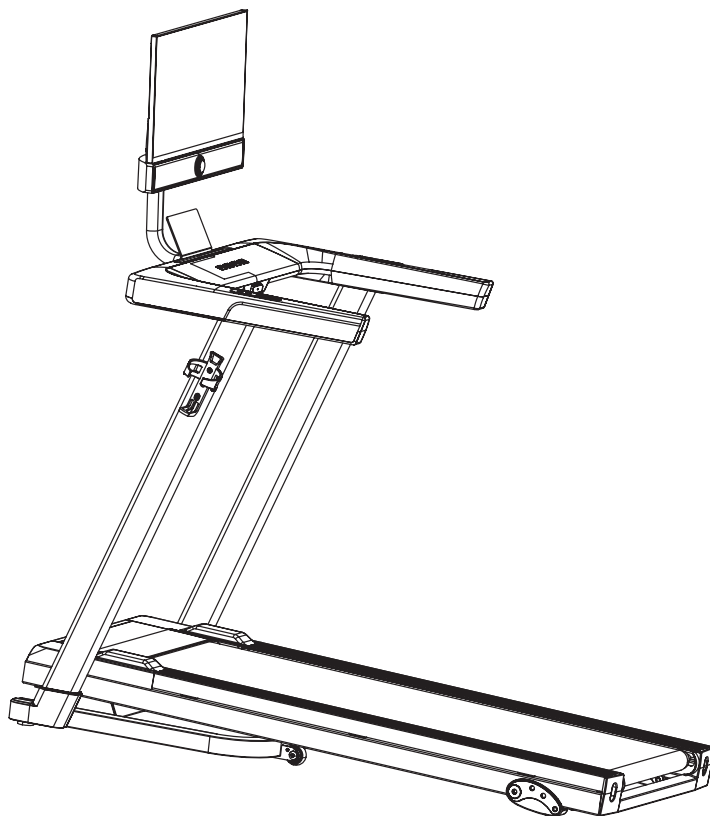




T1M PLUS TREADMILL

Please read all the details of
this manual before use,
and keep it for future reference.



Product model: YS-TT1MPLUS
Item NO.: T1MPLUS

YESOUL TREADMILL

T1M PLUS Product Manual

Product Specifications

Supported software version	iOS 12.0 or higher, Android 5.1 or higher (inclusive)
Wireless connection method	WiFi2.4Ghz/BT/BLE
Bluetooth	Treadmill: V4.2, Speaker: V5.3
Rated frequency	50/60Hz
Rated power	2.0HP
Speed	0.6—9.6MPH
Applicable Height	140 ~ 195cm
Net weight	45kg
Gross weight	50kg
Rated maximum load	110kg
Overall dimensions	Unfolded size: (Length) 1400mm×(Width) 770mm×(Height) 1540mm Folded size: (Length) 835mmx (Width) 770mmx (Height) 1540mm
Executive standards	EN ISO 20957-1: 2013 EN ISO 20957-6: 2010



Monitor Specifications

Panel type	VA
Curvature	Flat screen
Aspect ratio	16:9
Size	21.5 inches
Backlight type	LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	Max:60HZ
Port version(DP)	1*USB+Type-c+TTL+Audio out+DC-IN
Indicator mode (power on, standby)	Blue light indicates power on, light turns off when power is off, and blinks every 0.5 seconds in standby mode.
Storage temperature	-20°C~60°C
Operating temperature	0°C~40°C
Operating humidity	10~90%RH
Storage humidity	10~90%RH
Control method	Five-way joystick buttons

Important Safety Instructions



Warning! This product is a plug-in product. Please read the following details on the safety precautions for the treadmill and properly use it.

- ◆ Before exercising, please wear suitable sportswear and sneakers.
- ◆ Before using the treadmill, please check whether the clothing is buttoned up or zipped.
- ◆ Do not wear clothes that can be easily hooked by the treadmill.
- ◆ Do not use while eating or engaging in other activities.
- ◆ Do not use it after drinking alcohol and your senses become fuzzy. This may cause accidents or get injured.
- ◆ Do not use it with hard objects in the pants pocket, as it may cause accidents or get injured.
- ◆ Only one person on the treadmill when the machine is activated.
- ◆ Do not use it with more than 2 people at the same time, and keep others away during use. Otherwise, accidents or injuries may occur due to falls.
- ◆ When turning on the treadmill, users need to stand on the non-slip bar on both sides of the treadmill.
- ◆ Before using the treadmill, please check whether the treadmill is placed stably.
- ◆ Before exercising, check whether the function of the treadmill is normal. Pull the column cover and handrail to confirm whether the column and handrail are locked. If they are not locked, you may be injured.
- ◆ Please clip the safety lock cable clip to your clothes before exercising to prevent emergencies and to shutdown safely.
- ◆ After exercising, users cannot jump off the treadmill directly to avoid dangerous consequences.
- ◆ Before running, the user needs to use the left heel and walk in the direction of the running belt to prepare for the test run. You can only stand on the treadmill with both feet when you feel ready to run and your exercise posture must be correct. Only one person can exercise on the treadmill, and overloading is strictly prohibited.
- ◆ During exercise, there should be a 2000x1000mm barrier-free safety area at the back of the treadmill.
- ◆ Users can adjust the speed step by step from low to high according to the running speed they can bear. Do not directly or jump to a speed above 2.4MPH to avoid falling and injury.
- ◆ During exercise, do not jump up and down, as it may cause injury and falling.
- ◆ After exercising, the user can directly pull off the safety lock or press the stop button to stop the treadmill.
- ◆ After exercising, users cannot jump off the treadmill directly to avoid dangerous consequences.

Important Safety Instructions

- ◆After running, turn off the power switch of the treadmill and unplug the power plug.
- ◆The treadmill should be placed indoors to avoid damp. Do not splash water on the treadmill or place any other objects.
- ◆Overload operation for a long time should be avoided, otherwise it will cause damage to the motor and controller, and accelerate the wear and aging of bearings, running boards and running belts. Perform regular maintenance.
- ◆Reduce indoor dust, maintain a certain indoor humidity, and avoid generating strong static electricity, otherwise it may interfere with the wattmeter and controllers normally operating.
- ◆When the household electric treadmill runs continuously, it cannot exceed 2 hours.
- ◆Do not use the treadmill outdoors.
- ◆Please maintain indoor air circulation when using the treadmill.
- ◆The power must be cut off before moving the treadmill.
- ◆If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- ◆People who do not usually exercise should not suddenly do rigorous exercise.
- ◆After using the silicone oil, it must be stored out of the reach of children to avoid accidental ingestion and serious consequences.
- ◆Non-professionals are not allowed to open the motor cover and the shell of roller without authorization.
- ◆This treadmill is limited to use on a 10 amp circuit.
- ◆The heart rate monitoring of this product is not a medical device and may cause inaccurate testing. The test results are for reference only.
- ◆Do not let children use this product, and do not let children play around this product. Parents/Guardians should be careful not to let children play with this product. If you do not comply, there will be a risk of injury.
- ◆Persons with disabilities should not use this product. Accidents or injuries may occur.
- ◆During use, when loading and unloading the product, or when sliding it, please be sure to confirm whether there are people or pets around (the rear, underneath, and front of the product).
- ◆Do not use it when the outer shell is cracked, broken, or peeled off (the internal structure is exposed) or when the welded part is peeled off. Otherwise, accidents or injuries may occur.
- ◆Do not use or store it outdoors or near a bathroom or in a humid place or a place where it is easily exposed to water droplets.
- ◆Do not use or store it in places exposed to direct sunlight, around stoves and other high-temperature places, or on heating appliances such as electric carpets, otherwise it may cause electric leakage or fire.
- ◆It is absolutely prohibited to disassemble, repair, or change the product. There is a risk of injury due to malfunction. Avoid contact with water!
- ◆Do not pour water or drinks on the main body or operating part as it may cause electric shock or fire.

Important Safety Instructions

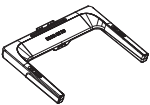
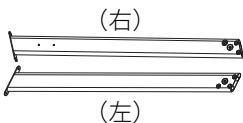
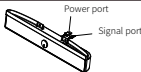
- ◆ When any abnormality occurs while the treadmill is running, use must be terminated immediately and all power sources must be cut off.
- ◆ When an abnormality occurs in the treadmill, you must notify the local dealer and inform they professionals to handle and repair it. It is prohibited to dismantle any parts of the treadmill without permission.
- ◆ When you are receiving medical treatment or are the one of the following patients, please be sure to consult with a specialist before using it.
 - (1) Those who currently suffer from back pain or those who have had injuries to their legs, waist, or neck in the past, or those whose legs, waist, neck, and hands are numb(Those with chronic diseases such as disc herniation, spondylolisthesis, cervical spondylosis, etc.).
 - (2) Those with deformative arthritis, rheumatism, or gout.
 - (3) People with abnormalities such as osteoporosis.
 - (4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
 - (5) Persons with respiratory impairment.
 - (6) Those who are using artificial pacemaker or implanted medical electronic equipment.
 - (7) Those with malignant tumors.
 - (8) People with blood circulation disorders such as thrombosis, severe kinetic lipoma, acute stagnant lipoma, or various skin infections Those with other symptoms.
 - (9) Persons with sensory impairment caused by high-level peripheral circulatory disorder caused by diabetes, etc.
 - (10) Those with skin trauma.
 - (11) Those who have a high fever (38°C or above) due to illness, etc.
 - (12) Those with abnormal back bones or those with curved back bones.
 - (13) Those who are pregnant or may be pregnant or those who are in menstruation.
 - (14) Those who feel physically abnormal and need to rest.
 - (15) Those who are obviously in poor physical condition.
 - (16) Users for rehabilitation purposes.
 - (17) In addition to the above circumstances, if you feel any abnormality in your body, it may lead to an accident or poor physical condition.
- ◆ When an abnormal situation occurs, you can push the side armrests to pull up, leave your feet off the running belt, and jump away from the outside of the treadmill.
- ◆ The power plug must be pulled out gently.
- ◆ Do not use when the power cord or power plug is damaged or the jack of the socket is loose, otherwise it may cause electric shock, short circuit, or fire.
- ◆ Do not place the power cord close to hot objects.
- ◆ Do not damage or forcibly bend or twist the power cord, and do not place heavy objects on it or cause the cord to be pinched, otherwise it may cause fire or electric shock.

Important Safety Instructions

- ◆ Do not allow needles, waste or water to adhere to the power plug, as this may cause electric shock, short circuit or fire.
- ◆ During use, failure to unplug the power plug or switch the power switch to "off" may result in injury.
- ◆ Do not pull out or insert the power plug with wet hands, as it may cause electric shock and injury.
- ◆ When not in use, unplug the power plug from the socket because dust and moisture will deteriorate the insulation, leading to leakage and fire.
- ◆ During maintenance, be sure to unplug the power plug from the socket. Failure to do so may result in electric shock or injury.
- ◆ When you feel any abnormality toward product, stop using it, pull out the power plug immediately and ask for inspection and repair. Nonobservance may result in electric shock or injury.
- ◆ When there is a power cut, pull out the power plug immediately. Otherwise, accidents or injuries may occur when power is restored.
- ◆ When unplugging the power plug, do not hold the wire part, but the power plug. Otherwise, short circuit, electric shock, or fire may occur.
- ◆ The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing it with other electrical equipment.
- ◆ This product must be grounded. If the machine malfunctions, grounding will provide a path with the least resistance for current to reduce the risk of electric shock.
- ◆ This product is equipped with a cord having an equipment grounding conductor and a grounding plug, which must be inserted into a suitable outlet that is properly installed and grounded in full compliance with local codes or ordinances.
- ◆ If the equipment grounding conductor is not connected properly, there will be a risk of electric shock. If you have any doubts about whether this product is properly grounded, have it checked by a professional electrician. Even if the plug and socket do not match, do not match them.
For modifications, have a professional electrician install a suitable socket.
- ◆ This product has a grounding plug, please make sure the product is connected to an outlet with the same shape. This product cannot be used with adapter sockets.
- ◆ This product is suitable for home use. Non-medical fitness equipment.

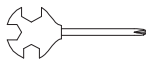
Installation Guide - List of Parts

STEP1: Check of parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	①	Machine	1	
	②	Electronic meter stand assembly	1	
	③	Stand tube left/right	1	
	④	Monitor holder	1	
	⑤	Front speaker	1	
	⑥	Display screen	1	
	⑦	Monitor retaining element	1	
	⑧	Speaker holder	1	
	⑨	Base cover left/right	1	
	⑩	Water bottle cage	1	
	⑪	Security lock	1	
	⑫	Inner hexagonal cylindrical head full thread bolt M8×25	6	
	⑬	Hexagon socket large flat head full thread bolt M8×15	4	

Installation Guide - List of Parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	⑭	Cross recessed large flat head pointed mouth full thread bolt M4×16	2	
	⑮	Hexagon countersunk head bolt M8×15	2	
	⑯	Hexagon socket head screw M8×16	1	
	⑰	Phillips pan head screw M4×10	8	
	⑱	Upper connection seat	1	
	⑲	Ring-pull latch	2	
	⑳	C to C data cable	1	
	㉑	C to Lightning data cable	1	
	㉒	Instructions	1	
	㉓	Silicone oil bottle	1	

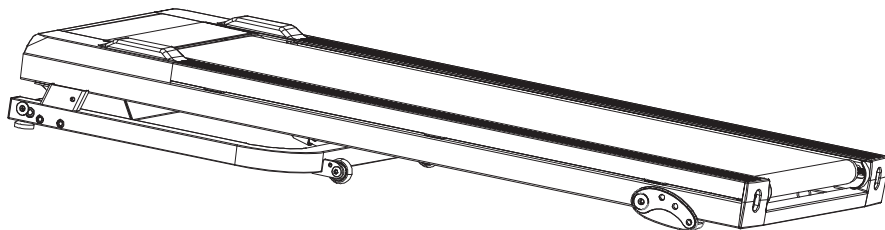
Parts List (Components List)	NO.	Name	Quantity	Picture
	A	L-type hexagon wrench 6#	1	
	B	L-type cross head hexagon wrench 5#	1	
	C	Cross open end wrench	1	
	D	L-type hexagon wrench 8#		

***In order to facilitate assembly, some accessories have been installed on the body before delivery.**

Installation Guide

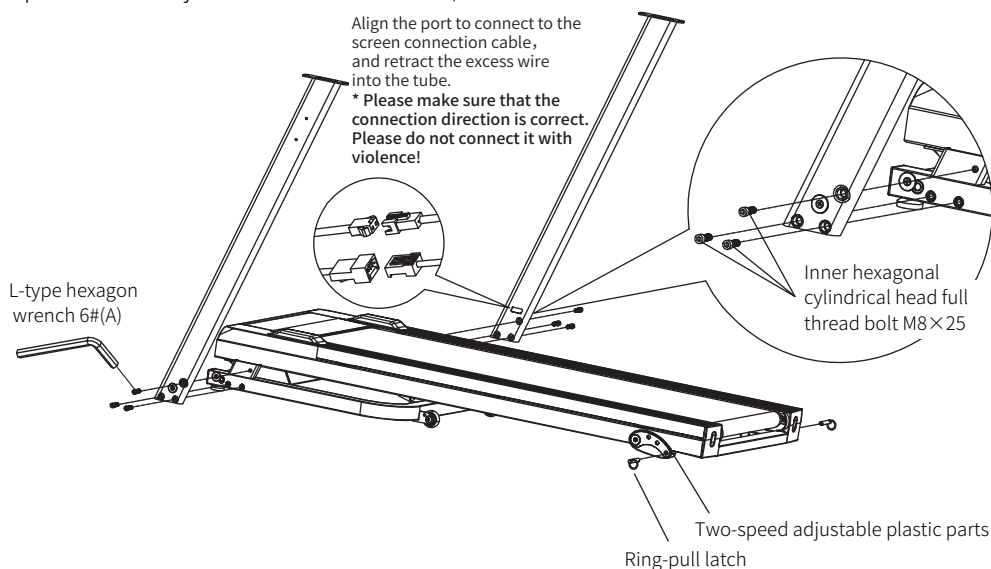
2. Unpacking

Lift the machine out of the packaging carton, place it on a flat floor (as shown in the picture), and remove all PE bags and packing tapes wrapped on the machine table.



3. Install left and right stand tube

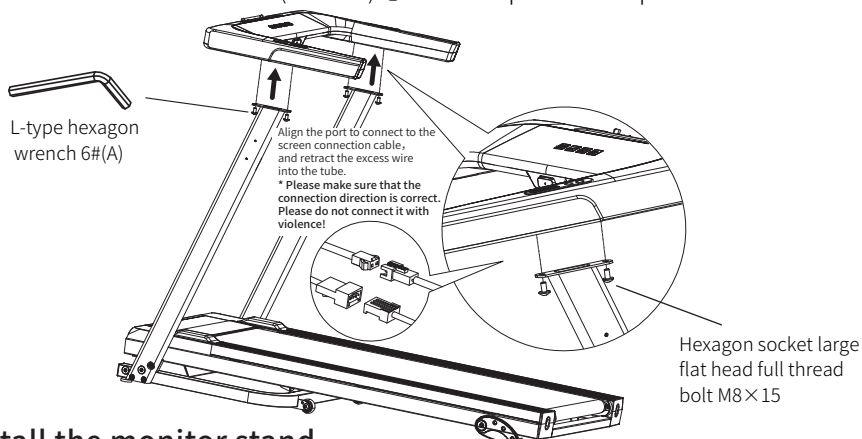
First connect the signal wire of the right riser to the signal wire of the main frame, then insert the terminal block along the wiring hole of the stand tube and hide it inside the stand tube. Install the left and right stand tubes ③ on both sides of the base respectively as shown in the figure, using L-shaped hexagonal wrench 6# (A) to lock the 6 inner hexagonal cylindrical head full-thread bolts ($M8 \times 25$) ⑫ (note: no need to lock at this time, just for fixation). Finally, install the ring-pull latch ⑰ into the two-speed adjustable Plastic parts hole location. (The pull-tab latch can be inserted into different hole positions to adjust the treadmill incline.)



Installation Guide

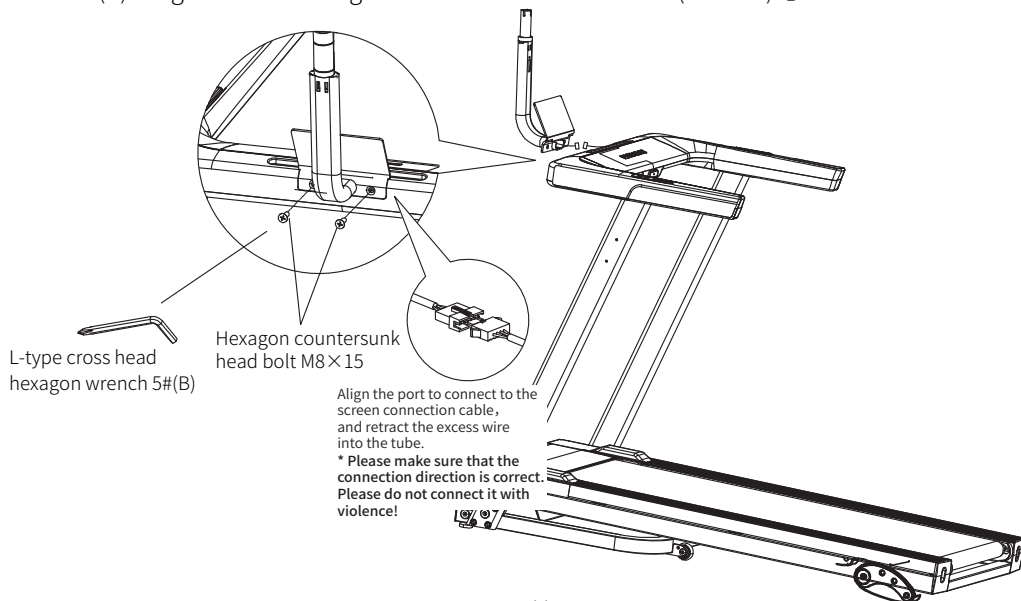
4. Install the electronic meter stand

First, connect the signal line of the electronic meter stand assembly handle to the signal line of the right stand tube. Align the electronic meter stand assembly② with the left and right stand tube③ holes. Use an L-type hexagon wrench 6#(A) to lock the 4 hexagon socket large flat head full thread bolts (M8×15) ⑬, and then tighten the 6 inner hexagonal cylindrical head full thread bolts (M8×25) ⑫ from the previous step.



5. Install the monitor stand

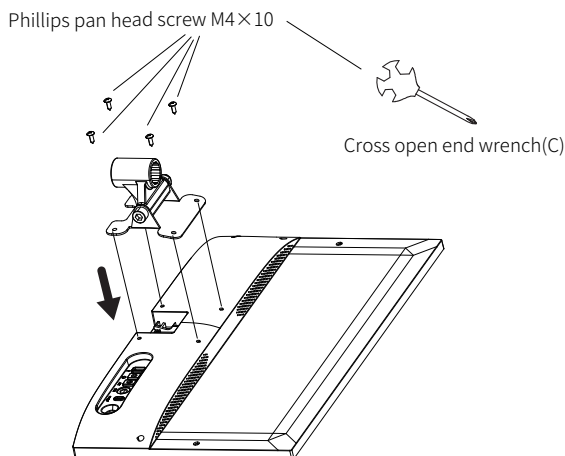
First connect the connecting wire of the monitor holder ④ to the connecting wire of the electronic meter stand assembly②, and then use the L-type cross head hexagon wrench 5#(B) to tighten the 2 hexagonal countersunk head bolts (M8×15) ⑮.



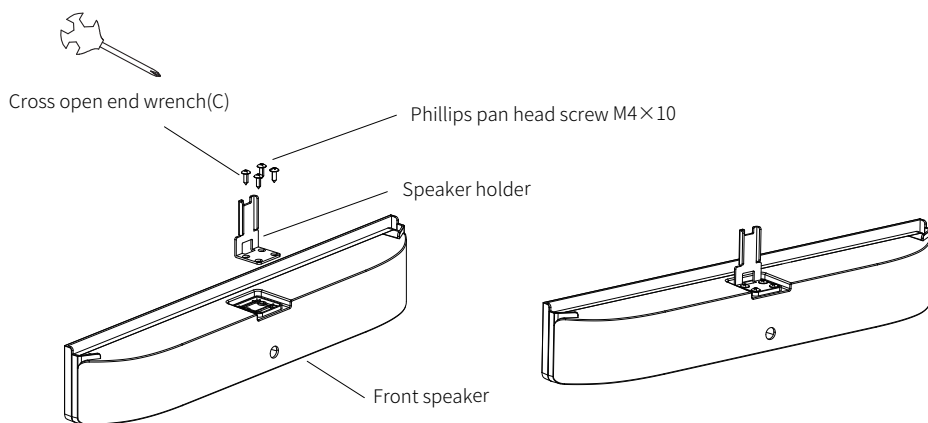
Installation Guide

6. Install the screen and speaker

1. Take out the monitor retaining element ⑦ and tighten the 4 phillips pan-head screws (M4×10) ⑰ with a cross open end wrench(C) (* Please place the screen on the flat surface and avoid contact with hard objects to prevent damage to the screen);

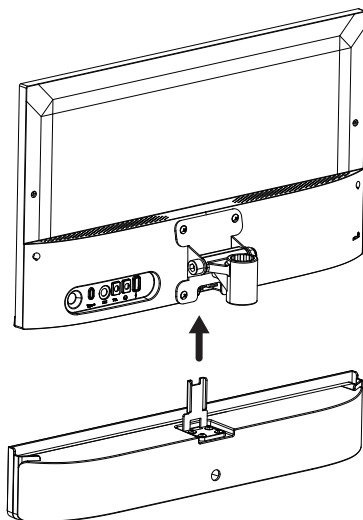


2. Align the speaker holder ⑧ with the slot of the front speaker ⑤. Use the cross open end wrench(C) to tighten the remaining 4 phillips pan-head screws (M4×10) ⑰ until they are secure;



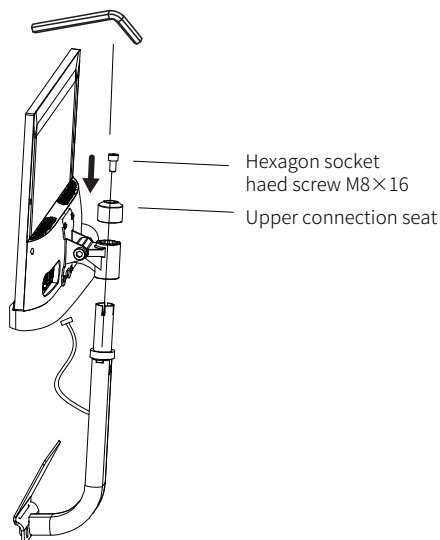
Installation Guide

3. Align the speaker assembly with the slot of the screen assembly and insert the buckle connection;



4. Insert the assembled screen and speaker components into the monitor holder ④. Next, place the upper connecting seat ⑮ and secure it with the hexagonal socket head screw (M8×16) ⑯. Use an L-type hexagon wrench 6#(A) to tighten the screws until they are secure.

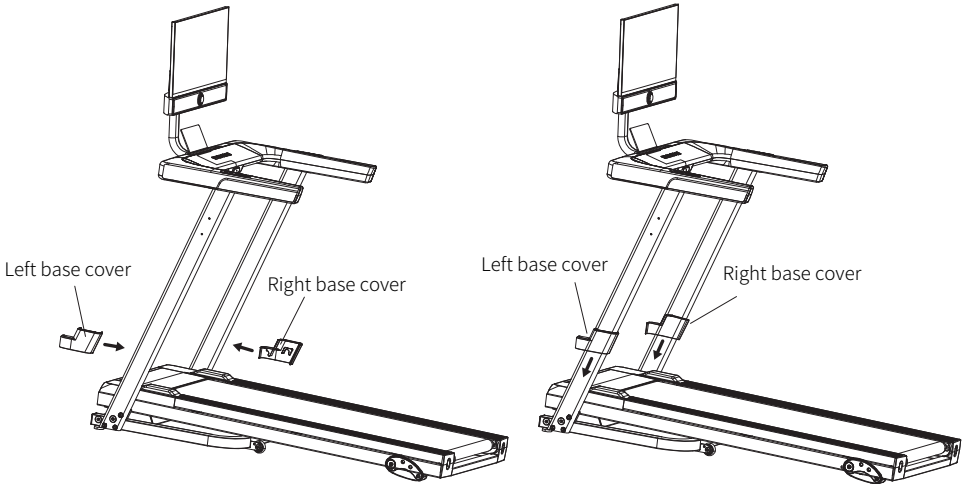
L-type hexagon wrench 6#(A)



Installation Guide

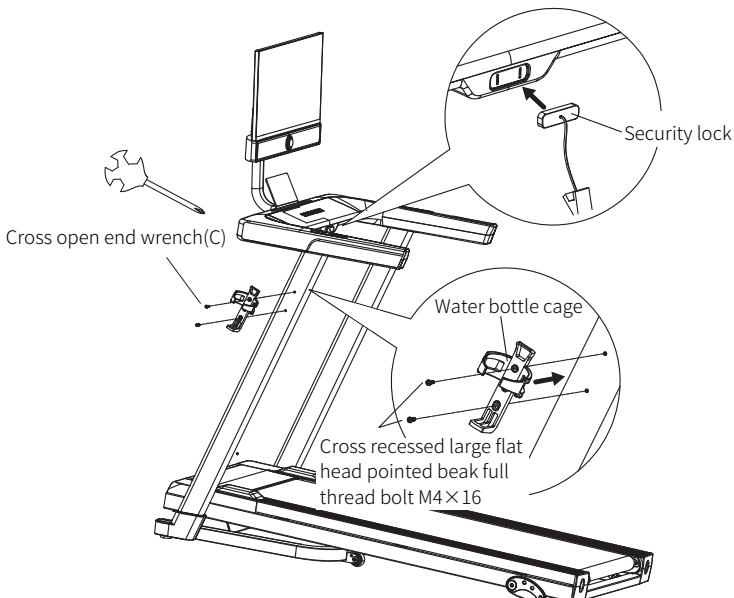
7. Install the base cover

First, install the left and right base covers ⑨ on both sides of the base. Snap them into place, then slide them into the bottom from top to bottom in the direction of the arrow.



8. Install the water bottle cage and safety lock

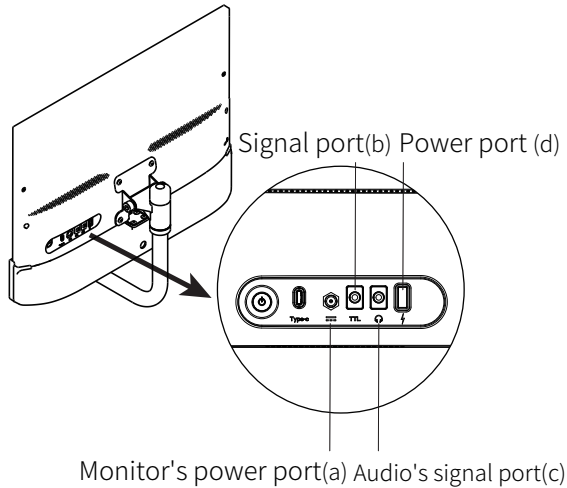
Align the water bottle cage ⑩ with the hole on the side of the left riser, use a cross open wrench (C) to tighten the two cross recessed large flat head pointed beak full thread bolts(M4×16) ⑭, Finally, install the security lock ⑪.



Installation Guide

9.Installation the connection cable

- 1.Insert the monitor's power port (a)、 signal port (b)、 audio's signal port (c) and power port (d) into the jacks at the bottom of the back of the monitor. Be sure to plug them in tightly **(Matching the colors and specifications of the sockets. Ensure that the power cord is properly inserted and securely fastened);**
2. Select the appropriate full-featured C to C data cable (which supports DisplayPort (DP) signal output)and insert it into the Type C jack under the monitor**(Secure any excess wire with Velcro);**



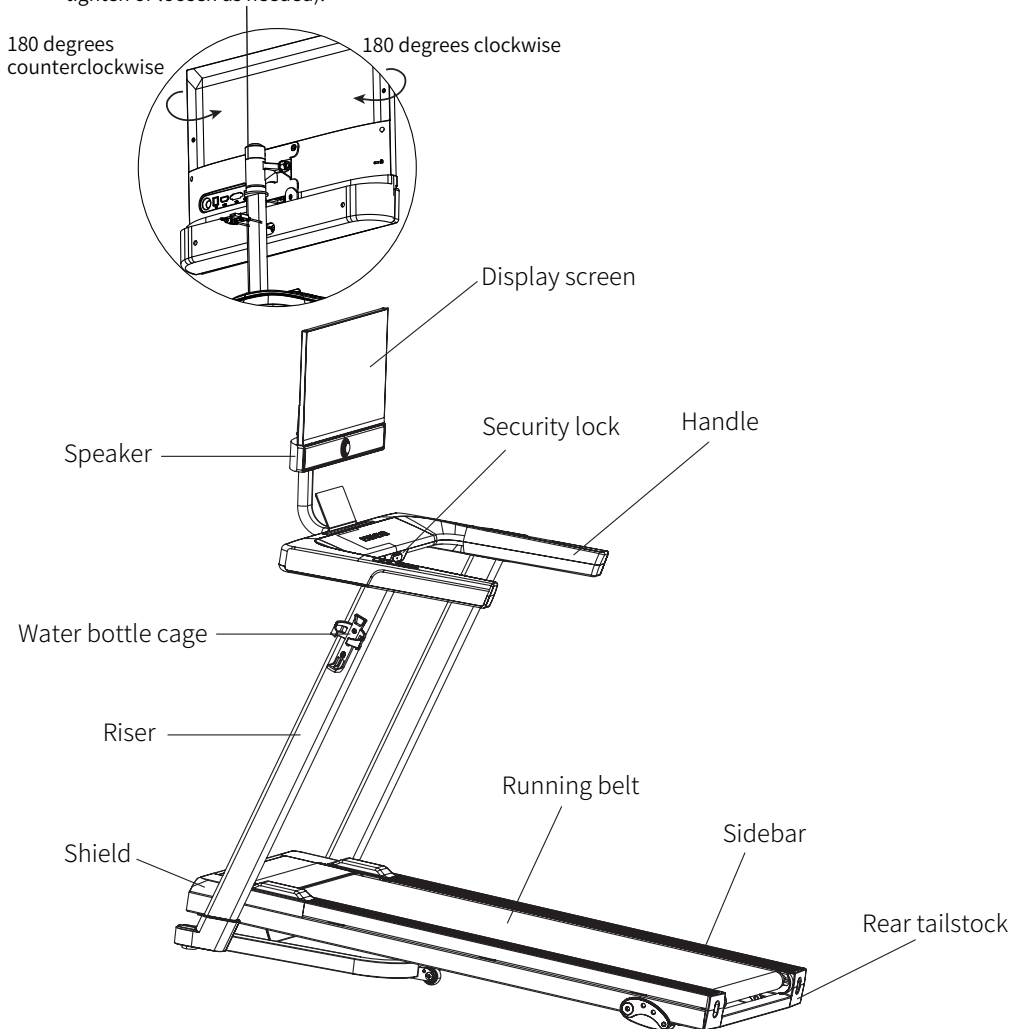
Note: Do not plug or unplug the monitor's interface without cutting off the power supply. Please unplug the power when not in use.

Installation Guide

(for reference only, subject to the actual product)

The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise.

(Use the L-type hexagon wrench 8# (D) to tighten or loosen as needed).



Statement:

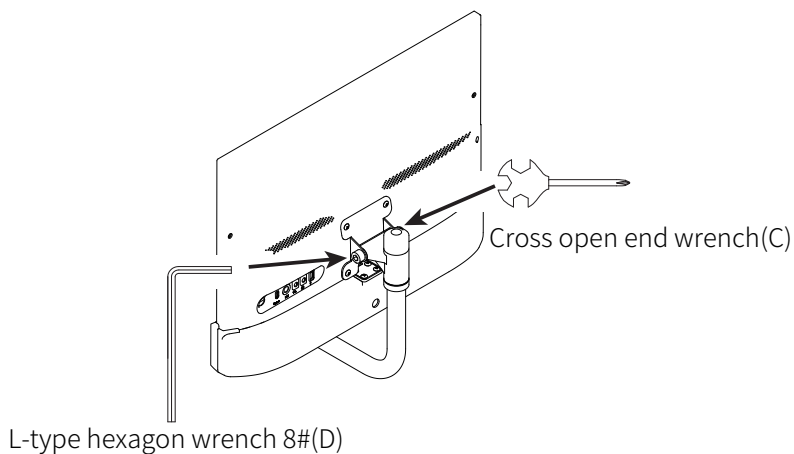
This manual includes a comprehensive introduction to the product's functions and operating instructions as of the time of printing. However, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

Precautions

Check screen

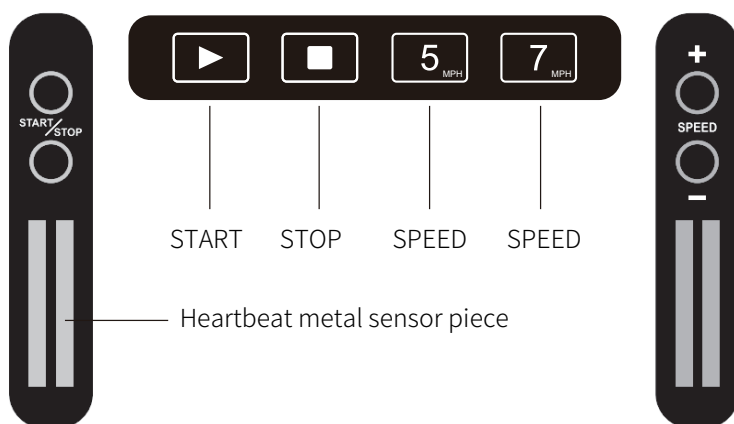
After installation, check if the screen falls when turned upside down.

If it does, use the L-type hexagon wrench 8#(D) and the cross open end wrench(C) to tighten it as shown in the figure. (If the screen becomes loose during use or if the joint needs adjustment, follow these steps to make the necessary corrections)



Instructions for use

1. Turn on the power, unfold the treadmill to the lowest position, if the machine is functioning properly.
2. Clip the safety lock clip on the athlete's chest.
3. Before exercising, ensure the treadmill is stable and functioning correctly. It is strictly forbidden to stand on the running belt to start. Before running, you should stand on the side bars and hold the handrails. Wait until the treadmill starts normally before getting on the treadmill. When starting the treadmill, hold the handrail with one hand and press the "START" key with the other. The treadmill will start with a delay of 5 seconds and run at a speed of 0.6MPH. Use the "SPEED" and "+" keys to gradually increase the speed to 1.5–2.1 MPH, (which is a comfortable running pace), Once the treadmill reaches this speed, grab the handrails with both hands and step onto the running belt, matching its pace.
4. After a few minutes, you can hold the handrail with one hand and press the "SPEED" and "+" keys to increase the speed gradually. You can also press the "SPEED" and "-" keys to reduce its speed.
5. While running, you can use the speed shortcut key to quickly set your desired running speed.
6. During exercise, you can press the "STOP" key at any time to stop the motor.
7. Press the "START" key to start the treadmill, which will start automatically according to the selected mode. During operation, you can press the "SPEED" "+" key or the "SPEED" "-" key to change the running speed of the current time period. Press the "STOP" key to stop the movement.
8. Heart rate test: After the treadmill is powered on, hold the heartbeat metal sensor with both hands. Your heart rate will appear in the display window after a few seconds. (Note: This heart rate measurement is for exercise reference only and should not be used as medical data.)



Note: When the safety lock is pulled off during exercise, the treadmill will stop running immediately. The treadmill refuses any operation and the window displays "E1"

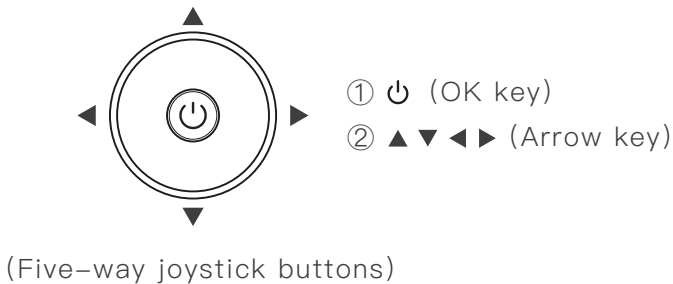
How to adjust the screen

Screen Adjustment:

1. Press and hold the "OK" key for 6 seconds to power off the phone, and for 1-2 seconds to power it on.
2. When the monitor is powered on and a signal is detected, press the "OK" key press the "OK" key within 1 second to open the main menu.
3. Use the "Directional" key to navigate the main menu and select the desired item for adjustment. After selecting the item, press the "OK" key to adjust it. Press the "OK" key again to save changes and return to the previous menu.
4. Press and hold the left shortcut key for 10 seconds to display the version number.
5. After confirming the adjustment, move the joystick to the left to exit the current option.

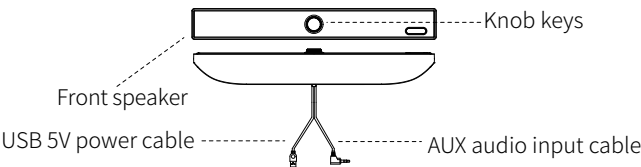
Operations to close the data window during screen projection:

1. Connect the screen projector and start projecting.
2. Press the "OK" key to access the main menu.
3. Use the remote to scroll down and select settings, then scroll right to enter the settings menu.
4. Scroll down using the remote to select "BikeOsd," and then scroll right to enter the "BikeOsd" setting interface.
5. Choose "OFF" and press the "Confirm" key to select this option.
6. Scroll left three times continuously using the remote to exit the main menu.



How to adjust the speakers

Audio function operation



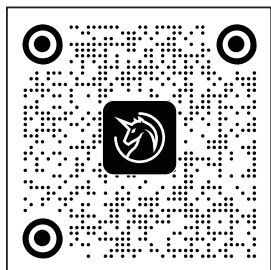
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mis	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep mode	Sleep state	When clicking the knob button (clicking will not switch modes), inputting audio signals, adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on
Control Fuction	Volume up	/	Turn the switch Clockwise	The volume increases gradually as your rotation	Volume up to maximum with a tone (beep)	Red LED always on
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	Red LED always on
	Mode Switch	Power on	Short press the Rotary switch	Switch AUX mode and Bluetooth mode	Switch to Bluetooth mode with beep (Bluetooth pairing on)	1.AUX mode: red light always on 2. Bluetooth mode: red light flashes quickly
Pairing function	Bluetooth pairing	Power on	Click the knob button to switch the mode to Bluetooth mode	1. Pairing search status, red light flashes quickly 2. If pairing times out in 10mins, it will enter sleep state	Shutdown tone (Shutdown sound)	Red LED flash quickly
	Switch to Pairing mode (the bluetooth can be found by other devise)	Power on	Open the bluetooth and Search on the devise	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful connection (Paired (dong))	Red LED always on
	Disconnected	Connected	Close your devise bluetooth function	1. Announcement tone (Pairing) 2. Speaker enter the pairing mode	Disconnect tone (Pairing)	Red LED flash quickly
			Cancel the pairing by the devise			
			Disconnect the bluetooth connection by Devise			
	Reconnected-back to BT range	Disconnected	1. Connected with devise, the bluetooth disconnected after move the devise out of the BT range 2. It reconnected successful if back in BT range within 10mins	1. After over-distance disconnection, the speaker enters the pairing state and the red light flashe quickly 2. After 10 mis, no device is connected and the speaker enters sleep state	Disconnect tone (Pairing)	Red LED flash quickly
				Reconnected successful with devise	The tone of successful connection (Paired)	Red LED always on
	Reconnected	Bluetooth mode (paired with devise before)	Switch to bluetooth mode, speaker try to reconnect with the last devise	If unable to reconnect within 10mins, enter sleep state	The tone of successful connection (Paired)	Red LED always on
	Factory Reset (In Bluetooth mode)	Power On	In Bluetooth mode, triple-click the button on one of the front and rear speakers	1. Restore to the default boot state (enter AUX mode) 2. Clear Bluetooth connection records and clear front and rear speakers Pairing record, volume restored to default volume (maximum volume 50%) 3. Enter AUX state	Recovery success tone (hello)	Red LED always on

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

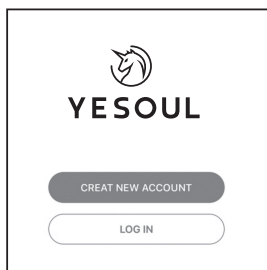
APP usage instructions

APP installation registration

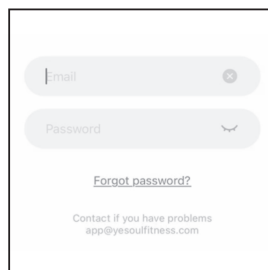
· You can scan the QR code below to download the APP and register an APP account.



1. Scan the QR code and download the APP



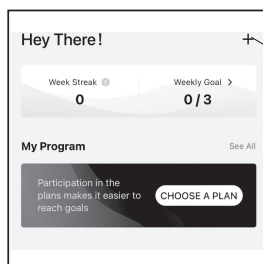
2. Enter the APP login page



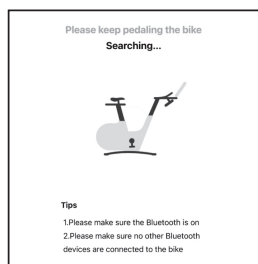
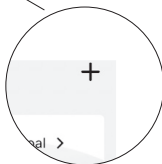
3. Register an APP account

Connect devices

· When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



4. Enter the APP homepage



5. Search for devices

- For subsequent use, simply step on the device and open the exercise mode or course of the APP can be connected automatically.
- Please ensure that the Bluetooth of your phone/tablet is turned on.
- The device does not support connecting multiple cell phones at the same time. Please confirm that no other users are connected to the device at this time before use.
- After power is disconnected, Bluetooth will be automatically disconnected.
- In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.



Kinomap



Zwift

Purchase APP membership

· Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

*The above illustrations are for reference only. Since the software is constantly updated and iterated, please refer to actual use.

About wired projection screen

Installation instructions for wired screen projection:

1. Take out the data cable,

Note: There are two data cables for Android and iOS included in the package.

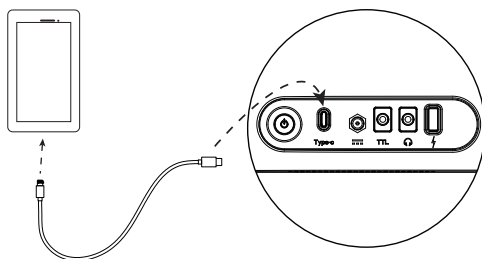
Please use the appropriate one according to your phone model;

2. Connect the Type-C interface of the data cable to the screen;

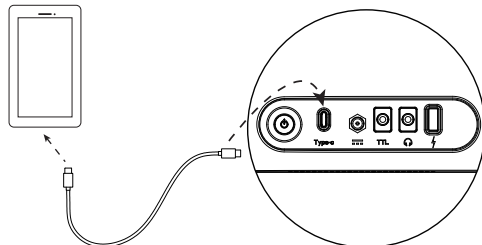
3. Connect the Type-C or Lightning interface of the data cable to the phone.

Note: Android phones need to support DisplayPort (DP) signal output in order to use the wired screen projection function normally.

iOS:

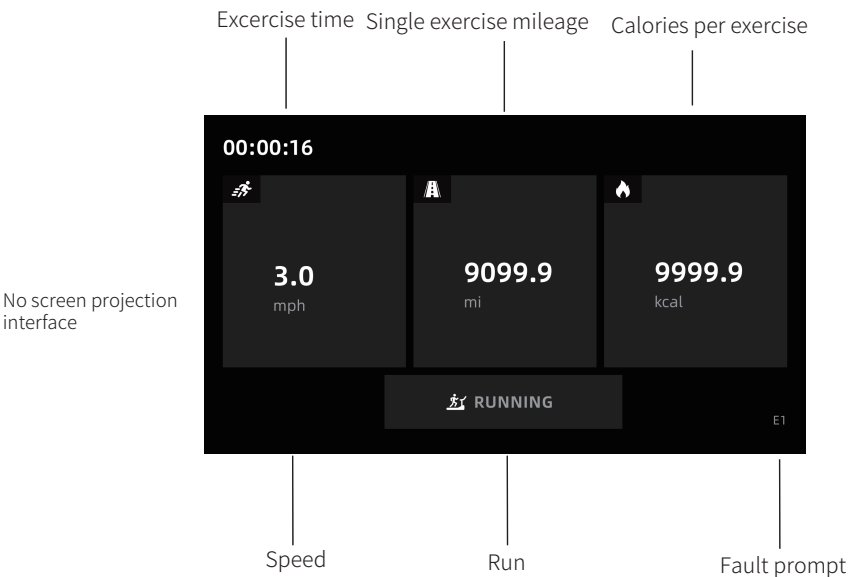


Android:



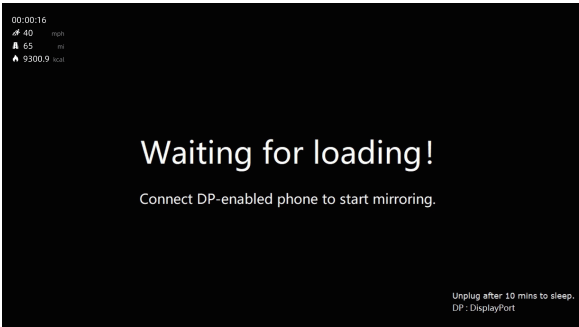
About display interface

Display interface description:



This interface will appear under the following circumstances:

- 1. Waiting for screen casting.
- 2. The access device does not support screencasting.
- 3. iPad or iPhone first time access untrusted devices.



Screen mirroring connection

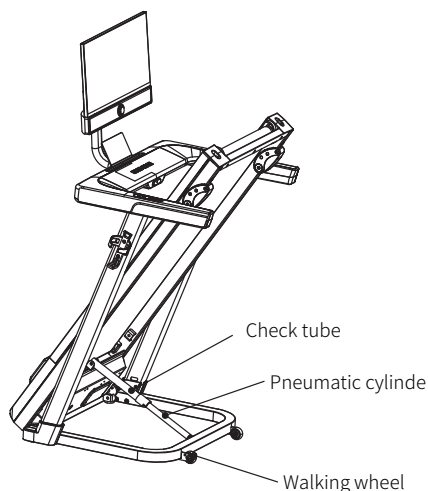


Instructions for use of the machine

Folding and moving the treadmill

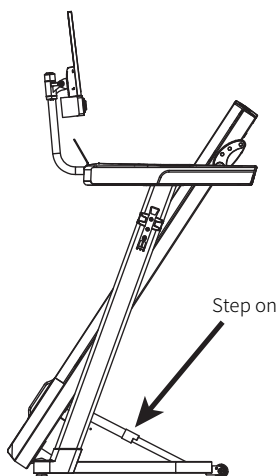
· Folding of treadmill

1. Before folding the treadmill, ensure the power is disconnected.
2. Check whether the incline of the treadmill is at the lowest position.
3. Lift the treadmill to the upright position, and the non-return pipe will automatically get stuck on the pneumatic cylinder.
4. Verify that the anti-return tube is properly engaged with the pneumatic cylinder.



· Deployment of treadmill

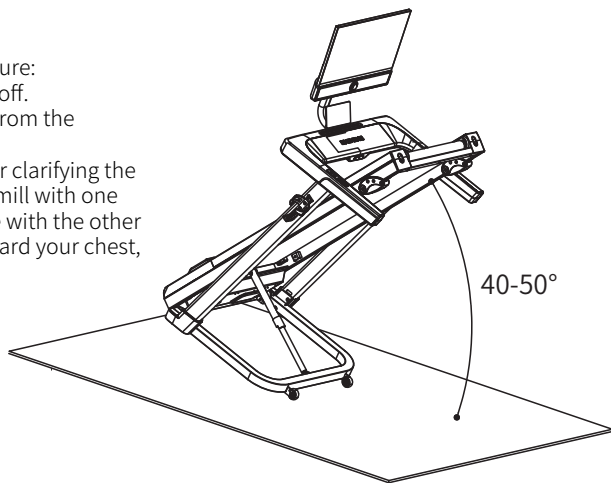
1. To unfold the treadmill, you need to choose a place about 1 meter away from the power socket and with a flat ground and no other obstacles.
2. When unfolding the treadmill, you must first hold the treadmill with both hands and step on the anti-return tube with your feet. The treadmill will automatically lower to the ground slowly. At this time, the person must stay about 1 meter away from the treadmill until the treadmill is fully unfolded.



· Movement of treadmill

When moving the unit you must make sure:

- 1: The treadmill power switch is turned off.
- 2: The power plug has been pulled out from the power socket.
- 3: The large frame has been folded. After clarifying the above points, grab the end of the treadmill with one hand and the handrail on the same side with the other hand. When tilting 40 to 50 degrees toward your chest, you can slowly move the machine.



Grounding Guide

1. This product must be grounded. If the treadmill malfunctions or becomes damaged, the grounding wire creates a circuit of lowest resistance and conducts current underground, reducing the risk of electric shock. This product comes with a cable that has a conductor and a grounding plug that ground the equipment.
2. The plug must be inserted into an outlet that meets local codes and ordinances installation and grounding requirements.
3. Improper connection of the equipment grounding conductor may result in electric shock hazards. If you are unsure whether your equipment is properly grounded, consult a qualified electrician or service personnel. Please do not modify the plug provided with this product without authorization. If the plug
If inconsistent with the outlet, have a qualified electrician install a proper outlet.
4. This product is equipped with a grounding socket as shown in the figure below.

Routine maintenance

- Lubrication

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

Recommendation: Use less than 3 hours per week	Lubricate once every 5 months
Use 4~7 hours per week	Lubricate once every 2 months
Use more than 7 hours per week	Lubricate once a month

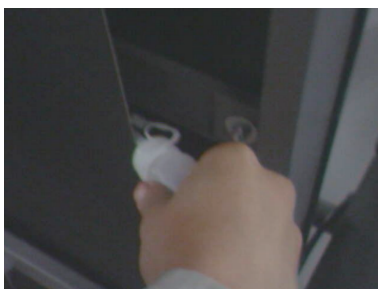
Note: Do not over-lubricate. More lubricant is not always better. Proper lubrication is an important factor in extending the service life of the treadmill.

- How to judge whether lubricant needs to be applied again

Just grab the running belt and touch your hand as far as possible to the center of the back of the running belt. If there is silicone on your hand (it feels a little moist), it means no more lubricant is needed. If the running board is dry, and there is no silicone stuck to your hands, you need to add lubricant.

- Steps to apply lubricant to running boards

Stop the running belt, fold the machine, lift up the running belt on the back of the main frame, put the oil bottle into the middle of the running belt as much as possible, spray silicone oil on the inside of the running belt, and coat both sides of the running belt with silicone. Run the treadmill at a speed of 0.6 MPH to evenly apply the silicone, and gently step on the running belt from left to right. It will take a few minutes for the silicone to be completely absorbed by the running belt. (as the picture shows)



Routine maintenance

· Tightness adjustment of running belt

The user has a tendency to stop and slip while running. When this phenomenon occurs, adjust the running belt adjustment bolts left and right simultaneously in half-turn clockwise directions. If the running belt is too loose, the running belt and rollers will slip when you step on the belt. However, it is not good if it is too tight.

It will easily increase the load on the motor and damage the motor, running belt and rollers.

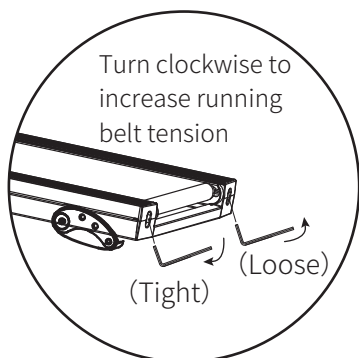
· Adjustment of running belt deviation

All treadmills require adjustment of the running belt before leaving the factory and after installation. However, after a period of use, it may still wander. The reasons for this phenomenon are as follows:

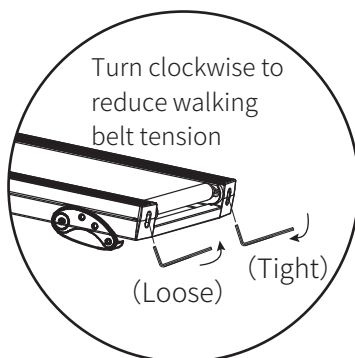
- ① The host is not placed smoothly
- ② The user's feet are not in the center of the running belt when exercising
- ③ The user exerts uneven force on both feet

Routine maintenance

If the misalignment is artificially caused, it can return to normal after a few minutes of no-load rotation. For misalignment that cannot be restored automatically, use the 6mm hex wrench that comes with the machine to gradually adjust it in half-turn increments.



If the running belt deviates to the left, adjust the left bolt clockwise or the right bolt counterclockwise.



If the running belt deviates to the right, adjust the right bolt clockwise or the left bolt counterclockwise.

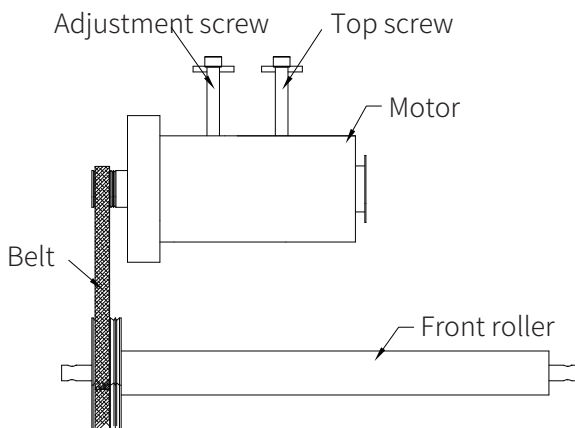
Declare:

Deviation of the running belt is mainly maintained by the user according to the instructions. Deviation of the running belt will seriously damage the running belt, so it must be discovered and corrected in time.

· Motor belt adjustment

- ① Use a wrench to turn the adjusting bolt counterclockwise.
- ② The adjustment range is subject to the belt load not slipping.

Note: Clean the belt and pulley grooves regularly.



Common faults and solutions

Treadmill part

Question	Possible reasons	Repair method
Treadmill not working	a Not plugged in	Plug into socket
	b Security key is not embedded	Embed security key into panel
	c circuit signal system open circuit	Check controller input and signal lines
	d The power is not turned on	Set the power switch to the NO position
	e fuse burned out	Replace fuse
The running belt does not move smoothly	a Insufficient lubrication	Use methyl silicone lubricant
	b The running belt is too tight	Adjust the tightness of the running belt
Running belt slipping	a The running belt is too loose	Adjust the tightness of the running belt
	b The drive belt is too loose	Adjust drive belt tightness

Electronic watch part

Error message code meaning:

APP fault code	Fault code meaning	Troubleshooting methods
E1	Safety lock disconnect protection	Access security lock
E2	Anti-explosion, phase loss, under-voltage, over-voltage	Check the treadmill power connection and restart the treadmill
E3	No speed signal, Hall error, hardware error	Check the motor and replace it
E5	Overcurrent protection, hardware overcurrent, overload, overtemperature	Turn off the treadmill and wait ten minutes before starting it again
E6	Abnormal saving data, motor calibration error, motor parameter error	Replace motor controller
E7	Motor reverse	Restart the treadmill
E8	Other errors	Restart the treadmill

Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1. Stretching by touching toes

KStand with your knees slightly bent and your hips moving slowly forward. Touch yourtoes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and thenrelax. Repeat the exercise three times.

Stretched parts: ligaments, internal parts of knees, and back. (See Figure 1)

2. Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body andon the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep thisposture for 15s and then relax. Exercise both legs three times, respectively.

Stretched parts: ligaments, back and groin. (See Figure 2)

3. Calf/heel stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15s and then relax. Repeat the exercise three times for each leg.

Stretched parts: quadriceps and hip muscles. (See Figure 3)

4. Quadriceps femoris stretching exercise

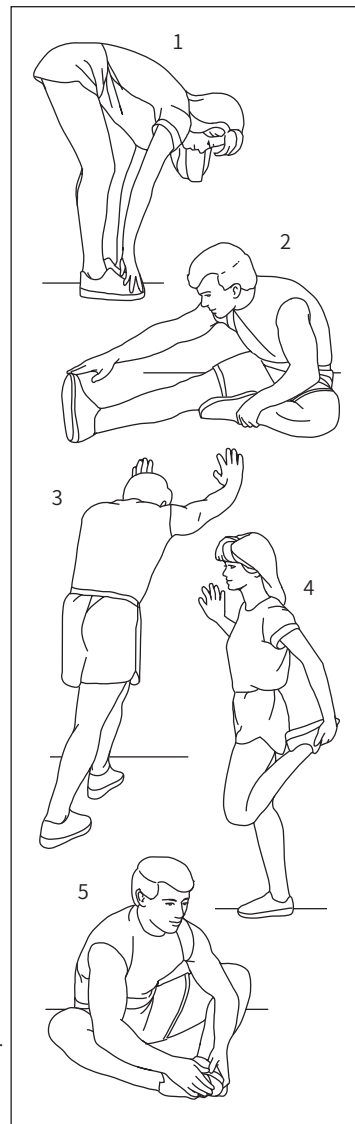
Stand with one leg in front of the other, leaning forward and press your hands against the wall. Straighten the rear leg, with the feet flat on the floor. Bend the front left, lean forward, and moveyour hips toward the wall. Keep this posture for 15s and then relax. Exercise both legs three timesrespectively.

To further stretch the Achilles tendon, bend the rear leg at the same time, Stretched parts: calves, achilles tendon and ankles. (See Figure 4)

5. Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet asclose as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: ouadriceps and hip muscles. (See Figure 5)



Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.