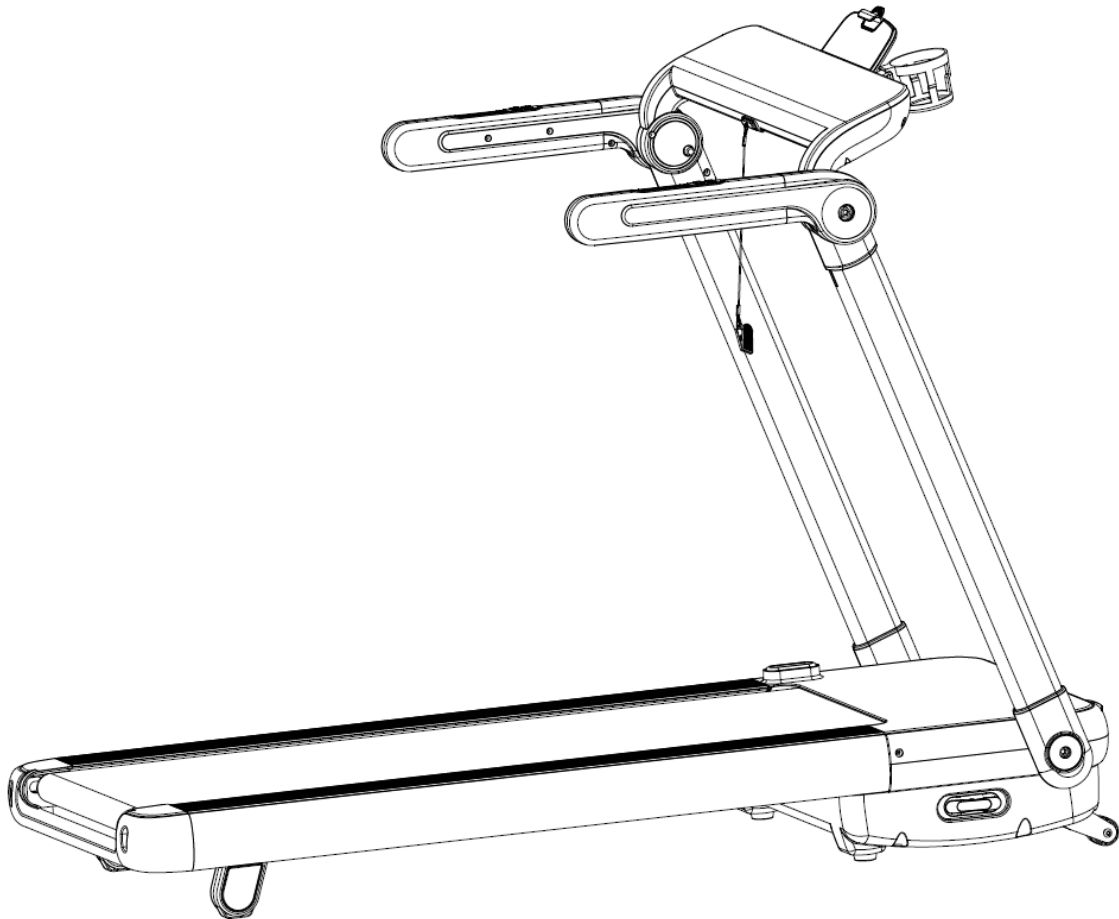# Start 2 Run
MANUAL

WARNING

Read all instruction carefully before use this product. Retain this owner's manual for the future's reference:

----When using this treadmill, keep attaching the safety pull pin rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward, never look adown at your feet.

----Add the speed step by step when running.

----When emergency happens, take away the "emergent stop button" immediately.

----Leave the treadmill after the running belt stop stably.

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

ATTENTION

01- Before starting any exercise program, consult with your physician or health professional.

02- Check all the bolts locked.

03- Never put the treadmill in the wetness area, or it will cause troubles.

04- We take no responsibility for any troubles or hurts due to above reasons.

05- Dress sport clothes and shoes before running.

06- Do not do exercise in 40 minutes after meal.

07- To prevent hurts, please warm up before exercise.

08- Consult with doctor before exercise if you have high blood pressure.

09- The treadmill is only used for adults.

10- Provide the olds, children and handicapped with good care, guide and supervision.

11- Do not plug anything into any parts of this equipment, or it may damage.

12- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

13- Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.

14. Maximum weight of user: 120KGS.

15. Pulse monitor data may not be accurate, can not be used for medicine. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUSTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5.Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.

7. Always unplug the power cord before remove the treadmill motor cover.

8.Make sure there is no less than 2*1m space behind the treadmill.

9. Keep small children away from the treadmill during operation.

10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

11. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.

13. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

14. Put the safety key away where can not be reached by the children. Minors must be accompanied by the adults when using the treadmill.

15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these

replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.
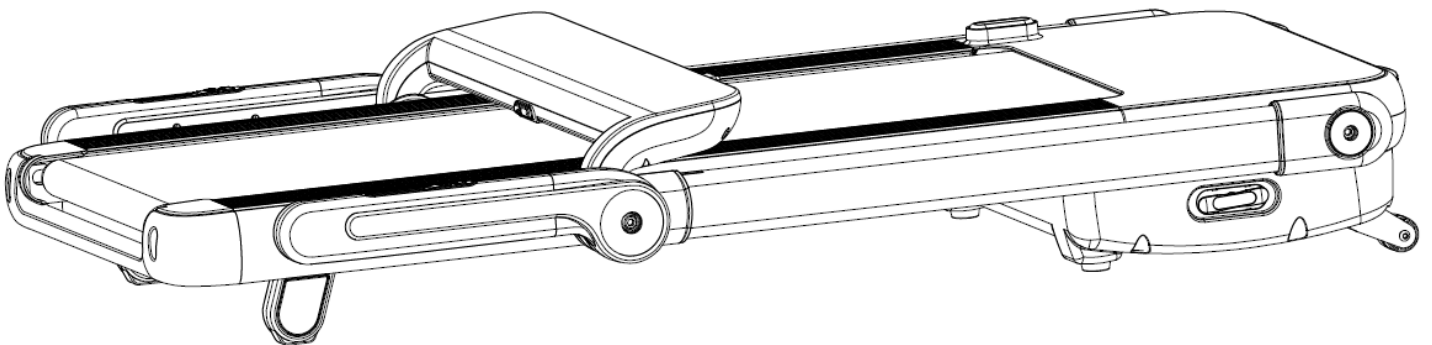
19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.

ASSEMBLY STEPS

UNFOLDING MACHINE

ASSEMBLY STEP ONE：

Open the package, take out all parts and place the main frame on the flat ground.
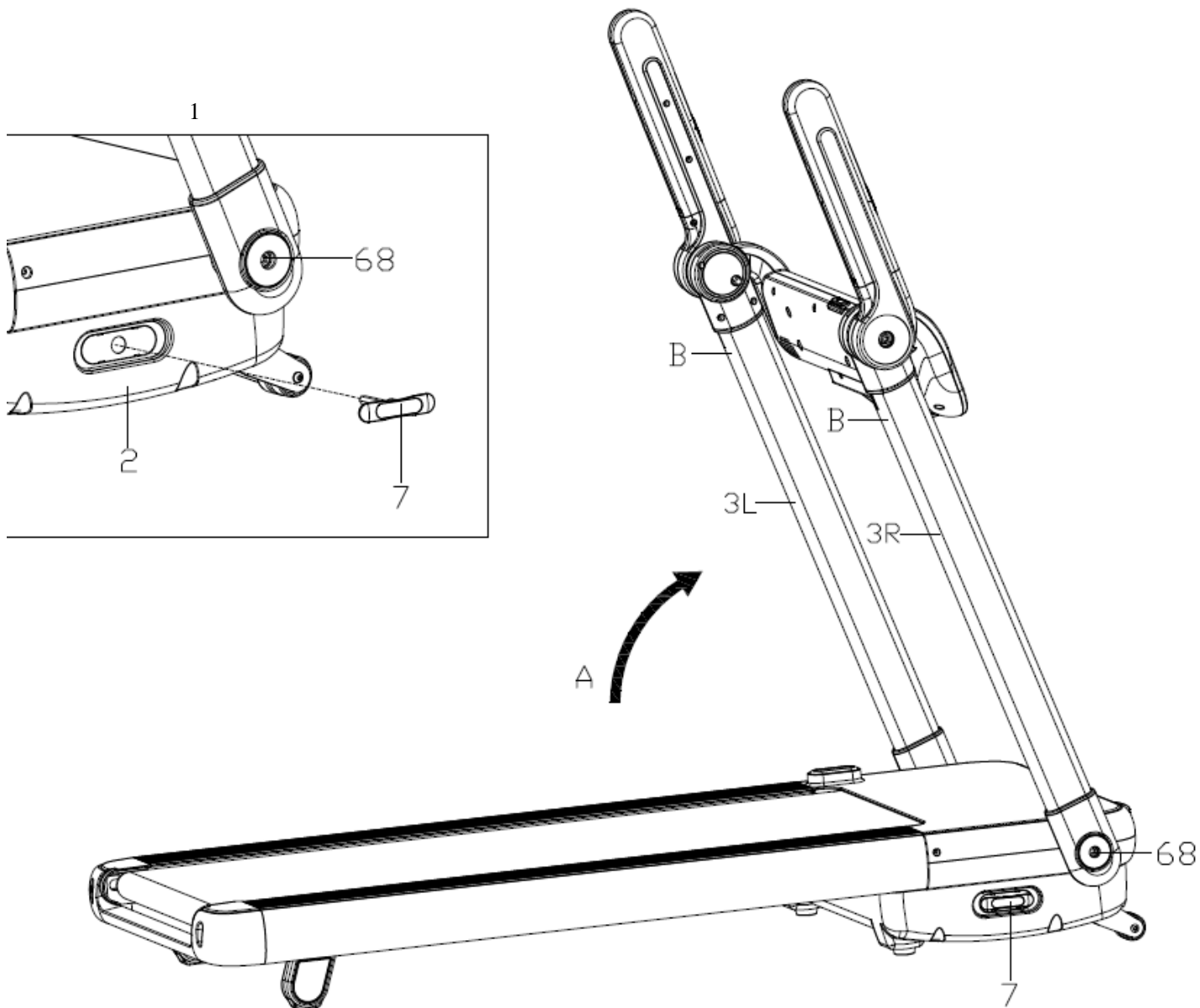
UNFOLDING MACHINE

ASSEMBLY STEP TWO:

1. Take out T-Wrench (7) from main frame(2) (Figure 1 show). Then loose Hexagon socket head cap screws (68) with T-Wrench (7) in counter-clockwise until it can't rotate any more.
2. Hold on the B with two hands and lift up the upright tubes (3L/R) in the direction of arrow A.　Then lock Hexagon socket head cap screws (68) in clockwise on both sides.　Finally，put back T-Wrench (7) on main frame(2).

Note:
During the lifting and locking the upright tubes，hold the upright tubes with your hand in whole process, so as not to fall down and hurt

UNFOLDING MACHINE

ASSEMBLY STEP THREE:

1. Turn down Handrail (5L/R) in the direction of arrow E until it can't turn any further. (Figure 3 show)
2. Turn up Computer frame (4) in the direction of arrow D until Positioning pin (12) pop up automatically to fasten Computer frame (4) . (Figure 2 show)   If Positioning pin (12) not pop up automatically, you can turn Computer frame (4) up and down until it pops up.
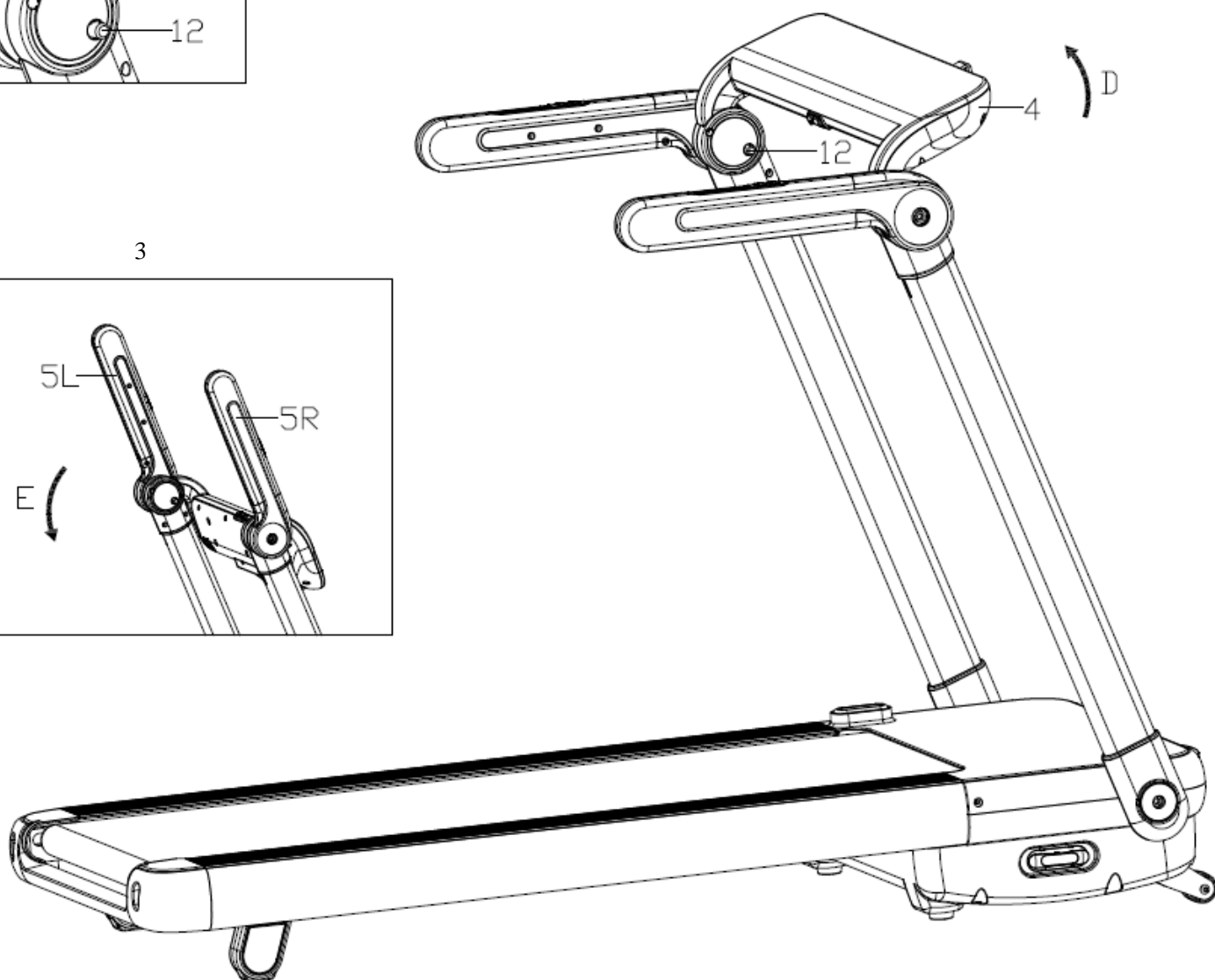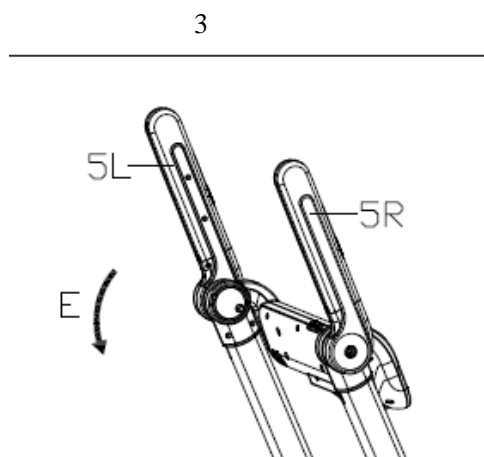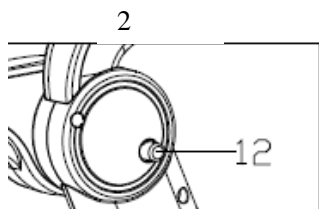
UNFOLDING MACHINE

ASSEMBLY STEP FOUR:

1. Press the PUSH button on ipad holder (F), then insert ipad holder (F) to the ipad holder bracket(42).
2. Insert the water bottle holder (40)to the G of the Computer frame (4)
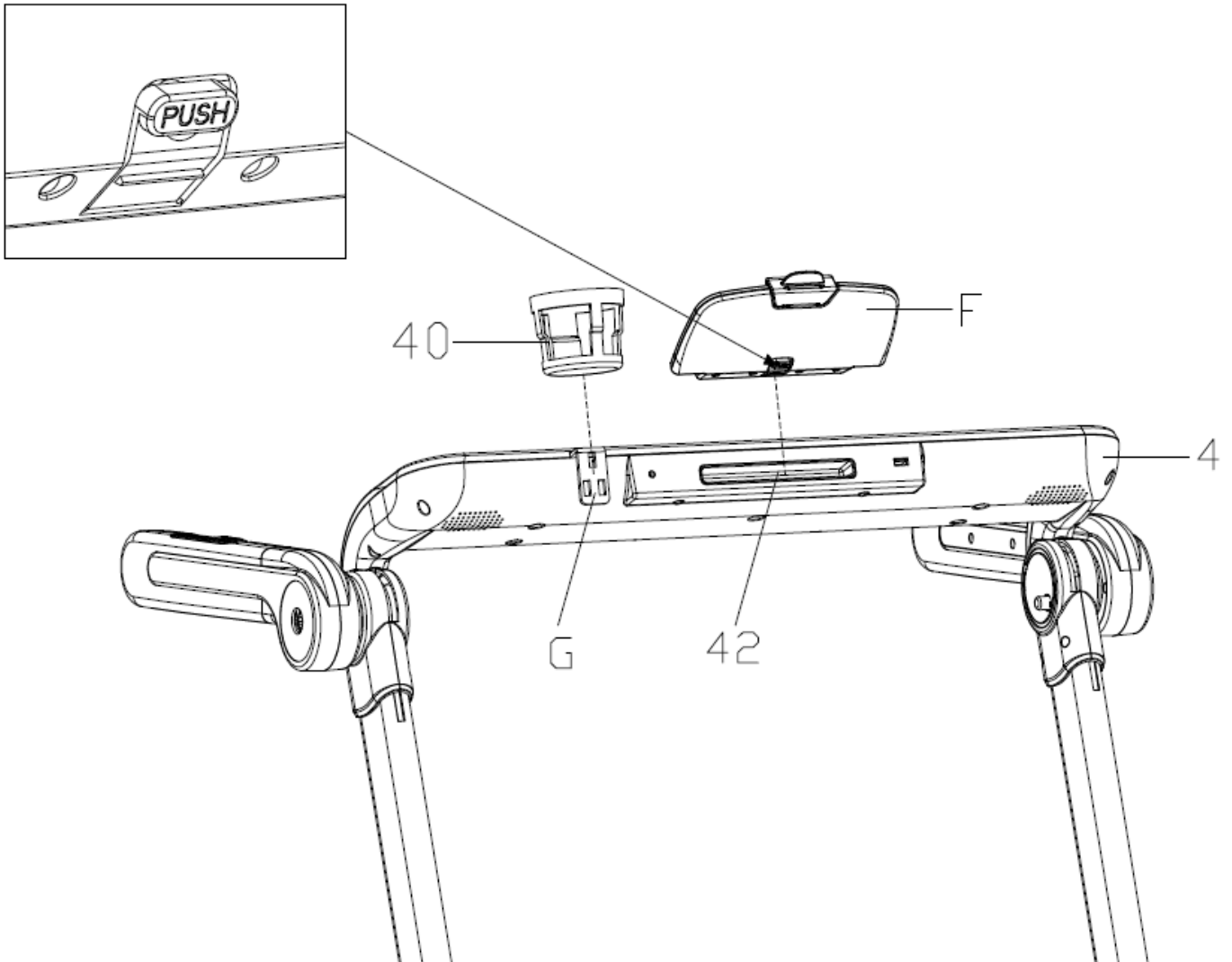
FOLDING MACHINE

ASSEMBLY STEP FIVE:

1. Press the PUSH button on ipad holder (F), then pull out ipad holder (F) from ipad holder bracket(44) and keep it well.
2. Take off the water bottle holder(40) from the Computer frame (4)
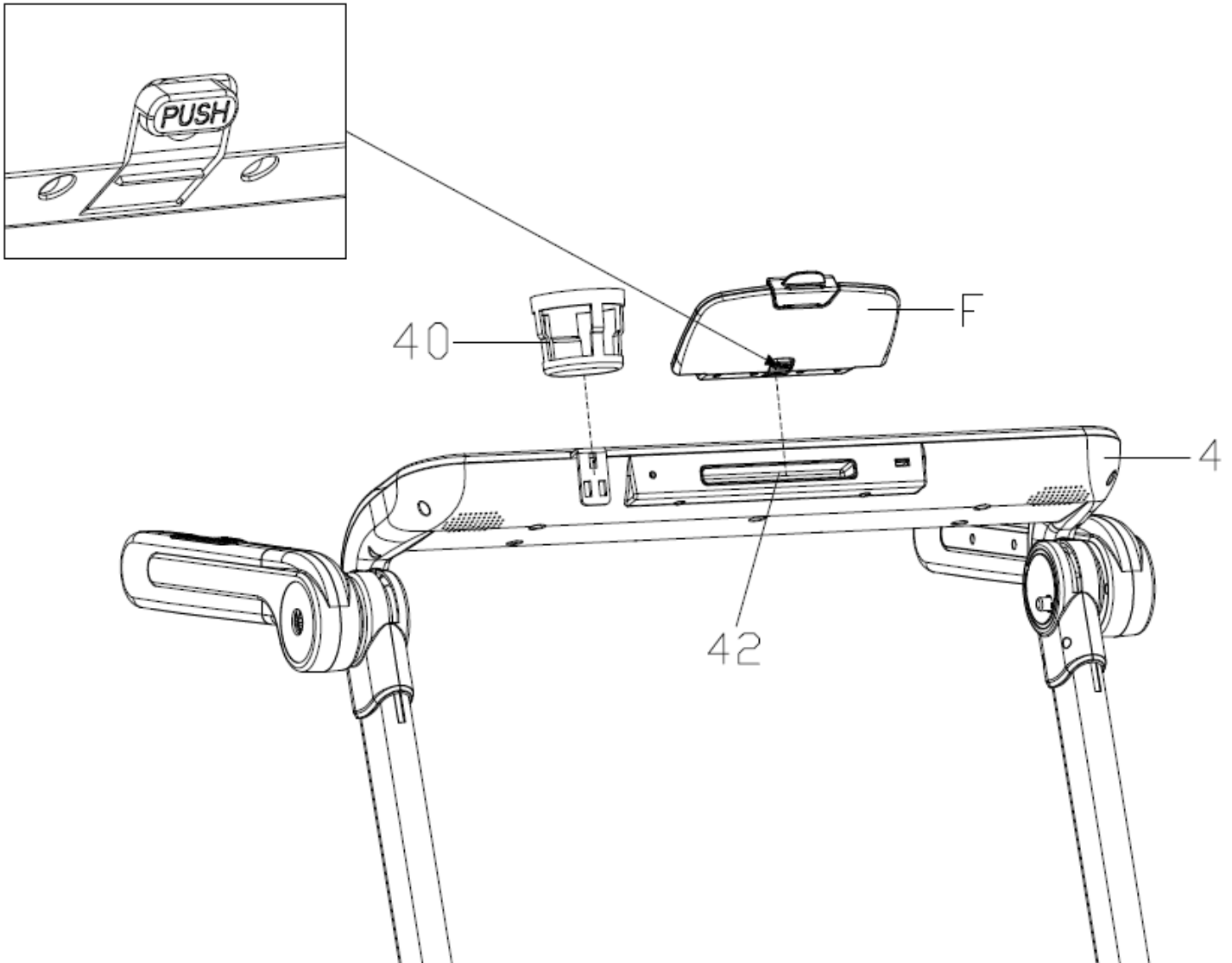
FOLDING MACHINE

ASSEMBLY STEP SIX:

1. Press Positioning pin (12) and then turn Computer frame (4) in the direction of arrow G until it can't turn any further. (Figure 4 show)
2. Turn up Handrail (5L/R) in the direction of arrow H. (Figure 5 show)
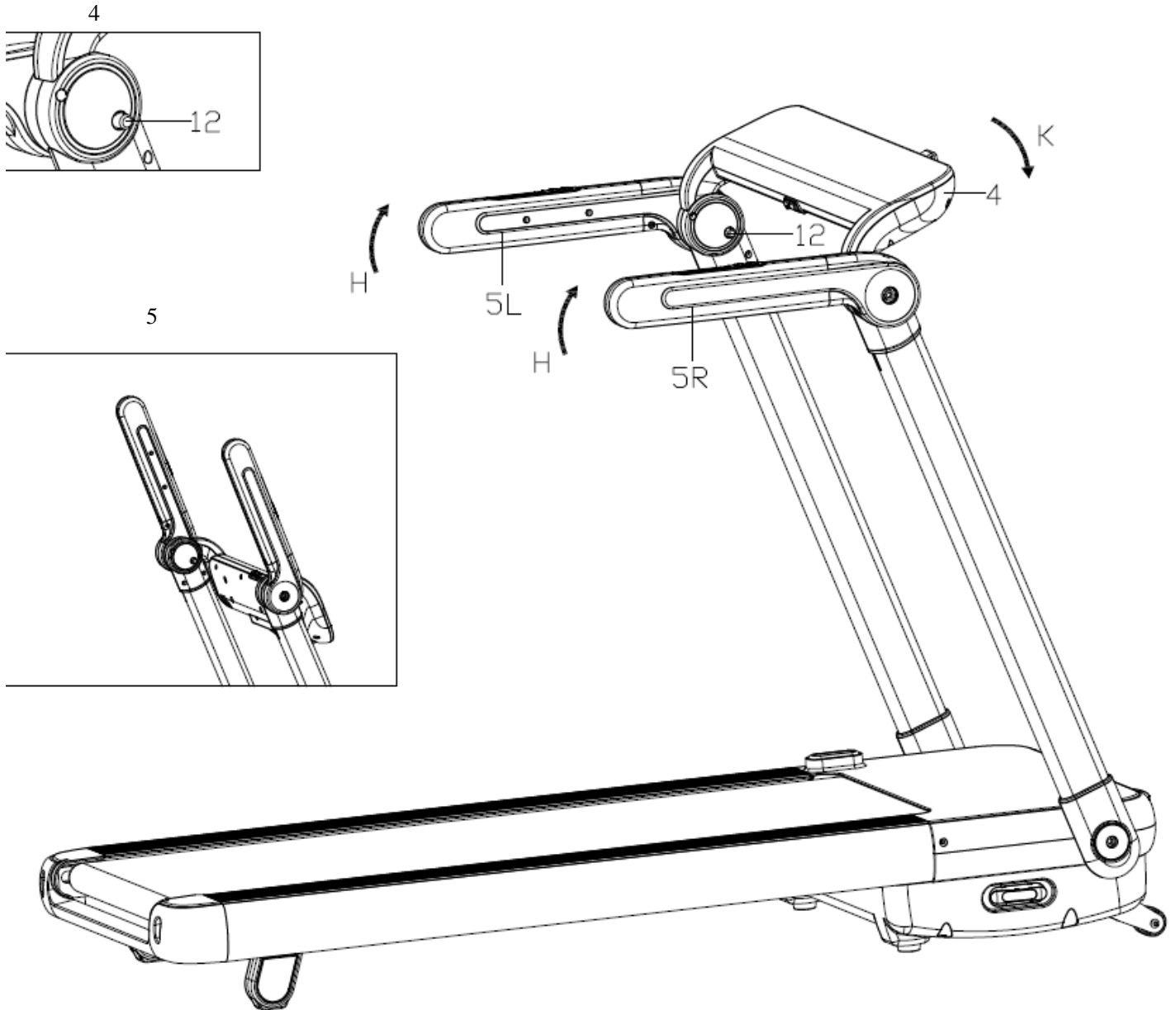
FOLDING MACHINE

ASSEMBLY STEP SEVEN:

1. Take out T-Wrench (7) from main frame(2) (Figure 6 show). Then hold your hands on upright tubes and loose Hexagon socket head cap screws (68) with T-Wrench (7) in counter-clockwise until it can't rotate any further.
2. Hold on the B with two hands and fold the upright tubes (3L/R) in the direction of arrow M (Figure 7 show).   Then lock Hexagon socket head cap screws (68) in clockwise on both sides.   Finally，put back T-Wrench (7) on main frame(2).

6

68

2

7

7

B

B

3L

3R

M

68

7
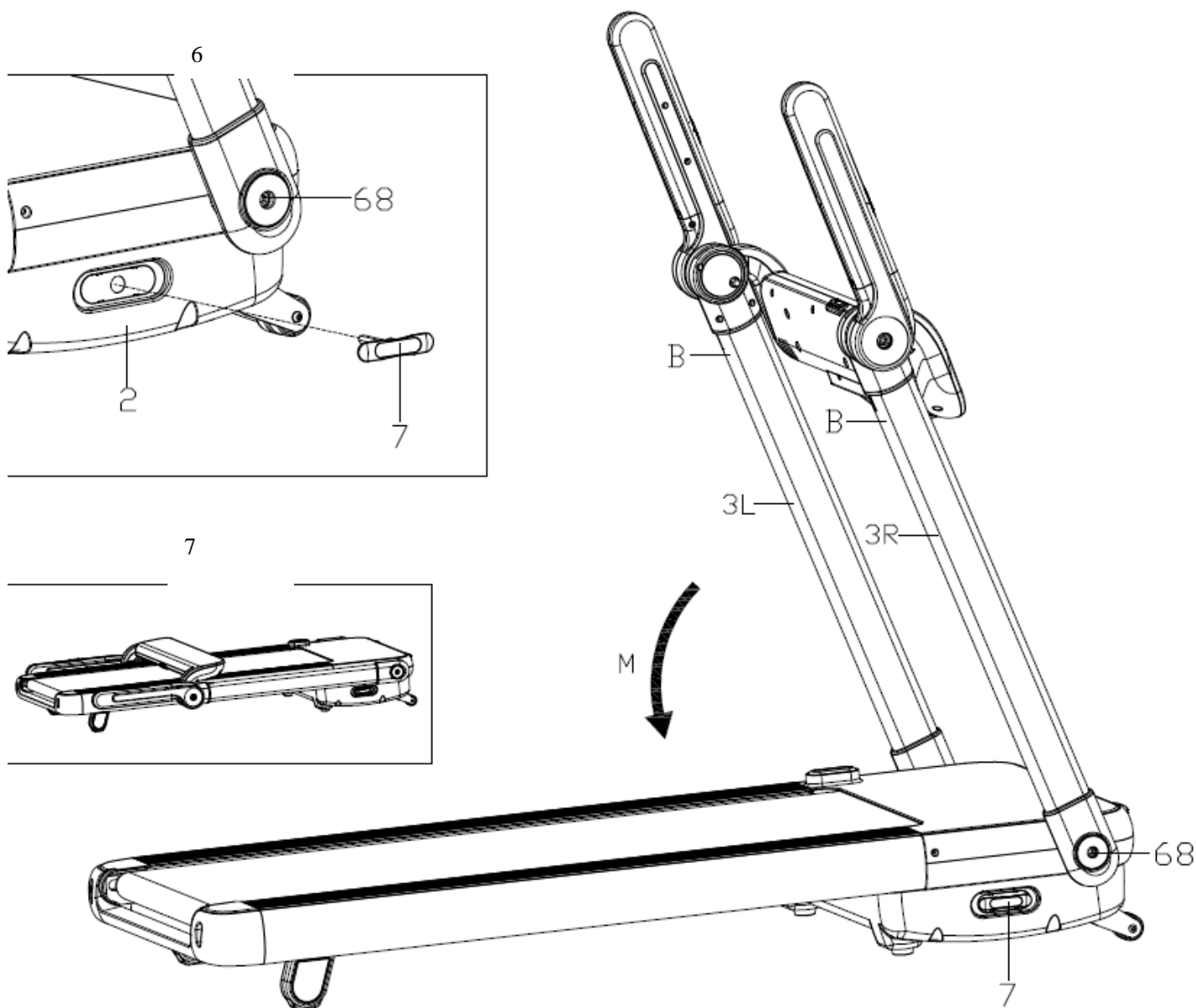
FOLDING MACHINE

ASSEMBLY STEP EIGHT:

After folding, machine should store horizontally as shown in the following figure.   If there are enough space for storage, you also can push it under a desk or bed.

Note: Prohibit vertical storage.

墙
壁

WALL
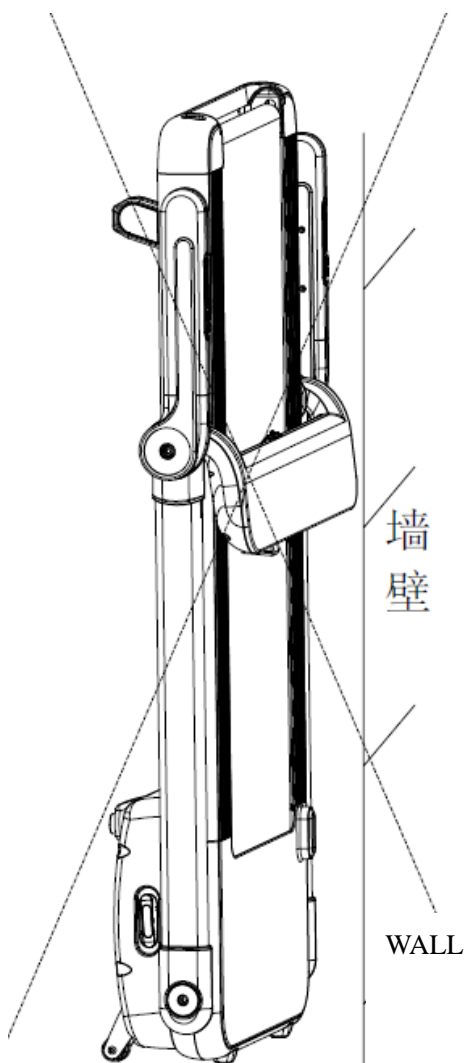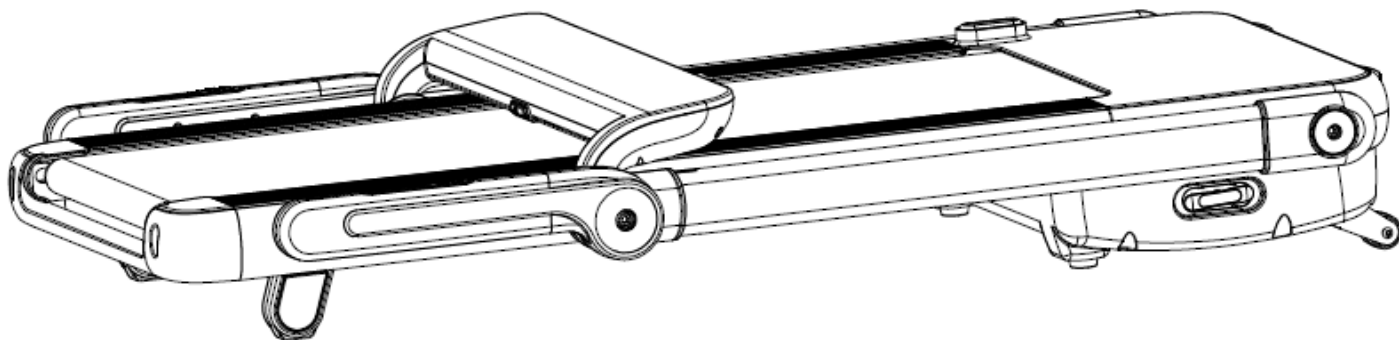
GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet; have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240Volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding Methods

GROUNDED
OUTLET

TECHNICAL PARAMETER

ASSEMBLY SIZE(mm)	1715x905x1280	POWER	AS ORDER
FOLDABLE SIZE(mm)	1715x905x325	MAX OUTPUT POWER	AS ORDER
RUNNING SURFACE SIZE(mm)	460X1300	INPUT CURRENT	AS ORDER
NET WEIGHT	67KG	SPEED RANGE	1.0-16 KM/H
MAX WEIGHT	120KG	INCLINE	0-15%

OPERATION INSTRUCTIONS

A．Buttons

1．1．Activation

The activation will be initiated after a three seconds count-down

1．2．Programs

14 programs, 3 customization U1-U3, HRC1-HRC3, FAT, 3 countdown models and 1 manual model

1．3．Safe Lock

1. Once the safe lock pulled off, the display will be replaced with "---" and the treadmill will stop instantly, sounding the alarm with constant buzzing. Return the safe lock will lead to a display of "1 sec" on all areas, and the previous data will be removed accordingly.

2. The motor will stop working once the safe lock pulled off, and the console keyboard will be disabled, too.

1．4．Buttons Function

"START"，"STOP"，"▣"，"Ⅿ"，"➕"、"➖"，"◮"、"▼"。Express Speed Control, 3km/h,6km/h, 9km/h。Express Incline Control， 3%，6%，9%.

① When stationary, the treadmill will be activated and start with the lowest speed once the user press "Start" button.

② During operation, the treadmill will stop once the user press the stop button.

③ "▣"button allows users to switch programs among manual "1.0", "p1-p14" "U1-U3" and "fat". The manual model is the default model starting with 1.0km/h, up to 16.0km/h.

④ "Ⅿ"button allows users to switch among three different countdown models from H-1 to H-3. H-1 is time-countdown, while H-2 and H-3 are distance and calories countdown, respectively. Users can use "+" and "-"to adjust the amount, followed by a "Start" button to activate the treadmill once the setting is complete.

⑤ During other model settings, the buttons "➕"and"➖"can be extended to increase/decrease other values. Once the treadmill starts operating, they only function to increase/decrease running speed at a 0.1km interval, but such an interval will enlarge exponentially once the buttons are held for more than 2 sec.

⑥ During other model settings, the buttons "◮" and "▼" can be extended to increase/decrease other values. Once the

treadmill starts operating, they only function to increase/decrease incline level at a 1 level interval, but such an interval will enlarge exponentially once the buttons are held for more than 2 sec.

⑦   Express Speed Control: setting speed at 3km/h, 6km/h and 9km/h directly.

⑧   Express Incline Control: setting incline at level 3, level 6 and level 9 directly.

1.5. **Display**

1.5.1.

Indicate your running time in ordinary model or time remaining in countdown model

1.5.2. :

Switch between current running distance in ordinary model and distance remaining in countdown model.

Note: Different User Weight and Usage Habits may result in differences in the number of displayed Steps from actual steps once the speed below 3km/h or above 16km/h.

1.5.3.

Switch between current speed and heart rate.

Heart rate is for your own reference and cannot be used as a medical proof for professional use

1.5.3.

Show current calories consumption

1.5.7. **Display Scale**

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.0 – 99.9(KM)

CALORIES: 0.0 – 999 (KC)

SPEED: 1.0 – 16.0(KM/H)

PULSE: 50 – 200 (BPM)

INCLINE：0 – 15%

B. Heart Rate Sensor

When the treadmill is powered, users can hold the sensors on both handles to gain a heart rate. To improve the accuracy, please allow at least 30 seconds reaction time and test it when the treadmill is stationary. The value will be between 50-200 and it only serves as a reference

C. Body Fat

Press ▣button to enter the FAT program, and press Ⓜto choose the right gender, age, height, weight, respectively. Users can use"➕"and"➖"or "△" and "▽" to adjust the value. In the final phase (F5), hold tight on sensors for 8 seconds and users' body fat will be measured.

Parameter Setting

	Default	Scale	Remark
Gender（F1）	1(male)	1—2	1=male 2=female
Age（F2）	25 years old	10-99 years old	
Height（F3）	170 CM	100—220 CM	
Weight（F4）	70KG	20—150KG	

Based on Asian standard F5：FAT≤19   --   Under weight
19<FAT ≤25   --   Normal weight
25<FAT ≤29 --   Over weight
FAT≥30   --   Obesity

D. User Customization

In addition to the 18 default programs, there are three customization programs U1, U2 and U3 for users to choose.

1、Customization Setting

When the treadmill is turned on and standby, repeatedly pressing the "▣" button to switch to U1, U2 and U3, and then the "Time" window will start to blink and show set time. Press "△"、"▽" 、"➕"、"➖" to adjust and then press "Ⓜ" button to enter parameter setting. In this phase, users could adjust speed or incline with "➕"、"➖" or "△"、"▽" to set specific speed or incline level for up to 20 periods. Press "Ⓜ" by the end of each phase to

proceed to next periods. The setting will be automatically saved, and accidents such as a power outage will not remove the setting.

2、 **Customization selection and start**

Pressing "■" button repeatedly until U1, U2 and U3, then users can set time duration and press "start".

E. Parameter setting in the countdown models

The default time countdown setting starts with 30:00 min, ranging from 5 min to 90 min with a 1 min interval.

The default calories countdown starts with 50 calories, ranging from 20 to 990 with a 10 calories interval.

The default distance countdown starts with 1 km, ranging from 1 to 99 km with a 1 km interval.

The sequence is manual, time, distance and calories.

F. Others

1、 When the countdown model expires, the screen will display "END" and keep sounding warning signals till the treadmill comes to a complete stop. Then it will return to manual model.

2、 When setting parameters, adding a value beyond the set range will automatically recycle to other end. E.g.: pressing "■"when it is already 99 min will automatically jump back to 5 min. User can use "■"、"■" to adjust.

3、 Users can only count-down one of the time, calories and distance setting; the rest two will be displayed in an incremental manner.

4、 The calories consumption is based on a 70.3 kcal/km standard.

5、 Speed acceleration and deceleration interval is 0.5 km/s

6、 MP3 audio output could be amplified when accessed properly from the side.

7、 KM/Miles Switch. Pulling off safe lock and pressing P and M button simultaneously for 3 seconds, users shall hear a "beep" and the screen will display the maximum speed for both units.

8、 If not set, the value will automatically amass till maximum and restart again; in manual model, when time exceeding 99:59 the treadmill will automatically power down.

G. Attachment

Each program will be divided into 20 periods and each period is comprised of equal amount of time. Below is the 14 program's work chart

Program	Time	Set time/20 =specific time for each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4

H. HRC Function (optional)

HRC1 speed limit (Max-4.0km/h), HRC2 speed limit (max-2.0km/h), HRC3 Max.

1. HRC setting: after repeatedly pressing P button to get to HRC, press M to advance to the next setting, adjust speed or inclination accordingly.

A: age setting:13-80, default 30

B: target heart rate: (220 minus age)*0.6

C: target heart rate is changeable, ranging from 0.45 to 0.75 (220 minus age)

D: maximum heart rate: (220 minus age)

    2. Speed

A: change sequence, HRC detects heart rate every 30 sec

B: If the user's heart rate is lower than target heart rate by 30 times/min, then speed increases by 2 km/h

      C: if such a discrepancy is within 1-29 times/min, then speed increases by 1 km/h

      D: Vice versa, if the user's heart rate is higher than target heart rate, the speed decreases and the same rule applies

    3．During the following circumstances, the treadmill will run at 1km/h for 15 sec and then shut down automatically; in the 15 sec, the treadmill will beep for each second elapsed

A: No heart rate detected for more than one minute

B: Heart rate exceeds (220 minus age)

I.   MP3/USB/Bluetooth(optional)

MP3 Function: The console can play music when connected to MP3 or other audio devices after power on. The volume control of sound is on the audio. Please pay attention to the volume control of sound so as not to affect the quality of sound and the built-in audio circuit.

USB Function: Insert the USB disk containing mp3 audio files into the USB port of the treadmill when power on, then it can play the music of the USB disk

Bluetooth Function: After the treadmill is powered up, turn on the Bluetooth function of the mobile phone to connect with the Bluetooth on treadmill, and then it can play the music from the phone.

J.   APP Bluetooth(optional)

Search for "sports show" in Application Store to download and install, or scan QR code to download.

Register and log in the account to use. Here's how to use the app to connect treadmill.

1. **Open "sport show" APP, Search for devices**
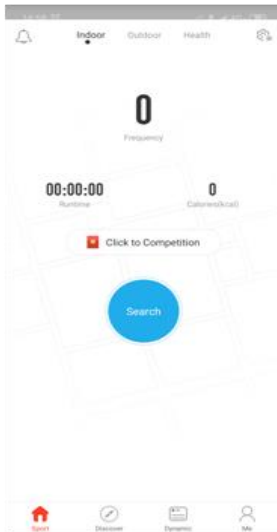
2. **Connect to your devices**
3. **Choose Mode and Scene(or Quick Start)**
4. **Click Start**

Music bluetooth: when the machine power on, open the mobile phone bluetooth, search and connect the signal from treadmill, The music from mobile phone can be played through treadmill.

K. Hibernate

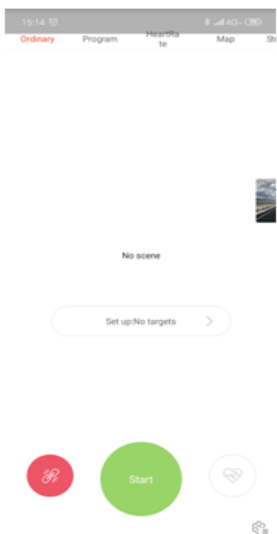If the treadmill stays in standby model for more than 10 mins,   it will hibernate

L. Shut down

Users can power off the treadmill with the switch off button at anytime, and such a move won't damage the treadmill.

M. Error Code

Error Code	Error Description	Solution
E01	Communication Error	Check to see if communication cable properly connected or damaged
E02	Motor Cable Improperly Connected	Check to see if motor cable properly connected; check if the controller smells peculiar, if so replace the controller
E03	Speed Signal Malfunction	Check if speed sensor properly connected, reconnect if necessary; check if speed sensor properly fixed or damaged, re-fix or replace if necessary; check if motor is damaged and replace accordingly
E04	Inclination Test	It will be automatically removed after inclination test
E05	Overload Protection	Overload or treadmill jam will result in an overload protection. Check if motor running with an overload sound or burnt smell and replace the motor or controller; check if rated voltage is in accordance with the treadmill and use the correct rated voltage to power the treadmill
E06	Anti-acceleration	Check if there is a low voltage lower than 50% of normal voltage. If so please operate in a higher voltage environment. Check if controller smells peculiar, if so replace the controller.

EXERCISE INSTRUCTIONS

1. The Warm Up Phase

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

2. The Exercise Phase

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

HEART RATE

200
180
160 — MAXIMUM
140 — TARGET ZONE — 85%
120 — 70%
100 — COOL DOWN
80

20 25 30 35 40 45 50 55 60 65 70 75   AGE
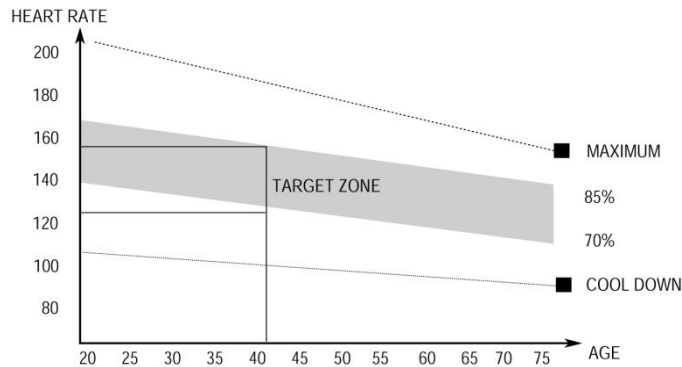
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

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

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

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

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

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

TO CENTER WALKING BELT:

● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belts off the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change

of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a

distance normally. And the gap between the right and left distance should be no more than 5mm.

● If the belts off the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

PIC A	PIC B
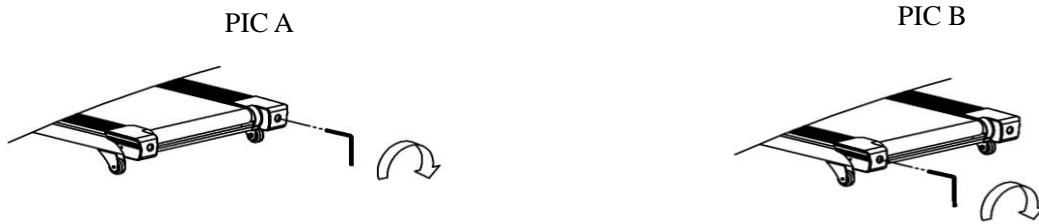
Picture A: If the belt has drifted to the RIGHT   **Picture B:**If the belt has drifted to the LEFT

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

CLEANING

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

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

WALKING BELT AND DECK LUBRICATION

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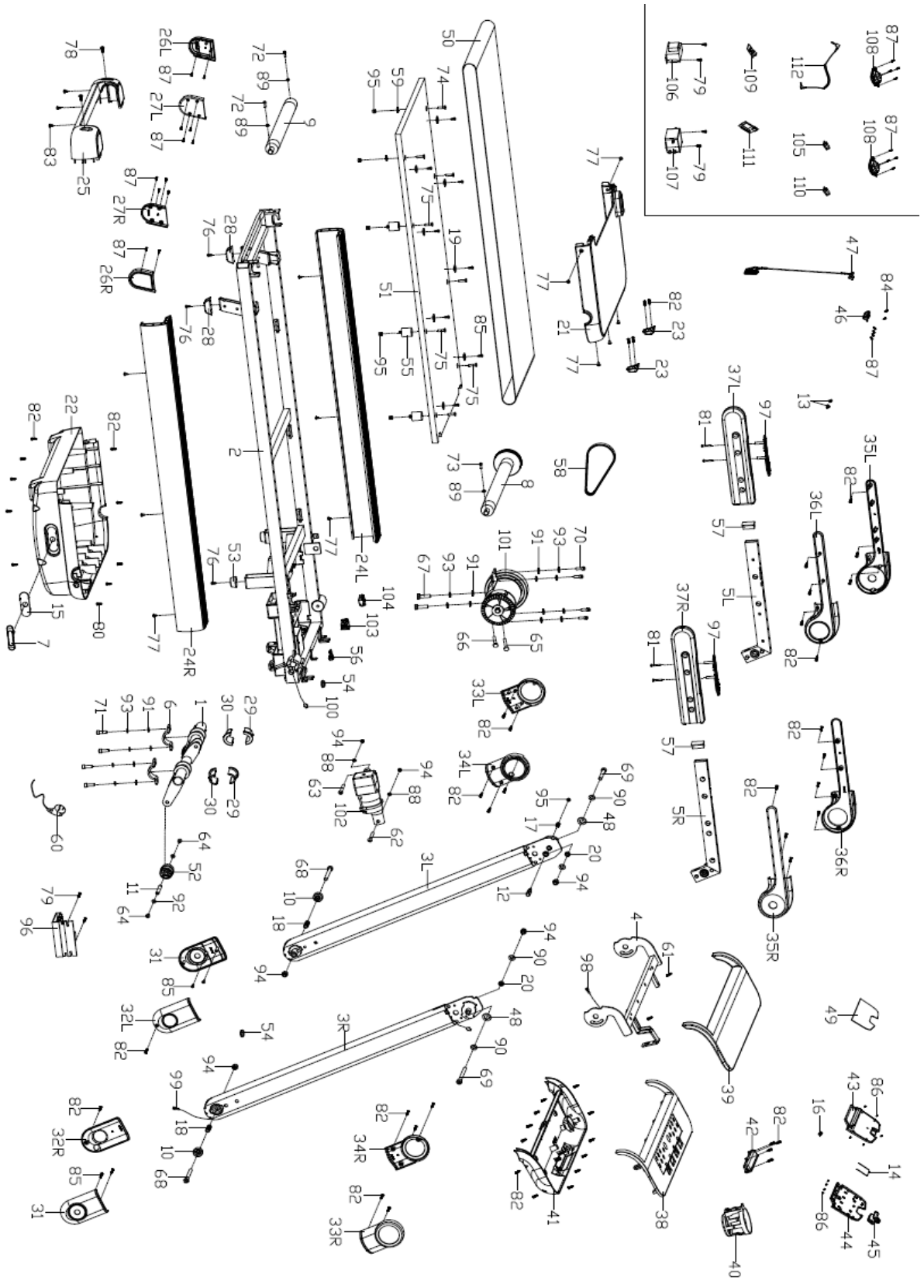
We recommend lubrication of the deck according to the following timetable:

➢ Light user (less than 3 hours/ week)   annually

➢ Medium user (3-5 hours/ week)   every six months

➢ Heavy user (more   than 5 hours/ week)   every three months

Banda
Running
belt

Tabla
Board
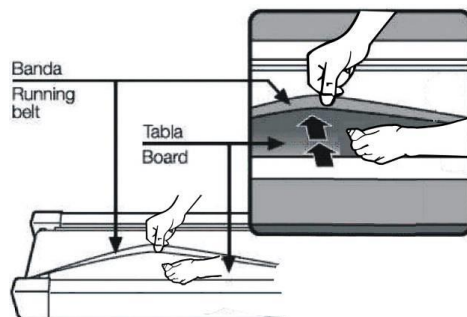
EXPLODED DRAWING

PARTS LIST

No.	DESCRIPTION	Qty	No.	DESCRIPTION	Qty
1	Incline frame	1	57	Square end cap	2
2	Main frame	1	58	Belt	1
3L/R	Upright tube	1 pr.	59	Plastic mat	2
4	Computer frame	1	60	Power cord	1
5L/R	Handrail	1 pr.	61	Cross pan head tapping screws ST4*25	2
6	Incline frame fastener 2	2	62	Hexagon socket pan head bolt M10*60	1
7	T-Wrench	1	63	Hexagon socket pan head bolt M10*40	1
8	Front roller	1	64	Hexagon socket pan head bolt M6*16	4
9	Rear roller	1	65	Hexagon bolt M8*55	1
10	Spacer bush	2	66	Hexagon bolt M8*40	1
11	Roller shaft	2	67	Hexagon bolt M8*15	2
12	Positioning pin	1	68	Hexagon socket head cap screws M10*110	2
13	Safety key copper sheet	4	69	Hexagon socket head cap screws M10*85	2
14	Bungee cord	1	70	Hexagon socket head cap screws M8*18	4
15	Metal plate	1	71	Hexagon socket head cap screws M8*25	4
16	Compressed spring ϕ1.0* ϕ10*L12*P3	1	72	Hexagon socket head cap screws M6*55	2
17	Compressed spring ϕ1.0* ϕ12*L15*P4	1	73	Hexagon socket head cap screws M6*45	1
18	Spring ϕ20x ϕ10x L30	2	74	Hexagon countersunk head bolt M6*30	2
19	Edging board	8	75	Hexagon countersunk head bolt M6*25	6
20	Incline frame turn tube	2	76	Large pan head screw with cross groove M6*15	4
21	Motor upper cover	1	77	Cross groove washer head screw M5*16	11
22	Motor lower cover	1	78	Cross groove washer head screw M5*8	2
23	Front foot pad	2	79	Cross groove washer head screw M4*8	6
24L/R	Edging	1pr.	80	Cross pan head tapping screws ST4*22	3
25	End cap	1	81	Cross pan head tapping screws ST4*32	4
26L/R	Foot pad cover 1	1pr.	82	Cross pan head tapping screws ST4*16	55
27L/R	Foot pad cover 2	1pr.	83	Screws ST4*12	3
28	Foot pad	2	84	Screws ST2.9*9.5	2
29	Axle sleeve 1	2	85	Screws ST4*16	12
30	Axle sleeve 2	2	86	Screw ST2.9*6	9
31	Upright tube cover 1	2	87	Cross recessed pan head tapping screws	24
32L/R	Upright tube cover 2	1pr.	88	Internal serrated locking washer ϕ10*1.2	2
33L/R	Upright tube cover 3	1pr.	89	Internal serrated locking washer ϕ6*1.2	3
34L/R	Upright tube cover 4	1pr.	90	Flat washer ϕ20* ϕ10*2	4
35L/R	Handrail cover 1	1pr.	91	Flat washer ϕ13* ϕ8*1.6	10
36L/R	Handrail cover 2	1pr.	92	Flat washer ϕ12* ϕ6*1.6	4
37L/R	PU foam grip	1pr.	93	Spring washer ϕ8	10
38	Computer panel	1	94	Nylon nut M10	6

39	Computer panel upper cover	1	95	Nylon nut M6	9
40	Water holder	1	96	Circuit board	1
41	Computer lower cover	1	97	Shortcut key	2
42	ipad holder bracket	1	98	Computer connecting wire	1
43	ipad holder upper cover	1	99	Extension wire	1
44	ipad holder lower cover	1	100	Controller wire	1
45	ipad holder clip	1	101	DC motor	1
46	Safety key bracket	1	102	Incline motor	1
47	Safety key module	1	103	Switch	1
48	Cushion rubber	2	104	Circuit breaker	1
49	ipad holder anti-slip pad	1	105	MP3 interface (optional)	1
50	Running belt	1	106	Inductance (optional)	1
51	Running board	1	107	Filter (optional)	1
52	Wheel	2	108	Loudspeaker (optional)	2
53	Foot pad	2	109	Bluetooth (optional)	1
54	Ring plug	2	110	Audio output (optional)	1
55	Cushion	6	111	USB card (optional)	1
56	Power cord buckle	1	112	MP3 connecting wire (optional)	1