

ELECTRIC TREADMILL

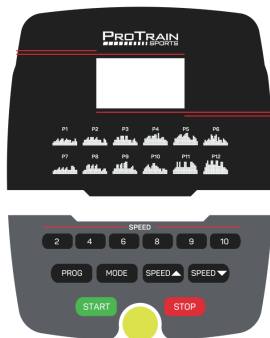
TDMILL - T08



INSTRUCTION

**Please be sure to read the instruction carefully
Before operation and keep the instruction appropriately**

Control Panel



Starting the machine

To start the machine, press the START button and the 3 second countdown will begin. The machine will start at the lowest speed of 1.0 KM/H for 60 seconds.

Changing the speed

There are 3 ways to increase or decrease the speed.

1. Control panel - by pressing the up and down buttons.
2. Handrail controls - by pressing the buttons on the left handrail.
3. Quick start buttons - by pressing the quick start buttons to increase your speed to 2, 4, 6, 8,9,10 KM/H

Changing the time in manual mode

1. Press the MODE button once - 30 minutes will be displayed in the LED display.
2. Select the time using the speed buttons.
3. Press the START button - the machine will beep and start moving at the lowest speed, 1.0 KM
4. Select the speed - refer to Changing the speed section.
5. The LED will display the time left.

Changing the distance in manual mode

1. Press the MODE button twice - 1KM will be displayed in the LED display.
2. Select the distance using the speed buttons.
3. Press the START button - the machine will beep and start moving at the lowest speed, 1.0KM/H.
4. Select the speed - refer to Changing the speed section .
5. The LED will display the distance left. Selecting the pre-set programs.

Program

There are 12 pre-set programs for you to choose and you can change the time and speed. The pre-set programs each have a pre-set time of 30 minutes that is divided into 20 segments of 1.5 minutes (each representing 5% of the total time selected). Refer to the table below:

1. Press the PROG button until the desired program is displayed in the LED panel.
2. Select the time between 5 and 60 minutes by using the speed buttons.
3. Press the Start button - the machine will beep and the program will start automatically.

Function Instruction

- ① The appearance of design is very nice, free installation, truckle, transport easily, foldable and save storage space.
- ② Jogging on the treadmill, can exercise his leg muscles and heart and lung function. Can promote the body's blood circulation, thereby strengthening oxygen, the delivery of nutrients and is conducive to the absorption of nutrients, enhance the body's metabolism, slow down the rate of bone loss, to be effective fat-burning, to feel comfortable running cool, to achieve fitness , Aerobics and longevity purpose of exercise .

Maintenance of produce

- ① Make sure that you have turned off the power switch and pull out the plug before daily maintenance.
- ② Don't use formaldehyde or organic solvent to clean so as to avoid to damage the fittings.
- ③ If there is stubborn spot if oil or other dirt, please use a cotton cloth with cleanser to clean and then use a dry cloth to wipe off above.
- ④ Around the power switch and control panel, please use a soft and dry cloth to clean up above. Wet cloth is forbidden.
- ⑤ Don't dip the cleanser into the shuck in order to avoid danger.
- ⑥ Use of the environment
Don't use the treadmill in the wet and dust-intensive environment which is easily to lead to leakage or mechanical failure
Please use this product on flat ground

Troubleshooting

Fault	Cause	Solution
Not work	Plug is not in socket	Put the plug in the socket
Not work	Switch is off	Turn on the switch
Working speed can not reach the settled speed	voltage is low	wait until the voltage is normal

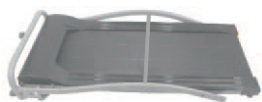
Safety Notice

■ Notice

- ⦿ Make sure that the treadmill be settled before turn on the power.
- ⦿ Professionals should replace the dedicated wire provided by the manufacturer or vendor, if the power line damage.
- ⦿ Treadmill only for indoor fitness equipment, do not use it outdoors. If the balcony use, be sure to avoid the rain-exposure. Storage places should keep to clean. Attention to moisture. Do not placed the treadmill on thick carpet. So as not to affect the treadmill floor air circulation.
- ⦿ Don't wear too long or too loose clothing, avoid clothes peg to the treadmill, causing accidents, the proposed wear the gumshoe or fitness training shoes.
- ⦿ When you use the treadmill, don't stand on running start. Before start, you can stand on both sides of the treadmill belt for decoration, jogging with running again after running with the above movements. meanwhile, launch speed should not be too large, do not try to quickly jumped into the running belt.
- ⦿ When you use the treadmill, do not let children and pets around, so as to avoid accidents; when minors and the elderly use it, they need for accompanying adults and wear the protection of magnetic switch folder.
- ⦿ It is not suitable for children and intellectual barriers to use, who must use it under adult's guardianship, and wear the protection of magnetic switch folder

Product spare parts

open the package and take out the treadmill.



1. Treadmill



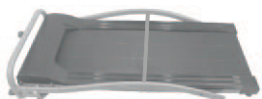
2. Handrail and control panel



3. locking nut(2pcs), spanner(2pcs); emergency stop key (1pc)

Assembly chart of product

1. Treadmill



2. open the frame: Put the product on ground smoothly, open the frame



3. assemble the handrail: assemble the handrail into the frame, and fix it tightly by screw. (Note: Before set up the handrail, please screw the screws out of the frame. Then put away the handrail, screw the screws.)



4. connect plug wire: Insert A into the B



5. Lock Nut: install the two locking nut to the frame and assembled.



Chart of fold and unfold:

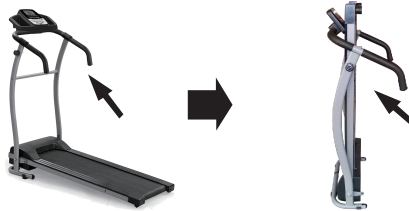
Fold chart:

After used, pls fold the machine and insert the locking nut.

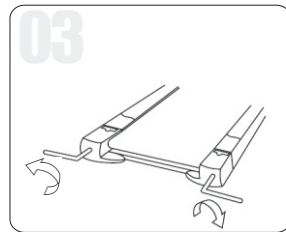
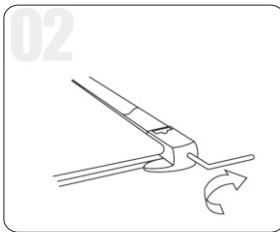
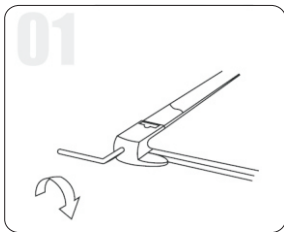


Unfold Chart:

Put the machine on the ground smoothly, open the handrail and lock the nut.



Runbelt adjustment



Way1:Please turn left adjusting screw right half an circle by hexagon wrench, and turn right adjusting screw left half an circle.

Way2:Please turn right adjusting screw right half an circle by hexagon wrench, and turn left adjusting screw left half an circle.

Way3:if the runbelt is not deviation and very loose, please adjust the two sides screw

※:It will deviate the runbelt if only adjust one side,so please make the same adjusting for left and right at the same time

■ Daily Maintenance

- ⊙ Regularly clean to remove dust in order to protect components clean. We must go with clean-up on both sides of the exposed part of running belt and reduce the accumulation of debris. To ensure that sports shoes keeps clean, to avoid take debris into the running belt . Use the soap and cleaning cloth to clean the running belt. Don not to use cleanser. Wipe off the sweat from the hand and running belt after using the treadmill.
- ⊙ Use of lubricant
Running board and running belt before the factory have used the anti-static lubricants. Ordinary users can besmear the lubricant after running 100 hours.
- ⊙ Adjust the running belt
In order to make the treadmill to work better, we need to adjusted it to the best condition. As we are often running around the legs forced inconsistent, sometimes it will run with a deviation. If running belt with the right bias, twiddle the bolt with clockwise direction to the 1 / 2 laps, and then the left side of the adjustment bolt along the counter-clockwise rotating 1 / 2 laps . If left running with bias, to the left, twiddle it contrary.

■ Not use attention note

To prevent children accidentally started the power, pull out the power plug. When do not use this product for a long time, please pay attention to avoid dust. And placed it in a clean dry place.

■ Correct dispose the power device.

Don't touch the power and pull out the plug if your hand is wet. When you pull out the plug, please hold the head plastic parts, not directly pulled wires.
Don't put the wire under the heavy cargo.
Don't circle the wire in the machine in order to avoid the wire.
If the plug, wire or connection is loose, please don't use it.

Technical Specification

Product Name: ELECTRIC TREADMILL
Product Model: TDMILL - T08
Rated Voltage: ~ 220-240V
Rated Frequency: 50HZ
Rated Power: 500W
Maximum Weight: 150KG

Chart of product



This appliance is not intended for use by persons(including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety; Children should be supervised to ensure that they do not play with the appliance.

If the supply cord is damaged, it must be replaced by the Manufacturer, its service agent or similarly qualified persons in Order to avoid ahazard. Safety area of 2000mmX1000mm behind the equipment.