

# ***ALEXIS Programmable Motorized Treadmill***

***ITEM NO.: 99020***

***LifeGear***

Get active for life



FitShow



Kinomap



Zwift



## ***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.

2024, Sept.

# TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	5
PRODUCT AND ACCESSORIES -----	9
HARDWARE LIST -----	10
TOOLS -----	10
EXPLODED VIEW -----	11
ASSEMBLY INSTRUCTIONS -----	12
FOLDING THE TREADMILL -----	21
UNFOLDING THE TREADMILL -----	22
MOVING THE TREADMILL -----	23
OPERATING THE COMPUTER CONSOLE -----	24
EMERGENCY STOP -----	32
ERROR CODES -----	33
COMPATIBLE FITNESS APPLICATION -----	34
CARE, MAINTENANCE & TROUBLESHOOTING GUIDE -----	37
RUNNING BELT ADJUSTMENT -----	38
LUBRICATION -----	39
WARM UP AND COOL DOWN ROUTINE -----	40

# 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 it.

**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 power switch and unplugging from electrical 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 140 kg.**
- 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 in order to avoid a hazard.
- 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	003L	Left Handlebar Support Tube	1
002	Base Frame	1	004	Handlebar Bracket	1
003R	Right Handlebar Support Tube	1			

No.	Description			Qty
005	Upper Computer Console Cover Set			1 Set
	005A	Computer Console Control Buttons Cover Set (with Control Button Power Control Board and Wires)	1 Set	
	005B	Computer Console Control Buttons Sticker	1	
	005C	Left Hand Pulse Sensor with Wires (L=500 mm)	1	
	005D	Right Hand Pulse Sensor with Wires (L=500 mm)	1	
	005E	Control Knob	1	
	005F	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x12	4	
	005G	Safety Tether Key Bracket	1	
	005H	Cross Recessed Pan Head Tapping Screw (Scrape Point) ST4.2x13	2	
	005I	Computer Console Control Wire (L=800 mm)	1	

No.	Description	Qty	No.	Description	Qty
006	Lower Computer Console Cover	1	007R	Right Handle Grip	1
007L	Left Handle Grip	1			

No.	Description			Qty
008	Display Console Panel Set			1 Set
	008A	Upper Display Console Panel Cover Set (with Display Power Control Board and Bluetooth Module for App)	1 Set	
	008B	Lower Display Console Panel Cover	1	
	008C	Display Console Panel Bracket	1	
	008D	Lower Display Console Panel Cover Board	1	
	008E	Speaker (with Wire)	2	
	008F	Cross Recessed Pan Head Tapping Screw with Washer ST4.2x15	4	
	008G	Cross Recessed Pan Head Tapping Screw ST2.6x9	8	
	008H	Cross Recessed Pan Head Tapping Screw (Scrape Point) ST4.2x13	13	
	008I	Cross Recessed Pan Head Screw M6x30	8	
	008J	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x12	7	

# PARTS LIST

No.	Description			Qty
009	Foot Lock Latch Tube Set			1 Set
	009A	Foot Lock Latch Tube A (Ø32)	1	
	009B	Bushing (Ø33.7xØ27.7x20)	1	
	009C	Lower Foot Lock Latch Tube	1	
	009D	Bushing (Ø38)	1	
	009E	Foot Lock Latch Tube B (Ø38)	1	
	009F	Torsion Spring (Ø11xØ7x16.5)	1	
	009G	Foot Lock Latch	1	
	009H	Cross Recessed Pan Head Screw M6x40	1	
	009I	Nylon Nut M6	1	

No.	Description	Qty	No.	Description	Qty
010	Front Roller	1	016	Motor	1
011	Rear Roller	1	017	Rear End Cover	1
012	Running Deck	1	018	Transport Wheel Ø61.5x32	2
013	Running Belt	1	019	Deck Bumper (Yellow)	2
014	Side Rail	2	020	Deck Bumper (Blue)	2
015	Main Frame Side Cover	2	021	Deck Bumper (Red)	2

No.	Description			Qty
022	Motor Cover Set			1 Set
	022A	Motor Cover	1	
	022B	Backlight Display with Wire (L=300 mm)	1	
	022C	Backlight Display Plate	1	
	022D	Cross Recessed Pan Head Tapping Screw ST2.9x6.5	2	
	022E	Acrylic Screen Protector	1	
	022F	Chrome Logo Frame	1	

No.	Description	Qty	No.	Description	Qty
023	Deck Bumper Ø25x30 (M8)	2	031	Incline Bracket	1
024	Front Motor Cover	1	032L	Left Handlebar Support Tube Cover	1
025	Belt (PJ508/200J)	1	032R	Right Handlebar Support Tube Cover	1
026	Transport Wheel Ø49.5xØ8.5x21	4	033	Wire Grommet Ø28x11.5	2
027	Transport Wheel Cover	2	034L	Left Handle Grip Bottom Cover	1
028	Motor Bracket	1	034R	Right Handle Grip Bottom Cover	1
029	Rubber Foot Pad	4	035	Clip for Side Rail Ø20x6.7	2
030	Lift Motor	1	036	Safety Tether Key	1

# PARTS LIST

No.	Description	Qty	No.	Description	Qty
037	Power Control Board	1	057	Hexagon Socket Countersunk Head Bolt M8x32	6
038	Control Wire (L=1700 mm)	1	058	Hexagon Socket Pan Head Cap Bolt M8x32	4
039	Fuse Box	1	059	Nylon Nut M10	8
040	Power Switch	1	060	Nylon Nut M8	12
041	Power Socket	1	061	Nylon Nut M6	8
042	Power Cord	1	062	Hexagon Nut M4	2
043	Brown AC Wire (L=120 mm)	1	063	Carriage Bolt M10x55	4
044	Brown AC Wire (L=350 mm)	1	064	Hexagon Socket Round Head Cap Bolt M8x12	6
045	Brown AC Wire (L=250 mm)	1	065	Hexagon Socket Round Head Cap Bolt M8x65	3
046	Blue AC Wire (L=250 mm)	1	066	Hexagon Socket Button Head Bolt M8x50	2
047	Blue AC Wire (L=350 mm)	1	067	Hexagon Socket Button Head Bolt M8x16	8
048	Earth Lead (L=450 mm)	1	068	Hexagon Socket Button Head Bolt M8x40	4
049	Square End Cap (□30x30)	4	069	Hexagon Socket Button Head Bolt M10x70	6
050	Bushing (Ø23xØ10.2x7.5)	8	070	Hexagon Socket Button Head Bolt M10x45	1
051	Ferrite Core (Ø28xØ16x28)	1	071	Hexagon Socket Button Head Bolt M10x50	1
052	Spring Washer Ø5	2	072	Hexagon Socket Button Head Bolt M10x55	1
053	Spring Washer Ø8	6	073	Hexagon Socket Button Head Bolt M10x60	1
054	Washer Ø8	6	074	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x25	4
055	Washer Ø24xØ8	1	075	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x19	27
056	Cross Recessed Countersunk Head Bolt M4x20	2	076	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread ST4.2x12	7

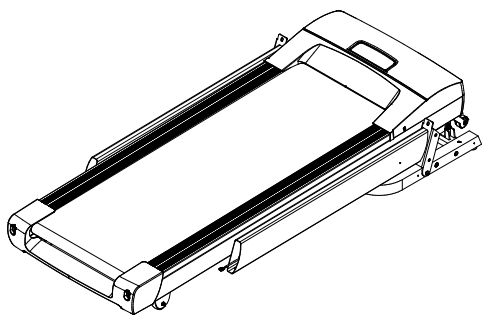


# PARTS LIST

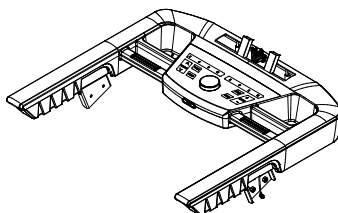
No.	Description	Qty	No.	Description	Qty
077	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread with Washer ST4.2x19	3	082	Internal Teeth Serrated Lock Washer Ø10	14
078	Cross Recessed Pan Head Drilling Screw with Tapping Screw Thread with Washer ST4.8x19	4	083	Internal Teeth Serrated Lock Washer Ø8	17
079	Cross Recessed Pan Head Tapping Screw with Washer ST4.2x15	8	084	Cross Recessed Pan Head Bolt M5x8	2
080	Cross Recessed Pan Head Tapping Screw (Scrape Point) ST4.2x13	14	085	Hexagon Head Bolt M8x35	2
081	Internal Teeth Serrated Lock Washer Ø5	2			

# PRODUCT AND ACCESSORIES

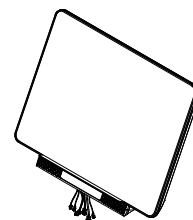
Please carefully check whether the contents of the package are complete and intact. If there is any missing or damaged, please contact your local dealer for support.



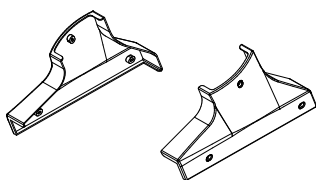
Main Frame Set  
1 SET



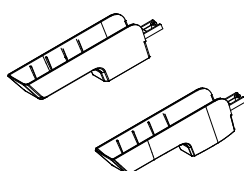
(4) Handlebar Bracket 1 PC  
(5) Upper Computer Console Cover Set 1 SET



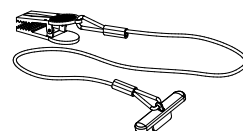
(8) Display Console Panel Set  
1 SET



(32L) Left Handlebar Support Tube Cover 1 PC  
(32R) Right Handlebar Support Tube Cover 1 PC



(34L) Left Handle Grip Bottom Cover 1 PC  
(34R) Right Handle Grip Bottom Cover 1 PC



(36) Safety Tether Key  
1 PC

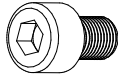


(42) Power Cord  
1 PC

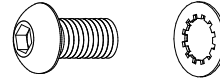


Lubricant  
1 PC

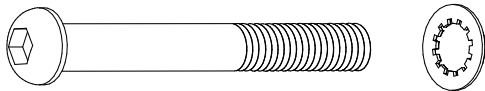
# HARDWARE LIST



(64) Hexagon Socket Round  
Head Cap Bolt M8x12  
4 PCS



(67) Hexagon Socket Button  
Head Bolt M8x16 8 PCS  
(83) Internal Teeth  
Serrated Lock Washer Ø8 8 PCS

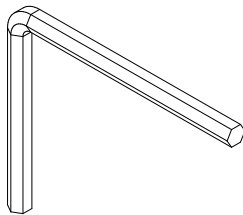


(69) Hexagon Socket Button  
Head Bolt M10x70 4 PCS  
(82) Internal Teeth  
Serrated Lock Washer Ø10 4 PCS

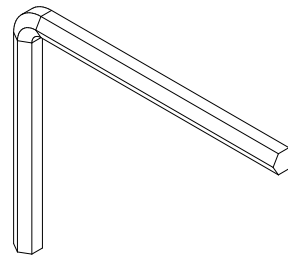


(75) Cross Recessed Pan Head  
Drilling Screw with Tapping  
Screw Thread ST4.2x19  
12 PCS

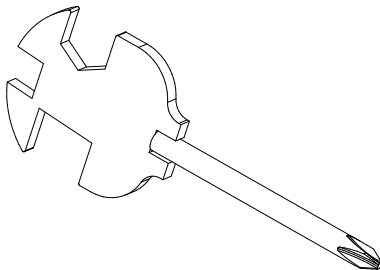
## TOOLS



Allen Wrench 5 mm  
1 PC

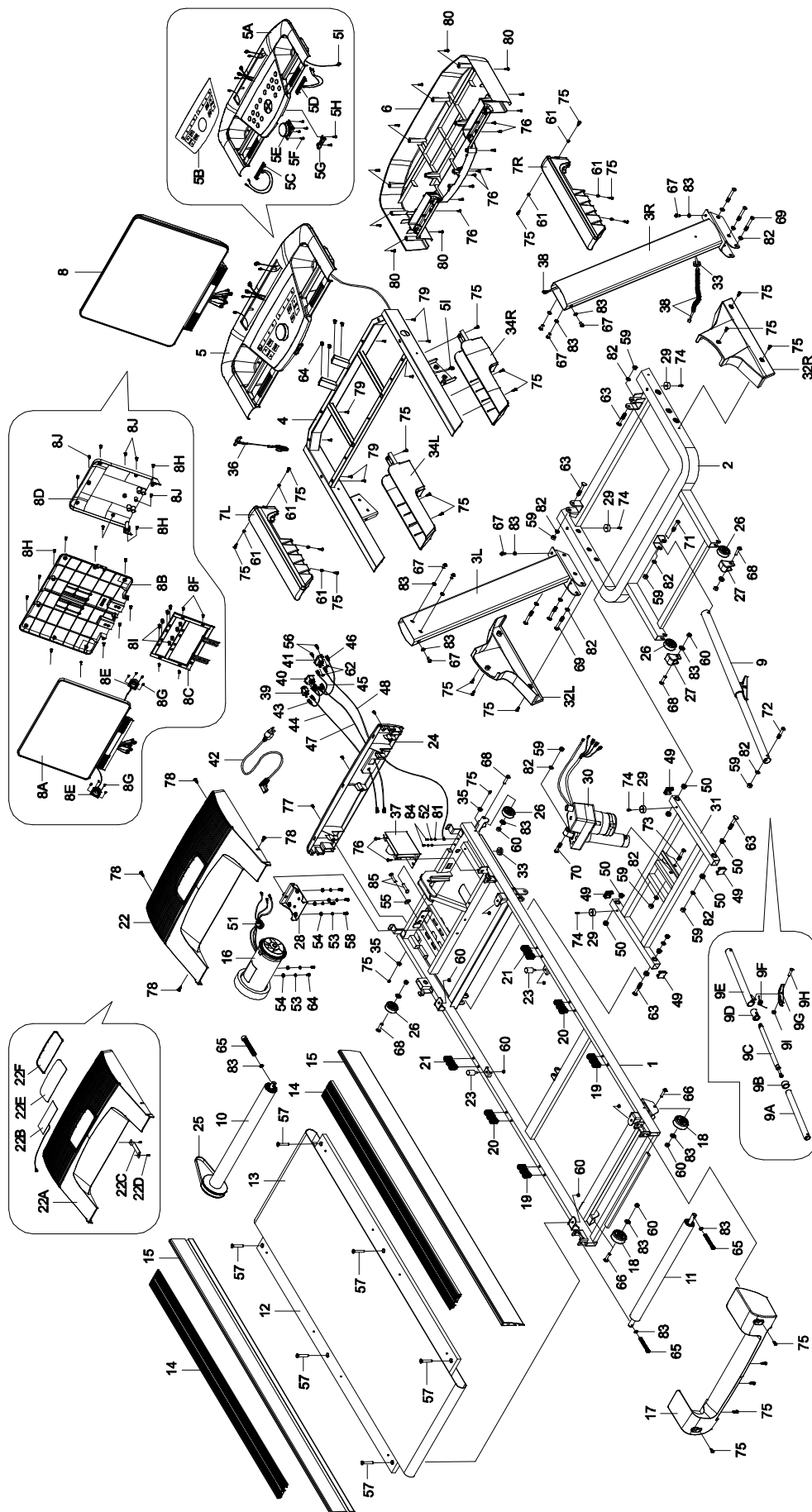


Allen Wrench 6 mm  
1 PC

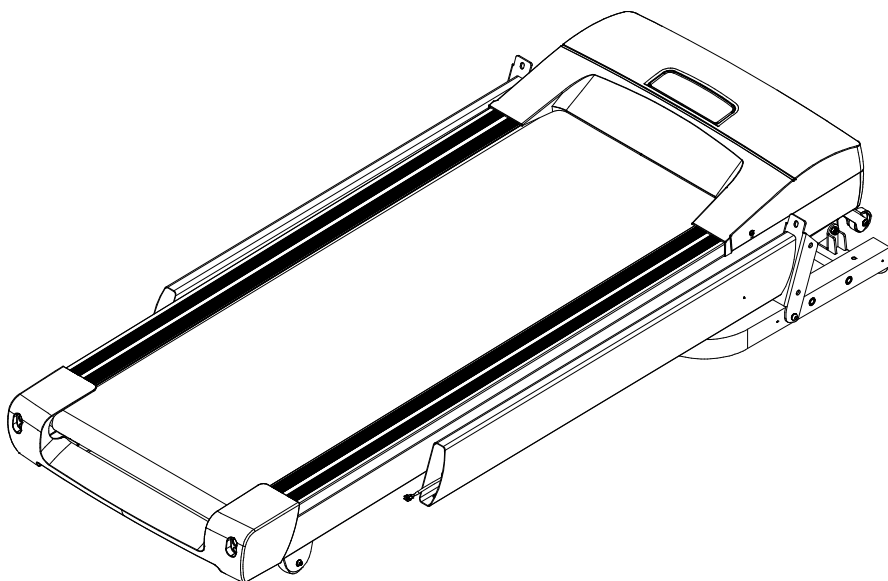


Multi Hex Tool with  
Phillips Screwdriver  
1 PC

# EXPLODED VIEW

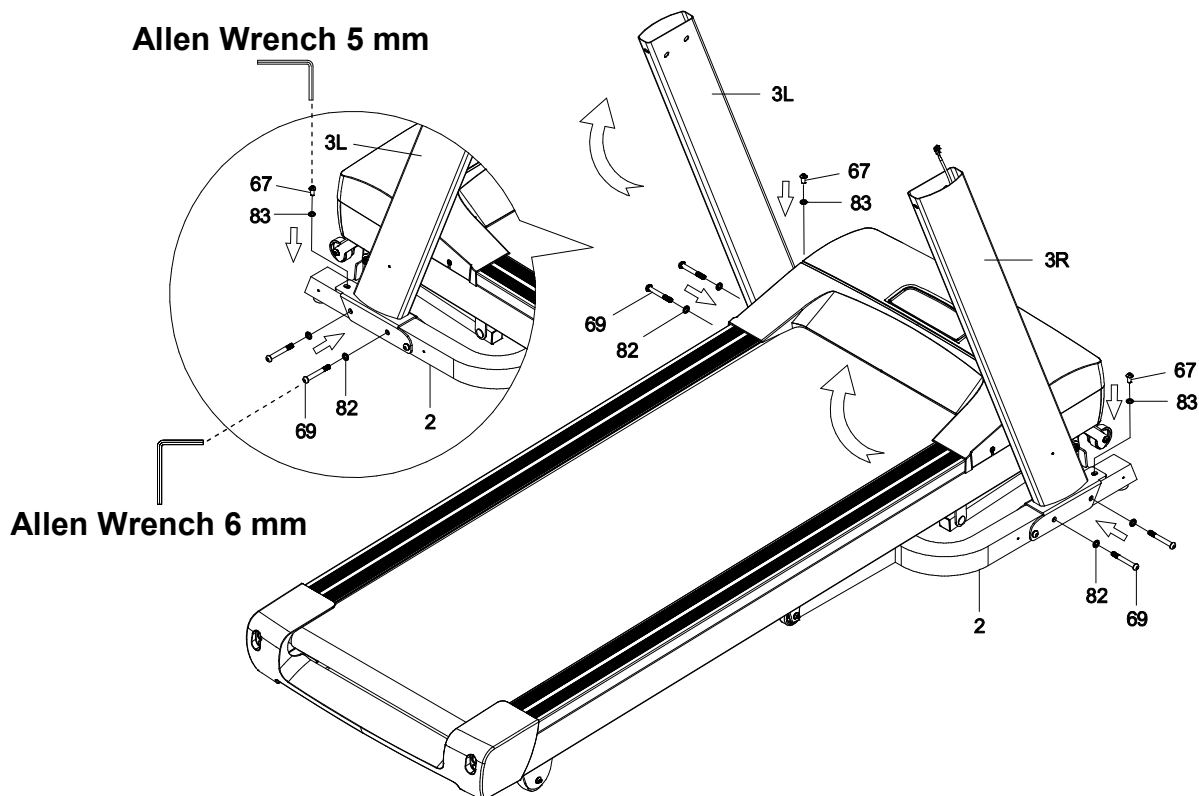


# ASSEMBLY INSTRUCTIONS



## Step 1

Remove the treadmill from the carton and place it on a level, flat surface. **The treadmill is heavy; it is suggested you always have the assistance of a second person when removing the treadmill from the carton.**



## Step 2

Gently lift the Right Handlebar Support Tube (3R) up to the designated position and align the bolt holes. Use one M8x16 Hexagon Socket Button Head Bolt (67), one Ø8 Internal Teeth Serrated Lock Washer (83), two M10x70 Hexagon Socket Button Head Bolts (69), and two Ø10 Internal Teeth Serrated Lock Washers (82) to secure the Right Handlebar Support Tube (3R) onto the Base Frame (2). **Semi-tighten** all bolts with both the 5 mm and 6 mm Allen Wrenches provided.

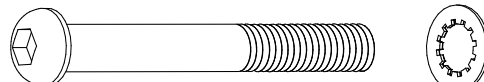
Gently lift the Left Handlebar Support Tube (3L) up to the designated position and align the bolt holes. Use one M8x16 Hexagon Socket Button Head Bolt (67), one Ø8 Internal Teeth Serrated Lock Washer (83), two M10x70 Hexagon Socket Button Head Bolts (69), and two Ø10 Internal Teeth Serrated Lock Washers (82) to secure the Left Handlebar Support Tube (3L) onto the Base Frame (2). **Semi-tighten** all bolts with both the 5 mm and 6 mm Allen Wrenches provided.

**NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL STEP 5 IS COMPLETED.**

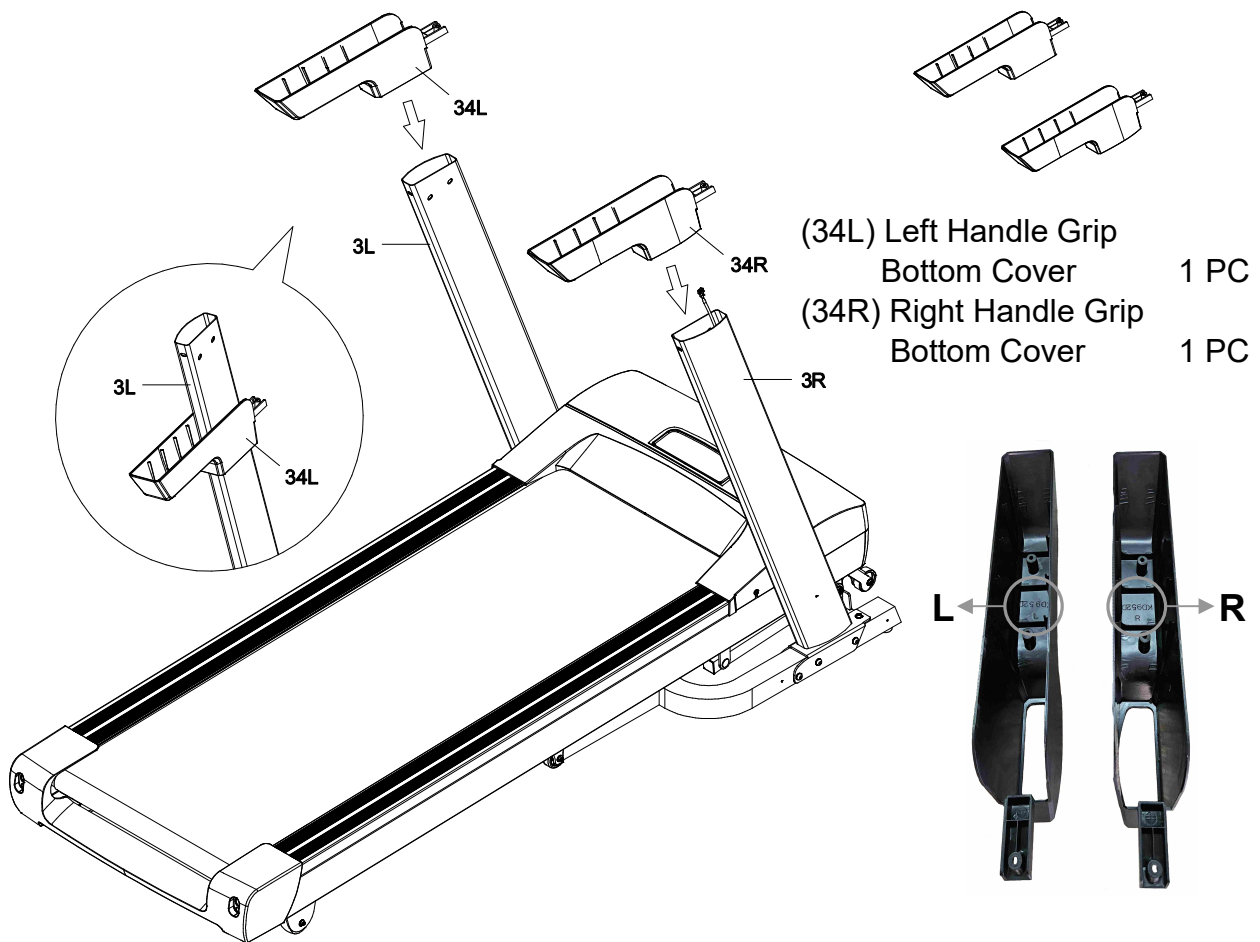
## Hardware:



(67) Hexagon Socket Button Head Bolt M8x16	2 PCS
(83) Internal Teeth Serrated Lock Washer Ø8	2 PCS



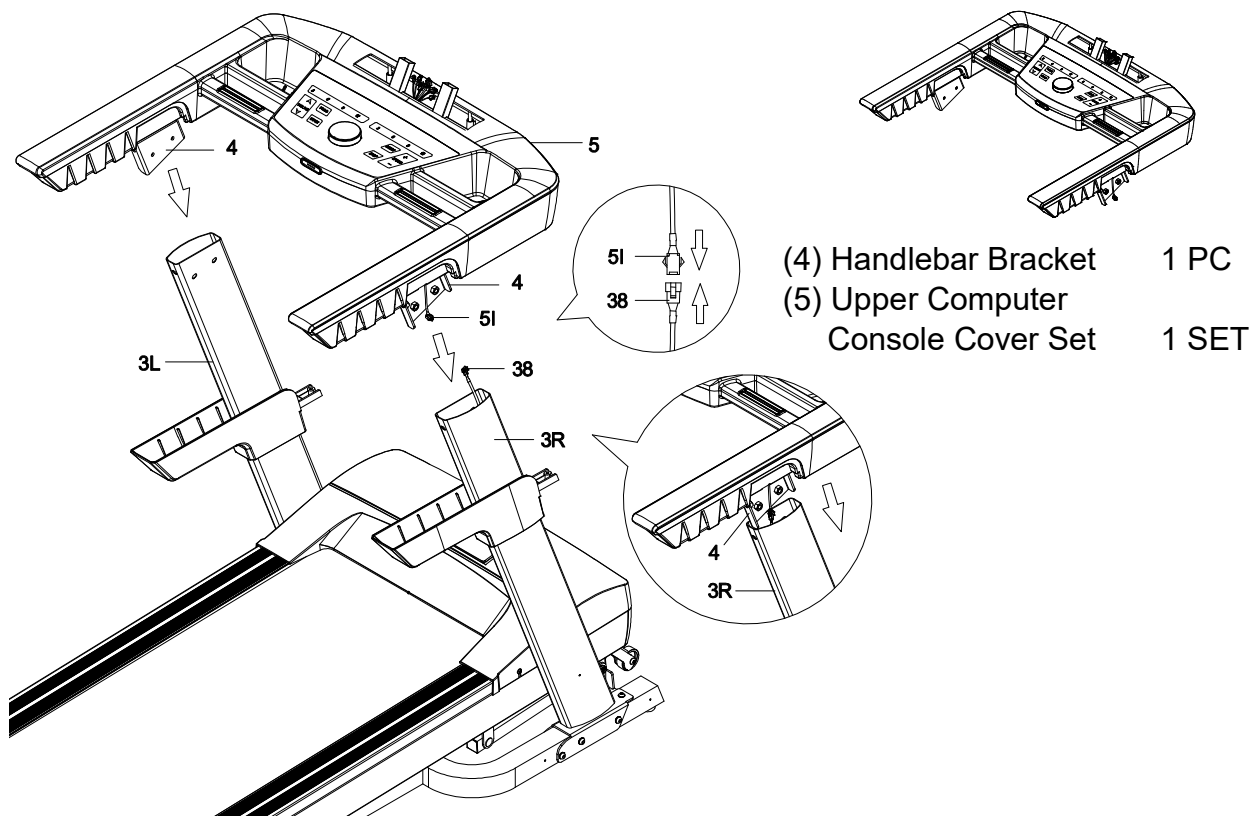
(69) Hexagon Socket Button Head Bolt M10x70	4 PCS
(82) Internal Teeth Serrated Lock Washer Ø10	4 PCS



### Step 3

Slide both the Left and Right Handle Grip Bottom Covers (34L, 34R) down onto both the Left and Right Handlebar Support Tubes (3L, 3R).

**IMPORTANT: THE LEFT AND RIGHT HANDLE GRIP BOTTOM COVERS (34L, 34R) ARE MARKED WITH THE LETTER R (RIGHT) AND L (LEFT) TO DENOTE THE SIDE OF THE TREADMILL THEY ARE ON.**



#### Step 4

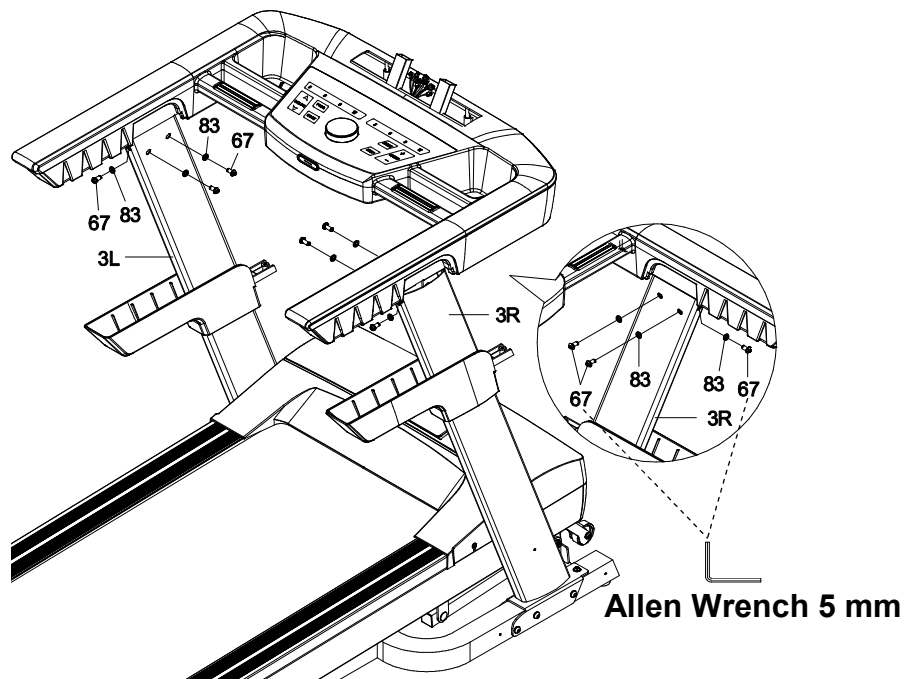
It is recommended to have a second person assist with this step. One person should hold the Upper Computer Console Cover Set (5) with the Handlebar Bracket (4) in place while the other person connects the wires.

Connect the Computer Console Control Wire (5I) from the Handlebar Bracket (4) to the Control Wire (38) from the Right Handlebar Support Tube (3R).

Slide the Handlebar Bracket (4) down into both the top ends of the Left and Right Handlebar Support Tubes (3L, 3R) and align the bolt holes.

**IMPORTANT: WHILE SLIDING THE HANDLEBAR BRACKET (4) INTO BOTH THE LEFT AND RIGHT HANDLEBAR SUPPORT TUBES (3L, 3R), MAKE SURE THE WIRES ARE INSTALLED INSIDE THE RIGHT HANDLEBAR SUPPORT TUBE (3R) AND PAY ATTENTION NOT TO PINCH THE WIRES.**





### Step 5

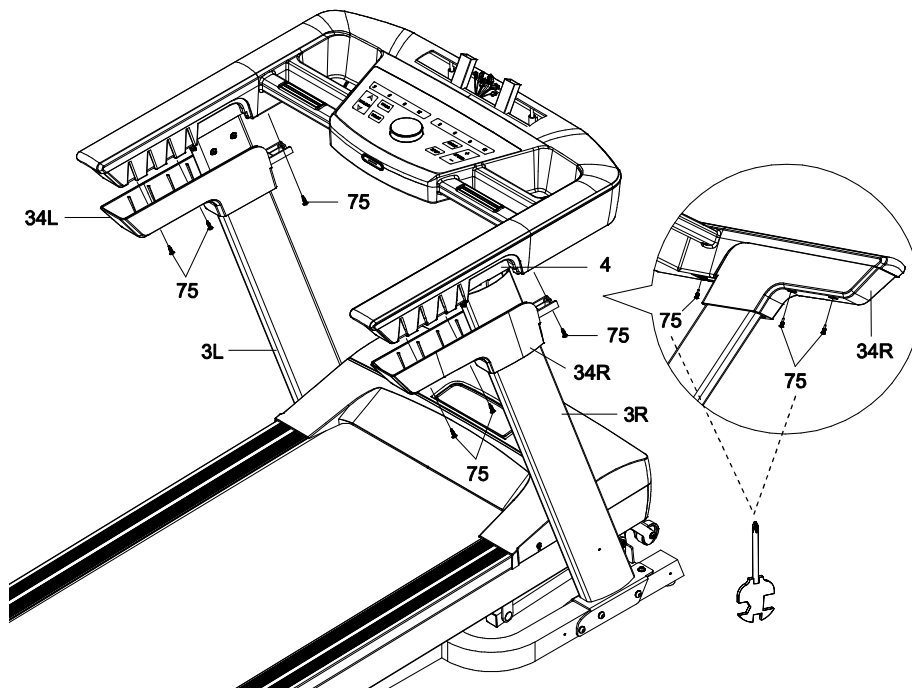
Secure the Handlebar Bracket (4) into both the Left and Right Handlebar Support Tubes (3L, 3R) with six M8x16 Hexagon Socket Button Head Bolts (67) and six Ø8 Internal Teeth Serrated Lock Washers (83). Tighten bolts with the 5 mm Allen Wrench provided.

**NOTE: PLEASE FULLY TIGHTEN BOLTS INSTALLED IN STEP 2 WITH THE TOOLS PROVIDED.**

### Hardware:



- |  |       |
|--|-------|
| (67) Hexagon Socket Button<br>Head Bolt M8x16  | 6 PCS |
| (83) Internal Teeth<br>Serrated Lock Washer Ø8 | 6 PCS |

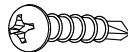


### Step 6

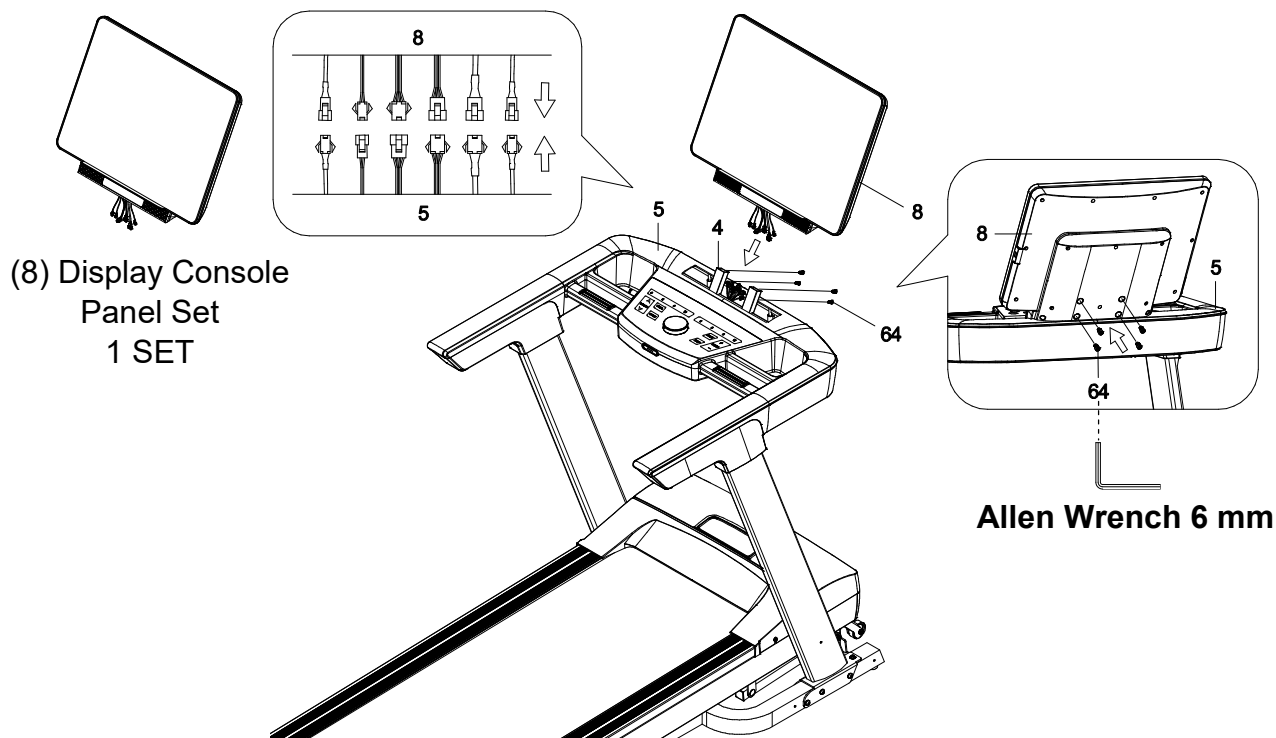
Slide both the Left and Right Handle Grip Bottom Covers (34L, 34R) up onto the Handlebar Bracket (4) and align the screw holes.

Secure both the Left and Right Handle Grip Bottom Covers (34L, 34R) onto the Handlebar Bracket (4) with six ST4.2x19 Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (75). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

### Hardware:



(75) Cross Recessed Pan Head  
Drilling Screw with Tapping  
Screw Thread ST4.2x19  
6 PCS

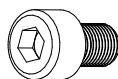


### Step 7

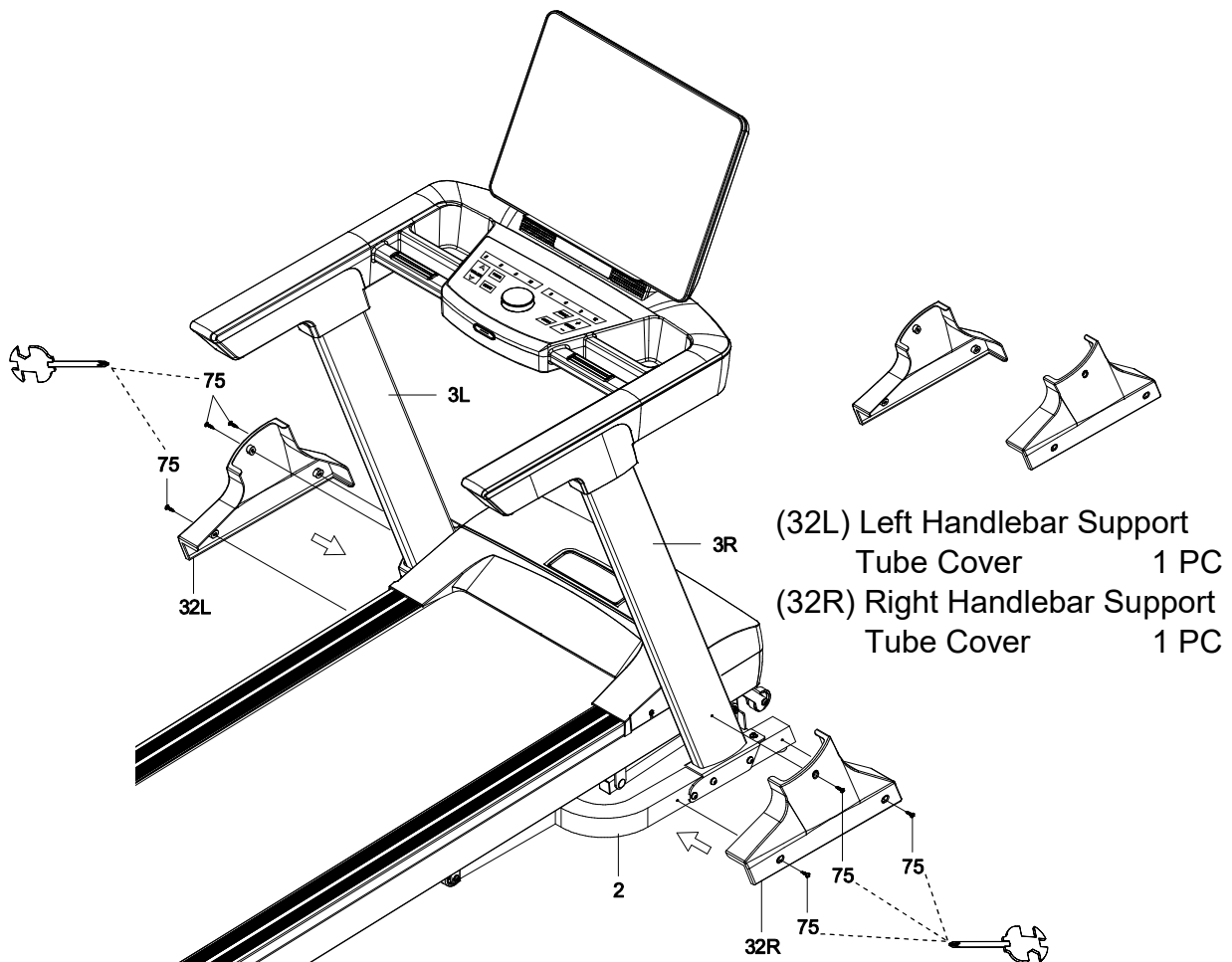
It is recommended to have a second person assist with this step. One person should hold the Display Console Panel Set (8) in place while the other person connects the wires. Connect the wires from the Display Console Panel Set (8) to the wires from the Upper Computer Console Cover Set (5).

Secure the Display Console Panel Set (8) to the Handlebar Bracket (4) with four M8x12 Hexagon Socket Round Head Cap Bolts (64). Tighten bolts with the 6 mm Allen Wrench provided.

### Hardware:



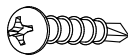
(64) Hexagon Socket Round  
Head Cap Bolt M8x12  
4 PCS



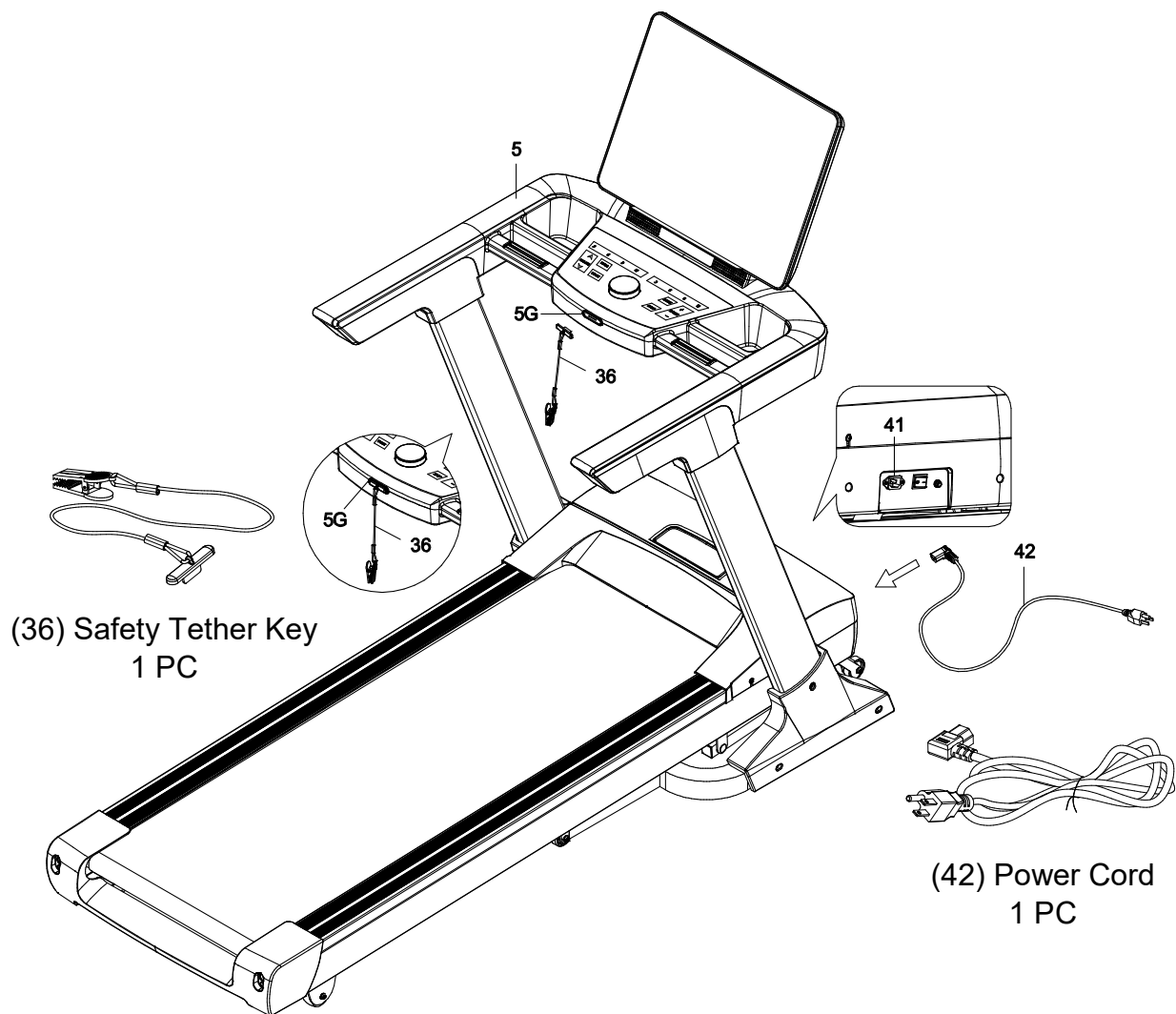
### Step 8

Attach both the Left and Right Handlebar Support Tube Covers (32L, 324R) onto the both Left and Right Handlebar Support Tubes (3L, 3R) and Base Frame (2) with six ST4.2x19 Cross Recessed Pan Head Drilling Screws with Tapping Screw Thread (75). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

### Hardware:



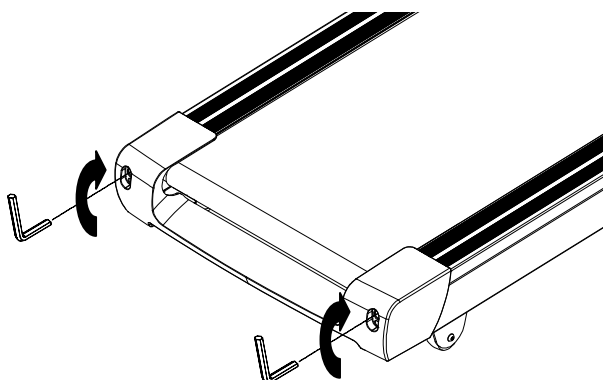
(75) Cross Recessed Pan Head  
Drilling Screw with Tapping  
Screw Thread ST4.2x19  
6 PCS



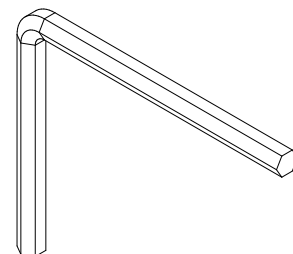
### Step 9

Place the Safety Tether Key (36) onto the Safety Tether Key Bracket (5G).

Plug the indicated end of the Power Cord (42) into the Power Socket (41) on the treadmill.



### Tool:



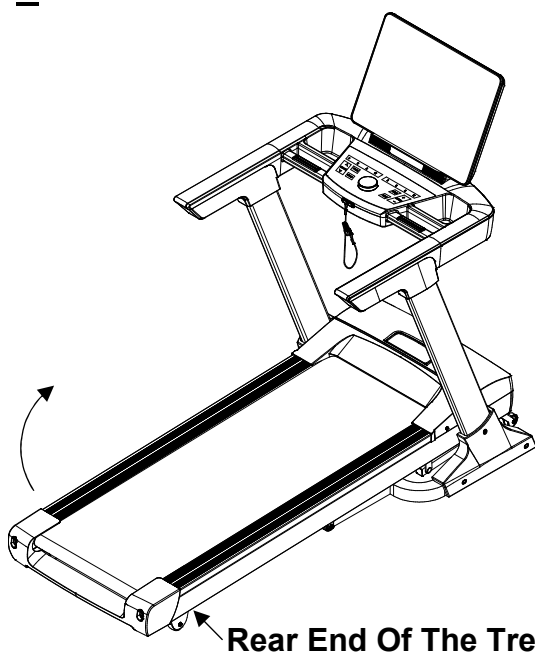
**Allen Wrench 6 mm**

### Step 10

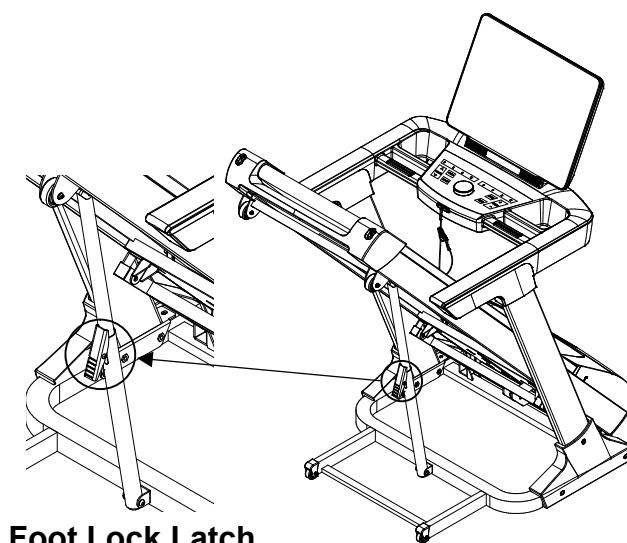
The running belt has been adjusted to the running deck at the factory before it was shipped. However, during shipment, the running belt may become slippery at times. After the treadmill is completely assembled, use a 6 mm Allen Wrench to turn both the left and right rear roller adjustment bolts 1/4 turn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

# FOLDING THE TREADMILL

**A**



**B**



**Foot Lock Latch**

**Rear End Of The Treadmill Frame**

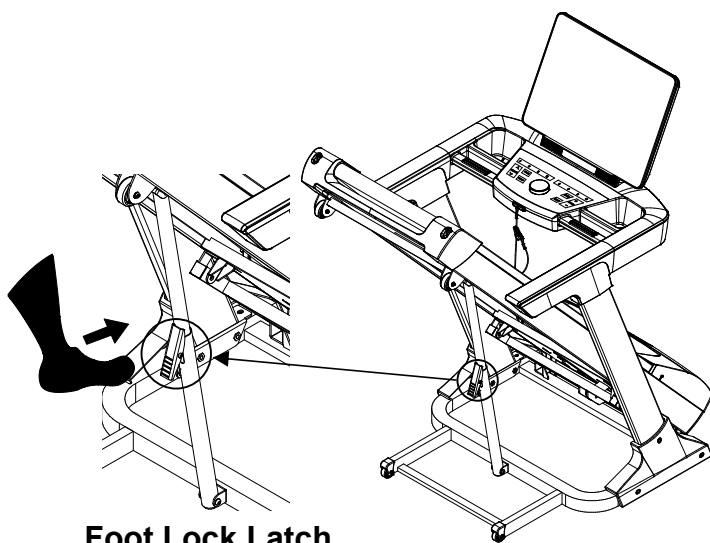
Bend your knees as needed and firmly grip the **Rear End Of The Treadmill Frame** with both hands. Gently and slowly lift the **Rear End Of The Treadmill Frame** up into the upright position until the **Foot Lock Latch** engages and securely locks the main frame into position. Make sure the main frame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

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

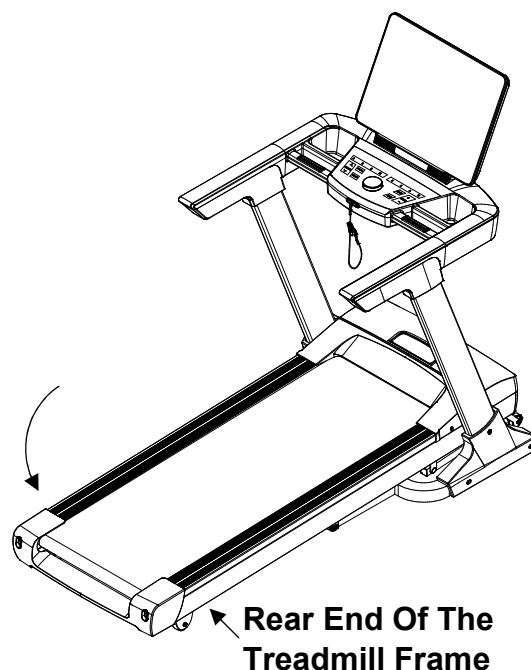
**CAUTION: FAILURE TO SECURE THE MAIN FRAME WITH THE FOOT LOCK LATCH MAY CAUSE THE TREADMILL ACCIDENTALLY FALL, RESULTING IN BODILY INJURY.**

# UNFOLDING THE TREADMILL

**A**



**B**



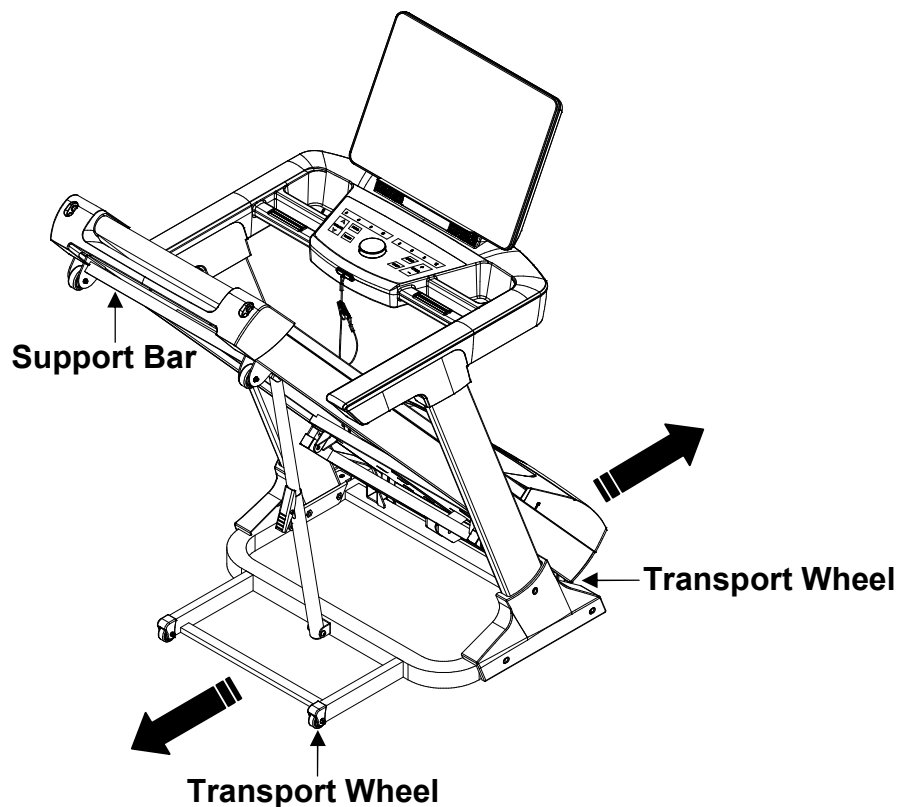
To unfold the treadmill, firmly grip the **Rear End Of The Treadmill Frame** with both hands. Gently kick the **Foot Lock Latch** with your foot until the lock latch disengages. Carefully lower the main frame to the ground. See figures A and B.

**WARNING: DO NOT STAND UNDER THE MAIN FRAME WHEN SETTING DOWN THE TREADMILL.**

**TO PREVENT INJURY, ENSURE YOU HAVE A FIRM GRIP 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



The treadmill has four **Transport Wheels** built into both the main and base frames for easy moving and storage.

To move it, with the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the welded **Support Bar** with both hands. Next, carefully push or pull the treadmill forwards or backwards to the desired location.

**CAUTION: THE TREADMILL IS HEAVY; IT IS SUGGESTED YOU ALWAYS HAVE THE ASSISTANCE OF A SECOND PERSON WHEN MOVING THE TREADMILL. DO NOT ATTEMPT TO MOVE THE TREADMILL WHILE IT IS UNFOLDED.**



# OPERATING THE COMPUTER CONSOLE



Flip the 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 or Control Knob on the computer console to begin exercising. Both the computer and control knob screens will countdown for 3 seconds before the running belt starts moving. The running belt initially starts moving with a speed of 1.0 KPH. You may press the SPEED  $+/ -$  or turn the Control Knob clockwise or counterclockwise direction on the computer console to adjust the running speed during exercise. Both the computer and control knob screens will display the SPEED to indicate your current running speed, ranging from a minimum of 1.0 KPH to a maximum 18.0 KPH. You may also press one of the QUICK SPEED buttons (3 / 6 / 9 / 12) on the computer console, and both the computer and control knob screens will display the speed that you have selected, changing the running speed to 3 KPH, 6 KPH, 9 KPH, or 12 KPH respectively. You may press the INCLINE ▲ or INCLINE ▼ button on the computer console to increase or decrease the incline level during exercise. Both the computer and control knob screens will display the INCLINE to indicate your current incline level. Each increment or decrement changes the level by 1 level. The available incline adjustment range is from 0 to 20 levels. You may also press one of the QUICK INCLINE buttons (3 / 6 / 9 / 12) on the computer console, and both the computer and control knob screens will display the incline level that you have selected, changing the incline level to 3-level, 6-level, 9-level, or 12-level respectively. The computer screen will display the TIME to indicate your elapsed workout time in minutes and seconds. The computer screen will display the DIS. (DISTANCE) to indicate the accumulative distance traveled during workout. The computer screen will display the CAL. (CALORIES) to indicate the total accumulated calories burned during workout. Both the computer and control knob screens will display the PULSE to indicate your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise, and the pulse will be displayed after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During the workout, you may press the STOP button or Control Knob on the computer console to pause (both the computer and control knob screens will display PAU) the

treadmill at any time. Press the START button or Control Knob to resume the program, and all displays will continue to show the performance until the program finishes. Press the STOP button twice to stop the treadmill running, and all data values on the computer console will reset to zero.

During the workout, press and hold the Control Knob for 2 seconds to stop the treadmill, and all displays will reset to zero.

In standby mode, if the treadmill remains idle for 10 minutes, it will switch to SLEEP mode, and all displays will turn off. Pressing any button on the computer console will wake it up.

## **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 target training time, speed, and incline level in Custom User Program Mode (U01-U03).

To confirm the setting for user's gender, age, height, and weight in Body Fat Calculator Program Mode.

**PROG. (PROGRAM):** To select your chosen program (P01-P20 Pre-Set Program, U01-U03 Custom User Program, or Body Fat Calculator Program).

**SPEED +:** To make increases in setting target training time, distance, or calories in Manual Program Mode.

To make increases in setting target training time in Pre-Set Program Mode (P01-P20).

To make increases in setting target training time and running speed in Custom User Program Mode (U01-U03).

To make increases in setting gender, age, height, and weight of the user in Body Fat Calculator Program Mode.

To adjust the speed during all training sessions across different training modes.

**SPEED —:** To make decreases in setting target training time, distance, or calories in Manual Program Mode.

To make decreases in setting target training time in Pre-Set Program Mode (P01-P20).

To make decreases in setting target training time and running speed in Custom User Program Mode (U01-U03).

To make decreases in setting gender, age, height, and weight of the user in Body Fat Calculator Program Mode.

To adjust the speed during all training sessions across different training modes.

**QUICK SPEED (3 / 6 / 9 / 12):** Used to reach desired speed more quickly.

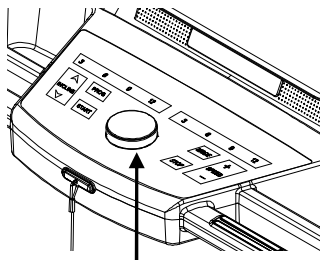
**INCLINE ▲:** To increase the incline level in Custom User Program Mode (U01-U03).

To adjust the incline level during all training sessions across different training modes.

**INCLINE ▼:** To decrease the incline level in Custom User Program Mode (U01-U03). To adjust the incline level during all training sessions across different training modes.

**QUICK INCLINE (3 / 6 / 9 / 12):** Used to reach desired incline level more quickly.

## CONTROL KNOB FUNCTIONS:



**Control Knob**

1. In standby mode, press the Control Knob, and the treadmill will start and run at the speed of 1.0 KPH. You may turn the Control Knob clockwise or counterclockwise direction to adjust the running speed during exercise.
2. During the workout, press the Control Knob to stop the treadmill, and all displays will enter PAU (pause) mode. Press the Control Knob again to resume the program, and all displays will continue to show the performance until the program finishes.
3. During the workout, press and hold the Control Knob for 2 seconds to stop the treadmill, and all displays will reset to zero.

## DISPLAY FUNCTIONS:

**SCAN:** Displays each function in sequence with change every 2 seconds on the control knob screen.

**TIME:** Displays your elapsed workout time in minutes and seconds on the computer screen.

**SPEED:** Displays the current running speed on both the computer and control knob screens.

**DIS. (DISTANCE):** Displays the accumulative distance traveled during your workout on the computer screen.

**CAL. (CALORIES):** Displays the total calories burned during your workout on the computer screen.

**INCLINE:** Displays the incline level from the minimum 0-level to the maximum 20-level on both the computer and control knob screens.

**PULSE:** Displays your current heart rate in beats per minute (BPM) on both the computer and control knob screens. 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.

**PROGRAM:** Displays your chosen program (P01-P20 Pre-Set Program, U01-U03 Custom User Program, or Body Fat Calculator Program) on the computer screen.

## **TRAINING IN MANUAL PROGRAM MODE (COUNT DOWN OPERATION):**

**In this count down operation, only one of the function, TIME, DISTANCE, or CALORIES, can be set to count down for your workout, while the others will count up during your workout.**

### **TARGET TIME: Count Down Operation For TIME.**

In standby mode, press the MODE button on the computer console to select the TIME mode. The display will flash, showing a default suggestion of 30:00 minutes. In SET mode, you can adjust the target time by pressing the SPEED + or SPEED – button (default range: 5:00 to 99:00 minutes). After specifying the target time, press the START button to start the mode. The target time will count down to 0:00. When the pre-set target time reaches 0:00, the computer will beep to alert you, the treadmill will stop automatically, and the display will show End.

### **TARGET DISTANCE: Count Down Operation For DISTANCE.**

In standby mode, press the MODE button on the computer console to select the DISTANCE mode. The display will flash, showing a default suggestion of 1.00 km. In SET mode, you can adjust the target distance by pressing the SPEED + or SPEED – button (default range: 0.50 to 99.9 km). After specifying the target distance, press the START button to start the mode. The target distance will count down to 0.00. When the pre-set target distance reaches 0.00, the computer will beep to alert you, the treadmill will stop automatically, and the display will show End.

### **TARGET CALORIES: Count Down Operation For CALORIES.**

In standby mode, press the MODE button on the computer console to select the CALORIES mode. The display will flash, showing a default suggestion of 50 kcal. In SET mode, you can adjust the target calories by pressing the SPEED + or SPEED – button (default range: 10 to 990 kcal). After specifying the target calories, press the START button to start the mode. The target calories will count down to 0. When the pre-set target calories reach 0, the computer will beep to alert you, and the treadmill will stop automatically, and the display will show End.

## **TRAINING IN PRE-SET PROGRAM MODE (P01-P20):**

**All the pre-set programs consist of 16 intervals, with pre-set speeds and incline levels for each interval. The duration of each of the 16 intervals in the program will be automatically adjusted based on the total workout time you set.**

In standby mode, press the PROG. (PROGRAM) button on the computer console to select one of the pre-set programs, numbered P01 through P20. The TIME will flash, showing a default suggestion of 30:00 minutes. In SET mode, you can adjust the target time by pressing the SPEED + or SPEED – button (default range: 5:00 to 99:00 minutes). After specifying the target time, press the START button to start the pre-set program, both the computer and control knob screens will countdown 3 seconds before the running belt starts moving. The running speed and incline level will change automatically during the workout, as indicated below. The program is evenly divided into 16 intervals. When the pre-set training program time reaches 0:00, the computer will beep to alert you, and the treadmill will stop automatically, and the display will show End.

<b>P01</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>5</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>P02</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>4</b>
	<b>INCLINE LEVEL</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>5</b>	<b>4</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>2</b>
<b>P03</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>4</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>7</b>	<b>7</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>2</b>
<b>P04</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>3</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>5</b>	<b>7</b>	<b>7</b>	<b>8</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>8</b>	<b>5</b>	<b>9</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>2</b>
<b>P05</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>7</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>4</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>8</b>	<b>8</b>	<b>5</b>	<b>4</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>P06</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>8</b>	<b>8</b>	<b>6</b>	<b>7</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>3</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>8</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>

<b>P07</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>7</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>3</b>	<b>6</b>	<b>5</b>	<b>3</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>4</b>
<b>P08</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>6</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>4</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>6</b>	<b>7</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>9</b>	<b>9</b>	<b>10</b>	<b>10</b>	<b>12</b>	<b>8</b>	<b>6</b>	<b>3</b>
<b>P09</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>4</b>	<b>7</b>	<b>7</b>	<b>8</b>	<b>4</b>	<b>8</b>
	<b>INCLINE LEVEL</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>9</b>	<b>9</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>3</b>	<b>3</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>7</b>	<b>4</b>	<b>2</b>
<b>P10</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>8</b>
	<b>INCLINE LEVEL</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>8</b>	<b>8</b>	<b>4</b>	<b>4</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>6</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>3</b>
<b>P11</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>5</b>	<b>8</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>7</b>	<b>7</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>10</b>	<b>10</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>5</b>	<b>5</b>	<b>2</b>	<b>0</b>
<b>P12</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>3</b>	<b>4</b>	<b>9</b>	<b>9</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>9</b>
	<b>INCLINE LEVEL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>2</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>7</b>	<b>5</b>	<b>5</b>	<b>7</b>	<b>5</b>	<b>7</b>	<b>6</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>5</b>	<b>7</b>	<b>3</b>	<b>6</b>	<b>5</b>	<b>3</b>	<b>3</b>

<b>P13</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>3</b>	<b>6</b>	<b>7</b>	<b>5</b>	<b>7</b>	<b>5</b>	<b>5</b>	<b>7</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>3</b>	<b>7</b>	<b>5</b>	<b>3</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>9</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>9</b>	<b>9</b>	<b>4</b>	<b>3</b>
	<b>INCLINE LEVEL</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>P14</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>7</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
	<b>INCLINE LEVEL</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>4</b>
<b>P15</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>4</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>P16</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>7</b>	<b>4</b>	<b>1</b>
<b>P17</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>2</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>9</b>	<b>9</b>	<b>10</b>	<b>10</b>	<b>12</b>	<b>8</b>	<b>6</b>	<b>3</b>
<b>P18</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>7</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>6</b>	<b>5</b>	<b>3</b>	<b>2</b>

<b>P19</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>3</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>6</b>	<b>2</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>P20</b>	INTERVAL	1	2	3	4	5	6	7	8
	<b>SPEED (KPH)</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
	<b>INCLINE LEVEL</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>4</b>
	INTERVAL	9	10	11	12	13	14	15	16
	<b>SPEED (KPH)</b>	<b>1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
	<b>INCLINE LEVEL</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>

### TRAINING IN CUSTOM USER PROGRAM MODE (U01-U03):

There are 3 CUSTOM USER programs available for setting your own pre-set program. Press the PROG. (PROGRAM) button until the screen display U01, U02, or U03 on the computer screen. Use the SPEED + or SPEED – button to set target training program time. Each press adjusts the time by 1 minute. The preset time range is from 5:00 to 99:00 minutes. Press the MODE button to confirm the target training time. Then, use the SPEED + or SPEED – button to set speed for the first interval of the custom user program. Press the INCLINE ▲ or INCLINE ▼ button to set incline level for the first interval of custom user program. Press the MODE button to confirm the speed and incline level for the first interval of custom user program. Repeat the above steps to set the speed and incline level for all 16 intervals. After setting all the speed and incline levels, press the START button to begin the exercise. The computer screen will countdown 3 seconds before the running belt starts moving. The running speed and incline level will change automatically according to your own pre-set program throughout the workout. When the pre-set training target time reaches to 0:00, the computer will beep to alert you, the treadmill will stop automatically, and the display will show End.

### TRAINING IN BODY FAT CALCULATOR PROGRAM MODE:

Press the PROG. (PROGRAM) button to select FAT (Body Fat Calculator Program). The computer screen will display F-1 (gender) and 0 (male). Use the SPEED + or SPEED – button to set the user's gender. 1 indicates male, and 2 indicates female. Press the MODE button to confirm the gender. The computer screen will display F-2 (age) and 25 (year-old). Use the SPEED + or SPEED – button to set the user's age. Press the MODE button to confirm the age. The computer screen will display F-3 (height) and 170 (cm). Use the SPEED + or SPEED – button to set the user's height. Press the MODE button to confirm the height. The computer screen will display F-4 (weight) and 70 (kg). Use the SPEED + or SPEED – button to set the user's weight. Press the MODE button to confirm the weight. The computer screen will display F-5 (body fat ratio) and ---. Please grip the hand pulse sensors with both hands for a few seconds, and the computer screen will display your body fat ratio.

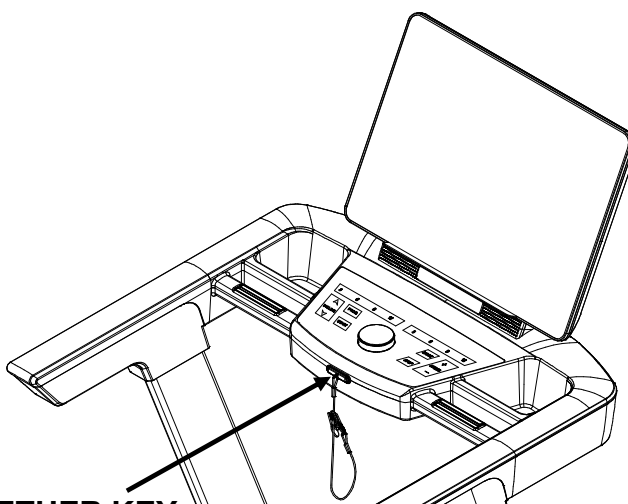


**NOTE:** The Body Fat Ratio is an estimate based on the gender, age, height, and weight input and is to be used as a guide only.

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%

Stream music from your mobile device (smartphone/tablet) to the built-in speakers via Bluetooth. To connect the built-in speakers via Bluetooth, please go to your mobile device's settings section and turn on the **BLUETOOTH** function. Tap **QY-BYSP** to connect. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.

## 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 detach the **SAFETY TETHER KEY** from the Computer Console, triggering an immediate emergency stop of the running belt to help prevent injury. Replace the Safety Tether Key onto the Computer Console, then press the **START** button to begin exercise again.

# ERROR CODES

**E01** error code: This usually indicates the communication problem between the computer display power control board and the power control board. Check for loose or disconnected wires between these two boards. Unplug and reconnect any connections. If the error code persists, please contact your local Customer Service.

**E02** error code: This usually indicates the undervoltage protection. The possible cause for undervoltage protection is that the input voltage is too low or there is an issue with the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

**E05** error code: This usually indicates overcurrent protection. The possible causes could be exceeding the rated load, resulting in excessive current and triggering the system's self-protection mechanism, or a part of the treadmill may be jammed, preventing the motor from rotating and triggering the system's self-protection against excessive current due to an excessive load. Please turn off the Power Switch of the treadmill, lubricate the running belt with some lubricant, then turn it back on to restart the treadmill. Additionally, check if there is any burning smell when the motor is running. If the error code persists, please contact your local Customer Service.

**E06** error code: This usually indicates the power control board has detected self-test error. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

**E07** error code: This usually indicates the parameters loss for the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, please contact your local Customer Service.

**E08** error code: This usually indicates the EEPROM damage of the power control board. Please turn off the Power Switch of the treadmill, wait for 30 seconds, then turn it back on to restart the treadmill. If the error code persists, 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.

Alternatively, you can search FitShow app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.



Android

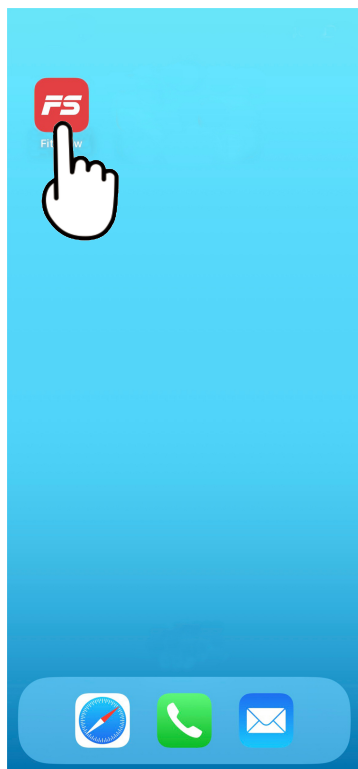


iOS

## 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 BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.**



**NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance. We do not provide any services for the Fitshow App. If you encounter any issues while using the Fitshow App, please contact the application developer.**

## 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.

Alternatively, you can search Kinomap app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.



Android

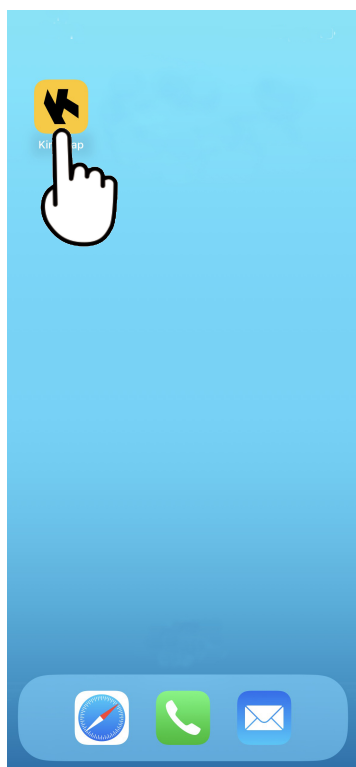


iOS

## 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 BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.**



**NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance. We do not provide any services for the Kinomap App. If you encounter any issues while using the Kinomap App, please contact the application developer.**

## 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.

Alternatively, you can search Zwift app in the Google Play Store (for Android systems) or App Store (for iOS systems) and then download the app.



Android

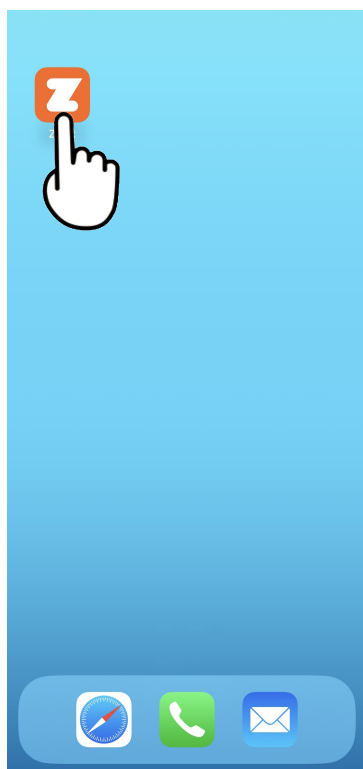


iOS

## 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 BLUETOOTH function. Make sure that Bluetooth is enabled on your mobile device and the treadmill is within the Bluetooth connection range of your mobile device.**



**NOTE: We are unable to provide a complete operational guide for the application within this manual, as the application will be subject to periodic updates. These updates may alter the operation or design of the application. Please refer to the instructions within the specific application download store for guidance. We do not provide any services for the Zwift App. If you encounter any issues while using the Zwift App, please contact the application developer.**

# 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 display screen, out of direct sunlight to prevent damage to the screen.

## STORAGE

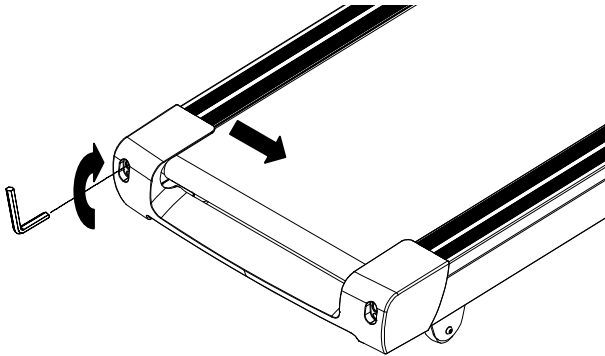
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the power switch is off and the power cord is un-plugged from electrical outlet.

## TROUBLESHOOTING GUIDE

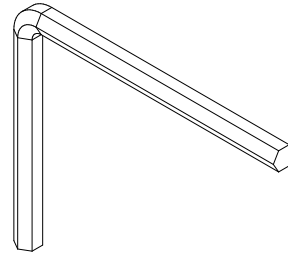
Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. The Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into an electrical outlet. 2. Reinstall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

# RUNNING 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 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.

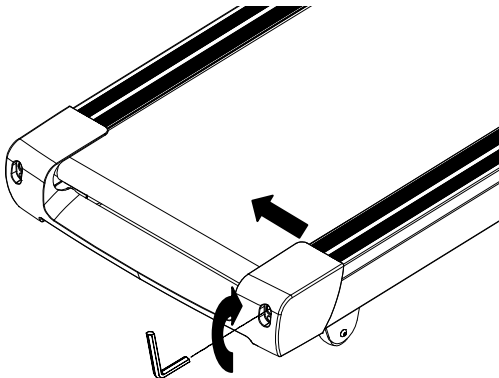


**Tool:**

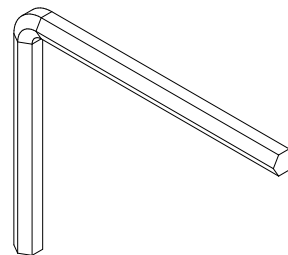


**Allen Wrench 6 mm**

If 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.

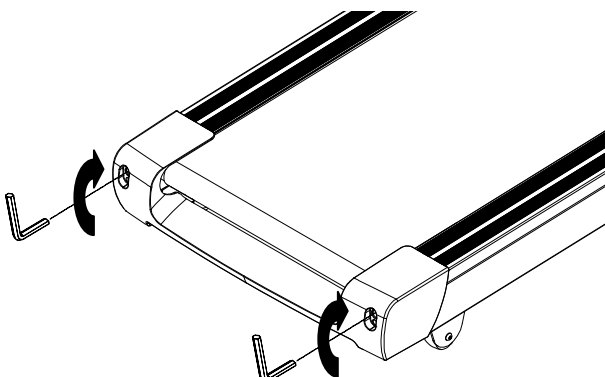


**Tool:**

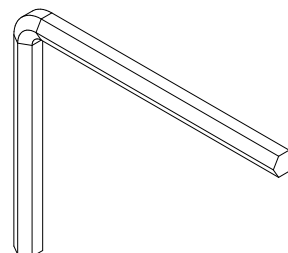


**Allen Wrench 6 mm**

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 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.

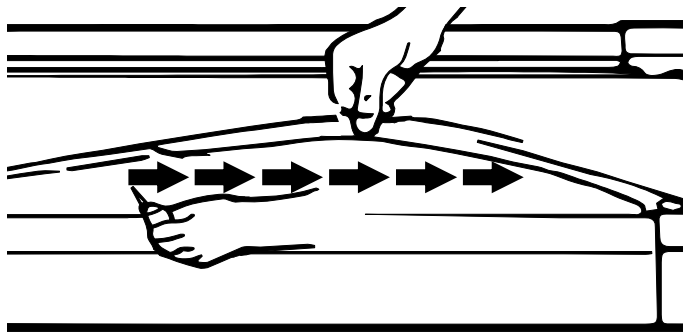
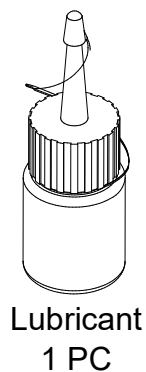
## How to apply lubricant

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.**





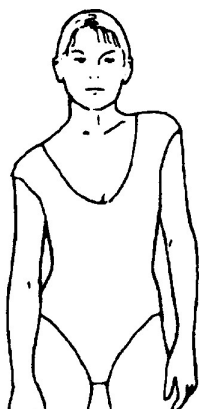
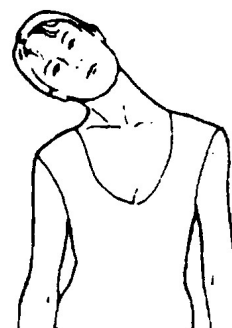
# WARM UP AND COOL DOWN ROUTINE

**WARMING UP** is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

**COOLING 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 from the muscles.

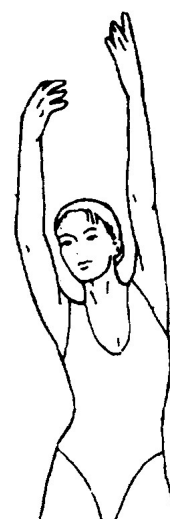
## HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



## SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up 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. Repeat the action with your left arm.

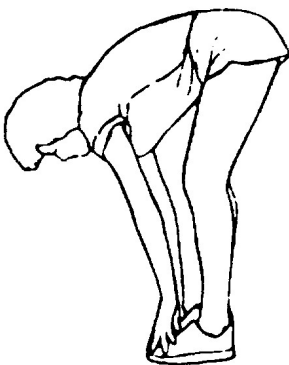


### **QUADRICEPS STRETCH**

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. Repeat with the 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.

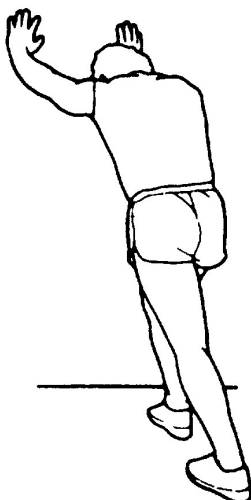
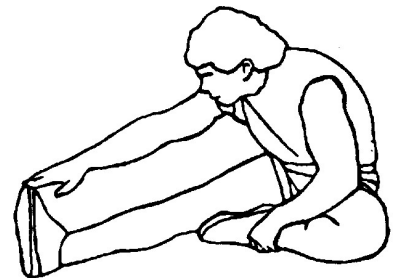


### **TOE TOUCHES**

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