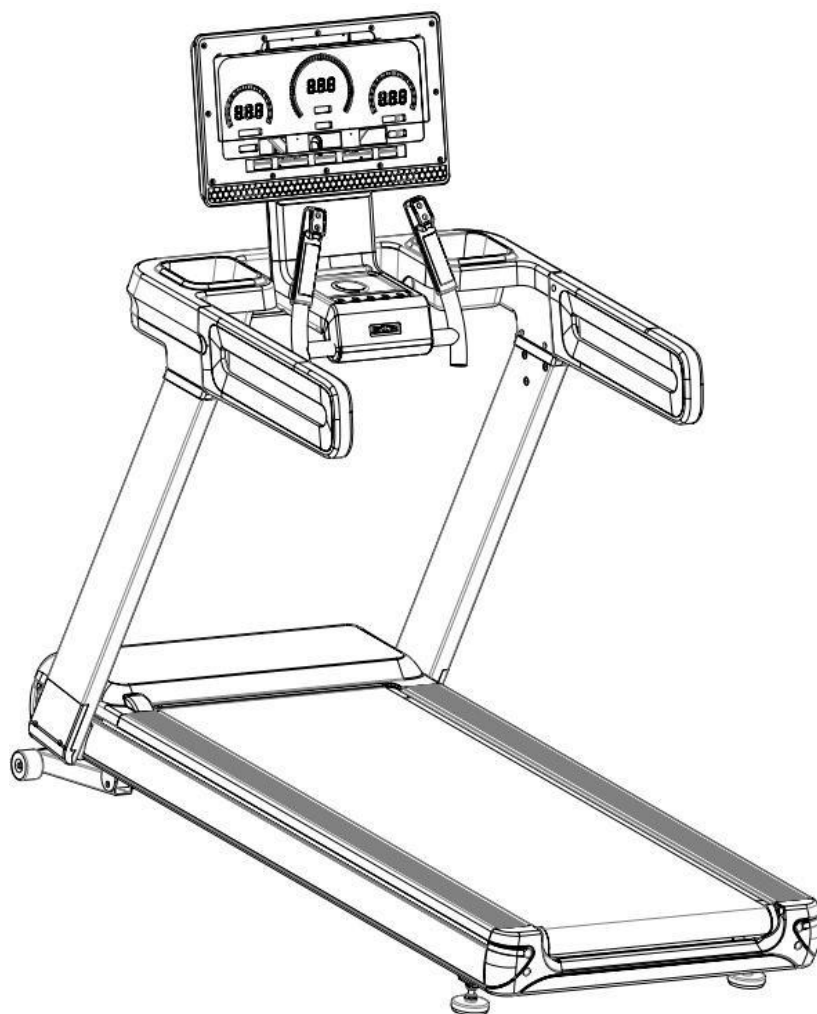


# BLK BOX

## Motorized Treadmill

16-1294



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# BLK BOX

Built Better.

[www.blkboxfitness.com](http://www.blkboxfitness.com) | [info@blkboxfitness.com](mailto:info@blkboxfitness.com) | +44 (0) 28 9045 4123

## **IMPORTANT SAFETY INSTRUCTIONS**

Thanks for purchasing this product. The product will help you keep fit, healthier and better.

### **User Guide**

1. Always connect the power plug to a socket with a grounded circuit and the socket must have a special circuit to avoid sharing with other electrical equipment.
2. Ensure the treadmill stable on the ground before use.
3. Check if it functions normal or not before running.
4. Stand on two side rails when the treadmill starts
5. Clipped the safety key to your clothes when upcoming to control any emergency.
6. Press the "start" button to get the treadmill started.
7. Follow the running belt with left leg to do preparation before trial run. Only when you feel you can run, you can stand on the treadmill and do it with the right posture. And only one person is allowed to exercise on the treadmill, and overload exercise is strictly prohibited.
8. You can adjust speed if necessary.
9. After running, you can stop the treadmill by pulling out the safety key or pressing the "stop" button.
10. Remember to turn off the power and pull out the plug when you finish exercising.

### **Safety precaution:**

- ◆ Place the treadmill indoors to avoid any water and do not place anything heavy on it.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accident.
- ◆ No overload to give damages to motor, controller, roller and running belt. Ensure routine maintenance to the treadmill.
- ◆ Keep less indoor dust and a certain extent of humidity to avoid interference of console and controller.
- ◆ Keep the household treadmill continuously running no more than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000x1000mm safe space at the end of treadmill when running.
- ◆ Stop running if there is any discomfort and consult the doctor.
- ◆ Reserve the silicon bottle to some place that children cannot reach, to avoid serious mistakes.

- ◆ Prohibit the user from jumping off the treadmill directly after use.
- ◆ Pull out the power gently from the socket.
- ◆ Stop the machine if anything is wrong and cut the power immediately.
- ◆ Ask local distributor to handle any issue or provide service. Dismantle the components personally is not allowed.

## **DANGER!**

To reduce accidents or harm, please check following rules.

- ◆ Ensure your clothes zipped up before running.
- ◆ Do not wear clothes that are easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something is wrong, support the handlebar to push up and leave running belt.
- ◆ Do not use the treadmill outdoors.
- ◆ Cut off the power before moving the treadmill.
- ◆ Do not open motor and roller cover unless professional advice has been consulted.
- ◆ This machine can be used under 10A circuit.
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may not be as exact as medical devices so its results for reference only.
- ◆ Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. Keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.

## **Warning and prohibit!**

- ◆ Following patients under treatment need to get use of the treadmill after approval of professional doctor.
  - (1) The person with backache or used to get hurt in the leg, waist, neck. Those with numbness of legs, waist, neck and hands (those with chronic diseases such as intervertebral disc protrusion, spinal slip, cervical vertebra protrusion, etc.)
  - (2) The patient with deformational arthritis, rheumatism or gout.
  - (3) The patient with osteoporosis.
  - (4) The patient with a bad circulatory system like heart disease, vascular disorders and vascular hypertension.

- (5) The patient with respiratory disturbance.
- (6) The patient with Artificial heart rhythm problem.
- (7) The patient with malignant tumors.
- (8) The patient with thrombosis.
- (9) The patient with diabetes caused perceptual disturbance.
- (10) The person with skin injury.
- (11) The patient with a high fever above 38°C.
- (12) The person with bent back bone.
- (13) The person with pregnancy or in (menstrual) period.
- (14) The person feels discomfort.
- (15) The person is obviously in a bad condition.
- (16) The person for the purpose of rehabilitation.
- (17) The person has abnormal physical features.

- Above cases may cause accident or poor health

- ◆ Stop exercising immediately should you feel unwell like pain in your joints or muscles, dizziness, numbness, and abnormal heart beat, and consult the doctor as soon as possible.
- ◆ Keep children away from this product.
  - Children may get hurt if you ignore this.
- ◆ Tell the children that this is not a toy.
  - Children may get hurt if you ignore this.
- ◆ When using, taking out, putting back or moving this product, please make sure there is nobody or pets around.
- ◆ Stop using this product when the cover cracks (inner parts come out) or welded parts drop off.
  - may cause danger or injury.
- ◆ Do not jump up or down from the treadmill when running.
  - may fall down and get injured.
- ◆ Do not use or reserve the treadmill outdoor or near bathroom to avoid water.
- ◆ Do not use or reserve the treadmill in the area exposed to direct sunlight and avoid high temperatures.
  - may cause electric leakage or fire.
- ◆ Do not use it when the power line or plug damaged, or the socket is loose.
  - may cause electric shock, short circuit or fire.
- ◆ Do not damage or twist the power cord, also do not put heavy things on it.
  - may cause fire or electric shock.

- ◆ Only for one person at a time, tell people around not to stand too close.
  - may fall and cause injury.
- ◆ People who are not conscious or can't operate by himself cannot use the treadmill.
  - may cause accident or get injury.
- ◆ Disassemble, repair, change by customer themselves are forbid absolutely.
  - may cause mechanical breakdown and injury. To avoid water!
- ◆ The main body and operating components cannot meet with water or drink.
  - may cause electric shock and fire.
- ◆ Do not exercise too much if you do not regularly train.
- ◆ Do not use the treadmill after meals or when you feel tired.
  - may cause damage to your health.
- ◆ This product is for home use. It cannot be used in school or gymnasium where there are lots of unspecific users.
  - may cause injury.
- ◆ Do not use the product while you are having meals or doing other activities.
- ◆ Do not use the product when you feel the body become slow after drinking.
  - may cause accident or injury.
- ◆ Do not use the product when you have hard objects in your pocket.
  - may cause accident or injury.
- ◆ The power plug cannot be attached with needle, waste or water.
  - may cause electric shock, short circuits and fire.
- ◆ Do not pull out the plug or switch the power to "off" while operating.
  - may cause injury.

### **Do not operate with wet hands!**

- ◆ Do not pull out or insert the plug with wet hands.
  - may cause electric shock or injury.

### **Remember to pull out the plug!**

- ◆ Remember to pull out the plug when not using.
  - Dust and dampness can damage insulation and then cause electric leakage and fire.
- ◆ Pull out the plug during maintenance.
  - may cause electric shock and injury.
- ◆ Stop using immediately when the product cannot start or has something abnormal, pull out the plug and make a seek professional help.

- may cause electric shock and injury.

◆ Pull out the plug when meet with power failure suddenly.

- may cause accident and injury when power resumption.

◆ You should hold the plug not the wire when pulling out the plug.

- may cause short circuits, electric shock and fire. Ground connection instruction!

◆ The product must have grounded connection. The grounded connection can provide a channel with least resistance for the current when the product is malfunctioning, thus can reduce the danger of electric shock.

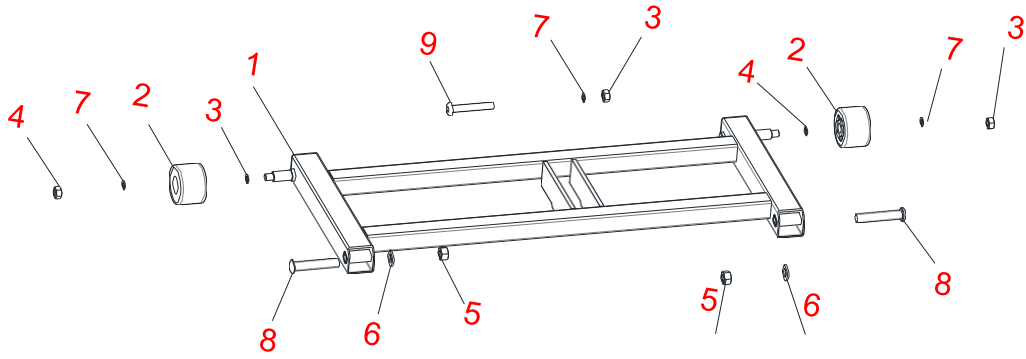
◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must be inserted into a socket that conformed to the local regulations.

### **Danger!**

◆ Incorrect connection of grounding conductor may cause electric shock. If you are not sure about the grounding connection, please ask a professional electrician to check. If the plug of the product does not match your socket, you should ask for an electrician to install a correct socket.

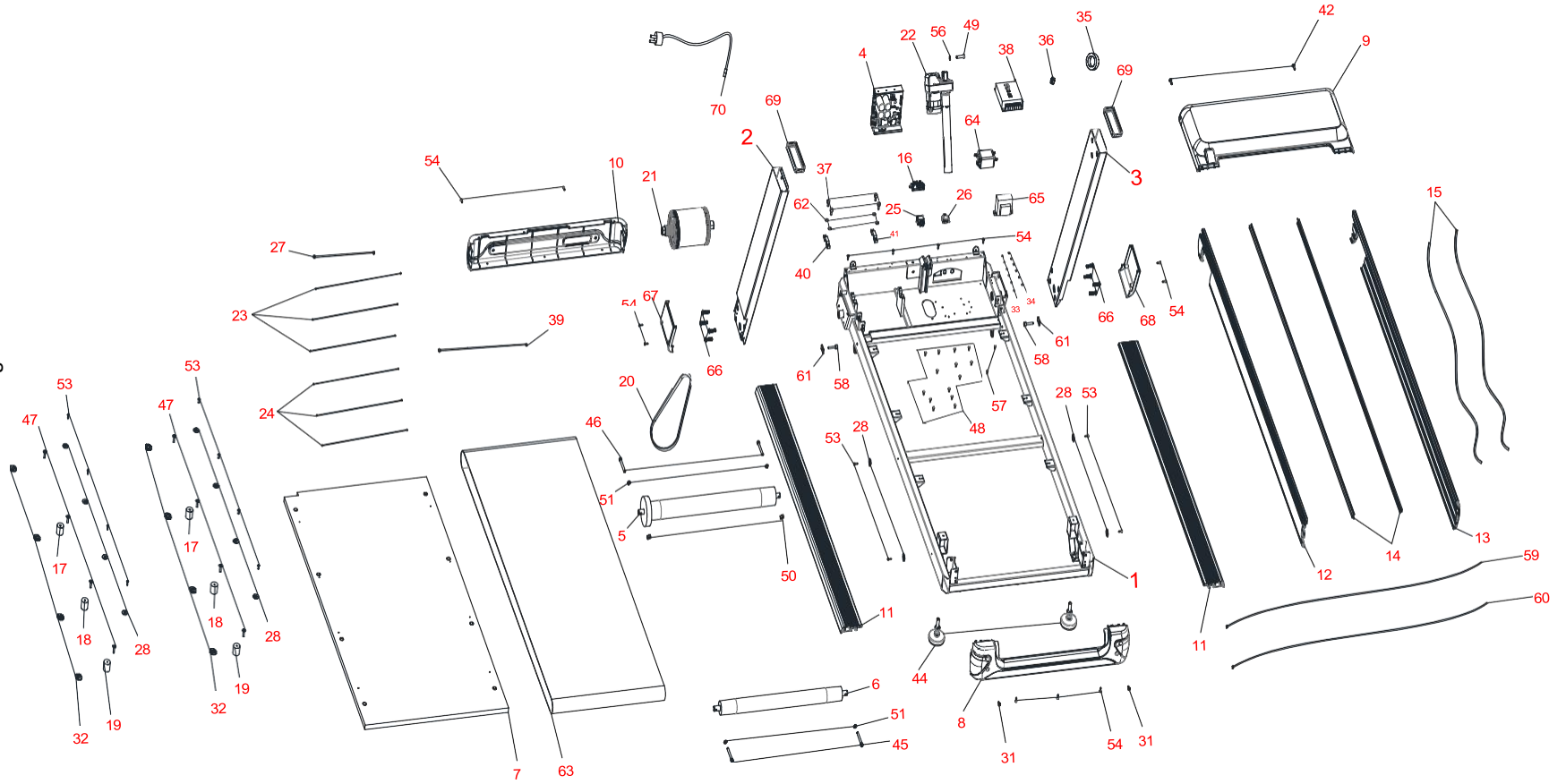
◆ The product has a grounding plug. Please confirm that you have the matched socket first. Socket adapter is not provided.

## Exploded diagram



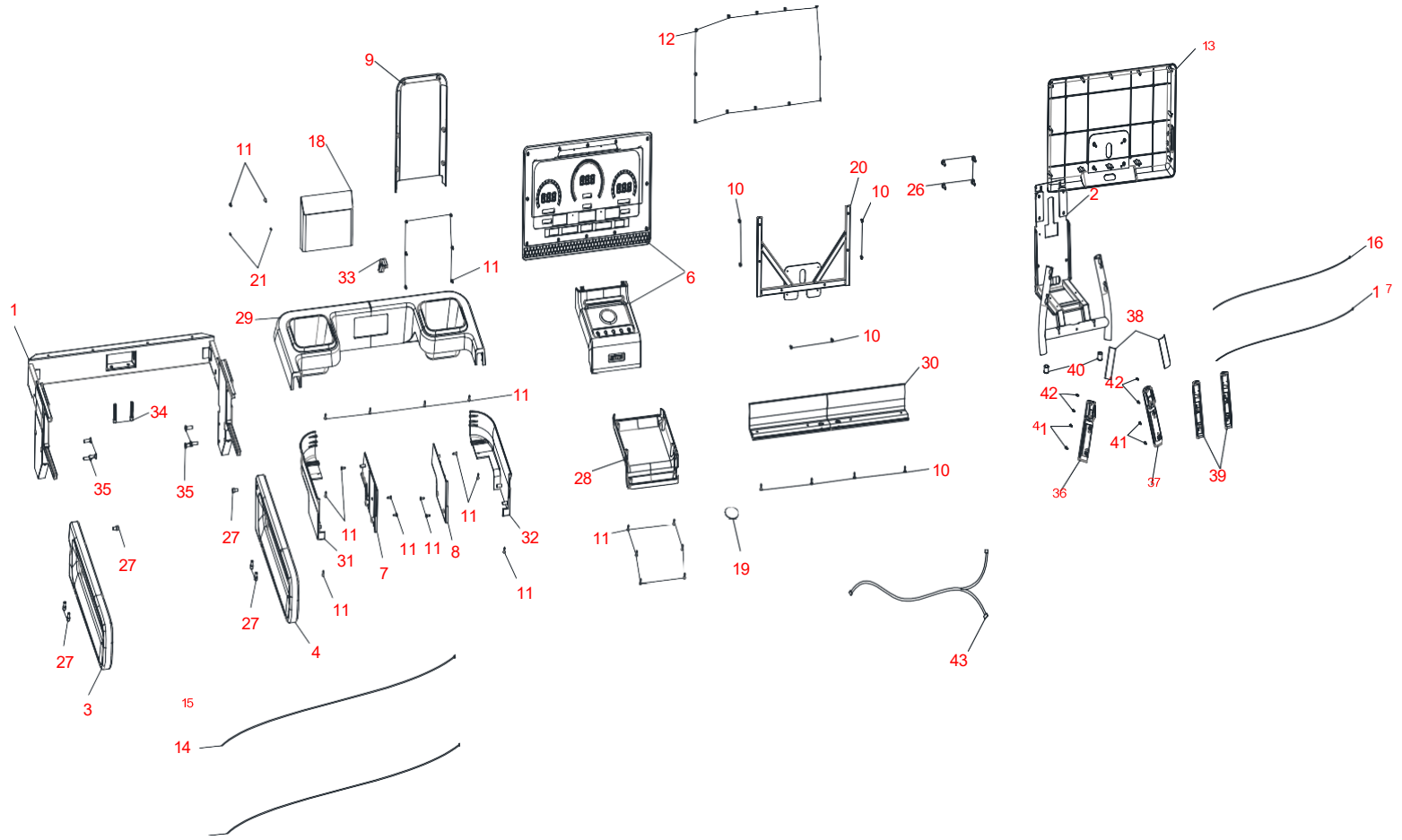
## Parts list

No.	Part description	QTY
1	Base frame	1
2	Wheels	2
3	Hex lock nut M10	3
4	Wave spring washer $\phi 15$	2
5	Hex lock nut M12	2
6	Flat washer $\phi 12 \times t 2.0$	2
7	Flat washer $\phi 10$	3
8	Hexagon large flat head half-thread bolt M12x70x20	2
9	Hexagon large flat head half-thread bolt M10x65x20	1



No	Name	Size	QTY
1	Main frame		1
2	Upright post L		1
3	Upright post R		1
4	Controller		1
5	Front roller		1
6	Rear roller		1
7	Running board		1
8	Rear cover		1
9	Motor cover		1
10	Front motor cover		1
11	Side rail		2
12	Side rail R		1
13	Side rail L		1
14	Light strip cover		2
15	LED strip		2
16	RGB adapter board		1
17	Round cushion	Φ30×30×M6×5 black	2
18	Round cushion	Φ30×30×M6×5 blue	2
19	Round cushion	Φ30×30×M6×5 red	2
20	Motor belt	180PJ8	1
21	Brushless motor		1
22	Incline motor		1
23	Power cable	L-350mm/1.5mm2/red	3
24	Power cable	L-350mm/1.5mm2/black	3
25	Rocker switch		1
26	Self-resetting switch		1
27	Power cable	L-100mm/1.5mm2/red	1
28	Round cushion	Φ25×Φ5×4.5(PE/Black)	12
29	Cable clap	3/8(UC-2)	6
30	Cable ties	3×100	16
31	Phillips large flat head self-tapping screw	ST5×15	2
32	Plastic flat washer (PVC)	Φ12×Φ6×t1.0(PVC/black)	10
33	Spring washer	Φ5	6
34	Serrated lock washers	Φ5	6
35	Magnet ring	Φ29×Φ19×t7.5	1

36	Power cord clip		1
37	Hex socket cylindrical head full thread bolt	M6×15	4
38	Power switch		1
39	Controller cable	L-400mm	1
40	Motor plate A		1
41	Motor plate B		1
42	Phillips large flat head full thread bolt	M5×20	2
43	Double Side Tape	10×t1.0×4500	2
44	Universal wheels	Φ75×90×M12	2
45	Hex socket cylindrical head full thread bolt	M8×75	2
46	Hex socket cylindrical head full thread bolt	M8×65	2
47	Hex socket countersunk full thread bolt	M6×25	10
48	Phillips large flat head full thread bolt	M4×10	12
49	Hexagon socket large flat head half-threaded bolt	M10×35×20	1
50	Hex lock nut	M8	2
51	Flat washer	Φ8	4
52	Spring washer	Φ8	4
53	Phillips countersunk full thread bolt	ST4×15	18
54	Phillips large flat head self-tapping screw	ST4×16	14
55	Hex lock nut	M10	1
56	Flat washer	Φ10	1
57	Phillips large flat head full thread bolt	M3×10	2
58	Hex socket cylindrical head full thread bolt	M6×35	2
59	LED strip cable	L-1200mm	1
60	Communication cable	L-1200mm	1
61	Side strip fixed block		2
62	Flat washer	Φ6	4
63	Running belt	3030×550×t1.8	1
64	Filter (optional CE)	10A	1
65	Inductor (optional CE)	10A	1
66	Hexagon socket large flat head full thread bolt(screw kit)	M8×30	8
67	Upright post cover L		1
68	Upright post cover R		1
69	Upright post decorative cover		2
70	Power cord	3×1.5mm <sup>2</sup> ×2000	1



No.	Name	Size	QTY
1	Handrail		1
2	Console frame		1
3	PU handrail L		1
4	PU handrail R		1
5	Plastic-coated handle		1
6	7749EA console set		1
7	Handrail inner cover L		1
8	Handrail inner cover R		1
9	Back cover of console frame		1
10	Phillips large flat head self-tapping screw	ST4×10	10
11	Phillips large flat head self-tapping screw	ST4×16	28
12	Phillips countersunk self-tapping screw	ST4×15	12
13	Back cover of console		1
14	Light strip communication line	L-1000mm	1
15	Communication wire	L-1000mm	1
16	Light strip communication line	L-400mm	1
17	Communication wire	L-400mm	1
18	Upper cover of console frame		1
19	Wireless charging anti-slip pad	Φ58×t1.5	1
20	Inner frame of console		1
21	Phillips large flat head self-tapping screw	ST3×10	2
22	Handrail set		2
23	Connection cable of handrail	L-400mm	1
24	Phillips disc head self-tapping screw	ST3×30	4
25	Hexagon socket large flat head full thread bolt	M8×10(6.8grade)	4

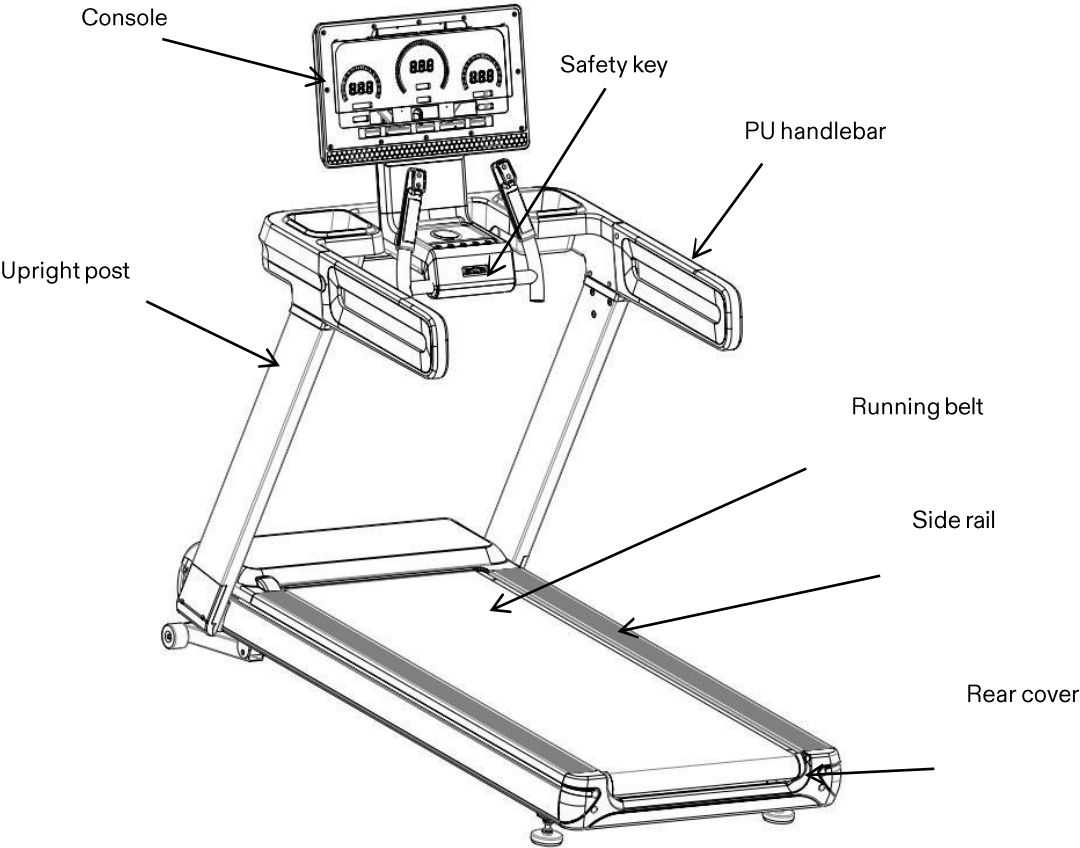
26	Hexagon socket large flat head full thread bolt	M6×25(6.8 grade)	4
27	Hex socket cylindrical head full thread bolt	M8×10(8.8 grade)	6
28	Lower cover of console frame	271×225×81	1
29	Upper shell of console frame		1
30	Lower shell of console frame		1
31	Handrail outer cover L		1
32	Handrail outer cover R		1
33	Upper decorative shell		1
34	Hex socket cylindrical head full thread bolt Screw kit )	M8×45(8.8 grade)	2
35	Hex socket countersunk full thread bolt Screw kit )	M8×25(6.8 grade)	6

### Screw kit:

Name	Size	QTY
Cross-opening wrench	14×17×75	1
L-shaped wrench	5×35×85S	1
T-shaped wrench	6×80	1
Hex socket cylindrical head full thread bolt (34)	M8×45 (8.8 grade)	2
Hex socket countersunk full thread bolt (35)	M8×25 (6.8 grade)	6
Hexagon socket large flat head full thread bolt (66)	M8×30 (8.8 grade)	8
Phillips large flat head self-tapping screw	ST4X16	4

Note: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

**Product Introduction**

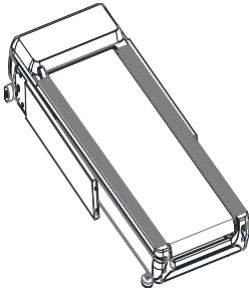


## Technical information

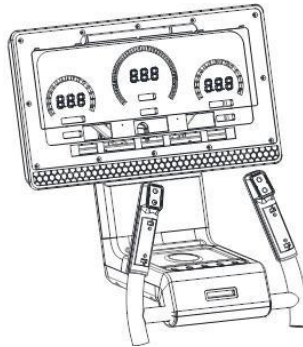
Dimension	Unfold: 1775×865×1581mm
Running board	1450*550mm
Speed	1.0—22.0km/h
Motor Incline	0-15%

REMARK: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

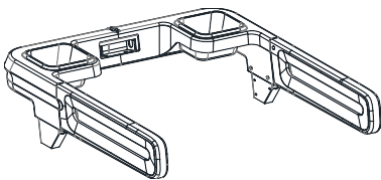
## Packing List



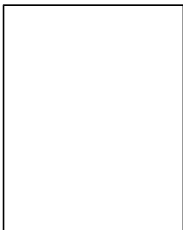
Main body



LED Console



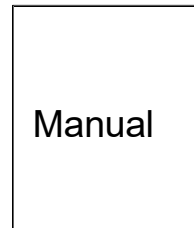
Console tray



Screw Bag

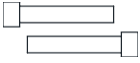


Silicon Bottle



Manual

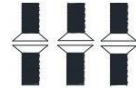
## Hardware list



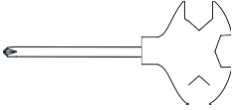
Hexagon cylindrical head full thread bolts M8x45 x2 pcs



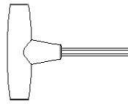
Hexagon cylindrical head full thread bolts M8x30 x8 pcs



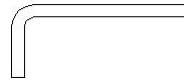
Hexagon countersunk head full tooth bolt M8x25 x6pcs



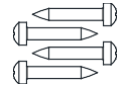
Cross wrench 14\*17\*75\*1pc



T shape wrench 6\*80\*1pc



L shape wrench 5\*35\*80s\*1pc

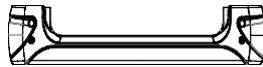


Phillips large flat head self-tapping screw ST4x164PCS

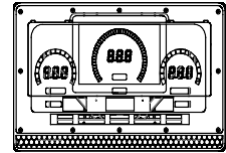
## Main Parts



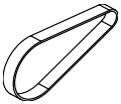
Motor Cover



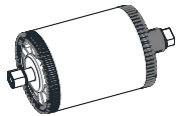
Rear Cover



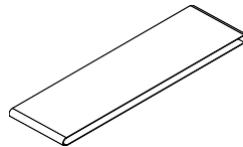
Monitor



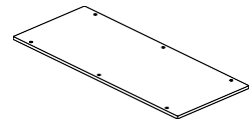
Motor belt



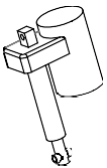
Motor



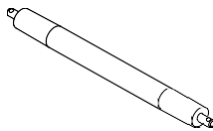
Running Belt



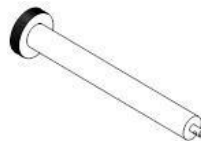
Running Board



Incline Motor



Rear Roller



Front Roller



Side rial

## ASSEMBLY INSTRUCTIONS

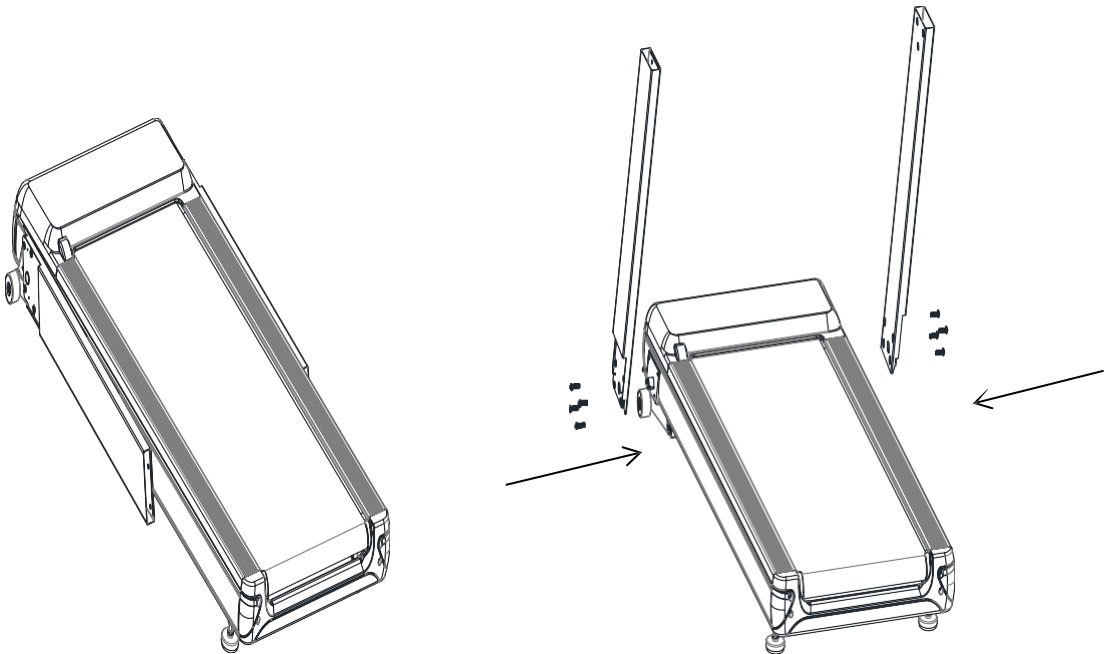
### Warning

- After removing the top carton, cut the four corners of the bottom carton by scissors. Do not take out the bottom carton until the machine is well installed.
- Before installation, please check if the machine is in good appearance without damage.
- Please use moving wheel to move the installed machine from bottom carton.
- If above steps are not followed, it may cause serious injury to people during installation.

#### Step 1

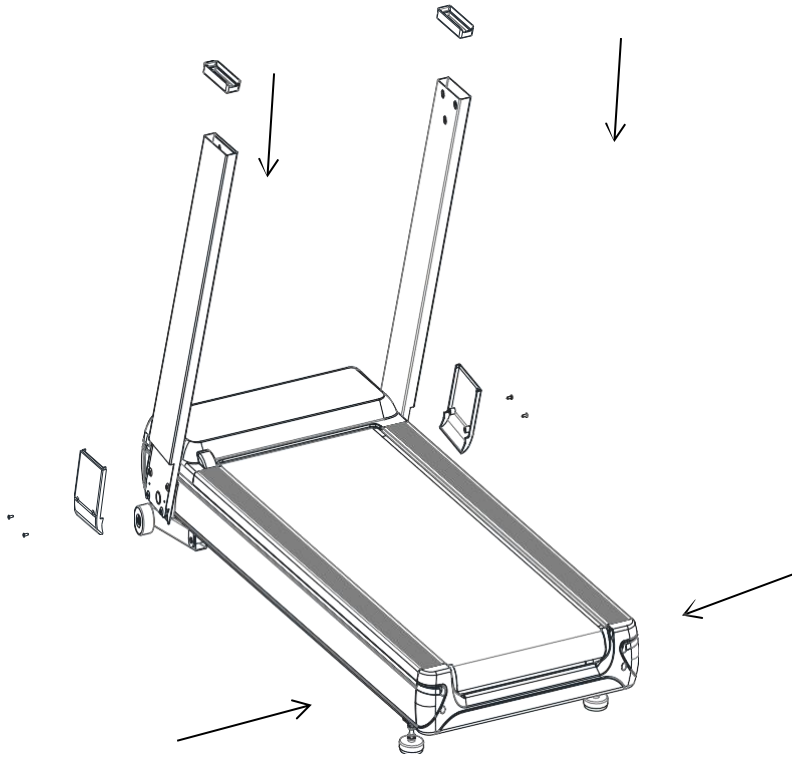
(It is packed upper half assembled. The upright post is moving parts of packed; you can stand up the upright post to lock the bolt)

Lift the upright post and fix them well with 8pcs of M8X30 screws (66#). Do not fasten the screws.



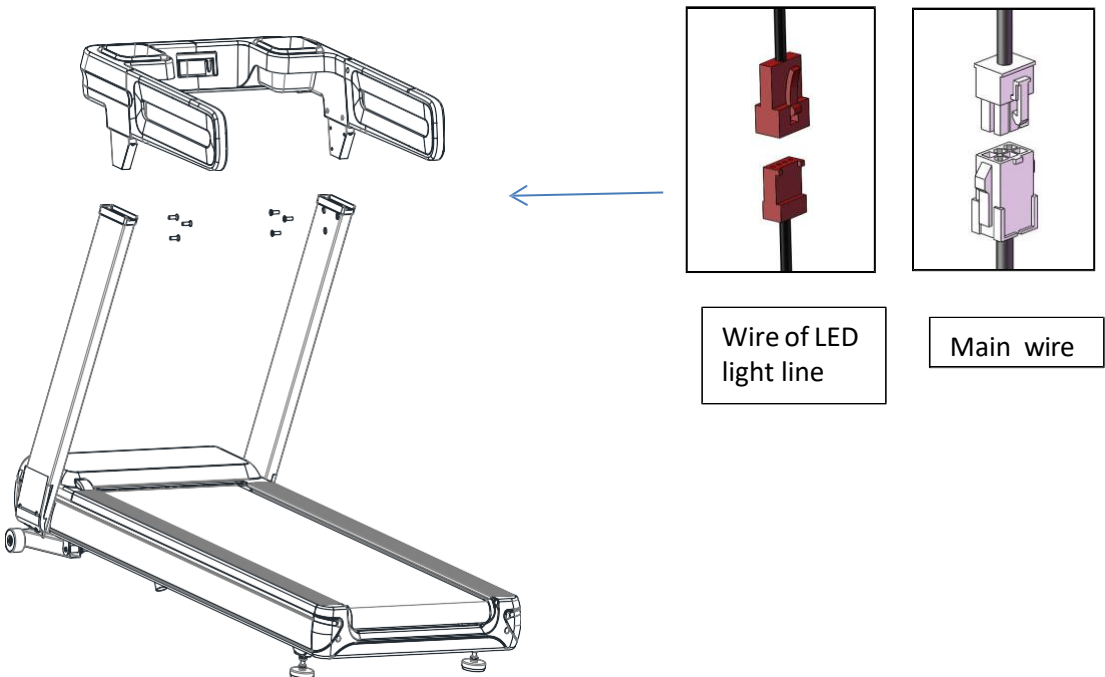
### Step 2

Put the upright post covers L & R to both sides of the upright post with ST4×16 self-tapping screws and then fit the upright post decorative sleeve.



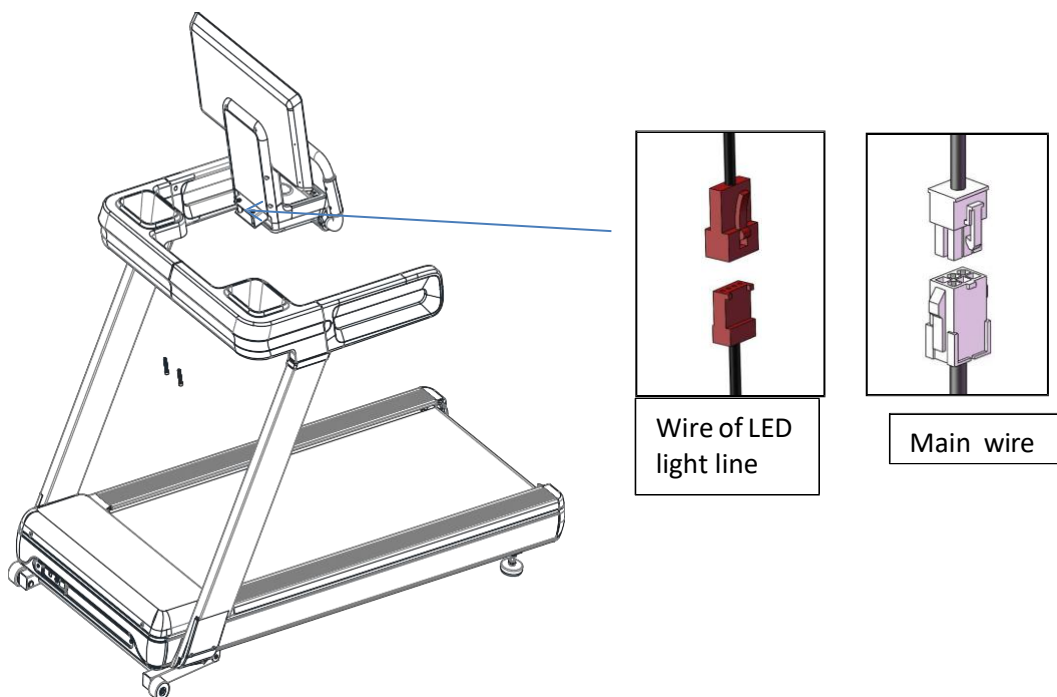
### Step 3

Connect the signal wire in the right upright post and monitor tray as below picture. Assemble the monitor tray onto upright post and fix them with 6pcs of screw M8x25.



#### Step 4

Insert the console onto the console frame and fix them with 2pcs of bolt M8\*45. The assembly is finished.



### General Fitness Tips

#### 1. Warm-up

Do not hold your breath before warming up for 5-10 minutes before each warm-up.

#### 2. Breathe

Usually when you are preparing to restore your breath, inhale through your nose and exhale your breath with your mouth. The breathing and movement should be coordinated. The movement should be stopped immediately if any pain.

#### 3. Frequency

The same part of the muscle should have a rest of 48 hours, that is, the same part can only be trained every other day.

#### 4. Load

According to the individual physical condition determines the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

#### 5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a healthy diet

#### 6. Diet

To help protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, monitor fluid intake, so as not to increase the heart and kidney burden.

## Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5–10-minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

### 1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

### 2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

### 3. Calf and heel stretch

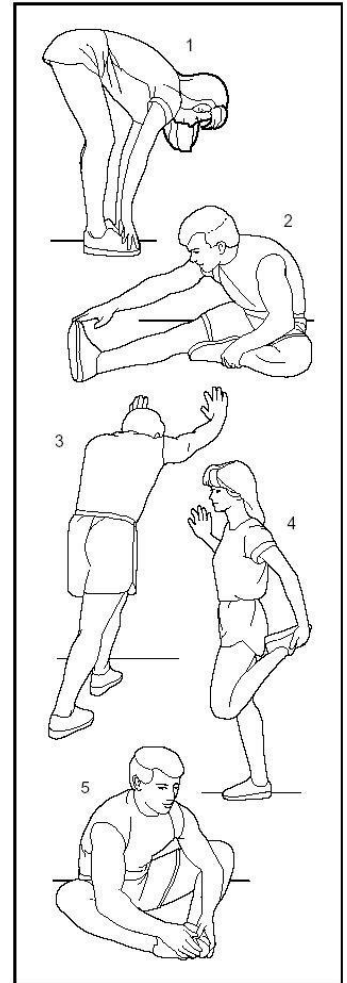
Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

### 4. Quadriceps stretching

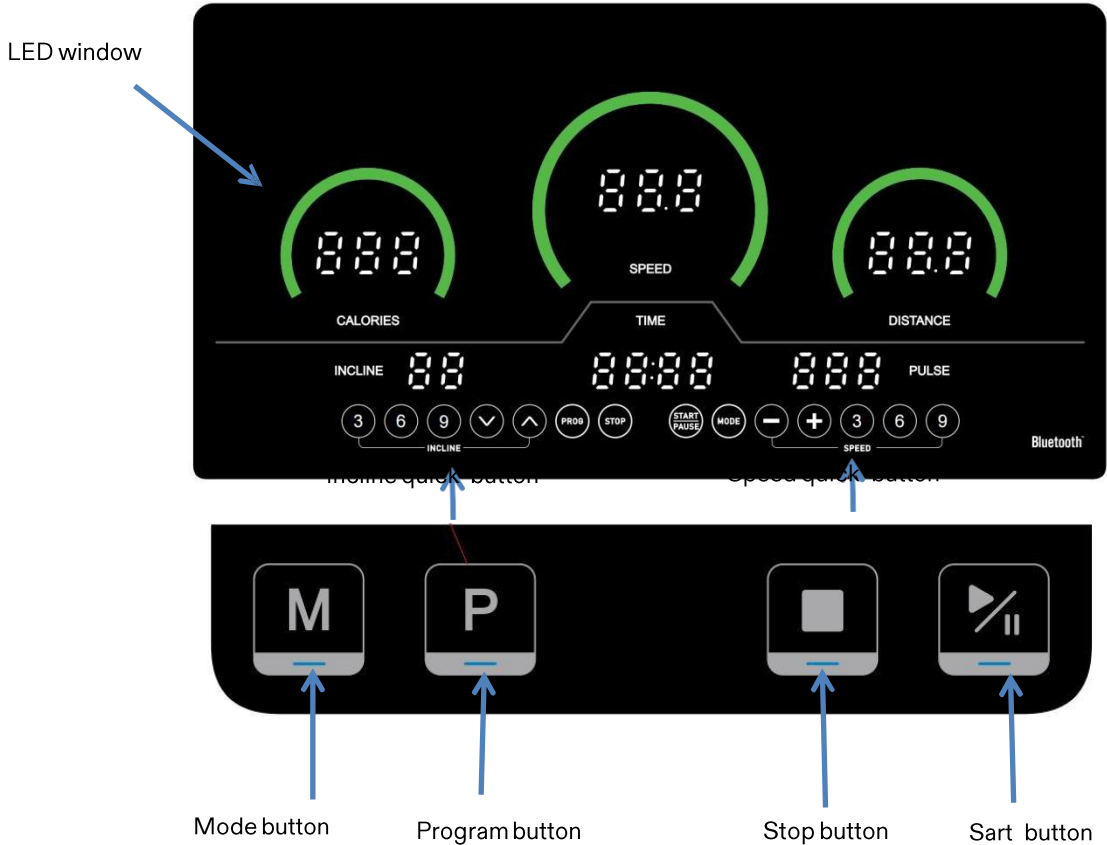
Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

### 5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).



## Console Function Instruction





### Monitor main functions:

1. P0 is manual program; P01-P36 are preset auto programs; three User programs, and BMI program.
2. LED display, incline and speed shortcut keyboard, 4 operation keys;
3. English and metric system conversion function of speed/distance.
4. Speed range: 1.0~22.0KM/H, Incline range: 0-15 levels
5. Overload, overcurrent protection, explosion-proof impact, anti-speed, anti-electromagnetic interference and other safety protection functions.
6. System self-check, abnormal information prompt function.
7. 3 custom functions.
8. ERP function.
9. Bluetooth App function (Optional)

## LED window display instruction

1. CALORIES window: Display the value of heart rate.
2. SPEED window: Display speed value.
3. DISTANCE window: Display distance value.
4. INCLINE window: Display the value of the incline
5. TIME window: Display time value.
6. PULSE window: Display the heart rate.

## Keyboard operation instruction

1. **PROG:** Program key. Under STOP state, press PROG button to select program from P0~P36/ U01~U03/ HRC1~HRC3, BMI test.
2. **MODE:** Mode selection key. When the manual mode is selected, the initial state is normal. Press the MODE key to select three countdown operation modes: *Time countdown mode -> Distance countdown mode -> Calorie countdown mode -> Normal*. Any program of P1~P36 is reset key of the countdown default value 30minutes.
3. **START:** START/PAUSE key. When the treadmill is under stop state, press the key to start. On the contrary, when the treadmill is under running state, press the key to pause.
4. **STOP:** STOP key. When the treadmill is under running state, press the key to stop slowly. When the monitor displays ERR message, press it to clean error message.
5. **Speed +/-:** Increase/decrease key. When it's under stop or under body fat testing state, it's used to increase/decrease the parameter setting. When it's under running state, it's used to increase/decrease the speed.
- 6.
7.  /  : Increase/decrease key for incline.

## Conversion between kilometers and miles

- ◆ Take off safety key and press PROGRAM and MODE key simultaneous for few seconds. Console displays 0.6, it means conversion from km to e miles.
- ◆ Take off safety key, and press PROGRAM and MODE key simultaneous for few

seconds, console displays 1.0, it means converting from miles to km.

### **Safety key function**

The safety key consists of a tact switch, clothes peg and a nylon cord and has a safety feature for emergency stop.

1. In any state, the safety key is pulled off and the time window displays "E-07" with a buzzer sound. If the motor is running, the motor is stopped urgently, and the console keypad ban to operate.

2. Each time the safety key is placed, the screen will be fully displayed for 2 seconds. Then enter the system default working state.

### **USER program:**

The USER mode has three USER1~USER3. In the USER mode, users can set their own sports program. Press the "P" button to adjust to "USER1~USER3", then press the "M" button to set or press the START key to start the exercise. Press the "M" button to set the 10 speeds and elevation of your own program. After setting it, the user presses "START" to start the exercise. The user's exclusive program will be saved and can be directly used for the next time.

### **Safety Usage Guide**

1. Insert the power cord, plug into the power socket with safety ground and turn on the power switch. The console screen is fully displayed with a buzzer sound and identify the safety key.

2. Put the safety key in its position of the console and connect it with your cloth in front of your chest. It'll enter the default working state of the system after the screen fully displays for 2 seconds. The treadmill is under the positive timing mode of manual program P0. All counters are cleared and the set value is reset.

3. Press **PROG** button to select program P0~P36/ U01~U03/ HRC01~HRC03 and BMI circularly.

3.1 **P0** is custom program for users. Press **MODE** button to select four training modes circularly. Training speed and incline will be set by user. Default value of speed is 1.0KM/H and default value of incline is 0%.

◆ **Training Mode 1 - Normal:** Time, distance and calories are all counted positively, disable setting function.

◆ **Training Mode 2 - Time countdown:** Time window flashes under setting state. Press handlebar button +/- to modify the setting value. Time setting range is 5~99mins and default value is 30mins.

◆ **Training Mode 3 - Distance countdown:** Distance window flashes under setting state. Press button +/- to modify the setting value. Distance setting range is 1.0~99.0km and default value is 1.0km.

◆ **Training Mode 4 - Calorie countdown:** Calorie window flashes under setting state. Press button +/- to modify the setting value. Calorie setting range is 20~9990cal and default value is 50cal.

3.2 P1~P36 is system setting program and only available for the training under time countdown mode. Time window flashes under setting state. Press button +/- to modify setting value. Time setting range is 5-99mins and default value is 30mins.



4. After setting the training mode, press **START** button, the screen will display time countdown with 5s and accompanying 5 buzzer sounds. When it counts down to 1, the treadmill will start gently and slowly accelerate to the displayed speed, then will run with constant speed smoothly.

4.1 Under running state, press button **SPEED +/-** key to adjust the running speed.

4.2 In P1~P36, the speed and incline of each program will be divided into 10 segments. Time of each segment is divided equally in the setting time. Adjusted speed or incline is only effective within the current segment. There's 3 buzzer sounds 3s ahead of the conversion between the segments. The motor will stop automatically accompanying with a long alert tone after the program runs the whole 10 segments.

4.3 When the motor is under running state, press **START** button again, the motor will be switched between pause and running states. Restart it from pause state, recorded running data and progress remain unchanged.

5. When the motor is under running state, press **STOP** button, the motor will slowly decelerate till it stops smoothly, and all settings will return to the default state.

6. Under running state, press button **INCLINE**   key to adjust the incline level.
7. In any state, the motor will stop urgently when the safety key is pulled off and the time window displays “E-07” with a buzzer sound.
8. The electric control system is in safety monitoring at any time. The running treadmill will stop in an emergency when the abnormality is found. The screen will display abnormal information and accompany with the alert tone.
9. Press “STOP” key can clear the error message when display window show any error code.
10. Body fat test method: Press the **P** key to select program BMI, and press the **MODE** key to select project number and press button **+/-** to set parameters.
  - 10.1 **F1** (sex): gender; Parameter range: 1~2. 1 indicates male and 2 indicates female. Default value: 1.
  - 10.2 **F2** (Age): age; Value range: 1 to 99 years old. Default value: 25 years old.
  - 10.3 **F3** (Height): indicates the height. Parameter range: 100 to 220cm. Default: 170cm.
  - 10.4 **F4** (Weight): indicates body weight; value ranger: 20 to 150kg. Default value 70kg.
  - 10.5 **F5** (BMI): indicates the completion of parameter setting and entering body fat testing state. Please hold both hands on the heart rate sensor on the left and right handles and wait for 4 seconds, the display window will display the body fate percentage (BMI) of the tested person. By UK standards, body fat less than 18.5 is considered underweight, between 18.5 and 24.9 is healthy weight, between 25 and 29 is overweight, and over 29 is obese. Default: 24 (this data is for exercise purposes only).

## ERP function

1. The system starts in ERP mode by default (without ERP board), when the monitor is under standby mode without any operation for over 4minutes and 30seconds, the monitor will go to sleep mode to save power consumption. Press any key to wake up the system. Sleep mode: Press and hold the "M" key to switch to sleep mode. The display of 1111 indicates sleep mode. Press and hold the "M" key again. The display 2222 indicates the cancellation of the sleep mode.

2. The system starts in ERP mode by default (with ERP board), enters sleep mode after about 20 minutes in standby mode (only identifying whether the motor has started and is running), which saves power consumption. The system can be awakened by plugging or unplugging the safety lock. (No ERP switching mode)

### **HRC Program (Optional)**

The default HRC is three groups. Limited speed of HRC1 is 9 km/h. Limited speed of HRC2 is 11 km/h. Limited speed of HRC3 is 13 km/h

1. Setting method/ sequence/ parameter range of HRC. Press the program key to display HRC. Enter the next setting by pressing the mode key to confirm. Press the speed key to adjust and complete the setting of the last parameters then can start.

A) Age setting range: 15~80 years old, default 25 years old.

B) Default THR (target heart rate) :  $(220 - \text{age}) * 0.6$

C) THR can be modified. Modify range: 80~180

D) Time setting. Default 30 minutes. Modify range: 5~99 minutes

2. Relation of speed change.

A) Change frequency. HRC detects heart rate every 30 seconds (Heart rate displays in the screen all the time)

B) Speed increases by 2km/h when user's heart rate is 30 beats/min below the target heart rate.

C) Speed increases by 1km/h when user's heart rate is 6~29 beats/min below the target heart rate.

D) Speed decreases by 2km/h when user's heart rate is 30 beats/min above the target heart rate.

E) Speed decreases by 1km/h when user's heart rate is 6~29 beats/min above the target heart rate.

G) Speed remains the same When the user's heart rate is 0~5 beats/min below or above the target heart rate.

3. In the following situations, the speed of treadmill will slow down to the lowest within 20 seconds and stop after running at the lowest speed for 15 seconds with alarm sound every second.

- A) Every 30 seconds to detect a heart rate, when the two consecutive heart rates cannot be detected.
- B) 1 km / h (0.6 mph), heart rate leads to deceleration.
- C) When the heart rate exceeds 220 - the setting age.

4. Deceleration should not be lower than 1 km/h (0.6 mph) when its speed is above 1km/h (0.6 mph). Such as: Treadmill with minimum speed of 1 km/h (0.6 mph), when it runs at 1.6 km/h (1.0 mph) and it'll slow down to 1 km/h (0.6 mph) when the heart rate causes a 1.0 (2.0) km/h deceleration.

5. Incline isn't controlled by the heart rate, it is controlled by the user. The treadmill is not controlled by heartbeat for 1 minute before it starts running and only starts running according to the built-in formula after 1 minute of running.

6. Heart rate detection via a chest belt or hand grip may not be 100% accurate; the data is for reference only.

7. Remote heart rate/pulse signal transmission shall be via a 2.4G Bluetooth chest belt/band, rather than the traditional 5.3K Polar T31/T34 chest belts (or other conventional chest belt models).

### **Bluetooth function (Optional) Kinomap**

Register and log in to the Kinomap APP, click on the fitness equipment management pages, click "+" in the upper right corner to add new fitness equipment. Select My Treadmill and then choose brand "FTMS". Click it on My Treadmill page, then select Bluetooth number XXXX from the fitness equipment and click.



After the Settings are completed, it will automatically redirect to the original interface. In the existing fitness equipment, click on the Bluetooth device you just set up, and the redirected interface will show that it is connecting to Bluetooth.

Wait for 2 to 5 seconds. The APP will show that it is connected, and the electronic watch device will show that the BLU connection to Bluetooth is successful.

When connecting to Kinomap or Zwift, the treadmill must be in standby mode. Once the app is connected, press the "Start" button. Failure to do so may result in the app failing to receive the RPM signal correctly.

## Zwift

Download, register and log in the Zwift APP, enter the setting page:

Under WHO ARE YOU page, click CREATE YOUR ACCOUNT for treadmill;

After registration, go to this page and click on any one of them, select the Bluetooth code, which is same as the code tagged on the equipment console,

If there is a green

arrow indicating that it is connected, it means that Bluetooth is connected.



Connect to Bluetooth music

Turn on the Bluetooth of your phone. If it is the first time to connect to music Bluetooth, search for the Bluetooth device with the name Run Music in other devices and connect.

**Automatic program P1-P36 metric speed/incline table:**

Prog.	Class	Seg									
		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
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0

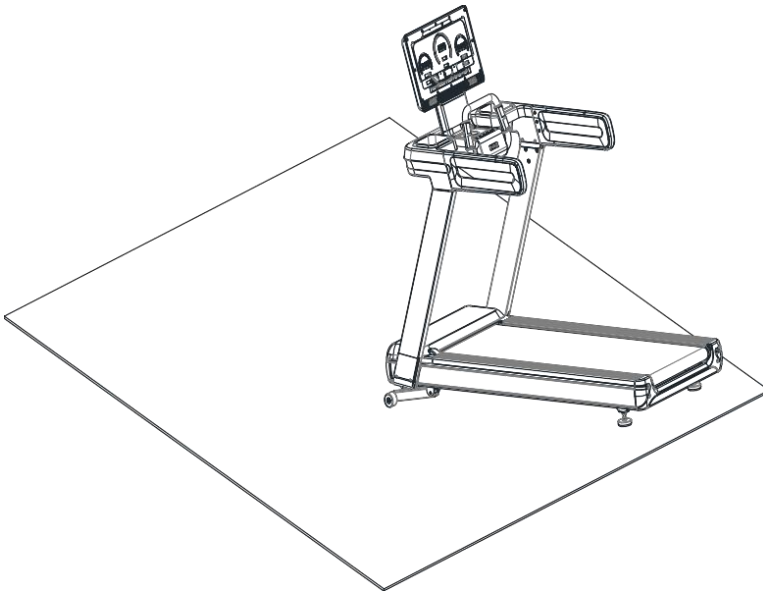
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4

P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	10	10	10	10	10	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	10	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	10	7	7	10	10	6	6	6

### Common faults of electronic system and troubleshooting methods:

Item	Reason	Maintenance
System not working	A、 Not plugged in or not turned on	Connect the power, or turn the power switch to the "ON" position
	B、 Security key not in place	Put the safety key in the correct position
	C、 No power to the controller or monitor	Replace the controller or monitor
	D、 Poor cable connection	Check system input and output cable terminals and communication cables inside stand post
Sudden stop in normal state	A、 Safety key off	Replace the safety key
	B、 System abnormal	Please call after-sales service
Button failure	Button invalid	1. Replace the keyboard and the keyboard cable. 2. Replace the PCB board 3. Replace the console.
E-01	A、 defective communication line	Reconnect the communication cable and check if the terminal is connected well or replace the communication cable
	B、 defective console	Replace the console
	C、 defective controller	Replace the controller
E-02	A、 Motor phase loss protection	Check the motor wiring or replace the motor for handling
	B、 defective between motor cable and controller or defective controller	replace the controller

	C、 The busbar undervoltage protection reports an error after the relay starts	Check the motor wiring or replace the motor for handling
	D、 Busbar overvoltage protection	Replace the controller
	E、 Hardware overcurrent protection, electrical control anomaly	Replace the controller
	F、 Hardware overcurrent protection, motor abnormality	Replace the motor
E-05	A、 Motor Shaft Lock Protection	Replace the controller
	B、 Hall lack protection	Replace the motor
	C、 Mechanical failure or poor contact of the circuit	Check whether the lubricating oil of the running belt or the rollers are blocked
E-08	Stator phase failure	Replace the motor or controller
No heart rate display	A、 The handle pulse cables are not inserted properly or defective	Check and connect or replace the handle pulse cables
	B、 Console cables are defective	Replace the console
The console shows incomplete or missing strokes	A、 LED digital tube is defective	Replace the PCB board or monitor
	B、 system error	Replace the monitor



## MOVING THE TREADMILL

Follow these points when moving the treadmill:

1. The power switch of this machine has been turned off.
2. Remove the power cord from the power plug

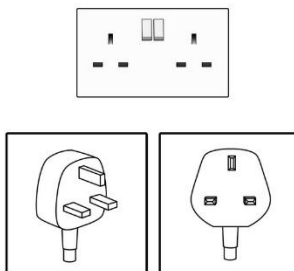
After clarifying the above points, lift the treadmill 30 to 45 degrees upwards from the rear seat position, and you can move the machine slowly.

### Grounding Guide

This product must be grounded. If the treadmill fails or is damaged, the grounding wire forms a circuit with the lowest resistance, and current is led underground, reducing the risk of electrocution. This product comes with a cable, which has a conductor and a ground plug to ground the device. This plug must be plugged into a socket that meets the installation and grounding requirements of local standards and regulations.

Danger! It may cause a risk of electrocution if there's improper connection of the ground conductor of the equipment. Please consult with the qualified electrician or repairman if you do not know whether the equipment is properly grounded. Please do not change the plug that comes with this product. Please let a qualified electrician install a suitable socket if the plug does not fit the socket.

This product operates on 220-240 volt lines and is equipped with a ground socket as shown in the following illustration.



## How to use treadmill

1. Expanding the treadmill to the lowest position after power on and checking whether it's normal.
2. Clip the safety key to the front of the user's shirt.
3. Please check the stability and function of the treadmill before exercising. It's strictly prohibited to start treadmill when standing on the running belt. Please stand on the side rails and hold the handlebar before running the treadmill. Till the treadmill runs normally after its start, user can start running.

Hold the handrail with one hand and press the START button with the other hand to start the treadmill. The treadmill starts after 5 seconds and runs at a speed of 1.0km/h. Press the "+" key of speed, the motor speeds up to 2.5 ~ 3.5km / h which's the most suitable running speed. Running speed of user will soon be the same as the running belt after stepping on it by grabbing the handlebars with both hands.

4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed " - " key to run slowly.
5. Press speed shortcut keys during the running time can enter the needed running speed.
6. Press STOP key to stop the motor at any time during running.
7. Default mode using

Turn on the treadmill, according to the "program" button to choose one of a kind of automatic operation mode for the current to run mode, press the "start/pause" key start treadmill, running machine to start according to the selection mode automatically. During operation, you can press the "Speed +" key or the "Speed -" key to change the running speed of the current program. Press the "Stop" key to stop the movement.

Note: During the exercise, if the safety lock is pulled off, the treadmill will automatically stop running. The console refuses any operation and the speed window will display "E07".

## Treadmill Maintenance

### 1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with the configured methyl silicone oil. Suggestion :

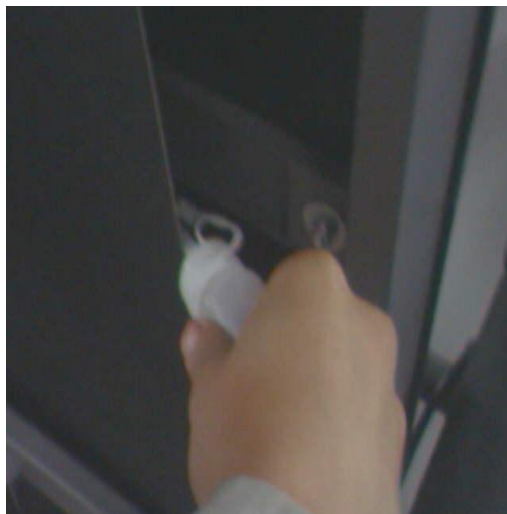
Using time less than 3 hours every week	lubrication once every 5 months
Using time equal to 4-7 hours every week	lubrication once every 2 months
Using time more than 7 hours every week	lubrication once every month

No excessive lubrication. Note: the important factor in increasing the lifetime for treadmill is proper lubrication.

2. The way of checking whether the running belt needs 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.
- Spray 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



### 3. Belt Adjustment

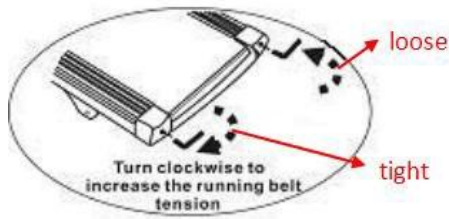
All running belts are properly set at the factory and after assembly. However, slack may occur after a period of use, pause and slip may occur when running. When this phenomenon occurs, adjust the running belt and screw in half a turn left and right. If the running belt is loose, the running belt and 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.

### 4. Adjustment of belt deviation:

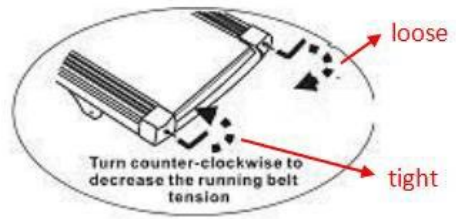
All running belts are properly set at the factory and after assembly. But after a period, the belt has the possibility for deviation. The reasons can be listed as follows.

- ①The treadmill is unstable.
- ②Feet didn't aren't in the centre of the running belt when running.
- ③Feet exert uneven force.

If deviation is caused by user, stopping load rotation for a few minutes can help return to normal. Adjusting step by step in half a turn with a 6mm Allen wrench that is equipped if unable to restore automatically.



Such as left deviation of running belt. Adjust the left screw clockwise or the right screw anticlockwise.



Such as right deviation of running belt. Adjust the right screw clockwise or the left screw anticlockwise.

**KEY POINT:**

- Clockwise means tighten.
- Anti-clockwise means loosen.
- Running belt will shift to the loose side.

⊙If the running belt shifts to the left, that means the left side is too loose. Adjust the left bolt clockwise to make the left tighter.

Or adjust the right screw anticlockwise to make the right looser.

⊙If the running belt shifts to the right, that means the right side is too loose. Adjust the right bolt clockwise to make the right tighter

Or adjust the left screw anticlockwise to make the left looser.

**Attention:**

- You need to start the treadmill (let the belt run) at a low speed before you adjust the running belt.
- When you adjust the bolt, don't rotate it too much.
- After each adjustment you need to look for the changes in the running belt.

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.

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## Cleaning

Regular cleaning of the striding belt ensures a long product life.

Warning: The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.

- After training: Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away.

Do not expose the computer to direct sunlight.

- Weekly: To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

**Storage:** Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is unplugged from the electrical wall outlet.

## Common faults and solution

Item	Reason	Maintenance
Doesn't work	A No plugged in	Insert the plug into the socket.
	b The safety key is not put	Put the safety key
	C The circuit signal system is open-circuited	Check the input terminals of the controller and the signal lines
	d The power is not turned on.	Turn on the treadmill
Running belt can't move smoothly	A. Insufficient lubrication effect	Use methyl silicone oil as a lubricant
	B. The running belt is too tight	Adjust the tightness of the running belt
The running belt is slippery	A. Running is too loose	Adjust the tightness of the running belt
	B. The motor belt is too loose	Adjust the tightness of the motor belt