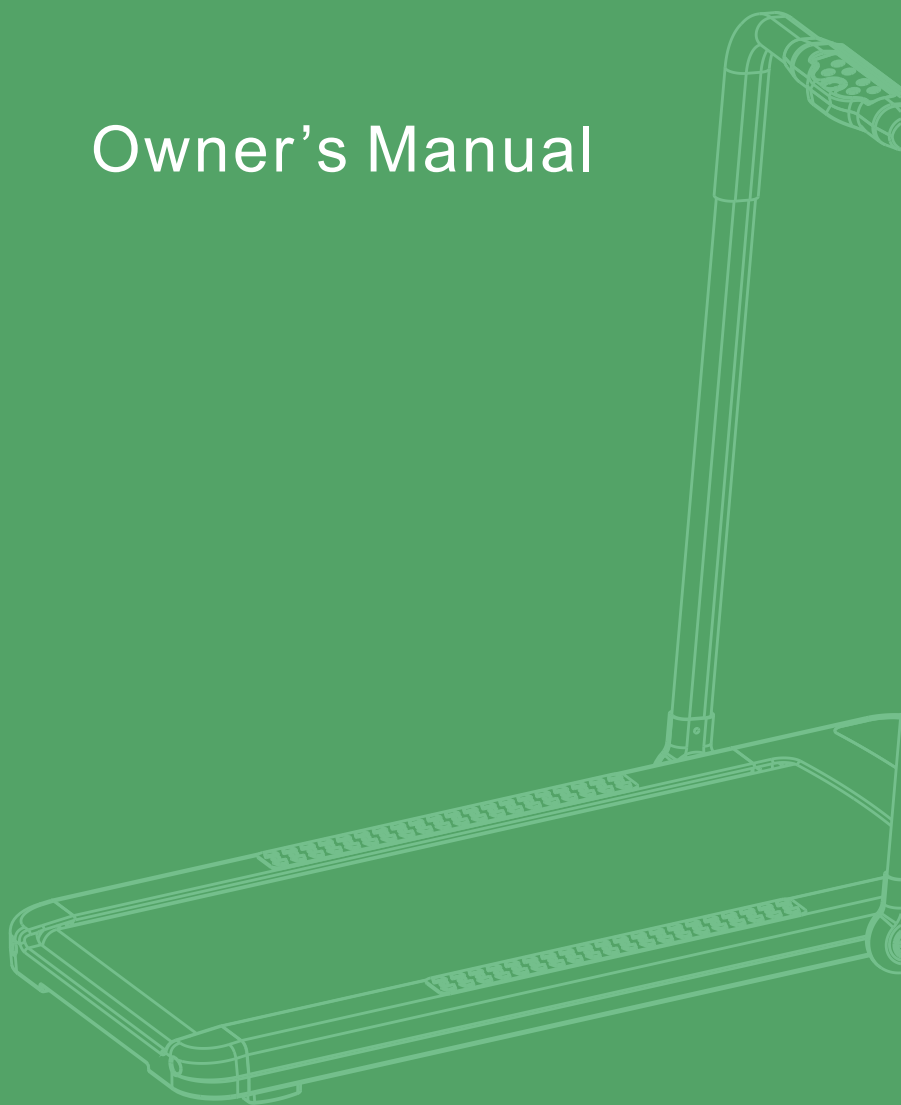


MINI TREADMILL

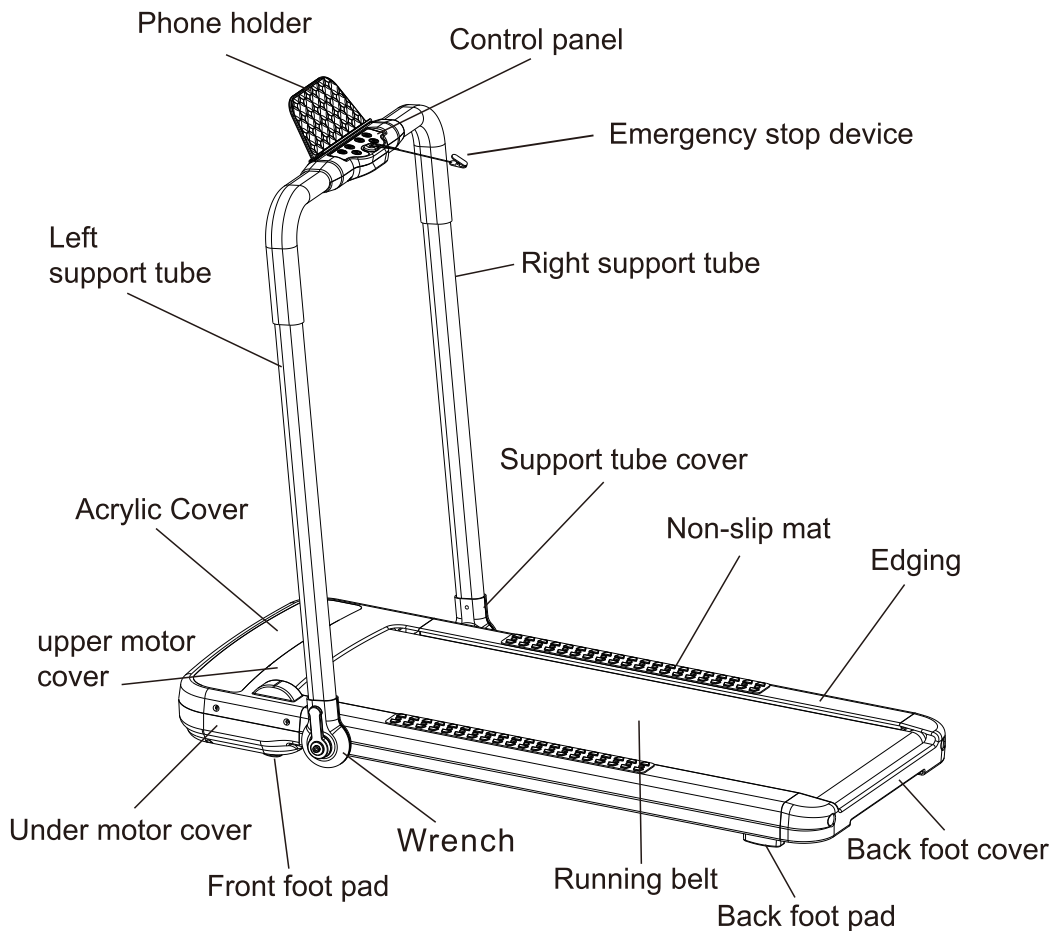
Owner's Manual



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Product Instruction



How to install APP



Scan the left QR code. Shift to APP store to download the APP “Fitshow”and install it.Run the APP and follow the instructions to authorize it,If this is your first time to login,please register with you phone number or mail address.Start to use the APP.



Shift to APP store to download the APP and install it.Run the APP “Zwift”and follow the instructions to authorize it,If this is your first time to login,please register with you phone number or mail address.Start to use the APP.



Shift to APP store to download the APP and install it.Run the APP “Kinomap”and follow the instructions to authorize it,If this is your first time to login,please register with you phone number or mail address.Start to use the APP.

Please note when you are registering:
Please use correct mail address or phone number to make sure you can find your user name and password.

Safety cautions and warnings

Caution! Please read this manual carefully before using the product and take care follow issues:

This treadmill should be used indoor, do not let this product be soaked and keep it away water, do not put other things on the treadmill.

Please take the proper sports gear and do warming up before use the treadmill, do not use the treadmill on bare feet.

Power plug must be grounded and use dedicated circuit, do not share circuit with other electric equipment.

Kids should stay away from the treadmill to avoid unexpected situation.

Do not use the tread mill overload and over time, or the motor, control panel, bearing ,running belt and board's life will be greatly shorten. Should do the regular maintenance to keep tread mill in good state.

Reduce dust and keep certain humidity indoor to prevent electronic and control devices from interference by static electricity.

Please turn off the treadmill after using.

Please make sure air circulation when you are using the treadmill.

Clamp the emergency switch to your cloth to make sure the treadmill can be stopped if meet unexpected situation.

Please stop doing exercise if you feel uncomfortable and consult your doctor.

Please keep the silicone oil away from kid after using to avoid eating accident.

Warning: To avoid accident and injured, please follow bellowing issues:

Please check your sport gear and make sure the zipper is lock.

Do not wear cloth which is easy to be hooked by treadmill.

Do not put the power cord near heat source.

Do not let kid play with or play near tread mill.

Do not use the treadmill outdoor.

Must unplugged the treadmill before moving it.

Never try to disassemble the product if you are not professional maintainer, or it will cause very bad consequence.

Only one person use it at one time, do not use it with two people and more.

Please stop doing exercise if you feel dizzy, Chest pain, nausea, or shortness of breath, and consult your fitness coach or doctor.

Warning! Must !

Please consult your doctor if you are under therapy or have any one of following issues:

(1) If you are suffering waist pain or hurt leg, waist or neck before, or have perceived obstacle to leg, waist , neck and hand(also include disc herniation, Spondylolisthesis, Cervical protrusion).

(2) Deformed arthritis, rheumatism, gout.

(3) Osteoporosis or bone abnormality

(4) Circulatory system disorder(heart disease, vascular disease, high blood pressure).

(5) Respiratory organs disorder.

(6) Implant cardiac pacemaker or other electronic equipment.

(7) Malignant tumor .

(8) Thrombosis, serious arterial lipoma, acute venous lipoma and other blood circulation disease or skin infections.

(9) Perceived obstacle caused by diabetes.

(10) Wounded on skin.

(11) Sick or fever(38°C or higher temperature).

- (12) Spine abnormality or bending.
- (13) Pregnant women or women are in the menstrual period .
- (14) Unhealthy and need rest.
- (15) Obvious bad condition.
- (16) For physical recovery purpose.
- (17) Other bad feeling expect above situations.

All issues above may cause unexpected condition and may harm body. Please stop doing exercise if you feel waist pain, dizzy, Palpitations or other abnormal feeling, consult your fitness coach or doctor.

Kids must not use this product. Kid should be kept away from the product, or it may caused unexpected hurting risk.

Please make sure no other people or pet around the product when you are taking, packing or sliding the product.

! Forbidden !

Never use if you found the shell is broken and off (inside parts are exposed) or welding point is broken. Or it may cause unexpected condition.

Never jump on and off the product when you are using, it may cause falling and injured.

Never store the product out door, near bathroom or any place where is damp.

Never use or store the product under direct sunlight, near stove, electric blanket or other heating supply equipment, or it may cause electric shock or fire accident.

Never use the product when you found power cord or plug is broken or socket slack, or it may cause electric shock, short circuit or fire accident

Never break or twist the power cord, also never put things on the wire to avoid electric shock or fire accident

Never use the product with two or more people at the same time, keep others way when using the product, or it may cause unexpected situation or falling accident.

Never use the product if user can not express self conscious or can not operate the product by himself/herself. Or it may cause unexpected situation.

Keep the product away water or other liquid, especially the main base. Or it may cause electric shock or fire accident

Never do intense exercise if you don't exercise usually. Do not use it after meal, fatigue, or other uncomfortable state, or it may be harm to your health.

This product is only for home use, never use it at school, stadium or other public place, or it may cause unexpected situations.

Never use the product if you are eating or doing other behavior, also never use it after drinking, or it may cause accident or injured.

ever take your watch, bracelet, mobile phone and other valuable objects with you to avoid damage, also take off your keys and knife to avoid hurting yourself.

Please do check the power cord whether there is needle, garbage or other wet things before using to avoid electric shock, short circuit or fire accident

Never touch the plug with wet hand to avoid electric shock.

Please turn the power switch to off position and unplug the product if do not use it for a period to avoid electricity shock or fire accident caused by insulation deterioration

Grounding explanation

This product must be grounding, it can greatly reduce the risk of electricity shock when the product is dysfunction.

The plug of this product is grounding standard, please use local legal grounding power source to connect the product

! Dangerous !

It may cause electricity shock if the product is not grounding properly. Please ask professional electrician to check if you are not sure whether the grounding is correct. Never modify the plug if it can not fit your power source, please ask professional electrician to install a proper power source.

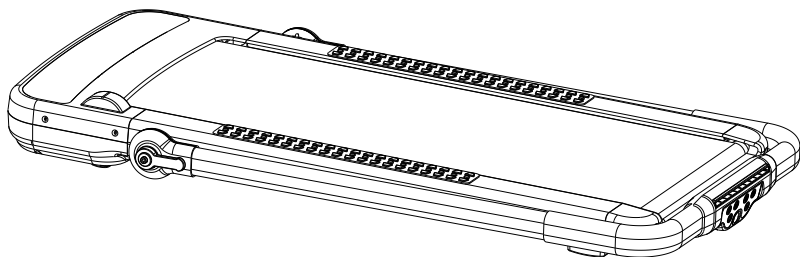
Never use transfer plug, this product must connect to power source with grounding function.

Parameter and packing list

Parameter					
No.	Parameter	Description			
1	Voltage	220-240V			
2	Motor specification	0.75HP			
3	Operating ways	Acrylic touching operation、 button、 phone APP、 remote control.			
4	Display	LED display , phone APP			
5	Expanded dimension	1265*645*115mm (L*W*H)			
6	Speed range	Normal 1-12km/h ,Folded 1-6km/h			
7	Running area on belt	400*1000MM (W*L)			
8	N/G weight	Net weight: 26.5kg Gross weight: 31.5kg			
9	Package meas	Out package meas 1420*750*150mm			
Packing list					
No.	Name	Quantity	No.	Name	Quantity
1	base	1pcs	2	spare parts	1pcs
Spare parts list					
No.	Name	Quantity			
1	Allen wrench (6#)	1			
2	Silicone oil	1			
3	Manual	1			
4	Emergency stop device	1			
5	Remote control (watch style)	1			
6	Phone holder	1			

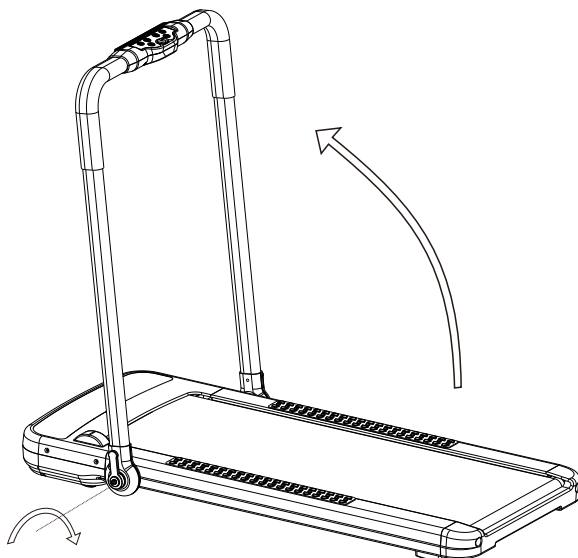
Assembly Guidance

How to put up the treadmill



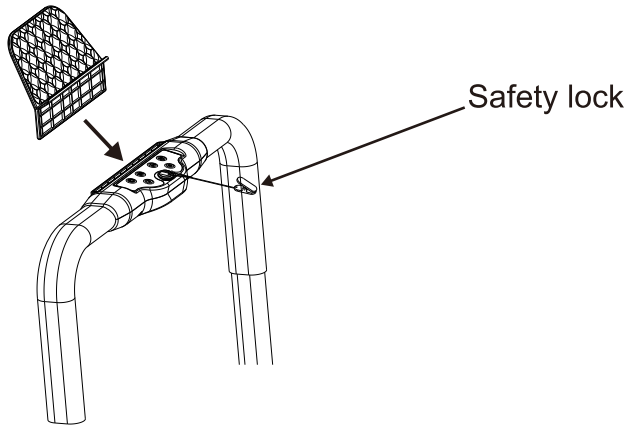
Step 1

Take the product out from the carton, then take off the PE bag and lay it on the flat ground.



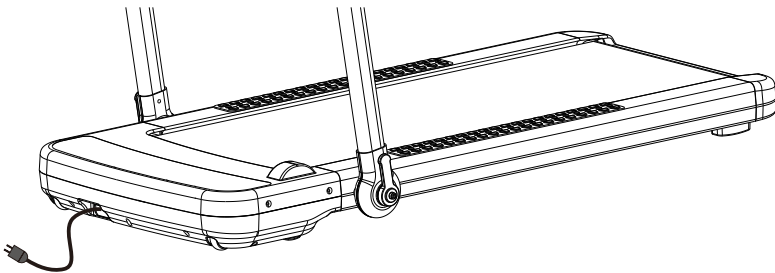
Step 2

Raise the frame up, turn the screws in the support tube cover in clockwise direction to lock the frame with the Allen wrench.



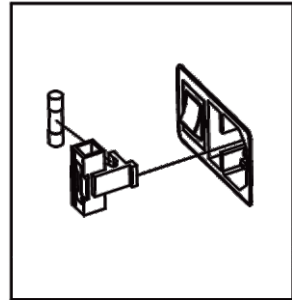
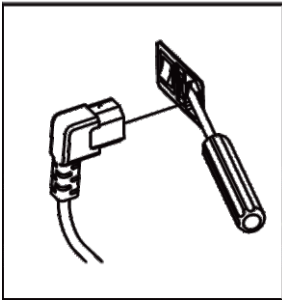
Step 3

Take out the phone holder and emergency stop device, insert the phone holder to the square hole on the handle, then put the emergency stop device on the middle of the yellow area.



Step 4

Connect the plug to 220V power source and turn the switch to , if the indicator is on means the product is ready.



Slotted screwdriver position

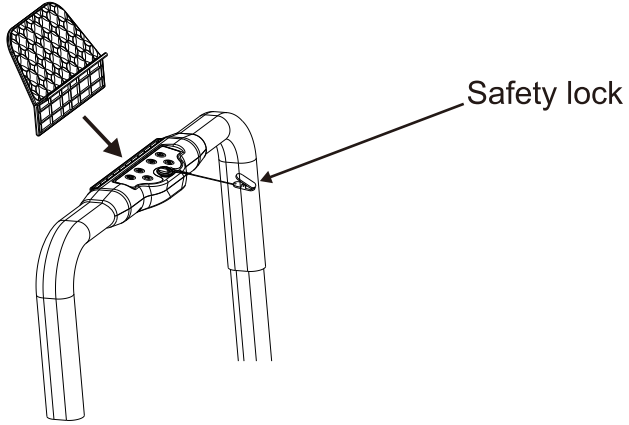
Step5

Change fuse

1. Unplug the product, use slotted screwdriver to take out the safe socket as picture 1.
2. Then replace a new fuse as picture 2.

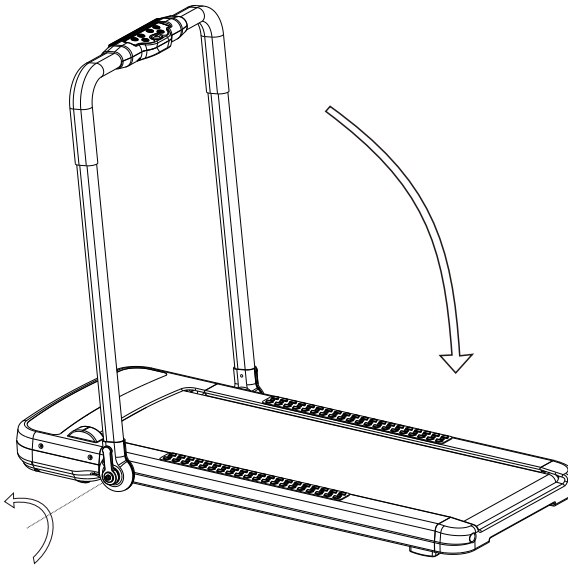
Remarks: The fuse specification is 110V-220V/15A, $\Phi 5 \times 20$ mm

2. Folded instructions



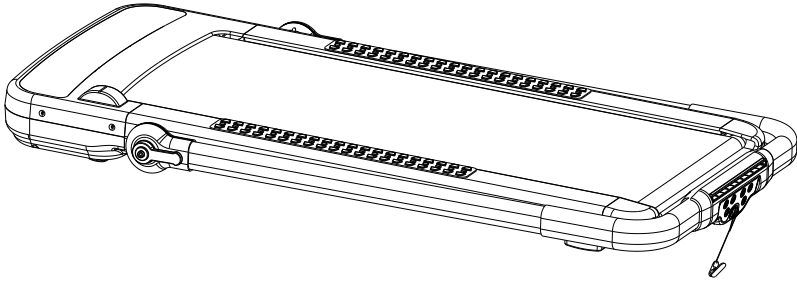
Step 1

Take off the phone holder when the product is put up state, and keep the emergency stop device at the same state.



Step 2

Turn the both screws in counter clockwise at the end of the frame with the Allen wrench to loose the frame, then put the frame down slowly.



Step 3

Connect the plug to 220V power source (if the product is unplugged) and turn the switch to — , if the indicator is on means the product is ready.

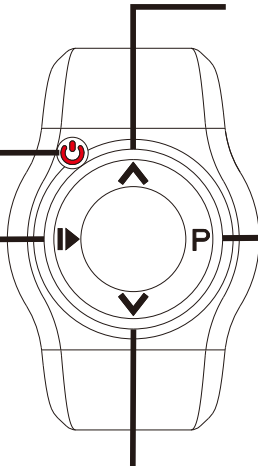
Remarks: The folded is low speed mode, you can place it in front of your office desk. The speed range is 1-6km/h . Please stand on the belt first then use remote control to start the product. Never step on the belt if the product is running, or it may cause unexpected situation.

Remote control instructions:



Emergency stop key: It is only use for emergency stop, never use it as normal stop key.

Speed/time+: You can increase speed and time by pressing this key.
Speed range in put up state(1-12km/h)
Speed range in folded state(1-6km/h)
Speed adjusting is unavailable in auto mode.
Time range is 5-99 minutes under manual mode.



Mode: You can switch different program by pressing this key(p1-p12,H1-H3), also include time count down program, distance count down program and calorie count down program.

Speed/time-: You can reduce speed and time by pressing this key.

Speed range in put up state(1-12km/h)
Speed range in folded state(1-6km/h)
Speed adjusting is unavailable in auto mode.
Time range is 5-99 minutes under manual mode.

Start/stop key: Press this key to start/stop the product, there is a 3 seconds count down before start.

Time range is 5-99 minutes under manual mode.

Remakes: The remote control signal range is 2.5 meters.

Exercise advises and plan

Warm up: do warm up exercise for 5~10 minutes before using this product

Breath: do not hold your breath when you are using this product, try to breath by nose and coordinate with your movement. You should stop if breath too hasty.

Exercise frequency: muscle should rest for 48 hours after exercising.

Intensity: it depends different individual, please increase intensity gradually, the fatigue can be cure under this situation.

Diet: To protect the digestive system, please do not use this product in 1 hour after meal, also do not take any food in half hour after exercise. Try to not drink water when doing exercise to reduce visceral burden.

Stretching exercises: No matter what speed you will run, a first stretching exercise is necessary, it can improve muscle activity and reduce the risk of sports injured. So you can follow the bellowing guidance after warming up, 5 times for each pose, and do it again after exercise.

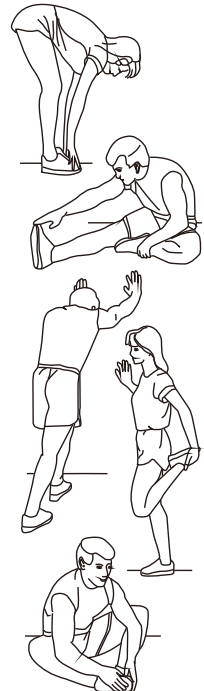
1. Stretch down bend down relax shoulder and back then try to touch your feet, 3 times (picture 1).

2. Stretch legs sit on a mat, stretch one leg and keep the other to stay balance then try to touch your toes of the straight leg, stay the pose for 10~15 seconds then repeat to the other leg, 3 times (picture 2).

3. Stand and put your hands on the wall or table, then push your body down and stay 10~15 seconds, 3 times for each leg (picture 3).

4. Ankle joint stretch stand and hold something to keep balance, then pull one ankle to your Buttocks until you feel tense on leg muscle, stay 10~15 seconds, 3 times for each leg (picture 4).

5. Thigh stretch sit and keep feet against, then pull feet to groin, stay 10~15 seconds and do it for 3 times (picture 5).



Product instruction

Brief introduction

It is a easy operating-panel, it does not require complicated operation.

Vocabulary explanation:

Treadmill related: Speed

Sports related: distance, calorie, time

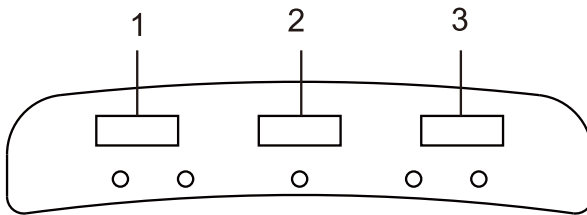
Mode: manual mode and auto mode

Manual mode: free adjusted mode without default data

Auto mode: the mode with default data

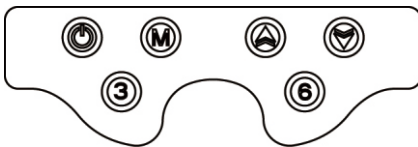
LED display

- 1.SPEED
- 2.TIME
- 3.CALORIE/DISTANCE



Keys

Keys on the product:



 Start/stop  Speed up  Speed down

 Mode   Speed display

Parameters of put up state

LCD will display below contents

- 1.Speed range: 1-12km/h
- 2.Under manual mode the minimum exercise time is 5 minutes, the maximum exercise time is 99 minutes.
- 3.Under auto mode, the maximum exercise time is 99 minutes.
- 4.Under auto mode, the maximum calorie is 990 K-cal.

Parameters of folded state

LCD will display below contents

- 1.Speed range: 1-6km/h
- 2.Under manual mode the minimum exercise time is 5 minutes, the maximum exercise time is 99 minutes.
- 3.Under auto mode, the maximum exercise time is 99 minutes.
- 4.Under auto mode, the maximum calorie is 990 K-cal.

Mode description

Auto mode under put up state:

Please check the plug, emergency stop device and switch and make sure all are ok before using the product. Turn on the product the display will show 0:00, then press “start”the product will start to run after a 3 seconds count down, the display will show 1 km . Speed, time and calorie also start to count, the product will stop automatically after 99 minutes, you can adjust speed by pressing “speed+” and “speed-”, the minimum speed is 1km/h , the maximum speed is 12km/h .

Auto mode under folded state:

Please check the plug, emergency stop device and switch and make sure all are ok before using the product. Turn on the product the display will show 0:00, then press “start”the product will start to run after a 3 seconds count down, the display will show 1 km . Speed, time and calorie also start to count, the product will stop automatically after 99 minutes, you can adjust speed by pressing “speed+” and “speed-”, the minimum speed is 1km/h , the maximum speed is 6km/h .

Manualmode:

1.Press "Mode" on control panel, the display will show H-1, the time will show 30minutes and keep blinking, press "Speed up" "Speed down" to adjust time, the minimum is 5 minutes and the maximum is 99minutes. Press "Start/stop " the product will start to run after a 3 seconds count down.

2.Press "Mode" twice on control panel, the display will show H-2, the distance will show 1.0 and keep blinking, press "Speed up" "Speed down" to adjust distance, the minimum is 1 Km and the maximum is 99 miles. Press "Start/stop" the product will start to run after a 3 seconds count down.

3.Press "Mode"triple times on control panel, the display will show H-3, the calorie will show 50 and keep blinking, press "Speed up" "Speed down" to adjust calorie, the minimum is 20 k-cal and the maximum is 990 k-cal. Press "Start/stop" the product will start to run after a 3 seconds count down.

Maintenance

Lubricating

The running belt must be lubricated with the specialized silicone oil after using for a period.

1. Suggest lubricating frequency : Using time is less than 3 hours a week Lubricate it every 5 month

Using time is 4-7 hours a week Lubricate it every 2 month

Using time is over 7 hours a week Lubricate it every month

It will not be better if it is over lubricating, but reasonable lubricating can be a important factor to increase the life of treadmill

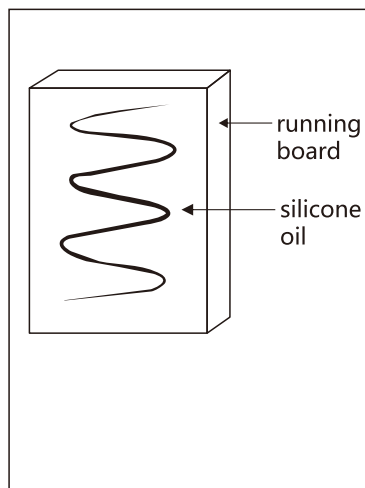
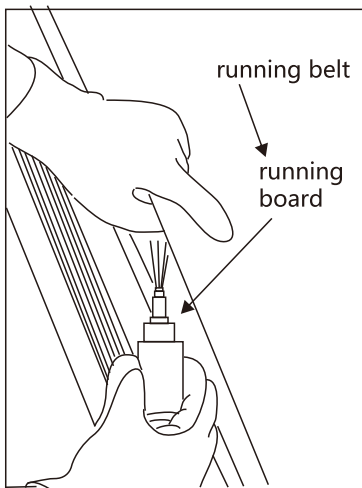
2. How to do the lubricating

To check whether your treadmill needs lubricating, you can hold the running belt and put the other hand to touch the bottom center of the running belt, if you can feel the wet silicone oil that means it does not need lubricating. If you feel the running belt is very dry that means your treadmill need a lubricating.

A. How to lubricating (as picture)

B. Stop and fold the treadmill

C. Raise the running belt on the base, then try to put the silicone oil pot under the running belt and smear the silicone oil on the belt and both side of the treadmill, then set 1KM/H to make sure silicone oil lubricates every well, you can step the running belt from left to right to improve the lubricating effect.



3.Adjusting the elastic tendency of running belt

Every treadmill must set the elastic tendency before it leaves factory and after assembly, but it will become loose after using a period.

Just like it will stuck or slide sometimes, you can turn the adjusting bolt in clockwise direction, semi-circle a time (left and right at the same time) to adjust the running belt. Don't make it too loose or too tight, or the running belt will slide or make motor over load.

4.Running belt deviating.

All running belt is in the right place when it is packaged. But there are some factors will cause this situation.

- 1)The treadmill is not set flat
- 2)User does not step on the center of the running belt
- 3)Caused by 1 or 2 is easy to be solved, just set the treadmill flat and let it idle for several minutes can solved the problem.

If the deviating still exist, you can use the 6mm Allen wrench adjust it in a quarter turn.

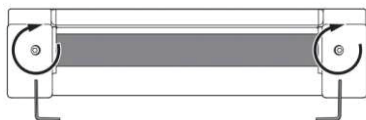
Deviating is not in the warranty scale, user can maintain it as follow instructions. But please fix it as soon as you find the problem or it may break the running belt.



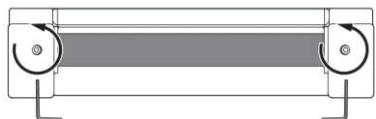
If deviating turns to right, then turn the left screw in counterclockwise direction, Turn the right screw in clockwise direction.



If deviating turns to left, then turn the left screw in clockwise direction, turn the right screw in counterclockwise direction.



Turn the left screw in clockwise direction with Allen wrench.



Turn the left screw in counterclockwise direction with Allen wrench.

1.Running belt slipping: The running belt may slip or have unexpected stop in working time

2.Adjust the belt: Adjust the screws around the belt in clockwise direction for 3 rounds, then adjust the belt as the belt deviation until the belt return to the middle of the base.

Common malfunction and solution

Error Code	Malfunction	Cause	Solutions
E02	Motor over voltage protection	<ol style="list-style-type: none"> 1.Your local power voltage is unstable with much high peak voltage 2.Wrong preset wheel diameter value ; 3.Control panel is under malfunction; 	<ol style="list-style-type: none"> 1.Need to add a filter regulator to keep voltage stable ; 2.Reset the wheel diameter value to fit the rated voltage; 3.Replace a new control panel.
E03	Product over-current protection	<ol style="list-style-type: none"> 1.The product is over loaded; 2.There is foreign matter stuck in motor or rolling axle; 3.The roller is not lubricated enough and the resistance increases. 4.Control panel is under malfunction; 5.The motor is under malfunction and the resistance increases. 	<ol style="list-style-type: none"> 1.Reduce load, do not let it over rated load; 2.Take out the foreign matter; 3.Increase lubricant, 4.Change a new control panel 5.Change a new moto
E04	Motor malfunction	<ol style="list-style-type: none"> 1.Motor is disconnected 2.Motor is open circuit, broken; 3.Control panel is open circuit, broken; 	<ol style="list-style-type: none"> 1.Reconnect and make motor lines firmer; 2.Change a new motor 3.Change a new control panel
E06	Signal error	<ol style="list-style-type: none"> 1.Main single wire is lose between up and down control panel. 2.Main single wire is broken between up and down control panel. 3.Electrical head is broken; 4.Control panel is broken ; 	<ol style="list-style-type: none"> 1.Reconnect the signal line ; 2.Change a new signal line ; 3.Change a new electrical head; 4.Change a new control panel ;
E07/---	Emergency stop device is disconnected	<ol style="list-style-type: none"> 1.Emergency stop device is not in the right place; 2.The induction line of emergency stop device is broken; 3.The interface of electrical head is broken ; 	<ol style="list-style-type: none"> 1.Put the emergency stop device on the right place 2.Change a new induction line; 3.Change a new electrical head;
E0C	Explosion-proof protection	Power transistor is breakdown, control panel is malfunction;	Change a new control panel;

Other malfunctions and solutions

1.No display

a:Check whether the power is plug correctly and switch on, whether control is fuse blown;

b:Whether the 4core line of control panel and display is connect correctly;

c:Whether the control and transformer is intact.

2.Motor does not work

a:Please check all the wires are connected well;

b:Please check the error code displayed on the electrical head;

Whether your hand contact the sensor close enough

3.Touch screen is insensitive:

a:whether the touch screen is moist.

b:Whether sweat in on your hands

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