

T90 Assembly Manual

For 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.

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FCC Statement:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co - located or operating in conjunction with any other antenna or transmitter..

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.

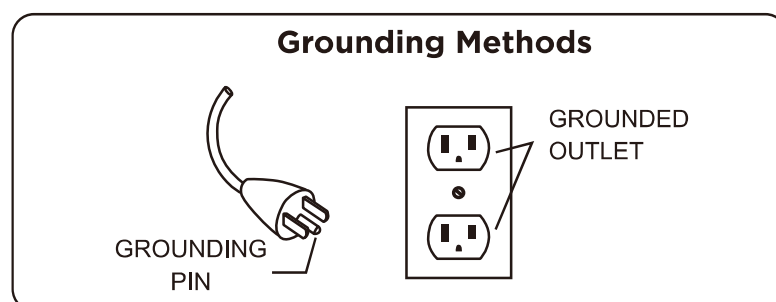
10. Treadmill is an indoor–using equipment, not outdoor–using for avoiding damage. Keep the place clean, flat and drying. Please do not modify it for other purposes, only for workout.
11. The power cord of the treadmill is dedicated. If the power cord is damaged, please buy it from the dealer or contact 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-

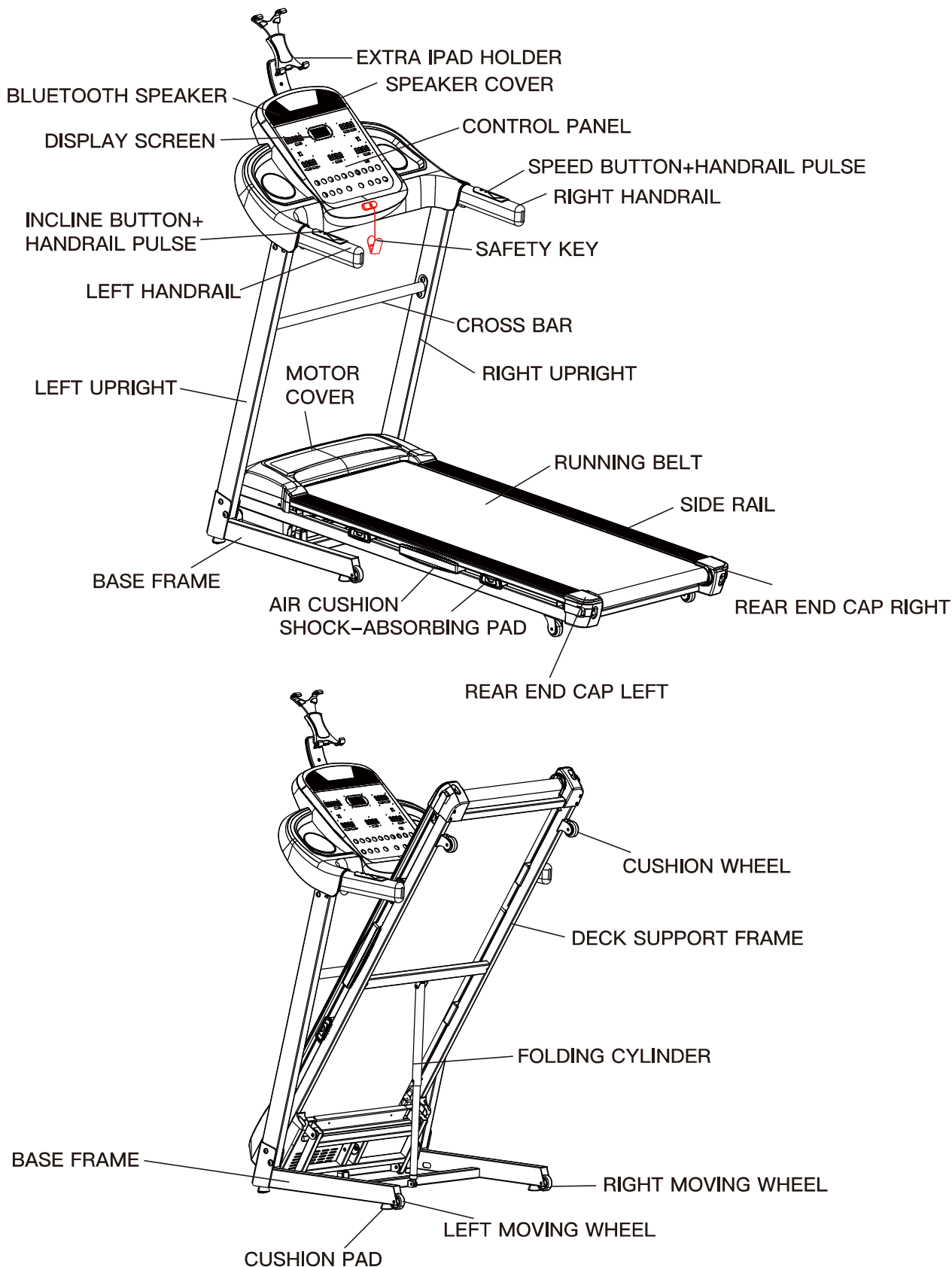
The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment–grounding conductor and a grounding plug. The plug must be plugged 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**

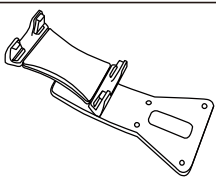
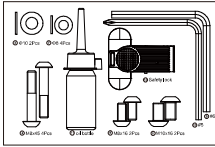
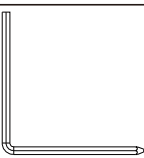
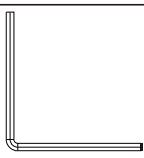


• TECHNICAL PARAMETER

MAIN TECHNICAL PARAMETERS		
NO.	ITEM	DATA
1	INPUT VOLTAGE	AC 110–120V(60Hz)
2	SPEED	0.6–12mph
3	INCLINE	0–20(L)
4	CHARGER	5.0V/1.5A

• PACKING LIST

OPEN THE BOX YOU CAN FIND ALL PARTS AS BELOW.

			
①		②	③
			
④	⑤	⑥	⑦
			
⑧	⑨	⑩	⑪
			
⑫	⑬	⑭	⑮

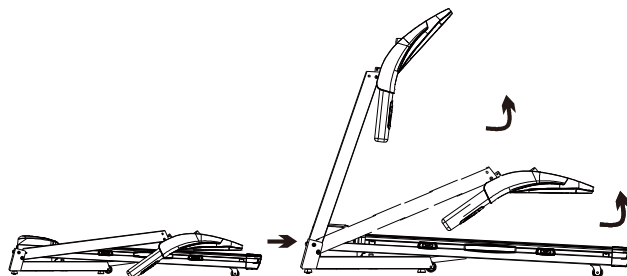
PARTS LIST					
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
01	MAIN FRAME	1 SET	09	5# WRENCH	1PC
02	EXTRA IPAD HOLDER	1 PC	10	6# WRENCH	1PC
03	ACCESSORY PACK	1 PC	11	LUBRICATION OIL	1PC
04	BOLT M8*45	2 PCS	12	POWER CORD	1PC
05	BOLT M8*16	2 PCS	13	USER MANUAL	1PC
06	BOLT M10*16	2 PCS	14	SAFETY KEY	1PC
07	FLAT WASHER M8	4 PCS	15	Screws M4x15 (for iPad Holder, pre-installed on console)	4 PCS
08	FLAT WASHER M10	2 PCS			

NOTE: Assembly of the treadmill requires only the 5# and 6# wrenches, both of which are supplied in the accessory pack. Use these tools for assembly and tightening.

• ASSEMBLY INSTRUCTION

Step 1: Take out the main frame and cut the cable ties

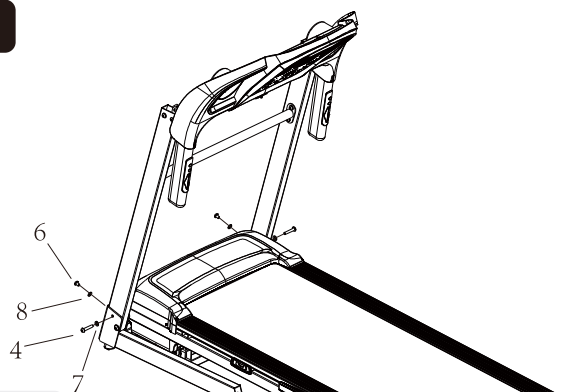
1. Please note that this treadmill needs at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. 2 People take out the main frame as the photo shows from the box, lay it on the flat floor, and then use scissors to cut the cable tie that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



NOTE: Before completing Step 2 of the assembly, always hold one of the uprights firmly to prevent it from tipping over.

Step 2: Attach the left and right uprights

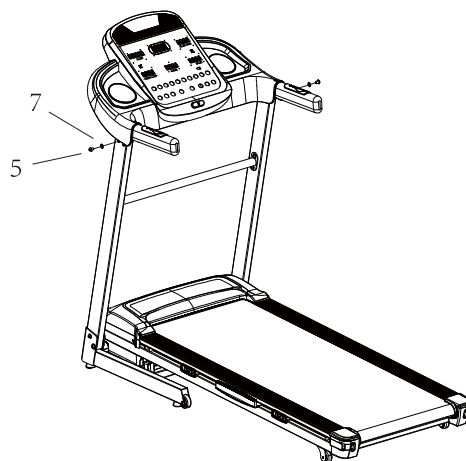
1. Use the 5# wrench (9) to loosely attach 1 bolt M8×45 (4) + flat washer M8 (7) to the screw hole on the left side of the left upright.
2. Use the 6# wrench (10) to attach 1 bolt M10×16 (6) + flat washer M10 (8) to the screw hole on the back of the left upright.
3. Repeat the same method to attach the 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: Install the console

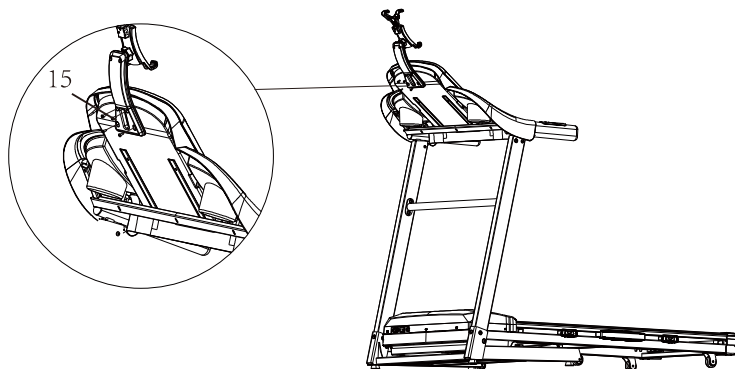
1. Lift the console and align it with the screw holes on both uprights. Use the 5# wrench (9) to fasten 1 bolt M8×16 (5) + M8 flat washers (7) into the screw holes on the left upright.
2. Repeat the same method to secure the console to the right upright.



Step 4: Install the iPad Holder

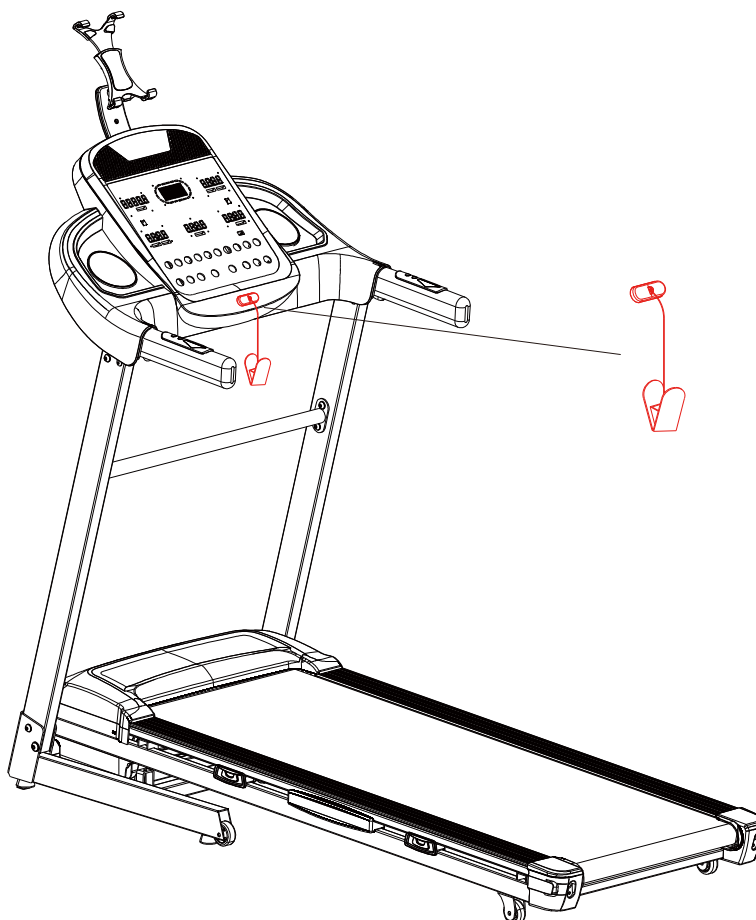
1. Use the 5# wrench (9) to remove the iPad holder screws M4×15 (15) from the back of the console.
2. Align the iPad holder with the screw holes on the back of the console, and secure it with the screws M4×15.

NOTE: The 4 pcs iPad holder screws M4×15 are pre-installed on the console.



Step 5: Place the Safety Key

Place the safety key on the designated area of the console.



IMPORTANT NOTE: After completing all assembly steps, make sure to go back and fully tighten all bolts.

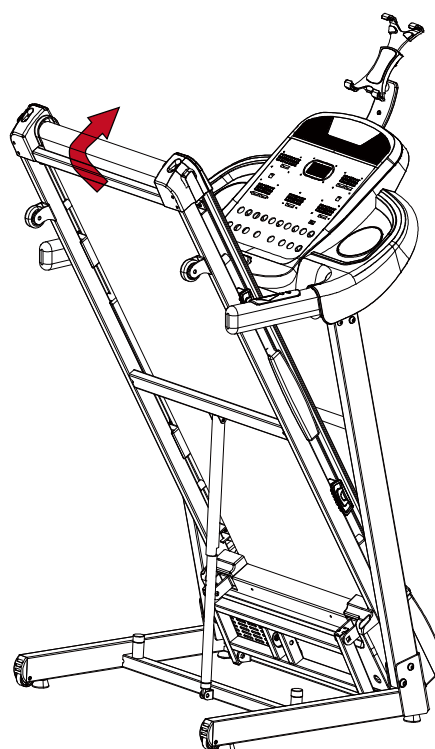
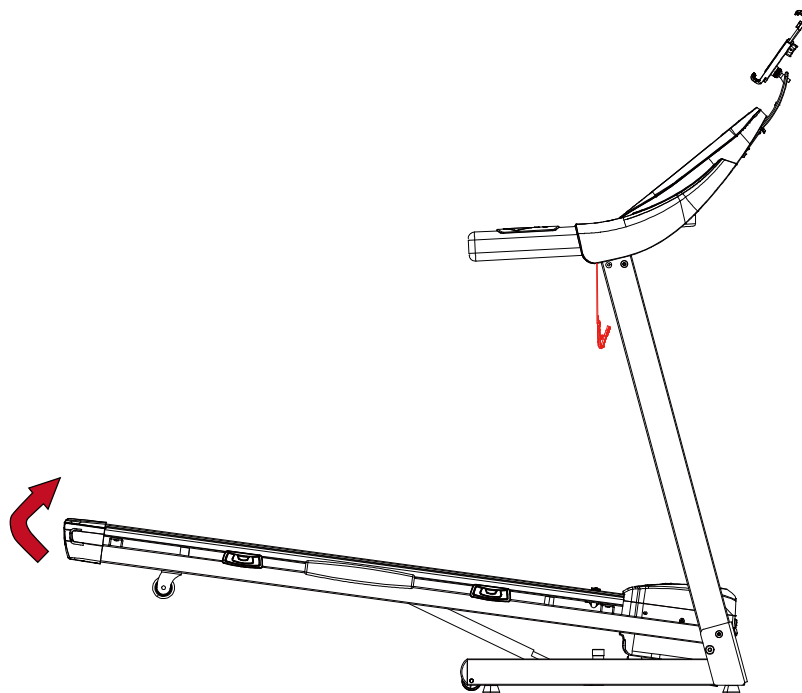
Congratulations — the installation is now complete!

IMPORTANT: Before connecting the power, make sure all the steps above have been completed. Then fully tighten all screws and inspect the machine to confirm no parts or fasteners are missing. Only after you have verified everything is secure may you connect the power. Please read the following operating and safety instructions carefully before using the motorized treadmill.

• HOW TO FOLD AND MOVE

FOLDING:

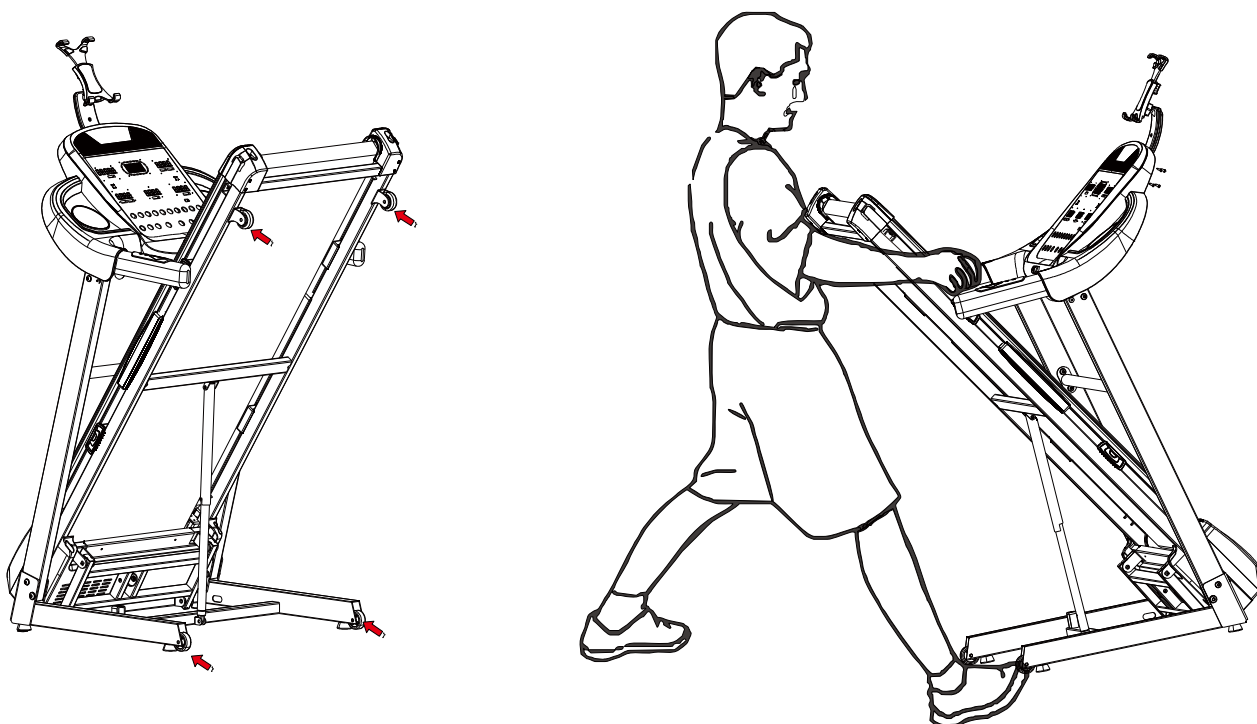
Pull up the running deck until you hear a click from the folding cylinder, indicating that it is locked in place.



MOVING:

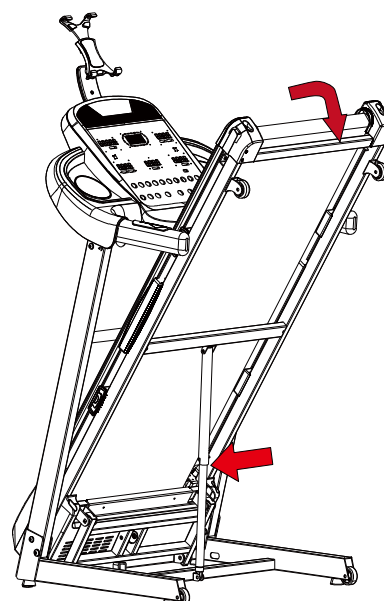
1. Hold the handrails as shown (You may also hold the end of the running deck.) and place one foot on a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

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

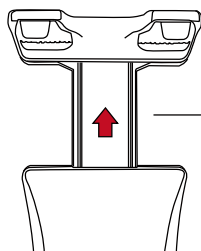


LAY DOWN:

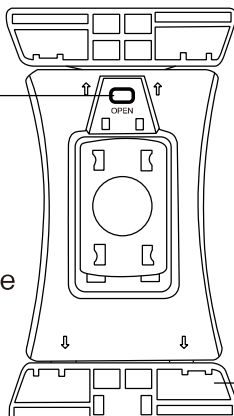
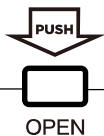
Kick the middle of folding cylinder with your foot, then press the deck down slightly with your hands, the deck will slowly lay down.



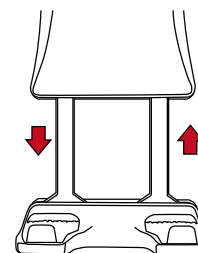
• HOW TO USE THE EXTRA IPAD HOLDER



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



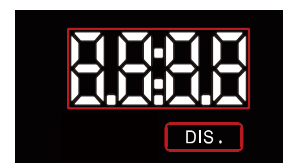
2. DISPLAY INSTRUCTION



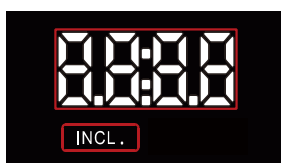
STEP – shows the number of steps.



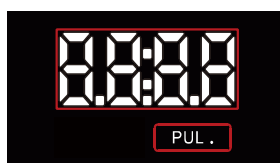
CAL – shows the calories burned.



DIS – shows the distance.



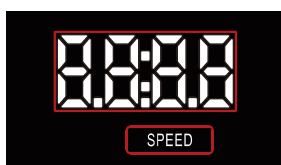
INCL – shows the incline level.



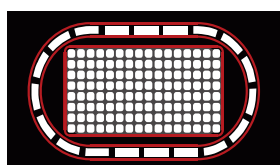
PUL – shows the heart rate when a signal is detected.



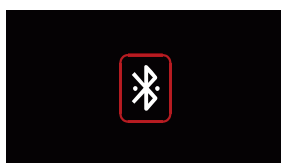
TIME – shows the workout time or the countdown time.



SPEED – shows the current speed.



The console will also display WELCOME, PAU, countdown (3, 2, 1), running track and laps, program profiles, etc.



When Bluetooth is connected to the treadmill, the Bluetooth icon will light up. It will turn off when disconnected.



When the treadmill is connected to a fitness app, the APP icon will light up. It will turn off when the connection ends.

Display range of the data:

Time: 0:00 – 99.59 (min)

Distance: 0 – 99.9 (mi)

Calories: 0 – 999(Cal)

Speed: 0.6 – 12 (mph)

INCL: 0-20(L)

Pulse: 50 – 200 (bpm)

STEP: 0-99999

3. BUTTON FUNCTION

3.1 "START/PAUSE" Key

When the power is on, the screen displays "WELCOME" and the treadmill enters quick start mode by default. Press the "START/PAUSE" key and the treadmill will start running at a speed of 0.6. Press again during operation, the treadmill will stop and the screen will display "PAU" All workout data will be retained for 2 hours before being cleared. Press once more in pause mode, the treadmill resumes operation and continues from the paused data.

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 stand by mode as well which means you should set all functions again when you want to restart running.

3.3 "PROG" Key

When the power is on, pressing the "PROG" button cycles through the preset workout programs "P1"–"P8," the user-defined programs "U-1"–"U-5," the "FAT" body fat test program, and the standby mode. After selecting the desired program, press the "MODE" key and use the console "^", "v", "+", "-" keys or the "+" and "-" keys on the left/right handrails to adjust the values, or press "START/PAUSE" to begin the selected program.

3.4 "MODE" Key

When the power is on, pressing the "MODE" button allows you to select three different countdown modes: TIME, DISTANCE and CALORIE, or return to standby mode. Press "^", "v", "+", "-" keys or the "+" and "-" keys on the left/right handrails to adjust the values.
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, to adjust speed by 0.1m/time. Press and hold for more than 2 seconds to adjust the speed continuously, and speed adjustment range is 0.6~12mph.

3.6 INCLINE BUTTON

Press the "^", "v" keys on the console or the INCLINE "+", "-" on the left handrail, to adjust incline by 1 level/time. Press and hold for more than 2 seconds to adjust the incline continuously, and incline adjustment range is 0-20 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. Please 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 10 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 the "START/PAUSE" key and the display will show a 3-2-1 countdown before the treadmill starts.

4.4 COUNTDOWN MODE

Press "MODE" 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	99.9
H-3	CAL	50.0	10.0	990

4.5 PRESET PROGRAMS

When the power is on, press "PROG" to enter program mode. The treadmill has 96 preset programs, 5 user programs and 1 body fat test program.

4.5.1 START PRESET PROGRAM

Press the "PROG" key continuously to select your desired program from "P1","P2"... "P8" programs, and press "MODE" key to select your desired intensity level from "L-1","L-2"... "L-12", then press "^", "V", "+", "-" or "+", "-" on the left/right handrails to adjust your workout time, at last press "START/PAUSE" to start the machine after setting. Each program has 16 time segments with preset speed and incline. The segments are evenly divided based on your workout time. In total, there are 96 preset programs available.

PRESET PROGRAM CHART

P1. WEIGHT LOSS

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	1.2	1.2	1.8	1.8	1.8	2.5	3.1	3.7	4.3	4.3	3.7	3.1	2.5	2.5	1.8
L-2	SPEED	0.6	1.2	1.2	1.8	2.5	2.5	2.5	3.8	5	5	6.2	5	5	3.1	3.1	1.8
L-3	SPEED	0.6	1.2	1.2	2.5	3.1	3.1	3.7	5	5.6	6.2	7.5	6.2	5	3.7	3.7	2.5
L-4	SPEED	0.6	1.2	1.2	2.5	3.7	4.3	5	6.2	6.8	7.5	8.1	6.8	6.2	5	3.7	3.1
L-5	SPEED	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
L-6	SPEED	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
L-7	SPEED	1.2	1.8	3.1	3.7	5	5.6	6.2	7.5	8.7	8.7	9.3	8.1	7.5	6.2	5.6	3.7
L-8	SPEED	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
L-9	SPEED	1.2	2.3	3.6	4.2	5.5	6.7	8	8.7	8.7	9.3	9.3	8.7	8.1	6.8	5.6	4.3
L-10	SPEED	1.2	1.3	2.6	3.2	4.5	5.7	7	8.2	8.5	8.8	8.8	8.2	7.6	6.3	5.1	3.8
L-11	SPEED	1.5	2.5	3.6	4.3	5.3	6.5	7.8	8.5	8.5	9.2	9.2	8.5	7.3	6.3	5.5	4.5
L-12	SPEED	1.5	2.5	3.2	4.2	5	6.3	7.5	7.9	8.3	8.9	8.9	8.3	6.8	5.8	5.3	4.3

P2. CARDIO TRAIN

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	0.6	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
	ELEVATION	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2
L-2	SPEED	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
	ELEVATION	1	2	2	3	4	5	6	7	7	8	8	7	7	5	4	2
L-3	SPEED	0.6	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
	ELEVATION	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3
L-4	SPEED	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
	ELEVATION	2	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4
L-5	SPEED	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
	ELEVATION	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5
L-6	SPEED	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
	ELEVATION	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6
L-7	SPEED	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
	ELEVATION	3	5	7	8	9	10	11	12	12	13	13	12	12	10	9	7
L-8	SPEED	3.1	4.3	5.6	6.2	6.8	7.5	8.1	8.7	8.7	9.3	9.3	8.7	8.7	7.5	6.8	5.6
	ELEVATION	4	6	8	9	10	11	12	13	13	14	14	13	13	11	10	8
L-9	SPEED	0.6	1.2	1.2	1.8	1.8	1.8	2.5	3.1	3.7	4.3	4.3	3.7	3.1	2.5	2.5	1.8
	ELEVATION	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2
L-10	SPEED	0.8	0.8	1.5	2.1	2.1	2.1	2.8	3.5	4.2	4.7	4.7	4.1	3.5	2.9	2.9	2.1
	ELEVATION	1	1	2	2	3	4	5	5	6	7	7	6	5	4	4	2
L-11	SPEED	1.5	2.5	3.7	4.2	4.8	5.4	6	6.7	6.7	7.3	7.3	6.7	6.7	5.6	4.9	3.6
	ELEVATION	1	2	4	5	6	7	8	9	9	10	10	9	9	8	6	5
L-12	SPEED	2.8	4	5.3	5.9	6.5	7.2	7.8	8.4	8.4	9.1	9.1	8.4	8.4	7.2	6.5	5.3
	ELEVATION	3	5	7	8	9	10	11	12	12	13	13	12	12	11	10	8

P3. FAT BURN

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	0.6	1.2	1.2	1.8	1.8	2.5	3.1	3.1	3.1	3.1	2.5	2.5	1.8	1.2	1.2
	ELEVATION	1	2	3	3	5	6	7	8	8	8	8	7	7	5	4	3
L-2	SPEED	0.6	0.6	1.2	1.2	1.8	2.5	3.1	3.7	3.7	3.7	3.7	3.1	3.1	2.5	1.8	1.2
	ELEVATION	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3
L-3	SPEED	0.6	0.6	1.2	1.8	2.5	3.1	3.7	4.3	4.3	4.3	4.3	3.7	3.7	2.5	1.8	1.2
	ELEVATION	1	2	4	5	7	8	9	10	10	10	10	9	9	7	6	4
L-4	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	3.7	5	5	5	5	3.7	3.7	3.1	2.5	1.8
	ELEVATION	2	3	5	6	8	9	10	11	11	11	11	10	10	8	7	5
L-5	SPEED	0.6	1.2	1.8	2.5	3.7	4.3	5	5.6	5.6	5.6	5.6	5	5	3.7	3.1	1.8
	ELEVATION	2	4	6	7	9	10	11	12	12	12	12	11	11	9	8	6
L-6	SPEED	1.2	1.8	2.5	3.1	4.3	5	5.6	6.2	6.2	6.2	6.2	5.6	6.6	4.3	3.7	2.5
	ELEVATION	3	5	7	8	10	11	12	13	13	13	13	12	12	10	9	7
L-7	SPEED	1.2	1.8	3.1	3.7	5	5.6	6.2	6.8	6.8	6.8	6.8	6.2	6.2	5	4.3	3.1
	ELEVATION	4	6	8	9	11	12	13	14	14	14	14	13	13	11	10	8
L-8	SPEED	1.2	2.5	3.7	4.3	5.6	6.2	6.8	7.5	7.5	7.5	7.5	6.8	6.8	5.6	5	3.7
	ELEVATION	4	7	9	10	12	13	14	15	15	15	15	14	14	12	11	9
L-9	SPEED	1.2	1.8	3.1	3.7	5	5.6	6.2	6.8	6.8	6.8	6.8	6.2	6.2	5	4.3	3.1
	ELEVATION	4	7	9	10	12	13	14	15	15	15	15	14	14	12	11	9
L-10	SPEED	1.2	2.5	3.7	4.3	5.6	6.2	6.8	7.5	7.5	7.5	7.5	6.8	6.8	5.6	5	3.7
	ELEVATION	4	7	9	10	12	13	14	15	15	15	15	14	14	12	11	9
L-11	SPEED	1.5	2.1	3.3	3.9	5.1	6.3	6.9	7.5	7.5	7.5	7.5	6.9	6.9	5.8	5.2	4.1
	ELEVATION	5	7	9	10	12	13	14	15	15	15	15	14	14	13	12	10
L-12	SPEED	1.5	2.7	3.9	4.5	5.8	6.5	7.1	7.8	7.8	7.8	7.8	7.1	7.1	6.5	5.9	4.7
	ELEVATION	5	7	9	10	12	13	14	15	15	15	15	14	14	13	12	10

P4. POWER WALK

		Set time/16 = running time of each period															
Time	Programs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	2.5	2.5	2.5	1.8	1.2	1.2	1.2
L-2	SPEED	0.6	1.2	1.2	1.2	1.8	1.8	2.5	2.5	3.1	2.5	2.5	2.5	1.8	1.8	1.2	1.2
L-3	SPEED	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.1	3.1	2.5	2.5	2.5	1.8	1.8	1.2
L-4	SPEED	0.6	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.7	3.7	3.1	2.5	2.5	2.5	1.8	1.2
L-5	SPEED	0.6	1.2	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	3.7	3.1	2.5	2.5	2.5	1.8
L-6	SPEED	0.6	1.2	1.8	2.5	3.1	3.1	3.7	3.7	3.7	3.7	3.7	3.1	3.1	2.5	2.5	1.8
L-7	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.5	1.8
L-8	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	4.3	4.3	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.5
L-9	SPEED	0.6	1.1	1.7	1.7	2.3	2.3	3	3	3	2.5	2.5	2.5	1.8	1.2	1.2	1.2
L-10	SPEED	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3	3	3	2.3	1.7	1.7	1.7
L-11	SPEED	0.6	0.9	1.5	2.1	2.7	3.3	4	4	4	4	4	3.4	3.4	2.8	2.8	2.2
L-12	SPEED	0.6	1.3	1.9	2.6	3.2	3.8	4.5	4.5	5.1	5.1	4.5	4.5	4.5	3.8	3.2	2.6

P5. INTERVAL

		Set time/16 = running time of each period															
Time	Programs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2	2.5	1.2
L-2	SPEED	0.6	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2
L-3	SPEED	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2
L-4	SPEED	0.6	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8
L-5	SPEED	0.6	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8
L-6	SPEED	1.2	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5	4.3	2.5
L-7	SPEED	1.2	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5	5	2.5
L-8	SPEED	1.2	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1	5	3.1
L-9	SPEED	0.6	1.7	3.2	1.7	4.2	1.7	4.2	1.7	4.2	1.2	3.7	1.2	3.7	1.2	3.7	1.2
L-10	SPEED	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.7	4.2	1.7	4.2	1.7	4.2	1.7
L-11	SPEED	1.5	2.8	5.2	2.8	5.2	2.8	5.2	2.8	5.2	2.8	5.2	2.8	5.2	2.8	5.2	2.8
L-12	SPEED	1.8	3.1	5.6	3.1	5.6	3.1	5.6	3.1	5.6	3.1	5.6	3.1	5.6	3.1	5.6	3.1

P6. ROLLING

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2
L-2	SPEED	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8
L-3	SPEED	1.2	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	3.1
L-4	SPEED	1.2	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	3.7
L-5	SPEED	1.2	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.1	3.7	4.3	3.7
L-6	SPEED	1.8	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5	4.3	3.7	4.3	5
L-7	SPEED	1.8	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6	5	4.3	5	5.6
L-8	SPEED	1.8	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2	5.6	5	5.6	6.2
L-9	SPEED	1.8	4.8	5.5	6.1	5.5	4.8	5.5	6.1	5.5	4.8	5.5	6.1	5.5	4.8	5.5	6.1
L-10	SPEED	1.2	3.8	4.5	5.1	4.5	3.8	4.5	5.1	4.5	3.8	4.5	5.1	4.5	3.8	4.5	5.1
L-11	SPEED	2	5	5.7	6.4	5.7	5	5.7	6.4	5.7	5	5.7	6.4	5	5.7	6.4	5.7
L-12	SPEED	2	5.7	6.3	6.8	6.3	5.7	6.3	6.8	6.3	5.7	6.3	6.8	6.3	5.7	6.4	6.8

P7. MOUNTAIN CLIMB

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.7	4.3	5	4.3	3.7	2.5
	ELEVATION	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2
L-2	SPEED	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.7	4.3	5	5.6	5	3.7	2.5
	ELEVATION	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2
L-3	SPEED	0.6	0.6	1.2	1.8	1.8	2.5	2.5	3.1	3.7	4.3	5	5.6	6.2	5.6	5	3.7
	ELEVATION	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2
L-4	SPEED	0.6	1.2	1.2	1.8	1.8	2.5	3.1	3.7	4.3	5	5.6	6.2	6.8	6.2	5	4.3
	ELEVATION	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2
L-5	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	4.3	5	5.6	5.6	6.2	6.8	7.5	6.8	6.2	5
	ELEVATION	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2
L-6	SPEED	1.2	1.2	1.8	2.5	3.1	3.7	4.3	5	5.6	6.2	6.8	7.5	8.1	7.5	6.2	5
	ELEVATION	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2
L-7	SPEED	1.2	1.8	2.5	3.1	3.7	4.3	5	5.6	6.2	6.8	7.5	8.1	8.7	8.1	6.2	5
	ELEVATION	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2
L-8	SPEED	1.8	2.5	3.1	3.7	4.3	5	5.6	6.2	6.8	7.5	8.1	8.7	9.3	8.1	6.2	5
	ELEVATION	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2

L-9	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	4.3	5	5.6	5.6	6.2	6.8	7.5	6.8	6.2	5
	ELEVATION	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2
L-10	SPEED	0.6	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.7	4.3	5	4.3	3.7	2.5
	ELEVATION	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2
L-11	SPEED	2	2.6	3.2	3.8	4.5	5.1	5.7	6.3	7	7.7	8.3	8.9	9.3	8.1	6.2	5
	ELEVATION	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2
L-12	SPEED	1.2	1.8	2.5	3.7	4.3	5.1	5.7	6.3	7	7.7	8.3	8.9	8.2	6.3	5.7	5
	ELEVATION	2	2	4	4	5	5	5	6	6	6	5	5	5	3	3	2

P8. HILL RUN

		Set time/16 = running time of each period															
Programs	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
L-1	SPEED	0.6	0.6	0.6	0.6	1.2	1.2	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.1	2.5	1.8
	ELEVATION	2	2	2	3	3	3	5	5	7	7	9	9	10	8	8	6
L-2	SPEED	0.6	0.6	0.6	0.6	1.2	1.2	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.7	3.1	1.8
	ELEVATION	2	2	2	4	4	4	6	6	6	8	8	10	10	8	8	6
L-3	SPEED	0.6	0.6	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.5	2.5	3.1	3.1	3.7	3.1	1.8
	ELEVATION	2	2	4	4	4	6	6	6	8	8	10	10	12	10	8	6
L-4	SPEED	0.6	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	2.5	3.1	3.1	3.7	4.3	3.7	3.1
	ELEVATION	2	2	4	4	6	6	8	8	8	10	10	10	12	12	10	4
L-5	SPEED	0.6	0.6	1.2	1.2	1.8	1.8	2.5	2.5	3.1	3.1	3.7	3.7	4.3	5	4.3	3.7
	ELEVATION	2	4	6	6	6	6	8	8	8	10	10	12	13	12	10	7
L-6	SPEED	0.6	1.2	1.8	2.5	2.5	2.5	3.1	3.1	3.7	3.7	4.3	5	5	5	4.3	3.7
	ELEVATION	2	4	6	6	6	6	8	8	10	10	12	13	13	12	10	7
L-7	SPEED	0.6	1.2	1.8	2.5	3.1	3.7	3.7	4.3	4.3	5	5	5.6	6.2	6.2	5.6	3.7
	ELEVATION	2	4	6	6	8	8	10	10	12	13	13	14	13	12	10	7
L-8	SPEED	0.6	1.2	1.8	2.5	3.7	3.7	4.3	4.3	5	5	5.6	5.6	6.2	7.5	5.6	3.7
	ELEVATION	2	4	6	8	10	10	12	12	13	13	14	14	13	12	10	7
L-9	SPEED	1.8	1.8	3.1	3.1	1.8	1.8	3.1	3.1	4.3	4.3	3.1	3.1	3.1	3.1	1.8	1.8
	ELEVATION	1	2	3	3	2	1	1	2	3	3	2	1	1	2	3	3
L-10	SPEED	1.8	4.3	5.2	5.2	4.5	4.5	5.2	5.2	6.5	6.5	3.5	3.5	4	4	3.5	3.5
	ELEVATION	1	4	5	6	8	8	7	7	6	6	5	5	5	3	3	3
L-11	SPEED	2	2	3.3	3.3	2	2	3.3	3.3	4.5	4.5	3.3	3.3	3.3	3.3	2	2
	ELEVATION	1	2	3	3	2	1	1	2	3	3	2	1	1	2	3	3
L-12	SPEED	2	4.5	5.5	5.5	4.8	4.8	5.5	5.5	6.8	6.8	3.8	3.8	4.3	4.3	3.8	3.8
	ELEVATION	1	4	5	6	8	8	7	7	6	6	5	5	5	3	3	3

4.5.2 USER PROGRAM

This treadmill has 5 User programs.

There are 16 segments on each program for user to edit workout program. The speed and incline of each segment can be edited according to personal's desire.

Power on the treadmill, then press "PROG" button continuously till the screen displays "U1", then press "MODE" button to set the speed and incline in the first segment, press "+", "-" to adjust speed, press "^", "v" to adjust incline levels. And then press "MODE" button to adjust the speed and incline of the next segment. Repeat the above instruction to complete the 16-segment programming.

Follow this way to set "U2" and "U5".

4.5.3 BODY FAT TEST

Power on the treadmill, then press "PROG" button continuously till the screen displays "FAT" to enter the Body fat test function. You can set F1(Gender) now by pressing "^", "v", "+", "-" buttons on the console, press "Mode" button continuously to access to other 3 parameters F2(Age), F3(Height), and F4(Weight) and set relative information for them by the same way as F1. After finishing setting of F1, F2, F3, F4, press "Mode" button again to F5(Body fat test). Place both hands on the handrail pulse sensors to start the test. Hold for 10-15 seconds and your body fat index will be displayed.

The body fat index (FAT) reflects the relationship between height and weight. It is not a direct measure of body composition, but like other health indicators, it serves as a reference for weight management. An ideal FAT index should be between 20 and 25. A result below 19 indicates underweight, 26–29 indicates overweight, and a result over 30 is considered obese.

Note: The parameter ranges below are for reference only and are not intended for medical use.

DISPLAY	PARAMETER	INITIAL DATA	ADJUSTMENT RANGE	
F1	Sex	01	01 male	02 female
F2	Age	25	10	99
F3	Height	68"	40"	86"
F4	Weight	154 lbs	44lbs	330lbs

DISPLAY	PARAMETER	DATA RANGE	RESULT
F5	---	≤19	Under weight
		(20--25)	Normal weight
		(26--29)	Over weight
		≥30	Obesity

4.6 HEART RATE CONTROL PROGRAM

When the treadmill is running, both hands hold the heart rate sensor for 5-10 seconds, a heart-shaped graphic flashes on the display screen, and the heart rate value is displayed. The initial value is the actual measured heart rate, and the display range is: 50-200 beats/min.

This data is for informational purposes only and cannot be used as medical data.

4.7 INCLINE FUNCTION

You can adjust incline by the "Λ" and "V" button on the console and the INCLINE "+" and "-" button on the left handrail. Press those buttons continuously more than 2 seconds, the incline levels can be adjusted continuously.

Levels	Elevation		Levels	Elevation
0	4.9%		11	13.2%
1	5.7%		12	13.9%
2	6.4%		13	14.7%
3	7.2%		14	15.4%
4	7.9%		15	16.2%
5	8.7%		16	16.9%
6	9.4%		17	17.7%
7	10.2%		18	18.4%
8	10.9%		19	19.2%
9	11.7%		20	20.5%
10	12.4%			

4.8 CHARGING FUNCTION

Mobile phones, tablets or other electronic products can be charged through the USB port on the console.

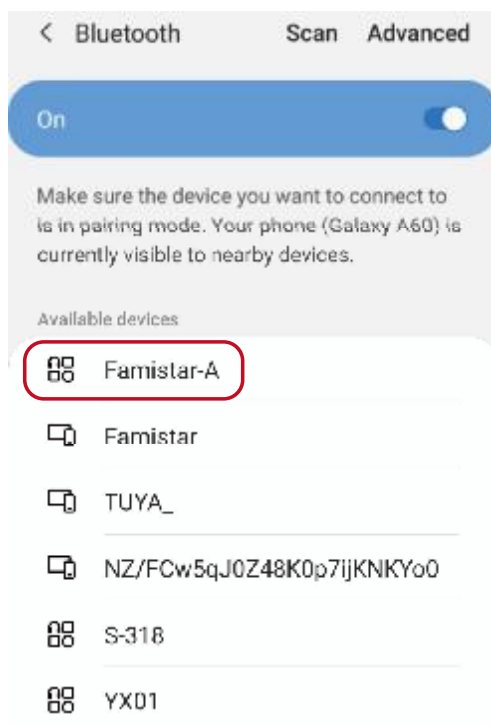
4.9 BLUETOOTH DUAL-MODE FUNCTION

4.9.1 BLUETOOTH MUSIC PLAYBACK FUNCTION

This treadmill is equipped with Bluetooth functionality. You can connect your smartphone and play music by following these steps:

Turn on the Bluetooth function on your smartphone. Add the device "Famistar-A" to your Bluetooth list, and tap it once it appears to connect.

IMPORTANT NOTE: On Android phones, you may also see “Famistar” listed. This option is for APP connection only. Please make sure to select “Famistar–A” for music playback. Do not select other options, as they are not functional and cannot be connected.



4.9.2 APP FUNCTION

Refer to the appendix for instructions on APP connection and usage.

STEP1: Download Fitshow

Scan the QR code below to download the APP directly, or search “Fitshow” in the app store to download and install.



NOTE: Some subjects or activity may require a subscription to start. However, Famistar will NOT be responsible for any subscription no matter free or chargeable on Fitshow App. To maximize the use of our bluetooth function and provide our customer the best using experience, Famistar provides the optional connection to Fitshow App only. Any activity on this Fitshow App is optional and it is customers' decision to use this Fitshow App or not. Famistar will NOT be responsible for any operation on this Fitshow App.

STEP 2: Fitshow Operation

The specific operation interface of the APP may vary due to it's update, which is subject to your actual operation. If you meet any problems during this operation, please be free to contact us: salesfamistar@gmail.com. We will reply you within 24 hours.

Before connecting the device, please turn on the Bluetooth and GPS of your mobile phone or tablet (Requires Android8.0 or IOS9.0 or above). Then, check the following information to connect the device in the APP. (Please do not bind the device directly through the Bluetooth list of your mobile phone or tablet, this will disable the Fitshow APP.)

Open the Fitshow APP and follow below steps in the picture.

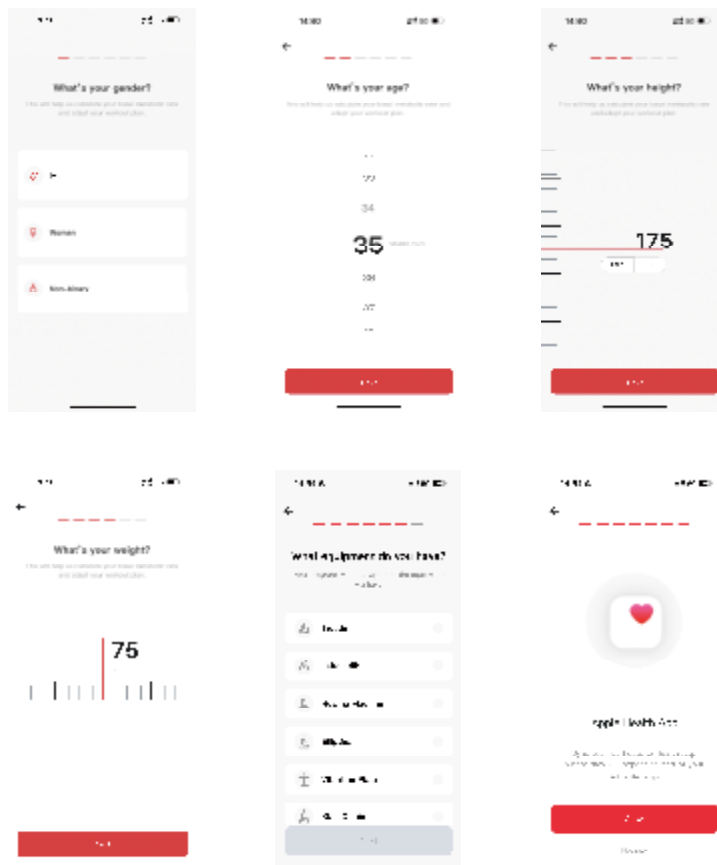
Step1:

Tap on the "Create Account" button to register a new account.



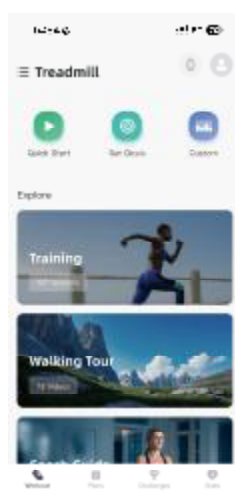
Step2:

Fill in the basic user information.



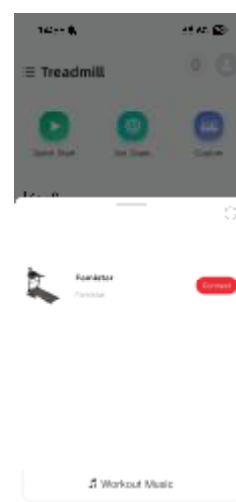
Step3:

In the FitShow app, go to the “Workout” tab and press the “Quick Start” button.



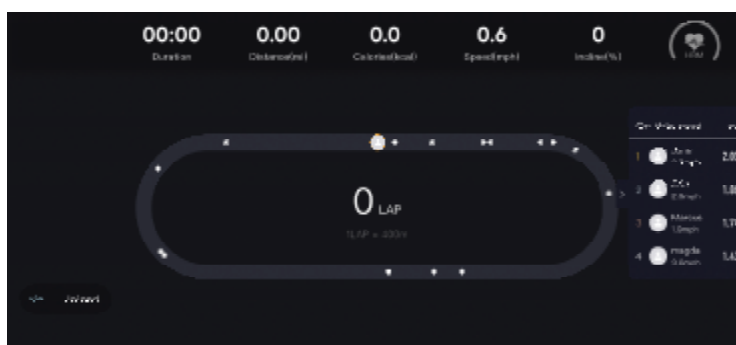
Step4:

After searching, you should see your equipment’s name “Famistar” appears on the equipment list. Press “Connect” to your equipment.



Step5:

In the workout interface, users can control the treadmill by adjusting its parameters.



These are the steps for the device to connect to the Fitshow APP. You can select any of the three options at the top of the app's home page as needed and then you will be able to connect the device to use it with the APP.

Frequently Asked Questions

Q: Bluetooth connection is not available?

A: Firstly, ensure that the Bluetooth and GPS of your mobile phone or tablet are turned on, and secondly, ensure that the device is within 1 meter nearby.

Q: How to play music via Bluetooth?

A: Fitshow APP does not support music playback. If you want to play music via Bluetooth, please enable Bluetooth on your phone or tablet, then select the "Famistar-A" Bluetooth with audio function from your Bluetooth list to connect. Only this Bluetooth device supports music playback; the other "Famistar" connection is for app data only and cannot play music.

Q: Why I cannot connect to the Fitshow APP?

A: 1, Your mobile phone or tablet is not Android 8.0 or IOS 9.0 or above. 2, Or you didn't connect the device in the Fitshow APP. Solution: Check the operation steps we stated in this manual to connect.

Q: Can I connect to the Bluetooth Music function at the same time after connecting Fitshow APP?

A: Yes. The Fitshow APP and the Bluetooth Music function are independent and can be used at the same time. If you would like to use both, please connect your phone to the treadmill's Bluetooth Music first, and then connect to the Fitshow APP.

• MAINTENANCE GUIDE

WARNING! Before cleaning your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure to power off the treadmill and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

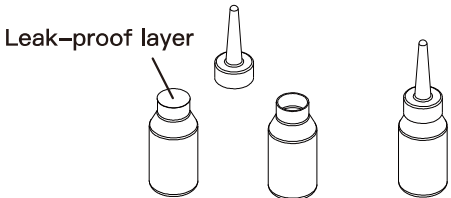
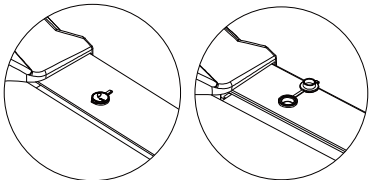
AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

MANUAL REFUELING FUNCTION

STEP 1: Open the bottle cap, uncover the leak-proof layer of the bottle, and screw the bottle cap back, cut the bottle nozzle off.	
STEP 2: Open the plastic cap located in the right side rail of the treadmill (As shown in the figure).	
STEP 3: Align the spray nozzle of the bottle with the hole on the right side rail and pour in about 10ml lubricating oil. Then close the plastic cap.	