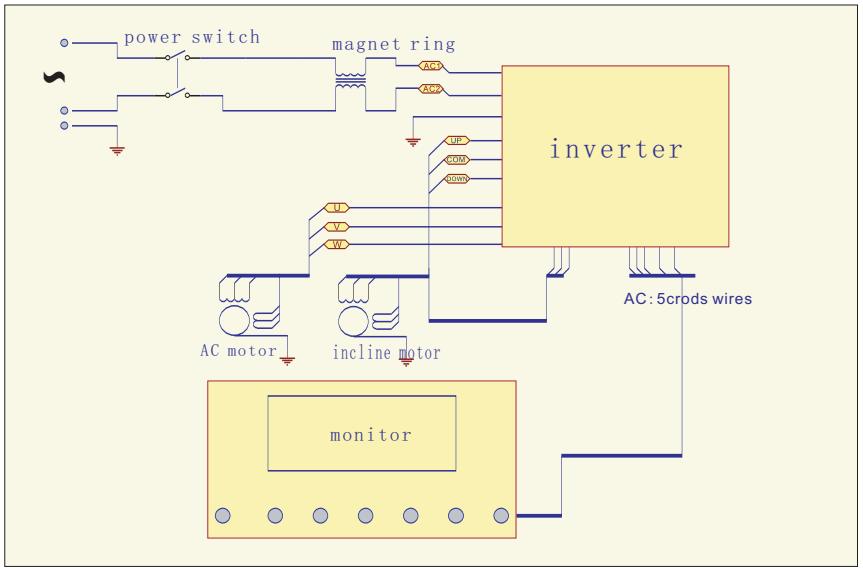
Treadmill User Manual

Model：V12



Circuit Diagram



Technical Specifications

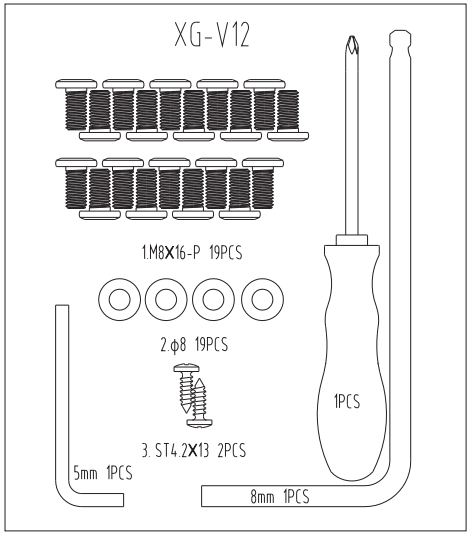
Operating Voltage	voltage±10%(50Hz)	Distabce Display	0.1-99.9km
User Weight	≤180KG	Calorie Display	00-999kcal
Dimensions	2210×1030×1680mm	Heart Rate	40-250beat/m
Running Area	1630x600mm	Speed Range	0.8-22km/h
Machine Weight	225kg	Incline	-3%-18%
Packaginf Size (L×W×H)	2290x1090x515mm 1200x1100x470mm	Ambient Temperature	0℃-40℃
		Safety Protection	Multiple Protection
Motor Power	220V AC	Peak Power	7.0HP
Time Range	00:00~99:59(min:sec)	Driver	220VAC 10A
Console Display	Speed,Time,Distance,Calorie,Heart Rate,Running Program,Incline and so on		

Assemble Manual:

Attention 1: It takes 2 person to assemble this treadmill.

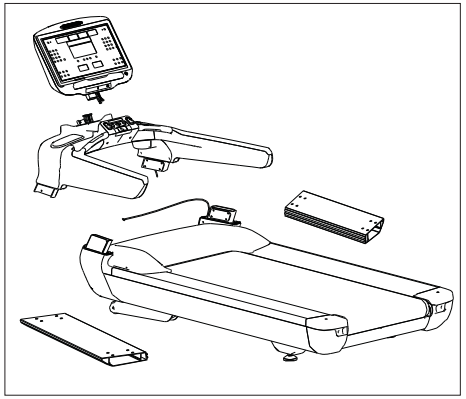
Attention 2: Because of high quality oil for running belt, it's normal to leave little oil stain on packages after shipping.

Attention 3: Please use the special tools and screws in workbag as below.



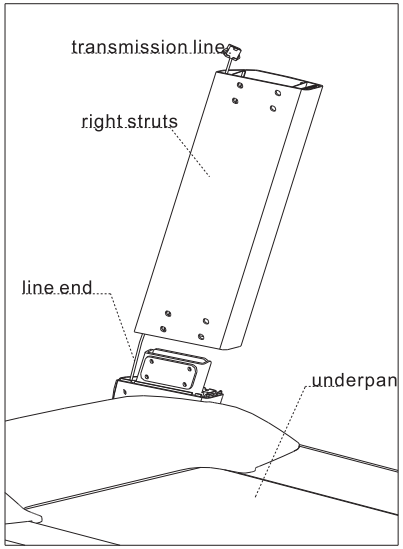
Step 1: Take all parts out.

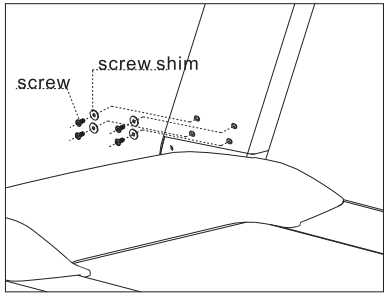
Handle with care and don't leave any parts out.

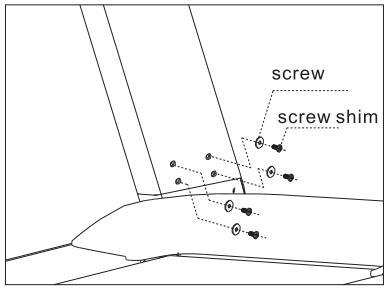


Step 2：Install struts.

Put the underpan away and take both struts out. Make the data transmission line through right side strut. Then fasten the screws on the bottom stand pillar with tools. Also, tighten the other side strut as the same way.

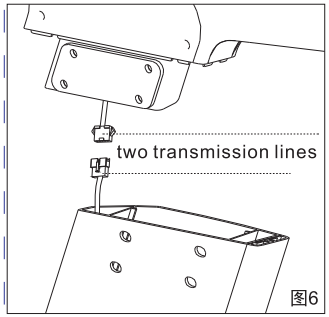


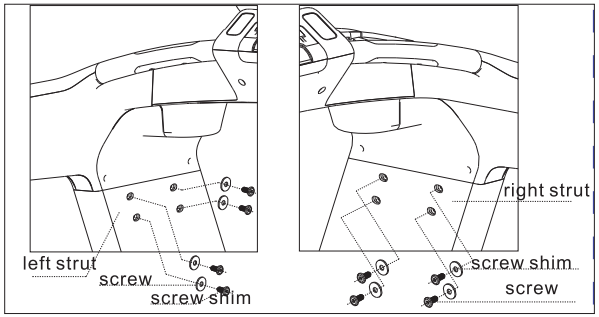




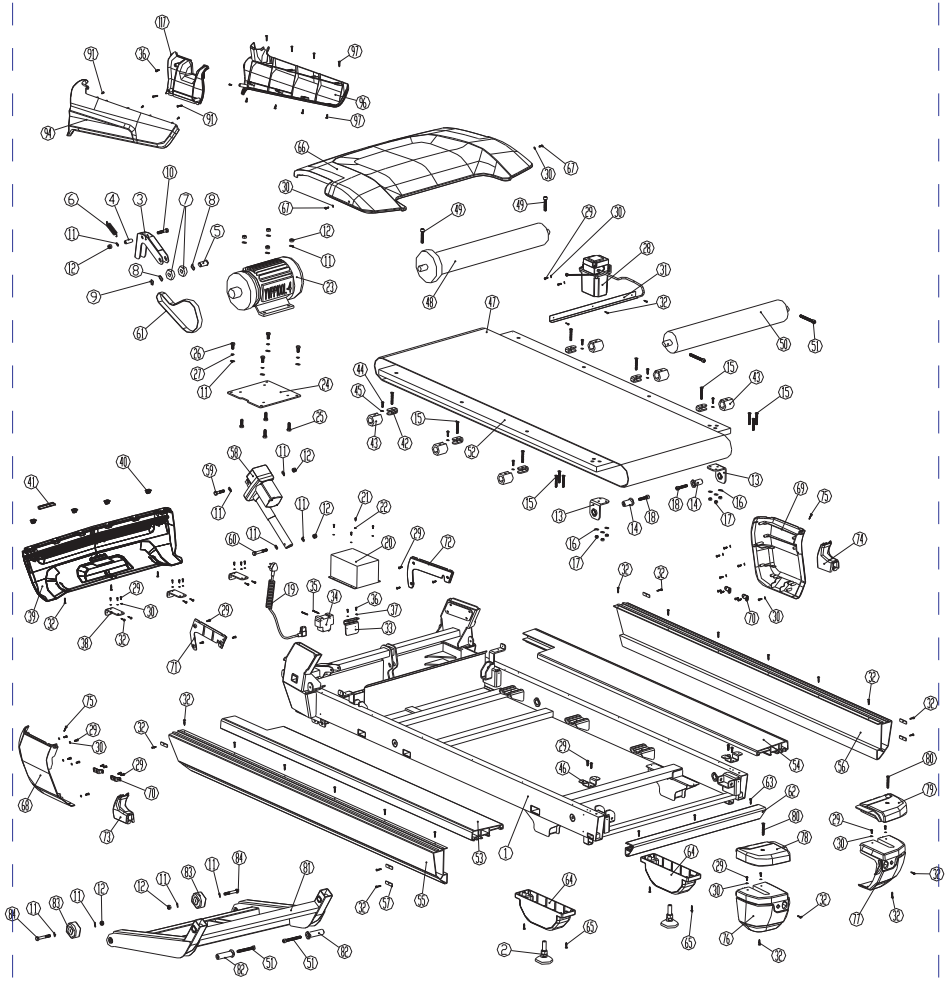
Step 3：Install top console.

Raise the console above struts, connect two data transmission lines first, then plug the top console in struts(Attention:Axoid squeezinf the data transmission lines).And fasten the screws on the upper standing pillar with tools.



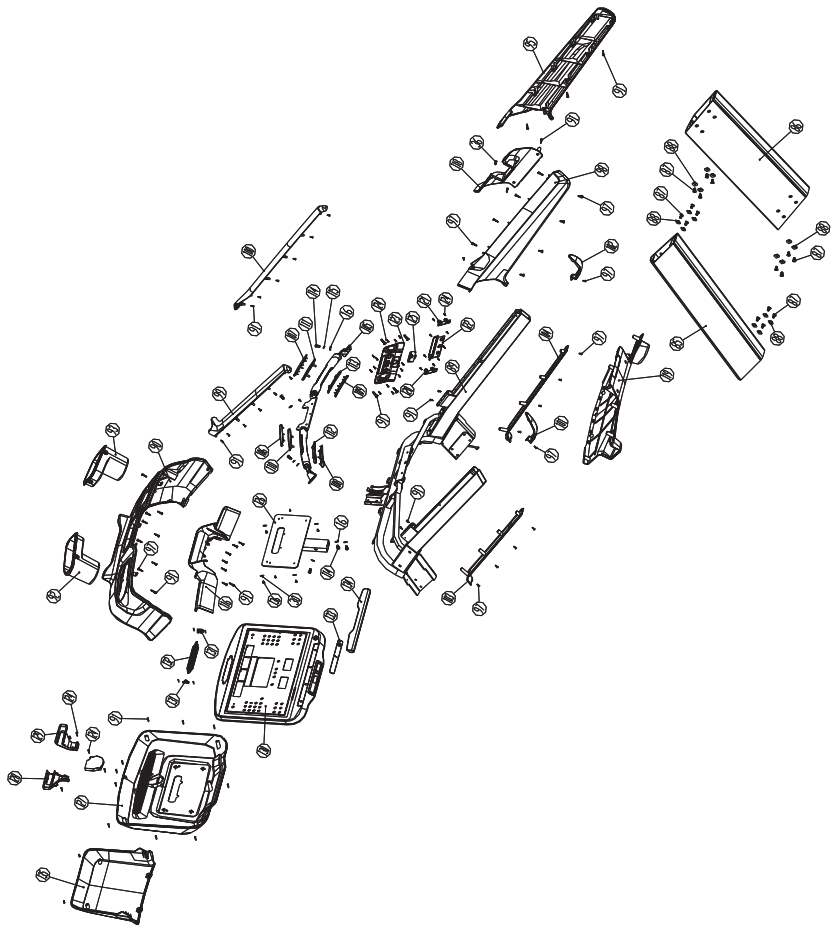


EXPLOSIVE DIAGRAM 2



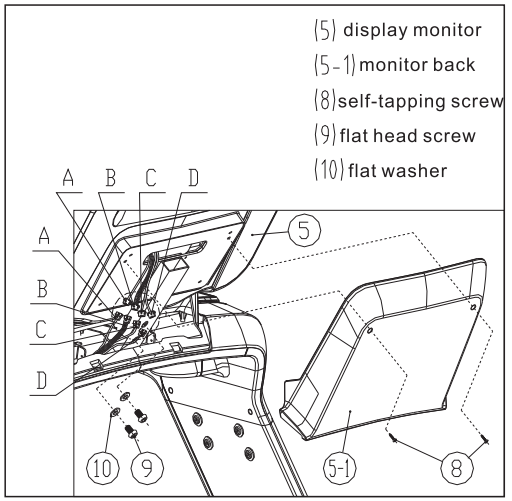
112	LEFT HEART RATE DOWN COVER	121	SPEED BUTTON	130	DISPLAY
113	RIGHT HEART RATE DOWN COVER	122	KEY BOARD	131	INSTAL FRAME
114	SCREW M8*12	123	KEY BOARD FRAME	132	WIND CHANNEL
115	SPRING SCREW 8	124	SCREW ST2.9*13	133	USB FRAME
116	DISPLAY FRAME UP COVER 2	125	SAFETY KEY	134	PAD STAND FRAME
117	DISPLAY FRAME LEFT COVER	126	DISPLAY INSTAL FRAME	135	
118	DISPLAY DOWN RIGHT COVER	127	DISPLAY BACK COVER	136	SCREW M5*12
119	DISPLAY DOWN COVER	128	WIND CHANNEL 1		
120	INCLINE BUTTON	129	WIND CHANNEL 2		

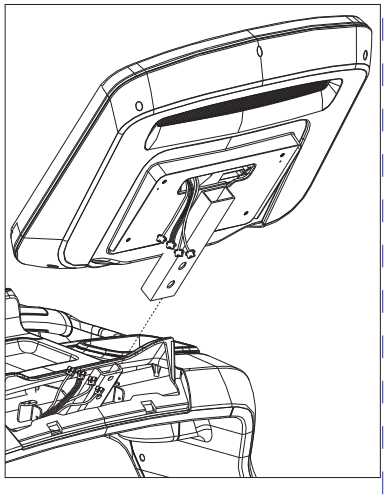
EXPLOSIVE DIAGRAM 1

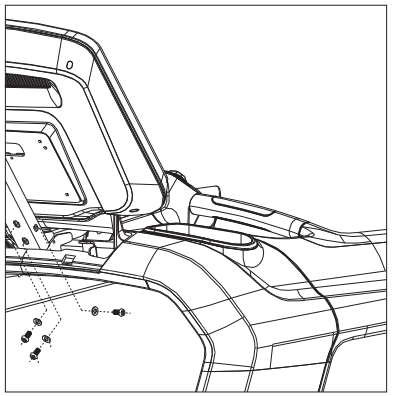


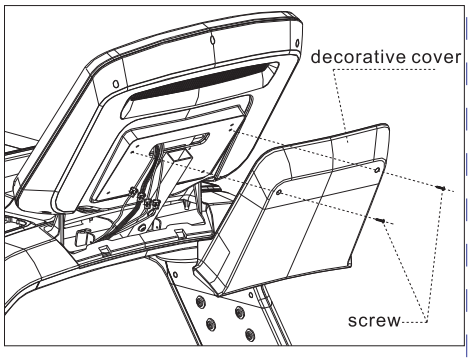
Step 4: Install the display monitor.

1.Take the display monitor out. Separate the monitor and decorative cover, connect the multi-core wire(A connects A, B connects B, C connects C, D connects D) and sort out.
2.Insert display monitor into top console, then fasten the screws.
3.Make sure of the display monitor, fasten the back decorative cover with tools.



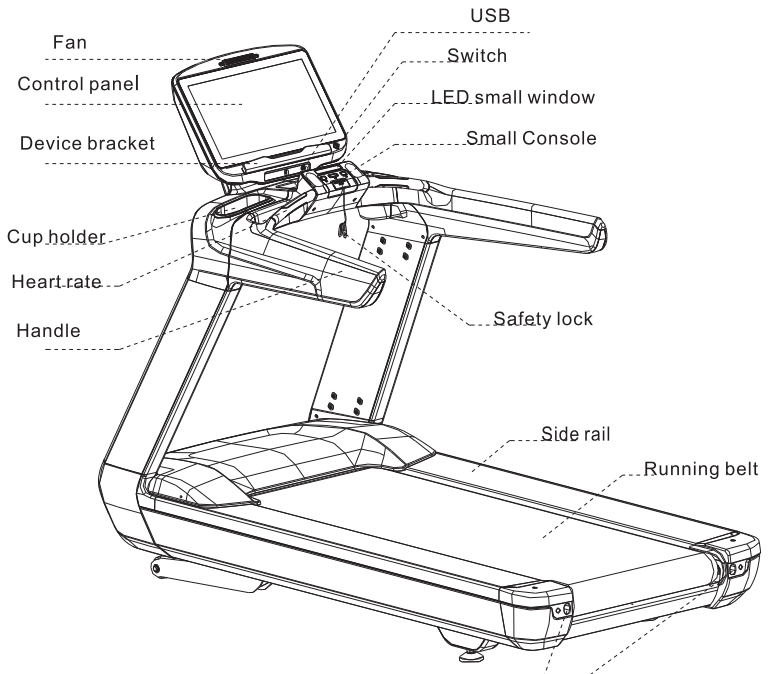


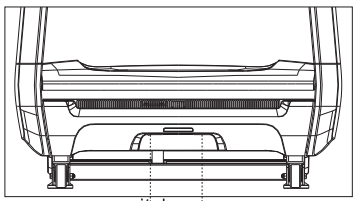




Product Introduction

Exercising regularly on the treadmill is beneficial for your health.
For Respiratory system: Improves myocardial function, increases cardiopulmonary after exercise.
For Nervous system: Fresh the mind and improve ,has great analytical action after exercise.
Metabolism: Activate many factors in your body, and it is good to effectively accelerates bone growth after exercise.
Immunologic function: Lower blood pressure, boost the immune system and improve immune response and resistance to disease to disease after exercise.





Parts List

1	RUNNING FRAME	38	FRONT COVER INSTAL BOARD	75	SCREW ST3.5×9.5
2	MULLT-AXIS FOOT	39	FRONT COVER	76	LEFT END COVER
3	TENSING FRAME	40	FRONT COVER BAYONET	77	RIGHT END COVER
4	TENSING SCREW	41	FRONT COVER PARTS GROUP	78	LEFT END COVER CONNECTION PA
5	TENSING WHEEL BEARING	42	ANTI SHOCK RING DECK	79	RIGHT END COVER CONNECTION PA
6	TENSING SPONGE	43	ANTI SHOCK RING	80	SCREW M8×50
7	BEARING	44	SCREW M6×20	81	INCLINE FRAME
8	CARRIER RING 20	45	CARRIER RING 6	82	INCLINE ROTATE FRAME
9	BEARING RING-A 20	46	REAR END UP INSTAL DECK	83	WHEEL
10	SCREW M10x55	47	RUNNING BELT	84	SCREW M10×65
11	CARRIER RING 10	48	FRONT RULLER	85	LEFT POLE
12	SCREW M10	49	SCREW M10×35	86	RIGHT POLE
13	RUNNING BOARD FIXING FRAME	50	END ROLLER	87	SCREW M8x16
14	ROTATING STAND	51	SCREW M10×90	88	CARRIER RING 8
15	SCREW M8*40	52	RUNNING BOARD	89	DISPLAY FRAME
16	CARRIER RING 8	53	LEFT SID RAIL	90	DISPLAY UP COVER
17	SCREW M8	54	RIGHT SIDE RAIL	91	SCREW ST3.5*13
18	SCREW M10*50	55	LEFT FRAME	92	LEFT CUP
19	POWER LINE	56	RIGHT FRAME	93	RIGHT CUP
20	SWITCH	57	WEIGHT STACK	94	LEFT HANDLE OUTSIDE COVER
21	SCREW M4×10	58	INCLINE MOTOR (315×490)	95	RIGHT HANDLE OUTSIDE COVER
22	CARRIER RING 4	59	SCREW M10×50	96	LEFT HANDLE INSIDE COVER
23	DRIVE MOTOR	60	SCREW M10×70	97	SCREW ST4.2*13
24	MOTOR FIXED FRAME	61	MOTOR BELT	98	RIGHT HANDLE INSIDE COVER
25	SCREW M10×30	62	END PROTECING COVER	99	LEFT HANDLE PART 1
26	SCREW M10×20	63	SCREW ST4.2×13	100	RIGHT HANDLE PART 1
27	SPONG CARRIER RING 10	64	UNIVERSAL WHEEL COVER	101	LEFT HANDLE PART 2
28	AUTO OIL BOTTLE	65	SCREW ST4.2×9.5	102	RIGHT HANDLE PART 2
29	SCREW M5×12	66	MOTOR COVER	103	LEFT HANDLE PART 3
30	CARRIER4 RING 5	67	SCREW M5×20	104	RIGHT HANDLE PART 3
31	OIL PIPE	68	LEFT POLE COVER	105	INSTAL FRAME
32	SCREW ST4.8×13	69	RIGHT POLE COVER	106	HEART RATE SENSOR 1
33	POWER SWITCH STAND FRAME	70	POLE COVER CONNECTIONG FRAME	107	HEART RATE SENSOR 2
34	POWER SWITCH	71	LEFT POLE DOWN COVER	108	LEFT HEART RATE SENSOR
35	SCREW M3×40	72	RIGHT POLE DOWN COVER	109	RIGHT HEART RATE SENSOR
36	SCREW M4×10	73	LEFT POLE DOWN CONNECTION	110	LEFT HEART RATE UP COVER
37	CARRIER RING 4	74	RIGHT POLE DOWN CONNECTION	111	RIGHT HEART RATE UP COVER

1.NECK EXERCISES

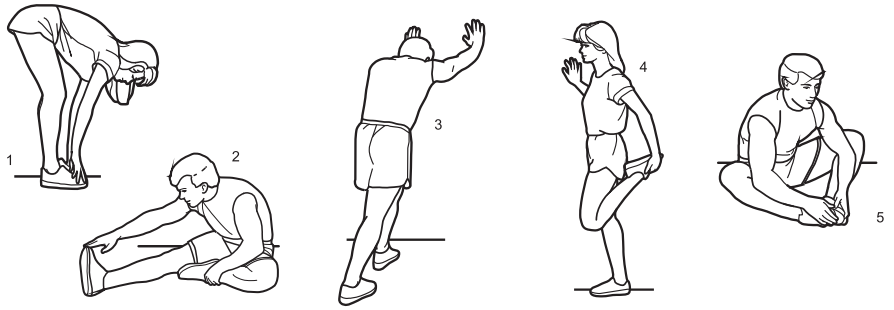
Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.

2.EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

3.ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



4.TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

5.EXERCISES FOR THE KNEES

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

6.EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

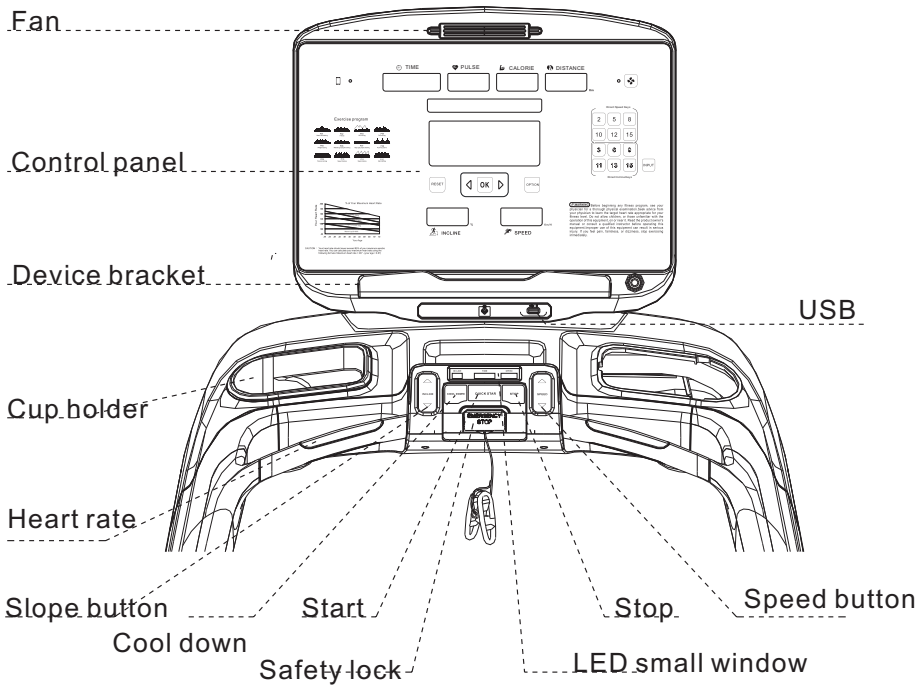
7.EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

8.INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

Familiar with all parts as below before reading other words.



Special Programs

Fixed program1:Weight loss
Fixed program2: Fat burning
Fixed program3: Climbing
Fixed program4: Middle age training
Fixed program5: Elderly training
Fixed program6: Race
Fixed program7:Women physical keeping
Fixed program8: Speed interval training
Fixed program9: Slope interval training
Fixed program10:Men physical keeping
Fixed program11:Calorie countdown
Fixed program12:Distance countdown
Heart rate control speed: HRC

1. Icon:Fan,Smart connection.
2. Function button:Start, Stop,Speed+,-,Slope+,-,Cooling down,Speed select key2,5,8,10,12,15KM/H,Slope select key3,6,9,11,13,15%,Confirm the entry key, off the screen key.
3. Function button manual:

A.START:Start the treadmill motor.
B.STOP:Stop the treadmill motor.
C.Speed Key:Click + or −, can change the speed.
D.Slope Key:Click + or -, can change the slope.
E.Speed Select Key:2, 5, 8, 10, 12, 15KM/H, directly to exact speed.
F.Slope Select Key:3,6,9,11,13,15%, directli to exact slope.
G.Right: Countdown mode, key switch：Time-Distance-Calorie
Fixed mode, key switch:P01->P12。
Heart rate speed control ： HRC1->HRC2.

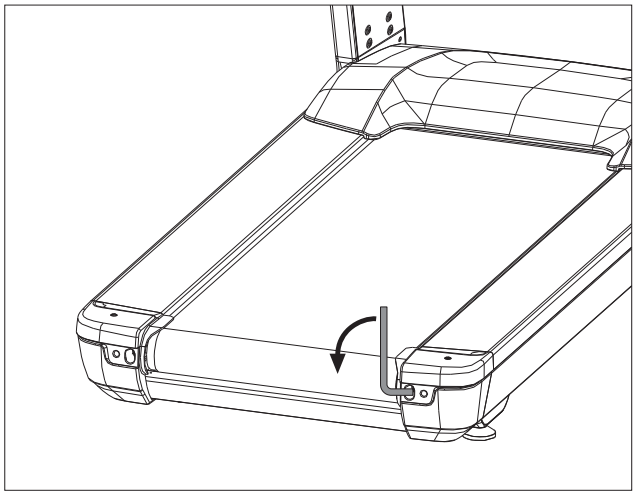
Trouble Shooting

	FAILURE	REASON	SOLUTION
Display	Safety key off	A Safety key off	Put the safety key on
		B Magnetic sensor fail	Adjust the magnetic to right position
	E01-Signal problem (No signal to drive); E02-Signal problem (No signal to displa y)	A Signal cable wont connect	Reinstall line
		B Signal cable broken	Change the line
		C Display signal line broken	Change display
		D Drive signal line broken	Change drive
	E07 - Over voltage protection	A Voltage not stable	Restart
		B Voltage too high	Use voltage stablizer
	E04-Incline motor problem	A Motor cable won't connect	Check the motor cable and reconnect
		B Incline motor broken	Change incline motor
		C Drive problem	Change driv e
	E12-Over current protection	A Over loading capacity	Restart the treadmill
		B Transportation jam	Adjust the part or add oil
		C Motor short circuit	Change motor
		D Drive burn	Change drive
	E08-Motor or Invert problem	A Motor cable not connect	Reconnect the cable
		B Motor broken	Change new motor
		C Motor run idle	Current too low
		D Invert problem	Change new invert
	E13/E14-Motor over loading capacity	A Too much twisting force	Adjust twisting force components
		B Morot problem	Change new motor
		C Transportation jam	Adjust the part or add oil

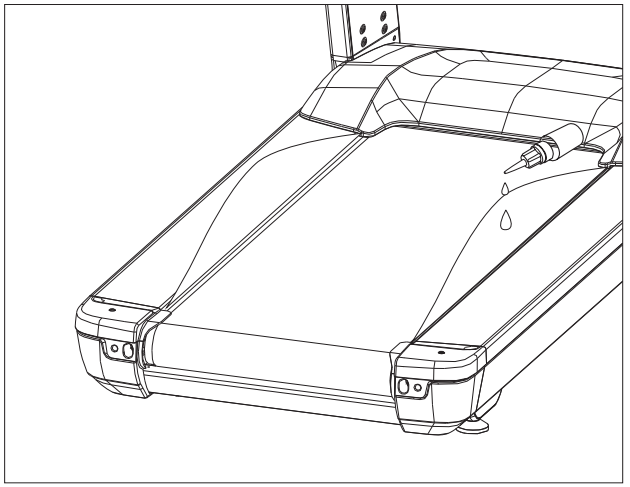
Example Warm-up Exercises:

Please do warm-up exercises before running on treadmill.
And refer to the following warm-up method.

2.Loose the running belt.



How To Clean&MaintainThe Running :



1.Stand at the end of machine, then pull up the running belt then use dry textile clean the running board.
2.Highly suggest to clean the board every 6 months .

H. Left: Countdown mode, key switch：Calorie-Distance-Time
Fixed mode, key switch:P12->P01
Heart Rate Speed control ： HRC2->HRC1

I. Reset button: In the non-standby situation, reset the treadmill.

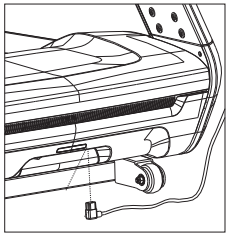
J.Off screen button: Control the screen on or off.

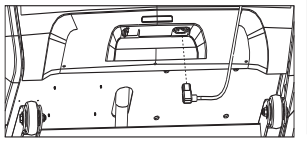
K. Fan button:Button cycle:level1-level2-level3

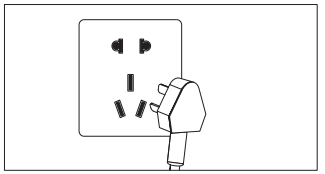
L. Cooling down button, press it when running: Running time over 19 mins,it will need 5 mins to cool down; Running time not exceed 19 mins, it will need 2 mins to cool down.

Start the Treadmill:

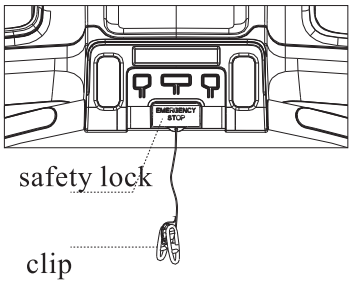
Remove the power cord, Insert one side into the rear of the treadmill, then insert the other side into power supply.

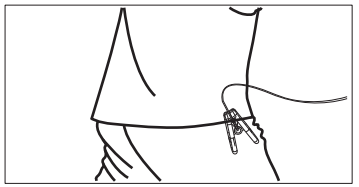


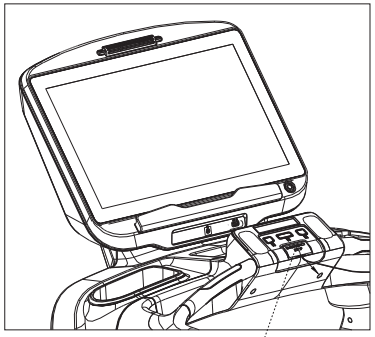




Please make sure the safety lock before running, clip one side on runner’s clothes.

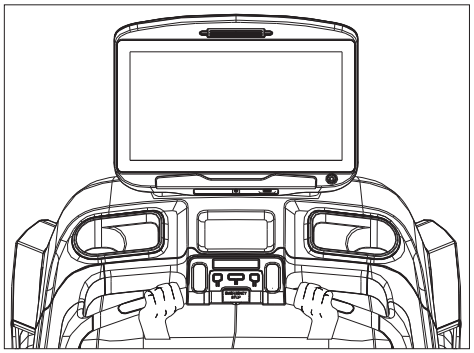




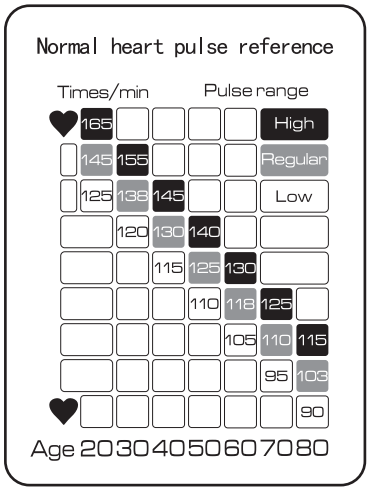


Pull down the safety switch,when you feel uncomfortable. Then timely medical treatment.

Heart Rate Manual:



Put your both hands on the touch sensor that will show the heart rate.



Maximum heart rate of exercise:
220-age=Max heart rate

Fat reduction:(60%~80%)*Max heart rate;
Improve heart and lung function:(70%~80%)*Max heart rate

Note: Keep the movement for more than 30 mins.

Daily Maintenance:

Because of the environment change or long time using, the running belt may deviate, so that need to adjust the running belt by hand.

WARNING: When adjusting the running belt, it is forbidden to touch the belt when the running belt is in a rotating state !

How To Adjust The Running Belt Elastic:

When using treadmill sometimes abrupt, please stop using immediately it means the running belt too tight .
keep the speed 2km/h, stand on treadmill, use your feet to hold the running belt with your max strength.
Listen if there is sound from front roller.
If the front roller keep moving but with big noise, it means the running belt is too loose.
If with small noise and front roller stop running, it means the motor belt too loose.

1.Tight the running belt.

