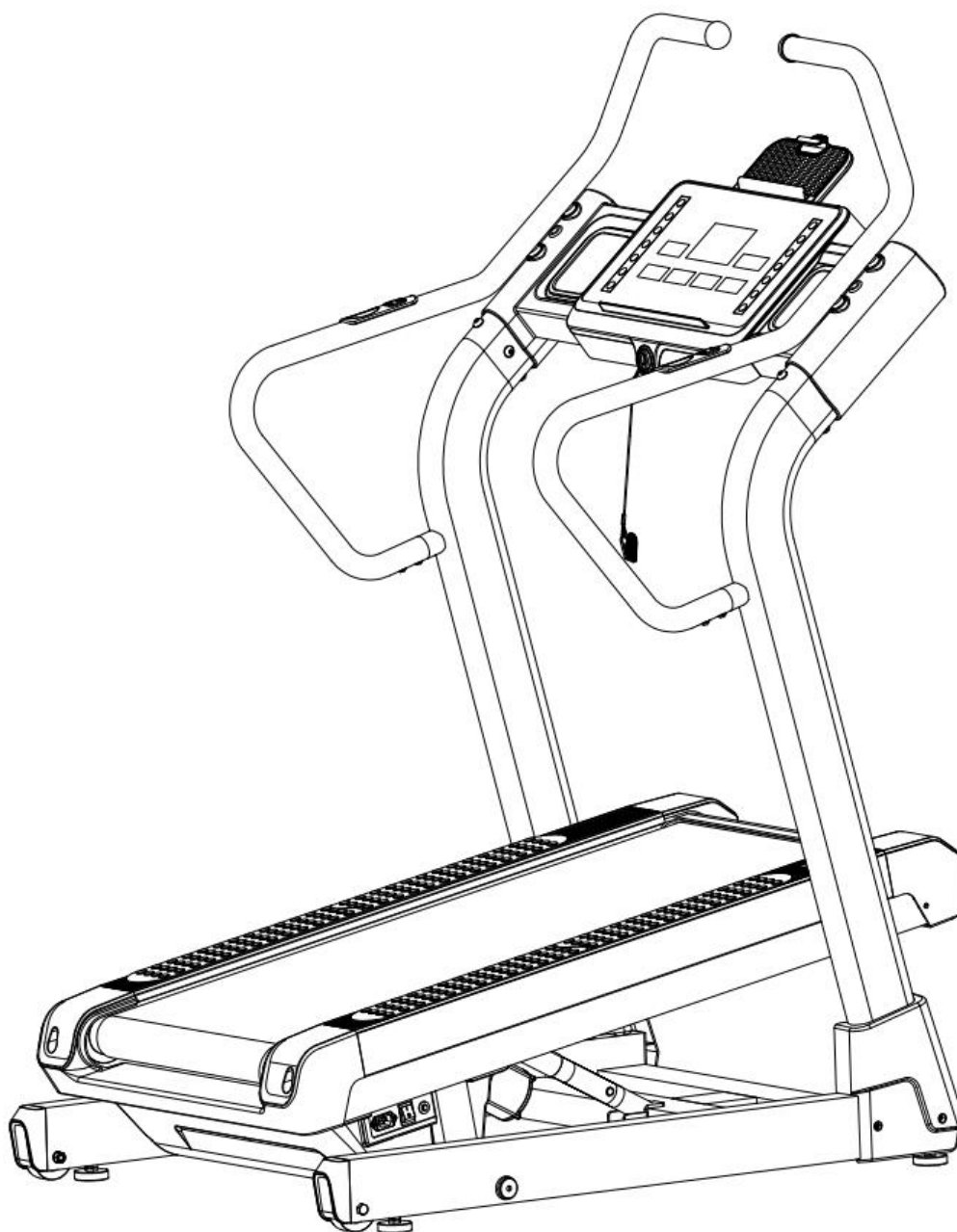




MOUNTAIN 50

SK-MOUNTAIN50



PLEASE READ THE INSTRUCTIONS CAREFULLY BEFORE
ASSEMBLY AND USING THE ASCENTMILL
KEEP THE MANUAL FOR FUTURE REFERENCE.

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

COMPLIANCE WITH INSTRUCTIONS

The Gym facility confirms that it has received and understood the manufacturer's instructions and safety guidelines for the equipment. The Gym facility is responsible for ensuring that its staff and members are aware of and comply with these instructions.

NO WARRANTY FOR MISUSE

Evolution Group LLC and its affiliates do not warrant the equipment's performance or safety in cases of misuse, improper installation, or failure to maintain the equipment as recommended.

PURCHASER INSTRUCTIONS

It is the sole responsibility of the purchaser of products to read, understand, and comply with the this equipment. Use this product only for its intended purpose as described in the owner's manual. Failure to do so may result in injury or damage . It is recommended that all users be informed of the following information prior to use.

RISK OF INJURY AND ASSUMPTION OF RISK; NO CHILDREN

- Before starting any exercise or conditioning program, you should consult your physician. This is especially important if you are new to exercise or training equipment, inactive, pregnant, or suffer from any illness or mental condition. Using training equipment can result in injury or death, and the purchaser is assuming that risk. This makes understanding the owner's manual and instructing others particularly important.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising immediately and consult your physician.
- Keep children away from the equipment, and particularly moving parts. If using the product near children or pets, ensure constant supervision to prevent accidents and ensure that there is no ability for the child or pet to get near the moving parts. If authorized by a legal guardian or parent, a child should be under direct and immediate supervision at all times. Under no circumstances should a child younger than 15 years old use the equipment.

SECURE ENVIRONMENT

Skelcore equipment must:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up with sufficient ventilation to ensure proper operation.

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 meter of space around the equipment where access is required to exercise.

INSTALLATION

Risk of Injury:

- Installation of this product involves certain risks, including the risk of injury. Follow the installation instructions carefully, and if you are unsure, seek professional assistance.
 - For optimal safety, professional installation is recommended. If you choose to install the product yourself, ensure that you have the necessary skills and tools.
 - Before installation, verify that the installation location can support the weight and forces exerted by the product. Consult a professional if needed.
- If you encounter difficulties during installation or have any questions, contact the distributor/sales person from which you purchased the equipment from for assistance.

Failure to follow these installation guidelines may result in injury or damage or void your warranty. By installing and using this product, you acknowledge and accept all associated risks. If you have questions, please contact our customer support.

USER WEIGHT LIMITATIONS

This product has a maximum weight limit. Do not exceed the specified weight capacity. Doing so may compromise the stability of the equipment and result in injury. This machine has a max. user weight of **136 KG / 300 LB**

INSPECTION AND CLEANING

- Before any use, examine all accessories approved for use with the Skelcore equipment for damage or wear.
- Do not use or permit the use of any equipment that is damaged or has worn or broken parts. For all Skelcore equipment, use only replacement parts supplied by Skelcore.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Skelcore equipment.
- If there are damages to small parts, please stop using the equipment at once and contact the purchasing company or agency for replacements. Install the new small parts properly and make sure the connected joints and working parts are fastened, avoiding danger during use.
- Should your Skelcore equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Do not use caustic cleansers to clean and/or wipe it.

OPERATING PROCEDURES AND WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

Skelcore equipment.

- Do not wear loose-fitting clothing or jewelry when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories, and moving parts while the machine is in operation.
- To avoid muscular pain and strain, begin each workout by stretching and warming up, and end each session by cooling down and stretching.
- If the user experiences any injury during use, they should immediately stop using the product and seek medical attention.

PROPER INSTALLATION

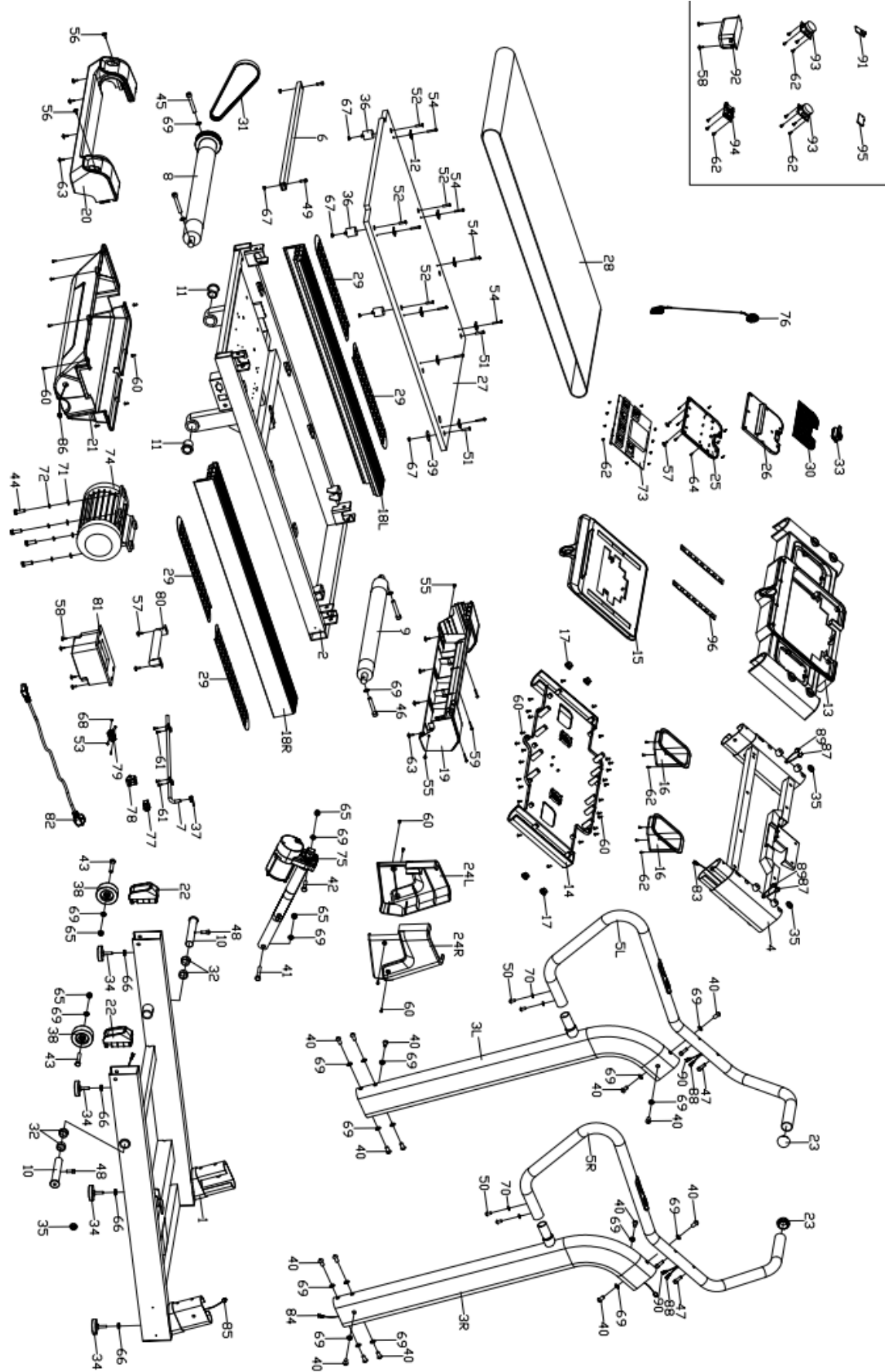
The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

EXPLODED DRAWING



ASSEMBLY LIST

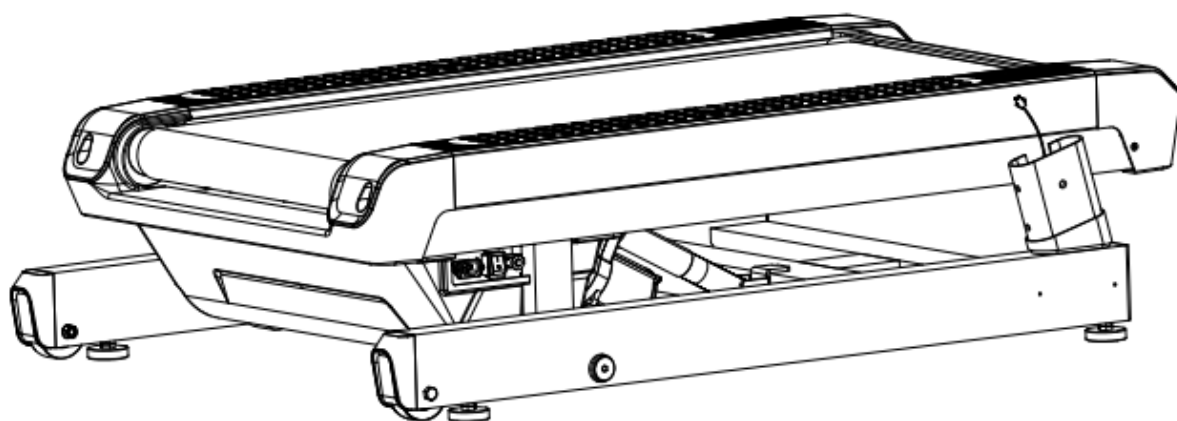
Part No.	Description	Qty	Part No.	Description	Qty
1	Bottom frame	1	49	Socket head cap bolt M6*15	2
2	Main frame	1	50	inner-hex flat head bolt M8*15	4
3L/R	Upright tube	1pr.	51	Inner-hex sunk bolt M6*30	2
4	Computer frame	1	52	Inner-hex sunk bolt M6*25	4
5L/R	Armrest	1pr.	53	Cross sunk head screw M3*15	2
6	Strengthen tube	1	54	Cross pan head bolt M5*30	8
7	Oil tube connection	1	55	Phillips sunk tapping screw ST4.0*16	2
8	Front roller	1	56	Phillips screw M5*16	2
9	Rear roller	1	57	Phillips screw M5*8	4
10	Main frame axle	2	58	Phillips screw M4*8	6
11	Spacer $\phi 38^* \phi 25^*39$	2	59	Phillips tapping screw ST4*35	3
12	Edgings pressing plate	8	60	Phillips tapping screw ST4*16	38
13	Computer up cover	1	61	Phillips tapping screw ST4.0*12	4
14	Computer bottom cover	1	62	Phillips tapping screw ST2.9*8	27
15	computer board	1	63	Phillips tapping screw ST4.0*16	8
16	water bottle	2	64	Phillips tapping screw ST2.9*6	8
17	Front Handlebar end cap	4	65	Nylon nut M10	4
18L/R	Edgings	1 pr.	66	hex thin nut M10	4
19	Front protective cover for main frame	1	67	Hex nut M6	8
20	Rear protective cover	1	68	Hex nut M3	2
21	Motor cover	1	69	Serrated lock washer $\phi 10^*1.2$	24
22	Roller cover	2	70	Serrated lock washer $\phi 8^*1.2$	4
23	End cap	2	71	Flat washer $\phi 10^*2.0$	4
24L/R	Bottom frame protective cover	1 pr.	72	Spring washer $\phi 10$	4
25	Ipad bottom cover	1	73	Computer	1
26	Ipad up cover	1	74	AC motor	1
27	Running board	1	75	Incline motor	1
28	Running belt	1	76	Safety key	1
29	Rubber cushion	4	77	Circuit breaker	1
30	Rubber pad	1	78	Switch	1
31	Belt	1	79	power socket	1
32	Spacer $\phi 32^* \phi 25^*14$	4	80	Rheostat	1
33	Ipad clip	1	81	inverter	1
34	Adjustable foot pad	4	82	Power wire	1
35	hole wire	3	83	Computer upper wire	1
36	Cushion	4	84	Computer middle wire	1
37	Oil hole plug	1	85	Computer middle and lower wire	1
38	Roller	2	86	Computer lower wire	1

39	Plastic cushion	2	87	handle pulse upper wire	2
40	Inner-hex bolt M10*20	16	88	handle pulse lower wire	2
41	Hex bolt M10*65	1	89	Shortcut key upper wire	2
42	Hex bolt M10*45	1	90	Shortcut key lower wire	2
43	Hex bolt M10*60	2	91	Fitshow bluetooth (optional)	1
44	Hex bolt M10*30	4	92	Filter (optional)	1
45	Socket head cap bolt M10*70	2	93	Loudspeaker (optional)	2
46	Socket head cap bolt M10*65	2	94	Amplifier board (optional)	1
47	Socket head cap bolt M8*35	4	95	USB/Audio jack (optional)	1
48	Socket head cap bolt M8*20	2	96	Button board	2

ASSEMBLY STEPS

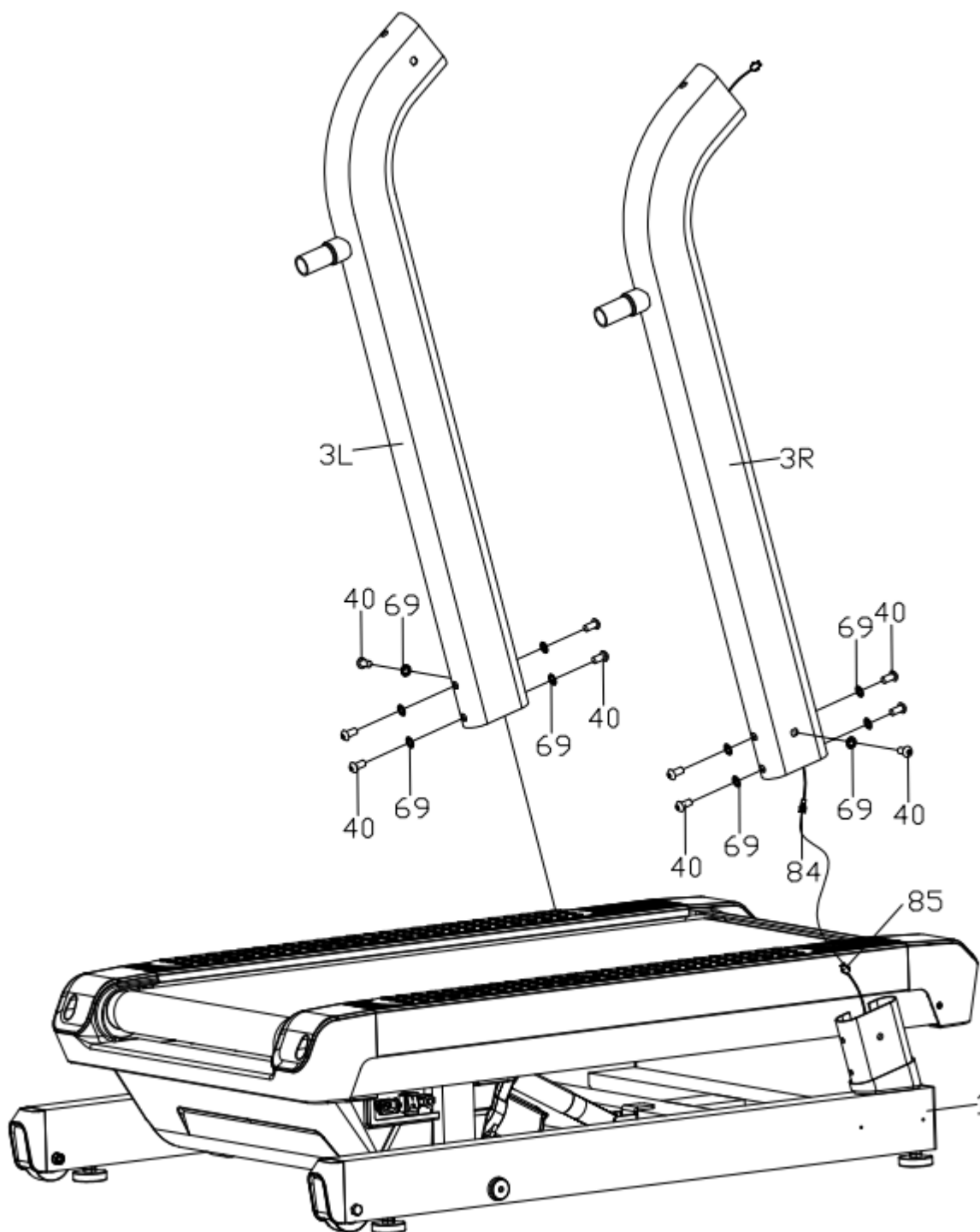
STEP 1:

Open the package, take out the following parts and place the main frame flat on the ground.



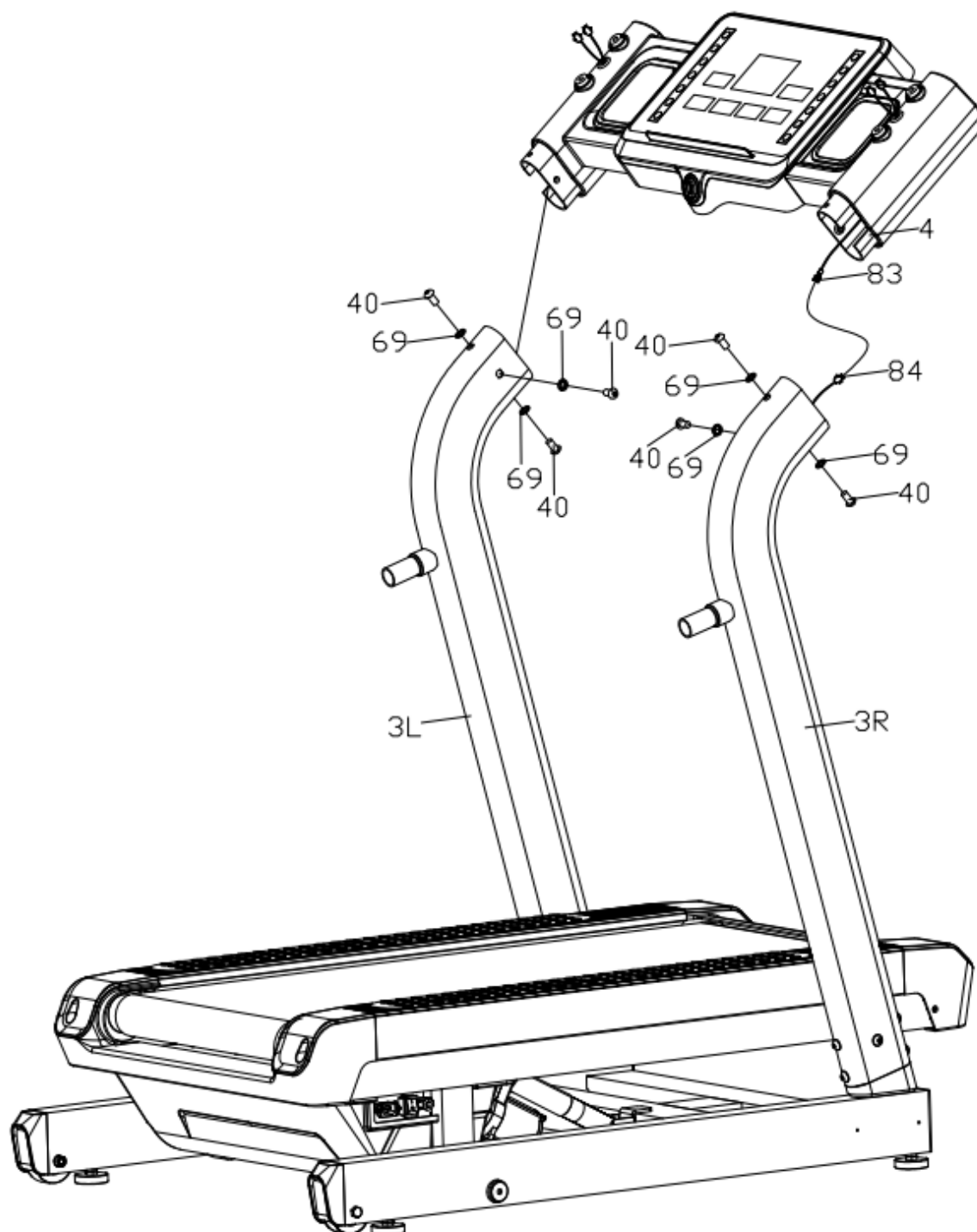
STEP 2

1. Connect Computer middle wire(84) and Computer middle and lower wire(85).
2. Pre-lock Upright tube(3L/R) to the bottom frame(1) with Inner-hex bolt M10*20(40) and Serrated lock washer $\phi 10 \times 1.2$ (69)(Note:do not clamp the wires), Inner-hex bolt M10*20 (40) is not locked.



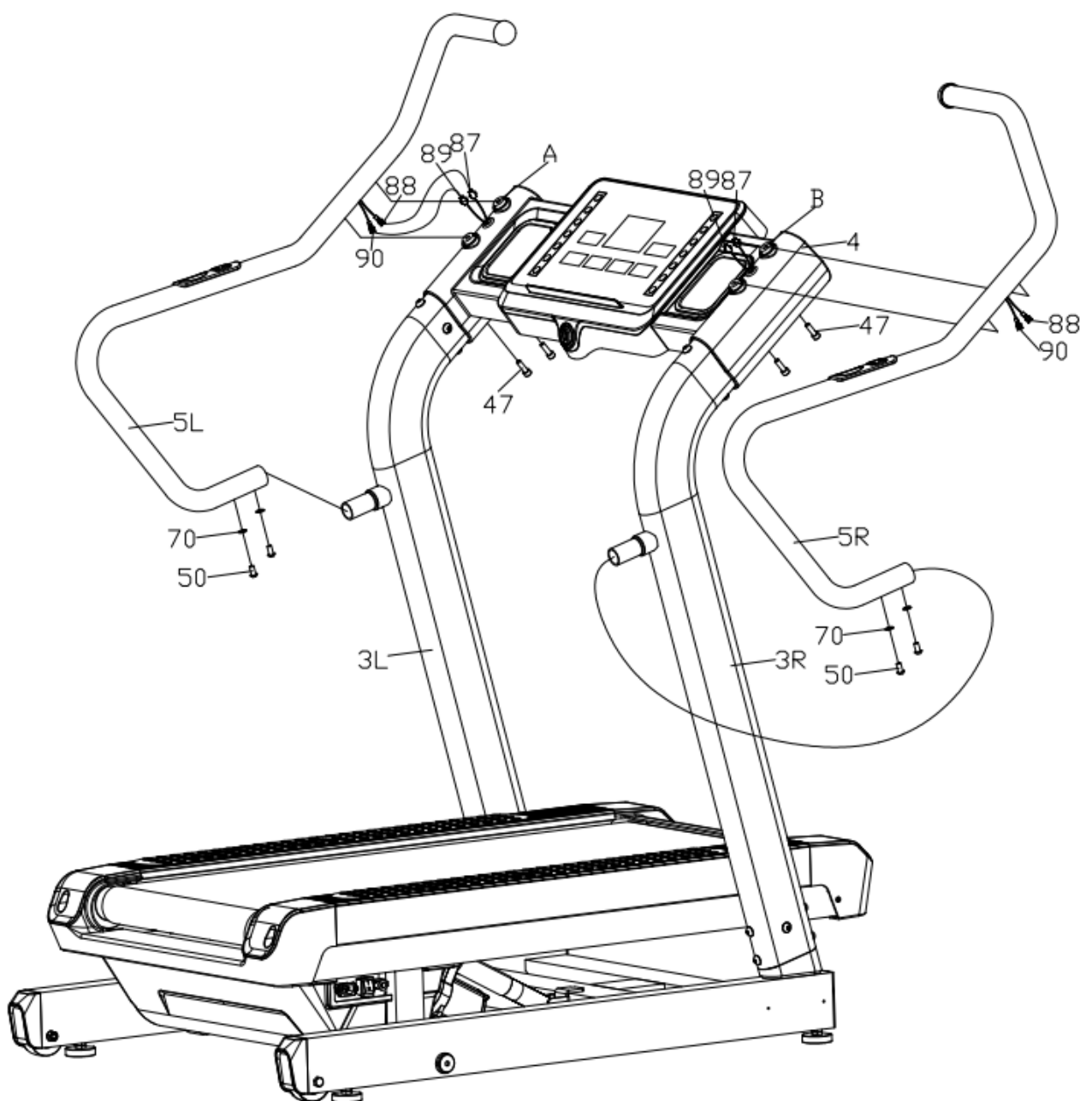
STEP 3:

1. Connect Computer upper wire(83) and Computer middle wire(84).
2. Lock Computer frame(4) to Upright tube(3L/R) with Inner-hex bolt M10*20(40) and Serrated lock washer $\phi 10 \times 1.2$ (69) (Note: do not clamp the wires).



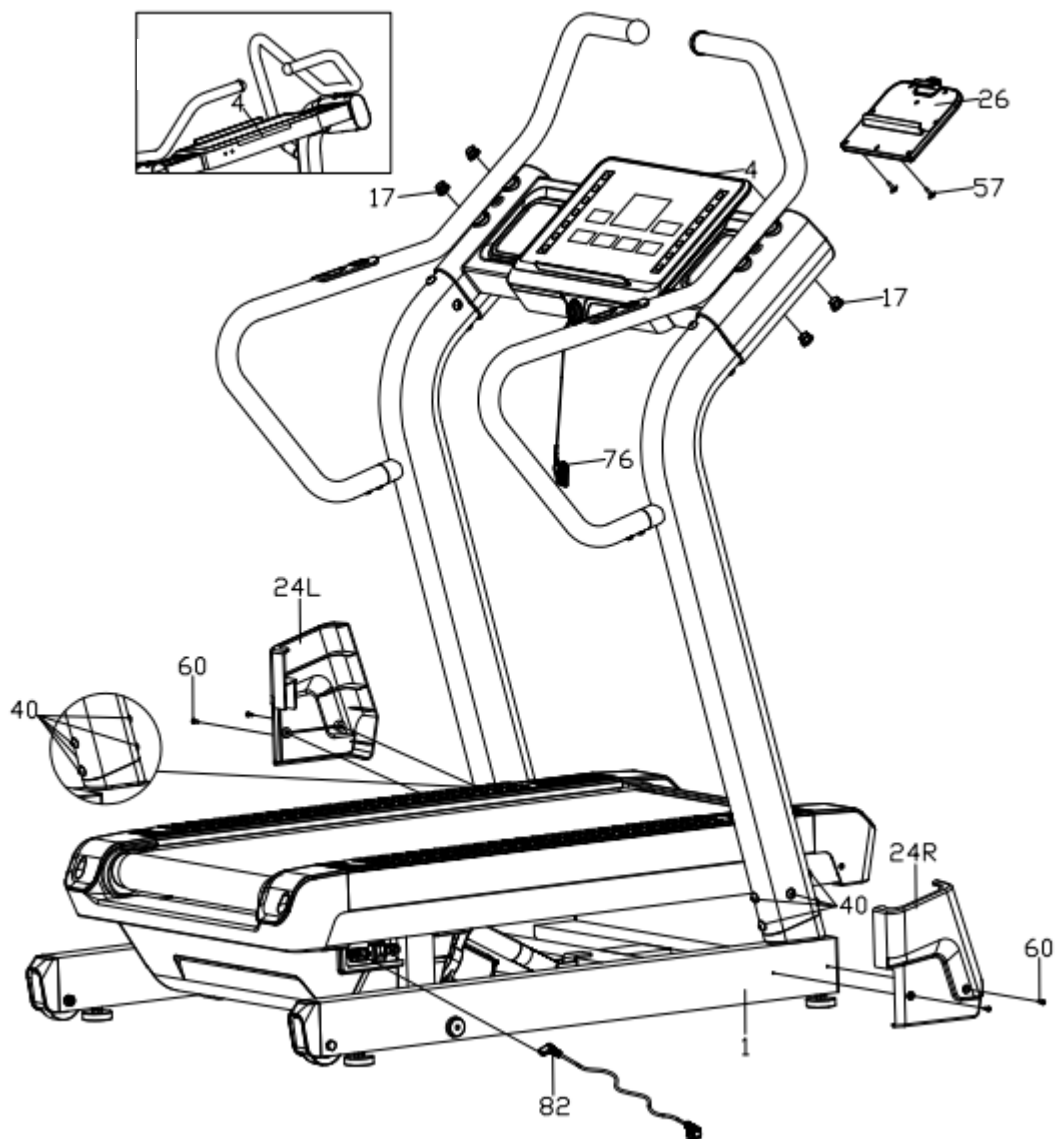
STEP 4:

1. Insert Armrest(5L/R) into the armrests connecting tubes of Upright tube(3L/R);
2. Connect the corresponding lines of handle pulse upper wire(87) and handle pulse lower wire(88), shortcut key upper wire(89) and shortcut key lower wire(90), and insert the line connectors into the holes of Computer frame(4) in turn;
3. Place Armrest(5L/R) on the Computer frame(4), and align the holes on the Armrest(5L/R) with holes A and B of Computer frame(4), and then lock Armrest(5L/R) to Computer frame(4) with Socket head cap bolt M8*35 (47);
4. Lock Armrest(5L/R) to Upright tube(3L/R) with inner-hex flat head bolt M8*15(50) and Serrated lock washer $\phi 8*1.2(70)$.

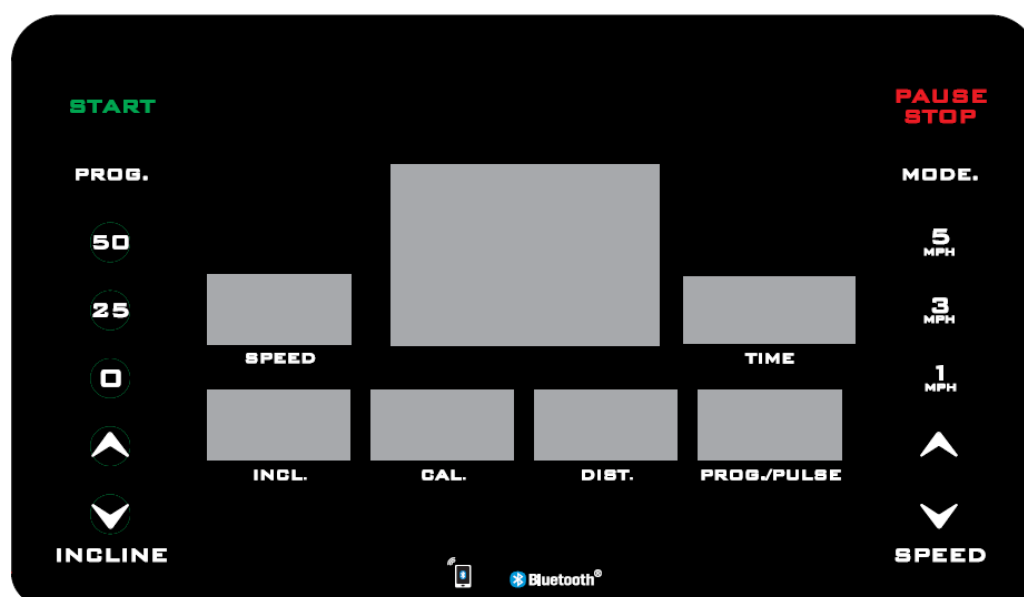
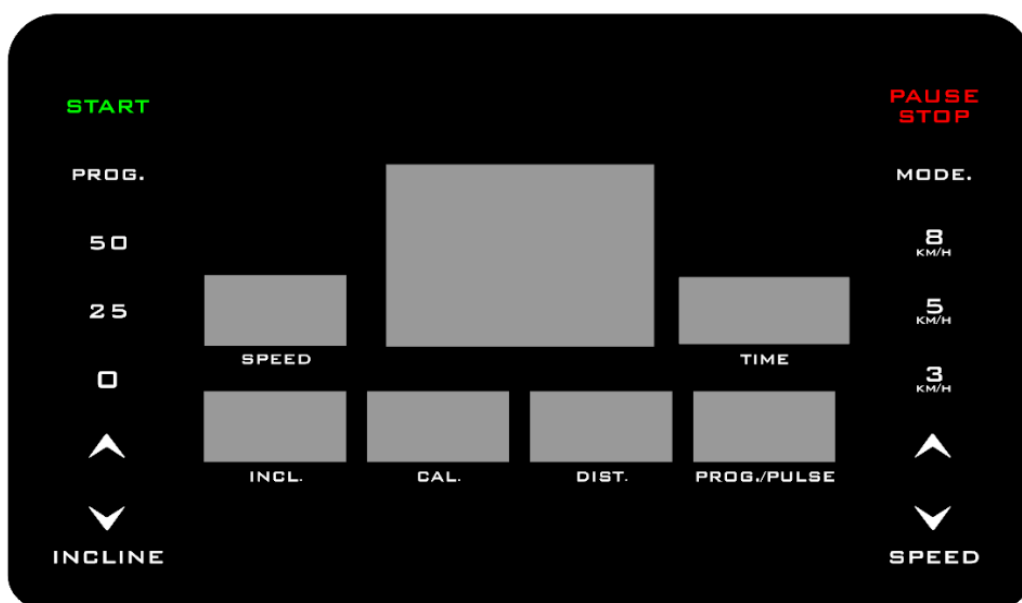


STEP 5:

1. Lock all the Inner-hex bolts M10*20(40) that are not locked;
2. Insert I-pad up cover(26) into Computer frame(4), and then lock I-pad up cover(26) to Computer frame(4) by using Phillips screw M5*8(57);
3. Lock Bottom frame protective cover(24L/R) on the Bottom frame(1) with Phillips tapping screw ST4*16(60);
4. Insert Front Handlebar end cap(17) onto Computer frame(4), and insert Safety key(76) onto Computer frame(4);
5. Plug one end of the power wire(82) into the treadmill and the other end into the power supply.



OPERATION INSTRUCTIONS



I- Window and Key Description

1. The LED window displays the following functions:

- A. Matrix window: Standby or select the three inverted modes of time, distance and calories; display the speed dot matrix diagram when selecting the program; display fat measurement mode and error. Display the runway and the number of laps, or the speed incline dot pattern.
- B. SPEED window: Displays the speed data scope: 0.0-8.0KM/H | 0.0-5.0MPH
- C. TIME window: Display time data, range: 0:00-99:59
- D. INCLINE window: Display Incline data, scope -5~50 paragraph
- E. CAL. window: Displays the selected program serial number / calorie data. Program range: P01-P12, U01-U03; Displays the calorie data, the calorie range: 0.0-999.
- F. DIST. window: Displays distance data, scope: 0.00-99.9
- G. PROG./ PULSE (IF HAVE) window: Displays the selected program serial number, range: P01-P12,

U01-U03/ Displays Heart Rate data, range: 50-200 (For reference only, not as medical data).

2. Function buttons: START, PAUSE/STOP, PROG., MODE, SPEED +/-, INCLINE +/-, Speed Shortcut keys 3, 5, 8KM/H (1, 3, 5 MPH), Incline shortcut keys 0, 25, 50 segments.
3. Function key instructions:
 - A. PROG. key: In the shutdown state, press the program key to cycle the selection program: manual mode-P01-P02- ... -P12-U01-U02-U03.
 - B. MODE key: In the shutdown state, press the mode key to select the program cycle: manual mode (normal mode) -time inverted meter-distance inverted meter-calorie inverted meter.
 - C. START key: In the shutdown or pause state, press the key to start the motor.
 - D. STOP key: When the motor is running, the motor will stop.
 - E. SPEED +/-: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the speed.
 - F. INCLINE +/-: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the Incline.
 - G. Speed Shortcut key: 3, 5, 8KM/H (1, 3, 5 MPH), When the motor is running, the key will adjust the motor speed directly to the speed value identified on the key.
 - H. Incline Shortcut key: 0, 25, 50 paragraph, When the motor is running, the key will adjust the incline motor to the incline value marked on the key.
 - I. In the standby state, press and hold the "speed +" and "Speed-" keys for 3 seconds to enter the total mileage view, and press the "stop" button for 3 seconds to clear the total mileage.
 - J. In standby state, press and hold the "incline +" and "incline-" keys for 3 seconds to enter the incline self-test.

II- Fixed Program / Start instructions

1. Schematic description:
 - A. A manual mode, which includes: normal mode, time mode, calorie mode, distance mode.
 - B. 12 fixed programs: P01, P02, ..., P12;
 - C. 3 custom programs: U01, U02, U03;
2. Start the instructions:
 - A. Attach the safety lock to the safety lock switch position on the panel.
 - B. Press the start key, the lattice window shows: 3-2-1, and each minus buzzer call, then starting the motor.

III-Manual Mode :

1. How to get into the manual mode:
 - A. Turn on the power switch and go directly to the normal mode in the manual mode.
 - B. In the shutdown state, press the mode key to select the normal mode in the manual mode.
2. Three setting functions in manual mode: time setting, distance setting, and calorie setting.
 - A. In manual mode, the time window is 0:00;
 - B. In the manual mode, press the mode key to enter the time countdown mode, the time window shows the time and flashes, the initial time is: 30:00, press the speed + key, incline + key to set the countdown. Time setting range: 5:00-99:00.
 - C. In the time countdown mode: press the mode key to enter the distance countdown mode, the initial distance display: 1.00 km/ mi, press the speed + key, incline + key to set the distance, setting range: 0.50-99.9 km/ mi, each increase or decrease from 0.1 km/ mi.
 - D. In the distance countdown mode, press the mode key to enter the calorie countdown mode, the

initial calorie display: 50.0 kcal, press the speed + key, incline + key can set the calorie setting range: 10.0-999 kcal, increase or reduce from 1 kcal each time.

3. Operation in the manual mode:

- A. Press the Start key for 3 seconds, then the motor starts running with an initial speed of 0.5KM/H(0.3MPH);
- B. Press the speed +/-key to adjust the speed;
- C. Press the incline+/-key to adjust the incline;
- D. Press the speed shortcut key to quickly set the speed identified by the key;
- E. Press the incline shortcut key to quickly set the incline to the incline marked by the key;
- F. When the motor is running, press the stop key and the motor stops running;
- G. When the set time decreases to zero, or when the set calorie decreases to zero, or when the set distance decreases to zero, the peak song generator short Bi-Bi-Bi, the speed slowly decreases until stop, the peak song generator long Bi-Bi-Bi, the dot window displays End, 5 seconds back to standby, the peak song generator long Bi-Bi;
- H. Unset parameters are added upward. Zero clearance continues after maximum display range; stop after exceeding 99:59 (100 minutes) in manual mode.

IV- Fixed Program Mode

1. The initial time is set to 30 minutes, and only the time can be set. The time setting range is from 5:00 to 99:00. Press the speed+decrease key, up/down+decrease key to adjust the set value;
2. Press the start button to start the motor running, and the speed gradually increases to the speed indicated in the first section of the automatic program (see the program value table for details);
3. Press the speed+decrease button to adjust the speed;
4. Press the up and down keys to adjust the up and down;
5. Press the speed shortcut key to quickly set the speed represented by the key;
6. Press the incline shortcut key to quickly set the incline represented by the key;
7. Each program is divided into 20 segments, with each segment running for 1/20 of the set time;
8. When switching between paragraphs, it will beep three times;
9. When the setting time decreases to zero, the speed slowly decreases until it stops. The buzzer emits a short sound of Bi Bi Bi, and the speed slowly decreases until it stops. The buzzer emits a long sound of Bi Bi Bi, and the lattice window displays End. After 5 seconds, it returns to standby and the buzzer emits a long sound of Bi Bi;

V- Fixed Program Profile

Speed represents speed, and incline represents slope (with a total of 55 slopes, each slope being 1/55 of the total slope). Each program divides the movement time into 20 equal parts, with corresponding speeds and slopes for each time period.

The parameter of the **Imperial** program is the same as that of the Metric program, where the speed **parameter** is multiplied by 0.62 on the Metric speed:

Metric & Imperial Program																					
TIME ROG.		Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	5	5	3	3	1
	SPEED (mph)	1.2	1.2	1.2	1.2	1.8	1.8	1.8	1.8	2.4	2.4	2.4	2.4	3	3	3	3	3	1.8	1.8	0.6
	NCLINE	0	1	1	1	1	1	2	2	2	2	3	3	3	2	2	3	2	2	2	2

P02	SPEED	2	3	3	3	3	4	4	5	5	5	4	4	5	5	5	4	4	5	3	2
	SPEED (mph)	1.2	1.8	1.8	1.8	1.8	2.4	2.4	3	3	3	2.4	2.4	3	3	3	2.4	2.4	3	1.8	1.2
	NCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	1	2	3	3	2
P03	SPEED	2	2	2	3	3	3	4	4	4	4	5	5	6	6	6	5	5	5	4	3
	SPEED (mph)	1.2	1.2	1.2	1.8	1.8	1.8	2.4	2.4	2.4	2.4	3	3	3.6	3.6	3.6	3	3	3	2.4	1.8
	NCLINE	0	2	2	4	4	4	6	6	6	7	7	8	8	8	8	6	6	6	4	3
P04	SPEED	2	3	3	4	5	6	6	6	5	5	5	6	6	6	6	5	5	5	4	4
	SPEED (mph)	1.2	1.8	1.8	2.4	3	3.6	3.6	3.6	3	3	3	3.6	3.6	3.6	3.6	3	3	3	2.4	2.4
	NCLINE	1	1	2	2	4	4	5	5	5	6	6	6	8	8	10	10	8	6	6	3
P05	SPEED	2	5	5	5	6	6	6	8	7	7	6	5	4	3	3	3	5	5	4	4
	SPEED (mph)	1.2	3	3	3	3.6	3.6	3.6	4.8	4.2	4.2	3.6	3	2.4	1.8	1.8	1.8	3	3	2.4	2.4
	NCLINE	0	2	8	8	8	9	9	10	10	12	12	12	14	14	14	13	13	12	10	6
P06	SPEED	2	6	6	6	7	7	7	7	6	6	8	8	7	7	6	6	5	5	6	4
	SPEED (mph)	1.2	3.6	3.6	3.6	4.2	4.2	4.2	4.2	3.6	3.6	4.8	4.8	4.2	4.2	3.6	3.6	3	3	3.6	2.4
	NCLINE	0	8	10	14	16	18	20	22	24	25	25	22	20	18	17	16	15	15	12	3
P07	SPEED	2	3	3	5	3	3	7	7	6	6	5	5	4	8	8	8	6	6	5	3
	SPEED (mph)	1.2	1.8	1.8	3	1.8	1.8	4.2	4.2	3.6	3.6	3	3	2.4	4.8	4.8	4.8	3.6	3.6	3	1.8
	NCLINE	0	8	12	13	13	13	15	15	15	16	16	18	18	20	20	22	22	23	20	5
P08	SPEED	2	4	6	6	6	5	8	8	6	7	7	5	5	5	5	8	7	7	6	6
	SPEED (mph)	1.2	2.4	3.6	3.6	3.6	3	4.8	4.8	3.6	4.2	4.2	3	3	3	3	4.8	4.2	4.2	3.6	3.6
	NCLINE	2	2	6	6	8	7	9	12	12	14	16	20	22	22	18	18	18	15	15	5
P09	SPEED	1	2	2	3	3	2	2	3	3	2	2	3	3	4	4	3	3	3	2	1
	SPEED (mph)	0.6	1.2	1.2	1.8	1.8	1.2	1.2	1.8	1.8	1.2	1.2	1.8	1.8	2.4	2.4	1.8	1.8	1.8	1.2	0.6
	NCLINE	24	25	26	28	29	25	26	28	29	25	26	28	29	25	26	25	26	25	25	0
P10	SPEED	1	2	3	3	3	4	4	5	5	4	4	3	3	3	2	3	3	2	2	1
	SPEED (mph)	0.6	1.2	1.8	1.8	1.8	2.4	2.4	3	3	2.4	2.4	1.8	1.8	1.8	1.2	1.8	1.8	1.2	1.2	0.6
	NCLINE	24	28	25	25	28	25	28	25	28	28	25	25	28	27	24	28	30	32	34	0
P11	SPEED	1	2	3	4	5	3	4	5	3	4	5	4	3	4	4	3	3	2	2	1
	SPEED (mph)	0.6	1.2	1.8	2.4	3	1.8	2.4	3	1.8	2.4	3	2.4	1.8	2.4	2.4	1.8	1.8	1.2	1.2	0.6
	NCLINE	20	22	24	26	28	30	26	28	24	26	28	30	30	32	34	36	34	34	32	0
P12	SPEED	1	2	2	3	3	4	4	3	3	2	3	2	3	3	3	2	2	3	2	1
	SPEED (mph)	0.6	1.2	1.2	1.8	1.8	2.4	2.4	1.8	1.8	1.2	1.8	1.2	1.8	1.8	1.8	1.2	1.2	1.8	1.2	0.6
	NCLINE	20	22	24	24	26	26	28	28	30	30	28	26	24	22	20	22	24	26	25	0

VI- Custom Programs

In addition to 12 built-in programs of the system, the Treadmill also has three user-defined programs that allow users to set up according to their personal conditions: U01, U02, U03.

a) User defined program settings:

In standby mode, continuously press the "Program" button until the desired user-defined program (U01-U03) is set. Press the "Mode" button to confirm entry into the settings, and then set the first time period. When setting, use the "Speed+", "Speed -" keys or speed shortcut keys to set the speed, and use the "INCLINE+", "INCLINE-" keys to set the incline, Press the "Mode" button to complete the setting of the first time period and enter the setting state of the second time period until all 20 time periods are set; After the setting is completed, the data will be permanently saved until the next time you reset it, and this data will not be lost due to power outage.

b) Launching User Defined Programs:

- i. Press the "Program" button continuously in standby mode until the desired user-defined program (U01-U03) is run, and set the running time before pressing the start button to start it.
- ii. After the user defined program and running time settings are completed, pressing the start button can also start immediately.

c) User Defined Program Settings Description:

Each program divides the movement time into 20 time periods. When setting, the speed, incline and running time of all 20 time periods must be set before pressing the start key to start the Treadmill.

VII- Display Range of Various Parameters

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME (minute: second)	0:00	30:00	5:00-99:00	0:00-99:59
SPEED (KM/H) (MP/H)	0.0	0.5/ 0.3	0.5-8.0/ 0.3-5.0	.0 - 8.0/ 0.0 - 5.0
INCLINE (section)	0.00	0.00	-5-50	-5-50
DIS(DISTANCE) (MILE)(KM)	0.00	1.0	0.50 - 99.9	0.00 - 99.9
CAL(CALORIE) (KCAL)	0.0	50.0	10.0 - 999	0.0 - 999

VIII- Safety Lock Function

Pull off the safety lock in any state, window display "---/---", Dot matrix window moving display "SAFETY KEY DISCONNECTED", The buzzer emits a short sound Bi-Bi-Bi. If the motor is running, the motor will come to an emergency stop. When the safety lock is detached, any buttons are invalid.

IX- Power Saving Mode

The system has the function of power saving. If there is no key command input within 10 minutes under standby state, the system enters the power saving mode, automatically closes the display, and presses any key to reawaken the system.

X- MP3/USB Playback Function (optional):

When MP3 or other audio devices are connected after power on, the Electric watch can play music. The size of the sound can be controlled through the panel buttons. Please pay attention to controlling the size of the sound to avoid affecting the quality of the sound and the built-in audio circuit.

XI- Shutdown

You can turn off the treadmill at any time by turning off the power switch, which does not damage the treadmill.

XII- Matters need Attention

1. Check the power supply before exercise; check whether the safety lock is valid
2. If any abnormal situation occurs during exercise, the safety lock can be pulled off and the running opportunity can quickly slow down to stop; then put the safety lock, reset the equipment and wait for the input instruction
3. If there is any problem with this machine, please contact the dealer. Non-professional personnel, do not try to remove or repair it to avoid equipment damage

XIII- Calories Calculation Method:

$$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$$

Under the condition of zero ascension, the calorie consumption per kilometer is 70.3 calories.

XIV- Bluetooth App Connection (If applicable)

Register and log in the APP on your mobile/ tablet, open APP selection mode, search Bluetooth device of the console, select the correct Bluetooth device name for connection, then the workout on the console can be controlled by the APP after successful connection.

When and only if the console is in the Home interface, it can be connected to Bluetooth APP, and only the Quick Start mode can enter the workout on the console; operate the console can control the speed and incline of the APP, and the APP also can control the speed and incline of the console, and the workout data of the console will synchronize with the Bluetooth APP.

XV-Error Code

- E01 : Frequency converter communication E03 : overvoltage
E04 : OVERCURRENT
E05 : Overload
E06 : Inverter MCU fault
E07 : Frequency converter overheating
E08 : The frequency converter cannot receive the display board signal
E09 : Internal communication error 1 of frequency converter
E10 : Internal communication error 2 of frequency converter
E11 : Received a power on signal, but had not received a power off signal before
E12 : Incline fault
E13 : Anti fall switch action
E14 : Phase failure
E15 : Current sensor U fault
E16 : Current sensor W fault

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

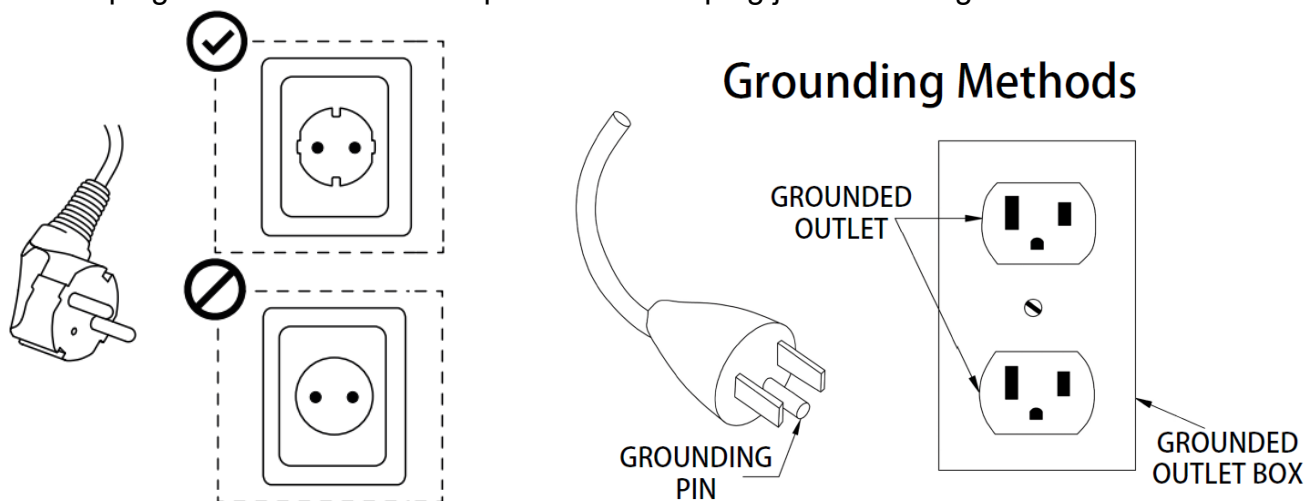
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is 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.

This product is for use on a nominal **220-volt** or **110-volt** circuit and has a grounding plug that looks like the plug illustrated in sketch in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

Please pay great attention to the voltage of power and the plug of the power. Wrong voltage and plug will cause fault of the product. Below plug just for setting reference.



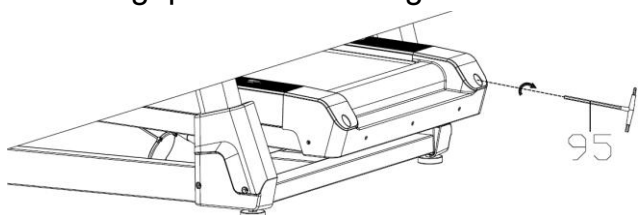
MAINTENANCE

RUNNING BELT CENTERING AND TENSION ADJUSTMENT

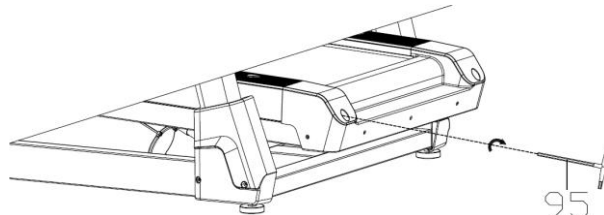
DO NOT OVERTIGHTEN the Running belt. This may cause reduced motor performance and excessive roller wear.

TO CENTER (TRACK) RUNNING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 4 km/h (2.5 mph)
- If the belt offs the track to the right side, please screw the right adjusting bolt (**Front roller bolts**) clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.
- If the belt offs the track to the left side, please screw the left adjusting bolt (**Front roller bolts**) clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



Picture A: If the belt has drifted to the RIGHT

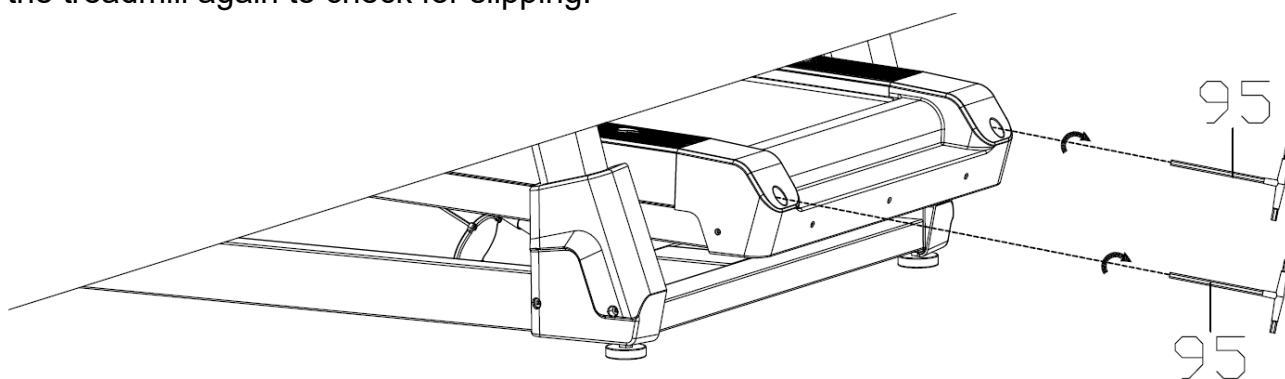


Picture B: If the belt has drifted to the LEFT

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the **Front roller bolts** with the appropriate size allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.



Repeat if necessary, but NEVER TURN the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside.

the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.**

At least **ONCE A YEAR** remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

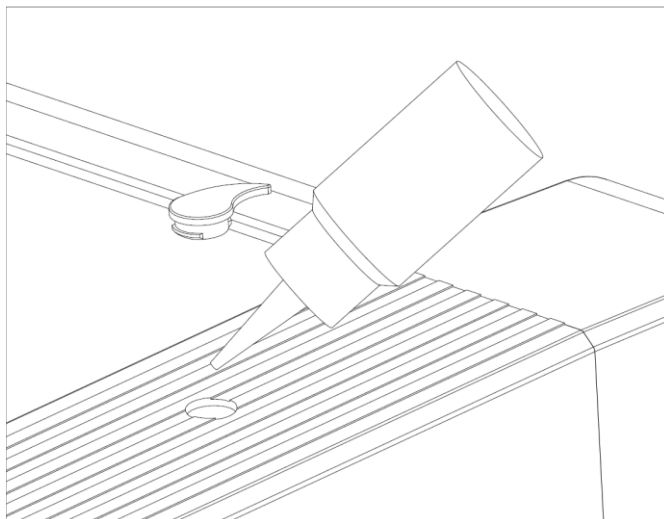
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- **Light user (less than 3 hours/ week)** **annually**
- **Medium user (3-5 hours/ week)** **every six months**
- **Heavy user (more than 5 hours/ week)** **every three months**

The **Capacity** of each addition of lubricant is **15~20ml**.

NOTE: Once finish adding silicone oil, please start treadmill and running at a speed of 8km/h for 10 minutes, so that the silicone oil will be evenly distributed on the running belt.



WARRANTY

For a period of either 120 days or 24 months after the purchase date (the “Warranty Period”), a warranty will apply on moving parts, pulley's, cables, buttons, upholstery, hydraulic seats and cables for a period of 120 days, with the balance of the machine being a 24 month warranty. Skelcore warrants that the equipment for materials and workmanship such that, when installed and used in accordance with the owner's manual, will operate for its intended purpose. The warranty applies to equipment installed in air conditioned and temperature controlled environments and will be null and void if used outdoors or in an environment with no air conditioning. Skelcore will, at its expense and as its sole obligation and your exclusive remedy for any breach of this warranty, repair or replace the equipment or any parts, in its discretion, provided that such malfunction or defect is reported to Skelcore by you in writing during the Warranty Period and that you provide all information that may be necessary or requested to assist Skelcore in resolving the malfunction. If Skelcore determines that it is unable to repair the malfunction or replace the equipment, Skelcore or its authorized reseller may refund you the fees you actually paid for the defective equipment, in which case you agree to immediately cease using and to destroy, throw out, or otherwise take steps to ensure no one can use the equipment ever again.

If there are any problems or malfunctions with the Skelcore equipment you purchased, please contact your sales manager promptly. They will help you identify the cause of the problem and assist you in resolving it. If the issue involves parts that cannot be quickly addressed, the company's professional after-sales service personnel will provide specialized support.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, if the repair complies with the terms and conditions of the warranty (refer to the “warranties” section in this manual). Any items that need to be repaired that are not covered under the warranty will be at your expense. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be at your expense, including call-out fees. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

Save this instruction manual for future use and reference.

SAVE THIS INSTRUCTIONAL MANUAL FOR FUTURE USE AND REFERENCE.

WARRANTY

To maintain your warranty, please complete the form below upon receiving your machine and email it back to the representative who sold you the goods.

Failure to do so will result in the loss of warranty.

SKELCORE ATTACH RECEIPT

CLIENT DETAILS

- NAME:
- EMAIL:
- CELL:
- TEL(H):
- TEL(W):
- FAX:
- ADDRESS:

PRODUCT DETAILS

- DATE OF PURCHASE:
- SERIAL NUMBER:
- TILL SLIP NUMBER:
- DESCRIPTION OF PURCHASE:

Signature: _____

Date: _____