

Orbit STARLITE SL3

SL3



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

**TOOL REQUIRED
FOR ASSEMBLY
Adjustable Wrench**

Owner's manual SL3

CAUTION : 1. *Weight on this product should not exceed 100kg/215lbs*
2. *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only The measurements of your physician should be relied upon.*

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

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I.IMPORTANT PRECAUTIONS



 MINIMUM USER HEIGHT	140 cm	 MAX USER WEIGHT	100 kg.
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WARNING:

PLACE SAFETY KEY WITH MAGNET ONTO TREADMILL CONSOLE. ATTACH CLAMP TO CLOTHING FIRMLY. THIS TREADMILL WILL NOT START WORKING UNTIL THE SAFETY KEY IS IN PLACE.

LUBRICATE TREADMILL RUNNING DECK WITH SILICON OIL AS SET OUT IN MAINTENANCE GUIDE. ALWAYS SWEEP DUST OFF DECK SURFACE AND UNDERNEATH RUNNING BELT BEFORE LUBRICATION.

KEEP THE ORIGINAL PACKING, INCLUDING CARDBOARD BOX AND POLYTHENE FOAMS, ALONG WITH YOUR PURCHASE RECEIPT AND USER MANUAL DURING THE PRODUCT WARRANTY PERIOD. YOU MAY NEED THE PACKING TO FREIGHT THE TREADMILL BACK TO OUR SERVICE DEPARTMENT.

To avoid risk of severe injuries, read carefully all the important instructions and warnings regarding the use of this treadmill before using it.

IMPORTANT SAFETY PRECAUTIONS

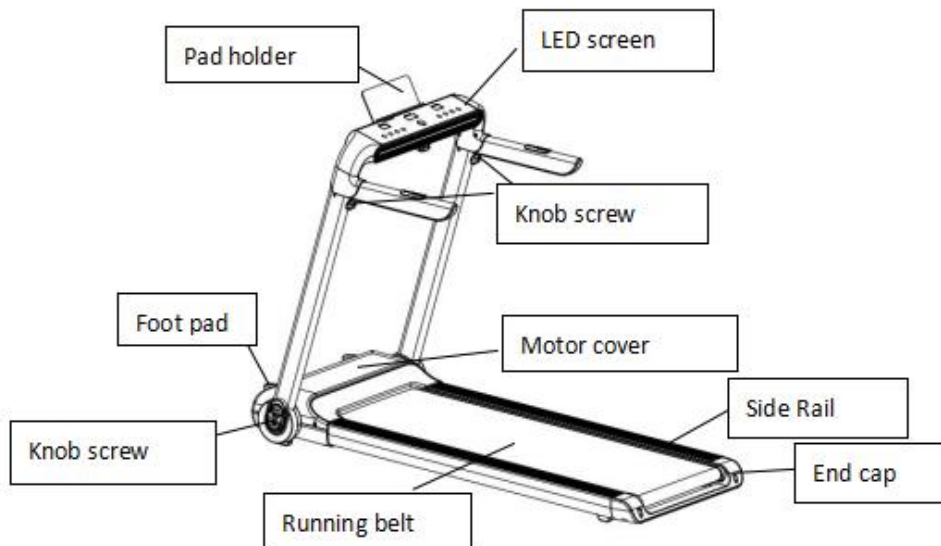
WARNING : Before starting any exercise program, consult your physician or health professional, especially for person who is above 35 years old or had some health problems before. Neither manufacturer nor distributor should be held responsible for any injuries or discomfort by the user due to above reasons.

Don't plug in power until you finish assembling the treadmill.

ATTENTIONS :

1. When using this treadmill, attach the safety key pull pin to your clothes or belt.
2. Do not plug anything into any parts of this treadmill, or it may cause damage.
3. Position treadmill on a clean, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Whereby necessary, use a rubber or PVC treadmill mat. Do not place treadmill near water or outdoors, moisture will cause damage to electronics.
4. Do not start the treadmill while standing on the walking belt. After turning the power on and adjusting the speed control, there may be a few seconds before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving. Hold onto handrails when initially start walking or running on the treadmill, let go until you are comfortable with its speed.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep small children and pets away from the treadmill while switched on.
7. This treadmill is designed for adult use, children intent to use the treadmill must have adult supervision.
8. The power cord of motorized treadmill is specialized for its purpose. Do not attempt to modify or repair it yourself. Do not place heavy object on power cord or leave it near high temperature, only plug it into well earthed power point. If it is damaged, please purchase new from distributor or contact our company directly for advice.
9. If case of an electrical failure or safety key being pulled from its pot during exercise, this treadmill may come to a stop in 3-4 seconds. Hold onto hand rail until it completely stops and step down through the side foot rails. Do not attempt to jump off the treadmill while it's still in motion.
10. When the treadmill is not being used, unplug power cord and remove safety key. Keep it in a safe indoor place and do not use it for other purpose.
11. This treadmill is designed for home use only with maximum user weight 100kg. It is improper to put it into a corporate or commercial environment and it won't be covered by its domestic warranty.

II. PRODUCT SPECIFICATION



Input Voltage	240V±10%
Frequency	50/60 Hz
Running area	1210X460mm
Function	Time, Speed, distance, Calorie, heart rate, Bluetooth & bluetooth speaker
Speed Range	1.0-13.5km/h
Incline	No incline
Max user weight	100kgs
Power	1.0 CHP

III.ASSEMBLY

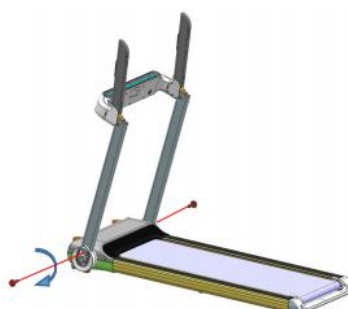
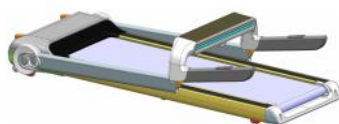


NOTICE:ASSEMBLY REQUIRES TWO PERSONS

Main	Part		Q'ty		
	1. Main frame		1set		
No.	Fittings	Q'ty	No.	Fittings	Q'ty
①	M8 Knob	2	⑥	5mm Wrench	1
②	M10 Knob	2	⑦	6mm Wrench	1
③	Silicone oil	1	⑧	Multi Wrench	1
④	Safety Key	1	⑨	User Manual	1
⑤	M6*10	2			

STEP 1

1. Lift treadmill out of box by two people and place it lightly on a flat surface, take protective polythene foams off and put back inside box. Keep fittings nearby.
2. Lift up upright posts as shown in diagram and lock them with 2pcs of M10 knob screws on both sides.



STEP 2

1. Fold down console as shown in diagram and lock it with 2pcs M8 knob screws on both sides. Be careful not to pinch wires inside posts.
2. Take out 5mm wrench and 2pcs M6*10 screw, to lock the Ipad holder. Put the safety key on the proper position.
3. Connect power cord to the correct power supply and switch on power. Treadmill console should light up and it's ready for use.

Warning: This treadmill must be grounded properly. It is equipped with a cord connecting to an equipment-grounding conductor and a grounding plug. The 3 pin plug must be plugged into an appropriate power outlet that complies with industrial codes and local requirements in relate to grounding.

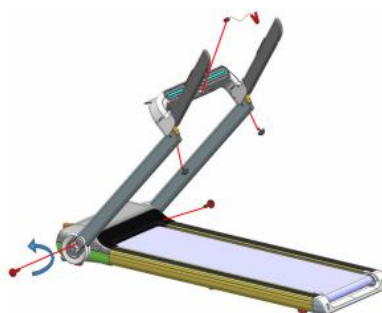
DANGER – Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product.

If it does not fit the power outlet, please have a proper outlet installed by a qualified electrician. No adapter should be used with this product



STEP 3

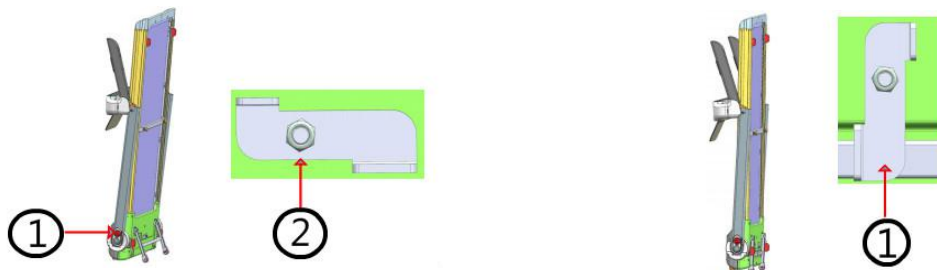
To fold down treadmill, just unlock the 4pcs knob screws, and restore it into flat position as shown in below diagram. Use 2pcs M10 knob screws to secure upright posts to main frame.



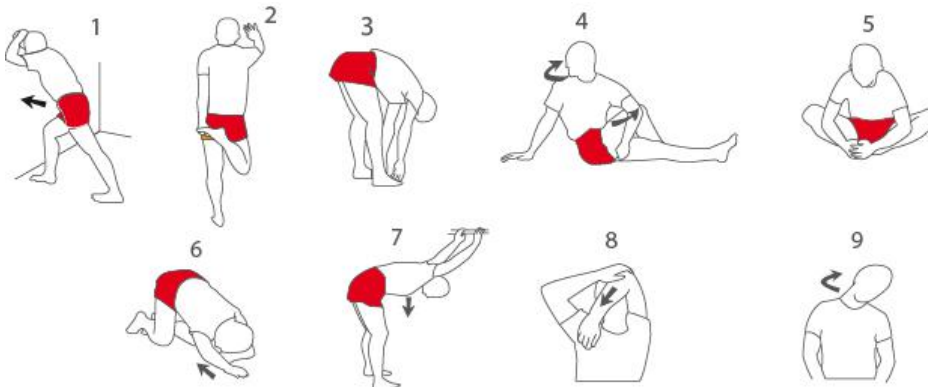
STEP 4

1. Lift up the treadmill: ① to lock the upright post with 2pcs of M10 knob screws on both sides. ② Switch the supporting frame lock to horizontal position, the supporting frame should extend out automatically. This will leave the treadmill in a steady stand-up position.

2. To lay it down, push back the supporting frame with foot, ① switch the lock to vertical position, then slowly lay it down to floor. Repeat step 1& 2 to set it up again.



IV.WORKOUT GUIDELINES



It is better to do some stretch exercise before running; this would help reduce chance of injury as well. Use 5-10 mins to warm-up. Follow above method and diagram to do stretch exercise for five repeats, and each foot for 10 seconds or more every repeat. After running, do those stretch exercises again.

When the treadmill is running, hold on hand pulse pads for about 5 seconds tightly, it will then display your pulse reading. Continue to hold on for over 10 seconds for a more stable pulse reading. However, heart rate reading is only good as exercise reference and cannot be used as medical data.

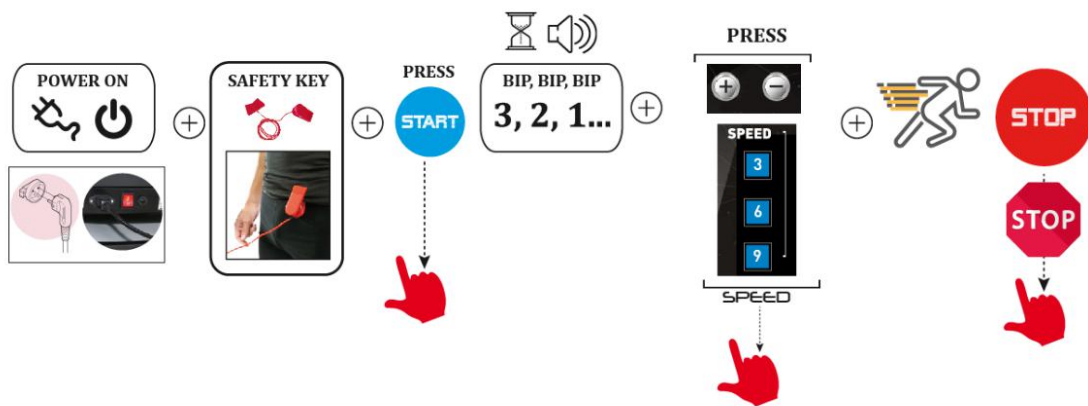
For your health concern, do not over exercise at any time. Only increase exercise intensity in a controlled manner.

V.TREADMILL OPERATION

COMPUTER



MANUAL



BLUETOOTH SPEAKER



APP GFIT



VI. MAINTENANCE

If power cord is damaged, it must be replaced by a qualified electrician or a service technician from the distributor.



DO NOT TANGLE THE POWER CORD

REGULAR MAINTENANCE OF THE TREADMILL

- **STORAGE:** Keep your treadmill indoor in stand-up position, away from dust and moisture. Don't store it in an open space where it might be exposed to weather. Moisture, dust and water could cause rust to metal parts and damage to electronics. This would void its product warranty.
- **POWER CORD:** Exam power cord regularly. Make sure it's intact. Pets bite may damage cable and cause dangerous leakage. Have it replaced when damaged.
- **SCREWS AND CONNECTING CABLES:** Exam and tighten screws on a regular basis, because screws and nuts may come loose due to vibration. Take care not to damage cables in folding up and down the treadmill.
- **LUBRICATION:** Always clean running deck and running belt before lubrication.
 - a) Switch off power and detach power cord from power supply.
 - b) Lift running belt and insert the lubricant pot as deep as possible under the belt. Apply lubricant oil onto middle of running deck. Do it from both sides of treadmill, covering areas about 15cm from motor cover to about 30cm from rear roller.
 - c) After lubrication, leave the treadmill running at 1km/h for at least 5 minutes to spread silicon oil evenly on running deck.
 - d) Please refer to below table as guide line on lubrication frequency.

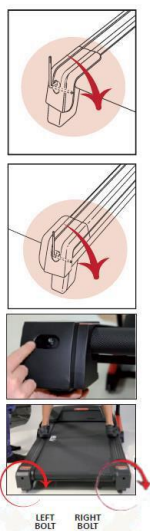
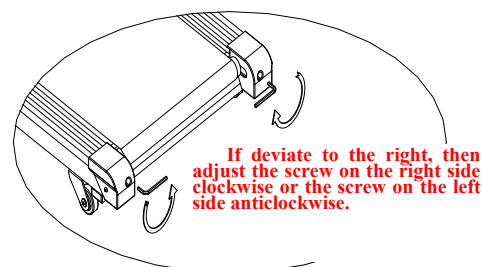
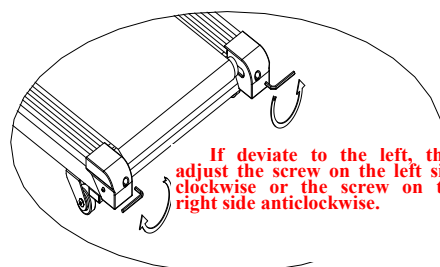
Total running hours vs lubrication frequency:

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

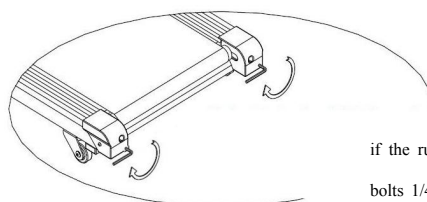
• ALIGN AND TIGHTEN THE RUNNING BELT



- **ALIGN THE BELT:** If belt has moved to left, start treadmill at 3kph .Use 6mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise by a quarter circle. Wait for at least 30 seconds for belt to align. If necessary, turn another quarter circle until the belt is aligned. Do not over tighten as it may damage the belt.



- **TIGHTEN THE BELT:** If running belt slips when walking or running, it means that belt is too loose. Start treadmill at 3kph.Use 6mm Wrench , turn both bolts 1/4 clockwise. Test and see if it fixes the problem or turn another ¼ circle. When running belt is properly tight to walk on, you should be able to pull up each side of the belt 5 to 7 cm off the platform. Be careful not to over tight. If problem persists, call distributor for advice.



Adjusting bolt

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

- **CLEANING:** Don't use abrasive products. A warm damp cloth is good.
- **LEVELING:** If equipped, adjust foot pads to level treadmill on an uneven surface. Otherwise, use floor mats to support it in leveling.

VII.RECYCLING INFORMATION



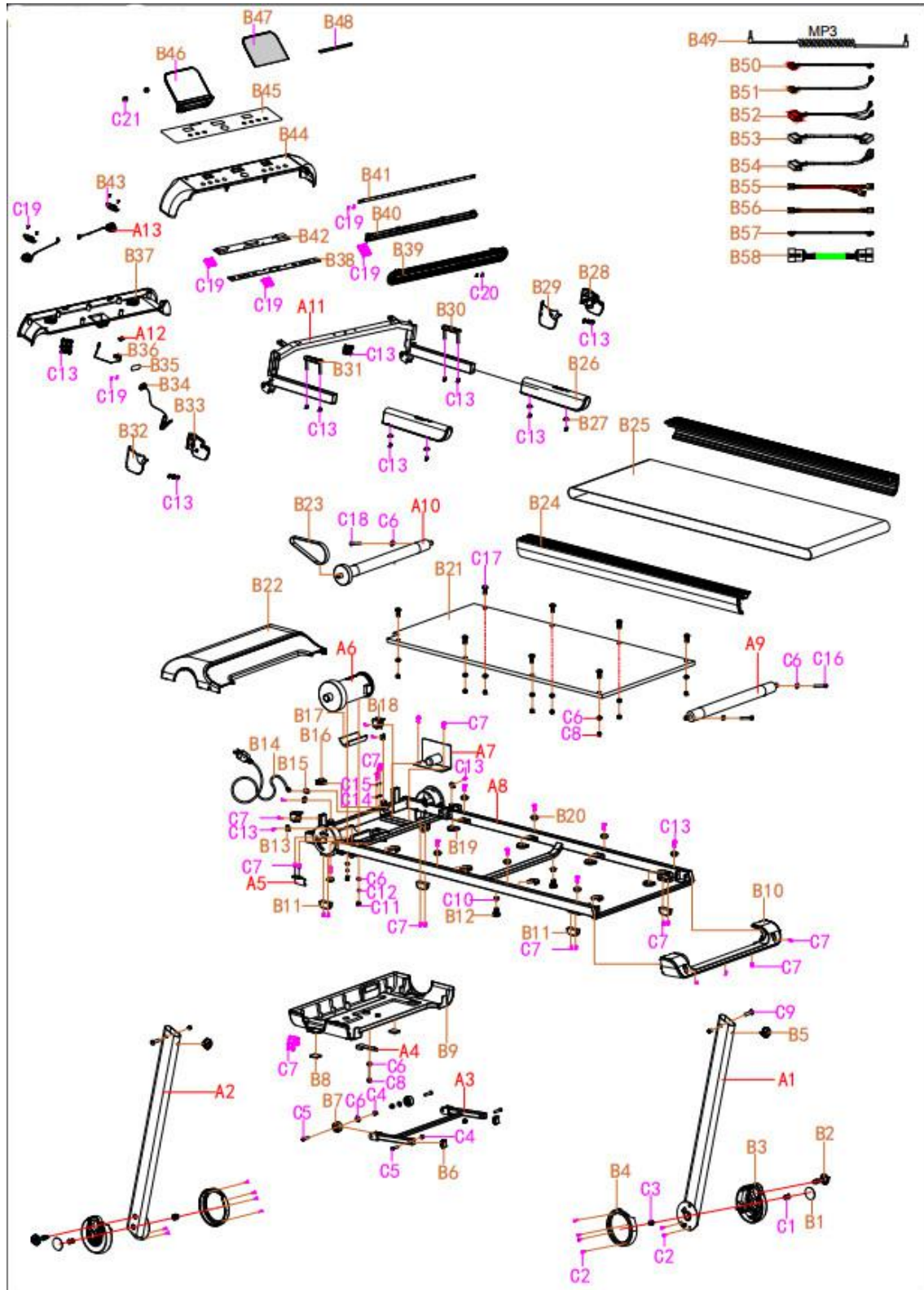
To protect environment, this product must be recycled after its useful life. Please follow local regulation in recycling.

VIII. ERRORS and TROUBLESHOOTING :

Attn: according to local regulation, you may need to get an electrician or a qualified service technician to perform below repair and service. Please contact distributor for detail advice.

ERRO CODE	REASON	HOW TO RESOLVE
E01	Communication error; signal transfer error between upper and lower PCB	Check all wires and connectors, including pins, reconnect signal wires. Replace damaged wires.
E02	Over current protection; system shuts off when current is above set limit	Check motor, if burnt or losing torque, replace motor; check lower PCB, if burnt, replace lower PCB; check input voltage if it's below requirement, switch to another power point and test, if error persists, get an electrician to look into power point.
E03	Over load protection; system shuts off when user is over weight limit or treadmill has been used over time	Switch off treadmill and allow drive motor to cool down for at least half an hour, switch on again; have treadmill cleaned and lubricated, check treadmill mat see if it's over tightened
E04	power surge; system shuts off when motor rotation is blocked or lower PCB capacitor is blown in power surge	switch off and on again to check if lower PCB is damaged by power surge, replace lower PCB if damaged
E05	Anti-surge protection	check input voltage if it's below 50% of standard; check lower PCB if IGBT is blown; check connection and wire between lower PCB
E06	motor wire connection has come loose	check motor wire for damage, reconnect or replace
---	Safety key not in place	place safety key back in console; replace safety key or magnet

IX. EXPLODED VIEW and PARTS LIST



Parts List

No.	ITEM	Description	Qty
A1	upright steel frame L		1
A2	upright steel frame R		1
A3	Running platform bracket		1
A4	support frame limiting plate		1
A5	front roller retainer		1
A6	motor		1
A7	Main PCB(lower control)		1
A8	main steel frame		1
A9	rear roller		1
A10	front roller		1
A11	panel steel frame		1
A12	safetykey iron sheet		1
A13	speaker		2
A14	lpad limit spring		1
B1	sticker		2
B2	upright fixed knob	M10	2
B3	upright post outer cover		2
B4	upright post inner cover		2
B5	pannel fixed knob	M8	2
B6	flat pipe close		2
B7	Base transportation wheel		2
B8	main steel frame shock absorber rubber pad		2
B9	lower motor cover		1
B10	rear cover		1
B11	foot pad		4
B12	adjustable foot pad		2
B13	motor cover fixed plastic parts		4
B14	power cable		1
B15	Power cord buckle		1
B16	power switch		1
B17	motor cushion		1
B18	running board support pad		2
B19	rubber Shock absorber cover		8
B20	slider		8
B21	running board		1
B22	upper motor cover		1
B23	Elastic multi groove belt(motor belt)		1
B24	side stripe		2
B25	running belt		1
B26	hand rail foam		2
B27	plastic gasket		4
B28	panel outer side cover L		1
B29	panel inner side cover L		1
B30	hand rail quick key L		1
B31	hand rail quick key R		1
B32	panel outer side cover R		1
B33	panel inner side cover R		1

No.	ITEM	Description	Qty
B34	safetykey		1
B35	safety key sticker		1
B36	Reed switch		1
B37	lower computer cover		1
B38	Touch control panel		1
B39	plastic speaker network		1
B40	light guide plate		1
B41	Light strip board		1
B42	Screen PCB (upper control)		1
B43	Plastic plate		2
B44	upper computer cover		1
B45	Acrylic main sticker		1
B46	iPad holder		1
B47	iPad pad		1
B48	Silicone stripe		1
B49	MP3 wire		1
B50	handrail quick key wire R		1
B51	handrail quick key wire L		1
B52	heart rate wire		1
B53	data wire		1
B54	data wire		1
B55	AC Bifurcated wire		1
B56	AC connection wire		1
B57	Light strip power cord		1
B58	button board wire		1
C1	screw	M10*20	2
C2	Self-tapping screws	ST4X16	12
C3	Nut	M10*T7.5	2
C4	Nut	M6	4
C5	screw	φ8×30*M6(10)	4
C6	metal gasket	match M8 screw	16
C7	ss belt self-drilling self-drilling screw	ST4X16	28
C8	Nut	M8	9
C9	screw	φ8*M6*30	2
C10	nut	M8	2
C11	screw	M8×12	2
C12	Spring pad	match M8 screw	2
C13	Self-tapping screws	ST4X16	41
C14	metal gasket	match M4 screw	2
C15	Spring pad	match M4 screw	2
C16	screw	M8×60	2
C17	screw	M8×35	8
C18	screw	M8×50	1
C19	Self-tapping screws	ST3X8	28
C20	Self-tapping screws	ST4X10	2
C21	screw	M6X10	2