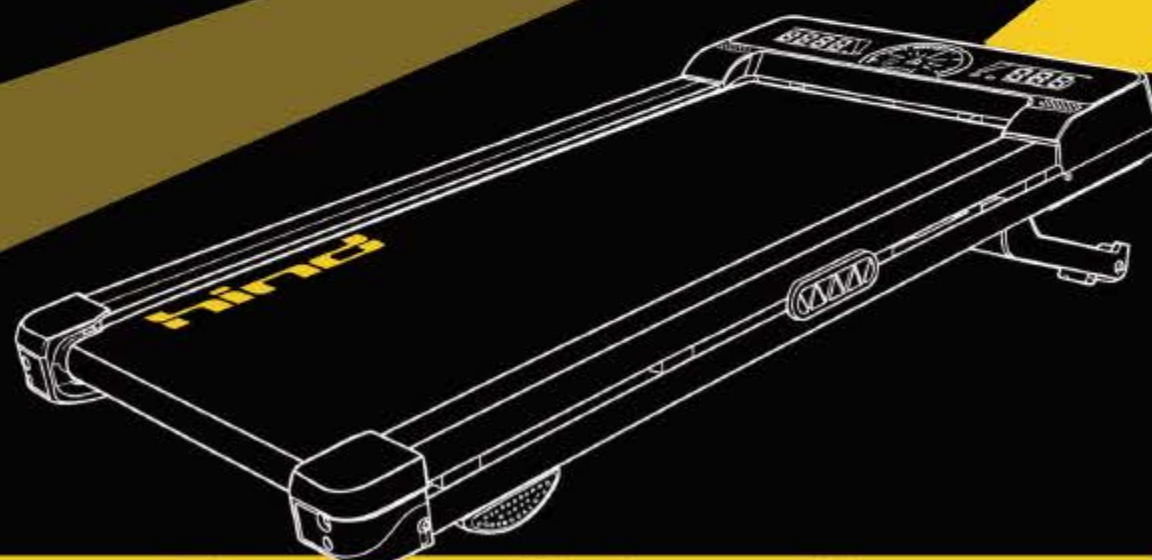




TREADMILL USER MANUAL

Read this manual carefully before use
and keep it for future reference.



Elevate Your Workout at Home

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⚠ WARNING: For your safety, please read all precautions and instructions in this booklet before using the equipment. Keep this booklet for future reference. All users of this equipment must read and understand these safety instructions before operating the treadmill.

Warnings and Safety Instructions - Read Before Use

1. Set up and operate the treadmill on a solid, level surface and in an area not accessible to children, pets, or anyone else who should not have access to the treadmill.

2. People under the age of 16 and persons with reduced physical, sensory, or mental capabilities that impair the safe use of the equipment must not use the treadmill. People over the age of 16 and persons with a lack of experience and knowledge must be given supervision or instruction before using the treadmill.

3. Keep children, pets, and objects away from the treadmill at all times. Never allow children of an age to play with or on the treadmill.

4. Inspect the treadmill for loose, worn, damaged, or incorrect parts before using. Do not use before parts are replaced, repaired, or tightened.

5. Always keep the running surface clean and dry.

6. Never operate the treadmill if it isn't working properly, or if the power cord has been damaged. Keep power cord away from heated surfaces, sharp edges, and water.

7. Check before each use to ensure the power cord is not being pinched or trapped under the hind treadmill support legs. The power cord must never pass under the treadmill.

8. The power cord is a wearable component and may loosen, overheat, or become damaged over time with regular use. If any of these conditions occur, discontinue use immediately and contact HIND Customer Service for assistance.

9. To reduce the risk of burn, fire, electric shock, or injury to persons, connect this appliance only to a properly grounded outlet.

10. Users must not be over 450 lb/204 kg.

11. This product can only be used by one person at a time.

12. Make sure you have at least 78.7 in/2 m of clearance directly behind the treadmill, and 24 in/60 cm of clearance on each side of the treadmill. Keep the area around the treadmill clear of furniture, equipment, and accessories.

13. Exposed moving parts can cause serious injury. Keep hands away from moving parts. Never touch the moving belt or reach under the treadmill while it is powered on. Never put items under the deck.

14. Use only as described. Misuse of this equipment may result in serious injury or death.

15. HIND is not responsible for damage or injury caused by inappropriate use.

16. Read and follow all warnings, instructions, and procedures before using the HIND walking pad. It is the owner's responsibility to ensure that all users are aware of all warnings and precautions.

17. Keep the area around the treadmill clear of furniture, exercise equipment or other objects, and abide by clearance requirements at all times.

18. Use caution when stepping on and off the HIND walking pad. Be careful when mounting and dismounting. Never mount or dismount while the belt is moving.

19. Consult a physician before beginning a new fitness plan. Incorrect or excessive training can result in serious injury.

20. If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.

21. Metrics on the screen may be inaccurate. Use values for reference only.

22.Ensure that the power cable never passes under the HIND walking pad. Never operate the treadmill if it isn't working properly, or if the power cord has been damaged. Keep the power cord away from heated surfaces and sharp edges. Always keep the power cable clean and dry. Sweat, spills, and other damage to the power cable may result in property damage or bodily harm.

23.The treadmill is for indoor use only. Do not store or operate the treadmill outdoors, at high humidity levels, or in damp or wet locations.

24.The treadmill is designed for home use. Do not use in a commercial or rental setting.

25.To prevent personal injury, do not wear loose or dangling clothing while using the treadmill. Keep towels and loose clothing away from the belt. Make sure your shoelaces don't extend past the soles of your shoes.

26.Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

27.If an error occurs during operation, the treadmill belt may come to a gradual or sudden stop, depending on the error and your speed. Always remain alert while using the treadmill.

28.Use only original parts from HIND. Unauthorized changes or modifications to this equipment could damage the treadmill and impair its operation.

29.Do not attempt to service the treadmill yourself other than performing the basic maintenance described in this manual. Service other than basic maintenance should be performed by authorized personnel.

30.If the treadmill overheats or emits smoke or a burning odor, discontinue use immediately, unplug the unit, and contact customer service for replacement.

31.Read and familiarize yourself with the instructions for the armband and its emergency stop function before using the treadmill. Be sure you know the location of the emergency stop button and how to perform an emergency stop.

32.Before starting any exercise, you must ensure the armband is successfully connected with the treadmill (indicated by a slowly flashing blue status light) and perform a safety stop test to verify immediate braking response. If any issue is observed with the emergency stop function, stop using the treadmill immediately and contact HIND Customer Service for assistance.

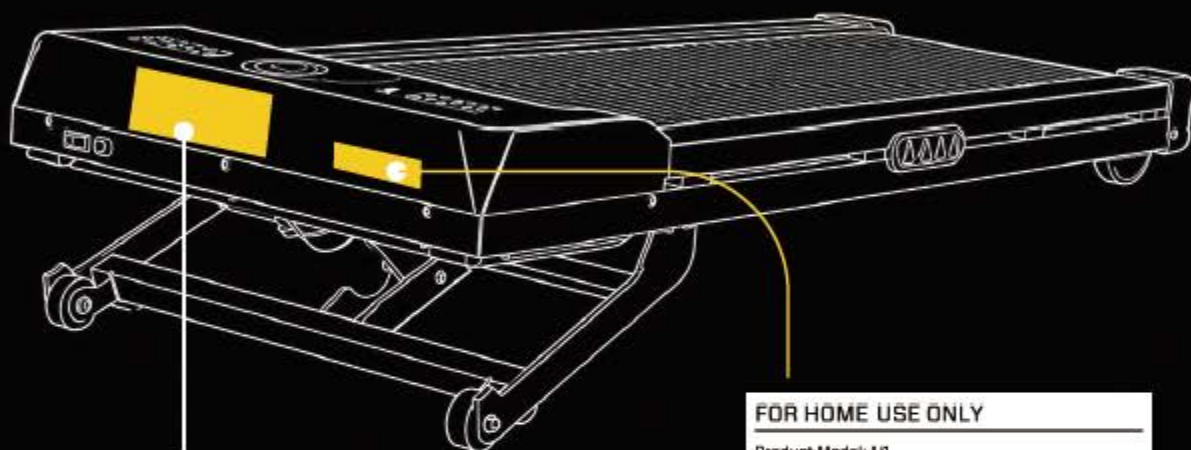
33.Always wear the armband when using the HIND treadmill, as it features an emergency stop button designed to immediately stop the treadmill if needed. After finishing your workout, always store the armband out of the reach of children and pets.

Cleaning:

- Always switch power off, unplug the treadmill when the treadmill is not in use.
- Do not soak or spray pad surfaces with liquid. Clean using a damp cloth.

SAVE THESE INSTRUCTIONS.

Misuse of this equipment may result in serious injury or death. • Read and understand the user manual prior to use. • Follow all warnings and instructions in the manual and on the equipment. • Inspect the equipment before use. Do not use if it is worn or damaged. • Exposed moving parts can cause injury. Keep clear. • Use caution when stepping on and off the treadmill. • If you feel faint or dizzy, or experience pain while exercising, stop immediately. • Do not touch moving parts. Keep shoelaces, loose clothing, and accessories away from the running surface. • Metrics on the screen may be inaccurate. Use values for reference only. • For consumer use only.

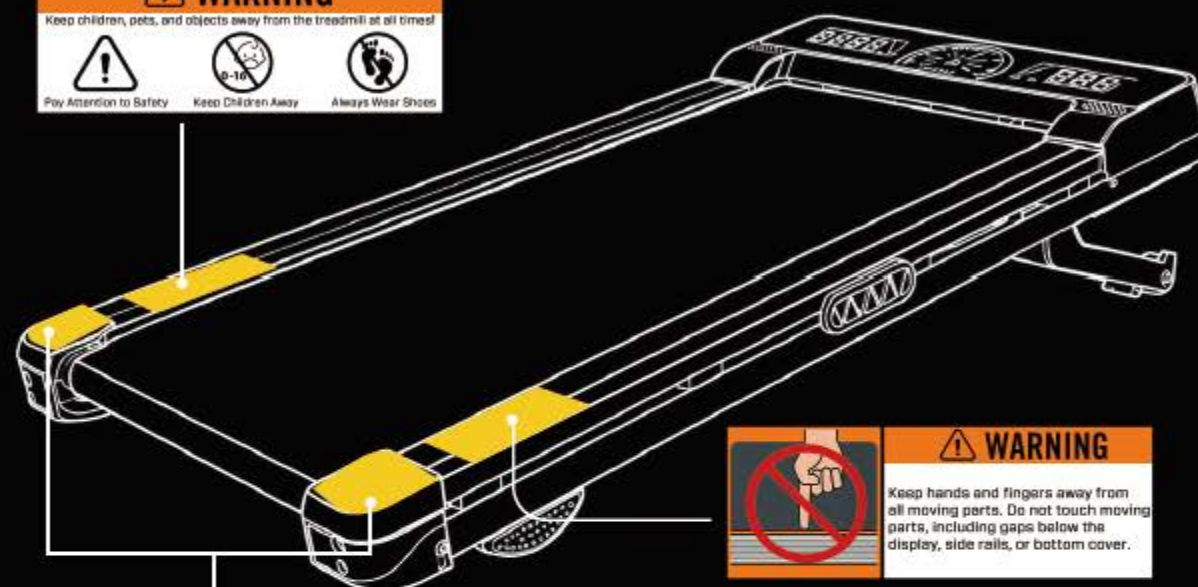


Insert the power cord into the treadmill firmly first. • Make sure it is fully seated. • Then plug the other end of the power cord into a wall outlet. • This product must be grounded. • Improper connection of the equipment-grounding conductor can result in a risk of electric shock. • Do not modify the plug provided with the product. • If an error occurs during operation, the treadmill belt may come to a gradual or sudden stop, depending on the error and your speed. Always remain alert while using the treadmill.



Product Label here:
The lot number on the Product Label indicates the month and year of manufacture. For example, “TREADMILL01202608” means the unit was manufactured in August 2026.

Exposed moving parts can cause injury. • Keep the area around and behind the treadmill clear. • People under 16 may not use the treadmill. Keep children and pets away from the treadmill at all times. • Please wear sneakers when exercising. • Keep shoelaces, towels, and loose clothing away from the running surface. • Make sure your shoelaces don't extend past the soles of your shoes.



Do not touch any moving parts of the treadmill. • Keep children and pets away from this machine at all times. • Keep hands away from moving parts.

Never touch the moving belt or reach under the treadmill while it is powered on. • Never touch moving parts, including gaps below the display, side rails, or bottom cover. • Exposed moving parts can cause serious injury. • Contact with the moving surface may result in severe friction burns.

Safety Label Notice:

Safety labels may vary slightly by production batch, and the labels on your unit may differ in number or wording from those shown in this manual. Please use this manual as the primary reference for all safety label information. Be sure to read and understand all of the safety labels above before operating the treadmill.

Setting Up Your Treadmill

WARNINGS AND SAFETY INSTRUCTIONS:

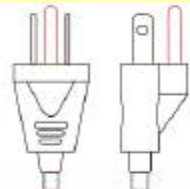
1. Keep the area around the treadmill clear of furniture, exercise equipment or other objects, and abide by clearance requirements at all times. Never put anything under the treadmill or reach under the treadmill while it is powered on.
2. Comply with all local codes and ordinances for electrical installation when installing the treadmill. Consult an electrician if you are not sure whether your outlet can support the treadmill.
3. Do not use extension cords or adapters. Do not attach other appliances to the same circuit. If no suitable outlet is available, contact an electrician.
4. Changes or modifications to this unit not expressly approved by HIND could result in damage to the treadmill, or cause injury to the user.
5. Use a dedicated, grounded circuit capable of carrying 6A or more amps (US model). If the circuit is not properly grounded, there is a risk of electric shock.
6. Never put anything under the treadmill or reach under the treadmill while it is powered on.
7. Keep the area around the treadmill free of obstructions.
8. To prevent unauthorized use by third parties, always disconnect and remove the detachable power cord from the treadmill when not in use, and store it in a secure location out of reach of children and pets.

GROUNDING INSTRUCTIONS:

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

DANGER:

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit in the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-volt circuit in the US. Grounding plugs and sockets look like the ones pictured here.

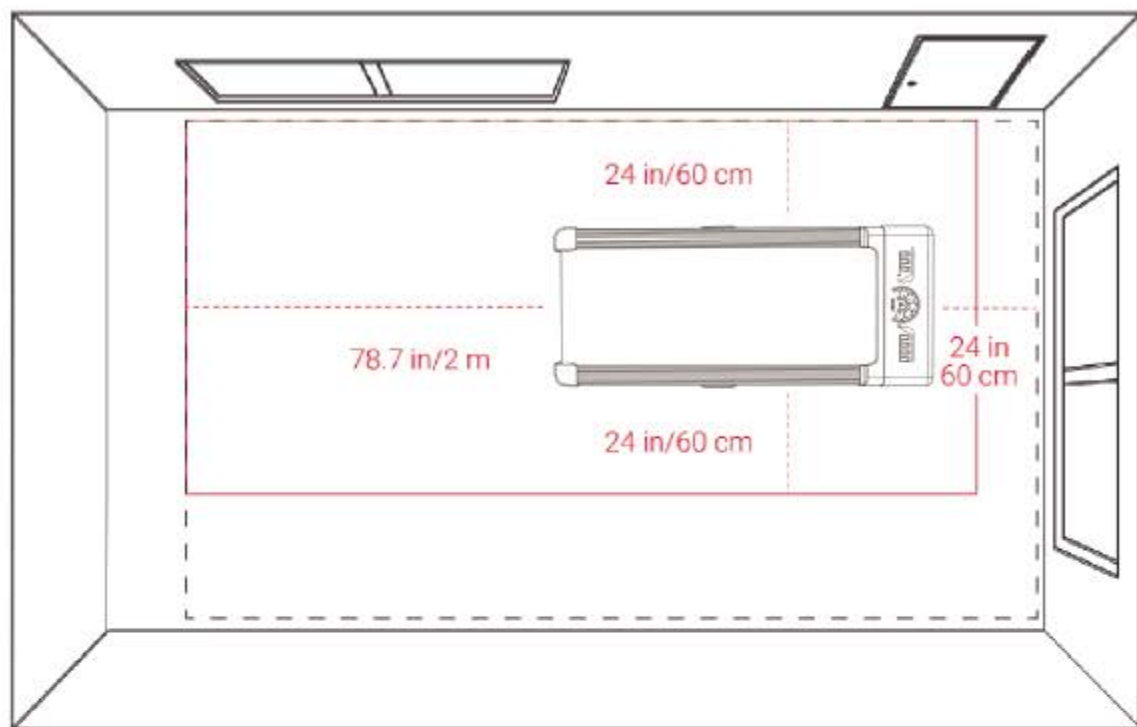
COUNTRY	GROUNDING PLUG	GROUNDING SOCKET	TYPE RATING
US			TYPE B 100-120V/ 50-60HZ

LOCATION REQUIREMENTS:

Make sure you have at least 78.7 in/2 m of clearance behind the treadmill and 24 in/60 cm of clearance on each side of the treadmill.

1. Install the treadmill in an area not accessible to children or pets.
2. Always keep the area around the treadmill clear of exercise equipment, furniture and other objects.
3. Store the treadmill in a dry, indoor area.
4. Install the treadmill on a hard, flat, stable surface. Avoid high pile carpets. If you put a mat under the treadmill, choose a hard, thick mat that won't curl up or interfere with the incline mechanism.
5. Make sure that you have adequate space to work out behind or alongside the treadmill.
6. The treadmill deck can incline to a height of 10 in/25 cm. Make sure that the area above your pad is free of obstructions and that the ceiling height is at least 20 in/51 cm greater than the height of your tallest pad user.

7. Make sure the treadmill is situated within 4 ft/120 cm of an outlet. The provided power cord must be able to reach the outlet at minimum and maximum incline, with some slack. The power cord must never pass under the treadmill.



Plugging in and Powering on



WARNING: Always turn off and unplug the treadmill when it is not in use.

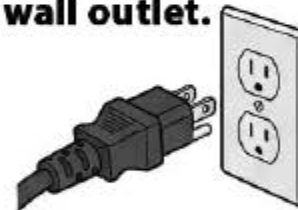
Power On Instructions:

- 1 - Insert the power cord into the treadmill first. Make sure it is fully seated.
- 2 - Then plug the other end of the power cord into a wall outlet.
- 3 - Turn on the power switch.
- 4 - Press the ON button on the remote to start the treadmill.
- 5 - Over time, the treadmill power connection may become loose, overheat or even melt. If this occurs, discontinue use immediately and contact HIND Customer Service at (service@hindtreadmill.com) for assistance.

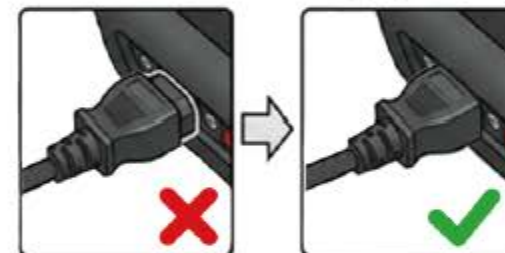
Step 1: Plug into the treadmill first.



Step 2: Then plug into a grounded wall outlet.



Ensure the plug is FULLY INSERTED with no gap.



If you have any trouble, please find assistance from professional technician.

Emergency Stop & Heart Rate Monitor Armband Instructions

Function Overview

The HIND Armband features two integrated functions

1. Emergency Stop Function - Allows users to quickly stop a compatible HIND treadmill in an emergency situation.

2. Heart Rate Monitoring Function - Transmits real-time heart rate data via Bluetooth to the FitYo App for workout monitoring.

Both functions operate simultaneously, allowing you to monitor your heart rate while keeping the emergency stop function ready whenever needed.

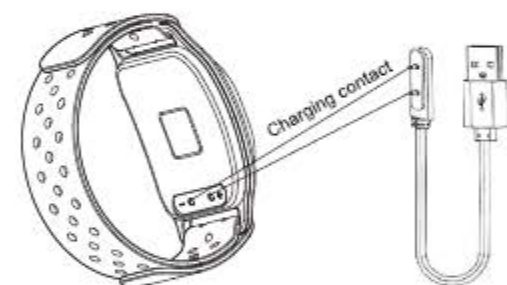
Always read and familiarize yourself with all functions and safety instructions before using the armband. If you have any questions or require assistance, contact HIND Customer Service at service@hindtreadmill.com.

⚠ WARNING:

- The armband **MUST** be fully charged before its first use.
- Do NOT manually pair or connect the armband via your phone's Bluetooth, the FitYo App or any other device. Doing so may prevent automatic connection with the treadmill and cause the Emergency Stop function to malfunction or become unavailable.
- Before starting any exercise, ensure the armband is successfully connected with the treadmill (indicated by a slowly flashing blue status light). If the armband does not pair automatically, check whether it is connected to another Bluetooth device. For troubleshooting purposes, the armband may appear as "FS-HRM-Q1-XXXX" in Bluetooth device lists.

- After connecting the armband to the treadmill, always test both the Emergency Stop function and the heart rate monitoring function to ensure they are working properly before beginning your workout.
- Avoid accidentally pressing the Red Button during normal exercise. Accidental activation of the Emergency Stop function will cause the treadmill to stop suddenly, which may result in loss of balance or injury.
- Keep the armband out of reach of children and pets. Do not allow children or pets to play with or handle the device to prevent accidental operation or damage.
- Keep the armband dry and avoid exposure to moisture. Do not use liquid cleaners on the armband. If the armband becomes wet or is exposed to liquids, including cleaners or sweat, dry it immediately before use.

Basic Parameter



Magnetic USB charging cable

Product size: 55x34.8x13 mm

Weight: 43g

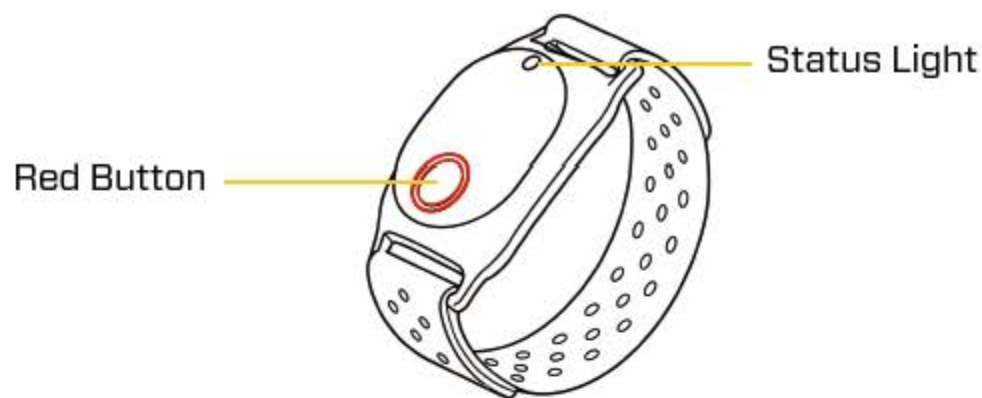
Battery type: rechargeable lithium battery

Charging input: 5V=1A

Operating temperature: -10 C to 50 C/14 F to 122 F

Transmission mode: Bluetooth 5.0

The armband is waterproof and conforms to IEC standard 60529 IP67.



The Red Button: The armband features a single multi-function button used to power the device on and off, and to activate the Emergency Stop function.

Power On: Press and hold the Red Button to turn on the armband. The blue status light will flash rapidly, indicating that the armband is in pairing mode and ready to connect.

Power Off: Press and hold the Red Button to turn off the armband. The red status light will flash rapidly three times, and the armband will power off.

Low Battery: When the battery is low, the red status light will flash slowly for approximately 30 seconds. Recharge the armband before further use.

Charging Mode: While charging, the red and blue status lights alternate to indicate that charging is in progress.

Fully Charged: When charging is complete, the blue status light will remain solid.

Auto-Sleep & Shutdown: If no heart rate is detected for 30 seconds, the armband will enter standby mode. If no activity is detected for 3 minutes, the armband will automatically power off to conserve battery power.

How to Use the Armband

1 - Connect the Armband to the Treadmill

Follow these steps to establish the connection:

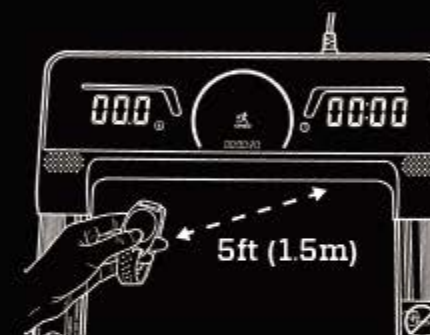
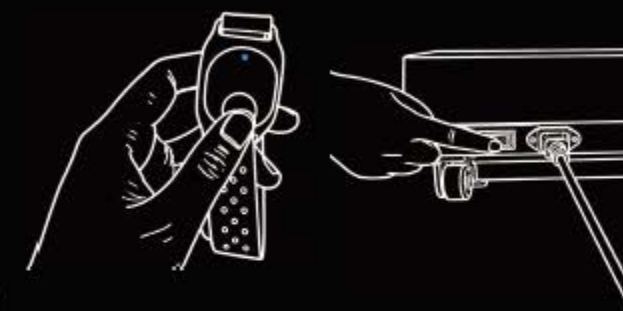
Step 1:

-Power On the Treadmill and Armband

-Turn on the treadmill power switch.

-Keep the armband within 5 ft (1.5 m) of the treadmill console. Press and hold the Red Button on the armband to turn it on.

- The blue status light on the armband will flash rapidly, indicating that the armband is ready to connect. The armband will then **automatically** connect to the treadmill.



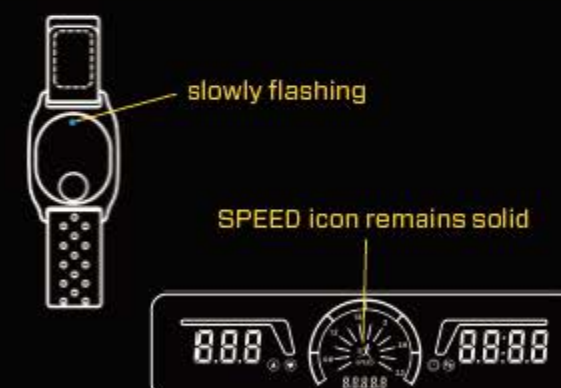
Step 2:

When the connection is successful:

- The treadmill beeps once.

-The blue light on the armband changes from rapid flashing to slow flashing.

-The SPEED icon in the center of the treadmill display stops flashing and stays solid.



Connection successful

⚠ All three indicators must appear together to confirm connection. If the treadmill beeps again or the SPEED icon flashes after connection, the connection is lost. Reconnect before use.

! IMPORTANT:

1. Do not manually pair or connect the armband through your phone's Bluetooth settings or the FitYo App. Doing so will disable the Emergency Stop function. The armband must pair automatically with the treadmill.
2. Keep wearing the armband throughout your workout after it has connected to the treadmill. If the armband is not worn properly and no heart rate data is detected for more than 3 minutes after connection, the armband will automatically disconnect from the treadmill. Once disconnected, the Emergency Stop function will no longer be available until the armband reconnects.

2 - Wearing Guide

Wear the armband on your upper forearm with the sensor facing the **INSIDE** of your arm. In cold weather or with thick clothing, it may be worn on your wrist. Adjust the strap so that it fits securely and comfortably during exercise without restricting blood circulation.

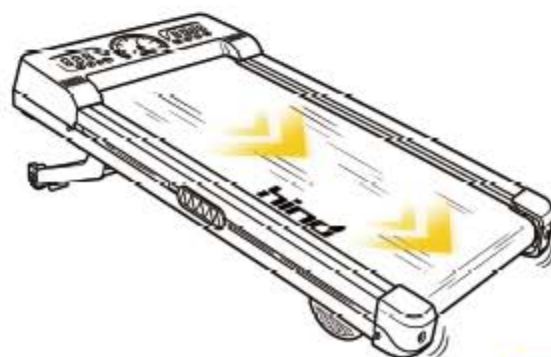
If you have any questions about wearing the armband, including how to wear it on your wrist or adjust it for a slimmer arm, please contact HIND Customer Support for a step-by-step video guide.

IMPORTANT: Before exercising, confirm the armband position and make sure the Red Emergency Stop Button is easy to access and not covered by clothing so it can be quickly pressed to stop the treadmill in an emergency.

3 - Test the Emergency Stop Function

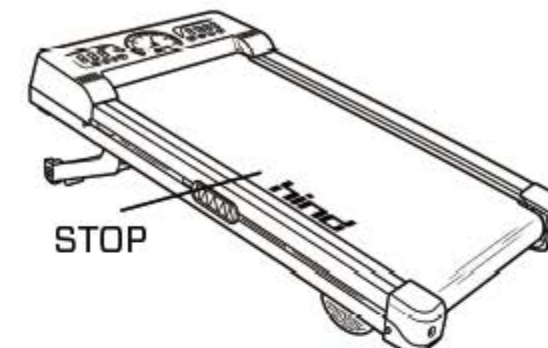
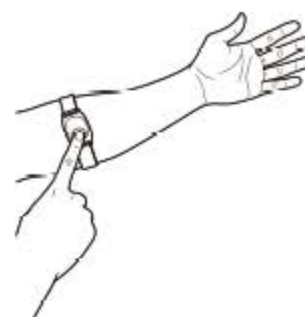
Step 1:

After the armband connects successfully to the treadmill, use the remote control to start the treadmill. Do not stand on the treadmill during this test.



Step 2:

Short press the Red Button on the armband once and verify that the treadmill stops immediately.



- If the treadmill stops immediately, the Emergency Stop function is ready.
- If the treadmill does not stop immediately, try short-pressing the Red Button again several times. If the issue continues, restart the treadmill, reset the armband, reconnect, and repeat the test.
- If the Emergency Stop function still does not work after few attempts, stop using the armband and contact HIND Customer Support. Do not use the treadmill until the function is restored.

NOTICE: The Emergency Stop function is designed for emergency situations only. **Always use the remote control or the FitYo App to stop the treadmill during normal operation.**

- If you have any questions about using the armband or testing the Emergency Stop function, scan the QR code to contact HIND Customer Support and request the instructional video.



4 - Start Your Workout

Once the armband is successfully connected, worn correctly, and the Emergency Stop function has been tested, you may begin your workout.

5 - Monitor Your Heart Rate

After the armband is connected to the treadmill, your heart rate will be displayed in real time on the treadmill console and automatically synced with the FitYo App.

1- EMERGENCY STOP FUNCTION

! IMPORTANT SAFETY NOTICE – READ BEFORE USE

- Read and familiarize yourself with the instructions for the armband and its emergency stop function before using the treadmill. Be sure you know the location of the emergency stop button and how to perform an emergency stop.
- Inspect and test the emergency stop function of the armband before each use to ensure it is operating properly. Do not disassemble, modify, or attempt to repair the armband yourself. If any issue is observed with the emergency stop function, stop using the armband immediately and contact HIND Customer Service at service@hindtreadmill.com for assistance.
- Always wear the armband while operating the HIND treadmill. Keep the armband securely fastened to your arm throughout your workout to ensure the emergency stop button remains under your control. Do not remove the armband or allow others, including children and pets, to handle or operate it during use, as accidental activation or unauthorized operation may result in injury. After your workout, store the armband out of the reach of children and pets.
- Keep the armband securely fastened to your upper forearm or arm during exercise. Ensure that the emergency stop button is not obstructed by clothing or other objects that could delay access in an emergency.
- Ensure that the emergency stop button remains visible and readily accessible at all times during operation. The user should be able to quickly activate the button whenever immediate stopping of the treadmill is required.
- The armband emergency stop function must only be used in emergency

situations. For normal operation, always stop the treadmill using the remote control or FitYo app.

- The wireless Emergency Stop feature on this armband is intended as a necessary safety aid and depends on stable wireless communication. Wireless performance may be affected by environmental conditions, interference, battery status, or other factors. Users should not rely solely on this feature for personal safety and must remain attentive and in control while operating the treadmill.
- Regularly charge the armband and maintain sufficient battery power to ensure reliable operation. Do not operate the treadmill if the armband battery is low (indicated by the red light flashing slowly), as insufficient battery power may affect wireless communication and prevent the Emergency Stop command from being transmitted successfully.
- If the emergency stop function is activated for any reason during exercise, stop using the treadmill immediately. Identify and correct the cause of the emergent situation before resuming operation. Do not restart the treadmill until it has been confirmed safe to use.

How the Emergency Stop Function Works

This armband features an integrated safety emergency button compatible with your treadmill. When the armband is successfully connected to your treadmill, **the Red Button** functions as an **Emergency Stop Button** during your workout.

This emergency stop function is designed as a necessary safety measure to help prevent potential injury in situations where rapid stopping is required.

Emergency Stop Activation

When the armband is successfully connected to the treadmill, pressing the Emergency Stop Button (**the Red Button**) on the armband immediately signals the treadmill to stop. The treadmill will stop the running belt and incline movement, then enter a safety-lock mode.

The treadmill will NOT restart until you manually reset or restart it.

2 - HEART RATE MONITORING FUNCTION

! WARNING:

- Before beginning any exercise program, consult your physician, especially if you are over 35 years old, have a pre-existing medical condition, or have any health concerns.
- The heart rate monitor is not a medical device. Heart rate readings may be affected by various factors and are intended for general fitness reference only. They should not be used for medical diagnosis or treatment.

How to View Heart Rate Data

After the armband is successfully connected to the treadmill and the treadmill is connected to the FitYo App, your real-time heart rate data will be displayed in the following locations:

- **Treadmill Console**
Your heart rate will automatically appear on the left side of the treadmill display.
- **FitYo App**
Open the FitYo App and start any workout program. Your real-time heart rate will be displayed in the top-right corner of the app screen.

Exercise Guidelines

These guidelines are intended to help you develop an effective exercise program. For more detailed fitness information, refer to a trusted exercise resource or consult your physician. Keep in mind that proper nutrition and adequate rest are important components of achieving your fitness goals.

1 - Exercise Intensity

Whether your goal is fat burning or improving cardiovascular fitness, exercising at the appropriate intensity is essential for achieving the best results. Monitoring your heart rate can help you maintain the proper intensity throughout your workout. The chart below provides recommended heart rate ranges for both fat-burning and aerobic exercise.

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers above your age indicate your recommended heart rate training zone. The lowest number represents the fat-burning zone, the middle number represents the optimal fat-burning zone, and the highest number represents the aerobic training zone.

Read the 3 Numbers Above Your Age

Heart rate zones



Fat-Burning Exercise - For effective fat burning, exercise at a moderate intensity for an extended period. As your workout continues, your body gradually relies more on stored fat as an energy source. To focus on fat burning, aim to keep your heart rate near the lower end of your training zone. For greater fat-burning intensity, maintain your heart rate near the middle of your training zone.

Aerobic Exercise - If your goal is to improve cardiovascular fitness and endurance, exercise at a higher intensity while keeping your heart rate near the upper end of your training zone. Aerobic exercise helps strengthen your heart and lungs while improving overall endurance.

2 - Workout Guidelines

Warm-Up - Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise - Exercise for 20 – 30 minutes while maintaining your heart rate within your recommended training zone. If you are just starting an exercise program, limit training in your target heart rate zone to no more

than 20 minutes during the first few weeks. Breathe regularly and deeply as you exercise; never hold your breath.

Cool-Down - Finish each workout with 5-10 minutes of stretching. Stretching helps your muscles relax, improves flexibility, and may reduce post-workout stiffness and soreness.

3 - Exercise Frequency

To maintain or improve your fitness level, aim for three workouts per week, with at least one day of rest between sessions. As your fitness improves, you may gradually increase your workouts to up to five times per week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Disclaimer

The information contained in this manual is for reference only. Our company makes no warranties or guarantees, express or implied, regarding the contents of this manual. By using this armband, you acknowledge that the wireless Emergency Stop function relies on stable wireless connectivity, which may be affected by environmental conditions, interference, battery status, or other factors. We assume no legal or financial responsibility for any injuries, direct or indirect damages, accidental losses, or expenses arising from signal latency, connection failure, or the improper use of the emergency stop feature.

Version: V1.0

Maintenance and Care

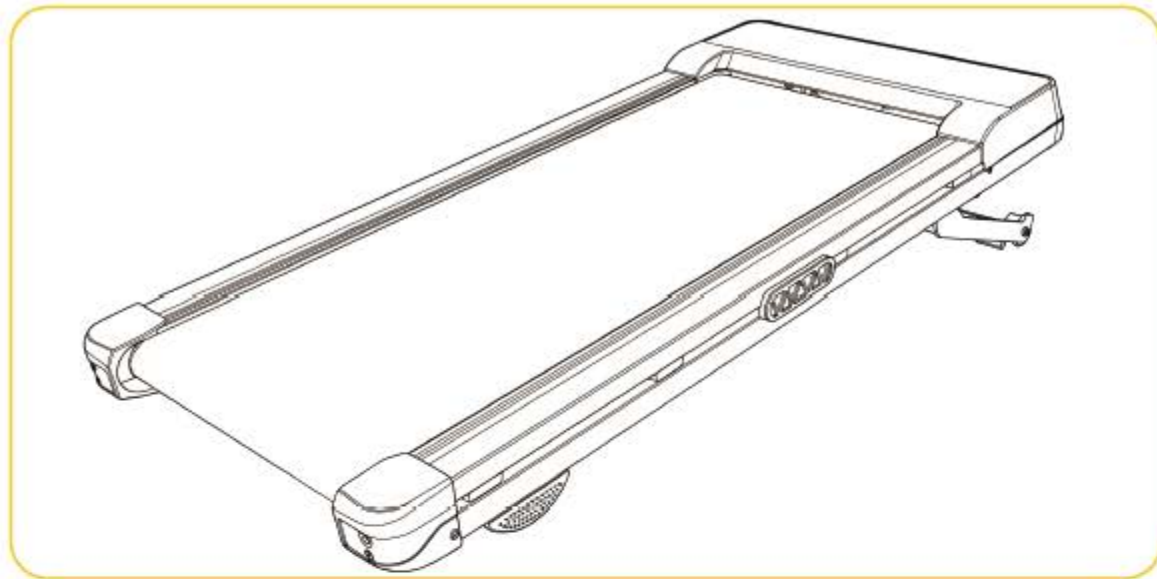


WARNINGS AND SAFETY INSTRUCTIONS

1. Always power down and unplug the treadmill before cleaning or performing maintenance.
2. The safety and integrity of the treadmill can only be maintained when it is regularly examined for damage and repaired.
3. It is the owner's sole responsibility to ensure that regular maintenance is performed.
4. Replace worn or damaged parts immediately. Do not use the treadmill until repairs are made.
5. Use only original parts from HIND. Changes or modifications to this unit not expressly approved by HIND could result in damage to the treadmill, or cause injury to the user.
6. Service other than the procedures described here must be performed by an authorized technician.



Package List



Treadmill



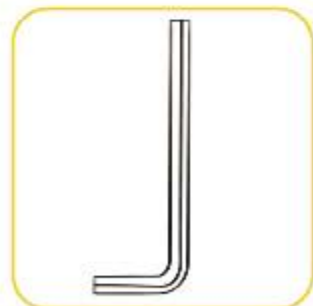
Remote Controller x 2



Power Cord x 1



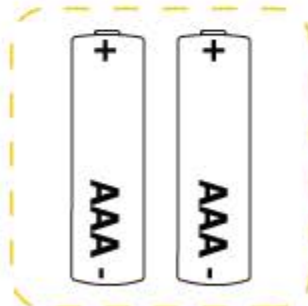
Belt Lubricant x 1



L-Shaped Wrench x 1

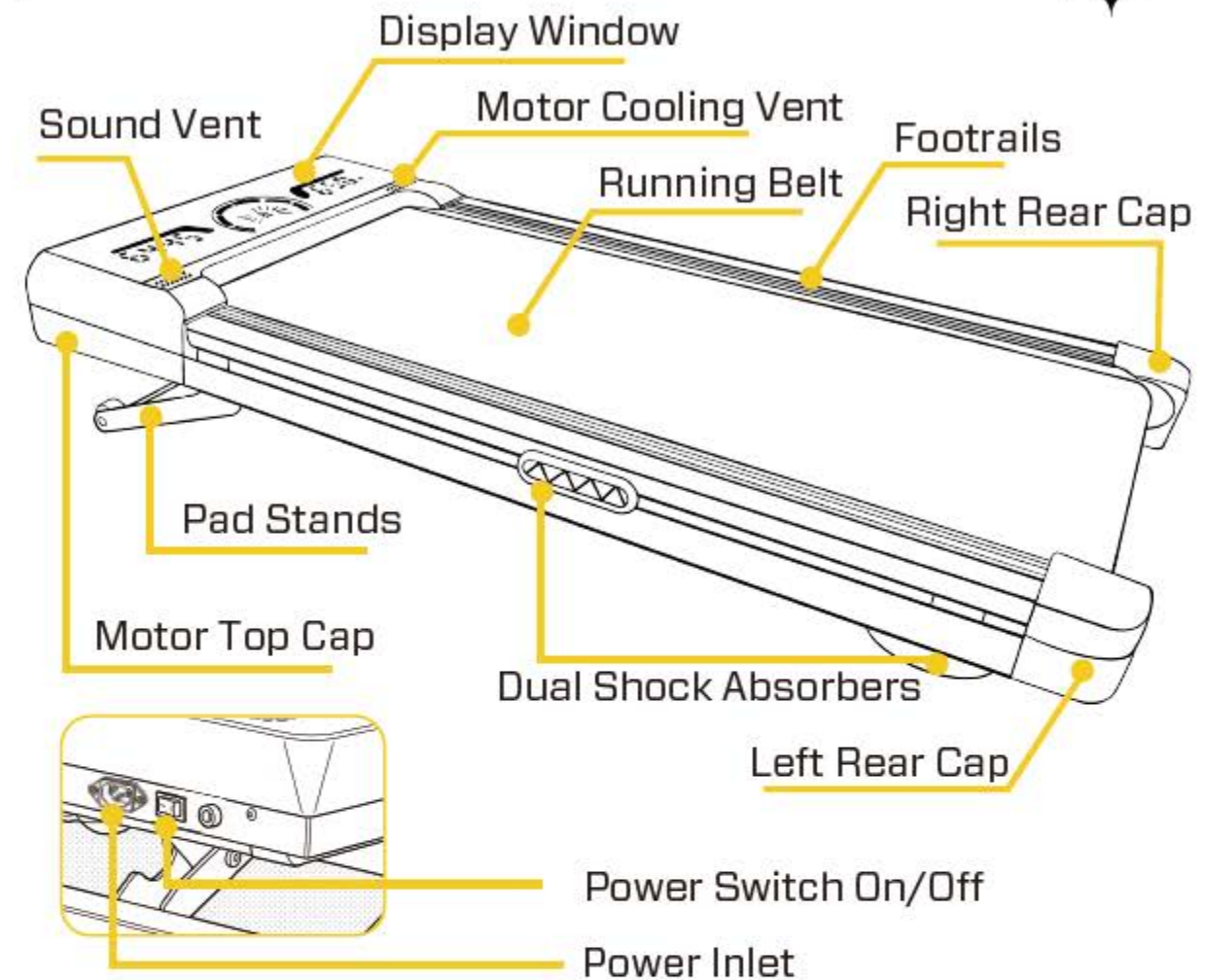


Smart Armband x 1



Triple-A x 2
(No battery included for shipping safety, please prepare it first !)

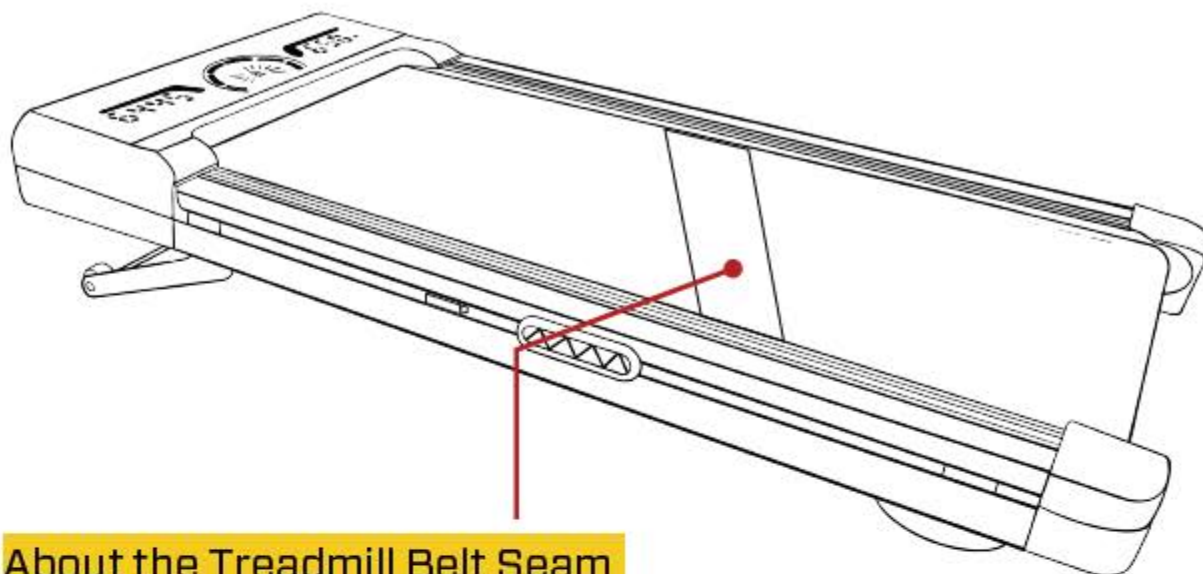
Product Structure



Product Specifications

Product Configuration	Technical Parameters
Speed Range	0.6 - 3.1 mph (5km/h)
Maximum Load Bearing	450 lbs
Incline	12% with 9 - grade positions

About the Treadmill Belt Seam



About the Treadmill Belt Seam

You may notice a visible mark or textured line on the treadmill belt. This is a normal characteristic of the heat-welding process used during manufacturing and is not a defect.

To create a continuous, durable belt, two ends are joined together using high-frequency heat welding technology. This method fuses the materials into a strong seam that matches the strength and performance of the rest of the belt.

Important Notes:

- The visible seam is a normal manufacturing characteristic and is cosmetic in appearance only.
- It does not affect the smoothness, stability, or operation of the treadmill belt.
- The belt's performance, safety, and durability remain fully intact.

The seam is an expected result of the manufacturing process and has no impact on the treadmill's normal operation or service life.

Introduction To Display



1.SPEED (Speed Display)

The speed range is 0.6 - 3.1 mph.

The treadmill starts at 0.6 mph and can be adjusted up to a maximum speed of 3.1 mph. Speed adjustments vary depending on the current speed:

- 0.6 - 2.2 mph: Adjusts by 0.2 mph with each press.
- 2.2 - 3.1 mph: Adjusts by 0.3 mph with each press.

Note: When using the FitYo app, speed can be adjusted in 0.1 mph increments for smoother, more precise control.



2.DISTANCE (Distance Display)

The display range is 0.0-9999.9 miles.

In standby mode, the display shows the cumulative distance (to one decimal place) by default. Press and hold the **M** button to reset the cumulative distance.

When a workout begins, the distance resets to 0.0 and displays the distance traveled for the current session.

In standby mode, press the **M** button to select **Distance Countdown mode**. The default target distance is 1.0 mile and can be adjusted from 0.5 to 99.0 miles. Each press of the remote control changes the target distance by 0.1 mile.



3.STEP (Step Display)

The "STEP" window displays the current step count from 0 to 9,999 steps.



4.CALORIES (Calorie Display)

The display range is 0 – 999 calories.

In standby mode, press the **M** button to select **Calorie Countdown mode**. The default target is 50 calories and can be adjusted from 10 to 990 calories. Each press of the remote control increases the target by 1 calorie.



5.INC (Incline Display)

The INC display shows the current incline level (Levels 0 – 9). Level 9 corresponds to a 12% incline. The default incline setting is Level 0.



6.TIME (Time Display)

The display range is 0:00-99:59.

In standby mode, press the **M** button to select **Time Countdown mode**. The default countdown time is 30 minutes and can be adjusted from 5 to 99 minutes. Each press of the remote control changes the countdown time by 1 minute.



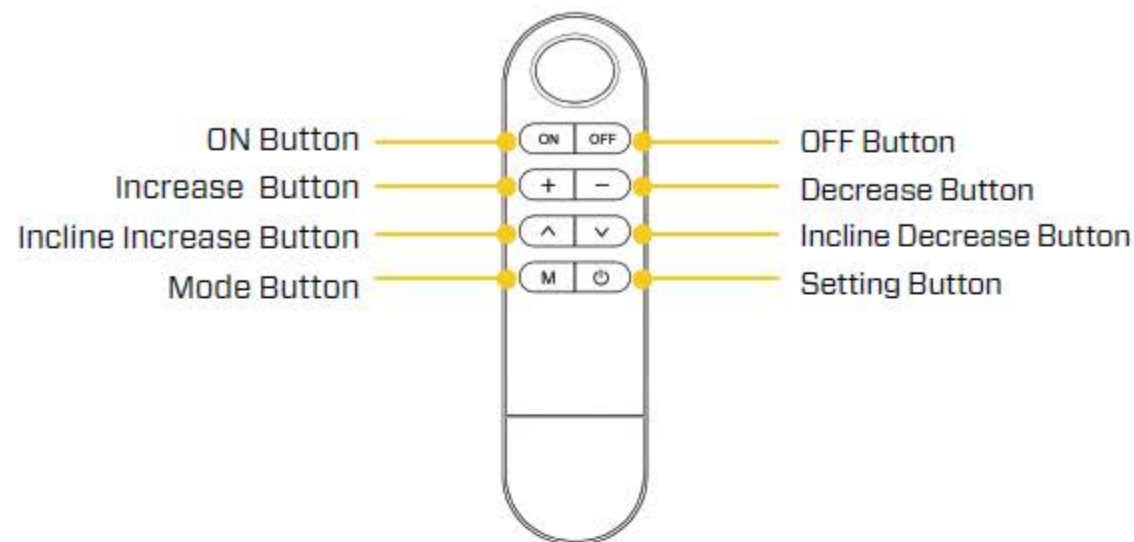
7.HEART RATE (Heart Rate Display)

Once the armband is successfully connected to the treadmill and properly worn, your heart rate will be displayed on the left side of the treadmill display and will alternate with the calorie data.

NOTICE: This is not a medical device and is intended for training and recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

NOTE: Please note that **calorie burn, steps, distance and heart rate** are estimates based on motion sensor data and average user profiles. These values are provided for reference only and may not reflect individual results. For more accurate tracking, use a fitness tracker or app that incorporates personal information such as weight and heart rate.

Remote Control Instructions



ON Button (Start / Pause & Resume)

After turning on the power switch, press the ON button to start the treadmill.

While the treadmill is running, press the ON button again to pause the workout. The display will show "PAU."

While paused, the treadmill automatically saves your current workout data, including distance, time, steps and calories burned. For safety, the speed and incline gradually return to zero.

Press the ON button again within 1 hour to resume your workout. The treadmill will restart at the lowest speed setting and 0% incline, while your distance, time, steps and calories burned will continue to accumulate.

If the treadmill remains paused for more than 1 hour, all workout data will automatically reset and cannot be recovered.

OFF Button

Press the OFF button at any time to stop the treadmill. The speed and incline gradually return to zero, and the treadmill enters standby mode.

M Button

When the treadmill is in standby mode, press the M button to switch between Calories, Time, and Distance countdown modes. Use the + and - buttons to set the countdown target for the selected mode. Once the target is set, press ON to start the workout. The treadmill automatically stops when the selected countdown target is reached.

+ - Increase Button/Decrease Button

Use the + and - buttons to adjust the currently selected setting, such as speed, calories, time, or distance.

^ v Incline Increase/Decrease Button

Use the ^ or v buttons to adjust the incline level.

Setting Button (Sound & Screen Light)

Use the Setting button to control the keypad sound and screen backlight.

Keypad Sound

Press and hold the Setting button once to turn the keypad sound on or off. By default, the keypad sound is enabled when the treadmill is powered on.

Screen Backlight

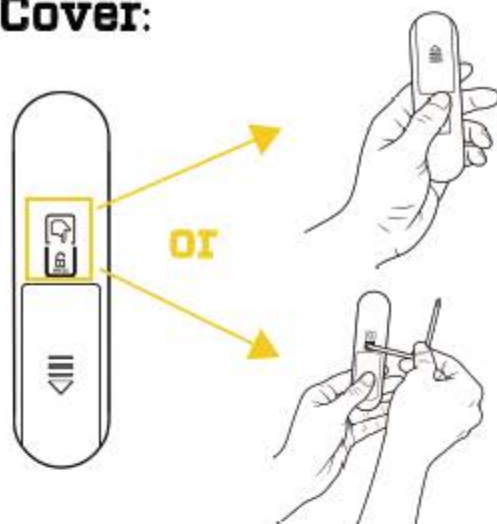
When the treadmill is in standby mode, short press the Setting button to turn off the screen backlight. Press the Setting button again briefly to turn the screen backlight back on.

How to Open the Battery Cover:

Step 1:

Press down on the top of the cover using the pad of your thumb (not your fingernail) or either end of the included L-shaped wrench.

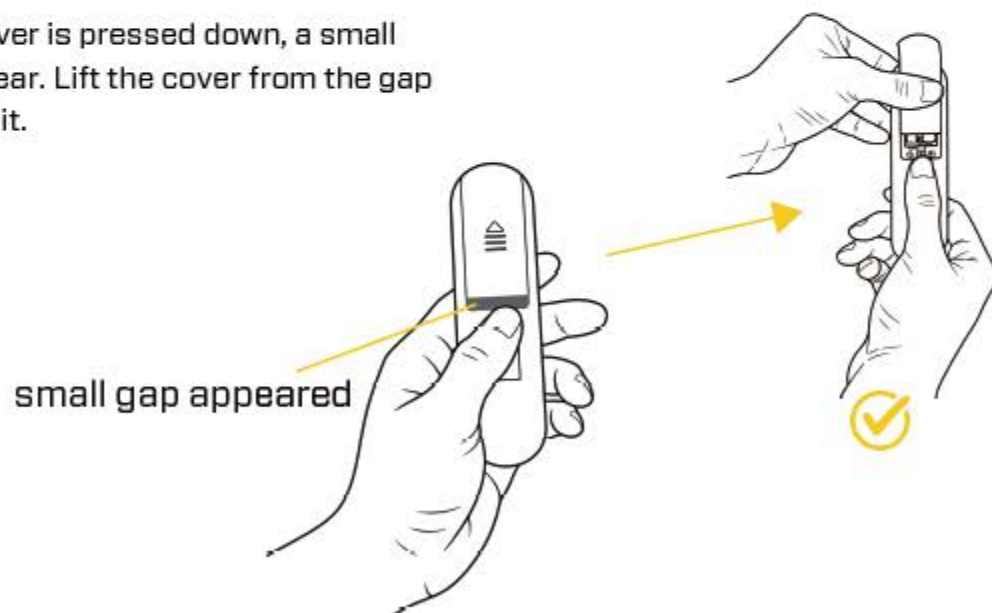
(See image.)



Note: Do not use your fingernails to open the cover, as this may cause injury or make it difficult to apply enough pressure.

Step 2:

Once the cover is pressed down, a small gap will appear. Lift the cover from the gap and remove it.



Operation Mode

1 - Manual/Free Mode

Startup: After turning on the power switch, the treadmill enters standby mode. Press "ON" to start the treadmill. After a 3-2-1 countdown and an audible beep, the treadmill starts at the default speed of 0.6 mph. The calorie, time, and distance displays begin tracking from zero for the current workout session, and the incline defaults to Level 0.

During operation, you can adjust the speed and incline at any time.

1. Speed Setting: The speed ranges from 0.6 to 3.1 mph, with a default speed of 0.6 mph. The speed indicator bars on the display illuminate progressively as the speed increases. Speed adjustments are made in preset increments based on the current speed:

- 0.6 – 2.2 mph: 0.2 mph increments per press
- 2.2 – 3.1 mph: 0.3 mph increments per press

Note: In the FitYo App, tap any metric displayed at the top of the workout screen—such as **speed, time, distance, steps or calories**—to view detailed workout data and performance trends.



2. Incline Setting: The treadmill features **9 incline levels (Levels 0 – 9)**, with **Level 9** corresponding to a maximum incline of **12%**. Each press of the remote control adjusts the incline by one level, and the display shows the current incline level.

Stop: Press "OFF" to stop the treadmill at any time. The speed and incline gradually return to zero.

Note: In Free Mode, the treadmill automatically stops after 99 minutes of continuous operation.

2 - Countdown Setting Mode

While the treadmill is in standby mode, press the "M" button on the remote control to switch between Calories, Time, and Distance countdown modes. Select a countdown mode and set your target value. By default, the treadmill is set to Calories Countdown.

1. **Calories:** Press the "M" button to select Calories Countdown mode. The default target is 50 calories and can be adjusted from 10 to 990 calories. Each press of the remote control adjusts the target by 1 calorie.

2. **Time:** Press the "M" button to select Time Countdown mode. The default target is 30 minutes and can be adjusted from 5 to 99 minutes. Each press of the remote control adjusts the target by 1 minute.

3. **Distance:** Press the "M" button to select Distance Countdown mode. The default target is 1.0 mile and can be adjusted from 0.5 to 99.0 miles. Each press of the remote control adjusts the target by 0.1 mile.

After selecting and setting a countdown target, press "ON" to start the treadmill. During operation, you can adjust the speed and incline at any time.

Treadmill Bluetooth Speaker Connection

The treadmill features a built-in Hi-Res Audio Bluetooth speaker, allowing you to enjoy music from your smartphone or tablet during your workout.



1- Connect Bluetooth Speaker:

After the treadmill is powered on, open the Bluetooth settings on your smartphone or tablet and enable Bluetooth.

Search for a device named in the following format: **FS-XXXXXX-A** (where XXXXXX represents six random letters or numbers).

Select the device to connect. Once the connection is successful, you will hear an audible confirmation tone.

2- Play Music:

Use your smartphone or tablet to play music, adjust the volume, and switch tracks. Audio will play through the treadmill's Bluetooth speaker.

3- Disconnect the Bluetooth Speaker:

To disconnect the Bluetooth speaker, turn off Bluetooth on your smartphone or tablet, or disconnect the treadmill from your device's Bluetooth settings. Once disconnected, the treadmill will emit a confirmation tone.

4- Connect a Different Device:

To connect a different smartphone or tablet, first disconnect the currently connected device or turn off its Bluetooth.

Once the previous device has been disconnected, the new device can be paired with the treadmill's Bluetooth speaker.

FitYo APP Connection & Operation



Scan to Download the FitYo APP
Your Smart Indoor Training Companion



Seamless Control at
Your Fingertips



Track Performance & Sync
Automatically

Connect your HIND treadmill to the FitYo App to unlock additional workout features and performance tracking.

•Treadmill Control:

Use the FitYo App to control the treadmill's speed and auto incline, or select preset and custom workout programs directly within the app.

Note: The remote control always has priority and overrides commands from the FitYo App. For safe operation, always keep the remote control within reach. When controlling the treadmill with the app, place your smartphone or tablet on a stable surface nearby, or use the treadmill under a desk to keep your device secure and easily accessible.

•Performance Tracking:

Track your workout metrics and sync your data with supported smartwatches and health apps.

Note: Workout data displayed in the FitYo App, including calories, steps, distance and heart rate are estimates based on motion data and general user profiles. They are provided for reference only and are not intended to represent precise or individualized measurements.

•Personalized Heart Rate Alerts:

The FitYo App includes a Personalized Heart Rate Alerts feature designed to help support healthier workouts by monitoring your heart rate and providing alerts when it exceeds your set limit.

This feature is enabled by default. You can adjust the heart rate limit based on your personal health condition and fitness needs in the FitYo App settings.
(Settings → HR Settings)

During a workout, if your heart rate exceeds the set limit, the app will continuously display the warning message:



The warning will remain on the screen until your heart rate drops below the set limit.

To end or resume your workout:

- Tap the warning message on the screen to open the options menu.
- Select "Quit" to end the current workout.
- Select "Resume" to continue your workout



Note: If you select "Resume" while your heart rate is still above the set limit, the warning message will continue to appear until your heart rate returns to a safe range.

• Privacy:

HIND does not access or store your personal or workout data. All data is managed in accordance with the FitYo App's own privacy policy. Use of the FitYo App is optional and does not affect the normal operation of the treadmill.

Need Help?

If you experience connection issues or need assistance using the FitYo App, please contact our customer support team at any time.

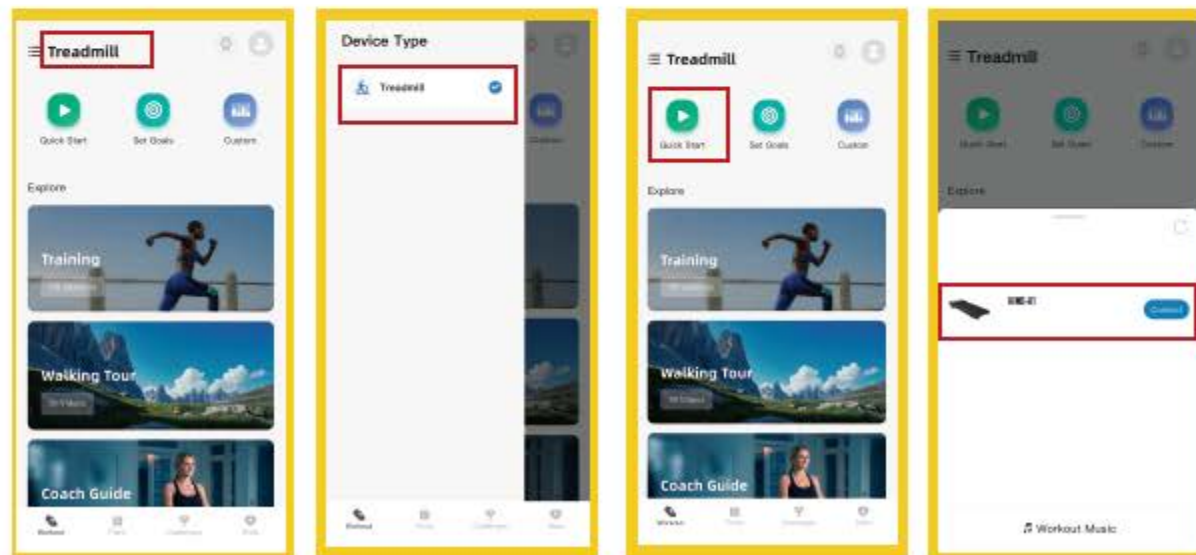
service@hindtreadmill.com

FitYo APP Guide

1 - First-Time Setup

To connect your treadmill to the FitYo App:

1. Download the FitYo App from the App Store (iOS) or Google Play (Android).
2. Open the app and create your user profile.
3. When prompted to select your equipment, choose "Treadmill".
4. Follow the on-screen instructions to pair your treadmill via Bluetooth.
5. The FitYo app is regularly updated based on user feedback. When a new version becomes available, please update the app to ensure optimal performance.



2 - Flexible Workout Options

FitYo offers flexible workout options to match your needs. Choose Quick Start, Set Goals, or Custom to create your ideal workout.

- Quick Start:

Tap Quick Start to begin immediately. Speed and incline can be adjusted at any time using either the FitYo App or the remote control.

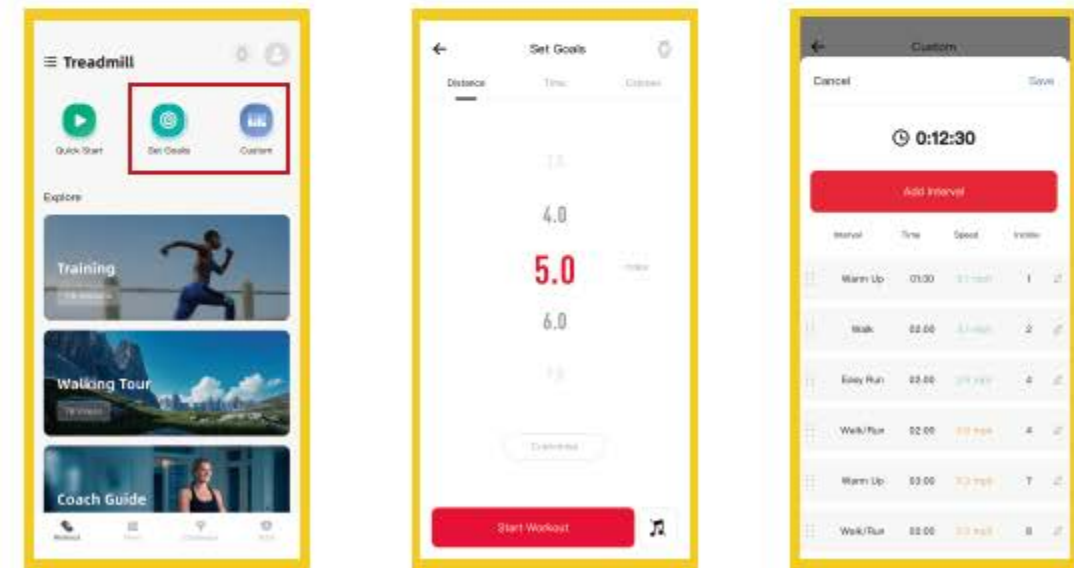


- Set Goals:

Set a workout goal based on Distance, Time, Steps or Calories before starting. The treadmill automatically stops when your selected goal is reached.

- Custom Program:

Create and save personalized workout programs by combining multiple workout segments, each with its own duration, speed, and incline settings.



3 - Smart Connectivity

Play FitYo Audio Through the Treadmill Speaker

The treadmill features a built-in Hi-Res Audio Bluetooth® speaker for wireless audio playback.

To play audio through the treadmill speaker while using the FitYo App:

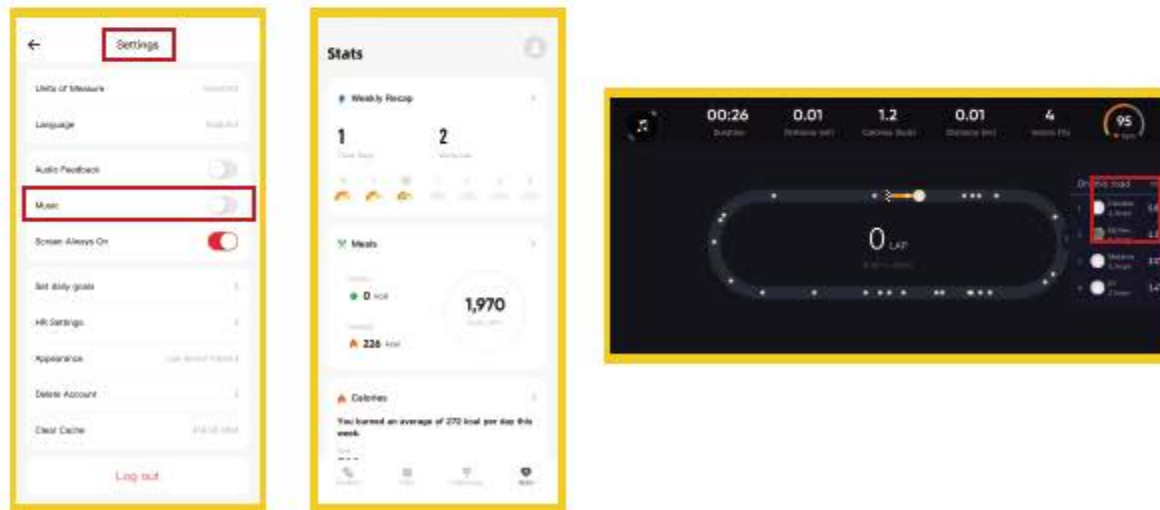
- Connect your treadmill to the FitYo App.
- Connect your smartphone or tablet to the treadmill's Bluetooth speaker (FS-XXXXXX-A).
- Audio from your mobile device and supported apps (e.g. FitYo) will play through the treadmill speaker.

Tip: If you would like to listen to music from apps such as Spotify while using FitYo, you may need to disable the FitYo App's background music in the app settings.

Smartwatch Data Sync

To sync workout data from your smartwatch with the FitYo App:

- Make sure your smartwatch is already connected to your smartphone.
- Open the FitYo App and follow the in-app instructions to connect your smartwatch.
- Once connected, supported workout data, including heart rate and other fitness metrics, will sync automatically with the FitYo App.
- Synced data can be viewed in the Stats section of the FitYo App and shared with supported health platforms, such as Apple Health.



4 - Important Information & Tips

Remote Control Priority

- The Golden Rule: The remote control always has priority over commands sent from the FitYo App. For safe operation, always keep the remote control within reach.
- To control the treadmill with the FitYo App, start your workout directly from the app.
- If the remote control is used during a workout, app control is temporarily disabled. To restore app control, press OFF on the remote control and wait until the treadmill belt comes to a complete stop. You can then start a new workout from the FitYo App.

Hardware Limits

- The FitYo App cannot override the treadmill's maximum hardware limits. For example, the maximum speed is 3.1 mph and the maximum incline is Level 9 (12%). If a workout program requests settings beyond these limits, the treadmill automatically operates at its maximum available setting.
- If the treadmill enters sleep mode (the power indicator remains on while the display is off), press any button on the remote control to wake it. Once awakened, the treadmill can be controlled through the FitYo App as normal.

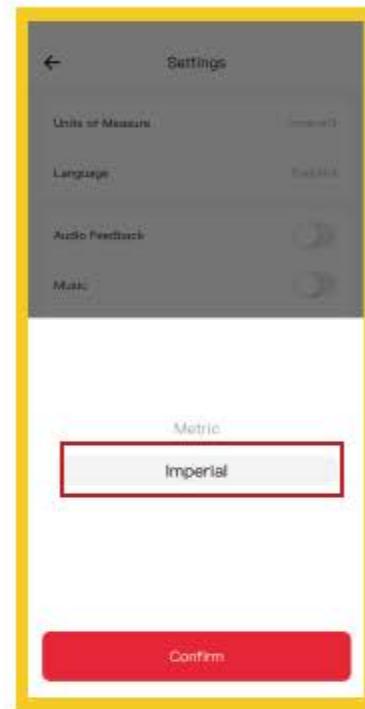
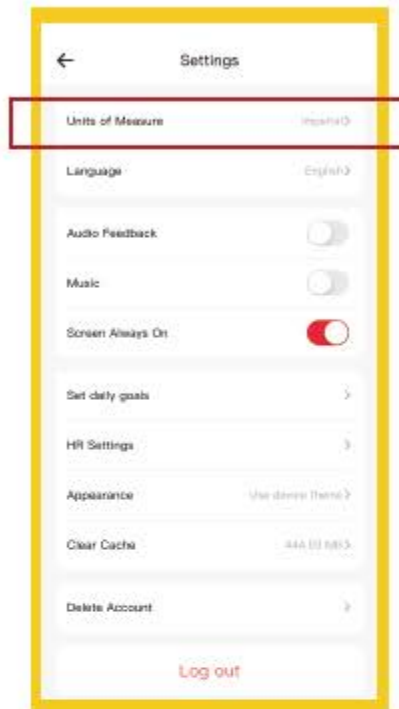
App Background Activity

Keep the FitYo App running in the background during your workout to maintain the Bluetooth connection. Force-closing (swiping away) the app may disconnect the treadmill and interrupt app control.

Unit Setting (for U.S. Users)

- To match the treadmill display, set the unit of measurement in the FitYo App to Imperial (Miles)

- **Path: Profile → Settings → Unit → Imperial**

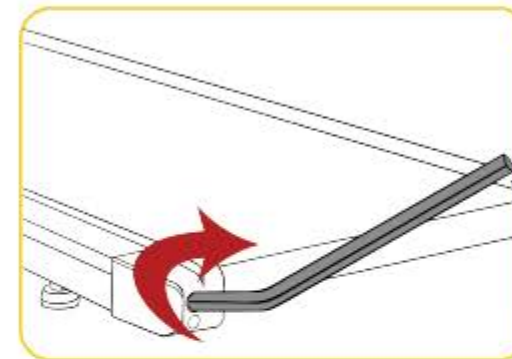


Running Belt Adjustment

The running belt is factory-adjusted before shipment. During normal use, the belt may gradually become loose or drift slightly to one side. If this occurs, follow the instructions below to adjust the belt using the supplied L-wrench.

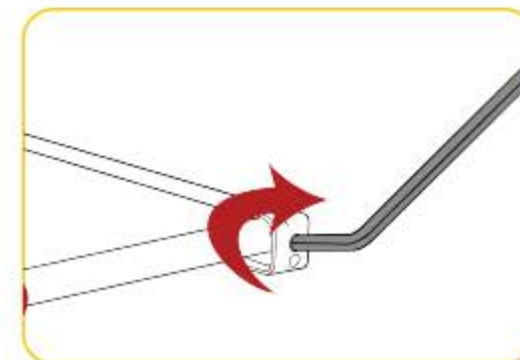
Belt Shifts to the Left

1. Turn the left rear roller adjustment bolt clockwise 1/4 turn using the supplied L-wrench.
2. Start the treadmill and let it run at a low speed for approximately 3 minutes.
3. Check the belt position.
4. Repeat the adjustment in 1/4-turn increments until the belt is centered.



Belt Shifts to the Right

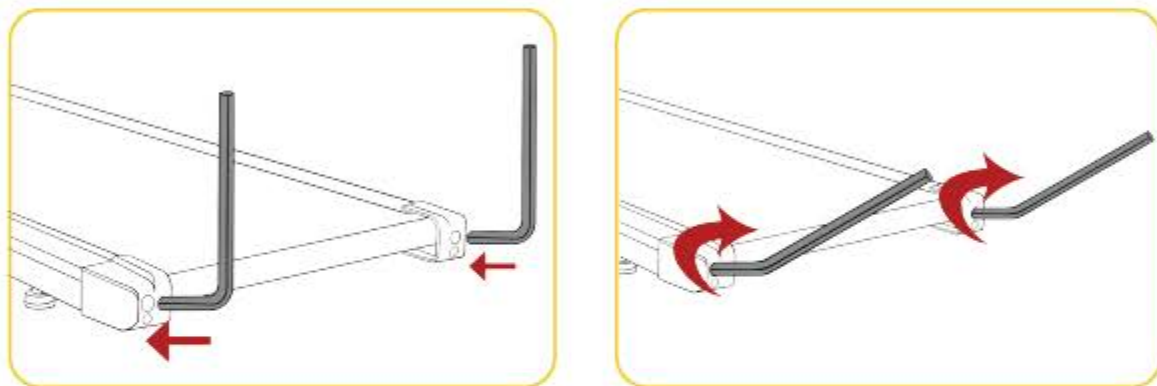
1. Turn the right rear roller adjustment bolt clockwise 1/4 turn using the supplied L-wrench.
2. Start the treadmill and let it run at a low speed for approximately 3 minutes.
3. Check the belt position.
4. Repeat the adjustment in 1/4-turn increments until the belt is centered.



Loose Running Belt

If the running belt becomes loose, follow the steps below to tighten it.

1. Turn both rear roller adjustment bolts clockwise 1/4 turn using the supplied L-wrench.
2. Start the treadmill and let it run at a low speed for several minutes.
3. Check the running belt tension.
4. Repeat the adjustment in 1/4-turn increments until the belt is properly tensioned.



If you need assistance with belt adjustment or lubrication, please contact HIND Customer Support at service@hindtreadmill.com. We will be happy to provide a step-by-step instructional video.

Belt Lubrication

Running Belt Lubrication:

Proper lubrication helps reduce friction, improve performance, and extend the service life of the running belt.

Lubrication Frequency

Lubricate the running belt according to the following usage schedule:

- Less than 3 hours per week: Every 5 months
- 4 - 7 hours per week: Every 2 months
- More than 7 hours per week: Once per month

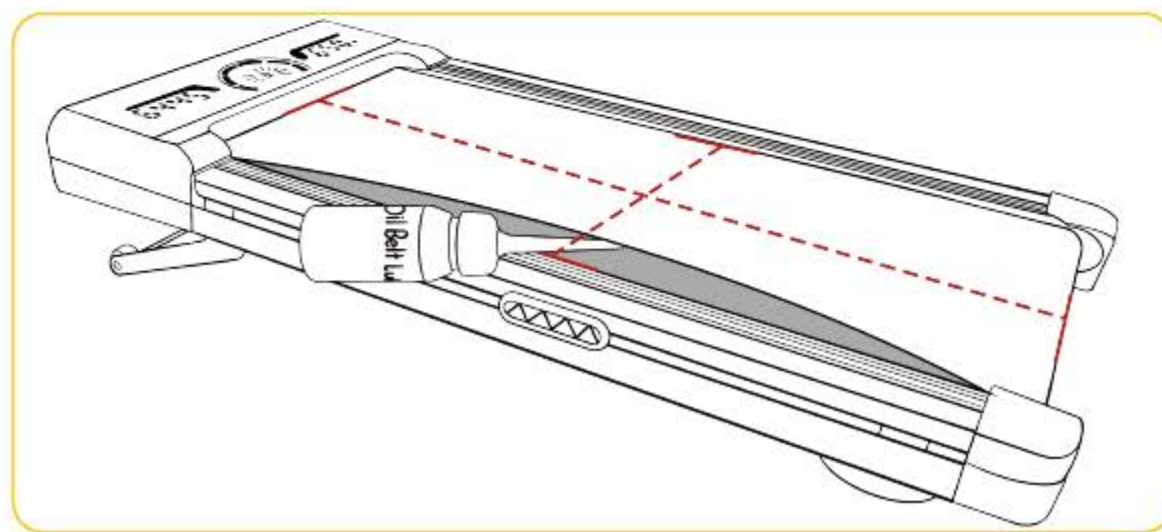
Note: Do not apply excessive lubricant. A small amount is sufficient for proper lubrication.

Check the Lubrication:

Every treadmill is pre-lubricated during manufacturing with a thin, even layer of silicone lubricant. The belt may not feel wet or greasy when you first receive your treadmill which is normal. You can begin using your treadmill immediately after setup. For optimal performance, lubricate the running belt according to the recommended maintenance schedule above. If you notice increased friction noise from the running belt during use, apply silicone lubricant as needed to help reduce friction and maintain smooth operation.

Lubricate the Running Belt:

- 1 - Lift both sides of the running belt.
- 2 - Apply silicone lubricant evenly to both sides of the running deck beneath the belt.
- 3 - Run the treadmill at 0.6 mph for approximately 1 minute to allow the lubricant to spread evenly beneath the belt.



Troubleshooting

PROBLEM: An error code beginning with "E" appears on the treadmill display.

SOLUTION:

The incline system may require recalibration.

- 1-Press and hold the (▼) Incline Decrease button, then turn on the treadmill while continuing to hold the button.
- 2-When a scrolling "0" appears on the display, release the button. The incline motor will automatically raise and lower to perform the calibration.
- 3-Wait until the calibration is complete.

- If the scrolling "0" stops and the display returns to normal, the calibration was successful. The treadmill is now ready for use.
- If recalibration does not resolve the problem after several attempts, discontinue use of the treadmill and contact HIND Customer Support.

PROBLEM: The treadmill Bluetooth speaker is playing unfamiliar sounds or noise.

SOLUTION:

The treadmill's Bluetooth speaker may be connected to another nearby device.

Please note that the treadmill's built-in Bluetooth cannot be manually turned off. To prevent unwanted connections, we recommend pairing the treadmill with your own smartphone or tablet after receiving the treadmill, even if you do not plan to use the Bluetooth speaker immediately.

After each use, unplug the treadmill's power cord to prevent other nearby Bluetooth devices from connecting to the treadmill.

PROBLEM: Need help lubricating the treadmill or adjusting the running belt alignment.

SOLUTION:

Contact HIND Customer Support at service@hindtreadmill.com for detailed instructional videos and guidance.

PROBLEM: The armband does not automatically connect to the treadmill.

SOLUTION:

Check the following:

- Make sure the armband has sufficient battery power and is turned on properly (press and hold the Red Button to power on). The blue status light will flash rapidly, indicating that the armband is ready to pair, then change to a slow flash once the connection with the treadmill is successful.
- Make sure the armband is not currently connected to other Bluetooth devices, such as a smartphone, tablet, or fitness app like FitYo.

If the armband has been manually connected to other devices, it will not be able to automatically pair with the treadmill. During Bluetooth troubleshooting, the armband will appear as "FS-HRM-Q1-XXXX". Disconnect the armband from the other device first, then try connecting it to the treadmill again.

FCC Warning

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Warranty Statement



Your HIND treadmill includes the following warranty and member benefits:

1 - 3 Year Warranty

Enjoy free refund or replacement coverage for your treadmill for **3 years** from the original date of purchase.

2 - 3 Year Free Accessory Replacement

Free replacement of any accessories for **3 years** from the original date of purchase.

3 - Size & Fit Support

If, after delivery, you feel that the treadmill's running surface is not the right fit for your walking stride, please contact HIND Customer Support. We will work with you to provide an appropriate solution at no additional cost during your warranty period.

4 - FitYo App Access

Enjoy lifetime free access to the FitYo App, allowing you to connect your treadmill, control workouts, and monitor your fitness progress.

service@hindtreadmill.com

We're here to help. If your treadmill requires warranty service, we'll work quickly to provide a replacement treadmill or any necessary replacement accessories. For your convenience, there is no need to return the defective treadmill. Our goal is to get you back to your workout as quickly and smoothly as possible.

To help us assist you as quickly as possible, please have the following information ready when contacting HIND Customer Support:

1 - A screenshot of your purchase order showing the order number, purchase date and product image.

2 - A brief description of the issue, along with clear photos or a video. If an error code is displayed, please include it.

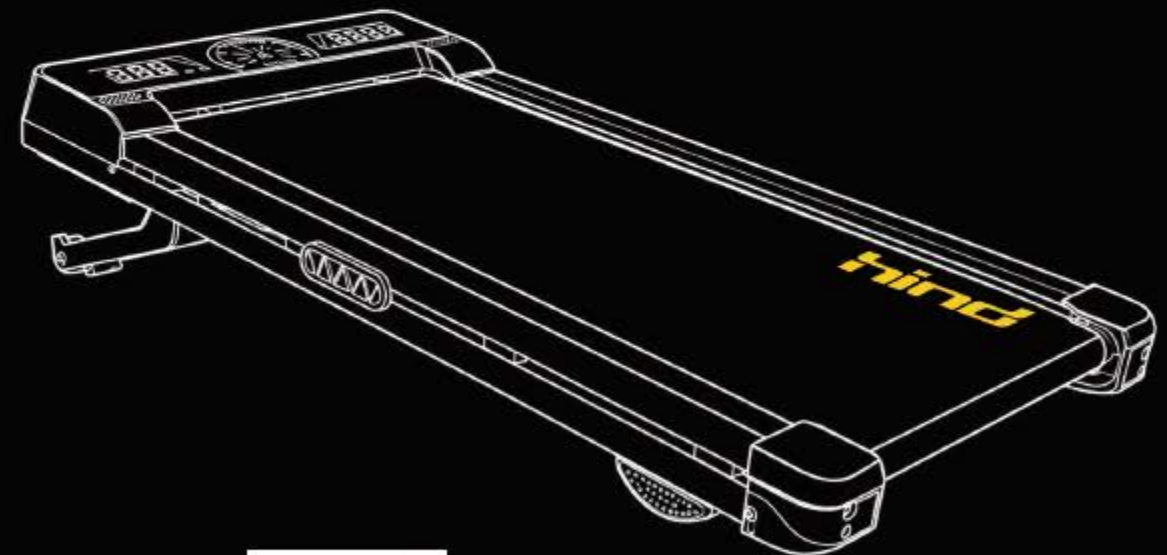
3 - Your full shipping address.

Our goal is to get you back to your workout as quickly as possible.

hind

**THANK YOU
FOR CHOOSING HIND**

BURN MORE. WALK SMARTER.



Download on the
App Store

GET IT ON
Google Play



Jumpstart your fitness — download the app
and connect to your treadmill.