



PT500 TREADMILL

OWNER'S MANUAL

220V 20P Rev F

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Table Of Contents

Important Safety Instructions-----	3
Before You Start-----	5
Main Parts List-----	6
Warning-----	7
Using Method-----	8
Warm Up Exercises-----	9
Power Requirements-----	10
Console Information-----	11
Moving Instructions-----	12
Parts List and Exploded View-----	13
Console Panel Functions-----	33
Troubleshooting Guide-----	55
Electrical Connection-----	56
Belt Adjustment and Maintenance-----	57
Maintenance Check List-----	59

Important Safety Instructions

WARNING - Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product. To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

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

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
2. The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
3. Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
5. Always straddle the belt and allow it to start moving before stepping onto the belt.
6. Hold on to handrail when adjusting speed, incline, or other controls.
7. Always examine your treadmill before using to ensure all parts are in working order.

Important Safety Instructions

8. Allow the belt to fully stop before dismounting.
9. Pets should never be allowed near or on the treadmill.
10. Do not leave children unsupervised near or on the treadmill.
11. Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
12. Never insert any object or body parts into any opening.
13. For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
14. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and or instructed by the manufacturer.
15. Failure to follow these instructions will void the treadmill warranty.
16. 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.

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.

Correct Disposal of this product



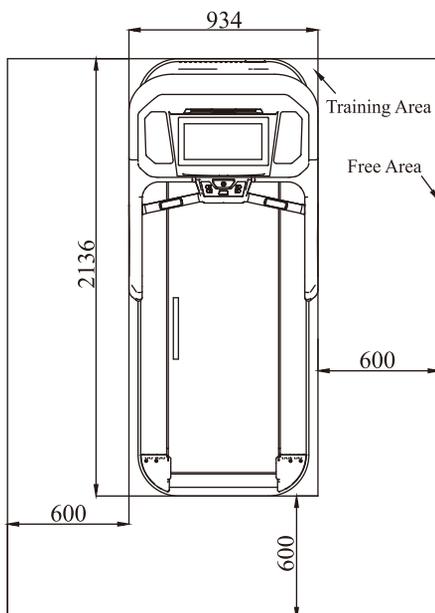
This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Before You Start

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

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks of 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: 150kg/ 330lbs

Product Dimension: 2136×934×1464 mm

Product Total Surface: 2136×934 mm

Product Total Mass: 207.3kg/ 457lbs

Rated Voltage: 220-240V~ 50/60Hz

Rated Power: 2300W

Speed Range: 1-20km/h

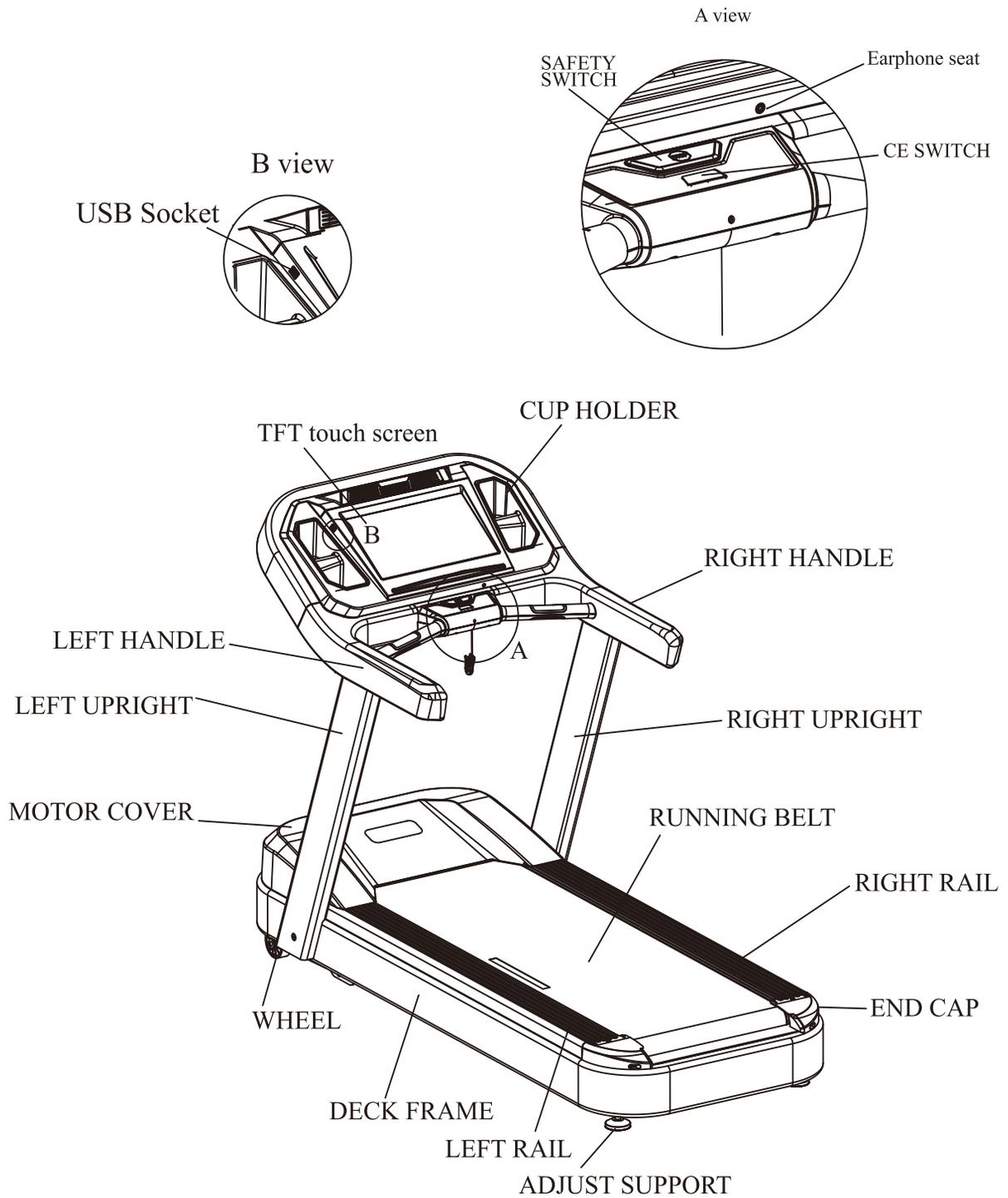
Incline Range: 0-15%

DISPLAY: SPEED, INCLINE, TIME, HEART RATE, CALORIES, CAL/HOUR, DISTANCE, TFT

Noise around the treadmill using.

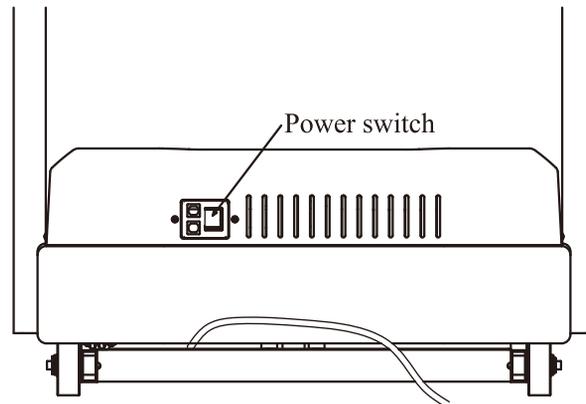
Noise emission under load is higher than without load.

Main parts list



Warning

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

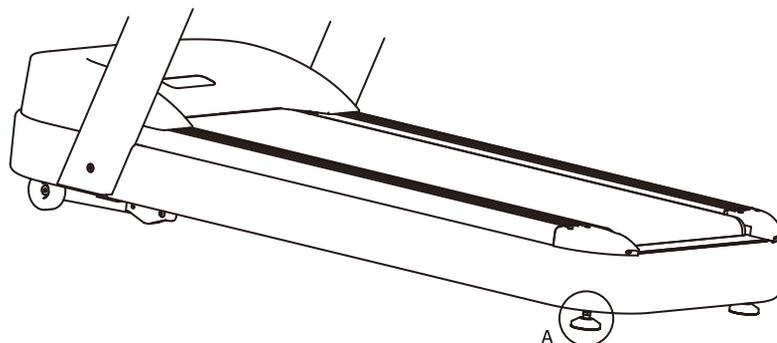


Precautions

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 and Use remote controller

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



Using Method

Please read carefully and using follow the functions:

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

Exercise time and exercise frequency at a time:

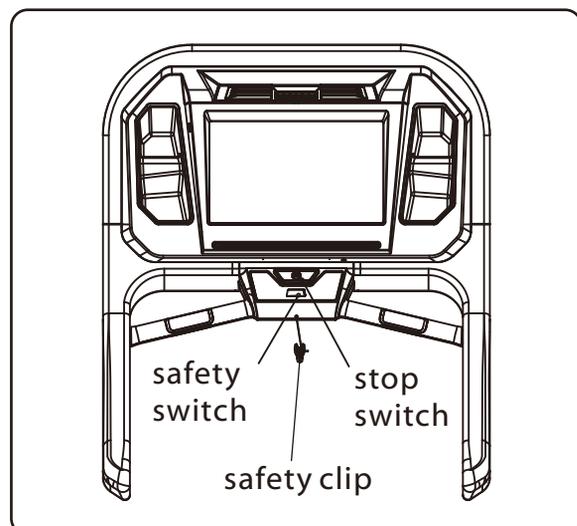
Exercise time: 30minuates----Normal;

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 triger the safety switch to step.

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



Warm Up Exercises

EXERCISE GUIDELINES

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

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

TOE TOUCH STRETCH

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

HAMSTRING STRETCH

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

CALF/ACHILLES STRETCH

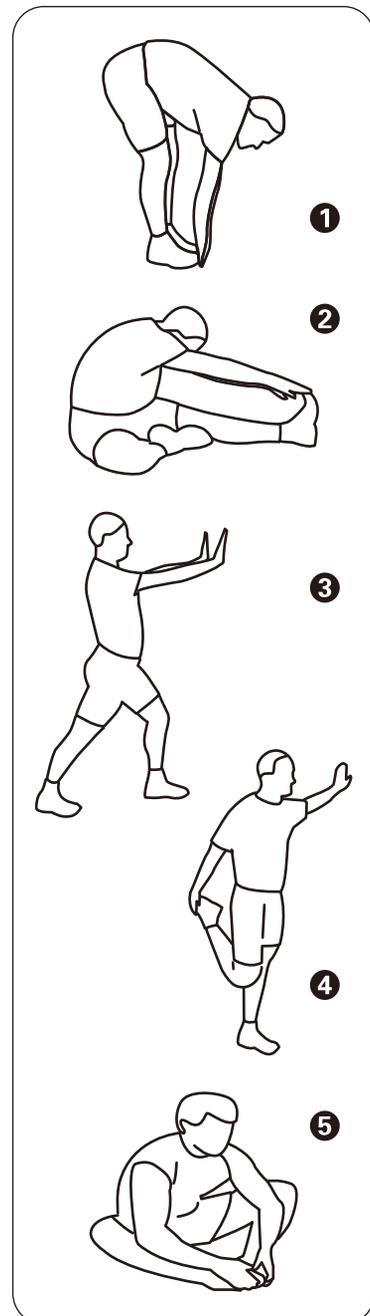
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon,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

QUADRICEPS STRETCH

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

INNER THIGH STRETCH

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



Power Requirements

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

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

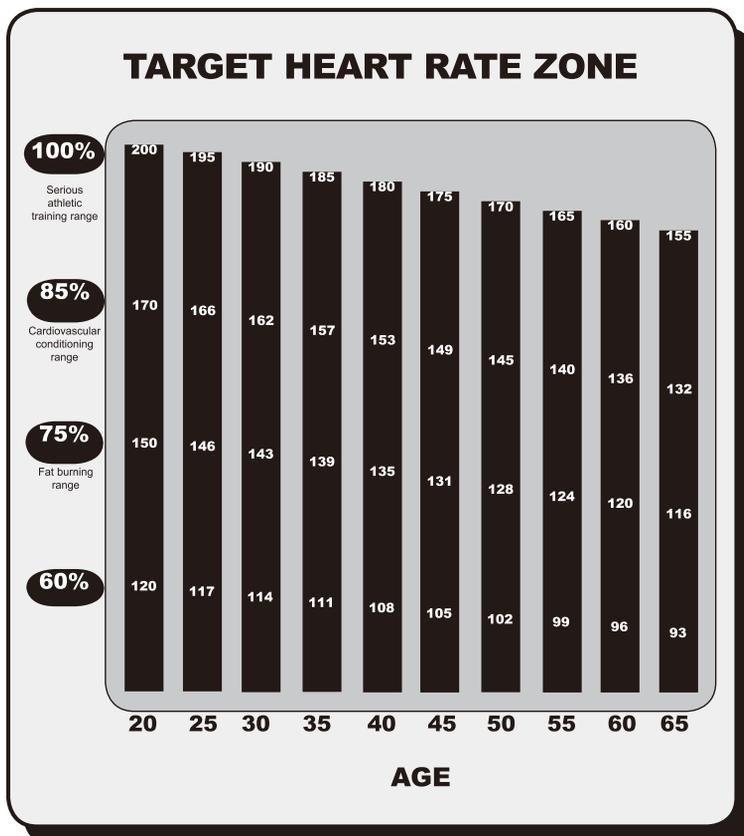
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes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

Console Information

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

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

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



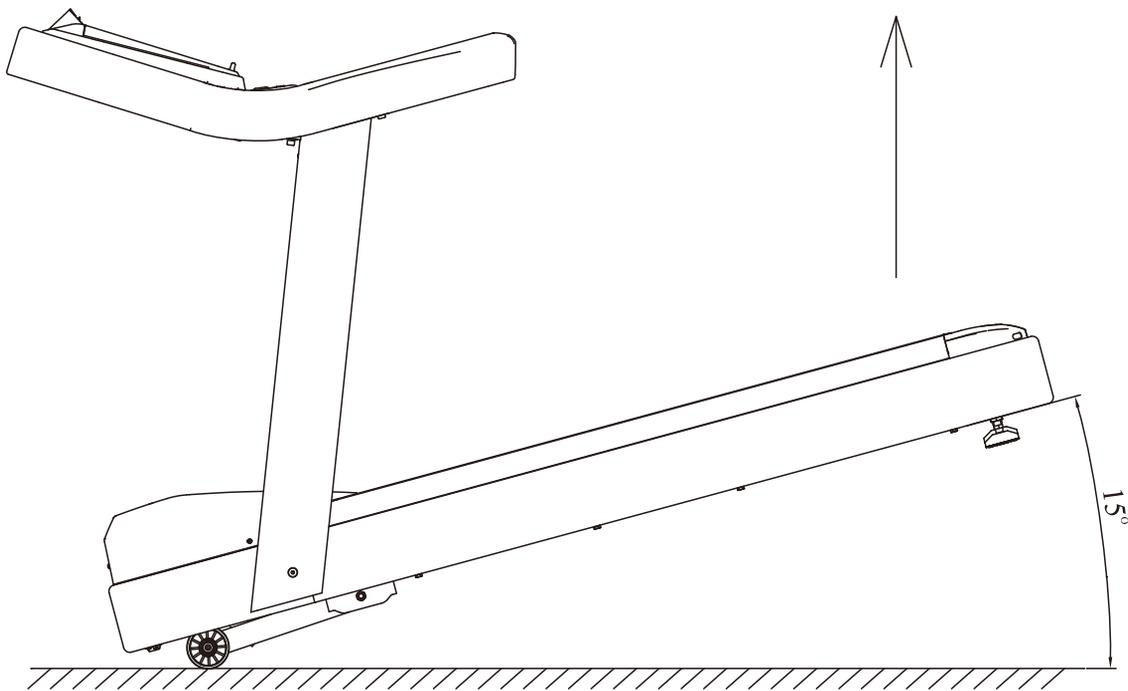
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can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

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is in the unfolded operating position. 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.

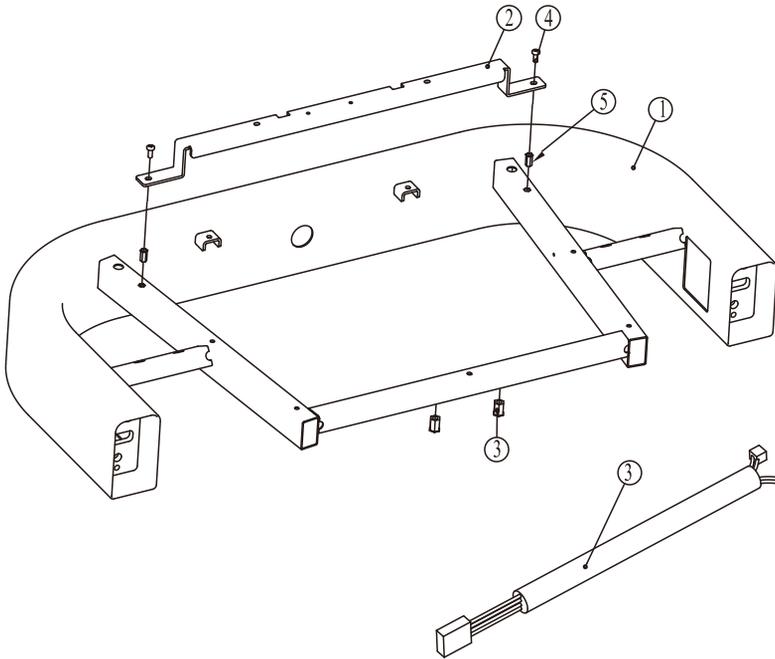
Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 15 degrees when lifted the treadmill back.

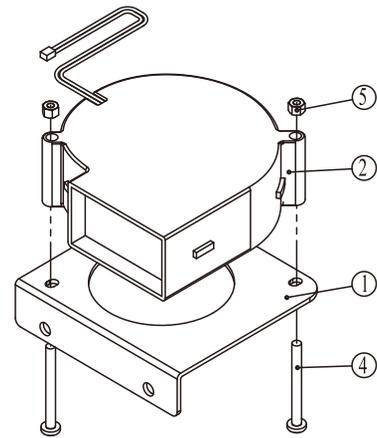


Parts List and Exploded View

Console Frame ASSY



Fan ASSY

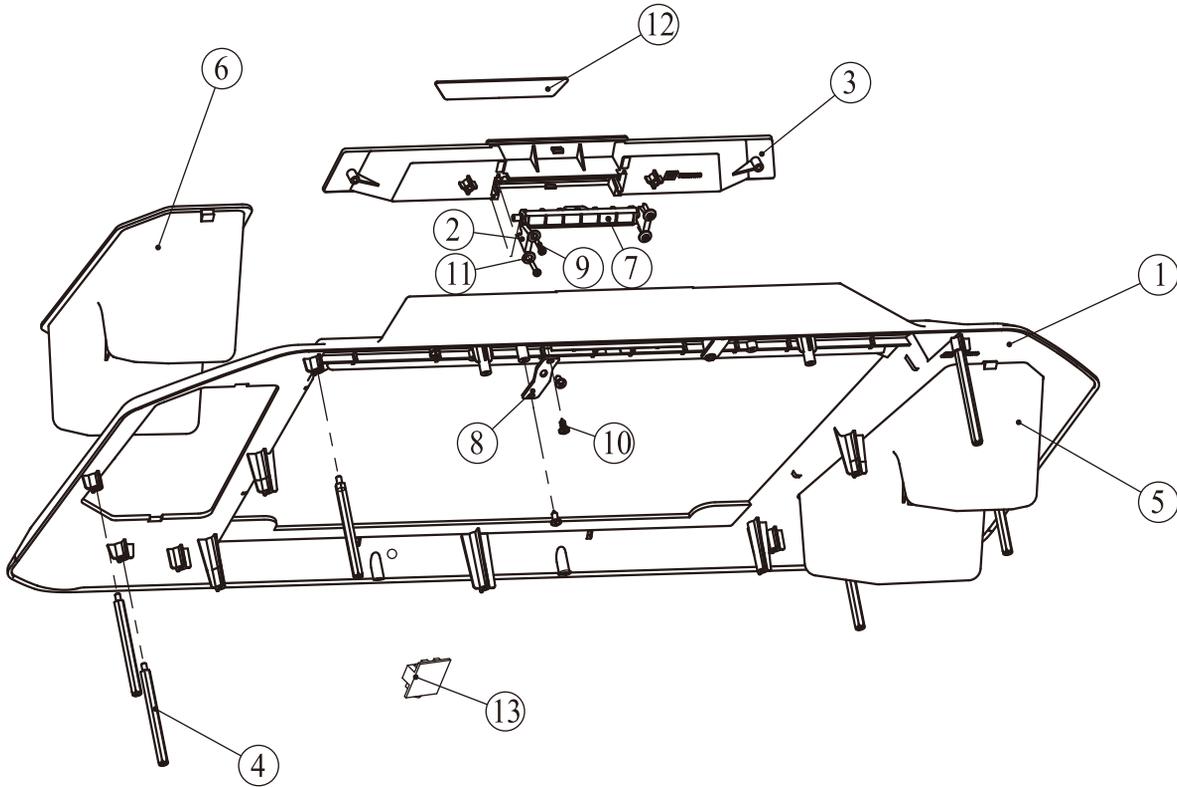


Item No.	Grade No.	Part No.	Description	QTY
1	1.1.1	PT300H0100	Console Frame	1
2	1.1.2	PT300H8200	Support Frame	1
3	1.1.3	GB17880.3M8*16.5DS17	Countersunk head hexagon riveted nuts M8	2
4	1.1.4	GB818M5*10DS2	Phillip Screw,M5*10	2
5	1.1.5	GB17880.3M5*13DS17	Countersunk head hexagon riveted nuts M5	2

Item No.	Grade No.	Part No.	Description	QTY
1	1.3.1	PT300H6101	Fan Fixing Plate	1
2	1.3.2	P07	Fan	1
3	1.3.3	L150XHP-2	Fan Connect Wire	1
4	1.3.4	GB818M4*40DS2	Phillip Screw,M4*40	2
5	1.3.5	GB41M4DS2	Lock Nut,M4	2

Parts List and Exploded View

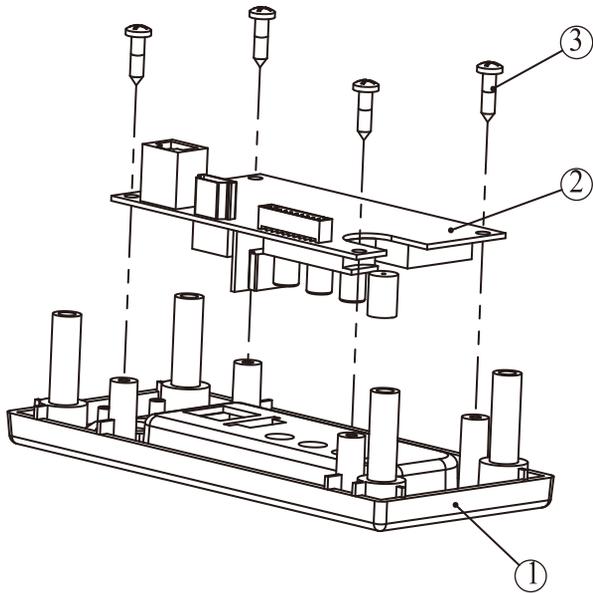
Console Up Cover ASSY



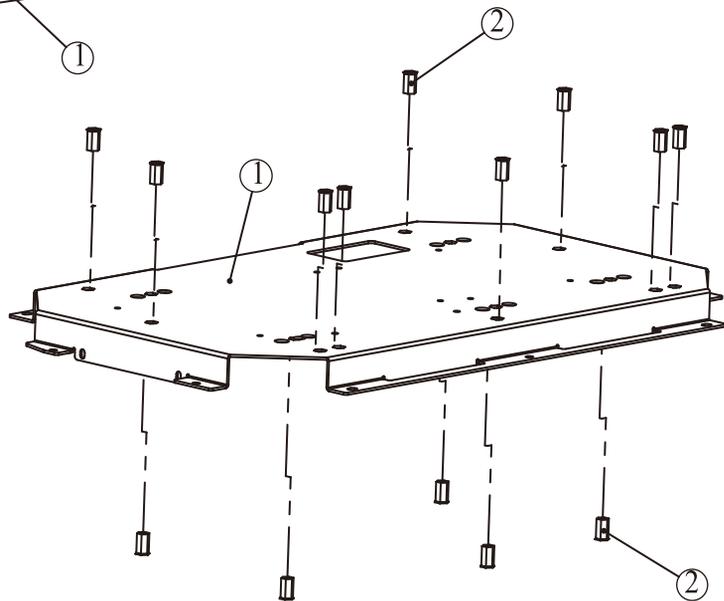
Item No.	Grade No.	Part No.	Description	QTY
1	1.2.1	PT300H4100	Console Up Cover	1
2	1.2.2	PT300H3500	Plastic Clip	2
3	1.2.3	PT300H4500	Fan Fixing Frame	1
4	1.2.4	PT300H0030	PCB Support Pillar	6
5	1.2.5	PT300H4400	Left Cup Holder	1
6	1.2.6	PT300H4900	Right Cup Holder	1
7	1.2.7	E7DZB0800	Fan Blade	1
8	1.2.8	PT300H4110	Fixing Frame Connect Plate	2
9	1.2.9	GB845ST2.9*16DS	Phillip Screw,ST2.9*16	4
10	1.2.10	GB845ST4.2*9.5DS	Phillip Screw,ST4.2*9.5	8
11	1.2.11	DQ3DS2	Washer,φ3.2*φ7*0.5	4
12	1.2.12	PT300HTZ01NX	Console LOGO sticker	1
13	1.2.13	Z20	Audio output socket	1

Parts List and Exploded View

Composite board



TFT mounting plate



Item No.	Grade No.	Part No.	Description	QTY
1	1.5.2.1	B227	Composite board	1
2	1.5.2.2	RU900B6300V1	Comprehensive cover plate	1
3	1.5.2.3	GB845ST4.2*16 DHS	Phillip Screw,ST4.2* 16	4

Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1.2.1.1	PT500F1800	TFT mounting plate	1
2	1.4.1.2.1.2	GB17880.3M5*13 DS17	Countersunk Head Hexagon Riveted Nuts M5*13	14

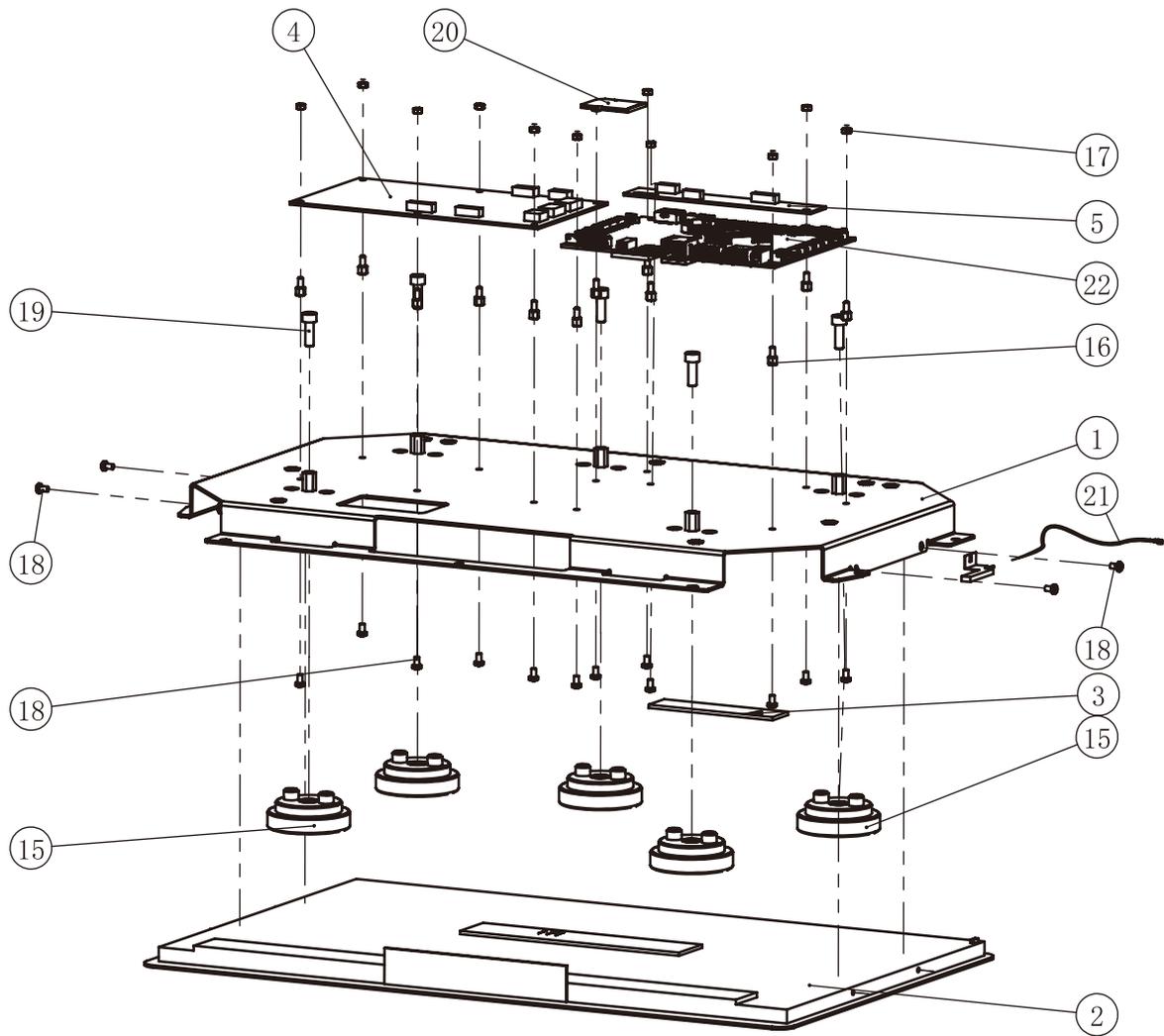
Parts List and Exploded View

TFT Mounting Plate

Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1.2.1	PT500F18ASSY	TFT Mounting Plate	1
2	1.4.1.2.2	CM185-C	LCD screen	1
3	1.4.1.2.3	B171	Touch screen switch board	1
4	1.4.1.2.4	B281-PT500F-WX	Communication control board	1
5	1.4.1.2.5	B174	Constant current board	1
6	1.4.1.2.6	L450NJ185-30	LCD screen Harness	1
7	1.4.1.2.7	L500XHB-TH-9C	Button harness	1
8	1.4.1.2.8	L500XHB-TH-4C	Serial port harness	1
9	1.4.1.2.9	L350TH-XHB-4A	Power supply cord	1
10	1.4.1.2.10	L500TH-TH-6A	Constant current harness	1
11	1.4.1.2.11	L500XHB-XHB-10B	Communication and Button Harnes	1
12	1.4.1.2.12	L500XHB-XHB-5B	Programming Harness	1
13	1.4.1.2.13	L500XHB-XHB-8D	Power and signal harness	1
14	1.4.1.2.14	L500RJ45-RJ45-8	Cable	1
15	1.4.1.2.15	PT500H2000	TFT cusion	5
16	1.4.1.2.16	PT500H1700	M3 Copper connecting nut	12
17	1.4.1.2.17	GB41M3DS2	Lock Nut,M3	12
18	1.4.1.2.18	GB818M3*5DS2	Phillip Screw,M3*5	16
19	1.4.1.2.19	GB70M5*15DS20	Socket Head Cap Screw M5*15	5
20	1.4.1.2.20	DQTF32G-IM	TF Card	1
21	1.4.1.2.21	TX02	Antenna	1
22	1.4.1.2.22	B280-PT500F-WX	Main board	1
23	1.4.1.2.23	L500XHB-YP3.5-3	Earphone Harness	1
24	1.4.1.2.24	L500XHB-USB-4A	Touch Screen&USB Harness	1
25	1.4.1.2.25	BATT2032	Button Battery	1
26	1.4.1.2.26	L350RJ45-RJ45B-8	Cable 1	1
27	1.4.1.2.27	L350AMP175022-JD-1	Earth Harness	1
28	1.4.1.2.28	L150AMP175022-JD-1	Earth Harness	1
29	1.4.1.2.29	L350XHB-TH-20C	TV Power and signal harness	1
30	1.4.1.2.30	L300TH-PHD-5C	Touch Screen Harness	1

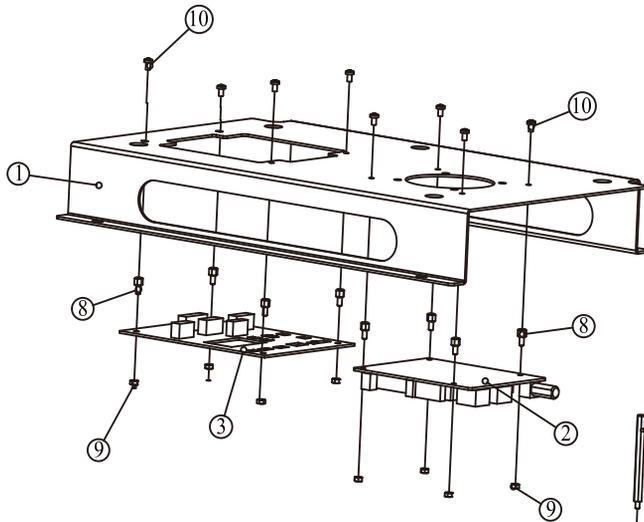
Parts List and Exploded View

TFT Mounting Plate

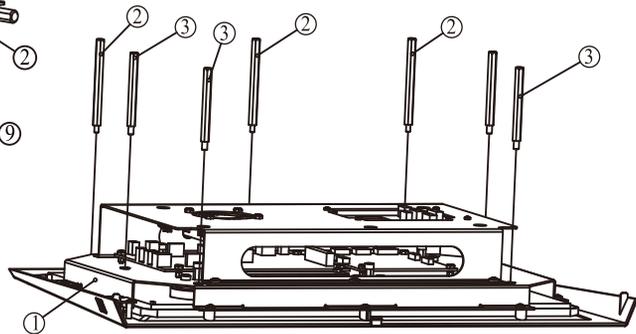


Parts List and Exploded View

Fan Fixing Plate ASSY



TFT Mounting Board ASSY

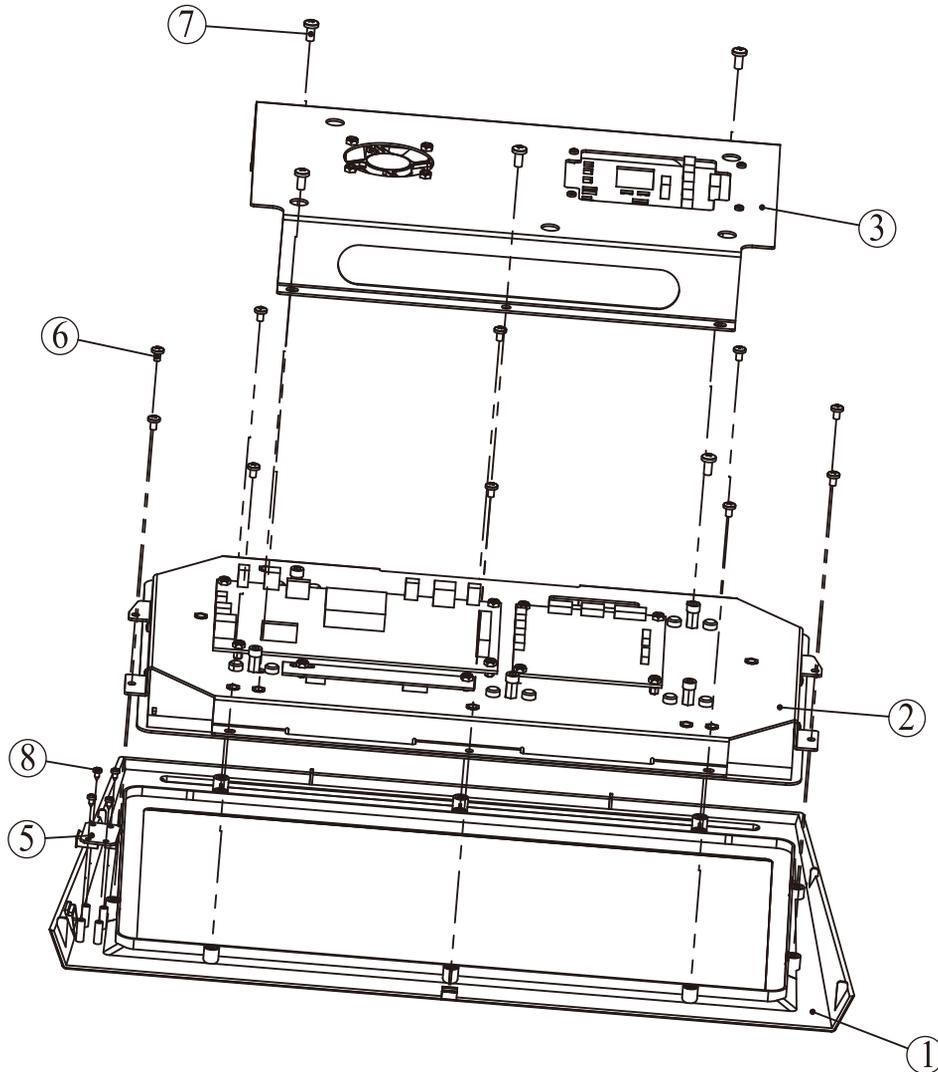


Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1.3.1	PT500H1900	Fan Fixing Plate	1
2	1.4.1.3.2	DTV01	Digital TV module	1
3	1.4.1.3.3	B169	pinboard	1
4	1.4.1.3.4	L900SM/XHB/VHR-10	Upper Console harness	1
5	1.4.1.3.5	DQCH02-SBD	Ring	1
6	1.4.1.3.6	DQCH01-SBD	Ring	3
7	1.4.1.3.7	LD2000	Harness Sheath	1
8	1.4.1.3.8	PT500H1700	M3 Copper connecting nut	4
9	1.4.1.3.9	GB41M3DS2	Lock Nut,M3	4
10	1.4.1.3.10	GB818M3*5DS2	Phillip Screw ,M3*5	4
11	1.4.1.3.11	L500HDMI-TV	The cable of the TV module	1
12	1.4.1.3.12	L500RFG	Rf connector wire 1	1

Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1	PT500F-WX03ASSY	TFT Mounting Board	1
2	1.4.2	PT300H0030	PCB supporting ribs	3
3	1.4.3	PT500H1200	TFT supporting ribs	4

Parts List and Exploded View

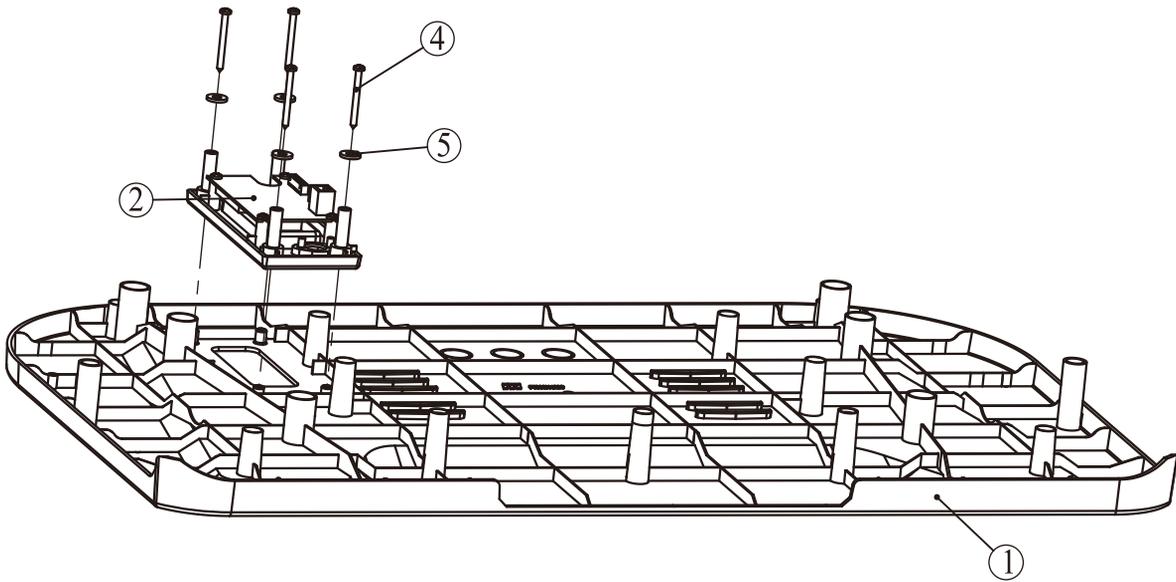
TFT Mounting Board



Item No.	Grade No.	Part No.	Description	QTY
1	1.4.1.1	PT500H4300	TFT Circuit Board Frame	1
2	1.4.1.2	PT500F17WXASSY	TFT mounting plate	1
3	1.4.1.3	PT500H19ASSY	FAN mounting plate	1
4	1.4.1.4	L450XHB-TH-5A	USB Extension cord	1
5	1.4.1.5	B176	USB board	1
6	1.4.1.6	GB845ST2.9*6.5DS	Cross recessed pan head self-tapping screw	4
7	1.4.1.7	GB818M4*5DS2	Phillip Screw,M4*5	10
8	1.4.1.8	GB818M5*10DS2	Phillip Screw,M5*10	5

Parts List and Exploded View

Console Down Cover



Item No.	Grade No.	Part No.	Description	QTY
1	1.5.1	PT300H4200	Console Down Cover	1
2	1.5.2	RT930D61ASSY	Control board	1
4	1.5.4	GB845ST4.2*45DHS	Phillip Screw ST4.2*45	4
5	1.5.5	DQ6DS2A	Washer, $\phi 6 * \phi 12 * 1$	4

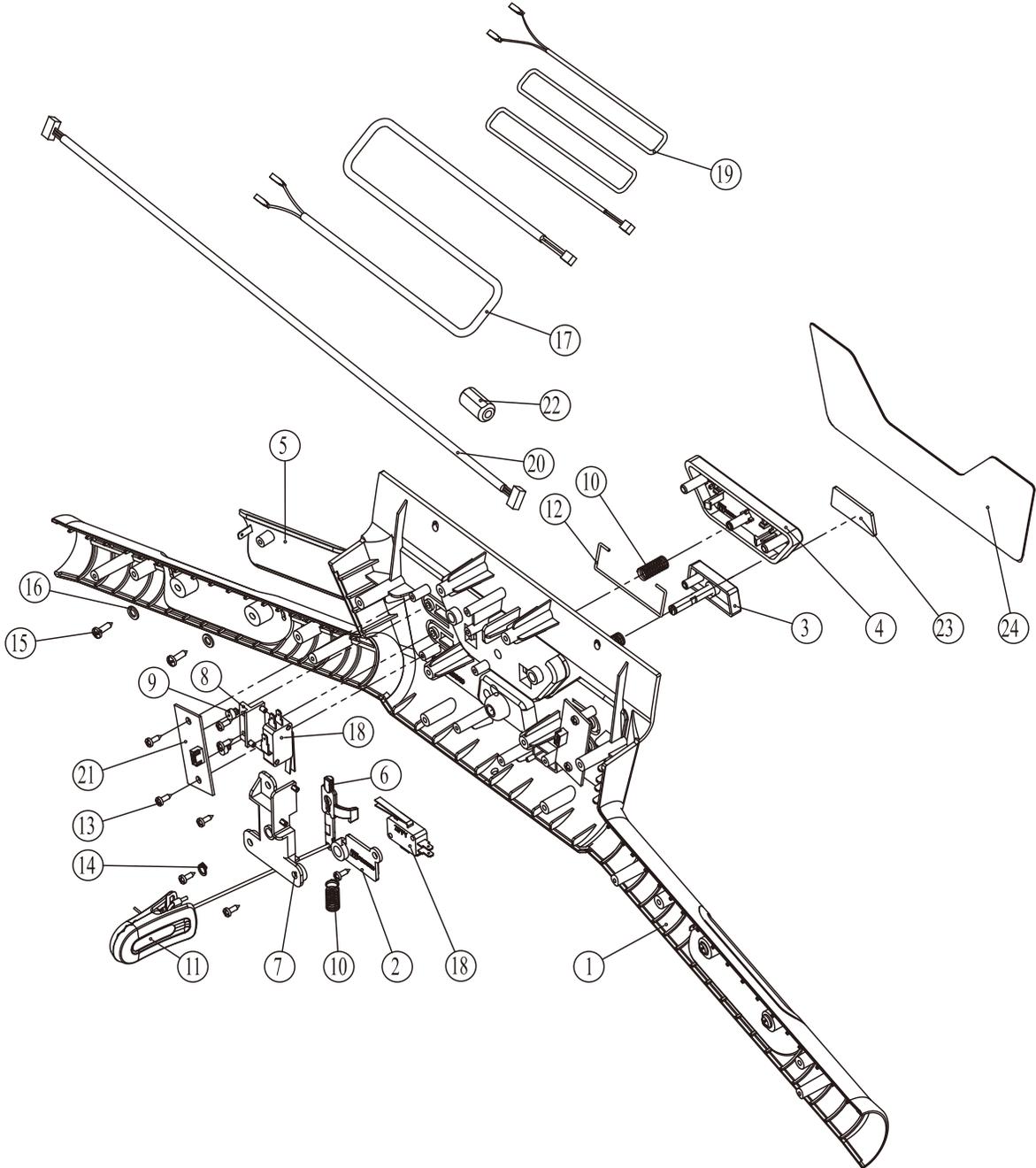
Parts List and Exploded View

Up Handle Cover ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.8.1	PT300H3100	Up Handle Cover	1
2	1.8.2	PT300H6300	Inching Switch Baffle	1
3	1.8.3	PT300H3300	Reposition Switch	1
4	1.8.4	PT300H3400	Emergency Switch	1
5	1.8.5	PT300H6200	Pulse Plate	2
6	1.8.6	PT300H3600	Nylon Shaft	1
7	1.8.7	PT3003500	Key Fixing Plate	1
8	1.8.8	AC32709921	Key Fixing Frame	1
9	1.8.9	ECT74800	Cushion:TPU	4
10	1.8.10	PT300H2500	Restrict Spring	3
11	1.8.11	STDP4012	Safe Key Clamp	1
12	1.8.12	PT3002400	Reposition Rack	1
13	1.8.13	GB845ST2.9*9.5DS	Phillip Screw,ST2.9*9.5	10
14	1.8.14	GB894.16FH12	Ring-Shield,φ6	1
15	1.8.15	GB845ST3.5*13DS	Phillip Screw,ST3.5*13	4
16	1.8.16	GB954DS2	Washer,φ4.5*φ9*0.8	4
17	1.8.17	L600ST0/XHP-2	Emergency Switch Wire	2
18	1.8.18	F10	Emergency Switch	2
19	1.8.19	L800ST0-XHP-2	Pulse Connect Wire	2
20	1.8.20	L500XHP/XHP-3	Spd And Ind Harness	2
21	1.8.21	07-0079H-S	Spd And Ind Pcb	2
22	1.8.22	K1NF-55(N)	Ferrite	2
23	1.8.23	PT300TZ08	Reposition Switch Overlay	1
24	1.8.24	PT300HMM02NX	A ZONE Overlay	1

Parts List and Exploded View

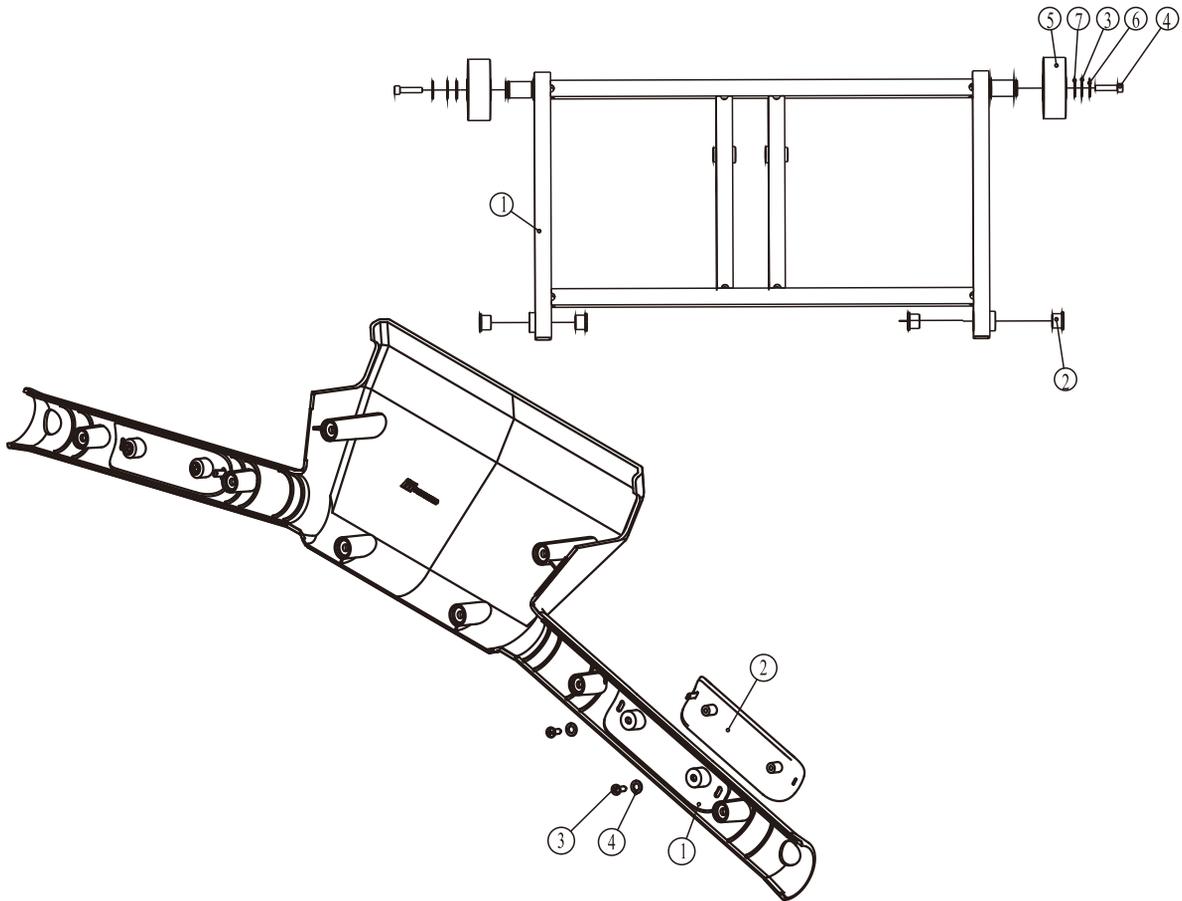
Up Handle Cover ASSY



Parts List and Exploded View

Down Handle Cover ASSY

Elevating Frame ASSY

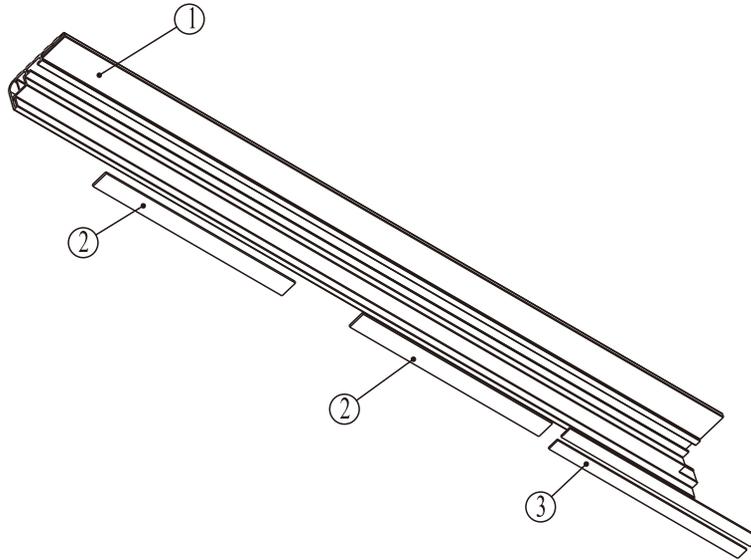


Item No.	Grade No.	Part No.	Description	QTY
1	1.9.1	PT300H3200	Down Handle Cover	1
2	1.9.2	PT300H6200	Pulse Plate	2
3	1.9.3	GB845ST3.5*13DS	Phillip Screw,ST3.5*13	4
4	1.9.4	GB954DS2	Washer,φ4.5*φ9*0.8	4

Item No.	Grade No.	Part No.	Description	QTY
1	4.2.1	PT300H0600	Elevating Frame	1
2	4.2.2	L1-6800	Neck bush	4
3	4.2.3	GB894.125FH12	Ring-Shield,φ25	2
4	4.2.4	GB70M8*15DHS4	Socket Head Cap Screw M8*15	2
5	4.2.5	DC29002200	Wheel	2
6	4.2.6	DQ8DHS2A	Washer φ9*φ22*2	2
7	4.2.7	DQ25DHS2B	Washer φ25	4

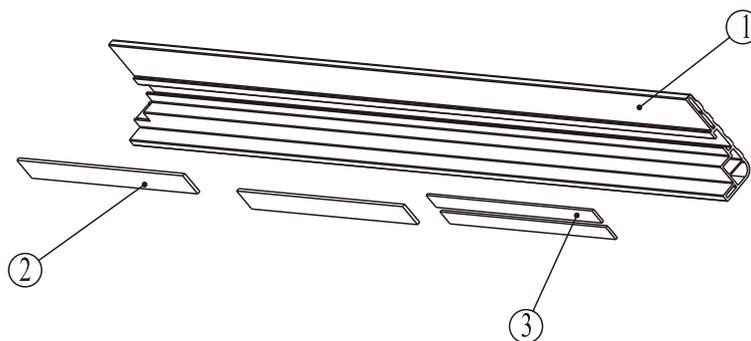
Parts List and Exploded View

Left Side Rail ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1.25.1	PT300H1100	Left Side Rail	1
2	4.1.25.2	PT3003000	End Cap Ground Bumper	2
3	4.1.25.3	CRDMJ20*3*1000	Tape	2.8

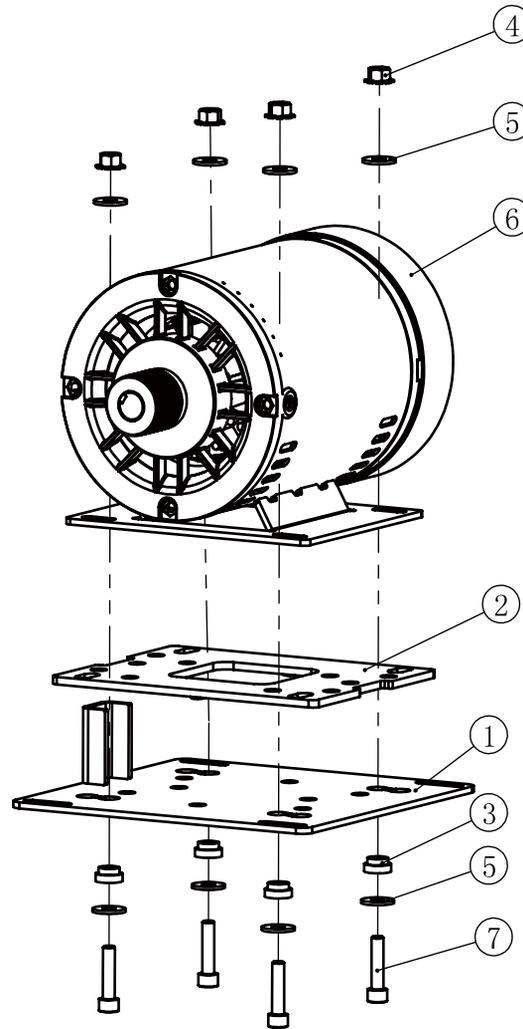
Right Side Rail ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1.26.1	PT300H1200	Right Side Rail	1
2	4.1.26.2	PT3003000	End Cap Ground bumper	2
3	4.1.26.3	CRDMJ20*3*1000	Tape	2.8

Parts List and Exploded View

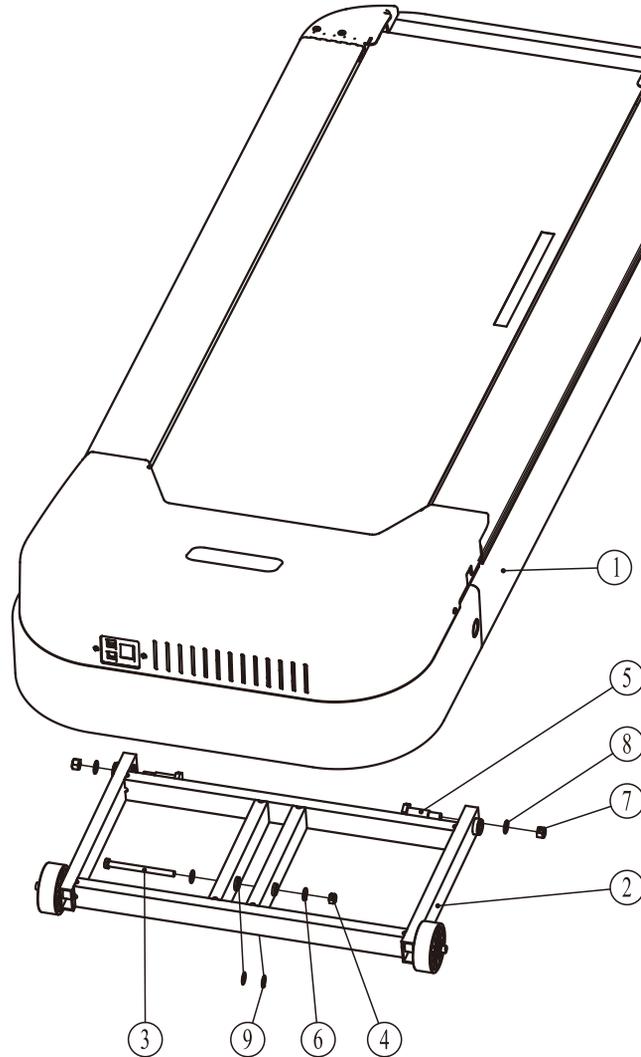
Motor ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1.33.1	ECT7B1700	Motor Fixing Plate	1
2	4.1.33.2	AC29706700	Insulation Bumper	1
3	4.1.33.3	STDP3600	Insulation Spacer	4
4	4.1.33.4	STDP6800	Hex K nut M8	4
5	4.1.33.5	DQ8DHS2A	Washer $\Phi 9 * \Phi 22 * 2$	8
6	4.1.33.6	D40-42	Motor	1
7	4.1.33.7	GB70M8*35DS20	Socket Head Cap Screw M8*35	4

Parts List and Exploded View

Main ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	PT500H05-22CHASSY	Frame ASSY	1
2	4.2	PT300H06ASSY	Elevating Frame ASSY	1
3	4.3	GB5780M10*130DS20	Hex Head Bolt M10*130	1
4	4.4	NM10DS2	Lock Nut M10	1
5	4.5	RT7001900	Elevating Frame Fixing Shoulder Bolt	2
6	4.7	NM12DS2	Lock Nut M12	2
7	4.8	DQ10DS2A	Washer φ11*φ23*2	2
8	4.9	DQ12DS2A	Washer φ13*φ24*1.5	2
9	4.10	FLPSR-5500	Teflon Washer	2

Parts List and Exploded View

Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	4.1.1	PT300H0500	Frame	1
4	4.1.5	PT300H0800	Back Cover	1
5	4.1.6	PT3003000	End Cap Ground Bumper	1
6	4.1.7	PT300H1000	Switch Fixing Seat	1
7	4.1.8	PT300H1800	Motor Cover	1
8	4.1.9	PT300190011C	Switch Fixing Seat	1
9	4.1.10	PT3005000	Side Motor Cover Fixing Plate	2
10	4.1.11	STDP4400	Power Wire Clip	1
11	4.1.12	STDP2800	Actuator Antivibration Pad	1
12	4.1.13	PBF40010	Pipe Plug	1
13	4.1.14	FLPSR-5500	Teflon Washer	2
14	4.1.15	PT3001400V1	Dust Proof Plate ASSY	1
15	4.1.16	STDP5300	Motor Support Bumper	1
16	4.1.17	RT7001800	Controller U Fixing Plate	1
17	4.1.18	AC3170B5200	Bumper	4
18	4.1.19	PT3002800P294U	Bumper A	6
19	4.1.20	PT3002900P294U	Bumper B	2
20	4.1.21	AC32700636	Washer	6
21	4.1.22	PT3003900CH	Running Board	1
22	4.1.23	PT300H3800	Running Belt	1
23	4.1.24	DXD270J12A	Poly-v Belt,270J12	1
24	4.1.25	PT300H11ASSY	Left Side Rail ASSY	1
25	4.1.26	PT300H12ASSY	Right Side Rail ASSY	1
26	4.1.27	PT300H1500	Side Rail Fixing Seat	8
27	4.1.29.1	PT300H2200	Front Roller	1
28	4.1.30	RT7003300	Rear Roller	1
29	4.1.31	STDP3400	Adjust Bumper	2
30	4.1.32	PT3001200	Running Board Baffle	2
31	4.1.33	PT300H13ASSY	Motor ASSY	1
32	4.1.34	A01-6-CH	Power Wire	1
33	4.1.35	Z13	Power Outlet	1
34	4.1.36	DQBPAQ2.2-S21	Inverter Assy	1
35	4.1.37	08-0004	Circuit Break SWITCH	2
36	4.1.38	08-0077	Ferrite	2
37	4.1.39	K1NF-55(N)	Ferrite	1
38	4.1.40	F23	Main Switch	1
39	4.1.41	L100AMP175022-1-L-14	Connect Wire	2

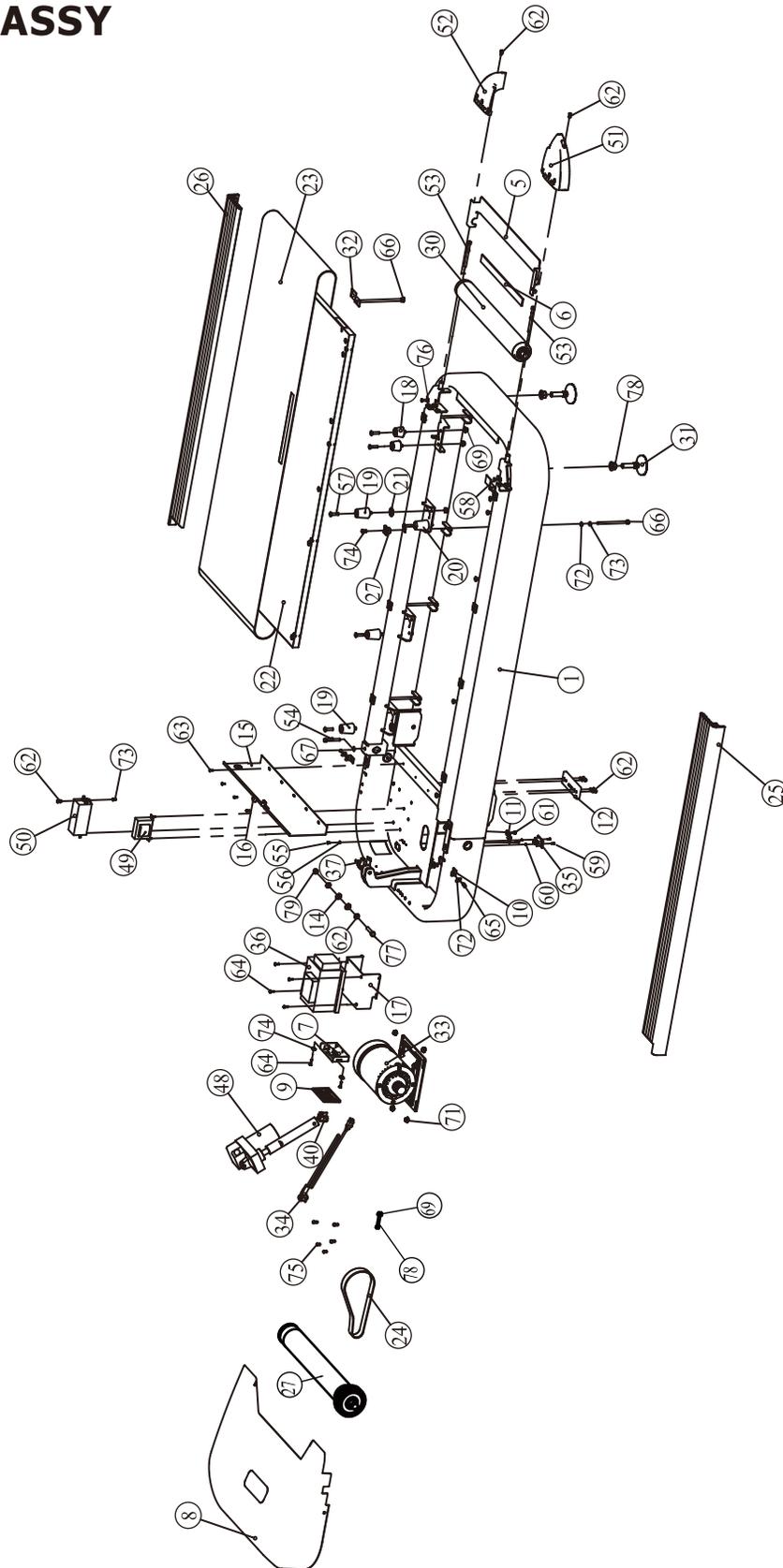
Parts List and Exploded View

Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
40	4.1.42	L100AMP175022-1-N-14	Connect Wire	2
41	4.1.43	L400AMP175022-1-L-14	Connect Wire	1
42	4.1.44	L400AMP175022-1-N-14	Connect Wire	2
43	4.1.45	740-6016	Earth Wire	1
44	4.1.46	L1600SM/XHP/XHB-10	Console Wire Down	1
45	4.1.47	LD2000	Protective Sleeve	1m
46	4.1.48	R36-22-RDS	Actuator	1
47	4.1.49	Q02-S3	inductance	1
48	4.1.50	Q03	wave filter	1
49	4.1.51	PT300H2000	Left End Cap	1
50	4.1.52	PT300H2100	Right End Cap	1
51	4.1.53	GB70M8*100*100DHS18	Socket Head Cap Screw M8*100*100	2
52	4.1.54	GB70M8*60*60DHS6	Socket Head Cap Screw M8*60*60	1
53	4.1.55	GB6560M4*8DSG	Phillip Screw M4*8	5
54	4.1.56	GB862.24DS12	Serrated Lock Washers $\phi 4$	5
55	4.1.57	CNLM8*35DHS20NL	Hexagon socket countersunk head cap screw M8*35	10
56	4.1.58	CNLM6*40DHS20	Hexagon socket countersunk head cap screw M6*40	4
57	4.1.59	GB818M3*10DS2	Phillip Screw, M3*10	6
58	4.1.60	GB41M3DS2	Lock Nut, M3	6
60	4.1.62	DQ10DS2	Washer $\phi 11 * \phi 20 * 1.5$	2
61	4.1.63	GB6560M4*12DS	Phillip Screw M4*12	16
62	4.1.64	GB818M5*15DHS2	Phillip Screw, M5*15	14
63	4.1.65	GB818M5*20DS2	Phillip Screw, M5*20	4
64	4.1.66	GB5780M6*190DS2	Hex Head Bolt M6*190	8
65	4.1.67	GB861.28DS12	Inner Teeth Serrated Lock Washers, D=8	1
66	4.1.68	GB845ST4.2*13DS	Phillip Screw ST4*13	4
67	4.1.69	SD3*150	Band Cable	4
68	4.1.70	SD4*150	Band Cable	6
69	4.1.71	STDP6800	Hex K nut M8	17
70	4.1.72	GB861.26DS12	Inner Teeth Serrated Lock Washers, D=6	8
71	4.1.73	GB956DS2	Washer $\phi 6.6 * \phi 12 * 1.6$	8
72	4.1.74	STDP5500	Clip Nut	4
73	4.1.75	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	12
74	4.1.76	GB17880.5M6*16.5DS17	Flat head hexagon riveted nuts M6	12
75	4.1.77	GB5780M10*50DS18	Hex Head Bolt M10*50	1
76	4.1.78	GB6177M16DS2	Hex flange nut M16	2
77	4.1.79	NM10DS2	Lock Nut M10	1
78	4.1.80	SDZ24	Seat belt	3
79	4.1.81	GB5781M8*55DS20	Hex Head Bolt M8*55	1

Parts List and Exploded View

Frame ASSY



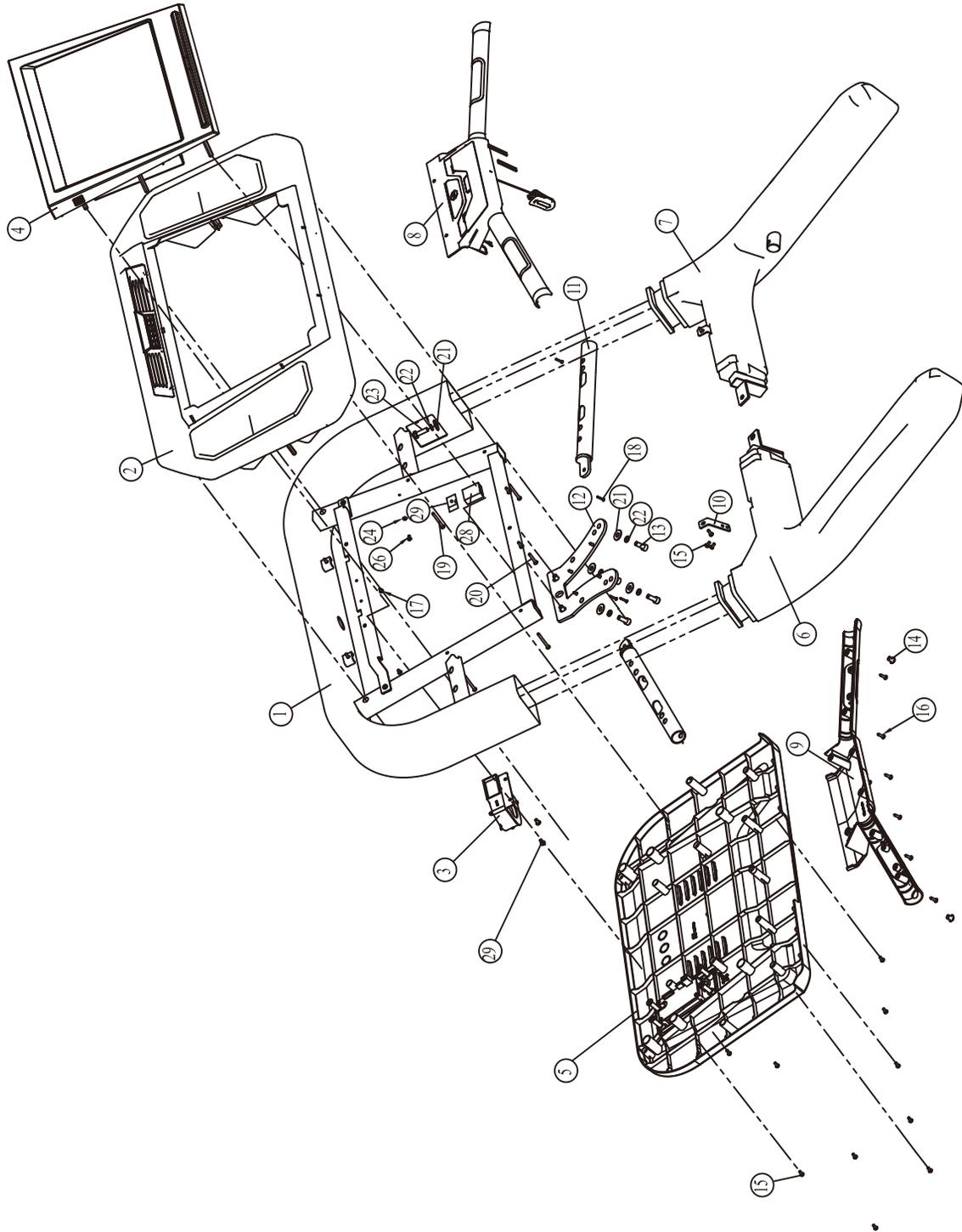
Parts List and Exploded View

Console And Handle ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	PT300H05ASSY	Console Frame ASSY	1
2	1.2	PT500H-WX10ASSY	Console Up Cover ASSY	1
3	1.3	PT300H61ASSY	Fan ASSY	1
4	1.4	PT500F-WX02ASSY	TFT Circuit Board Frame ASSY	1
5	1.5	PT500HB-WX42ASSY	Console Down Cover	1
6	1.6	PT300H0400A	Left Handle	1
7	1.7	PT300H0900A	Right Handle	1
8	1.8	PT300HB-WX08ASSY	Up Handle Cover ASSY	1
9	1.9	PT300H04ASSY	Down Handle Cover ASSY	1
10	1.10	PT300H7700	Tensioning Plate	2
11	1.11	PT300H6600	Heart Rate Handle	2
12	1.12	PT300H7300	Console Connect Plate	1
13	1.13	GB70M8*20DS20	Socket Head Cap Screw M8*20	6
14	1.14	PNLM8*10DHS2	Allen Pan Head Bolt,M8*10	2
15	1.15	GB818M4*10DHS2	Phillip Screw,M4*10	17
16	1.16	GB845ST4.2*16DS	Phillip Screw,ST4.2*16	26
17	1.17	GB845ST4.2*9.5DS	Phillip Screw,ST4.2*9.5	2
18	1.18	GB846ST2.9*19DS	Phillip Screw,ST2.9*19	4
19	1.19	GB845ST4.2*50DS	Phillip Screw,ST4.2*50	4
20	1.20	GB845ST4.2*32DS6	Phillip Screw,ST4.2*32	1
21	1.21	DQ8DS2	Washer,φ9*φ22*1.6	12
22	1.22	GB938DS12	Spring Washer,φ8	12
23	1.23	GB5781M8*25DS20	Hex Head Bolt M18*25	6
24	1.24	GB862.24DS12	Serrated Lock Washers φ4	1
25	1.25	DP8650DQ02	Earth symbol mark	1
26	1.26	GB6560M4*8DSG	Phillip Screw M4*8	1
27	1.27	GB818M5*10DS2	Phillip Screw,M5*10	2
28	1.28	AC32709906	The receiver cover	1
29	1.29	DQXTJS01	Chest heartbeat receiver	1

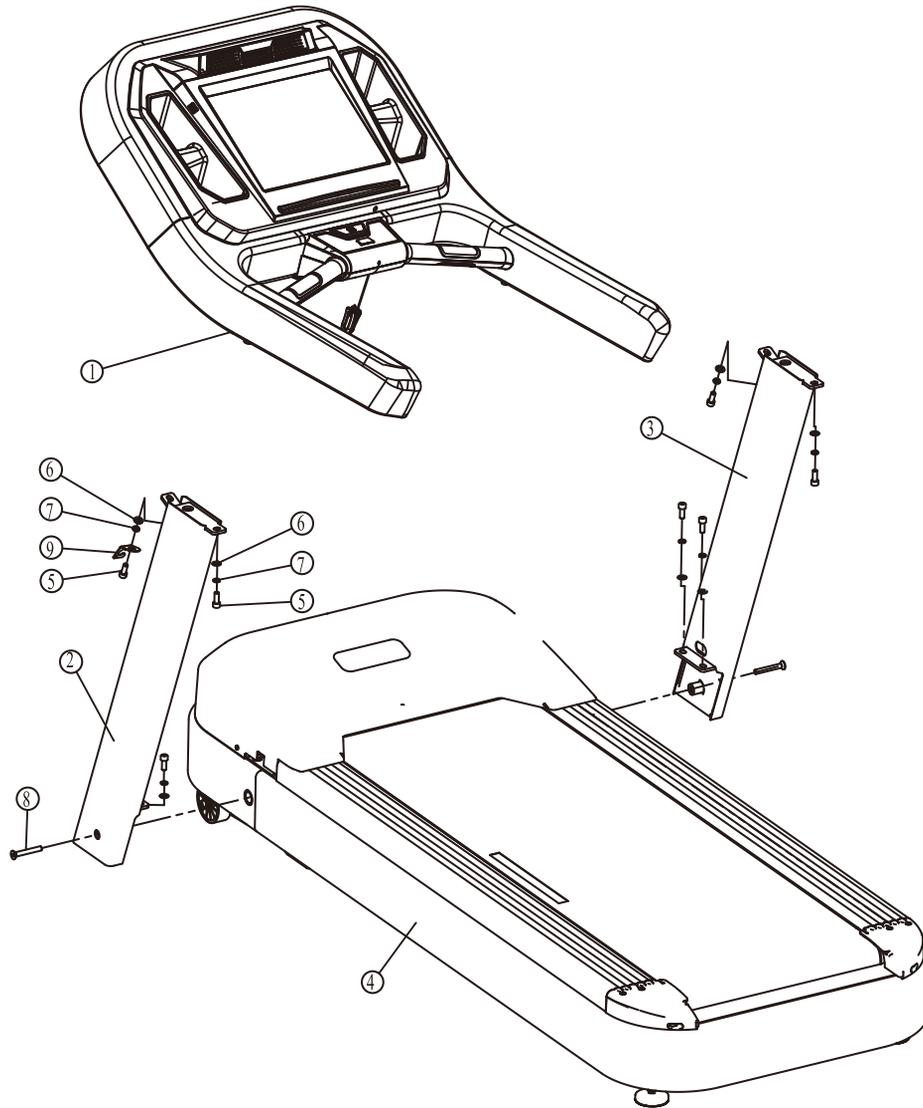
Parts List and Exploded View

Console And Handle ASSY



Parts List and Exploded View

General ASSY

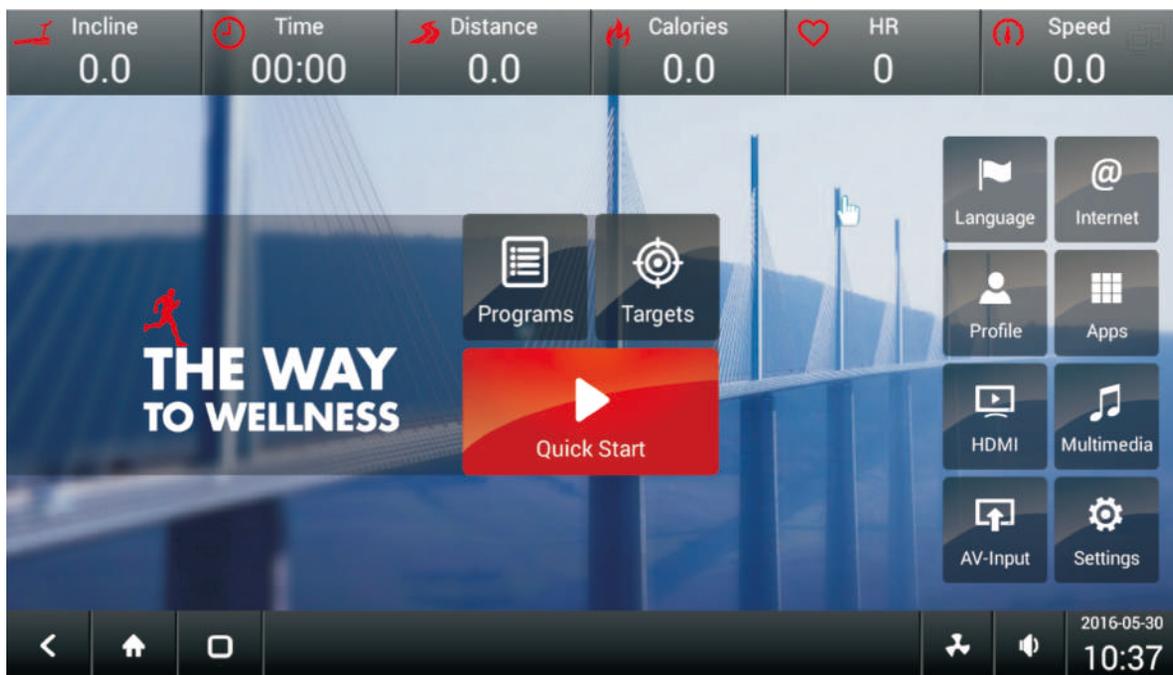


Item No.	Part No.	Description	QTY
1	PT500F-WX01ASSY	Console And Handle ASSY	1
2	PT300B0200	Left Upright	1
3	PT300H03ASSY	Right Upright	1
4	PT500H04-22CHASSY	Main ASSY	1
5	GB70M10*25DS20	Socket Head Cap Screw M10*25	8
6	DQ10DS2	Washer,φ11*φ20*1.5	8
7	GB9310DS12	Spring Washer,φ10	8
8	CNLM10*75N19	Hexagon socket countersunk head cap screw M10*75	2
9	PT500H2100	Harness Clamp	1

Console Panel Functions

1. quick start

1.1 Main page after power up.



The top bar is used to show the information related with your training process. The bottom bar is the controlling bar of this equipment.

The 1st button on the bottom bar is 'Return'. The second button is 'Main page' and the 3rd button is 'Shrink', it can hid the top and bottom bar to the right side of the screen in order to let you see the whole screen.

1.2 Press the 'quick start' button in figure 1.1, you can start this equipment quickly. Now you are in manual mode.

Console Panel Functions

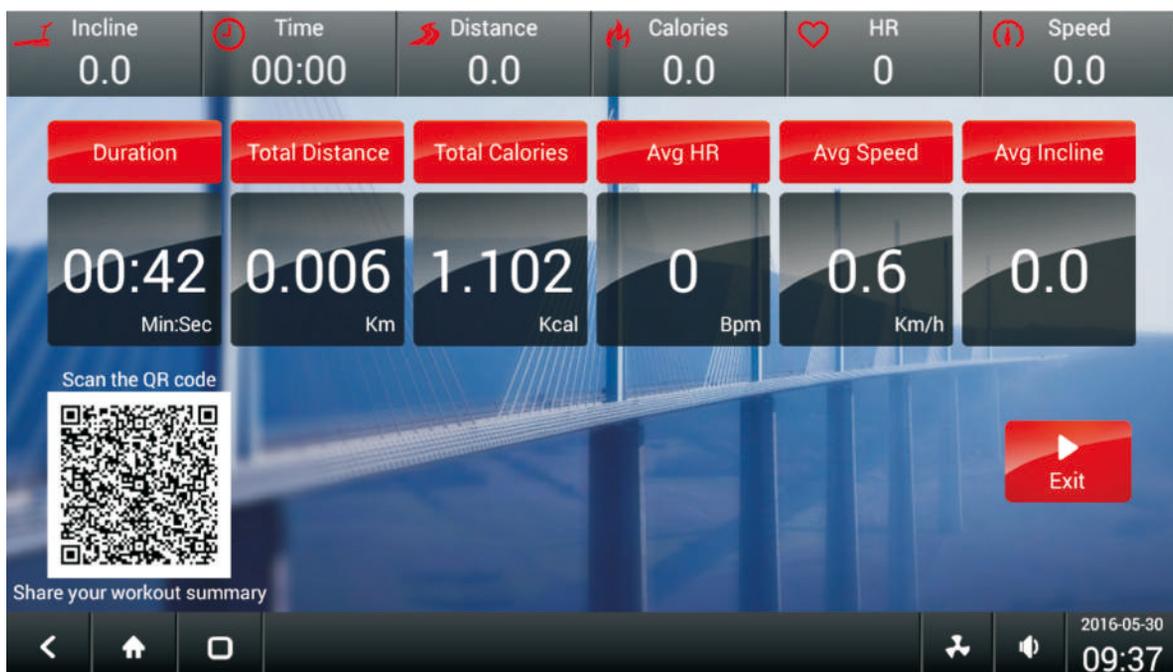


Press + or – button below the red icon INCLINE can adjust incline.

Press + or – button below the red icon SPEED can adjust speed.

Also you can press quick button 3,6,9,12 to adjust incline or speed quickly.

When you press the stop button on the bottom bar, you will get the summary page as follow.



Console Panel Functions

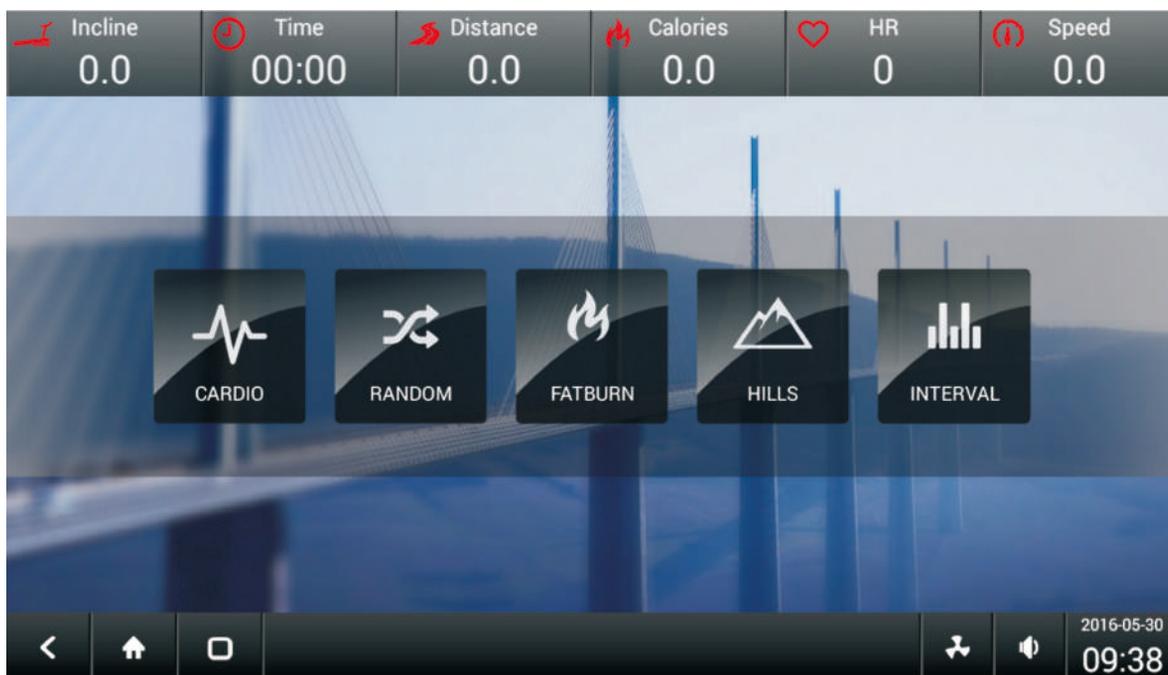
Scan the QR code, you can share your workout to your friends.

Press the red 'Exit' button will return to main page, and you can try other training mode then.

2. Program mode

2.1 Press the program button in the middle of the main page---Figure 1.1

We will enter program mode. Here is the program mode interface.



All together, we have 8 program modes---CARDIO,RANDOM, FATBURN,HILLS,INTERVAL,HR,5KM and FIREMANTEST.

2.2.1 CARDIO mode.

Press CARDIO button in the middle of the screen as above figure will enter CARDIO mode, the interface is as follow figure.

Console Panel Functions



Press the number button below the red 'Weight' icon will lead you to weight adjust page as figure 2.2.1.1

Press the number button below the red 'Time' icon will lead you to the time adjust page as figure 2.2.1.2

Press the red 'Start' button to start CARDIO mode training as figure 2.2.1.3



Console Panel Functions



2.2.2 RANDOM mode.

Press RANDOM button in the middle of the screen as above figure 2.1 will enter RANDOM mode, You can adjust the related parameter in the same way as CARDIO mode.

Console Panel Functions



Press the 'Start' button will start the RANDOM mode training as follow.



Console Panel Functions

2.2.3 FATBURN mode.

Press FATBURN button in the middle of the screen as above figure 2.1 will enter FATBURN mode, You can adjust the related parameter in the same way as CARDIO mode.



Press the red 'Start' button to start FATBURN mode training as figure.



Console Panel Functions

2.2.4 HILLS mode.

Press 'HILLS' button in the middle of the screen as above figure 2.1 will enter HILLS mode. You can adjust the related parameter in the same way as CARDIO mode.



Press the 'Start' button will start the HILLS mode training as figure.



Console Panel Functions

2.2.5 INTERVAL mode.

Press 'INTERVAL' button in the middle of the screen as above figure 2.1 will enter INTERVAL mode, You can adjust the related parameter in the same way as CARDIO mode.



Press the red 'Start' button to start INTERVAL mode training as figure.



Console Panel Functions

2.2.6 5KM mode.

Press '5KM' button in the middle of the screen as above figure 2.1 will enter 5KM mode, You can adjust the weight parameter in the same way as CARDIO mode.



Press the red 'Start' button to start 5KM mode training as figure.



Console Panel Functions

2.2.7 HR mode.

Press 'HR' button in the middle of the screen as above figure 2.1 will enter HR mode, You can adjust the related parameter in the same way as CARDIO mode.



Press the red 'Start' button to start HR mode training as figure.



Console Panel Functions

2.2.8 FIREMAN TEST mode.

Press 'FIREMANTEST' button in the middle of the screen as above figure 2.1 will enter FIREMANTEST mode. You can adjust the weight parameter in the same way as CARDIO mode.



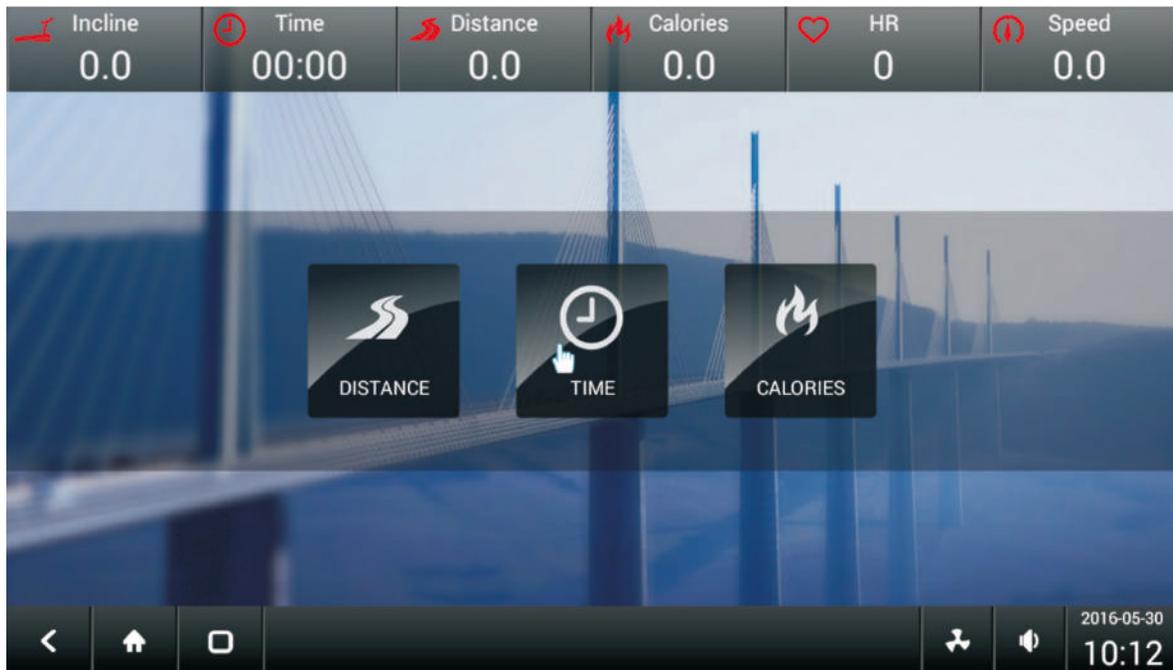
Press the red 'Start' button to start FIREMAN TEST mode training.



Console Panel Functions

3. Target mode.

Press the target button in the middle of the main page---Figure 1.1, We will enter target mode. Here is the target mode interface.



All together, we have 3 target modes---DISTANCE mode, TIME mode and CALORIES mode.

3.1 Press the 'DISTANCE' button in figure 3.1 will enter DISTANCE mode as follow, You can adjust the related parameter in the same way as CARDIO mode.

Console Panel Functions



Press the red 'Start' button to start DISTANCE mode training as figure.



Press the top bar will show you the target and remains distance as follow.

Console Panel Functions



3.2 Press the 'TIME' button in figure 3.1 will enter TIME mode as follow, You can adjust the related parameter in the same way as CARDIO mode.

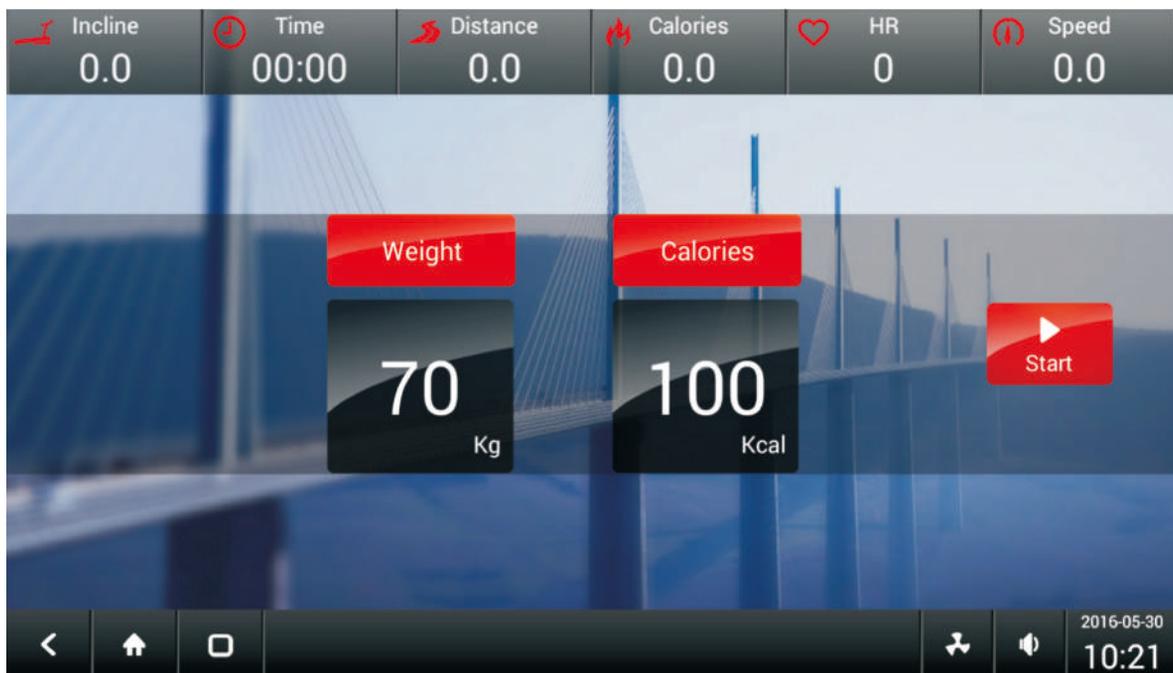


Press the red 'Start' button to start TIME mode training as figure.

Console Panel Functions



3.3 Press the 'CALORIES' button in figure 3.1 will enter CALORIES mode as follow, You can adjust the related parameter in the same way as CARDIO mode.



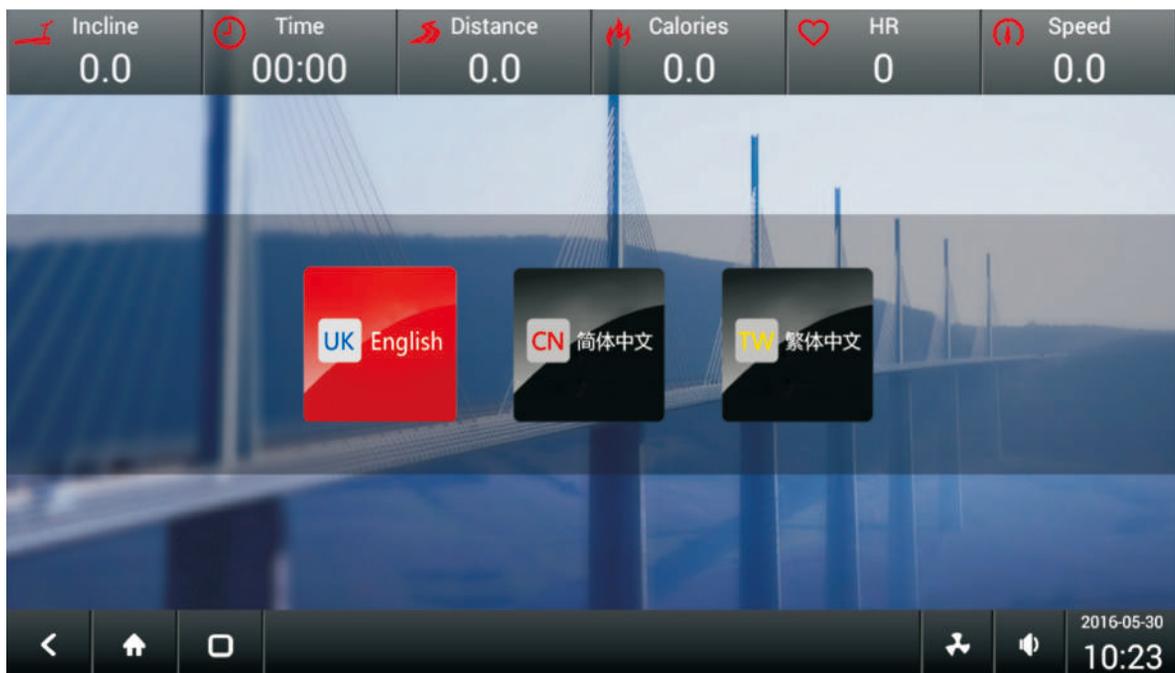
Press the red 'Start' button to start CARDIO mode training as figure.

Console Panel Functions



4. Language setup

Press the language button in the right side of the main page---Figure 1.1, We will enter language setup function. Here is the interface.



Console Panel Functions

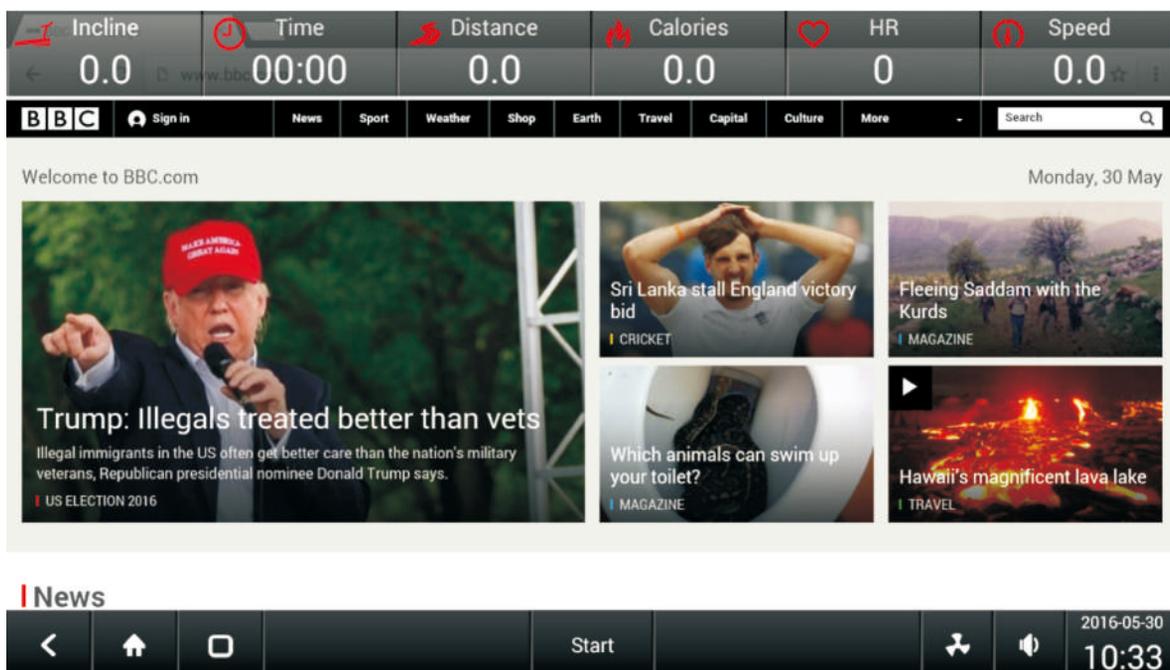
5. Profile setup

Press the profile button in the right side of the main page---Figure 1.1, We will enter profile setup function. Here is the interface.



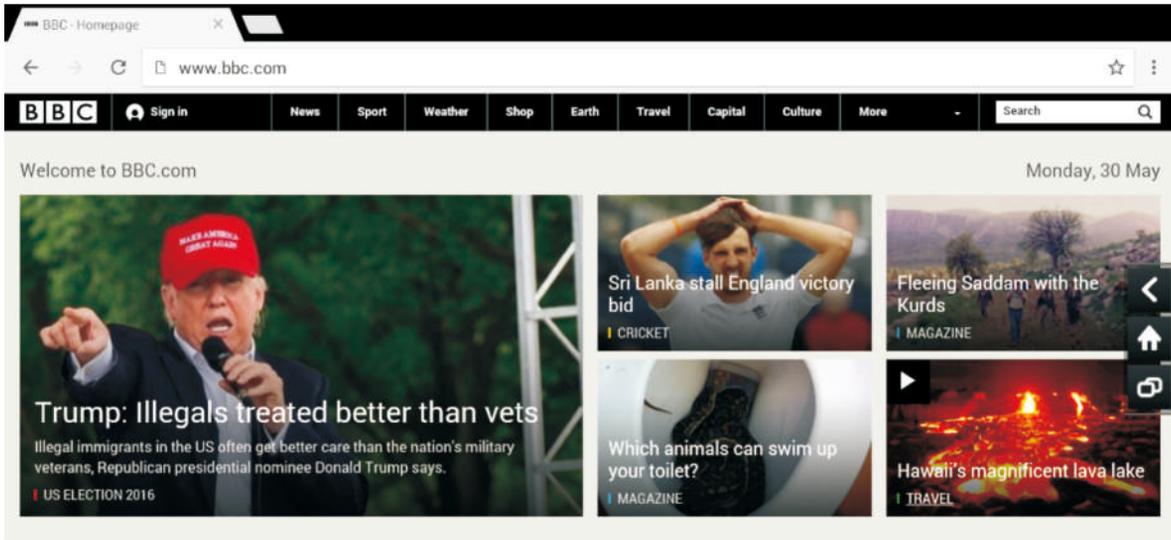
6. Browser

Press the 'internet' button in the right side of the main page---Figure 1.1, you can access the internet when you are training. Here is the interface.



Console Panel Functions

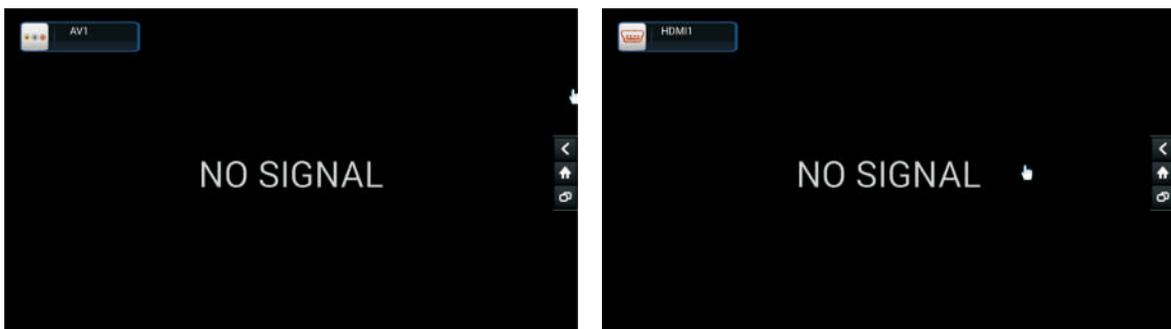
You can use the 3rd button on the bottom bar to see the full page as follow.



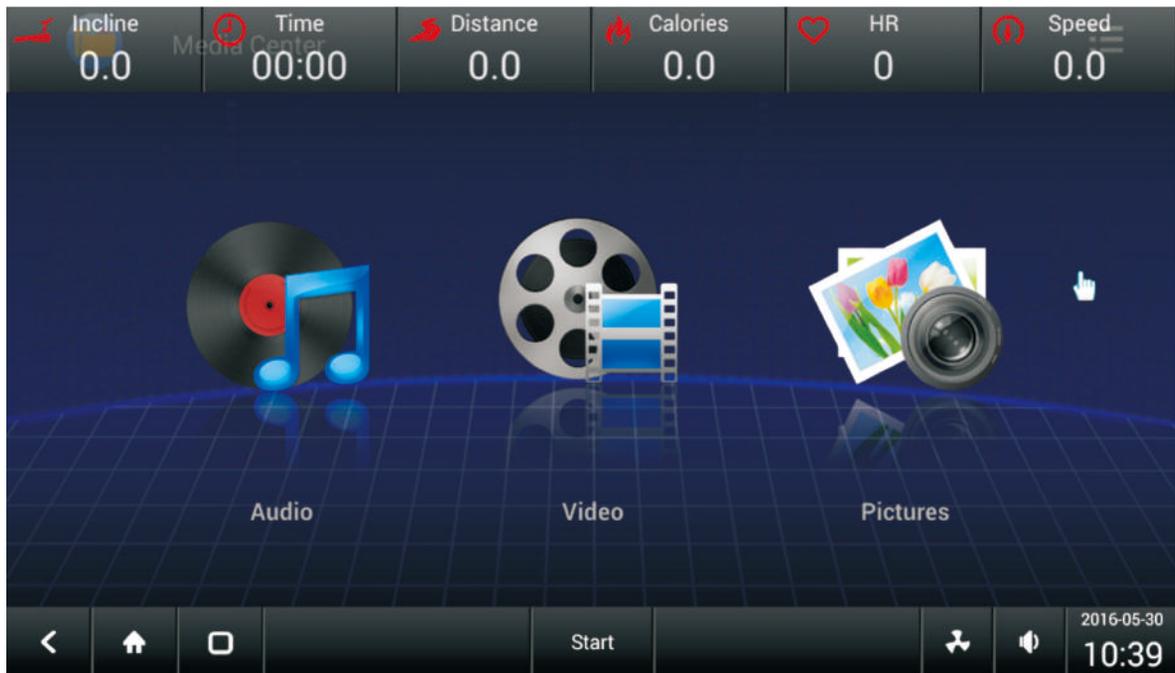
And press the 3rd button on the right bar will bring the top and bottom bar back.

7. Entertainment function

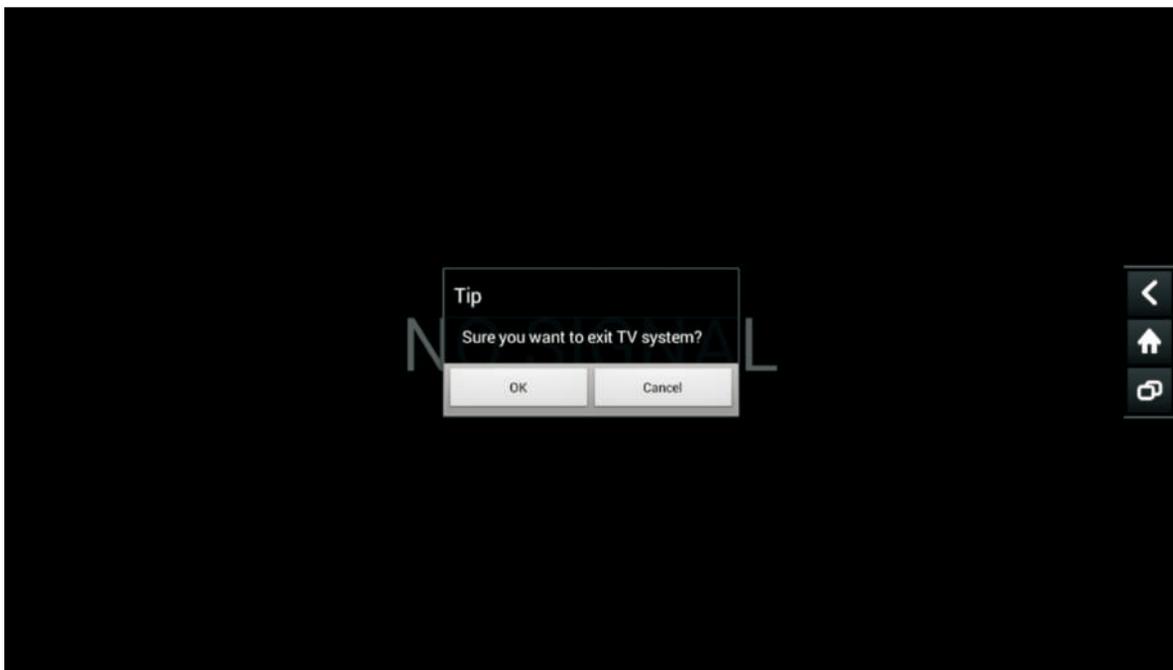
You can use the 'AV-Input', 'HDMI' and 'Multimedia' button in the right side of the main page---Figure 1.1 to call the AV input, HDMI input and multimedia function as follows.



Console Panel Functions



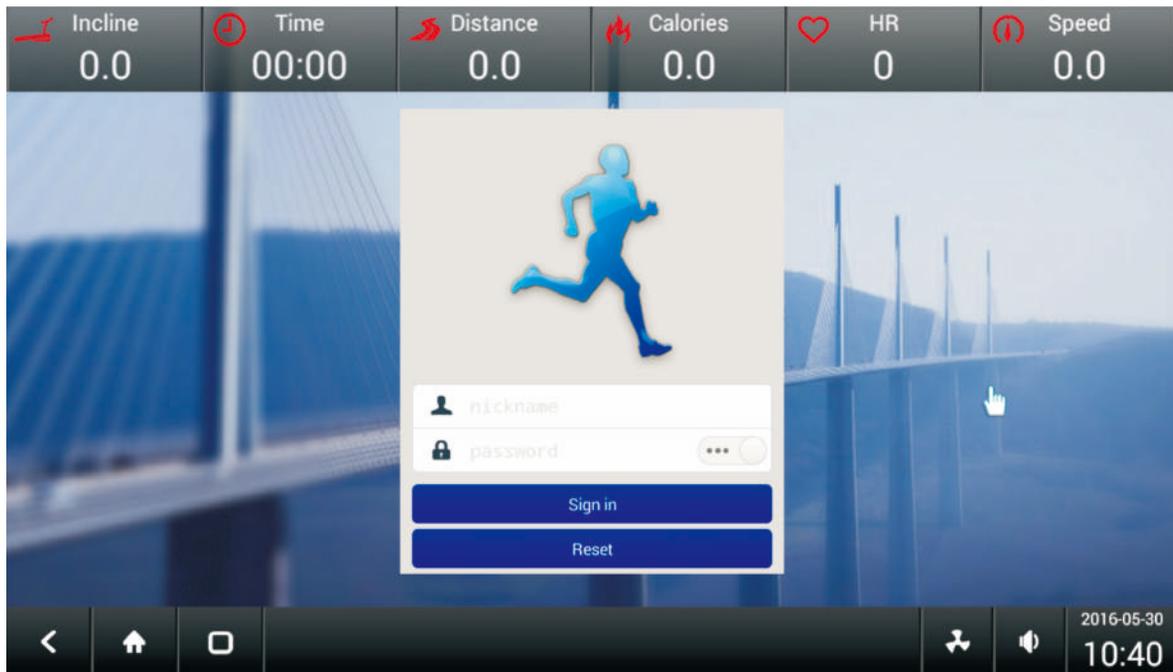
Press the 1st button on the bottom bar or the right bar twice will return from above three mode as follow figure



Console Panel Functions

8 System setup

Press the setup button in the right side of the main page---Figure 1.1,you will enter setup mode.Here is the interface.

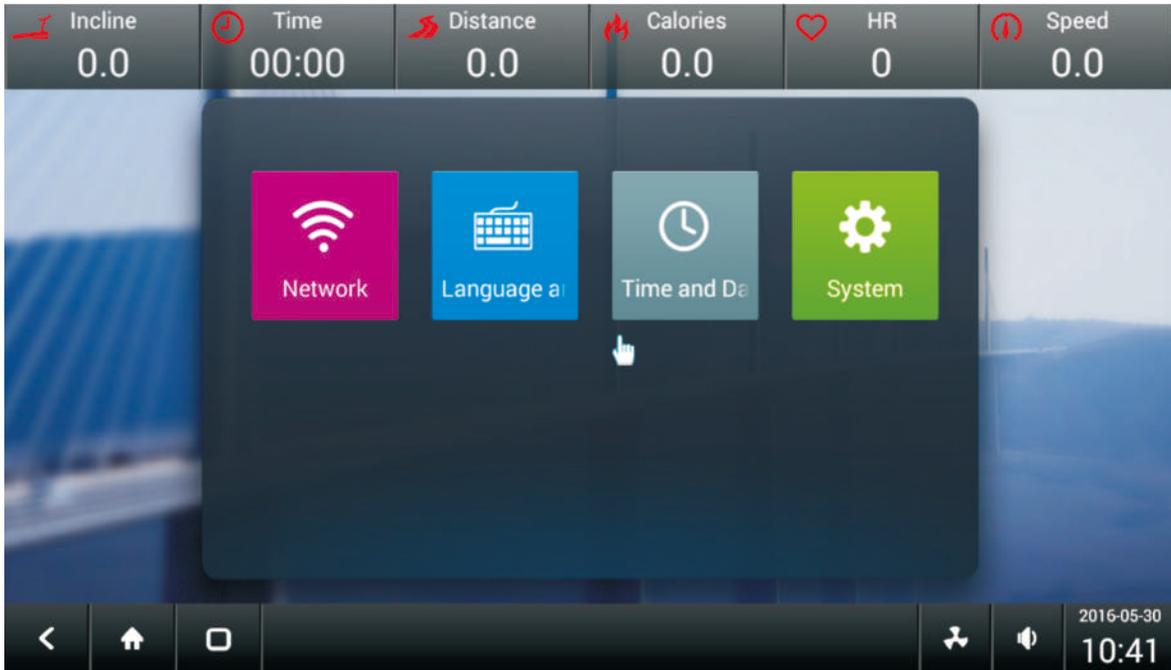


After Login you will see follow interface.



Console Panel Functions

Press the SETUP button, then you will see follow interface.



From here you can do some system settings related with network, time and others. When you finish you setup work, please do logout and then you can do your training program again.

Troubleshooting Guide

Malfunction	Corrective Action
ER01, Communication Error	1. Check console and the main communication cable connection.
	2. Check inverter and the main communication cable connection.
	3. Replace inverter.
	4. Replace console.
ER02, Elevation Error	1. Elevation auto, Sense mode.
	2. Connection check.
	3. Elevation control PCB LED check.
	4. actuator check or replace.
ER03, Red stop key abnormal	1. Check the mechanical structure.
	2. Connection check.
	3. Stop key check or replace.
	4. Console PCB check or replace.
	5. Communication board check or replace.
ER04, Over current	1. Connection check.
	2. Lubrication.
	3. Running deck check.
	4. Running belt check.
	5. Check if overload.
	6. Main motor check or replace.
	7. Inverter check or replace.
ER05, Lower voltage	1. Check power AC 220-240V.
	2. Check if overload.
ER06, Over load	1. Motor connection check.
	2. Lubrication.
	3. Running deck check.
	4. Running belt check.
	5. Overload.
	6. Main motor check or replace.
	7. Inverter check or replace.
ER07, Emergency stop	1. Reset safety switch.
	2. Check the mechanical structure.
	3. Connection check.
	4. Safety switch check or replace.
	5. Console PCB check or replace.
The console no power	1. Check the power voltage by using voltage-meter to see if it is within 220-240V.
	2. The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch.
	3. Inspect the circuit breaker to see if it has tripped off. If it is tripped off, reset the breaker. And check which part is short-circuited. Then replace the short-circuited part.
	4. Check the power cable.
	5. Check the adaptor.
	6. Check the communication cable.

Belt Adjustment and Maintenance

1. Belt Adjustment:

Belt adjustment and tension performs two functions:

*The distance between belt and motor cover from left to right within +/-5MM, then needed to be adjusted.

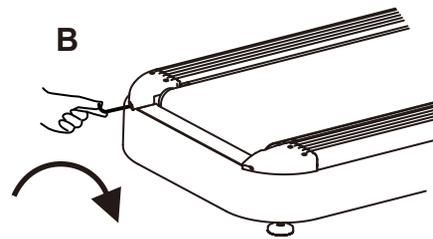
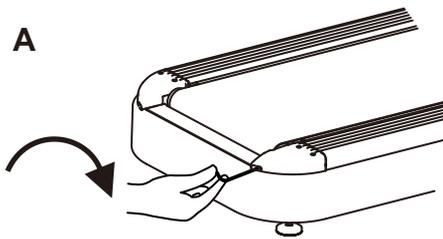
*Adjust belt by speed not more than 4KMH.

A. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.

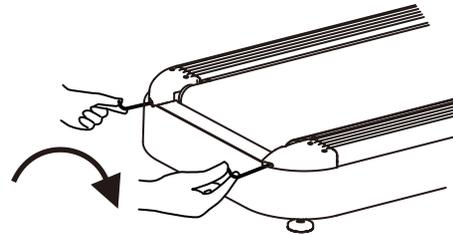
B. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.



Walking belt is Slipping during use:

Slight walking belt slipping is on normal while using for a period Using the hex key provided, turn both left and right rear roller adjustment bolts in the same distance.



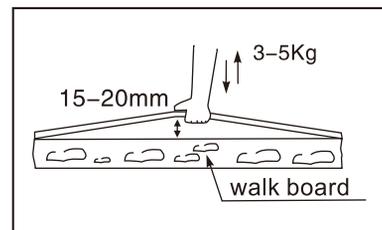
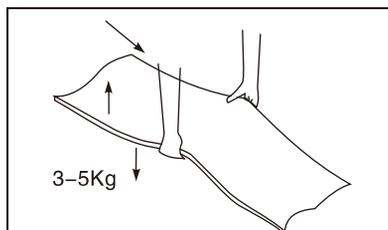
See the correct walking belt shown as below:

A. The distance between walking belt and board is within

15-20mm----Normal

Over 20mm----needed to be adjusted

Under 15mm----needed to be adjusted



Belt Adjustment and Maintenance

B. The speed for walking belt is 5KMH, hold on the handrail, stand on the side rail, one foot on the belt but without slipping----it's normal.

2. CLEANING:

Routine cleaning of your unit will extend extend the life of your unit.

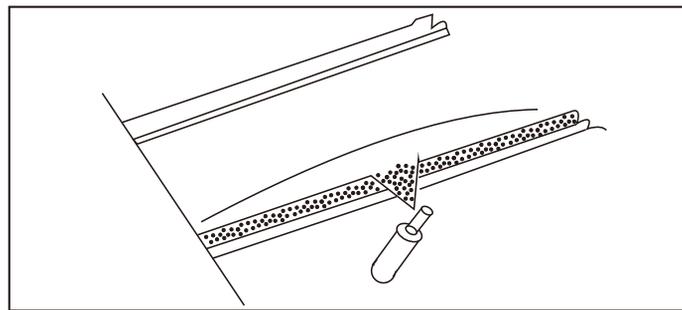
Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged form the wall electrical outlet before attempting any cleaning or mainteance.

After Each Workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. After each workout.

3. LUBRICATION:

It is recommended that the walking board be checked peridically (around 3 months) for lubrication to ensure optimal treadmill performance.

Using hex lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).



Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<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>Emergency Button</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>Lubricator Reservoir and filter element</i>			Inspect		Clean	
<i>V Belt</i>				Clean	Inspect	
<i>Running Deck</i>						Flip
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		

