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**Reebok**  
JET FUSE SERIES

**JET 100**  
**USERS' MANUAL**

**Reebok**  
JET FUSE SERIES

## IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

**Danger**—To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- 1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- 3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
- 4) Place your unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- 7) Keep hands away from all moving parts.
- 8) Never operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11) Never drop or insert any object into any openings.
- 12) The treadmill is intended for in-home use only and not suitable for long time running.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- 15) Use handrails provided; they are for your safety.
- 16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 17) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

## IMPORTANT ELECTRICAL INFORMATION

### WARNING!

- 1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2) NEVER operate treadmill on Generator or UPS power supply.
- 3) NEVER remove any cover without first disconnecting AC power.
- 4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

## IMPORTANT OPERATION INSTRUCTIONS

- 1) Insert the power plug into the socket directly.
- 2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
- 3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- 4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.
- 5) In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- 6) Always hold on to handrail while making control changes.
- 7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
- 8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- 9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.
- 10) Please consult your doctor at first before running, if you have one of the following diseases:
  - a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
  - b. If you are over 35 years old and heavier than common weight.
  - c. Women in pregnant or in breasting period.
- 11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
- 12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

## ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:


### Parts List:

NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
A02	Main Frame		1	C16	Right upright tube cover		1
B04	Cross Wrench with screw driver	S=13、14、15	1	D07	Safety key		1
B05	5# Allen Wrench	5mm	1	E07	Bolt	M8*50	2
C01	Console base		1	E13	Bolt	M8*15	6
C03	Console back cover		1	E20	Bolt	M5*12	9
C04	Console panel		1	E26	Screw	ST4.2*12	4
C15	Left upright tube cover		1	E32	Lock Washer		8

### Assembly tools:

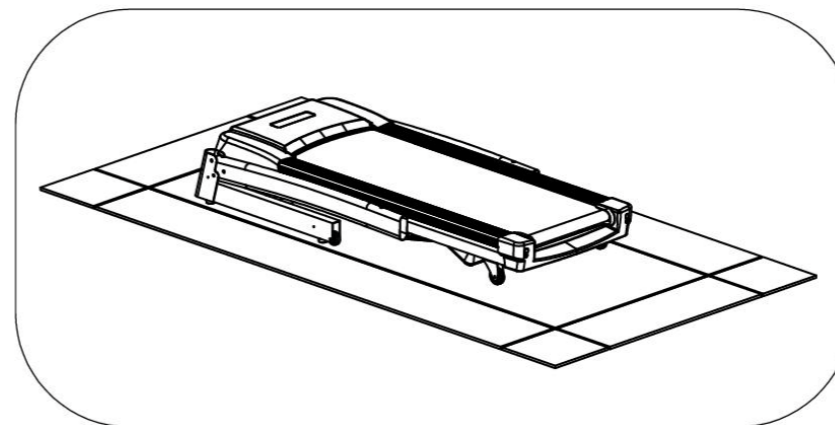
5#Allen wrench 5mm 1pc

Cross wrench with screw driver S=13、14、15 1pc

**Notice: Do not get through power before complete assembly**

### Step 1-Preparation

Open the top cover of carton box, get out all spare parts listed above, Collapse carton box bottom cover and lay sides down before assembly.



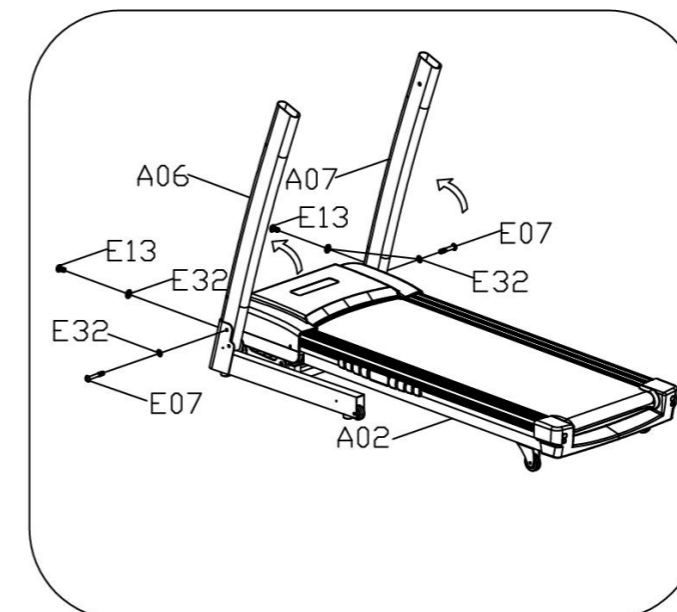
### Step 2-Upright tube assembly

Lift up the left upright tube (A06) with arrow direction.

Fix the left upright tube(A06) to the main frame (A02) with **1xbolt (E07)** and **1xlock washer (E32)** ,**1xbolt(E13)** and **1xlock washer (E32)** by using 5# Allen wrench(B05).

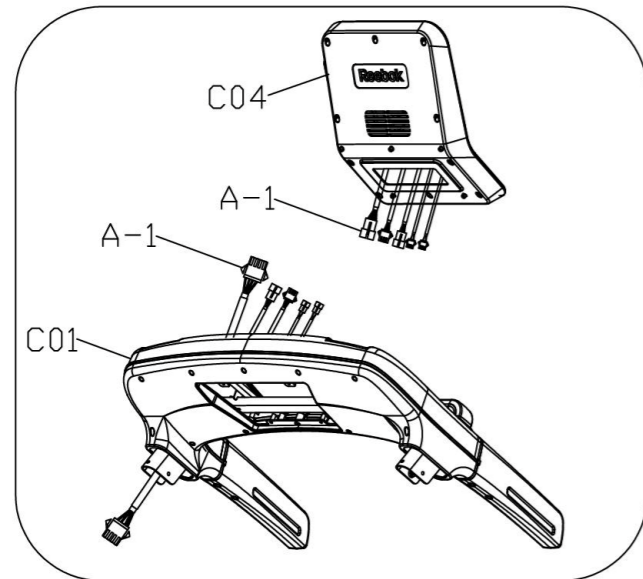
Repeat the same way to assemble the right upright tube (A07) to the main frame (A02).

Notice: Support the upright tube with hand to avoid falling down.



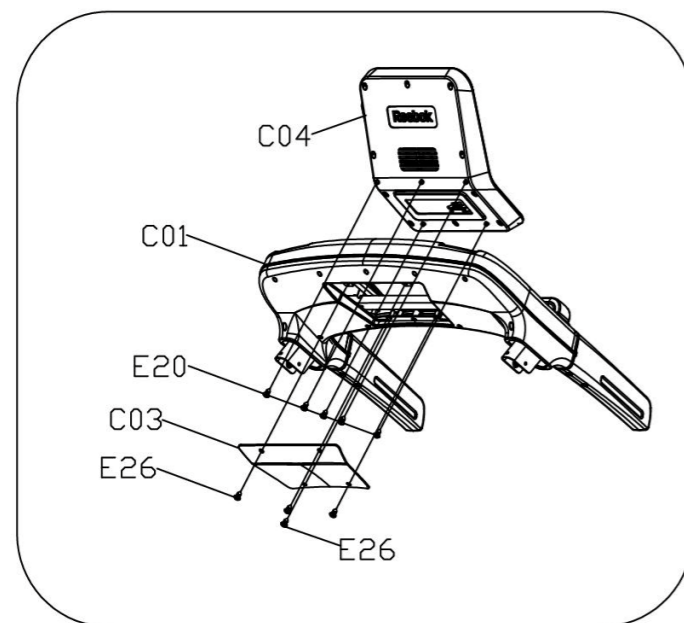
**Step 3-Console set assembly**

Connect the wire ports of console panel (C04) to the wire ports of console base (C01) first. Please choose same color wire for port to port connection. For example, connect wire A-1 to A-1, repeat the connection of another 4 wires with the same way.



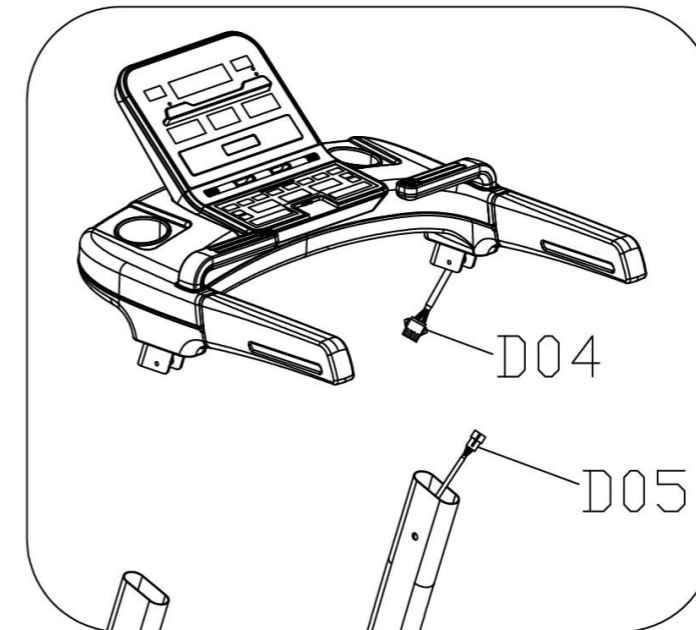
Fix the console panel (C04) to the console base (C01) with **5xbolt (E20)** by using cross screwdriver (B04).

Fix the console back cover (C03) to the console base (C01) with **4xscrew (E26)** by using cross screwdriver (B04).

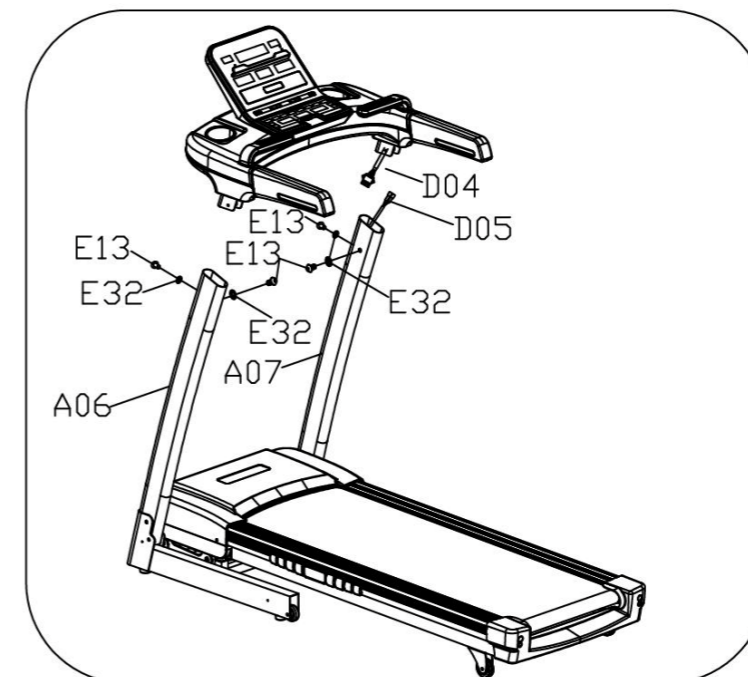


**Step 4-Console set to upright tubes assembly**

Connect the middle signal wire (D04) port and bottom signal wire (D05) port first.

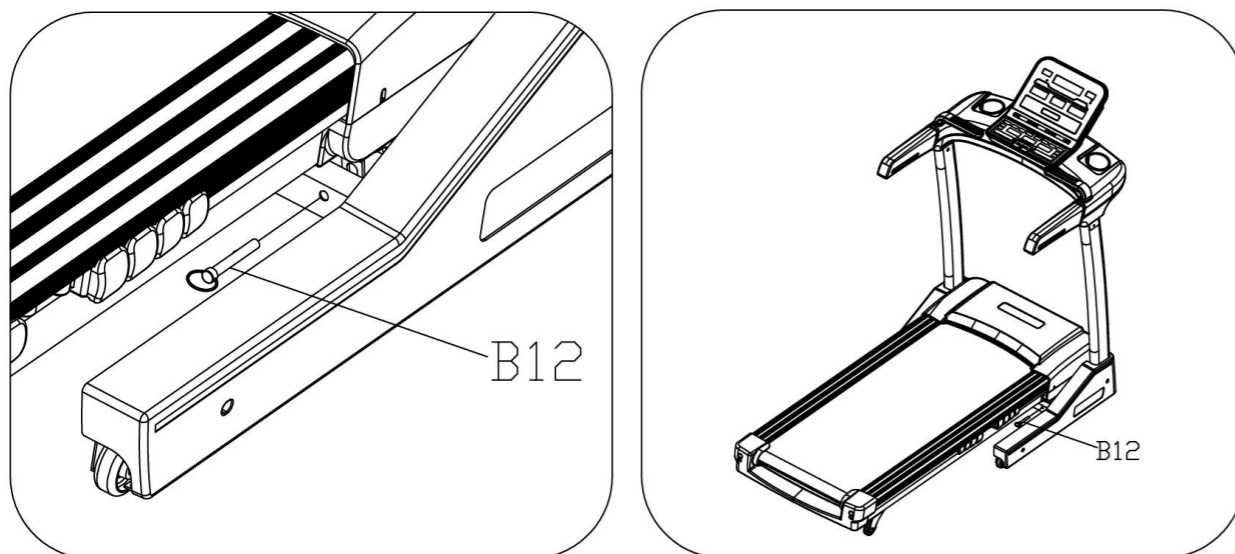


Fix the console set to the left upright tube (A06) and right upright tube (A07) with **4xbolt (E13)** and **4x lock washer (E32)** by using 5# Allen wrench (B05).



**Step 5-Remove lock pin**

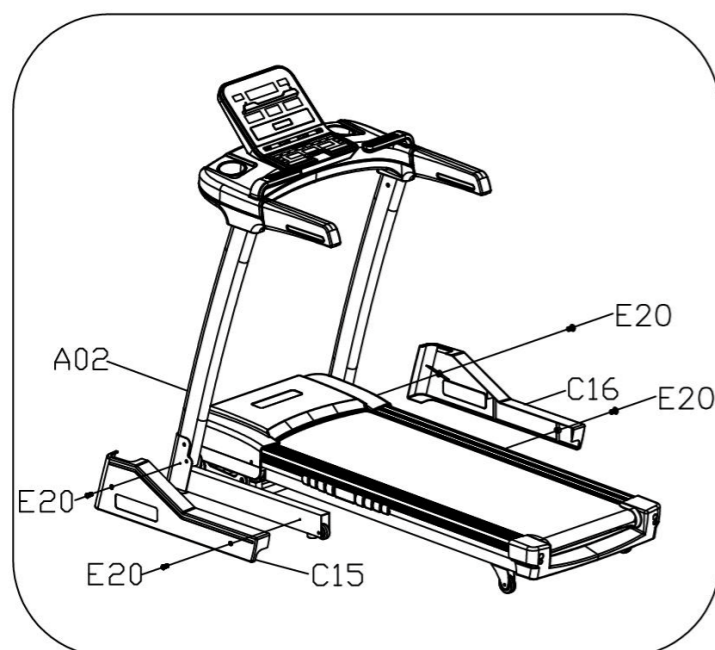
Remove the locking pin (B12).



**Step 6-Upright tube cover assembly**

Fix the left upright tube cover (C15) to the main frame (A02) with 2xbolt (E20) by using cross screwdriver (B04).

Repeat above step to assemble the right upright tube cover (C16) to the main frame (A02).

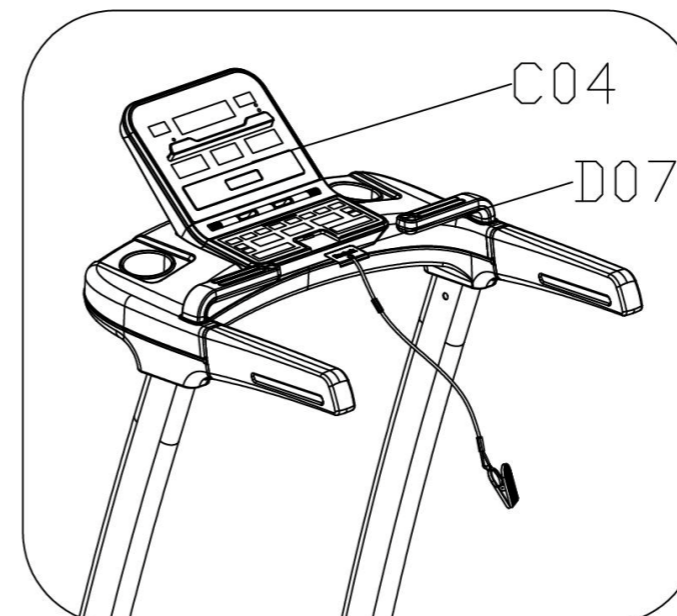
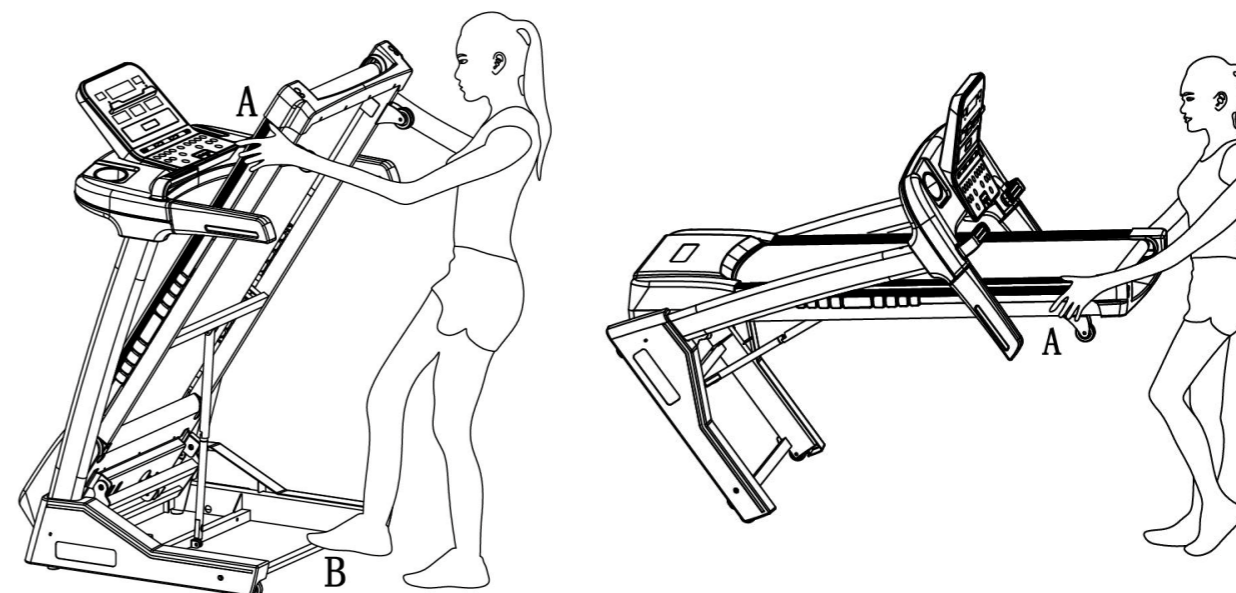


**Step 7-Move the machine out of carton box and start use**

After you finish the assembly of machine, move the machine out of carton box.

Before attempting to move the treadmill, please make sure that it has been properly folded. To tilt; start by placing your hands at position A to support the top end of the treadmill, next place one foot at position B to hold the bottom end of the treadmill steady, with your foot at B, slowly begin tilting the top of the treadmill A downward towards the ground, once A reaches a low enough point the wheels of the treadmill will become active.

To move; hold the top end of the treadmill A at a tilted position until the wheels can move smoothly.

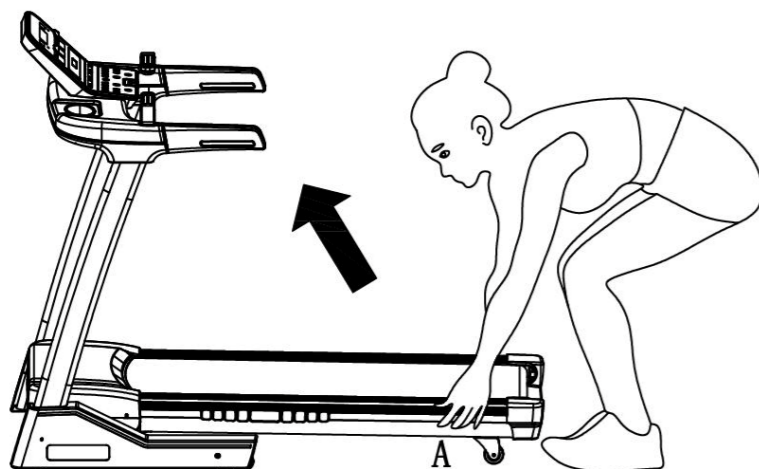


Attach the safety key (D07) to the magnet area of console panel (C04).

Until you finish this step, you can start use of the machine.

## FOLDING INSTRUCTIONS

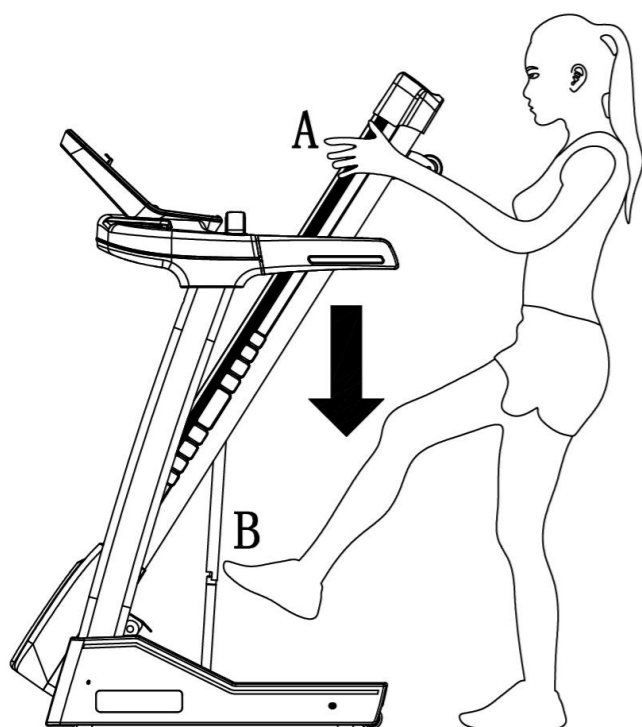
**Fold Up:**



Place your hands at position A and lift up on the main frame until the cylinder locks into the tube.

Notice: When the cylinder successfully locks into the tube you will hear a clicking sound.

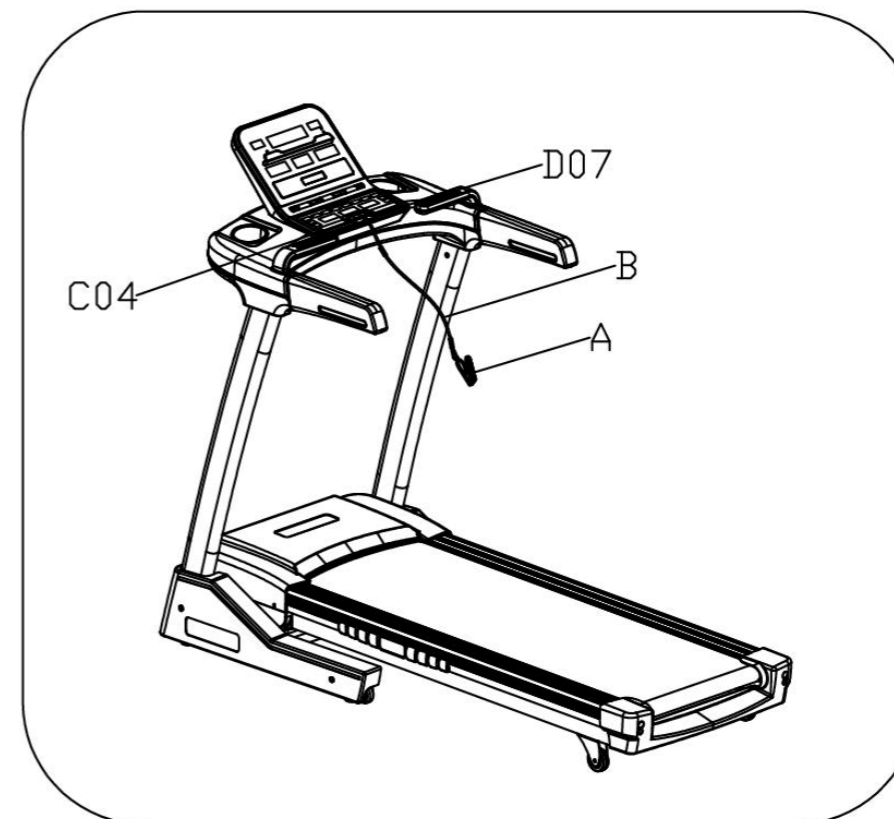
**Fold Down:**



Grasp the position A with your hands then using your foot lightly kick the cylinder B and then press down on the position A. Once the main frame has been pushed down it will automatically continue to steadily lower itself until it reaches level ground.

Notice: Before lowering the position A, ensures that the space directly underneath it is clear of any persons, pets or objects.

## HOW TO USE SAFETY KEY



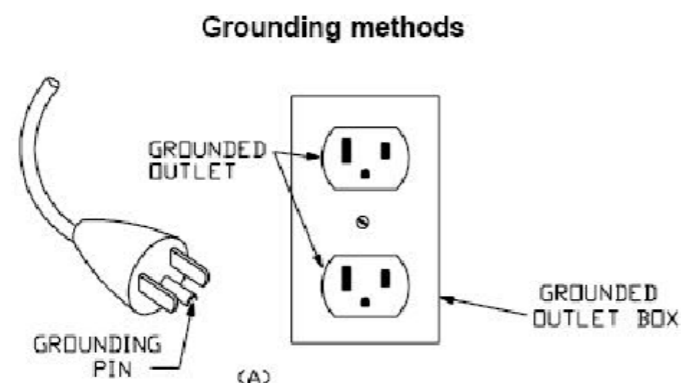
Before running, please clip the safety key to your cloth.

For any emergency, please pull the safety key rope B, and the machine will stop.

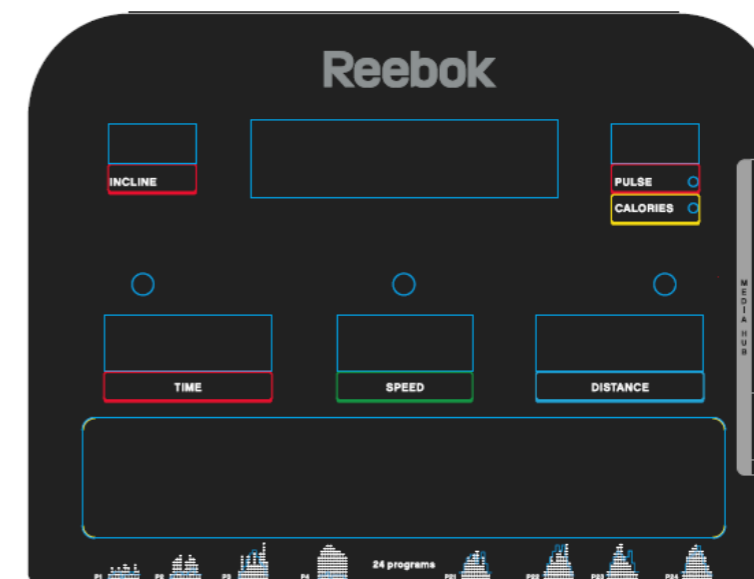
## GROUNDING METHODS

This product must be grounded. If there is any fault, grounding can reduce the risk of electric shock. The plug of machine is equipped with grounding conductor, to ensure your safety; please insert the plug into correct electrical outlet.

**DANGER** –Please follow all instruction of manual. Wrong operation may lead to leakage of electricity. If you can not make sure the machine is grounded with right way, please consult with professional electrical engineer. If you find the plug can not match electrical outlet at home, please also consult with professional electrical engineer, disassemble of plug is dangerous.



## OPERATION GUIDE



### WINDOW DISPLAY:

1. "Speed" window: Under running mode, this window will show speed, the speed range is 1.0-16.0kph (0.6-10mph).
2. "Time" window: Display running time. Display the exercise time positive direction clock from 0:00-18:00 hours; when count to the end, the machine will not stop and count again from 0:00; When count down, it will show from the setting time to 0:00, when down to 0:00, the machine will stop smoothly and show 'End', and will enter into stand by mode.
3. "Distance" window: Under setting mode, press the "program" button, the window will display "P1,P2,.....,P14-P24-FAT"; Under running mode, display the running distance positive direction clock from 0.00-99.99, when up to 99.99, it will count again from 0; When count down, it will show from setting data to 0; When down to 0, the machine will stop smoothly and show 'End', enter into the stand by mode after 5 seconds.
4. "Pulse/Calories" window: When the runner holds handle pulse with two hands, the system can calculate the runner's heart beat and window will display heart beat range from 50 to 200 beats/min (this data is just for reference, can not be regarded as medical data). Display runner's calories. When display calories, it will count from 0.0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the


machine will stop smoothly and show ' End ', and enter into stand by mode after 5 seconds.

5." Incline" window: Display inline value from level 0 to level 12.

6. MATRIX window: Under running mode, outer circle will show running track of 0.4kilometers (0.25miles) and inside of running track will show the number of turns you have run. When you finish the running of 400m, the machine will remind with sound of BI and show the number of turns you have run. Under program setting mode, this window will show program chart; Under time, distance and calories count down mode, this window will show T (stand for time), D(stand for distance), C(stand for calories).


**BUTTON FUNCTION:**


1. " PROGRAM " button: Under stand by mode, press this button to choose the program from "0.00"、 " P1-P2-P3-P4-P5.....P24-FAT";Manual mode is default mode, and default speed is 1.0kph(0.6 mph); "0.00" is manual mode, "P1-P24" are pre-set programs, FAT is body fat test function.
2. " MODE " button: Press this button to choose " 0: 00"、 " 15: 00"、 " 1.00"、 " 50.0" circularly(0:00 is manual mode, "15:00" is time counting down mode, " 1.00 " is distance counting down mode, " 50.0 " is calories counting down mode).). When setting any mode, you can press speed +/- and incline +/- to set the value, and press "START" to start the machine
3. "START" button: When the machine is plugged into electrical outlet and attaches with safety key, press this button at any time to start the machine.
4. "STOP" button: This button has functions of PAUSE and STOP. Under running mode, press this button, the machine will pause, and all data will be kept, matrix window will show "PAU"; Under pause mode, if you press "START" button, the machine will continue to work. If you press "STOP" button again, the machine will stop and all data recover to initial setting.
5. "SPEED +"、"SPEED -" button: Under setting mode, press this button to choose the value. When the machine is running, press this button to adjust the speed, one press for 0.1kph or 0.1mph, if you press this button and hold on over 0.5 seconds, the speed will be up or down continuously.
6. "INCLINE+"、"INCLINE-" Button: Under setting mode, press this button to choose the value. When the machine is running, press this button to adjust the incline, one press for 1 section of incline, if you press this button and hold on over 0.5 seconds, the incline will be up or down continuously.
- 7."SPEED: "4-8-12-16kph (3-5-7-10mph)" are shortcut buttons, you can press these buttons to set speed quickly. Under kph mode, will show 4-8-12-16/kph, under mph mode, will show 3-5-7-10mph.
- 8."INCLINE: "3-6-9-12" are shortcut buttons, you can press these buttons to set incline quickly.


9."FAN": You can open or close the fan by pressing fan button .

10. MP3 function: You can connect your mobile phone with MP3 wire to play music, choose music and adjust the volume of music by your mobile phone buttons.

11. USB function:

11.1:"USB slot" :You can insert USB to this slot and play the music, you can also charge your mobile phone or tablet device with connection of USB wire to this slot.

11.2:"VOLUME+、 VOLUME-" "PREVIOUS SONG""NEXT SONG" buttons : Use to control the volume of USB music, and use to choose the songs of USB.

 For long press of this button, you can reduce the volume of music. For short press of this button, you can return to previous song.



For long press of button, you can increase the volume of music. For short press of this button, you can turn to the next song.

Notice: MP3 and USB music can not display music at the same time. MP3 is not available until USB is pulled out.



12. Headphone jack:If you insert your headphone to this jack, the voice from USB and MP3 will transfer to headphone.

**HOW TO TRANSFER BETWEEN KPH TO MPH**

Under standby mode, insert safety key, press SPEED + and INCLINE + buttons together and hold on about 5 seconds until you hear one sound of Bi, and then you can finish the transfer between kph and mph.

**LUBRICATION REMIND FUNCTION**

This machine has lubrication remind function. After every total running distance of 300km (188miles), your treadmill needs to be maintained with oil. The system will remind with sound of "BI-BI-BI" for every 10 seconds, and TIME window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound of "BI-BI-BI" will disappear.

**START-UP QUICKLY:**

1. Open the power switch, insert the safety key to the magnet are of console.
2. Press "STATR" button, the system will enter into 3 seconds count down, and make sound of BI-BI-BI, the MATRIX window will display count down value of 3-2-1, and then the machine will run with speed of 1kph(0.6mph).
3. After start-up, you can press "SPEED+"、 "SPEED -" buttons to adjust the speed of machine, and press "INCLINE +" "INCLINE -" buttons to adjust the incline of machine.

**THE OPERATION OF EXERCISE PROCESS:**

1. Press "SPEED -" will reduce the running speed.
2. Press "SPEED +" will increase the running speed.
3. Press "INCLINE-" will reduce the incline section.
4. Press "INCLINE+" will increase the incline section.
5. Press speed shortcut button will adjust speed accordingly.
6. Press incline shortcut button will adjust incline accordingly.
7. Press "STOP" will stop the machine.
8. When you hold the hand pulse by both hand, the computer will show the user's pulse value after 5 seconds.



**MANUAL MODE:**

- Under standby mode, press START button, the treadmill will run with the speed of 1.0kph(0.6mph), and incline of 0. The other windows will show value from 0 with positive direction, press "SPEED+", "SPEED-" to change the speed, press "INCLINE+", "INCLINE -"to change the incline;
- Under standby mode, press "MODE" button to enter time count down, the TIME window will display"15:00" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set the time you need. The setting range is 5:00-99:00
- Under Time setting mode, press " MODE " button to enter into distance count down, the DISTANCE window will display "1.00" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set the distance you need. The setting range is 0.50—99.90.
- Under Distance setting mode, press "MODE" button to enter into calories count down, the CAL window will display "50.0" and glittering. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set the calories you need. The setting range is 10.0-999.
- Choose one of above count down mode and make setting, press "START" button to start up, the treadmill will run after 3 seconds, press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to adjust the speed and the incline; press "STOP" button, the treadmill will stop.

**INNER INSTALL PROGRAM**

Press "PROGRAM" button, DISTANCE window will display 24 programs, you can choose any program from 24. After you make choice of favorable program, the TIME window is glittering, and show time of 10:00. Press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to set the exercise time you need. Press "START" button to start the program you have chosen. Each program can be divided to be 10 sections, each section exercise time=setting time/10. When machine enter into the next new section, will make 3 sound of "Bi-Bi-Bi", the speed and incline will work as per default setting of this new section. You can press "SPEED+", "SPEED-", "INCLINE+", "INCLINE -" to change the speed and incline value during the working period of this section. When machine enter into the next new section, will work as per default speed and incline of new section. When the machine finish the working of whole program, will make 3 sound of "Bi-Bi-Bi" and stop, screen will show "END", the machine will enter into standby mode after 5 seconds.

**PROGRAM EXERCISE CHART**

Each program can be divided to be 10 sections and work with equal time, each section has default speed and incline.

Below is program exercise charge for kph.

**PROGRAM EXERCISE CHART**

		Setting time/10=working time of each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	6	7	8	3	6	8	7	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	3	8	3	8	5	9	5	9	12	6
	INCLINE	1	3	5	7	9	10	8	6	5	2

P4	SPEED	8	10	11	12	12	11	10	10	9	8
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED	6	10	12	9	11	8	12	7	9	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	10	10	9	11	8	5	3
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED	2	6	7	9	7	9	6	5	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	9	6	4	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	7	6	5	8	6	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	8	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

Below is program exercise charge for mph.

**PROGRAM EXERCISE CHART**

		Setting time/10=working time of each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	1.2	3.7	4.3	5	1.8	3.7	5	4.3	3.1	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	1.8	5	1.8	5	3.1	5.6	3.1	5.6	7.5	3.7
	INCLINE	1	3	5	7	9	10	8	6	5	2
P4	SPEED	5	6.2	6.8	7.5	7.5	6.8	6.2	6.2	5.6	5
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED	3.7	6.2	7.5	5.6	6.8	5	7.5	4.3	5.6	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	1.2	5	3.7	6.2	6.2	5.6	6.8	5	3.1	1.8
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	1.2	2.5	3.7	5	4.3	5	5.6	3.7	2.5	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	1.2	2.5	3.1	4.3	3.7	3.1	5	3.7	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	1.2	4.3	2.5	4.3	5	5.6	2.5	3.1	1.8	1.2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	1.2	3.7	3.1	2.5	5	3.7	3.1	1.2	1.8	1.8
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	1.2	3.1	3.7	4.3	5	5.6	5	3.1	1.8	2.5
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	1.2	1.8	3.1	3.7	5	3.7	5.6	3.7	3.1	1.2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	1.8	4.3	3.7	3.1	5.6	4.3	3.7	1.8	3.1	1.2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	1.8	4.3	5.6	6.2	6.8	7.5	6.2	5	3.1	1.2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	1.8	3.7	5	4.3	5.6	6.2	3.1	5	1.8	1.2
	INCLINE	3	6	8	9	9	6	8	10	6	3

P22	SPEED	1.8	3.1	5	3.7	5.6	6.2	5	7.5	3.7	1.8
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	1.8	3.1	5.6	6.8	7.5	5	3.7	3.1	1.8	1.2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	1.8	5	6.2	6.8	7.5	6.2	6.2	5	3.1	1.8
	INCLINE	3	6	8	9	10	12	9	6	3	2

**RANGE OF SPECIFICATION:**

	Initial	Initial Data	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00 – 99:59
SPEED(KPH)	0.0	1.0kph	1.0-16.0kph	1.0-16.0kph
SPEED(MPH)	0.0	0.6mph	0.6-10mph	0.6-10mph
INCLINE(LEVEL)	0	0	0-12	0-12
DISTANCE(KM/MILE)	0	1.00	0.50-99.90	0.00 – 99.99
PULSE(HYPO/MIN)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50.0	10.0-999	0.0 – 999

**BODY FAT TEST:**

Under stand by mode, press “ PROGRAM” button continuously until you find FAT, press “MODE” button to enter the choice of F-1. F-2. F-3. F-4. F-5 ( F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 BODY FAT TEST ).Press “SPEED+”、“SPEED -” to set the value from F-1 to F4 ( Please take the following chart as reference). After you finish the setting from F-1 to F-4, press “MODE” button to enter F-5, hold your hands to the hand pulse area of machine, the window will display your body fat value after 3 seconds. The body fat value is a reference for the relationship of height and weight, is available for both male and female. Ideal fat value is between 20-25, if this value is under 19, it means you are too thin. If this value is between 25 and 29, it means you are overweight. If this value is over 30, it means you are obese. (The data is just for reference, can not be regarded as medical data.)

F-1	Sex	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM(40-80INCH)	
F-4	Weight	20-150KG(44-330LB)	
F-5	FAT	≤ 19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥ 30	Obesity

**SAFETY LOCK FUNCTION:**

Under any mode, if you pull away the safety key, the machine will stop. The window will show “---” with reminding sound of Bi-Bi-Bi. The machine can not work until safety key is inserted back.

**POWER SAVE FUNCTION:**

The machine is with energy saving function. Under stand by mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

**TURN OFF:**

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

**CAUTION:**

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

**EXERCISE INSTRUCTIONS**

**1. THE WARM UP PHASE**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held and count to approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

**2. THE EXERCISE PHASE**

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to you but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone.

This stage should last for a minimum of 12 minutes although most people start at about 15-20 minutes.

**3. THE COOL DOWN PHASE**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week

To tone muscle while on your treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

**MAINTENANCE**

Reasonable cleaning/lubrication should be made to extend the life time of this unit. Performance is maximized when the belt and deck are kept as clean as possible.

**WARNING: THE BELT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.**

**WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE.**

**WARNING: STOP TREADMILL BEFORE FOLDING.**

**AFTER EACH USE**

After each use, clean and inspect, following these steps:

- 1) Turn off the treadmill with the on/off switch, and then unplug the power cord at the wall outlet.
- 2) Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- 3) Inspect the power cord.
- 4) Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- 5) Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

### GENERAL CLEANING

- 1) Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.
- 2) On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

### GENERAL CARE

- 1) Check parts for wear before use.
- 2) Pay particular attention to the fixing knobs and make sure they are tight.
- 3) Always replace the mat if worn and any other defective parts.
- 4) If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

### HOW TO CHECK THE RUNNING BELT FOR PROPER LUBRICATION:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the back surface of the running belt.

If the surface is slick when touched, then no further lubrication is needed.

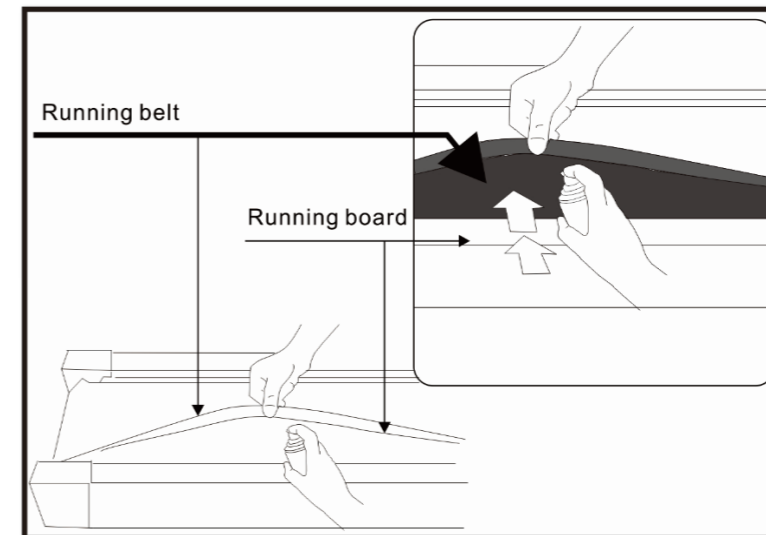
If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend you use a silicone based spray to lubricate your Treadmill. This can be purchased from your local sports store.**

### RUNNING BOARD LUBRICATION

The treadmill is equipped with lubricated running board, which needs constant maintenance. The friction between running board and running belt has a great effect on the treadmills' e life. We recommend lubrication of the deck every 3 months. If you use your treadmill 3-5 times per week, then lubricate more frequently (6-8 weeks advised). The steps are as follows:

- a) Cut off the power
- b) At the back of the running deck(opposite the computer end)on both of the side rails there is an Allen head bolt.
- c) Turn these bolts anti-clockwise five full turns to release the belt tension.
- d) Lift the edge of the treadmill running belt by approximately 30 to 40 cm from the front roller.
- e) Apply 10ml of oil to the underside of the running belt from front to back.
- f) Lower the running belt and re-tighten the Allen head bolts to set tension.
- g) Power treadmill to 10kmh/6mph for 5-10 minutes.
- h) Wipe away any excess oil.
- i) Repeat if necessary.



### IDENTIFICATION WAYS FOR THE DEGREE OF TIGHTNESS OF RUNNING BELT AND MOTOR BELT.

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or motor belt.

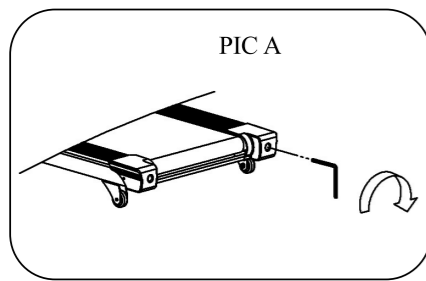
- a) Cut off power, screw off the bolt on cover of protection. Then take down the protecting cover from the treadmill
- b) Turn the speed to be around 3kph, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the motor belt needs to be adjusted.
- c) Turn the speed to be around 3kph, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

**CENTER THE RUNNING BELT:**

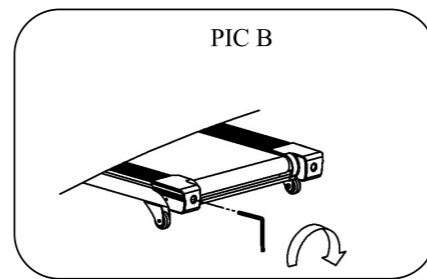
**DO NOT OVERTIGHTEN THE RUNNING BELT.** This may cause reduced motor performance and excessive roller wear.

**TO CENTER WALK/RUNNING BELT:**

- Place treadmill on a level surface
- Run treadmill with speed of 6kmh/3.5 mph.
- If the belt move to the right, turn the right adjusting bolt quarter circle with clockwise, if the belt does not run to central position, adjust again.(Picture A)
- If the belt move to the left, turn the left adjusting bolt quarter circle with clockwise, if the belt does not run to central position, adjust again.(Picture B)



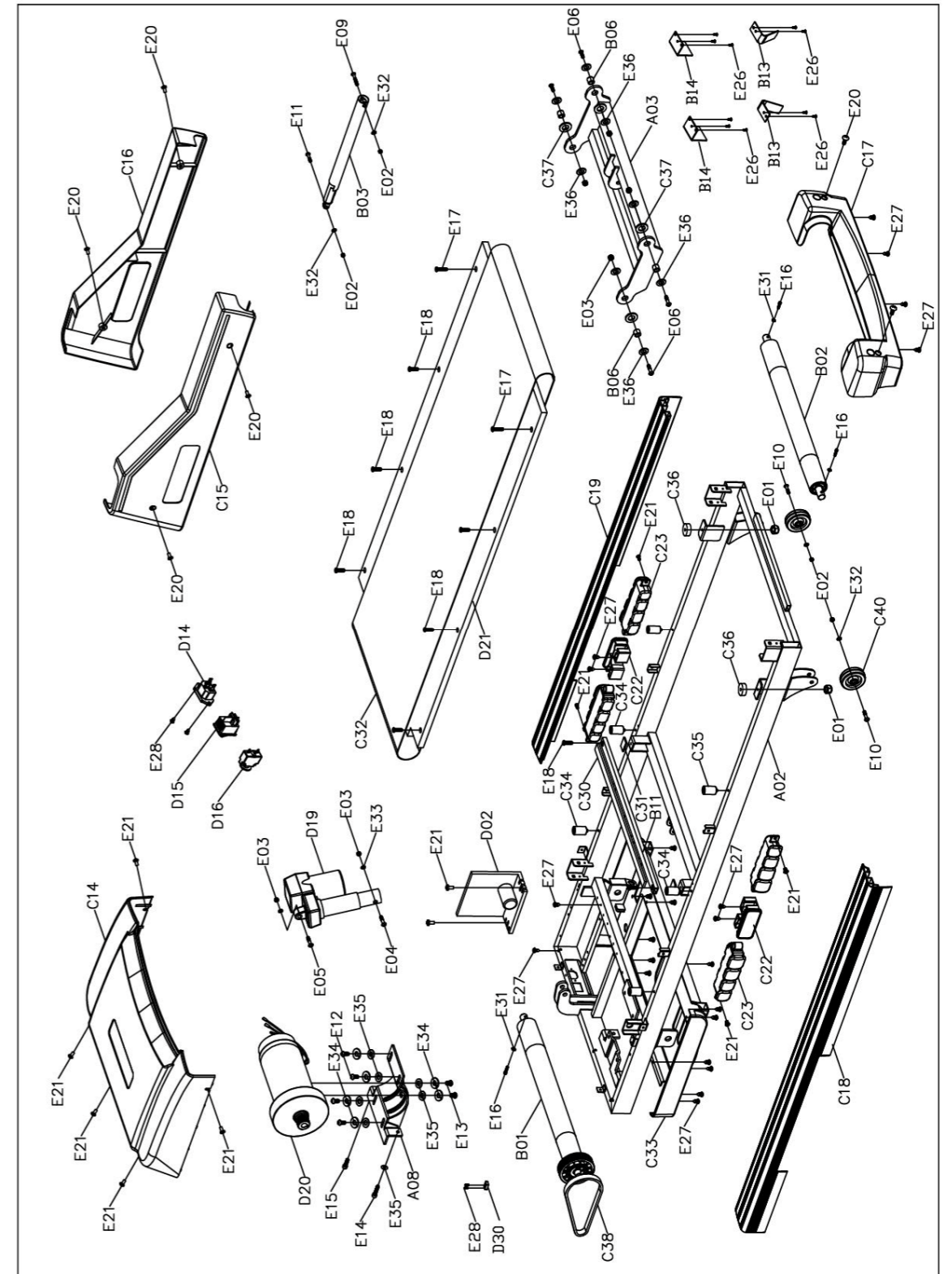
**Picture A** If the belts move to the RIGHT

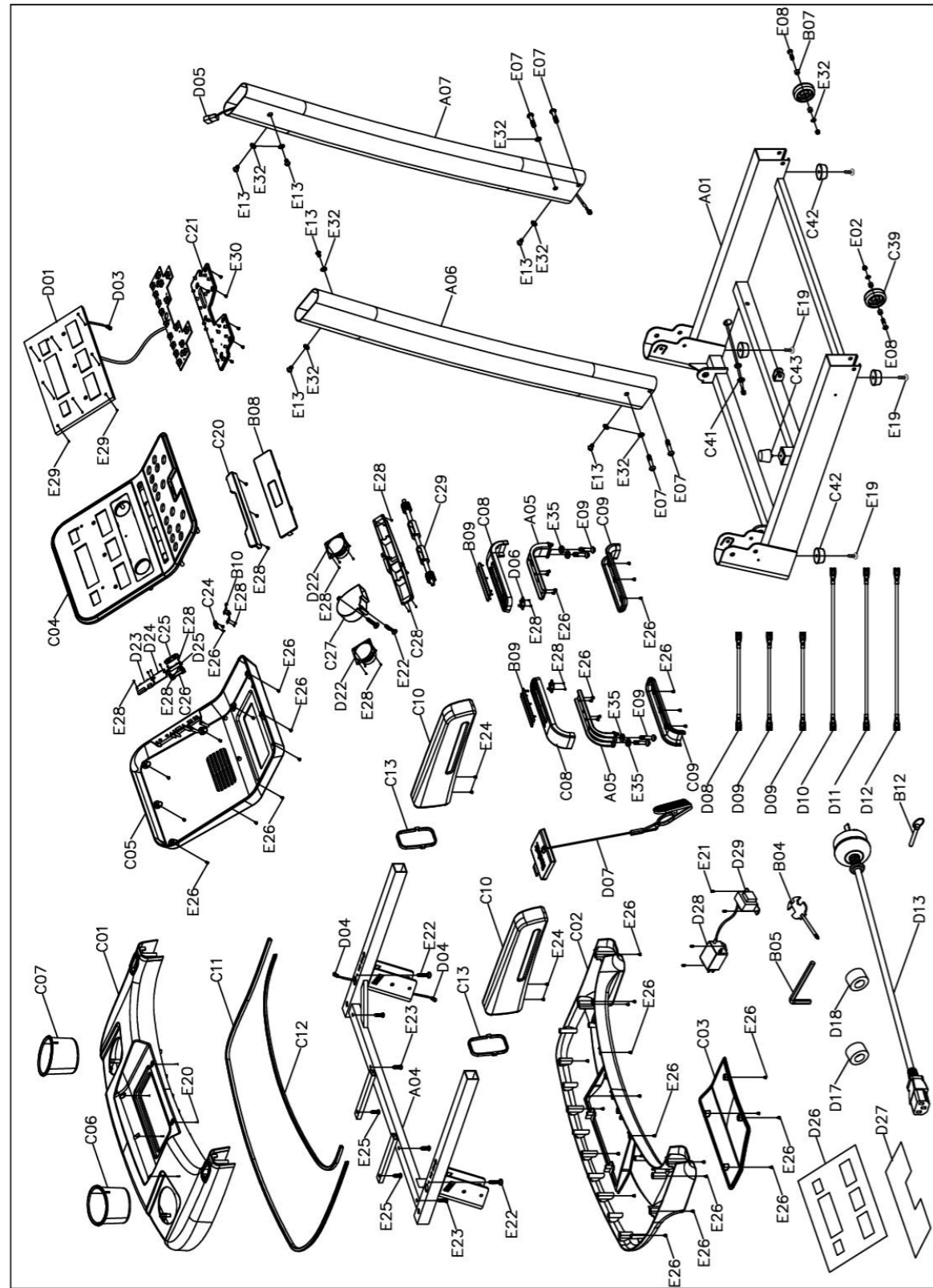


**Picture B** If the belts move to the LEFT

**WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.**

**EXPLODED DRAWING**





## PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
A01	base frame		1	D02	control board		1
A02	main frame		1	D03	top signal wire		1
A03	incline bracket		1	D04	middle signal wire		1
A04	console bracket		1	D05	bottom signal wire		1
A05	pulse bracket		2	D06	pulse button		2
A06	left upright tube		1	D07	safety key		1
A07	right upright tube		1	D08	AC single wire	200mm blue	1
A08	motor bracket		1	D09	AC single wire	200mm brown	2
B01	front roller		1	D10	AC single wire	350mm brown	1
B02	back roller		1	D11	AC single wire	350mm blue	1
B03	cylinder		1	D12	grounding wire		1
B04	cross wrench with screw driver		1	D13	power wire		1
B05	5# Allen wrench		1	D14	power socket		1
B06	bushing		4	D15	on-off button		1
B07	transport wheel bushing		4	D16	overload protector		1
B08	speaker net		1	D17	magnet ring		1
B09	pulse steel plate		4	D18	magnet core		1
B10	spring plate		2	D19	incline motor		1
B11	strengthened tube		1	D20	DC motor		1
B12	locking pin		1	D21	running board		1
B13	belt hook		2	D22	speaker		2
B14	hide board		2	D23	audio board		1
C01	console base		1	D24	USB board		1
C02	console bottom cover		1	D25	volume control board		1
C03	console back cover		1	D26	console panel sticker		1
C04	console panel		1	D27	function button sticker		1
C05	console panel bottom cover		1	D28	filter		1
C06	left water bottle		1	D29	inductance		1
C07	right water bottle		1	D30	speed sensor		1
C08	pulse top cover		2	E01	nut	M6	2
C09	pulse bottom cover		2	E02	nut	M8	6
C10	handle bar		2	E03	nut	M10	6
C11	decoration strip i		1	E04	bolt	M10*60 L20	1
C12	decoration strip ii		1	E05	bolt	M10*45 L15	1
C13	handle bar decoration ring		2	E06	bolt	M10*30 L15	4
C14	motor top cover		1	E07	bolt	M8*50 L15	4
C15	left upright tube cover		1	E08	bolt	M8*50 L20	2
C16	right upright tube cover		1	E09	bolt	M8*45 L20	5
C17	back end cover		1	E10	bolt	M8*40 L20	2
C18	left side rail		1	E11	bolt	M8*30 L15	1
C19	right side rail		1	E12	bolt	M8*20	4
C20	plastic holder		1	E13	bolt	M8*15	8
C21	button board		1	E14	bolt	M8*45	1

C22	cushion		2	E15	bolt	M8*35	1
C23	air cushion		4	E16	bolt	M6*55	3
C24	safety key base		1	E17	bolt	M6*35	2
C25	volume control button		1	E18	bolt	M6*25	8
C26	base of volume control button		1	E19	bolt	M5*16	4
C27	fan		1	E20	bolt	M5*12	11
C28	fan guide		1	E21	bolt	M5*8	15
C29	fan axis		1	E22	screw	ST4.2*40	4
C30	EVA pad of running board		1	E23	screw	ST4.2*30	4
C31	EVA pad		2	E24	screw	ST4.2*25	4
C32	running belt		1	E25	screw	ST4.2*20	2
C33	motor bottom cover		1	E26	screw	ST4.2*12	54
C34	black cushion		4	E27	screw	ST4.2*12	23
C35	blue cushion		2	E28	screw	ST2.9*8	35
C36	blue cushion		2	E29	screw	ST2.9*6	8
C37	plastic pad		4	E30	screw	ST3.5*12	7
C38	motor belt		1	E31	washer	∅ 6	3
C39	transport wheel		2	E32	washer	∅ 8	14
C40	adjustable wheel		2	E33	washer	∅ 10	2
C41	ring-shape wire plug		2	E34	spring washer	8	6
C42	flat foot pad		4	E35	flat washer	8	11
C43	cone-shape cushion		1	E36	big washer	10	8
D01	computer board		1				

## TROUBLE SHOOTING

1. There is no display on screen after the machine is connected to the power source:

a: Please check the overload button, if the overload protector button bounce, please press this button;

b: Please make sure the power source, overload protector, control board are connected well;

c: Please make sure the wire from the control board to the computer board are well connected.

2.E01 display: Failure of signal from computer board to the control board.

a: Please check the wire from the control board to the computer board, if the wire is broken, please change a new one.

b: Failure of signal transfer to computer board, electronic parts of computer board may be damaged, change a new computer board;

3. E02 display: Anti-explosion protect or motor problem

a: Please make sure wires from motor are well connected; If there is no problem with wire connection, please change a new motor.

b: Please check if there is bad smell from the control board, if the IGBT of control board is damaged, please change a new control board;

c: Please make sure the voltage is in normal condition.

4.E03 display: No signal

a: If the E03 appears after running of 5 to 8 seconds, this is the failure of signal, please check the connection of sensor is well. If it is not connected well, please connect again. If the sensor does not work well, change a new sensor;

b: The signal failure of control board, please change a new one;

5.E04 display: The failure of incline

a: Please check the signal wire of incline motor is well connected;

- b: Please check the AC wire of incline motor is connected to the right slot;
- c: Please check the wire of incline motor, change a new wire or a new incline motor.
- d: Please change a new control board;
- e: If all wires are connected right way, please reset the button on the control board and start again.

6.E05 display: Over load current protect

- a: May be the current is too strong, the system protect itself, please restart the machine.
- b: May be a part of the machine is locked and result in the motor stop, please add the oil to the machine and restart.
- c: Please check if there is bad smell from the motor, if yes, please change a new motor;
- d: Please check if there is bad smell from control board, if yes, please change a new control board;

7. Can not start the machine: After press the start button, the time is counting, but the motor can not work, and there is no error code display on screen.

- a: Please check the wires of motor are well connected;
- b: Please check the safety pipe on the control board, if it is damaged, change a new one.
- c: Please check the IGBT on the control board, if it is damaged, change a new IGBT or a new control board.



## 安全须知

感谢您选用本公司产品！为您的安全及健康着想，请正确使用此产品。组装及使用此产品之前请仔细阅读以下重要信息及通读说明书。产品正确组装、维护及使用对提高产品的安全性及有效性是极其重要的。

- 1.开始训练程序之前，应该先咨询您的医生以决定您的健康及生理状况是否适合使用此产品。因为不良的状况会给您的健康及安全带来隐患或妨碍您正确使用此产品。如果你正在服用影响心率、血压的药物时，医生的建议是极其重要的。
- 2.要时刻注意身体的不良反应。不正确及过量的使用会损害您的身体。如果您发现有以下症状，请立刻停止运动：胸部疼痛、胸闷、心跳异常、呼吸急促、头轻、头晕或恶心。运动中有以上症状消失后，在继续练习前请务必先征询医生建议！
- 3.将跑步机置放于平坦的表面上，且附近配有正确电压、频率的接地插座。请确保跑步机尾端留有 2000\*1000mm 的空置无障碍安全区，尾端不可堵塞。
- 4.运动时不要将机台置放于厚软垫、长毛或粗毛的地毯上。运动中可能会损坏地毯或跑步机。
- 5.此产品仅供成人使用，为安全起见请确保小孩远离机台
- 6.跑步时必须将安全锁开关的夹头夹在自己衣服上。安全锁开关一旦从电子表面板脱离，跑步机会立刻停止。出现异常情况时，可采用手握侧扶手引体向上，双脚离开跑带，向跑步机外侧跳离。
- 7.不要将手指或物件放入跑步机的运动部件中，在机台的任何位置不允许跌落及放置小物件。
- 8.如电源线或插头有破损请不要插入电源启动跑步机。确保电源线远离热源。拔下插头前务必先将所有开关关闭，移除安全锁开关。

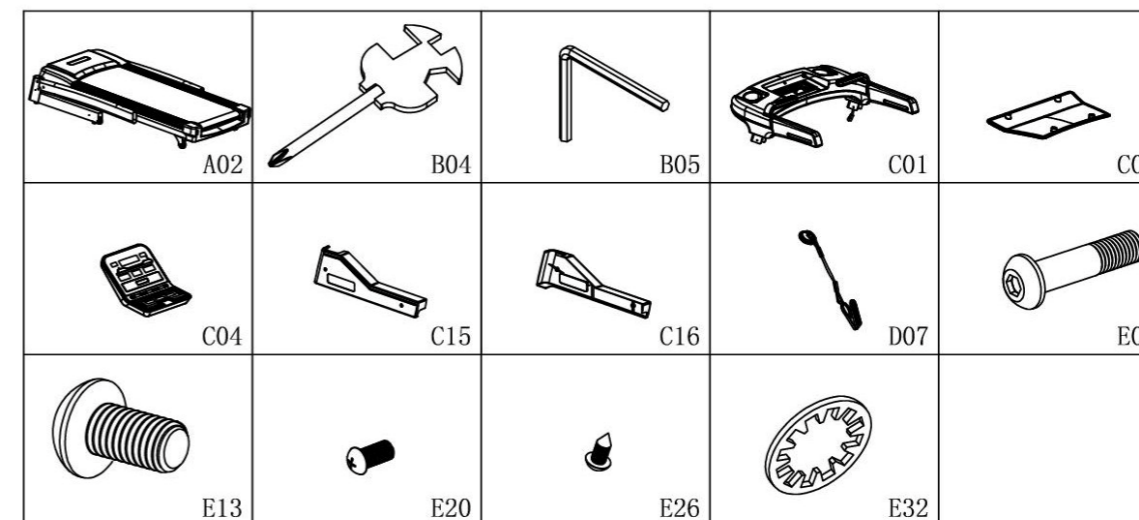
- 9.此产品不可在高浓度氧气及气雾剂的环境中使用！马达运动中碳刷摩擦产生的火花可能会引燃周围可燃物。
- 10.心跳感应器不是医疗仪器！诸多因素会影响心率显示的准确度，当然也包括消费者的运动量。此心跳感应器显示的数值仅是帮助消费者了解运动中自身心率变化的趋势。
- 11.每次按产品指示的要求使用：使用前请确保所有螺丝、螺帽均有完全锁紧；定期检查产品是否有破损、裂痕、磨损，是确保产品安全的前提。对产品例行检查时如发现零部件有缺陷，或运动时有听到来自产品的异常噪音时立刻停止运动。在所发生问题完全解决前不可再使用。
- 12.产品使用时请穿合适的衣服及鞋子，如运动服、运动鞋；不要穿宽松的衣服，宽松的衣服在运动中容易被产品绞住。穿高跟鞋、皮鞋、拖鞋或光脚都不适合在跑步机上运动。
- 13.产品可于 5 至 40 °C 的环境下使用。使用者体重不可超过 110KG.
- 14.此产品不适宜作医疗用！
- 15.搬运及移动产品时请务必小心，以免扭伤背部。必要时可请别人帮忙或用专门的搬运工具进行移动。
- 16.此产品仅供室内家庭使用！不能用作商业用途。

## 重要操作悉知

- 1.将电源插头直接插入带接地的插座中。
- 2.使用跑步机前请务必仔细阅读本手册。本产品连续使用时间不可超过2小时。
- 3.当需调整跑带速度时，直接用电子表控制板上的速度键设到自己所需值后松开按键即可。  
设定的速度不是马上就改变，它会有一个缓慢变化过程，最终达到所设定值。
- 4.在跑步机上运动时，如边跑边看电视，阅读等，一定要注意安全。因为这些额外的活动会产生干扰使您分心，从而引起身体失去平衡或偏离跑道，而这些又会导致受伤。
- 5.为防止身体失衡或发生意外伤害，跑带没有停止前一定不要因为从跑台上下来。当要站到跑台上运动时，两脚踩在边条上，速度开到最低，双手抓住扶手，双脚依次踩在跑带上，慢慢跟随跑带运动；适应后慢慢调高跑带速度。
- 6.对电子表控制板操作时，为安全起见，请务必用一只手抓住扶手，另一只手施行操控。
- 7.产品上配备有安全锁开关，此开关用于紧急情况时使产品急停。如你在运动中速度跟不上跑带速度将要滑倒时，抽掉此开关，跑带即马上停止。
- 8.电子表控制板上的按键均为精密部件，使用时轻触即能顺畅操作。为延长按键的使用寿命，操作按键时尽量不要重压。
- 9.此产品设计仅共成人使用。小孩不得使用此机台，也不可在此机台上或旁边玩耍。如小朋友在旁边玩耍时大人务必在旁监护。
- 10.怀孕或哺乳期的妇女想在此跑步机上运动时需先咨询医师。
- 11.运动中及运动后请饮用足够的水以补充体内水分的流失。

## 组装说明

下图为整机台安装的部件散图，打开包装箱，您可以在箱内取出以下零部件。



### 零部件明细表:

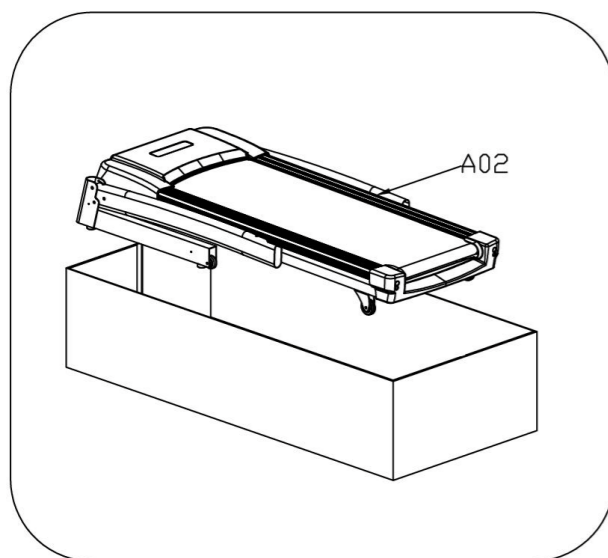
序号	名称	规格	数量	序号	名称	规格	数量
A02	主车架组		1	C16	右底护罩		1
B04	带十字扳手	S=13、14、15	1	D07	安全锁		1
B05	5#内六角扳手	5mm	1	E07	内六角平圆头螺钉	M8*50	2
C01	电子表组件		1	E13	内六角平圆头螺钉	M8*15	6
C03	小下盖		1	E20	十字槽盘头螺钉	M5*12	9
C04	电子表面板组件		1	E26	十字槽盘头自攻螺钉	ST4.2*12	4
C15	左底护罩		1	E32	内锯齿锁紧垫圈	8	8

### 安装工具:

5#内六角扳手 5mm 1pc

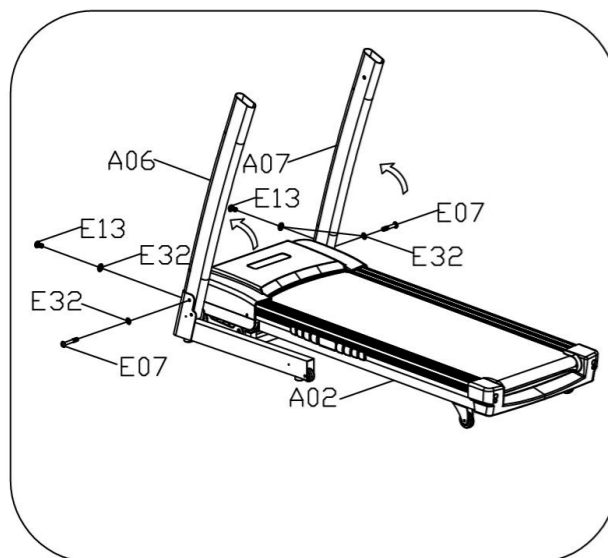
带十字扳手 S=13、14、15 1pc

**步骤1**



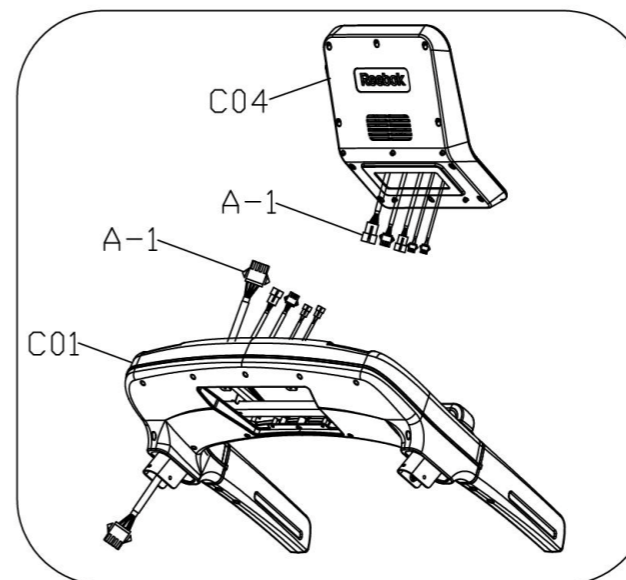
打开包装箱，从箱内取出主车架组 (A02)，并将其平放于地面。

**步骤2**

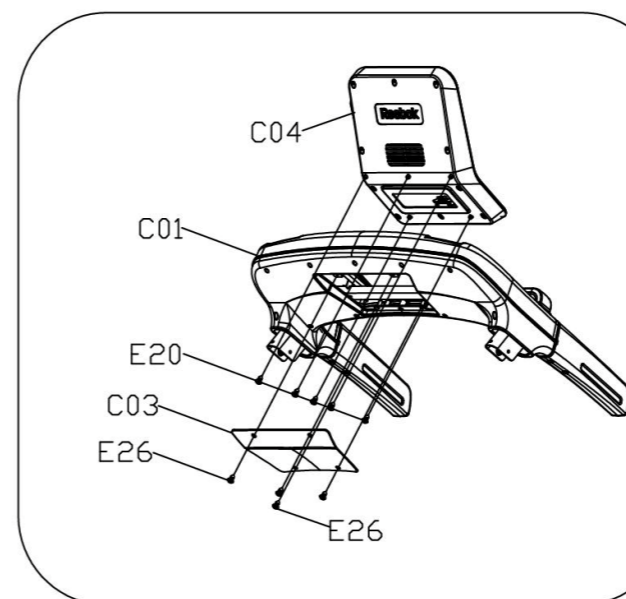


A-将左立柱组 (A06) 向上折起；  
B-使用内六角扳手 (B05)，用内六角平圆头螺钉 (1\*E07) 与内锯齿锁紧垫圈 (1\*E32)，内六角平圆头螺钉 (1\*E13) 与内锯齿锁紧垫圈 (1\*E32)，将左立柱(A06)轻锁于主车架(A02)上；  
C-使用相同步骤将右立柱 (A07) 组装在主车架(A02)上。  
注意：立柱组装时手扶住，避免立柱向下掉。

**步骤3**

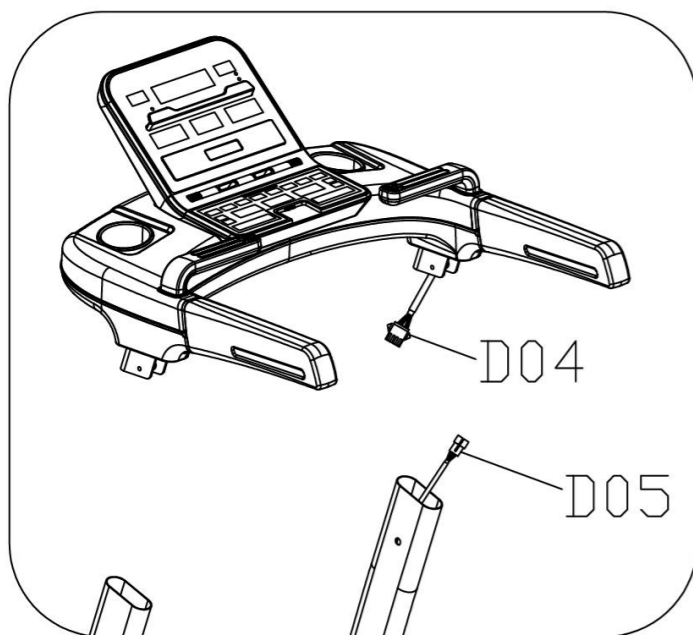


将电子表面板组件 (C04) 与电子表面板组件 (C04) 的五根线材先连接起来。  
注意：线材按照规格及颜色连接在一起，如 A-1 连接 A-1。



A-使用十字螺丝刀 (B04)，用 (5\*E20) 十字槽盘头螺钉，将电子表面板组件 (C04) 锁于电子表上盖组件 (C01) 上；  
B-使用十字螺丝刀 (B04)，用 (4\*E26) 十字槽盘头自攻螺钉，将小下盖 (C03) 锁于电子表上盖组件 (C01) 上；  
注意：确认电子表面板组件 (C04) 线材与电子表上盖组件 (C01) 线材连接无误，再锁螺钉；

**步骤4**

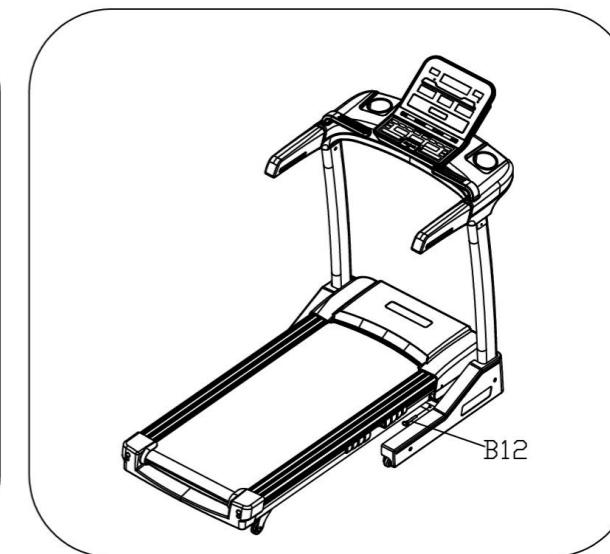
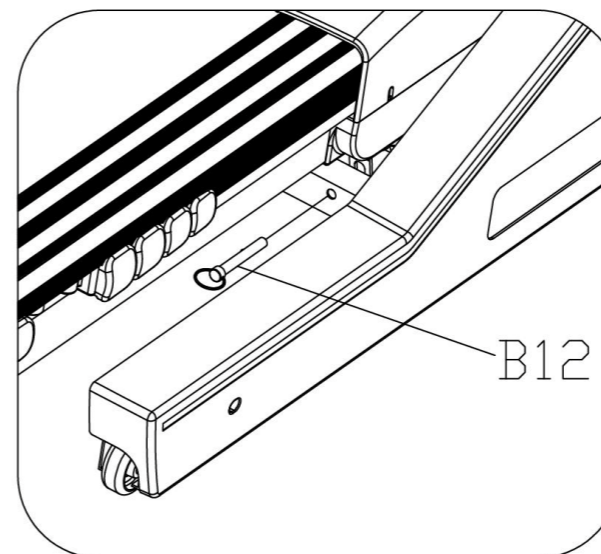


将五芯中段线 (D04) 与五芯下  
段线 (D05) 连接上, 再锁螺钉。

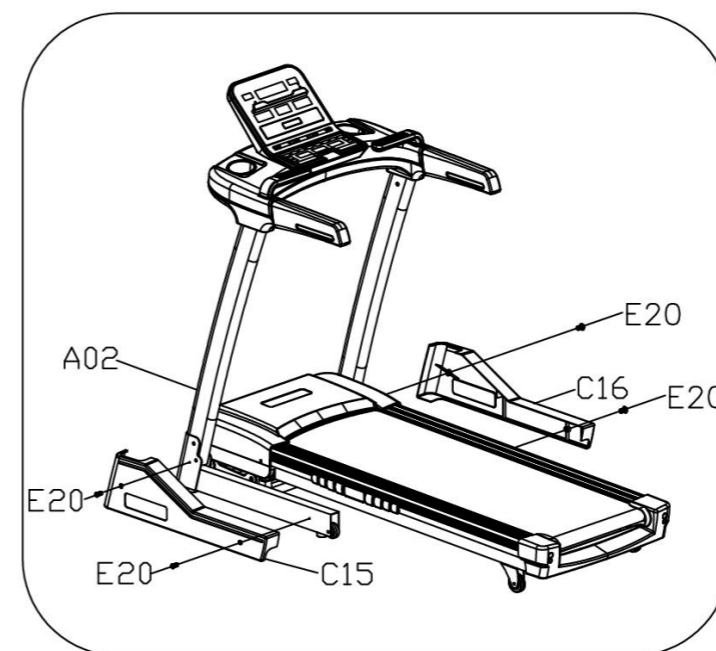
**步骤5**

将插销 (B12) 拔出。

注意: 拔出插销 (B12) 后切勿将机台侧翻或随意搬动机台。

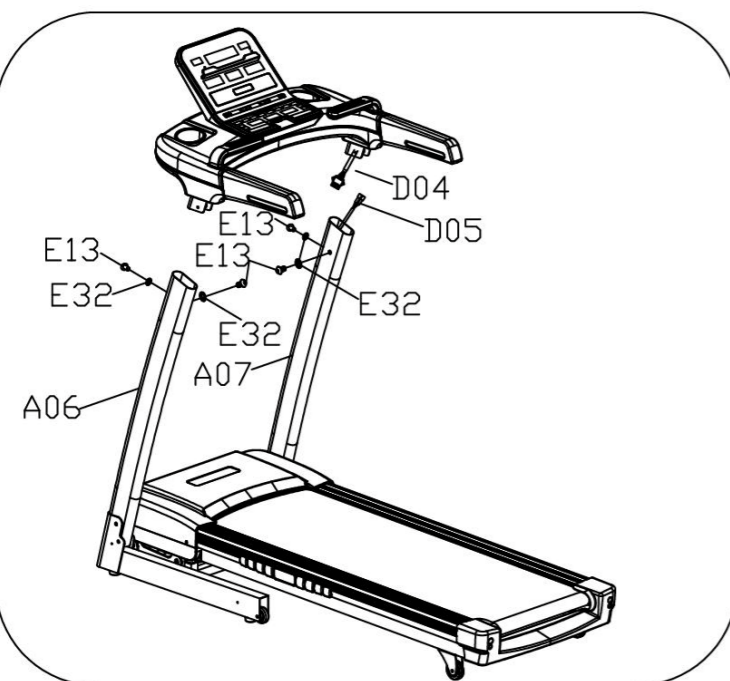


**步骤6**



A-使用十字扳手 (B04), 用  
(2\*E20) 十字盘头螺钉将左底  
护罩 (C15) 锁在主车架组 (A02)  
上。

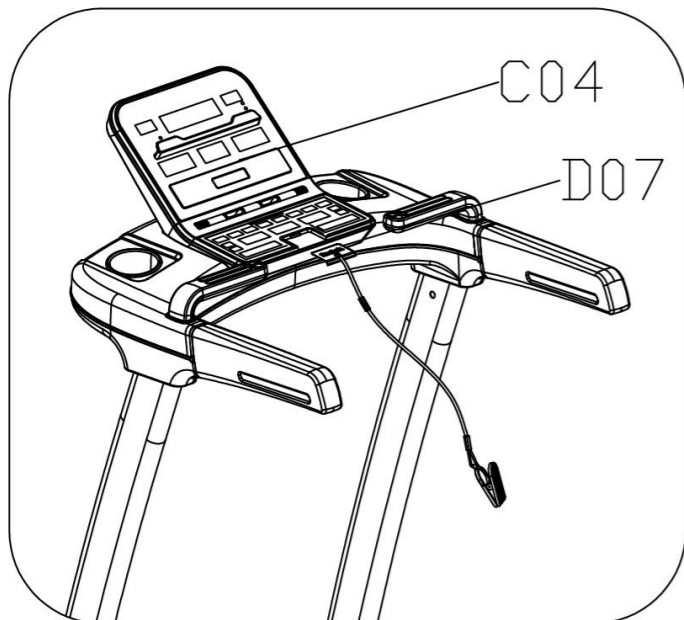
B-使用相同步骤将右底护罩  
(C16) 锁在主车架组 (A02)  
上。



使用内六角扳手 (B05), 用  
(4\*E13) 内六角平圆头螺钉  
与 (4\*E32) 内锯齿锁紧垫圈,  
将电子表总成轻锁于左右立柱  
(A06、A07) 上。

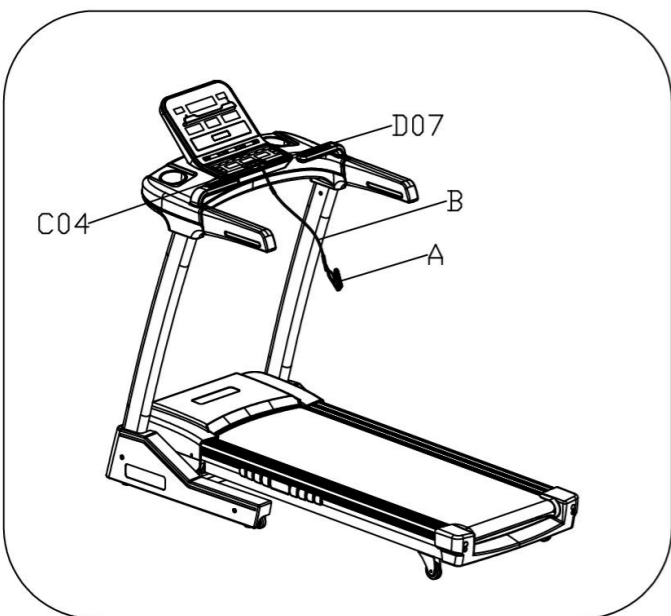
注意: 确认中段线 (D04) 与  
下段线 (D05) 连接无误, 再  
锁螺钉。

步骤7



A-将安全锁 (D07) 扣在电子表面板组件 (C04) 对应的磁铁区域, 再将另一端安全锁夹子 (A) 夹住衣服。

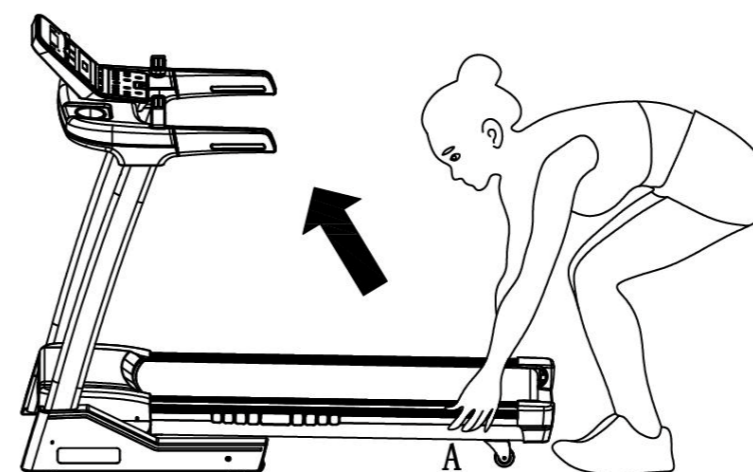
B-当您需要紧急停止跑步机时, 可随手一拉安全锁绳子 (B), 跑步机将停止运行, 以保护运动者的人身安全。



确认全部按以上步骤安装完毕, 并锁紧螺丝后, 您可以接通电源, 开始使用跑步机了。

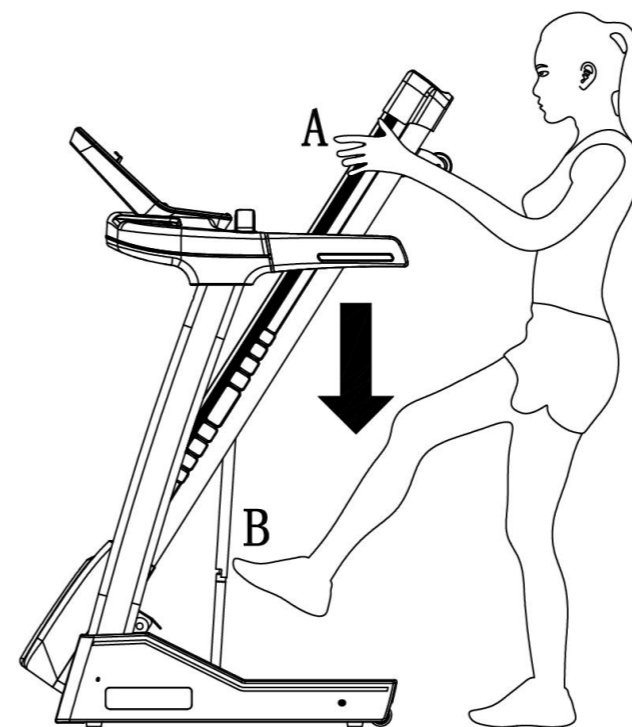
折叠说明

折叠:



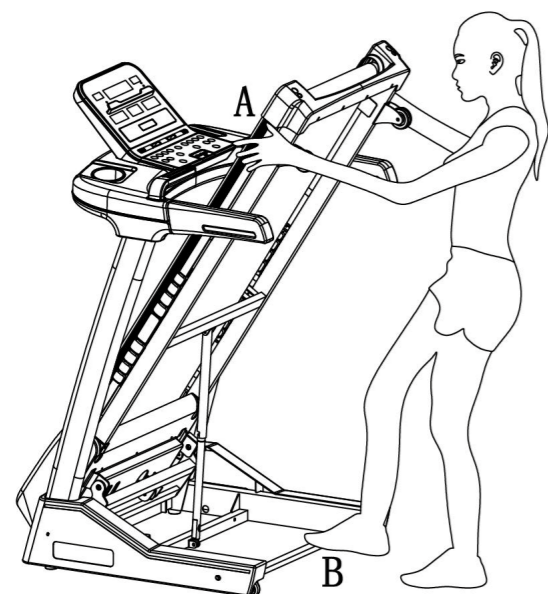
手扶在(A)处, 将机台往上抬, 并稍用力往箭头方向推, 听到气压棒卡入的声音, 再晃动一下 (A) 处确认跑台不再往后倒下来时说明已经折叠固定到位。

展开:



脚踢在气压棒的 (B) 处, 稍往内侧压一下, 手扶在(A)处, 将机台往下压至扶手处, 机台会自动往下降。展开时请确保跑板底下空间开阔, 无堵塞; 特别要注意操作者的手、脚及小孩不要置于此空间以免压到受伤及至危及生命。

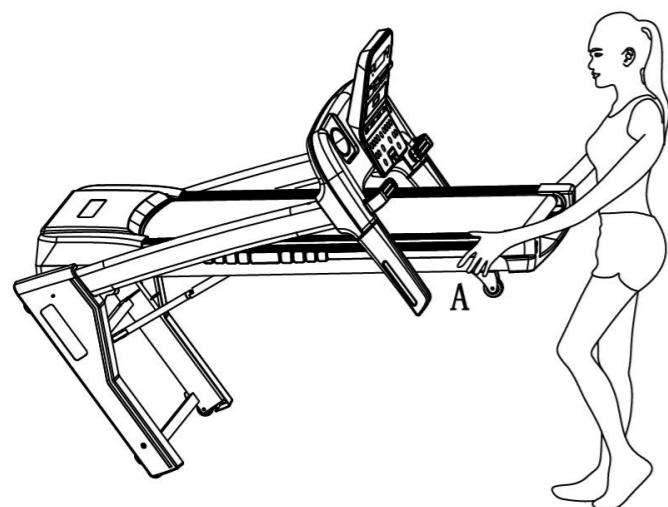
## 机台搬运



在产品移动前请务必先将电源插头拔除将产品折叠起来。

如图所示，一只脚顶住 (B) 处，双手抓住 (A) 处往下压让整个机台慢慢倾斜。当前端翘起，

(B) 处滑轮与地面接触成一角度时即可往前推动机台进行移位。



当前端翘起，(B) 处滑轮与地面接触成一角度时即可抓住

(A) 处往前推动机台进行移位。

## 电器使用须知

**警告：**为了机台运转正常，请配置大于10A (220V) 的电源。为自身及他人安全考虑，在给机台通电前请确认电源规格是正确的。任何与所求规格不符的电源（高于或低于标准时）会对设备或使用者造成严重的伤害。

### 接地方法：

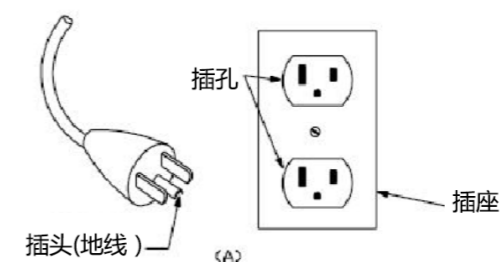
此产品务必接地，否则有可能功能异常或损坏，通过接地可以降低触电的危险。此产品电源配置有接地线，使用时务必用本产品原配的电源线接到有接地的插座中。

### 危险：

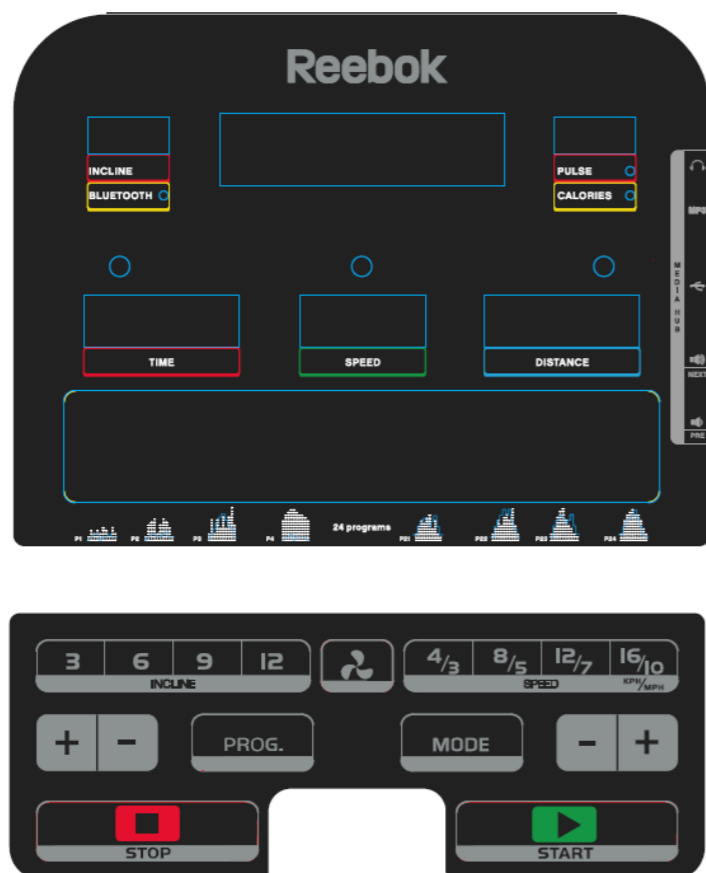
对有接地的电器产品接头进行错误联接将导致有触电的危险！如果不清楚家中的插座有无接地时可找合格的电工或服务人员进行确认。如果本机原配的电源插头与家中插座不匹配时，请找有资质的人员装一个与之匹配的插座。插座与插头的连接示意图请见下图中的(A)。

### 警告！

1. 请不要将此产品电源插头插在接地故障漏电保护器插座上。电源线需固定好并远离跑步机上任何活动部件含扬升装置或运输轮。
2. 请不要用发电机或 UPS 电源来作为此跑步机的驱动电源。
3. 在未切断交流电源前，请不要打开马达盖。
4. 请不要将此品暴露在雨水或水气中，此产品设计为非户外使用，如水池边或任何相当潮湿的环境中。



## 电子表操作说明



### 一、窗口显示

- 1、“SPEED”窗口:在运行状态下显示当前速度值，速度显示范围：公里状态下显示1.0-16.0kph，英里状态下显示0.6-10mph。
- 2、“TIME”窗口:显示运动时间，正向计时从0:00-18小时，计时到最大值清零重新计时，跑步机不停机；倒计时则从设定的时间(最大设定为99分钟，设定显示分钟秒方式，例“99:00”)递减至零，当倒计时至0:00时跑步机平稳降速停止运行且显示“End”，完全停止后5秒进入待机状态。
- 3、“DISTANCE”窗口：在设置状态下显示“P1...-P14...-P24-FAT”，运行时显示距离时，正向计数从0.00-99.99，溢出清零并从0开始正向计数，反向计数则从设定值递减至零，当倒计时至0时跑步机平稳降速停止运行且显示“End”，完全停止后5秒进入待机状态；

4、“PULSE/CALORIES”窗口:显示运动者的心跳或消耗热量值，当显示运动者的心跳值时，运动者双手握住心跳感应手把时系统能自动侦测到运动者的心跳频率并在此窗口显示，心跳值显示范围：50-200次/分。（该数据只供参考，不能当作医学数据。）当显示运动者的消耗热量值时，正向计数时从0.0-999，溢出清零并从0开始正向计数，反向计数时，则从设定值倒计至0，当倒计至0时跑步机平稳降速停止运行且显示“End”，完全停止后5秒进入待机状态。

5、“INCLINE”窗口：显示当前坡度值，坡度显示范围：0-12段。

6、中间点阵窗口：运行时周围一圈红色点阵显示0.4公里(0.25英里)跑道，跑道里面显示运行圈数，跑完一圈就显示圈数，显示1秒同时Bi一声；运行程式时点阵显示程式矩阵图。在时间，距离，卡路里倒计时，点阵分别显示“T”、“D”、“C”。

7、蓝牙指示灯：跑步机连接蓝牙成功标志，当跑步机连接蓝牙成功并处于连接状态时，蓝牙指示灯点亮。(此功能为可选项，有的机台有，有的机台没有；有带这个功能的机台，蓝牙连接和使用方法请参考蓝牙部分的具体说明)。

### 二、按键功能

- 1、“PROG.”为程式键：在待机状态时，按此键可以循环选择从“0.00”、“P1-P2-...-P24-FAT”的不同运行程式运行；手动模式为系统默认运行模式，手动模式的默认速度是1.0kph(0.6mph)。（“0.00”为手动模式，P1-P24为内置程式；FAT为体质检测功能）。
- 2、“MODE”为模式选择键：按此键可以循环选择“0:00”、“15:00”、“1.00”、“50.0”（“0:00”为手动模式，“15:00”为时间倒计时模式，“1.00”为距离倒计时模式，“50.0”为卡路里倒计时模式。）在选择各种模式时均可使用速度和坡度加减键来设定相关倒计数值，设定完成后按“START”键即可启动跑步机。
- 3、“START”为启动键：在电源开启并且安全锁吸合的情况下，任何时候按此键，可启动跑步机的运行，若是手动模式状态下启动，跑步机从最低速度1.0kph(0.6mph)启动运行，

坡度为零。

4、“STOP”为暂停/停止键：在运行状态下按停止键暂停运行，点阵窗口显示“PAU”；暂停状态下若按“START”键继续运行，若再按“STOP”键停机复位清零。

5、“SPEED +”、“SPEED -”为速度加减键：在设置状态下，用以调整设定值；启动后用于调整速度，其调整幅度值为0.1公里(0.1英里)/次，当持续按住超过0.5秒时自动持续递增或递减。

6、“INCLINE +”、“INCLINE -”为坡度加减键：在设置状态下，用以调整设定值；启动后用于调整坡度，其调整幅度值为1段/次，当持续按住超过0.5秒时自动持续递增或递减。


7、“SPEED: “4-8-12-16kph (3-5-7-10mph)”为速度快捷键：可快速进行速度设定。  
4-8-12-16kph为公里状态下速度快捷键，3-5-7-10mph为英里状态下速度快捷键。


8、“INCLINE: 3, 6, 9, 12”为坡度快捷键：可快速进行坡度设定。

9、风扇开关键 ：用以控制风扇的运行或停止。

10、MP3线外接手机功能：把MP3线插入MP3接口，再外接手机，可以通过喇叭播放手机内存的音乐；可通过手机音量按键来调整喇叭音量。


11.插入USB播放功能：插入USB，产品将自动播放USB中的音乐；

音量减/上一曲  **PRE**：短按该键为上一曲（只适用于USB功能），长按该键音量减小。（适用于USB和MP3功能）；

音量加/下一曲  **NEXT**：短按该键为下一曲（只适用于USB功能），长按该键音量增加。（适用于USB和MP3功能）；

注意：在同时接入手机MP3和插入USB的情况下，USB音乐优先播放。直至拔出USB，手机MP3音乐才能播放。

12.USB充电功能：插入USB数据线，连接手机或平板，可实现充电功能；

13.耳机接口 ：将耳机线插入这个端口，可通过耳机听音乐，以免打扰他人。

### 三、如何切换速度的英里和公里显示

在放上安全锁待机状态下，同时按住“INCLINE+”键和“SPEED+”键，并保持5秒钟后系统进行公英制切换，蜂鸣器发出“Bi”1声提示音，同时速度窗口显示相应的速度，公里状态显示“1.0”，英里状态下显示“0.6”。注：在其它任何模式下按其它任何键转换都无效。

### 四、跑步机加油保养提醒功能

1、跑步机每运行300公里（188英里），电子表每隔10秒发出“嘀嘀嘀”的响声，同时窗口显示“OIL”，当看到此提示时，代表跑步机需要加油保养。加油方法请参照跑步机说明书的维护指南部分，必须将润滑油加到跑步板中间位置。

2、加好润滑油后，待机状态下按住“STOP”键3秒，系统会清除加油提醒声。

### 五、快速启动

1、打开电源开关，将磁性安全锁正确吸附在面板下方的安全锁位置。

2、按“START”启动键，系统进入3秒倒计时，蜂鸣器发出声音，同时点阵窗口显示倒计时数，3秒倒计时完毕后跑步机以1.0kph（0.6mph）的速度开始运行。

3、启动后可根据需要，使用速度加减键或速度快捷键调整跑步机的速度；使用坡度加减键或坡度快捷键调整跑步机的坡度。

### 六、运动过程中的操作：

1、按减速键会降低跑步机的运行速度。

2、按加速键会增加跑步机的运行速度。

3、按坡度减键会降低跑步机的坡度。

4、按坡度加键会增加跑步机的坡度。

5、按速度快捷键会直接把跑步机的速度调整至对应速度。





- 6、按坡度快捷键会直接把跑步机调整至对应的坡度。
- 7、按停止键跑步机会减速至停止运行。
- 8、当运动者双手握住心跳手握柄时5秒左右显示心跳数据。

**七、手动模式:**

- 1、在待机状态下，直接按“START”键，跑步机以1.0kph(0.6mph)速度、坡度0段开始运行；其它窗口从0开始正向计数，按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键改变坡度和速度。
- 2、在待机状态下，按“MODE”键进入时间倒计时模式，“TIME”窗口显示“15: 00”且闪烁，按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键均可设定运动时间，设定范围为：5: 00—99: 00。
- 3、在时间倒计时模式时，按“MODE”键进入距离倒计时模式，“DISTANCE”窗口显示“1.00”且闪烁，按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键均可设定运动距离，距离设定范围为：0.50—99.90。
- 4、在距离倒计时模式时，按“MODE”键进入卡路里倒计时模式，“CALORIES”窗口显示“50.0”且闪烁，按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键均可设定卡路里，卡路里设定范围为：10.0—999。
- 5、三种倒计时模式选择其中的一种设置完成后再按启动键，跑步机延时3秒后开始运行，按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键调整速度和坡度；按停止键，跑步机停止运行。

**八、内置程式:**

本系统共有24个内置程式P1-P24,在待机状态下,按“PROG.”键距离窗口显示“P1-P24”,选择喜欢的程式之后,同时“TIME”窗口闪烁;显示预设时间10: 00,按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”设定所需的运动时间后,再按“START”键

启动内置程式时,内置程式共分10段,每段运动时间=设定时间/10。当进入下一段时系统发生“Bi-Bi- Bi-”3声提示,系统的速度与坡度随程式段改变而改变,其间可以按“INCLINE+”、“INCLINE -”、“SPEED+”、“SPEED -”键改变速度和坡度时,但是当程式进入下一段时会恢复成该段的速度与坡度,运行完一个程式,系统会发出“Bi-Bi-Bi”的3声提示,跑步机平稳降速停止运行且显示“End”,完全停止后5秒进入待机状态。

**九、程式说明:**

SPEED代表速度,INCLINE代表坡度,每个程式都是将运动时间分为10个等份,每个时间段都有相对应的速度和坡度。

以下为公里制程式运动图,速度单位为kph:

程序	时间段	设置的时间/10 =每个段的运行时间									
		1	2	3	4	5	6	7	8	9	10
P1	速度	2	4	3	4	3	5	4	2	5	3
	扬升	1	2	3	3	1	2	2	3	2	2
P2	速度	2	6	7	8	3	6	8	7	5	2
	扬升	1	2	3	3	2	2	3	4	2	2
P3	速度	3	8	3	8	5	9	5	9	12	6
	扬升	1	3	5	7	9	10	8	6	5	2
P4	速度	8	10	11	12	12	11	10	10	9	8
	扬升	1	2	2	3	1	2	2	2	2	1
P5	速度	6	10	12	9	11	8	12	7	9	3
	扬升	1	2	4	3	2	2	4	5	2	1
P6	速度	2	8	6	10	10	9	11	8	5	3
	扬升	2	2	3	2	3	4	5	6	5	3
P7	速度	2	6	7	9	7	9	6	5	4	2
	扬升	4	5	6	6	9	9	10	12	6	3
P8	速度	2	4	6	8	7	8	9	6	4	2
	扬升	3	5	4	4	3	4	4	3	3	2
P9	速度	2	4	5	7	6	5	8	6	3	2
	扬升	3	5	3	4	2	3	4	2	3	2
P10	速度	2	3	5	3	3	5	3	6	3	3
	扬升	4	4	3	6	7	8	8	6	3	3



P11	速度	2	5	8	10	6	9	5	3	2	2
	扬升	1	3	5	8	10	7	6	3	2	3
P12	速度	2	5	5	4	4	6	4	2	3	4
	扬升	3	5	6	7	12	9	11	11	6	3
P13	速度	2	7	4	7	8	9	4	5	3	2
	扬升	5	6	6	4	6	5	8	9	4	2
P14	速度	2	6	5	4	8	6	5	2	3	3
	扬升	5	6	5	8	4	5	5	10	6	3
P15	速度	2	6	5	4	8	7	5	3	3	2
	扬升	3	4	5	6	3	5	5	6	4	3
P16	速度	2	5	7	5	8	6	5	2	4	2
	扬升	1	5	6	8	12	9	10	9	5	3
P17	速度	2	5	6	7	8	9	8	5	3	4
	扬升	3	5	6	8	6	5	8	7	5	3
P18	速度	2	3	5	6	8	6	9	6	5	2
	扬升	5	7	5	8	6	5	9	10	6	2
P19	速度	3	7	6	5	9	7	6	3	5	2
	扬升	3	5	6	8	5	6	5	12	8	3
P20	速度	3	7	9	10	11	12	10	8	5	2
	扬升	2	5	6	7	6	5	8	6	3	2
P21	速度	3	6	8	7	9	10	5	8	3	2
	扬升	3	6	8	9	9	6	8	10	6	3
P22	速度	3	5	8	6	9	10	8	12	6	3
	扬升	2	6	8	10	12	10	12	8	5	2
P23	速度	3	5	9	11	12	8	6	5	3	2
	扬升	2	6	8	10	9	7	8	10	6	3
P24	速度	3	8	10	11	12	10	10	8	5	3
	扬升	3	6	8	9	10	12	9	6	3	2

以下为英里制程式运动图,速度单位为mph:

程序	时间段	设置的时间/10 =每个段的运行时间									
		1	2	3	4	5	6	7	8	9	10
P1	速度	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	扬升	1	2	3	3	1	2	2	3	2	2
P2	速度	1.2	3.7	4.3	5	1.8	3.7	5	4.3	3.1	1.2
	扬升	1	2	3	3	2	2	3	4	2	2
P3	速度	1.8	5	1.8	5	3.1	5.6	3.1	5.6	7.5	3.7
	扬升	1	3	5	7	9	10	8	6	5	2
P4	速度	5	6.2	6.8	7.5	7.5	6.8	6.2	6.2	5.6	5

P5	扬升	1	2	2	3	1	2	2	2	2	1
	速度	3.7	6.2	7.5	5.6	6.8	5	7.5	4.3	5.6	1.8
P6	扬升	1	2	4	3	2	2	4	5	2	1
	速度	1.2	5	3.7	6.2	6.2	5.6	6.8	5	3.1	1.8
P7	扬升	2	2	3	2	3	4	5	6	5	3
	速度	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2
P8	扬升	4	5	6	6	9	9	10	12	6	3
	速度	1.2	2.5	3.7	5	4.3	5	5.6	3.7	2.5	1.2
P9	扬升	3	5	4	4	3	4	4	3	3	2
	速度	1.2	2.5	3.1	4.3	3.7	3.1	5	3.7	1.8	1.2
P10	扬升	3	5	3	4	2	3	4	2	3	2
	速度	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	扬升	4	4	3	6	7	8	8	6	3	3
	速度	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2
P12	扬升	1	3	5	8	10	7	6	3	2	3
	速度	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5
P13	扬升	3	5	6	7	12	9	11	11	6	3
	速度	1.2	4.3	2.5	4.3	5	5.6	2.5	3.1	1.8	1.2
P14	扬升	5	6	6	4	6	5	8	9	4	2
	速度	1.2	3.7	3.1	2.5	5	3.7	3.1	1.2	1.8	1.8
P15	扬升	5	6	5	8	4	5	5	10	6	3
	速度	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2
P16	扬升	3	4	5	6	3	5	5	6	4	3
	速度	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.2
P17	扬升	1	5	6	8	12	9	10	9	5	3
	速度	1.2	3.1	3.7	4.3	5	5.6	5	3.1	1.8	2.5
P18	扬升	3	5	6	8	6	5	8	7	5	3
	速度	1.2	1.8	3.1	3.7	5	3.7	5.6	3.7	3.1	1.2
P19	扬升	5	7	5	8	6	5	9	10	6	2
	速度	1.8	4.3	3.7	3.1	5.6	4.3	3.7	1.8	3.1	1.2
P20	扬升	3	5	6	8	5	6	5	12	8	3
	速度	1.8	4.3	5.6	6.2	6.8	7.5	6.2	5	3.1	1.2
P21	扬升	2	5	6	7	6	5	8	6	3	2
	速度	1.8	3.7	5	4.3	5.6	6.2	3.1	5	1.8	1.2
P22	扬升	3	6	8	9	9	6	8	10	6	3
	速度	1.8	3.1	5	3.7	5.6	6.2	5	7.5	3.7	1.8
P23	扬升	2	6	8	10	12	10	12	8	5	2
	速度	1.8	3.1	5.6	6.8	7.5	5	3.7	3.1	1.8	1.2



	扬升	2	6	8	10	9	7	8	10	6	3
P24	速度	1.8	5	6.2	6.8	7.5	6.2	6.2	5	3.1	1.8
	扬升	3	6	8	9	10	12	9	6	3	2

### 十、参数表格

设置参数	初始	设定初始值	设定范围	显示范围
时间(分:秒)	0:00	10:00	5:00-99:00	0:00-99:59
坡度(段)	0	0	0-12	0-12
速度(公里/时)	0.0	1.0kph	1.0-16.0kph	1.0-16.0kph
速度(英里/时)	0.0	0.6mph	0.6-10mph	0.6-10mph
距离(公里/英里)	0	1.00	0.50-99.90	0.00-99.99
心率(次/分钟)	P	N/A	N/A	50-200
卡路里(千卡)	0	50.0	10.0-999	0.0-999

### 十一、体质测试

在待机状态下,连续按“PROG.”键进入人体体质指数(FAT)检测功能,按“MODE”键可进入F-1、F-2、F-3、F-4、F-5界面(F-1—性别,F-2—年龄,F-3—身高,F-4—体重,F-5—体质检测),按“SPEED+”、“SPEED-”键可对01—04的参数进行设置(参数如下表),设置完后再按“MODE”键进入F-5体质检测界面,此时双手握住手握心率板2-3秒后将显示你的体质指数,查看你的体重和身高是否相称。体质指数(FAT)是衡量一个人身高和体重的关系,不是指身体比例,FAT适合于任何的男性和女性,与其他健康指标一起为人们提供调整体重的依据。理想的FAT应该在20—25之间,如果低于19意味着太瘦,如果介于25和29之间即是超重,而如果超出30则认为是肥胖。(该数据只供参考,不能当作医学数据。)

F-1	性别	01男	02女
F-2	年龄	10-99	
F-3	高度	100-200(厘米)	40-80(英寸)
F-4	体重	20-150(千克)	44-330(磅)
F-5	脂肪值	≤19	偏瘦
	脂肪值	=(20---25)	正常
	脂肪值	=(26---29)	偏胖
	脂肪值	≥30	肥胖

### 十二、节电模式:

本系统具有节电功能,在待机状态下如果10分钟内没有任何按键指令输入,系统进入节电模式,自动关闭显示,按任意键可重新唤醒系统。

### 十三、关机:

在任何时候都可通过关闭电源开关的方式来关闭跑步机,这样并不会损坏跑步机。

## 初学者入门指导

#### 准备:

如果你年愈35岁,或是有健康问题,而这又是你的第一次健身运动,那么请你在使用前一定要向医生或专业人员咨询一下。在进行锻炼前,向专业人员咨询,他(她)能帮您推荐运动频率、运动强度及与您的年龄和身体状况相符的运动时间。在锻炼时,若您觉得胸闷或胸痛、心跳不规则、呼吸短促、头昏或其它不适,请立即停止!在继续锻炼前先向专业人员咨询。

在使用电动跑步机前,请先站在旁边熟悉一下如何控制它——如启动、停机和速度调节等,等你熟悉了之后才可以使用。然后站到跑步机两边的塑料防滑板上用双手抓住扶手,将机器开到1.6~3.2公里/小时的低速度,身体站直,向前看,用一只脚在跑带上试几下;接着站到跑步带上随其一起运动。在感觉适应后,慢慢地把速度增加到3~5公里/小时。保持这样的速度10分钟左右,再慢慢地让机台停下来。

#### 锻炼:

请先站在旁边熟悉一下如何控制它——如调一下速度和坡度,等你熟悉了之后才可以使用。用固定的步伐行走约1公里,并记录下所用的时间。这可能会用上15-25分钟。以4.8公里/小时的速度行走时,1公里的路程大约会用12分钟。在你能够很容易的这样做几次后,就可以渐渐地提高速度和坡度,这样持续30分钟你就可以得到很好的锻炼。在漫步锻炼程序

前，心里要清楚：不能急躁，这种锻炼为了你自己一生的健康，而不是一夜即成的魔术。

运动量：

捷径——锻炼 15-20 分钟的是节省时间的好方法。在 4.8 公里/小时的速度下热身 2 分钟，然后把速度增加到 5.3 公里/小时和 5.8 公里/小时，各持续 2 分钟。接着每 2 分钟增加 0.3 公里/小时的速度递增，直到你感到呼吸加快但又不困难为止。保持这个速度锻炼，如果觉得透不过气来就把速度降低 0.3 公里/小时。最后要留 4 分钟的时间来减速。如果你觉得通过增加速度来加强锻炼强度有困难，那就用缓慢增加坡度的方法。稍微增加坡度就会使运动强度大大的提高。

消耗热量的方法——这个方法会让热量真正消耗掉。在 4~4.8 公里/小时的速度下热身 5 分钟，接着按每 2 分钟增加 0.3 公里/小时的速度递增，直到你觉得在某个速度下持续运动 45 分钟会很有挑战性。为了加强锻炼，可以在一小时的电视节目期间保持这个锻炼速度，在每次插播商业广告时使速度增加 0.3 公里/小时，然后在下一个节目时又回到以前的速度运动，这样在广告时间和随后心率增加的时间里，热量都会得到充分的消耗。最后要留 4 分钟的时间来减速。

锻炼的频率：

目标是 3-5 次/周，每次运动 15-60 分钟。最好是先定好锻炼的时间表，而不是根据自己的喜好来锻炼。你可以通过调整速度和坡度自己来掌握运动的剧烈程度。我们建议你在开始的时候不要设置坡度；但当你想要增加锻炼的强度时，提高电动跑步机的坡度是很有效的方法。

### 运动时的速度选择：

如果您经常使用电动跑步机，在选定速度时，您可以选择正常走路的速度或慢跑时的速度。

如果您没有经验或不能确定最合适的测试速度，可参照以下准则：

时速 1-3.0 公里

体质较差的人

时速 3.0-4.5 公里

惯于久坐或不常运动的人

时速 4.5-6.0 公里

常速行走者

时速 6.0-7.5 公里

快速行走者

时速 7.5-9.0 公里

慢跑者

时速 9.0-12.0 公里

中速跑步者

时速 12.0-14.5 公里

有经验的跑步者

时速 14.5-16.0 公里

优秀的跑步者

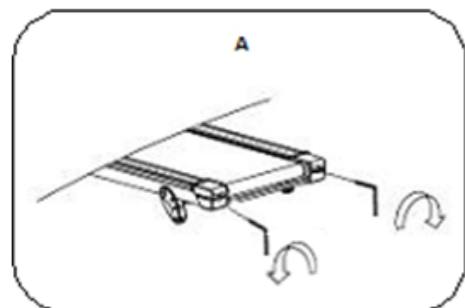
请注意：对于行走者来说用小于或等于 6 公里的时速比较合适；对于跑步者来说用大于或等于 8.0 公里的时速比较合适。

## 维护保养小常识

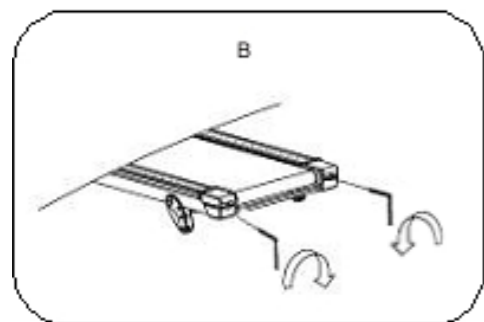
对电跑例行清洁有利于延长其使用寿命，提高工作效率。平常清洁时，需及时清除跑步带两边的脏污、灰尘，以免其堆积到跑步带底下影响使用功能。平时运动时，要保持运动鞋干净，避免鞋子粘带的灰尘、砂粒加速跑步板与跑步带的磨损。清除时可用干净的湿抹布轻轻擦掉即可。但清洁时不要让液体物质溅到电子部件或跑带上，如有溅到需用干抹布擦除干净。

### 跑步带的调节:

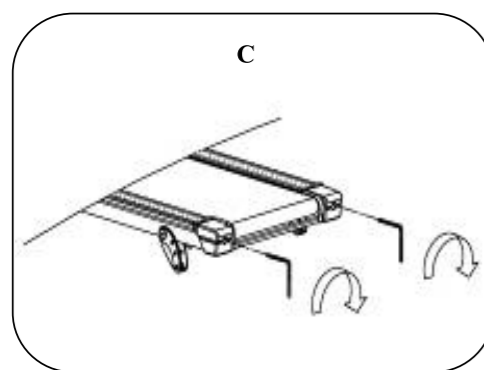
将电跑置放于一个水平位置, 速度设定到 6-8km,这时可以观察跑步带是否有偏向一边。



1. 如果跑步带偏向右边, 用所附工具将尾盖后端右边的螺丝顺时针旋转 1/4 圈, 同时将尾盖后端左边的螺丝逆时针旋转 1/4 圈。如果还往右偏继续以上步骤直至跑步带居中为止。具体可参考 A 图。



2. 如果跑步带偏向左边, 用所附工具将尾盖后端左边的螺丝顺时针旋转 1/4 圈, 将尾盖后端右边的螺丝逆时针旋转 1/4 圈。如果还往左偏继续以上步骤直至跑步带居中为止。具体可参考 B 图。



使用时一段时间后, 跑步带会变松甚至打滑。此时可将尾盖后端两边的螺丝同时顺时针旋转一圈。如果紧度还不够, 继续以上步骤直至紧度合适为止。具体可参照 C 图。

### 跑步带及电跑的润滑:

由于跑步板与跑步带之间的摩擦会影响电跑的使用寿命及使用功能, 因此定期润滑跑步板及跑带是必要的。故建议定期检查跑步板与跑步带。

**⚠ 警告:** 在清洁、润滑及修理此产品时, 请务必将电跑电源线从插座上拔除。

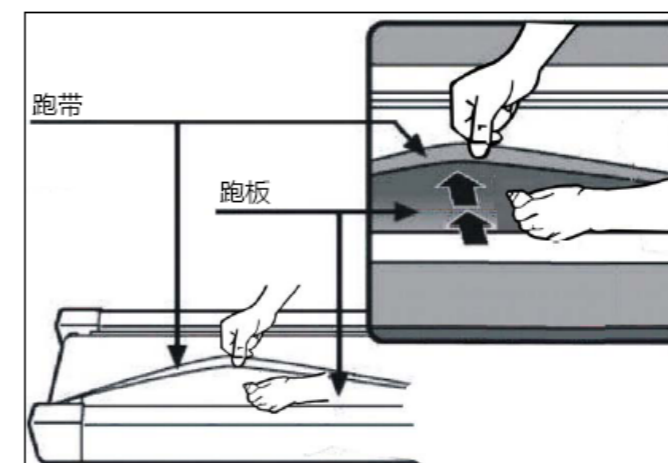
我们建议按如下时间表对电动跑步机的跑步带和跑步板间涂润滑油: (用法如下图示)

轻量级使用用户 (每周使用低于 3 小时) 半年一次;

中量级使用用户 (每周使用 3-5 小时) 每 3 个月一次;

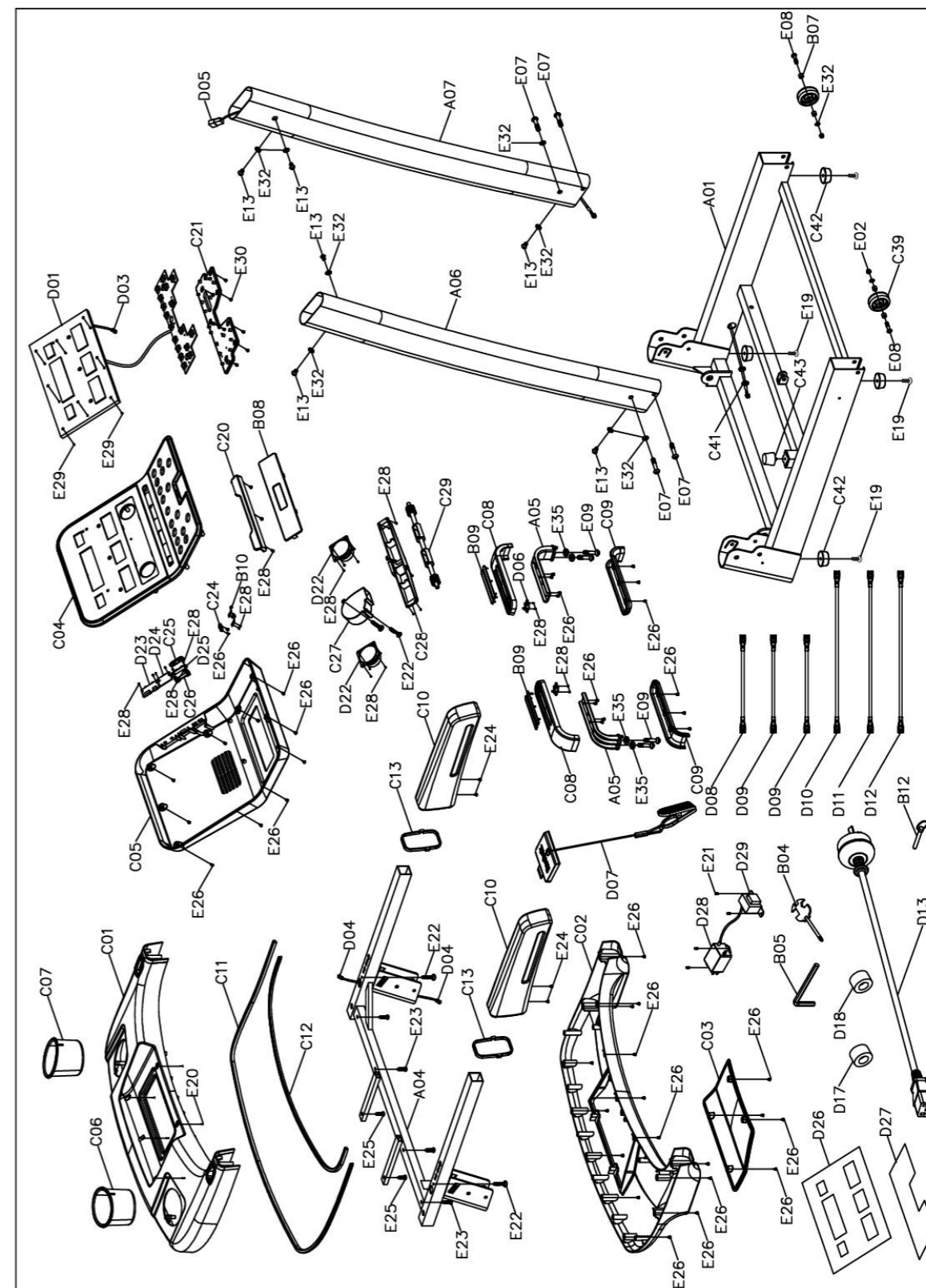
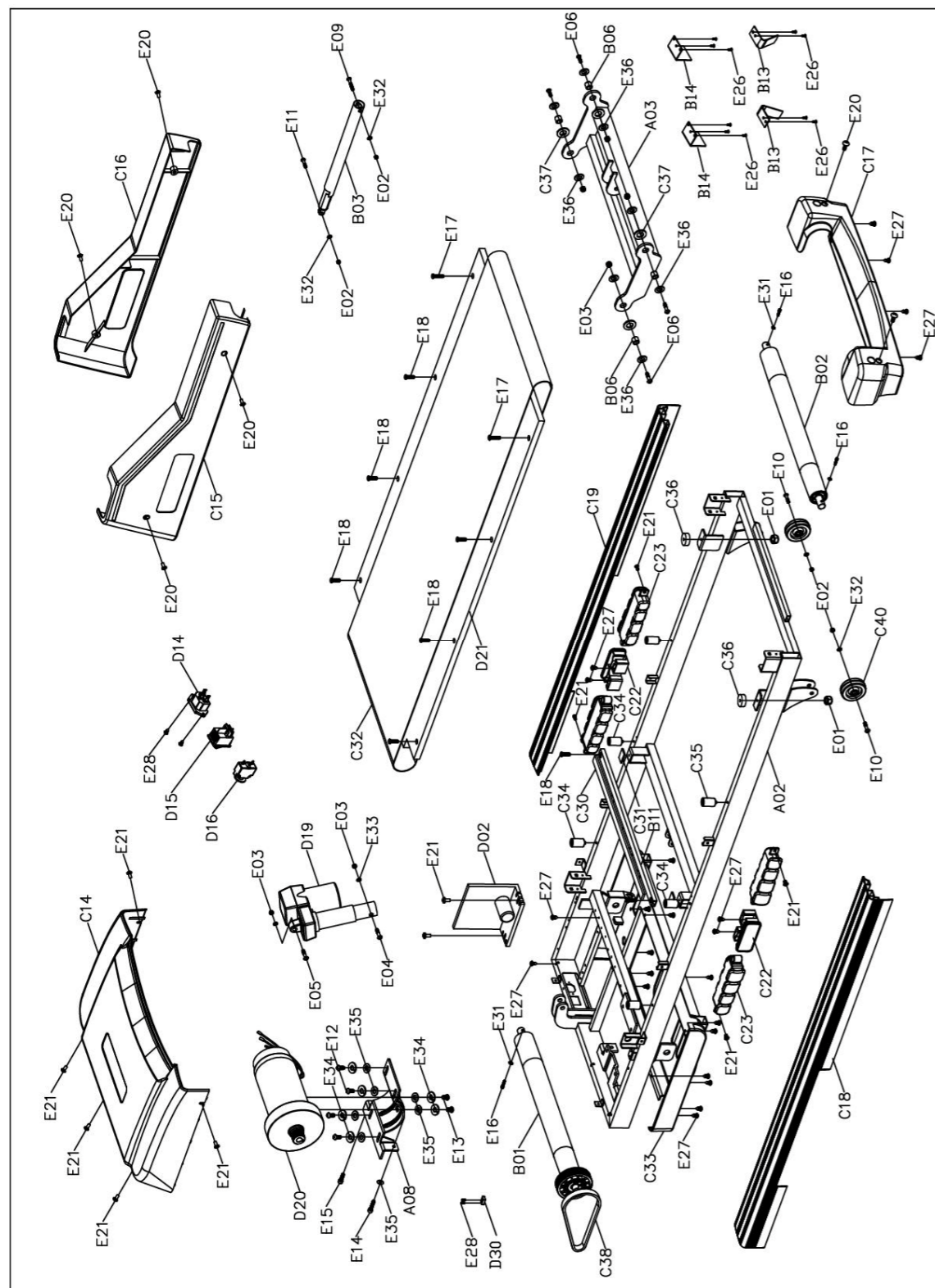
重量级使用用户 (每周超过 5 小时) 每 2 个月一次。

注意: 其它任何维修需由专业人士操作。



1. 比较好的保养及延长产品使用寿命的方式是运动两个小时后将产品关机停用 10 分钟。当产品没有使用时完全切断电源关机。
2. 变松的跑步带会导致跑步者滑落摔跤; 相反, 太紧的跑带又会导致跑步板与跑步带之间的摩擦变大, 降低电机的使用效率。最合适的紧度是用的拉起跑边的边缘, 跑步带与跑步板间的距离有 5-7CM。

**产品零部件分解图**





## 零件清单

序号	名称	规格	数量	序号	名称	规格	数量
A01	底座组件		1	D02	下控		1
A02	主框架组件		1	D03	电子表上段线		1
A03	扬声架组件		1	D04	电子表中段线		1
A04	电子表架组件		1	D05	电子表下段线		1
A05	脉搏器组件		2	D06	脉搏快捷按键		2
A06	左立柱组件		1	D07	安全锁组件		1
A07	右立柱组件		1	D08	AC单支线	线长 200 蓝色	1
A08	马达座组件		1	D09	AC单支线	线长 200 棕色	2
B01	前滚筒		1	D10	AC单支线	线长 350 棕色	1
B02	后滚筒		1	D11	AC单支线	线长 350 蓝色	1
B03	气压棒		1	D12	接地线		1
B04	带十字扳手		1	D13	标准电源线		1
B05	5#内六角扳手		1	D14	电源插座		1
B06	套管		4	D15	方形船形开关		1
B07	搬运轮管塞套管		4	D16	过载保护器		1
B08	音响网		1	D17	磁环		1
B09	脉搏器不锈钢片		4	D18	磁芯		1
B10	弹片		2	D19	扬升马达		1
B11	跑步板加强管		1	D20	DC 马达		1
B12	插销		1	D21	跑步板		1
B13	导带勾		2	D22	喇叭		2
B14	封板		2	D23	音频模块		1
C01	电子表上盖		1	D24	USB 模块		1
C02	电子表下盖		1	D25	音量控制板		1
C03	小下盖		1	D26	电子表面贴		1
C04	电子表面板		1	D27	电子表按键面贴		1
C05	电子表面板下盖		1	D28	滤波器	可选	1
C06	左水壶架		1	D29	电感	可选	1
C07	右水壶架		1	D30	磁感应器		1
C08	脉搏器上盖		2	E01	I型六角锁紧螺母	M6	2
C09	脉搏器下盖		2	E02	I型六角锁紧螺母	M8	6
C10	扶手		2	E03	I型六角锁紧螺母	M10	6
C11	装饰条 I		1	E04	内六角平圆头螺钉	M10*60 牙长 20 粗杆	1
C12	装饰条 II		1	E05	内六角平圆头螺钉	M10*45 牙长 15 粗杆	1
C13	扶手装饰环		2	E06	内六角平圆头螺钉	M10*30 牙长 15 粗杆	4

C14	马达上盖		1	E07	内六角平圆头螺钉	M8*50 牙长 15 粗杆	4
C15	左底护罩		1	E08	内六角平圆头螺钉	M8*50 牙长 20	2
C16	右底护罩		1	E09	内六角平圆头螺钉	M8*45 牙长 20	5
C17	后护角		1	E10	内六角平圆头螺钉	M8*40 长 20	2
C18	左边条		1	E11	内六角平圆头螺钉	M8*30 牙长 15	1
C19	右边条		1	E12	内六角平圆头螺钉	M8*20 全牙	4
C20	书架		1	E13	内六角平圆头螺钉	M8*15 全牙	8
C21	按键转换板		1	E14	内六角圆柱头螺钉	M8*45 全牙	1
C22	缓冲垫		2	E15	内六角圆柱头螺钉	M8*35 全牙	1
C23	缓冲气垫		4	E16	内六角圆柱头螺钉	M6*55 全牙	3
C24	安全锁固定座		1	E17	内六角沉头螺钉	M6*35 全牙	2
C25	音量加减键		1	E18	内六角沉头螺钉	M6*25 全牙	8
C26	音量按键转接座		1	E19	十字槽盘头螺钉	M5*16	4
C27	风扇		1	E20	十字槽盘头螺钉	M5*12	11
C28	风扇导向		1	E21	十字槽盘头螺钉	M5*8	15
C29	风扇转轴		1	E22	十字槽盘头自功螺钉	ST4.2*40	4
C30	跑步板 EVA 垫		1	E23	十字槽盘头自功螺钉	ST4.2*30	4
C31	EVA 垫		2	E24	十字槽盘头自功螺钉	ST4.2*25	4
C32	跑步带		1	E25	十字槽盘头自功螺钉	ST4.2*20	2
C33	马达下盖		1	E26	十字槽盘头自功螺钉	ST4.2*12	54
C34	黑色缓冲垫		4	E27	十字槽盘头自功自钻螺钉	ST4.2*12	23
C35	蓝色缓冲垫		2	E28	十字槽盘头自功螺钉	ST2.9*8	35
C36	蓝色缓冲垫		2	E29	十字槽盘头自功螺钉	ST2.9*6	8
C37	塑胶垫片		4	E30	十字槽盘头自功自钻螺钉	ST3.5*12	7
C38	多楔皮带		1	E31	内锯齿垫圈	∅6	3
C39	搬运轮		2	E32	内锯齿垫圈	∅8	14
C40	调节滚轮		2	E33	内锯齿垫圈	∅10	2
C41	环形挤线塞		2	E34	标准弹簧垫圈	8	6
C42	平面脚垫		4	E35	平垫圈	8	11
C43	锥形缓冲垫		1	E36	大垫圈	10	8
D01	上控		1				

## 简易故障及排除:

### 1、在电源开启后电子表无显示

- A、首先检查过载保护器是否跳开，若跳开按下即可；
- B、检查电源开关、过载保护器和下控上的电源线是否连接好，确保连接良好；
- C、检查电子表到下控的电源线是否插好，拆下立柱检查电子表到下控连接线的每一段连接处，保证每根线芯完全插好，或者是通信电源线不良（破损或断掉），需重新接好或是更换线材。

### 2、通电后，电子表显示“E01”-----电子表对下控通讯失败

- A、电子表对下控的通讯受阻，检查电子表到下控通讯线的每一段连接处，保证每根线芯完全插好；检查电子表与下控的连接线是否破损，更换通讯连接线。
- B、电子表上的通讯线路异常，元器件损坏，更换电子表；

### 3、运行后电子表若显示“E02”-----防爆冲保护或马达异常

- A、检查马达线是否接好，重新连接好马达线，若还不行更换马达；
- B、检查控制器是否有异味，IGBT被击穿短路，更换下控；
- C、检查电源电压是否低于正常电压的50%，请使用正确的电压规格重新测试；

### 4、启动后电子表若显示“E03”-----无传感信号

- A、若马达启动运行5-8秒后显示“E03”是未检测到速度传感器讯号，检查传感器插头是否没插好或是磁感应器破裂或损坏，将其插好或是更换磁感应器。
- B、下控上的传感信号线路异常，更换下控；

### 5、启动后电子表若显示“E04”-----扬升学习或自检失败

- A、检查扬升马达信号线是否插好，重新插拔信号线接头使之可靠；
- B、检查扬升马达AC线是否插接正确，扬升马达的AC线与控制器上的标识正确插好；
- C、检查马达的连接线是否破损开路，更换连接线或扬升马达；

D、更换下控；

E、全部检查好后按下控上的学习键重新学习过。

### 6、运行后电子表若显示“E05”-----过流保护

- A、可能原因是超过额定负载导致电流过大，系统自保，重启即可；
- B、跑步机某个部位被卡死，导致马达不能转，负载过重，电流过大，系统自保，调整好跑步机重新开机运行或增加润滑油即可。
- C、检查马达运行时是否有过流音或有烧焦的气味，更换马达；
- D、检查下控是否烧焦的气味，更换下控；

### 7、无法启动：按启动键后，时间正常运行，马达不运转，也没故障代码。

- A、控制马达的相关线路异常，检查控制马达的线路是否插对及插好；
- B、下控保险管损坏或脱落，检查下控上的保险管是否完好，将其装好或更换；
- C、下控上的IGBT烧坏了，用万用表测量下控上的IGBT是否烧坏，将下控上的IGBT更换或更换下控。