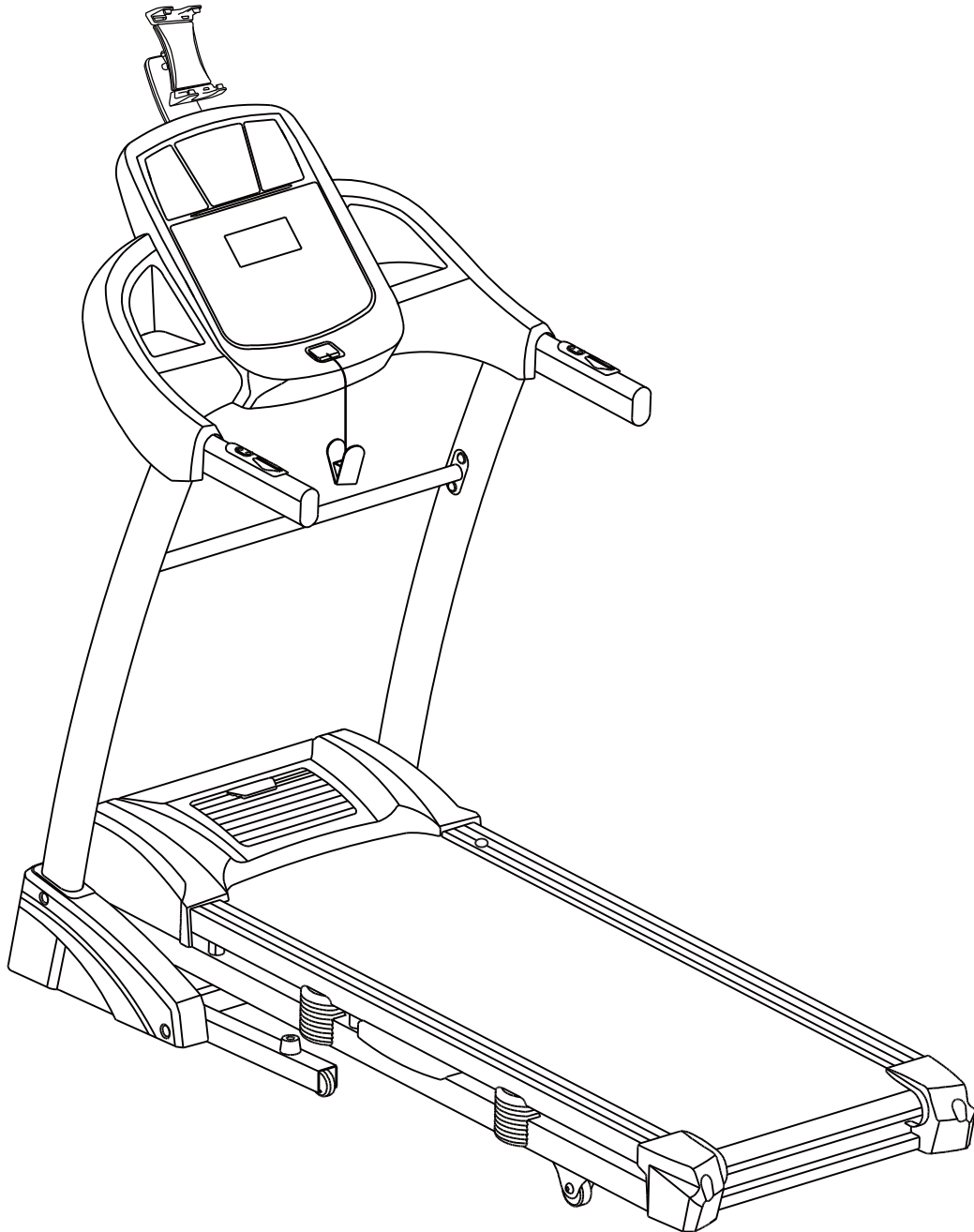


T532A Assembly Manual

Treadmill



Your satisfaction is very important to us, PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: salesfamistar@gmail.com (We will reply you within 24 hours.)

⚠ WARNING

Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.

CONTENTS

SAFETY CAUTIONS.....2

PRODUCT SKETCH.....4

TECHNICAL PARAMETER.....5

PACKING INSTRUCTIONS.....6

ASSEMBLY INSTRUCTION.....8

HOW TO FOLD AND MOVE.....10

HOW TO USE THE EXTRA IPAD HOLDER.....12

OPERATION GUIDE.....12

MAINTENANCE GUIDE..... 25

TROUBLE SHOOTING.....27

Dear customer,

Thank you for choosing Famistar.

We cherish your order and take you as our VIP customer.

If you have any question after receiving your package, please feel free to contact us and leave us the message with your order number. Our professional engineering team and customer service team will resolve it well. They are friendly and hassle-free.

Customer Service E-mail: salesfamistar@gmail.com; Any email from our customers, we will reply you as soon as possible. Please patiently wait for us to offer you a satisfactory solution, usually needs 24 to 48 hours, up to 72 hours nearby weekends.

Customer Service Phone Number: 1-833-777-8263; Monday to Thursday Working Time: 5:00am to 8:00am PST, 9:00am to 5:00pm PST, 7:00pm to 10:00pm PST; Friday Working Time: 5:00am to 8:00am PST, 9:00am to 1:00pm PST. Pls send us an email, if you cannot reach us by phone.

Best Regards,

Famistar Official

NOTE: Our treadmills are customized with high quality. However, It's unavoidable that electrical items can more possibly have issues than other ordinary items. It can happen that the treadmill does not work as expected due to some reasons like rude transportation of the carrier, your incorrect operation, etc, but please don't worry, just send us email to salesfamistar@gmail.com and we will help you to resolve it well.

• SAFETY CAUTIONS

WARNING

Before starting any exercise program, it is recommended that you should consult a professional doctor, especially if you are over 35 years old, or you ever have health problems. We are not responsible for any resulting injuries.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons, please carefully read and understand all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Famistar assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Precautions

1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
2. Please do not insert any items to any part of the equipment, which would damage the equipment..
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep the children and pets away from the treadmill while starting workout.
7. Do not exercise in 40–Minutes after meal.
8. The equipment is suitable for adults, Minors must be accompanied by adults while workout.
9. You must hold the handrails until you become comfortable and familiar with the treadmill when you use the treadmill at your first time.

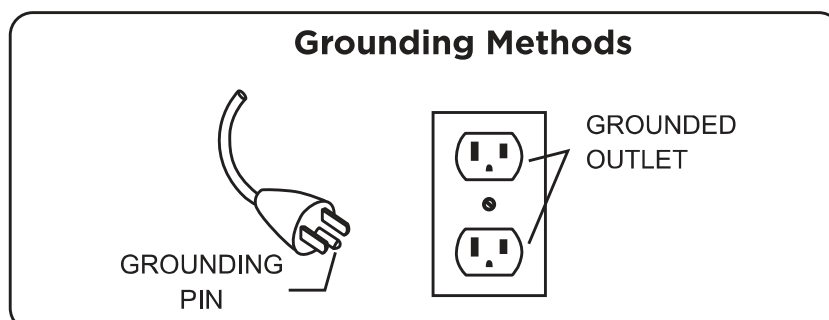
10. Treadmill is an indoor–using equipment, not outdoor–using for avoiding damage. Keep the place clean, flat and drying. Please do not modify it for other purposes, only for workout.
11. The power cord of the treadmill is dedicated. If the power cord is damaged, please buy it from the dealer or contact our company directly.
12. If the treadmill speeds up suddenly due to an electronics failure or the speed being inadvertently increased, please pull off the safety key from the console immediately so that the treadmill will come to a sudden stop to ensure your safety.
13. Do not insert wire to the middle of power cord; do not extend cable or change the cable plug; do not put any heavy things on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
14. Cut off the power supply when the treadmill is not used for a long time. When cutting off the power, do not pull the power cord, you must grasp the power plug and pull it out to avoid breaking part of the wire in the power cord. Insert the plug to the socket with the safety ground circuit. The power cord of the treadmill is dedicated, please contact us if the power cord is damaged.
15. This Treadmill is only for home–using.

Grounding Instructions-

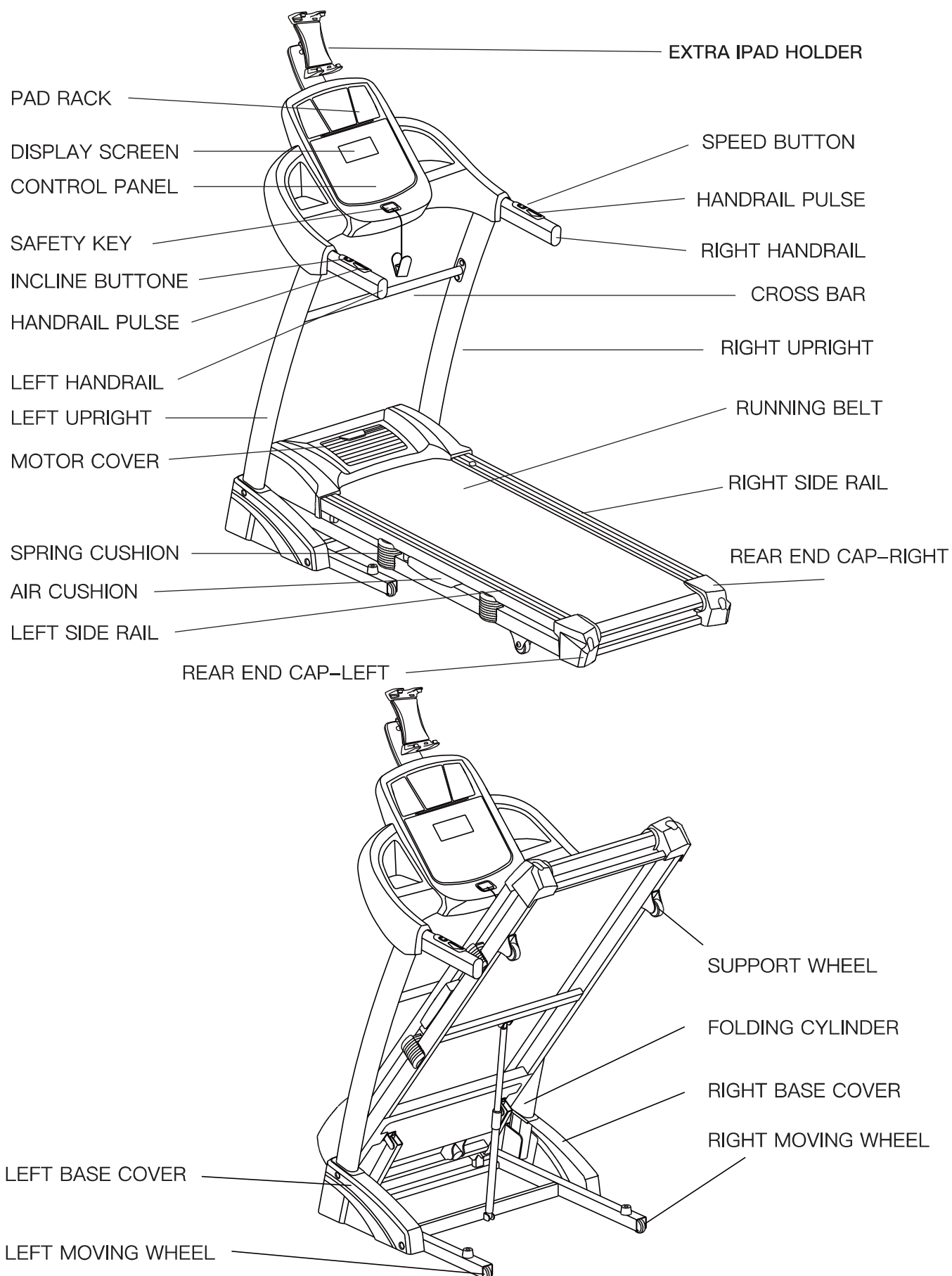
The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment–grounding conductor and a grounding plug. The plug must be plugged 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 serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product — if it will not fit the outlet, have a proper outlet install by a qualified electrician. The products is for use on AC 110–120V and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. There is no need to use any adapter for this product.



• PRODUCT SKETCH

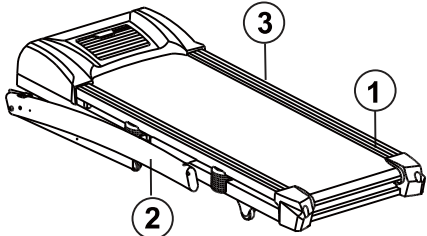
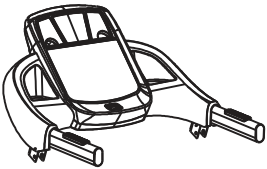
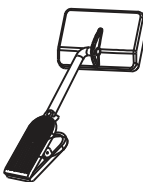
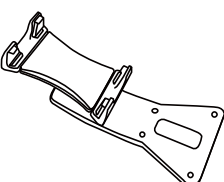
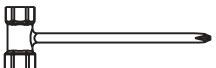


• TECHNICAL PARAMETER

MAIN TECHNICAL PARAMETER		
NO.	ITEM	DATA
1	MODEL	T532A
2	INPUT VOLTAGE	AC 110–120V(60Hz)
3	MOTOR POWER	4.5HP
4	RUNNING AREA	17.6"*49.2"
5	SPEED	0.6–10mph
6	INCLINE	0–15% (8.5°)
7	CHARGER	5.0V/1.5A
8	MAX USER WEIGHT	300lbs
9	ASSEMBLY SIZE	54"*30"*66"

• PACKING INSTRUCTION

OPEN THE BOX YOU CAN FIND ALL PARTS AS BELOW.

PARTS LIST

NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1 set
2	LEFT UPRIGHT	1 pc
3	RIGHT UPRIGHT	1 pc

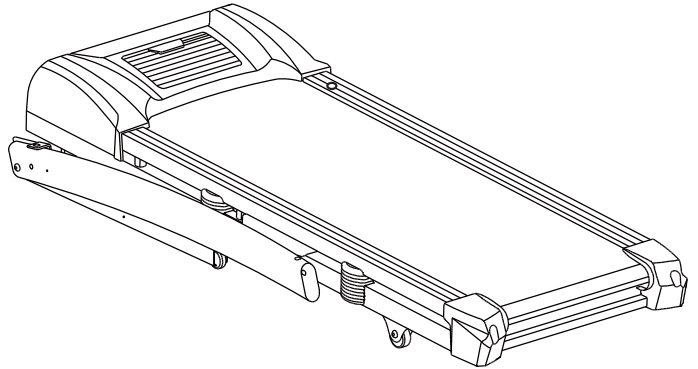
	PARTS LIST	
NO.	DESCRIPTION	Q'TY
4	CONSOLE	1 pc
5	LEFT BASE COVER	1 pc
6	RIGHT BASE COVER	1 pc
7	CROSS BAR	1 pc
8	UPRIGHT COVER	2 pcs
9	BOLT M10*50	2 pcs
10	BOLT M10*20	2 pcs
11	BOLT M8*15 (4pcs are pre-assembled on the left and right uprights to install the cross bar.)	8 pcs
12	SCREW M5*12 (All are pre-assembled)	4 pcs
13	FLAT WASHER M10	4 pcs
14	FLAT WASHER M8 (4pcs are pre-assembled on the left and right uprights to install the cross bar.)	8 pcs
15	SAFETY KEY	1 pc
16	SELF-TAPPING SCREW M4*15 (All are pre-assembled)	4 pcs
17	EXTRA IPAD HOLDER	1 pc
18	5# WRENCH	1 pc
19	6# WRENCH	1 pc
20	SCREWDRIVER	1 pc
21	LUBRICATION OIL	1 pc
22	POWER CORD	1 pc
23	USER MANUAL	1 pc

NOTE: When assembling the motorized treadmill, you only need to use the WRENCH and SCREWDRIVER, we provide these tools together with the screw kits.

• ASSEMBLY INSTRUCTION

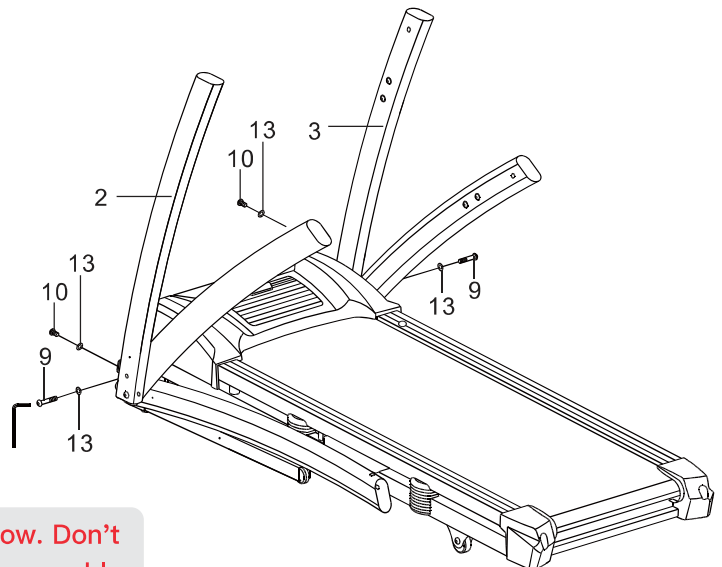
Step 1

1. Please note that this treadmill needs at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. 2 People take out the running deck as the photo shows from the box, lay it on the flat floor, and then use scissors to cut the cable tie that bound on the left and right uprights.



Step 2

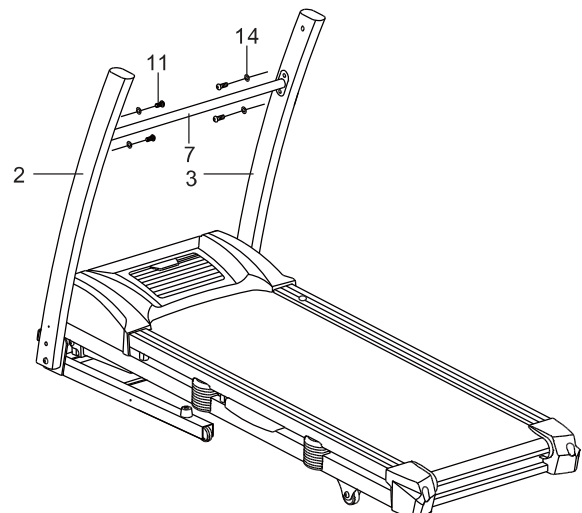
1. Lift up the left upright(2).
2. Use the 6# wrench(19) to connect the left upright(2) to the main frame with 1pc bolt M10*50(9) and flat washer M10(13).
3. Use the 6# wrench(19) to connect 1pc bolt M10*20(10) and flat washer M10(13) to the screw hole at the back of the left upright(2).
4. Do the same for the right upright.



Note: Make sure to keep all the above bolts loose now. Don't tighten them too tightly, otherwise it will hinder the assembly of other parts.

Step 3

1. Use the 5# wrench(18) to remove the pre-assembled 4pcs bolt M8*15(11) and flat washer M8(14) from the left/right uprights (2, 3) .
2. Use the 5# wrench(18) to install the cross bar(7) onto both left and right uprights (2, 3) with 4pcs bolt M8*15(11) and flat washer M8(14).

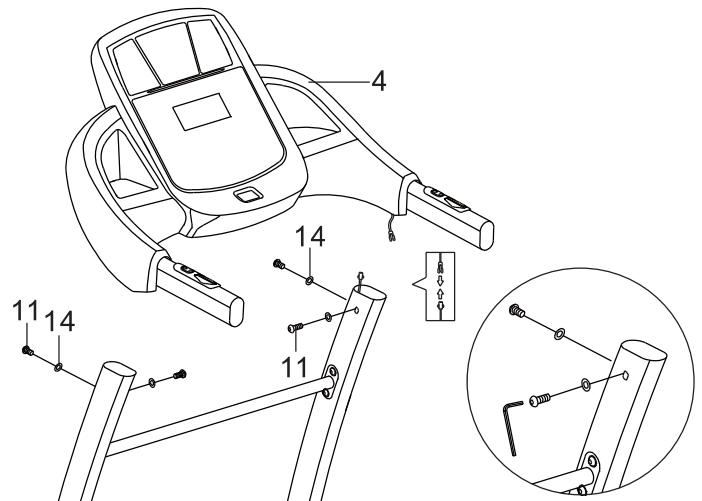


Note1: This step uses the pre-assembled 4 pcs of bolt M8*15 and flat washer M8 on the left and right uprights to install the cross bar.

Note 2: Make sure to keep all the above bolts loose now. Don't tighten them too tightly, otherwise it will hinder the assembly of other parts.

Step 4

1. Connect the signal cable that come out from the right upright (3) to the signal cable that come out from the right side of console (4).
Pay attention to the connection of the cable, a wrong connection would cause damage of the connector.
2. Install the console(4) onto the left and right upright(2, 3) with 4pcs bolt M8*15(11) and 4pcs flat washer M8(14) by 5# wrench(18).

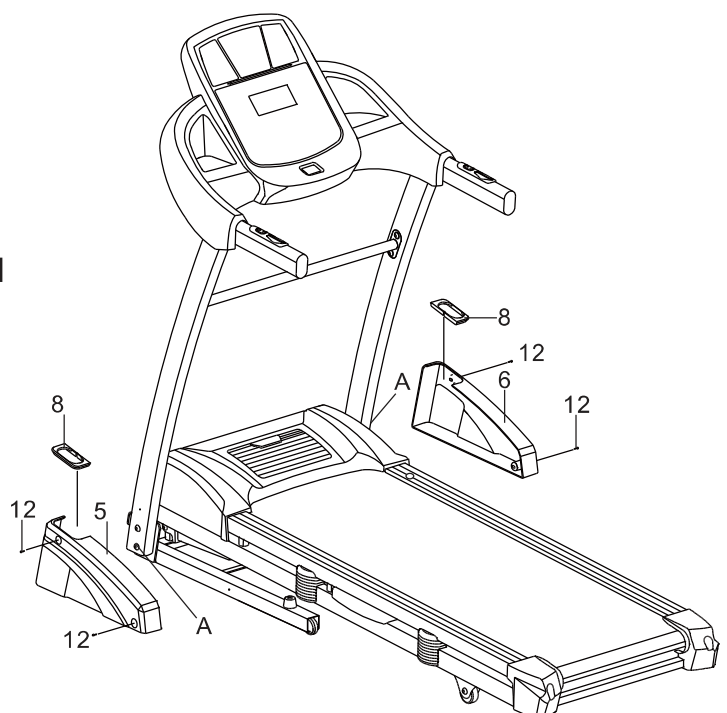


Now you can tightly fix all the bolts of Step 2, Step 3 and Step 4.

Step 5

1. Install the left base cover(5) and right base cover(6) onto the left and right upright(2, 3) with 4pcs bolt M5*12(12) by screwdriver (20).
2. Put the upright cover(8) onto the left and right uprights(2,3)
3. Check that all parts are assembled correctly, then fasten all the screws.

Note: This step uses the pre-assembled 4 pcs of bolt M5*12 on the treadmill to install the base covers.



Step 6

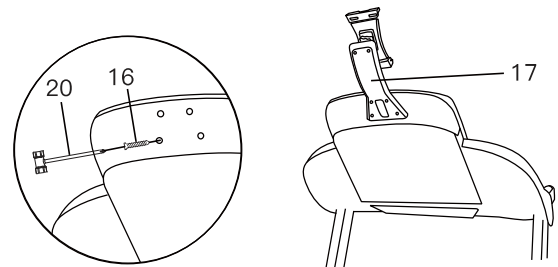
Put the safety key in the yellow area of the console.

Note After Installation : For your safety and comfort, please check if all screws are fastened. Congratulations! A brand new motorized treadmill has been successful assembled!
Just need one more step of assembling the extra ipad holder.

Step 7

Use the screwdriver(20) to remove the 4pcs self-tapping screw M4*15(16) from the back of the console, then you can install the extra iPad holder(17) with the removed 4 pcs screw(16).

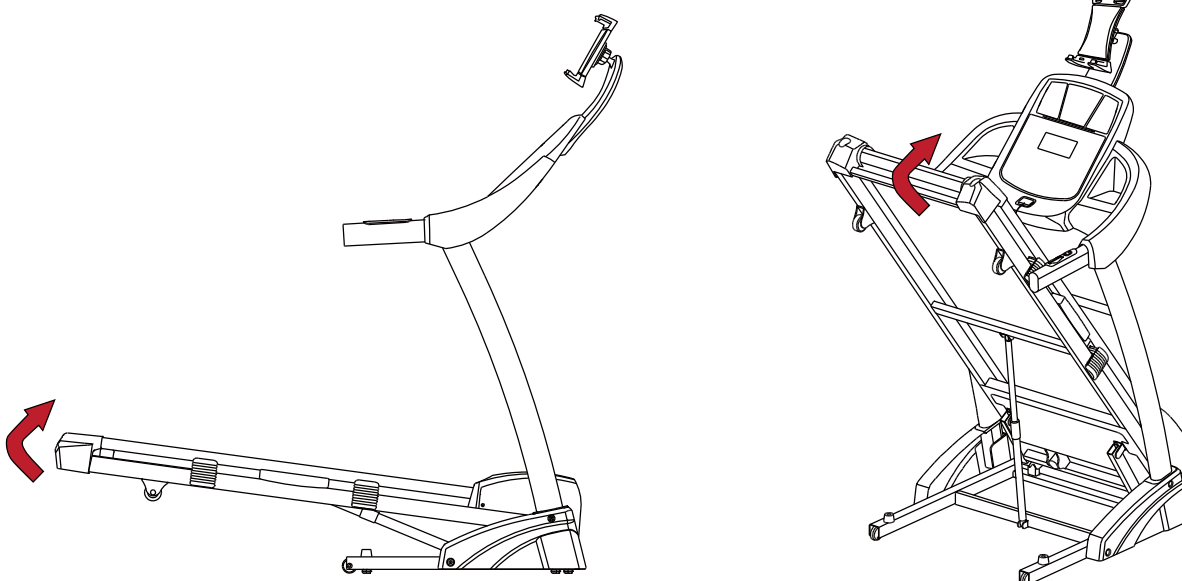
NOTE: This step uses the pre-assembled 4pcs of self-tapping screw M4*15 on the back of the treadmill console to install the extra iPad holder.



• HOW TO FOLD AND MOVE

FOLDING:

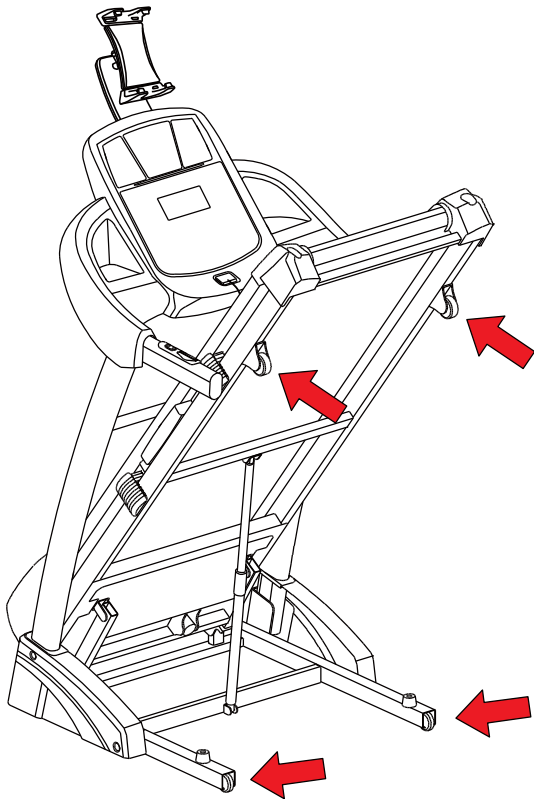
Pull up the base frame till hearing a sound from the folding cylinder that is locked.



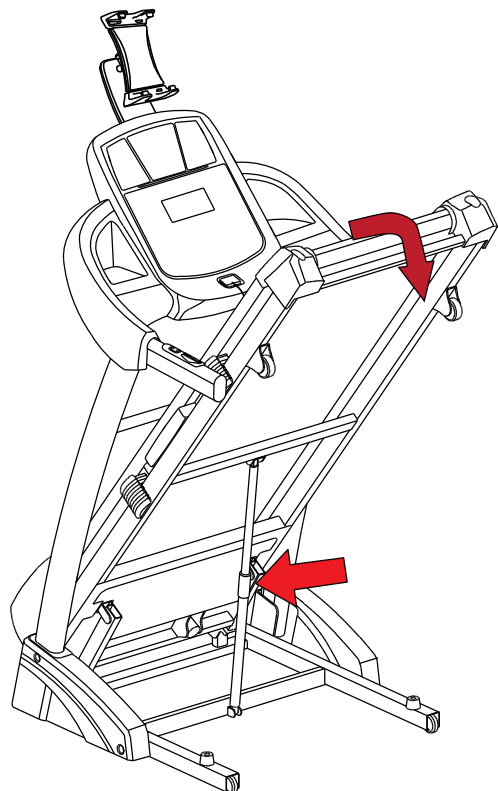
MOVING:

1. Hold the handrails as shown (Hold the end of the running deck is also ok) and place one foot on a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

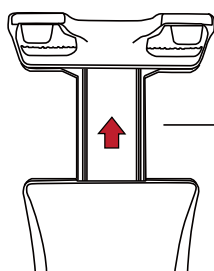
Note: The power cord must be unplugged when moving the treadmill. Please check whether the power cord is unplugged before moving).

**LAY DOWN:**

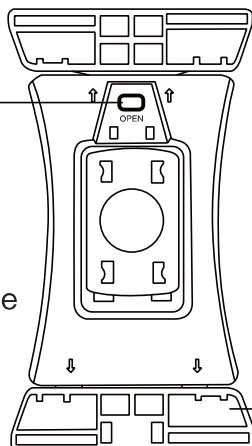
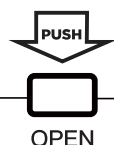
Kick the middle of folding cylinder with your foot, then press the frame down slightly with your hands, the frame will slowly lay down.



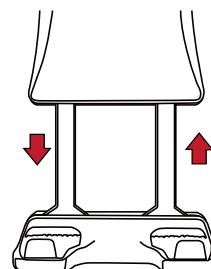
• HOW TO USE THE EXTRA IPAD HOLDER



The side with a button at the back: Press the button to control the exact length that you want to extend the holder on one side.



The other side without a button at the back: It's equipped with a spring extension, which can stably clamp your iPad in it.



OPERATION GUIDE

1. QUICK REFERENCE GUIDE



2. DISPLAY INSTRUCTION

SPEED: "SPEED" in the middle of the display window displays the current running speed.

TIME: "TIME" at the bottom left of the display window shows the time of the workout, or countdown of the workout.

DISTANCE: "DIS" at the bottom of the display window shows the distance of the current workout.

CALORIE: "CAL" at the bottom of the display window shows the calories burned during workout.

INCLINE & PULSE: "PULSE" at the bottom right of the display window Initially does not show heart rate but incline level. The exact incline level will show at the upper blank of "PULSE" as "L0–L15" as per your setting. To test the heart rate, hold the left & right handrails pulse sensors with both hands for 5–10 seconds, when the heart rate signal is detected, the heart rate data and "PULSE" are displayed and the heart-shaped marker flashes during detection.

Display range of the data:

Time: 5:00 — 99.00(min)

Distance: 1.00 — 99.0 (mL;)

Calories: 20.0 — 990 (Cal)

Speed: 0.6 — 10 (mph)

The incline: 0–15 (L)

Pulse: 50 — 200 (bpm)

3. BUTTON FUNCTION

3.1 "START/PAUSE" BUTTON

When the power is on, the motorized treadmill defaults to the quick start mode. Press "START/PAUSE" button, the equipment will start to run after 3 seconds, and the speed displays 0.6. Press "START/PAUSE" in the running state, the equipment will stop working and enter into pause state, all data will be kept for 2 hours and then cleared. Press "START/PAUSE" button in the pause state (within 2 hours), the equipment will work again, the data at the time of pause will continue to run.

3.2 "STOP" BUTTON

Press "STOP" button when the treadmill is working, the treadmill will stop, and all data will be cleared, and return to manual mode as well which means you should set all functions again when you want to restart running.

3.3 "P" BUTTON

When the power is on, firstly press "P" button to select 12 programs. "P1"–"P8" is for workout program, "U-1"–"U-3" is for user program, "Fat" is for body fat testing program.

Press "Λ", "V" or "+", "–" on the console or "+", "–" on the left/right handrails to adjust the value.

Press "START/PAUSE" button to start the machine after setting.

3.4 "M" BUTTON

When the power is on, firstly press "M" button to select three different countdown modes: **TIME**, **DISTANCE** and **CALORIE**.

Press "Λ", "V" or "+", "–" on the console or "+", "–" on the left/right handrails to adjust the value.

Press "START/PAUSE" to start the treadmill after setting.

3.5 SPEED BUTTON

Press the "+", "–" keys on the console or the SPEED "+", "–" on the right handrail can adjust speed by 0.1m/time. Press and hold for more than 2 seconds to adjust the speed continuously, and speed adjustment range is 0.6~10mph.

3.6 INCLINE BUTTON

Press the "Λ", "V" keys on the console or the INCLINE "+", "–" on the left handrail can adjust incline by 1 level/time. Press and hold for more the 2 seconds to adjust the incline continuously, and incline adjustment range is 0–15 levels.

3.7 QUICK SPEED KEY

In the running state, you can directly use the quick speed keys "2", "4", "6", "8", "10" to adjust the speed quickly.

3.8 QUICK INCLINE KEY

In the running state, you can directly use the quick incline keys "3", "6", "9", "12", "15" to adjust the incline quickly.

4. FUNCTION INSTRUCTION

4.1 SAFETY KEY

Attach the safety key in the yellow area of the console, then motorized treadmill can be started.

Unplug the safety key, the screen will display "---" and the treadmill will stop immediately with a "Di-Di-Di" alarm. Pls always clip the safety key on your clothes when running so as to stop the machine immediately under emergency situation.

4.2 SLEEP FUNCTION

When the treadmill is stopped without any operation for more than 5 minutes, the display screen will be shut off and goes to sleep state, press any key to wake up the machine.

4.3 QUICK START

Press "START/PAUSE", the treadmill starts after a 3-seconds countdown.

4.4 COUNTDOWN MODE

Press "M" key continuously to select "H-1" for TIME countdown, "H-2" for DISTANCE countdown, "H-3" for CALORIE countdown, then press "Λ", "V", "+", "-" on the console or "+", "-" on the left/right handrail buttons to adjust data. After finished setting, press "START/PAUSE" to start the machine by 3 seconds countdown.

DISPLAY	PARAMETER	INITIAL DATA	ADJUSTMENT RANGE	
H-1	TIME	30:00	5:00	99:00
H-2	DST	1.0	1.0	99.0
H-3	CAL	50.0	20.0	990

4.5 PRESET PROGRAMS

When the power is on, press "P" to enter program mode. The treadmill has 8 programs, 3 user program and 1 body fat test program.

4.5.1 PROGRAM OPERATION of P1-P8

Press "P" key continuously to select your desired program from "P1", "P2"... "P8" programs, and press "M" key to select your desired intensity level from "L1", "L2"... "L8", then press "+", "-" or "Λ", "V" to adjust your workout time, at last press "START/PAUSE" to start the machine after setting.

You can only run by following one level of one program each time, then adjust the workout time and start the machine. All the preset programs are made up with 18 time-based segments; the speed and incline are preset on each segment as below. The time of 18 segments on each program will be evenly arranged according to the time you set for your workout time. As a result, there are 64 preset programs in total for P1-P8.

PRESET PROGRAM CHART

P1. WEIGHT LOSS

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	1.2	1.2	1.8	1.8	1.8	2.5	3.1	3.7	3.7	4.3	3.7	3.1	2.5	2.5	1.8	1.2	1.2
Level 2	SPEED(MP/H)	0.6	1.2	1.2	1.8	2.5	2.5	3.1	3.7	5	5	6.2	5	5	3.1	3.1	1.8	1.2	1.2
Level 3	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.1	3.1	3.7	5	5.6	6.2	7.5	6.2	5	4.3	3.7	2.5	1.8	1.2
Level 4	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.7	4.3	5	6.2	6.8	7.5	8.1	6.8	6.2	5	4.3	3.1	2.5	1.2
Level 5	SPEED(MP/H)	1.2	1.8	2.5	3.1	4.3	4.3	5	6.2	7.5	8.7	8.7	8.1	7.5	6.2	5.6	3.7	2.5	1.2
Level 6	SPEED(MP/H)	1.2	1.8	2.5	3.1	4.3	5.6	6.2	7.5	8.1	8.7	8.7	8.1	7.5	6.2	5.6	3.7	3.1	1.8
Level 7	SPEED(MP/H)	1.2	1.8	3.1	3.7	5	5.6	6.2	7.5	8.1	8.7	9.3	8.1	7.5	6.2	5.6	3.7	3.7	1.8
Level 8	SPEED(MP/H)	1.2	1.8	3.1	3.7	5	6.2	7.5	8.7	8.7	9.3	9.3	8.7	8.1	6.8	5.6	4.3	3.7	1.8

P2. CARDIO TRAIN

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(MP/H)	0.6	0.6	1.2	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	3.7	3.7	2.5	1.8	1.2	0.6	0.6
	ELEVATION	1	1	2	3	4	5	6	7	7	8	8	7	7	5	4	2	1	1
Level 2	SPEED(MP/H)	0.6	1.2	1.2	1.8	2.5	3.1	3.7	4.3	4.3	5	5	4.3	4.3	3.1	2.5	1.2	1.2	0.6
	ELEVATION	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
Level 3	SPEED(MP/H)	0.6	1.2	1.8	2.5	3.1	3.7	4.3	5	5	5.6	5.6	5	5	3.7	3.1	1.8	1.2	0.6
	ELEVATION	1	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	1
Level 4	SPEED(MP/H)	1.2	1.2	2.5	3.1	3.7	4.3	5	5.6	5.6	6.2	6.2	5.6	5.6	4.3	3.7	2.5	1.2	1.2
	ELEVATION	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
Level 5	SPEED(MP/H)	1.2	1.8	3.1	3.7	4.3	5	5.6	6.2	6.2	6.8	6.8	6.2	6.2	5	4.3	3.1	1.8	1.2
	ELEVATION	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
Level 6	SPEED(MP/H)	1.2	2.5	3.7	4.3	5	5.6	6.2	6.8	6.8	7.5	7.5	6.8	6.8	5.6	5	3.7	2.5	1.2
	ELEVATION	3	5	7	8	9	10	11	12	12	13	13	12	12	10	9	7	5	3
Level 7	SPEED(MP/H)	1.8	3.1	4.3	5	5.6	6.2	6.8	7.5	7.5	8.1	8.1	7.5	7.5	6.2	5.6	4.3	3.1	1.8
	ELEVATION	4	6	8	9	10	11	12	13	13	14	14	13	13	11	10	8	6	4
Level 8	SPEED(MP/H)	2.5	3.7	5	5.6	6.2	6.8	7.5	8.1	8.1	8.7	8.7	8.1	8.1	6.8	6.2	5	3.7	2.5
	ELEVATION	5	7	9	10	11	12	13	14	14	15	15	14	14	12	11	9	7	5