

USER'S MANUAL
MOTORIZED TREADMILL
SP35498

Safety Instructions:

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't follow our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

Before the assembly, be sure to check if delivery is complete by using the included parts-list.

1. Ensuring the safety clamps were attached to the clothing or belts before using the treadmill.
2. Please do not insert any items to any part of the equipment, which would damage the equipment.
3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Keep the children and pets away from the treadmill while starting workout.
7. Don't exercise in 40-Minutes after dinner.
8. The equipment is suitable for adults. Juveniles need to be accompanied by adults while they work out.
9. You must hold on to the handrails until you become comfortable and familiar with the treadmill at your first start of the workout.
10. Treadmill is indoor-using equipment, not outdoor-using for avoiding damage. Keep the storage place clean and flat, drying. Prohibiting the other purpose using, only for workout.
11. Please purchase the power-line to the distributor or contact with our company directly. The power-line can only be equipped to the treadmill.
12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

14. Cut off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken. Insert the plug to the socket with the safety ground circuit, for the power-line is professional equipment. You must contact with the professional people directly while the line is damaged.

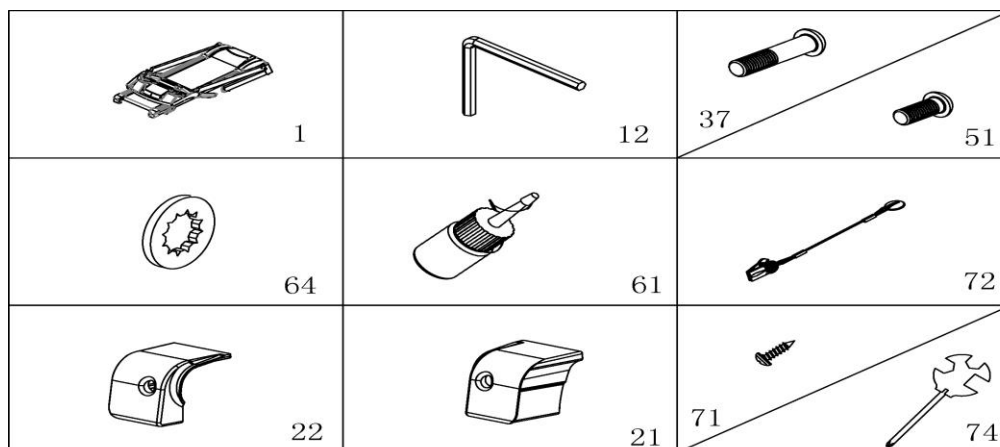
15. This Treadmill only for home-using.

The owner's manual is only for customers' reference.

The supplier cannot guarantee for mistakes occurring due to translation or change in technical specification of the product.

All data displayed are approximate guidance and cannot be used in any medical application.

When you open the carton, and you will find the below parts in the carton



PART LIST :

NO.	DES.	Specification	Nos.	.	NO.	DES.	Specification	Nos.
1	Main frame		1		64	Washer	8	6
12	5# Allen wrench	5mm	1		61	Oil bottle		1
37	Bolt	M8*45	2		71	Bolt	ST4.2*19	6
21	Right end cap		1		72	Safety key		1
22	Left end cap		1		74	Wrench with screw driver		1
51	Bolt	M8*16	4					

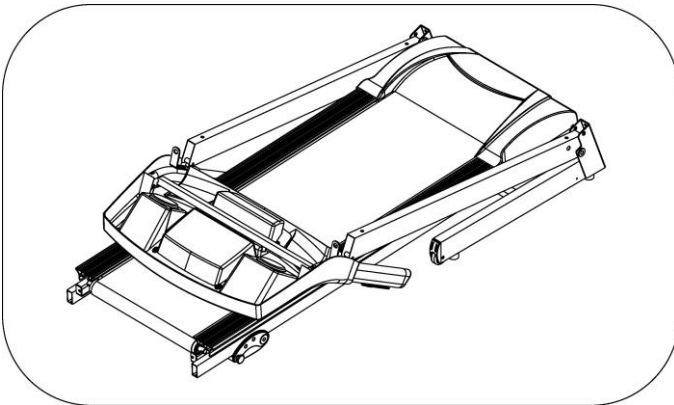
FIXING TOOLS:

5# Allen Wrench 5mm 1pc

Notice: Do not get through power before complete assembly

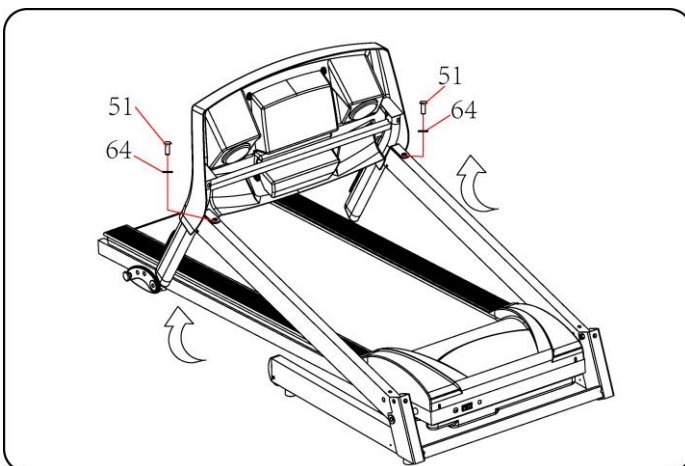
Assembly Instructions

STEP 1 :



Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

STEP 2 :



1、 Holding the computer frame and uprights, unscrew bolt M8*16(51) and lock washer (64) off right uprights, use the 5# Allen wrench to lock the computer and upright tube tight by screw M8*16(51) and lock washer (64)

See as left picture.

Notice: do not press wires inside the tube and check if wires are connected well. Support the upright with hand to avoid computer & upright falling down.

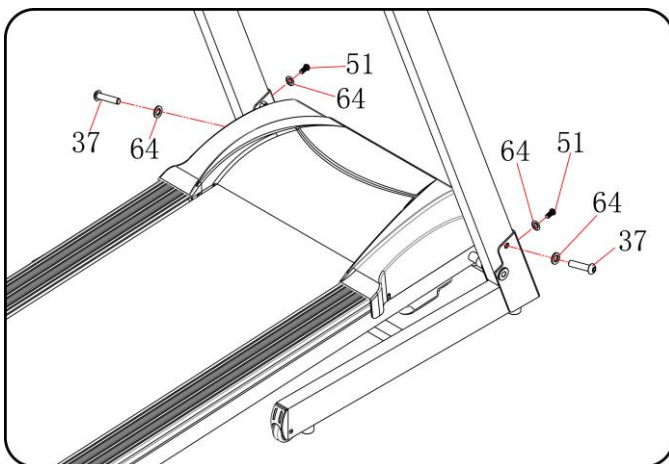
STEP 3 :



1. Pull up the uprights.

Notice: Support the upright with hand to avoid falling down to have any hurt.

STEP 4

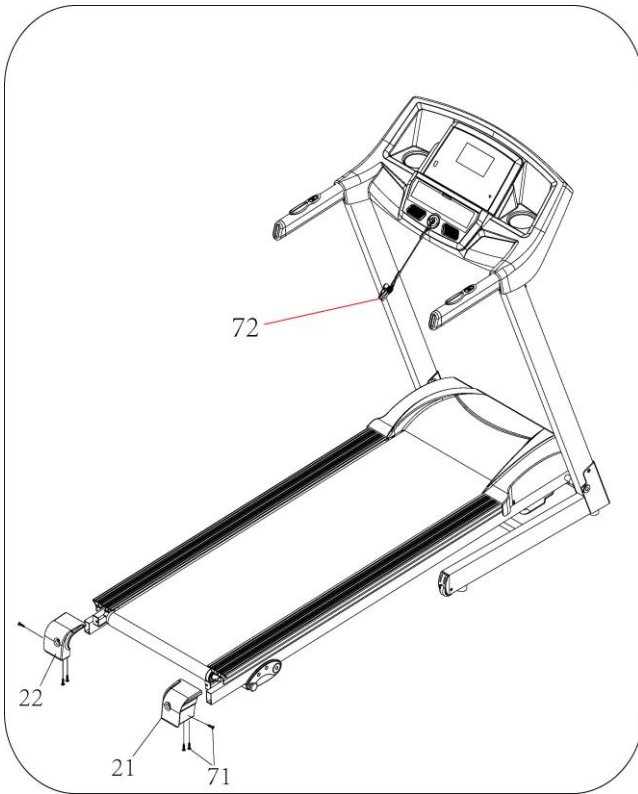


1、 Use 5# Allen wrench , firstly lock right upright onto base by bolt M8*45 (37) and lock washer (64) , then lock right upright onto base by bolt (51) and washer (64).

2、 The left upright assembly is in same way as right upright.

Notice: Please always support the upright with hand during assembly to avoid falling down to have any hurt.

STEP 5

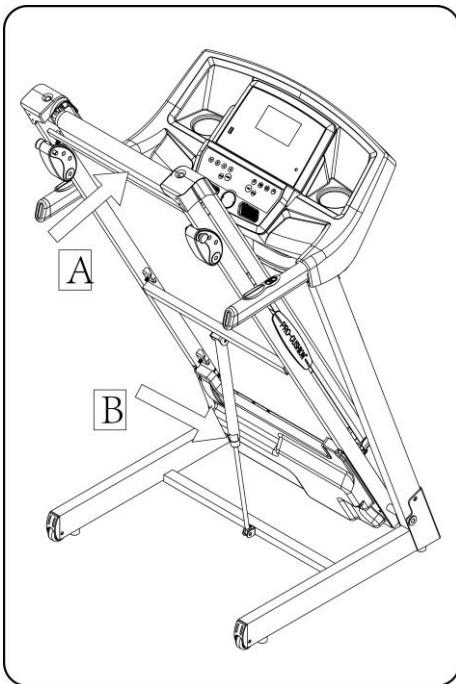


1. Put the right end cap (21) on to the main frame, use wrench with screw driver (74) to fix the end caps tightly with screw (71). Left side is same assembly as right side.

2.put the safety key (72) on the computer and start your exercise.

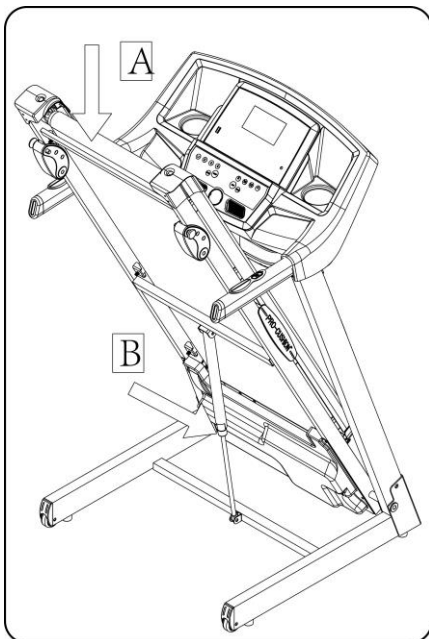
Please make sure all parts have been fixed properly. Before you use the treadmill, please read the instruction carefully

Pulling up:



Pull up the base frame at position A, till hearing the sound that the air pressure bar B is locked into the round tube

Pulling down:



Support place A with hand, kick the place of air pressure bar, then the main frame will fall down automatically (Please keep anybody and any pet away the machine when falling down)

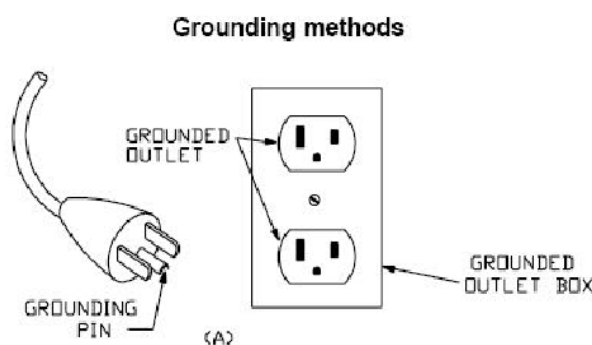
Technical Parameter

BUILT UP SIZE (inch)	62"×26.5"×49"	POWER	As the rating label showing
FOLDABLE SIZE (inch)	32.5"×26.5"×56"	Maximum output power	As the rating label showing
RUNNING BOARD SIZE (inch)	16"×47"	SPEED RANGE	0.5-7.5 mph
NET WEIGHT	95lbs	MAX USER WEIGHT	220.5lbs
1 LCD WINDOW WITH BLUE BACKGROUND	Speed, time, distance, Calories, Pulse		

Grounding Methods

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 for use on a nominal 220-240 /100-120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. (The below picture is just for reference. The actual plug and jack depend on import country)



Operation Guide

OVERVIEW



2. SHOWING

SPEED: Display the speed,

TIME: Display the time

DIST. Display the distance

CAL. Display the calories

PULSE: Display the heart rate

3 BUTTON FUNCTION

“PROGRAM” button: Press this button to choose program from manual mode—P1---P12---FAT;

“MODE” button: When machine in ready state, press this button to choose the mode: mode-time count down, mode-distance count down, mode-calories count down; When FAT state, press this button to choose: “SEX”, “AGE”, “HEIGHT”, “WEIGHT”.

“START” button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

“STOP” button: Press this button to stop the machine, the machine will stop smoothly;

SPEED ▲ 、 ▼: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

SPEED (2, 3, 4, 5, 6, 7) : Adjust the speed quickly

4. MAIN FUNCTION:

Turn on the power, all the windows lit 2 seconds, and then enter the manual mode.

4. 1. Start-up quickly (Manual):

Get through power attach the safety lock. After 3 seconds countdown, the treadmill starting and running from the lowest speed, add and subtract by SPEED button to adjust the speed. Please press the stop button or off the safety lock directly to stop.

4. 2. Countdown mode

Press the 'MODE' button, it can choose time countdown mode, distance countdown mode, calories countdown mode, and the window will show the default data and glitter. At the same time, press SPEED ▲/▼ to set the data. Press 'START' button, the machine will run at the lowest speed, you can press SPEED ▲/▼ to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the console to stop the machine.

4. 3. Preset programs:

Press 'PROG' button to choose the inner install program from P1---P12. When set the program, the time window will show default data and glitter, press SPEED button to set the running time. Each program has been divided into 20 section, each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed and incline by the SPEED ▲/▼ whenever, when the program enter next sect will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever.

5. HEART RATE:

When holding the hand pulse by two hands, the pulse window will show your heart rate after 5 seconds. In order to get the heart rate exactly, please do a test when the machine stop and hold the hand pulse more than 30 seconds. **The heart rate data is just for reference, cannot be as the medical data.**

6. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the speed window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "F1", "F2", "F3" "F4". When set each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show "F5" and "---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

6.1 Data display and set range

	default	range	mark
SEX (F1)	1 (MALE)	1—2	1= MALE 2= FEMALE
AGE (F2)	25	10—99	
HEIGHT (F3)	68 in	40—48 in	
WEIGHT (F4)	154lbs	44—330lbs	

6.2 Body fat index comparison

Body fat index (BMI)	Obesity level
<19	Too thin
19--26	Normal
26--30	Overweight
>30	Too fat

7.USB FUNCTION(Option):

When treadmill is power on, you may insert any USB memory stick which contains audio files. The computer will detect the audio files on the memory stick and play the music directly.

8.MP3 FUNCTION (Option)

When the power on, Contacting the external MP3 device, the computer will play. The voice can be adjusted by operating the external MP3 device, the voice should be adjusted on the proper section to protect the computer loudhailer.

9. SLEEP FUNCTION:

- A. Stop for more than 10 minutes without any operation, the system completed all showed off into the body of sleep state.
- B. Press any key to wake up console under sleep status.

10. Safety key function:

Take away the safety anytime will stop the machine, all data will return to 0, all window will display “---”. All operation will be workable when the safety key is on.

11. Exercise parameter and setting

	Display range	Default data	Default	Setting range
Speed (MPH)	0.5 mph--7.5 mph	-----	-----	0.5 mph --7.5 mph
Time (MIN:SEC)	0:00—99:59	15:00	30:00	5:00---99:00
Distance (MILE)	0.00—99.9	1.0	-----	0.50—99.9
Calories	0Kcl—999Kcl	50Kcl	-----	10Kcl—999Kcl

English unit programs table:

TIME PROGRAM		Setting time/20= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	1.2	1.9	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	1.9	3.1	1.9
P2	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	1.2	3.1	2.5	1.2
P3	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.4	4.4	4.4	2.5	4.4	4.4	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P4	SPEED	1.9	3.1	3.1	3.7	4.4	4.4	3.1	4.4	4.4	5	5	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.9
P5	SPEED	1.2	2.5	2.5	3.1	3.7	4.4	4.4	3.1	3.7	4.4	5	5	3.1	2.5	1.9	1.9	3.7	3.1	2.5	1.2
P6	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5	5	3.7	4.4	5	5	3.7	2.5	2.5	1.2	3.1	2.5	1.9	1.2
P7	SPEED	1.2	1.9	1.9	1.9	2.5	3.1	1.9	2.5	3.1	1.9	2.5	3.1	1.9	1.9	1.9	3.7	3.7	3.1	1.9	1.9
P8	SPEED	1.2	1.9	1.9	3.7	4.4	4.4	2.5	3.7	4.4	2.5	3.7	4.4	2.5	2.5	2.5	1.2	1.9	2.5	2.5	1.2
P9	SPEED	1.2	2.5	2.5	4.4	4.4	2.5	4.4	5	2.5	5	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.9	1.9	1.2
P10	SPEED	1.2	2.5	3.1	3.7	4.4	3.1	2.5	3.7	5	5	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.9	1.9
P11	SPEED	1.2	3.1	5	6.2	4.4	4.4	6.2	6.2	4.4	4.4	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.9
P12	SPEED	1.9	2.5	5.6	5.6	3.1	5.6	3.1	5	3.1	5.6	4.4	3.1	3.1	4.4	5.6	5.6	3.1	4.4	3.7	1.9

Learning Guide

PREPARATION

If you are over 35 years old or not very healthy, also it's your first time do exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine first, know well how to start, stop, adjust the speed and so on. After that, stand on anti-slip pad both sides and hold the handle bar with your both hands. Keep the machine at the low speed about 1.0~2.0 mph. Stand straight and test the running machine by one foot, after get used to the speed, you can begin to run and can increase speed to 1.9~3.1 mph. Keep the speed about 10 minutes, then stop the machine.

EXERCISE:

Learn how to adjust the speed and incline before using. Walk about 0.6 mile at stable velocity, it will take you about 15-25 minutes. If walk at 3.0 mph, it will take you about 12 minutes in 0.6 mile. If you feel

comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you cannot add the speed or incline too much at one time, it is good for your health.

EXERCISE INTENSITY:

Warm up at the speed 3.0 mph in 2 minutes, then add the speed to 3.3 mph and keep walking in 2 minutes, then add to 3.6 mph and walk in 2 minutes. After that, add up 0.2 mph in each 2 minutes, until rapid breath but not feel comfortable. Finally, you should slow down the speed step by step for 4Mins. If you feel it is difficult to increase the speed to strengthening exercise, please increase the incline slowly. Increasing the incline slowly will improve the exercise intensity greatly.

Calorie burning---the best effective way

Warm-up for 5mins by the velocity: 2.5-3.0 mph, then slowly increase the speed by 0.2 mph /2Mins ,until up to the stable speed which you feel is comfortable for 45Mins. For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.2 mph each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally, you should slow down the speed step by step for 4Mins.

The cycle time: 3-5times/Week, 15-60mints/Times. Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you should not set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition, determine the velocity of movement, the intensity of exercise. Please stop at once. If you feel chest tightness, chest pain, irregular heartbeat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed, if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity, you can follow the instruction:

Speed 0.6-1.9 mph	not well physical
Speed 1.9-2.8 mph	less movement and workout
Speed 2.8-3.8 mph	normal walking
Speed 3.8-4.7 mph	Fast walking
Speed 4.7-5.6 mph	Jogging
Speed 5.6-7.5 mph	intermediate speed running
Speed 7.5-9.1 mph	experienced runner
Speed 9.1-10 mph	excellent runner

Attention: The velocity of movement ≤ 3.8 MP/H, the normal walking; The velocity of movement ≥ 5.0 mph the runner.

Warm-up Instruction

Before exercise, it is better to do stretching exercises. Warm muscles stretch more easily, so the first of 5 ~ 10 minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise

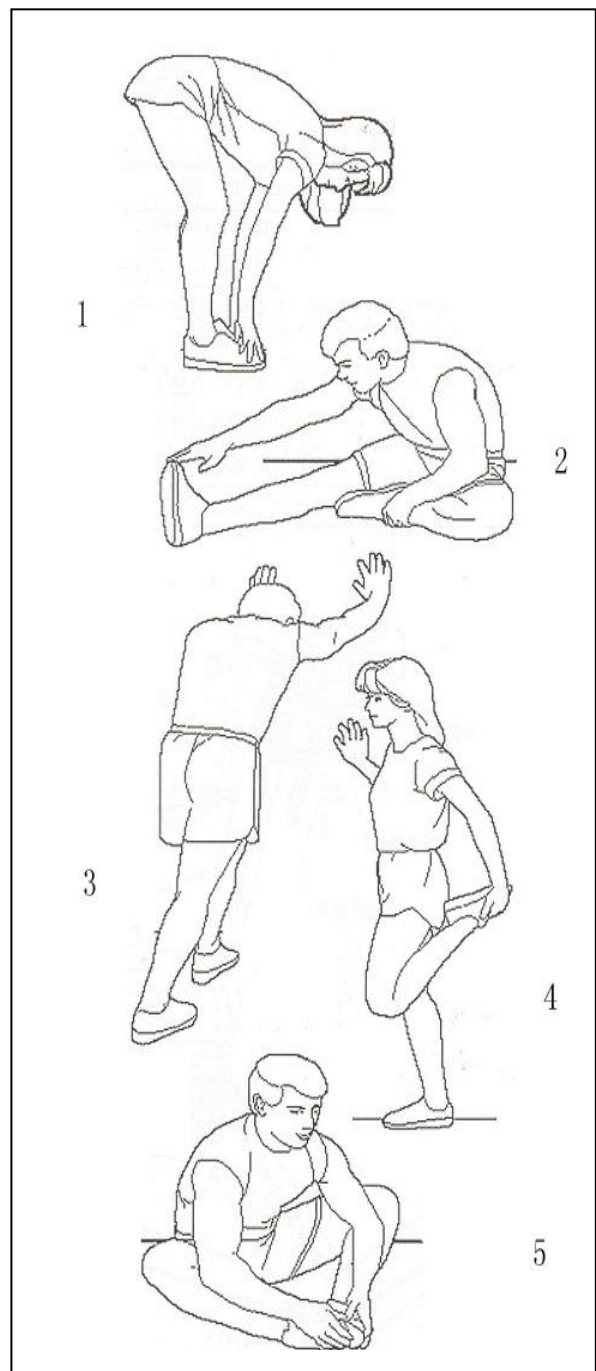
1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure 1).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4. Quadriceps stretch: Hold the wall or table on the right hand to keep the body in balance, and then stretched the left hand back (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times (see Figure 5).



Running Belt Adjustment

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning the unit will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build-up of foreign material underneath the walking belt by wearing the clean running shoes.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

RUNNING BELT AND DECK LUBRICATION

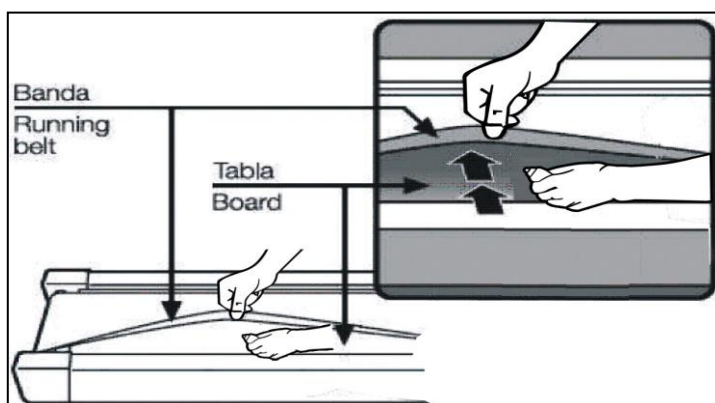
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair needs the professional technician.



1, We suggest that you should switch off the power for 10 minutes after keep running 2 hours, so that it's good for maintain the treadmill.

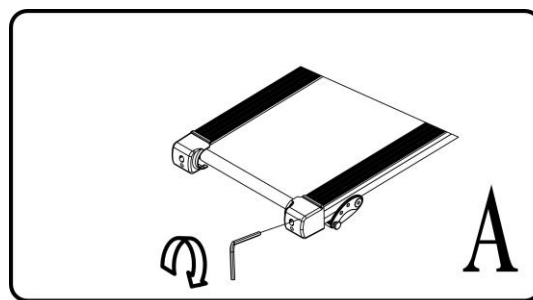
2, For avoiding the slipping during running, the belt should be not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running, the belt should be not too tight. You can adjust the distance between deck and belt, the belt should be away from the deck about 50-75mm on both sides, if the best not too tight and loose.

Center The Running Belt

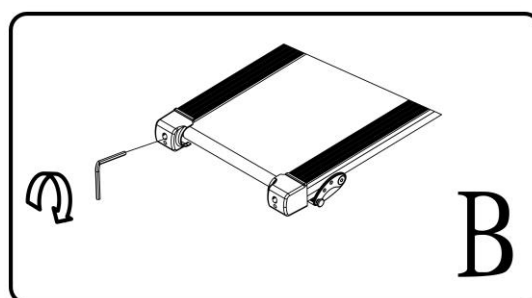
Place treadmill on a level surface. Run Treadmill at approximately 2.4-3.1mph, checking the running condition.

If the belt has drifted to the right, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt.

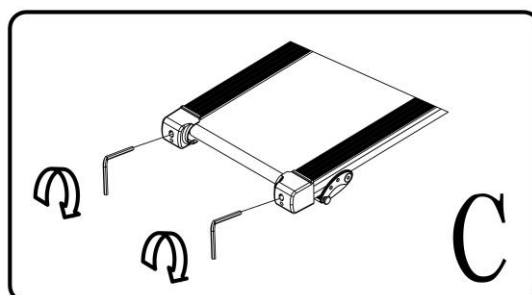
Pic. A



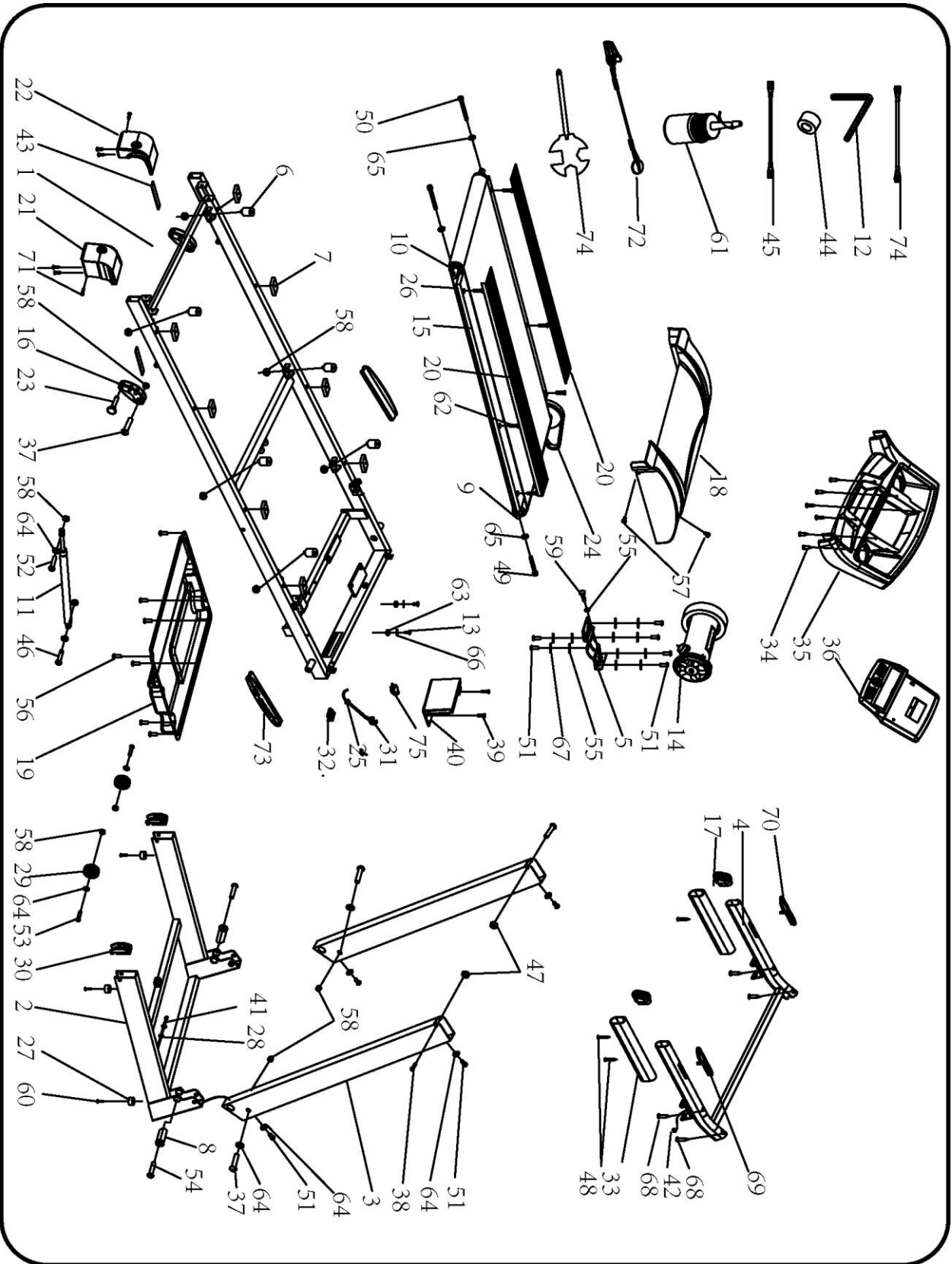
If the belt has drifted to the left, turn the left adjusting bolt 1/4 turn clockwise, then start running until centering the belt. Pic. B



Timely adjust the tightness of the belt, if need, turn the left and right adjusting bolt 1/4 turn clockwise, then re-start running, confirm the belt-tightness until the belt be right tightness. Pic C



EXPLODED DRAWING



PARTS LIST

No.	Item	Spec.	Qty.	No.	Item	Spec.	Qty.
1	Main Frame		1	38	Bolt	M6*37	2
2	Base Frame		1	39	Bolt	ST4.8*19	2
3	Upright bracket		2	40	Control Board		1
4	Computer bracket		1	41	Computer Bottom Wire		1
5	Motor Bracket		1	42	Computer Up Wire		1
6	Cushion		6	43	Rubber Pad 2		2
7	Rubber pad		8	44	Magnetic Ring		1
8	Rotating pipe		2	45	Blue single wire		1
9	Front Roller		1	46	Bolt	M8*25	1
10	Back Roller		1	47	Lock Nut	M6	2
11	Cylinder		1	48	Screw	ST4.2*45	4
12	5#Allen Wrench	5mm	1	49	Bolt	M6*45	1
13	Bolt	M5*15	2	50	Bolt	M6*65	2
14	DC Motor		1	51	Bolt	M8*16	10
15	Running Board		1	52	Bolt	M8*42	1
16	Adjustable foot pad		2	53	Bolt	M8*40	2
17	Circle end cap	50*25*1.5	2	54	Bolt	M10*70	2
18	Motor Up Cover		1	55	Flat Washer	8	7
19	Motor Bottom Cover		1	56	Screw	ST4.2*12	7
20	Side Rail		2	57	Bolt	M5*8	4
21	Right Back End Cover		1	58	Lock Nut	M8	14
22	Left Back End Cover		1	59	Bolt	M8*25	1
23	Fixing plug		2	60	Bolt	ST4.8*25	4
24	Motor Belt		1	61	Oil bottle		1
25	Power Wire Buckle		1	62	Screw	M8*25	6
26	Running Belt		1	63	Lock washer	5	2
27	Foot pad		4	64	Lock washer	8	10
28	Ring wire plug B		2	65	Lock Washer	6	3
29	Transport Wheel		2	66	Lock washer	5	2
30	Wheel cover		2	67	Lock Washer	8	6
31	Power Wire		1	68	Screw	ST4.2*20	4
32	Switch		1	69	Hand pulse with speed+/-		1
33	Foam		2	70	Hand pulse with start/stop		1
34	Bolt	ST4.2*13	6	71	Bolt	ST4.2*19	4
35	Computer bottom cover		1	72	Safety key		1
36	Face panel		1	73	Elastic rubber cushion		2
37	Bolt	M8*45	4	74	Wrench with screw driver		1

TROUBLE SHOOTING

Fault Code	Main reason	Solution
E01	The wire from computer to bottom control board didn't connected well	<ol style="list-style-type: none"> 1. Check the connection wire between computer and control board was well connected. 2. Make sure the IC on the control board was well inserted. If not, re-insert. 3. Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	<ol style="list-style-type: none"> 1. Bad contact with motor open circuit. Please change a new motor or check the connector. 2. Power tube was punctured. Please change a new Power tube or control board.
E03	Motor light sensor fault	<ol style="list-style-type: none"> 1. Check if light sensor wire is connected well. 2. Check if light sensor is fault
E05	Over current Protection	<ol style="list-style-type: none"> 1. Overloaded. 2. Running board with heavy resistance. Need to be oiled 3. Damage in Motor. Change a new motor.
E06	Motor wire is not connected well	<ol style="list-style-type: none"> 1. Check if the motor wire and Circuit control board wire are connected well 2. Check if the control board has peculiar smell, change the control board



TIPS:

Your suggestions and comments for Costway are really important to us!

We sincerely solicit you to go back to our shop and leave a good rating in just a simple click. It would be quite encouraging if you could kindly do so like below:

★★★★★ Great products so far

February 24, 2018

Great product so far. Fast delivery, easy setup, and working without any issues.

**With your inspiring rating, Costway will be more consistent to offer you
EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!**

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