



ECT7

TREADMILL

OWNER'S MANUAL

150

CAUTION! Read all precautions and instructions in this manual before using this equipment.

! CAUTION

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Important Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

- 1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.**
- 2. Do not reach for a plug that has fallen into water. Unplug immediately.**
- 3. Do not use while bathing or in a shower.**
- 4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.**
- 5. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.**
- 6. If the circuit breaker is broken please change it with the type of 125V/18A for 110V(Conform to the 110V).**
- 7. The plug should be accessible after installation.**

Important Safety Instructions

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use, Maximum load is 160kg.

SAVE THESE INSTRUCTIONS

Important Safety Instructions

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Important Safety Instructions-110V

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

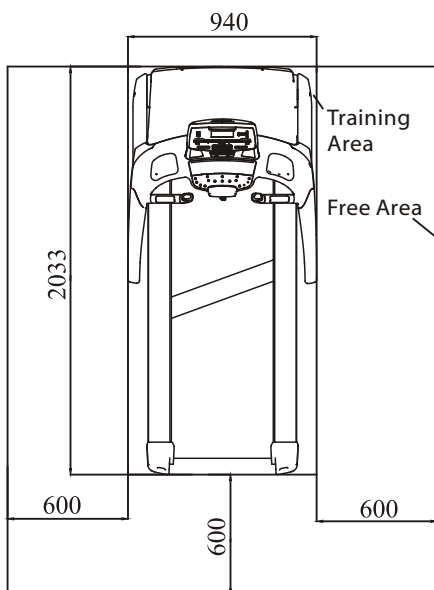
CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de plessures des pièces mobiles - Débranchez avant l'entretien.

WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Uébranchez avant le nettoyage ou l'entretien.

Training Area and Free Area



Technical Data

Input Voltage: 110V~120V 50-60Hz

Rated Current: 18A

Speed Scope: 1-20(km/h)

Time display range: 00:00-99:59(min:s)

Distance display range: 000-999(km)

Belt Size: 508*3265 mm

Building Size: 2033*944*1465 mm

N.W.: 180 kg

Maximum noise level around the treadmill is 72 dB(A). Noise emission under load is higher than without load.

Important Safety Instructions-220V

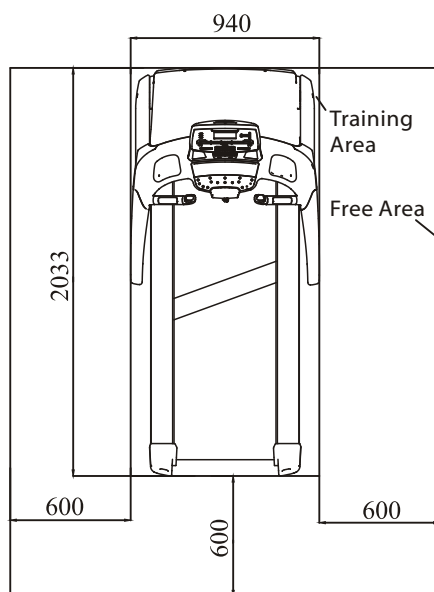
WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Please make sure that there must be a safety area of 2000 mm × 1000 mm behind the treadmill while exercising.

If you find that the running belt overlaps the yellow warning line on the foot rails, it means the running belt is off-center and you need to adjust the running belt immediately.

Don't remove the motor guard and rear roller guard during the daily maintenance, adjustment or inspection.

Training Area and Free Area



Technical Data

Input Voltage: 220V~240V 50-60Hz

Belt Size: 508*3265 mm

Rated Power: 2200W

Building Size: 2033*944*1465 mm

Speed Scope: 1-20(km/h)

N.W.: 180 kg

Time display range: 00:00-99:59(min:s)

Distance display range: 000-999(km)

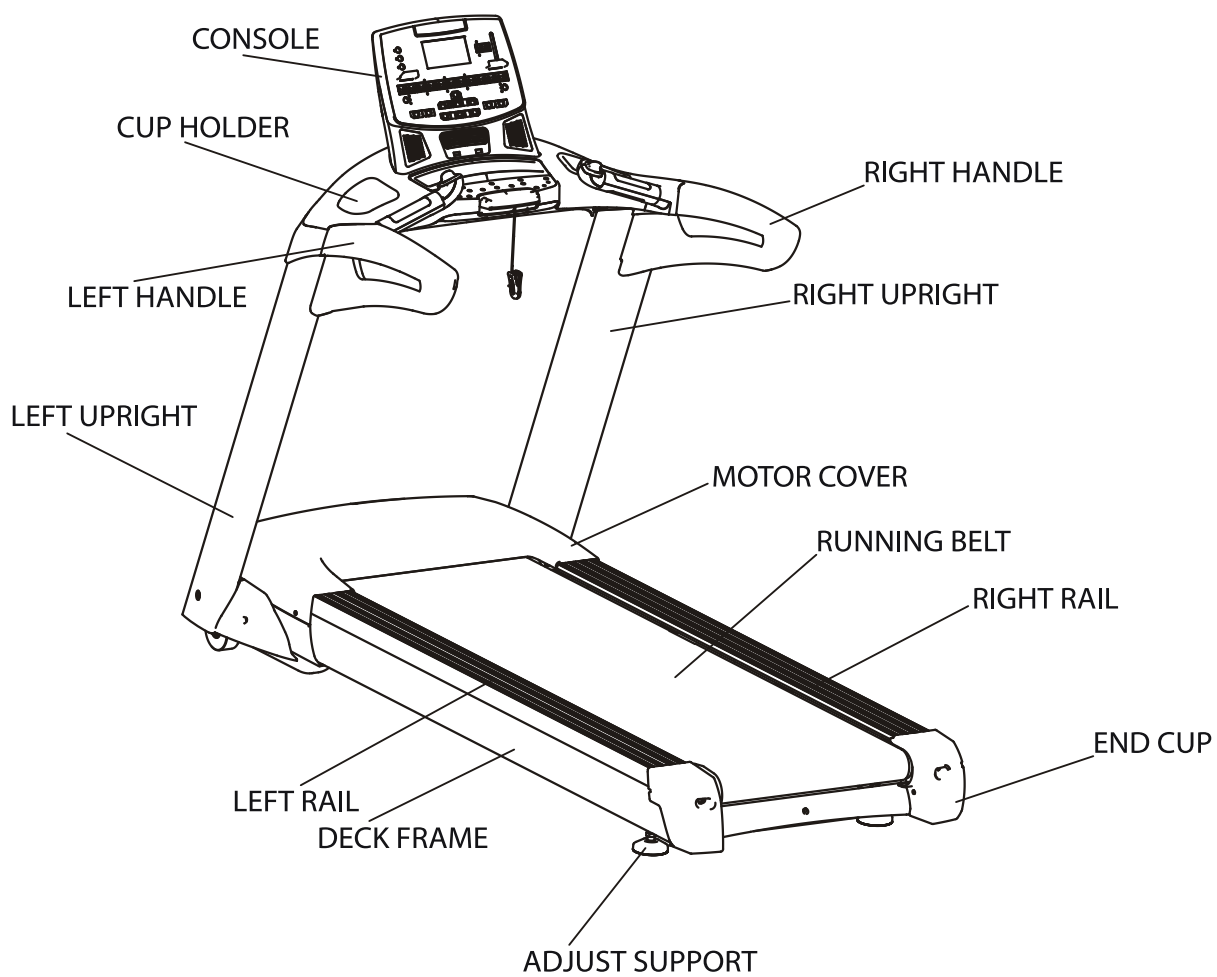
Maximum noise level around the treadmill is 72 dB(A). Noise emission under load is higher than without load.

Before You Start

Remember to take the time to review owner's manuals before you start.

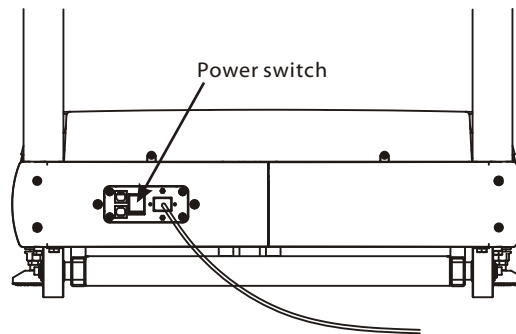
1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks or stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Main parts list



Warning

CAUTION! Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

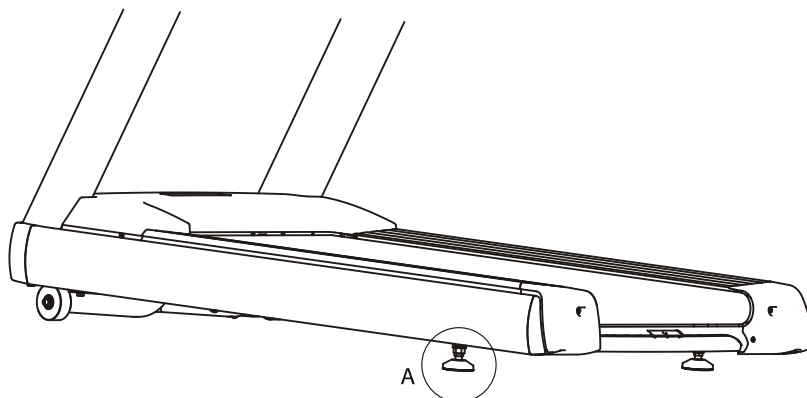


Precautions

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.
3. When press the main switch to "1", the light on, when press the main switch to "0", the light off.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. clip the clothes using the safety clip.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Press Safety Switch on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:

Exercise time: 30minutes----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

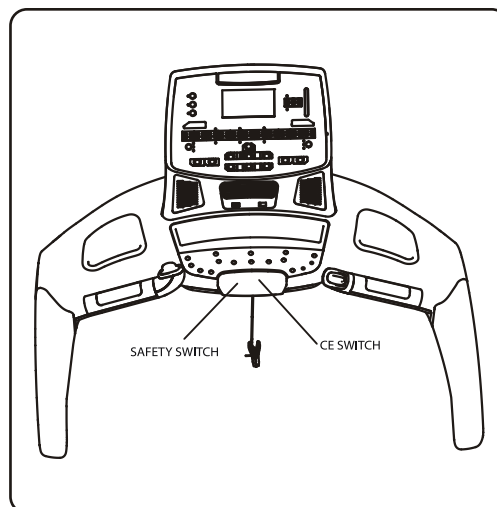
CE Switch and Safety Switch Introduction

When the treadmill is running, the user can press the red safety switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will trigger the safety switch to step.

Operation:

1. Press the CE switch and keep it at the low position, tie the safety clip to your cloth, then start the treadmill for exercise.
2. If there is any emergency, the clip tied to your cloth will pull the CE switch and it will come to the original position. In the mean time, the treadmill will stop completely and the main power will be cut.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

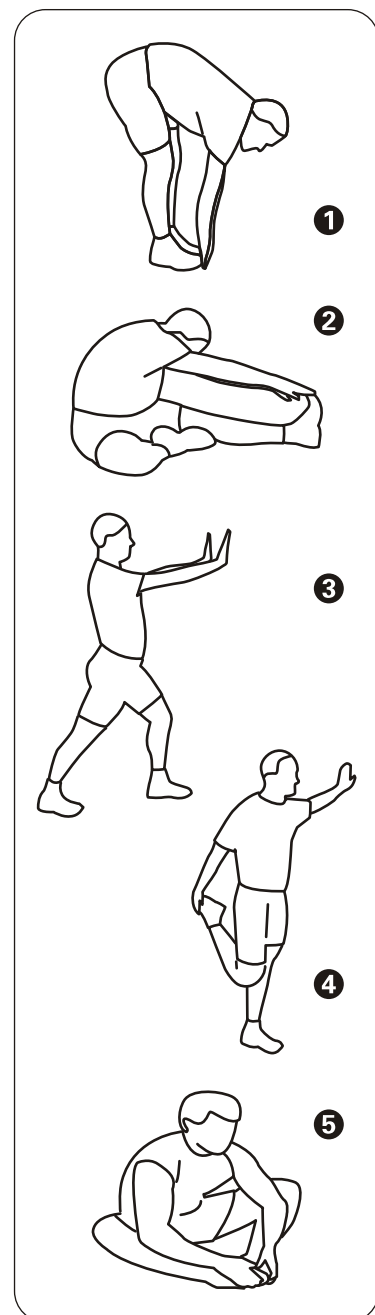
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

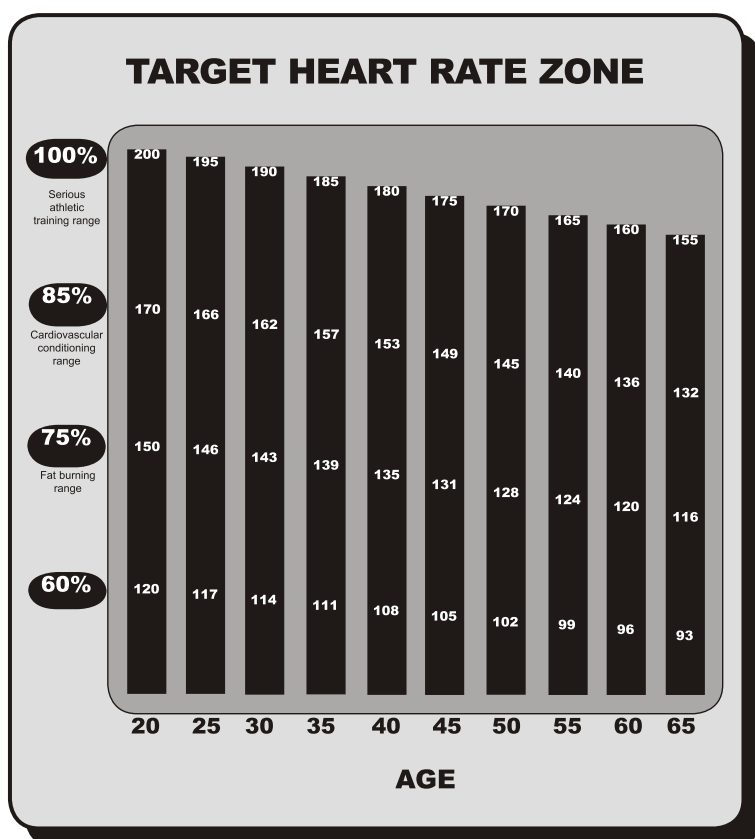
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



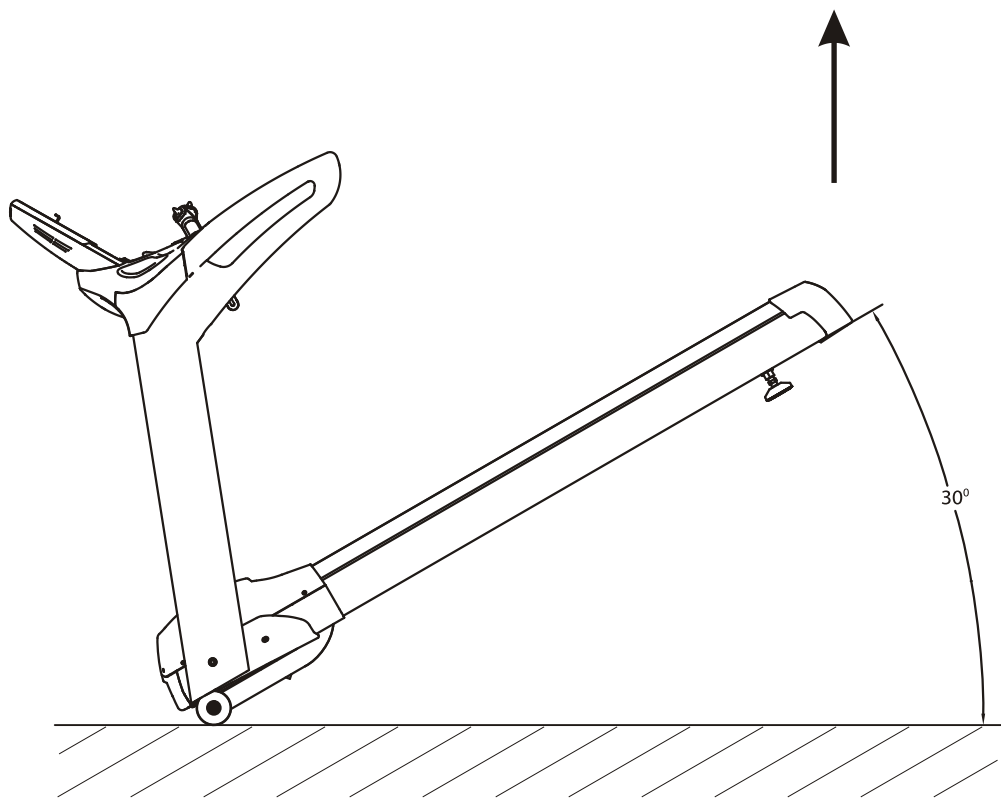
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! In order to protecting your treadmill, spattering water on the machine must be forbidden. To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

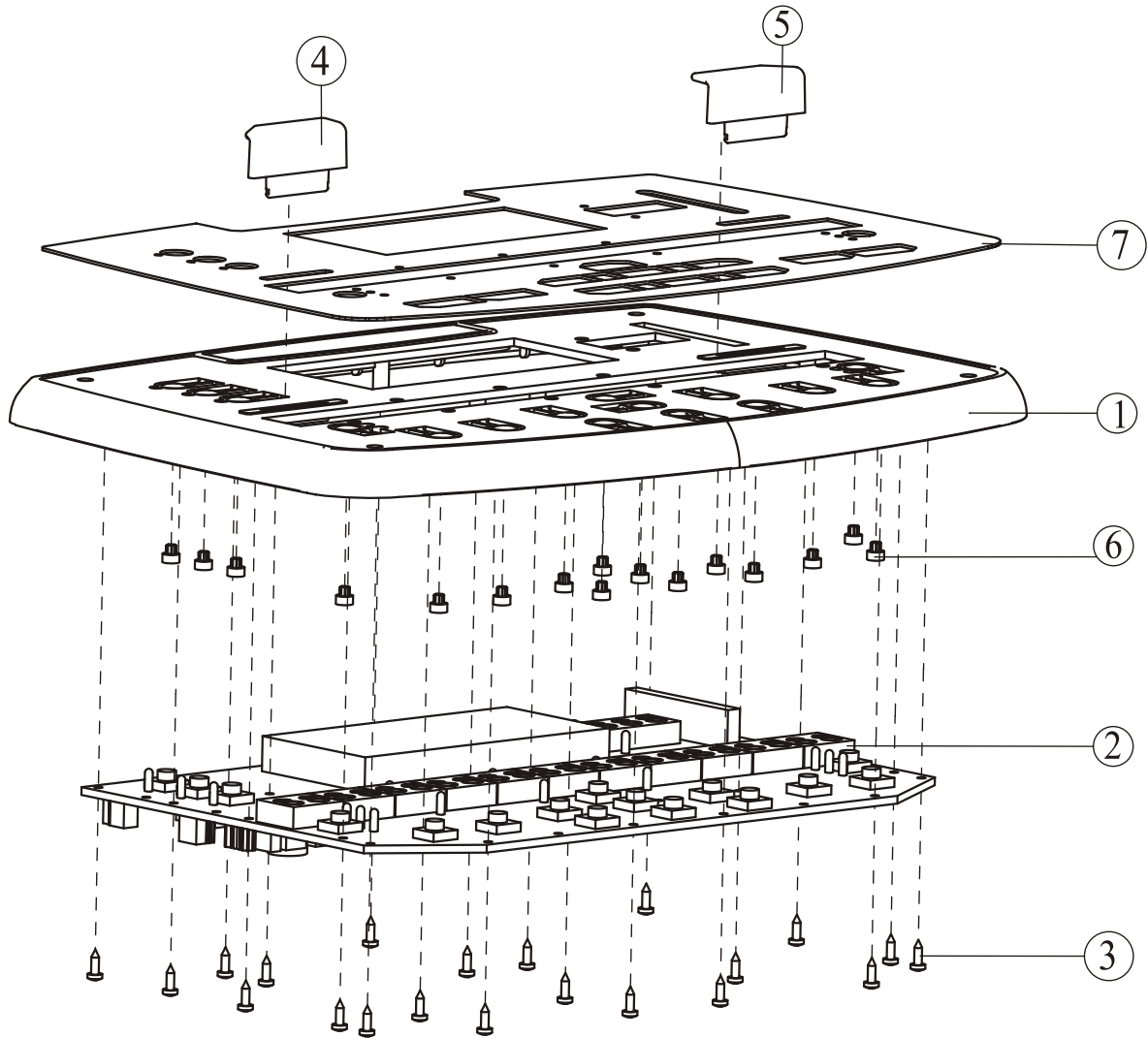
Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.



Parts List and Exploded View

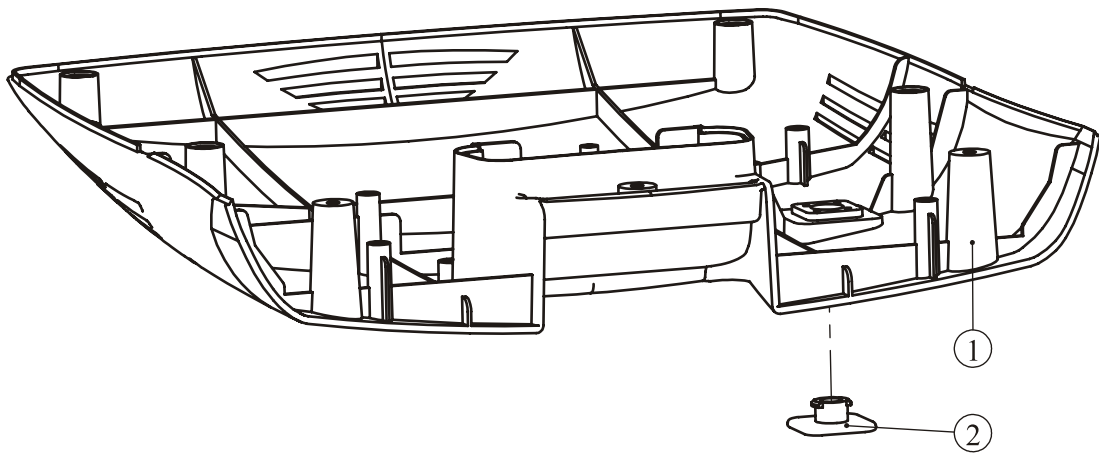
Circuit Board Assembly



ITEM NO.	Description	QTY
1	Circuit board shelf	1
2	Plate of the electronic module	1
3	Cross recessed pan head and self-drilling screw	21
4	The left Magazine Rack	1
5	The right Magazine Rack	1
6	The key cushion	16
7	Mask of the electronic module	1

Parts List and Exploded View

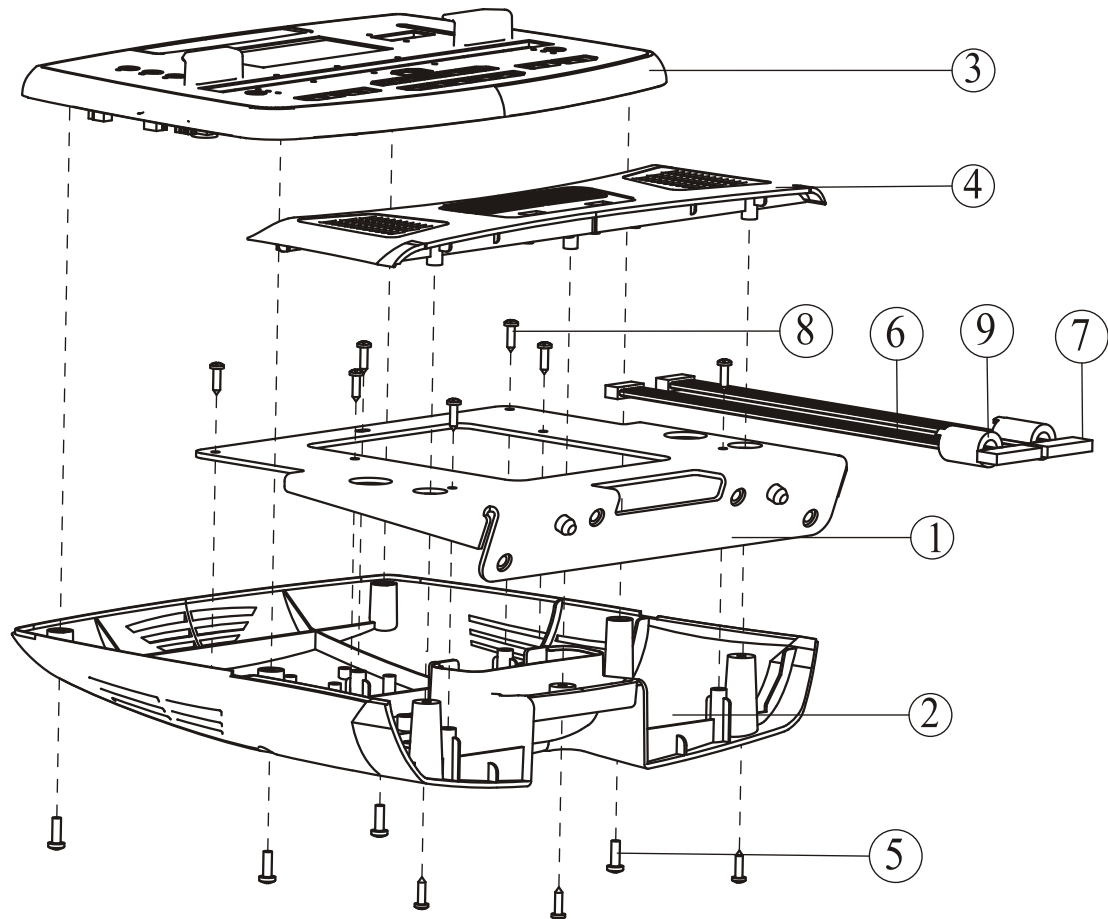
Back cover of electronic header Assembly



ITEM NO.	Description	QTY
1	The back cover of the electronic header	1
2	Plug, Console	1

Parts List and Exploded View

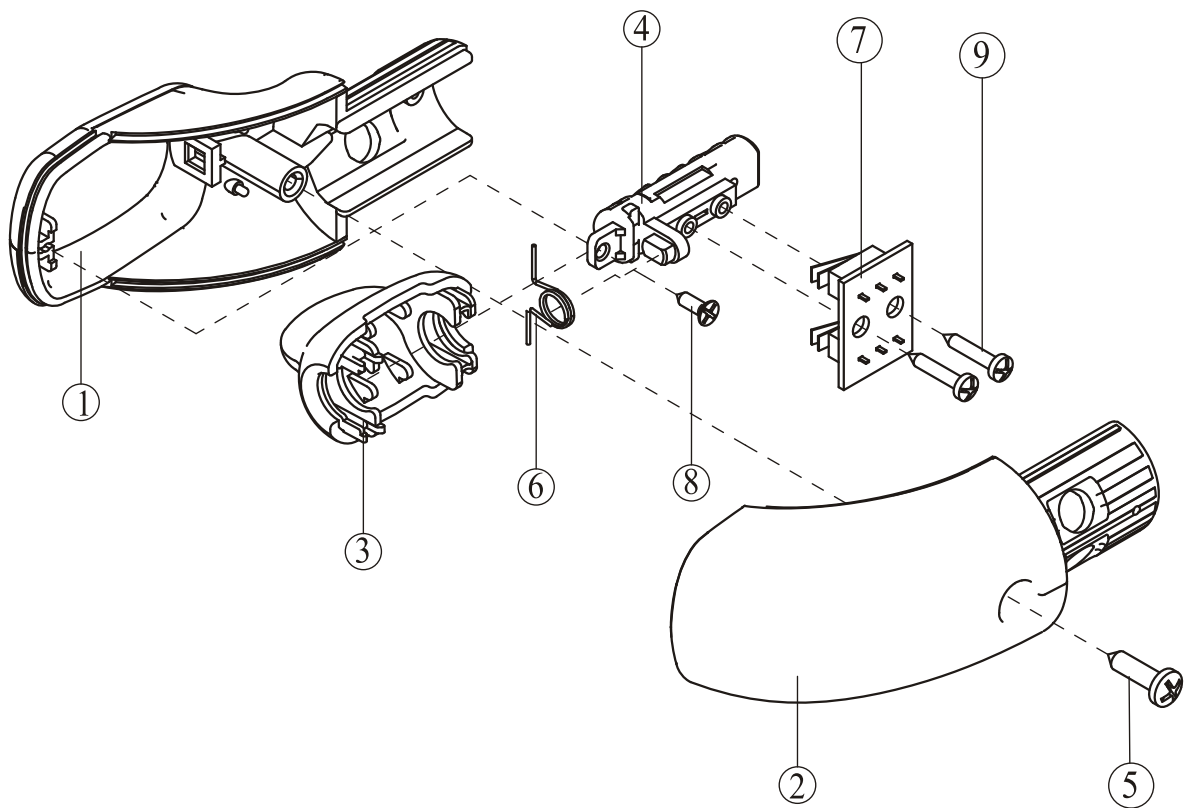
Electronic Watch Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	The weldment of the electronic header	1	6	NO.1 synthetic wire	1
2	Assembly of the back cover of the electronic header	1	7	NO.2 synthetic wire	1
3	Assembly of circuit board shelf	1	8	Cross recessed pan head and self-drilling screw	10
4	The former cover of the electronic header	1	9	magnet ring	2
5	Cross recessed pan head screw	4			

Parts List and Exploded View

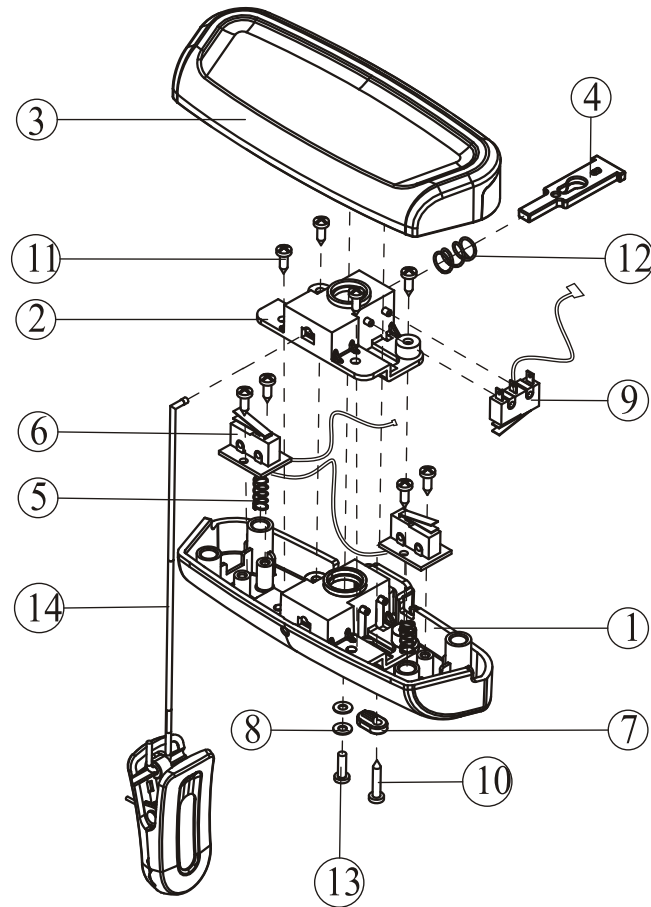
Adjusting knob Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	The cover of the grip	1	6	torsional spring	1
2	The underside cover of the grip	1	7	The switch plate in armrest	1
3	The rotary knob in the grip	1	8	Cross recessed countersunk head tapping screws	1
4	The PCB shelf	1	9	Cross recessed pan head and self-drilling screw	2
5	Cross recessed pan head and self-drilling screw	1			

Parts List and Exploded View

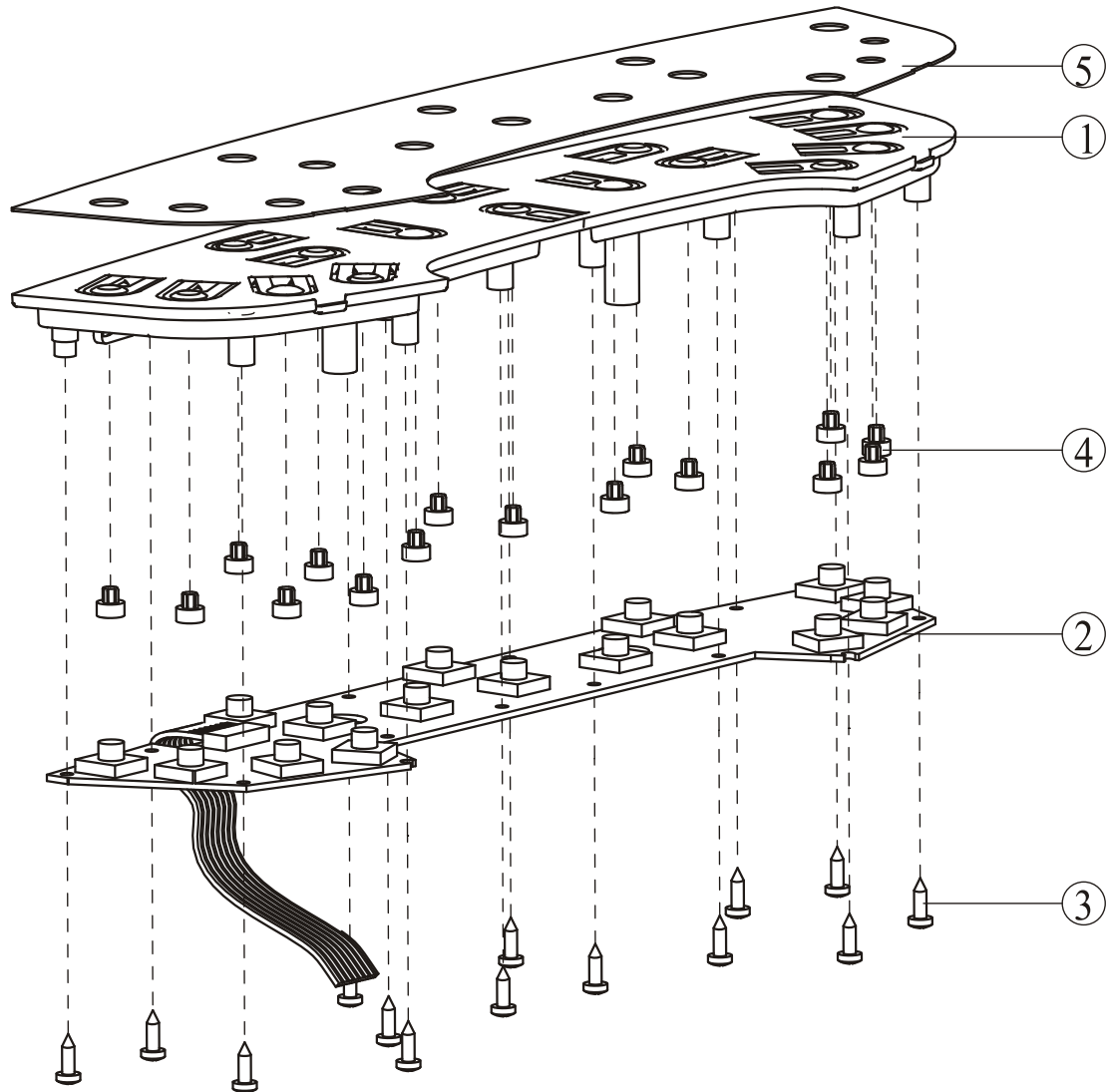
Emergency Stop Switch Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Underside cover of the Emergency Stop Switch	1	8	Gasket	2
2	Supporting structure of the safety switch	1	9	CE switch block	1
3	The cover of the Emergency Stop Switch	1	10	Cross recessed pan head and self-drilling screw	1
4	Axle of the digging rope	1	11	Cross recessed pan head and self-drilling screw	8
5	Spring	2	12	The spring on digging rope axle	1
6	The safety switch block	1	13	Cross recessed pan head screw	1
7	The link stopper of the Emergency Stop Switch	1	14	The safety clamp combination	1

Parts List and Exploded View

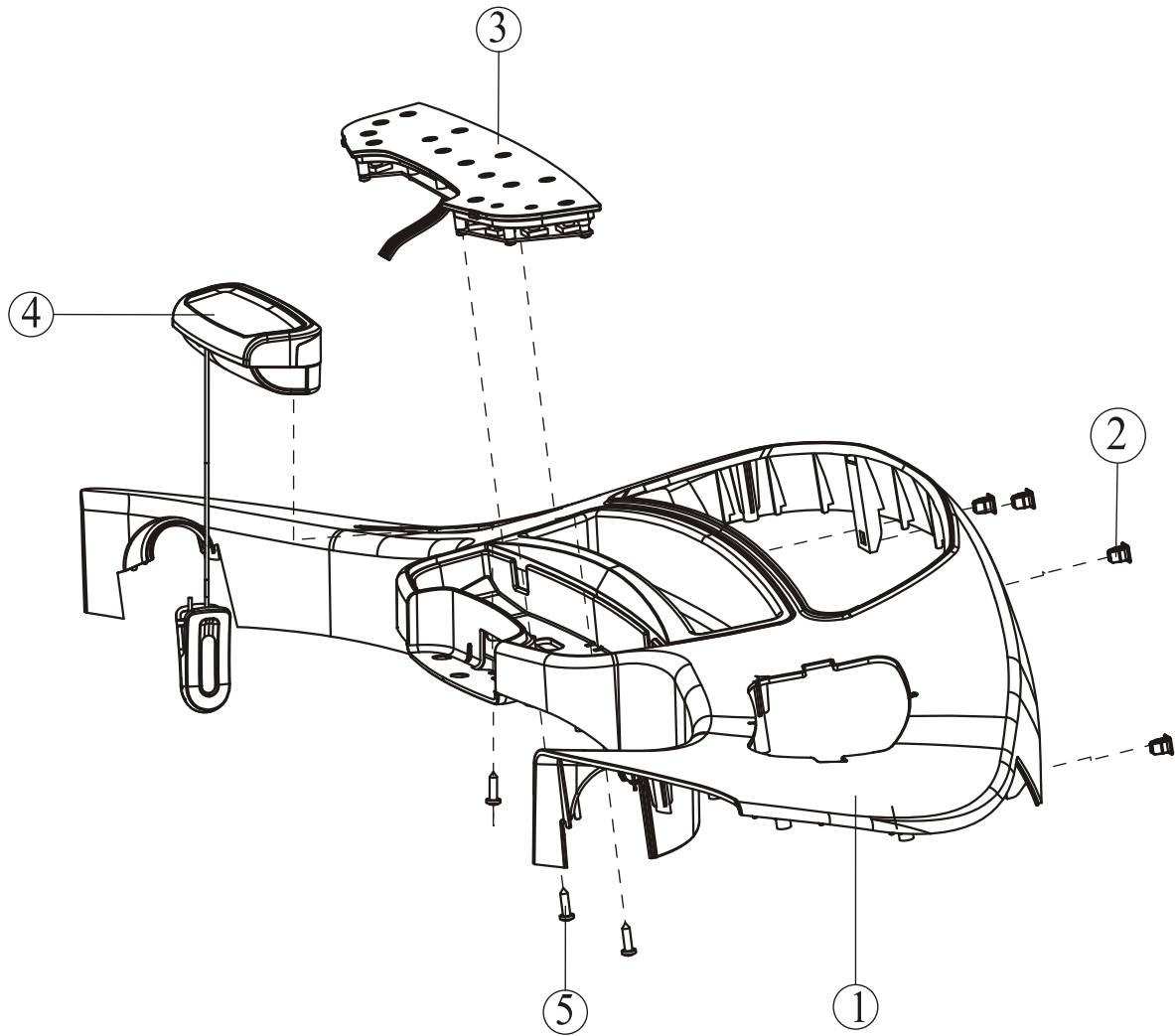
Keyboard Plate Assembly



ITEM NO.	Description	QTY
1	Circuit board shelf of keyboard	1
2	Keyboard plate	1
3	Cross recessed pan head and self-drilling screw	14
4	Keyboard cushion	16
5	The mask of the keyboard plate	1

Parts List and Exploded View

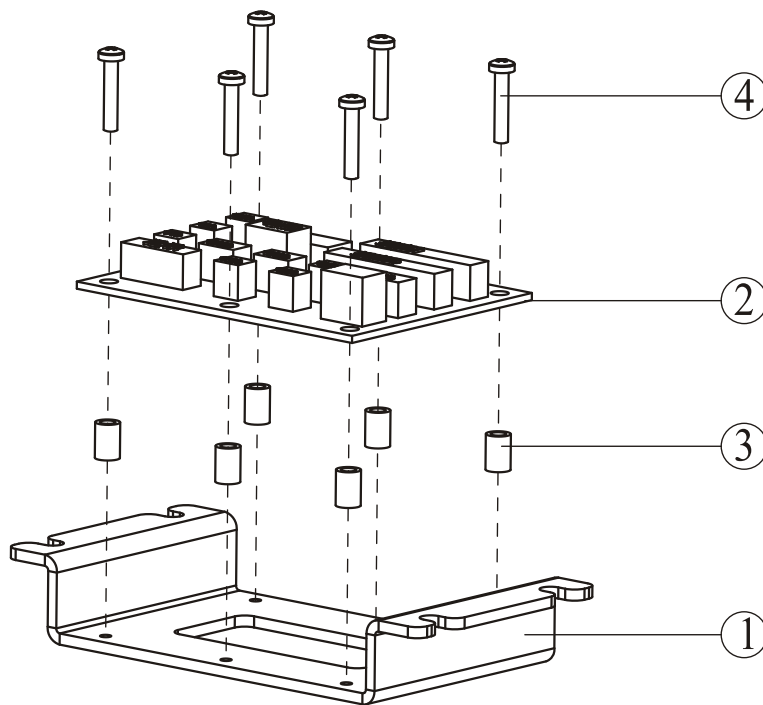
Table seat cover Assembly



ITEM NO.	Description	QTY
1	The electronic table cover	1
2	power line	4
3	Assembly of keyboard plate	1
4	Assembly of Emergency Stop Switch	1
5	Cross recessed pan head and self-drilling screw	3

Parts List and Exploded View

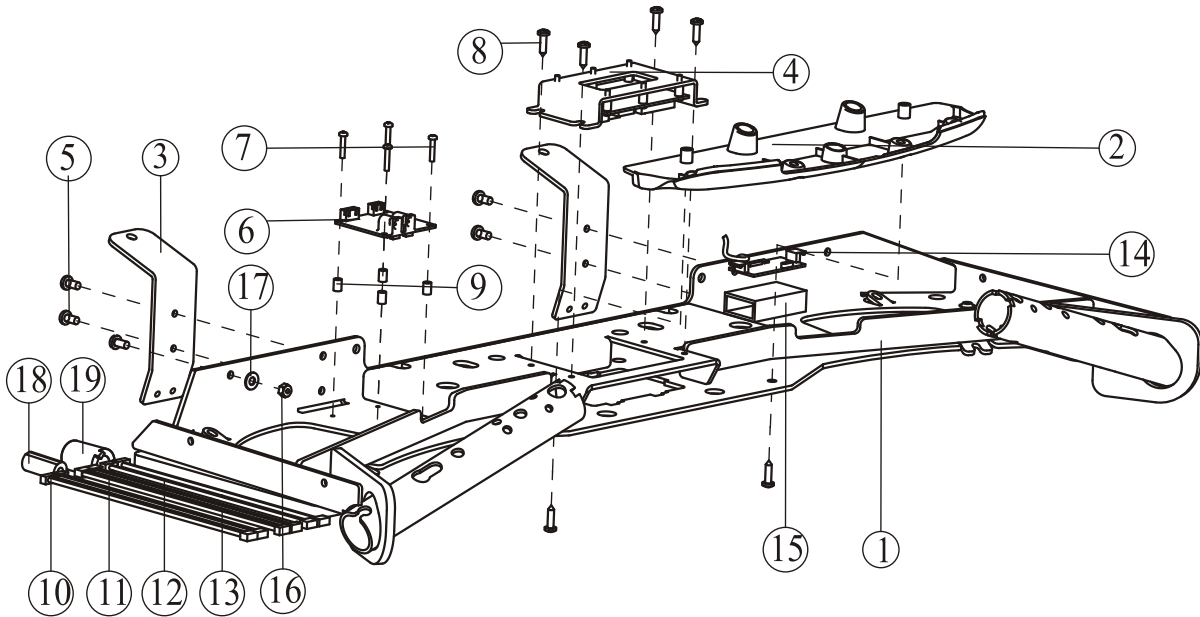
Pinboard Assembly



ITEM NO.	Description	QTY
1	The dead plate of the pinboard	1
2	The pinboard	1
3	Spacer bush	6
4	Cross recessed pan head screw	6

Parts List and Exploded View

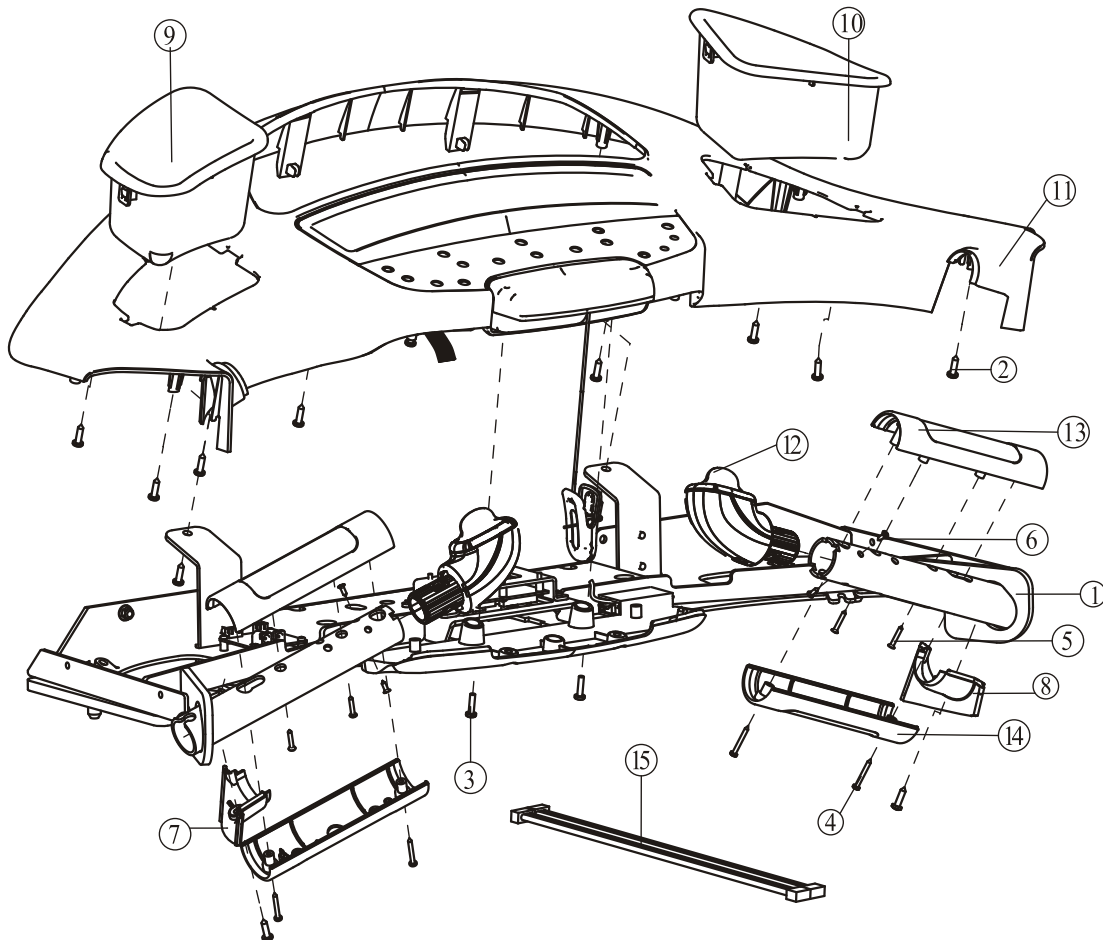
Weldment Of Electronic Watch



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	The weld assembly of electronic module	1	11	Wire of the safety switch	1
2	Underside cover	1	12	Wire of the armrest switch	2
3	The dead plate of the cover of the electronic module	2	13	Wire of the grip	2
4	Assembly of the pinboard	1	14	Acceptor of heartbeat on chest	1
5	Cross recessed pan head screw	5	15	The acceptor cover	1
6	The plate of hand pulse	1	16	The damping nut	1
7	Cross recessed pan head screw	4	17	gasket	1
8	Cross recessed pan head and self-drilling screw	6	18	magnet ring	2
9	Spacer bush	4	19	magnet ring	3
10	Wire from the hand pulse to the stopwatch	1			

Parts List and Exploded View

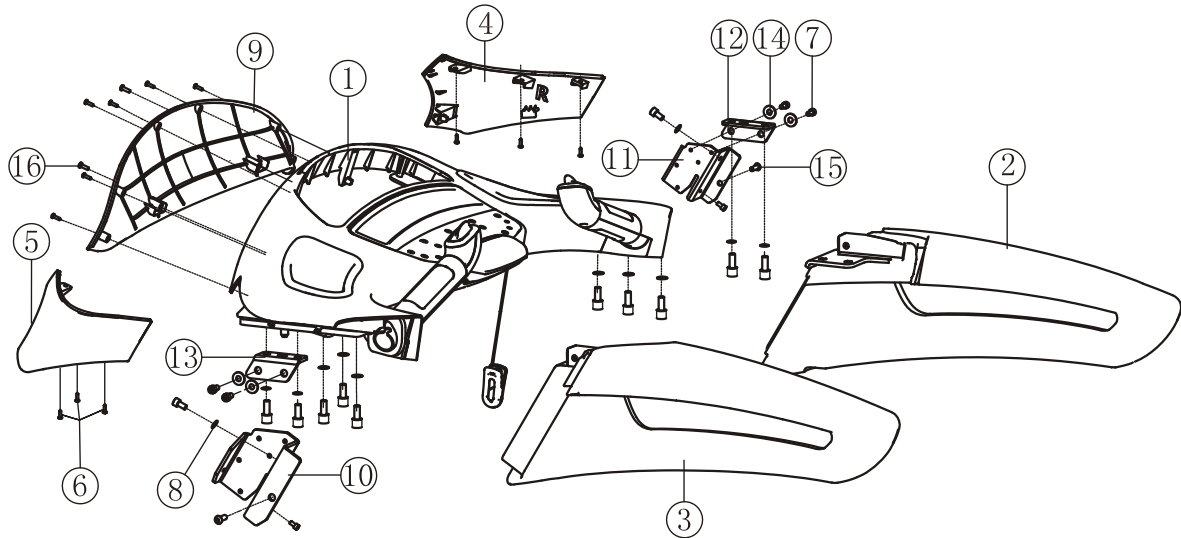
Electronic Watch Tower Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Assembly of the weld assembly of electronic module	1	9	The left cup base	1
2	Cross recessed pan head and self-drilling screw	14	10	The right cup base	1
3	Cross recessed pan head screw	2	11	Assembly of the electronic table cover	1
4	Cross recessed pan head and self-drilling screw	4	12	Assembly of the adjusting knob	2
5	Cross recessed countersunk head tapping screws	4	13	The cover of the EKG Grip Pulse	2
6	Cross recessed countersunk head tapping screws	4	14	The underside cover of the EKG Grip Pulse	2
7	The little left cover	1	15	Half Top Of The Electronic Watch	1
8	The little right cover	1			

Parts List and Exploded View

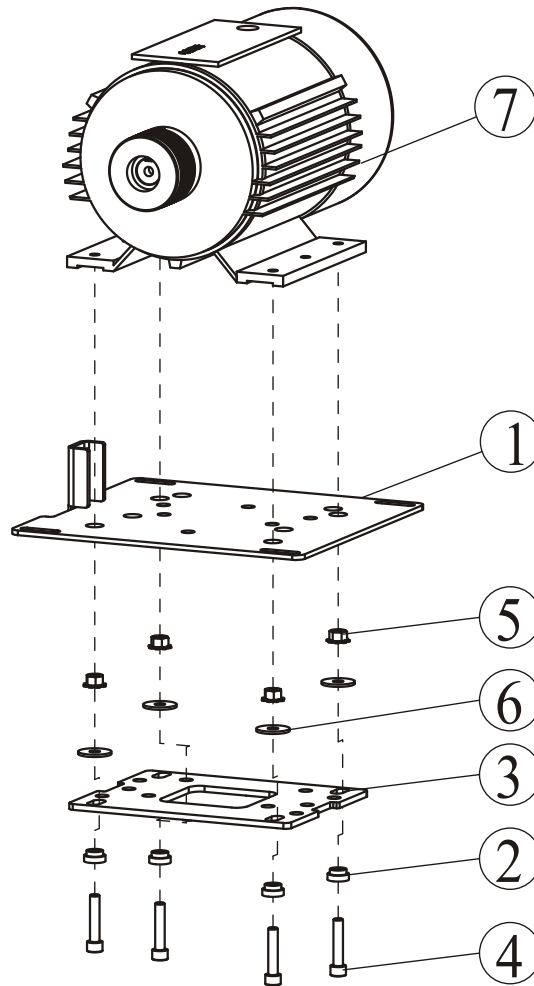
All OF Electronic Watch Assembly



ITEM NO.	Description	QTY
1	Electronic Watch Tower Assembly	1
2	The right armrest	1
3	The left armrest	1
4	Assembly of the rightside cover of the electronic table	1
5	Assembly of the leftside cover of the electronic table	1
6	Cross recessed pan head and self-drilling screw	6
7	hexagon socket cap screws	6
8	The inter sawtooth lock washer	6
9	The backside cover of the electronic table	1
10	The left support A	1
11	The right support A	1
12	The left support B	1
13	The right support B	1
14	Washer	1
15	Hexagon socket cap screws	1
16	Cross recessed pan head tapping screw	1

Parts List and Exploded View

Motor Assembly



ITEM NO.	Description	QTY
1	Arrangement Of The Motor Adjusting Plate	1
2	Motor Never Burning Set	4
3	Insulation Bumper	1
4	Hexagon Socket Head Cap Screws	4
5	Hexagonal Nut K M8	4
6	Washer $\Phi 9 \times \Phi 28 \times 2$	4
7	Motor	1

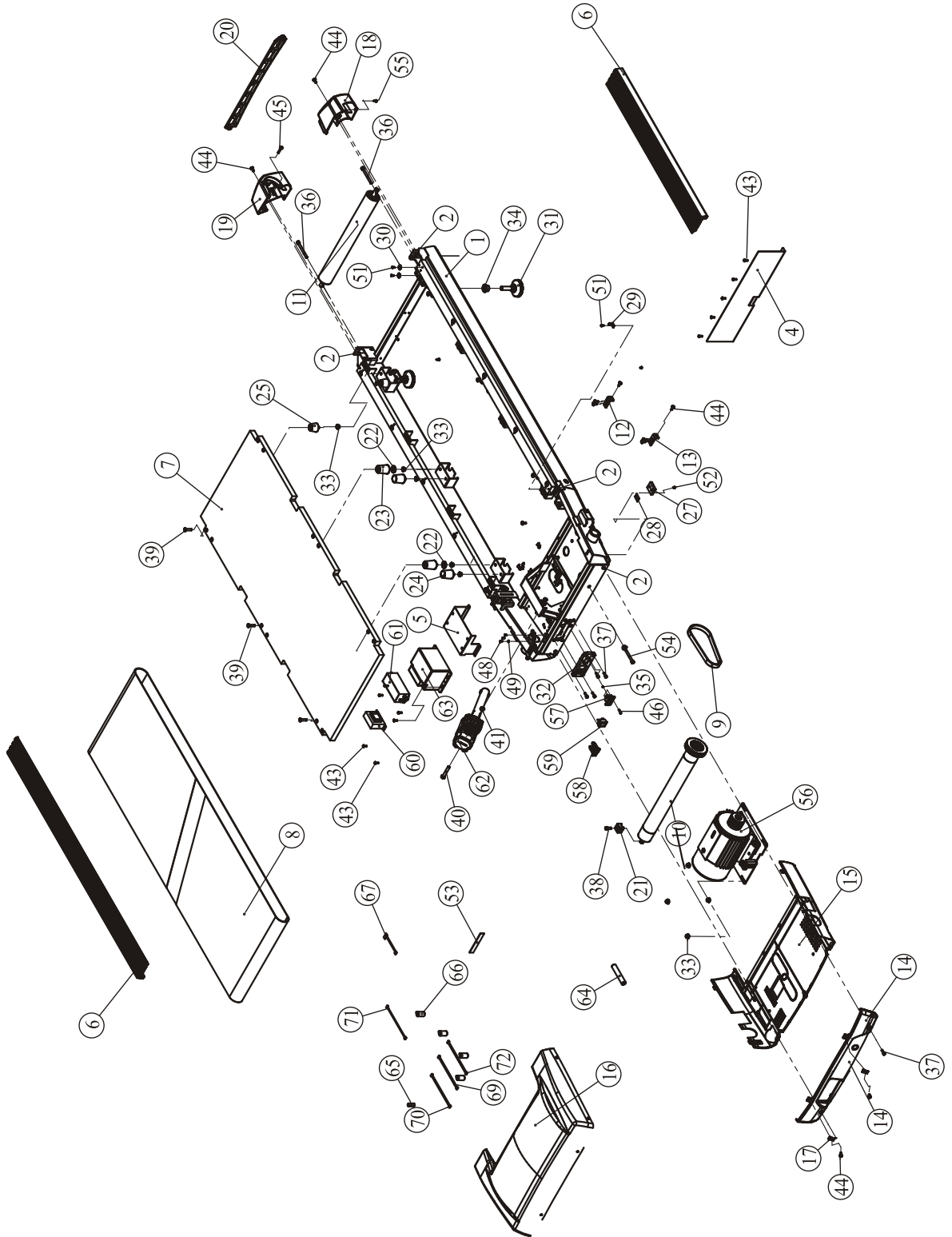
Parts List and Exploded View

Chassis Assembly

ITEMNO.	Description	QTY	ITEMNO.	Description	QTY
1	Chassis	1	37	Hexagon Socket Head Cap Screw s M6*20	6
2	Flat Head Hexagon Riveted Nuts M6	18	38	Hexagon Socket Head Cap Screw s M8*15	1
3	Small Countersunk Hex Rivet Nuts M5	14	39	Hexagon socket button head screw s M8*35	8
4	Dust Guard Plate	1	40	Hexagn Bolt M10*60	1
5	Assembly Of The Transducer Pinboard	1	41	Hex Head Bolt M10	1
6	Rail	2	42	Spring Washer $\Phi 10$	1
7	Running Board	1	43	Cross Recess Pan Head Screw M5*15	17
8	Running Belt	1	44	Cross Recess Pan Head Screw M6*16	16
9	Belt	1	45	Cross Recess Pan Head Screw M6*30	2
10	The Front Wheel Parts	1	46	Cross Recess Pan Head Screw M3*10	2
11	The Back Wheel Parts	1	48	Cross trough pan head self-drilling screw M4*8	3
12	Motor Cover Fixing Plate A	2	49	Serrated lock washers internal teeth	3
13	Motor Cover Fixing Plate B	2	50	Washer $\Phi 11 * \Phi 23 * 2$	2
14	The Cover of a Motor	1	51	Philips Pan Head Self-drilling Screw	32
15	Under The Motor Cover	1	52	Cross Trough Pan Head Self-drilling Screw With Tapping Screw	14
16	Motor Cover	1	53	Tape	8
17	Quick Nut M6	2	54	Hexagon Socket Head Cap Screw s M8*70	1
18	Left Reader Adjusting Seat	1	55	Philips Big Pan Head Self-drilling Screw	2
19	Right Reader Adjusting Seat	1	56	Arrangement Of The Motor	1
20	Middle Protective Cover	1	57	Power Socket	1
21	The Front Roller Adjustment	1	58	Circuit break SWITCH	2
22	Washer	4	59	Master Switch	1
23	Bumper A	4	60	Inductance	1
24	Bumper B	4	61	Filter	1
25	Bumper	4	62	Actuator	1
27	Adjust Bumper A	2	63	Transducer	1
28	The Inserts Of Adjust Bumper	4	64	Trunking	2
29	Motor Cover Fixing Plate	2	65	Magnet Ring	1
30	Dishing Washer A	18	66	Magnet Ring	4
32	Switch Cover	1	67	Earth Wire	2
33	Hexagonal Nut K M8	17	69	Wire From Switch To Filter	1
34	Hexagon Nut With Flange M16	2	70	Connect Wire	4
35	Hex Nut M3	2	71	Connect Wire	2
36	Hexagon Socket Head Cap Screw s M8*90	2	72	Haff Bottom Of The Electronic Watch	1

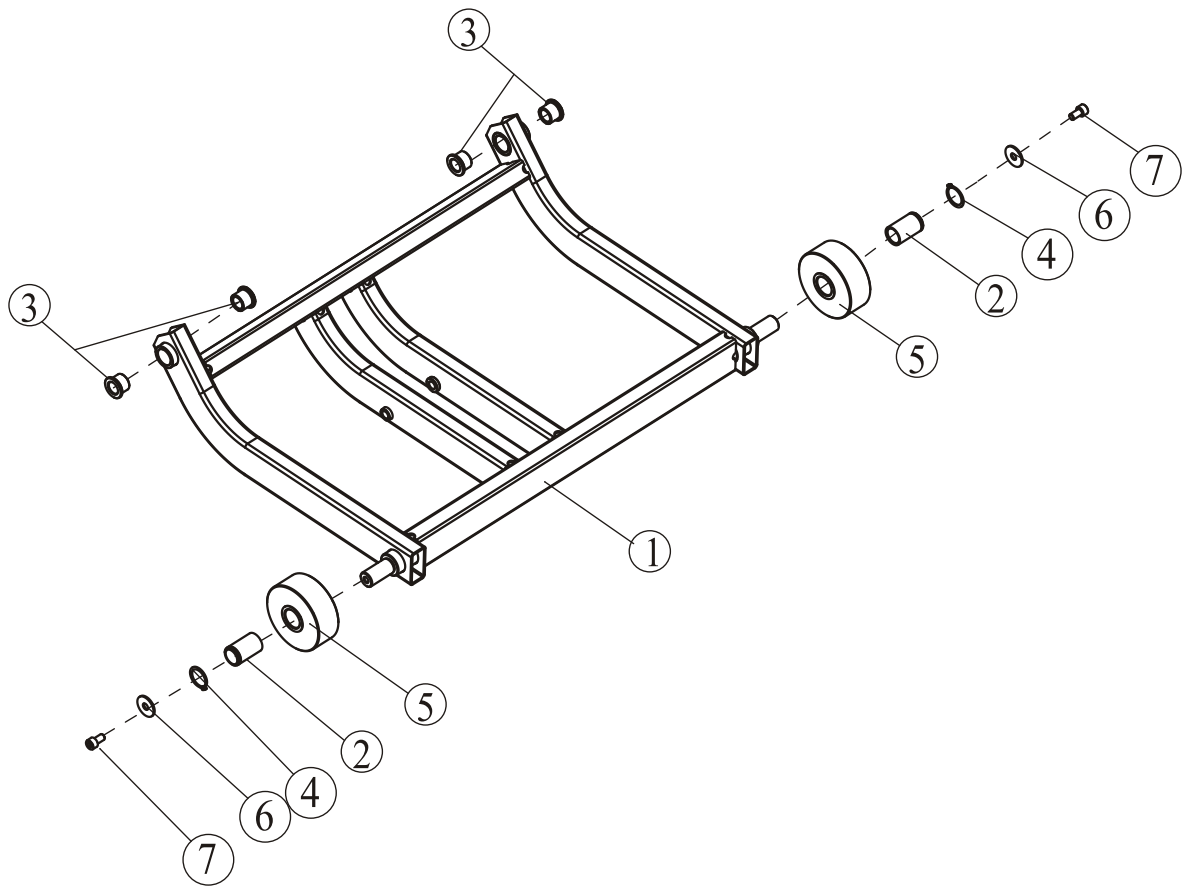
Parts List and Exploded View

Chassis Assembly



Parts List and Exploded View

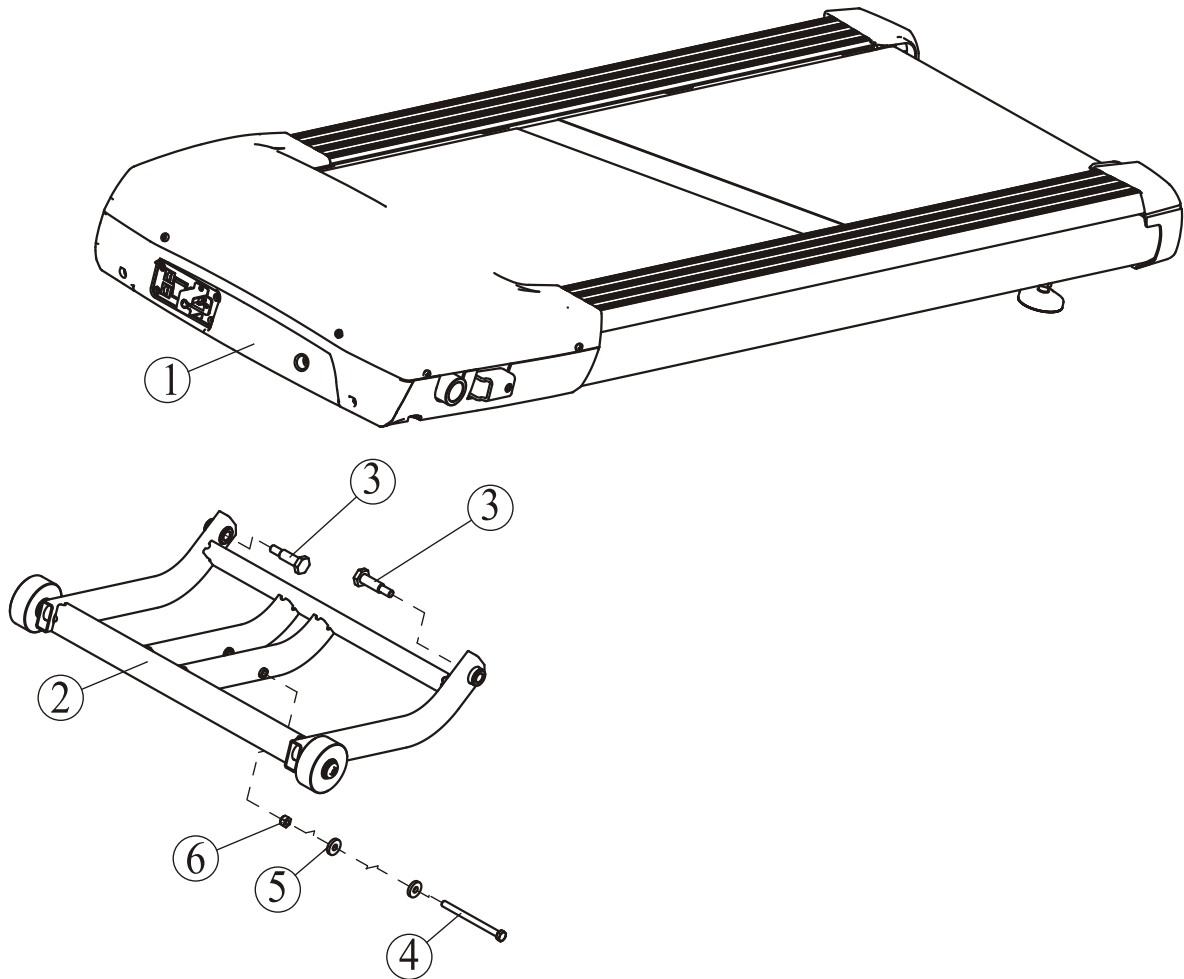
Elevating Frame Assembly



ITEM NO.	Description	QTY
1	Elevating Frame	1
2	Elevating Teleflex	2
3	Neck Bush	4
4	Circlip For Shaft	2
5	Wheel	2
6	Washer $\Phi 9 \times \Phi 28 \times 2$	2
7	Hexagon Socket Head Cap Screws M8*15	2

Parts List and Exploded View

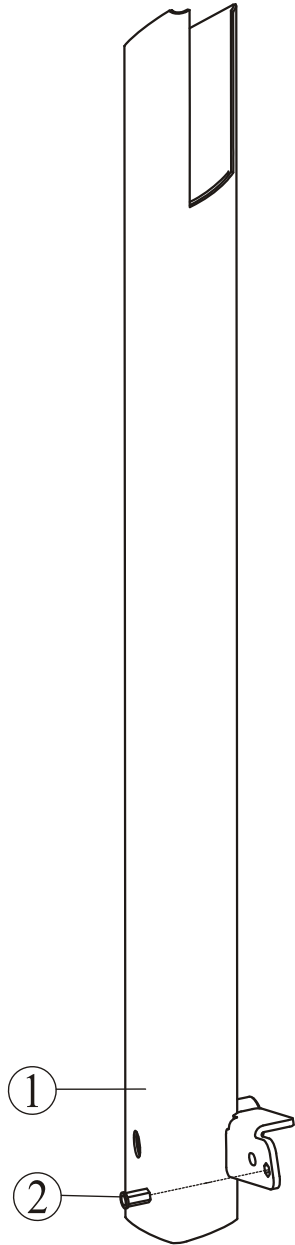
General Assembly



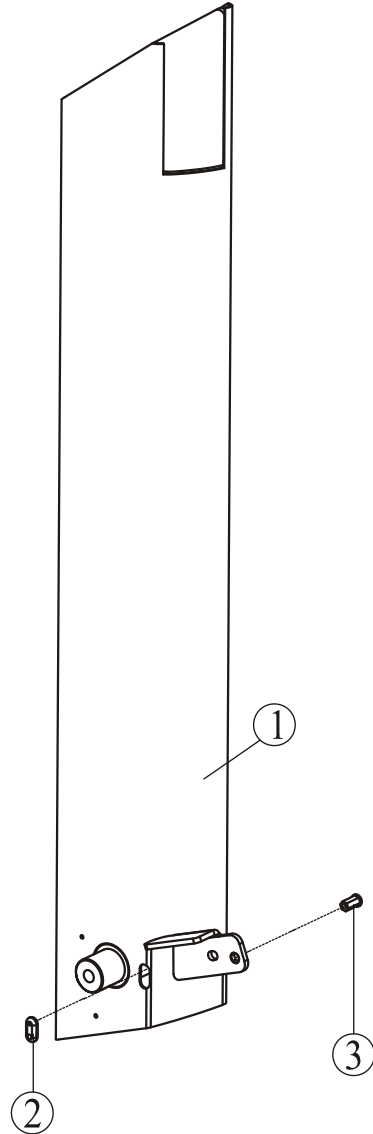
ITEM NO.	Description	QTY
1	Chassis Assembly	1
2	Assembly Of The Elevating Frame	1
3	Elevating Frame Fixing Shoulder Bolt	2
4	Hexagn Bolt M10*130	1
5	Washer $\Phi 11 * \Phi 23 * 2$	2
6	Hex Head Bolt M10	1

Parts List and Exploded View

Left Upright



Right Upright



ITEMNO.	Description	QTY
1	Left Upright	1
2	Flat Head Hexagon Riveted Nuts M6	1

ITEMNO.	Description	QTY
1	Right Upright	1
2	Flat Head Hexagon Riveted Nuts M6	1
3	The Power Cord Spacer	1

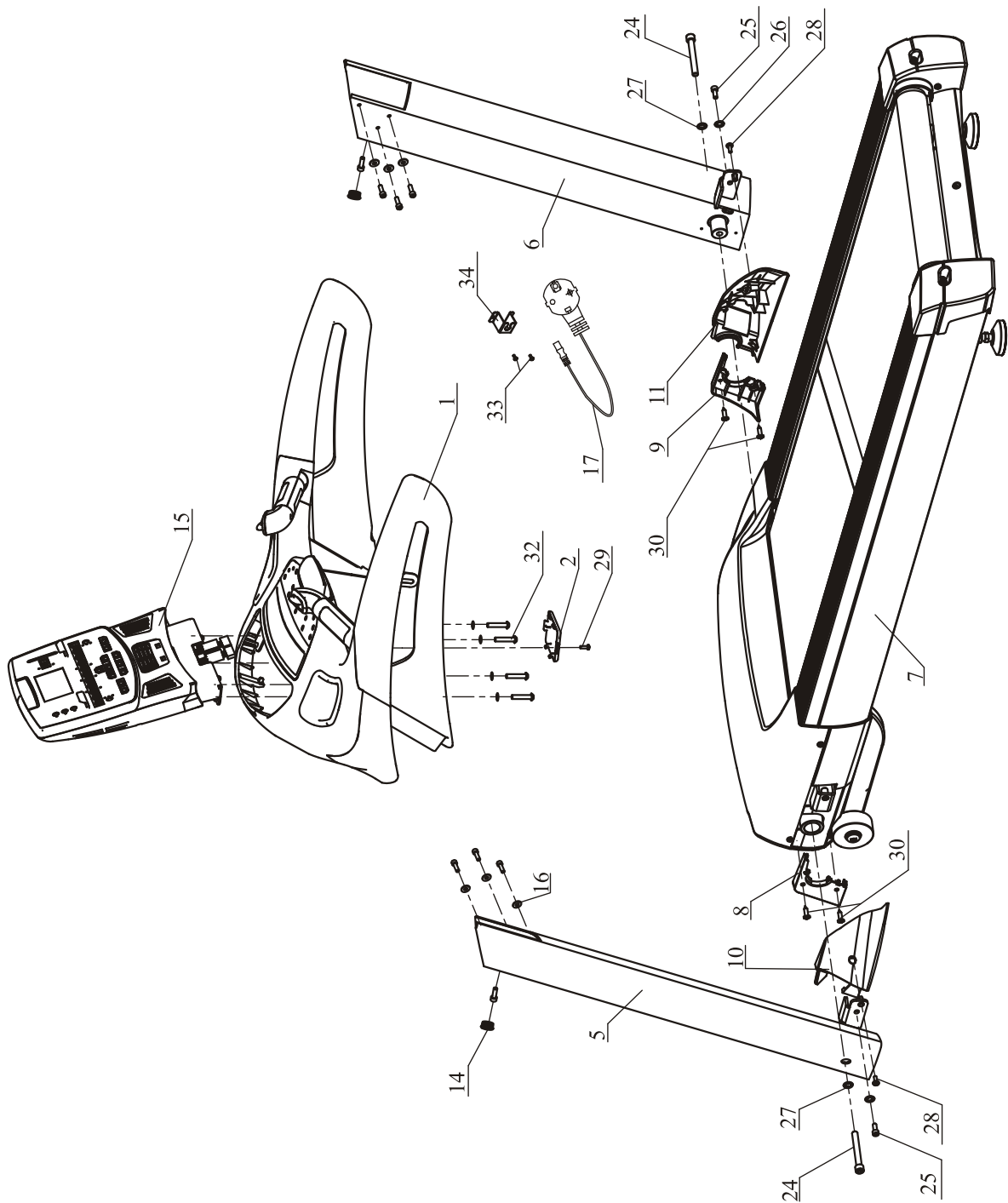
Parts List and Exploded View

All Parts Of Assembly

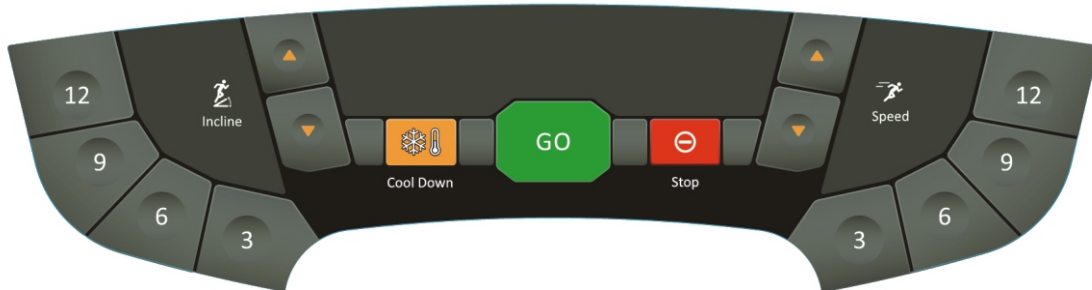
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Assembly of electronic header and table	1	16	Washer	6
2	The backside cover of the pinboard	1	17	Power line	1
5	The Left Side Of The Rod Assembly	1	24	Resistance to fall inside hexagonal cylindrical head screw	2
6	The Right Side Of The Rod Assembly	1	25	Resistance to fall inside hexagonal cylindrical head screw	8
7	General Assembly	1	26	The inter sawtooth lock washer	12
8	Left Fender A	1	27	The inter sawtooth lock washer	2
9	Right Fender A	1	28	Cross recessed pan head screw	2
10	Left Fender B	1	29	Cross recessed pan head screw	1
11	Right Fender B	1	30	Cross recessed pan head and self-drilling screw	10
12	Owner's Manual	1	31	Long internal hexagonal wrench	1
13	Hardware	1	32	All pan head screws	4
14	Cap	1	33	Cross Recess Pan Head Screw M4*10	2
15	Assembly of the electronic header	1	34	Power Wire Fixing Plate	1

Parts List and Exploded View

All Parts Of Assembly



Console Panel Functions



110V

220V

Rated Voltage	110-120V~ 50-60Hz
Rated Current	18A
Speed Range	1-20km/h
Incline Range	0-15%
Display	SPEED/ AVG SPEED/ INCLINE/ CALORIE/ CAL/ HOUR/ STEPS/ DISTANCE/ PACE/ TIME/ HEART RATE/ DOT MATRIX

Rated Voltage	220-240V~ 50-60Hz
Rated Power	2200W
Speed Range:	1-20km/h
Incline Range:	0-15%
Display:	SPEED/ AVG SPEED/ INCLINE/ CALORIE/ CAL/ HOUR/ STEPS/ DISTANCE/ PACE/ TIME/ HEART RATE/ DOT MATRIX

Console Panel Functions

Console Panel Function

1. Lower LED + display controls



1.1 The default display for above windows is always:

Time elapsed, Incline, calories, speed, distance.

1.2 If user pressed the "Display shift".

1.3 Then 3 windows in the middle + Heart rate window, will change to other displays.

Incline -> Pace

Calories -> Cal/Hour

Speed -> AVG Speed

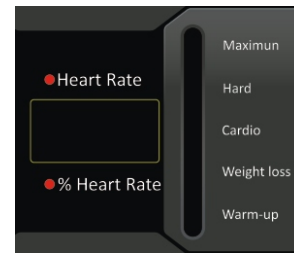
Heart Rate -> % Heart Rate

1.4 If user pressed the "Time shift"

Time elapsed -> Time Remaining -> Time in zone loop through per press.

1.5 If user pressed the "Distance shift"

Distance -> Steps loop through per press.



2. User control buttons



2.1 Time +/-

During workout: Press once, Time window flashes, user can use incline or speed adjustments to change the value press enter to save.

2.2 Cool Down

Press once, Speed drop by 50%, incline drop by 50%.

Console Panel Functions

2.3 Incline+/-

Press the up arrow and down arrow buttons to adjust the incline by 0.5.

2.4 GO

2.4.1 Press once when outside of a program.

2.4.2 Upper LED displays "3", "2", "1".

2.4.3 Belt starts moving.

2.5 STOP

2.5.1 Press once, Speed drop to 0, every other window remains un-changed.

2.5.2 Hold for 3 seconds, console resets.

2.6 Speed +/-

2.6.1 Press the + button and - button to adjust the speed by 0.1.

2.6.2 Enter data entering.

2.7 Clear/Pause

2.7.1 Clear: Clear the value entered.

2.7.2 Pause: console value is not changed, Lower LED scrolls "PAUSE MODE, PRESS GO TO RESUME". Upper LED displays "II".

3. A-ZONE



3.1 GO

3.1 Press once when outside of a program.

3.2 Upper LED displays "3", "2", "1".

3.3 Belt starts moving.

3.2 STOP

3.2.1 Press once, Speed drop to 0, every other window remains un-changed.

3.2.2 Hold for 3 seconds, console resets.

3.3 Cool down

Press once, Speed drop by 50%, incline drop by 50%.

Console Panel Functions

3.4 Incline+/-

Press the up arrow and down arrow buttons to adjust the incline by 1.

3.5 Speed +/-

3.5.1 Press the + button and - button to adjust the speed by 0.1.

3.5.2 Enter data entering. 0.5

3.6 Incline Instant: 3, 6, 9, 12

3,6,9,12 go to selected incline angle directly.

3.7 Speed instant: 3, 6, 9, 12

3,6,9,12 go to selected speed directly.

4. Dot matrix



4.1 Displays 400m track. Indicates position on track by a blink.

4.2 Indicates message when enter value.

4.3 Indicates workout curve in Program mode.

Console operation

1. Quick Start Mode

1.1 Plug into surge protector outlet. Turn on power.

1.2 Stand on the treadmill and straddle belt.

1.3 The LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

1.3.1 If press start button through manual mode;

1.3.2 the upper LED windows Displays "IM" for 3 seconds.

1.4 Press GO button.

1.5 Upper LED displays "3", "2", "1".

1.6 Belt starts moving.

2. Program mode

When console turns on, the LED screen scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN". If Target, Workout program, My workout selected.

Console Panel Functions

2.1 If Target is selected

The LED scrolls "CALORIES TARGET".

The LED scrolls "PRESS ENTER TO SELECT OR PRESS ADJUST KEYS TO SEE OTHER PROGRAMS".

User can use Incline keys or Speed adjustment keys: "+" or "-" to loop through all 3 Target programs: CALORIES TARGET, DISTANCE TARGET, TIME TARGET. Press Enter to select.

2.1.1 If CALORIES TARGET is selected

2.1.1.1 Lower LED displays "ENTER CALORIES 100 KCAL".

2.1.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value by 20.

2.1.1.3 Press Enter to confirm.

2.1.1.4 Lower LED displays ENTER WEIGHT 70 KG.

2.1.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.1.6 Press Enter or GO to confirm.

2.1.1.7 The LED displays "3", "2", "1".

2.1.1.8 Belt starts moving.

2.1.2 If DISTANCE TARGET is selected

2.1.2.1 Lower LED displays "ENTER DISTANCE 5.0 KM".

2.1.2.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.2.3 Press Enter or GO to confirm.

2.1.2.4 The LED displays "3", "2", "1".

2.1.2.5 Belt starts moving.

2.1.3 If TIME TARGET is selected

2.1.3.1 Lower LED displays "ENTER TIME 30 MINS".

2.1.3.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.3.3 Press Enter or GO to confirm.

2.1.3.4 The LED displays "3", "2", "1".

2.1.3.5 Belt starts moving.

Console Panel Functions

2.2 If Program is selected

Upper LED Displays: "P1" or "P2"according to user selection.

Program: P1 = Manual P2 = Cardio P3 = Interval P4 = Burn Calories P5 = Heart Rate
P6 = 5K P7 = Hill P8 = Advanced.

Lower LED scrolls: "Press enter to select or Press adjust keys to see other programs".
Press Enter to select.

2.2.1 If Manual (P1) is selected

2.2.1.1 Lower LED displays "MANUAL MODE".

2.2.1.2 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.1.3 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.1.4 Press Enter to confirm.

2.2.1.5 Lower LED displays "ENTER TIME 20 MINS".

2.2.1.6 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.1.7 Press Enter or GO to confirm.

2.2.1.8 The LED displays "3", "2", "1".

2.2.1.9 Belt starts moving.

2.2.2 If Cardio (P2) is selected

2.2.2.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.2.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.2.3 Press Enter to confirm.

2.2.2.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.2.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.2.6 Press Enter or GO to confirm.

2.2.2.7 The LED displays "3", "2", "1".

2.2.2.8 Belt starts moving.

2.2.3 If Interval (P3) is selected

2.2.3.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.3.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

Console Panel Functions

2.2.3.3 Press Enter to confirm.

2.2.3.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.3.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.6 Press Enter or GO to confirm.

2.2.3.7 Lower LED scrolls "ENTER LOWER SPEED 8".

2.2.3.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.9 Press Enter to confirm.

2.2.3.10 Lower LED scrolls "ENTER UPPER SPEED 10".

2.2.3.11 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.12 Press Enter or GO to confirm.

2.2.3.13 The LED displays "3", "2", "1".

2.2.3.14 Belt starts moving.

2.2.4 If Burn Calories (P4) is selected

2.2.4.1 Lower LED displays "ENTER MAX SPEED 10".

2.2.4.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.4.3 Press Enter to confirm.

2.2.4.4 Lower LED displays "ENTER MAX INCLINE 10".

2.2.4.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.4.6 Press Enter or GO to confirm.

2.2.4.7 The LED displays "3", "2", "1".

2.2.4.8 Belt starts moving.

2.2.5 If Heart Rate (P5) is selected

Lower LED displays "HEART RATE TRAINING 65".

Lower LED scrolls: "Press enter to select. Use speed adjust keys to see other programs".

Uses Incline keys or Speed adjustment keys: "+" or "-" to loop through all 3 HR programs: 65%, 75%, 85%

Press Enter to select:

Console Panel Functions

2.2.5.1 If 65% is selected

2.2.5.1.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.3 Press Enter to confirm.

2.2.5.1.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.5.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.6 Press Enter to confirm.

2.2.5.1.7 Lower LED displays "ENTER AGE 40".

2.2.5.1.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.9 Press Enter or GO to confirm.

2.2.5.1.10 The LED displays "3", "2", "1".

2.2.5.1.11 Belt starts moving.

2.2.5.2 If 75% is selected

2.2.5.2.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.2.2 Same as above.

2.2.5.3 If 85% is selected

2.2.5.3.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.3.2 Same as above.

2.2.6 If 5K (P6) is selected

2.2.6.1 Lower LED scrolls "5K mode: Press Enter or GO to begin".

2.2.6.2 Upper LED displays "3", "2", "1".

2.2.6.3 Belt starts moving.

2.2.7 If Hill (P7) is selected

2.2.7.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.7.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.7.3 Press ENTER to confirm.

2.2.7.4 LED displays "ENTER TIME 20 MIN".

2.2.7.5 Press Enter or GO to confirm.

2.2.7.6 The LED displays "3", "2", "1".

2.2.7.7 Belt starts moving.

Console Panel Functions

2.2.8 If Advanced (P8) is selected

Advanced Program: AFTER BURN, 6K steps, 8K steps, Norway fireman test.

For all 4 programs:

Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

The LED Displays scrolls: "After BURN" or "6K", "8K", "Norway Fireman Test" according to user selection.

Lower LED scrolls: "Press enter to select or Press adjust keys to see other programs".

2.2.8.1 If after burn is selected

2.2.8.1.1 Lower LED displays "ENTER HIGH INTENSITY INTERVAL HEART RATE 90".

2.2.8.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.3 Press ENTER to confirm.

2.2.8.1.4 Lower LED displays "ENTER DURATION OF HIGH INTENSITY INTERVAL 60 SECONDS".

2.2.8.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.6 Press ENTER to confirm.

2.2.8.1.7 Lower LED displays "ENTER RECOVERY INTERVAL HEART RATE 65".

2.2.8.1.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.9 Press ENTER to confirm.

2.2.8.1.10 Lower LED displays "ENTER DURATION OF RECOVERY INTERVAL 30 SECONDS".

2.2.8.1.11 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.12 Press ENTER to confirm.

2.2.8.1.13 Lower LED displays "ENTER NUMBER OF INTERVALS 8".

2.2.8.1.14 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.15 Press ENTER to confirm.

2.2.8.1.16 The LED displays "3", "2", "1".

2.2.8.1.17 Belt starts moving.

Console Panel Functions

2.2.8.1.18 Upper LED Display "WARM UP PLEASE USE ADJUST KEYS TO CHANGE SPEED AND INCLINE OR PRESS START KEY AGAIN TO START 1ST INTERVAL".

2.2.8.1.19 Press START to confirm.

2.2.8.1.20 Upper Display "HIGH INTENSITY INTERVAL 1 OF X" (X is number of intervals set by user). Speed level goes up until the high intensity interval heart rate set is reached. Start 1st high intensity interval duration.

2.2.8.1.21 After 1ST high intensity interval duration is over, the recovery interval starts.

2.2.8.1.22 Upper Display "RECOVERY INTERVAL 1 OF X" (X is number of intervals set by user). Start recovery interval duration. Speed level is lowered until recovery interval heart rate set is reached.

2.2.8.1.23 Intervals are repeated until the number of intervals set by user is reached.

2.2.8.1.24 Upper Display "Cooldown please use arrow keys to change resistance or press Stop key to end workout". Speed and incline level is the same as the Speed and incline level of the last recovery interval.

2.2.8.1.25 Press STOP key.

2.2.8.1.26 Program ends.

2.2.8.2 If 6K Steps is selected

2.2.8.2.1 The Display "6K Steps".

2.2.8.2.2 Press Enter or GO to confirm.

2.2.8.2.3 Upper LED displays "3", "2", "1".

2.2.8.2.4 Belt starts moving.

2.2.8.3 If 8K Steps is selected

2.2.8.3.1 The Display "8K Steps".

2.2.8.3.2 Press Enter or GO to confirm.

2.2.8.3.3 Upper LED displays "3", "2", "1".

2.2.8.3.4 Belt starts moving.

2.2.8.4 If Norway Fireman test is selected

2.2.8.4.1 The Display "Norway fireman test".

2.2.8.4.2 Press Enter or GO to confirm.

2.2.8.4.3 Upper LED displays "3", "2", "1".

2.2.8.4.4 Belt starts moving.

Console Panel Functions

2.3 If My workout is selected

2.3.1 The LED Displays: "My workouts - design your own workout".

2.3.2 The LED Displays: "ENTER WEIGHT 70 KG".

2.3.3 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.4 Press Enter to confirm.

2.3.5 The LED Displays: "ENTER TIME 20 MINS".

2.3.6 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.7 Press Enter to confirm.

2.3.8 The LED Displays: "PRESS ENTER TO ADJUST SPEED AND INCLINE OR PRESS GO TO BEGIN".

2.3.9 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.10 Press Enter to confirm and into the next segment. User can set the 16 segments.

2.3.11 Set the 16th segment, Press Enter to confirm.

2.3.12 The LED Displays: "PRESS ENTER TO ADJUST SPEED AND INCLINE OR PRESS GO TO BEGIN".

2.3.13 Press GO to confirm.

2.3.14 Upper LED displays "3", "2", "1".

2.3.15 Belt starts moving.

3. Treadmill Error Messages

3.1 Communication Error message: ER01

3.1.1 Check console and the main communication cable connection

3.1.2 Check inverter and the main communication cable connection

3.1.3 Replace inverter

3.1.4 Replace console

3.2 Elevation Error messages: ER02

3.2.1 Check power cable of actuator and inverter connection

3.2.2 Check cable of sensor of actuator and inverter connection

3.2.3 Replace actuator

3.2.4 Replace inverter

Console Panel Functions

3.3 Safe-key Error message: ER03

- 3.3.1 Check safe-key button
- 3.3.2 Check cable of safe-key
- 3.3.3 Replace safe-key PCB
- 3.3.4 Replace console

3.4 Over current message: ER04

- 3.4.1 Add silicon to run belt and board
- 3.4.2 Replace inverter
- 3.4.3 Replace motor

3.5 Lower voltage message: ER05

- 3.5.1 Check power AC 220-240V (110-120V)

3.6 Over load message: ER06

- 3.6.1 Add silicon to run belt and board
- 3.6.2 Replace run belt and board
- 3.6.3 Replace inverter
- 3.6.4 Replace motor

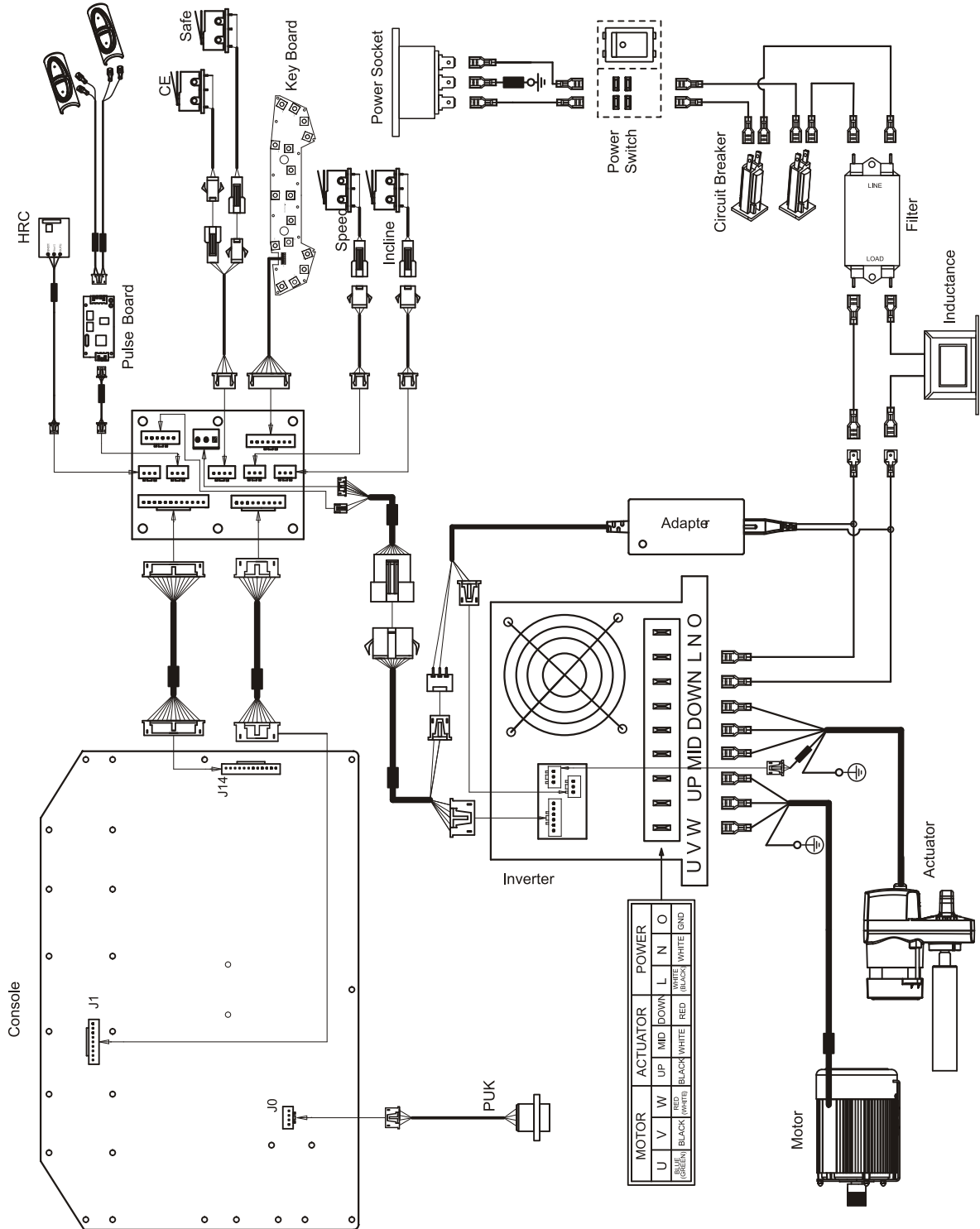
3.7 Emergency stop message: ER07

- 3.7.1 Reset Emergency switch then press STOP button
- 3.7.2 Check cable of Emergency switch and Emergency switch connection
- 3.7.3 Replace Emergency switch
- 3.7.4 Replace inverter

3.8 The console no power

- 3.8.1 Check the Ac power
- 3.8.2 Turn on the power switch
- 3.8.3 Check the communication cable and console connection
- 3.8.4 Check the communication cable and inverter connection
- 3.8.5 Replace the communication cable
- 3.8.6 Replace the power cable

Electrical Connection



Belt Adjustment and Maintenance

1. Running Belt Adjustment

Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.). Speed of Running Belt don't exceed 4KMH, during adjustment.

1.1 Adjust Running Belt in center of treadmill

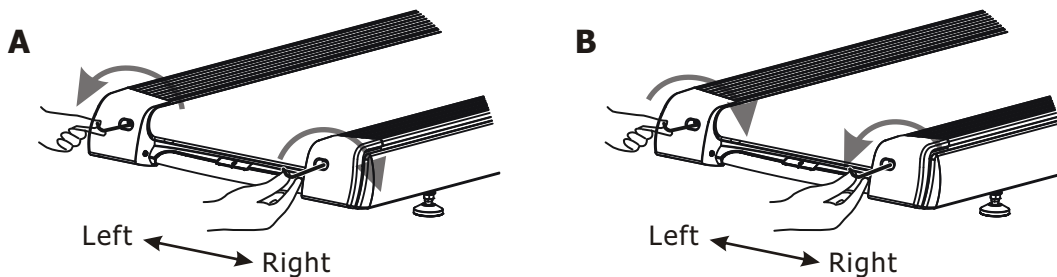
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with a 6mm Allen wrench as below figure.

B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with a 6mm Allen wrench as below figure.

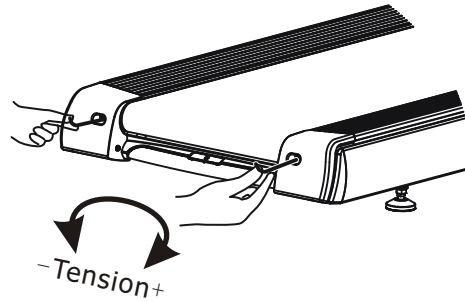


1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time. Tension both the Allen bolts of rear roller **1/4 TURN** as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN the roller bolts more than 1/4 turn at one times.**

Perfect tension of running belt is 0.9~1.1 lbs.

Belt Adjustment and Maintenance



2 CLEANING

Warning! To prevent electrical shock, be sure the power is turn off and disconnect plug from socket before attempting any cleaning or mainteance.

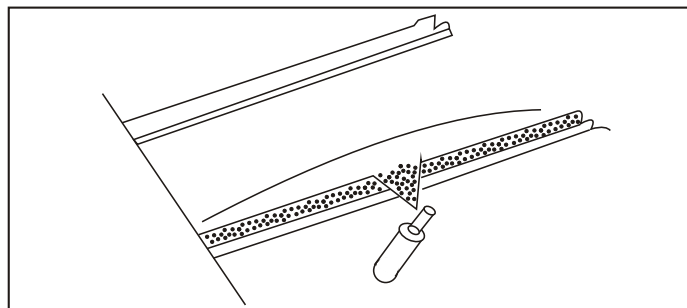
Routine maintenance and cleaning for your unit will keep good function and extend the life of your unit.

Plesse wipe off the console and other treadmill surfaces perspiration and dust with a clean, dampened soft cloth after workout.

3. LUBRICATION

It is recommended that the walking board be checked peridically (around 3 months) for lubrication to ensure optimal treadmill performance.

Using hex lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).



Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Emergency Button</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>V Belt</i>				Clean	Inspect	
<i>Lubricator Reservoir and filter element</i> <small>(for including the structure of the product)</small>			Inspect		Clean	
<i>Running Deck</i>			Re-Lubricating and inspect			Flip (not include AC2970C)
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		

