

Athletic

HOME USE

SKU: 04704 | 04705

**TREADMILL
FIT FOLD - 680T PLUS**
USER MANUAL



Thank you for purchasing an Athletic product!

It is with great pleasure that we offer you the opportunity, guidance and encouragement to practice aerobic and muscular exercises, getting like this, the physical preparation needed to feel good.

Athletic guarantees a reliable and modern product, produced with high technology for people who care about their well-being.

This manual covers the main information, the basic structure and the main operation and preventive maintenance. It will help you familiarize yourself with all the equipment functions, for you enjoy it for a long time.



ATTENTION

Carefully read the safety and usage guidelines contained herein. Follow the guidelines for correct assembly of the product.

Caution: Do not push any objects into the openings of the product. Stay clear of moving parts.

Safety and security: it is the owner's responsibility to ensure that all users are properly informed about safety precautions, use, maintenance and care of the product.



Inappropriate use for children and animals.



**MAX
100KG**

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Safety information

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Davina Motorized Treadmill. In particular, note the following safety precautions:

ASSEMBLY

- Check you have all the components and tools listed, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Ensure that there is space behind your treadmill, 2 metres is recommended.
- Do not stand on running belt from a standing start, use side rails and only mount the running belt when it is in (very slow walking pace) motion.
- Remove safety key when not in use.
- Ensure the running deck is lubricated, failure to perform this essential maintenance will damage the treadmill and invalidate the warranty; see maintenance section.

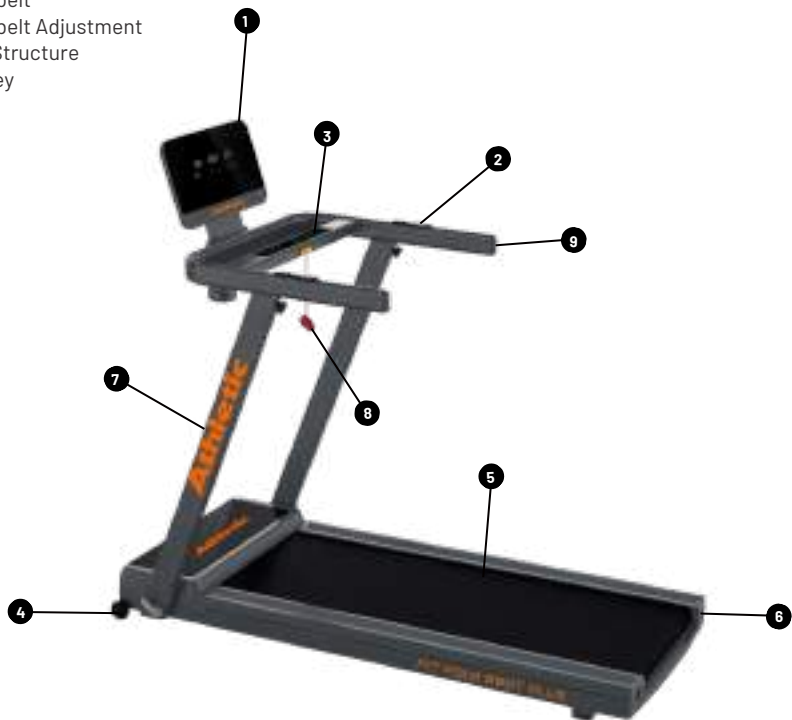
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for maximum user weight of: 100kgs.
- This product conforms to: BS EN ISO 20957-1 & EN957-6 class (H) - Home Use - Class (B).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.
- This product is designed to be used in clean dry conditions, avoid use or storage in cold or damp locations as this might lead to corrosion or other related problems.



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment.

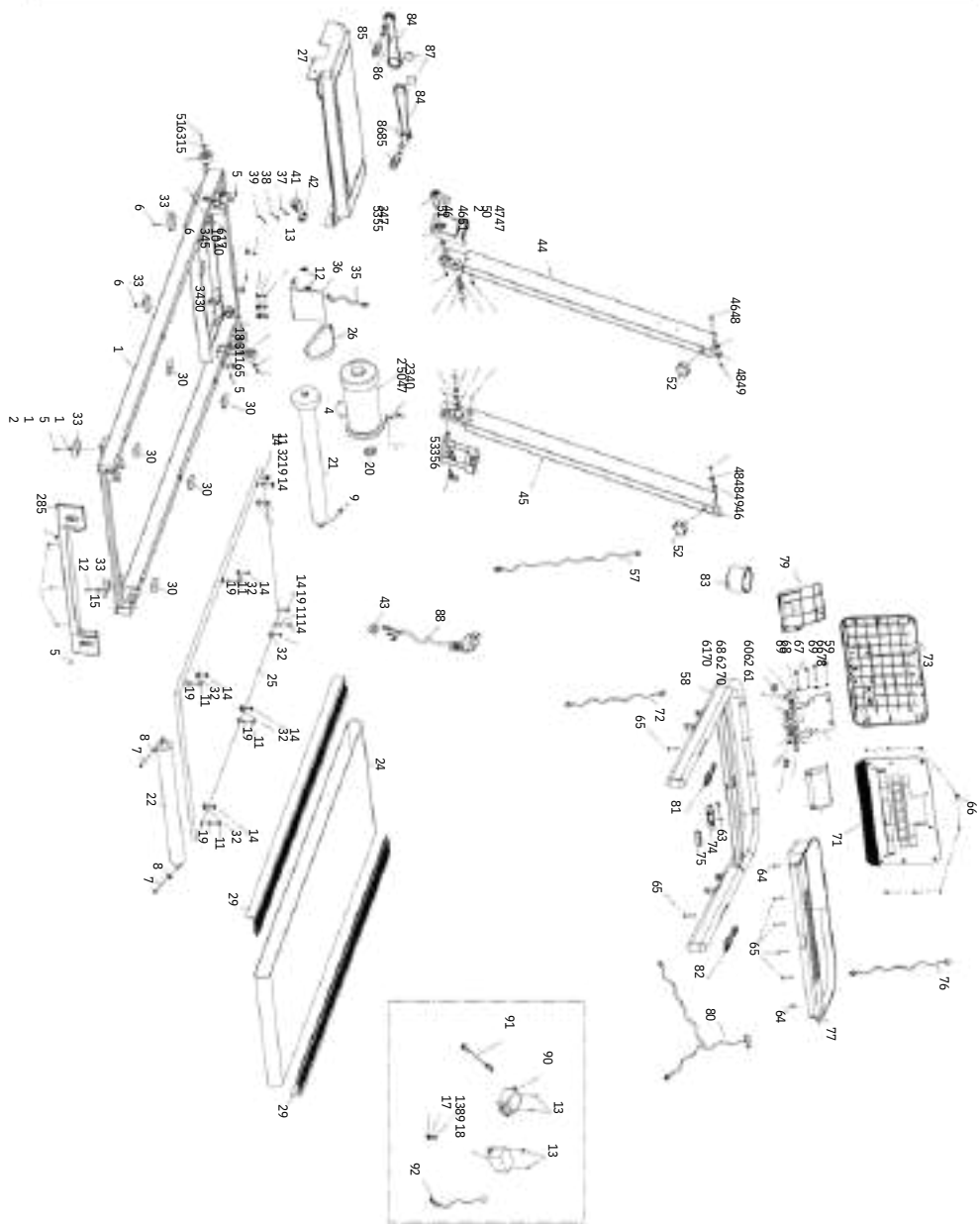
COMPONENTS

- 1. Display panel
- 2. Heart rate sensor
- 3. Turn On/Off button
- 4. Transportation Wheels
- 5. Running belt
- 6. Running belt Adjustment
- 7. Metallic Structure
- 8. Safety Key
- 9. Handles



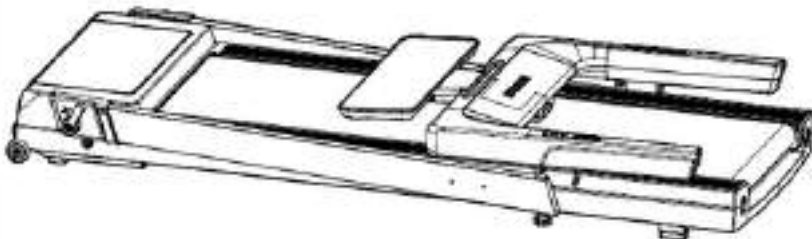
Product		Packaged	
Net weight (approximate)	48Kg	Gross weight	54Kg
Maximum width	72 mm	Width (carton box)	780mm
Maximum length	152 mm	Height (carton box)	220mm
Maximum height	125 mm	Lenght (carton box)	1600mm

SPAR PARTS

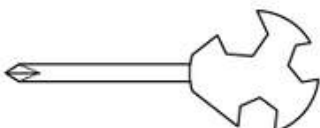
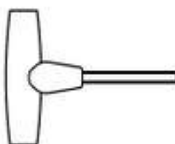


No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	47	Philips C.K.S. Self-Tapping Bolt (ST4×16)	4
2	D Hole Spacer	2	48	Flat Washer (ø8)	4
3	Papilionaceous Spring	2	49	Hexagon Lock Nut (M8)	2
4	Allen C.K.S. Full Thread Bolt (M8×25)	2	50	Flat Washer (ø32×ø8.5×12.0)	2
5	Philips C.K.S. Full Thread Bolt (M5×10)	8	51	Plastic Pad (ø24×ø16×12.0)	2
6	Philips C.K.S. Self-Tapping Bolt (ST4×16)	7	52	Quincunxial Knob (ø35×M8×20)	2
7	Allen Cylinder Full Thread Bolt (M8×75)	2	53	L-Shape Knob	2
8	Flat Washer (ø8)	2	55	Standpost Cover Left	1
9	Allen Cylinder Full Thread Bolt (M8×45)	1	56	Standpost Cover Right	1
10	Philips C.K.S. Self-Tapping Bolt (ST4×10)	2	57	Communication Wire (L 1100mm)	1
11	Allen Sunk Full Thread Bolt (M6×55×ø15)	6	58	Console Frame	1
12	Philips C.K.S. Full Thread Bolt (M4×16)	4	59	Console Fixing Plate	1
13	Philips C.K.S. Full Thread Bolt (M4×10)	8	60	Papilionaceous Spring (1)	4
14	Philips Sunk Self-Tapping Bolt (ST4×15)	8	61	Papilionaceous Spring (2)	4
15	Flat Washer (ø4.5)	2	62	M8 Step Pad (ø16×ø8×4.7)	2
16	Flat Washer (ø5)	2	63	Philips C.K.S. Self-Tapping Bolt (ST4×10)	2
17	Outer Serrate Lock Washer (ø5)	4	64	Philips C.K.S. Self-Tapping Bolt (ST4×20)	2
18	Spring Washer (ø5)	4	65	Philips C.K.S. Self-Tapping Bolt (ST4×40)	6
19	Plastic Flat Pad (ø29×ø29×T7.5)	6	68	Philips Sunk Self-Tapping Bolt (ST4×10)	12
20	Magnet Ring	1	67	Philips Sunk Self-Tapping Bolt (ST4×15)	4
21	Front Roller	1	68	Hexagon Full Thread Bolt (M6×30)	2
22	Rear Roller	1	69	Philips C.K.S. Full Thread Bolt (M4×16)	2
23	Motor	1	70	Hexagon Lock Nut (M6)	4
24	Running Belt	1	71	Console	1
25	Running Board	1	72	Communication Wire (L=800mm)	1
26	Motor Belt	1	73	Console Back Cover	1
27	Motor Cover	1	74	Safety Key Socket	1
28	Rear Cover	1	75	Safety Key	1
29	Side Rail	2	76	Touch Button Wire	1
30	Square Cushion	6	77	Console Sundry Basket	1
31	Wheels	2	78	Console Front Decoration Cover	1
32	Round Edge Guide Block	6	79	Console Rear Decoration Cover	1
33	Square Feet Pad	4	80	Handle Pulse Wire	2
34	Cable Clamp	2	81	Start/Stop Handle Pulse Set	1
35	Communication Wire (L=300mm)	1	82	Speed Handle Pulse Set	1
36	Controller	1	83	Cup Holder	1
37	Power Connection Wire (L=300mm)	1	84	Folding Bracket Frame	2
38	Power Connection Wire (L=300mm)	1	85	Ordinary Cylindrical Spiral Compression Spring	2
39	Power Connection Wire (L=100mm)	1	86	Philips Pan Head Full Thread Bolt (M5×15)	2
40	Speed Sensor	1	87	EVA Pad	2
41	Ship Type Switch	1	88	Splitter tail plug	1
42	Self-Reset Switch	1	89	Inductor	1
43	Power Cable Buckle	1	90	Filter	1
44	Standpost Left	1	91	Power connection cable	1
45	Standpost Right	1	92	Ground electrode	1
46	Allen Cylinder Full Thread Bolt (M8×25)	4			

Please check you have all the parts listed below

 Main Frame (pre-assembly) x 1pc			76  Safety Key x 1pc
 Silicon Bottler x 1pc	 User Manual x 1pc	 Hardware Kit x 1set	83  Cup Holder x 1pc

Tools

 Philips Open Wrench (14x17x75) x 1pc	 T-shape Wrench (6mm) x 1pc
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ASSEMBLY



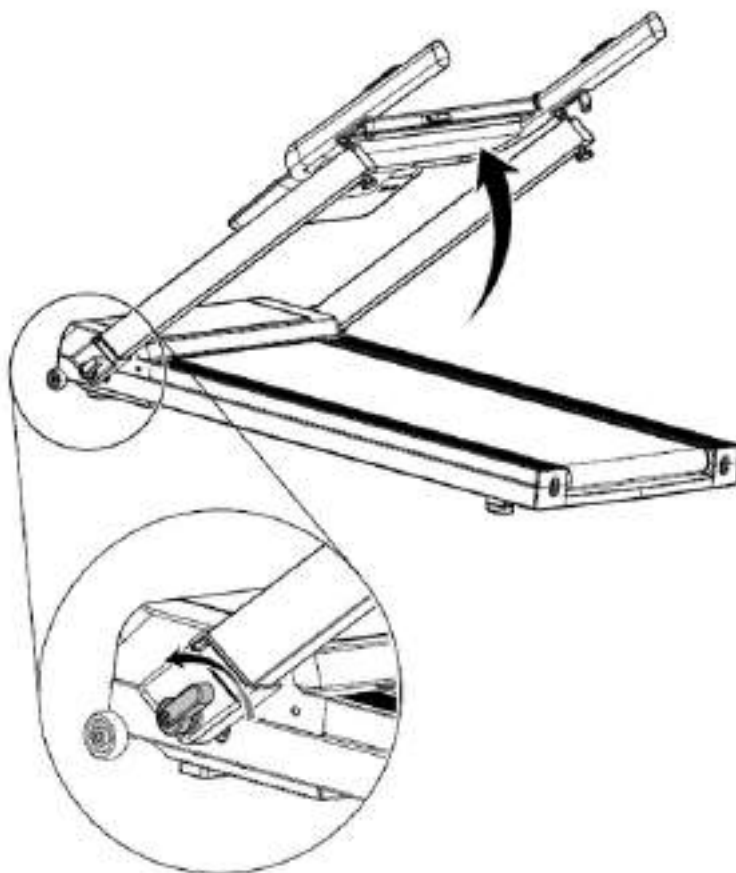
Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before assembling.

Remove treadmill from carton and please it on that floor in an open area.

STEP 1

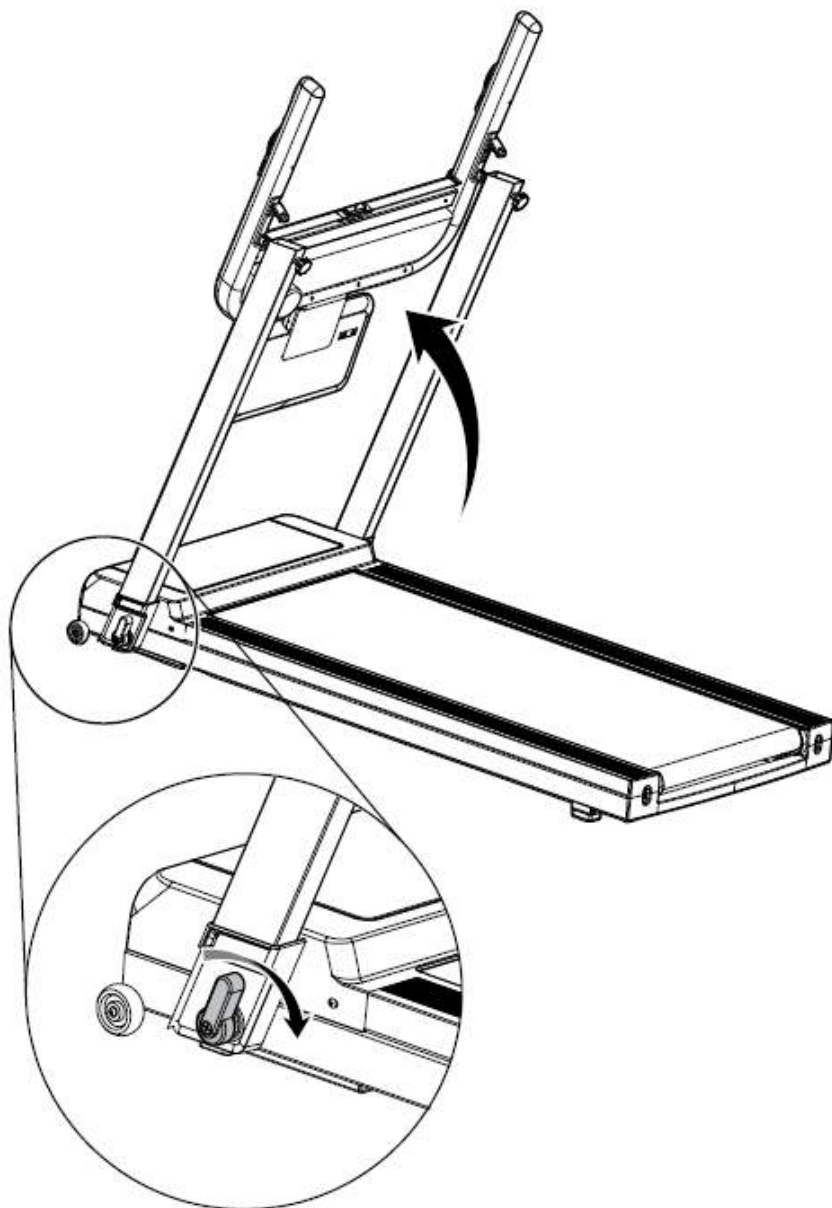
Loosen the two L-shape knobs on bottom of standposts, then rotate the standposts upward.



STEP 2

Lift the standposts upward to top position, then lock the L-shape knob.

Note: Please make sure the L-shape knobs are tightened.



STEP 3

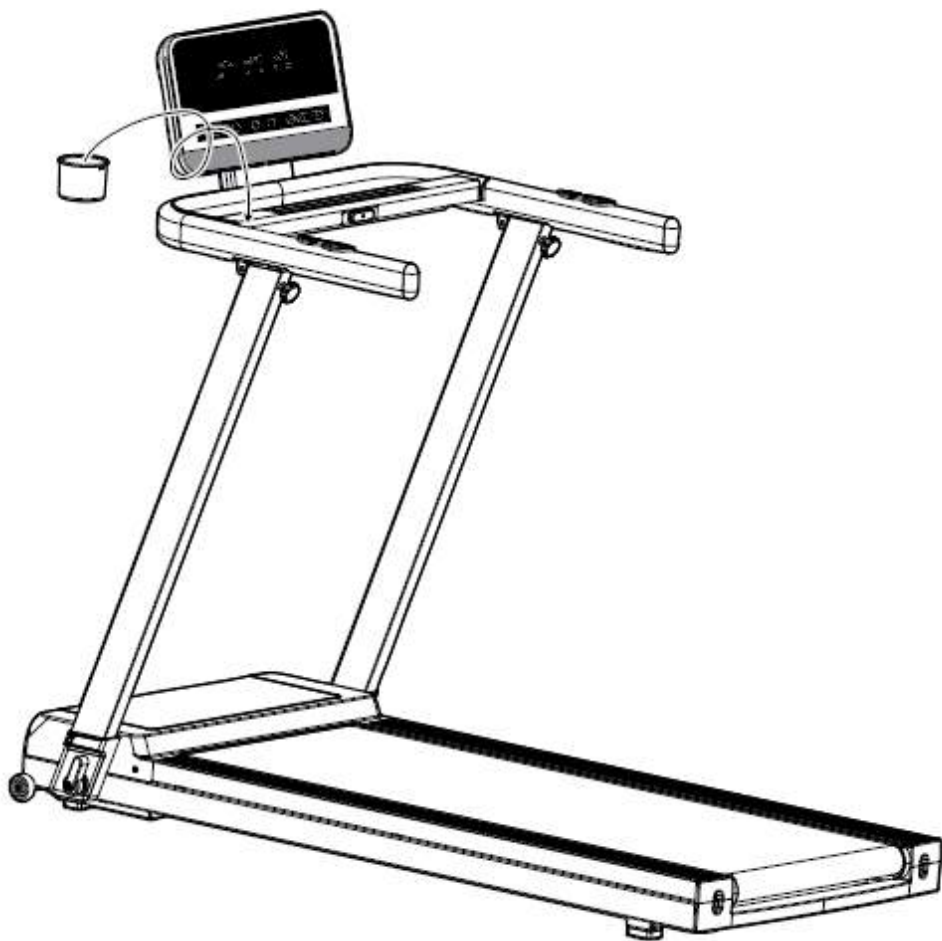
Loosen the knobs at the top of the standposts on each side, rotate the console frame to suitable position, then lock the knobs.

Note: Please make sure the knobs are tightened.



STEP 4

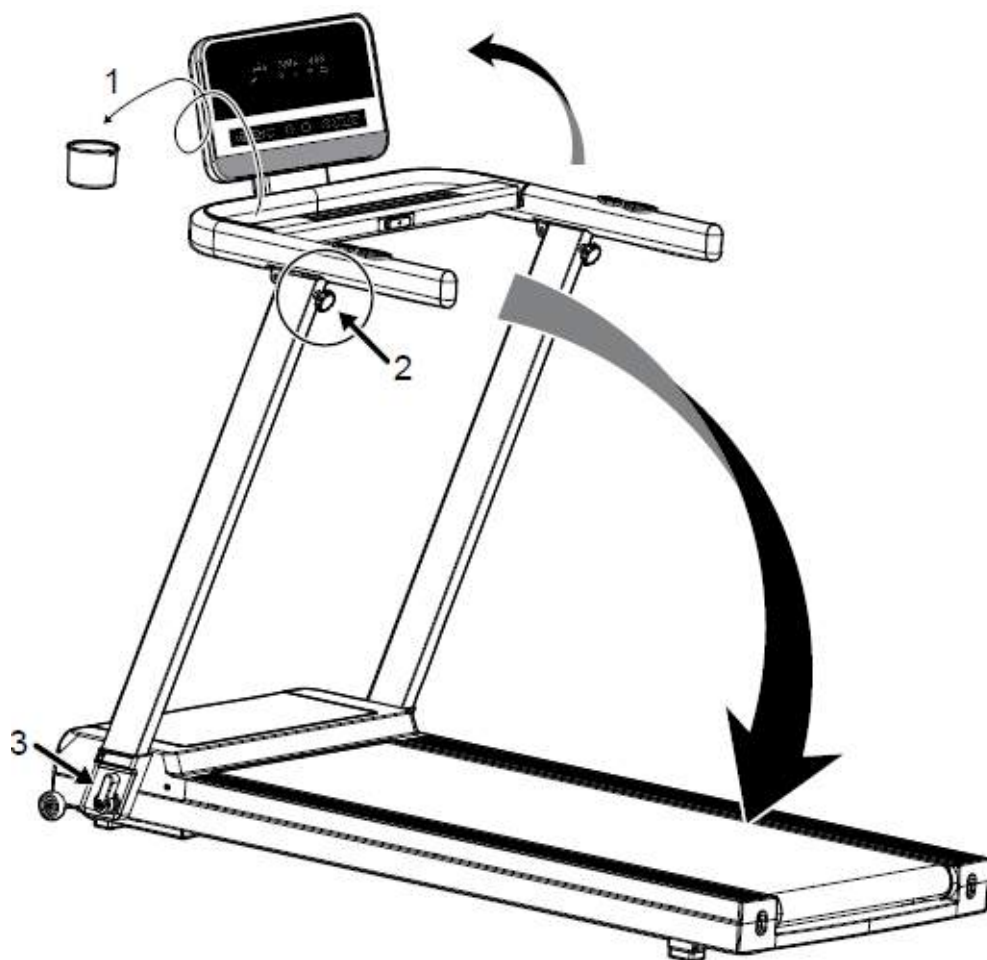
Adjust the console to suitable position. Install the cup holder in the console frame. Double check whether the L-shape knobs and knobs at the top of the standposts, are locked well before using.



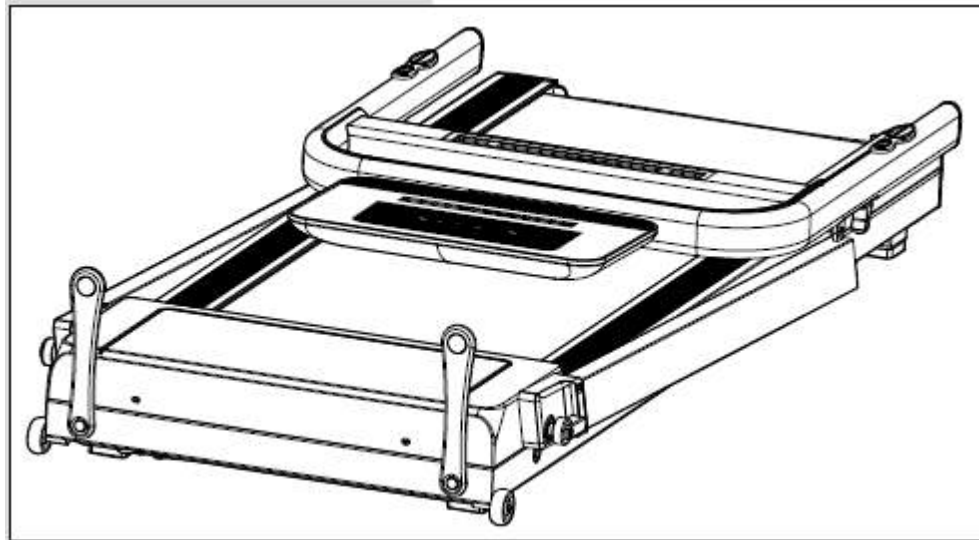
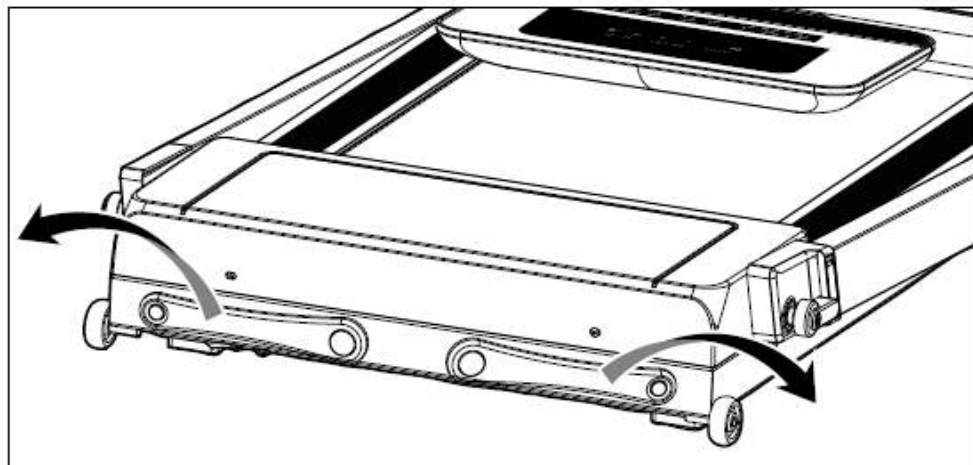
Folding Instructions

1. Take off the cup holder, fold the treadmill by opposite procedure of assembly, put the console flat, hold the console frame .
2. Loosen the knobs (2) and fold up the console frame.
3. Loosen the L-shape knobs (3) and fold down the stand post, completely re-lock.

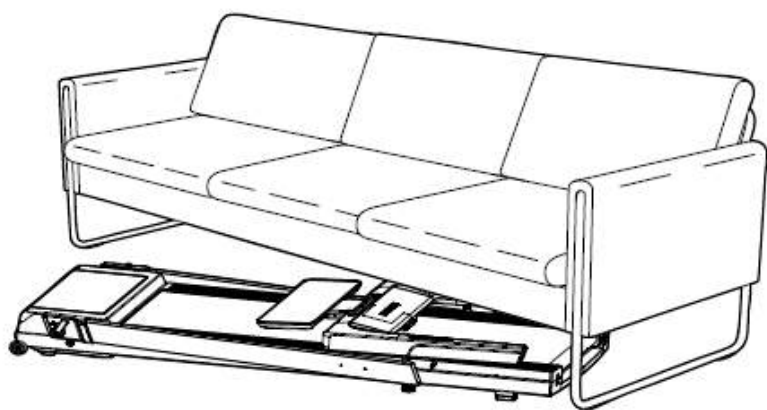
Treadmill is folded, which can be moved or/and stored.



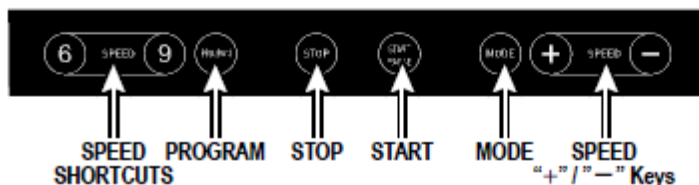
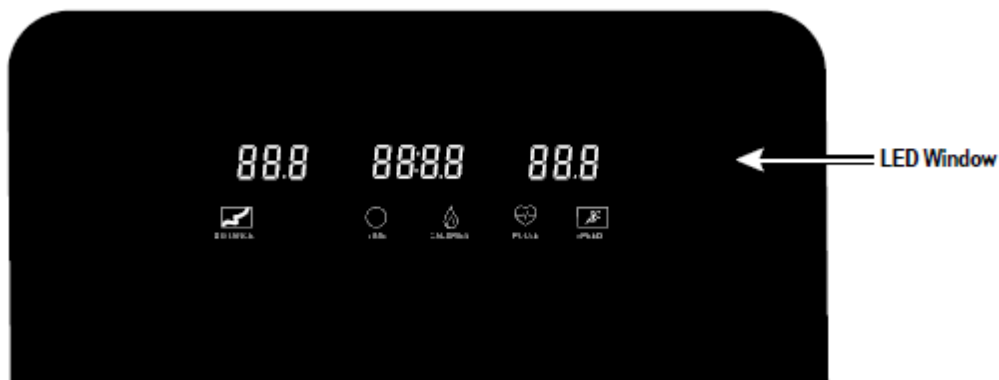
Rotate the folding brackets outward, according to direction of below pictures.
Let the treadmill stand by itself.



Flat-folding for space saving.



MONITOR



CONSOLE FUNCTION DESCRIPTION

1. P0 is to set the training program for the user, P1-P36 is the built-in automatic training program, three USER program and FAT.
2. LED display, 8 operation keys.
3. Operating speed range: 1.0~16.0KM/H
4. Overload, over-current protection, explosion-proof, anti-speed, anti-electromagnetic interference and other safety protection functions.
5. System self-test, abnormal information prompt function.
6. Three custom functions.
7. ERP function

DISPLAY AND BUTTON DESCRIPTION

1. Display window instruction: LED display.

- 1-1 "SPEED" "PULSE" window: shows the value of the speed and pulse
- 1-2 "TIME" "CALORIES" window: shows the value of calorie and time
- 1-3 "DISTANCE" window: shows the value of distance

2. Conversion function between kilometers and miles:

2-1 Take off the safety key, then press the "PROGRAM" and "MODE" buttons together for a few seconds, the display shows 0.6, which means the kilometers are converted to miles.

2-2 Take off the safety key, then press the "PROGRAM" and "MODE" buttons together for a few seconds, the display shows 1.0, which means the miles are converted to kilometers.

3. Function button description

3-1 Program key: In standby state, press this key to select 36 different running programs "P1-P36", "U01~U03", and "FAT".

3-2 Mode button: when you select the manual mode initial state is the normal mode, press this key "MODE" to select three different countdown operation modes. Time countdown mode, distance countdown mode and calorie countdown mode. When select the P1-P36 mode, this button is the reset key of the countdown default (30 mins).

3-3 START / STOP: the start/pause key. When the treadmill is down, press the start, press the pause key when the treadmill is on.

3-4 "+": In standby state or FAT, it is parameter increment key; in operation, it is speed increment key.

3-5 "-": In standby state or FAT, it is the parameter decrement key; in operation, it is speed decrement key.

3-6 "QUICK SPEED": 6,9 speed shortcuts, when the treadmill is on, it can be used to adjust the speed to the designated value.

PROGRAM MODE

4. Safety key function description

The safety key is composed of a magnetic inductor, clothes clip and nylon rope. It has the function of safety precaution against emergency shutdown. In any state, as long as the safety lock is out of position, the treadmill stops running, the keyboard of the electronic watch is forbidden to operate, and the screen displays "E-07" with a prompt sound. Every time the security lock is placed, the screen will display for 2 seconds, and then enter the default working state of the system.

5. Safety Guide:

5-1 Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, so the console screen is fully displayed, and then identify the safety key;

5-2 Place the safety key in the position on the console and clip the clothespin to the clothes on the chest; the treadmill enters the default working state after the full-screen display for 2 seconds: all the counters reset, set value reset, the treadmill is in the positive timing mode of the manual program P0.

5-3 Press "PROGRAM" select the automatic program: P0-P36; U01, U02, U03, FAT. P0 "is a user-defined program, press the "MODE" key to select four training modes, the training speed is set by the user, and the default value is: a speed 1.0KM/H. 5-3-1 When starting the manual program, the display time of the time window is 0:00. The time, distance, and calories are counted, and the setting function is turned off. While the motor is running, press the "STOP" button and the motor will slowly decelerate until it stops smoothly, and all settings will return to the default state.

5-3-2 In time countdown mode, press the mode button "MODE" in the standby mode to enter the time countdown mode. In the setting state, the time window displays the time and flashes. The initial time is: 30:00 minutes, press the speed add-subtract button "+" and "-" can set the countdown.

The time setting range is 5:00-99:00. The difference is 1:00 minutes. The default value is 30:00.

5-3-3 In the distance countdown mode, press the mode button "MODE" in the standby mode to enter the distance countdown mode and the distance window flashes. Initial 1.0 km, press the speed add-subtract button "+" and "-" to set the distance, the setting range is 1.0-99.0 km. Increase 1.0km each time. Default value is 1.0KM.

5-3-4 In the calorie countdown mode: press the mode button "MODE" in the standby mode to enter the calorie countdown mode, and the calorie window flashes. The initial calorie display: 50 cal, press the add-subtract button of speed "+" and "-" to set the calorie setting range is: 20-9990 cal. Increase 10 cal each time. Default value is 50 cal.

6. Manual program operation:

6-1 Press start, the time counts down to 5 seconds, then the motor starts running, the initial speed is 1km/h.

6-2 In the running state, press the "+", "-" button or "QUICK SPEED" button to adjust the treadmill speed;

6-3 In P1-P36, the speed of each program is divided into 10 segments, and each segment is equally divided according to the set time. The adjusted speed after pressing the button is only valid in the current segment, and three announcements will be made three seconds in advance when converting between segments. When the program runs 10 segments, the motor automatically stops, accompanied by a long stop tone.

6-4 When the motor is running, press the "START" key again, and the motor will switch between the two states of pause and run. Restart in the paused state, the recorded running data and process remain unchanged;

6-5 When the motor is running, press the "STOP" key, the motor will slow down until it stops smoothly, and all Settings will be restored to the default state;

6-6 In any state, pull off the safety lock, the screen displays "E-07", accompanied by a prompt tone, and the treadmill stops running;

6-7 The electronic control system is in the safety monitoring at any time, as long as abnormal is found, the running runner will stop in an emergency, and the screen will display abnormal information promptly, accompanied by a prompt tone;

6-8 When the screen displays abnormal information, press "STOP", and the system will Delete the display information.

6-9 When the treadmill stops, press the program key "PROG" to adjust to the body mass index program "FAT", select the body fat test program, and enter the body fat test. Press the "MODE" button to select the item number, and press the "+" and "-" buttons to set the parameters.

6-9-1 After entering the body fat test function, the window displays: F1, indicating that gender Sex is entered at this time, and the window displays 01, indicating that this is for male. Press the add subtract button of speed to select input: 01 (male), 02 (female).

6-9-2 Press the mode button "MODE", The window displays: F2, indicating entering the Age set, a window showing 25 years old (default value), press the add-subtract button of speed to adjust the age (the setting range is: 1-99 years old)

6-9-3 Press the mode button "MODE", window displays: F3 means to enter the Height set, window displays 170cm (67"), press the add-subtract button of speed to adjust the height (the setting range is: 100- 220cm (39-87").

6-9-4 Press the mode button "MODE" and the window displays: F4, which indicates the weight set. the window shows 70kg (154 lbs), press the add-subtract button of speed to adjust the weight. (Setting range is 20 -150kg (44-330 lbs)).

6-9-5 Press the mode button "MODE" and the window displays: F5 (BMI), which indicates that enter the test body fat function, and the window is displayed---. Please put your hands on the sensor to test the heartbeat of the handlebar. The window will display the body fat value (BMI) of the subject within 8 seconds.

6-9-6 Based on Asian standards, fat test results:

FAT ≤ 18	Under weight
18 < FAT ≤ 24	Normal weight
25 < FAT ≤ 28	Over weight
FAT ≥ 29	Obesity

This data is only used as a motion reference

ERP FUNCTION

The default is ERP mode. When the treadmill is not operated after 4.5 minutes, it will enter a dormant state, to save power consumption by itself. Users can press any key to wake up the system. In standby status, the user can press the "MODE" button for around 3 seconds to cancel ERP function, while the console will show "2222"; Then press around 3 seconds again back to ERP mode, while the console will show "1111".

Level Prog Sort		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0

Level Prog Sort		1	2	3	4	5	6	7	8	9	10
P1	SPEED	0.6	1.8	3.1	3.1	3.1	4.3	4.3	3.1	1.8	1.2
P2	SPEED	1.2	1.8	3.1	5	3.1	3.1	3.7	5	2.5	1.8
P3	SPEED	1.2	1.8	4.3	5	3.1	3.1	3.1	5	2.5	1.8
P4	SPEED	1.2	1.2	3.1	5	5	5	5.0	3.1	1.8	1.2
P5	SPEED	1.8	2.5	5	5.6	6.2	6.2	6.2	4.3	2.5	1.8
P6	SPEED	1.8	2.5	3.7	4.3	4.3	4.3	5.6	6.2	3.1	1.8
P7	SPEED	1.8	2.5	2.5	6.2	2.5	5.6	2.5	6.8	1.8	1.2
P8	SPEED	1.8	3.1	4.3	5.6	1.8	3.1	4.3	3.1	6.8	3.1
P9	SPEED	1.8	4.3	6.2	2.5	4.3	6.8	3.1	2.5	7.5	3.7
P10	SPEED	1.8	3.1	5.6	6.2	3.7	3.7	5.6	3.7	6.8	1.8
P11	SPEED	2.5	3.1	6.8	5.6	3.7	5	5.6	6.8	3.7	3.1
P12	SPEED	2.5	3.7	6.2	6.2	6.2	4.3	4.3	6.2	3.7	3.1
P13	SPEED	1.2	2.5	3.7	3.7	3.7	5	5	3.7	2.5	1.8
P14	SPEED	1.8	2.5	3.7	5.6	3.7	3.7	4.3	5.6	3.1	2.5
P15	SPEED	1.8	2.5	5	5.6	3.7	3.7	3.7	5.6	3.1	2.5
P16	SPEED	1.8	1.8	3.7	5.6	5.6	5.6	5.6	3.7	2.5	1.8
P17	SPEED	2.5	3.1	5.6	6.2	6.8	6.8	6.8	5	3.1	2.5
P18	SPEED	2.5	3.1	4.3	5	5	5	6.2	6.8	3.7	2.5
P19	SPEED	2.5	3.1	3.1	6.8	3.1	6.2	3.1	7.5	2.5	1.8
P20	SPEED	2.5	3.7	5	6.2	2.5	3.7	5	3.7	7.5	3.7
P21	SPEED	2.5	5	6.8	3.1	5	7.5	3.7	3.1	7.5	4.3
P22	SPEED	2.5	3.7	6.2	6.8	4.3	4.3	6.2	4.3	7.5	2.5
P23	SPEED	3.1	3.7	7.5	6.2	4.3	5.6	6.2	7.5	4.3	3.7
P24	SPEED	3.1	4.3	6.8	6.8	6.8	5	5	6.8	4.3	3.7
P25	SPEED	1.8	3.1	4.3	4.3	4.3	5.6	5.6	4.3	3.1	2.5
P26	SPEED	2.5	3.1	4.3	6.2	4.3	4.3	5	6.2	3.7	3.1
P27	SPEED	2.5	3.1	5.6	6.2	4.3	4.3	4.3	6.2	3.7	3.1
P28	SPEED	2.5	2.5	4.3	6.2	6.2	6.2	6.2	4.3	3.1	2.5
P29	SPEED	3.1	3.7	6.2	6.8	7.5	7.5	7.5	5.6	3.7	3.1
P30	SPEED	3.1	3.7	5	5.6	5.6	5.6	6.8	7.5	4.3	3.1
P31	SPEED	3.1	3.7	3.7	7.5	3.7	6.8	3.7	7.5	3.1	2.5
P32	SPEED	3.1	4.3	5.6	6.8	3.1	4.3	5.6	4.3	7.5	4.3
P33	SPEED	3.1	5.6	7.5	3.7	5.6	7.5	4.3	3.7	7.5	5
P34	SPEED	3.1	4.3	6.8	7.5	5	5	6.8	5	7.5	3.1
P35	SPEED	3.7	4.3	7.5	6.8	5	6.2	6.8	7.5	5	4.3
P36	SPEED	3.7	5	7.5	7.5	7.5	5.6	5.6	7.5	5	4.3

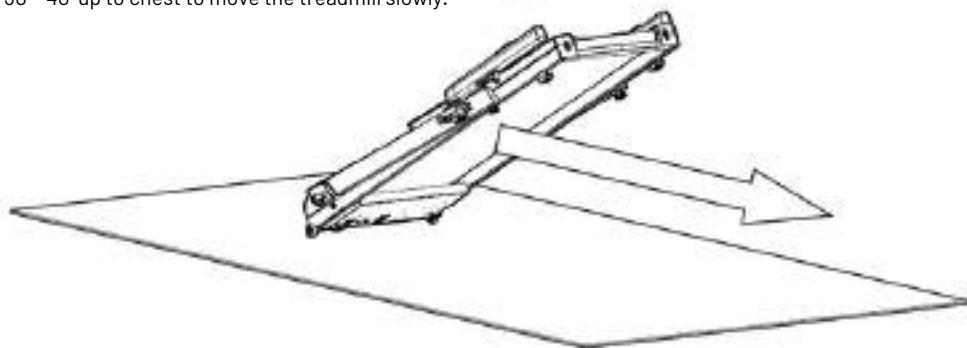
Problem and Code	Reason	Maintenance
System didn't work	A. No power	Plug into socket or turn the power switch to the "NO" position
	B. Safety key isn't in the right position	Replace the safety key
	C. The transformer is not plugged in or the transformer is bad	Check and connect the transformer or replace the transformer
	D. Switch off	Check system input and output and communication lines
Stop abruptly under normal state	A. Safety key drop out	Replace the safety key
	B. Broken system	Ask serviceman to repair it
The keys malfunction	Broken keys	1. Change the key board and wire; 2. Change the mainboard; 3. Change the console
E-01	A. The communication wire is abnormal	Make sure each core is completely inserted. Check the connection wire, if it was broken, change it.
	B. Broken console	Change console
	C. Broken transformer	Check and change transformer
	D. Broken controller	Change controller
E-02	A. Broken motor wire and motor	Change motor
	B. Bad connection between motor connection wire and controller or bad controller.	Check and connect the wire again or change controller.
E-03	A. Incorrect installation of photoelectric sensor	Check and assembly again
	B. Bad photoelectric sensor	Change photoelectric sensor
	C. Bad connection between photoelectric sensor and controller	Check and reconnect
	D. Bad controller	Change controller
E-05	A. Controller was damaged	Change controller
	B. Motor was damaged	Change motor
	C. Mechanical failure	Check/add the lubricating oil of running belt, or rollers are blocked
E-07	No safety key signal	Check safety key, replace safety key or console
LED display no value of pulse	A. The handle communication wire didn't plug well or broken handle wire	Check and connect the wire well or change handle wire.
	B. Broken wire of console system	Change the console
Console incomplete display or lack of strokes	A. LED Digital tube	Change the main PCB board or the screen
	B. Broken system	Change the console

USING INSTRUCTION

Treadmill folding and moving

1. Folding Cut off the power when plan to fold the treadmill.
2. Unfolding When unfolding the treadmill, you should choose one place where around 1m away from the power socket, and the ground is flat without any barriers.
3. Moving First you need be sure to follow things before moving
 - i. The power is off
 - ii. The plug has been pulled out from the socket
 - iii. The treadmill has been folded

Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 30°-40° up to chest to move the treadmill slowly.



4. Using
 - i. Turn the power on, keep the treadmill spread out at its lowest position and check if its function is normal.
 - ii. Clip the safety key cord with your clothes.
 - iii. Ensure and check its function and stability before using. Standing on the Running belt to get it started is not allowed. The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill. Hold the handle bar when press the "START" key, the treadmill running at the speed of 1.0km/h after 5 seconds. Then press "+" Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Run at the same pace as your running belt.
 - iv. After several minutes, you can speed up by pressing "+" key or slow down by "-" key meanwhile holding the hand bar.
 - v. When running, press speed value, you can enter into the fixed speed you want.
 - vi. Pressing "stop" key to make the motor stop.

5. Pre-setting Use

- i. Connect the power. Turn the power on.
- ii. Press "PROGRAM" key to select what mode you want.
- iii. Press "START" key to get started in your selected mode.
- iv. You can press "+" or "-" to change the speed or "stop" key to make it stop.

Note:

When safety key pull out, the treadmill will stop immediately.

And the computer can not work, the window shows "E07"

PREVENTIVE MAINTENANCE

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product.

All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

Lubrication

1. The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly to ensure an optimal operation of the treadmill. Suggestions:

Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor of increase the lifetime for treadmill is proper lubrication

2. The way of checking whether the running belt need lubrication is, lift the side soft the treadmill and feel the central back of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. If the surface is dry, the belt needs lubrication.

Application of lubricant on the belt: (as shown)

- Stop the running belt, and fold the treadmill. Put up the belt of back main frame so that the oil can reach the middle position.
- Spraying silicone oil on the inner side of the running belt and coating silicone oil on both sides of the running belt.
- Run the treadmill at a speed of 1km/h to apply silicone evenly. And tread lightly on the running belt from left to right.
- Wait several minutes to let the silicon spray spread, before starting the machine.

Storage

Store you treadmill in a clean and dry environment. Ensure the master powers witch is off and is un-plugged from the electrical wall outlet.

Belt adjustment

All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use.

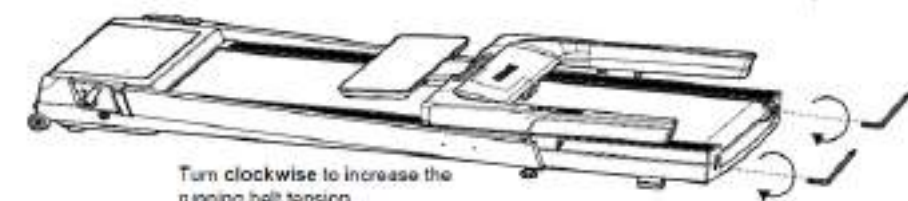
Such as : pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and the roller will slip in turn. But too tight is also not good, which is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

Adjusting the belt deviation:

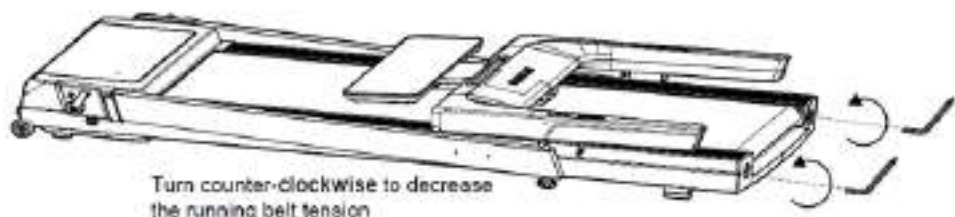
All running belts are properly set at the factory and after assembly. But after a period, the belt have the possibility for deviation. The reasons can be listed as follows.

- i. The treadmill is unstable.
- ii. Feet didn't in the central of the running belt when running.
- iii. Feet exert uneven force.

If deviation caused by manual, No - load rotation for a few minutes can return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped randomly for unable to restore automatically.



Such as left deviation of running belt,
Adjust the left screw clockwise or the right screw anti-clockwise.



Such as right deviation of running belt,
Adjust the right screw clockwise or the left screw anti-clockwise.

Running belt deviation is not covered by the warranty, and is mainly maintained by users according to the instructions. Running deviation can seriously damage the running belt. It must be found and corrected in time.

Trouble Shooting and Maintenance

Item	Reason	Maintenance
System didn't work	A. No power	Plug into socket, input with power
	B. Safety key isn't in the right position	Put the safety key in right position
	C. Transformer isn't inserted right, or transformer is defected	Check and connect the transformer correctly, or replace the transformer
	D. Broken circuit	Check the system input and output terminal and the communication lines
Stop suddenly in a normal state	A. Safety key fall off	Assemble the safety key correctly
	B. Abnormal system	Contact the after-sales team for service
Buttons didn't work	A. Some buttons are damaged or invalid	Replace the buttons
	B. All buttons are invalid	Replace button board, wires of buttons, main board or console
E1	A. Poor connection of communication wires	Reconnect the communication line once again, and check whether the port is plugged in place, or replace the communication line
	B. Console is defected	Replace console
	C. Transformer is defected	Check and replace transformer
	D. Controller is defected	Replace controller
E2	A. Motor wire or motor is defected	Check and replace motor wire or motor
	B. Poor connection between motor wire and controller, or controller is defected	Check and connect the wire correctly, or replace controller

E3	A. Speed sensor isn't assembled correctly	Check and assemble it correctly
	B. Speed sensor is detected	Replace speed sensor
	C. Poor connection between Speed sensor and controller	Check and connect it correctly
	D. Controller is detected	Replace controller
E6	A. Controller is detected	Replace controller
	B. Motor is detected	Replace motor
E7	No safety key signal was detected on console	1. Check whether the safety key is in right position. 2. Reinstall the safety lock mechanism to ensure that the hole is in the middle and the black bean bean rebound in place. 3. Replace the console
No heart rate data is shown	A. Handle pulse wire isn't assembled well, or handle pulse wire is detected	Check and connect it well, or replace the handle pulse wire
	B. Electronic system line fault	Replace the console
Electronic display is incomplete or missing strokes	A. Screws of display board loosen	Lock and fix the screws
	B. System failure	Replace the console

Problem	Possible cause	Maintenance
Treadmill didn't work	A. No power	Plug into socket
	B. Safety key isn't in the right position	Replace the safety key
	C. Broken circuit signal system	Check the controller input and signal wire
	D. Switch off	Place the power switch in the 'ON' position.
The running belt does not run smoothly.	A. No enough lubrication	Use the Silicone oil
	B. Running belt too tight	Adjust the tightness of running belt
Running belt slips	C. Running belt too loose	Adjust the tightness of running belt
	D. Motor belt too loose	Adjust the tightness of motor belt

- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.
- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device. It is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

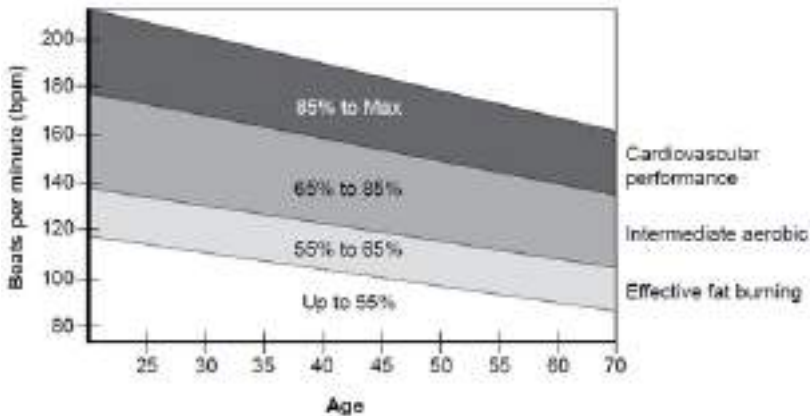
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

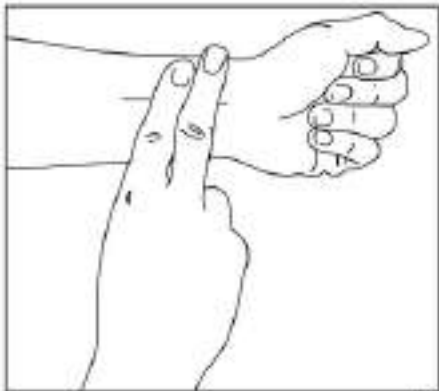
Exercise intensity

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

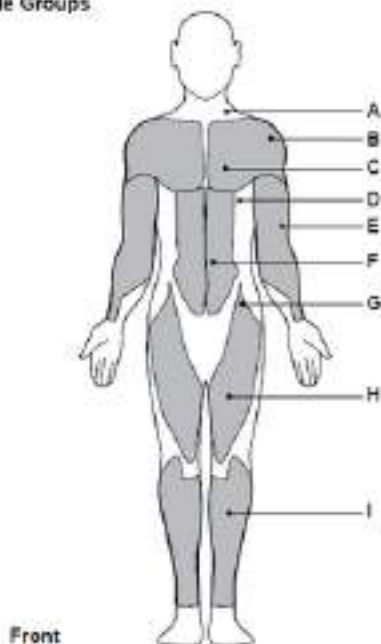
Aerobic Exercise

Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

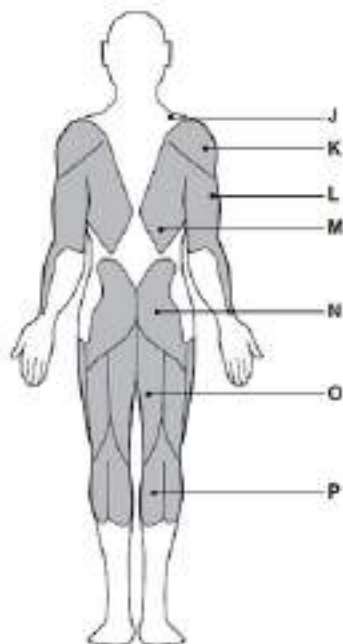
Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Muscle Groups



Front



Back

A: Trapezius
B: Anterior
C: Pectoralis Major
D: Serratus Anterior
E: Biceps
F: Abdominal
G: Sartorius
H: Quadriceps

I: Tibialis
J: Trapezius
K: Posterior
L: Triceps
M: Latissimus Dorsi
N: Gluteals
O: Hamstrings
P: Gastrocnemius

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

**Hamstring stretch**

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

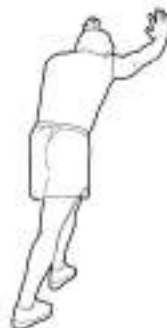
**Calf/achilles stretch**

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



WARRANTY

Terms of Guarantee

- A.The warranty procedures will be carried out only upon presentation of the note / original coupon tax of Sale and limitations laid down by these Terms. The guarantee shall be provided by the Authorized Technical Assistance Network.
- B. The conditions set out in this Agreement are guaranteed to the first user purchaser of this product for a period of 6 (six) months (including the legal guarantee period - first 90 (ninety) days, counted from the date of issuance of the note / tax Coupon sale, in the event of exclusively residential use.
- C. Warranty and coverage terms start to count from the date of issue of the sales invoice / coupon, including the legal term of 90 (ninety) days.

PARTS AND COMPONENTS	TIME
Structure	6 months
Painting (oxidation)	6 months
Motor	6 months
Auxiliary plate	6 months
Monitor	6 months
Tilt motor	6 months
Belt	90 days
Platform	6 months
Motor Cover	6 months
Plastic parts and rubber	6 months
Power Cable	6 months
Manpower	6 months

- D. Parts repaired or replaced under this warranty does not stop nor extend the warranty period originally stipulated.
- E. To be used by this warranty, the equipment must have been installed by authorized technical assistant, except for residential products.
- F.Warranty does not cover the installation and preventive maintenance services such as cleaning, lubrication and adjustment of the product.
- G. No dealer is authorized to receive client product to refer you local dealer or this take it to return to it and to provide information on behalf of the Manufacturer / Supplier of the progress of the service. The manufacturer / supplier or consumer support are not responsible for any damage or delay due to this non-compliance.
- H. The Manufacturer / Supplier keep available spare parts until they cease the manufacture or import the equipment. If it ceased the production or import of equipment Manufacturer / Supplier keep the spare supply its line of equipment for a reasonable period of time, according to the law.
- I. Within the period of thirty (30) days if the equipment presents

- some malfunction, the customer may choose to take the product to an authorized posts or requesting service in your home without travel expenses in those counties covered by the Network Authorized Service. After the period of thirty (30) days or in municipalities not covered by the Technical Assistance Network Authorized expenses resulting from any transport of the equipment to a freight service, removal or technical visit by technical assistant, occur by the customer, whether or not this equipment covered by this warranty.
- J. Lubricants, silicones for treadmills, vaseline to the guide weights and micro oil to the joints of weight stations, should be exclusively recommended by the manufacturer, available at Authorized Technical Assistance Network.
- K. Components that wear out with regular use of equipment such as motor brushes, belts, pads, brake bands, felt, steel chains and cables, when this equipment will have warranty for a period of 90 days from the invoice or manufacturing defect found by the Authorized Technical Assistance Network.

Extinction Assurance

- This warranty will be considered void when:
- A. Expiry of the warranty term.
- B.Equipment repaired by a person not authorized by the Manufacturer / Supplier, if signs of violation of its original characteristics or non-factory assembly are found.
- C. Damage suffered by the equipment due to improper use, use of inappropriate cleaning products, oxidation from external agents, wear, neglect, modification, use of accessories not recommended, inadequate design for the intended application, falls, perforations, use and opposite installation to the operating instructions, inadequate wiring in the electrical network, lack of grounding in badly sized grids and / or excessive fluctuations and overloads.
- D. For residential line is prohibited any type of user equipment maintenance or a third party other than the technical assistance network.
- E. The product is used in gyms, condominiums, clinics, clubs, sauna, submerged in water or use so that it resembles other than for residential purpose or the application of the purpose intended.

Comments:

- A. cables, carabiners, pedals when existing in the product should be replaced once a year.
- B. The Manufacturer / Supplier is not responsible for any accidents and their consequences, arising from breach of the original features or assembly out of their equipment factory default.
- C. Customer's responsibility are those resulting from unfounded judged answering calls.

Note: Manufacturer / Supplier reserves the right to make changes without notice this.

Athletic