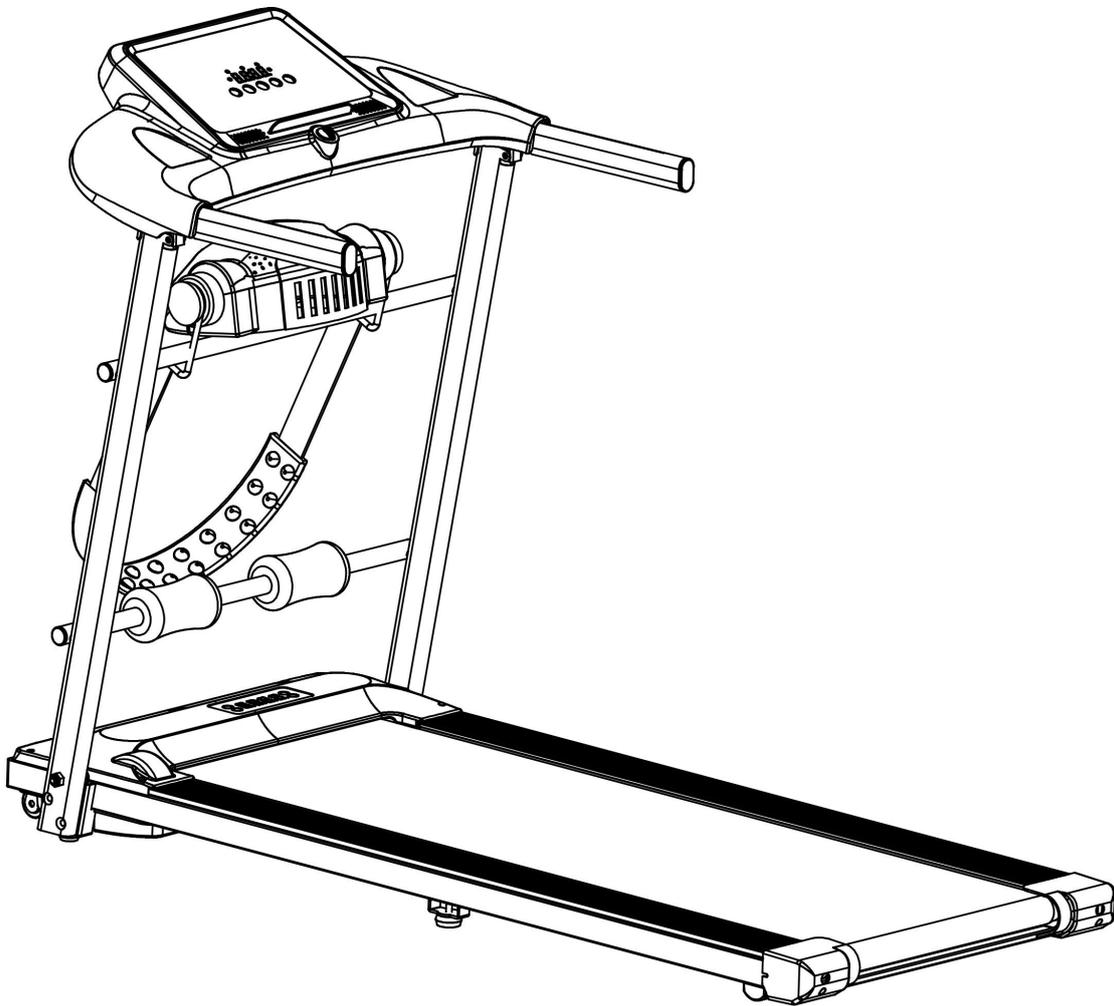


# OWNER' S MANUAL



# Instructions

## Directory

Installation instructions

Description of product use

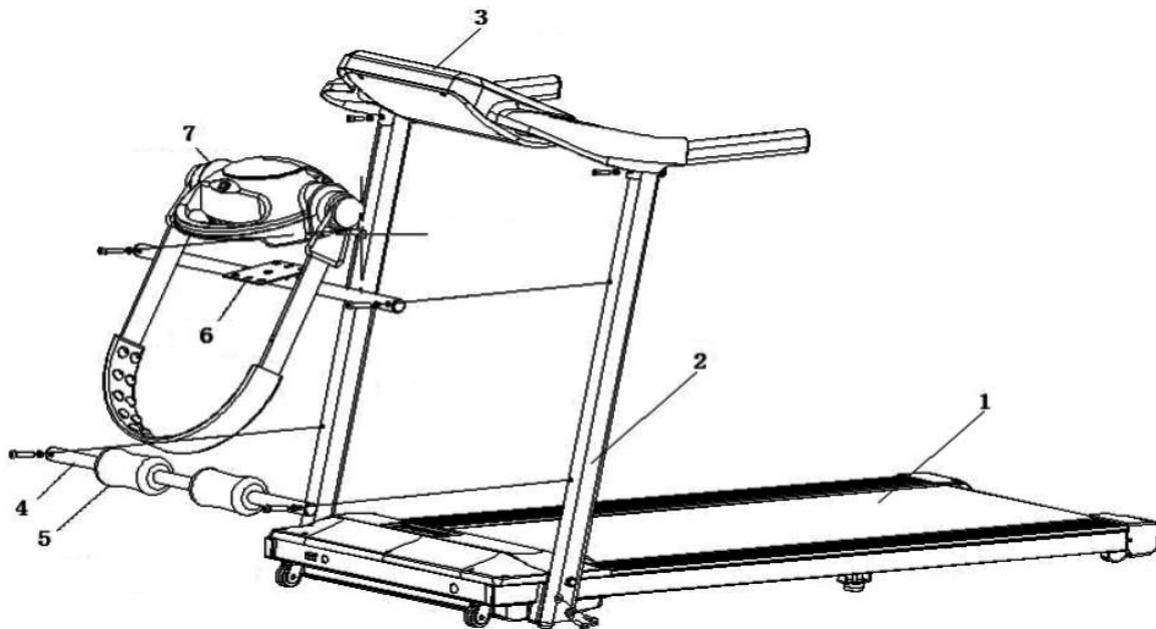
Common Fault and Treatment

# Installation instructions

## List of parts installed

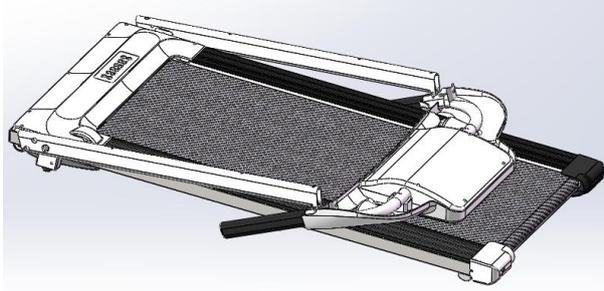
Serial number	Name of component	Quantity
1	Runway	1
2	Column	2
3	Electronic tables	1
4	Hook foot foam pipe (for multifunction)	1
5	Pillow foam cotton (for multifunction)	2
6	Multifunction rack (for multifunction)	1
7	Massage head (for multifunction)	1

## Structure Chart of Installation



## Installation steps

1) Open the package, remove the assembly material in the box, and place the main engine flat on the ground;



2) Lift the column and lock the column with 4 M8\*35.



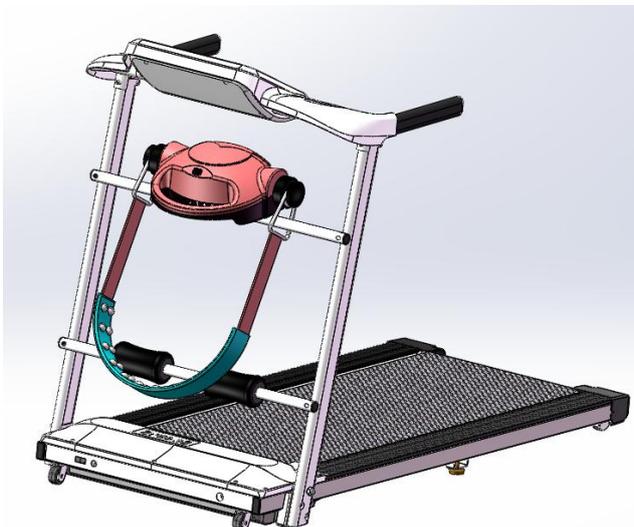
3) the electronic watch flat, with two M8\*20 screws with gasket, the electronic watch and column lock fixed.



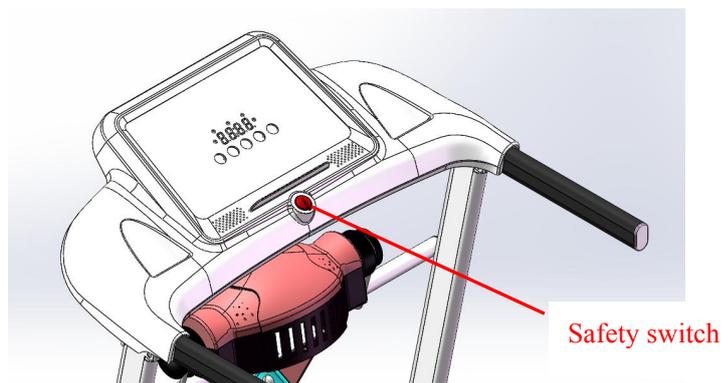
4) Installation of multifunctional sections:

Hook foot bubble cotton pipe sleeve pillow bubble cotton, with 2 8\*35 and gasket and column lock fixed;

The multi-function frame and massage head are fixed with screws matching the massage head, and then with 2 8/35 and gasket and column locking.



5. The corresponding position of the electronic meter put on the safety switch, can operate the treadmill operation.



## Product Profile

### 1. Packing List

Serial number	Name of name	Quantity	Remarks
1	Complete machine (running platform, column, electronic watch)	1 unit	
2	Components (multi-function frame 1, hook foot foam tube, massage head 1, pillow foam 2) For multifunctional applications		
3	Accessories	1 package	See attached table
4	Specification, certification	1 each	

### 2. schedule (list of accessories):

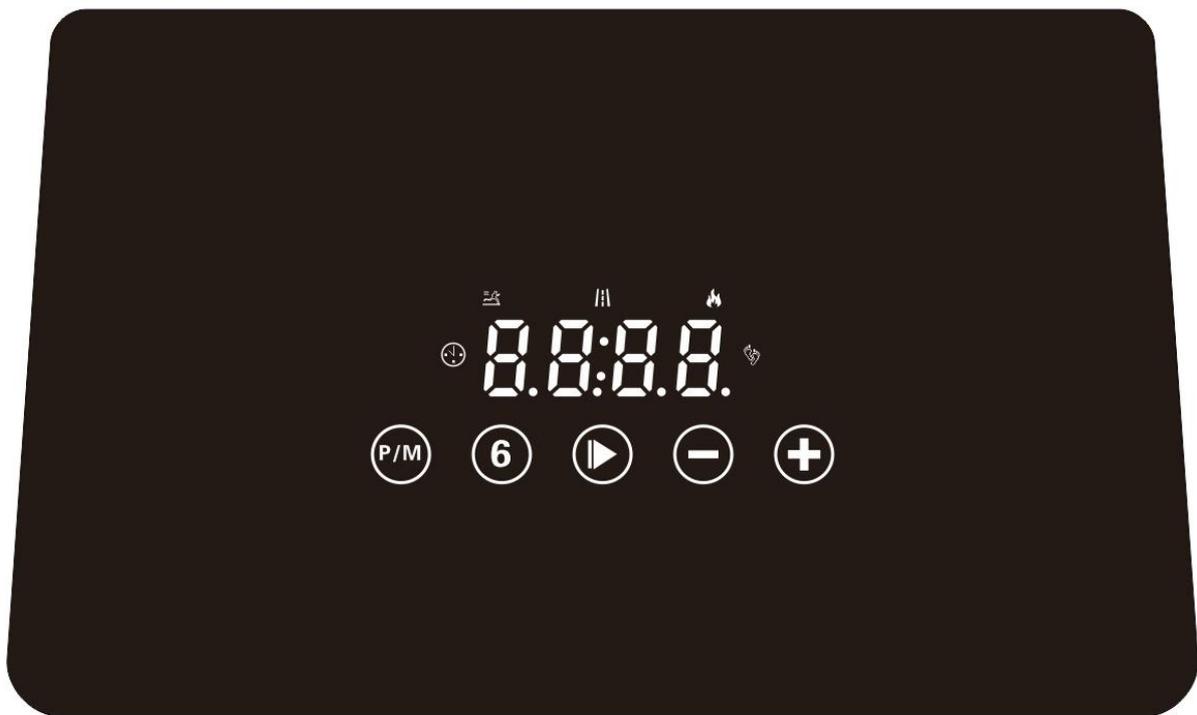
Serial number	Name of name	Quantity	Remarks
1	5 mm/6mm Hexagon wrench inside	1 each	
2	Wrench wrench	1	13# 17#
3	Security lock	1	
4	Dual use screwdriver	1	
5	Silicone oil	1 bottle	30 ml
6	Hexagon inside M8*20 semicircle	2	
7	Hexagon inside M8*35 semicircle	2	(Multifunctional 2)
8	φ 8.2 gaskets	6	(4 multifunctional)

## Technical parameters

Note: We reserve the right to modify our products without prior notice

Working	220V-240V 50/60Hz
Maximum load	100 k g
Dimensions	Folding :1475*725*205 (mm)
	Expansion :1475*725*1065 (mm)
Effective Running Area	1200*430 (mm)
Total weight	38.7 kg
Peak motor	0.75-2.0 HP Peak
Speed	1.0-12.0 k m/h
Function	Running, sit-ups, massage

## Description of product use



### I. SUMMARY

Functions of this electronic watch:

Audio Bluetooth playback

A daily intellectual run APP function

The noun convention used in the instruction manual:

Treadmill parameters: Speed

Motion parameters: distance value, calorie value, time value.

Motion mode: manual, mode, program

Full manual motion mode: no movement mode with set motion.

Reverse mode of motion: a mode of motion with a specific amount of motion.

Automatic motion mode: the treadmill internal self-set of different sports programs, this treadmill set 12 sports programs.

## II. Parameter description

Motion parameters in various modes of motion:

Minimum display speed of 1 km/h

Maximum display speed of 12 km/h

:: Maximum movement time in time mode :99 minutes

:: Minimum exercise time in time mode :8 minutes

:: Maximum distance in distance mode :99 km

:: The shortest distance in distance mode :1 km

:: Maximum calorie consumption in calorie mode :990 calories

:: Minimum calorie consumption in calorie mode :20 calories

:: (P01—P12) Minimum time for the automata to run :8 minutes

:: (P 01—P12) Maximum duration of running of the program :99 minutes

## III. Key function description

1. keystroke board function key:

:: Start key            Stop key

:: Program keys            Mode key

• Velocity + bond speed - key

:: Speed shortcut key 1(6)

### Key function and operation instructions

Start/stop key - Function description: Start/stop motor

Operation description :1. Electronic watch in full manual operation mode state, press this key to start the motor operation

2. the electronic meter is set in reverse mode, press this key to start the motor running

Press this key to start the motor running 3. the electronic table in the automatic setting state

Press this key to stop the motor running 4. the electronic meter is running

Program/Mode Key - Function Description: Selection of Automated Programs

Operation description :1. Electronic table in full manual operation mode state, press this key to enter the reverse mode setting

2. the electronic table in full manual mode state, press this key to enter the automatic program setting state

### 3. standby operation process: time reverse-distance reverse-calorie reverse-program selection

- Velocity +/-key - Function Description: Runtime speed value adjustment, parameter value adjustment when parameter setting

Operation description :1. The electronic table can adjust the speed value of the running state

2. In the parameter setting state, the setting parameter value can be adjusted

Speed Shortcuts - Function Description: Runtime speed values are selected directly

Operation description: the electronic table in the running state, press this key to directly select the corresponding speed value

## V. Description of movement patterns

### A、 Manual Mode Function

Enter manual mode: after the electronic meter is fully displayed, enter the full manual operation mode, press the start key, and enter the operation of manual operation mode.

Description: Initial running speed 1.0 KM/H, time, distance, calorie window positive count from zero, by speed

Adjust the key to adjust the size of the speed value.

Exercise time more than 99:59 minutes, the system does not stop, time from scratch.

### B、 Backup Mode Function

1. enter time countdown mode: in full manual operation mode, press mode key to select time countdown mode, the time window displays 30:00 minutes and flashes to display the running time that can be set by speed +/-key. Set range 8:00~99:00 minutes, press start key to enter time countdown mode.

Description: the initial running speed is 1.0 KM/H, the time window starts counting according to the set running time, the distance and calorie window starts counting from zero, the speed adjustment key can adjust the size of the running speed value, when the set time is counted to 00:00, The electronic watch began to stop running slowly.

2. enter distance reverse mode: in full manual operation mode, press mode key to select distance reverse mode, the distance window displays 1.0 km and flashes display, can set the required running distance through speed +/-key, Set range 1.0~99.0 km, press start key to enter distance reverse mode operation.

Operation description: the initial running speed is 1.0 KM/H, the distance window starts counting according to the set distance, the time and calorie window starts counting from zero, the speed adjustment key can adjust the size of the running

speed value, when the set distance is counted to 00:00, The electronic watch began to stop running slowly.

3. into calorie countdown mode: in full manual mode, press mode key to select calorie countdown mode, when the calorie window displays 50 and flashes, you can set the required running calories by speed +/-key, set the range 20~990, Press the start button to enter the calorie countdown mode.

Description: the initial running speed is 1.0 KM/H, the calorie window starts counting countdown according to the set calorie, the time and distance window starts counting from zero, the speed adjustment key can adjust the running speed value, when the set calorie count to 00:00, The electronic watch began to stop running slowly.

### C、 Automation Function

To enter the automatic program: in full manual operation mode state or mode setting state, press the program key to enter the automatic program selection, the time window displays 30:00 minutes and flashes (you can set the required running time by speed +/-key, Set range 8:00~99:00 minutes), press start key to enter the automatic program.

Run description: the automatic program is divided into 10 segments, each segment of the speed value according to the value set in the automatic program to run, each segment of the running time is 1/10 of the set time, time window according to the set running time to start counting, distance and calorie window from zero positive count, speed adjustment key, can adjust the size of the running speed value, when the program runs to the next section, the speed is automatically adjusted to the next section of the internal value, when the set time to zero, the electronic table slowly stop running.

## VI. Description of dormant functions

When the treadmill stops running, without any operation for more than 10 minutes, it enters the dormant state, the electronic meter automatically closes the display, press any key to wake up  
Electronic meter, full display and re-enter the initial standby state.

## VII. Function description of the security lock

When in normal use, the security lock should be placed in the specified position of the electronic table to operate the electronic table, take down the security lock, display “-” in each display window of the electronic table, and be accompanied by a warning, such as in operation.

## Audio Bluetooth Function Description

When the electronic meter is powered on, turn on Bluetooth in the phone settings, and click search.  
When you search for Bluetooth (RZ\_Media), click RZ\_Media, connect the Bluetooth to the phone

and play the songs in the phone.

### 9. Bluetooth APP function

When the electronic meter is powered on, Turn on Bluetooth, Turn on "Daily Smart Run" (download address: Android phones are downloaded in Tencent App Store or Huawei app market, Apple phones are downloaded appstore), First click "opened" in the upper right corner, APP searched the Bluetooth (RZ\_TreadMill) of the electronic watch, Then click on the corresponding Bluetooth name to match, And into the treadmill interface, This interface allows you to start the treadmill, Stop, Add and subtract speed, Add and subtract slope

**Schedule 1: P1—P12 Motion Chart**

Time period Programs											
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	3	4	2	1	3	4	2	1	3
P2	Speed	2	2	1	3	4	2	1	3	4	2
P3	Speed	1	3	1	3	1	3	1	3	1	3
P4	Speed	2	4	2	4	2	4	2	4	2	4
P5	Speed	1	2	1	2	1	2	1	2	1	2
P6	Speed	1	2	1	3	1	2	1	3	1	2
P7	Speed	2	3	2	3	2	3	2	3	2	3
P8	Speed	3	2	3	2	3	2	3	2	3	2
P9	Speed	2	2	4	2	4	2	4	2	4	2
P10	Speed	3	4	3	4	3	4	3	4	3	4
P11	Speed	2	3	2	3	2	3	2	3	2	3
P12	Speed	1	2	3	4	1	2	3	4	1	2

## Treadmill DC System Error Information Tips

**E01 : indicates abnormal communication phenomenon of electronic meter and electronic control**

E r 01 FAQ Solutions	The communication line of the electronic meter is not well connected, broken and in poor contact	Please reconnect the communication line
	No signal output for electronic meter	Replacement of electronic watch, to be repaired
	No signal output	Replacement control, to be repaired

**E02: indicates the abnormal phenomenon of voltage monitoring between down control and motor**

E r 02 FAQ Solutions	The motor line is not connected	Check that the motor line is properly connected
	No abnormal voltage output or voltage output	Replacement control, to be repaired
	Bad motor	Replacement of motor

**E03: indicates that the detection of abnormal speed under control indicates**

E03 FAQ Solutions	Failure of PWM drive line of lower control board	Replacement control, to be repaired
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**E04: indicates that the motor overvoltage protection information prompt**

E r 04 FAQ Solutions	The treadmill load exceeds the rated operating voltage of the motor,	Recommended for use in the rated operating voltage range of the motor
	Treadmill Motor Abnormal	Replacement of motor
	Failure of Over-voltage Test Line of Lower Control Plate Motor	Replacement control, to be repaired

**E05: indicates the over current protection information of the motor under control**

E r 05 FAQ Solutions	Treadmill load exceeds motor rated operating current,	It is recommended that within the rated operating current of the motor
	Treadmill and motor assembly structure problems, resulting in motor resistance or plugging phenomenon	Check that the treadmill structure is normal
	Failure of Lower Control Current Limit System	Replacement control, to be repaired

**E06: indicates the abnormal phenomenon that the voltage of the driving power supply is too low**

E06 FAQ Solutions	Too low supply voltage	Please check that the power supply line is normal
	Failure of lower control board test line	Replacement control, to be repaired

**E07 or --: Tips for missing electronic watch security lock**

E07 or - Common Problem Solving	Safe magnet escape	Please place the security lock on the electronic watch
	Failure of electronic watch security lock system	Replacement of electronic watch, to be repaired

## Maintenance instructions

In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before use.

If the running belt is too loose, there will be skid phenomenon during running: if too tight, too tight may reduce motor performance and make roller, running belt wear intensified. If the running belt is tight, you can lift both sides of the running belt from the running board about 50–75 mm. by hand

### Runner lubrication

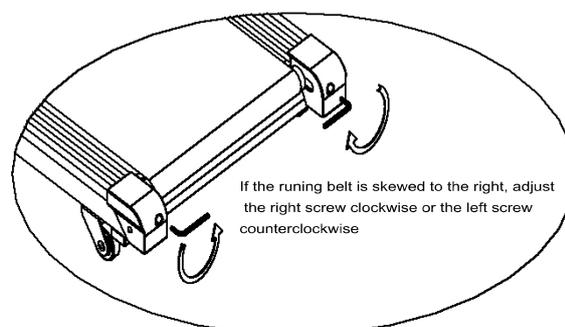
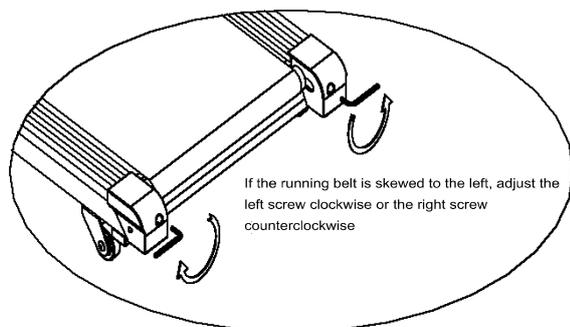
- 1、 We mentioned above that the running board should be lubricated at the right time, but not excessive lubrication, the lubricant is not the more the better. Remember: Reasonable lubrication is an important factor to improve the service life of the treadmill.
- 2、 Check to see if you need more lubricant, just grab the running belt and touch your hand as far as possible to the center of the back of the running belt. If you have silicone oil on your hand (a little damp), you don't need any more lubricant.
- 3、 Steps to lubricate silicone oil to run:
  - a. stop running belt;
  - b. lift the running belt above the running table; put the oil pot into the middle of the running belt as far as possible; spray the silicone oil on the inside of the running belt; apply silicone oil on both sides of the running belt. Run the treadmill at a speed of one km/h to evenly apply silicone oil, and keep the silicone oil completely absorbed by the running belt by stepping on the running belt from left to right.

### Run belt elastic adjustment

All treadmills should be adjusted before and after installation, but may also be relaxed after a period of use. The user stops and skids while running. When this phenomenon occurs, according to clockwise direction to half circle as the unit, left and right synchronous adjustment of the running belt adjustment bolt. If the running belt is too loose, the foot on the running belt, running belt and roller will produce skid phenomenon, but too tight is not good, easy to increase the load of the motor, damage the motor, running belt and roller, etc.

### Running belt alignment

- 1、 Put the electric treadmill on the flat ground.
- 2、 run at about 3.5 km/h using an electric treadmill.
- 3、 If the running belt is skewed to the left, rotate the left adjusting bolt clockwise by 1/2 laps, then rotate the right adjusting bolt counterclockwise by 1/2 laps
- 4、 If the running belt is biased to the right, rotate the right adjusting bolt 1/2 times clockwise, then rotate the left adjusting bolt 1/2 times counterclockwise



If your treadmill failure is not within the above range, please contact our customer service center or call us directly. we will definitely give you a satisfactory service.