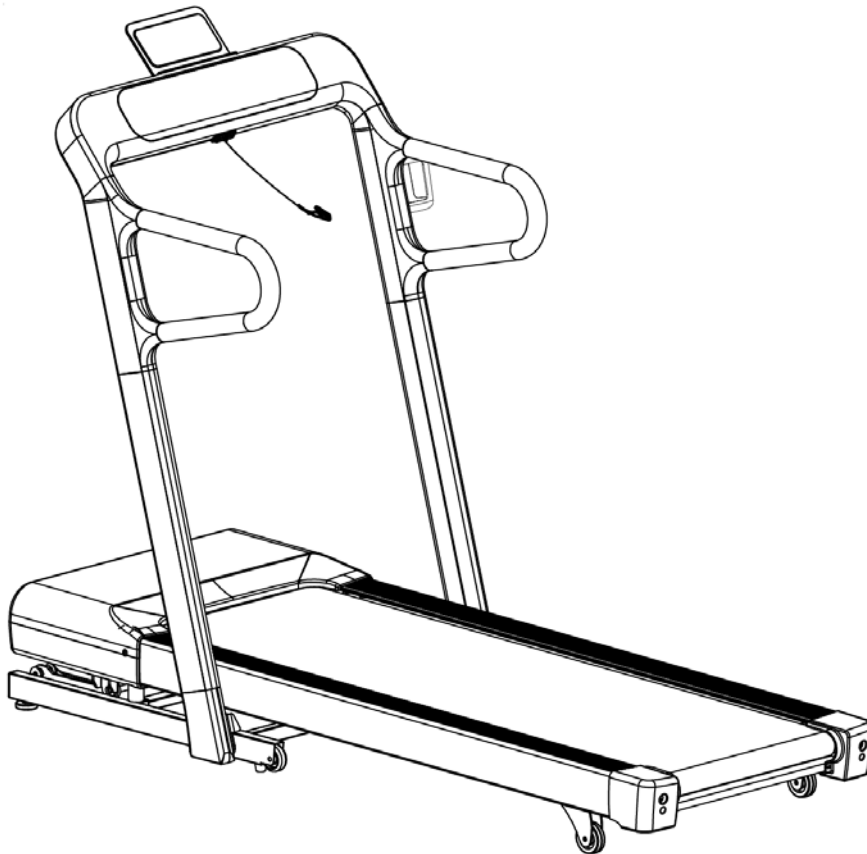




# 154038 BODYGO DELUXE MOTORISED FOLDING TREADMILL USER MANUAL



PLEASE READ THIS MANUAL CAREFULLY BEFORE INSTALLATION AND OPERATION AND SAVE IT FOR FUTURE REFERENCE. ALL PRODUCT DRAWINGS ARE ONLY FOR REFERENCE. THE FINALLY CORRECT DETAILS PLEASE SEE REAL PRODUCTS.

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# Safety Precautions

Thank you for purchasing this treadmill, it has been designed and manufactured to give you many years of trouble-free service. You may already be familiar with using a similar product but please take the time to read these instructions which have been written to ensure that you get the very best from your purchase.

## Warnings

1. To reduce the risk of serious injury, read the following important warnings before using the treadmill.
2. Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the treadmill properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

## Electrical Safety Precautions

Failure to observe the following warnings may increase the risk of an electric shock and personal injury.

1. Always check the power cable for damage prior to use. If any damage is observed, do NOT use the power cable.
2. Never touch the power cable with wet hands.
3. Position the power cable so that it cannot be walked on or pinched.
4. Only the supplied power cable should be used with the treadmill.

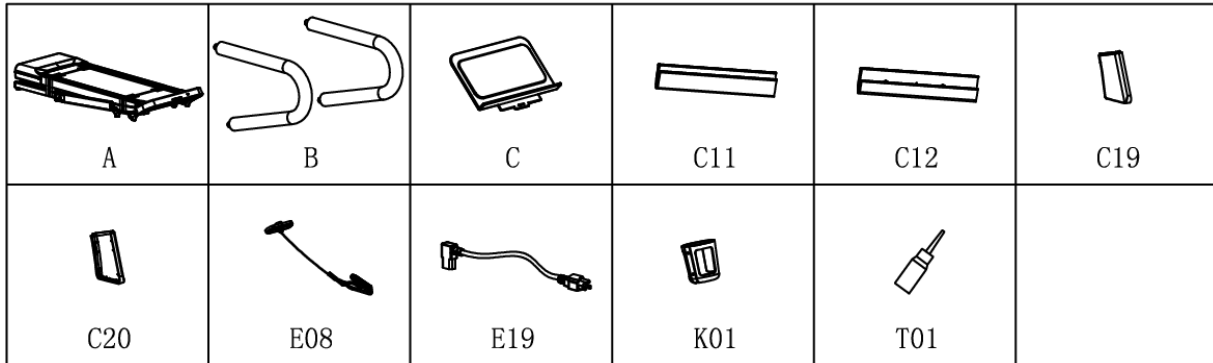
## General Safety Precautions

1. Use the treadmill only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the power cable.
3. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and safety precautions.
4. The treadmill is heavy and should be removed from the packaging and assembled by two people.
5. Before assembling the treadmill, make sure that it is not plugged into any electrical source, such as a wall socket.
6. Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. Position the treadmill with at least 2 meters \* 1 meter of free space behind the treadmill.
7. Keep the treadmill away from excessive moisture and dust.
8. Before using the treadmill, check the nuts and bolts are securely tightened.
9. The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. Do not use the treadmill until they have been replaced.

10. The treadmill has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only.
11. Braking is controlled by the belt rotation power supply.
12. The treadmill is not suitable for therapeutic use.
13. Keep children and pets away from the treadmill. The treadmill is designed for adult use only.
14. Wear suitable clothing whilst using the treadmill. Avoid wearing loose clothing which may get caught in the treadmill or clothing that may restrict or prevent movement.
15. Do not arch your back when using the treadmill; always try to keep your back straight.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.
17. The pulse sensor is not a medical device. Several things including user movement, may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
18. Care must be taken when lifting or moving the treadmill so as not to injure your back. Always use proper lifting techniques and/or use assistance.
19. A safe key is supplied for personal safety. Use the safe key when operating the treadmill for the emergency dismount function. In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.
20. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the treadmill after any damaged parts have been fixed.
21. The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given adequate supervision or instruction.
22. Supervised children using the treadmill must not be allowed to play with the treadmill.
23. This machine must be well earthed. It can decrease the danger of electric shock.

# Installation

The following figure is a scattered view of the components installed in the whole machine. Open the packaging box, and you can take out the following parts in the box.



## List of Parts

No.	Name	Quantity	No.	Name	Quantity
A	Main frame assembly	1	C19	Side cover of left column	1
B	Handlebar	2	C20	Side cover of right column	1
C	Ipad holder	1	E08	Safety key	1
C11	Back cover of left handlebar	1	E19	Power cable	1
C12	Back cover of right handlebar	1	T01	Silicon oil	1
			K01	Bottle holder	1

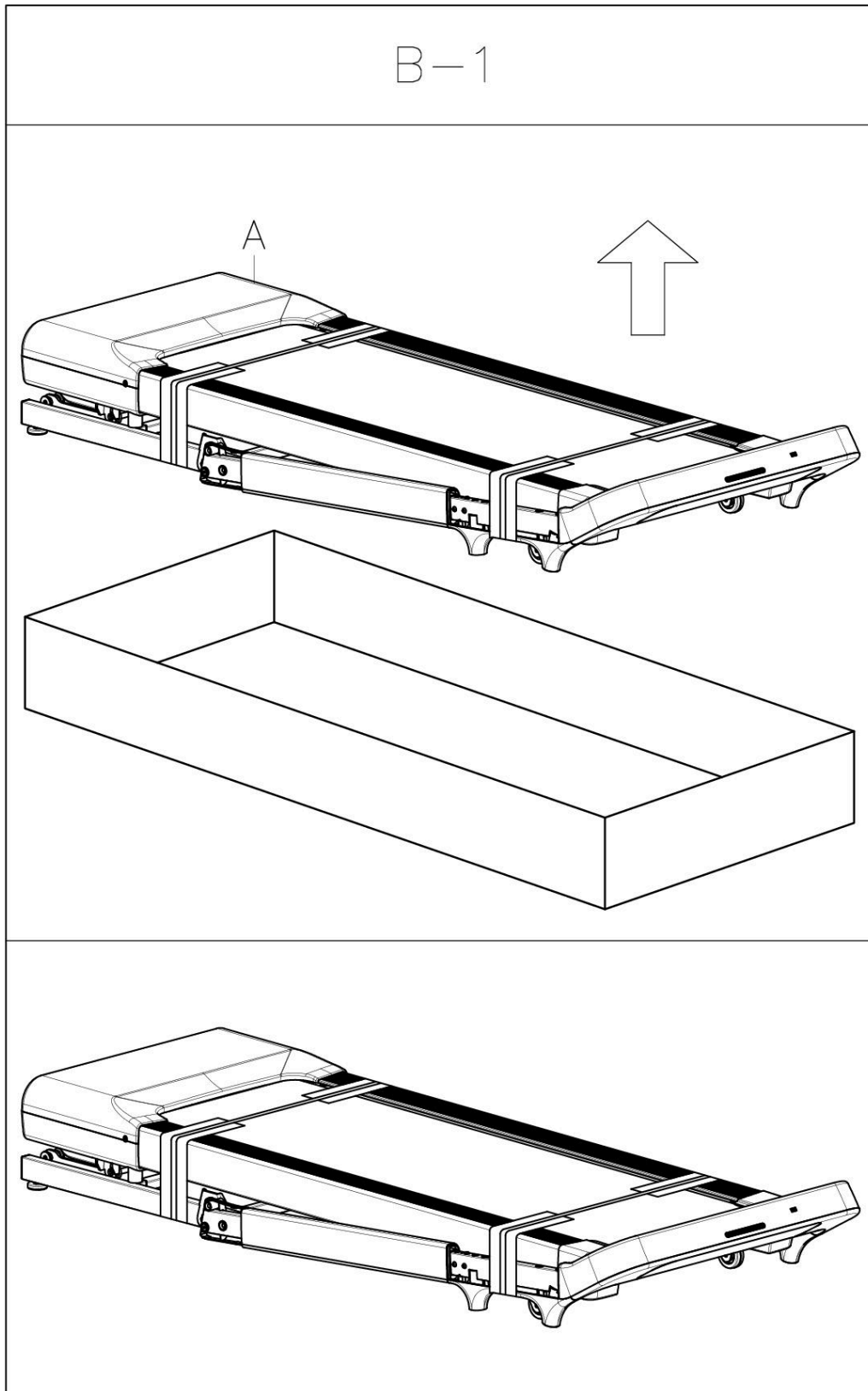
## Assembly hardware

B06 5# (1X)	B07 6# (1X)	D12 M8*80 (4X)	D15 M8*55 (4X)	K03 M5*12 (2X)	K05 S=13, 14, 15 (1X)

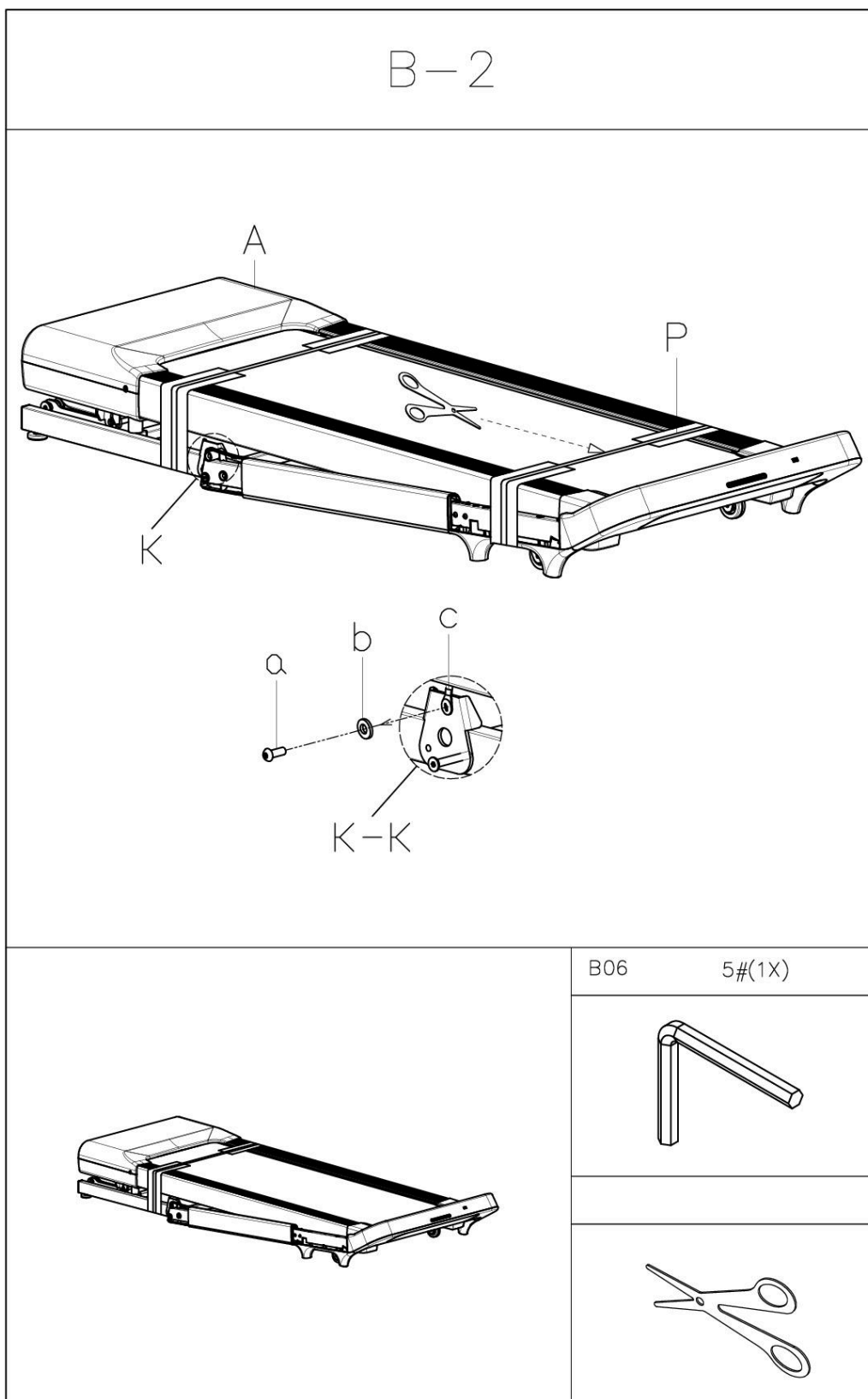
**Note: DO NOT plug in the power supply until the installation is complete.**

## Installation Steps

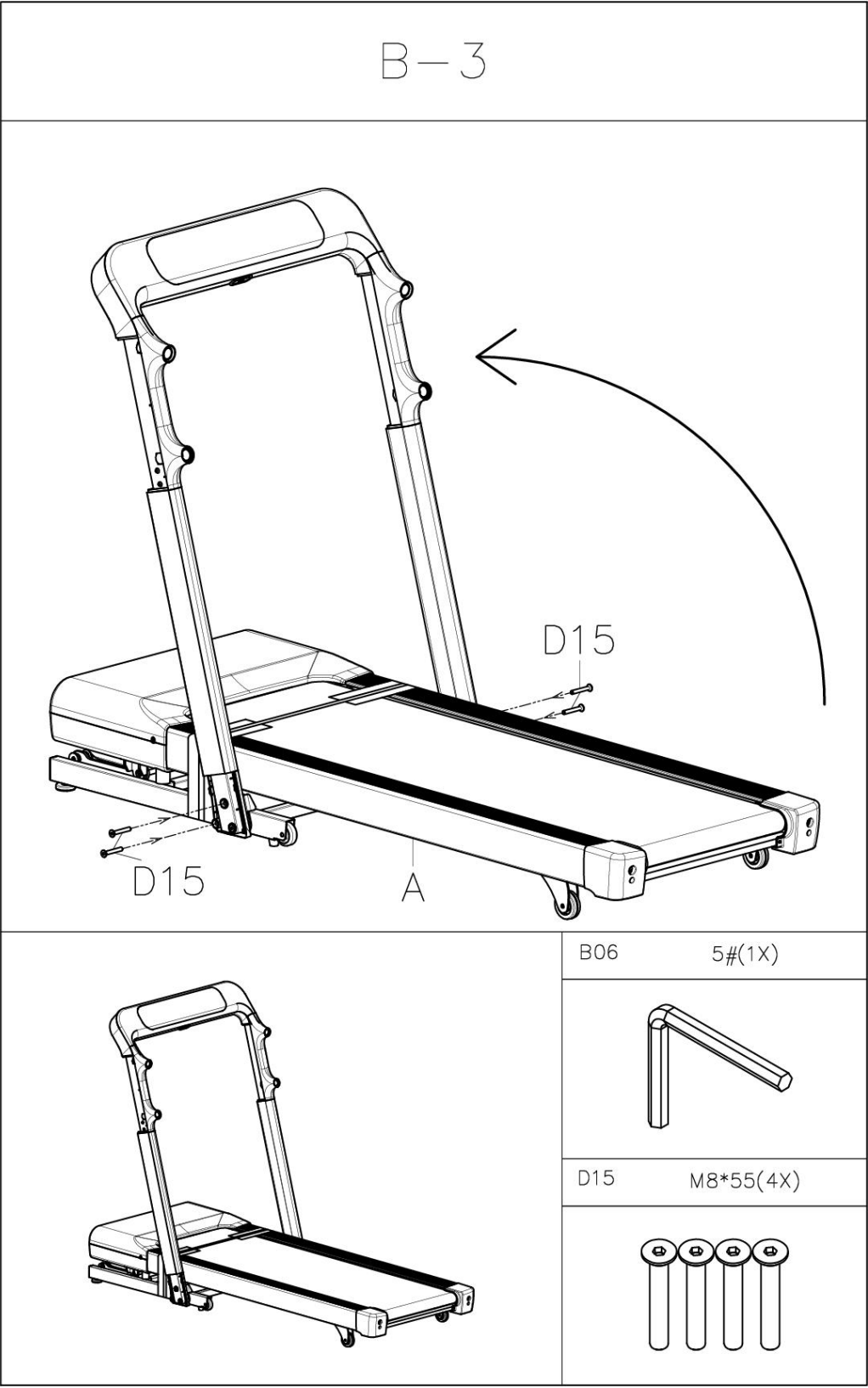
### 1. Unpacking



2. Unfold the columns and loose the column bolt.



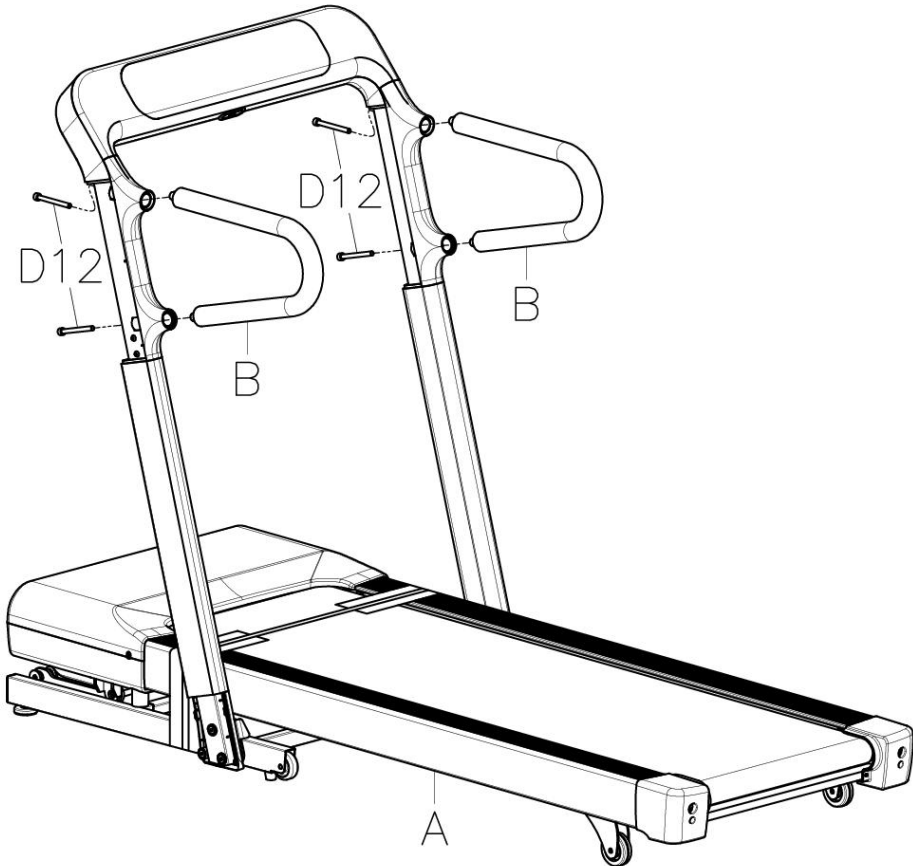
3. Fix the columns and screw covers.

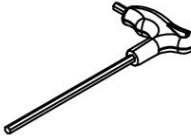
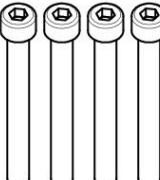




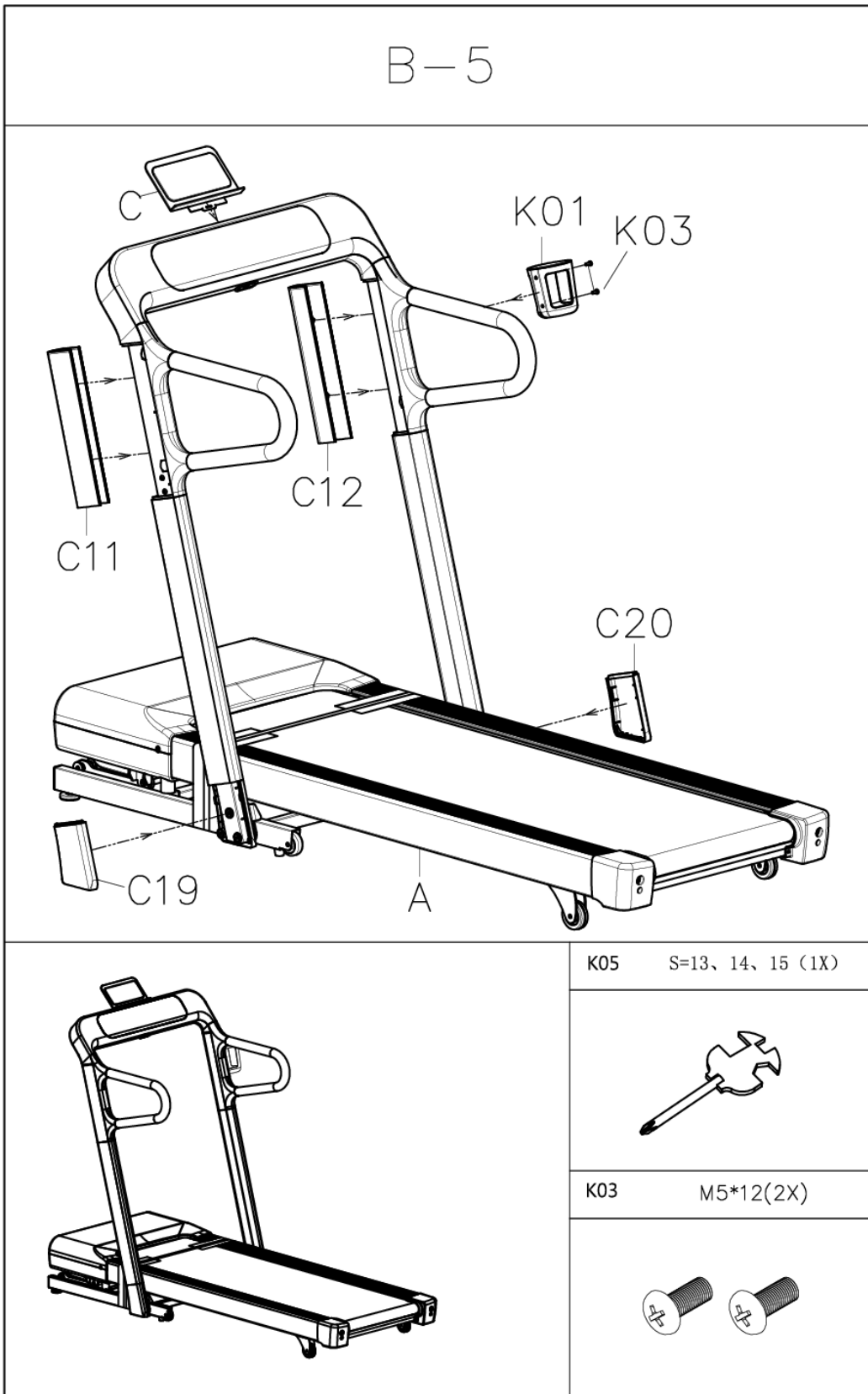
4. Install the handlebars.

B-4



B07	6#(1X)
	
D12	M8*80(4X)
	

5. Press the back cover of the columns.

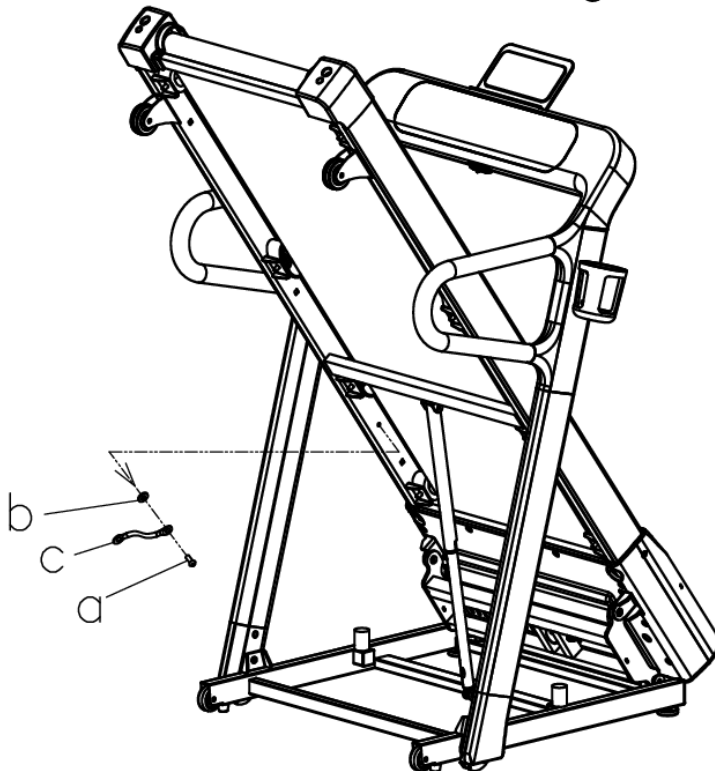
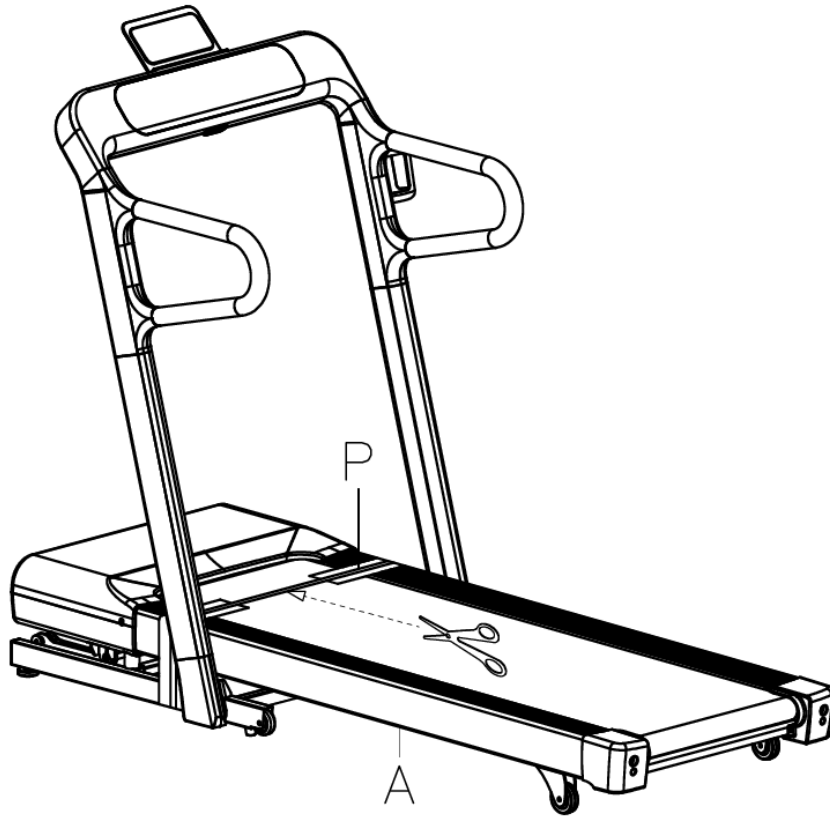


**Attention:**

*please be careful of the cable when you press the cover on.*

6. Fold the treadmill .

B-6

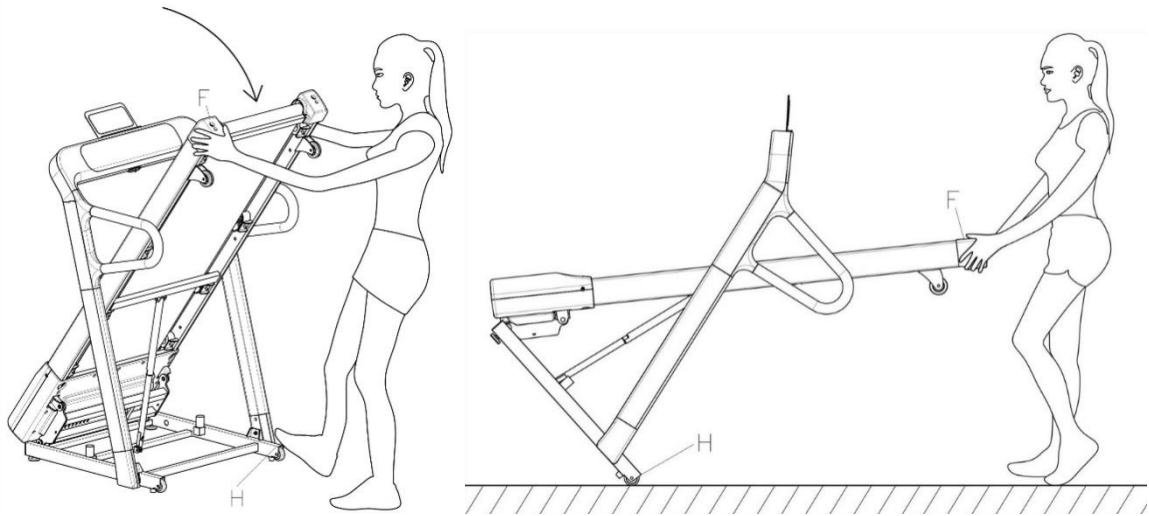


7. Insert the power cable and put the safety key in place.

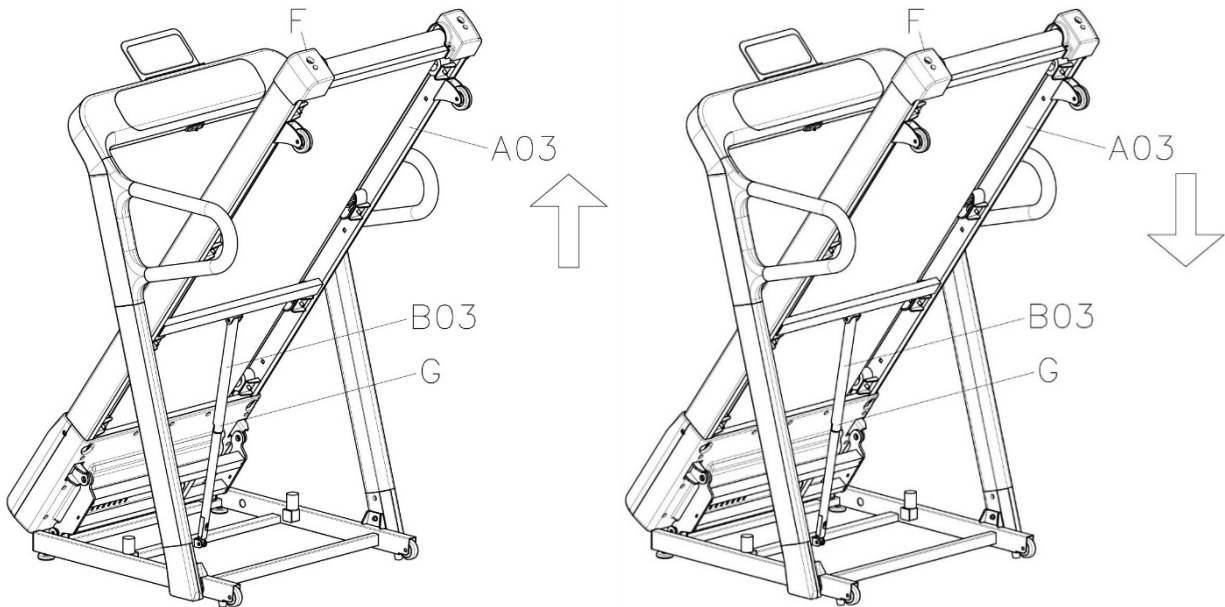


Before using the treadmill, insert the safety lock assembly into the safety lock seat slot, and the safety clip clamps the clothes

## 8. Transportation



## 9. Folding and unfolding



### **Attention:**

- 1. inspect your machine to ensure that all hardware is tight and components are properly assembled before you turn on the power. Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the instruction manual.**
- 2. Before use, please put the safety switch in place.**
- 3. During the training process, we strongly recommend that one end of the safety switch be clamped on your clothes to prevent accidents.**

## Grounding instruction

This product must be grounded. In case of abnormality or failure of the product, grounding can greatly reduce the risk of electric shock. The original plug of this product is fitted with a grounding conductor. For safety reasons, the plug must be inserted into the corresponding grounded power socket.

## Operation Instruction



### Display windows

1. **TIME/PACE window:** Display time and pace. Pace is also a type of speed, which refers to the time required per kilometer. When the exercise time is displayed, the forward timing is from 0:00-18 hours. When the timing reaches the maximum value, the time is reset to zero and the treadmill does not stop; The minute-second mode, for example, "99:00") decreases to zero. When the countdown reaches 0:00, the treadmill slows down smoothly and stops running and displays "End", and it enters the standby state after 5 seconds of complete stop. Time and pace toggle every 5 seconds.
2. **DISTANCE window:** P01-P12 is displayed when entering the P program , and display HRC when entering HRC function,When running the display distance, the forward count is from 0.00-99.99, the overflow is cleared and the forward count starts from 0.00, and the reverse count decreases from the set value to zero. When the countdown reaches 0, the treadmill decelerates smoothly and stops running. "End" is displayed, and it will enter the standby state after 5 seconds of complete stop;
3. **INCLINE/CALORIES window:** Incline display range: 0-15 segments. When displaying calories, it will count from 0.0-999 when counting forward, and it will be cleared when overflow and start counting forward from 0.0. When counting backward, it will count down from the set value. Count down to 0.0, when the countdown reaches 0.0, the treadmill slows down smoothly and stops running and displays "End", and enters the standby state 5 seconds after it stops completely. In the P program state, in the P program state, the P program segment data point graph is displayed.
4. **SPEED/PULSE Window:** Display current speed data in running state, speed display range: 0.8-18.0KM/H. If the machine has a heart rate function, the heart rate of the exerciser is detected and displayed in this window. The heart rate value display range: 50-200 beats/min. (This data is for reference only and cannot be used as medical data.) In the P program state, the P program speed data point graph is displayed.

### Key function

1. **START** is the start button: when the power is on and the safety lock is engaged, press this button at any time to start

the running of the treadmill. If it is started in manual mode, the treadmill will start at a minimum speed of 0.8KM/H Start the run, the incline is zero.

2. STOP pause and stop keys: Press the STOP key to pause the treadmill in the running state, the data in each window will remain unchanged, and the window displays PAU; in the paused state, if you press the START key to continue running, if you press STOP key to stop reset and reset.
3. MODE is the mode selection key: press this key to cycle through "30:00", "1.00", and "50.0". ("30:00" is the time countdown mode, "1.00" is the distance countdown mode, and "50.0" is the calorie countdown mode.) When selecting various modes, the window value will flash, and you can use the speed and incline to add and subtract Press the key to set the relevant countdown value. After the setting is completed, press the START key to start the treadmill.
4. PROGRAMS is the program selection key: press this key to cycle through "P1 (MANUAL), P2, P3, P4, P5, P6, P7, P8, P9, P10, P11, P12, HRC.
5. SPEED+ and SPEED- are the speed plus and minus keys: in the setting state, to adjust the set value; after startup, it is used to adjust the speed, and the adjustment range is 0.1 km/time. Automatic continuous increment or decrement at 0.5 seconds.
6. INCLINE + and INCLINE- are incline addition and subtraction keys: in the setting state, used to adjust the set value; after startup, it is used to adjust the incline, and the adjustment range is 1 segment/time. Automatic continuous increment or decrement at 0.5 seconds.
7. INCLINE: 3, 5, 7 is a shortcut key for the incline: you can quickly set the incline.
8. SPEED: 6, 8, 10 are the speed shortcut keys: you can quickly set the speed.

#### **Quick start**

1. Turn on the power switch and correctly attach the magnetic safety lock to the safety lock position under the panel.
2. Press the START button, the system will enter a 3-second countdown, the buzzer will sound, and the window will display the countdown number. After the 3-second countdown, the treadmill will start running at a speed of 0.8km/h.
3. After starting, you can adjust the speed of the treadmill by using the speed plus and minus keys or the speed shortcut keys; use the incline plus and minus keys or the incline shortcut keys to adjust the incline of the treadmill.

#### **Manual mode:**

1. In the standby state, directly press the START button, the treadmill starts to run at a speed of 0.8km/h and an incline of 0; other windows start counting forward from 0, press INCLINE+, INCLINE -, SPEED+, SPEED-keys to change the incline and speed.
2. In the standby state, press the MODE key to enter the time countdown mode, the time window displays "30:00" and flashes, press the INCLINE +, INCLINE -, SPEED+, SPEED-keys. Set the exercise time, the setting range is: 5:00-99:00.
3. In the time countdown mode, press the MODE key to enter the distance countdown mode, the distance window displays "1.00" and flashes, press the INCLINE +, INCLINE-, SPEED+, SPEED-keys. Set the movement distance, the distance setting range is: 0.50—99.90.
4. In the distance countdown mode, press the MODE key to enter the calorie countdown mode, the calorie window displays "50.0" and flashes, press the INCLINE +, INCLINE-, SPEED+, SPEED- keys. Set calorie, the calorie setting range is: 10.0—999.

5. Select one of the three countdown modes and press the START button after the setting is completed. The treadmill will start running after a delay of 3 seconds. Press the INCLINE +, INCLINE-, SPEED+, SPEED- buttons to adjust Speed and incline; Press the stop button, the treadmill stops running.

## 6. Built-in program

Press the PROGRAMS button, the distance window displays P01-P12, and the TIME window displays the default value ("30:00") and flashes. Press the SPEED+, SPEED - keys or the INCLINE+, INCLINE - keys to adjust the required movement time. Then press the START button, the treadmill will start running according to the speed and incline of the first section after a 3-second countdown. The shortcut program is divided into 25 sections, each section of exercise time = set time / 25 minutes. When the running of the previous section is over, it will automatically enter the next section. When entering the next section, the system will produce 3 beeps of "Bi-Bi-Bi-", and the speed and segment will be automatically adjusted to the value of this section. All segments have been run. When the program ends, the incline returns to 0, and the treadmill slowly decelerates to a stop. During running, press SPEED+ and SPEED - keys to adjust the speed. Press INCLINE+, INCLINE - to adjust the incline. But when entering the next section, it will automatically adjust to the default speed and segment of the program. During the movement, you can directly press the STOP key or disconnect the safety lock to stop the operation. After running a program, the system will issue 3 beeps of "B i-B i- B i", the treadmill will slow down smoothly and stop running and display "End", and it will enter the standby state after 5 seconds of complete stop.

## 7. Program specification

SPEED stands for speed, INCLINE stands for segment (a total of 15 segments, each segment 1/15 of the total segment). Each program divides the exercise time into 25 equal parts, and each time period has a corresponding speed and incline.



Segment program		Set time/16 =exercise time of each segment																								
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
P1 (MANUAL)	SPEED	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2	SPEED	5	10	10	5	5	10	10	5	5	10	10	5	5	10	10	5	10	10	5	5	10	10	5	5	10
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2	2	4	4	6	6	6	6	4	4
P3	SPEED	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5	5	5	8	8	5
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2	2	4	4	4	4	4	4	4	4
P4	SPEED	5	7	7	8	8	7	7	10	10	7	5	5	7	7	10	5	7	7	8	8	7	7	10	10	7
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2	2	4	4	4	4	4	4	4	4
P5	SPEED	5	9	9	11	11	12	5	5	9	9	11	11	12	9	9	5	9	9	11	11	12	5	5	9	9
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2	2	4	4	4	4	4	4	4	4
P6	SPEED	5	7	8	10	12	10	8	5	5	8	10	12	10	8	7	5	7	8	10	12	10	8	5	5	8
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2	2	4	4	6	6	6	6	4	4
P7	SPEED	5	6	6	6	7	8	10	10	8	9	10	10	8	6	5	5	6	6	6	7	8	10	10	8	9
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0	5	5	5	4	4	4	3	3	3
P8	SPEED	5	5	5	5	6	7	5	6	7	5	6	7	5	5	5	5	5	5	6	7	5	6	7	5	
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0	4	4	4	3	3	6	6	6	7
P9	SPEED	5	5	5	8	9	9	6	8	9	6	8	9	6	6	5	5	5	5	8	9	9	6	8	9	6
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0	5	5	5	6	6	6	7	8	9
P10	SPEED	5	6	6	9	9	6	9	10	6	10	11	11	6	6	5	5	6	6	9	9	6	9	10	6	10
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0	5	5	6	6	6	4	4	6	6
P11	SPEED	5	6	7	8	9	7	6	8	10	10	8	8	7	6	5	5	6	7	8	9	7	6	8	10	10
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0	6	6	6	7	5	8	8	4	4
P12	SPEED	5	7	10	12	9	9	12	12	9	9	12	12	7	7	5	5	7	10	12	9	9	12	12	9	9
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0	5	3	2	6	6	2	2	2	2

### Manual mode

The treadmill also has a user-defined program that allows users to set themselves according to their personal conditions:

P1 (MANUAL).

- MANUAL program settings: Press the MANUAL key to enter the MANUAL program in the standby state, or press the PROGRAMS key continuously until the window displays "P01", then the "time" window flashes, showing the preset time 30:00, press INCLINE+, INCLINE-, SPEED+, SPEED- to set the required exercise time, press the MODE key to enter the setting program parameters, and then set the first time period, use SPEED+, SPEED- when setting or shortcut key to set the speed, use the "incline+", "incline-" key or shortcut key to set the incline, press the MODE key to complete the setting of the first time period and enter the setting state of the second time period until it is completed. For all 25 time period settings, the data will be permanently saved after the setting is completed until you reset it next time (this setting only saves the speed and incline data, and the time defaults to 30:00 at the next startup), this data

will not be changed due to lost due to power failure.

2. Start the MANUAL mode

Press the MANUAL key to enter the MANUAL program in the standby state, or press the PROGRAMS key until the window displays "P01", after setting the running time, press the START key to start.

3. MANUAL mode setting instructions:

Each program divides the time into 25-time segments. When setting, the speed, incline and running time of the 25-time segments must be set before pressing the START button to start the treadmill.

**HRC program**

AGE	BPM			AGE	BPM			AGE	BPM		
	H	DEFAULT	L		H	DEFAULT	L		H	SEFAULT	L
15	195	123	123	35	176	111	111	58	154	97	97
16	194	122	122	36	175	110	110	59	153	97	97
17	193	122	122	37	174	110	110	60	152	96	96
18	192	121	121	38	173	109	109	61	151	95	95
19	191	121	121	39	172	109	109	62	150	95	95
20	190	120	120	40	171	108	108	63	149	94	94
21	189	119	119	41	170	107	107	64	148	94	94
22	188	119	119	42	169	107	107	65	147	93	93
23	187	118	118	43	168	106	106	66	146	92	92
24	186	118	118	44	167	106	106	67	145	92	92
25	185	117	117	45	166	105	105	68	144	91	91
26	184	116	116	46	165	104	104	69	143	91	91
27	183	116	116	47	164	103	103	70	143	90	90
28	182	115	115	48	163	103	103	71	142	90	89
29	181	115	115	49	162	103	103	72	141	90	89
30	181	114	114	50	162	102	102	73	140	90	88
31	180	113	113	51	161	101	101	74	139	90	88
32	179	113	113	52	160	101	101	75	138	90	87
33	178	112	112	53	159	100	100	76	137	90	86
34	177	112	112	54	158	100	100	77	136	90	86
				55	157	99	99	78	135	90	85
				56	156	98	98	79	134	90	85
				57	155	98	98	80	133	90	84

L-H: adjustable range of minimum to maximum heart rate value

HRC heart rate control program

- Press the PROG key in standby mode until "HRC" is displayed in the Distance window. Note: If you press the START key directly in the HRC display interface, the system will automatically recommend one control parameter (age: 30 years old, target heartbeat value: 114, default maximum speed: 10.0 km/h) for your use.
- If you press the MODE key to enter the age setting, the default age 30 is displayed in the window. You can select an appropriate age by pressing the SPEED+ and SPEED- keys or INCLINE+, INCLINE- keys. The age adjustment range is 15-80 years old (For the details, refer to the HRC table).

3. After you select your age, press the MODE key and the system will automatically recommend a suitable target heartbeat displayed in the window for your use according to the selected age. You can also select a desired target heartbeat value according to your physical condition by pressing the SPEED+, and SPEED- keys or INCLINE+, INCLINE- keys. The selection range is 84-195 (For the details, refer to the HRC table).
4. After you select your age and target heartbeat value, press the MODE key to enter the maximum speed setting of the HRC program. You can set a maximum speed by pressing the SPEED+ and SPEED- keys or INCLINE+, INCLINE- keys. The setting range of maximum speed is 3.0-18.0 km/h. The setting is effective once and the default is 10.0 km/h when you enter the HRC setting mode next time.
5. After you set the maximum speed, press the MODE key to enter the time setting interface and the TIME window will display the preset time of 10:00. You can adjust the running time by pressing the SPEED+ and SPEED- key or INCLINE+, INCLINE- keys. The time adjustment range is 10:00-99:00.
6. Press the MODE key again to enter the start & standby interface or directly press the START key to start.
7. When the HRC program is running, you can press the SPEED+ and SPEED- keys to adjust the speed or INCLINE+, INCLINE- keys to adjust the incline, but the system will still automatically adjust the speed so that your heartbeat is close to the target heartbeat value.
8. After the exercise starts, the system starts to run at an initial speed of 3.0KM/H. At this time, the system will detect the current user's heartbeat value every 20 seconds and make a judgement. If the current user's heartbeat value is less than 10% deviation of the set heartbeat value, the speed will increase by 1.0KM/H; If the heartbeat value of the current user is less than 5% of the set heartbeat value, the speed will increase by 0.5KM/H; if the current user's heartbeat value is greater than 10% of the set heartbeat value, the speed will be reduced by 1.0KM/H; The heartbeat value is greater than the 5% deviation value of the set heartbeat value, and the speed is reduced by 0.5KM/H. If the current user's heartbeat value range is within %5 deviation of the set heartbeat value, the speed will increase or decrease by 0.3KM/H; if the user's heartbeat value is within  $\pm 3$  of the set target heartbeat value, the speed will be increased or decreased by 0.3KM/H. not changing. When the speed increases to the maximum speed set before starting, if it is not close to the target heartbeat value within  $\pm 3$  at this time, the system will automatically increase the slope at a frequency of 1 segment/time, and increase the amount of exercise to make the user's heartbeat close to the target heartbeat value; until the heartbeat reaches the target heartbeat value within  $\pm 3$ , the incline and speed will remain unchanged in the current state. If it exceeds 30s without any heart rate, the electronic display will display "NO HR" and blink. If no heartbeat is detected after 20s, the treadmill will stop the exercise. operation.

**Warning :** The HRCprogram must use the armband to detect the heartbeat, please make sure the armband is close to the skin.

#### Display range of each value

Set parameter	Default	Set default	Range	Display range
Time (min:sec)	0:00	30:00	5:00-99:00	0:00 – 99:00
Incline	0	0	0-15	0-15
Speed (KM/H)	0.0	0.8	0.8-18.0	0.8-18.0
Distance (KM)	0.00	1.00	0.50-99.90	0.00 – 99.99
Beats (times/min)	P	N/A	N/A	50-200
Calorie (Kcal)	0.0	50.0	10.0-999	0.0 – 999

#### Safety lock function

In any state, the safety lock can be pulled away for emergency stop of the operation of the treadmill. During the emergency stop of the treadmill, "— — —" is displayed in all the windows and the buzzer makes an alarm sound of three beeps. At this moment, no operations other than shutdown can be performed on the treadmill. After the safety lock is correctly reinstalled, the treadmill re-enters the standby state and waits for input instructions.

#### USB charging function

When a mobile device is inserted into the USB interface, the mobile device is charged. When the mobile device is removed, the charging is

disconnected. This function is suitable for most mobile devices in the market.

### **Bluetooth heart rate sensor and bluetooth music**

This machine is equipped with Bluetooth heart rate detection and Bluetooth music, and users can wear an armband to match the Bluetooth heart rate. Regarding Bluetooth music, users can match Bluetooth through the mobile phone to play music.

### **Precautions**

1. Check whether the power supply is loaded before an exercise. Check whether the safety lock is effective.
2. If any anomaly occurs during the exercise, pull away the safety lock and the treadmill will quickly decelerate to a stop. Place the safety lock again and the device will be reset and wait for input instructions.
3. If there is any problem with this machine, please contact your dealer. Non-professionals shall not try to disassemble or repair it to avoid damage to the device.

### **Instructions for the oiling and maintenance prompt of the treadmill**

1. Every time the treadmill runs 300KM, the electronic display ticks every 10s and "OIL" is displayed in the window. When you see this prompt, it means that the treadmill needs to be oiled and maintained. For the oiling method, refer to the maintenance guide section of the treadmill manual. Lubricant must be filled in the middle of the run board.
2. After filling lubricant, press and hold the STOP key for 3s in standby mode and the system will clear the oiling prompt.

# Tips for Stretching

## Thigh Stretch

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.



## Hamstring Stretch

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.



## Calf Stretch

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.



**Note: Keep your back and rear leg straight when performing this exercise.**

## 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 about 10 seconds.



# Maintenance

**Warning: Before cleaning or maintaining the product, be sure to unplug the power supply of the electric treadmill.**

**Cleaning: Comprehensive cleaning will extend the life of the electric treadmill.**

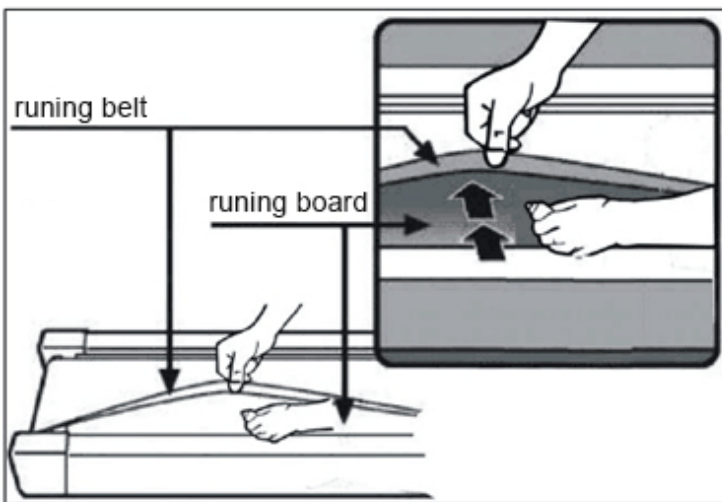
Remove dust regularly to keep parts clean. Be sure to clean the exposed parts on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sports shoes are clean and avoid wearing the running board and running belt by carrying foreign matters under the running belt. The surface of the running belt must be cleaned with a damp cloth moistened with soap. Be careful not to splash water on electrical components or under the running belt.

**Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor shield. Open the motor shield at least once a year to clean the motor.**

## Special lubricant for running belt and electric treadmill

Lubricant has been pre-coated between the running board and running belt of this electric treadmill. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to apply lubricant regularly. We recommend regular inspection of the board surface. If the board is damaged, please contact our customer service center. We recommend applying lubricant between the running belt and running board of the electric treadmill according to the following schedule: (The usage is as shown in the figure below)

Lightweight users (less than 3 hours per week)	Once per 6 months
Middleweight users (3-5 hours per week)	Once per 3 months
Heavy users (more than 5 hours per week)	Once per 2 months

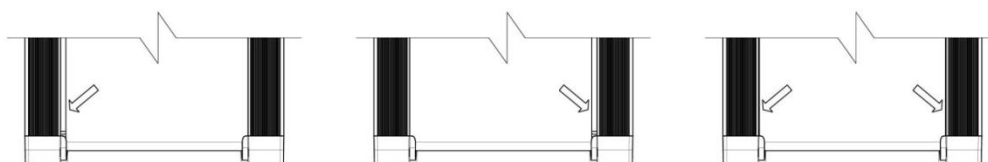
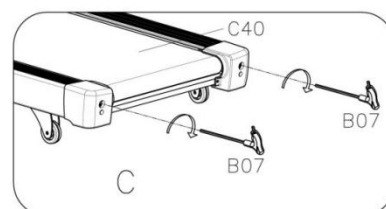
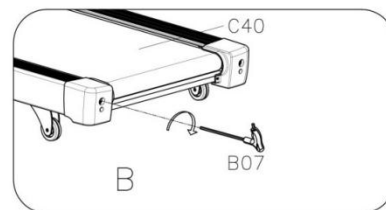
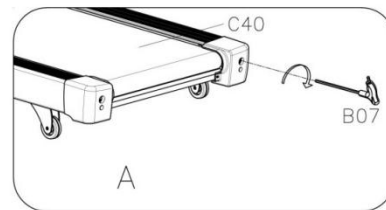


We recommend that you purchase lubricants from your local distributor or contact our company directly.

**Note: Any other maintenance needs to be performed by professionals.**

## Adjust the running belt

1. In order to better maintain your electric treadmill and extend the service life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.
2. If the running belt is too loose, it will slip when running; if it is too tight, it may reduce the performance of the motor and increase the wear of the roller and running belt. When the tightness of the running belt is appropriate, you can lift both sides of the running belt away from the running board by about 50-75 mm by hand.
3. Place the electric treadmill on a flat ground. Run the electric treadmill at a speed of approximately 6-8 km/h and observe the deviation of the running belt, first please take off the cover which showed in pic A and B.
  - 1) If the running belt is biased to the right, remove the safety lock and power switch, turn the right adjustment bolt clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. See Figure B.
  - 2) If the running belt is biased to the left, remove the safety lock and power switch, turn the left adjustment bolt clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. See Figure C.
  - 3) The running belt will gradually relax after the above adjustment or after a period of use, and it needs to be adjusted. Remove the safety lock and power switch, and turn the left and right adjustment bolts clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight. See Figure D.



# Error Report

**Error description: The electronic display displays nothing after power-on**

Fix methods:

1. First check whether the overload protector is tripped, if yes, press it.
2. Check the power cord on the power switch, overload protector and driver to ensure good connection.
3. Check whether the power cord from the electronic display to the driver is plugged in. Remove the upright post and check each section of the connection line from the electronic display to the driver to ensure that each wire core is completely plugged in. If the communication power cord is defective (damaged or broken), it needs to be reconnected or replaced.

**Error description E01. After power is applied, the electronic display displays "E01"-----communication failure (the driver has not received the electronic display signal); the electronic display displays "E13"-----communication failure (electronic display does not receive driver signal)**

Fix methods:

1. Communication between the electronic display and the driver is blocked. Check each section of connection between the electronic display and the driver communication line to ensure that each wire core is completely plugged in. Check whether the connection line between the electronic display and the driver is damaged, and replace the communication connection line.
2. The communication line on the electronic display is abnormal and the components are damaged, replace the electronic display. Driver signal line fails, replace the driver.

**Error description E02. Explosion protection or motor abnormality is displayed on the electronic display after operation**

Fix methods:

1. Check whether the motor line is connected properly, reconnect the motor line, if this does not work, replace the motor.
2. Check whether the controller has peculiar smell, and whether IGBT is broken down and short-circuited, if yes, replace the driver.
3. Check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to retest.

**Error description E03. The electronic display displays "E03"-----no sensing signal after startup**

Fix methods:

1. If "E03" is displayed after the motor starts to run for 5-8 seconds, the speed sensor signal is not detected. Check whether the sensor plug is not plugged in or the magnetic sensor is broken or damaged, plug it in or replace the magnetic sensor.
2. The sensor signal line on the lower control is abnormal, replace the driver.

**Error description E04. The electronic display displays "E04"-lift learning or self-test fails after startup (no lift function, no error)**

Fix methods:

1. Check whether the signal wire of the lifting motor is plugged in properly, and plug and unplug the signal wire connector again to make it reliable.
2. Check whether the AC line of the lifting motor is plugged correctly, and the AC line of the lifting motor and the mark on the controller are plugged correctly.
3. Check whether the connecting wire of the motor is damaged or open, replace the connecting wire or the lifting motor.
4. Replace the driver.
5. Press the learning key on the drive to learn again after checking all.

**Error description E05. overcurrent protection is displayed on the electronic display after operation**

Fix methods:

1. The possible reason is that the current is too large due to exceeding the rated load. The system can protect itself and restart.
2. A certain part of the treadmill is stuck, resulting in the motor can't turn, the load is too heavy, the current is too large, the system self-preservation, adjust the treadmill to restart operation or increase lubricating oil.



3. Check whether there is overcurrent sound or burning smell when the motor is running, if yes, replace the motor.  
Check the drive for burning smell, if yes, replace the driver.

**Error description E06.** If "E06" is displayed on the electronic display after operation, it usually indicates an open circuit of the motor

Fix methods:

1. Motor line is not connected and plugged properly, plug in the motor line again.
2. Internal open circuit of the motor, replace the motor.
3. Motor idling, error reporting when current is too small, please install and test.

**Error description E08.** The electronic display displays "E08"-memory 24C02 error (with 24C02 driver) after operation

Fix methods:

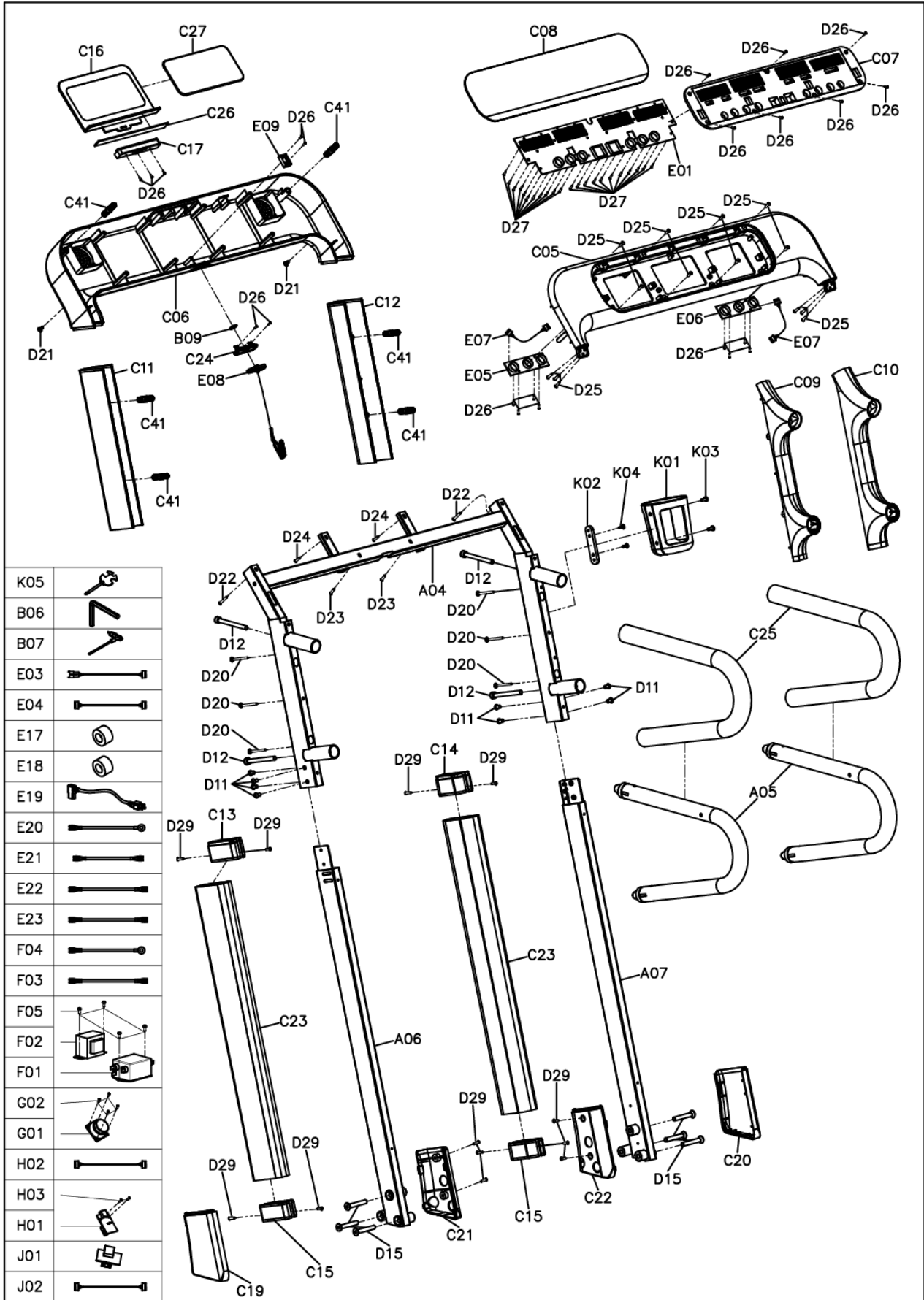
1. The memory IC is not plugged into place (non-switching power supply), plug it into the IC seat again, and pay attention to the position of PIN1.
2. The memory IC is damaged or the relevant circuit is defective, replace the memory IC or replace the driver.

**Error description E10.** If "E10"-is displayed on the electronic display after operation, it usually indicates an instantaneous short circuit of the motor

Fix methods:

1. Driver torque is too high, adjust the torque potentiometer to its appropriate position.
2. Internal short circuit of the motor, replace the motor.
3. The transmission part is stuck, adjust the transmission part, or add lubricating oil.





## Parts list

No.	Name	Specification	Qty	No.	Name	Specification	Qty
A01	Bottom mainframe assembly		1	C21	Inner side cover of left column		1
A02	Incline assembly		1	C22	Inner side cover of right column		1
A03	Mainframe assembly		1	C23	Column kit		2
A04	Display frame assembly		1	C24	Safety key fixation seat		1
A05	Handlebar assembly		2	C25	Handlebar foam		2
A06	Left column assembly		1	C26	EVA cushion		1
A07	Right column assembly		1	C27	Ipad cushion		1
B01	Front roller		1	C28	Elliptical cushion		4
B02	Rear roller		1	C29	Cushion		4
B03	Air pressure case		1	C30	Cylinder cushion		2
B04	Incline frame small bush		4	C31	Motor rubber cushion		1
B05	Bush		2	C32	EVA cushion		4
B06	Allen wrench		1	C33	Transportation wheel		2
B07	T-shaped allen wrench		1	C34	Roller		2
B08	Compression spring		4	C35	Plastic washer		4
B09	Round steel plate		1	C36	Foot pad		2
C01	Motor top cover		1	C37	Adjustable foot pad		2
C02	Motor bottom cover		1	C38	Circle wire protector		2
C03	Left Rear protector cover		1	C39	Muti-V belt		1
C04	Right rear protector cover		1	C40	Running belt		1
C05	Display top cover		1	C41	Plastic buckle		6
C06	Display bottom cover		1	C42	Square end cap		2
C07	Top control panel fixation board		1	C43	Square end cap		2
C08	Display panel		1	D01	Hexagonal nut	M10	6
C09	Left handlebar front cover		1	D02	Hexagonal nut	M8	20
C10	Right handlebar front cover		1	D03	Hexagon socket head screws	M10x90	1
C11	Back cover of left handlebar		1	D04	Hexagon socket head screws	M10x55	2
C12	Back cover of right handlebar		1	D05	Hexagon socket head screws	M10x45	1
C13	Kit upper left holder		1	D06	Hexagon socket head screws	M10x30	2
C14	Kit upper right holder		1	D07	Hexagon socket head screws	M8x40	2
C15	Kit bottom fixation seat		2	D08	Hexagon socket head screws	M8x35	2
C16	Ipad holder		1	D09	Hexagon socket head screws	M8x30	1
C17	Ipad fixation socket		1	D10	Hexagon socket head screws	M8x15	4
C18	Side rail		2	D11	Hexagon socket head screws	M6x10	8
C19	Side cover of left column		1	D12	Hexagon socket head screws	M8x80	4
C20	Side cover of right column		1	D13	Hexagon socket head screws	M8x65	2

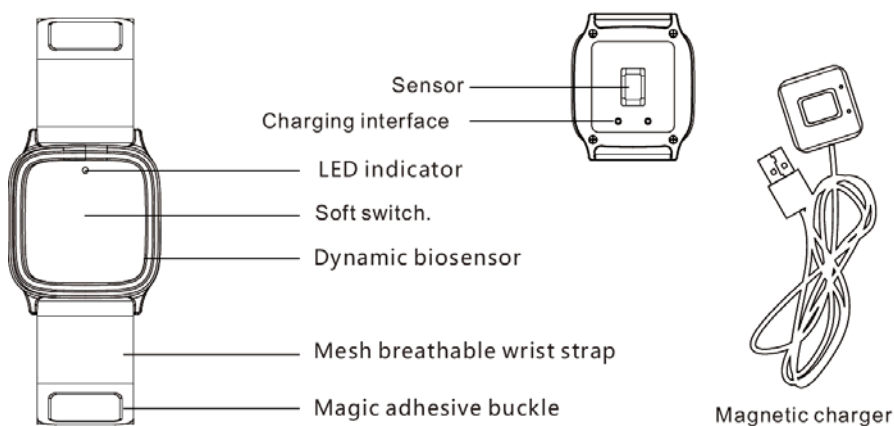
No.	Name	Specification	Qty	No.	Name	Specification	Qty
D14	Hexagon socket head cap screws	M8x55	1	E07	Touch panel connection wire		2
D15	Hexagon socket countersunk screw	M8x55	6	E08	Safety key		1
D16	Hexagon socket countersunk screw	M8x25	4	E09	Safety magnetic sensor		1
D17	Round head square neck bolts	M8x35	6	E10	Magnetic sensor		1
D18	Cross pan head screw	M5x12	7	E11	Switch		1
D19	Cross pan head screw	M5x12	2	E12	Overload protector		1
D20	Cross recessed countersunk head tapping screws	ST4.2x60	6	E13	Power socket		1
D21	Cross recessed countersunk head tapping screws	ST4.2x19	2	E14	DC motor		1
D22	Cross recessed countersunk head tapping screws	ST4.2x40	2	E15	Incline motor		1
D23	Cross recessed countersunk head tapping screws	ST4.2x30	2	E16	Running board		1
D24	Cross recessed countersunk head tapping screws	ST4.2x20	2	E17	Magnetic ring		1
D25	Cross recessed countersunk head tapping screws	ST4.2x12	14	E18	Magnetic core		2
D26	Cross recessed pan head self-tapping self-drilling screws	ST2.9x8	26	E19	Power cable		1
D27	Cross recessed pan head self-tapping self-drilling screws	ST2.9x6	22	E20	Earthed wire	Yellow-green	1
D28	Cross recessed countersunk head tapping screws	ST4.2x20	4	E21	AC single branch	Brown	1
D29	Cross recessed countersunk head screws	ST4.2x12	26	E22	AC single branch	Brown	2
D30	Internal serrated lock washer	10	4	E23	AC single branch	Blue	2
D31	Internal serrated lock washer	8	17	E24	Display extension wire		1
D32	Internal serrated lock washer	5	2				
D33	Spring washer	8	2				
D34	Spring washer	5	2				
D35	Washer	8	8				
D36	Big washer	10	4				
D37	Hexagonal pan head bolt	M8x45	1				
E01	Display	4 LED windows	1				
E02	Control board		1				
E03	Display upper wire		1				
E04	Display lower wire		1				
E05	Left touch panel		1				
E06	Right touch panel		1				

## Optional parts

NO.	Description	Specification	QT	NO	Description	Specification	QT
F01	Filter		1	J01	Bluetooth music module	With bluetooth music optional	1
F02	Inductor		1	J02	output audio wire		1
F03	AC branch	350 blue	1	K01	Bottle holder		1
F04	Earthed wire		1	K02	Bottle holder board		1
F05	Screw	ST4.2*1	2	K03	Bolt	M5*12	2
G0	Speaker wire		2	K04	Screw	ST4.2*19	2
G0 2	Screw	ST2.9*8	8	K05	Cross solid wrench	S=13、14、15	1
H01	USB module		1				
H02	USB wire		1				
H03	Screw	ST2.9*8	2				

## HEART RATE SENSOR INSTRODUCTIONS

### 1. Product parts



### 2. Product parameters

- Product model: AHM300
- Wireless connection: Bluetooth 5.1
- Waterpro: IP68(IEC:60529)
- Firmware upgrade: OTA
- Battery: lithium-ion polymer battery
- Package includes: dynamic biosensor, wrist strap, special charging line
- Battery capacity: 50mA
- Consumed current:2.3mA
  - Charging voltage 5V=0.85A
- Duration:8-10h
- Matching support: Standard agreement.

### **3. Operating instructions**

- a) Power on: after wearing the heart rate sensor, press the central sensing area of the upper cover until the blue LED flashes;
- b) Connection: after the heart rate sensor is turned on, it will automatically enter the Bluetooth pairing mode, and the electronic watch can be connected with Bluetooth;
- c) App connection: open the external Bluetooth device, search and connect; LED is always on in blue after connection: (It can connect most sports apps)
- d) Shut down: automatically shut down after 10 seconds without signal connection, or long press the central sensing area of the upper cover to shut down;
- e) Battery power: in the power on state, the LED flashes red when there is a lack of power or the back sensor cannot light up, indicating that the power is insufficient.
- f) Charging: when the battery is charging, the LED flashes red, indicating that it is charging; After the charging is completed, the LED will be green.
- g) Charging time: 1.5 hours.
- h) Wearing method: wear it on the left arm close to the elbow joint, with appropriate tightness.

### **4. Maintenance instructions**

- a) To ensure the accuracy of data detection, please use soft cloth when wiping the heart rate sensor;
- b) When using soft cloth, only use a small amount of soap and cold water to wipe the strap, sensor and housing;
- c) The charged electrode part can only be wiped with cotton and low concentration alcohol;
- d) Do not use any chemicals with abrasive properties to clean the heart rate sensor and strap so as to avoid permanent damage

Importer:  
Ogalas ULC  
Unit 4 Parkway House  
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Dublin  
D12 ECR9