



AC2990 TREADMILL

OWNER'S MANUAL

182

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Important Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

- 1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.**
- 2. Do not reach for a plug that has fallen into water. Unplug immediately.**
- 3. Do not use while bathing or in a shower.**
- 4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.**
- 5. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.**
- 6. The plug should be accessible after installation.**

Important Safety Instructions

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS

Important Safety Instructions

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Important Safety Instructions

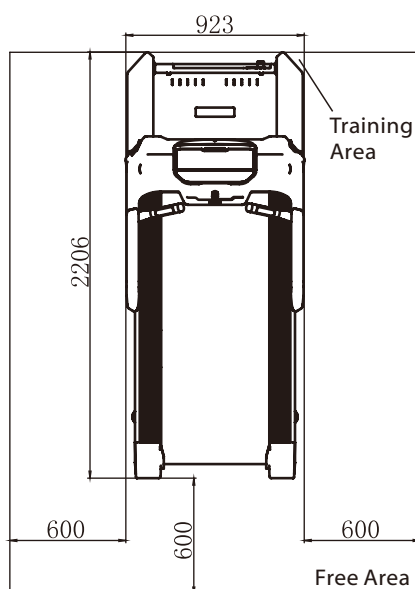
WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Please make sure that there must be a safety area of 2000 mm × 1000 mm behind the treadmill while exercising.

If you find that the running belt overlaps the yellow warning line on the foot rails, it means the running belt is off-center and you need to adjust the running belt immediately.

Don't remove the motor guard and rear roller guard during the daily maintenance, adjustment or inspection.

Training Area and Free Area



Technical Data

Input Voltage: AC 220-240V 50/60Hz

Rated Power: 2300W

SPEED RANGE: 1.0-20.0km/h

INCLINE RANGE: 0-15%

DISPLAY: TIME, TVG SPEED, DISTANCE, STEPS, HEART RATE, CALORIES, CAL/HOUR, INCLINE, SPEED, DOT MATRIX.

Maximum noise level around the treadmill is 72 dB(A). Noise emission under load is higher than without load.

Product total surface: 923×2006mm

Product total mass:

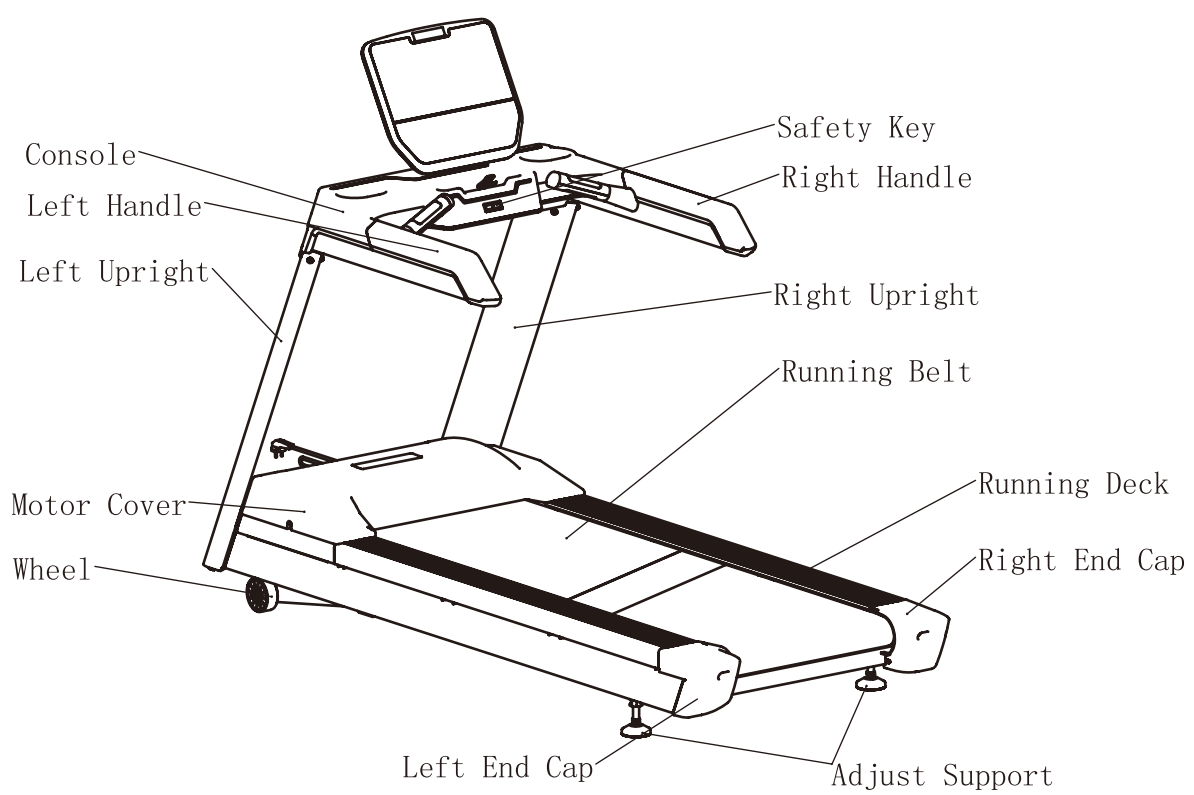
Max. user weight: 150kg

Before You Start

Remember to take the time to review owner's manuals before you start.

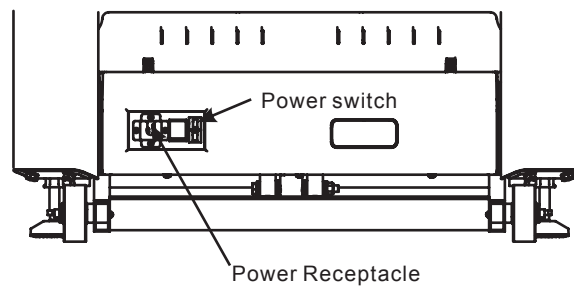
1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks or stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Main parts list



Warning

CAUTION! Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

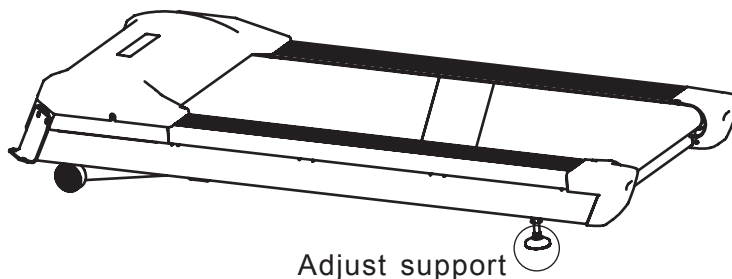


Precautions

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. Power outlet over 16A(220V) must be used, and it must be properly earthed for not being shocked by electricity.
3. In order to protecting your treadmill, spattering water on the machine must be forbidden.
4. The equipment is Class SB.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a level place. After adjusting tighten the hex nut by using the Double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:

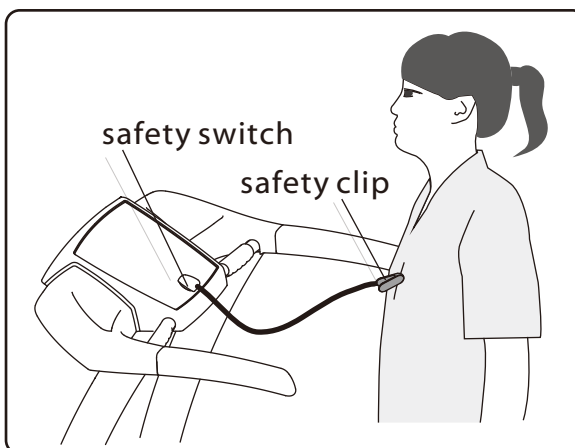
Exercise time: 30minutes----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will trigger the safety switch to stop.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

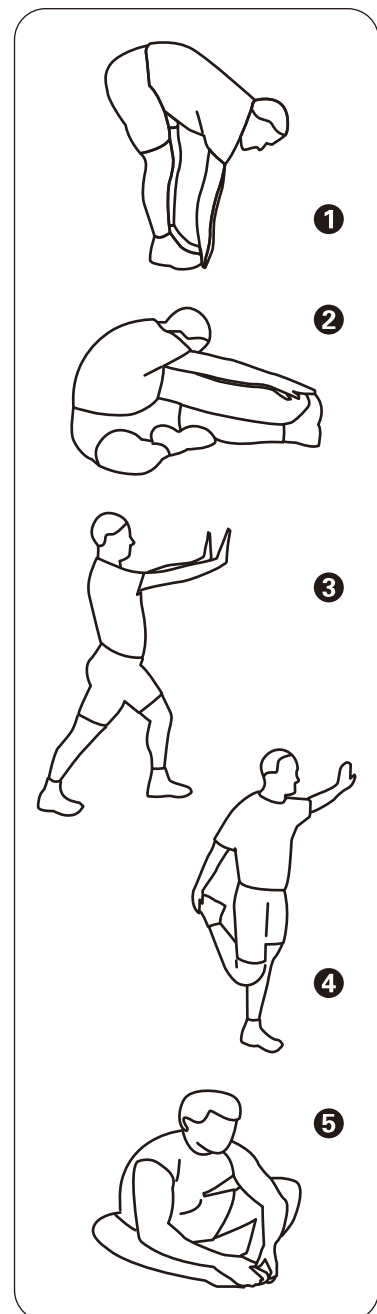
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

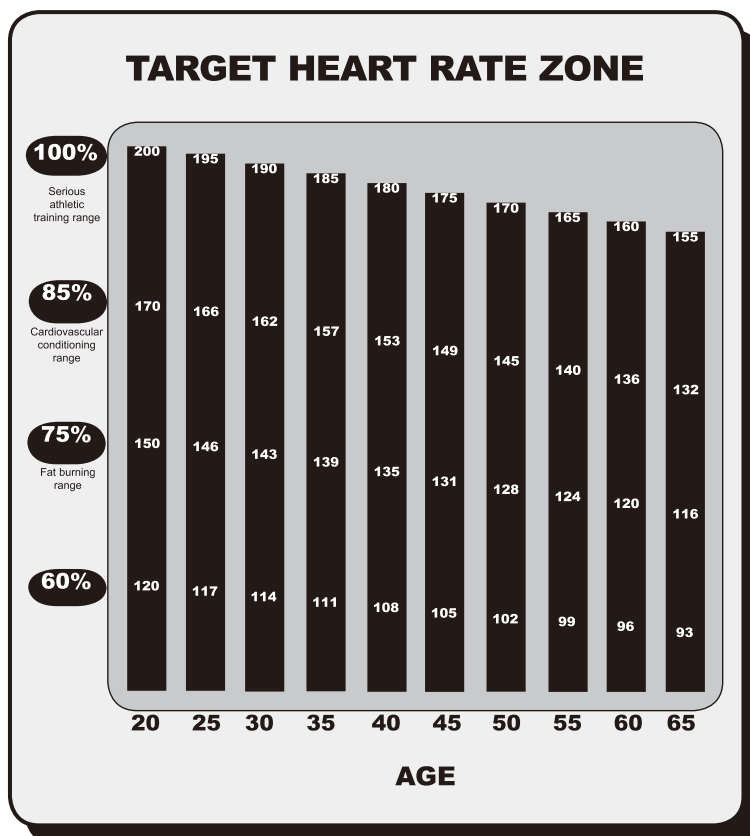
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



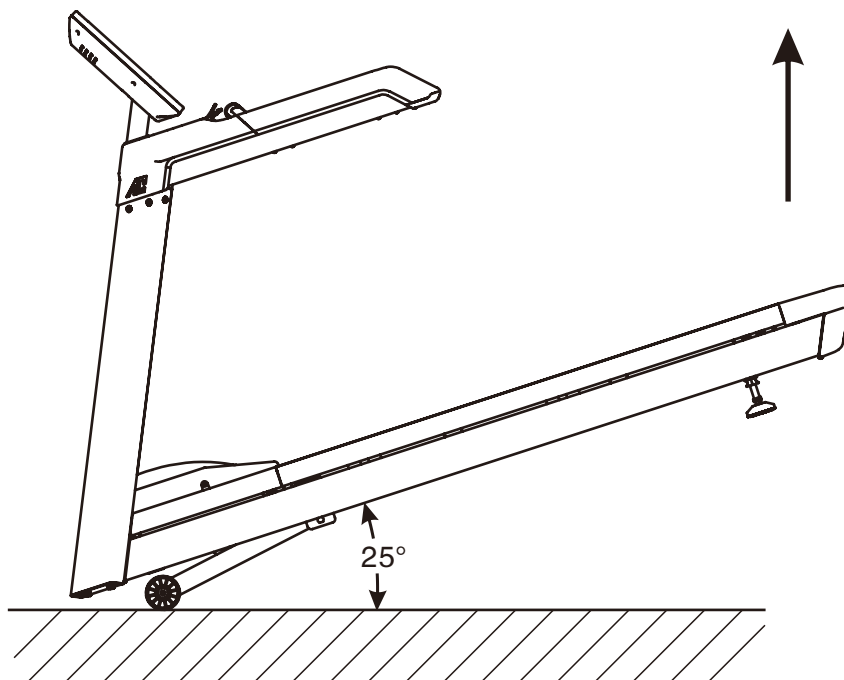
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! In order to protecting your treadmill, spattering water on the machine must be forbidden. To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 25 degrees when lifted the treadmill back.



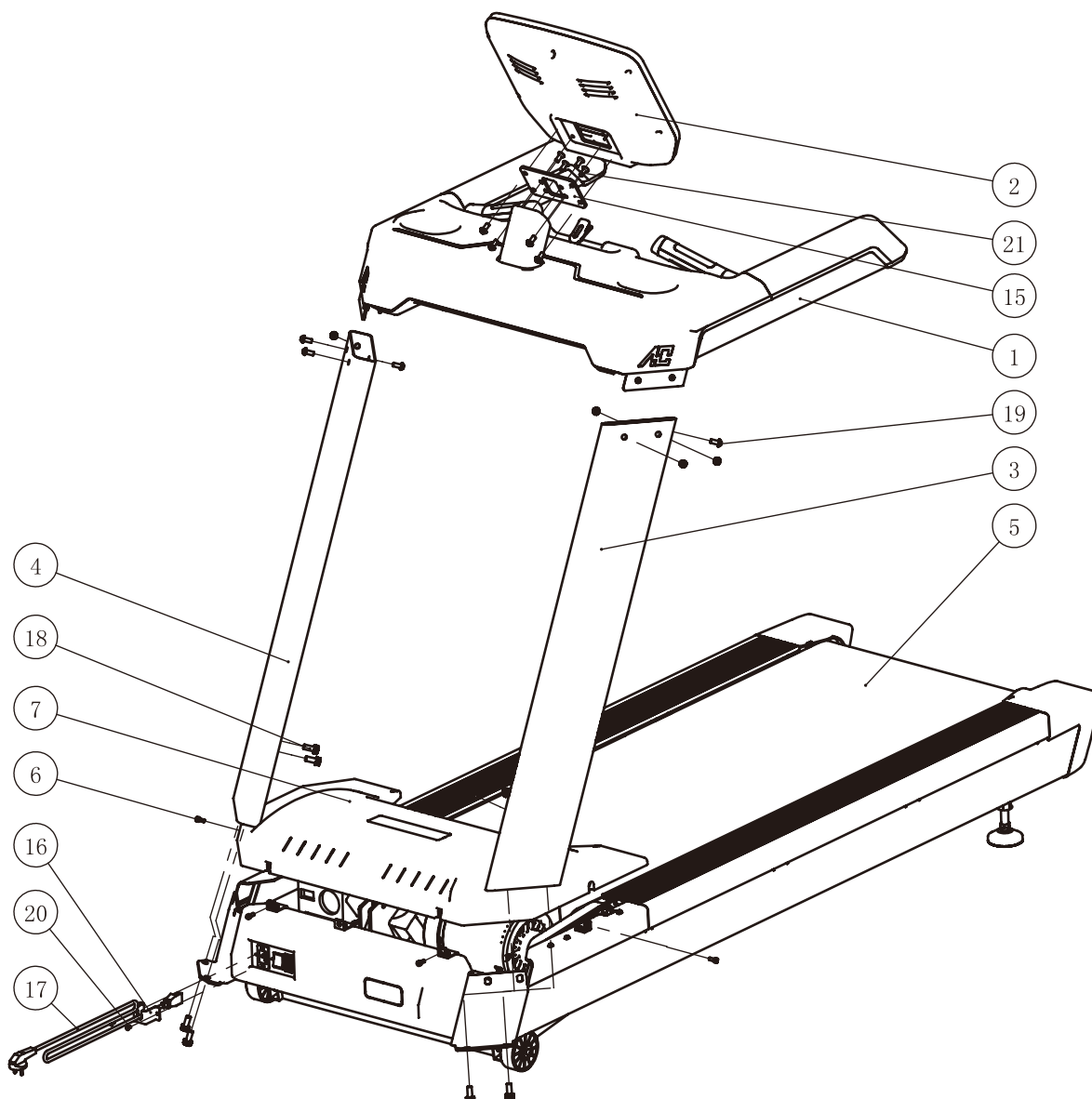
Parts List and Exploded View

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	AC2990-WX01ASSY	Console Frame Assembly	1
2	2	AC2990-WX02ASSY	Console ASSY	1
3	3	AC299004ASSY	Left Upright Assembly	1
4	4	AC299005ASSY	Right Upright Assembly	1
5	5	AC299004-22WXASSY	Mainframe Assembly	1
6	5.4	GB70M6*15DHS4	Socket Head Cap Screw M6*15	4
7	5.70	AC29901600	Motor Cover	1
8	5.61	L1600M43025-25-5557-9JD	Console Wire Down	1
9	1.26	L700M43020-20-9JD	Console Wire Middle	1
10	1.27	L1M35155-2	Pulse Connect Wire	2
11	1.4.8	F89-M43025	Emergency Switch /W Wire	1
12	2.13	L300M43025-25-9JD	Console Wire Up	1
13	2.14	L300M43020-25-2	Extended Wire For Emergency Switch	1
14	2.15	L350M35155-84-2	Extended Wire For Pulse Connect Wire	1
15	8	AC29902800	Plate For fixing Console	1
16	9	AC2970C1100	Power Wire Fixing Plate	1
17	10	A01-6	Power Cable	1
18	11.1	GB9074.16M10*25DS20	Hex Head Bolt w/ Serrated lock washer M10*40	8
19	11.2	PNLJCM8*20DHS19	Hexalobular socket pan head tapping screws/ Serrated lock washer M8*20	12
20	11.3	GB818M4*10DHS2	Phillip Screw M4*10	2
21	11.4	CNLM8*20DHS20NL	Hexagon socket countersunk head cap head screw M8*20	4

Parts List and Exploded View

Overall



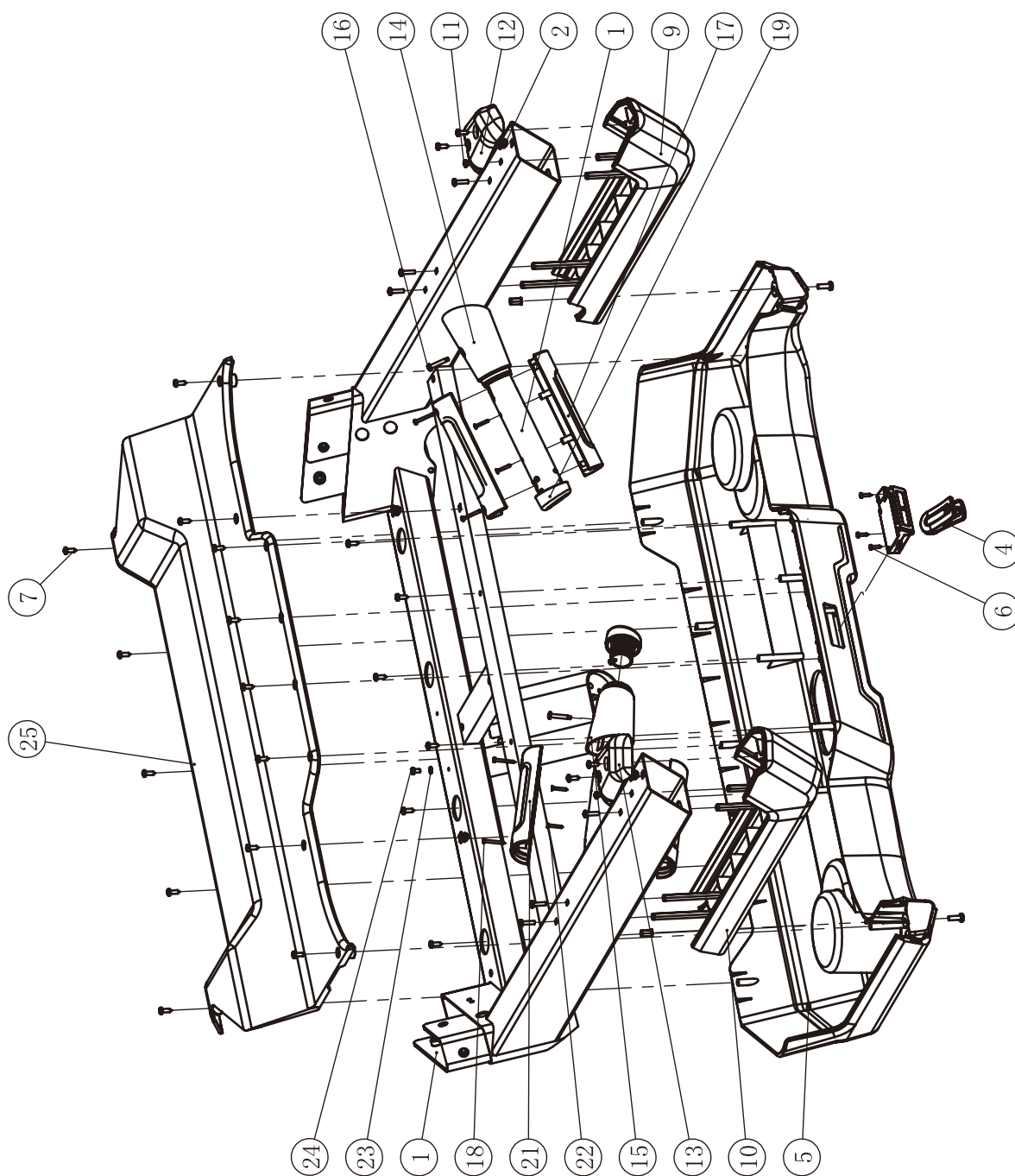
Parts List and Exploded View

Console Frame Assembly

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	AC29900100	Console Frame	1
2	1.2	ECT74600	Plastic Clip Block	4
3	1.3	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	2
4	1.4	AC299008ASSY	Emergency Switch ASSY	1
5	1.5	AC29904000	Console Frame Upper Casing	1
6	1.6	GB846ST2.9*13DS	Phillip Screw ST2.9*13	3
7	1.7	GB845ST4.2*13DS	Phillip Screw ST4.2*13	23
8	1.8	GB818M5*15DS2	Phillip Screw M5*15	2
9	1.9	AC299011ASSY	Left Handle Assembly	1
10	1.10	AC299012ASSY	Right Handle Assembly	1
11	1.11	GB818M4*16DHS2	Phillip Screw M4*16	8
12	1.12	AC29904400	End Cap For Left Handle	1
13	1.13	AC29904500	End Cap For Right Handle	1
14	1.14	AC29904700	Ring for Left Cover W/ Pulse Plate	1
15	1.15	AC29904900	Ring for Right Cover W/ Pulse Plate	1
16	1.16	T15856.1ST4.2*16DHS	Phillip Screw ST4.2*16	2
17	1.17	ECT73800PBC	Upper Cover W/ Pulse Plate	2
18	1.18	GB845ST2.9*25DS	Phillip Screw ST2.9*25	4
19	1.19	AC29904600	End Cover	2
20	1.20	GB846ST2.9*9.5DS	Phillip Screw ST2.9*9.5	4
21	1.21	ECT73900PBC	Bottom Cover For Pulse Handle	4
22	1.22	GB846ST2.9*19DS	Phillip Screw ST4.2*19	4
23	1.23	GB862.24DS12	Serrated lock washers $\Phi 4$	1
24	1.24	GB6560M4*8DSG	Phillip Screw M4*8	1
25	1.25	AC29904100	Console Frame Bottom Casing	1
26	1.26	L700M43020-20-9JD	Console Wire Middle	1
27	1.27	L1M35155-2	Pulse Connect Wire	2
28	1.28	DQCH01-SBD	Ferrite	2
29	1.29	DQCH02-SBD	Ferrite	1
30	1.30	SD4*150	Band Cable	8

Parts List and Exploded View

Console Frame Assembly



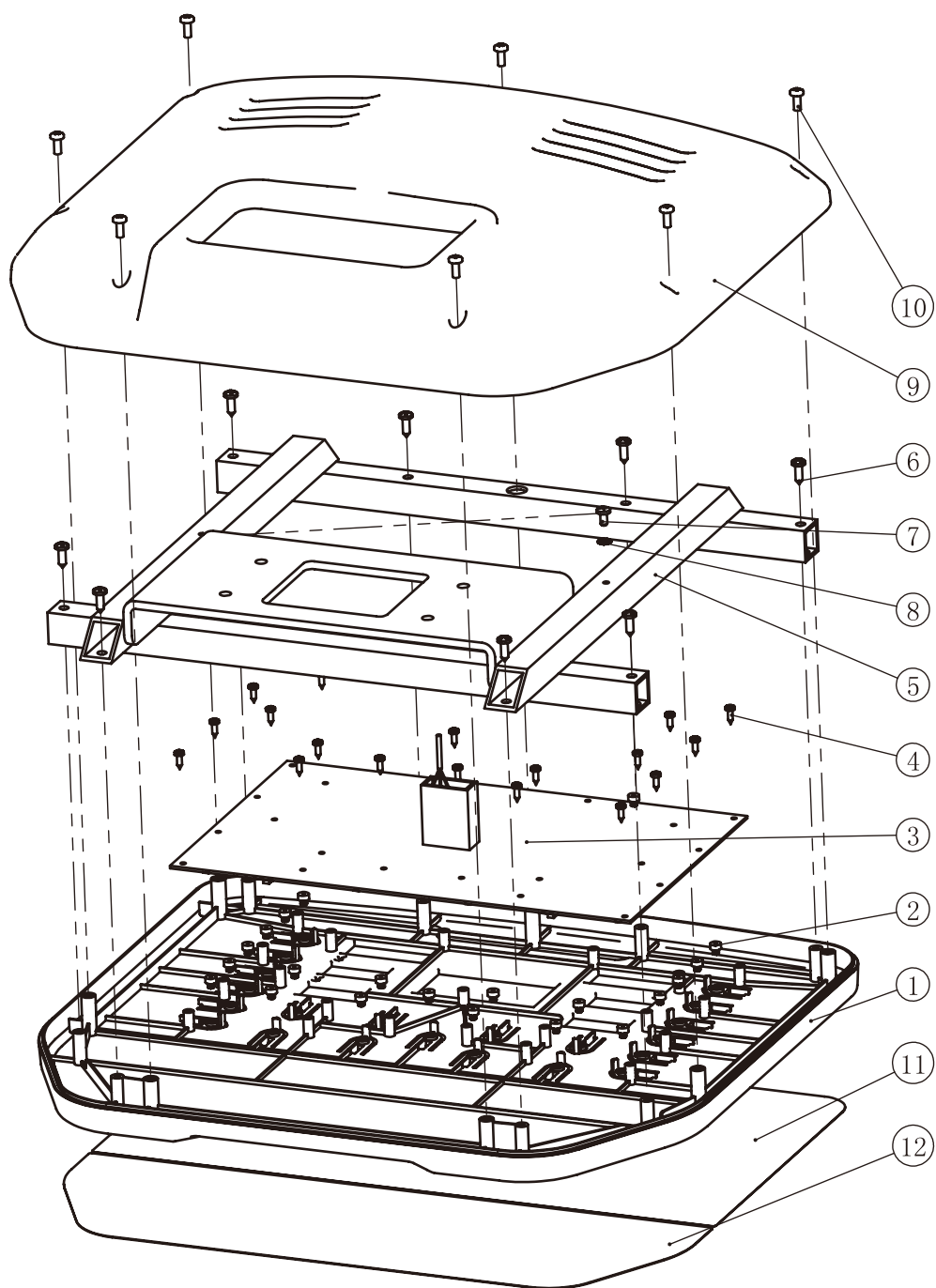
Parts List and Exploded View

Console ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	AC29905000	Front Cover of Console	1
2	2.2	ECT74800	Buffer Pad For Key	21
3	2.3	B242	Main PCB	1
4	2.4	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	21
5	2.5	AC29900200	Bracket for Console	1
6	2.6	GB845ST4.2*13DS	Phillip Screw ST4.2*13	8
7	2.7	GB6560M4*8DSG	Phillip Screw M4*8	1
8	2.8	GB862.24DS12	Serrated lock washers $\Phi 4$	1
9	2.9	AC29905100	Back Cover of Console	1
10	2.10	GB818M4*10DHS2	Phillip Screw M4*10	7
11	2.11	AC2990MM01	Console Key Overlay	1
12	2.12	AC2990MM02	Console Warning Overlay	1
13	2.13	L300M43025-25-9JD	Console Wire Up	1
14	2.14	L300M43020-25-2	Extended Wire For Emergency Switch	1
15	2.15	L350M35155-84-2	Extended Wire For Pulse Connect Wire	1
16	2.16	DQCH01-SBD	Ferrite	1
17	2.17	DQCH02-SBD	Ferrite	1
18	2.18	SD4*150	Band Cable	4
19	2.19	SDZ21	Band Cable Holder	4
20	2.20	LD2000	Protective Sleeve	1
21	2.21	DQXTJS02	Receptor	1
22	2.22	RU5004400	The Receiver Cover	1
23	2.23	CRDMJ20*1	Double Sided Adhesive	1

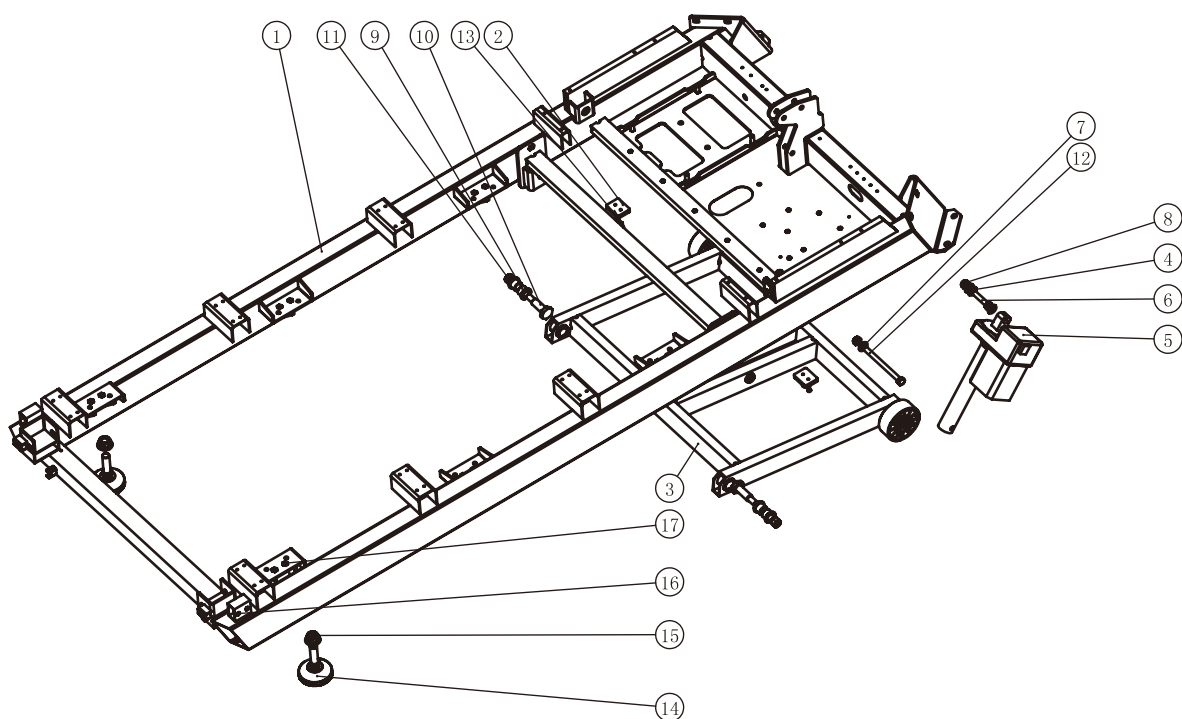
Parts List and Exploded View

Console ASSY



Parts List and Exploded View

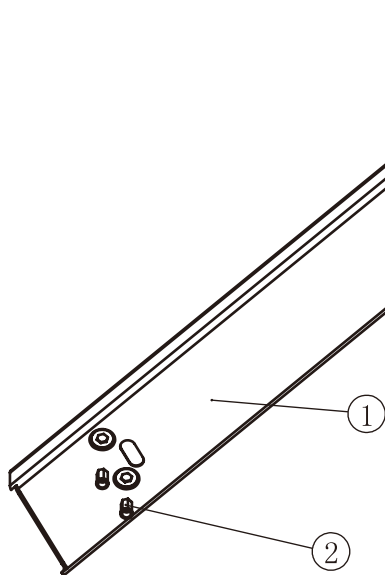
Mainframe Assembly



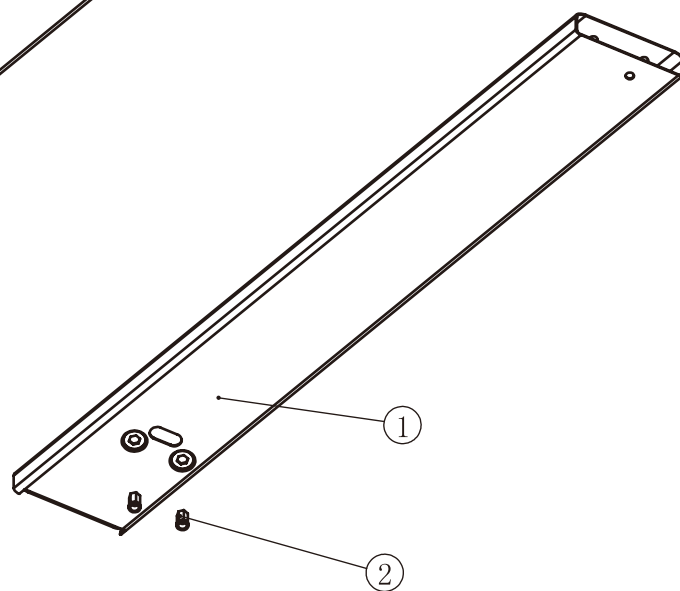
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1.1	AC29900600	Deck Frame	1
2	5.1.2	DC1600A9200	Ground bumper	2
3	5.1.3	AC299007ASSY	Inverter Frame ASSY	1
4	5.1.4	FLPSR-5500	Teflon washer	2
5	5.1.5	R15-22M-RDS	Actuator	1
6	5.1.6	GB5780M10*45DS20	Hex Head Bolt M10*45	1
7	5.1.7	DQ10DS2A	Washer Washer Φ11*Φ23*2	2
8	5.1.8	NM10DS2	Locknut M10	2
9	5.1.9	L1-6800	Neck bush	4
10	5.1.10	RT7001900	Platform bolt M12	2
11	5.1.11	NM12DHS2	Locknut M12	2
12	5.1.12	GB5780M10*130DS20	Hex Head Bolt M10*130	1
13	5.1.13	GB845ST4.2*16DS	Phillip Screw ST4.2*16	4
14	5.1.14	STDP3400	Adjust Support	2
15	5.1.15	GB6177M16DS2	Hex flange nut M16	2

Parts List and Exploded View

Left Upright Assembly



Right Upright Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	AC29900400	Left Upright	1
2	3.2	GB17880.5M10*22.5DS17	Flat head hexagonal rivet nut	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	AC29900500	Right Upright	1
2	4.2	GB17880.5M10*22.5DS17	Flat head hexagonal rivet nut	2

Parts List and Exploded View

Mainframe Assembly

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	AC299003-22ASSY	Deck Frame and Inverter Frame Assembly	1
2	5.2	AC29900801	Front Bracket for fixing Motor Cover	3
3	5.3	AC32705800	Clip Nut M6	4
4	5.4	GB70M6*15DHS4	Socket Head Cap Screw M6*15	4
5	5.5	ECU7P3500	Plastic Clip Block	3
6	5.6	GB845ST4.2*16DS	Phillip Screw ST4.2*16	3
7	5.7	GB9074ST4.2*16DHS	Big head Phillip Screw ST4.2*16	23
8	5.8	AC32701801	Dust Proof Plate	1
9	5.9	GB818M5*15DHS2	Phillip Screw M5*15	22
10	5.10	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	20
11	5.11	AC29900900	Left Front Deco Bracket	1
12	5.12	AC29901000	Right Front Deco Bracket	1
13	5.13	PT3005000	Side Bracket for fixing Motor Cover	2
14	5.14	DC29500900V1	Left Rear Support	1
15	5.15	DC29501000V1	Right Rear Support	1
16	5.16	AC29901200	Deck	1
17	5.17	AC29901100	Side Rail	2
18	5.18	HT95T5300A	Dish Gasket	16
19	5.19	GB845ST4.2*13DS	Phillip Screw ST4.2*13	16
20	5.20	AC2970H2200	Front Roller	1
21	5.21	AC29702300	Rear Roller	1
22	5.22	GB70M10*55*55DHS2	Socket Head Cap Screw M10*55	1
23	5.23	DQ10DS2A	Washer $\Phi 11 * \Phi 23 * 2$	1
24	5.24	GB70M10*80*80DHS20	Socket Head Cap Screw M10*80	2
25	5.25	AC2970S1800V1	Running Belt	1
26	5.26	DXD250J10A	V-Belt	1
27	5.27	PT3002800P294U	Bumper A	4
28	5.28	PT3002900P294U	Bumper B	4
29	5.29	AC32700636	Washer $\Phi 30 * \Phi 9 * 3$	4
30	5.30	STDP6800	Locknut M8	13
31	5.31	CNLM8*40DS20	Hexagon socket countersunk head cap head screw M8*40	8
32	5.32	GB17880.3M8*16.5DS17	Countersunk head hexagon riveted nuts M8	4
33	5.33	DC29503200	Bumper	2
34	5.34	AC299013ASSY	Motor Assembly	1
35	5.35	GB70M8*95DHS20	Socket Head Cap Screw M8*95	1
36	5.36	DQ8DHS2A	Washer $\Phi 9 * \Phi 22 * 2$	1
37	5.37	GB958DHS2	Washer $\Phi 9 * \Phi 16 * 1.6$	4

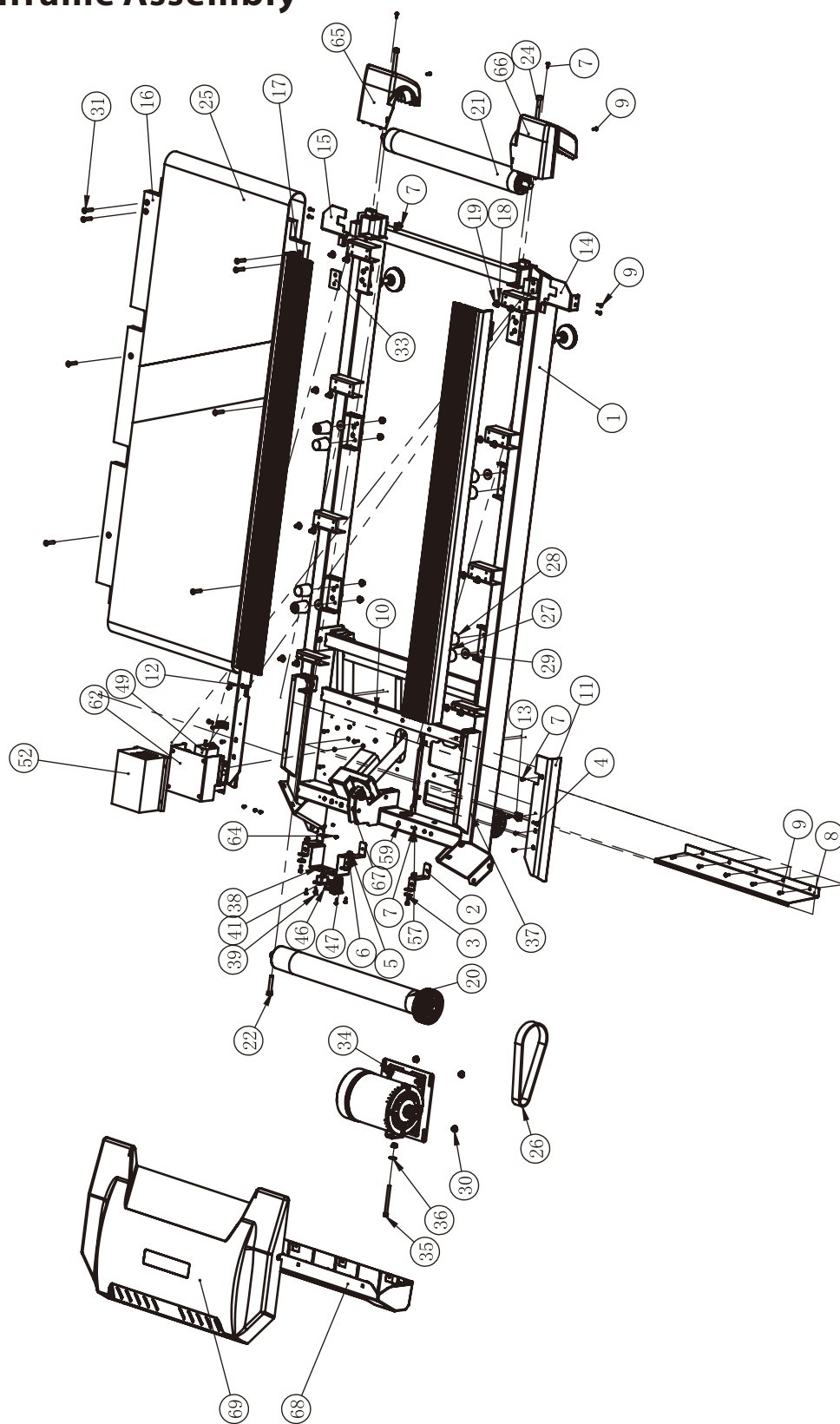
Parts List and Exploded View

Mainframe Assembly

ItemNo.	Grade No.	Part No.	Description	QTY
38	5.38	EVOT31000	Bracket for fixing Switch	1
39	5.39	GB819M4*12DS2	Cross countersunk head cap head screw M4*12	2
40	5.40	GB41M4DS2	Nut M4	2
41	5.41	Z13	Power Outlet	1
42	5.42	L100AMP175022-1-L-14	Connect Wire	2
43	5.43	L100AMP175022-1-N-14	Connect Wire	2
44	5.44	L350AMP175022-JD-1	Earth Wire	1
45	5.45	DQCH01-SBD	Ferrite	2
46	5.46	F23	Power Switch	1
47	5.47	08-0004	Fuse	2
48	5.48	L250AMP175022-1-L-14	Connect Wire	1
49	5.49	Q03	Filter	1
50	5.50	Q11	Inductance	1
51	5.51	DQCH02-SBD	Ferrite	2
52	5.52	DQBPQ223-22-Y00	Inverter	1
53	5.53	SPQ2AM3-BPQ	Power Adapter	1
54	5.54	SD4*150	Band Cable	7
55	5.55	SDZ21	Band Cable Holder	7
56	5.56	SD2.5*75	Band Cable	4
57	5.57	CHP-2	Wire Harness Holder	6
58	5.58	L400AMP175022-1-L	Connect Wire	1
59	5.59	DQXK8.4	U Shape Wire Clip	3
60	5.60	L350M5557-57-8M	Connect Wire	1
61	5.61	L1600M43025-25-5557-9JD	Console Wire Down	1
62	5.62	RT7001800	U Shape Bracket for fixing Inverter	1
63	5.63	GB818M5*20DS2	Phillip Screw M5*20	4
64	5.64	GB6560M4*8DSG	Phillip Screw M4*8	3
65	5.65	GB862.24DS12	Serrated lock washers $\Phi 4$	4
66	5.66	AC29901300	Left End Cap	1
67	5.67	AC29901400	Right End Cap	1
68	5.68	DQ5DHS2	Washer $\Phi 5.5 \times \Phi 12 \times 1$	3
69	5.69	AC29901500	Motor Front Cover	1
70	5.70	AC29901600	Motor Cover	1
71	5.71	CRDMJ20*3*1000	Single Sided Adhesive	2
72	5.72	LMJ	Silicon Lubricant	1
73	5.73	GB15856.1ST4.2*19DS	Drilling Self-tapping Screw ST4.2*19	6

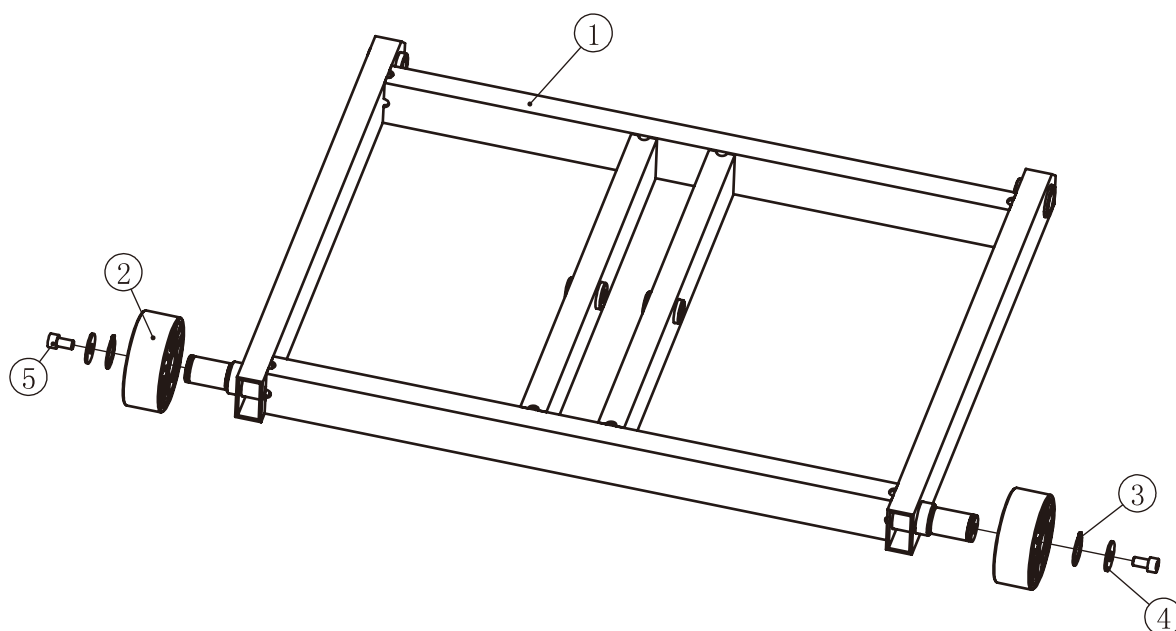
Parts List and Exploded View

Mainframe Assembly



Parts List and Exploded View

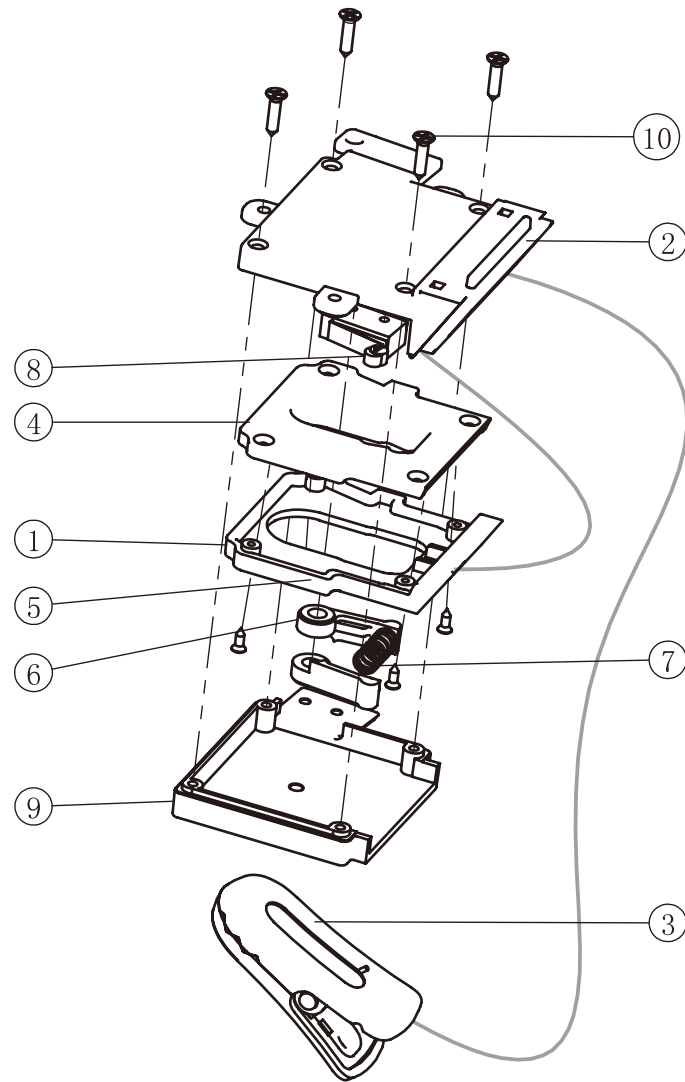
Inverter Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1.3.1	AC29900700	Inverter Frame	1
2	5.1.3.2	DC29002200	Wheel	2
3	5.1.3.3	GB894.125FH12	Circlip for shaft	2
4	5.1.3.4	DQ8DHS2B	Washer Washer $\Phi 9 * \Phi 28 * 2$	2
5	5.1.3.5	GB70M8*15DHS4	Socket Head Cap Screw M8*15	2

Parts List and Exploded View

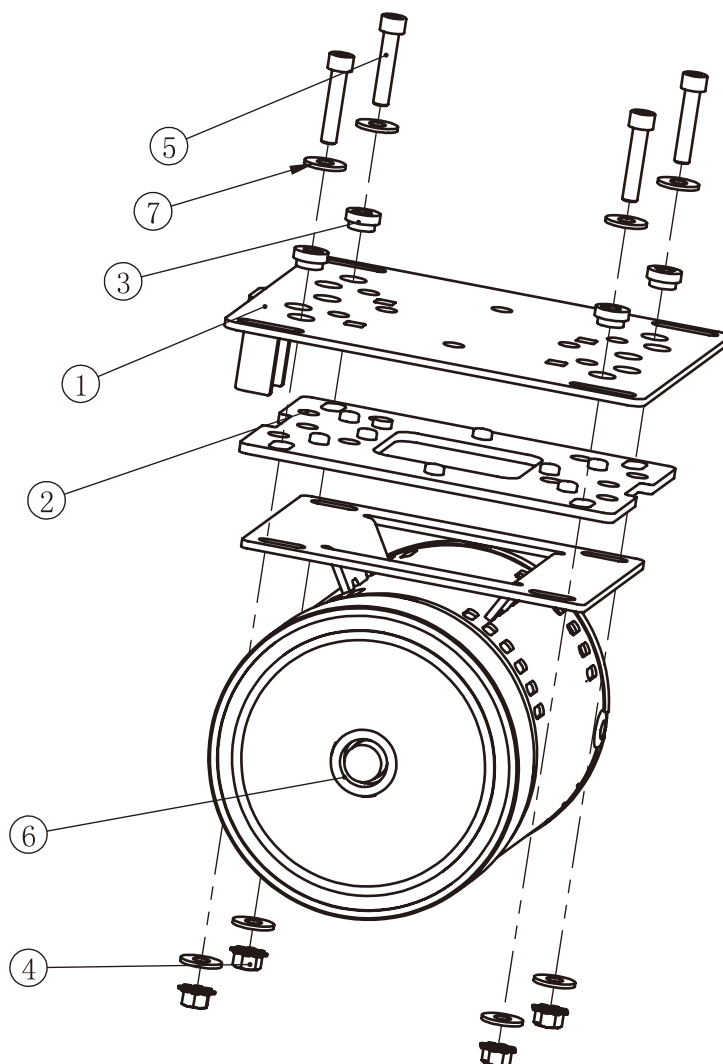
Emergency Switch ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.4.1	AC29907700	Bottom Casing for Emergency Switch Pull Rope	1
2	1.4.2	AC29907500	Upper Casing for Emergency Switch	1
3	1.4.3	STDP4012	Safe Key Clamp	1
4	1.4.4	AC29907600	Upper Casing for Emergency Switch Pull Rope	1
5	1.4.5	GB846ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
6	1.4.6	RT7507800	Locating Rod	2
7	1.4.7	RT7504900	The pressure spring	1
8	1.4.8	F89-M43025	Emergency Switch /W Wire	1
9	1.4.9	AC29907400	Bottom Casing for Emergency Switch	1
10	1.4.10	GB846ST2.9*13DS	Phillip Screw ST2.9*13	4

Parts List and Exploded View

Motor Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.34.1	AC29701300	Bracket for fixing Motor	1
2	5.34.2	AC29706700	Insulation Rubber	1
3	5.34.3	STDP3600	Insulation Base	4
4	5.34.4	STDP6800	Locknut M8	4
5	5.34.5	GB70M8*40*40DHS2	Socket Head Cap Screw M8*40	4
6	5.34.6	DQ8DHS2A	Washer $\Phi 9 \times \Phi 22 \times 2$	8
7	5.34.7	D40-42M3-ZH	Motor	1

Console Panel Functions



KEY BEHALF FUNCTION

Key name	Function
START	This button is used to start the current program.
STOP	This button is used to stop the current program.
SPEED+ and SPEED-	1. These buttons are used to adjust the speed of the treadmill during workout. 2. These buttons are also used to adjust the values when setting up your workout.
INCLINE+ and INCLINE-	These buttons are used to adjust the incline of the treadmill during workout.
PROG.	This button is used to cycle through to the desired program.
ENTER	This button is used to enter value of program mode.
COOL DOWN	This button is used select workout "cool down mode".

Console Panel Functions

Key name	Function
Speed instant: 2,4,6,8,10,12.	2,4,6,8,10,12 go to selected speed directly.
Incline Instant: 2,4,6,8,10,12.	2,4,6,8,10,12 go to selected incline angle directly.

DISPLAY FUNCTION

Window name	Function
TIME	Indicates elapsed time after pressing start in minutes and seconds (0-99minutes,0-59seconds).
SPEED	Indicates workout speed MPH (miles per hour) or KPH (kilometer per hour) in 0.1 increments.
INCLINE	Indicates incline in percent of grade 0—15% in 1 increments.
AVG SPEED	Indicates workout AVG speed.
HEART RATE	Indicates user's current heart rate (BPM).
CALORIES	Indicates estimated calories used based on 68kg person at the indicated speed, incline, and time.
CAL/HOUT	Indicates estimated calories per hour.
DISTANCE	Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01--999).
STEPS	Indicates estimated steps.
DOT MATRIX	1. Indicates the lap count and displays which lap you are on..(One lap is 400 meters) 2. Indicates 'PRESS START OR SELECT PROGRAM' when turn on power. 3. Indicates message when enter value. 4. Indicates workout curve in Program mode.

WORKOUT SETUP STEPS

1. Quick Start/Manual mode

- 1.1 Plug into surge protector outlet.
- 1.2 Turn on power.
- 1.3 The LED screen scrolls "PRESS START OR SELECT PROGRAM".
 - (1) If press START button through manual mode.
 - (2) If press PROG. button, will cycle through to the desired programs.
- 1.4 Press STOP button belt will stop.

Console Panel Functions

2. Program mode

When console turns on, the LED screen scrolls "PRESS START OR SELECT PROGRAM". If press PROG. Button, will cycle through to the desired preset program1 (P1), preset program2 (P2), preset program3 (P3), preset program4 (P4), preset program5 (P5), user program1 (U1), user program2 (U2), TIME countdown mode, CALORIES countdown mode, DISTANCE countdown mode, HR1, HR2,HR3.

2.1 Preset program

2.1.1 Preset program1 (P1)

- (1) First Press PROG. Button through preset program1, Indicates workout curve, Time window will be flash 30:00, Use speed + or – button to adjust time value.
- (2) Indicates ENTER TIME in dot matrix after 5 seconds.
- (3) Press ENTER button, Indicates PRESS START in dot matrix.
- (4) Press START button.
- (5) LED displays "5", "4", "3", "2", "1".
- (6) Belt starts moving.

2.1.2 Preset program2-5 (P2-P5)

Press PROG. Button cycle through Program2-5 again, the same Program1.

2.2 User program

2.2.1 User program1 (U1)

Press PROG. button cycle through user program1 again.

- (1) Indicates workout curve in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust time value.
- (2) Indicates ENTER TIME in dot matrix after 5 seconds.
- (3) Press ENTER button, Indicates ENTER SPEED AND INCLINE in dot matrix.
- (4) First segment of dot matrix will be flash, Use speed + or – and Incline + or – button to adjust value, Press ENTER through next segment of dot matrix.
- (5) Press ENTER, Indicates PRESS START after end 16 segments.
- (6) Press START button.
- (7) LED displays "5", "4", "3", "2", "1".
- (8) Belt starts moving.

2.2.2 User program2 (U2)

Press PROG. Button cycle through user program2, the same user program1.

Console Panel Functions

2.3 COUNTDOWN MODE

2.3.1 TIME COUNTDOWN MODE

Press PROG. Button cycle through time countdown mode.

- (1) Indicates ENTER TIME in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust value.
- (2) Press ENTER button, Indicates PRESS START in dot matrix.
- (3) Press START button.
- (4) LED displays "5", "4", "3", "2", "1".
- (5) Belt starts moving.

2.3.2 CALORIES COUNTDOWN MODE

Press PROG. Button cycle through calories countdown mode.

- (1) Indicates ENTER CALORIES in dot matrix, Calories window will be flash 000, Use speed + or – button to adjust value.
- (2) Press ENTER button, Indicates PRESS START in dot matrix.
- (3) Press START button.
- (4) LED displays "5", "4", "3", "2", "1".
- (5) Belt starts moving.

2.3.3 DISTANCE COUNTDOWN MODE

Press PROG. Button cycle through distance countdown mode.

- (1) Indicates ENTER DISTANCE in dot matrix, Distance window will be flash 0.00, Use speed + or – button to adjust value.
- (2) Press ENTER button, Indicates PRESS START in dot matrix.
- (3) Press START button.
- (4) LED displays "5", "4", "3", "2", "1".
- (5) Belt starts moving.

2.4 Heart Rate Control mode

2.4.1 HR1

Press PROG. Button cycle through HR1 mode.

- (1) Indicates ENTER TIME in dot matrix, Time window will be flash 30:00, Use speed + or – button to adjust time value.
- (2) Indicates ENTER AGE in dot matrix after press ENTER button, Use speed + or – button to adjust time value.
- (3) Indicates PRESS START after press ENTER button.
- (4) Press START button.
- (5) LED displays "5", "4", "3", "2", "1".
- (6) Belt starts moving.

Console Panel Functions

2.4.2 HR2- HR3

Press PROG. Button cycle through HR2 and HR3 mode, The same HR1.

HR1: Target Heart Rate at 65% MAX HR

HR2: Target Heart Rate at 75% MAX HR

HR3: Target Heart Rate at 85% MAX HR

3. SI switch ENG

3.1 Pull out safety key.

3.2 Press START key three times & hold.

3.3 Reset the safety key after 3 sec.

3.4 Release the START key.

3.5 Using "speed+/-" key adjust SI or ENG (SI-metric, ENG-English).

3.6 Press ENTER or START key to confirm.

4. Elevation auto. adjust mode

4.1 Press & Hold console "Incline+\" and "Speed+\" four buttons at the same time for 3sec. then Through auto. adjust mode.

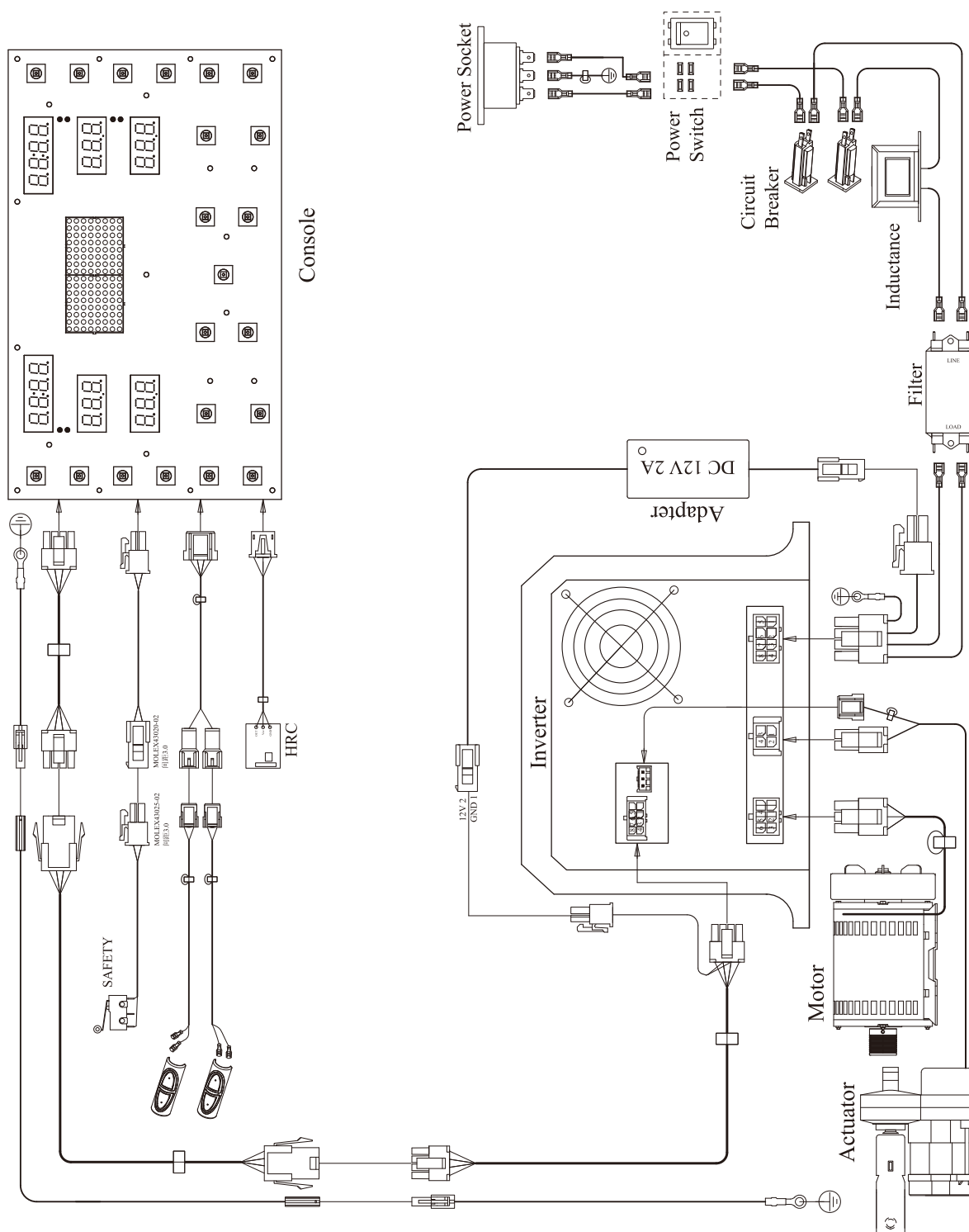
4.2 Waiting for the finish.

Console Panel Functions

5. Treadmill Error Messages

Malfunction	Corrective Action
ER01, Communication Error	1. Check console and the main communication cable connection. 2. Check inverter and the main communication cable connection. 3. Replace inverter. 4. Replace console.
ER02, Elevation Error	1. Elevation auto. Sense mode. 2. Connection check. 3. Elevation control PCB LED check. 4. actuator check or replace.
ER04, Over current	1. Connection check. 2. Lubrication. 3. Running deck check. 4. Running belt check. 5. Check if overload. 6. Main motor check or replace. 7. Inverter check or replace.
ER05, Lower voltage	1. Check power AC 220-240V. 2. Check if overload.
ER06, Over load	1. Motor connection check. 2. Lubrication. 3. Running deck check. 4. Running belt check. 5. Overload. 6. Main motor check or replace. 7. Inverter check or replace.
ER07, Emergency stop	1. Reset safety switch. 2. Check the mechanical structure. 3. Connection check. 4. Safety switch check or replace. 5. Console PCB check or replace.
The console no power	1. Check the power voltage by using voltage-meter to see if it is within 220-240V. 2. The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch. 3. Inspect the circuit breaker to see if it has tripped off. If it is tripped off, reset the breaker. And check which part is short-circuited. Then replace the short-circuited part. 4. Check the power cable. 5. Check the adaptor. 6. Check the communication cable.

Electrical Connection



Belt Adjustment and Maintenance

1. Running Belt Adjustment

Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.).
Speed of Running Belt don't exceed 4KMH, during adjustment.

1.1 Adjust Running Belt in center of treadmill

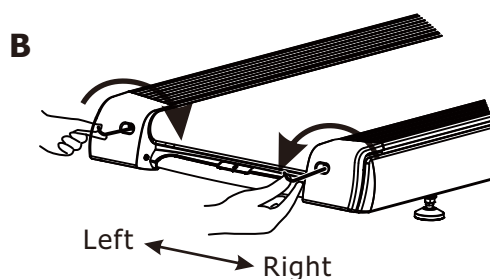
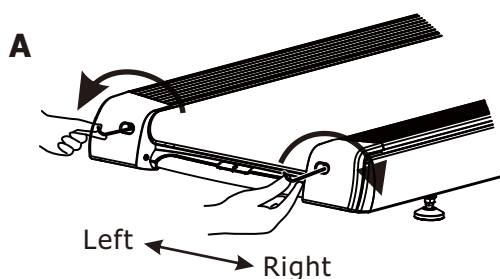
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with a 6mm Allen wrench as below figure.

B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with a 6mm Allen wrench as below figure.



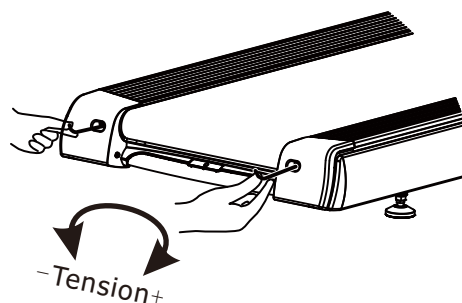
1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time.

Tension both the Allen bolts of rear roller 1/4 TURN as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but

NEVER TURN the roller bolts more than 1/4 turn at one times.

Perfect tension of running belt is 0.9~1.1 lbs.



Belt Adjustment and Maintenance

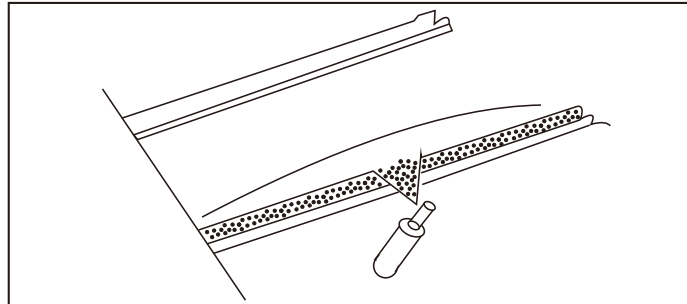
2. Cleaning

Warning! To prevent electrical shock, be sure the power is turn off and disconnect plug from socket before attempting any cleaning or mainteance.

Routine maintenance and cleaning for your unit will keep good function and extend the life of your unit. Plesse wipe off the console and other treadmill surfaces perspiration and dust with a clean, dampened soft cloth after workout.

3. Lubrication

- A. Turn off and unplug the treadmill.
- B. Lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).
- C. Turn the unit on and walk the lubrication in for 3-4 minutes at 1 mph. Walk all over the belt to ensure smooth lubrication distribution.



MAINTENANCE CHECK LIST

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
Item	Daily	Weekly	Monthly	Quarterly	Biannual	Annual
Mounting Bolts					Inspect	
Frame	Clean				Inspect	
Power Cord			Inspect			
Display Console	Clean		Inspect			
Handrail & Handlebar	Clean			Inspect		
Front Roller				Clean	Inspect	
Rear Roller				Clean	Inspect	
Emergency Button	Test					
Running belt Tension			Inspect			
V Belt				Clean	Inspect	
Lubricator Reservoir and filter element (for including the structure of the product)			Inspect		Clean	
Running Deck			Re-Lubricating and inspect			Flip (not include AC2970C)
Running Belt					Inspect	
Control Box					Clean (Vacuum)	
Motor				Clean		

