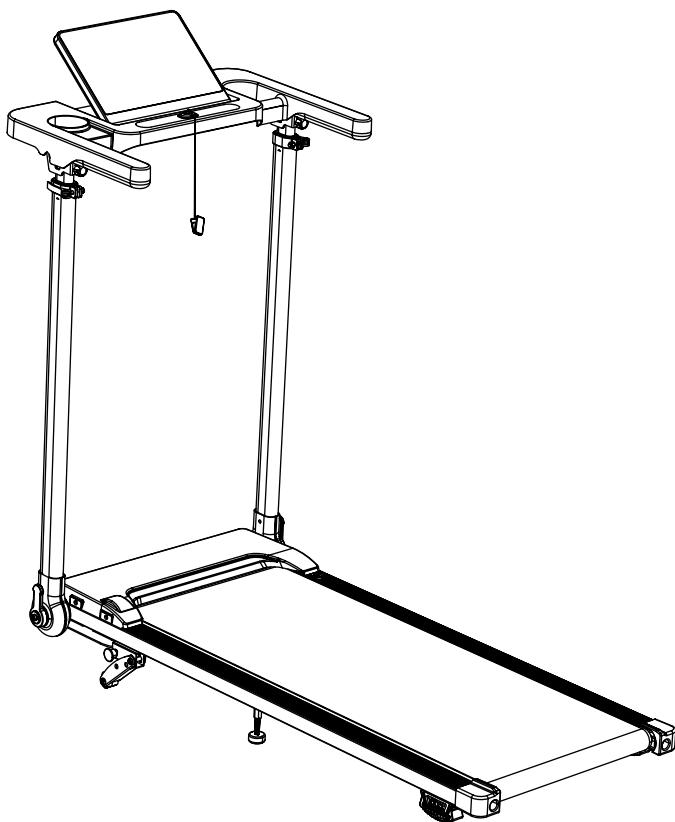


Toputure



USER MANUAL

Model TP7

HOME TREADMILL

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 TP7

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:

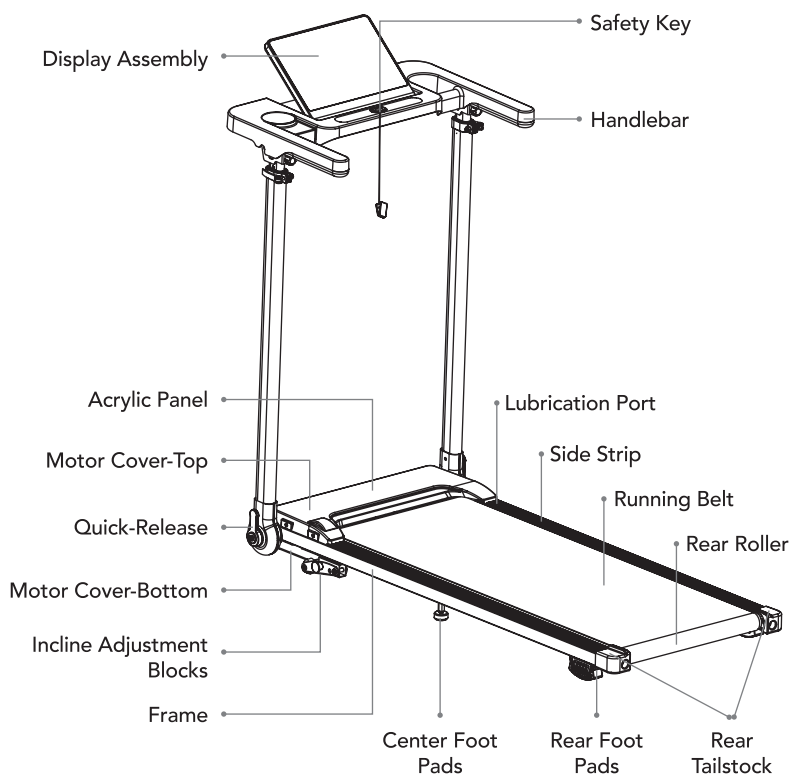
Please fill in the correct email address or mobile phone number to ensure that you can retrieve your password and username through your email address and mobile phone number

CATALOG



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Product Overview



Main Specifications and Package Contents

Technical specifications		
No.	Parameter	Description
1	Input Voltage	US/CA: AC 120V, 60Hz AU: AC 220-240V, 50Hz
2	Motor Power	2.5HP
3	Speed Range	0.6–7.5 mph (1–12 km/h)
4	Incline Levels	0% /5% / 10%
5	Running Surface Area	16" × 40" (400×1000 mm)
6	Control Modes	Display Buttons, Remote Control, App
7	Net Weight	52.7 lbs (23.9 kg)
8	Gross Weight	60.4 lbs (27.4 kg)
9	Features	Speed, Time, Distance, Calories, P1–P12 Presets, H1–H3 Countdown Modes
10	Min. Unfolded Size	47.2 × 24.4 × 38.6 inches (1200×620×980 mm)
11	Max. Unfolded Size	47.2 × 24.4 × 45.3 inches (1200×620×1150 mm)
12	Folded Size	47.2 × 24.8 × 5.3 inches (1200×630×135 mm)
13	Packaging Size	50.0 × 26.6 × 6.3 inches (1270×675×160 mm)

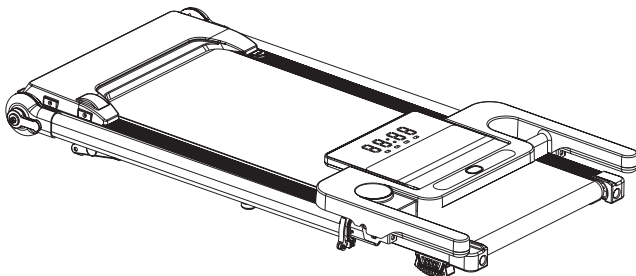
Items Included in the Package					
No.	Item	Quantity	No.	Item	Quantity
1	Main Unit	1PC	2	Accessory Kit	1PC

Accessory Kit Includes:

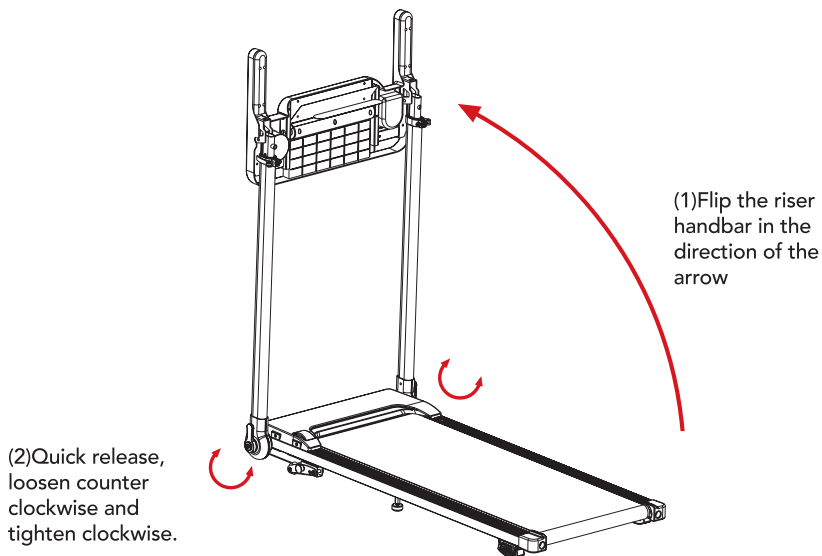
		
Power Cord	Remote Control	Safety Key
		
User Manual	L-Shaped Wrench(Size#6)	

Installation Instructions

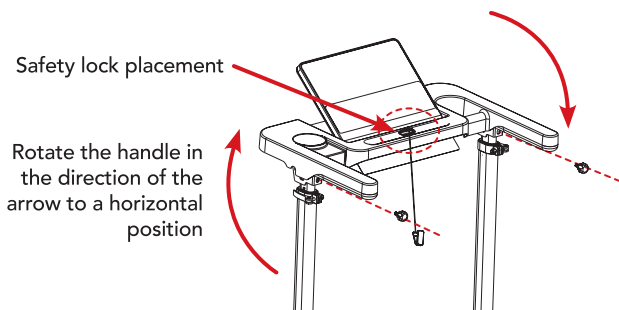
1.Remove the treadmill from the packaging, take off the outer PE bag, and place the machine on a flat, stable surface.



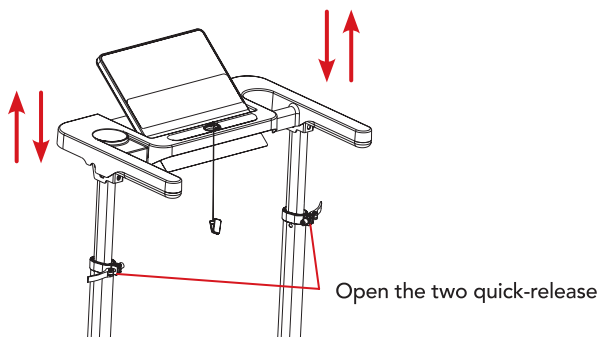
2.Loosen the quick-release wrenches on both sides counterclockwise. Grab the upright and rotate it upward in the direction of the arrow until it locks in place. Then tighten the quick-release wrenches clockwise.



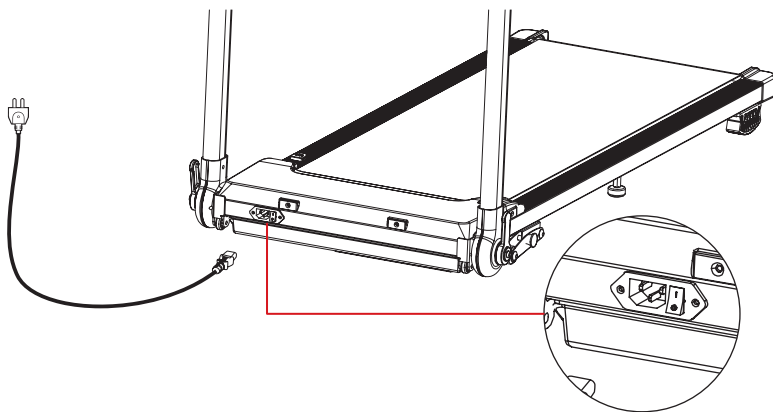
3. Rotate the handle forward to the horizontal position as shown by the arrow. Secure it with the star-shaped knob. Then place the safety key (emergency stop device) in the center of the yellow-marked area on the handbar.



4. Open the two quick-release on the upper ends of the uprights. Use both hands to raise or tap both sides of the handbar to adjust the console height. After adjustment, re-lock both quick-release wrenches.

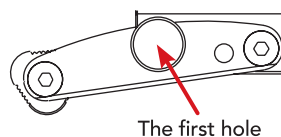
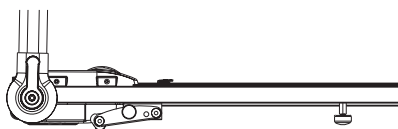


5. Take out the power cord from the plastic bag, plug it into a outlet (US/CA: 120V, AU: 220-240V), and turn the power switch to the "I" position. Once the indicator light turns on, the treadmill is ready to use.



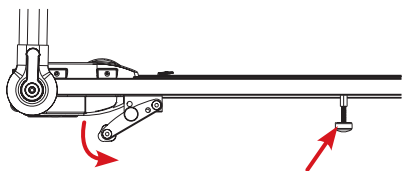
Incline Adjustment Instructions

1. Level 1 (0%) When the incline block pin is inserted in the first hole, the treadmill is flat.

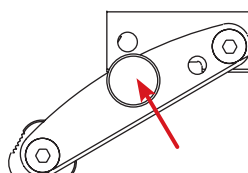


2. Level 2 (5%) Raise the front of the treadmill, pull out the incline block pin, rotate the incline block to align with the second position and reinsert the pin under the square tube. Repeat the same for the other side.

Adjust both center foot pads by rotating them downward until they contact the floor—this improves stability and extends the product's life.

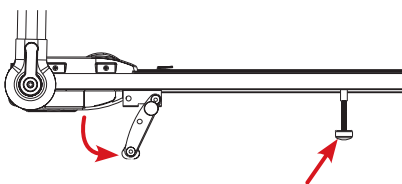


Adjust both center foot pads by rotating it downward until they contact the floor

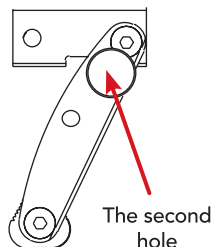


The pin is still in the first hole, under the square tube

3. Level 3 (10%) Pull out the pins of the slope adjustment blocks on the left and right sides and insert them into the second hole. At this time, the slope of the treadmill is about 10% incline. Adjust the two middle foot pads again and rotate them until they touch the ground to increase the stability of the machine.

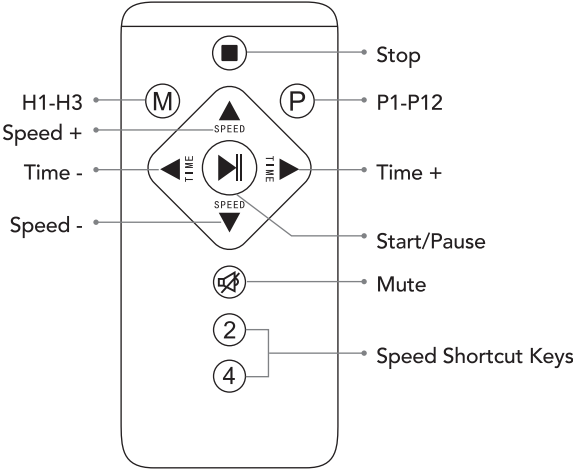


Adjust both center foot pads by rotating it downward until they contact the floor



The second hole

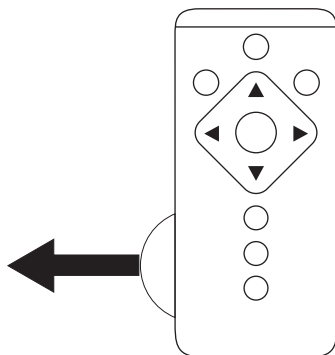
Remote Control Functions



	Stop: Gradually stops the treadmill and resets all data.
	Start/Pause: Starts the treadmill when powered on. Press again to pause (data retained), press once more to resume workout.
	H1–H3: Countdown modes: H1 - Time, H2 - Distance, H3 - Calories.
	P1–P12: Select from 12 preset workout programs.
	Time + / -: Adjust time (or in manual mode, adjust speed, calories, distance).
	Speed + / -: Adjust speed (or in manual mode, adjust speed, calories, distance).
	Mute: Turn on/off the beep sound.
	Speed Shortcut Keys: Quickly jump to preset speed levels.
Note: The valid remote control range is 6.5–16.4 ft (2–5 meters).	

Remote Control Battery Replacement

1.Remove the insulation strip from the side slot of the remote to activate it.

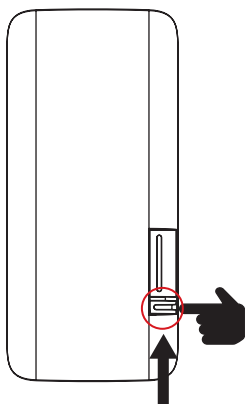


Remove the insulation strip

2.The remote uses a CR2025 3V lithium coin cell battery.

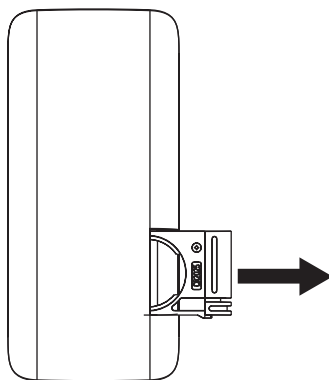
To replace: ① Push and slide the lock tab to release the battery tray. ② Pull out the tray and replace with a new CR2025 battery (positive side facing up). Reinsert the tray securely. Dispose of used batteries properly.

⚠ Keep batteries out of reach of children.



Push and slide the lock

Pic 1



Pull out the tray

Pic 2

Product Instructions

1. Overview

This treadmill console is user-friendly and requires minimal setup.

Displayed parameters: Speed, Time, Distance, Calories

Manual mode: requires the user to manually set workout parameters.

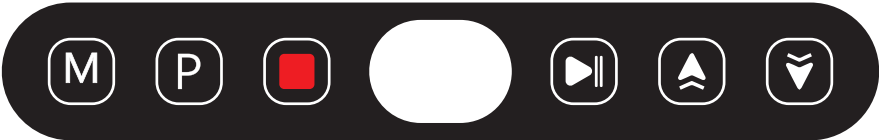
2. LED Display Indicators

🏃 Speed (mph / km/h)

🕒 Time (min)

🏃 Distance (mile / km)

💧 Calories (kcal)



Button Functions	
M	Countdown mode key: Press this key to display H1, H2, H3, which are time, speed, and calorie countdown respectively.
P	Preset program mode key: Press this key to display P01~P12, a total of 12 gears of different modes.
▼	Minus key: Press this key to adjust the minus value of H and P modes and speed parameters during exercise.
▲	Plus key: Press this key to adjust the plus value of H and P modes and speed parameters during exercise.
▶	Start/Pause key: Press this key to pause the machine. Except for speed, other data are retained. Press it again to start the machine, and the data of the last exercise will continue.

3. Parameters

- ① Power supply voltage: AC 120V, 60Hz (US/CA); AC 220-240V, 50Hz (AU);
- ② Minimum speed US/CA:0.6MPH, AU:1KM/H;
- ③ Maximum speed US/CA:7.5MPH, AU:12KM/H;
- ④ The shortest time in automatic mode is 5 minutes, and the longest exercise time is 99 minutes;
- ⑤ The minimum distance in manual mode is 1 miles/km, and the maximum distance is 99 miles/km;
- ⑥ The minimum calorie in manual mode is 20 kcal, and the maximum is 990 kcal

4. Exercise Function Description (remote control or instrument)

- Make sure the power cord is securely plugged in and the power switch is ON.
- Display shows "0000" in standby.
- Press the  button. After a 3-second countdown, the treadmill starts at 0.6 mph (1 km/h). Speed, time, distance, and calories will alternate on the display.
- Use remote or control buttons  SPEED  to adjust speed (range: 0.6–7.5 mph(1–12 km/h)).
- Press  to stop. Speed resets to zero but other data is retained.
- Press  again to resume using the same session data.
- Press  to end workout and reset all data.

5.Mode Selection

① Program Mode (P01–P12)

In standby mode, display shows "0:00". Press P to enter program selection.

Display cycles through P01–P12. Default time is 30 minutes (flashing). Use  TIME  to adjust (range: 5–99 min). Press  to begin the program with a 3-second countdown.

② Countdown Modes (H1–H3)

H1 – Time Countdown

In standby mode, display shows "0:00". Press M, display shows "H-1".

Default time: 30 min (flashing). Use   to adjust time, adjustable: 5–99 min.

Press  to begin after 3-second countdown.

H2 – Distance Countdown

In standby mode, display shows "0:00". Press M, display shows "H-2".

Default: 1 km (miles). Use  SPEED  to adjust, adjustable: 1–99 miles (km).

Press  to begin.

H3 – Calorie Countdown

In standby mode, display shows "0:00". Press M, display shows "H-3".

Default: 50 kcal. Use  SPEED  to adjust, adjustable: 20–990 kcal.

Press  to begin.

③ Speed Shortcut Buttons (Remote Control)

Press any speed shortcut key to instantly adjust the speed to a preset level, regardless of current speed.

Safety Precautions & Warnings

 Please read this manual carefully before using the treadmill and observe the following safety instructions.

- The treadmill is intended for indoor use only. Avoid damp environments. Do not spill water on the treadmill or place any foreign objects on it.
- Before exercise, wear appropriate workout clothes and sneakers.
- Barefoot running is strictly prohibited. Be sure to stretch your body before starting.
- The power plug must be reliably grounded. Use a dedicated power circuit to avoid sharing the outlet with other appliances.
- Keep children away from the machine to avoid accidents.
- Avoid prolonged, high-load operation, as it may cause damage to the motor and controller, and accelerate aging of the bearings, belt, and running board. Perform regular maintenance.
- Reduce indoor dust and maintain proper humidity to prevent static electricity, which may interfere with the console and controller operation.
- After each use, turn off the power. Ensure good indoor air circulation during use.
- Always attach the safety key clip to your clothes during use, in case of emergency to safely stop the treadmill.
- If you feel discomfort or experience any unusual symptoms, stop immediately and consult a doctor.
- After applying silicone oil, store it out of reach of children to avoid accidental ingestion and serious consequences.

 **Warning:** To reduce accidents or injury to others, please follow these rules:

- Check if your clothing is properly fastened or zipped before using.
- Do not wear clothes that can get caught by the treadmill.
- Do not place the power cord near heat sources.
- Do not let children approach the treadmill.
- Do not use the treadmill outdoors.
- Unplug the power before moving the treadmill.
- Non-professionals must not disassemble the machine. Serious consequences may occur.
- Only one person is allowed on the treadmill when in use.
- If you feel dizzy, chest pain, nausea, or shortness of breath, stop immediately and consult a trainer or doctor.

Strict Warning!

Do not use this product unless you have consulted a doctor if you fall into the following categories:

- Currently experiencing back pain, or have history of leg, back, or neck injuries
- Numbness in legs, back, neck, or hands (e.g. herniated disc, spondylolisthesis, cervical issues)
- Osteoarthritis, rheumatism, gout
- Osteoporosis or bone abnormalities
- Cardiovascular disorders (e.g. heart disease, blood pressure issues)
- Respiratory disorders
- Use of pacemaker or other electronic medical implants
- Malignant tumors
- Thrombosis, lipomas, varicose veins, or skin infections
- Peripheral circulatory disorders (e.g. caused by diabetes) leading to sensory loss
- Open wounds
- Fever due to illness (body temp $\geq 38^{\circ}\text{C}$ / 100.4°F)
- Spinal deformities or curvature
- Pregnant, possibly pregnant, or during menstruation
- General physical abnormality or weakness
- Using for rehabilitation purposes
- Or feel any physical discomfort not listed above

All of the above may result in accidents or injury.

- If during exercise you experience back pain, leg numbness, dizziness, or irregular heartbeat, stop immediately and consult a physician.
- Do not allow children to use or play near this product. Failure to comply may result in injury.
- Before moving or using the treadmill, make sure the surrounding area (rear, bottom, front) is clear of people or pets.

Prohibited Actions

- Do not use the treadmill if the casing is cracked, broken, or detached, or if internal parts are exposed.
- Do not jump on or off the treadmill while in motion.
- Do not use or store the treadmill in wet environments (e.g. near a bathroom).
- Do not use near direct sunlight, stoves, or on heated carpets. This may cause fire or electric shock.
- Do not use the treadmill if the power cord or plug is damaged or loose.
- Do not damage, bend, or twist the power cord. Do not place heavy objects on it or pinch it.
- Only one person may use the treadmill at a time. Keep others at a safe distance during use.
- Do not use the treadmill if you are unable to express yourself or operate it independently.
- Do not let any water or liquid touch the main body or control panel.
- Avoid sudden intense exercise if you are usually inactive.

- Do not use immediately after eating, while tired, or in poor physical condition.
- This product is for home use only, not suitable for public facilities like schools or gyms.
- Do not eat or drink while using the treadmill.
- Do not use the treadmill after consuming alcohol or in a sluggish state.
- Remove hard or sharp objects from your pockets and take off valuables such as watches, phones, keys, or knives to prevent injury or damage.
- Check the power plug for any foreign objects (pins, debris, moisture) before use.
- Do not use wet hands to plug or unplug the power cord.
- When not in use, unplug the power cord from the outlet to prevent short circuits, fire, or insulation degradation due to dust or moisture.

Grounding Instructions

- This product must be grounded. Grounding provides a low-resistance path for electric current and reduces the risk of electric shock.
- The power cord is equipped with a grounding conductor and plug, which must be connected to a properly installed and grounded outlet that complies with local regulations.

Danger

- If you are unsure whether the outlet is properly grounded, contact a qualified electrician.
- Do not modify the plug. If it doesn't match the outlet, have a proper outlet installed by a professional.
- Do not use plug adapters. Ensure the plug matches the outlet exactly.

Exercise Guidelines and Tips

Warm-Up:

Before each workout, perform 5 to 10 minutes of warm-up exercises. Warming up helps loosen muscles and prepares the body for physical activity.

Breathing:

Do not hold your breath during exercise. Typically: inhale through the nose when preparing, exhale through the mouth during exertion. If breathing becomes too rapid, stop immediately and rest.

Frequency:

Rest at least 48 hours between workouts targeting the same muscle group. Allow time for recovery to prevent strain or injury.

Intensity:

Adjust workout intensity based on your fitness level. Follow a progressive load principle—gradually increase workout volume to avoid soreness or injury.

Diet & Hydration:

Wait at least 1 hour after eating before exercising. After training, allow at least 30 minutes before eating again. Avoid drinking large amounts of water during exercise to reduce heart and kidney stress.

Stretching Exercises:

Regardless of your running speed, it's recommended to perform stretching exercises before and after workouts to loosen muscles and avoid injury.

1.Stretch Down

Bend your knees slightly, and bend your body slowly, letting your back and shoulders relax, try to touch your toes with both hands for 10-15 seconds. Then relaxing, repeat 3 times for each leg;(see picture 1)

2.Hamstring Stretch

Sit on a clean cushion, straighten one leg and retract the other leg so that it is close to the inner side of the straight leg. Try to touch the toes with your hands, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 2)

3.Calf and heel tendon extension

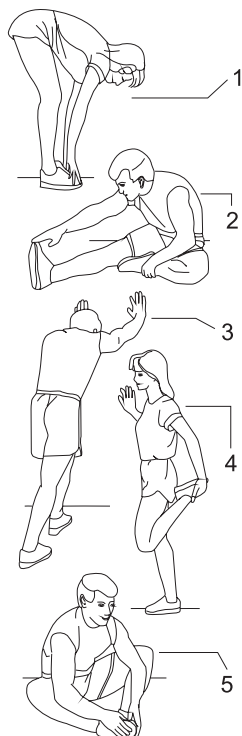
Stand with both hands supporting the wall or table, with one foot behind, keep your hind legs upright and your heels on the ground, tilt towards the wall or table, hold for 10-15 seconds. Then relax, each leg repeats this three times. (See Picture 3)

4.Ankle Extension

Hold the wall or table with your left hand to balance, then extend your right hand backwards, grab your right ankle, and slowly pull towards your buttocks until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.(See Picture 4)

5.Stretching the Inner Thigh Muscles

Sit with the bottom of the legs facing each other, with the knees facing outwards,grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds. Then relax, and repeat the procedure 3 times. (See Picture 5)



Maintenance Instructions

1. Running Belt Lubrication

After a period of use, check the lubrication under the running belt.

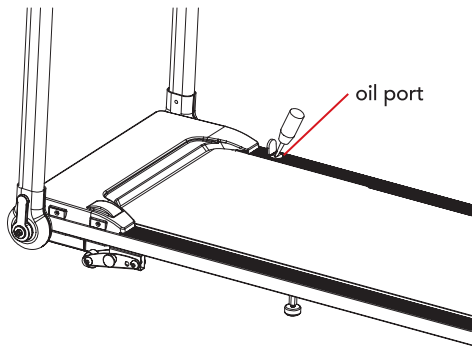
Touch the center underside of the belt:

If it feels oily, no lubrication is needed.

If it feels dry, apply lubricant.

Lubrication Steps:

- ① Set the treadmill to low-medium speed.
- ② Open the oil port cap.
- ③ Squeeze 5-10ml of silicone oil into the oil port.
- ④ Close the cap and let the machine run (with or without user) for 10 minutes to distribute the oil evenly.



Less than 3 hours of use per week	Lubricate once every 5months
Use 4-7 hours per week	Lubricate once every 2months
Weekly usage time is more than 7 hours	Lubricate once a month
More lubricant is not always better, do not over-lubricate, otherwise it may slip.	

2. Running Belt Tension Adjustment

All treadmills are adjusted at the factory, but belt tension may loosen over time.

If the belt slips or hesitates when stepped on, it likely needs tightening.

Use the included wrench to tighten both rear adjustment screws clockwise, half-turn at a time, equally on both sides.

Too loose → belt slips.

Too tight → increases motor load, risks damage.

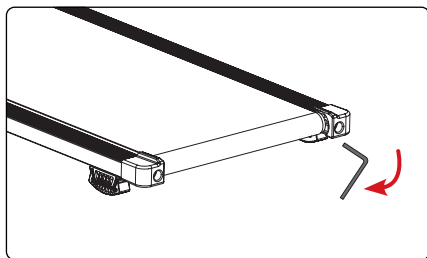
3. Belt Alignment Adjustment

All treadmills need to be adjusted before leaving the factory and after installation. However, after a period of use, it may still deviate. There may be several reasons for this phenomenon.

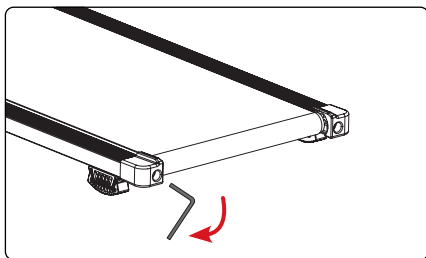
Belt misalignment may occur over time due to:

- ① Uneven floor placement
- ② Running with feet not centered
- ③ Uneven pressure applied by user, it can return to normal after running for a few minutes without load.

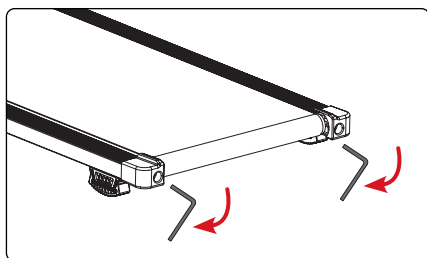
For deviation that cannot be automatically restored, use the 6mm Allen wrench that comes with the machine. If the running belt slips, adjust it gradually in units of 3 turns. Running belt deviation is not covered by the warranty and is mainly maintained by the user according to the instructions. Deviation will seriously damage the running belt and must be discovered and corrected in time.



If it is to the right, tighten the right side.



If it is to the left, tighten the left side.



Adjust gradually until centered.

1. Running belt slippage: The running belt slips or pauses momentarily when a person is running;
2. Running belt adjustment: Tighten the running belt screws on both sides clockwise for 3 turns each, and then adjust according to the direction the running belt deviates. If it deviates to the right, adjust it on the right side, and then slowly straighten the running belt until the running belt is centered.

Troubleshooting

Error Code Reference Table

Error Code	Description	Possible Cause	Solution
E02	Motor Over-voltage Protection	1.Power grid is unstable or voltage spike is too high. 2.Incorrect wheel diameter setting. 3.Controller failure.	1.Add an external voltage stabilizer. 2.Reset wheel diameter within rated voltage. 3.Replace controller. 4. Contact customer support.
E03	Over-current Protection	1.Overload. 2. Motor or roller is jammed. 3. Insufficient lubrication. 4. Controller or motor failure.	1. Reduce load; do not exceed rated capacity. 2. Remove obstruction. 3. Apply lubricant. 4. Replace controller or motor. 5. Contact customer support.
E04	Motor Circuit Open	1.Motor cable is loose or unplugged. 2.Motor is damaged. 3.Controller is damaged.	1. Reconnect motor cable. 2. Replace motor. 3. Replace controller. 4. Contact customer support.
E06	Communication Error	1.Loose connection between upper and lower control boards. 2.Damaged data cable. 3. Circuit board or controller failure.	1. Reconnect cables. 2. Replace communication cable. 3. Replace circuit board or controller. 4. Contact customer support.
E07 / ---	Safety Key Disconnected	1.Safety key not installed. 2. Damaged sensor cable. 3. Faulty circuit board interface.	1. Insert safety key. 2. Replace sensor cable. 3. Replace circuit board. 4. Contact customer support.
E0C	Power Transistor Protection	Controller damaged due to transistor failure.	1.Replace controller. 2.Contact customer support.

Other Issues & Fixes

Screen Not Displaying

- a. Check power cable, power switch, and whether fuse in controller is blown.
- b. Check connection between console and controller (4-pin cable).
- c. Verify controller is connected to transformer.

Motor Not Starting

- a. Ensure all cables are securely connected.
- b. Check for error codes on the display.

FCC ID: 2A48I-TP7

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

Ver.1.0