USER MANUAL

ACTIVE RUN 600 SMART SCREEN
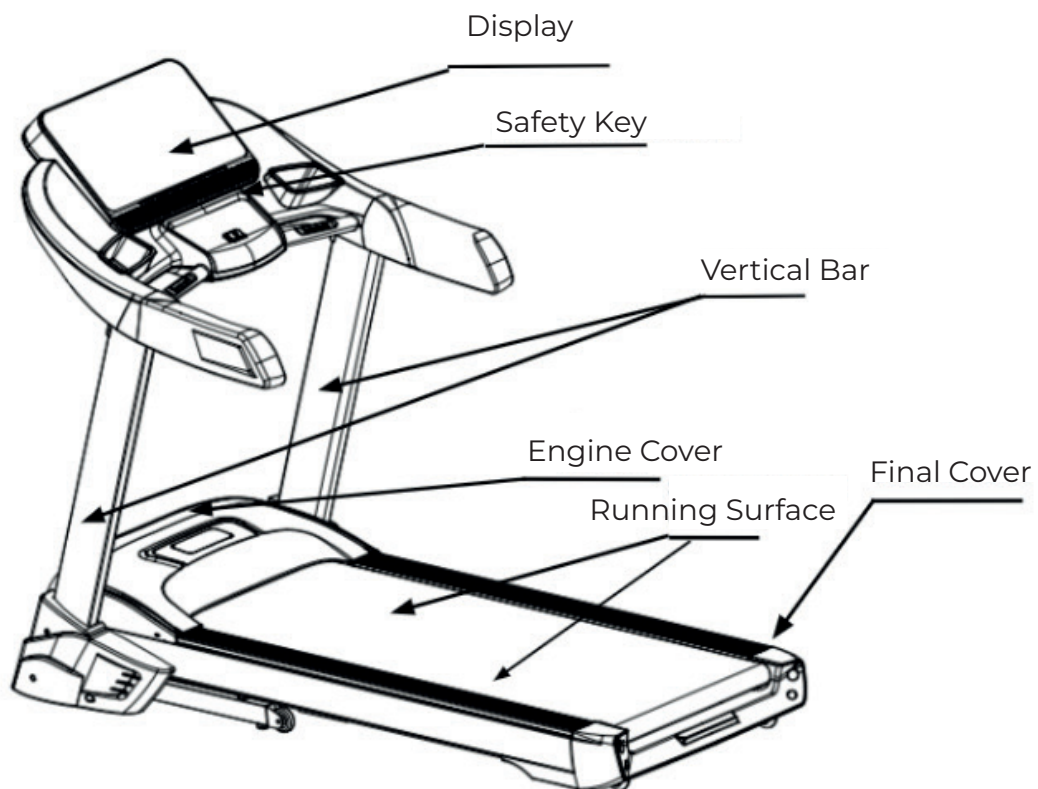
bodytone

CONTENT

⚠️ **WARNING**
Read this manual before using the equipment

1. INTRODUCCIÓN DEL PRODUCTO

- The company passed ISO9001:2000 quality system certification
- Most of our products have passed CE.RoHS, GermanyTUV.GS, SGS certification of the European Union, and are approved and qualified two consecutive years for sampling inspection by the National Athletic Sporting Goods Inspection Certer.
- Our products obtain full recognition from domestic and foreign customers
- Business policy: Customer satisfaction is our good foundation.

Product Name	Motorized Treadmill
Model Name	Active Run 600 Smart Screen

Display

Safety Key

Vertical Bar

Engine Cover

Final Cover

Running Surface

Technical Parameters

1	VOLTAGE	AC220V (50~60Hz)
2	Motor Power	4.0HP
3	SPEED	0.3-18.0KM/H
4	NET WEIGHT	99KG
5	GROSS WEIGHT	113KG
6	RUNNING AREA	1400*550MM
7	MAX LOAD WEIGHT	140KG
8	EXPAND SIZE	1895*880*1410MM
9	Function	RUN (TWISTER、SIT UP、DUMBELL)

Parts number list

N°.	NAME	UNIT	QUANTITY
1	MAIN BASE	PCS	1
2	UP RIGHT	PAIR	1
3	DISPLAY	PCS	1
4	Accessories Bag	PAIR	1
5	Function Frame/Twister/Dumbell/Massager/ Massager Belt(Multi Function Machine)	PCS	1
6	U pipe (multi function machine)	PCS	2

Accessories Bag list

No.	Name	Q	N°	Name	Quantity
1	open spanner 13-15	1	7	Manual/Warranty Card/Certificate of Quality	1
2	open spanner 14-17	1	8	Safety key	1
3	T spanner	1	9	6 mm Internal Hexagonal Nut M8*50	4
4	cross screwdriver	1	10	6 mm Internal Hexagonal Nut M8*40	2
5	6 mm Internal Hexagonal Nut M8*20	4	11	Hexagon locknut M8	2
6	Si-oil	1			

Multi-functional have more spare parts as below

1	Hexagon check nut M8	6	5	Screw socket head M8*20	4
2	Round head hex socket screws	2	6	Dumbell	2
3	Φ8 Flat gasket	6	7	Twister	1
4	Base cover	2	8	Massager	1

2. SAFETY NOTICES AND WARNINGS

⚠ **NOTICE:** Please read the instruction book carefully before use and note the following safety issues.

1. The treadmill is suitable for placing in the room to avoid moisture. It cannot be splashed by water and cannot avoid any foreign material.

2. Before exercising, wear appropriate sports clothing and sports shoes. It is prohibited to run on the machine with bare feet and it is prohibited to stretch the entire body on it.

3. The power plug must be reliable and grounded. The socket base must have a special circuit to prevent it from being shared with other electrical equipment.

4. Keep children away from the machine in case of accidents.

5. Avoid overload operation for a long time, otherwise it will damage the motor and controller and accelerate the wear and aging of the bearing, belt and footboard. Maintain the machine periodically.

6. Reduce indoor dust and maintain certain humidity in the room in case of strong static. Otherwise, it may disturb the normal operation of the electronic watch and controller.

7. After using, turn off the machine.

8. When exercising, attach the safety lock cable to your clothing, so that the machine can be turned off safely when an emergency occurs.

9. If you feel uncomfortable or anything abnormal in the process of using, please stop exercising and consult your doctor.

10. After using silicone oil, keep it in a place out of reach of children to avoid serious results caused by accidental ingestion.

⚠ **WARNINGS:** To reduce accidents or injuries to third parties, observe the following rules:

1. Before using the machine, check whether the clothes are buttoned or closed.
2. Do not wear clothing that is easily caught in the machine.
3. Do not bring the power line close to hot objects.
4. Do not make children near the treadmill.
5. Do not use the treadmill outdoors.

6. Power must be turned off before moving the treadmill.

7. Non-professionals are not allowed to disassemble the machine, otherwise serious results may occur.

8. This treadmill can only be used on the 20 amp circuit.

9. When the machine starts, only one person can exercise on it.

10. During exercise, if you feel dizziness, chest pain, nausea or shortness of breath, stop exercising immediately and consult your appropriate fitness trainer or doctor.

> ⚠️ **WARNINGS:** For people receiving medical treatment or the following patients, please talk to your doctor before use.

1. People who suffer from back pain or who suffered injuries to their legs, waist or neck. People who suffer from numbness in the legs, waist, neck and hands (people who have long-standing diseases such as herniated disc, herniated spine, cervical protrusion, etc.)

2. People who have deformed arthritis, rheumatism, gout.

3. People who have osteoporosis abnormalities.

4. People who have circulatory system problems (heart disease, blood vessel dysfunction, high blood pressure, etc.)

5. People who have problems with the respiratory organs.

6. People who use artificial pacemakers to implant electrical medical instruments into the body.

7. People who have pathologies.

8. People who suffer from blood circulation disorders such as thrombosis or severe dynamic fatty tumor, still acute fatty tumor, etc., or all types of skin infections.

9. People who have perceived barriers caused by very peripheral circulatory obstacles that are caused by diabetes, etc.

10. People who have skin lesions.

11. People who have high fever (less than 38°) caused by illness, etc.

12. People who have spinal abnormalities or spinal flexion.

13. People who are pregnant or may be pregnant or who are on their period.

14. People who have abnormalities in the body and need to rest.

15. People whose health is obviously poor.

16. People who aim to recover.

17. During the exercise process, if you feel pain, such as waist pain, leg and foot numbness, dizziness, heartbeat that is different from normal times, or abnormal tightness, please stop using it immediately and consult to your doctor.

18. During the exercise process, if you feel pain, such as waist pain, leg and foot numbness, dizziness, heartbeat that is different from normal times, or abnormal tightness, please stop using it immediately and consult to your doctor.

19. Do not allow children to use this product and keep them away from the product.

If not observed, there may be a risk of injury.

20. When using, carrying or taking out the product, or moving it, please confirm whether there are people or pets around (back, bottom, front of the product)

> ⚠️ **PROHIBITIONS**

1. Do not use when the casing cracks and falls apart (internal structure is exposed) or welded parts fall off.

2. During exercise, do not jump up or down. Otherwise, injuries may be caused by falls.

3. Do not use or store it in humid places outdoors or near the bathroom.

4. Do not use or keep it in direct sunlight, high temperature places such as around the stove, or on heating instruments such as an electric blanket. Otherwise, it may cause electric shock or fire.

5. Do not use when the power line or plug is damaged or the plug base has become loose. Otherwise, it may cause fire or electric shock.

6. It cannot be used simultaneously by two people or more than two people. During use, do not allow people nearby. Otherwise, falls may cause accidents or injuries.

7. People who cannot express their consciousness or cannot operate it cannot use it. Otherwise, it may cause accidents or injuries.

8. Avoid touching water. The main body or operating part cannot be wet with water or drink. Otherwise, it may cause electric shock or fire.

9. Special attention to people not used to intense sports practices.

10. Do not use it after meals, when you feel tired, shortly after exercising or physical strength is abnormal. Otherwise, it may harm health.

11. This product is suitable for home use and not suitable for some unspecified places, such as schools, gyms, etc. Otherwise there may be a risk of injury.

12. Do not wear it when you are eating or doing other activities.

13. Do not use it when you feel dizzy after drinking alcohol. Otherwise it may cause accidents or injuries.

14. Do not use with wet hands. Do not remove or insert the plug with wet hands. Otherwise, it may cause electric shock or injury.

15. When not in use, remove the plug from the socket. Otherwise, dust and moisture will degrade the insulation, resulting in electric shock and fire.

16. Do not remove or insert the plug with wet hands. Otherwise, it may cause electric shock or injury.
17. Pull out the plug from the socket when not in use. Otherwise, dust and moisture will degrade the insulation and increase the chances of electrical leaks and fires.

> ⚠️ **GROUNDING INSTRUMENT**

This product must be grounded. If the machine fails, the ground will provide a path of least resistance for current to reduce the danger of electric shock.

This product is installed with an equipment grounding conductor and a grounding plug. The plug must be inserted into the appropriate outlet that has been properly installed and grounded in accordance with local laws or regulations.
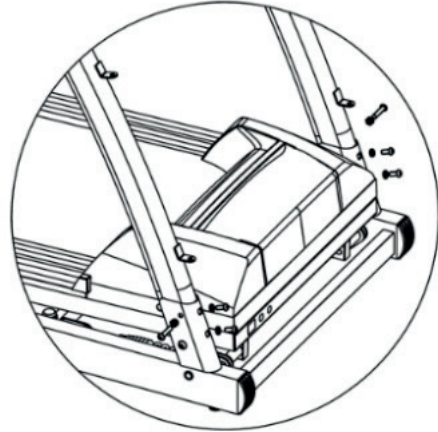
3. INSTALLATION STEPS

When installing, first simply screw all the screws to the frame and place it in vertical position.

STEP 1

Vertically raise the handlebar posts, use an M8*45 screw on both sides of the machine and secure them.
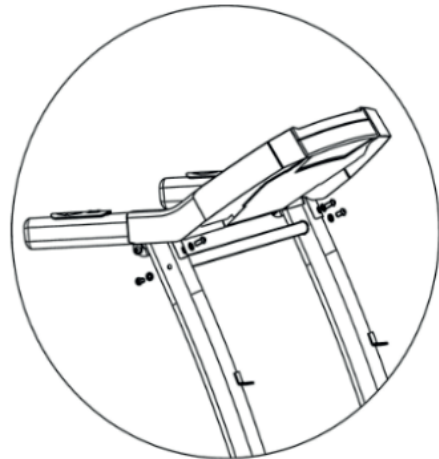
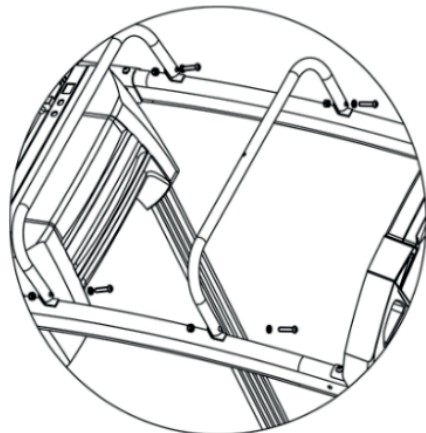Next, insert the remaining M8*20 screws and secure them all.

STEP 2

Console and arms. Fasten the top on both sides with an M8*20 screw.

Tighten the screws to secure the structure.

STEP 3

Remove the mechanical safety plate to release the tape base.

4. PRE-EXERCISE TIPS

HEATING

Please warm up for 5 to 10 minutes before using this machine each time.

BREATHING

When you exercise, you cannot hold your breath, you usually inhale with your nose when trying to perform actions and exhale with your mouth. Inhalation must be coordinated with exhalation. If you breathe too fast, you should stop exercising immediately.

FREQUENCY

After exercising the same parts of the muscles, this part should rest for 48 hours.

That is, it is advisable to exercise on alternate days.

BURDEN

Decide the training volume based on everyone's physical fitness training status,

and then exercise according to the principle of progressive overload. In the first

stage of exercise, muscle soreness is normal and can be eliminated by continuing to exercise.

DIET

To protect the digestive system, exercise should be performed one hour after a

meal. You should eat at least half an hour after exercising. When you exercise, drink less water and, above all, avoid drinking too much water so as not to increase the load on the heart and kidneys.

STRETCHING EXERCISE

Whatever your running speed, you'll want to do some stretching exercises first. Trained muscles are easier to stretch, so walk for 5 to 10 minutes to train them. Then stop stretching exercises five times according to the following methods, 10 seconds or more for each leg, and do it again after exercising.

STRETCHING EXERCISE

1. DOWNWARD STRETCH: Bend your knees slightly and slowly bend your body downward. Relax your back and shoulders, touch your legs and toes as closely as possible with your hands. Hold for 10 to 15 seconds and then relax. Repeat three times.

2. HAMSTRING BENCH: Sit on a cushion, stretch one leg straight, bend the other leg inward to adhere to the inner side of the straight leg. Touch the leg and toes as close as possible with your hand. Hold for 10 to 15 seconds and then relax. Repeat each leg three times.

3. SHAFT AND HEEL TENDON STRETCH: Stand with two hands on the wall or desk and one foot back. Keep your back leg straight and heel touching the floor, leaning toward the wall or desk, hold for 10 to 15 seconds, then relax. Repeat each leg three times.

4. HEAD MUSCLES STRETCH: Put your right hand on the wall or desk, then stretch your left hand back. Hold your left ankle and pull it up to your hip until you feel the front muscles of your upper leg are tight, pull for about 10 to 15 seconds and then relax. Repeat three times for each leg.

5. SARTORIUS STRETCH: (inner lateral leg muscles) Sit with your lower legs against each other and your knees facing outward. Support your feet with your hands. Pull into the abdominal groove, hold for 10 to 15 seconds, and then relax. Repeat three times.
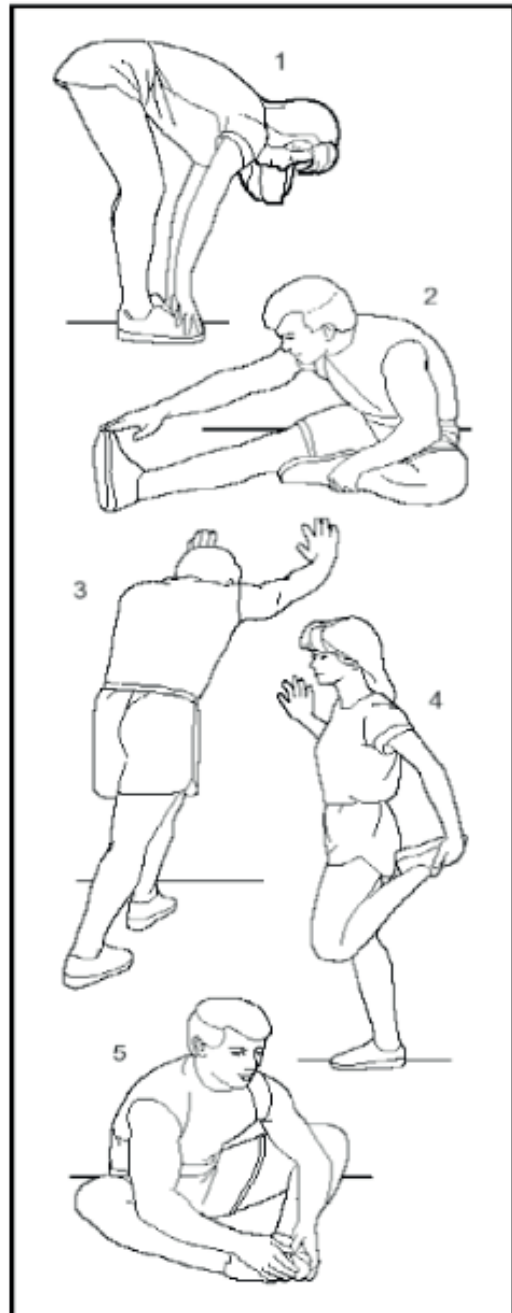
5. OPERATION AND SET UP

5.1 FUNCTIONS

CONSOLE

- **SPEED:** rang 1,0 -22,0 KM/H. The LCD screen will display the numbers 3, 2, 1 and then the treadmill starts. Settings and data are displayed on the LCD screen.

- **TIME:** Manual model: Time setting from 0 to 100 minutes or "end" on the LCD screen, the speed of the treadmill will be slow and stable and the standby time after 5 minutes.

- **Distance and calorie model:** Setting 0-100 minutes or 'finish' is displayed on the LCD screen and finish it well. Keep moving. If you set 100-0 minutes, or 'end' displayed on the LCD screen, the speed of the machine will reduce stably and stop. Waiting time after 5 minutes.

DIS

- **Sports distance:** 0-100 minutes or "finish" setting on LCD screen, speed reduction and stable stop. Waiting time after 5 minutes.

CAL

- **Expend calories:** 0-999 or 'end' is displayed on the LCD screen, slow down and stop stably. If you set 999-0 or 'end', the treadmill will stop and standby after 5 minutes.

KEY FUNCTION.

- **'SELECT' KEY:**

Manual Model: 0:00

Countdown Time model: 15:00 MIN: SECONDS.

Model countdown distance: 1.00 KM

Calories: 50.0

Internal procedure: P01-P109

- **'START' KEY:** Start the treadmill as long as the ignition and secure grip of the key are controlled.
- **'STOP' KEY:** Press later. STOP the treadmill.
- **SPEED:** '+' this sign to increase speed. '-' this sign to slow down. If you press it on or.5 continue with the + or - sign, the speed will increase or decrease automatically.

SPEED, 2, 6, 10, 14. No. Show in console. It means fast speed shortcut key. For example, you can adjust the speed 6 km without problems.

QUICK START (MANUAL MODEL)

Please follow the operation step by step.

ON/OFF-------POST SAFE KEY GRSIP-----------HOME KEY------SPEED'+' O '-' AND INCLINE'+' O ' -'

1. START: 1 KM/H --------- SPEED '+' OR '-' AND INCLINE '+' OR '-'

2.MODE KEY----------TIME Window: 15:00 flashing.

INCLINE+ or - and SPEED + or - can adjust the time. The time range: 5:00-99:00.

Security lock functions:

In any state, if you remove the safety lock, you can immediately stop the motor running, and then the time window will show "------" marks, and the buzzer will alarm "B1-B1-B1" . sound. At this point, except for shutdown, no other operations can be implemented on the treadmill, while the security lock is successfully reinstalled, the treadmill will enter standby mode again and wait for the command to be entered.

Before exercising, you should first check whether the treadmill has charged the power supply, and then check whether the safety lock is effective.

If abnormal situations occur during movement, you can remove the safety lock and then the treadmill will quickly slow down to stop; while the safety lock is reset, this device will be reset waiting to enter the command.

SECURITY

In any circumstance, remove the safety switch, the system is idle and sends alarm sound (all windows show "-")

MP3, USB music playback function

1. MP3 music playback function

The 3.5 audio interfaces with the audio signals need to connect to MP3 Play Jack, and then the power amplifier circuit will automatically increase the audio signal, to send the signal to the speaker.

2. USB music playback function

The U disk with MP3 files needs to be connected to the USB connector and then the machine will automatically identify the audio files and play music.

The song should be selected by pressing "Last Song" and "Next Song", and music playback should be started or paused by pressing the "Play/Pause" key. Additionally, the volume must be adjusted by pressing the "Volume Up" and "Volume Down" key.

5.2 CONSOLE MANUAL

1. HOMEPAGE
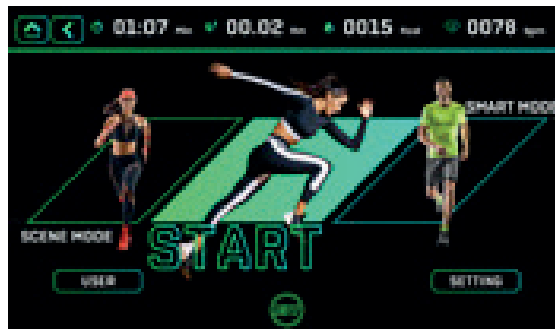
- **1. Home page**

The LCD screen shows the following features:

Real mode: choose to enter the real mode of the treadmill

Smart model: Choose to enter the treadmill's smart mode

Start: Choose to enter, you can choose according to personal preferences of sports speed and inclination.

User: Choose to enter the user configuration interface, add new users, switch to login user, modify user information and other operations.

Settings: System-related settings, including software updates, WIFI connection settings, as well as machine model, usage instructions and other information.

Time display: In WIFI connection, you can display the current time, otherwise do not display the current time.

2. Second home page

- Left and right sliding touch screen, can be switched to system APP interface. This is the integration of third-party applications, and the usage is no longer a detailed description. If necessary, refer to the instructions related to the software.
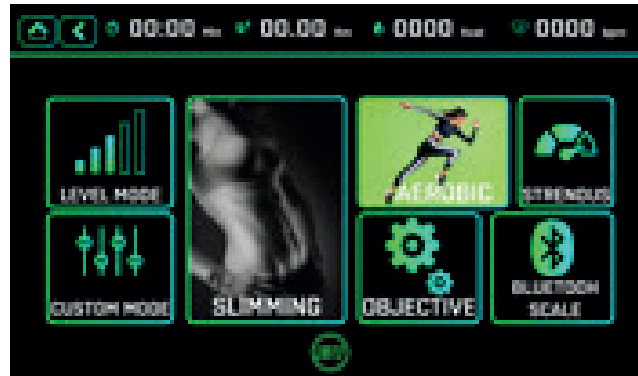
Click the upper left corner of the icon ⌂ , you can return to the first home page.

3. Third home page

Touch screen sliding left and right, can be switched

to the system page of the third page, the page has the function "data"

(display sports data) and the "setting" function.

Click the upper left ⌂ corner of the icon, you can return to the first home page.

4. Keynote

The treadmill generally has the following keys, different models have different settings: start/stop, speed addition and subtraction, incline addition and subtraction, volume addition and subtraction.

Note on function key:

- Start/Stop key: Press the key to start the engine. Enter the operating status of the engine.
- Speed key: In the motor running state, press the key to add and subtract the speed.
- Incline key: In the motor running state, pressing the key will increase or decrease the incline (some models do not have the incline function, so they do not have these keys).
- Volume key: increase or decrease the speaker sound (some models do not have the tilt function, so they do not have the keys)
- Mute: a key to mute or unmute (some models do not have the tilt function, so it does not have the key).
- Fan: a key to open or close the fan (some models do not have the tilt function, so there is no key).

2. START AND STOP OF THE TREADMILL

1. Home of the treadmill

From the first page of the home page, click on the "Start" button and enter the home page.

Clarification: Some models do not have the tilt function, so the user interface does not show the tilt adjustment function.

Click the "Start" button, you can start the tape. After the start of the countdown to enter 3-2-1-Go, at this time the start button cannot be operated. After entering the race phase, the "start" button is displayed as a "STOP" icon. Press "start" key on any page and start working.

Click the upper left corner ⌂ or ‹ icon, you can return to the first page of the home page. On the home page, the original "start" will be displayed as a "running".g".
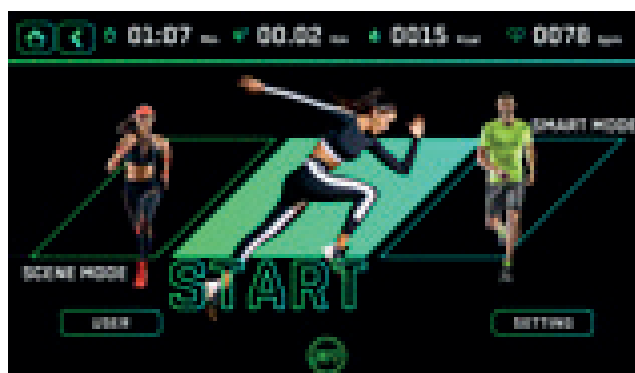

2. Stop the treadmill

Enter the race page, click the "STOP" button and you can stop the race. Or press the "stop" key directly on any page to stop working.

3. Speed and slope adjustment

When running on the treadmill, the speed and incline can be adjusted by moving the speed and incline position of the slide block. Or on any page by pressing the speed, incline, addition and subtraction keys to adjust.
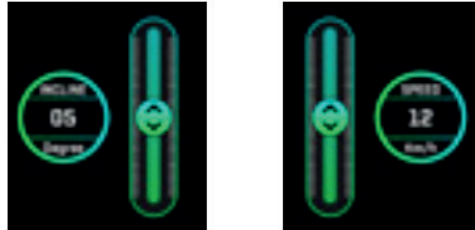
Clarification: Some models do not have the tilt function, so the user interface does not show the tilt adjustment function.

4. Defining other data on the execution page

The execution time, the program that has been running for 1 minute and 7 seconds.
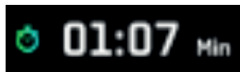
The race distance, the show that you have been running for 0.02 km.

The continuous consumption of calories, the demonstration that running has consumed 15 thousand calories.
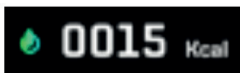
The current heart rate data, exercising both to hold the heart rate test piece, will display the heart rate data of the human body.

Clarification: This rate cannot be used as a medical reference, only as a reference.

3. SMART MODEL

1. Leveling mode

A total of 8 levels, more and more difficult, users need to pass the previous level, the system will be open to the next level.

2. Aerobic jogging

"Aerobic jogging" is a kind of low-intensity running style, and there are 8 types of program.

Select to enter a program, the center of the page corresponding to the motion segmentation velocity histogram. The white histograms represent the ongoing segmentation has to end, the red histogram says the current segmentation is underway, the blue histogram says no segmentation is underway. The system default is 3 minutes for a speed segment, and the user can modify the movement speed and incline during the running process.

Claim: Some models do not have the tilt function, so the user interface does not show the tilt adjustment function.

3. Run Thin

"Run thin" is a kind of medium intensity running, a total of 8 types of programs.
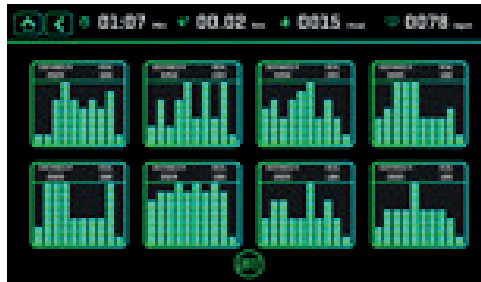
4. High strength

"High resistance" requires users to have a certain running speed and skills, which are not suitable for beginners to use running. A total of 8 types of programs.
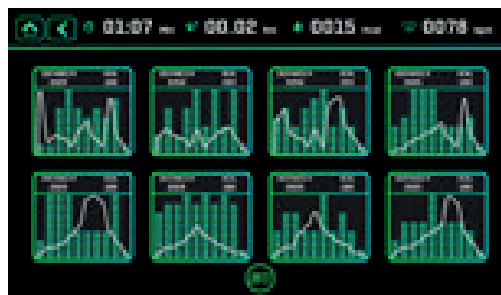
5. Customizable

User can customize running time, speed, incline, according to individual running habit, to set up a running schedule. The program can have multiple segments running.

6. Goal setting

Divided into time, distance and heat, three types of objectives that mark the trajectory of movement. Click "start" to start execution. After the arrival of the data set, the tape stops automatically.

4. REAL MODE

The real mode is playback in the execution process, so there is a personal feeling in the scene in the execution process.

Click "start" in real motion mode, play all kinds of video recording options.

Clarification: Some models do not have the tilt function, so the user interface does not show the tilt adjustment function.

The system supports full screen video playback. The real mode opens 3 to 5 seconds, and the system automatically enters full screen mode. Pressing any key or clicking on the touch screen system will once again appear in the data run.

5. USER

Press the "User" button to enter the user page. The system has a "guest" user by default. Users can also modify the default user information. Users can also add a personal account.
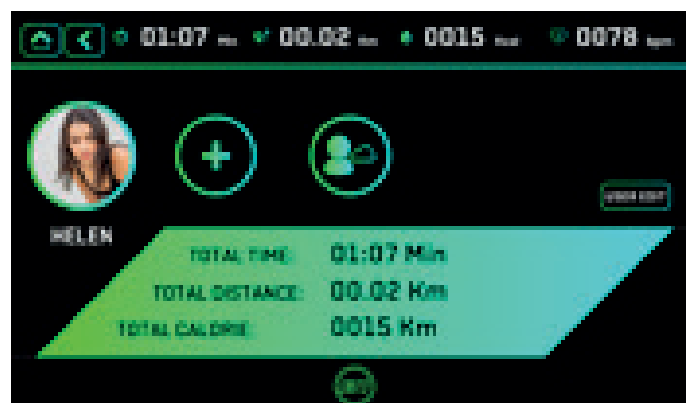
1. Edit user information

Click "edit user information", enter to modify the current user information page.
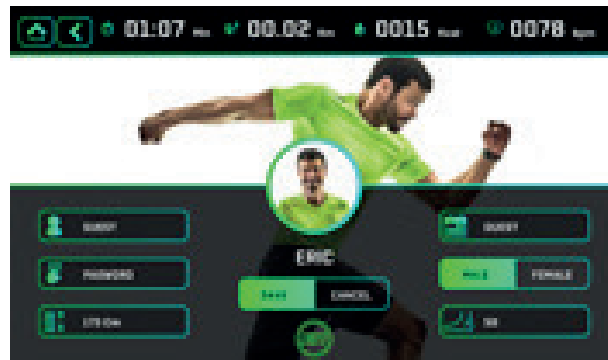
2. Add a new user

Add a new user, and enter the new user addition page and edit the new user information. ⊕
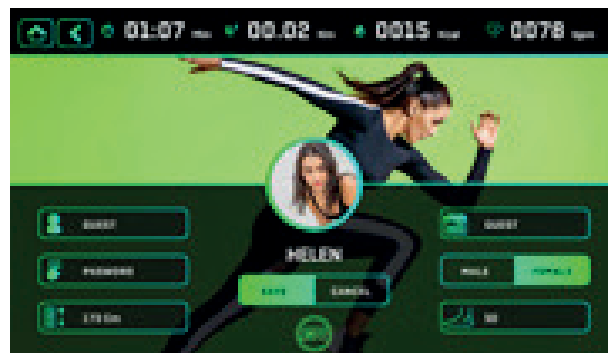
3. User login

Enter the user login page. You can use the commonly used username of the account. Select automatic login, the next login will be automatically logged into the account. Select the "remember password" option, once again log in to the account, no need to re-enter the password.
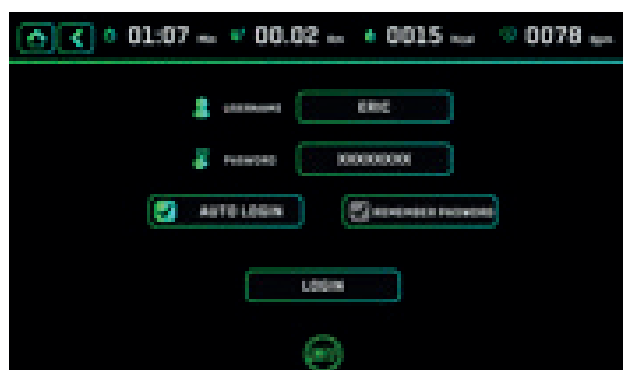
6. ADJUSTMENT

1. WIFI connection

Enter the setting page, select system settings, and the WIFI connection page will appear. Click can connect to WIFI, and enter the WIFI connection password. The system will automatically connect to the WIFI network, and will prompt you that the WIFI connection is successful.

7. DATA

Show the running data for each day, or the daily running data in each month's summary.

Clarification: Tape system time from network server time. To accurately display the data curve, please connect to the WIFI network before starting work..

8. SECURITY LOCK

In the treadmill running condition, remove the safety lock and the system will display "safety lock off, motor stops". The state of the security lock and any key is invalid.

9. OFF

Turning off the tape power switch at any time does not damage the tape.

10. ISSUES REQUIRING ATTENTION

Check the power and safety lock before operating.

While driving, remove the safety lock. The treadmill will run quickly to slow down to stop. Replace the safety lock and wait for entry commands.

In any case, pull the emergency stop safety lock of the running treadmill, and the treadmill will stop in case of emergency.

In case of the safety lock it is not replaced, furthermore any operation cannot be carried out outside the stop.

If you have any questions, please contact the dealer.

The user should not attempt to remove or repair the treadmill.

6. PRODUCT MAINTENANCE

⚠️ Correct lubrication of the treadmill with silicone oil or Teflon is very important. It should be done regularly depending on each person, even before its first use.

LUBRICANT: The running belt should be lubricated with specially configured methyl silicone oil after use for a period of time.

1. Tip:

When the weekly use time is less than 3 hours, it should be lubricated once every five months.

When the weekly use time is 4 to 7 hours, it should be lubricated once every two months.

When the weekly use time is more than 7 hours, it should be lubricated once a month.

You cannot over-lubricate. It's not that the more lubricant the better. Remember: proper lubrication is the important factor in increasing the service time of the treadmill.

2. Lubrication methods

For the methods to examine whether lubricant is needed, you just need to grab the running belt and touch the middle part of the back of the belt with your hand as much as possible. If the strap has silicone resin (a little moisture) inside, it means no lubricant is needed; If the stirrup is dry and you do not feel silicone resin inside, it means that lubricant is needed.

A. Steps to coat the running board with lubricant: (see image)

B. Stop the rotation of the treadmill and fold the machine.

C. Lift the belt from the back of the body frame: stretch the oil holder as much as possible at the moving place of the belt, coat the inner side of the belt with silicone oil, and coat both sides of the belt with resin silicone, and then operate the treadmill at a speed of 1K M/H to evenly cover the silicone resin; and step on the belt from left to right for a few minutes, then the belt will completely absorb the silicone resin.

Open Running Belt

Running Board — picture2

Running Belt — picture3

Running Belt — picture4
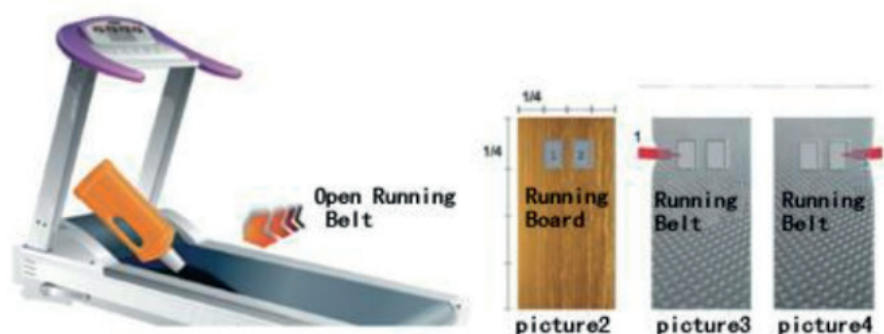
3. Running belt tension adjustment

All treadmill belts must be adjusted before leaving the factory and after installation; However, after a period of use, they may become loose. For example: when users are running, pause and slip may occur, if that happens, please adjust the belt and bolts synchronously from left and right side clockwise and with semicircle as unit; If the treadmill is too loose, slipping may occur between the belt and the roller when stepping on the belt; but if it is too tight, it will be easy to increase the load on the motor and damage the motor, tread, roller, etc.

4. Treadmill Deflection Adjustment

All treadmill belts must be adjusted before leaving the factory and after installation; However, after a period of use, belt deflection may occur, which is due to the following reasons:

The main engine is not evenly positioned.

The user's feet are not in the center of the running belt.

If the deflection phenomenon is caused by the uneven force of the user's feet, rotating without load for a few minutes can normalize it. For the deviation phenomenon that cannot return to normal automatically, adjust step by step using a 6mm inner hexagon wrench with the machine and with a quarter circle as a unit. Deviation of the treadmill is not covered by the scope of warranty and is mainly maintained by users according to the instruction book. The deviation phenomenon will seriously damage the running belt, so it must be detected and corrected in time.

5. Drive belt adjustment

All treadmill drive belts are adjusted before leaving the factory, but after using it for a period, slippage may still occur, which is mainly adjusted by users. Adjustment steps (see picture):

1. Turn the adjusting screw clockwise with a wrench.

2. The adjustment scope is subject to no slipping when charging.

If deviate to the left, then adjust the screw on the left side clockwise or the screw on the right side anticlockwise.

If deviate to the right, then adjust the screw on the right side clockwise or the screw on the left side anticlockwise.
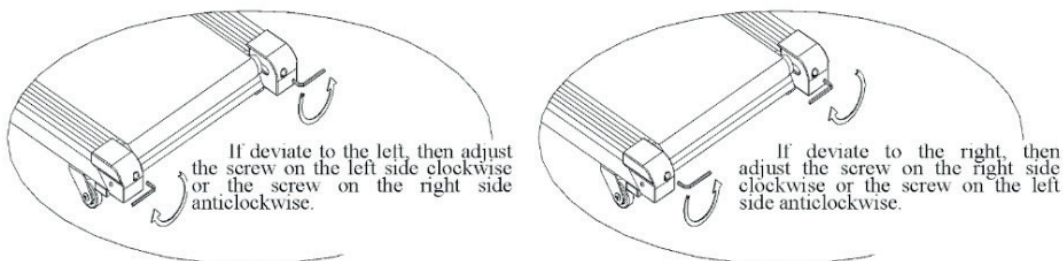
⚠ You must keep the original packaging with its protections, purchase receipt, manual and components during the warranty period.

5. Adjustment of conveyor belts

All conveyor belts are adjusted before leaving the factory, but after using it for a period, slipping may still occur.

This is mainly adjusted by users. Adjustment steps (see image):

1. Turn the adjusting screw clockwise with a wrench.

2. The adjustment scope is not subject to slipping during loading.

Warning: Periodically clean impurities from the belt groove and belt wheel groove.

6. Method of action in case of slippage or breakage of the transmission belt.

First open the front cover of the motor, then open the machine running. Hold the handle with both hands, step firmly on the belt with your feet, see if it is the motor conveyor belt or the running belt that stops. If it is the conveyor belt that stops, adjust it; while if it is the motor conveyor belt that stops, adjust the motor.

8. PROBLEM SOLVING

Error	Possible Cause	Solution
Table electronics without screen	1. Communication line connection is bad or not plugged in 2. Overload protection action 3. The transformer burned out	1. Replug each connector 2. Plug the power cord back in 3. Reset overload protection 4. Contact your dealer
The motor does not turn	1. Safety lock is not installed 2. The power cord is not connected 3. Control signal cable is not plugged in 4. Controller damage 5. Engine damage	1. Save the security lock 2. Connect the motor supply line or contact the dealer 3. Signal line reinserted 4. Contact your dealer 5. Contact your dealer.
E01/EO2	1. Signal cable is not plugged in 2. Signal line damage 3. Open motor circuit or bad contact 4. Feeding tube failure	1. Reinserted signal line 2. Get in contact with your distributor 3. Replace motor or check connection terminals 4. Replacement power tube or controller.

Error	Possible Cause	Solution
E03	1. Speed sensor is not plugged in 2. Speed sensor is damaged 3. The power cord is not connected 4. Engine damage 5. Controller damage	1. New plug good speed signal line 2. Contact your dealer 3. Connect the engine supply line or contact the dealer 4-5. Get in contact with your distributor.
E05	1. The load is too large 2. Part of the treadmill got stuck 3. Controller damage 4. Power supply voltage mismatch	1. Replacement for high power treadmill models 2. Check the card dead site or contact the dealer 3. Contact your dealer 4. Select the correct input voltage
E06	Driver POST error	Change the driver
E07	Security lock	Replace the safety lock
E08	Controller damage	Change the driver
E0a	Abnormal treadmill use	Restart the machine

For any other questions, you can contact your local distributor.

8. ANNEX

Sports program diagram P1 - P109

Program		Make the scheduled time/20 time intervals equal to the running time of the on and off time intervals																		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Vel	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	Max	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4
P02	Vel	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	Max	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P03	Vel	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	Max	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12	5	5	5	12
P04	Vel	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	Max	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P05	Vel	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	Max	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P06	Vel	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
	Max	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P07	Vel	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	Max	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P08	Vel	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	Max	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P09	Vel	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	Max	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	Vel	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	Max	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	Vel	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	Max	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	Vel	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	Max	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

bodytone