

USER MANUAL

ACTIVE RUN 100



bodytone

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WARNING

Read this manual before using the equipment.

1. IMPORTANT PRECAUTIONS

	User Minimum Height	140 cm
	User Maximum Weight	110 kg



	<p>WARNING</p> <p>It is very important to properly lubricate the machine with silicone oil or Teflon. This lubrication must be done regularly depending on each person, even before their first use.</p> <p>You must keep the original packaging with its protections, receipt of purchase, manual and components during the warranty period.</p>
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To reduce the risk of serious injury, carefully read all important instructions and warnings regarding the use of a treadmill before using it.

EVOLUTION FITNESS assumes no responsibility for personal injury or property damage resulting from the use of this product.

1. Before starting any training program, consult your doctor. It is especially important for people over 35 years of age, people with health problems and pregnant women.
2. The owner must ensure that all users are correctly informed about the warnings.
3. Use the equipment as explained in the instruction manual.
4. Keep the equipment in a closed place, away from dust or moisture. Do not store it in a garage, backyard, or near water. Humidity, dust and water can cause the equipment to malfunction, voiding its warranty.
5. Place the unit on a flat surface. If the surface is uneven, proper operation may be affected. Some models include levelers or leveling threads behind the legs, helping with leveling. Read the manual to verify if your unit has one of them.
6. The unit should be placed in a ventilated area. Do not use it in places with sprinklers or oxygen dispensers. The air you breathe can be affected and cause an accident.

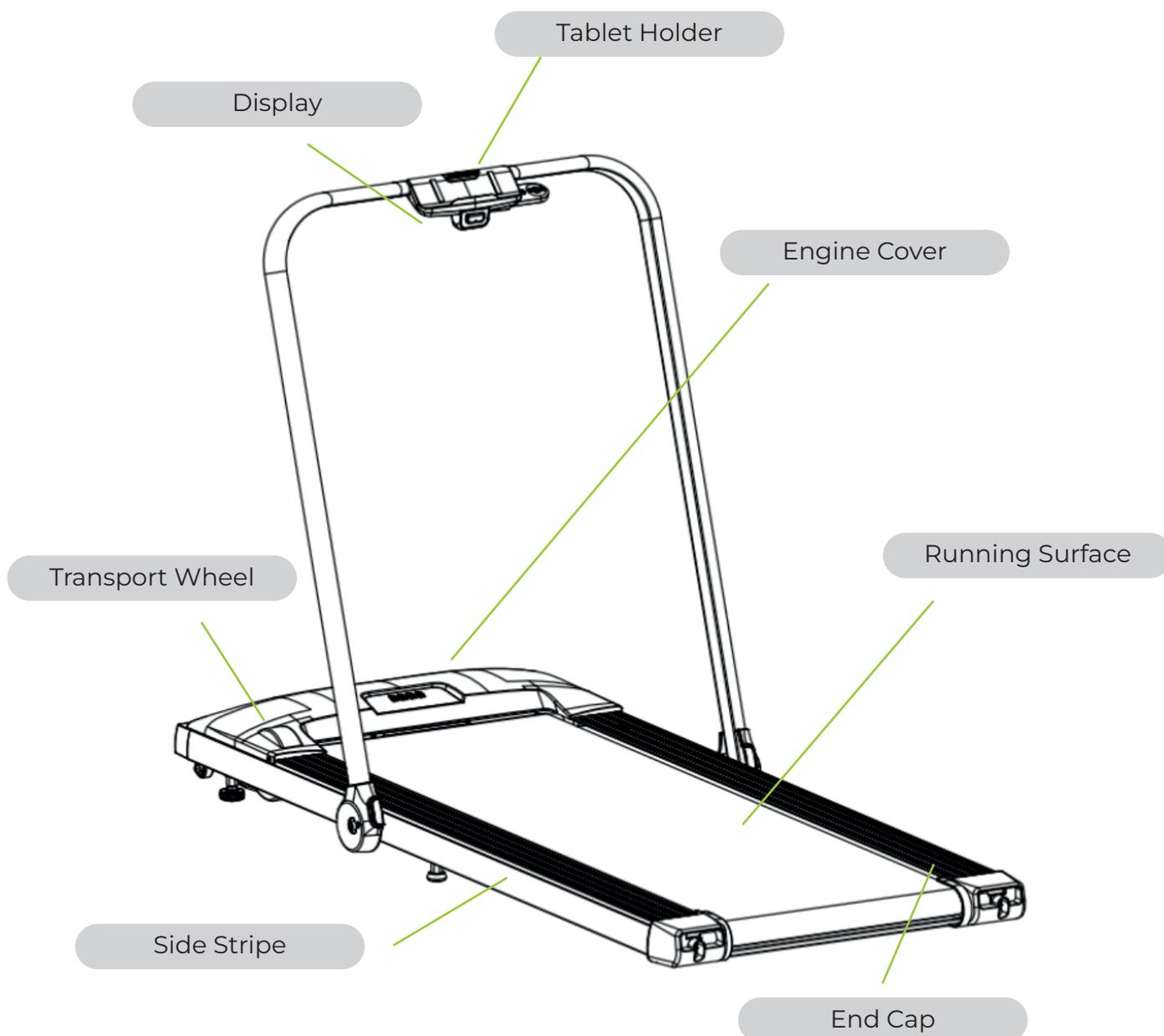
7. Keep children under 12 years of age and pets away from the equipment. Maintain a safe distance.
8. Check the manual for the maximum weight that your equipment can support. Excessive weight could cause the operating system to malfunction, which will not be covered by the warranty.
9. Wear appropriate clothing and shoes. Do not wear loose clothing that could catch.
10. If your equipment is operating through a power source: make sure the power cord and plug are in good condition. Make connection only when the circuit is grounded, otherwise it may cause equipment or property damage not covered by warranty. Power cords should be kept away from hot surfaces.
11. If it is a battery powered unit: Check and make sure they are charged enough for the display to fully function.
12. If your computer has a security key, understand the product before using it. The security key has a magnet that must be placed on the screen. At the end of the cord there is a clamp that must be attached to clothing. The treadmill will start to work only if the key is placed on the screen.
13. If your unit is powered by a power source: Do not operate it while it is on the belt. The engine would be unnecessarily loaded. The correct way is to stand with your legs open, each one on one side of the belt, and sit down once you are running.
14. If your unit is powered: check the speed it can reach, for your safety. It is best to gradually adjust the speed to avoid sudden changes.
15. If your equipment is powered: Never leave the machine unattended while it is running. Remove the safety key, turn the "on" button to "off" and unplug the power cord.
16. If your equipment is provided with a pulse sensor, you can know that it is not a medical instrument. It is designed as a training aid and determines heart rate trends. There are some factors that could affect the accuracy of heart rate interpretations, for example the user's movements.
17. The machines do not take up too much space as they can be folded. Once folded, make sure everything is securely assembled to the locking system, whether it is lockable or hydraulically powered. Do not attempt to move or lift it unless it is secured. If any damage occurs because the machine is not insured, it will not be covered by the warranty.
18. Check and tighten all screws regularly, as due to vibrations, screws and nuts tend to loosen. Damage caused by lack of maintenance will not be covered by the warranty.

19. Correct lubrication of the treadmill with silicone oil or Teflon is very important. This lubrication must be done periodically depending on each person, even before its first use. Lubrication should be carried out as follows: disconnect the equipment from the electrical network (if you have one), pull up the side with one hand and spread the oil over the board. Repeat this procedure from the other lateral side. Connect the equipment to the mains (if it has one) and place the “on” button (red button) in the correct position (I), insert the safety key and let the treadmill run for several minutes without no weight on it. Repeat this action regularly.
20. Two people will be required to remove the unit from the package. Otherwise, damage caused at this time will not be covered by warranty.
21. Do not drop any objects into the slots.
22. If the unit operates via a power cord: Always disconnect the power cord before cleaning, after training, and before performing any maintenance.
23. This unit is intended for domestic and indoor use, not for a commercial or outdoor environment.
24. Do a stretching workout before and after the sessions, you will avoid injuries.
25. Drink water before, during and after training.
26. If you start to feel pain or dizziness while training: stop immediately.
27. Accessories may be different from other models.
28. Under no circumstances may this electronic product be disposed of in municipal waste containers. In order to preserve the environment, this product must be recycled in accordance with the applicable legislation of your country. Contact your local council to find out more about this procedure.
29. If you require technical assistance or advice with the installation of parts, you can contact us. You must retain your purchase receipt to access this service.

Save these tips for future reference.

You must keep the original packaging with its protections, manual y components during the warranty period.

2. MAIN TECHNICAL FEATURES



Input Voltage	220Ve
Frequency	50/60 Hz
Career Zone	1200 x 420 mm
Function	Tiempo, Velocidad, Control Remoto, Autolubricación fácil
Speed Range	0.8-12 Km/h
User Maximum Weight	100 kgs
Force	2.0 HP

3. ASSEMBLY



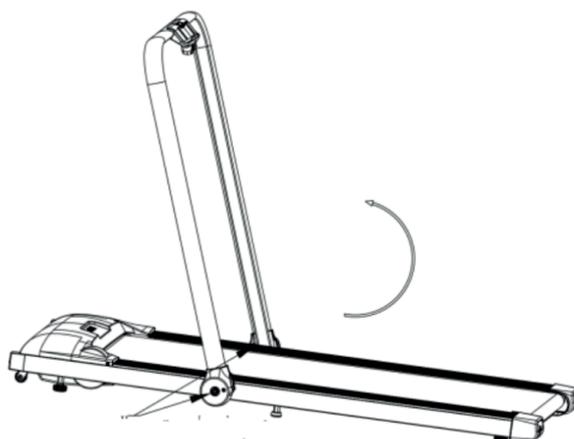
WARNING

Assembly requires two people.

N°	Items	Q
1	Remote Control	1
2	Manual	1
3	Silicone Oil	1
4	Wrench	1
5	Multiple Key	1
6	Security Key	1

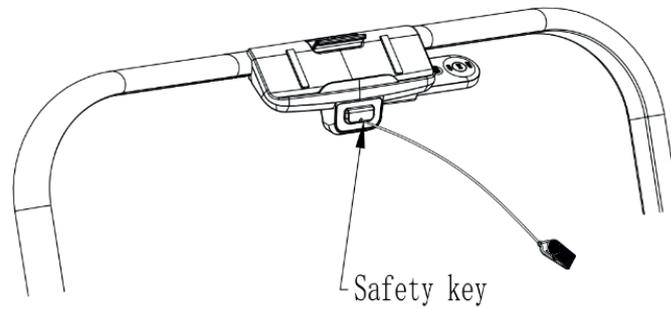
STEP 1

1. Take the machine out of the package between two people and place it lightly on a flat ground.
2. Put the handrail on the deck frame and fix it with the security screws on both sides.
3. Use 2 screws to fix the handrail to the main frame from the left and right sides and adjust the tablet holder to the appropriate angle.
4. Plug in the power and turn on the switch. Press the start key and stop key on the remote control to check whether the machine can work well.



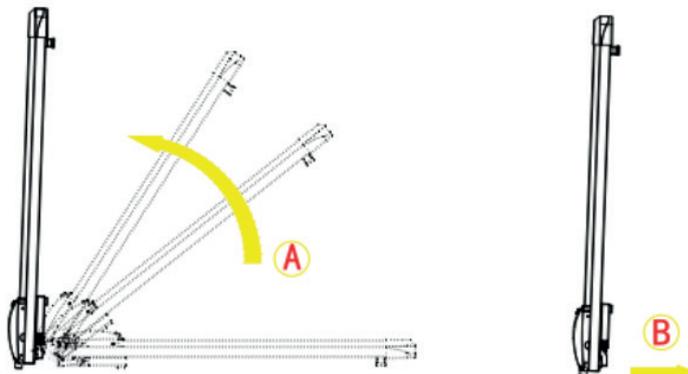
STEP 2

1. Place the security key on the yellow background as shown in the image.
2. Turn on the power switch and you can use the equipment.

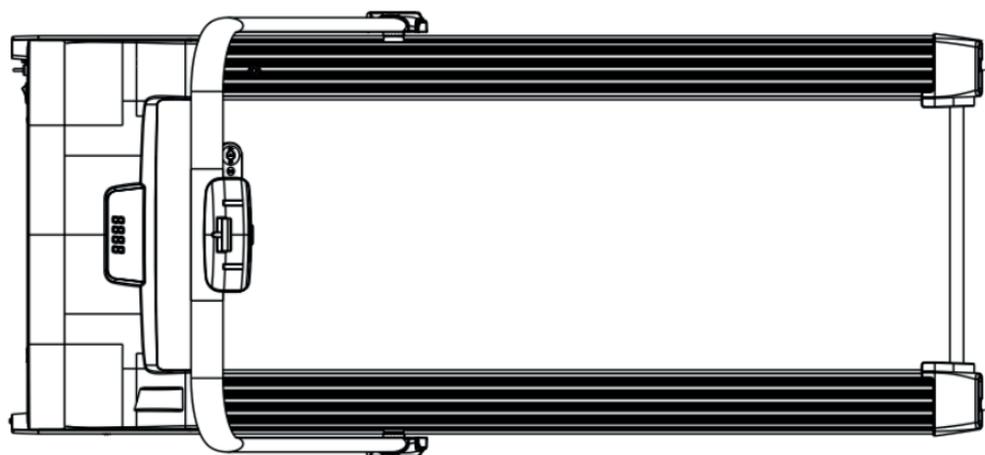
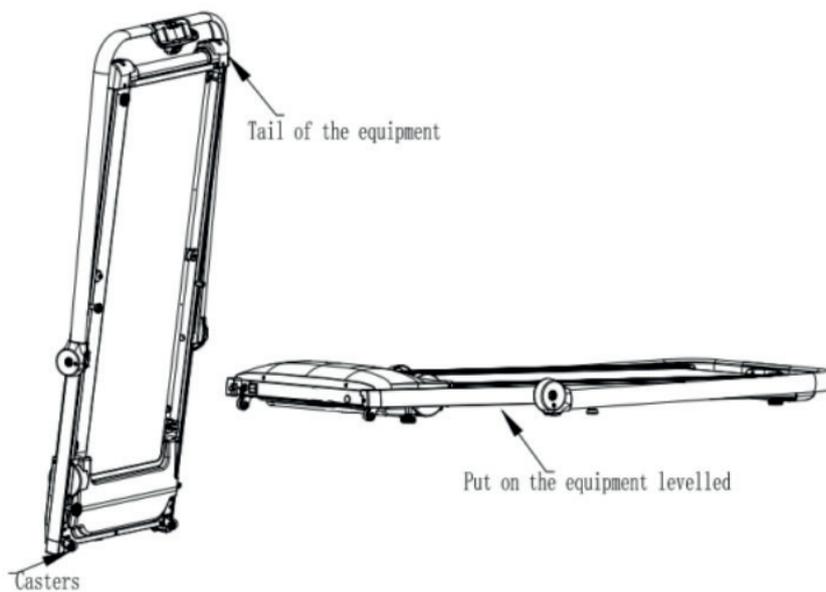


STEP 3

When not using the treadmill, loosen the security screws so that the treadmill can be folded in the direction of arrow A until the transport wheels pop out in the direction of arrow B to save space.



You should leave free space around the treadmill in the training area for safety. The free area cannot allow another machine and must include the area for emergency disassembly.

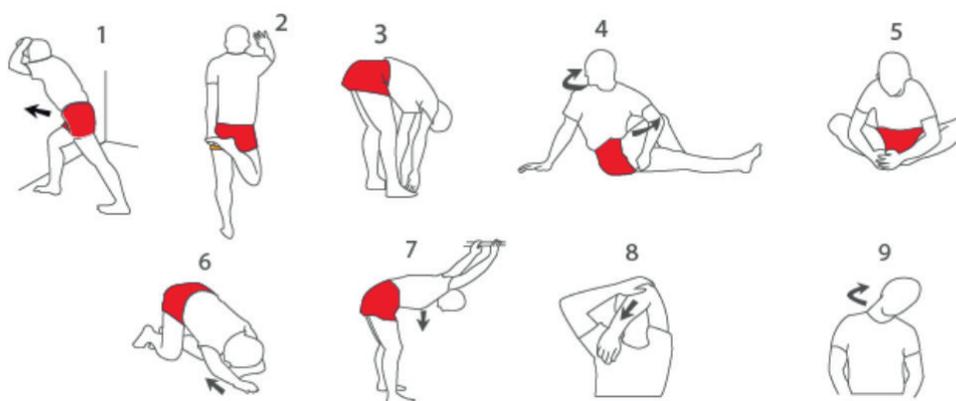


4. TRAINING GUIDELINES

CAUTION: Before starting this or any exercise program, consult your doctor. This is especially important for people over 35 years old or for people with health problems.

If your equipment is equipped with a pulse sensor, you should note that it is not a medical instrument. Several factors can vary the accuracy of heart rate interpretations. The pulse sensor is only an aid to training, determining general heart rate trends.

PROGRAM WITH WARM-UP WORKOUTS:



WARM UP: Start by stretching and lightly activating your muscles for 5 to 10 minutes. Warming up will increase your body temperature, heart rate and blood flow, preparing you for your workouts.

TRAINING ZONE FOCUSED TRAINING: Do some exercises for 20-30 minutes with your heart rate (don't maintain your heart rate for more than 20 minutes during the first weeks of the exercise program). Breathe steadily and deeply during training (never hold your breath).

COOL DOWN: Finish with stretching exercises for 5-10 minutes. Stretching increases the flexibility of your muscles and helps you avoid injuries after workouts.

TRAINING FREQUENCY: To get fit or improve your form, complete three training sessions each week, with one day of rest between workouts. After a few months of regular training, you will be able to complete up to five workouts a week.

5. TREADMILL OPERATION

CONSOLE

- 1. TIME:** Shows the exercise time. Range: 0:00-99:59. The time indicator is on when the time is displayed.
- 2. DISTANCE:** Shows the sports distance. Range: 0:00-99:9. The distance indicator lights up when the distance is displayed.
- 3. CALORIES:** Shows calories expended. Range: 0-999. Calorie indicator lights up when calorie is displayed
- 4. SPEED:** Range 0.8-12.0 KM/H. The speed indicator light is on when the speed is displayed.



REMOTE CONTROL KEY DESCRIPTION

Setting Mode: Press this key to switch "30:00", "1.0", "50.0", "0.0" ("30:00" is time reversal mode, "1.0" is distance reversal mode, "50.0" is calorie reversal mode, "0.0" is free mode.

Speed + (Speed Plus key): After starting the treadmill, the speed increases. After pressing the treadmill once, the adjustment range is 0.1km/H. When the treadmill is pressed continuously for more than 1 second, it continues to increase.

Speed - (Speed Reduction): After starting the treadmill, reduce the speed. After pressing the treadmill once, the adjustment range is 0.1km/H, and it will decrease continuously when holding the treadmill for more than 1 second.

Start/Stop (Start/Stop): When the power is on, the button will start the treadmill. When the treadmill is running, the treadmill will stop with this key.

Force (Off Button): When the treadmill is running, the treadmill can be turned off. In standby mode, turn off the screen and go to idle state.

PRESET MODE/START DESCRIPTION

MODE KEY DESCRIPTION

This mode includes: time countdown mode, distance countdown mode, calorie countdown mode. In each mode, the target value of the relevant mode can be controlled by the speed addition and subtraction key on the remote control.

START-UP INSTRUCTIONS

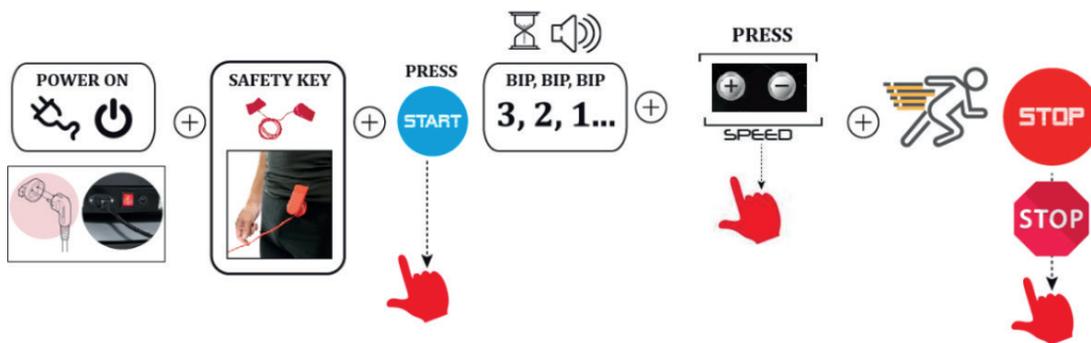
Safety lock switch position to secure the safety lock to the panel.

Press the start/stop button and the speed window shows: 3-2-1, and each negative buzzer beeps before starting the engine.

After starting, you can adjust the speed of the treadmill using the "speed +" and "speed -" keys as needed.

When the treadmill is running, the data in the display window will be displayed in a cycle automatically, and the display window will automatically change every 5 seconds.

MANUAL



6. MAINTENANCE

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

- Do not tangle the power cord

REGULAR MAINTENANCE OF THE TREADMILL

STORAGE: Keep your equipment in a closed place, away from dust or moisture. Do not store it in a garage or indoor backyard, or near water. Moisture, dust and water can damage it and affect its operation.

POWER CORD: Make sure the cord and plug are in perfect condition. Electrical cords should be kept away from hot surfaces.

SCREWS AND CONNECTION CABLES: Monitor and tighten the screws periodically, since due to the vibration of the screws and nuts they tend to loosen.

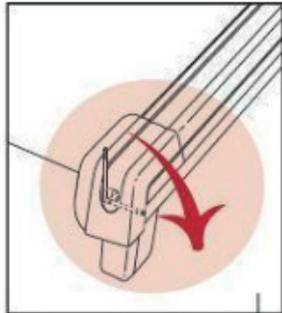
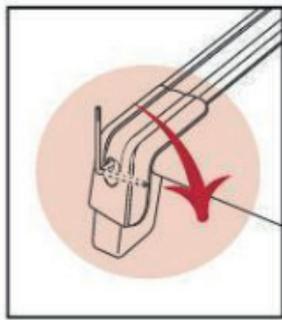
LUBRICATION: Correct lubrication of the treadmill with silicone oil or Teflon is really important. This lubrication must be done periodically, even before the first use.

- There is a hole for adding oil on the side rail. After starting the machine, switch to the highest speed, then add oil into the hole, the oil spreads from the middle between the treadmill and the board.

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

TIP: ALIGN AND ADJUST THE MACHINE BELT

Due to use, the strap may become uncentered. If the belt has moved to the left, turn on the treadmill and increase the speed to 3 MPH. Use the 5mm wrench to turn the left fixed bolt clockwise or turn the right fixed bolt counterclockwise. Do not tighten the belt too much to be able to walk. Repeat this procedure until the belt is properly aligned. (Demo image on next page)



LEFT BOLT RIGHT BOLT



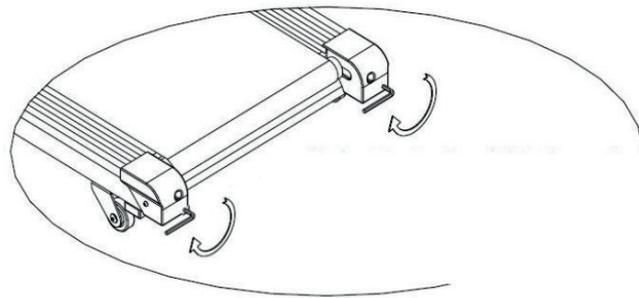
Si se desvía hacia la izquierda, ajuste el tornillo del lado izquierdo en el sentido de las agujas del reloj o el tornillo del lado derecho en el sentido contrario a las agujas del reloj.



Si se desvía hacia la derecha, ajuste el tornillo del lado derecho en el sentido de las agujas del reloj o el tornillo del lado izquierdo en el sentido contrario a las agujas del reloj.

ADJUST THE BELT: if the belt slips on the machine when walking). Start the treadmill and increase the speed.

If the strap slips, use a 6mm wrench, turn the bolts on both sides 1/4 clockwise. Repeat this procedure until the strap is tight.



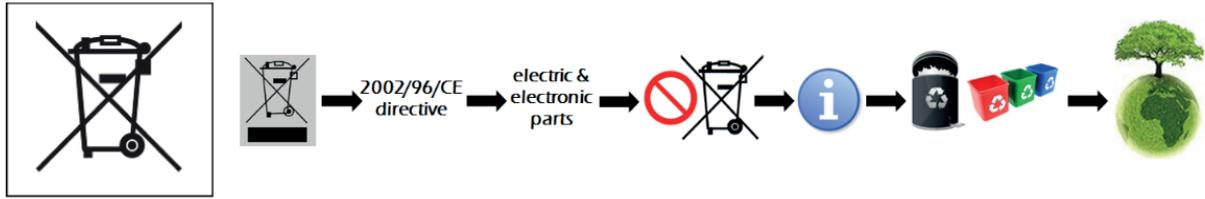
TIGHTEN THE DRIVE BELT: If the drive belt becomes loose after using it for a period of time, you should:

1. Open the engine cover.
2. Use the 5mm wrench to turn the adjusting bolt clockwise. Repeat this procedure until the drive belt is no longer slippery.

CLEANING: Do not use abrasive products. A damp cloth is sufficient.

SAVE THESE MAINTENANCE TIPS FOR FUTURE REFERENCES.

7. RECYCLING INFORMATION



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

8. COMMON MISTAKES

If nothing is displayed on the screen after power on, maybe the connection line of the PBC is not connected well or the transformer is broken. Then check the connection line bonding or change a new transformer.

If the motor does not work when power on, please check the motor connection line or check the protective tube of PCB and IGBT if it is broken. Change IGBT or PCB if broken.

---: Security Key Off

E01: Controller Signal Failure

E02: Overcurrent Warning

E03: Overload Protection

E04: Sudden Overcurrent Protection

E05: Explosion Protection

E06: Broken Motor Cable Failure



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.



You must keep the original packaging with its protections, purchase receipt, manual and components during the warranty

9. WARRANTY

We have one year quality guarantee for the products. Within the warranty period, we provide the spare parts for FREE. If it is caused by assembly failure, incorrect use or replacement of parts, our company is not responsible. It should show the series of our products no. and pictures or relative information before obtaining warranty.

This treadmill is for home use only, if the problems occurred due to commercial use, our company is not responsible.

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