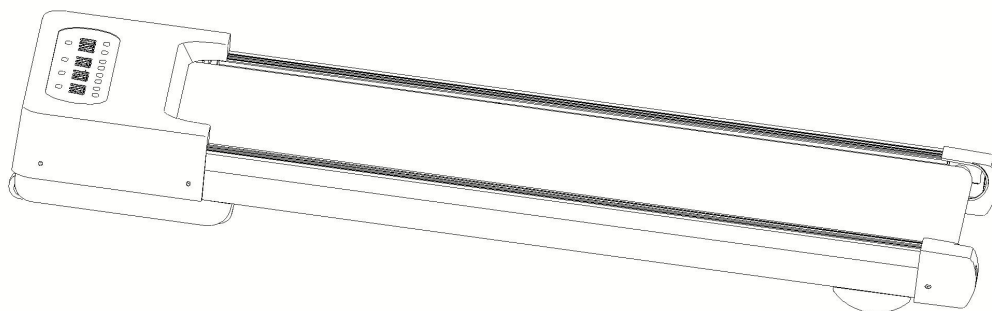




USER MANUAL



Catalogue

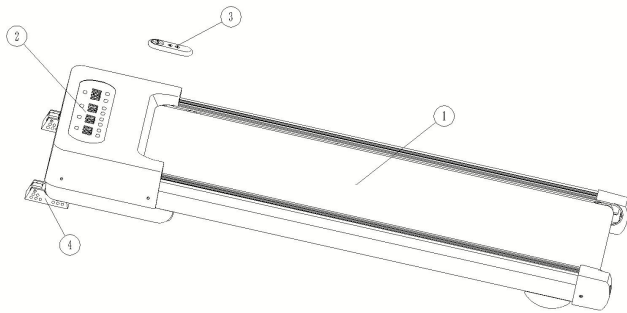
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Installation Instructions

1. Table of installed parts

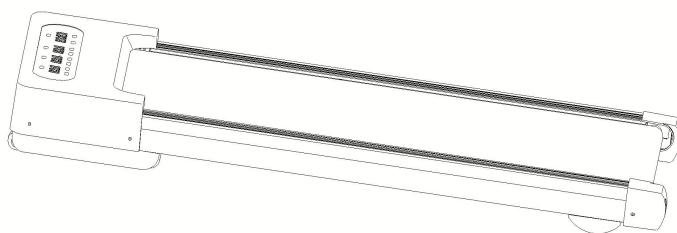
Number	Part name	Quantity
1	Treadmill deck	1
2	Digital watch	1
3	Remote control	1
4	Front frame foot pad	2

2. Structure diagram of installed capacity

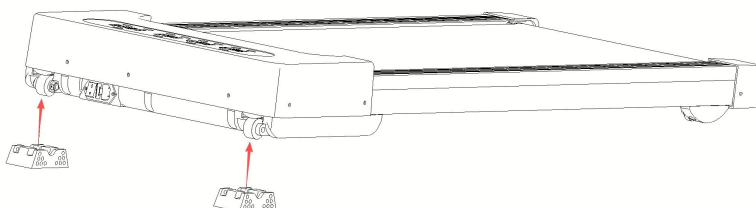


3. Installation steps

a. Open the package, take out the assembly parts in the box, and put the host flat on the ground.



b. Rotate the front foot pad onto the front end of the frame.



- c. 1> Connect the power cord.
- 2> Turn on the power switch.
- 3> Operate the remote control to operate the machine.

4. Product profile

Number	Name		Quantity
1	Complete machine (running platform)		1
2	Accessories package	Cross screwdriver	1
		Remote control	1
		30ml silicone oil	1
		Instruction	1

5. Technical parameters

Version	W400A
Voltage	110V 60Hz
Motor	0.75HP
Speed	0.6-3.7MPH
Incline	0-12%
Weight capacity	300lbs
Running area	39.4X15.8in
External dimensions	49.2X20.7X5in
Net weight / Gross weight	50.3lbs/58.4lbs

Note: The Company reserves the right to modify the product without prior notice.

FitShow APP:

Scan QR code to download the APP directly, or download and install over the application stores by search 'FitShow'.



Product Instructions

1. Display



2. Brief description

Function with this electronic watch:

- White display
- Remote control

The terms used in the specification stipulate that:

Treadmill parameters: speed, incline

Motion parameters: distance, calorie, and time.

Movement mode: manual, mode, Program

Full Manual Exercise Mode: An exercise mode without a set workout target.

Countdown Exercise Mode: An exercise mode with a specific workout target set.

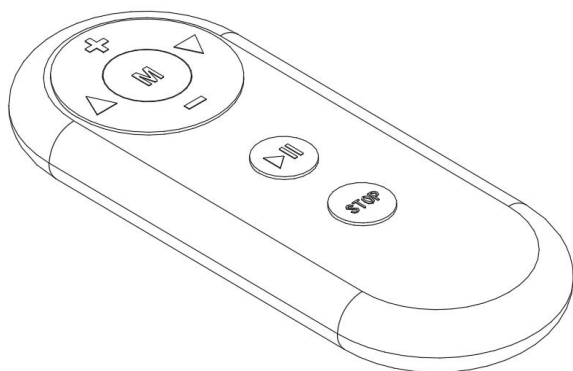
Automatic Program Exercise Mode: An exercise mode with different pre-set workout plans within the treadmill. This treadmill has 12 built-in workout plans.

3. Parameter description

a. Movement parameters in various movement modes:

- Display speed range: 0.6-3.7 mph
- Display incline range: 0-12 %
- Exercise time in time mode: 8-99 minutes
- Motion distance in distance mode: 1- 99 miles
- Number of calories consumed in calorie mode: 20-990 kcal
- Run time for (P01-P10) automatic programs: 8-99 minutes

b. Key function description



1>"Start/Pause" Key: When the power is on, pressing this key at any time starts the treadmill's operation. During a workout, pressing this key pauses the treadmill's operation, and the interface displays "PAUS".

2>"Speed+ (-) " is the Speed Increase (Decrease) Key: After the treadmill starts, press to increase (decrease) speed. The adjustment increment is 0.2MPH per press. Speed will increase (decrease) continuously if the key is held down for more than 1 second.

3> "Lift+ (-) " is the Incline Increase (Decrease) Key: After the treadmill starts, press to increase (decrease) the incline. The adjustment increment is 1 level per press. The incline will increase (decrease) continuously if the key is held down for more than 1 second.

4> "Stop Key": While the treadmill is running, pressing this key stops the treadmill operation and resets the data. While the treadmill is paused, pressing this key resets the treadmill.

5> "M Mode" is the Program Key: With the treadmill in standby mode, pressing this key enters the P Program stage. There are ten program modes from P1 to P10. Different program modes correspond to different speeds and incline levels. Each program lasts 15 minutes and is divided into 10 segments, each segment being 1.5 minutes long.

Note:The display window automatically switches every 5 seconds.

Self-test: Press and hold the "Lift+" key, then turn on the power. The screen will display "9". Then press the "M" key to start the lift self-test.

c. Sleep mode

The treadmill will enter sleep mode if no operation is performed for 5

consecutive minutes while in standby state. Press any key to wake it up from sleep mode.

d. Power off

You can turn off the treadmill by switching off the power switch at any time. This will not damage the treadmill.

e. Program segment table

Program		1.5 min	3 min	4.5 min	6 min	7.5 min	9 min	10.5 min	12 min	13.5 min	15 min
P1	speed	1.2	1.9	3.1	1.9	3.1	1.9	3.1	1.9	2.5	1.9
	incline	2	2	4	4	5	5	4	4	6	6
P2	speed	1.2	3.1	1.9	2.5	1.9	3.1	2.5	3.1	1.9	1.2
	incline	3	5	5	8	8	8	7	7	2	2
P3	speed	1.9	2.5	3.7	2.5	1.9	3.1	2.5	3.1	1.9	1.2
	incline	3	3	2	2	2	5	5	8	8	3
P4	speed	1.9	3.1	1.9	3.1	2.5	3.1	1.9	3.7	2.5	1.9
	incline	2	4	4	6	6	8	8	3	3	3
P5	speed	1.9	2.5	3.1	1.9	3.7	3.1	2.5	3.1	2.5	1.9
	incline	3	5	5	4	4	7	7	7	3	3
P6	speed	1.9	3.1	3.7	1.9	3.1	3.7	3.1	1.9	2.5	1.9
	incline	3	3	5	5	8	8	6	6	2	2
P7	speed	1.9	2.5	3.1	2.5	3.1	3.7	3.1	3.7	1.9	1.9
	incline	6	6	6	8	8	3	3	2	2	2
P8	speed	1.2	2.5	3.1	3.7	3.1	3.7	3.1	2.5	3.1	1.9
	incline	7	7	3	3	5	5	5	7	8	8
P9	speed	1.9	3.1	3.7	3.1	3.7	2.5	3.7	3.1	2.5	1.9
	incline	5	8	8	3	3	6	6	3	3	3
P10	speed	1.9	2.5	3.7	2.5	3.7	2.5	3.1	3.7	3.1	2.5
	incline	9	3	3	4	4	2	2	5	5	5

Error Codes and Troubleshooting

Error Code	Possible Cause	Solution
E08/E19	Abnormal cable contact.	Reinforce the plug-and-pull cable connections.
E14	Motor driver overheating.	Wait for the unit to cool down, then restart the power.
E01-06/E11/E13/E15/E17 and other	System or electrical fault.	Contact Rockare after-sales support

Important Safety Instructions

Thank you for choosing our products. The correct use of the treadmill is a guarantee of your safety and convenience.

1. Please read this manual carefully before use.
2. Pay attention to do not make it block the plug on the wall, reserve 0.8 meters of space in front to facilitate insertion.
3. A safety space of 0.8 meters is reserved on both sides of the treadmill, and 2 meters (long) * 1 meter (wide) safety space is reserved behind the treadmill.
4. Always ensure the power cord is properly grounded to avoid the risk of electric shock.
5. Do not wear too big, too loose clothes when exercising, in case of safety accidents hanging on the electric treadmill.
6. Exercise gradually according to your physical condition. Avoid overexertion.
7. Wear appropriate athletic shoes. It is recommended to wear running shoes or fitness shoes with rubber soles.
8. Do not install or use any non-original accessories. Electric treadmill is a special equipment, do not modify it for other use.
9. Do not disassemble any parts yourself, such as the motor cover or roller guards.
10. The treadmill is indoor equipment, do not use outdoors. Put the place clean and smooth, pay attention to moisture-proof, pay attention not to put the treadmill on the items such as thick carpet, so as not to affect the circulation of the lower air of the treadmill.
11. Do not use the treadmill near mist, aerosols, or respiratory equipment, and keep it away from water, heat sources, and sharp

objects.

12. Please perform proper warm-up exercises before using the treadmill.

13. Do not step off the treadmill until it has come to a complete stop.

14. Before each use, ensure all parts are correctly installed and securely fastened.

15. After each use, turn off the power and unplug the treadmill

16. If the electronic system failure cannot stop, please quickly let your feet step on the edge bars on both sides, turn off the power supply in time, and inform the after-sales personnel.

17. This product is designed for healthy adults only. Keep children and pets away during operation and avoid touching moving parts.

18. Consult your doctor before starting an exercise program. During exercising, if you feel chest tightness or chest pain, irregular heartbeat, shortness of breath, dizziness or other discomfort, please stop immediately!

Maintenance Instructions

To better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power for 2 hours and let the machine rest for 10 minutes.

If the running belt is too loose, there will be a skid phenomenon when running: if too tight, too tight may reduce the motor performance and aggravate the wear of the drum and the running belt. When the running belt is tight, you can lift both sides of the running belt from the running board about 50-75mm.

Running plate lubrication

1. As we mentioned above, the running board lubrication should be timely, but not excessive lubrication, lubricant is not the better. Remember: proper lubrication is an important factor in improving the

service life of a treadmill.

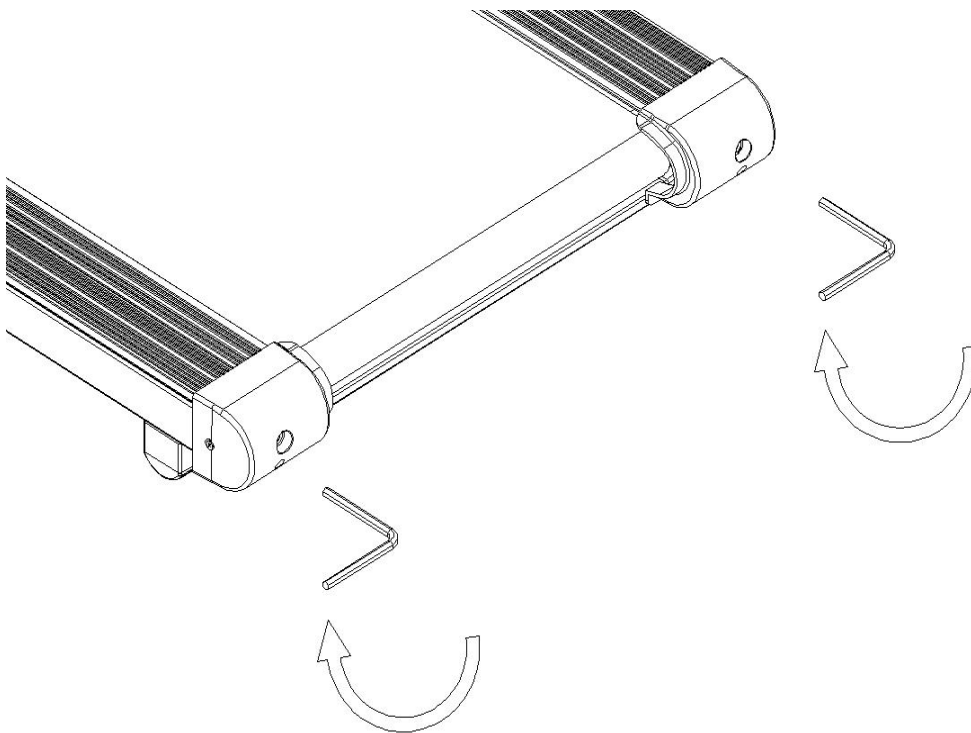
2. Check whether you need to lubricant, as long as grab the running belt, touch your hand as far as possible to the center of the back of the running belt, if your hands with silicone oil (a little damp), namely does not need to lubricant, if the running board is dry and no stick to the silicone oil, you need to add lubricating silicone oil.

3. To coat the running plate with smooth silicone oil:

Lift the treadmill to the side, pull up the running belt, and then drop about 10ML of silicone oil between the running board and the running belt. Then lay the machine flat and run the treadmill at a speed of 0.6mph to evenly apply silicone oil. Gently step on the running belt on the front of the treadmill from left to right, and maintain it for about 8-10 minutes to fully absorb the silicone oil by the running belt.

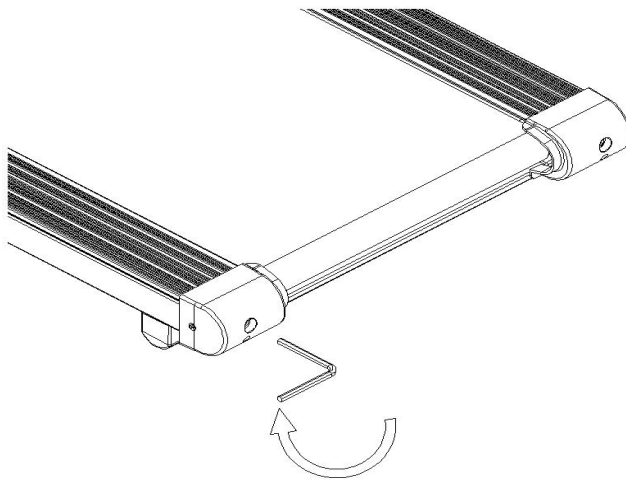
Run with tight adjustment

The running belt of the treadmill has been adjusted before leaving the factory. Please confirm the operation of the running belt after installing the running belt first. After a period of use, if the user stops and slips when running, go clockwise and adjust the running belt adjustment bolt synchronously. Fine-tuning to the normal use without the above phenomenon can be.

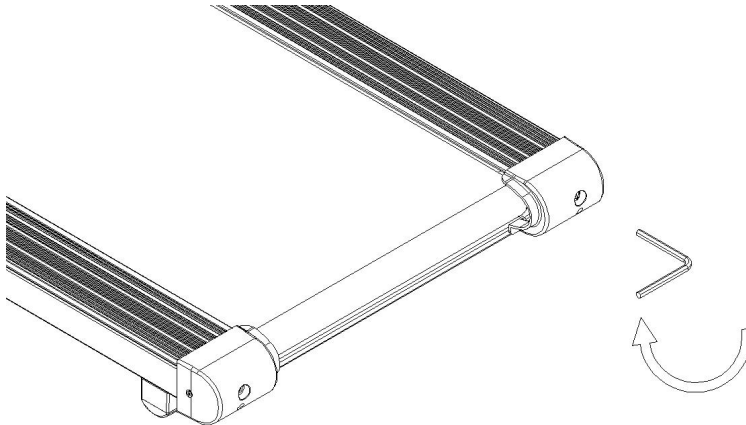


Running belt alignment adjustment

1. Place the electric treadmill on the flat ground.
2. Run at approximately 2.2mph using an electric treadmill.



If the running belt is biased to the left, rotate the adjustment bolt on the left 1/4 clockwise, and then pause for 30 seconds to correct automatically. If not, please repeat the above method again.



If the running belt is biased to the right, rotate the right adjustment bolt 1/4 clockwise and pause for 30 seconds to correct automatically. If not, please repeat the above method again.

FCC Statement:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits

for a Class B digital device,
pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Caution: Any changes or modifications not expressly approved by the party

Warranty Information

Welcome to using Rockare series products.

This product is covered by a one-year limited warranty under normal household use, provided that the product has not been damaged by misuse, abuse, or other human-caused factors.

Our company shall not be responsible for any failures or damages resulting from improper installation, incorrect use, or unauthorized replacement of parts. The warranty does not apply to products that have been repaired, modified, or disassembled by unauthorized personnel, and any related repair costs shall be borne by the customer.

This product is intended for household use only. Our company shall not be responsible for any malfunctions or damages caused by commercial or non-household use.

If you encounter any product problems, please contact us through the following methods.

Email: service@rockare.com

Whatsapp: +163 63412245



Rockare

wa.me/16363412245

