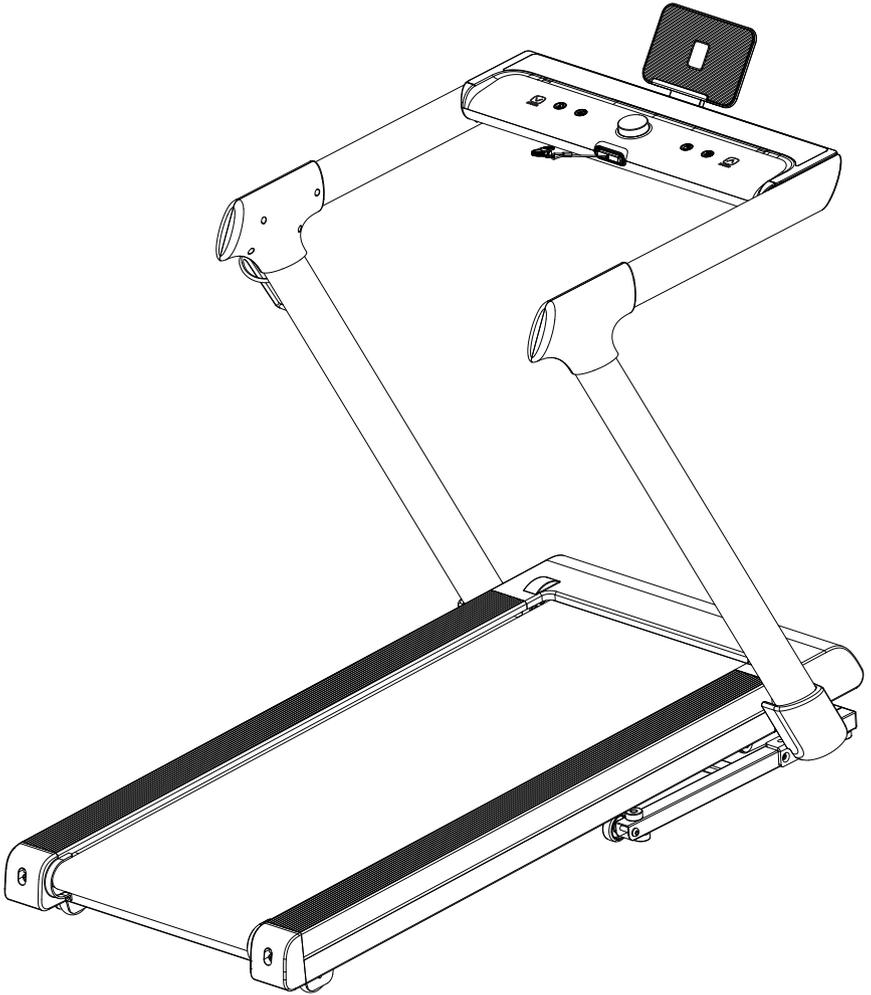# T3S PRO
TREADMILL

Please read all the details of this manual before use, and keep it for future reference.

YESOUL

Product model：YS-TT3
Item NO.：T3S PRO

YESOUL TREADMILL
T3S PRO Product Manual

Product Specifications

Tablet (mobile phone) holder size	Maximum tablet width: 10.1-inch
Supported software version	iOS 12.0 and above, Android 5.1 and above (inclusive)
Bluetooth	V5.0
Rated voltage	110V
Rated frequency	60Hz
Rated power	3.0HP(MAX)
Speed	1-14kph/0.6-8.7mph
Applicable height	155 ～ 190cm/61 ～ 74.8in
Net weight	54.9kg/121lbs
Gross weight	62kg/137lbs
Rated maximum load	136kg/300lbs
Running surface area	(Length)1150mm×(Width) 450mm/ (Length)45.3in×(Width) 17.7in
Product dimensions	Unfolded size: (Length) 1410mm×(Width) 745mm×(Height) 1190mm Folded size: (Length) 830mm× (Width) 745mm×(Height) 1240mm Unfolded size: (Length) 55.5in×(Width) 29.3in×(Height) 46.9in Folded size: (Length) 32.7in× (Width) 29.3in×(Height) 48.8in
Executive standard	EN ISO 20957-1：2013 EN ISO 20957-6：2010

Important Safety Instructions

> ⚠️ **Warning! This product is a plug-in product. Please read the following details on the safety precautions for the treadmill and properly use it.**

◆ Wear appropriate sportswear and shoes before exercising. Ensure that clothing is properly fastened or zipped to prevent it from getting caught in the treadmill.

◆ Do not carry hard objects in your pockets while using the treadmill, as this may cause accidents or injuries.

◆ Do not use the treadmill after consuming alcohol, as it may lead to accidents or injuries.

◆ When turning on the treadmill, stand on the non-slip side rails.

◆ Only one person is allowed on the treadmill when it is in operation.

◆ Do not eat or engage in other activities while using the treadmill.

◆ Ensure that people stay at a safe distance from the treadmill during use to prevent accidents or injuries from falls.

◆ Check that the treadmill is placed on a stable surface before use.

◆ Verify that the treadmill functions properly before use. Check if the column covers and handlebars are securely locked. If they are loose, injury may occur.

◆ Attach the safety key clip to your clothing before use to ensure the treadmill stops safely in case of an emergency.

◆ Before working, start by walking slowly on the treadmill with your left foot following the belt direction. Once comfortable, begin working while maintaining proper posture.

◆ Maintain a safety clearance of 2000x1000mm/78.7x39.3in behind the treadmill while in use.

◆ Adjust speed gradually based on your capacity. Do not suddenly increase speed above 3.8kph/2.3mph to prevent falls and injuries.

◆ Do not jump while working to avoid falling or injury.

◆When adjusting the incline, stand on the side footboards of the treadmill with both feet and start exercising only after the adjustment is complete.

◆Please avoid making significant adjustments to the incline while the machine is operating at high speeds to prevent loss of balance and falling.

◆When using the high incline mode, please adjust the speed according to your physical fitness to avoid overexertion.

◆ Do not jump off the treadmill after exercising to prevent accidents.

◆ To stop the treadmill after exercise, pull the safety key down or press the stop button.

◆ After exercising, turn off the treadmill's power switch and unplug it.

◆ The treadmill is designed for indoor use. Keep it dry, avoid water spills, and do not place any foreign objects on it.

◆ Avoid prolonged excessive use, as it may damage the motor and controller and accelerate wear on the running board and belt. Regular maintenance is recommended.

◆ Reduce dust levels and maintain proper indoor humidity to prevent static interference with the console or controller.

Important Safety Instructions

◆ Do not use the treadmill outdoors. This product is intended for home fitness use and is not a medical device.

◆ The treadmill should not operate continuously for more than 1 hour.

◆ Ensure proper indoor ventilation while using the treadmill.

◆ Always unplug the treadmill before moving it.

◆ Stop exercising immediately and consult a doctor if you feel unwell or notice any abnormalities.

◆ People who lack regular physical activity should not engage in sudden, intense exercise.

◆ Store silicone oil out of children's reach after use to prevent accidental ingestion.

◆ Only qualified personnel should access the motor cover or roller housing.

◆ The treadmill should only be connected to an external circuit of at least 15A.

◆ Children must not use the treadmill or play near it. Guardians should ensure that children do not operate the machine, as this may cause injury.

◆ Individuals with disabilities should avoid using this treadmill to prevent accidents or injuries.

◆ Ensure a safe environment when using, storing, or moving the treadmill. Make sure no people or pets are behind, under, or in front of the machine to avoid accidents.

◆ Do not use the treadmill if the casing is cracked, broken, or has exposed internal parts, as this may result in injury or malfunction.

◆ Do not use or store the treadmill outdoors, near bathrooms, or in humid environments to prevent moisture damage.

◆ Keep the treadmill away from direct sunlight and high-temperature areas (e.g., near stoves, electric heating carpets) to prevent electrical hazards or fire.

◆ Do not attempt to disassemble, repair, or modify the treadmill yourself, as this may cause mechanical failure and safety risks.

◆ Keep the treadmill console and body away from water or liquids to prevent electric shock or fire hazards.

◆ If the treadmill malfunctions during operation, stop using it immediately and disconnect the power.

◆ Contact your local distributor for repairs if a defect occurs. Do not attempt to dismantle any parts of the machine.

◆ If you are undergoing medical treatment or belong to any of the following groups, consult a doctor before using this equipment.

(1) Those experiencing back pain or who have suffered leg, back, or neck injuries, as well as those with numbness in the legs, back, neck, or hands (e.g., herniated discs, spondylo-listhesis, cervical spondylosis).

(2) People with degenerative arthritis, rheumatism, or gout.

(3) Individuals with osteoporosis or other bone disorders.

(4) Those with circulatory system diseases, such as heart disease, vascular diseases, or hypertension.

(5) Individuals with respiratory disorders.

(6) Users of pacemakers or other implanted medical electronic devices.

(7) People diagnosed with malignant tumors.

Important Safety Instructions

(8) Those with blood clot disorders, severe aneurysms, acute phlebitis, or skin infections.
(9) Individuals with severe peripheral circulatory disorders or sensory abnormalities due to diabetes.
(10) Individuals with open skin wounds.
(11) Individuals experiencing high fever (38°C or above) due to illness.
(12) Individuals with spinal abnormalities or curvature.
(13) Pregnant women, those who may be pregnant, or those currently menstruating.
(14) Individuals requiring bed rest or feeling unwell.
(15) Individuals in poor physical condition.
(16) Individuals using the treadmill for rehabilitation purposes.
(17) Individuals who feel physically unwell or believe that using the treadmill may worsen their condition should avoid using it to prevent health risks or accidents.
◆ If an emergency occurs, grip the side handrails for support, lift your feet off the running belt, and step onto the treadmill's side safety area.
◆If you notice any incline adjustment issues (such as jamming or failure to rise and lower), stop using the treadmill immediately and contact customer service.
◆ When unplugging the power cord, hold the plug itself and pull gently to avoid damaging the plug or power cable.
◆ Do not use the treadmill if the power cord or plug is damaged, or if the power outlet is loose, as this may cause electric shock, short circuits, or fire hazards.
◆ Keep the power cord away from high-temperature objects to prevent overheating or damage.
◆ Do not bend, twist, or forcefully pull the power cord, and do not place heavy objects on it or trap it under furniture to prevent short circuits, electric shocks, or fire hazards.
◆ Ensure the power plug is free from foreign objects such as pins, dust, or moisture to avoid the risk of electric shock, short circuits, or fire.
◆ Do not unplug the power cord or turn off the power switch while the treadmill is working, as this may cause injury.
◆ Do not touch the power plug with wet hands to avoid electric shock or injury.
◆ When not using the treadmill, unplug it to prevent insulation deterioration due to dust and moisture, which could lead to leakage or fire.
◆ Always unplug the treadmill before performing maintenance to avoid the risk of electric shock or injury.
◆ If the treadmill malfunctions, stop using it immediately, unplug it, and contact a professional for inspection and repairs. Continuing to use a faulty treadmill may cause electric shock or injury.
◆ During a power outage, immediately unplug the power cord to prevent accidents or injuries when power is restored.
◆ The power plug must be properly grounded and used with a dedicated circuit outlet to prevent electrical interference with other appliances.
◆ This treadmill must be grounded to ensure electrical current flows safely to the ground in case of a malfunction, reducing the risk of electric shock.
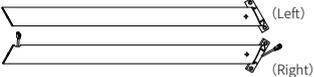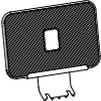
Important Safety Instructions

◆ The power cord is equipped with a grounding plug and must be inserted into a properly installed and grounded outlet that meets local regulations.

◆ Incorrect grounding can result in electric shock hazards. If you are unsure about proper grounding, consult a professional electrician.

◆ Do not modify the plug or outlet on your own. If necessary, have a professional electrician install a suitable outlet.

◆ Use only the designated grounded plug for this equipment. Please make sure the sockets match and do not use conversion sockets.
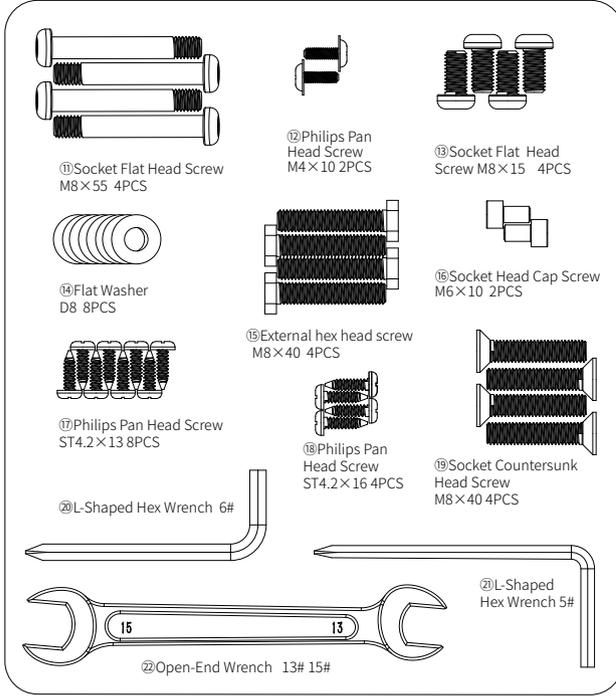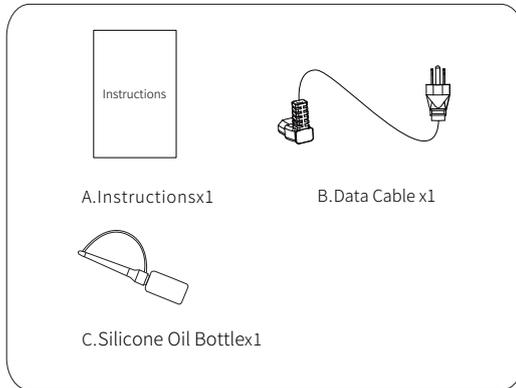
STEP 1: Check of parts

Parts List (Components List)

NO.	Name	Quantity	Picture
①	Main Frame ASM.	1	
②	Left/Right Upright	2	(Left) (Right)
③	Left/Right Handlebar	2	(Left) (Right)
④	Console ASM.	1	
⑤	Tablet (phone) Holder	1	
⑥	Water Bottle Holder	1	
⑦	Left/Right Handrail Trim Cover	4	(Left) (Right)
⑧	Left/Right Rear Foot Guard Trim Cover	2	(Left) (Right)
⑨	Left/Right Base Upright Cover	2	(Left) (Right)
⑩	Safety Lock	1	

Parts List（Blister Board）

⑪Socket Flat Head Screw M8×55 4PCS

⑫Philips Pan Head Screw M4×10 2PCS

⑬Socket Flat Head Screw M8×15 4PCS

⑭Flat Washer D8 8PCS

⑮External hex head screw M8×40 4PCS

⑯Socket Head Cap Screw M6×10 2PCS

⑰Philips Pan Head Screw ST4.2×13 8PCS

⑱Philips Pan Head Screw ST4.2×16 4PCS

⑲Socket Countersunk Head Screw M8×40 4PCS

⑳L-Shaped Hex Wrench 6#

㉑L-Shaped Hex Wrench 5#

15   13

㉒Open-End Wrench 13# 15#

Parts List（Parts）

Instructions

A.Instructionsx1

B.Data Cable x1

C.Silicone Oil Bottlex1

Clockwise

Counterclockwise

*Bolt fastening method: tighten clockwise, loosen counterclockwise.

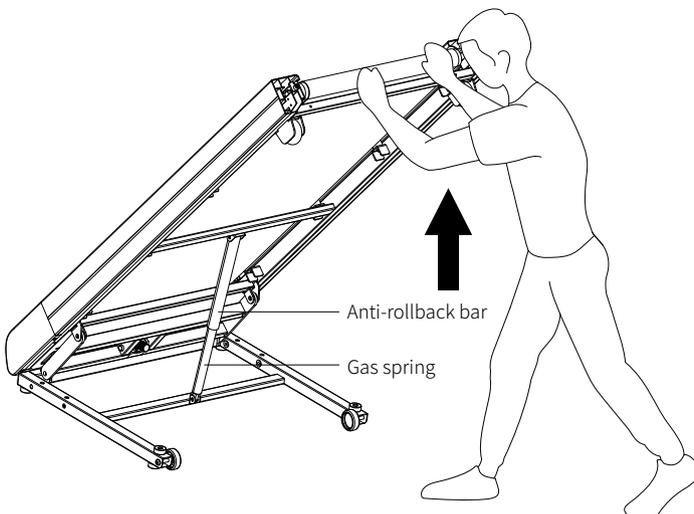# Installation Guide

STEP 2: Position the Main frame ASM.

1. Remove the ①main frame ASM. from the packaging, use scissors to cut through the packing tape, and position it on a flat floor (as shown in the figure).

DANGER: Never cut the straps while the unit is inverted! Ensure the folding support assembly is touching the ground before cutting. Prevent sudden release of the mechanism to avoid crushing or impact injuries.

①Main frame ASM.

Folding support assembly
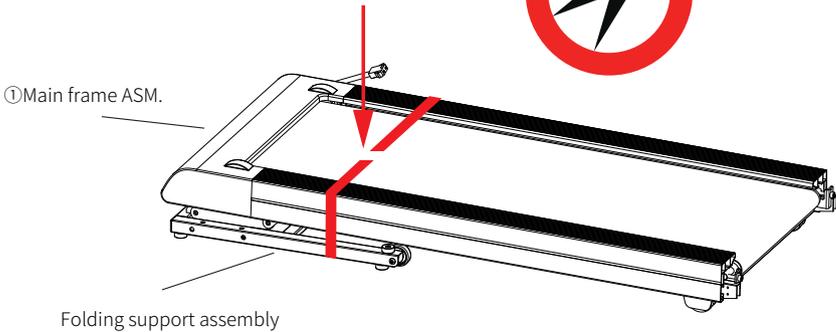
STEP 3: Assemble the Left and Right Uprights

1. Raise the ①main frame ASM. until the anti-rollback bar clicks into place (ensure locking is confirmed).

Anti-rollback bar

Gas spring

Installation Guide

2. Insert two ⑲socket countersunk head screws M8x40 through the holes at the bottom of the ②left upright, align them with the holes on the folding support assembly, and tighten them with the ㉑l-shaped hex wrench 5# (The right upright should be tightened using the same method.)

⑲ Socket countersunk head screw M8×40 4PCS

㉑ L-shaped hex wrench 5#

NOTE: Align the red mark (L) on the part with the red mark (L) on the main frame for installation. Align the blue mark (R) on the part with the blue mark (R) on the main frame for installation!

②Right upright

②Left upright

⑲ Socket countersunk head Screw M8×40

⑲ Socket countersunk head screw M8×40

Folding support assembly
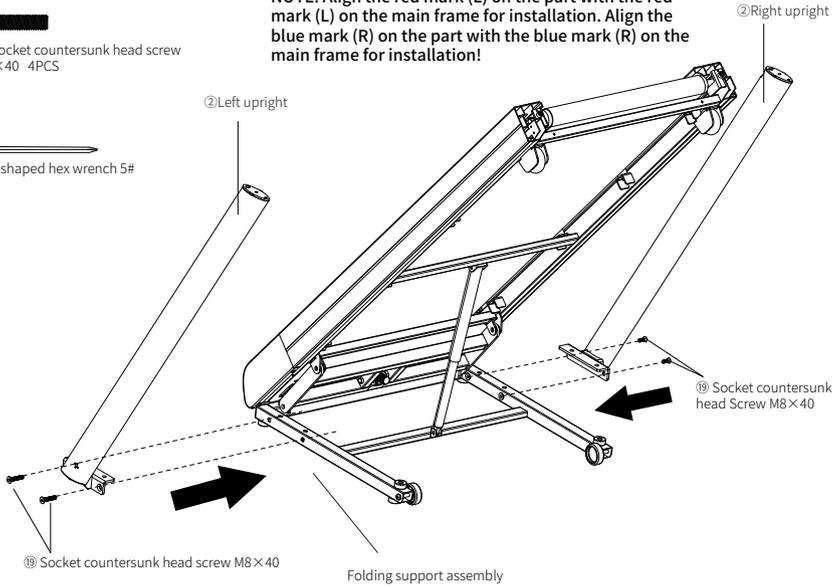
3. Fit two ⑮external hex head screws M8×40 each with one ⑭flat washer D8 . Insert them through the aligned holes at the top where the ②left upright and folding support assembly overlap. Tighten them using the ㉒open-end wrench 13# 15# . (The right upright should be installed using the same method.)
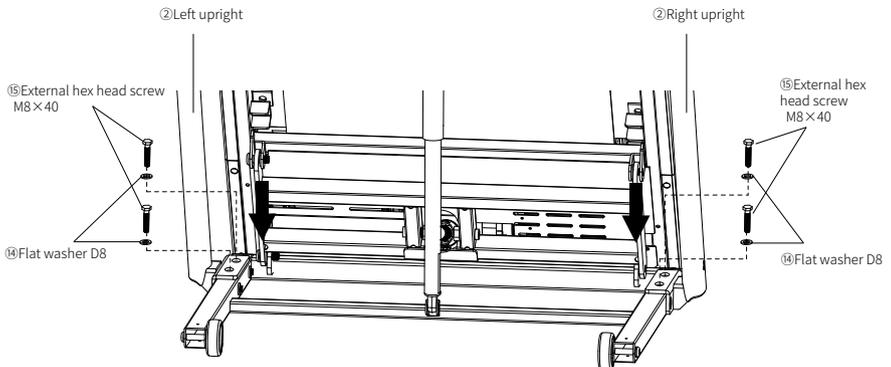
⑮External hex head screw M8×40 4PCS

⑭Flat washer D8 4PCS

㉒Open-end wrench 13# 15#

②Left upright

②Right upright

⑮External hex head screw M8×40

⑮External hex head screw M8×40

⑭Flat washer D8

⑭Flat washer D8

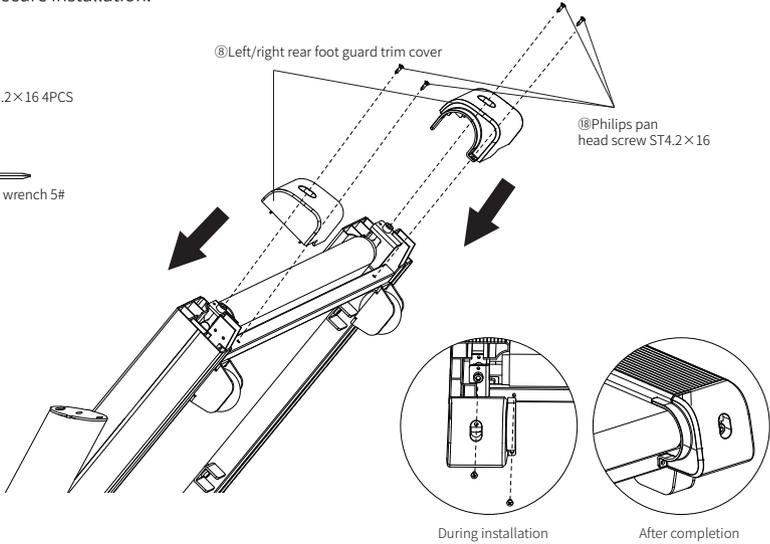# Installation Guide

STEP 4: Install the Rear Foot Guards

1. Align the ⑧left/right rear foot guard with the side strip in the direction of the arrow, and press down until it snaps into place. Use the ㉑l-shaped hex wrench 5# to tighten the ⑱phillips pan head screw ST4.2×16 , ensuring a secure installation.

⑱Philips pan head screw ST4.2×16 4PCS

㉑L-shaped hex wrench 5#

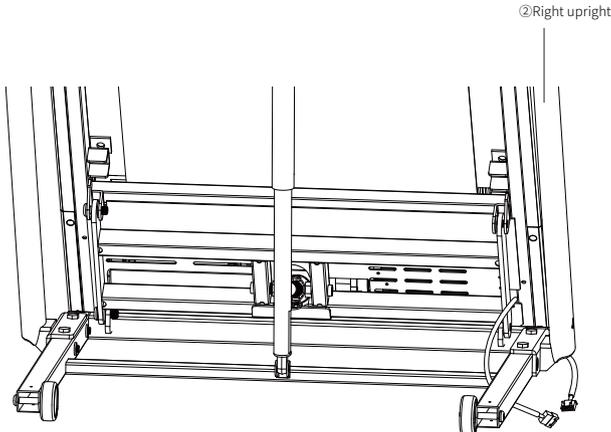⑧Left/right rear foot guard trim cover

⑱Philips pan head screw ST4.2×16

During installation

After completion

STEP 5：Install the Right Upright Wiring

1. Connect the signal cable from the right upright to the main frame, then tuck the cable into the interior along the bottom of the upright.

②Right upright

Align the connectors to join the cable, and retract any excess wire into the tube.

*CAUTION: Ensure the connector orientation is correct.
Do not force the connection!

Installation Guide

2. Hold the treadmill firmly with both hands and step down firmly on the anti-rollback bar with your foot. (Maintain a safe distance of approximately 1 meter from the treadmill until the machine is fully unfolded.)

Tap firmly toward the arrow

Anti-rollback bar
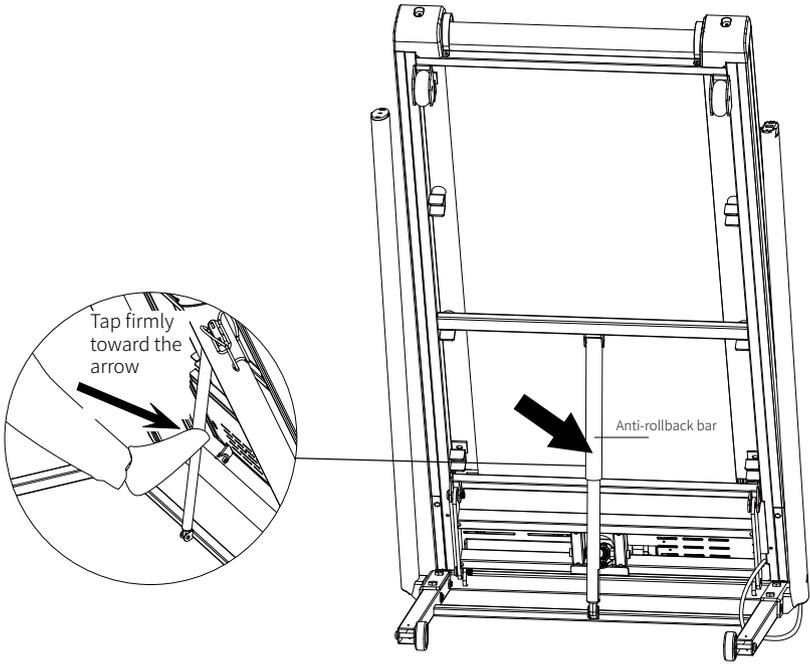
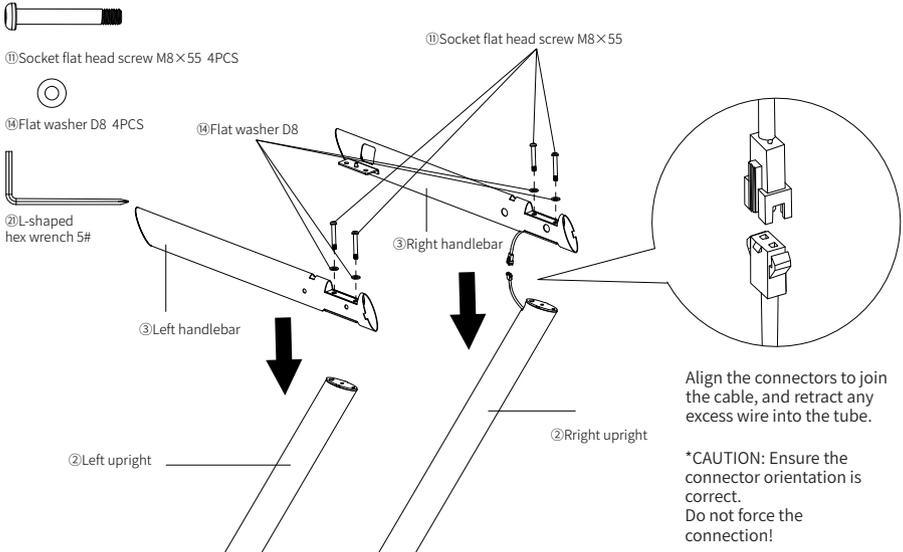3. Wait for the main frame to descend completely and stabilize before proceeding to the next step.
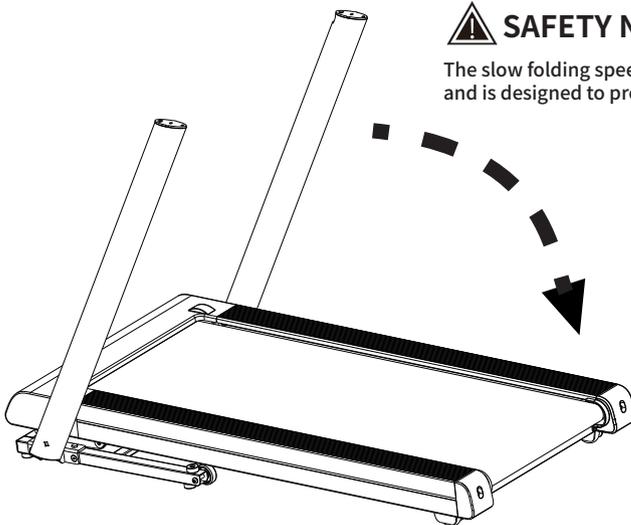
⚠ SAFETY NOTE:

The slow folding speed of the main frame is normal and is designed to prevent sudden collapse.

Installation Guide
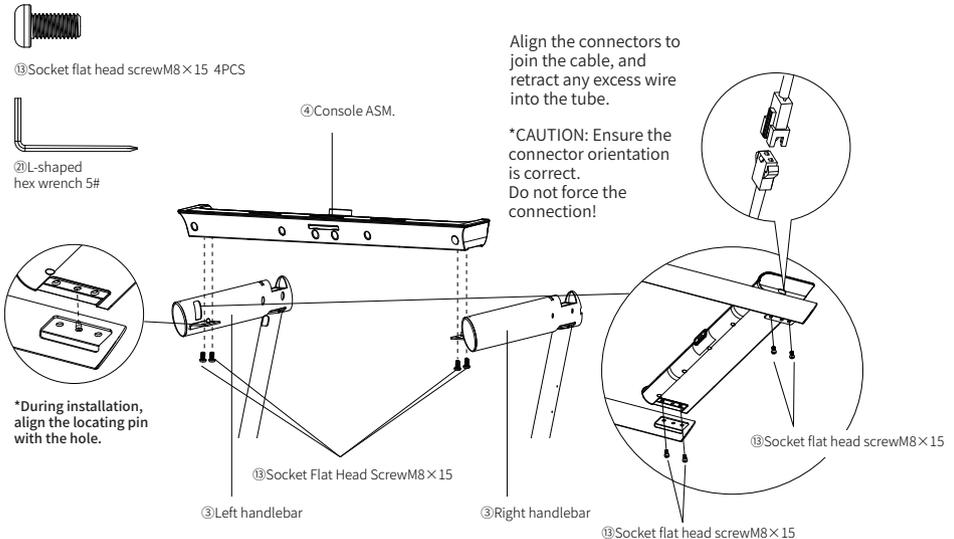
STEP 6：Install Left/Right Handlebars

1. Connect the signal cable of the right handlebar to the signal cable of the right upright.
2. Press the left and right handlebars firmly against their corresponding uprights, aligning the mounting holes.
3.Take four ⑪socket flat head screws M8×55 , each paired with one ⑭flat washer D8. Use the ㉑l-shaped hex wrench 5# to tighten all screws.

⑪Socket flat head screw M8×55 4PCS

⑪Socket flat head screw M8×55

⑭Flat washer D8 4PCS

⑭Flat washer D8

㉑L-shaped hex wrench 5#

③Right handlebar

③Left handlebar

②Left upright

②Rright upright

Align the connectors to join the cable, and retract any excess wire into the tube.

*CAUTION: Ensure the connector orientation is correct.
Do not force the connection!

STEP 7：Install the Console ASM.

1. First, connect the signal cable of the electronic console mount to the signal cable of the right handlebar.
2. Align the ④console ASM. with the mounting holes on the left and right handlebars. Use the ㉑l-shaped hex wrench 5# to tighten the four ⑬socket flat head screwsM8×15 .

⑬Socket flat head screwM8×15 4PCS

Align the connectors to join the cable, and retract any excess wire into the tube.

*CAUTION: Ensure the connector orientation is correct.
Do not force the connection!

④Console ASM.

㉑L-shaped hex wrench 5#

*During installation, align the locating pin with the hole.

⑬Socket Flat Head ScrewM8×15

③Left handlebar

③Right handlebar

⑬Socket flat head screwM8×15

⑬Socket flat head screwM8×15

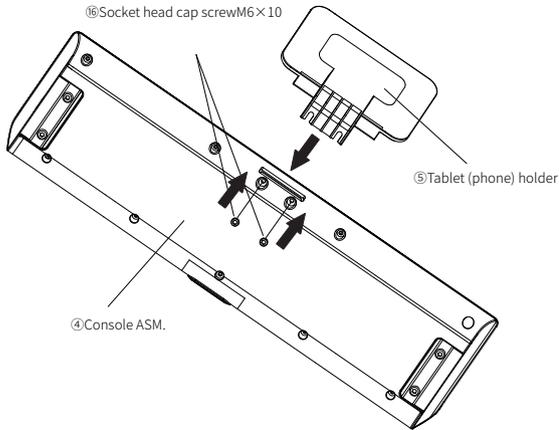# Installation Guide

STEP 8: Install the Tablet (Phone) Holder

1. Align the ⑤tablet (phone) holder with the slot on the ④electronic console mount and insert it to connect.
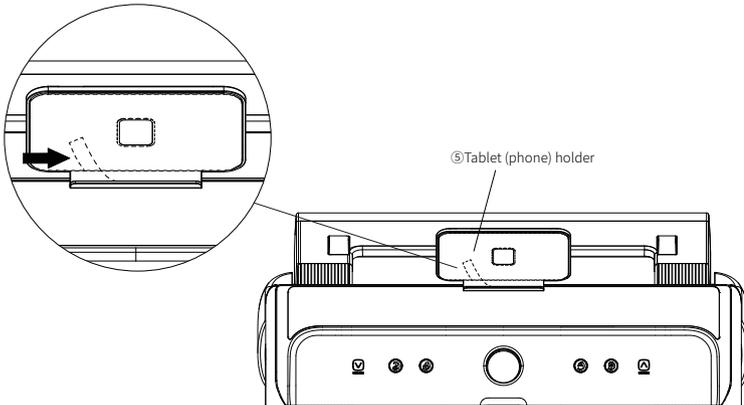2. Then use the ㉑L-shaped hex wrench 5# to tighten the two ⑯M6×10 hex socket head screws.

⑯Socket head cap screwM6×10 2PCS

㉑L-shaped hex wrench 5#

⑯Socket head cap screwM6×10

⑤Tablet (phone) holder

④Console ASM.

3. Peel off the white sticker on the surface of the protective film on the ⑤ tablet (phone) holder.

⑤Tablet (phone) holder

STEP 9：Install the Base Upright Covers

1. Align the ⑨left/right base upright covers with the holes on the ②left/right uprights, then install them on both sides of the base and snap them into place.

Note: Ensure the holes are properly aligned.

⑨Left/right base upright cover

②Left/right upright
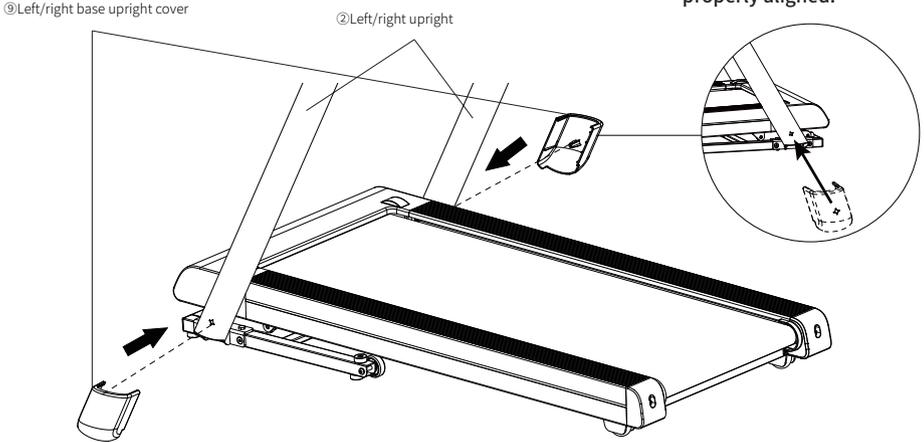
STEP 10：Install the Water Bottle Holder and Safety Lock

1.Align the ⑥ water bottle holder with the holes on the side of the ② left upright. Use the ㉒L-Shaped Hex Wrench 6# to tighten the two ⑫ M4×10 Phillips pan head screws with washers.
2. Install the ⑩ safety lock into its designated position.

⑫Philips pan head screw M4×10 2PCS

㉒L-Shaped hex wrench 6#

②Left upright

⑥Water bottle holder

⑫Philips pan head screw M4×10

⑩Safety lock
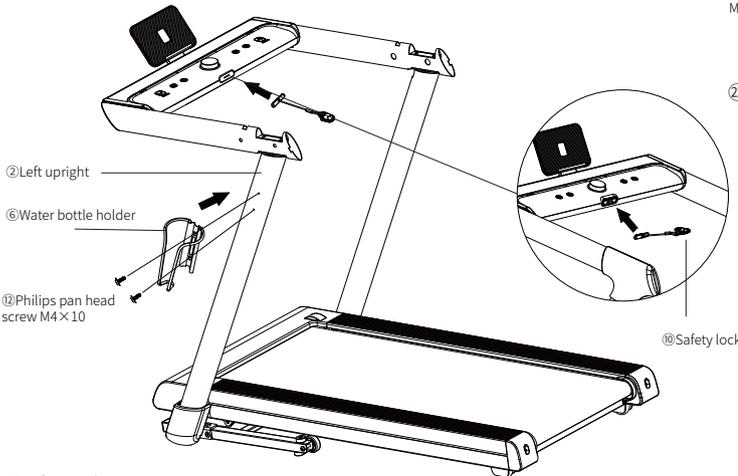
⚠ Safety tips：

● Before starting, please attach the safety key to clothing.
● The machine will not work without the safety key inserted.
● When the safety key is removed while walking, the machine will perform an emergency stop.
● When not in use, please remove the safety key to prevent children from starting the machine.

STEP 11： Install the Handrail Trim Covers

1. Position the ⑦left/right handrail trim covers on both sides of the handrails and align the holes as shown in the illustration. Snap the covers closed and press them firmly into place. Use the ⑳l-shaped hex wrench 6# to tighten the four ⑰phillips pan head screws ST4.2×13 (The other side should be installed using the same method.)

⑰Philips pan head screw
ST4.2×13 8PCS

⑳L-Shaped hex wrench 6#

⑰Philips pan head screw
ST4.2×13

⑦Left handrail trim Cover

⑦Right handrail trim cover

⑰Philips pan head screw
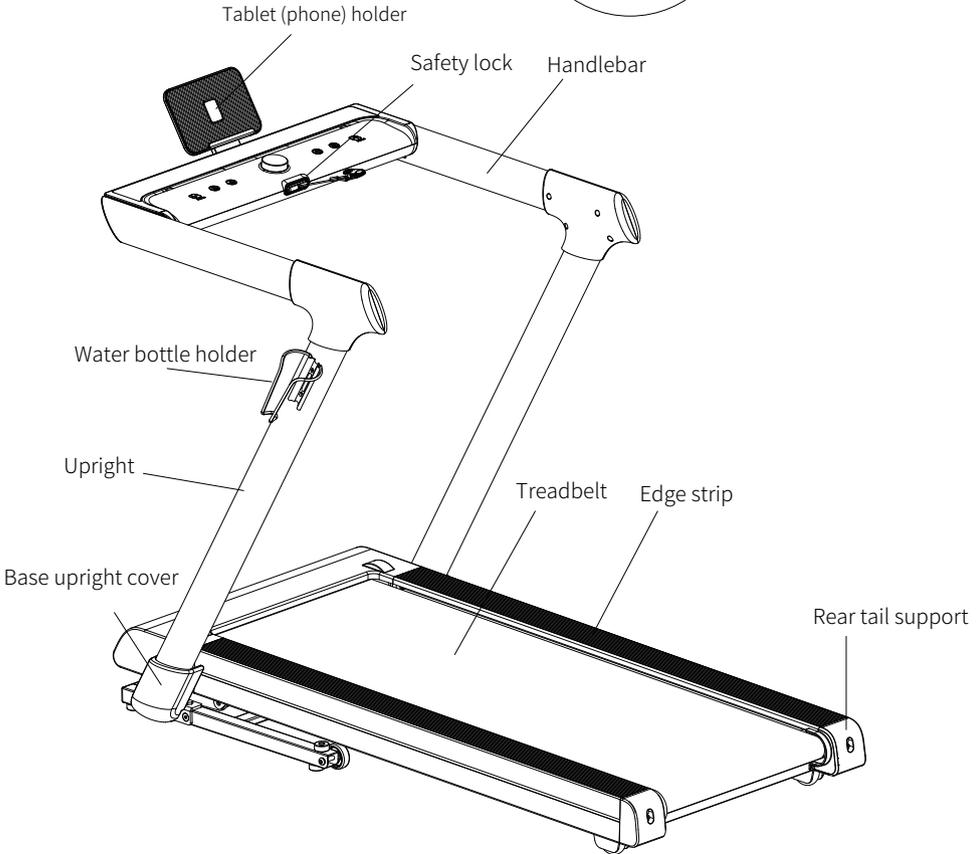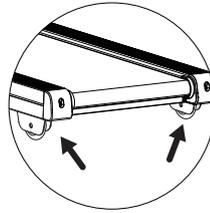ST4.2×13
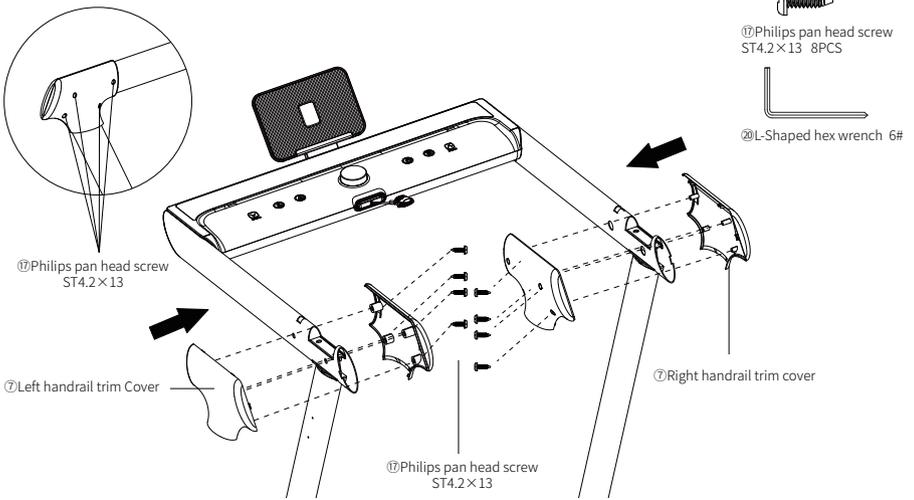
STEP 12： Install the power cable

1. As shown in the figure, connect the power supply, turn on the power switch, and the device enters the standby state.

B.Data cable
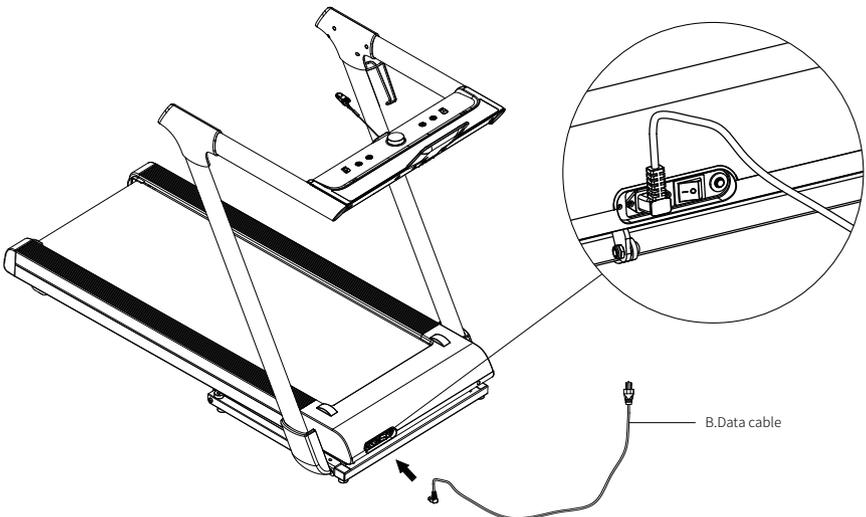
Complete Assembly (For reference only. Actual configuration may vary.)

⚠️ **Safety tips:**

Before use, please check whether the foot pad at the bottom of the treadmill is placed stably and does not shake.

Tablet (phone) holder

Safety lock

Handlebar

Water bottle holder

Upright

Base upright cover

Treadbelt

Edge strip

Rear tail support

Statement:

This manual includes a comprehensive introduction to the product's functions and operating instructions as of the time of printing. However, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

Electronic display function operation
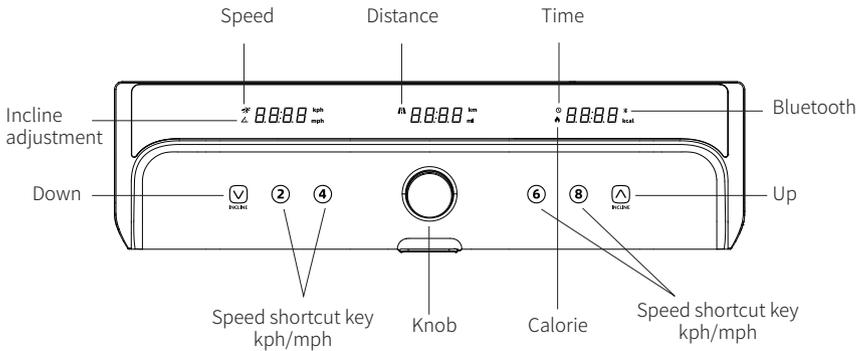
1. Parameter Description
Exercise parameters for various exercise modes:

· The minimum display speed is 1kph/0.6mph.
· The maximum display speed is 14kph/8.7mph.

2. Panel Button Functions and Operation Instructions
Knob --- Function Description: Speed increase/decrease, Start/Pause/Stop key.
Operation Instructions:
· In standby mode, press the knob to start the treadmill.
· In operation mode, rotate the knob to adjust the speed.
· In operation mode, press the knob to stop the treadmill.
Speed Shortcut Keys②,④,⑥,⑧ --- Function Description: Quick speed adjustment.
Operation Instructions:
· In operation mode, press the speed shortcut key to adjust to the corresponding speed.
Incline Adjustment Key --- Function Description:Controls the incline angle of the running deck.
Operating Instructions:
· Each time you press the up key, the slope increases by 1%.
If you press it for a long time, the slope continues to increase.
· Each time you press the down key, the slope decreases by 1%.
If you press it for a long time, the slope continues to decrease.

3. Exercise Mode Description
Manual Mode Function Description
Entering Manual Mode: After the treadmill powers on and all displays light up, it enters full manual operation mode. At this point, press the knob to enter manual operation mode.
Operation Instructions:
· The initial working speed is 1kph/0.6mph, and the time, distance, and calorie windows start counting from zero.
· Rotate the knob to adjust the working speed.
· Press the speed shortcut keys②,④,⑥,⑧ to quickly adjust to the corresponding speed.
Press the knob to stop the treadmill.
· Pulling out the safety lock can immediately stop the motor.

Operating Instructions

Time display instructions:
· When displaying minutes: seconds, the time icon is always on
· When displaying hours: minutes, the time icon flashes

4.Display Range of Each Value:

Set parameters	Initial	Set initial value	Set range	Display range
Time (minutes:seconds)/ (hour:minute)	0:00	—	—	0:00-59:59(minutes:seconds)/ 1:00-18:12(hour:minute)
Speed (kph)/ (mph)	0.0	1 (kph) / 0.6 (mph)	1-14 (kph) / 0.6-8.7 (mph)	1-14 (kph) / 0.6-8.7 (mph)
Distance (km)/ (mile)	0.00	—	—	0.00-9999 (km) / 0.00-9999 (mile)
Calories (kcal)	0.0	—	—	0.0-9999
Incline (%)	0	—	0-10%	0-10%

Note: Due to equipment manufacturing deviations exist, the above data may differ slightly from actual values and are for reference only.

5. Sleep Function Description:
When the treadmill stops working and no operation is performed for more than 10 minutes, it will enter sleep mode. The display on the electronic monitor will automatically turn off. Press any key to wake up the monitor, and after all displays light up, it will return to the initial standby state.

6. Display Range of Each Value:
· During normal use, the safety lock must be inserted into the designated position on the electronic monitor in order to operate it.
· When the safety lock is removed, the display window will show "_", accompanied by an alert sound.
· If the safety lock is removed during operation, the system will quickly stop, and after reinserting the safety lock, all exercise data will be reset to zero.

Operating Instructions

Control Panel Operation

|		
Start	Enter ⟶ Standby mode — Short press the knob ⟶ The buzzer sounds three times / Speed set to the lowest speed	
	Pause state — Short press the knob ⟶ The buzzer sounds three times / Speed set to the lowest speed	
Speed adjustment	Exercise state — Rotate the knob to the right ⟶ Speed increases by 0.1 kph per rotation notch; Each rotation triggers an audible "beep" prompt for speed changes.	
	Exercise state — Rotate the knob to the left ⟶ Speed decreases by 0.1 kph per rotation notch; An audible "beep" will sound with each speed change.	
	In pause/stop state — Left/right adjustment knob ⟶ Invalid	
Incline Adjustment	Workout/Pause/ In standby mode ⟶ Press the up key ⟶ The incline angle increases. Each press raises the incline by 1%. Press and hold the button to continuously increase the incline. The incline icon lights up, and the single-digit display shows the incline level.	
	⟶ Press the down key ⟶ The incline angle decreases. Each press lowers the incline by 1%. Press and hold the button to continuously decrease the incline. The incline icon lights up, and the single-digit display shows the incline level.	
	Stop/Screen-off mode — Press the Up/Down key ⟶ Invalid / Each level increases by 1%, up to a total of 10%. Resets to 0° after stopping or screen timeout.	

Operating Instructions

Pause	In motion → Tap the knob → Pause and reduce speed to 0 In motion → Press and hold the knob for 3 seconds → Stop until the speed reduces to 0 The speed interface displays 0 The distance interface displays the paused workout mileage The time/calorie interface alternates every 5 seconds Paused state —— no operation —→ The display will turn off after 10 minutes of inactivity
Stop	The speed display reads 0 The distance interface displays the last workout mileage The time/calorie interface alternates every 5 seconds Stop state —— No operation —→ The display will turn off after 10 minutes of inactivity
Emergency stop	In motion / Non-exercise → Unfasten the safety latch → The buzzer will beep continuously until the safety lock is installed All digital tubes display "--" until the safety latch is installed No response to button press Secure the safety latch in place → The digital display bars disappear, and the data shows "00" The buttons are functioning normally
Workout automatically stops	Shuts down automatically after >90 minutes of inactivity, resets timer when operated.
Power on	Bluetooth connected → Yes → Bluetooth icon constant No → Bluetooth icon blinking

App Instructions

APP installation registration

· You can scan the QR code below to download the APP and register an APP account.
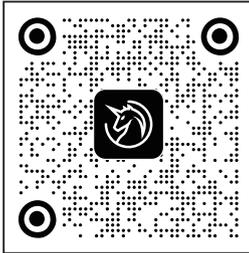
1. Scan the QR code and download the APP
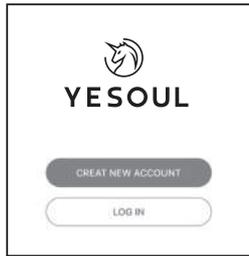
2. Enter the APP login page
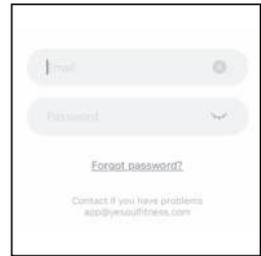
3. Register an APP account

Connect devices

· When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.
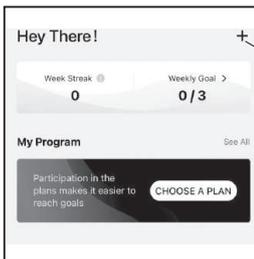
4. Enter the APP homepage
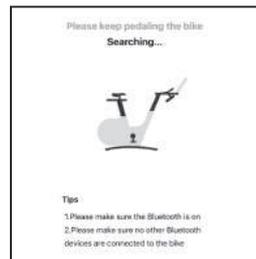
5. Search for devices

· Turn on the $\Lsh$ ($\emptyset$/ $\Box$) button for the sports mode or course in the APP to establish connection automatically.
· The device does not support connecting multiple cell phones at the same time. Please confirm that no other users are connected to the device at this time before use.
· After shutting down, Bluetooth will be automatically disconnected.
· In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.

Kinomap   **Zwift**

Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

App Instructions

About unit switching
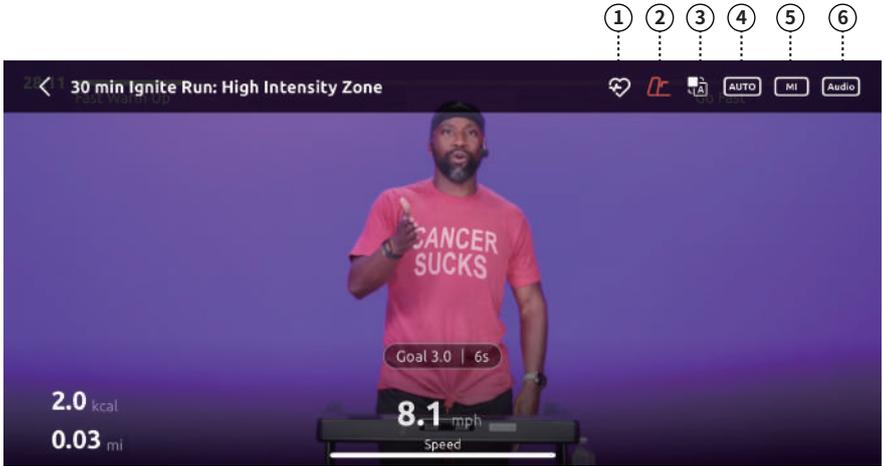
1. 💟 Bluetooth Heart Rate Monitor Connection

2. ⚡ (⊘ / 🛏) Bluetooth Device Connection

3. 🔠 Subtitles / Voice Translation

4. 720P Video Resolution

5. MI Metric / Imperial Units Toggle

6. Audio Audio Controls

· The "Bluetooth Device Connection" icon may vary depending on the type of device supported by each course. Please follow the on-screen instructions to connect the appropriate device.
· Due to variations in terminal device configurations, certain features may not function properly. Please select a compatible device based on your actual situation.
· The illustrations and data above may differ slightly from the actual product. Due to continuous software updates and manufacturing tolerances, please refer to the actual usage for accuracy.

Folding and moving the treadmill

· Folding of treadmill

1. Before folding the treadmill, ensure the power is disconnected.
2. Check whether the incline of the treadmill is at the lowest position.
3. Lift the treadmill to the upright position, and the non-return pipe will automatically get stuck on the pneumatic cylinder.
4. Verify that the anti-return tube is properly engaged with the pneumatic cylinder.

Anti-rollback bar

Gas spring

Walking wheel
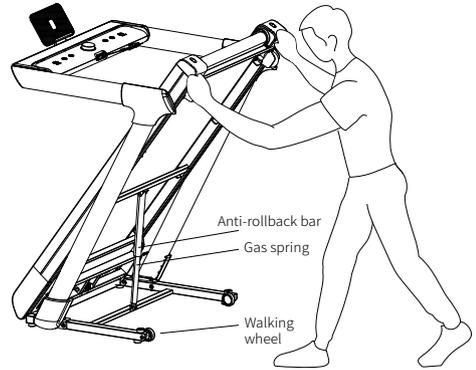
· Deployment of treadmill

1. To unfold the treadmill, you need to choose a place about 1 meter away from the power socket and with a flat ground and no other obstacles.
2. When unfolding the treadmill, you must first hold the treadmill with both hands and step on the anti-return tube with your feet. The treadmill will automatically lower to the ground slowly. At this time, the person must stay about 1 meter away from the treadmill until the treadmill is fully unfolded.

Tap firmly toward the arrow

Please stay away from
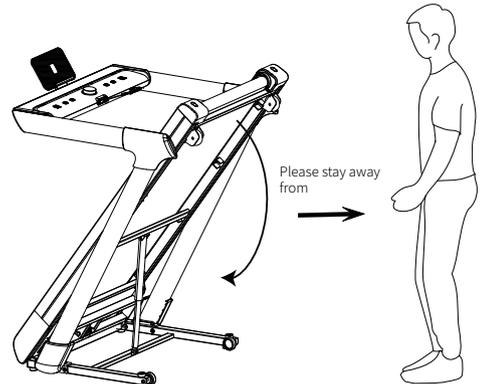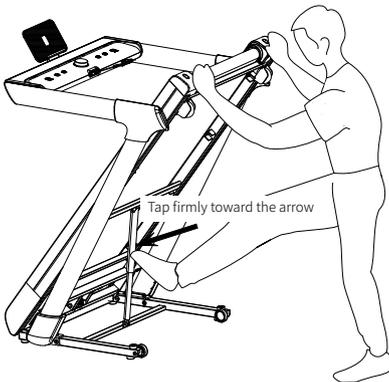
· Movement of treadmill

When moving the unit you must make sure:
1: The treadmill power switch is turned off.
2: The power plug has been pulled out from the power socket.
3: The large frame has been folded. After clarifying the above points, grab the end of the treadmill with one hand and the handrail on the same side with the other hand. When tilting 40 to 50 degrees toward your chest, you can slowly move the machine.

·**Lubrication**

After the running belt has been used for a period of time, it must be lubricated with specially formulated methyl silicone oil.

Recommendation: Use less than 3 hours per week   Lubricate once every 5 months
                  Use 4~7 hours per week   Lubricate once every 2 months
                  Use more than 7 hours per week Lubricate once a month

Note: Do not over-lubricate. More lubricant is not always better. Proper lubrication is an important factor in extending the service life of the treadmill.

·**How to judge whether lubricant needs to be applied again**

Just grab the running belt and touch your hand as far as possible to the center of the back of the running belt. If there is silicone on your hand (it feels a little moist), it means no more lubricant is needed. If the running board is dry , and there is no silicone stuck to your hands, you need to add lubricant.

·**Steps to apply lubricant to running boards**

Stop the running belt and fold the machine. Lift up the running belt at the rear of the main frame, extend the lubricant applicator as far as possible into the middle area of the running belt, and spray silicone oil onto the inner surface of the running belt, coating both sides with silicone. Operate the treadmill at the lowest speed to distribute the silicone evenly, and gently step on the running belt from left to right with light pressure. Maintain this for several minutes to allow the silicone to be fully absorbed by the running belt. (As shown in the figure)

C.Silicone oil bottle

Lift up the running belt

Routine Maintenance

·Tightness adjustment of running belt
The user has a tendency to stop and slip while running. When this phenomenon occurs, adjust the running belt adjustment bolts left and right simultaneously in half-turn clockwise directions. If the running belt is too loose, the running belt and rollers will slip when you ste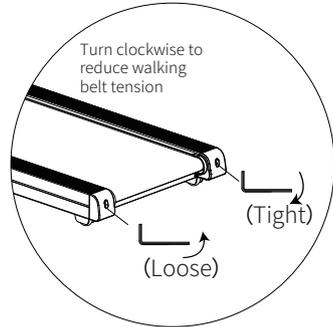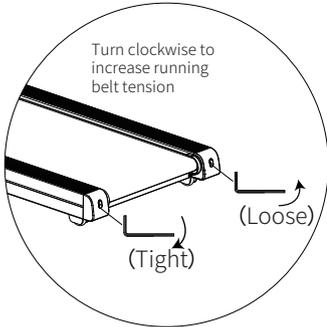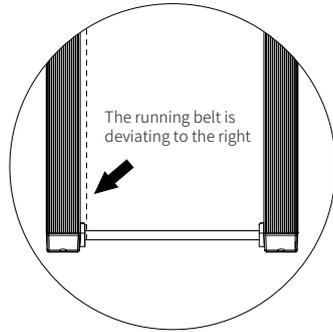p on the belt. However, it is not good if it is too tight. It will easily increase the load on the motor and damage the motor, running belt and rollers.

·Adjustment of running belt deviation
All treadmills require adjustment of the running belt before leaving the factory and after installation. However, after a period of use, it may still wander. The reasons for this phenomenon are as follows:
① The host is not placed smoothly
② The user's feet are not in the center of the running belt when exercising
③ The user exerts uneven force on both feet

If the misalignment is artificially caused, it can return to normal after a few minutes of no-load rotation. For misalignment that cannot be restored automatically, use the ㉒l-shaped hex wrench 6# that comes with the machine to gradually adjust it in half-turn increments.

The running belt is deviating to the left

The running belt is deviating to the right

Turn clockwise to increase running belt tension

(Loose)

(Tight)

Turn clockwise to reduce walking belt tension

(Tight)

(Loose)
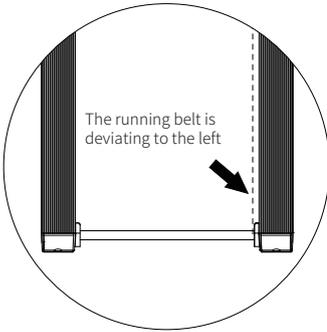
If the running belt deviates to the left, adjust the left bolt clockwise or the right bolt counterclockwise.

If the running belt deviates to the right, adjust the right bolt clockwise or the left bolt counterclockwise.

Declare:
Running Belt Misalignment is not covered under warranty and must be maintained by the user according to the manual. Misalignment can cause serious damage to the running belt. It must be detected and corrected promptly.

Common Faults and Solutions

Treadmill brushless system error message prompts:

Fault codes	Fault code meaning	Fault code processing method

E01: Indicates abnormal communication between the electronic meter and the electronic control

Fault codes	Fault code meaning	Fault code processing method
E01	The upper and lower control main connection line interface is loose	Reinforce the connection line interface
	The upper and lower control main connection line is broken	Replace the upper and lower control main connection line
	The electronic meter is broken	Replace the electronic meter
	The controller is damaged	Replace the controller

E02: Indicates the lower control power input overvoltage protection information prompt

Fault codes	Fault code meaning	Fault code processing method
E02	The user's grid voltage is unstable, and the peak voltage is too high	An external filter regulator needs to be added
	The controller is damaged	Replace the lower control, waiting for repair

E03: Indicates the input undervoltage protection information of the lower control power supply

Fault codes	Fault code meaning	Fault code processing method
E03	The user's grid voltage is unstable, and the peak voltage is low	An external filter regulator needs to be added
	The controller is damaged	Replace the lower control, waiting for repair

E04: Indicates that the main motor is open circuit, phenomenon prompt

Fault codes	Fault code meaning	Fault code processing method
E04	The main motor line is not connected or loose	Reinforce the main motor connection line
	The main motor is open circuit, damaged	Replace the motor
	The controller is open circuit, damaged	Replace the controller
	The main motor is blocked and damaged	Replace the motor

E05: Indicates that the current ADC is abnormal

Fault codes	Fault code meaning	Fault code processing method
E05	The load of the treadmill exceeds the rated working current of the motor	It is recommended to be within the rated working current range of the motor
	There is a problem with the assembly structure of the treadmill and the motor, causing resistance or blockage of the motor	Check whether the treadmill structure is normal
	Failure of the lower control current limiting system	Replace the lower control, waiting for repair

E06: Indicates voltage ADC abnormality prompt

Fault codes	Fault code meaning	Fault code processing method
E06	The user's grid voltage is unstable, and the peak voltage is too high	Need to add an external filter stabilizer
	Wrong wheel diameter value setting	Reset the wheel diameter value and try not to exceed the rated voltage of the motor
	Controller damage	Replace the lower control, waiting for repair

Common Faults and Solutions

E08: Indicates that the 3s three-phase current deviation is greater than the set value

E08	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

E11: Indicates that the maximum current exceeds the setting

E11	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

E13: Indicates abnormal Hall signal value or timing error

E13	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

E14: Controller temperature is too high

E14	Controller temperature is too high	Stop using for more than 1 hour

E15: Indicates power tube breakdown explosion protection information prompt

E15	The power transistor breaks down and the controller is damaged	Replace controller

E17: Indicates that the Hall signal error is too large

E17	Controller abnormally damaged	Replace controller

E18:Indicates a fault warning during the elevation calibration process

E18	Elevation motor connection wire fault	Check connection wires (total of 4 wires)
	Elevator fault	Replace the elevator
	Calibration error	Recalibrate

E19: Indicates a fault warning for the elevation motor

E19	Elevation motor connection wire fault	Check connection wires (total of 4 wires)
	Elevator fault	Replace the elevator
	Calibration error	Recalibrate

----: Reminder that the electronic meter safety lock is not properly placed

----	Red Gauss magnet falls off	Reposition the magnet
	Safety lock is not in place	Reposition the safety lock, if not effective, contact after-sales

NOTE: Perform the operations above only during power disconnection.
If the fault code persists, contact the after-sales service team for assistance.

Grounding Guide

1. This product must be grounded. If the treadmill malfunctions or becomes damaged, the grounding wire creates a circuit of lowest resistance and conducts current underground, reducing the risk of electric shock. This product comes with a cable that has a conductor and a grounding plug that ground the equipment.
2. The plug must be inserted into an outlet that meets local codes and ordinances installation and grounding requirements.
3. Improper connection of the equipment grounding conductor may result in electric shock hazards. If you are unsure whether your equipment is properly grounded, consult a qualified electrician or service personnel. Please do not modify the plug provided with this product without authorization. If the plug
If inconsistent with the outlet, have a qualified electrician install a proper outlet.

Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1.Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch yourtoes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and thenrelax. Repeat the exercise three times.
Stretched parts: Ligaments,internal parts of knees, and back. (See Figure 1)

2.Ligament stretching exercise

Sit with one leg stretched forward.Put the other sole close to your body andon the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep thisposture for 15s and then relax. Exercise both legs three times, respectively.
Stretched parts:Ligaments, back and groin.(See Figure 2)

3.Calf/heel stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15s and then relax. Repeat the exercise three times for each leg.
Stretched parts: Quadriceps and hip muscles. (See Figure 3)

4.Quadriceps femoris stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.
Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5.Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet asclose as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise threetimes.
Stretched parts: Ouadriceps and hip muscles. (See Figure 5)

Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.
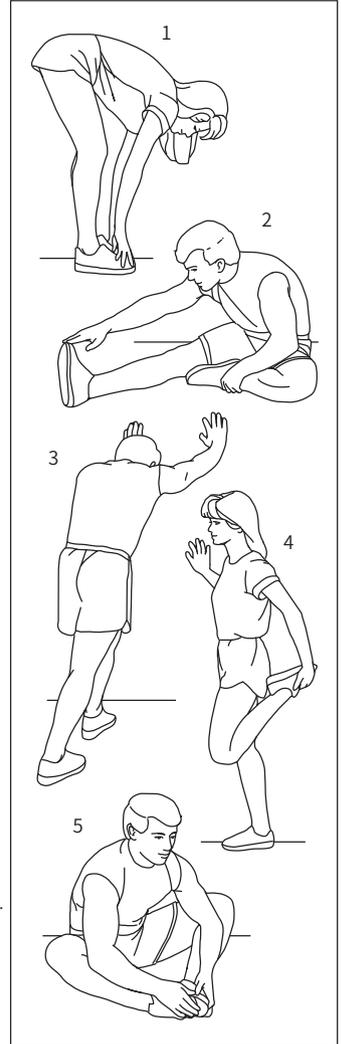
This device complies with Part 15 of the FCC Rules

Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.
However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
--Reorient or relocate the receiving antenna.
--Increase the separation between the device and receiver.
--Connect the device into an outlet on a circuit different from that to which the receiver is connected.
--Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.