

Remote control

PAIRING

The remote control can only be paired when error code EO7 is displayed. This code appears when the safety cord is not connected to the treadmill.

To pair the remote:

01 Insert 2 AAA batteries

02 Turn on the treadmill.

03 Remove the safety cords so that

EO7 appears on the display.

04 Within 5 seconds of removing the

safety cord, press and hold the

start/stop button on the remote.

05 A long beep confirms successful pairing.

Once paired, the remote remains connected.

You do not need to repeat this process after

switching the treadmill off and on again.

USE

Pause (PAUSE): Briefly press the pause button while your treadmill runs to pause your session.

Mute button (): Briefly press the mute button to mute the buzzer (the control panel will show "OFF").

Briefly press it again to turn the buzzer back on (the control panel will show "ON").

Plus (+): Press the plus button to increase the treadmill's speed. Press it briefly for a slow increase with 0.1 km/h, or keep it pressed to continuously increase the speed with 0.5 km/h.

Minus (-): Press the minus button to decrease the treadmill's speed. Press it briefly for a slow decrease with 0.1 km/h, or keep it pressed to continuously decrease the speed with 0.5 km/h.

Start/Stop: Start: In stand-by mode, press the start/stop button to start your treadmill. After a 3-second countdown, the treadmill starts at a speed of 1.0 km/h.

Stop: Press the start/stop button during your session to stop.

Resume: Briefly press the start/stop button while your treadmill is paused to resume your session at a speed of 1.0 km/h.

Incline (): Briefly press the incline button to increase the incline of your treadmill by 1 level.

Decline (): Briefly press the decline button to decrease the incline of your treadmill by 1 level.

Program/Mode (P/M): Press the P/M button to scroll through the 12 preset programs (P1–P12).

Press **START/STOP** to select a program. Each program has fixed time and speed settings that adjust automatically. You can view their details on page 37. Set your own workout target in Mode:

after P12, press P/M again to enter Mode

(custom settings). In Mode, you can set your own workout target:

Time (default: 30:00)

Distance

Calories (default: 300)

Press P/M to switch between Time, Distance, or Calories. Use the +/– button to adjust the selected value. Press START/STOP to begin.

Speed and incline can be adjusted manually at any time using the +/– buttons.

3 button (3): Directly set speed to 3.0 km/h.

6 button (6): Directly set speed to 6.0 km/h.



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.

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. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.