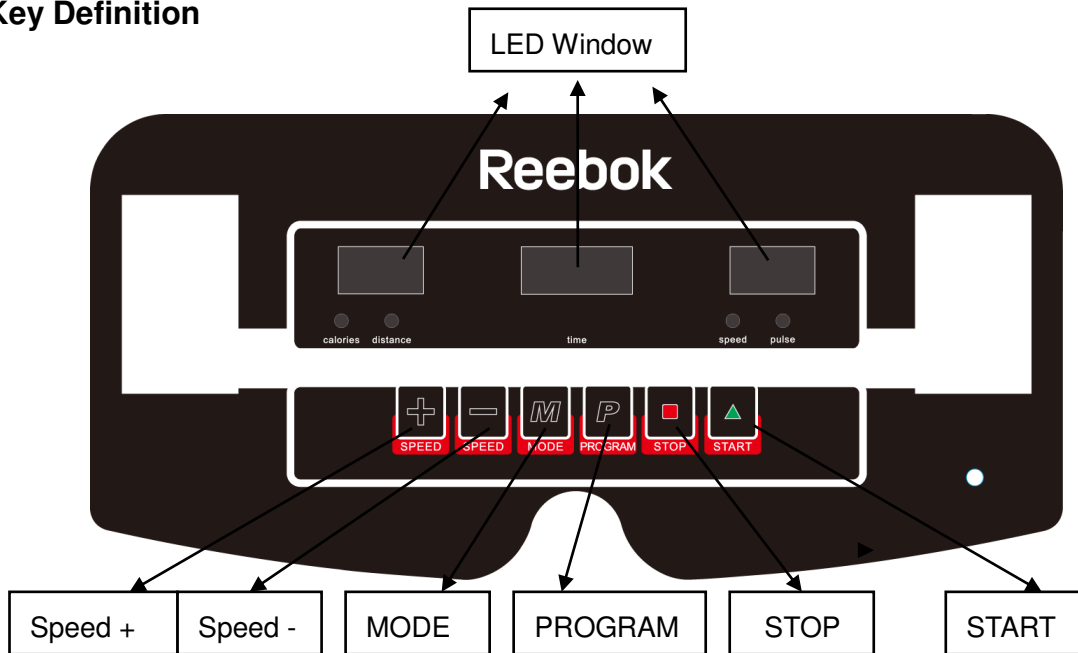


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### Key Definition



( I ): Window Instruction:

1.1:USER training program, there are 12 program(P1-P12), 3 User Programmable Functions (U1-U3) and 3 HRC (HRC1-HRC3). FAT is the body fat test function.

1.2 : LED display window : display the program number and the handle bar key operation number .

1.3: Speed Range :1.0-13.0.0km/h

1.4: Heart rate range :50-200BPM

( II ): LED display window instruction

There are 3 LED display window

2.1 : “**DISTANCE & CALORIES**” display window : display the distance & CALORIES numerical value

2.2: “**Time** ” display window : Display the time numerical value .

2.3: “**speed & pulse**” display window : Display the speed & heart rate numerical value .

(III)Button Key instruction :

3.1: “PROG”: program select key : when the treadmill is stopped ,cycle select the program manual ,P1-P12 – U1-U3-HRC1-HRC3 and FAT function you prefer .

3.2: “MODE” : mode select key ,when the treadmill is stopped , set the Mode you prefer . You can select the Time countdown →distance countdown →calories countdown → time counting circularly

3.3: “START” key : when the treadmill is stopped ,press the START key to turn on the treadmill .

3.4: “STOP” key ,when the treadmill is running stop the treadmill by pressing the STOP key . when the LCD window show the ERROR message ,press the stop key to clear the error message .

3.5: “SPEED +” KEY : increase the speed you want by pressing this key .

3.6: “SPEED –“ KEY: decrease the speed you want by pressing this key .

(VI):Safety key function :

In any state, pull-out safety locks, window displays:” ---“and sound buzzer BI-BI-BI. Then put well the safety lock, all show that the full light for 2 seconds, then go to manual start mode (the equivalent of clearing reset).

( V ) :Program Instruction :

A: 1 Manual program include ( Normal Mode, time countdown mode ,distance countdown mode ,Calories

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countdown mode .

B:12 program : →P1→P2→P3→P4→P5→P6→P7→P8→P9→P10→P11→P12

C: 3 User Program: →U1→U2→U3

D: 3 HRC mode: →HRC1→HRC2→HRC3

E: 1 body fat function program .

2: Start instruction :

A: put the safety key on the correct position ,then turn on the power ,the LED window light is shining ,and sound “beer”, the treadmill enter in to the manual Normal Mode .

B: Press the start key ,the time window will display 5555→4444→3333→2222→1111,then the treadmill will be run.

(III): Manual Mode instruction :

There are 3 modes: H-1 ,H-2 ,H-3 , you can circulate select the H-1,H-2,H-3 .

H-1 is the time countdown mode , press speed + and speed – to adjust the time you want .

H-2 is the distance countdown mode. press speed + and speed – to adjust the distance you want

H-3 is the Calories countdown press speed + and speed – to adjust the Calories you want

(V): Auto Power-Off instruction :

①: When the treadmill stopped, 4 minutes without any key action, then enter the shutdown state

② When the treadmill is under the off condition, press any key to wake up the computer.

(VI) User Programmable Functions instruction:

①:Stop the treadmill, press the program button to select U1-U3, a program is divided into ten section, each section can be setting speed by user.

②:Press mode key, enter into the speed setting, by pressing the speed plus or minus button to adjust the speed (setting range: (1-13km/h))

③ :Complete the speed setting, press the speed plus or minus button to adjust the time (setting range(5:00-99:00))

Then press start key , the treadmill enter into the user program Mode

(VII)HRC program instruction

①:Stop the treadmill, press the program button to select HRC1-HRC3

②:Press mode key, enter into the age setting, by pressing the speed plus or minus button to adjust the age you are (setting range:13-80years)

③: And then press mode key, enter into the target heart rate setting, by pressing the speed plus or minus button to adjust the target heart rate

④: And then press mode key , enter into the time setting ,by pressing the speed plus or minus button to adjust the time(setting range 5:00-99:00)

⑤:Press start key, the treadmill enter into the HRC program mode. The speed will be changed by the difference between your heart rate and the target heart rate.

Below table is the target heart rate (THR) of HRC1-HRC3

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Target heart rate zone chart

HRC1 program

HRC2

HRC3

Age	Target zone (L-H)			Age	Target zone (L-H)			Age	Target zone (L-H)		
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166
32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162
36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150

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51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147
54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143
59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140
62	98	103	108	62	114	119	124	62	129	134	139
63	97	102	107	63	113	118	123	63	128	133	138
64	96	101	106	64	112	117	122	64	128	133	138
65	96	101	106	65	111	116	121	65	127	132	137
66	95	100	105	66	111	116	121	66	126	131	136
67	94	99	104	67	110	115	120	67	125	130	135
68	94	99	104	68	109	114	119	68	124	129	134
69	93	98	103	69	108	113	118	69	123	128	133
70	93	98	103	70	108	113	118	70	123	128	133
71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

(VIII):Body fat function instruction :

- ①: Stop the treadmill, press the program button to select the body fat test program, enter the body fat testing
- ②: The Speed / Pulse window display the setting data , select the body fat test program by pressing the Mode key .
- ③: enter Into the body fat test functions, the Distance /CALORIES window displays: F1, enter the gender, window show 01 indicate the male , by pressing the speed plus or minus key to select input: 01 (male), 02 ( female ).
- ④: Press mode key, the Distance /CALORIES window display: F2, enter into the age setting ,the Speed /Pulse window show 25 (years old), by pressing the speed plus or minus button to adjust the age you are (setting range: (10-99 years)

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⑤ Press mode key, the Distance /CALORIES window display: F3, enter into the Height setting , the Speed /Pulse window show 170CM ,by pressing the speed plus or minus button to adjust the Height you are (setting range: (100-200 cm).

⑥: Press mode key, the Distance /CALORIES window display: F4, enter into the weight setting , Speed /Pulse window 70 (kg), by pressing the speed plus or minus button to adjust the weight (setting range: (20-150 kg).

⑦: Press mode key, the Distance /CALORIES window display: F5,enter into the testing body fat function, Speed /Pulse window show“----“ (body fat rate), then put your hands on the handle bar heart rate sensor chip for 8 seconds, the Speed /Pulse window window show the BMI. The BMI just for reference .—

⑧: By Asian standards, less than 18 for the rancid fat, between 20-25 for the ideal body weight, at between 25 to 29as overweight, greater than 29 is obese

(VIII):The value display range:

	original	Setting the original value	Setting range	Display range
Time (min/second)	0:00	30:00	5:00-99:00	0:00~99:59
Speed(KM/H)	0.0	N/A	N/A	1.0—13.0KM
Distance(KM)	0.00	1.00	1.00—99.0	0.00—99.9
Heart rate (beats / min)	P	N/A	N/A	50-200(BPM)
Calories (kcal)	0	50	20—990	0—999

( X ) :Program speed Table :

		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

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**(X): Touble Shooting**

<b>Problem</b>	<b>Possible cause</b>	<b>Corrective action</b>
Treadmill does not work	a .no connect to power supply	Plug into socket
	b. safety switch not insert	Insert safety switch in monitor
	c .cut off the signal circuit system	Check control panel and signal cable
	d. treadmill is not switch on	Switch on
	e .burnt fuse	Change fuse
Belt does not run properly	a .belt not adjusted	Adjust belt by silicon
	b . belt too tight	Adjust belt
Belt is slipping	a. belt is too loose	Adjust the belt
	b .propulsion belt is too loose	Adjust the belt

**ERROR MESSAGE AND SOLUTION:**

<b>Problem</b>	<b>Reason</b>	<b>How to settle the problem</b>
Treadmill can not work	A : Did not connect the power supply	Connect the power supply
	B: Safety key did not put well	Well put the safety key on the correct position
	C: transformer did not fix well or transformer defected .	Fix well the transformer or change the transformer
	D: electrocircuit interrupt	Check the connect wire and the terminal of the connect wire ,and well connect .
Treadmill stop suddenly	A :safety key fall off	Put well the safety key .
	B: the electronic system problem	Ask for the after sale service
E1	<b>The communication between compuer and control board is abnormal</b>	Check the connect wire between the computer and control board ,and well connect the wire , if the wire is defected ,change the another

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E2	Burst protection	<p>①:check the voltage if it is normal.</p> <p>②:check the control board if it is well or not,if defected ,change the new control board</p> <p>③:check the motor connect wire if it is well connect or not and well connect the wire .</p>
E3	Motor connect wire not well fixed	Fixed well the motor connect wire ,
	Control board defected	Change the contol board
	speed sensor no signal	Check the speed sensor and well fix it . or change the speed sensor .
E5	Current overload or weight overload	Re-open the treadmill
	Check the motor if it is well condition or not	if the motor is defected ,change the motor
	Check the control board if it is well condition or not	If the control board is defected ,Change the control board
	Check the voltage if stable	Use the treadmill with stable volgague .