

USER'S MANUAL
MOTORIZED TREADMILL
SP36162

1. CAUTION

To avoid any hurts, please read this manual carefully before using.



- For safety purpose do not stand on running belt while start.
- Please stop immediately for any feeling of vomit、jerky during using.
- Please increase speed slowly if needed.
- Adjustment of belt is prohibited during using.
- It is suggested to wear sports shoes when using the machine.
- Children、elder、pregnant women、patients are prohibited to use the machine.
- Please clip the safety key on your clothing during using.
- Please firmly hold the hard bars during using.

2. SAFETY NOTIICE

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
 - ① Outdoors.(The machine is specially designed for indoor use only)
 - ② Slant ground or slant places on balcony.
 - ③ Sunlight area or near heater.
 - ④ Big noisy places.
- Error may be appeared if the power is not stable. Please do not use the same socket together with computer、air conditioner etc.
- It is suggested to wear sports shoes and gym suit when use the machine.
- Please increase or decrease speed slowly.
- Be careful of children or other objects while fold and unfold the machine.
- Do not put the machine near to wet object. Error maybe caused by waterdrop.

3. CAUTION DURING USE

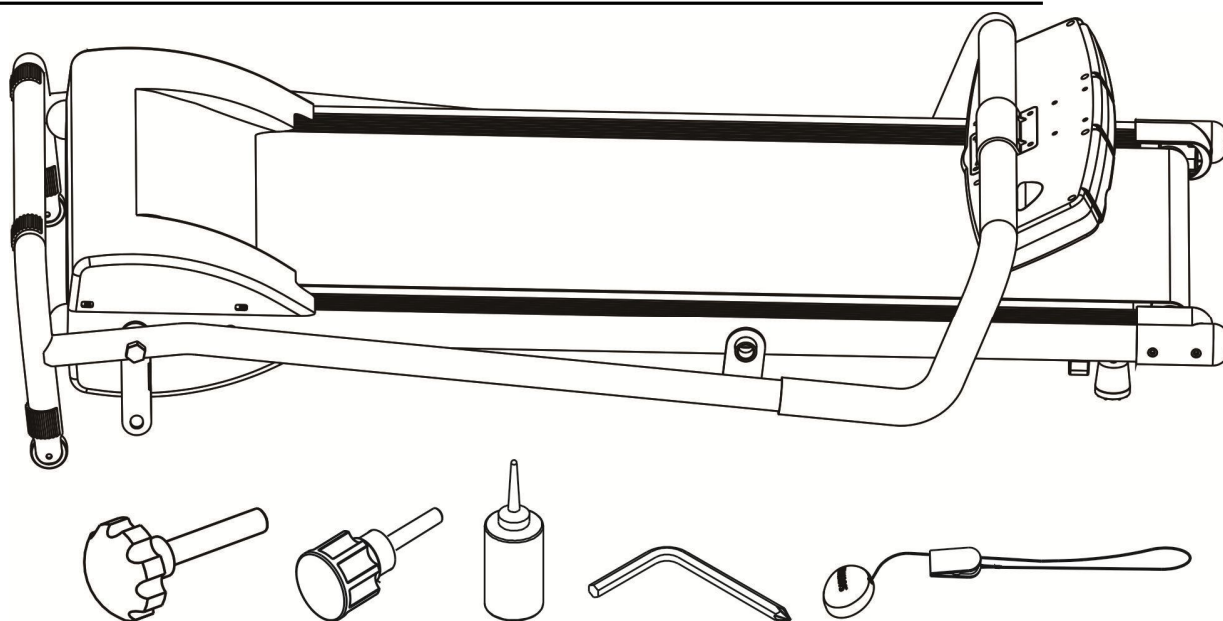
- If you do not feel well before using, please consult with your doctor or coach.
- It is not our company's responsibility for any improper use by user to cause body injured.
- Please pull up plug after using.
- Please pull out plug for any movement or change parts for the machine.
- Children、elder and pregnant women are prohibited to use the machine. Patients need doctor's consultant before using.
- Please place the machine on flat places. Do not locate any objects 2M behind the machine.
- Do not start the machine when it is folded.

- Waterdrop is prohibited to run into the machine , especially to motor, power line and plug.
- Danger may cause if wearing long dress or other unsuitable dresses during use.
- Encloser spaces, air uncirculated places and with flammability places are prohibited to use the machine.
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without conduct of professional person.
- Please make sure the running belt is fastened before using.

4. Technical Specification

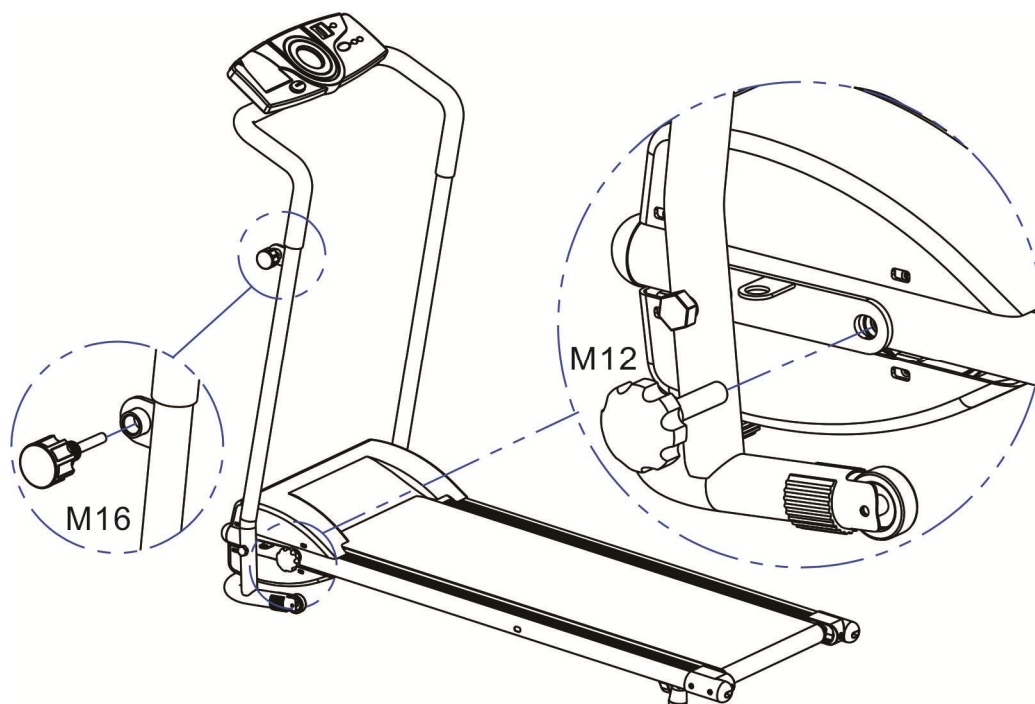
Product Name	Treadmill
Voltage	230-240V
Frequency	50Hz
Speed	1.0-10.0KM/h
User Capacity	100KG

5. Hardware and Tools



Serial NO.	Part Name	Spec	qty	unit
	Main Frame			
	Fix knob	M12*20	1	PCS
	Stretch Knob	M16*35		PCS
	Silicone oil			PCS
	Hex Wrench		1	PCS
	Safety key	Red	1	PCS

6. Assemble Instruction



Put M16 stretch knob and M12 fix knob to the places as the picture show, then put safety key on the yellow area of panel.

7. Control Panel

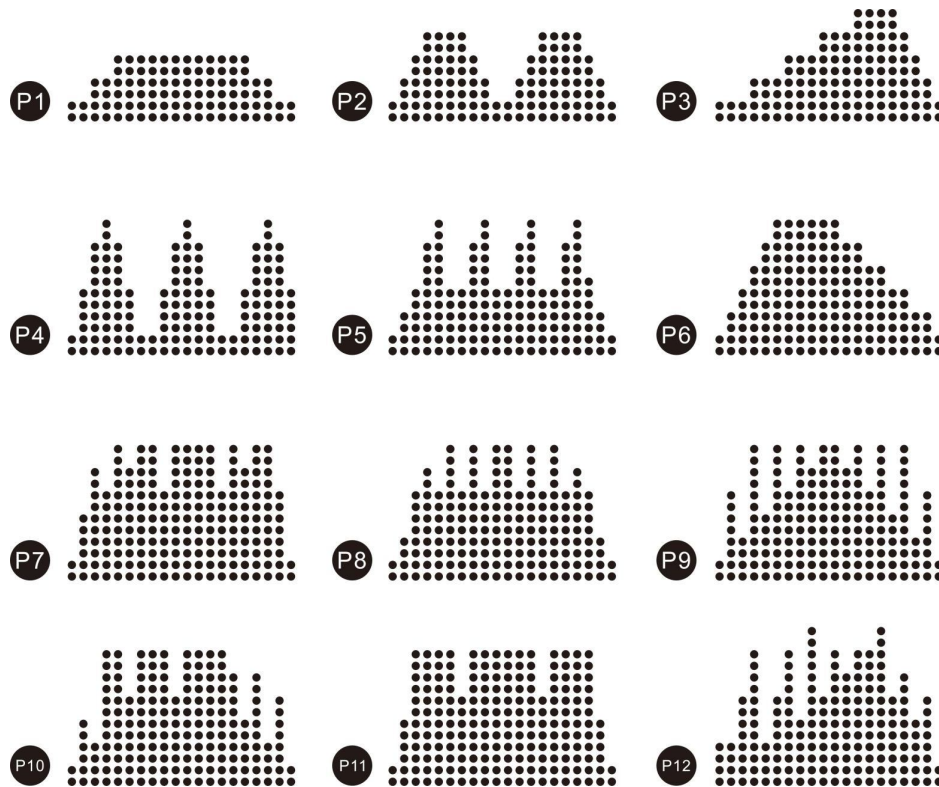


1. Check that the red power switch on the back of the machine is turned off.

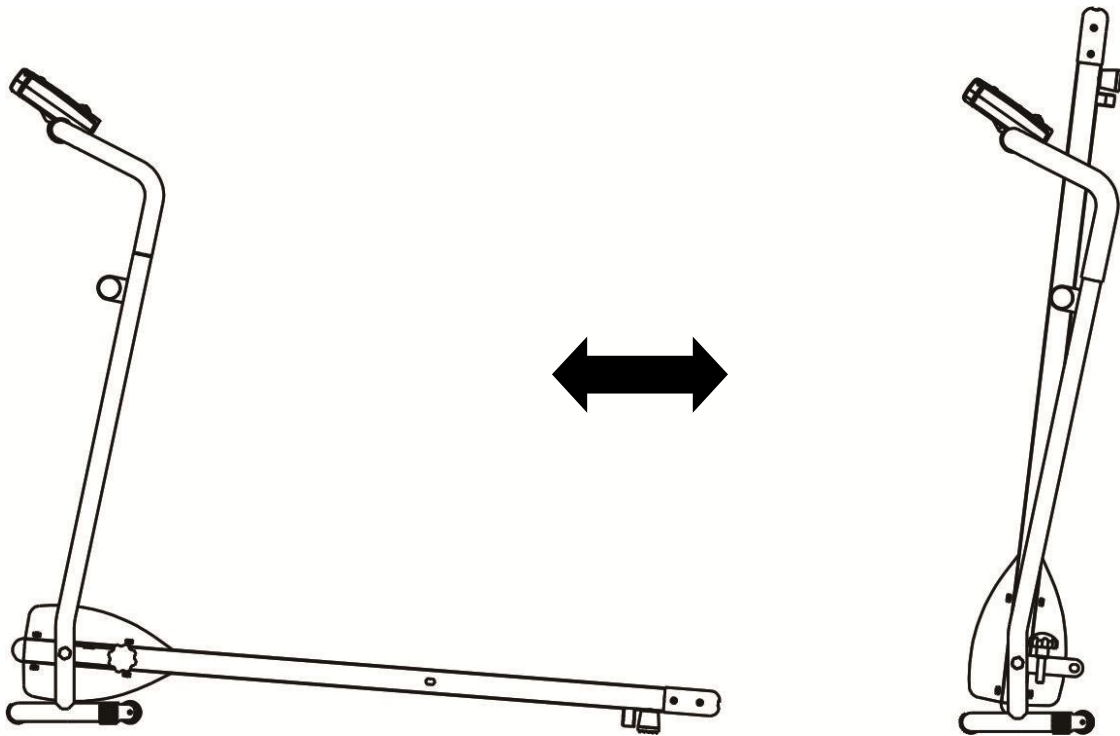
2. The power supply socket should be turned off at the wall, then insert the power cable into the wall and at the back of the machine.
3. Turn on the power supply at the wall and turn on the red power switch at the back of the machine.
4. Place the emergency stop safety key on the front of the console. Clip the other end of the safety key onto your clothes and stand on the running belt facing the console.
5. Press the "LIGA/DESLIGA" key, the machine will start at 1.0KM/h after 3 seconds.
6. Press "+" key to increase the speed and "-" key to decrease the speed. The fastest speed is 10.0M/h and lowest is 1.0KM/h.
7. Press "MODO" key, the screen will show Distance, Time, Calorie.
8. 12 programs range from P1-P12. When in stand by PROG, press "PROG" key to set the programs then press "LIGA/DESLIGA" to start the machine.
9. Touch the heart sensors, the screen will show heart rate frequency..
10. In case of emergency, please pull out safety key. The machine will stop very slowly.
11. To stop the machine you can also press the " LIGA/DESLIGA ".
12. Press Reiniciar key, all data will cleared to standby status.

PRE-SET PROGRAMS x 12

The speed and time of the pre-set programs are fixed and cannot be changed.
The default time for the pre-set programs is 30 minutes.



8. Fold and Unfold



Fold :

Turn on the fixed knob then lift the running board to assemble the machine. Pull out the tension knob, aimed at the platform then release the knob to fix the machine. Move the machine.

Unfold :

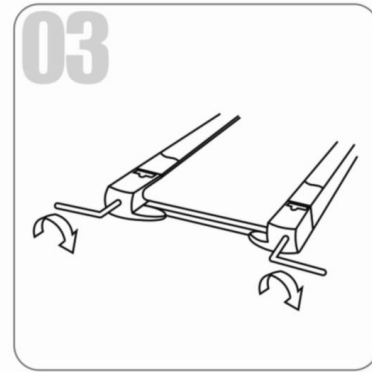
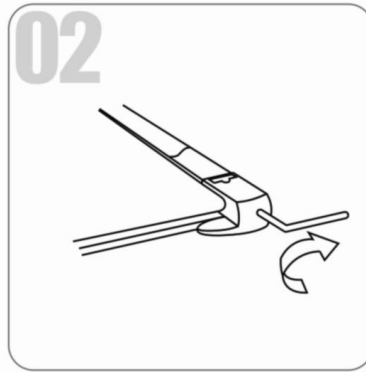
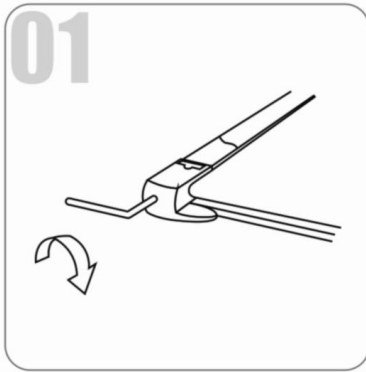
Pull out the tension knob then fall down the running board and fix the machine with the fixed knob then use the machine after electrify.

9. USAGE OF SILICONE OIL



Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine. This can save lifetime of parts properly.

10. Runbelt Adjustment



(1) Running belt deviate to left

Start the machine by speed at 2.0-3.0KM/h without loading, use die nut to make the screw go 1/4 circle(see fig1). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

(2) Running belt deviate to right

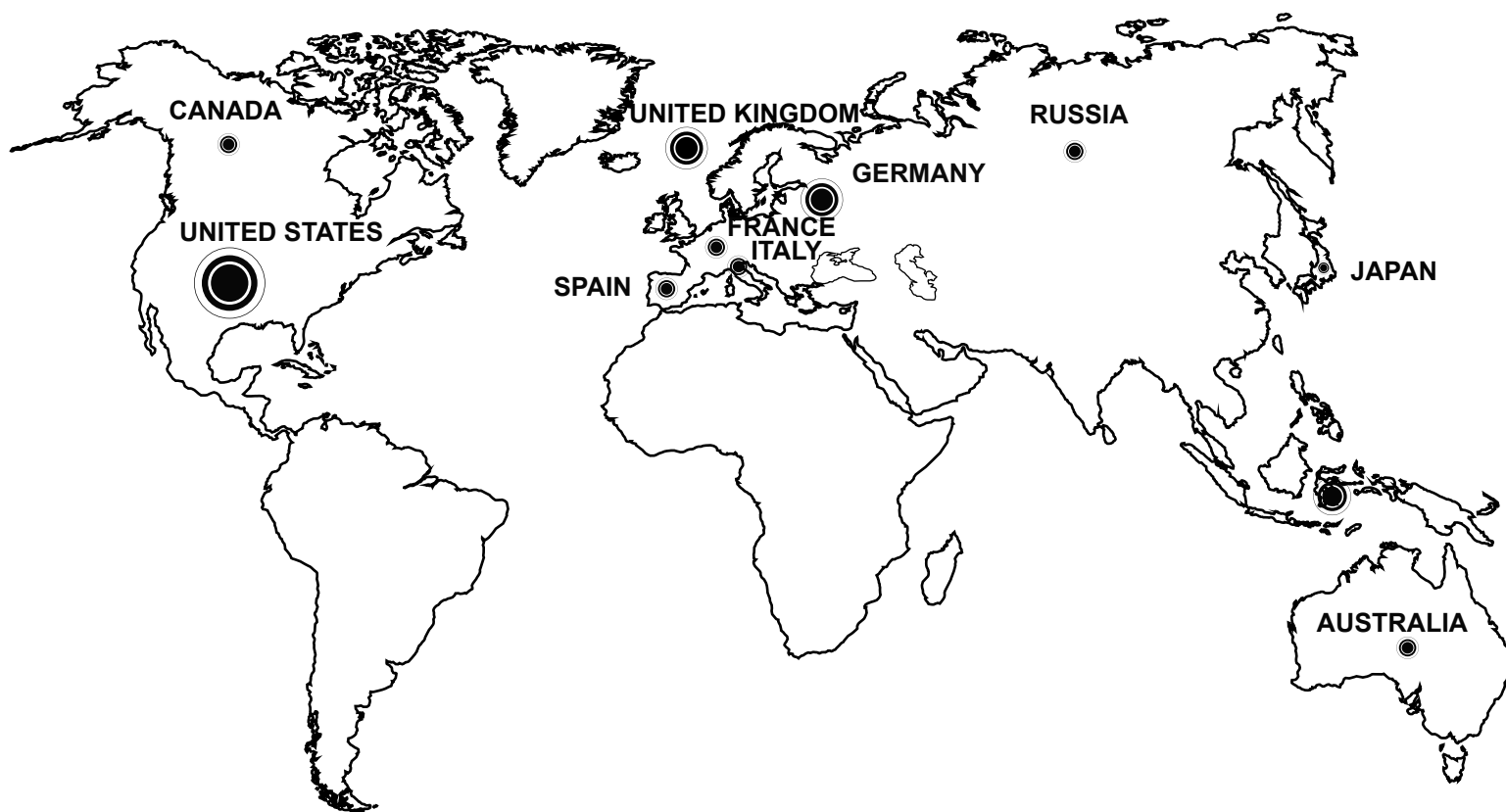
Start the machine by speed at 2.0-3.0KM/h without loading, use die nut to make the screw go 1/4 circle(see fig2). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

(3) Running belt logjam

If the running belt is in dead condition, use die nut to make the screw 1/2 circle both left and right till this logjam solved.

11. DAILY MAINTAINANCE

1. Please disconnect power before checking the machine or cleaning.
2. Clear belt and dial plate after use, at least once a week.
3. Check and tighten screws and spines at fixing point.
4. Do not hang clothes or other objects on the machine.



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★★★★★ Great products so far

February 24, 2018

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