

TCORX
FITNESS IN MOTION

INSTRUCTION



◀ **RAMBLER** ▶



Cod : GRLDTCORXRAMBLER

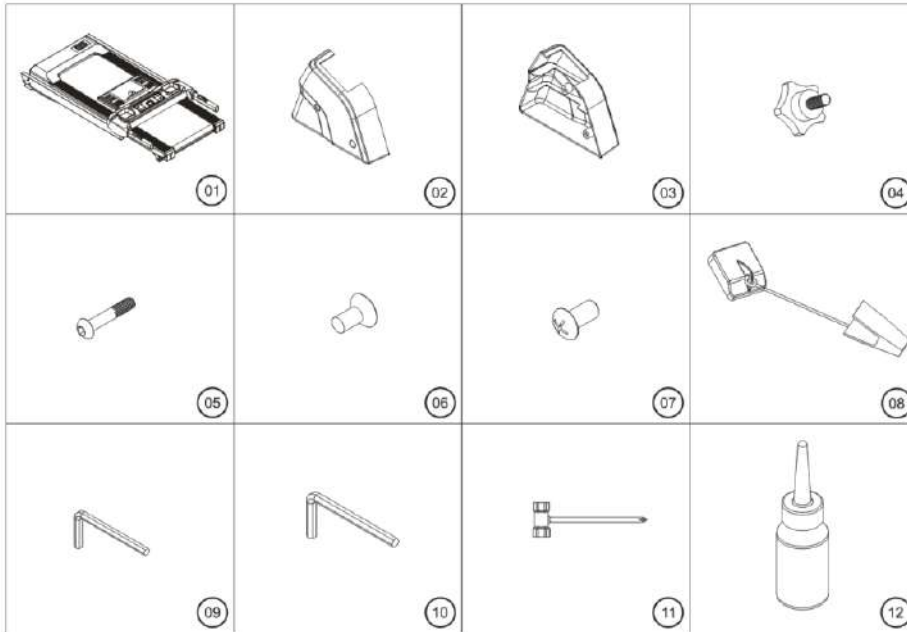
Rev : 00

Ed : 09/24



ASSEMBLY INSTRUCTION

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.

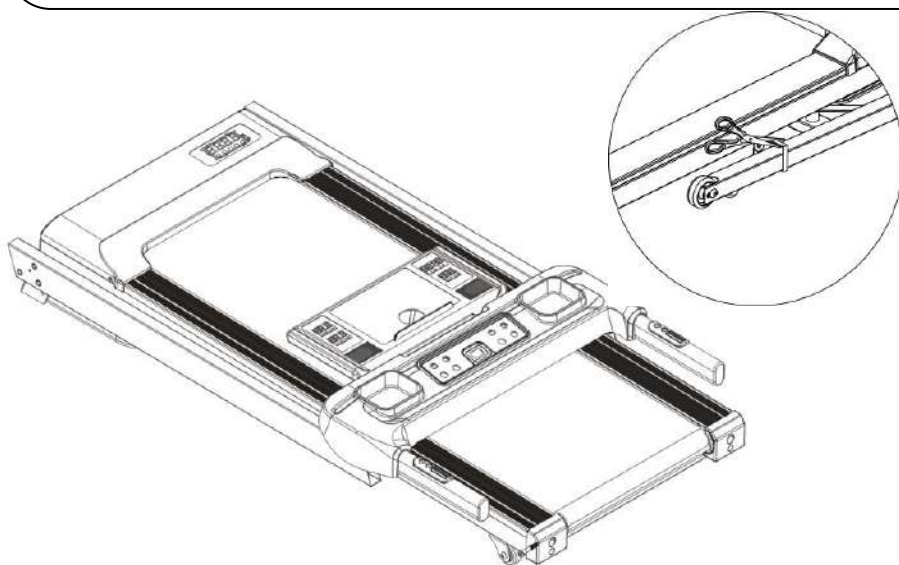


PARTS LIST					
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	TREADMILL	1	7	BOLT 5*12	4
2	LEFT BASE COVER	1	8	SAFETY KEY	1
3	RIGHT BASE COVER	1	9	WRENCH 5#	1
4	KNOB	1	10	WRENCH 6#	1
5	BOLT M8*40	4	11	SCREWDRIVER 13-14	1
6	BOLT M8*15	2	12	LUBRICATION OIL	1

ASSEMBLY INSTRUCTION

Step 1

1. Please note that this treadmill needs at least 2 people to finish the assembly.
2. Open the carton box, and take out all the protection foam and assembling parts.
3. Take out the treadmill from the box, lay it on the flat floor, and then Cut the zip ties between base and main frame.

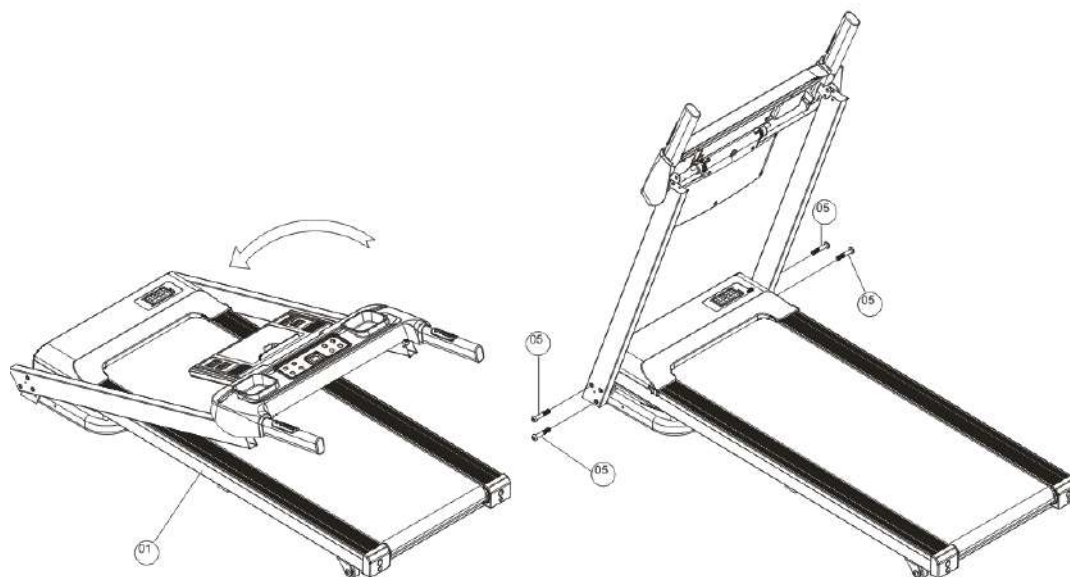


⚠ DANGER!

Do not cut the zip ties before moving the treadmill out from the carton!
Do not cut the zip ties until put the treadmill base on the flat floor!
Failure to do so could result in body injury!

Step 2

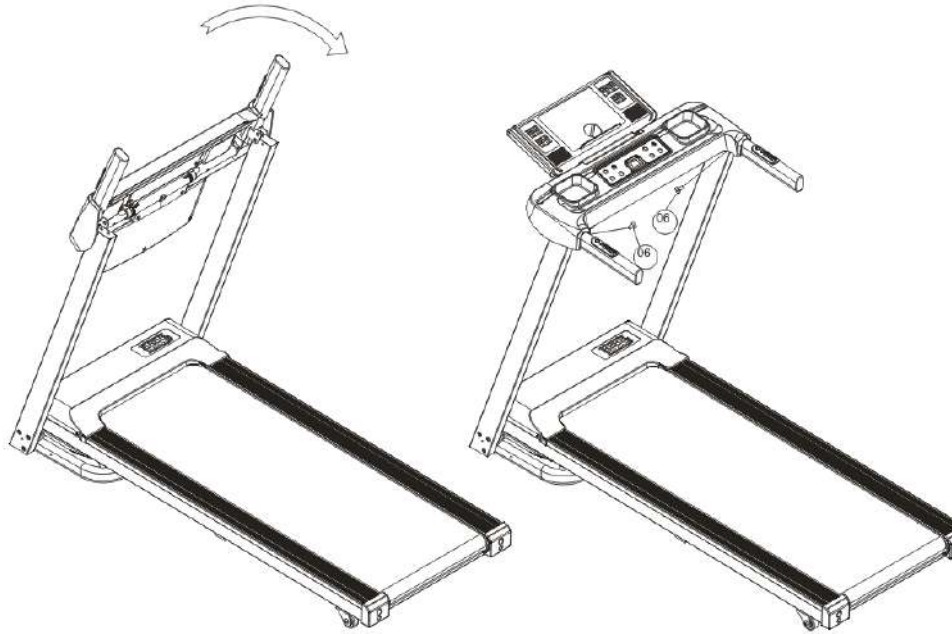
- 1) Lift up both left and right uprights in the direction of the arrow and align them with the threaded holes on the frame, be careful not to put your hands on the rotating area to avoid hurt.
- 2) Use the wrench 5#(09) to install the left and right uprights onto the main frame(01) with 4 bolts M8*40(05)



ASSEMBLY INSTRUCTION

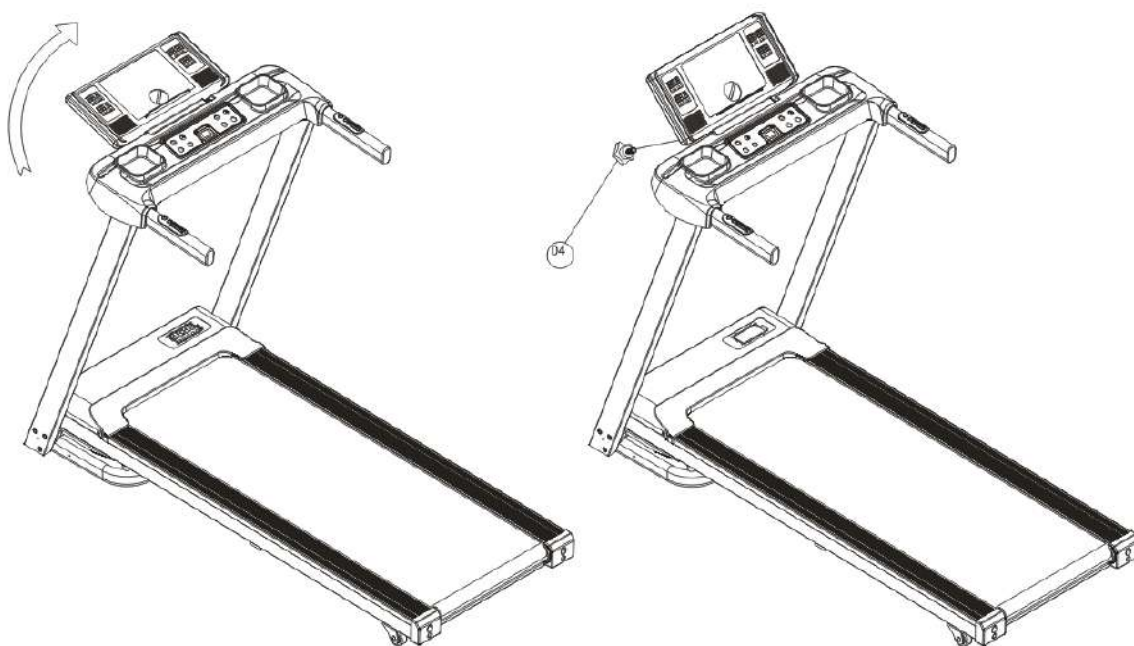
Step 3

- 1) Rotate the console in the direction of the arrow to the fixed position on the uprights.
- 2) Use the wrench 5#(09) to install the left and right uprights with 2 bolts M8*15mm(06)



Step 4

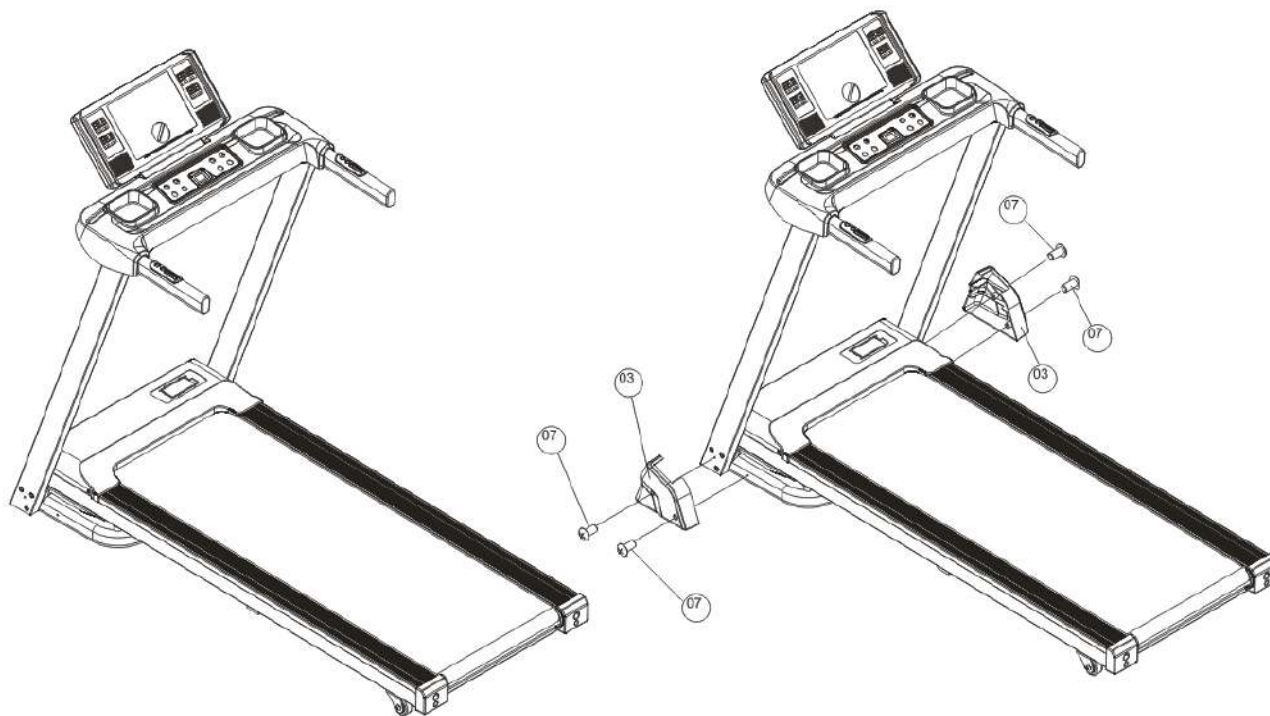
Rotate the computer 45 ° in the direction of the arrow and align it with the threaded hole at the back. Lock the knob (04) in the threaded holes and tighten them.



ASSEMBLY INSTRUCTION

Step 5

Take out 4 screws M5*12(07),use the screwdriver(11) to install the left and right uprights(02、03) onto the both sides upright



ASSEMBLY INSTRUCTION



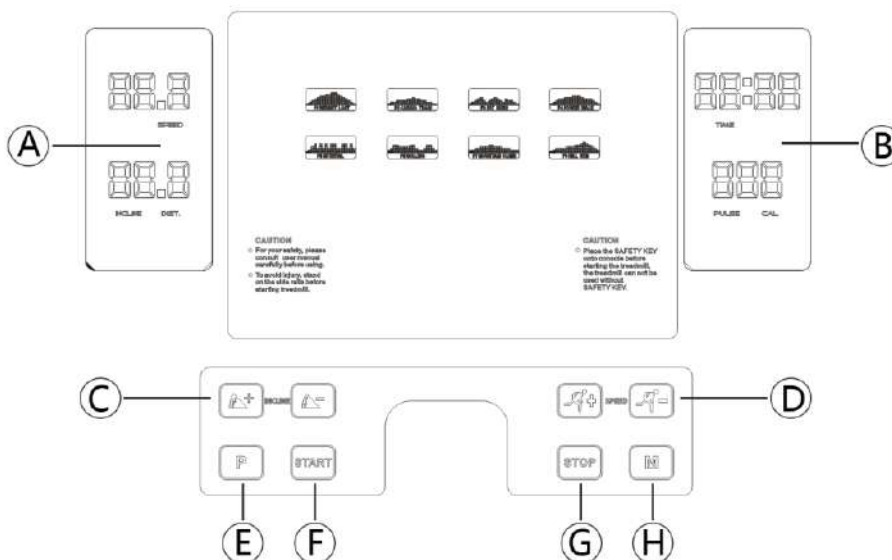
**NOTE: For your safety and comfort, please check if all screws are fastened.
Congratulation! A brand new motorized treadmill has been successful assembled!**

OPERATION GUIDE

GENERAL SAFETY TIPS

- A.** Practice mounting and dismounting your treadmill before beginning your workout.
- B.** Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C.** If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- D.** Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E.** The Treadmill will start at 1.0KM/H after countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK REFERENCE GUIDE



A	SPEED/INCLINE WINDOW	B	TIME/PULSE/CAL WINDOW	C	INCLINE +/-
D	SPEED +/-	E	PROGRAM KEY	F	START KEY
G	STOP KEY	H	MODE KEY		

DISPLAY FUNCTION

TIME: Accumulates total workout time from 0:00 to 99:00 minutes.

PULSE: When pulse signal is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200.

SPEED: Displays the current belt speed from starting at 1.0KM/H to max speed.

INCLINE: Displays the current deck incline from starting at level 1 to 15.

CALORIE: Accumulates calorie consumption during exercise. Max. Value is 990 kcal.

DISTANCE: Accumulates total workout distance from 0.0 to 99.9 kilometers by count-up;

OPERATION GUIDE

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.
6. There are two buttons on both handrail, right is SPEED+ and SPEED-, left is INCLINE+ and INCLINE-, and it will perform same functions as SPEED +/- and INCLINE +/- buttons on the computer.
7. During your workout in any mode, when you press STOP button, the treadmill will be paused, if you want to resume your workout, you can press START button and all previous data will resume counting, treadmill belt will begin movement after count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill. During selecting program or setting information, press STOP button will return to start/ready status.
8. You have two options to start your workout:

A. QUICK START

Simply press the START button to begin working out.

B. SELECT A PROGRAM

Select manual program by pressing MODE button or pressing PROGRAM buttons to enter manual program, 8 training goals or 3 user programs.

QUICK-START OPERATION

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press the START button to begin belt movement after count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the incline at any time during training. The speed and incline can also be adjusted by the buttons on handrail, the buttons on left handrail to adjust incline, the buttons on right handrail to adjust speed.

STEP 3: To get a pulse reading, simply hold stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

STEP 4: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer. Press STOP button will pause the program, if you want to resume your workout, you can press START button and all previous data will resume counting, treadmill belt will begin movement after count-down. If you want to go to start/ready status, press STOP button again after pausing the treadmill.

STEP 5: During quick-start operation, TIME, CALORIE and DISTANCE will count up.

OPERATION GUIDE

MANUAL PROGRAMS OPERATION

NOTES: Under this program, one of DISTANCE, CALORIE and TIME can be set count-down for your workout, the others will count up during your workout, after one count-down reach zero, program will be ended and stop the belt movement, if you need to continue, press the START button to begin belt movement after count-down.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press MODE button, the TIME window will display 30:00, press SPEED +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, press MODE again, the DIST window will display 1.0, you can set count-down DISTANCE from 1.0KM - 99.0KM.

If you do not like to set DISTANCE for count-down and pass to others, press MODE again, the CAL. window will display 50, you can set count-down CALORIE from 20 KCAL to 990 KCAL.

STEP 3: After finishing setting count-down for your workout, press START to begin belt movement after count-down.

STEP 4: During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE+/- buttons, or QUICK SPEED and QUICK INCLINE buttons to jump directly to a setting.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 18 time-based segments; the speed and incline are preset on each segment. The elapse time of 18 segments on each program will be automatically arranged according to the time you set for your workout time. There are 64 preset programs for 8 different training goals, and 8 different intensity levels on each training goals.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press PROGRAM button to scroll through the 8 training goals, and BODY FAT function. A training goal will be selected once you press PROGRAM button. After selecting a training goal, press MODE button to select a intensity from L1 to L8. After selecting a intensity, then press SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes.

STEP 3: After modifying the elapsing time, press START button to accept and begin your workout.

STEP 4: During procession of program you can adjust the SPEED & INCLINE by pressing SPEED +/- and INCLINE+/- buttons, or use QUICK SPEED and QUICK INCLINE buttons to jump directly to a setting. However, the SPEED and INCLINE you adjust will only be

OPERATION GUIDE

effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will

process with preset values.

STEP 5: Press STOP button to stop your workout or pull safety key away from its position to shut down the computer.

USING THE PULSE FUNCTION

The PULSE Window on your Computer works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you hold the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

USER PROGRAM

This program is for user to edit a personal program; the speed and incline of each segment can be edited according as personal's desire. There are 18 segments on this program for user to edit workout program.

Once the program is set, it will be stored on the computer, the computer will proceed the program by pressing START/STOP button. There are totally 3 user program can be edited.

If you want to re-edit the program, just follow the steps described as bellow.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status, keep pressing PROG button until the distance window display U-1, then the TIME window display 30:00, press SPEED+/- to set the program time.

STEP 2: Press MODE button to set segment 01, press INCLINE+/- to set incline and press SPEED+/- to set speed on this segment. After finish setting segment 01, press MODE button to set all other 2-18 segments.

STEP 3: After finish setting all 18 segments, the program will be stored, and then press START button to load this program.

HEART RATE CONTROL PROGRAM

NOTE: THOSE PROGRAMS WORKS ONLY WHEN YOUR TREADMILL IS COME WITH HRC PROGRAM, AND THIS PROGRAM SHALL BE USED WITH HEART RATE CHEST STRAP.

The Heart Rate program is designed to keep your heart rate at a desired amount of "beats per minute" by automatically adjusting the incline and speed. For example, you have programmed in a desired heart rate of 125 BPM and your heart rate is only at 110 BPM. If you are wearing the Heart Rate Transmitter correctly, the incline or speed will automatically increase to intensify the work load, causing your heart rate to slowly climb to 125 BPM. The treadmill will attempt to maintain your target heart rate through adjustments to the incline or speed for the remainder of your workout. In the same respect, if your heart rate is above your programmed amount of BPM's,

OPERATION GUIDE

the incline or speed will automatically decrease to lower your heart rate. You may at any

time during the Heart Rate Program adjust/override the speed and/or the incline by simply pressing the correct button.

There are 3 HRC programs as follow:

H-1.

On this program, the treadmill will keep your heart rate at a desired amount of “beats per minute” by automatically adjusting the speed only.

H-2.

On this program, the treadmill will keep your heart rate at a desired amount of “beats per minute” by automatically adjusting the incline only.

H-3.

On this program, the treadmill will keep your heart rate at a desired amount of “beats per minute” by automatically adjusting the speed and incline.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status. Press MODE button, the INCLINE window will display H-1. Press MODE button to select H-1 to H-3.

STEP 2: After selecting the program, Press MODE button, the TIME window will bling, press SPEED+/- or INCLINE+/- to set time. Press MODE button again, the DIS. window will bling, press SPEED+/- or INCLINE+/- to set your age. Press MODE button again, the CAL. window will bling, press SPEED+/- or INCLINE+/- to set TARGET HEART RATE.

STEP 3: After finish setting the lasting time of the program, press START/STOP button to start the program.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of you body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press PROGRAM button repeatedly, on the “12” time pressing PROGRAM button, the TIME window will display FAT. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT and WEIGHT.

STEP 2: After entering BODY FAT function by pressing MODE button, the INCLINE window will display F1, the DIST window will display 1, it represents GENDER, press SPEED +/- button to set gender from 1 - 2, 1 represents MALE, 2 represents FEMALE. Then press MODE button to go to next step.

STEP 3: After pressing MODE button, the INCLINE window will display F2, the DIST window will display 25, it represents AGE, press SPEED +/- button to set age from 10-99. Then press MODE button to go to next step.

STEP 4: After pressing MODE button, the INCLINE window will display F3, the DIST window will display 170, it represents HEIGHT, press SPEED +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

STEP 5: After pressing MODE button, the INCLINE window will display F4, the DIST window will display 70, it represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

STEP 6: After finished setting all the necessary information of your body condition, press

OPERATION GUIDE

MODE button again, the INCLINE window will then display F5, the DIST window will display

“----”, it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on INCLINE window.

BODY FAT CHART

The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

SMART PHONE FUNCTION

The treadmill can connect with phone or other mobile equipment by Bluetooth. Turn on the Bluetooth on the mobile equipment and connect the Bluetooth with the treadmill, you can display the music in the mobile equipment from the treadmill speaker.

For the training app function, please kindly read the FITSHOW app manual.

PRESET PROGRAM CHART

P1. WEIGHT LOSS

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	2	2	3	3	3	4	5	6	6	7	6	5	4	4	3	2	2
Level 2	SPEED(KM/H)	1	2	2	3	4	4	5	6	8	8	10	8	8	5	5	3	2	2
Level 3	SPEED(KM/H)	1	2	3	4	5	5	6	8	9	10	12	10	8	7	6	4	3	2
Level 4	SPEED(KM/H)	1	2	3	4	6	7	8	10	11	12	13	11	10	8	7	5	4	2
Level 5	SPEED(KM/H)	2	3	4	5	7	7	8	10	12	14	14	13	12	10	9	6	4	2
Level 6	SPEED(KM/H)	2	3	4	5	7	9	10	12	13	14	14	13	12	10	9	6	5	3
Level 7	SPEED(KM/H)	2	3	5	6	8	9	10	12	13	14	15	13	12	10	9	6	6	3
Level 8	SPEED(KM/H)	2	3	5	6	8	10	12	14	14	15	15	14	13	11	9	7	6	3

P2. CARDIO TRAIN

SPEED & INCLINE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	1	1	2	3	4	5	6	7	7	8	8	7	7	5	4	2	1	1
	SPEED(KM/H)	1	1	2	2	3	4	5	6	6	7	7	6	6	4	3	2	1	1
Level 2	ELEVATION	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
	SPEED(KM/H)	1	2	2	3	4	5	6	7	7	8	8	7	7	5	4	2	2	1
Level 3	ELEVATION	1	2	4	5	6	7	8	9	9	1	1	9	9	7	6	4	2	1
	SPEED(KM/H)	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
Level 4	ELEVATION	2	3	5	6	7	8	9	1	1	1	1	1	1	8	7	5	3	2
	SPEED(KM/H)	2	2	4	5	6	7	8	9	9	1	1	9	9	7	6	4	2	2
Level 5	ELEVATION	2	4	6	7	8	9	1	1	1	1	1	1	1	9	8	6	4	2
	SPEED(KM/H)	2	3	5	6	7	8	9	1	1	1	1	1	1	8	7	5	3	2
Level 6	ELEVATION	3	5	7	8	9	1	1	1	1	1	1	1	1	9	7	5	3	3
	SPEED(KM/H)	2	4	6	7	8	9	1	1	1	1	1	1	1	9	8	6	4	2
Level 7	ELEVATION	4	6	8	9	1	1	1	1	1	1	1	1	1	1	1	8	6	4

	SPEED(KM/H)	3	5	7	8	9	1	1	1	1	1	1	1	1	1	9	7	5	3
Level 8	ELEVATION	5	7	9	1	1	1	1	1	1	1	1	1	1	1	1	9	7	5
	SPEED(KM/H)	4	6	8	9	1	1	1	1	1	1	1	1	1	1	1	8	6	4

P3. FAT BURN

SPEED & INCLINE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	ELEVATION	1	1	2	2	3	3	4	5	5	5	5	4	4	3	2	2	1	1
	SPEED(KM/H)	1	2	3	3	5	6	7	8	8	8	8	7	7	5	4	3	2	1
Level 2	ELEVATION	1	1	2	2	3	4	5	6	6	6	6	5	5	4	3	2	1	1
	SPEED(KM/H)	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3	2	1
Level 3	ELEVATION	1	1	2	3	4	5	6	7	7	7	7	6	6	4	3	2	1	1
	SPEED(KM/H)	1	2	4	5	7	8	9	1	1	1	1	9	9	7	6	4	2	1
Level 4	ELEVATION	1	2	3	4	5	6	7	8	8	8	8	7	7	5	4	3	2	1
	SPEED(KM/H)	2	3	5	6	8	9	1	1	1	1	1	1	1	8	7	5	3	2
Level 5	ELEVATION	1	2	3	4	6	7	8	9	9	9	9	8	8	6	5	3	2	1
	SPEED(KM/H)	2	4	6	7	9	1	1	1	1	1	1	1	1	9	8	6	4	2
Level 6	ELEVATION	2	3	4	5	7	8	9	1	1	1	1	9	9	7	6	4	3	2
	SPEED(KM/H)	3	5	7	8	1	1	1	1	1	1	1	1	1	1	9	7	5	3
Level 7	ELEVATION	2	3	5	6	8	9	1	1	1	1	1	1	1	8	7	5	3	2
	SPEED(KM/H)	4	6	8	9	1	1	1	1	1	1	1	1	1	1	1	8	6	4
Level 8	ELEVATION	2	4	6	7	9	1	1	1	1	1	1	1	1	9	8	6	4	2
	SPEED(KM/H)	4	7	9	1	1	1	1	1	1	1	1	1	1	1	1	9	7	4

P4. POWER WALK

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	1	2	2	3	3	4	4	4	4	4	4	3	2	2	2	1	1
Level 2	SPEED(KM/H)	1	2	2	2	3	3	4	4	5	4	4	4	3	3	2	2	1	1
Level 3	SPEED(KM/H)	1	2	2	3	3	4	4	5	5	5	4	4	4	3	3	2	1	1
Level 4	SPEED(KM/H)	1	2	3	3	3	4	4	5	6	6	5	4	4	4	3	2	2	1
Level 5	SPEED(KM/H)	1	2	3	4	4	5	5	5	6	6	6	5	4	4	4	3	2	1
Level 6	SPEED(KM/H)	1	2	3	4	5	5	6	6	6	6	6	5	5	4	4	3	2	1
Level 7	SPEED(KM/H)	1	2	3	4	5	6	6	7	7	6	6	6	5	5	4	3	2	1
Level 8	SPEED(KM/H)	1	2	3	4	5	6	7	7	7	7	6	6	6	5	5	4	2	1

P5. INTERVAL

SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	SPEED(KM/H)	1	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
Level 2	SPEED(KM/H)	1	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2
Level 3	SPEED(KM/H)	1	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2
Level 4	SPEED(KM/H)	1	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3
Level 5	SPEED(KM/H)	1	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3
Level 6	SPEED(KM/H)	2	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4
Level 7	SPEED(KM/H)	2	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
Level 8	SPEED(KM/H)	2	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5

P6. ROLLING

SPEED CHANGES		1	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	1
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Level 1	SPEED(KM/H)	1	2	3	2	1	2	3	2	1	2	3	2	1	2	3	2	1	1
Level 2	SPEED(KM/H)	2	3	4	3	2	3	4	3	2	3	4	3	2	3	4	3	2	2
Level 3	SPEED(KM/H)	2	3	4	5	4	3	4	5	4	3	4	5	4	3	4	5	4	3
Level 4	SPEED(KM/H)	2	4	5	6	5	4	5	6	5	4	5	6	5	4	5	6	5	3
Level 5	SPEED(KM/H)	2	5	6	7	6	5	6	7	6	5	6	7	5	6	7	6	5	3
Level 6	SPEED(KM/H)	3	6	7	8	7	6	7	8	7	6	7	8	7	6	7	8	7	4
Level 7	SPEED(KM/H)	3	7	8	9	8	7	8	9	8	7	8	9	8	7	8	9	8	4
Level 8	SPEED(KM/H)	3	8	9	1	9	8	9	1	9	8	9	1	9	8	9	1	8	4

P7. MOUNTAIN CLIMB

SPEED & INCLINE		1	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	1
Level 1	ELEVATION	0	1	1	2	2	3	3	4	4	5	6	7	8	7	6	4	2	0
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 2	ELEVATION	0	1	2	2	3	3	4	4	5	6	7	8	9	8	6	4	2	0
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 3	ELEVATION	1	1	2	3	3	4	4	5	6	7	8	9	1	9	8	6	4	2
	SPEED(KM/H)	1	1	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
Level 4	ELEVATION	1	2	2	3	3	4	5	6	7	8	9	1	1	1	8	7	5	3
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 5	ELEVATION	1	2	3	4	5	6	7	8	9	9	1	1	1	1	1	8	6	4
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 6	ELEVATION	2	2	3	4	5	6	7	8	9	1	1	1	1	1	1	8	6	4
	SPEED(KM/H)	2	2	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
Level 7	ELEVATION	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	8	6	4
	SPEED(KM/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2
Level 8	ELEVATION	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	8	6	4
	SPEED(KM/H)	2	2	4	4	5	5	5	6	6	6	5	5	4	4	4	2	2	2

P8. HILL RUN

SPEED & INCLINE		1	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	1
Level 1	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	5	4	3	2	1
	SPEED(KM/H)	2	2	2	3	3	3	5	5	7	7	9	9	1	8	8	6	4	2
Level 2	ELEVATION	0	0	1	1	2	2	2	3	3	3	4	4	5	6	5	3	2	1
	SPEED(KM/H)	2	2	2	4	4	4	6	6	6	8	8	1	1	8	8	6	4	2
Level 3	ELEVATION	0	0	1	1	2	2	3	3	3	4	4	5	5	6	5	3	2	1
	SPEED(KM/H)	2	2	4	4	4	6	6	6	8	8	1	1	1	1	8	6	4	2
Level 4	ELEVATION	0	1	1	2	2	3	3	4	4	4	5	5	6	7	6	5	3	2
	SPEED(KM/H)	2	2	4	4	6	6	8	8	8	1	1	1	1	1	1	7	5	3
Level 5	ELEVATION	1	1	2	2	3	3	4	4	5	5	6	6	7	8	7	6	3	2
	SPEED(KM/H)	2	4	6	6	6	6	8	8	8	1	1	1	1	1	1	7	5	3
Level 6	ELEVATION	1	2	3	4	4	4	5	5	6	6	7	8	8	8	7	6	3	2
	SPEED(KM/H)	2	4	6	6	6	6	8	8	1	1	1	1	1	1	1	7	5	3
Level 7	ELEVATION	1	2	3	4	5	6	6	7	7	8	8	9	1	1	9	6	3	2
	SPEED(KM/H)	2	4	6	6	8	8	1	1	1	1	1	1	1	1	1	7	5	3
Level 8	ELEVATION	1	2	3	4	6	6	7	7	8	8	9	9	1	1	9	6	3	2
	SPEED(KM/H)	2	4	6	8	1	1	1	1	1	1	1	1	1	1	1	7	5	3



HOW TO FOLD THE TREADMILL

Before folding the treadmill, unplug the power cord.

CAUTION: You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.

2. If you want to put the treadmill to the work position, Firstly pull the folding knob outward as figure shows, And then lay down the running deck light onto floor.



HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution



while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.

3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.

MAINTENANCE

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.

2) Insert the spray nozzle into the spray head of the lubricant can.

3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill.

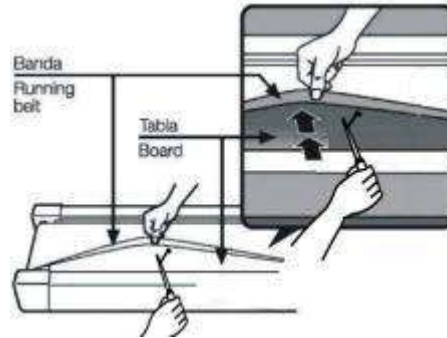
Apply the silicone spray to the walking board, moving from the front of the



treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



MAINTENANCE

Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

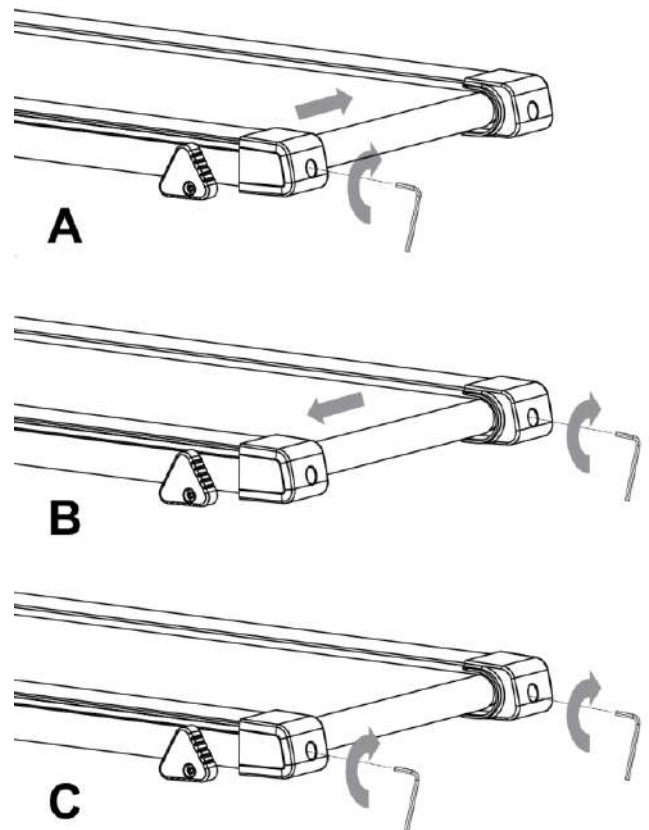
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown

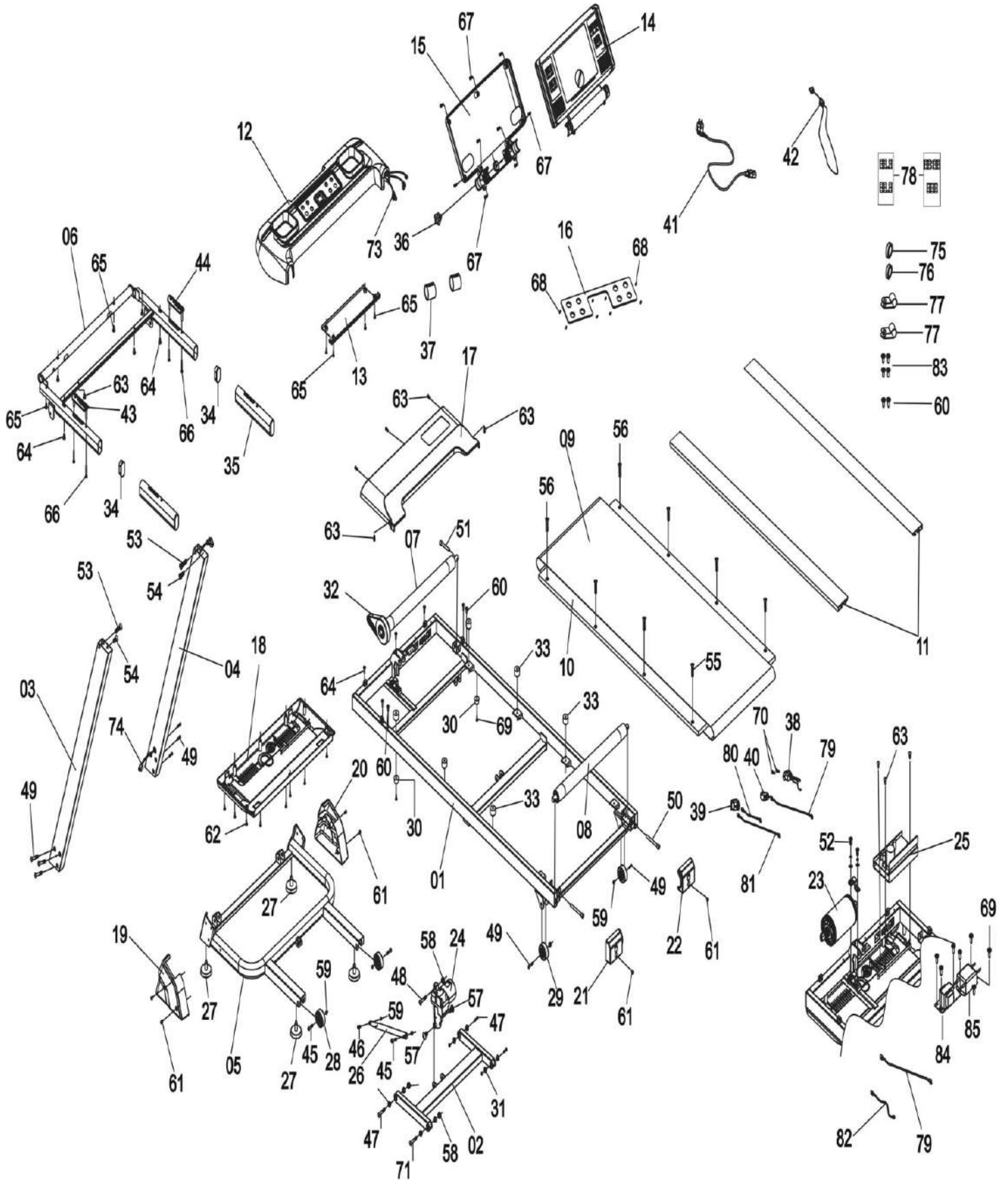
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the picture A

If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B

After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



EXPLODED DRAWING

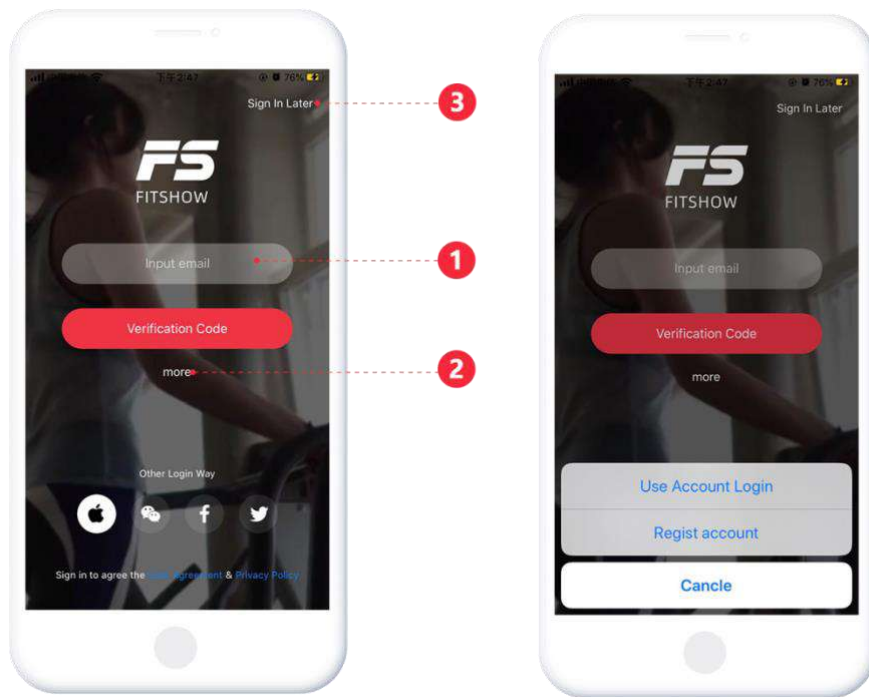


NO.	DESCRIPTION	Q'TY
1	MAIN FRAME	1
2	INCLINE RACK	1
3	LEFT UPRIGHT	1
4	RIGHT UPRIGHT	1
5	BASE	1
6	CONSOLE RACK	1
7	FRONT ROLLER	1
8	REAR ROLLER	1
9	RUNNING BELT	1
10	RUNNING DECK	1
11	SIDE RAIL	2
12	CONSOLE PLASTIC HOUSING-UPPER COVER	1
13	CONSOLE PLASTIC HOUSING-BACK COVER	1
14	COMPUTER UPPER COVER	1
15	COMPUTER BACK COVER	1
16	KEY BOARD	1
17	MOTOR COVER	1
18	BELLY PAN	1
19	BASE COVER-LEFT	1
20	BASE COVER-RIGHT	1
21	REAR END CAP-L	1
22	REAR END CAP-R	1
23	MOTOR	1
24	INCLINE MOTOR	1
25	CONTROLLER	1
26	AIR CYLINDER	1
27	BASE FOOT PAD	4
28	BASE WHEEL	2
29	FRAME WHEEL	2
30	BASE CUSHION	2
31	INCLINE BUSHION	8
32	MOTOR BELT	1
33	DECK CUSHION	6
34	HANDRAIL END CAP	2
35	HANDRAIL FOAM	2
36	KNOB	1
37	EVA ADHESIVE	2
38	POWER CORD JACK	1
39	POWER SWITCH	1
40	CIRCUIT BREAKER	1
41	POWER CORD	1
42	SAFETY KEY	1
43	HANDLE PLUSE LEFT	1
44	HANDRAIL PULSE RIGHT	1

NO.	DESCRIPTION	Q'TY
45	BOLT M8*45MM	3
46	BOLT M8*28MM	1
47	BOLT M10*45MM	2
48	BOLT M8*12MM	1
49	BOLT M8*40MM	8
50	BOLT M8*65MM	2
51	BOLT M8*35MM	1
52	BOLT M6*12MM	2
53	BOLT M8*40MM	2
54	BOLT M8*15MM	2
55	BOLT M6*25MM	2
56	BOLT M6*20MM	6
57	BOLT M10*15MM	2
58	NUT M10	5
59	NUT M8	6
60	SCREW M4*12MM	4
61	SCREW M5*12MM	6
62	SCREW M4*16MM	8
63	SCREW M4*16MM	11
64	SCREW M4*20MM	7
65	SCREW M4*10MM	8
66	SCREW M4*16MM	4
67	SCREW M4*12MM	9
68	SCREW M3*6MM	8
69	SCREW M4*15MM	9
70	SCREW M4*15MM	2
71	BOLT M10*40MM	2
72	FLAT WASHER	2
73	CONTROL CABLE(UP)	9
74	CONTROL CABLE(DOWN)	1
75	MAGNETIC RING 31*13*19mm	1
76	MAGNETIC RING UF-70B 16.5*30*7.5*15	1
77	R-CLIP	1
78	UPPER PCB(LEFT AND RIGHT)	1
79	AC CABLE -BROWN L=400MM	1
80	AC CABLE -BROWN L=100MM	1
81	AC CABLE -BLUE L=400MM	1
82	GROUND WIRE L=200MM	1
83	SCREW M4*8MM	4
84	CHOCK	1
85	FILTER	1

2. Application Operation

2.1 User register/signup and login

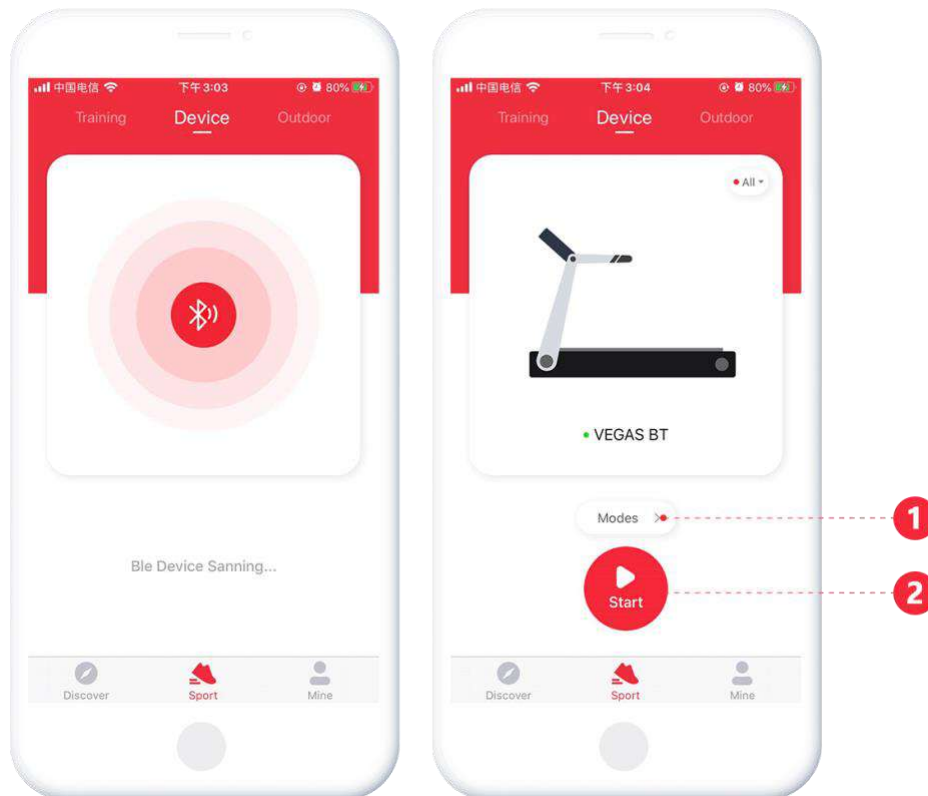


【1】 : Generate a verification code to log in directly

【2】 : Tap 'More' -> Password Login to input the existing account and password

【3】 : Log in as a guest

2.2 Device Connection



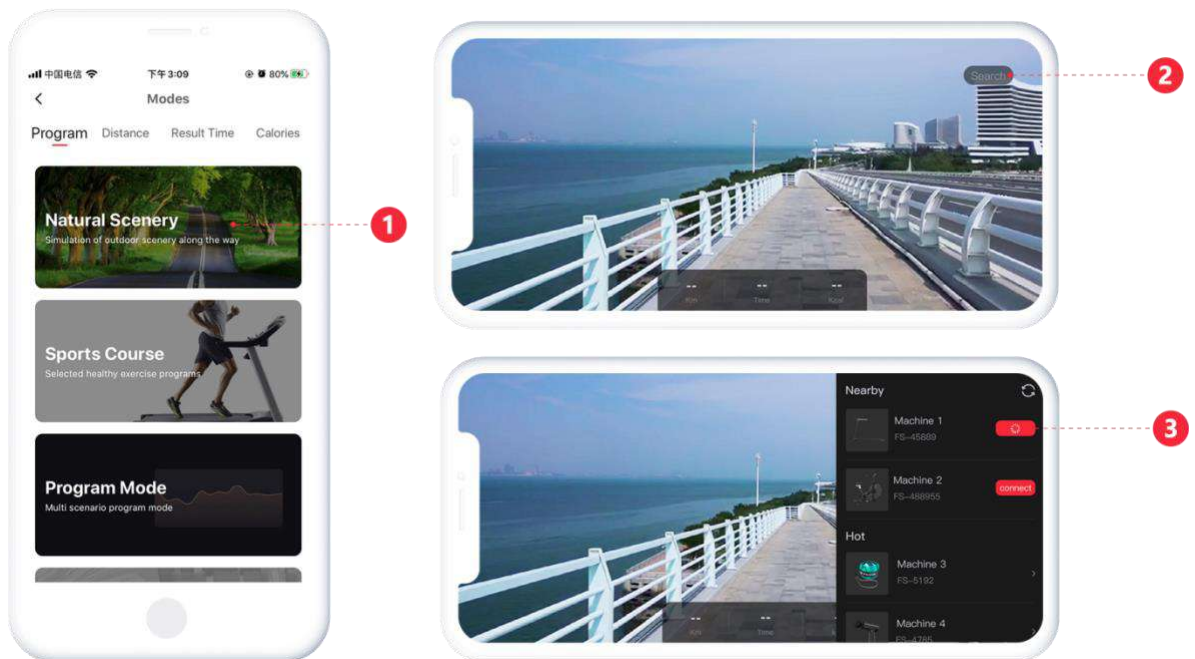
Before connecting the device, please make sure the system Bluetooth and GPS(Andoird8.0 and above required) are ON status. Then go to [Sports - Devices] page, get the devices nearby via Bluetooth search.

Note:

1. Please do not bind devices by the phone Bluetooth list which will disable the APP.
2. If the device is powered by battery, please run the device

one or two to activate the device then connect APP.

2.3 Model Selection

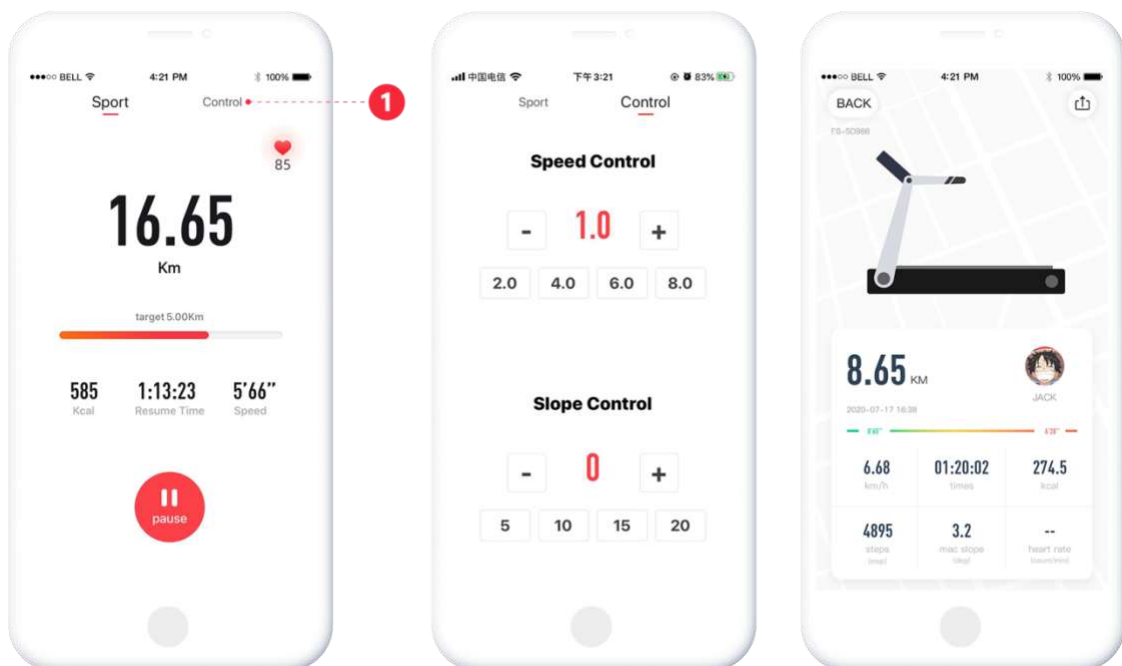


Tap a model **[1]** to enter the corresponding sports model.

And connect the desired device by the nearby devices list

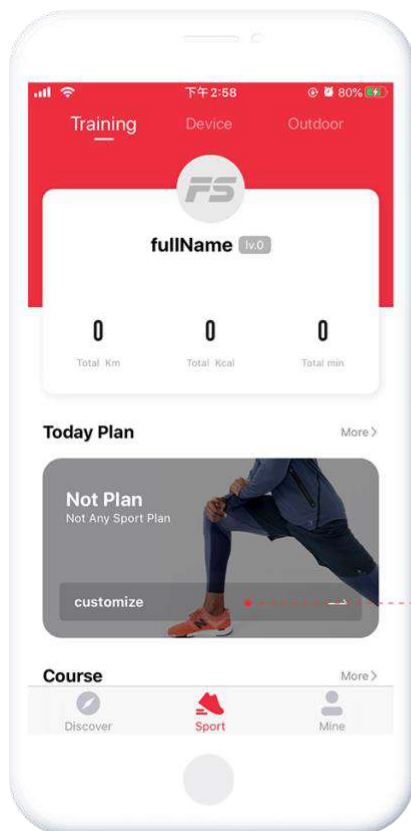
[2] .

2.4 Sports Control

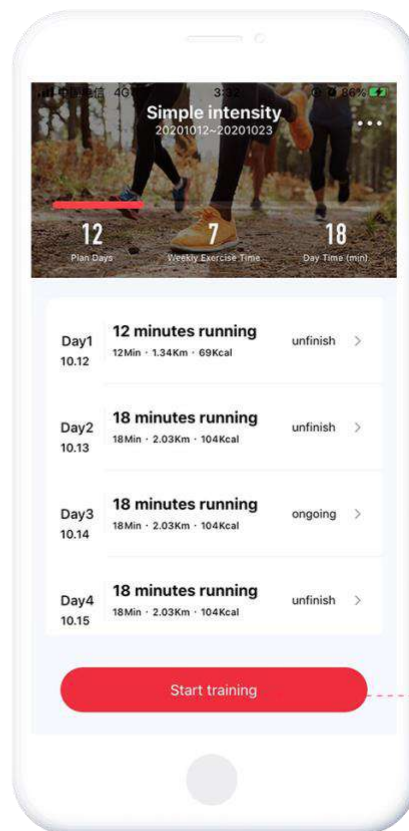


Start the treadmill to enter the sports car table, and control the sports by the **[1]** control options. The motion data is generated synchronously after the sports.

2.5 Sports Training



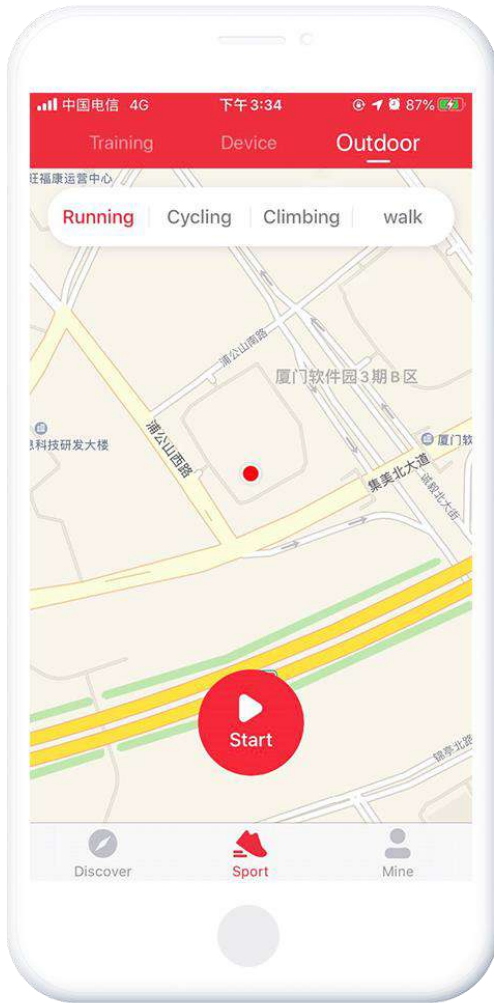
1



2

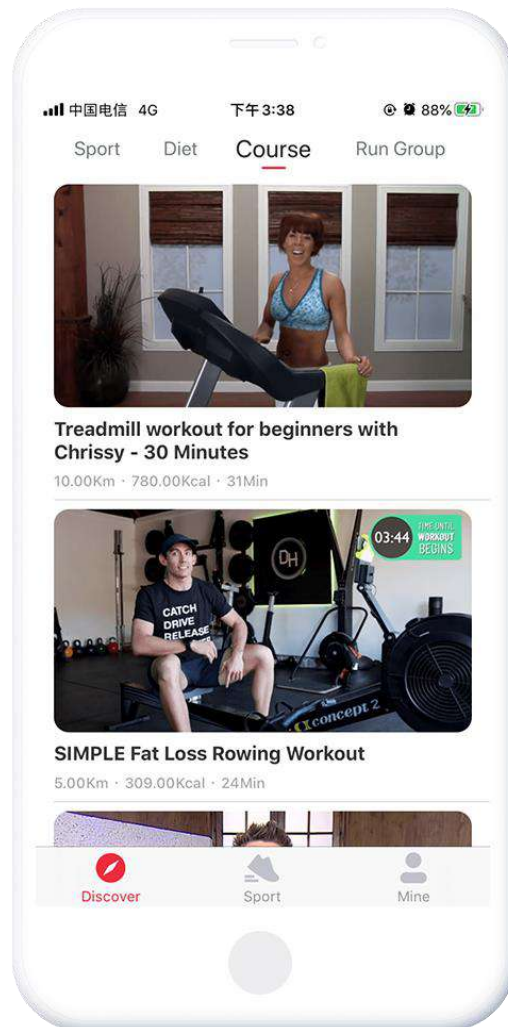
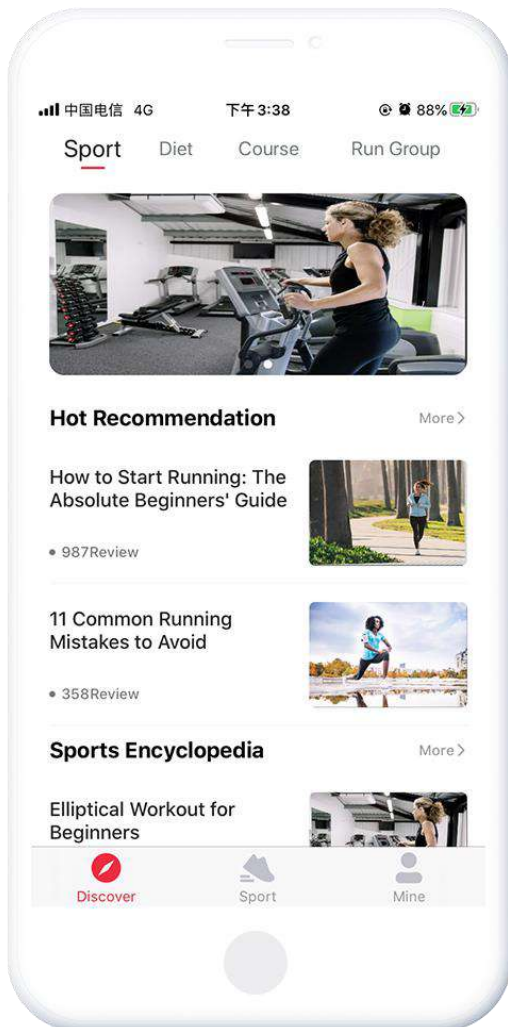
Enter [SPorts - Training] page, make a daily sport plan by the **【1】** . Once the plan is created, tap **【2】** to start the plan.

2.6 Outdoor Sports



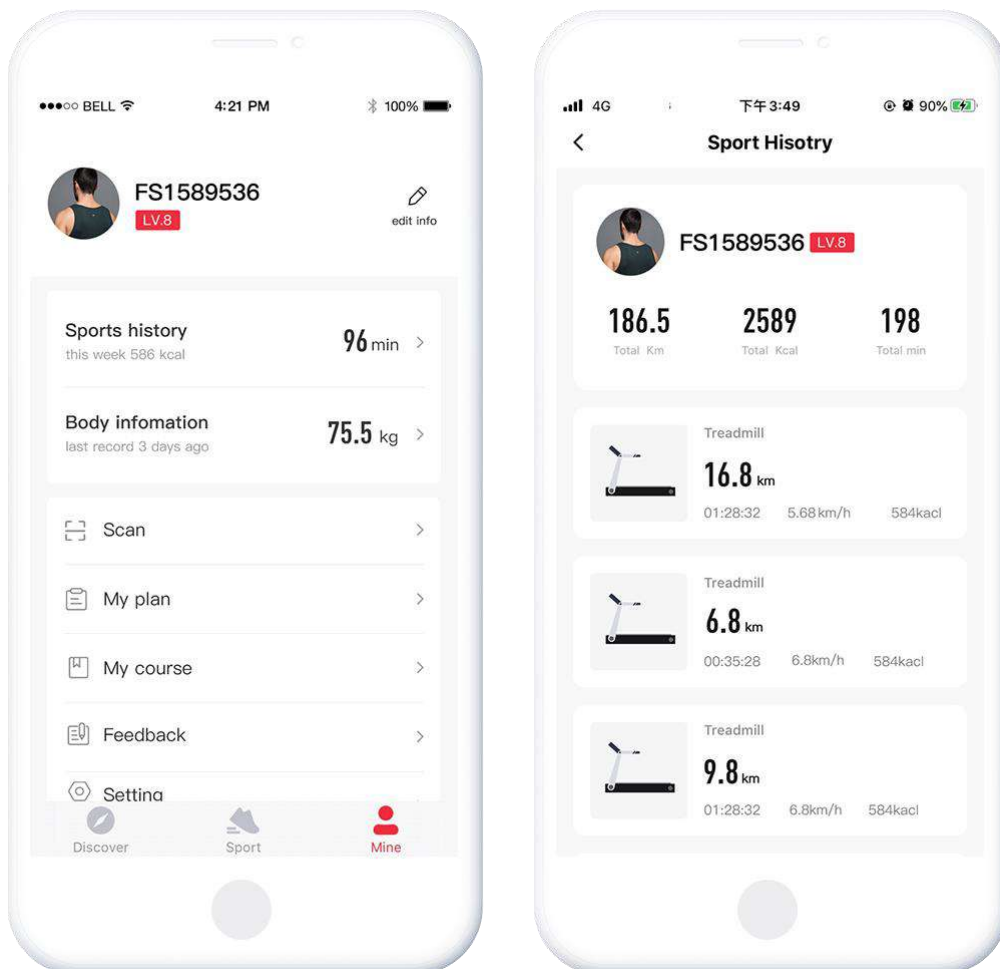
Enter [Sports - OutDoor] page to start a related outdoor sports model.

2.7 Discover



Enter [Discover] page to find more sports, diet, course, and other wonderful content recommendations.

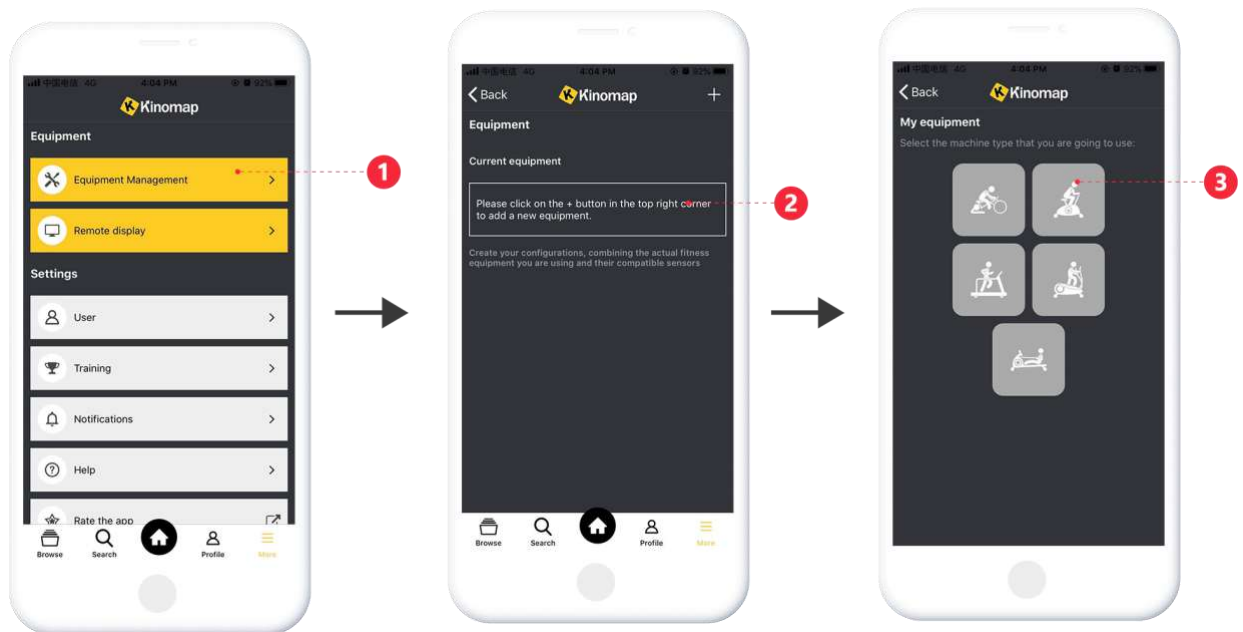
2.8 My

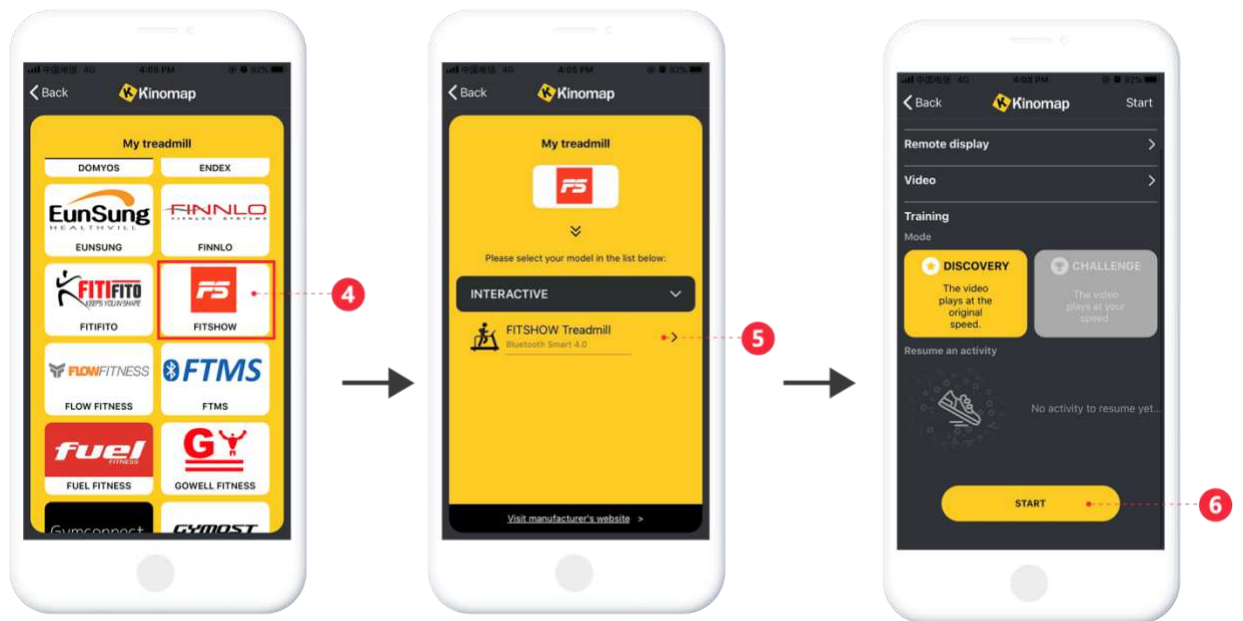


Enter [My] page to view the sports data record, edit profile, change system setting, and so on.

3. The Third-Party Application

3.1 Kinomap

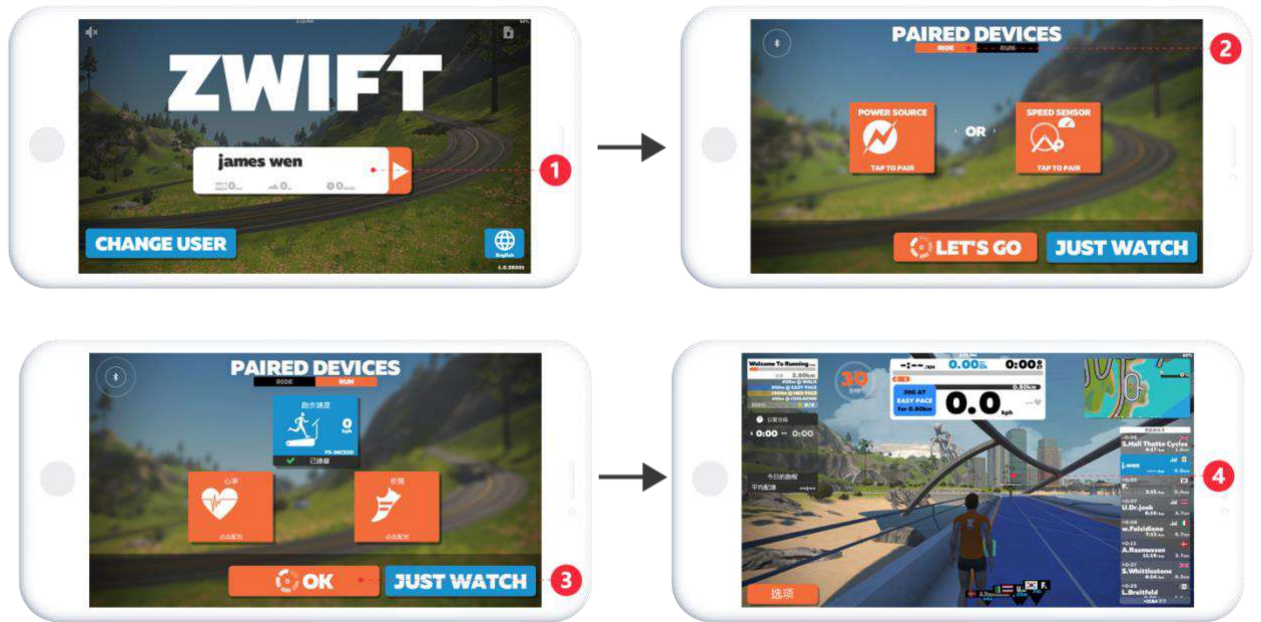




Search, download, and install Kinomap over the App Store.

- [1]** Enter Kinomap to select [More] page;
- [2]** Select to add more fitness equipment;
- [3]** Select the desired device type;
- [4]** Tap FiteShow entrance;
- [5]** Tap the matching devices like 'Fs-XXXX' to bind Find related videos to start sports.
- [6]** Find related videos to start sports.

3.2 ZWIFT



Search, download, and install ZWIFT over the App Store.

- 【1】** Enter ZWIFT to register an account;
- 【2】** Login account to select the paired riding or running equipment;
- 【3】** Pair device successfully, tap OK to start sport;
- 【4】** For riding equipment, start riding directly. For running equipment, need to press the start button to start running.



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