

PT300

Treadmill

Owner's Manual



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment
110V and 220V 11Q Rev B

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Important Safety Instructions

WARNING! Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product. To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

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 be supervised to ensure that they do not play with the appliance.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
2. The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
3. Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
5. Always straddle the belt and allow it to start moving before stepping onto the belt.
6. Hold on to handrail when adjusting speed, incline, or other controls.
7. Always examine your treadmill before using to ensure all parts are in working order.

Important Safety Instructions

8. Allow the belt to fully stop before dismounting.
9. Pets should never be allowed near or on the treadmill.
10. Do not leave children unsupervised near or on the treadmill.
11. Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
12. Never insert any object or body parts into any opening.
13. For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
14. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and or instructed by the manufacturer.
15. Failure to follow these instructions will void the treadmill warranty.
16. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Correct Disposal of this product



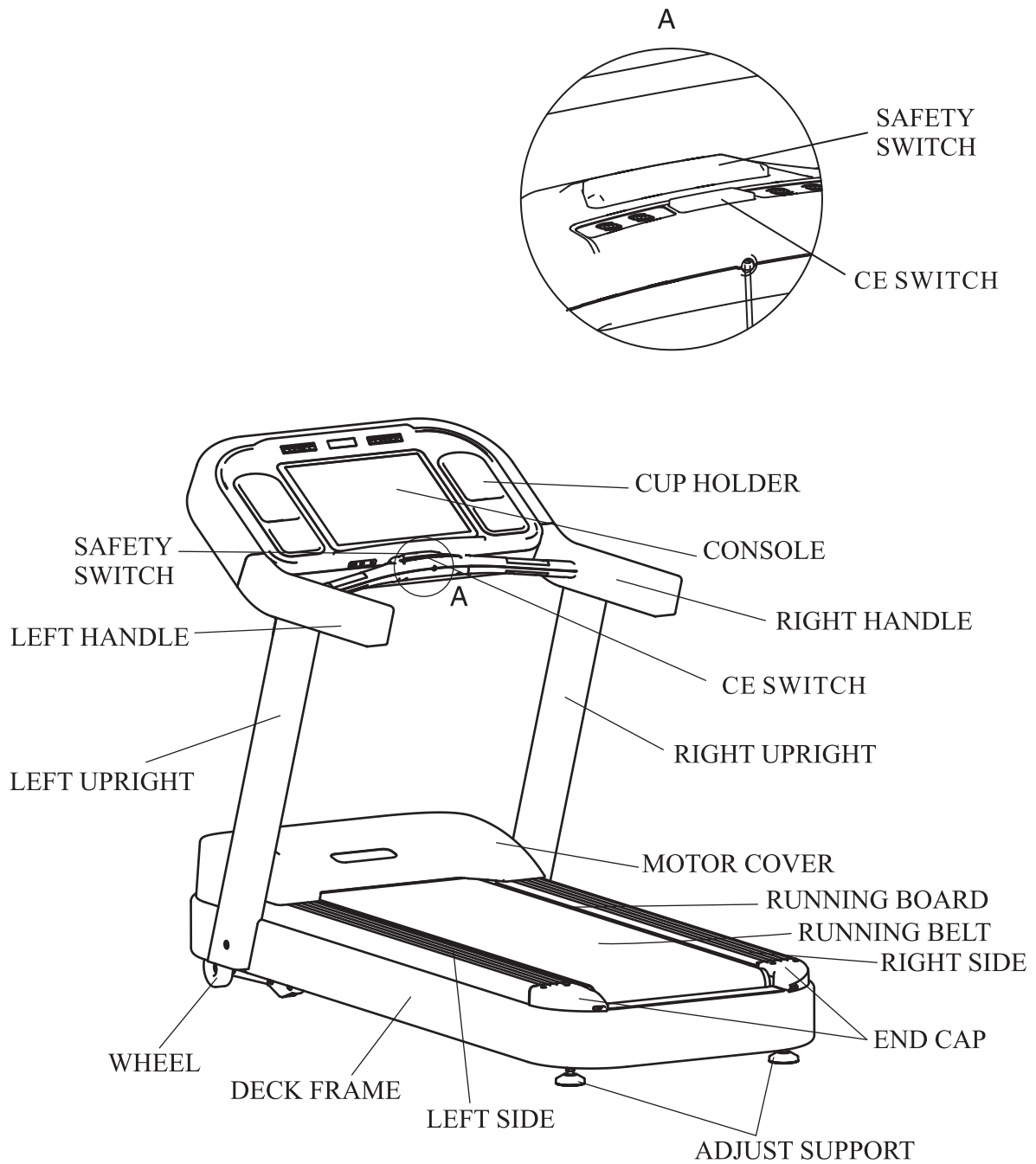
This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks or stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Main parts list

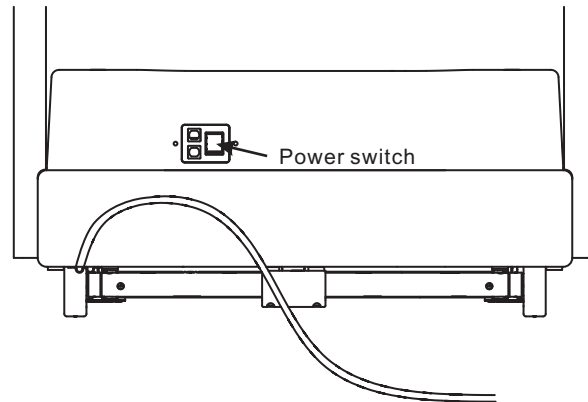


Warning



Note

Before using this treadmill or starting any exercise program, it is important to review this manual and the following precautions.

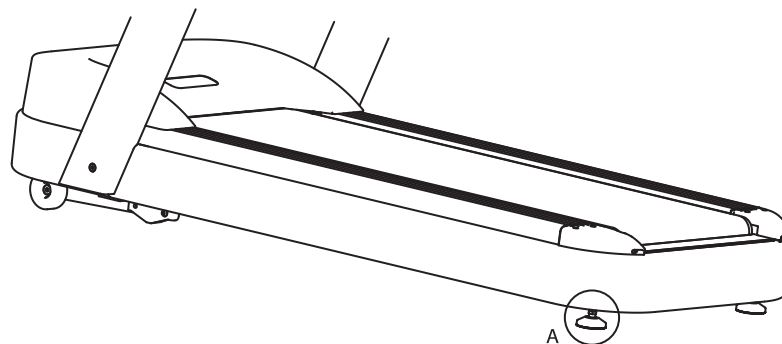


Precautions:

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protect your treadmill, spattering water on the machine must be forbidden.
3. The equipment is Class SB and the max. user weight is 150Kg.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a level place. After adjusting tighten the hex nut by using the Double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the on-off.
2. grasp the handle firmly, stand on the treadmill.
3. clamp the clothes using the safe key clamp.
4. you can operate this device according as the manual At first you should set the lowest speed, then increase the speed gradually.
5. you should grasp the handle firmly by one of your hands, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the Uprights Leaving from treadmill after reducing speed and stopping all functions.
7. Press Safety Switch on emergency.
8. Warm and relax your body after workout.

Exercise time and exercise frequency at a time:

Exercise time: 30minutes----Normal;

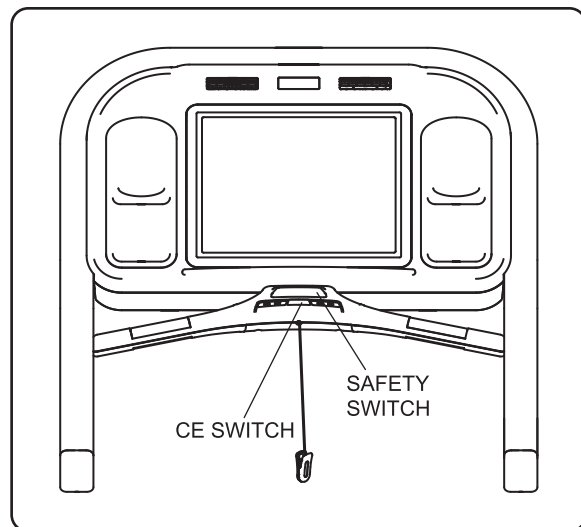
exercise frequency: Warm your body by 10---20minutes under 8Kph

Then increase speed accordingly.

CE SWITCH INTRODUCTION

Except the safe key, there is still a CE switch for user to operate under any emergency condition.

The user can pull the CE switch code to stop the treadmill. After you did this, you should press the CE switch at the low position before you start the treadmill again.



Operation:

1. Press the CE switch and keep it at the low position, tie the CE switch code to your cloth, then start the treadmill for exercise.
2. If there is any emergency condition, the code tied to your cloth will pull the CE switch and it will come to the original position. At the same time, the treadmill will stop completely and the main power will be cut.

Warning: Because of inertia, when use above switch to stop running, the running belt will last running for several seconds before completely stop.

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

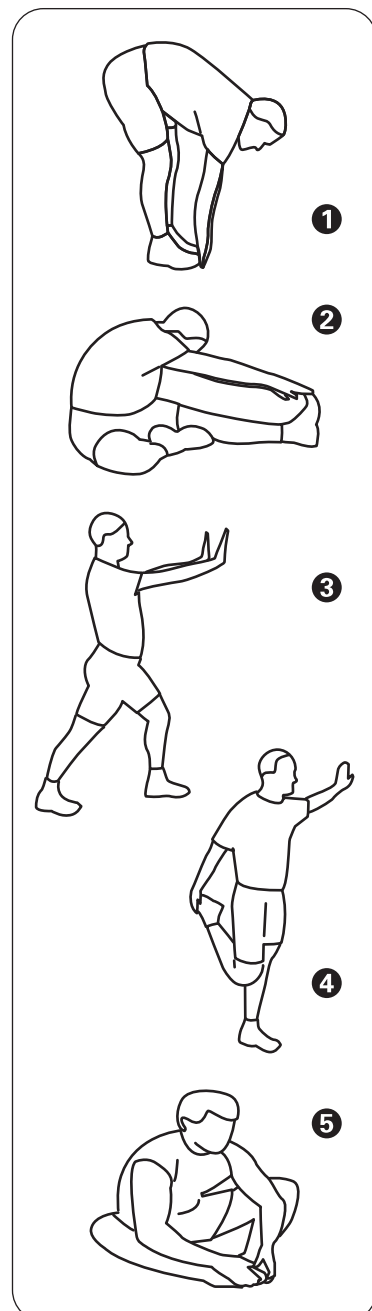
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

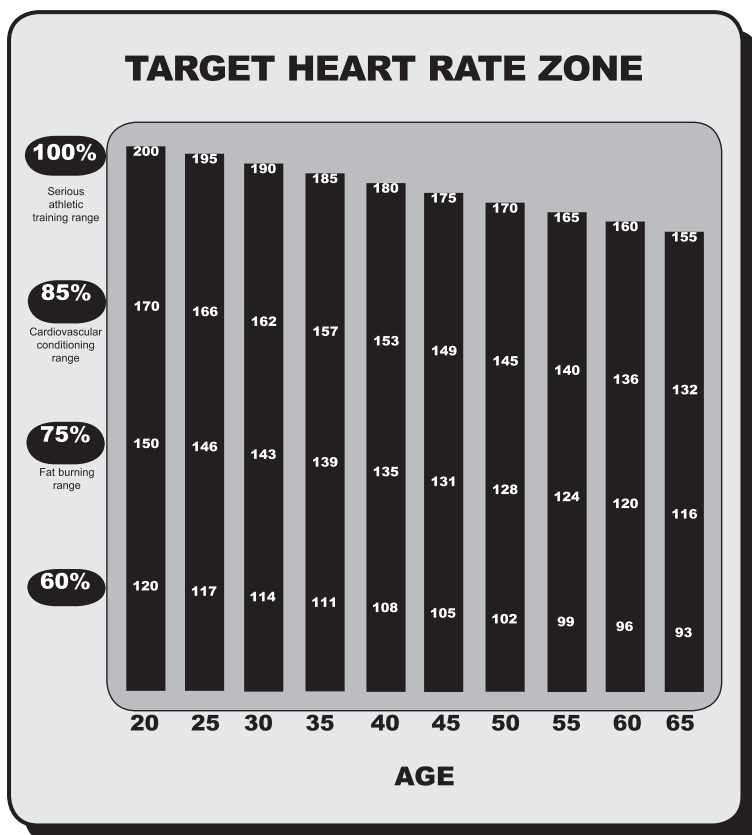
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



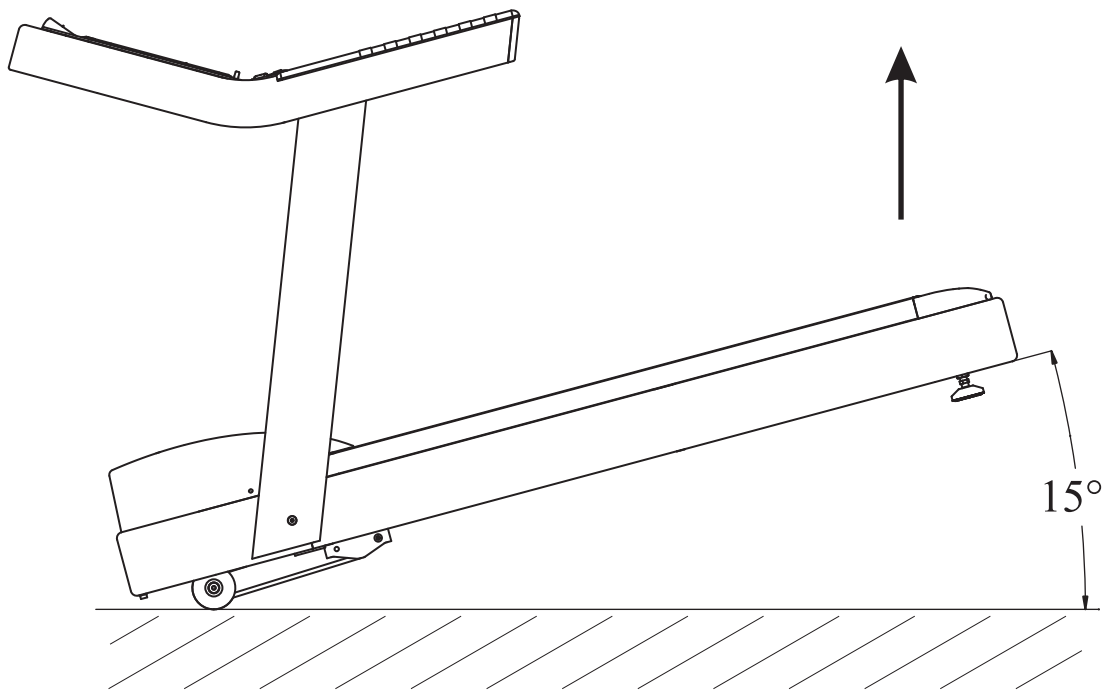
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is in the unfolded operating position. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 15 degrees when lifted the treadmill back.



Parts List-110V

Item No.	Part number	Description	QTY	Item No.	Part number	Description	QTY
1	PT300B0100	Console	1	42	GB5780M8*55DS2	Hex Head Bolt M8*55	1
2	PT300B0200	Left Upright	1	44	GB70M8*45DHS18	Scohet Head Cap Screw M8*45	1
3	PT300B0300	Right Upright	1	46	GB70M10*120DS18	Socket Head Cap Screw M10*120	1
4	PT300B0500	Deck Frame	1	50	GB70M10*50DS18	Hex Head Bolt M10*50	1
5	PT3000600	Elevation Frame	1	51	GB70M8*100DHS18	Socket Head Cap Screw M8*100	2
6	PT3000700	Adjust Frame	1	52	GB70M8*60DHS18	Socket Head Cap Screw M8*60	1
7	PT3000800	Safe Board	1	53	GB70M10*25DS18	Socket Head Cap Screw M10*25	8
10	PT3001200	Covering Plate	2	54	GB70M10*40DS18	Socket Head Cap Screw M10*40	4
11	PT3001400	Dusproof Plate	1	55	GB70M8*35DS20	Socket Head Cap Screw M8*35	4
12	PT3001600	Left Side Board	1	56	GB818M5*15DHS	Phillip Screw M5*15	10
13	PT3001700	Right Side Board	1	57	CNLM8*35DHS20	Flat Head Cap Screw M8*35	8
14	PT3001800	Motor Cover	1	58	CNLM6*40DS2	Flat Head Cap Screw M6*40	4
15	PT3001900	Plate For Switch	1	59	GB17880.5M8*16.5DS2	Hex Nut M8	6
16	PT3002000	Left End Cap	1	60	CLLM5DS2	Chamfer Blind Nut	12
17	PT3002100	Right End Cap	1	61	GB818M3*10DS2	Phillip Screw M3*10	6
18	AC32703100	Fix Plate	2	62	GB41M3DS2	Nut M3	6
19	STDP3400	Adjust Bumper	2	63	NM10DS2	Nylon Nut M10	6
20	STDP3200	Elevation Wheel	2	65	GB6177M8DS2	Jam Nut M8	8
21	STDP4600	Linking Shaft	2	66	GB6177M16DS2	Jam Nut M16	2
22	PT3003800	Running Belt	1	67	STDP6800	K Nut M8	9
23	PT3003900	Running Board	1	69	DQ10DS2	Washer $\Phi 11 \times \Phi 23 \times 2$	14
24	AC29706700	Insulation Bumper	1	71	DQ8DS2	Washer $\Phi 9 \times \Phi 22 \times 1.6$	9
25	DXD260J12A	V-Belt	1	72	GB894.125FH12	Bearing Washer d=25	2
26	PT3002200	Front Roller	1	74	PT3005900	Hardware Bag	1
27	STDP4200A	Rear Roller	1	76	GB845ST4.2*13DS	Phillip Screw ST4.2*13	15
28	STDP2800	Actuator Bumper	1	77	PNLM8*25*25DS2	Button Head Cap M8*25	4
29	STDP3600	Insulation Spacer	4	79	GB6560M4*8DSG	Phillip Screw M4*8	3
30	PT3001300V1	Side Damper	2	80	GB6560M4*12DCS	Phillip Screw M4*12	2
32	IN-S21004800	Clip Nut M8	2	81	CNLM10*75N19	Flat Head Cap Screw M10*75	2
34	STDP5500	Clip Nut M5	4	82	AC32700636	Washer $\Phi 30 \times \Phi 9 \times 3$	4
35	AC3170B5200	Bumper(70)	4	83	GB9310DS12	Spring Washer $\Phi 10$	14
36	PT3002800	Bumper(60)	4	84	GB818M5*20DS2	Phillip Screw M5*20	8
37	PT3002900	Bumper(50)	4	85	CLLM6DS2	Cover-Pulling Nut	4
38	STDP5300	Motor Cover Bumper	1	89	DC1600A9200	Base Bumper	2
39	STDP4400	Power Cord Spacer	1	90	GB862.28DS12	Serrated Lock Washers	2
40	PT3003000	End Cap Bumper	1	101	PT300B4000	Handle Frame	1

Parts List-110V

Item No.	Part number	Description	QTY	Item No.	Part number	Description	QTY
101.1	PT3003100	Handle Cover Up	1	141	L900SM/XHB/VHR-10	Console Wire Up	1
101.2	PT3003200	Handle Cover Down	1	142	07-0079H-S	Remote Pcb	2
101.3	PT3003300	Reposition Switch	1	143	F10	Emergency Switch	2
101.4	PT3002400	Reposition Rack	1	144	DQXTJS01	Receptor	1
101.5	PT3002500	Restrict Spring	3	145	K1NF-55(N)	Ferrite	2
101.7	PT3003400	Emergency Switch	1	146	L600ST0/XHP-2	Emergency Switch Wire	2
101.8	PT3003500	Switch Plate	1	147	L800ST0/XHP-2	Pulse Connect Wire	2
101.9	PT3003600	Nylon Shaft	1	148	L550SMR/VHR-4	Fan Wire	1
111.1	STDP4009	Pulse Plate Up	2	149	L500XHP/XHP-3	Spd And Incl Harness	2
101.11	STDP4010	Pulse Plate Down	2	150	08-0077	Ferrite	3
101.12	STDP4012	Safe Key	1	151	P06	Fan	2
101.13	AC32709921	Switch Rack	1	152	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	8
101.14	GB845ST2.9*6.5DS	Phillip Screw ST2.9*13	2	153	DQBPQ2.2-11S	Inverter	1
101.15	GB6560M4*12DCS	Phillip Screw M4*12	3	154	L1600SM/XHP/XHB-10	Console Wire Down	1
101.16	GB845ST4.2*13DS	Phillip Screw ST4.2*13	10	155	L100ST0/ST0	Connect Wire 01	2
101.17	GB894.16FH12	Circlips For Shaft Φ6	1	156	L250ST0/ST0	Connect Wire 02	6
112	PT3004100	Console Cover Up	1	157	Z13	Power Socket	1
113	PT3004200	Console Cover Down	1	158	F23	Main Switch	1
114	PT3004300	Insert	1	159	F18	Circuit Breaker	2
115	PT3004400	Bottle Holder	2	160	PT300B0400A	Left Handle	1
116	PT3004500	Fan Rack	2	161	PT300B0900A	Right Handle	1
117	PT3004600	Console Hole Cover	3	162	PT300TZ08	Reset Overlay	1
121	SXPZDST4.2*13DHS	Phillip Screw ST4.2*13	4	163	PNLM8*20DS2	Button Head Cap M8*20	8
122	GB845ST4.2*16DS	Phillip Screw ST4.2*16	4	164	PNLM8*15DS2	Button Head Cap M8*15	2
123	E7DZB0800	Fan Grill	2	165	GB17880.5M8*16.5DS2	Hex Nut M8	2
126	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	34	166	GB861.28DS12	Internal Tooth Lock Washer	10
127	GB845ST4.2*13DS	Phillip Screw ST4.2*13	33	167	DQ8DS2	Washer	18
128	GB818M3*10DS2	Phillip Screw M3*10	6	168	IT4005000	Base Bumper A	4
129	GB848M3DS2	Spring Washer Φ3	6	169	PT300B0105	Console Connect Plate	1
133	GB6560M4*8DSG	Phillip Screw M4*8	1	170	08-0077	Ferrite	3
134	PT300BMM01	Console Overlay	1	173	R36-11	Actuator	1
135	PT400MM02	Speed Overlay	1	174	A01-6-US	Power Cord	1
136	PT400MM03	Incline Overlay	1	175	D40-64	Motor	1
138	PT300BTZ03	Console LOGO Label	1	180	740-6031	Connect Wire	1
139	B83-S-WX	Console Pcb	1	181	740-6032	Connect Wire	1
140	F26-S	Key Pcb	1				

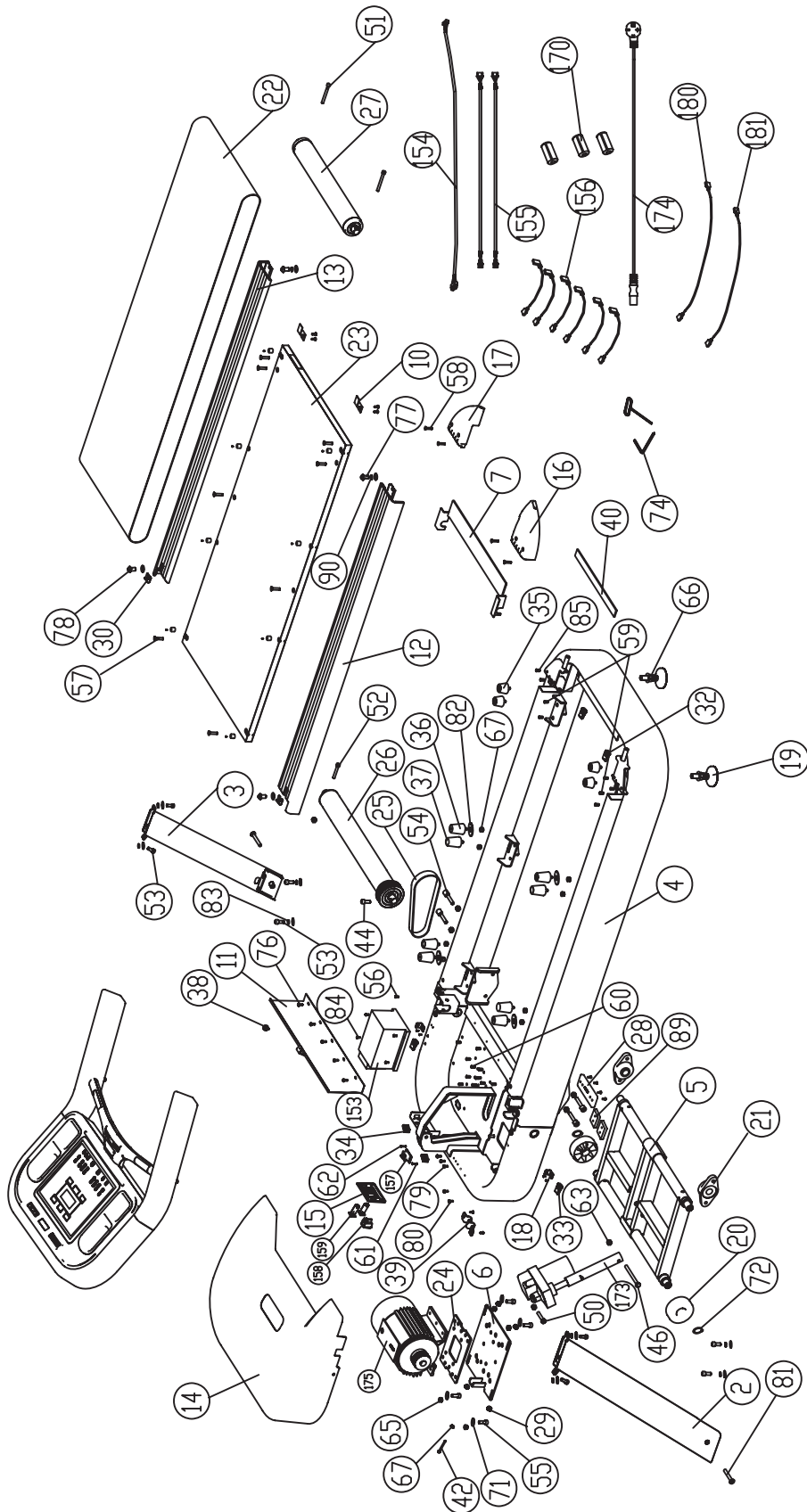
Parts List-220V

Item No.	Part number	Description	QTY	Item No.	Part number	Description	QTY
1	PT300B0100	Console	1	42	GB5780M8*55DS2	Hex Head Bolt M8*55	1
2	PT300B0200	Left Upright	1	44	GB70M8*45DHS18	Scohet Head Cap Screw M8*45	1
3	PT300B0300	Right Upright	1	46	GB70M10*120DS18	Socket Head Cap Screw M10*120	1
4	PT300B0500	Deck Frame	1	50	GB70M10*50DS18	Hex Head Bolt M10*50	1
5	PT3000600	Elevation Frame	1	51	GB70M8*100DHS18	Socket Head Cap Screw M8*100	2
6	PT3000700	Adjust Frame	1	52	GB70M8*60DHS18	Socket Head Cap Screw M8*60	1
7	PT3000800	Safe Board	1	53	GB70M10*25DS18	Socket Head Cap Screw M10*25	8
10	PT3001200	Covering Plate	2	54	GB70M10*40DS18	Socket Head Cap Screw M10*40	4
11	PT3001400	Dusproof Plate	1	55	GB70M8*35DS20	Socket Head Cap Screw M8*35	4
12	PT3001600	Left Side Board	1	56	GB818M5*15DHS	Phillip Screw M5*15	10
13	PT3001700	Right Side Board	1	57	CNLM8*35DHS20	Flat Head Cap Screw M8*35	8
14	PT3001800	Motor Cover	1	58	CNLM6*40DS2	Flat Head Cap Screw M6*40	4
15	PT3001900	Plate For Switch	1	59	GB17880.5M8*16.5DS2	Hex Nut M8	6
16	PT3002000	Left End Cap	1	60	CLLM5DS2	Chamfer Blind Nut	12
17	PT3002100	Right End Cap	1	61	GB818M3*10DS2	Phillip Screw M3*10	6
18	AC32703100	Fix Plate	2	62	GB41M3DS2	Nut M3	6
19	STDP3400	Adjust Bumper	2	63	NM10DS2	Nylon Nut M10	6
20	STDP3200	Elevation Wheel	2	65	GB6177M8DS2	Jam Nut M8	8
21	STDP4600	Linking Shaft	2	66	GB6177M16DS2	Jam Nut M16	2
22	PT3003800	Running Belt	1	67	STDP6800	K Nut M8	9
23	PT3003900	Running Board	1	69	DQ10DS2	Washer $\Phi 11 \times \Phi 23 \times 2$	14
24	AC29706700	Insulation Bumper	1	71	DQ8DS2	Washer $\Phi 9 \times \Phi 22 \times 1.6$	9
25	DXD260J12A	V-Belt	1	72	GB894.125FH12	Bearing Washer d=25	2
26	PT3002200	Front Roller	1	74	PT3005900	Hardware Bag	1
27	STDP4200A	Rear Roller	1	76	GB845ST4.2*13DS	Phillip Screw ST4.2*13	15
28	STDP2800	Actuator Bumper	1	77	PNLM8*25*25DS2	Button Head Cap M8*25	4
29	STDP3600	Insulation Spacer	4	79	GB6560M4*8DSG	Phillip Screw M4*8	3
30	PT3001300V1	Side Damper	2	80	GB6560M4*12DCS	Phillip Screw M4*12	2
32	IN-S21004800	Clip Nut M8	2	81	CNLM10*75N19	Flat Head Cap Screw M10*75	2
34	STDP5500	Clip Nut M5	4	82	AC32700636	Washer $\Phi 30 \times \Phi 9 \times 3$	4
35	AC3170B5200	Bumper(70)	4	83	GB9310DS12	Spring Washer $\Phi 10$	14
36	PT3002800	Bumper(60)	4	84	GB818M5*20DS2	Phillip Screw M5*20	8
37	PT3002900	Bumper(50)	4	85	CLLM6DS2	Cover-Pulling Nut	4
38	STDP5300	Motor Cover Bumper	1	89	DC1600A9200	Base Bumper	2
39	STDP4400	Power Cord Spacer	1	90	GB862.28DS12	Serrated Lock Washers	2
40	PT3003000	End Cap Bumper	1	101	PT300B4000	Handle Frame	1

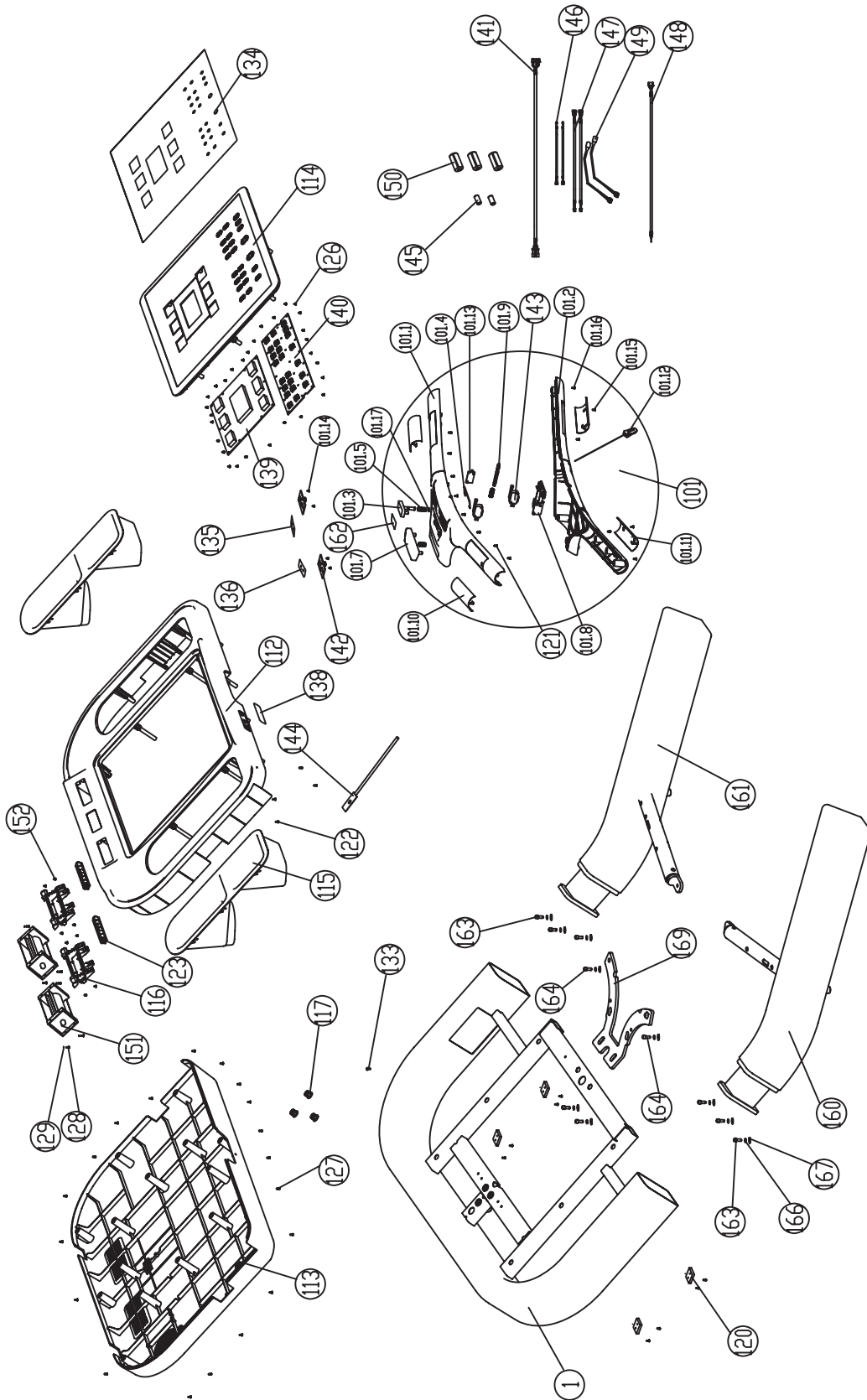
Parts List-220V

Item No.	Part number	Description	QTY	Item No.	Part number	Description	QTY
101.1	PT3003100	Handle Cover Up	1	141	L900SM/XHB/VHR-10	Console Wire Up	1
101.2	PT3003200	Handle Cover Down	1	142	07-0079H-S	Remote Pcb	2
101.3	PT3003300	Reposition Switch	1	143	F10	Emergency Switch	2
101.4	PT3002400	Reposition Rack	1	144	DQXTJS01	Receptor	1
101.5	PT3002500	Restrict Spring	3	145	K1NF-55(N)	Ferrite	2
101.7	PT3003400	Emergency Switch	1	146	L600ST0/XHP-2	Emergency Switch Wire	2
101.8	PT3003500	Switch Plate	1	147	L800ST0/XHP-2	Pulse Connect Wire	2
101.9	PT3003600	Nylon Shaft	1	148	L550SMR/VHR-4	Fan Wire	1
111.1	STDP4009	Pulse Plate Up	2	149	L500XHP/XHP-3	Spd And Incl Harness	2
101.11	STDP4010	Pulse Plate Down	2	150	08-0077	Ferrite	3
101.12	STDP4012	Safe Key	1	151	P06	Fan	2
101.13	AC32709921	Switch Rack	1	152	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	8
101.14	GB845ST2.9*6.5DS	Phillip Screw ST2.9*13	2	153	DQBQ2.2-S	Transducer	1
101.15	GB6560M4*12DCS	Phillip Screw M4*12	3	154	L1600SM/XHP/XHB-10	Console Wire Down	1
101.16	GB845ST4.2*13DS	Phillip Screw ST4.2*13	10	155	L100ST0/ST0	Connect Wire 01	2
101.17	GB894.16FH12	Circlips For Shaft Φ6	1	156	L250ST0/ST0	Connect Wire 02	6
112	PT3004100	Console Cover Up	1	157	Z13	Power Socket	1
113	PT3004200	Console Cover Down	1	158	F17	Main Switch	1
114	PT3004300	Insert	1	159	08-0004	Circuit Breaker	2
115	PT3004400	Bottle Holder	2	160	PT300B0400A	Left Handle	1
116	PT3004500	Fan Rack	2	161	PT300B0900A	Right Handle	1
117	PT3004600	Console Hole Cover	3	162	PT300TZ08	Reset Overlay	1
121	SXPZDST4.2*13DHS	Phillip Screw ST4.2*13	4	163	PNLM8*20DS2	Button Head Cap M8*20	8
122	GB845ST4.2*16DS	Phillip Screw ST4.2*16	4	164	PNLM8*15DS2	Button Head Cap M8*15	2
123	E7DZB0800	Fan Grill	2	165	GB17880.5M8*16.5DS2	Hex Nut M8	2
126	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	34	166	GB861.28DS12	Internal Tooth Lock Washer	10
127	GB845ST4.2*13DS	Phillip Screw ST4.2*13	33	167	DQ8DS2	Washer	18
128	GB818M3*10DS2	Phillip Screw M3*10	6	168	IT4005000	Base Bumper A	4
129	GB848M3DS2	Spring Washer Φ3	6	169	PT300B0105	Console Connect Plate	1
133	GB6560M4*8DSG	Phillip Screw M4*8	1	170	08-0077	Ferrite	3
134	PT300BMM01	Console Overlay	1	171	Q03	Filter	1
135	PT400MM02	Speed Overlay	1	172	Q02-S1	Inductance	1
136	PT400MM03	Incline Overlay	1	173	R36	Actuator	1
138	PT300BTZ03	Console LOGO Label	1	174	A01-6	Power Cord	1
139	B83-S-WX	Console Pcb	1	175	D40-64	Motor	1
140	F26-S	Key Pcb	1				

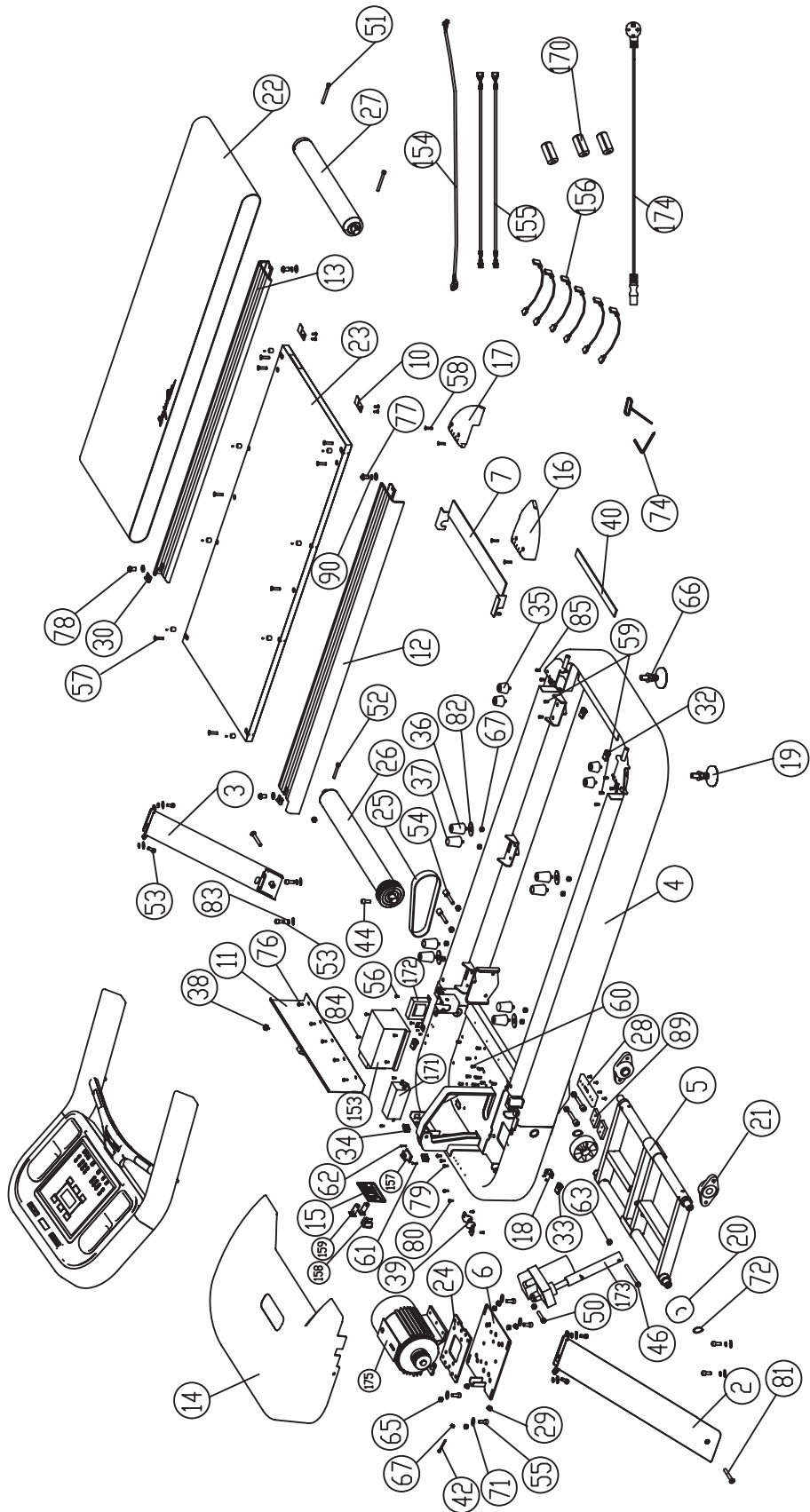
Exploded View-110V



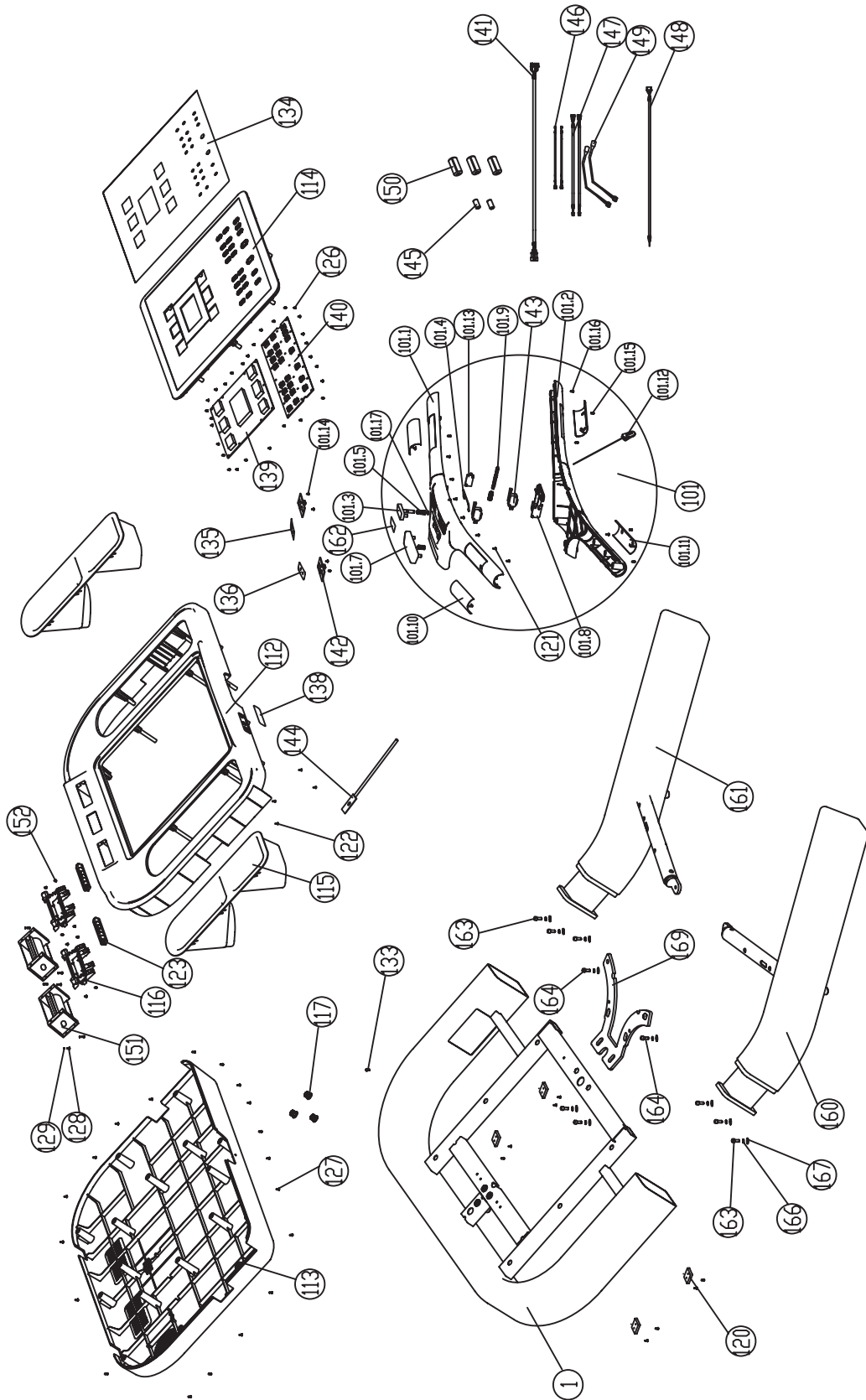
Exploded View-110V



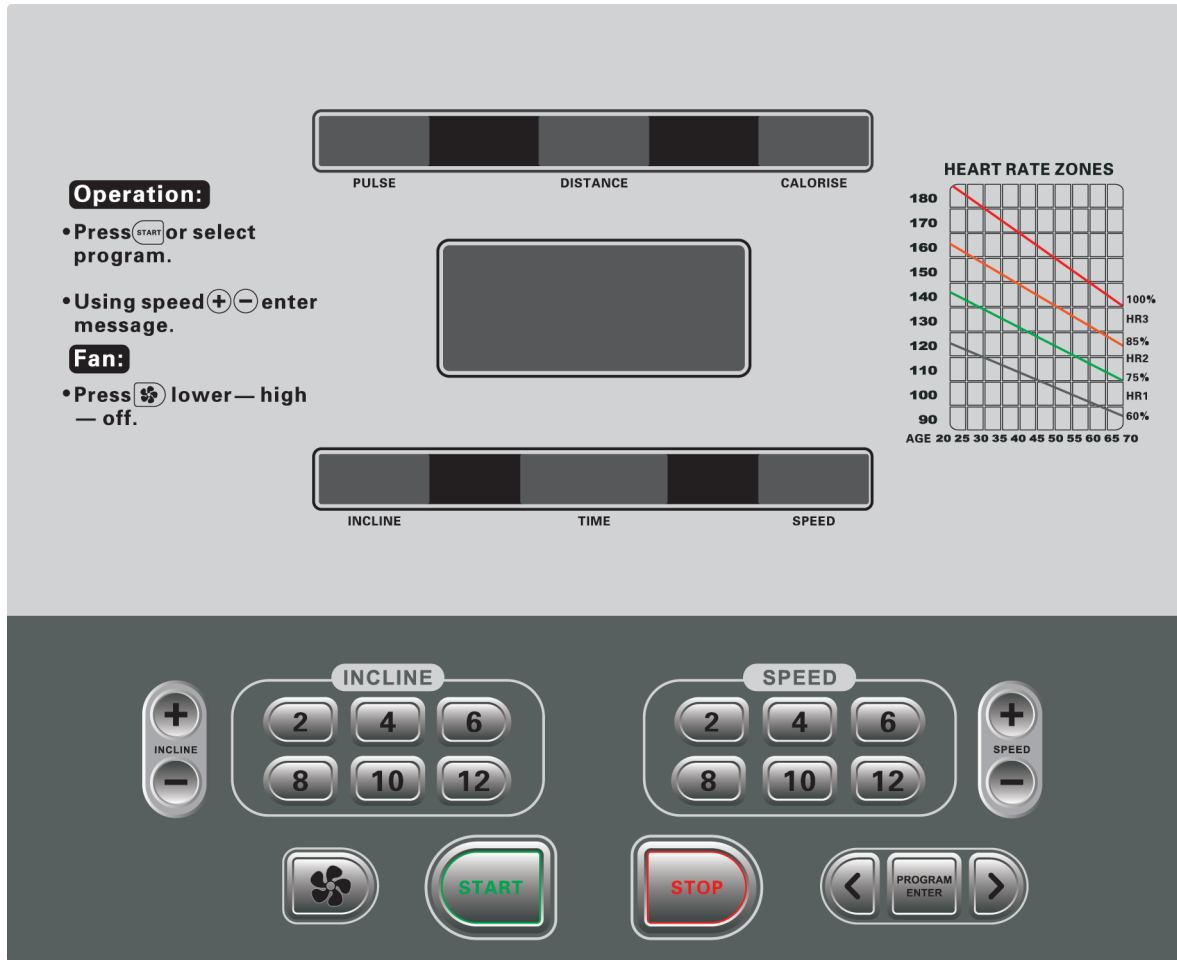
Exploded View-220V



Exploded View-220V



Console Panel Functions



110V

INPUT VOLTAGE:	110-120V~ 50/60Hz
HORSE POWER(CONSTANT):	3HP
SPEED RANGE:	1.0-20KPH
DISPLAY:	SPEED, TIME, PULSE, INCLINE, CALORIE, DISTANCE, DOT MATRIX
INCLINE RANGE:	0-15%

220V

INPUT VOLTAGE:	220-240V~ 50/60Hz
HORSE POWER(CONSTANT):	3HP
SPEED RANGE:	1.0-20KPH
DISPLAY:	SPEED, TIME, PULSE, INCLINE, CALORIE, DISTANCE, DOT MATRIX
INCLINE RANGE:	0-15%

Console Panel Functions

CONSOLE PANEL FUNCTION

1. TIME WINDOW

1.1 Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds).

1.2 Indicates trouble code when treadmill don't well.

2. SPEED WINDOW

Indicates workout speed MPH (miles per hour) or KPH (kilometer per hour) in 0.1 increments.

3. INCLINE WINDOW

Indicates incline in percent of grade 0-15% in 1 increments.

4. PULSE WINDOW

Indicates user's current heart rate (BPM).

5. CALORIES WINDOW

Indicates estimated calories used based on 68Kg person at the indicated speed, incline, and time.

6. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

7. Dot MATRIX

7.1 Indicates the lap count and displays which lap you are on (One lap is 400 meters).

7.2 Indicates ENTER WEIGHT KGS (or Lbs) when turn on power.

7.3 Indicates message when enter value.

7.4 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START

This button is used to start the current program.

2. STOP

This button is used to stop the current program.

3. SPEED+ and SPEED-

This button is used to adjust the speed of the treadmill during workout.

This button is also used to adjust the values when setting up your workout.

4. INCLINE+ and INCLINE-

These buttons are used to adjust the incline of the treadmill during workout.

Console Panel Functions

5. PROG+ and PROG-

These buttons are used to cycle through to the desired program.

6. PROGRAM ENTER

This button is used to enter value of program mode.

7. FAN

Turn on and turn off the fan and adjust the fan speed.

8. SPEED ONE TOUCH

8.1 SPEED ONE TOUCH 2

This button is used to select workout speed 2 km/h,

8.2 SPEED ONE TOUCH 4

This button is used to select workout speed 4 km/h,

8.3 SPEED ONE TOUCH 6

This button is used to select workout speed 6 km/h,

8.4 SPEED ONE TOUCH 8

This button is used to select workout speed 8 km/h,

8.5 SPEED ONE TOUCH 10

This button is used to select workout speed 10 km/h,

8.6 SPEED ONE TOUCH 12

This button is used to select workout speed 12 km/h.

9. INCLINE ONE TOUCH

9.1 INCLINE ONE TOUCH 2

This button is used to select workout elevation 2%,

9.2 INCLINE ONE TOUCH 4

This button is used to select workout elevation 4%,

9.3 INCLINE ONE TOUCH 6

This button is used to select workout elevation 6%,

9.4 INCLINE ONE TOUCH 8

This button is used to select workout elevation 8%,

9.5 INCLINE ONE TOUCH 10

This button is used to select workout elevation 10%,

9.6 INCLINE ONE TOUCH 12

This button is used to select workout elevation 12%.

Console Panel Functions

CONSOLE OPERATION

1. Quick Start / Manual Mode

1.1 Plug into surge protector outlet. Stand on the treadmill and straddle belt.

1.2 Turn on power

1.3 Indicates "ENTER WEIGHT KGS" in dot matrix, "68" will be flash in speed window, Use speed + or – button to adjust user weight.

1.4 Press "ENTER", Indicates "PRESS START OR SELECT PROGRAM" in dot matrix.

(1) If press start button through manual mode.

(2) If press PROG. Button, will cycle through to the desired preset program1, preset program2, preset program3, preset program4, preset program5, user program 1, user program2, time countdown mode, distance countdown mode, calories countdown mode, HRC1, HRC2, HRC3.

1.5 Press STOP button belt will stop, speed window will be zero, other window will be keep. Press STOP button again, reset total window.

2. Program mode

Press PROG. Button, will cycle through to the desired time countdown mode, distance countdown mode, calories countdown mode, preset program1, preset program2, preset program3, preset program4, preset program5, user program1, user program2, HRC1, HRC2, HRC3.

2.1 TIME COUNTDOWN MODE

Press PROG. Button cycle through time countdown mode.

(1) Indicates ENTER TIME in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust value.

(2) Press ENTER button, Indicates PRESS START in dot matrix.

2.2 DISTANCE COUNTDOWN MODE

Press PROG. Button cycle through distance countdown mode.

(1) Indicates ENTER DISTANCE in dot matrix, Distance window will be flash 0.00, Use speed + or – button to adjust value.

(2) Press ENTER button, Indicates PRESS START in dot matrix.

2.3 CALORIES COUNTDOWN MODE

Press PROG. Button cycle through calories countdown mode.

(1) Indicates ENTER CALORIES in dot matrix, Calories window will be flash 000, Use speed + or – button to adjust value.

(2) Press ENTER button, Indicates PRESS START in dot matrix.

Console Panel Functions

2.4 Preset program

2.4.1 Preset program 1

(1) First Press PROG+. Button through preset program 1, Indicates workout curve, Time window will be flash 30:00, Use speed + or – button to adjust time value.

(2) Indicates ENTER TIME in dot matrix after 5 seconds.

(3) Press ENTER button, Indicates PRESS START in dot matrix.

2.4.2 Preset program 2 - 5

Press PROG. Button cycle through Program 2-5 again, the same Program 1.

2.5 User program

2.5.1 User program 1

Press PROG.+ Button cycle through user program 1 again.

(1) Indicates workout curve in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust time value.

(2) Indicates ENTER TIME in dot matrix after 5 seconds.

(3) Press ENTER button, Indicates ENTER SPEED AND INCLINE in dot matrix.

(4) First segment of dot matrix will be flash, Use speed + or – and Incline + or – button to adjust value, Press ENTER through next segment of dot matrix.

(5) Press ENTER, Indicates PRESS START after end 16 segments.

2.5.2 User program 2

Press PROG. Button cycle through user program 2, the same user program 1.

2.6 Heart Rate Control mode

2.6.1 HRC1

Press PROG. Button cycle through HRC1 mode.

(1) Indicates ENTER TIME in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust time value.

(2) Indicates ENTER AGE in dot matrix after press ENTER button, Use speed + or – button to adjust time value.

(3) Indicates PRESS START after press ENTER button.

2.6.2 HRC2 - HRC3

Press PROG. Button cycle through HRC2 and HRC3 mode, The same HRC1.

HRC1: Target Heart Rate at 65% MAX HR.

HRC2: Target Heart Rate at 75% MAX HR.

HRC3: Target Heart Rate at 85% MAX HR.

Console Panel Functions

3. Elevation auto. Sense mode

Press the both +\ - for INCLINE and SPEED (4 buttons) simultaneously when the machine stand by (stand by here means turn the power on and down not let the running belt run) and hold at least 3 seconds. The machine will adjust automatically.

After the machine adjust itself then press START button.

4. Treadmill Error Messages

4.1 Communication Error message: ER01

4.1.1 Check console and the main communication cable connection.

4.1.2 Check inverter and the main communication cable connection.

4.1.3 Replace inverter.

4.1.4 Replace console.

4.2 Elevation Error messages: ER02

4.2.1 Check power cable of actuator and inverter connection.

4.2.2 Check cable of sensor of actuator and inverter connection.

4.2.3 Replace actuator.

4.2.4 Replace inverter.

4.3 Safe-key Error message: ER03

4.3.1 Check safe-key button.

4.3.2 Check cable of safe-key.

4.3.3 Replace safe-key PCB.

4.3.4 Replace console.

4.4 Over current message: ER04

4.4.1 Add silicon to run belt and board.

4.4.2 Replace inverter.

4.4.3 Replace motor.

4.5 Lower voltage message: ER05

Check power AC 200-240V (105-125V).

Console Panel Functions

4.6 Over load message: ER06

- 4.6.1 Add silicon to run belt and board.
- 4.6.2 Replace run belt and board.
- 4.6.3 Replace inverter.
- 4.6.4 Replace motor.

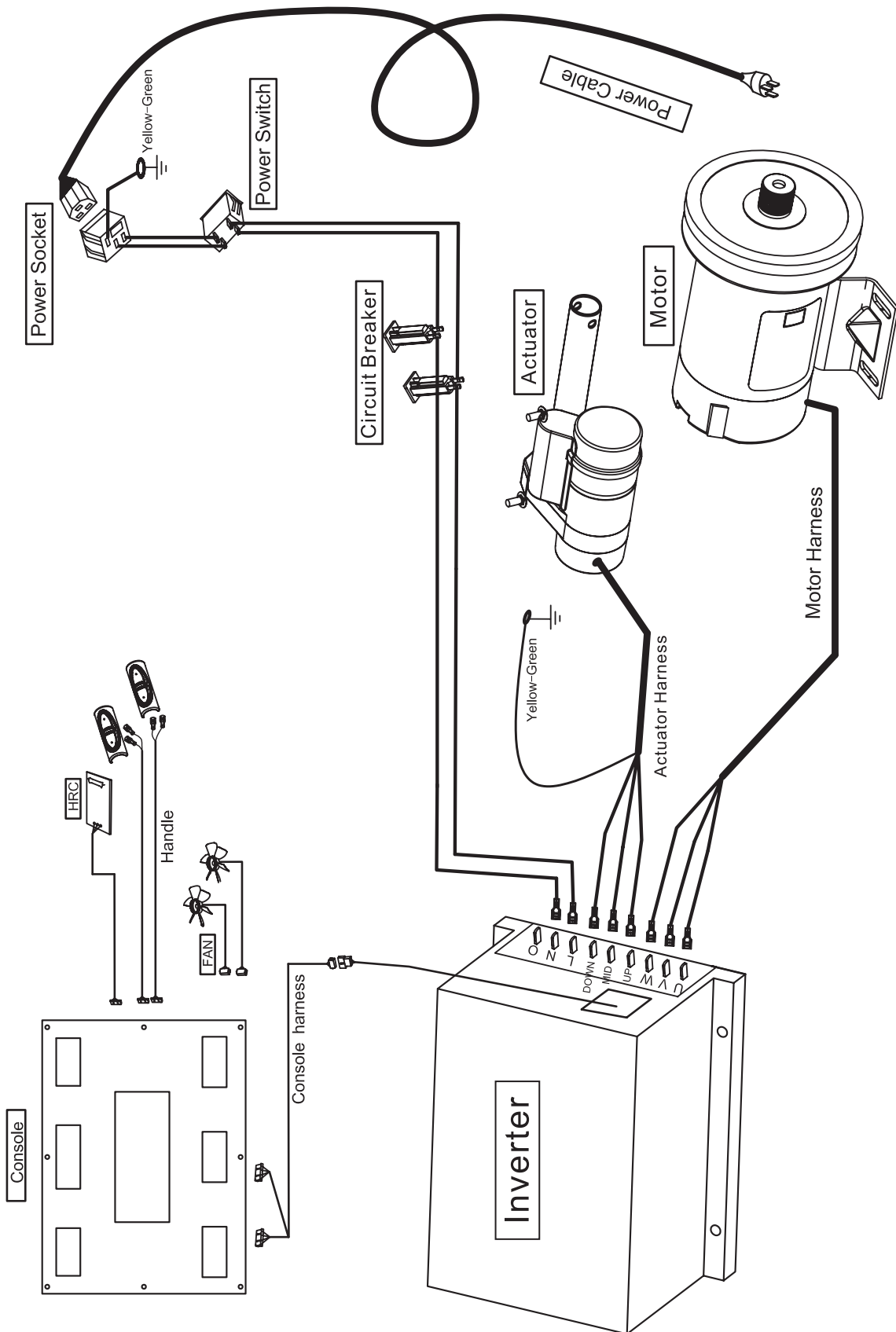
4.7 Emergency stop message: ER07

- 4.7.1 Reset Emergency switch then press STOP button.
- 4.7.2 Check cable of Emergency switch and Emergency switch connection.
- 4.7.3 Replace Emergency switch.
- 4.7.4 Replace inverter.

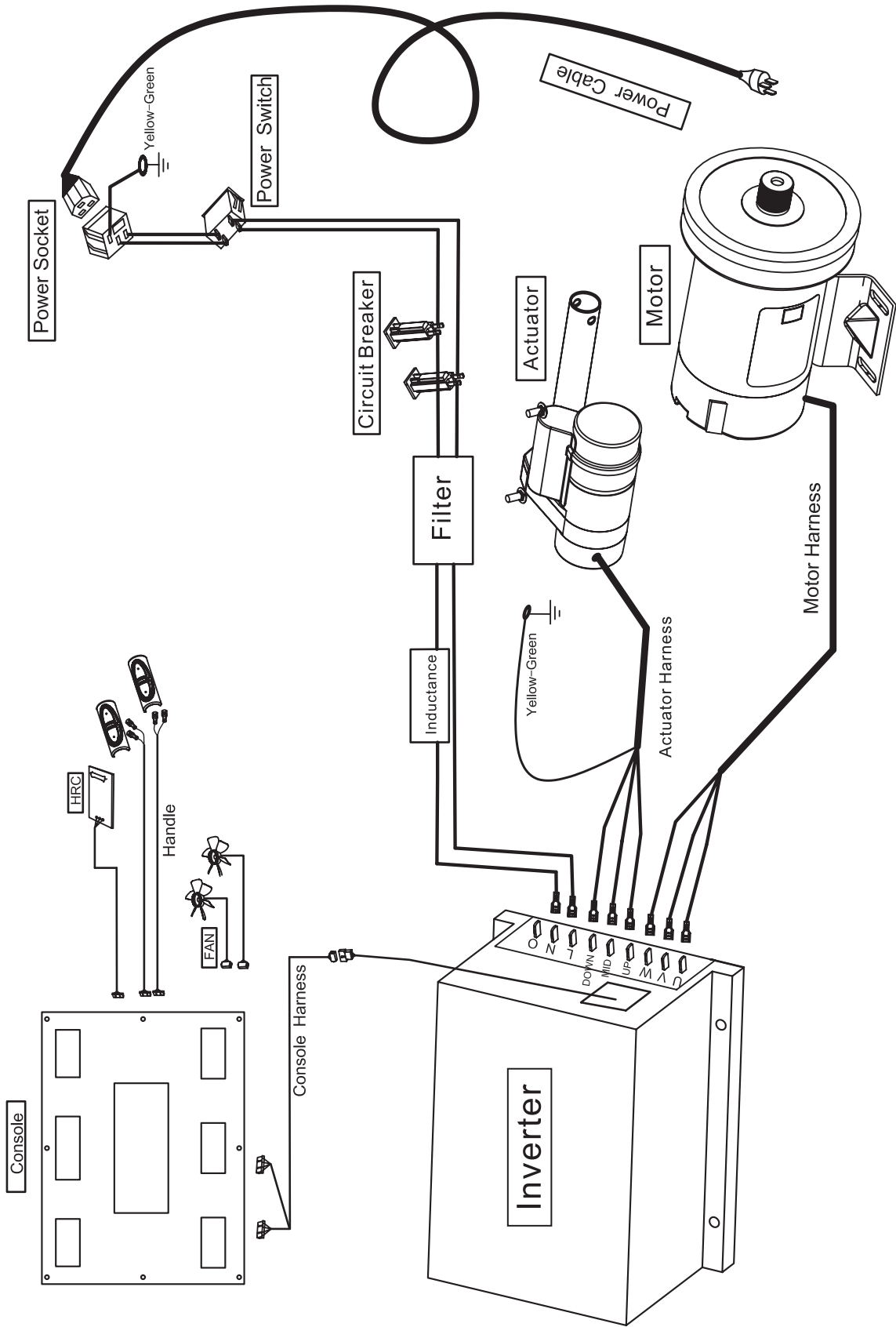
4.8 The console no power

- 4.8.1 Check the Ac power.
- 4.8.2 Turn on the power switch.
- 4.8.3 Check the communication cable and console connection.
- 4.8.4 Check the communication cable and inverter connection.
- 4.8.5 Replace the communication cable.
- 4.8.6 Replace the power cable.

Electrical Connection-110V



Electrical Connection-220V



Belt Adjustment and Maintenance

1. Belt Adjustment:

Belt adjustment and tension performs two functions:

*The distance between belt and motor cover from left to right within $\pm 5\text{MM}$, then needed to be adjusted.

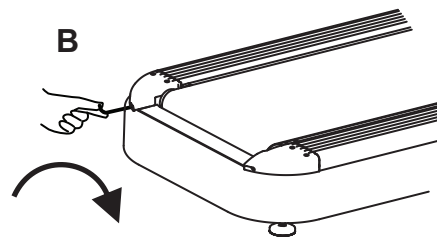
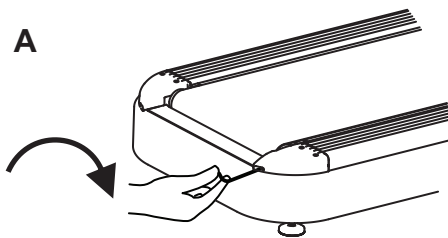
*Adjust belt by speed not more than 4KMH.

A. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.

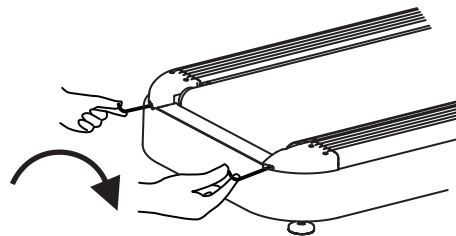
B. Walking Belt is shifting to the left:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.



Walking belt is Slipping during use:

Slight walking belt slipping is on normal while using for a period Using the hex key provided, turn both left and right rear roller adjustment bolts in the same distance.



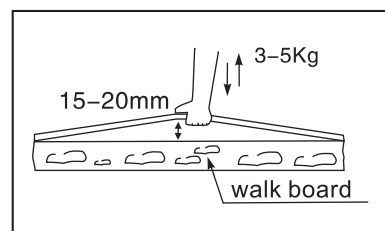
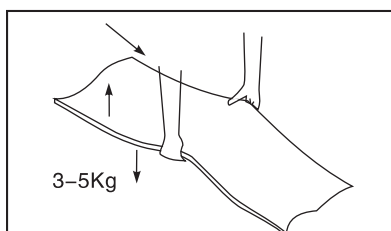
See the correct walking belt shown as below:

A. The distance between walking belt and board is within

15-20mm----Normal

Over 20mm----needed to be adjusted

Under 15mm----needed to be adjusted



Belt Adjustment and Maintenance

B. The speed for walking belt is 5KMH, hold on the handrail, stand on the side rail, one foot on the belt but without slipping----it's normal.

2. CLEANING:

Routine cleaning of your unit will extend extend the life of your unit.

Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged form the wall electrical outlet before attempting any cleaning or mainteance.

After Each Workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. After each workout.

3. LUBRICATION:

It is recommended that the walking board be checked peridically (around 3 months) for lubrication to ensure optimal treadmill performance.

Using hex lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).

