

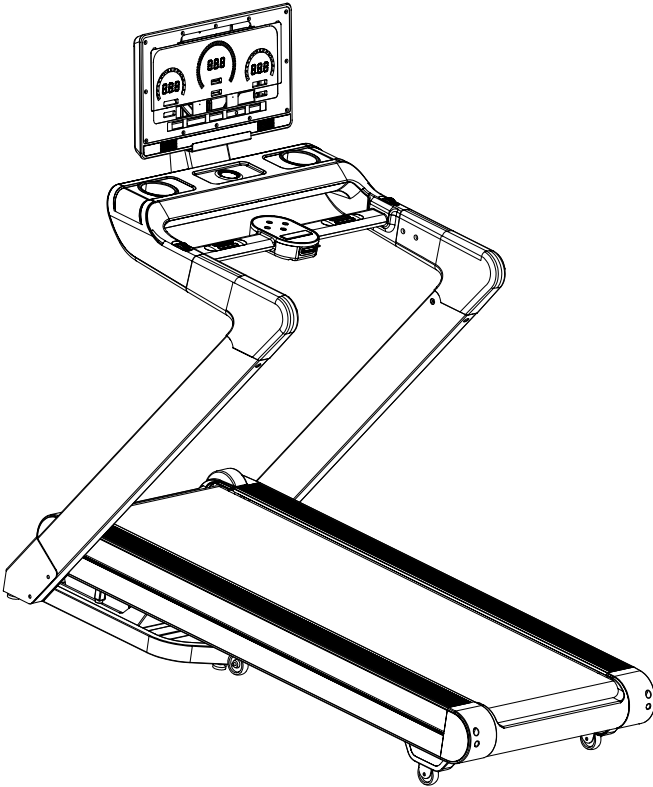


AiRun-Z 2.0



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

IMPORTANT SAFETY INSTRUCTIONS

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 you can run, you can stand on the treadmill and do it with the right posture. And only one person is allowed to exercise on the treadmill, and overload exercise is strictly prohibited.
8. You can adjust speed if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
10. 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 and 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°C.
- (12) The person with bent back bone.
- (13) The person with pregnancy or in (menstrual) period.
- (14) The person feels uncomfortable.
- (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.
- ◆ 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.
- ◆ 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.

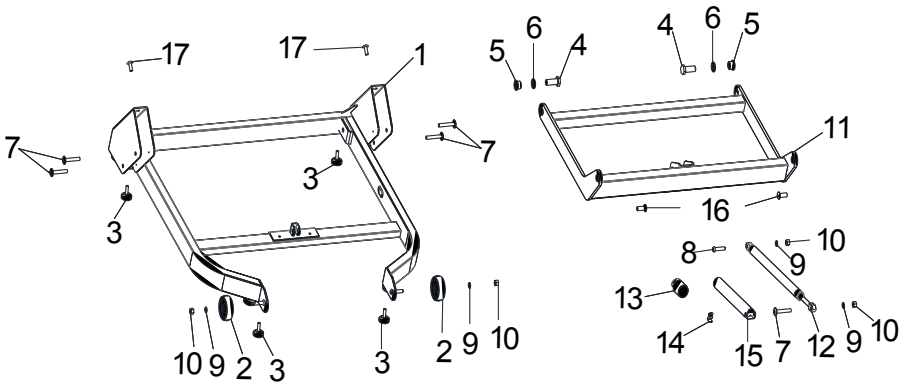
Ground connection instruction !

- ◆ 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.

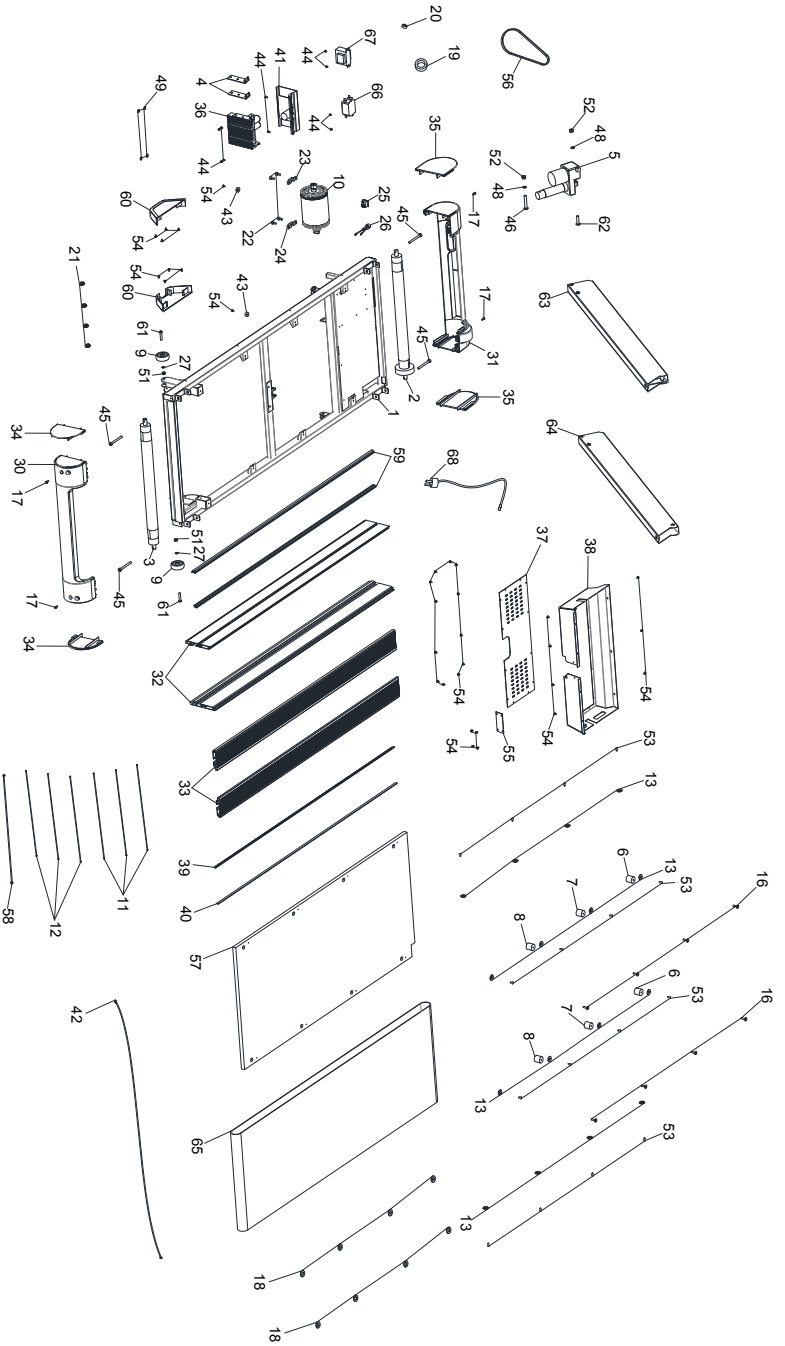
Danger !

- ◆ 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.

Exploded diagram

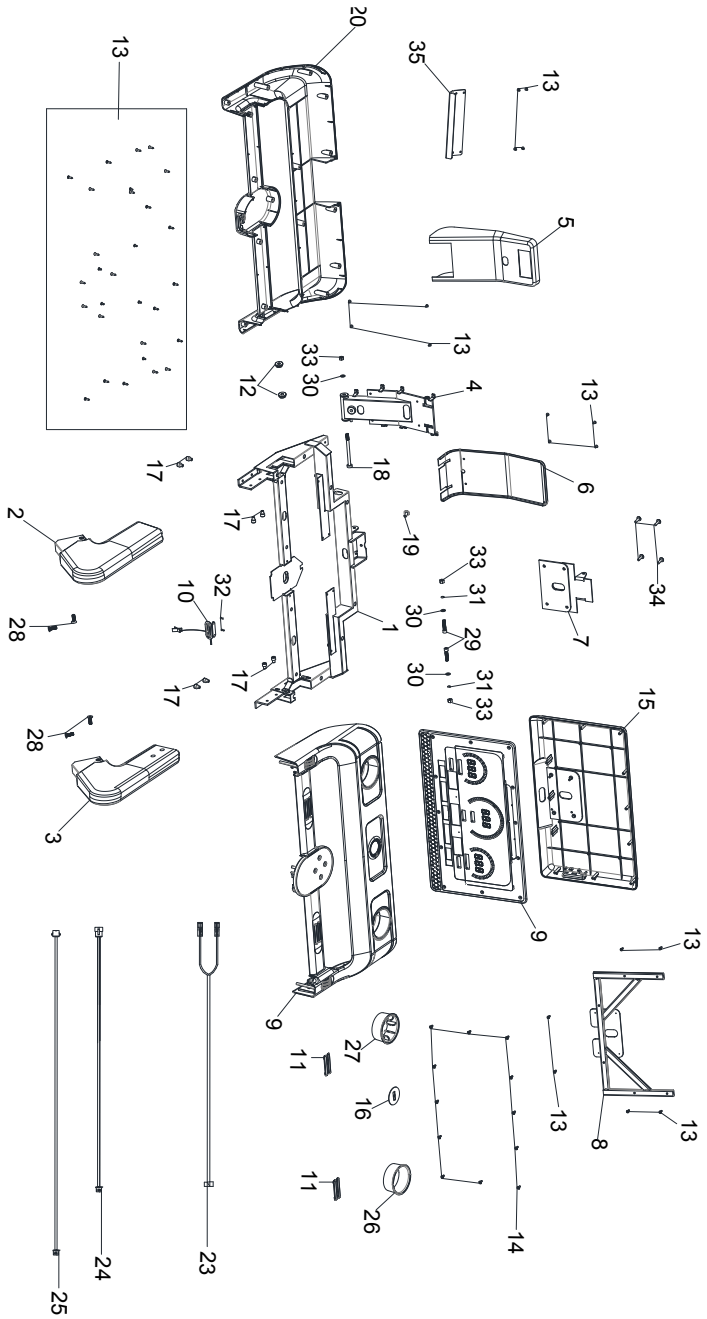


N0.	Description(Base frame+Incline frame+Hydraulic)	Qty
1	Base frame	1
2	Wheel $\Phi 62 \times \Phi 8.0 \times t22$	2
3	Feet pad $\Phi 35 \times 37 \times 12 \times M8$	4
4	Hexagonal head half thread bolt $M12 \times \Phi 14 \times 35 \times 19$	2
5	Powder metallurgy sleeve $\Phi 24 \times \Phi 19 \times \Phi 14 \times 14 \times 3$	2
6	Flat washer $\Phi 14$	2
7	Allen half thread bolt $M8 \times 50 \times 20$	2
8	Allen half thread bolt $M8 \times 30 \times 20$	1
9	Flat washer $\Phi 8$	5
10	Hex lock nut M8	3
11	Incline frame	1
12	Hydraulic $702 \times 330 \times \Phi 10 \times \Phi 8.2 \times 500N$	1
13	Double-layer round pipe stopper $\Phi 33 \times \Phi 23 \times 48$	1
14	Shrapnel-1 $t0.6 \times 16.5 \times 43$	1
15	Ezfit	1
16	Allen half thread bolt $M10 \times 25 \times 15$	2
17	Allen half thread bolt $M8 \times 15$	2



NO.	Description(Main frame+Upright post)	Qty
1	Main frame	1
2	Front roller $\Phi 80 \times \Phi 56 \times 616 \times \Phi 17$	1
3	Rear roller $\Phi 50 \times \Phi 17 \times 610 \times 650$	1
4	Controller mounting plate spray-painted parts	2
5	Incline motor	1
6	Cylindrical buffer pad $\Phi 30 \times 30 \times M6 \times 5$	2
7	Cylindrical buffer pad $\Phi 30 \times 30 \times M6 \times 5$	2
8	Cylindrical buffer pad $\Phi 30 \times 30 \times M6 \times 5$	2
9	Wheel $\Phi 62 \times \Phi 8.0 \times t22$	2
10	Brushless motor	1
11	Power cord L-350mm	2
12	Power cord L-350mm	2
13	Round side rail guider $\Phi 25 \times \Phi 5 \times 4.5$	16
14	Clamp 3/8(UC-2)	6
15	Cable tie	16
16	Allen countersunk full thread screw $M6 \times 25$	8
17	Cross recessed large flat head tapping screws $ST5 \times 15$	4
18	Plastic flat washer $\Phi 12 \times \Phi 6 \times t1.0$	8
19	Magnet ring $\Phi 29 \times \Phi 19 \times t7.5$	1
20	Cable binder SR-6R3	1
21	End cap $\Phi 25 \times \Phi 17 \times \Phi 10 \times 6 \times 1$	4
22	Allen socket full thread screw $M6 \times 15$	4
23	Motor seat pressure plate A	1
24	Motor seat pressure plate B	1
25	Switch	1
26	Fuse holder (with wire) FP-ZHY-8(6.35×30)/15A	1
27	Flat washer $\Phi 8$	8
28	Spring washer $\Phi 5$	6
29	Teeth washer $\Phi 5$	6
30	Rear cover of the main frame	1
31	Front cover of the main frame	1
32	Side rail	2
33	Up side rail	2
34	Rear cover sealing sheet	2
35	Front cover sealing sheet	2
36	Controller	1
37	Under motor cover spray-painted part	1
38	Up motor cover spray-painted part	1
39	LED Light strip L-1450mm	1

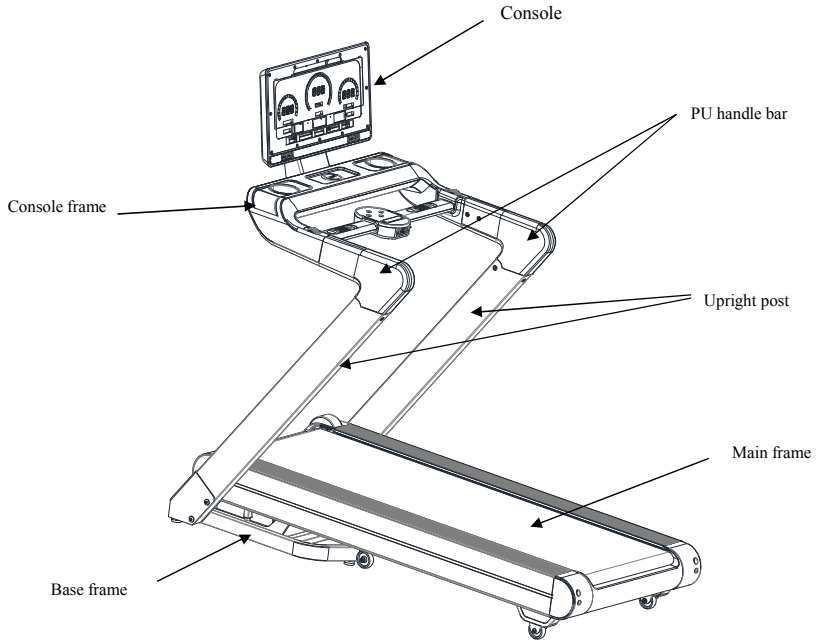
40	LED Light strip L-1450mm	1
41	Switching power supply integrated board	1
42	Communication wire (main frame+upright post) L-2200mm	1
43	Feet pad $\Phi 20 \times \Phi 10 \times \Phi 5 \times 8$	2
44	Philips C.K.S. full thread bolt M4×6	12
45	Allen Cylinder full thread bolt M8×85	3
46	Allen C.K.S.half thread screw M10×65×20	1
48	Flat washer $\Phi 10$	4
49	Flat washer $\Phi 6$	4
51	Hex self-locking nut M8	4
52	Hex self-locking nut M10	2
53	Philips countersunk self-tapping bolt ST4×15	18
54	Philips C.K.S. self-tapping screw ST4×12	24
56	Motor belt 180PJ8	1
57	Running deck 1380×630×t18/HDF	1
58	Controller connection wire L-400mm	1
59	Light strip cover	2
60	Rear cover	2
61	Allen C.K.S. half-thread screw M8×40×20	2
62	Allen C.K.S. half-thread screw M10×40×20	1
63	Upright post (L)	1
64	Upright post (R)	1
65	Running belt	1
66	Filter	1
67	Choke	1
68	power cord	1



N0.	Description(Handle bar + Console)	Qty
1	Console frame	1
2	PU handle bar(L)	1
3	PU handle bar(R)	1
4	Console neck rotating frame	1
5	Console neck front cover frame	1
6	Console neck rear cover frame	1
7	Console base plate frame	1
8	Internal components of console frame	1
9	PCB of console	1
10	Safety key base	1
11	Handle pulse sensor	4
12	Bushing frame	2
13	Philips C.K.S. self-tapping bolt ST4×12	50
14	Philips countersunk self-tapping bolt ST4×15	12
15	Rear cover of the panel	1
16	Wireless charging anti-slip pad Φ58×t1.5	1
17	Allen socket full thread screw M8×10	8
18	Allen C.K.S. half thread screw M8×110×30	2
19	Allen C.K.S. full thread screw M8×20	1
20	The lower cover of the clutter frame	1
23	Handle Pulse connection wire L-850mm	1
24	Safety lock connection wire L-800mm	1
25	Communication wire (console frame) L-1200mm	1
26	Silicone sleeve for bottle A Φ98×41	1
27	Silicone sleeve for bottle B Φ98×41	1
28	Allen countersunk full thread bolt M8×25	4
29	Allen socket full thread screw M8×35	2
30	Flat washer Φ8	2
31	Spring washer Φ8	2
32	Philips C.K.S. self-tapping bolt ST3×10	2
33	Hex self-locking nut M8	2
34	Allen C.K.S full thread screw M6×25	4
35	I-pad holder frame	1

Description(Hardware kit)	Qty
Allen C.K.S. full thread bolt M8×15	2
Allen C.K.S.half thread bolt M8×50×20	2
Allen full thread bolt M8×25	2
Cross wrench 14×17×75	1
T-shape wrench 6×80	1

Product Introduction

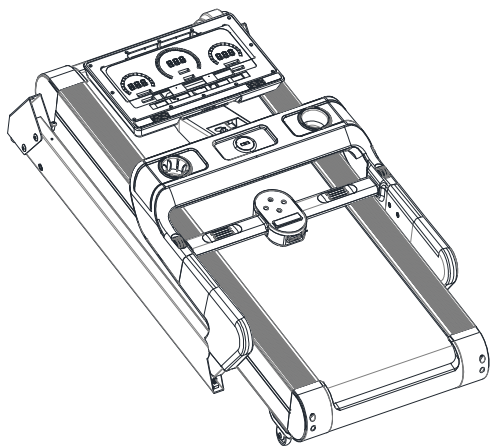


Technical information

Dimension	Folding: 1750×825×1740mm
	Unfold: 1750×825×420mm
Running surface	1520*500mm
Speed	1.0 – 22.0Km/h

Remark: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

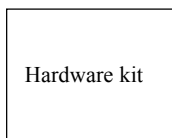
Packing list



Treadmill

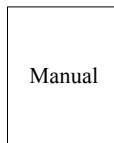


Silicon oil



Hardware kit

Hardware kit



Manual

Manual

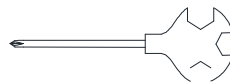
Hardware kit packing list



L shape wrench 5*35*80



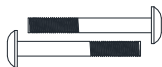
T shape wrench 6*80



Cross Wrench 14*17*75S



Allen C.K.S full thread screw M8*15 2PCS

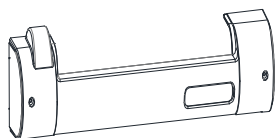


Allen C.K.S half thread screw M8*50*20 2PCS

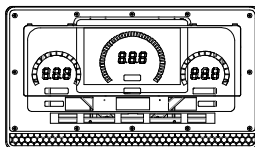


Allen countersunk full thread bolt M8*25 4PCS

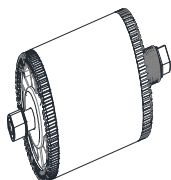
Main parts



Front cover



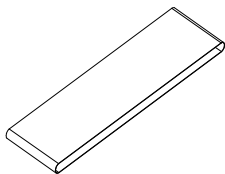
Console set



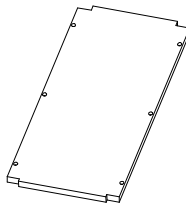
Motor



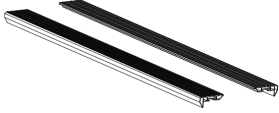
Motor belt



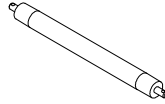
Running belt



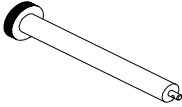
Running deck



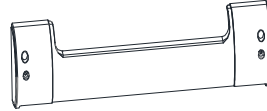
Upper side rail



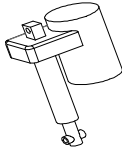
Rear roller



Front roller



Rear cover



Incline motor



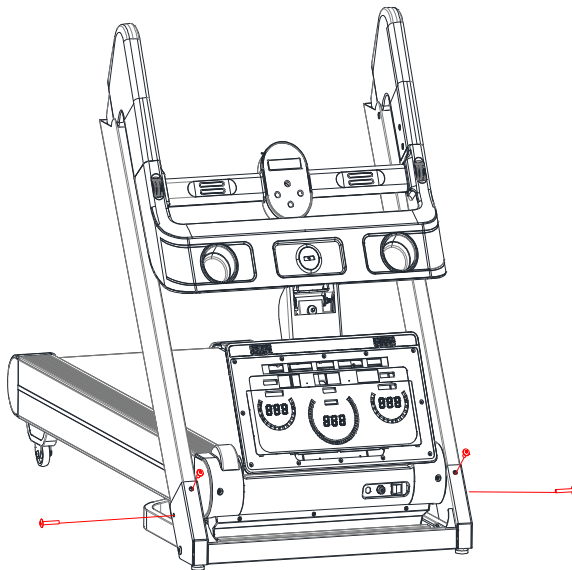
Side rail

Assembly steps

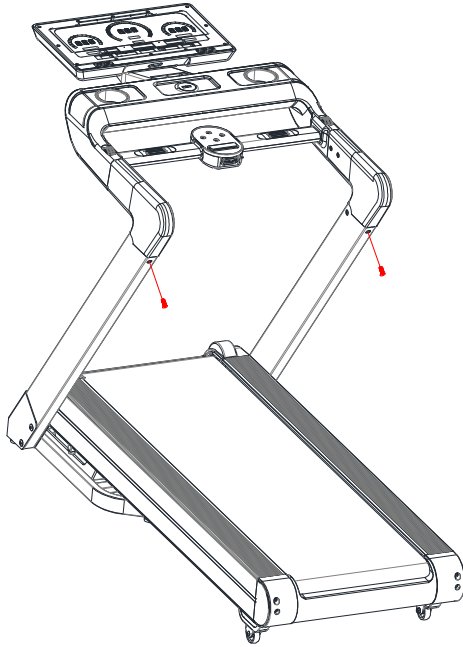
Warning:

1. After removing the top cover carton, use scissors to cut the bottom cover carton along the four corners.
2. Do not remove the ground cover carton before the machine is installed properly.
3. Before installation, please first check that the appearance of the machine is good and there is no damage.
4. Please use the moving wheels to remove the installed machine from the cardboard box on the ground cover.
5. If the above steps are not followed, it may cause inconvenience and severe injury to people during installation.

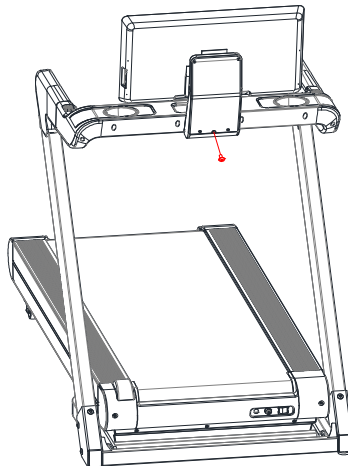
Step 1: As shown, hold the treadmill frame and the upright post, lift them to the maximum angle, and use a T-shaped Allen wrench to lock the upright post with 2ea Allen C.K.S. half thread bolts (M8×50×20) along the left and right directions. Then, lock the upright post with 2ea Allen C.K.S. full thread bolts (M8×15) along the front direction.



Step 2: lift the console stand and the handle bar, and use an Allen wrench to lock the handle bar with 2ea Allen full thread bolts (M8×25), as shown.



Step 3: lift the console, then insert a T-shaped Allen wrench into the screw hole and tighten the screws, as shown. Note: After assembly is completed, check all the bolts of the entire machine once to prevent any from loosening.



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

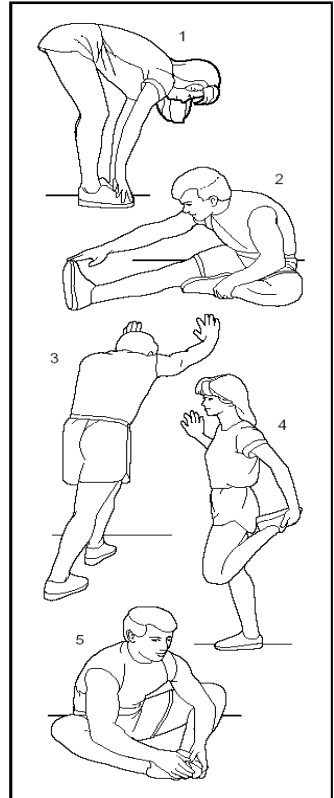
Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching

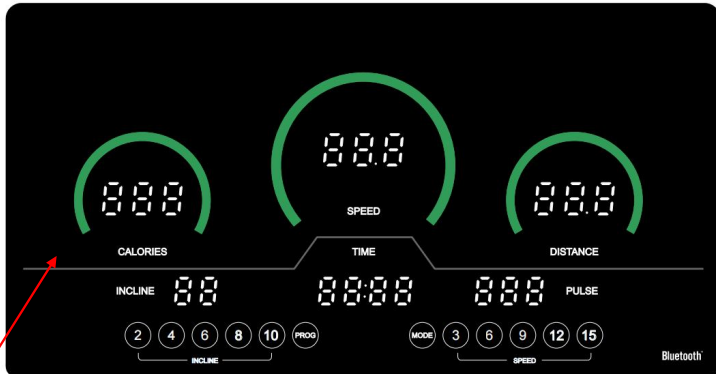
Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

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).



Instructions of Console Panel



LED

Stickers for the central control button



Console Function Description

1. P0 is User-defined training program, P1-P36 are Built-in automatic training program, 3 USER,BMI
2. LED display, incline and speed digital direct selection button, 4 touch buttons.
3. Speed and distance metric and imperial conversion function.
4. Operating speed range: 1.0~22.0KM/H.
5. Incline range: 0-15%.
6. Overload, over-current protection, explosion-proof impact, anti-speed, anti-electromagnetic interference and other safety protection functions.
7. System self-check, abnormal information prompt function.
8. 3 custom functions.
9. ERP function.
10. Bluetooth APP + Bluetooth heart rate function (option).

DIGITAL WINDOW DISPLAY :

- 1) CALORIES window: display the calories;
- 2) "DISTANCE" window: display the distance
- 3) "TIME" window: display the time;
- 4)"INCLINE" window: displays the incline
- 5)"PULSE" window: displays the heart rate
- 6) "SPEED" window: display the value of speed;
- 7) "INCLINE" "②④⑥⑧⑩" window: incline selective button
- 8) "SPEED" "③⑤⑦⑨⑪" window: speed selective button

Metric/English conversion instructions:

- 1) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 0.6 which means converting from kilometers to miles;
- 2) Press the "PROGRAM" and "MODE" keys at the same time after removing the safety lock, the display will show 1.0 for converting from miles to kilometers;

KEY FUNCTION

- 1) "PROG" : program selection key, in the stopped state, cycle to select the program P01~P36, U01, U02, U03, HRC1~HRC3, BMI.
- 2) "MODE" : When the manual MODE is selected, the initial state is normal mode. Press the mode key to select the countdown mode -> Backward distance mode -> Backward calorie mode -> positive timing mode in the manual mode; Reset key for the default value (30 minutes) in the countdown interval in P1-P36;
- 3) "START/PAUSE" : start/pause button, in the stop state, start the treadmill; When running, pause the treadmill; No pause function after Bluetooth connection;
- 4) STOP: Stop/reset key 1. In the running state, press the STOP key for slow stop; 2. When ERR is displayed, the information displayed is cleared.
- 5) "+" : speed increment key, in the stop or BMI state, for setting parameters increment , in the running state, for speed increment ;
- 6) "-" : speed decline key, in the stop or BMI state, for the set parameter decline , in the running state, for the speed decline ;
- 7) "▲" : slope increment key, in the running state, slope increment ;
- 8) "▼" : slope decline key, in the running state, slope decline ;
- 9) "QUICK SPEED" : 3,6,9 speed shortcut keys, in the running state of the treadmill, directly set the speed to the value of the key.

Safety lock function description:

The safety lock is composed of copper, clothespins and nylon rope, which has the safety prevention function of emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the keyboard is prohibited to operate, and the screen displays "E-07" with a prompt tone. Each time after the security lock is placed, the screen will be fully displayed for 2 seconds, then enter the default working state of the system.

USER program:

USER has three USER1~USER3. In USER mode, users can access or set their own sports program, press "PROG" key to adjust to "USER1~USER3", then press "mode" key to set or press START key to start sports. Press the "MODE" key to set the 10 sections of speed and ascension of your own program. After setting, the user press "START" to start the treadmill. The user's program will be saved and can be used directly next time.

Safety Guide

1. 1 Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed with a prompt sound, then identify the safety key.
1. 2 Place the safety key in the position on the console and clip the clothespin to the clothes on the chest. The screen is fully displayed for 2 seconds then enters the default working state: all counters are cleared to zero, the set value is reset, the treadmill is in the positive timing mode of manual program P0;
1. 3 Press "PROG" key to select a program: P01~P36, U01,U02,U03, HRC1, HRC2, HRC3, BMI.
a) "P0" is a user-defined program, press "MODE" key to select four training modes, the training speed and slope are set by the user. Default: Speed 1.0KM/H, slope 0 section.

Training mode 1: positive counting time, time, distance, calories are positive counting, close the setting function;

Training mode 2: countdown time, setup state, time window flashing, press "+", "-" key to modify the set value, set range: 5-99 minutes, default value: 30:00;

Training mode 3: countdown distance, set the state, the distance window flashes, press "+", "-"

key to modify the set value, set the range: 1.0-99.0 KM, the default value: 1KM;

Training mode 4: reverse calorie, set state, calorie window flashes, press "+", "-" key to modify the set value, set range: 20-990CAL, default value: 50CAL;

b) "P01-P36" for the system setup program, only trained in the countdown mode, under the setting state, the time window flashes, press "+", "-" key to modify the set value, press the "MODE" key to reset to the default value, set the range: 5-99MIN, the default value: 30:00;

1. 4 After setting the training mode, press "START" key, the screen starts to display 5 seconds countdown with 5 beeps, after the countdown is 1, the treadmill starts gently, accelerates slowly to the displayed speed, and then runs smoothly at constant speed.

a) In the running state, press "+", "-" key or "QUICK SPEED" key to adjust the speed of the treadmill;

b) In P1-P36, the speed of each program is divided into 10 segments, each period is equally divided according to the set time. The speed adjusted by key is only valid in the current segment, and three beeps will be sent three seconds in advance when the segment is converted to the other segment. The motor stops automatically when the program runs full of 10 segments, with a "beep";

c) In running mode, press "START" key, the motor will change between the two states of suspension and running. Restart in the paused state, the recorded running data and process stay the same.

1. 5 In the motor running, press "STOP" key, the motor will slow down until it stops smoothly, all the settings will be restored to the default state;

1. 6 In the motor running, press "▲"; "▼" key or "QUICK INCLINE" to adjust the treadmill slope;

1. 7 In any state, pull off the safety lock, the screen displays "E-07", and accompanied by a tone, the treadmill stops running;

1. 8 The control system at any time in the safety monitoring, as long as the discovery of anomalies, the treadmill will be emergency stopped, the screen displays abnormal information prompts, accompanied by beeps;

1. 9 When the abnormal information is displayed on the screen, press STOP. The system clears the displayed information one time.

1. 10 BMI test method: press the "PROG" key to select the program BMI, press the "MODE" key to

select the project serial number. press the "+" and "-" keys to set the parameters.

- a) Item No. F1 (Sex): indicates the gender; set the parameter range: 1-2, "1" indicates male, "2" indicates female, default value: 1;
- b) Item No. F2 (Age): indicates age; set parameter range: 1-99 years old, default value: 25 years old.
- c) Item No. F3 (Height): indicates height; set parameter range: 100-220CM, default value: 170CM;
- d) Item serial number F4 (Weight): indicates weight; set parameter range: 20-150KG, default value: 70KG;
- e) Item serial number F5 (BMI): indicates the completion of parameter settings, enter the BMI test state, please hold both hands to the left and right handles of the heart rate sensing piece, wait for 4 seconds, the parameter display window will show the test person's body fat rate (BMI); to the standard of the Asian people, the body fat is less than 18 for thin, between 18 and 24 for the ideal body weight, between 25 and 28 for overweight, greater than 29 for obese, and the body fat of the person under test will be shown in the window. Default value: 24 (this data is only for exercise reference).

1. 11 British BMI test method: Press the "PROG" key to select program BMI, press the "MODE" key to select item serial number, press the "+" and "-" keys to set parameters.

- a) Item number F1 (Sexo) : indicates gender; The value ranges from 1 to 2, where 1 indicates male and 2 indicates female. The default value is 1.
- b) Item number F2 (Age) : indicates age; Value range: 1 to 99 years old. Default value: 25 years old ;
- c) Item No. F3 (Height) : indicates height. The value ranges from 39 to 87 inches. Default value: 67 inches.
- d) Item number F4 (Weight) : indicates weight; Set parameters range: 44-330 LBS. Default: 154 LBS.
- e) Item No. F5 (BMI) : indicates the completion of parameter setting and entering the body fat test state. Please hold both hands on the heart rate sensor on the left and right handles. Wait 4 seconds, the parameter display window will display the body fat percentage (BMI) of the tested person; By Asian standards, a body fat of less than 18 is considered lean, a body fat of 18 to 24

is considered ideal, a body fat of 25 to 28 is overweight, and a body fat of more than 29 is considered obese (this data is for exercise reference only). Default value: 24

ERP transfer function:

The system starts in ERP mode by default. When the treadmill is not operated, it will enter hibernation state in about 4 and a half minutes to save power consumption. Press any key to wake up the system. In standby MODE, hold down the mode key for 3S to display '2222' to cancel the ERP function, and hold down the mode key for 3S to display '1111' to return to ERP mode.

The system is set to ERP mode by default upon startup. For models with energy-saving boards, it will enter sleep mode after about 20 minutes of standby (only identifying whether the motor has started and is running) to save power. The system can be awakened by plugging and unplugging the safety lock. (No ERP switching mode)

HRC program (option)

1) HRC defaults to three groups: HRC1 with a speed limit of 9 km/h, HRC2 with a speed limit of 11 km/h, and HRC3 with a speed limit of 13 km/h.

2) HRC setting method, sequence, parameter range, when HRC is displayed by pressing the program key, confirm by mode and move on to the next set, adjust by pressing the speed key, only start when the last parameter is set.

3) Age setting range: 15-80 years old, default 25 years old.

4) Default target heart rate (THR) : $(220 - \text{age}) * 0.6$

5) The target heart rate can be modified within the range of 80-180.

6) Set time, default 30 minutes, modify range: 5-99 minutes.

7) Speed variation relationship;

8) Change frequency, HRC detects heart rate every 30 seconds (heart rate is always displayed).

9) If the user's heart rate is 30 beats per minute lower than the target heart rate, the speed increases by 2.0 kilometers per hour.

10) If the user's heart rate is 6 to 29 beats per minute below the target heart rate, the speed increases by 1.0 km/h.

11) If the user's heart rate is 30 beats per minute higher than the target heart rate, the speed will be reduced by 2.0 kilometers per hour.

12) If the user's heart rate is 6-29 beats per minute higher than the target heart rate, the speed will be reduced by 1.0 km/h.

13) If the user's heart rate is 0-5 beats per minute higher or lower than the target heart rate, the speed remains unchanged.

14) Decelerate to the minimum within 20 seconds, run at the lowest speed for 15 seconds and then stop with a ring per second.

15) Check heart rate every 30 seconds when no heart rate is detected for two consecutive times.

16) At 1 kilometer per hour (0.6 miles per hour), heart rate causes deceleration.

17) Heart rate exceeds (220- set age).

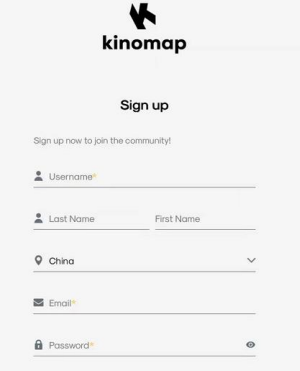
18) At speeds above 1 km/h (0.6 miles/h), deceleration must not be less than 1 km/h (0.6 miles/h), such as: The treadmill has a minimum speed of 1 km/h (0.6 miles per hour), and when running at 1.6 km/h (1.0 miles per hour), the heart rate causes a deceleration of 1.0 (2.0) km/h, then decelerate to 1 km/h (0.6 miles per hour).

19) The incline is not controlled by heart rate and can be manually adjusted. The treadmill is not controlled by heart rate 1 minute before it starts running, and it starts running according to the built-in formula 1 minute after it finishes running.

Bluetooth function(option)

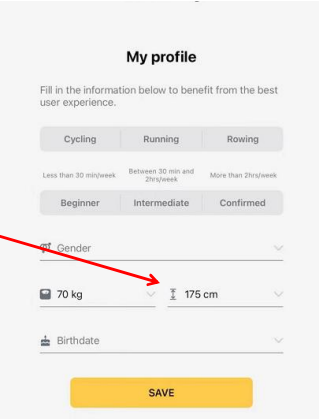
Kinomap connection instruction

1. Entering the Kinomap, and then proceed to register an account



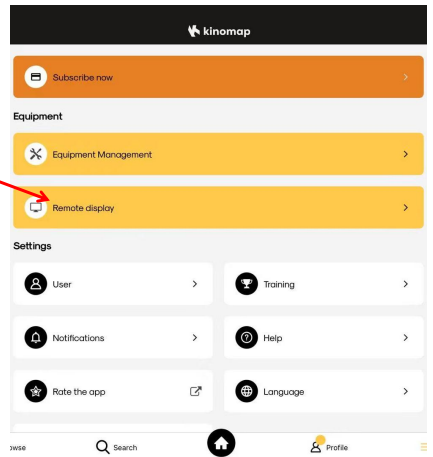
The screenshot shows the Kinomap sign-up interface. At the top, the Kinomap logo is displayed. Below it, the heading "Sign up" is centered. A sub-heading reads "Sign up now to join the community!". The form contains several input fields: "Username" with a yellow asterisk, "Last Name" and "First Name" (split fields), a location field set to "China" with a dropdown arrow, "Email" with a yellow asterisk, and "Password" with a yellow asterisk and an eye icon for visibility. A red arrow points from the first instruction to the "Username" field.

2. Click "Add My Fitness Equipment" to proceed to the next step

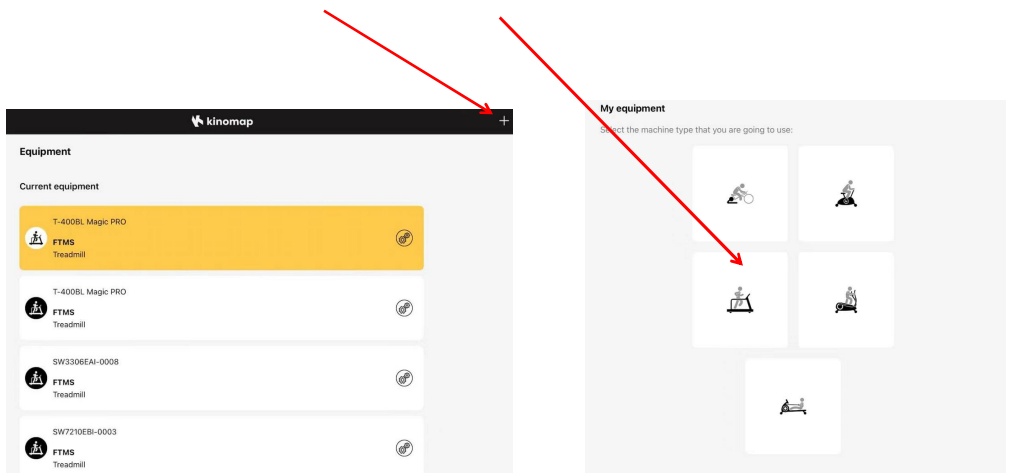


The screenshot shows the "My profile" page. The heading "My profile" is centered. Below it, a note says "Fill in the information below to benefit from the best user experience." There are three activity tabs: "Cycling", "Running", and "Rowing". Underneath, there are three experience level tabs: "Beginner", "Intermediate", and "Confirmed". Below these are fields for "Gender" (with a dropdown arrow), "Weight" (set to "70 kg" with a dropdown arrow), "Height" (set to "175 cm" with a dropdown arrow), and "Birthdate" (with a dropdown arrow). A red arrow points from the second instruction to the "Weight" field. At the bottom, there is a yellow "SAVE" button.

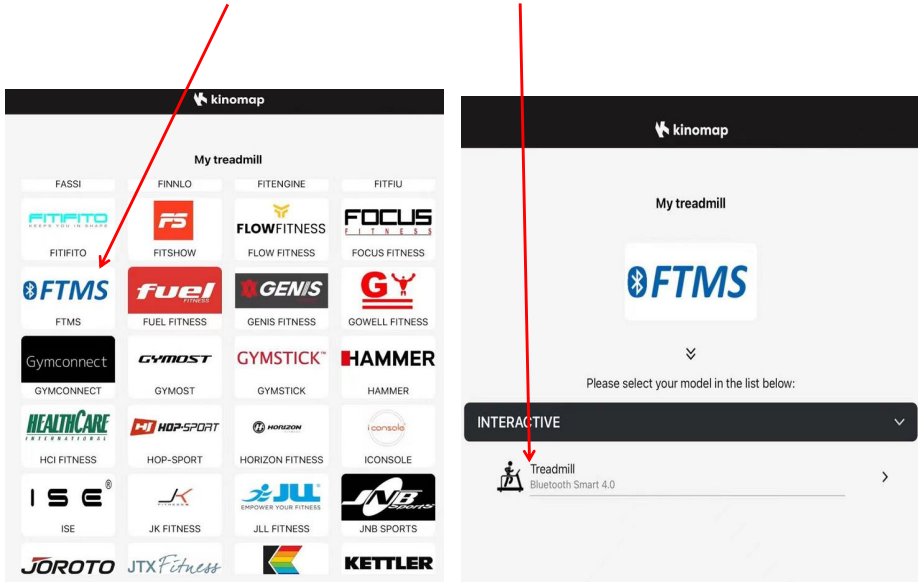
3. Click on "Fitness Equipment Management" to add equipment



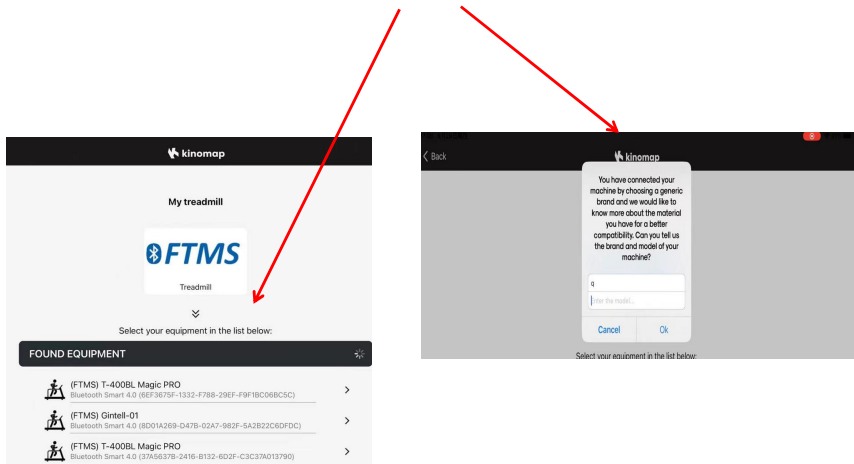
4. Click the "+" in the upper right corner to jump to the icon with the treadmill



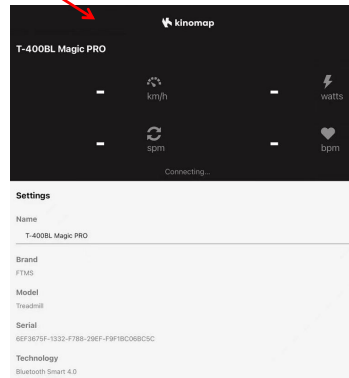
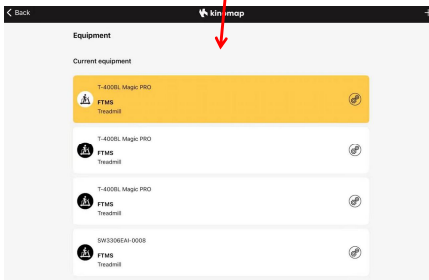
5. Find the icon with FTMS, click it, and then click Treadmill after jumping



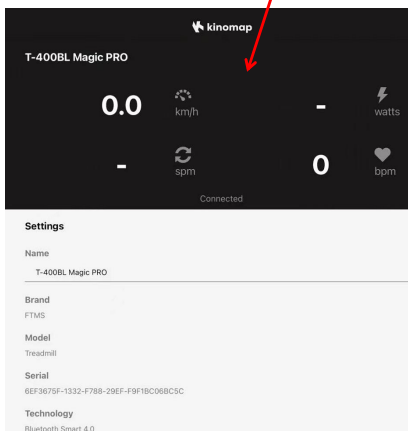
6. In this interface, find the Bluetooth device name as T-400BL Magic PRO (in this sample, the Bluetooth name is T-400BL Magic PRO), click it, and a named device brand and model will pop up. You can freely set it.



7. After the setting is completed, it will automatically redirect to the original interface. Among the current fitness equipment, click on the Bluetooth device you just set up, and the interface will show that it is connecting to Bluetooth.

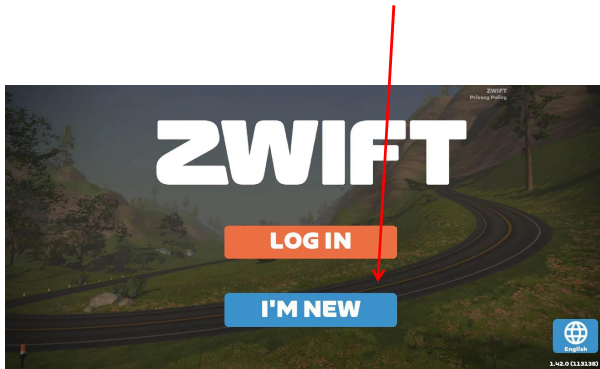


8. After waiting for 2 to 5 seconds, "Connected" will be displayed on the APP, and "BLU Bluetooth connection successful" will be shown on the console .

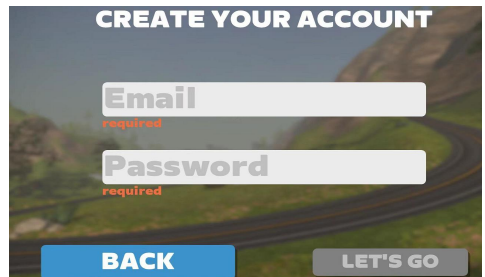
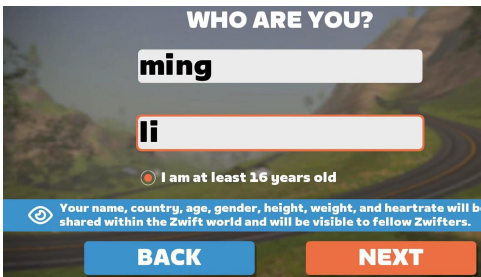


ZWIFT connection instruction

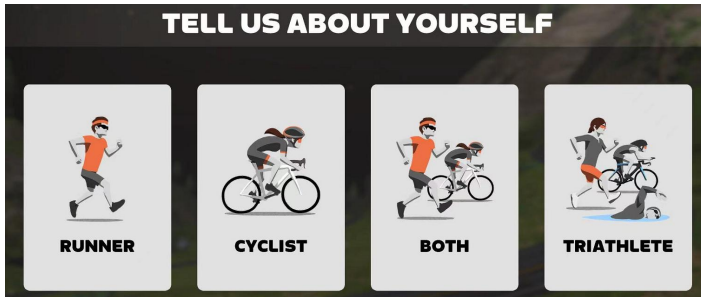
1. Click "I'm New" to to register an account.



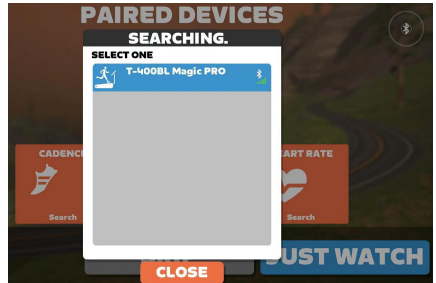
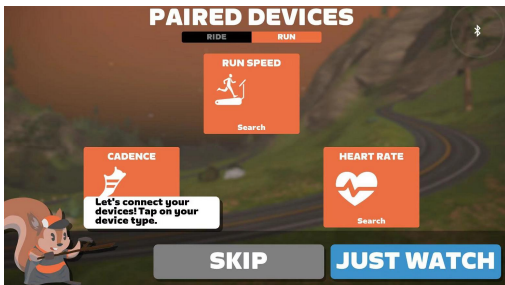
1. Click "I'm New" to to register an account. When setting the password, it is necessary to include special characters and English numbers (such as @). Only with such characters can the verification be passed.



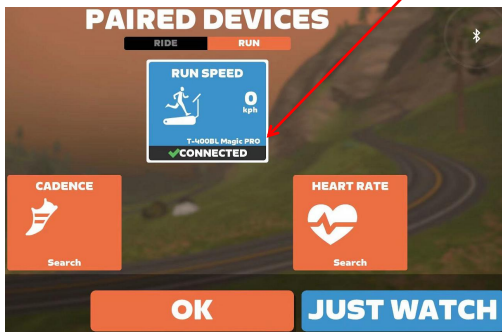
2. Finishing registration, go to this page and just click any one of the links.



3. Click on the search button; select the corresponding Bluetooth device name of the electronic watch to connect. The Bluetooth name of this sample is T-400BL Magic PRO.

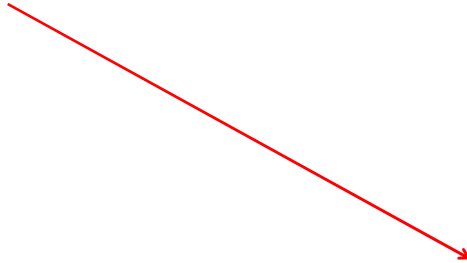


4. There is a green arrow indicating a connection, which means the Bluetooth is connected.



Instruction for connecting Bluetooth music

Turn on the Bluetooth on your phone. If this is your first time connecting to the music Bluetooth, search for the Bluetooth device with the name "Run Music" on other devices and then connect.



Speed and slope table for the automatic program P01-P36: metric

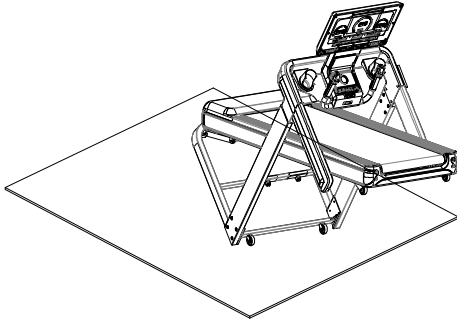
Pro		Seg		1	2	3	4	5	6	7	8	9	10
		Class											
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0		
	INCLINE	2	2	8	6	6	4	4	6	2	2		
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0		
	INCLINE	3	3	2	2	8	8	4	4	4	4		
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0		
	INCLINE	1	2	5	7	7	4	4	6	2	2		
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0		
	INCLINE	3	3	9	9	9	9	9	6	2	2		
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0		
	INCLINE	2	2	8	6	6	6	6	6	1	1		
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0		
	INCLINE	1	8	8	7	7	7	7	5	3	1		
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0		
	INCLINE	1	1	6	6	6	8	8	10	6	2		
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0		
	INCLINE	3	3	3	7	7	3	3	3	5	5		
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0		
	INCLINE	3	6	7	3	8	8	3	8	4	4		
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0		
	INCLINE	2	7	5	5	8	8	8	8	4	4		
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0		
	INCLINE	1	6	3	3	7	7	4	4	6	6		
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0		
	INCLINE	3	8	9	5	5	8	8	4	4	4		
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0		
	INCLINE	3	3	9	7	7	5	5	7	3	3		
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0		
	INCLINE	4	4	3	3	9	9	5	5	5	5		
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0		
	INCLINE	2	3	6	8	8	5	5	7	3	3		
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0		
	INCLINE	4	4	10	10	10	10	10	7	3	3		
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0		
	INCLINE	3	3	9	7	7	7	7	7	2	2		

P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

Trouble shooting

Item	Reason	Maintenance
System not working	A. Not plugged in or not turned on	Connect the power, or turn the power switch to
	B. Security key not in place	Put the safety key in the correct position
	C. No power to the controller or	Replace the controller or monitor
	D. Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
Sudden stop in normal state	A. Safety key off	Replace the safety key
	B. System abnormal	Please call after-sales service
Button failure	Button invalid	1. Replace the key board and the keyboard cable; 2. Replace the PCB board 3. Replace the console.
E-01	A. defective communication line	Reconnect the communication cable and check if the terminal is connected well or replace the communication cable
	B. defective console	Replace the console
	C. defective controller	Replace the controller
E-02	A. Motor phase loss protection	Check and connect motor wire well or replace the motor
	B. Bus under-voltage protection, error before relay start-up	Replace the controller
	C. Bus under-voltage protection, error after relay start-up	Check and connect motor wire well or replace the motor
	D. Bus over-voltage protection	Replace the controller
	E. Hardware over-voltage protection, abnormal electronic control	Replace the controller
	F. Hardware over-current protection, abnormal motor	Replace the motor
E-05	A. Overload protection	Replace the controller
	B. HALL missing protection	Replace the motor
	C. mechanical failure or poor contact of the circuit	Check whether the silicon oil backside of running belt is dry or rollers was blocked
E-08	Phase missing fault	Replace the motor or the controller
No heart rate display	A. The handle pulse cables are not inserted properly or defective	Check and connect or replace the handle pulse cables
	B. Console cables are defective	Replace the console
The console shows incomplete or missing	A. LED digital tube is defective	Replace the PCB board or monitor
	B. system error	Replace the monitor

Folding and Moving Treadmill



When moving, must ensure that:

- 1) The power switch of the treadmill is turned off;
- 2) The power plug has been pulled out from the socket;
- 3) The treadmill has been folded;

After clarifying the above points, hold the end of the treadmill with one hand and the armrest on the same side with the other hand, and move the machine slowly when it is tilted 40~50° to the chest.

PRODUCT USING INSTRUCTIONS

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 increase the speed of running. To do so, hold the handrail with one hand and press the "Speed +" key to gradually increase the speed. You can also press the "Speed -" key to decrease the speed. Press the "Incline +" key to gradually increase the incline, and press the "Incline -" key to decrease the incline.
5. After several minutes, you can speed up by pressing "+" key or slow down by "-" key meanwhile holding the hand bar.
6. When running, press speed value, you can enter into the fixed speed you want.
7. Pressing "stop" key at any time to stop the motor.
8. 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.

Note: When the safety key pull out ,the treadmill will stop immediately,
And the computer can not work ,the window shows "E07 ".

Treadmill Maintenance

1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion :

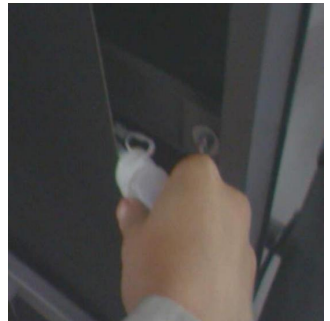
Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication.

2. 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. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. 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 unplugged from the electrical wall outlet.

1. Belt Adjustment

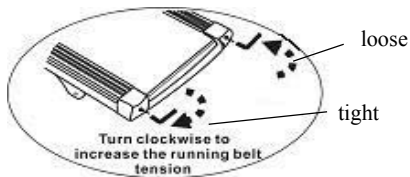
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use. Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running 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.

2. Adjusting the belt deviation:

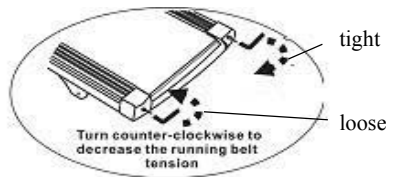
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- 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.



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

KEY POINT:

- Clockwise means tighten.
- Anti-clockwise means loosen.
- Running belt will shift to the loose side.

- ① If the running belt shifts to the left, that means the left side is too loose.
Adjust the left bolt clockwise to make the left tighter.
Or adjust the right screw anti-clockwise to make the right looser.
- ② If the running belt shifts to the right, that means the right side is too loose.
Adjust the right bolt clockwise to make the right tighter
Or adjust the left screw anti-clockwise to make the left looser.

Attention:

- You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.
- When you adjust the bolt, don't rotate it too much.
- After each adjustment you need to look for the changes in the running belt.

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.

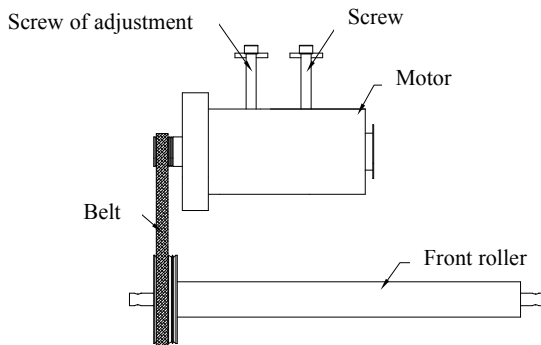
Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

3. 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.

- Adjustment Steps:
- ① Turn the adjusting screw counterclockwise with wrench
 - ② The adjustment range shall be subject to the belt load not slipping.

NOTE: Regular cleaning of belts and pulley grooves



Trouble shooting

Item	Reason	Maintenance
System not working	A、 Not plugged in or not turned on	Connect the power, or turn the power switch to the "NO"
	B、 Security key not in place	Put the safety key in the correct position
	C、 No power to the controller or monitor	Replace the controller or monitor
	D、 Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
The running belt is not smooth during movement	A、 Insufficient lubrication effect	Use silicone oil as a lubricant
	B、 The running belt is too tight	Adjust the tightness of the running belt
The running belt slipped	A、 The running belt is too loose	Adjust the tightness of the running belt
	B、 The motor belt is too loose	Adjust the tightness of the motor belt



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