



RT970

TREADMILL

OWNER'S MANUAL

24J Rev H

CAUTION! Read all precautions and instructions in this manual
before using this equipment.

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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.

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

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. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
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.

Important Safety Instructions

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.
14. The equipment is designed for commercial use.
15. The product should only be used on a level surface and is with 1x2 meters space around the product.

SAVE THESE 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.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de plessures des pièces mobiles - Débranchez avant l'entretien.

WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Uébranchez avant le nettoyage ou l'entretien.

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.

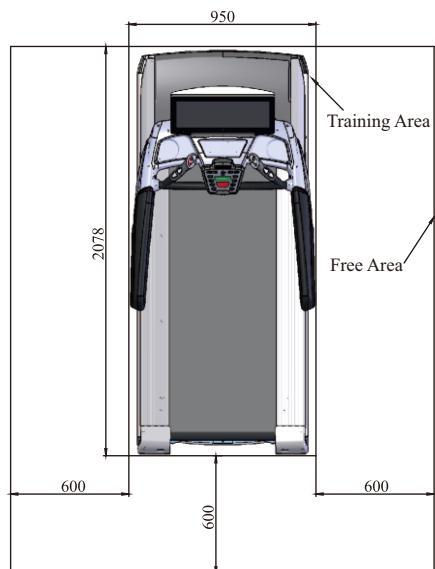
the appliance shall be disconnected from its power source during service and when replacing parts and, if that the removal of the plug is foreseen, it shall be clearly indicated that the removal of the plug has to be such that an operator can check from any of the points to which he has access that the plug remains removed.

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 note us 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.

Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 180kg/ 400lbs

Product Dimension: 2078*950*1569 mm

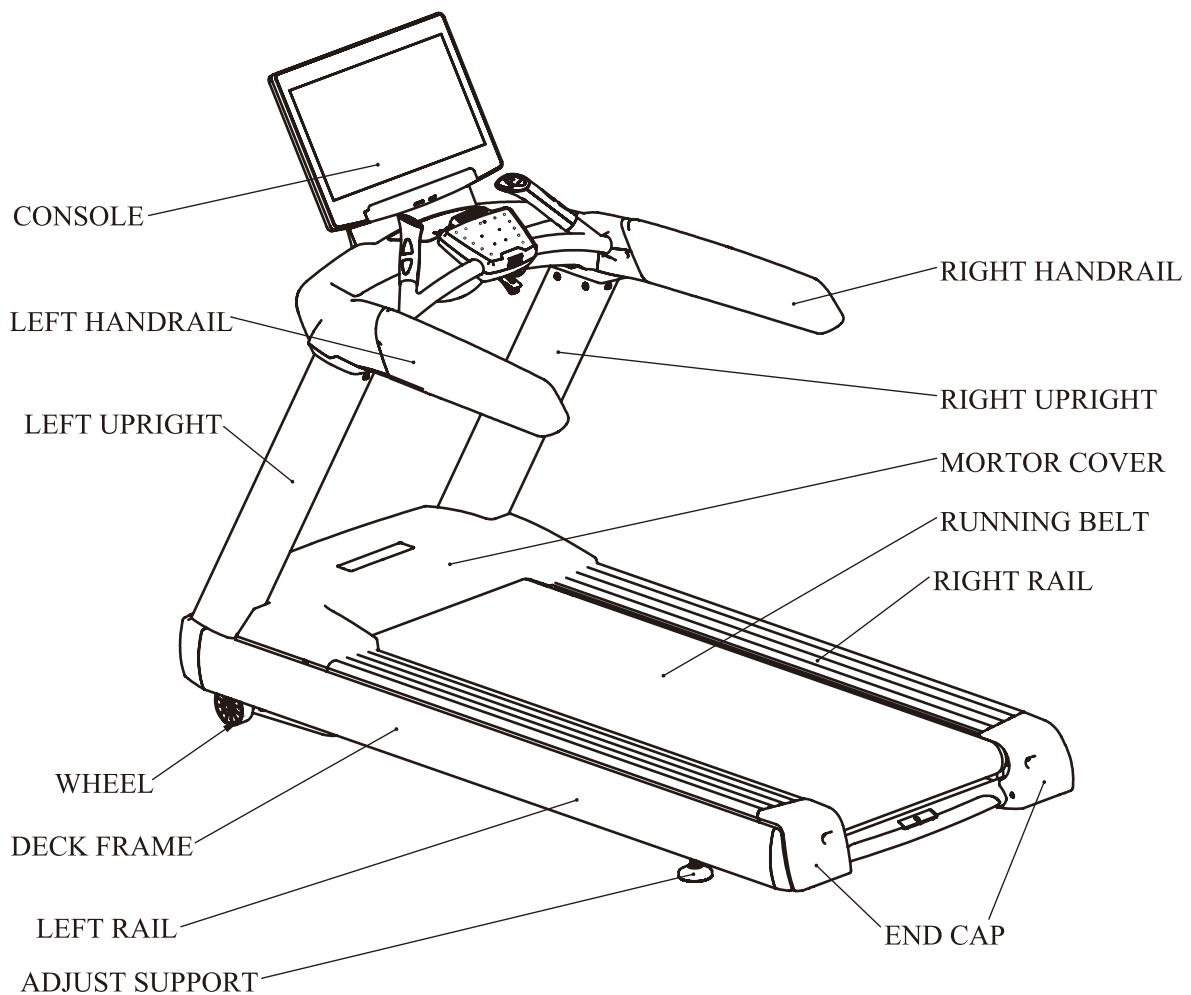
Product Total Surface: 2078*950 mm

Product Total Mass: 209.3kg/ 462lbs

Noise around the treadmill using.

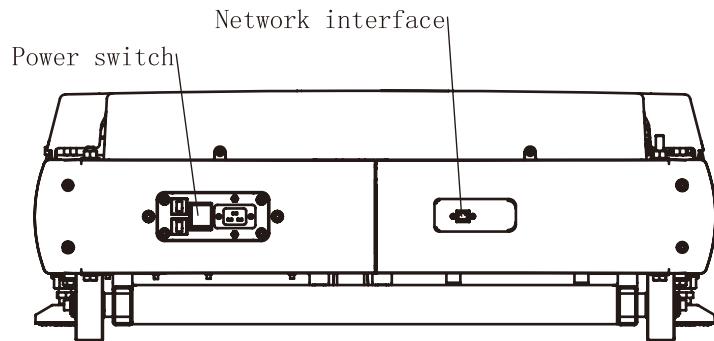
Noise emission under load is higher than without load.

Main Parts List



Warning

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



WARNING

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment Machine

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 leveled 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:

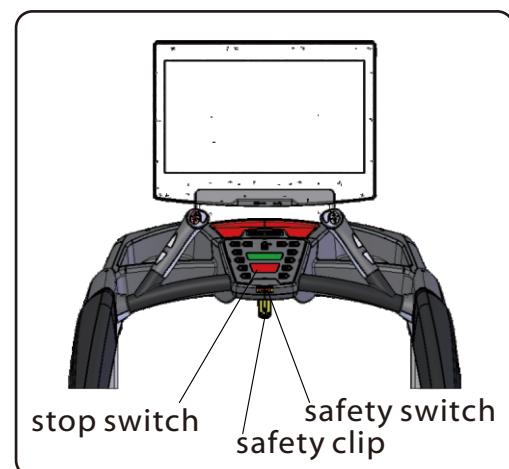
Exercise time: 30minutes----Normal;

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

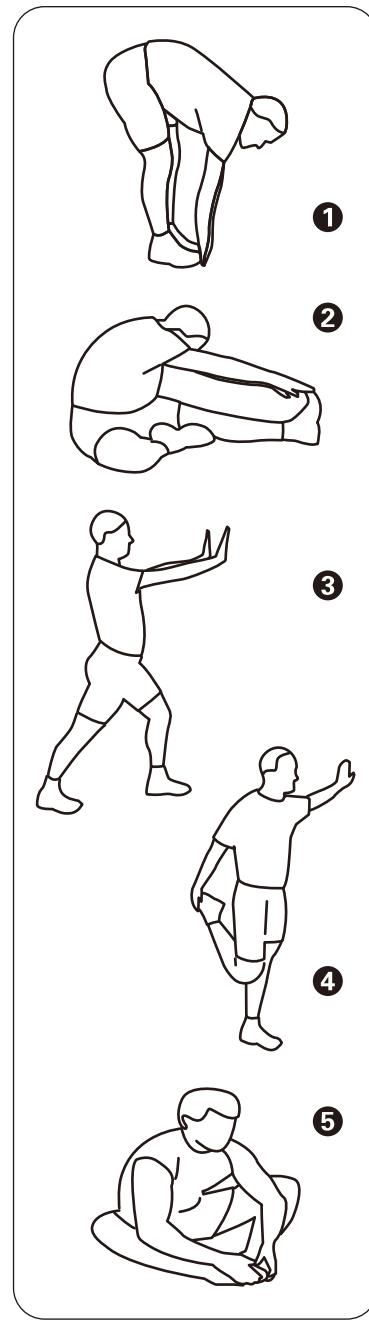
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon,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

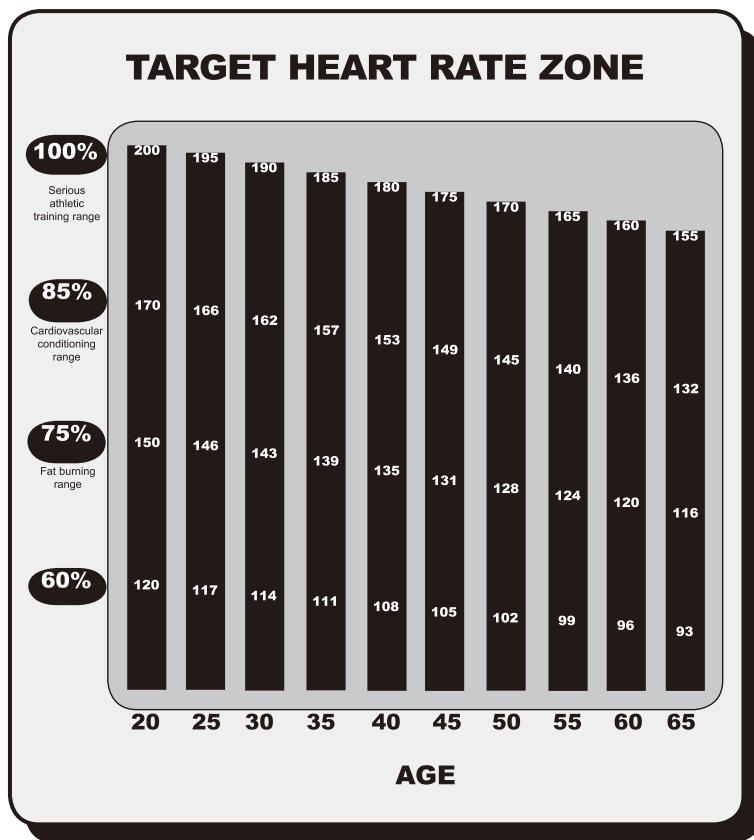
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes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



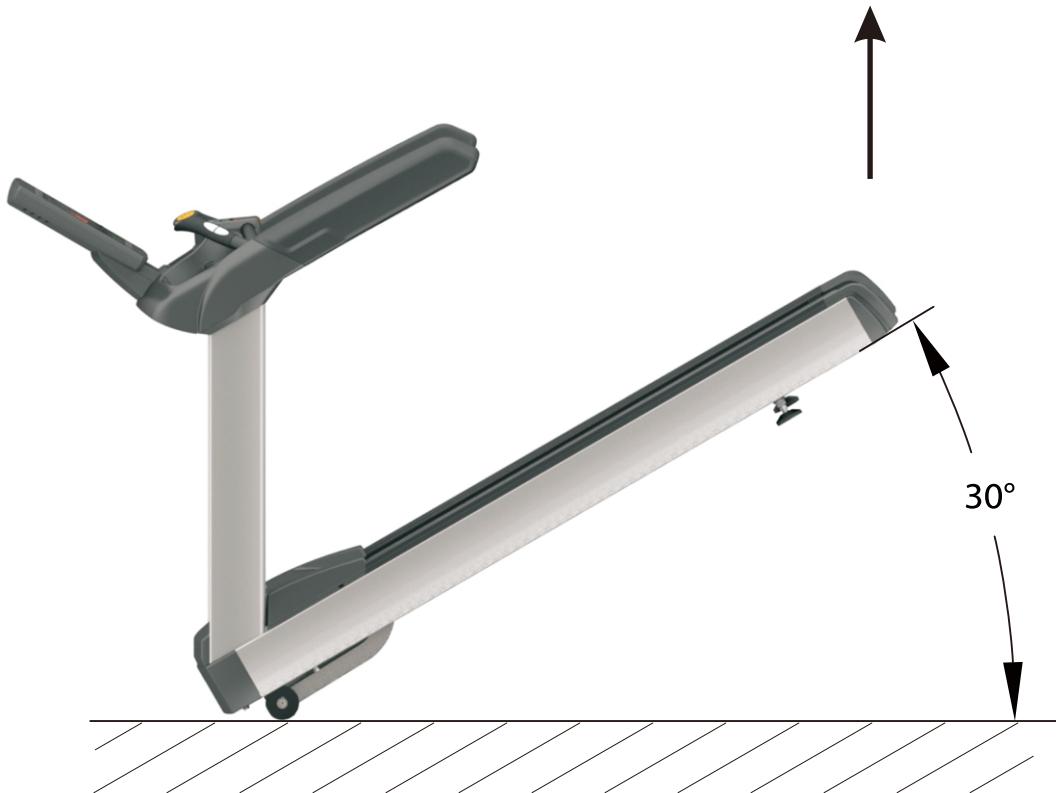
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can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

Moving Instructions

Caution! 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 30 degrees when lifted the treadmill back.



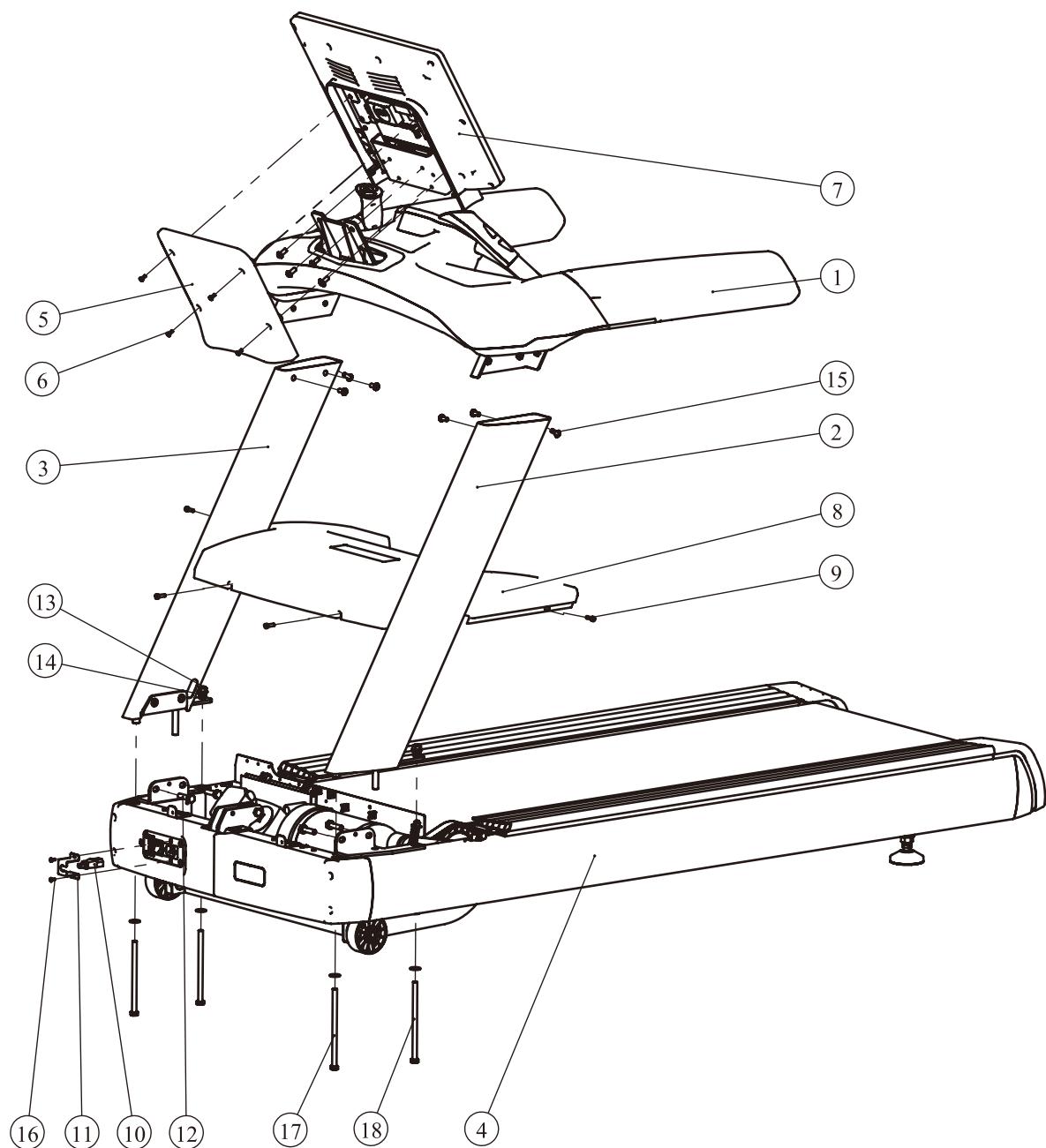
Parts List and Exploded View

Installation Instructions

Item No.	Part No.	Description	QTY
1	RT970H01-WXASSY	Console Frame Assembly	1
2	RT7500200	Left Upright	1
3	RT7500300	Right Upright	1
4	RT950E04-22WXASSY	Mainframe	1
5	RT9705300	Cover for assembly	1
6	GB818M5*12DHS2	Phillip Screw M5*12	18
7	RT970H02-WXASSY	Console ASSY	1
8	RT7002000	Motor Cover	1
9	GB70M6*20DHS20	Socket Head Cap Screw M6*20	24
10	A01-6	Power Wire	1
11	AC2970C1100V1	Power Wire Fixing plate	1
12	GB9074.16M10*25DS20	Hex Head Bolt w/ Serrated lock washer M10*40	4
13	NM10DS2	Locknut M10	2
14	DQ10DS2A	Washer $\Phi 11*\Phi 23*2$	2
15	PNLJCM8*20N19	Hexalobular socket pan head tapping screws w/ Serrated lock washer M8*20	10
16	GB818M4*10DHS2	Phillip Screw M4*10	2
17	GB5780M10*165*40DS20	Hex Head Bolt M10*165	2
18	GB5780M10*180DHS2	Hex Head Bolt M10*180	2
19	L1600JD-SMR-XHB-9	Console Wire Down	1
20	L800M43020-SMP-9JD	Console Wire Middle	1
21	L600SMY-XHB-6A	Transit PCB	1
22	L1000RJ45-RJ45-8	NET cable 2	1
23	L700SMA-XHB-PH-6	Upper section of central control Cable	1
24	L500RJ45-RJ45B-DC	Ethernet cable with holder	1
25	L700JD43-SH62002-1P	Ground wire	1
26	RJ45Z-RJ45Z-8	Network Socket	1

Parts List and Exploded View

Installation Instructions



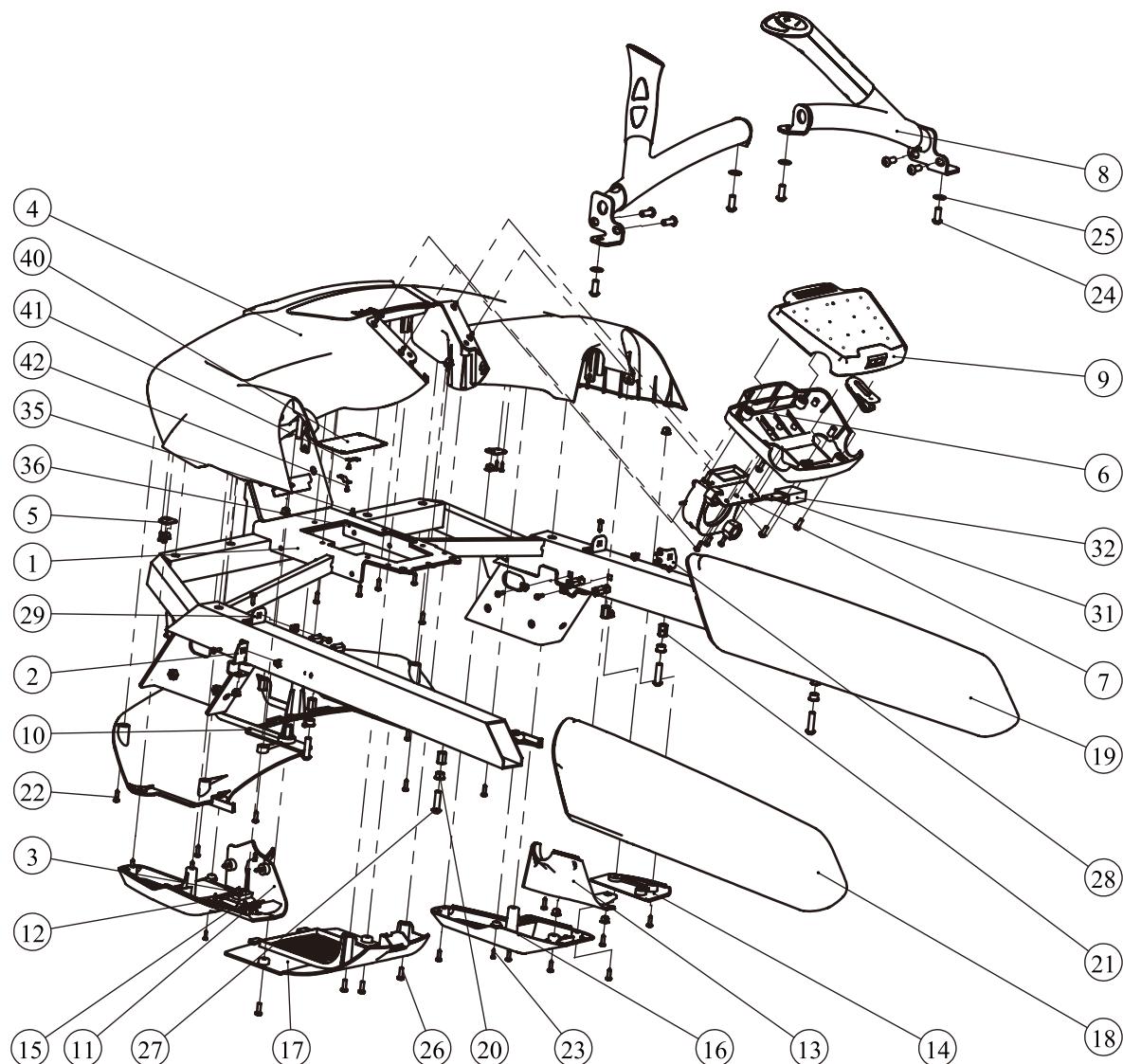
Parts List and Exploded View

Console Frame Assembly

Grade No.	Part No.	Description	QTY
1.1	RT7500100	Console Frame	1
1.2	RT7504100	Left Fixing Plate For Console Frame Bottom Cover	1
1.3	ECT74600	Plastic Clip Block	19
1.4	RT7505700V1	Console Frame Upper Casing	1
1.5	RT7504300	Fixing Plate For Console Frame Bottom Cover	2
1.6	RT7507200	Middle Controller Bottom Cover	1
1.7	RT960ZN17ASSY	Fan Assembly	1
1.8	RT75012ASSY	Middle Handrail ASSY	1
1.9	RT970B08ASSY	Middle Controller Upper Casing ASSY	1
1.10	RT7505800	Console Frame Bottom Casing	1
1.11	RT7505900	Left Handrail Lower inside Cover	1
1.12	RT7506100	Left Handrail Lower Outside Cover	1
1.13	RT7506000	Right Handrail Lower inside Cover	1
1.14	RT7506200	Right Handrail Lower Outside Cover	1
1.15	RT7506300	Decorative Cover For Left Upright	1
1.16	RT7506400	Decorative Cover For Left Upright	1
1.17	RT7506700	Cover For Maintain	1
1.18	RT7506500	Left Handrail	1
1.19	RT7506600	Right Handrail	1
1.20	ECU7P0400	Sleeve	4
1.21	GB17880.3M8*16.5DS17	Countersunk head hexagon riveted nuts M8	10
1.22	GB845ST4.2*16DS	Phillip Screw ST4.2*13	53
1.23	GB845ST2.9*13DS	Phillip Screw ST2.9*13	6
1.24	PNLM8*20DS2	Hexalobular socket pan head tapping screw M8*20	8
1.25	GB861.28DS12	Serrated lock washers Φ8	4
1.26	GB818M5*15DS2	Phillip Screw M5*15	8
1.27	PNLM8*30*30DS2	Hexalobular socket pan head tapping screw M8*30	4
1.28	RT7504200	Right Fixing Plate For Console Frame Bottom Cover	1
1.29	RT7504000	Fixing Plate For Console Frame Upper Casing	2
1.30	L800M43020-SMP-9JD	Console Wire Middle	1
1.31	DQXTJS03	Receptor	1
1.32	RU5004400	The Receiver Cover	1
1.33	DQCH01-SBD	Ferrite	1
1.34	DQCH02-SBD	Ferrite	1
1.35	GB6560M4*8DSG	Phillip Screw M4*8	1
1.36	GB862.24DS12	Serrated lock washers Φ4	1
1.37	SD3*150	Band Cable	4
1.38	L1000RJ45-RJ45-8	NET cable 2	1
1.39	L600H2506-43025-8H	Lower control adapter cable	1
1.40	B286	Wireless charging module	1
1.41	AC2990ZN0200	Earphone board holder	2
1.42	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	2
1.43	08-0077	Ferrite	2
1.44	L300XHB-XHB-4A	Wireless charging connection cable	1

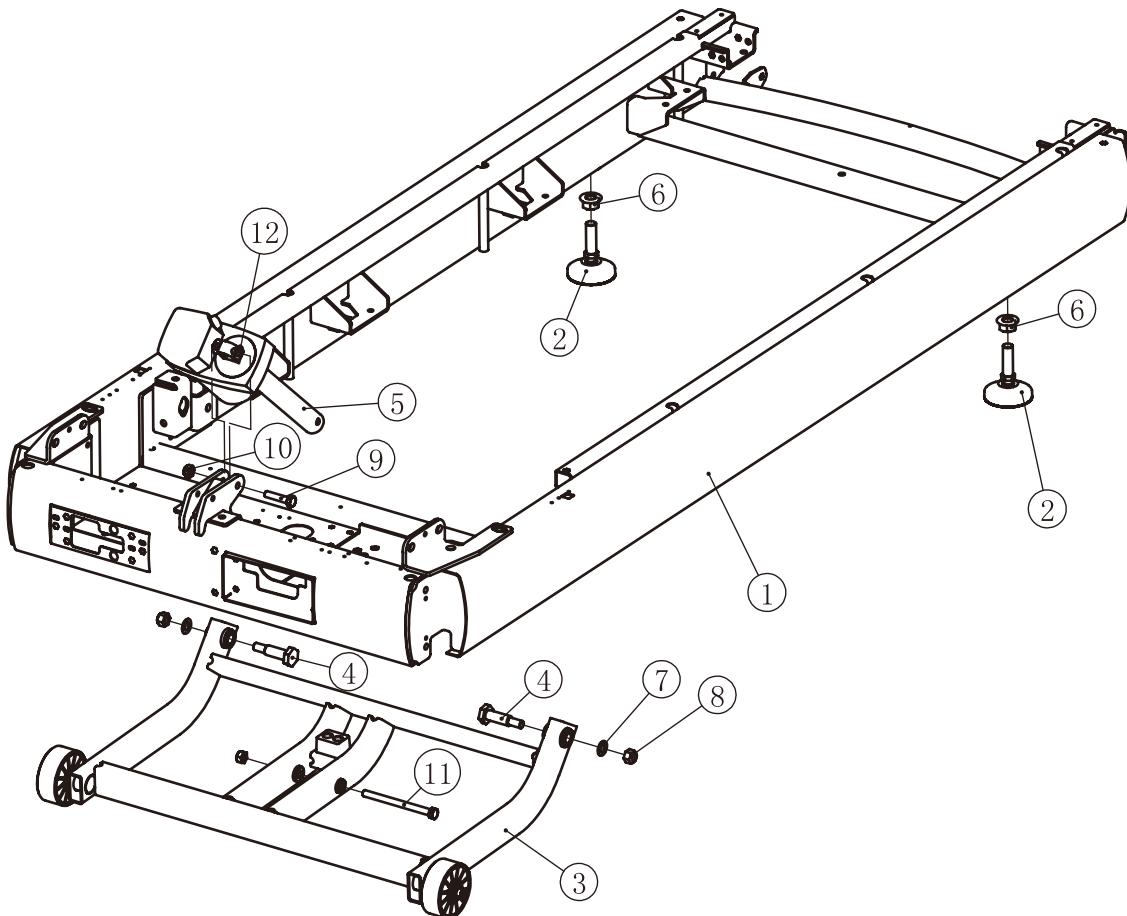
Parts List and Exploded View

Console Frame Assembly



Parts List and Exploded View

Deck Frame and Inverter Frame ASSY



Grade No.	Part No.	Description	QTY
4.1.1	RT700H0400	Deck Frame	1
4.1.2	STDP3400	Adjust Support	2
4.1.3	RT75005ASSY	Inverter Frame ASSY	1
4.1.4	RT7001900	Hex Head Bolt M10*130	2
4.1.5	R37-22-RDS	Actuator	1
4.1.6	GB6177M16DS2	Hex flange nut M16	2
4.1.7	DQ12DS2A	Washer $\Phi 13 \times \Phi 24 \times 1.5$	2
4.1.8	NM12DS2	Locknut M12	2
4.1.9	GB5780M10*45DS20	Hex Head Bolt M10*45	1
4.1.10	NM10DS2	Locknut M10	2
4.1.11	GB5780M10*130DS20	Hex Head Bolt M10*130	1
4.1.12	FLPSR-5500	Teflon washer	2

Parts List and Exploded View

Mainframe ASSY

Grade No.	Part No.	Description	QTY
4.1	RT75003-22ASSY	Deck Frame and Inverter Frame Assembly	1
4.2	AC32700636	Washer Φ30*Φ9*3	6
4.3	PT3002800P294U	Bumper A	6
4.4	PT3002900P294U	Bumper B	2
4.5	AC3170B5200	Bumper	4
4.6	RT7501000V1	Dust Proof Plate	1
4.7	RT3002400V3	Deck	1
4.8	RT7501700	Running Belt	1
4.9	DXD270J12A	V-Belt	1
4.10	PT400H22ASSY	Front Roller and Jockey Pulley ASSY	1
4.11	RT7003300	Rear Roller	1
4.12	RT7508500	Insulation Bumper	1
4.13	RT7508000	Insulation Base A	2
4.14	RT7508100	Insulation Base B	2
4.15	D42-45-RDS	Motor	1
4.16	PT300H1400	Pothook	1
4.17	STDP4700	Spring for Jockey Pulley	1
4.18	AC32705800	Clip Nut M6	6
4.19	DQBPQ2.2-22-TDV1	Inverter	1
4.20	Q08	Filter	1
4.21	Q12	Inductance	1
4.22	RT75013-22ASSY	Switch Cover ASSY	1
4.23	RT90014ASSY	Left Side Rail Assembly	1
4.24	RT90015ASSY	Right Side Rail Assembly	1
4.25	RT7002700	Left Rear Decorative Cover	1
4.26	RT7002900	Middle Protective Cover	1
4.27	RT7002500	Left End Cap	1
4.28	RT7002800	Right Rear Decorative Cover	1
4.29	RT7002600	Right End Cap	1
4.30	RT7001100	Front Motor Cover Fixing L Plate	2
4.31	RT7001200	Motor Cover Fixing L Plate	2
4.32	RT7001400	Front Cover Fixing Plate	2
4.33	RT7002200	Right Front Decorative Cover	1
4.34	RT7002100V1	Left Front Decorative Cover	1
4.35	RT7002000	Motor Cover	1
4.36	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	10
4.37	STDP6800	Locknut M8	12
4.38	GB17880.5M6*16.5DS17	Flat head hexagon riveted nuts M6	18
4.39	GB17880.3M6*15DS17	Countersunk head hexagon riveted nuts M6	2

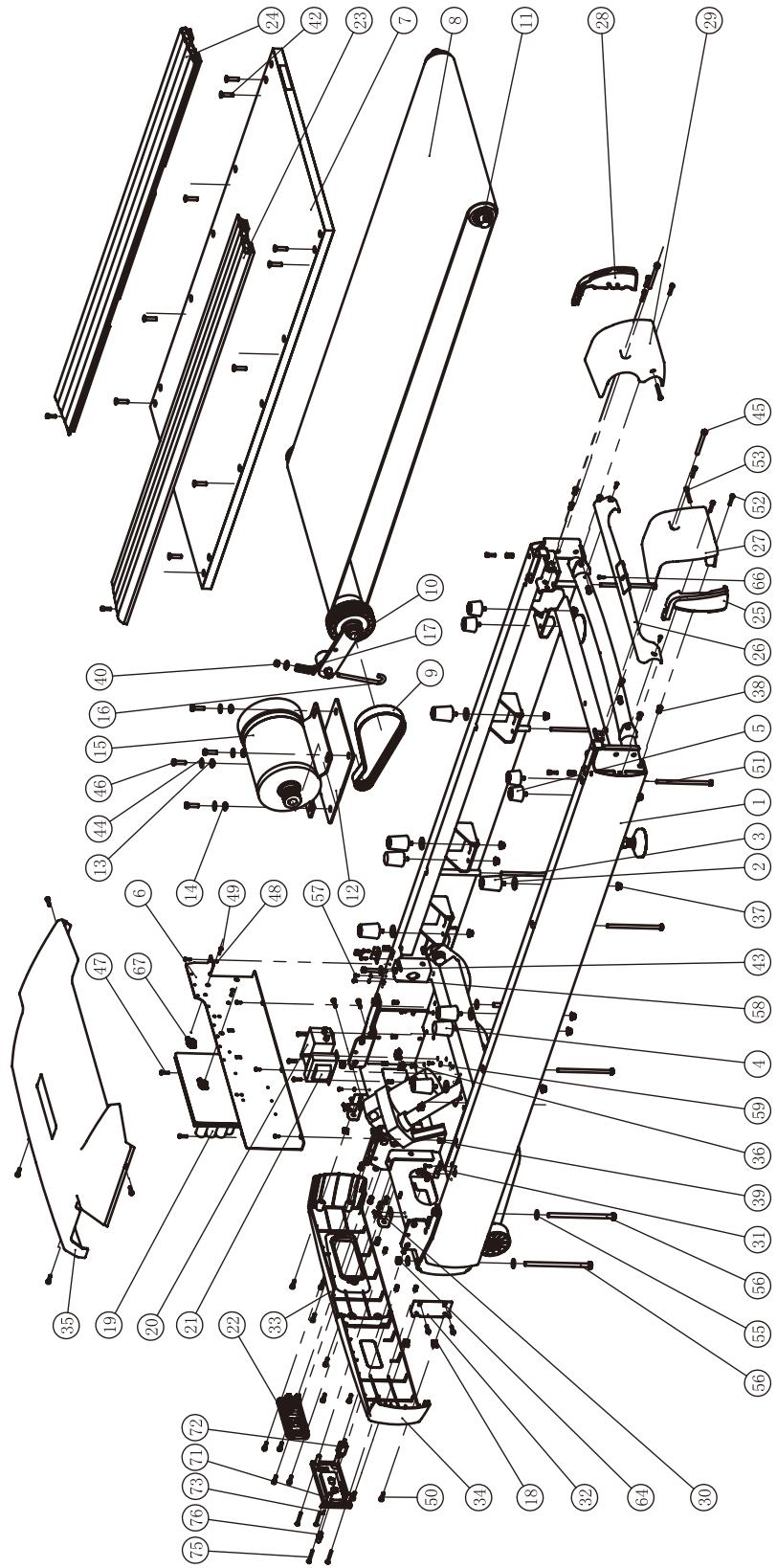
Parts List and Exploded View

Mainframe ASSY

Grade No.	Part No.	Description	QTY
4.40	NM8DS2	Locknut M8	1
4.41	GB845ST4.2*13DS	Phillip Screw ST4.2*13	5
4.42	CNLM8*35DHS20NL	Hexagon socket countersunk head cap head screw M8*35	10
4.43	GB70M8*60*60DHS20	Hexalobular socket pan head tapping screw M8*60	1
4.44	DQ8DS2A	Washer Φ9*Φ22*2	7
4.45	GB70M8*80*80DHS6	Socket Head Cap Screw M8*80	2
4.46	GB5780M8*30DS20NL	Hex Head Bolt M8*30	4
4.47	GB818M5*20DS2	Phillip Screw M5*20	6
4.48	GB934DHS12	Spring Washer Φ4	2
4.49	GB818M4*20DS2	Phillip Screw M4*20	2
4.50	GB70M6*20DHS20	Socket Head Cap Screw M6*20	24
4.51	GB5780M8*150DS2	Hex Head Bolt M8*150	6
4.52	GB70M6*30DS4	Phillip Screw M6*30	6
4.53	GB70M6*45DS2	Socket Head Cap Screw M6*60	2
4.54	GB5780M10*165*40DS20	Hex Head Bolt M10*165	2
4.55	DQ10DS2A	Washer Φ11*Φ23*2	6
4.56	GB5780M10*180DHS2	Hex Head Bolt M10*180	2
4.57	GB6560M4*8DSG	Phillip Screw M4*8	4
4.58	GB862.24DS12	Serrated lock washers Φ4	4
4.59	DQXK8.4	U-shape Wires Clip	3
4.60	L500M42816-3	Connect wire	1
4.61	L1600JD-SMR-XHB-9	Console Wire Down	1
4.62	LD2000	Protective Sleeve	1
4.63	SD3*150	Band Cable	4
4.64	GB41M10DS2	Nut M10	4
4.65	08-0077	Ferrite	2
4.66	T15856.1ST4.2*16DHS	Phillip Screw ST4.2*16	17
4.67	RT7508600	Inverter Cliper	2
4.68	CHP-2	wire holder	4
4.69	DQDT0710	Heat Shrink Tubing	0.01
4.70	GB938DHS12	Spring Washer Φ8	1
4.71	EVOT1PLUSB6300	Socket Holder	1
4.72	L1400RJ45-RJ45Z-8	Network Cable W/Socket	1
4.73	GB819M3*10DHS2	countersunk head cap head screw M3*10	1
4.74	RJ45Z-RJ45Z-8	Network Socket	1
4.75	GB818M5*40DS2	Phillip Screw M5*40	4

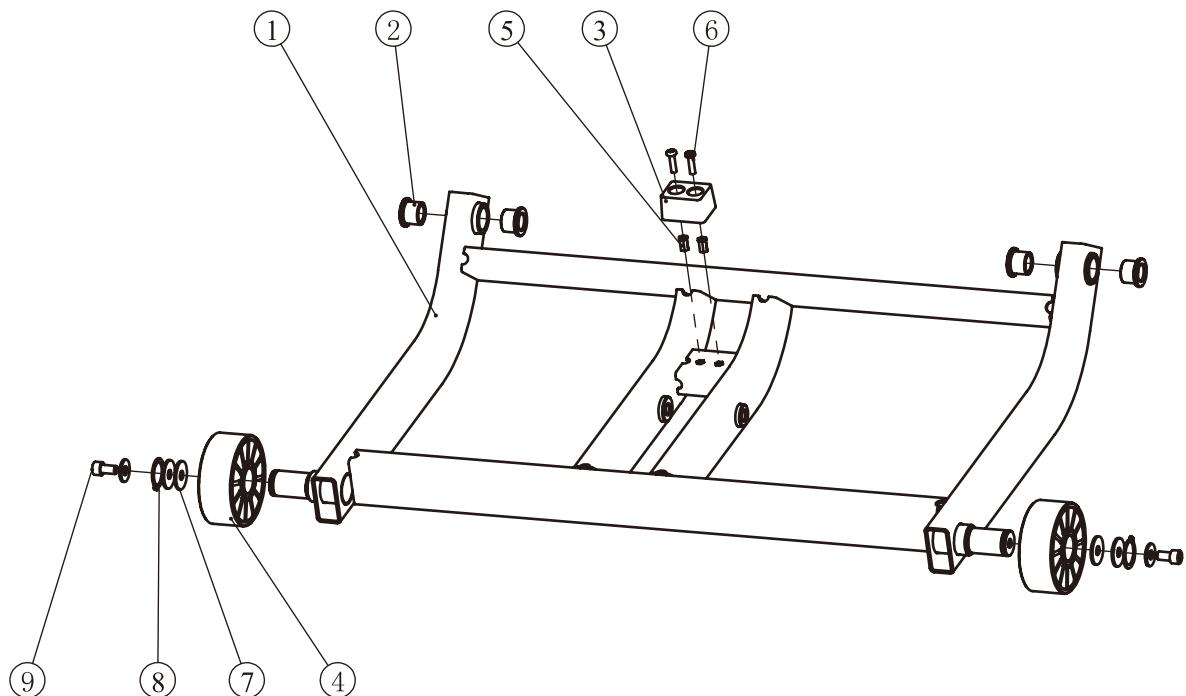
Parts List and Exploded View

Mainframe ASSY



Parts List and Exploded View

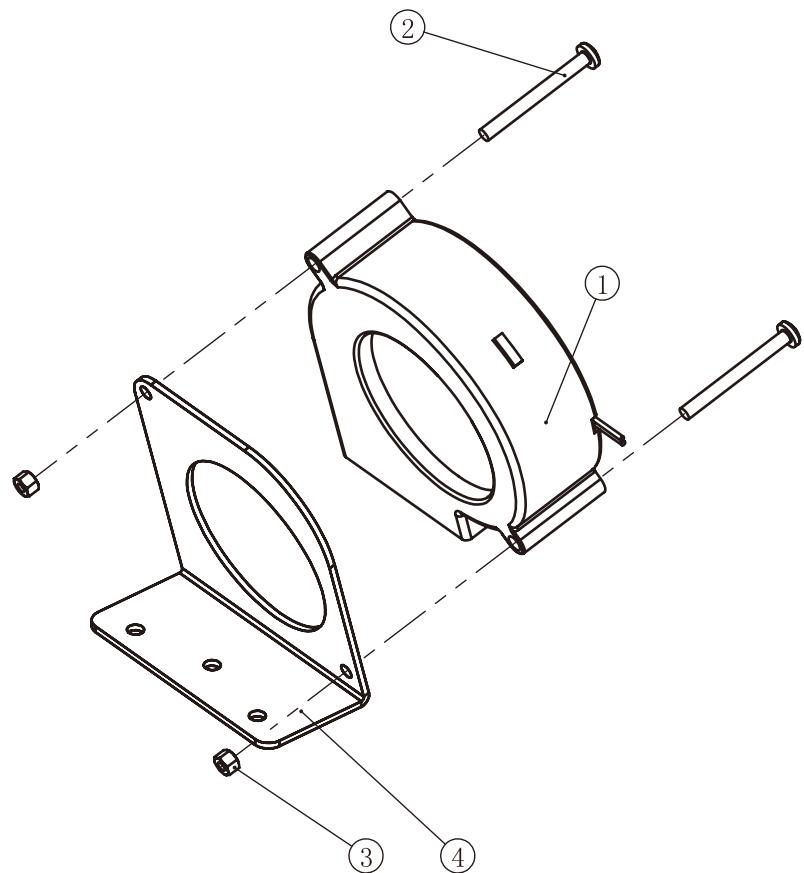
Inverter Frame ASSY



Grade No.	Part No.	Description	QTY
4.1.3.1	RT7500500	Inverter Frame	1
4.1.3.2	L1-6800	Neck bush	4
4.1.3.3	IN-B75052000	Ground bumper	1
4.1.3.4	DC29002200	Wheel	2
4.1.3.5	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	2
4.1.3.6	GB818M5*20DS2	Phillip Screw M5*20	2
4.1.3.7	DQ25DHS2B	Adjust Washer Φ25	4
4.1.3.8	GB894.125FH12	Circlip for shaft	2
4.1.3.9	DQ8DHS2B	Washer Washer Φ9*Φ28*2	2
4.1.3.10	GB70M8*15DHS4	Socket Head Cap Screw M8*15	2

Parts List and Exploded View

Fan Assembly



Grade No.	Part No.	Description	QTY
1.7.1	P07-M35155	Fan	1
1.7.2	GB818M4*40DS2	Phillip Screw M4*40	2
1.7.3	GB41M4DS2	Nut M4	2
1.7.4	RT7504400	Bracket for Fan	1

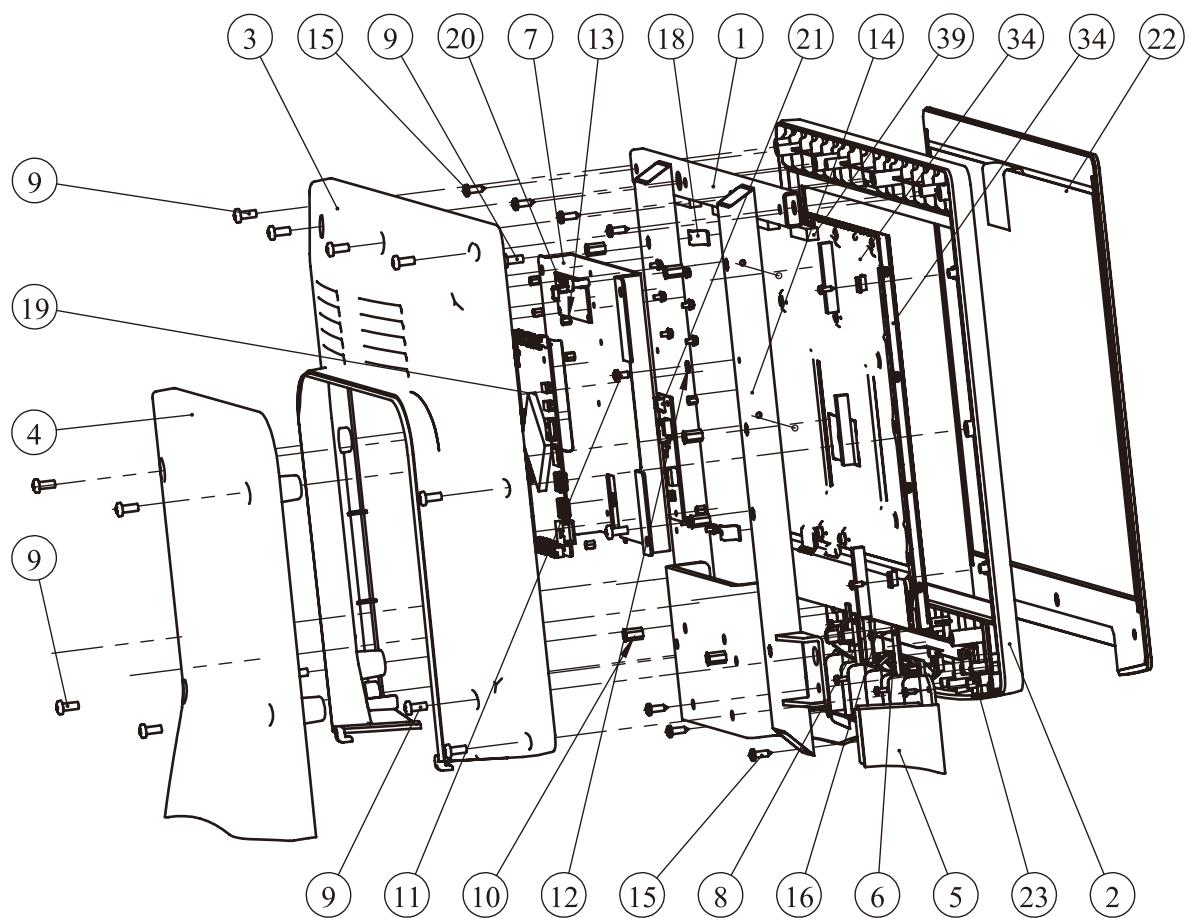
Parts List and Exploded View

Front Cover of Console ASSY

Grade No.	Part No.	Description	QTY
7.1	RT9702600	Bracket for Console	1
7.2	AC40502000	Front cover of Console	1
7.3	AC40502100	Back Cover of Console	1
7.4	RT9705300	Cover for assembly	1
7.5	RT9705200	Neck Front Cover	1
7.6	AC4050B5500ASSY	USB PCB ASSY	1
7.7	AC4050B5600	Bracket for Main board	1
7.8	AC40505900	Connect plate	2
7.9	GB818M5*12DHS2	Phillip Screw M5*12	18
7.10	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	8
7.11	GB6560M4*8DSG	Phillip Screw M4*8	2
7.12	GB862.24DS12	Serrated lock washers Φ4	2
7.13	EVOE1PLUSDZB04	M3 copper nut	10
7.14	GB9074.4M3*6DS2	M3 screw ASSY	20
7.15	GB845ST4.2*13DHS	Phillip Screw ST4.2*13	8
7.16	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	15
7.17	L250PH-TJC3B-5A	Bluetooth module connection cable	1
7.18	EVOE13600	Bracket for display screen	7
7.19	B299-RT970H	Main board	1
7.20	B300-4050B	Touch screen control board	1
7.21	B301-4050B	Backlight board	1
7.22	CM215-4050C	Touch screen pane	1
7.23	GGMZ03-DC	Photosensitive module	1
7.24	L340PH-TH-4A	Flat Cable for Touch screen control	1
7.25	L450PH-HK-6Q	Cable for Backlight output	1
7.26	L220PH-PH-7Q	Cable for Backlight control	1
7.27	L260A10004A-12003H-30D	Dual LVDS screen data cable	1
7.28	DQLY03-4050C	Bluetooth module	1
7.29	L350PH-TH-4C	Photosensitive module adapter cable	1
7.30	L300SH-YP35-USB-12A	USB headphone adapter cable	1
7.31	L500RJ45-RJ45B-DC	Ethernet cable with holder	1
7.32	TX05-DC	Bluetooth antenna	1
7.33	L700SMA-XHB-PH-6	Upper section of central control Cable	1
7.34	TFT215-4050B	21.5-inch display screen	1
7.35	TX04-DC	WIFI antenna	2
7.36	L700JD43-SH62002-1P	Ground wire	1
7.37	L200JD43-JD-1-04	Ground wire	1
7.38	AC4050B5800	FOAM	6
7.39	AC4050B5900	FOAM	4

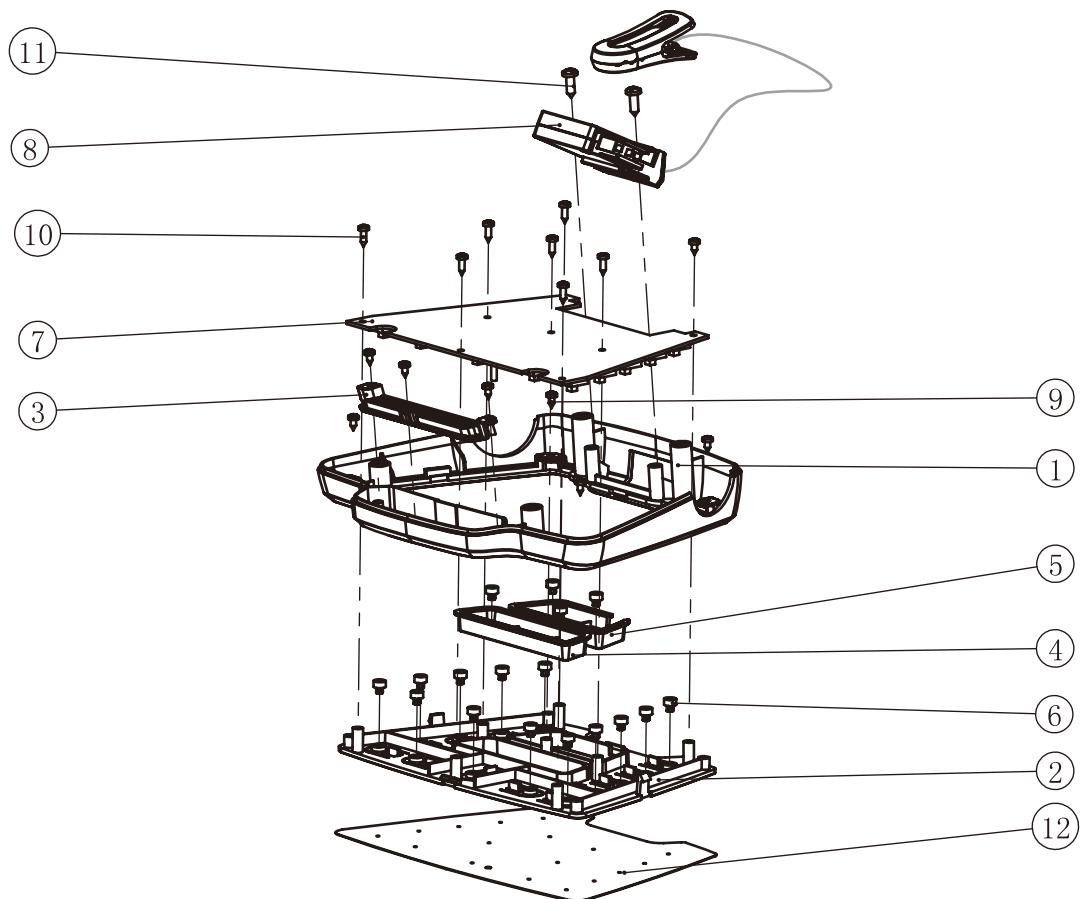
Parts List and Exploded View

Front Cover of Console ASSY



Parts List and Exploded View

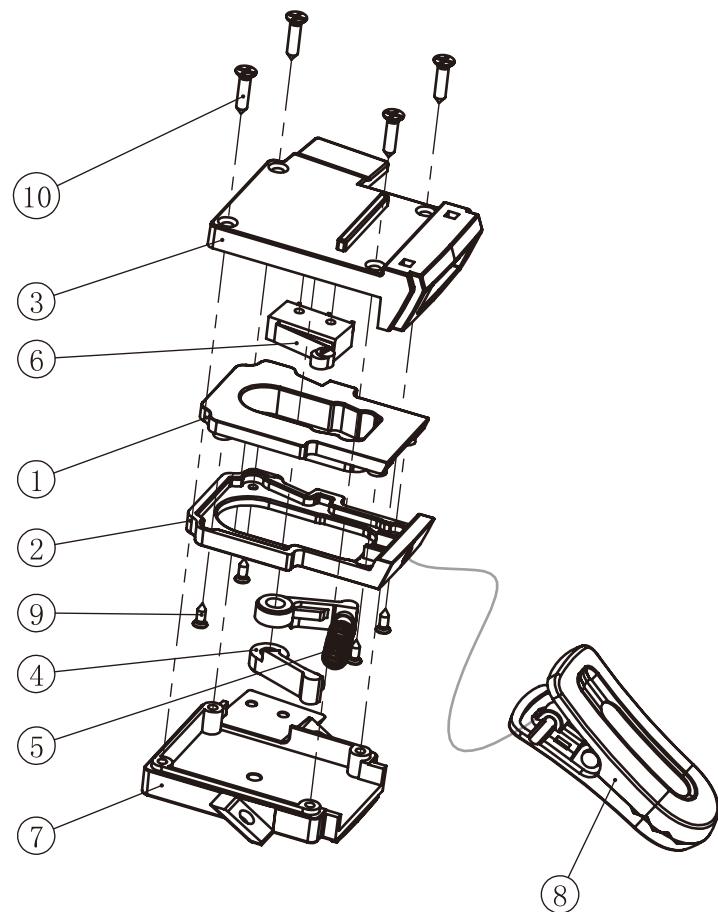
Middle Controller Upper Casing ASSY



Grade No.	Part No.	Description	QTY
1.9.1	RT7507100	Middle Controller Upper Casing	1
1.9.2	RT7506800	Middle Controller Key Casing	1
1.9.3	RT7508300	Air Duct Cover	1
1.9.4	RT7506900	Start Key	1
1.9.5	RT7507000	Stop Key	1
1.9.6	ECT74800	Buffer Pad For Key	17
1.9.7	B154-RT970B	PCB for Middle Controller Upper Casing	1
1.9.8	RT75010ASSY	Emergency Switch ASSY	1
1.9.9	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	7
1.9.10	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	8
1.9.11	GB845ST4.2*13DS	Phillip Screw ST4.3*13	2
1.9.12	RT750MM02	A ZONE Overlay	1
1.9.13	L600SMY-XHB-6A	Central control offline section	1

Parts List and Exploded View

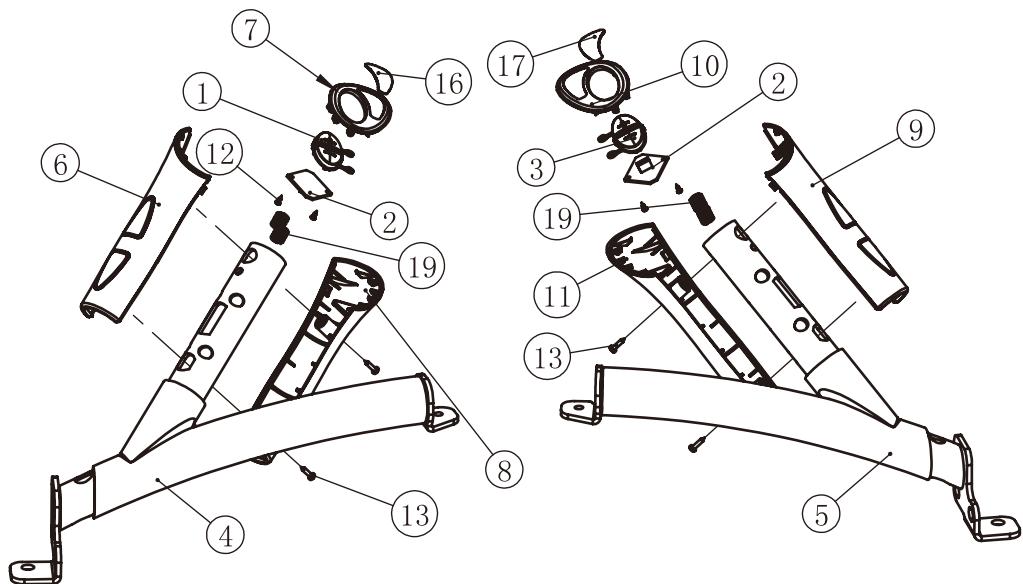
Emergency Switch ASSY



Grade No.	Part No.	Description	QTY
1.9.8.1	RT7507600	Upper Casing for Emergency Switch Pull Rope	1
1.9.8.2	RT7507700	Bottom Casing for Emergency Switch Pull Rope	1
1.9.8.3	RT7507400	Upper Casing for Emergency Switch	1
1.9.8.4	RT7507800	Locating Rod	2
1.9.8.5	RT7504900	The pressure spring	1
1.9.8.6	F83	Emergency Switch	1
1.9.8.7	RT7507500	Bottom Casing for Emergency Switch	1
1.9.8.8	STDP4012	Safe Key Clamp	1
1.9.8.9	GB846ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
1.9.8.10	GB846ST2.9*13DS	Phillip Screw ST2.9*13	4

Parts List and Exploded View

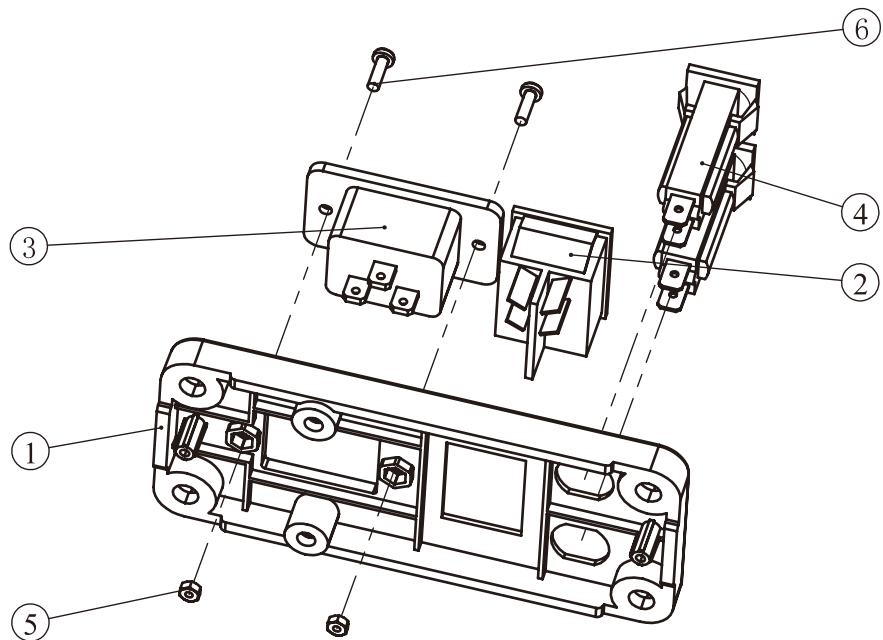
Middle Handrail ASSY



Grade No.	Part No.	Description	QTY
1.8.1	X17K	Incline Key	1
1.8.2	F31	Spd And Incl Pcb	2
1.8.3	X19K	Speed Key	1
1.8.4	RT7500600	Left Middle Handrail Bracket	1
1.8.5	RT7500700	Right Middle Handrail Bracket	1
1.8.6	X12RV1	Left Cover W/ Pulse Plate	1
1.8.7	X12T	Pulse Plate Top Cover	1
1.8.8	X12L	Pulse Plate Left Cover	1
1.8.9	X13RV1	Right Cover W/ Pulse Plate	1
1.8.10	X13T	Pulse Plate Top Cover	1
1.8.11	X13L	Pulse Plate Left Cover	1
1.8.12	GB845ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
1.8.13	GB845ST2.9*13N19	Phillip Screw ST2.9*13	4
1.8.14	L800XHB-XHP-6	Spd And Incl Connect wire	1
1.8.15	L1000ST0-XHB-4	Pulse Connect Wire	1
1.8.16	RT700TZ02	Sticker For Incl	1
1.8.17	RT700TZ01	Sticker For Spd	1
1.8.18	DQCH01-SBD	Ferrite	1
1.8.19	L100800	Spring	4
1.8.20	SMJ10*1*1000	Double side stick	1

Parts List and Exploded View

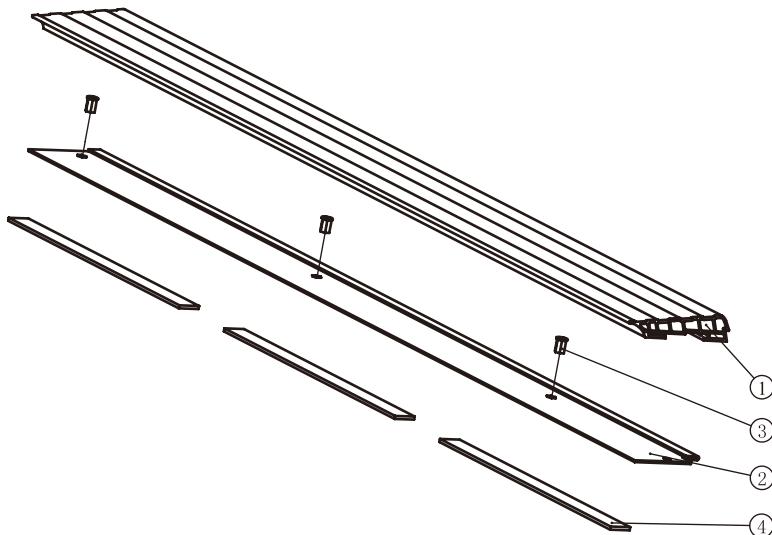
Switch Cover ASSY



Grade No.	Part No.	Description	QTY
4.22.1	RT7003000	Switch Cover	1
4.22.2	F23	Power Switch	1
4.22.3	Z13	Power Outlet	1
4.22.4	08-0004	Fuse	2
4.22.5	GB41M3DS2	Nut M3	2
4.22.6	GB818M3*10DS2	Phillip Screw M3*10	2
4.22.7	L350AMP175022-JD-1	Earth Wire	1
4.22.8	L100AMP175022-1-L-14	Connect Wire	2
4.22.9	L100AMP175022-1-N-14	Connect Wire	2
4.22.10	DQCH01-SBD	Ferrite	1
4.22.11	L400AMP175022-1-N-14	Connect Wire	1

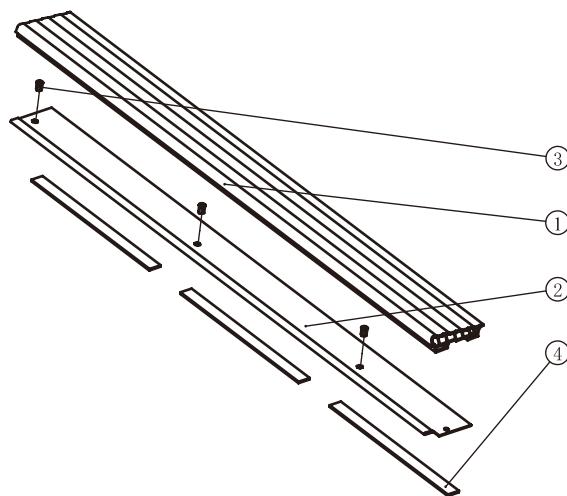
Parts List and Exploded View

Left Side Rail Assembly



Grade No.	Part No.	Description	QTY
4.23.1	RT7007200	Left Side Rail	1
4.23.2	RT7007400	Frame for Left Side Rail	1
4.23.3	PT300H5200	Single Sided Adhesive	3
4.23.4	GB17880.5M8*16.5DCS17	Flat head hexagon riveted nuts M8	3

Right Side Rail Assembly



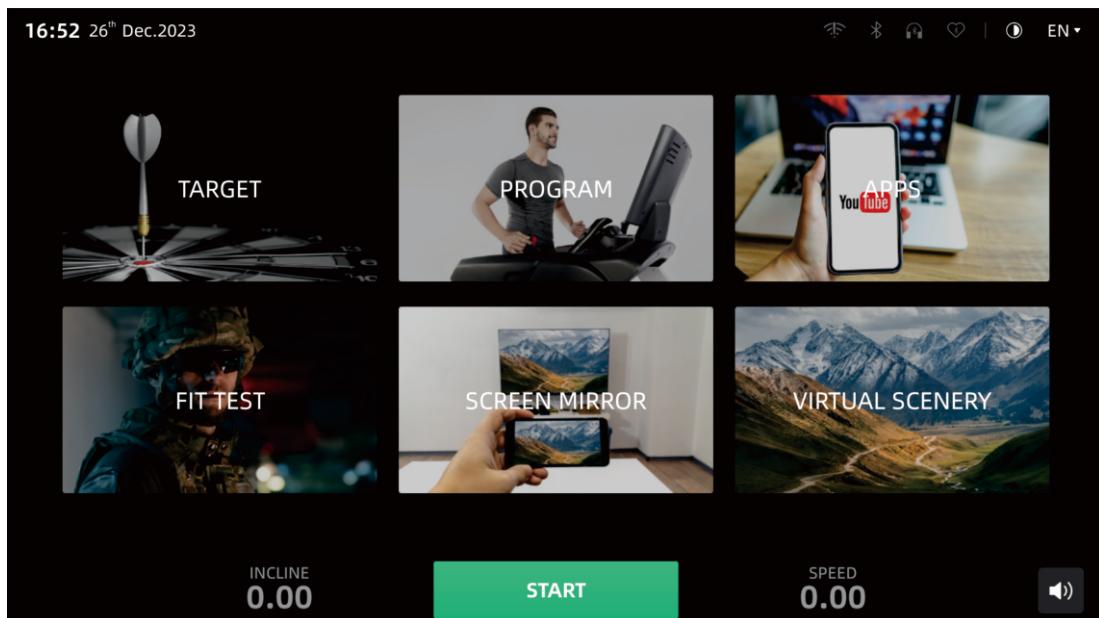
Grade No.	Part No.	Description	QTY
4.24.1	RT7007300	Right Side Rail	1
4.24.2	RT7007500	Frame for Right Side Rail	1
4.24.3	PT300H5200	Single Sided Adhesive	3
4.24.4	GB17880.5M8*16.5DCS17	Flat head hexagon riveted nuts M8	3

Console Panel Functions

Rated Voltage	220-240V~ 50/60Hz
Rated Power	3100W
Speed Range	0.5-25km/h
Incline Range	0-15%
Display	SPEED, INCLINE, TIME, HEART RATE, CALORIES, CAL/HOUR, DISTANCE, TFT

Home Page and Button Instructions

Home page: The home page displays the following functions:



START: Press Start to start running.

TARGET: To set running goals based on time, distance, and calories.

PROGRAM: Exercise according to pre-set five programs: HILL, HRC, INTERVAL, CARDIO, FAT BURN. Users can also customize two modes.

APPS: Online entertainment including listening to music, watching videos and surfing requires internet connection.

FIT TEST: Target exercises are conducted based on Marine PET, Army PFT, Air Force PRT, Navy PRT, PEB and IPPT. Every segment has corresponding scores, as detailed in the attachment.

SCREEN MIRROR: It can be used for Android and Apple screen casting.

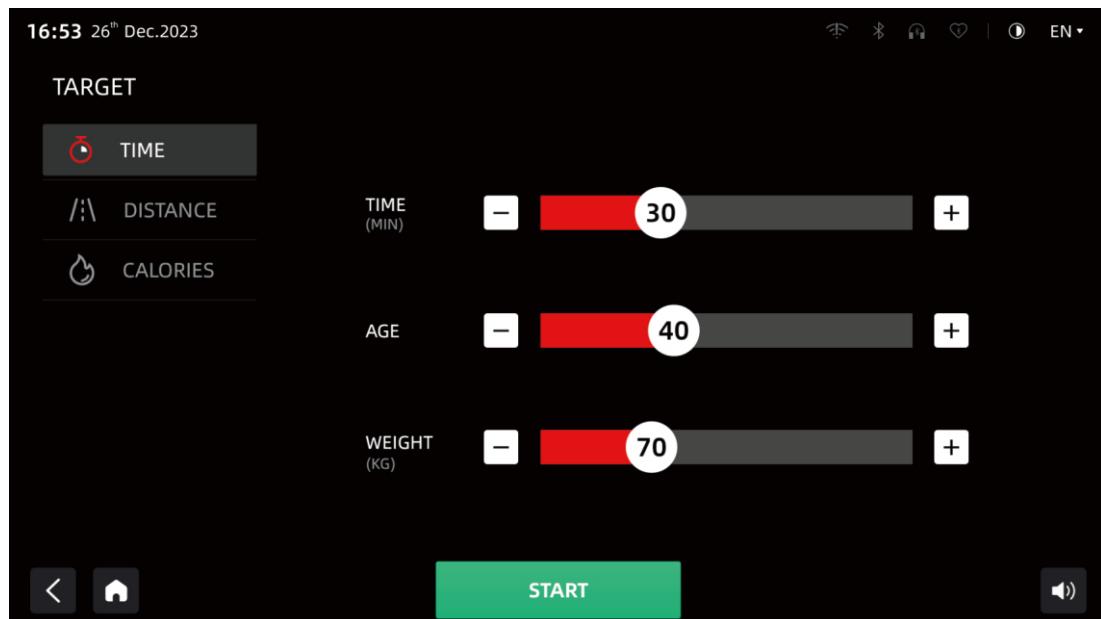
VIRTUAL SCENERY: Users can choose to run in different scenarios.

SETTINGS: System related settings, including internet, Bluetooth, general settings, device information and language, etc.

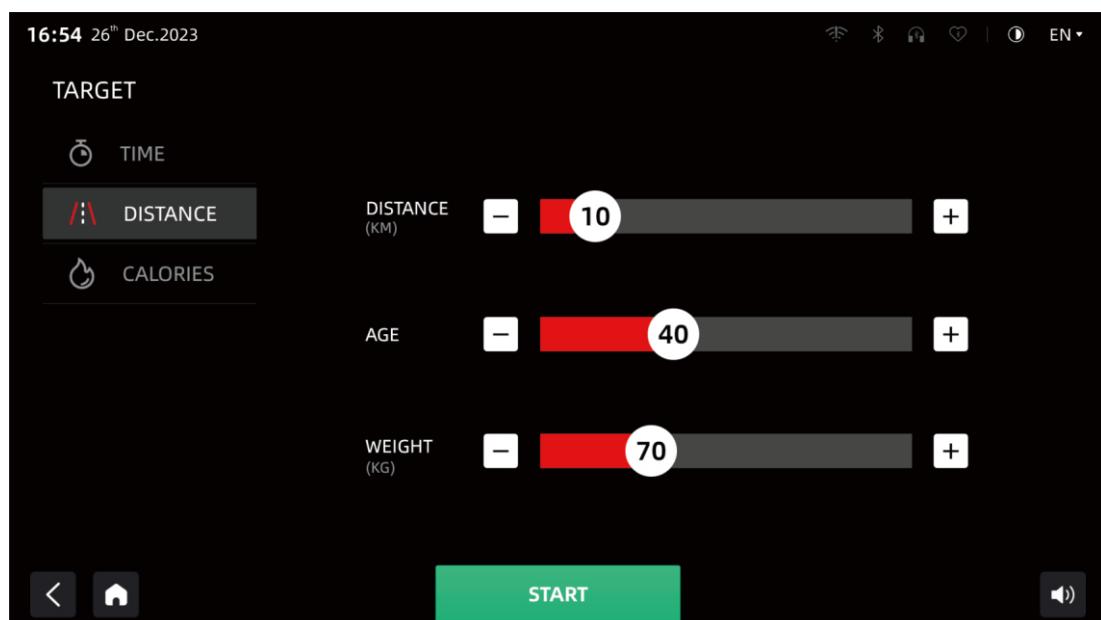
Console Panel Functions

Target

Press TARGET on the homepage, select the mode from TIME, DISTANCE, and CALORIES. Scroll the red bar or press the +/- button to set the age, weight and running data. Press START to start running. Once user achieves the set goal, the treadmill will automatically stop.

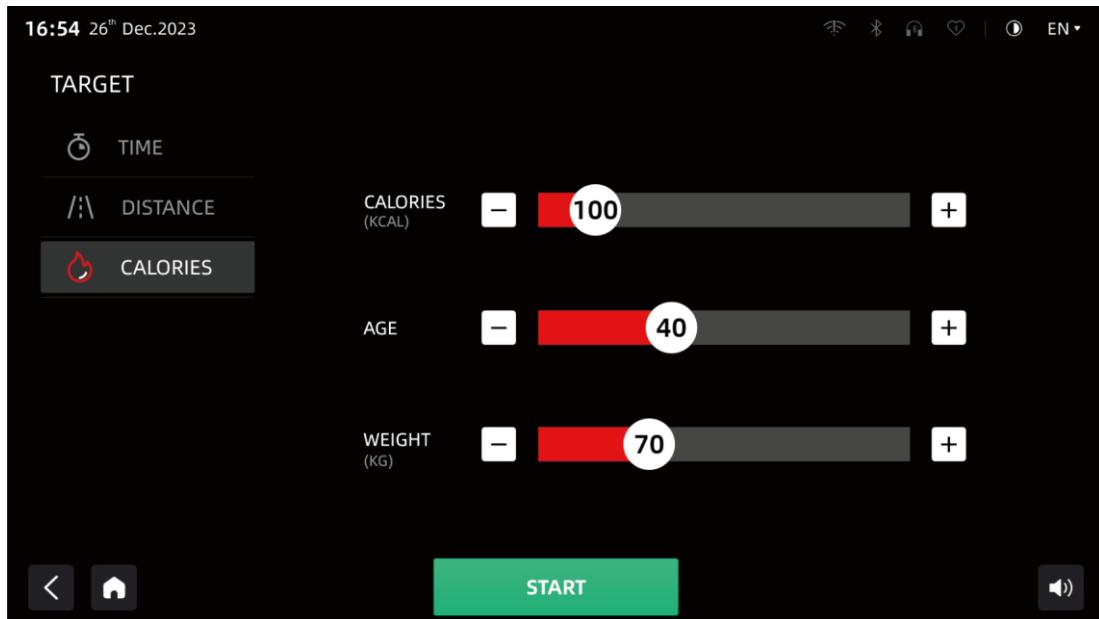


Set exercise goals based on time



Set exercise goals based on distance

Console Panel Functions

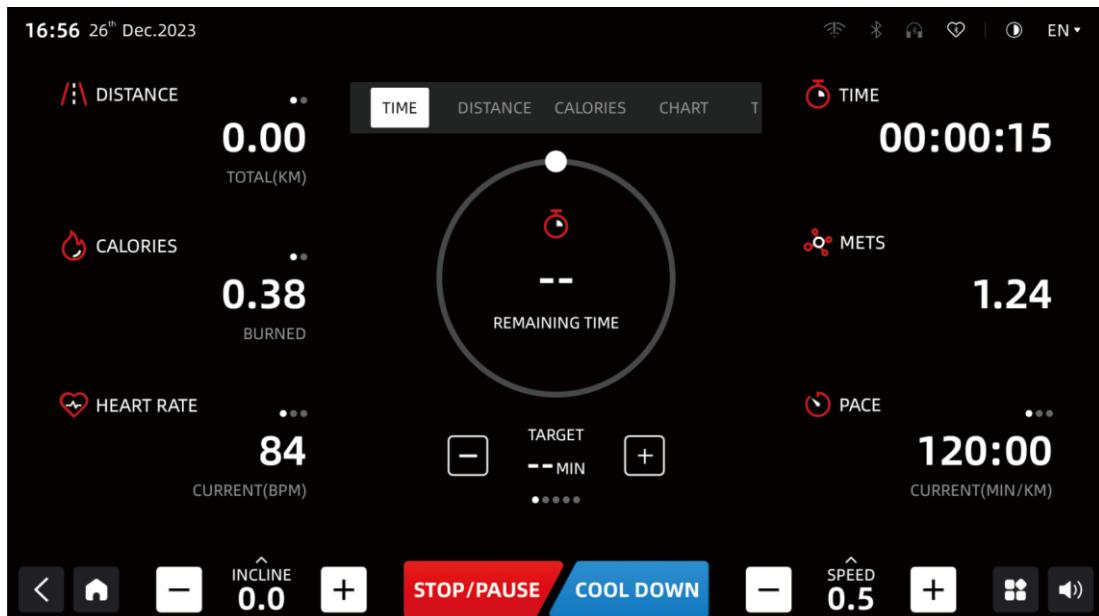


Set exercise goals based on calories

START

Press START on the home page to enter the running page.

After pressing, the display will show the countdown of 3, 2, 1, and GO. When the sound ends, the treadmill will enter the running phase.

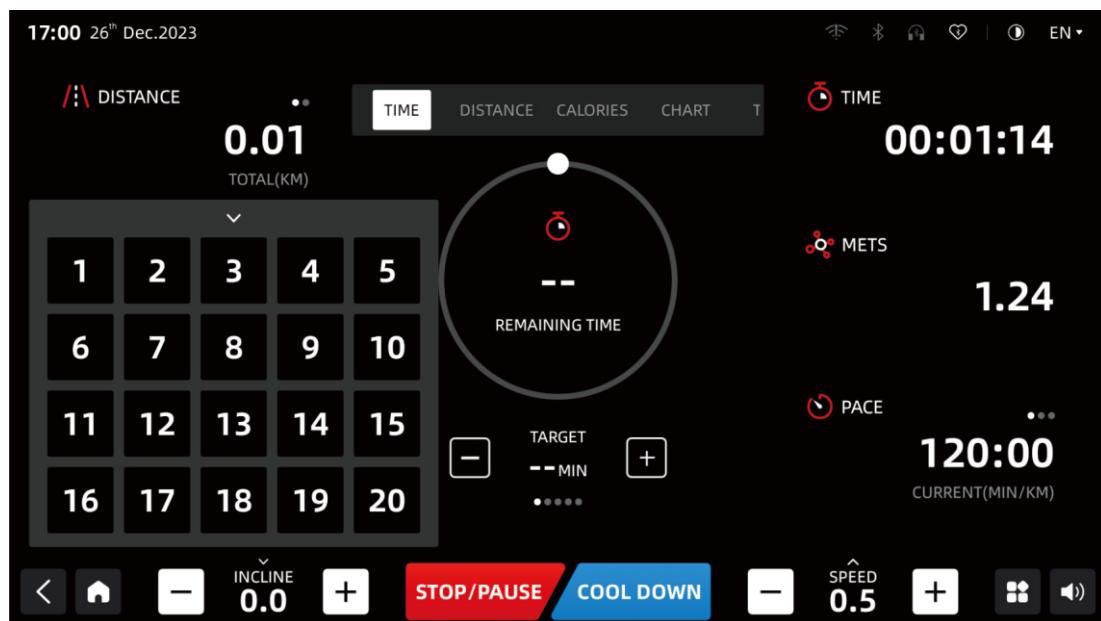


Running page

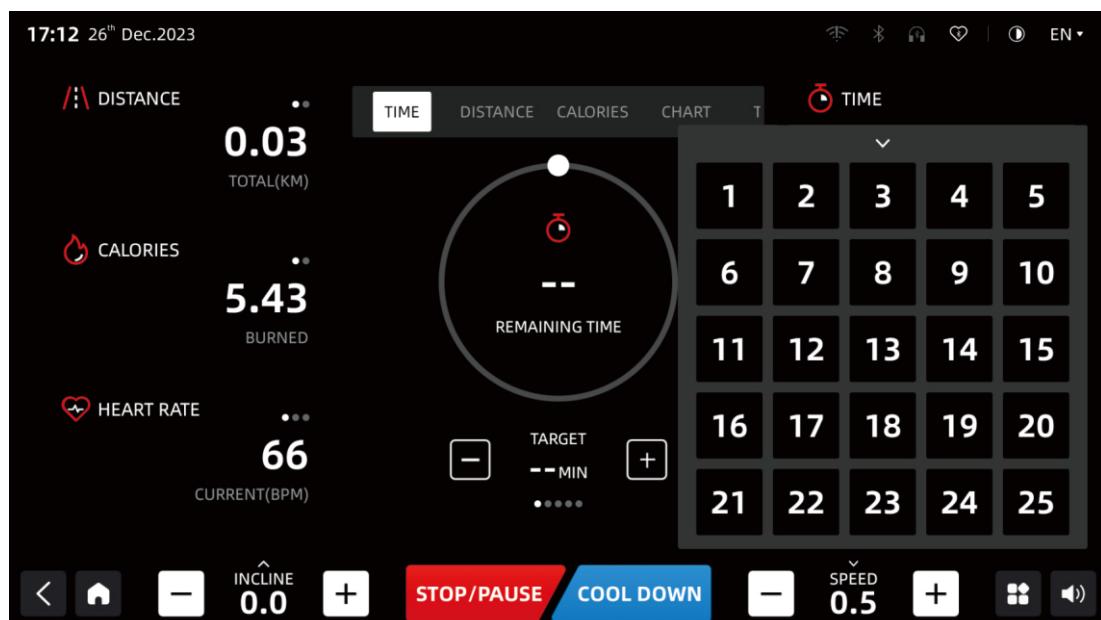
Console Panel Functions

Incline and Speed

During the operation of the treadmill, you can press the up and down icons in the lower left of the screen to adjust the incline, in the lower right to adjust the speed, or press the shortcut icons for speed and incline to set with just one click.



Incline shortcut settings

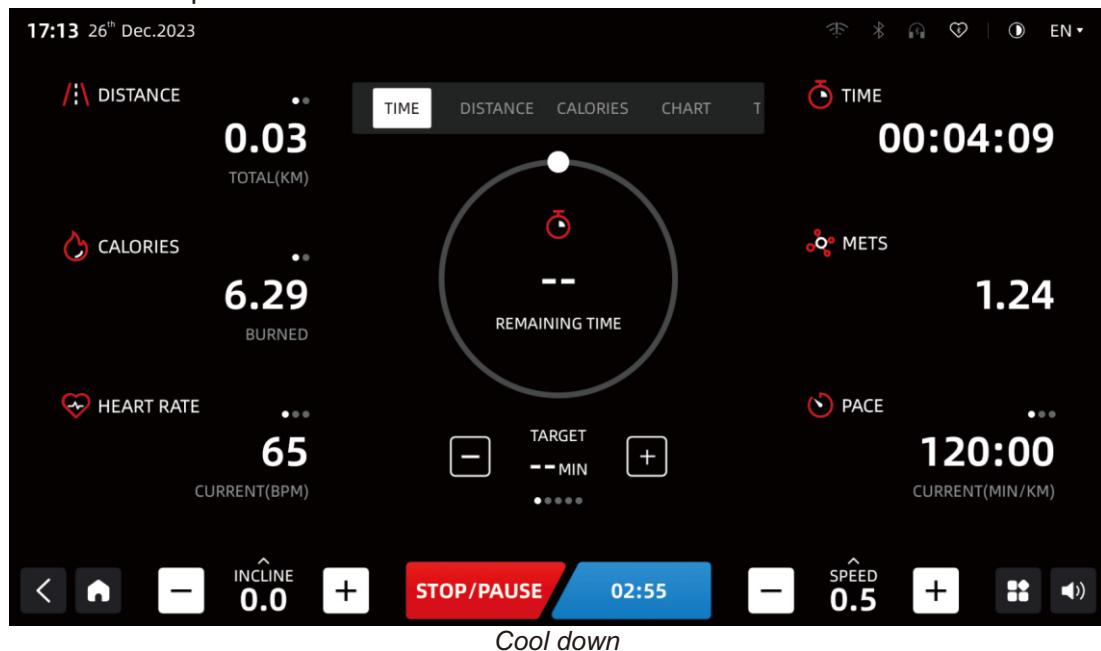


Speed shortcut settings(Imperial)

Console Panel Functions

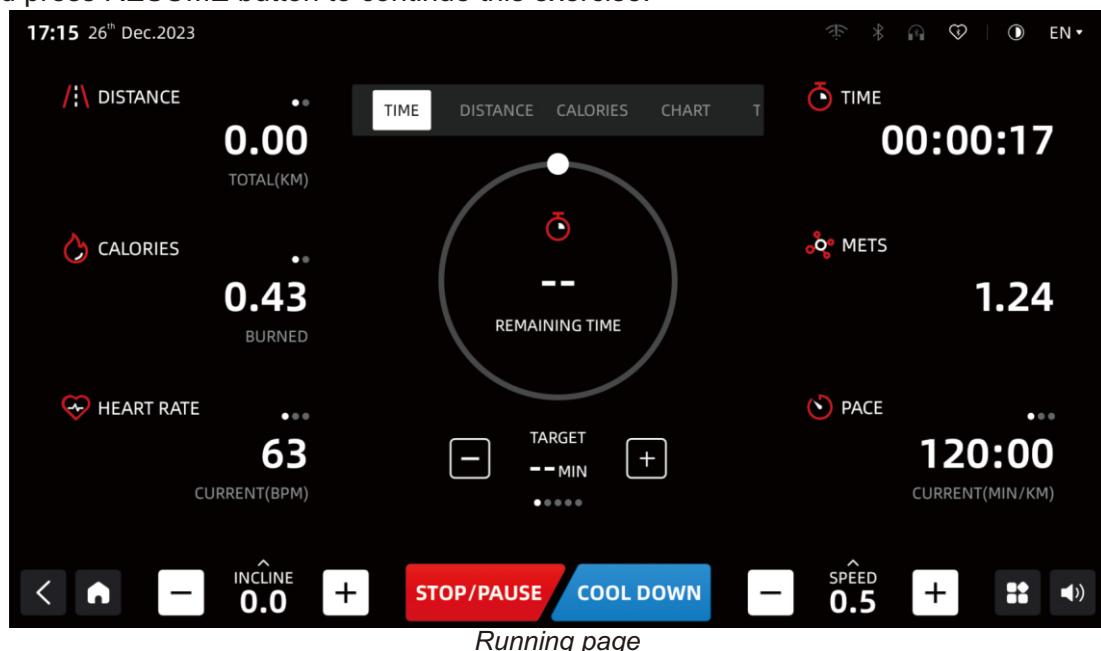
Cool Down

Entering the running page, press STOP to cool down. This program will halve the speed and display a countdown of three minutes. The relaxation time of three minutes is not included in the exercise report.

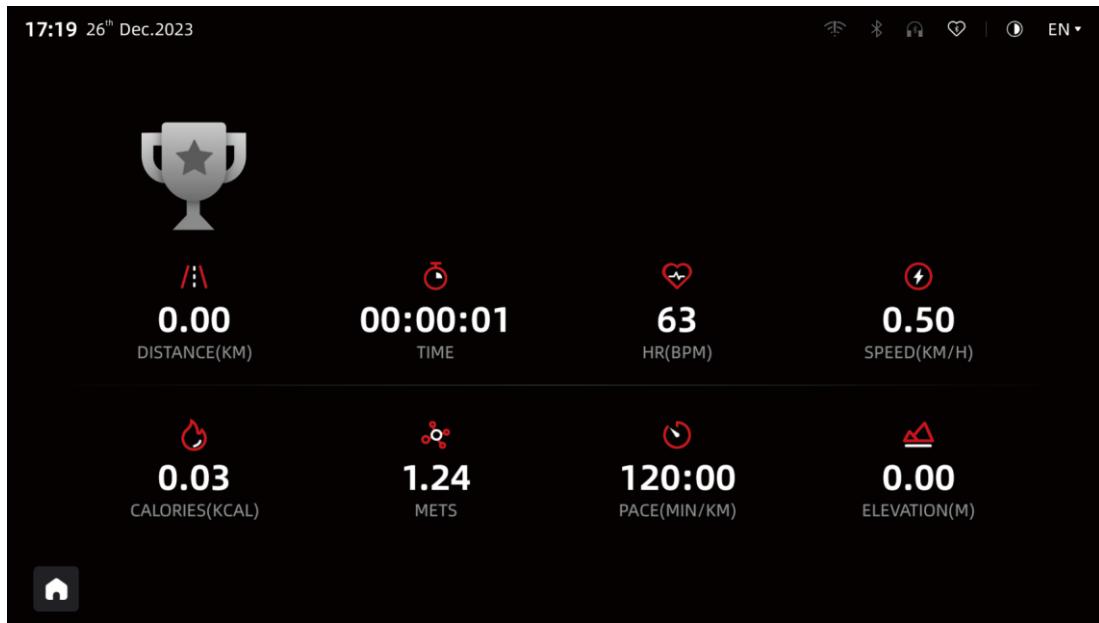


STOP

Enter the running page and press STOP button to stop the treadmill. It will end with a page displaying time, distance, and calories burned of this exercise. The data will show changes in heart rate, incline and speed. Users can press STOP button to stop the current exercise, and press RESUME button to continue this exercise.



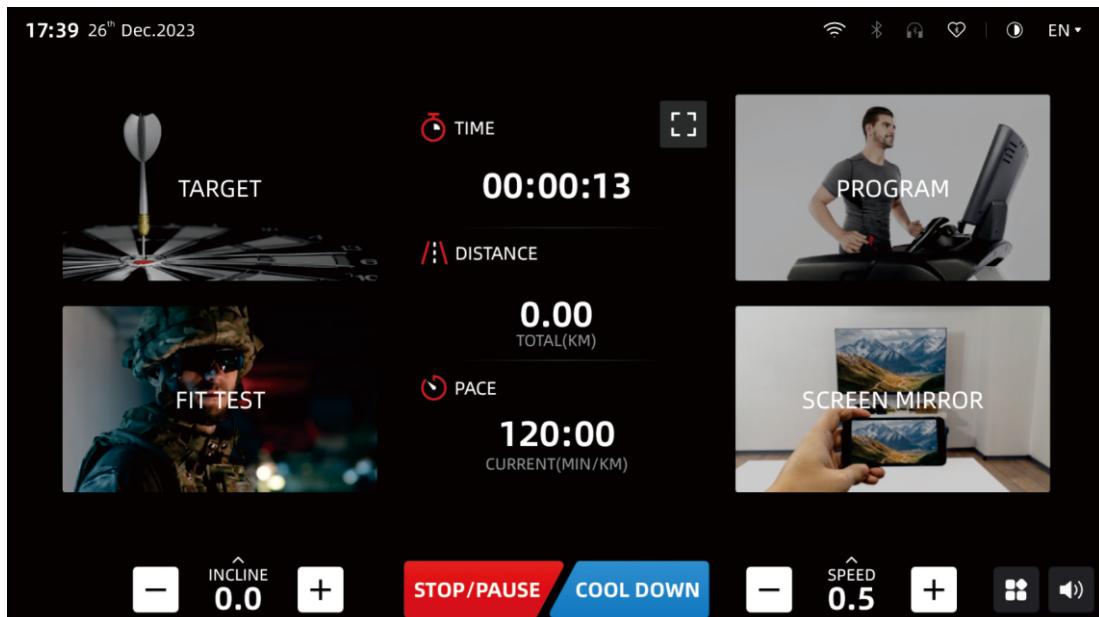
Console Panel Functions



Exercise report

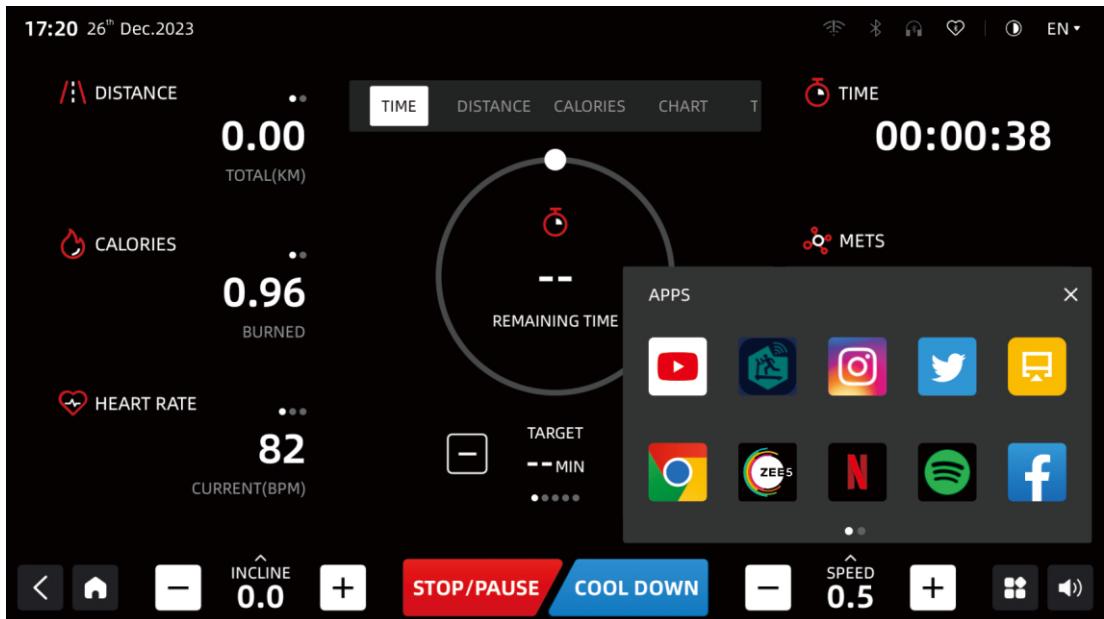
Other Buttons on the Running Page

"Home/Back" button: When user go back to the home page, the exercise page will also shrink to display on the home page. User can change language on the home page. You can also switch to other modes, such as HILL, and it will pop up window to hint whether to switch.



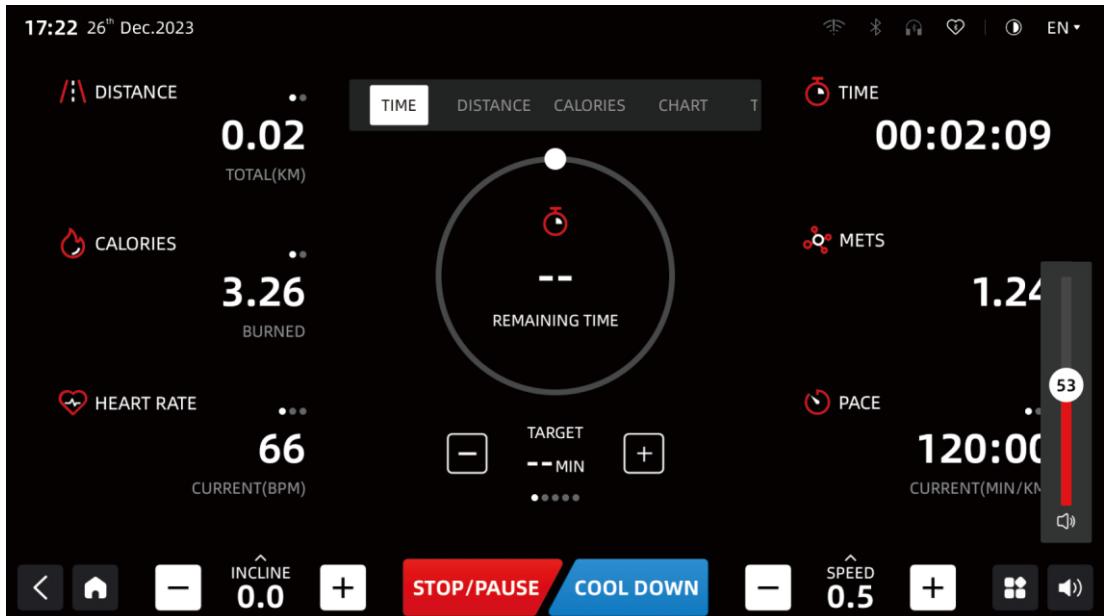
Press HOME or BACK

Console Panel Functions



Press Entertainment icon

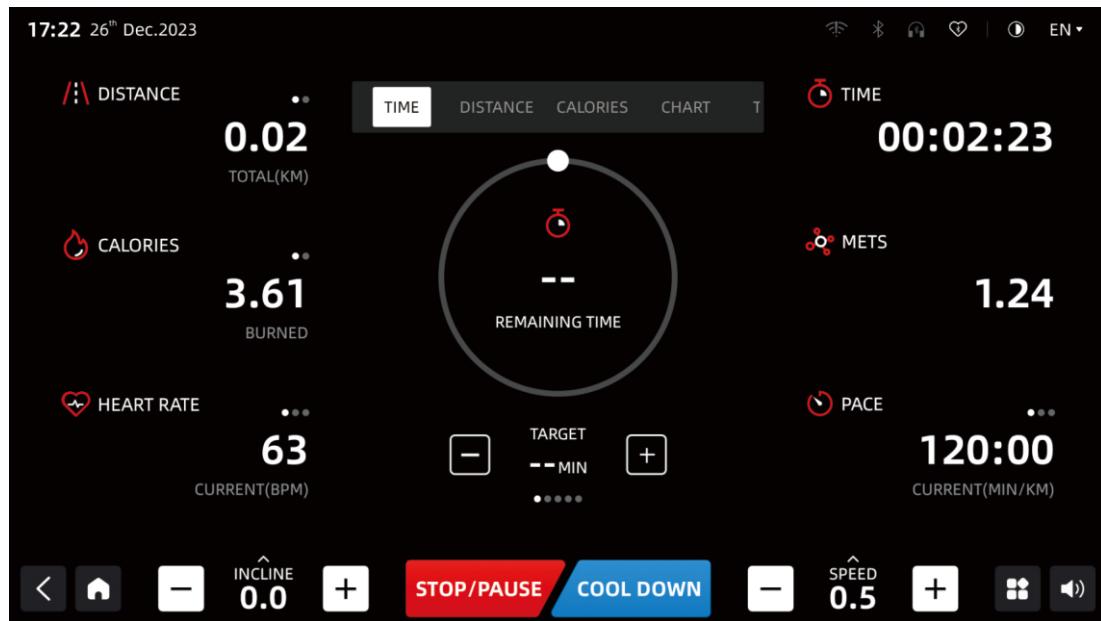
Volume button: Press the speaker icon to adjust the volume



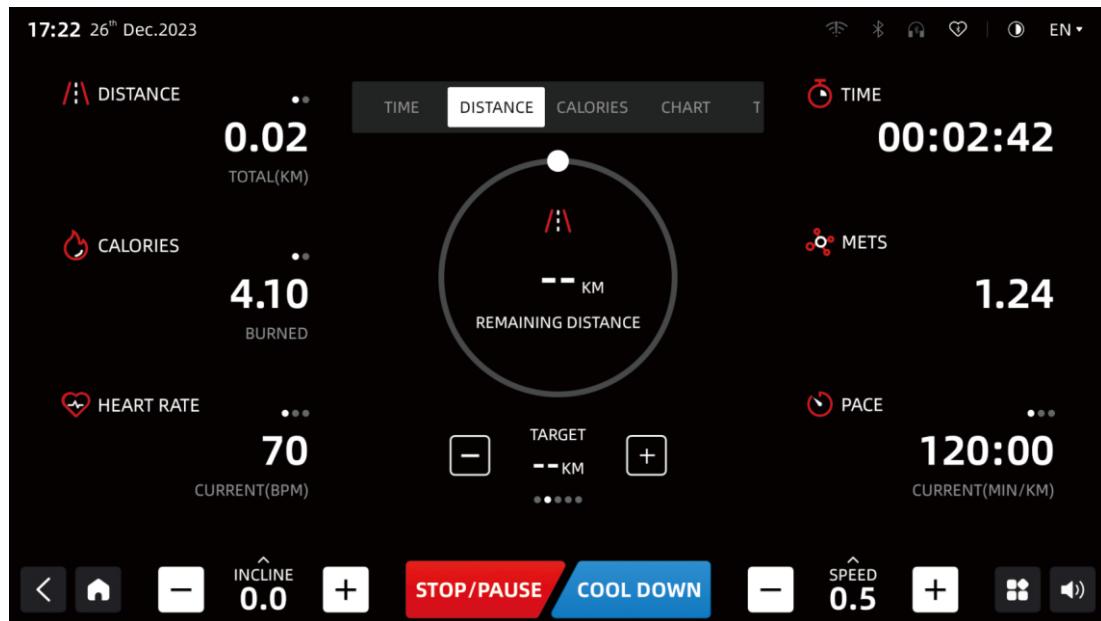
Press volume

Console Panel Functions

Other control bar buttons: Press time +/- to adjust the exercise countdown time. Press distance +/- to adjust exercise distance. Press calories, set weight first, then press +/- to adjust exercise countdown calories. Press CHART to display speed/incline in icon mode. Press TRACK to display runway mode. (Treadmill reached any set goal (distance/time/calories) first will stop running.)

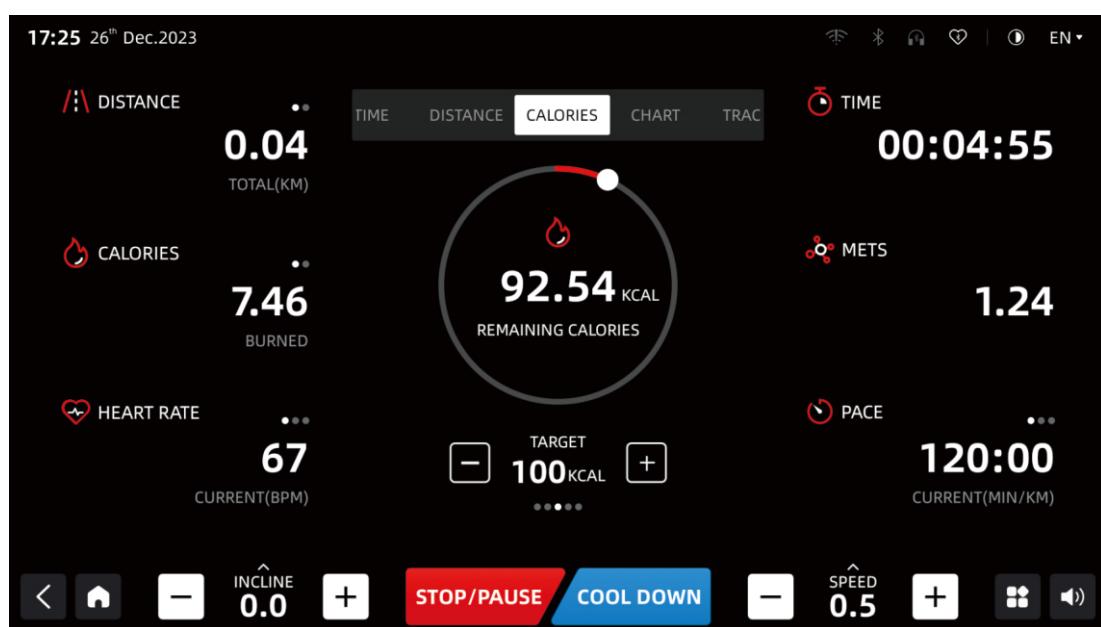
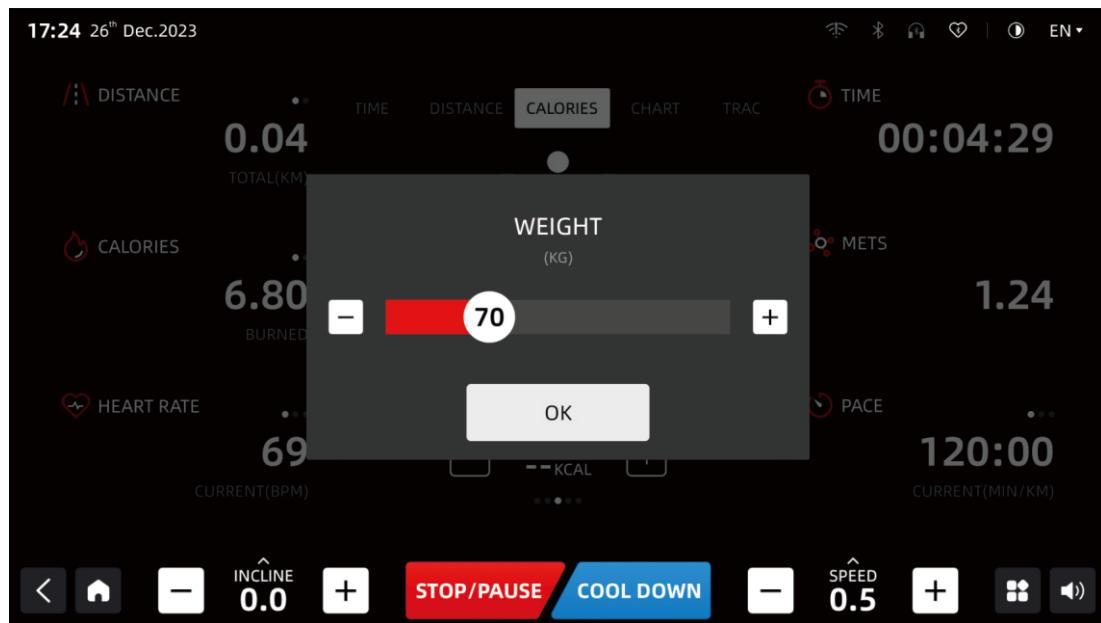


Press **TIME**

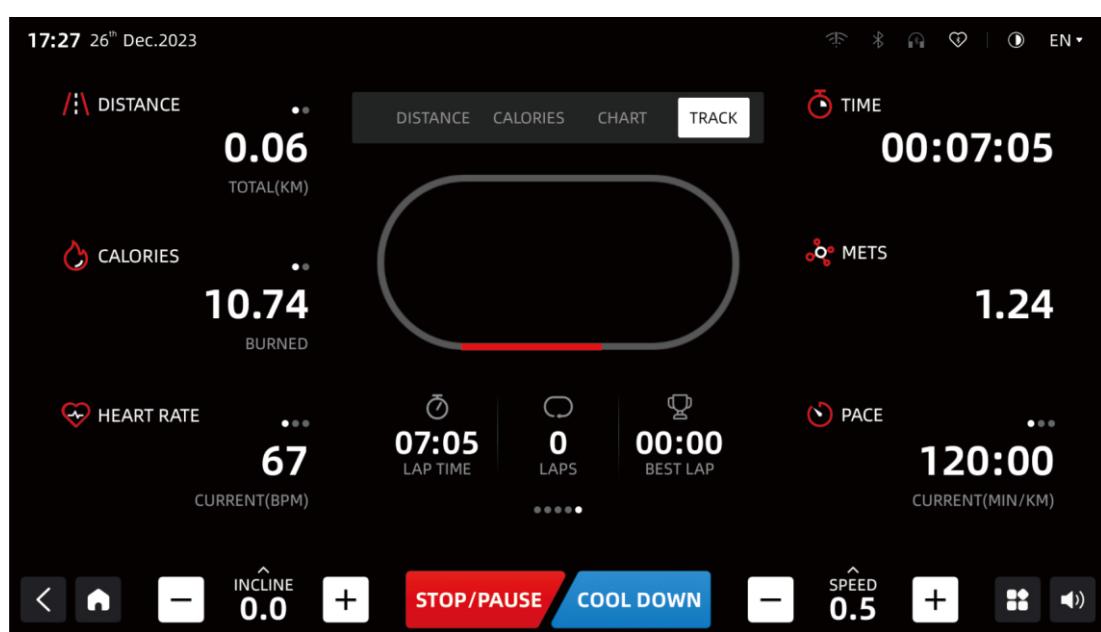
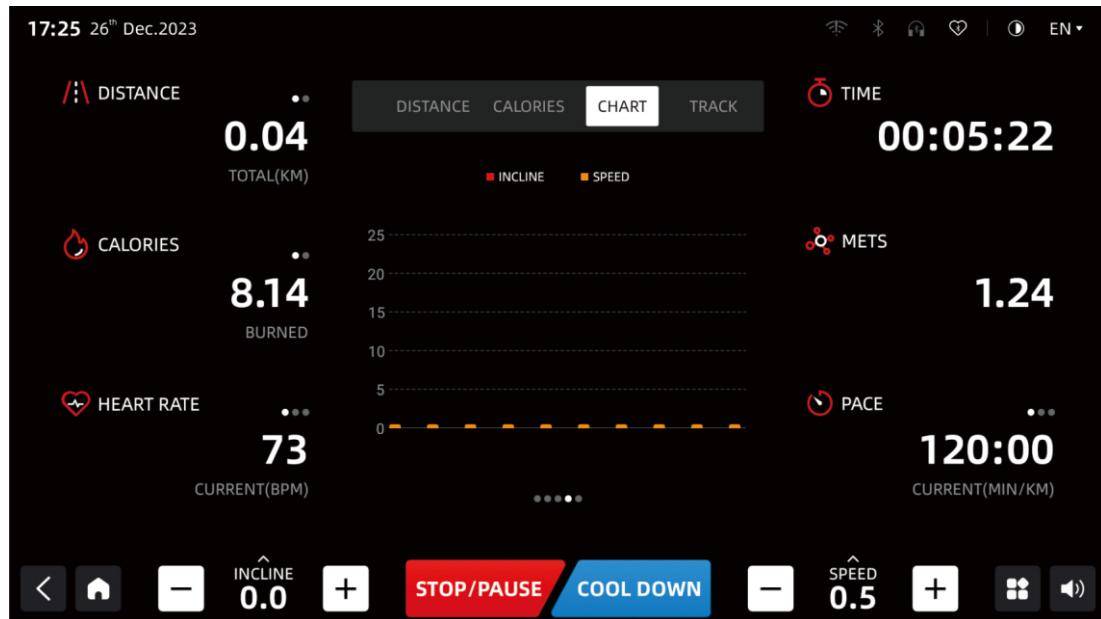


Press **DISTANCE (Imperial)**

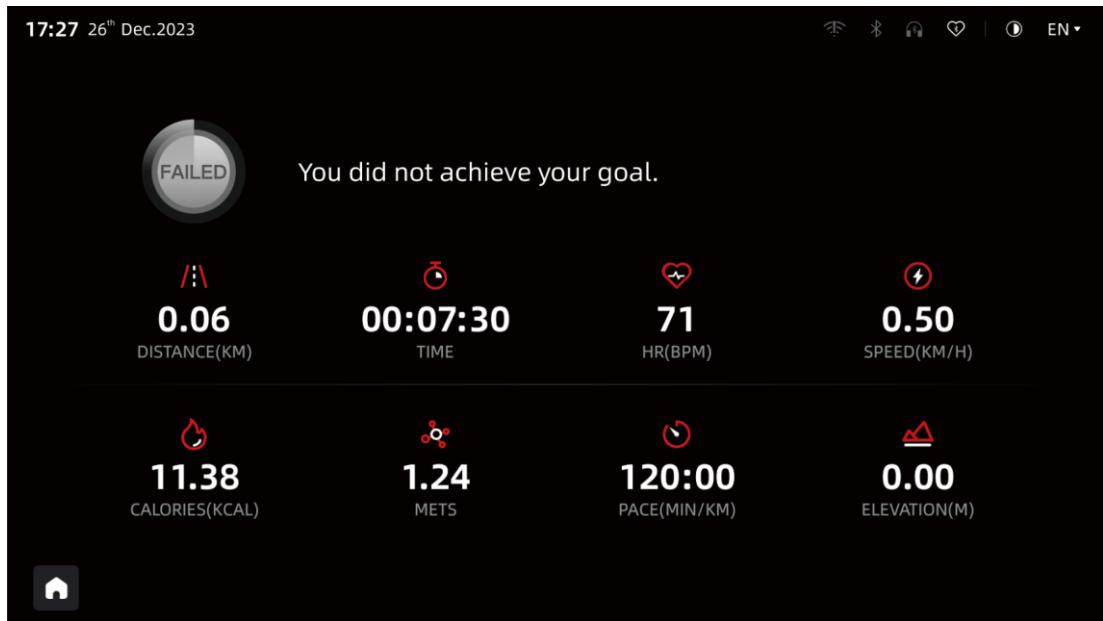
Console Panel Functions



Console Panel Functions



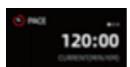
Console Panel Functions



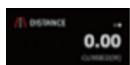
Exercise ending



Real-time heart rate, average heart rate, maximum heart rate of this exercise,



Real-time speed of this exercise. Swipe left to display the average pace and average speed,



Real-time distance of this exercise. Swipe left to display climbed distance,



Real-time metabolic rate of this exercise,



Real-time calories this exercise burned. Swipe left to display calories/hour,

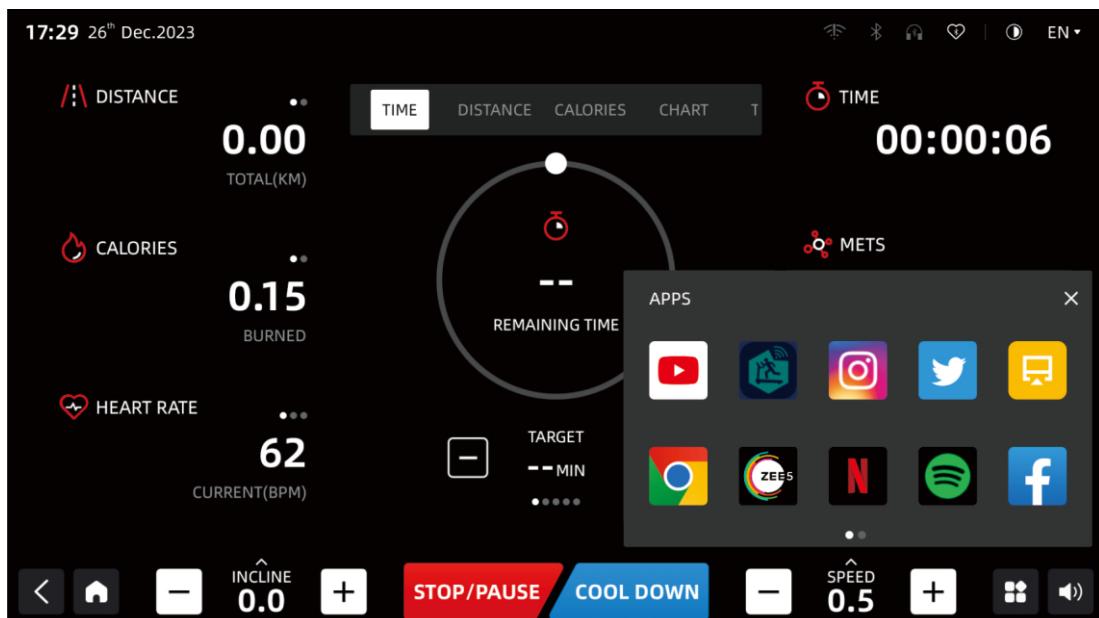
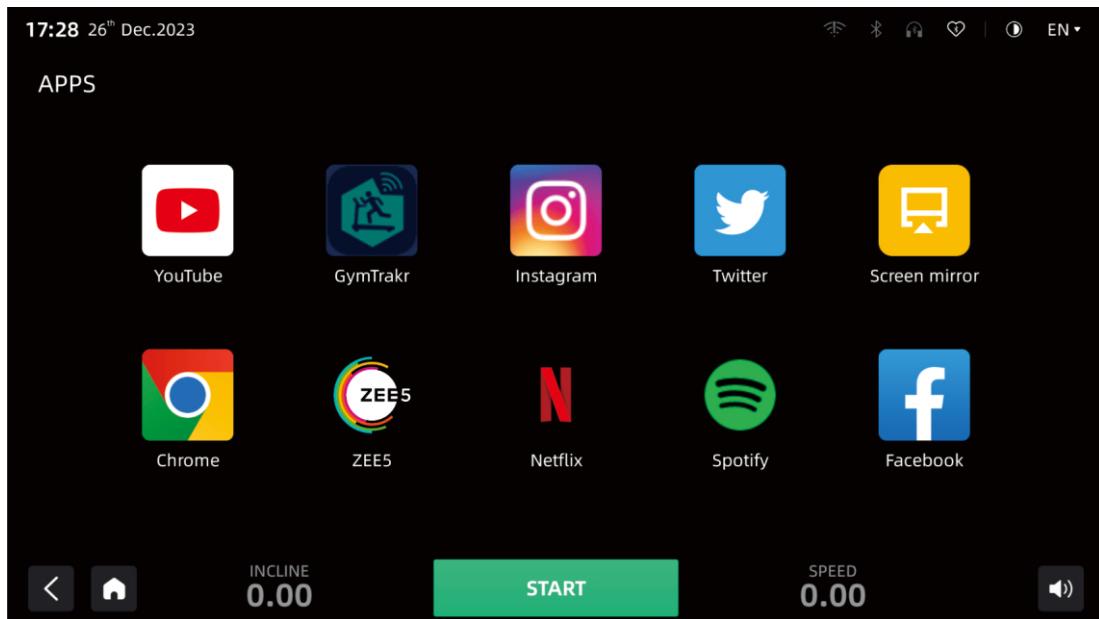


Duration of this exercise.

APPS

Press APPS on the home page to enter the applications interface. You need to connect to the internet to access these platforms. You can also Press "APPS" icon in the lower right corner of the running page. Video - YouTube; Music - Spotify; Browser - Google Chrome; GymTrakr, Instagram, Twitter, Screen Mirror, ZEE5, Netflix, Facebook and so on.

Console Panel Functions



Entertainment page - internet connected

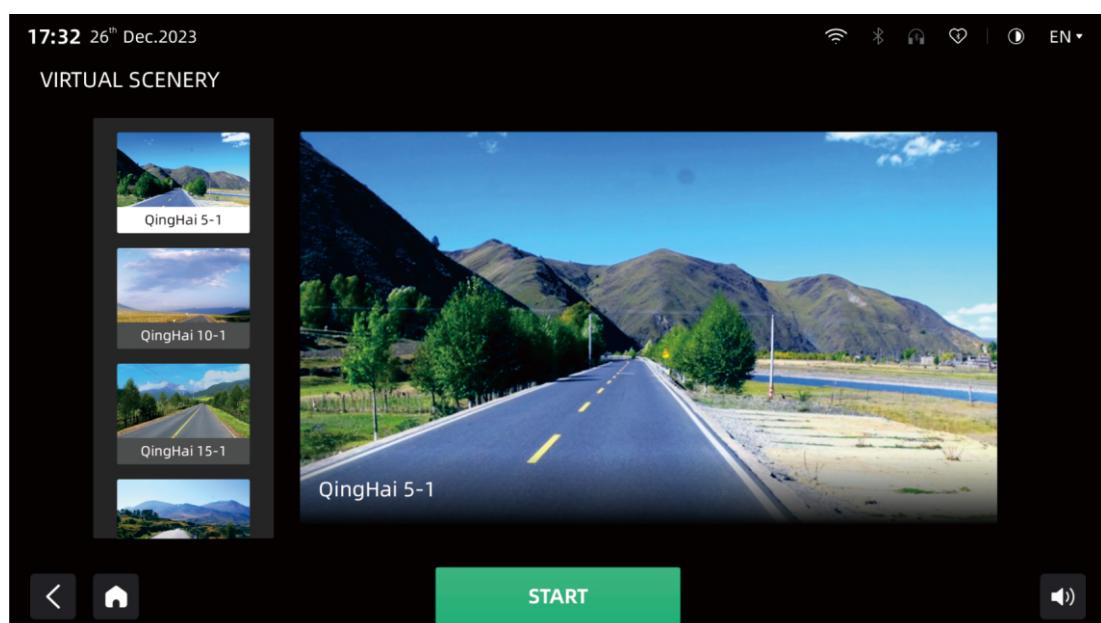
If you want to display the running page in full screen, press the white " [] " button to hide the control bar. Press here again and the control bar will appear.

Console Panel Functions



Virtual Scenery

Press Virtual Scenery on the home page to enter the virtual scenery interface. Virtual scenery is the process of simultaneously playing scenery videos during the running process, allowing users to have an immersive running feeling. Users can choose the running scene according to their preferences. Each scene mode has a fixed running program (adjustable).

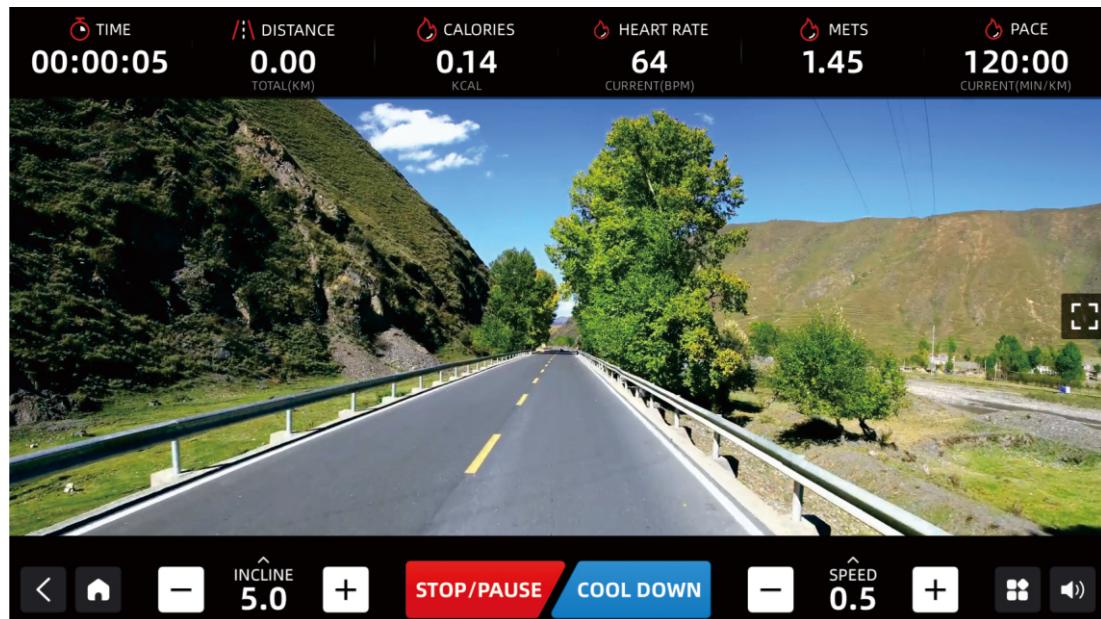


Virtual scenery selection page

Console Panel Functions

Virtual Scenery Page

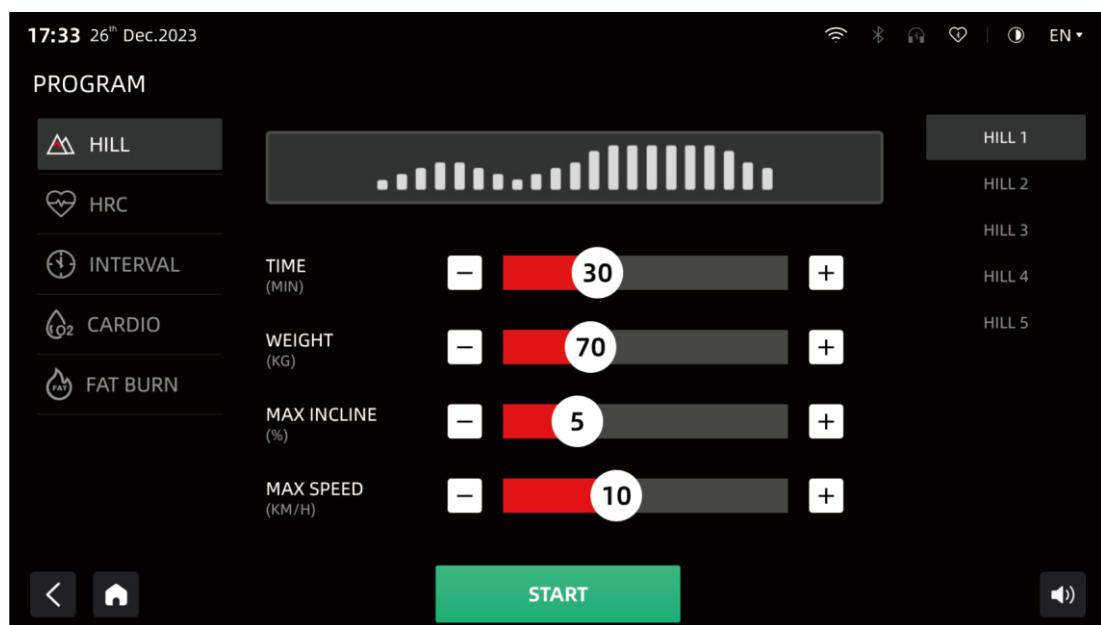
Press any scenery mode to enter the running page.



Video mode

PROGRAMS

Press Programs to enter the program running page. The system has pre-set five exercise modes: HILL, HEART RATE, INTERVAL, CARDIO, FAT BURN, etc. If you want to make a choice based on your own situation, press Custom to choose the exercise time, speed, and incline according to your personal exercise habits, and set up a exercise program.



Program mode

Console Panel Functions

Pre-set Programs

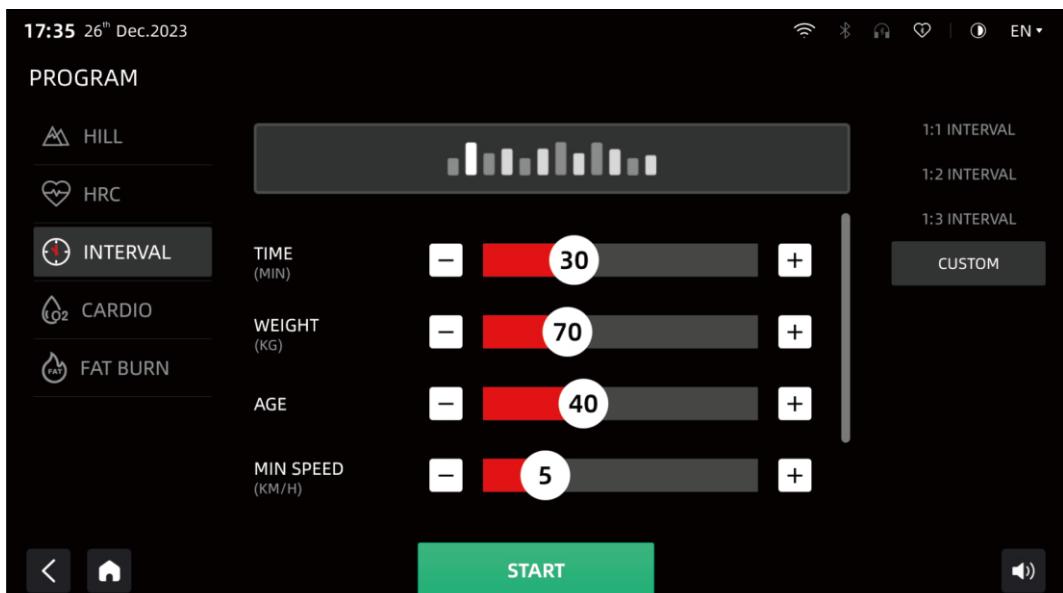
After selection, you can view detailed exercise data, including time, distance, calories burned, incline and speed at different time periods of this exercise.



Pre-set program

Custom Interval

1. Press Interval to adjust the interval time, maximum/minimum speed, age and weight. According to personal exercise habits, you can choose exercise time and speed to set up an exercise program, which can be composed of multiple exercise segments.
2. Press the Start button to start running directly.

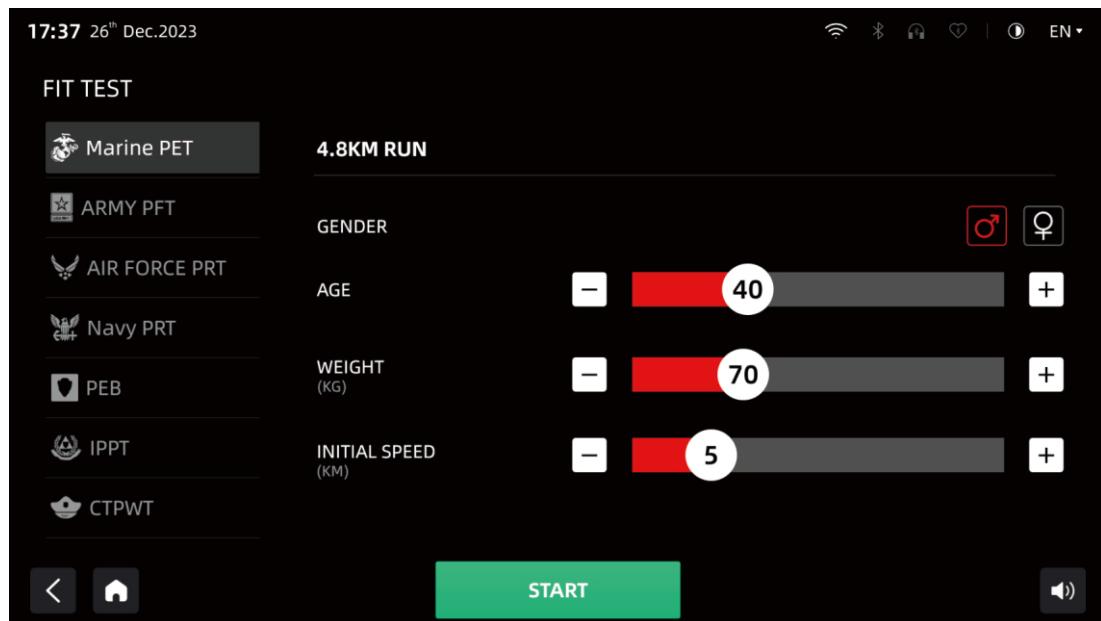


Custom interval

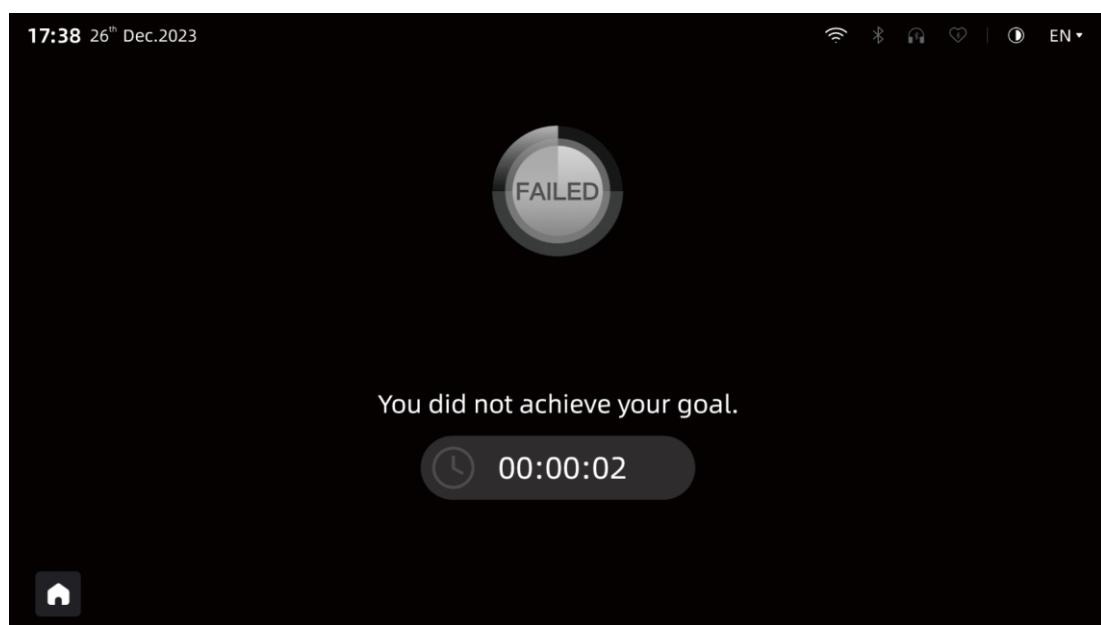
Console Panel Functions

FIT TEST

Press FIT TEST on the home page, and perform target exercises based on the Marine PET, Army PFT, Air Force PRT, Navy PRT, PEB, IPPT, CTPWT, FIREMAN TEST UK, etc. You can select gender, age, weight, and initial speed to start the exercise. Score will appear at the end of the exercise correspondingly.



Fit Test page

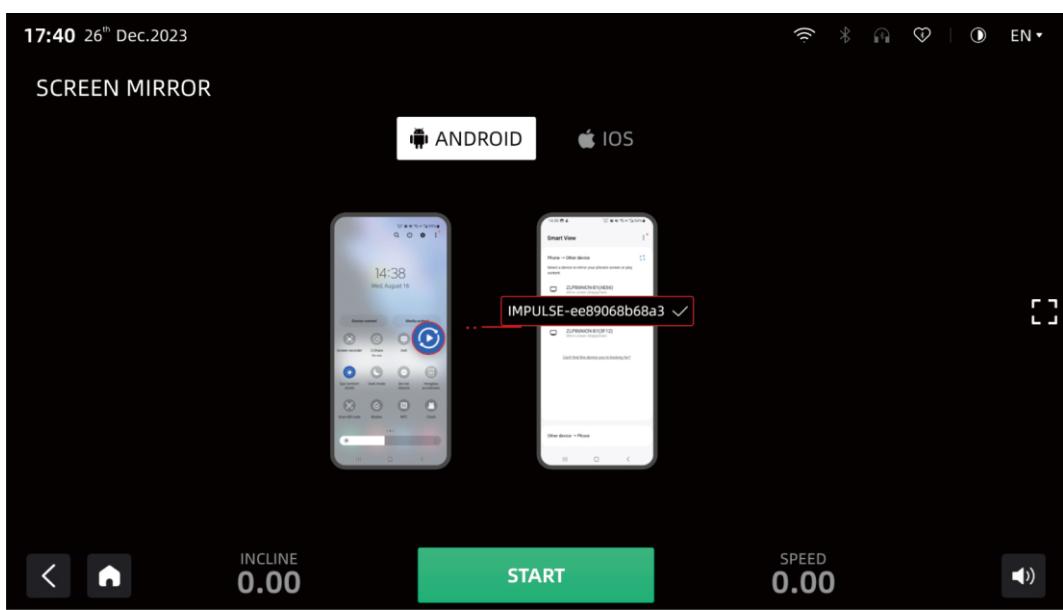


Exercise report

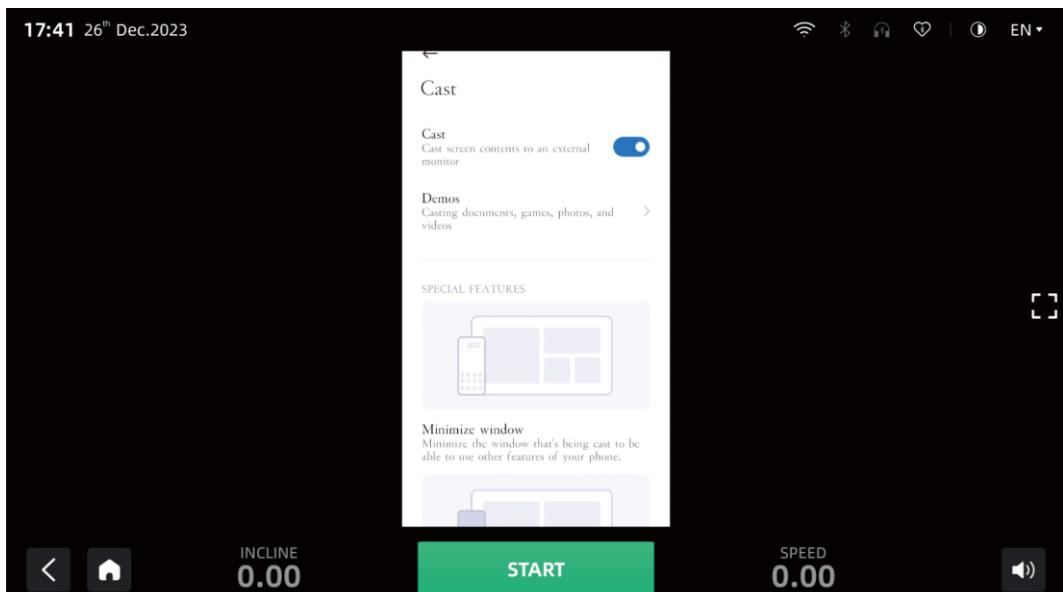
Console Panel Functions

Screen Mirror

Press Screen Mirror on the home page. The left side of the screen mirror page displays Android screen mirroring and the mirroring code, while the right side displays Apple screen mirroring and the mirroring code. For example, press the screen mirror on a Xiaomi phone, search for the Android screen mirroring code, press connected, then a connection message will appear on the screen indicating whether to accept it. Press accept to cast the screen. (The chat window on the phone will not be displayed on the treadmill screen)
Apple screen mirror: First connect to the WiFi displayed with the password 12341234, and then press the screen mirror on Apple's phone to enable Apple screen mirror.

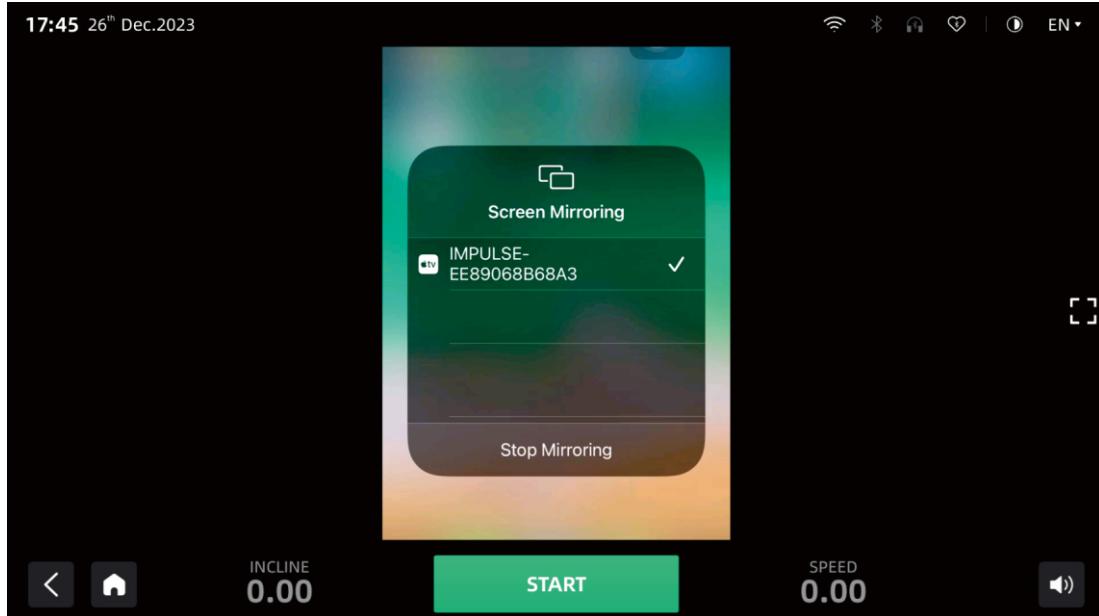


Screen Mirror page



Android screen mirror

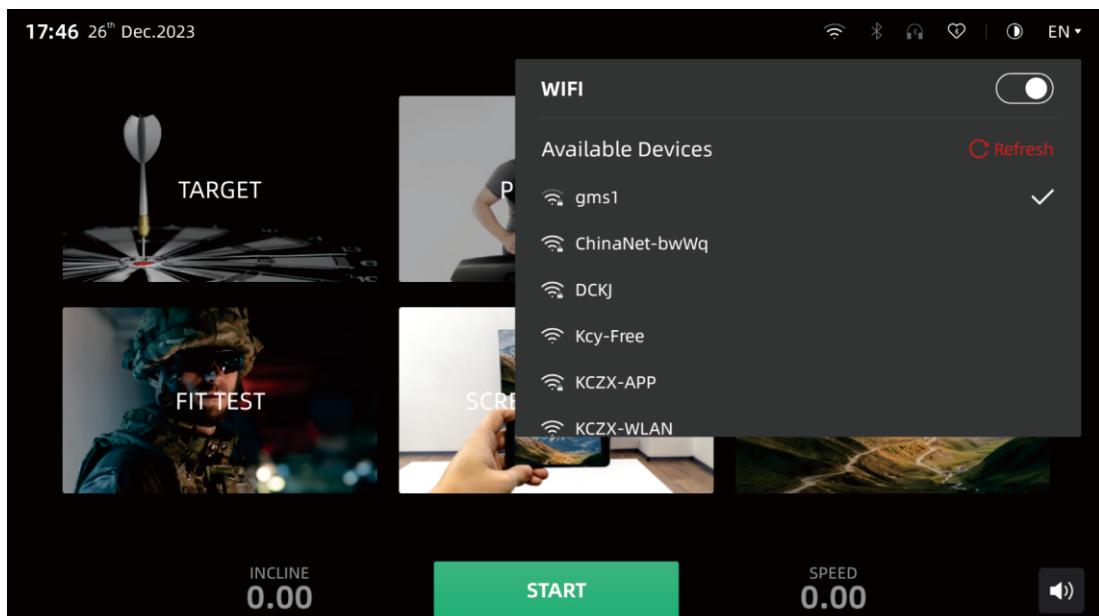
Console Panel Functions



Apple screen mirror

WiFi Settings

Press WiFi to display a WiFi pop-up window, open WiFi; it will display the available WiFi. Press the WiFi that needs to be connected, a pop-up window will appear. After entering the password, the system will automatically connect to the network, and prompt that the network connection is successful. If the internet cable is connected, the WiFi icon will disappear and become the network cable icon . Press other blank spaces and the WiFi will disappear.



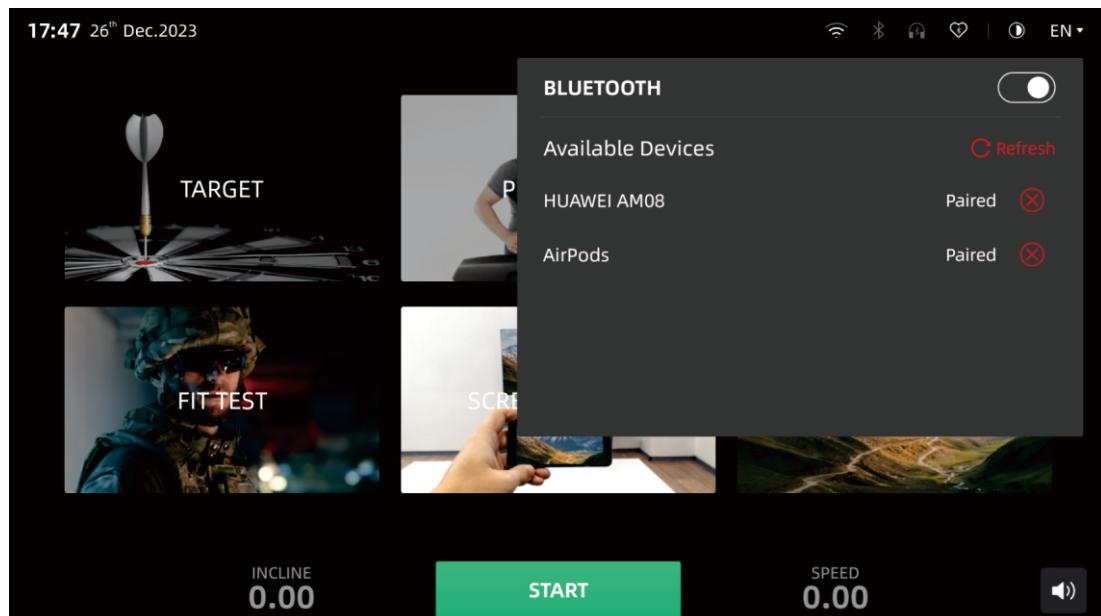
WiFi settings page

Console Panel Functions

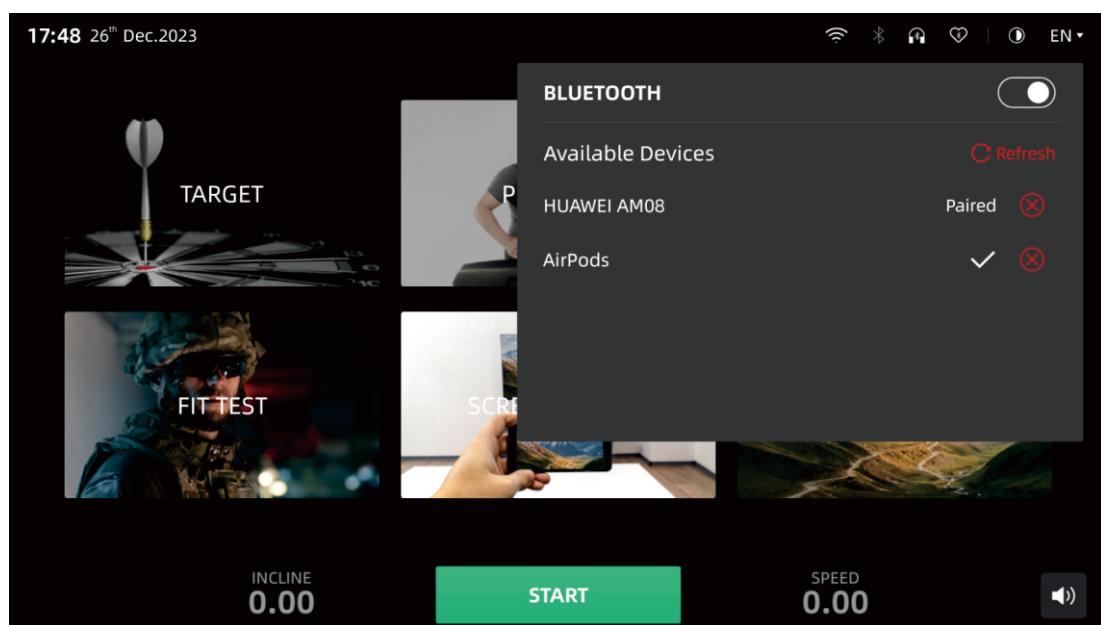
USB icon  : When inserting a USB drive, the icon will be displayed. But when removing USB, it will disappear.

Bluetooth Settings

Press the Bluetooth button at the top of the screen to enter the Bluetooth settings page with one click. Press the Bluetooth switch to turn on Bluetooth; press refresh to search for nearby Bluetooth devices. Select the device you want to connect to (only Bluetooth earphones or speakers). If you press other blank spaces, the Bluetooth window will disappear.



Bluetooth selection

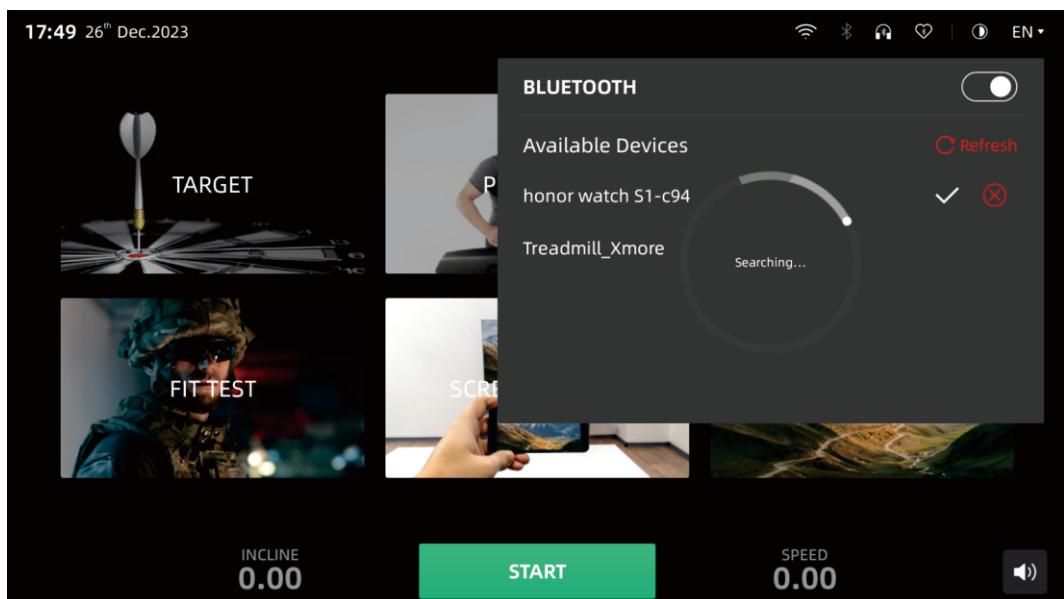


Bluetooth connected

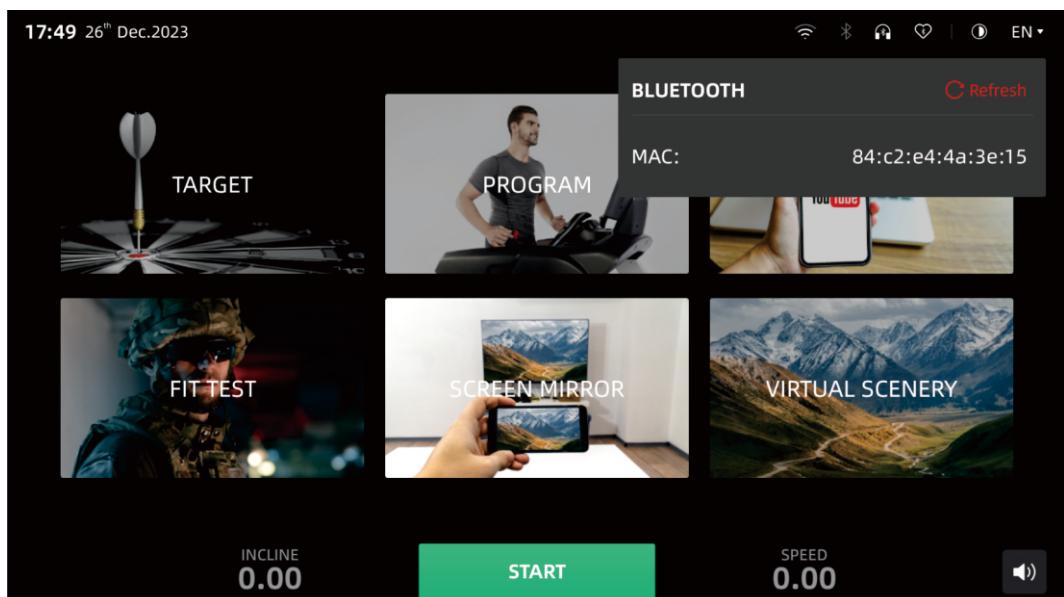
Console Panel Functions

Heart Rate Bluetooth

Press the HR Bluetooth icon at the top of the screen to enter the heart rate Bluetooth settings page with just one click. Press the HR Bluetooth switch to turn on Bluetooth, and select the device you want to connect to. (It can only be a heart rate device or Bluetooth module) If the Bluetooth module is successfully connected,  the Bluetooth Mac icon will light up and display the connected module Mac. After the Mac address is displayed, regardless of whether the Bluetooth module is connected or if it is replaced with another Bluetooth module, the Mac display will not change. Refreshing is just a decoration. After connecting once, the displayed Mac is basically fixed. Clicking on other blank places will cause the Heart Rate Bluetooth disappear.



Heart Rate Bluetooth connection

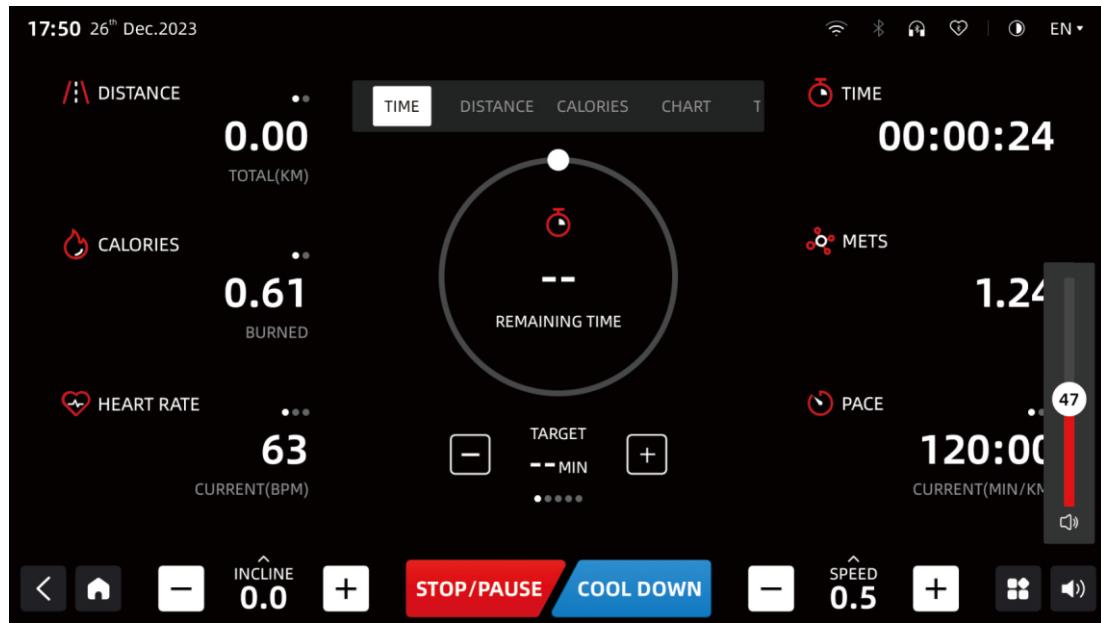


Mac icon

Console Panel Functions

Volume Settings

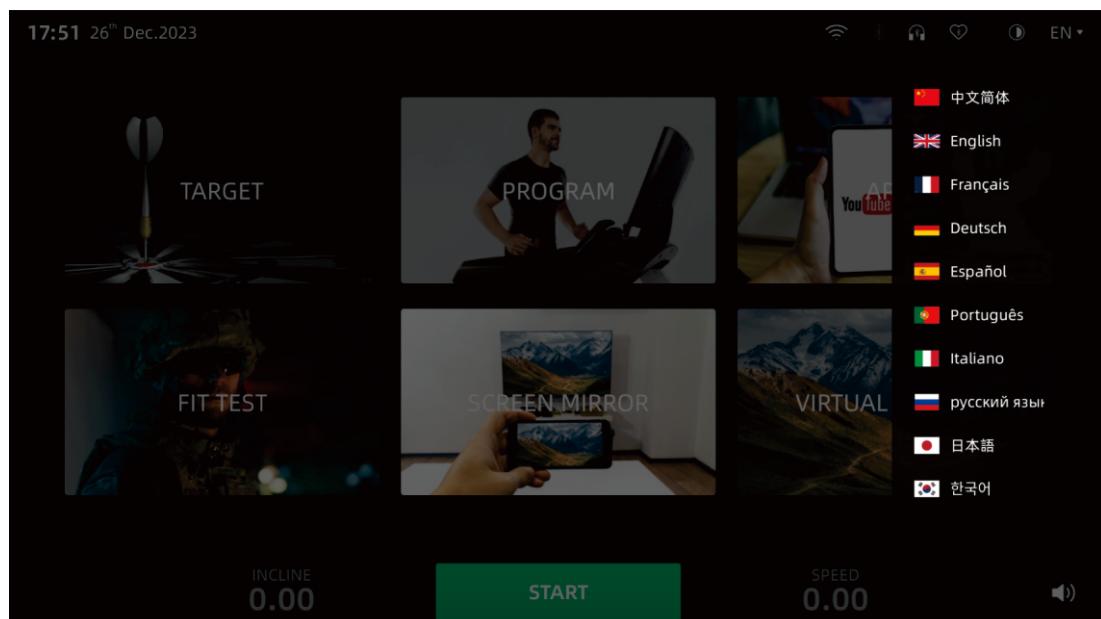
Press speaker icon to scroll up and down to adjust the volume. If you press other blank spaces, volume adjustment will disappear.



Volume adjustment

Language Switch

Switch language among Chinese, English, French, German, Spanish, Portuguese, Italian, Russian, Japanese, and Korean.

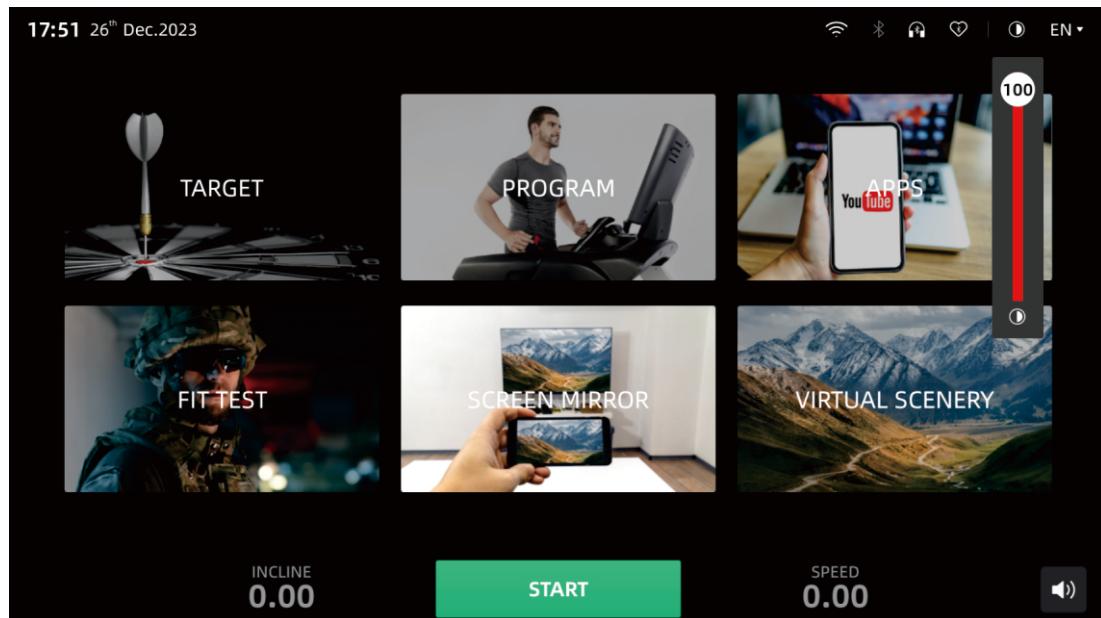


Language switch

Console Panel Functions

Brightness Settings

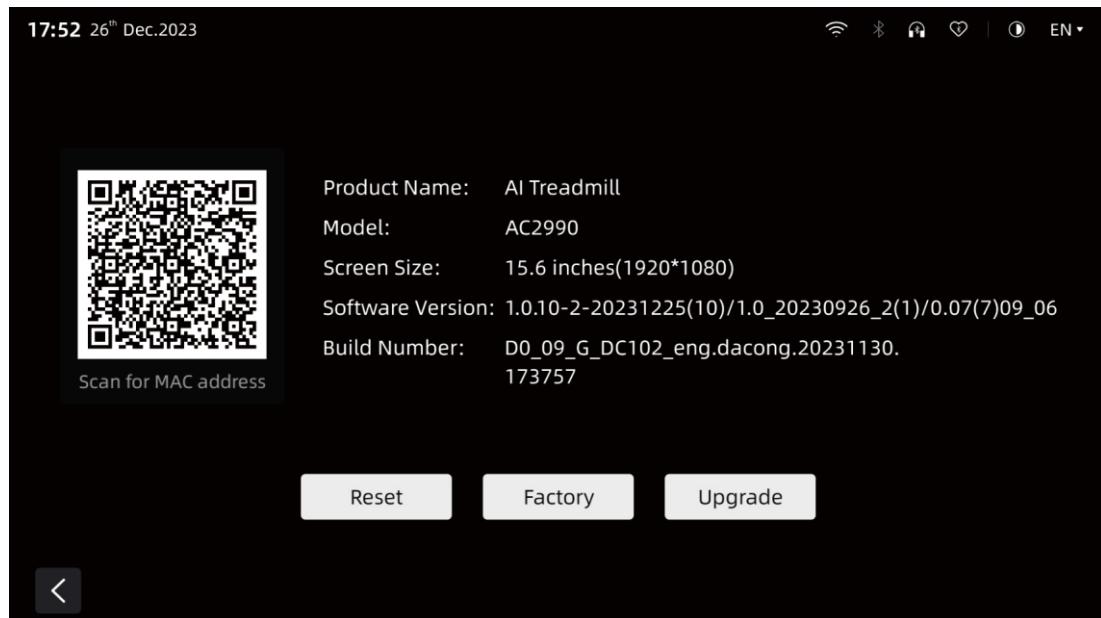
Press the brightness icon  on the homepage to scroll up and down to adjust the brightness. If you press other blank spaces, the brightness adjustment will disappear.



SETTINGS

Continuously pressing above the fixed program will display device information, system reset, factory settings, and software upgrade.

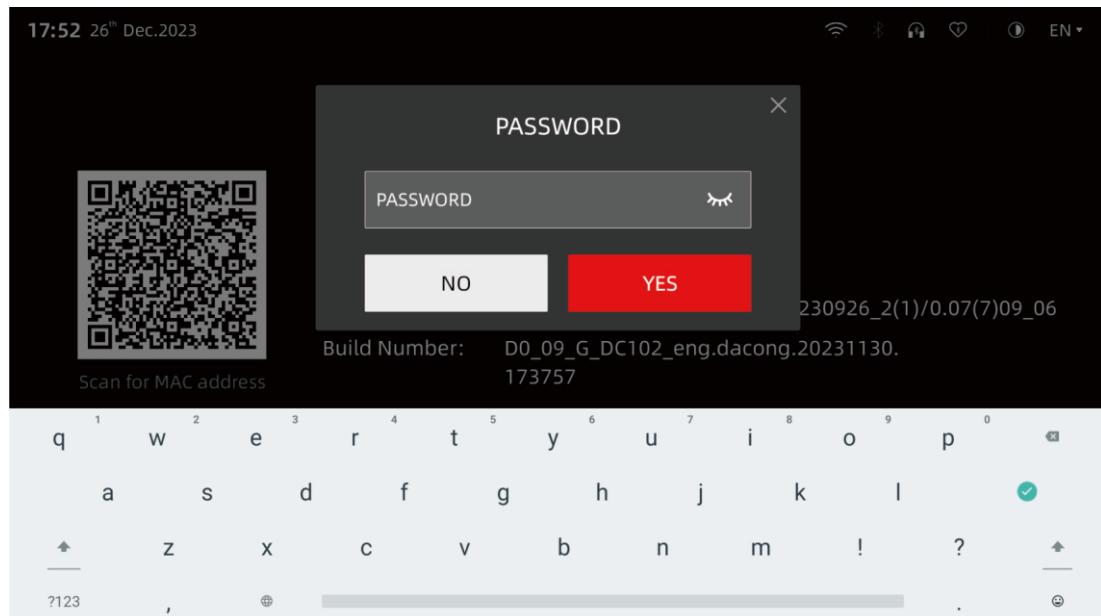
Equipment information: Display the product name, model, screen size, software version, and build version.



Console Panel Functions

Factory settings

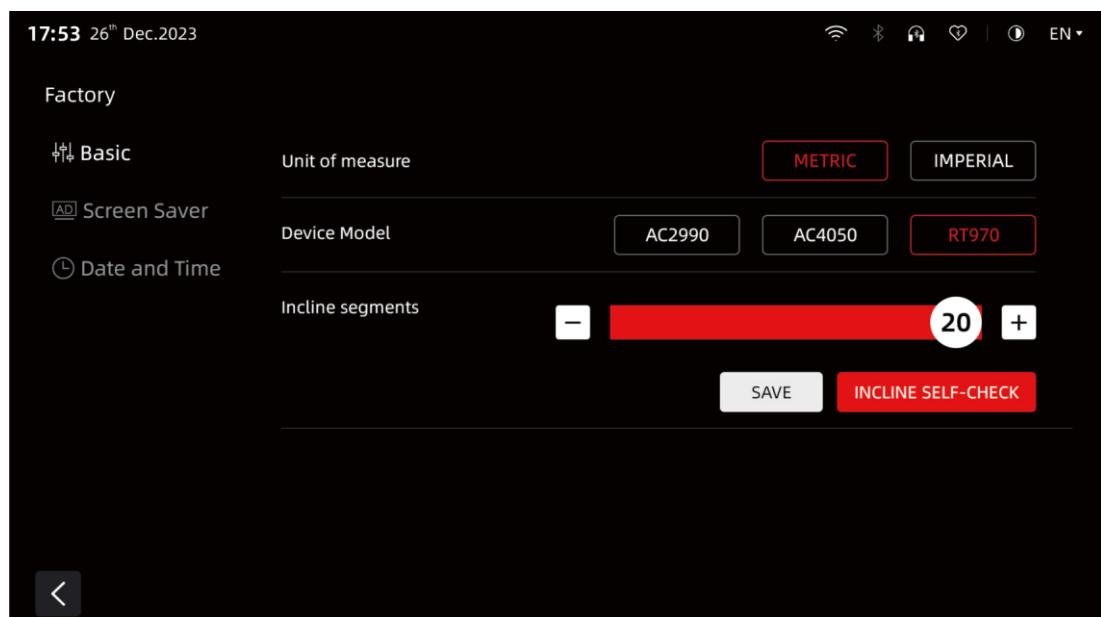
Press Factory and enter the password 90638818 to enter the factory settings.



Enter password

Basic Parameters:

Units can be selected in metric or imperial systems, and device models can be AC2990, AC4050, or RT970. Incline segment can be set with a minimum of 10 and a maximum of 20. Incline self-check is required, otherwise error 2 (incline error) may occur. Press save finally.

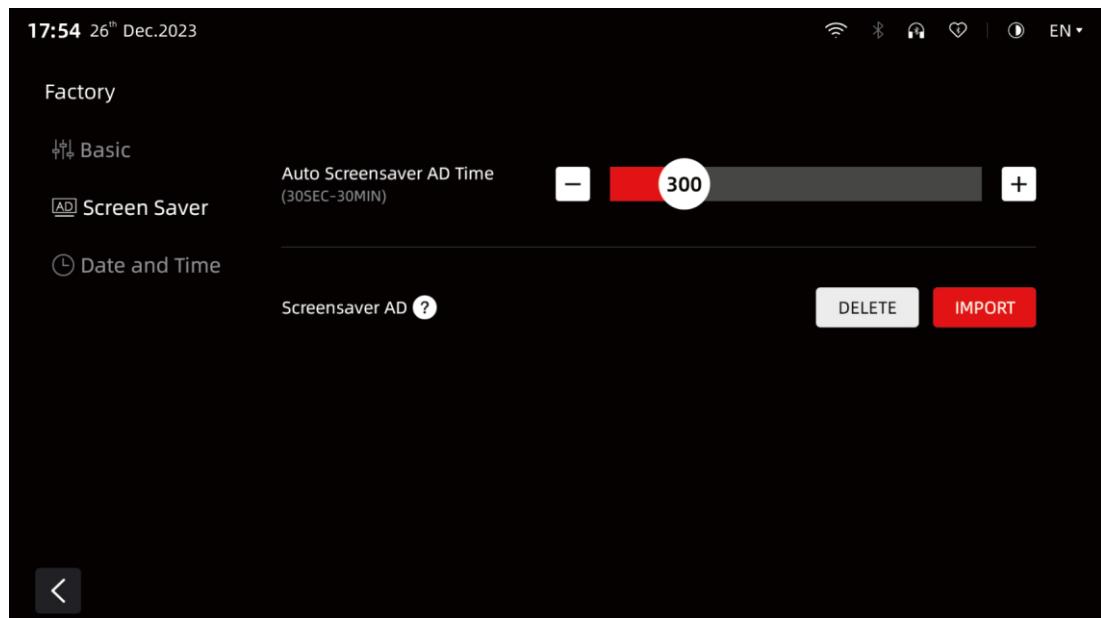


Basic parameters

Console Panel Functions

Screensaver Settings:

Press screensaver settings to set the automatic screensaver advertisement time (30-60 seconds). As long as you don't press the screen, whether you are running, browsing web pages, or checking incline, the treadmill will display the screensaver advertisement. To import the advertisement, insert a USB drive with the advertisement path (file name is screensaver, advertisement format is jpg. or png.), then press import; and it will import successful. Press delete to delete the advertisement.

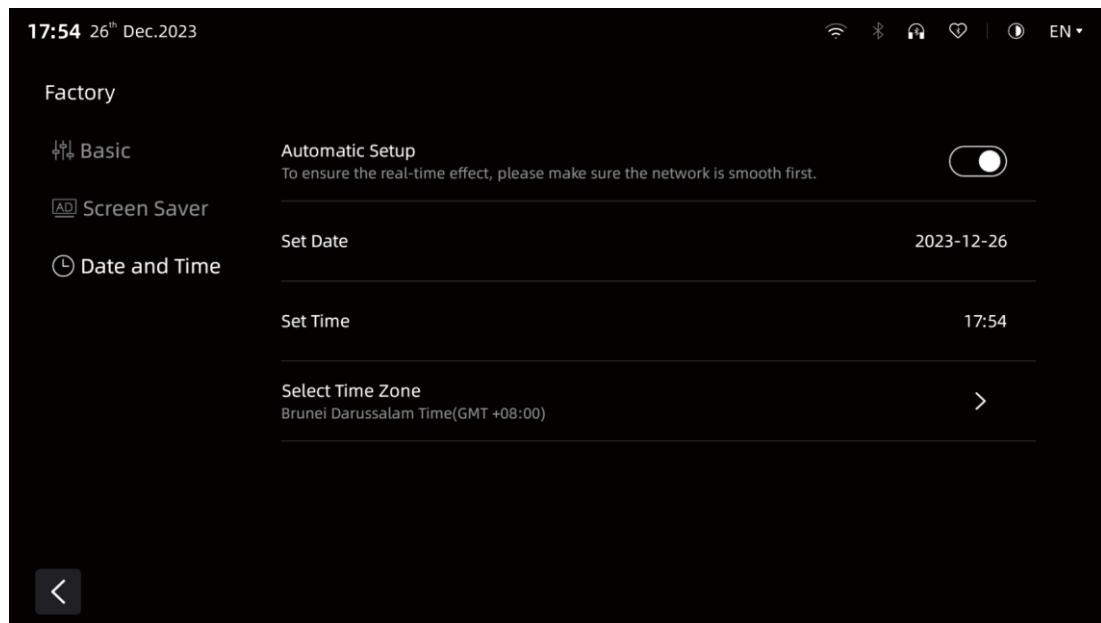


Screensaver settings

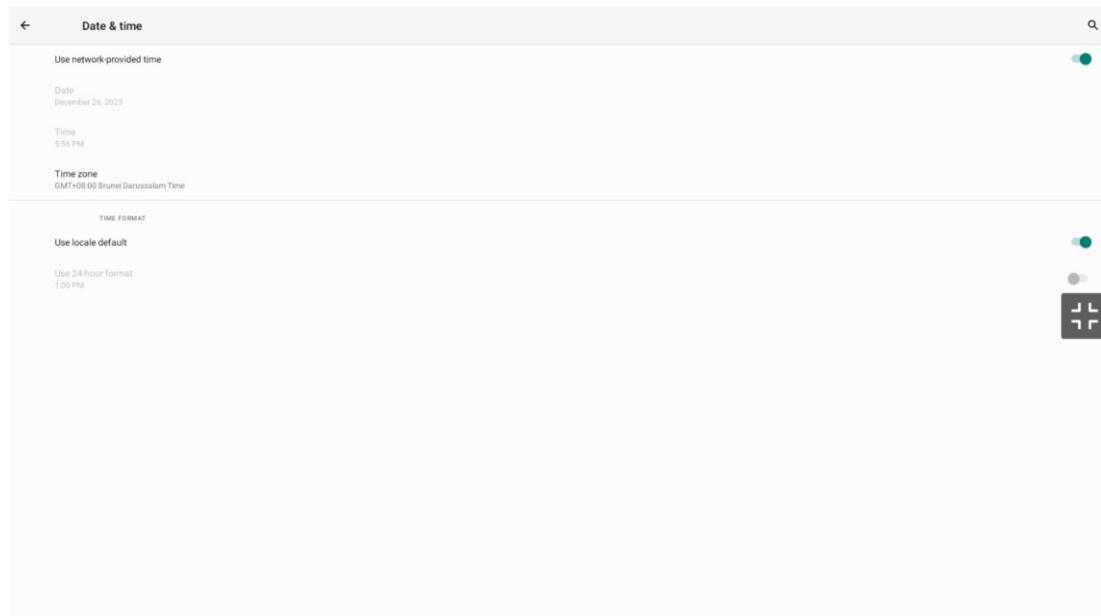
Console Panel Functions

Time and Date:

Press time and date to choose whether to automatically set the time (internet connection is required). Press Select Time Zone to select the time zone needed.



Time and date



Select time zone

Console Panel Functions

Treadmill Error Messages

1. Communication Error message: ER01

- 1.1 Check console and the main communication cable connection.
- 1.2 Check inverter and the main communication cable connection.
- 1.3 Replace inverter.
- 1.4 Replace console.

2. Elevation Error messages: ER02

- 2.1 Elevation auto. Sense mode.
- 2.2 Connection check.
- 2.3 Elevation control PCB LED check.
- 2.4 actuator check or replace.

3. Over current message: ER04

- 3.1 connection check.
- 3.2 lubrication.
- 3.3 running deck check.
- 3.4 running belt check.
- 3.5 check if overload.
- 3.6 main motor check or replace.
- 3.7 inverter check or replace.

4. Lower voltage message: ER05

Check power AC 220-240V(110-120V).

5. Over load message: ER06

- 5.1 motor connection check.
- 5.2 lubrication.
- 5.3 running deck check.
- 5.4 running belt check.
- 5.5 overload.
- 5.6 main motor check or replace.
- 5.7 inverter check or replace.

Console Panel Functions

6. Emergency stop message: ER07

- 6.1 Reset SAFETY switch then press STOP button.
- 6.2 check the mechanical structure.
- 6.3 connection check.
- 6.4 safety key check or replace.
- 6.5 console PCB check or replace.

7. The console no power

- 7.1 Check the power voltage by using voltage-meter to see if it is within 220-240V.
- 7.2 The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch.
- 7.3 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.
- 7.4 Check the communication cable and console connection.
- 7.5 Check the communication cable and inverter connection.
- 7.6 Replace the communication cable.
- 7.7 Replace the power cable.

Console Panel Functions

Function Introduction

This treadmill has functions such as total mileage/total time recording, exercise time/distance setting, and maintenance reminders. Users can set their exercise time and distance according to their own needs, and perform maintenance after achieving the set goals.

Maintenance operation instructions

1. Exercise time/distance settings

Enter the "Factory Settings" menu.

Select "Basic Parameters".

Select one of the "Mileage" or "Run Time" options.

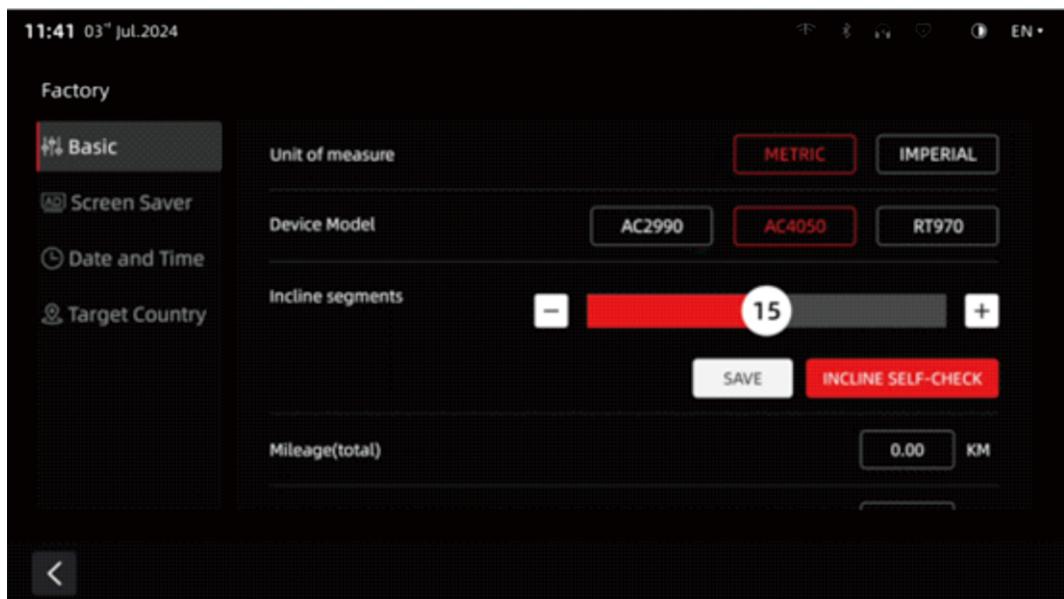
Enter and adjust to the desired mileage or time.

2. Maintenance tips and release

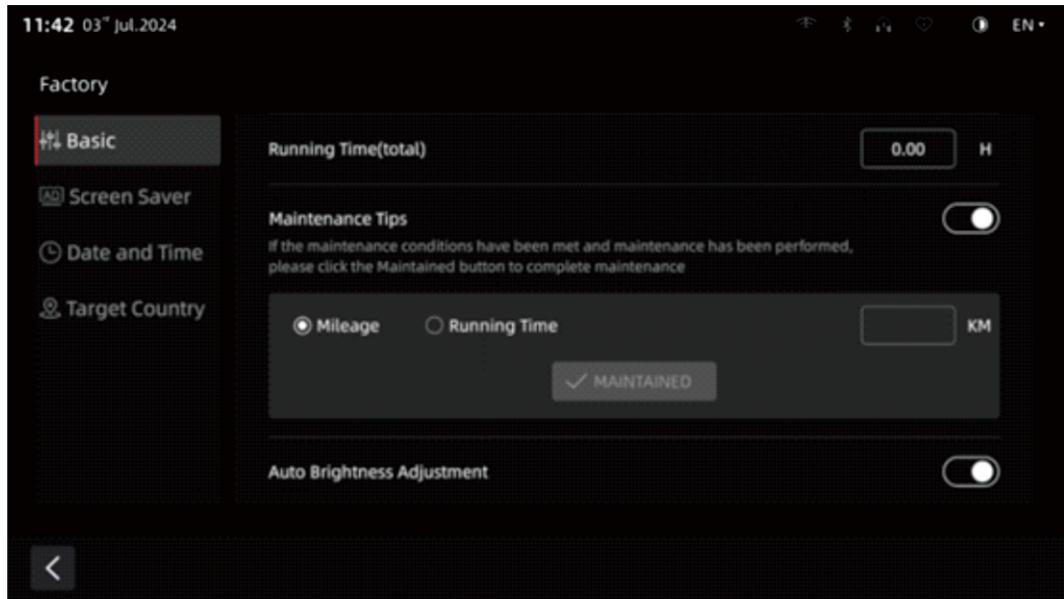
When exercise time or distance reaches the set goal, restart the display and it will show "Maintenance Required". Press OK to confirm. When maintenance tips is displayed, please maintain in time, otherwise the maintenance tip will still pop up after power on again. After completing the maintenance, enter Basic Parameters in Factory Settings, click maintained. The equipment will clear maintenance tip. And user can continue to exercise.

3. Automatic brightness switch

Enter the factory settings, click the basic parameters, and the automatic brightness switch can be turned on by default. After opening, the screen brightness will be automatically adjusted according to the brightness of the environment.



Console Panel Functions



Multi country channel switching function

How to switch channels

Follow these steps to switch the channel settings of the treadmill:

1. Turn on the treadmill

Make sure the treadmill is in standby mode, then press the power button to turn it on.

2. Enter factory settings

Continuously click on the top bar in the middle of the homepage, click on Factory Settings (enter password 90638818), and enter the factory settings interface of the treadmill.

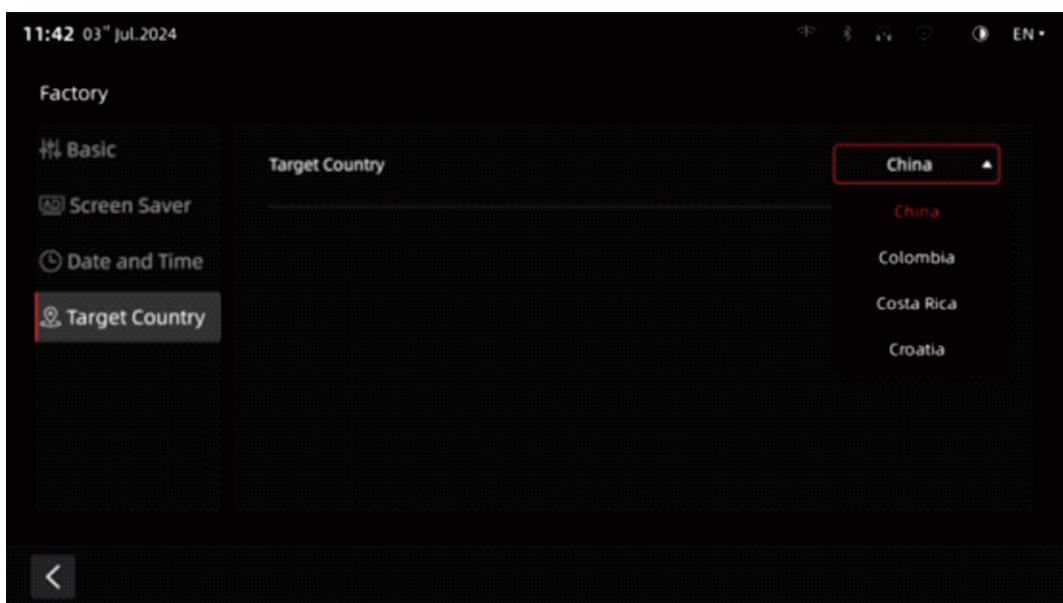
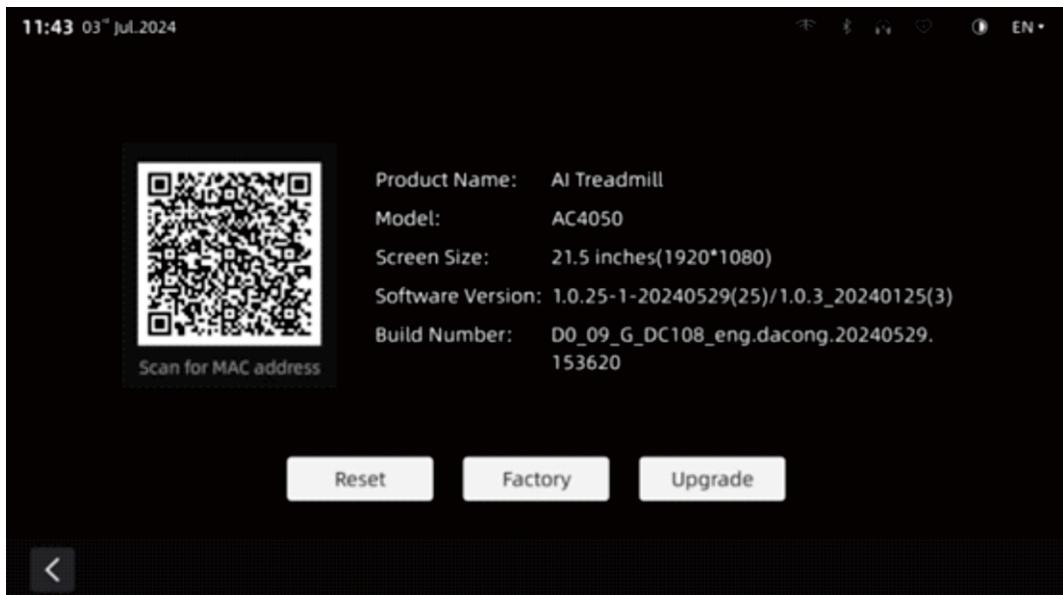
3. Select channel settings

In the shipping country, find "Channel Settings" or similar options.

4. Select the target country/region

In the channel settings menu, you will see a list of channel settings for different countries/regions. Use the up and down navigation buttons to select the channel settings for your target country/region.

Console Panel Functions



Precautions

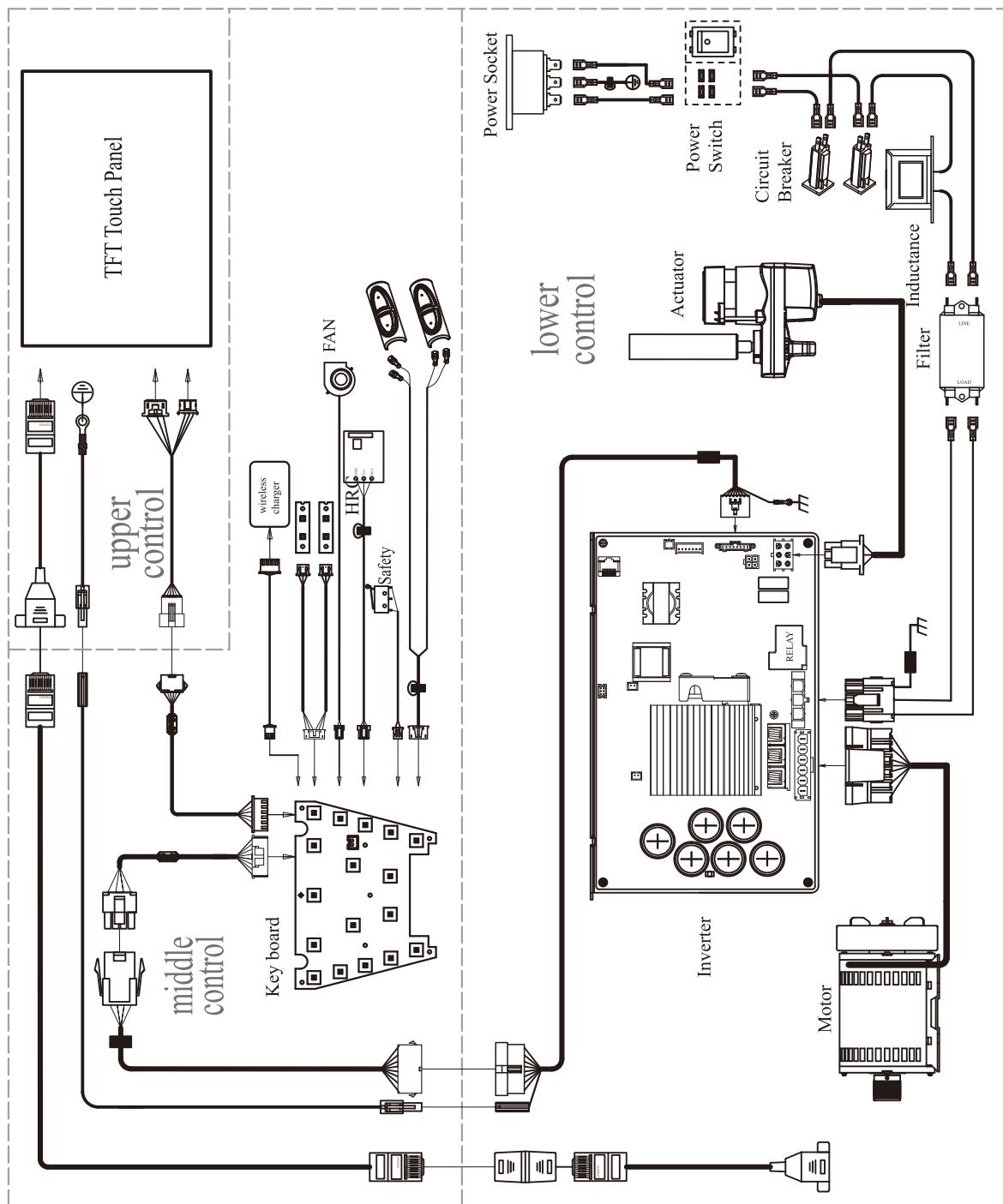
The maintenance operation includes cleaning the running belt, checking the tightness of the wires and various components.

Please regularly maintain the equipment to ensure its normal operation and extend its service life.

If the device malfunctions, please stop using it immediately and contact after-sales service.

I hope the above instructions can help you better use and maintain the treadmill. If you have any questions, please refer to the detailed manual or contact customer service.

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

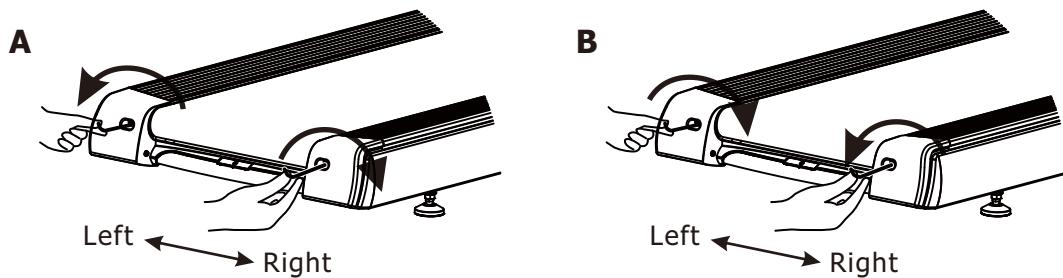
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

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.

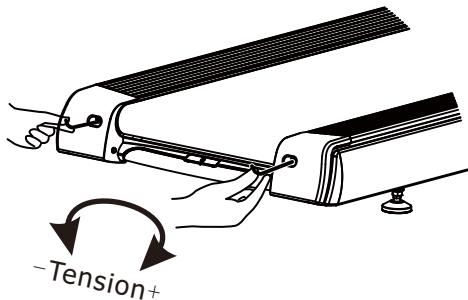


1.2 Running Belt tension

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 maintenance.

Routine maintenance and cleaning for your unit will keep good function and extend the life of your unit.

Please wipe off the console and other treadmill surfaces perspiration and dust with a clean, dampened soft cloth after workout.

Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
Item	Daily	Weekly	Monthly	Quarterly	Biannual	Annual
<i>Console Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Safety Switch</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>V Belt</i>				Clean	Inspect	
<i>Running Deck</i>	Clean					Flip
<i>Running Belt</i>	Clean				Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		

