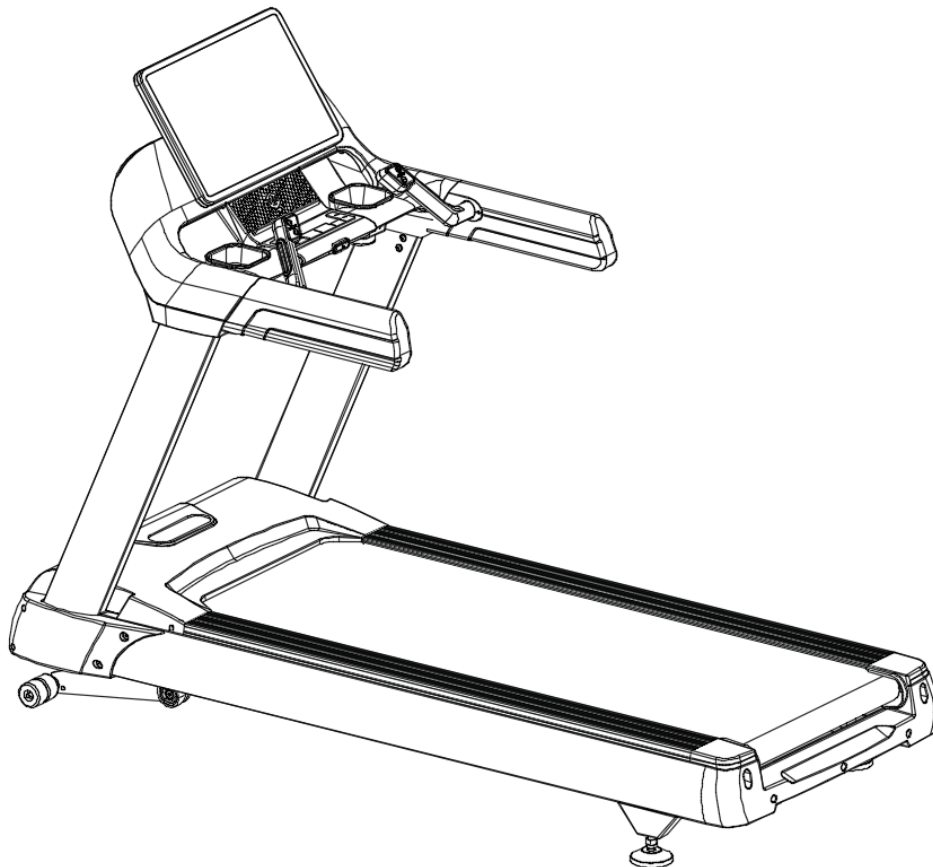




BLACK SERIES TREADMILL 5.0 - LED - 110V

SK-BLK-TREAD-5.0-LED-110V

USER MANUAL



**TO OBTAIN THE WARRANTY OF THIS
PRODUCT, WE RECOMMEND THAT
A QUALIFIED TECHNICIAN
CARRIES OUT THE FULL ASSEMBLY.**



CAUTION

**BEFORE USING THIS EQUIPMENT.
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL.
KEEP THIS 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

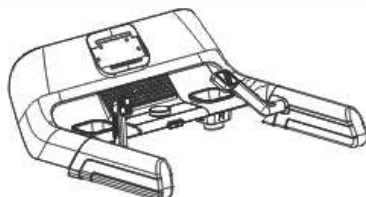
The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

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.

ASSEMBLY LIST

 1	 2	 3	 4		
 5	 6	 7	 8	 9	 10
 11	 12	 13	 14	 15	 16
 17	 18	 19	 20	 21	 22
 23	 24	 25	 26	 27	

ASSEMBLY LIST

PART LIST					
NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	MAIN FRAME	1	15	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	8
2	LEFT UPRIGHT	1	16	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT	4
3	RIGHT UPRIGHT	1	17	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	4
4	CONSOLE SET	1	18	CROSS RECESSED PAN HEAD TAPPING SCREW M4*15	2
5	COMPUTER PLASTIC	1	19	FLAT WASHER M10.5	12
6	UPRIGHT COVER-L	1	20	FLAT WASHER M8.5	10
7	UPRIGHT COVER-R	1	21	WRENCH 5#	1
8	COMPUTER RACK CLAMP RING-L	1	22	T-TYPE ALLEN WRENCH 6#	1
9	COMPUTER RACK CLAMP RING- R	1	23	SCREWDRIVER	1
10	CONSOLE PLASTIC COVER-L	1	24	USER MANUAL	1
11	CONSOLE PLASTIC COVER-R	1	25	SAFETY KEY	1
12	HEXAGON SOCKET BUTTON HEAD BOLT M10*60	8	26	LUBRICATION OIL	1
13	HEXAGON SOCKET BUTTON HEAD BOLT M10*20	4	27	POWER CORD	1
14	HEXAGON SOCKET BUTTON HEAD BOLT M8*15	10			

ASSEMBLY LIST

NO.	DESCRIPTION	Q'TY
1	INCLINE RACK	1
2	MAIN FRAME	1
3	LEFT UPRIGHT	1
4	RIGHT UPRIGHT	1
5	CONSOLE RACK	1
6	COMPUTER RACK	1
7	COMPUTER RACK CLAMP RING(L)	1
8	COMPUTER RACK CLAMP RING(R)	1
9	CROSS BAR	1
10	HEXAGON SOCKET BUTTON HEAD BOLT M12*35	2
11	CROSS RECESSED TRUSS HEAD BOLT M5*20	2
12	FLATE WASHER $\phi 12.5 \times \phi 24 \times T1.5\text{mm}$	2
13	FLATE WASHER $\phi 10.5 \times \phi 20 \times T1.5\text{mm}$	2
14	NYLON NUT M10	2
15	MOVING WHEELS $\phi 60 \times \phi 27 \times 15.7 \times 40\text{mm}$	4
16	CUSHION $\phi 23 \times \phi 10 \times 16\text{mm}$	2
17	HEXAGON SOCKET BUTTON HEAD BOLT M10*60	8
18	HEXAGON SOCKET BUTTON HEAD BOLT M10*20	4
19	HEXAGON SOCKET BUTTON HEAD BOLT M8*15	10
20	FLATE WASHER $\phi 8.5 \times \phi 17 \times T1.5\text{mm}$	10
21	FLATE WASHER $\phi 10.5 \times \phi 20 \times T1.5\text{mm}$	12
22	HEXAGON SOCKET BUTTON HEAD BOLT M12*30	4
23	HEXAGON SOCKET BUTTON HEAD BOLT M10*45	1
24	HEXAGON SOCKET BUTTON HEAD BOLT M10*35	4
25	HEXAGON SOCKET ROUND HEAD CAP BOLT M10*75	3
26	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*35	1
27	COUNTERSUNK HEXAGON SOCKET SCREW M8*50	2
28	COUNTERSUNK HEXAGON SOCKET SCREW M8*35	6

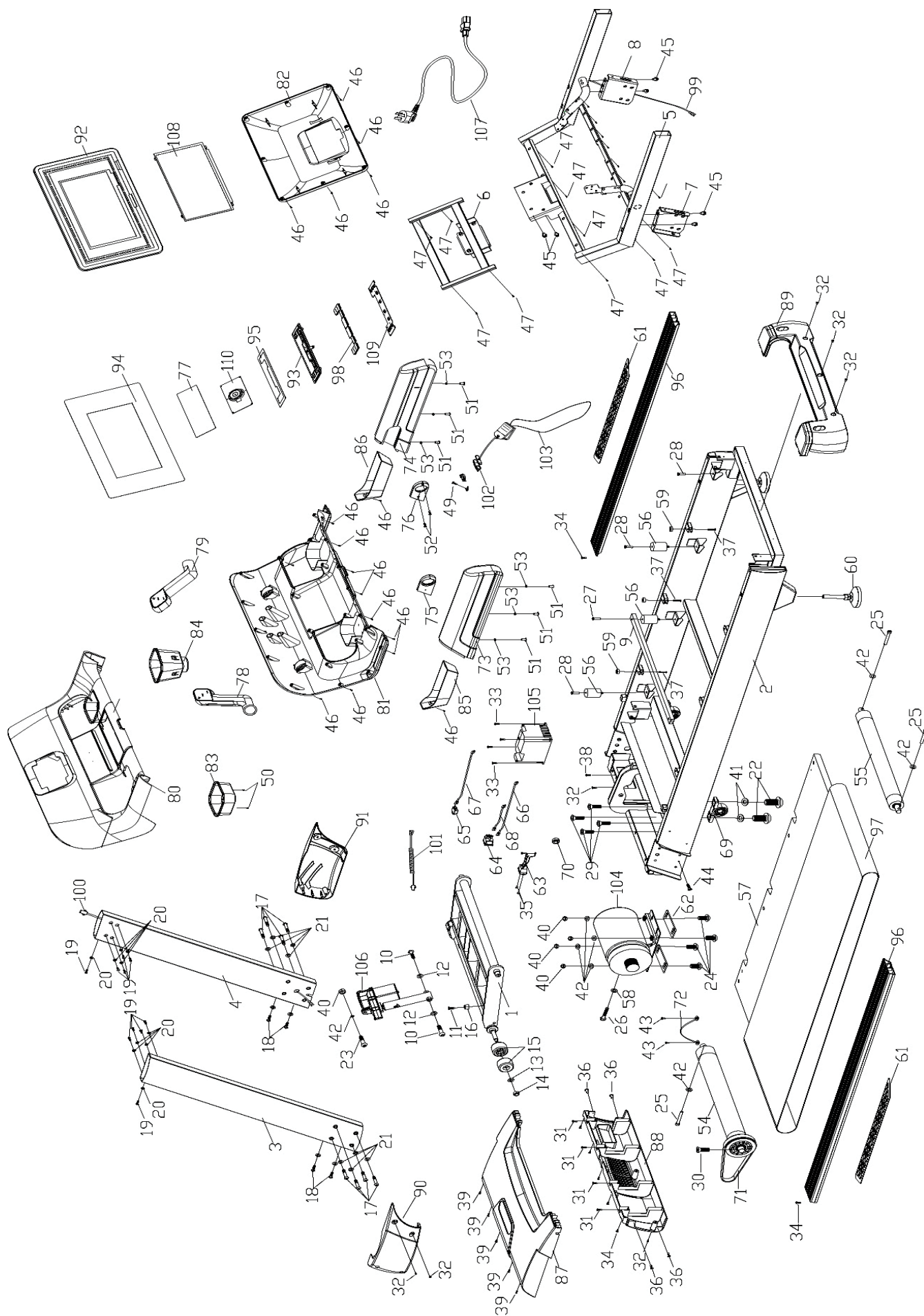
NO.	DESCRIPTION	Q'TY
29	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*20	4
30	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	4
31	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT M6*10	4
32	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT M5*10	12
33	CROSS RECESSED ROUND HEAD DRILLING SCREW M4*19	4
34	CROSS RECESSED PAN WASHER HEAD DRILLING SCREW M4*12	8
35	CROSS RECESSED ROUND HEAD DRILLING SCREW M4*15	2
36	CROSS RECESSED PAN HEAD TAPPING SCREW M4*15	4
37	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT	6
38	CROSS RECESSED ROUND HEAD PADDED SCREW M4*8	1
39	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	5
40	NYLON NUT M10	5
41	FLATE WASHER $\phi 12.5 \times \phi 24 \times T1.5\text{mm}$	4
42	FLATE WASHER $\phi 10.5 \times \phi 20 \times T1.5\text{mm}$	8
43	CROSS RECESSED ROUND HEAD PADDED SCREW M5*8	2
44	HEXAGON SOCKET ROUND HEAD CAP BOLT M6*12	2
45	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	8
46	CROSS RECESSED PAN HEAD TAPPING SCREW M4*12	43
47	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	22
48	CROSS RECESSED WASHER HEAD TAPPING SCREW M3*6	1
49	CROSS RECESSED WASHER HEAD TAPPING SCREW M3*6	10
50	CROSS RECESSED FLAT COUNTERSUNK HEAD TAPPING SCREWS M4*8	2
51	CROSS RECESSED TRUSS HEAD TAPPING SCREW M5*15	6
52	CROSS RECESSED COUNTERSUNK HEAD TAPPING SCREW M4*16	4
53	FLATE WASHER M5*12*t1.0	6
54	FRONT ROLLER	1
55	REAR ROLLER	1
56	DECK CUSHION	6

ASSEMBLY LIST

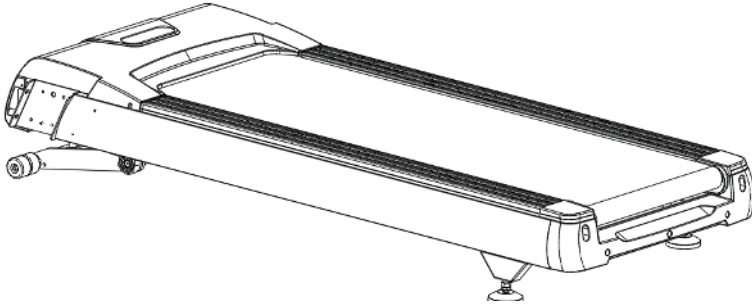
NO.	DESCRIPTION	Q'TY
57	RUNNING DECK	1
58	PLASTIC BUSHION	1
59	FOOT RAIL FASTENER	8
60	BASE FOOT PAD	1
61	NON-SLIP PAD	2
62	MOTOR RUBBER PAD	2
63	POWER CORD JACK	1
64	POWER SWITCH	1
65	CIRCUIT BREAKER	1
66	AC CABLE L:400MM,BROWN	1
67	AC CABLE L:400MM,RED	1
68	AC CABLE L:100MM,BROWN	1
69	MOTOR BASE	2
70	MAGNETIC RING	1
71	MOTOR BELT	1
72	GROUND WIRE	1
73	HANDRAIL FOAM(L)	1
74	HANDRAIL FOAM(R)	1
75	HANDRAIL FOAM TRIM(L)	1
76	HANDRAIL FOAM TRIM(R)	1
77	WIRELESS CHARGER STICKER	1
78	LEFT HANDLE BAR	1
79	RIGHT HANDLE BAR	1
80	CONSOLE PLASTIC HOUSING-UPPER	1
81	CONSOLE PLASTIC HOUSING-BACK	1
82	COMPUTER BACK COVER	1
83	STORAGE BASKET	1
84	KETTLE RACK	1
85	CONSOLE PLASTIC COVER(L)	1
86	CONSOLE PLASTIC COVER(R)	1

[illegible]

EXPLODED DIAGRAM

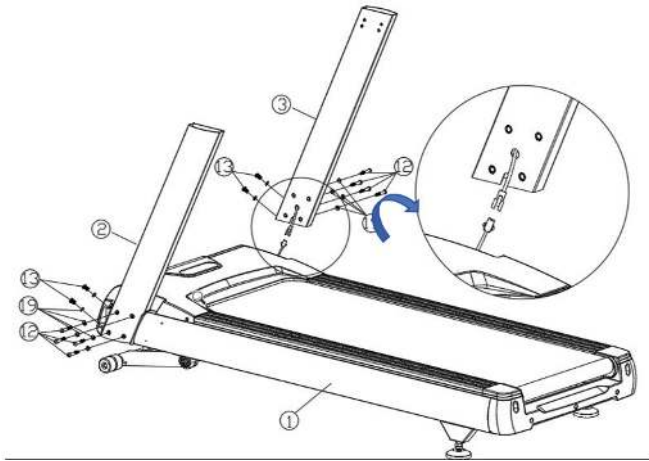


ASSEMBLY STEPS



Step 1:

1. Please note that this treadmill need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. Lay the main frame onto the floor.

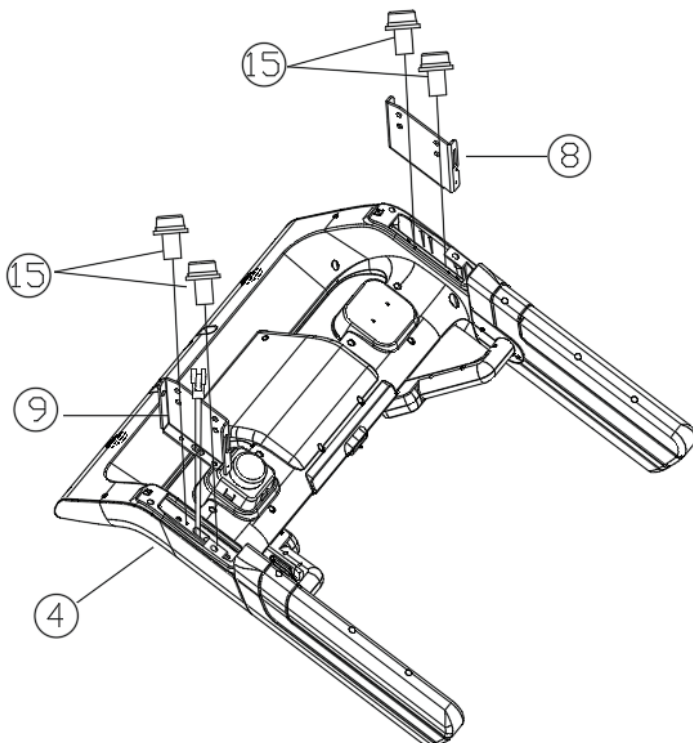


Step 2:

1. Take out the left upright (2) and match it with the frame (1), align with the screw holes, then use four M10*60 bolts (12) and four flat washers (17) by wrench 6# (22) to install the left uprights onto the frame. Then use wrench 6# (22) to fix the two M10*20 bolts (13) with two flat washers (17).

2. Fix the right upright (3) to the frame (1) in the same way.

NOTE: Don't fix the screw tightly

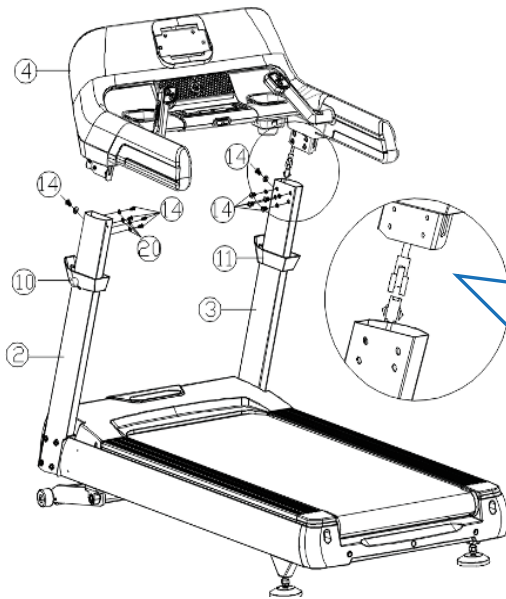


Step 3:

Take out the console and place it on a level table. Then take out the computer rack clamp ring - R (9) again, and thread the communication cable through the threading hole of the computer rack clamp ring - R (9) as shown in the figure. Use two M8*20 bolts (15) to fix it on the console set (4) by wrench 6# (22). And lock it.

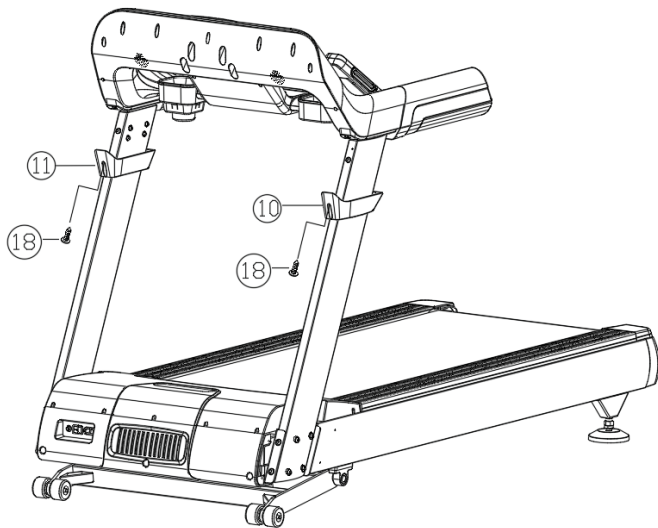
Fix the computer rack clamp ring - L (8) to the console set (4) in the same way.

ASSEMBLY STEPS



Step 4:

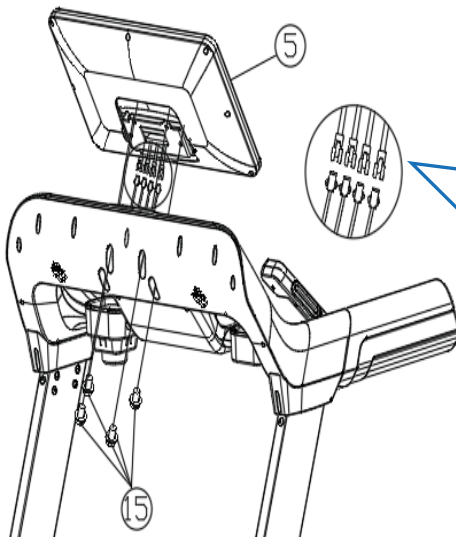
1. Take out the console plastic cover - L (10) and plastic cover-R(11) and then put them on the left/right upright(2/3).
2. Two person lift the left/right handrail and the console set(4), Plug the cables between the upright and console set and then assemble the console set(4) on the left/right tube(2/3), and lock them with 10pcs M8x15 screw (14) and 10pcs flat washers (20) by 5mm Allen wrench tightly.



Step 5:

Push the console plastic cover-L(10) up and then fix it with 1pcs M4*15 screw(18) by screw driver(23) tightly.

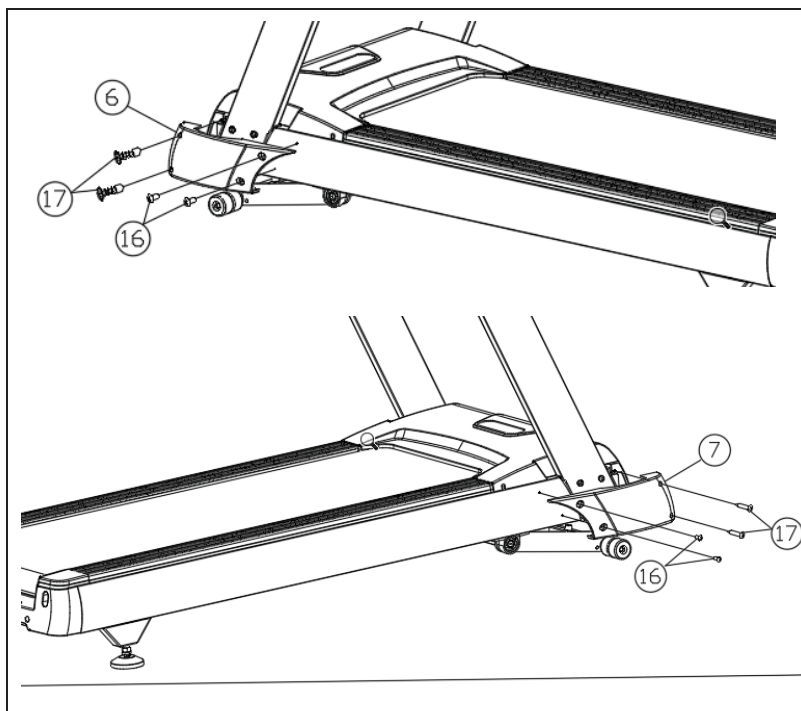
Do the same way to fix the console plastic cover right(11).



Step 6:

1. Take out the computer (5) from box, one person holds the computer (5), the other person connects the signal cables between the computer and the console. Then place the computer (5) on the console set(4), use wrench 6# (22) to fix the computer (5) onto the console set(4) with two M8*15 bolts (15).

ASSEMBLY STEPS



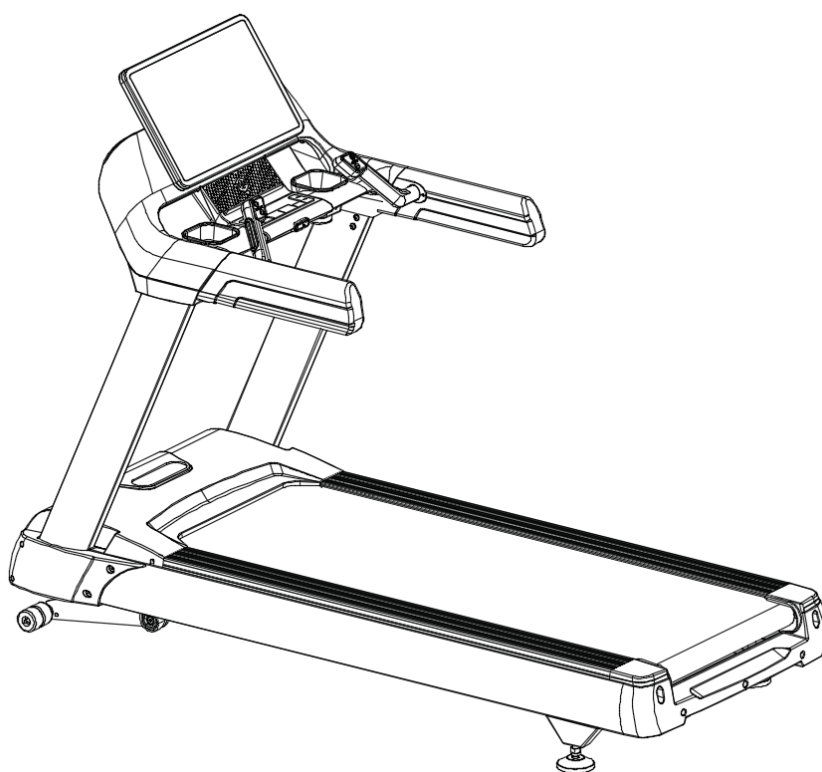
Step 7:

Before this step, lock all the assembly bolts with wrenches.

Take out the upright cover - L (6) and fix it on the main frame (1), lock it with two M4*15 screws (17) by screwdriver (23). Fix it to the frame with two M5*10 bolts (16), and then lock the bolts.

Step 8:

Fix the upright cover - R (7) to the frame as in step 7 and then lock it!



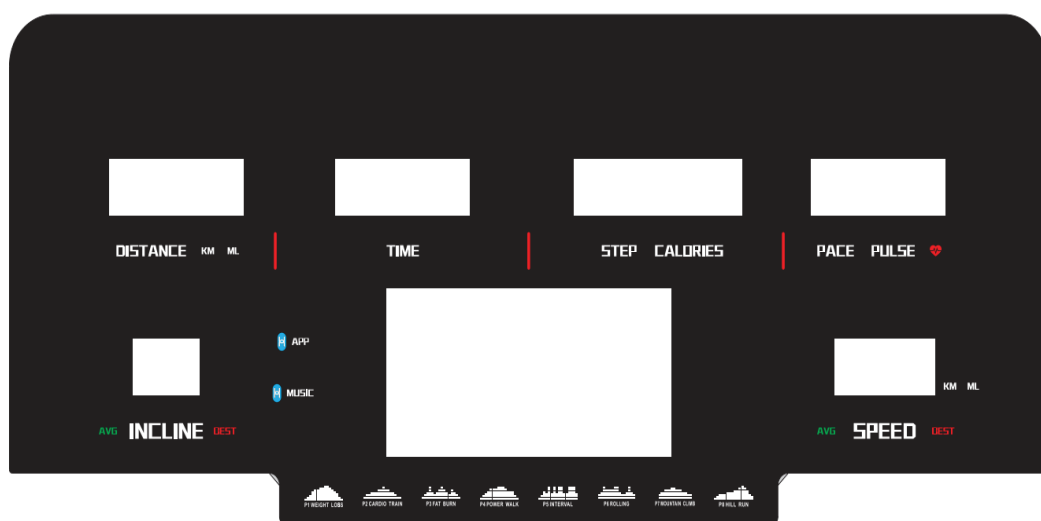
1. Please check if all screws are fastened.
2. Connect the power cord and attach the safety key on the console.
3. Power on for testing!

OPERATION GUIDE

GENERAL SAFETY TIPS:

- A.** Practice mounting and dismounting your treadmill before beginning your workout.
- B.** Attach the Safety Key to the Console (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C.** If the user falls off the Treadmill, the Safety Key will come off the computer and the treadmill will stop at once to avoid injury.
- D.** Do not stand on the Running Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E.** The Treadmill will start at 0.5ML/H after a 3, 2, 1 countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

DISPLAY FUNTION:



1.Power on: The console will light on for 1 second when power on, and the time window will show the system version number(VX.X) for 1 second the same time other windows have no display, The system will go to IDLE MODE after 1 second.

2.IDLE MODE:

- ◆ All windows will display 0 except the PACE/PULSE window display the heart rate if defective under the IDLE MODE.
- ◆ The computer will have two “BI” sounds after the target goal discount to 0 and the SPEED window will flash END after the speed reduce to 0.0 , then the system enter into IDLE MODE after 5 seconds.
- ◆ Press “STOP” under the pause mode and enter into IDLE MODE.
- ◆ The system enter into IDLE MODE automatically if there is no action under the pause mode in 5 minutes.
- ◆ They system will enter into false sleeping mode without action under the IDLE MODE.

OPERATION GUIDE

3.The window displays information as below:

- ◆ TIME: Display the running time ,range 0.00-99.59(MIN:SEC)
- ◆ PACE: Display the running pace, range 0.00-99:59(MIN/MILES)
- ◆ DISTANCE: Accumulates total workout distance, range 0.00-99.9MILES.
- ◆ CALORIES: Accumulates calorie consumption during exercise, range 0-99999
- ◆ AVG SPEED: Display the average speed, range 0.5-13.6MILES/H
- ◆ SPPED: Display the running speed, range 0.5-13.6MILES/H,each spped
- ◆ BEST SPEED : Display the fastest speed, range 0.5-13.6MILES/H
- ◆ PULSE: Display the heart rate and lighted the ICON and display P without heart rate detected.
- ◆ AVG INCL: Display the average incline, range -3 to 20 level
- ◆ INCLINE: Display the incline, range -3 to 20 level
- ◆ BEST INCL: Display the max incline during the training, range -3 to 20 level.
- ◆ STEP: Display the running step, range 0-99999

BUTTON FUNTION:



START: Press START and the matrix window will discount “3,2,1” to begin the exercise, the SPEED and INCLINE window show the running data.

STOP:

- ◆ Press “STOP” to return the IDLE MODE under the pause mode, the incline will keep the data and other date will decrease to zero.
- ◆ Press”STOP” to pause the treadmill under the running situation, the matrix window will show “PAU”,the SPEED will decrease to zero, and the other data will not change. It will enter into IDLE MODE if there is no action in 5 minutes.
- ◆ Press “STOP” to return to last step when setting the parameter.

PROG: Under the IDLE MODE, Press this button to go to FIT program after “P1” to

OPERATION GUIDE

“P08” ; Press this button to go to User program after FIT program; Press this button to go to HRC program after “U1” to “U3”; Press this button to go to body fat tester program after “H3” program.

MODE:

- ◆ Press this button to go to countdown mode under the IDLE MODE;
- ◆ Press this button to go to L2-L8 mode under the pre-set program;
- ◆ Press this button to set next parameter under the body fat program/user program/FITNESS and HRC program;
- ◆ Press this button to switch the Profile display for SPEED or INCLINE .

U1/U2/U3: Press this button to choose the user program directly.

TIME/DIS./CAL: Press this button to choose the time discount program/Distance discount program and calories discount program directly.

SPEED +/- : Press this button to adjust the speed by each step 0.1, and the speed will increase or decrease continually when pressing it above 1 second; Press this button to adjust the data when setting the parameter.

INCLINE +/- : Press this button to adjust the incline by each step 0.1, and the incline will increase or decrease continually when pressing it above 1 second; Press this button to adjust the data when setting the parameter.

QUICK SPEED: Press this button 2,4,6,7,8,9, 10,11,12 to choose the directly speed.

QUICK INCLINE: Press this button 1,3,5,7,9,11,13,14,15 to choose the directly speed.

SAFETY KEY: Take off the safety key to stop the treadmill urgently, the incline will keep the data, and other window will display ---. Put on the safety key, power on the treadmill and go to IDLE MODE.

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

MANUAL PROGRAM OPERATION

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

2: Press the START button to begin belt movement after 3 seconds count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the Incline at any time during training.

OPERATION GUIDE

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

4: Press STOP to pause the treadmill when running: Incline will keep the position before pause it and the matrix window will show "PAU".

5: Press START again to start the treadmill again after 3 discounts under the pause situation.

6: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

7: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

COUNT-DOWN PROGRAM OPERATION

NOTES:

On this function, one of TIME, DISTANCE, CALORIE can be set for count-down of your workout, the others will count-up during your workout, after one count-down reach zero, operation will be ended and stop the belt movement.

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

2: Press MODE or "TIME" button to choose the time countdown and the matrix window will show "SET TIME". The TIME window will display 30:00, press SPEED +/- or INCLINE +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

Or you can press MODE or "DIS" button again to choose the DISTANCE countdown and the matrix window will show "SET DISTANCE", the DISTANCE window will display 0.5MPH, you can set count-down DISTANCE from 1.0 - 99.0 MILES.

Or you can press MODE continuously or "CAL" directly to choose the CALORIE countdown and the matrix window will show "SET CALORIES", the CALORIE window will display 50CAL, you can set count-down CALORIE from 10 to 990..

Press STOP to go back to IDLE MODE during the process to set the parameter.

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

4: During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE +/- buttons, or QUICK SPEED and QUICK INCLINE keys to choose the desired speed or incline.

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

6: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show "PAU".

7: Press START again to start the treadmill again after 3 count-down under the pause

OPERATION GUIDE

situation.

8: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

9: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

PRESET PROGRAMS OPERATION

NOTES:

There are total 64 programs (P1-P8, each P program has 8 levels, L1-L8), All the preset programs are made up with 16 time-based segments; the speed and incline is preset on each segment. The elapse time of 16 segments on each program will be automatically arranged according to the time you set for your workout time.

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

2: Press PROG button continually until DISTANCE shows "P1" "P2" to "P8, you can choose any P preset program, and then press MODE program until the CARLORIE shows "L1" "L2" to "L8" to choose one level preset program.

3: After selecting a program, TIME window will show 30:00, then press SPEED +/- or INCLINE +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes. Press "PROG" to go back to choose "P1" to "P8" again if you want during the process of setting the parameter.

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

5: During procession of program, you can adjust the SPEED and INCLINE by pressing SPEED +/- and INCLINE +/- buttons or use QUICK SPEED and QUICK INCLINE keys to choose the desired number. **However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.**

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

7: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show "PAU".

8: Press START again to start the treadmill again after 3 count-down under the pause situation.

9: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

10: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

OPERATION GUIDE

FITNESS PROGRAMS OPERATION

- 1:** Press “PROG” continually to choose FITNESS program, The DISTANCE will show “FIT” and TIME window will show “30:00”, The time couldn't be reset.
- 2:** Press START to begin the warm up training. This program includes 2 parts, one is warm-up or cool-down program, another one is the testing program. It is better to have warm-up for 3 minutes before testing program and have cool-down training for 3 minutes after ending the testing program, then go back to IDLE MODE.
- 3:** During procession of program you can adjust the SPEED by pressing SPEED +/- buttons, or use QUICK SPEED buttons to choose the desired number.
- 4:** To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.
- 5:** Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.
- 6:** Press START again to start the treadmill again after 3 count-down under the pause situation.
- 7:** Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.
- 8:** Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---”.
- 9:** The testing program(WORKOUT)Time depends on the user's body situation, It may stop anytime when it meets the target and return to IDLE MODE after finished the program.
- 10:** The longest program time is 30 minutes and below is the program profile:

Level	Time	Speed (mph)	Incline(
1 WARM UP	30:00 to 27:01	3.1	1
2 TRAINING 1	27:00 to 22:01	4.9	4
3 TRAINING 2	22:00 to 17:01	7.4	0
4 RECOVER	17:00 to 13:01	1.2	0
5 TRAINING 3	13:00 to 12:01	3.7	5
6 TRAINING 3	12:00 to 10:01	4.9	3
7 TRAINING 3	10:00 to 09:01	6.2	2
8 TRAINING 3	09:00 to 07:01	7.4	0
9 TRAINING 3	07:00 to 06:01	6.2	2
10 TRAINING 3	06:00 to 04:01	4.9	1
11 TRAINING 3	04:00 to 03:01	3.7	0
12 COOL-DOWN	03:00 to 00:00	1.2	0

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USER PROGRAMS OPERATION

It has 3 user programs except 64 pre-set programs.

1: Press “PROG” continually to choose one program from U1-U3, The DISTANCE will show “U1” or “U2” or “U3” and TIME window will show “30:00”, Press Speed +/- or Incline +/- button to set the desired running time, Press and the press switch button to start the treadmill after set the training time.

2: Press MODE to set the speed and incline, CALORIES window will show “S-01” (means the first segment), SPEED and INCLINE window shows the current speed and incline, Press SPEED +/- buttons, or use QUICK SPEED key to set the desired speed, Press INCLINE +/- buttons, or use QUICK incline key to set the desired incline.

3: Press MODE to finish the parameter for the first segment and then go to the 2nd segment, The CALORIES window shows “S-02”, repeat the same steps to set the desired speed and incline for the 2nd segment.

4: Press MODE again to repeat the same steps for the rest 14 segments. And then press MODE to confirm all the parameters. Press STOP to return to last step any time during the process of setting the parameters. All the data will be saved until you set up it next time.

5: Press START to begin the training, During procession of program you can adjust the SPEED by pressing SPEED +/- buttons, or use QUICK SPEED buttons to choose the desired number. However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.

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

7: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.

8: Press START again to start the treadmill again after 3 count-down under the pause situation.

9: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

10: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---”.

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HRC PROGRAMS OPERATION

1: Press "PROG" to choose "HP1" or "HP2" or "HP3", The matrix window shows "HRC AGE SET", DISTANCE window shows "HP1" or "HP2" or "HP3", PULSE window shows "80", CALORIES window shows age "30", Press Speed or incline +/- button to adjust the age from 15 to 80.

2: Press "MODE" to set the target heart rate, The matrix window shows "HRC THR SET", PULSE window shows "80", Press Speed or Incline +/- to set up the target heart rate, the range is 80 to $(220 - \text{age}) \times 0.9$;

3: Press "MODE" to set the running time, The matrix window shows "HRC TIME SET", TIME window shows "30:00", Press Speed or incline +/- to set up the running time, the range is 5:00-99:00.

4: Press "MODE" after finished last 3 steps, The TIME window shows the time you just set up, the SPEED and INCLINE window show the data of the WARM UP mode. Press STOP to return to last step during the process of setting up the parameter or press PROG to choose other programs.

5: The HRC program process is as below:

◆ **H1:** Press start button to start the treadmill, initial speed is 1km/h and incline is 0;

After running 1 minutes with 0.6MPH speed, The treadmill will adjust the speed as below every 30 second:

A: $(\text{Target heart rate} - \text{user heart rate}) > 30$, the speed will increase by 1.2MPH;

B: $(\text{Target heart rate} - \text{user heart rate}) < 30$, the speed will decrease by 0.6MPH;

C: $(\text{User heart rate} - \text{Target heart rate}) > 30$, the speed will decrease by 1.2MPH;

D: $(\text{User heart rate} - \text{Target heart rate}) < 30$, the speed will decrease by 0.6MPH;

◆ **H2:** Press Start button to start the treadmill, initial speed is 2.4MPH and incline is 4;

After running 1 minutes with 2.4MPH speed, The treadmill will adjust the incline as below every 30 second :

A: $(\text{Target heart rate} - \text{user heart rate}) > 30$, the incline will increase by 2 level;

B: $(\text{Target heart rate} - \text{user heart rate}) < 30$, the incline will increase by 1 level;

C: $(\text{User heart rate} - \text{Target heart rate}) > 30$, the incline will decrease by 2 level;

D: $(\text{User heart rate} - \text{Target heart rate}) < 30$, the incline will decrease by 2 level.

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◆ **H3:** Press Swift button to start the treadmill, initial speed is 1.8MPH and incline is 2;

After running 1minutes with 1.8MPH speed, The treadmill will adjust the incline and speed as below every 30 second:

A:(Target heart rate-user heart rate)>30, the speed will increase by 1.2MPH, and incline will increase by 1 level;

B: (Target heart rate-user heart rate)<30, the speed will increase by 0.6MPH, and incline will increase by 1 level;

C: (User heart rate-Target heart rate)>30, the speed will decrease by 1.2MPH, and incline will decrease by 1 level;

D: (User heart rate-Target heart rate)<30, the speed will decrease by 0.6MPH, and incline will decrease by 1 level;

6:The speed will reduce to 0.6MPH once the user heart rate is over (220-AGE) or there is no heart rate detected, the console will alarm every second the same time and then it will stop after it continues to be 15 seconds.

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

8: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show "PAU".

9:Press START again to start the treadmill again after 3 count-down under the pause situation.

10: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

11:Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

BODY FAT SCALE

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

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

1: Press PROG button repeatedly and choose BODY FAT function. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT, and WEIGHT.

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2: After entering BODY FAT function, the SPEED window will display F-1, the DISTANCE window will display 01, it represents GENDER, press SPEED +/- or INCLINE +/- button to set gender :01 represents MALE, 02 represents FEMAL. Then press MODE button to go to next step.

3: After pressing MODE button, the SPEED window will display F-2, the DISTANCE window will display 25, it represents AGE, press SPEED +/- or INCLINE +/- button to set age from 10-99. Then press MODE button to go to next step.

4: After pressing MODE button, the SPEED window will display F-3, the DISTANCE window will display 170, it represents HEIGHT, press SPEED +/- or INCLINE +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

5: After pressing MODE button, the SPEED window will display F-4, the DISTANCE window will display 70, it represents WEIGHT, press SPEED +/- or INCLINE +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

6: After finished setting all the necessary information of your body condition, press MODE button again, the SPEED window will then display F-5, the TIME window will display "---", it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 5 seconds after, the body fat result will be displayed on TIME window. Press STOP to go back to IDLE MODE.

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

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

USING THE PULSE FUNCTION

The PULSE window on your computer works in conjunction with the Pulse Sensors on both handrail pulse. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors and the data is more close to the actual after 30 seconds.

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3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

SLEEPING MODE:

The system will go into sleeping mode if there is no any action in 5 minutes under the IDLE MODE, ERROR code page or the process of setting up the parameter; Press any button to wake up the system .

WIRELESS CHARGER FUNCTION FOR PHONE



This treadmill is equipped with a wireless phone charger
To charge your phone, follow below steps.

STEP1: Power on the treadmill.

STEP2: Place your phone (compatible with wireless charging) on the charger area.
The phone will display the charging status.

CONNECT SMART PHONE

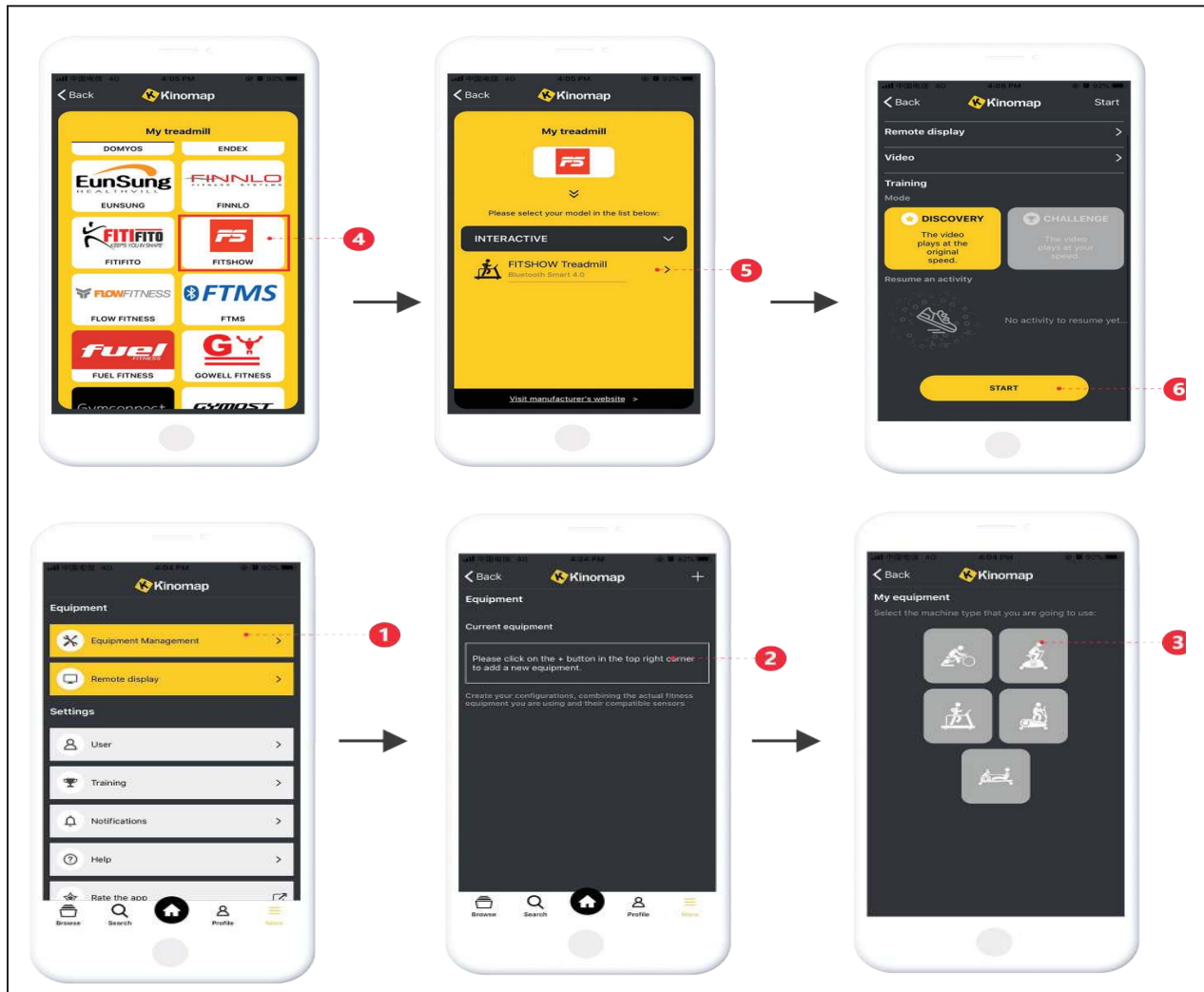
Bluetooth Music:

- 1: Turn on the Bluetooth of the smart phone, search the device, and click to connect the devices.
- 2: After the connection, the voice of smart phone will be played by the speaker on the computer.
- 3: Adjust the volume from the phone not from the console of treadmill.

Bluetooth APP:

1. Kinomap APP: Search, download, and install Kinomap over the App Store.
- ◆ Enter Kinomap to select [More] page;
 - ◆ Select to add more fitness equipment;
 - ◆ Select the desired device type;
 - ◆ Tap FitShow entrance;
 - ◆ Tap the matching devices to bind Find related videos to start sports.
 - ◆ Find related videos to start sports.

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2.ZWIFT APP : Search, download, and install ZWIFT over the App Store.

- ◆ Enter ZWIFT to register an account;
- ◆ Login account to select the paired riding or running
- ◆ Pair device successfully, tap OK to start sport;
- ◆ For riding equipment, start riding directly. For running equipment, need to press the start button to start running.



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PRE-SET PROGRAM CHART

P1. WEIGHT LOST																	
SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(MPH)	0.6	1.2	1.2	1.8	1.8	1.8	2.4	3.1	4.3	3.7	3.1	2.4	2.4	1.8	1.2	1.2
Level 2	SPEED(MPH)	0.6	1.2	1.2	1.8	2.4	2.4	3.1	3.7	6.2	4.9	4.9	3.1	3.1	1.8	1.2	1.2
Level 3	SPEED(MPH)	0.6	1.2	1.8	2.4	3.1	3.1	3.7	4.9	7.4	6.2	4.9	4.3	3.7	2.4	1.8	1.2
Level 4	SPEED(MPH)	0.6	1.2	1.8	2.4	3.7	4.3	4.9	6.2	8.0	6.8	6.2	4.9	4.3	3.1	2.4	1.2
Level 5	SPEED(MPH)	1.2	1.8	2.4	3.1	4.3	4.3	4.9	6.2	8.6	8.0	7.4	6.2	5.5	3.7	2.4	1.2
Level 6	SPEED(MPH)	1.2	1.8	2.4	3.1	4.3	5.5	6.2	7.4	8.6	8.0	7.4	6.2	5.5	3.7	3.1	1.8
Level 7	SPEED(MPH)	1.2	1.8	3.1	3.7	4.9	5.5	6.2	7.4	9.3	8.0	7.4	6.2	5.5	3.7	3.7	1.8
Level 8	SPEED(MPH)	1.2	1.8	3.1	3.7	4.9	6.2	7.4	8.6	9.3	8.6	8.0	6.8	5.5	4.3	3.7	1.8
P2. CARDIO TRAIN																	
SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	1	1	2	3	4	5	6	7	8	7	7	5	4	2	1	1
	SPEED(MPH)	0.6	0.6	1.2	1.2	1.8	2.4	3.1	3.7	4.3	3.7	3.7	2.4	1.8	1.2	0.6	0.6
Level 2	ELEVATION	1	2	3	4	5	6	7	8	9	8	8	6	5	3	2	1
	SPEED(MPH)	0.6	1.2	1.2	1.8	2.4	3.1	3.7	4.3	4.9	4.3	4.3	3.1	2.4	1.2	1.2	0.6
Level 3	ELEVATION	1	2	4	5	6	7	8	9	10	9	9	7	6	4	2	1
	SPEED(MPH)	0.6	1.2	1.8	2.4	3.1	3.7	4.3	4.9	5.5	4.9	4.9	3.7	3.1	1.8	1.2	0.6
Level 4	ELEVATION	2	3	5	6	7	8	9	10	11	10	10	8	7	5	3	2
	SPEED(MPH)	1.2	1.2	2.4	3.1	3.7	4.3	4.9	5.5	6.2	5.5	5.5	4.3	3.7	2.4	1.2	1.2
Level 5	ELEVATION	2	4	6	7	8	9	10	11	12	11	11	9	8	6	4	2
	SPEED(MPH)	1.2	1.8	3.1	3.7	4.3	4.9	5.5	6.2	6.8	6.2	6.2	4.9	4.3	3.1	1.8	1.2
Level 6	ELEVATION	3	5	7	8	9	10	11	12	13	12	12	10	9	7	5	3

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	SPEED(MPH)	1.2	2.4	3.7	4.3	4.9	5.5	6.2	6.8	7.4	6.8	6.8	5.5	4.9	3.7	2.4	1.2
Level 7	ELEVATION	4	6	8	9	10	11	12	13	14	13	13	11	10	8	6	4
	SPEED(MPH)	1.8	3.1	4.3	4.9	5.5	6.2	6.8	7.4	8.0	7.4	7.4	6.2	5.5	4.3	3.1	1.8
Level 8	ELEVATION	5	7	9	10	11	12	13	14	15	14	14	12	11	9	7	5
	SPEED(MPH)	2.4	3.7	4.9	5.5	6.2	6.8	7.4	8.0	8.6	8.0	8.0	6.8	6.2	4.9	3.7	2.4
P3. FAT BURN																	
SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	1	1	2	2	3	3	4	5	5	4	4	3	2	2	1	1
	SPEED(MPH)	0.6	1.2	1.8	1.8	3.1	3.7	4.3	4.9	4.9	4.3	4.3	3.1	2.4	1.8	1.2	0.6
Level 2	ELEVATION	1	1	2	2	3	4	5	6	6	5	5	4	3	2	1	1
	SPEED(MPH)	0.6	1.2	1.8	2.4	3.7	4.3	4.9	5.5	5.5	4.9	4.9	3.7	3.1	1.8	1.2	0.6
Level 3	ELEVATION	1	1	2	3	4	5	6	7	7	6	6	4	3	2	1	1
	SPEED(MPH)	0.6	1.2	2.4	3.1	4.3	4.9	5.5	6.2	6.2	5.5	5.5	4.3	3.7	2.4	1.2	0.6
Level 4	ELEVATION	1	2	3	4	5	6	7	8	8	7	7	5	4	3	2	1
	SPEED(MPH)	1.2	1.8	3.1	3.7	4.9	5.5	6.2	6.8	6.8	6.2	6.2	4.9	4.3	3.1	1.8	1.2
Level 5	ELEVATION	1	2	3	4	6	7	8	9	9	8	8	6	5	3	2	1
	SPEED(MPH)	1.2	2.4	3.7	4.3	5.5	6.2	6.8	7.4	7.4	6.8	6.8	5.5	4.9	3.7	2.4	1.2
Level 6	ELEVATION	2	3	4	5	7	8	9	10	10	9	9	7	6	4	3	2
	SPEED(MPH)	1.8	3.1	4.3	4.9	6.2	6.8	7.4	8.0	8.0	7.4	7.4	6.2	5.5	4.3	3.1	1.8
Level 7	ELEVATION	2	3	5	6	8	9	10	11	11	10	10	8	7	5	3	2
	SPEED(MPH)	2.4	3.7	4.9	5.5	6.8	7.4	8.0	8.6	8.6	8.0	8.0	6.8	6.2	4.9	3.7	2.4
Level 8	ELEVATION	2	4	6	7	9	10	11	12	12	11	11	9	8	6	4	2
	SPEED(MPH)	2.4	4.3	5.5	6.2	7.4	8.0	8.6	9.3	9.3	8.6	8.6	7.4	6.8	5.5	4.3	2.4
P4. POWER WALK																	
SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(MPH)	0.6	0.6	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	1.8	1.2	1.2	1.2	0.6	0.6

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Level 2	SPEED(MPH)	0.6	1.2	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	1.8	1.8	1.2	1.2	0.6	0.6
Level 3	SPEED(MPH)	0.6	1.2	1.2	1.8	1.8	2.4	2.4	3.1	2.4	2.4	2.4	1.8	1.8	1.2	0.6	0.6
Level 4	SPEED(MPH)	0.6	1.2	1.8	1.8	1.8	2.4	2.4	3.1	3.1	2.4	2.4	2.4	1.8	1.2	1.2	0.6
Level 5	SPEED(MPH)	0.6	1.2	1.8	2.4	2.4	3.1	3.1	3.1	3.7	3.1	2.4	2.4	2.4	1.8	1.2	0.6
Level 6	SPEED(MPH)	0.6	1.2	1.8	2.4	3.1	3.1	3.7	3.7	3.7	3.1	3.1	2.4	2.4	1.8	1.2	0.6
Level 7	SPEED(MPH)	0.6	1.2	1.8	2.4	3.1	3.7	3.7	4.3	3.7	3.7	3.1	3.1	2.4	1.8	1.2	0.6
Level 8	SPEED(MPH)	0.6	1.2	1.8	2.4	3.1	3.7	4.3	4.3	3.7	3.7	3.7	3.1	3.1	2.4	1.2	0.6
P5. INTERVAL																	
SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(MPH)	0.6	1.2	2.4	1.2	2.4	1.2	2.4	1.2	2.4	1.2	2.4	1.2	2.4	1.2	2.4	1.2
Level 2	SPEED(MPH)	0.6	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2	3.1	1.2
Level 3	SPEED(MPH)	0.6	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2	3.7	1.2
Level 4	SPEED(MPH)	0.6	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8	3.7	1.8
Level 5	SPEED(MPH)	0.6	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8	4.3	1.8
Level 6	SPEED(MPH)	1.2	2.4	4.3	2.4	4.3	2.4	4.3	2.4	4.3	2.4	4.3	2.4	4.3	2.4	4.3	2.4
Level 7	SPEED(MPH)	1.2	2.4	4.9	2.4	4.9	4.9	4.9	2.4	4.9	2.4	4.9	2.4	4.9	2.4	4.9	2.4
Level 8	SPEED(MPH)	1.2	3.1	4.9	3.1	4.9	3.1	4.9	3.1	4.9	3.1	4.9	3.1	4.9	3.1	4.9	3.1
P6. ROLLING																	
SPEED CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	SPEED(MPH)	0.6	1.2	1.8	1.2	0.6	1.2	1.8	1.2	1.8	1.2	0.6	1.2	1.8	1.2	0.6	0.6
Level 2	SPEED(MPH)	1.2	1.8	2.4	1.8	1.2	1.8	2.4	1.8	2.4	1.8	1.2	1.8	2.4	1.8	1.2	1.2
Level 3	SPEED(MPH)	1.2	1.8	2.4	3.1	2.4	1.8	2.4	3.1	2.4	3.1	2.4	1.8	2.4	3.1	2.4	1.8
Level 4	SPEED(MPH)	1.2	2.4	3.1	3.7	3.1	2.4	3.1	3.7	3.1	3.7	3.1	2.4	3.1	3.7	3.1	1.8
Level 5	SPEED(MPH)	1.2	3.1	3.7	4.3	3.7	3.1	3.7	4.3	3.7	4.3	3.1	3.7	4.3	3.7	3.1	1.8

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Level 6	SPEED(MPH)	1.8	3.7	4.3	4.9	4.3	3.7	4.3	4.9	4.3	4.9	4.3	3.7	4.3	4.9	4.3	2.4
Level 7	SPEED(MPH)	1.8	4.3	4.9	5.5	4.9	4.3	4.9	5.5	4.9	5.5	4.9	4.3	4.9	5.5	4.9	2.4
Level 8	SPEED(MPH)	1.8	4.9	5.5	6.2	5.5	4.9	5.5	6.2	5.5	6.2	5.5	4.9	5.5	6.2	4.9	2.4

P7. MOUNTAIN CLIMB

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	0	1	1	2	2	3	3	4	6	7	8	7	6	4	2	0
	SPEED(MPH)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.4	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 2	ELEVATION	0	1	2	2	3	3	4	4	7	8	9	8	6	4	2	0
	SPEED(MPH)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.4	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 3	ELEVATION	1	1	2	3	3	4	4	5	8	9	10	9	8	6	4	2
	SPEED(MPH)	0.6	0.6	1.2	1.2	1.8	1.8	1.8	2.4	1.8	1.8	1.8	1.2	1.2	1.2	0.6	0.6
Level 4	ELEVATION	1	2	2	3	3	4	5	6	9	10	11	10	8	7	5	3
	SPEED(MPH)	1.2	1.2	1.8	1.8	2.4	2.4	2.4	3.1	2.4	2.4	1.8	1.8	1.8	1.2	1.2	1.2
Level 5	ELEVATION	1	2	3	4	5	6	7	8	10	11	12	11	10	8	6	4
	SPEED(MPH)	1.2	1.2	1.8	1.8	2.4	2.4	2.4	3.1	2.4	2.4	1.8	1.8	1.8	1.2	1.2	1.2
Level 6	ELEVATION	2	2	3	4	5	6	7	8	11	12	13	12	10	8	6	4
	SPEED(MPH)	1.2	1.2	1.8	1.8	2.4	2.4	2.4	3.1	2.4	2.4	1.8	1.8	1.8	1.2	1.2	1.2
Level 7	ELEVATION	2	3	4	5	6	7	8	9	12	13	14	13	10	8	6	4
	SPEED(MPH)	1.2	1.2	2.4	2.4	3.1	3.1	3.1	3.7	3.1	3.1	2.4	2.4	2.4	1.2	1.2	1.2
Level 8	ELEVATION	3	4	5	6	7	8	9	10	13	14	15	13	10	8	6	4
	SPEED(MPH)	1.2	1.2	2.4	2.4	3.1	3.1	3.1	3.7	3.1	3.1	2.4	2.4	2.4	1.2	1.2	1.2

P8. HILL RUN

SPEED & INCLINE CHANGES		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Level 1	ELEVATION	0	0	1	1	2	2	2	3	4	4	5	5	4	3	2	1
	SPEED(MPH)	1.2	1.2	1.2	1.8	1.8	1.8	3.1	3.1	5.5	5.5	6.2	4.9	4.9	3.7	2.4	1.2

OPERATION GUIDE

Level 2	ELEVATION	0	0	1	1	2	2	2	3	4	4	5	6	5	3	2	1
	SPEED(MPH)	1.2	1.2	1.2	2.4	2.4	2.4	3.7	3.7	4.9	6.2	6.2	4.9	4.9	3.7	2.4	1.2
Level 3	ELEVATION	0	0	1	1	2	2	3	3	4	5	5	6	5	3	2	1
	SPEED(MPH)	1.2	1.2	2.4	2.4	2.4	3.7	3.7	3.7	6.2	6.2	7.4	6.2	4.9	3.7	2.4	1.2
Level 4	ELEVATION	0	1	1	2	2	3	3	4	5	5	6	7	6	5	3	2
	SPEED(MPH)	1.2	1.2	2.4	2.4	3.7	3.7	4.9	4.9	6.2	6.2	7.4	7.4	6.2	4.3	3.1	1.8
Level 5	ELEVATION	1	1	2	2	3	3	4	4	6	6	7	8	7	6	3	2
	SPEED(MPH)	1.2	2.4	3.7	3.7	3.7	3.7	4.9	4.9	6.2	7.4	8.0	7.4	6.2	4.3	3.1	1.8
Level 6	ELEVATION	1	2	3	4	4	4	5	5	7	8	8	8	7	6	3	2
	SPEED(MPH)	1.2	2.4	3.7	3.7	3.7	3.7	4.9	4.9	7.4	8.0	8.0	7.4	6.2	4.3	3.1	1.8
Level 7	ELEVATION	1	2	3	4	5	6	6	7	8	9	10	10	9	6	3	2
	SPEED(MPH)	1.2	2.4	3.7	3.7	4.9	4.9	6.2	6.2	8.0	8.6	8.0	7.4	6.2	4.3	3.1	1.8
Level 8	ELEVATION	1	2	3	4	6	6	7	7	9	9	10	12	9	6	3	2
	SPEED(MPH)	1.2	2.4	3.7	4.9	6.2	6.2	7.4	7.4	8.6	8.6	8.0	7.4	6.2	4.3	3.1	1.8

MAINTENANCE

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

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

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

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

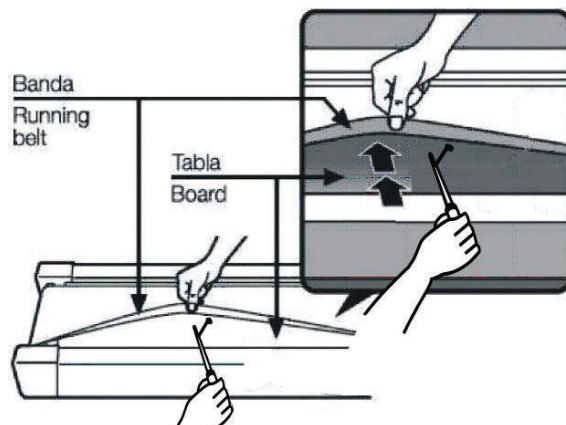
WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

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

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
- 4) Allow the silicone to 'set' for one minute before using the treadmill.

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



MAINTENANCE

Running belt tension adjustment

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

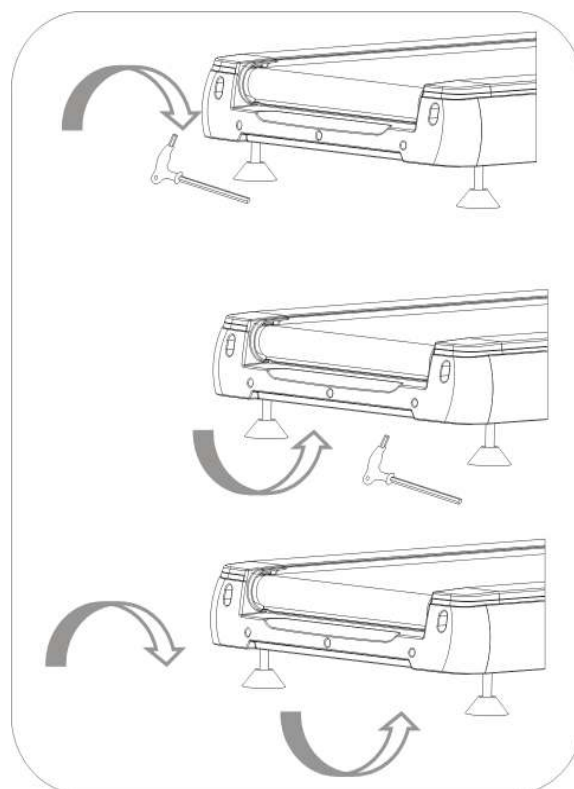
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

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

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

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

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



TROUBLE SHOOTING

Error code	Problem	Solution
E01	No signature from inverter	1、 Check if the data cables are connected well. 3、 Replace the inverter or computer if the fault couldn't solved after above first step.
E05	Current overload fault	1、 The current is over the limited . 2、 Check if there is any dirty to stuck the motor or belt 3、 Replace the motor.
E08	Overload voltage	1.Check if the voltage is in the standard . 2.If the voltage is in the standard, replace the inverter.
E09	User weight overload faulty	1、 Check if the user weight is over the limited. 2、 Add the lubricant oil under the running belt or check the situation of the running belt, running board and roller. If the faulty still happen, replace the inverter.
E10	Phase faulty	1、 Check if the power supply is on or not 2、 Check if the user weight is over the limited.。 3、 Check if the Temperature of inverter is too hot 4、 Replace the inverter
E11	Incline faulty	1、 Check if the VR cable of incline motor is connected well or not. 2、 Check if the temperature of incline motor is higher or not. If it is too hot, don't use the incline function or turn off the treadmills for 5 minutes until the temperature is going back to normal .If the fault is still happened, replace the incline motor or inverter.
E12	overheated protection	1.Improve ventilation situation for the treadmill and clean the pin on the inverter . 2.Replace the fan (when the temperature of fan is over 50degree then restart the treadmill) or inverter
----	Safety key fault	1.Check if the safety key switch has problem or not. 2.Check if the cable of safety key is connected well or not. 3.Check if the safety key board is damaged or not 4.Check if the console is damaged or not 5.Check if the cable between console and inverter is damaged or not

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: _____