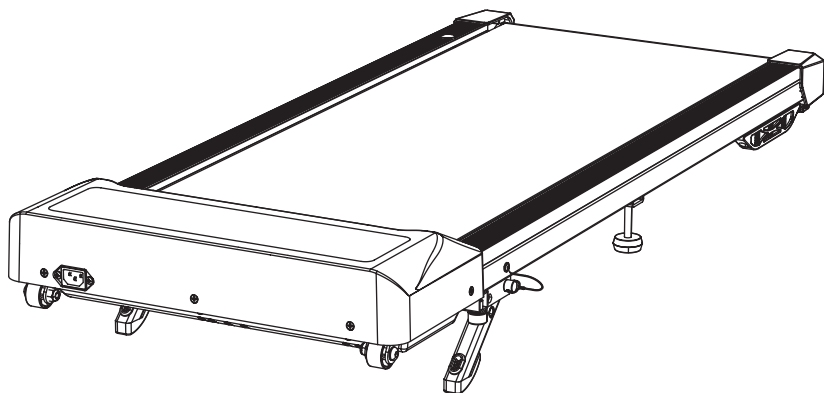




USER MANUAL

Model TP8

HOME TREADMILL

Please read this user manual carefully before using the product and keep it properly.

FITSHOW Installation Procedure

1. Scan the QR code on the right



2. <http://fitshow.com/qr>

3. Jump to the App Store to download and install Open the App, allow permission based on the system prompt

4. Connect to Toputure TP8

5. Login to the App, please use the mobile number or email to register for the new user

6. Start Using FITSHOW

This treadmill is also suitable for "Kinomap", "ZWIFT" Sports APP.



Note when registering:

Please fill in the correct email address or mobile phone number to ensure that you can retrieve your password and username through your email address and mobile phone number

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1.Safety Precautions and Warnings

Note: Please read the manual carefully before use and observe the following safety precautions:

- The treadmill is suitable for indoor use. Avoid damp environments. Do not splash water on the treadmill or place any foreign objects on it.
- Wear appropriate sportswear and athletic shoes before exercising. Do not use the treadmill barefoot. Perform full-body stretches.
- The power plug must be reliably grounded. The socket should have a dedicated circuit and avoid sharing with other electrical appliances.
- Keep children away from the machine to prevent accidents.
- Avoid prolonged overload operation, as it may damage the motor and controller, accelerate wear and aging of bearings, running belt, and deck. Perform regular maintenance.
- Reduce indoor dust and maintain proper indoor humidity to avoid strong static electricity, which may interfere with the electronic meter and controller.
- Turn off the treadmill power after use.
- Ensure indoor air circulation while using the treadmill.
- If you feel discomfort or abnormalities during use, stop exercising and consult a doctor.
- Store silicone oil out of children's reach after use to prevent accidental ingestion and serious consequences.
- The safe area behind the treadmill is 1000*2000mm / 40"*80"

Warning: To reduce the risk of accidents or injury to others, please comply with the following regulations:

- Before using the treadmill, ensure all clothing is properly fastened or zipped.
- Do not wear clothing that can get caught in the treadmill.
- Do not place the power cord near hot objects.
- Keep children away from the treadmill.
- Do not use the treadmill outside.
- Always disconnect the power supply before moving the treadmill.
- Non-professional personnel must not open the upper cover or the left and right rear seats without authorization.
- Only one person may use the treadmill at a time when the machine is in operation.
- If you experience dizziness, chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a fitness coach.

Warning! Mandatory!

Those currently receiving medical treatment or the following patients must consult with a specialist doctor before use:

- (1) Those currently experiencing back pain or who have previously injured their legs, waist, or neck; those with numbness in legs, waist, neck, or hands (those with chronic conditions such as herniated discs, spondylolisthesis, cervical disc herniation, etc.).
- (2) Those with degenerative arthritis, rheumatism, or gout.
- (3) Those with abnormalities such as osteoporosis.
- (4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (5) Those with respiratory organ disorders.
- (6) Those using artificial pacemakers or implanted medical electronic devices.
- (7) Those with malignant tumors.
- (8) Those with thrombosis or severe arterial aneurysms, acute venous thrombosis, or other blood circulation disorders or various skin infection symptoms.
- (9) Those with severe peripheral circulation disorders caused by diabetes, etc., leading to sensory impairments.
- (10) Those with skin wounds.
- (11) Those with high fever (38°C or above) due to illness, etc.
- (12) Those with spinal abnormalities or spinal curvature.
- (13) Those who are pregnant, possibly pregnant, or during menstruation.
- (14) Those who feel physical abnormalities and need rest.
- (15) Those who are obviously in poor physical condition.
- (16) Users aiming for rehabilitation.
- (17) Those who feel particularly abnormal in their body other than the above situations.

— May lead to accidents or poor physical condition.

◆ If you feel back pain, numbness in legs and feet, dizziness, palpitations, or any pain, uncoordinated feeling, or abnormality different from usual during exercise, stop using immediately and consult a doctor.

◆ Do not allow children to use this product or play around it.

— If not followed, there may be a risk of injury.

◆ Guardians of children should ensure that children do not play with this product.

— If not followed, there is a risk of injury.

◆ During use, when placing or removing the product, or when sliding it, always confirm that there are no people or pets around (behind, under, in front of the product).

Prohibition!

◆ Do not use if the casing is cracked, broken, or detached (exposing internal structure) or if welded parts are detached.

— Otherwise, accidents or injuries may occur.

◆ Do not jump onto or off the treadmill during exercise.

— May lead to falls and injuries.

- ◆ Do not use or store in outdoor areas, near bathrooms, or other humid places, or places exposed to water droplets.
- ◆ Do not use or store in places with direct sunlight, around stoves or other high-temperature areas, or on top of heating appliances like electric carpets.
— Otherwise, it may cause electric leakage or fire.
- ◆ Do not use if the power cord or power plug is damaged or if the socket outlet is loose.
— Otherwise, it may cause electric shock, short circuit, or fire.
- ◆ Do not damage, forcibly bend, or twist the power cord. Also, do not place heavy objects on it or let it get pinched.
— Otherwise, it may lead to fire or electric shock.
- ◆ Do not have two or more people use it simultaneously. During use, ensure that people nearby do not approach.
— Otherwise, it may lead to falls, accidents, or injuries.
- ◆ Those who cannot express consciousness or operate by themselves should not use.
— May cause accidents or injuries.

Do Not Disassemble!

- ◆ Dismantling, repairing, or modification is strictly prohibited.
— There is a risk of mechanical failure leading to injury.

Avoid Contact with Water!

- ◆ Do not let water or other conductive liquids splash on the main unit or operating parts.
— May cause electric shock or fire.

Prohibition!

- ◆ People who do not usually exercise should not suddenly engage in intense exercise.
- ◆ Do not use after meals, when fatigued, immediately after exercise, or when physical condition is abnormal.
— May harm health.
- ◆ This product is suitable for home use and is not intended for use by many unspecified users in schools, gyms, etc.
— There is a risk of injury.
- ◆ Do not use while eating or engaging in other activities.
- ◆ Do not use after drinking alcohol when senses become dull.
— May cause accidents or injuries.
- ◆ Do not use with hard objects in trouser pockets.
— May cause accidents or injuries.
- ◆ Do not let pins, debris, or moisture adhere to the power plug.
— May cause electric shock, short circuit, or fire.
- ◆ During use, do not unplug the power plug or switch the power to "Off".
— May cause injuries.

Never Use with Wet Hands!

- ◆ Do not plug or unplug the power plug with wet hands.
- May cause electric shock and injuries.

Unplug the Power Plug!

- ◆ When not in use, unplug the power plug from the socket.
 - Dust and moisture can deteriorate insulation, leading to leakage and fire.
- ◆ During maintenance, always unplug the power plug from the socket.
 - If not followed, it may cause electric shock or injuries.
- ◆ If it does not start or feels abnormal, stop using, immediately unplug the power plug, and request inspection and repair.
 - If not followed, it may cause electric shock or injuries.
- ◆ During a power outage, immediately unplug the power plug.
 - Otherwise, when power is restored, accidents or injuries may occur.
- ◆ When unplugging the power plug, do not hold the cord part; you must hold the power plug to unplug it.
 - Otherwise, it may cause short circuit, electric shock, or fire.

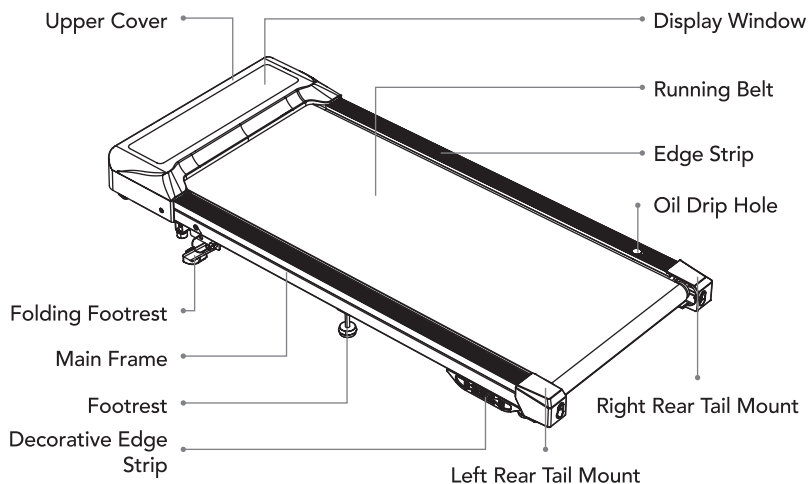
Grounding Instructions!

- ◆ This product must be grounded. If this machine malfunctions, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.
- ◆ This product is equipped with a cord that has an equipment grounding conductor and a grounding plug. This plug must be inserted into a suitable 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. If you are in doubt about whether the product is properly grounded, have it checked by a qualified electrician. Do not modify the plug provided with the product if it does not fit the outlet. Have a proper outlet installed by a qualified electrician.
- ◆ This product has a grounding plug. Please confirm that the product is connected to an outlet with the same shape. This product cannot use an adapter plug.

2.Product Introduction



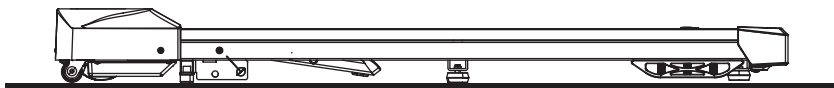
Packing list			
No.	Name	Quantity	Note
1	Treadmill	1	
2	Accessory Kit	1	See the attached table.

Technical Parameters	
Operating Voltage	US/CA: AC 100V-120V/60Hz AU: AC 220-240V 50/60Hz
Maximum Load Capacity	300LBS/130KG
Product Dimensions	44.2"*19.3"*4.4"/1120*490*113MM
Motor Power	3.0 HP (Brushless)
Display Speed	0.6-6.2mph / 1-10km/h
Control Method	Remote Control/APP

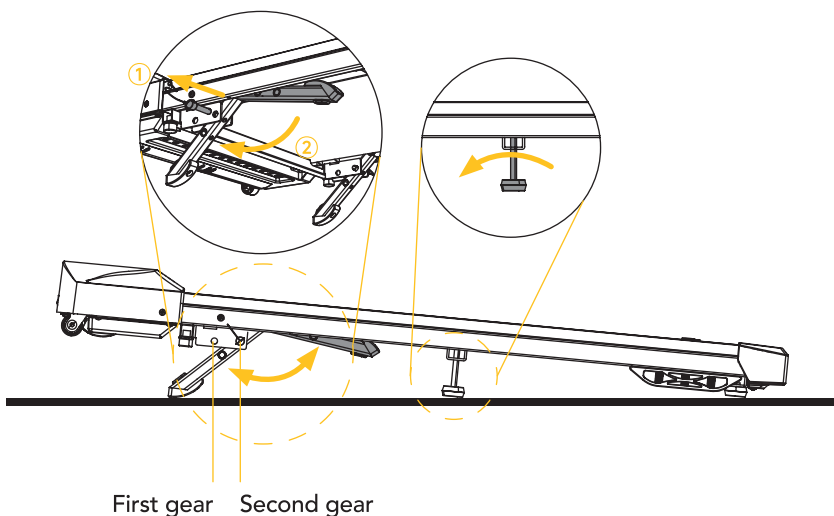
Appendix (Accessory Box Contents)			
No.	Name	Quantity	Note
1	5# Hex Wrench	1	Adjust running belt
2	6# Hex Wrench	1	Incline foot pads
3	Open-end Wrench	1	
4	Remote Control	1	
5	Power Cord	1	
6	Methyl Silicone Oil	1	
7	Manual, Certificate	1	

3.Usage Instructions

1. Remove the main unit from the packaging box and place it flat on the floor, ensuring the front and rear foot pads touch the ground. (In the folded state, the incline is gentle)

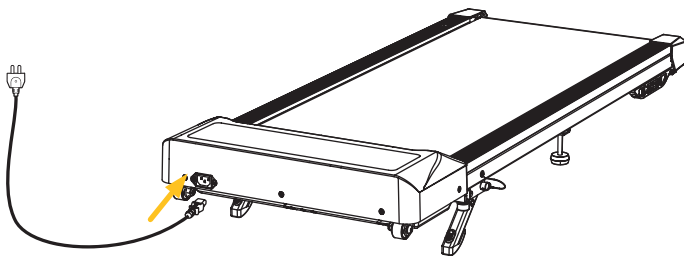


2. Incline adjustment, as shown in step ① below, pull out the pull pin, as shown in step ②, unfold the folding foot pad in the direction of the arrow, and insert the pin into the corresponding hole according to your needs to fix it. There are two adjustable levels; the lower the level, the gentler the running platform. After adjusting the folding foot pad, unscrew the middle foot pad counterclockwise until it touches the ground. (The other side foot pad follows the same steps; both foot pads need to be adjusted to the same level.)

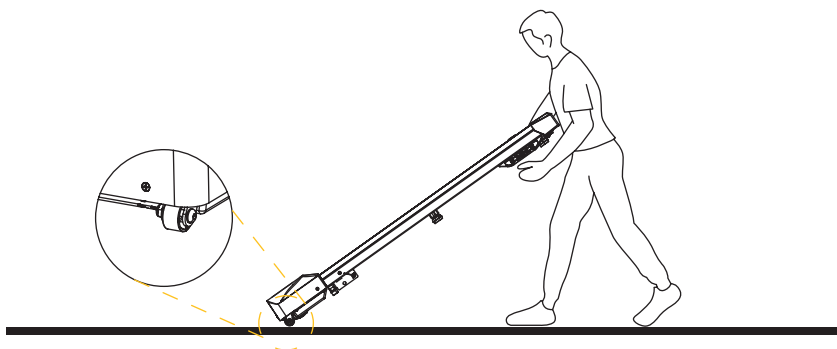


Note: Adjust the slope appropriately according to your needs.

3. As shown below, insert the power cord into the socket at the front end of the treadmill, connect the power, turn on the power switch, and the treadmill enters standby mode. Unplug the power plug when not using the treadmill.



4. To move the treadmill, first unplug the power, then lift the rear of the treadmill by hand so that the front wheels touch the ground, and then you can move the treadmill forward and backward.



4.Exercise Recommendations and Guidelines

Warm-Up:

5-10 minutes of warm-up exercise is required before each operation.

Breathing:

Do not hold your breath during operation. Usually, inhale through the nose when preparing to return to the starting position, and exhale forcefully through the mouth. Breathing should coordinate with movements. If breathing becomes too rapid, stop exercising immediately.

Frequency:

Muscles in the same area should have 48 hours of rest between workouts, meaning training the same area every other day.

Load:

Determine the training load according to personal physical condition, then practice according to the principle of progressive load. Muscle soreness during initial training is

normal and will disappear with continued practice.

Relaxation:

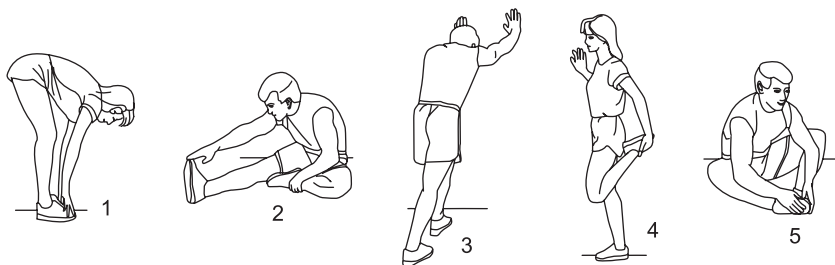
After each practice, perform 5 minutes of recovery movements, especially stretching and relaxing leg muscles to prevent long-term muscle contraction and maintain muscle elasticity.

Diet:

To protect the digestive system, exercise should be done at least one hour after meals. At least half an hour should pass after training before eating. Drink less water during exercise, especially avoid drinking large amounts of water to avoid increasing heart and kidney burden.

Stretching Exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so walk for 5-10 minutes to warm up first. Then stop and do stretching exercises as follows - do 5 times, each leg for 10 seconds or more; do it again after exercise.



1. Downward Stretch

Bend knees slightly, slowly bend body forward, relax back and shoulders, try to touch toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring Stretch

Sit on a clean seat cushion, extend one leg straight. Bring the other leg inward, close to the inner side of the extended leg. Try to touch toes with hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Achilles Tendon Stretch

Stand holding onto a wall or tree, one foot behind. Keep the back leg straight and heel on the ground, lean towards the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps Stretch

Hold onto a wall or table with left hand for balance, then reach right hand back, grab right ankle and slowly pull towards buttocks until you feel tension in the front thigh muscles. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Sartorius (Inner Thigh Muscle) Stretch

Sit with soles of feet together and knees pointing outward. Grab feet with both hands and pull towards groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

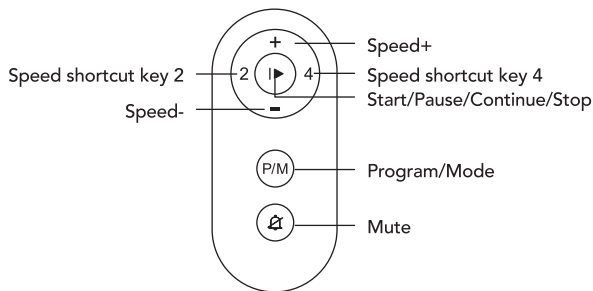
5.Operation Instructions

1.Display Window:

Electronic meter: Main window (Time, Speed, Distance, Calories)



2.Remote Control Button Layout



Remote Control Button Layout Description	
+	While the treadmill is running, short press the "+" button on the remote control for slow acceleration, long press this button for fast acceleration, speed continuously increases; increment is 0.2 mph (0.2 km/h) per time.
▶	1. Start: In standby mode, short press the "▶" button, the treadmill counts down 3 seconds and starts, running at 0.6 mph (1 km/h); 2. Pause: While the treadmill is running, short press the "▶" button again to pause the treadmill, the electronic meter displays the exercise data before pausing; 3. Continue: In pause mode, short press the "▶" button to resume running, retaining the data before pausing; 4. Stop: While the treadmill is running, long press the "▶" button to stop the treadmill.
-	While the treadmill is running, short press the "-" button on the remote control for slow deceleration, long press this button for fast deceleration, speed continuously decreases; decrement is 0.2 mph (0.2 km/h) per time.
2	Speed shortcut key 2 (AU: Speed short cut key 3)
4	Speed shortcut key 4 (AU: Speed short cut key 6)

Remote Control Button Layout Description	
	Program function: In standby mode, first press the "P/M" key for program function, you can switch between P1-P12 preset programs. Mode function: After completing the program function operation, short press the "P/M" key again to switch to mode function, device default display parameters are: Time 30:00 (5:00-99:00), Distance 3.00 (1.0-99.0), Calories 300 (20-990). The above parameters can be increased or decreased using the "+" and "-" keys on the device keypad or remote control. Return to standby: After completing the mode function operation, continue to short press the "P/M" key, the device exits function mode and returns to standby state.
	Buzzer On/Off: In any state, short press this key on the remote control to mute the buzzer, the electronic meter displays OFF, short press again to restore the buzzer sound, the electronic meter displays ON.

3.Remote Control Pairing Method

Within the first 5 seconds of powering on, long press the "|▶" button on the remote control to pair. When you hear the treadmill buzzer sound "beep--", it indicates successful pairing, and you can start using the remote control to operate the treadmill. After pairing, the machine does not need to be paired again after power loss.

4.Bluetooth Usage Instructions

Bluetooth APP: FITSHOW

Bluetooth Name: Toputure TP8

5.Functions and Display Range:

LED digital tube window display (Speed, Time, Distance, Calories; automatically switches every 5 seconds during operation):

Speed display range: 0.6-6.2MPH / 1-10km/h

Time display range: 0:00-99:59

(**Note:** The treadmill stops running after exceeding the maximum value)

Distance display range: 0.00-99.99 kilometers (0.00-99.99 miles)

(**Note:** Does not cycle display after exceeding maximum value)

Calories display range: 0-9999 kcal

(**Note:** Maximum value does not cycle display)

Automatic Program P01-P12 Speed Table (Imperial)												
Program	Function	Number of Segments										Time
		1	2	3	4	5	6	7	8	9	10	
P01	Speed	0.6	1.8	3.2	3.2	3.2	4.4	4.4	3.2	1.8	1.2	15min
P02	Speed	1.8	2.4	5	5.6	6.2	6.2	6.2	4.4	2.4	1.8	15min
P03	Speed	1.8	2.4	3.8	4.4	4.4	4.4	5.6	6.2	3.2	1.8	20min
P04	Speed	1.8	3.2	5.6	6.2	3.8	3.8	5.6	3.8	6.2	1.8	20min
P05	Speed	2.4	3.2	6.2	5.6	3.8	5	5.6	6.2	3.8	3.2	25min
P06	Speed	1.8	2.4	5	5.6	3.8	3.8	3.8	5.6	3.2	2.4	25min
P07	Speed	1.8	1.8	3.8	5.6	5.6	5.6	5.6	3.8	2.4	1.8	30min
P08	Speed	2.4	3.2	3.2	6.2	3.2	6.2	3.2	6.2	2.4	1.8	30min
P09	Speed	2.4	3.8	5	6.2	2.4	3.8	5	3.8	6.2	3.8	30min
P10	Speed	2.4	5	6.2	3.2	5	6.2	3.8	3.2	6.2	4.4	35min
P11	Speed	3.2	4.4	6.2	6.2	6.2	5	5	6.2	4.4	3.8	35min
P12	Speed	1.8	3.2	4.4	4.4	4.4	5.6	5.6	4.4	3.2	4.4	35min

6.Common Faults and Troubleshooting Methods

Display Error Code	APP Display Reason	Reason	Solution
E01	Communication fault between electronic meter and controller	Information from controller to electronic meter is blocked	1.Check if the connection between the electronic meter and controller core wire is loose, if the wire is damaged, if the wire is matched. 2.The controller might be defective, check and replace the controller.
E05	Motor current too high during operation, exceeding rated current	Software overload detection	1.Possible cause is exceeding rated load leading to excessive current, system self-protection, restart is sufficient; 2. A part of the treadmill is stuck, preventing the motor from turning, excessive load, excessive current, system self-protection, adjust the treadmill and restart or add lubricant; 3.Check if there is overcurrent sound or burnt smell during motor operation, replace motor; 4. Replace controller.
E06	Voltage too low	Undervoltage	1.Check if the input power voltage is normal. 2. Check if the connection at the power socket plug is loose.
E10	Electronic meter initialization parameter failure	Electronic meter initialization parameter failure	1.Restart power; 2. Replace electronic meter.
E11	Overvoltage	(Brushless or frequency converter)	1. Check if the input power voltage is normal.
E12	Phase loss	(Brushless or frequency converter)	1.Check if the motor wire is properly connected, reconnect the motor wire. 2.Replace motor. 3. Replace controller.
E13	Motor calibration error	(Brushless or frequency converter)	1. Replace controller.
E14	Engineering parameter abnormal	Engineering parameter abnormal	1.Re-download engineering parameters; 2. Re-enter parameters after setup and save; 3. Replace electronic meter.

Display Error Code	APP Display Reason	Reason	Solution
E15	Temperature too high	Over-temperature	Wait until the motor temperature returns to normal before running.
E16	Other errors	Other errors	Restart power.
E17	Hall error	(Brushless or frequency converter)	1.Check if the motor wire is properly connected, reconnect the motor wire. 2.Replace motor. 3. Replace controller.
E18	Motor reverse rotation	(Brushless or frequency converter)	Check if the motor wire UVW is connected normally.
E19	Overload	(Brushless hardware overload)	1.Possible cause is exceeding rated load leading to excessive current, system self-protection, restart is sufficient; 2.A part of the treadmill is stuck, preventing the motor from turning, excessive load, excessive current, system self-protection, adjust the treadmill and restart or add lubricant; 3. Check if there is overcurrent sound or burnt smell during motor operation, replace motor; 4. Replace controller.
E20	Controller hardware error	Controller internal detection failure	PWM control circuit failure
E21	Save data abnormal	Save data abnormal	1. Power off for 2 minutes, then restart power. 2. If it cannot start, replace the controller.

7. Product Maintenance

1. After using the running belt for a period of time, it must be lubricated with the specially configured methyl silicone oil.

Recommendations:

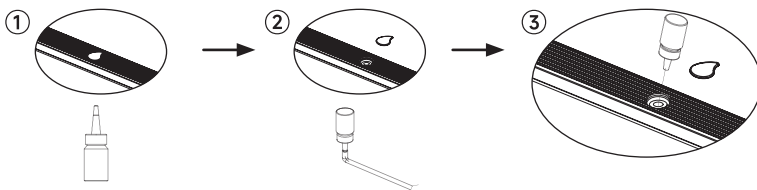
- ★ Use less than 3 hours per week: lubricate once every 5 months
- ★ Use 4-7 hours per week: lubricate once every 2 months
- ★ Use more than 7 hours per week: lubricate once every month

Do not over-lubricate; more lubricant is not better.

Remember: Reasonable lubrication is an important factor in improving the service life of the treadmill.

2. To check if lubrication is needed, simply grab the running belt, try to touch the center of the back of the running belt with your hand. If your hand is stained with silicone resin (feeling slightly damp), it means no lubrication is needed. If the running board is dry and no methyl silicone oil is on your hand, you need to add lubricant.

3. Add lubricant correctly as shown below: Open the filling cap on the right side of the side bar, use scissors or a utility knife to cut open the lubricant bottle at the position shown below, then add lubricant as shown. Insert the thin rod at the front of the lubricant bottle into the filling port on the running board and inject lubricant.



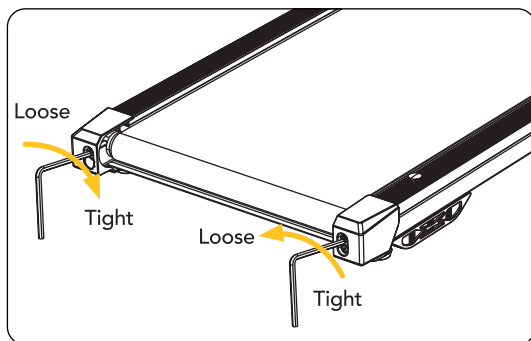
4. Running Belt Tension Adjustment: All treadmills are adjusted before leaving the factory and after installation. However, after a period of use, it may become loose. For example, if the user experiences slipping or hesitation while running. In such cases, adjust the running belt tension bolts clockwise in half-turn increments, synchronizing both sides. If the belt is too loose, it may slip between the belt and rollers. However, overtightening is also bad, as it increases motor load and may damage the motor, belt, and rollers.

5. Running Belt Alignment Adjustment:

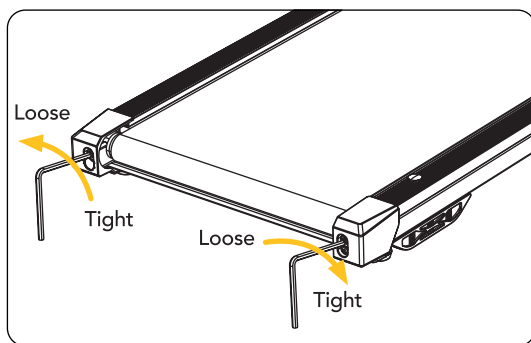
All treadmills are aligned before leaving the factory and after installation. However, after a period of use, misalignment may occur due to:

- ① The main unit is not placed stably.
- ② The user's feet are not centered on the running belt.
- ③ The user applies uneven force with both feet.

For misalignment caused by user behavior, run the treadmill empty for a few minutes to restore normal alignment. For misalignment that cannot self-correct, use the provided hex key to adjust in half-turn increments.



If the belt shifts left: Turn the left bolt clockwise or the right bolt counterclockwise.



If the belt shifts right: Turn the right bolt clockwise or the left bolt counterclockwise.

8. Service Commitment

For electric treadmills, within one year of normal use, if damage is not due to human factors, free replacement parts will be provided. After the warranty period expires, spare parts will be offered at preferential prices.

This product is limited to household use. The company is not responsible for issues arising from commercial use. If you encounter after-sales problems, please contact the local dealer's after-sales service.

FCC ID:

NOTE: 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

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Correct disposal of this product



This marking indicates that this product must not be disposed of with other household waste throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where you purchased the product. They can take this product to an environmentally safe recycling.



WARRANTY INSTRUCTIONS

IMPORTANT: REGISTER FOR TOPUTURE ONLY

12 months warranty for home use only



<https://warranty.toputure.com>

Please register your product as soon as possible to ensure full warranty coverage.

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below address. We will arrange a replacement or refund for you as needed.

US/CA/AU Warranty:  **toputure_service@outlook.com**

Response Time: 24 hours (except weekends)

Please have the following information ready:

1. Order number
2. Model
3. Problem description

Toputure

US/CA/AU Warranty:  toputure_service@outlook.com