

Toputure



USER MANUAL

Model TP4

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 TP4

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.



Attentions:

Please fill in the correct email or mobile phone number to make sure you can retrieve your password and username via them.

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1.Safety Precautions and Warning Instructions

Note: Please read the instructions carefully before use and pay attention to the following safety precautions:

- The treadmill should be placed indoors to avoid moisture. Do not splash water on the treadmill and do not place any foreign objects on it.
- Before exercising, please wear appropriate sportswear and sports shoes. It is strictly forbidden to exercise barefoot on the treadmill, and stretch your whole body. The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- Keep children away from the machine to avoid accidents.
- Overload operation for an extended period of time should be avoided, otherwise it may cause damage to the motor and controller, and accelerate the wear and aging of the bearings, running belt, and running deck. Regular maintenance is required.
- Reduce indoor dust, maintain a certain indoor humidity, and avoid generating strong static electricity, otherwise it may interfere with the normal operation of electronic meters and controllers.
- Please turn off the treadmill after exercise.
- Please keep the room well ventilated when using the treadmill.
- Please clip the safety lock cable clip to your clothes when exercising to prevent emergency safety shutdown. If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- After use, silicone oil must be stored out of the reach of children to avoid accidental ingestion and serious consequences.
- The safety area behind the treadmill is: 1000*2000mm.
- Emergency jump off: Hold the handrails with both hands to support your body, while stepping on the side bar with both feet, and jump off the treadmill from one side.

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

- Check that your clothing is buttoned or zipped before using the treadmill.
- Do not wear clothing that can easily get caught on the treadmill.
- Do not place the power.
- Keep children away from the treadmill.
- Do not use the treadmill outdoors.

Warning! Mandatory!

When you are receiving medical treatment or the following patients, please consult with a specialist before using.

- (01) Those who are currently suffering from back pain or have injured their legs, waist, or neck in the past, or those who have leg, waist, neck, or hand pain (those with chronic diseases such as herniated disc, spondylolisthesis, and cervical spondylosis).
- (02) Patients with osteoarthritis, rheumatism, or gout.
- (03) Those with abnormalities such as osteoporosis.
- (04) People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (05) People with respiratory problems.
- (06) Those who are using a pacemaker or have implanted medical electronic devices.
- (07) Patients with malignant tumors.
- (08) Those with symptoms such as thrombosis, severe lipoma, acute lipoma, blood circulation disorders, or various skin infections.
- (09) Those with sensory impairment due to high peripheral circulatory disorders caused by diabetes, etc.
- (10) Those with skin injuries.
- (11) Those with a high fever (38°C or above) due to illness, etc.
- (12) People with abnormalities of the back or curvature of the back.
- (13) Those who are pregnant or may become pregnant or those who are menstruating.
- (14) Those who feel unwell and need to rest.
- (15) Those who are obviously in poor health.
- (16) Users for rehabilitation purposes.
- (17) Those who feel any physical abnormalities other than those mentioned above.

—Accident or poor health may result.

- If you experience any pain or coordination abnormalities that are different from usual, such as back pain, stiffness in legs and feet, dizziness, palpitations, etc. during exercise, stop using it immediately and consult a doctor.
- Do not allow children to use this product or play around it.

—Failure to comply may result in risk of injury.

Prohibited!

- Do not use if the casing is cracked, broken, or peeled off (internal structure exposed) or if soldering is peeled off.
—Otherwise, accidents or injuries may occur.
- Do not jump up or down during exercise.
—Injury may result from falling.
- Do not use or store the product in humid places such as outdoors or near bathrooms, or in places where it may be exposed to water droplets.
- Do not use or store the product in places exposed to direct sunlight, around stoves, or in other high temperature places, or on top of heating appliances such as electric carpets.
—Otherwise it may cause electric leakage or fire.
- Do not use when the power cord or power plug is damaged or the socket of the outlet is loose.
—Otherwise it may cause electric shock, short circuit or fire.

Do not disassemble!

- Disassembly, repair and modification are strictly prohibited.
—There is a risk of injury from mechanical failure.

Avoid contact with water!

- Do not expose the main unit or operating parts to water or other conductive liquids.
—It may cause electric shock or fire.

Prohibited!

- People who do not suddenly do strenuous exercise.
- Do not use after eating, when you are tired, after exercising, or when your physical condition is abnormal.
—May cause damage to health.

Never use with wet hands!

- Do not unplug or insert the power plug with wet hands.
—Electric shock and injury may result.

Unplug the power plug!

- Unplug the power cord from the socket when not in use.
——Dust and moisture can deteriorate the insulation and cause electric leakage and fire.
- When performing maintenance, be sure to unplug the power plug from the socket.
——Failure to comply may result in electric shock or injury.
- If it does not start or feels abnormal, stop using it, unplug the power plug immediately and ask for inspection and repair.
——Failure to comply may result in electric shock or injury.
- When there is a power outage, unplug the power plug immediately.
——Otherwise, accidents or injuries may occur when the power is restored.
- When unplugging the power plug, do not hold the wire part, but the power plug.
——Otherwise, it may cause a short circuit, electric shock, or fire.

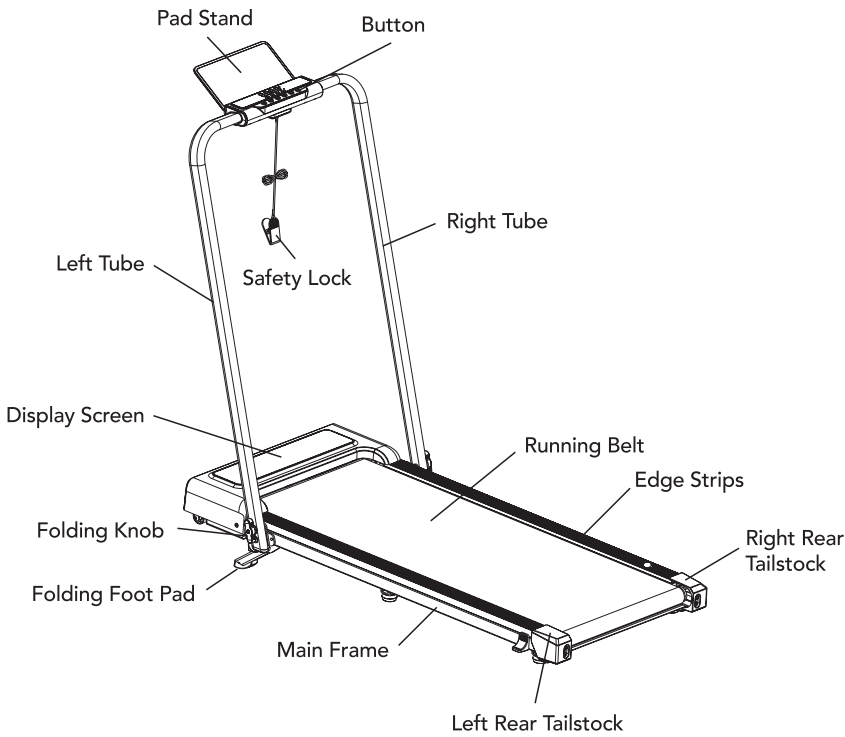
Grounding instructions

- This product must be grounded. If the unit malfunctions, grounding will provide the path of least resistance for electrical current, reducing the risk of electric shock
- This product is equipped with a cord with an equipment grounding conductor and a grounding plug. The plug must be inserted into a suitable socket that has been properly installed and grounded in full compliance with local regulations or ordinances.

Danger

- Improper connection of the equipment grounding conductor can result in a risk of electric shock. If you have any doubts about whether the grounding of this product is correct, please have it checked by a qualified electrician.

2.Product Introduction



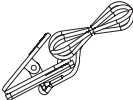
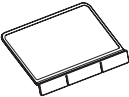
Packing List

No.	Name	Quantity	Remark
1	Treadmill	1	
2	Accessory bag	1	See attached table

Technical Parameters

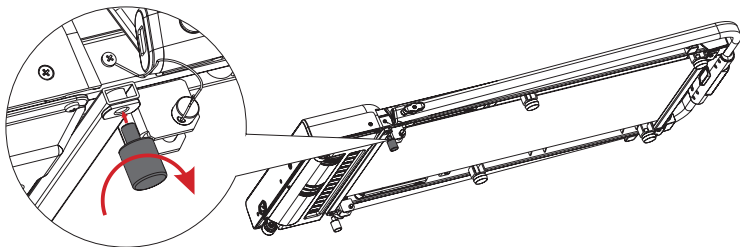
Operating voltage	US/CA: AC 120V 60Hz AU: AC 220-240V 50/60Hz
Product size	1274*584*1073mm (with PAD bracket) 50*23*42inch (with PAD bracket)
Folding size	1270*584*114mm (with PAD bracket) 50*23*4.5inch (with PAD bracket)
Running area	400*1000mm (16*40inch)
Motor power	2.5 HP
Display speed	1.0-12.0km/h (0.6-7.6mph)
Control method	Remote control, Electronic meter

Attached Table (Accessories Box List)

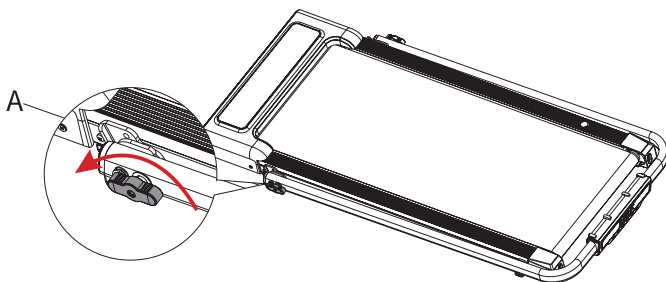
 5#Hexagon socket wrench *1pcs	 6#Hexagon socket wrench *1pcs	 Remote Control *1pcs
 Floor mats*2pcs	 Manual *1pcs	 Safety lock*1pcs
 PAD bracket *1pcs	 Solid wrench*1pcs	 Power cord *1pcs

3.Installation Steps

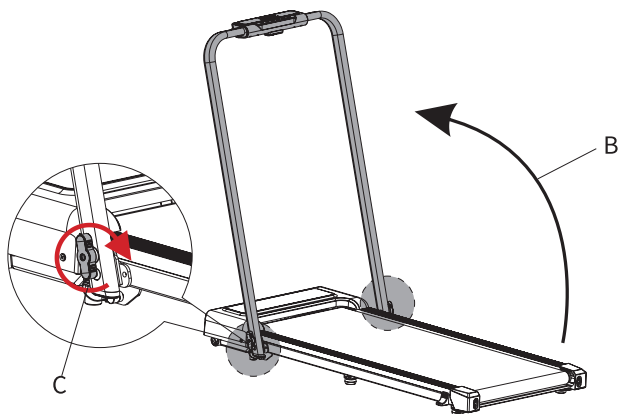
1.Take the treadmill out of the box and lay it flat on the floor. As shown in the figure below, screw the foot pads on both sides clockwise into the screw holes to secure the foot pads.



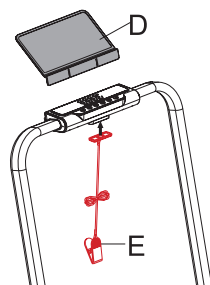
2.Take the treadmill out of the box and lay it flat on a carpet or cushion. As shown in step (A) below, turn the "folding knobs" of the left and right pipes counterclockwise 4-6 times so that the pipes can be lifted upward.



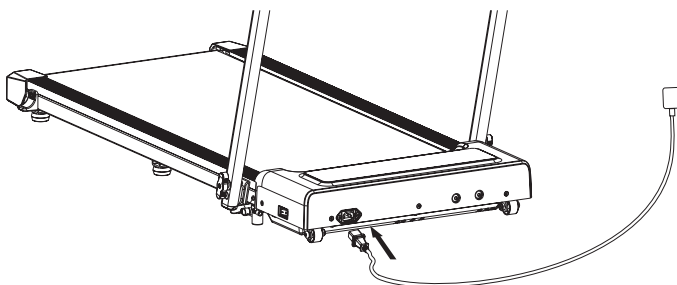
3.As shown in step(B) below, lift the vertical tube up to the limit point;
As shown in step(C) below, turn the "folding knob" clockwise to the limit position to fix the vertical tube.



4.As shown in step (D) below, insert the PAD bracket into the groove of the electronic meter; suck the red safety lock (E) into the yellow position below the console. When using the treadmill, you need to clamp one end of the safety lock belt clip to the edge of the clothing.

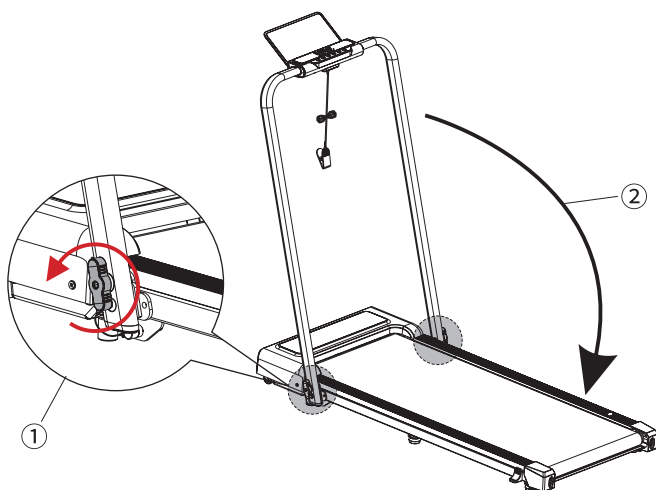


5.As shown in the figure below, plug the power cord into the socket at the front of the treadmill, turn on the power, turn on the power switch on the side of the front of the machine, and the treadmill will enter standby mode.

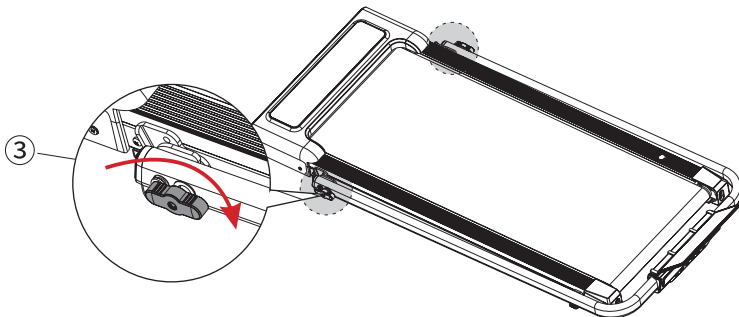


Folding and Moving the Treadmill

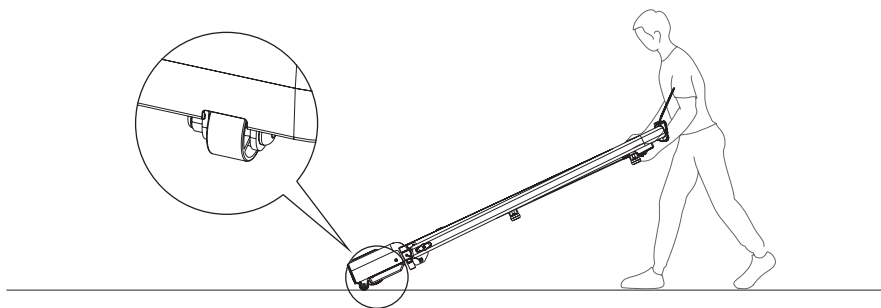
1.As shown in step ① of the following figure, rotate the "folding knobs" of the left and right pipes 4-6 times in the direction shown below to loosen the lower ends of the left and right pipes naturally. As shown in step ② of the following figure, slowly lower the pipes toward the tail.



2.As shown in Figure ③ below, align the left and right pipe "folding knobs" with the fixing holes, and then rotate them clockwise to fix the pipes on the frame. Then the treadmill can be folded.

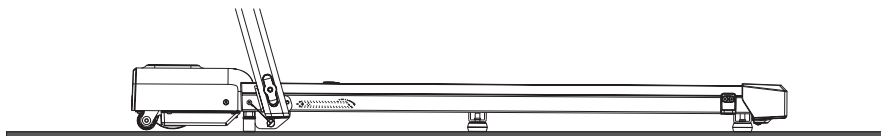


3.To move the treadmill, follow the previous steps to fold the vertical tube. Unplug the power cord before moving. Lift the rear of the treadmill by hand so that the moving wheels are on the ground before moving the treadmill forward or backward.

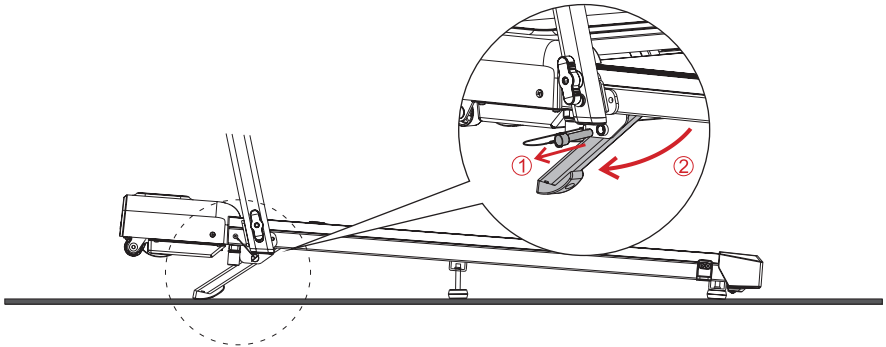


Folding foot pad instructions

1.When the foot pads are folded, the slope of the treadmill is gentle.



2.To increase the slope, pull out the pin as shown in step ① below. As shown in step ② , unfold the foot pad in the direction indicated by the arrow so that the hole on the foot pad overlaps with the hole on the fixing base, and then insert the pin into the hole to fix the foot pad. (The same steps are followed for the other foot pad. When adjusting the slope, make sure that the middle foot pad is on the ground.)



Note: Please adjust the slope according to your needs.

4.Exercise Recommendations and Guidelines

Warm-up

A 5-10 minute warm-up exercise is required before each operation.

Breathing

Do not hold your breath during the operation. Usually, when preparing to restore the action, breathe in through the nose and exhale forcefully through the mouth. Breathing and action should be coordinated. If breathing is too rapid, the exercise should be stopped immediately.

Frequency

Muscle training in the same part should be rested for 48 hours, that is, the same part can be trained every other day.

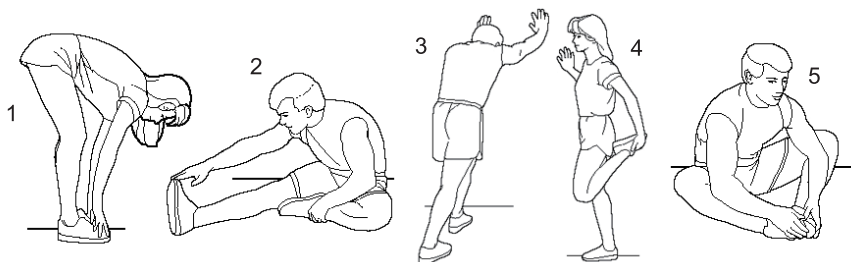
Load

Determine the amount of training according to personal physical condition, and then practice according to the principle of gradual load. Muscle soreness is normal

during the initial training. As long as you continue to practice, the soreness can be eliminated.

Stretching exercises

No matter how fast you walk, it's a good idea to stretch first. Warm muscles stretch more easily, so walk for 5 to 10 minutes to warm up. Then stop and stretch as follows—do 5 times, 10 seconds or more on each leg; do it again at the end of your workout.



1.Stretch Down

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

2.Hamstring stretch

Sit on a clean cushion and stretch one leg straight. Pull the other leg inwards so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3.Calf and Achilles tendon stretch

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

4.Quadriceps stretch

Use your left hand to hold the wall or table for balance, then reach back with your right hand, grab your right ankle and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5.Sartorius muscle (inner thigh muscle) stretch

Sit down with your feet facing each other and your knees facing outward. Grab your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).

5.Instructions

Display screen shows

LED window display (time, speed, distance, calories; automatically switches display every 5 seconds during on



1."SPEED" window: Displays the current speed value in the running state. The speed display range is: 1.0-12km/h (0.6-7.6mph).

2."TIME" window: The time range is 0 minutes and 0 seconds to 99 minutes and 59 seconds. The treadmill stops after the time has expired.

3."DIST" window: The distance value range is 0.0~99.9 kilometers. After exceeding the limit, the data will be reset to zero and accumulated again.

4."CAL" window: The calorie value range is 0~999 kcal. After exceeding the limit, the data will be reset to zero and accumulated again.



Remote control pairing method

5S before the safety lock comes off, long press the "I▷" and "-" keys on the remote control to pair. When you hear the "beep" sound from the treadmill buzzer, it means the pairing is successful and you can start using the remote control to control the treadmill. After pairing, there is no need to pair the machine again when the power is turned off.

Remote control function

1.I▷ Start/Pause/Continue/Stop:

Start: In standby mode, short press the "I▷" button on the remote control, the treadmill will start counting down for 3 seconds and run at a speed of 1.0km/h (0.6mph);

Pause: When the treadmill is running, short press the "I▷" button on the remote control again to pause the treadmill, and the electronic meter will display "PAU".

Continue: When the treadmill is paused, short press the "I▷" button on the remote control to resume the treadmill.

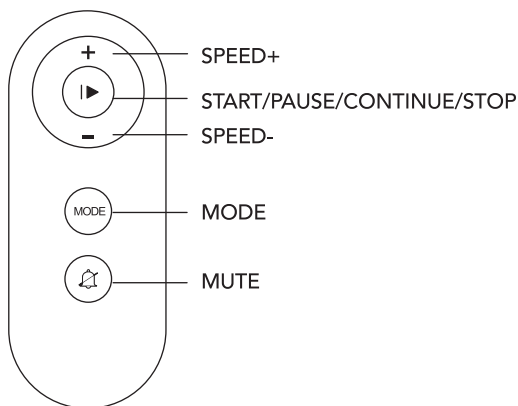
Stop: When the treadmill is running, long press the "I▷" button on the remote control to stop the treadmill.

2.MODE button: In standby mode, short press the remote control "MODE" button to switch the mode time 30:00, distance 3.00, calories 300, four windows are displayed in a cycle; for example: select the time countdown mode, the electronic watch defaults to 30:00 minutes, short press the remote control or electronic watch "+" or "-" button to adjust the required time; time (default 30:00, adjustment range 5:00-99:00, each gear change is 1 minute), mileage (default 3.0, adjustment range 1.0-20.0, each gear change is 1.0), calories (default 300 Kcal, adjustment range 20-990, each gear change is 10), when counting down exercise data, you can adjust the speed by pressing the button during exercise.

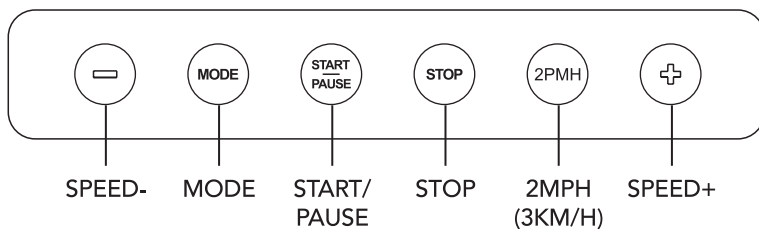
3.SPEED+: When the treadmill is running, short press the remote control "+" button to slow down, long press this button to accelerate quickly, and the speed continues to increase; the increment is 0.5 km/time (0.2 miles/time).

4.SPEED-: When the treadmill is running, short press the remote control "1" button to slow down, long press this button to slow down quickly, and the speed will continue to decrease; the decreasing range is 0.5 km/time (0.2 miles/time).

5.MUTE: In any state, short press this button on the remote control to mute the buzzer, and the electronic meter will display OFF. Short press again to restore the buzzer sound and the electronic meter will display ON.



Key Description



Function buttons: "SPEED-", "MODE", "START/PAUSE", "STOP", "2MPH", "SPEED+".

A.START/PAUSE:

START: In standby mode, short press the "START/PAUSE" button, the treadmill will start counting down for 3 seconds and run at a speed of 1.0km/h (0.6mph);

PAUSE: Short press the "START/PAUSE" button again during the treadmill operation to pause the treadmill, and the electronic meter displays "PAU";

Continue: When the treadmill is paused, short press the "START/PAUSE" button to resume the treadmill operation;

B.SPEED-: Short press or long press the "-" button during the treadmill operation to reduce the speed by 0.5 km/time (0.2 mile/time); if it is reduced to the lowest speed range, the adjustment will be invalid;

C.SPEED+: During the operation of the treadmill, short press or long press the "+" key to increase the speed in increments of 0.5 km/time (0.2 mile/time); the adjustment will be invalid when the speed reaches the highest speed range;

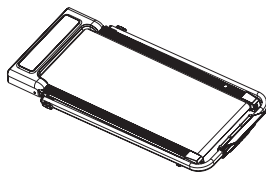
D.MODE: In standby mode, short press the "MODE" key of the electronic meter to switch the mode time 30:00, distance 3.00, calories 300, and the four windows are displayed in a cycle;

E.2MPH(3KM/H): Short press this key during the operation of the treadmill, and the speed shortcut key is adjusted to 2MPH(3KM/H);

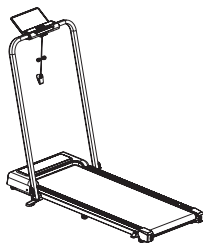
F.STOP: When the treadmill is running, short press the "STOP" key of the electronic meter to stop the treadmill.

Walking and Running Modes

The machine has walking mode and running mode. When the bench is folded (the bench is parallel to the treadmill), it is in walking mode. In walking mode, the running belt runs at a speed of 1.0-8.0 km/h (0.6-5.0 mph). When the bench is unfolded, it is in running mode. In running mode, the running belt runs at a speed of 1.0-12.0 km/h (0.6-7.6 mph).



Walking Mode



Running Mode

6.Common Faults and Solutions

If you have any other questions, please call local dealers or our after-sales service.

Question	Possible Causes	Repair Method
Treadmill not working	No power supply	Plug into socket
	Power not on	Turn the power switch to the ON position
	Safety lock without suction	Snap the safety lock into place
	Circuit signal system disconnection	Check the controller input and signal lines
	Fuse burnt out	Replace the fuse
The running belt does not run smoothly	Insufficient lubrication	Add methyl silicone lubricant
	Running belt too tight	Adjust the running belt tension
Running belt slipping	Running belt too loose	Adjust the running belt tension
	Belt too loose	Adjusting the belt tension

Electronic meter displays error messages and troubleshooting methods

Question	Possible Causes	Repair Method
E01	Abnormal communication between lower control and electronic meter	Check if the communication line between the lower control and the electronic meter is loose or detached.
E02	1. The motor wire is loose or falling off; 2. Is the carbon brush worn out or not in contact with the rotor; 3. The lower control is damaged	Check if the motor wire is loose or falling off. If not, check if the motor carbon brush is worn out or floating without contacting the rotor. If the motor is normal, the lower control is damaged.
E05	Overload protection	The load is too large and exceeds the rated current. Turn off the power and restart.
E07	Safety lock not engaged	Check if the safety lock is not properly engaged or the safety line is loose.
E08	Communication between the upper table and the lower table is abnormal	Check whether the communication line connecting the upper meter to the lower meter is loose or detached.
Display abnormality	External interference	Turn off the power switch and then turn it on again after 1 minute.

7.Product Care

1.Lubrication

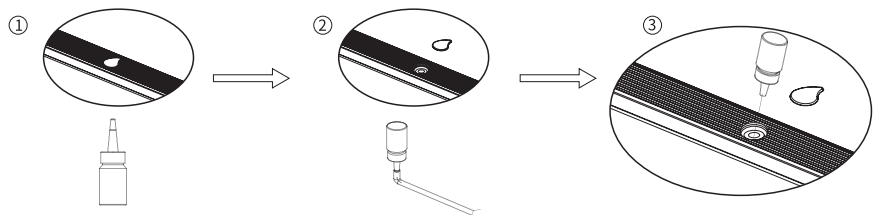
The machine has walking mode and running mode. When the bench is folded (the bench is parallel to the treadmill), it is in walking mode. In walking mode, the running belt runs at a speed of 1.0-8.0 km/h (0.6-5.0 mph). When the bench is unfolded, it is in running mode. In running mode, the running belt runs at a speed of 1.0-12.0 km/h (0.6-7.6 mph).

Less than 3 hours of use per week	Lubricate once every 5 months
Use 4-7 hours per week	Lubricate once every 2 months
Weekly usage time is more than 7 hours	Lubricate once a month

Do not over-lubricate, more lubricant is not always better.

2.As for checking whether it needs to be lubricated again, just grab the treadmill and touch your hand to the center of the back of the treadmill as far as possible. If your hand is stained with silicone (slightly damp), it means that no lubricant is needed. If the running board is dry and there is no methyl silicone oil on your hand, you need to add lubricant.

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



4.Adjust the running belt tension. All treadmills need to adjust the running belt before leaving the factory and after installation. However, the running belt may still become loose after a period of use. For example, the user may pause and slip while running. When this happens, adjust the running belt adjustment bolts in a half-turn clockwise direction and adjust the running belt and rollers synchronously. If the running belt is too loose, the running belt and rollers will slip when the foot steps on the running belt. However, it is not good to be too tight, which may

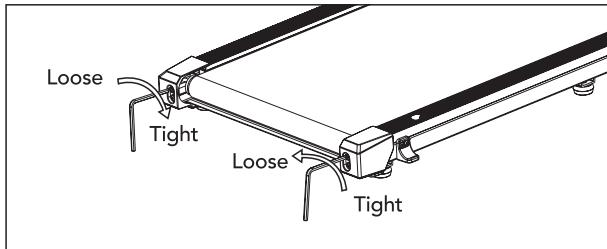
increase the load on the motor and damage the motor, running belt and running belt deviation adjustment.

5. Adjustment of running belt deviation

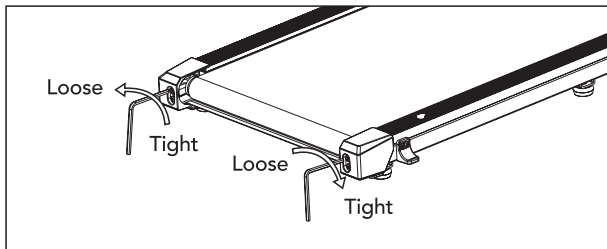
All treadmills need to be adjusted before leaving the factory and after installation, but they may still deviate after a period of use. The reasons for this phenomenon are as follows:

- (1) The main unit is not placed stably
- (2) The user's feet are not in the center of the running belt when exercising
- (3) The user's feet are not evenly applied

If the deviation is caused by human factors, it can be restored to normal after no-load rotation for a few minutes. If the deviation cannot be restored automatically, use the 5# hexagonal wrench provided with the machine to adjust it step by step in half a turn.



If the walking belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.



If the walking belt deviates to the right: Adjust the right bolt clockwise or the left bolt counterclockwise.

Tip: Running belt deviation is not covered by the warranty and is mainly maintained by the user according to the instructions. Running belt deviation will seriously damage the running belt and must be discovered and corrected in time.



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

FCC ID: 2A4NH-A10

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.

Toputure

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

Ver.1.2