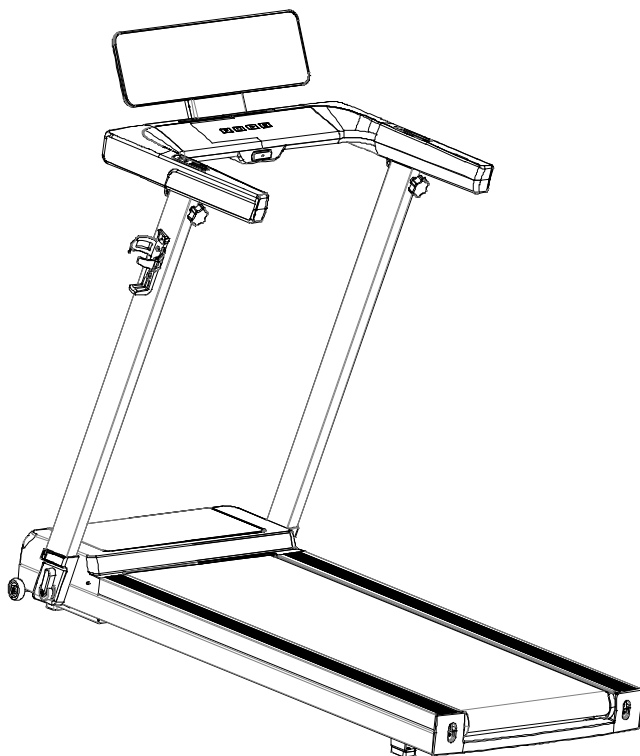# DKN® TECHNOLOGY

SMART FITNESS SOLUTIONS

Airun-D

DKN®

MOTORIZED TREADMILL
OWNER'S MANUAL

Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

THANKYOU

Thanks for purchasing this product .The product will help you keep fitter, healthier and better in a very easy way.

User Guide

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.

2. Ensure the treadmill stable on the ground before use.

3. Check if its function normal or not before running.

4. Stand on two side rails when the treadmill starts

5. Clipped the safety key to your clothes when upcoming to control any emergency.

6. Press the "start" button to get the treadmill started.

7. Follow the running belt with left leg to do preparation before trial run. Only when you feel it right, then to run with two legs on the treadmill with proper running posture.

8. The treadmill is FOR ONE PERSON ONLY. Overload is not allowed.

9. You can adjust speed if necessary.

10. After running, you can stop the treadmill by pulling out the safety key or pressing   the "stop" button.

11. Remember to turn off the power and pull out the plug when you finish exercising.

Safety precaution：

◆   Place the treadmill indoors to avoid any water and no heavy stuff.

◆   When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.

◆   Keep children away from the treadmill to avoid any accident.

◆   No overload to give damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.

◆   Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.

◆   Keep the household treadmill continuously running no more than 2 hours.

◆   Keep good air circulation when running.

◆   There should be 2000x1000mm safe space at the end of treadmill when running。

◆   Stop running if any discomfort and consult the doctor.

◆   Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistake.

◆ Prohibit the user jumping off the treadmill directly after use.

◆ Pull out the power plug gently from the socket.

◆ Stop the machine if anything wrong and cut the power immediately.

◆ Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

DANGER!

To reduce accidents or harm, please check following rules.

◆ Ensure your clothes zipped up before running.

◆ Do not wear clothes that easily hooked.

◆ Keep power cord away from hot objects.

◆ Keep children away from the treadmill.

◆ If something wrong , support the handle bar to push up and leave running belt.

◆ Do not use the treadmill outdoor.

◆ Cut off the power before move of the treadmill .

◆ Do not open motor and roller cover unless professionals .

◆ This machine can be used under 10A circuit .

◆ Ensure that only one person at a time uses the fitness device.

◆ The HRC testing may be not as exact as medical devices so its results for reference only .

◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

Warning!

Prohibit!

◆Following patients under treatment need to get use of the treadmill after approval of professional doctor.

（1）The person with backache or used to get hurt in the leg ,waist ,neck . Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)

（2）The patient with deformational arthritis , rheumatism or gout .

（3）The patient with osteroporosis .

（4）The patient with a bad circulatory system like heart disease ,vascular

disorders and vascular hypertension .

（5）The patient with respirtory disturbance.

（6）The patient with Artificial heart rhythm problem.

（7）The patient with malignant tumors.

（8）The patient with thrombosis .

（9）The patient with diabete-caused perceptual disturbance.

（10）The person with skin injury .

（11）The patient with a high fever above 38℃.

（12）The person with bent back bone.

（13）The person with pregnance or in (menstrual) period.

（14）The person feels discomfortable .

（15）The person is obviously in a bad condition.

（16）The person for the purpose of rehabilitation.

（17）The person having abnormal physical features.

-Above cases may cause accident or poor health

◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numb, and abnormal heart beat, and consult the doctor as soon as possible.

◆ Keep children away from this product.

- Children may get hurt if you ignore this.

◆ Told the children that this is not a toy.

- Children may get hurt if you ignore this.

◆when using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

Prohibit！

◆ stop use this product when the cover cracked (inner parts come out) or welded parts drop off.

-may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall down and get injury.

◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.

◆ Do not use or reserve the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use when the power line or plug damaged, or the socket is loose.

- may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

- may cause fire or electric shock.

◆ Only for one person at a time, tell people around not too close.

- may fall down and cause injury.

◆ people who is not conscious or can't operate by himself can not use the treadmill.

- may cause accident or get injury.

◆ disassemble, repair, change by customer themselves are forbid absolutely.

- may cause mechanical breakdown and injury.

To avoid water！

◆the main body and operating components can not meet with water or drink.

- may cause electric shock and fire.

Prohibit！

◆ Do not exercise too much if you are not a regular sportspeople.

◆ Do not use the treadmill after meals or when feel tired.

- may cause damage to your health.

◆ This product is for home use. It cannot be used in school or gymnasium where are lots of unspecific users.

- may cause injury.

◆ Do not use the product while you are having meals or doing other activities.

◆ Do not use the product when you feel the body become slow after drink.

- may cause accident or injury.

◆ Do not use the product when you have hard object in your pocket.

- may cause accident or injury.

◆ the power plug cannot be attached with needle, waste or water.

- may cause electric shock, short circuit and fire.

◆ Do not pull out the plug or switch the power to "off" while operating.

- may cause injury.

Do not operate with wet hands！

◆ Do not pull out or insert the plug with wet hands.

- may cause electric shock or injury.

Remember to pull out the plug！

◆Remember to pull out the plug when not using.

- Dust and dampness can damage insulation and then cause electric leakage and fire.

◆ Pull out the plug when maintenance.

- may cause electric shock and injury.

◆ stop using immediately when the product can not start or have something abnormal, pull out the plug and make a trouble call.

- may cause electric shock and injury.

◆ pull out the plug when meet with power failure suddenly.

- may cause accident and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause short circuit, electric shock and fire.

Ground connection instruction！

◆ the product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunction, thus can reduce the danger of electric shock.

◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must insert into the socket that conformed to the local regulations.

Danger！

◆ incorrect connection of grounding conductor may cause electric shock.If you are not sure about the grounding connection, please ask a professional electrician to check.if the plug of the product is not match your socket, you should ask for a n electrician to install a correct socket.

◆ the product have grounding plug. Please confirm that you have the matched socket first. Socket adapter is not allowed.
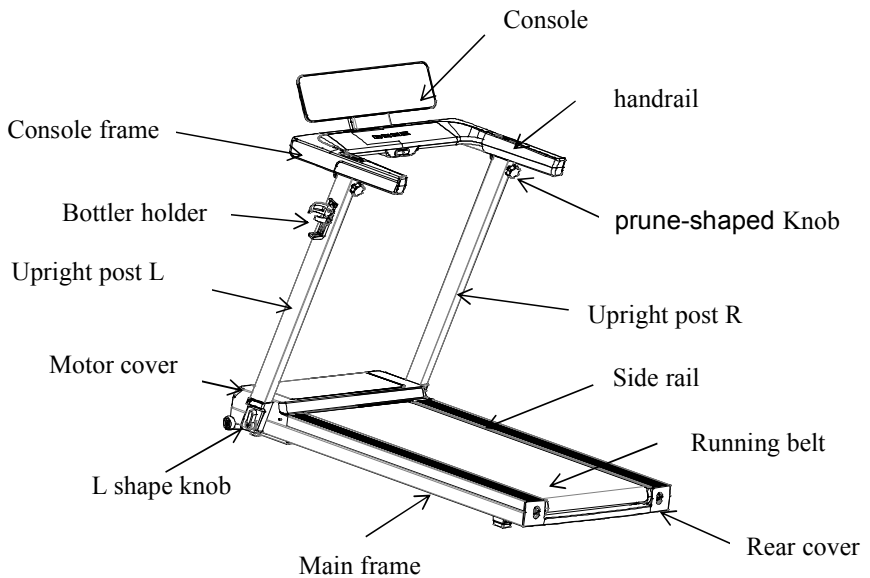
Exploding drawing：
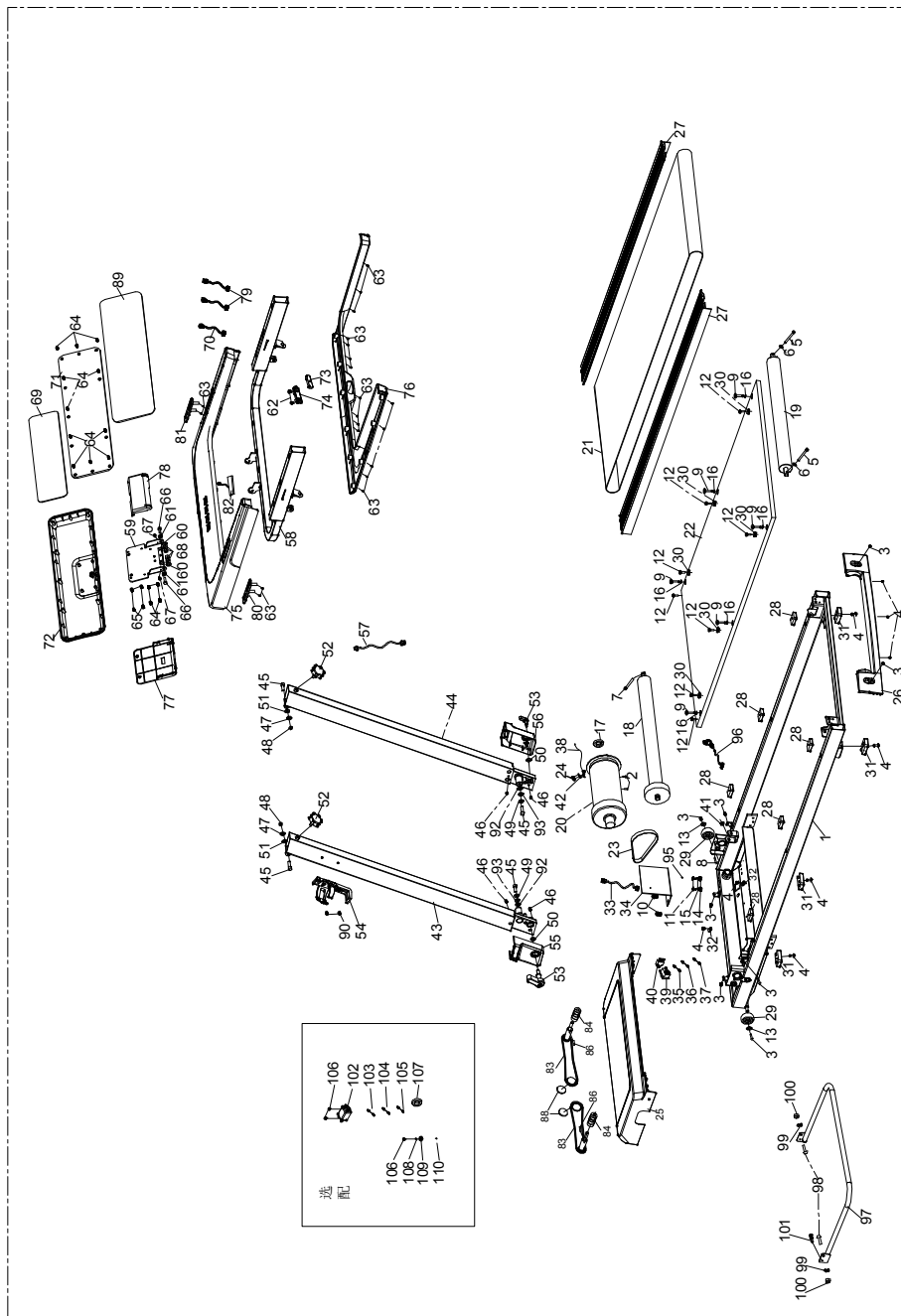
Part list：

No.	Part Name	specification	Qty
1	Main frame		1
2	Allen C.K.S. full thread bolt	M8*20	2
3	Philips C.K.S. full thread bolt	M5*10	8
4	Philips C.K.S. self-tapping bolt	ST4*16	9
5	Allen Cylinder full thread bolt	M8*75	2
6	Flat washer	Φ8	2
7	Allen Cylinder full thread blot	M6*45	1
8	Philips C.K.S. self-tapping bolt	ST4*10	2
9	Allen sunk full thread bolt	M6×55×Φ16	6
10	Philips C.K.S. full thread bolt	M4*16	2
11	Philips C.K.S. full thread bolt	M4*10	2
12	Philips sunk self-tapping bolt	ST4*15	8
13	Flat washer	Φ5	2
14	Outer serrate lock washer	Φ5	2
15	Spring washer	Φ5	2
16	Plastic flat pad (PVC)	Φ12×Φ6×t1.0	6
17	Magnet ring		1
18	Front roller		1
19	Rear roller		1
20	Motor		1
21	Running belt		1
22	Running board		1
23	Motor belt	174(442)PJ6	1
24	Philips Pan head full thread bolt	M4*8	2
25	Motor cover		1
26	Rear cover		1
27	Side rail		2
28	Square cushion		6
29	wheels		2
30	Round edge guide block		6
31	Square feet pad		4
32	cable clamp		2
33	Communication wire		1
34	controller		1
35	Power connection wire		1
36	Power connection wire		1
37	Power connection wire		1
38	Speed sensor		1
39	Ship type switch		1
40	Self-reset switch		1
41	Power cable buckle		1
42	Metal support for speed sensor		1
43	Standpost left		1
44	Standpost right		1
45	Allen Cylinder full thread bolt	M8*20	4
46	Philips C.K.S. self-tapping bolt	ST4*10	4
47	Flat washer	Φ8	2

48	Hexagon lock nut	M8	2
49	Flat washer	Φ32×Φ8.5×t2.0	2
50	Plastic pad	Φ24×Φ16×t2.0	2
51	Plastic pad	Φ18×Φ8.5×t2.0	2
52	Quincuncial knob	Φ35×M8×20	2
53	L-shape knob		2
54	Bottle holder		1
55	Standpost cover left		1
56	Standpost cover right		1
57	Communication wire		1
58	Console frame		1
59	Console fixing plate		1
60	Papilionaceous Spring	Φ12.5×Φ6.2×0.7	4
61	M6 step pad	Φ16×Φ8×4.7	2
62	Philips C.K.S. self-tapping bolt	ST4*10	2
63	Philips C.K.S. self-tapping bolt	ST4*16	20
64	Philips sunk self-tapping bolt	ST4*10	16
65	Philips sunk self-tapping bolt	ST4*15	4
66	Hexagon full thread bolt	M6*25	2
67	Philips C.K.S. full thread bolt	M4*10	2
68	Hexagon lock nut	M6	4
69	Console		1
70	Communication wire		1
71	Console panel		1
72	Console back cover		1
73	Safety key socket		1
74	Safety key		1
75	Sundry basket upper		1
76	Sundry basket lower		1
77	Console front decoration cover		1
78	Console rear decoration cover		1
79	Handle pulse wire		2
80	Start/stop handle pulse set		1
81	Speed handle pulse set		1
82	Touch button wire		1
83	Folding bracket frame		2
84	Ordinary cylindrical spiral compression spring	Φ14×Φ1.5×20	2
86	Philips Pan head full thread bolt	M5*15	2
88	EVA pad		2
89	Acrylic console sticker		1
90	Philips C.K.S.sharp full thread bolt		2
92	papilionaceous Spring	Φ40×Φ20.4×t2.0	2
93	D hole spacer	t4.0×Φ40	2
94	Earth wire label		1
96	Power cord		1
97	Rear support welds		1
98	Hexagon large flat head full tooth bolt	M8×20	2
99	Flat washer	Φ8	2
100	Hexagon lock nut	M8	2
101	Spring thread latch		1
CE Parts (Optional)			
102	filter		1

103	Power connecting wire		1
104	Power connecting wire		1
105	Connecting wire (earth wire)		1
106	Philips C.K.S. full thread bolt		3
107	Magnet ring		1
108	Outer serrate lock washer		1
109	Spring washer		1
110	Earth wire label		1

None #85, #87, #91.

Treadmill instruction

Console
handrail
Console frame
Bottler holder
prune-shaped Knob
Upright post L
Upright post R
Motor cover
Side rail
Running belt
L shape knob
Rear cover
Main frame

Technical information

Dimension	Fold: 265*780*1530 mm
	Unfold: 1530*780*1250 mm
Running surface	1220*450mm
Speed	1.0－16.0km/h

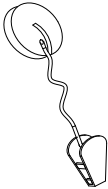Remark：WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.
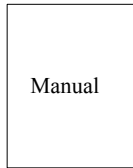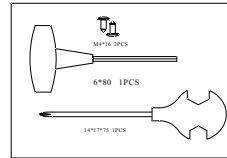
Packing List
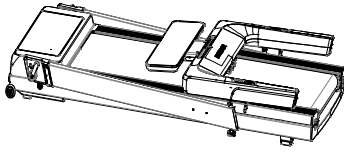
Machine
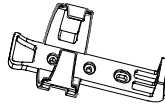
Bottle holder
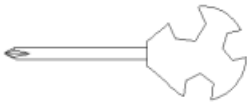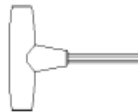
Silicon bottle

Safety key

Manual

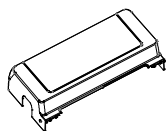Hardware kit

Hardware list

Philips Open Wrench 14x17x75

T-shape Wrench 6mm

Philips C.K.S. sharp full thread bolt M4x16

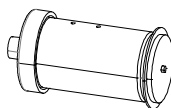| No.	Part	Qty
1	Philips C.K.S. sharp full thread bolt M4×16	2
2	Philips Open Wrench 14x17x75	1
3	T-shape Wrench (6mm)	1

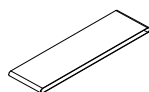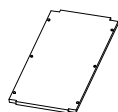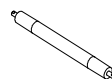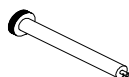## Main parts

Motor cover

Console

Motor

Motor Belt

Running belt

Running deck

Side rail

Rear roller

Front roller

Rear cover

ASSEMBLY INSTRUCTIONS

Warning

A. After removing the upper carton, please cut the four corners of floor carton by scissor. Do not remove the floor cover carton until the machine is installed.

B. Before installation, please check whether the machine is in good appearance with damage.

C. Only after the machine is 100% installed, you can move the machine by the moving wheels from floor cover carton.

D. If you do not follow the above steps, it may be possibly to cause injury during installation.

Step 1: Open the box, cut the four corners of floor carton by scissor, remove all PE bags and packing belts wrapping on the machine (not to take the machine out from the floor cover carton).
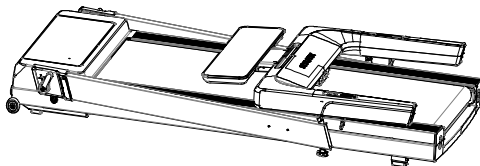
Step 2: Loose two L-shape knobs on bottom , then raise the upright posts.

L-shape knob
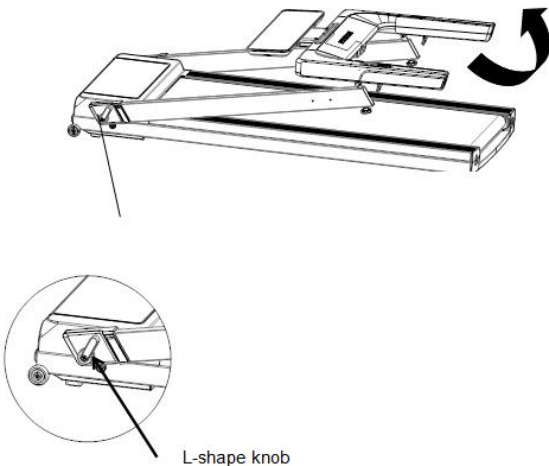
Step 3: Raise the upright post to the top position, then lock the L-sharp knob.

L-shape knob
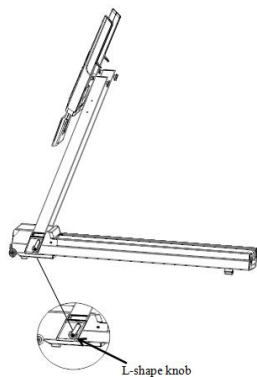
Step 4: Loose the prune-shaped by two sides, adjust the console frame to suitable position, then lock the prune-shaped knobs.

Quincuncial Knob
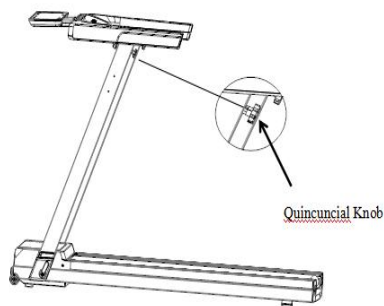
Step 5: Adjust the console to suitable position, assemble the bottle holder to upright post L by Philips C.K.S. sharp full thread bolt M4*16. Double check whether the L-shape knobs and prune-shaped knobs are locked well, the assembly is finished.

Bottle holder
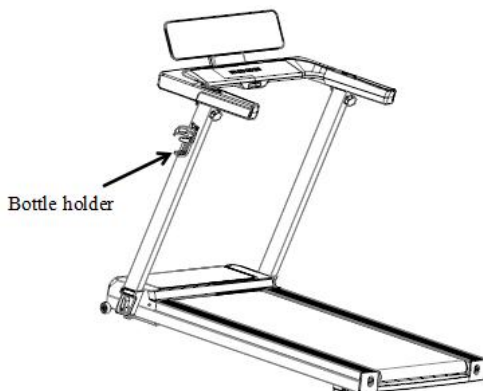
FOLDING INSTRUCTIONS

Step 1: Fold the treadmill by opposite procedure of assembly, put the console flat, hold the console frame by one hand, then loose the prune-shaped knobs by the other hand to fold the console frame. Hold the stand post by one hand, then loose the L-shape knob by the other hand to fold the upright post, finally to lock the L-shape knob. Treadmill is folded, which can be moved or/and stored.
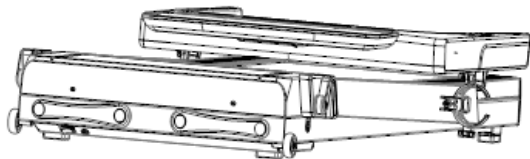
Step 2: Rotate the folding brackets, according to direction of below pictures.

Folding bracket
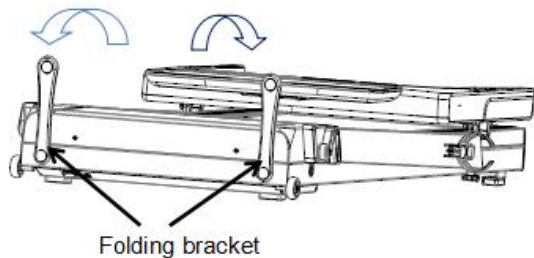
Step 3: Let the treadmill stand by itself.

Main frame bottom
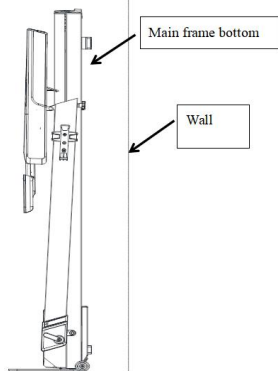
Wall

Remark: Treadmill should stand close the wall, keep away from children, in case of unexpected injured.

Step 4: Vertical collection.
After folding according to the first three steps,pull out the left latch at the bottom of the machine, the support tube down until the latch is in place with "snap" sound, which can achieve a non-relying vertical collection.
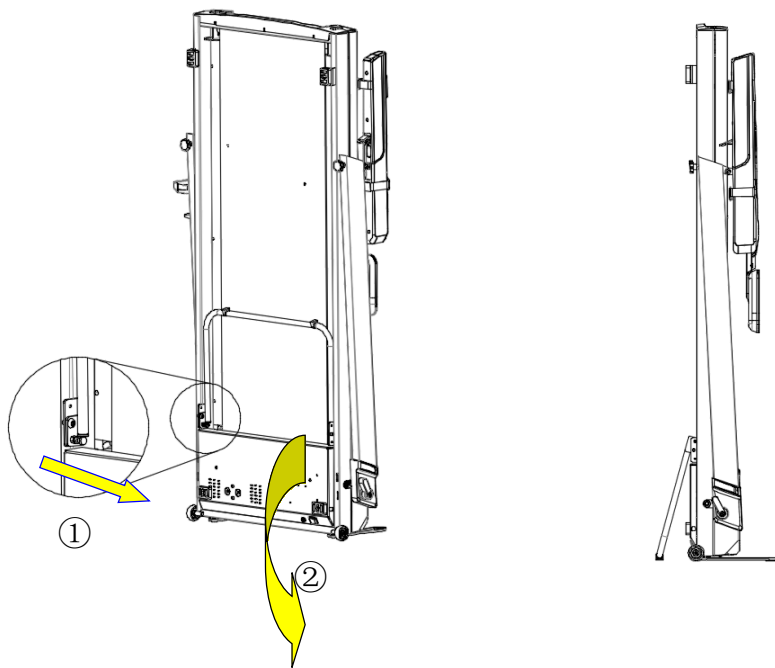
Note: Keep away from children, in case of unexpected injured.

General fitness tips

1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

2. Breathe

Usually when you are preparing to restore your breath, inhale with your nose and spit out your breath with your mouth. The breathing and movement should be coordinated, such as breathing too fast. The movement should be stopped immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

   Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching

   Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

5. The sartorius muscle (muscle inside the thigh) stretches

 The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).
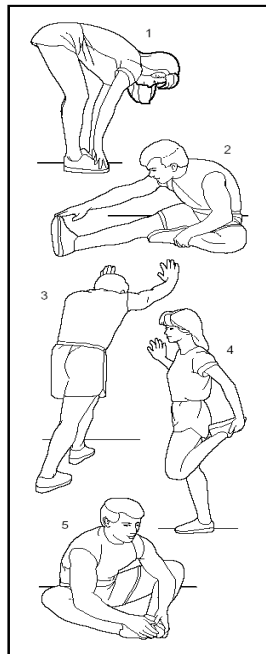
Product using instructions

(Console function description, treadmill using instructions)

 Instructions of Console panel：

Console function description：

1. P0 is to set the training program for the user, P1-P36 is the built-in automatic training program, three USER program and BMI.

2. LED display, 4 operation keys;

3. Speed and distance window, kilometre and mile conversion function

4. Operating speed range: 1.0~16.0KM/H;

5. Overload, over-current protection, explosion-proof, anti-speed, anti-electromagnetic interference and other safety protection functions;

6. System self-test, abnormal information prompt function.

7. Three custom functions;

8. ERP function;

9. Buzzer mute function.

Safety Guide:

✧ Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed, and then identify the safety key;

✧ Place the safety key in the position on the console and clip the clothespin to the clothes on the chest;

✧ The electronic control system is in safety monitoring at any time. As long as any abnormality is found, the running treadmill stops urgently, and the screen displays an abnormal information prompt with a prompt tone;

✧ When the screen displays an abnormal information, unplug the safety key or switch to clear the fault information.

Display and button description：

1. **Display window instruction：** LED display.

✧   "DISTANCE" "TIME" window: display the value of the distance and time；

✧   "CALORIES" "PULSE" window: shows the value of calorie and pulse；

✧   "SPEED" window: display speed value；

2. **Conversion function between kilometers and miles:**

A. Take off safety key, then press "PROGRAM" and "MODE" buttons together for few seconds, display show 0.6, which means the kilometers are converted to miles.

B. Take off safety key, then press "PROGRAM" and "MODE" buttons together for few seconds, display show 1.0, which means the miles are converted to kilometers.

3. **Function button description：**

A. Program key: Program key: "P" is the program button: In standby state, press this key to select 36 different running programs from manual mode"1.0"to"P1-P36". Manual mode is the default running mode of the system, the default speed of manual mode is 1.0KM/H, and the maximum running speed is 16km/h.

B. Mode button: "M" is the mode button: when in standby state, press this key to select three different countdown operation modes. H Time countdown mode, distance countdown mode and calorie countdown mode. Speed add-subtract key can be used to set the relevant countdown value when choosing various modes. After setting, press START key to start the treadmill.

C. START is the start/pause key. When the treadmill is down, press the start/pause key and the

treadmill starts at the lowest speed.

In the running state of the treadmill, press the start/pause key, and the treadmill will stop running temporarily. Pressing the start/pause key again in the pause mode will gradually return to the running mode before the pause.

D. Stop button: "STOP" is the stop button. The treadmill will stop running if it press the stop key in the running or pausing state.

E. Speed button: "SPEED+" and "SPEED -" are speed add-subtract keys: adjust the set value when parameterizing the treadmill.

After the treadmill is started, it can be used to adjust the speed, stepping 0.1/time. When holding down more than 2 seconds, it will increment or decrement automatically.

4. Safety key function description:

The safety key is composed of magnetic inductor, clothes clip and nylon rope. It has the function of safety precaution against emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the keyboard of the electronic watch is forbidden to operate, and the screen displays "E-07" with prompt sound. Every time the security lock is placed, the screen will display for 2 seconds, and then enter the default working state of the system.

5. Program/startup instructions：

A：Program description：

1：A manual program P0: normal mode, time countdown, distance countdown, calorie countdown mode.

2：36 setting programs: P01, P02, P03, P04, P05, ..., P36；

3：Three custom programs U01~U03；

B：Start-up instructions：

1：Attach the safety key to the safety key switch position on the panel, the console will display for 2 seconds, then enter the manual program.

2：Press the start button, the time window displays: 5-4-3-2-1, and the buzzer will beep once every minus one time, and the treadmill will be started when it is reduced to 1; the initial value of the treadmill is 1KM/h.

3：While the treadmill is running, press the stop button to stop the treadmill and the treadmill data is cleared.

Manual mode：

    1：How to enter the manual program：

    A：Turn on the power switch and go directly to the normal mode in the manual program.

    B：In the stop state, press the program key to enter the normal mode in the manual program.

    2：Three setting functions in the manual program: time setting, distance setting, calorie setting; after entering the normal mode in the manual program, press the mode button "MODE" in the standby state to select various modes. After finishing setting, press the "START" button to start the treadmill; the speed of the training is set by the user. Default: Speed: 1KM/H.

Only one mode can be set among normal mode, countdown time, countdown distance, countdown calories. Operating according the last mode, and counted down from the setting value, and the other displays positive count.

    A: When starting the manual program, the display time of time window is 0:00. The time, distance, calories are counted, and the setting function is turned off. While the motor is running, press the "STOP" button and the motor will slowly decelerate until it stops smoothly, and all settings will return to the default state.

    B: In time countdown mode, press the mode button "MODE" in the standby mode to enter the time countdown mode. In the setting state, the time window displays the time and flashes. The initial time is: 30:00 minutes, press the speed add-subtract button " +" and "-" can set the countdown. Time setting range is: 5:00-99:00. The different is 1:00 minutes.Default value is 30:00.

    C: In the distance countdown mode, press the mode button "MODE" in the standby mode to enter the distance countdown mode, and the distance window flashes. Initial 1.0 km, press the speed add-subtract button "+" and "-" to set the distance, the setting range is 1.0-99.0 km. Increase 1.0km each time. Default value is 1.0KM.

    D: In the distance countdown mode: press the mode button "MODE" in the standby mode to enter the calorie countdown mode, and the calorie window flashes. The initial calorie display: 50 cal, press the add-subtract button of speed "+" and "-" to set the calorie setting range is: 20-990 cal. Increase 10 cal each time.Default value is 50 cal.

  3: Manual program operation:

    A: Press start, the time counts down to 5 seconds, then the motor starts running, the initial speed is 1km/h.

    B: In the running state, press the "+", "-" button or "QUICK SPEED" button to adjust the treadmill speed;

    C: D: When the calorie setting is decremented to zero, the speed slowly decreases until it stops, then returns to the manual mode state.

    E: When the set distance is decremented to zero, the speed decreases slowly until it stops, and then returns to the manual mode state.

F: When the set time decreases to zero, the speed decreases slowly until it stops, and then returns to the manual mode state.

Program mode

1：P1-P36" is the system setting program. It is only suitable for the countdown time mode. In the setting state, the time window displays the time and flashes. Press "+" or "-" to modify the set value. Press "MODE" to reset to the default value. Initial time Set 30 minutes, and only time can be set. Time setting range is: 5:00-99:00. Press the add-subtract button of speed to adjust the set value;

2：After setting the training mode, press the "START" button, the screen will start to display the 5 second countdown, accompanied by 5 beeps. After the countdown to 1, the treadmill will start gently, slowly accelerate to the displayed speed, and then smoothly and constant speed. Run according to the speed and slope of the program.

3：In the running state, press the "+", "-" button or "QUICK SPEED" button to adjust the treadmill speed;

4：When the motor is running, press "STOP" button, the motor slows down slowly until it stops smoothly, accompanied by a long stop prompt sound, and all settings are restored to the default state.

Body fat test program:

Body mass index (FAT) is a measure of a person's height and weight, not the proportion of the body. FAT is suitable for any male and female, together with other health indicators to provide people with the basis for weight adjustment. The ideal FAT should be between 18-24, if less than 18 means too thin, if it is between 25 and 28 it is overweight, and if it exceeds 29 it is considered obese. (This data is for reference only and cannot be used as medical data.)

1: When the treadmill stop, press the program key "PROG" to adjust to the body mass index program "FAT", select the body fat test program, and enter the body fat test. Press the "MODE" button to select the item number, press the "+" and "-" buttons to set the parameters.

2: After entering the body fat test function, the "Pulse" window displays: F1, indicating that gender Sex is entered at this time, and "Calories" window displays 01, indicating that this is for male. Press the add-subtract button of speed to select input: 01 (male), 02 (female).

4: Press the mode button "MODE", "Pulse" window displays: F2, indicating entering the Age set, "Calories" window showing 25 years old (default value), press add-subtract button of speed to adjust the age (the setting range is: 1-99 years old)

5: Press the mode button "MODE", "Pulse" window displays: F3 means to enter the Height set, "Calories" window displays 170cm (67inch), press add-subtract button of speed to adjust the height (the setting range is: 100- 220cm (39-87inch)).

6: Press the mode button "MODE" and "Pulse" window displays: F4, which indicating the weight set. "Calories" window shows 70kg (154 lbs), press add-subtract button of speed to adjust the weight. (Setting range is: 20 -150kg (44-330 lbs)).

7: Press the mode button "MODE" and "Pulse" window displays: F5 (BMI), which indicating that enter the test body fat function, and the Calories window is displayed---. Please put hands on the sensor for testing heartbeat of handle bar. The window will display the body fat value (BMI) of the subject within 8 seconds.

Based on Asian standards, fat test results:

FAT ≤18	-- Under weight
18<FAT ≤24	-- Normal weight
25<FAT ≤28	-- Over weight
FAT≥29	-- Obesity

This data is only used as a motion reference

Safety key function ：

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop.

1 .In any state, the safety key is pulled off and the time window displays "E-07" with a buzzer sound. If the motor is running, the motor is stopped urgently and the console keypad ban to operate.

2. Each time the safety key is placed, the screen will be fully displayed for 2 seconds. Then enter the system default working state. All counters are cleared and the set value is reset. The treadmill is in the positive timing mode of the manual program P0.

Custom program：

The USER mode has three U01~U03. In the USER mode, the user can retrieve or set his own unique motion program. Press the "PROG" button to adjust to "U01~U03". Then press the "MODE" button to set and press the "+/-" button to adjust the movement time (range is 5-99 minutes). Press the START button to start the movement.

USER mode setting: Press "MODE" to set the user's exclusive 0-16% speed and lifting program. Press add-subtract button to set the user's expected speed value from 1km to 20km. You can also use the speed instant key to select quickly. When setting the lift, press the up and down button to set the user's expected slope. The range is 0%-15%. You can also use the lift instant key to select quickly. After setting the current number, press the MODE button to enter the next step. The set value is automatically saved when the last parameter is set. Continue to press the MODE button to select the

exercise time. The default is 30:00 minutes. Press the add-subtract button to adjust the time setting. After setting, the user can start motion by pressing "START", and the user's exclusive program will be saved. When the customer uses this training mode next time, he can directly enter the corresponding mode and press the start button to run.

Heart rate function

When the treadmill is powered on, the heart rate display is displayed within 5 seconds of holding the heartbeat. The initial value is the actual measured heart rate, and the display range is: 50-200 beats/min. There is a heart-shaped graphic flashing during the test heartbeat. This data is for reference only and cannot be used as medical data.

Value display range：

	initial	Set initial value	Predeter mined area	Display range
Time (minutes: seconds)	0:00	30:00	5:00-99:00	0:00~99:59
Speed (km/h)	0.0	N/A	N/A	1－16KM
slope(%)	00	N/A	N/A	0
Distance (km)	0.0	1.00	1.0－99.0	0.0－99.9
Calorie (kcal)	0	50	20－990	0－999

When setting a parameter, it can be adjusted by adding or subtracting the "+" and "-" symbols. For example: the time setting range is 5:00-99:00. When set to 99:00, press the "+" button again, back to 5:00 can continue to cycle.

ERP function：

The default is ERP mode. When treadmill is not operated after 4.5 minutes, it will enter dormant state, to saving power consumption by itself. User can press any key to wake up the system. In standby status, user can press "MODE" button around 3 seconds to cancel ERP function, while the console will show "2222"; Then press around 3 seconds again back to ERP mode, while the console will show "1111".

Buzzer mute function ：

The default is with buzzer working. In standby status, press "PROGRAM" and "STOP" buttons together, when the display show "bz off", the buzzer is closed; Then to press "PROGRAM" and "STOP" buttons again, when the display show "bz off' again, the buzzer is open again.

Bluetooth to APP, bluetooth to heart rate function (optional)

Automatic program P1-P36 metric speed table：

Prog	Level Sort	1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0

Common faults and maintenance：

Problem and Code	Reason	Maintenance
System didn't work	A、no power	Plug into socket or turn the power switch to the "NO" position
	B、safety key isn't in the right position	Replace the safety key
	C、The transformer is not plugged in or the transformer is bad	Check and connect the transformer or replace the transformer
	D、 switch off	Check system input and output and communication lines
Stop abruptly under normal state	A、Safety key drop out	Replace the safety key
	B、broken system	Ask serviceman to repair it
The keys malfunction	broken keys	1. Change the key board and wire; 2. 2.Change the mainboard; 3.Change the console
E-01	A、The communication wire is abnormal	Make sure each core is completely inserted. Check the connection wire, if it was broken, change it.
	B、broken console	Change console
	C、broken transformer	Check and change transformer
	D、broken controller	Change controller
E-02	A、Broken motor wire and motor	Change motor
	B、bad connection between motor connection wire and controller or bad controller.	Check and connect the wire again or change controller.
E-03	A、incorrect installation of photoelectric sensor	Check and assembly again
	B、bad photoelectric sensor	Change photoelectric sensor
	C、bad connection between photoelectric sensor and controller	Check and reconnect
	D、bad controller	Change controller
E-05	A、controller was damaged	Change controller
	B、motor was damaged	Change the motor
	C、mechanical failure	Check/add the lubricating oil of running belt, or rollers are blocked
E-07	No safety key signal	Check safety key, replace safety key or console
LCD display no value of pulse	A、The handle communication wire didn't plug well or broken handle wire	Check and connect the wire well or change handle wire.
	B、Broken wire of console system	Change the console
Console incomplete display or lack of strokes	A、LED Digital tube	Change the main PCB board
	B、Broken system	Change the console

Using instruction：

Treadmill folding and moving:

1、Folding

Cut off the power when plan to fold the treadmill.

2、Unfolding

1. When unfolding the treadmill, you should choose one place where around 1m away from the power socket, and the ground is flat without any barriers.

3、moving

First you need be sure following things before moving：

1：the power is off；

2：the plug has been pulled out from the socket；

3：the treadmill has been folded；

Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 40~50°up to chest to move the treadmill slowly.

Grounding guide：

This product must have grounding. If error and damage occurred to the treadmill , grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable, which has one grounding conductor and grounding plug. The treadmill must be grounded with correct socket that is compatible with local rules .

Danger:

If you do not know whether the equipment is properly grounded, please consult a qualified electrician or maintenance personnel. Please do not change the plug attached to this product without authorization. If the plug is inconsistent with the socket, let a qualified electrician install a suitable socket.

It should be under 220-240V and matches with this kind of socket as shown.
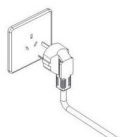
Using instruction of treadmill

1. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is normal.

2. Clip the safety key cord with your clothes.

3. Ensure and check its function and stability before using.

Standing on the Running belt to get it started is not allowed.

The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill.

Hold the handle bar when press the "START" key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press "+ "Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Run at the same pace as your running belt.

4. After several minutes, you can speed up by pressing "+"key or slow down by "-"key meanwhile holding the hand bar 。

5. When running, press speed value, you can enter into the fixed speed you want.

6. Pressing "stop" key to make the motor stop.

Pre-setting Use

Connect the power .Turn the power on.

Press "choose" key to select what mode you want.

Press "starts" key to get started in your selected mode.

You can press "+" or "-"to change the speed or "stop" key to make it stop.

HRC testing：After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window.

Note: When safety key pull out ,the treadmill will stop immediately .
And the computer can not work ,the window shows   " __ "

TREADMILL MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.
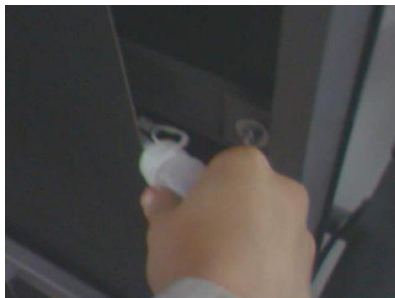
LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly to ensure an optimal operation of the treadmill. Suggestions:

Using time less than 3 hours every week   lubrication once every 5 months

Using time equal to 4-7 hours every week   lubrication once every 2 months

Using time more than 7 hours every week   lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt:(as shown)

● Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.

● Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.

● Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.

● Wait several minutes to let the silicon spray spread, before starting the machine.

CLEANING:

Regular cleaning of the striding belt ensures a long product life.

● Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket,before starting the cleaning or maintenance.

●After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

Caution: Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

●**Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill.Shoescanleavedirtonthestridingbeltthatcanfallbeneaththetreadmill.Clean the mat under the treadmill once a week.

STORAGE: Store you treadmill in a clean and dry environment. Ensure the master powers witch is off and is un-plugged from the electrical wall outlet.

BELT ADJUSTMENT

All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.
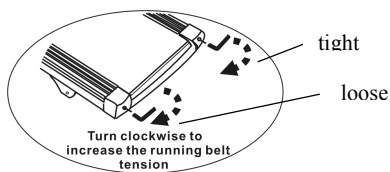
ADJUSTING THE BELT DEVIATION

All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

1. The treadmill is unstable.
2. Feet didn't in the central of the running belt when running.
3. Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.

tight

loose

Turn clockwise to increase the running belt tension

tight

loose

Turn counter-clockwise to decrease the running belt tension

Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anti-clockwise.
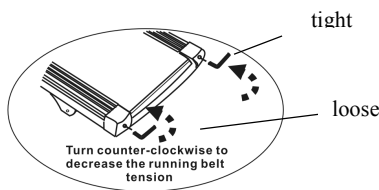
Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anti-clockwise.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Adjustment of the motor's belt

All the motor belt of treadmill must be adjust in the factory and after assembly. However, after a period of use, there may be slack or slip phenomenon.

The step of adjustment: 1.Turn the adjusting screw counterclockwise with wrench.

1.The adjustment range shall be subject to the belt load not slipping.

2.Noted: Regular cleaning of belts and pulley grooves
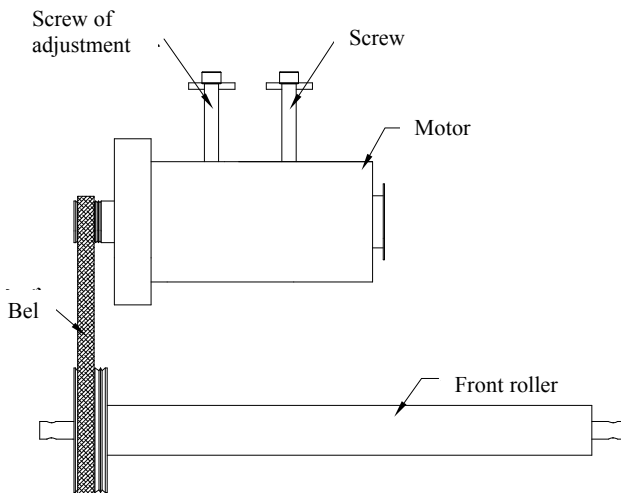
Trouble shooting and maintenance

Treadmill

Item	Reason	Maintenance
Treadmill didn't work	A. no power	Plug into socket
	B. safety key isn't in the right position	Replace the safety key
	C. broken circuit signal system	Check the controller input and signal wire
	D. switch off	Place the power switch in the "NO"position.
	E. fuse burnt out	Change the fuse
The running belt does not run smoothly.	A. no enough lubrication	Use the Silicone oil
	B. running belt too tight	Adjust the tightness of running belt
Running belt slips	A. running belt too loose	Adjust the tightness of running belt
	B. motor belt too loose	Adjust the tightness of motor belt
The keys malfunction	broken keys	1.Change the key board and wire; 2.Change the mainboard; 3.Change the console
Stop abruptly under normal state	A.Safety key drop out	Replace the safety key
	B. broken system	Ask serviceman to repair it

Console

Item	Reason	Maintenance
System didn't work	A、No power	Plug into socket, input with power
	B、safety key isn't in the right position	Put the safety key in right position
	C、transformer isn't inserted right, or transformer is defected	Check and connect the transformer correctly, or replace the transformer
	D、broken circuit	Check the system input and output terminal and the communication lines
Stop suddenly in a normal state	A、Safety key fall off	Assemble the safety key correctly
	B、abnormal system	Contact the after-sales team for service
Buttons didn't work	A、Some buttons are damaged or invalid	Replace the buttons
	B、All buttons are invalid	1、Replace button board, wires of buttons 2、change the main board 3、change the console
E1	A、Poor connection of communication wires	Reconnect the communication line once again, and check whether the port is plugged in place, or replace the communication line
	B、Console is defected	Replace console
	C、Transformer is defected	Check and replace transformer
	D、Controller is defected	Replace controller
E2	A、Motor wire or motor is defected	Check and replace motor wire or motor
	B、Poor connection between motor wire and controller, or controller is defected	Check and connect the wire correctly, or replace controller
E3	A、Speed sensor isn't assembled correctly	Check and assemble it correctly
	B、Speed sensor is defected	Replace speed sensor
	C、Poor connection between Speed sensor and controller	Check and connect it correctly
	D、Controller is defected	Replace controller
E5	A、Controller is defected	Replace controller
	B、Motor is defected	Replace motor
E7	No safety key signal was detected on console	1、Check whether the safety key is in right position；2、Reinstall the safety lock mechanism to ensure that the hole is in the middle and the black bean bean rebound in place；3、Replace the console
Not heart rate data is shown	A、Handle pulse wire isn't assembled well, or handle pulse wire is defected.	Check and connect it well, or replace the handle pulse wire
	B、Electronic system line fault	Replace the console
Electronic display is incomplete or missing strokes	A、screws of displace board loosen	Lock and fix the screws
	B、System failure	Replace the console

Important notes

●The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.

● Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnose is should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.

●Carefully read through the following general fitness tips and the exercise in structions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.

●This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.

●The pulse sensor is not a medical device. it is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

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