

 **OGAWA**



P10-zFit TREADMILL

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Thank you for purchasing the P10-Z Fit treadmill

Before operating this unit, please read this manual carefully to ensure optimum performance and safety. This manual should be kept available for future 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.



IMPORTANT PRECAUTIONS



	MINIMUM USER HEIGHT	140 cm		MAX USER WEIGHT	100 kg.
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THE SECURITY KEY HAS A MAGNET WHICH MUST BE PUT IN THE DISPLAY. AT THE END OF THE LACE THERE IS A CLAMP WHICH SHOULD BE ATTACHED TO THE CLOTHES. THE TREADMILL WILL START WORKING ONLY IF THE KEY IS PLACED IN THE DISPLAY. THIS IS ESSENTIAL.

A CORRECT LUBRICATION OF THE TREADMILL WITH SILICON OIL OR TEFLON IS REALLY IMPORTANT. THIS LUBRICATION MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

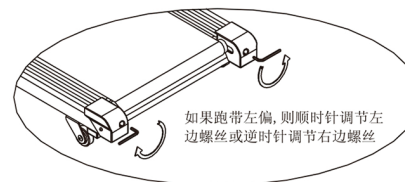
WARNING:

YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD.

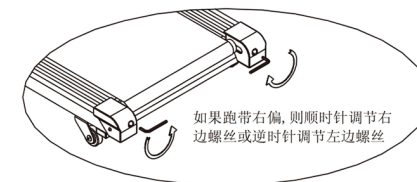
In order to decrease the risk of suffering severe injuries, read carefully all the important instructions and warnings regarding the use of a treadmill before using it.

Our company doesn't take any responsibility for personal injuries or property damages resulting from the use of this product.

1-Before starting any workout program, consult your doctor. It's specially important for people older than 35 years old, people with health problem and pregnant women.



如果跑带左偏, 则顺时针调节左边螺丝或逆时针调节右边螺丝



如果跑带右偏, 则顺时针调节右边螺丝或逆时针调节左边螺丝

跑带跑偏不属保修范围, 主要由用户按照说明书自行维护保养, 跑偏会严重损坏跑带, 一定要及时发现、及时纠正。



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1. 润滑

跑带使用一段时间后，必须用专用配置的甲基硅油进行润滑。

建议：

每周使用时间小于 3 小时	5 个月润滑 1 次
每周使用 4~7 小时	2 个月润滑 1 次
每周使用时间大于 7 小时	1 个月润滑 1 次

不可过量润滑，润滑剂不是越多越好。记住：合理的润滑是提高跑步机使用寿命的重要因素。

2. 润滑方法

至于检查是否需要再上润滑剂的方式，只要抓起跑步带，将你的手尽可能触摸到跑步带背面的中央，假如你的手上沾有硅树脂（有些许潮湿感），即表示不需要再上润滑剂，如果跑板是干燥的并且手中没有粘到硅树脂，

就需要添加润滑剂。

a. 将跑板涂上润滑剂的步骤：

将硅油倒入马达盖上的加油孔。

利用 1km/h 的速度来运转跑步机以均匀涂抹硅树脂，并且从左到右轻踩跑步带，大约维持几分钟就可使硅树脂被跑步带完全吸收。

3. 跑带松紧调整

所有跑步机在出厂前和安装后要对跑带进行调整，但使用一段时期后可能还会出现松弛现象。如：使用者在跑步时有停顿打滑的现象。当出现此现象时，按顺时针方向以半圈为单位，左右同步调节跑带调整螺栓。跑带过松的话，脚踏在跑带上，跑带和滚筒回合产生打滑现象，但过紧也不好，容易增加电机的负荷，损坏电机、跑带和滚筒等。

4. 跑带跑偏调整

所有跑步机出厂前和安装后都要进行跑带调整，但使用一段时期后它可能还会出现跑偏的现象，造成现象原因有以下：

①主机摆放不平稳

②使用者运动时双脚不在跑带中心

③使用者两脚用力不均匀人为造成跑偏现象，空载转动几分钟可恢复正常，对于无法自动恢复的跑偏现象应用随机配带的 6mm 内六角扳手以四分之一圈为单位逐步调节

2-The owner must ensure that all users are correctly informed about the warnings.

3-Use the equipment as explained in the instructions manual.

4-Keep the equipment in an enclosed area, away from dust or humidity. Don't store it in a garage, indoor backyard or near the water. Humidity, dust and water could lead to a malfunction of the equipment, annulling its guarantee.

5-Place the unit on a flat surface. If the surface is uneven, the proper functioning could be affected. Some models include levellers or levelling threads behind the legs, helping the levelling. Please read the manual to verify if your unit is provided with one of them..

6-The unit must be placed in a ventilated area. Don't use it in places with sprays or with oxygen dispenser. The air you breath may be affected and cause an accident.

7-Keep children younger than 12 years old and pets away from the equipment. Keep the security distance.

8-Check in the manual the maximum weight your equipment can support. An excessive weight could lead to a malfunction in the operating system, which won't be covered by the guarantee.

9-Wear suitable clothes and shoes. Do not use loose clothe that may get hooked.

10-If your equipment is working through a power supply: make sure that the power cord and plug are in good conditions. Carry out the connection only when the circuit has ground connection, otherwise it could cause damages on the equipment or in the property which the guarantee won't cover. Power cords must be away from hot surfaces.

11-If it is a battery-powered unit: check and make sure that they are charged enough so the display will fully function.

12-If your equipment is provided with a security key, please understand the produce before using it. The security key has a magnet which must be put in the display. At the end of the lace there is a clamp which should be attached to the clothes.The treadmill will start working only if the key is placed in the display.**THIS IS ESSENTIAL.**

13-If your unit works thanks to a power supply: don't put it into operation while you are on the belt. The motor would be innecesarily loaded. The right way is placing yourself with open legs, each one on a side of the belt and sit up once it is ongoing.

14-If your unit works with an electric supply: check the speed it can reach, for your security. The best is to adjust gradually the speed in order to avoid sudden changes.

15-If your unit works through an electric supply: never leave the machine unattended while it's working. Take the security key off, turn the "on" button into "off" and unplug the power cord.

16-If your equipment is provided with a pulse sensor, you may know it isn't a medical instrument. It's designed as a help for the workout and determines the tendencies of heart rates. There are some factors which could affect the accuracy of the heart rate interpretations, for example the movements of the user.

17-The machines don't take too much space as they can be folded. Once folded, make sure that all is well assembled to the locking system, either if it has a lock or an hydraulic engine. Don't try to move it or raise unless you are insured. Should any damage happen being the machine uninsured, it won't be covered by the guarantee.

18-Check and tighten all screws on a regular basis, because due to vibrations screws and nuts tend to loosen. Damages caused by a lack of maintenance won't be covered by the guarantee.

19-A correct lubrication of the treadmill with silicon oil or teflon is REALLY IMPORTANT. This lubrication must be performed regularly depending on each person, even before its first use.The lubrication must be carried out this way: disconnect the equipment of the electricity supply (in case you have one), pull up the tapestry from the side with one hand and spread the oil on the board. Please repeat this procedure from the other lateral side. Connect the equipment to the power supply (in case you have one) and turn the "on" button (red button) into the

correct position (I), insert the security key and let the treadmill work for several minutes without any weight on it. Repeat this action on a regular basis.

20-**Two people will be needed in order to take the unit from the package. Otherwise, the damages caused in this moment won't be covered by the guarantee.**

21-Don't let any object fall into the grooves.

22-If the unit works through a power cord: unplug always the power cord before cleaning it, after the workout and before performing any maintenance duty.

23-This unit is designed for a domestic purpose and in an interior place, not for business environment or outside.

24-Do a workout with stretches before and after the sessions, you will avoid injuries.

25-Drink water before, during and after the workout.

26-If you start feeling pain or dizziness while training: **STOP IMMEDIATELY.**

27-**YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD.**

28-The accessories can be different to the other models.

29-This electronic product can't be thrown under any circumstances into the municipal rubbish bins. With the aim of preserving the environment, this product must be recycled according to the applicable law of your country. Please contact your town council to know more about this procedure.

30-Should you need technical assistance or advise with the installation of pieces, You can get in touch with us .

YOU MUST KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE

KEEP THESE ADVISES FOR FUTURE REFERENCES



WARRANTY CLAIM

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from Ogawa or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
7. Warranty is not effective to rental, business, commercial, institutional or other non residential user.
8. All services covered by this warranty must be approved by Ogawa and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, Ogawa reserves the right to make substitutions in lieu of repair or replacement.

5. 在段和段之间转换时会鸣叫三声;

6. 设定时间递减到零时, 速度慢慢降低直到停止, 峰鸣器发声 Bi-Bi-Bi-Bi-Bi, 窗口显示 0.00, 15 秒后返回待机;

(五). 固定程式数据:

程式	时间	把所设置的时间/20 个时间段=上下时间段的运行时间																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	速度	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02	速度	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03	速度	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	速度	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	速度	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	速度	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P07	速度	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	速度	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	速度	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	速度	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	速度	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	速度	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

- 故障码: 安全开关脱落 (- - -)
- 驱动器通讯故障 (E01)
- 过流 (E02)
- 过载 (E03)
- 大电流保护 (E04)
- 暴冲 (E05)
- 电机断线故障 (E06)

态，按键会增加或减少速度，按住不放手会连续增加或减少速度。

(二). 固定程式/启动说明:

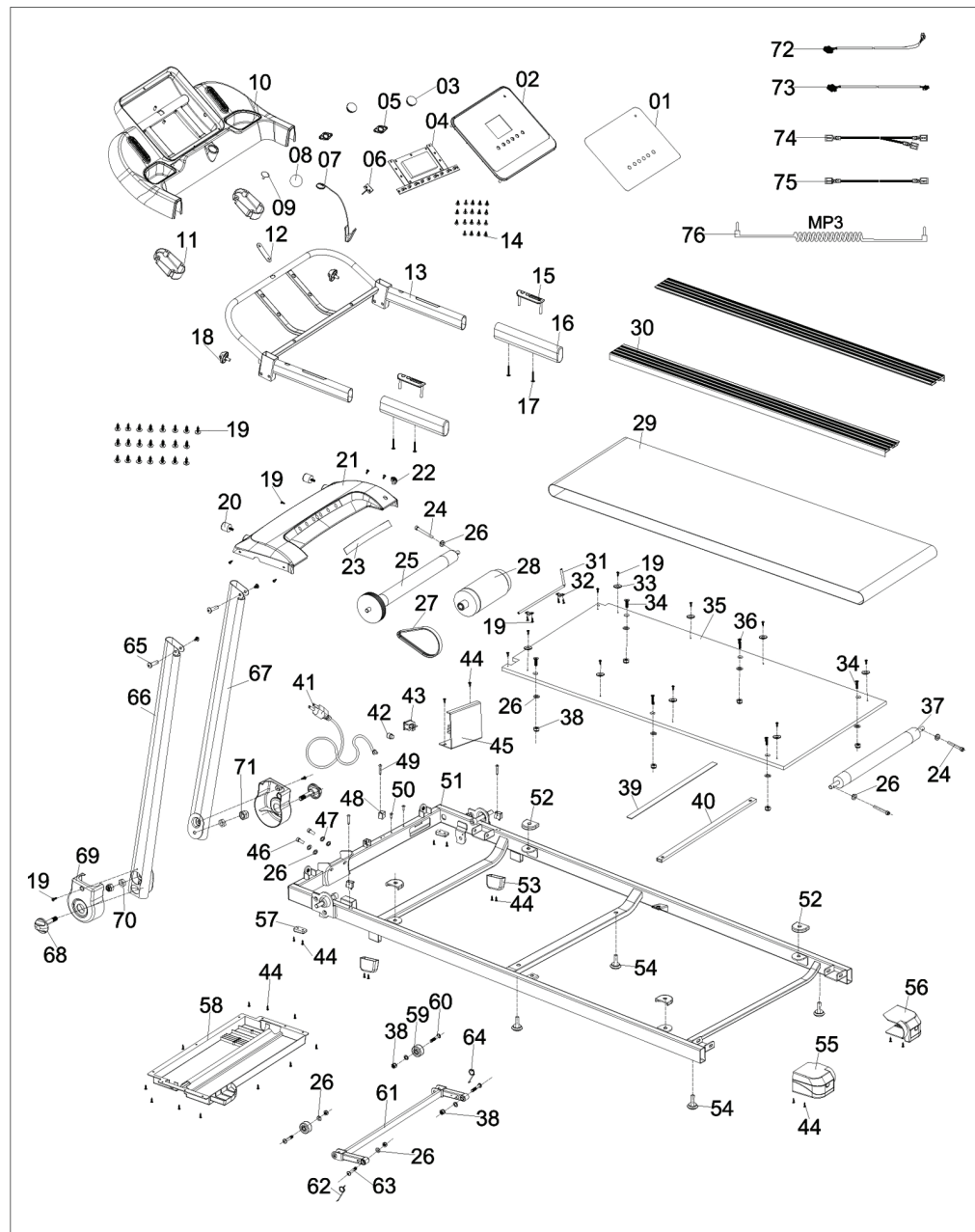
1. 模式说明: 一个手动模式, 此模式中包括: 正常模式, 时间倒计时模式、距离倒计时模式、卡路里倒计时模式。
2. 程式说明: 12 个固定程式: P01-P12。
3. 启动说明:
 - A. 将安全锁贴在面板上的安全锁开关位置。
 - B. 按开始/停止键, 速度窗口显示: 5—4—3—2—1, 且每减一蜂鸣器鸣叫一声, 之后才启动马达。

(三). 手动模式:

1. 如何进入手动模式:
 - A. 打开电源开关, 直接进入手动模式中的正常模式。
 - B. 在停机状态下, 按模式键可以选择进入手动模式中的正常模式。
2. 手动模式中的三种设定功能: 时间设定, 距离设定, 卡路里设定。
 - A. 开始进入手动模式时, 时间窗口显示时间为 0:00;
 - B. 在手动模式下, 按模式键进入时间倒计时模式, 时间窗口显示时间且闪烁, 初始时间为: 15:00, 按速度加减键可以设定倒计时时间。时间设定范围: 5:00-99:00。
 - C. 在距离倒计时模式下: 按模式键可以进入距离倒计时模式, 初始距离显示: 1 公里, 按速度加减键可以设定距离, 设定范围: 0.50-99.9 公里, 每次增加或减少从 0.1 公里。
 - D. 在卡路里倒计时模式下, 按模式键可以进入卡路里倒计时模式, 初始卡路里显示: 50.0 千卡, 按速度加减键可以设定卡路里设定范围: 10-999 千卡, 每次增加或减少从 1 千卡。
3. 手动模式的操作:
 - A. 按开始/停止键, 时间倒数 3 秒, 然后马达开始运行, 初始速度为 1KM/H;
 - B. 按速度加减键可调整速度;
 - C. 在马达运行时, 按停止键, 马达停止运行;
 - D. 当设定时间递减到零时, 或者当设定卡路里递减到零时, 或者当设定距离递减到零时, 窗口显示 0.00, 5 秒后返回待机, 蜂鸣器发短声 Bi-Bi-Bi-Bi-Bi;
 - E. 未设定的参数向上累加。到最大显示范围后清零继续; 手动模式下时间累加超过 99: 59(100 分钟)后停机。

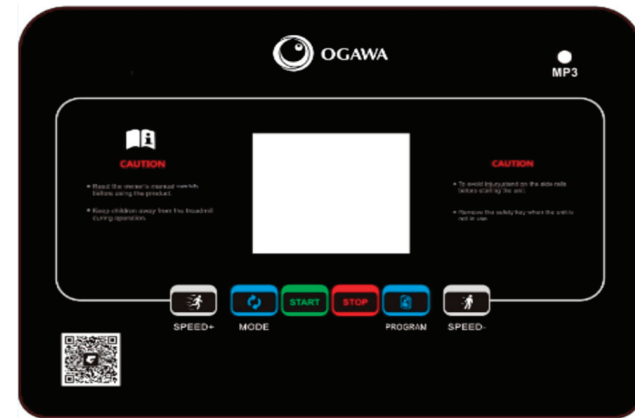
(四). 固定程式模式:

1. 初始时间设定 30 分钟, 只能设定时间, 时间设定范围: 5:00—99:00。按速度加减键可以调整设定值;
2. 按开始键, 马达开始运转, 速度慢慢增加到自动程式第一段标示的速度(详见程式值表);
3. 按速度加减键可调整速度;
4. 每个程式分成 20 段, 每段运行时间为设定时间的 1/20;



No.	ITEM	DESCRIPTION	Qty
1	panel sticker		1
2	screen top cover		1
3	Speaker		2
4	Screen PCB		1
5	Speaker plate		2
6	Sensor		1
7	Safety key		1
8	Safety key sticker		1
9	safety key metal		1
10	console main cover		1
11	Speaker bottom cover		2
12	console frame plate		1
13	console frame		1
14	screw	ST3*8	18
15	Sensor pastic cover		2
16	Handrail foam		2
17	Screw	ST4*25	4
18	console frame fixed knob		2
19	Screw	ST4*16	45
20	motor cover front foot pad		2
21	motor top cover		1
22	oil spray pipe plug		1
23	motor cover sticker		1
24	Screw	M6*60	1
25	Front roller		1
26	M8 washer		12
27	Motor belt	EPJ160J 6	1
28	Motor	450W	1
29	Running belt		1
30	Running belt		2
31	Oil spray pipe		1
32	Pipe buckle		2
33	Side rail slider	T5.0* φ 25* φ 15	8
34	Screw	M8×30	4
35	Running board		1
36	Screw	M8×40	2
37	Rear roller	φ 42*456/ φ 12*519	1
38	M8 Nut		10

5. 缝匠肌（大腿内侧的肌肉）伸展
脚底相对，膝盖朝外坐下。双手抓住双脚向腹股沟方向拉。保持 10~15 秒，然后放松。重复做 3 次（见图 5）。



(一).窗口和按键说明:

1. LCD 视窗显示以下功能:
 - A. 速度视窗: 显示速度范围: 1-10KM/H, 实际速度范围: 1-10KM/H。显示速度时 SPEED 指示灯亮。
 - B. 时间视窗: 显示时间。范围: 0: 00-99: 59。显示时间时 TIME 指示灯亮。
 - C. 距离视窗: 显示距离数据。范围: 0. 00-99. 9。显示距离时 DISTANCE 指示灯亮
 - D. 卡路里视窗: 显示卡路里数据。范围: 0-999。显示卡路里时 CALORIES 指示灯亮
2. 普通功能按键: 开始、停止、模式、程式、速度加减。功能按键说明:
 - A. 模式键: “0: 00”、“15: 00”、“1.0”、“50.0”、“(“0: 00”为手动模式, “15: 00”为时间倒计时模式, “1.00”为距离倒计时模式, “50.0”为卡路里倒计时模式。
 - B. 程式键: P01-P12; P01-P12 分别为程式 1-程式 12。
 - C. 开始: 在停机状态按键, 会启动马达。
 - D. 停止: 在马达运转状态按键, 会停止马达。
 - E. 速度加减键: 在设定状态, 按键会增加或减少设定值。在马达运转状

热身 每次使用本机前需有 5-10 分钟的热身运动。

呼吸 运动时不可屏住呼吸，通常准备还原动作时以鼻吸气，以口将气用力吐出，呼吸与动作应协调，如呼吸过于急促，应立即停止运动。

频率 同一部位肌肉的锻炼应有 48 小时的休息，也就是隔一天才能训练相同的部位。

负荷 按照个人体能状态决定训练的份量，然后依渐近负荷的原则来练习，初训练时肌肉酸痛是正常现象，只要继续练习，酸痛即可消除。

放松 每次练习后要作 5 分钟的还原动作，尤其是脚部肌肉的伸展松弛，以免肌肉长期凝结，保持肌肉弹性。

饮食 为保护消化系统，饭后一小时后方可锻炼，训练后至少应隔半小时才可进食，锻炼中少喝水，尤忌大量饮水，以免增加心、肾负担。

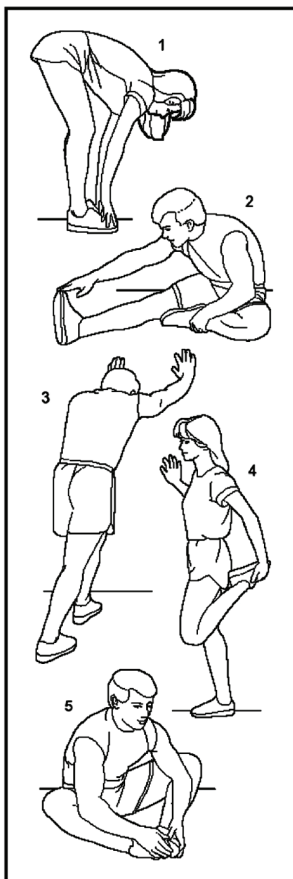
伸展运动 不管您以怎样的速度跑步，最好先做伸展运动。温暖的肌肉更加容易舒展，因此先走上 5~10 分钟来热身。接着停下来按照如下方法做伸展运动——做 5 次，每条腿每次做 10 秒或更多时间，在锻炼结束后再做一遍。

1. 向下伸展 双膝微曲，身体慢慢向前弯，让背部和肩膀放松，双手尽量去触摸脚趾。保持 10~15 秒，然后放松。重复做 3 次（见图 1）。

2. 脚筋伸展 坐在干净的座垫上，把一条腿伸直。把另一条腿向内收，使其紧贴伸直的一条腿的内侧。尽量用手去触摸脚趾。保持 10~15 秒，然后放松。每一条腿重复做 3 次（见图 2）。

3. 小腿和脚跟腱伸展 两手扶墙或桌子站立，一脚在后。保持后腿直立且脚跟着地，向墙或树的方向倾斜。保持 10~15 秒，然后放松。每一条腿重复做 3 次（见图 3）。

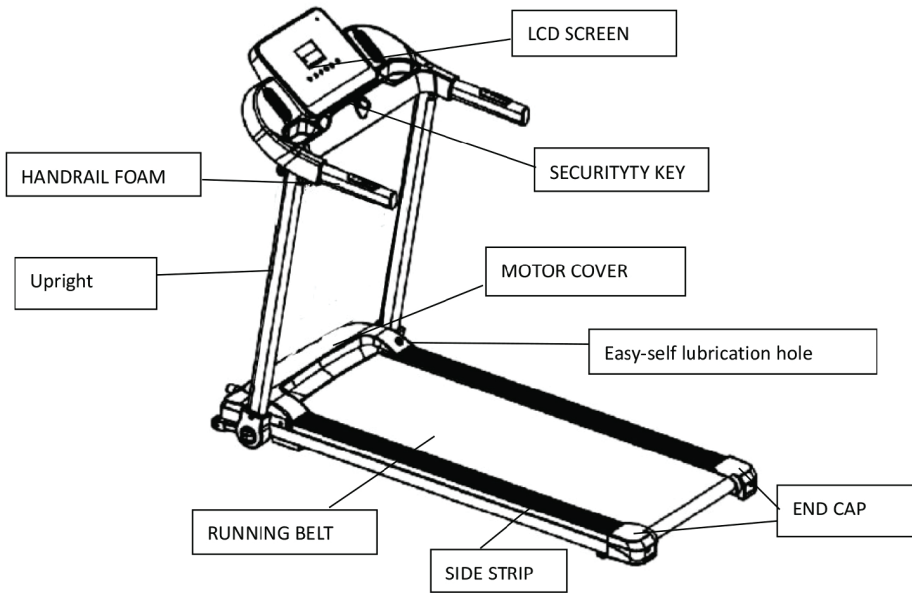
4. 四头肌伸展 以右手扶墙或桌子掌握平衡，然后左手向后伸，抓住左脚踝慢慢向臀部上拉，直到您感觉到大腿前面的肌肉很紧张。大约上拉 10~15 秒，然后放松。每一条腿重复做 3 次（见图 4）。



No.	ITEM	DESCRIPTION	Qty
39	EVA		1
40	Steady tube		1
41	power cable		1
42	power cable buckle		1
43	power switch		1
44	Screw	ST4*16	22
45	Main PCB		1
46	Screw	M8*14	2
47	M8 spring pad		2
48	"fixing frame of motor cover"		4
49	Screw	ST4X25	4
50	Screw	M4X14	2
51	main frame		1
52	"running board rubber shock absorber"		4
53	foot pad		2
54	adjust foot pad		4
55	rear cover L		1
56	rear cover R		1
57	folding frame foot pad		2
58	motor bottom cover		1
59	transportation wheel		2
60	Screw	M8*40 (牙长12)	2
61	Folding frame		1
62	Screw	M8*35 (牙长15)	2
63	Folding frame spring L		1
64	Folding frame spring R		1
65	Screw	φ 8*M6*30	2
66	L upright		1
67	R upright		1
68	upright knob	M10X43	2
69	side cover		2
70	Washer	M10	2
71	Washer	M10	2
72	upright upper part wire		1
73	upright lower part wire		1
74	AC connection wire	red	1
75	AC connection wire	black	1
76	MP3 wire		1



MAIN TECHNICAL FEATURES

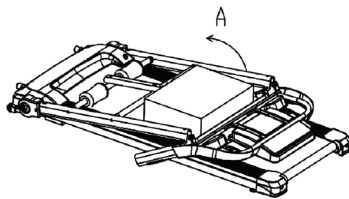


Model name.	P10-Z Fit treadmill
Model No.	AC3101
Voltage	AC220-240Vac, 50-60Hz
Color	Silver
Function	Time,Speed,Distance,Calorie,Heart rate, Mp3 input, Bluetooth
Max user weight	100kgs
Power	1.0HP Max1.5HP

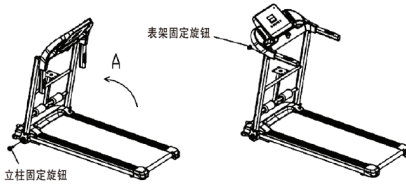


OGAWA

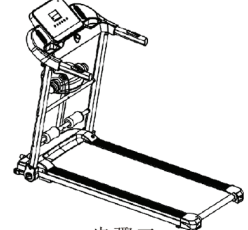
安装步骤



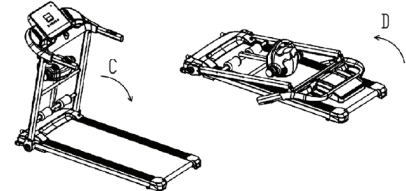
步骤一
打开包装箱，把整机抬出来，（多功能，抱下按摩机头）后，按箭头A方向把立柱与表盘抬起。



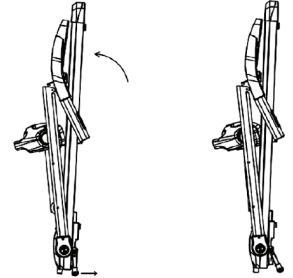
步骤二
立柱表盘按箭头A方向折叠如图所示角度后，转动立柱安装上立柱固定旋钮，装紧，注意，左右两边立柱都安装上；然后表盘旋转到如图所示的位置，使用两个表架固定旋钮（如图所示位置）固定立柱与表盘。



步骤三
1、（多功能）安装按摩机头，如图所示，先卸下按摩机头安装位置3个M8X14组合螺钉，把按摩机头放在功能架上，使用多功能螺丝刀，把按摩机头与功能架通过网脚下的3个螺钉拧紧。
2、放上安全锁，打开电源开关，然后就可以启动跑步机。



步骤四
使用完毕需要收藏时：把立柱固定旋钮与表架固定旋钮拆下，然后表盘与立柱按箭头C方向折叠到如右图所示，装上立柱固定旋钮，按箭头D方向抬起跑台，把跑步机竖直。



步骤五
跑步机竖直后，直到移动轮E向箭头方向弹出，到移动轮F的位置即可放手，收藏。






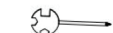

序号	零件名称	规格	数量
39	EVA双面胶		1
40	加强管		1
41	电源线		1
42	电源线扣		1
43	电源开关		1
44	十字扁头带垫自攻自钻螺钉	ST4*16	22
45	下控板		1
46	圆柱头内六角螺丝	M8*14	2
47	M8弹垫	配m8螺丝	2
48	X510马达盖固定座		4
49	十字扁头自攻螺钉	ST4X25	4
50	十字盘头螺丝	M4X14	2
51	主架		1
52	S800跑板橡胶减震套		4
53	U20脚垫		2
54	调节脚垫		4
55	后护罩L		1
56	后护罩R		1
57	折叠架脚垫		2
58	马达下盖		1
59	X501底座移动轮		2
60	半圆头内六角螺丝	M8*40 (牙长12)	2
61	折叠架		1
62	半圆头内六角螺丝	M8*35 (牙长15)	2
63	折叠架弹簧L		1
64	折叠架弹簧R		1
65	半圆头内六角对口螺丝	φ 8*M6*30	2
66	左立柱		1
67	右立柱		1
68	510G立柱旋钮	外露螺钉M10X43	2
69	立柱侧盖		2
70	六角平头螺母	M10	2
71	六角防松螺母	M10	2
72	立柱上线		1
73	立柱下线		1
74	AC分叉连接线	红	1
75	AC连接线	黑	1
76	MP3线		1



ASSEMBLY

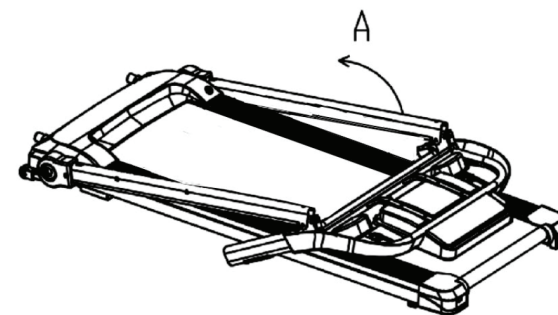


NOTICE:ASSEMBLY REQUIRES TWO PERSONS

No.	Fittings	Qty
1	M8 knob 	2
2	M10 knob 	2
3	Silicone oil 	1
4	5mm wrench 	1
5	6mm wrench 	1
6	Multi- wrench 	1
7	Main frame 	1

STEP 1

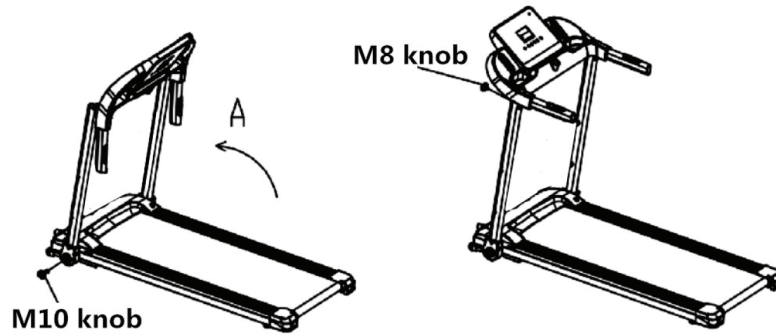
Open the carton,take out the whole unit. Then lift the panel and upright in direction of A arrow.



**STEP 2**

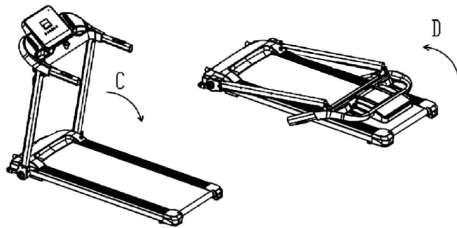
Lift up upright posts as shown in diagram and lock them with 2pcs of M10 knob screws on both sides.

Raise the computer panel to the angle as shown and inset 2pcs M8 knob and fasten it .

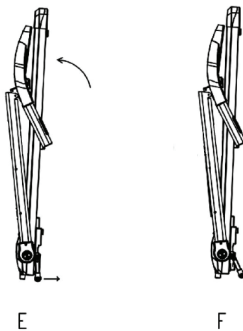
**STEP 3 How to fold treadmill**

Loosen 2pcs M8 knob from both side of computer panel,then rotate the computer panel in the C direction.

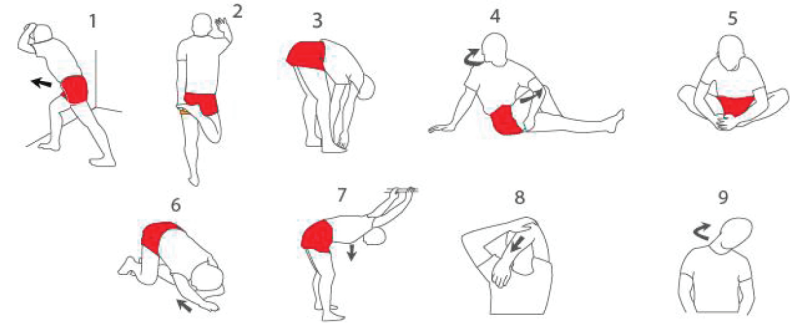
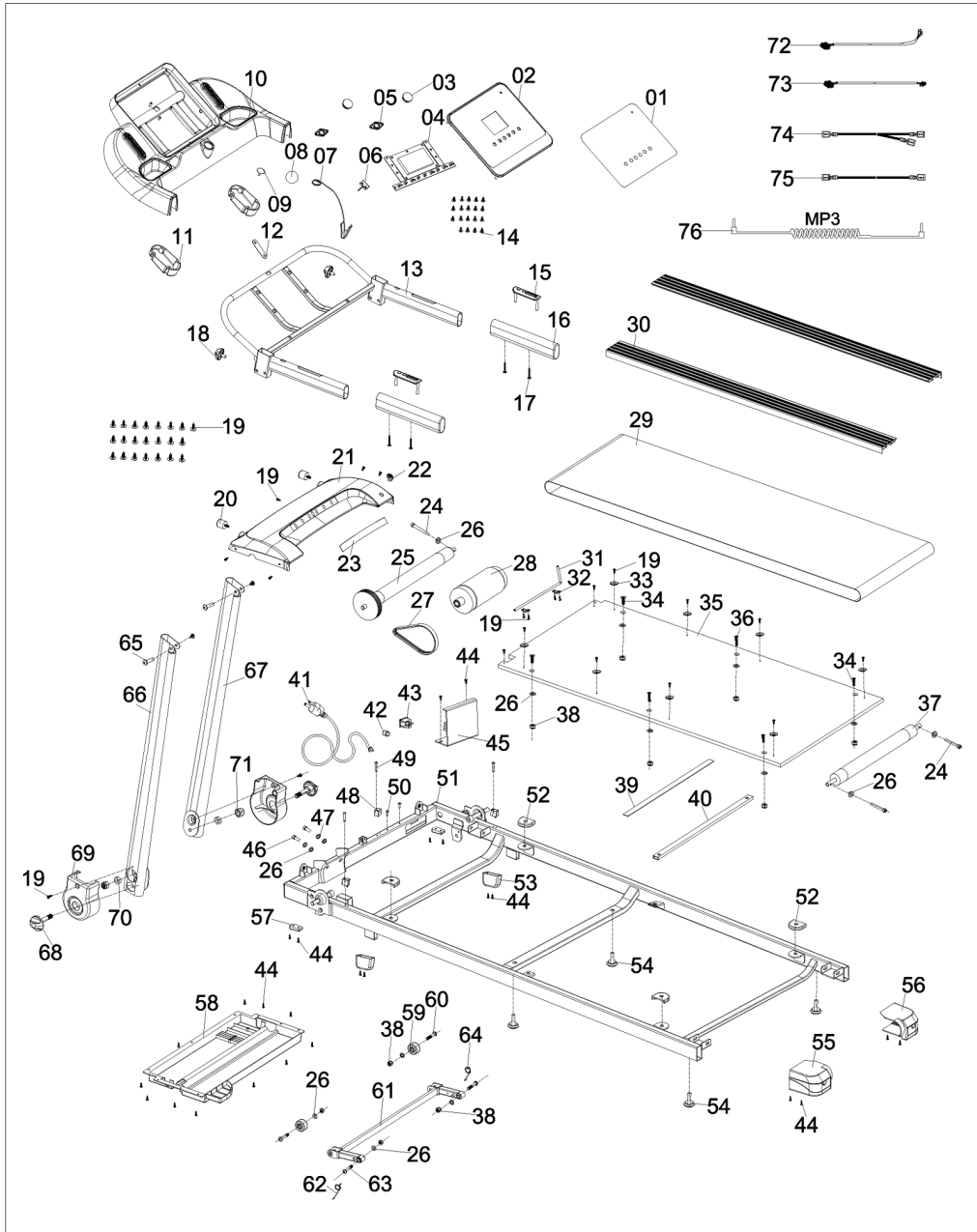
Loosen 2pcs M10 knob from both side of upright posts ,then lift up the machine in the D direction.



The treadmill is upright until the moving wheel pops up in the direction of F Position.



序号	零件名称	型号/规格	数量
1	面贴		1
2	表芯		1
3	喇叭		2
4	上控板		1
5	喇叭压板		2
6	感应器		1
7	安全开关		1
8	安全开关贴纸		1
9	安全开关铁片		1
10	表盘主体		1
11	喇叭后盖		2
12	表架压板		1
13	表架		1
14	十字带垫自攻螺丝	ST3*8	18
15	心率塑件		2
16	扶手撕不破		2
17	十字圆头自攻螺丝	ST4*25	4
18	表架固定旋钮		2
19	十字圆头自攻螺丝	ST4*16	45
20	509马达前端脚垫		2
21	马达上盖		1
22	加油管管塞		1
23	马达盖贴纸		1
24	圆柱头内六角螺丝	M6*60 (全牙)	1
25	前滚筒	φ 88*T20(PJ-7槽,皮带盘) φ 42*466.5/ φ 12*513	1
26	M8垫片	配m8螺丝	12
27	多槽带	EPJ160J 6沟槽	1
28	电机	450W	1
29	跑带		1
30	边条		2
31	加油管		1
32	管卡		2
33	边条滑块	T5.0* φ 25* φ 15	8
34	内六角沉头螺丝	M8×30(全牙)	4
35	跑板		1
36	内六角沉头螺丝	M8×40(全牙)	2
37	后滚筒	φ 42*456/ φ 12*519	1
38	M8防松螺母	配m8螺丝	10



BEWARE: Before starting to use this or any exercise programs, consult your doctor. This is specially important for people older than 35 years old, or for people with health problems.

If your equipment is provided with a pulse sensor, you must keep in mind this isn't a medical instrument. Several factors can vary the accuracy of the heart rate interpretations. The pulse sensor is just a help for the work outs, determining the general tendencies of the heart rate.

PROGRAMM WITH WARM UP WORKOUTS:

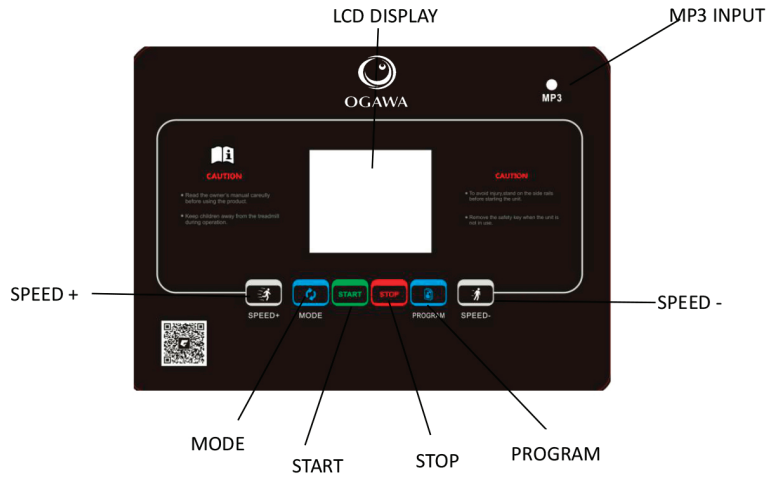
WARM UP: Start stretching and slightly activating the muscles between 5 and 10 minutes. The warm up will increase your corporal temperature, your heart rate and your blood flow, making you ready for the workouts.

- **WORKOUT FOCUSED ON THE TRAINING AREA:** Do some exercises during 20-30 minutes with your heart rate (don't maintain your heart rate more than 20 minutes during the first weeks of the exercise program). Breath constantly and deeply during the workout (never hold your breath).
- **COOL DOWN:** Finish with stretching exercises during 5-10 minutes. Stretching increases the flexibility of your muscles and help you to avoid injuries after the workouts.

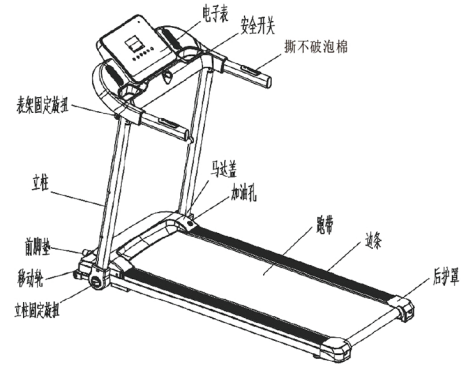
FREQUENCY OF THE WORKOUT: In order to be fit or improve your shape, complete three workout sessions each week, with a rest day between the workouts. After some moths of regular training, you will be able of completing up to five workouts a week.

TREADMILL OPERATION

COMPUTER



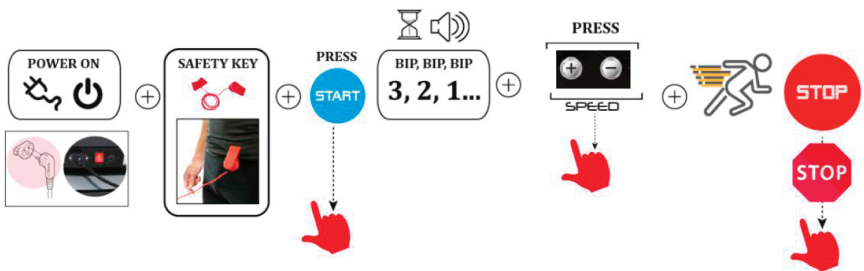
产品介绍



1. 技术参数

型号名称	P10-Z Fit treadmill
产品型号	AC 3101
工作电压	AC220V-240V 50/60Hz
最大载重	100kg
有效跑步面积	1210x410mm
马达功率	1.0HP 峰值1.5HP
时间范围	最大99分钟
颜色	银色
功能	时间、速度、距离、卡路里、心跳

MANUAL



- 否则将导致火灾或触电。
- (16) 不要 2 人以上同时使用，在使用过程中注意不要使周围的人靠近。
- 否则可能因跌倒而发生意外伤害。
- 可能发生安全事故或受伤。

勿分解！

- (17) 绝对禁止拆卸、修理、改造。
- 有发生机械故障而受伤的危险。
- 可能导致触电、起火。

禁止！

- (18) 不在裤子口袋里装着硬物的情况下使用。
- 可能导致事故或受伤。
- (19) 不使电源插头上附着针、垃圾或水份。
- 可能导致触电或短路、起火。

切勿用湿手使用！

- (20) 不要用湿手拔出或插入电源插头。
- 可能导致触电和受伤。

拔出电源插头！

- (21) 在不使用时，从插座拔出电源插头。
- 因灰尘和湿气会使绝缘劣化，从而导致漏电火灾。

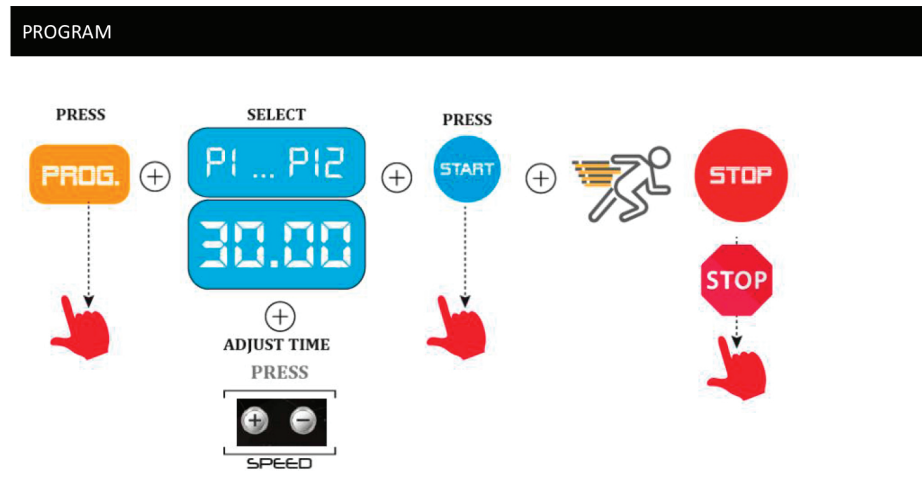
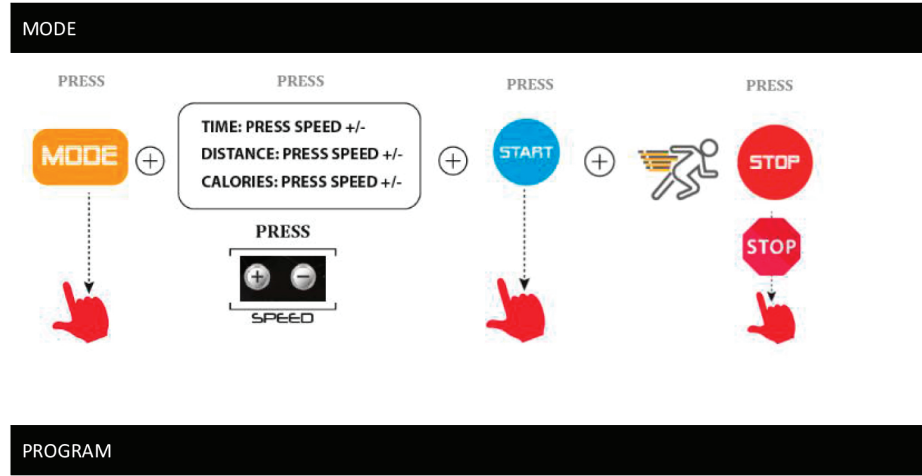
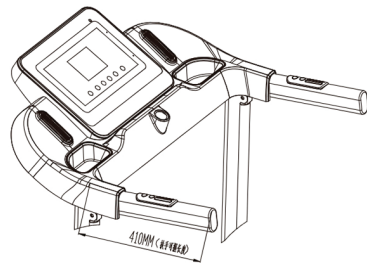
。接地说明！危险！警告

- (22) 该产品必须接地。如果本机发生功能失常，接地将为电流提供阻力最小的通道，以减小触电危险。
- (23) 该产品装备了具有设备接地导体和接地插头的电线。必须将该插头插入已完全依照当地法规或法令进行正确安装和接地的、合适的插座。

危险！

- (24) 若设备接地导体的连接不当，则会导致触电危险。如果您对该产品的接地是否正确存在疑问，请委托专业电工进行检查。即使该产品附带的插头与插座不配，也不能对其进行改造。请委托专业电工安装合适的插座。
- (25) 该产品具有接地插头。请确认该产品连接至具有与该形状一样的插座。该产品不能使用转接插座。
- (26) 硅油使用完后，必须储放在儿童拿不到的地方，以免误食而产生严重后果。

- (27) 安全紧急制动方式：通过拔掉安全开关机械式断开下控主电源回路达到紧急制动目的，不受任何软件控制。



OGAWA 保修说明

1. 本保权限不可转让
2. 本保修服务仅对在 OGAWA 购买的产品有限
3. 档要求保修服务时请出示正本购买凭据
4. 在保修范围内的微信服务自购买之日起一年内有效
5. 由于错误使用，不合理保养以及未经授权私自改装和维修此产品而导致的损坏，不属于保修范围

TIME SECTION	SETTING TIME / 20= EACH SECTION OPERATION TIME																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02 SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03 SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04 SPEED	3	5	5	6	7	7	5	7	7	8	8	5	8	5	5	6	6	4	4	3
P05 SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06 SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P07 SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3

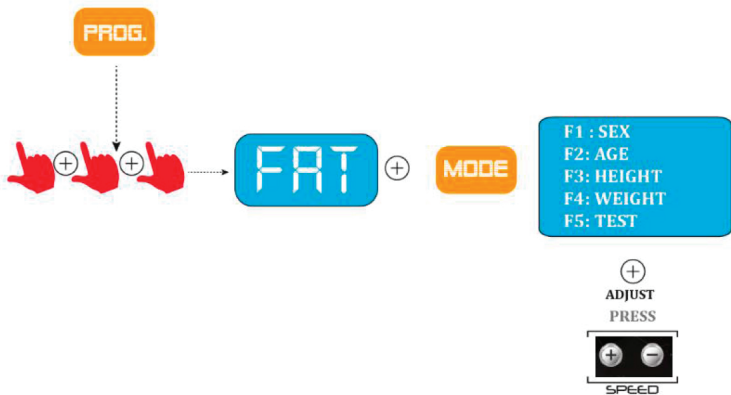
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPEED	2	4	4	7	7	4	7	8	4	8	8	8	4	4	4	5	6	3	3	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPEED	3	4	5	8	5	8	5	5	5	8	5	5	5	5	8	8	8	7	6	3
P12	SPEED	2	5	8	8	7	7	8	8	7	7	8	8	6	6	8	8	5	5	4	3

Attachment 1: P1-P12 Program Exercise Program

MP3 MUSIC



CONSTITUTION TEST



01	Sex	01 M	02 F
02	Age	10-----99	
03	Height	100----240	
04	Weight	20-----160	
05	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

——可能导致事故或身体状况不佳。

- (18) 不能自己表达意识或自己不能操作者不要使用。
- (19) 不在饮食、或进行其它活动的同时使用。
- (20) 在饮酒后等感觉到变得迟钝时不要使用。

——可能发生意外或受伤。

- (21) 在运动过程中感到腰痛、腿脚麻木、头晕、心跳过快，或者呼吸急促等身体与平时不同的疼痛或协调的感觉异常时，立即停止使用并向医生咨询。
- (22) 平常不运动的人不要突然做激烈的运动。
- (23) 在饮食过后或疲劳时、刚刚运动或体力状态不正常时，不要使用。

——可能导致损害健康。

3. 操作使用注意事项

警告 危险！为减少事故发生或伤及他人，请遵守以下规定：

- (1) 锻炼前，请穿着合适的运动服，运动鞋。严禁光脚在跑步机上运动，并且全身舒展。
- (2) 应该避免超长时间超负荷运行，否则会造成电机、控制器损坏、加快轴承、跑带、跑板的磨损与老化，定期做好保养。
- (3) 运动使用完毕后请关闭跑步机电源。
- (4) 运动时请将安全锁拉线夹夹在衣服上，以防遇到紧急情况时安全停机。使用者不使用时要保管好红色安全开关，避免不可预知的第三方使用而造成危害。
- (5) 使用跑步机前请检查服装是否扣好或拉上拉链。
- (6) 不要穿易被跑步机勾挂的衣服。
- (7) 不要将电源线靠近热的物体。
- (8) 移动跑步机前必须切断电源。
- (9) 非专业人员不得擅自拆卸本机，否则将有可能发生严重后果。
- (10) 机台启动时仅限一人在跑步机上运动。

警告 危险！——如不遵守，可能会有受伤的危险。

- (11) 在使用过程中或装入拿出产品时、使其滑动时，请务必确认周围(产品的后、下部、前部)有无人或宠物。
- (12) 不要在外壳裂开、破裂、脱落的状态(内部构造露出)或焊接部脱落的状态下使用。

——否则可能发生意外或受伤。

- (13) 在运动过程中不要跳上去或跳下来。当出现危险安全逃离时首先拔掉安全开关，同时手扶跑步机前扶手或侧扶手双脚跳离踩在跑台的脚踏平台上。
——可能因跌倒而导致受伤。 **危险！**
- (14) 当电源线或电源插头损坏或插座的插口松弛时不要使用。为了避免危险，必须由制造商其维修部或类似部门的专业人员进行更换。 **危险！**

——否则可能导致触电、短路、起火。

- (15) 不要损坏或强行弯曲或扭转电源线。同时不要在其上面放置重物，不要使线被夹住。

警告 危险！注意：请在使用前仔细阅读说明书，并注意以下安全事项：

1. 场地安全注意事项 警告！强制！

- (1) 跑步机后方必须保留空置 2000mm*1000mm 安全区域。
- (2) 电源插头必须可靠接地，插座要有专用的回路，避免与其它电器设备共享。本跑步机只限于 20 安培的电路中使用。
- (3) 儿童要远离本机，避免发生意外。
- (4) 跑步机适宜放置在室内，避免受潮，不能将水溅在跑步机上，不能放置任何异物。
- (5) 减少室内灰尘，保持室内的一定湿度，避免产生强大静电，否则可能干扰电子表，控制器的正常工作。
- (6) 使用跑步机时请保持室内空气流通。
- (7) 不要在室外和浴室附近等湿气的场所和淋到水滴的场所使用和保管。
- (8) 不要在阳光直射的场所、炉子周围等高温的场所和电热地毯等取暖器具的上面使用或保管。——否则可能导致漏电、起火。
- (9) 本品适合于家庭使用，不适用于学校、体育馆等为数多的不特定的场所使用。

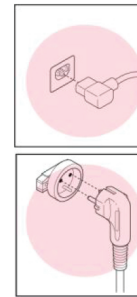
2. 使用人身体状况注意事项 危险！禁止！

警告 正接受医生治疗时或下述患者请务必在与专门医生商谈后方可使用。

- (1) 现在正腰疼者或过去腿、腰、颈曾经受过伤者，腿、腰、颈和手麻木者（有椎间盘突出、脊椎滑落症、颈椎突出等宿疾者）。
- (2) 有变形性关节炎、风湿症、痛风者。
- (3) 有骨质疏松症等异常者。
- (4) 有循环系统障碍（心脏病、血管障碍、高血压症等）者。
- (5) 呼吸器官有障碍者。
- (6) 正在使用人工心律调整器植入体内型医疗电子仪器者。
- (7) 有恶性肿瘤者。
- (8) 有血栓症或严重的动肪瘤、急性静肪瘤等血液循环障碍或各种皮肤感染等症者。
- (9) 有因糖尿病等引起的高度末梢循环障碍所引起的知觉障碍者。
- (10) 皮肤有创伤者。
- (11) 因生病等而发高烧者（38℃或以上）。
- (12) 背骨有异常者或背骨弯曲者。
- (13) 正在妊娠或可能妊娠者或正处于经期者。
- (14) 感到身体异常，需要静养者。
- (15) 明显身体状况不佳者。
- (16) 以康复为目的的使用者。
- (17) 除上述情况以外特别感到身体有异常者。



MAINTENANCE



This product must be earthed. If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.



DO NOT TANGLE THE POWER CORD

REGULAR MAINTENANCE OF THE TREADMILL

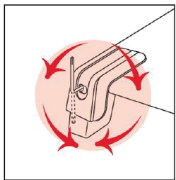
- **STORAGE:** Keep your equipment in a enclosed place, away from dust or humidity. Don't store it neither in a garage or in a indoor backyard, or near the water. Humidity, dust and water could damage it and have an effect on its functioning
- **ELECTRIC CABLE:** Make sure that the cable and plug are in perfect conditions. Electric cables must be away from hot surfaces
- **SCREWS AND CONNECTING CABLES:** Supervise and tighten the screws on a regular basis, because due to the vibration the screws and nuts tend to loosen.

LUBRICATION: It's a correct lubrication of the treadmill with silicon oil or teflon is really important. This lubrication must be performed regularly depending on its use even before the first use. There is a hole for adding oil on motor cover. After starting machine, please change to highest speed, then add the oil into the hole, the oil will be spread from the middle between the running belt and board.



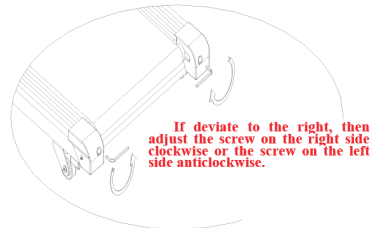
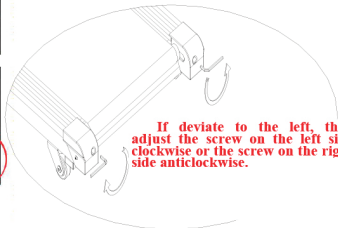
< 3 hours/week	2 months
4 - 7 hours/week	1 month
> 8 hours/week	15 days

• ALIGN AND TIGHTEN THE BELT OF THE TREADMILL



LEFT BOLT RIGHT BOLT

- **ALIGN THE BELT:** Due to its use, the belt can move off center. If the belt has moved to the left, start treadmill and increase the speed to 3MPH .Use the 5mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. Don't tighten the belt too much in order to be able to walk. Repeat this procedure until the belt is properly aligned.



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OGAWA 真心感谢您选择 **OGAWA P10-Z Fit treadmill**

使用前请阅读此说明书，特别是安全说明部分
并保留此说明予以备用

备注

本公司将保留修改设计和产品最终解释权
产品颜色以实物为准



CONTACT US



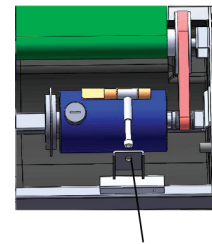
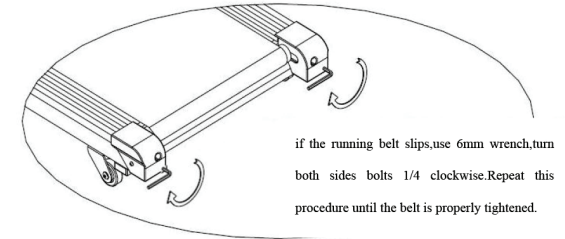
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- **TIGHTEN THE BELT:** (if the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3MPH. Using the 5mm Wrench, turn both bolts 1/4 clockwise. If the belt is properly tight to walk, you must be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and maintain the belt aligned. Repeat this procedure until the belt is properly tightened.

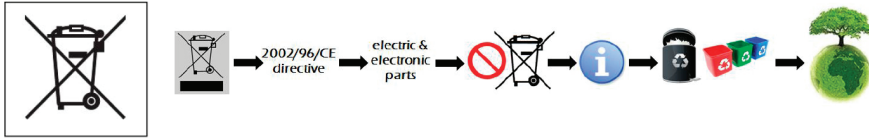


Adjusting bolt

- **TIGHTEN THE DRIVE BELT:** if the drive belt becomes loose after using for a period of time, you need to:
 - (1) Open the motor cover.
 - (2) Use the 5mm wrench to turn the adjusting bolt clockwise.
 Repeat this procedure until the drive belt is not slippery anymore.

- **CLEANING:** Don't use abrasive products. A damp cloth is enough.
- **LEVELING:** If your unit is provided with leveling wheels, please adjust them in order to avoid vibrations and therefore malfunctions.
- **KEEP THESE MAINTENANCE ADVISES FOR FUTURE REFERENCES**

RECYCLING INFORM



This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

COMMON ERRORS

ERRO CODE	REASON	HOW TO SOLVE	
NO DISPLAY	A) electricity not connected	Connect the electricity	
	B) power switch not turn on	Turn on power switch	
	C) pcb no power or broken	Press over-load protector or change new pcb	
	D) signal wire not connected	Re-connect signal wire or change new one	
	E) computer broken	Change new computer	
	F) background light broken	Check background light wire or change new one	
NOT DISPLAY ALL INFORMATION	A) display drive IC not inserted well	Re-insert IC, and re-weld it or change new one	
	B) EMI gasket slip, not well fastened	Re-assemble screen	
NOT RUN SMOOTHLY	A) driving position has resistance	Adjust driving position, or add some silicon oil	
	B) running belt too tight or too loose	Adjust the belt tension	
	C) pcb torque too big or too small	Ajust torque to right position	
---	A) safety key off	Put on safety key	
	E01	A) signal wire not well connected	Re-connect signal wire
		B) signal wire broken	Change new signal wire
		C) signal wire broken	Change new computer
		D) pcb broken	Change new pcb

E02	A) motor wire not well connected, or open circuit	Re-connect motor wire or change new motor
	B) IGBT on pcb broken	Change new pcb
	C) input voltage too low	Stop using, ask electrician to check
E03	A) speed signal wire not well connected, or sensor broken	Re-connect speed signal wire or change new sensor wire
	B) pcb broken	Change new pcb
E04	A) incline motor wire not well connected	Re-connect incline motor wire
	B) incline motor broken	Change new incline motor
	C) pcb broken	Change new pcb
E05	A) over-loaded	Turn off and re-start machine
	B) driving position hinder	Adjust driving position, or add oil
	C) motor short circuit	Change new motor
	D) pcb burnt	Change new pcb
E06	A) motor wire not well connected	Re-connect motor wire



A correct lubrication of the treadmill with silicon oil or teflon is REALLY IMPORTANT. This lubrication MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD.