

【Important statement】

【重要声明】

First of all, thank you for purchasing the **Luxury Motorized Treadmill** of "F1-4000A" manufactured by WNQ(Shanghai) body-building equipment Co., Ltd.

首先感谢您购买万年青（上海）运动器材有限公司生产的“F1-4000A 时尚家用电动跑步机”

1. For you and your family's health and safety, in the beginning before the movement, please be sure to consult the doctor to determine your suitable exercise load. Please also read the sorts of instructions and precautions before using it, so that you will gain more joy in sports. When you start using the "**F1-4000A Luxury Motorized Treadmill**", we will think you have carefully read the manual already.

为了您和家人的健康与安全，在开始运动之前，一定要向医生咨询，以确定适合您的运动负荷；使用之前必须详细阅读各种有关说明及注意事项，这样您将在运动中获得更多的快乐；当您开始使用“F1-4000A 时尚家用电动跑步机”时，本公司认为您已经认真阅读本说明书。

2. Please carefully fill in "after-sales service warranty card" after you buying it, and well keep the card.

Meanwhile, please return the receipt content (stub form) which is posted back to the company, so that we could serve you better.

请您在购买后认真填写“保修卡”，并保存好保修卡，同时将回执联（存根联）邮寄回万年青（上海）运动器材有限公司，以便我们更好的为您服务。

3. This manual for "**F1-4000A Luxury Motorized Treadmill**" is the first edition in 2017 of WNQ (Shanghai) body-building equipment Co., Ltd. With the product continuous improvement and upgrade, the content will also be changed, meanwhile the company would not have the further notice. WNQ (Shanghai) body-building equipment Co., Ltd reserves the right of the final interpretation on the manual.

本说明书为万年青（上海）运动器材有限公司生产的健身器材系列产品“F1-4000A 时尚家用电动跑步机”2017 年第 1 版；随着产品的不断升级、改进，内容也将有所变动，届时本公司将不另行通知；万年青（上海）运动器材有限公司对本说明书有最终解释权。

4. Here the notice and instructions is in order to let you use the product rightly and safely. In order to define the faulty operation will bring yourself and the other people huge harm, we have used the words of "warning"&"attention" on the faulty manipulating. Every step on operation is concern to the safety, please strictly comply with the requests and follow it. If you don't follow up the instructions when you use it, you will be responsible for all the consequences yourself.

在这里所展示的注意事项和使用说明是为了让您能够安全正确使用本产品；为了明确错误使用时会对您及他人带来危害程度，把使用错误分为“警告”和“注意”；因为每项都和安全有关，所以请一定遵守；未按说明书要求进行操作，由此产生的后果自负。

5. After reading, the user must keep it at any time in view of the place.

读完之后，使用者必须把它保存在醒目的地方。

【Warning】

【警告】

For the physical illness or inconvenient person, please consult to the doctor before using it.

The following crowd before exercise need having a consultation to the professional doctors or sports coach:

对于身体有疾病或不方便的使用者请向医生咨询！

以下人群在锻炼之前必需向专业医生或体育教练咨询：

Patients with heart disease(angina,myocardial infarction, etc), diabetes, respiratory illness (asthma, chronic bronchitis, emphysema, etc.), deformation arthritis, rheumatism, gout. Also some crowd population with physical abnormalities or physical symptoms instability.

心脏病患者（心绞痛、心肌梗塞等）、糖尿病患者、呼吸道疾病患者（哮喘、慢性支气管炎、肺气肿等）、患有变形性关节炎、风湿症、痛风的人群；及一些身体异常或身体症状不稳定的人群。

Older people, usually have no exercise habits, for safety reasons, please make a consultation to the professional doctor or sports coach before using it, please accept physical examination so that can judge whether you can do the exercise or not.

年纪大的人，平时没有运动习惯的人，在使用前，为了安全起见，在向专业医生或体育教练咨询后，请接受身体检查（做运动是否有碍身体健康的诊断）。

Exercise or after exercise abnormalities reflect:

锻炼中或锻炼后的异常反映：

If you feel dizzy, nausea and other physical abnormalities reflect when you are in the exercise or after exercise, please do not force yourself, you should immediately stop the exercise, and consult to the professional doctor or sports coach.

锻炼中或锻炼后，如果感到头晕目眩、恶心等身体异常反映，请不要勉强，应立即中止锻炼，并向专业医生或体育教练咨询。

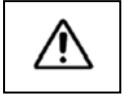
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1. Assembly Instructions 安装指南

Before assembling or using this treadmill, please read the following instructions carefully. This contains important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts. 安装或使用该跑步机前, 请仔细阅读以下说明。它们为器材的使用和维护, 同时也为您的安全提供了重要说明。请将该说明书存放在安全及醒目的地方, 以便维护器材或购买配件

1.1 For your safety 安全指南

- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use this equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health.
- 锻炼前请咨询您的医生, 以确保您适合使用该器材。请根据医生的建议来选择适合您的锻炼程序。不正确的锻炼方式或过度锻炼都将不利于您的健康。
- The treadmill should be used only for its intended purpose, i.e. for physical exercise by adult persons.
- 跑步机只能用于它所设定的功能。例如成年人的身体锻炼。
- Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- 禁止不当使用器材, 不当使用器材可能导致危险。生产商不对任何因不当使用器材而造成的伤害负责。
- This treadmill has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
该跑步机是根据最新的安全标准来设计的。避免了任何可引起人身伤害的外形设计, 尽可能保障使用者安全。
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- 不正确的修理和结构修改(即原装零件的拆除或替换)都可能危及使用者的安全。
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment must take out of use until this has been done. Use only original spare parts.
- 损坏的零件可能危及您的安全或缩短器材的使用寿命。因此, 老化或者是损坏的配件必须立即更换, 而器材在配件未更换前必须立即停止使用直至更换好为止。配件的更换只能使用本公司生产的配件。
- If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for all attached parts.
- 若正常使用器材, 建议每隔 1~2 个月对所有部件进行全面的检查。必须特别注意锁紧螺栓和螺母, 以免器材松动, 损坏。
- Ensure that the safety level is kept to the highest possible standard. Determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- 确保安全第一。根据产品的结构, 建议请专业的零售商维护人员定期(每年一次)对器材进行维护。
- Must instruct other persons using the equipment (in particular children) on possible sources of danger during exercise. 必须对器材使用者(尤其是小孩)说明锻炼过程中的任何可能的危险, 以避免其受到伤害。
- **Any interference with parts of the product that are not described within the manual may cause damage or endanger to the person using this equipment. Extensive repair must be only carried out by special retailers or qualified personnel trained by manufacturer.**
- 手册里没有描述到的任何产品部件损坏都可能损害器材或危及使用者。这些重大维修只能由专业的经销商或是生产商培训的合格人员进行。
- Use only the supplied power cord. 只能使用配套提供的电源线。
-
- Your treadmill is an electric product. Therefore it must ensure that it is grounded during use. Please make sure that the power cord is connected with a suitable power outlet. This guarantees a reduced risk of electric shock caused by malfunction. 您的跑步机是一种电器产品, 因此必须接地。并将电源线连接在相匹配的电源插座上。这将降低因操作不当或故障导致的触电风险。



A malfunction can cause an electric shock if the grounding has an improper Connection. If you are not sure if your power outlet is suitable, please contact a qualified electrician.
接地不当的情况下，操作不当或故障都可能导致触电。如果您不能保证您的电源插座足够安全，请找专业电工来处理。



Never leave your treadmill without supervision. If you leave the room, please unplug the power cord from the power outlet. 请保持对您的跑步机的监管，以避免对儿童造成伤害。当您离开跑步机时，请断开电源。

Never use the treadmill if it is standing on a wet surface, if the power cord is defect, or else a 100% function of the treadmill cannot be guaranteed.

若跑步机被放置在潮湿的地面，或者电源线损坏，或是不能保证跑步机的功能完全正常运转，请勿使用该跑步机

- Pay attention to keep enough distance between the power cord or the treadmill and hot sources.
请注意保持电源线或跑步机和热源的距离。

- Cut down the power when you moving the treadmill.

移动跑步机时须切断电源

- In case of enquiry, please contact your dealer.

如有任何不明之处，请向经销商咨询。

1.2 Handling the equipment 操作器材

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.

- 在使用器材锻炼前，请认真检查确定器材已完全正确安装。

- Before beginning with your first session, familiarize yourself thoroughly with all the functions and settings of the equipment.

- 初次使用器材前，请熟悉器材的所有功能和程序设置。

- This machine is designed for using by adults. Children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liability. In spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.

- 该器材适合成年人使用，不允许儿童在该器材上玩耍。儿童在器材上玩耍，有些行为是难以预测的，由此而导致的危险后果厂家不负责任。尽管如此，在适当的监管和正确的指导下，允许儿童使用该器材。

- The maximum user weight is 100 kg. It doesn't allow more than one person exercise on the treadmill at the same time.

- 不允许两个或两个以上的人同时在跑步机上运动，体重超过 100 公斤的人不宜使用本机。

- A slight noise on the belt or motor is due to the construction and has no negative effects on operation.

- 因结构引起跑步带的轻微噪音，对器材的使用不会有任何的影响。

- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.

- 禁止使用腐蚀性或磨蚀性材料来清洁器材。必须确保使用的清洁剂不会污染环境。

- Please ensure that liquids or perspiration never enter the machine or the electronics.

- 确保汗液或其他液体不会进入器材或电子部件。

- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.

- 使用前，检查是否所有的螺丝和插销安装正确。

- Always wear suitable shoes and clothes when using the equipment. Don't wear loose clothes in case of being engulfed into the exercise bike.

- 使用跑步机时，应该穿着合适的运动服装，不得穿着可能卷入跑步机的宽松衣服。

- Barefoot; wearing high-heel shoes; wearing shoe leather are not allowed to use treadmill. Clean up your gym shoes before use the treadmill.

- 严禁赤脚/只穿袜子在跑步机上运动，或穿有跟/皮鞋底的鞋子跑步，跑步前清除鞋底上的脏物。

- The treadmill is equipped with a safety key for emergencies. Please make sure that you always connect the safety key with your clothes when exercising. No use of the safety key may cause injuries in case of emergency.
- 跑步机为紧急情况安装了安全开关，拉下安全开关可避免您在运动过程中紧急停机。故在运动中，须将安全开关的夹子夹在您的衣服上。不使用安全开关可能会使您在紧急情况中受伤。
- All electric appliances emit electromagnetic radiation when in operation. Please do not leave especially radiation – intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control-system as otherwise values displayed might be distorted (e.g. pulse measurement).
- 在器材运行过程中，所有的电器都在放射电磁波。请不要将辐射密集的装置（例如手机）直接放置在电子表或电子控制系统旁，否则显示数值会不准确（例如心率测量）。
- To avoid injuries in case of emergencies, always make sure that you have enough space behind your treadmill (min. 1000 mm x 2000 mm)
- 为了预防紧急情况，您的跑步机后方应有足够的安全区（至少 2000 mm x 1000 mm）。
- Make certain that no other persons are in the area of your treadmill, because they may be injured by the moving parts.
- 当您在锻炼的时候，没有人在跑步机周围活动，以避免他们被活动部件伤害。
- Treadmill requires lubrication (picture 8.4), if it is not lubricated periodically, it may be damaged by high friction, and we would not guarantee it in this case.
- 跑步机要求定期润滑（见 8.4）。如果不定期润滑，跑步机则可能因为高摩擦力而损坏，那么这样的情况不在我们的保修范围。

1.3 Instructions for assembly

安装指南

- Ensure that you have received all the parts (see check list) and that they are undamaged. If you have any cause for complaint, please contact your dealer.
- 请确保您收到了所有的部件，且所有的部件（请参照清单）都完好无损。如果您有任何疑问，请联系经销商。
- Unpack all individual parts and place them alongside each other on the floor. Be sure to place them on carton or a pad to prevent scratches either on the parts or on your floor.
- 打开所有的单独配件并把他们在地板上依次放好。为免刮伤零部件或您的地板，请将这些零部件放置在纸箱上或者衬垫上。
- Make certain that you have adequate room for movement (at least 1 m) on all sides during assembly.
- 请确定在安装跑步机的时候您有足够的活动空间。（至少直径 1 米的空间）
- Place the equipment (for assembly and use later) on a solid and flat surface.
- 请将器材（用来稍后安装和使用的）放置在平整的实地上。
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters if necessary.
- 在安装器材前，请认真阅读说明书，并根据图表顺序来进行安装操作。如果有必要，正确安装顺序会用大写字母标出。
- The equipment must be assembled by adult. If in doubt call upon help of a second person, if possible technically talented.
- 器材必须由成年人适当安装。如果有疑问需要寻求其他人的帮助，请找有技术能力的人。
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- 请小心安装器材，注意您的安全，避免因使用工具不慎或手工操作不慎引起的伤害。
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packing material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags !
- 请确保您的操作环境没有任何的危险源，例如不要将您的工具随处乱丢。并始终谨慎处理包装材料，以避免各种可能的危险。如儿童玩耍塑料袋，可能造成的窒息危险！
- The fastening material required for each assembly step is shown on the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- 安装步骤所需的紧固件都已经在插图中标识出来了。请标识来使用紧固件。所需的工具随器材提供。

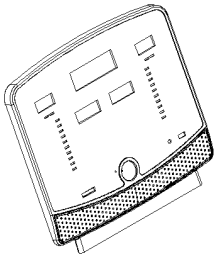
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Then use spanner to finally tighten bolts completely. Then check that all screw connections have been tightened firmly. 请先用螺丝固定所有的部件但先不要锁紧，然后检查是否安装正确，用扳手将螺丝完全锁紧。最后检查是否所有的螺母都已经完全锁紧。
- For technical reasons, we reserve the right to carry out preliminary assembly work. (E.g. addition of tubing plugs)
由于技术原因，我们保留执行初步安装工作的权利。（例如：安装管塞）
- Please keep original packing of this article, so that it may be used for transport at a later date, if necessary. 如有必要请保留该器材的原始包装，以备您今后运输时使用

1.4 Order of spare parts 配件订购

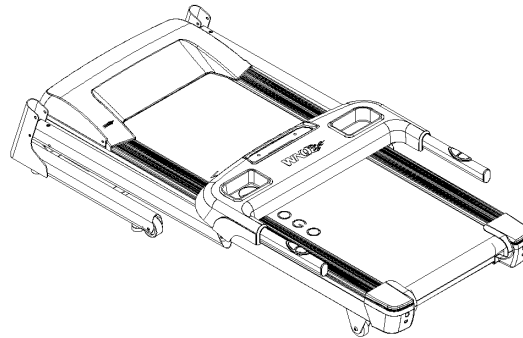
- When ordering spare parts, always state the full article number, spare part number and quantity required. 订购配件的时候，请注明完整的货号，配件号，描述和所需数量。
- For example: Article No.:6000A Spare part No.: 15 / Left rear cap / 1 pc.
订单例子：货号：4000A 配件号：**15 /左护脚/ 1 个。**
- **Important:** spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words **“with fastening material”**
注意：配件的价格并不包含紧固件的价格；如果需要紧固件（如螺栓，螺母，垫圈等）请在订单上详细注明：“带紧固件”

1.5 Parts Checklist 部件清单

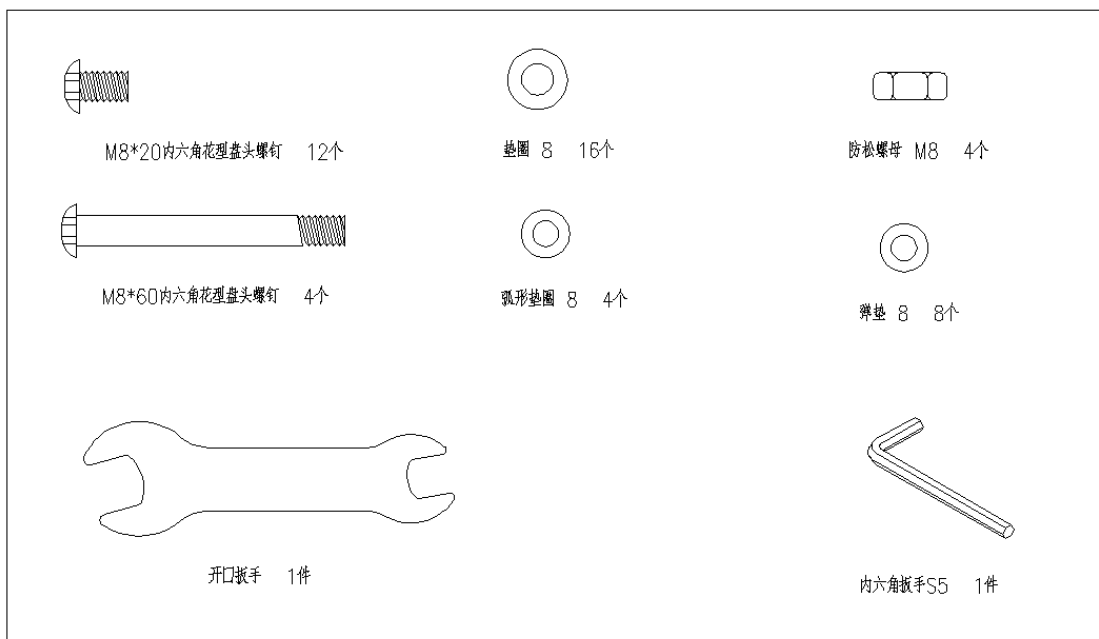
上仪表组件：
Up Console



车架组件：
Main frame part



1.6 Hardware Checklist 螺丝包清单



2. General 常规

Regarding do exercise on the treadmill as a part of your life is better for you.

Usually the healthy life includes healthy food and do exercise regularly. Keep doing exercise you will get below benefits:

请您把跑步机上的锻炼作为健康生活方式的一个组成部分。健康的生活方式包括健康的饮食与运动。严格坚持锻炼，对您有以下的帮助：

- Muscle development and tightened thighs.肌肉发展，收紧大腿
- Improvement of the mobility.增强灵活度
- Higher calorie consumption means reduced weight.消耗更多卡路里，意味着减少体重。
- Improvement of your body shape.改善体形
- Invigoration of heart and lungs.心肺功能加强
- Reduced stress and aging.减压和减缓衰老
- Increased stamina 增强毅力
- Increased capability 增强体能
- Fortification of body's defenses 增强人体免疫力

2.1 Packaging 包装

Pro-environment and recyclable materials should be used in package.

包装是由环保的可循环利用的材料组成：

- Outside packaging should be made of cotton.外包装由纸箱制成
- Inside protect layer should be made of cardboard.内部保护层由纸板制成
- Foaming polypropylene will be used in mould production.
模具件由 CFS—泡沫聚丙烯（PS）制成
- The package bag is made of PE.
薄片和袋子是由聚乙烯（PE）制成
- The binding tape is made of PE
扎带是由聚乙烯（PE）制成

2.2 Disposal 处置



Please be sure to keep the packing for the event of repairs / warranty matters.

请保留包装以备维修或保修之用。

At the end of the life cycle it should not be disposed of as the normal household rubbish, it must be delivered to a special place for the recycling of electric and electronic items. All the parts are recyclable according their markings. Please ask your municipal administration where to deliver in such case.

在产品生命周期结束后，不能够把他当作普通的家庭垃圾来处理，而必须运送到特别的电子电器产品再循环处理地点。根据他们的标识，所有的部件是可再循环利用的。请向当地的市政管理部门了解处理该产品的地点。

2.3 Explanation of symbols 符号说明



This symbol contains important information for prevention of serious injuries or damage to the equipment.包含避免严重人身伤害或器材损坏的重要信息。

3. Assembly



Before you start assembling, the treadmill must have **room temperature**.

.在您开始安装前，跑步机必须维持在**室温条件**下。

For assembling please pay attention to the following steps:

安装请注意以下步骤：

3.1 Remove all parts from the carton except the treadmill. Place the hardware in a regular way. 将除跑步机主体外的所有部件由纸箱搬出，有秩序的摆放在需要安装的附近

3.2 Take the treadmill out of the transport box

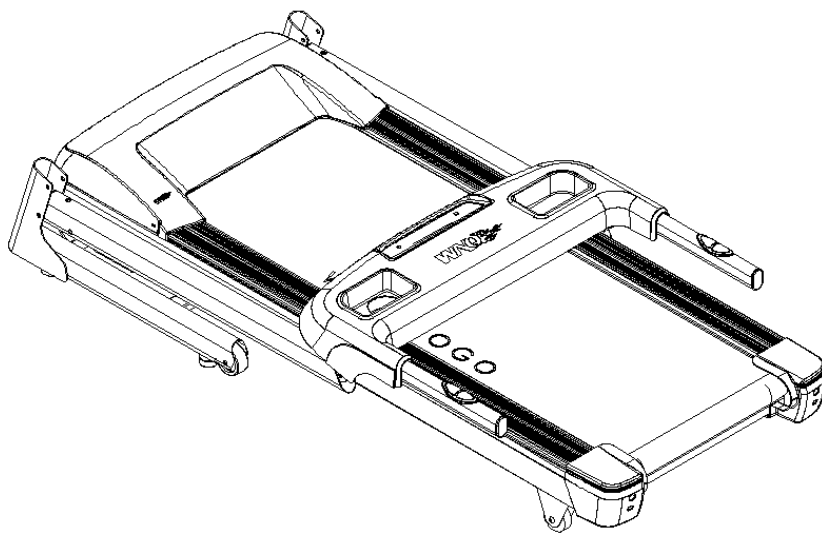
将跑步机主体由纸箱中搬出

The treadmill is very heavy; so don't try to take it out of the transport box alone. To take care of your back, lift the treadmill out of the transport box with the power of your legs but not your back, and then remove the PE bags. 跑步机很重，所以请不要尝试一个人把它由运输箱内搬出来。为了保护您的背部，请蹲下用您的腿部的力量把跑步机搬出纸箱，而不是用您背部的力量。并将 PE 袋取下

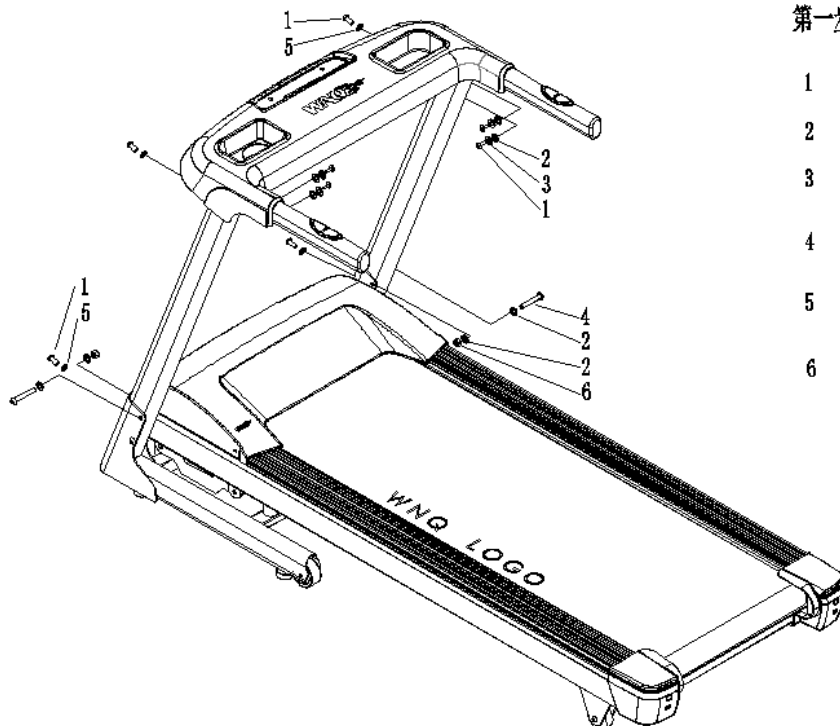
3.3 Assembly Steps: 安装步骤

安装时不得损坏电子表线 **Take out the main frame part , do not damage the power cord when assembling.**

取出车架:

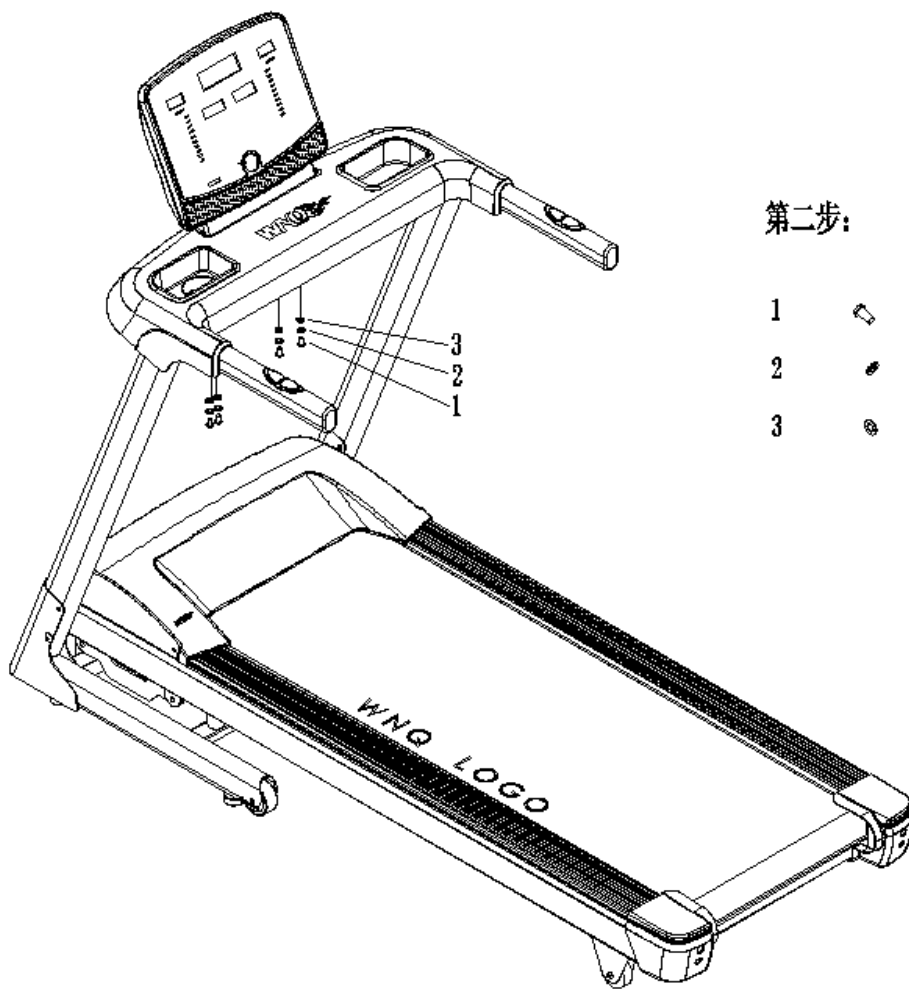


立柱固定: **Left and right upright install**



第一步:

- | | | | |
|---|--|-------|-----|
| 1 | | M8*20 | 8个 |
| 2 | | 平垫 | 12个 |
| 3 | | 弹垫 | 4个 |
| 4 | | M8*60 | 4个 |
| 5 | | 弧形垫 | 4个 |
| 6 | | M8 | 4个 |



第二步:

1		M8*20	8个
2		平垫	12个
3		弹垫	4个

4. Placing the treadmill 放置跑步机

For a pleasant feeling during exercise we recommend to place the treadmill on a comfortable and attractive place.
为了您能够愉快地锻炼, 我们建议您把跑步机放置在一个舒适且有吸引力的地方。

- Never use the treadmill outdoor in case of the sunlight and rain.
不要在户外使用跑步机, 以免阳光直射或被雨淋而损坏机器。
- Never place the treadmill near open water or in rooms with high humidity.
请不要将跑步机放置在湿度太高的室内或是靠近水源的地方。
- Ensure that the power wire don't cross walkways. If there is some carpet in your chosen room, please make sure that there is enough space between the carpet and the treadmill. In case not then please use some pad.
请不要将电源线放置在走道上。若您的室内铺有地毯, 请确保地毯和跑步机之间有足够的空间。如果没有, 请在中间加上衬垫。
- Place the treadmill with a distance of at least 1 m to each wall. Keep a safety distance of minimum 2 m behind the treadmill to prevent injuries from the wall in case of emergency.
放置跑步机与每堵墙间的距离必须至少是 1 米。请在跑步机后保持一个 2 米的安全距离来防止紧急情况下的可能发生的来自墙壁的伤害。
- After long time of use you will probably find some black abrasion under your treadmill. This is a normal wear-out and doesn't mean there is a defect. This abrasion can be removed with every standard vacuum cleaner. To prevent dirt on your carpet, please use a pad.
长期使用后, 你或许会在跑步机下发现一些黑色的磨损物。这是正常的磨损并不意味着那些地方损坏了。这种磨损可以使用吸尘器来清除。为了防止在您的地毯上留下污垢, 请使用衬垫。

4.1 Aligning the treadmill 矫正跑步机

- Please take care that the floor, on which you place the equipment, must be flat and solid and should have no unevenness.

请注意您放置器材的地面必须是平整的，结实的，绝对不能有任何的凹凸不平。

- If the treadmill could not be stable, you need to remove it to a flat place.
如果跑步机不能安全地站稳，请将它移到其他地方。

4.2 Power supply 供电

- Please be sure to use the socket without any other device.
请注意不要使用已经插有很多其他电器的插排

4.3 Moving the treadmill 移动跑步机

To move the treadmill to a different location please does as following:

要将跑步机移动到其他地方，请遵照以下操作：

- Turn off the main power. 切断跑步机主电源。
- Disconnect the power cord from the power outlet
将电源线由插座拔出。
- Tip over the treadmill carefully to you and move it on the transport rollers to your desired new location.
双手抓住跑步机后滚筒下方的横杆抬起推动。

4.4 Store the treadmill 储存跑步机

As safety measures, especially when you have children, you should take care on the following points.

安全措施，尤其是如果您有小孩，您更应该注意以下几点：

- Turn off the main power.
切断跑步机的主开关电源
- Disconnect the power cord from the power outlet
将电源线由插座拔出。
- Remove the safety key and store it on a safe place where children have no access.
拿走安全开关并将它放在孩子够不着的安全的地方。

5. Preparing the start 准备启动

5.1 Power supply 供电

- Connect the power cord with the suitable socket.
- 将电源线连接在合适的电源插座上。
 - o Voltage 工作电压： 220V ± 10% (50 Hz)
 - o Electricity 工作电流： ≥10A
- Press the main power switch into position “1”, (located in front of the motor cover)
按下主开关（它的位置在马达护罩的前端）到位置“1”

5.2 Safety key. 安全开关

- Before starting any action, first attach the clamp of the safety key to your training clothes.
在开始运动前，首先将安全开关夹到你的运动服上。
 - If an emergency occurs, just under the situation when make safety switch off, people can ensure the immediately stop of the treadmill.
 - 当紧急情况发生时，只有安全开关脱离才能保证立即停下跑步机
-
- For safe stop of the treadmill, please use the red “STOP” button.
为了安全地停下跑步机，请使用红色的“停止”按键。
 - The treadmill cannot be started, as long as the safety key is not in its provided position. For your safety, it is strictly forbidden to exercise on the treadmill without attaching the safety key to your clothes, because the treadmill will not be stopped in case of emergency if there's no safety switch off, (e.g. fallen down emergency situation)
- 当安全开关不在正确位置时，跑步机不能启动。出于安全考虑，在衣服上未附安全开关的情况下严禁使用跑步机锻炼。因为如果发生紧急情况，跑步机安全开关没有脱离是不能停下的。（例如跌倒的时候。）

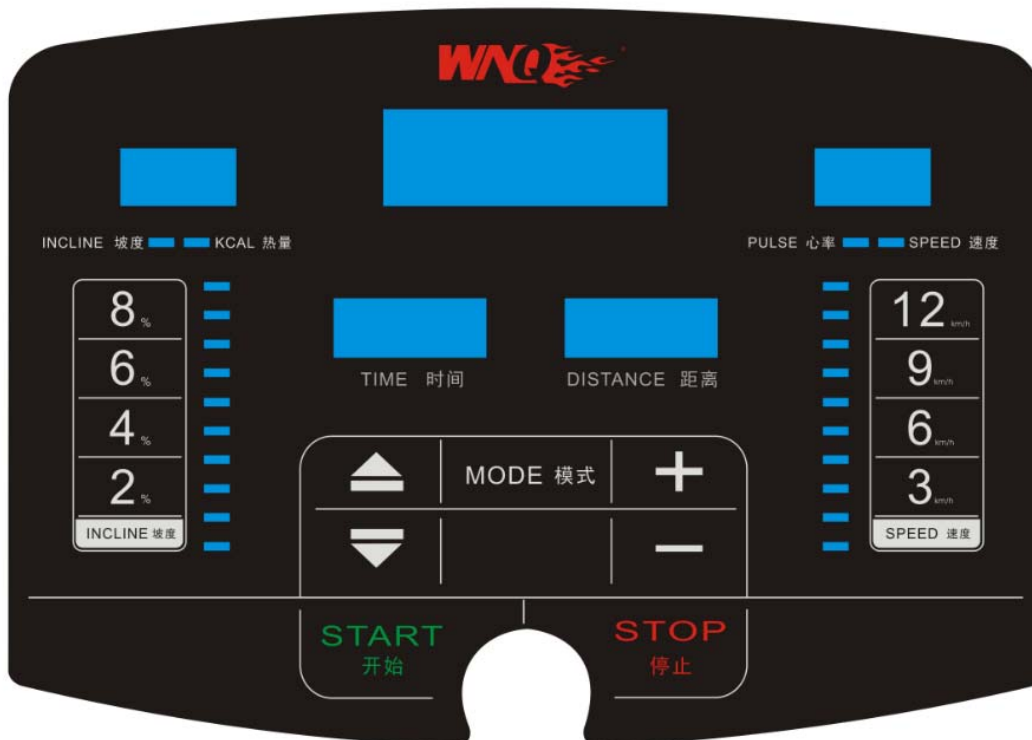
5.3 Enter and leave the treadmill 进入或离开跑步机

- Please always use the handlebar when entering or leaving the treadmill.
当进入或离开跑步机的时候，请用双手抓住扶手。

- During preparing the equipment, don't stand on the belt. We recommend you stand on the side covers right and left of the belt.
在准备启动电子表的时候，请不要站在跑步带上。我们建议您站在跑步带左右两边的边条上。
- After pressing "START" button, places your feet on the belt and pay attention on the starting of the belt.
在按下“开始”键后，请将您的脚放在跑步带上，并注意跑步带的启动。
- During exercise always look in the direction of the computer.
在运动过程中，请始终注意电子表的指示。
- Uniform the application of force and seize the handlebar to keep the running belt in line.
手抓住扶手应用力均匀，人要跑正，避免跑步带跟着跑偏。
- When you are used to your exercise status, you can leave your arm from the handlebar, and wave your arm. On this way you can have a good exercise effect.
人跑步进入状态后，双手可以离开扶手，手臂可摆动起来，这样运动效果更佳。
- If you want to finish your exercise, press the "STOP" button and wait until the belt came to a complete halt. Then leave the treadmill.
如果您希望结束您的运动，请按“停止”键，并等待直至跑步机完全停止。然后离开跑步机。
-  Don't stand on the belt. We recommend you stand on the side covers right and left of belt and grasp the handlebar, when starting run stable, then can stand on the run belt.
严禁站在跑步带上启动，运行前应站在两边边条上，手握扶手，待跑带运行稳定后，方可在跑步带上跑步。
- Never Jump on to the belt from back end, this could cause tumbling easily.
严禁从后端跳上跑步带，这样非常容易摔跤。
- Children should be kept away from the running treadmill to avoid being injured by nipping hands or clothes.
必须使幼童远离正在运行中的跑步机，以免被跑步带夹住手或衣服造成严重损伤。
- Never touch the Belt in running state. 严禁用手接触运行中的跑步带。

6. Operation of Interface 电子表操作

【Manual of Interface】 【电子表操作界面】



【Technology standard】 【技术标准】

Voltage 输入电源电压：： 220V±10% (50Hz)

Working temperature 工作环境温度： 0~40 °C

Power rating 直流电机额定功率： 1120 W (1.5hp)

Max.Power 直流电机最大功率： 1800w(2.5hp)

Speed range 运行速度计数范围： 0.8~15.0 km/h

Time range 时间显示计数范围： 0:00~99:59 (Min/Sec)

Distance range 路程显示计数范围： 0.0~99.00 km

Pulse range 脉搏频率计数范围： 40~250 BPM

Calorie range 消耗能量计数范围： 0.00~999 (kcal)

Incline range 坡度扬升计数范围： 0~10 Grade

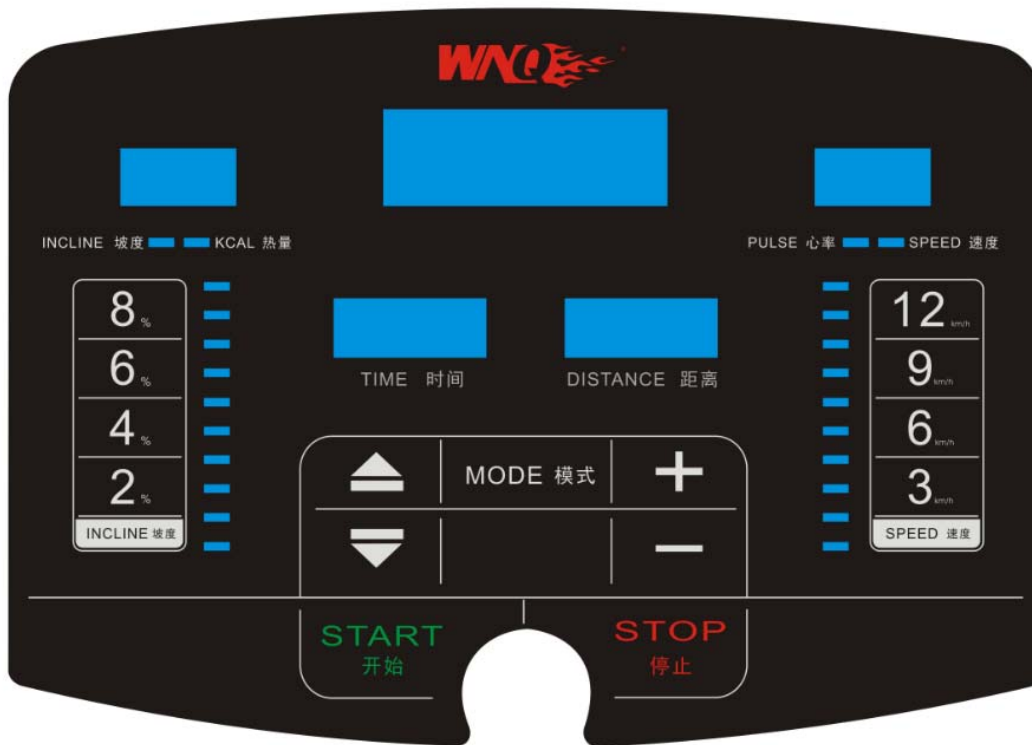
Running Surface 跑步面积： 1290*460 (mm)

Maximum load weight 最大承载重量： 120Kg

Net Weight 机台净重： 77.5kg, 毛重： 85kg

Assemble Space 占地面积： 1730*800*1340mm³

6.1 Interface and function 操作介面及功能简介



- 1、Big LED display can shows speed,incline,distance,calorie,pulse,time and mode of sport(refer the dot matrix).
大视窗 LED 显示运动量：速度、坡度、距离、卡路里、心率、时间及运动模式（点阵）
- 2、**Four** levels of speed keystroke:3、6、9、12 (km/h)
四种速度直选键：3、6、9、12 (km/h)
Four levels of incline keystroke: 2、4、6、8 (sec)
四种坡度直选键：2、4、6、8 (%)
- 3、Eight function keys: START、STOP、MODE、FAST、SLOW、UP、DOWN.
八个功能操作按键：开始、停止、模式、速度+、速度-、坡度+、坡度-。
- 4、Program setting: 1 Manual mode, 7 automatic mode, 1 Hrc mode , 2 User and 1 Body Fat
程序设定：具有 1 个手动模式、7 个自动模式、1 个心跳模式和 2 个使用者模式，以及 1 个体质测试模式
- 5、Motorized incline adjustment (0~10 sec)
电动坡度调节 0—10 段。

6.2 Keystroke explain and operation procedure.

按键功能说明及操作流程简介

All of the operation should switch on the safety power, it beep once when press every key.

所有操作均需接通安全开关，每一个按键按下时，发出一声“Bi”的响声。



Step 1: Program keystroke 第一步：程序（“” or “” ; “” or



“”) 键,

Choose the exercise mode you needed by the program keystroke on the panel, the selected exercise mode will display such as “P1~P11” on the computer LED , at the same time the dot matrix display the corresponding description and map.FAT test is the last program and "FAT" is displayed on the dot matrix of the computer

面板中的程序键(FAST or SLOW ;UP or DOWN)来选择我们所需的运动模式，选定的运动模式将以“P1~P11”的方式显示在仪表的LED中，同时点阵将显示相应的名称或山形图。脂肪测试为最后一个程序“FAT”显示在仪表点阵上。

(1) P1 manual mode: system makes the basic exercise speed (0.8km/h) and height (0), all the value will be set by the exerciser, the dot matrix on the computer will record the exercise data.

P1 手动模式 (MANUAL)：在该模式下，系统只给出了最基础的运动速度 (0.8km/h) 和高度 (0)，一切数值都将靠运动者来自我设定，在仪表的点阵上将会留下运动者的运动轨迹。

(2) P2~P8: different graph the express speed of the different time to decide the exercise.

P2~P8：以不同的山形表示不同时间点的速度来进行运动。

(3) Speed routine of every segment, as the following:

各段程序速度行程(共24段)说明如下：

Program 程序段	Time 时间段	Set-time设置的时间/24=Running time每段运行的时间																								
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
P_ROLLING 起伏程序	P2	Speed 速度	10	30	60	80	100	100	80	60	60	80	100	100	80	60	60	80	100	100	80	60	60	80	60	20
		Incline 坡度	Inclination manual control坡度手动控制																							
P_FAT_BURN T燃脂程序	P3	Speed 速度	10	30	60	80	90	110	110	120	110	110	120	110	110	120	110	110	120	110	110	90	80	60	30	10
		Incline 坡度	Inclination manual control坡度手动控制																							
P_INTERVAL S间歇程序	P4	Speed 速度	10	20	30	60	90	120	60	90	120	60	90	120	60	90	120	60	90	120	60	90	120	60	30	10
		Incline 坡度	Inclination manual control坡度手动控制																							
P_JOGGING 慢跑程序	P5	Speed 速度	10	15	20	30	30	40	40	40	50	50	50	60	60	60	60	60	50	50	50	40	40	20	10	
		Incline 坡度	Inclination manual control坡度手动控制																							
P_CLIMB 爬上程序	P6	Speed 速度	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	80	70	60	50	40	30	10
		Incline 坡度	Inclination manual control坡度手动控制																							
P_FOOT 登山程序	P7	Speed 速度	10	20	30	40	50	40	40	50	60	40	50	50	30	40	50	60	30	40	50	60	50	40	30	10
		Incline 坡度	0	1	2	3	4	5	4	3	2	3	4	5	6	4	3	2	4	5	3	2	4	5	3	0
P_WEIGHT_L OSS负重程 序	P8	Speed 速度	10	20	30	40	50	60	60	60	70	80	90	100	110	120	110	100	90	80	70	60	50	40	30	10
		Incline 坡度	0	2	3	4	4	3	2	2	2	3	3	2	0	0	0	2	2	2	2	3	3	2	2	0

P9:HRC(心跳程序):

Max heart rate: Shift the MODE to target select, the prearranged value is 120 times every minute. You can set up the largest heart rate value that you can support according to speed+, speed- or incline+, incline- on the panel. The max heart rate value is 250 times every minute; the min heart rate is 80 times every minute.

心跳 (HEART) 最大值: 通过“模式 / (MODE)”键切换到目标选项, 预设值为 120 次 / 分钟, 我们可以通过面板中的“速度+”、“速度-”键或“坡度+”、“坡度-”键来设定我们的所能承受的最大心跳值, 最大心跳值为 250 次 / 分钟, 最小心跳值为 80 次 / 分钟。

P10-P11: USER(使用者自定义程序)

Press “MODE” to set the user's time and the value of 24 sections about speed and incline. The value can be set according to the users requirement. After setting, press “MODE” OR “START”, the machine will start to run.

用“MODE”分别设置使用者时间以及自定义速度 24 段的数值和坡度 24 段的数值, 具体数值可根据使用者自身需求设定, 设置完成后, 按“模式 / (MODE)”或“开始 / (START)”, 机台运行开始锻炼。

P12: FAT Test program, see more details in page 17: **Body Fat Test**

FAT (脂肪测试程式), 具体见 17 页: **体脂肪测试:**

Step 2: Mode keystroke 第二步: “模式 / (MODE)” 键

MODE on the panel set up the largest value of the target TIME, DISTANCE, CALORIES and HEART RATE.

通过面板上的“模式 / (MODE)”键对目标时间 (TIME)、距离 (DISTANCE)、卡路里 (CALORIES) 以及心跳 (HEART) 的最大值进行设置。

Target time: Shift MODE to target, the prearranged value is 30 minutes, to set up the value we needed according to the speed+, speed- or incline+, incline-. The max is minute 99 and the min is minute 5.

目标时间: 通过“模式 / (MODE)”键切换到目标选项, 预设值为 30:00 分钟, 然后通过面板中的“速度+”、“速度-”键或“坡度+”、“坡度-”键来设置所需的值。最大设置值为 99:00 分钟, 最小值为 5:00 分钟。

Target distance: Shift MODE to target, the prearranged value is 6 km. Set up the value you needed according to the speed+, speed- or incline+, incline- on the panel. The max is 99 km and the min is 1 km.

目标距离 (DISTANCE): 通过“模式 / (MODE)”键切换到目标选项, 预设值为 6.00 km (公里), 然后通过面板中的“速度+”、“速度-”键或“坡度+”、“坡度-”键来设置所需的值。最大设置值为 99.00km (公里), 最小值为 1.00 km (公里)。

Target calories: Shift MODE to target, the prearranged value is 500 kcal. Set up the value you needed according to the speed+, speed- or incline+, incline-. The max is 999 kcal and the min is 50 kcal.

目标卡路里 (CALORIES): 通过“模式 / (MODE)”键切换到目标选项, 预设值为 500kcal, 然后通过面板的“速度+”、“速度-”键或“坡度+”、“坡度-”键来设置所需的值。最大设置值 999kcal, 最小值为 50kcal。

Step 3: START AND STOP KEYSTROKE.

第三步: 开始、停止 (START、STOP) 键

Push the “START” button and the treadmill will start after three seconds. The count down No.(3,2,1) will be shown on the TIME window display. The dot matrix will display the quantity of motion. When push the “STOP” button, the treadmill will stop running slowly. When push the “STOP” button for 3 seconds, the exercise mode will change to prearrange mode (the beginning mode). system reset and quit the exercise mode.

按下“START / (开始)”键, 跑步机延时三秒开机, 且窗口显示“3、2、1”倒计时并开始运行, 点阵窗口以动态模式显示运动量, 当按下停止键时, 则缓慢停机运行。当按面板上的“停止 / (STOP)”键三秒后将退出到预设模式 (开机时的预设模式), 系统复位退出运动模式。

Alarm function: 报警功能:

In any exercise mode, if any target value reaches our prearranged value (namely: the computer board on which the light of the elliptic target LED bright), computer will shift to the target screen; the buzzer of the computer beep 5 times, at the same time elliptical target LCD glitter to alarm; the program continuing. When user's largest heart rate exceed the value we can bear, the buzzer will beep, at the same time heart rate display window glitter to alarm, program continuing.

□ 在任何运动模式下, 只要任意的一个目标项的值达到我们所预设的值, 仪表的蜂鸣器将“Bi, Bi, Bi、”响五声, 而程序将继续动作。而当运动者的最大心率超过我们预设的所能承受的最大心率值时, 仪表板上的蜂鸣器将“Bi, Bi, Bi. . .”响, 同时心跳显示窗也将闪烁以示报警, 而程序将继续动作。

Body Fat Test: 体脂肪测试:

In the standby status, continue to press “PROG” and enter into Body Fat Test, the window shows “FAT”. Press “MODE”, choose the parameters (F1-Sex, F2-Age, F3-Height, F4-Weight), press the SPEED+、SPEED- or INCLINE+、INCLINE- to set these parameters. After setting, it will show F5. Hold the pulse sensor to body fat test, to check whether your weight and height is matched.

在待机状态下，连续按“程序（PROG）”键进入人体脂肪指数（FAT）检测，窗口显示“FAT”。按“模式（MODE）”键选择要设置的参数（F1—性别，F2—年龄，F3—身高，F4—体重），按速度或扬升加减键可对这些参数进行设置。设置后显示 F5，握住手握脉搏器进入体质测试，查看你的体重和身高是否相称。

The “FAT” is used for measuring the relationship between height and weight, not body proportion, suitable for both man and woman, to provide basis for weight-adjust, together with other health indicators. The ideal FAT should be 20-25. If below 19, means to thin, if between 25 and 29 means over weight, however if above 30, means obesity. The parameter range is below. (This data is for reference only, not as a medical basis)

体脂肪指数（FAT）是衡量一个人身高和体重的关系，不是指身体比例，FAT 适合于任何的男性和女性，与其他健康指标一起为人们提供调整体重的依据。理想的 FAT 应该在 20—25 之间，如果低于 19 意味着太瘦，如果介于 25 和 29 之间即是超重，而如果超过 30 则认为是肥胖。参数范围如下。（该数据只供参考，不能当作医学依据。）

FAT	Item 类别	Set or Test data 设置或测试数据		Prompt-Fat Test 提示信息—体脂测试			
F1	Sex 性别	1—Male 男性	0—Female 女性	Male 男性 Female 女性			
F2	Age 年龄	10—99 (years old 岁)		Input Age 输入年龄			
F3	Height 身高	100—250 (mm)		Input Height 输入身高			
F4	Weight 体重	20—150 (Kg)		Input Weight 输入体重			
F5	Fat rate table 脂肪率对照表	---		Fat Testing, please wait 体脂肪测试中，请等待			
		Sex 性别	Age 年龄	THIN (偏瘦)	NORMAL (标准)	OVER WEIGHT (偏胖)	OBESITY (过胖)
		Male 男性	18-39 years old/岁	5-10%	11-21%	22-26%	27-45%
			40-59 years old/岁	5-11%	12-22%	23-27%	28-45%
			60 years old/岁-	5-13%	14-24%	25-29%	30-45%
		Female 女性	18-39 years old/岁	5-20%	21-34%	35-39%	40-45%
			40-59 years old/岁	5-21%	22-35%	36-40%	41-45%
			60 years old/岁-	5-22%	23-36%	37-41%	42-45%

【Notice item】 【注意事项】

Attention: this equipment must use the suitable grounding socket.

警告：本设备一定要使用适合的接地插座。

A、Circuit 电路方面

- 1) Electrical BNC connector plugs must be the proper to the grounded outlet, or it will damage the equipment caused by the electricity or electrical shock.
电路插座的接地导线必须可靠接地（插座的接地线）否则会因为静电造成机器不能正常运转或者发生触电等事故。
- 2) Do not allow using the same electricity circuitry with other equipments, and it must be able to offer more than 10A electricity.
同一供电线路尽量避免使用其它电器，供电线路必须能够提供大于 10 安培的电流。
- 3) Voltage among 200V~240V. If it exceed to this voltage range, it will work abnormally.
要求供电电压在 220V±10% (频率: 50Hz, 超出这一电压范围可能工作不正常。)
- 4) Constant work time could not more than 120 minutes, and after 30 minutes restart the equipment. Do not operate the treadmill when there is no person. Pull out the plug immediately after using. When pull out the plug, do not pull the soft wire, you must hold the power outlet, or it will damage the soft wire and cause fire by creep age and open circuit. If the soft wire is damage, it must be replaced by the manufacture, other service department or specially repairman in order to avoid the damage.
连续运行时间超过 120 分钟，需停机 30 分钟后方可重新开始运行，插电后请不要将跑步机处于无人状态。使用完后应及时拔掉电源插头，拔下电源插头时，不要用手提、拉电源软线，必须拿着电源插头拔出，否则会损坏电源软线可能引发漏电，断路起火等事故。如果电源软线损坏为避免危险，必须由制造商厂商或其安装维修部或类似的专职人员更换。
- 5) Do not remove, maintenance, modify the equipment by yourself, especially the control part. Do not remove, modify or repair the equipment, or else it will cause the creep age or open circuit.
绝对不能私自对本机自行拆卸、修理、改造，特别是控制器，不要进行拆卸、改造、修理，否则会引发漏电、断路起火等事故。
- 6) Do not drop the water onto the equipment, do not clean the equipment by gas, naphtha, eradicator, do not use pesticide, or speed up the aging of equipment or may cause the flaw, creep age or open circuit.
不要在机器上浇水，不要用汽油、挥发油、去污粉，强酸或强碱性的清洗剂擦拭机器，不要向上喷杀虫剂，否则会加速机器老化，或者可能出现裂纹，发生漏电、冒火等事故。
- 7) Keep indoor definite humidity in winter; avoid bringing power static.
冬天应保持室内有一定湿度，避免产生强大的静电。
- 8) Do not put the power plug and outlet near to the heated product.
请勿将电源线靠近发热的产品。
- 9) Disconnect the plug in case of any malfunction and electric shock.
并把插头拔下来，以免产生故障、发生触电现象。

7. Training manual 锻炼指南

Training with the treadmill is ideal movement training for strengthening important muscle groups and the cardio – circulatory system.

使用跑步机锻炼是增强重要的肌肉组织和心脏一循环系统的一种理想的运动健身方式。

General notes for training:锻炼的一般注意事项:

- Never do exercise immediately after a meal.不得在饭后立即运动。
- If possible, orient your training to pulse rate 如果可能，请根据您的心跳来设定您的锻炼。
- Do muscles warm – ups before starting by loosening or stretching exercises.
在开始运动前先做一些准备运动或舒展运动来热身。
- When finish your training, please reduce speed. Never abruptly end your training.
当结束锻炼时，请减速而不要突然停止运动。
- Do some stretching exercises when finished with your training.
在结束锻炼后做一些伸展运动

7.1 Training frequency 锻炼频率

To improve your physical fitness and to enhance your stamina over the long term, we recommend training at least three times a week. This is the average training frequency for adults in order to obtain long time stamina success or high fat burning. As your fitness level increases, you also can train daily. It is particularly important to train at regular intervals.

为了提高您的身体素质，增强您的持久力，我们建议您至少每周锻炼三次。这是成年人为了增强耐力，提高脂肪燃烧的平均锻炼频率。一旦您的健身水平提高了，您也可以每天锻炼。定期的有规律的锻炼是尤为重要的。

7.2 Training intensity 锻炼强度

Carefully structure your training. The intensity should be increased gradually, so that no fatigue of the musculature or the locomotion system occurs.

请仔细安排您的锻炼方式。锻炼强度必须逐渐增加，以免出现肌肉或运动系统疲劳的状况。

7.3 Heart rate training 心率锻炼

For your personal pulse zone it is recommended that an aerobic training range is chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range.

建议选择适合您个人心率的有氧锻炼。通过有氧范围内的长期锻炼单元来达到在增强耐力的效果。

Find this zone in the target pulse diagram or orient yourself on the pulse program. You should complete 80% of your training in this aerobic range (up to 75% of your maximum pulse).

在目标心率图表内找到您的个人心率区域，或在心率程序上设置您自己的心率。您必须在该有氧范围内完成锻炼量的 80% (达到您最大心率的 75%)。

In the remaining 20% of the time, you can incorporate load peaks, in order to shift your aerobic threshold value upwards. With the resulting training success you can later produce higher performance at the same pulse: this means an improvement in your physical shape.

在剩下的 20% 的时间里，为了提高有氧极限值，您可以整合负载峰值进行锻炼。这样成功锻炼的结果是您能够在同样心率的情况下，锻炼得更好：这意味着您的体形将会得到改善。

If you already have some experience in pulse – controlled training you can match your desired pulse zone to your special training plan or fitness status.

如果您对心率—受控锻炼已经有一些经验了，您就能通过您的特别锻炼计划或健身状态锻炼，以达到您所期望的心率区域。

Note: 注意:

Because there are persons which have “high” and “low” pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram).

每个人的心率都近相同，存在着一些有高脉或低脉的人，他们个人的最适宜心率区域和一般大众(目标心率图)也就不同。

In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important to consult a doctor before start training, in order to check your health capacity for training. **Generally we recommend that everyone first consults a doctor, before doing any fitness training.**

在这些情况下，就必须根据他们的个人经验来设定锻炼。如果初学者遇到这样的情况，首要是先向医生咨询自己的锻炼健康能力。一般，我们建议每个人在进行任何的健身锻炼前都先咨询医生。

7.4 Training control 锻炼控制

Both medically and in terms of training physiology, pulse – controlled training makes most sense and is oriented on the individual maximum pulse.

按照医学与训练生理学来说，根据个人最大心率来进行心率控制锻炼是最有意义的锻炼。

This rule applies both to beginners, ambitious recreational athletes and to professionals.

这个规则适用于初学者，有目标的非专业运动员和专业运动员。

Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points).

根据锻炼目标和运动情况，锻炼是按个人最大心率的特定强度进行的（用百分比来表示）。

In order to effectively configure cardio – circulatory training according to sports – medical aspects, we recommend a training pulse rate of 70% - 85% of maximum pulse. Please refer to the following target pulse diagram.

根据运动—医学原理，为了有效地设置心脏—循环训练，我们建议的锻炼心率为最大心率的 70% - 85%。请参照以下的目标心率图表。

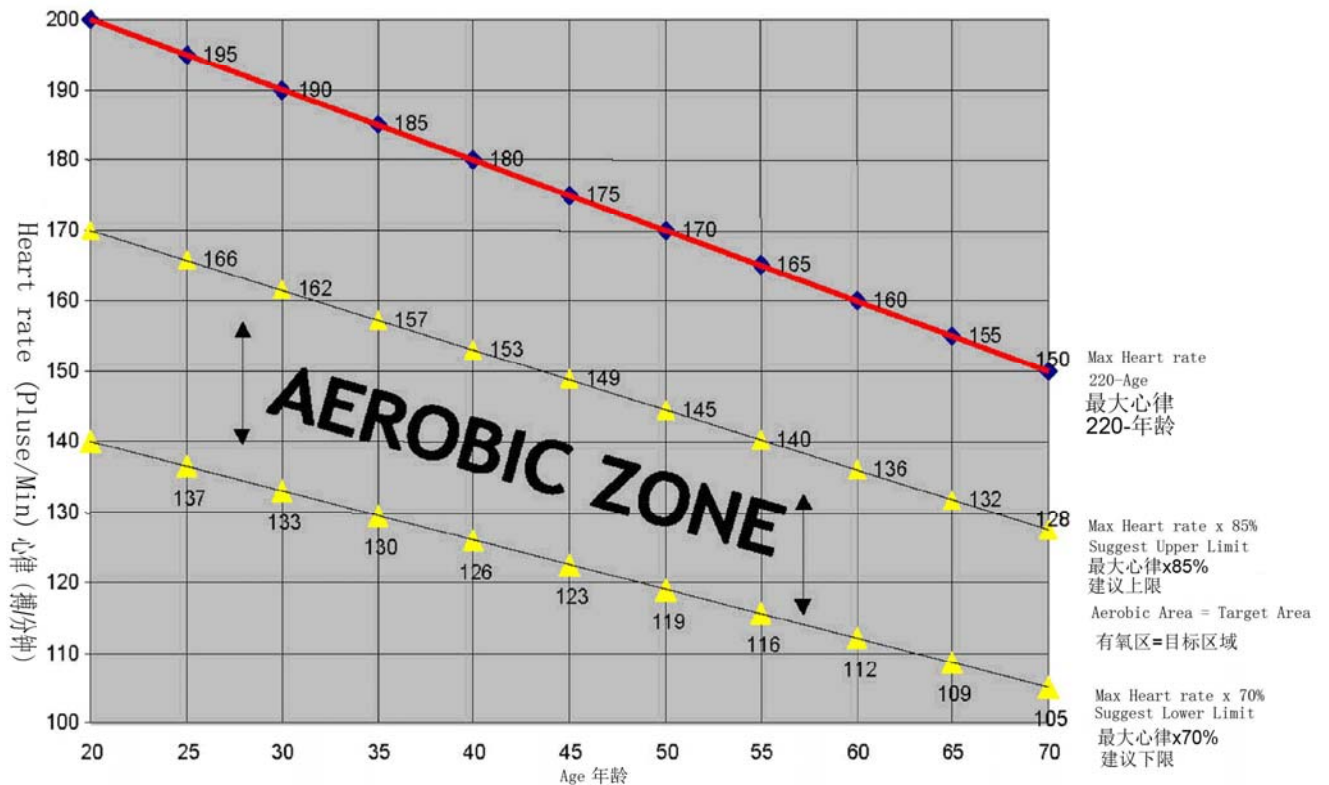
Measure your pulse rate at the following points in time:

根据以下各点及时测量心率：

1. Before training 运动前 = resting pulse 静止心率
2. 10 minutes after training start 锻炼开始后十分钟 = training / working pulse 锻炼 / 工作心率
3. 1 minute after training 锻炼结束后一分钟 = recovery pulse 恢复心率

Target Heart rate Table 目标心率表

(Pulse/Age) (心律/年龄)



4.
 - During the first weeks, it is recommended that training is done at a pulse rate at the lower limit of the training pulse zone (approximately 70% or lower)
 - 在第一周内，建议在锻炼心率区域内的心率下限范围内做运动。(大约是 70% 或更低)
 - During the next 2 – 4 months, intensify your training stepwise until you reach the upper end of the training pulse zone (approximately 85%) but without overexerting yourself.
 - 在接下来的 2-4 个月内，逐步加强你的锻炼强度直至达到锻炼心率区域的上限（大约是 85%），但不能过度锻炼。
 - Although you are in a good condition, disperse easier units in the lower aerobic range time and again in your training program, so that you regenerate sufficiently. A “good” training always means intelligent training, which includes regeneration at the right time. Otherwise overtraining results and harms your condition.
 - 虽然您的状况良好，但在低氧时间范围内还是需进行简单的运动，然后再回到您的正式锻炼程序中，这样您能充分恢复体力。一个好的锻炼意味着聪明的锻炼，它包含在正确的时间恢复体力。否则将导致过度锻炼和损害您的健康。
 -
 - Every loading training unit in the upper pulse range of your individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75% of the maximum pulse). 每当完成在个人心率上限里的负载锻炼后，都必须进行心率下限范围内 (达到最大心率的 75%) 的恢复锻炼。
 -

When your condition has improved, higher intensity of training is required for the pulse rate in order to reach the “training zone”, that is, that the organism is capable of higher performance.

当您的身体状况得到改善了以后，为了达到“锻炼区域”，对心率有了更高的锻炼强度要求，即，身体是能够适应更高强度的锻炼。

Calculation of the training / working pulse 锻炼的计算 / 运动心率

220 pulse beats per minute minus age = personal, maximum heart rate (100%)

220 心跳/分钟 - 年龄 = 个人的最大心率 (100%)

Training pulse 运动心率

Lower limit 下限 (220 - age 年龄) x 0.70

Upper limit 上限: (220 - age 年龄) x 0.85

7.5 Training duration 锻炼时间

Every training unit should ideally consist of a warm – up phase, a training phase and finally a cool – down phase in order to prevent injuries. Details in 7.6 Warm up and cool down.

为了防止伤害，每个理想的锻炼单元都必须包含一个热身阶段，一个锻炼阶段以及最后一个整理阶段。详见 7.6 热身运动和整理运动。

Warm up:热身:

5 – 10 minutes of calisthenics, aerobic or stretching (also walking or slow running).

5 – 10 分钟的柔软体操或舒展运动（也可以步行或慢跑）

Training 锻炼:

15 – 40 minutes of intensive but not overextended training at the intensity mentioned above.

15 – 40 分钟剧烈运动，但如以上强调的一样，不能过度地锻炼。

Cool – down:整理:

5 – 10 minutes of slow running, followed by calisthenics, aerobic or stretching, in order to limber up the muscles.

为了使肌肉放松，进行 5 – 10 分钟的慢跑，接着柔软体操，增氧健身法或舒展运动。

Stop training immediately if you feel unwell or if any signs of exhaustion occur!

如果感到不适或有脱力现象出现，请立即停止运动！

Alterations of metabolic activity during training:

在锻炼过程中的新陈代谢的交替：

- In the first 10 minutes of endurance performance our bodies consume.
在前十分钟的耐力运动里，我们的身体消耗的是肌肉内的糖分：肝糖
- After about 10 minutes additionally fat will be burned.
10 分钟后开始燃烧多余的脂肪。
- After 30 – 40 minutes fat metabolism is activated, and then the body's fat is the main source of energy.
30 – 40 分钟后，脂肪的新陈代谢活跃，身体的脂肪为主要的动力来源。

7.6 Warm up and cool down 热身运动和整理运动

Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise:

热身运动是您运动的重要部分，必须在每次运动前都做好热身。热身运动能舒展您的肌肉，加快您的血液循环和心率，为肌肉提供更多地氧气，让您的身体为剧烈运动做好准备。在您运动的最后阶段，重复这些运动能够减少肌肉疼痛的问题。我们建议如下的热身和整理运动：

1. Toe Touch 触摸脚趾伸展运动

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

站立时双膝微曲，臀部以上缓缓前伏。尽可能地向下触摸脚趾时，让背部和肩部放松。保持动作 15 秒之后放松。

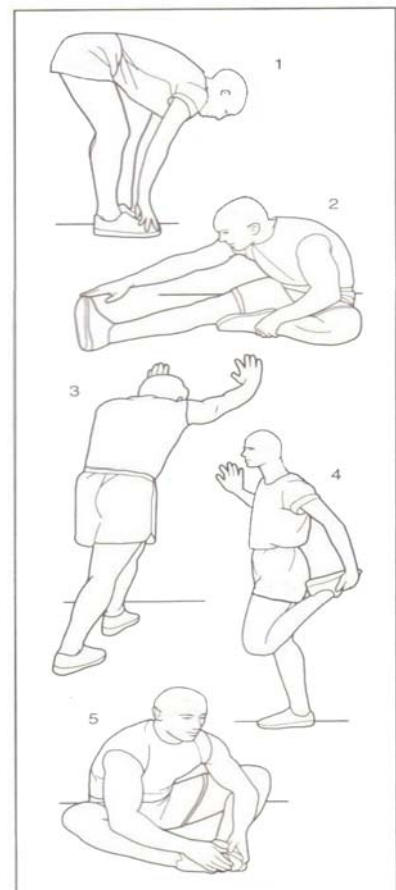
2. Hamstring Stretch 韧带伸展运动

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

采取坐姿，右腿前伸。将左脚的底脚靠向身体，放在伸出的腿的大腿内侧。尽可能地向前触摸脚趾。保持动作 15 秒。放松，然后伸展左腿。

3. Calf-Achilles Stretch 四头肌伸展运动

Lean against a wall with your left leg in front of the right and your



arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

右手扶墙保持平衡，左手向后抓住左脚。使脚后跟尽量靠近臀部。保持动作 15 秒。放松，然后重复右脚。

4. Quadriceps Stretch 小腿/脚踵伸展运动

Put your right hands on the wall, the left hand backward catch the left foot. Let your heel stretch toward to your buttocks as close as you can and hold for 15 counts. Relax and then repeat with right foot.

两腿前后站立，身体前探，双手抵墙。右腿蹬直，脚平贴在地板上。左腿弯曲，身体前倾，臀部向墙移动。保持动作 15 秒。放松，重复右脚。

5. Inner Thigh Stretch 大腿内侧伸展运动

Sit with the soles of your feet together with your knees pointing outward.

Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

采取坐姿，脚掌相对，膝盖外翻。将脚尽可能地拉进腹股沟部位。保持动作 15 秒后放松。

Stretch Rule 伸展规则：

Start your stretch slowly, exhaling as you gently stretch the muscle.

Don't bounce when you stretch. Holding a stretch offers less chance of injury.. Don't strain or push a muscle too far. If it hurts, ease up.

开始做伸展运动时动作要慢，在轻轻舒展您的肌肉的时候慢慢呼气。在做伸展运动时，不要突然跳起。进行伸展运动可以减少伤害。注意不要过分地拉伸或推挤肌肉，如果拉伤，请慢慢放松。

8. Maintenance 维护

8.1 Cleaning 清洁

- Remove dirt from the belt with a commercial vacuum cleaner.
用商业吸尘器来清洁跑步带。
- In case of heavy dirt you also can clean the equipment with a moist cloth and some water.
对顽固的污渍你也可以使用湿布或水来清洁。
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
不能使用腐蚀性的或者是粗糙材料来清洁器材。请不要使用污染环境的清洁剂。
- Disconnect the plug when cleaning in case of any malfunction or electric shock.
清扫时请关断电源、并把插头拔下来，以免产生故障、发生触电现象。

Please ensure that liquids never enter the machine or the electronics!

请确保液体不能进入器械及电子元件！

8.2 Aligning the belt 矫正跑步带

During training the belt will be stressed from one foot stronger than from the other. This leads, after a while, that the belt will run out of the middle. The treadmill was designed, that the belt will be constantly centered automatically. Due to long use it can be, that the belt doesn't longer center itself automatically. In this case it is necessary to align the belt through the 2 Allen screws at the rear end of the treadmill.

在锻炼期间，跑步带受到的两只脚的压力不同，一只脚的压力会比另外一只脚大。这将导致，一段时间过后，跑步带偏离中心。设计跑步机的时候，跑步带被设计为能够经常性的自动调整到中心。但是由于长期的使用可能导致跑步带不易自动调节到中心。这种情况下，就必须通过调整跑步机后部的两个内六角螺丝来调整跑步带。

- Don't wear wide clothes during centering the belt.
在矫正跑步带到中心的时候不能穿宽大的衣服。
- Never turn the Allen screws more than ¼ turn at once.
一次旋的量不要超过内六角螺丝四分之一转。
- Tighten one side is followed by loosen the other side.
先锁紧一边，然后松开另一边。
- During the centering process, keep the treadmill running with a speed of about 6 km/h.
在矫正过程中，要让跑步机的速度维持在 6 km/h。
- No person is allowed on the belt during this procedure.
在矫正跑步带的过程中禁止任何人在跑步带上做运动

After finish, walk for at least five minutes on the belt to see if the belt now is running correct. If necessary please repeat above described procedure. Take care not to tension the belt too much as this has a negative impact on the life cycle of the belt.

矫正结束后，至少在跑步带上步行五分钟以确认跑步带是否已经正确运转。如果有必要请重复以上的矫正程序。注意请不要把跑步带张紧度调得太紧或太松，以免缩短跑步带的使用寿命。

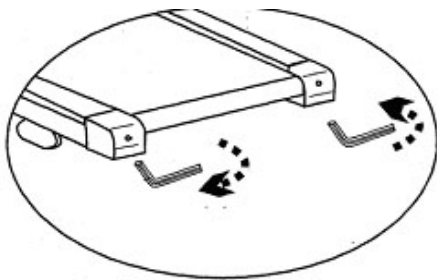
If the belt is too far on the right side, then 如果跑步带太偏左边，那么

- turn the left screw ¼ turn clockwise (right turn = tighten)
将左边的螺丝顺时针方向地旋四分之一转（向右旋即旋紧）
- turn the right screw ¼ turn counter clockwise (left turn = loosen)
将右边的螺丝逆时针方向地旋四分之一转（向左转即旋松）

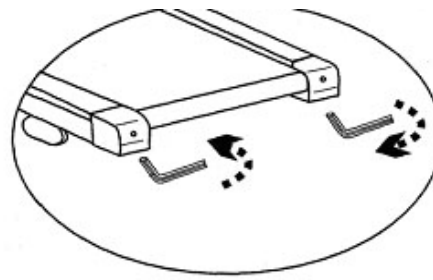
If the belt is too far on the left side, then 如果跑步带太偏右边，那么

- turn the right screw ¼ turn clockwise (right turn = tighten)
将右边地螺丝顺时针方向地旋四分之一转（向右旋即旋紧）
- turn the left screw ¼ turn counter clockwise (left turn = loosen)
将左边地螺丝逆时针方向地旋四分之一转（向左转即旋松）
-

Adjust running belt rightward.
将跑步带向右调整些



Adjust running belt leftward
将跑步带向左调整些



8.3 Adjust tightness of running belt 调整跑步带的松紧

Running belt will loose after some period. You will find treadmill stop suddenly and roll-off roller during running. This is normal wear and tear, please do not worry about.

在一段时间后，跑步带会变松。您将发现跑步带在运转中突然停止，滑出滚筒。这是一种正常的磨损请您不必要担心。

You can adjust the two screws clockwise to tighten running belt (turning right is tight).

可以通过旋转螺丝来调整跑步带的松紧。

One turning can not exceed 1/4 circle. Repeat until the running belt does not roll-off the roller. If running belt out of center, please adjust as per 8.2.

一次旋螺丝的量不要超过四分之一转。重复该动作直至在运动中跑步带不再滑出滚筒为止。如果跑步带偏离中心，请按照 8.2 所述来矫正。

8.4 Lubricating the belt 润滑跑步带

A well lubricated running surface increases the comfort and reduces the wear out. During manufacturing this treadmill is already lubricated for immediate exercise. So you don't have to do it.

润滑良好的跑步表面能够增加舒适感并减少磨损。跑步机在生产过程中已经为直接锻炼做好了润滑，因而，您没有必要再润滑。

We suggest lubricate treadmill regularly, once per two weeks at least. Please buy silicon oil at your local hardware shop if our presenter lubricating oil use up. Please do maintain equipment as per our instruction, or our warrant for equipment will be invalid.

我们建议有规律的润滑跑步机，至少每两周一次。如果我们赠送的润滑油用完了，请从当地的五金商店购买硅油。

请务必按照我们的指示来维护器材，否则我们的对器材的担保将无效。

To test the grade of lubrication, do as following:

测试润滑的等级，请操作如下：

- Remove the power cord from the power outlet
拔出插头
- Put your hand under the belt and feel the backside of the belt.
将手放在跑步带上感觉跑步带的背面。
- If the belt feels grease or little wet, you don't need to do anything.
如果感觉到跑步带有些油脂或有点湿，那么你就不需要加油。
- If the belt feels dry, you should lubricate it with the oil supplied with this equipment.

- 如果感到跑步带很干燥，那么你必须用随机附赠的润滑油来润滑。

Lubrication procedure: 润滑程序:

- Stop the belt, so that the belt seam is on top.
- 停止跑步带，使跑步带的接缝露在表面。
- Turn of the main switch.
- 切断主开关
- Lift the belt from the running boards and bring some of the oil equally dispensed on the running board.
- 将跑步带由跑步板上举高，将一些油均匀地涂在跑步板表面。
- Repeat the same on the other side of the belt.
- 在跑步带的另外一面重复同样的动作。
- Start the treadmill with a speed of about 1 km/h and walk left and right so the belt can absorb the oil.
- 启动跑步机到速度为 1 km/h，左右走动以让跑步带吸收油脂。

9. Troubleshooting 故障排除

During designing of the treadmill, safety had the highest priority. If an electronic malfunction occurs the treadmill stops automatically. In this case turn off the main switch and turn it on again. This normally resets the electronic and the treadmill is again ready for operation. In case not, call a specialist or the service center.

我们的跑步机设计为客户保障很高的安全系数。电子件一旦出现故障，跑步机就会自动停机。发生这种情况，请关闭电源开关，而后。再重新打开它。如此一来，便可复原电子件，跑步机再次启动，准备开始运作。如此调整过后，如果还是不能解决故障，请与专业人员或服务中心联系。



Never open the motor cover or the computer! This can lead to serious injuries or damage the item.

不要打开电子表及马达护罩。这会导致重大的人身伤害或严重损害器材

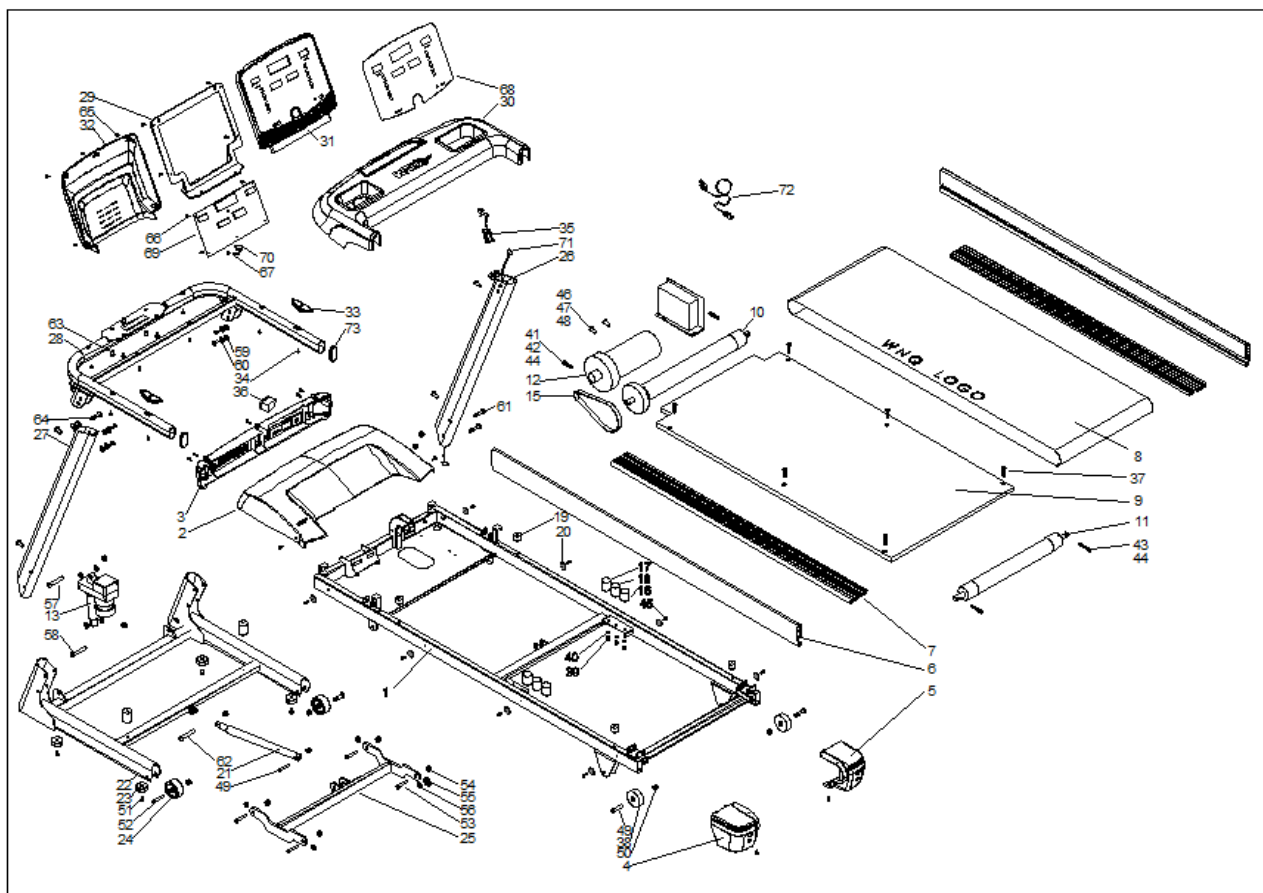
Common problems and solutions

时常发生的故障(常见问题及处理方法), 时常发生的问题:

Malfunction 故障现象	Possible reason 可能原因	Solution 排除措施
Switch on, computer has no signal 接通电源, 仪表无显示	1.Power supply plug un-insert 电源插头没插好 2.Computer poor contact with control panel 电子表与控制板连线接触不良 3.Overloading and self-protection 过载保护中	1.Re-insert the plug, check the socket 重新插入, 并检查插座 2.Re-connect 重新连线 3.Press the overloading protect switch in place. 按压过载保护开关到位
Display "E53" 显示 E53	光感没反馈 Light sensation no feedback	Replace DC motor optical sensors 更换直流电机光电感应器
Display "E50" 显示 E50	Drive board break between up and down. 上下控通讯不通	1.Replace the datacom chip of electric window. 更换电子表通讯芯片 2. Replace the datacom chip of drive. 更换驱动器通讯芯片
Display E54 显示 E54	1.Electronic inner wire abnormal. 驱动板损坏	1.Replace the drive board 更换驱动板
Pulse rate display abnormally 心率显示不正确	1. Testing method is not correct 测试方法不对 2. Pulse sensor abnormal 心率传感器不良	1. Test in accordance with the correct technique 依正确方法测试 2. Palm of the hands are too dry, keep a certain of humidity 手心太干燥, 保持一定的湿度 3.Check the connector whether loose or not 检查接线是否松动 4.Check the console whether abnormal or not 检查电子表异常

Display "OFF", glint 显示 OFF, 并闪烁	1.电子表内部线路异常 The signal of control is break off	1.Check and repair the electronic display. 检修电子表
It's normal without loading, but pause when you run.空载时 正常, 人跑步时有停 顿现象	1.Tightness of the belt not be adjusted well 跑步带或多槽皮带松紧度未调好	1.Adjust the belt in accordance with the co rrect technique 按正确方法调整跑带或多槽皮带 2.Cleaning the dirty between the belt and t he running board, then do the lubricate 清理跑带与跑板间异物, 并上油
Running belt incline to one side 跑带偏向 一边	1.Running belt not balanced well 跑带平 衡度未调好	1.Consult to the running belt adjusting method 参考跑步带调试方法细心调节平衡 度。
Show abnormally or un-show, buttons have no effect.显示 不正常, 按键失效	1.Interrupted by the external electromagnetism, make Display work disorderly.外间电磁干扰强烈 2. Electronic display abnormal 电子表异 常	1.Cut off the electricity, restart after the disturbance disappear 关断电源后待干扰 消失后重新开机 2.Check and repair the electronic display 检修电子表
Display normal, running feebly and noising 显示正常, 跑 步时无力 且有嗡嗡声	1.Low voltage.市电过低 2.Electric machinery abnormal 电机有异常	1. Check the voltage whether abnormal or not 检查电压是否正常 2. Check and repair the electric machinery 检修或更换电机

10. Explosion drawing 爆炸图



11. Parts list 零件清单

序号 Item No.	子项名称 Name	规格型号 Specification	数量 Quantity
1	主架焊合 Main frame welding		1
2	马达上盖 Motor cover		1
3	马达前盖 Front motor cover		1
4	左侧后端盖 Left back-end cover		1
5	右侧后端盖 Right back-end cover		1
6	左右侧面边条 Left and right Side rail		2
7	左右上面边条 Left and right Upper Side rail		2
8	4000A 跑步带 Running belt		1
9	4000A 跑步板 Running board		1
10	4000A 前滚筒 Front Roller		1
11	4000A 后滚筒 Rear Roller		1
12	1.5 hp 直流电机 Motor		1
13	扬升电机 Incline Motor		1
14	驱动板 Control board		1
15	多楔带 Motor belt		1
16	缓冲垫 Washer	Φ 33*33*M6	2
17	缓冲垫 Washer	Φ 33*40*M6	4
18	缓冲垫 Washer	Φ 33*36*M6	2
19	减震垫 Rubber cushion	Φ 25*20*M6	4
20	6000A 边条扣 Buckle of side rail		14
21	气压缸 Cylinder		1
22	底座焊合 Seat base welding		1
23	底座支撑垫 Seat base support mat		2
24	搬运轮 transportation wheel		2
25	扬升架焊合 Incline frame welding		1
26	右立柱焊合 Right stand post welding		1
27	左立柱焊合 Left stand post welding		1
28	仪表架焊合 Console base welding		1
29	电子表架焊合 Console support welding		1
30	仪表机壳 Console cover		1
31	仪表上盖 Console up cover		1
32	仪表下盖 Console down cover		1
33	PE16 手握心率感应器 handle pulse		2
34	十字槽沉头自攻螺钉 Cross recessed pan head screw	ST4. 2*38	2
35	2000I 安全开关磁铁 safety key magnet		1
36	船型开关 Power switch		1
37	十字槽沉头螺钉 Cross recessed countersunk head screw	M6*25	6
38	支脚轮 Support wheel		2
39	盖形螺母 Cap nut	M6	6
40	弹簧垫圈 Spring washer	6	6
41	内六角圆柱头螺钉 hexagon socket cap screw	M6*50	2
42	防松螺母 lock nut	M6	2
43	内六角圆柱头螺钉 hexagon socket cap screw	M6*55	2
44	垫圈 washer	6	6
45	十字槽盘头自攻螺钉 Cross recessed pan head screw	ST4. 2*9.5	37
46	外六角螺栓 Outer hexagon bolt	M8*15	2
47	垫圈 Washer	8	2

48	弹簧垫圈 Spring washer	8	2
49	内六角平圆头螺钉 Hexagon round head screw	M8*45	4
50	防松螺母 lock nut	M8	12
51	十字槽盘头螺钉 Cross recessed pan head screw	M6*16	4
52	内六角平圆头螺钉 hexagon socket cap screw	M8*50	2
53	内六角平圆头螺钉 hexagon socket cap screw	M10*30	4
54	防松螺母 locknut	M10	6
55	铁氟龙垫片 washer	φ 20*φ 10.2*T1.0	8
56	垫圈 washer	10	12
57	内六角平圆头螺钉 hexagon socket cap screw	M10*45	1
58	内六角平圆头螺钉 hexagon socket cap screw	M10*65	1
59	垫圈 Washer	8	26
60	弹簧垫圈 Spring wahser	8	16
61	内六角平圆头螺钉 hexagon socket cap screw	M8*60	4
62	内六角平圆头螺钉 hexagon socket cap screw	M8*30	1
63	内六角平圆头螺钉 hexagon socket cap screw	M8*20	12
64	内六角平圆头螺钉 hexagon socket cap screw	M8*35	2
65	十字槽盘头自攻螺钉 Cross recessed pan head screw	ST4.2*16	35
66	十字槽盘头自攻螺钉 Cross recessed pan head screw	ST3*8	13
67	十字槽盘头自攻螺钉 Cross recessed pan head screw	ST3*6	2
68	4000A 按键面板 Press button board		1
69	电子表 Console		1
70	8000A 磁簧开关线 switch line		1
71	6000A 数据线 3 wire line 3		1
72	国标电源线 Power line		1
73	扶手端塞 handle bar end cover		2

Please be noted the parts which are marked with symbol *, they are wear-out parts. They can be wear-out naturally. You had better replace these parts after long time and frequent use.

标记有*号的部件是磨损件，它们会自然磨损，且在密集使用或长期使用后必须被更换。

Please contact your local service department for relate affairs, you can buy relate parts at there.

有关事宜请联系当地客户服务部门，在那里您可以购买到相关的部件。