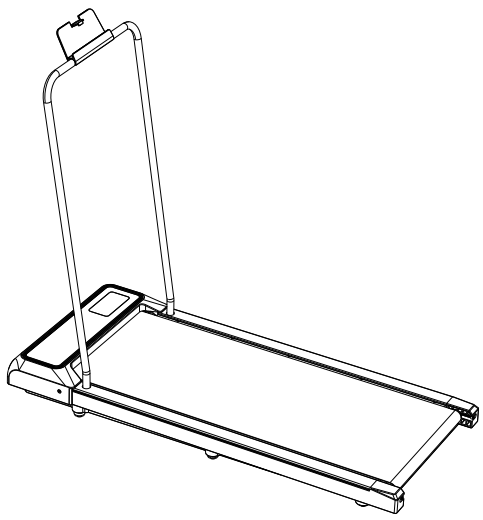
TREADMILL WITH HANDLE

Model: N4054FS



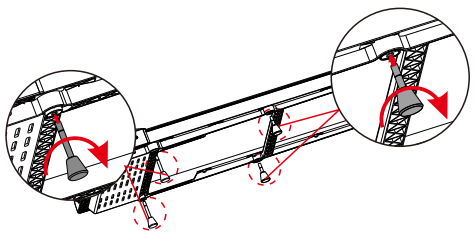
USER MANUAL

***Thank you for selecting treadmill. To provide a better using experience, please read this manual carefully before operation or maintenance, and SAVE THESE INSTRUCTIONS for future reference.**

Pic				
Type	Foot Pad ①	Foot Pad ②	Foot Pad ③	Foot Pad ④
Length	1.3in	1.8in	2.4in	3.4in
Qty.	4	2	2	2

Adjustment: This treadmill offers 3 incline settings, achievable by **adjusting the front and middle foot pads.**

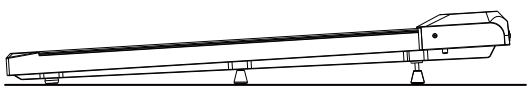
Note: The rear footpads do not need to be changed!



Incline and Foot Pad Configuration Chart

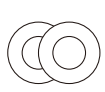
Incline Level	Front*2	Middle*2	Rear*2
Minimal	Foot Pad ①	Foot Pad ①	Foot Pad ①
Moderate	Foot Pad ③	Foot Pad ②	Foot Pad ①
Maximum	Foot Pad ④	Foot Pad ③	Foot Pad ①

Important: If the ground is uneven or the treadmill is shaking, please adjust the adjustable foot pads at the bottom of the treadmill to appropriate positions, the foot pads must fit the ground



3.2 Product Assembly in 10 Secs

Tools Pack Content

Pic					
No.	A	B	C	D	F
Description	5MM Allen Wrench	M8 Screws	Elastic Washers	Flat Washers	6MM Allen Wrench
Qty.	1	2	2	2	1

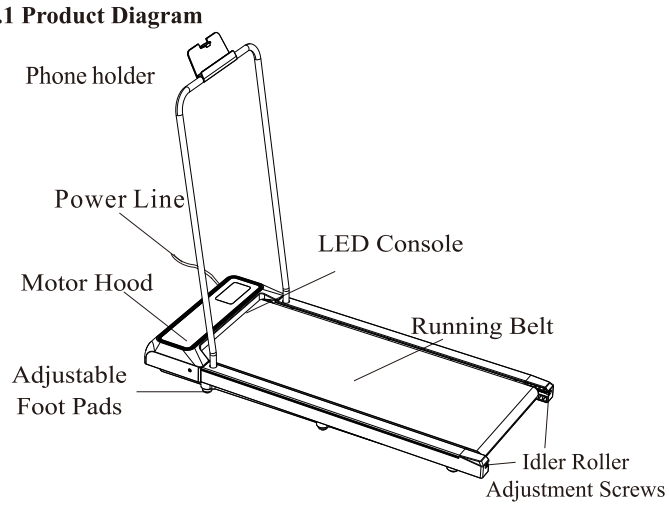
1. Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. During running, it's recommended to wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals to avoid injury.
6. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
7. Read, understand, and test the emergency stop procedure before using the treadmill
8. Never leave the treadmill unattended while it is running. Always press the power switch into the off position, and unplug the power cord when the treadmill is not in use.
9. Please add 10ml of lubricant before first use. Add lubrication oil every 3-4 months.
10. Treadmills are made by fusing the belt together, which creates a seam. The seam is made when the belt is heated up, and all belts are tested to make sure they're good quality. This way of making treadmill belts is the standard in the industry, so you can trust that they're strong and will last a long time.

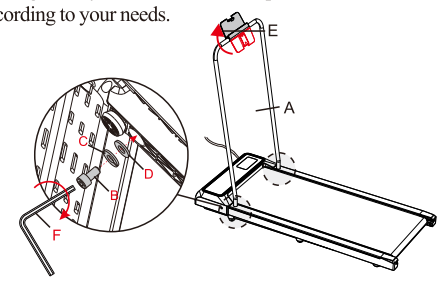
2. Product Introduction

2.1 Product Diagram

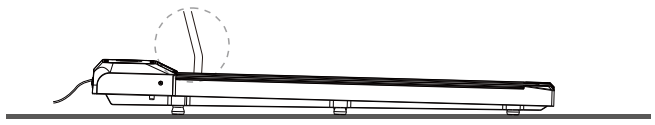


1

1. As shown in the figure below, take out the equipped armrest (A), insert it against the holes on the body, pass the M8 screw (B) through the elastic spacer (C) and flat spacer (D) successively, and then use the equipped Allen wrench to rotate it clockwise until the screw locks tightly, so that the armrest can be locked on the main unit.
As shown in Figure E, you can rotate the cell phone holder back and forth to a suitable position according to your needs.



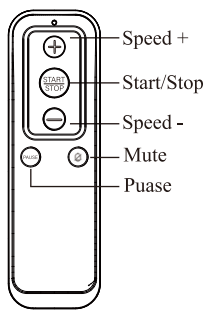
2. Note: When installing the riser, please pay attention to the distinction between positive and negative. (Riser angle folded backward is positive)



3.3 The Remote Control Setup

How to pair the remote control?

1. Turn on the treadmill.
2. Hold the start/stop button for 5 seconds.
3. Beep confirms pairing.



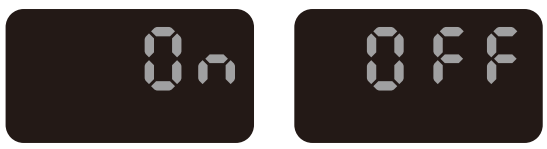
Function Key

Start/Stop Button: While in standby mode,you can start the treadmill by pressing the "Start/ Stop" button, During your workout, pressing the same button will pause the treadmill and reset the display to 0.

Speed+/- Buttons: Press the +/- buttons to increase or decrease the speed in incre-ments of 0.2 mph. Pressing and holding, either of each button for 0.5 seconds, speed will continue increase or decrease until this button is released.

Puase Button: Press it to puase the workout, data keeps until you press "Start" to back to workout.

Mute Button : The system defaults to the buzzer being in the on state. Press and hold the button on the LED Display on/off to indicate the current status.



2.2 Console Diagram

Window Display



During operation, automatically switch the display window every 5 seconds between the "SPEED", "TIME", "DIST" and "KCAL" data.
The information displayed on each window is as follows:

1. Speed: the speed range is 1.0-5.0 mph.

2. Elapsed Time: range from 0:00 to 99 : 59 (mins : sec)

3. Distance: Displays the distance traveled 0.0-99.99 Miles.

4. Calories: the display is 0~9999 kcal

2.3 Package Contents

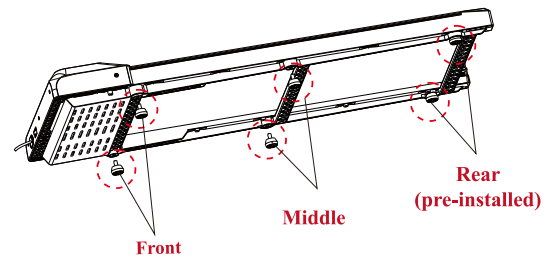
Description	Qty.	Description	Qty.
Treadmill Body	1	Lubrication Oil	1
Remote Control	1	Tools Pack	1
User Manual	1	Handle	1
Foot Pad ①	4	Foot Pad ②	2
Foot Pad ③	2	Foot Pad ④	2

2.4 Specifications

Power Supply	AC 110-120V, 60Hz
Speed Range	1.0-5.0 mph
Product Size	43.5*18.1*4.3 inch
Controlling Mode	Remote Control
Maximum load	270LBS
Motor power	2.5HP

3. Setup Instructions

3.1 Incline Installation and Adjustment



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Remote Controller Operation Guide:

If the remote controller is unresponsive, check the battery level and replace it if low. If the issue persists even after replacing the battery and pairing, please contact seller to replace the remote controller.
Battery type: AAA*2

4. Exercise Instructions

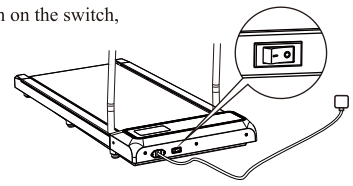
GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headache, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. No matter how fast you walk, it's best to stretch first. Warm muscles stretch more easily, so take 5-10 mins to warm up. Do it again after the exercise.
2. Press the START button on the remote control or app page to start the machine
3. The machine will start at the system default setting speed of 1.0 MPH. when you feel comfortable, you may slowly increase this speed.

Before Use: Plug in the power cord, turn on the switch, and the treadmill enters standby mode.



After Use: When you are finished with your exercise, switch off the walking pad and unplug the power cord.

5. Maintenance & Care

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

> To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

> The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

5.1 Centering The Running Belt

Place the treadmill on level ground and set it at 2.0-3.6 mph to check if the Running Belt drifts. Before and after installation, all treadmills need to undergo belt alignment. However, over time, the treadmill may still experience belt deviation. The possible causes for this phenomenon are as follows:

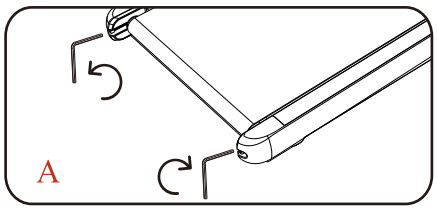
1. Uneven placement of the main unit.

2. User's feet not centered on the treadmill while exercising.

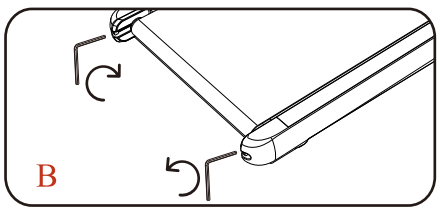
3. Uneven distribution of force applied by the user's feet.

If the belt deviation is caused by user error, it can be resolved by running the treadmill without any load for a few minutes. If the issue persists and cannot be automatically corrected, please use the provided Allen Wrench to adjust the belt alignment gradually as following.

1. If the Running Belt moves to the right, turn the adjusting bolt on the right side 1/4 turn clockwise, then turn the left adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to picA.



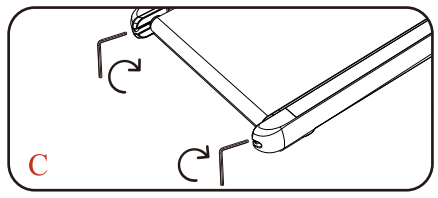
2. If the Running Belt moves to the left, turn the adjusting bolts on the left side 1/4 of a turn clockwise, then turn the right adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to pic B.



5.2 Tighten the Running Belt

> A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 0.2-0.3 inch (two fingers height) from the Running Board.

Over time the Running Belt will loosen. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to pic C



5.3 Running Belts & Treadmill Lubricant

NOTE: You will need to lubricate your treadmill before the first use.

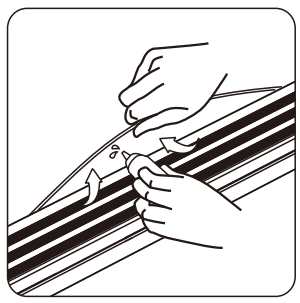
Lubricating the running board and running belt is essential as the friction between the two affects the lifespan and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

Lubrication Check: To determine if lubrication is needed, simply grab the treadmill belt and touch your hand to the center of the backside of the belt. If your hand feels slightly damp or has a silicone residue, it means no additional lubrication is required. However, if the belt feels dry and there is no residue on your hand, lubrication is needed.

Note: Excessive lubrication is not recommended.

Suggestion:

The following time table is recommended	
Light user (less than 3 hours/ week)	every 6 months
Medium user (3-5 hours/week)	every 3 months
Heavy user (more than 5 hours/ week)	every 2 months



Lubricant Steps:

1. Turn off the treadmill.
2. Lift a small section of the belt and apply methyl silicone oil 10ml on the inner side, towards the center.
3. Set the treadmill to a speed of 1.0 mph and run it smoothly. Lightly step on the belt from left to right for a few minutes to ensure even distribution and absorption of the oil.

6. Troubleshooting

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in/power is not switch on.	Plug cord into outlet, turn on the treadmill.
	circuit signal system open circuit.	Check controller inputs and signal lines (contact customer support).
Running belt not centered	Running belt tension not correct on the left or right sides of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller.
The running belt does not run smoothly.	Lack of lubrication.	Add lubrication oil.
	Running belt is loose.	Adjust the running belt tightness.
The running belt slipping.	Running belt is too loose.	Adjust the running belt tightness.
	Motor Belt is too loose.	Please first adjust the running belt tightness, if still no function, please contact service support for help.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Otherwise, the control board needs to be replaced.
E05:Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.
E10/E23/E24/E28	PCB Data Abnormal	Unplug the treadmill for 10-15 mins and then re-plug in to see if the problem solved, if not, please contact with the seller for assistant.

FCC STATEMENT

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

Note: Before using your Treadmill, please read this manual carefully and observe the following safety precautions:

It is recommended that the treadmill be located indoors to avoid moisture. Do not splash water on the treadmill or place foreign objects on the treadmill.

●Keep children away from this product to prevent accidents. Please avoid overloading the product to prevent damage to the motor and controller, and to accelerate wear and to the motor and the controller, to accelerate the wear of the bearings, the belt and the platter, and to ensure regular maintenance.

●Please reduce the indoor dust, maintain the humidity, and avoid generating avoid strong static electricity, which will disturb the normal operation of the meter and controller.

●Please turn off the treadmill power after exercising.

●Please keep the indoor air circulation when using the treadmill.

●Please stop exercising if you feel uncomfortable or abnormal and consult a physician.

●Please keep the silicone oil out of the reach of children after use to avoid accidents due to ingestion.

●The safety area behind the treadmill is 30*50 inches.

● To prevent accidents, please do not mix remote controls if you or others have multiple treadmills. Use each remote with its corresponding device.

WARNING! Mandatory!

Do not use this product if you are under medical treatment or for the following patients without consulting a physician.

(1)Patients who are currently suffering from back pain, or who have had injuries to their legs, back or neck in the past, or who have numbness in their legs, back, neck or hands (those with herniated discs, spondylolisthesis, cervical spondylosis, etc.).

(2) People with osteoarthritis, rheumatism and gout.

(3) People with osteoporosis and other abnormalities.

(4)People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).

(5) People with respiratory disorders.

(6)Those who use artificial rhythm regulators or implantable medical electronic instruments.

(7) Persons with malignant tumors.

(8) People with blood circulation disorders such as thromboembolism or severe lipoma, acute lipoma, or various skin infections.

(9)People with perception impairment caused by high peripheral circulation disorder caused by diabetes, etc.

(10)People with skin injuries.

(11)People with high fever due to illness (38 C/ 100 F or more).

(12)People with abnormal or curved back bones.

(13)People who are pregnant or may be pregnant or menstruating.

(14)People who feel abnormal and need to rest.

(15)People with obvious poor physical condition.

(16)Users for rehabilitation purposes.

(17)People who feel particularly abnormal except for the above.

(18)Any cause accidents or poor physical conditions.

●If you experience back pain, numbness or tingling in your legs or feet, dizziness, rapid heartbeat or other abnormalities during exercise, stop using the product and consult a doctor.

●Don't let children use or play with this product.

●The protector of children should be careful not to let children play with this product.

●Please make sure that there are no people or pets in the area (at the back, bottom and front of the product) when using, loading, unloading and moving the product.

●Do not jump up or down during exercise. To avoid injury from falls.

●Do not use or store in damp places such as outdoors, near bathrooms, or where you may be exposed to water.

●Please do not use or store it in direct sunlight, high temperature areas such as near the stove, or on heating devices such as electric blankets. To avoid electric leakage or fire

●Do not use if the power cord or plug is damaged or the plug is loose. To prevent electric shock, short circuit and fire.

●Do not damage, forcibly bend or twist the power cord, or place heavy objects on it to prevent the cord from being pinched. To prevent fire or electric shock.

●Do not use the product by two or more people at the same time, and do not allow people to come near the product during use. To prevent accidents or injuries due to falls.

●Do not allow operators who are incapacitated to use this product.

●Do not disassemble! To prevent accidents or injuries.

●Do not disassemble, repair, or modify To avoid injury due to mechanical failure.

●Do not expose to water!

●Do not expose the main body or operating part to water or other conductive liquids. To prevent electric shock and fire.

●It is recommended that people who do not exercise regularly should not suddenly engage in strenuous exercise.

●Do not use it after eating, when you are tired, when you have just finished exercising, or when you are not physically strong. To avoid damage to your health.

●This product is for home use only and should not be used by large numbers of unspecified users such as schools and gyms. To avoid injury.

●Do not use while eating or performing other activities.

●Do not use if you feel dizzy after drinking. To prevent accidents and injuries.

●Do not use if pants are filled with hard objects. To prevent accidents and injuries.

● Do not place pens, trash, or dirt on the power plug. To prevent electric shock, short circuit and fire.

●Do not unplug the power cord or turn off the power switch during use. To prevent injury.

●Do not use with wet hands!

●Do NOT plug in or unplug the power cord with wet hands. To prevent electric shock and injury.

●Disconnect the power plug!

●Unplug the power cord when not in use.

●Dust and moisture will deteriorate the insulation, resulting in electric leakage or fire.

●Please Unplug the power cord during maintenance.

●To avoid electric shock or injury.

●If the product does not start or does not operate normally, unplug the power cord immediately and refer servicing to qualified service personnel. To avoid electric shock or injury.

●Please disconnect the power plug when the power is turned off. To avoid accidents or injuries when power is restored.

●Please do not pull on the cord to unplug the power plug. To prevent short circuit, electric shock and fire.

Grounding Instructions!

●The product must be grounded. If the machine operates abnormally, grounding will direct the current to the most resistant channel to reduce the risk of electric shock.

●The product is equipped with wires with equipment grounding conductors and grounding plugs. The plug must be connected to a properly installed and grounded receptacle in accordance with local laws and regulations.

DANGER!

Improper connection of the equipment grounding conductor may result in electric shock. If you are not sure whether the product is properly grounded, consult a qualified electrician. Even if the plug attached to the product does not match the outlet, it cannot be changed. Please consult a professional electrician to install the appropriate outlet. The product is equipped with a grounding plug. Please confirm that the product is plugged into the appropriate outlet. The product cannot use the conversion outlet.

7. CUSTOMER SUPPORT EMAIL

CUSTOMER SUPPORT EMAIL:
CustomerService-008@outlook.com