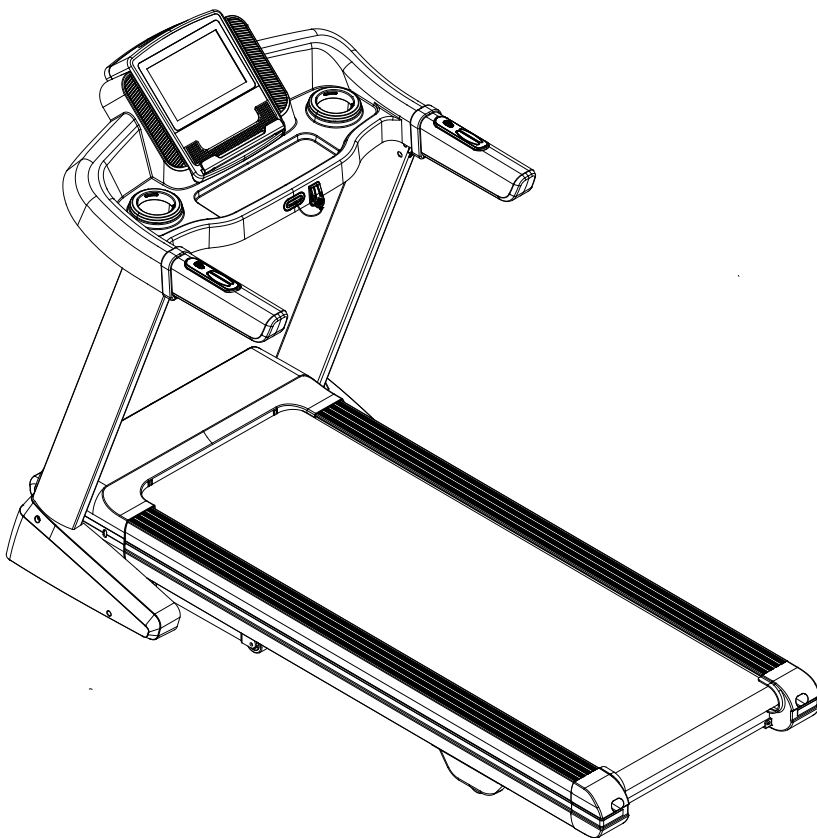


Orbit ST36T

ST36T



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

**TOOL REQUIRED
FOR ASSEMBLY**
Adjustable Wrench
Pliers
Hammer

Owner's manual ST36T

CAUTION : 1. Weight on this product should not exceed 140kgs

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.

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.

SAFETY PRECAUTIONS

WARNING: Before starting any exercise program, consult with your physician or health professional, especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any troubles or hurts due to above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

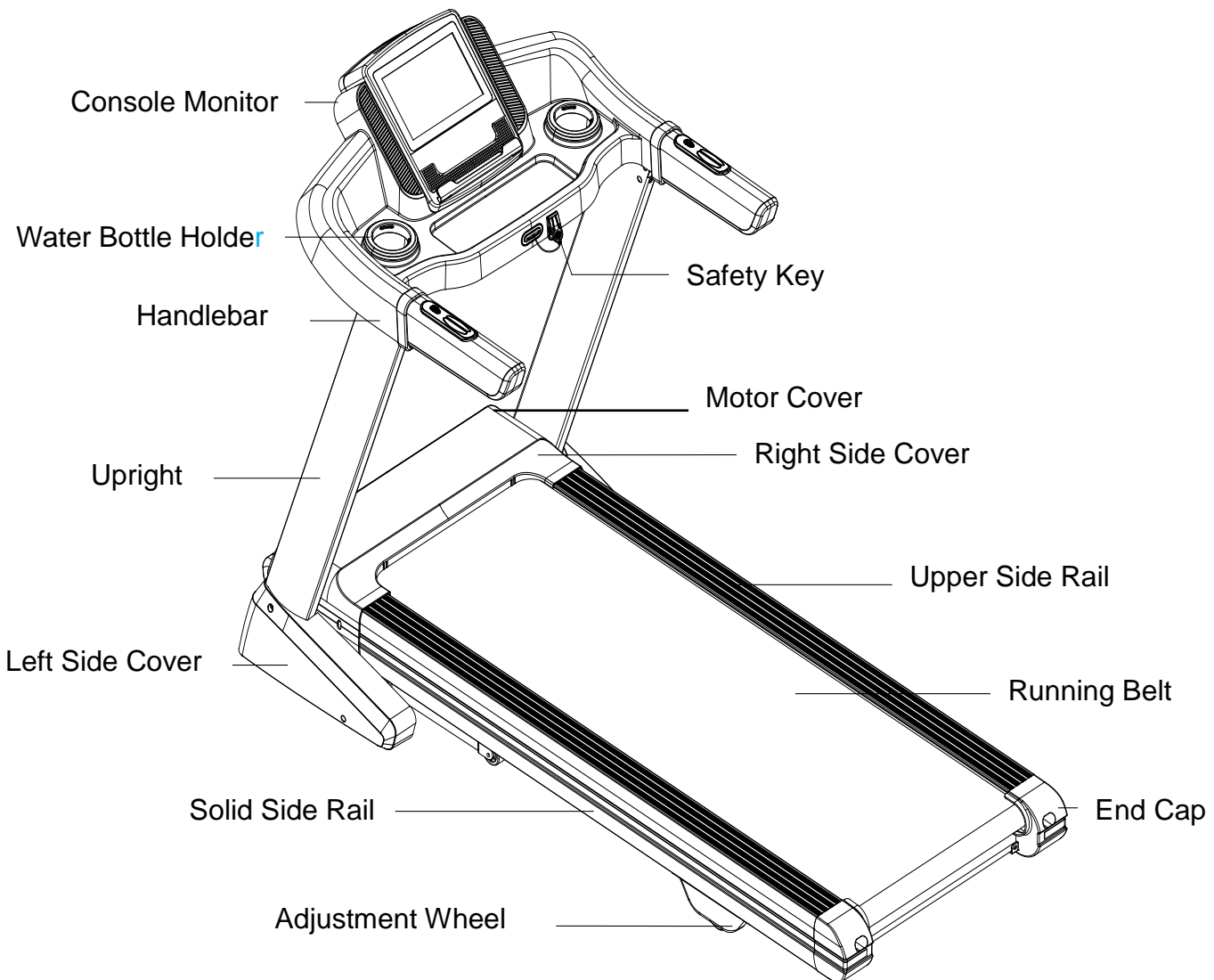
ATTENTIONS:

1. When using this treadmill, clip the safety key rope to your clothes or belt.
2. Do not plug anything into any parts of this equipment, or it may damage the equipment.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep small children or pet away from the treadmill during operation.
7. Do not do exercise within 40 minutes after meal.
8. The treadmill is only used for adults, child use the treadmill must have adult supervision.
9. Always hold the handlebar when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.
10. The treadmill is for indoor equipment, do not use outdoor. Position the treadmill on a clean, level surface. Note the treadmill made by special equipment, please do not remodel or do others changes.
11. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.
12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.
13. Do not extend the power cord or replace the power cord plug. Stacked weight object on the power cord or make the power cord near the high temperature heat, prohibit use the porous socket, otherwise it will cause fire or electric shock injury accident because of poor contact.
14. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.
15. The treadmill is for home use only.
16. The treadmill maximum user weight is 140kgs.
17. Please do not over-use the treadmill so can avoid any injury and do not use in incorrect way for your safety.
18. When the treadmill is not being used, please keep the safety pull pin in the safety place to avoid the other use.

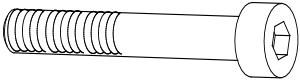
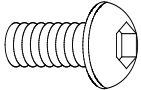
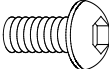



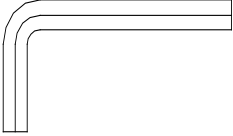

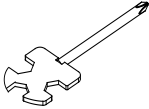
DIMENSION

Power Circuit : 220V~AC	Use in temperature : 0-40°C
Real Speed : 0.8-20KM/H	Incline : 15 sections of motor incline
Max user weight : 140kg	Distance range : 0.00-99.9km
Calories : 0-9999 Kcal	Time range : 00 : 00-99 : 59 (min)
Heart rate range : 50-200 bpm	Running face : 510*1500mm
Set up size : 1910 x 855 x 1680mm	Folding size : 1160 x 855 x 1680mm

PRODUCT DESCRIPTION

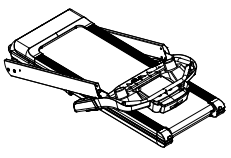
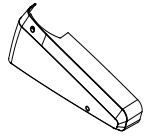
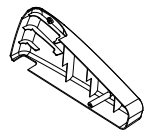

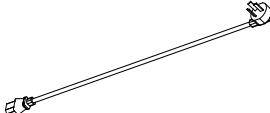
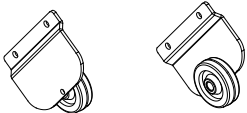
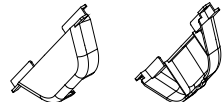


TOOL KITS

Picture	Part No.	Description	Qty
	D146	Socket Head Cap Screw M10X50	2pcs
	D105	Button Head Cap Screw M10X20	6pcs
	D13	Button Head Cap Screw M8x15mm	4pcs
	D21 D23	Flat Washer M10 Flat Washer M8	6pcs 4pcs
	D181	Cross Recessed Pan Head Triangular Self-Tapping Screw M4X16	4pcs
	D50	Phillips Rounded Washer Head Self-Drilling Screw ST4.2X25	4pcs
	D172	Allen Wrench 8mm	1pcs
	D2 D3	Allen Wrench 6mm Allen Wrench 5mm	1pcs 1pcs
	D1	Open End Wrench	1pcs

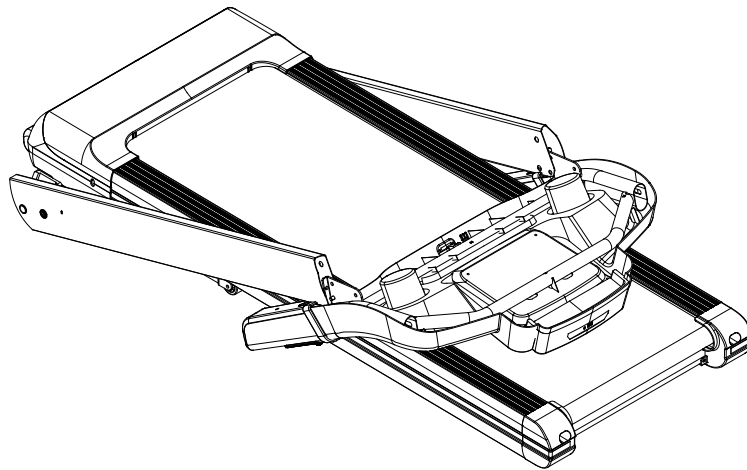
ASSEMBLY INSTRUCTION

When you open the carton, you will find below spare parts:

<p>1 Main Frame: 1SET</p> 	<p>B11L Left Side Cover: 1PC</p> 	<p>B11R Right Side Cover: 1PC</p> 	<p>C13 Safety Key: 1 PC</p> 
<p>C15 Power Cable: 1 PC</p> 	<p>A82 Adjustment Wheel: 2PCS</p> 	<p>B125: Adjustment Wheel Cover: 2PCS</p> 	

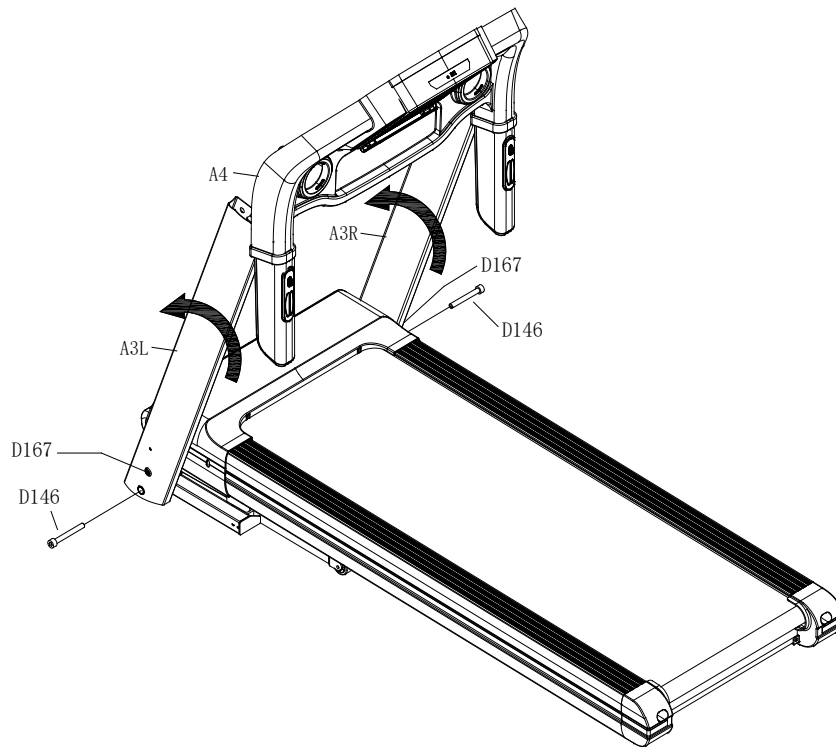
STEP 1

Move out the treadmill unit from the packaging box, and place it on the flat ground or floor.



STEP 2

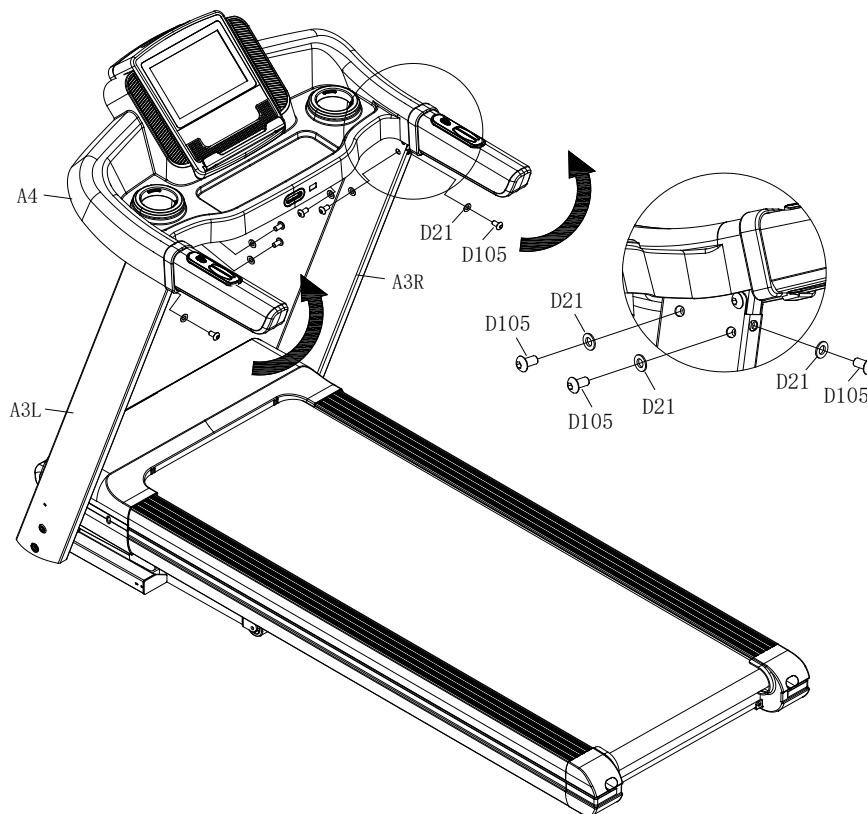
Lift up **Left/ Right Uprights (A3L/A3R)** by holding **Handlebars (A4)** as illustrated. Tighten the bottom of **Left/ Right Uprights (A3L/A3R)** by using: 2pcs of **Button Head Cap Screw M10x60mm (D146)**. Then continue to tighten 2pcs of pre-assembled **Button Head Cap Screw M10x50mm (D167)** right above the previous assembled screws.



STEP 3

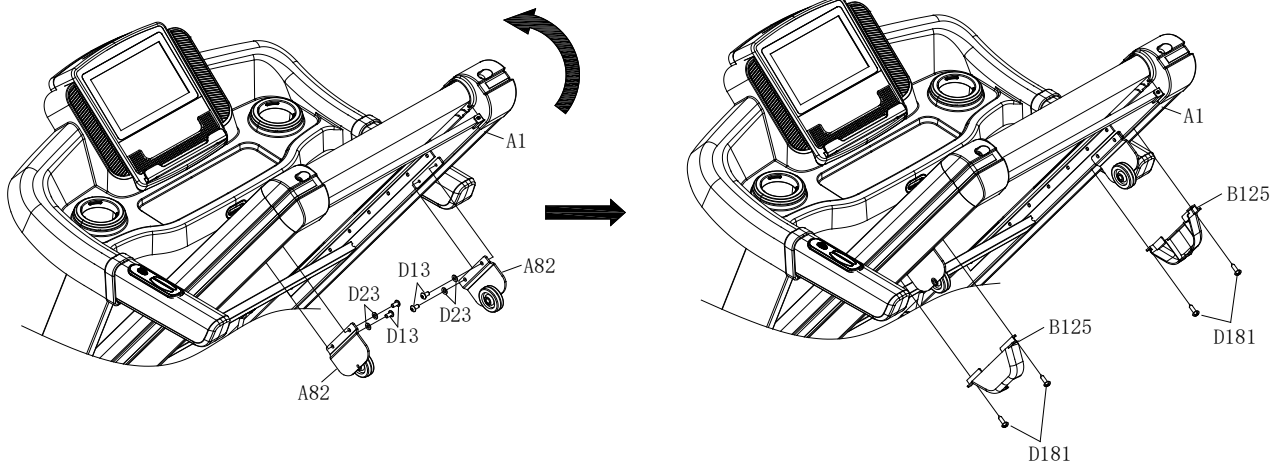
Rotate the whole set of **Handlebar (A4)** and push it down hard in order to tighten screws in positions.

Hold the **Handlebar (A4)** still and then secure it onto the **Left/ Right Uprights (A3L/A3R)** by using: 4 pcs of **Button Head Cap Screw M10x20mm (D105)** and 4 pcs of **Flat Washer M10 (D21)**.



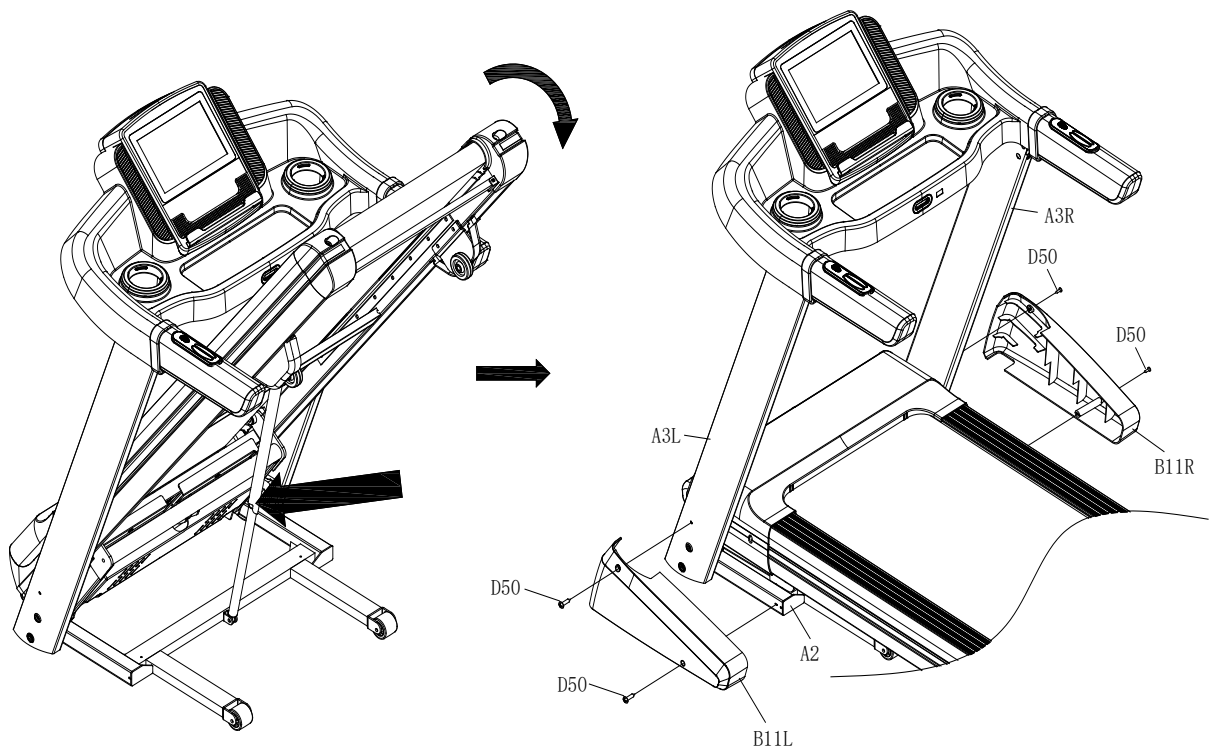
STEP 4

Lift the running deck up and push it up slightly until you hear a "click" sound from cylinder. First, lock the **Adjustment Wheel (A82)** onto **Main Frame (A1)** by using 4 pcs of **Button Head Cap Screw, M8X15mm (D13)** and **Flat Washer M8 (D23)**. Then, use 4 pcs of **Phillips Pan Head Triangular Self-Tapping Locking Screw, M4X16mm (D181)** to lock the **Adjustment Wheel Cover (B125)** onto **Main Frame (A1)**.



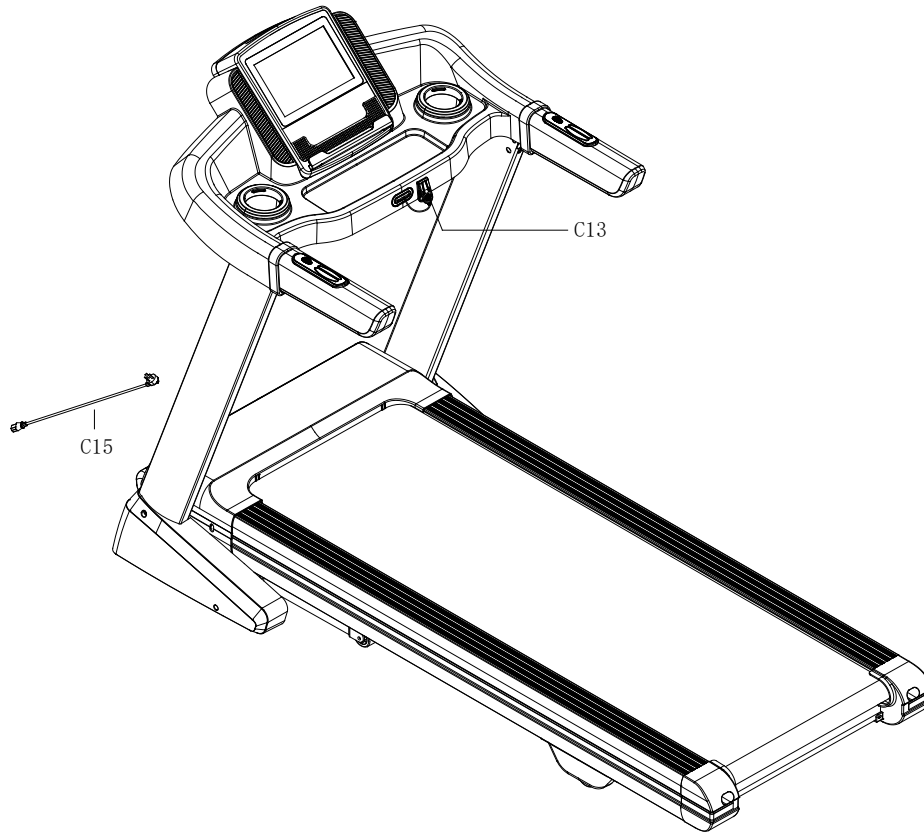
STEP 5

When putting down the running deck, gently push the tail of the running deck upwards with your hands, press the safety sleeve with your feet, and slightly press the tail of the machine downwards. When the machine slowly descends, you can withdraw your feet. After the machine lays firmly on the ground, use 4 pcs of **Phillips Rounded Washer Head Self-Drilling Screw, ST4.2X25mm** to lock **Left&Right SideCover (B11L/B11R)** on **Left &Right Upright (A3L/A3R)** and **Base Frame (A2)**.



STEP 6

Plug in the **Power Cable (C15)** and **Safety Key (C13)**.

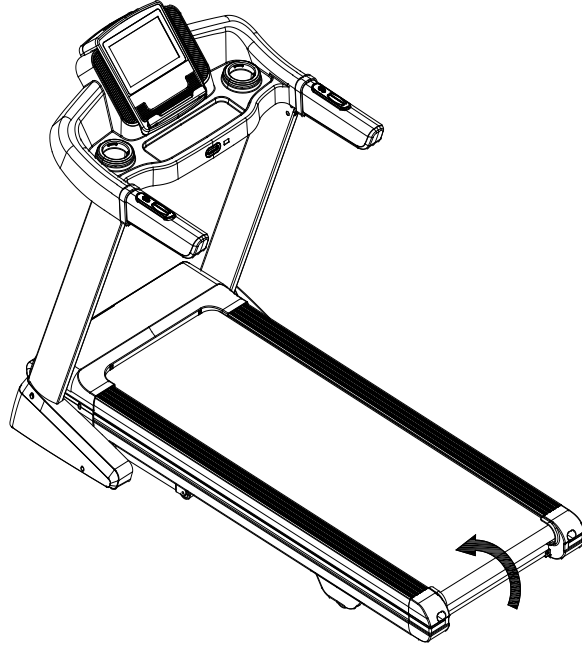


STEP 7

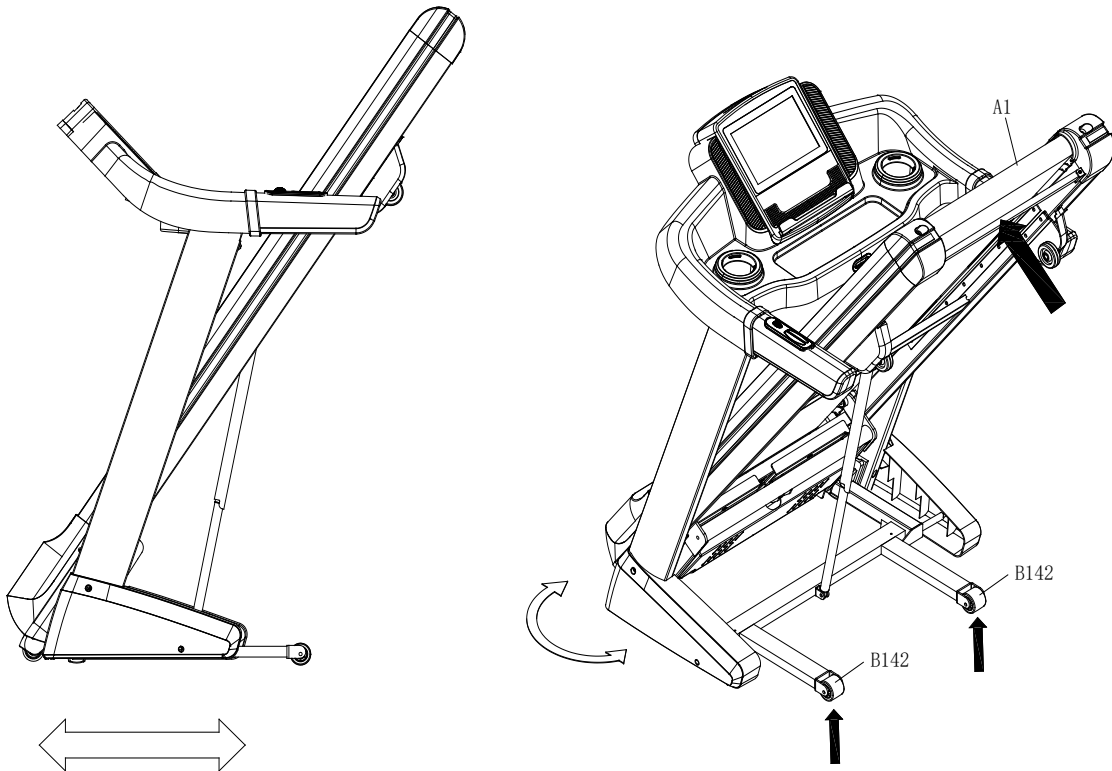
After installation, press start button and adjust speed to **3km/h or below**. Then check the running belt to see if it runs smoothly. The tightness level of running belt is decided based on the situation of slippery and deviation (Please refer to "MAINTENANCE INSTRUCTIONS"). After checking is completed, move treadmill to appropriate location for exercising use.

FOLDING INSTRUCTIONS

1. Before folding the treadmill, please make sure you turn off the power and the incline level resumes to 0.
2. Lift up the machine with force and pull up until you hear a "CLICK" sound from safety casing locking the cylinder.

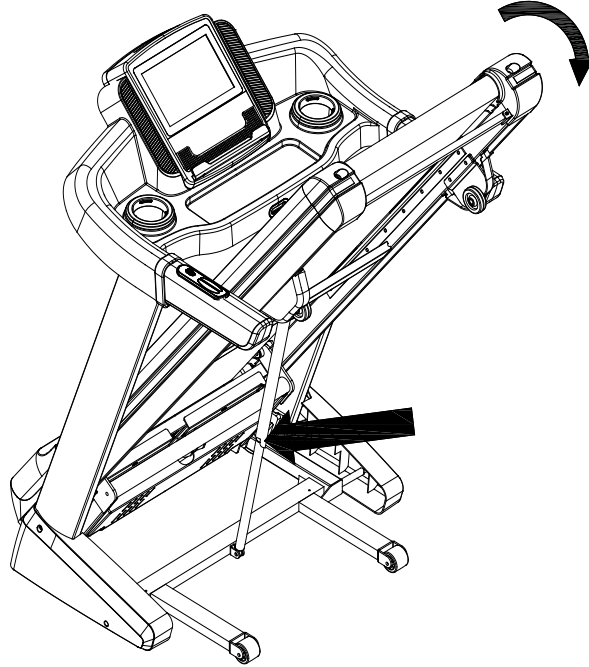


3. After folding the treadmill, you're able to move it forward to backward. As below illustration.



UNFOLDING INSTRUCTIONS

1. Push the bottom of running board slightly, and kick the safety spacer with your foot at the middle of the cylinder.
2. Push down the bottom of running board.
3. When the treadmill starts descending, move your foot away from the cylinder.



COMPUTER INSTRUCTIONS

1.1 WINDOW DISPLAY



1.2 BUTTON PLATFORM FUNCTION

1.2.1 START

- When you press the START button, the program will start operating.
- If you press START at the WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.
- If you press START at the PAUSE mode, the program will restart and operate with the minimum speed and Incline 0.

1.2.1 STOP

- Press STOP once when at WORK OUT mode, the console display will show PAUSE. The speed will go back to 0 but the incline level will remain.
- Press STOP twice when at PAUSE mode, the program will end. Both speed and incline will resume back to 0.

1.2.2 PROGRAM

If user presses PROGRAM button at IDLE MODE, you will enter the interface of GOAL mode (GOAL/ HILL/ RANDOM INCLINE).

1.2.3 MODE

- Only valid when in the workout page.
- User can switch between INCLINE PROFILE and SPEED PROFILE by pressing MODE button.

1.2.4 QUICK SPEED

Press the speed quick button to quickly adjust speed to 5km/h, 10km/h, or 15km/h when the treadmill is running.

1.2.5 QUICK INCLINE

Press the incline quick button to quickly adjust incline to level 5, level 10, or level 15 when the treadmill is running.

1.2.6 SAFETY KEY

If user turns on the console but without inserting the safety key, the console will show "PLEASE PLACE SAFETY KEY".

1.3 CONSOLE DISPLAY BUTTON FUNCTION

1.3.1 POWER

If user presses POWER button at IDLE MODE, the console display will be turned off; If user wants to turn on, please press the POWER button again.

1.3.2 STOP

- Press STOP button once when under the WORK OUT mode, the console display will show PAUSE. The speed will go back to 0 but the incline level will remain.
- Press STOP button twice when under the PAUSE mode, the program will end. Both speed and incline will resume back to 0.

1.3.3 START

- When you press the START button, the program will start operating.
- If user presses START at WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.


- If user presses START at PAUSE mode, the console will restart and operate with current program.

1.3.4 SPEED +/-


Press +/- button to accelerate the speed by 0.1 km/h.

1.4 CONSOLE SCREEN BUTTON FUNCTION

1.4.1 QUICK INCLINE

- Press +/- button to increase or decrease the incline by 1 level.
- Press expand option list button  and quickly adjust the incline to level 1, level 3, level 6, level 9, level 12 or level 15 when the treadmill is running.

1.4.2 QUICK SPEED

- Press +/- button to increase or decrease the incline by 0.1 km/h.
- Press expand option list button  and quickly adjust the speed to 1km/h, 3km/h, 5km/h, 7km/h, 9km/h, 11km/h, 13km/h or 15km/h when the treadmill is running.

1.4.3 MEDIA

Press the button MEDIA at IDLE MODE and there are 2 options: Application and Mirror.

1.4.3.1 APPLICATION

- YouTube
- Netflix
- Disney+
- Amazon Prime Video
- Facebook
- Twitter
- Instagram
- Spotify
- Kinomap

1.4.3.2 MIRROR (IOS System / Android System)

- IOS System Guideline
Connect your mobile to the facility's WiFi network. Press the 'Screen Mirroring' button on your mobile, then select the 'Device-XXX'.





- Android System Guideline

Connect your mobile to the facility's Wi-Fi network. Scan the left QR code or search 'ANPLUS Screen Mirroring' app in Play Store and download. Open, select the 'Device-XXX', then press 'Start Mirroring'.

- QR Code for APP Downloading:





1.4.3.3 HDMI

- Press HDMI  button, and  then press  to active the function.
- If the device  is connected,  you will see it on the screen when you go back to IDLE mode; If not, then the screen will show color bar.

1.4.4 WEARABLE BLUETOOTH DEVICE



- The default status is on. Please enter PAUSE mode first, and then press the wearable Bluetooth device button.
- Turn on the Bluetooth function and connect to your device.
- If it connects successfully, the icon changes to  not, the icon shows 

1.4.5 PROFILE



- Press PROFILE button or press incline and speed to change the profile display.
- There are 30 section bars in the profile graph.
- If user does set the goal time, the time of each section bar will be goal time/30; if user doesn't set the goal time, every one minute will jump to next section bar.

2.

1.5 MODE FUNCTION DESCRIPTION

1.5.1 IDLE MODE

Home page for the console.

1.5.2 SLEEP MODE

- After 30 minutes without any operation, the console will automatically enter sleep mode.
- Real Sleep Mode turns off the console display and power, and the console will wake up

only by pressing any button.

- Fake Sleep Mode only turns off the console display, and the console will wake up by touching the screen or pressing any button.

	Sleep Mode ON	Sleep Mode OFF
Display ON	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	Without any operation within 30 minutes → Will enter FAKE Sleep Mode (Awaken the computer by touching the screen)
Display OFF	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	WILL NOT enter Sleep Mode

1.5.3 WARM UP MODE

- Warm up mode is 3 minutes. If you don't need the warm up, press SKIP to over it.
- There are 7 programs are with warm up mode: Hill, Random Incline, Speed, Interval, Gerkin and HRC.

1.5.4 WORKOUT MODE

- When at workout mode, the console shows INCLINE PROFILE, and user could switch to SPEED PROFILE or COURT DYNAMIC PROFILE manually according to your need.

1.5.5 PAUSE MODE

- Press STOP once to enter PAUSE mode and all data would stop counting.
- User cannot adjust the speed and incline at PAUSE mode.
- In FITNESS TEST program, the test ends and show workout summary after press PAUSE button.
- In VISION RUN program, the video stops when you press PAUSE button.

1.5.6 COOL DOWN MODE

- Cool down mode is 3 minutes. If you don't need the cool down, press SKIP to over it and

then check your workout summary.

- Program with cool down mode: Hill, Random Incline, Speed, HIIT, Custom, Gerkin.
- Default Speed:
 - 03:00-02:00 40% of the final speed of the program
 - 02:00-01:00 30% of the final speed of the program
 - 01:00-00:00 20% of the final speed of the program

1.5.7 WORKOUT SUMMARY MODE

- While the GOAL achieved or you finish the exercise, the exercise ends and enter workout summary mode.
- During PASUE MODE, if user doesn't operate over 3 minutes, the console will end the workout summary mode and go back to IDLE mode automatically
- For ARMY program, it will show SUCCESS or FAILED in the workout summary mode.
- For MARATHON program, it will show the level result based on the marathon criterion in workout summary mode.

1.5.8 SHARE TO APP



- You could share the exercising result by pressing SHARE button.
- Choose the preferred APP which you'd like to share your workout result.

1.6 EXERCISE STATUS DISPLAY

Status Display	Description
DISTANCE	<ol style="list-style-type: none">1. Unit: Metric → KM / Imperial → MI2. Display Data Range: 0.0~999.93. When user sets DISTANCE as GOAL, the window shows remaining distance; otherwise, it shows the total distance.

TIME	<ol style="list-style-type: none"> 1. Unit: MINUTE:SECOND 2. Display Data Range: 00:00 ~ 99:59 3. Pull-down the button and user could switch to different data display: ELAPSED TIME, TARGET TIME, REMAINING TIME 4. If user sets up the goal time before start exercising: <ul style="list-style-type: none"> - The data presents the remaining time. - When user achieves the goal time, the exercise ends. 5. If user doesn't sets up the goal time before start exercising: <ul style="list-style-type: none"> - The data presents the elapsed time. - When the data exceeds 99:59, it will go back to 00:00 and keep counting.
CALORIES	<ol style="list-style-type: none"> 1. Unit: kcal 2. Display Data Range: 0~9999 3. Pull-down the button and user could switch to different data display: <ul style="list-style-type: none"> - METs (Metabolic Equivalent): no unit - CALORIES - CALORIES / HR - ELEVATION GAIN: unit m/ft 4. When user sets CALORIES as GOAL, the window shows remaining calories; otherwise, it shows the actual consuming calories.
HEART RATE	<ol style="list-style-type: none"> 1. Unit: BPM 2. Display Data Range: 40~220 3. Setting Data Range: 40~200 4. Pull-down the button and you could switch to different data display: CURRENT HR, AVG HR, MAX HR.
PACE	<ol style="list-style-type: none"> 1. Unit: MIN / KM 2. Display Data Range: 2:30~120:00
INCLINE	<ol style="list-style-type: none"> 1. Unit: level 2. Display Data Range: 0 ~15 level

SPEED	<ol style="list-style-type: none"> 1. Unit: MPH/KM 2. Display Data Range: 0.8~20.0 km/h 3. Initial Speed: 0.6MPH/ 1.0KM 4. Shows the actual current speed.
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1.7 BASIC SETTING

1.7.1 CONNECTING SETTING

1.7.1.1 WiFi

- Turn on the WiFi function and search for the WiFi name.
- Please go back to the HOME page after the connection is made, then the console will starting connecting to WiFi.

1.7.1.2 Ethernet

Please turn on the Ethernet function according to user's need.

1.7.1.3 Bluetooth

- Turn on the Bluetooth function and search for the your device.
- Please go back to the HOME page after the connection is made, then the console will starting connecting to your device.

1.7.2 MACHINE SETTING

1.7.2.1 Language

The default language is English.

1.7.2.2 Unit

The default language is Metric.

1.7.2.3 Date & Time

User can choose to display time in 24-hour clock or 12-hour clock.

1.7.2.4 Screen Brightness

Adjust the screen brightness by using the bar.

1.7.2.5 Volume

Adjust the volume by using the bar.

1.7.2.6 Child Lock

- In case kids inadvertently active the machine, the default setting of child lock is on.
- If no operation at IDLE mode for 10 minutes, the console shows “CONSOLE LOCKED”, treadmill will not working until unlocking the console.
- Please press HOME button for 8 sec to unlock the console, start exercising.

1.7.2.7 BEEP MODE

User can choose mute or unmute the beep sound of pressing touch screen button.

1.7.3 APP UPDATE

User can see if there is any App need to be updated.

1.7.4 MACHINE INFORMATION

1.7.4.1 TOTAL TIME

- Unit: hour
- Display Range: 0000~9999

1.7.4.2 TOTAL DISTANCE

- Unit: KM/M
- Display Range: 0000~9999

1.8 PROGRAM FUNCTION DESCRIPTION

1.8.1 QUICK START

Press QUICK START button when at IDLE mode or before you choose any other program.

1.8.2 CLASSICS

There are 3 programs in CLASSICS: Goal, Hill and Random incline.

1.8.2.1 GOAL

- User can set their own goal for time, distance and calories.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- When user achieves any of the goal, the program ends and enter to summary mode.

1.8.2.2 HILL

- User can set up the ideal time, max speed and max incline.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- Default incline:

Time section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Incline level	0	1	2	2	3	3	4	5	5	2	1	4	6	8	6
Time section	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Incline level	5	4	3	2	2	3	5	7	9	11	12	10	8	6	3

- Press INCLINE and SPEED button in the middle of screen to change the profile display.
- When user achieve any of the goal, the program ends and enter to cool down mode.

1.8.2.3 RANDOM INCLINE

- User can set up the ideal time and max incline.
- This program provides a random incline when every time user press refresh button.
- The default time is 20 minutes and the default max incline is 10 level, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

1.8.3 INTERVAL

There are 3 programs in INTERVAL: Speed, HIIT and Custom.

1.8.3.1 SPEED

- User can set up the ideal time and max speed.
- The default time is 20 minutes and the default max speed is 2.0 mph, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

1.8.3.2 HIIT

- User can set up the ideal select interval ratio, work speed, rest speed and repetition.
- The default setting:
Select Interval Ratio: 10:30 (work:rest)
Work Speed: 6 mph
Rest Speed: 2 mph
Repetition: 4 times
- When user achieve goal time, the program ends and enter to cool down mode.

1.8.3.3 CUSTOM

- User can set up the ideal work time, work speed, rest time, rest speed and repetition.
- The default setting:
Work Time: 1 min
Work Speed: 6 mph
Rest Time: 30 seconds
Rest Speed: 2 mph
Repetition: 4 times
- When user achieves goal time, the program ends and enters to cool down mode.

1.9 MARATHON

- There are 4 different marathon programs in MARATHON: 5K, 10K, 21.5K and 42K.
- User can set up the ideal time and speed.
- The default time is 20 minutes and the default speed is 0.5 mph, if user doesn't set the goal for time before starting.
- When user achieves the goal time, the program ends and enters to summary mode.

1.10 USER PROGRAM

- There are 2 options in USER PROGRAM: User and Guest.
- After login, press CUSTOM button to preset each section of speed and incline, and preset the time and max speed afterwards.
- The default time is 20 minutes and the default incline is 10 level, if user doesn't set the goal for time before starting.

1.11 VISION RUN

- There are many different videos in VISION RUN, each of the video is in 10 minutes.
- Choose one video, and set up the ideal time, distance and calories based on user's need.
- The default setting if user doesn't set the goal for time before starting:
Time: 20 min
Distance: 5 M
Calories: 200 Kcal
- Cannot use media, mirror and HDMI function when under vision run program.
- When user achieves the goal time, the program ends and enters to summary mode.

1.12 HRC

There are 3 options in HRC PROGRAM: 60%, 70% and 80%.

1.12.1 Initial Setting

- Target Heart Rate Calculation:
When at 60%, THE: $(220 - \text{Age}) * 60\%$
When at 70%, THE: $(220 - \text{Age}) * 70\%$
When at 80%, THE: $(220 - \text{Age}) * 80\%$
- User can set up the target time and target heart rate.
- The default setting if user doesn't set the target before starting:
Target Time: 20 min
Target HR: 140 bpm
- When user achieves goal time, the program ends and enters to cool down mode.

1.12.2 Pop-up Window

During exercising, the console may jump out the pop-up window below.

- If actual heart rate $> \text{TRH} + 5$, the speed will automatically decrease by 0.5 km/h every 10

seconds.

- If actual heart rate $> TRH+25$ even the speed is already decrease to the lowest over 15 seconds, the console will jump a warning window.
- If actual heart rate $> TRH+25$ even the speed is already decrease to the lowest over 30 seconds, the program will end and enter to summary mode.
- If actual heart rate $< TRH-5$, the speed will automatically increase by 0.5 km/h every 10 seconds.
- If no heart rate is detected over 30 seconds, the console will ask user to reconnect or finish the program.
- If no heart rate is detected over 60 seconds, the program will end and enter to summary mode.

1.13 FITNESS TEST

- There are 8 programs in FITNESS TEST: Air force, Army, Coast Guard, PEB, Marine Corps, Navy and Gerkin.
- Only Gerkin has warm up and cool down mode.
- During fitness test, once user presses PAUSE or STOP, the test fails and goes to summary mode.
- If there is no operation at summary mode over 3 minutes, the console will go back to IDLE mode automatically.
- The test result WILL NOT be stored.

1.13.1 USER SETTING

The default user setting if user doesn't set up before starting:

- Height: 180cm
- Gender: Male
- Age: 30 years old
- Weight: 80kgs (176.4 lbs)

1.13.2 AIR FORCE

- The total distance is 2.4 km (1.5 mile).

1.13.3 ARMY

- The total distance is 3.2 km (2.0 mile).

1.13.4 COAST GUARD

- The total distance is 2.4 km (1.5 mile).

1.13.5 PEB

- The total distance is 2.4 km (1.5 mile).

1.13.6 MARINE CORPS

- The total distance is 4.8 km (3.0 mile).

1.13.7 NAVY

- The total distance is 2.4 km (1.5 mile).

1.13.8 GERKIN

- Only Gerkin has warm up and cool down mode.
- The total distance is 4.8 km (3.0 mile).

1.13.8.1 WARM UP MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the warm up will end and go to summary mode.

1.13.8.2 WORKOUT MODE

- Target heart rate: $(220 - \text{Age}) * 85\%$
- If no heart rate is detected over 1 minute, the test will end and go to summary mode.
- Once user presses STOP or PAUSE button, the program will end and go into workout summary mode.
- Speed and incline in this program will be adjusted automatically according to user's heart rate. User cannot adjust speed and incline manually in this program.
- After user achieving or over the target heart rate and lasting for 15 seconds, or exercising for 11 minutes, the testing completed. The program will end and go into cool down mode.

1.13.8.3 COOL DOWN MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the cool down will end and go to summary mode.
- After cool down mode finished, the program ends.

1.14 ERROR MESSAGE

Error Code	Problems	Solutions
E00	--	Please unplug and plug in the power cord again.
E01	Over-loading Protection	<ol style="list-style-type: none"> 1. Please try restart the treadmill and lubricate the running board first. 2. Check if motor has burned smell. If so, change a motor. 3. Check if lower control board has burned smell. If so, change a new controller.
E02	Hall Effect	<ol style="list-style-type: none"> 1. Make sure the wire is connected well on the motor. 2. Change a new motor. 3. Change a new controller.
E03	Over-current Protection	<ol style="list-style-type: none"> 1. Please try restart the treadmill first. 2. Check if the power plug is well connected to treadmill. 3. Change a new controller.
E04	Phase Failure Protection	<ol style="list-style-type: none"> 1. Make sure the wire is connected well on the motor. 2. Change a new motor. 3. Change a new controller.
E05	Voltage Shortage	<ol style="list-style-type: none"> 1. Check if the input voltage is normal. 2. Check if the power plug is well connected to treadmill.
E06	Voltage Overage	Check if the input voltage is normal.
E08	Hardware Error	<ol style="list-style-type: none"> 1. Check if the power plug is well connected to treadmill. 2. Change a new controller.
E21	Data Save Error	<ol style="list-style-type: none"> 1. Turn off the machine for over 2 minutes and then restart. 2. If the console is still inactive, change a new controller.
E31	Overheat	Please wait until the temperature is back to normal
E32	Motor Reverse	Please check if UVW wire is connected well.
E33	Motor Parameter Error	Please contact your dealer about this issue.
E22	Connection Timeout	<ol style="list-style-type: none"> 1. Check if console wire and controller are connected well. 2. Check if the controller is broken.

		<ol style="list-style-type: none"> 3. Check if the console is broken. 4. Turn off the machine for over 2 minutes and then restart.
E50	Other Error	Change a new controller.

1.15 OTHERS

1.15.1.1 USB CHARGING

- Plug in your USB cable to the treadmill's USB charging port and connect your phone to start charging.
- Please do not plug in USB drives or other USB products, as it may damage your products instead.

1.15.1.2 MP3 AUDIO FUNCTION

- Insert MP3 cable in the input hole on the left side in the computer.
- Note that music signals from MP3 and speaker may interfere with HR transmitter and receiver and make HRC program mal-function or in-accurate.

GETTING STARTED GUIDE

PREPARE

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it.

Before do exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handlebar, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

EXERCISE

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Before do slow walk exercise, please remember it is for your health and cannot irritate.

AMOUNT OF EXERCISE

SHORTCUT—The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by these two speeds. Then add 0.3 km/h per 2 mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h.

Leave 4 minutes to reduce speed at last. If you feel it is hard to strengthen exercises by increase speed, then you can choose the way of increase incline slowly, it also can strengthen exercise.

CONSUMPTION OF HEAT—This way can really consumption the heat.

Warm up 5 minutes by 4-4.8 km/h speed, then add 0.3 km/h per 2 minutes increasing speed, you can do 45 mins on the speed that you feel it is comfortable and challenge. In order to strengthen do exercise.

You can do 1 hour by this speed and add 0.3 km/h speed when you heard some business advertisements, and return the speed back when go to next program, so at this period, the heat will be consumed enough. At last keep 4 minutes to reduce the speed.

EXERCISE FREQUENCY

Target is 3--5 times per week, do 15-60 mins each time. It is better to make a time schedule, do not accord to your favor. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

SAFETY EXERCISE

Please consult professional staff before do exercise. He can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If

you often use treadmill, you can choose normal walk speed or jog speed.

If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 0.8-3.0 km weak constitution people.

Speed 3.0-4.5 km sedentary or not often exercise people.

Speed 4.5-6.0 km walking quickly people.

Speed 6.0-7.5 km fast walk people.

Speed 7.5-9.0 km jogger.

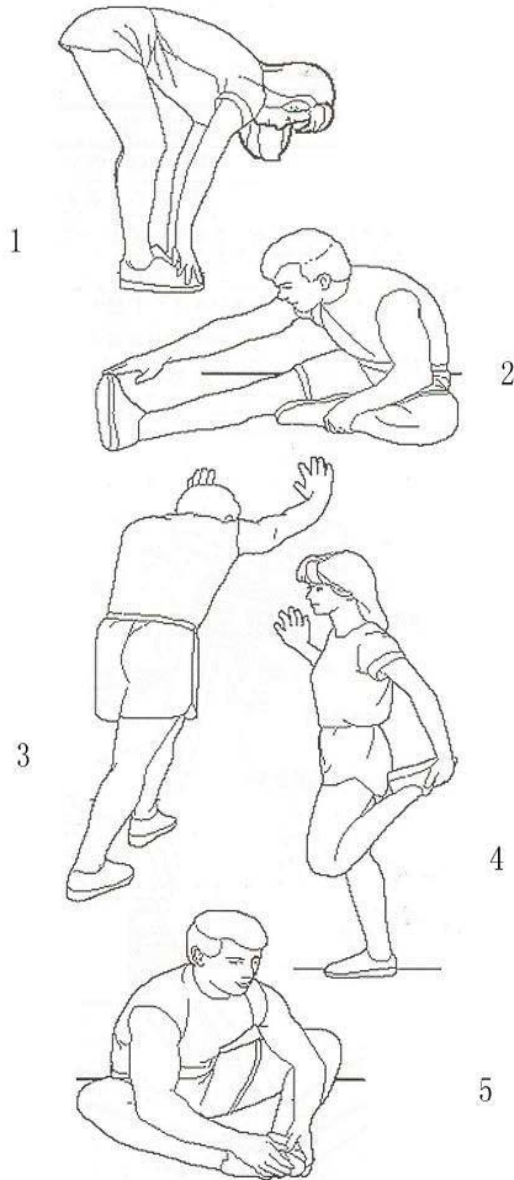
Speed 9.0-12.0 km intermediate speed runner.

More than 12.0 km excellent runner.

ATTENTION: It is suitable for walker to choose less than or equal to 6 km speed.

WARM-UP EXERCISE

It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises again



1. Reach Down : Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times (See picture 1).

2. Hamstrings Stretches: Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

3. Crus and Feet Tendon Stretches: Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

4. Quadriceps Stretches: Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

5. Sartorius (Inner Muscles of the Thigh Muscle Stretches:

Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds, and relax. Repeat 3 times (See picture 5).

MAINTENANCE

WARNING: Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING

General cleaning of the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the running belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING

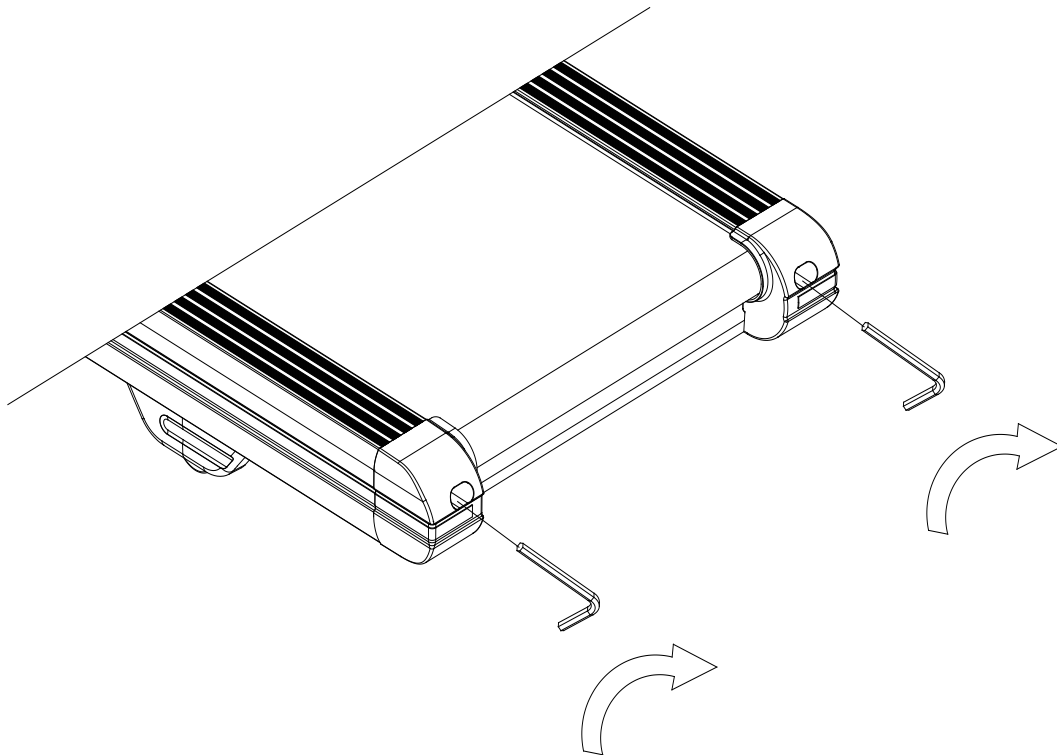
Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system.

Do not require adding lubrication.

BELT ADJUSTMENT

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.



If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition.

Repeat above steps until the running belt be placed in the middle.

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above Steps until belt is centered.

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

PARTS LIST

A. Welding Parts						
No.	Description	Qty		No.	Description	Qty
A1	Main Frame	1		A64	Countersunk Washer	4
A2	Base Frame	1		A67	Compression Sleeve	2
A3L	Left Upright	1		A79	Safety Key Pin	1
A3R	Right Upright	1		A81	PU Support Bracket	2
A4	Handlebar	1		A82	Adjustment Wheel Bracket	2
A5	Incline Bracket	1				
A13	Belt Guide	2				
A59	Long Solid Side Rail Fixing Plate	4				
A60	Short Solid Side Rail Fixing Plate	2				
A62	Incline Axle Screw	2				
B. Plastic Parts						
No.	Description	Qty		No.	Description	Qty
B1	Console Monitor	1		B52	Solid Side Rail	2
B1-1	Overlay	1		B69L	Left Rubber Ring	1
B1-2	MembraneKey	1		B69R	Right Rubber Ring	1
B1-5	Tablet Holder	1		B89	Large Incline Bearing	4
B2	Console Cover	1		B105	Arc Shaped Foot Pad	2
B7	Transport Wheel	2		B116	Small Incline Bearing	4
B10	Cushioning Stopper	2		B118	Rubber Cushion	4
B11L	Left Side Cover	1		B119	Short Deck Cushion	2
B11R	Right Side Cover	1		B120	Long Deck Cushion	2
B13	Upper Motor Cover	1		B125	Adjustment Wheel Cover	2
B14	Bottom Motor Cover	1		B142	Transport Wheel (45mm)	2
B15	Upper Side Rail	2		B168	Anti-slippery Pad	1
B16L	Left End Cap	1				
B16R	Right End Cap	1				
B17	Adjustment Wheel	2				
B20	WirePlug	1				
B21	SquarePlug	2				
B34	EVA Pad	1				

B49	Water Bottle Holder	2			
B50	Handlebar	2			
C. Electric and Drive Parts					
No.	Description	Qty	No.	Description	Qty
C2	Running Belt	1	C20	Magnetic Ring	2
C3	Rear Roller	1	C23	Overload Protector	1
C4	Front Roller	1	C27	Long Single Cord (Blue)	1
C5	Running Deck	1	C31	Short Single Cord (Blown)	2
C6	Cylinder	1	C32	Short Single Cord (Blue)	1
C7	Drive Belt	1	C33	Single Ground Wire	1
C8	Power Switch	1	C34	Outlet	1
C9	Controller	1	C42	Brushless Motor	1
C12	Incline Motor	1	C43	Left Quick Wheel Button	1
C13	Safety Key	1	C44	Right Quick Wheel Button	1
C14	Long Single Cord (Brown)	1	C50	Magnetic Ring (Large)	1
C15	Power Cable	1	C56	Magnet	1
C16	Console Upper Cable	1	C59	Sensor	1
C17	Console Lower Cable	1			
D. Hardware Parts					
No.	Description	Qty	No.	Description	Qty
D1	Open End Wrench 13-15-17	1	D105	Button Head Cap Screw, M10X20mm	8
D2	Allen Wrench 6mm	1	D111	Spring Washer M10	2
D3	Allen Wrench 5mm	1	D114	Button Head Cap Screw, M8X65mm	2
D7	Button Head Cap Screw, M10X60mm	1	D145	Phillips Pan Head Screw, M5X16mm	18
D10	Button Head Cap Screw, M10X45mm	3	D146	Socket Head Cap Screw, M10X60mm	2
D13	Button Head Cap Screw, M8X15mm	4	D160	Socket Head Cap Screw, M8X30mm	6
D14	Button Head Cap Screw, M8X30mm	1	D165	Socket Head Cap Screw, M6X35mm	4
D15	Button Head Cap Screw, M8X40mm	2	D167	Socket Head Cap Screw, M10X50mm	2
D16	Button Head Cap Screw, M8X45mm	1	D172	Allen Wrench 8mm	1

