



PRO RUN X

OWNER'S MANUAL

WEBSITE



MANUAL



DKN®

MOTORIZED TREADMILL



PLEASE READ THE INSTRUCTIONS CAREFULLY BEFORE
ASSEMBLY AND USING THE TREADMILL
KEEP THE MANUAL FOR FUTURE REFERENCE.

WARNING

- When using this treadmill, keep attaching the safety key rope to your clothes.
- When you are running, keep your hands swinging naturally, your eyes staring forward and never look down at your feet.
- Increase the speed step by step when running.
- When emergency happens, take away the “safety key” immediately.
- Leave the treadmill after the running belt is fully stopped.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

- 01- Before starting any exercise program, consult with your physician or health professional.
- 02- Check all the bolts are securely locked. Use only original parts as delivered. For repairs use only original spare parts. In case of repair please ask your dealer for advice.
- 03- Never put the treadmill in a humid area, or it will cause troubles.
- 04- We take no responsibility for any troubles or hurts due to above reasons.
- 05- Dress sport clothes and shoes before running.
- 06- Do not do exercise in 40 minutes after meal.
- 07- To prevent hurts, please warm up before exercise.
- 08- Consult with doctor before exercise if you have high blood pressure.
- 09- The treadmill is only used for adults.
- 10- Do not plug anything into any parts of this equipment, or it may be damaged.
- 11- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put anything heavy on cable or put the cable near heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- 12- Switch off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.
14. Maximum weight of user 180 KGS.
15. Pulse data may not be very accurate, so cannot be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected and the safety key is effective before using the treadmill. Fit one side of the safety key on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before removing the treadmill motor cover.
8. Make sure there is no less than 2*1m space behind the treadmill.
9. Keep children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
10. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety key immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.
14. Put the safety key away where it can not be reached by the children.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have them replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

17. 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.

18. Put your feet on the side rail before using the treadmill, and always attach the safety key rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid losing balance, please slow down the speed to the lowest or take off the safety lock. And hold the handle bar to jump to the side rails when emergency or the safety key is not attached.

WARNING! Consult your physician before starting with any exercise program. He can advise on the kind of training and which impact is suitable.

WARNING! This machine is not suitable for therapeutic or medical purpose.

WARNING! Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms STOP EXERCISING IMMEDIATELY AND CONSULT A PHYSICIAN WITHOUT DELAY.

WARNING! Inappropriate use of this machine such as while under the influence of drugs or alcohol, not in line with instructions or excessive usage, may result serious injury or death.

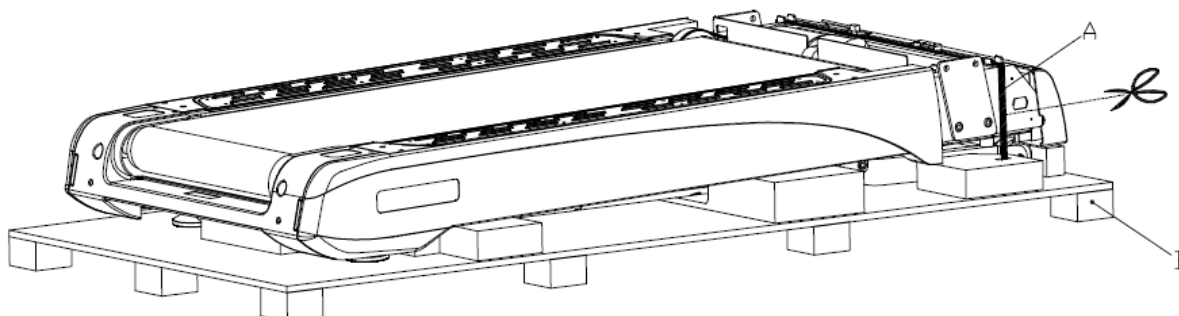
WARNING! Incorrect/excessive training may cause health injuries.

- ▶ The owner's manual is only for customers' reference.
- ▶ The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.
- ▶ DKN-Technology ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT

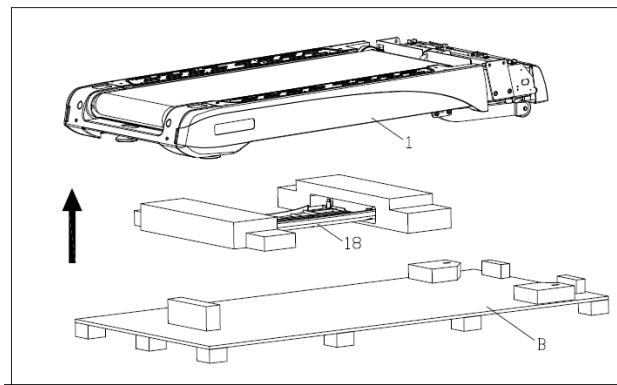
ASSEMBLY STEPS

STEP 1:

1. Cut off the straps (A), take out the main frame (1) from wooden pallets (B) as picture shown, and then Place the main frame (1) on the floor;
(Note: Be careful when taking the main frame (1) to avoid breaking the Motor cover (18) that is placed under the main frame (1).



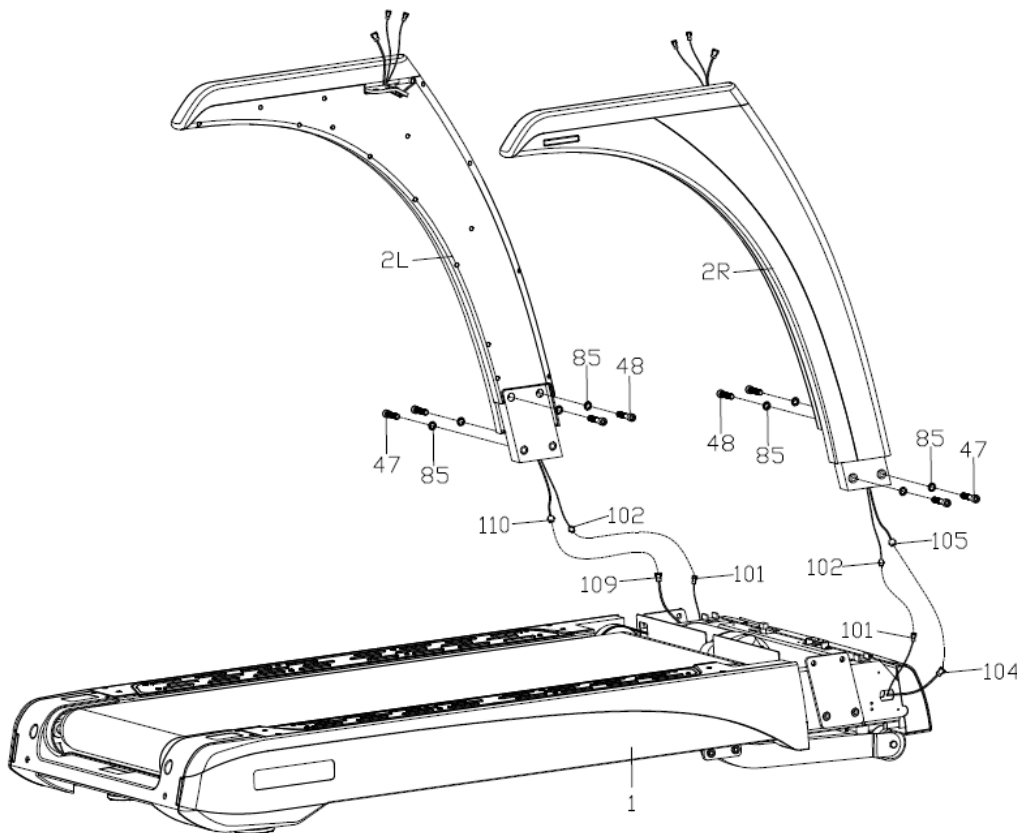
NO	NAME	QTY
A	straps	1
B	wooden pallets	1



STEP 2:

1. Connect rear end cap lamp power supply line (101) and rear end cap lamp power supply medium line (102); connect the computer lower wire 1 (104) and computer connecting wire 1 (105); connect the computer lower wire 2 (109) and computer connecting wire 2 (110)

2. Lock the upright tube joint(2L/R) on the main frame(1)with hexagon bolts in cylinder head(47)、 hexagon bolts in cylinder head(48)、 internal serrated lock washer(85),don't lock the hexagon bolts in cylinder head(47)、 hexagon bolts in cylinder head(48)now.



STEP 3:

1. As picture shown

Connect the rear end cap lamp power supply medium line (102) and rear end cap lamp power supply line (103)

Connect the computer connecting wire (105) and computer upper line (106);

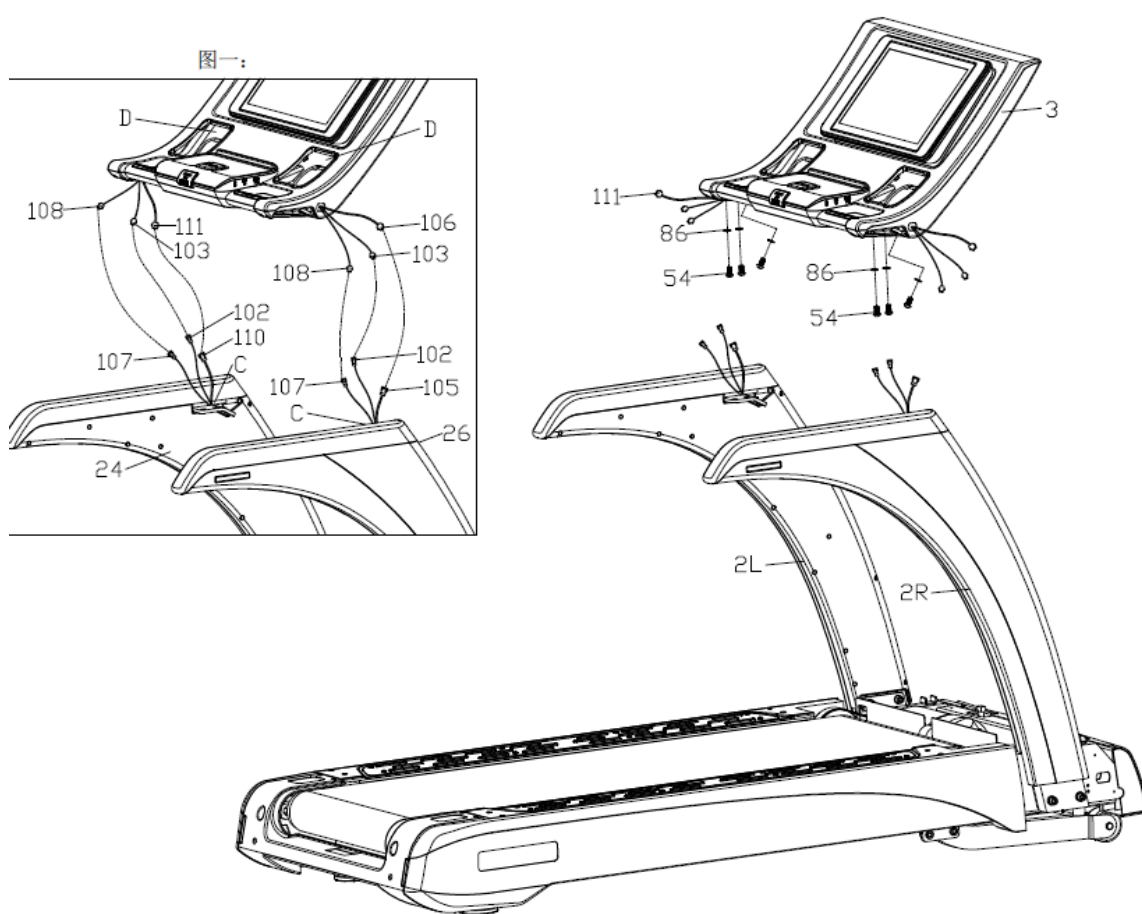
Attach the power of armrest lamp (107) and power of the armrest lamp (108);

Connect Computer connecting wire 2 (110) and Computer upper wire 2 (111);

(Note: when the all wires are connect well, move the all wires from C hole of computer (3) to the inside of computer, and for avoid the wires are crushed, tighten the all wires through hole D)

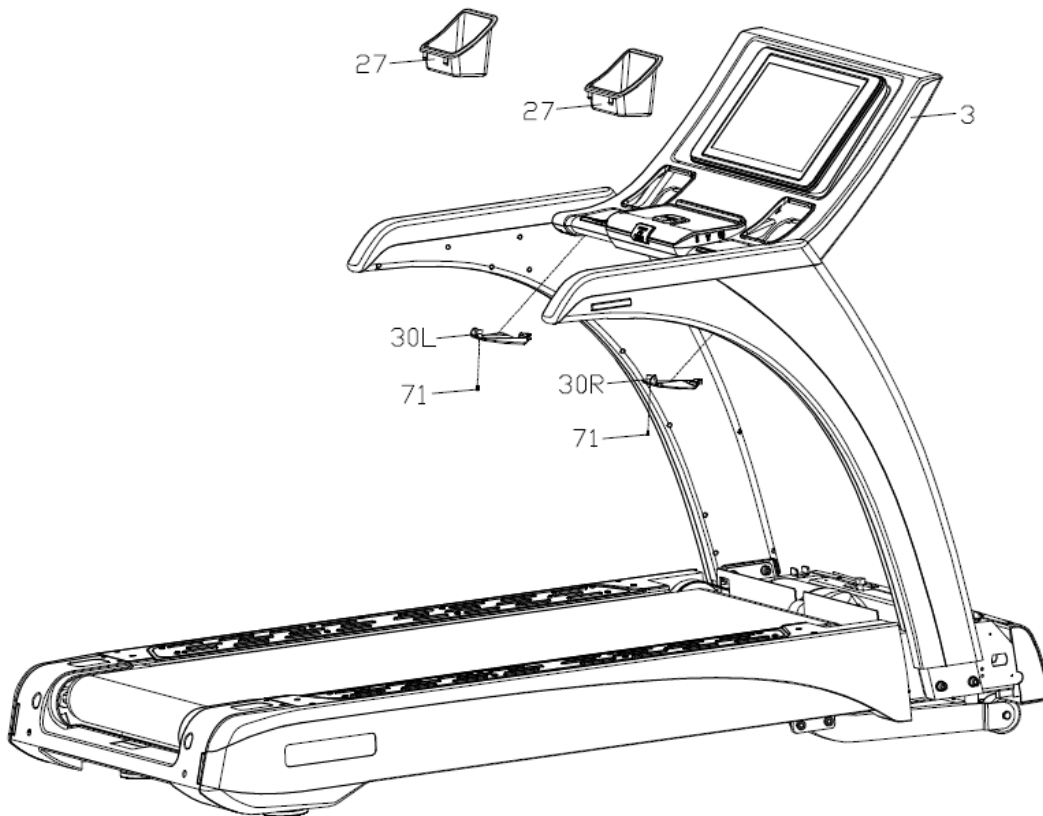
2. Attach the computer(3)to the upright tube joint(2L/R)by using inner hexagonal head cap screws(54)、 internal serrated lock washer(86).

3. Lock the all bolts tightly.



STEP 4:

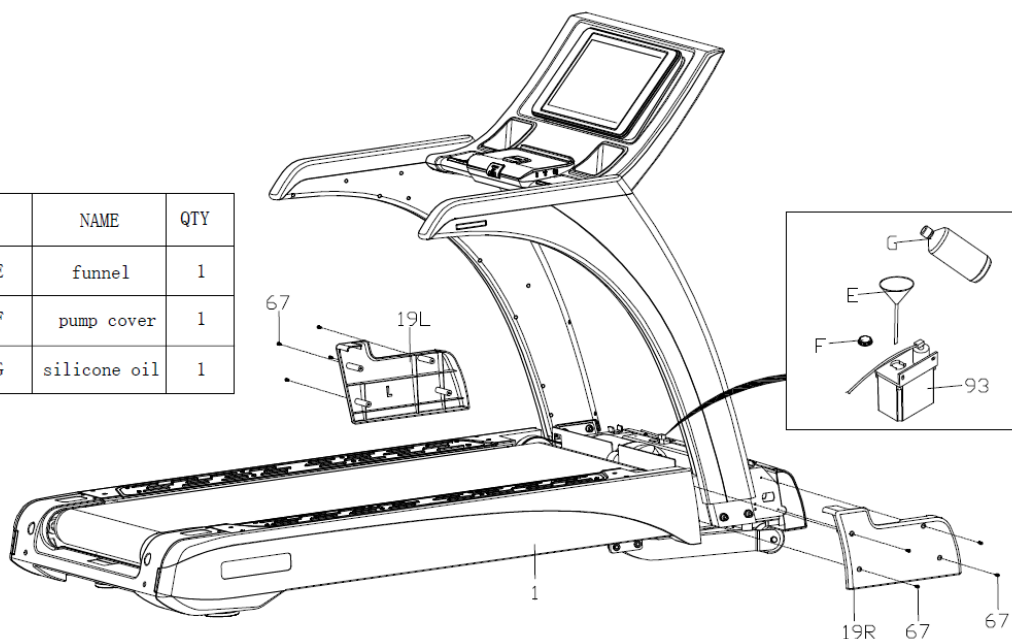
1. Make sure the all wires are hide along the inner wall of computer, then lock the kettle box(27)on the computer(3);
2. Attach the computer cover (30L/R)on the computer(3),and lock tightly with cross recessed pan head screw(71);



STEP 5:

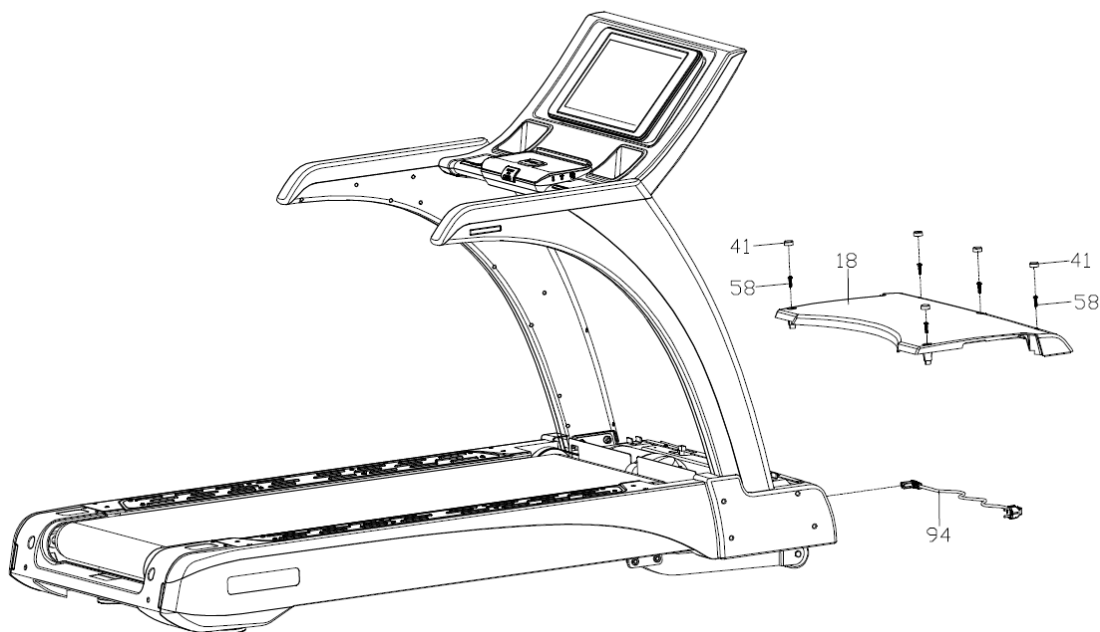
1. Add the silicone oil (G) to pump (93) by funnel (E), then tighten the pump cover (F) as picture shown;
2. Lock the frame side tube front cover (19L/R) on the main frame (1) with cross recessed pan head tapping screws (67)

NO	NAME	QTY
E	funnel	1
F	pump cover	1
G	silicone oil	1



STEP 6:

1. Attach the motor cover (18) on the main frame (1) with cross recessed pan head screw (58), and then put the silicone bolt stopper (41) inside the screw hole
2. Insert the power line (94) to the power socket of main frame (1)



GROUNDING METHODS

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.

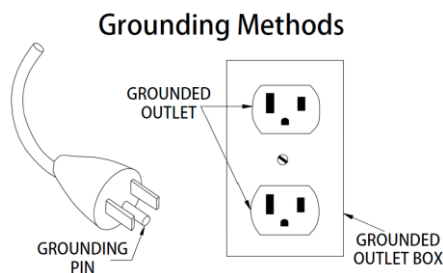
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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 for use on a nominal **220-volt** circuit and has a grounding plug that is in accordance with VDE. Make that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

Please pay great attention to the voltage of power and the plug of the power. Wrong voltage and plug will cause fault of the product. Below plug just for setting reference.



TECHNICAL PARAMETER

ASSEMBLY SIZE (mm)	2155*990*1510	POWER	AS ORDER
RUNNING SURFACE (mm)	600X1600	MAX OUTPUT POWER	AS ORDER
NET WEIGHT	241KG	INPUTVOLTAGE	AS ORDER
GROSS WEIGHT	330KG	SPEED RANGE	1.0-25 KM/H
MAX USER'S WEIGHT	180KG	INCLINE	0-15%

OPERATION INSTRUCTIONS



Keys Functions Instructions

1. **Function button:** , , , , , , , , , , , , , , , , , , STOP.

2. **Function button instruction :**

A START: Press this button to start treadmill

B STOP: Press this button to stop treadmill






E SPEED: add and subtract the speed: Adjust the speed

F SPEED SHORTCUT KEY: , , , , when motor is working, the key moves the speed to the speed value marked on the key.

G INCLINE: incline add-subtract key: adjust the incline


H INCLINE SHORTCUT KEY: , , , when motor is working, the key moves

the incline to the incline value marked on the key.






- I Volume add-subtract key: ,  adjust the volume when playing music
- J Previous/next key: ,  select playlist to play music
- K PLAY/STOP:  Used to play and pause music

2、MANUAL PROGRAM:

①How to enter manual program:

- A. Turn on power switch, go directly to normal mode in manual mode.
- B. In idle mode, press " go into normal mode in manual mode.

②OPERATION IN MANUAL MODE:

- A. Press the " key, the time counts down for 3 seconds, and then the motor starts to run, and the initial speed is 1.0km/h;
- B. Press " and " keys to adjust the speed;
- C. Press " and " keys to adjust the incline;
- D. Press the speed quick keys to quickly set the speed marked by the key;
- E. Press the incline quick keys to quickly set the incline marked by the key;
- F. Press the stop key, the motor stop running;

3、USB/Audio function:

USB: USB interface, read the audio and video data of USB

: Audio output (earphones)

: Audio output (cellphone)

4.Note:

- A. Heart rate data is for reference only and cannot be used as medical data.

Start up screen



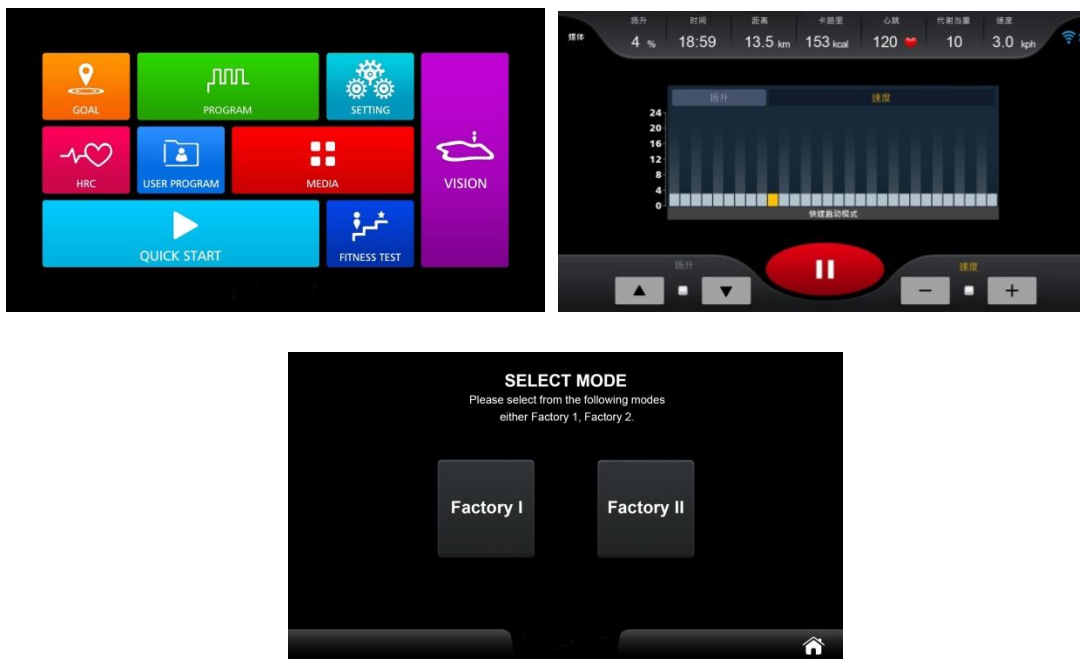
1.Conspectus

This system is the upper table controller (console) of the treadmill. The user can operate all function pages of the system through the TFT LCD screen with touch function.

Below, the human-machine interface of this system will be described in detail. All software-related design and development in the system will be based on the description in this article, and any specification revisions will also be marked in the revision table for tracking, record.

2 .Main operation interface

The system includes three control function pages, (HOME CTRL PAGE-HCP), (WORKOUT CTRL PAGE-WCP), (ENGINEER CTRLPAGE-ECP), shown in Image 2.1. 1:



2.1.1 Main operation function page

For the complete operation interface description, please refer to the following sections in detail to confirm the operation process, details and methods of this system.

2.1 Abbreviation

HCP	HOME CTRL PAGE
WCP	WORKOUT CTRL PAGE
ECP	ENGINEER CTRL PAGE
GUI	Graphics User Interface

3 TFT LCD Graphical User Interface

The GUI of this system is operated by touch. The following describes the general design specifications for all functional screens for "effective operation": It show two or more icon variations. For example, the "button" contains two different icons for pressing and releasing, or the invalid items in the group buttons are displayed in a colorless (gray scale), etc. A short beep sound prompts the user that the operation is a valid function.

On the contrary, "for the invalid operation", there is no corresponding beep sound and no change in the icon display. The above-mentioned display and beep sound design methods are widely used in this system and will not be described in other sections.

The following sections will describe in detail from three major parts: HCP, WCP, and ECP. Among them, HCP includes exercise program selection, language setting and system setting; WCP includes exercise condition setting, exercise progress, multimedia functions, exercise results; ECP includes system calibration, system parameters, system information, system update and lock settings.

The functions provided by this system are based on the description in this document. Any new/deleted functions or definitions in this document will also be revised and clearly marked in the Revision.

3.1 CONSOLE KEY FUNCTION

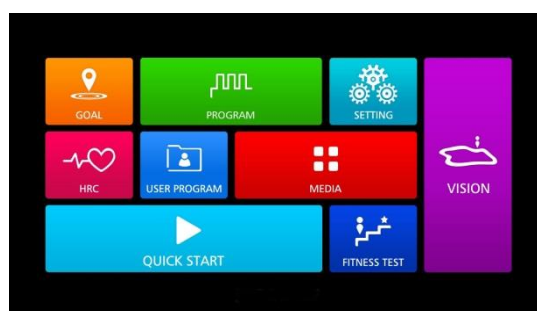
3.1.1 Description of each function of the key board

ITEM	INSTRUCTION
START KEY	<ul style="list-style-type: none"> ● If the program is being set, press START KEY to accept the set value and start the treadmill. ● Press START KEY to start the program, DM displays "3 2 1 START", (3, 2, 1 are short beeps; START is long beeps) ● Press this KEY in PAUSE MODE to execute the program again. The speed continues to run at the corrected minimum speed, the incline is 0, and all data continue to be accumulated. (Except P mode, user mode and exercise test mode. P mode and user mode run in minimum speed, the lowest speed of user mode, minimum incline. The segment haven't executed run in original data; The current and the segment haven't executed of exercise test mode run in original data.)
STOP KEY *2	<ul style="list-style-type: none"> ● Press STOP KEY during exercise to enter the PAUSE mode, DM displays "PAUSE", SPEED returns to zero and incline resets. ● Press the STOP KEY again to enter the END MODE, and the speed, incline will return to zero.
INCLINE+ *2	<ul style="list-style-type: none"> ● <input type="checkbox"/> This KEY is used to increase the incline slope in the program (add 1 for each adjustment). ● <input type="checkbox"/> Press this KEY for two seconds to enter continuous KEY mode. ● <input type="checkbox"/> The other is pulled out onto the armrest.
INCLINE- *2	<ul style="list-style-type: none"> ● <input type="checkbox"/> This KEY is used to decrease the slope in the execution program (decrease 1 for each adjustment). ● <input type="checkbox"/> Press this KEY for two seconds to enter continuous KEY mode. ● <input type="checkbox"/> The other is pulled out to the armrest.
SPEED+ *2	<ul style="list-style-type: none"> ● This KEY is used as an acceleration function during program execution (add 0.1 for each adjustment). ● Press this KEY for two seconds to enter continuous KEY mode. . ● The other is pulled out to the armrest.
SPEED- *2	<ul style="list-style-type: none"> ● This KEY is used as a deceleration function during program execution (minus 0.1 for each adjustment). ● Press this KEY for two seconds to enter continuous KEY mode. ● The other is pulled out to the armrest
SPEED QUICK KEY	<ul style="list-style-type: none"> ● There are four quick keys on the console for the 3/6/9/12 segment speed.

INCLINE QUICK KEY	<ul style="list-style-type: none"> ● There are four quick keys on the console for the 3/6/9/12 segment slope.
VOLUME-	<ul style="list-style-type: none"> ● This KEY is use to lower volume of media and setting interface(minus 0.1% for each adjustment) ● Press this KEY for two seconds to enter continuous KEY mode.
VOLUME+	<ul style="list-style-type: none"> ● This KEY is use to increase volume of media and setting interface(plus 0.1% for each adjustment) ● Press this KEY for two seconds to enter continuous KEY mode.

3.2 Main function page

The HCP screen as shown in Image 3.2.1 includes two abbreviations (HOME MAIN FUNC-MF), which are workout program selection and system settings.



3.2.1 Main screen

There are include 7 different workout program, which contains multimedia and settings for users to choose in central area, refer to Image 3.2.1

System setting: the blue icon in the upper right corner, press it to switch to the system setting screen, refer to Image 3.2.2

3.2.1 MF- WORKOUT PROGRAM

The workout programs of this system include 7 different types of workout programs: GOAL, QUICK START, PROGAM, HRC, FITNESS TEST , USER PROGRAM and VIRTUAL REALITY, as shown in Figure 3.2.2:



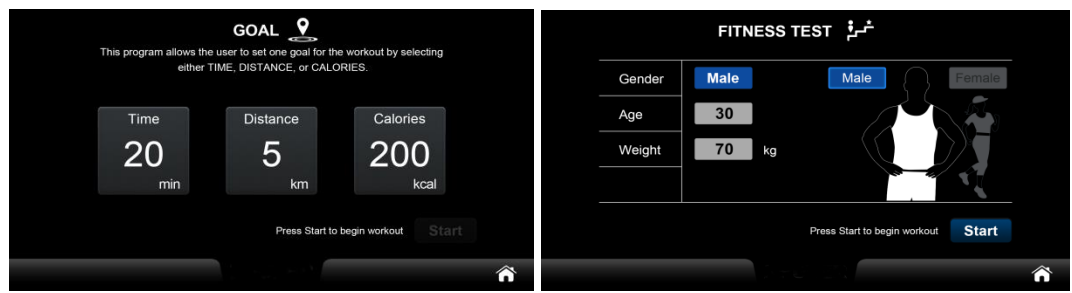
3.2.2 workout program selection function

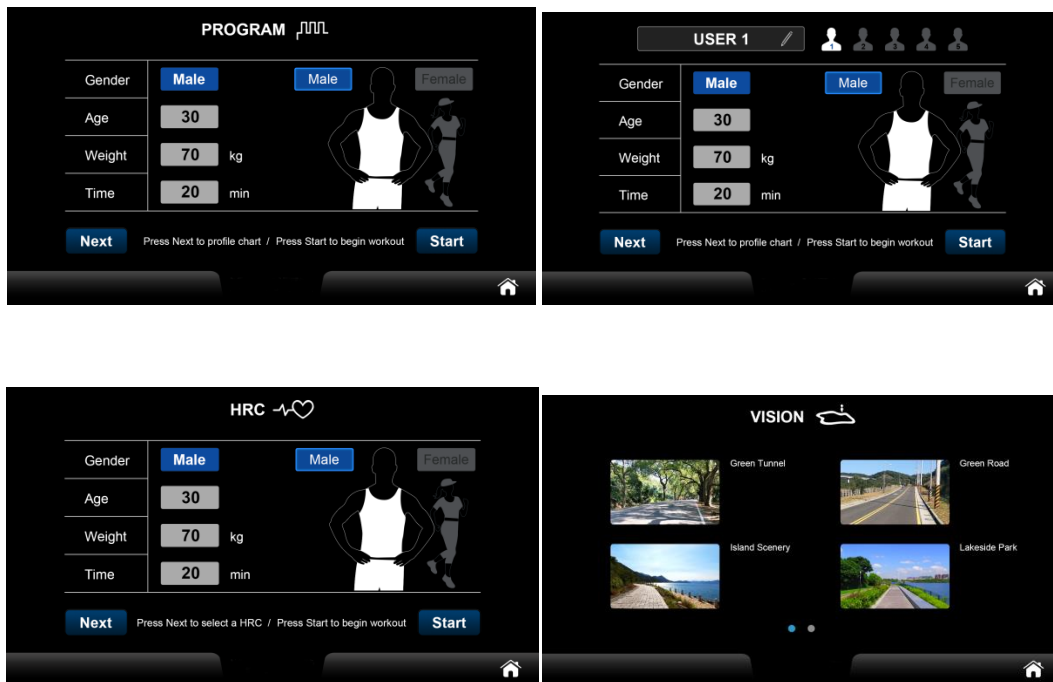
The six sub function workout program (as short for [workout program])will be described in the following section, and use the [workout program] setting function, [workout program] shared function, [workout program] exclusive function respectively describe. Among them, the setting functions are different in each program, so they are proposed separately; and the shared function part, because the corresponding shared function items in each mode are different. If it exist, they are all unified operation methods or displays. Therefore, this document describes the shared function page as an independent chapter, and only in the shared function chapter of each workout program, presents the common function items in a table and provides a hyperlink to the corresponding chapter for the convenience of users to query. As for the exclusive function chapter, it may or may not exist depending on the different workout program .

3.2.1.1 [WORKOUT PROGRAM] SETTING FUNCTION

After HCP selects [Workout Mode], the system screen will switch to the target parameter setting page of [Workout Mode].Refer to Figure 3.2.3, it can be seen that the adjustable parameters of different workout programs may be different, so the following will describe all possible parameter adjustment details in a tabular manner, and then list tunable parameter of [workout program] at the end of this section.

The [workout program] setting page is divided into 3 major areas, which are: Setting, Home, and Control. Refer to Table 3.2.1 for function details.






3.2.3 [Workout program] setting page

3.2.1 Function summary of exercise parameter setting page

CATEGORY	SUB FUNCTION	DEFAULT	RANGE	UNIT	DESCRIPTION
SETTING	TIME	20	It is different in each mode, refer to the description field	MIN	<ul style="list-style-type: none"> When the input time is less than 5, it will automatically become 0 When the input time is greater than 99, it will automatically change to 99 When it is set to 0, refer to Table 3.2.2 GOAL mode Min[20]/Max[99] Min[0]/Max[99] in other programs The time of each sport mode is independent
	DISTANCE	5	Max[99] Min[1]	KM/MILE	
	CALORIES	200	Max[9999] Min[10]	KCAL	

	GENDER	Male	N/A	N/A	
	AGE	30	Max[99] Min[10]	N/A	
	WEIGHT	70kg/1 54lb	Refer to the description	KG/LB	<ul style="list-style-type: none"> ● METRIC: Max[200]/Min[20] ● ENGLISH: Max[440]/Min[44]
	HRC (60%/80%)	N/A	N/A	BPM	Refer to table 3.2.9
	TARG ET HR	80	Max[180] Min[80]	BPM	Refer to table 3.2.9
	PROFIL E (SPEED)	Min speed	Refer to the description	KPH/ MPH	<ul style="list-style-type: none"> ● The max /min speed is subject to the final calibration value in ENGINEER MODE
	PROFILE (INCLINE)	0	Refer to the description	%	<ul style="list-style-type: none"> ● <input type="checkbox"/> The max /min incline is subject to the final calibration value in ENGINEER MODE
Home		N/A	N/A	N/A	<ul style="list-style-type: none"> ● Press to return to HCP
Control	START	Enable	N/A	N/A	<ul style="list-style-type: none"> ● <input type="checkbox"/> The enable icon is displayed and can be pressed to start the Workout function

3.2.2 Target parameter

Target parameter	Instruction
TIME	<ul style="list-style-type: none"> ● When this parameter is 0, the exercise time will increase the above number, and after 99:59, it will return to 0:00 and continue counting. ● When this parameter is not 0, the movement time will be decremented by the following numbers until the movement stops at 0:00

When in Quick Start workout program, the default time value is different from other programs, it is set to 0 and cannot be changed.

Value adjustment keys

The value on the parameter configuration page is adjusted by imputing the value panel, as shown in Table 3.2.3, which describes the operation and function of each function key.

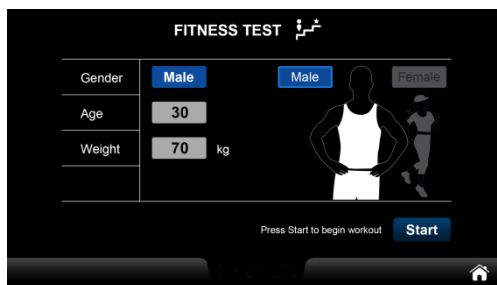
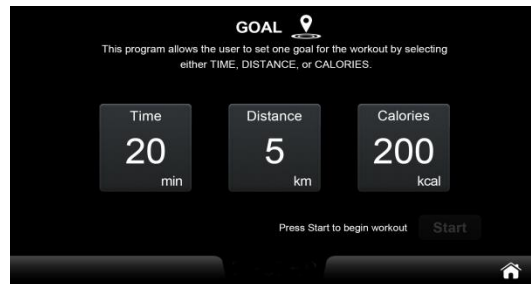
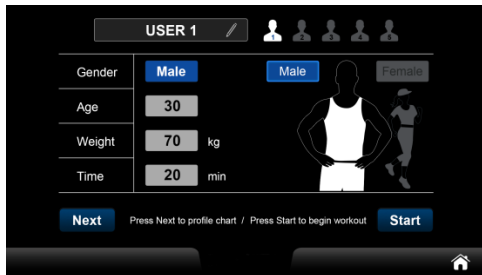
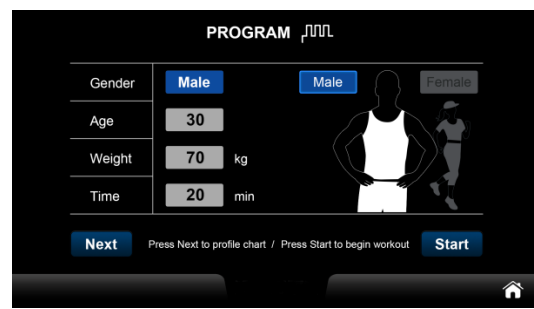
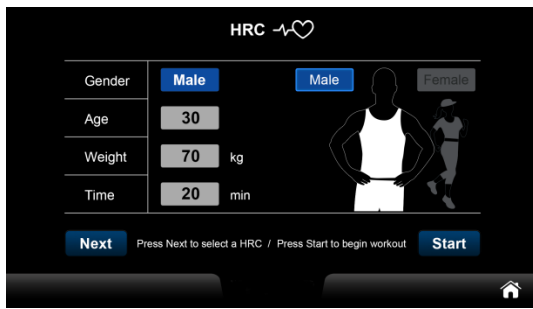


FUNCTION KEY	Instruction
Value type	<ul style="list-style-type: none"> ● Display the impute value category at the top of the panel
Value display area	<ul style="list-style-type: none"> ● It is used to display the input parameter value in real time. After pressing the ENTER key, the input value display on the corresponding screen field (after pressing the ENTER key, no value range determination will be made)
Value input key	<ul style="list-style-type: none"> ● It is used to set the parameter value. It is used in different types of parameters and reaches the upper limit of the range or is lower than the lower limit of the range ,when pressing the ENTER key, the confirmation value of each parameter is handled differently, refer to Table 3.2.1/Table 3.2.2
Value confirm key	<ul style="list-style-type: none"> ● It is the ENTER key below the value input panel. After pressing, the input value will be display after being judged according to the conditions in Table 3.2.1/Table 3.2.2.

3.2.3 General table of parameter adjustment function keys

Parameter special case

The setting value of each parameter is different. After pressing the START Key, the system will perform the exercise process and calculation in different ways. Based on safety factors, when the walking belt is not stopped, the START key on the setting page of each exercise mode will be is invalid.



3.2.4 START invalidation of setting page

3.2.1.2 [WORKOUT PROGRAM] Share Function

In addition to the above descriptions, there are 6 possible system functions including PREPARE/WORKOUT/PAUSE/COOL DOWN/SUMMARY/MEDIA. Refer to Table 3.2.4 for possible operations and timing of each function/state. The detailed description of each function/state will be explained independently in the subsequent chapters (the corresponding chapters are shown in Table 3.2.4).

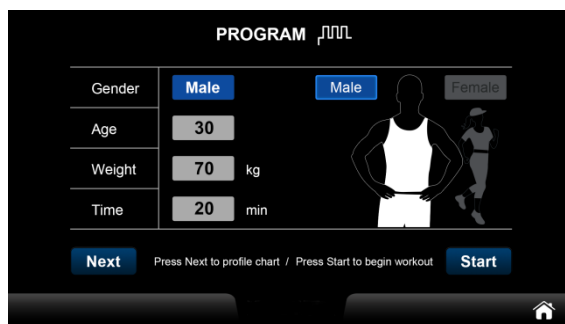
3.2.4 Correspondence table of shared function description

Function/ Condition	Description
PREPARE	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] Press START KEY ● [ENTRY CONDITIONS] In the PAUSE mode, pressing continue. ● [LEAVE CONDITION] After 3-2-1-GO is displayed, leave this page and enter the WORKOUT page. ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back in, enter HCP.
WORKOUT	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] After PREPARE display. ● [LEAVE CONDITION] Press the PAUSE key during the process. ● [LEAVE CONDITION] In this state, you will enter the COOLDOWN mode if any of the workout conditions are met. ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back Enter HCP
PAUSE	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] The status page after pressing the PAUSE key in the system WORKOUT function page. ● [LEAVE CONDITION] If the STOP key is pressed in this status page, the system status will switch to the SUMMARY status page. ● [LEAVE CONDITION] If the CONTINUE key is pressed in this status page, it will switch to the PREPARE status page. ● [LEAVE CONDITION] If there is no operation for 3 minutes on this status page, it will automatically enter SUMMARY. ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back in, leave this status page, and enter HCP.
COOLDOWN	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] Except for QUICK START mode, in all exercises modes, as long as any program condition is satisfied in WORKOUT state, this state page will be entered immediately (stop the workout manually will directly enter SUMMARY, skip this state page). ● [LEAVE CONDITION] If you press SKIP in this status page, it will switch to SUMMARY. ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back in, leave this status page, and enter HCP.
SUMMARY	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] In the pause mode, pressing STOP key ● [ENTRY CONDITIONS] Enter after 3 minutes without any key input in the PAUSE mode. ● [ENTRY CONDITIONS] Enter after completing the COOLDOWN exercise. ● [ENTRY CONDITIONS] In the COOLDOWN mode, press the SKIP key. ● [ENTRY CONDITIONS] In HRC mode, satisfied certain condition (refer to Table 3.2.8 Item 4/5). ● [LEAVE CONDITION] Press the HOME key to return to HCP. ● [LEAVE CONDITION] Go back to HCP after 3 minutes of inactivity . ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back. Enter HCP.

MEDIA	<ul style="list-style-type: none"> ● [ENTRY CONDITIONS] Press MEDIA key on the upper left while WORKOUT MODE, the screen display Multimedia menu. ● [ENTRY CONDITIONS] Enter from HCP. ● [LEAVE CONDITION] Press BACK KEY, and go back to WORKOUT mode. ● [LEAVE CONDITION] If any workout condition is satisfied, then engage to SUMMARY ● [LEAVE CONDITION] Unplug the SAFETY KEY and then plug it back. Enter HCP.
-------	--

3.2.1.3 PROGRAM SETTING

There are 32 training modes for selection in this mode, namely P1-P32. There are 32 different training modes are listed in Table 3.2.5. Click the mode, the corresponding icon of the selected mode will light up, and display the relative profile. PX will be displayed under the PROFILE graphic. Refer to Figure 3.2.5 for the setting page. During the movement, as long as the set target condition is satisfied, the system immediately ends the WORKOUT.



3.2.5 PROGRAM setting

3.2.5 PROGRAM parameter related information

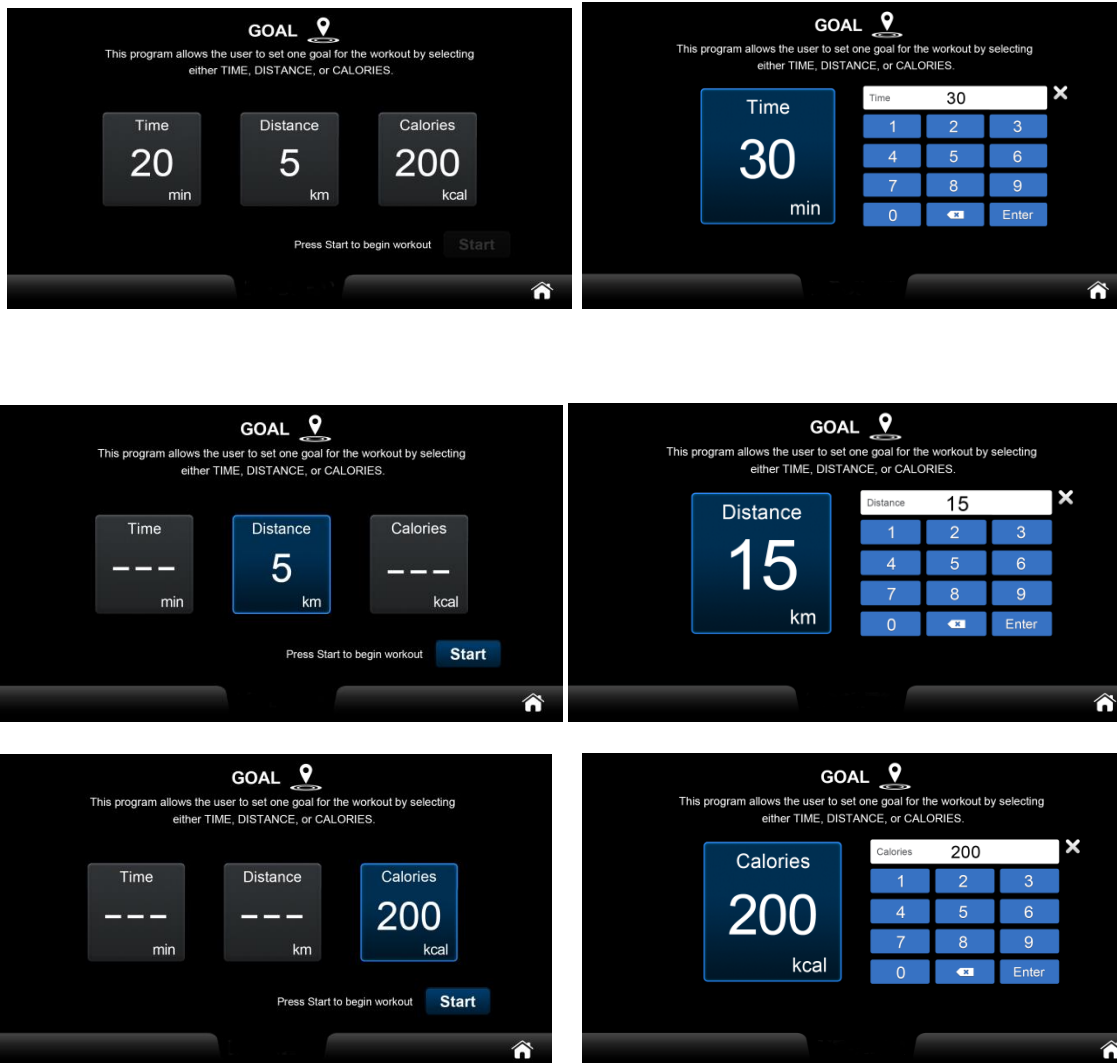
TIME	20	● When the time counts down to 0:00, enter the COOLDOWN page.
------	----	---

33.2.1.4 PROGRAM SHARE FUNCTION

Table 3.2.4

3.2.1.5 GOAL SETTING FUNCTION

Setting page 3.2.6



3.2.6 GOAL setting

The target parameters are shown in Table 3.2.6, and the rest refer to Table 3.2.1~ Table 3.2.3.

Each workout can only chose one of the target parameters from TIME/DISTANCE/CALORIES. If setting more than one target parameter, the previous target parameters will be ignore and keep the final one. During workout, if the target goal is achieved, it will stop WORKOUT.

CATEGORY	DEFAULTS	INSTRUCTION
TIME	20	● COOLDOWN when the time counts down to 0:00
DISTANCE	5	● COOLDOWN when achieve the goal
CALORIES	200	● COOLDOWN when achieve the goal

3.2.1.6 GOAL SHARING FUNCTION

Refer to Table 3.2.4

3.2.1.7 QUICK START SETTING

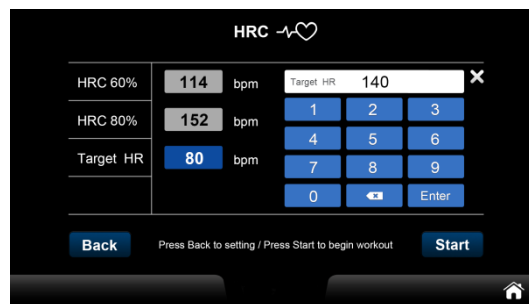
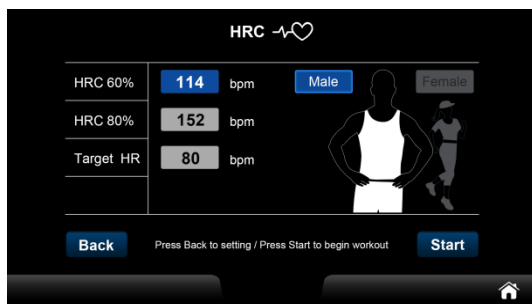
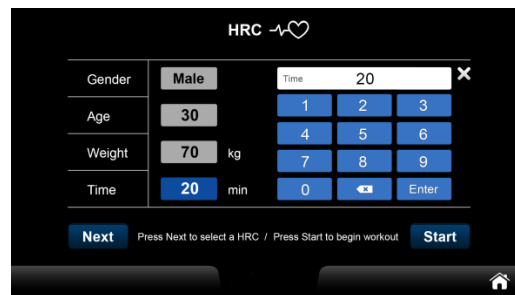
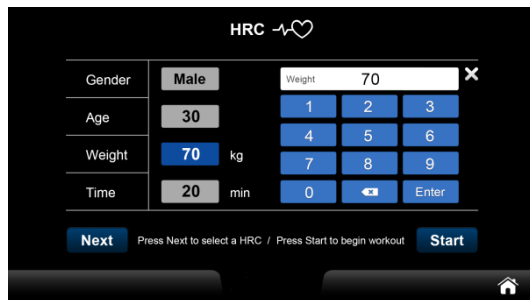
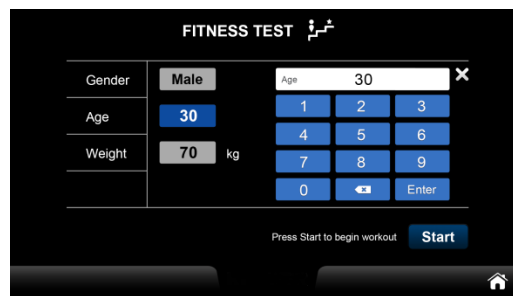
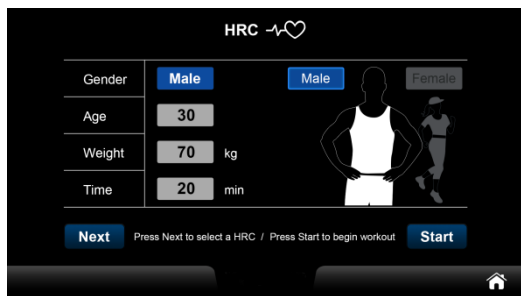
There is no setting page in this mode, and the four default values of GENDER/AGE/WEIGHT in the setting field of Table 3.2.1 are used as workout parameters. Enter PREPARE mode after clicking QUICK START mode icon.

3.2.1.8 QUICK START SHARING FUNCTION

Refer to Table 3.2.4

3.2.1.9 HRC SETTING FUNCTION

There are three training modes for selection in this mode, namely HRC60%/HRC80%/TARGET HR, and the calculation formulas of the three different training modes refer to the description of the Heartrate control target field in Table 3.2.9. Refer to Figure 3.2.7 for setting.



3.2.7 HRC setting

After HRC60%/HRC80% mode is selected, the mode will be displayed in blue characters on the screen, representing the selected state; after TARGET HR is selected user can input THR (target heartbeat value). The target parameters are as follows Table 3.2.7, the rest refer to Table 3.2.1~Table 3.2.3.

CATEGORY	DEFAULTS	INSTRUCTION
TIME	20	<ul style="list-style-type: none"> ● COOL DOWN, when the time counts down to 0:00.
THR		<ul style="list-style-type: none"> ● If user chose TARGET HR, then use this value as the speed/incline control reference ● If user chose HRC60%/HRC80%, the THR calculated by the system will be used as the speed/incline control benchmark. THR is calculated as follows: $THR = (Max\ HR) \times P$ ◆ Parameter description: Max HR is the maximum heartbeat value of the user, defined as $[220-AGE\ (age)]$ P is HRC mode parameter, HRC60 mode $P=60\%$, HRC80 mode $P=80\%$ ◆ For example: if the user is 25 years old and uses the HRC80 mode, the THR can be calculated by the formula: $THR = (220-25) \times 80\%$ So THR is calculated to be 156

3.2.7 Information about HRC target parameters

ITEM	INSTRUCTION
1	<ul style="list-style-type: none"> ● When you doing workout, if "actual heartbeat value < target heartbeat value -5", SPEED will automatically increase by 0.5 KPH/MPH every 10 seconds until SPEED reaches the maximum.
2	<ul style="list-style-type: none"> ● When you doing workout, if "actual heartbeat value > target heartbeat value + 5", SPEED will automatically decrease by 0.5 KPH/MPH every 10 seconds during exercise until SPEED reaches
3	<ul style="list-style-type: none"> ● When you doing workout, If "target heartbeat value -5 ≤ actual heartbeat value ≤ target heartbeat value+5", the speed unchanged.
4	<ul style="list-style-type: none"> ● After entering the WORKOUT mode, if the SPEED has dropped to the lowest value of the system, but the actual heartbeat > target heartbeat value + 25 BPM for 15 seconds, the screen will display "OVER PULSE" (refer to Figure 3.2.8), and the machine continues to operate. If this situation lasts for 30 seconds, the system will automatically switch to SUMMARY mode.
5	<ul style="list-style-type: none"> ● After entering the WORKOUT mode if no heartbeat signal is detected for 15 consecutive seconds, it will displayed "NO HR DETECTED" (refer to Figure 3.2.11), and the machine will continue to run. If this situation persists for 30 seconds, the system automatically switches to the Summary mode.

3.2.1.10 HRC SHARING FUNCTION

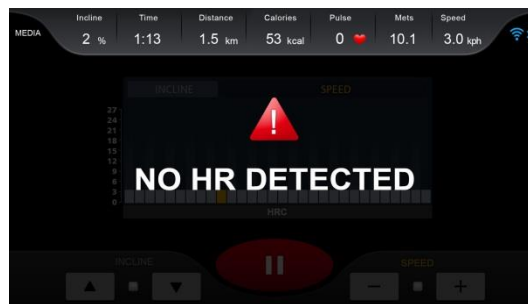
Refer to Table 3.2.4

3.2.1.11 HRC Exclusive function

HRC program monitors your heart rate in beats and provide it to system for adjust speed and incline, to help you to keep your heart rate at (HRC60%/HRC80%/TARGET HR) within +-6%, the control logic is shown in Table 3.2.8:

3.2.8 HRC Control Logic

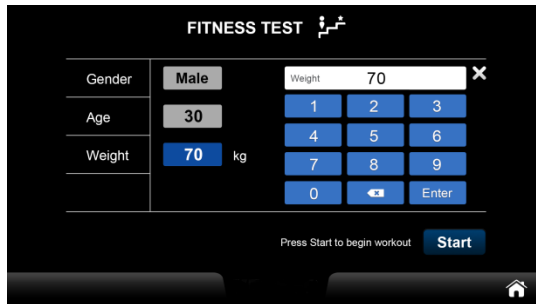
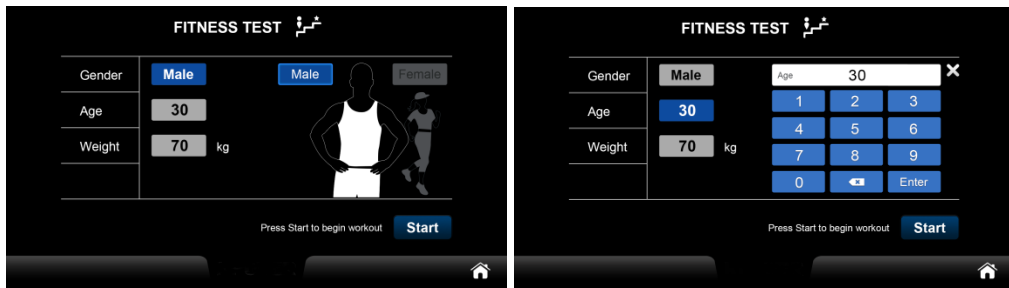
The initial value of SPEED/INCLINE is the system minimum speed/0% respectively.



3.2.8 No heartbeat/high heartbeat in HRC mode

3.2.1.12 FITNESS TEST MODE SETTING FUNCTION

Refer to Figure 3.2.9 for the setting page



3.2.9 FITNESS TEST setting page

The target parameters refer to Table 3.2.1~Table 3.2.3.

3.2.1.13 FITNESS TEST SHARING FUNCTION

Refer to Table 3.2.4. Only in the WORKOUT mode, the user cannot manually adjust the speed/incline value, so the keys will be in the Disable state, as shown in Figure 3.2.10:



3.2.10 FITNESS TEST WORKOUT PAGE

FUNCTION ITEM	INSTRUCTION
Speed/Incline Profile	<ul style="list-style-type: none"> ● A single screen displays total of 30 segment (one bar represents one segment) The current segment is filled with yellow segment 31-41 cover segment 1-11, likewise, segment 42-60 cover segment 12-30. You will enter COOL DOWN mode after completing segment 41. ● There are two ways to calculate the time corresponding to each segment: Segment 1 is 1 minute After segment 2 (inclusive), every 15 seconds is a segment.

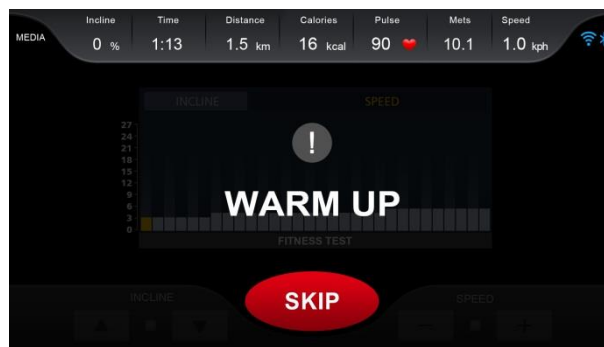
Table 3.2.9 show reference for the PROFILE display in this mode is different from other sports modes

3.2.1.14 FITNESS TEST EXCLUSIVE FUNCTION

FITNESS TEST EXCLUSIVE FUNCTION contains two parts, one is the Warm Up process and the other is the Testing process. In this program, it is recommended that the test personnel perform a 3-minute Warm Up before the formal test starts. If you click SKIP WARM UP key, the Warm UP process is forced to be skipped and enter WORKOUT mode directly.

Warm Up page refer to picture 3.2.11

For the speed and incline control in Warm Up mode, refer to Table 3.2.10.



3.2.11 FITNESS TEST Warm Up page

Table 3.2.10 FITNESS TEST Warm Up speed, incline control and other functions

FUNCTION ITEM	INSTRUCTION
SPEED	<ul style="list-style-type: none"> ● Fixed to 3MPH (4.8KPH).
INCLINE	<ul style="list-style-type: none"> ● Keep incline 0%.
WORKING TIME	<ul style="list-style-type: none"> ● Total of 3 minutes, after that, enter WORKOUT mode and start testing process.
SKIP WARM UP	<ul style="list-style-type: none"> ● Force to skip the Warm Up process and directly enter the WORKOUT mode.

The duration of the FITNESS TEST process will vary depending on the physical state of the user, maybe it will be stopped while it has achieved satisfied condition. After the test is over, the screen will automatically switch to the SUMMARY page, but the first page of this SUMMARY page is different from any other workout program, as shown in Figure 3.2.12:



3.2.12 FITNESS TEST MODE SUMMARY

FITNESS TEST default age is 13 years old ,and the FITNESS TEST logic as Table 3.2.1.0. The test conditions are based on "target heart rate", and the target heart rate is defined as "maximum heart rate value x 85%". For example: the age of the tested person is 20 years old, then the target heart rate= $(220-20) \times 0.85$ or 170BPM. The test method is to calculate whether the result of real-time calculation (target heart rate - real-time heart rate value) is greater than or equal to 0. If so, enter the next stage. Otherwise, immediately end the test and enter the COOLDOWN mode. This judgment formula does not do heart rate judgment when WARM UP is on. This means that the longest test time is 11 minutes, depending on the physical condition of the person being tested.

Table 3.2.11 FITNESS TEST calculation logic

Step	Time	Speed(kph/mph)	Incline(%)	VO2 Max.
1	0 to 1:00	4.5/7.2	0	31.15
2.1	1:15	4.5/7.2	2	32.55
2.2	1:30	4.5/7.2	2	33.6
2.3	1:45	4.5/7.2	2	34.65
2.4	2:00	4.5/7.2	2	35.35
3.1	2:15	5.0/8.0	2	37.45
3.2	2:30	5.0/8.0	2	39.55
3.3	2:45	5.0/8.0	2	41.3
3.4	3:00	5.0/8.0	2	43.4
4.1	3:15	5.0/8.0	4	44.1
4.2	3:30	5.0/8.0	4	45.15
4.3	3:45	5.0/8.0	4	46.2
4.4	4:00	5.0/8.0	4	46.5
5.1	4:15	5.5/8.8	4	48.6
5.2	4:30	5.5/8.8	4	50
5.3	4:45	5.5/8.8	4	51.4
5.4	5:00	5.5/8.8	4	52.8
6.1	5:15	5.5/8.8	6	53.9
6.2	5:30	5.5/8.8	6	54.9
6.3	5:45	5.5/8.8	6	56
6.4	6:00	5.5/8.8	6	57
7.1	6:15	6.0/9.6	6	57.7
7.2	6:30	6.0/9.6	6	58.8
7.3	6:45	6.0/9.6	6	60.2
7.4	7:00	6.0/9.6	6	61.2
8.1	7:15	6.0/9.6	8	62.3
8.2	7:30	6.0/9.6	8	63.3
8.3	7:45	6.0/9.6	8	64
8.4	8:00	6.0/9.6	8	65
9.1	8:15	6.5/10.4	8	66.5
9.2	8:30	6.5/10.4	8	68.2
9.3	8:45	6.5/10.4	8	69
9.4	9:00	6.5/10.4	8	70.7
10.1	9:15	6.5/10.4	10	72.1
10.2	9:30	6.5/10.4	10	73.1
10.3	9:45	6.5/10.4	10	73.8
10.4	10:00	6.5/10.4	10	74.9
11.1	10:15	7.0/11.2	10	76.3
11.2	10:30	7.0/11.2	10	77.7
11.3	10:45	7.0/11.2	10	79.1
11.4	11:00	7.0/11.2	10	80

The score evaluation method of FITNESS TEST is graded by gender and age, which can be obtained by looking up the table by VO2Max, as shown in Table

3.2.12 / Table 3.2.13:

Table 3.2.12 FITNESS TEST Score Evaluation Form - FEMALE

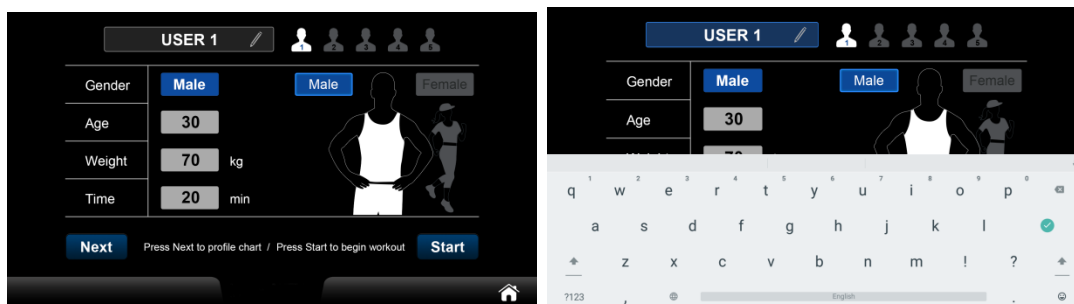
A	VeryPoor	Poor	Fai	Goo	Excellent	Superio
13-	<25.0	25.0-	31.0-	35.0-	39.0-	>41
20-	<23.6	23.6-	29.0-	33.0-	37.0-	>41
30-	<22.8	22.8-	27.0-	31.5-	35.7-	>40
40-	<21.0	21.0-	24.5-	29.0-	32.9-	>36
50-	<20.2	20.2-	22.8-	27.0-	31.5-	>35
60+	<17.5	17.5-	20.2-	24.5-	30.3-	>31

Table 3.2.13 FITNESS TEST Score Evaluation Form - MALE

Age	VeryPoor	Poor	Fai	Goo	Excellent	Superio
13-	<35.0	35.0-	38.4-	45.2-	51.0-	>55
20-	<33.0	33.0-	36.5-	42.5-	46.5-	>52
30-	<31.5	31.5-	35.5-	41.0-	45.0-	>49
40-	<30.2	30.2-	33.6-	39.0-	43.8-	>48
50-	<26.1	26.1-	31.0-	35.8-	41.0-	>45
60+	<20.5	20.5-	26.1-	32.3-	36.5-	>44

3.2.1.15 USER PROGRAM SETTING

Besides setting normal parameter value of workout program, it can also revise user's name in USER PROGRAM. It saved 5 basic parameter data and PROFILE for incline and speed. Enter USER1 and click profile photo to enter relevant parameter setting mode, then click "Next" enter the PROFILE of setting speed and incline. "Draw" trend curve of the PROFILE to set the speed and incline in each segment. As Figure 3.2.13





3.2.13 USER PROGRAM mode setting page

You can change the category of each PROFILE which you desired by clicking incline/Speed. Press START key after above setting, then enter PREPARE mode and start workout.

The target parameters are shown in Table 3.2.14, and the rest refer to Table 3.2.1~Table 3.2.3.

CATEGORY	DEFAULT	DESCRIPTION
TIME	A B 20	<ul style="list-style-type: none"> When the time counts down to 0:00, enter the COOLDOWN mode.

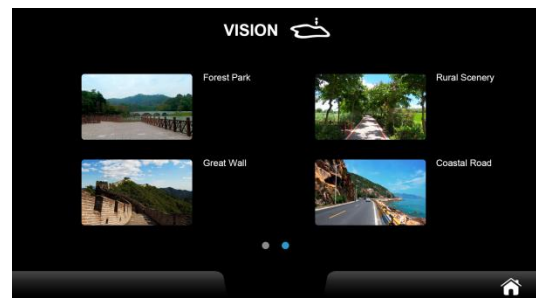
LE 3.2.14 USER PROGRAM mode target parameter list

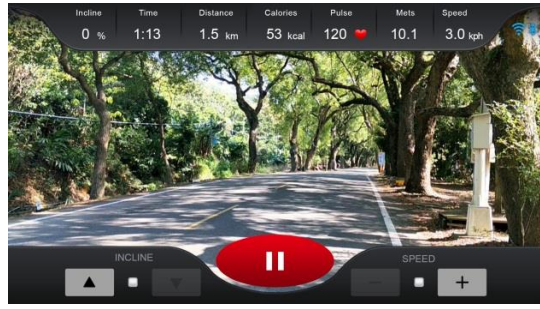
3.2.1.16 USER PROGRAM SHARING FUNCTION

Refer to Table 3.2.4.

3.2.1.17 Virtual reality setting function

Refer to Figure 3.2.14 for setting page





3.2.14 Virtual reality setting page

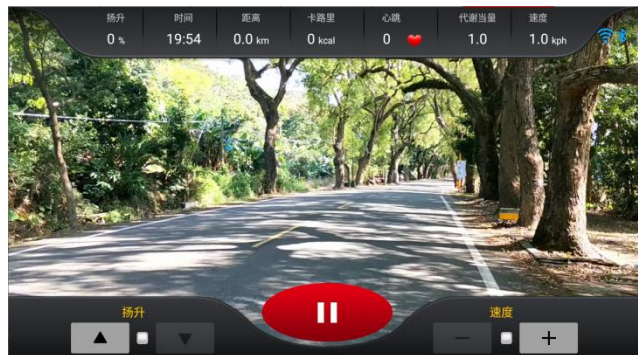
The target parameters are shown in Table 3.2.15, and the rest refer to Table 3.2.1~Table 3.2.3

3.2.15 Information about virtual reality target parameters

Categor	Defult	Description
TIME	The total time it takes for the video to play at the playback ratio corresponding to the highest speed.	When the time counts down to 0:00, enter the COOLDOWN mode.

3.2.1.18 VIRTUAL REALITY SHARING FUNCTION

The movie is played in full screen during workout (different from the graphics display area in other workout program), as shown in Figure 3.2.15.



3.2.15 virtual reality motion state

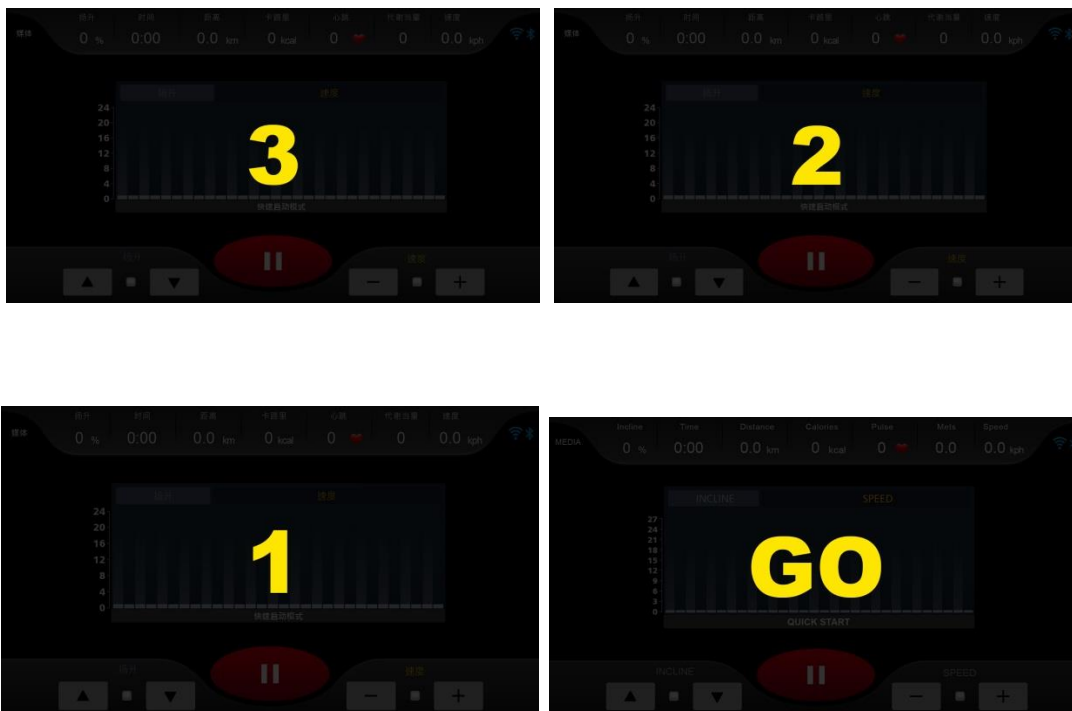
3.2.1.19 VIRTUAL REALITY PROGRAM EXCLUSIVE FEATURES

In process of this function, the system has special corresponding functions for speed, which are explained as follows:

The speed system will dynamically and real-time adjust the playback speed of the video portion according to running belt speed adjusted by the user. The lowest running belt speed corresponds to the lowest video playback speed ratio, and the highest running belt speed corresponds to the highest video playback speed ratio. (Not the actual speed of the video corresponds to the actual running belt speed)

3.2.1.20 SHARING FUNCTION – PREPARE

The purpose of this mode is to allow the user to prepare before workout to avoid danger caused by Start the system immediately. This mode is departing to four sections, corresponding to the four groups of screens 3-2-1-START respectively. 3/2/1 each of the three groups of screens emits a short buzzer sound, and each screen is displayed for 1 second at the same time and START corresponds to a long buzzer sound, as shown in Figure 3.2.16:



3.2.16 Four groups of dynamic changes in PREPARE

The system enters the WORKOUT state after the START screen ends. The speed must be 0.0kph, and incline must be 0% in PREPARE mode.

3.2.1.21 SHARING FUNCTION – WORKOUT

The running belt speed/lift can be adjusted in real time (except in FITNESS TEST mode), or pause current exercise in WCP, at the same time, all real-time exercise information is listed at the top of this page, as shown in Figure 3.2.17:



3.2.17 WORKOUT mode screen

Above is the first real-time sports information area (area 1 marked in Figure 3.2.15), which displays 7 real-time sports information such as INCLINE/TIME/DISTANCE/CALORIES/PULSE/METS/SPEED. The central information area (Area 2 as shown in Figure 3.2.15) is Speed Profile and Incline Profile; The main control area (area 3 as shown in Figure 3.2.15) includes Speed Adjustment/Incline Adjustment/Workout Status Control (STOP key); multimedia area (areas 4 marked in Figure 3.2.15), the following will describe each block separately (the multimedia area is also described in detail in 3.2.1.27)

The first real-time workout information area

Table 3.2.16 describes the message meaning of the first real-time information area, among which the special function specifically refers to the calculation formula and other information provided by the client.

Table 3.2.16 Description of the first real-time workout information

CATEGORY	RANGE	DESCRIPTION	SPECIAL FUNCTION
INCLINE	Max [description] Min[0]	The incline correction value in engineer mode is the maximum value	N/A
TIME	Max[99:59] Min[0:00]	Currently used time or remaining time (MM:SS) If it exceeds Max, start at 0:00	<ul style="list-style-type: none"> If TIME is selected as the target in workout mode, the value displayed in this field will change to the remaining time.

DISTANCE	Max[99.9] Min[0.0]	Distance traveled (KM/MILE)	<ul style="list-style-type: none"> ● If DISTANCE is selected as the target in workout mode, the value displayed in this field will become the remaining distance,
CALORIES	Max[9999] Min[0]	Calories burned (Kcal)	<ul style="list-style-type: none"> ● If CALORIES is selected as the target in workout mode, the value displayed in this field will become the remaining calories. ● The calorie information of exercise consumption is calculated by the following formula (calorie consumption per second, unit Kcal, each parameter unit is English, incline is substituted into the digital value): <ul style="list-style-type: none"> ◆ If (speed\geq3.7) then Calories = (1 + (1.532 * Speed) + (0.0685 * Speed * Ascension)) * Weight/2.2; ◆ If (Speed$<$3.7) then Calories = (1 + (0.768 * Speed) + (0.1370 * Speed * Ascension)) * Weight/2.2
PULSE	Max[220] Min[40]	Current Heart Rate (BPM)	<ul style="list-style-type: none"> ● If the heartrate value is 0, the red heart icon is still and does not change ● If the heartbeat value is not 0, the red heart icon changes size every second, that is, the large icon is displayed for 1 second, the small icon is displayed for 1 second, and so on.
METs	Max[99] Min[0]	Current METs	<ul style="list-style-type: none"> ● If the speed is less than or equal to 4.5MPH (walking), the formula is: VO₂=3.5+0.1×(speed)+1.8×(speed)×(slope percentage) ● If the speed is greater than 4.5MPH (running), the formula is: VO₂=3.5+0.2×(speed)+0.9×(speed)×(slope percentage) ● METs=VO₂/3.5 ● The slope percentage is a value substituted

SPEED	Max[description] Min[description]	<ul style="list-style-type: none"> ● The high-speed correction value in engineering mode is the maximum value ● The low-speed correction value in engineering mode is the minimum value 	N/A
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Central information area

This area is the information display function, including a total of 2 types: Speed Profile/Incline Profile, the details are shown in Table 3.2.17:

Function Item	Description
Speed/ Incline Profile	<ul style="list-style-type: none"> ● The display will show 30 segments (one bar for a segment), a total is 30 segments, and their numbers are defined as 1~30, which means the first segment is numbered 1, the 30th segment is numbered 30, and the current segment will be shown with yellow. ● The time calculation method corresponding to each segment is divided into two types: <ul style="list-style-type: none"> ● When the workout time is counted up, the time of each segment is fixed at 1 minute. ● When the workout time is counted down, the time of each segment is (total workout time/30). For example, if the total workout time is set to 1 hour, then each segment is (60/30), which is 2 minutes. ● You can click the Incline/Speed tab by touch to switch between the two profiles ● If the workout time is counted up, once the workout time over 30 minutes, it will display segment 31-60. If the workout time over 60 minutes, it will display segment 61-90, and so on. (The only exception is FITNESS TEST program, see Table 3.2.11)

Table 3.2.17 Central-workout information display description

Main control area


It is divided into three categories and two control items, the first category is workout parameter control, including Speed/Incline  (on) and fine-tuning +/- buttons, refer to Table 3.2.17; the second category is workout state control, which is STOP button, refer to Table 3.2.18.

Table 3.2.18 Main Control Area Category 1 - description of workout parameter control

Functional item/value	Description
Speed panel/ Max-corrected maximum value Min-corrected minimum value	<ul style="list-style-type: none"> ● The Speed adjustment range is the upper/lower limit of the calibration result in engineering mode. ● After inputting the value, press the Enter key to judge the value range of the set value and control the speed by the value. ● In the Workout, adjusting the speed of the current segment will affect the segments that haven't been reached, but won't affect the segments that have been completed. For example, it is currently the 8th level, and the levels 1~7 are all 2.0, and the levels 8~30 are all 10.0. ● When the speed is changed to 15.0 by adjusting the wheel, the segment
Incline panel /Max-corrected maximum value Min-corrected minimum value	<ul style="list-style-type: none"> ● The Incline adjustment range is the upper/lower limit of the calibration result in engineering mode. ● After inputting the value, press the Enter key to judge the value range of the set value and control the speed by the value. ● In the Workout, adjusting the incline of the current segment will affect the segments that haven't been reached, but won't affect the segments that have been completed. For example, it is currently the 8th level, and the levels 1~7 are all 2, and the levels 8~30 are all 10. When the speed is changed to 15 by adjusting the wheel, the segment 1~7 will be

Speed fine-tuning +/- keys /Max-corrected maximum value Min-corrected minimum value	□ <ul style="list-style-type: none"> ● The adjustment amount is 0.1, and the rest are the same as the Speed panel.
Incline fine-tuning +/- keys Max-corrected maximum value Min-corrected	<ul style="list-style-type: none"> ● The adjustment amount is 1, and the rest are the same as the Incline panel

At the same time, when the Speed/Incline panel and the fine-tuning +/- keys are used, the value display range on it is based on the setting range of the engineering mode, so as to prevent users from setting incorrect values. After the Speed/Incline is adjusted, in addition to the corresponding information fields in the "First Real-time Workout Information Area", the Speed/Incline Profile in the "Central Information Area" will also be updated synchronously. "Central Information Area" will automatically switch to Speed Profile, otherwise, Incline Profile will be displayed.

The workout state control area contains one control button, refer to Table 3.2.18:

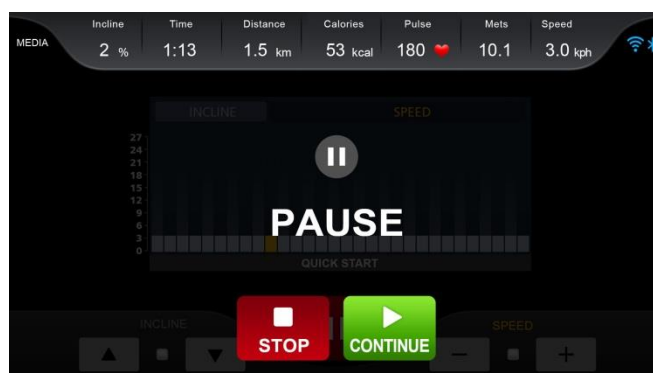
Table 3.2.19 Main Control Area Category 2 - Workout State Control Description

Item	Description
STOP key	Press to stop the current workout immediately, and the system enters the PAUSE mode, refer to 3.2.19.
START key	Start the treadmill

3.2.1.22 SHARE FUNCTION- PAUSE

In the Pause mode, the system is in a pause state, and there are only three operating situations at this time, including CONTINUE/QUIT/standstill. In this state, Both Speed/Incline can't be controlled, and Speed decelerates to stop and incline back to zero. At the same time, all workout data will stop updating.

For safety, before the running belt has stopped, the CONTINUE function will be forced to be invalid (Disable), and the user cannot operate again until the running belt is completely stopped.

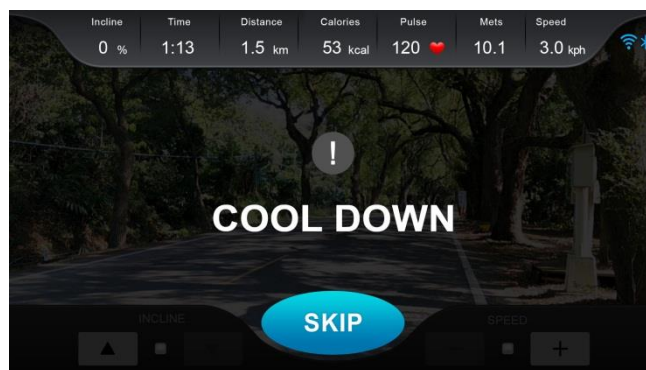


3.2.18 Pause mode

Table 3.2.20 Function description of control keys in Pause mode

Main function category	Description
CONTINUE	<ul style="list-style-type: none"> Press to enter the prepare state and 3-2-1-START countdown, 3, 2, 1 countdown with a short "beep" sound, "START" with a long "beep" sound. After the countdown is over, the speed will continue to run at the corrected minimum speed, and the incline will continue to run at 0. (Except P mode, user mode and exercise test mode. P mode and user mode run in minimum speed, the lowest speed of user mode, minimum incline. The segment haven't executed run in original data; The current and the segment haven't executed of exercise test mode run in original data. If the running belt has not stopped at this time, the CONTINUE key is invalid in this state, and it is displayed in translucent
STOP	<ul style="list-style-type: none"> Press to enter the SUMMARY mode
Stand still	<ul style="list-style-type: none"> If there is no operation for 3 minutes in this state, the system will automatically switch to the Summary page.

3.2.1.23 SHARE FUNCTION – COOLDOWN



3.2.19 COOLDOWN page

The purpose of this state is to offer the user cool down after finishing the workout, so as to avoid the danger of physical discomfort caused by immediately stopping the vigorous exercise. The Speed/Incline control mode in this state, refer to Table 3.2.21:

Main function category	Description
SPEED	<ul style="list-style-type: none"> In the 3 minutes COOLDOWN: <ul style="list-style-type: none"> Decelerate at speed*0.8, and change every 10 seconds. When the speed reaches the lowest speed of the system, it will be carried out at this speed until the COOLDOWN ends. Ex: 12km/h before entering COOLDOWN, 9.6km/h (12*0.8) after entering, 7.7 km/h after 10 seconds (9.6*0.8 rounded to the second decimal place), and so on for the rest.
INCLINE	<ul style="list-style-type: none"> Incline back to zero
SKIP	<ul style="list-style-type: none"> Press and enter to SUMMARY mode

3.2.1.24 SHARE FUNCTION – SUMMARY

In the SUMMARY, the system is at the end of the workout, and there are two situations, browse all workout summaries and press the HOME button to return to HCP, as shown in image 3.2.20. If there is no operation for more than 3 minutes, the screen will automatically switch to HCP. Graph timeline (X-axis) for Speed/Incline/Heart Rate, shown as workout duration.



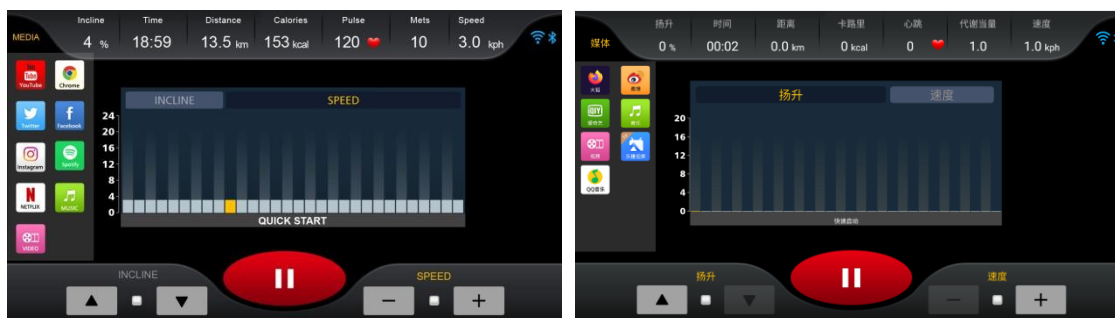
3.2.20 SUMMARY page in each workout program

Main function category	Description
HOME key	<ul style="list-style-type: none"> ● Press to leave the current page immediately and returns to HCP.
SUMMARY	<ul style="list-style-type: none"> ● Swipe left/right on the screen to switch between four different types of workout summary information
Stand still	<ul style="list-style-type: none"> ● If there is no operation for 3 minutes, the system will automatically return to the HCP page

Table 3.2.22 SUMMARY and Control key function description

3.2.1.25 SHARE FUNCTION – MEDIA

Sub functions of MEDIA can be executed directly from the HCP. In addition, all MEDIA sub-functions are placed in the "sidebar", and there are only "two" sidebar operation entry points in the entire system, one is the WORKOUT page in all workout modes, and the other is MEDIA function pages. When the sidebar icon appears on the page, you can click the icon to turn on or close the sidebar, as shown in Image 3.2.21.

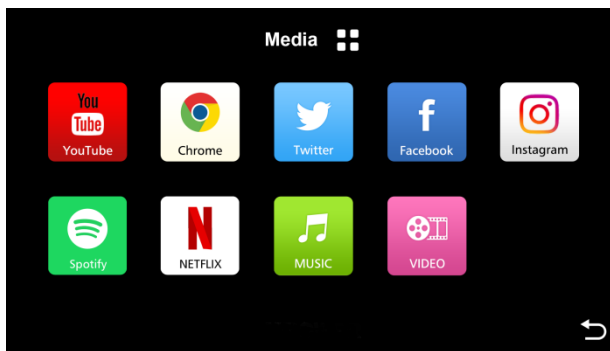


3.2.21 MEDIA function display

YouTube/ Twitter/Instagram / NNETFLIX /VIDEO / Chrome/ Face book /Spotify/ /MUSIC

The system supports a total of 9 different MEDIA sub-functions, which are:

YouTube/ Twitter/Instagram / NNETFLIX /VIDEO / Chrome/ Face book /Spotify/ /MUSIC



3.2.22 MEDIA page

Chinese language: A total of 6 different media sub-functions are supported: Firefox/Weibo/iQiyi/Music/Video/Le Bo/QQ Music



3.2.23 MEDIA page

Entering the MEDIA sub function from the HCP



On the HCP page, you can directly enter the MEDIA sub-function, execute the function, and start to workout.

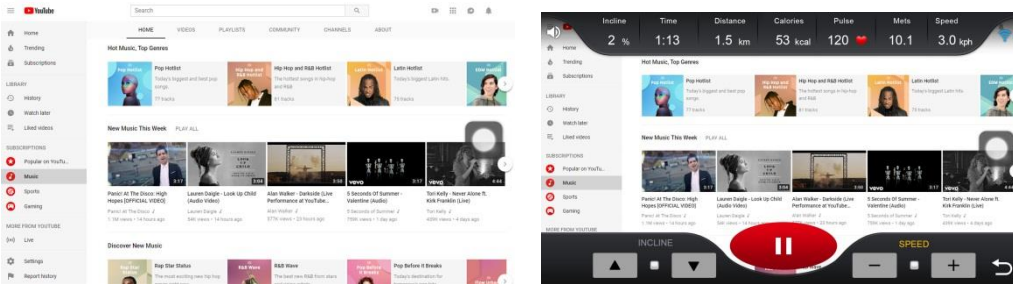
Entering from WORKOUT

In the WORKOUT status page of any program, you can click the sidebar and operate. The sidebar will always exist and will not disappear unless any alarm window appears. If you operate the adjustment control of SPEED/INCLINE while the sidebar is open, the sidebar will not be closed automatically; if you operate the tab switch of SPEED/INCLINE while the sidebar is open, the sidebar will remain open.

Entering from MEDIA

Under any MEDIA sub-function page, you cannot click and operate the sidebar. Unlike the WORKOUT entry point, under this sub-function page, the sidebar may exist or may be hidden. When you just switch to the current sub-function page, the workout information area at the top of the

screen, the control area at the bottom and the MEDIA sidebar on the right are all visible or operable. When the icon is pressed , it will turn to full screen display, including the sidebar. In all MEDIA full-screen images, clicking the icon  on the screen will return to the original screen immediately. Which is the upper workout information area/lower control area/sidebar are displayed, refer to the image 3.2.24.



3.2.24 MEDIA full screen/ original screen

3.2.23 Description of media function key and message status

Function category	Function item	Description
Function keys	Full screen control key	● refer to 3.2.23
	STOP key	● same as WORKOUT page STOP key, refer to the Table 3.2.18
	BACK key	● on the lower right corner, press to return to the WORKOUT page
Status message	WiFi connect	● on the left side of the upper right corner, it displays the real-time WiFi connection status
	Bluetooth connect	● on the right side of the upper right corner, it displays the real-time Bluetooth connection status

Video switching timing

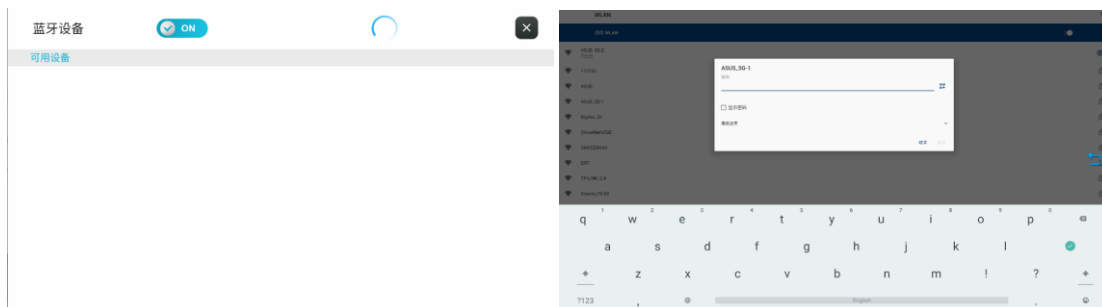
For movies or music, the on/off control will be done in a unified manner.

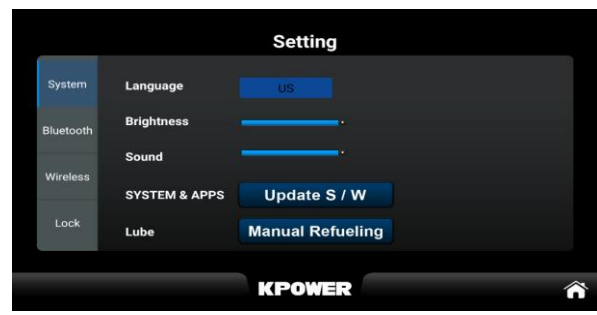
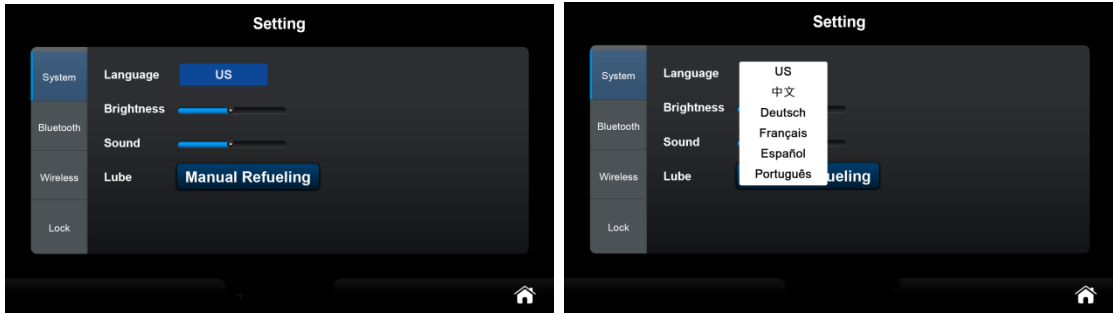
Functional category	Description
Video	<ul style="list-style-type: none"> ● For any video or web page with or without sound, once you leave the playback and return to the WORKOUT page or the PAUSE mode, the currently playing video and sound will be terminated immediately
Music	<ul style="list-style-type: none"> ● For any video or web page with or without sound, once you leave the playback and return to the WORKOUT page or the PAUSE mode, the currently playing video and sound will be terminated immediately <ul style="list-style-type: none"> ◆ e.g.1: Automatically back to HCP due to no heartbeat in HRC mode, and the music ends immediately ◆ e.g.2: Press the STOP key to enter the PAUSE mode, the music is ends immediately ● e.g.3: Removing the SAFETY KEY, the music ends immediately

Table3.2.24 Video playback control rules

3.2.1.26 MF-system setting MF-language selection

This function page is divided into four sub-functions, namely System Setting, Bluetooth Setting, Wireless Network Setting and Lock Setting, as shown in Image 3.2.25:





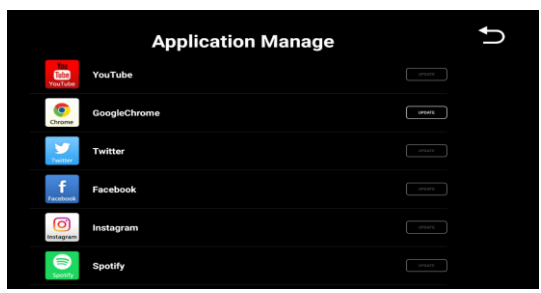
3.2.25 multi-language setting function

System setting

Chinese: This function page includes multi-language switch (default is Chinese), TFT LCD backlight brightness adjustment, volume adjustment and manual refueling, all three will take effect immediately without restarting the system.

Foreign language: This function page includes multi-language switch, TFT LCD backlight brightness adjustment, volume adjustment and multimedia update and manual refueling, all three will take effect immediately without restarting the system.

Multimedia update instructions: Click on Update to enter the application management page. If there is a new program that can be updated, Update will be on (Enable), if there is no new program to be updated, Update will be grayed out (Disable), as shown in Image 3.2.23.




3.2.26 Multimedia update

Manual refueling:


Clicking in Manual lubricant will enter the refueling page. If the lubricant pot is short of lubricant, it will prompt "The lubricant pot is short of lubricant, please add lubricant oil in time". If there is lubricant in the lubricant pot, it will prompt "After clicking OK, the lubricant pot will automatically lubricate the running belt", click OK, the lubricant pot will automatically lubricate the running belt for 20 seconds, and the refueling mileage of Factory II will be reset to the set value.

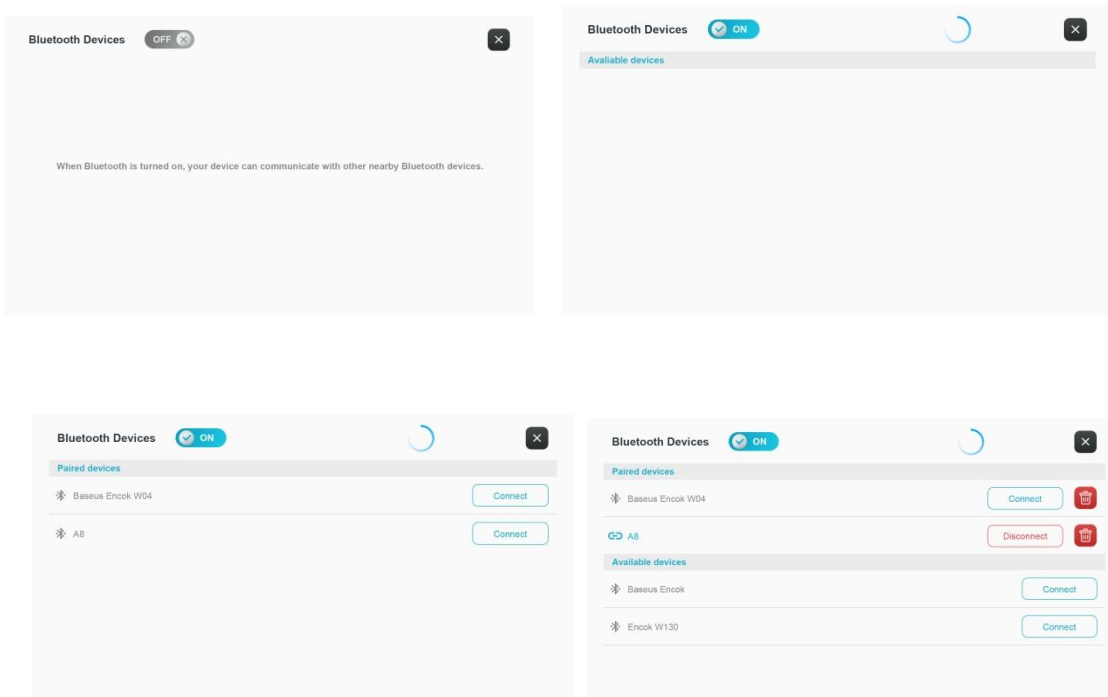
Bluetooth setting

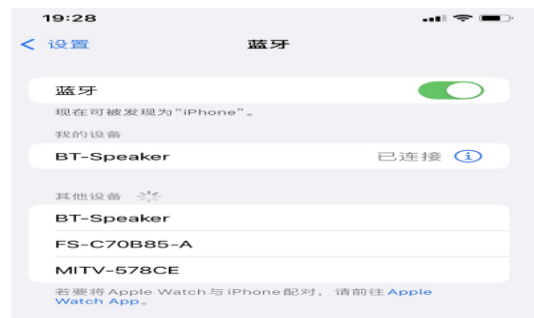
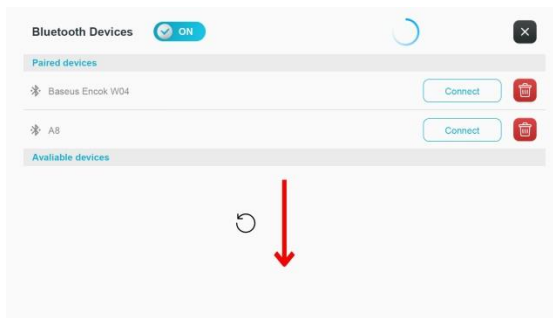
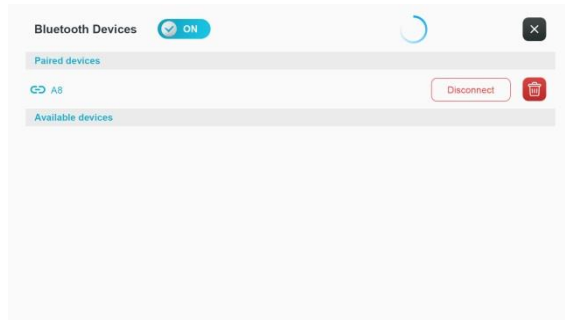
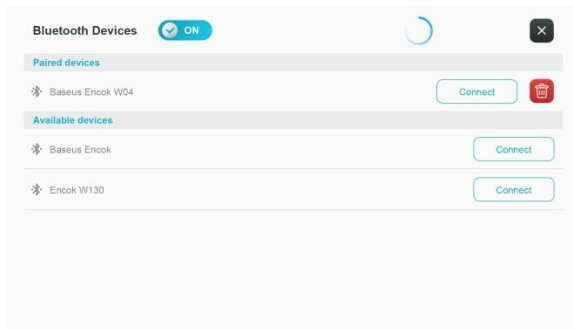
Connect the console to other devices: Turn on Bluetooth, and the system will automatically scan for nearby Bluetooth speakers, Bluetooth headsets and other devices. "Paired devices" displays the matched Bluetooth devices (including those that cannot be found again). You can click the Bluetooth device to be connected in "Paired devices/Available to connect". Play music, click the

DISCONNECT button to disconnect when the connection is successful, click  Cancel Pairing, and the unpaired Bluetooth will be classified into the available devices column. The Available Devices bar displays scanned but unpaired Bluetooth devices.

Connect other devices to the console: Enter the Bluetooth interface of the console, turn on the Bluetooth, turn on the Bluetooth of the Android/IOS mobile phone and other devices, search for and click the device whose Bluetooth name is "BT-Speaker", both console and the Android/IOS device will prompt Bluetooth pairing request, click "Pair" to connect. After the connection is successful, music from devices such as

Android/iOS mobile phones can be played on the console. Click  to exit the current interface.

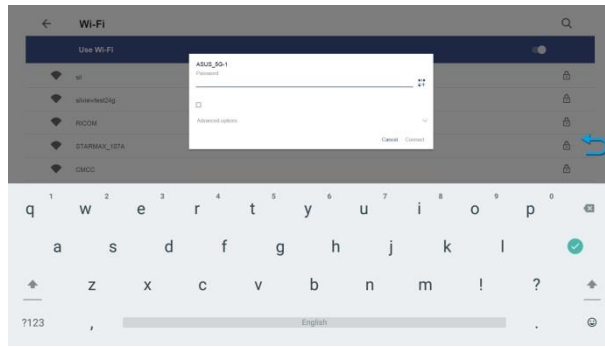




3.2.27 Bluetooth connection

Network setting

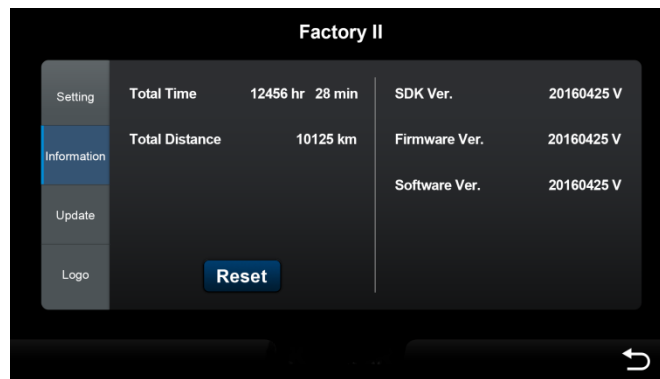
Turn on WIFI, the system will automatically scan the nearby WIFI, click the name of the WIFI you want to connect, enter the password of the WIFI, the system will connect with the parameters input by the user, if the connection is successful, if the connection is successful, press the return key to return to After setting the page, press the Home button to return to the main screen, otherwise it will only appear that it has been saved and will not be connected, see Image 3.4.1 for details.



3.4.1

Lock Setting (need Password)

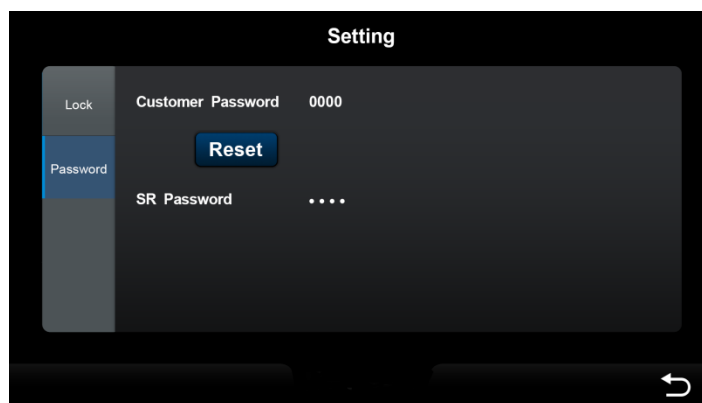
Enter Customer Password [default 0000]/SR Password [fixed 1234] to enter Lock Setting, press Reset to set Distance/Time lock, and display the remaining Distance/Time at the same time. As shown in Image 3.2.26:



3.2.26 Lock Setting function enable and DISTANCE/TIME lock setting

Password Setting

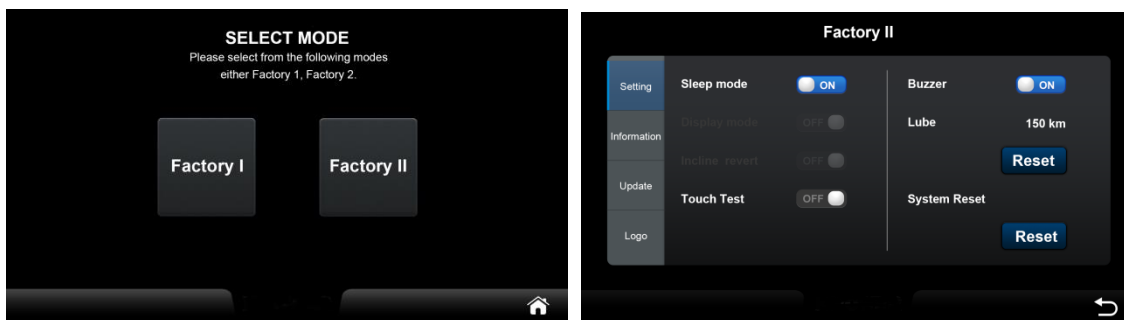
Customer Password [default 0000]/SR Password [fixed 1234] after pressing the Reset key, you can enter the password of the Customer Password by yourself, as shown in 3.2.29:



3.2.29 Password Setting

3.3 – Engineering mode

ECP includes system-related parameter setting and information display that are not required by ordinary users, which are respectively placed in the Factory 1/Factory 2 function items. Press and hold the ergo icon at the bottom of the center of the HCP for more than 10 seconds or click 10 times within 5 seconds to automatically switch to ECP, as shown in Image 3.3.1:



3.3.1 Engineering mode Function Page

3.3.1 Engineering mode Function Page

Pressing the HOME key in the lower right corner will store all changed settings (excluding calibration parameters) and return to the HCP immediately. This ECP includes 4 major categories: system setting category, system calibration category, system information category, and system update category. Table 3.3.1 describes the function details in each category.

Table 3.3.1 ECP function description

Category	Function	Instruction	Note
System setting	Sleep Mode	Sleep mode on/off	<ul style="list-style-type: none"> On the HCP page, if there is no operation for five minutes, it will enter a false sleep. After sleep mode, click the screen, press the Safety Key,

	Incline Revert	<ul style="list-style-type: none"> ● Remove the safety key, put back the safety key, the incline not return to zero when power on. Enter the workout page, incline returns to zero. ● Pause/ Stop the incline to zero. Press start while paused, continue to workout when the incline keep with 0. 	<ul style="list-style-type: none"> ● Default: OFF (disenable)
	Buzzer	Beep mode: ON/OFF	<ul style="list-style-type: none"> ● This refers to the buzzer sound triggered by the touch, not related to the
	Lube	Lube mode setting	<ul style="list-style-type: none"> ● value displays as the remaining prompt distance ● Default: 300
	Reset	Reset the remaining mileage of LUBE and return to the set value	
	Touch Test	Touch test: ON/OFF	<ul style="list-style-type: none"> ● When the touch test is on, the touch crosshairs appear
	Reset system	Reset to default settings function	<ul style="list-style-type: none"> ● Click the reset button to enter the system recovery, that is, restore the
System calibration	Unit	System unit	<ul style="list-style-type: none"> ● Metric or Imperial ● Default:Metric
	Speed ratio value	Speed ratio value	
	Maximum speed	Maximum speed	
	Minimum speed	Minimum speed	
	Maximum incline	Maximum incline	
	Start calibrating	Start calibrating after pressing	
	Calibration message	Calibration message while calibrating process	

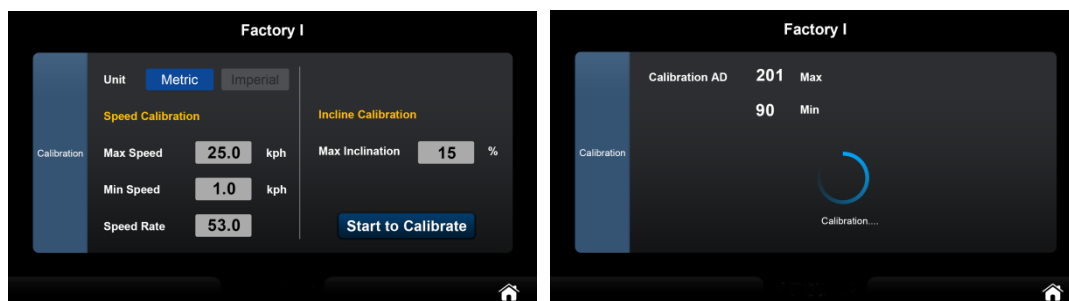
System message	Total time	Total used time	refer to table 3.3.2
	Total distance	Total used distance	
	Software version	APP version, can't revise	
	SDK version	SDK version, can't revise	
	Hard disk version	Hard disk version, can't revise	
	Lower console version	Lower console version, can't revise	
	Reset	Clear after pressing Total Time/Total Distance	
System upgrate	Upgrate software	Change the name of the program to AC00551-56T-02.apk and put it into the USB, insert it into the USB port of the treadmill, and enter the engineering mode 2 to update.	
	Upgrate logo	To change the file name to logo.png, after pressing it, the logo file name will be searched from the USB and automatically updated	

information or setting items	Instruction	Note
Max Speed [Setting]	<ul style="list-style-type: none"> ● Setting the max speed value of the machine. ● If the input value exceeds the value range, it is automatically set to the upper or lower limit value. 	<ul style="list-style-type: none"> ● Unit: KPH/MPH ● Value range: Max[27]Min[18]/Max[16.8]Min[11] ● Default: 25/15.6
Min Speed [Setting]	<ul style="list-style-type: none"> ● Setting the min speed value of the machine. ● If the input value exceeds the value range, it is automatically set to the upper or lower limit value. 	<ul style="list-style-type: none"> ● Unit: KPH/MPH ● Value range: Max[2.0]Min[0.5]/Max[1.2]Min[0.3] ● Default: 1.0/0.6

Max Incline	<ul style="list-style-type: none"> ● Setting the max incline value of the machine. ● If the input value exceeds the value range, it is automatically set to the upper or lower limit value. 	<ul style="list-style-type: none"> ● Unit: % ● Value range: Max[20]/Min[10] ● Default: 15
Speed ratio value	<ul style="list-style-type: none"> ● Input with software keyboard ● If the input value exceeds the value range, it is automatically set to the upper or lower limit value. 	<ul style="list-style-type: none"> ● Value range: Max[200.0]/Min[10.0] ● Default: 53.0
Start to Calibrate	<ul style="list-style-type: none"> ● Press to start calibration, and leave after calibration is complete, the screen will switch to HCP. ● The real-time Incline AD value is displayed during the calibration process. 	

System calibration

You cannot leave directly during calibration in engineering mode, and the system will automatically leave this mode after calibration is completed. Notice! After pressing the “Start to Calibrate” button, the calibration parameters are saved. Otherwise system will keep last calibration value and not revised refer to Image 3.3.1:



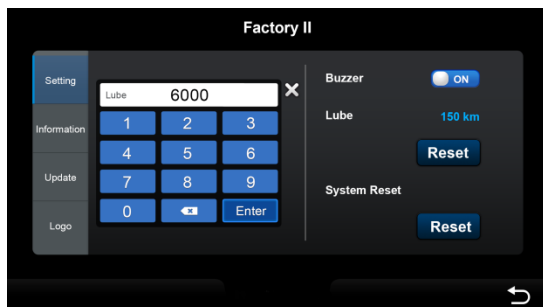
3.3.1 Calibration mode

Table 3.3.2 Engineering mode Calibration function

LUBE function

Select the value on the right side of LUBE, it can enter the mileage of the LUBE prompt as shown in Image 3.3.2: When it reach mileage of the LUBE prompt, back to home page. The lube pump automatically refuels for 20 seconds after the running belt stops. When the mileage of the next exercise plus the mileage of the last refueling reaches the refueling mileage, it will automatically refuel for 20 seconds after returning to the home page (the prompt will not be displayed)

For example: set the refueling mileage to 150km, when this exercise reaches 160km, it will automatically refuel for 20 seconds after returning to the home interface, and it will also automatically refuel for 20 seconds when the next exercise reaches 140km and returns to the home page.



Software update function

After pressing the Update S/W button, the screen will bring up the file list selection page and the subsequent update process. This process is a standard page provided by the Android system and cannot be customized. After the update process is complete, the system will automatically restart and return to the HCP. Note that the power supply must not be interrupted during the update process, otherwise the system may crash and not function properly again.



3.3.3 Software updating

Logo updating Function

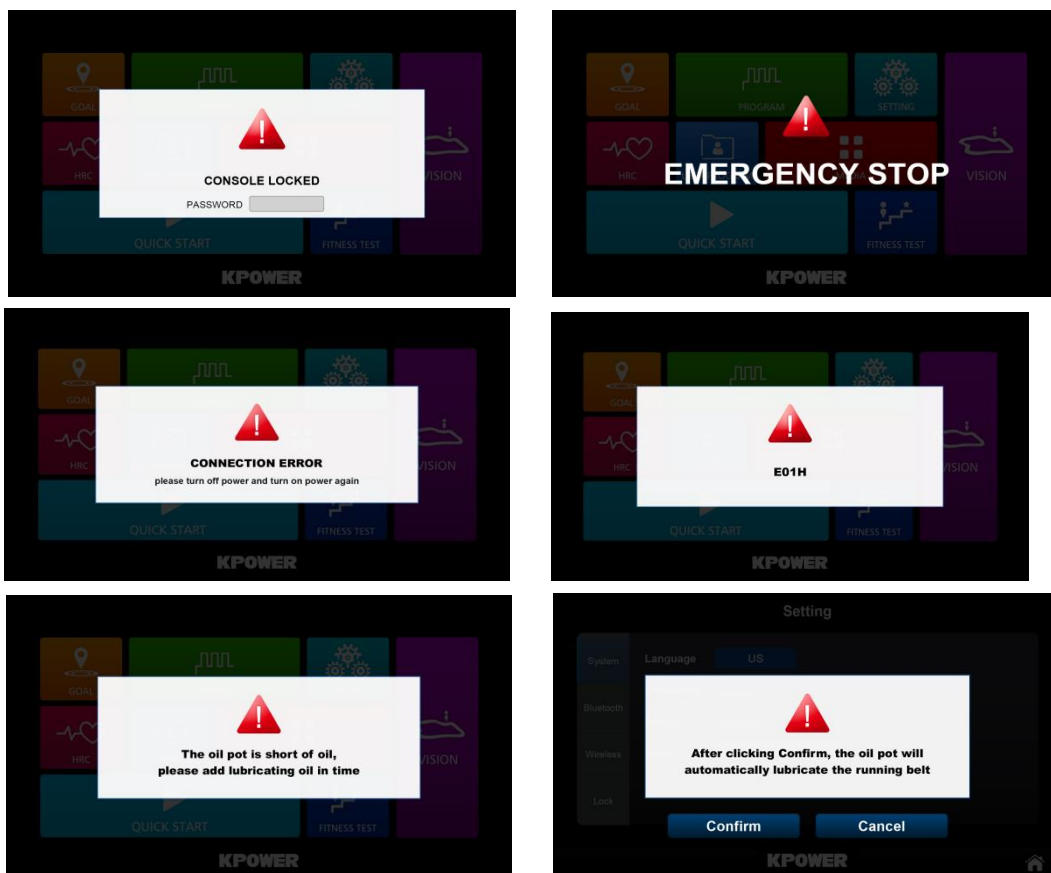
The left side is the current logo of the system. After inserting the USB with the logo.png file, the system will automatically search for the logo file name, and the right side will display the logo file searched from the USB. Press Update Logo to update to the USB logo file.

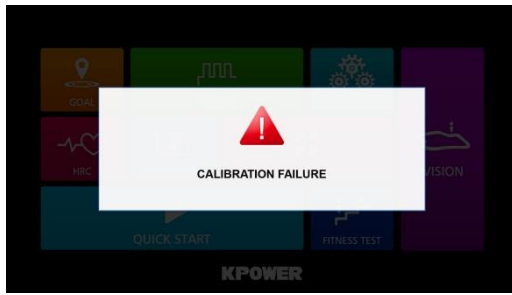


Table 3.3.4 Logo updating

3.4 – Error message window

System alarm messages are presented in different windows, some describe errors in text, and some are displayed with specific codes (eg: E01H/E02H, etc.), see Figure 3.4.1. For a complete list of error codes, see Table 3.4.1.





3.4.1 Alarm message window

There are different processing and elimination methods for different types of alarm messages, refer to Table 3.4.1.

3.4.1 Summary table of alarm message processing methods

Alert message	Solution description
EMERGENCY STOP	<ul style="list-style-type: none"> After the Safety Key is removed, the system will automatically return to HCP, and the screen will be displayed as shown in Image 3.4.1
CONSOLE LOCKED	<ul style="list-style-type: none"> This category is TIME/DISTANCE when any item reaches the lock value, it can be automatically released and recalculated only after entering the password. This message only occurs every time when enter the HCP page, which is every time when enter the HCP page, you must check whether the TIME/DISTANCE has reached the upper limit
INCORRECT PASSWORD	<ul style="list-style-type: none"> This is the login password error alarm of Lock Setting
The lube tank is out of lubrant, please replenish in time	<ul style="list-style-type: none"> When the lube mileage is reached or manually click the refueling icon on the setting interface, it will first detect whether there is lubrant in pump. When it is detected that the lube pump is short of lubrant, the system will prompt the user to refuel the lube pump in time. This alarm only occurs every time you enter the HCP page, that is, every time you enter the HCP page, you must detect whether the lube pump is short of lubrant.
After clicking confirmation, lube tank will lubricate the running belt automatically.	<ul style="list-style-type: none"> This pops up every time you manually click the lube icon in the setting interface, prompting the user whether the lube pump needs to automatically luburate the running belt. <ul style="list-style-type: none"> Click OK, the lube pump will automatically luburate the running belt for 20 seconds, and the alarm message will pop up again the next time you manually click the lube icon in the setting interface. Click Cancel and the alarm message disappears.
E5	<ul style="list-style-type: none"> This is an incline error, which occurs in the state of workout. At this time, the screen prompts with a red incline string. The incline cannot be controlled, but it can still continue to move.

Other	<ul style="list-style-type: none"> ● Except for the above, other alarm messages cannot be removed manually, only power on again after turning power off and eliminating the error.
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4 Attachment 1 Speed/Incline Correspondence Table of Each Mode

The corresponding codes for the following programs are: [1]GOAL, [2]QUICK START, [3]HRC,[4]USER

Table 4.1.1 is Metric and Table 4.1.2 is Imperial) (S is the speed field element, I is the incline field, LS is the system minimum speed)

	S / I	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1	S	L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
		L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
	I	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2	S	L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
		L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
	I	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
3	S	L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
		L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
	I	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4	S	L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
		L	LS	L	L	L	L	LS	LS	L	L	L	L	LS	LS	L	
	I	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

4.1.1 Speed/Incline Correspondence Table (Metric/Imperial)

5 Attachment 2 Error Code Table

5.1.1 Error Code Table

Exception code	Exception code	Exception description	Solution
E01H	LE1	Low voltage trip during operation	1、 After 1 minute of power failure, restart the power supply

			<ol style="list-style-type: none"> 2、 Check whether the connection of the power plug, socket and switch is loose 3、 Check whether the power supply voltage is too low 4、 Please contact customer service if it cannot be restored to normal,
E02H	ntCF	Temperature sensor abnormal	<ol style="list-style-type: none"> 1、 After 1 minute of power failure, restart the power supply. 2、 Check whether the NTC plug connection on the inverter is loose 3、 If you can't solve it, please contact customer support for maintenance
E04H	OC	Output overcurrent	<ol style="list-style-type: none"> 1、 After 5 minutes of power failure, restart the power supply. 2、 Is the load overweight? 3、 Check whether the running belt needs to be luburate, whether the running belt is seriously worn, and whether the transmission mechanism (roller, etc.) is abnormal 4、 Please contact customer service. If it cannot be restored to normal.
E06H	OE	Inverter overvoltage	<ol style="list-style-type: none"> 1、 Confirm whether the power supply voltage is normal? 2、 After 1 minute of power failure, restart the power supply. If it cannot be restored to normal, please contact customer service.
E08H	GF	landing abnormal	<ol style="list-style-type: none"> 1、 After 1 minute of power failure, restart the power supply. 2、 Confirm that the motor and motor wires are well insulated? 3、 Confirm that the load is within the design range, check whether the running belt needs to be luburated, whether the running belt is seriously worn, and whether the transmission mechanism (roller, etc.) is abnormal 4、 Please contact customer service. If it cannot be restored to normal.
E09H	OH	Inverter overheating	<ol style="list-style-type: none"> 1、 Improve the ventilation of the equipment space and clean the heat sink of the inverter 2、 Return the inverter to the factory to replace the cooling fan of the inverter (the fan starts when the inverter reaches 50 degrees). 3、 Please contact customer service. If it cannot be restored to normal.

E0AH	OL	Motor overload	<ol style="list-style-type: none"> 1、 Confirm that the load is within the design range 2、 Check whether the running belt needs to be luburated, whether the running belt is seriously worn and needs to be replaced, and whether the transmission mechanism (roller, etc.) is abnormal
E0BH	OL1	Inverter overload	<ol style="list-style-type: none"> 1、 Check whether the load is overweight? 2、 Check whether the running belt needs to be luburated whether the running belt is seriously worn and needs to be replaced, and whether the transmission mechanism (roller, etc.) is abnormal
E0CH	OLO	System overload	This function is closed by default in the system (F-040=0)
E0DH	LF	Motor disconnection detection	<ol style="list-style-type: none"> 1、 Check whether the connecting wire and connector between the motor and the inverter are loose 2、 The motor is not connected
E0EH	dbuP	Inverter brake crystal overload	1、 After the power is cut off for 2 minutes, power on again. If it cannot be started, please replace the inverter.
E21H	PrEr	Flash Program failure	1、 After the power is cut off for 2 minutes, power on again. If it cannot be started, please replace the inverter.
E22H	EER	Lower controller EEPROM failure	1、 After the power is cut off for 2 minutes, power on again. If it cannot be started, please replace the inverter.
E23H	LE	Low voltage display	<ol style="list-style-type: none"> 1、 Confirm whether the input power voltage of the inverter is normal? 2、 Check if the plug is loose from socket.
E26H	drvF	Driver setting wrong	1、 Power on again after power off, and reset.
E27H	LP	Input low voltage	1、 Confirm whether the input power voltage of the inverter is normal?
E28H	HP	Input high voltage	1、 Confirm whether the input power voltage of the inverter is normal?
E29H	Ht	High temperature display	This function is closed by default in the system (F-070=0)
E5		Incline adjustment failure	<ol style="list-style-type: none"> 1、 Check whether incline VR wire is connected well. 2、 Connect and readjust 3、 Slightly touch the incline motor with your hand to check if it is hot. If it is too hot to touch. You should try not to adjust the incline or power off for about 5 minutes. After the incline temperature returns to normal

			temperature, turn on the power again.
Calibration failure		Incline learning failure	<ol style="list-style-type: none"> 1、 Check whether incline VR wire is connected well. 2、 Connect and recalibrate
Emergency stop	ESP	Safety switch abnormal	<ol style="list-style-type: none"> 1、 Check whether safety key switch is smoothly. 2、 Check whether safety key switch connection wire is loose or falls off. 3、 Check whether safety key switch is broken. 4、 Check whether console is damage. 5、 The connection wire from the upper console to the inverter is loose.
Machine connection error		The connection between the upper console and the lower console is incorrect	<ol style="list-style-type: none"> 1、 Check whether the wire is loose or falls of from console. 2、 Check whether the wire is loose or falls from controller. 3、 Check whether there is good contact between the console wire segment and the lower controller. 4、 Check whether controller is damage. 5、 Check whether console is damage. 6、 After power is cut off for 2 second, power on again.
E50H		The connection between the lower motor and the lower controller is wrong	<ol style="list-style-type: none"> 1、 Check whether the wire between the lower motor and the controller is loose and falling off. 2、 Check whether the controller is damaged.

Time routine	Setting time / 30 = The running time of each section																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
P1	SPD	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	3	3	3	1	2	2	3	3	2	2	2	2	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P2	SPD	2	2	5	5	4	4	6	4	6	4	2	2	4	4	2	2	2	2	4	4	6	6	8	7	8	6	2	2	3	3
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	2	2	3	3	5	5	4	4	4	3	4	4	3	3	1	1
P3	SPD	2	2	5	5	4	4	5	4	5	4	2	2	3	3	2	2	2	2	4	4	5	5	5	6	5	6	3	3	3	3
	INC	1	1	2	2	2	2	3	1	2	2	2	2	2	2	1	1	3	3	5	5	3	3	4	2	3	4	2	2	3	3
P4	SPD	3	3	6	6	7	7	5	8	5	9	6	6	4	4	3	3	4	4	2	2	6	6	8	6	3	2	6	6	2	2
	INC	2	2	2	2	3	3	3	2	2	4	6	6	2	2	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
P5	SPD	3	3	6	6	7	7	5	8	6	7	6	6	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
	INC	1	1	2	2	4	4	3	2	2	4	5	5	2	2	1	1	3	3	5	5	6	6	7	8	9	10	10	8	2	2
P6	SPD	2	2	8	8	6	6	4	5	9	7	5	5	4	4	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
	INC	2	2	2	2	6	6	2	3	4	2	2	2	2	2	1	1	4	4	3	3	4	4	4	3	4	2	3	3	2	2
P7	SPD	2	2	6	6	7	7	4	4	7	4	2	2	4	4	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
	INC	4	4	5	5	6	6	6	9	9	10	7	7	6	6	3	3	4	4	2	2	4	4	6	8	7	8	6	6	2	2
P8	SPD	2	2	4	4	6	6	8	7	8	6	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
	INC	3	3	5	5	4	4	4	3	4	4	3	3	3	3	2	2	4	4	2	2	4	4	6	8	7	8	6	6	2	2
P9	SPD	2	2	4	4	5	5	5	6	5	6	3	3	3	3	2	2	3	3	4	4	4	4	3	5	5	6	3	3	3	3
	INC	3	3	5	5	3	3	4	2	3	4	2	2	3	3	2	2	3	3	5	5	4	4	4	3	4	3	2	2	2	2
P10	SPD	2	2	3	3	5	5	3	3	5	3	6	6	3	3	3	3	4	4	3	3	4	4	4	3	4	2	3	3	2	2
	INC	4	4	4	4	3	3	6	7	8	8	6	6	3	3	3	3	3	3	2	2	5	5	7	3	5	6	7	7	2	2
P11	SPD	3	3	5	5	8	8	8	9	5	7	6	6	3	3	2	2	3	3	4	4	6	6	2	3	7	9	5	5	2	2
	INC	4	4	5	5	6	6	6	9	9	10	8	8	6	6	3	3	3	3	4	4	4	4	3	5	5	6	3	3	3	3
P12	SPD	2	2	5	5	5	5	4	4	6	4	2	2	3	3	4	4	3	3	4	4	3	3	4	3	5	4	2	2	1	1
	INC	3	3	5	5	6	6	7	8	9	10	10	8	6	6	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
P13	SPD	4	4	2	2	6	6	8	6	3	2	6	6	2	2	2	2	3	3	10	10	7	7	10	7	10	7	7	7	2	2
	INC	3	3	4	4	6	6	2	3	7	9	5	5	2	2	2	2	1	1	2	2	4	4	5	2	2	4	6	6	3	3
P14	SPD	3	3	4	4	4	4	3	5	5	6	3	3	3	3	2	2	5	5	3	3	4	4	4	3	4	2	5	5	2	2
	INC	3	3	5	5	4	4	4	3	4	3	2	2	2	2	4	4	2	2	5	5	4	4	2	4	2	4	2	2	4	4
P15	SPD	4	4	2	2	4	4	6	8	7	8	6	6	2	2	3	3	2	2	5	5	4	4	2	4	2	4	2	2	4	4
	INC	4	4	3	3	4	4	4	3	4	2	3	3	2	2	5	5	1	1	2	2	3	3	3	2	2	3	4	4	2	2
P16	SPD	3	3	2	2	5	5	7	3	5	6	7	7	2	2	1	1	2	2	5	5	4	4	5	4	5	4	6	6	3	3
	INC	3	5	9	10	9	9	8	8	4	3	3	3	2	2	4	4	1	1	2	2	2	2	3	1	2	2	1	1	2	2
P17	SPD	2	4	6	8	8	10	10	8	10	10	5	5	9	9	8	8	5	5	4	4	3	4	3	4	5	6	3	3	3	3
	INC	1	1	4	4	6	6	6	1	4	4	6	6	4	4	4	4	3	3	5	5	4	4	2	2	3	4	2	2	3	3
P18	SPD	3	5	10	10	7	7	8	10	8	10	10	10	7	7	5	5	7	7	10	10	9	9	8	8	4	3	3	3	2	2
	INC	1	1	4	4	4	4	6	1	4	4	6	6	8	8	4	4	5	5	10	10	8	8	10	8	10	10	5	5	2	1

P19	SPD	3	3	7	7	5	5	7	6	10	7	3	3	10	10	5	5	4	4	6	6	7	7	5	8	6	7	6	6	3	1
	INC	1	1	2	2	4	4	5	1	2	2	4	4	3	3	3	3	1	1	3	3	4	4	3	2	2	4	5	5	2	2
P20	SPD	3	3	10	10	7	7	10	7	10	7	7	7	7	7	3	3	4	4	6	6	7	7	5	8	6	7	6	6	3	3
	INC	1	1	2	2	4	4	5	2	2	4	6	6	3	3	2	2	1	1	3	3	4	4	3	2	2	4	5	5	2	2
P21	SPD	3	3	4	4	3	3	4	3	5	4	2	2	5	5	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	1
	INC	2	2	3	3	4	4	4	3	4	2	5	5	2	2	5	5	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P22	SPD	2	2	5	5	4	4	2	4	2	4	2	2	4	4	2	2	3	3	5	5	4	4	4	3	4	4	3	3	3	3
	INC	1	1	2	2	3	3	3	2	2	3	4	4	2	2	3	3	5	5	4	4	3	4	3	4	5	6	3	3	3	3
P23	SPD	2	2	5	5	4	4	5	4	5	4	6	6	3	3	2	2	3	3	5	5	8	8	8	9	5	7	5	6	4	2
	INC	1	1	2	2	2	2	3	1	2	2	1	1	2	2	1	1	5	5	6	5	6	5	6	9	9	10	10	8	6	3
P24	SPD	3	3	6	6	5	7	5	8	5	9	6	6	4	4	3	3	2	2	8	8	6	6	5	5	6	7	5	5	4	4
	INC	1	1	2	2	3	3	3	2	2	4	6	6	2	2	1	1	5	5	4	4	6	6	2	3	4	2	2	2	2	2
P25	SPD	4	4	6	6	7	7	5	8	6	7	6	6	5	5	3	3	4	4	2	2	5	6	8	7	8	6	5	4	3	3
	INC	1	1	3	3	4	4	3	2	2	4	5	5	2	2	1	1	3	3	5	5	4	4	4	3	4	4	3	3	3	3
P26	SPD	2	2	8	8	6	6	5	5	6	7	5	5	4	4	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
	INC	1	1	4	4	6	6	2	3	4	2	2	2	2	2	1	1	3	3	5	5	6	6	7	8	9	10	10	8	6	2
P27	SPD	2	2	6	6	7	7	4	4	7	4	3	3	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	4	4	5	5	6	6	7	9	9	10	10	10	6	6	3	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P28	SPD	4	4	2	2	5	6	8	7	8	6	5	4	3	3	2	2	5	5	3	3	4	4	4	3	4	2	5	5	2	2
	INC	3	3	5	5	4	4	4	3	4	4	3	3	3	3	2	2	2	2	5	5	4	4	2	4	2	4	2	2	1	1
P29	SPD	2	5	6	6	3	4	3	4	5	6	3	3	3	3	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3	3
	INC	3	3	5	5	4	4	2	2	3	4	2	2	3	3	2	2	3	3	4	4	4	3	4	2	5	5	2	2	1	1
P30	SPD	3	5	3	3	5	5	4	4	5	3	6	6	3	4	3	2	3	3	4	4	3	3	4	3	5	4	2	2	2	1
	INC	4	4	1	1	3	3	6	7	8	8	7	7	3	3	3	3	5	5	3	3	4	4	4	3	4	2	5	5	2	2
P31	SPD	3	3	5	5	8	8	8	9	5	7	5	6	4	4	2	2	4	4	5	5	6	6	6	9	9	10	8	8	6	3
	INC	1	3	6	5	6	5	6	9	9	10	10	10	8	6	4	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P32	SPD	2	4	5	4	5	5	6	8	6	4	3	2	3	3	4	4	3	3	10	10	7	7	10	7	10	7	7	7	3	3
	INC	3	3	5	5	6	6	7	8	9	10	10	10	7	6	3	3	1	1	2	2	4	4	5	2	2	4	6	6	3	3

6 Attachment 3 PROGRAM Speed/Ascension Correspondence Table

6.1.1 PROGRAM Speed/Ascension Correspondence Table (Metric)

7 Sport show APP connection process

7.1 Register and log in to the Sports Show APP on the mobile phone, open the APP selection mode and search for the Bluetooth device of the electronic watch, select the correct Bluetooth device name to

connect, and after the connection is successful, you can control the movement of the electronic watch through the APP.

7. 2 If and only when the electronic watch is in the home interface, it can be connected to Bluetooth, and only the quick start mode can enter sports. The electronic watch can control the speed and slope of the sports show APP, and the APP can also control the speed and slope of the electronic watch synchronizely.

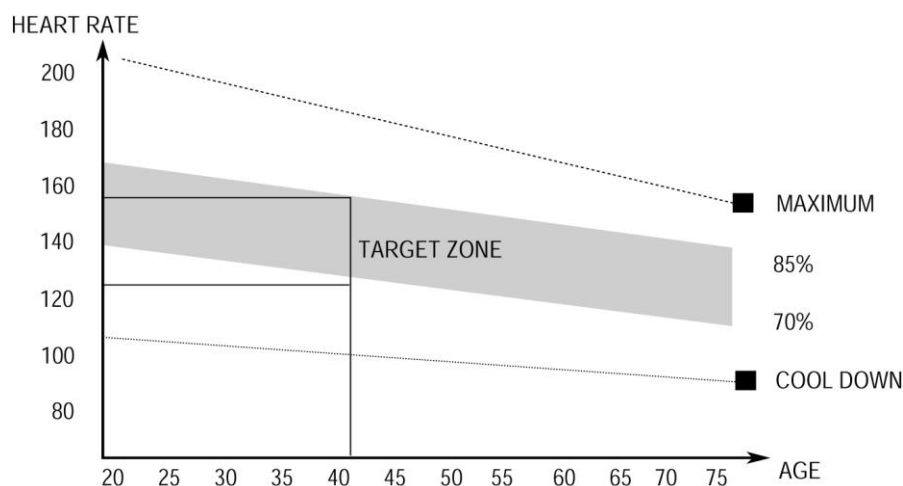
EXERCISE INSTRUCTIONS

1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching

exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

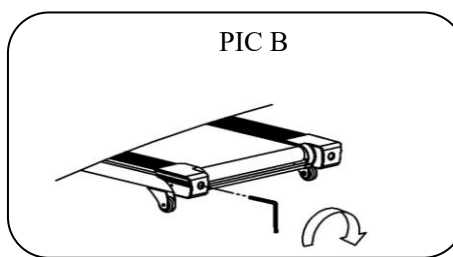
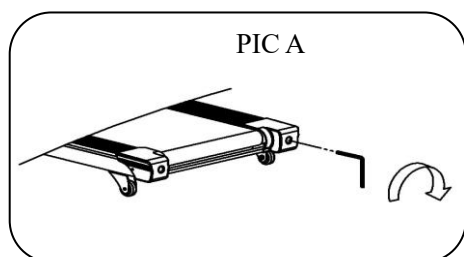
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.
- If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



Picture A: If the belt has drifted to the RIGHT

Picture B: If the belt has drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN** the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

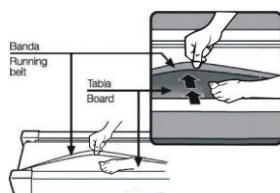
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user (less than 3 hours/ week)** **annually**
- **Medium user (3-5 hours/ week)** **every six months**
- **Heavy user (more than 5 hours/ week)** **every three months**



WARRANTY

DKN-Technology warrants this product to be free from defects in material at the time of the product's tender of delivery. This 'Carry-in' Limited Warranty applies for a period of two (2) years, beginning on the date mentioned on your product invoice or proof of purchase of product issue by DKN-Technology.

This Limited Warranty is not transferable and does not cover normal wear and tear (including, but not limited to, damage and wear to batteries, springs, bearings, running mats, hydraulic systems, ropes, belts, pulleys, power shocks, drive belts and other non-durable parts, etc...).

This Limited Warranty is void if the product is damaged by accident, unreasonable use, improper service, failure to follow instructions provided, modification from its original state, or other causes determined not arising out of defects in material, the consequences of improper treatment, bad installation, wrong assembly or tampering of the parts by incorrect assembly, improper use of the machine (eg. too heavy load in time, weight etc...), problems caused by lack of maintenance, deviations of the standard machine, such as light vibrations or noise, etc...

Transport charges, travel charges for technicians, and possible trader and/ or workshop charges are excluded from this warranty, and will be at the sole cost of the owner.

The liability of the manufacturer under this Limited Warranty shall not include any liability for direct, indirect, or consequential damages resulting from any defect nor the use of this machine.

CUSTOMER SUPPORT

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

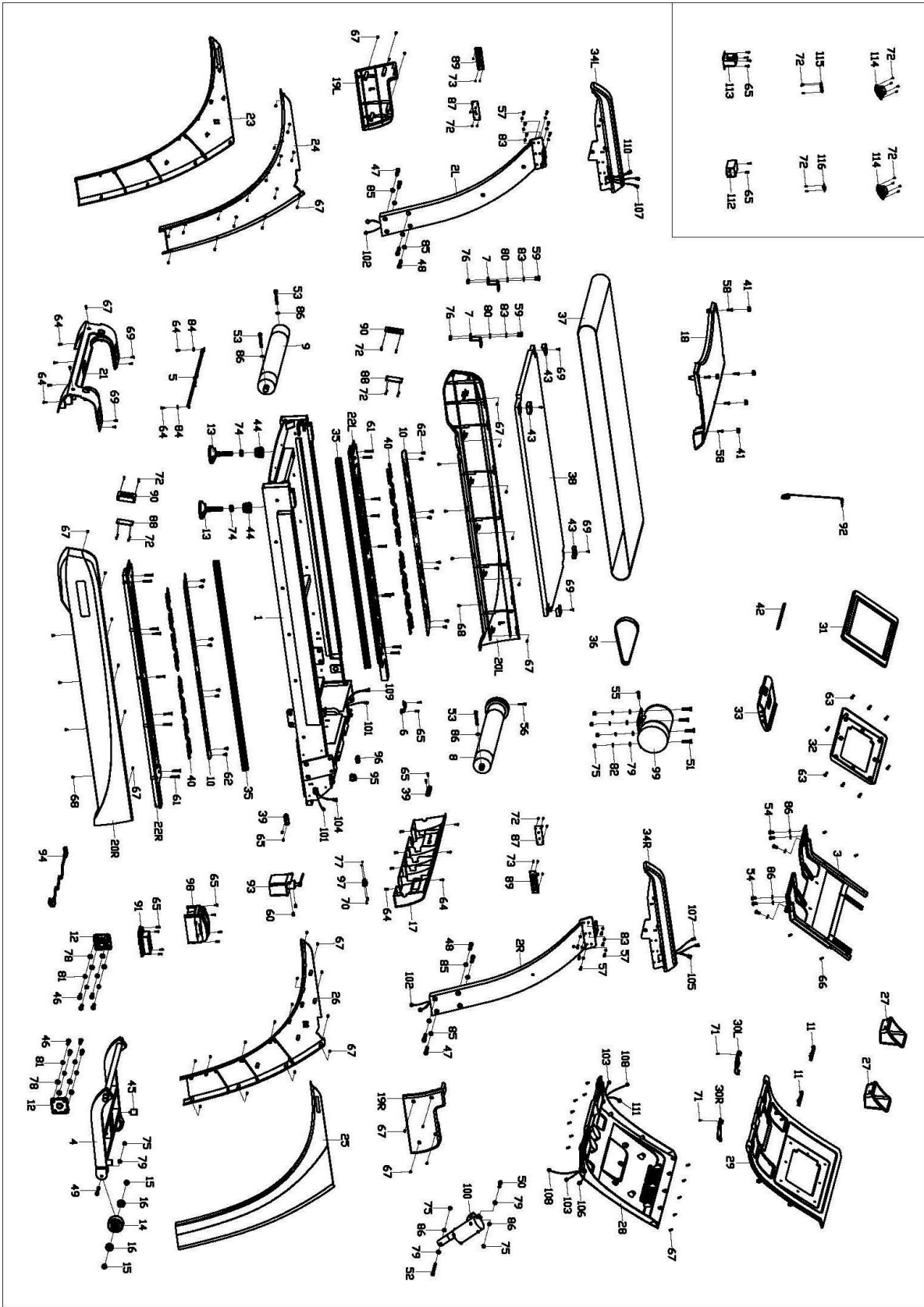
- Product nr - This can be found on the product label
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect

IMPORTANT!! - Please retain your sales receipt, DKN-Technology Customer Care may request proof of purchase to validate eligibility for warranty service.

Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via www.dkn-technology.com.

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	59	Cross recessed pan head screw M6*20	4
2L/R	Upright tube joint	1 per.	60	Cross recessed pan head screw M6*15	2
3	Computer	1	61	inner hexagon sunk head bolt M6*45	18
4	Incline frame	1	62	Chamfering bolt with hexagon head M6*15	16
5	Oil tube connecting frame	1	63	Cross slotted washer head screw M5*20	8
6	Ground wire base	1	64	Cross slotted washer head screw M5*15	13
7	Running board retainer	2	65	Cross slotted washer head screw M4*15	20
8	Front roller	1	66	Cross recessed pan head tapping screws ST4.0*22	4
9	Rear roller	1	67	Cross recessed pan head tapping screws ST4.0*16	96
10	Stainless steel anti-slip mat	2	68	Cross grooved head tapping screw ST4.0*12	8
11	Stainless steel hand pulse	4	69	cross recessed countersunk head tapping screw ST4*16	8
12	Bearing rack	2	70	Cross recessed countersunk head screw M3*15	2
13	Adjustable foot pad	2	71	Cross recessed pan head screw M3.0*12	2
14	PU wheel	2	72	Cross recessed pan head tapping screws ST2.9*9.5	37
15	Bearing spacer	4	73	Cross recessed pan head tapping screws ST2.9*6.5	8
16	Bearing	4	74	Hexagon nut m20*2.5	2
17	Frame front cover	1	75	Nylon nut M10	8
18	Motor cover	1	76	Nylon nut M6	4
19L/R	Frame side tube front cover	1 per	77	Nylon nut M3	2
20L/R	Fame side tube cover	1 per	78	Standard flat washer Φ 12	8
21	End cover	1	79	Standard flat washer Φ 10	8
22L/R	Edging	1 per	80	Standard flat washer Φ 6	4
23L	Upright tube outer cover	1	81	Standard spring washer Φ 12	8
24L	Upright tube inner cover	1	82	Standard spring washer Φ 10	4
25R	Upright tube outer cover	1	83	Standard spring washer Φ 6	16
26R	Upright tube inner cover	1	84	Standard spring washer Φ 5	2
27	Kettle box	2	85	Internal serrated lock washer Φ 12	8
28	Computer upper cover	1	86	Internal serrated lock washer Φ 10	11

29	Computer bottom cover	1	87	Handrail indicator lamp clamp	2
30L/R	Computer cover	1 per	88	Rear cap indicator lamp clamp	2
31	Computer board upper cover	1	89	Handrail light	2
32	Computer board bottom cover	1	90	Rear cap light	2
33	Computer keyboard	1	91	Adaptor	1
34L/R	Handle bar	1 per	92	Security lock component	1
35	Silicon cushion	2	93	Pump	1
36	Belt	1	94	Power line	1
37	Running belt	1	95	Rocker switch	1
38	Running board	1	96	Overload protector	1
39	Clamp wire clasp	2	97	Power socket	1
40	Silicone anti-slip block	48	98	Inverter	1
41	Silicone bolt stopper	5	99	AC motor	1
42	Phone anti-slip mat	1	100	Incline motor	1
43	Limiting stopper	4	101	Rear end cap lamp power supply line	2
44	Rear end cap	2	102	Rear end cap lamp power supply medium line	2
45	Cushion	2	103	Rear end cap lamp power supply line	2
46	Inner hexagonal head bolts M12*35	8	104	Computer lower wire 1	1
47	Hexagon bolts in cylinder head M12*60	4	105	Computer connecting wire 1	1
48	Hexagon bolts in cylinder head M12*50	4	106	Computer upper wire 1	1
49	Outer hexagon bolt M10*70	2	107	Power of the armrest lamp	2
50	Outer hexagon bolt M10*50	1	108	Power of the armrest lamp	2
51	Outer hexagon bolt M10*45	4	109	Computer lower wire 2	1
52	Hexagon socket head cap screws M10*115	1	110	Computer connecting wire 2	1
53	Hexagon socket head cap screws M10*75	3	111	Computer upper wire 2	1
54	Inner hexagonal head bolts M10*20	6	112	Filter(Optional)	1
55	Outer hexagon bolt M8*35	1	113	Inductor(Optional)	1
56	Hexagon bolts in cylinder head M6*35	1	114	Loudspeaker(Optional)	2
57	Hexagon bolts in cylinder head M6*20	12	115	MP3 interface(Optional)	1
58	Cross recessed pan head screw M6*25	5	116	USB module(Optional)	1

WEBSITE



DKN[®]



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