



ACTIVE INTENT  
**FITNESS**  
**MOTOR TREADMILL**

**OWNER'S MANUAL**  
**Model:GB-K6480**



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specification of this product may vary from this photo, subject to change without notice.

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When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

**Customer service number:** 0800 422 274

MON – FRI: 8AM – 5PM

SAT – SUN: 9AM – 4PM

Marketed By: The Warehouse LTD  
26 The Warehouse Way, Northcote, Auckland

# Safety Instructions

**Read all instructions carefully before operating this product.**

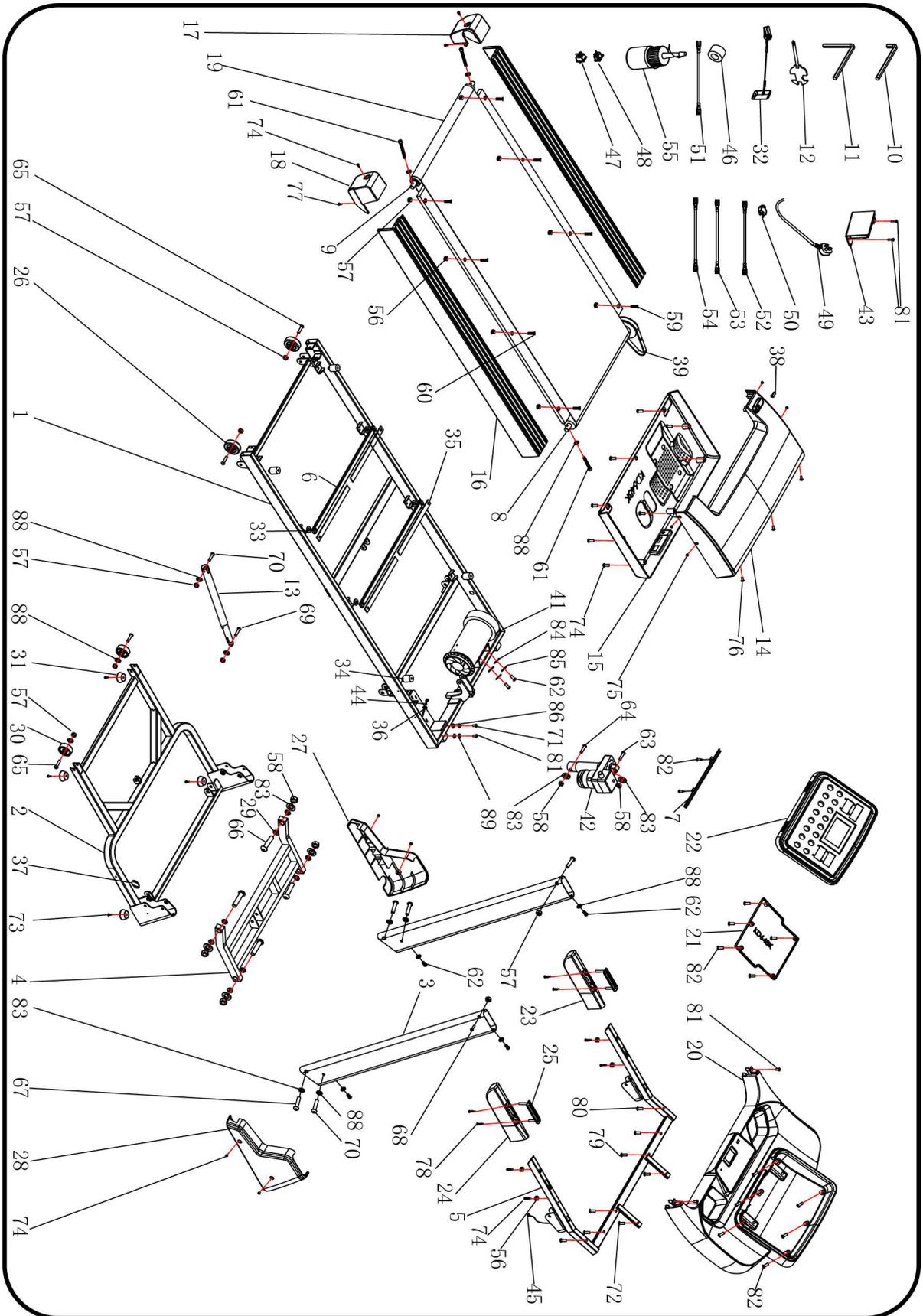
**Basic precautions should always be followed, including the following safety instructions when using this equipment:**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedalling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. Max user's weight limit:120kg(person).

**WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems.**

**CAUTION:**  
**Retain this Owner's Manual for future reference.**

# Exploded Parts Diagram

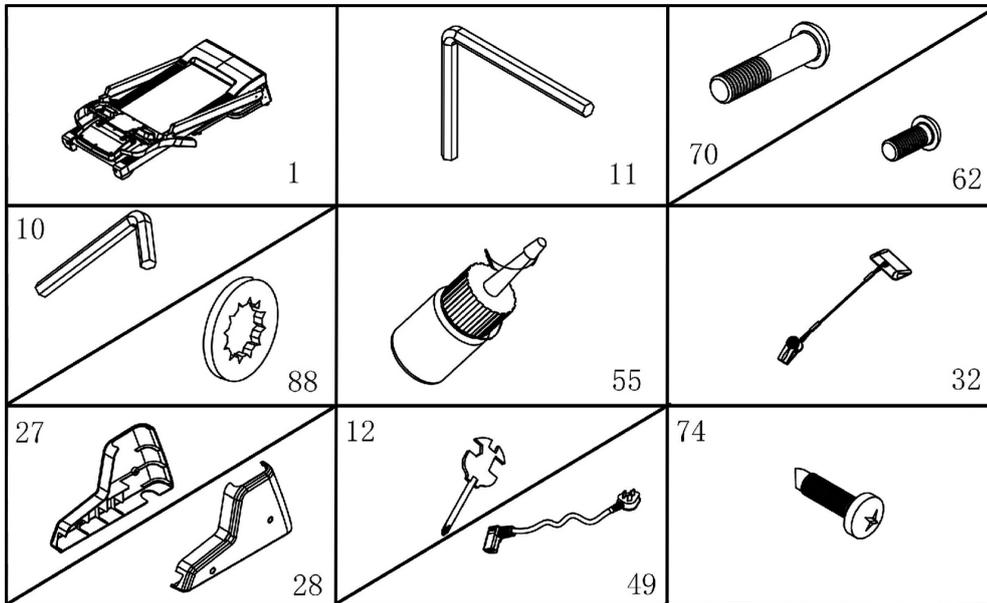


# Part list

NO.	DESCRIPTION	SPECS.	QTY	NO	DESCRIPTION	SPECS.	QTY
1	Main frame		1	48	Power wire socket		1
2	Base frame		1	49	Power wire		1
3	Upright bracket		2	50	Overload protector		1
4	Incline bracket		1	51	Single wire 1		1
5	Computer bracket		1	52	AC single wire		1
6	Running board strengthen tube		2	53	Single wire		1
7	Tubing assembly		1	54	Grounding wire		1
8	Front roller		1	55	Silicone oil		1
9	Rear roller		1	56	Lock nut	M6	6
10	5# Allen wrench		1	57	Lock nut	M8	8
11	6# Allen wrench		1	58	Lock nut	M10	12
12	Wrench with screw driver		1	59	Bolt	M8*25	4
13	cylinder		1	60	Bolt	M6*40	4
14	Motor top cover		1	61	Bolt	M8*65	3
15	Motor bottom cover		1	62	Bolt	M8*16	6
16	Side rail		2	63	Bolt	M10*42	1
17	Left back end cap		1	64	Bolt	M10*55	1
18	Right back end cap		1	65	Bolt	M8*40	4
19	Running belt		1	66	Bolt	M10*45	4
20	Computer top cover		1	67	Bolt	M10*45	2
21	Computer bottom cover		1	68	Bolt	M8*45	2
22	Panel		1	69	Bolt	M8*25	1
23	Left hand bar		1	70	Bolt	M8*42	3
24	Right hand bar		1	71	Bolt	M5*8	1
25	Running belt		2	72	Screw	4.2*20	2
26	wheel		2	73	Screw	4.2*25	4
27	Left base cover		1	74	Screw	4.2*19	18
28	Right base cover		1	75	Screw	4.2*25	4
29	Distance sleeve		8	76	Screw	4.2*19	3
30	Moving wheel		2	77	Screw	4.2*9.5	2
31	Foot pad		4	78	Screw	4.2*30	4
32	Safety key		1	79	Screw	4.2*25	4
33	Isolation nylon pad		4	80	Screw	4.2*40	2
34	cushion		4	81	Screw	4.2*12	5
35	Strengthen tube cushion		4	82	Screw	4.2*13	13
36	Ring wire protector A		1	83	Lock washer	10	8
37	Ring wire protector B		1	84	Flat washer	8	2
38	Oil plug		1	85	Spring washer	8	2
39	Motor belt		1	86	Lock washer	5	2
40	Running board		1	87			
41	DC motor		1	88	Lock washer	8	13
42	Incline motor		1	89	Spring washer	5	2
43	Control board		1	90			
44	Computer top wire		1	91			
45	Computer bottom wire		1	92			
46	Magnetic ring		1	93			
47	Switch		1	94			

# Assembly Instructions

When you open the carton, and you will find the below parts in the carton



## PART LIST:

NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
1	Main frame		1	32	Safety key		1
11	6#Allen wrench	6mm	1	27	Left base cover		1
70	Bolt	M8*42	2	28	Right base cover		1
62	Bolt	M8*16	4	12	Wrench with screw driver	S=13、14、15	1
10	5#Allen wrench	5mm	1	49	Power wire		1
88	Lock washer	8	6	74	Screw	ST4.2*19	4
55	Silicone oil		1				

## FIXING TOOLS:

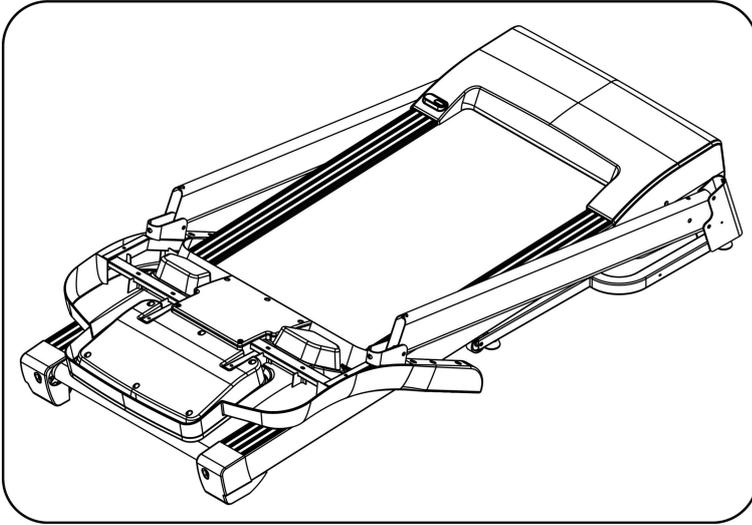
5# Allen Wrench 5mm 1pc

6# Allen Wrench 6mm 1pc

Wrench with screw driver S=13、14、15 1pcs

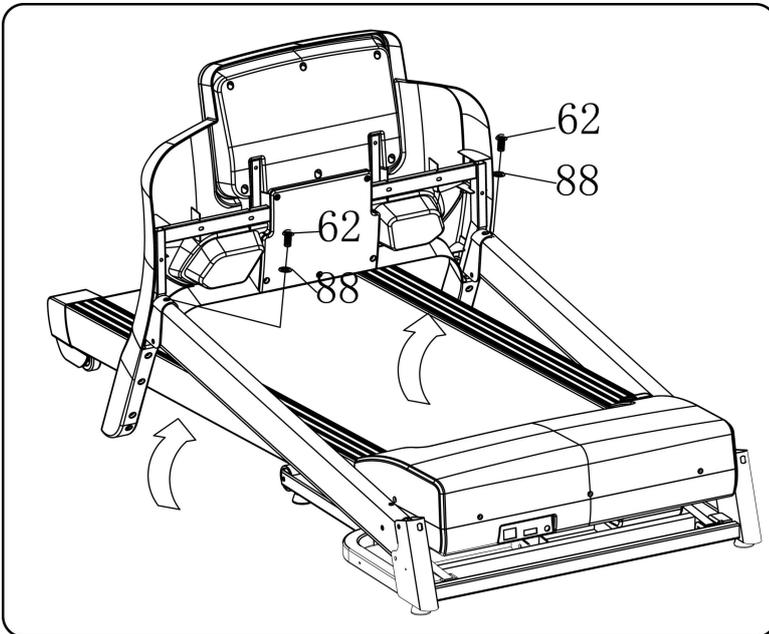
**Notice: Do not get through power before complete assembly**

**STEP 1:**



1. Open the carton, take out the above spare parts, put the Main Frame on the level ground.

**STEP 2:**



1. Support the computer bracket, and lock the computer on the upright tube with 5# Allen wrench(10), Bolt(62) and lock washer(88). refer to the picture left.

Left side the same as the right side.

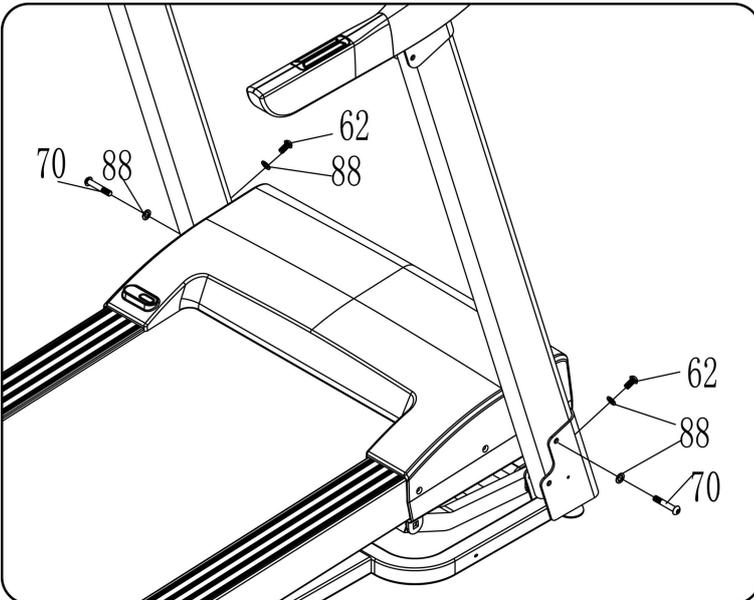
**Notice: Please hold the uprights with one hand, avoid to hurt anyone.**

**STEP 3:**



1. Fold up the computer as the direction of arrow in left picture.

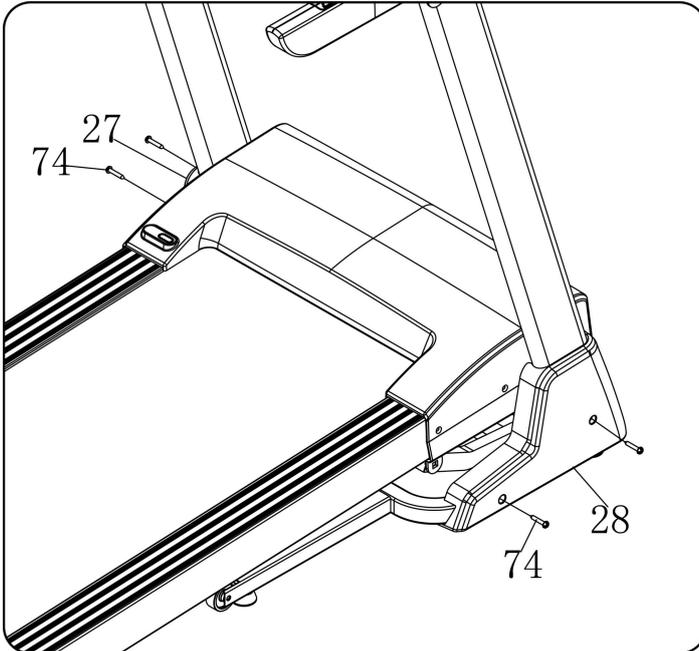
**STEP 4:**



1. Use 5#Allen wrench (10), Bolt(70) and lock washer(88) to lock the right upright tube onto the base frame.
2. Use 5#Allen wrench (10), Bolt(62) and lock washer(88) to lock the right upright tube onto the base frame.
3. Left side is same as the right side.

**Notice: Please hold the uprights with one hand, avoid to hurt anyone.**

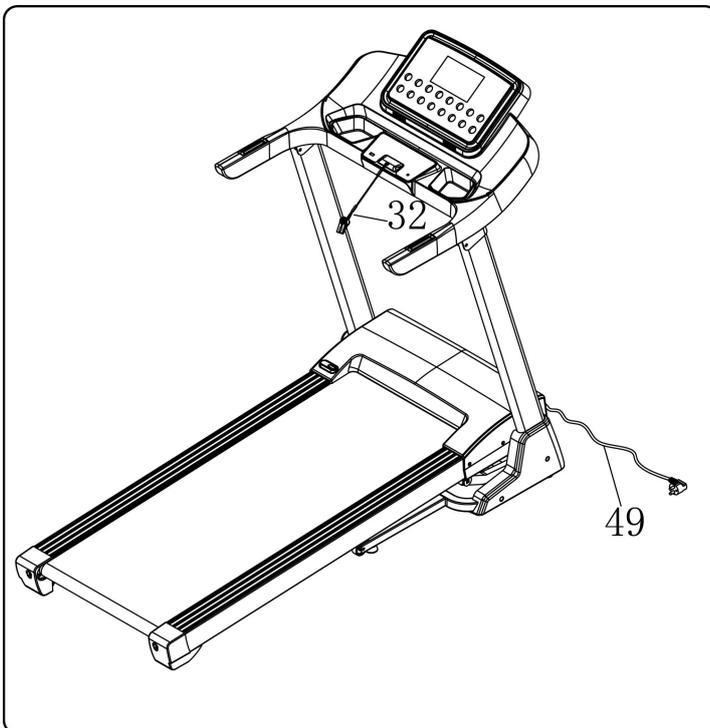
**STEP 5:**



1. Use wrench with screw driver(12), bolt(74) to lock the right base cover (28) into the base frame.
2. Right side is same as the left side.

**Note: The base cover needs to be fastened to the upright.**

**STEP 6:**

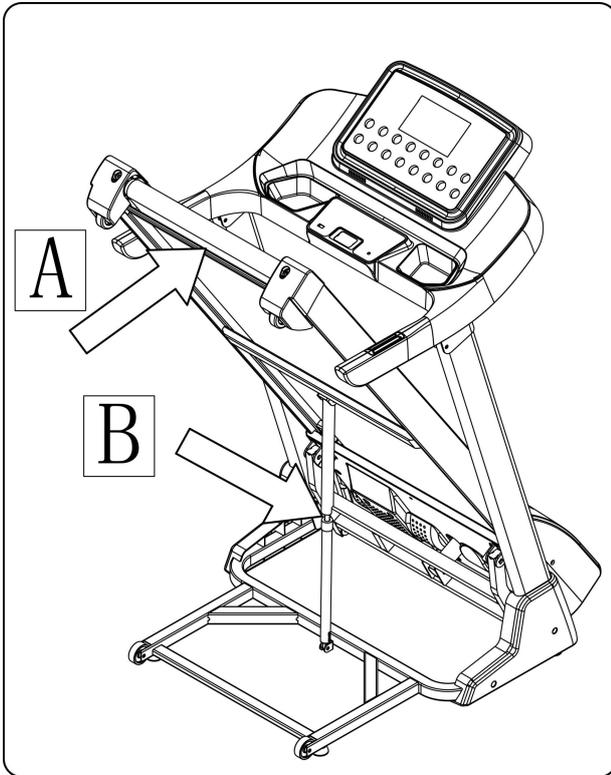


1. Put the safety key (32) on the computer.
2. Plug the power wire(49) on the socket on mainframe(when you don't use treadmill, you can unplug the power wire.)

**ATTENTION:** Please confirm complete assembly as the require above and lock all the bolt. Do the following operation after checking everything is OK. Before you use the treadmill, please read the instruction carefully.

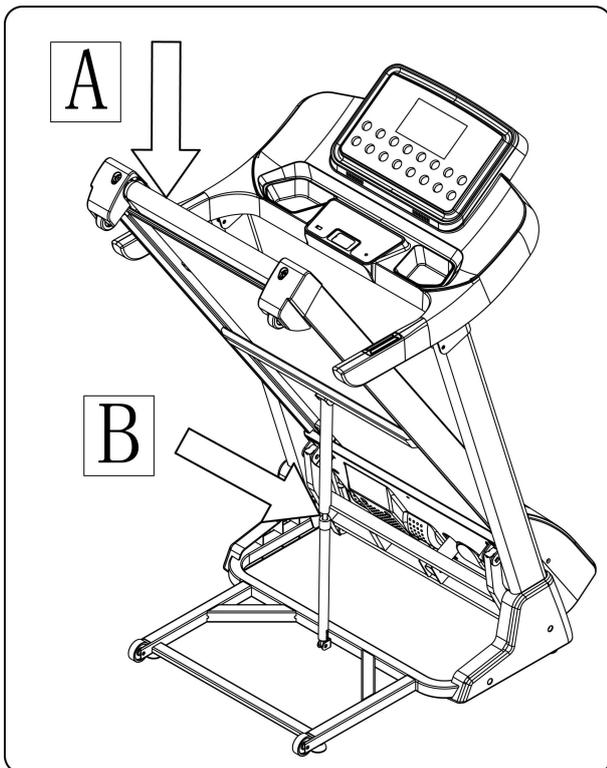
# Folding Instruction

## Pulling up:



Pull up the base frame at position (A) till hearing the sound that the air pressure bar (B) is locked into the round tube.

## Pulling down:



Support place A with hand , kick the place of air pressure bar, then the base frame will fall down automatically ( **Please keep anybody and any pet away the machine when falling down**).

# Technical Parameter

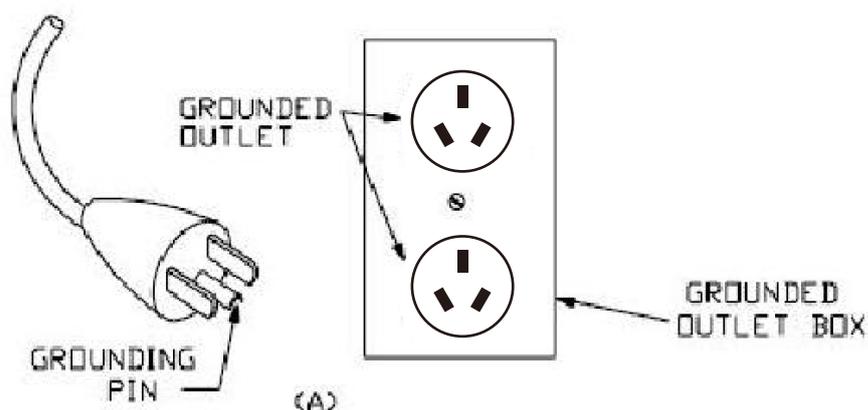
<b>BUILT UP SIZE(mm)</b>	1645*763*1332mm	<b>POWER</b>	As the rating label showing
<b>FOLDABLE SIZE(mm)</b>	1028*763*1317mm	<b>Maximum output power</b>	As the rating label showing
<b>RUNNING SURFACE SIZE(mm)</b>	480*1300mm	<b>SPEED RANGE</b>	1-16KM/H
<b>NET WEIGHT</b>	72.5KG		
<b>1 LCD WINDOW</b>	Speed, Time, Distance, Calories, Pulse		

## Grounding Methods

This product must be grounded. If it malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

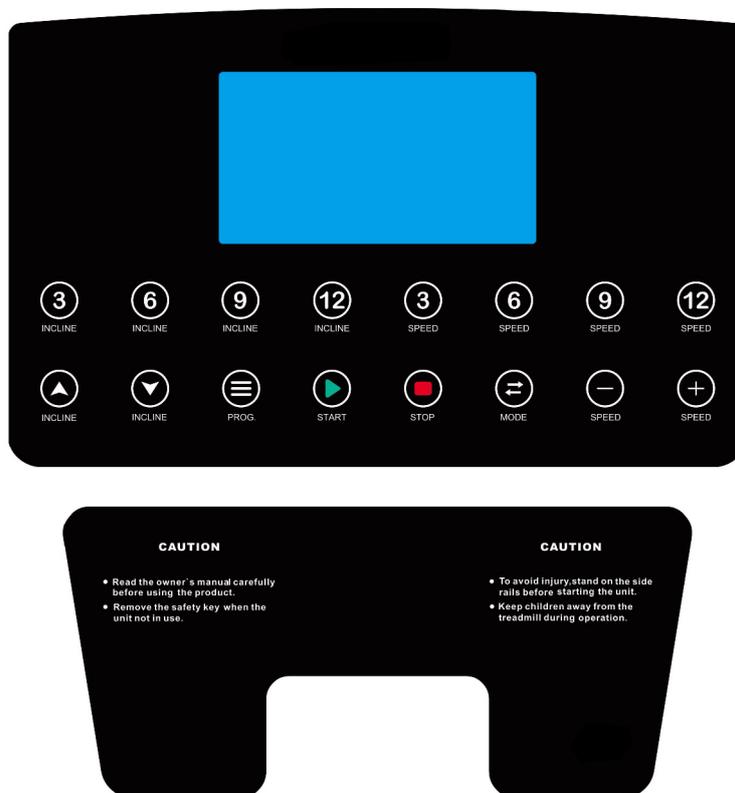
**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240/100-120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. (The below picture is just for reference, the actual plug and jack is depends on import country)

### Grounding methods



# Operation Guide

## 1. DISPLAY WINDOW:



## 2. LCD WINDOW DISPLAY DETAILS:

**PROG:** show program number. In manual mode, it show"--"

**TIME:** Show running time;

**SPEED:** Show speed;

**INCLINE/PULSE:** Show incline level and heart beat data, When the corresponding icon is lit, the corresponding element is displayed;

**CAL/DIST:** show Calories and distance. When the corresponding icon is lit, the corresponding element is displayed; Alternate between heat and mileage every 5 seconds.

## 3. BUTTON FUNCTION

**"PROG" button:** Press this button to choose program from manual mode—P1---P15--U1--U3--FAT.

**"MODE" button:** When machine in standby state, press this button to choose the mode: manual mode, time count down mode, distance count down mode, calories count down mode.

When machine in FAT mode, the choose sequence is "Sex" "Age" "Height" "Weight".

**"START" button:** Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down.

**"STOP" button:** Pause/Stop function. When the treadmill is running, Press this button once to slow down treadmill and stop. All data will remain. In this PAUSE state, If you press the "STOP" button once

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again, the machine will stop completely and all the data will reset. But in this PAUSE state, if you press START button, the treadmill will go on from the data of PAUSE state

“**SPEED+/-**” : Adjust the speed. Press the button to adjust the speed when running, or adjust the data when stop.

“**SPEED (3,6,9,12)** ” : Adjust the speed quickly.

“**INCLINE+/-**” : Adjust the incline. Press the button to adjust the incline when running, or adjust the data when stop.

“**INCLINE (3,6,9,12)** ” : Adjust the incline quickly.

*Notice: When any button is pressed, it will be accompanied by a prompt tone. When the button is adjusted for parameter overrun, it will be accompanied by a long tone prompt. There is no beep when the button is pressed Invalid.*

#### **4. MAIN FUNCTION**

Open the power switch, the screen window will light up, the machine will enter into standby state.

##### **4.1. START-UP QUICKLY (MANUAL):**

Put safety key, press ‘ START’ button, the treadmill will run at the lowest speed in 3 seconds, press **SPEED+/-** to adjust the speed. Press **INCLINE+/-** to adjust the incline. Press the ‘ STOP’ button or take out the safety key directly to stop the treadmill.

##### **4.2. COUNT DOWN MODE:**

Press the ‘ MODE’ button, you can choose time countdown mode, distance count down mode, calories countdown mode, and the screen window will show the default data and glitter. At the same time, press **SPEED+/-** and **INCLINE+/-** to set the data. Press ‘ START ’ button, the machine will run at the lowest speed, you can press **SPEED+/-** to change the speed, press **INCLINE+/-** to change the incline. When it counts down to 0, the machine will stop smoothly. Certainly, you can press ‘ STOP’ button or take out the safety key from the computer to stop the machine.

##### **4.3. INNER INSTALL PROGRAM:**

Press ‘PROG’ button to choose the inner install program from P1----P15. When set the program, the time window will show default data and glitter, press **SPEED+/-** or **INCLINE+/-** button to set the running time. Each program has been divided into 16 section, Each exercise time=the setting time/16. Press ‘START’, the machine will run at the first section speed and incline date. When the section is over, it will enter into next section automatically, the speed and incline will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed and incline by the **SPEED+/-** and **INCLINE+/-** or **Left/right Handrail Button**. When the program enter next section will come back to the default date. And you can press ‘STOP’ or take out the safety key to stop the machine whenever.

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#### 4.4 USER DEFINED PROGRAM

There are three program U1, U2, U3 for user defined.

Press "PROGRAM" continuously under standby mode until window display U1-U3,press "MODE" to start setting first segment, setup speed and incline by pressing 'SPEED + -'、' SPEED ( 3 6 9 12) '、"INCLINE + -"、"NCLINE (3 6 9 12) ", .press "MODE" finish first segment setting and enter second one, until finish all 20 segments. The data will be permanently saved until user reset next time.

The U1 is usually with default speed 1KM/H, incline 0. The U2 is usually with default speed 2KM/H, incline 0. The U3 is usually with default speed 3KM/H, incline 0.

*At the end of the program mode the treadmill will flash with 15 beeps, after which all data will be cleared to 0 and come into standby status.*

#### 5. HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after 5 seconds. In order to get an accurate heartbeat value, please holding the hand pulse more than 30 seconds to test when the machine stop. The heart beat data is just for reference, can not be as the medical data.

#### 6. BODY FAT TEST

When the treadmill standby, press ' PROGRAM' button till ' FAT' show in the window. 'FAT' is body fat test mode. Press ' MODE' to choose parameter ' SEX / AGE / HEIGHT / WEIGHT', Corresponding window will show "-1-", "-2-", "-3-" "-4-". When set each parameter, press SPEED+/--(INCLINE+/-) to adjust the data, and Corresponding window will show the data and press 'MODE' button to finish, the window will show"-5-" and"---" enter into ready to go condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

##### 6.1 Data display and set range

Parameter Type	default	Setting range	mark
SEX ( -1-)	0 (MALE )	0—1	0= MALE 1= FEMALE
AGE ( -2-)	25	10—99	
HEIGHT ( -3-)	170 CM	100—240 CM	
WEIGHT ( -4-)	70KG	20—160KG	

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## 6.2 BMI reference

(BMI)	
<19	Under weight
19--26	Normal weight
26--30	Over weigh
>30	Obesity

## 7. SLEEP FUNCTION

Stopped more than 10 minutes, the system turns off all displays and enters a sleep mode. Press any key to wake up.

## 8. SAFETY KEY FUNCTION

Whenever pull out the safety key, the treadmill will stop quickly, all data turn to zero, All the windows display “**OFF**”. And the incline remains the current position. At this time, the treadmill can not do any operation except for turning off the switch. When you put the safety key back to the right position, it will enter into the standby status waiting for a command input and still remains its incline position. If you choose program mode to start the treadmill now, the incline will adjust according to the program mode, Or the incline won't move.

## 9. Refueling silicone oil reminder function

During the process of running, the cumulative distance exceeds 100KM, time and the reminder character “**OIL**” will alternate display in TIME window, accompanied by a buzzer to prompt refueling silicone oil for maintenance. In this state, pressing the stop button can remove the prompt and clear the accumulated distance. In addition, unplug the safety key and press both program and mode buttons at the same time for more than 3 seconds to show the accumulated distance of running. To clear this data , just press **again** both the program and mode buttons at the same time for more than 3 seconds .

## 10. RUNNING DATA DISPLAY AND SETTING RANGE

	SHOW RANGE	DEFAULT MODE	DEFAULT PROGRAM	SET RANGE
<b>SPEED(KM/H)</b>	1.0-16KM	-----	-----	-----
<b>INCLINE(%)</b>	0---15%			0—15%
<b>TIME</b>	0:00—99:59	30:00	30:00	5:00---99:00
<b>DISTANCE</b>	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.9KM
<b>CALORIES</b>	0Kcl—999Kcl	50Kcl	-----	10Kcl—990Kcl

## 11. DATE TABLE:

PROG	TIME	Setting time/16= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

# Exercise Instructions

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## Warm up stage:

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

## Exercise stage:

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

## Exercise intensity:

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

## Exercise frequency:

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise.

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You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed ,if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity ,you can follow the instruction :

- Speed 1-3.0KM/H not well physical
- Speed 3.0-4.5KM/H less movement and workout
- Speed 4.5-6.0KM/H normal walking
- Speed 6.0-7.5KM/H Fast walking
- Speed 7.5-9.0KM/H Jogging
- Speed 9.0-12.0KM/H intermediate speed walking
- Speed 12.0-14.5M/H well experiences of running
- Speed 14.5-16.0KM/H excellent runner

Attention: The velocity of movement  $\leq 6\text{KM/H}$  , **the normal walking**; The velocity of movement  $\geq 8.0\text{KM/H}$  ,**the good runner**.

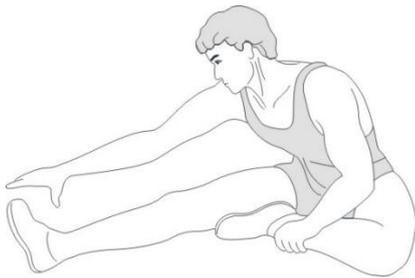
# Warm Up Exercises

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

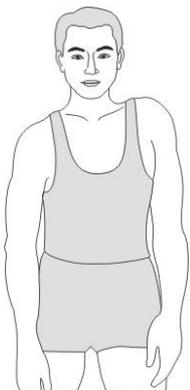
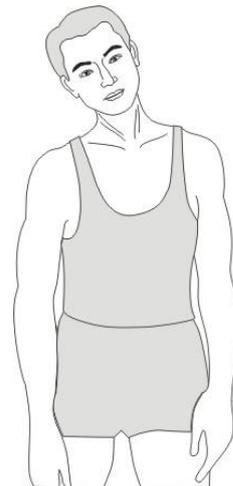


## Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended

## Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

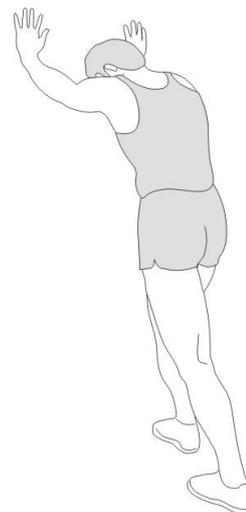


## Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

## Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



## Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

## Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



# RUNNING BELT ADJUSTMENT

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

**Clean:** General cleaning the unit will greatly prolong the treadmill.

Keep treadmill clean regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt by wearing the clean running shoes.

**Warning:** Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

## RUNNING BELT AND DECK LUBRICATION

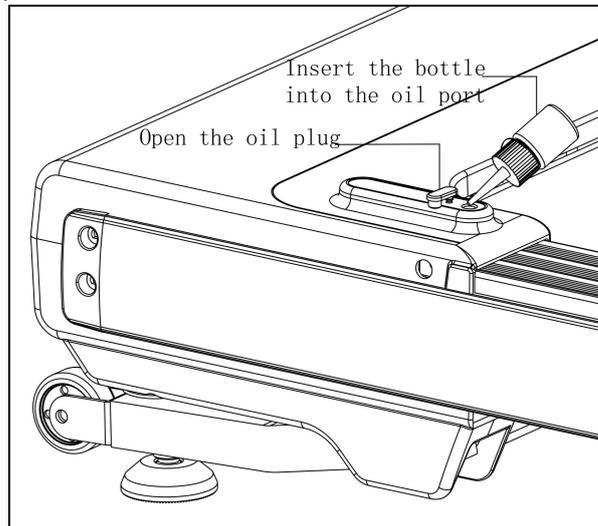
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend that lubricate the deck according to the following timetable:

- Light user (less than 3 hours/ week)                      annually
- Medium user (3-5 hours/ week)                                every six months
- Heavy user (more than 5 hours/ week)                      every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

**Attention:** Any repair need professional technician.



1, We suggest that you should cut off the power for 10Mints after keep running 2HS ,so that it's good for maintain the treadmill.

2,For avoiding the slipping during running , the belt not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running ,the belt not too tight. You can adjust the distance between plates and belt , the belt be away from the plates about 50-75mm on both

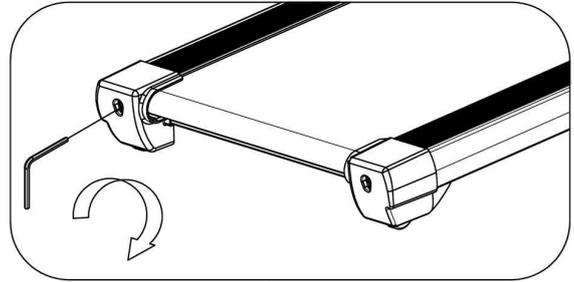
## CENTER THE RUNNING BELT

•Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

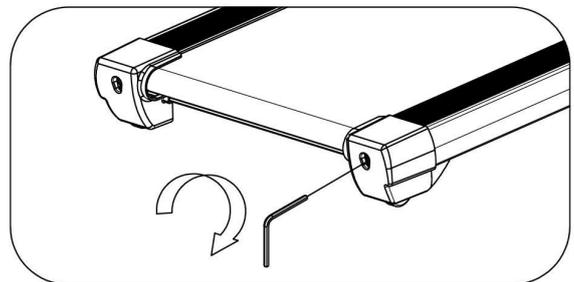
If the belt has drifted to the right, pull out of the safety clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A

If the belt has drifted to the left, pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC B

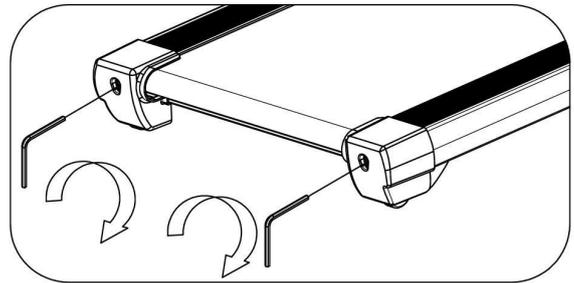
Timely adjust the tightness of the belt, for the looseness after a period of time running. Pull out of the safety clock and switch, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C



A



B



C

# TROUBLE SHOOTING GUIDE

CODE	REASON	SOLUTION
E01	1.message wire is broken or not connected well	<ol style="list-style-type: none"> <li>1. Check if the computer and bottom control board wire connect well;</li> <li>2. Check if IC on bottom control board is loosen, reset the IC</li> </ol>
E02	1. Burst clash	<ol style="list-style-type: none"> <li>1. Check if the power voltage is 50% lower than the normal voltage, please use the normal voltage to test;</li> <li>2. check if the control board is burnt with irregular smell, replace a control board;</li> <li>3. Check if the motor wire is well connected, reconnect it.</li> </ol>
E03	no sensor signal	<ol style="list-style-type: none"> <li>1. Check if the signal light on control board is light on, if the signal light is burnt out, change a signal light.</li> <li>2. Check if the plug of sensor is well connected</li> <li>3. Check if the magnetic sensor is broken or well connected, reconnect it or replace a magnetic sensor.</li> </ol>
E05	Current overload protecting	<ol style="list-style-type: none"> <li>1. Over rated loaded or the motor is stuck, cause excessive current, machine will start self-protecting system. Adjust the machine and restart;</li> <li>2. Check if the motor has noise from motor or if the motor / bottom control board were burnt out, if burnt out, change motor and bottom control;</li> <li>3. Check if the power voltage is wrong, use right voltage to test again.</li> </ol>
Show "----"	<ol style="list-style-type: none"> <li>1. The safety key is not at the appointed site</li> <li>2. The safety key is not connected well or broken</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the safety key is at the appointed site.</li> <li>2. Check if the safety key sensor board is connected well</li> <li>3. Replace the safety key sensor board inside computer</li> </ol>
<p>If the motor doesn't rotate after press "START" button. The wire that control the motor might have something wrong. Such as the protective tube on control board is damaged or fall off,. Or the motor wire isn't connected well.Or the IGBT on control board is burnt out Check if the motor wire is connected well and re-connect well.Check if the protective tube is OK, re-set it or change one. Use multimeter to test if the IGBT is burnt out,and change an IGBT or control board.</p>		
E07/E08	EEPROM damaged	Change a control board