



# RT750 TREADMILL OWNER'S MANUAL

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## Important Safety Instructions

### **IMPORTANT SAFETY INSTRUCTIONS**

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

**DANGER** - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

**WARNING** - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

**WARNING** - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

## Important Safety Instructions

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use.
15. The product should only be used on a level surface and is with 1x2 meters space around the product.

## SAVE THESE INSTRUCTIONS

### GROUNDING INSTRUCTION

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

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

## Important Safety Instructions

**CAUTION** - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

**ATTENTION** - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

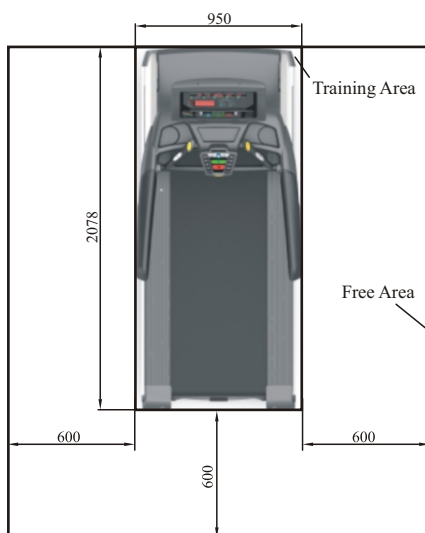
**CAUTION** - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

**ATTENTION** - Pour réduire le risque de blessures des pièces mobiles - Débranchez avant l'entretien.

**WARNING** - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

**AVERTISSEMENT** - Pour réduire le risque du choc électrique - Débranchez avant le nettoyage ou l'entretien.

### Training Area and Free Area



### Specifications

Class: S

Maximum User Weight: 180kg/ 400lbs

Product Total Surface: 2078\*950 mm

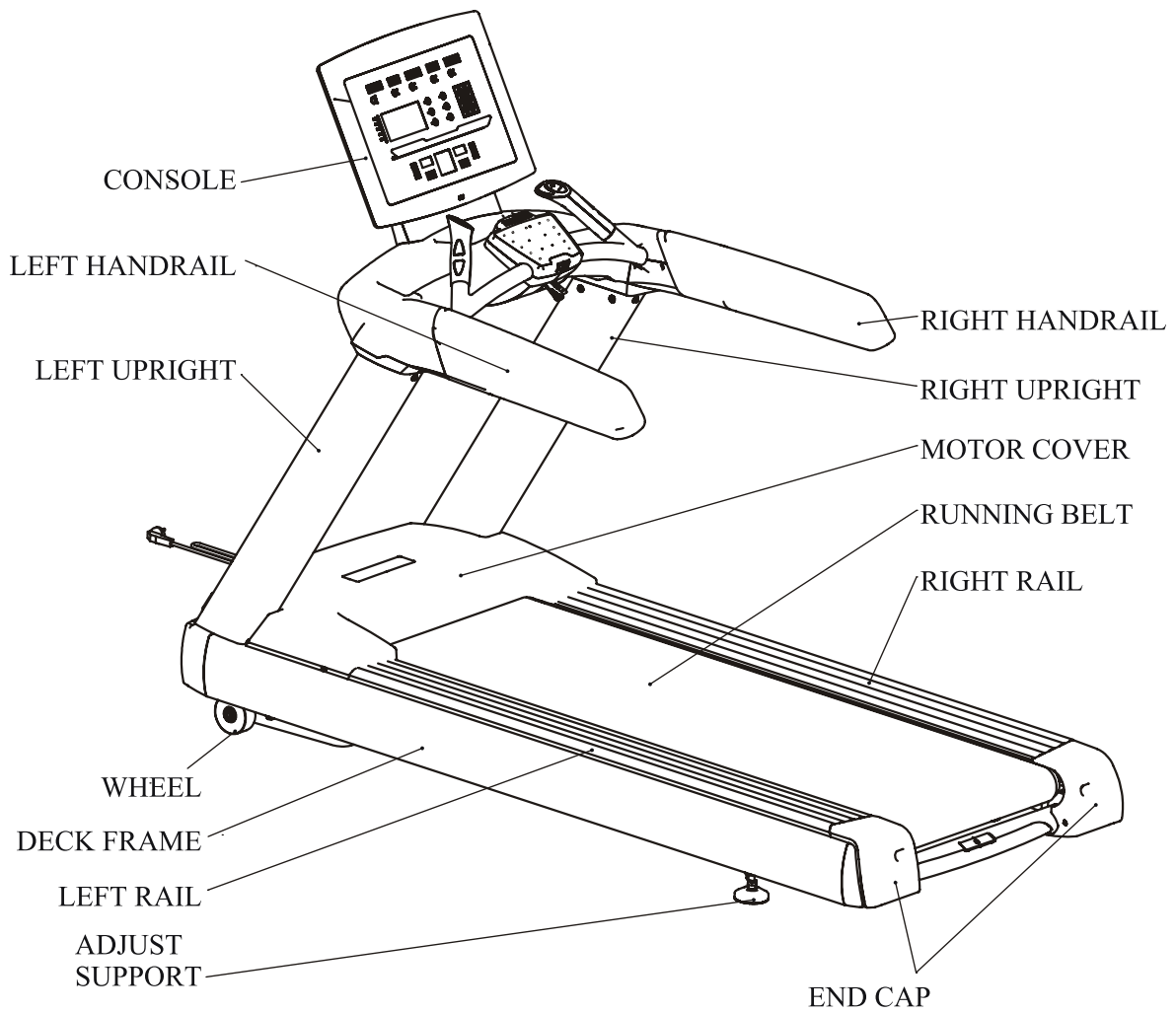
Product Total Mass:

## Before You Start

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

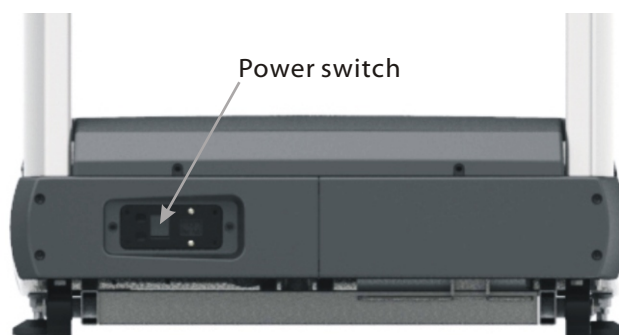
1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not 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 of 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

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

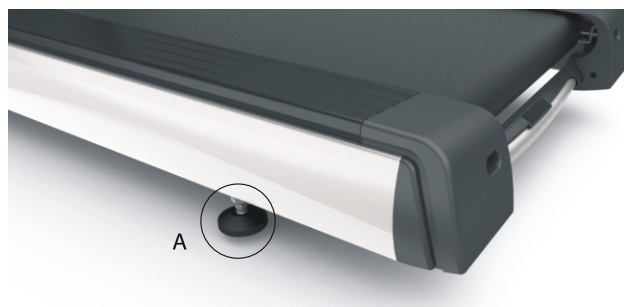


### Precautions:

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

## Adjustment Machine

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 leveled 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 switch.
2. grasp the handle firmly, stand on the treadmill.
3. clip the clothes using the safety clip.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, 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. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

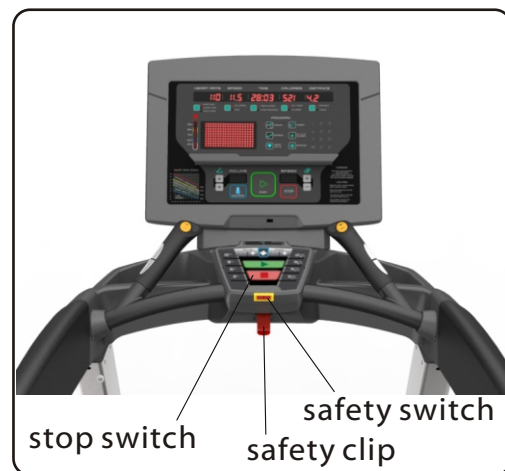
Exercise time and exercise frequency at a time:

Exercise time: 30minuates----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

### Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will triger the safety switch to step.



### Operation:

1. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
2. If there is any emergency, the clip tied to your cloth will pull the safety switch and it will come to the orignal position. In the mean time, the treadmill will stop completely and the main power will be cut.

**Warning:** When use above methed 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

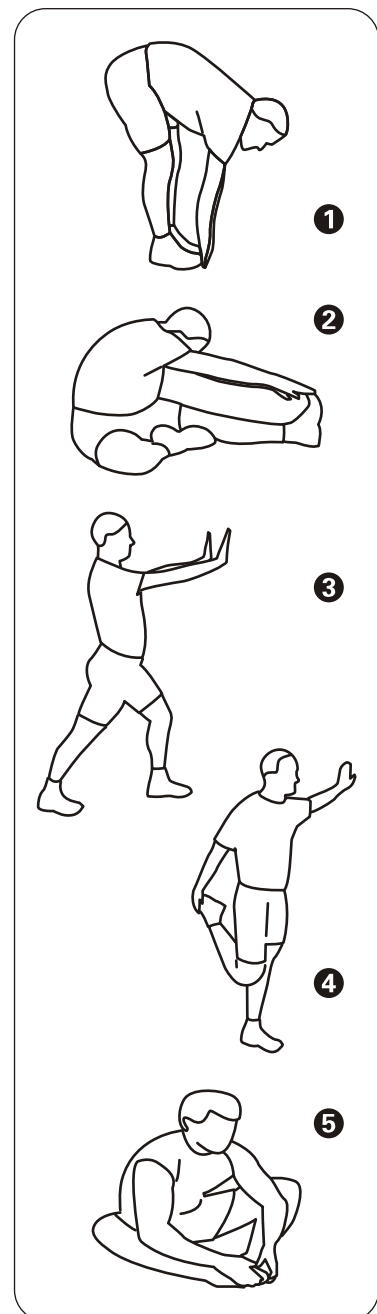
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon,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

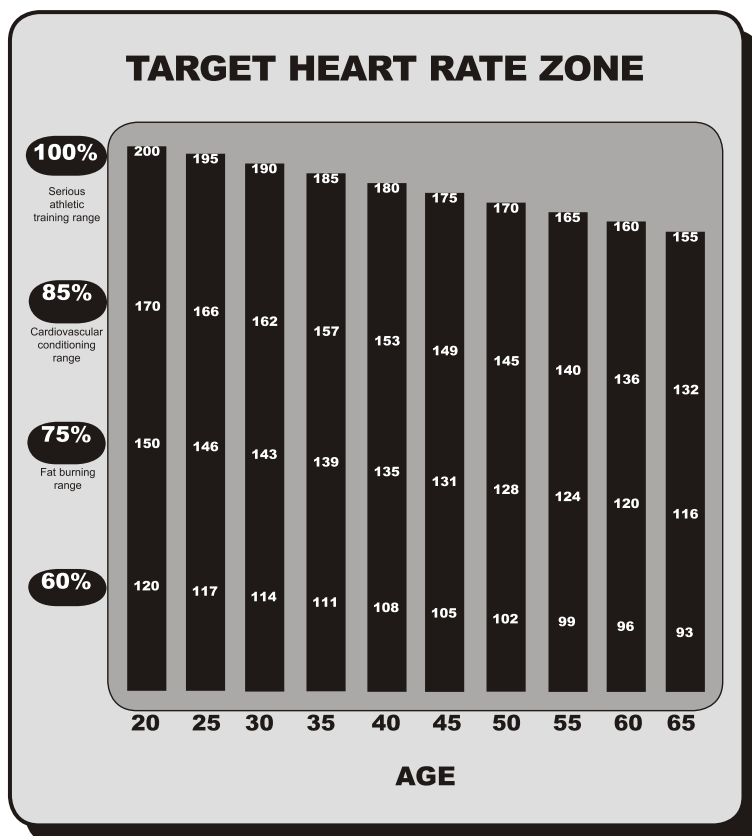
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes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



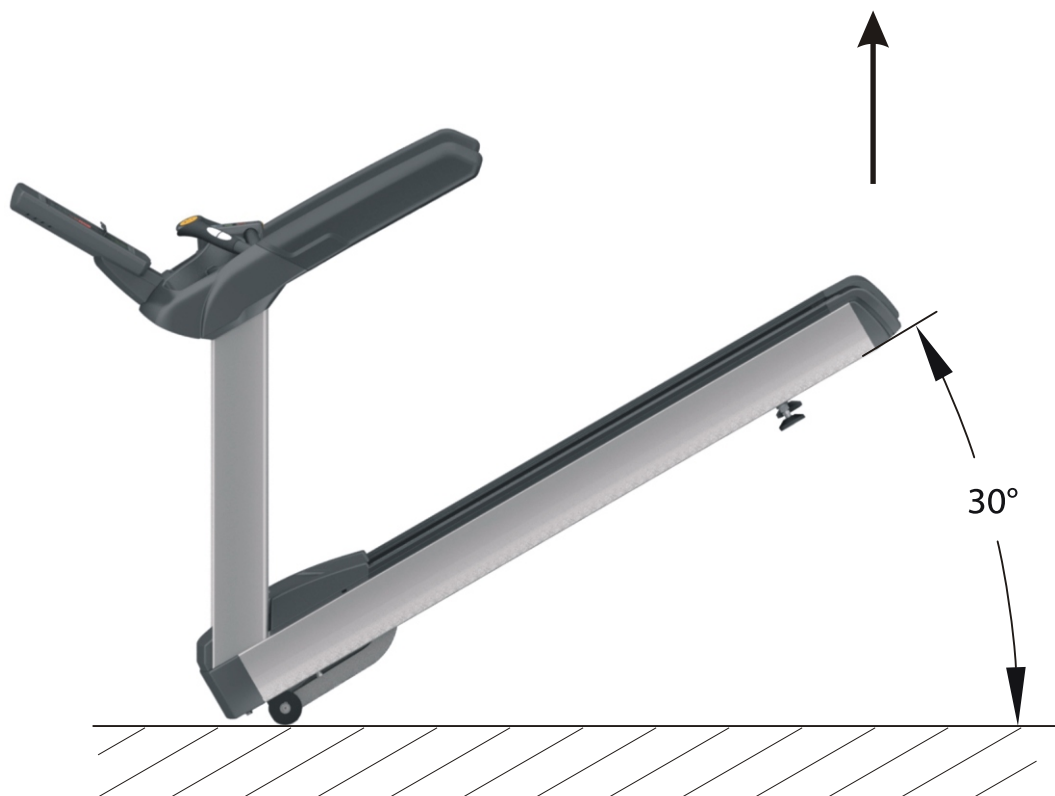
**Fitness Safety** The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional 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 operating. 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 30 degrees when lifted the treadmill back.



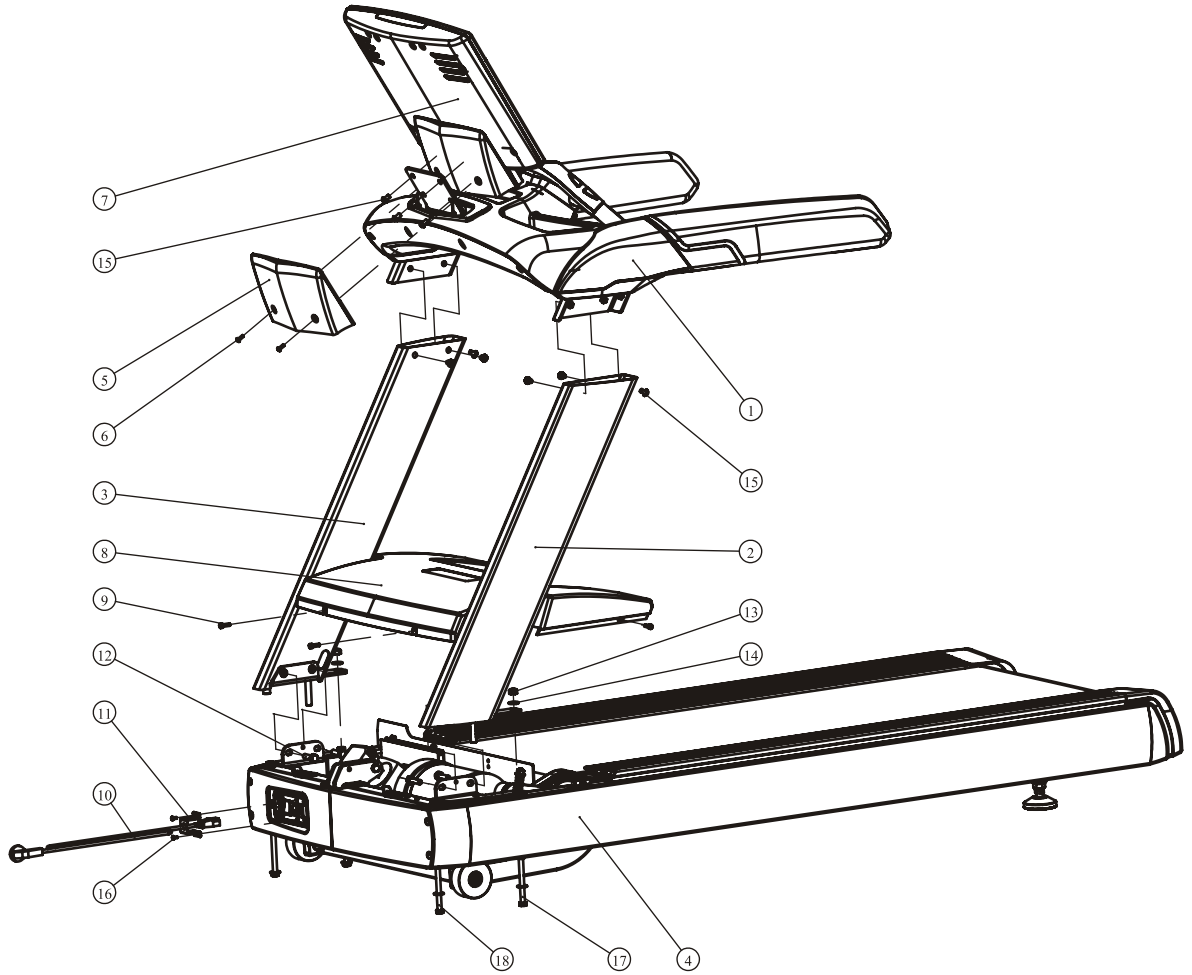
## Parts List and Exploded View

### Installation Instructions

| Item No. | Grade No. | Part No.             | Description  | QTY |
|----------|-----------|----------------------|--|-----|
| 1        | 1         | RT75001ASSY          | Console Frame Assembly   | 1   |
| 2        | 2         | RT7500200            | Left Upright   | 1   |
| 3        | 3         | RT7500300            | Right Upright  | 1   |
| 4        | 4         | RT75004-22WXASSY     | Mainframe  | 1   |
| 5        | 7.6       | RT7505300            | Neck Back Cover  | 1   |
| 6        | 7.9       | GB818M5*15DS2        | Phillip Screw M5*15  | 10  |
| 7        | 7         | RT75002ASSY          | Console  | 1   |
| 8        | 4.35      | RT7002000            | Motor Cover  | 1   |
| 9        | 4.5       | GB70M6*20DHS20       | Socket Head Cap Screw M6*20  | 24  |
| 10       | 10        | A01-6                | Power Wire   | 1   |
| 11       | 11        | AC2970C1100          | Power Wire Fixing Plate  | 1   |
| 12       | 12.1      | GB9074.16M10*25DS20  | Hex Head Bolt W/ Serrated Lock Washer M10*25                             | 4   |
| 13       | 12.2      | NM10DS2              | Locknut M10  | 2   |
| 14       | 12.3      | DQ10DS2A             | Washer $\Phi 11 * \Phi 23 * 2$   | 2   |
| 15       | 12.4      | PNLJCM8*20N19        | Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*20 | 10  |
| 16       | 12.5      | GB818M4*10DHS2       | Phillip Screw M4*10  | 2   |
| 17       | 4.54      | GB5780M10*165*40DS20 | Hex Head Bolt M10*165  | 2   |
| 18       | 4.56      | GB5780M10*180DHS2    | Hex Head Bolt M10*180  | 2   |
| 19       | 4.61      | L1600M50-SMA-8       | Console Wire Down  | 1   |
| 20       | 1.3       | L700SMY-8            | Console Wire Middle  | 1   |
| 21       | 1.37      | B153                 | Transit PCB  | 1   |
| 22       | 7.5.9     | L300SMA-XHB-8        | Console Wire Up  | 1   |
| 23       | 7.5.11    | L400XHB-SMY-19       | Connect Wire   | 1   |

# Parts List and Exploded View

## Installation Instructions



## Parts List and Exploded View

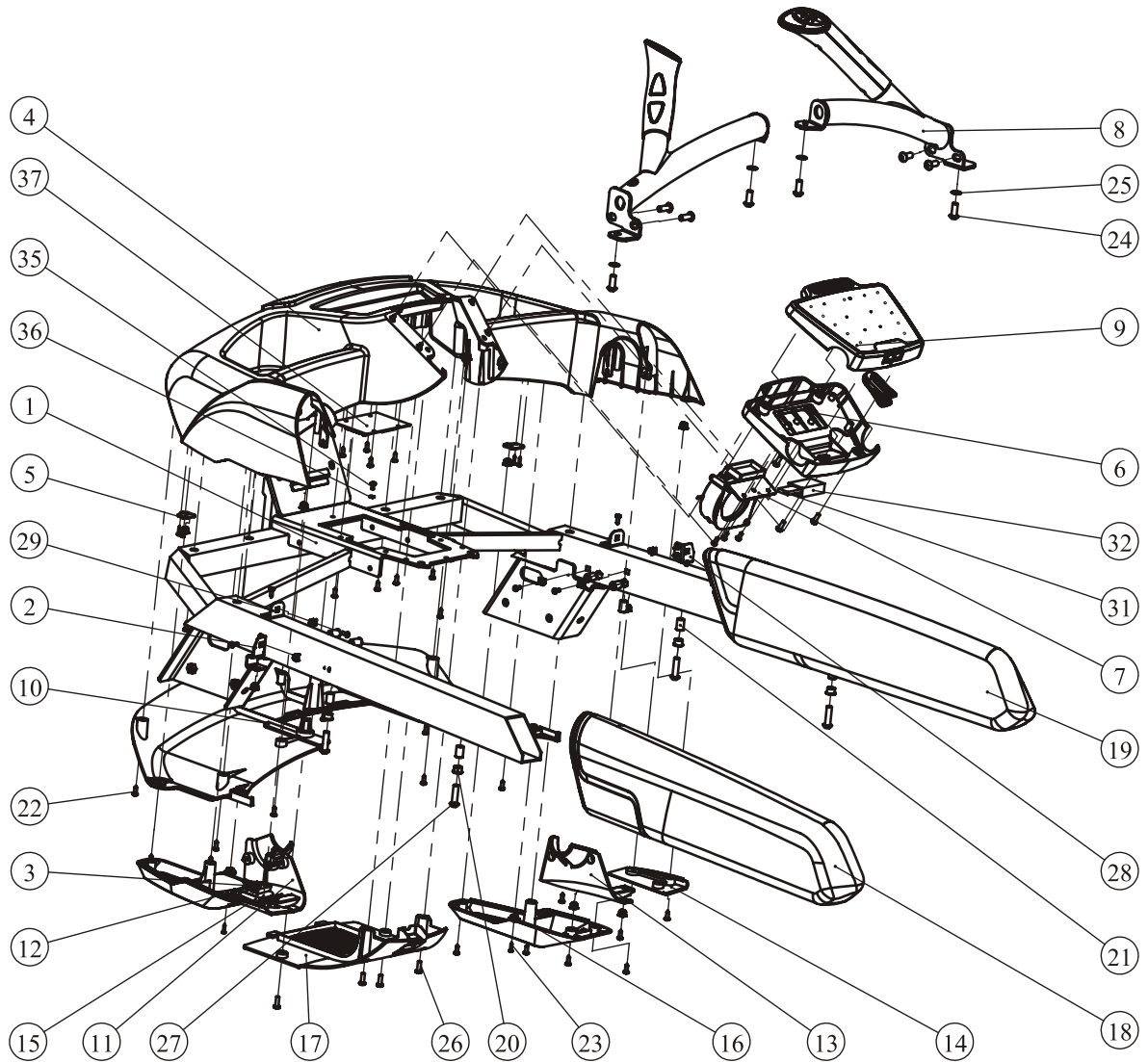
### Console Frame Assembly

| Item No. | Grade No. | Part No.             | Description                                       | QTY |
|----------|-----------|----------------------|---|-----|
| 1        | 1.1       | RT7500100            | Console Frame                                     | 1   |
| 2        | 1.2       | RT7504100            | Left Fixing Plate For Console Frame Bottom Cover  | 1   |
| 3        | 1.3       | ECT74600             | Plastic Clip Block                                | 19  |
| 4        | 1.4       | RT7505700            | Console Frame Upper Casing                        | 1   |
| 5        | 1.5       | RT7504300            | Fixing Plate For Console Frame Bottom Cover       | 2   |
| 6        | 1.6       | RT7507200            | Middle Controller Bottom Cover                    | 1   |
| 7        | 1.7       | RT75009ASSY          | Fan Assembly                                      | 1   |
| 8        | 1.8       | RT75012ASSY          | Middle Handrail ASSY                              | 1   |
| 9        | 1.9       | RT75008ASSY          | Middle Controller Upper Casing ASSY               | 1   |
| 10       | 1.10      | RT7505800            | Console Frame Bottom Casing                       | 1   |
| 11       | 1.11      | RT7505900            | Left Handrail Lower Inside Cover                  | 1   |
| 12       | 1.12      | RT7506100            | Left Handrail Lower Outside Cover                 | 1   |
| 13       | 1.13      | RT7506000            | Right Handrail Lower Inside Cover                 | 1   |
| 14       | 1.14      | RT7506200            | Right Handrail Lower Outside Cover                | 1   |
| 15       | 1.15      | RT7506300            | Decorative Cover For Left Upright                 | 1   |
| 16       | 1.16      | RT7506400            | Decorative Cover For Left Upright                 | 1   |
| 17       | 1.17      | RT7506700            | Cover For Maintain                                | 1   |
| 18       | 1.18      | RT7506500            | Left Handrail                                     | 1   |
| 19       | 1.19      | RT7506600            | Right Handrail                                    | 1   |
| 20       | 1.20      | ECU7P0400            | Sleeve  | 4   |
| 21       | 1.21      | GB17880.3M8*16.5DS17 | Countersunk Head Hexagon Riveted Nuts M8          | 10  |
| 22       | 1.22      | GB845ST4.2*13DS      | Phillip Screw ST4.2*13                            | 57  |
| 23       | 1.23      | GB845ST2.9*13DS      | Phillip Screw ST2.9*13                            | 6   |
| 24       | 1.24      | PNLM8*20DS2          | Hexalobular Socket Pan Head Tapping Screw M8*20   | 8   |
| 25       | 1.25      | GB861.28DS12         | Serrated Lock Washers $\Phi$ 8                    | 4   |
| 26       | 1.26      | GB818M5*15DS2        | Phillip Screw M5*15                               | 8   |
| 27       | 1.27      | PNLM8*30*30DS2       | Hexalobular Socket Pan Head Tapping Screw M8*30   | 4   |
| 28       | 1.28      | RT7504200            | Right Fixing Plate For Console Frame Bottom Cover | 1   |
| 29       | 1.29      | RT7504000            | Fixing Plate For Console Frame Upper Casing       | 2   |
| 30       | 1.30      | L700SMY-8            | Console Wire Middle                               | 1   |
| 31       | 1.31      | DQXTJS02             | Receptor  | 1   |
| 32       | 1.32      | AC32709906           | The Receiver Cover                                | 1   |
| 33       | 1.33      | K1NF-55 (N)          | Ferrite   | 1   |
| 34       | 1.34      | 08-0077              | Ferrite   | 1   |
| 35       | 1.35      | GB6560M4*8DSG        | Phillip Screw M4*8                                | 1   |
| 36       | 1.36      | GB862.24DS12         | Serrated Lock Washers $\Phi$ 4                    | 1   |
| 37       | 1.37      | B153                 | Transit PCB                                       | 1   |
| 38       | 1.38      | SD3*150              | Band Cable  | 4   |



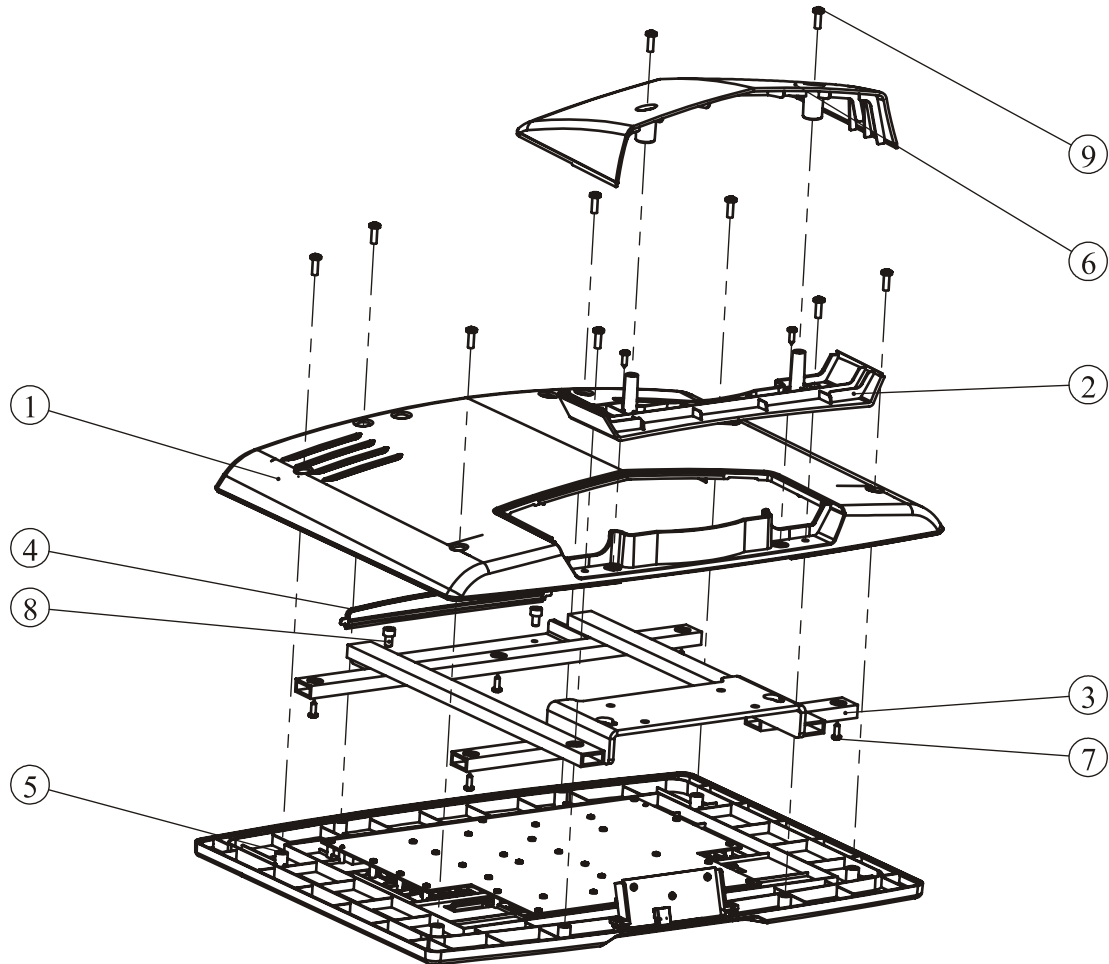
# Parts List and Exploded View

## Console Frame Assembly



## Parts List and Exploded View

### Console ASSY



| Item No. | Grade No. | Part No.        | Description                           | QTY |
|----------|-----------|-----------------|---------------------------------------|-----|
| 1        | 7.1       | RT7505100       | Back Cover Of Console                 | 1   |
| 2        | 7.2       | RT7505200       | Neck Front Cover                      | 1   |
| 3        | 7.3       | RT7502600       | Bracket For Console                   | 1   |
| 4        | 7.4       | RT7508400       | Upper Block For Back Cover Of Console | 1   |
| 5        | 7.5       | RT75006ASSY     | Front Cover Of Console ASSY           | 1   |
| 6        | 7.6       | RT7505300       | Neck Back Cover                       | 1   |
| 7        | 7.7       | GB845ST4.2*13DS | Phillip Screw ST4.2*13                | 7   |
| 8        | 7.8       | GB70M6*10DS2    | Socket Head Cap Screw M6*10           | 2   |
| 9        | 7.9       | GB818M5*15DS2   | Phillip Screw M5*15                   | 10  |

## Parts List and Exploded View

### Mainframe ASSY

| Item No. | Grade No. | Part No.       | Description                            | QTY |
|----------|-----------|----------------|--|-----|
| 1        | 4.1       | RT75003-22ASSY | Deck Frame And Inverter Frame Assembly | 1   |
| 2        | 4.2       | AC32700636     | Washer $\Phi 30 * \Phi 9 * 3$          | 6   |
| 3        | 4.3       | PT3002800P294U | Bumper A                               | 6   |
| 4        | 4.4       | PT3002900P294U | Bumper B                               | 2   |
| 5        | 4.5       | AC3170B5200    | Bumper                                 | 4   |
| 6        | 4.6       | RT7501000      | Dust Proof Plate                       | 1   |
| 7        | 4.7       | RT7502400      | Deck                                   | 1   |
| 8        | 4.8       | RT7501700      | Running Belt                           | 1   |
| 9        | 4.9       | DXD270J12A     | V-Belt                                 | 1   |
| 10       | 4.10      | PT300H22ASSY   | Front Roller And Jockey Pulley ASSY    | 1   |
| 11       | 4.11      | RT7003300      | Rear Roller                            | 1   |
| 12       | 4.12      | RT7508500      | Insulation Bumper                      | 1   |
| 13       | 4.13      | RT7508000      | Insulation Base A                      | 3   |
| 14       | 4.14      | RT7508100      | Insulation Base B                      | 1   |
| 15       | 4.15      | D42-45-RDS     | Motor                                  | 1   |
| 16       | 4.16      | PT300H1400     | Pothook                                | 1   |
| 17       | 4.17      | STDP4700       | Spring For Jockey Pulley               | 1   |
| 18       | 4.18      | AC32705800     | Clip Nut M6                            | 8   |
| 19       | 4.19      | DQBPO2.2-22-TD | Inverter                               | 1   |
| 20       | 4.20      | Q08            | Filter                                 | 1   |
| 21       | 4.21      | Q11            | Inductance                             | 1   |
| 22       | 4.22      | RT75013-22ASSY | Switch Cover ASSY                      | 1   |
| 23       | 4.23      | RT90014ASSY    | Left Side Rail Assembly                | 1   |
| 24       | 4.24      | RT90015ASSY    | Right Side Rail Assembly               | 1   |
| 25       | 4.25      | RT7002700      | Left Rear Decorative Cover             | 1   |
| 26       | 4.26      | RT7002900      | Middle Protective Cover                | 1   |
| 27       | 4.27      | RT7002500      | Left End Cap                           | 1   |
| 28       | 4.28      | RT7002800      | Right Rear Decorative Cover            | 1   |
| 29       | 4.29      | RT7002600      | Right End Cap                          | 1   |
| 30       | 4.30      | RT7001100      | Front Motor Cover Fixing L Plate       | 2   |
| 31       | 4.31      | RT7001200      | Motor Cover Fixing L Plate             | 2   |
| 32       | 4.32      | RT7001400      | Front Cover Fixing Plate               | 2   |

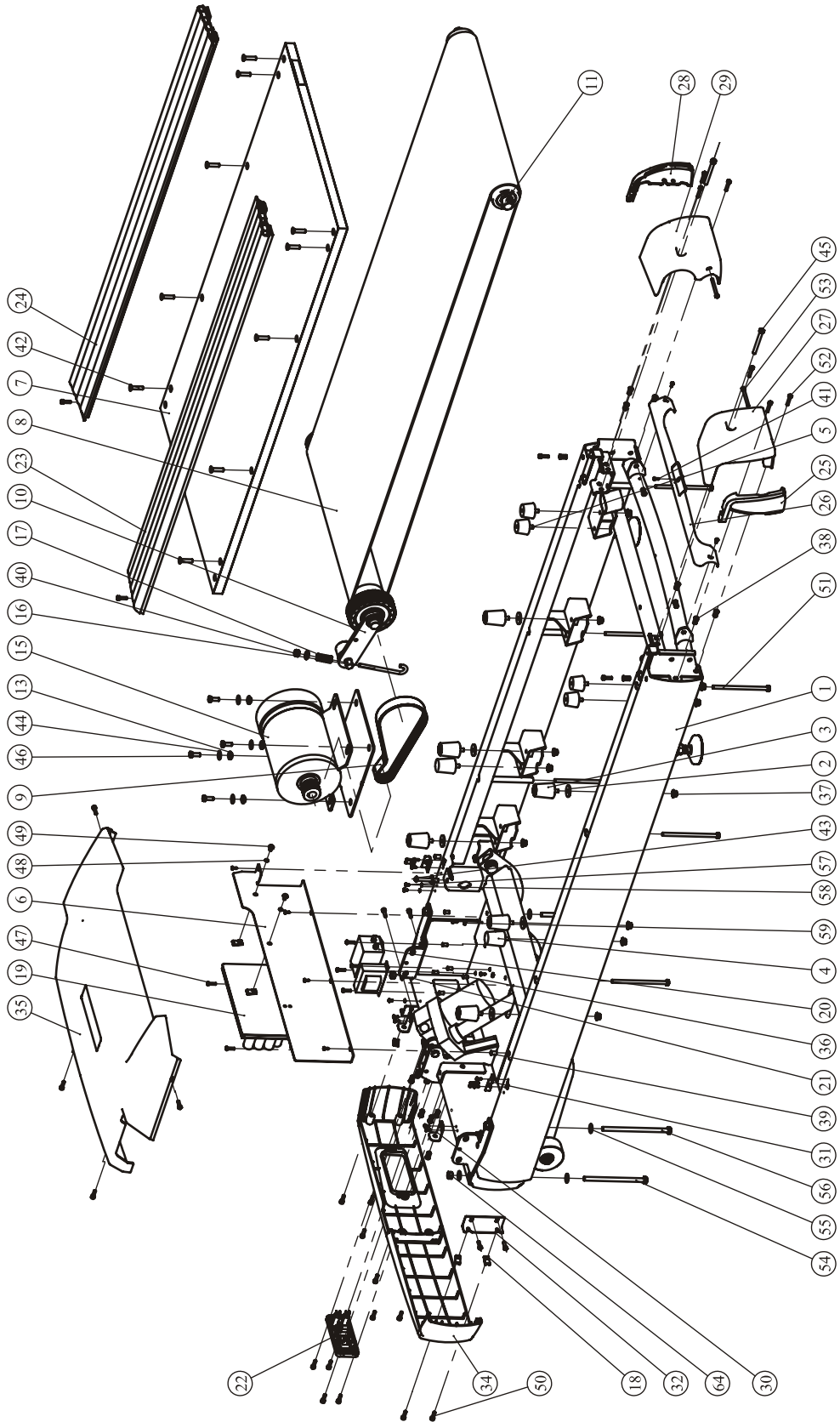
## Parts List and Exploded View

### Mainframe ASSY

| Item No. | Grade No. | Part No.             | Description  | QTY |
|----------|-----------|----------------------|--|-----|
| 33       | 4.33      | RT7002200            | Right Front Decorative Cover                         | 1   |
| 34       | 4.34      | RT7002100            | Left Front Decorative Cover                          | 1   |
| 35       | 4.35      | RT7002000            | Motor Cover  | 1   |
| 36       | 4.36      | GB17880.3M5*13DS17   | Countersunk Head Hexagon Riveted Nuts M5             | 6   |
| 37       | 4.37      | STDP6800             | Locknut M8   | 12  |
| 38       | 4.38      | GB17880.5M6*16.5DS17 | Flat Head Hexagon Riveted Nuts M6                    | 18  |
| 39       | 4.39      | GB17880.3M6*15DS17   | Countersunk Head Hexagon Riveted Nuts M6             | 2   |
| 40       | 4.40      | NM8DS2               | Locknut M8   | 1   |
| 41       | 4.41      | GB845ST4.2*13DS      | Phillip Screw ST4.2*13                               | 19  |
| 42       | 4.42      | CNLM8*35DHS20NL      | Hexagon Socket Countersunk Head Cap Head Screw M8*35 | 1   |
| 43       | 4.43      | PNLM8*60DS20         | Hexalobular Socket Pan Head Tapping Screw M8*60      | 1   |
| 44       | 4.44      | DQ8DS2A              | Washer $\Phi 9 * \Phi 22 * 2$                        | 6   |
| 45       | 4.45      | GB70M8*80*80DHS6     | Socket Head Cap Screw M8*80                          | 2   |
| 46       | 4.46      | GB5780M8*25DS2NL     | Hex Head Bolt M8*25                                  | 4   |
| 47       | 4.47      | GB818M5*20DS2        | Phillip Screw M5*20                                  | 6   |
| 48       | 4.48      | GB936DHS12           | Spring Washer $\Phi 6$                               | 2   |
| 49       | 4.49      | GB818M6*10DHS2       | Phillip Screw M6*10                                  | 2   |
| 50       | 4.50      | GB70M6*20DHS20       | Socket Head Cap Screw M6*20                          | 24  |
| 51       | 4.51      | GB5780M8*150DS2      | Hex Head Bolt M8*150                                 | 6   |
| 52       | 4.52      | GB70M6*30DS4         | Phillip Screw M6*30                                  | 6   |
| 53       | 4.53      | GB70M6*60DS2         | Socket Head Cap Screw M6*60                          | 2   |
| 54       | 4.54      | GB5780M10*165*40DS20 | Hex Head Bolt M10*165                                | 2   |
| 55       | 4.55      | DQ10DS2A             | Washer $\Phi 11 * \Phi 23 * 2$                       | 6   |
| 56       | 4.56      | GB5780M10*180DHS2    | Hex Head Bolt M10*180                                | 2   |
| 57       | 4.57      | GB6560M4*8DSG        | Phillip Screw M4*8                                   | 3   |
| 58       | 4.58      | GB862.24DS12         | Serrated Lock Washers $\Phi 4$                       | 3   |
| 59       | 4.59      | DQXK8.4              | U-Shape Wires Clip                                   | 2   |
| 60       | 4.60      | L500M42816-3         | Connect Wire   | 1   |
| 61       | 4.61      | L1600M50-SMA-8       | Console Wire Down                                    | 1   |
| 62       | 4.62      | LD2000               | Protective Sleeve                                    | 1   |
| 63       | 4.63      | SD3*150              | Band Cable   | 4   |
| 64       | 4.64      | GB41M10              | Nut M10  | 4   |

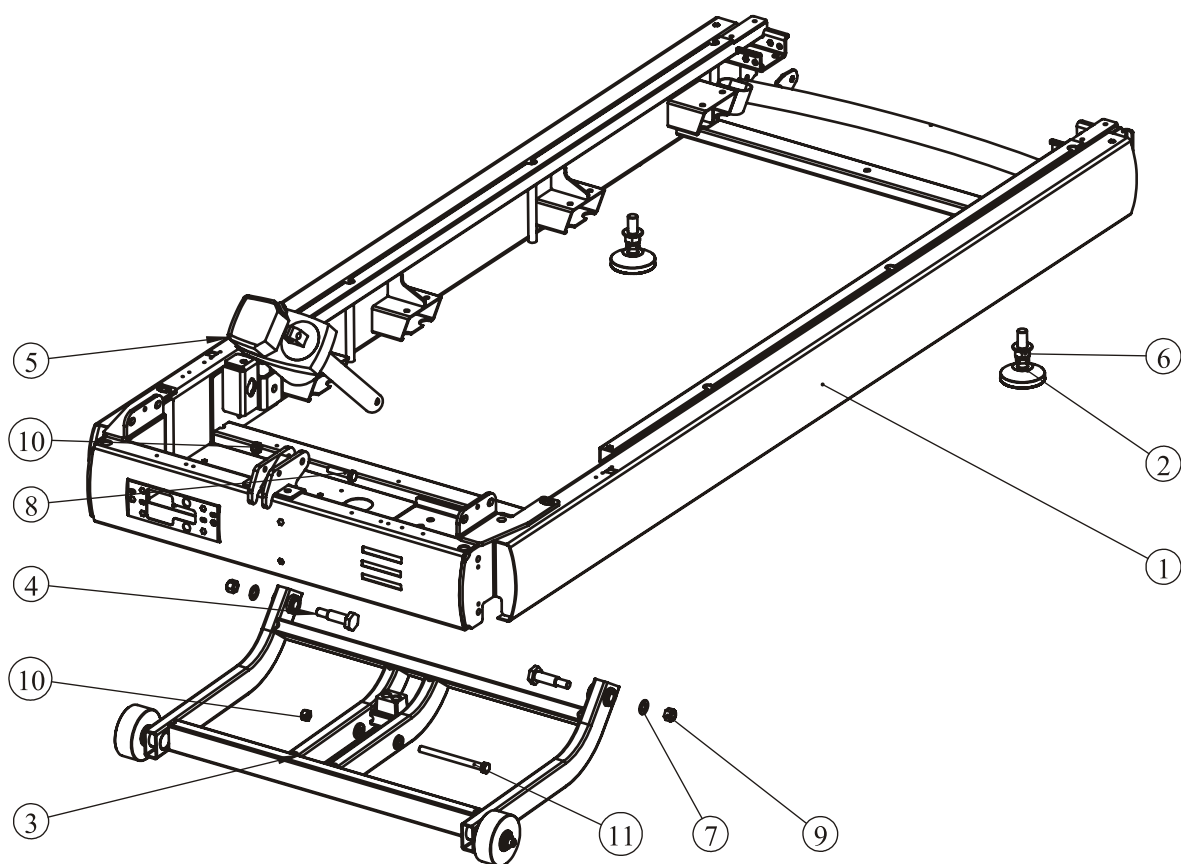
# Parts List and Exploded View

## Mainframe ASSY



## Parts List and Exploded View

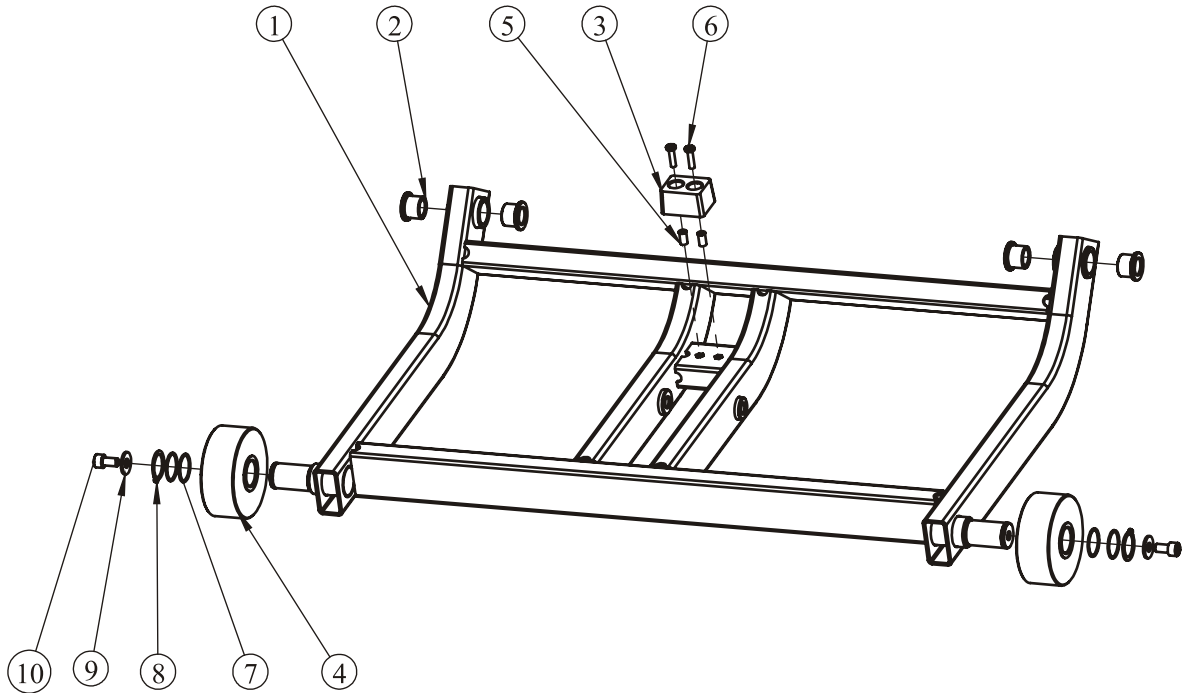
### Deck Frame and Inverter Frame ASSY



| Item No. | Grade No. | Part No.          | Description                  | QTY |
|----------|-----------|-------------------|------------------------------|-----|
| 1        | 4.1.1     | RT7500400         | Deck Frame                   | 1   |
| 2        | 4.1.2     | STDP3400          | Adjust Support               | 2   |
| 3        | 4.1.3     | RT75005ASSY       | Inverter Frame ASSY          | 1   |
| 4        | 4.1.4     | RT7001900         | Hex Head Bolt M10*130        | 2   |
| 5        | 4.1.5     | R37-22-RDS        | Actuator                     | 1   |
| 6        | 4.1.6     | GB6177M16DS2      | Hex Flange Nut M16           | 2   |
| 7        | 4.1.7     | DQ12DS2A          | Washer $\Phi 13*\Phi 24*1.5$ | 2   |
| 8        | 4.1.8     | NM12DS2           | Locknut M12                  | 2   |
| 9        | 4.1.9     | GB5780M10*45DS20  | Hex Head Bolt M10*45         | 1   |
| 10       | 4.1.10    | NM10DS2           | Locknut M10                  | 2   |
| 11       | 4.1.11    | GB5780M10*130DS20 | Hex Head Bolt M10*130        | 1   |

## Parts List and Exploded View

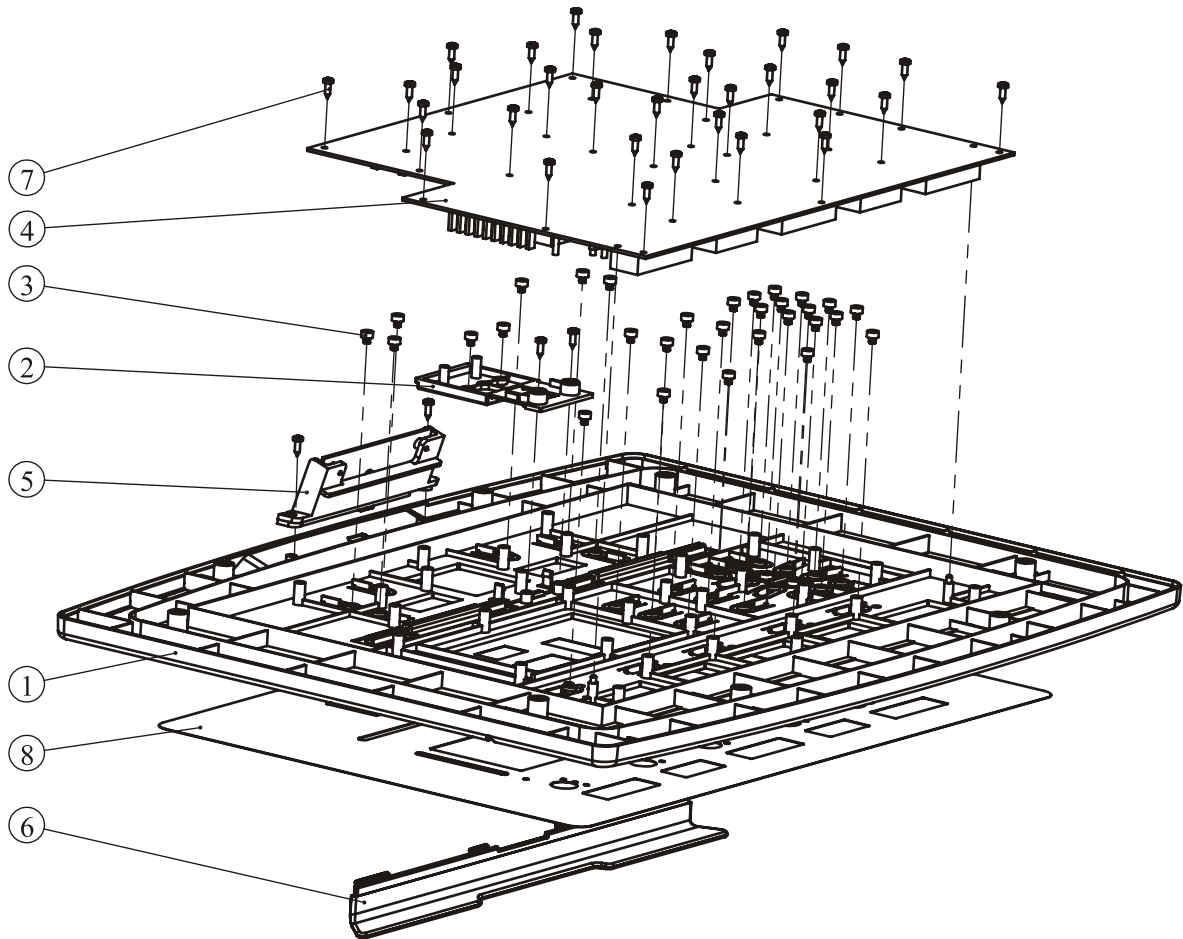
### Inverter Frame ASSY



| Item No. | Grade No. | Part No.           | Description                              | QTY |
|----------|-----------|--------------------|--|-----|
| 1        | 4.1.3.1   | RT7500500          | Inverter Frame                           | 1   |
| 2        | 4.1.3.2   | L1-6800            | Neck Bush                                | 4   |
| 3        | 4.1.3.3   | IN-B75052000       | Ground Bumper                            | 1   |
| 4        | 4.1.3.4   | DC29002200         | Wheel                                    | 2   |
| 5        | 4.1.3.5   | GB17880.3M5*13DS17 | Countersunk Head Hexagon Riveted Nuts M5 | 2   |
| 6        | 4.1.3.6   | GB818M5*20DS2      | Phillip Screw M5*20                      | 2   |
| 7        | 4.1.3.7   | DQ25DHS2B          | Adjust Washer $\Phi$ 25                  | 4   |
| 8        | 4.1.3.8   | GB894.125FH12      | Circlip For Shaft                        | 2   |
| 9        | 4.1.3.9   | DQ8DHS2A           | Washer Washer $\Phi$ 9* $\Phi$ 28*2      | 2   |
| 10       | 4.1.3.10  | GB70M8*15DHS4      | Socket Head Cap Screw M8*15              | 2   |

## Parts List and Exploded View

### Front Cover of Console ASSY

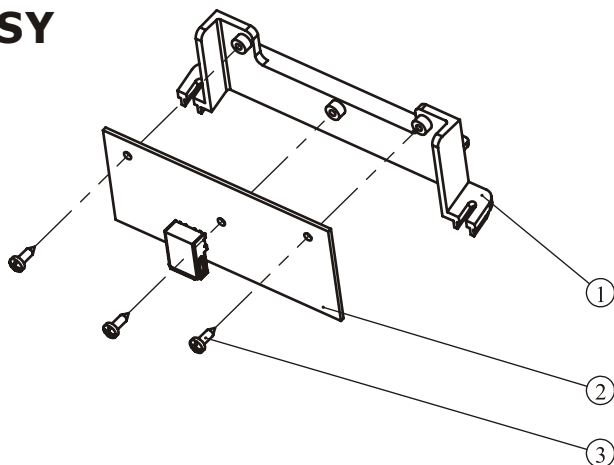


| Item No. | Grade No. | Part No.         | Description             | QTY |
|----------|-----------|------------------|-------------------------|-----|
| 1        | 7.5.1     | RT7505000        | Front Cover Of Console  | 1   |
| 2        | 7.5.2     | RT7505400        | Start Key On Console    | 1   |
| 3        | 7.5.3     | ECT74800         | Buffer Pad For Key      | 31  |
| 4        | 7.5.4     | B151             | Main PCB                | 1   |
| 5        | 7.5.5     | RT75007ASSY      | USB PCB ASSY            | 1   |
| 6        | 7.5.6     | RT7505600        | Holder For Magazine     | 1   |
| 7        | 7.5.7     | GB845ST2.9*9.5DS | Phillip Screw ST2.9*9.5 | 36  |
| 8        | 7.5.8     | RT750MM01        | Console Overlay         | 1   |
| 9        | 7.5.9     | L300SMA-XHB-8    | Console Wire Up         | 1   |
| 10       | 7.5.10    | L200XHB-XHB-4    | Connect Wire For USB    | 1   |
| 11       | 7.5.11    | L400XHB-SMY-19   | Connect Wire            | 1   |



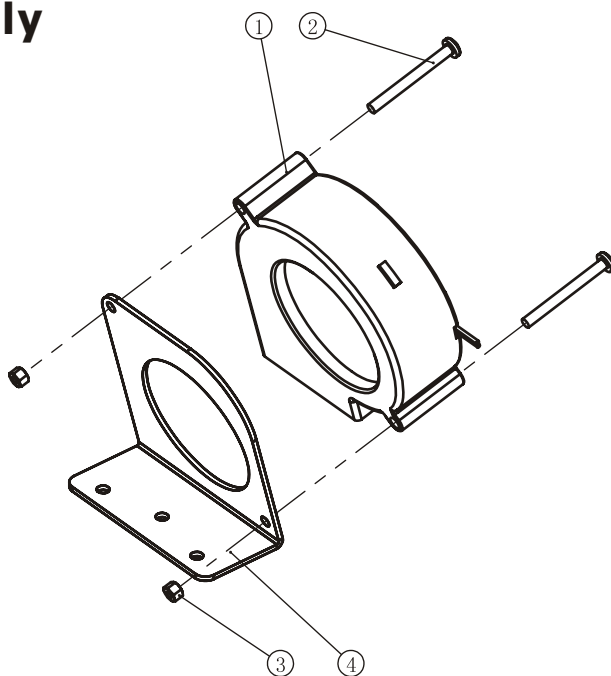
## Parts List and Exploded View

### USB PCB ASSY



| Item No. | Grade No. | Part No.         | Description             | QTY |
|----------|-----------|------------------|-------------------------|-----|
| 1        | 7.5.5.1   | RT7505500        | Holder For USB PCB      | 1   |
| 2        | 7.5.5.2   | B152             | USB PCB                 | 1   |
| 3        | 7.5.5.3   | GB845ST2.9*9.5DS | Phillip Screw ST2.9*9.5 | 3   |

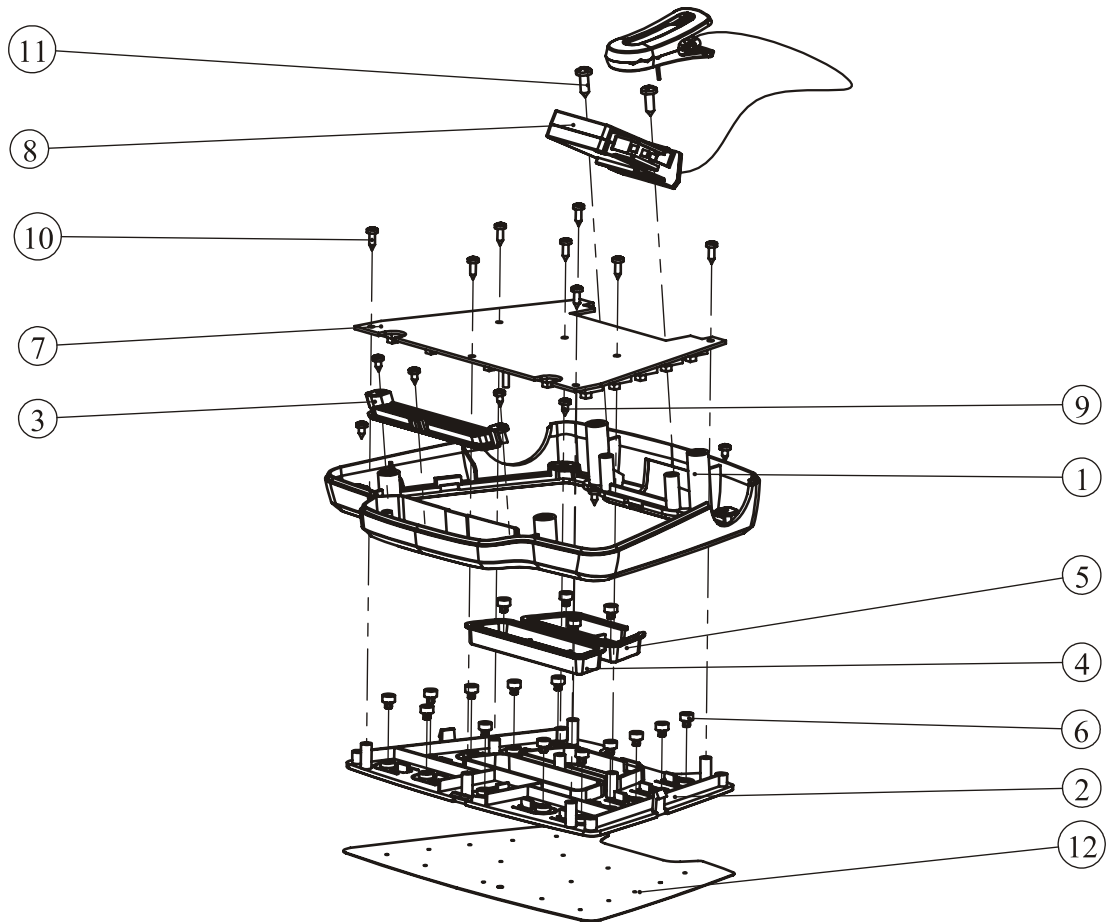
### Fan Assembly



| Item No. | Grade No. | Part No.      | Description         | QTY |
|----------|-----------|---------------|---------------------|-----|
| 1        | 1.7.1     | P07           | Fan                 | 1   |
| 2        | 1.7.2     | GB818M4*40DS2 | Phillip Screw M4*40 | 2   |
| 3        | 1.7.3     | GB41M4DS2     | Nut M4              | 2   |
| 4        | 1.7.4     | RT7504400     | Bracket For Fan     | 1   |

## Parts List and Exploded View

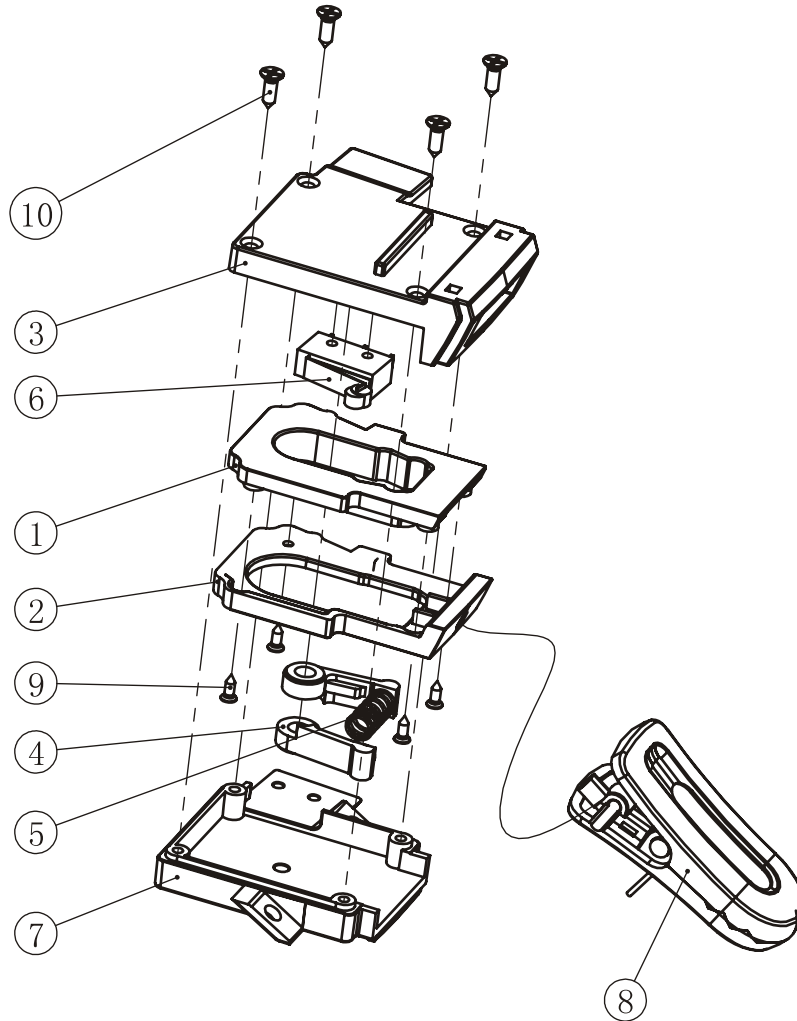
### Middle Controller Upper Casing ASSY



| Item No. | Grade No. | Part No.         | Description                            | QTY |
|----------|-----------|------------------|--|-----|
| 1        | 1.9.1     | RT7507100        | Middle Controller Upper Casing         | 1   |
| 2        | 1.9.2     | RT7506800        | Middle Controller Key Casing           | 1   |
| 3        | 1.9.3     | RT7508300        | Air Duct Cover                         | 1   |
| 4        | 1.9.4     | RT7506900        | Start Key                              | 1   |
| 5        | 1.9.5     | RT7507000        | Stop Key                               | 1   |
| 6        | 1.9.6     | ECT74800         | Buffer Pad For Key                     | 17  |
| 7        | 1.9.7     | B154             | PCB For Middle Controller Upper Casing | 1   |
| 8        | 1.9.8     | RT75010ASSY      | Emergency Switch ASSY                  | 1   |
| 9        | 1.9.9     | GB845ST2.9*6.5DS | Phillip Screw ST2.9*6.5                | 7   |
| 10       | 1.9.10    | GB845ST2.9*9.5DS | Phillip Screw ST2.9*9.5                | 8   |
| 11       | 1.9.11    | GB845ST4.2*13DS  | Phillip Screw ST4.3*13                 | 2   |
| 12       | 1.9.12    | RT750MM02        | A ZONE Overlay                         | 1   |

## Parts List and Exploded View

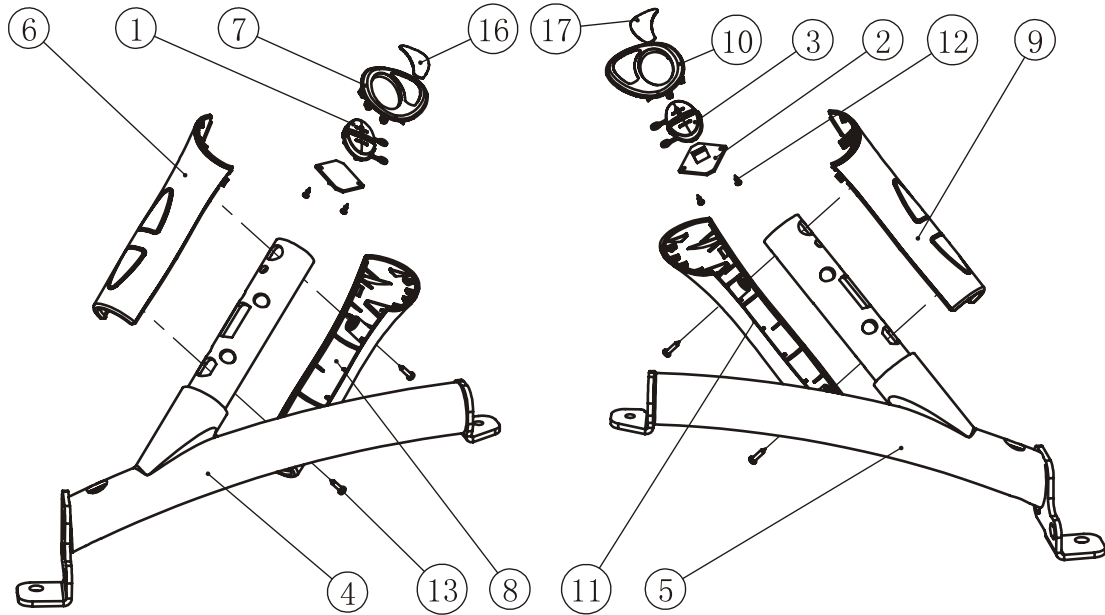
### Emergency Switch ASSY



| Item No. | Grade No. | Part No.         | Description                                  | QTY |
|----------|-----------|------------------|--|-----|
| 1        | 1.9.8.1   | RT7507600        | Upper Casing For Emergency Switch Pull Rope  | 1   |
| 2        | 1.9.8.2   | RT7507700        | Bottom Casing For Emergency Switch Pull Rope | 1   |
| 3        | 1.9.8.3   | RT7507400        | Upper Casing For Emergency Switch            | 1   |
| 4        | 1.9.8.4   | RT7507800        | Locating Rod                                 | 2   |
| 5        | 1.9.8.5   | RT7504900        | The Pressure Spring                          | 1   |
| 6        | 1.9.8.6   | F83              | Emergency Switch                             | 1   |
| 7        | 1.9.8.7   | RT7507500        | Bottom Casing For Emergency Switch           | 1   |
| 8        | 1.9.8.8   | STDP4012         | Safe Key Clamp                               | 1   |
| 9        | 1.9.8.9   | GB846ST2.2*6.5DS | Phillip Screw ST2.2*6.5                      | 4   |
| 10       | 1.9.8.10  | GB846ST2.9*9.5DS | Phillip Screw ST2.9*9.5                      | 4   |

## Parts List and Exploded View

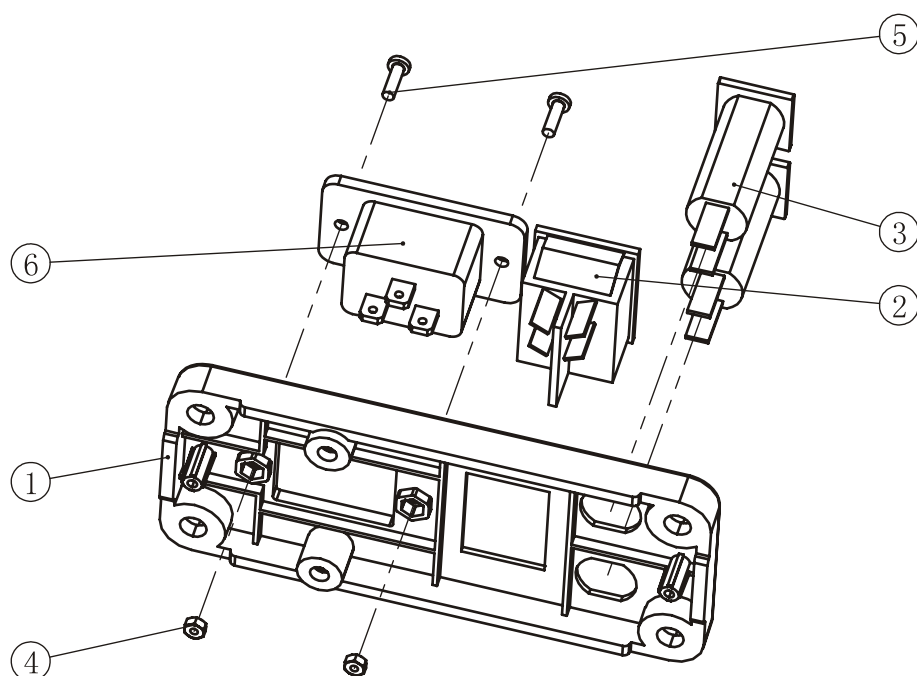
### Middle Handrail ASSY



| Item No. | Grade No. | Part No.         | Description                   | QTY |
|----------|-----------|------------------|-------------------------------|-----|
| 1        | 1.8.1     | X17K             | Incline Key                   | 1   |
| 2        | 1.8.2     | F31              | Spd And Incl Pcb              | 2   |
| 3        | 1.8.3     | X19K             | Speed Key                     | 1   |
| 4        | 1.8.4     | RT7500600        | Left Middle Handrail Bracket  | 1   |
| 5        | 1.8.5     | RT7500700        | Right Middle Handrail Bracket | 1   |
| 6        | 1.8.6     | X12RV1           | Left Cover W/ Pulse Plate     | 1   |
| 7        | 1.8.7     | X12T             | Pulse Plate Top Cover         | 1   |
| 8        | 1.8.8     | X12L             | Pulse Plate Left Cover        | 1   |
| 9        | 1.8.9     | X13RV1           | Right Cover W/ Pulse Plate    | 1   |
| 10       | 1.8.10    | X13T             | Pulse Plate Top Cover         | 1   |
| 11       | 1.8.11    | X13L             | Pulse Plate Left Cover        | 1   |
| 12       | 1.8.12    | GB845ST2.2*6.5DS | Phillip Screw ST2.2*6.5       | 4   |
| 13       | 1.8.13    | GB845ST2.9*13N19 | Phillip Screw ST2.9*13        | 4   |
| 14       | 1.8.14    | L800XHB-XHP-6    | Spd And Incl Connect Wire     | 1   |
| 15       | 1.8.15    | L1000ST0-XHB-4   | Pulse Connect Wire            | 1   |
| 16       | 1.8.16    | RT700TZ02        | Sticker For Incl              | 1   |
| 17       | 1.8.17    | RT700TZ01        | Sticker For Spd               | 1   |
| 18       | 1.8.18    | K1NF-55 (N)      | Ferrite                       | 2   |

## Parts List and Exploded View

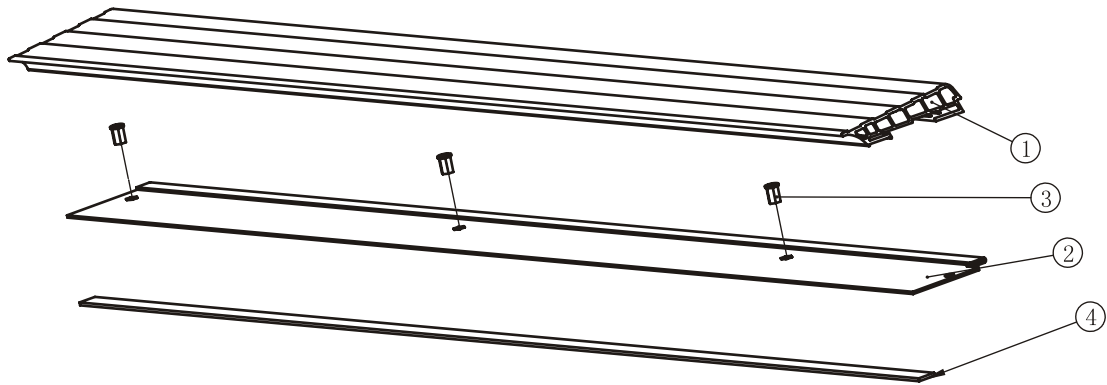
### Switch Cover ASSY



| Item No. | Grade No. | Part No.             | Description         | QTY |
|----------|-----------|----------------------|---------------------|-----|
| 1        | 4.22.1    | RT7003000            | Switch Cover        | 1   |
| 2        | 4.22.2    | F23                  | Power Switch        | 1   |
| 3        | 4.22.3    | Z13                  | Power Outlet        | 1   |
| 4        | 4.22.4    | 13-0009              | Fuse                | 2   |
| 5        | 4.22.5    | GB41M3DS2            | Nut M3              | 2   |
| 6        | 4.22.6    | GB818M3*10DS2        | Phillip Screw M3*10 | 2   |
| 7        | 4.22.7    | 740-6016             | Earth Wire          | 1   |
| 8        | 4.22.8    | L100AMP175022-1-L-14 | Connect Wire        | 2   |
| 9        | 4.22.9    | L100AMP175022-1-N-14 | Connect Wire        | 2   |
| 10       | 4.22.10   | 08-0077              | Ferrite             | 1   |
| 11       | 4.22.11   | L400AMP175022-1-N-14 | Connect Wire        | 1   |

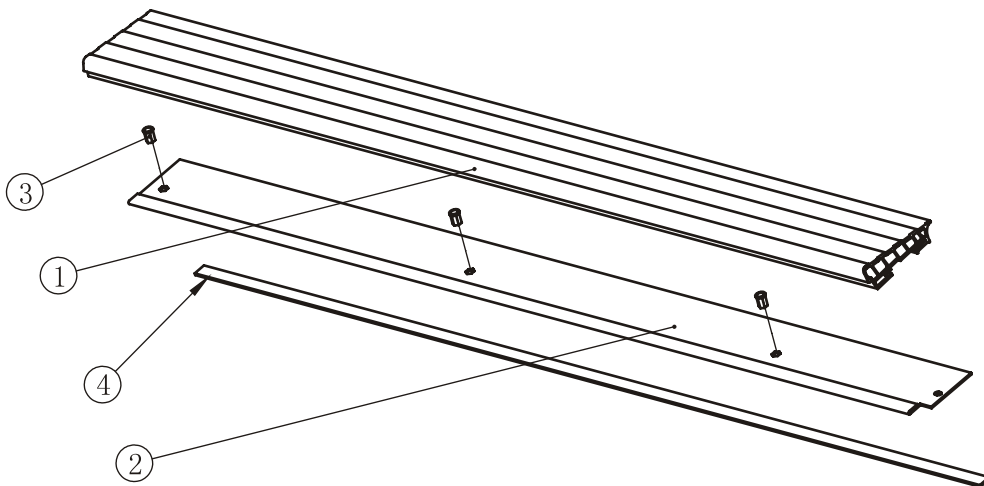
## Parts List and Exploded View

### Left Side Rail Assembly



| Item No. | Grade No. | Part No.              | Description                       | QTY |
|----------|-----------|-----------------------|-----------------------------------|-----|
| 1        | 4.23.1    | RT7007200             | Left Side Rail                    | 1   |
| 2        | 4.23.2    | RT7007400             | Frame For Left Side Rail          | 1   |
| 3        | 4.23.3    | CRDMJ20*3*1000        | Single Sided Adhesive             | 1   |
| 4        | 4.23.4    | GB17880.5M8*16.5DCS17 | Flat Head Hexagon Riveted Nuts M8 | 3   |

### Right Side Rail Assembly



| Item No. | Grade No. | Part No.              | Description                       | QTY |
|----------|-----------|-----------------------|-----------------------------------|-----|
| 1        | 4.24.1    | RT7007300             | Right Side Rail                   | 1   |
| 2        | 4.24.2    | RT7007500             | Frame For Right Side Rail         | 1   |
| 3        | 4.24.3    | CRDMJ20               | Single Sided Adhesive             | 1   |
| 4        | 4.24.4    | GB17880.5M8*16.5DCS17 | Flat Head Hexagon Riveted Nuts M8 | 3   |

# Console Panel Functions

## Console Panel Function

|                |   |
|----------------|---|
| Rated Voltage: | 220-240V~ 50/60Hz   |
| Rated Power:   | 3000W   |
| Speed Range:   | 1-25km/h  |
| Incline Range: | 0-15%   |
| Display:       | SPEED, INCLINE, HEART RATE, %HEART RATE, AVG SPEED, PACE, TIME, CALORIES, CAL/HOUR, DISTANCE, STEPS, DOT MATRIX |

### 1. Console Overview



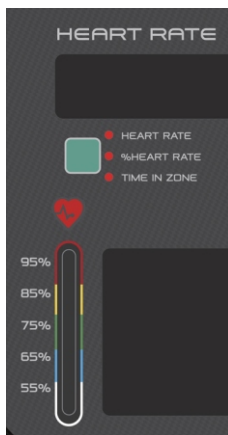
# Console Panel Functions

## 2. Programs & Keyboard



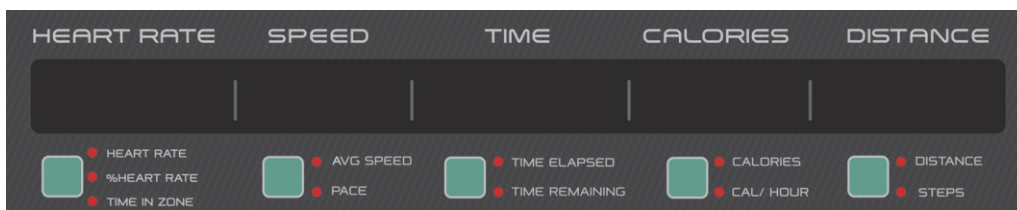
Program includes Manual, Cardio, Interval, Burn Cardio, Heart rate, Advanced. The keyboard to input Age or Weight data based on program selected.

## 3. Heart Rate Zone



The heart rate column indicate the heart intensity while the led window is showing heart rate number. There are 10 LED lights composed the upright column, the heart rate lights depend on the AGE inputted, the maximum heart rate data equal to the number that 220 deducts AGE.

## 4. Upper LED + display controls





## Console Panel Functions

4.1 The default display for above windows is always: HEART RATE, AVG SPEED, TIME ELAPSED, CAORIES, DISTANCE.

4.2 If user pressed the shift buttons on the left, the data will be changed accordingly.

HEART RATE -> % HeartRate -> TIME IN ZONE (loop through per press)

AVG SPEED -> PACE

TIME ELAPSED -> TIME REMAINING

CALORIES -> CAL/HOUR

DISTANCE -> STEPS

### 5. User control buttons



#### 5.1 COOL DOWN

Press once, Speed drop by 50%, incline drop by 50%.

#### 5.2 INCLINE ADJUSTMENT

Press the up arrow and down arrow buttons of console to adjust the incline by 1.

#### 5.3 START

Press once when outside of a program.

LEFT LED displays "3", "2", "1".

Belt starts moving.

#### 5.4 STOP

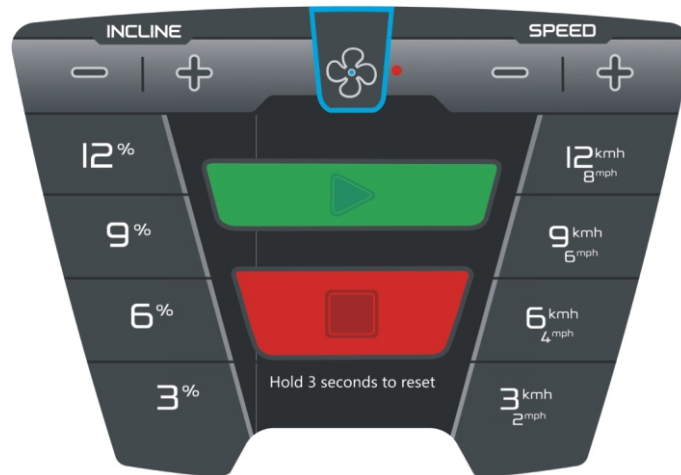
Press the button and Speed will drop to 0, every other window remains unchanged.

#### 5.5 SPEED ADJUSTMENT

Press the + button and - button to adjust the speed by 0.1.

## Console Panel Functions

### 6. A-ZONE



#### 6.1 START



Press once when outside of a program.

LED displays "3", "2", "1".

Belt starts moving.

#### 6.2 STOP



Press once, Speed drop to 0, every other window remains un-changed.

Hold for 3 seconds, console resets.

#### 6.3 INCLINE ADJUSTMENT

Press the + button and - button of A-ZONE to adjust the incline by 1.

#### 6.4 SPEED ADJUSTMENT

The A-ZONE speed adjustment changed by 0.5, finger control changed by 1.

Press STOP button of A-ZONE for 3 seconds to reset.

#### 6.5 INCLINE INSTANT

**3, 6, 9, 12 go to selected incline angle directly.**

#### 6.6 SPEED INSTANT

3, 6, 9, 12 go to selected speed directly.

### 7. USB port

USB port can provide 5V/2A power supply, for mobile phones or appliances with USB port.

## Console Panel Functions

### Console operation

When console turns on or after reset:

The LEFT LED windows Displays version Number, Then it will scroll logo, The LEFT LED windows scrolls "PRESS ► TO QUICK START OR SELECT PROGRAM TO LAUNCH".

#### 1 If Manual is selected

- 1.1 LEFT LED scrolls "MANUAL MODE: ENTER WEIGHT".
- 1.2 LEFT LED flash displays "70 KG".
- 1.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 1.4 Press ✓ or ► to confirm.
- 1.5 LEFT LED scrolls "ENTER TIME".
- 1.6 LEFT LED displays "20 MINS".
- 1.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 1.8 Press ✓ or ► to confirm.
- 1.9 LEFT LED displays "3", "2", "1".
- 1.10 Belt starts moving.

#### 2 If Cardio is selected

- 2.1 LEFT LED scrolls "CARDIO MODE: ENTER WEIGHT".
- 2.2 LEFT LED flash displays "70 KG".
- 2.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 2.4 Press ✓ or ► to confirm.
- 2.5 LEFT LED scrolls "ENTER TIME".
- 2.6 LEFT LED flash displays "20 MINS".
- 2.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 2.8 Press ✓ or ► to confirm.
- 2.9 LEFT LED displays "3", "2", "1".
- 2.10 Belt starts moving.

## Console Panel Functions

### 3 If Interval is selected

- 3.1 LEFT LED scrolls "INTERVAL MODE: ENTER WEIGHT".
- 3.2 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.3 Press ✓ or ► to confirm.
- 3.4 LEFT LED scrolls "ENTER TIME".
- 3.5 LEFT LED flash displays "20 MINS".
- 3.6 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.7 Press ✓ or ► to confirm.
- 3.8 LEFT LED scrolls "ENTER LOWER SPEED LIMIT".
- 3.9 LEFT LED flash displays "8".
- 3.10 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.11 Press ✓ or ► to confirm.
- 3.12 LEFT LED scrolls "ENTER UPPER SPEED LIMIT".
- 3.13 Lower LED flash displays "10".
- 3.14 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.15 Press ✓ or ► to confirm.
- 3.16 LEFT LED displays "3", "2", "1".
- 3.17 Belt starts moving.

### 4 If Burn Calories is selected

- 4.1 LEFT LED scrolls "BURN CALORIES MODE: ENTER MAX SPEED".
- 4.2 LEFT LED flash displays "10".
- 4.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 4.4 Press ✓ or ► to confirm.
- 4.5 LEFT LED scrolls "ENTER MAX INCLINE".
- 4.6 Lower LED flash displays "10".
- 4.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 4.8 Press ✓ or ► to confirm.
- 4.9 LEFT LED displays "3", "2", "1".
- 4.10 Belt starts moving.

## Console Panel Functions

### 5 If Heart Rate is selected

LEFT LED scrolls "HEART RATE TRAINING: 65%HR".

LEFT LED scrolls: "PRESS ✓ or ► TO SELECT. OR USE KEYBOARD TO INPUT 75% 85%".

LEFT LED displayed according to the figure inputted: 75%HR, 85%HR.

Press ✓ or ► to select:

#### 5.1 If 65% is selected

5.1.1 LEFT LED scrolls "65%HR: ENTER WEIGHT".

5.1.2 Lower LED flash displays "70 KG".

5.1.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.4 Press ✓ or ► to confirm.

5.1.5 LEFT LED scrolls ENTER TIME.

5.1.6 LEFT LED flash displays "20 MINS".

5.1.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.8 Press ✓ or ► to confirm.

5.1.9 LEFT LED scrolls ENTER AGE.

5.1.10 LEFT LED flash displays "40".

5.1.11 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.12 Press ✓ or ► to confirm.

5.1.13 LEFT LED displays "3", "2", "1".

5.1.14 Belt starts moving.

#### 5.2 If 75% is selected

LED scrolls "75%HR: ENTER WEIGHT".

Same as above.

#### 5.3 If 85% is selected

LED scrolls "85%HR: ENTER WEIGHT".

Same as above.

## Console Panel Functions

### 6 If Advanced is selected

- 6.1 LEFT LED scrolls "ADVANCED MODE: ENTER AGE 40".
- 6.2 LEFT LED flash displays "40".
- 6.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.4 Press ✓ or ► to confirm.
- 6.5 LEFT LED displays "ENTER HIGH INTENSITY INTERVAL HEART RATE 90%".
- 6.6 LEFT LED flash displays "90%".
- 6.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.8 Press ✓ or ► to confirm.
- 6.9 LEFT LED displays "ENTER DURATION OF HIGH INTENSITY INTERVAL 60 SECONDS".
- 6.10 LEFT LED flash displays "60 S".
- 6.11 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.12 Press ✓ or ► to confirm.
- 6.13 Lower LED displays "ENTER RECOVERY INTERVAL HEART RATE 65%".
- 6.14 LEFT LED flash displays "65%".
- 6.15 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.16 Press ✓ or ► to confirm.
- 6.17 LEFT LED displays "ENTER DURATION OF RECOVERY INTERVAL 30 SECONDS".
- 6.18 LEFT LED flash displays "30 S".
- 6.19 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.20 Press ✓ or ► to confirm.
- 6.21 Lower LED displays "ENTER NUMBER OF INTERVALS 8".
- 6.22 LEFT LED flash displays "8".
- 6.23 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 6.24 Press ✓ or ► to confirm.
- 6.25 LEFT LED displays "3", "2", "1".
- 6.26 Belt starts moving.

## Console Panel Functions

- 6.27 LEFT LED Displays "WARM UP, THEN TO START 1ST INTERVAL".
- 6.28 LEFT LED Display "HEIGHT INTENSITY INTERVAL 1 OF X" (X is number of intervals set by user). Speed level goes up until the high intensity interval heart rate set is reached. Start 1st high intensity interval duration.
- 6.29 After 1st high intensity interval duration is over, the recovery interval starts.
- 6.30 LEFT LED Display "RECOVERY INTERVAL 1 of X" (X is number of intervals set by user). Start recovery interval duration. Speed level is lowered until recovery interval heart rate set is reached.
- 6.31 Intervals are repeated until the number of intervals set by user is reached.
- 6.32 LEFT LED Display "COOL DOWN PROCESSING, PRESS STOP TO END". Speed and incline level is the same as the Speed and incline level of the last recovery interval.
- 6.33 Press STOP key.
- 6.34 Program end.

### **7 Monitoring Personal mode**

If the runner left the treadmill for 60 seconds, the machine will automatically stop and reset. The warning message starts circling showing at the time of 50 seconds after the leaving "NO USER DETECTED, STOPPING IN 10 SECONDS".

### **8 Elevation auto. adjust mode**

- 8.1 Press & Hold console "Incline +/-" and "Speed +/-" four buttons at the same time for 3sec. then Through auto. adjust mode.
- 8.2 Waiting for the finish.

### **9 SI switch ENG mode**

- 9.1 Pull out safety switch.
- 9.2 Press START key three times & hold.
- 9.3 Reset the safety switch after 3 sec.
- 9.4 Release the START key.
- 9.5 Using "speed +/-" adjust SI or ENG (SI-metric , ENG-imperial).
- 9.6 Press ✓ to confirm.
- 9.7 Press the START key to exit.

## Console Panel Functions

### 10 Treadmill Error Messages

#### 10.1 Communication Error message: ER01

- 10.1.1 Check console and the main communication cable connection.
- 10.1.2 Check inverter and the main communication cable connection.
- 10.1.3 Replace inverter.
- 10.1.4 Replace console.

#### 10.2 Elevation Error messages: ER02

- 10.2.1 Elevation auto. Sense mode.
- 10.2.2 Connection check.
- 10.2.3 Elevation control PCB LED check.
- 10.2.4 actuator check or replace.

#### 10.3 Over current message: ER04

- 10.3.1 connection check.
- 10.3.2 lubrication.
- 10.3.3 running deck check.
- 10.3.4 running belt check.
- 10.3.5 check if overload.
- 10.3.6 main motor check or replace.
- 10.3.7 inverter check or replace.

#### 10.4 Lower voltage message: ER05

- 10.4.1 Check power AC 220-240V(110-120V).

#### 10.5 Over load message: ER06

- 10.5.1 motor connection check.
- 10.5.2 lubrication.
- 10.5.3 running deck check.
- 10.5.4 running belt check.
- 10.5.5 overload.
- 10.5.6 main motor check or replace.
- 10.5.7 inverter check or replace.



## Console Panel Functions

### **10.6 Emergency stop message: ER07**

10.6.1 Reset SAFETY switch then press STOP button.

10.6.2 check the mechanical structure.

10.6.3 connection check.

10.6.4 safety key check or replace.

10.6.5 console PCB check or replace.

### **10.7 The console no power**

10.7.1 Check the power voltage by using voltage-meter to see if it is within 220-240V.

10.7.2 The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch.

10.7.3 Inspect the circuit breaker to see if it has tripped off. If it is tripped off, reset the breaker. And check which part is short-circuited. Then replace the short-circuited part.

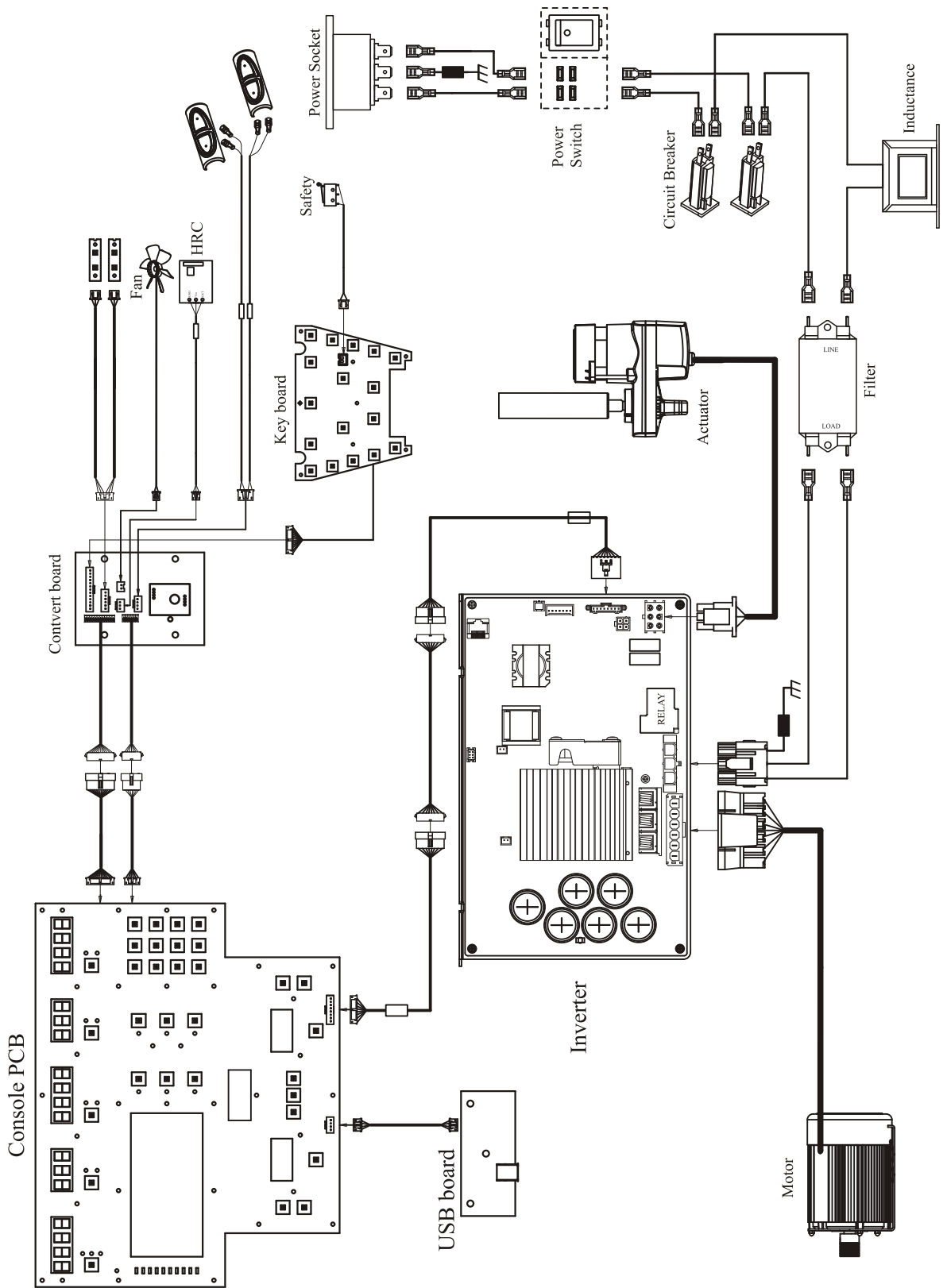
10.7.4 Check the communication cable and console connection.

10.7.5 Check the communication cable and inverter connection.

10.7.6 Replace the communication cable.

10.7.7 Replace the power cable.

# Electrical Connection



# Belt Adjustment and Maintenance

## 1. Running Belt Adjustment

### Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.). Speed of Running Belt don't exceed 4KMH, during adjustment.

### 1.1 Adjust Running Belt in center of treadmill

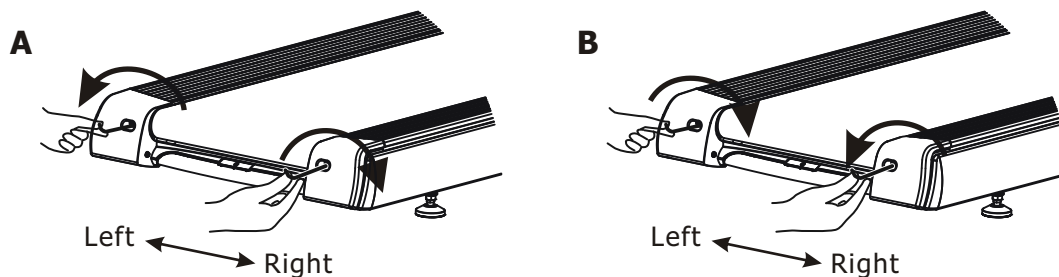
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

#### A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with a 6mm Allen wrench as below figure.

#### B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with a 6mm Allen wrench as below figure.

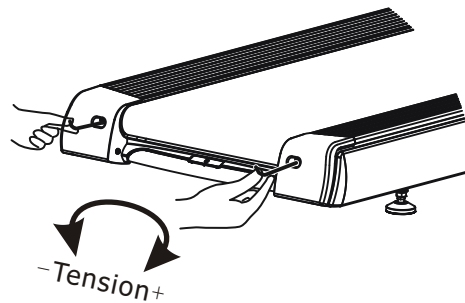


### 1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time. Tension both the Allen bolts of rear roller **1/4 TURN** as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN the roller bolts more than 1/4 turn at one times.**

**Perfect tension of running belt is 0.9~1.1 lbs.**

## Belt Adjustment and Maintenance



### 2 CLEANING

**Warning!** To prevent electrical shock, be sure the power is turn off and disconnect plug from socket before attempting any cleaning or mainteance.

Routine maintenance and cleaning for your unit will keep good function and extend the life of your unit.

Plesse wipe off the console and other treadmill surfaces perspiration and dust with a clean, dampened soft cloth after workout.

## Maintenance Check List

| PREVENTIVE MAINTENANCE SCHEDULE |              |               |                |                  |                   |               |
|---------------------------------|--------------|---------------|----------------|------------------|-------------------|---------------|
| <b>TREADMILL</b>                |              |               |                |                  |                   |               |
| <i>Item</i>                     | <i>Daily</i> | <i>Weekly</i> | <i>Monthly</i> | <i>Quarterly</i> | <i>Biannual</i>   | <i>Annual</i> |
| <i>Console Mounting Bolts</i>   |              |               |                |                  | Inspect           |               |
| <i>Frame</i>                    | Clean        |               |                |                  | Inspect           |               |
| <i>Power Cord</i>               |              |               | Inspect        |                  |                   |               |
| <i>Display Console</i>          | Clean        |               | Inspect        |                  |                   |               |
| <i>Handrail &amp; Handlebar</i> | Clean        |               |                | Inspect          |                   |               |
| <i>Front Roller</i>             |              |               |                | Clean            | Inspect           |               |
| <i>Rear Roller</i>              |              |               |                | Clean            | Inspect           |               |
| <i>Safety Switch</i>            | Test         |               |                |                  |                   |               |
| <i>Running belt Tension</i>     |              |               | Inspect        |                  |                   |               |
| <i>V Belt</i>                   |              |               |                | Clean            | Inspect           |               |
| <i>Running Deck</i>             |              |               |                |                  |                   | Flip          |
| <i>Running Belt</i>             |              |               |                |                  | Inspect           |               |
| <i>Control Box</i>              |              |               |                |                  | Clean<br>(Vacuum) |               |
| <i>Motor</i>                    |              |               |                | Clean            |                   |               |

