AMYRTEE PROGRAMMABLE MOTORIZED TREADMILL
ITEM NO.: 97114

Life Gear
Get active for life

Bluetooth **FitShow App** **Kinomap App** **Zwift App**

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OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.

2023, April

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill

from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.
Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any

persons, please read the following:
- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the product to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative.*
- Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 110 kg.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220 volt 50/60Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

WARNING: Before beginning any exercise program consult your physician.
This is especially important for people who are over 35 years old or who have
pre-existing health problems. Read all instructions before using any fitness equipment.
Do not operate this exercise equipment without properly fitted guards, as the moving
parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain
this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description			Qty
001	Main Frame	1	024	Lower Computer Console Cover			1
002	Base Frame	1	025	Upper Handlebar Cover			2
003	Left Handlebar Support Tube	1	026	Lower Handlebar Cover			2
004	Right Handlebar Support Tube	1	027	Handlebar Support Tube Decorative Cover			2
005	Handlebar Bracket	1	028	Right Side Rail End Cap			1
006	Rotating Shaft Ø19x1.5Tx293	1	029	Computer Console Panel			1 Set
007	Foot Lock Latch Tube	1		029A	Upper Computer Console Panel Cover	1	
008	Belt 140J	1		029B	Computer Power Control Board with Wire	1	
009	Lock Pin Ø10x60	2		029C	Cross Recessed Pan Head Screw ST3x6	20	
010	Front Roller Ø80xØ42xØ15x543	1		029D	Speaker with Wire	2	
011	Rear Roller Ø42xØ15x543	1	030	Computer Console Panel Cover			1
012	Motor	1	031	Rotating Shaft Cover			1
013	Running Deck 1105x600xT15	1	032	Upper Rotating Shaft Cover Plate			2
014	Upper Motor Cover	1	033	Lower Rotating Shaft Cover Plate			2
015	Lower Motor Cover	1	034	Transport Wheel Cap			2
016	Running Belt 465x2485xT1.6	1	035	Base Frame Foot Pad Ø30x18			4
017	Side Rail	2	036	Transport Wheel Ø49.5xØ8.5x21			2
018	Left End Cover	1	037	Left Side Rail End Cap			1
019	Right End Cover	1	038	Safety Tether Key			1
020	Incline Adjuster	2	039	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x19			2
021	Rubber Pad 100x18x5T	2	040	Power Control Board			1
022	Deck Bumper Ø20xØ8.5x17	4	041	Hand Pulse Sensor and Start/Stop Buttons with Wires (L=600 mm)			1
023	Upper Computer Console	1 Set	042	Hand Pulse Sensor and Start/Stop Buttons with Wires (L=600 mm)			1
	023A	Upper Computer Control Buttons Cover	1	043	Main Control Wire (L=600 mm)		1
	023B	Computer Control Panel with Wires	1	044	Main Control Wire I (L=1700 mm)		1
	023C	Computer Panel Sticker	1	045	Power Cord		1
	023D	Safety Tether Key Sensor	1	046	Power Switch		1
	023E	Cross Recessed Pan Head Screw ST2.5x5	2	047	Fuse Box		1
				048	Power Socket		1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
049	Ring for Cable	1	068	Spring Washer Ø5	2
050	AC Wire (L=120 mm)	2	069	Internal Teeth Serrated Lock Washer Ø5	2
051	AC Wire (L=250 mm)	1	070	Spring Washer Ø6	4
052	Earth Lead (L=350 mm)	1	071	Internal Teeth Serrated Lock Washer Ø6	4
053	AC Wire (L=350 mm)	1	072	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread with Washer ST4.2x19	2
054	Nylon Nut M8	10	073	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread with Washer ST4.2x12	15
055	Hexagon Socket Button Head Bolt M8x40	2	074	Cross Recessed Pan Head Bolt M5x8	4
056	Hexagon Socket Button Head Bolt M8x42	5	075	Cross Recessed Pan Head Tapping Screw ST4.2x19	2
057	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x25	4	076	Cross Recessed Pan Head Tapping Screw with Washer ST4.2x12	9
058	Hexagon Socket Round Head Cap Bolt M6x15	4	077	Cross Recessed Pan Head Tapping Screw ST4.2x13 (Scrape Point)	23
059	Hexagon Socket Button Head Bolt M8x25	3	078	Cross Recessed Pan Head Drilling Screws ST4.2x12	8
060	Hexagon Socket Button Head Bolt M8x16	4	079	Plastic Washer Ø23xØ10.5x2	4
061	Hexagon Socket Button Head Bolt M10x55	2	080	Reinforcement Tube 10x20x555	2
062	Hexagon Socket Button Head Bolt M8x45	2	081	Motor Bracket	2
063	Hexagon Socket Round Head Cap Bolt M8x60	3	082	Reinforcement Tube Cushion Pad	4
064	Plastic Flexible Pipe	1	083	Shock Absorption Bumper	4
065	Hexagon Socket Countersunk Head Bolt M8x45	4	084	Shock Absorption Bumper I	2
066	Internal Teeth Serrated Lock Washer Ø10	2	085	Hexagon Socket Countersunk Head Bolt M6x40	4
067	Internal Teeth Serrated Lock Washer Ø8	15	086	Nylon Nut M6	4

HARDWARE LIST
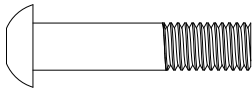
(56) Hexagon Socket
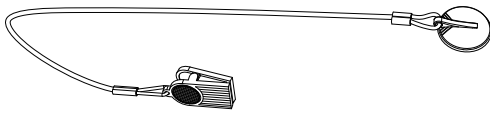Button Head Bolt
2 PCS
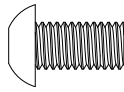
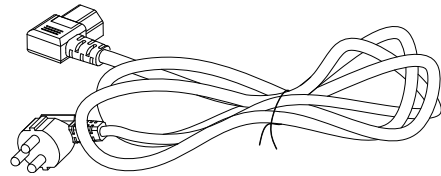(60) Hexagon Socket
Button Head Bolt
4 PCS

(67) Internal Teeth Serrated
Lock Washer
6 PCS

ASSEMBLY COMPONENTS

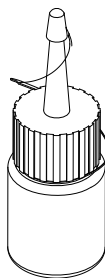(38) Safety Tether Key
1 PC

(45) Power Cord
1 PC

TOOLS

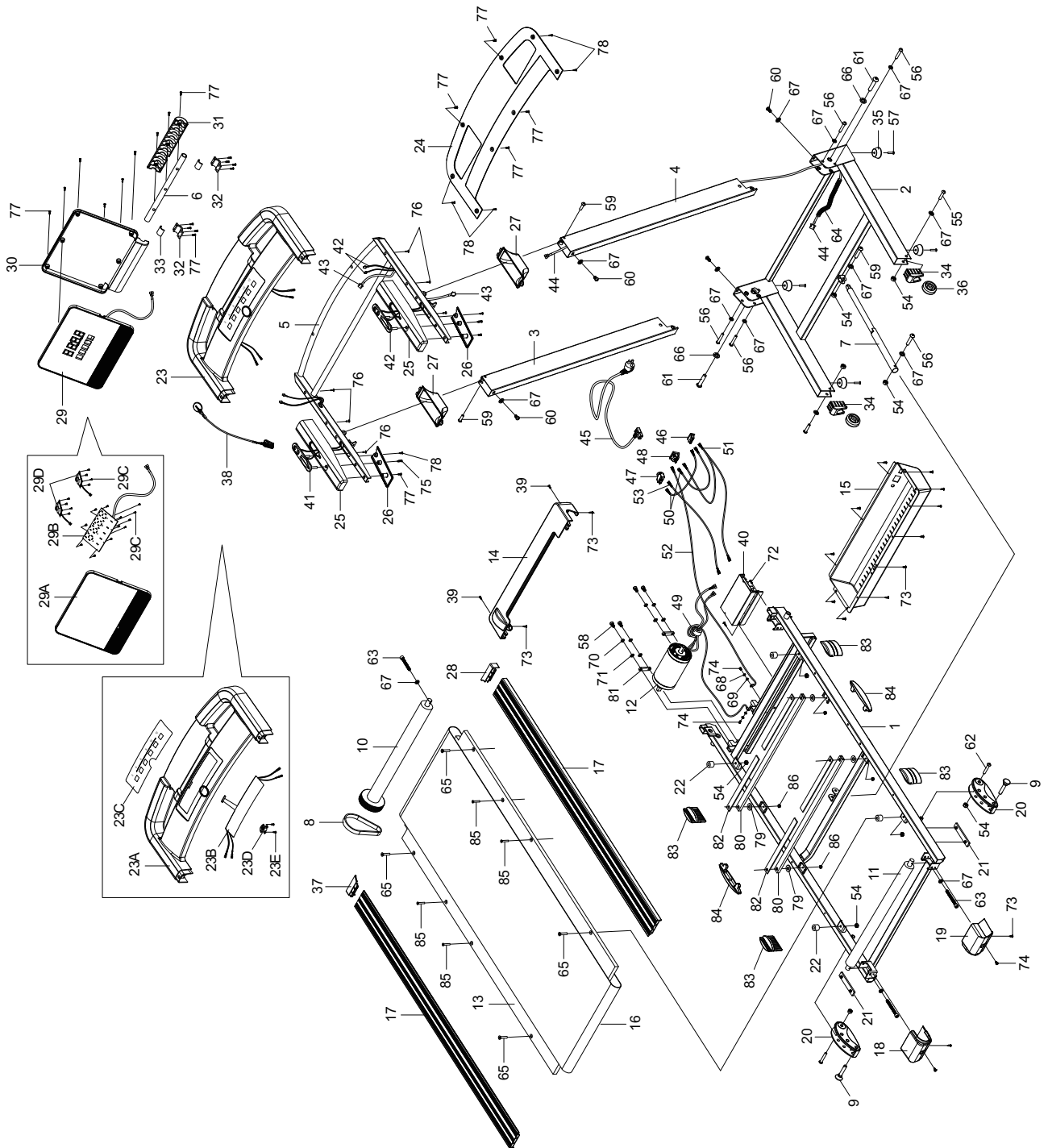Allen Wrench 5 mm
1 PC

Allen Wrench 6 mm
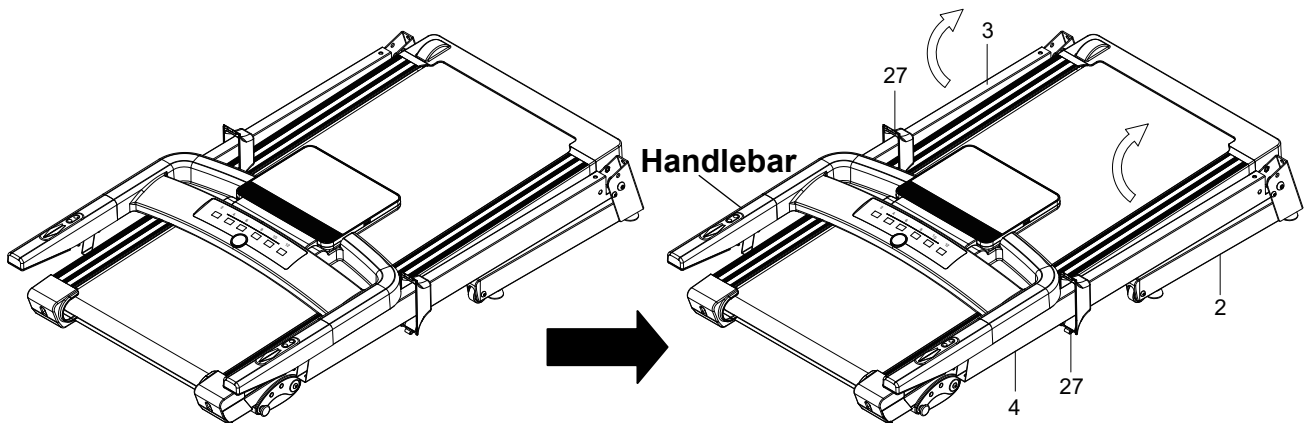1 PC

LUBRICANT INCLUDED
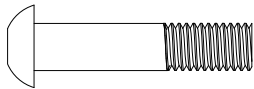
Lubricant
1 PC

EXPLODED VIEW

ASSEMBLY INSTRUCTIONS

Handlebar

Step 1
Hold the Handlebar and gently lift both Left and Right Handlebar Support Tubes (3, 4) up to the limited position.

NOTE: TAKE CARE THAT BOTH HANDLEBAR SUPPORT TUBE DECORATIVE COVERS (27) DO NOT GET PINCHED.

Hardware:

(56) Hexagon Socket Button Head Bolt
2 PCS
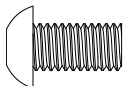
(60) Hexagon Socket Button Head Bolt
2 PCS

(67) Internal Teeth Serrated Lock Washer
4 PCS

Allen Wrench 5 mm

Allen Wrench 5 mm
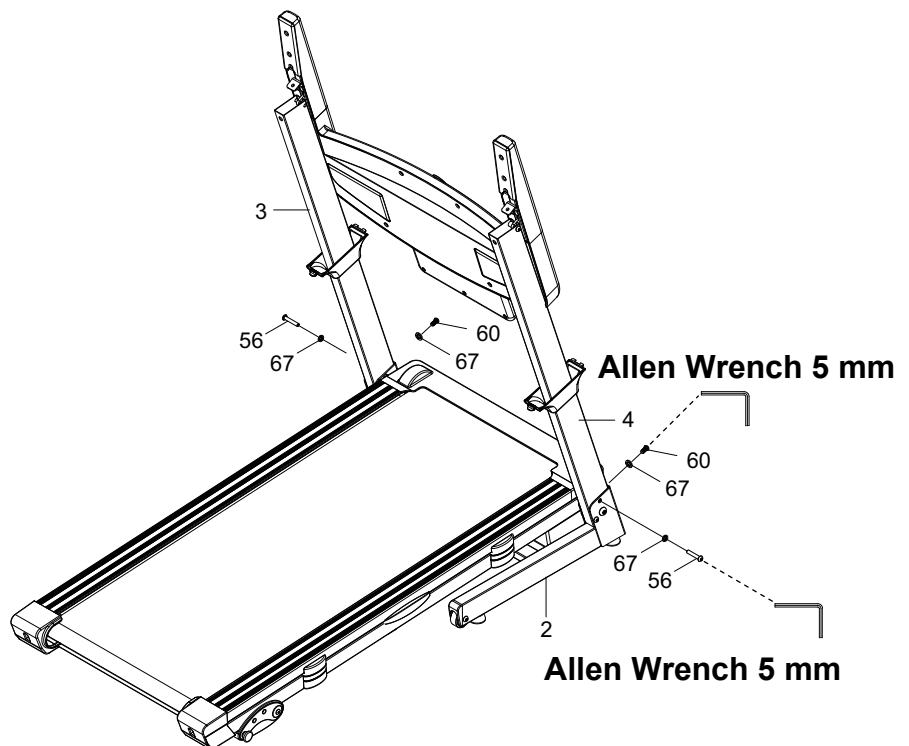
Step 2
It is recommended to have a second person assist with this step. One person should hold the both Left and Right Handlebar Support Tubes (3, 4) in place while the other person tightens the bolts. Lift both Left and Right Handlebar Support Tubes (3, 4) up to the limited position and align bolt holes. Use two Hexagon Socket Button Head Bolts (56), two Hexagon Socket Button Head Bolts (60), and four Internal Teeth Serrated Lock Washers (67) to secure both Left and Right Handlebar Support Tubes (3, 4) onto the Base Frame (2).   Semi-tighten all bolts with the 5 mm Allen Wrench provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL STEP 3 IS COMPLETED.

Allen Wrench 5 mm
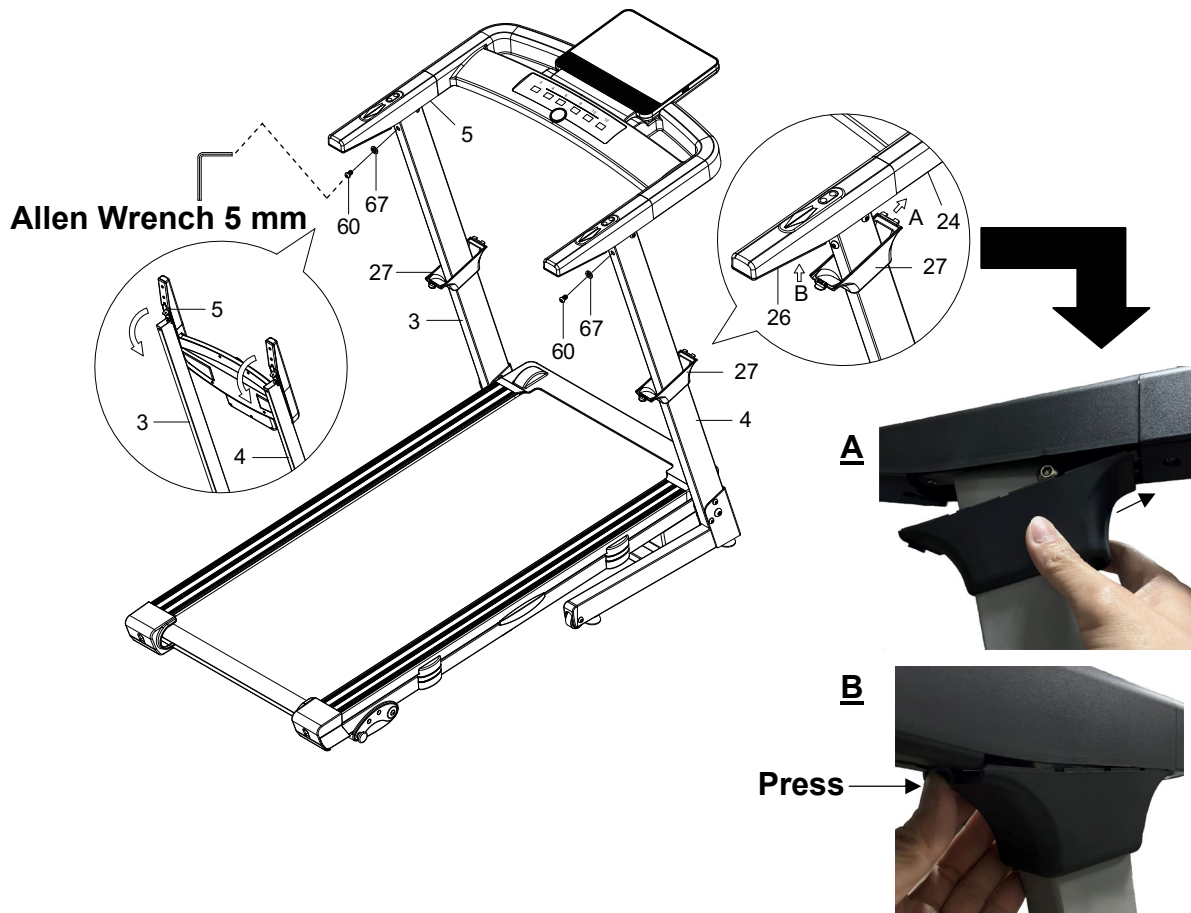
Step 3

Push the Handlebar Bracket (5) all the way down onto the top ends of Left and Right Handlebar Support Tubes (3, 4) and align bolt holes.

Use two Hexagon Socket Button Head Bolts (60) and two Internal Teeth Serrated Lock Washers (67) to secure the Handlebar Bracket (5) onto the top ends of Left and Right Handlebar Support Tubes (3, 4). Tighten bolts with the 5 mm Allen Wrench provided.

NOTE: PLEASE FULLY TIGHTEN ALL BOLTS INSTALLED IN STEP 2 WITH THE 5 MM ALLEN WRENCH PROVIDED.

Follow the installation process **A** and **B** to install both Handlebar Support Tube Decorative Covers (27).
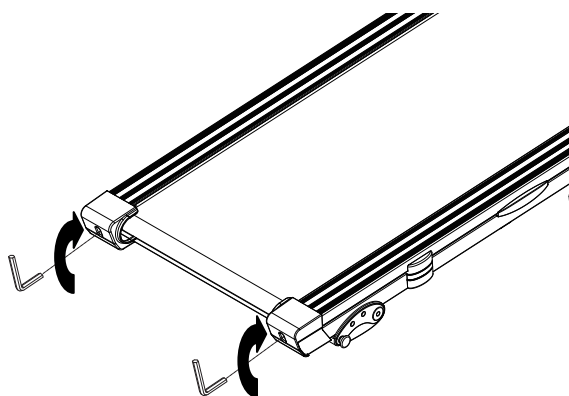
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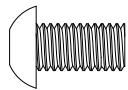
(60) Hexagon Socket
Button Head Bolt
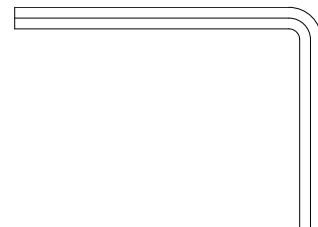2 PCS

(67) Internal Teeth Serrated
Lock Washer
2 PCS
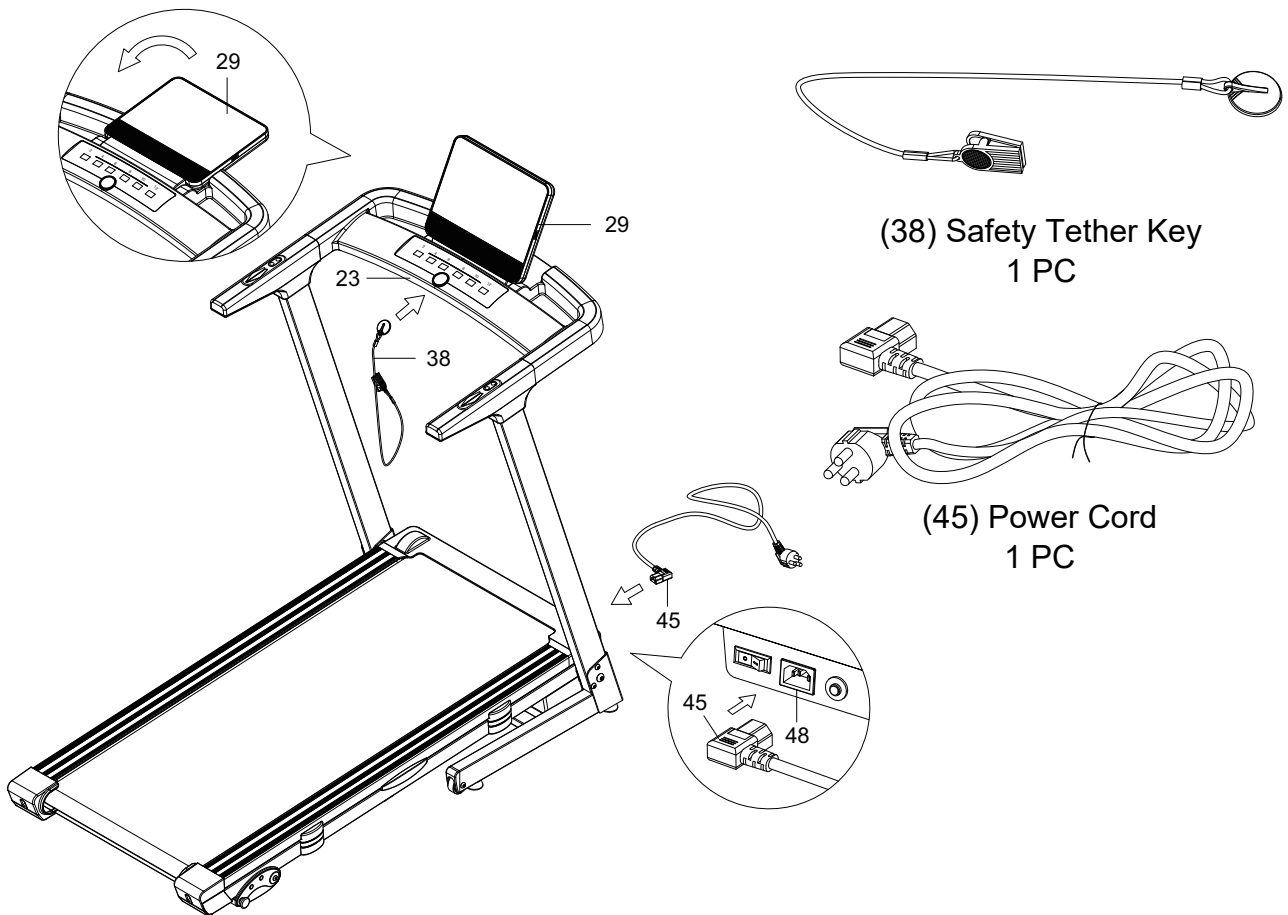
Step 4

Adjust the angle of the Computer Console Panel (29) to a certain position.

Place the Safety Tether Key (38) onto the Upper Computer Console (23).

Plug the indicated end of the Power Cord (45) into the Power Socket (48) on the treadmill.

(38) Safety Tether Key
**1 PC**

(45) Power Cord
1 PC

Tool:

Allen Wrench 6 mm

Step 5

The running belt has been adjusted to the running deck at the factory before it was shipped. At times the running belt may get slippery during shipment. After the treadmill is completely assembled, use the 6 mm Allen Wrench to turn the both left and right rear roller adjustment bolts 1/4 turn clockwise before using the treadmill.

INCLINE ADJUSTMENT

Lock Pin

Incline Adjuster
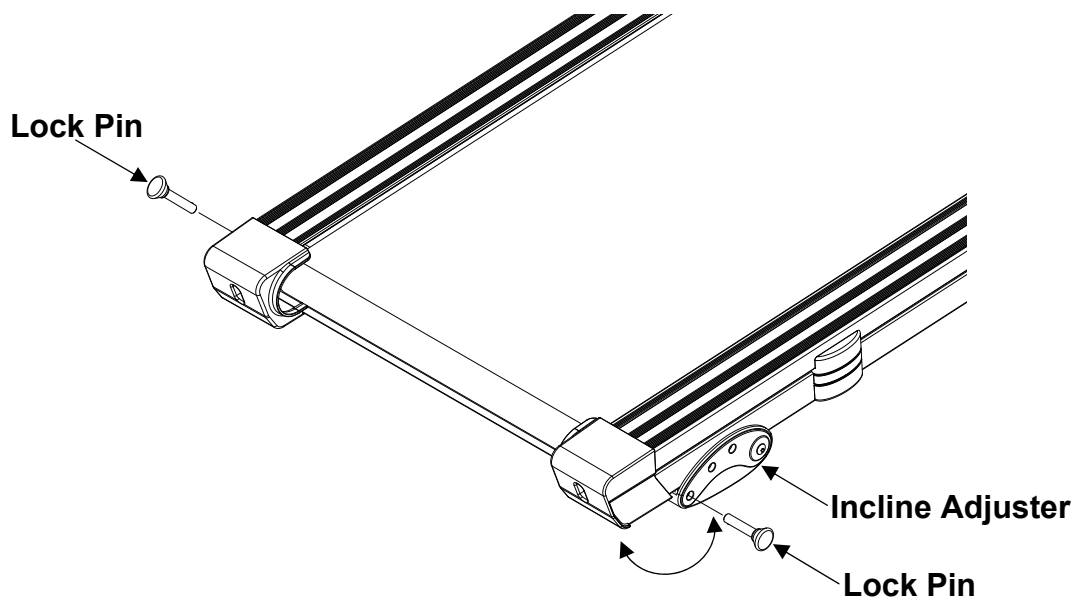
Lock Pin

There are 3 incline angles that the Incline Adjuster can be set to. Place one hand on the Rear end of the treadmill frame, then lift it up and use the other hand to remove the Lock Pin. Adjust the Incline Adjuster to the desired position and insert the Lock Pin into the hole on the Incline Adjuster to lock the Incline Adjuster in place.

NOTE: Make sure when adjusting the incline angle of the Incline Adjuster that both Incline Adjusters should be adjusted to the same angle. Using the Incline Adjusters at different angles can cause the treadmill to be unstable and cause injury.

LIFTING UP THE TREADMILL

<u>A</u>

<u>B</u>

Foot Lock Latch

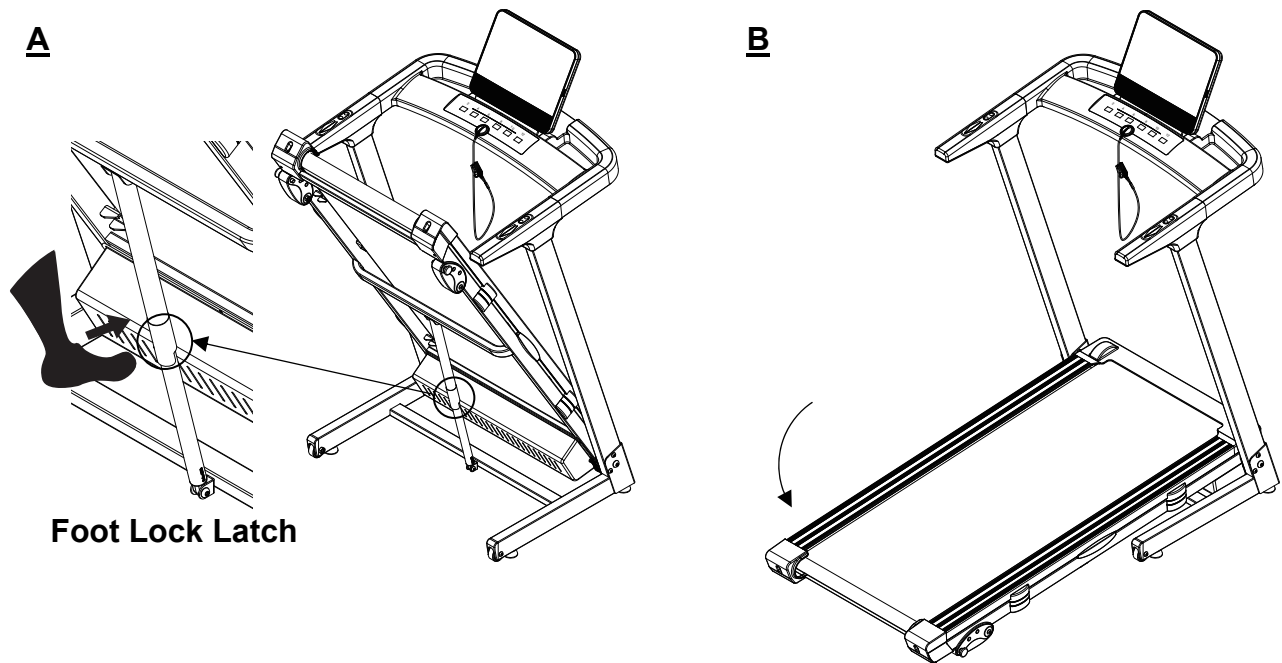**Rear End Of The Treadmill Frame**
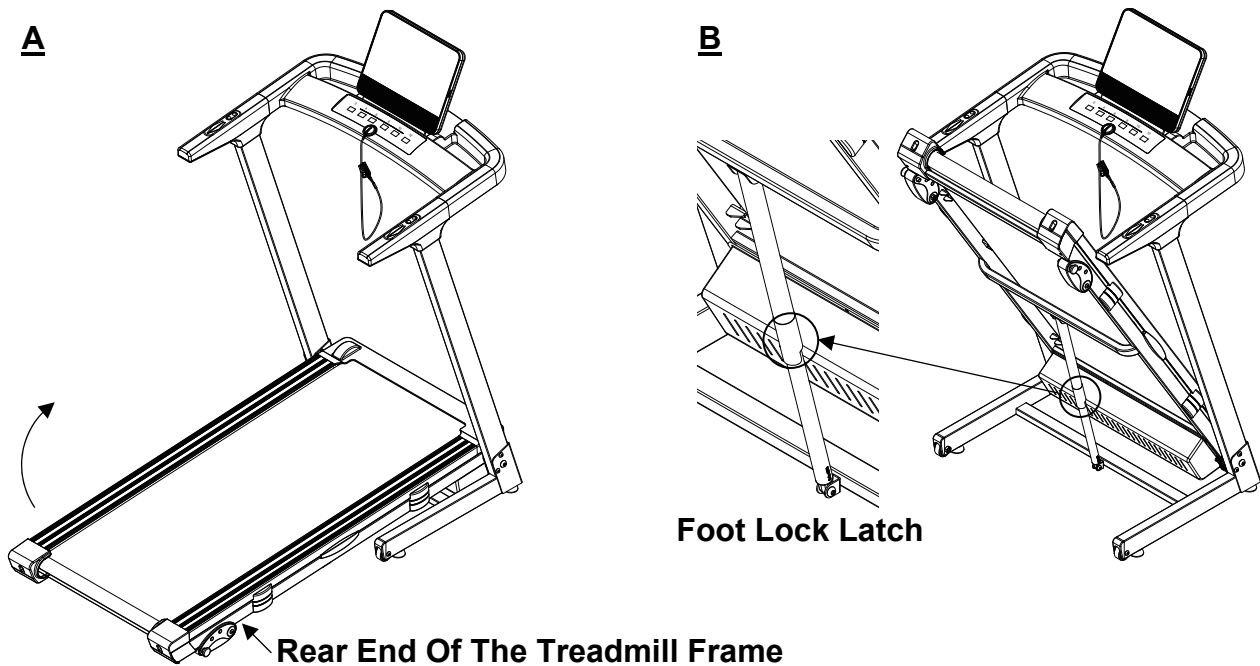
Bend your knees as needed and firmly grip the **Rear End Of The Treadmill Frame** with both hands. Gently and slowly lift the **Rear End Of The Treadmill Frame** up into the upright position until the **Foot Lock Latch** engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B.

Store the treadmill in a clean and dry environment away from children.

CAUTION: Failure to secure the main frame with the foot lock latch may cause the treadmill accidental fall and cause bodily injury.

SETTING DOWN THE TREADMILL

<u>A</u>

Foot Lock Latch

<u>B</u>

To set down the treadmill, firmly grip the **Rear End Of The Treadmill Frame** with both hands. Gently kick on the **Foot Lock Latch** with your foot until the lock latch disengages. Carefully lower the main frame to the ground. See figures A and B.

WARNING: Do not stand under the main frame when setting down the treadmill.
To prevent injury please make sure you have a firm hold when lifting up or setting down the main frame.
Always keep children and pets away from the machine when folding, unfolding, or during operation.

MOVING THE TREADMILL

Handlebar
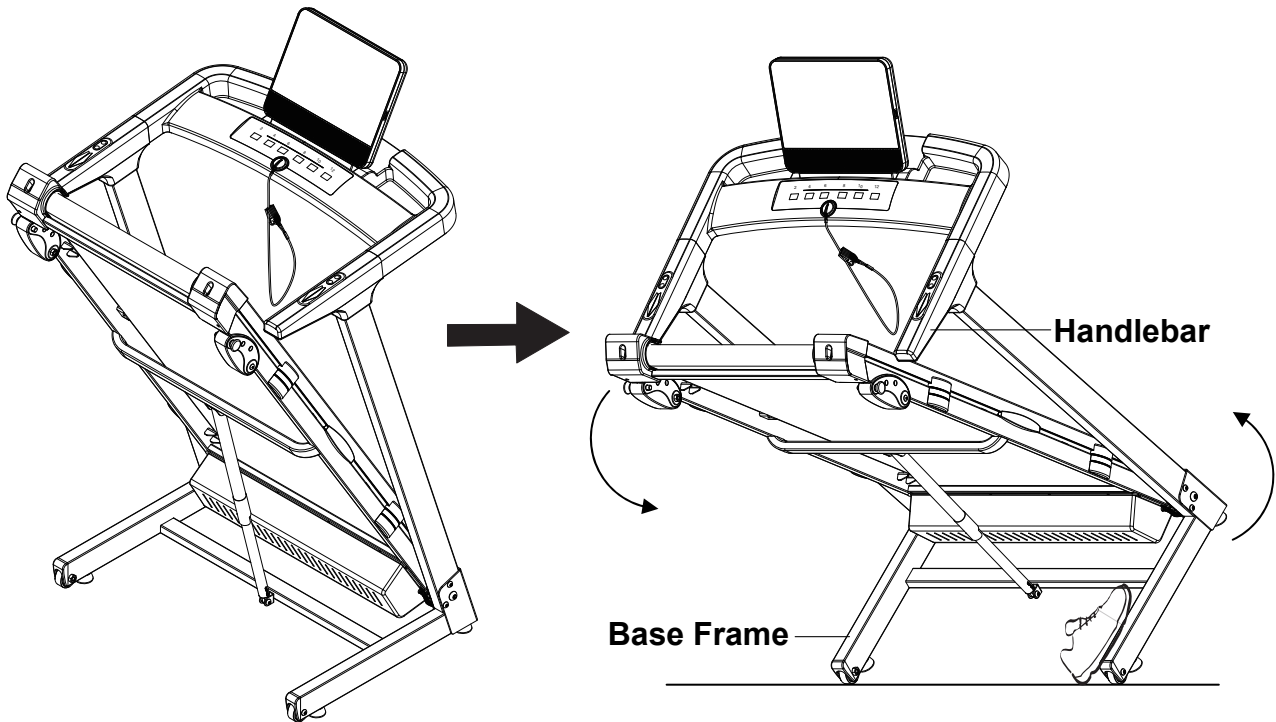
Base Frame

The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the **Handlebar** with both hands and place one foot onto the **Base Frame**. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.

To set the treadmill down, place one foot on the **Base Frame** and carefully lower treadmill onto base in the folded position.

CAUTION: The treadmill is heavy, it is suggested you always use the aid of a second person when moving the treadmill. Do not attempt to move the treadmill while it is in the unfolded position.

OPERATING THE COMPUTER

Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

QUICK START:

Press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED − button on the computer console to increase or decrease the running speed during exercise. The the computer screen will display SPEED to show your current running speed from the minimum 1.0 KPH to the maximum 16.0 KPH. You may also press one of the INSTANT SPEED buttons (2 / 4 / 6 / 8 / 10 / 12) on the computer console and the screen will display the speed that you have pressed and the running speed will change to 2 KPH, 4 KPH, 6 KPH, 8 KPH, 10 KPH, or 12 KPH respectively. The computer screen will display scan function for scrolling through all the workout functions (time, speed, distance, and calories) every 3 seconds. The PULSE will display your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During workout, you may press the STOP button on the computer console to pause (PAU) the treadmill running at any time. Press the START button to resume the program and all displays will continue the performance until the program finishes. Press the STOP button twice to stop the treadmill running and all data values on the computer will reset to zero.

BUTTON FUNCTIONS:

START: Press the START button to begin exercising.

STOP: Press the STOP button to pause/stop your workout.

MODE: Used to select different functions (time, distance, or calories) for setting exercise goals in manual program mode before training.
To confirm the setting for user's gender, age, height, and weight in body fat calculator program mode.

PROG (PROGRAM): To select your chosen workout program (P01 to P15) or body fat calculator program.

SPEED ＋: To make upward adjustments for pre-setting target training time, distance, or calories in manual program mode.
To make upward adjustments for pre-setting target training time in pre-set program mode (P01-P15).
To make upward adjustment for setting gender, age, height, and weight of user in body fat calculator program mode.
Makes speed adjustments during all training periods on different training modes.

SPEED －: To make backward adjustments for pre-setting target training time, distance, or calories in manual program mode.
To make backward adjustments for pre-setting target training time in pre-set program mode (P01-P15).
To make backward adjustment for setting user's gender, age, height, and weight in Body Fat Calculator Program Mode.
Makes speed adjustments during all training periods on different training modes.

INSTANT SPEED (2 / 4 / 6 / 8 / 10 / 12): Used to reach desired speed more quickly.

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current training speed.

DIST. (DISTANCE): Displays the accumulative distance travelled during your workout.

CAL. (CALORIES): Displays the total calories burned during your workout.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

TRAINING IN MANUAL PROGRAM MODE (COUNT DOWN OPERATION):
On this count down operation, only one of the function of TIME, DISTANCE, or CALORIES can be set count-down for your workout, the others will cound up during your workout.
Press the MODE button on the computer console until you see the TIME begin blinking in Manual Program Mode. Press the SPEED ＋ or SPEED － button on the computer console to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes, the default time is 15:00 minutes. If you do not want to set TIME for count-down, just directly press the MODE button again, the DIST.(DISTANCE) will begin blinking. Press the SPEED ＋ or SPEED － button on the computer console to change the setting. The pre-set target distance range is from 0.50 to 99.9 km, the default distance is 1.00 km. If you do not want to set DIST. (DISTANCE) for count-down, just directly press the MODE button again,   the CAL. (CALORIES) will begin blinking. Press

the SPEED + or SPEED − button on the computer console to change the setting. The pre-set target calories range is from 10.0 KCAL to 999 KCAL. After finishing setting one of the function of TIME, DIST. (DISTANCE), or CAL. (CALORIES) for count-down, press the START button on the computer to begin exercising, the computer screen will countdown 3 seconds before the running belt starts moving. The running belt starts moving with an initial speed of 1.0 KPH. You may press the SPEED + or SPEED − button on the computer console to increase or decrease the running speed during exercise. When one of the function of TIME, DIST. (DISTANCE), or CAL. (CALORIE) counts down to 0, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN PRE-SET PROGRAM MODE (P01-P15):

All the pre-set programs are made up with 20 intervals, the speed is pre-set on each interval. The elapse time of 20 intervals on each program will be automatically arranged according to the time you set for your workout time.
Press the PROG (PROGRAM) button to select your chosen workout program (P01 to P15). Press the SPEED + or SPEED − button on the computer console to change the time setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Press the START button to start your workou, the computer screen will countdown 3 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 20 intervals. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

	INTERVAL	1	2	3	4	5	6	7	8	9	10
P01	**SPEED (KPH)**	**2**	**3**	**3**	**4**	**5**	**3**	**4**	**5**	**5**	**3**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**4**	**5**	**4**	**4**	**4**	**2**	**3**	**3**	**5**	**3**
	INTERVAL	1	2	3	4	5	6	7	8	9	10
P02	**SPEED (KPH)**	**2**	**4**	**4**	**5**	**6**	**4**	**6**	**6**	**6**	**4**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**5**	**6**	**4**	**4**	**4**	**2**	**2**	**5**	**4**	**2**
	INTERVAL	1	2	3	4	5	6	7	8	9	10
P03	**SPEED (KPH)**	**2**	**4**	**4**	**6**	**6**	**4**	**7**	**7**	**7**	**4**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**7**	**7**	**4**	**4**	**4**	**2**	**4**	**5**	**3**	**2**
	INTERVAL	1	2	3	4	5	6	7	8	9	10
P04	**SPEED (KPH)**	**3**	**5**	**5**	**6**	**7**	**7**	**5**	**7**	**7**	**8**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**8**	**5**	**9**	**5**	**5**	**6**	**6**	**4**	**4**	**3**
	INTERVAL	1	2	3	4	5	6	7	8	9	10
P05	**SPEED (KPH)**	**2**	**4**	**4**	**5**	**6**	**7**	**7**	**5**	**6**	**7**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**8**	**8**	**5**	**4**	**3**	**3**	**6**	**5**	**4**	**2**

P06	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**4**	**4**	**4**	**5**	**6**	**8**	**8**	**6**	**7**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**8**	**8**	**6**	**4**	**4**	**2**	**5**	**4**	**3**	**2**
P07	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**3**	**3**	**3**	**4**	**5**	**3**	**4**	**5**	**3**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**4**	**5**	**3**	**3**	**3**	**6**	**6**	**5**	**3**	**3**
P08	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**3**	**3**	**6**	**7**	**7**	**4**	**6**	**7**	**4**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**6**	**7**	**4**	**4**	**4**	**2**	**3**	**4**	**4**	**2**
P09	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**4**	**4**	**7**	**7**	**4**	**7**	**8**	**4**	**8**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**9**	**9**	**4**	**4**	**4**	**5**	**6**	**3**	**3**	**2**
P10	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**4**	**5**	**6**	**7**	**5**	**4**	**6**	**8**	**8**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**6**	**6**	**5**	**4**	**4**	**2**	**4**	**4**	**3**	**3**
P11	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**5**	**8**	**10**	**7**	**7**	**10**	**10**	**7**	**7**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**10**	**10**	**5**	**5**	**9**	**9**	**5**	**5**	**4**	**3**
P12	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**3**	**4**	**9**	**9**	**5**	**9**	**5**	**8**	**5**	**9**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**7**	**5**	**5**	**7**	**9**	**9**	**5**	**7**	**6**	**3**
P13	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**3**	**6**	**7**	**5**	**9**	**9**	**7**	**5**	**5**	**7**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**9**	**5**	**8**	**5**	**9**	**5**	**9**	**9**	**4**	**3**
P14	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**2**	**4**	**5**	**6**	**5**	**4**	**3**	**2**	**1**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**2**	**3**	**4**	**5**	**6**	**5**	**4**	**3**	**2**	**1**
P15	INTERVAL	1	2	3	4	5	6	7	8	9	10
	SPEED (KPH)	**2**	**4**	**6**	**8**	**6**	**6**	**4**	**4**	**2**	**2**
	INTERVAL	11	12	13	14	15	16	17	18	19	20
	SPEED (KPH)	**2**	**4**	**6**	**8**	**6**	**6**	**4**	**4**	**2**	**2**

## TRAINING IN BODY FAT CALCULATOR PROGRAM MODE:

Press the PROG (PROGRAM) button to select FAT (Body Fat Calculator Program) and then press the MODE button to enter the Body Fat Calculator Program. The computer screen will display F1 (gender) and 1 (male). Press the SPEED + or SPEED − button to set user's gender (1 indicates male and 2 indicates female). Press the MODE button to confirm the gender and the computer screen will display F2 (age) and 25 (year-old). Press the SPEED + or SPEED − button to set user's age. Press the MODE button to confirm the age and the computer screen will display F3 (height) and 170 (cm). Press the SPEED + or SPEED − button to set user's height. Press the MODE button to confirm the height and the computer screen will display F4 (weight) and 70 (kg). Press the SPEED + or SPEED − button to set user's weight. Press the MODE button to confirm weight and the computer screen will display F5 (body fat ratio) and ---. Please grip the handlebar pulse sensors with both hands for a few seconds and the computer screen will display your body fat ratio.

NOTE: Body Fat Ratio is an estimate based on the gender, age, height, and weight input, and is to be used as a guide only.

Gender	Standard Body Fat (<30 Years Old)	Standard Body Fat (> 30 Years Old)	High Body Fat
Male	14-20%	17-23%	>25%
Female	17-24%	20-27%	>30%

Bluetooth

Connect your smartphone or tablet to enjoy your favorite media via Bluetooth and the speakers deliver stereo sound.
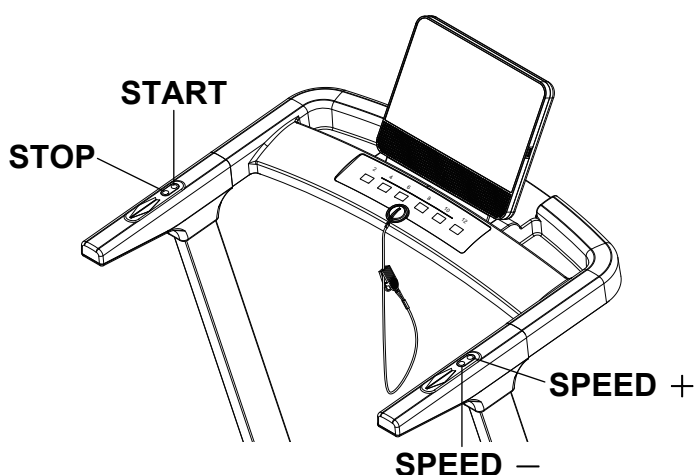
START: Press the START button on the Left Handrail to begin exercising.
STOP: During workout, press the STOP button on the Left Handrail to pause/stop your workout.
SPEED +: Press the SPEED + button on the Right Handrail to increase speed.
SPEED −: Press the SPEED − button on the Right Handrail to decrease speed.

ERROR CODES

E01 error code: This usually indicates a problem with the software overcurrent. Possible cause for software overcurrent is excessive load. Please turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E02 error code: This usually indicates a problem with the hardware overcurrent. Possible cause for hardware overcurrent is excessive load. Please turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E03 error code: This usually indicates a problem with the IPM module overheating. Possible cause for IPM module overheating is excessive load. Please turn off the Master Power Switch to the OFF position, wait 30 minutes, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E04 error code: This usually indicates the undervoltage protection. Possible cause for undervoltage protection is that the input voltage is too low or an issue with the power control board. Please turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E05 error code: This usually indicates the overvoltage protection. Possible cause for overvoltage protection is that the input voltage is too high or an issue with the power control board. Please turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E06 error code: This usually indicates the motor phase loss protection. There is an issue with the motor or the power control board. Please contact your local Customer Service.

E07 error code: This usually indicates the motor blockage protection. Possible cause is excessive load. Please turn off the Master Power Switch to the OFF position, wait 30 seconds, then turn on the Master Power Switch to the ON position. If the error code is still shown, please contact your local Customer Service.

E08 error code: This usually indicates the motor that can not start or the motor wires that connect to the power control board are not connected properly. There is an issue with the motor or the power control board. Please contact your local Customer Service.

E09 error code: This usually indicates the motor overcurrent protection. Possible cause for motor overcurrent is that the motor is drawing too much power from the power control board and check the resistance of the running belt. Lubricate your treadmill with some lubricant. If the error code is still shown, please contact your local Customer Service.

E10 error code: This usually indicates the overload protection. Possible cause for overload protection is that the overload of the input current of motor that triggered the power control board protection. Lubricate your treadmill with some lubricant. There is an issue with the motor or the power control board. Please contact your local Customer Service.

E12 error code: This usually indicates the communication problem between the computer console and the power control board. Verify the wires connected to the power control board and computer console are loose or disconnected. Find the wires that goes between the power control board and the computer console. Unplug any connections and replug. If the error code is still shown, please contact your local Customer Service.

COMPATIBLE FITNESS APPLICATION

DOWNLOAD THE FITSHOW APPLICATION

You can install the FitShow app on your mobile device using a QR code. Scan the QR code to download and install the app.

1. You can search FitShow app in the Google Play Store (Android System) or App Store (iOS System) and then download the app.

Android   **iOS**

LOGGING INTO THE APPLICATION

After downloading app, tap on the FitShow icon on the screen to open the app.

To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUBTOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
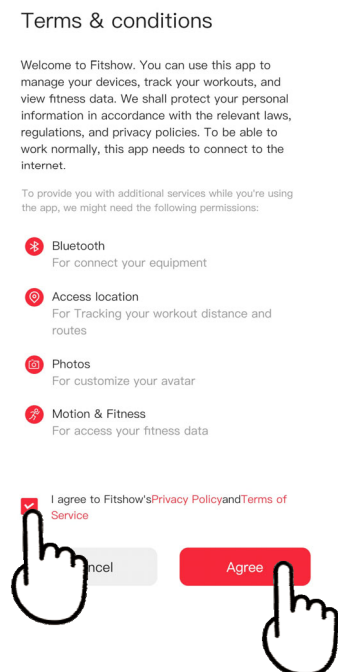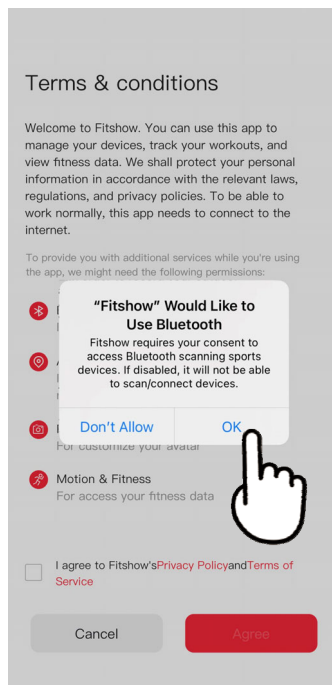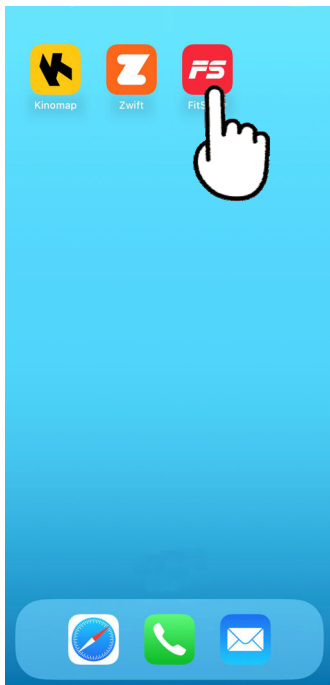
For first time users, tap "Creat Account" or choose one of the following login methods to sign in in order to save your personal workout history.
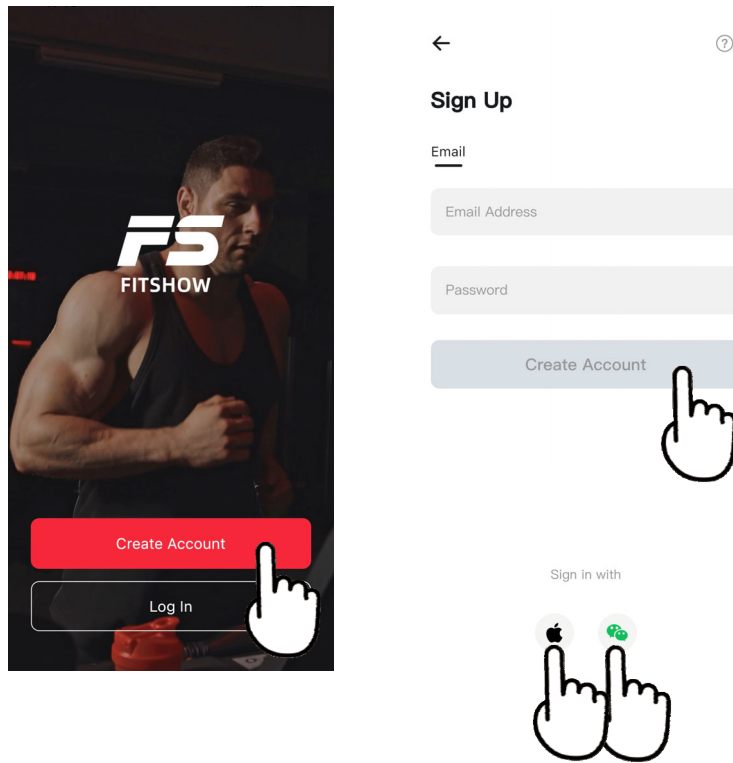
GETTING STARTED

Once you've logged into your account, you will see the home screen. Select and tap the "Treadmill" that you are going to use. From the home screen you may tap one of the following exercise modes that you are interested.
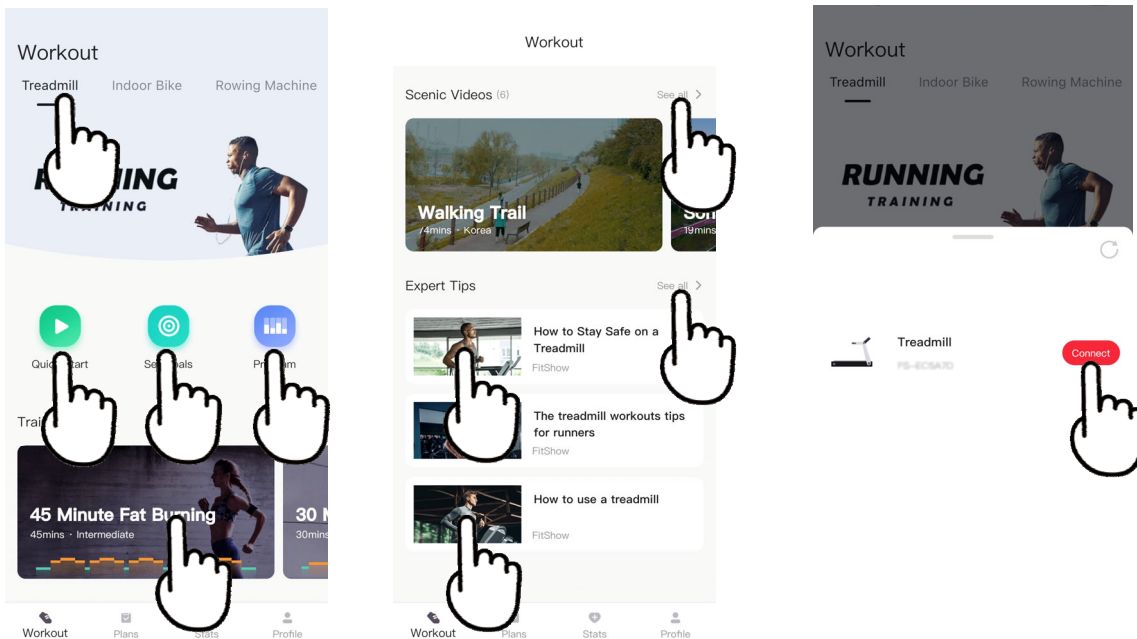
NOTE: All the activity information from this app may vary from the computer; user can choose either one of them to help you get the best results.

DOWNLOAD THE KINOMAP APPLICATION

You can install the Kinomap app on your mobile device using a QR code. Scan the QR code to download and install the app.
You can search Kinomap app in the Google Play Store (Android System) or App Store (iOS System) and then download the app.

Android

iOS
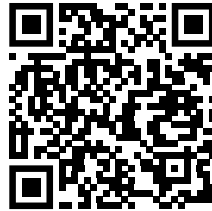
LOGGING INTO THE APPLICATION

After downloading app, tap on the Kinomap icon on the screen to open the app.
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUBTOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
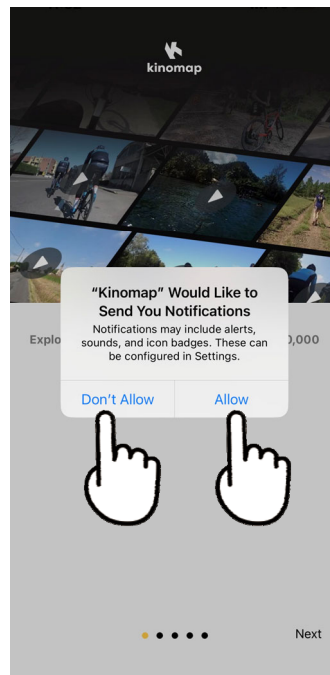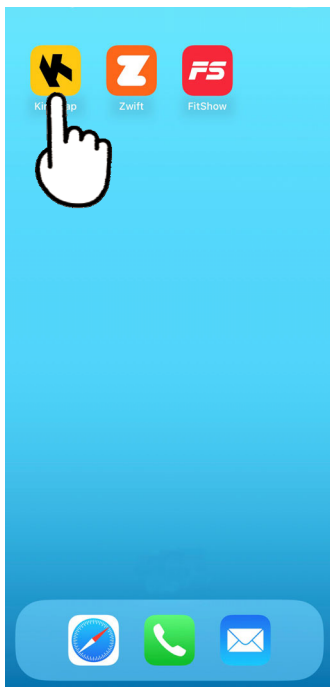
Choose "Don't Allow" or "Allow", depending on your needs.
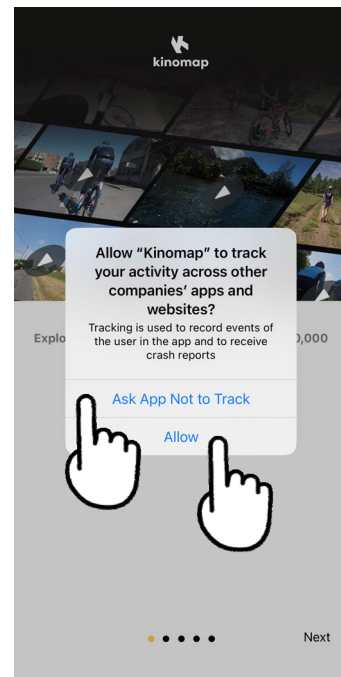
Choose :Ask App Not to Track" or "Allow", depending on your needs.

Tap "NEXT" and continue to the next steps.

TRAVEL
Explore the world indoors with more than 100,000 videos recorded in 58 countries!

MULTIPLAYER MODE
Challenge yourself! At any time, with anyone, on any video: Kinomap allows you to play a sport on the multiplayer mode.

KEEP TRACK / ANALYZE YOUR DATA
Our mobiles app are interactive and work with connected health devices and sensors to provide training logs.

REMOTE DISPLAY
Enjoy an even more immersive experience by casting the training screen on any browser.

Next

1. Tap "START" and continue to the next steps.
2. Tap "I ACCEPT THE TERMS OF USE" and continue to the next steps.
3. Choose one of the following login methods to sign in or tap "Sign up". For first time users, you must register with a Kinomap account in order to save your personal workout history.

SHARE YOUR PROGRESS
Compatible with most of the social Apps. Be proud of yourself and motivate others by sharing your activities on Kinomap.

Works on Strava | Training Peaks | RunKeeper | Others

START

END USER LICENSE AGREEMENT

Please read this End User License Agreement (the "EULA") for this application (the "Application" or the "Product") carefully. The Privacy Policy (https://www.kinomap.com/en/privacy) is an integral part of the EULA.

By using the Application and clicking on "I agree", you acknowledge that you have read and understand this EULA and agree to be bound by its terms.The Terms of Use (https://www.kinomap.com/en/terms) coexist with the EULA.

1. COPYRIGHT

1.1 The copyright of the Product (meaning this copy of the Application and all complementary electronic and printed files) and all elements of the Product are the ownership of Kinomap ("KINOMAP") and/or its suppliers and are protected by copyright law.

2. GRANTING OF THE LICENSE

I REFUSE AND LEAVE THE APPLICATION

I ACCEPT THE TERMS OF USE

No account yet? Sign up

Username / email

Password

Forgot password?

LOGIN

OR

26

Fill out your personal information. Then tap "CREATE MY ACCOUNT". This will create your account and a verification email will be sent to you.
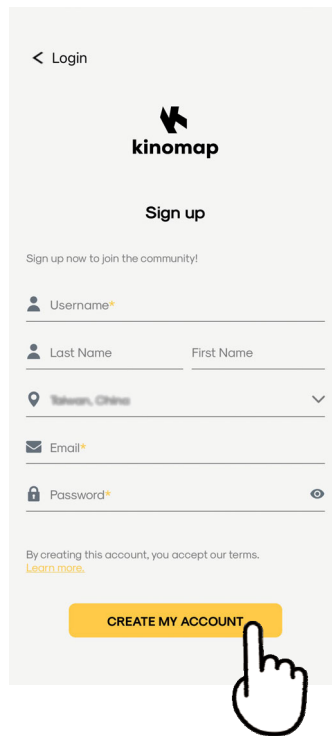
1. Once you've confirmed your account you can now login to the app. Entering your Username / email and Password for logging into the app. Then tap "LOGIN".
2. Select and tap the "treadmill" that you are going to use.
3. Select and tap the "SENSORS".
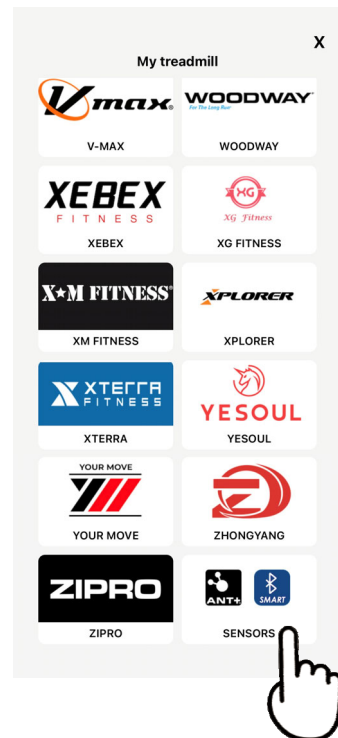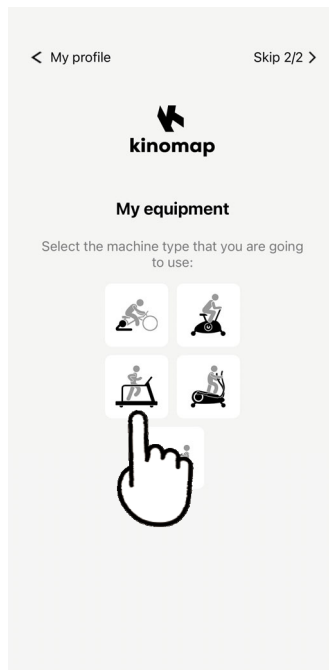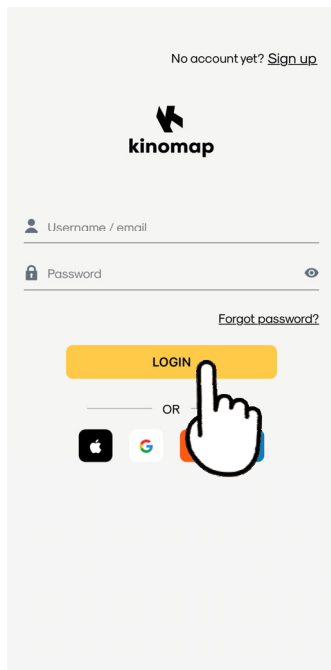
Select and tap the "FTMS treadmill (experimental) and (FTMS)". After pairing, devices can connect with each other automatically. Tap "START" to go to the Kinomap home screen.
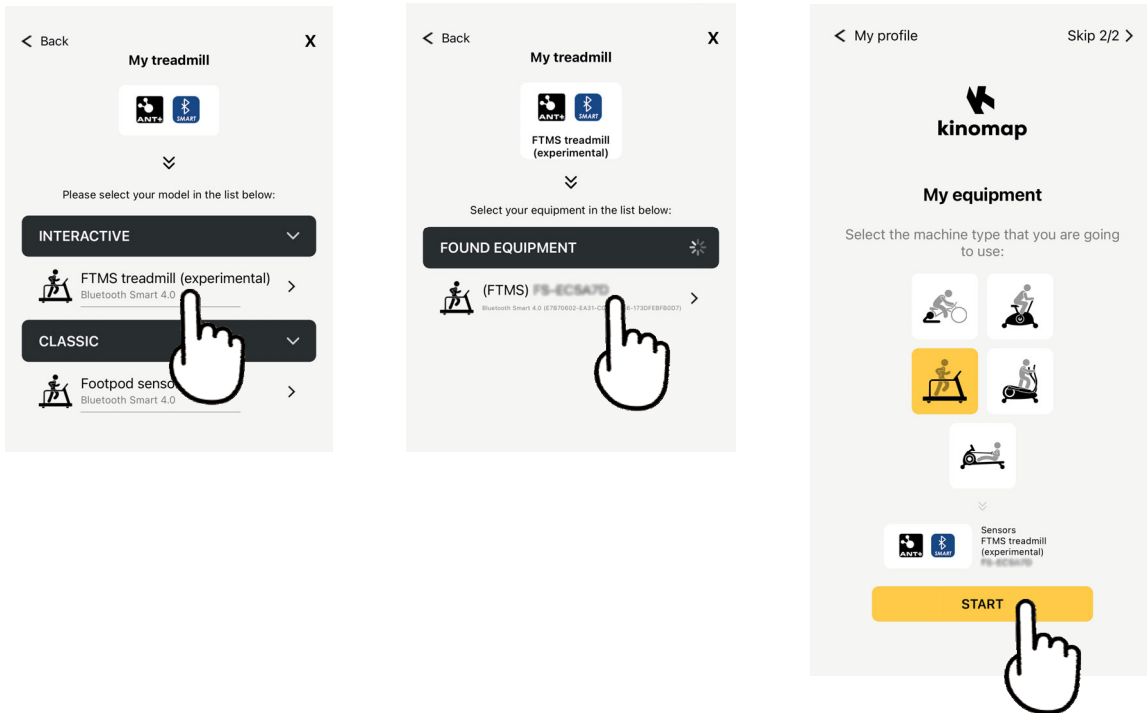
GETTING STARTED

Once you've logged into your account, you will see the home screen. From here you can navigate to what area you need, whether that's settings, videos or previous achievements. You may tap "Browse" button to open the browse screen.

From the browse screen you may tap one of the following exercise modes that you are interested.
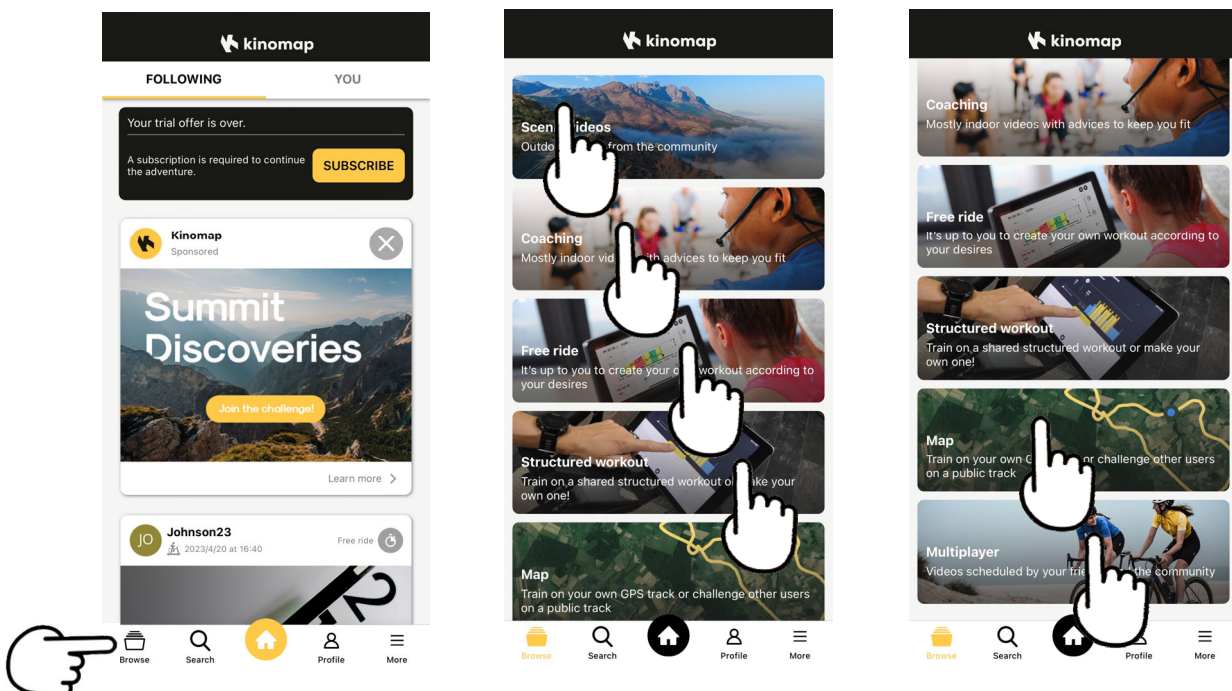
NOTE: All the activity information from this app may vary from the computer; user can choose either one of them to help you get the best results.

DOWNLOAD THE ZWIFT APPLICATION

You can install the Zwift app on your mobile device using a QR code. Scan the QR code to download and install the app.
You can search Zwift app in the Google Play Store (Android System) or App Store (iOS System) and then download the app.

Android

iOS

LOGGING INTO THE APPLICATION

After downloading app, tap on the Zwift icon on the screen to open the app.
To connect app via Bluetooth, please go to your mobile device's settings section and turn on the BLUBTOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.
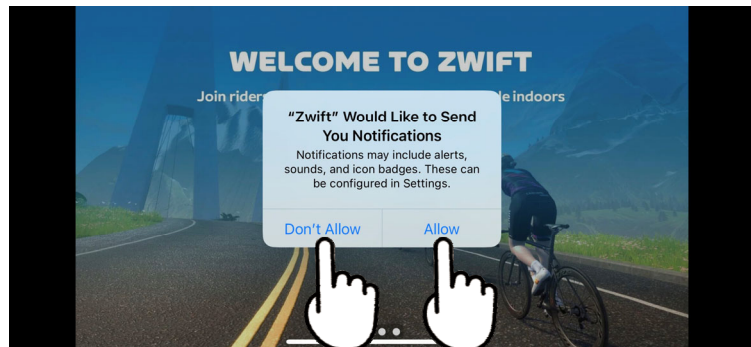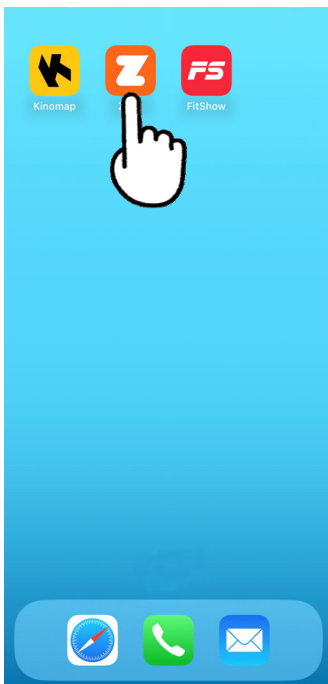
Choose "Don't Allow" or "Allow", depending on your needs.

Swip left
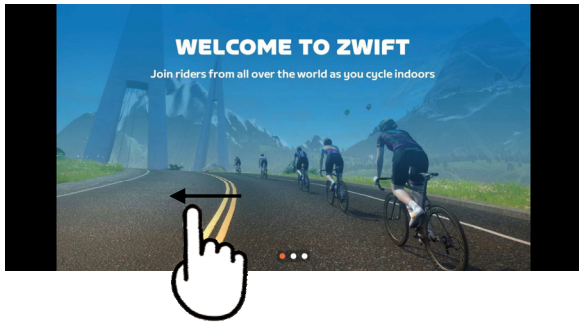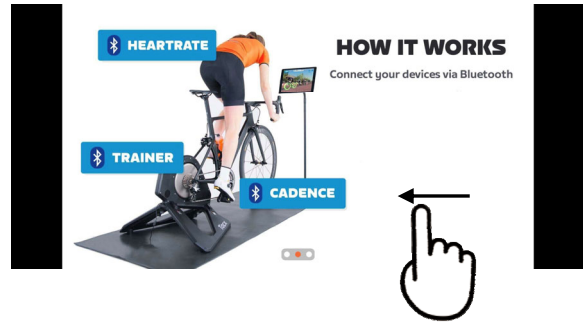
Swip left
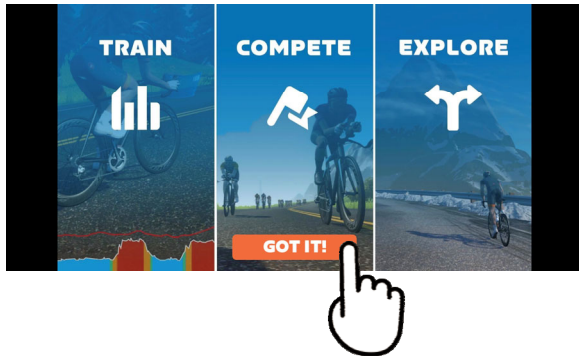
Tap "GOT IT!" and continue to the next steps.

For first time users, tap "I'M NEW" to creat your own account in order to save your personal workout history.
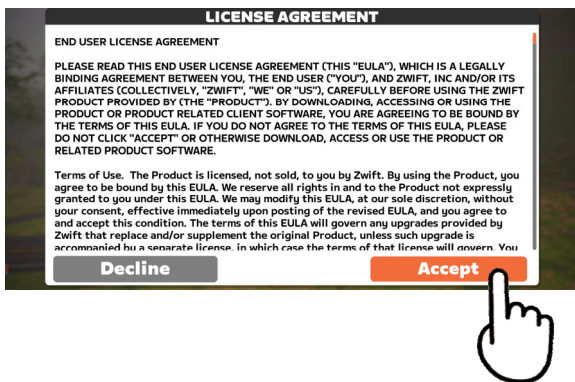
Tap "Accept" and continue to the next steps.
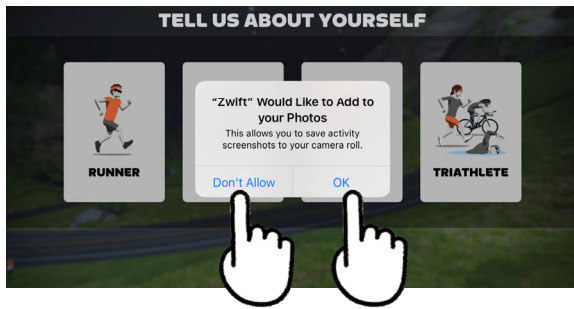
Choose "Don't Allow" or "OK", depending on your needs.
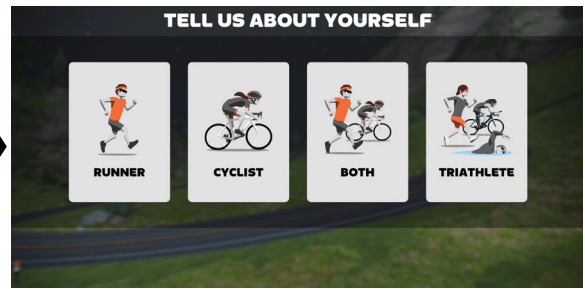
Tap one of them about yourself.
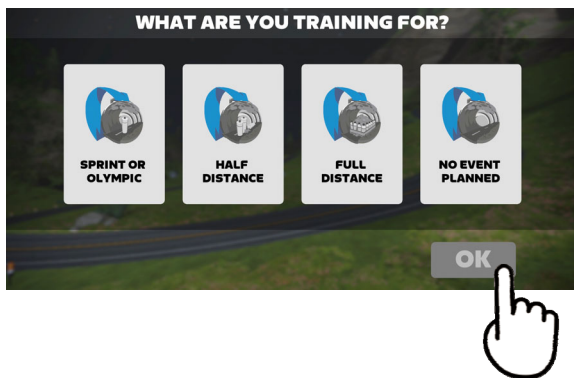
Tap one of them and then tap" OK".
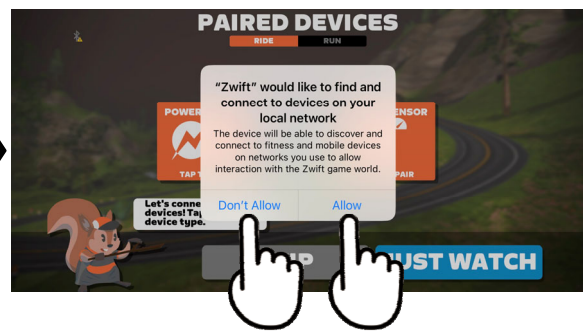
Choose "Don't Allow" or "Allow", depending on your needs.
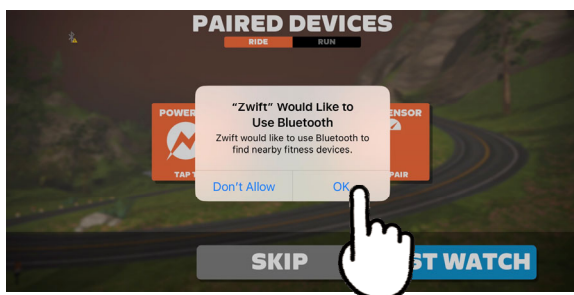
Tap "OK" and continue to the next steps.

Tap "RUN" and continue to the next steps.
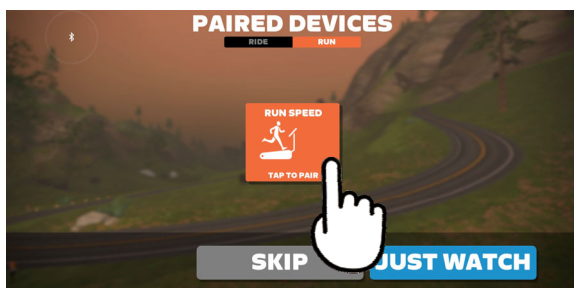
Tap treadmill icon and continue to the next steps.
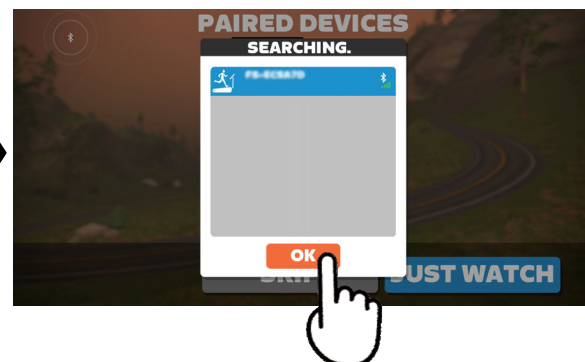
Tap "OK" and continue to the next steps.
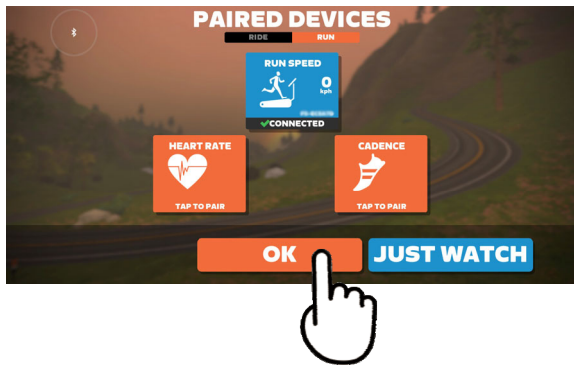
Tap "OK" and continue to the next steps.
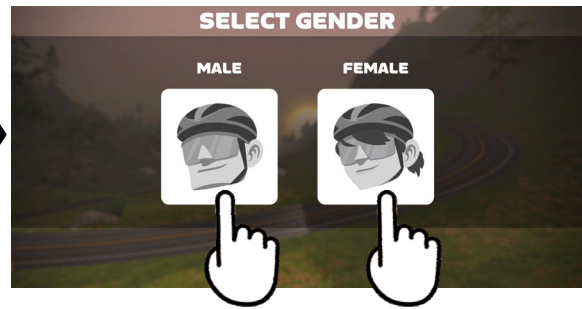
Tap your gender and continue to the next steps.
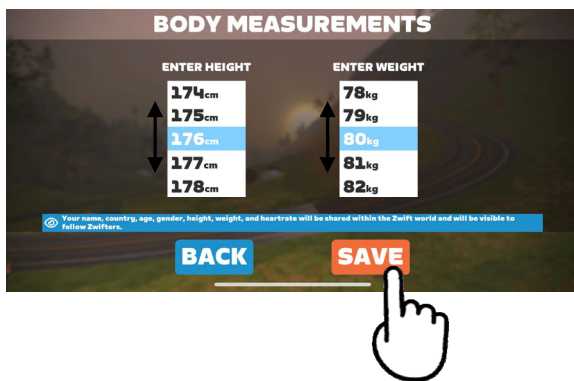
Choose your HEIGHT and WEIGHT and then tap "SAVE".
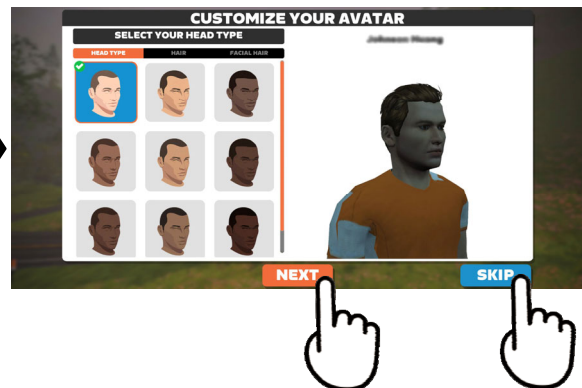
You can tap "NEXT" to customize your avatar or "SKIP" to continue to the next steps.
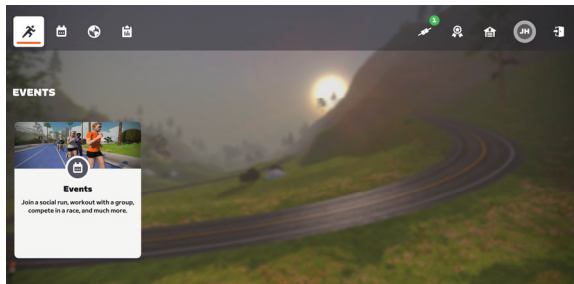
From the home screen you may tap one of the exercise modes that you are interested and then press the START button on the computer console to begin your workout.

NOTE: All the activity information from this app may vary from the computer; user can choose either one of them to help you get the best results.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like foot lock latch tube and running belt to prevent injury.

CLEANING
After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.
The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.
Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 2-4 KPH. Use the 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

Tool:

Allen Wrench 6 mm

f the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.
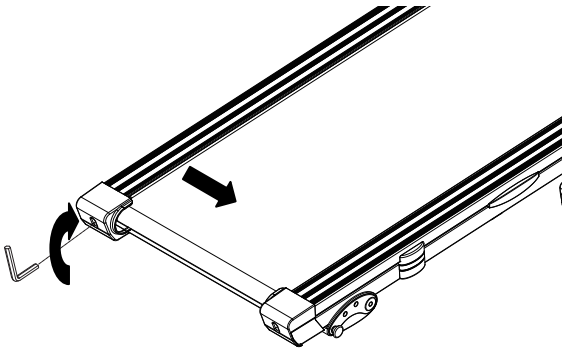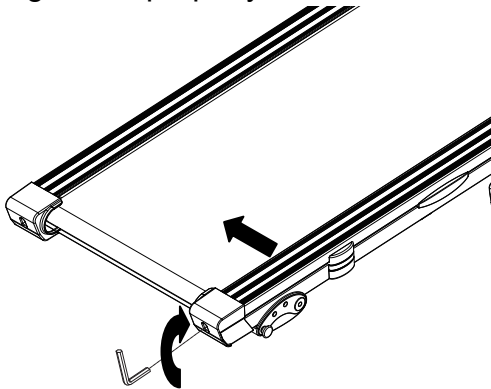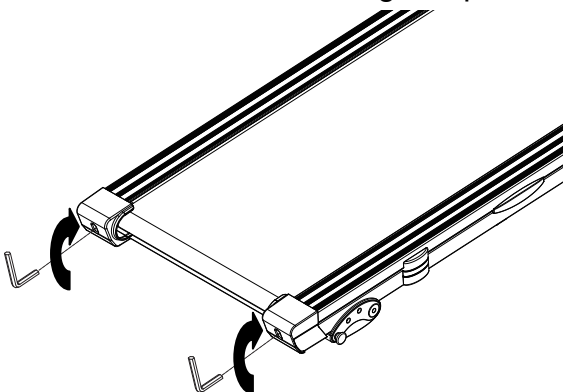
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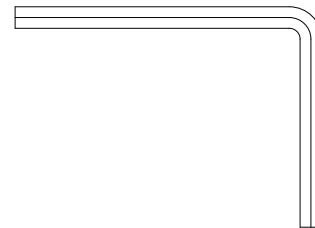
Allen Wrench 6 mm

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6 mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 2-4 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.

Tool:

Allen Wrench 6 mm

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication
Lift one side of the running belt and feel the top surface of the running deck.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply some lubricant.

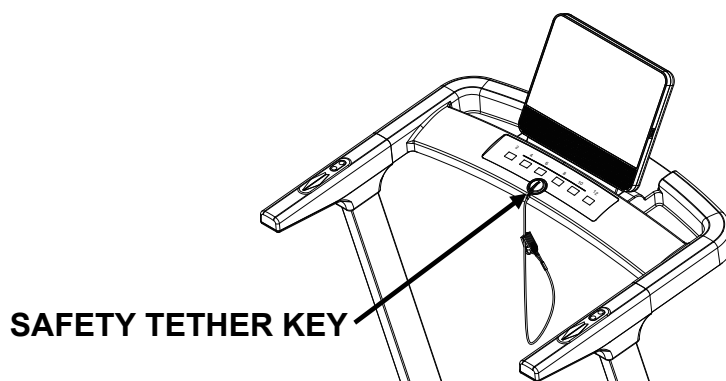**How to apply lubricant**
Lift one side of running belt.
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.
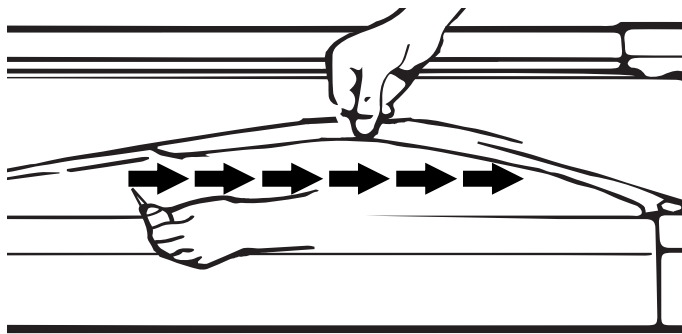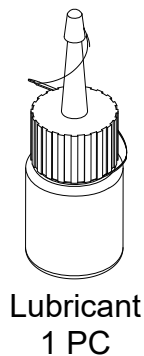
Lubricant
1 PC

EMERGENCY STOP

SAFETY TETHER KEY

Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.
Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.
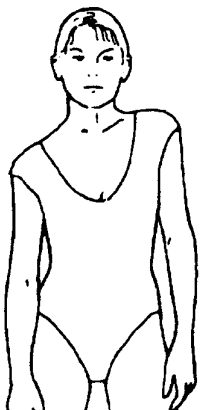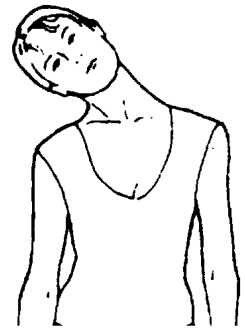
SHOULDER LIFTS
Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
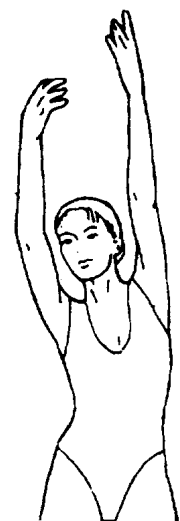
SIDE STRETCHES
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.
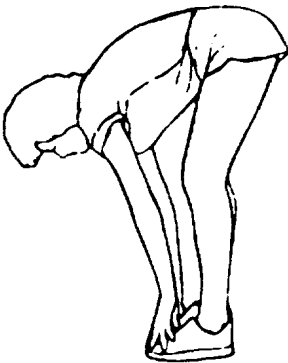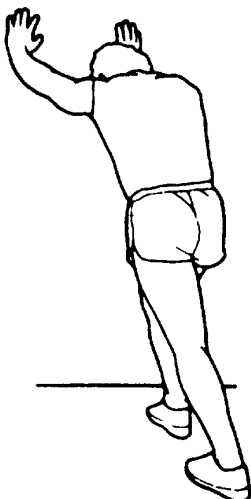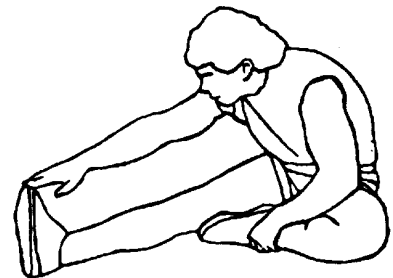
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.