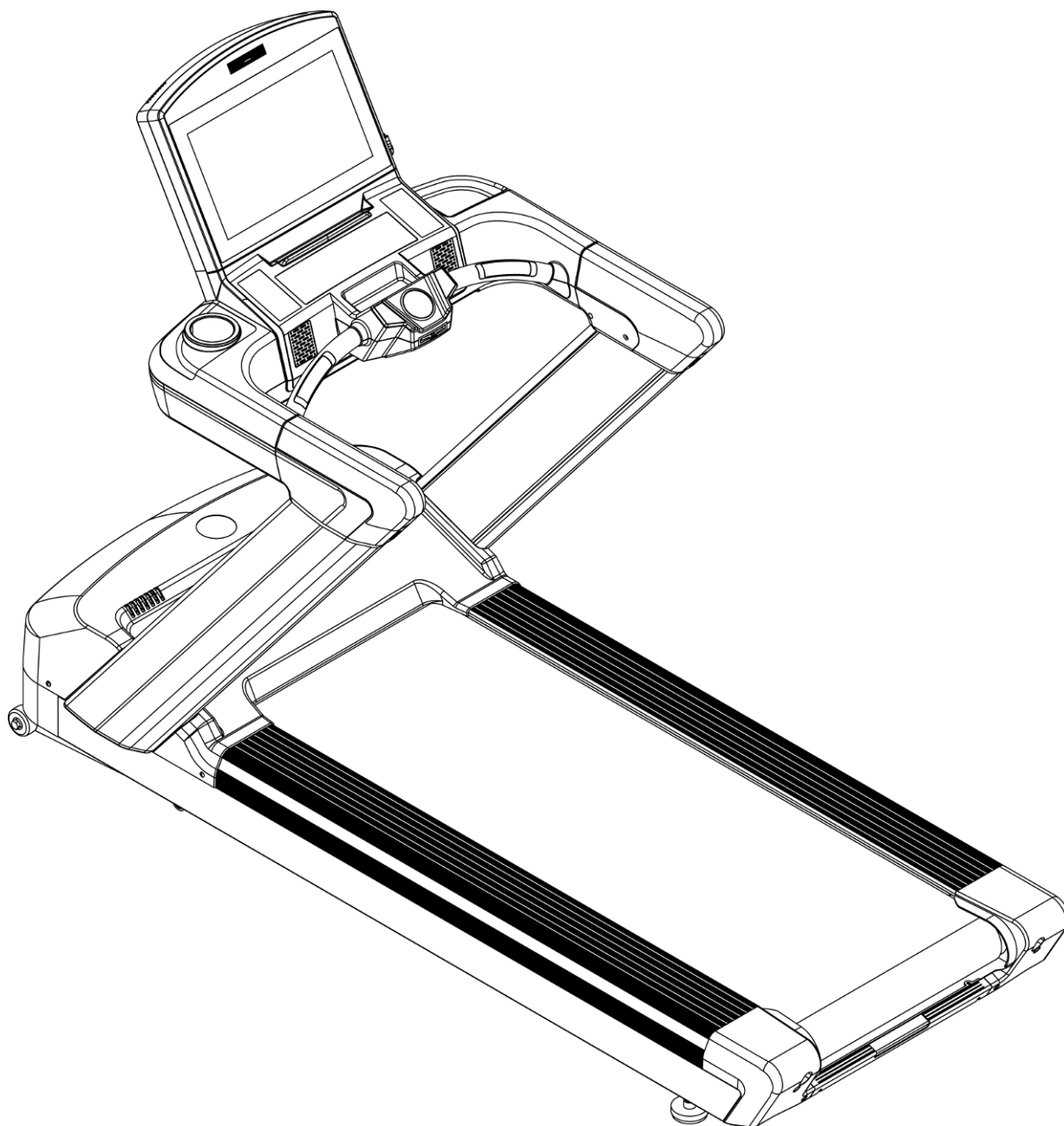


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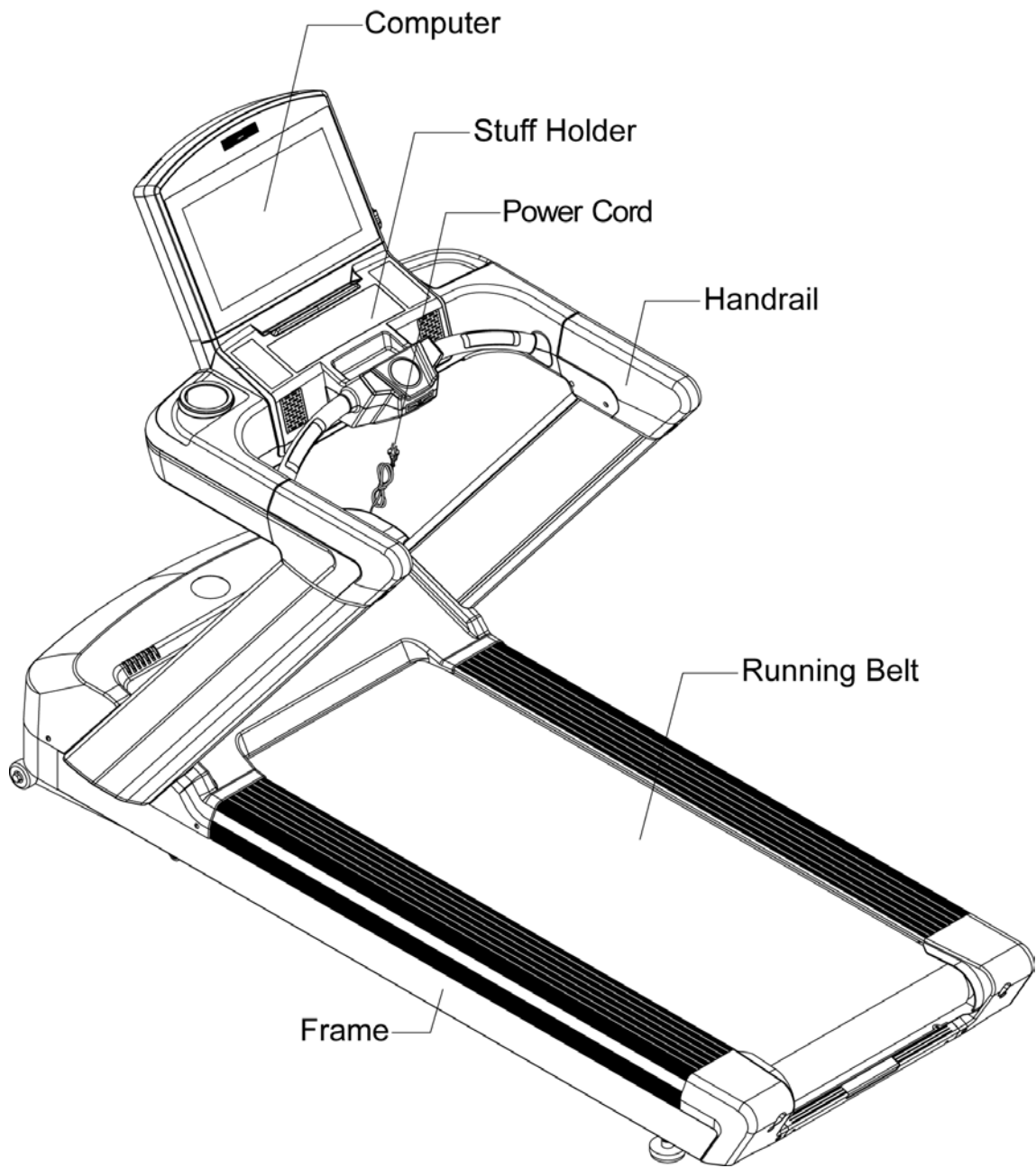
**TREADMILL T22 XC**  
**Item No.: 3450**

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# 1. Overview Drawing

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## 2. SAFETY INSTRUCTION

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When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

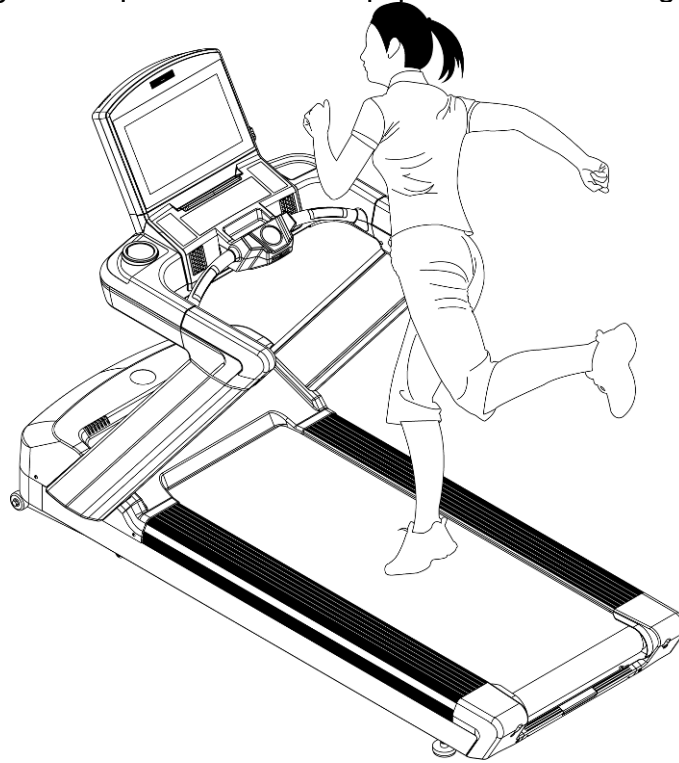
### ■ **DANGER – To reduce the risk of electric shock :**

Always unplug this product from the electrical outlet immediately after using and before cleaning.

### ■ **WARNING – To reduce the risk of burns, fire, electric shock, or physical injury :**

- 1 The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
- 2 Close supervision is necessary when this product is used by or near children, invalids, or disabled person.
- 3 Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
- 4 Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
- 5 Do not carry this product by the supply cord or use the cord as a handle.
- 6 Keep the cord away from hot surfaces or ground.
- 7 Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
- 8 Never drop or insert any objects into any openings.
- 9 Do not use or operate outdoors.
- 10 Do not operate where aerosol (spray) products are being used or where oxygen is thin.
- 11 Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
- 12 Connect the product to a properly grounded outlet only.
- 13 If the power cord is damaged, be sure to ask the manufacturer for replacement to avoid accidents. The seller and correlative qualified professionals are as well as eligible.
- 14 This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- 15 Incorrect or excessive training may cause injuries.
- 16 The equipment shall be installed on stable base and properly leveled.
- 17 A safety area of 2,000mm x 1,000mm should be kept behind the equipment.
- 18 Maximum user weight is 180 Kgs.
- 19 The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 20 Any of the adjustment devices that could interfere with the user's movement should not be left projecting.

21 Users correct ergonomic position on the equipment shown in Figure



- 22 Before using this product, you should step on it then turn on the product. Do not turn on the treadmill before step on it.
- 23 Running surface is 555\*1575mm
- 24 The appliance is intended for commercial use.

## 2.1. Power Requirement

■ This treadmill needs special power supply:

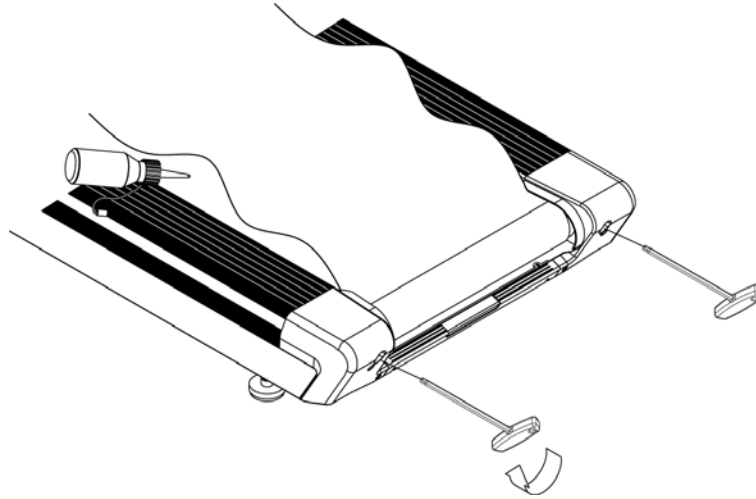
Power Voltage ( V )	Frequency ( HZ )	Rated Current ( A )
100	50/60	18
120	50/60	18
200	50/60	9
220	50/60	9
230	50/60	9
240+	50/60	9

Wirings should be transported according to the electric law of the local country. High pressure wires, low pressure wires and underground wires should be transported separately and can't connect with or twist other wires.

Improper connection of the grounding plug can result in the risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

## 2.2. Add Lubricant

Use the Hex Wrench to unscrew the hex screws inside the Rear End Cap. Then pull the belt up and daub some SILICON to the center of the board. After that, adjust the belt to the center of the deck, followed by tightening the screw to the original set. Adjust the running belt according to the above steps. Half a month should be checked once



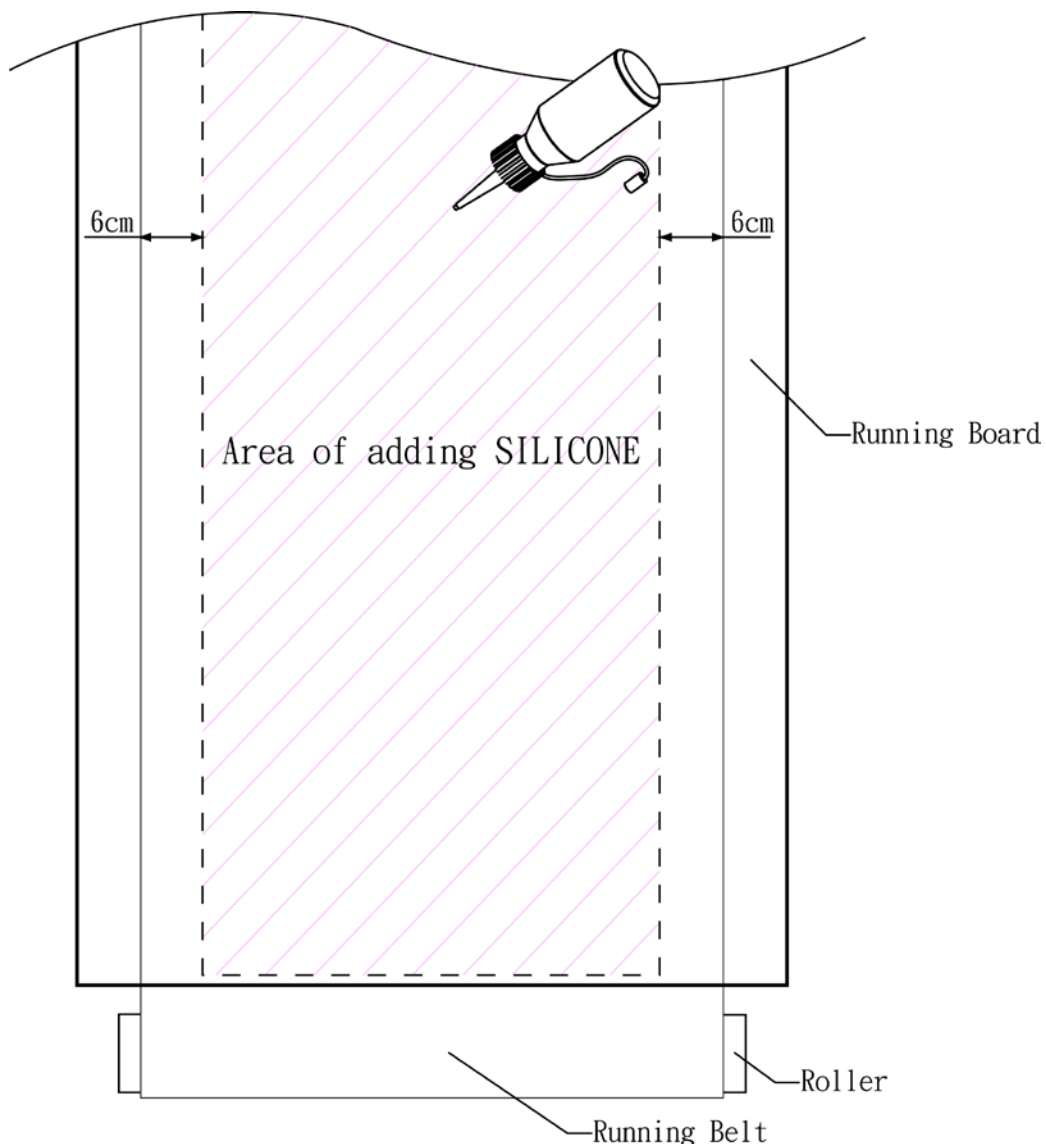
## 2.3. ADD SILICONE

### ■ Time of add SILICONE

When suggested time of adding SILICONE is achieved, please extend your hand to the center of the running board to make sure whether there is any SILICONE before adding. If no SILICONE on the running board, please add 30cc SILICONE to the running board. If there is still a little SILICONE, add 15cc SILICONE to the running board.

### ■ Area of adding SILICONE

Add SILICONE from the center of the running board to the running belt's the left and right side which should minus 6 cm.



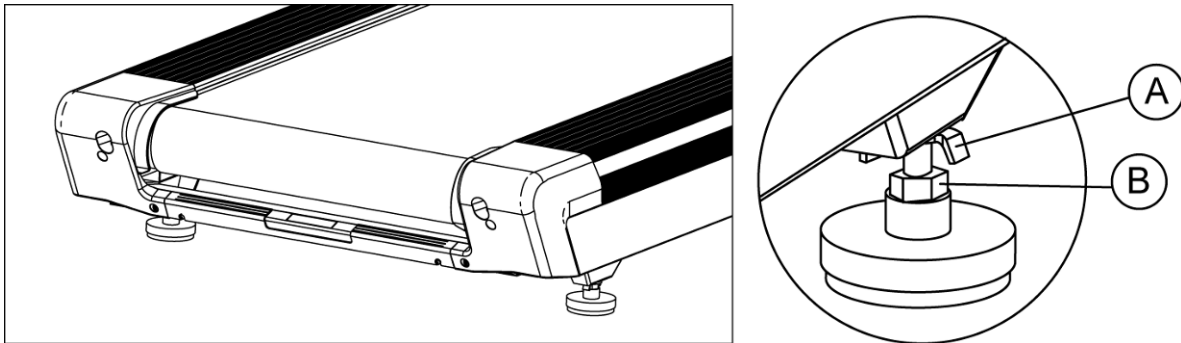


## 2.4. Level Adjustment

The treadmill will wobble during workout and the incline angles will be affected if it is placed on uneven ground.

The level adjustment method is as follows:

- 1 Turn A anticlockwise to loosen it
- 2 Adjust B to the proper height
- 3 Turn A clockwise to tighten it.
- 4 The left side adjustment method is same as the right side.



## 2.5. Power Switch

The Power Switch is on the bottom panel of the treadmill. 1 means on, 0 means off.

## 2.6. Running Belt Adjustment

After assembling the treadmill, check the operation of the running belt.

First, make sure the power supply is correct. After starting the treadmill, stand on the two sides of the pedal (At the very start, don't stand on the running belt). Press QUICK START key and then increase the speed to 4.0MPH(6.4KPH) by pressing + key.

### ■ If the running belt is moving towards the right side :

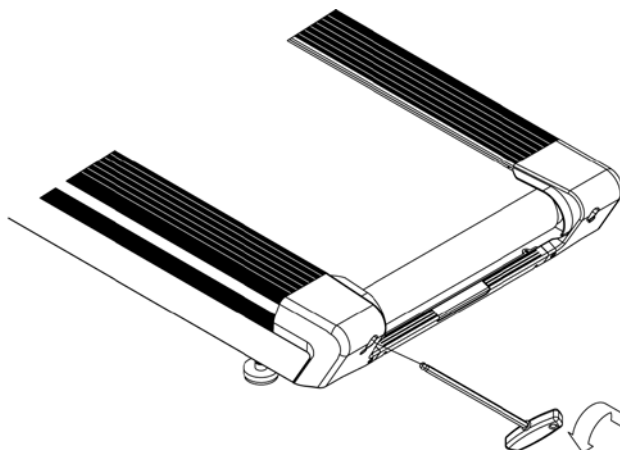
Turn the right button 90° clockwise and the left button anticlockwise 90°. You will find the belt return to the center position automatically.

### ■ If the running belt is moving towards the left side :

Turn the left button 90° clockwise and the right button anticlockwise 90°. You can also find the treadmill return to the center position automatically.

If you find that the belt has not moved to the proper position, please repeat the steps above.

**Note :** When adjusting the button, the angle can not exceed 90° which will make it impossible to adjust the belt to the proper position.



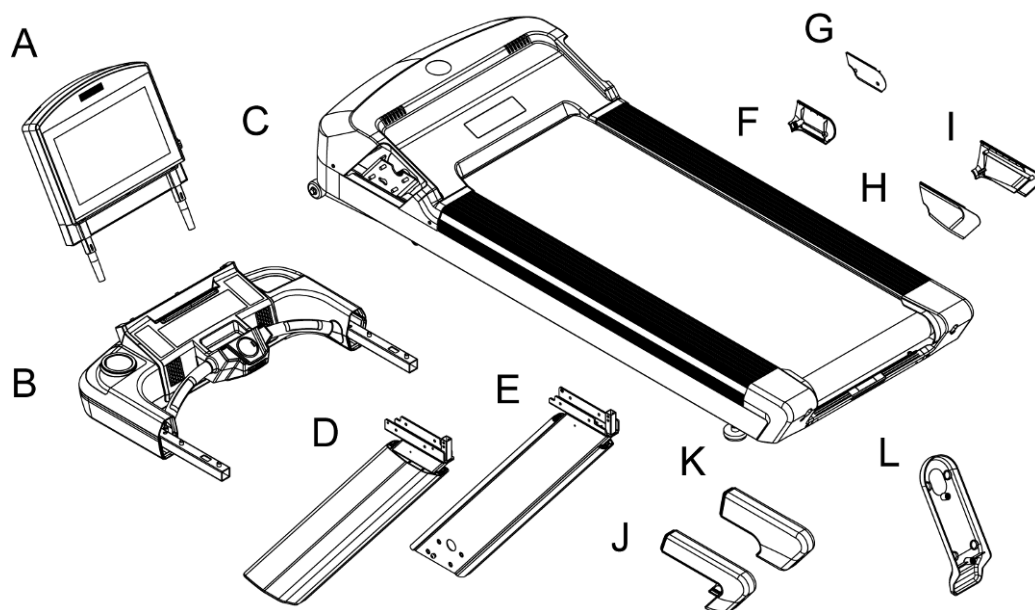
### 3. Assembly Instructions

Read the operation instructions carefully before use, then choose a flat position to assemble.



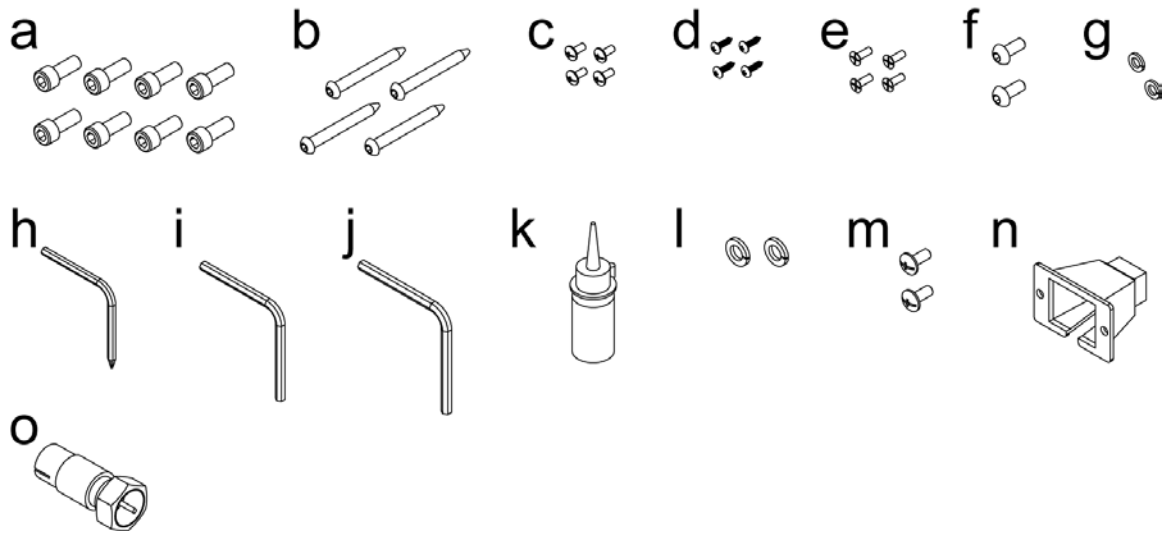
This treadmill also can use other way to account the HRC. When in fitness, user can wear the chest pulse belt and the HRC will show in Pulse windows.

#### 3.1. Pre-Assembly Check List



ITEM	Description	Qty
A	Computer Console	1
B	Stuff Holder	1
C	Frame	1
D	Left Handrail	1
E	Right Handrail	1
F	Inner handrail cover L	1
G	Inner handrail cover R	1
H	Outer handrail cover L	1
I	Outer handrail cover R	1
J	TPR handrail upper cover set L	1
K	TPR handrail upper cover set R	1
L	Computer decorative cover	1

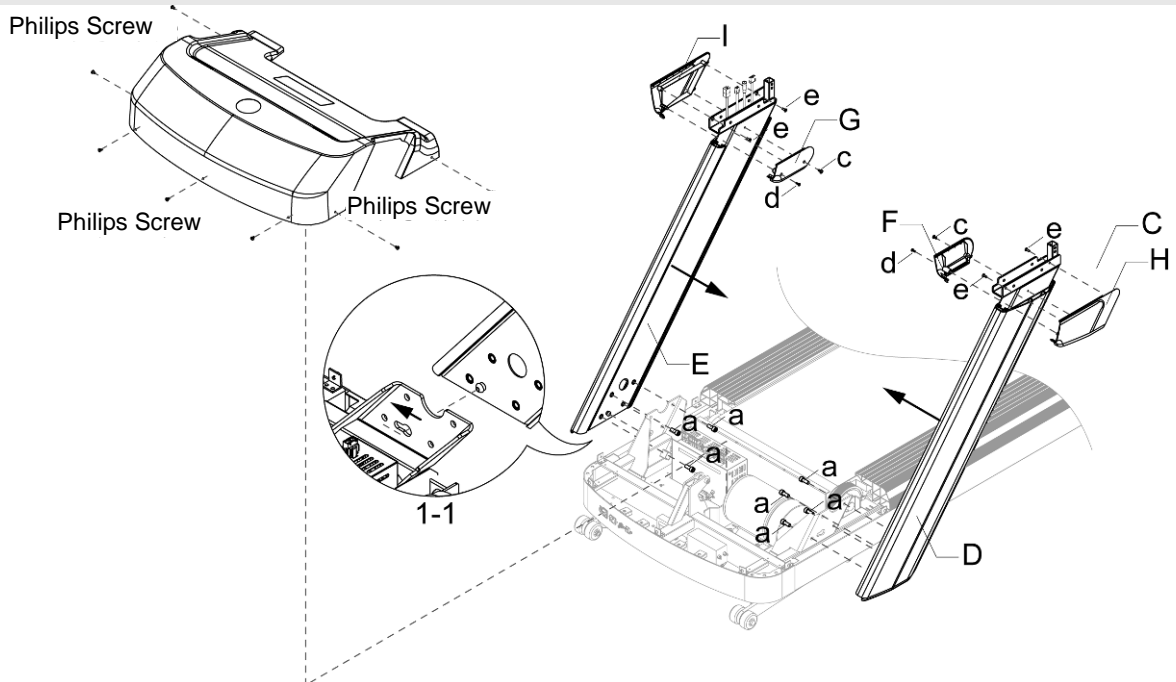
### 3.2. Hardware Pack



ITEM	Description	Qty
a	Cks hex screw M10xP1.5x25	8
b	Truss hex screw $\phi$ 13	4
c	Truss Philips Screw M5xP0.8x12	4
d	Screw $\Phi$ 4x16	4
e	Philips screw M5xP0.8x15	4
f	Truss hex screw M8xP1.25x20	2
g	Spring washer M8	2
h	L hex wrench+ Philips Screwdriver 5mm	1
i	L hex wrench 10mm	1
j	L hex wrench 8mm	1
k	SILICONE	1
l	Spring washer M4	2
m	Truss Philips Screw M4xP0.7x10	2
n	Power Cord Switch Cover	1
o	CABLE Adapter	1

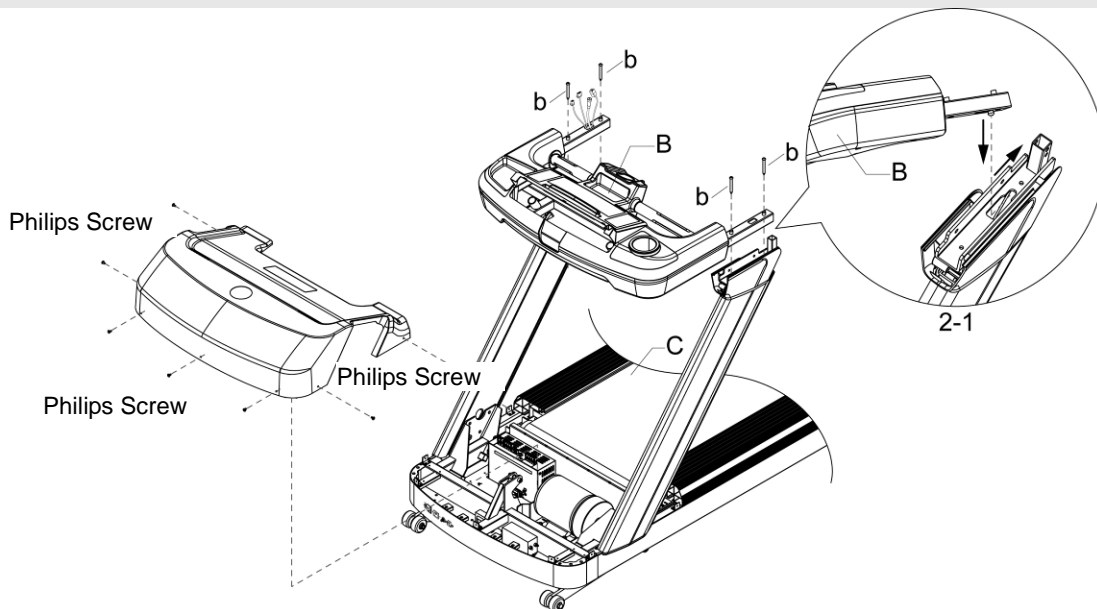
### 3.3. Assembly Steps

#### ■ STEP 1



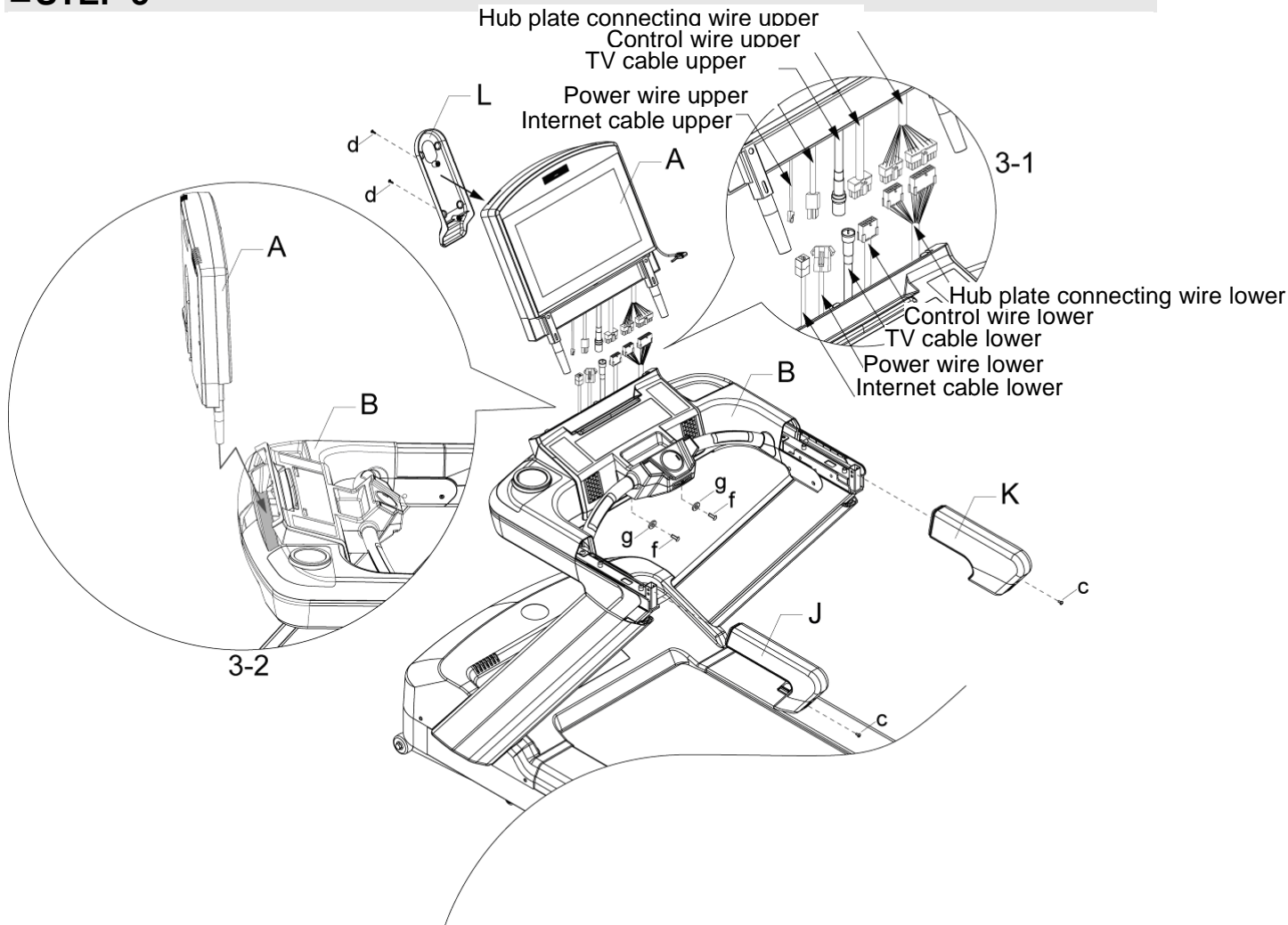
Release cross screw on frame(c) for motor upper cover fixing and take off upper motor cover, fix the truss hex screw of upright tube into gourd hole as figure 1-1 and push it forward. Then pull the control wire & other wires out with guide thread attached in upright tube and fix the upright tube L,R(D,E) with screw(a), but do not tighten. Tighten outer handrail cover L&R(H,I) on upright tube L,R with screw(e), at last tighten inner handrail cover L,R(F,G) with screw(c,d).

#### ■ STEP 2



Make control wire& other wires through the hole of stuff holder set(B), make sure the wires is not pressed and fix the truss hex screw of stuff holder set(B) into gourd hole of upright tube as figure 2-1, push it forward. After finished, tighten stuff holder(B) with screw(b) and tighten the screw(a) that fixing the upright tube L,R. At last, cover the upper motor cover back to frame(C) and tighten with cross screw.

## STEP 3

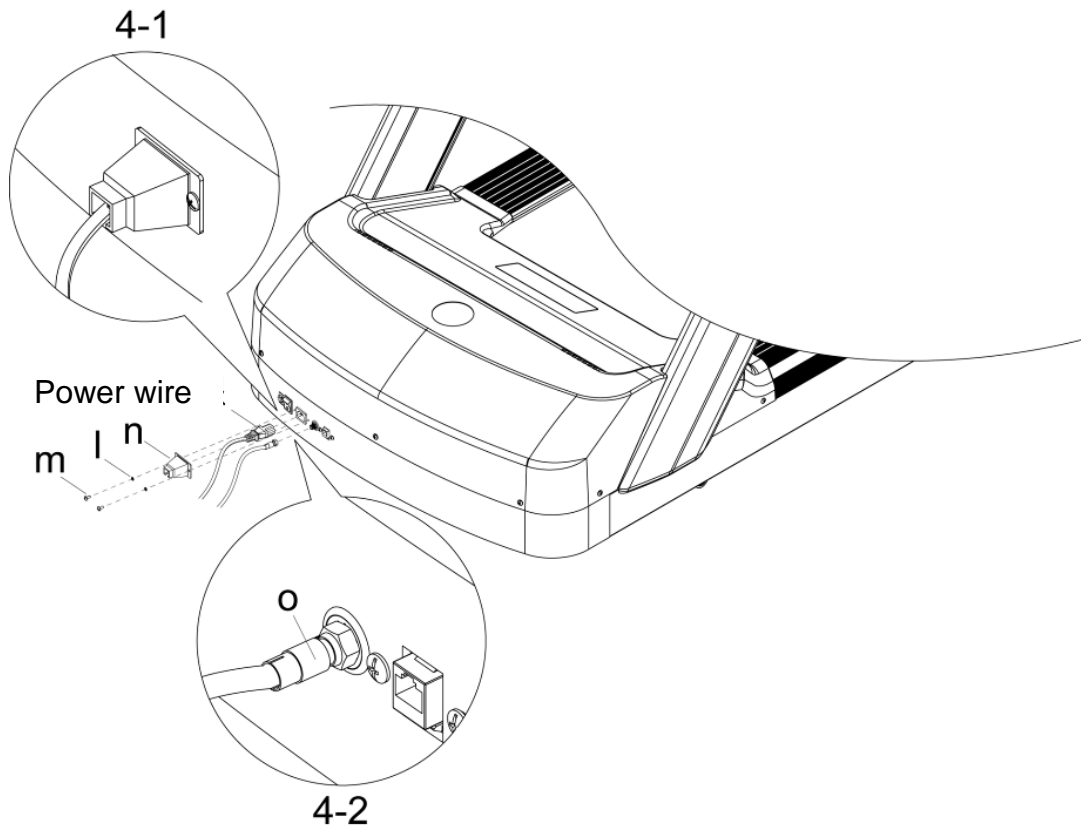


Put computer console(A) on stuff holder(B) as figure 3-2, connect the control wire & other wires of stuff holder(B) with wires of computer as figure 3-1. The put the connected wires down to the place under flask holder set, that assembled before and fix with screw(f) & spring washer(g), cover the computer decorative cover(L) and tighten with screw(d), when cover it, please be sure to not press the wires. At last, tighten TPR handrail upper cover set L,R(J,K) on stuff holder with screw(c).

Attention:

- (1) When connect the wires, if the connecting is successful, it will have a voice.
  - (2) [TV cable\(lower\) is ready for TV systems using](#)
  - (3) To avoid danger, always assemble the treadmill with more than two workers, do not assemble alone.
  - (4) When assembling the console, one person should hold the console to prevent them from falling.
- Internet wire (lower) is prepared for the internet system.

## ■ STEP 4



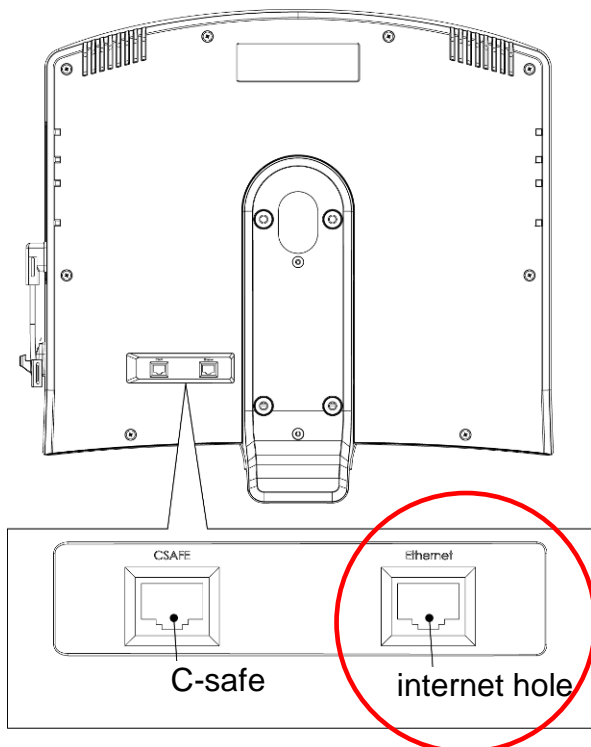
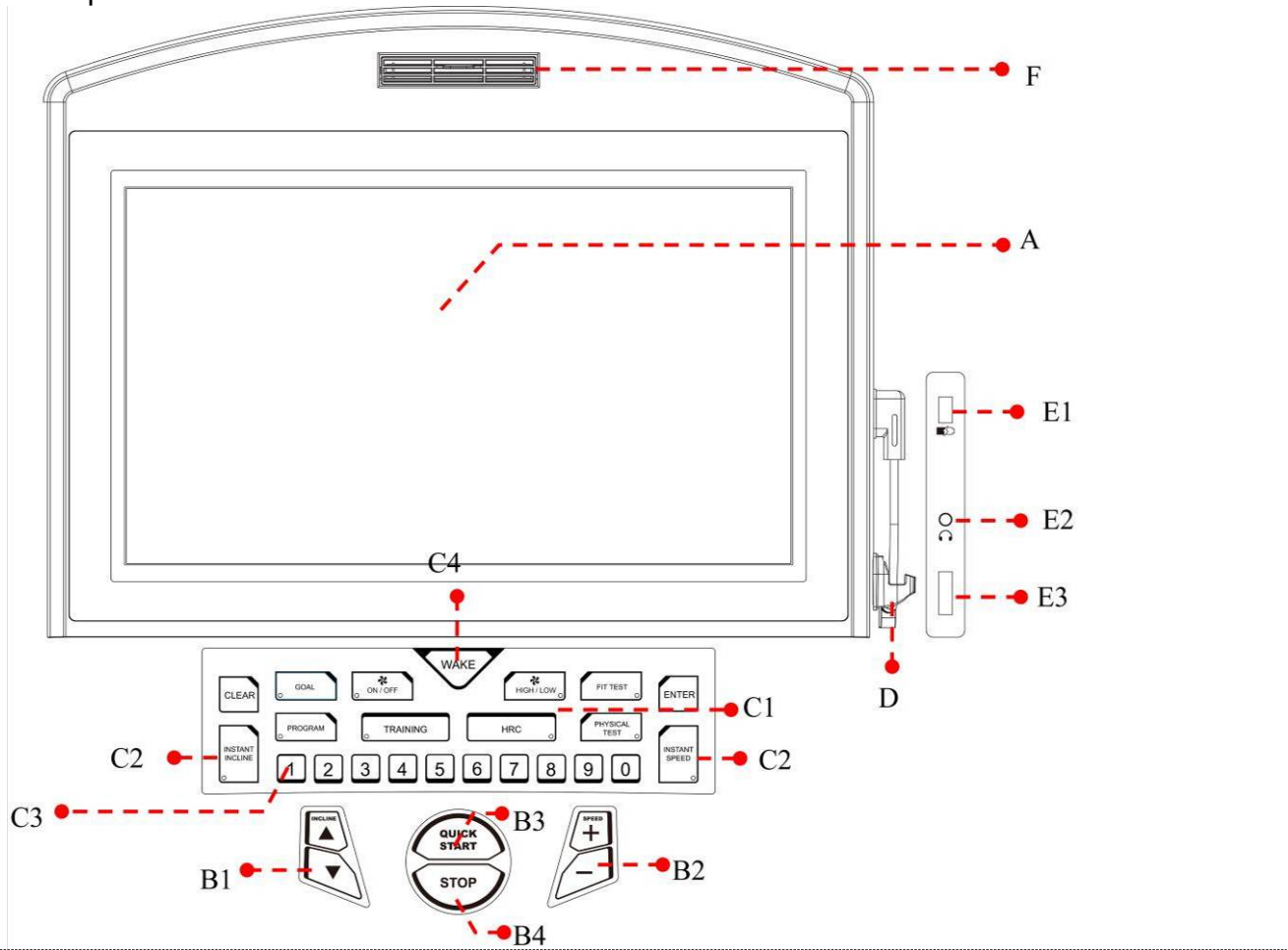
Inset power wire into power wire socket as figure showing, then cover the power wire switch cover(n) and tighten with screw(m), spring washer(l). Finished as figure 4-1.

**Attention:** [cable transferring connector\(o\) is ready for TV cable systems using as figure 4-2](#)

Internet adapter connector is prepared for the adaption of the internet system, as picture 4-2

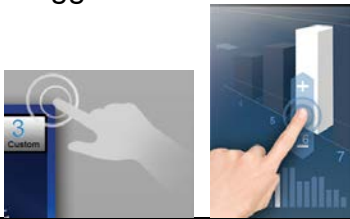
## 4. Computer console operation instruction

This treadmill provides the easy for operation consol for customers and the users could enter personal information into console to set all kinds of exercise aim.



This hole is reserved one and we recommend that take the internet hole under the frame as the main hole. To avoid the signal disturbance, please do plug internet wire into the holes under frame and behind the computer console simultaneously.

#### 4.1. Computer console structure\_A LED screen section

Position section	Function instruction
Information status display section	Display the information about the status pre-exercise, during exercise and after exercise.
Touch operation section	<p>Touch function for the screen section and there are operation buttons for each page. These buttons can be pressed once and prolonged pressed, finger dragged and revolved.</p> 
Image display section	Display multi-media image.









#### 4.2. Computer console structure\_B Practical buttons

Name of buttons	Function instruction
START	<ol style="list-style-type: none"> <li>At the standby page, press this button to enter into Quick start mode.</li> <li>At the mode setting page, press this button to confirm and enter into program control exercise mode.</li> <li>Under the pause condition, press this button to relieve pause and come back exercise mode. The speed and inclination will be back to the status before pause.</li> </ol>
STOP	<ol style="list-style-type: none"> <li>At the standby mode, when the program control election list is turned up, press this button to shrink the list back.</li> <li>At the program control setting page, press this button to be back to standby mode.</li> <li>During exercise, there are two kinds of ways:               <ul style="list-style-type: none"> <li>(3-1) with pause function: press once is pause and press twice is exercise end and go to exercise course report.</li> <li>(3-2) without pause function: end exercise directly and then go to exercise course report.</li> </ul> </li> </ol>
SPEED ↑ / ↓ During exercise, press this button to accelerate or decelerate speed	<ol style="list-style-type: none"> <li>At the standby page, when the program control election list is turned up, the program can be switched one by one (recycle)</li> <li>At the program control setting page, the function is to switch the setting program by turns (recycle)</li> <li>During exercise, can be pressed once or long pressed. The maximum is 15.6mph (25.0km), and the minimum is 0.5mph (0.8km) · STEP 0.1 °</li> </ol> <p>※When the button is long pressed, the data change quickly. In consideration of safety, the change should be within 5.0kph (3.1mph), until relieve button and press again.</p> <p>※At the specific program, the speed is specified by computer and this button is invalid.</p>
INCLINE ↑ / ↓ During exercise, enhance incline	<ol style="list-style-type: none"> <li>At the standby page, choose program item by mouse cursor.</li> <li>At the program training setting page, adjust Level bar directly (one-way)</li> </ol>



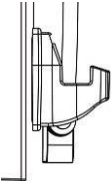
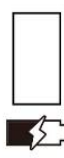



angle.	<p>3. At the program Goal setting page, switch among Manual、Hill、Interval or Random (recycle)</p> <p>4. During exercise, can be pressed once or long pressed. The maximum is 20.0%、the minimum is 0.0%、STEP 0.1%。</p> <p>※At the specific program, the speed is specified by computer and this button is invalid.</p>
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### 4.3. Computer console structure\_C Practical buttons

Name of buttons	Function instruction
 Program control quick button	At the standby page, press to turn to the Target Time setting page of program Goal directly.
 Fun function button	During exercise, turn on or off fan, and the preset status of the fan speed is high after start.
 Fun function button	After start of fan, switch the speed between high and low (recycle).
 Program control quick button	At the standby page, press to spread Fit Test election list.
 Program control quick button	At the standby page, turn to program Goal setting page directly.
 Program control quick button	At the standby page, press to spread Training election list.
 Program control quick button	At the standby page, press to spread Training election list.
 Program control quick button	At the standby page, press to spread Physical Test election list.
CLEAR	<p>1. At the setting page, the function is to recover presetted data and clear data.</p> <p>2. At the Virtual Active setting page, the function is to turn back to previous page.</p> <p>3. During exercise, the function is to Skip during the execution of warm up and cool down.</p>
ENTER	<p>1. At the standby page, ensure the program chosen by the cursor.</p> <p>2. At the standby page, when the election list is turned up, confirm the choice.</p> <p>3. At the setting page, confirm the selected program and the inputted data.</p>
INSTANE INCLINE	During exercise, the incline is presetted closed and start after being pressed once. After start, quick switch among 0-9.
INSTANE SPEED	During exercise, the speed is presetted start and switched among 0-9. Close by pressing INSTANT INCLINE.
NUMBER 0~9	1. As the data input entry at the setting page, the function is to

	input data(only the positive integer is acceptable) 2. During exercise, as the data from speed or incline input button (only the positive integer is acceptable), the time is within 2 seconds, beyond the time, the data cannot be input.
WAKE	After long-time without operation, the presetted time <b>period is 60 minutes</b> , the system will turn to energy-saving mode, and stop automatically. If press this key, the treadmill will recharge again. Open time is about 30-35 seconds.

#### 4.4. Computer console structure\_exterior connection device section

<p>D. iPod wire fixing hook</p> 	<p>The wire can be entwined as U shape to hang here when the wire is not used.</p>
<p>E1. USBHole</p> 	<p>(1) This holes can be used for Andriod device charging and the output power supply is 5V/1A. (2) This holes can be used for software updating and maintenance.</p>
<p>E2. voice output</p> 	<p>This hole can connect 3.5mm voice output device, such as earphone.</p>
<p>E3. IPod connecting wire</p> 	<p>This wire can connect iOS device through the treadmill to take advantage of the following functions: (1) Charging function, (2) Reading the sound source and video inside the device. (3) Nike+ function.</p>
<p>F. The air outlet holes of fan</p> 	<p>The air outlet angle can be adjusted by hand.</p>

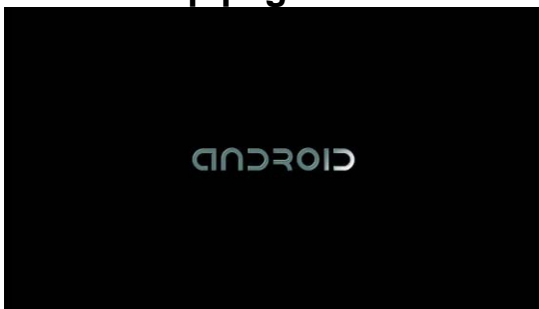
## 5. Display page introduction

- Simple user interface :

### 5.1. Simple user interface :

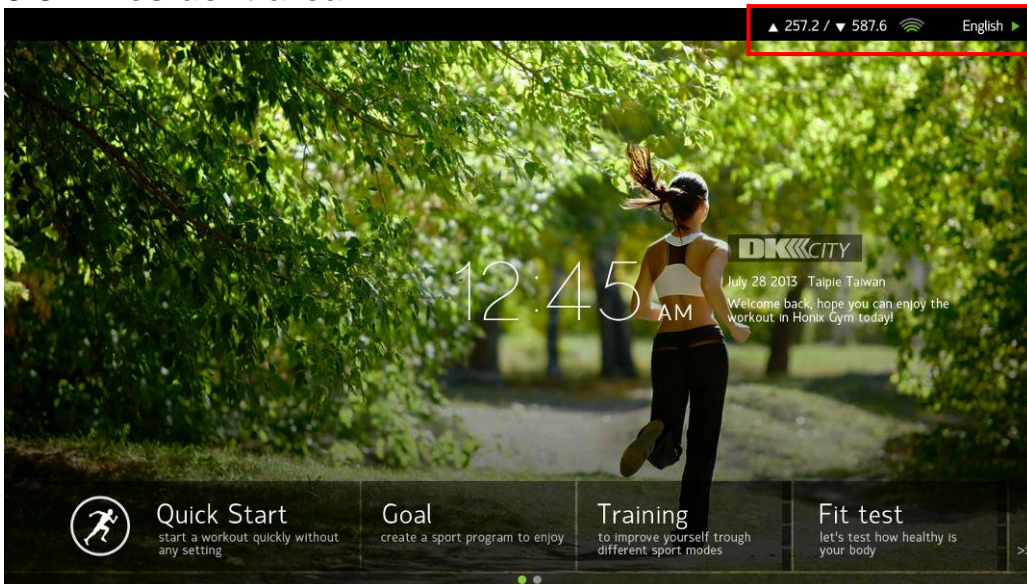
- The simple and obvious buttons and icons will assist users to operate as the users wish to finish all settings and the control during exercise.
- UI design of the treadmill comes from our long term experience in fitness equipment field, the special new technical function and users' angle. The designed operation environment is the fittest.

### 5.2. Startup page



This computer console is Andriod system and the loading picture can be displayed during startup. The total loading time of the system is about 35s.

### 5.3. Resident area



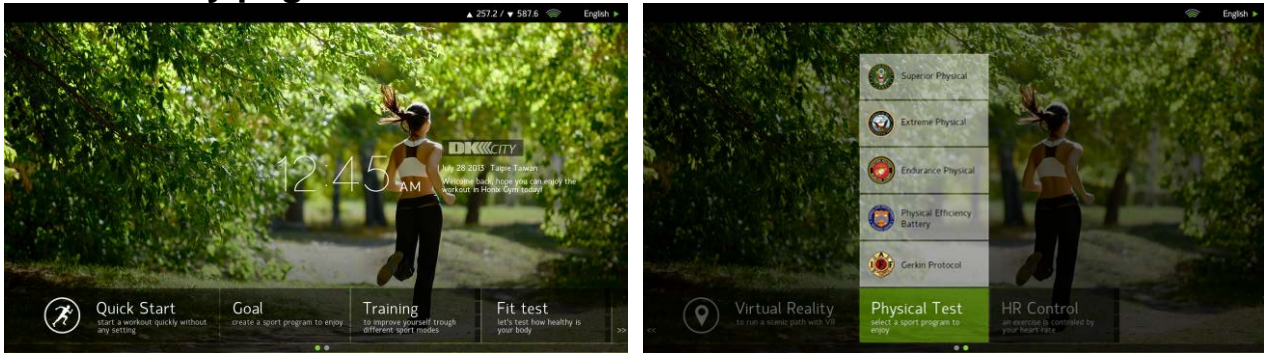
There is a commonly existed status column at the Top right of the picture to assist users to make an inspection at any time.

- Wi\_fi signal intensity  
It is used for confirming the online quality of wireless network of the treadmill.
- The online status of local area network:  
It is used for confirming the online quality of local area network of the electronic meter.
- Language switch section

To switch the words on the screen for the users, and after choosing the language, the system will switch automatically. During the switch, other keys are invalid.

- ※ This language switching is real-time. When the electronic meter is turned on, the system language can return to the default automatically which can be set under the engineering mode.
- ※ During exercise, the language in resident section cannot be changed until in the standby page.

## 5.4. Standby page



Choose Quick start or other program control in this page. Go back to this page whenever the exercise is over.

- 5.4.1. Date, time and address of the system will be shown in the page center.
- 5.4.2. Bottom of the page is menu area of program control, total 2 pages. Change to the next page in the method of left or right sliding. Some program control has sub-stage. Pop-up sub-menu after pressing program control title
- 5.4.3. Safety switch removal status  
Whenever the safety key from the treadmill is removed, all the action will be stopped immediately, and the picture will turn to this page, and the words showed on the page is "Safety Key removed", at that time, any key and action cannot be operated until the safety key is plugged into again.

## 5.5. Program control set page



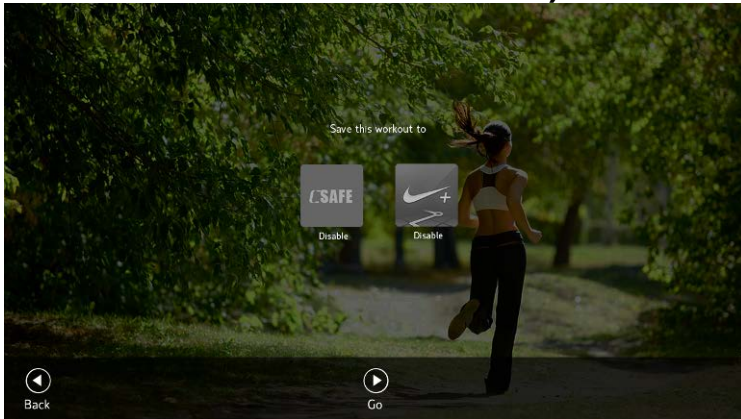
- 5.5.1. Choose any program control in standby page, apart from Quick start, and then enter

into the setting page of the program control.

5.5.2. Input the age, weight, gender...of the user in specific program control, to be substituted into the computational formula.

5.5.3. After the set is finished, press start key, then enter into storage device ahead the exercise choosing page.

## 5.6. Exercise storage device choosing page (running and exercise with the exercise record device)



5.6.1. Quick start or any program control can enter the page ahead the exercise. Press OK Go or START key to enter into exercise.

5.6.2. The page is set for the purpose that the user can choose whether to keep pace with the following 3 exercise record devices:

- CSAFE:

A set of exercise management system developed by FitLinxx is one of the specifications widely accepted by fitness industry. The gym shall add FitLinxx memberships and server appliance shall be installed. Use RJ45 network cable to achieve the online and data synchronism with electronic meter. Exercise value of fitness equipment that uses CSAFE function can be accumulated.

- Nike Plus :



For a set of exercise management system developed by Nike, the user shall be equipped with Apple device that has Nike+iPod receiver established inside, such as iPod touch 4, Nano 6, and iPhone 4.

Step.1 Connect with Apple device by iPod transmission line.

Step.2 Choose the pattern of Nike+ in this page to confirm the online and data synchronism. The value can be stored in Apple device in the following exercise.

Why are the Apple device that has Nike+iPod receiver established inside and software designed?

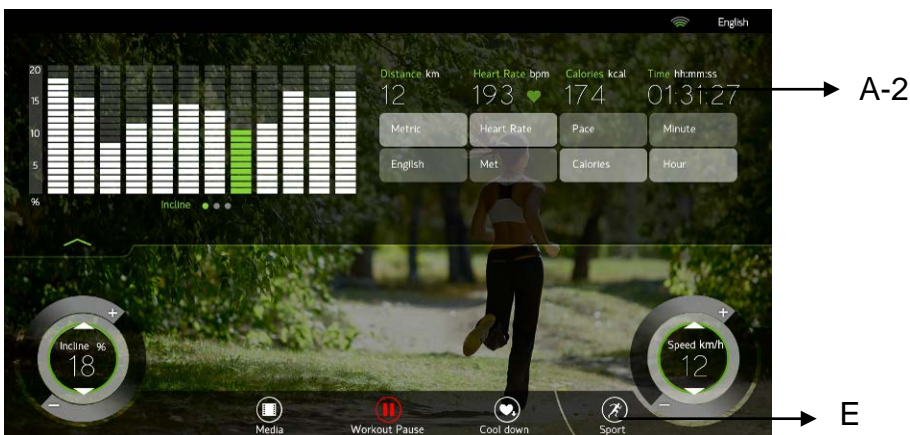
iPod nano, Software version 1.2 or more advanced version

iPod touch, Software version 5.1.1 or more advanced version

iPhone 3GS~ iPhone 4, Software version iOS 5.1.1 or more advanced version



### 5.7. Pages of the exercise



5.7.1. Enter the page of the exercise by the mode of Quick start or program control, and there are five areas, A/B/C/D/E.

#### 5.7.2. Instruction of display areas

- A-1 area:  
The information area of motion state can display five common states of motion, including distance value, heartbeat value, caloric value, and time and lifting outline (shown in the form of column diagram).
- A-2 area:

(1) Click any part of A-1 area, the window can be pulled down. Change five status of A-1 area into other status information arbitrarily, for example, change distance value and speed value into British system, the heartbeat value will be changed into maximum oxygen content, calorie into the pace and speed, time into “min”,

Distance_Metric	Metric system, distance and speed is displayed by km and kph
Distance_English	British system, distance and speed is displayed by mile and mph

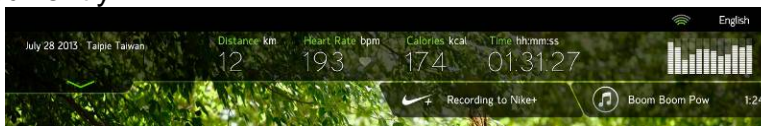
Heart Rate	The data detected by hand grip or wireless heart beat sensor.
VO2	The oxygen content in heart and lung,
Pace	1km/mile. How long it will to come to the speed 1km/mile at the current speed.
Calories	Energy consumption value.
Minute	The unit for the exercise time: hour, minute, second
Hour	The unit for the exercise time: minute, second

(2) Move incline profile diagram left towards to switch it into speed curve diagram (the update frequency:5 second) or HRV record diagram.

(3) Click choose the  $\Delta$  image or any blank part in A-2 section to turn back to A-1 section.

- B section

Display which exterior exercise record device work with treadmill together currently.



- C section

Before the start of multi-media, the background is the basing. When the multi-media starts, the background will be media dealing section including the movie showing and operation page.

- D section

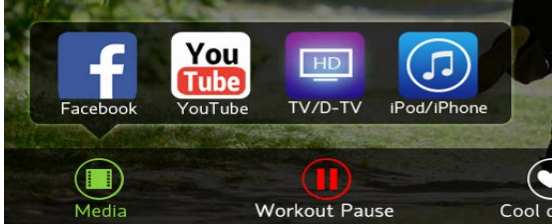
Basic operation key, the right revolving wheel is to adjust speed while left is to adjust height of slope. Press the wheel without relief and draw clockwise or counter clockwise to accelerate or decelerate. Press once or long press  $\uparrow/\downarrow$  key to adjust speed.



- E section:

Operation keys for exercise status, as follows :

Sport	Speed quick key, 3 kinds of speed key will turn up after pressing, Walk is 3.0kph(1.8mph) · Jog is 6.0kph(3.7mph) · Run is 9.0kph(5.5mph).
Cool down	Enter into 3-minute program cool down manually, and every 3 minute the speed will minimize 50% automatically. When the incline comes back to 0 level and time is 0 the program stop or run end.
Skip	Press this key to cancel during the program warm up or cool down,
Workout Pause	During exercise, press this key to pause.
Workout	Press this key when the machine is paused to end

Stop	the exercise.
Continue	Press this key when the machine is paused to recover the status before pause.
Media	Turn on or off the multi-media including facebook 、iPod/iPhone 、TV/DTV 、Youtube. 

### 5.7.3. Multi-media function



facebook :



- Browse or post graffiti wall by facebook. But running is dramatic exercise and the attention will be distracted when exercise and input information at the same time causing injury. Browsing graffiti is only recommended.
- Privacy protection: once the user log in the facebook account, the system will be back to standby page after the end of exercise. Or extract SAFETY KEY, the facebook account will be evacuated automatically.
- In order to avoid virus, we will barricade the advertisement and any link to other website and this measurement will lead to the first page of facebook.
- When the facebook page is brarricaded press previous key to come back to the previous page and the other operation is as the normal facebook.
- Press close multi-media key to switch to other multi-media mode and press multi-media key again to click choose other multi-media mode.
- If the facebook cannot be opened smoothly, please check the internet status. The



bandwidth of Yitai internet at least should be 10/100Mbps and the distance between internet room and machine should be within 50 meters to avoid the poor signal which will lead to malfunction. And the fireproof wall wi-fi device should be closed and be open to exterior internet. The signal intensity at least should be 2 levels or lower than 60db.

- The source of signal. The Yitai internet is recommended for the best quality of usage.

### iPod/iPhone :



- Connect the iPod specially designed; insert the connecting line of iPod of electronic meter into Apple device of the user. The system will begin to read files of (Loading) Apple device and the files will be displayed in the central region of the picture.

※If there is no files in more than 10s, inspect whether the connecting line is badly contacted, insert again.

- When the file is loaded successfully, choose Playlist, Artists, Albums, and Songs. Rapidly screen the songs you want to play according to the variety, or choose Video to play videos and films; press the name of the document, it begins to play.
- While playing the files, there will be control column under the data base of the files. Play/stop, the previous and the next, and volume adjustment, inspect the progress of play.
- While playing video and files, the image will be displayed in the central area of the picture, press the image area, exercise information and all operational keys will be hid, press the image area again, recover to display exercise information and all operational keys.

※There are many devices of iPod, and official iOS operating system of APPLE is changed every year, or the change of connector may cause problems of the supporting of iPod/iPhone/iPad (the problems can't be certificated or operated), the following items are the supporting standard of all devices:

- (a) Operating system: support iOS5 version and more advanced r\version, the version that can be certificated and operated, updating to the version more advanced than iOS7 is suggested and the optimization can be achieved. Version lower than iOS5 may not be supported.
- (b) Lighting connector: support the adaptor of 30Pin or the adaptor that is transferred into 30Pin from official 8Pin.

8Pin lighting connector is the official updated module after 2013 from Apple company, and the new module without the function of depositing and withdrawing of video and nike+ for

the exterior equipment, but the function of supporting charging and depositing and withdrawing of video is maintained.

### TV/DTV :



- Watch TV program in this mode, support the message of analog television or digital television.
- Analog television or digital television shall set the frequency and scanning the message in the project. See the project mode chapter for details.
- Image display area is in the centre of the picture, press image area, and the sport information and all operational keys will be hided, press the image area again, the sport information and all operational keys will be recovered.
- While the television channel is playing, there is control bar under the screen, use ↑/↓ and virtual keyboard to change the channel. Volume bar can be dragged and adjusted. Current frequency No. can be tested.
- Press close multi-media key to switch to other multi-media mode and press multi-media key again to click choose other multi-media mode.

### Youtube :



- The Youtube browse page is website mode and the operation is same as mobile phone.
- There is search key at the top right of the browse page. Press search key and input key words, after that, press search key or the press twice enter key on the keyboard to search for the specified film.
- The film will be showed at the center of page and there is showing progress bar. Press at the center of the film to pause or recover. Press ← key to back to previous film selection list and drag the progress bar to quicken the film. Press L ⌵ key to zoom the film and drag volume bar to adjust volume.
- In order to avoid virus, we will barricade the advertisement and any link to other website including sharing, logging in google account...etc and this measurement will lead to the first page of Youtube.
- Press close multi-media key to switch to other multi-media mode and press multi-media key again to click choose other multi-media mode.
- Yitai internet or wi-fi internet is needed for this mode. And some populated movies

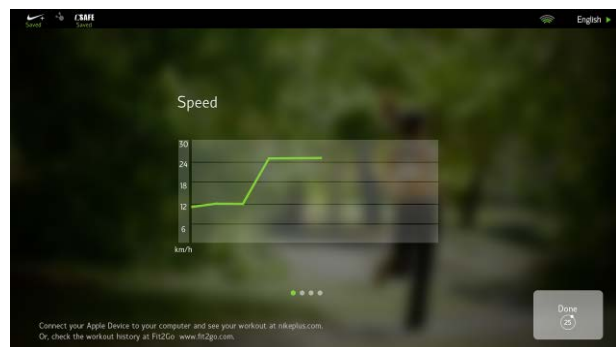
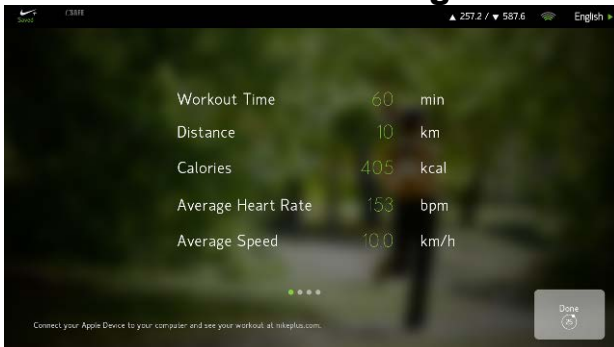
needing high transmission capability, please ensure the speed and quality of the internet. When the internet is of poor quality, it will lead to slow loading or the film cannot be showed smoothly. Please wait patiently for the buffering section. And we recommend that choose internet wire as the source of internet signal to guarantee the stable quality of internet connection.

- When the film is not smoothly played, check the internet connection quality listed above the screen directly. The film is on the heavy-traffic road if the download data is lower than 50Kbps continuously. Please change film or exit Youtube mode, and solve by entering into the mode again. If the same problem happens again, then the internet signal source is abnormal or unstable.



- If Youtube cannot be used smoothly, please check the internet status. If the internet source is Yitai inter wire, the bandwidth at least should be 10/100Mbps, while the source is wi-fi, the signal specification at least should be 2.4Ghz, and the distance between HUB and machine must be shorter than 50 meters to avoid the malfunction caused by poor signal.
- Please close the fireproof device of wi-fi and open the exterior internet connection. The signale intensity at least should be 2 levels or lower than 60 db.
- When you cannot ensure whether the failure of internet connection is caused by wi-fi quality, you can take 3G or 4G mobile phone as the wi-fi hot spot transitorily to confirm the machine by this hot spot.

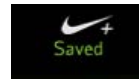
## 5.8. Exercise Course Page



- 5.8.1. When in Quick Start or in program control, because of zero time, zero target value, accomplishing exercise program or manual termination in exercise, the screen will display integrated abstract of exercise of this time, including time, distance, burned calorie, average heartbeat, average speed, outline and so on.
- 5.8.2. Exercise Course page displays 1 min. You will return to standby page by pressing Done key, Stop key or waiting for 1 min.
- 5.8.3. When there is exercise optional storage device, the system will also automatically transmit data to appointed device, storage device displaying on the top left corner. Green lights mean completion, no lights means no upload or uploading unsuccessfully.
- 5.8.4. Some special program control such as soldier stamina rating will display corresponding scores and rating levels in accordance with age and finish time of users after finishing appointed target.
- 5.8.5. How to check my stamina training data when running finished?

Nike+

1. If the user connects treadmill with Apple device before exercise, and Apple device is also connected with treadmill after exercise, the machine



will store 3.8.1file into Apple device automatically. The mark will show on the top left which indicates that the file is stored successfully.

2. Connect Apple device into your computer and start up iTunes, and iTunes will detect the exercise file this time or other exercise file before. Upload the file to nikeplus.com and then log in nikeplus.com to brows the file.



3. You will find more information about how to upload and track your energy training progress on Nike+ website.

Csafe :

If the treadmill connects with Csafe service machine, it will store exercise file just now into the Csafe service machine. And the words Csafe recorded will be showed on the top left which indicates that the file is stored successfully.

The file in the Csafe recorded is controlled and administrated by the administrator official in gym. Please ask you coach for personal recommend after his confirmation of the stored exercise course file.

## 6. Heart Detection Introduction

According to related studies, maintaining a stable heart rate in exercise is the best tempered manner for monitoring exercising strength and reaching the maximum strength, which our treadmill could meet the demand.

### 6.1. Heart Rate Monitor System

#### ■ A. Hand Grip Sensor System

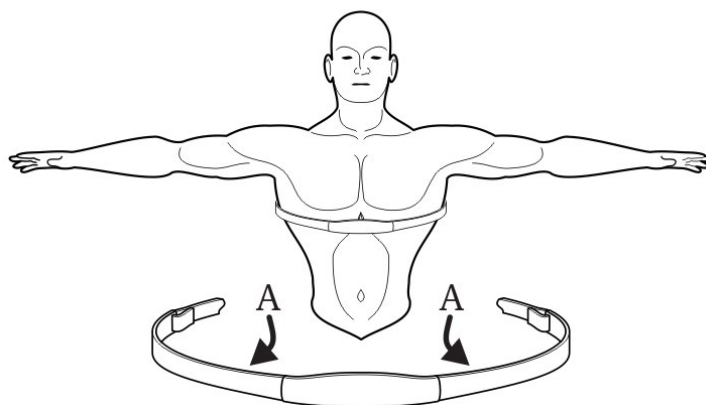
It means a monitoring system testing heart rate by holding nonferrous metal sensor device of front handrail during exercise. Two handrails each have two sensors. All four sensors must be hold in exercise process so that control panel of electronic meter could get heart rate signal and display variation of heart rate after 15 to 30s.

When the speed is beyond 4.5mph (7.2KPH), it is better to chest band heart beat monitor machine instead of the hand grip sensor.

#### ■ B. Chest Strap and Heart Rate Monitor

Chest strap and heart rate monitor paste electrode to human body and transmit heart rate signal to control panel by telemetry. Chest strap is not a necessary accessory for treadmill, so users could purchase as need.

**Diagram: middle electrode position and wearing manner of chest strap**



Middle electrode position and wearing manner of chest strap are as above. Electrode A locates in the groove of two inner side midpoint of chest strap. Electrode must be wet to transmit pulse signal of heart to receiver more accurately.

Chest strap should be kept slightly below the pectoralis. Adjust chest strap and insist the principle of comfortable wearing and smooth breathe. Electrode connecting skin directly as well as wearing thin wet clothes makes it more effective on heart rate monitoring.

Grasp the middle of chest trap, pull out chest trap and wet the electrode directly if electrode of chest trap needs wetting.

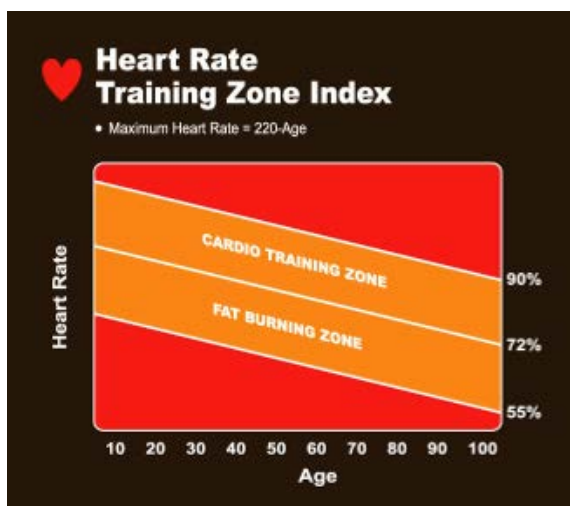
※ Chest strap and heart rate monitor (chest belt transmitter) is optional.

## 6.2. Regional heart rate exercise

Before the aerobics exercise and the exercise enhancing the blood vein of heart, set the ideal HR range or section. The below chart is the diagram about the age and the heart beating times for the relative target HR (recommended value)

High intensity 80%: base on the interval exercise  
 Low intensity 65%: base on the exercise burning fat

AGE	65%	80%
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104



Se 100 78 96 iding the following 5 modes:

- Fat burn Heart Rate
- Cardio Heart Rate
- Target Heart Rate
- Hill Heart Rate
- Interval Heart Rate

There are different advantages for different sections, which will be instructed specifically in the HRC chapter.

## 7. Sports and fitness program

### 7.1. Overview of sports and fitness program

- Quick start mode, 8 Goal program control, 5 Training program control, 5 PFT program control, 8 virtual reality program.
- All sports and fitness program can use abovementioned multimedia function and motion record function during exercise.
- Parts of sports and fitness program can implement warm-up stage firstly after starting, and the speed=4.0kph, the incline=0 level. Skip can be pressed to cancel the program in the process of warm-up.
- Parts of sports and fitness program can implement cooling stage automatically after completing program control target, speed =the reduction of 50% of the current speed per minute, and incline level =0 level. The cooling stage can be cancelled by pressing “skip”.
- Pause: pause key can be pressed during exercise, the speed will return to zero slowly, the slope will maintain current angle, and all exercise values will be saved temporarily for 4 min. Continue key can be pressed within 4 min to recover, the speed will return to status before lifting; The program can terminate automatically and return to standby page when pause status exceeds 4 min. Some program control is based on training target, so pause function is invalid.

### 7.2. Program Illustration

#### ■ QUICK START

After starting the machine up, QUICK START key can be pressed in standby page directly, so as to start quick start program up quickly. As program setting is skipped, the basic personal data required in calculation procedure of exercise will be entered into directly by default value (30 years old, 70 kilo), including age and weight.

There is no warm-up stage in quick start mode. And the speed will start as 0.8kph(0.5mph) and the incline level will be 0 level. The speed and can be adjusted with hands in the process randomly.

#### ■ Automatic program\_GOAL(Target)

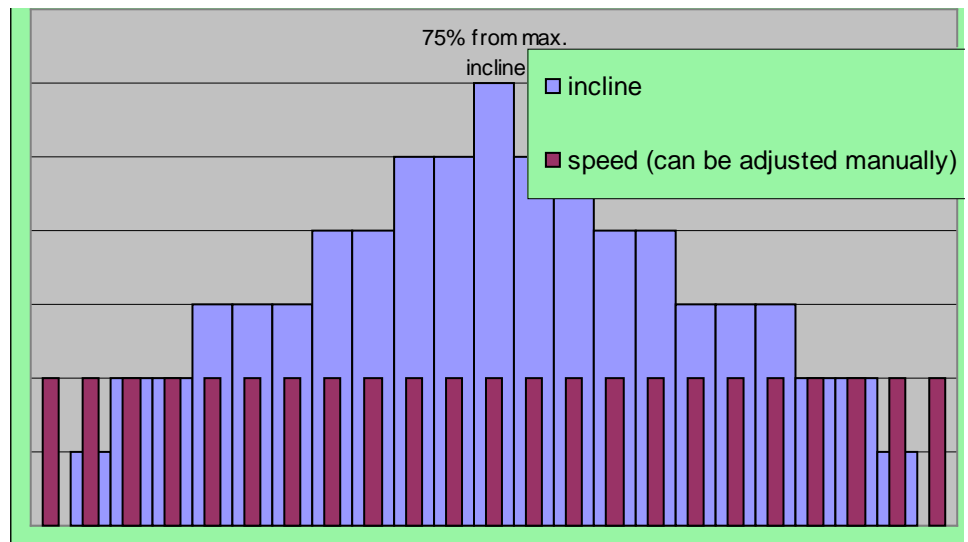
Time Goal

- 1 To match with the built-in exercise program (Manual ∙ Hill ∙ Interval ∙ Random) .
- 2 Set time as the exercise objective. Once this time is up, the program will automatically go into the cool down phase.  
Set range: time preset 20 minutes/range 20-99

Distance Goal

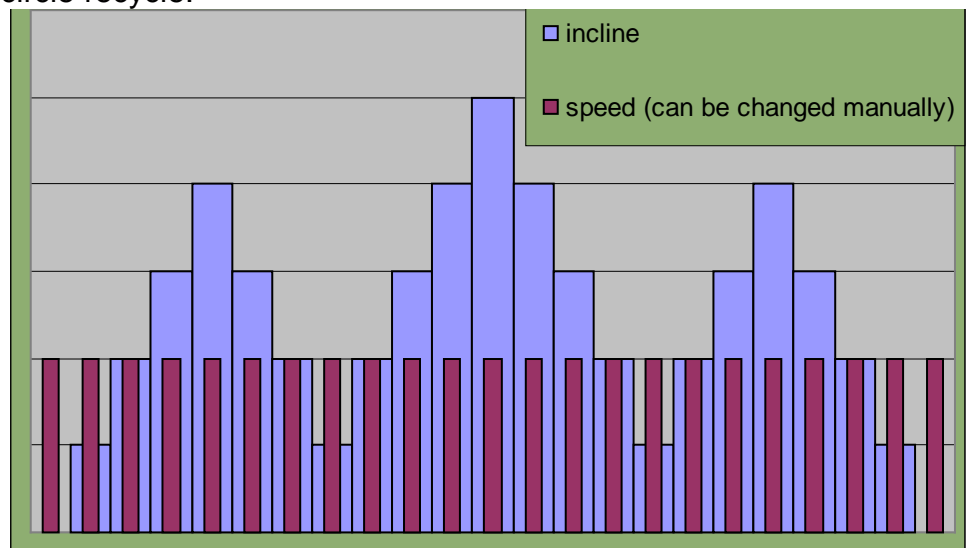
- 1 To match with the built-in exercise program (Manual ∙ Hill ∙ Interval ∙ Random) .

- Calories Goal
- 2 Set distance as the exercise objective. Accomplish the specified mileage with no time limit. Once this time is up, the program will automatically go into the cool down phase.  
Set range: distance preset is 5 km/range 1-99
- Manual
- 1 To match with the built-in exercise program (Manual ∙ Hill ∙ Interval ∙ Random) .
  - 2 Set weight loss and control weight as the exercise objective. Accomplish the specified heat consumption workout with no time limit. Once the objective is achieved, the program will automatically go into the cool down phase.  
Set the range: calories preset is 200 / range of 10-999.
- Hill
- 1 It is an automatic program of Incline change and the pre-programmed default value for incline level is 10. Slide sketch drawing manually to do the detail modification for each step.
  - 2 After execution, the speed is 0.8kph (0.5mph), and can be adjusted manually by random. The incline level is the preset value but can be adjusted manually by random during process. Do the change per stage. When the target value is “time”, the number of change is 12 times, and each stage= preset time value minus 12; when the target value is “distance” or “calories”, do the change per minute. After 12 minutes, the program will come back to the first stage to do the circle recycle.
  - 1 It is an automatic program of Incline change and the pre-programmed default value. The Incline is in the mode of foothill. Slide sketch drawing manually to do the detail modification for each step.
  - 2 After execution, the speed is 0.8kph (0.5mph), and can be adjusted manually by random. The incline level is the preset value and cannot be adjusted during process. Do the change per stage. When the target value is “time”, the number of change is 12 times, and each stage= preset time value minus 12; when the target value is “distance” or “calories”, do the change per minute. After 12 minutes, the program will come back to the first stage to do the circle recycle.
  - 3 Program sketch drawing as follows:



Interval

- 1 It is an automatic program of Incline change and the pre-programmed default value. The LEVEL is in the mode of interval between height and low. Slide sketch drawing manually to do the detail modification for each step.
- 2 After execution, the speed is 0.8kph (0.5mph), and can be adjusted manually by random. The incline level is the preset value and cannot be adjusted during process. Do the change per stage. When the target value is “time”, the number of change is 12 times, and each stage= preset time value minus 12; when the target value is “distance” or “calories”, do the change per minute. After 12 minutes, the program will come back to the first stage to do the circle recycle.



Random

- 1 It is an automatic program of Incline “random” change. Press “?” to change running board slope continuously to produce more than 100 kinds of site effect drawing. And also match with the sliding sketch drawing by hand to do the detail modification for each stage.
- 2 After execution, the speed is 0.8kph (0.5mph), and can be adjusted manually by random. The incline level is the preset value and cannot be adjusted during process. Do the change per stage. When the target value is “time”, the number of change is 12 times,



and each stage= preset time value minus 12; when the target value is “distance” or “calories”, do the change per minute. After 12 minutes, the program will come back to the first stage to do the circle recycle.

Custom

While setting the above seven programs, adjust any level contour of any program by finger to create customized procedure.

## ■HR Control

Decide the intensity of exercise according to the different heart rate intensity. Use of chest sensor or heart rate sensor equipped on the handrail during exercise is required; otherwise the program control of this workout will be invalid.

### ● Fat Burn Heart Rate

The low-impact exercise for heart beat is mainly aimed to burn fat. Within the exercise time set, the heart rate will be in an inter molecular exchange mode between the two target heart rates (60% and 70%) subject to the age of the user. It is similar to the movement of heart rate in short distance race.

If no heartbeat signal is detected during the program, the screen will display “NO PULSE”. If heartbeat signals are unviable over 45 seconds, the program will be terminated compulsorily to go into cool down procedure.

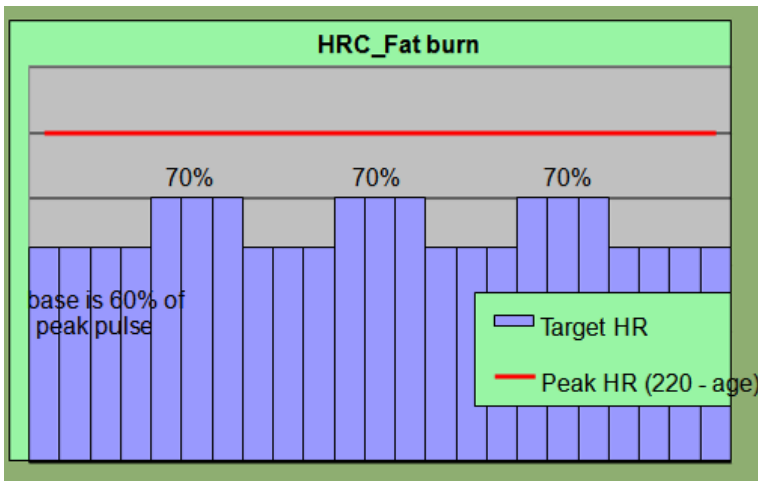
The heart rate value is tested every 10 seconds by the system. When the actual heartbeat value is faster or slower than the target rate, a message will display to remind the user increasing or decreasing the incline level or speed. The slope and speed of treadmill will be adjusted automatically. In this case, the user's heart rate may remain at the target value. (Target heart rate value =  $(220 - \text{age}) * \text{heart rate exercised}$ )

Each increase or decrease of the electronic meter means the change of 0.1%, after accumulative increase and decrease of 1.0%, the speed of increase and decrease will become 1.0kph(0.6mph).

During the process of execution, the speed and incline level will be adjusted manually. Mission mode is adopted in this program. The user must pass the 60% heart rate of the first round mission, reach the target heart rate value, and exercise for 1 more minute under this rate before going into the next 70% mission. Via the rise of slope and speed, the heart rate rises to 70% and keeps the figure for 1 minute. Perform these in the same manner until time out.

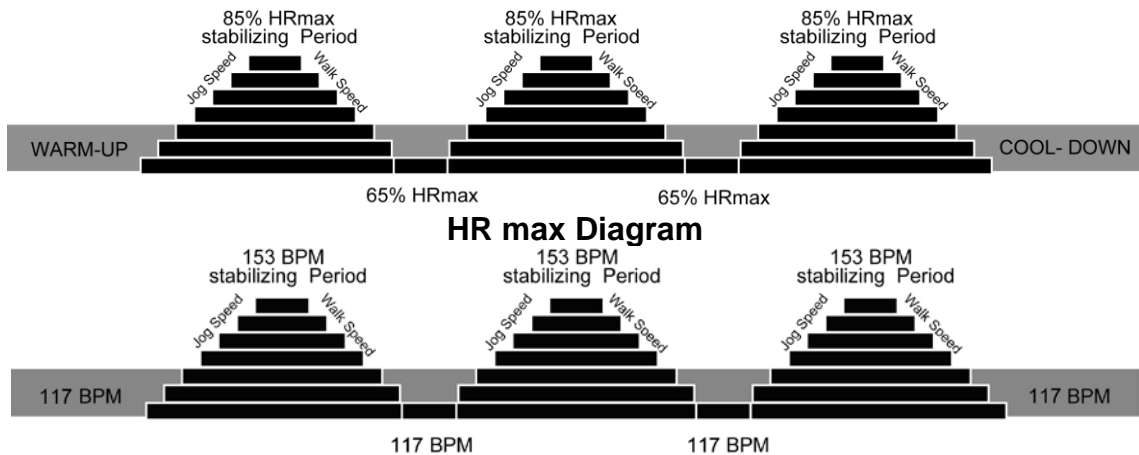
For the heart rate never reaches the target rate but goes up and down between the two target rates, the program will not go over the next exercise target since the last target rate was unqualified.

Pause is valid.



- **Cardio Heart Rate**

1. During the heartbeat exercise, the heart rate is changed between the two target heart rates (65%, 85%), alternatively.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):



- **Target Heart Rate**

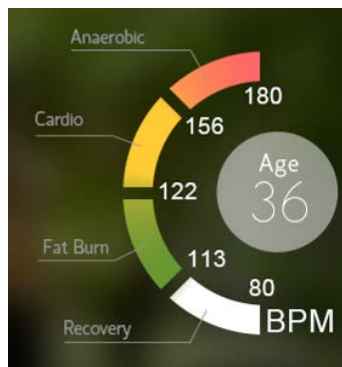
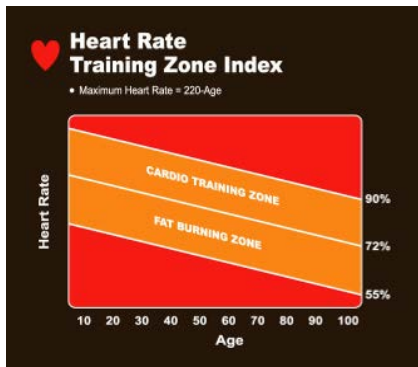
1. The user may determine the target heart rate value. Take reference to the recommended values displayed on the right side. The recommended values are used to translate the range value of each heartbeat interval based on the age of the user.

1%~54% : Low (Recovery)

55%~71% : Fat burn

72%~89% : Cardio

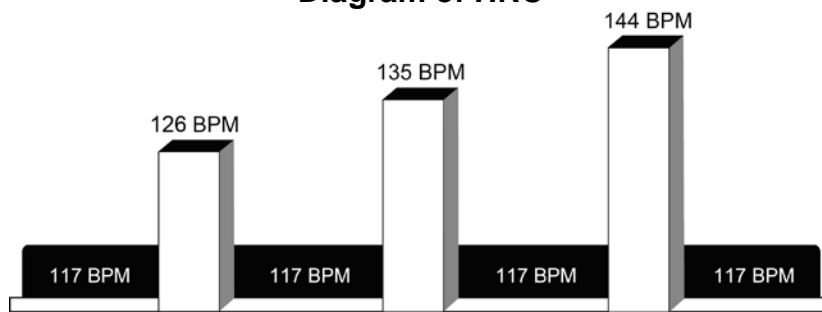
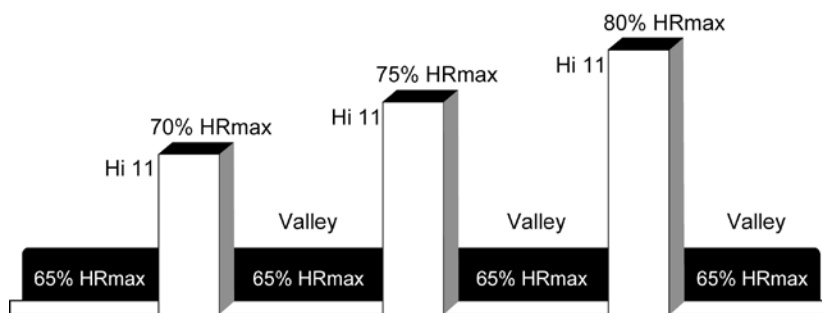
90%~100% : High (Aerobic)



2. The movement of program has the same requirements as other HRC program.

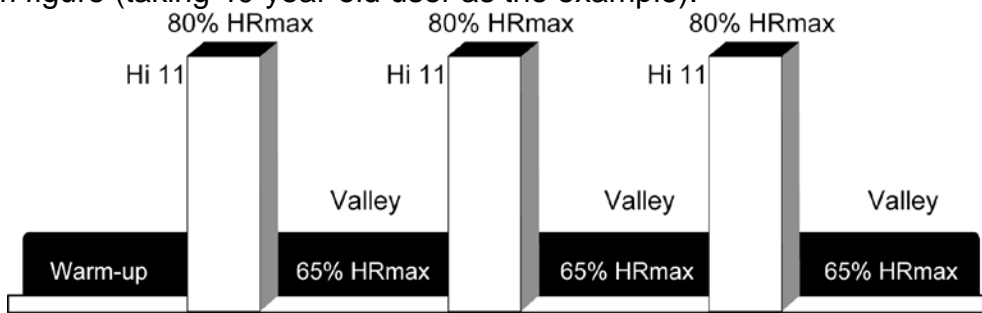
● Hill Heart Rate

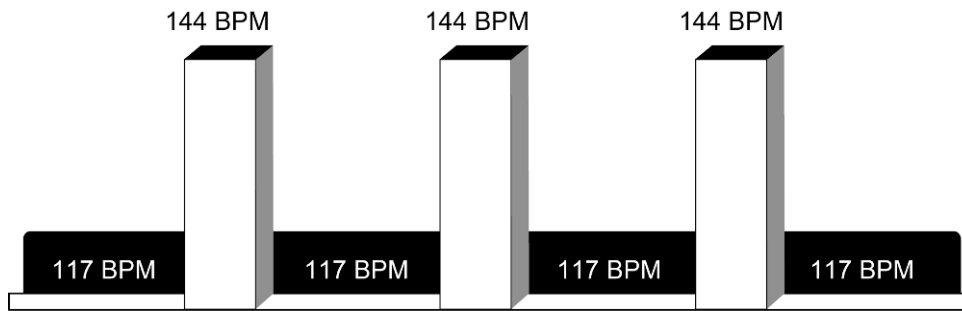
1. The program is composed by four target heart rates. Of which, the target rate of three changes are 70%, 75%, and 80%, respectively. The rest remains at 65% as the minimum.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):



● Interval Heart Rate

1. The program is composed by two target heart rates, 65% and 80%, respectively.
2. The movement of program has the same requirements as other HRC program.
3. Program figure (taking 40-year-old user as the example):





## ■ PHYSICAL TEST

Except for the regulation for the GERKIN PROTOCOL is special, other military physical test should accomplish the regulated distance target, and after the system has turned to cool down stage and the score will come out and the pause is not accepted during the process. Pressing STOP key will stop the test and the result will be "Much to do".

After entering the program, it will do 3-minute warm up, and the speed is 4.0kph (2.5mph), and incline level is 0, the adjustment is invalid. The warm up time will come to zero or press the skip key, the physical test will start, and the speed is 8.0kph(5.0mph), and incline level is 0. Manual adjustment is valid, and the distance will be minus from the targeted data.

When the program come to the cool down stage, the time of cool down is 3 minutes, speed is current KPH\*50%, and it will change every one minute, and the incline level comes to 0. During the process of cool down, the manual adjustment of speed and incline is invalid.

After cool down (if want to see result earlier, press the stop key), and the computer console will show the score and rank, and the result will accord the age and gender. The finished time of the targeted distance, will be assessed after calculation, and the rank will be Poor

Fair \ Good \ Excellent \ Superior...

### ● GERKIN PROTOCOL

According to the international fire protection association to assess whether the soldier is qualified to take part into the mission, and exercise will under huge press and is suitable for the high-level athletes.

Belong to high tense endurance test, to test how long the athletes will endure within the tensivity in the system. The most time of training is 20 minutes, and the testee can press stop key at any time during the test.

At the beginning 3 minutes, at the warm up stage the speed will be 4.8km/h (3.0km/h) and the incline angle will be 0, and the skip is invalid, after 3 minutes the program will start officially from 0 incline level and speed 7.2km/h. After that the incline will increase 2 every one odd minute, and the speed will increase 0.9km/h every even minute, during that process the automatic adjustment of speed and incline is invalid. The TABLE chart as follows:

Stage	Total Time Completed	Speed (mile/h)	Speed (km/h)	Incline	Predicted VO2 max ml/kg/min
0 (warm-up)	01:00	3.0	4.8	0	13.3
	02:00	3.0	4.8	0	13.3
	03:00	3.0	4.8	0	13.3
1	03:30	4.5	7.2	0	15.3
	04:00	4.5	7.2	0	17.4
2	04:30	4.5	7.2	2	19.4
	05:00	4.5	7.2	2	21.5
3	05:30	5.0	8.1	2	23.6
	06:00	5.0	8.1	2	27.6
4	06:30	5.0	8.1	4	28.7
	07:00	5.0	8.1	4	29.8

5	07:30	5.5	8.9	4	31.2
	08:00	5.5	8.9	4	32.7
6	08:30	5.5	8.9	6	33.9
	09:00	5.5	8.9	6	35.1
7	09:30	6.0	9.7	6	36.6
	10:00	6.0	9.7	6	38.2
8	10:30	6.0	9.7	8	39.5
	11:00	6.0	9.7	8	40.9
9	11:30	6.5	10.5	8	42.6
	12:00	6.5	10.5	8	44.3
10	12:30	6.5	10.5	10	45.7
	13:00	6.5	10.5	10	47.2
11	13:30	7.0	11.3	10	49.0
	14:00	7.0	11.3	10	50.8
12	14:30	7.0	11.3	12	52.3
	15:00	7.0	11.3	12	53.9
13	15:30	7.5	12.1	12	55.8
	16:00	7.5	12.1	12	57.8
14	16:30	7.5	12.1	14	59.5
	17:00	7.5	12.1	14	61.2
15	17:30	8.0	12.9	14	63.2
	18:00	8.0	12.9	14	65.3
16	18:30	8.0	12.9	16	67.1
	19:00	8.0	12.9	16	68.9
17	19:30	8.5	13.7	16	71.1
	20:01	8.5	13.7	16	73.3

During the test, the pause is unacceptable, pressing the STOP key or after the cool down or during the cool down press the Skip key will end the program, and the page will show the result analysis picture.

Comparison chart is as follows:

#### Male-VO2 MAX (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
~19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

#### Female-VO2 MAX (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
~19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9


50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

## ■ TRAINING

- TRAINING 5K
- TRAINING 10K

The self-challenge mode is divided into 5 km(3.1 inch) and 10km(6.2 inch). Via setting different intensity of slope, the mode will form the relative site map during the execution process.

The training intensity will be divided into 20 sections, the number larger the incline angle will be steeper, and the incline range is random. So under the same intensity, the range can be

changed by pressing , or it can be changed by touching the preview picture to change the stage shape directly.

LEVEL	% Incline	LEVEL	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

The remote controlling will execute the warm up stage, after the stage, the incline level will change every minute. The manual adjustment is invalid, and the time for every slope will from 30 seconds to 60 seconds, and the speed is as the set, but the manual adjustment is valid during the process.

When the distance come back to zero, the program is end and the system wile execute the cooling stage automatically.

- FARTLEK (SPEED INTERVAL)

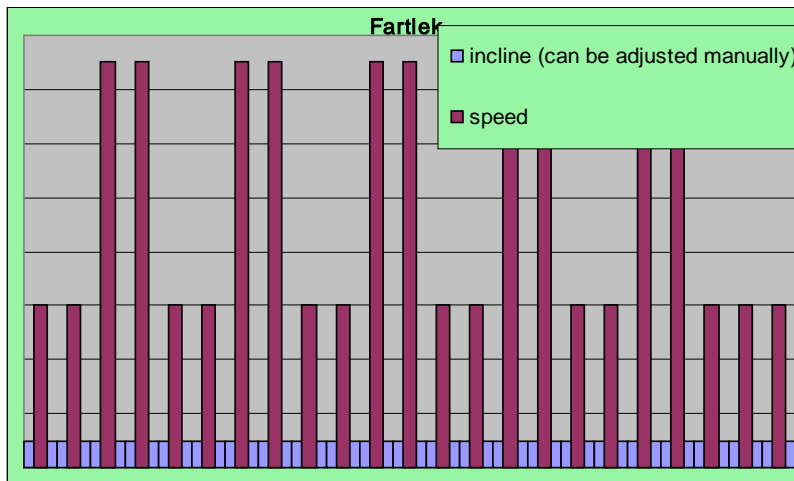
Jogging and fast running can be set.(once set, it will be invalid during the process)

Exercise time can be set, the preset data is 20 minutes and the range is 22~99.

Incline is manual controlled, and the speed is according to the intensity. Within the intensity, the speed can be high and low, the trend for the speed as the follows.

During the exercise, the pause key can be pressed.

Once the exercise time come to zero, the program ends.



**SPEED INTERVAL : Change Chart of the Program Speed**

SPEED-KPH(MPH)	HIGH	LOW
LEVEL 1	9.0 (5.6)	6.0 (3.8)
LEVEL 2	10.0 (6.2)	6.0 (3.8)
LEVEL 3	11.0 (6.9)	6.0 (3.8)
LEVEL 4	12.0 (7.5)	6.0 (3.8)
LEVEL 5	14.0 (8.8.0)	6.0 (3.8)
LEVEL 6	16.0 (10.0)	6.0 (3.8)
LEVEL 7	18.0 (11.2)	6.0 (3.8)
LEVEL 8	20.0 (12.5)	6.0 (3.8)
LEVEL9	21.0 (13.1)	6.0 (3.8)
LEVEL10	22.0 (13.8)	6.0 (3.8)

**■ FIT TEST**

● RECOVERY TEST

This model is aimed to get the strength of heart rate of the user in the tested movement process by substituting the heartbeat values, before and after the test, into the comparison table. Use wireless heart rate monitor is required.

Set gender and age

The speed is 3.2KPH, the range is 3.2~7.2KPH.

After the program is started, time is negative and distance and calories are positive, and the speed is the preset speed, first minute the incline is 0.0%, after 4 minutes the incline is 5.0%. Exercise time is 5 minutes, and the aim is to make the heart beat change after exercise within short time periodo. The speed of the treadmill cannot be changed and the incline angle is controlled by computer

After 5 minutes come zero or pressing STOP key during the process, is come the RUN END of the first stage. And the program will start the heart calculation at the second stage and the motor will stop and do the heart analysis for 60 seconds, and the page will turn out "PLEASE

WAIT 60 SECONDS FOR RECOVERY TEST”, and please keep reflecting the heart information.

During the 5 minutes exercise or 60 seconds heart analysis, if the heart beat is not detected for 45 seconds, at the middle of the page will turn out NO PULSE warning picture.

The pause key cannot be pressed.

After 60 seconds, the page will calculate according to the format, and the result of assessment will be showed.

※ If the user do not switch to 60 seconds heart analysis or press the stop key during that process or the beat is not detected and any other condition which will be looked as giving up exercise and the result will be "Much to do" and the score will be "6".

Recovery test comparison chart as follows:

F=1	F=2	F=3	F=4	F=5	F=6
Superior	Excellent	Good	Fair	Poor	Much to do

● FIT TEST

1. Suiting test provide different stage test according to the vein suiting ability for different ages.  
 2. Because the result is from the calculation by the heart rate input into the computer, so the testee must wear the heart sensor or hand grip sensor.

- The screen will show weight, age, gender, and input the data, then press yes.
- Speed rank ( 2 MPH—4.5 MPH ) is according to the following chart; Choose the speed rank according to the age, gender and activity intensity.

**Activity intensity and suitability comparison chart**

	Not active	Active	Ultra-active
Suitability Rank	2-3 mile/hour	3-4mile/hour	3.5-4.5mile/hour
	3.2-4.8km/hour	4.8-6.4km/hour	5.6-7.2km/hour

3. The slope of the treadmill after 1 minute warm up increase to 5% automatically and the speed is fixed.

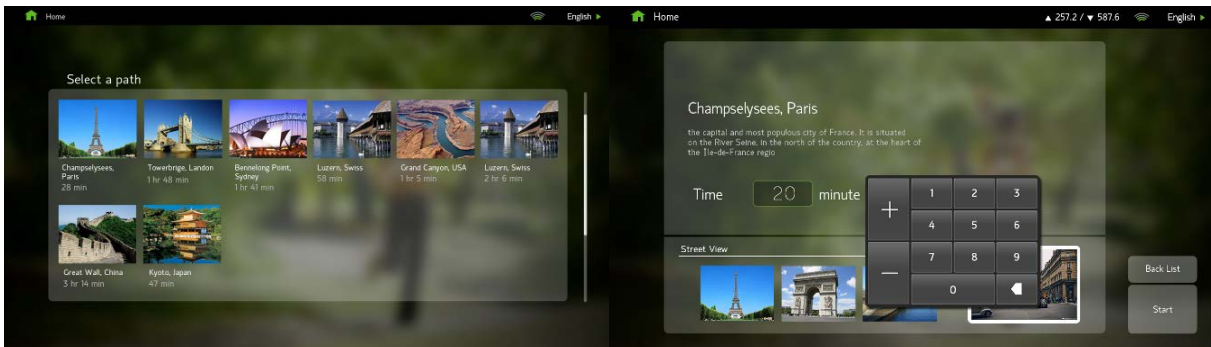
4. The slope of the program is 5%, after 5 minutes, the computer will read the heart rate and assess and the result will be showed on the screen.

**Activity intensity and suitable people**

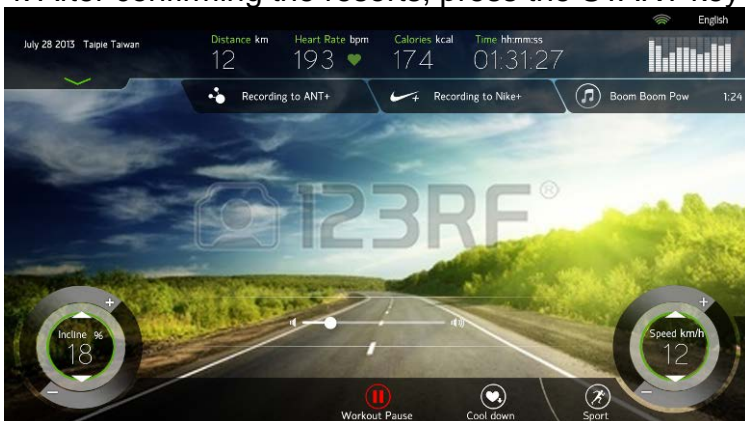
Under medium	Above medium
Aged	Young
Thin	Fat
Short	Tall

■ Virtual Active





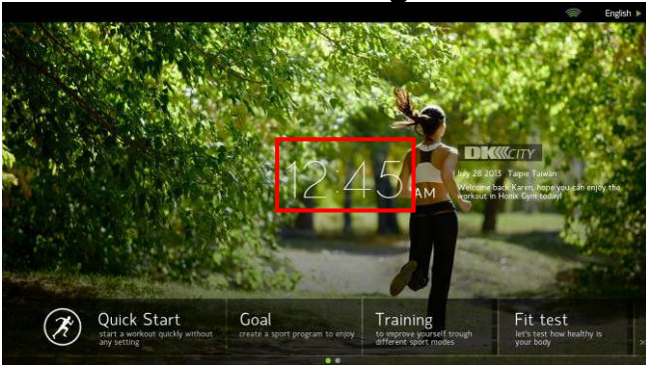
1. The virtual reality is from movie which is taken by professional movie company and the copyright is legal. And the map includes resorts from all over the world, the national park, streets or mountains. And the film is showed in first person's view to make the users in the virtual reality.
2. There are 8 positions for you to choose at the setting page, and enter into the next page after confirmation, then you can check the name of the place, the description of the place and the time of the film, and also you could see the preview film for this exercise routine.
3. The time of film is valid for adjustment and the time is same as exercise time. Press the time window to edit and the time will be reciprocal during exercise. And when the time comes to zero, the exercise is end. If the map route had been run off and the exercise had not come to zero, the film will be start again from the point of the exercise route.
4. After confirming the resorts, press the START key to enter the virtual reality exercise mode.



5. In the visual reality mode, the function of changing automatically is designed into the incline to mimic the change of forest or roads. But the real appearance of the place cannot be displayed completely, so during the exercise, the function of manual control and pause in the speed and incline is valid.
6. In the virtual reality, the Warm up and cool down program will be executed automatically.
7. In the virtual reality, the multi-media is invalid. Because the focus of this mode is on the real scenery during exercise and every course has its own specific background music.
8. In the virtual reality, press any film section, and then the film will on full screen and other windows will be close. These windows will recover after pressing once again.
9. The exercise information above could be dragged down.

## 8. Program Set

### 8.1. Enter and Exit Engineer mode



Enter: After switch on the treadmill, press the section of the time zone in system for about 5 seconds to enter engineer mode.

Exit: Under engineer mode, press Save&Exit (Back) key on upper right corner to exit.

※ If you can not enter engineer mode as described above, it means the software of treadmill needs to be update, please contact dealer.

### 8.2. Display of the version of software



- Version name: version name of the main program of APP in system
- Version code : version date of the main program of APP in system
- Andriod ID : ID identity code for Andriod chip
- MCU Version : version of I/O software in system
- Kernel Version : version of kernel program in system
- BGService : null : without logistical terminal service
- ready : with logistical terminal service
- not ready : with logistical terminal service, but abnormal
- Honix ID : manufacture identity code for main machine

### 8.3. Time zone setting

Choose your region, the system will automatically read the internet GMT time automatically, and the value of Date and Time also can be adjusted by hand.

- This time is system time displayed on the desktop of standby mode and also applied

to certain specific exercise management course.

## 8.4. Language setting

Choose language, the system will be set as default language.

- ※ Once language is set, when press Back to exit, the system will reopen automatically to make sure the language setting is smoothly.

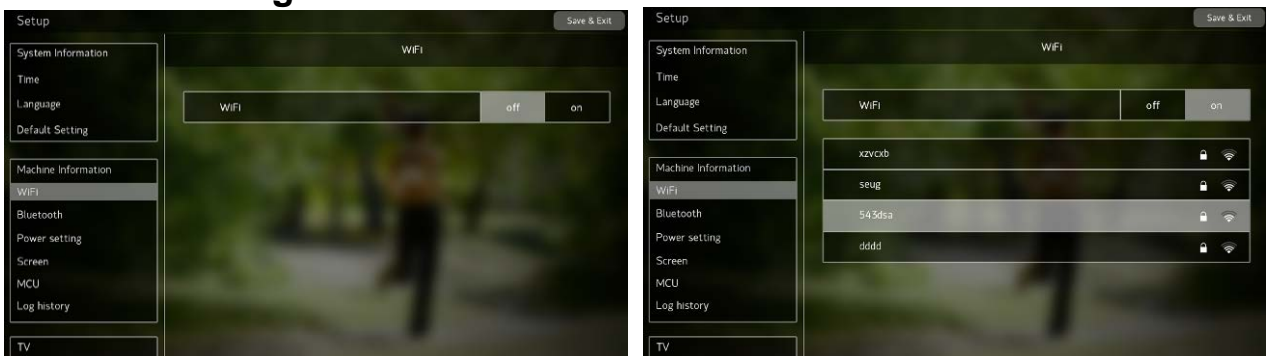
## 8.5. Units

Choose “Metric” for metric system, choose “English” for imperial system. System will auto sync with the choose system for all setting.

## 8.6. Machine information

- 5.61. GS function can be set (safety regulation on the condition that the exercise is end and the incline do not recover initiatively), and the preset is on.
- 5.6.2 switch for maintenance reminder can be set (the preset is on). And the value for maintenance reminder means the system will take it as warning target. Once any value come to the climax, the sentence”This treadmill is due for scheduled service” will show any time when the machine is started. Please add lubrication oil and come back to this page to make the value be zero until the next climax.
- From this option list, the users can also check the accumulative time and distance after the delivery from factory.
- 

## 8.7. Wi-fi setting



Switch to on position, the system will detect available wi-fi connection. db means the signal strength, the smaller the better (it is advised to be lower than 50db). Please choose the wi-fi connection, enter password, press connect or Done, wait for connection. Once “connected” (red color)shows up, the connection is completed.

- ※ The electronic meter will memorize the wi-fi device which was connected before. In next use, the automatic connection will be available provided that this wi-fi device is located within 30m so that it is not required to input the password. When there are two or more wi-fi devices that are connected before in current environment, the last used device will enjoy the preference.
- ※ If the fireproof wall of the wi-fi setting is opened, please close it, or the wi-fi setting cannot be detected or the connection cannot be done. If there is any other problem, please contact with the saler.

## 8.8. Power setting

- The time for the start of energy-saving mode (ErP time) : The presetting time is 60 min; the setting range is 0-480 minute.
- This means, under standby mode, when nobody is operating the treadmill, the system

will switch off the power for both upper and lower controller. Press “WAKE” on the keyboard to wake up the treadmill.

- 
- PauseBack: the presetting time is 4 min, and setting range is 15-300 second,
- 
- This time means that at the condition of “pause” during exercise, after certain period of time without operation, the workout will be ended automatically and turn to the standby mode.
- 

## 8.9. Update of software

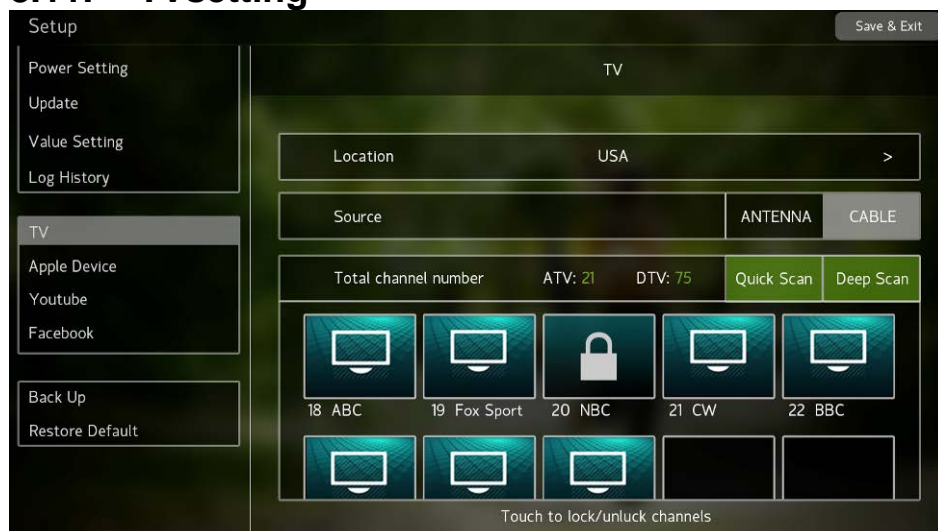
- APP UPDATE : Update for the APP software, please refer to the file about the update for software for details.
- Kernel UPDATE : Update for Android core firmware, please refer to the file about the update for software for details.
- MCU UPDATE : Update for I/O program, please refer to the file about the update for software for details.
- Media UPDATE : Update for the visual reality film, please refer to the file about the update for software for details.
- BG Service UPDATE : Update backend service, please refer to the file about the update for software for details.

## 8.10. Value Setting

- Max Setting : Modify the peak data of speed and frequency accuracy for all kinds of speed.
- Incline Setting : Modify the stage of incline, and the lowest and highest position.
- Incline abs : Test the action and data of the incline position timely.

※ Please do not modify this item setting, or else the best setting will be affected or cause false setting.

## 8.11. TVsetting



(this image is just for reference)

- The TV setting must be set when use the machine first time, or the TV function cannot be used normally.

- Choose your " Location" -->choose television signal is " ATV" or "DTV"  
-->Press  
Quick Scan-->wait for the channel scan to 100% (about 1 minute) -->it will show the number of the channels which are scanned successfully (Current channel number).

※ If the television signal is the "DTV" in America or Canada section, the system will do the scan for two times, for there are QAMB and 8VSB signal at the same time in American system. So, when the first scan comes to 100%, it means QAMB signal scan is over and the system will come back to 0% automatically and do the second scan for 8VSB signal. And when the scan comes to 100%, it means QAMB signal scan is over.


- If the channel number is scanned successfully, you can leave the engineer mode at once; if the number is 0, please check whether TV cable is connected with the TV Cable connector under the computer console or confirm whether the connect is right or not.
- If the "district" and "signal source" is set but "channel scanning" is not executed, the function of entrance to TV is valid but there is only bland channel or irrelative channel, so we recommend that the channel scanning should be done.
- If scanning failed or the channel page did not show out, please execute Quick Scan again, try more times. If failed again, please press Deep Scan, then the system will execute more frequent scanning, but the scanning will take long time.
- "ATV" and "DTV" cannot coexist at the same time, when the signal change, please set and scan again.
- After scanning, the some channel can be executed as " locked channel" and this channel will not appear in the TV mode any more.

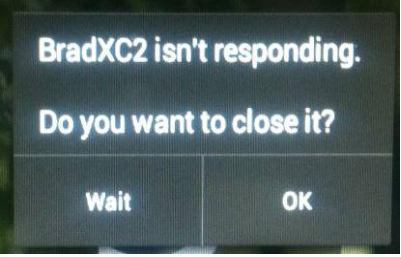

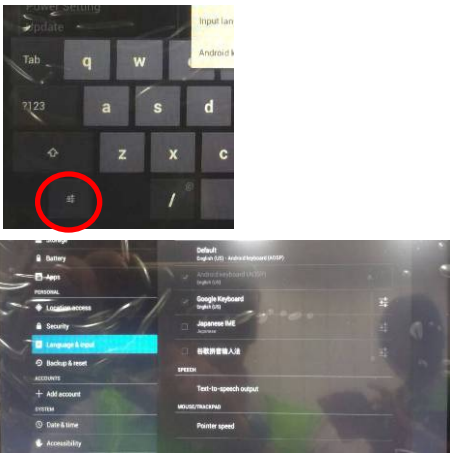
### 8.12. Others

Invalid for usage, and is for the internal operation for engineers.

### 8.13. Malfunction code chart

Error Code	Possible Cause	Action	Remark
Console No Power	1. Power Switch has been turned off	Turn on power switch	
	2. Power switch light does not shine	Use the meter to check whether the power outlet get power supply	
	3. Inverter did not output DC 12V power	Change inverter	
	4. Control cable Malfunction	Change control wire	
	5. Console Malfunction	Change Console	
	6. It is sleep mode (Erp mode)	Press the WAKE key in keypad · the system will reboot again.	you can adjust the erp time or close it.
ERROR 0x00 · 0x01	Inverter Low voltage power supply	Change: Filter, Choke, Inverter	reset and check again(Note:1)

ERROR 0x00 · 0x02	Inverter Thermal sensors Abnormal	Change inverter	reset and check again(Note:5)
ERROR 0x00 · 0x04	Inverter Output over-current	Lubricate Belt or change inverter	reset and check again(Note:2)
ERROR 0x00 · 0x06	Inverter Output over-voltage	Change inverter Braking resistor	reset and check again(Note:6)
ERROR 0x00 · 0x08	Inverter Abnormal landing	Change inverter Check AC motor U/V/W wire and washer	reset and check again(Note:3)
ERROR 0x00 · 0x09	Inverter overheated(85°C)	Lubricate Belt or change inverter	reset and check again(Note:4)
ERROR 0x00 · 0x0A	Inverter / Motor overload	Change Motor or Inverter	reset and check again(Note:3)
ERROR 0x00 · 0x0B	Inverter overload	Lubricate Belt or change inverter	reset and check again(Note:3)
ERROR 0x00 · 0x0C	Inverter System overload	Change inverter	reset and check again(Note:3)
ERROR 0x00 · 0x0D	Drive motor disconnection detected	Change Motor or Inverter	reset and check again
ERROR 0x00 · 0x0E	Inverter Brake Malfunction detected	Change inverter Braking resistor	reset and check again(Note:5)
ERROR 0x00 · 0x21	Inverter Flash Malfunction	Change inverter	
ERROR 0x00 · 0x22	Inverter Flash Malfunction	Change inverter	
ERROR 0x00 · 0x23	Inverter Low voltage power supply Warning	Check AC power or Change: Filter, Choke, Inverter	
ERROR 0x00 · 0x29	Inverter over heat display (70°C)	Lubricate Belt or change inverter	reset and check again(Note:4)
ERROR 0x00 · 0x-1	APK or MCU or Kernel is too old version · cause the compatibility exception	into the engineer mode to update the newest version	
Communication Error	Inverter communication Abnormal	Change Inverter, Control Wire, Console	reset and check again
Incline Error	Incline feedback error	Check AC power or Change Inverter, Control Wire, Incline motor	reset and check again(Note:1)
MCU Communication Error 	The MCU's firmware is not load	1. Reset and check again 2. Update the MCU firmware by ENGINEER MODE	Please ask to your dealer about the file and update SOP

<p>XXX is not responding...</p> 	<p>When the system's FLASH RAM is doing too much job in the same time · it will clash temporarily.</p>	<p>Press the OK button of screen · it will Initial the touch driver and come back the main page.</p>	
<p>Screen show the Andriod Item Bar</p> 	<p>When the system's APK is gone or broken · the system will show this page after next boot</p>	<p>Use the "Restore" or "Browser Easy Install" method</p>	<p>Please ask to your dealer about the file and SOP</p>
<p>Screen show the Andriod setup page</p> 	<p>While you press some button key in the screen keypad of wifi setup page or youtube search page</p>	<p>1. Just reboot again by manul 2. Upgrade the system software when we fix the error, and provide the updated file</p>	
<p>This treadmill is due for scheduled service</p>	<p>the machine is reach the maintenance distances or times of engineer mode setup item</p>	<p>add the oil · and go back the engineer mode to rezero the vaule.</p>	<p>it is system message</p>

- Note 1: If shows frequently, please check the power supply is sufficient, it is required to have at least 1.6kVA or 220V/8A power supply
- Note 2: After restet, if still shows the error code, please check motor, drive belt, roller and belt, if any of them is stuck will result in inverter output over-current
- Note 3: After restet, if still shows the error code, please check if motor has electric leakage or not. If there's no electric leakage, please change inverter
- Note 4: If shows frequently, please check the fan of inverter is clean or not, or the ambient temperature is too high
- Note 5: After restet, if still shows the error code, please check the braking resistor of inverter is loose or not, if not, please change inverter
- Note 6: If shows frequently, please change inverter with braking resistor system