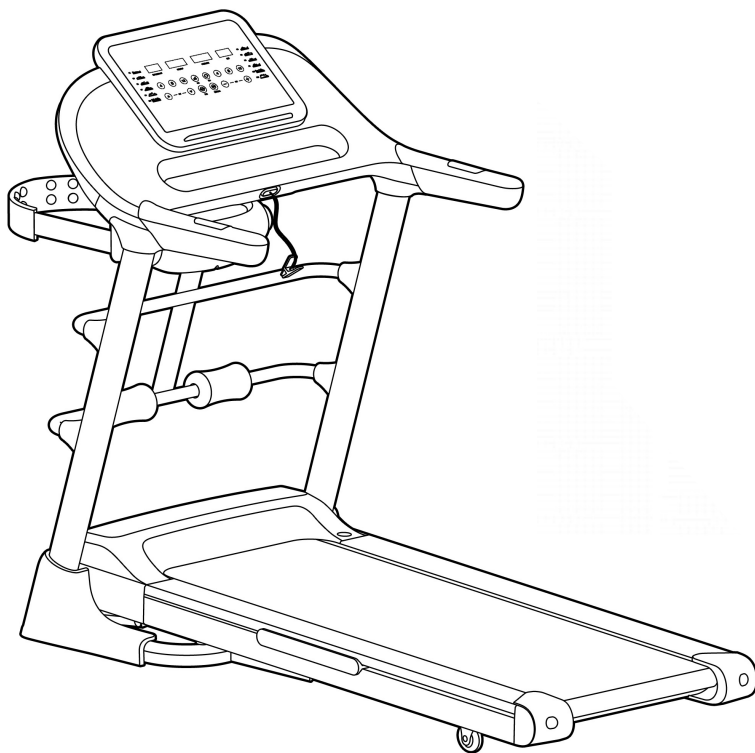


Orbit STARLITE SL7

SL7 Starlite Treadmill



- **Warranty**
- **Assembly**
- **Parts**

**TOOLS REQUIRED
FOR ASSEMBLY:
Adjustable Wrench**

Owner's Manual SL7

CAUTION:

1. Weight on this product should not exceed 264lbs / 120kgs.
2. Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
3. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

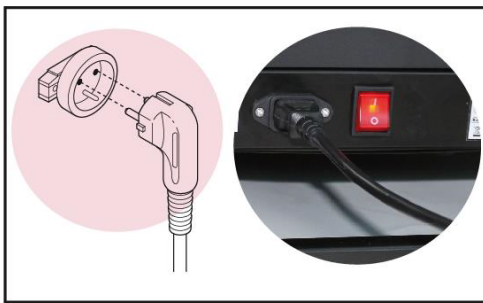
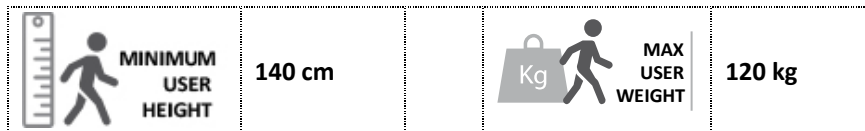
IMPORTANT: Read all instructions carefully before using this product. Retain this product owner's manual for future reference.

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I. IMPORTANT PRECAUTIONS



THE SECURITY KEY HAS A MAGNET WHICH MUST BE PUT IN THE DISPLAY. AT THE END OF THE LACE THERE IS A CLAMP WHICH SHOULD BE ATTACHED TO THE CLOTHES. THE TREADMILL WILL START WORKING ONLY IF THE KEY IS PLACED IN THE DISPLAY. THIS IS ESSENTIAL.

A CORRECT LUBRICATION OF THE TREADMILL WITH SILICON OIL OR TEFLON IS REALLY IMPORTANT. THIS LUBRICATION MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

WARNING:

YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD.

In order to decrease the risk of suffering severe injuries, read carefully all the important instructions and warnings regarding the use of a treadmill before using it.

Our company doesn't take any responsibility for personal injuries or property damages resulting from the use of this product.

1 - Before starting any workout program, consult your doctor. It's especially important for people older than 35 years old, people with health problem and pregnant women.

2 - The owner must ensure that all users are correctly informed about the warnings.

3 - Use the equipment as explained in the instruction manual.

4 - **Keep the equipment in an enclosed area, away from dust or humidity. Don't store it in a garage, indoor backyard or near the water. Humidity, dust and water could lead to a malfunction of the equipment, annulling its guarantee.**

5 - Place the unit on a flat surface. If the surface is uneven, the proper functioning could be affected. Some models include levelers or levelling threads behind the legs, helping the levelling. Please read the manual to verify if your unit is provided with one of them.

6 - The unit must be placed in a ventilated area. Don't use it in places with sprays or with oxygen dispenser. The air you breath may be affected and cause an accident.

7 - Keep children younger than 12 years old and pets away from the equipment. Keep a safe distance from machine.

8 - **Check in the manual for the maximum weight your equipment can support. An excessive weight could lead to a malfunction in the operating system, which won't be covered by the guarantee.**

9 - Wear suitable clothes and shoes. Do not use loose clothes that may get hooked.

10 - If your equipment is working through a power supply: make sure that the power cord and plug are in good conditions. Carry out the connection only when the circuit has ground connection, otherwise it could cause damages on the equipment or in the property which the guarantee won't cover. Power cords must be away from hot surfaces.

11 - If it is a battery-powered unit: check and make sure that they are charged enough so the display will fully function.

12 - If your equipment is provided with a security key, please understand the produce before using it. The security key has a magnet which must be put in the display. At the end of the lace there is a clamp which should be attached to the clothes. The treadmill will start working only if the key is placed in the display. **THIS IS ESSENTIAL.**

13 - If your unit works thanks to a power supply: don't put it into operation while you are on the belt. The motor would be unnecessarily loaded. The right way is placing yourself with open legs, each one on a side of the belt and sit up once it is ongoing.

14 - If your unit works with an electric supply: check the speed it can reach, for your security. The best is to adjust gradually the speed in order to avoid sudden changes.

15 - **If your unit works through an electric supply: never leave the machine unattended while it's working. Take the security key off, turn the ON button to OFF and unplug the power cord.**

16 - If your equipment is provided with a pulse sensor, you may know it isn't a medical instrument. It's designed as a help for the workout and determines the tendencies of heart rates. There are some factors which could affect the accuracy of the heart rate interpretations, for example the movements of the user.

17 - The machines don't take too much space as they can be folded. Once folded, make sure that all is well assembled to the locking system, either if it has a lock or a hydraulic engine. Don't try to move it or raise unless you are insured. Should any damage happen being the machine uninsured, it won't be covered by the guarantee.

18 - **Check and tighten all screws on a regular basis, because due to vibrations screws and nuts tend to loosen. Damages caused by a lack of maintenance won't be covered by the guarantee.**

19 - **A correct lubrication of the treadmill with silicon oil or Teflon is REALLY IMPORTANT.** This lubrication must be performed regularly depending on each person, even before its first use. The lubrication must be carried out this way: disconnect the equipment of the electricity supply (in case you have one), pull up the tapestry from the side with one hand and spread the oil on the board. Please repeat this procedure from the other lateral side. Connect the equipment to the power supply (in case you have one) and turn the "on" button (red button) into the correct position (I), insert the security key and let the treadmill work for several minutes without any weight on it.

Repeat this action on a regular basis.

20 - **Two people will be needed in order to take the unit from the package. Otherwise, the damages caused in this moment won't be covered by the guarantee.**

21 - Don't let any object fall into the grooves.

22 - If the unit works through a power cord: unplug always the power cord before cleaning it, after the workout and before performing any maintenance duty.

23 - This unit is designed for a domestic purpose and in an interior place, not for business environment or outside.

24 - Do a workout with stretches before and after the sessions, you will avoid injuries.

25 - Drink water before, during and after the workout.

26 - If you start feeling pain or dizziness while training: **STOP IMMEDIATELY.**

27 - **YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD.**

28 - The accessories can be different to the other models.

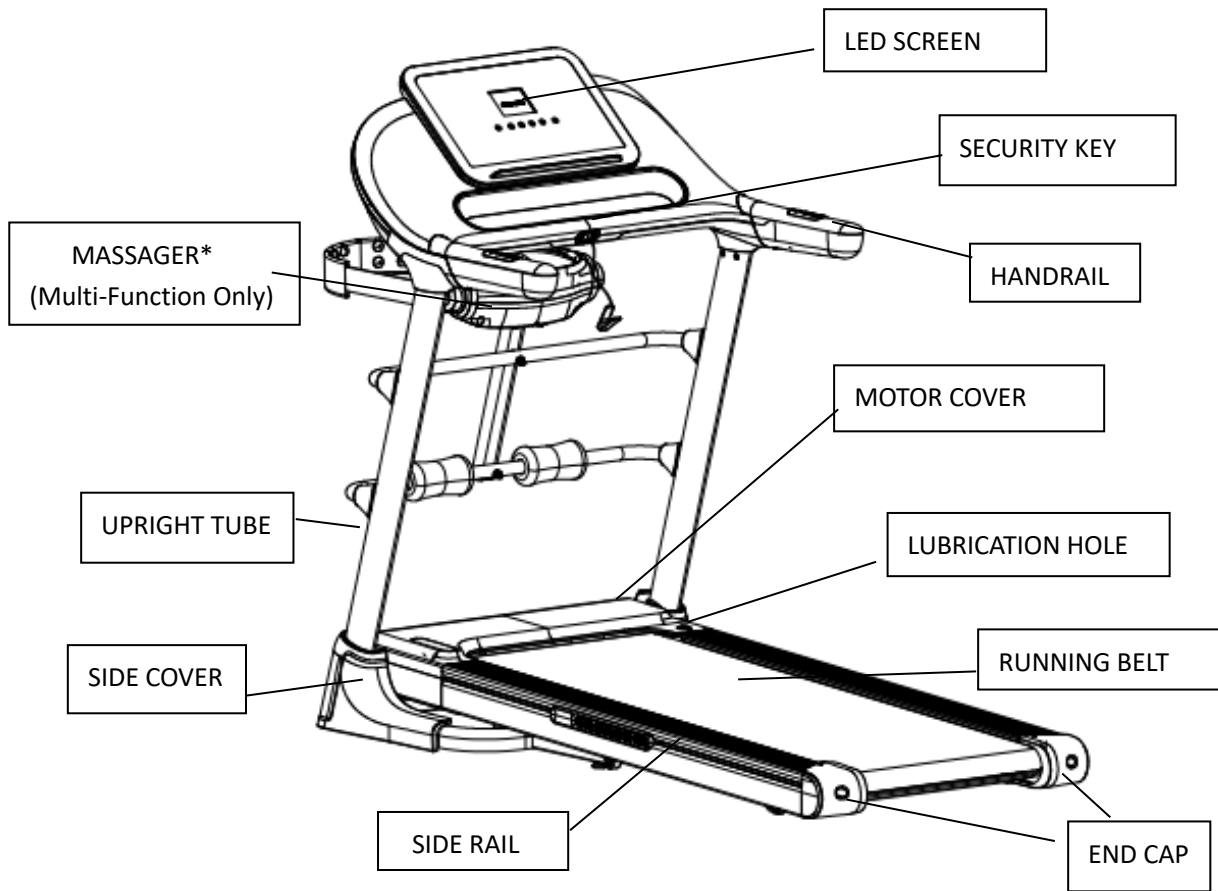
29 - This electronic product can't be thrown under any circumstances into the municipal rubbish bins. With the aim of preserving the environment, this product must be recycled according to the applicable law of your country. Please contact your town council to know more about this procedure.

30 - Should you need technical assistance or advise with the installation of pieces, you can get in touch with us.

YOU MUST KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE

KEEP THESE ADVISES FOR FUTURE REFERENCES

II. MAIN TECHNICAL FEATURES



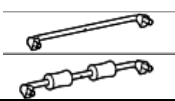




















Input Voltage	220V±10%
Frequency	50/60 HZ
Running Area	1210 X 470mm
Function	Time, Speed, Distance, Calorie, Bluetooth APP, Bluetooth Speakers
Speed Range	1.0 - 15 KM/H
Incline	0 - 15 Auto Incline
Max User Weight	120kgs
Power	2.5HP Brushless Motor

III. ASSEMBLY



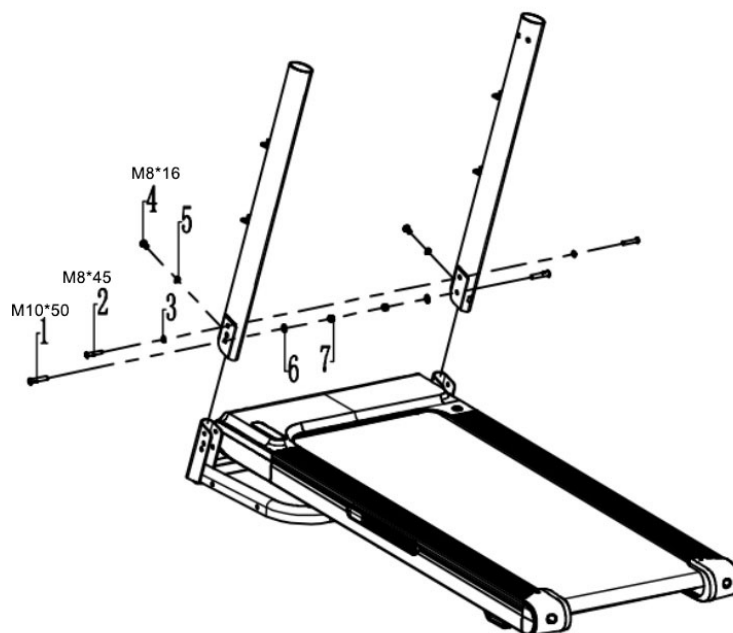
NOTICE: ASSEMBLY REQUIRES TWO PERSONS

Main part	Name		Q'ty				
			1. Main Frame	1set			
		2. Massager*	1set				
		3. U Bar	2 pcs				
		4. Multi-Function Frame*	1 pc				
No.	Fittings		Qty				
①		10x50 screw	2	No.	Fittings	Qty	
②		M8x16 screw	6	⑩		M10 Nut	2
③		M8 flat washer	12	⑪		M8 Nut	6
④		M8x45 screw	2	⑫		User's Manual	1
⑤		M8 curve washer	2	⑬		Security Key	1
⑥		M10 flat washer	2	⑭		Silicone oil	1
⑦		M8x14 screw	2	⑮		5mm Wrench	1
⑧		M8x65 screw	2	⑯		6mm Wrench	1
⑨		M8x40 screw	4	⑰		Multi Wrench	1

*Multi-Function Version Only

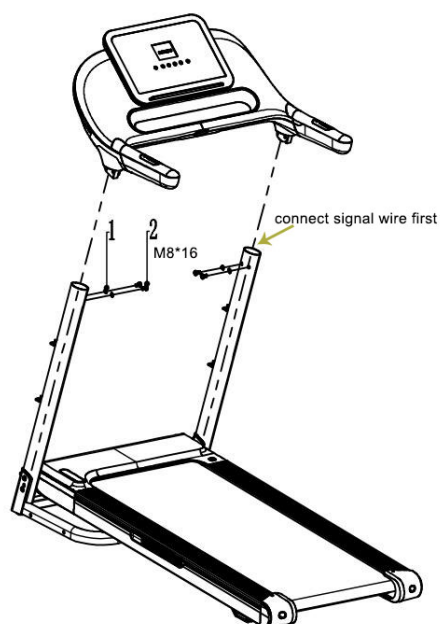
STEP 1

1. Carry out the machine from the package by two persons and place it lightly on flat floor, and put other fittings beside the machine.
2. Insert the left upright tube into base frame, fasten it with 1pc M8*45 screw and 1pc M8 flat washer, 1pc M10*50 screw, 1pc M10 flat washer and 1pc M10 nut, 1pc M8*16 screw and 1pc M8 curve washer, then tighten all the screws.
3. Please repeat the same steps on the right side.



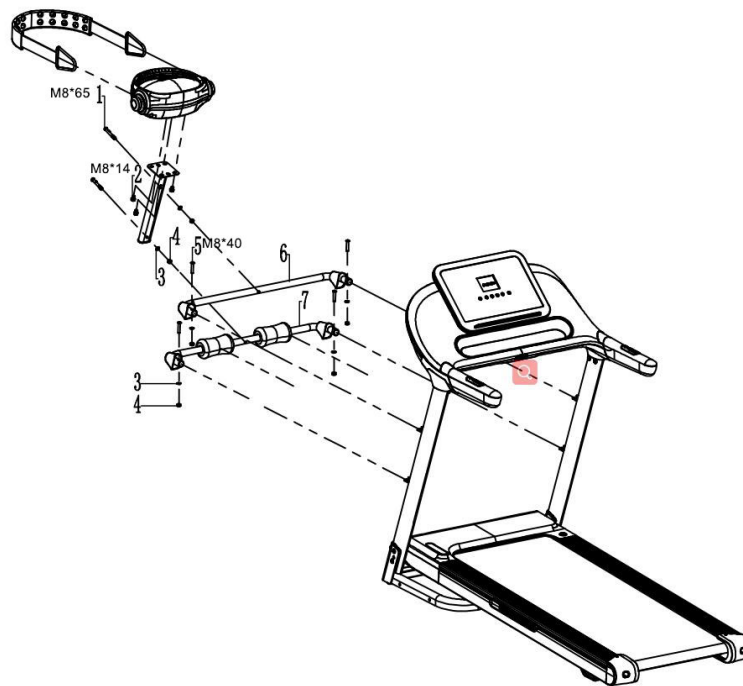
STEP 2

- Connect the signal wire at right upright tube, then insert the console into both upright tubes (pay attention not to break signal wire), put 4pcs M8*16 screws and flat washers and tighten them.



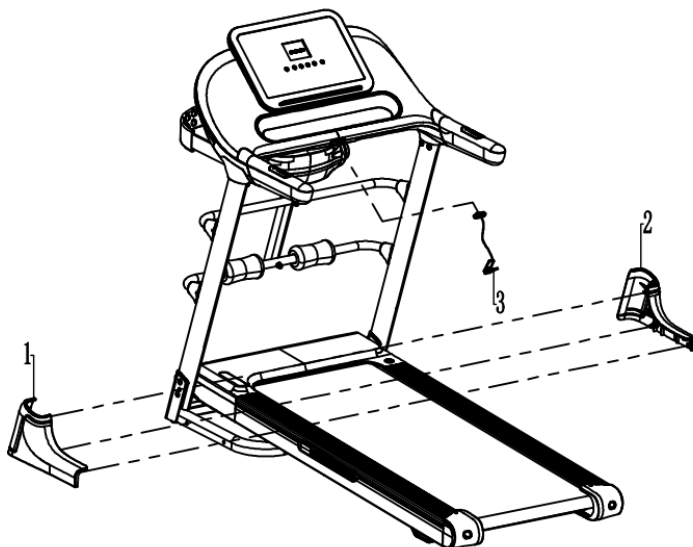
STEP 3 (*Multi-Function Version Only)

1. Lock the 2pcs U-shape pipes to both upright tubes, fasten them with 4pcs M8*40 screws and flat washers and nuts and tighten them.
2. Put the multi-function frame to U-shape pipes, fasten it with 2pcs M8*65 screws and flat washers and nuts and tighten them.
3. Disassemble the 3pcs M8*14 screws under massager by multi wrench, and put massager onto the top of function frame and tighten the screws.

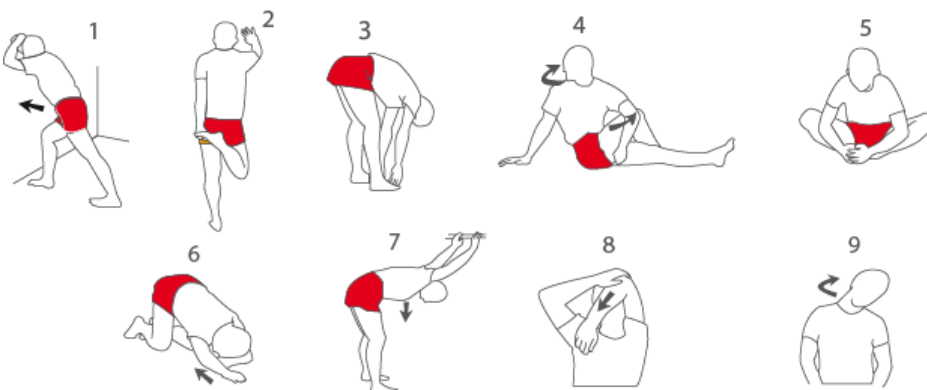


STEP 4

1. Put the side covers at the base frame as shown below.
2. Put the safety key on the console then can start to use machine.



IV. WORKOUT GUIDELINES



BEWARE: Before starting to use this or any exercise programs, consult your doctor. This is especially important for people older than 35 years old, or for people with health problems.

If your equipment is provided with a pulse sensor, you must keep in mind this isn't a medical instrument. Several factors can vary the accuracy of the heart rate interpretations. The pulse sensor is just a help for the work outs, determining the general tendencies of the heart rate.

PROGRAM WITH WARM UP WORKOUTS:

WARM UP: Start stretching and slightly activating the muscles between 5 and 10 minutes. The warm up will increase your corporal temperature, your heart rate and your blood flow, making you ready for the workouts.

- **WORKOUT FOCUSED ON THE TRAINING AREA:** Do some exercises during 20-30 minutes with your heart rate (don't maintain your heart rate more than 20 minutes during the first weeks of the exercise program). Breath constantly and deeply during the workout (never hold your breath).
- **COOL DOWN:** Finish with stretching exercises during 5-10 minutes. Stretching increases the flexibility of your muscles and help you to avoid injuries after the workouts.

FREQUENCY OF THE WORKOUT: In order to be fit or improve your shape, complete three workout sessions each week, with a rest day between the workouts. After some moths of regular training, you will be able of completing up to five workouts a week.

V. TREADMILL OPERATION

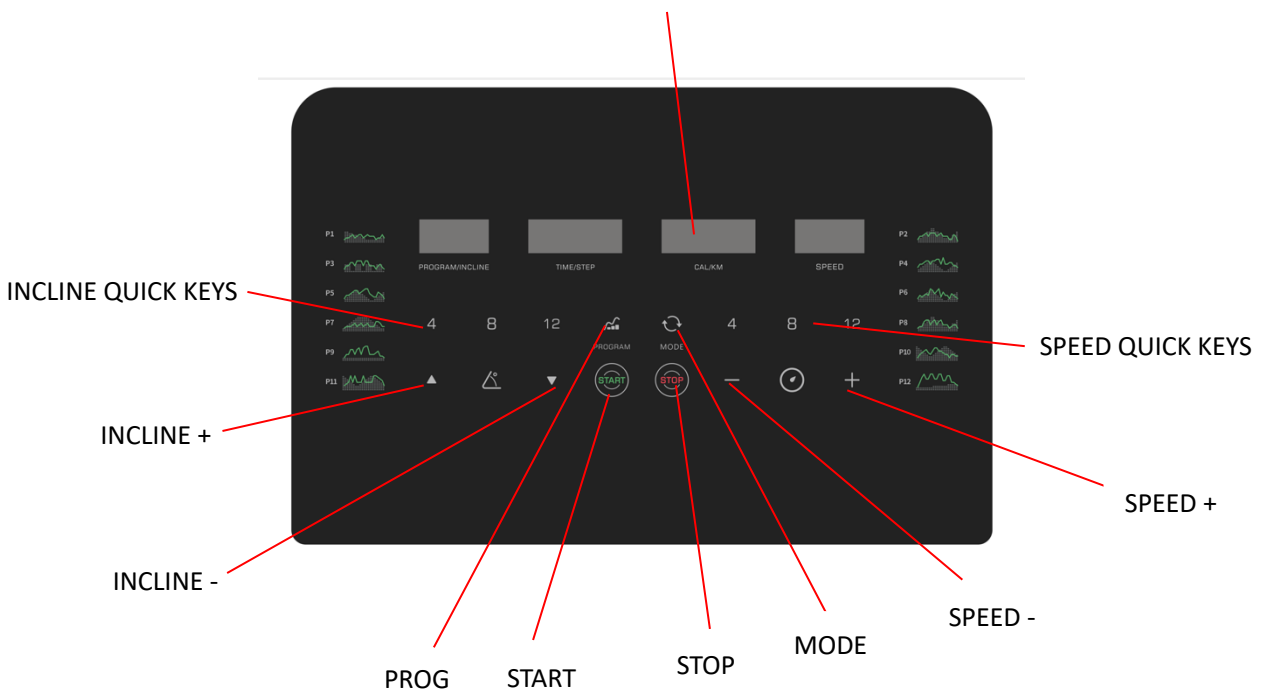
HOW TO FOLD AND MOVE THE TREADMILL



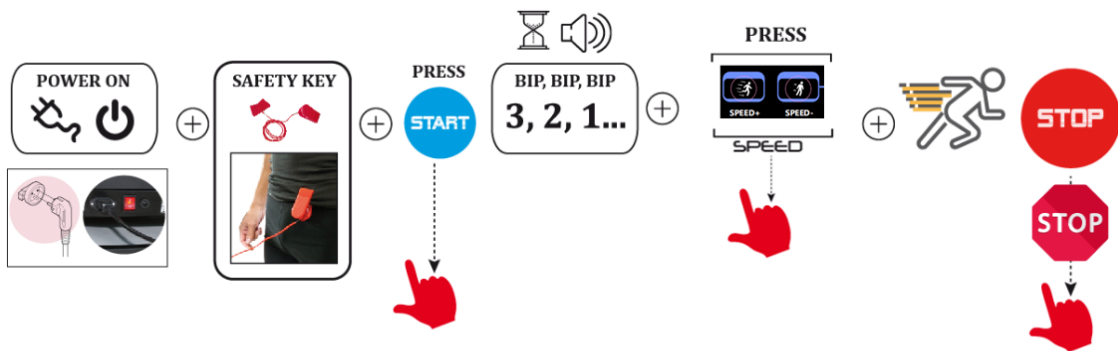


COMPUTER

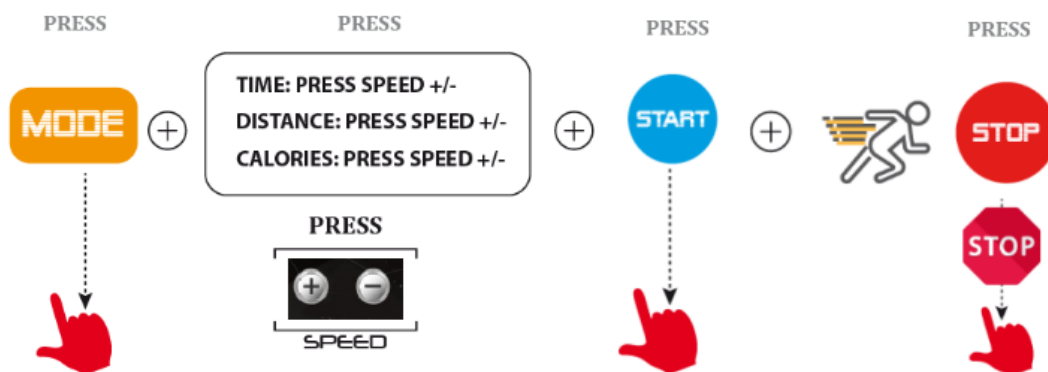
LED DISPLAY



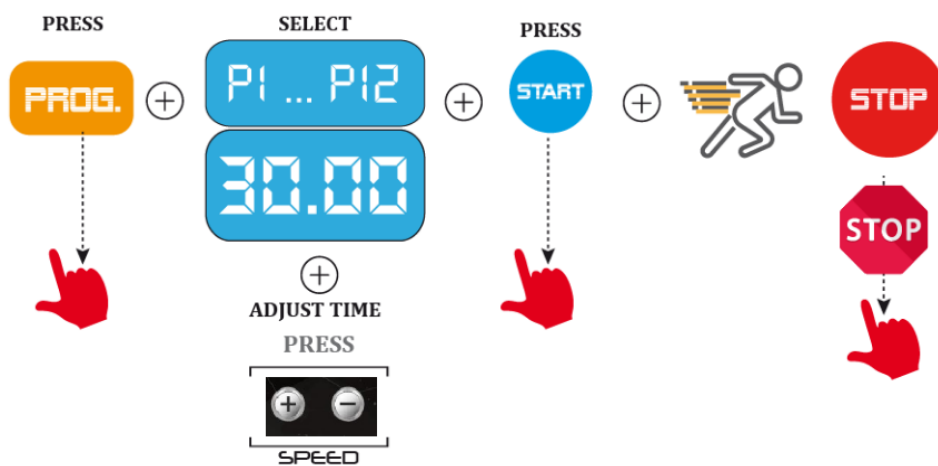
MANUAL



MODE

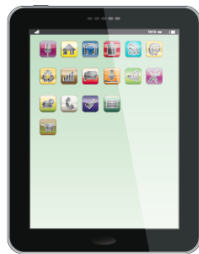


PROGRAM

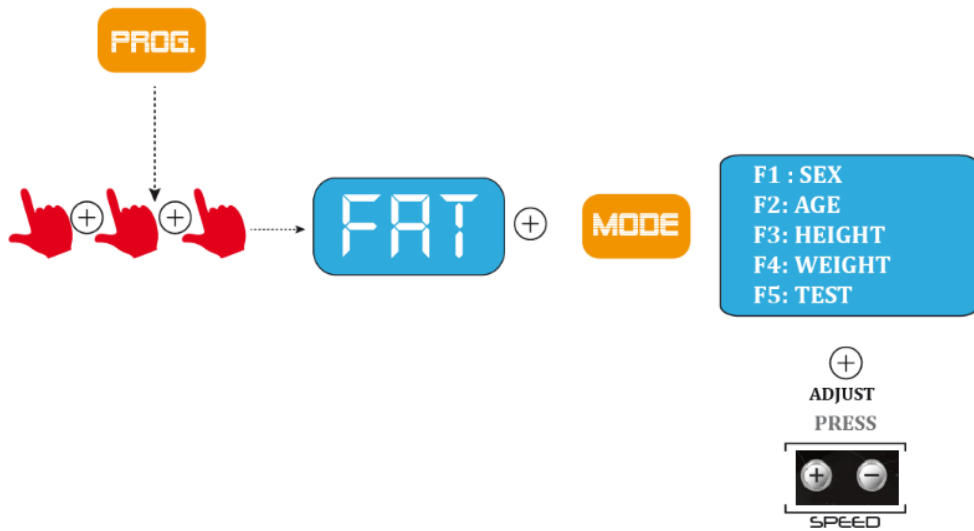


TIME SECTION PROGRAM		SETTING TIME / 20= EACH SECTION OPERATION TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	0	5	5	5	1	1	5	5	5	1	1	5	5	5	1	1	5	5	5	1
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P06	SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	SPEED	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

BLUETOOTH SPEAKER

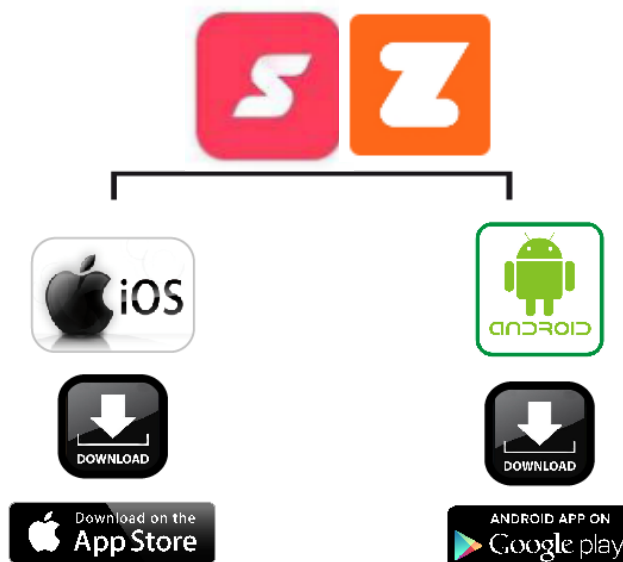


CONSTITUTION TEST

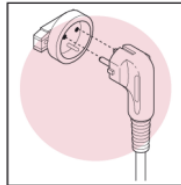
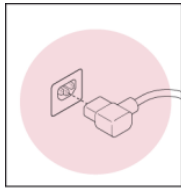


01	Sex	01 M	02 F
02	Age	10-----99	
03	Height	100----240	
04	Weight	20-----160	
05	FAT	≤19	Underweight
	FAT	=(20---25)	Normal Weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

BLUETOOTH APP SPAX OR ZWIFT



VI. MAINTENANCE



This product must be earthed. If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.



DO NOT TANGLE THE POWER CORD

REGULAR MAINTENANCE OF THE TREADMILL

- **STORAGE:** Keep your equipment in an enclosed place, away from dust or humidity. Don't store it neither in a garage or in an indoor backyard, or near the water. Humidity, dust and water could damage it and have an effect on its functioning
- **ELECTRIC CABLE:** Make sure that the cable and plug are in perfect conditions. Electric cables must be away from hot surfaces
- **SCREWS AND CONNECTING CABLES:** Supervise and tighten the screws on a regular basis, because due to the vibration the screws and nuts tend to loosen.

LUBRICATION: Correct lubrication of the treadmill with silicon oil or Teflon is really important. This lubrication must be performed regularly depending on its use even before the first use.

The step to lubricate the running board is as follows: (see the above figure)

- a) Run the treadmill at highest speed.
- b) Put the silicon oil in hole at right side of motor cover.



- After running for a period of time, the treadmill must be configured with special cymene silicone oil for lubrication.

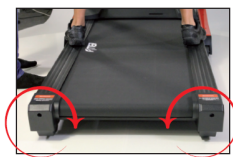
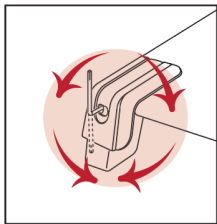
Suggestion:

< 3 hours/week	2 months
4 - 7 hours/week	1 month
> 8 hours/week	15 days

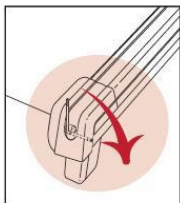
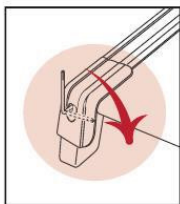
Do not lubricate more than what you need to. Remember: regular and reasonable

lubrication is to improve the lifespan of your treadmill.

- **ALIGN AND TIGHTEN THE BELT OF THE TREADMILL**

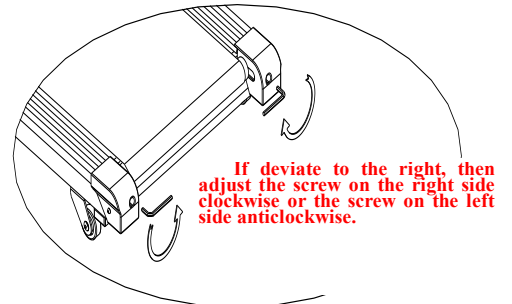
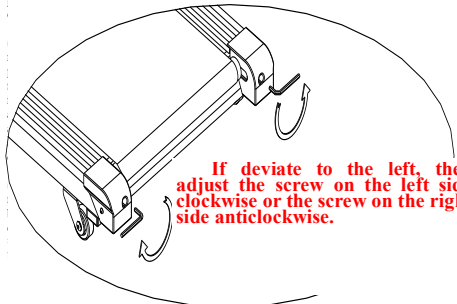


LEFT BOLT RIGHT BOLT

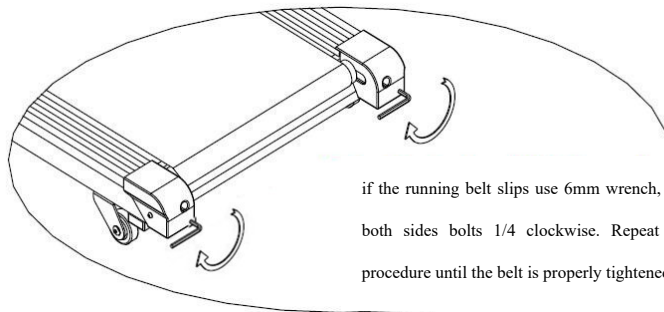


LEFT BOLT RIGHT BOLT

- **ALIGN THE BELT:** Due to its use, the belt can move off center. If the belt has moved to the left, start treadmill and increase the speed to 3MPH. Use the 6mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. Don't tighten the belt too much in order to be able to walk. Repeat this procedure until the belt is properly aligned.

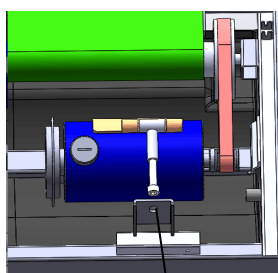


- **TIGHTEN THE BELT:** (If the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3MPH. Using the 6mm Wrench, turn both bolts 1/4 clockwise. If the belt is properly tight to walk, you must be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and maintain the belt aligned. Repeat this procedure until the belt is properly tightened.



if the running belt slips use 6mm wrench, turn both sides bolts 1/4 clockwise. Repeat this procedure until the belt is properly tightened.

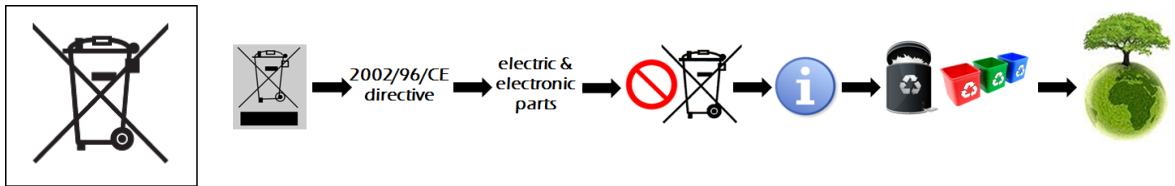
- **TIGHTEN THE DRIVE BELT:** If the drive belt becomes loose after using for a period of time, you need to:
 - (1) Open the motor cover.
 - (2) Use the 6mm wrench to turn the adjusting bolt clockwise.
 Repeat this procedure until the drive belt is not slippery anymore.



Adjusting Bolt

- **CLEANING:** Don't use soap, detergent or abrasive products. A damp cloth is enough.
- **LEVELING:** If your unit is provided with leveling wheels, please adjust them in order to avoid vibrations and therefore malfunctions.
- **KEEP THESE MAINTENANCE ADVISES FOR FUTURE REFERENCES**

VII. RECYCLING INFORMATION



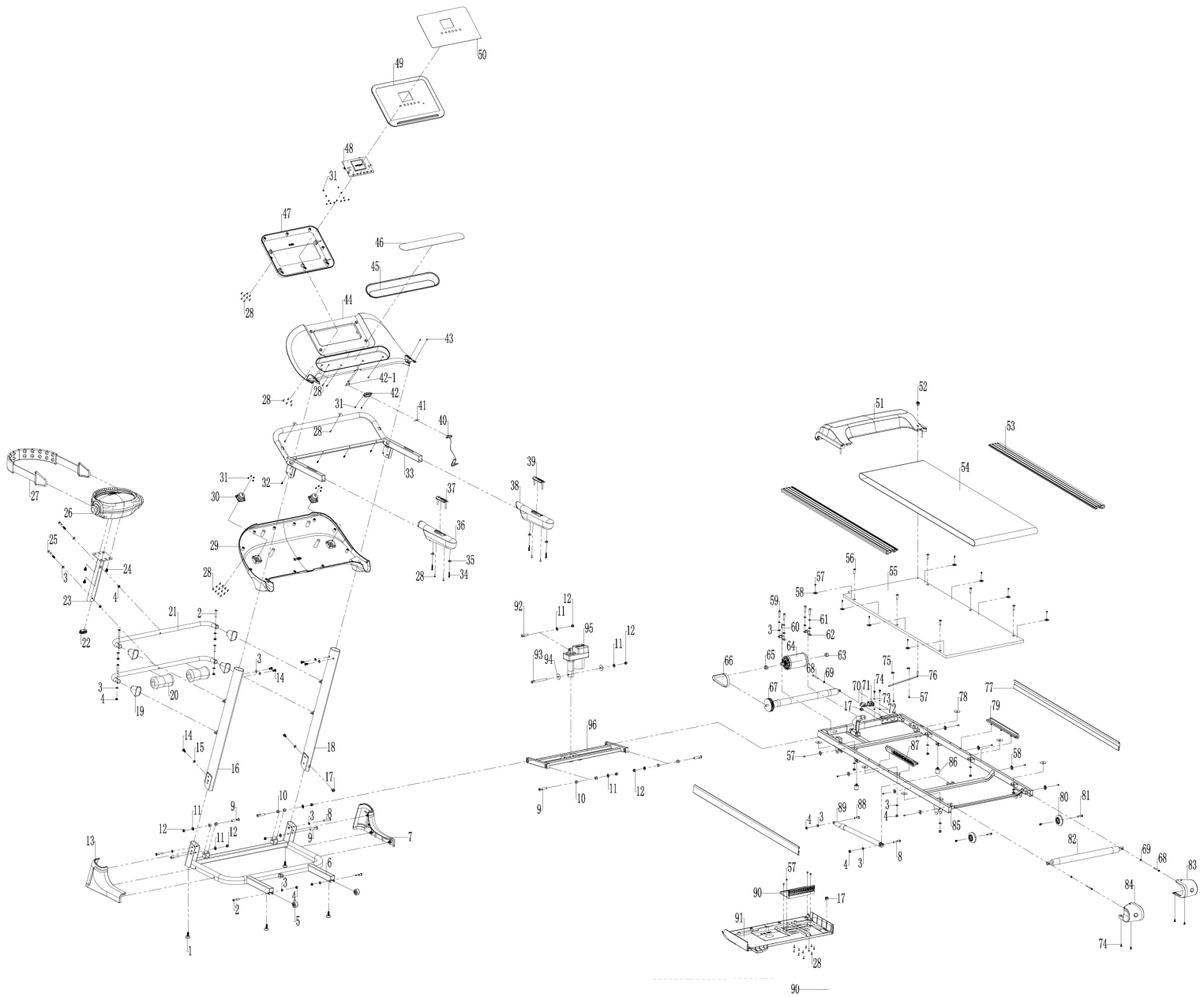
This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

VIII. COMMON ERRORS:

ERROR CODE	REASON	HOW TO SOLVE	
NO DISPLAY	A) Electricity not connected	Connect the electricity	
	B) Power switch not turn on	Turn on power switch	
	C) PCB no power or broken	Press over-load protector or change new PCB	
	D) Signal wire not connected	Re-connect signal wire or change new one	
	E) Computer broken	Change new computer	
	F) Background light broken	Check background light wire or change new one	
NOT DISPLAYING ALL INFORMATION	A) Display drive IC not inserted well	Re-insert IC, and re-weld it or change new one	
	B) EMI gasket slip, not well fastened	Re-assemble screen	
NOT RUNNING SMOOTHLY	A) Driving position has resistance	Adjust driving position, or add some silicon oil	
	B) Running belt too tight or too loose	Adjust the belt tension	
	C) PCB torque too big or too small	Adjust torque to right position	
---	A) Safety key off	Put on safety key	
	E01	No signal	Re-connect signal wire
			Change new signal wire
			Change new computer
Change new PCB			

	E02	Over current protection	Turn off power and restart
			Check motor has smell or not, change it if has.
			Check PCB has smell or not, change it if has.
	E03	Over load protection	Turn off power and restart
			Adjust driving position, or add oil
			Check motor has smell or not, change it if has.
			Check PCB has smell or not, change it if has.
	E04	Sudden big current protection	Turn off power and restart
			Change new power tube on PCB.
			Check if anywhere on machine get stuck
	E05	Explosion-proof protection	Check input voltage is normal or not
			Check PCB has smell or not, change it if has.
Check motor wire is well connected or not			
E06	Motor wire problem	Re-connect motor wire or change new motor wire	

IX. EXPLODED VIEW and PARTS LIST



No.	Item	Description	Qty
1	Fixed Foot Pad		4
2	Screw	M8*40 (15)	6
3	Gasket	M8	28
4	Nut	M8	16
5	Transportation Wheel		2
6	Base Frame		1
7	Side Cover R		1
8	Screw	M8*45 (15)	2
9	Screw	M10*50 (15)	4
10	Plastic Clip		4
11	Gasket	M10	4
12	Nut	M10	4
13	Side Cover L		1
14	Screw	M8*16	6
15	Tile Gasket	M8	2
16	Upright L		1
17	Power Cord Buckle		3
18	Upright R		1
19	U-Tube Sheath		4
20	Foam		2
21	U-bar		2
22	Pipe Plug		1
23	Muti-Function Frame		1
24	Screw	M8*14	3
25	Screw	M8*65 (20)	2
26	Massager*		1
27	Massager Belt*		1
28	Screw	ST4*16	46
29	Panel Bottom Cover		1
30	Speaker		2
31	Screw	ST3*8	23
32	Screw	ST4*20	4
33	Computer Main Frame		1
34	Screw	ST4.2*32	8
35	Plastic Gasket		4
36	Hand Foam Cover L		1
37	Handrail Quick Key		1
38	Hand Foam Cover R		1
39	Handrail Quick Key		1
40	Safety Key		1
41	Safety Key Sticker		1
42	Safety Fixing Seat		1
42-1	Reed Pipe		1
43	Screw	ST3*8	4
44	Panel Upper Cover		1
45	Storage Box		1
46	Storage Box Sticker		1
47	Computer Bottom Cover		1
48	LCD Screen		1

No.	Item	Description	Qty
49	Computer Cover	4inch LCD	1
50	Panel Sticker	4inch LCD	1
51	Upper Motor Cover		1
52	Lubrication Pipe Plug		1
53	Upper Side Stripe		2
54	Running Belt		1
55	Running Board		1
56	Screw	M8*30	6
57	Screw	ST4*12	31
58	Side Stripe Buckle		16
59	Screw	M8*30	4
60	Locating Stud	φ 4	1
61	Spring Washer	M8	4
62	Brushless Motor Fixed Sheet		2
63	Brushless Motor Rubber Sleeve R		1
64	Brushless Motor		1
65	Brushless Motor Rubber Sleeve L		1
66	Motor Belt		1
67	Front Roller	φ 80* φ 38	1
68	Screw	M6*50	3
69	Gasket	M6	3
70	Overload Protector		1
71	Power Switch		1
72	Gasket	M4	2
73	Spring Washer	M4	2
74	Screw	ST4. 2*13	8
75	Wire Clip		2
76	Lubrication Pipe		1
77	Side Stripe		2
78	Rubber Pad		6
79	Anti-shock Cushion R		1
80	PU Wheel		2
81	Screw	φ 8*30-M6*10	2
82	Rear Roller	φ 38	1
83	End Cup R		1
84	End Cup L		1
85	Main Frame Steel Part		1
86	Rubber Pad		2
87	Anti-Shock Cushion L		1
88	Screw	M8*30 (15)	1
89	Folding Spring		1
90	Main PCB		1
91	Bottom Motor Cover		1
92	Screw	M10*40 (10)	1
93	Screw	M10*105 (20)	1
94	Plastic Gasket	M10	2
95	Incline Motor		1
96	Incline Frame		1