

Owner's Manual

SH-T5170A



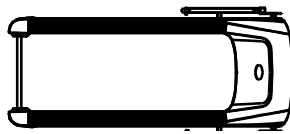
Catalogue

Assembly Instruction	3
Technical Data.....	10
Fold and Unfold, Transportation	11
Safety instructions	13
Warming Up guide.....	15
Operation Guide	16
Trouble Shooting:	19
Exercise Safety Measures.....	19
Maintenance Guide	19
Maintenance Instruction	21
FAQ and Trouble Shooting	23

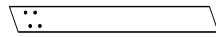
Assembly Instruction

Below is the Parts List of this treadmill.

No.	Name	Spec.	Qty	No.	Name	Spec.	Qty
1	Main Frame		1	11	R Outer Cover		1
2	L Post		1	12	Button Allen Bolt	M8*50	8
3	R Post		1	13	Button Allen Bolt	M8*15	8
4	Lower Console		1	14	PH Truss Screw	St4.2*15	10
5	Upper Console		1	15	Round Allen Bolt	M8*30	4
6	L Post Cover		1	16	Inner Teeth Washer		16
7	R Post Cover		1	17	Safety Key	Red	1
8	L Inner Cover		1	18	Power Cord		1
9	L Outer Cover		1				
10	R Inner Cover		1				



1. Main Frame



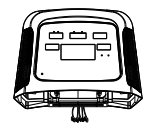
2.L Post



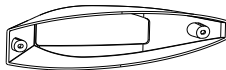
3.R Post



4.Lower Console



5.Upper Console



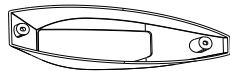
6. L Post Cover



8. L Inner Cover



10. R Inner Cover



7. R Post Cover



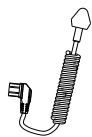
9. L Outer Cover



11.R Outer Cover



17.Safety Key



18.Power Cord

Assembly Tools

PH Screw Driver, 6mm Allen Wrench, L Shape Screw Driver (tool kit)

Assembly Steps: Open the carton and take out above parts. Put the Main Frame on flat floor.

Kind Reminder: It needs two people to carry the Main Frame out from the carton and do assembly to avoid potential danger.

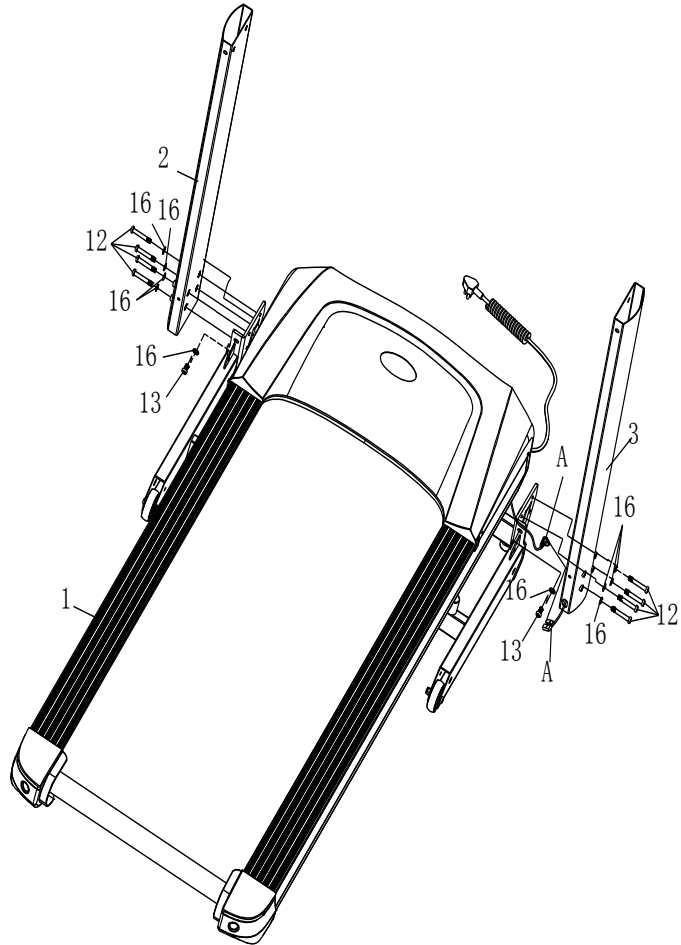
Assembly Steps

Step 1.

Connect Cable A from #1 with Cable A from #3 firmly. Lock #2 & #3 onto #1 with #12, #13 and #16 slightly (not to firm), using Allen Wrench.

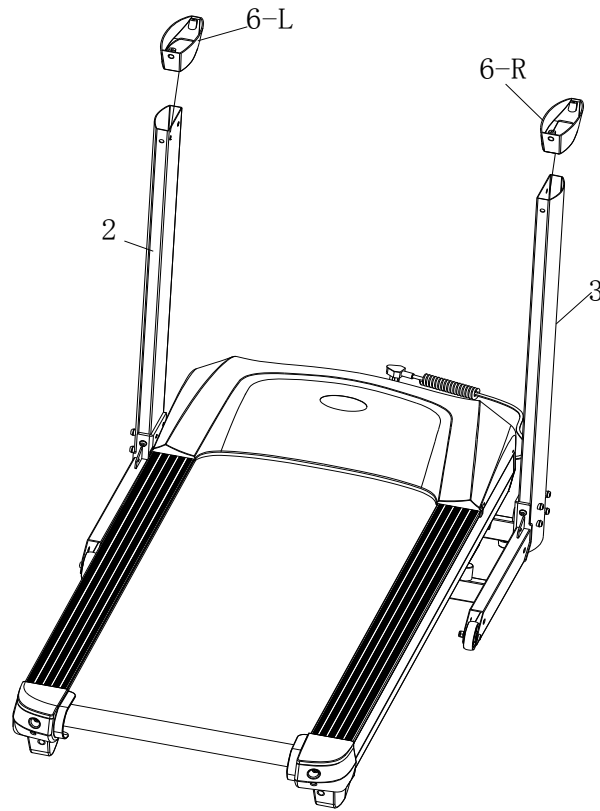
Important: When connect the cables, be careful of the socket and plug. Do not pull the cable when connected.

No.	Name	Spec.	Qty
#12	Button Allen Bolt	M8*50	8
#13	Button Allen Bolt	M8*15	2
#16	Washer		10



Step 2.

Put #6 L onto #2, #7 R onto #3. Mind the direction of these covers.



Step 3.

Connect Cable B from #4 with Cable B from #3 firmly. Put the wires into #3 neatly. Assemble #4 onto #2 & #3 with #13 and #16, using Allen Wrench.

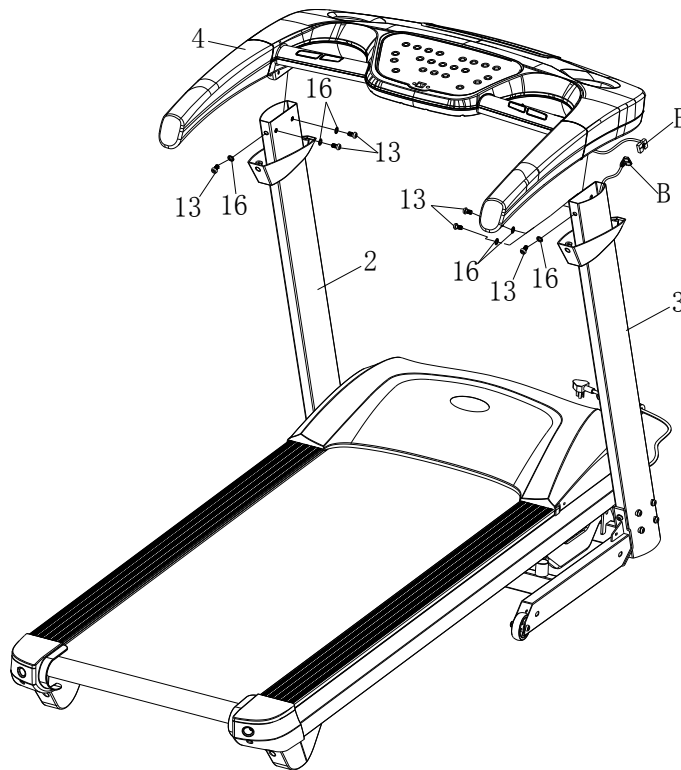
Important:

When connect the cables, be careful of the socket and plug.

Do not pull the cable when connected.

Do pre-lock all the screws first, then lock every screw tightly.

No.	Name	Spec.	Qty
#13	Button Allen Bolt	M8*15	6
#16	Washer		6



Step 4.

Connect Cable C from #4 with Cable C from #5 firmly. Pre-lock #5 onto #4 with #15. Lock #6 R and #7 L onto #4 with #14.

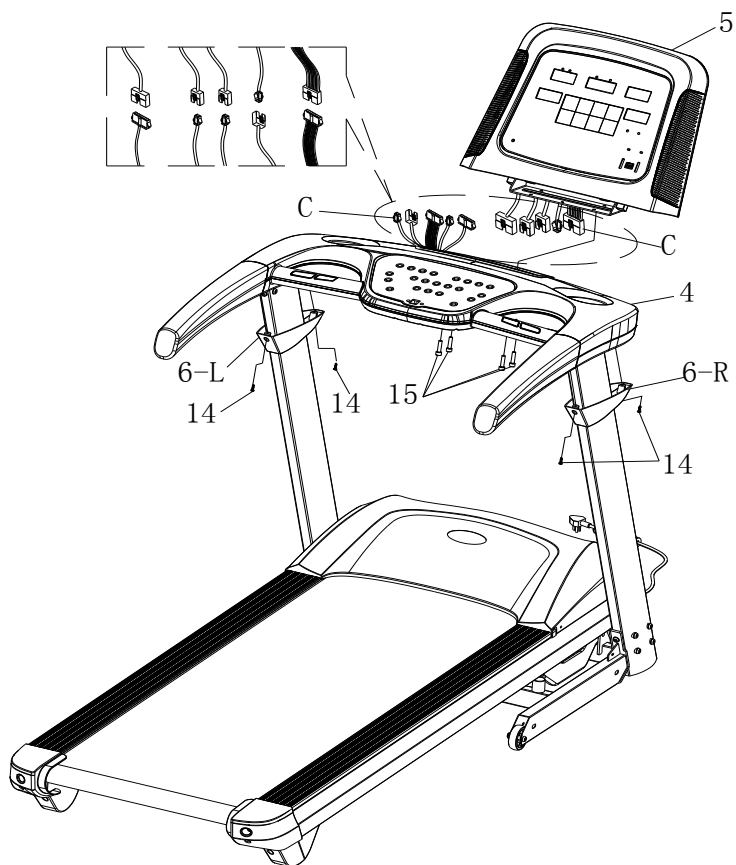
Important:

When connect the cables, be careful of the socket and plug.

Do not pull the cable when connected.

Do pre-lock #5 first and adjust it at middle position, then lock every screw tightly.

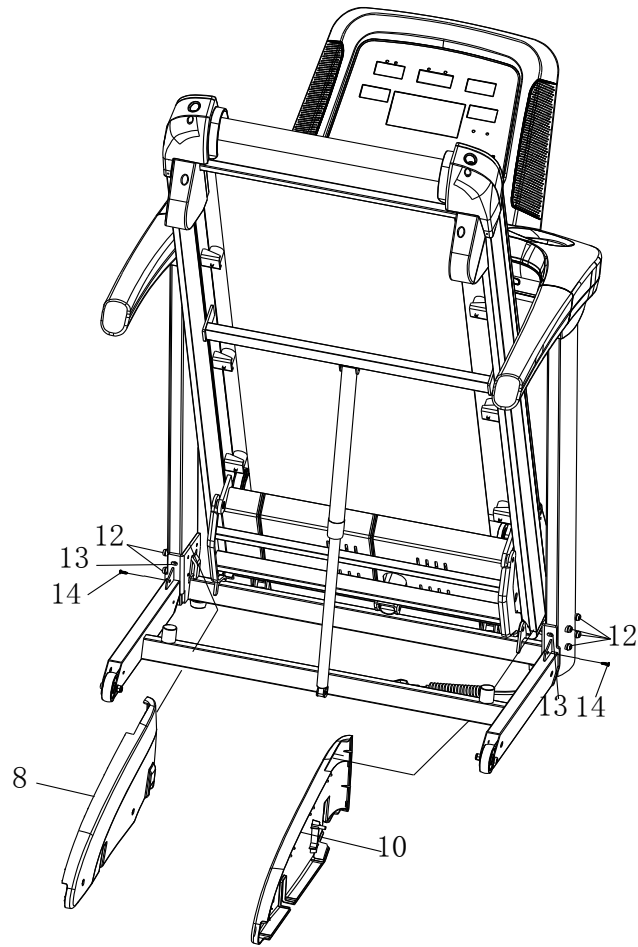
No.	Name	Spec.	Qty
#14	PH Truss Screw	St4.2*15	4
#15	Round Allen Bolt	M8*30	4



Step 5.

Lock #12 & #13 tight. Fold the treadmill deck, Insert #8 & #10 onto the Posts, lock them with #14. Important: Hold the deck when doing the lock to avoid injury.

No.	Name	Spec.	Qty
#14	PH Truss Screw	St4.2*15	2

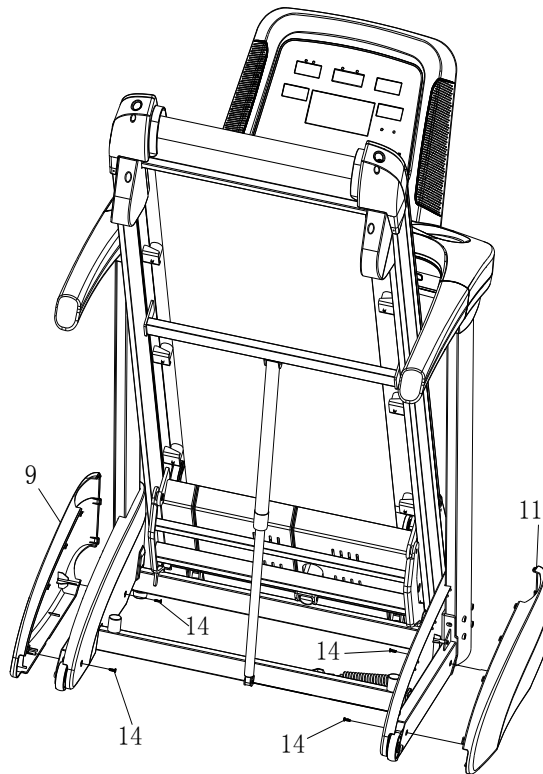


Step 6.

Insert #9 & #11 onto the Posts, lock them tight with #8 & #10 using #14.

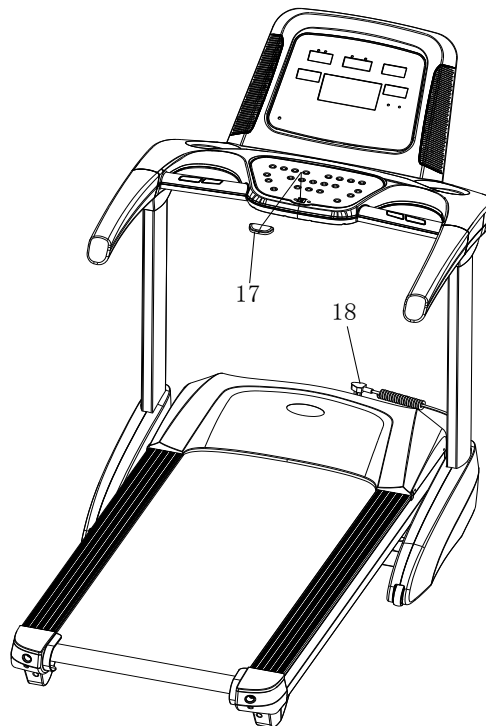
Important: Hold the deck when doing the lock to avoid injury.

No.	Name	Spec.	Qty
#14	PH Truss Screw	St4.2*15	4



Step 7.

Put the treadmill on the flat floor. Put #17 onto the yellow-marked location on #4 Lower Console, and put #18 onto the treadmill.



IMPORTANT!

Please make sure all above steps are finished before put on power.

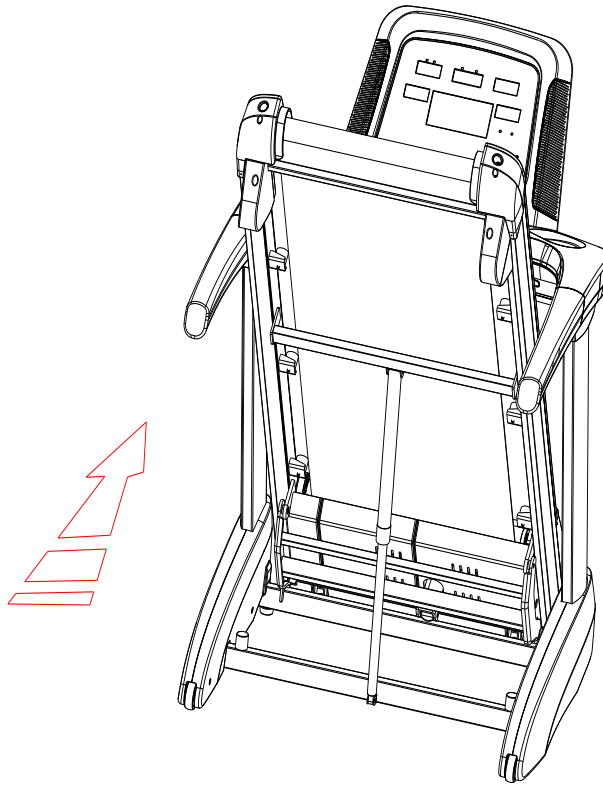
Using of this equipment please check the following instructions.

Technical Data

Item Size(mm)	1925*905*1450	Power	AC 220~240v
Folding Size(mm)	1100*905*1625	Output	1500W
Running Deck(mm)	520*1450	Current	8.5A
N.W.	97kg	Speed	1.5—18Km/H
G.W.	118kg	Temperature	0—40℃
Incline	0~12%	Class	HB
Maximum User's Weight	≤126Kg		
Display	Speed, Incline, Time, Distance, Calories, Pulse,		
Safety Protection	A. Red Safety Key on Console B. The over-current, over-voltage push type protection device in motor chamber. C. Over-current fuse on controller.		

The right to modify the data of this equipment is reserved to SHU HUA CO., LTD. If any update of modification, you might not be informed.

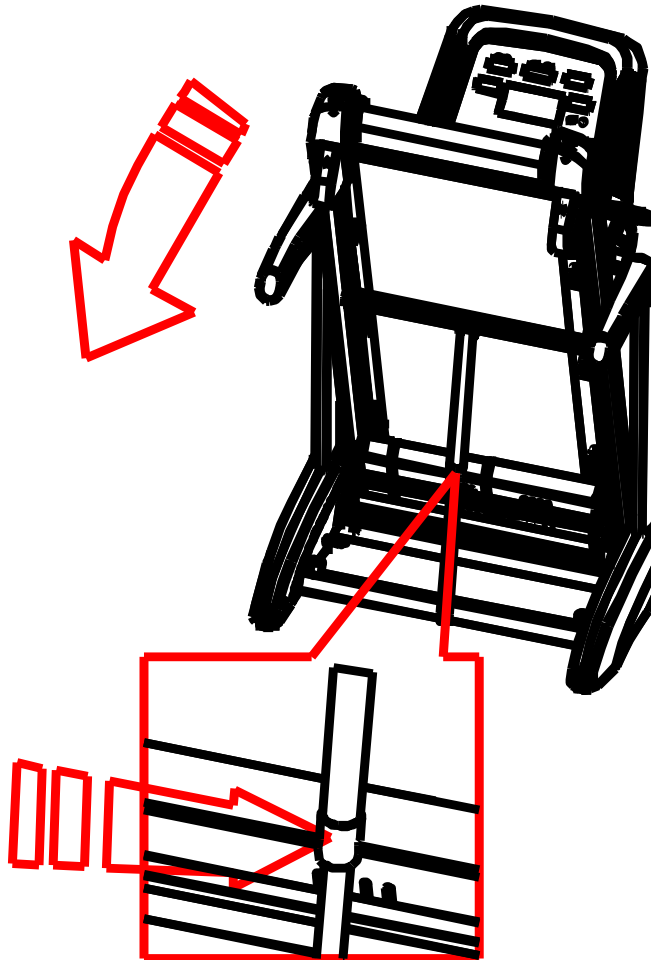
Fold and Unfold, Transportation



Fold the Treadmill

1. In order for space-saving, when the treadmill is not in use, it could be folded up by a hydraulic folding system.
2. Lift the treadmill up as shown in the picture until you hear the Gas Spring telescoping pole gives a snap sound, the treadmill is folded.

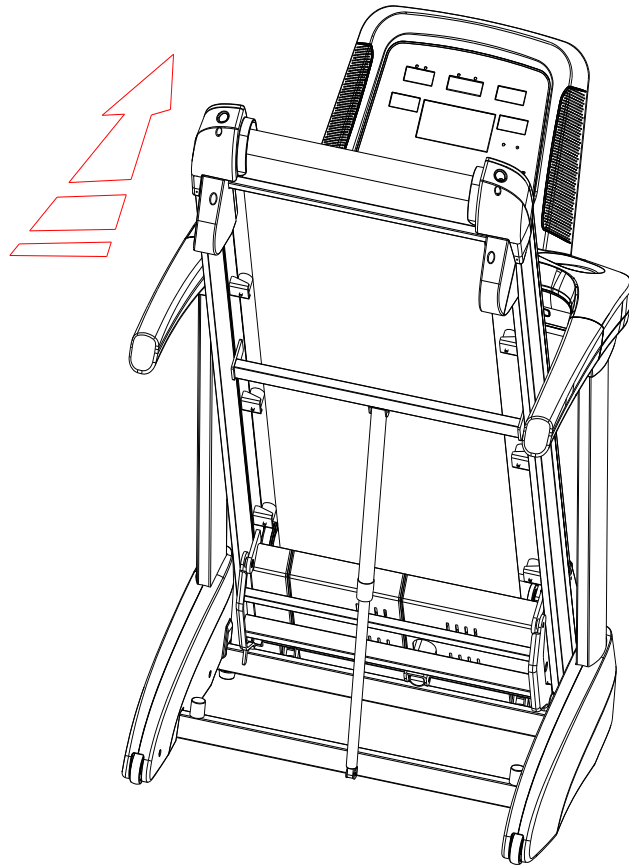
Note: Before you folding the treadmill, make sure the treadmill has stopped running and the incline is down to zero level, OR you might damage the treadmill and cause injury.



Unfold the Treadmill

1. Stand facing the folded Deck in the middle, hold the ends of the running deck with both your hands. Step the connecting point of Gas Spring (located as in the fig.) to release the Gas Spring.
2. Gently pull back the running platform to unfold the Deck. Be careful step away out of the Deck falling area and let the Deck falls unfolded slowly by itself.

Note: When unfold the platform, make sure the area for the Deck is cleared with no objects, kids or pets.



Transportation

1. Fold the treadmill first.
2. Make sure the Deck is locked up. Put one foot at the transportation wheel to hold it, then pull the treadmill to you for make the whole treadmill stand on the Wheels in balance(as above figure).
3. Move the treadmill to desired location, then lay it down properly.

Note: Make sure you have un-plugged the treadmill before move it. Or you might damage the plug. We don't suggest moving the treadmill on fragile wood floors to avoid transportation marks.

Safety instructions

Thank you for purchasing our product. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions. Please keep this manual in a safe place for reference.

- The power can be connected after the correct assembly according to the Assembly Instruction. Please make sure the socket is not covered by the treadmill itself when locating. So you can

find the socket for power easily.

- To avoid electrostatic interference, make sure to insert the plug into the socket with ground wire. Socket not well grounded might result into unstable operation of the computer, even damage to it. The power line from original package is of exclusive usage to the treadmill. If damaged, please purchase from our dealer or contact us directly.
- To avoid circuit interference, do not use other electrical appliances at the same power line. Or it might cause unstable use or damage to both appliances.
- The treadmill is a kind of indoor fitness equipment, please don't use it outdoors. The place putting the treadmill should be neat and waterproof. Please note that don't put the treadmill on the thick carpet or that kind of material, so that the air under the treadmill can flow. The treadmill is a kind of exclusive fitness equipment; please don't use it for other purpose.
- When you exercise, please don't wear long or loose clothes, to avoid twine clothes to the treadmill and cause injury. Suggest wearing sneaker or sport shoes.
- Please don't take away the protection cover at will, if the opening is only for the maintenance, please pull out the plug firstly.
- During running exercise, keep the children away from the treadmill to avoid any accident.
- If kids using the treadmill, they should be closely watched and protected by adults or professional trainers.
- If it is the first time for you to use the treadmill, please keep in mind to grasp the handle with two hands, until you feel that you adapt to the situation, then you can let go of the handles.
- Please press the safety key (red) on the appropriate position of the clothing, to prevent accidents during the exercise, we can pull off the safety key timely to stop the treadmill in order to ensure safety.
- Power off the power supply and take out the plug and save it well after using. Do not touch any parts which are on the exercise.
- Heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate testing, so the test results are just for reference.
- If you feel any danger during exercising, should hold handrails on both sides, jump off the ground or the pedal platform on the sides.
- During exercise, there should have 2000mm*1000mm safety areas so that can jump off when there have any accidents.
- Safe operation required free space to 2000mm (L)*1000mm (W)*2250mm (H) when exercise.

-
- The treadmill is a kind of indoor fitness equipment, please don't use it outdoor. Apply to aerobic cardio exercise, increase heart and lung function mainly, training muscle supplement.
- It's not allowed to convert the equipment beyond its original design and purpose.

Warming Up guide

- **Stretch Down**

The knees slightly bend, the body bend forward slowly. Relax the back and shoulders, the two hands try to touch the tiptoe. Hold for 10-15 minutes, and then relax. Exercise like this for three times. As figure 1 show.

- **Foot sinew stretch**

Sitting on the clean ground, extend one leg straightly, then bend the other, lastly make it close to the inner side of the straight leg tightly. Try to touch the tiptoe with the hands. Hold for 10-15 minutes, and then relax. Each leg repeats this exercise for three times. As figure 2 show.

- **Shank and heel sinew stretch**

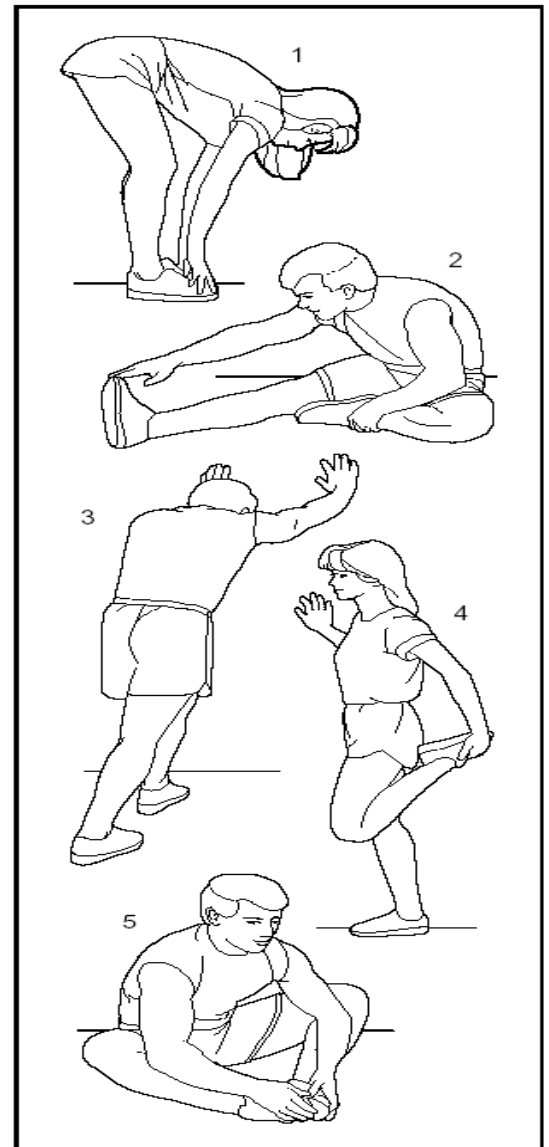
Standing with two hands touch the wall, one foot is behind and the other is front. Keep the rear leg straight and the heel touch the ground, and then incline to the wall. Hold for 10-15 minutes, and then relax. Each leg repeats the exercise for three times. As value figure show.

- **Quadriceps Stretch**

With the left hand touching the wall or desk to control the body balance, and right hand extend toward the back and grasp the right ankle, then pull it toward the buttocks slowly, until you feel that the front muscle of thigh is very strength. Hold for 10-15 seconds, and then relax. Each leg repeats this exercise for three times. As value figure shows.

- **Sartorial Stretch**

Make the feed soles opposite, and sit down with the knees toward outside. Grasp the feed with two hands and bring them toward the groin. Hold for 10-15 minutes, and then relax. Repeat this exercise for three times. As figure 5 shows.



Operation Guide



Make sure the Safety Key is in position before start.

Display

- 1、“TIME” Window shows time of exercise. From beginning it is 00: 00-99.59; If the timer counting down, it is from set time to 0. When the time count to 0, the treadmill will slowly stop and the display will show “End”, then enter the standby mode.

- 2、 “CALORIES” Window count from 0 to 999. When reaches 999 and exceeded, it starts back from 0; Calories countdown, start from the set value down to 0, after reaching 0 the treadmill will stop and the display show “End”, then enter the standby mode.
- 3、 “DISTANCE” Window shows distance of exercise. From beginning it is 00: 00-99.59; If counting down, it is from set distance to 0. When the distance count to 0, the treadmill will slowly stop and the display will show “End”, then enter the standby mode.
- 4、 “PULSE” Window: Shows the pulse of exerciser. When user grasps the Pulse Detector, it shows the heart rate. The range is 50~200 beats/min, use only as reference, not medical data.
- 5、 “INCLINE” Window: Shows the present incline value, range from 0~12.
- 6、 “SPEED” Window: Show the current speed. Range from 1.5-18KM/h.

Buttons

- 7、 “Lose Weight”Button: When standby or exercising, choose Lose Weight Mode.
- 8、 “Program” button: When standby, press this button to scan “0: 00”(Manual Mode)、 “15: 00”(Time Countdown) 、 “1.00”(Distance Countdown) 、 “50.0”(Calories Countdown) 、 “P01-P02-...-P08”.
- 9、 “Marathon” Button: When standby, press this button to start Marathon running, distance is 42.19KM.
- 10、 “WarmUp” Button: Press this button to start 3 minutes Warm-up(Time Window Flashes), speed is 0.5Km/h, and speed up to 6Km/h within 3 minutes. After 3 minutes, it starts with chosen mode. When speed is lower than 6Km/h, press this button and enters into Warm-up.
- 11、 “CoolDown” Button: Press this button during exercise. If present speed $\geq 8\text{KM/H}$, it takes 3 minutes to slow down until stops. If $< 8\text{KM/H}$ and $\geq 2.5\text{KM/H}$, 2 minutes, if $< 2.5\text{KM/H}$, 18 seconds. After press “CoolDown”, Time Window flashes and the machine can only speed down, not up.
- 12、 “START/PAUSE”Button: When the machine is power on and safety key in position, press this button and it will start or pause the exercise. When pause, the Window will show “PAU”.
- 13、 “STOP”Button: When exercise, press this button to stop the machine.
- 14、 “SPEED+”、 “SPEED-” in standby mode it is to adjust the settings. When in exercise, it changes the speed (0.1km/h/ press). When press the button for more than 0.5 seconds, it increase or decrease the speed automatically.
- 15、 “INCLINE+”、 “INCLINE-” in standby mode it is to adjust the settings. When in exercise, it changes the incline (1level / press). When press the button for more than 0.5 seconds, it increase or decrease the speed automatically.
- 16、 “Speed: 3、 6、 9、 12”Quick Speed Setting: You can set the speed quickly.
- 17、 “Incline: 3、 6、 9、 12” Quick Speed Setting: You can set the incline quickly.
- 18、 “Speaker, Volume+, Volume-”Controls the speaker’s volume.
- 19、 When Standby, press “Speed+”and then “Program”button for 3 seconds, the system enters Total distance. Press “Stop”it will exit total distance.

Modes & Programs:

- 20、 Countdown mode: In standby, press the Mode button to enter the Time, Calories,

Distance countdown mode. You can use the + and – key to set speed and incline values. After setting, press Start button to start treadmill from the set value to countdown. The treadmill will stop automatically when the value count back to 0.

21、 Programs(P01~P8): press PROG button to choose any program from P01~P8. Set the time with SPEED+/- and INCLINE+/- (optional time range 5~99: 00, default 10: 00), press the Start button to start the program. The treadmill will change speed and incline for 16 times according to the program. Every combined value will change at the frequency of set speed/10*60 seconds.

22、 Programs

Every program has 16 section of total time, with below speed and incline.

Time Program		Total Time/16=Time for every section															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01-Walk	Speed	2	4	5	5	6	6	7	7	7	7	6	6	5	4	3	2
	Incline	1	1	2	2	2	2	3	3	3	3	2	2	2	2	1	1
P02-Jog	Speed	2	5	6	8	9	9	9	9	9	9	9	8	7	6	5	3
	Incline	1	2	3	3	2	2	3	3	2	2	3	3	3	3	2	1
P03-Hill	Speed	2	4	6	6	9	10	10	9	6	6	9	9	9	7	5	3
	Incline	1	2	3	4	5	5	4	4	5	5	3	3	6	6	3	2
P04-Random	Speed	2	6	7	7	11	11	11	9	9	9	9	6	6	6	4	2
	Incline	4	5	6	6	3	3	7	8	6	4	5	6	7	7	4	2
P05- Weight Loss	Speed	4	5	7	8	9	10	10	8	8	9	9	9	9	6	4	3
	Incline	1	3	3	2	2	2	3	4	4	3	2	2	4	4	3	1
P06-Cardio	Speed	3	6	6	6	8	8	8	8	10	10	10	11	11	8	5	3
	Incline	0	2	2	4	4	4	2	2	2	3	3	4	4	3	2	1
P07-Race	Speed	3	6	7	7	8	9	9	10	10	10	9	9	8	6	4	3
	Incline	1	1	2	2	3	3	3	2	2	2	3	3	2	2	1	1
P08-Sprint	Speed	2	6	6	9	9	11	11	11	11	11	6	6	6	5	4	2
	Incline	4	5	6	7	8	9	10	10	9	9	5	6	7	8	5	2

Lose Weight

Time	0-2min	2-15min	15-20min	20-35min	35-40min
Speed	1.5-6.0KMH	6.0-12.0KMH	12.0-6.KMH	6.0-12.0KMH	12.0-1.5KMH

Total time is 40 minutes. Speed is set but incline can be adjusted by user.

Value Range:

Value Setting	Start	Start Setting	Range	Display Range
Time(Mins:Sec)	0:00	15:00	5:00-99:00	0:00—99:59
Incline (Sec.)	0	0	0-12	0-12
Speed (KM/H)	0.0	1.5	1.5-16.0	0.0-16.0
Distance(KM)	0.00	1.00	0.50-99.9	0.00—99.9
HR(per min)	P	N/A	N/A	50-200

Cal(K Cal)	0.0	50.0	10.0-999	0.0—999
------------	-----	------	----------	---------

Safety Key:

Pull off safety key could stop the treadmill immediately at any emergency situation. The window shows “Safety Key Off” with a beeping. The treadmill cannot work or start at this time.

Saving Electricity:

If standby and with no instruction key in, the system will turn off the display. Press any key to wake the system up. If during exercising, if no steps in 5 minutes, the treadmill tops running and enter into standby.

MP3 Function:

When power on and connected with MP3 etc., the console could play music. Please keep the volume in acceptable range to protect inner circuit.

Turn Off:

Turn off the main power switch to shut the treadmill at any situation.

Trouble Shooting

E1	Inverter over-heated
E2	Over-current
E3	Over-voltage
E4	Over Loaded
E5	MCU Failure on Inverter
E6	Communication Failure
E7	Incline Failure
EE	Eeprom error

Exercise Safety Measures

- In the exercise, please consult a professional. He (she) can help you recommend exercise frequency, exercise intensity and exercise time consistent with your age and physical condition.
- In the exercise, if you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort, please stop! Continue to exercise before to professional consultation.

Maintenance Guide

Warning!

Please make sure that the power has been cut off before the maintenances of this unit.

- Thorough clean can extend the lifetime of this unit. Clean the dust regularly, especially the dust

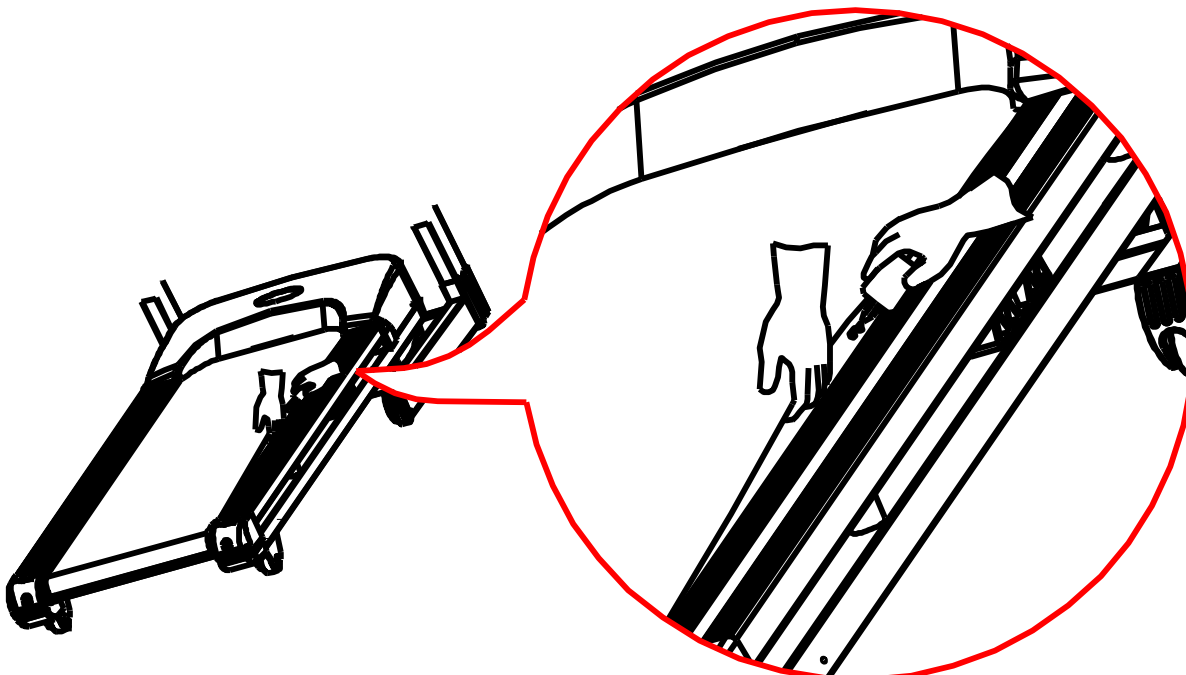
accumulating beside the treadmill belt to avoid the accumulation below the belt.

- Make sure the neat of the shoes to avoid the foreign objects carried by shoes abrading treadmill board and bolt.
- The surface of treadmill bolt must be cleaned by wet cloth spread with soap. Please note that avoid water splashing on the electric parts and the bolt.

Warning!

- ✓ Please make sure to take off the plug before remove treadmill safety guard.
- ✓ Open the Motor Hood and vacuum the inside parts at least once per year.
- ✓ Treadmill bolts and lubricates silicon oil.
- ✓ The board and bolt of the treadmill have been smeared with lubricates silicon oil in advance.
- ✓ It needs to be lubricated to reduce the resistance between the Deck and Belt.
- ✓ Good lubrication has profound influence on the treadmill lifespan. We suggest that it should be lubricated once per/week.

Method to add the Silicon oil



1. As above Figure, tilt the treadmill at an angle of about 45 degrees.
2. Lift up the Running Belt with one hand, put some lubrication oil onto the running deck, let the lubricating oil flow towards the other side of running deck. When the oil flows across the middle line, put the equipment to horizontal direction.
3. Turn on the treadmill. Walk on the treadmill slowly for a few minutes to make the running belt being

attached of lubricating oil completely. Increase the speed and lubrication is finished.

Note :

- ✓ Do not put too much lubricating oil once.
- ✓ After lubrication, use a cloth to clean up the extra oil on the side and surface of the running belt.

Maintenance Instruction

We suggest the owner to lubricate the Treadmill according to below.

Exercising Frequency

Inactive User (less 3 hours every week)

Active User (3-5 hours every week)

Super Active User (exceed to 5 hours every week)

Lubricating Schedule

once every year

once every 6 months

once 3 months

We suggest that you should purchase lubricates silicon oil from local dealer or contact our company directly.

- In order to maintain the electric treadmill and prolong the service life of the treadmill, you are suggested to turn off the power after two hours using. Let the treadmill be power off for 10 minutes before next operation.
- If the running belt is too loose, it will slip during the running exercise. If it is too tight, it will lower the function of electric engine, and wear the roller and running belt severely, and shake the whole machine. If you want to test if the tightness of the running belt is appropriate, please support the running belt away from the running board about 50-75mm.
- Adjust the Running Belt to middle place and suitable tightness
- ✓ In order to let you use the treadmill better and more efficiently, it is necessary to adjust the running belt to the best state. The operation steps are as below.
- ✓ Put the treadmill on the flat ground.
- ✓ Set the treadmill running at the speed of 3.5KM/H
- ✓ If the running belt inclines to right side, turn the right adjustable bolt for 1/2 cycles by clockwise, and then turn the left adjustable bolt for 1/2 cycles by counter-clockwise. See figure A:

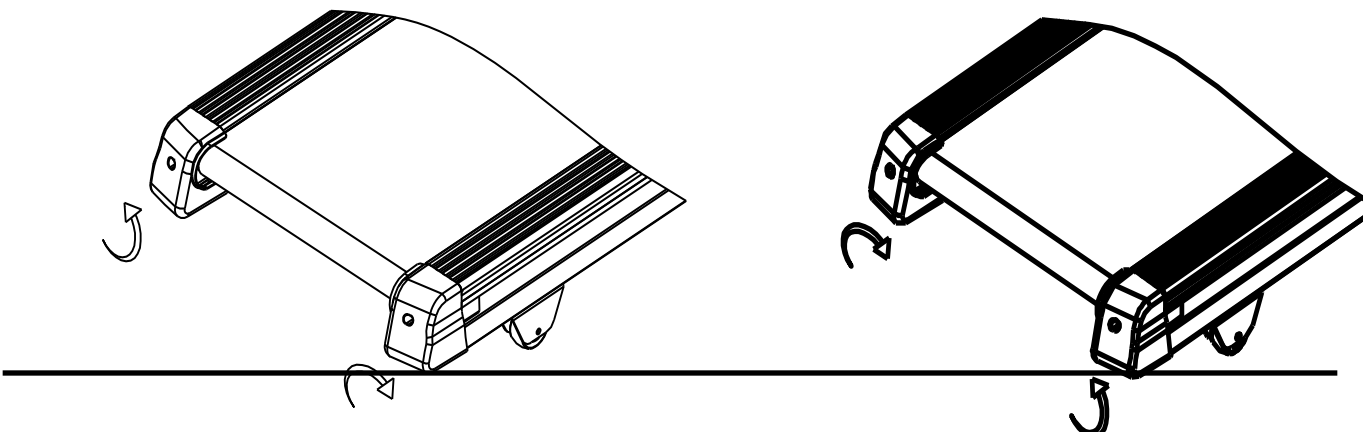


Fig. A Adjust running belt left direction

Fig. B Adjust running belt right direction

V-Belt Adjusting

After a long time exercise, the multi-wedge belt was worn or became loose. In this case, you must do an appropriate adjustment for the safety. The way of judgment is: during your normal running exercise, when your foot step on the running belt and feel that the running belt has the phenomenon of occasional stop that indicates the running belt or multi-wedge belt is somewhat loose, the further confirmation should be done. The way to judge which kinds of components are loose: taking apart the six screws on the protection cover above the belt, let the treadmill run in a speed of 1KM/H, then stand on the running belt, grasp the armrest with two feet. (We suggest step and press the running belt by the runner's weight)

- ✓ If the instantaneous stepping strength cannot stop the running of the running belt that indicates the tightness of multi-wedge belt and running belt are appropriate.
- ✓ If you feel that the instantaneous stepping strength make the treadmill stop, but the multi-wedge and the front roller still running that indicates the running belt be in some loose, then the appropriate adjustment should be done for the safety usage. (About the adjustment of running belt, please refer to maintenance guide).
- ✓ If you feel that the instantaneous stepping strength make the running belt and multi-wedge belt is loose, the appropriate adjustment should be done for the safety usage.

Adjusting Method:

- Step 1:
Remove the six screws of the treadmill front shield cover, thus relieved of the shield cover.
- Step 2:
Loosen (but not removed) the four screws of the fixed motor base, then adjust the bolt with spanner. While gently turning the motor shaft and ribbed between the front roller, if too loose, you can turn 100% ribbed; if too tight, you can turn to a very limited ribbed; After this adjustment can turn 80% of the ribbed is more appropriate. Please rib belt tightness adjustment to be able to turn 80% of this state.
- Step 3:
The last lock motor base, fitted with shield cove

FAQ and Trouble Shooting

Problem	Possible Reason	Trouble Shooting
Equipment cannot Start	<ol style="list-style-type: none"> 1. The plug hasn't been connected or the switch hasn't been opened 2. The over current protector of the treadmill disconnected 3. The indoor over current protector disconnected 4. Safety key disconnected 	<ol style="list-style-type: none"> 1. Insert plug or start the power 2. Change fuse or press the protector button 3. Reset over current protector 4. Put safety key to right place
Running Belt Slippery	The belt hasn't been tightened	Adjust the tightness of the belt (see maintenance guide)
Belt not in the Middle	The degree of the roller balance hasn't been adjusted well	Adjust the belt to the center (see maintenance guide)
Abnormal Sound	The screws loosen	Fix relevant screws

- If your treadmill has problem beyond above, please contact our customer service center, or call us at the phone on Warranty. Our after-sales service team will help you.
- If there is any damaged part, please stop using the product immediately.
- Only after replacement of damaged parts or proper fixing provided by professional engineer, the product could be operated again.