OGAWA
Activo

TREK PRO T6.1
TREADMILL

★ **Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.**

User Manual
AC 3104

CONTENTS

We show great appreciation on your choice of TREK PRO T6.1
Please read this operation manual carefully, especially the safety warning
in order to use it properly.
Keep this manual for further reference.

REMARKS:

Our company reserves the right to change the design and the final product
explanation authority.
Product color is subjected to the actual product.

SAFETY CAUTIONS

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING –To ensure users can get the best performance from the treadmill, please read the user manual carefully before assembly and use, and keep it for future reference.

* Users with heart or other health problems may catch serious physical injuries when using the device. Please consult a doctor before using the treadmill. If you feel dizziness or breathing difficulties, please stop exercising immediately.

* Please read, understand and carefully follow all warnings, instructions, and procedures on the treadmill and in this user manual before use. Otherwise, damages or injuries may occur.

* The treadmill is not suitable for people with physical, sensory or mental disabilities (including children) and those who lack of experience and knowledge, unless he/she use use it under safe conditions and the supervision/guidance of a special personnel.

* Place the treadmill on a flat and solid ground. Do unplug the power cord when the device is in no use. Before turning off the treadmill, switch all controls to OFF position and then unplug the power cord from the connected outlet.

* Keep the power cord away from hot surfaces or hot ground.

* Keep the top surface of its moving parts clean and dry, especially keep the power cord away from moving parts, e.g. the incline bracket and front wheels.

* Do not place the power cord under or around the treadmill. Do not use the device if its power cord is damaged or not long enough or soaked by water. Please contact our customer service team or the distributor to replace the cord.

* Place the safety key in a safe place away from children.

* Do not use parts that are not recommended by the manufacturer.

* Do not use this device in confined spaces. Ensure that the vent is unblocked by cotton fibers or hair.

* Do not drop anything in the cracks and openings of the treadmill. If it occurs, please turn off the device and unplug the power cord. Remove the matters carefully to make sure there are no foreign objects any more. If you're unable to remove it, please contact the after-sales team.

* Treadmill is intended for use in cool, dry conditions only. Please avoid to store the device in extremely cold, hot or damp areas as this may lead to corrosion and other related problems. Its allowed working temperature is 5 ~ 40 Celsius degrees.

* Do not use the treadmill in paint or drug spraying environments to avoid explosion.

* Do not place any liquid near the equipment unless it is placed on bottle rack with airtight lid.

* Do not exceed the maximum bearing weight 90KG. Only one person is allowed to operate the equipment at a time.

* This treadmill is only intended for consumer use only. Do not place animals on or near the machine.

* This machine is only intended for household use.

* Wear appropriate sports wear when using the treadmill. Do not wear loose clothes that may get caught in the treadmill. Do not operate the equipment with bare feet or socks. Athletic clothes are recommended. Always wear athletic shoes & never run on the treadmill with bare feet, only stockings or in slippers or sandals.

* Keep loose clothing, shoelaces, towels, and other items away from the moving parts.

* Hold the hand rails when getting on and off the treadmill or exercising on the treadmill for your safety. In case of an emergency such as tripping, grab the handrails and stand on the plastic side rail on either side of the running

board. The handrail with pulse sensor plate is used to test your heart rate once resting your hand on it, or to stabilize your body when you turn off the treadmill.

* Put the clamp of the safety key on your clothes and make sure that the safety key is connected to the console.

* Start the treadmill by standing on the plastic side rail instead of running belt.

* Start exercising after making sure running belt is located in the middle. If the running belt is tilted to one side, it should be adjusted according to the equipment maintenance section before exercise.

* Don't walk, jog, or run in opposite direction when the treadmill is turned on, and please pay high attention when placing it on inclined conditions.

* Do not accelerate or decelerate without connecting to power and do not stop the machine abnormally.

* Keep your hands away from the bottom or sides of the machine while it is running.

* Don't let people interfere with the user or device while exercising.

* Wait until the running belt stops completely before stepping off the treadmill.

* Unplug the power cord after use and before cleaning.

* To turn off the treadmill, first turn off the power switch and then pull out the power plug gently. Do not pull the power cord to remove the power plug rudely.

* Only professional maintenance personnel is allowed to maintain the device.

* Move the treadmill from its back side by holding the two handrails, rather than from the front of console.

* Note : Noise under load is higher than without load.

DANGER - To avoid electric shock, turn off the device before cleaning and repairing.

NOTE - To avoid functional problems, the treadmill should be plugged into circuit system with appropriate grounding measures and a 3-pin AC power socket. For more details, please read the grounding instructions section.

WARNING - Inspect the treadmill for incorrect, worn, or loose components before use, and tighten them prior to use. If there is any worn or damaged component, contact the after-sales staff for replacements. Worn or damaged components shall be replaced immediately and only manufacturer supplied or approved components shall be used to maintain or repair the treadmill.

WARNING - To avoid fire and electric shock, do not expose the device to rain and humidity, and do not assemble the treadmill outdoors or near a pool, sauna, or high humidity area. Only use the equipment in a room temperature at 15°C ~ 35°C and humidity at 30%RH ~ 70%RH. Beyond this scope, the functions of the equipment may be affected.

If you have any question like renting, using, or maintaining the treadmill, please contact customer service staff for help.

WARNING- To reduce the risk of fire, electric shock, and physical injuries:

Keep a space at the back of the treadmill: at least 2M/78" away from the front, and at least 1M/39" on either side of the treadmill. Do not place the treadmill in a box or against a wall, furniture, or other objects. Ensure that bystanders can touch the treadmill directly and can easily turn off the power of this machine.

Clear Space

2M/78″   1M/39″

1M/39″

1M/39″
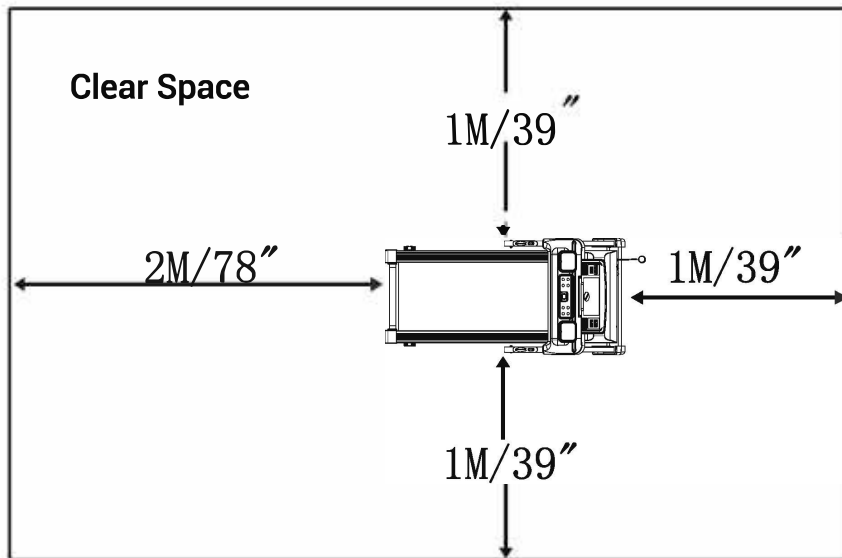
2. GROUNDING INSTRUCTIONS

The grounding operations must be accurate. In the event of failure or damage, grounding protection will reduce the risk of electric shock. This product is equipped with a grounding conductor and a grounding plug. The plug must be inserted into a suitable power socket, and its user should install grounding in accordance with local laws and regulations.

DANGER - Improperly connected grounding conductor may cause electric shock. If you have any question about the grounding, please contact a qualified electrician or after-sales personnel. Do not use a plug that doesn't match the product. If the plug does not match the power socket, please ask an electrician to install a suitable socket

Grounding Methods

GROUNDED PIN

Grounded Outlet

3
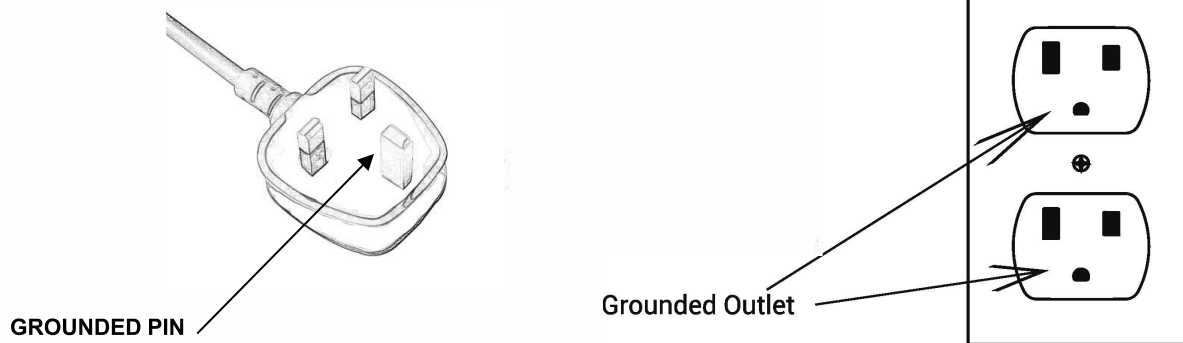
3. STATIC ELECTRICITY

As a large energy machine that may generates static electricity, the treadmill may cause some users to suffer from static shock. Excessive static electricity can damage electronic components too. The following steps are to prevent static electricity. If you still can't solve the problem, please turn the treadmill over to a professional.

Environmental reasons

Static electricity may relate to some environmental factors. It is very common for a treadmill to generate static electricity when it repeats some actions and comes into friction when it is directly placed on a rough carpet. Dry and dusty environment can increase the intensity of static electricity. Cleaning your treadmill regularly can decrease the risk or intensity of static electricity generated.

Mechanical reason

The treadmill motor clogged with dust and other debris will increase the risk of static electricity. Excessive friction on the motor belt will generate static electricity. Check whether the power cord and plug is damaged. Failure to plug the treadmill into a grounding socket equipped with a voltage protector may cause static electricity.

Several simple ways to reduce static electricity

In dry environment, place a humidifier in the running room to help reduce static electricity. The recommended humidification level is 45%. Place a rubber pad under the treadmill or use a fiber softener and electrostatic spray on the carpet where the treadmill is located. Wear clothes made from natural materials such as cotton. Synthetic fibers, polyesters, and nylon material cloths tend to adhere to static electricity. Choose shoes made of non-conductive materials and clean them before using the treadmill.

Treadmill maintenance suggestions

Keep your treadmill clean and lubricate it to reduce the risk of static electricity. For more maintenance information, read the treadmill maintenance section of the user manual. If all above limiting static electricity ways don't reduce the incidence of static electricity, stop using the treadmill and submit it to a professional for repair.

4. USING THE EMERGENCY STOP SYSTEM

This product is equipped with an emergency stop system that is consisted of a safety clip and a safety switch. The clip is connected to the switch through a wire, and you can pull the wire to open the switch and stop the running treadmill in emergency.

Before starting an exercise program, follow the steps below to test if the system works properly.

Insert the safety key into the position on the console and clip the safety clip to your clothing.

NOTE: If the safety switch is not inserted into the correct position, all display windows will display "---" .

To start the treadmill, put your feet on the treadmill side rails and press the Start button. The running belt starts running slowly at a speed of 1.0 km/h.

NOTE: Do not increase speed while testing.

If you feel the distance is too far before the safety switch is pulled off, you can reduce the length of the safety clip wire.
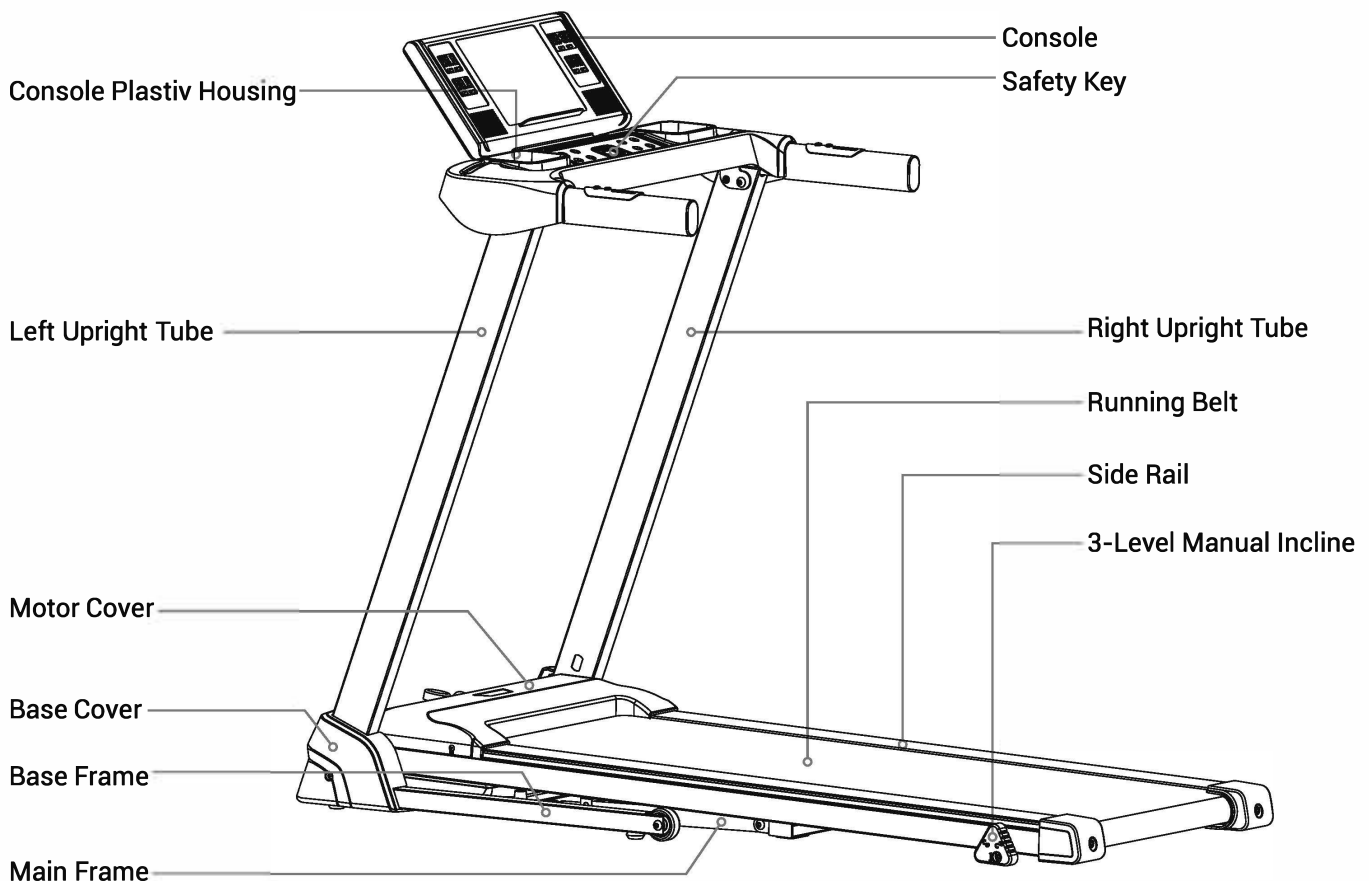
NOTE: For your safety, NEVER lengthen the safety clip wire. Always use a safety clip when running on a treadmill. If the safety switch is pulled out, the running belt will stop suddenly and the treadmill will go into pause mode. You need to properly insert the safety switch again and press the Start button to restart the treadmill.

SPECIFICATIONS

Model Name	Activo Trek Pro T6.1
Model no	AC3104
Voltage	AC220-240Vac,50-60Hz
Color	Black
Function	Time,speed,distance, calorie,heart rate
Time range	Max 99 minutes
Max user weight	90kg
Power	MAX 2.0HP

ASSEMBLY INSTRUCTIONS

1. Product Illustration

Console

Safety Key

Console Plastiv Housing

Left Upright Tube

Right Upright Tube

Running Belt

Side Rail

3-Level Manual Incline

Motor Cover

Base Cover

Base Frame

Main Frame

2. Open The Box And You Can Find All Parts Below.

Main Frame   Console   Console Frame

Upright Tube

1PC

Base Cover L 1PC	Base Cover R 1PC	Button Head Hexagon Socket Screw M10*45 2PCS
Button Head Hexagon socket screw M8*15 2PCS	Large Cross Flat Head Screw M5*12 2PCS	Countsunk Head Hexagon Socket Screw M8*15 2PCS
M10 Flat Washer 2PCS	M8 Flat Washer 2PCS	Adjusting Knob 1PC
Safety Key 1PC	Cross Socket Wrench 1PC 1PC Lubrication Oil	Wrench 5MM 1PC 1PC Wrench 6MM

STEP 1

Take out the treadmill from the box, and lay it on a flat floor.

WARNING! Do not cut the straps before taking the product out of box. NOTICE: Be aware of the risk of hands pinching when taking out the treadmill.
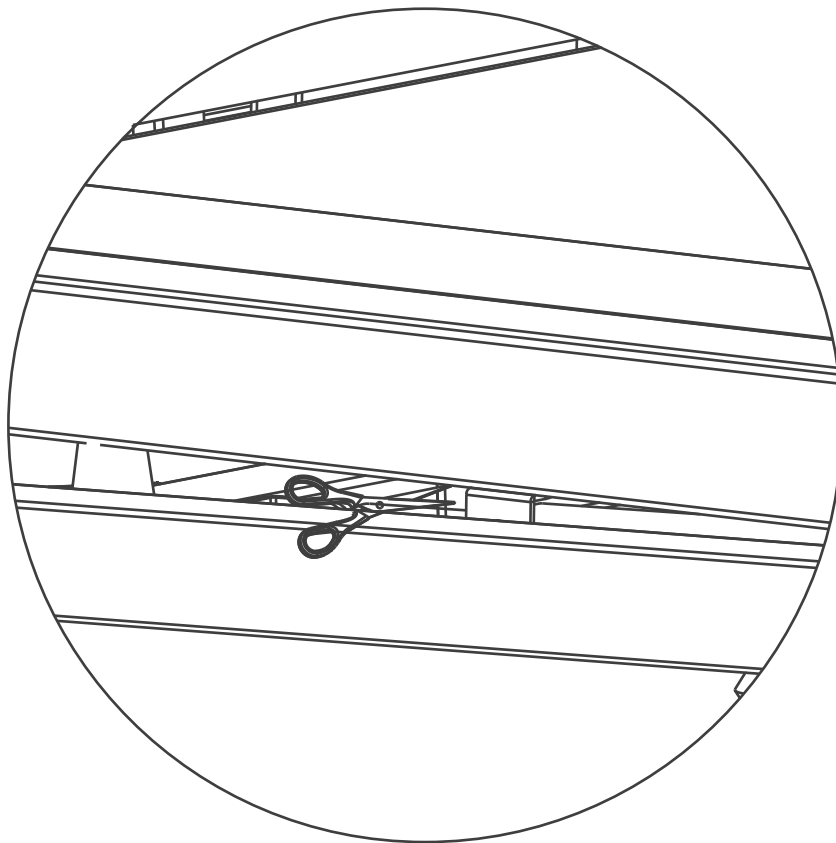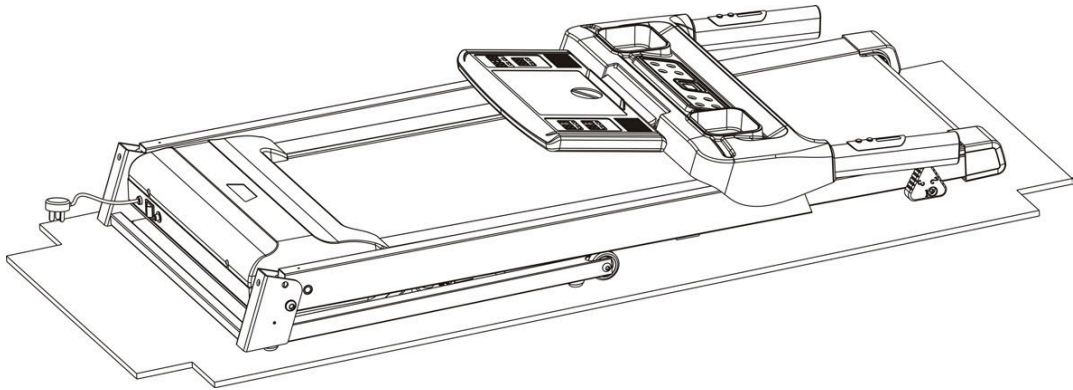
STEP 2

Lift the left and right upright tubes upward with both hands. Note: Do not place your hands in the bottom rotation position to avoid being clamped.
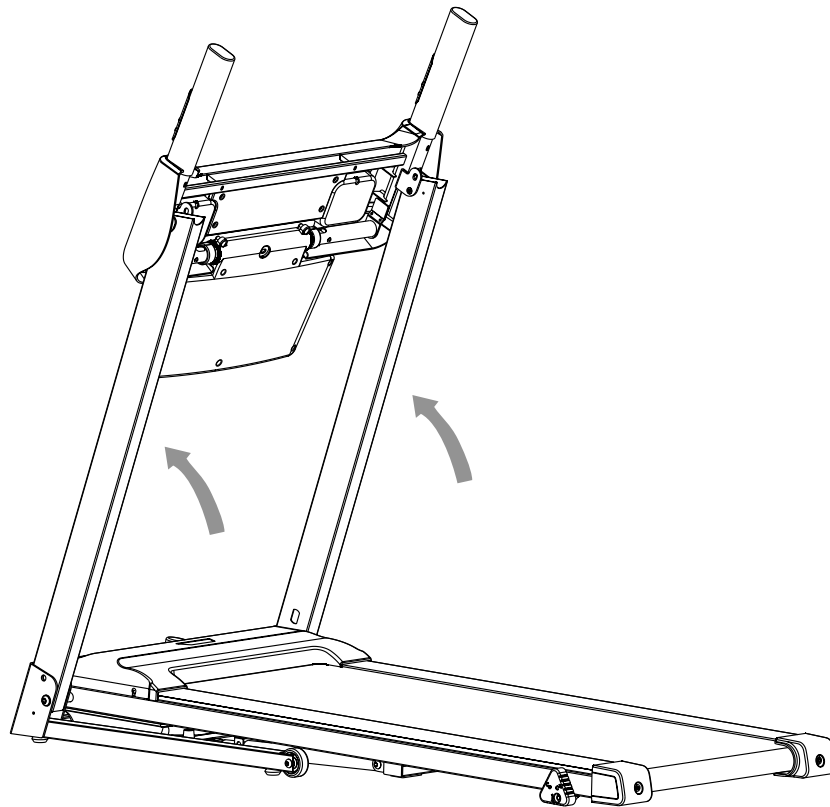
STEP 2.1

* Use the 6mm wrench to fasten the L and R upright tubes onto both sides of the base frame with 2 M10*45 bolts and 2 M10 flat washers.

* Use the 5mm wrench to fasten the L and R upright tubes onto both sides of the base frame with 2 M8*15 bolts and 2 M8 flat washers.
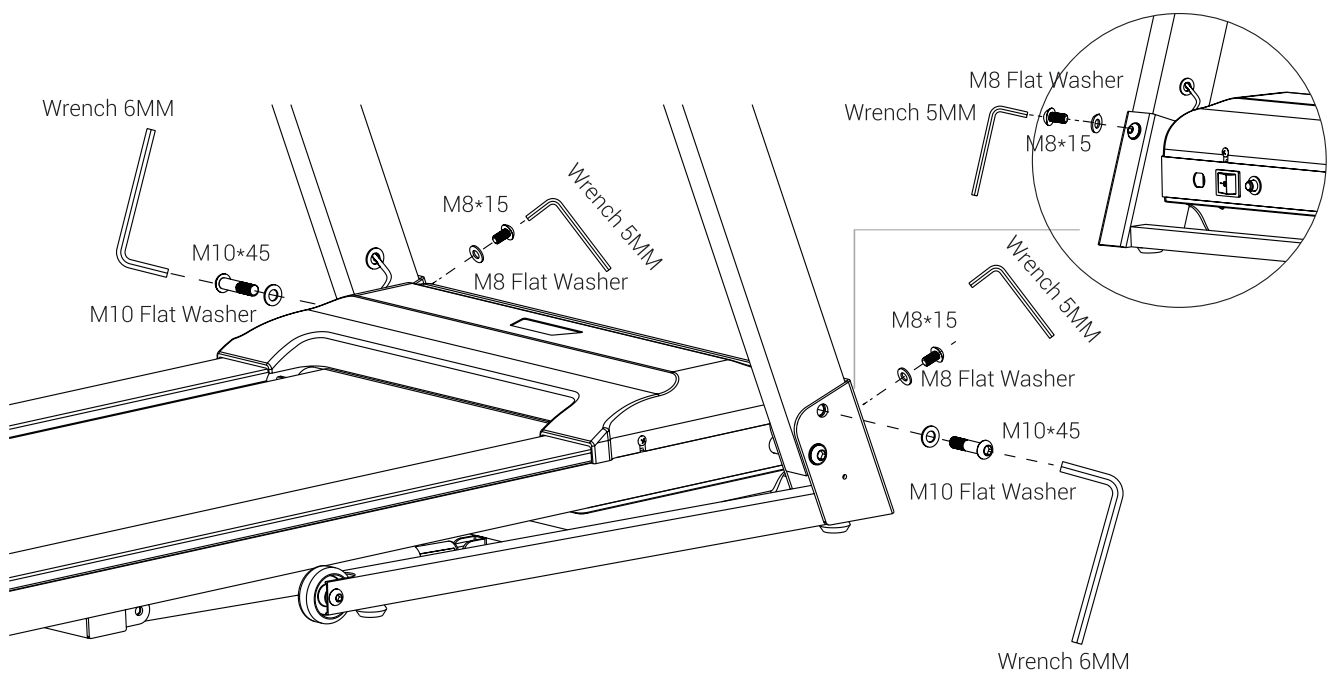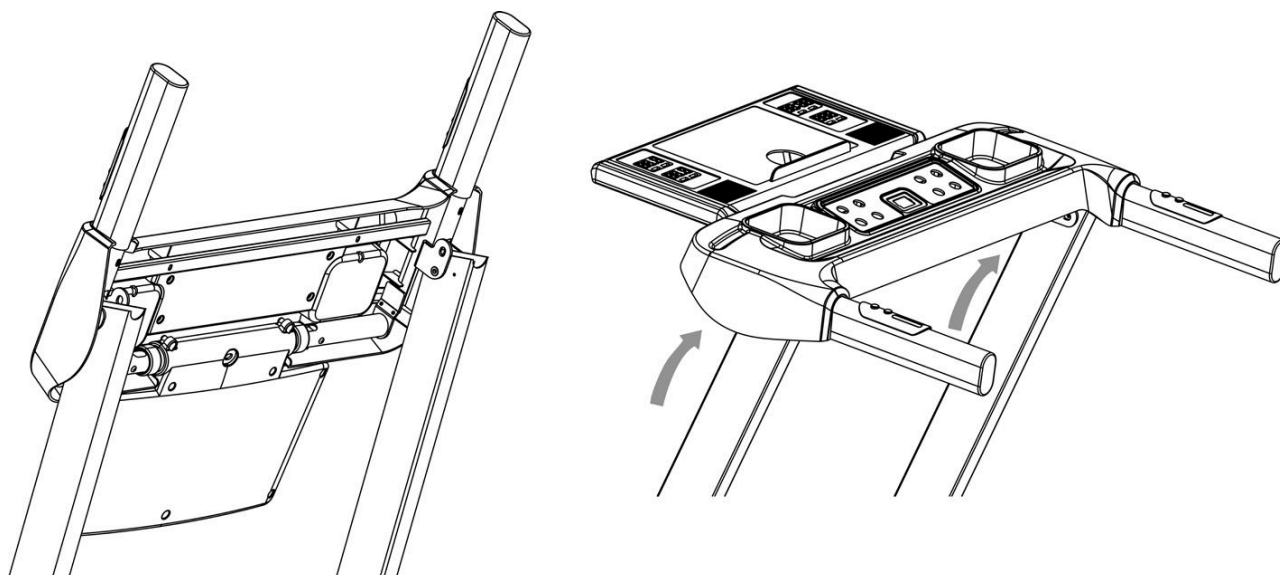
Wrench 5MM	Wrench 6MM	M8 Flat Washer	M10 Flat Washer	M8*15	M10*45

Use the cross socket wrench to fasten the base cover-L and base cover-R with 2 M5*12 large cross flat head screws onto both sides of the base frame.
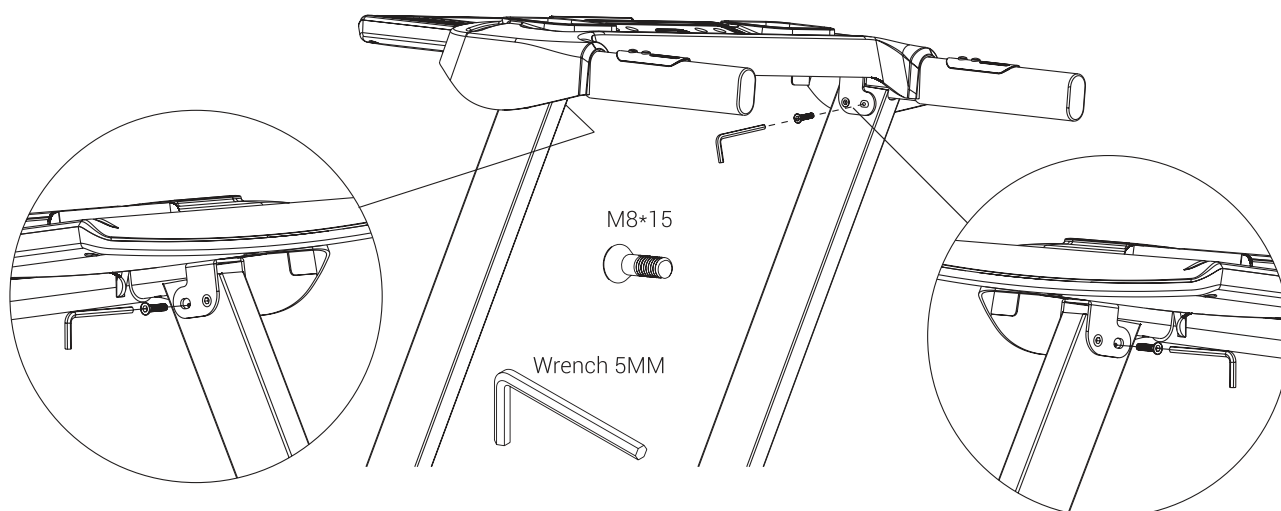

M5*12   Cross Socket Wrench

M5*12   Cross Socket Wrench
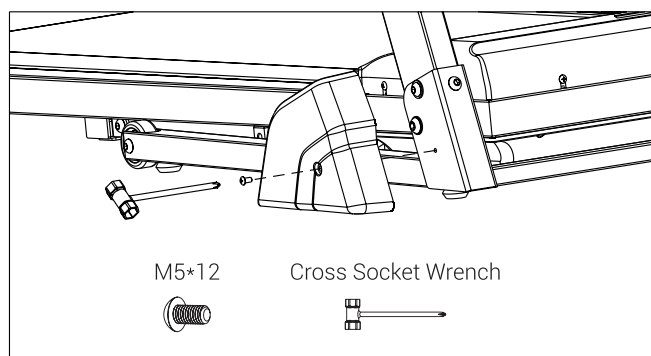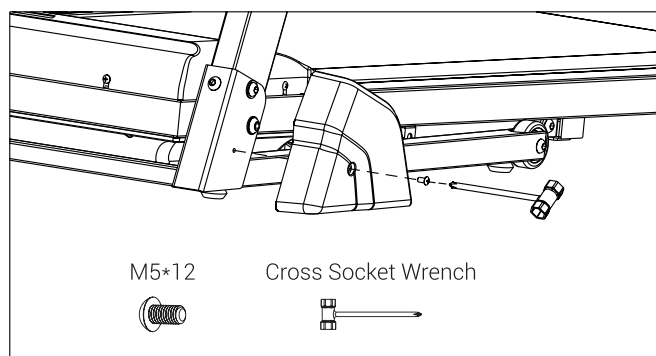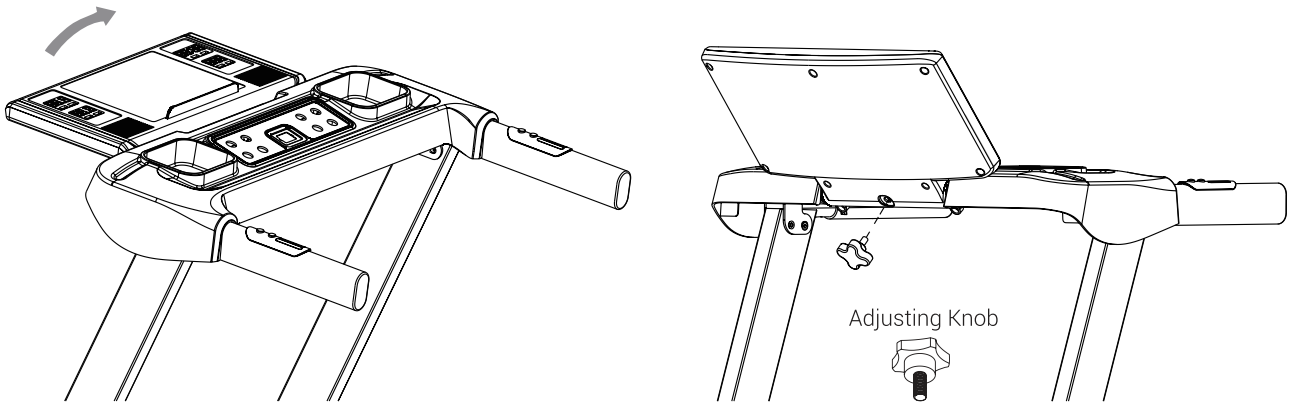
STEP 3

Lift the console up as pictures below:

STEP 3.1

Use the 5mm wrench to install the console rack onto left upright tube and right upright tube with 2 M8*15 countersunk head screws.
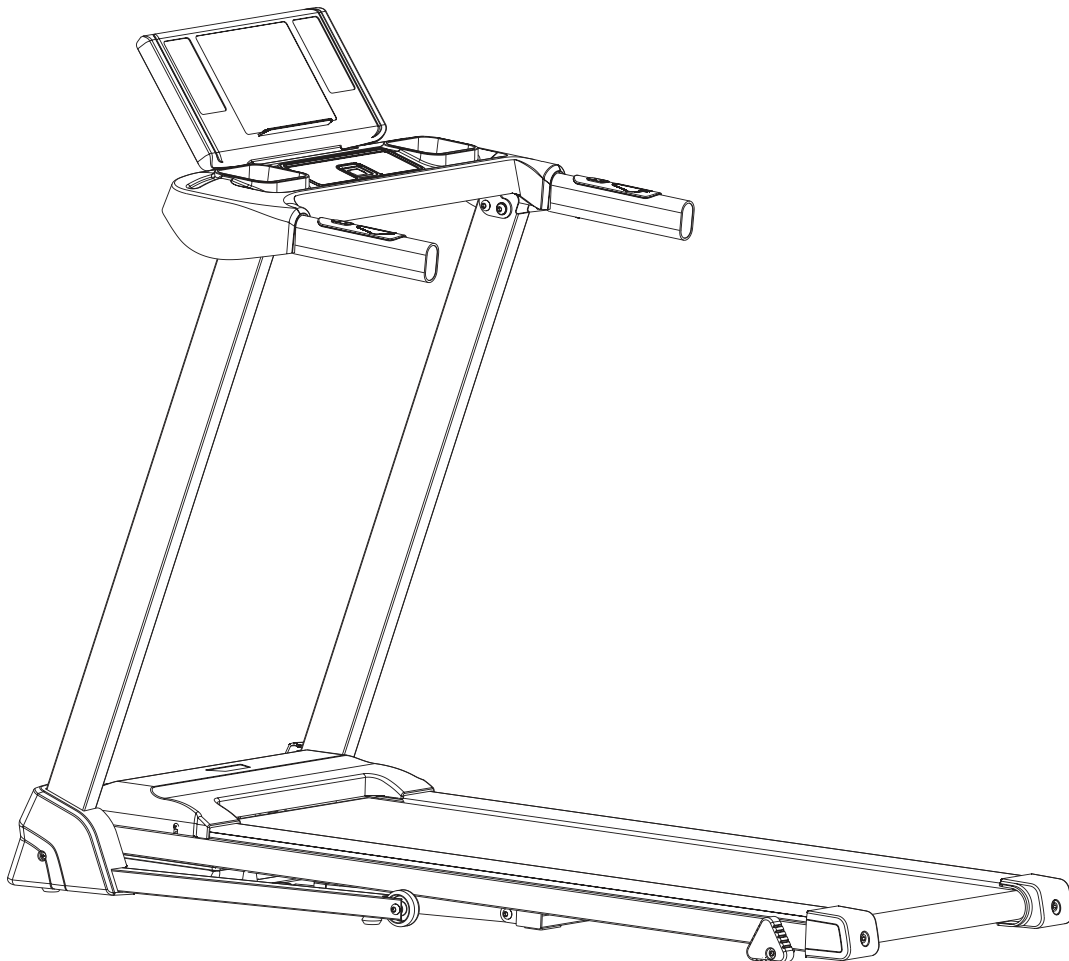

M8*15

Wrench 5MM

STEP 3.2

Turn the console upward slightly to expose the mounting hole, then use the adjusting knob bolt to fix the console onto the console rack.


Adjusting Knob

OPERATION GUIDE

⚠️ **NOTE:**
For your safety and comfort, please check whether all screws are tightened. Congratulation! A brand new motorized treadmill has been successfully assembled!

STEP 4

Before to start the treadmill, please check whether all screws are tightened, all cables are connected correctly, and nothing blocks the movement of the running belt.
As shown in the picture, plug in the power cord and toggle the power switch to ON position.
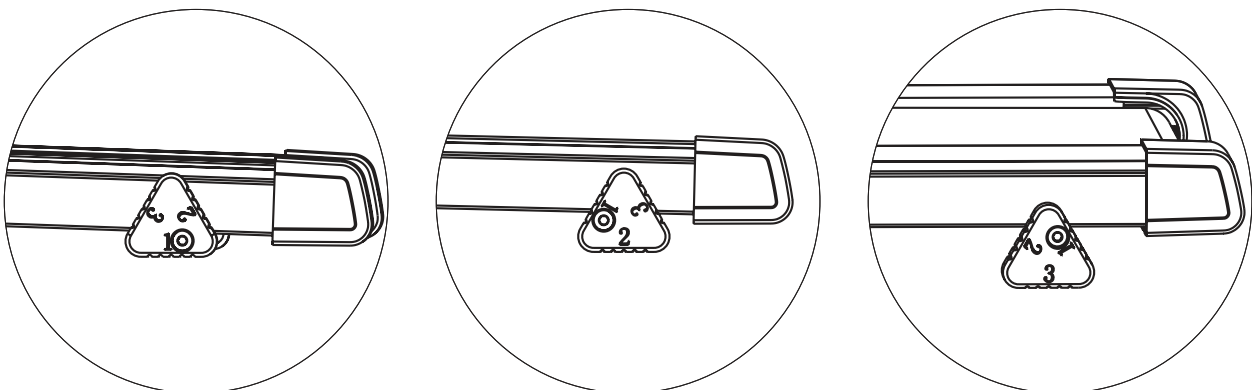
Grounding Methods
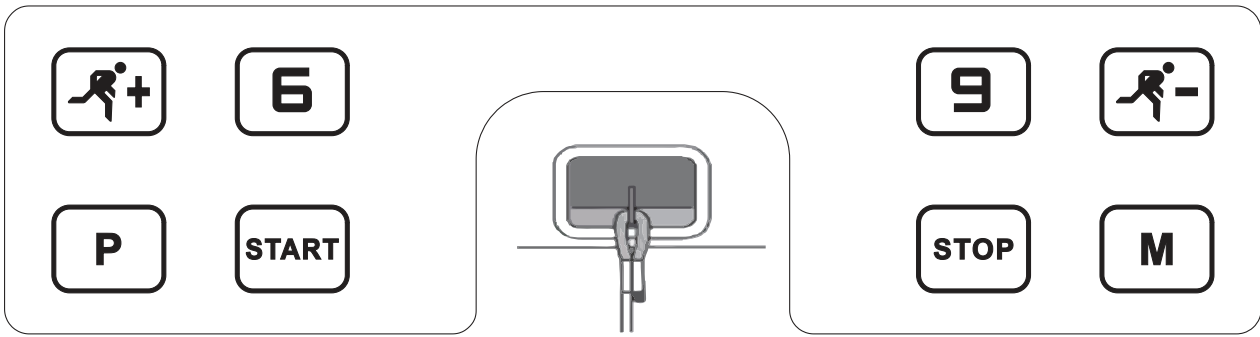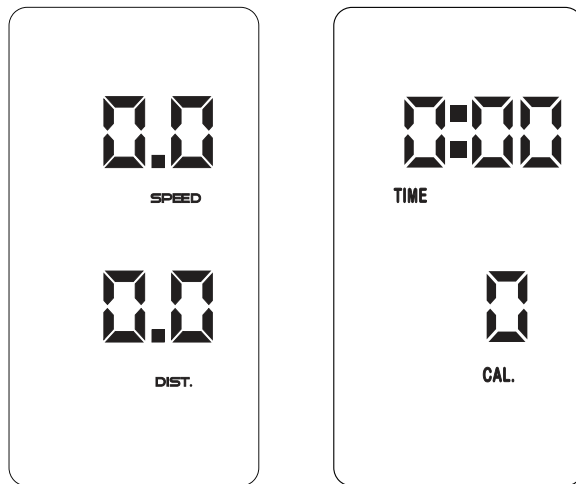
Grounded PIN

Grounded Outlet
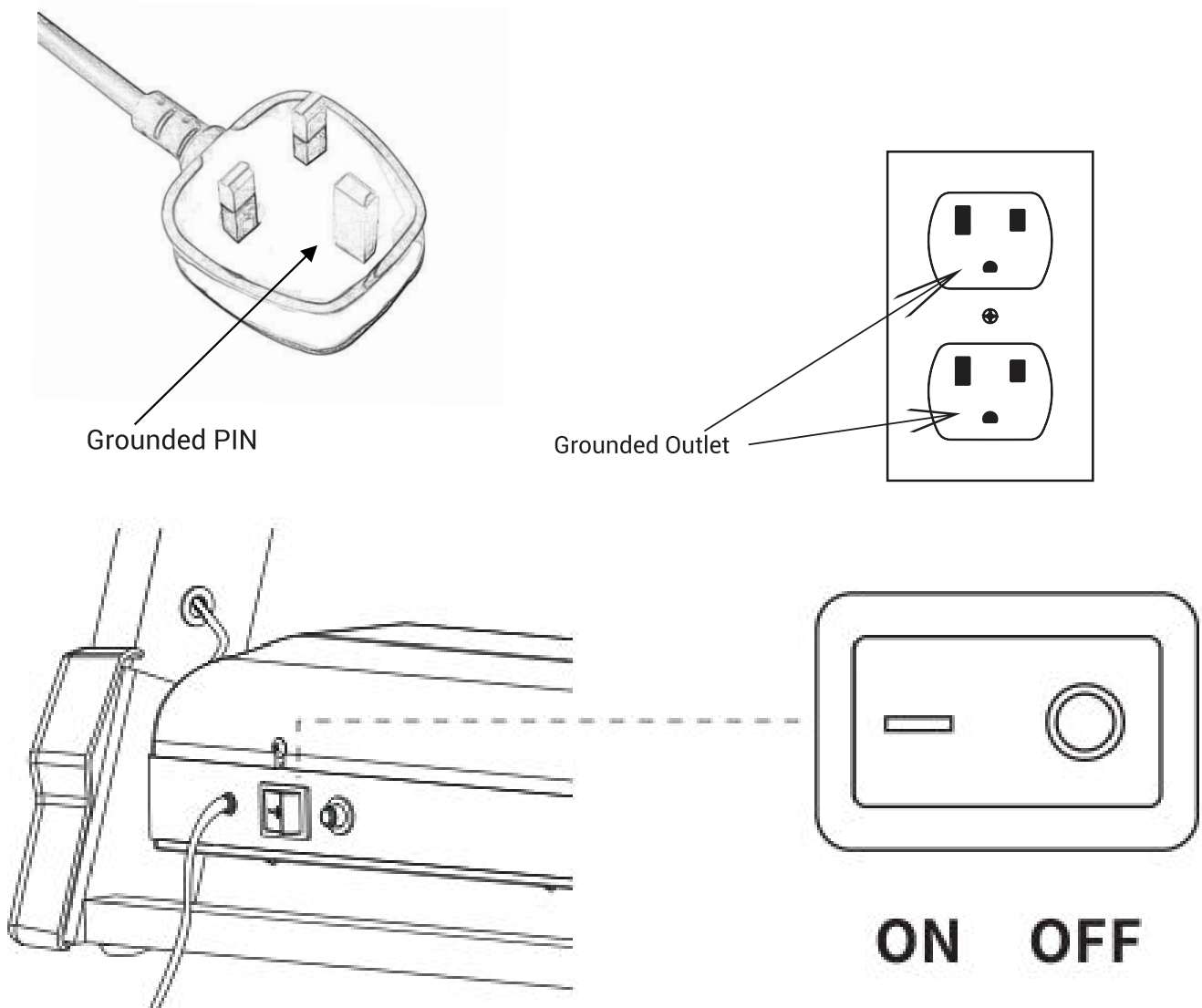
STEP 5

Manual Inclining Adjustment

There are 3 manual inclining levels available. You can adjust to the desired level number against the ground as following pictures. (Note: You should adjust to the same level on both sides).
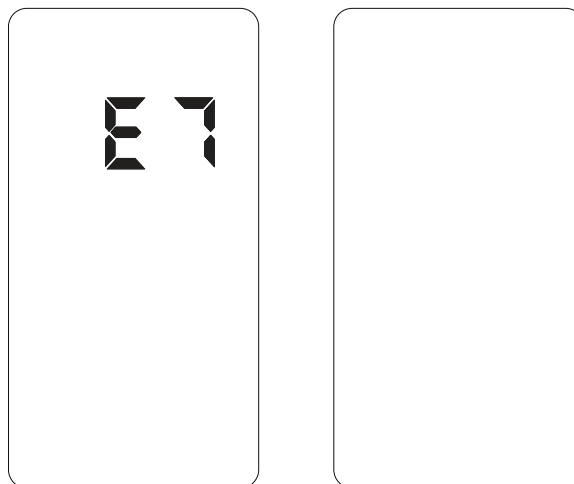
STEP 6

Once clip the clamp of the safety key onto your clothes and put the other end of safety key to the fixed position on the console, the treadmill will enter "STANDBY" state.

```
0.0          0:00
SPEED        TIME

0.0            0
DIST.        CAL.
```

```
[🏃+]   [6]        [9]   [🏃-]

[P]   [START]   Safety Key   [STOP]   [M]
```

Safety Key

⚠️ **NOTE:** Without the safety key, the treadmill won't work and the display screen will display "E7".

```
E7
```

GENERAL SAFETY TIPS

A. Practice assembling and disassembling your treadmill before starting your workout.

B. Attach one end of the safety key to the console (the treadmill will not run without the safety key) and clip its other end onto 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 console and the treadmill will stop at once to prevent further injuries.

D. Do not stand on the walking belt while starting the treadmill. Straddle the belt and stand on the plastic foot rails.

E. The treadmill will start at 1KM/H after countdown. If you are a green hand, stay at a slow speed and hold onto the hand grips until you feel comfortable.

QUICK REFERENCE GUIDE
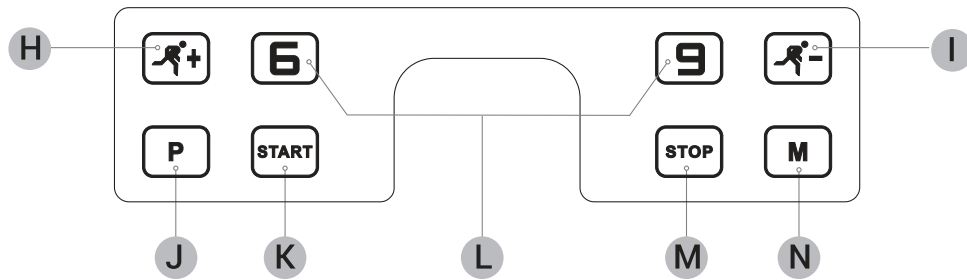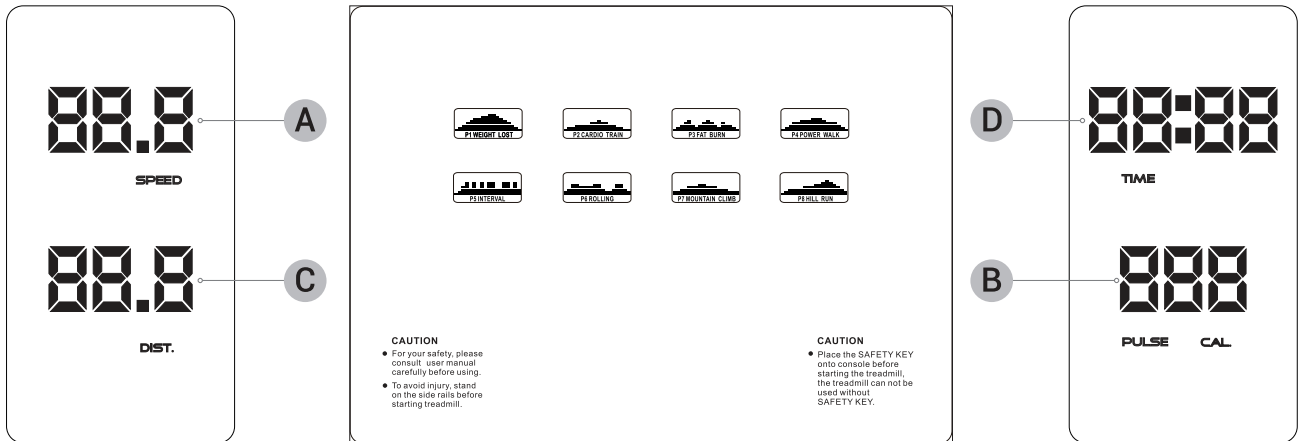
No.	Part Name	No.	Part Name
A	SPEED WINDOW	J	PROGRAM BUTTON
B	PULSE/CALORIE WINDOW	K	START BUTTON
C	DISTANCE WINDOW	L	QUICK SPEED BUTTON
D	TIME WINDOW	M	STOP BUTTON
H	SPEED+ BUTTON	N	MODE BUTTON
I	SPEED- BUTTON		

DISPLAY FUNCTION

Part Name	Function
SPEED	Displays the current belt speed from starting ranging at 1 ~ 12 KM/H.
DISTANCE	Accumulates total workout distance from 1.0 to 99.0 kilometers by count-up.
TIME	Accumulates total workout time from 0:00 to 99:00 minutes.
CALORIE	Accumulates calorie consumption (Max. 990kcal) during exercise.
PULSE	When pulse signal is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute from 50 to 200 (The data is for reference only and it should not be regarded as medical data.).

BUTTON FUNCTIONS

| BUTTON	Function
SPEED +	Each time you press this button, the speed will increase 0.1 KM/H. If you hold the button for more than 2s, the speed will increase continuously. During Time /Distance/Calorie setting mode, press this button to increase setting value.
SPEED -	Each time you press this button, the speed will decrease 0. 1 KM/H. If you hold the button for more than 2s, the speed will decrease continuously. During Time /Distance/Calorie setting mode, press this button to decrease setting value.
PROG	In standby mode, press this button to select programs from manual program to P01-P08, U1/U2/U3/ BODY FAT. Manual mode is the default operating mode, with default lowest speed 1KM/H and the highest speed 12KM/H. Under any of P01~P08 program, press [M] key to select its sub-program L01~L08. The default running time for each sub-program is 30s. You can press speed +/- button to adjust the running time, and then press "START" to start exercise.
MODE	Press the [M] button to select between 3 countdown training modes. Time countdown → Distance countdown→ Calorie countdown → Normal Mode
START	Press this button to start the treadmill, and treadmill will count down 3s before running.
STOP	Short press this button to enable the treadmill to enter PAUSE status, then all data will be kept. Press this button one more time, then the treadmill will stop and all data will be cleared. - Press the [6] button to switch the speed to 6KM/H. - Press the [9] button to switch the speed to 9KM/H.

14

GETTING STARTED

Simply press the [START] button on the console to begin belt movement after count-down from 3 to 1. Press [🏃+] / [🏃-] buttons on the console to adjust the speed. Certainly, you may press and hold any of the two buttons to continuously adjust the speed or [6] or [9] button on the console to quickly set the specified speed.
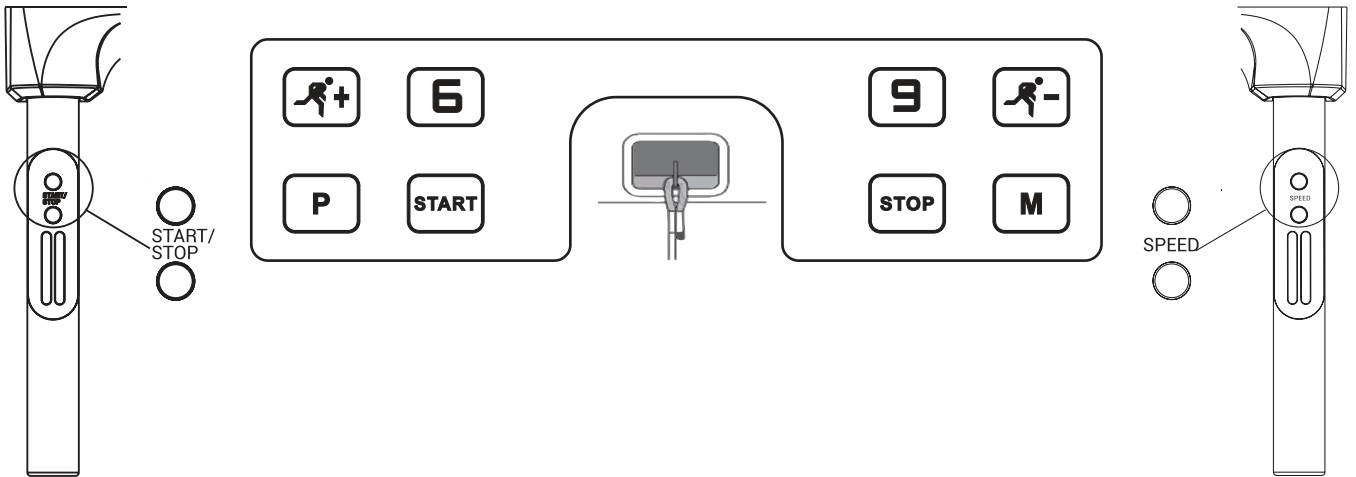
Count-down Modes

When you press the [M] button, one of TIME, DIS(Distance), and CAL(Calorie) can be set to count down to reach the particular fitness goal, at the same time, the other two will count up during the workout. You can also adjust the speed by pressing [🏃+] / [🏃-] button on the console.

Press the [M] button, the TIME window will display the default workout time as 30:00. Press the [🏃+] / [🏃-] button on the console to set count-down time from 5:00 to 99:00 minutes. Simply press the [M] button on the console to begin belt movement. Once the count-down reaches zero, the belt will stop moving.
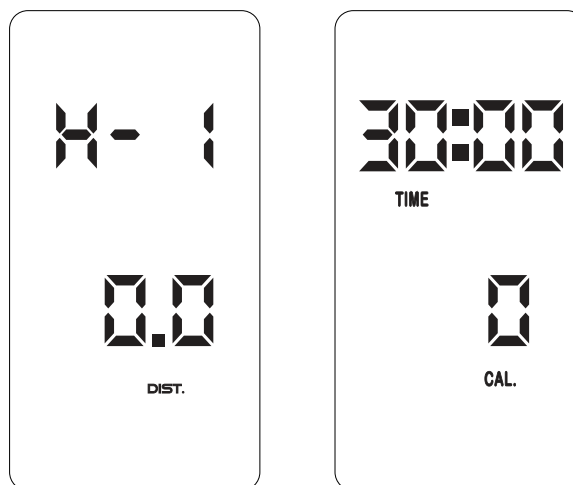
To switch the mode to DIS (Distance) count-down when the belt is moving, please double press the [M] button on the console until the data is cleared and then double press the [STOP] button until the DIS (Distance) icon is blinking. The default distance was set as 1.0 KM/H. [🏃+] / [🏃-] button on the console to set count-down distance from 1.0-99 KM/H. Press the [START] button on the console to begin belt movement. Once the DIS (Distance) count-down reaches zero, the belt will stop moving.

H - 2

1.0

DIST.

0:00

TIME

0

CAL.
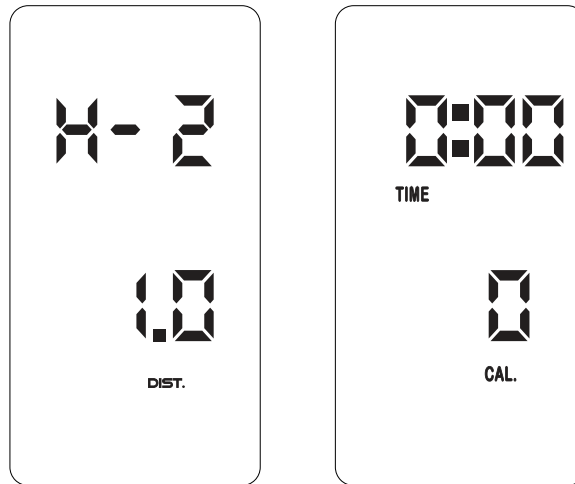
To switch the mode to CAL (Calorie) count-down when the belt is moving, double press the [STOP] button until the data is cleared and then press the [M] button for three times until the CAL (Calorie) icon is blinking. The default calorie was set as 50 KCAL. Press [🏃+]/[🏃-] button to set count-down distance from 20 KCAL to 990 KCAL. Press the [START] button on the console to begin belt movement. Once the CAL (Calorie) count-down reaches zero, the belt will stop moving.

H - 3

0.0

DIST.

0:00

TIME

50

CAL.
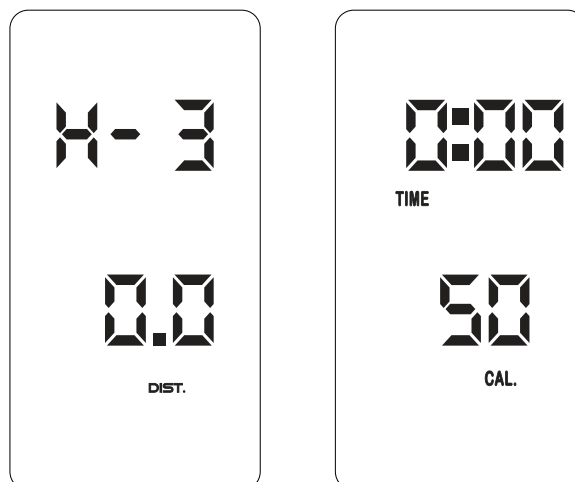
64 Preset Programs

Tip: Please kindly note that there are 64 preset programs to reach 8 different training goals, each goal with 8 different intensity levels. All the preset programs are made up of 18 time-based segments, with preset speed on each segment. The default workout time of each program is 30 minutes, but it can be adjusted from 5:00 to 99:00 minutes by pressing [🏃+] / [🏃-] button on the console. The workout time of 18 segments on each program will be automatically arranged according to the workout time you set. The speed you set will only be effective on the ongoing segment. After the segment completes, the speed on the next segment will still process at preset value.
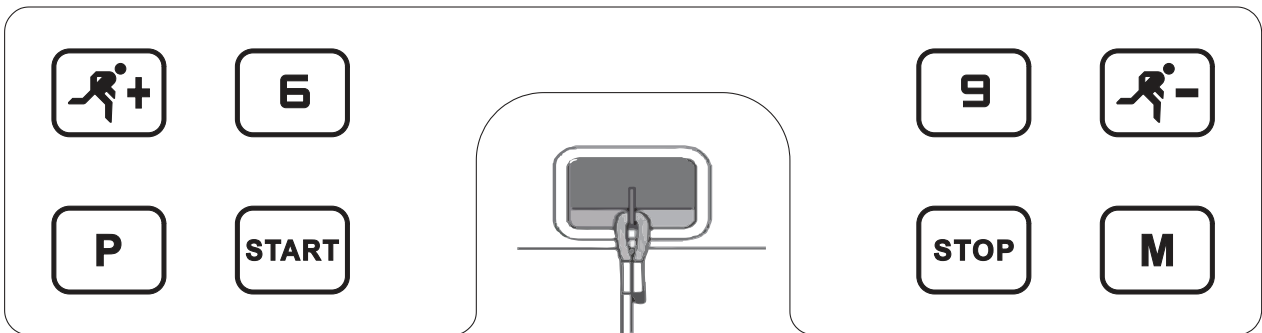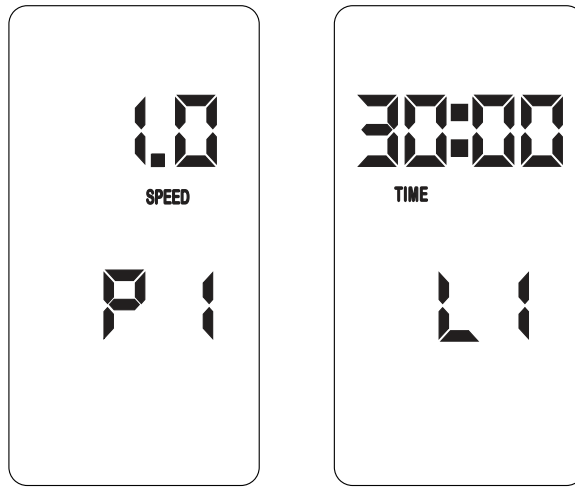
PROG	Mode	PROG	Mode
P1	WEIGHT-LOSS	P5	INTERVAL
P2	CARDIO TRAINING	P6	ROLLING
P3	FAT BURNING	P7	MOUNTAIN CLIMBING
P4	POWER WALK	P8	HILL RUN

STEP 1: Press the [P] button to select a specific program among 8 preset options (from P1 to P8).

STEP 2: Press the [M] button to select the intensity level from Level 1 to Level 8.

STEP 3: Press the [🏃+] / [🏃-] button on the console to adjust the workout time. It can be adjusted from 5:00 to 99:00 minutes.

STEP 4: Press the [START] button on the console to begin belt movement.

TIP : To change the program, please double press the [STOP] button on the console until the data is cleared and then repeat the above-mentioned steps.

User-Defined Programs (U01-U02-U03)

There ar   ograms according to user's training goals. The default workout time of each program is 30 minutes, but it can be adjusted from 5:00 to 99:00 minutes by pressing ![run+] / ![run-] button on the console. All the user-Defined programs are composed of 18 time-based segments. The workout time of 18 segments on each program will be automatically arranged according to the workout time you set. The default speed of each segment is 0.1 KM/H and it could also be adjusted from 1.0KM/H to 12.0KM/H by pressing ![run+] / ![run-] button on the console. The speed you set will be saved automatically on the ongoing segment. After finishing settings, the data of all the 18 segments in each user-defined program will be saved and recorded automatically until you reset all the data again.

1.0	30:00	2.0	30:00	3.0	30:00
SPEED	TIME	SPEED	TIME	SPEED	TIME
U- 1	0	U- 2	0	U- 3	0
	CAL.		CAL.		CAL.
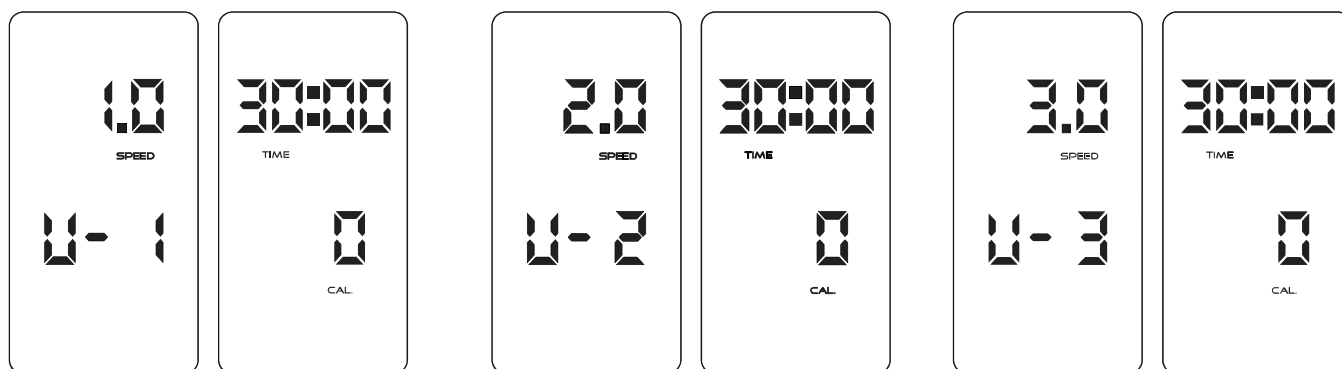
Body Fat Measurement Function

This function is to estimate your body fat according to your physical information. Please kindly note this estimated data should not be used for medical diagnosis.

STEP 1: Keep the [P] button pressed until the console displays FAT.

STEP 2: The left window will display F1 (representing GENDER) and the default data on the right window will display 1 (representing MALE).

Press ![run+] / ![run-] button on the console to set gender from 1 to 2 (representing FEMALE) if necessary. Then press [M] button to go to next step.

F1	FAt
1	
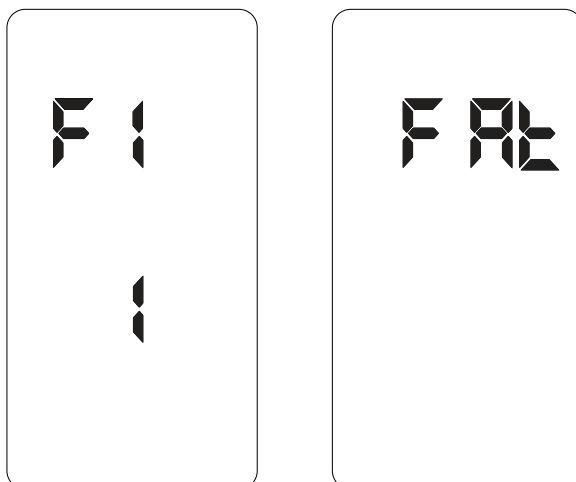
STEP 3:

Press the [M] button again, then the left window will display F2 (representing AGE), and the default data on the right window will display 25. You can press [🏃+] / [🏃-] button on the console to set the age from 10-99. Then press [M] button to go to the next step.
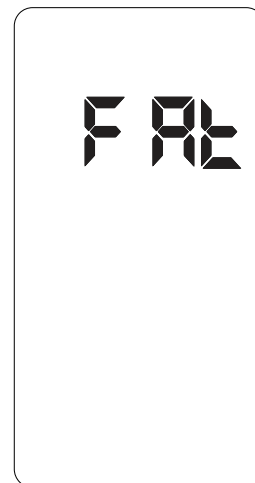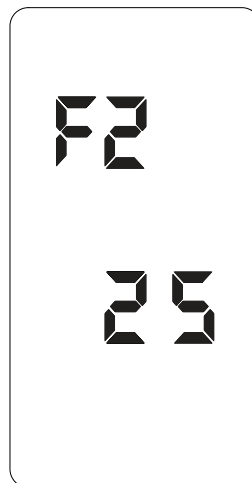
STEP 4:

Press the [M] button one more time, then the left window will display F3 (representing HEIGHT) and the default data on the right window will show 68. You can presss [🏃+] / [🏃-] button to set the height from 100-200CM.Then press [M] button to go to next step
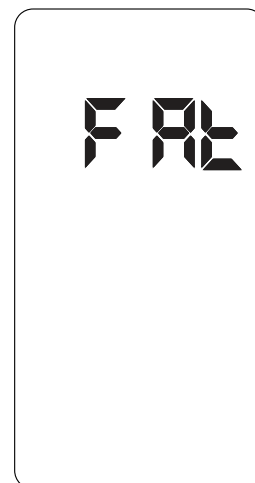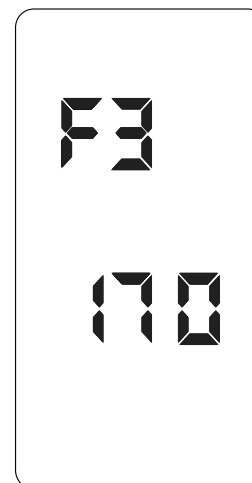
STEP 5:

Press the [M] button once again, then the left window will display F4 (representing WEIGHT) and the default data on the right window will show 154. You can press [🏃+] / [🏃-] button on the console to set weight from 20-150KG.Then press [M] button to go to next step.
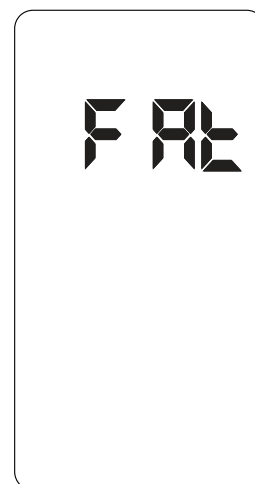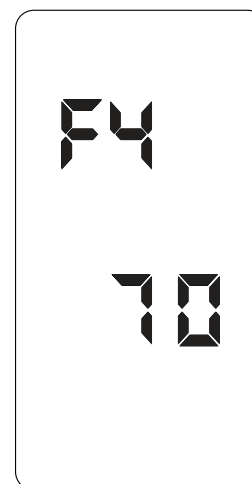
STEP 6:

After finishing all the settings for the necessary physical information, please press [M] button again. Then the left window will display F5 while the right window will display "---", which means the monitor is calculating. Please hold the pulse sensor on both handrails with your hands. A few seconds later, the body fat result (BMI) will be displayed on the right window.

Pulse Sensor
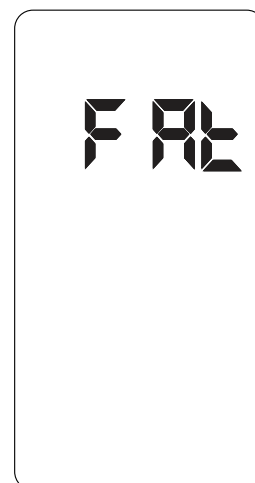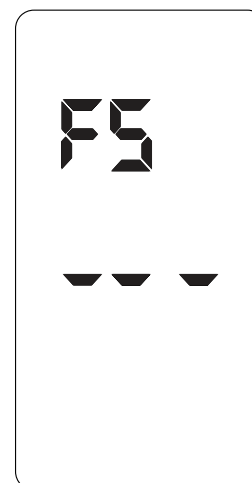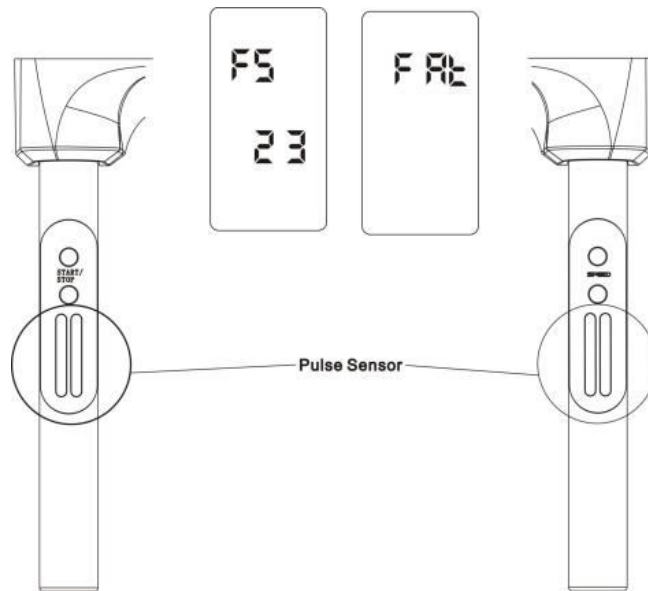
BMI: The result given by the body fat calculator can be a reference for your physical condition (see the chart below).

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

USING THE PULSE FUNCTION

1. The PULSE/CALORIE window on your console works in conjunction with the Pulse Sensors on both handrails. When you are ready to read your pulse, place both hands firmly on the Pulse Sensors. For the most accurate readings, please hold the handrails with both hands.
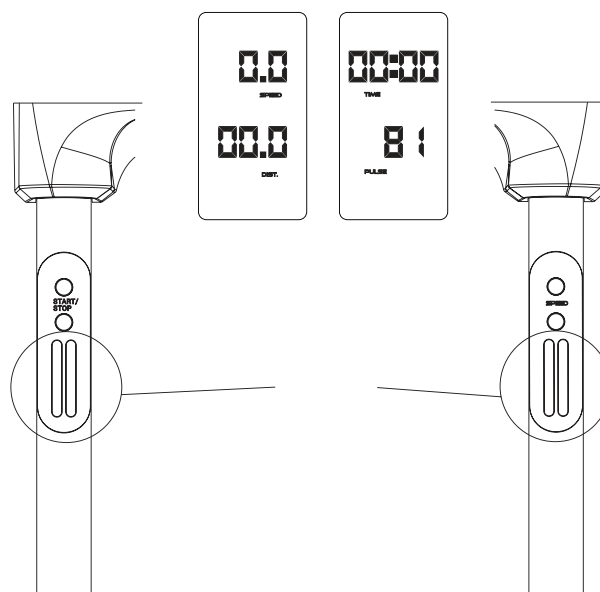
2. Your estimated heart rate will display in the PULSE window approximately 10 seconds after you touch the Pulse Sensors.

3. This estimated data won't be very accurate. Persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimated data provided.

Warning - The heart rate monitoring system may be inaccurate. Excessive exercise may cause serious physical injuries or sudden death. If you feel dizzy or hard to breathe, stop exercising immediately.

Before starting an exercise program, you must know your maximum heart rate.
The approximate maximum heart rate of a user is calculated as MHR = 220 – Age.
To check the heart rate range and select the exercise program the user wishes to perform, look at the following diagram.

Warning: The user's heart rate must not exceed 90% of the maximum heart rate.
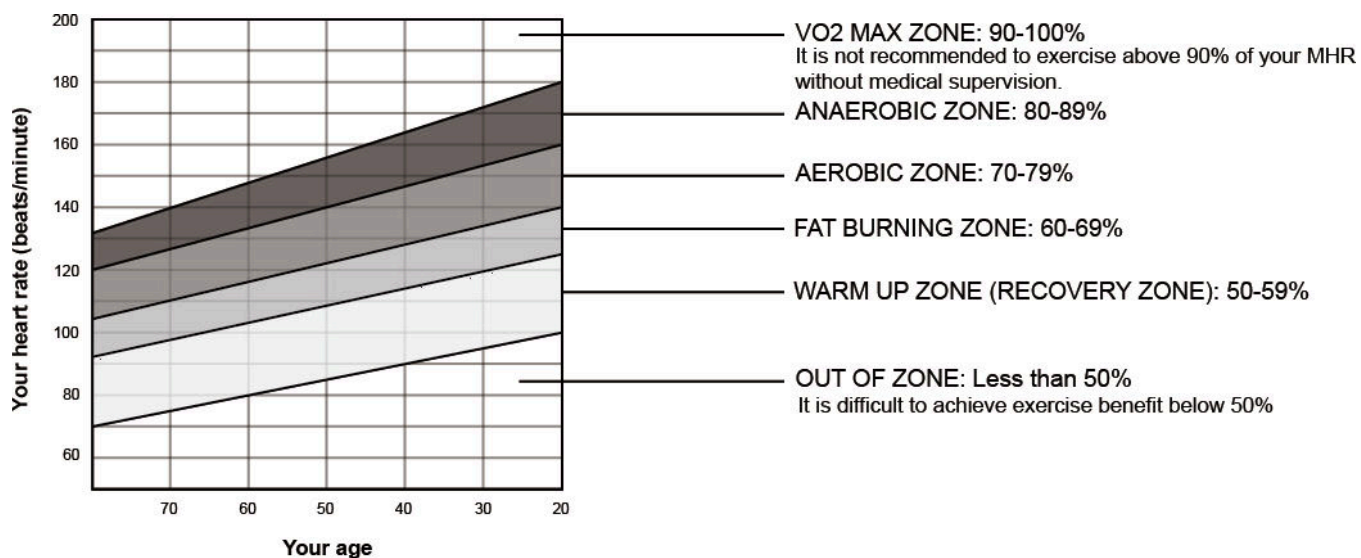
PROGRAM CHART

P1. WEIGHT-LOSS

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

P2. CARDIO TRAINING

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

P3. FAT BURNING

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

P4. POWER WALK

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

P5. INTERVAL

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

P6. ROLLING

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

P7. MOUNTAIN CLIMBING

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

P8. HILL RUN

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

HOW TO FOLD AND MOVE

1. HOW TO FOLD THE TREADMILL

Warning: Only fold the treadmill when it completely stops running. Never operate a folded treadmill.

Before folding the treadmill, unplug the power cord.

CAUTION: Only a person can safely lift 45 pounds (20kg) can he/she raise, lower, or move the move the treadmill.

① . Hold the treadmill with your hands in the positions shown at the picture 1.

   CAUTION: To decrease the possibility of injuries, bend your legs and keep your back straight. As you raise the treadmill, make sure to use the strength coming from with your legs rather than your back.

② . Raise the treadmill until the running deck is firmly held by the folding poles as the right figure shows (picture 2).
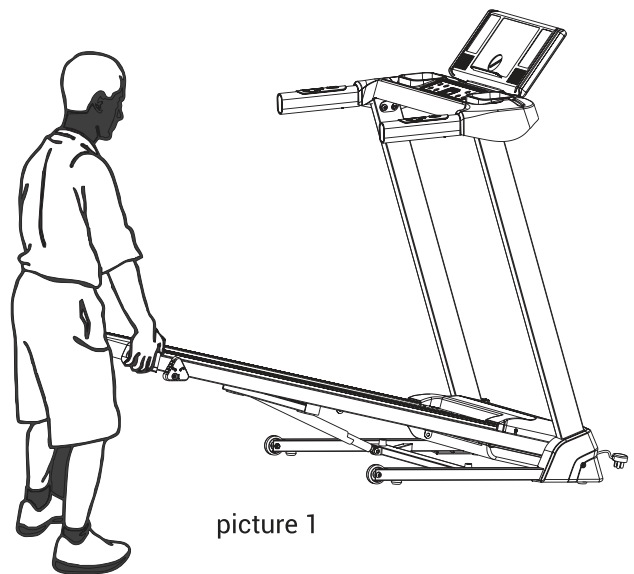
picture 1
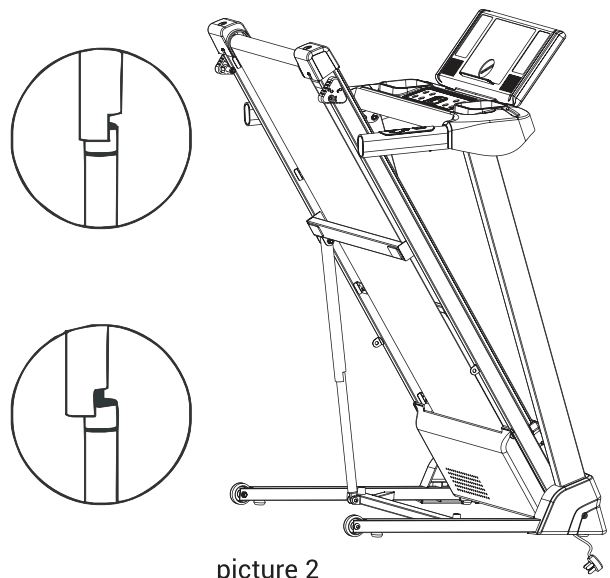
picture 2

③ . When you want to unfold the treadmill, please lift the frame up slightly with both hands, and then use one of your feet to push forward the cylinder gently, when the frame starts to fall automatically , release your feet and stand beside of treadmill. Do not press down the frame rudely, as the cylinder can help the frame to fall down slowly, brute force will cause damage to the cylinder . (Note: when the frame falls down slowly, for your safety, please stand beside the frame) (picture 3).

picture 3

2. HOW TO MOVE THE TREADMILL

① . Hold the handrails as shown and place one foot against a wheel.

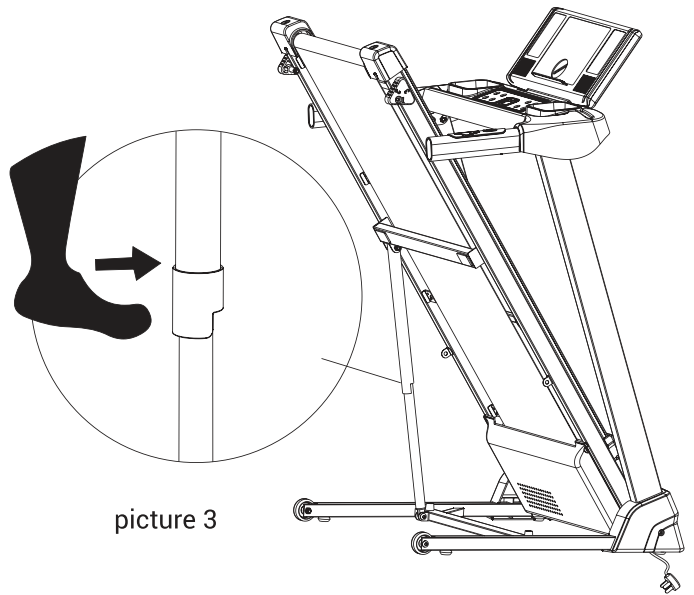② . Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired position.

Never move the treadmill without tipping it back. To reduce the risk of injuries, be extremely careful when moving the treadmill. Do not attempt to move the treadmill on an uneven surface.

③ . Place one foot on a wheel, and carefully lower the treadmill until it is resting on the desired position (picture 4).

picture 4

SUGGESTED STRETCHING

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two to preferably three times a week, and rest for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part for your workout, and should begin during every session. It makes your body prepared for more strenuous exercise by heating up and stretching out your muscles, increasing your blood circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 15 counts (picture ①).

2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh.

Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with your left leg extended (picture ②).

3. Head Rolls

Rotate your head to the right for one count until you feel the stretching of the left side of your neck.

Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count (picture ③).

4. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder (figure ④).

5. Toe Touch

Slowly bend forward from your waist, and let your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts (picture ⑤).

6. Calf and Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts (picture ⑥).

7. Side Stretch

Open your arms to the side and continue lifting them over your head. Reach your right arm as far upward toward the ceiling as you can for one count.

Feel the stretching of your right side. Repeat the actions with your left arm (picture ⑦).
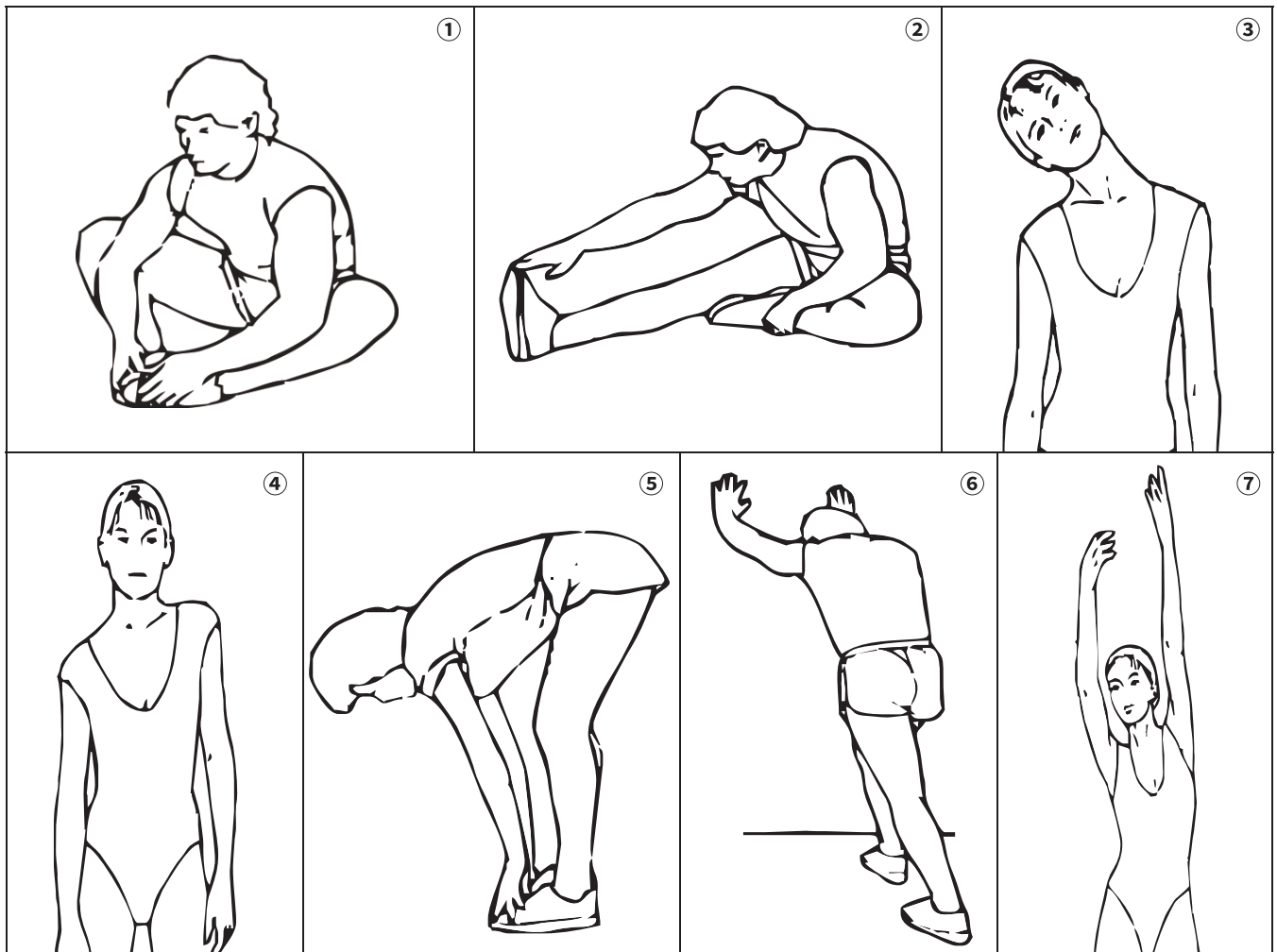
MAINTENANCE

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

CLEANING: Routine cleaning of your treadmill will extend the its lifespan.

WARNING! To prevent electrical shock, ensure to turn off the treadmill and unplug its power plug 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, soft damp cloth to remove excessive perspiration. DO NOT USE CHEMICALS.

**WEEKLY CLEANING**: A treadmill mat is recommended to put on the walking belt for ease of cleaning. Because 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 to check the walking board periodically for lubrication (lubricate every 10 days or 10 hours of operation) to ensure optimal treadmill performance. Lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach underneath. 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 contact our customer service team for the type of silicone.

2. TO APPLY LUBRICANT TO THE WALKING BOARD

1) Position the walking belt so that it is located on the center of the walking board.

2) Insert the spray nozzle into the 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. Spray for 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. Excessive lubricant should be wiped off with a clean towel.
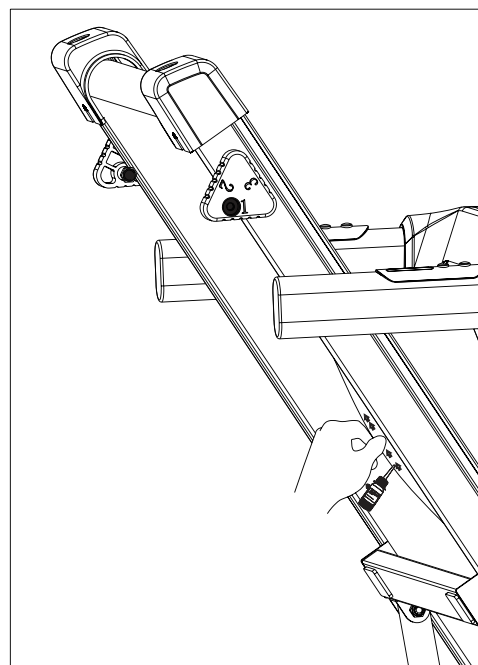
For bias which can not be fixed automatically, try the following methods to fix the belt (shown as the pictures):

* 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 turning 1/4 turn each time and check how it works. If the belt remains slanting to the right, turn the belt adjustment screw 1/4 on the left in counterclockwise direction (shown as the picture A).

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

* After having been used for a period, the belt might be slightly elongated, and slippery and halt might occur 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 (shown as the picture C).

A Wrench 6mm	B Wrench 6mm	C Wrench 6mm
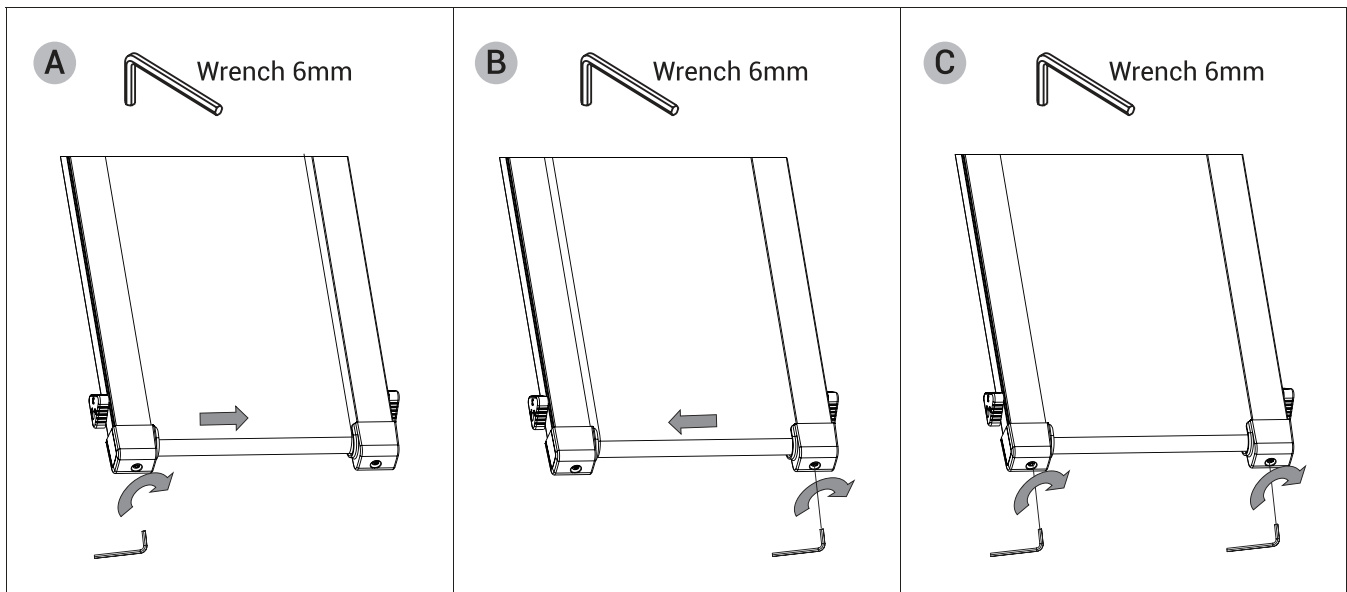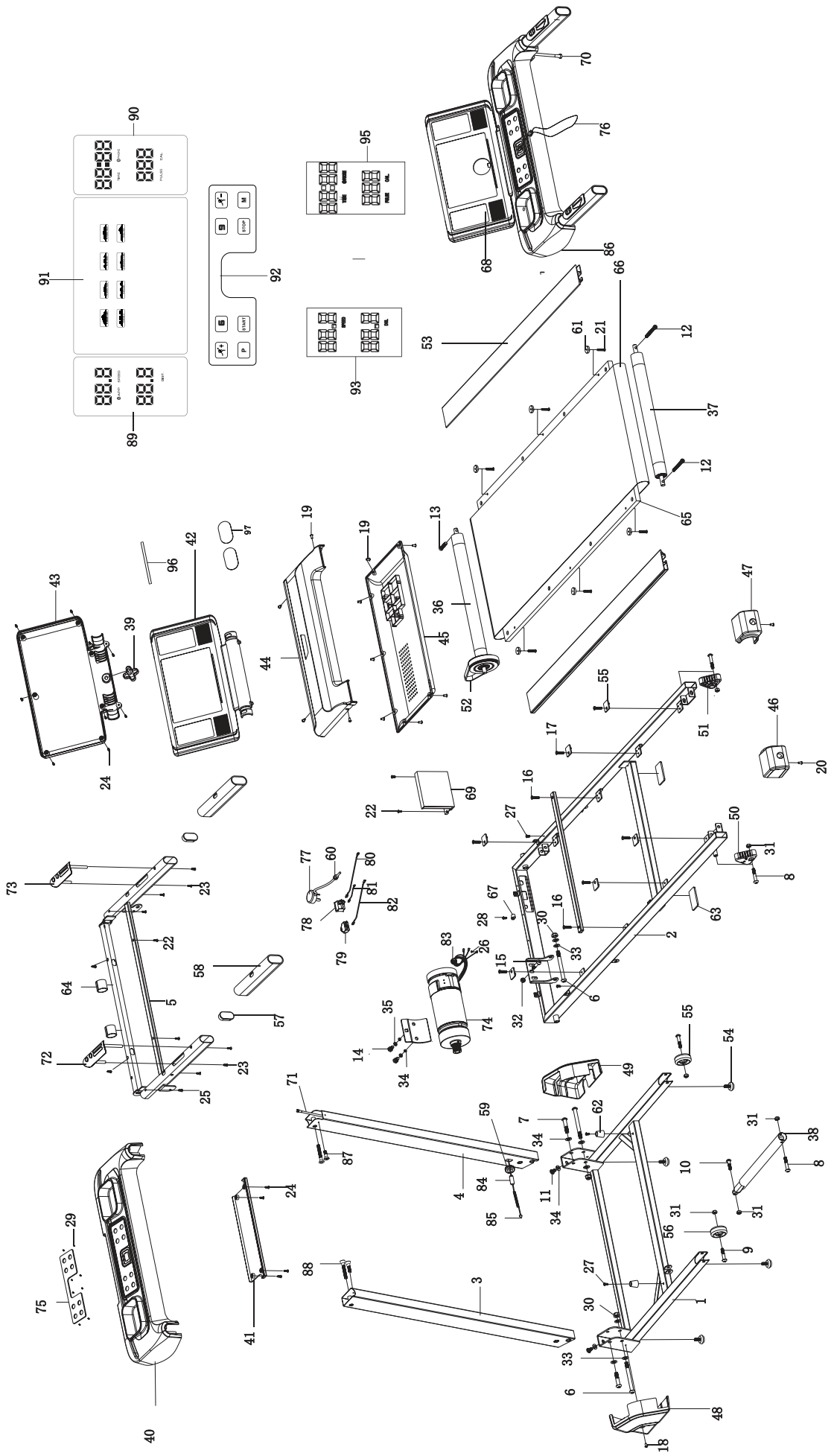
PARTS LIST

NO.	PART NAME	QTY	NO.	PART NAME	QTY
1	BASE	1	26	ROUND HEAD SCREW M4*8MM	2
2	MAIN FRAME	1	27	ROUND HEAD TAPPING SCREW M4*15MM	4
3	LEFT UPRIGHT	1	28	ROUND HEAD TAPPING SCREW M4*12MM	1
4	RIGHT UPRIGHT	1	29	ROUND HEAD TAPPING SCREW M3*6MM	8
5	CONSOLE RACK	1	30	M10 HEXAGON NYLON NUT	3
6	HEXAGON SOCKET SCREW M10*100MM	2	31	M8 HEXAGON NYLON NUT	7
7	HEXAGON SOCKET SCREW M10*45MM	2	32	M8 HEXAGON NUT	1
8	HEXAGON SOCKET SCREW M8*45MM	3	33	FLAT WASHER	8
9	HEXAGON SOCKET SCREW M8*40MM	2	34	FLAT WASHER	5
10	HEXAGON SOCKET SCREW M8*28MM	1	35	SPRING WASHER	2
11	HEXAGON SOCKET SCREW M8*15MM	4	36	FRONT ROLLER	1
12	HEXAGON SOCKET SCREW M8*65MM	2	37	REAR ROLLER	1
13	HEXAGON SOCKET SCREW M8*35MM	1	38	AIR CYLINDER	1
14	HEXAGON SOCKET SCREW M8*12MM	2	39	ADJUSTING KNOB	1
15	BOLT M8*50mm	1	40	CONSOLE UPPER PLASTIC HOUSING	1
16	HEXAGON SOCKET SCREW M6*35MM	2	41	CONSOLE DOWN PLASTIC HOUSING	1
17	HEXAGON SOCKET SCREW M6*25MM	6	42	CONSOLE FRONT COVER	1
18	FLAT HEAD SCREW M5*12MM	2	43	CONSOLE REAR COVER	1
19	FLAT HEAD SCREW M5*10MM	11	44	MOTOR COVER	1
20	FLAT HEAD SCREW M5*8MM	2	45	BOTTOM COVER (MOTOR)	1
21	FLAT HEAD SCREW M5*25MM	6	46	REAR END CAP-L	1
22	CROSS HEAD TAPPING SCREW M4*15MM	4	47	REAR END CAP-R	1
23	CROSS COUNTERSUNK SCREW M4*15MM	4	48	BASE COVER-L	1
24	FLAT HEAD TAPPING SCREW M4*12MM	13	49	BASE COVER-R	1
25	FLAT HEAD TAPPING SCREW M4*10MM	6	50	MANUAL INCLINE-L	1

NO.	PART NAME	QTY	NO.	PART NAME	QTY
51	MANUAL INCLINE-R	1	75	PRESS BUTTON PCB	1
52	MOTOR BELT	1	76	SAFETY KEY	1
53	SIDE RAIL	2	77	POWER CORD	1
54	BASE FOOT PAD	4	78	POWER SWITCH	1
55	BLACK RUBBER CUSHION	6	79	CIRCUIT BREAKER	1
56	INCLINE MOVING WHEEL	2	80	BROWN CABLE L=200MM	1
57	HANDRAIL END CAP	2	81	BLUE CABLE L=200MM	1
58	HANDRAIL FOAM	2	82	BROWN CABLE L=100MM	1
59	CABLE GROMMET	1	83	MAGNETIC RING	1
60	POWER CORD FASTENER	1	84	MAGNETIC RING	1
61	SIDE RAIL FASTENER	6	85	SIGNAL WIRE	1
62	BASE CUSHION	2	86	CONSOLE	1
63	RUBBER PAD	2	87	Countersunk head screw M8*15	2
64	EVA PAD	4	88	Countersunk head screw M8*45	2
65	RUNNING DECK	1	89	CONSOLE DECAL L	
66	RUNNING BELT	1	90	CONSOLE DECAL R	
67	CABLE CLIP	1	91	CONSOLE DECAL M	
68	CONSOLE PCB	1	92	PRESS BUTTON DECAL	
69	CONTROLLER	1	93	LED PCB BOARD L	
70	CABLE L=650mm	1	95	LED PCB BOARD R	
71	CABLE L=1200mm	1	96	3M RUBBER MAT	
72	HANDRAIL PULSE L	1	97	SPEAKER FILM	
73	HANDRAIL PULSE R	1			
74	DC MOTOR	1			

TROUBLESHOOTING

ERROR CODE	POSSIBLE REASONS	SOLUTION
E1 Signal malfunction	1. Communication defects between the console and the controller. 2. Defective console. 3. Defective controller.	1. Ask for a professional technician to connect the cable again or replace the cable. 2. Ask for a professional technician to replace the console. 3. Ask for a professional technician to replace the controller.
E2 Motor connection malfunction	1. Motor wire or motor error. 2. The connection wire between the motor and the controller is defective or the controller is defective.	1. Ask for a professional technician to replace the motor. 2. Ask for a professional technician to reconnect the wire between motor and controller or to replace the controller .
E3 Speed sensor malfunction	1. The sensor is installed improperly. 2. Defective sensor. 3. The poor connection wire between the sensor and controller is defective. 4. Defective controller.	1. Ask for a professional technician to check and re-install the sensor. 2. Ask for a professional technician to replace the sensor. 3. Ask for a professional technician to check and reconnect the wires. 4. Ask for a professional technician to replace the controller.
E5 Over-current motor	1. Controller malfunction 2. Motor malfunction	1. Ask for a professional technician to replace the controller. 2. Ask for a professional technician to replace the motor.
E7 Safety key signal malfunction	The safety key falls off.	Attach the safety key correctly.

PROBLEM	POSSIBLE REASONS	SOLUTION
There is no display on the console.	1. The power cord is not plugged in. 2. Defects on whole set cable or it is not connected properly. 3. Overload protection.	1. Re-plug the power cord. 2. Plug in every connector well. 3. Ask for a professional technician to reset the overload protector.
The treadmill belt is slipping.	1. Running belt is too loose. 2. Motor belt is too loose.	1. Tighten the running belt. 2. Tighten the motor belt.
The running belt is not smooth.	1. It lacks lubrication oil. 2. The running belt is too tight.	1. Apply lubrication oil to the belt and deck. 2. Loosen the running belt.
The motor does not work.	1. The safety key is not attached correctly. 2. The connecting cable of of motor is not being well connected. 3. The power cord is not well connected. 4. The invertor is damaged. 5. The motor is damaged.	1. Re-attach the safety key. 2. Ask for a professional technician to well connect the connecting cable of motor again. 3. Well plug the power cord into a proper power outlet. 4. Ask for a professional technician to replace the invertor. 5. Ask for a professional technician to replace the motor.

MALAYSIA
Healthy World Lifestyle Sdn Bhd
No. 22 Jalan Anggerik Mokara 31/47
Kota Kemuning, 40460 Shah Alam
Selangor Darul Ehsan, Malaysia.
Tel   : +603- 5121 4286
Fax : +603- 5121 4386