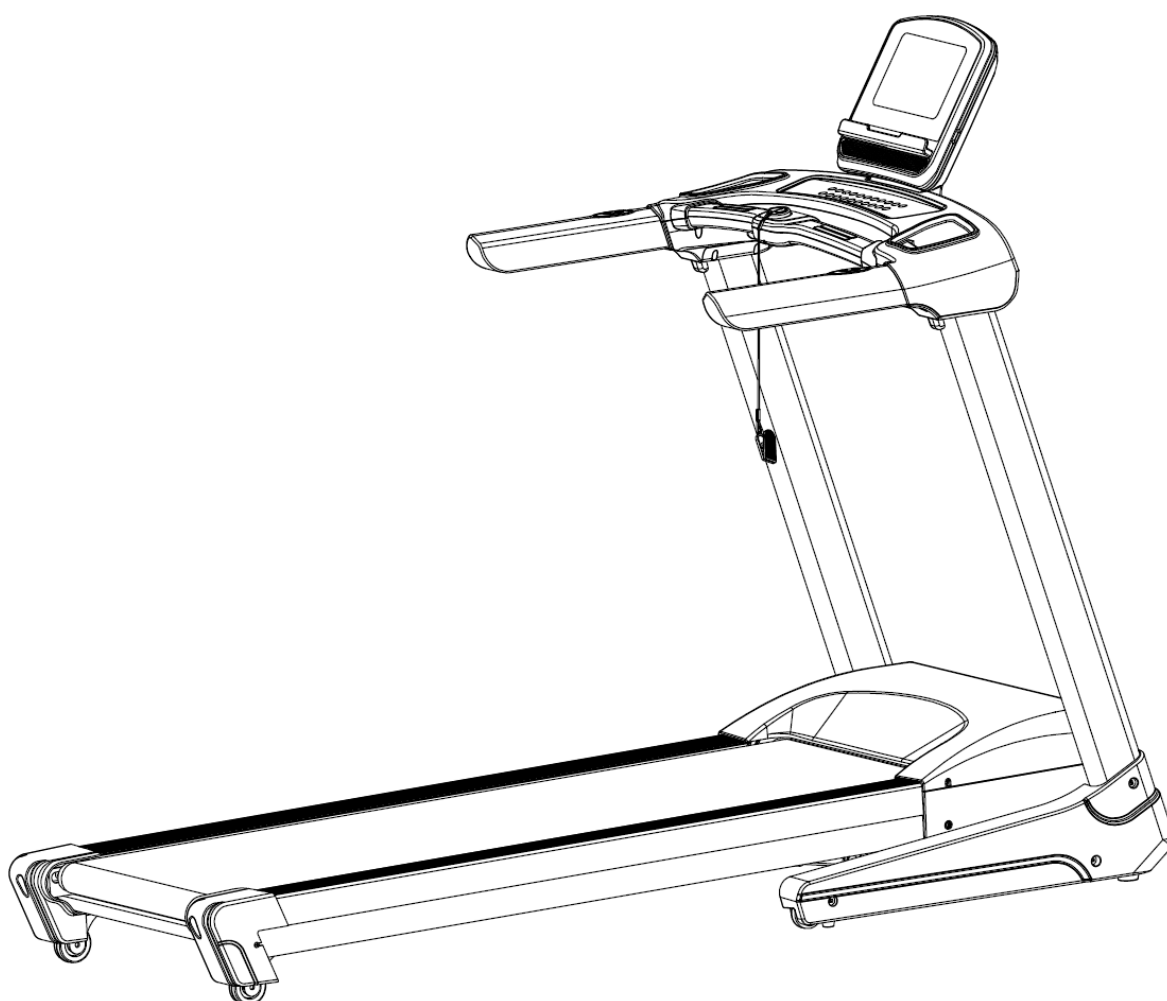




***D.C. ATHLETICS***®

# Performance 3.0 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!

- 1.Before starting any exercise program, consult with your physician or health professional.
2. Check all the bolts locked.
3. Never put the treadmill in the wetness area, or it will cause troubles.
- 4.We take no responsibility for any troubles or hurts due to above reasons.
5. Dress sport clothes and shoes before running.
- 6.Do not do exercise in 40 minutes after meal.
7. To prevent hurts, please warm up before exercise.
- 8.Consult with doctor before exercise if you have high blood pressure.
- 9.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.Pulse monitor data may not be accurate, can not be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
- 15.Maximum weight of User: **120KG/ 265LBS.**

## IMPORTANT SAFETY PRECAUTION

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 free 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 from reach of 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.

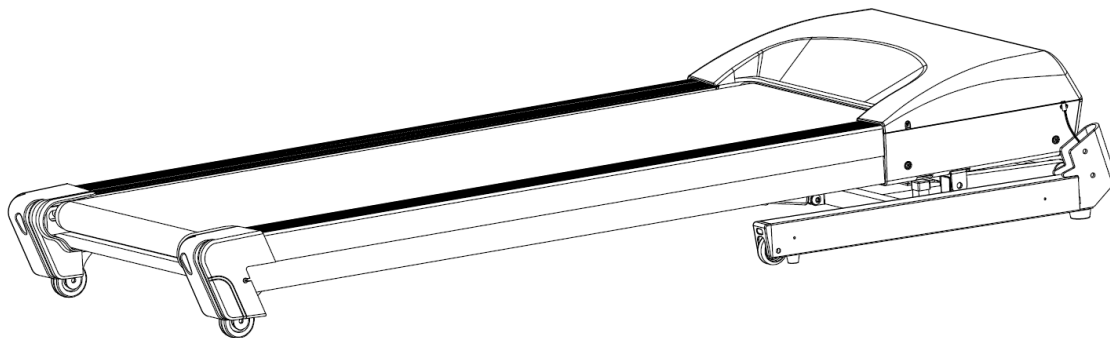
19. Make sure to unplug the power cord and the treadmill has completely stopped before folding. Please don't operate it after folding the treadmill.

## **ASSEMBLY STEPS**

### **STEP 1:**

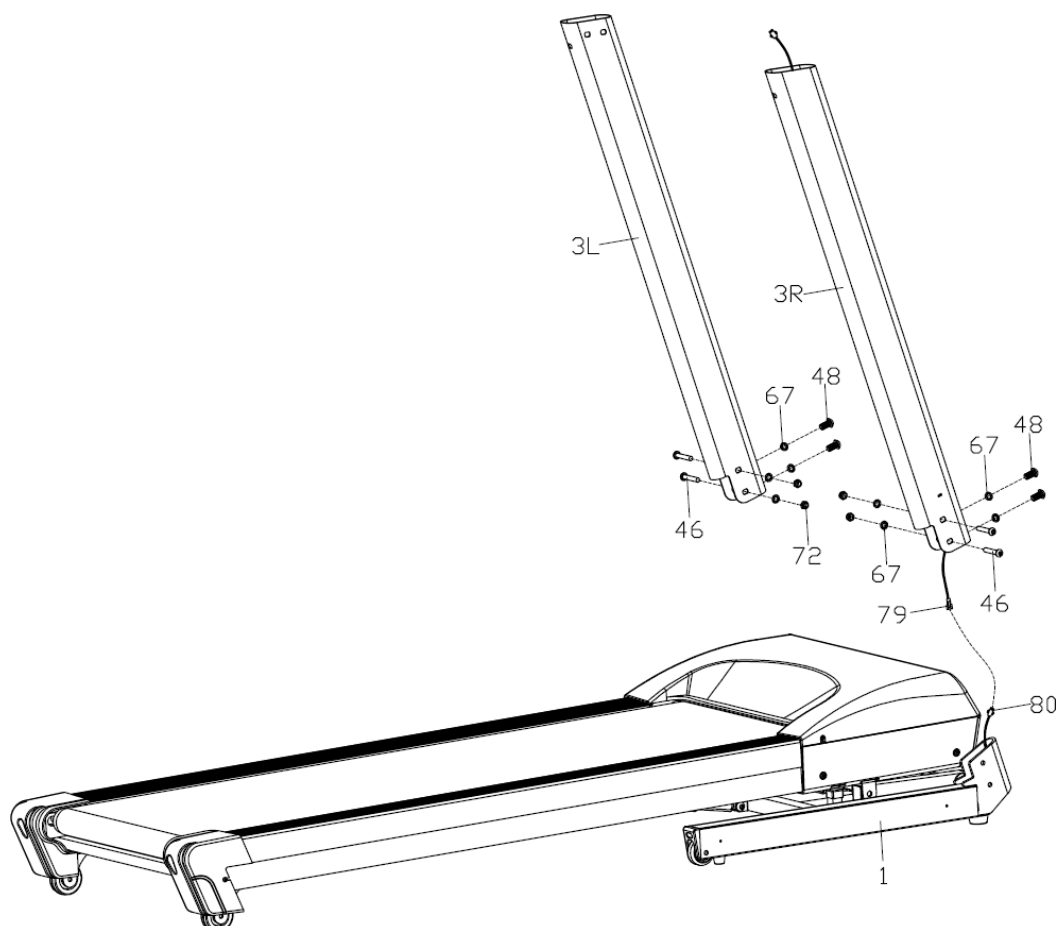
Open the package, take out all parts and lay the main body on a flat ground.

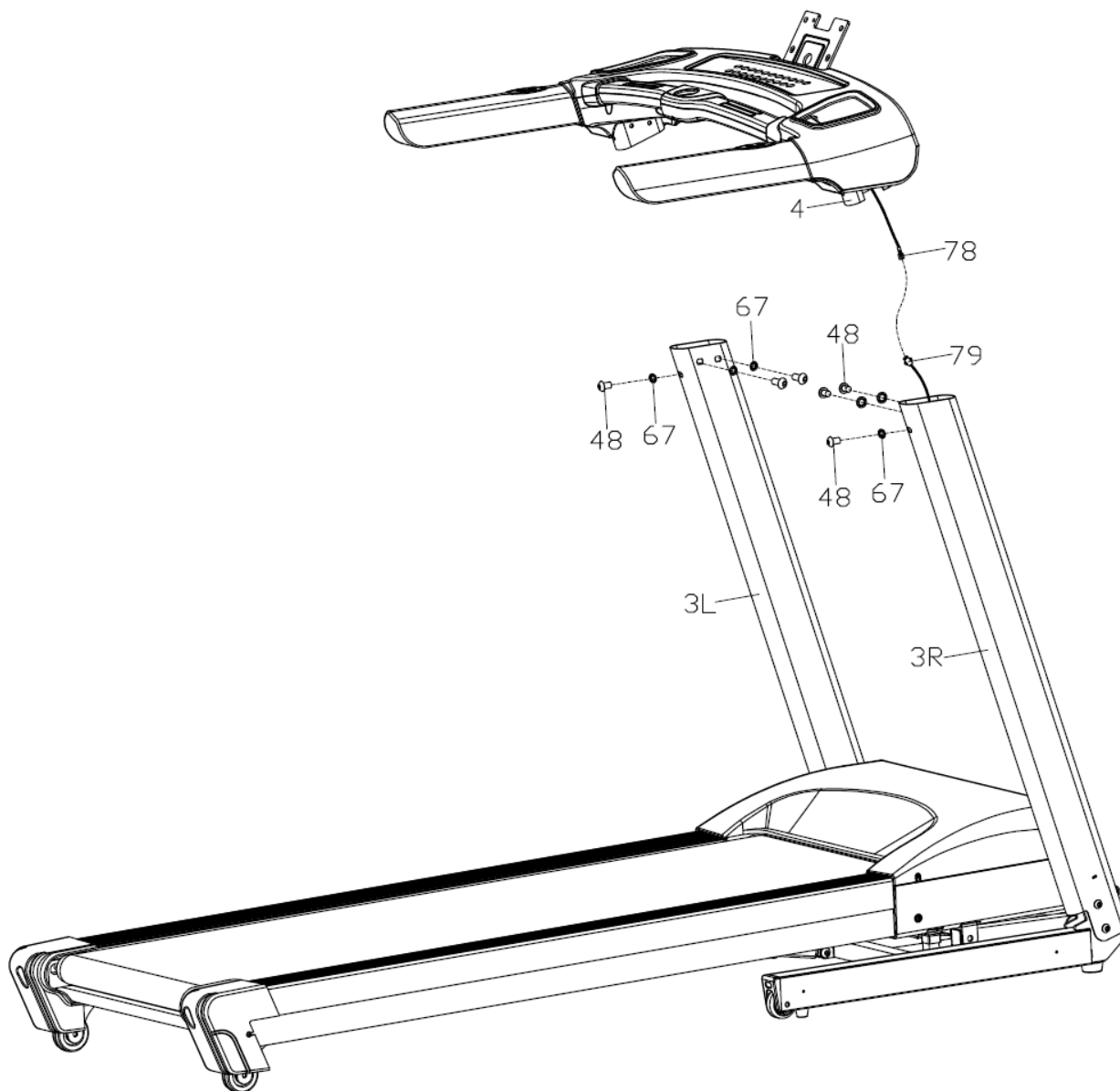
**(NOTE:** Please Don't Cut Down the packing straps before taking out the whole body from carton.)



## STEP 2:

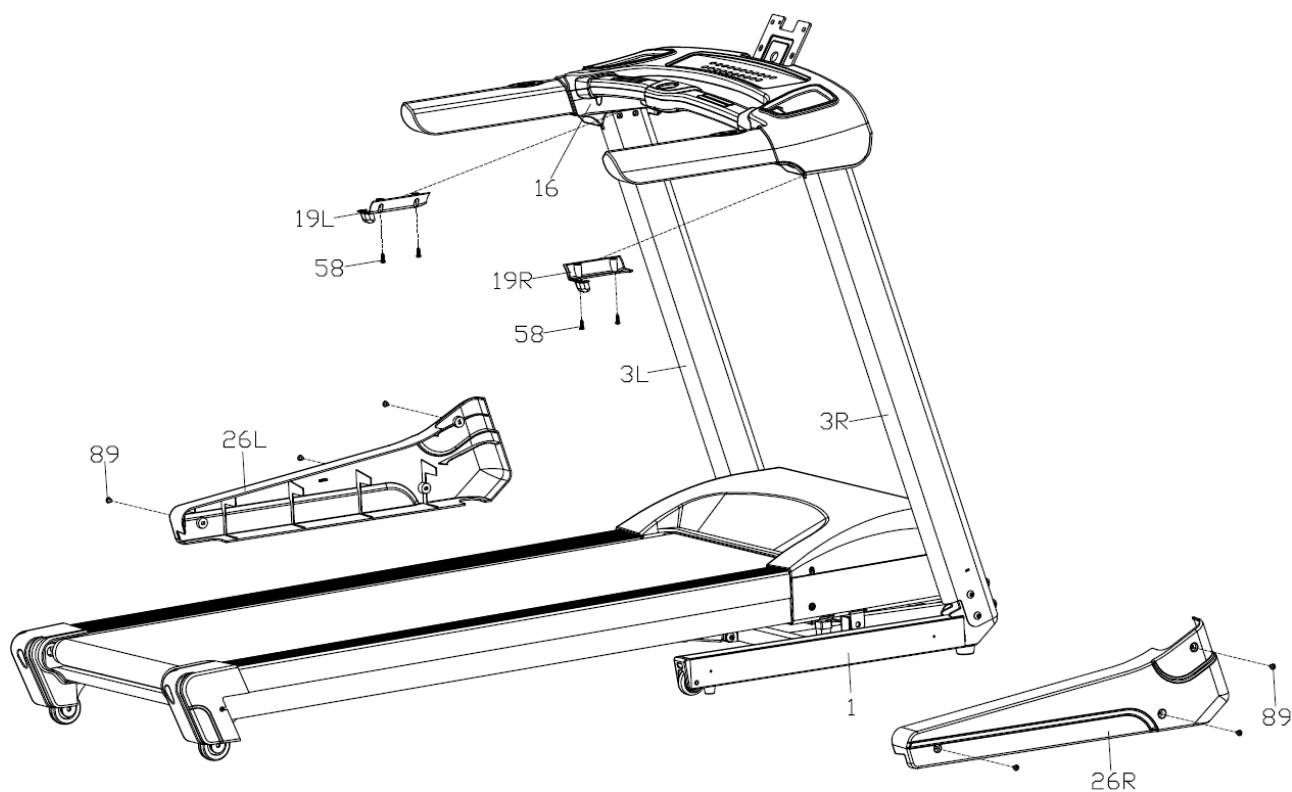
1. Cut down the straps when the main frame was placed well (**Don't move** it any more).
2. Connect the Control Board Wire (80) and Extension Wire (79) properly as shown.
3. Attach the Upright Tube (3L/R) onto the Bottom Frame (1) with the Allen bolts (46 & 48), Serrated lock washers (67) and Nylon nuts (72) accordingly. (**NOTE:** Don't Tighten till now.)





### STEP 3:

1. Connect the Extension Wire (79) with the Computer Wire (78).
2. Attach the Computer Frame (4) onto the Upright Tube (3L/R) with the Allen Bolts (48) and Serrated lock washer (67).
3. Lock all the above mentioned Allen bolts (46 & 48) during Step 2 & 3 tightly.



#### **STEP 4:**

1. Attach the Upright Tube Cover (19L/R) to the Computer Lower Cover (16) with Cross tapping screws (58) as shown.
2. Attach the Bottom Frame Cover (26L/R) onto the joint of Bottom Frame (1) and Upright Tube (3L/R) with Cross tapping screws (89).

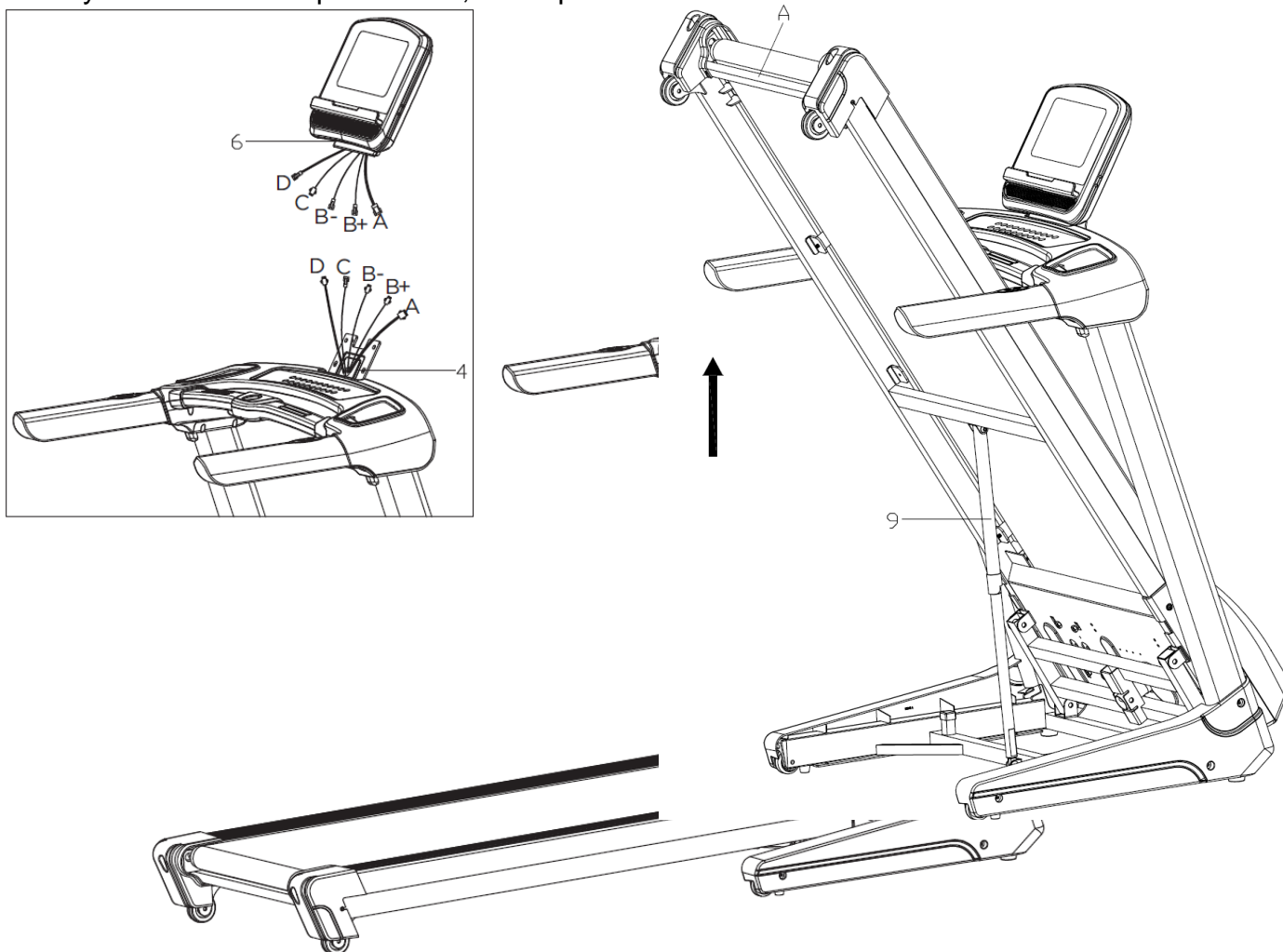
## **STEP 5:**

1. Connect the Wires of the Panel on the Panel Bracket (6) to the Wires from the Computer Frame (4) properly. (**NOTE:** Wire Labels of A, B+, B-, C & D should be matched each other.)
2. Using Allen bolts (48) and Serrated lock washers (67) to secure the Panel Bracket (6) onto the Computer Frame (4).
3. Attach the Computer Rear Cover (13) to the Panel Back Cover (12) with the Cross tapping screws (58) as shown.



### **When you FOLD the Treadmill:**

Put your hands on position **A**, lift up the



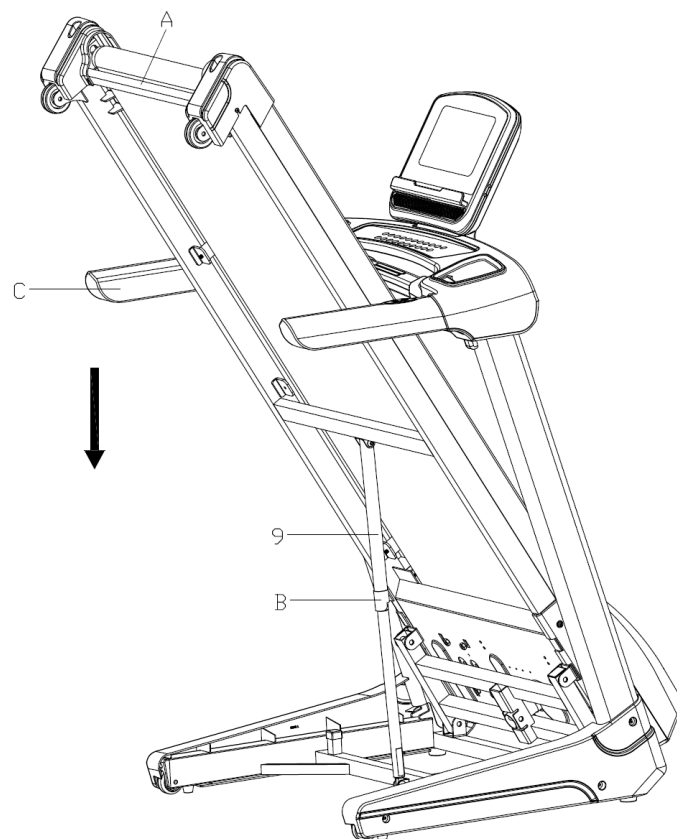
treadmill, then push it as the direction of the arrow, stop it when you hear the sound from the Cylinder (9).

**NOTE:** Unplug the Power Cable and Make Sure the treadmill has Completely STOPPED before folding.

Don't Operate the Treadmill after folding up.

### **When you UNFOLD the Treadmill:**

Grasp the position **A** by your hands, knick the position **B** of Cylinder (9) by your right foot, pull the running deck to the level of position **C**, then the running deck will get down automatically.



## GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

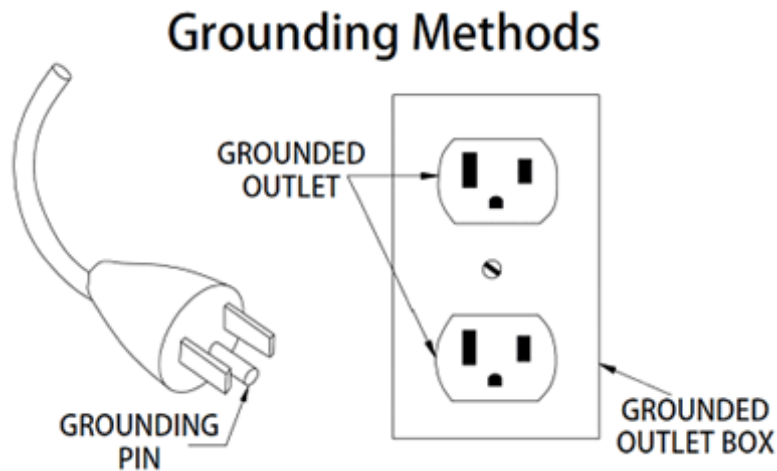
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal **220-Volt** circuit and has a grounding plug that looks like the plug illustrated in **sketch A** in following figure. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product.



## TECHNICAL PARAMETER

|                      |          |                  |               |
|----------------------|----------|------------------|---------------|
| POWER                | AS ORDER | MAX OUTPUT POWER | AS ORDER      |
| RUNNING SURFACE (mm) | 460x1380 | INPUT CURRENT    | AS ORDER      |
| NET WEIGHT           | 71 KG    | SPEED RANGE      | 1.0 - 16 KM/H |

|            |              |         |              |
|------------|--------------|---------|--------------|
| MAX WEIGHT | 120KG/ 265LB | INCLINE | 0 - 15 level |
|------------|--------------|---------|--------------|

# OPERATION INSTRUCTIONS

## 1. Function specifications



### 1.1. Start

Normal startup after 3s counting backwards.

### 1.2. Number of programs

Manual modes, 14 Preset programs, 3 User setting programs, 3 HRC (optional) and FAT.

### 1.3. Safe lock function

Remove the safety lock in any modes could rapidly slow down the treadmill till stop. "---" will be instantly displayed on the window, the buzzer buzz "Bi, Bi" sound continuously. Buttons are invalid in this condition. When the safety lock is off, at the same time press "program" + "mode" key for 3s, the display switches between imperial and metric systems.



Restore the safety lock, the window will display for 2s and then get into standby state, wait for inputting commands.

#### 1.4. LCD windows display functions:

A. Speed window: display speed data.

B. Time/ heart rate window: display time/ heart rate data. Display heartbeat in the operation process first.

C. Distance/ calorie/ incline windows: display distance/ calorie/ incline data.

D.  window: "Lubrication" remind. Display will light up the  icon when needed lubrication.

E. STEPS window: display Distance, Calorie or Steps data.

**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. Key function

① "START" is the star key. Press "START" when the treadmill is in stop state, the speed will be displayed as "1.0", treadmill will be started.

② "STOP" is the stop key, Press "STOP" when the treadmill is running, the data will be cleared and the treadmill will be in manual mode after the treadmill is completely stopped.

③ "PROG." stands for program key: in standby mode, press the key you can select manual mode "1.0" to "P1-P14", "U1-U3" and FAT different programs; manual mode is the default mode, the default speed is 1.0KM/H, the max operating speed is 16km/h. In The British System, the default speed 0.6MPH, the max operating speed is 10.0MPH.

④ "MODE" stands for mode key, in standby mode, press the key you can loop set H-1 to H-3 different countdown modes. H-1 is time countdown mode, H-2 is distance countdown mode, H-3 is calorie countdown mode; all mode parameter can be set by speed +/- key, and press "start" key to start the treadmill.

⑤ Speed keys: "SPEED+" and "SPEED -" are accelerating and decelerating keys: They may be used to adjust parameter setting when setting up parameters of the treadmill. When the treadmill is running, they are used to adjust the speed for 0.1km/time; after holding for more than 2s, automatic continuous acceleration and deceleration will be realized.

There are fast keys on the handrail.

⑥ Speed shortcut keys: Speed can be directly adjusted to 3km/h, 6km/h, 9km/h and 12km/h by speed shortcut keys when the treadmill is running.

⑦ Incline key: "INCLINE+" and "INCLINE-" are incline increasing and incline reducing keys: They may be used to adjust parameter setting when setting up

parameters of the treadmill. When the treadmill is running, they are used to adjust the incline for 1 grade/time; after holding for more than 2s, automatic continuous increasing or reducing will be realized.

There are fast keys on the handrail.

⑧ Incline shortcut keys: Incline can be directly adjusted to grade 3, 6, 9, 12 by incline shortcut keys when the treadmill is running.

## 1.6 Data display range of various parameters:

TIME: 0:00 – 99.59(MIN)  
DISTANCE: 0.00 – 99.9(KM)  
CALORIES: 0.0 – 999 (KCAL)  
SPEED: 1.0 – 16.0(KM/H)  
PULSE: 50 – 200 (BPM)  
INCLINE: 0 – 15%

## 1.7. Heart Rate Display

While the treadmill is connected to the power, hold the pulse tester for 5s and the heart rate value will be displayed. The initial value is the actually measured heart rate, and its display range is: 50-200 times/ minutes. In the heartbeat measurement process, there will be a heart shaped icon flashing.

Heart rate displayed is for reference only and can not be used as medical data.

## 1.8. Manual Modes

### 1.8.1. How to enter Manual Mode:

- A. Switch on the power supply; then, directly enter normal mode under the manual mode.
- B. In stop state, press MODE to select Normal mode, Time Countdown, Calorie Countdown and Distance Countdown modes under the manual mode.

### 1.8.2. Setting functions under Manual Mode: Time, Distance and Calorie Setting

- A. When entering the manual mode, the time is displayed as 0:00;
- B. In manual mode, press MODE to enter **Time Countdown mode**; the time window will display the time and flicker; the initial time is 30:00; set countdown time by SPEED +/ SPEED - and INCLINE +/ INCLINE -. Time setting range: 5:00-99:00; each time of increase/ decrease will be 1: 00.
- C. In time countdown mode, press MODE to enter **Distance Countdown mode**; the initial distance will be displayed as 1.00 km; set the distance by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 1.0-99.0 km/mi; each time of increase/ decrease will be 1 km.
- D. In distance countdown mode, press MODE to enter **Calorie Countdown mode**; the initial distance will be displayed as 50.0kcal; set the calorie by SPEED +/ SPEED - and INCLINE +/ INCLINE - in the range of 20.0-990.0 kcal; each time of increase/ decrease will be 10.0 kcal.

### 1.8.3. Operation in Manual Mode:

- A. Press START and the motor will start operating after 3s of countdown; the initial speed will be **1.0**km/h for metric system or **0.6**mile/h for imperial system;
- B. Press SPEED +/ SPEED - to adjust speed;
- C. Press INCLINE +/ INCLINE - to adjust the incline;
- D. Press speed shortcuts to quickly set up to the speed marked on the key;
- E. Press incline shortcuts to quickly set up to the incline marked on the key;
- F. When the motor is running, press STOP and the motor will slow down and stop finally;
- G. Remove the safety lock to urgently stop motor running; then, LCD window will display "---" and the buzzer will make short sound of Bi-Bi-Bi.
- H. When the set time reduces to zero or when the set calorie reduces to zero, or the set distance reduces to zero, the speed will gradually reduce till the stop of the machine, the buzzer will make short alarm "Bi-Bi-Bi", and the speed window will display END; 5s later, the machine will return to the standby state and the buzzer will make long alarm "Bi-Bi";
- I. Parameters not set will increase forwards, and will be reset after reaching the upper limit of the display range; in manual mode, the machine will stop when the time accumulates to be more than 99: 59 (100min).

## 1.9. Preset Programs

Each program is divided into **20** sections; the operation time will be evenly distributed to each program section.

Here below is the **14** Preset program running diagrams:

| Time<br>Program |         | Setup Time / 20 = each segment of the running time |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |
|-----------------|---------|--|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
|                 |         | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| P<br>01         | 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  |
| P<br>02         | 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  |
| P<br>03         | 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  |
| P<br>04         | 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  |
| P<br>05         | 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  |
| P<br>06         | 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  |
| P<br>07         | 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  |
| P<br>08         | 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  |
| P               | SPEED   | 2  | 4 | 4 | 7 | 7 | 4 | 7 | 8 | 4 | 8  | 9  | 9  | 4  | 4  | 4  | 5  | 6  | 3  | 3  | 2  |

|           |                |   |   |   |    |   |   |    |    |   |   |    |    |   |   |   |    |    |   |   |   |
|-----------|----------------|---|---|---|----|---|---|----|----|---|---|----|----|---|---|---|----|----|---|---|---|
| <b>09</b> | <b>INCLINE</b> | 5 | 5 | 5 | 6  | 6 | 6 | 4  | 4  | 6 | 6 | 5  | 5  | 8 | 8 | 9 | 9  | 9  | 7 | 4 | 2 |
| <b>P</b>  | <b>SPEED</b>   | 2 | 4 | 5 | 6  | 7 | 5 | 4  | 6  | 8 | 8 | 6  | 6  | 5 | 4 | 4 | 2  | 4  | 4 | 3 | 3 |
| <b>10</b> | <b>INCLINE</b> | 5 | 6 | 6 | 6  | 7 | 5 | 8  | 8  | 4 | 4 | 4  | 5  | 5 | 8 | 8 | 10 | 10 | 8 | 6 | 3 |
| <b>P</b>  | <b>SPEED</b>   | 2 | 5 | 8 | 10 | 7 | 7 | 10 | 10 | 7 | 7 | 10 | 10 | 5 | 5 | 9 | 9  | 5  | 5 | 4 | 3 |
| <b>11</b> | <b>INCLINE</b> | 4 | 5 | 3 | 2  | 6 | 6 | 2  | 2  | 2 | 2 | 2  | 4  | 5 | 6 | 3 | 2  | 5  | 5 | 2 | 0 |
| <b>P</b>  | <b>SPEED</b>   | 3 | 4 | 9 | 9  | 5 | 9 | 5  | 8  | 5 | 9 | 7  | 5  | 5 | 7 | 9 | 9  | 5  | 7 | 6 | 3 |
| <b>12</b> | <b>INCLINE</b> | 1 | 2 | 3 | 2  | 3 | 5 | 5  | 0  | 0 | 2 | 3  | 5  | 7 | 3 | 3 | 5  | 6  | 5 | 3 | 3 |
| <b>P</b>  | <b>SPEED</b>   | 3 | 6 | 7 | 5  | 9 | 9 | 7  | 5  | 5 | 7 | 9  | 5  | 8 | 5 | 9 | 5  | 9  | 9 | 4 | 3 |
| <b>13</b> | <b>INCLINE</b> | 3 | 3 | 5 | 6  | 5 | 3 | 3  | 7  | 5 | 3 | 2  | 0  | 0 | 5 | 5 | 3  | 2  | 3 | 2 | 1 |
| <b>P</b>  | <b>SPEED</b>   | 2 | 2 | 4 | 5  | 6 | 5 | 4  | 3  | 2 | 1 | 2  | 3  | 4 | 5 | 6 | 5  | 4  | 3 | 2 | 1 |
| <b>14</b> | <b>INCLINE</b> | 4 | 4 | 4 | 4  | 3 | 3 | 6  | 6  | 6 | 7 | 7  | 8  | 8 | 9 | 9 | 6  | 6  | 5 | 4 | 4 |

## 1.10. User-setting programs:

Beside the **14** preset programs, the treadmill has 3 User-setting programs: U1, U2 & U3.

### 1. Setting the user-defined program:

Continuously press "program" key until the expected program (U1/U2/U3) display in the standby condition, while the "time" window flash, display the setting time, press "incline+", "incline -", "speed+", "speed -" to set up expected run time, press "mode" key to enter program parameter, then set up the first time period parameter, by "speed+" / "speed-" key to set the speed; by "incline+" / "incline-" key to set slope; press "mode" key to finish the first time period setting, and entering the next time period setting, until all **20** time period setting. The parameter will be kept permanently until resetting, and all parameter will not be lost when power off.

### 2. Selection and start the user-defined program:

In the standby condition, continuously press "Program" key until the expected user-defined program U1/U2/U3 display, set up the run time, press "Start" key to turn on the treadmill.

## 1.11. Body Fat Test:

In standby state, press PROG to enter FAT (Physical fitness test) program. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5 (F—1:gender, F—2:age, F—3:height, F—4:weight, F—5:physical test), Press SPEED + / SPEED - or INCLINE + / INCLINE - to set the parameter of 01-04(see below detailed table), then press MODE to enter the program of F—5 for physical test. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.

FAT is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provide the important grounds for adjusting the weight with other health indicators. The perfect FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

| F--1 | Gender | 01(man)     | 02(woman) |
|------|--------|-------------|-----------|
| F--2 | Age    | 10-----99   |           |
| F--3 | Height | 100-----200 |           |



| <b>F--4</b> | <b>Weight</b> | <b>20-----150</b> |                      |
|-------------|---------------|-------------------|----------------------|
| <b>F--5</b> | <b>FAT</b>    | <b>≤19</b>        | <b>Underweight</b>   |
|             | <b>FAT</b>    | <b>=(20--24)</b>  | <b>Normal weight</b> |
|             | <b>FAT</b>    | <b>=(25--29)</b>  | <b>Overweight</b>    |
|             | <b>FAT</b>    | <b>≥30</b>        | <b>Obesity</b>       |

### 1.12. HRC (optional):

DEFAULT is a particular set of instructions which the computer always uses unless the person using the computer gives other instructions.

Lowest-Highest: the adjustable range in the heart rate from the lowest to the highest.

| HRC program |                   |         |         |     |                   |         |         |
|-------------|-------------------|---------|---------|-----|-------------------|---------|---------|
| AGE         | Target zone (L-H) |         |         | AGE | Target zone (L-H) |         |         |
|             | lowest            | default | highest |     | lowest            | default | highest |
| 15          | 170               | 175     | 180     | 48  | 137               | 142     | 147     |
| 16          | 169               | 174     | 179     | 49  | 136               | 141     | 146     |
| 17          | 168               | 173     | 178     | 50  | 135               | 140     | 145     |
| 18          | 167               | 172     | 177     | 51  | 134               | 139     | 144     |
| 19          | 166               | 171     | 176     | 52  | 133               | 138     | 143     |
| 20          | 165               | 170     | 175     | 53  | 132               | 137     | 142     |
| 21          | 164               | 169     | 174     | 54  | 131               | 136     | 141     |
| 22          | 163               | 168     | 173     | 55  | 130               | 135     | 140     |
| 23          | 162               | 167     | 172     | 56  | 129               | 134     | 139     |
| 24          | 161               | 166     | 171     | 57  | 128               | 133     | 138     |
| 25          | 160               | 165     | 170     | 58  | 127               | 132     | 137     |
| 26          | 159               | 164     | 169     | 59  | 126               | 131     | 136     |
| 27          | 158               | 163     | 168     | 60  | 125               | 130     | 135     |
| 28          | 157               | 162     | 167     | 61  | 124               | 129     | 134     |
| 29          | 156               | 161     | 166     | 62  | 123               | 128     | 133     |
| 30          | 155               | 160     | 165     | 63  | 122               | 127     | 132     |
| 31          | 154               | 159     | 164     | 64  | 121               | 126     | 131     |
| 32          | 153               | 158     | 163     | 65  | 120               | 125     | 130     |
| 33          | 152               | 157     | 162     | 66  | 119               | 124     | 129     |
| 34          | 151               | 156     | 161     | 67  | 118               | 123     | 128     |
| 35          | 150               | 155     | 160     | 68  | 117               | 122     | 127     |
| 36          | 149               | 154     | 159     | 69  | 116               | 121     | 126     |
| 37          | 148               | 153     | 158     | 70  | 115               | 120     | 125     |
| 38          | 147               | 152     | 157     | 71  | 114               | 119     | 124     |
| 39          | 146               | 151     | 156     | 72  | 113               | 118     | 123     |
| 40          | 145               | 150     | 155     | 73  | 112               | 117     | 122     |
| 41          | 144               | 149     | 154     | 74  | 111               | 116     | 121     |

|    |     |     |     |  |    |     |     |     |
|----|-----|-----|-----|--|----|-----|-----|-----|
| 42 | 143 | 148 | 153 |  | 75 | 110 | 115 | 120 |
| 43 | 142 | 147 | 152 |  | 76 | 109 | 114 | 119 |
| 44 | 141 | 146 | 151 |  | 77 | 108 | 113 | 118 |
| 45 | 140 | 145 | 150 |  | 78 | 107 | 112 | 117 |
| 46 | 139 | 144 | 149 |  | 79 | 106 | 111 | 116 |
| 47 | 138 | 143 | 148 |  | 80 | 105 | 110 | 115 |

a) The movement time of the heart rate speed was fixed at 22 minutes.

b) In standby mode, press “PROG.” key continually until the distance window displays “HRC”.

Notes: If press “START” key directly under the HRC display window, the system will automatically recommend a heart rate control parameter for the user as following: HRC can reach a maximum speed of 9.0 km/H, age 30 years, the default setting is 160times/minute.

c) if press "MODE" key to enter age Settings, the speed window will display default age 30. The user can press “SPEED+, SPEED-” key or “INCLINE+, INCLINE-” key to choose the right age which is suitable. The adjustable age range is 15-80 years old. (The details please see the HRC form)

d) After the user chooses the right age, press “MODE” key, the system will automatically recommend a right target heart rate according to the chosen age displaying on the speed window for reference. Also the user can choose the target heart rate on the basis of personal physical condition by pressing “SPEED+, SPEED-” key or “INCLINE+, INCLINE-” key. The select range is 95-180 (The details please see the HRC form)

e) After the user chose the age and target heart rate, press “MODE” key into the home screen.

f)On the state of HRC, pressing “SPEED+, SPEED-” key or “INCLINE+, INCLINE-” key can adjust the speed and incline, but the system will automatically adjust the speed and incline to make your heart rate close the target heart rate.

g) The front 3 minutes before movement is warm-up time, the system will not automatically adjust the speed and incline but only manually adjust; After 3 minutes, the system will adjust according to your current heart rate.

When the user's actual heart rate<target heart rate, HRC will automatically increase 0.5KM/time per 10S until the specified maximum speed. (At this moment, the user can control the incline freely.)

When the user's actual heart rate>target heart rate, HRC will automatically reduce 0.5KM/time per 10S until the minimum speed of HP2. (At this moment, the user can control the incline freely.)

When the movement time exceeds 20 minutes, the system will enter into “COOLDOWN” mode and the incline go to zero and the speed lower 0.5KM/H per 10 seconds. When the speed lower to 4KM/H or less, the speed stops lowering until the movement ends. You can directly press “STOP” key or switch off the safety key to stop the movement.

Notes: 1.HRC must use the chest belt to detect the heart rate and the chest belt must close to the chest and skin.

2. The data collection may be imprecise while using HRC with music playing.

### 1.13. Others

**1.13.1.** When a countdown parameter run off, display "END", the alarm rings 0.5s every 2s, until the treadmill full stop, then return to manual mode.

**1.13.2.** In setting a parameter, it can be loop-setting, for example, time range is 5:00--99:00, when set at 99:00, press "+" key, the time return to 5:00, and so on recirculation, add or reduce by "+" "-"symbol.

**1.13.3.** Countdown time, countdown calorie and countdown distance can only be set up for one of them. The last time setting will be implemented. The parameter set will be counted backwards while other parameters will be counted forwards.

**1.13.4.** The standard calorie is about 70.3kcal/km.

**1.13.5.** The acceleration is 0.5Km/S and the deceleration is 0.5Km/S.

**1.13.6.** MP3 music audio amplification, input from the enter hole by the side.

**1.13.7.** In the process the un-set parameter will be up cumulative, the display clear when up to the max range; in the manual mode when the time accumulation excess 99:59(100min) the treadmill stops.

### 1.14 Bluetooth APP (Optional)

If your Treadmill comes with Bluetooth APP function: you can go to Google Play Store or Apple Store to download the "FitShow" APP. (Search "FitShow"/ Support version BLE4.).

Also you can check the website: <http://www.ifitshow.com/> to download the latest APP version.

Besides, you also can scan the following QR code to install the "FitShow" APP.



### 1.15. "Lubrication" reminder:

Treadmill total working after Every 300KM, the screen will light up the  icon.

Standby, remove the Safety Key and hold the "STOP" button till "Bi Bi" buzz comes will cancel this remind, and another 300KM later, the remind icon will show up again.

## 1.16. Meanings of Error message Codes

| Problem | Potential Reasons   | Solutions  |
|---------|---|--|
| -----   | Safe lock falls down  | <ol style="list-style-type: none"> <li>1. Place back the safe lock;</li> <li>2. Replace safe lock switch or magnetic sensor in the electronic meter; if the problem still fails to be solved, replace the electronic meter;</li> </ol>   |
| E01     | <p>After powering on, the electronic meter displays E01: Communication failure from the electronic meter to the driver;</p> <p>The electronic meter displays E01 in the operating process: Communication failure from the driver to the electronic meter.</p> | <ol style="list-style-type: none"> <li>1. Check whether the connecting joint between the electronic meter and the core wire of the controller is loose; whether wires are damaged; whether the core wires are in correct connecting order.</li> <li>2. The controller may be defective. Check and replace a good one.</li> <li>3. The electronic controller's IC may not be plugged to the place. Check and ensure good plugging.</li> <li>4. The transformer may be damaged. Check and replace a good one.</li> </ol> |
| E02     | Explosion-proof protection or motor abnormality   | <ol style="list-style-type: none"> <li>1. Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again;</li> <li>2 Check whether motor wires are well connected; re-connect motor wires, or, if the problem still fails to be solved, replace the motor;</li> <li>3. Check whether there is peculiar odor generated by the controller; if yes, it means that IGBT has been broken down to cause short circuit; then, replace the controller.</li> </ol>   |
| E03     | No sensory signal   | Check whether the photoelectric sensor directs to the hole on CD; check whether wires of photoelectric sensor are damaged and whether terminals of the photoelectric sensor and speed terminals on the controller are firmly connected.  |
| E04     | Lifting learning or self-inspection fails   | <ol style="list-style-type: none"> <li>1. Check whether motor signal wires are well inserted; re-insert the signal wire joint to ensure that it is reliable;</li> <li>2. Check whether lifting motor's AC wires are properly connected; lifting motor shall be correctly plugged according to marks on its AC controller;</li> <li>3. Check whether motor wiring is damaged to form open circuit; if yes, replace wires or replace the lifting motor;</li> <li>4. Replace the controller;</li> </ol>                   |

|                                    |  |  |
|------------------------------------|--|--|
|                                    |  | 5. After all of these inspections, press the learning key for learning again.  |
| E05                                | Over-current protection                        | <p>1. It may be the system's self-protection against excessive current when the load exceeds the rated value; restart the machine;</p> <p>2. Some part of the treadmill is jammed so that the motor can not rotate, thus triggering the self-protection of the system against excessive current under excessive load; adjust the treadmill and restart it, or add lubricant.</p> <p>3. Check whether there is over-current sound or burning odor when the motor is running; replace the motor;</p> <p>4. Check whether the controller emits the odor of burning; if yes, replace the controller.</p>   |
| E06                                | Lifting sensor has no signal                   | <p>1. Check whether lifting signal wires are damaged.</p> <p>2. Check whether lifting signal terminals and the controller's lifting terminals are firmly connected.</p> <p>3. Check whether lifting power cords are damaged.</p> <p>4. Check whether lifting power cord terminals and the controller's lifting terminals are firmly connected.</p>   |
| No display on the electronic meter | The controller is not powered on or is damaged | <p>1. First of all, check whether the over-load protector has tripped off; if yes, press it;</p> <p>2. Check the power supply switch, over-load protector and the controller's power cord and transformer to ensure well connection;</p> <p>3. Check whether the power cords from the electronic meter to the controller are well collected; dismantle the pillar to check connecting joints on each section of the wiring from the electronic meter to the controller; ensure that each wire core is well connected; or the reason may be the communication power cord defect (damaged or broke down); in such case, re-connect or replace wires.</p> <p>4. The transformer is damaged; replace the transformer</p> |

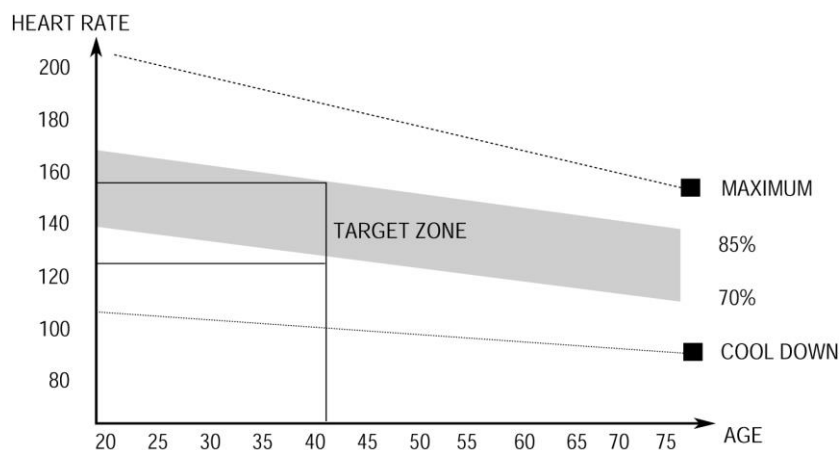
# EXERCISE INSTRUCTIONS

## 1. The Warm Up Phase

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

## 2. The Exercise Phase

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



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

## 3. The Cool Down Phase

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

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

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

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

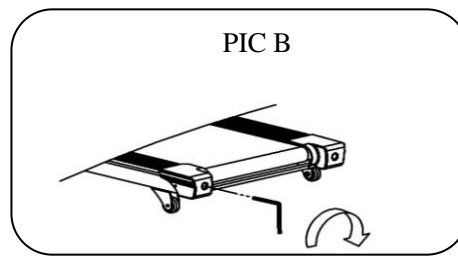
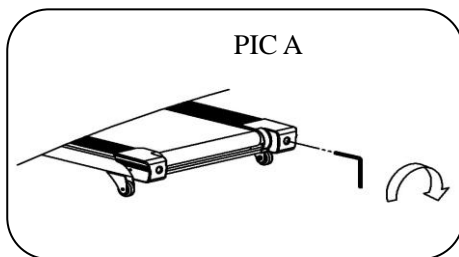
# MAINTENANCE INSTRUCTIONS

## WALKING BELT CENTERING AND TENSION ADJUSTMENT

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

### TO CENTER WALKING BELT:

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



**Pic-A:** If the belt has drifted to the RIGHT    **Pic-B:** If the belt has drifted to the LEFT

## TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen-wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but **NEVER TURN** the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

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

## **CLEANING**

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

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

**Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.**

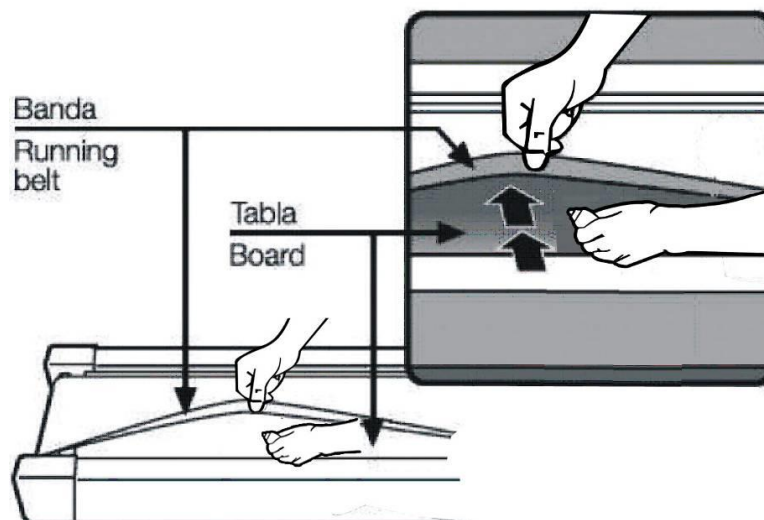
At least once a year remove the motor cover and vacuum under the motor cover.

## **RUNNING 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.

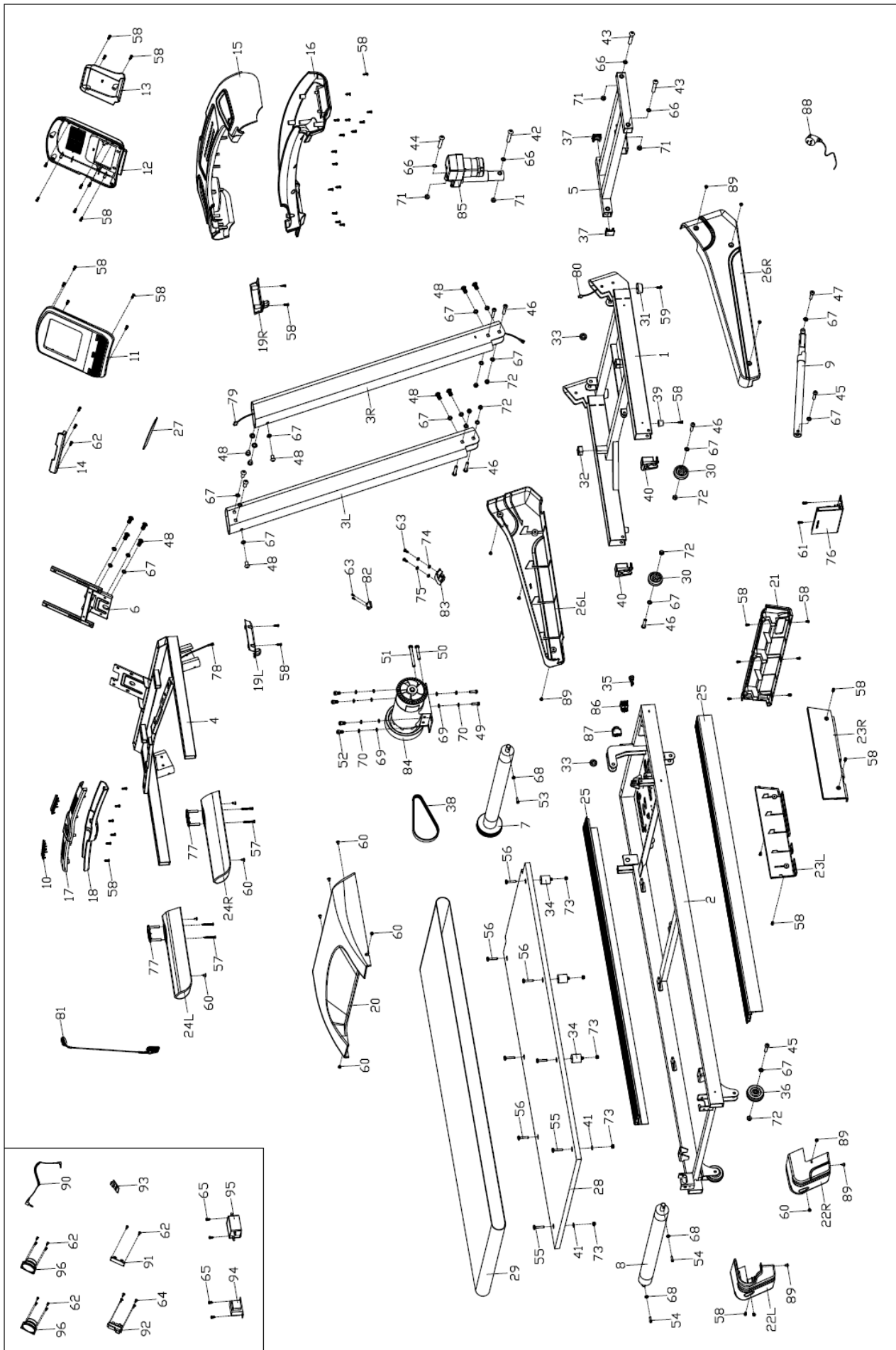
We recommend lubrication of the deck according to the following timetable:

- **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**





# EXPLODED DRAWING



# PARTS LIST

| Part No. | Description             | Qty | Part No. | Description                          | Qty |
|----------|-------------------------|-----|----------|--------------------------------------|-----|
| 1        | Bottom frame            | 1   | 49       | Hex bolt M8*35                       | 2   |
| 2        | Main frame              | 1   | 50       | Hex bolt M8*55                       | 1   |
| 3L/R     | Upright tube            | 1/1 | 51       | Hex bolt M8*90                       | 1   |
| 4        | Computer frame          | 1   | 52       | Allen cylindrical bolt M8*18         | 4   |
| 5        | Incline frame           | 1   | 53       | Allen cylindrical bolt M6*45         | 1   |
| 6        | Panel bracket           | 1   | 54       | Allen cylindrical bolt M6*55         | 2   |
| 7        | Front roller            | 1   | 55       | Allen flat head bolt M6*30           | 2   |
| 8        | Rear roller             | 1   | 56       | Allen flat head bolt M6*25           | 6   |
| 9        | Cylinder                | 1   | 57       | Cross tapping screw ST4*30           | 4   |
| 10       | Hand pulse sensor       | 4   | 58       | Cross tapping screw ST4*16           | 51  |
| 11       | Panel front cover       | 1   | 59       | Cross flat head screw M6*15          | 2   |
| 12       | Panel back cover        | 1   | 60       | Cross screw w/washer M5*8            | 11  |
| 13       | Computer rear cover     | 1   | 61       | Cross screw w/washer M4*8            | 2   |
| 14       | Tablet holder           | 1   | 62       | Cross tapping screw ST2.9*8          | 13  |
| 15       | Computer upper cover    | 1   | 63       | Cross tapping screw ST2.9*6          | 4   |
| 16       | Computer lower cover    | 1   | 64       | Cross tapping screw w/washer ST2.3*8 | 4   |
| 17       | Armrest top cover       | 1   | 65       | Cross screw M4*8                     | 4   |
| 18       | Armrest bottom cover    | 1   | 66       | Serrated lock washer Φ10*1.2         | 6   |
| 19L/R    | Upright tube cover      | 1/1 | 67       | Serrated lock washer Φ8*1.2          | 24  |
| 20       | Motor cover             | 1   | 68       | Serrated lock washer Φ6*1.2          | 3   |
| 21       | Main frame front cover  | 1   | 69       | Flat washer Φ8*1.5                   | 6   |
| 22L/R    | Rear roller cover       | 1/1 | 70       | Spring washer Φ8                     | 6   |
| 23L/R    | Main frame cover        | 1/1 | 71       | Nylon nut M10                        | 6   |
| 24L/R    | PU foam grip            | 1/1 | 72       | Nylon nut M8                         | 8   |
| 25       | Edgings                 | 2   | 73       | Nylon nut M6                         | 8   |
| 26L/R    | Bottom frame cover      | 1/1 | 74       | Flat washer D4                       | 2   |
| 27       | Tablet pad              | 1   | 75       | Spring washer D4                     | 2   |
| 28       | Running deck            | 1   | 76       | Control board                        | 1   |
| 29       | Running belt            | 1   | 77       | Shortcut key                         | 2   |
| 30       | Transport wheel         | 2   | 78       | Computer wire                        | 1   |
| 31       | Flat foot pad           | 2   | 79       | Extension wire                       | 1   |
| 32       | Bottom frame square cap | 2   | 80       | Control board wire                   | 1   |
| 33       | Wire plug               | 2   | 81       | Safety key                           | 1   |
| 34       | Cushion                 | 6   | 82       | Optical sensor                       | 1   |
| 35       | Power cable buckle      | 1   | 83       | Optical sensor bracket               | 1   |
| 36       | Wheel foot              | 2   | 84       | DC motor                             | 1   |
| 37       | Incline frame end cap   | 4   | 85       | Incline motor                        | 1   |
| 38       | Driven belt             | 1   | 86       | Switch                               | 1   |
| 39       | Small foot              | 2   | 87       | Circuit breaker                      | 1   |
| 40       | Transport wheel cap     | 2   | 88       | Power cable                          | 1   |
| 41       | Rubber washer           | 2   | 89       | Cross tapping screw w/washer ST4*16  | 10  |

|    |                        |    |    |                         |   |
|----|------------------------|----|----|-------------------------|---|
| 42 | Allen bolt M10*55      | 1  | 90 | MP3 cable (Optional)    | 1 |
| 43 | Allen lock bolt M10*55 | 4  | 91 | Audio socket (optional) | 1 |
| 44 | Allen bolt M10*40      | 1  | 92 | USB (Optional)          | 1 |
| 45 | Allen bolt M8*40       | 3  | 93 | Bluetooth mould         | 1 |
| 46 | Allen bolt M8*50       | 6  | 94 | Inductor (Optional)     | 1 |
| 47 | Allen bolt M8*25       | 1  | 95 | Filter (Optional)       | 1 |
| 48 | Allen bolt M8*15       | 14 | 96 | Loudspeaker (Optional)  | 2 |