

# Treadmill User Manual

Model: V9

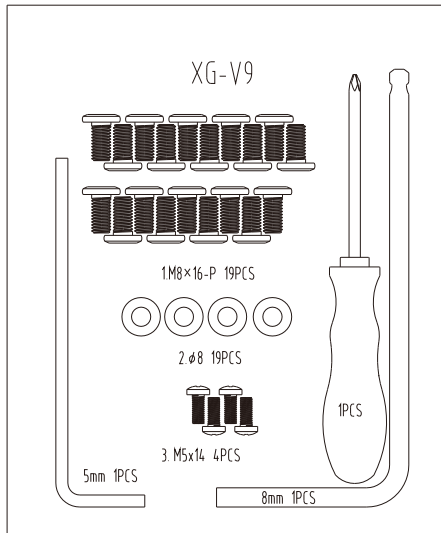


## Assemble manual:

Attention 1: It takes 2 person to assemble this treadmill.

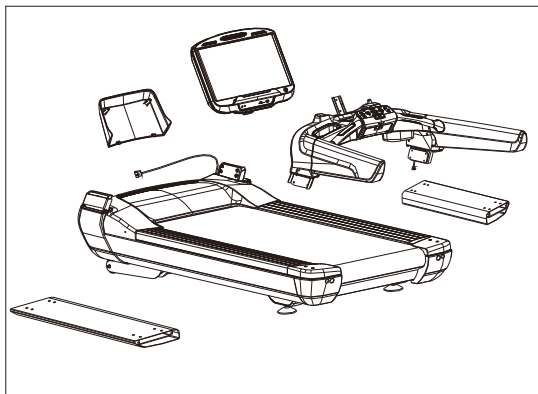
Attention 2: Because of high quality oil for running belt, it's normal to leave little oil stain on packages after shipping.

Attention 3: Please use the special tools and screws in workbag as below.



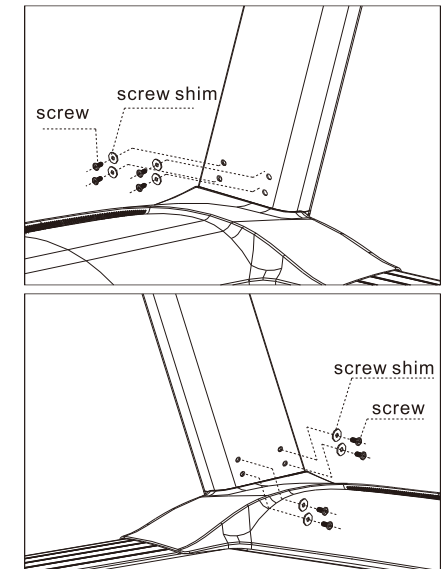
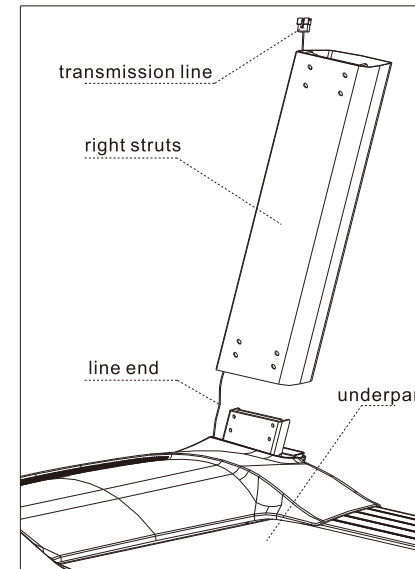
### Step 1: Take all parts out.

Handle with care and don't leave any parts out.



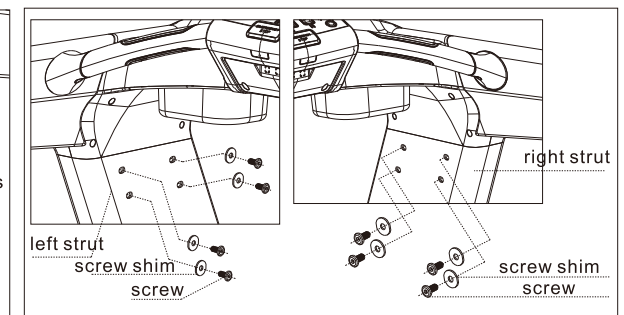
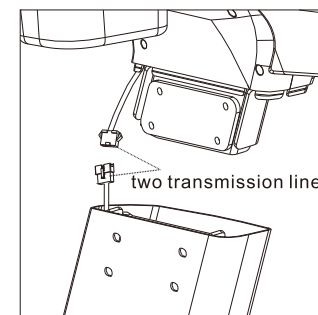
### Step 2: Install struts.

Put the underpan away and take both struts out. Make the data transmission line through right side strut. Then fasten the screws on the bottom stand pillar with tools. Also, tighten the other side strut as the same way.



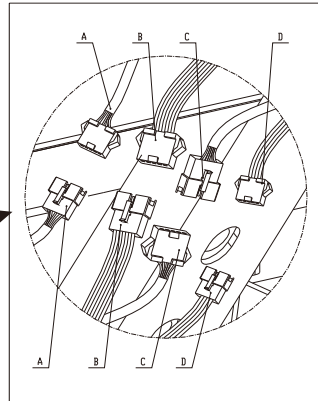
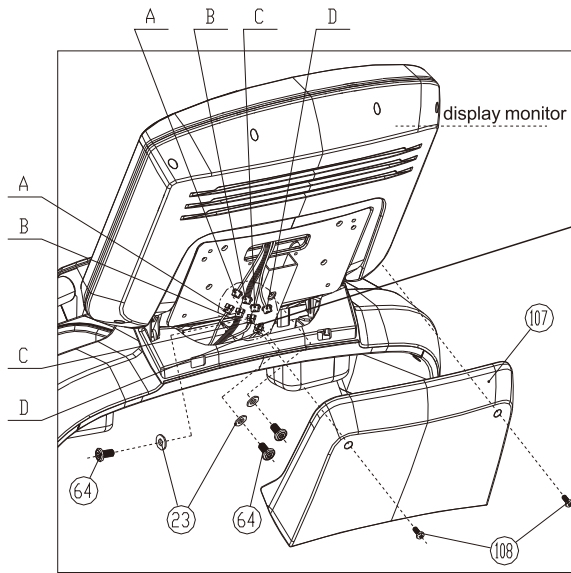
### Step 3: Install top console.

Raise the console above struts, connect two data transmission lines first, then plug the top console in struts (Attention: Avoid squeezing the data transmission lines). And fasten the screws on the upper standing pillar with tools.



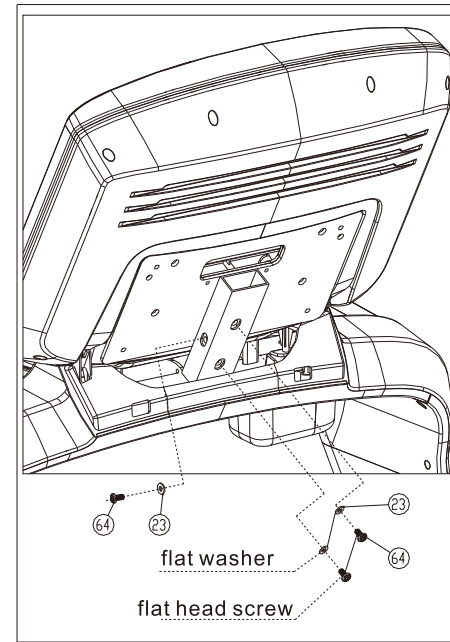
## Step 4: Install the display monitor.

1. Take the display monitor out. Separate the monitor and decorative cover, connect the multi-core wire(A connects A, B connects B, C connects C, D connects D) and sort out.
2. Insert display monitor into top console, then fasten the screws.
3. Make sure of the display monitor, fasten the back decorative cover with tools.

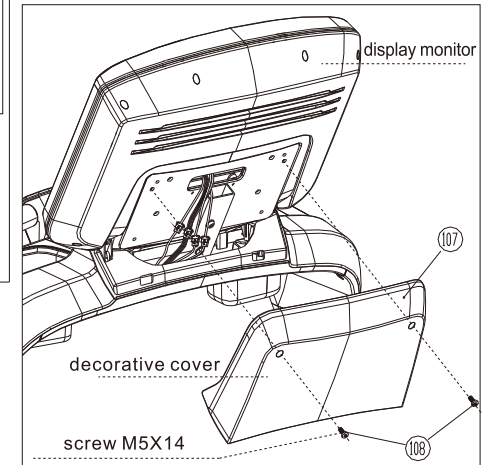
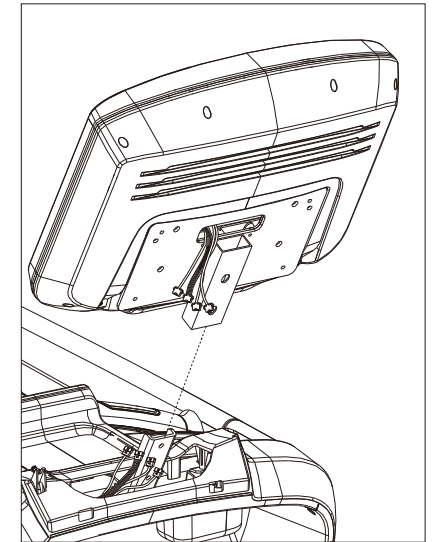


A:6 cores wire  
B:7 cores wire  
C:6 cores wire  
D:4 cores wire

- (23)flat washer  
(64)flat head screw M8x16  
(108)self-tapping screw M5x14  
(107)monitor back



flat washer  
flat head screw



## Product Introduction

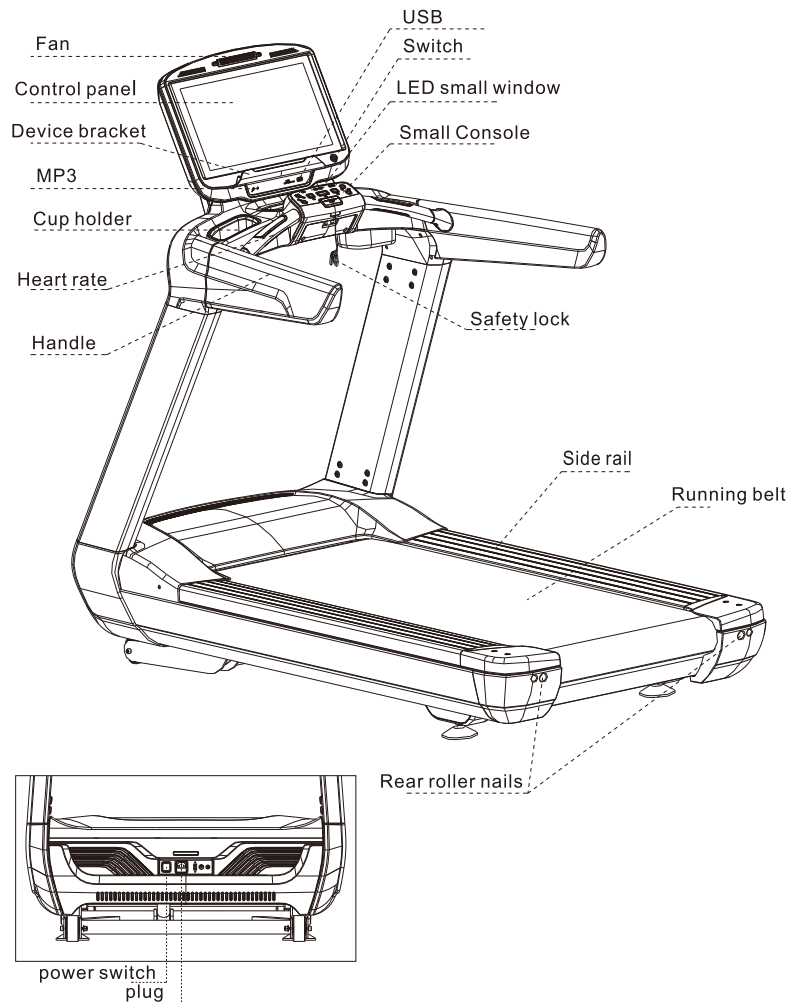
Exercising regularly on the treadmill is beneficial for your health.

For Respiratory system: Improves myocardial function, increases cardiopulmonary after exercise.

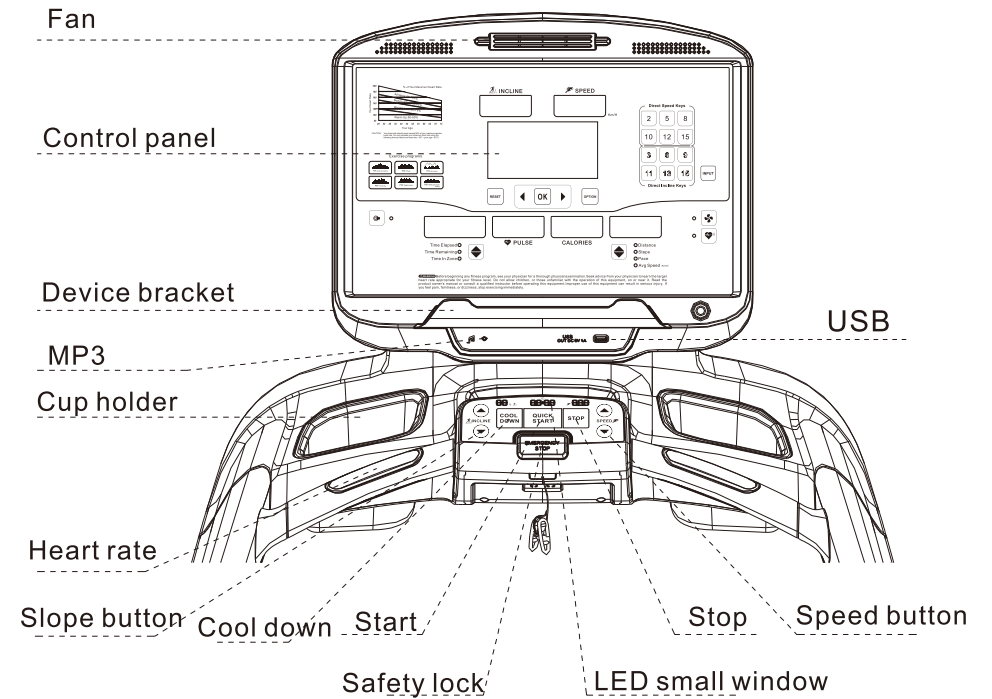
For Nervous system: Fresh the mind and improve ,has great analytical action after exercise.

Metabolism: Activate many factors in your body, and it is good to effectively accelerates bone growth after exercise.

Immunologic function: Lower blood pressure, boost the immune system and improve immune response and resistance to disease to disease after exercise.



Familiar with all parts as below before reading other words.



## Special Programs

Fixed program1:Weight loss

Fixed program2: Fat burning

Fixed program3: Climbing

Fixed program4: Middle age training

Fixed program5: Elderly training

Fixed program6: Race

Fixed program7:Women physical keeping

Fixed program8: Speed interval training

Fixed program9: Slope interval training

Fixed program10:Men physical keeping

Fixed program11:Calorie countdown

Fixed program12:Distance countdown

Heart rate control speed: HRC

1. Icon:Fan, Smart connection.

2. Function button:Start, Stop, Speed+, -, Slope+, -, Cooling down, Speed select key2, 5, 8, 10, 12, 15KM/H, Slope select key3, 6, 9, 11, 13, 15%, Confirm the entry key, off the screen key.

3. Function button manual:

A.START:Start the treadmill motor.

B.STOP:Stop the treadmill motor.

C.Speed Key:Click + or -, can change the speed.

D.Slope Key:Click + or -, can change the slope.

E.Speed Select Key:2, 5, 8, 10, 12, 15KM/H, directly to exact speed.

F.Slope Select Key:3,6,9,11,13,15%, directli to exact slope.

G.Right: Countdown mode, key switch: Time-Distance-Calorie

Fixed mode, key switch:P01->P12。

Heart Rate Speed control : HRC1->HRC2.

H. Left: Countdown mode, key switch: Calorie-Distance-Time

Fixed mode, key switch:P12->P01

Heart Rate Speed control : HRC2->HRC1

I. Reset button: In the non-standby situation, reset the treadmill.

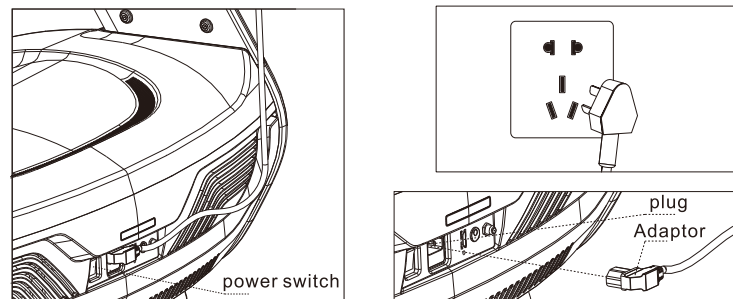
J.Off screen button: Control the screen on or off.

K. Fan button:Button cycle:level 1-level 2-level 3

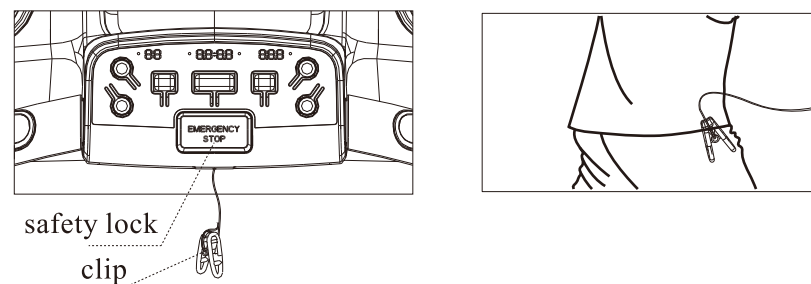
L. Cooling down button, press it when running: Running time over 19 mins,it will need 5 mins to cool down; Running time not exceed 19 mins, it will need 2 mins to cool down.

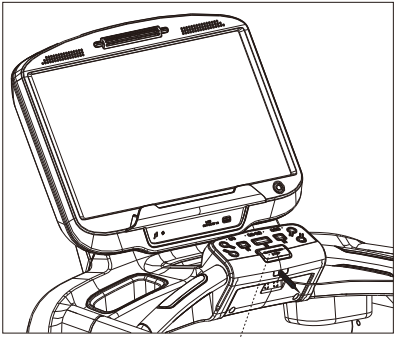
## Start the treadmill:

Remove the power cord, Insert one side into the rear of the treadmill then insert the other side into power supply.



Please make sure the safety lock before running, clip one side on runner's clothes.

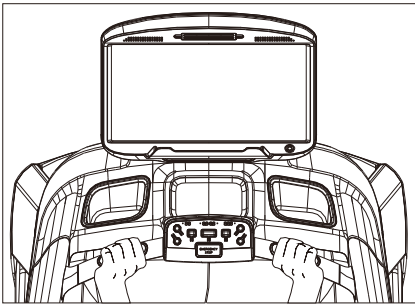




pull down

Pull down the safety switch, when you feel uncomfortable. Then timely medical treatment.

### Heart Rate Manual:



Put your both hands on the touch sensor that will show the heart rate.

Normal heart pulse reference

| Times/min | Pulse range |     |     |     |         |     |    |
|-----------|-------------|-----|-----|-----|---------|-----|----|
| 165       |             |     |     |     | High    |     |    |
| 145       | 155         |     |     |     | Regular |     |    |
| 125       | 138         | 145 |     |     | Low     |     |    |
|           | 120         | 130 | 140 |     |         |     |    |
|           |             | 115 | 125 | 130 |         |     |    |
|           |             |     | 110 | 118 | 125     |     |    |
|           |             |     |     | 105 | 110     | 115 |    |
|           |             |     |     |     | 95      | 100 |    |
| ♥         |             |     |     |     |         | 90  |    |
| Age       | 20          | 30  | 40  | 50  | 60      | 70  | 80 |

Maximum heart rate of exercise:  
 $220 - \text{age} = \text{Max heart rate}$

Fat reduction:  $(60\% \sim 80\%) * \text{Max heart rate}$ ;  
 Improve heart and lung function:  $(70\% \sim 80\%) * \text{Max heart rate}$

Note: Keep the movement for more than 30 mins.

### Daily Maintenance:

Because of the environment change or long time using, the running belt may deviate, so that need to adjust the running belt by hand.

WARNING: When adjusting the running belt, it is forbidden to touch the belt when the running belt is in a rotating state !

### How To Adjust The Running Belt Elastic:

When using treadmill sometimes abrupt, please stop using immediately it means the running belt too tight .

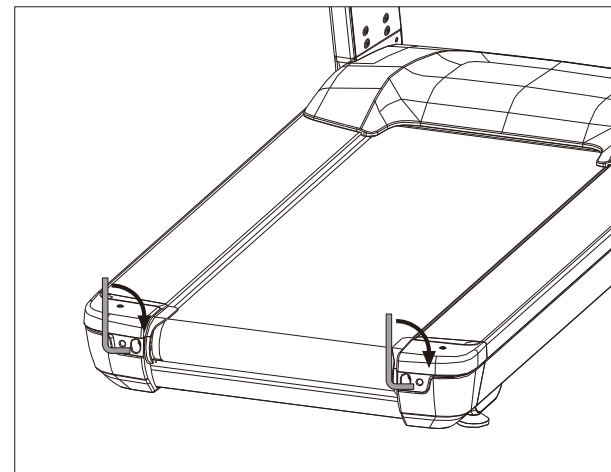
keep the speed 2km/h, stand on treadmill, use your feet to hold the running belt with your max strength.

Listen if there is sound from front roller.

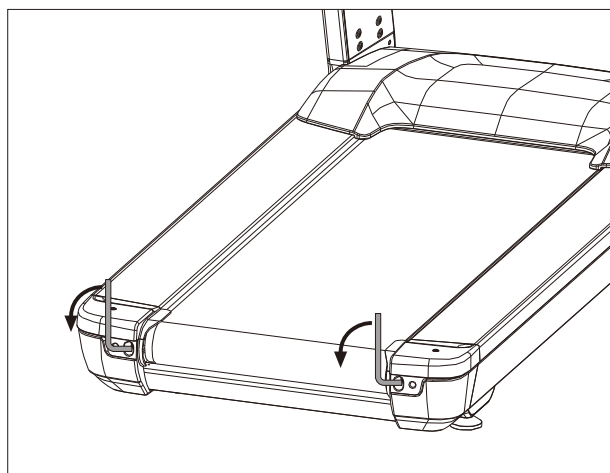
If the front roller keep moving but with big noise, it means the running belt is too loose.

If with small noise and front roller stop running, it means the motor belt too loose.

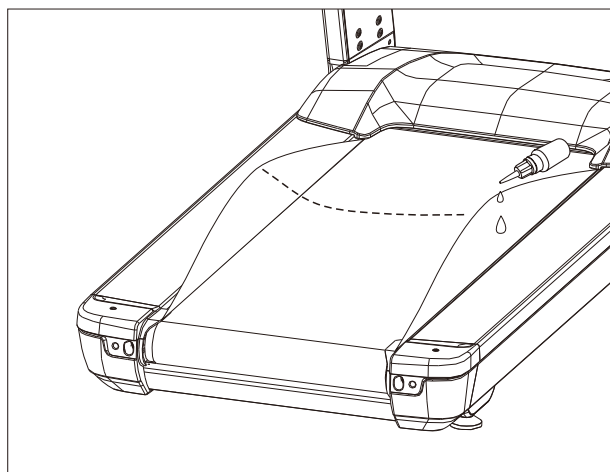
#### 1. Tight the running belt.



## 2. Loose the running belt.



## How To Clean&MaintainThe Running :



1. Stand at the end of machine, then pull up the running belt then use dry textile clean the running board.
2. Highly suggest to clean the board every 6 months .

## Trouble Shooting

| FAILURE  | REASON                       | SOLUTION                              |
|--|------------------------------|---------------------------------------|
| Safety key off   | A Safety key off             | Put the safety key on                 |
|  | B Magnetic sensor fail       | Adjust the magnetic to right position |
| E01-Signal problem<br>(No signal to drive)<br>E02-Signal problem<br>(No signal to display) | A Signal cable wont connect  | Reinstall line                        |
|  | B Signal cable broken        | Change the line                       |
|  | C Display signal line broken | Change display                        |
|  | D Drive signal line broken   | Change drive                          |
| E07 - Over voltage protection  | A Voltage not stable         | Restart                               |
|  | B Voltage too high           | Use voltage stablizer                 |
| E04-Incline motor problem  | A Motor cable won't connect  | Check the motor cable and reconnect   |
|  | B Incline motor broken       | Change incline motor                  |
|  | C Drive problem              | Change driv e                         |
| E12-Over current protection  | A Over loading capacity      | Restart the treadmill                 |
|  | B Transportation jam         | Adjust the part or add oil            |
|  | C Motor short circuit        | Change motor                          |
|  | D Drive burn                 | Change drive                          |
| E08-Motor or Invert problem  | A Motor cable not connect    | Reconnect the cable                   |
|  | B Motor broken               | Change new motor                      |
|  | C Motor run idle             | Current too low                       |
|  | D Invert problem             | Change new invert                     |
| E13/E14-Motor over loading capacity  | A Too much twisting force    | Adjust twisting force components      |
|  | B Morot problem              | Change new motor                      |
|  | C Transportation jam         | Adjust the part or add oil            |

D i s p l a y

### Example Warm-up Exercises:

Please do warm-up exercises before running on treadmill. And refer to the following warm-up method.

### 1. NECK EXERCISES

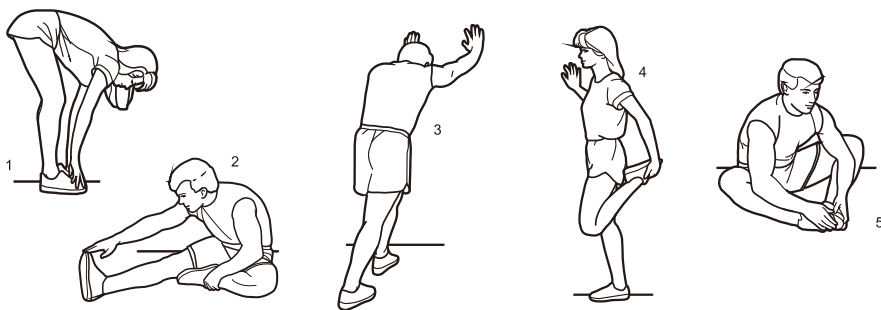
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

### 2. EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

### 3. ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



### 4. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

### 5. EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

### 6. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

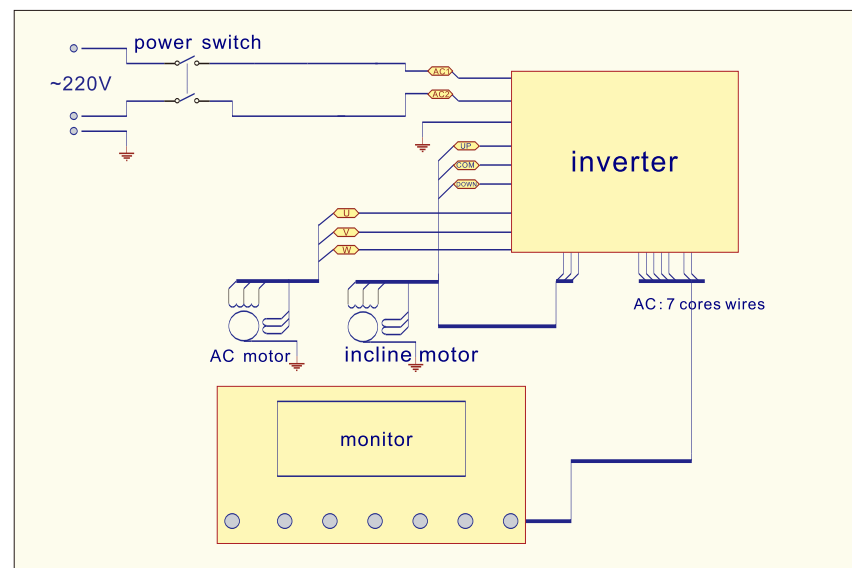
### 7. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

### 8. INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

## Circuit diagram



## Technical Specifications

|                        |  |                     |                     |
|------------------------|--|---------------------|---------------------|
| Operating Voltage      | voltage±10%(50Hz)  | Distance Display    | 0.1-99.9km          |
| User Weight            | ≤180KG   | Calorie Display     | 00-999kcal          |
| Dimensions             | 2083×951×1649mm  | Heart Rate          | 40-250beat/m        |
| Running Area           | 1500×585mm   | Speed Range         | 0.8-20km/h          |
| Machine Weight         | N.W.:217.5kg/G.W.:242.2kg  | Incline             | 0-21%               |
| Packaging Size (L×W×H) | 2170×1020×455mm<br>1050×1020×390mm   | Ambient Temperature | 0°C-40°C            |
|                        |  | Safety Protection   | Multiple Protection |
| Motor Power            | 220V AC  | Peak Power          | 7.0HP               |
| Time Range             | 00:00-99:59(min:sec)   | Driver              | 220VAC 10A          |
| Console Display        | Speed, Time, Distance, Calorie, Heart Rate, Running Program, Incline and so on |                     |                     |

\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.