOT use in a state where the casing is cracked or broken off (internal structure exposed) or where the weld has fallen off.

----- otherwise accidents or injuries may occur.

2. DO NOT jump up and down during exercise.-----can lead to injuries due to falls.

3. DO NOT use and store in places where there is a lot of moisture such as outdoors and near bathrooms and places where you get dripping water.

4. DO NOT use or store in places exposed to direct sunlight, in places with high temperatures such as around cookers and on top of out heating appliances such as electric carpets.----- otherwise it may lead to leakage and fire.

5. DO NOT use it when the power cord or power plug is damaged or the socket of the socket is loose.-----Otherwise it may cause fire or electric shock.

6. DO NOT use it with 2 or more people at the same time, and be careful not to let people around you approach during use;

-----Otherwise accidents or injuries may occur due to falls.

7. Those who cannot express their consciousness or operate by themselves

Important Safety Instructions

should not use it.-----Accident or injury may occur.

Avoid contact with water!

8. DO NOT pour water or drinks on the main body or operating parts.

-----May cause electric shock and fire.

9. People who do not usually exercise should not suddenly do exciting exercises.

10. DO NOT use it after eating or when you are tired, just after exercising, or when your physical state is abnormal.-----May cause damage to health.

11. This product is suitable for home use, not for schools, gymnasiums and other unspecified places with a large number of people.

-----There is a risk of injury.

11. DO NOT use it while eating or drinking or doing other activities.

13. DO NOT use it when you feel that your behavior has become dull after drinking.

-----May cause accident or injury.

14. DO NOT use it with hard objects in the pockets of the clothes.

-----May cause accident or injury.

15. Before use, please check whether there are foreign objects such as needles, garbage or water attached to the power plug.

-----May cause electric shock, short circuit, or fire.

DO NOT use with wet hands!

16. DO NOT pull out or insert the power plug with wet hands.

-----May cause electric shock or injury.









Pull out the power plug!

17. Turn the power plug out of the outlet when not in use.

-----Dust and moisture can degrade insulation, which can lead to electrical fires.

Assembly Instructions

Machine configuration:

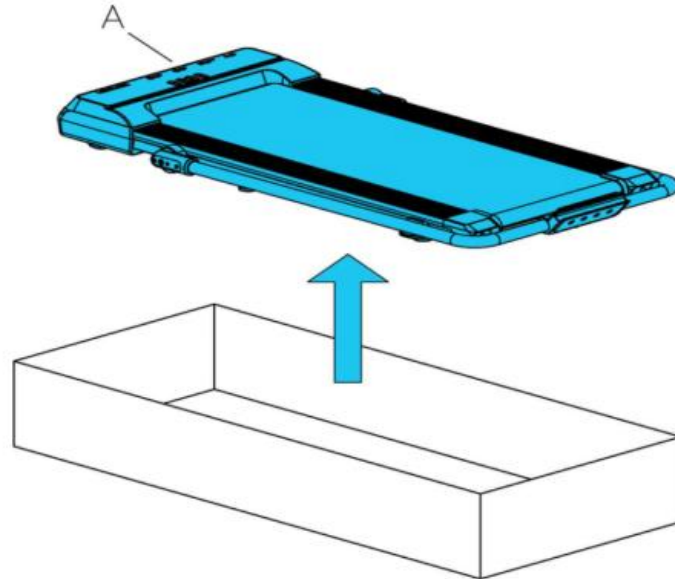
| | | | |
|--|--|---|--|
|  A |  B |  C |  B08 |
|  E02 |  E24 |  C23 |  B09 |

Parts list:

| S/N | Name | Specifications | Qty |
|-----|----------------------|-----------------|-----|
| A | Treadmill | | 1 |
| B | Phone Holder Plate | | 1 |
| C | Oil bottle | | 1 |
| E02 | Power Cable | | 1 |
| E08 | Cross Spanner | S=13、14、15/Q235 | 1 |
| E09 | 5# Hexagonal Spanner | | 1 |
| E24 | Remote Control | | 1 |
| C23 | Safety Key | | 1 |

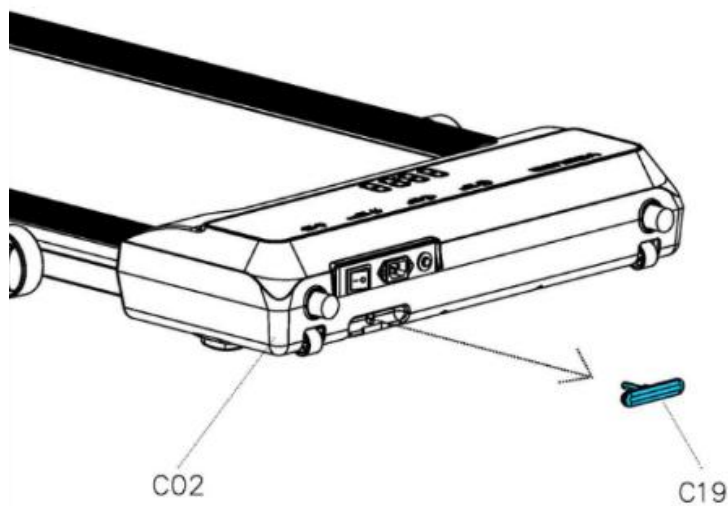
Assembly Instructions

Step 1: Open the packing box, remove the machine and relevant accessories.



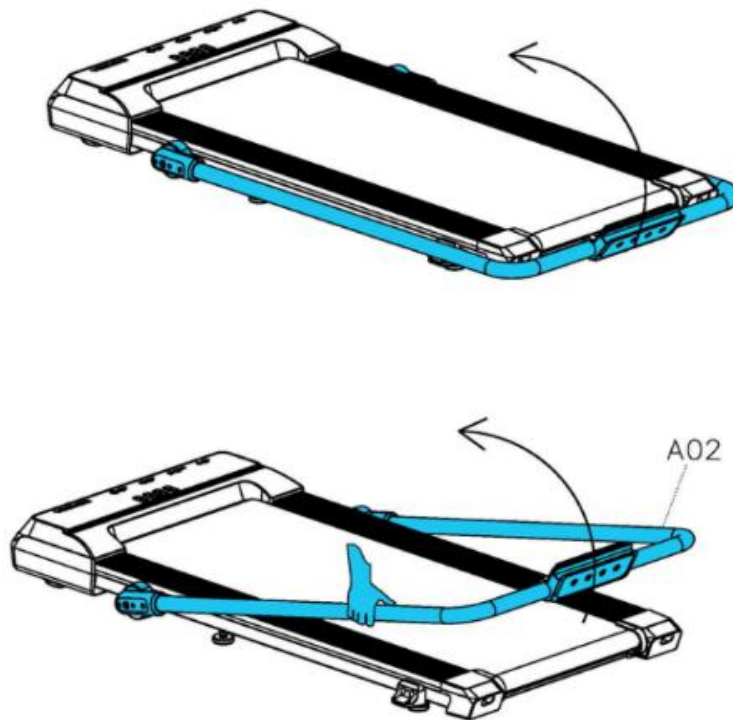
Step 2: Remove the T-wrench from beside the treadmill rollers .

Note: If the T-wrench is difficult to remove, lift the treadmill slightly to make it easier to remove.

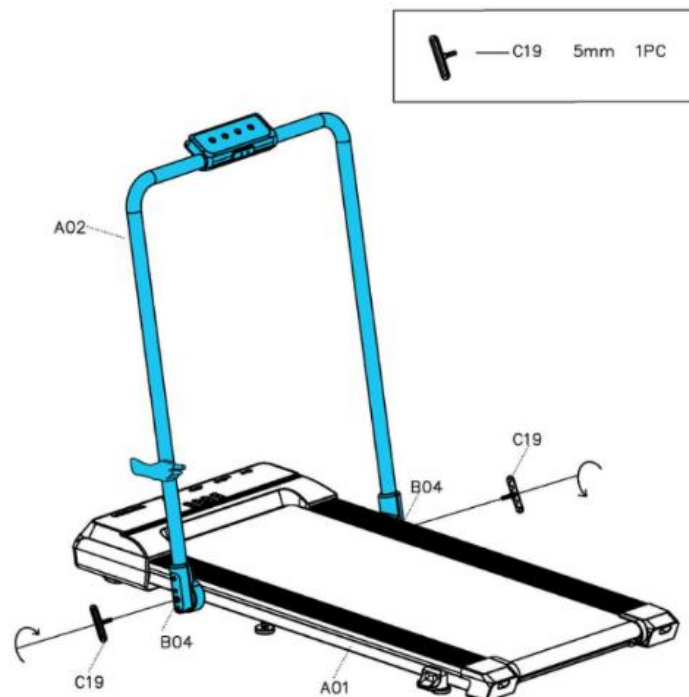


Assembly Instructions

Step 3: Hold up the handrail post upright until no further forward movement is possible.

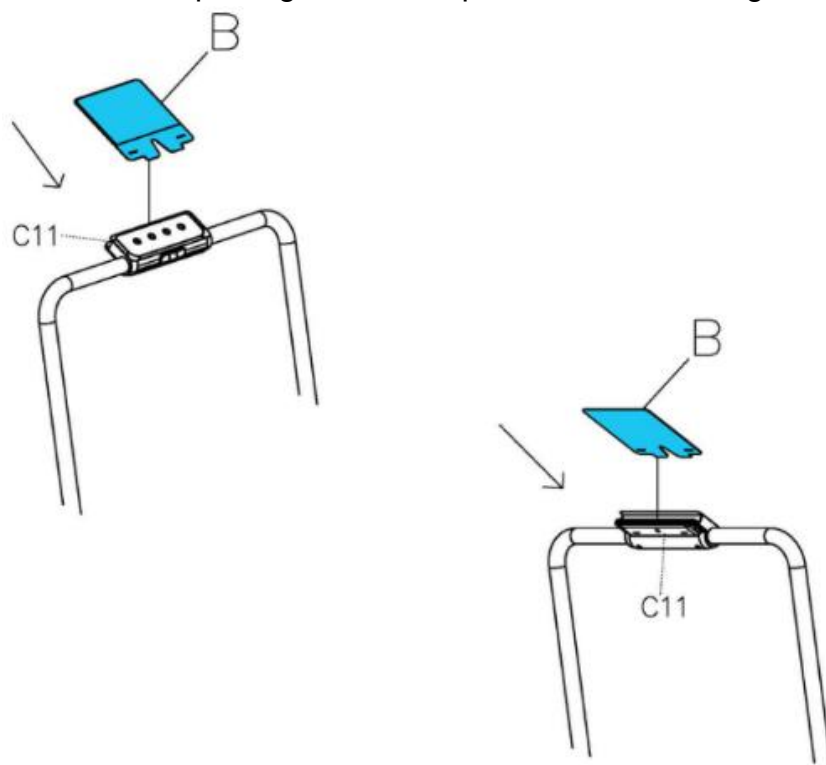


Step 4: Tighten the screws on both sides of the armrest bracket with T-wrench.



Assembly Instructions

Step 5: Insert the Phone Holder Plate into the card slot, please confirm the correct insertion before placing the mobile phone to avoid falling.

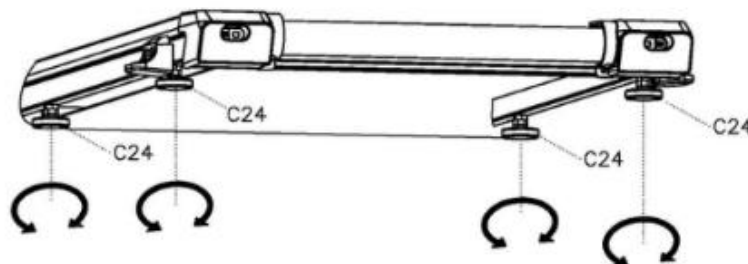
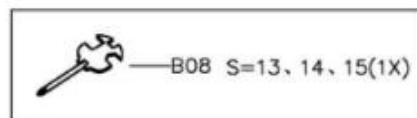
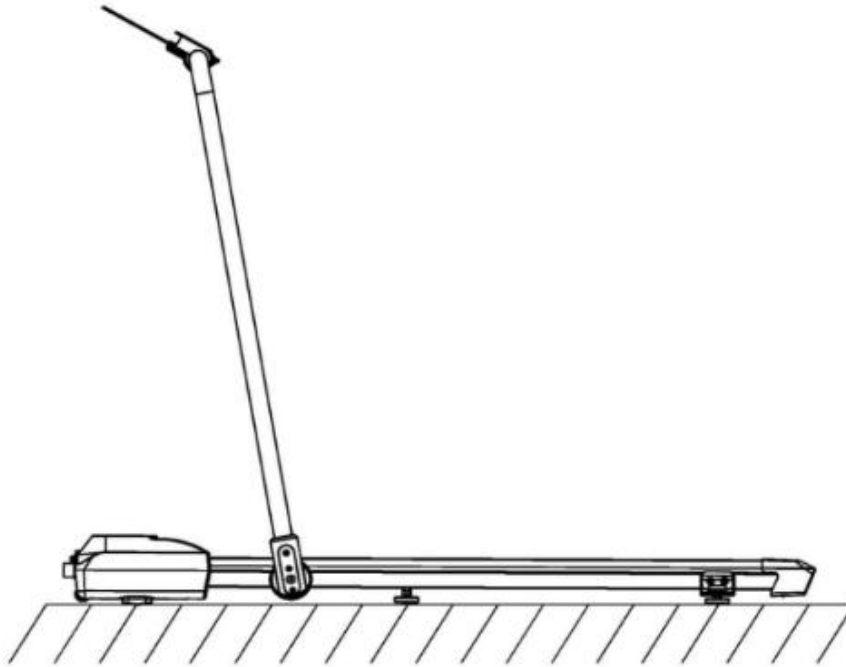


Step 6: Put the safety key into the magnet in the middle of the handrail post, and the treadmill can only run normally when it is powered on, **otherwise, it cannot be turned on normally.**



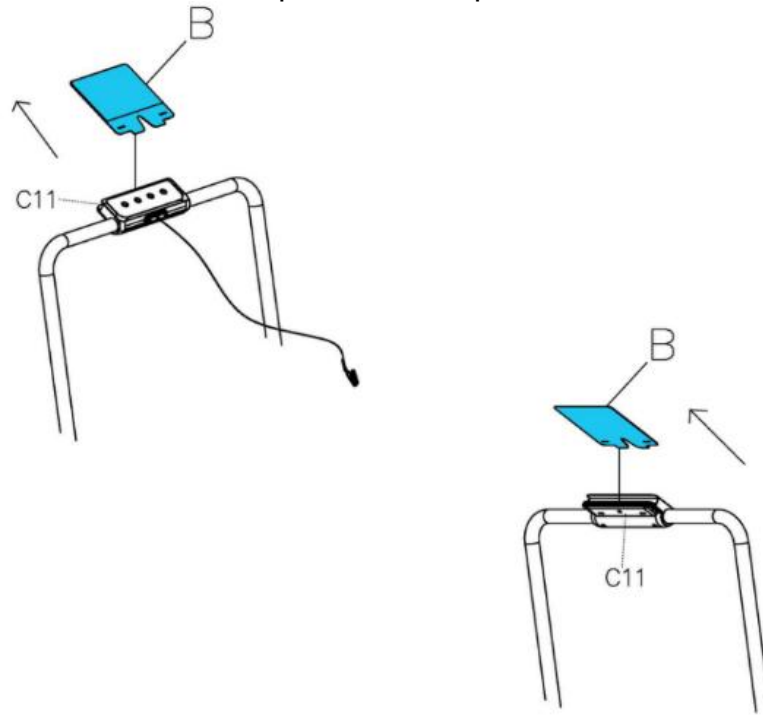
Assembly Instructions

Step 7: In order to ensure that the received product does not affect the use, it is recommended that you check the adjustment feet of the treadmill and tighten them with a cross wrench when you receive the package.

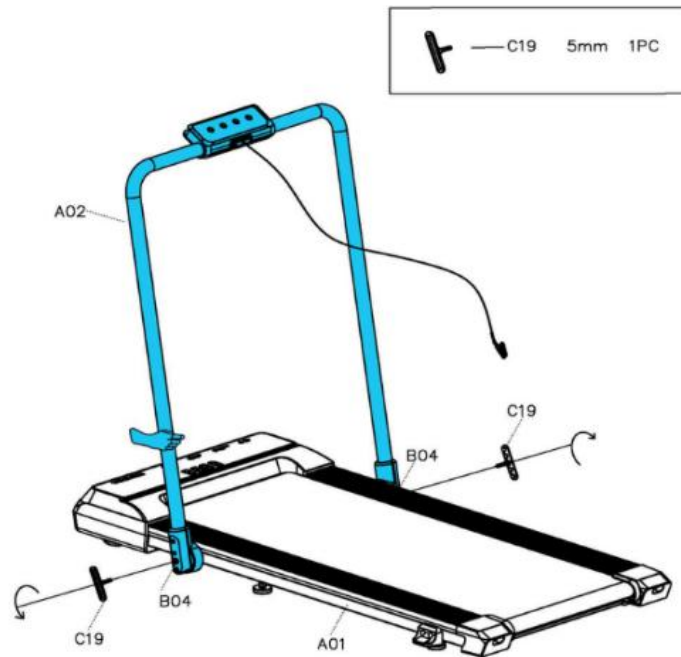


Folding Instructions

Step 1: Since the Phone Holder is fixed and cannot be rotated in position, when folding the treadmill, take out the phone holder plate first.



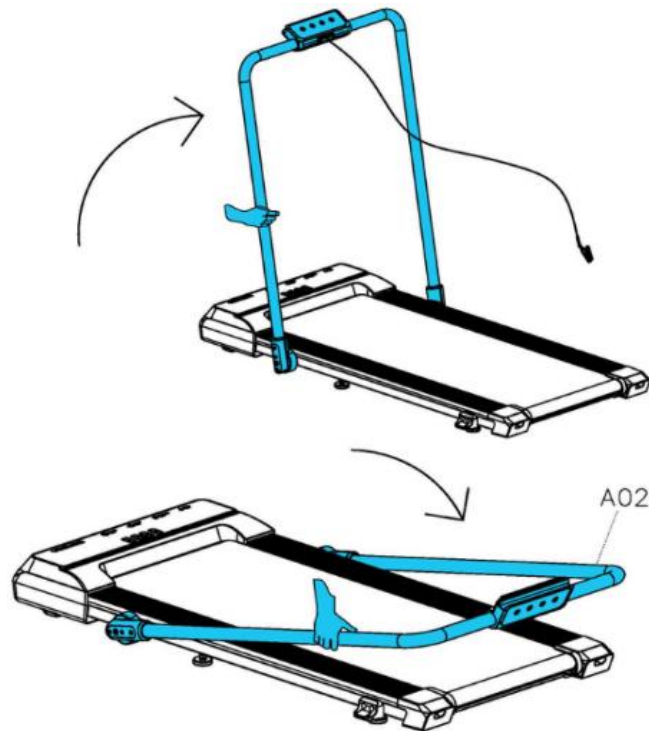
Step 2: Continue to use the T-wrench to loosen the knobs on both sides of the armrest column. After using the T-type wrench, **please put it back in its original place to ensure that it will not be lost.**



Folding Instructions

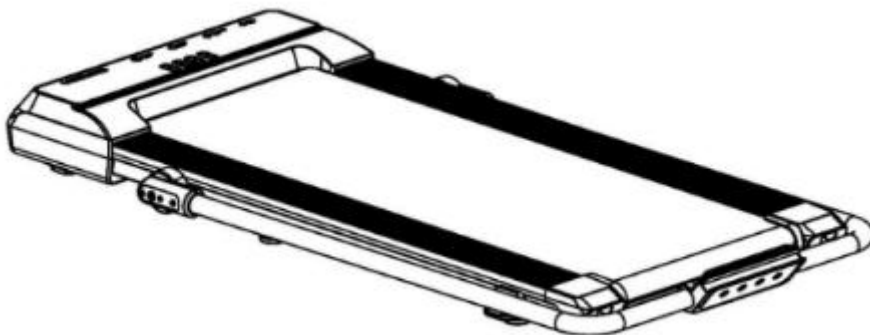
Step 3: Remove the safety key and lower the handrail post.

(If the safety key is lost, the treadmill cannot be used, please keep the safety key properly)



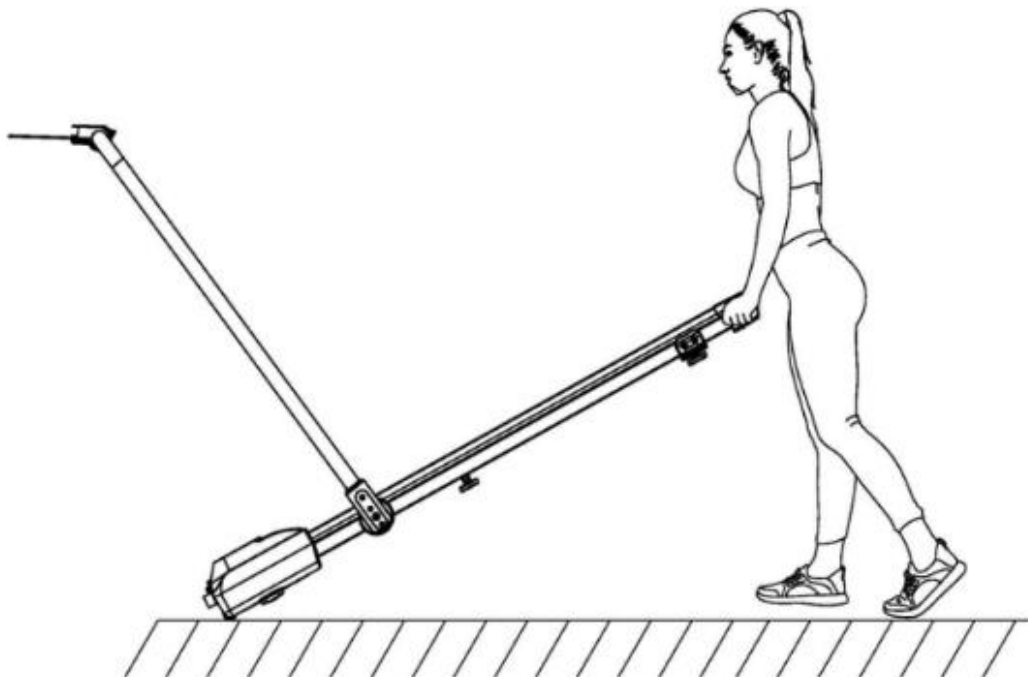
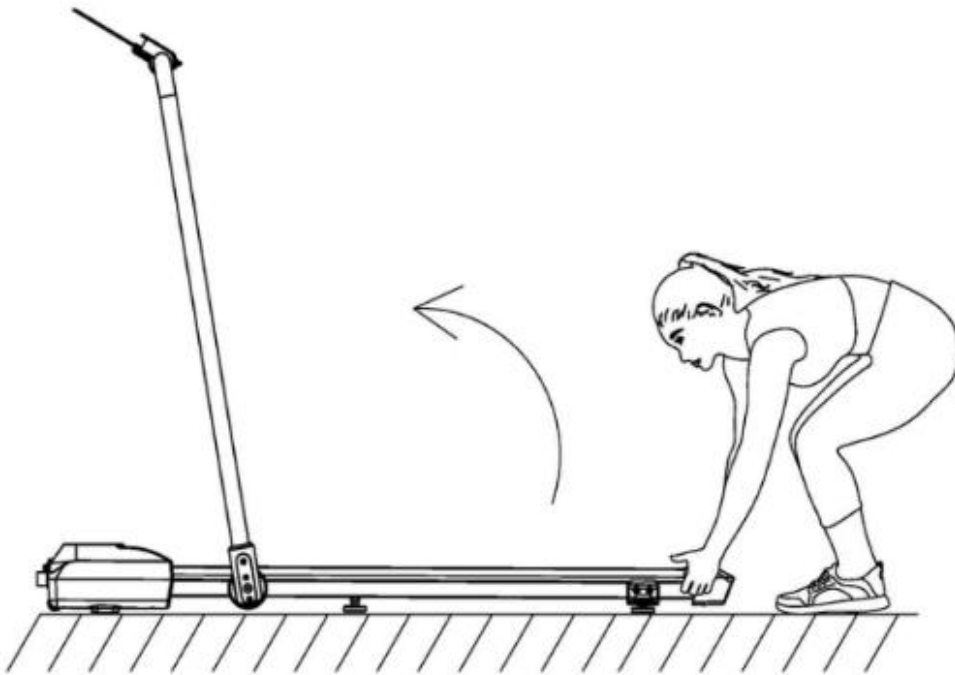
Step 4: The fold was successful.

The storage space of the treadmill is small, we can store it against the wall, under the sofa, or under the bed.



Moving Instructions

The transport wheels are at the bottom of the front of the treadmill, easy to move, please make sure the power is turned off before moving.



Technical Parameters

Technical Parameters

| | |
|------------------------------------|--|
| Package Dimensions | 52.36 * 27.55 * 42.91 Inches |
| Folded Dimensions | 55.7*27.55*4.92 Inches |
| Running Table Dimensions | 42.52*16.53 Inches |
| Treadmill Weight | 59.5LBS |
| Lift slope | NA |
| LED patch lamp Motor cover display | Speed Time Distance Calories |
| Using power | 110V |
| Maximum power | 746W |
| Input Current | 8A |
| Speed range | Walking Mode:0.6-3.7MPH, Running Mode:0.6-7.5MPH |
| Maximum Weight Recommendation | 265LBS |

Grounding Instruction

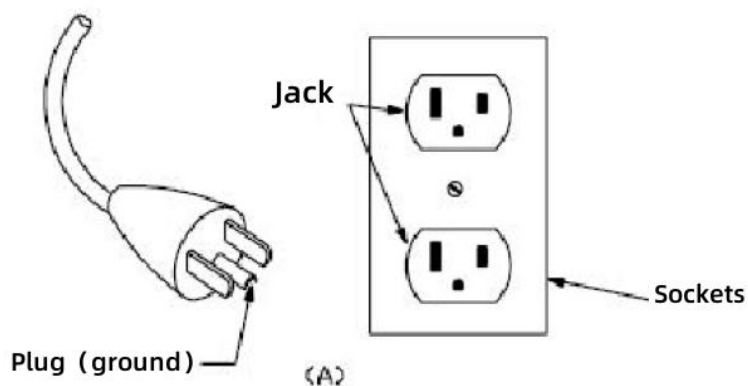
This product must be grounded! In case of abnormality or failure of the product, grounding can greatly reduce the risk of electric shock.

The original plug of this product is fitted with a grounding conductor. For safety reasons, the plug must be inserted into the corresponding grounded power socket.

DANGER - Failure to follow instructions may result in electric leakage. If you are not sure whether the product is properly grounded, please consult a professional electrician for confirmation. If the plug of this product does not match the power socket at home, please consult a professional electrician, and be sure not to disassemble the original plug of this product at will.

The normal operating voltage of this product is **110V**.

Please refer to the product grounding diagram below.



Operating Instructions



LED Display:

1. The LED display displays time, distance, speed and calorie value in turn, and switches the parameter every 5 seconds. **The time display supports a maximum display of 99 minutes and 59 seconds. If it exceeds 99 minutes and 59 seconds, the machine will slow down and stop, and enter standby mode.** When the distance is displayed, the maximum distance is 99.99 kilometers. When displaying calories, the calories are 0.0-9999 kcal, and the high bit is cut off after exceeding 9999.

2. When folding the handrail post, the treadmill can switch between walking mode and running mode. When the detection switch senses the movement, the buzzer beeps and the machine **stops; in walking mode: speed limit of 0.6-3.7MPH, in running mode: speed limit of 0.6-7.5MPH.**

3. LOGO icon, Time icon, Distance icon, Speed icon, Calorie icon: all lights up after power on.

4. LED display indicator:

When displays the time parameter, the time indicator lights up;

When displays the distance parameter, the distance indicator lights up;

When displays the speed parameter;



When displays the calorie parameter, the calorie indicator lights up.

Operating Instructions

Remote Control Button Description:

If the remote control does not respond or you have replaced the remote control, it needs to be paired again;

Pairing method: After power on, press and hold the start/stop button on the remote control within 5 seconds to pair, after the pairing is completed, try to press the start button, the display responds to prove the pairing is successful.

1.   To start//pause//stop button: When the power is turned on and the safety key is put on standby, press this button, the system enters a 3-second countdown, and the walking mode starts running at a speed of **0.6MPH**, short press this button during operation when the treadmill stops, the treadmill enters the pause state. In the pause state, short press this button to continue running, and long press this button for 3 seconds to enter the stop state.
2. “+” Increase speed button: Press the button to increase the running speed of the walking machine; its adjustment range is 0.1MPH/time, and it will automatically continue to increase if it is pressed continuously for more than 0.5 seconds.
3. “-” Reduce speed button: Press the button to reduce the running speed of the walking machine, and its adjustment range is 0.1MPH/time, and it will automatically and continuously decrease when it is pressed continuously for more than 0.5 seconds.

Handrail Post Display Instructions:

1. "START" is the start button: when the power is turned on and the safety key is put on, press this button at any time, and the system will enter a 3-second countdown, and the treadmill will start running at a speed of 0.6MPH.
2. "STOP" is the stop button: Press this button to stop the treadmill during running, and the treadmill will enter the pause state. In the pause state, press this button to enter the stop state, and all data will be reset and cleared.
3. "SPEED+" and "SPEED-" are the speed increase and reduce keys: press the “-” button to reduce the running speed of the treadmill, and press the “+” button to increase the running speed of the treadmill; the adjustment range is 0.1MPH/time when the continuous Automatically and continuously increment or decrement when pressed for more than 0.5 seconds.
4. **Safety key: Unplug the safety key at any time, stop the treadmill quickly, and put on the safety key to reset.**

Operating Instructions

Range of Various Values:

| Setting Parameters | Initial | Set Initial Value | Setting Range | Display Range |
|------------------------|------------|-------------------|--|--|
| Time(minutes: seconds) | 0 | — | — | 0: 00—99:59 |
| Speed (MPH) | 0.0 | 0.6 | 0.6-3.7MPH (walking) 0.6-7.5MPH (running) | 0.6-3.7MPH (walking) 0.6-7.5MPH (running) |
| Distance(Mile) | 0 | — | — | 0.00--99.99 |
| Calorie(kcal) | 0 | — | — | 0.0--9999 |

Power Saving Mode:

The system has a power-saving function. If there is no key command input within 10 minutes in the standby state, the system will enter the power saving mode and automatically turn off the display. Press any key to wake up the system again.

Shutdown:

At any time you can turn off the treadmill by turning off the power switch, which will not damage the treadmill.

Note:

1. Check whether the power is loaded before exercising;
2. If there is any problem with the treadmill, please contact the seller.
Non-professionals, please do not attempt to disassemble or repair to avoid equipment damage.

Electric Running Simple Fault and Troubleshooting Methods:

1. After the power is turned on the display does not show.
 - A. First check whether the overload protector is tripped, if it is tripped, press it;
 - B. Check the power switch, overload protector and drive on the power cord to ensure a good connection;
 - C. Check whether the power cord from the electronic meter to the driver is plugged

Operating Instructions

in properly, remove the column and check each section of the connection between the electronic meter and the driver to ensure that each wire core is fully plugged in, or the communication power cord is defective (damaged or broken)), the wire needs to be reconnected or replaced.

2. After power on, **the monitor displays "E01"**-----communication failure (the drive does not receive the signal from the monitor);

The monitor displays "E13"-----communication failure (the monitor does not receive the signal from the drive Signal).

A. The communication between the monitor and the driver is blocked. Check the connection between the monitor and the driver communication line to ensure that each wire core is fully inserted; check whether the connection line between the monitor and the driver is damaged, and replace the communication connection line.

B. The communication line on the monitor is abnormal, the components are damaged, and the monitor should be replaced;

C. The signal line of the driver is faulty, replace the driver.

3. If the monitor displays "E02" after running ----- explosion-proof shock protection or motor abnormality.

A. Check whether the motor cable is connected properly, reconnect the motor cable, if not, replace the motor;

B. Check whether the controller has a peculiar smell, the IGBT is broken down and short-circuited, and the driver should be replaced;

C. Check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to retest;

5. If the monitor displays "E04" after startup ----- Ascension learning or self-test failure

A. Check whether the lifting motor signal line is plugged in properly, and re-plug the signal line connector to make it reliable;

B. Check whether the AC line of the lifting motor is plugged in correctly, and whether the AC line of the lifting motor is correctly inserted with the mark on the controller;

C. Check whether the connecting wire of the motor is damaged and open, replace the connecting wire or lift the motor;

D. Replace the drive;

E. After checking everything, press the learning button on the driver to learn again.

6. If the monitor displays "E05" after running ----- over-current protection

Operating Instructions

- A. The possible reason is that the current is too large due to exceeding the rated load, and the system is self-protected, just restart it;
- B. A certain part of the treadmill is stuck, causing the motor to fail to turn, the load is too heavy, and the current is too large. The system is self-protected. Just adjust the treadmill and restart it or add lubricating oil.
- C. Check if there is an overcurrent sound or burning smell when the motor is running, and replace the motor;
- D. Check the drive for a burnt smell, replace the drive;

7. If the monitor displays "E06" after running ----- usually the motor is open

- A. The motor wire is not plugged in properly, re-plug the motor wire;
- B. motor internal open circuit, replace the motor;
- C. The motor is idling, and an error is reported when the current is too small, please install the machine for testing;

8. If the monitor displays "E08" after running ----- storage 24C02 error (external 24C02 driver)

- A. The storage IC is not inserted in place (not a switching power supply), reinsert it into the IC socket, and pay attention to the position of the PIN1 pin;
- B. The storage IC is damaged, or the related circuit is bad, replace the storage IC, or replace the drive;

9. If the monitor displays "E10" after running ----- usually the motor is short-circuited instantaneously

- A. driver torque is too large, adjust the torque potentiometer to an appropriate position;
- B. motor short circuit, replace the motor;
- C. The transmission part is stuck, adjust the transmission part, or add lubricating oil;

Treadmill refueling and maintenance reminder instructions:

1. Check the maintenance mileage every time the treadmill is powered on. When the maintenance mileage reaches 188 miles, the monitor will emit a "beep beep" sound for 10 seconds, and the window will display "OIL". When you see this prompt, it means that the treadmill needs refueling and maintenance. For the method of refueling, please refer to the maintenance guide section of the treadmill manual. Lubricant must be added to the middle of the running deck.
2. After adding lubricating oil, press and hold the stop button for 3 seconds in standby mode, and when you hear a "beep", the system will clear the refueling reminder.

Introductory Guide

Prepare:

If you are over 35 years old or have health problems and this is your first fitness exercise, please make sure you consult a doctor or professional before using it.

Before using the treadmill, please stand next to it to familiarize yourself with how to control it - such as start, stop and speed adjustment, etc., and only after you are familiar with it can you use it. Then stand on the pedal edge on both sides of the treadmill and grab the handrail with both hands, turn on the machine to a low speed of 1.6~3.2km/h, stand straight, look forward and "snap" with one foot on the running belt for a few times; then stand to the running belt and move with it. After feeling comfortable, slowly increase the speed to 3~5km/h. Maintain this speed for about 10 minutes, and then slowly let the machine stop.

Exercise :

Please stand next to it first to familiarize yourself with how to control it - such as adjusting the speed - and use it only after you are familiar with it. Walk about 1 km at a regular pace and record the time taken. This may take 15-25 minutes. When walking at a speed of 4.8 km/h, 1 km will take about 12 minutes. After you are able to do this easily a few times, you can gradually increase the speed so that for 30 minutes you can get a good workout. Before walking the exercise routine, be clear in your mind: no impatience, this exercise for your own lifetime of health, not overnight magic.

Exercise Volume :

Shortcuts - workouts of 15-20 minutes are a great 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 for 2 minutes each. Then increase the speed in increments of 0.3 km/h every 2 minutes until you feel your breathing pick up but not difficult. Maintain this speed for the workout and if you feel out of breath reduce the speed by 0.3 km/h. Leave 4 minutes at the end to slow down.

Method of burning calories-This method will allow the calories to actually burn off.

Warm up for 5 minutes at a speed of 4 to 4.8 km/h, then increase in increments of 0.3 km/h every 2 minutes until you feel it would be challenging to

Introductory Guide

keep exercising at a certain speed for 45 minutes. To intensify your workout, you can maintain this workout speed during the hour-long TV show, make the speed increase by 0.3 km/h during each commercial interruption, and then return to the previous speed exercise during the next show so that calories are fully burned during both the commercial breaks and the subsequent increase in heart rate. Leave 4 minutes at the end to slow down.

Frequency of exercise:

The goal is 3-5 times/week, with 15-60 minutes of exercise each time. It's best to set a workout schedule first, rather than working out according to your preferences. You can master the strenuousness of the exercise by adjusting the speed and incline yourself. We recommend that you do not set the incline at the beginning; however, when you want to increase the intensity of your workout, raising the incline of the motorized treadmill is a very effective way.

Safe Exercise Measures

Before exercising, consult with a professional. He or she will be able to help you recommend exercise frequency, intensity, and duration that is appropriate for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort while exercising, stop immediately! Consult a professional before continuing to exercise.

If you regularly use a treadmill, when selecting a speed, you can choose the speed of normal walking or jogging.

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

| | |
|----------------|---|
| 1-3.0 km/h | Poor physical condition |
| 3.0-4.5 km/h | People who are accustomed to sedentary or infrequent exercise |
| 4.5-6.0 km/h | Frequent walkers |
| 6.0-7.5 km/h | Fast walkers |
| 7.5-9.0 km/h | Jogger |
| 9.0-12.0 km/h | Moderate runners |
| 12.0-14.5 km/h | Experienced runners |
| 14.5-16.0 km/h | Excellent runners |

Please note: For walkers a speed of less than or equal to 6 km/h is more appropriate; for runners a speed of greater than or equal to 8.0 km/h is more appropriate.

Warm-Up

Before exercising, it is best to do stretching exercises first. Warm muscles are easier to stretch, so warm up for 5-10 minutes first. Then stop and do the stretch as follows—5 times, 10 seconds or more for each leg, and repeat at the end of the workout.

1. Stretch down :The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes.Keep it for 10~15 seconds, then relax. Repeat 3 times



2. Tendon stretching: Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg.



3. Calf and heel stretch: Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg.



4. Head exercises: Tilt your head to the right for a count of one, and feel the stretch in the left stretching of the neck muscles; then turn your head to the back for a count of two. Then turn your head to the left for a count of three; finally, turn your head back down towards your chest for a count of four. Then relax and repeat 3 times.



5. Waist exercise: Stretch your arms to the left and right and then slowly raise them slowly above your head. Hold your right arm as straight as possible towards the ceiling. Hold for 1 second and feel the stretch on your right side. Repeat with your left arm.



Maintenance Guide

Warning: Always unplug the treadmill from the power supply before servicing the product.

Cleaning: thorough cleaning will extend the life of the treadmill.

Remove dust regularly to keep the parts clean. Be sure to clean the exposed part of the treadmill belt on both sides, which will reduce the accumulation of impurities under the treadmill belt. Make sure the sneakers are clean to avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the treadmill must be cleaned with a soapy damp cloth. Be careful not to splash water on the electrical components and under the treadmill.

Warning: Make sure to unplug the power supply of the treadmill before moving the motor protective cover. Open the motor protective cover at least once a year to vacuum and clean the motor.

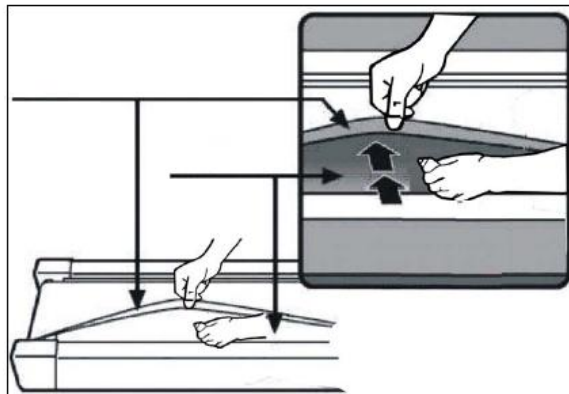
Special lubricant for running belt and electric running.

The running board and the running belt of this treadmill have been pre-lubricated. The friction between the running belt and the running board has a great influence on the service life and performance of the treadmill, so it must be lubricated regularly. We recommend regular inspection of the plate surface. If there is any damage to the plate, please contact our customer service center.

We recommend applying lubricant between the running belt and running board of the motorized treadmill according to the following schedule: (usage as shown below)

Light-weight use users (less than 3 hours / week) Once every 6 months;
Medium-weight use users (3-5 hours/ week) Once every 3 months;
Heavyweight users (more than 5 hours / week) Once every 2 months.

We recommend that you purchase your lubricant at your local dealer or contact us directly. Note: Any other maintenance needs to be done by a professional.



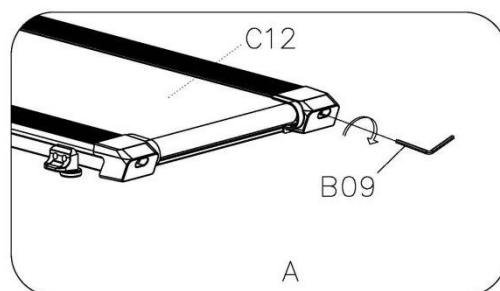
Running Belt Adjustment

1. In order to better maintain your treadmill and extend the life of the machine, we recommend that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before use.

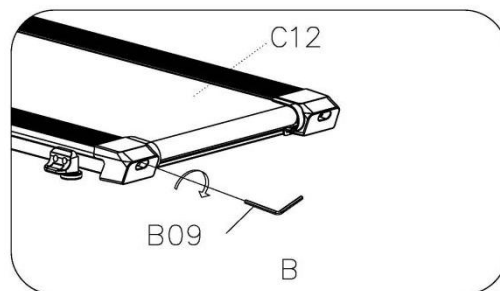
2. If the running belt is too loose, there will be slippage in the running phenomenon; if too tight, too tight may reduce the motor performance and make the roller and running belt wear intensify. When the running belt is suitable, you can use your hands to lift both sides of the running belt from the running board about 50 - 75mm.

Running belt alignment:

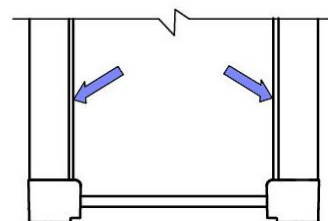
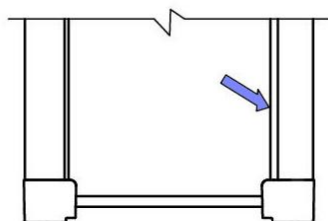
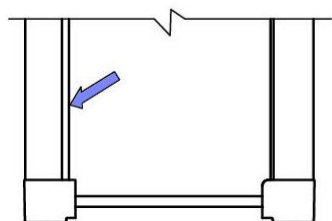
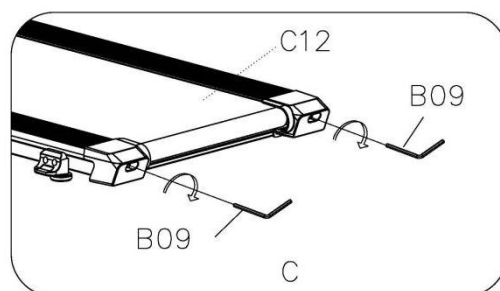
Place the treadmill on a level surface. Make the treadmill run at a speed of about 6-8 km/h and observe the running belt deviation. **If the running belt deviates to the right**, remove the safety key, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the safety lock, make the treadmill run, and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure A.



If the running belt deviates to the left, remove the safety key, turn the left adjusting bolt 1/4 turn in clockwise direction, insert the power switch, make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure B.



After the above adjustment or use for a period of time, the treadmill belt will gradually loosen and needs to be adjusted. Remove the safety key and rotate the left and right adjusting bolts 1/4 turn in clockwise direction, insert the safety key, make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately loose and tight. Figure C.



FCC Warning

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.

NOTE: 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.

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.