CANADA

UNITED KINGDOM

RUSSIA

GERMANY

UNITED STATES

FRANCE
ITALY

JAPAN

SPAIN

AUSTRALIA

COSTWAY
SHOP EASY. SAVE MONEY.

TIPS:

Your suggestions and comments for Costway are really important to us!
We sincerely solicit you to go back to our shop and leave a good rating in just a
simple click. It would be quite encouraging if you could kindly do so like below:
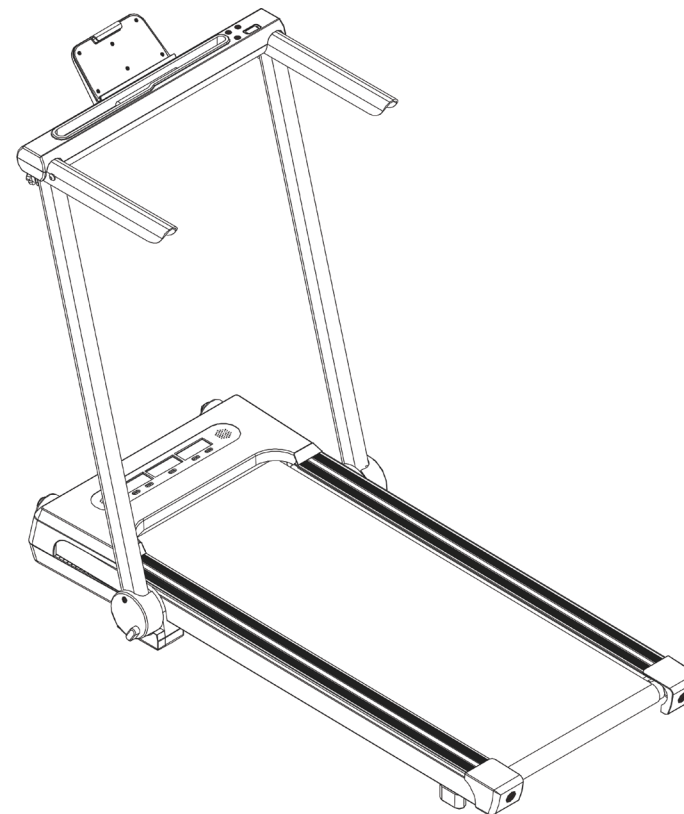
★ ★ ★ ★ ★ Great products so far

February 24, 2018
Great product so far. Fast delivery, easy setup, and working without any issues.

With your inspiring rating, Costway will be more consistent to offer you
EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

US office:Fontana
UK office:Ipswich

COSTWAY
SHOP EASY. SAVE MONEY.

USER'S MANUAL

Home Use Treadmill
SP37179

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 handle bars during using.

2. SAFETY NOTICE

- 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 may be caused by water drop .

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.
- Enclosed 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.
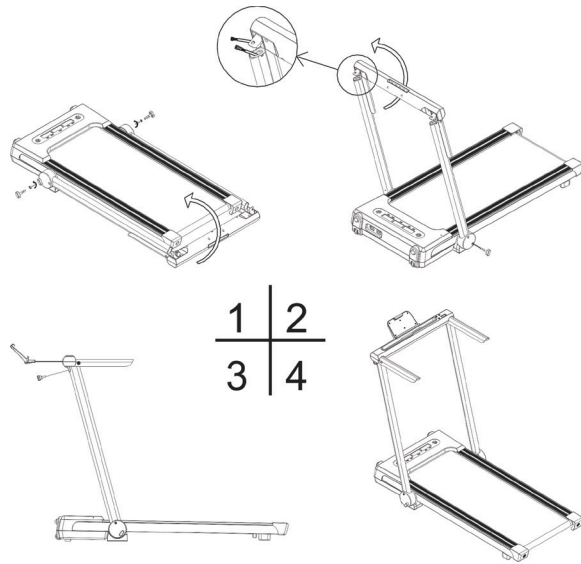
4. Technical Specification

Product Name	Treadmill
Voltage	110V
Frequency	60Hz
Speed	0.5-7.5mph
User Capacity	220LBS

5. Product Spare Parts
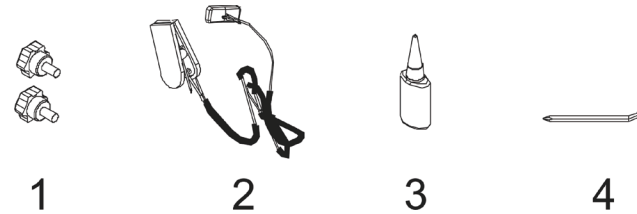
Serial NO.	Part Name	Spec	qty	unit
1	Rotary knob	M8*20	2	PCS
2	Safety key		1	PCS
3	Silicone oil		1	PCS
4	Wrench		1	PCS

6. Assemble Instruction
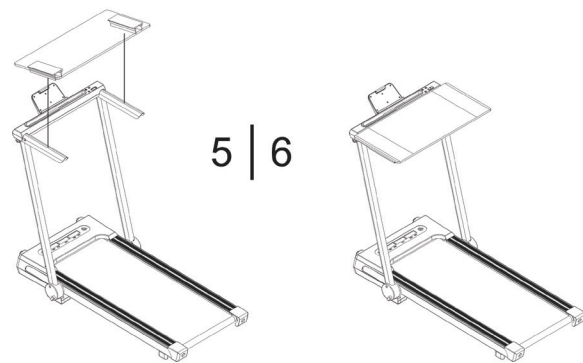
1. Place the treadmill flat on the ground, unscrew the knob below the upright and take it out, then hold the upper armrest and pull up the upright tube.
2. Pull the upright down to the corresponding position, put the knob just removed back to the original position, and lock it. Connect the connection line of the tube, lift the upper armrest, and then lay it flat.
3. Use the knob M8 * 20 to fix the upper armrest on the upright, align the iPad holder with the opening of the panel, and slowly insert it.
4. Complete the installation of the treadmill.

5. Place the desktop board directly above the upper armrest, align the instrument armrest card holder with the armrest,
6. And then press it slightly to keep the desktop board horizontal (the armrest card holder will stick to the desktop board in advance).

7. Control Panel

TIME   CAL.   SPEED   DIST.   STEP
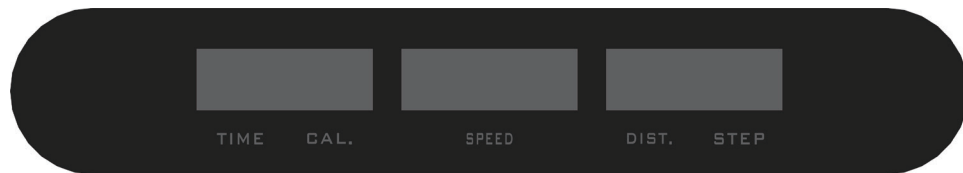
1. Window display

1.1 "TIME", "STEP" window: display exercise time and step number. The forward counting time is from 00:00 to 99:59; the countdown decreases from the set time to 00:00. When the countdown (setting range: 5: 00 ~ 99: 00) to 00:00, the treadmill stops smoothly and stops at a slow speed Run and display "End", and enter standby mode after 5 seconds. "STEP" window:Forward step count is from0~9999.when forward counting reaches the top point,it will recount.
1.2 "DISTANCE", "CALORIES" window: display the current exercise distance and calories. The distance forward counts from 0.00 to 99 miles, and restarts counting from 0.0 after overflow; the countdown distance (setting range 1 mile to 99 miles) decreases from the current set value to 0.0, after which the treadmill stops and displays End, After 5 seconds, it enters standby mode. The positive calorie count starts from 0 to 9999, and starts counting again from 0 after overflowing. When the calorie counts down (setting range 20 to 990), it starts to decrease from the set value to 0, and after the countdown reaches 0, the treadmill smoothly slows down. Stop running and display "End", and enter standby mode after 5 seconds. Press the "mode" key in the state of exercise to switch the cycle display or fixed display of exercise distance and calories.
1.3 "SPEED" window: display the current speed value, setting and display range 0.5 ~ 7.5MPH. The step by pressing the plus and minus keys is 0.1MPH. P1 ~ P12 are displayed under the setting of automatic program selection.
1.4 After the treadmill is started, each display item is cycled at an interval of 5 seconds. You can press the "mode" key to switch between cycle display and single item display.
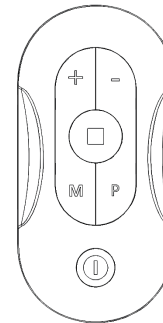
The treadmill has two pairing states:
1. The first time the power is turned on, the treadmill displays BOND and waits for pairing until the pairing is completed. At the same time, press the remote control speed reduction and mode keys for more than 3 seconds. pair. 2. Power on for pairing, press the remote control speed minus and mode keys simultaneously for more than 3 seconds, the remote control enters the pairing state, release both buttons at the same time, and power on the treadmill within two seconds Time).

2. Remote control buttons

2.1 "Start / Stop" key: If you press the start key in standby mode or countdown mode to start the treadmill, the default speed is 0.5MPH. If you press Start under the fixed program, the treadmill will act according to the preset value and accumulate the value.
2.2 "Start / Stop" key: Press this key in the running state to decelerate and stop the exercise and return to the standby interface. Press the stop button for more than 2 seconds, the system restarts.
2.3 "Acceleration" and "Deceleration" are speed increase and decrease keys: setting status, used to adjust the setting value. It is used to adjust the speed after startup, and

its adjustment amplitude value is (0.1MPH) / time. When it is continuously pressed and held for no more than 0.5 seconds, it will continuously increase or decrease. It can be used to adjust the value in the setting state.

2.4 "Mode" key: Select the mode to be switched in the pending state. Including time countdown (setting range 5: 00 ~ 99: 00), distance countdown (setting range 1 ~ 99), calorie countdown (setting range 20 ~ 990). Switch between cycle display and fixed display after the treadmill starts.

2.5 "Program" Set automatic programs P01 ~ P12, a total of 12 fixed programs.

2.6 "Emergency Stop" key: Press this key in exercise state to stop the treadmill in a shorter time than normal stop, and return to the standby interface.

3. function mode description

3.1 Sports Mode: Press the START key to start quickly, the SPEED window displays "3 2 1", the treadmill executes P00, the time is counted (0: 00 ~ 99: 59, overflow is re-timed from 0: 00), the default speed is 1.0MPH, Press the speed plus or minus button to adjust the speed.

3.2 Countdown mode: In standby mode, press the mode key to enter the time countdown (time range 5: 00 ~ 99: 00, default 30:00), distance countdown (distance range 1 mile ~ 99 mile, default 1.0 mile)), Calorie countdown (calories range 20 ~ 990 kcal, default 50 kcal).Use the speed plus and minus keys to set the relevant countdown value. After the setting is completed, press the "Start" key to start the treadmill. The treadmill starts counting down from the set value and counts down to 0. The treadmill stops automatically and The corresponding window displays "End" and enters standby mode after 5 seconds.

3.3 Fixed program (P01 ~ P12): Press the mode button continuously to select one of the modes P01 ~ P12. The default is 30:00. Press the START button to execute the program. The treadmill operates according to the preset value of the fixed program. The time interval (Time / 20) * Change the speed once in 60 seconds. The speed plus and minus keys cannot adjust the speed during running. Each program changes by 20 segments. See the fixed program table for preset fixed program values.

$\oplus$ $\ominus$

$\textcircled{\small{\char"23FB}}$

4. Panel buttons

4.1 "Start / Stop" key: If you press the start key in standby mode or countdown mode to start the treadmill, the default speed is 0.5MPH. If you press Start under the fixed program, the treadmill will act according to the preset value and accumulate the value.

4.2 "Start / Stop" key: Press this key in the running state to decelerate and stop the exercise and return to the standby interface. Press the stop button for more than 2 seconds, the system restarts.

4.3 "Acceleration" and "Deceleration" are speed increase and decrease keys: setting status, used to adjust the setting value. It is used to adjust the speed after start up, and its adjustment amplitude value is (0.1MPH) / time. When it is continuously pressed and held for no more than 0.5 seconds, it will continuously increase or decrease. It can be used to adjust the value in the setting state. .

8. USAGE OF SILICONE OIL

Pull up tightly of the running belt. Then put the silicone oil to running board. Then start the machine to run 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.

9. Running Belt Adjustment
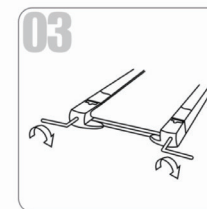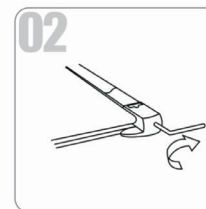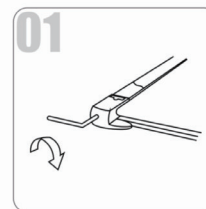
(1) Running belt deviate to left

Start the machine by speed at 0.75-1.2MPH 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 0.75-1.2MPH 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.

10. 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.