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**Reebok**  
JET FUSE SERIES

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

**Reebok**  
JET FUSE SERIES

## IMPORTANT SAFETY INSTRUCTIONS

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

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

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

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

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

## IMPORTANT ELECTRICAL INFORMATION

### WARNING!

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

## IMPORTANT OPERATION INSTRUCTIONS

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

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

## ASSEMBLY INSTRUCTIONS

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


### Parts List:

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

### Assembly tools:

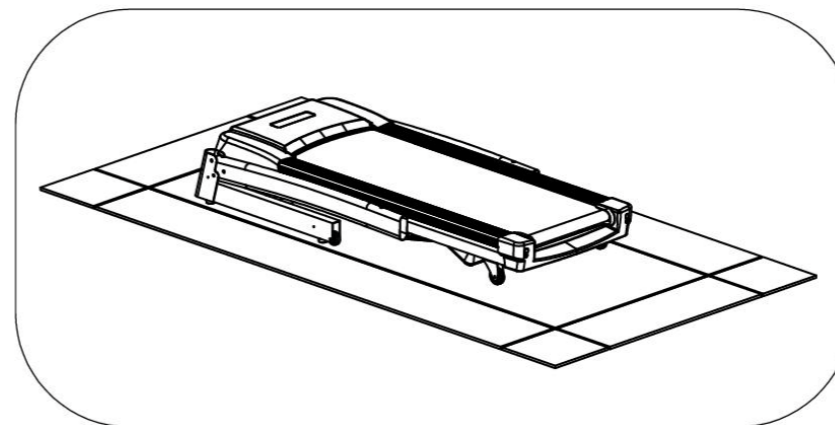
5#Allen wrench 5mm 1pc

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

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

### Step 1-Preparation

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



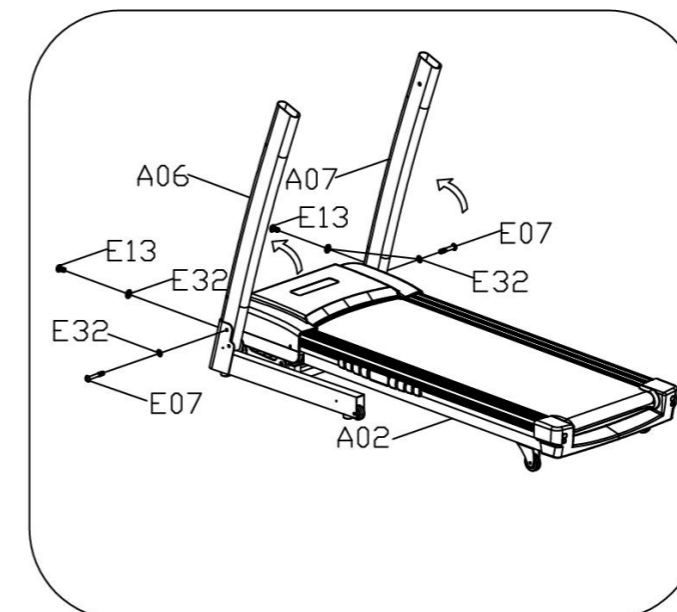
### Step 2-Upright tube assembly

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

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

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

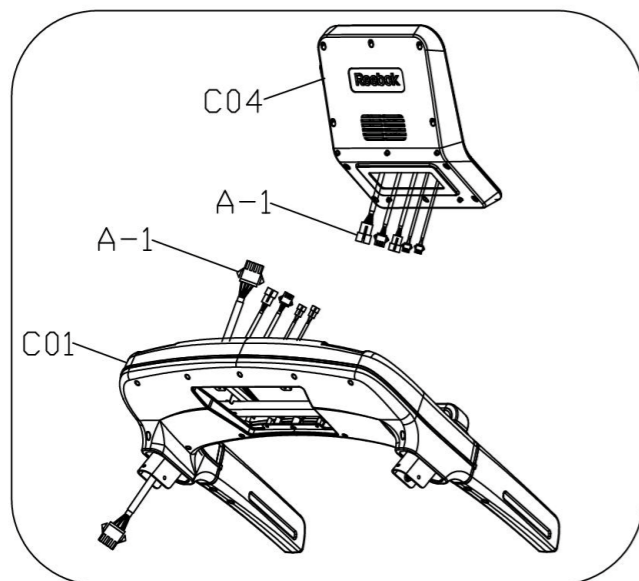
Notice: Support the upright tube with hand to avoid falling down.





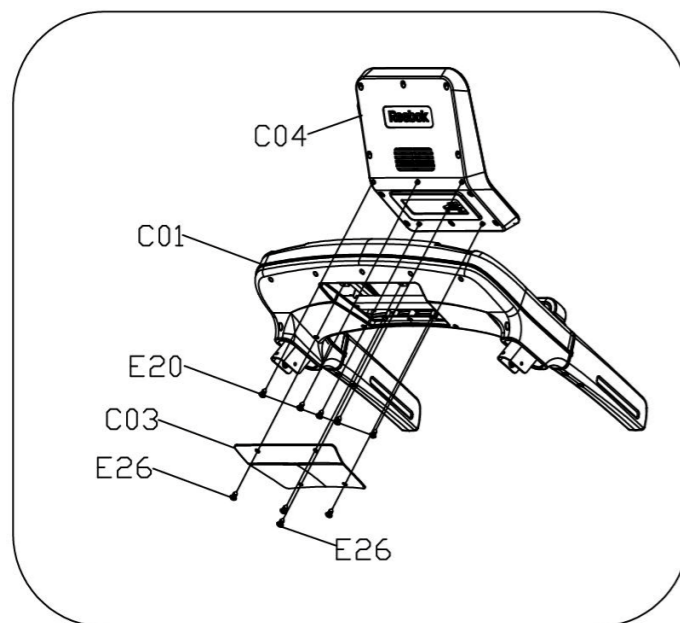
**Step 3-Console set assembly**

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



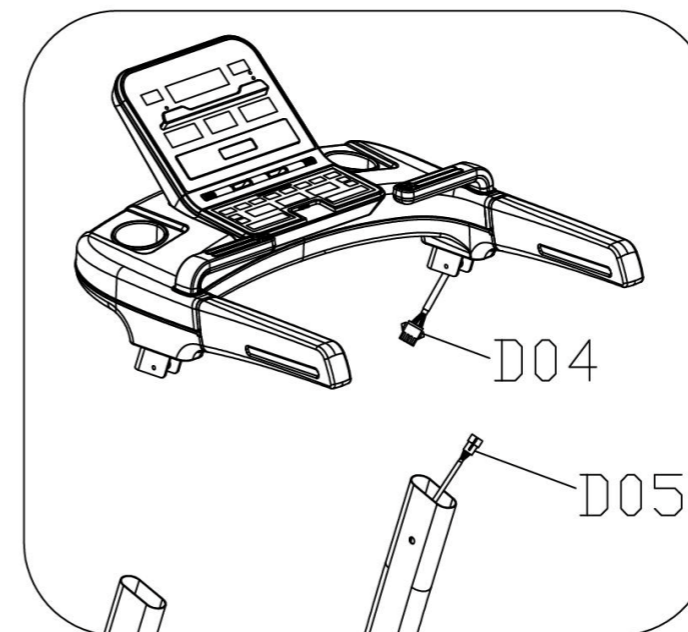
Fix the console panel (C04) to the console base (C01) with **5xbolt (E20)** by using cross screwdriver (B04).

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

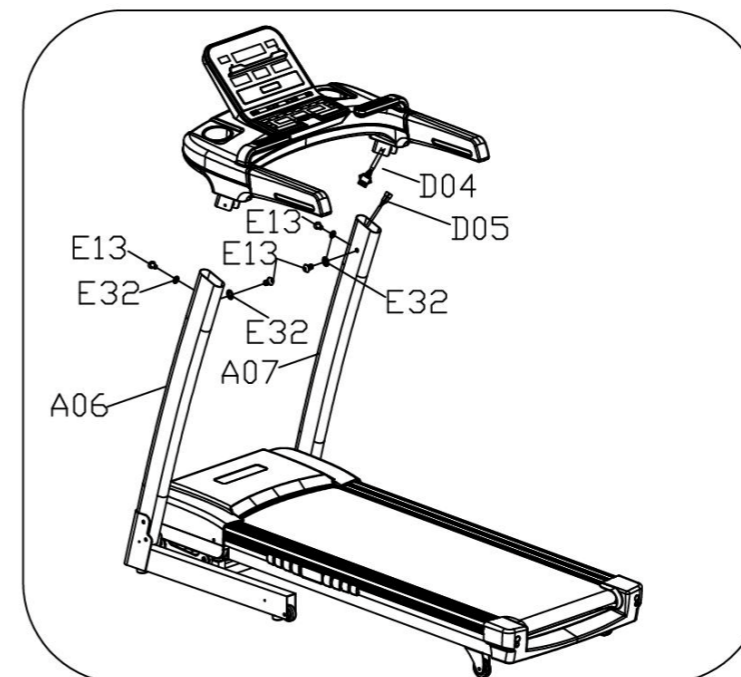


**Step 4-Console set to upright tubes assembly**

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



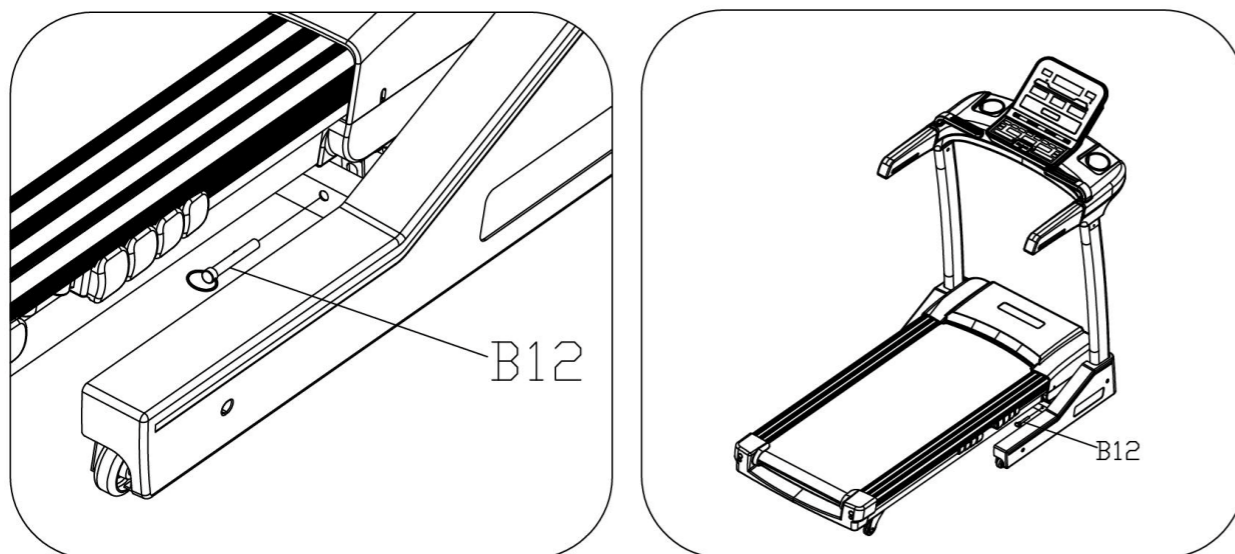
Fix the console set to the left upright tube (A06) and right upright tube (A07) with **4xbolt (E13)** and **4x lock washer (E32)** by using 5# Allen wrench (B05).





**Step 5-Remove lock pin**

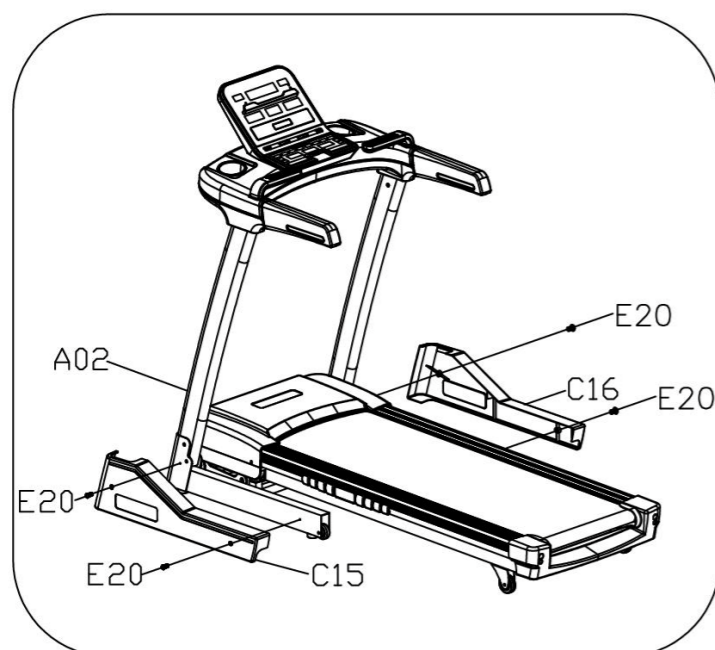
Remove the locking pin (B12).



**Step 6-Upright tube cover assembly**

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

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

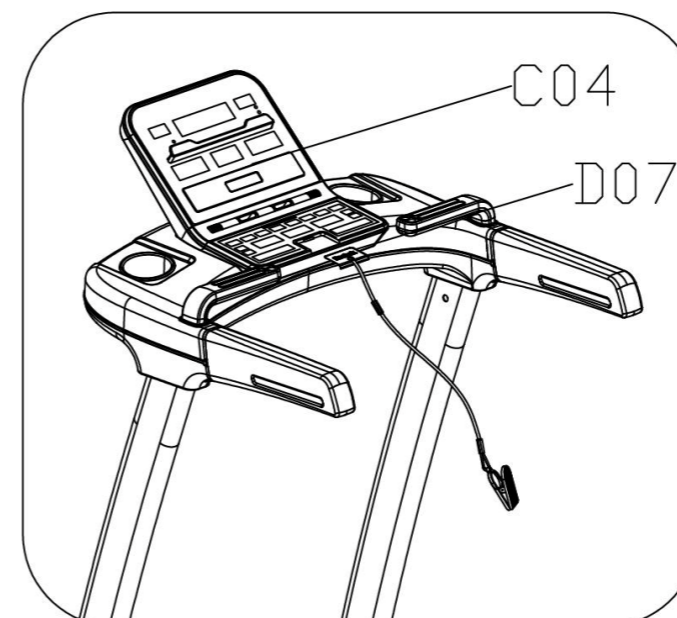
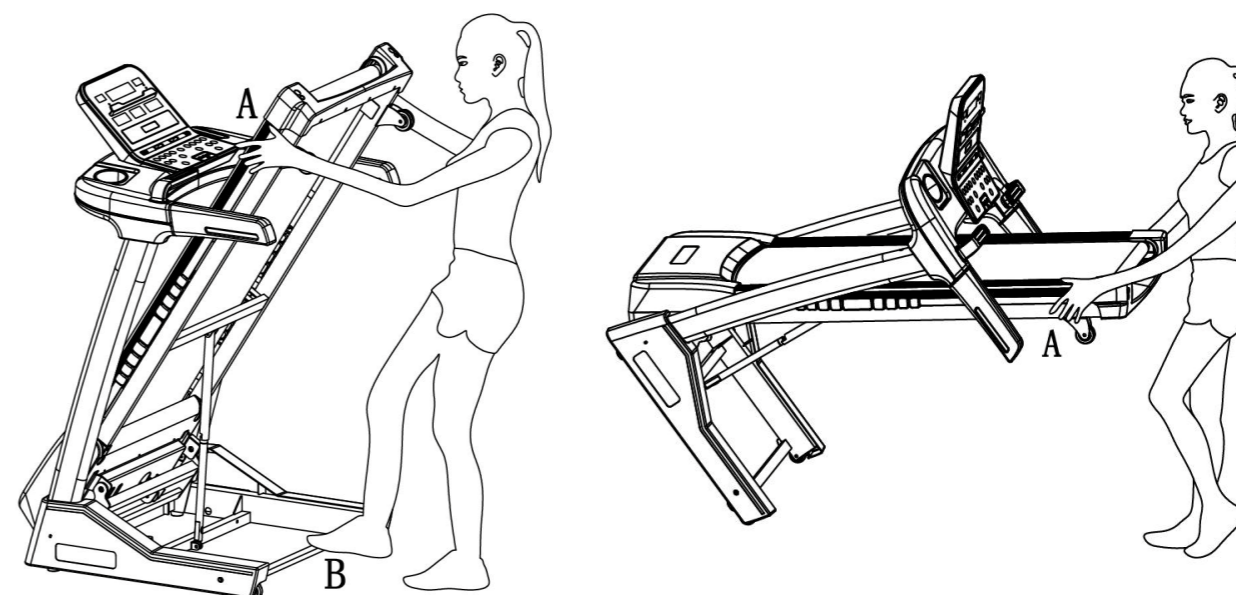


**Step 7-Move the machine out of carton box and start use**

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

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

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

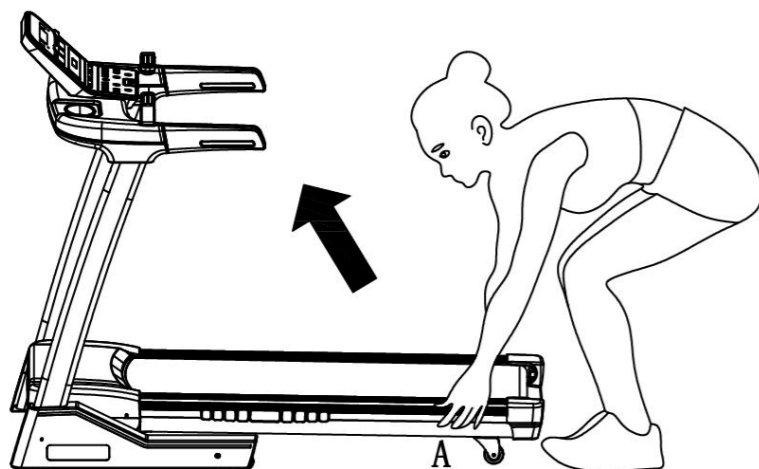


Attach the safety key (D07) to the magnet area of console panel (C04).

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

## FOLDING INSTRUCTIONS

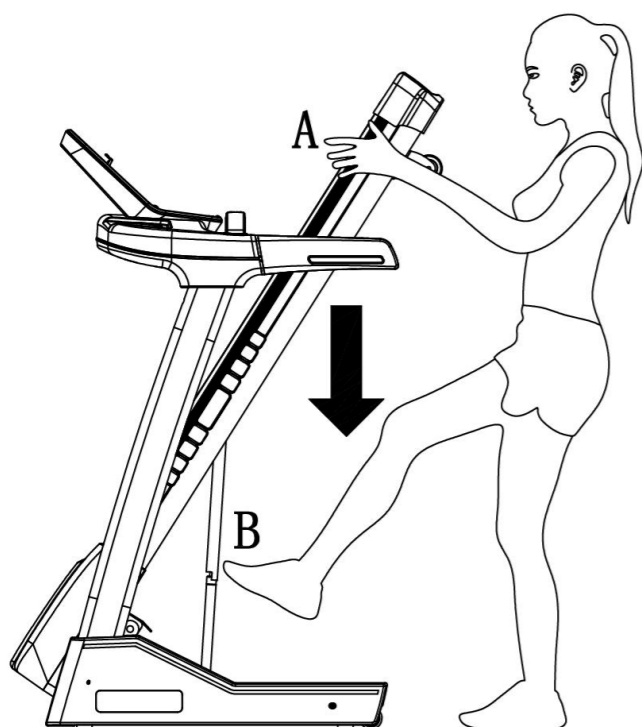
**Fold Up:**



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

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

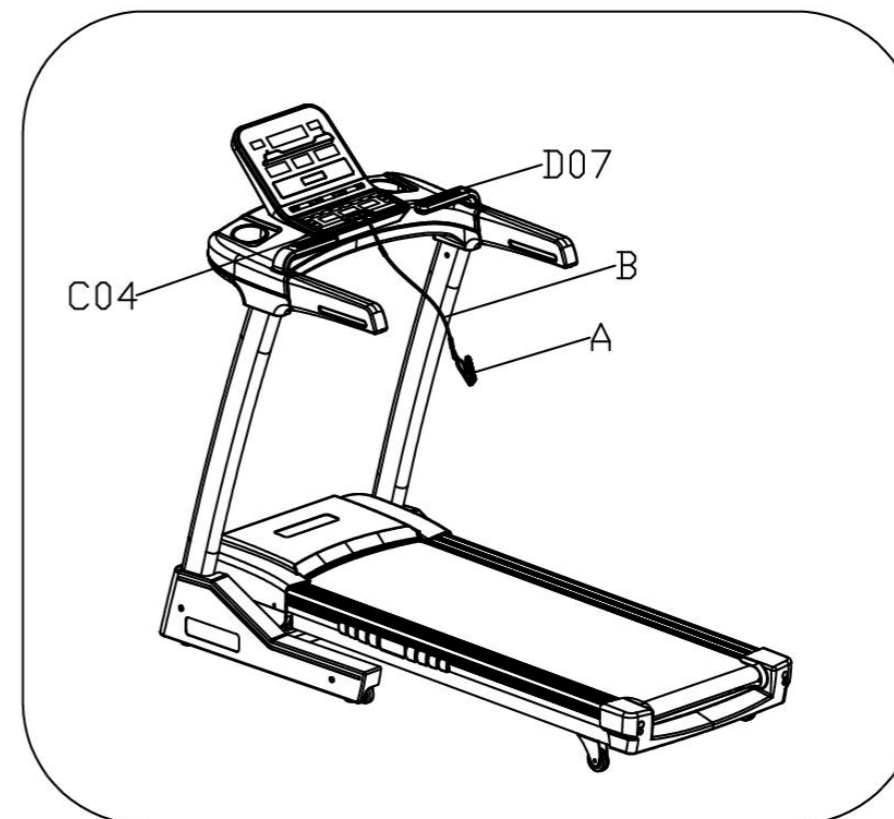
**Fold Down:**



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

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

## HOW TO USE SAFETY KEY



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

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





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

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

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

**BUTTON FUNCTION:**

1. " PROGRAM " button: Under stand by mode, press this button to choose the program from "0.00"、 " P1-P2-P3-P4-P5.....P24-FAT";Manual mode is default mode, and default speed is 1.0kph(0.6 mph); "0.00" is manual mode, "P1-P24" are pre-set programs, FAT is body fat test function.

2. " MODE " button: Press this button to choose " 0: 00"、 " 15: 00"、 " 1.00"、 " 50.0" circularly(0:00 is manual mode, "15:00" is time counting down mode, " 1.00 " is distance counting down mode, " 50.0 " is calories counting down mode).). When setting any mode, you can press speed +/- and incline +/- to set the value, and press "START" to start the machine

3. "START" button: When the machine is plugged into electrical outlet and attaches with safety key, press this button at any time to start the machine.


4. "STOP" button: This button has functions of PAUSE and STOP. Under running mode, press this button, the machine will pause, and all data will be kept, matrix window will show "PAU"; Under pause mode, if you press "START" button, the machine will continue to work. If you press "STOP" button again, the machine will stop and all date recover to initial setting.

5. "SPEED +"、"SPEED -" button: Under setting mode, press this button to choose the value. When the machine is running, press this button to adjust the speed, one press for 0.1kph or 0.1mph, if you press this button and hold on over 0.5 seconds, the speed will be up or down continuously.

6. "INCLINE+"、"INCLINE-" Button: Under setting mode, press this button to choose the value. When the machine is running, press this button to adjust the incline, one press for 1 section of incline, if you press this button and hold on over 0.5 seconds, the incline will be up or down continuously.


7."SPEED: "4-8-12-16kph (3-5-7-10mph)" are shortcut buttons, you can press these buttons to set speed quickly. Under kph mode, will show 4-8-12-16/kph, under mph mode, will show 3-5-7-10mph.


8."INCLINE: "3-6-9-12" are shortcut buttons, you can press these buttons to set incline quickly.


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

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

11. USB function:

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

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

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



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

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



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

**HOW TO TRANSFER BETWEEN KPH TO MPH**

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

**LUBRICATION REMIND FUNCTION**

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

**START-UP QUICKLY:**

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

**THE OPERATION OF EXERCISE PROCESS:**

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

**MANUAL MODE:**

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

**INNER INSTALL PROGRAM**

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

**PROGRAM EXERCISE CHART**

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

Below is program exercise charge for kph.

**PROGRAM EXERCISE CHART**

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

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



Below is program exercise charge for mph.

**PROGRAM EXERCISE CHART**

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

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

**RANGE OF SPECIFICATION:**

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

**BODY FAT TEST:**

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

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

**SAFETY LOCK FUNCTION:**

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



**POWER SAVE FUNCTION:**

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

**TURN OFF:**

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

**CAUTION:**

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

**EXERCISE INSTRUCTIONS**

**1. THE WARM UP PHASE**

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

**2. THE EXERCISE PHASE**

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

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

**3. THE COOL DOWN PHASE**

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

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

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

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

**MAINTENANCE**

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

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

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

**WARNING: STOP TREADMILL BEFORE FOLDING.**

**AFTER EACH USE**

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

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

### GENERAL CLEANING

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

### GENERAL CARE

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

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

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

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

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

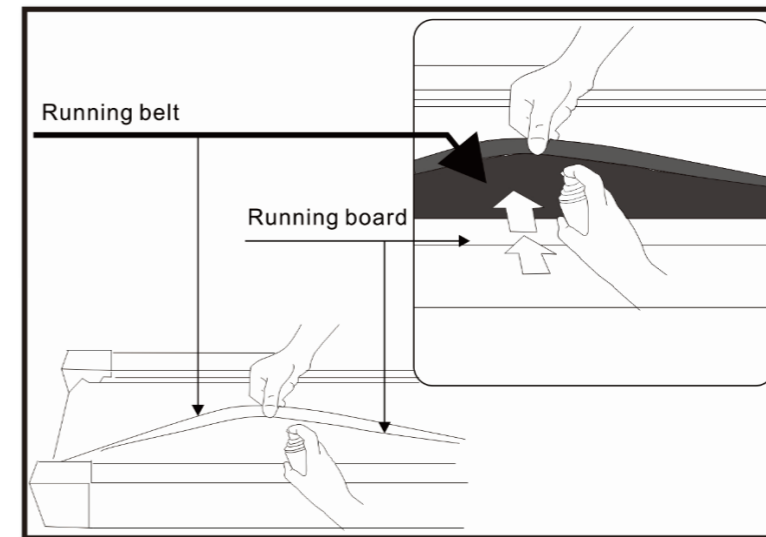
If the surface is dry to the touch, apply a suitable silicone lubricant.

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

### RUNNING BOARD LUBRICATION

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

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



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

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

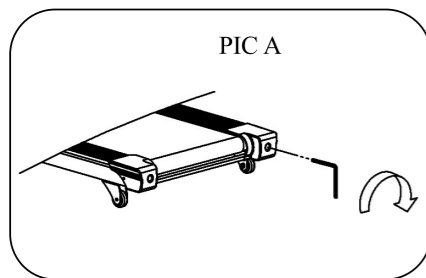
- a) Cut off power, screw off the bolt on cover of protection. Then take down the protecting cover from the treadmill
- b) Turn the speed to be around 3kph, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the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

**CENTER THE RUNNING BELT:**

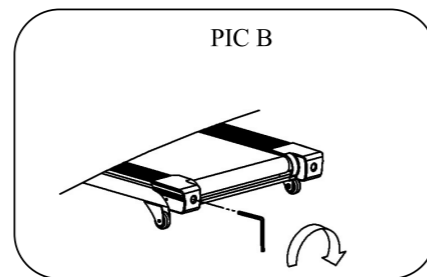
**DO NOT OVERTIGHTEN THE RUNNING BELT.** This may cause reduced motor performance and excessive roller wear.

**TO CENTER WALK/RUNNING BELT:**

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



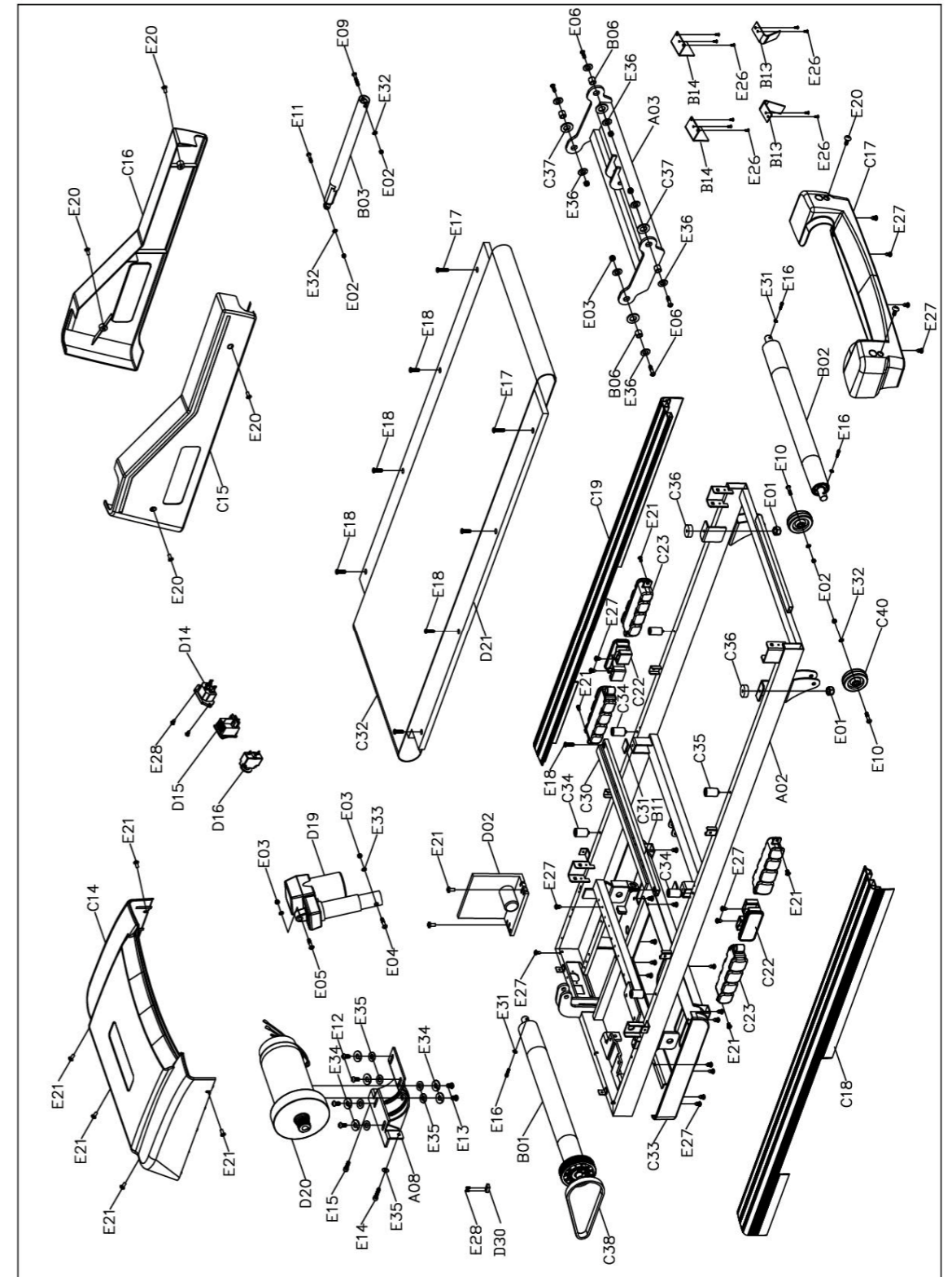
**Picture A** If the belts move to the RIGHT



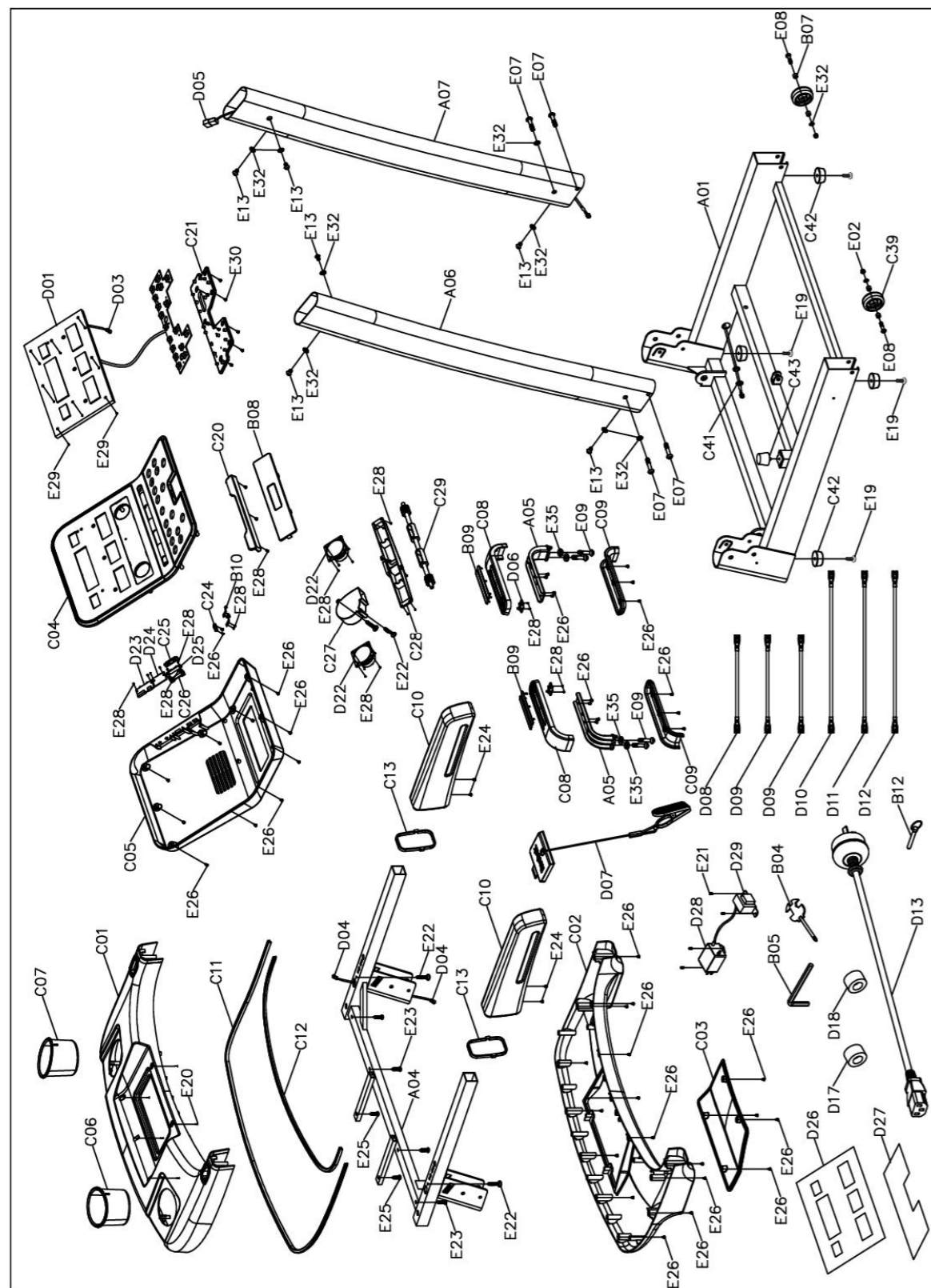
**Picture B** If the belts move to the LEFT

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

**EXPLODED DRAWING**







## PARTS LIST

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

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

## TROUBLE SHOOTING

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

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

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

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

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

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

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

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

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

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

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

4.E03 display: No signal

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

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

5.E04 display: The failure of incline

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

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

6.E05 display: Over load current protect

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

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

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