

*circle*  
FITNESS

*Stay Young*

# **Owner's Manual**

**M7 (M7L)  
Treadmill**

**Display Type:  
LED**



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# ***INTRODUCTION***

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Dear Customer,

Thank you for purchasing this product.

This Owner’s Manual will guide you through the setup procedures and outline the key features. Please keep it handy for future reference.

This product has been designed and manufactured for studio use, and even though we go to great efforts to ensure the quality of each product, occasional errors, and/or omissions do occur. In any event, should you find this product to be defective in any way, or to be missing parts, please contact us.



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# 1. SAFETY

## 1. 1 Important Safety Notes

**IMPORTANT:** Please read all instructions and warnings before assembly and operation.

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner’s Manual.

SAFETY SYMBOLS USED IN THIS OWNER’S MANUAL	
<b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
<b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
<b>DANGER</b>	Indicates a high probability that death, severe bodily injury or major property damage could result.



**IMPORTANT:** It is essential that this equipment is used only indoors, in a climate controlled room.

**WARNING:** Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using, then please stop the workout at once.

**WARNING:** Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

**WARNING:** Do NOT insert any object into any openings.

**WARNING:** Do NOT wear loose clothing or jewelry. This equipment contains moving parts. Do NOT put fingers or other objects into the moving parts.

**WARNING:** Before using this equipment to exercise, always do stretching exercises first, in order to properly warm up.

**WARNING:** It’s recommended to replace defective components immediately and keep the equipment out of use until repairs have been made by a professional person.

**WARNING:** This equipment is designed for adults. Close supervision is necessary if the equipment is used by children or near children. This also applies to disabled persons.

## **1. 1 Important Safety Notes (Continued)**

**WARNING:** Please consult your physician before starting a workout or a training program. Its best to have your doctor review your training and diet programs first so that he can advise the best workout routine for you.

**WARNING:** Make sure all bolts and nuts are securely tightened before operating this equipment. Periodic maintenance is required on all exercise equipment to keep it in good condition.

**WARNING:** Incorrect/ excessive training can cause health injuries. Stop using the equipment when feeling uncomfortable.

**WARNING:** Turn OFF the power switch when the equipment is not in use.

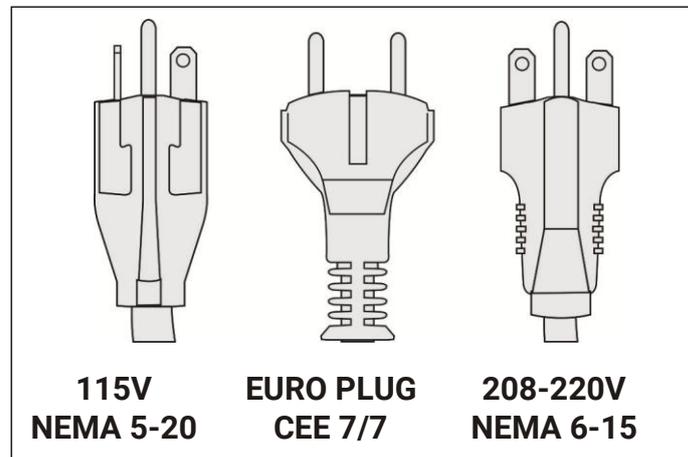
**WARNING:** If the power cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid any hazard.

***SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE***

## 1.2 Grounding Instructions

This unit must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



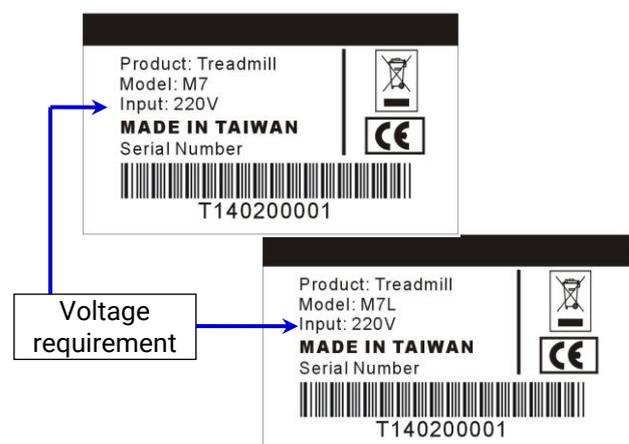
**DANGER!** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do NOT modify the plug provided with the treadmill. If it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

## 1.3 Electrical Requirements

### Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the treadmill that you have received. The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following figure.

See the serial number decal for the exact voltage requirements of your treadmill.



The power requirements for the treadmill include a grounded, dedicated circuit, rated for one of the following:

- 1) 115 VAC 5%, 60 Hz, 20 amps
- 2) 208/220 VAC, 60 Hz, 15 amps
- 3) 230 VAC 5%, 50 Hz, 15 amps

**WARNING:** Do NOT attempt to use this unit with a voltage adapter. Do NOT attempt to use this unit with an extension cord.

## 1.4 Emergency Stop Key & Emergency Stop Button

### Emergency Stop Key

The Emergency Stop Key is to prevent user’s injuries from falling down due to lack of familiarity with the speed or usage of the treadmill. Please always clip the Emergency Stop Key to prevent or minimize accidents.

The Emergency Stop Key must be attached at waist level to your clothing before your workout. (Fig 1.4-1)

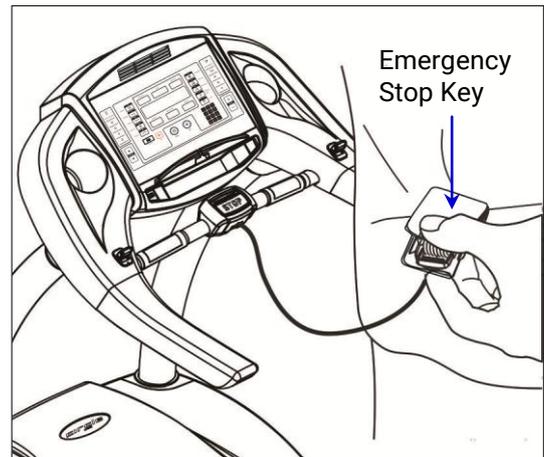


Fig 1.4-1

**WARNING:** Always attach the Emergency Stop Key to your clothing during your workout. When you use the machine, only remove the Emergency Stop Key in an emergency.

**WARNING:** When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

### Emergency Stop Button

This unit is equipped with an Emergency Stop Button (Fig 1.4-2), it’s allows the user an additional safety feature in case of emergency. Upon pushing the button the treadmill will stop.

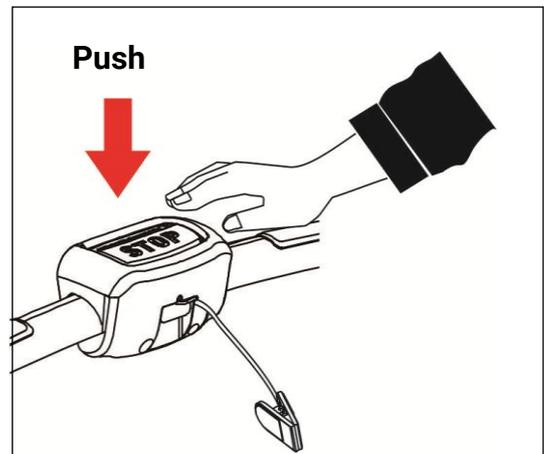


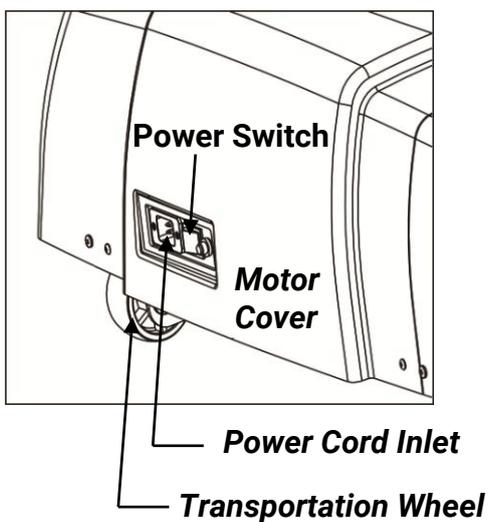
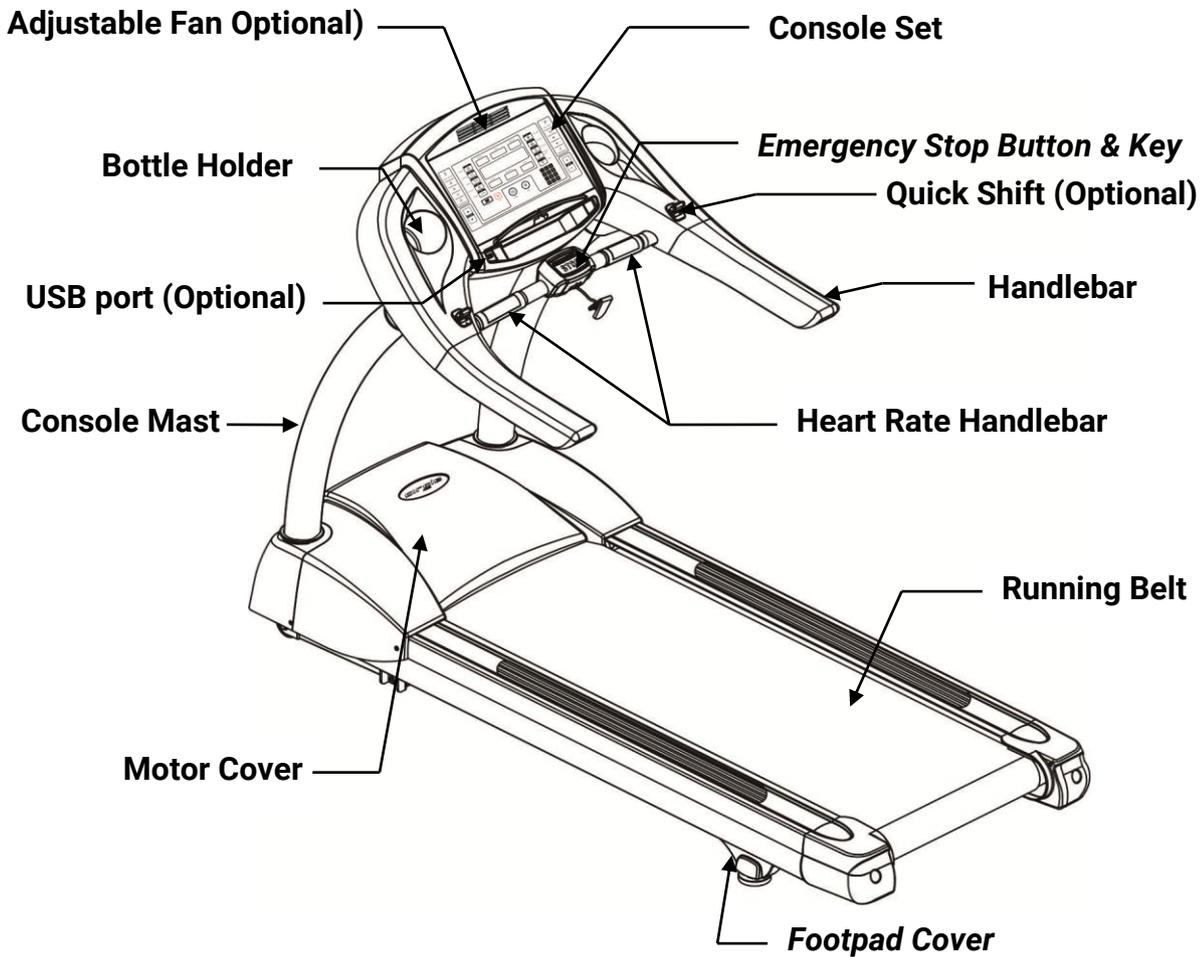
Fig 1.4-2

## 2. ASSEMBLY

### 2.1 Specifications

Model	M7	M7L
<b>Technical Specifications</b>		
Deck	Reversible Deck	Pre-waxed Reversible Deck
Belt	Habasit™ Commercial Grade	Siegling™ Commercial Grade
Running Area	1530 x 550 mm/ 60 x 22 in	
Speed	0.5 ~ 20 km/ 0.3 ~12.5 MPH	
Incline	1-16% (Levels)	
Set Up Height	220 mm/ 8.7 in	
Roller	90 mm/ 3.5 in	
Max. User Weight	182 kgs / 400 lbs	
<b>Features</b>		
Display Type	6 LED + 8 x 32 Dot-Matrix	
Display Feedback	Time, Distance, Heart Rate, Calories, Speed, Incline	
Programs	Target, Rolling, Valley, Fat Burn, Ramp, Strength, Interval, Fitness Test, 4 HRC	
USB Data Saving & Charger	Optional	
Fan	Optional	
Quick Shift	-	Standard
Hand Pulse	Standard	
Heart Rate Receiver	Standard	
Chest Belt	Optional	
<b>Electrical Specifications</b>		
Motor (HP)	3.0 HP (Continuous) / 5.0 HP (Treadmill Duty)	
Motor Control	AC inverter	
Power Requirement	Powered 110Vac/220Vac ±20%, 20A, 50-60Hz	
<b>Dimensions</b>		
Diameters (L x W x H) (approx.)	2150 x 930 x 1490 mm / 85 x 37 x 59 in	
Unit Weight (approx.)	165 kgs / 363 lb	

## 2.2 Machine Overview



## 2.3 Location and Transportation

### Location

Place the equipment on a level surface. Do NOT place it in any area that will block any vents or air openings. This equipment should not be located in a garage, covered patio, near water or outdoors.

Minimum clearance is 19.7 inches (0.5 meters) on the sides of the unit and 78.7 inches (2.0 meters) behind the unit. (Fig 2.3-1)

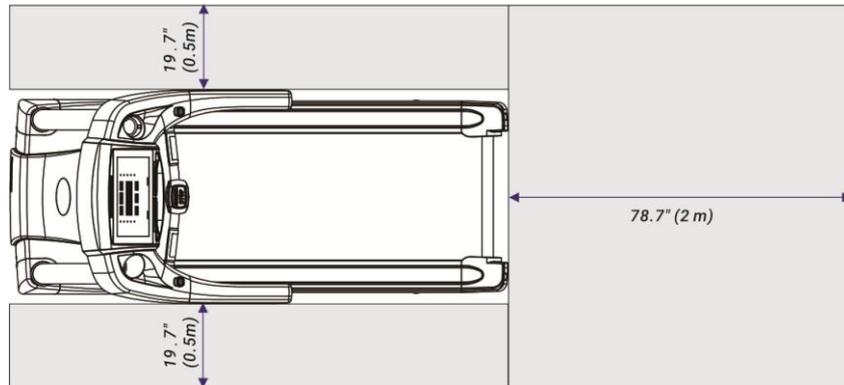


Fig 2.3-1

### Transportation

**WARNING:** Be sure the equipment is unplugged before moving.

To move the equipment, carefully lift the rear end of the treadmill to allow the 2 front transportation wheels to make contact with the surface (Fig 2.3-2). Carefully steer the equipment to another location.

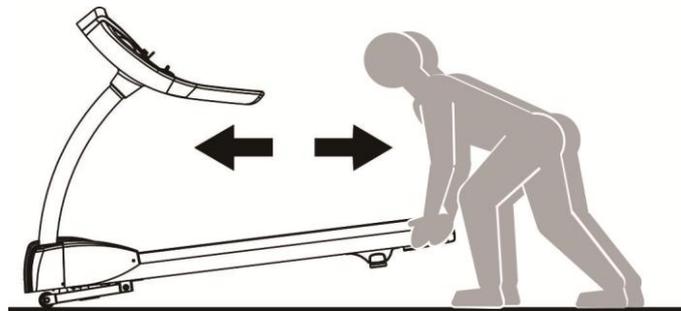


Fig 2.3-2

**IMPORTANT:** Be careful when moving this equipment, as it is heavy and awkward. If you do not feel comfortable moving the unit by yourself, please get help.

**NOTE:** The transport wheels are designed for indoor use only and should not be used to move the unit over rough surfaces such as concrete or asphalt.

## 2.4 Unpacking

To unpack the treadmill, please the following steps:

1. Carefully remove all staples from the carton.
2. Open the **Carton 1** and remove the packing materials to take out the Console. (Fig 2.4-1)

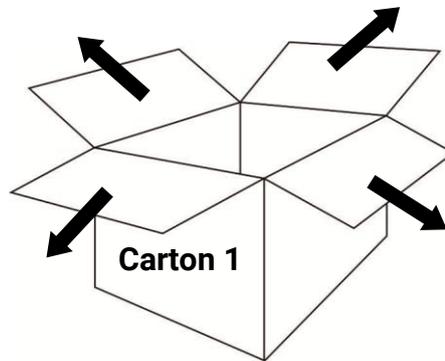


Fig 2.4-1

3. Open the **Carton 2** and remove the upper cardboard piece. (Fig 2.4-2)

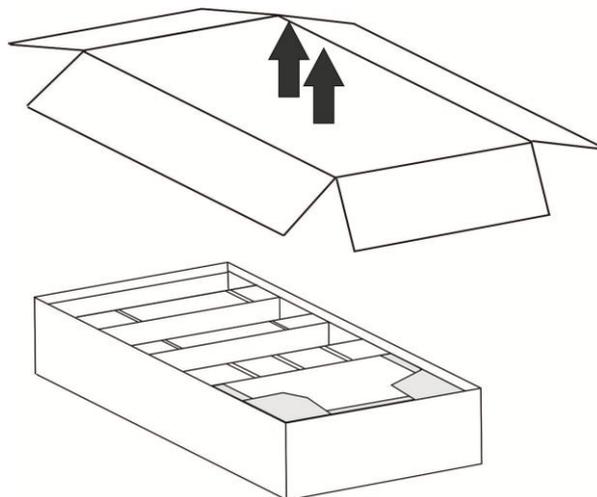


Fig 2.4-2

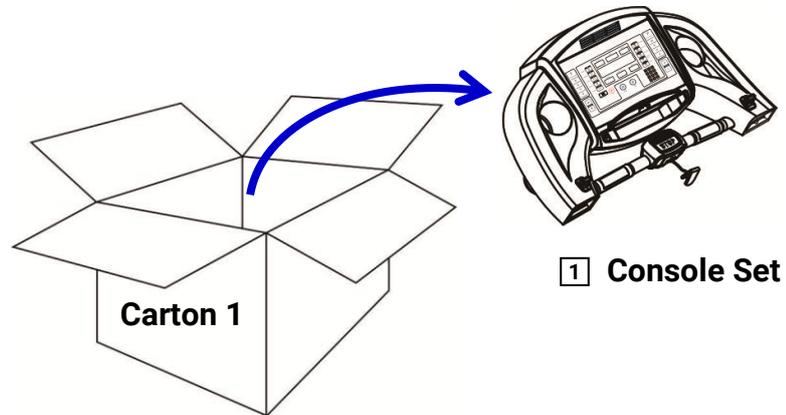
3. Remove all parts from the **Carton 2** and card board inserts.
4. Set the all the parts down near the spot where you plan to install the equipment.
5. With the help of at least one other person, remove all the packing materials and place the main body assembly on a level flat surface.

## 2.4 Unpacking (Continued)

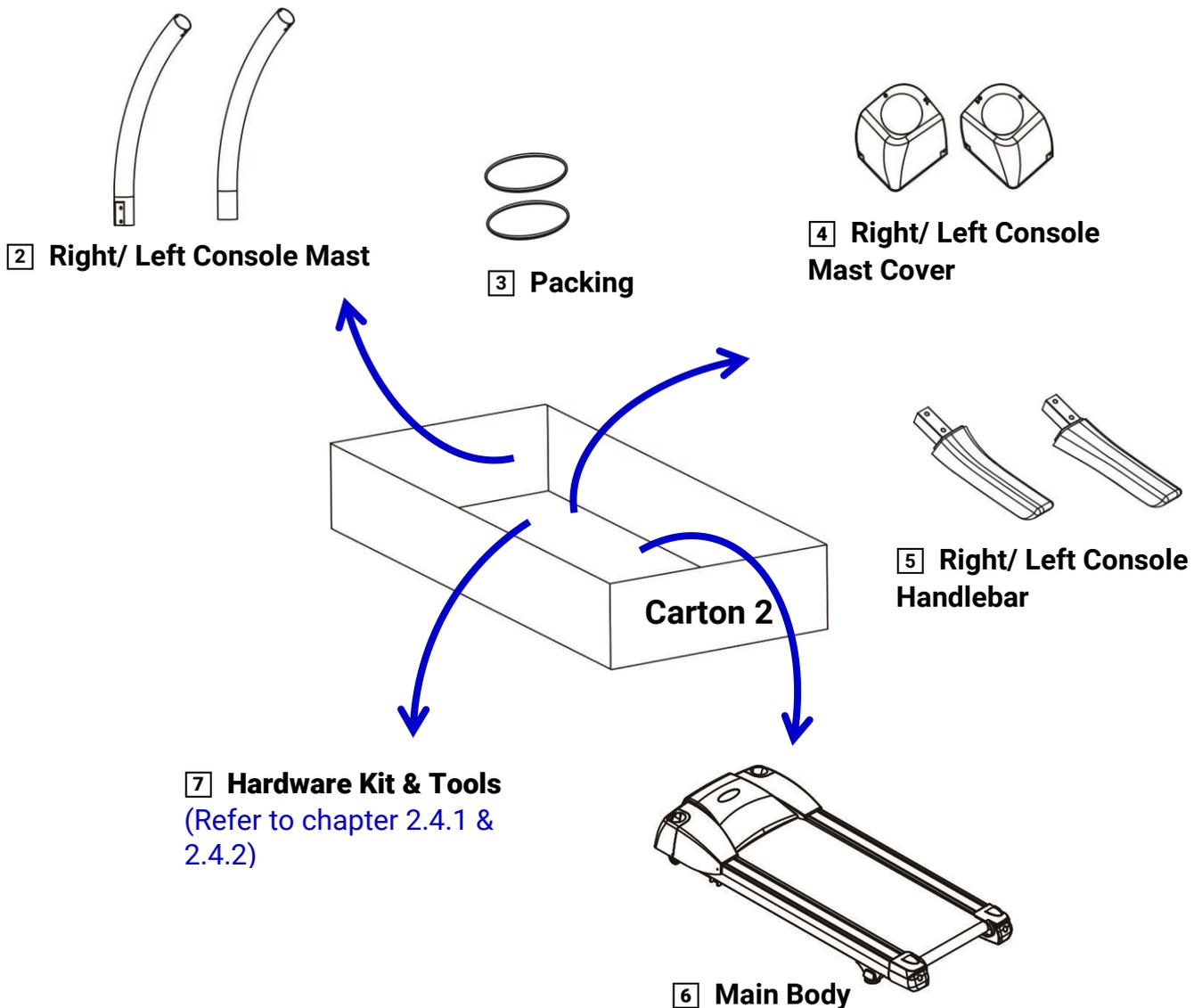
Please verify that you have parts as per the list shown below:

**NOTE:** Make sure that Serial Number on **Carton 1** matches that on **Carton 2**.

### Carton 1:



### Carton 2:

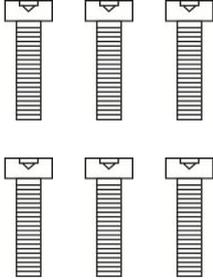


### 2.4.1 Hardware Kit

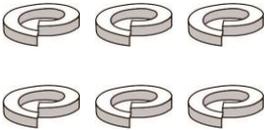
Please verify the hardware kit list as shown below:

**STEP 2**

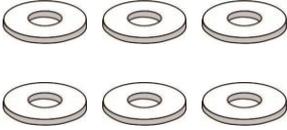
**(1) M12 x 30 mm Screws (6 PCS)**



**(2) M12 Lock Washers (6 PCS)**



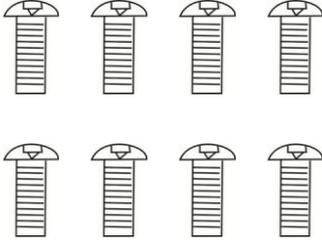
**(3) M13 Flat Washers (6 PCS)**



**(for Console Mast Set)**

**STEP 4**

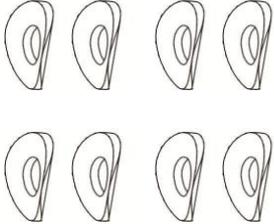
**(1) M8 x 15mm Screws (8 PCS)**



**(2) M8 Lock Washers (8 PCS)**



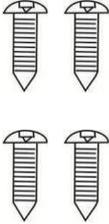
**(3) Curve Washers (8 PCS)**



**(for Console Mast Set & Main Base)**

**STEP 5**

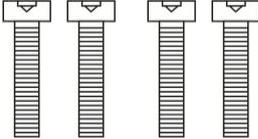
**M15 x15 mm Screws (4PCS)**



**(for Console Mast Cover)**

**STEP 6**

**(1) M8 x 25mm Screws (4PCS)**



**(2) M8 Flat Washers (4 PCS)**



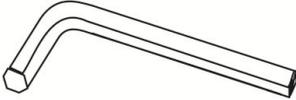
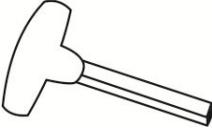
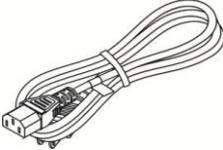
**(3) M8 Lock Washers (4 PCS)**



**(for Console Handlebar)**

**2.4.2 Tools**

Please verify the tools list as shown below:

<b>Allen Wrench (5mm)</b>	<b>Allen Wrench (10mm)</b>
	
<b>T-handle Allen Wrench</b>	<b>Power Cord</b>
	
<b>Owner’s Manual</b>	<b>End Caps</b>
	

## 2.5 Assembly Procedures

### **STEP 1:** Remove the Motor Cover.

Unscrew the (4) **Motor Cover Screws #1** with the provided 5mm Allen Wrench (Fig 2.5-1). Put the **Motor Cover #2** aside. (Fig2.5-1)

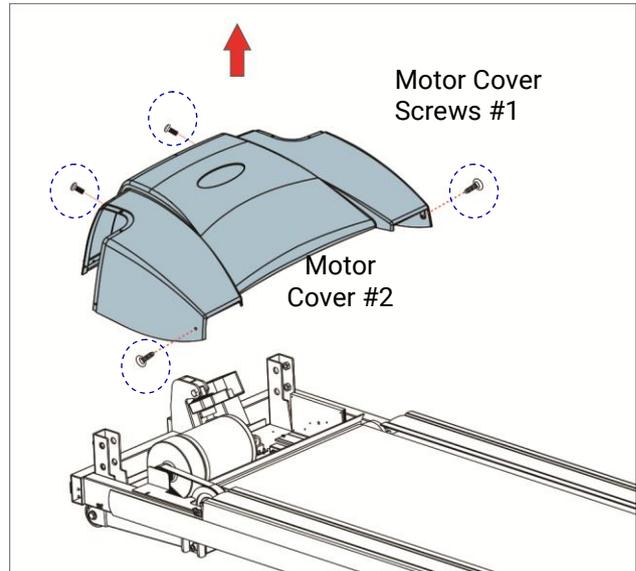


Fig 2.5-1

Required Tool	Required Parts/ Hardware Kit
 <p>Allen Wrench (5 mm)</p>	<p>N/A</p>

**STEP 2: Attach Console Mast to the Main Body.**

- 1) Thread the **Console Wire #1** on the **Guiding Wire #2** and through the **Right Console Mast #3**. (Fig2.5-2A)  
(The Right Console Mast is with green bag and R label on the bag.)

**NOTE:** Please be careful not to pull or crush the wires.

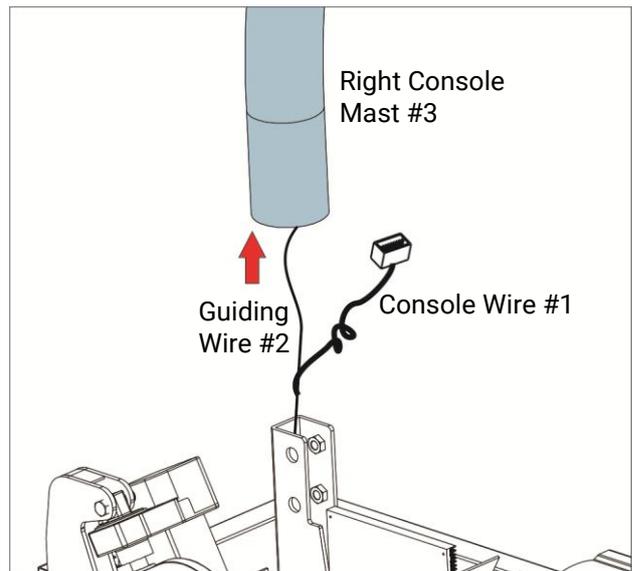


Fig 2.5-2A

- 2) Position the **Right & Left Console Masts #3 & #4** on the front corner of the Main Body. (Fig2.5-2B)
- 3) Tighten (6) **M12x30mm Screws#5** and (6) **S Washers #6** and (6) **M13 Washers #7** with 10 mm Allen Wrench. (Fig2.5-2B)

**NOTE:** Do NOT secure these screws tightly in this setp.

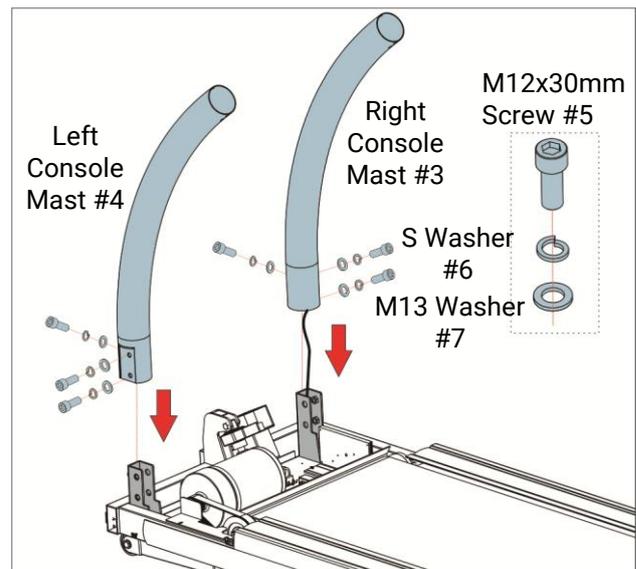


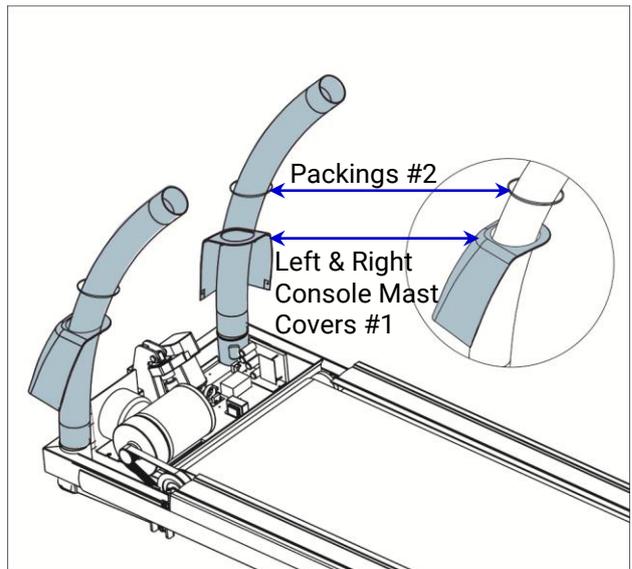
Fig 2.5-2B

Required Tool	Required Parts/ Hardware Kit			
<p>Allen Wrench (10 mm)</p>	<p>Right/ Left Console Mast</p>	<p>M12 x 30 mm Screws (6 PCS)</p>	<p>M12 Wave Washers (6 PCS)</p>	<p>M13 Flat Washers (6 PCS)</p>

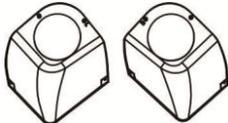
**STEP 3: Attach the Cover on the Console Mast.**

Slide the **Left & Right Console Mast Covers #1** and (2) **Packings #2** into two sides of console mast. (Fig2.5-3)

**NOTE:** The Right Console Mast Cover is in a green bag and the Left Console Mast Cover is in a transparent bag.



**Fig 2.5-3**

Required Tool	Required Parts/ Hardware Kit	
N/A	 Packing (2 PCS)	 Left & Right Console Mast Covers

**STEP 4: Attach the Console to the Console Mast.**

- 1). Connect the **Console Cable#1** and then remove the guiding wire from the right console mast.
- 2) Place the Console on top of the Console Mast. Tighten (8) **M8x15mm Screws #2**, (8) **M8 Lock Washers #3** and (8) **Curve Washers #4** with a 5mm Allen Wrench. (Fig2.5-4A)
- 3) Put (4) **End Caps #5** into console lower cover. (Fig2.5-4B)

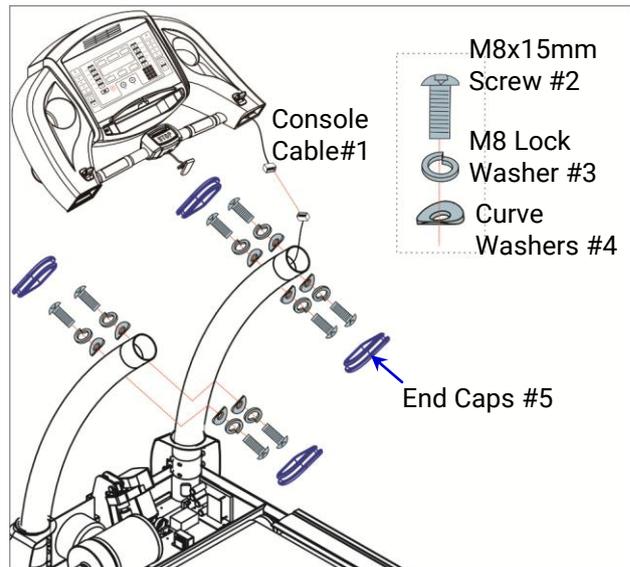
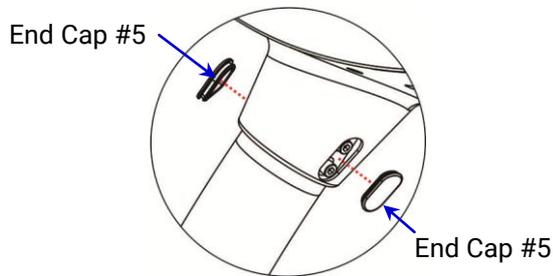


Fig 2.5-4A



- 4) Tighten (6) M12x30mm Screws on the lower console mast (mentioned in STEP 2). (Fig 2.5-4C)

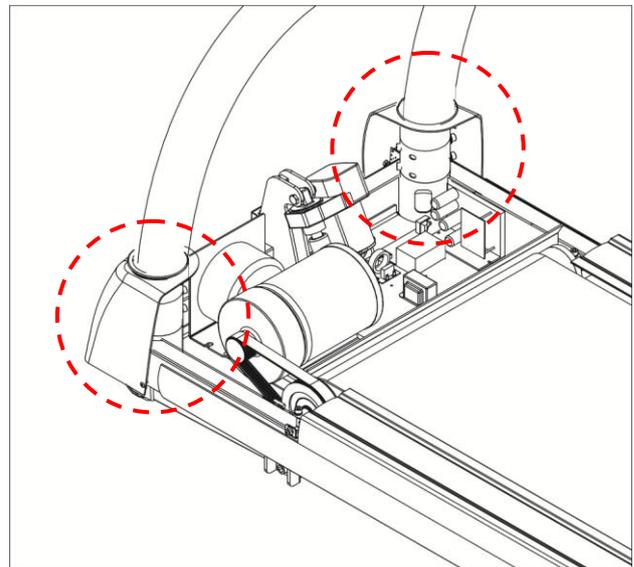
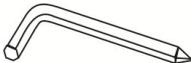
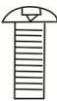
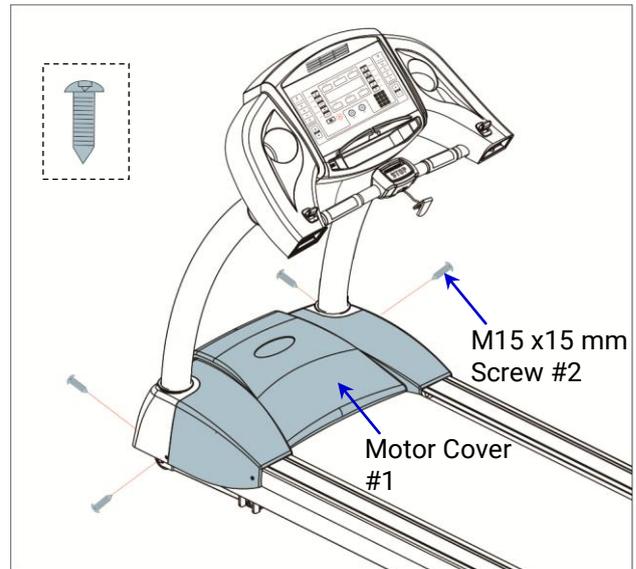


Fig 2.5-4C

Required Tool	Required Parts/ Hardware Kit		
 Allen Wrench (5 mm)	 M8 x 15mm Screws (8 PCS)	 M8 Lock Washers (8 PCS)	 Curve Washers (8 PCS)

**STEP 5: Align and Reinstall Motor Cover.**

Reinstall the **Motor Cover #1** by securing the **(4) M15 x15 mm Screws #2** with a 5mm Allen Wrench. (Fig2.5-5)



**Fig 2.5-5**

Required Tool	Required Parts/ Hardware Kit
 <p>Allen Wrench (5 mm)</p>	 <p>M15 x15 mm Screws (4PCS)</p>

**STEP 6: Attach the Handlebars to the Console.**

Use a T-handle Allen Wrench to secure **Handle Bars** on the Console with **(4) M8 x25mm Screws #1**, **(4) M8 Wave Washers #2** and **(4) M8 Flat Washers #3**. (Fig 2.5-6)

**NOTE:** The Right Handle Bar is in a green bag and the Left Handle Bar is in a transparent bag.

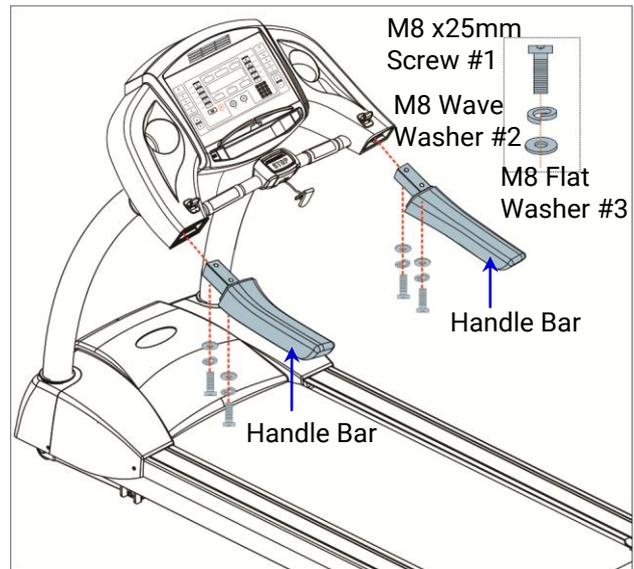
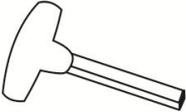
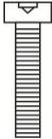


Fig 2.5-6

Required Tool	Required Parts/ Hardware Kit		
 T-handle Allen Wrench	 M8 x 25mm Screws (4PCS)	 M8 Flat Washers (4 PCS)	 M8 Wave Washers (4 PCS)

**STEP 7: Connect the Power.**

Plug the **Power Cord#1** to the **Power Cord Inlet #2** and plug the other end into an **Electrical Outlet #3** . (Fig 2.5-7)

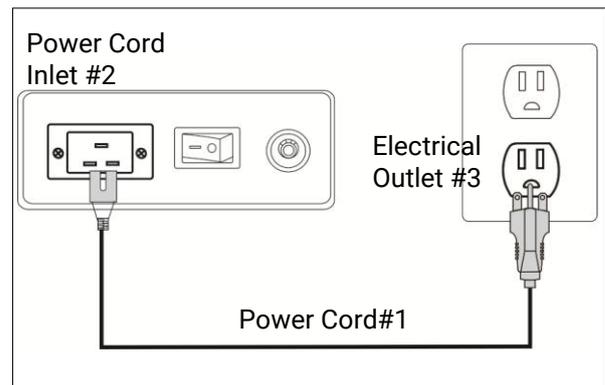
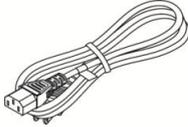


Fig 2.5-7

Required Tool	Required Parts/ Hardware Kit
N/A	 Power Cord

## 2.6 Adjustments

### 2.6.1 Leveling

**NOTE:** Please remove the (Right /Left) **Adjustable Pad Cover #1** by removing the **Screw #2** & **Screw #3** before leveling adjustment. (Fig 2.6-1)

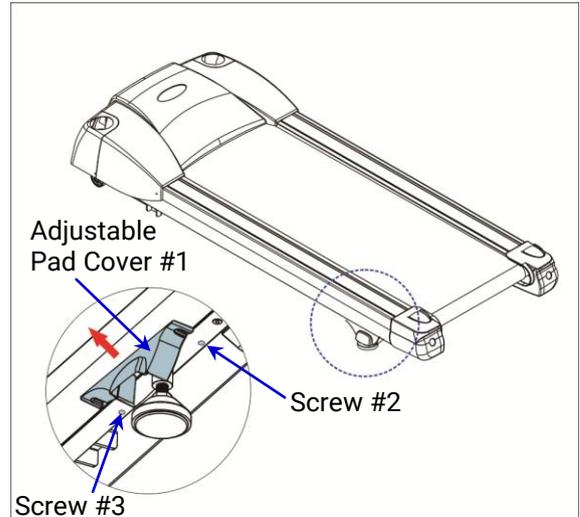


Fig 2.6-1

Make balance adjustment directly from the **Height Adjustment Bolts** located in the supporting pads. (Fig 2.6-2)

The unit should rest evenly on its supporting pads without vibration or swiveling.

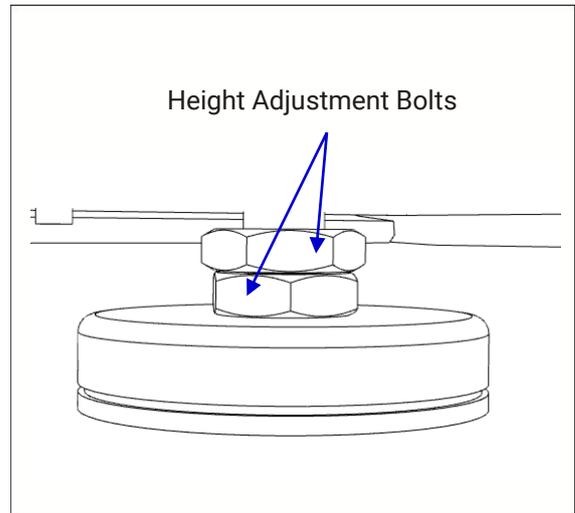


Fig 2.6-2

Reinstall the **Adjustable Pad Cover #1** after leveling is completed.

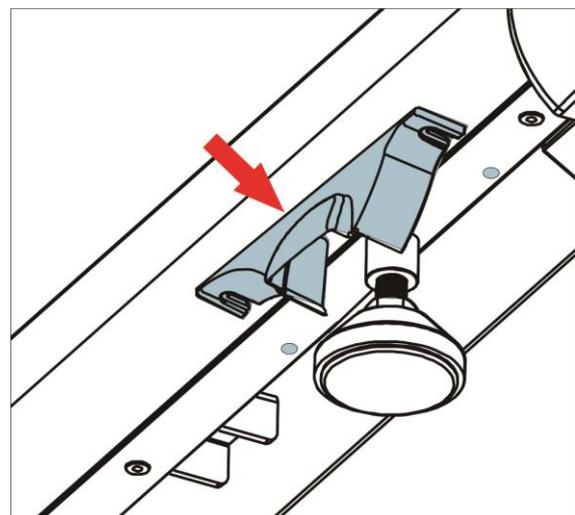


Fig 2.6-3

## 2.6.2 Running Belt Adjustments

### (1) Running Belt Travel Area

The running belt should be centered and adjusted within the area which has been indicated by the arrows on right roller cover and left roller cover.

The running belt can be worn and damaged if the running belt travels beyond this scope. (Fig 2.6.2-1)

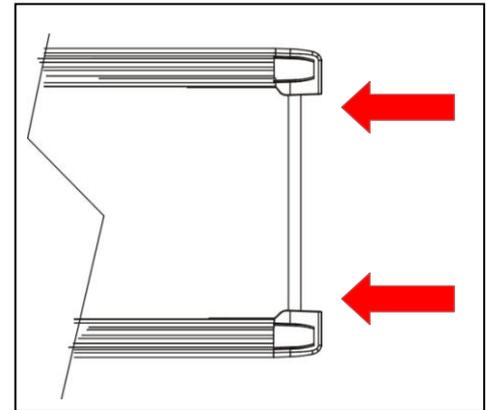


Fig 2.6.2-1

### (2) Running Belt Travel Centering

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will be re-center or while nobody is on the running belt.

If the running belt remains consistently off-center, you will need to center the running belt manually. The centering procedures are below:

**Step1. Start the treadmill without anyone on the running belt, press (SPEED UP) button until speed reached 6 KPH (3.7 MPH).**

**Step2. Observe whether the running belt is toward the right or left side of the deck.**

a. If toward the **left side** of the deck:

Using wrench, turn the left adjustment bolt clockwise 1/4 turn and the right adjustment bolt counterclockwise 1/4 turn. (Fig 2.6.2-2)

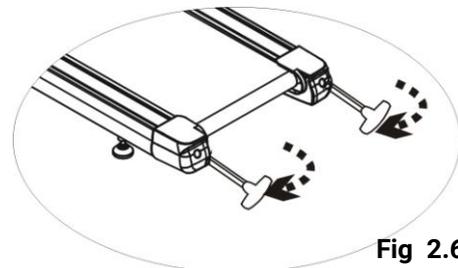


Fig 2.6.2-2

b. If toward the **right side** of the deck:

Using wrench, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counterclockwise 1/4 turn. (Fig 2.6.2-3)

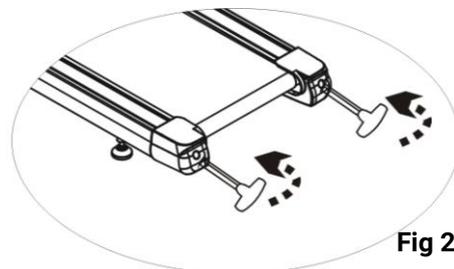


Fig 2.6.2-3

c. If the belt is still not centered, repeats the above steps until the running belt is on center.

**Step3. After the belt is centered, increase the speed to 16 KPH (10 MPH) and verify that it is running smoothly. Repeat the above steps if it is necessary.**

If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.

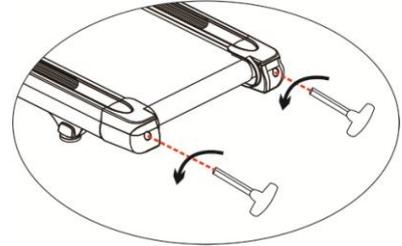
### (3) Running Belt Tension

#### To Increase the Running Belt Tension:

**Step1.** Place 6mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.

**Step2.** Repeat Step1 for the right belt tension bolt. You must be sure to run both bolts the same number of turns, so the rear roller will stay square relative to the frame.

**Step3.** Repeat Step 1 and Step 2 until the slipping is eliminated.

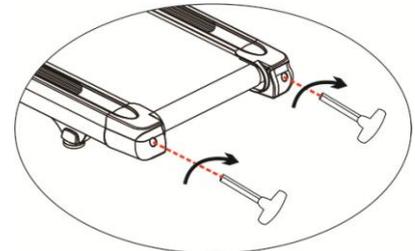


**Fig 2.6.2-4**  
(Turn clockwise to Increase the running belt tension.)

**IMPORTANT:** Be careful not to tighten the running belt tension too much as you can create excessively pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

#### To decrease the Running Belt Tension:

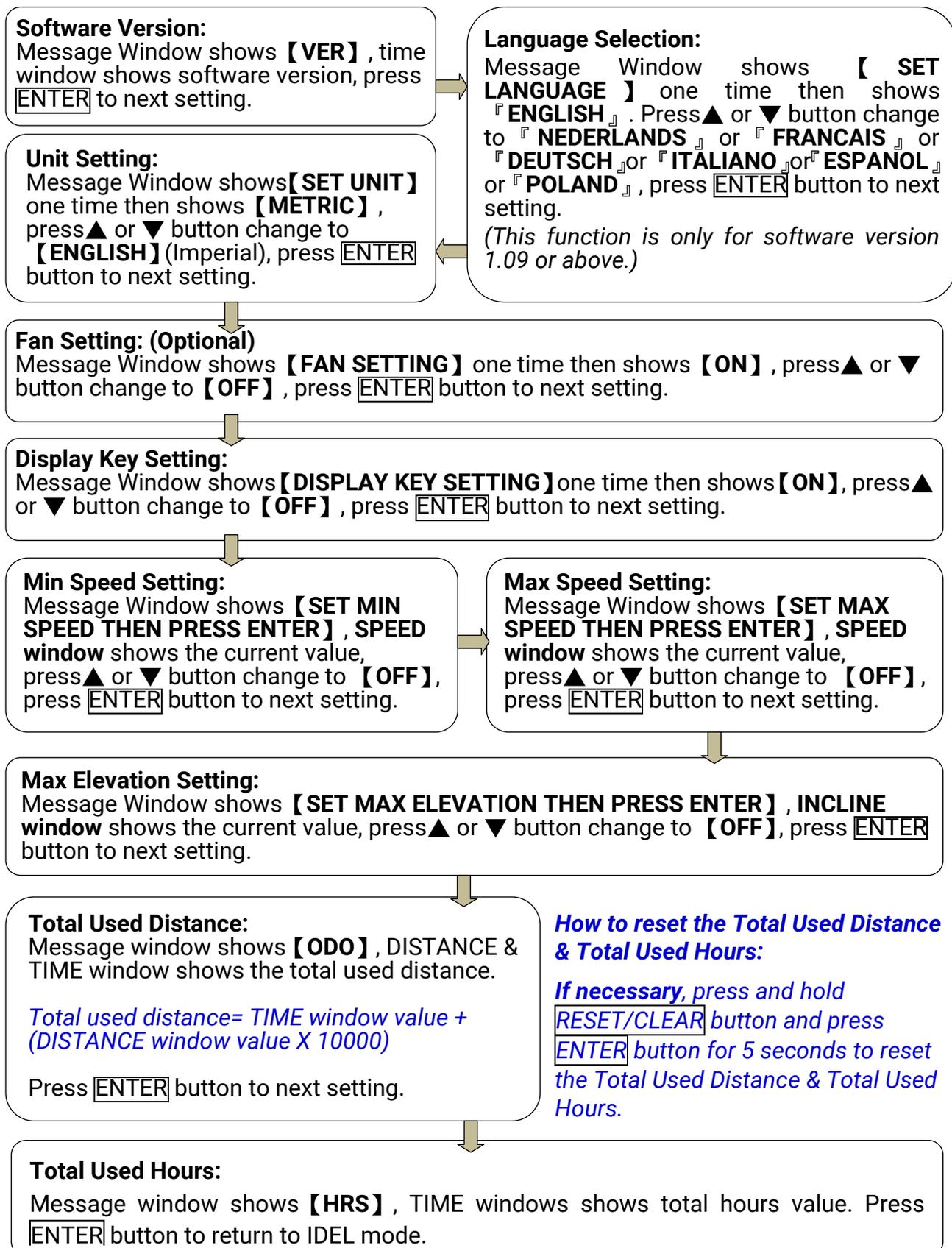
Turn both bolts counterclockwise the same number of turns.



**Fig 2.6.2-5**  
(Turn counter-clockwise to decrease the running belt tension.)

## 2.7 Engineering Settings: Settings

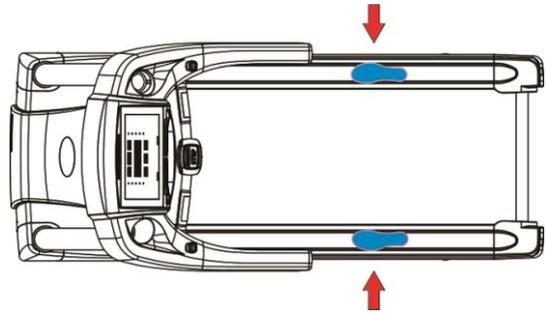
In IDLE mode, press **STOP** button then press **FAST** button for 3 seconds to enter **ENGINEERING MODE 1**.



## 2.8 Test Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

**CAUTION:** During this procedure **STAY OFF THE RUNNING BELT!** Stand with your feet on the two anti-slip rails.



1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described in **chapter 1.3 Electrical Requirements**.
2. Turn on the Power Switch, the console will light up and begin initializing.
3. Press the **GO** button. The console begins a countdown “3...2...1” and sounds a tone for each count.
4. Press and hold the **SPEED ▲** key until the treadmill reaches a speed of approximately **4 mph (6.4 KPH)**, as indicated on the display.
5. **Observe if the belt is running properly:**  
Running belt should stay centered in the middle of the deck. If running belt is not centered, please make fine adjustment as described in chapter 2.6.2 “Running Belt Adjustments”.
6. **Run the treadmill through its full speed range:**  
First press the **SPEED ▲** button until the treadmill reaches its highest speed, **12.5 MPH (20 KPH)**. Then press the **SPEED ▼** key until the treadmill is back to **0.3 MPH (0.5 KPH)**.
7. **Run the treadmill through its full incline range:**  
Press the **INCLINE ▲** button until the treadmill reaches its highest grade (**16%**). Next press the **INCLINE ▼** key until the treadmill is down to **0%** grade.
8. Press **STOP** button to stop the running belt and press **STOP** button again to return to IDLE mode.



### 3.3 Quick Shift (Optional)

Quick Shift allows easy and effective adjustments to speed and incline to accommodate your exercise during workout.

#### Speed Quick Shift

Press Quick Shift up/down to increase speed or decrease speed.

#### Incline Quick Shift

Press Quick Shift up/down to adjust incline level.

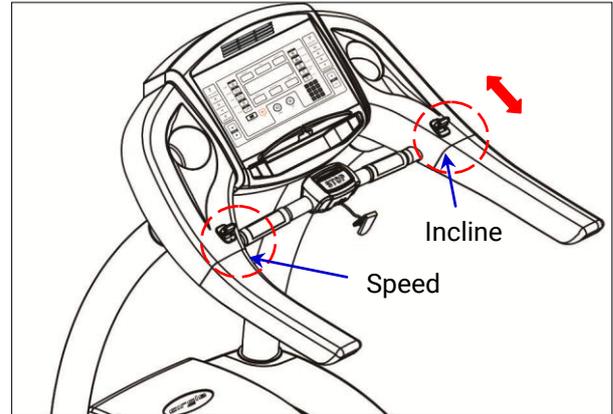


Fig 3.3-1

### 3.4 USB Port & Fan (Optional)

#### USB Port (Optional)

USB port on the console mainly acts as a Smartphone charger, and it will not upload any file/data from your Smartphone to the treadmill console.

Charging specification: 5V/0.5A

#### Fan (Optional)

Fan on the console provides a cool breeze while exercising.

Press the Fan button to active multiple levels.

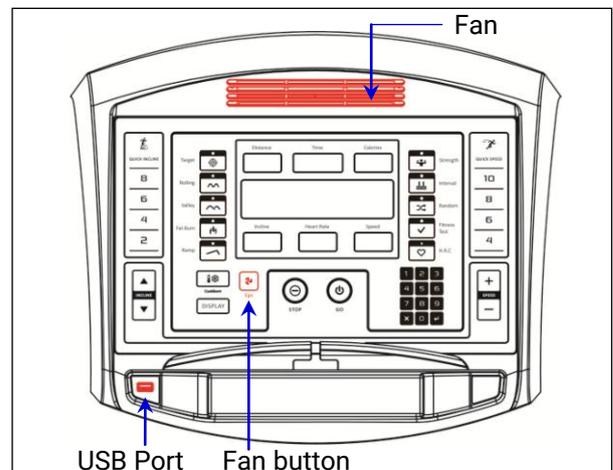


Fig 3.4-1

### 3.5 Body Position

**WARNING:** Walking or running backwards is prohibited.

Do NOT lean too far forward or back. The correct position is with your head up, shoulders aligned with your hips, arms loose with elbows at 90°, looking straight ahead.

The stepping pace must be regular, with legs and feet parallel to the treadmill centre line.

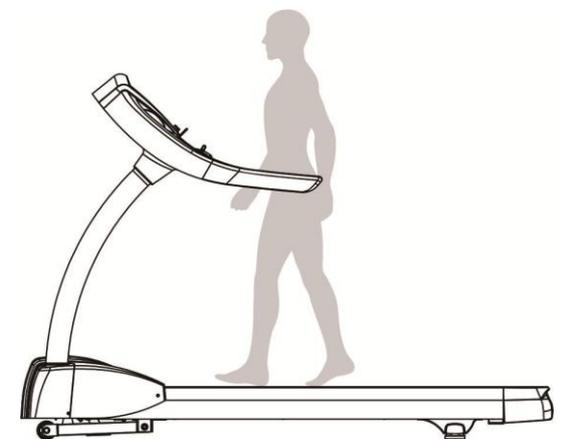


Fig 3.5-1

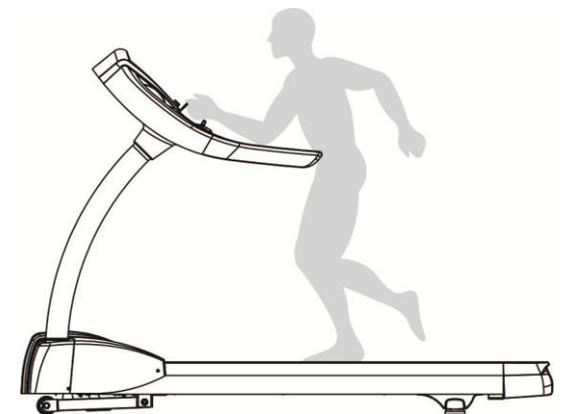


Fig 3.5-2

## 4. CONSOLE OVERVIEW

### 4.1 Identifying the Parts of the Console

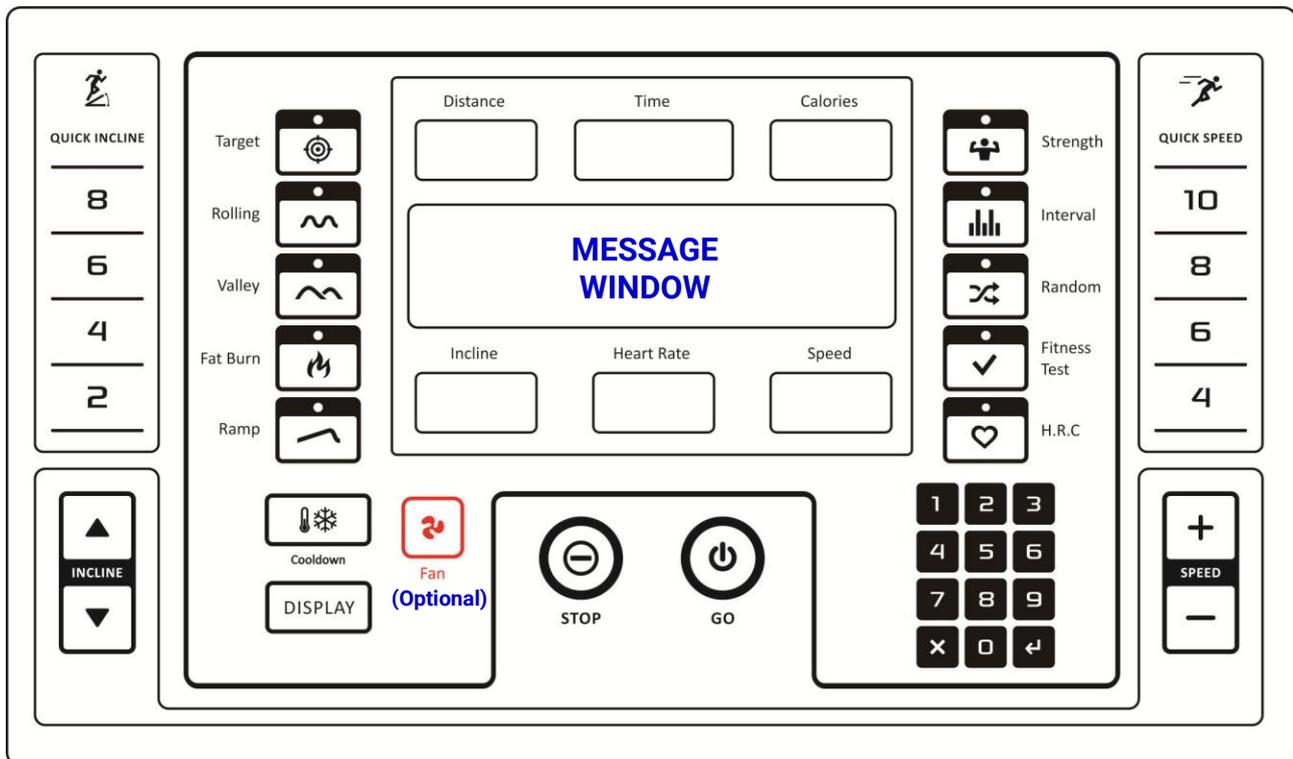


Table 4-1, Parts of the Console - Display Functions

Display	Definition
<b>Distance</b>	Displays the distance count (miles or km) in the workout.
<b>Time</b>	Displays the remaining time or the total time.
<b>Calories</b>	Displays the estimated calories that you have burned during the workout.
<b>Message Window</b>	Displays the program profiles or message.
<b>Incline</b>	Displays the current percent of Incline for the walking deck.
<b>Heart Rate</b>	Displays the beats per minute (BPM) from the heart rate monitor (heart rate handlebar or chest belt).
<b>Speed</b>	Displays the belt speed in miles per hour (MPH) or kilometers per hour (KPH).

**Table 4-2, Parts of the Console - Keypad Function**

Key	Function																				
 <b>GO</b>	Press to quick start or start the program.																				
 <b>Stop</b>	Press to pause when in use.																				
Incline arrow buttons: <b>Incline ▲ / Incline ▼</b>	- Use the arrow keys to adjust the incline level. - Adjusts program types and program values.																				
Speed arrow buttons: <b>Speed + / Speed –</b>	- Use the arrow keys to adjust the speed. - Adjusts program types and program values.																				
<b>Numeric keypad (0-9)</b>	- Set the running speed while in use. - Set program values.																				
 <b>Rest / Clear</b>	Clear the setting value while setting.																				
 <b>Enter</b>	Confirms information or a selection.																				
<b>QUICK SPEED (4/6/8/10)</b>	4 preset speed quick keys for quick adjust speed to a predetermined value.																				
<b>QUICK INCLINE (2/4/6/8)</b>	4 preset incline quick keys for quick adjust incline to a predetermined value.																				
 <b>Cool Down</b>	Press to gradually lower speed of the program.																				
 <b>Fan (Optional)</b>	Press to turn on/off the fan.																				
<b>DISPLAY</b>	Press once to show the workout information of METS, CAL/H and PACE. Press twice to show the profile graphic.																				
<b>Program keys with indicators</b> <table border="0" data-bbox="172 1485 515 1839"> <tr> <td>Target</td> <td></td> <td>Strength</td> <td></td> </tr> <tr> <td>Rolling</td> <td></td> <td>Interval</td> <td></td> </tr> <tr> <td>Valley</td> <td></td> <td>Random</td> <td></td> </tr> <tr> <td>Fat Burn</td> <td></td> <td>Fitness Test</td> <td></td> </tr> <tr> <td>Ramp</td> <td></td> <td>H.R.C</td> <td></td> </tr> </table>	Target		Strength		Rolling		Interval		Valley		Random		Fat Burn		Fitness Test		Ramp		H.R.C		The following 10 preset programs can be selected directly: <ul style="list-style-type: none"> <li>- Target</li> <li>- Rolling</li> <li>- Valley</li> <li>- Fat Burn</li> <li>- Ramp</li> <li>- Strength</li> <li>- Interval</li> <li>- Random</li> <li>- Fitness Test</li> <li>- H.R.C</li> </ul>
Target		Strength																			
Rolling		Interval																			
Valley		Random																			
Fat Burn		Fitness Test																			
Ramp		H.R.C																			

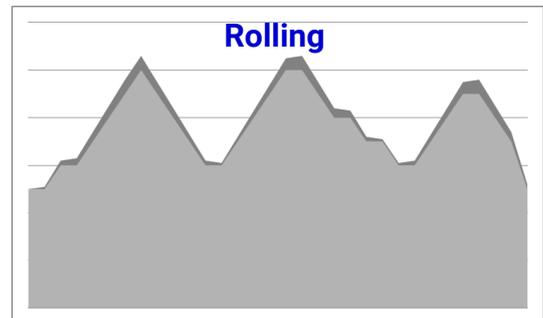
## 4.2 Program Profiles and Operation

**WARNING:** Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine’s computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only.

### Preset Program: Rolling (P1)

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Defalut Setting: 4 MPH/ 6 KPH



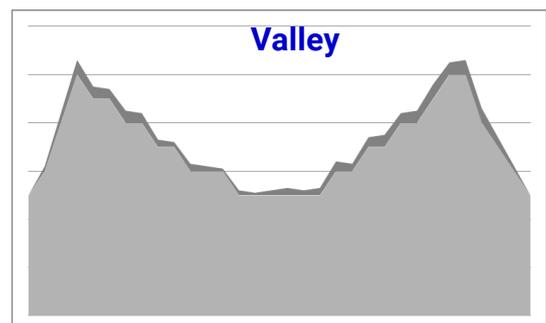
P1, Rolling	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	50	60	60	70	80	90	100	90	80	70	60	60	70	80	90
	Incline	0	1	2	3	4	5	6	6	5	4	3	2	1	2	3	4
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	100	100	90	80	80	70	70	60	60	70	80	90	90	80	70	50
Incline	5	6	5	4	3	2	1	1	2	3	4	5	6	5	4	2	

Unit: %; Speed = Max Target Speed x Speed %

### Preset Program: Valley (P2)

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Defalut Setting: 4 MPH/ 6 KPH



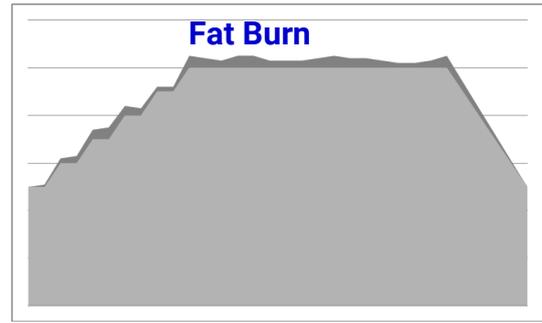
P2, Valley	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	60	80	100	90	90	80	80	70	70	60	60	60	50	50	50
	Incline	0	2	4	6	5	4	5	4	3	2	3	2	1	2	1	2
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	50	50	50	60	60	70	70	80	80	90	100	100	80	70	60	50
Incline	3	2	3	4	3	4	5	4	5	6	5	6	6	4	2	0	

Unit: %; Speed = Max Target Speed x Speed %

**Preset Program: Fat Burn**  **(P3)**

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Default Setting: 3 MPH/ 5 KPH



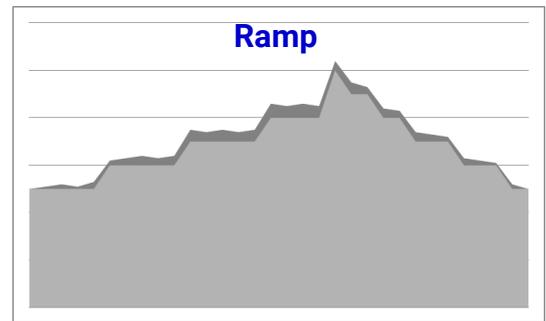
P3, Fat Burn	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	50	60	60	70	70	80	80	90	90	100	100	100	100	100	100
	Incline	0	1	2	3	4	5	4	3	2	2	5	4	3	5	5	3
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	100	100	100	100	100	100	100	100	100	100	100	90	80	70	60	50
	Incline	3	3	4	5	4	4	3	2	2	3	5	4	3	2	1	0

Unit: %; Speed = Max Target Speed x Speed %

**Preset Program: Ramp**  **(P4)**

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Default Setting: 4 MPH/ 6 KPH



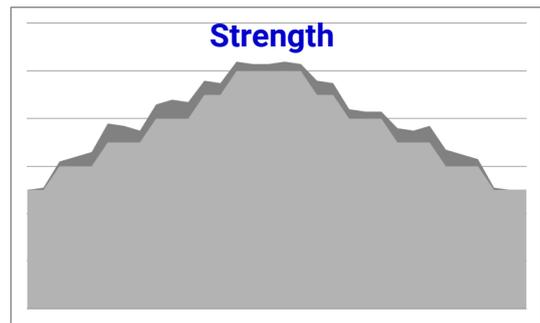
P4, Ramp	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	50	50	50	50	60	60	60	60	60	70	70	70	70	70	80
	Incline	0	1	2	1	3	2	3	4	3	4	5	4	5	4	5	6
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	80	80	80	100	90	90	80	80	70	70	70	60	60	60	50	50
	Incline	5	6	5	4	5	3	4	3	4	3	2	3	2	1	2	0

Unit: %; Speed = Max Target Speed x Speed %

### Preset Program: Strength (P5)

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Default Setting: 5 MPH/ 7 KPH



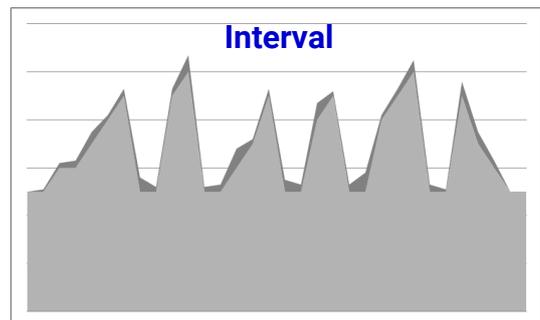
P5, Strength	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	50	60	60	60	70	70	70	80	80	80	90	90	100	100	100
	Incline	0	1	2	4	6	8	7	5	6	8	7	6	5	4	3	3
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	100	100	90	90	80	80	80	70	70	70	60	60	60	50	50	50
	Incline	4	3	6	5	4	3	3	6	5	7	7	5	3	1	0	0

Unit: %; Speed = Max Target Speed x Speed %

### Preset Program: Interval (P6)

Incline and Speed changes; Each Profile Program has 32 segments allowing for a variety of workouts.

Default Setting: 5 MPH/ 7 KPH



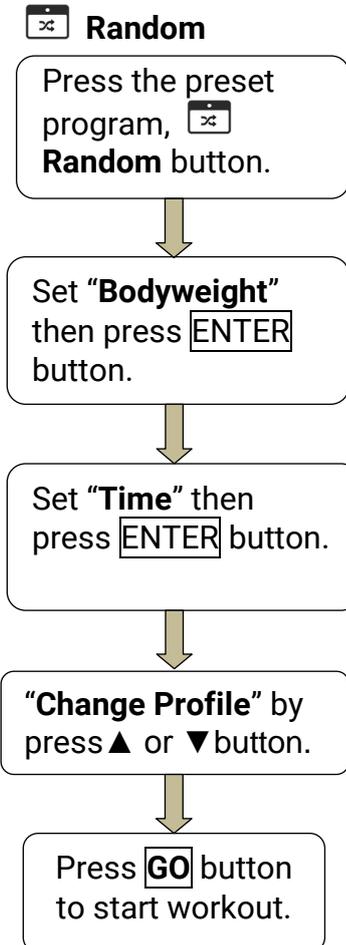
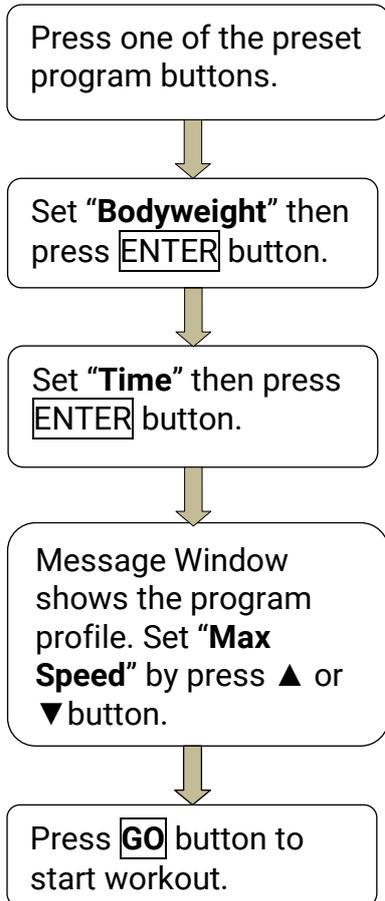
P6, INTERVAL	<b>Segment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Speed	50	50	60	60	70	80	90	50	50	90	100	50	50	60	70	90
	Incline	0	1	2	3	5	2	3	6	2	3	7	2	3	8	2	3
	<b>Segment</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
	Speed	50	50	80	90	50	50	80	90	100	50	50	90	70	60	50	50
	Incline	5	3	7	2	3	8	2	3	5	3	1	6	5	3	0	0

Unit: %; Speed = Max Target Speed x Speed %

## Preset Program: Random (P7)

Specially designed chart based program that will simulate speed/incline level being changed randomly.

### Preset Programs Operation Procedures:

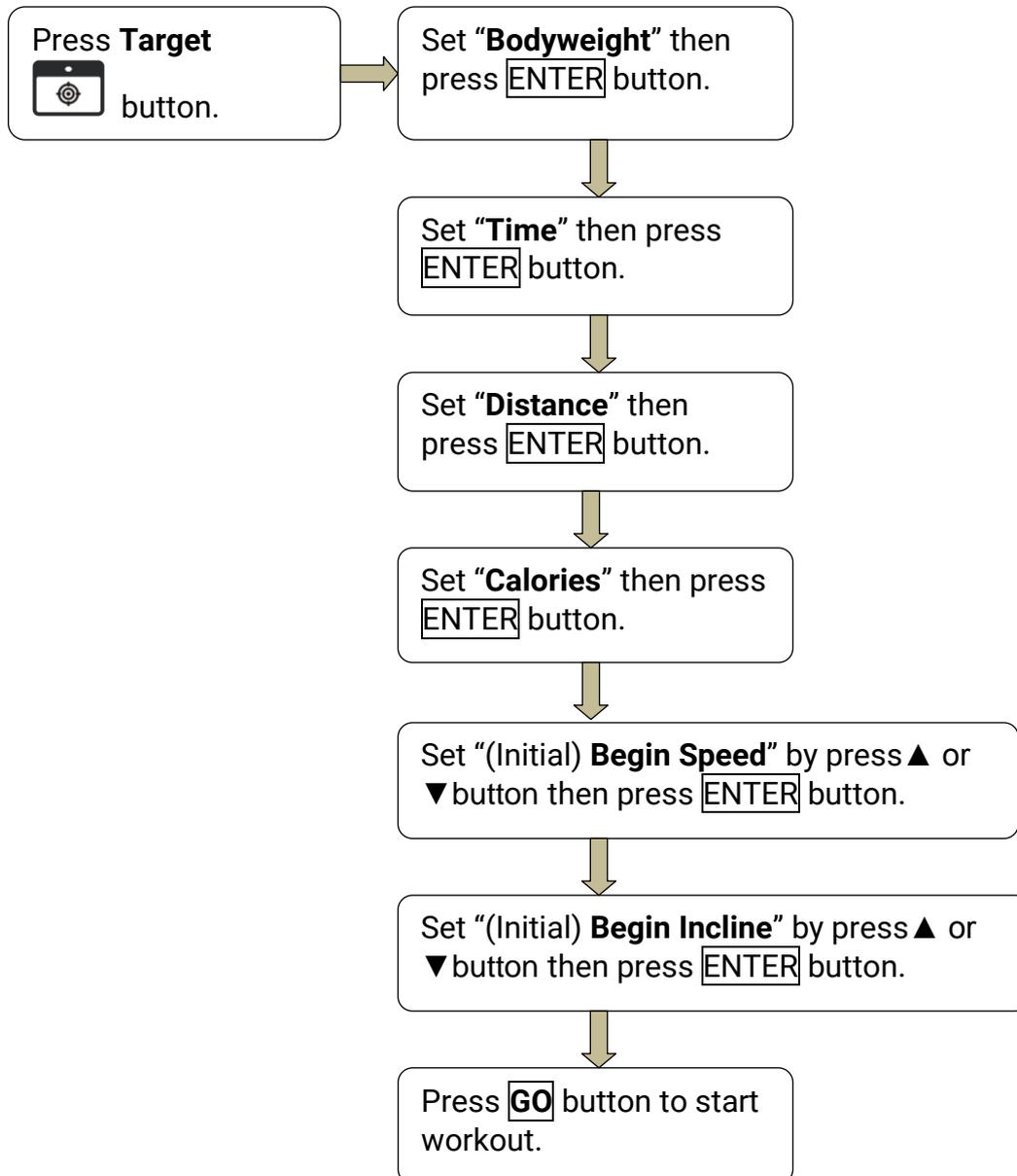


If the **Time** counter reaches Zero, the program will end automatically.

## Target

Allow you to set the Workout Time, Distance and Calories.

### Target Program Operation Procedure:



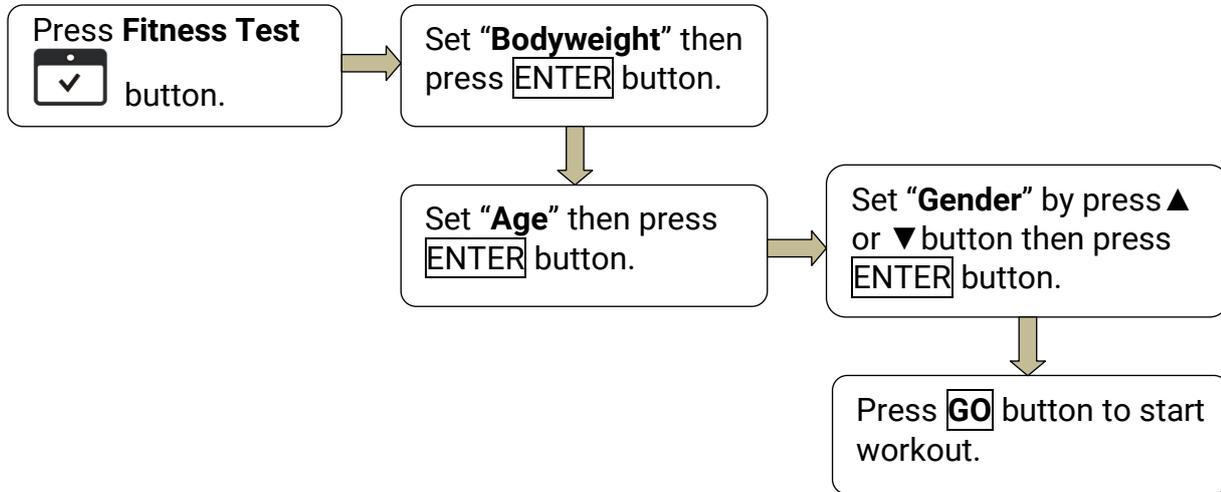
**NOTES:** Once one of the preset values is reached (Time/Distance/Calories) the program will end automatically.

If there are no pre-set targets then the program will not end, until the **Stop** button is pressed.

## Fitness Test

Test your current level of physical condition.

### Fitness Test Program Operation Procedure:



The program will end when the counter reaches 0.

Refer to the table below to find your corresponding test result (VERY GOOD/ GOOD/ AVERAGE/ BAD/ VERY BAD).

AGE	Gender	VERY GOOD	GOOD	AVERAGE	BAD	VERY BAD
13~14	Male	>2.7 KM	2.4~2.7 KM	2.2~2.39 KM	2.1~2.19 KM	<2.1 KM
	Female	>2.0 KM	1.9~2.0 KM	1.6~1.89 KM	1.5~1.59 KM	<1.5 KM
15~16	Male	>2.8 KM	2.5~2.8 KM	2.3~2.49 KM	2.2~2.29 KM	<2.2 KM
	Female	>2.1 KM	2.0~2.1 KM	1.9~1.99 KM	1.6~1.89 KM	<1.6 KM
17~20	Male	>3.0 KM	2.7~3.0 KM	2.5~2.69 KM	2.3~2.49 KM	<2.3 KM
	Female	>2.3 KM	2.1~2.3 KM	1.8~2.09 KM	1.7~1.79 KM	<1.7 KM
21~29	Male	>2.8 KM	2.4~2.8 KM	2.2~2.39 KM	1.6~2.19 KM	<1.6 KM
	Female	>2.7 KM	2.2~2.7 KM	1.8~2.19 KM	1.5~1.79 KM	<1.5 KM
30~39	Male	>2.7 KM	2.3~2.7 KM	1.9~2.29 KM	1.5~1.89 KM	<1.5 KM
	Female	>2.5 KM	2.0~2.5 KM	1.7~1.99 KM	1.4~1.69 KM	<1.4 KM
40~49	Male	>2.5 KM	2.1~2.5 KM	1.7~2.09 KM	1.4~1.69 KM	<1.4 KM
	Female	>2.3 KM	1.9~2.3 KM	1.5~1.89 KM	1.2~1.49 KM	<1.2 KM
Over 50	Male	>2.4 KM	2.0~2.4 KM	1.6~1.99 KM	1.3~1.59 KM	<1.3 KM
	Female	>2.2 KM	1.7~2.2 KM	1.4~1.69 KM	1.1~1.39 KM	<1.1 KM

## H.R.C (Heart Rate Control)

**Important:** To use this program a chest belt (Optional) must be worn.

The heart rate program allows you to set a target heart rate for your workout. The heart rate value will be reset and back to idle mode if no heart rate signal input after 60 seconds.

This program will compare the Actual Heart Rate and the Preset Heart Rate every 30 seconds and will adjust the **incline level** until the Actual Heart Rate reaches a point within +5 or – 5 beats of the Preset Heart Rate.

If the Actual Heart Rate is less than, or equal to the Preset Heart Rate (-5), the **incline level** will be increased by 1 level every 30 seconds until it reaches the maximum level.

If the Actual Heart Rate is more than, or equal to the Preset Heart Rate (+5), the **incline level** will be decreased by 1 level every 30 seconds until it reaches the minimum level.

**Speed or incline level may be changed at any time during the workout by pressing the control panel or the quick shift (Optional).**

**HRC Program Operation Procedure:**

Press **H.R.C**  button. Message window shows **"THR"** (Target Heart Rate), press  or  button to select **HRC 60%, HRC 75%** or **HRC 85%**.

**THR Mode**

**HRC Mode**

SET **"TARGET HEART RATE"** then press **ENTER** button.

Select **HRC 60%** or **HRC 75%** or **HRC 85%** then press **ENTER** button.

SET **"BODYWEIGHT"** then press **ENTER** button.

SET **"AGE"** then press **ENTER** button.

SET **"TIME"** then press **ENTER** button.

SET **"BODYWEIGHT"** then press **ENTER** button.

Press **GO** button to start workout.

SET **"TIME"** then press **ENTER** button.

SET **"(Initial) BEGIN SPEED"** by press  or  button then press **ENTER** button.

**Heart Rate Control Formula:**  
 HRC 60%= (220-Age) x 60%  
 HRC 75%= (220-Age) x 75%  
 HRC 85%= (220-Age) x 85%

SET **"(Initial) BEGIN INCLINE"** by press  or  button then press **ENTER** button.

Press **GO** button to start workout.

## 5. ENGINEERING MODE

### 5.1 ENGINEERING MODE 1: Settings

In IDLE mode, press **STOP** button then press **FAST** button for 3 seconds to enter **ENGINEERING MODE 1**.

#### Software Version:

Message Window shows **[VER]** , time window shows software version, press **[ENTER]** to next setting.

#### Unit Setting:

Message Window shows **[SET UNIT]** one time then shows **[METRIC]** , press **▲** or **▼** button change to **[ENGLISH]** (Imperial), press **[ENTER]** button to next setting.

#### Language Selection:

Message Window shows **[SET LANGUAGE]** one time then shows **『ENGLISH』** . Press **▲** or **▼** button change to **『NEDERLANDS』** or **『FRANCAIS』** or **『DEUTSCH』** or **『ITALIANO』** or **『ESPAÑOL』** or **『POLAND』** , press **[ENTER]** button to next setting.

*(This function is only for software version 1.09 or above.)*

#### Fan Setting: (Optional)

Message Window shows **[FAN SETTING]** one time then shows **[ON]** , press **▲** or **▼** button change to **[OFF]** , press **[ENTER]** button to next setting.

#### Display Key Setting:

Message Window shows **[DISPLAY KEY SETTING]** one time then shows **[ON]** , press **▲** or **▼** button change to **[OFF]** , press **[ENTER]** button to next setting.

#### Min Speed Setting:

Message Window shows **[SET MIN SPEED THEN PRESS ENTER]** , **SPEED window** shows the current value, press **▲** or **▼** button change to **[OFF]** , press **[ENTER]** button to next setting.

#### Max Speed Setting:

Message Window shows **[SET MAX SPEED THEN PRESS ENTER]** , **SPEED window** shows the current value, press **▲** or **▼** button change to **[OFF]** , press **[ENTER]** button to next setting.

#### Max Elevation Setting:

Message Window shows **[SET MAX ELEVATION THEN PRESS ENTER]** , **INCLINE window** shows the current value, press **▲** or **▼** button change to **[OFF]** , press **[ENTER]** button to next setting.

#### Total Used Distance:

Message window shows **[ODO]** , **DISTANCE & TIME window** shows the total used distance.

*Total used distance= TIME window value + (DISTANCE window value X 10000)*

Press **[ENTER]** button to next setting.

#### How to reset the Total Used Distance & Total Used Hours:

*If necessary, press and hold **[RESET/CLEAR]** button and press **[ENTER]** button for 5 seconds to reset the Total Used Distance & Total Used Hours.*

#### Total Used Hours:

Message window shows **[HRS]** , **TIME windows** shows total hours value. Press **[ENTER]** button to return to IDEL mode.

## 5.2 ENGINEERING MODE 2: TEST Mode

In IDLE mode, press **STOP** button then press **GO** button for 3 seconds to enter **ENGINEERING MODE 2**.

### Software Version:

Message Window shows **[VER]**, time window shows software version, press **ENTER** to start Test Mode.

### LED ON/OFF Test:

All the led displays will light up then light off. Press **ENTER** button to next test.

### LED Scan Mode:

This is for production test mode, press **ENTER** button to next test.

### LED Indicator Scan Test:

This is for production test mode, press **ENTER** button to next test.

### Keys Test:

Message window shows **[KEY]**, each key has their own code when press it. (Refer to the **Table 5-1**.) Press **ENTER** button to next test.

### Test Mode:

Press **GO** button to drive the motor; press speed buttons to change speed; press incline buttons to drive incline motor.

Press **ENTER** button to return to **LED ON/OFF Test**.

Press and hold the **X**(Clear) button then press **⏻**(GO) button to exit.

**Table 5-1, Corresponding Code of the Keypad**

KEY	CODE	KEY	CODE	KEY	CODE	KEY	CODE
Target	001	Reset/Clear	011	0	021	Spd-10	031
Rolling	002	1	012	Enter	022	Incline-up	032
Valley	003	2	013	Incline-8	023	Incline-down	033
Fat burn	004	3	014	Incline-6	024	Stop	034
Ramp	005	4	015	Incline-4	025	Fan	035
Strength	006	5	016	Incline-2	026	Start	036
Interval	007	6	017	Cool down	027	Speed-slow	037
Random	008	7	018	Speed-4	028	Speed-fast	038
Fitness test	009	8	019	Speed -6	029		
H.R.C	010	9	020	Speed -8	030		

## 6. MAINTENANCE

### 6.1 Preventive Maintenance Tips

The Safety of the equipment can be maintained only if it is examined regularly for damage or wear. If maintenance is required, keep the equipment out of service until defective parts are repaired or replaced. The following preventive maintenance tips will keep the machine operating at peak performance:

- Locate in a cool, dry place.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Use a 100% cotton cloth, lightly moistened with water and a mild liquid cleaning product, to clean. Other fabrics, including paper towels, may scratch the surface.
- Do NOT use ammonia or acid-based cleaners.
- **Brush away any wax deposits from the deck and belt area.**

### 6.2 Preventive Maintenance Schedule

Follow the schedule below to ensure proper operation of this equipment.

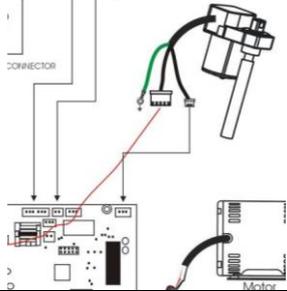
Number	Checking Item	Daily	Week	Month	Season	6 Months
1	Console Screws					Checking
2	Main Frame	Wipe				Checking
3	Running Belt Surface		Clean(dust)			Checking
4	Power Cord			Checking		
5	Overlay	Wipe		Checking		
6	Handlebar	Wipe				Checking
7	Handlebar Screws				Checking	
8	Front Roller & Groove				Wipe	Checking
9	Rear Roller					Checking
10	Safety Key	Wipe				
11	Drive Belt				Wipe	Checking
12	Running Belt Tension					Checking
13	Motor Control					Clean(dust)
14	Motor Pulley & Groove					Checking

### 6.3 Troubleshooting the Treadmill

SYMPTOM	CAUSE	SOLUTION
<p>Console display does not illuminate.</p>	<p>A).No power to treadmill.</p> <p>B).Console wire is not connected or not completely.</p> <p>C).Overload, protecting has started.</p> <p>D).Console power source damaged.</p>	<p>A).Check the on-off switch is on, switch indicator shall be light. If not light, check AC power cord.</p> <p>B).Check console wire every connector points connect correctly, including outward and connector point insert PINs.</p> <p>C).Check fuse (near on-off switch) is worked or not, if worked, push it back, and restart again, if work please maintenance the running belt and deck.</p> <p>D).Turn off power then open the motor cover, turn on the power and check the console power pilot lamp (LED2) where on the interface PCB, it shall be light completely, if not, replace it.</p>
<p>Display not completely illuminating.</p>	<p>A).Console is damaged.</p> <p>B).Console source power is unstable.</p>	<p>A).Replace the console PCB.</p> <p>B).Check the power source, turn off power then open the motor cover. Turn on the power and check the console power pilot lamp (LED1) where on the interface PCB, it shall be light completely, if not, replace it.</p>

## 6.4 Error Message and Solutions

Item	Error Message	Descriptions				
1.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>LE1</td> </tr> </tbody> </table>	Distance	Time	Err	LE1	<p>Output power is too low while in motion. Input voltage shall be between 110 / 220 V <math>\pm</math> 10%</p> <p><b>Analysis and Solution:</b></p> <ol style="list-style-type: none"> <li>1) <b>Input voltage error:</b> Check the input voltage to ensure range is within <math>\pm</math>20%.</li> <li>2) <b>Poor contact of input voltage cable:</b> Check the cable connections.</li> <li>3) <b>Unstable input voltage:</b> Instantly turn off and on the power; it won't release all the current from the system so that it can detect the error.</li> </ol>
Distance	Time					
Err	LE1					
2.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>OC</td> </tr> </tbody> </table>	Distance	Time	Err	OC	<p>Output current of inverter is overload (over 17.6A)</p> <p><b>Analysis and Solution:</b> Replace the running belt or deck if always happen while in motion</p>
Distance	Time					
Err	OC					
3.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>OE</td> </tr> </tbody> </table>	Distance	Time	Err	OE	<p>The operation voltage is too high, it may happen at high incline level and heavy loading exercising.</p> <p><b>Analysis and Solution:</b> You may contact us via email for the further information.</p>
Distance	Time					
Err	OE					
4.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>PrEr</td> </tr> </tbody> </table>	Distance	Time	Err	PrEr	<p>Flash application of inverter error.</p> <p><b>Analysis and Solution:</b> The inverter should be replaced.</p>
Distance	Time					
Err	PrEr					
5.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>EEr</td> </tr> </tbody> </table>	Distance	Time	Err	EEr	<p>EEPROM of inverter error.</p> <p><b>Analysis and Solution:</b> The inverter should be replaced.</p>
Distance	Time					
Err	EEr					
6.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>LE</td> </tr> </tbody> </table>	Distance	Time	Err	LE	<p>The voltage is too low when in IDLE or setting mode.</p> <p><b>Analysis and Solution:</b> Check the input voltage. The input AC power shall be 110V(220V system) / 65V(110V system) or will show 『LE』 .</p>
Distance	Time					
Err	LE					
7.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>9F</td> </tr> </tbody> </table>	Distance	Time	Err	9F	<p>Leakage or output three-phase current of motor unbalance.</p> <p><b>Analysis and Solution:</b> Check the connection of motor cable or replace motor.</p>
Distance	Time					
Err	9F					
8.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>OH</td> </tr> </tbody> </table>	Distance	Time	Err	OH	<p>The Heat sink of inverter is detected over 85°C.</p> <p><b>Analysis and Solution:</b> The inverter is over heat; wait for cooling down to re-start. It also means the loading is too heavy, need to lubricate or replace running belt or deck.</p>
Distance	Time					
Err	OH					
9.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>OL</td> </tr> </tbody> </table>	Distance	Time	Err	OL	<p>The motor current is operating higher than rated 110% in a certain time, which means the loading is too high, should replace the running belt/deck.</p> <p><b>Analysis and Solution:</b> Replace the running belt or deck.</p>
Distance	Time					
Err	OL					
10.	<table border="1"> <thead> <tr> <th>Distance</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Err</td> <td>OL1</td> </tr> </tbody> </table>	Distance	Time	Err	OL1	<p>Motor current is exceeding the rated 150%, the loading is too high.</p>
Distance	Time					
Err	OL1					

Item	Error Message	Descriptions				
		<p><b>Analysis and Solution:</b> Replace the running belt or deck.</p>				
11.	<table border="1"> <tr> <th>Distance</th> <th>Time</th> </tr> <tr> <td>Err</td> <td>ntcF</td> </tr> </table>	Distance	Time	Err	ntcF	<p>Temperature sensor is abnormal.</p> <p><b>Analysis and Solution:</b> Replace the inverter.</p>
Distance	Time					
Err	ntcF					
12.	<table border="1"> <tr> <th>Distance</th> <th>Time</th> </tr> <tr> <td>Err</td> <td>LF</td> </tr> </table>	Distance	Time	Err	LF	<p>Motor cable is not connected.</p> <p><b>Analysis and Solution:</b> Check the connection.</p>
Distance	Time					
Err	LF					
13.	<table border="1"> <tr> <th>Distance</th> <th>Time</th> </tr> <tr> <td>Err</td> <td>dbuP</td> </tr> </table>	Distance	Time	Err	dbuP	<p>The brake system of inverter is damaged.</p> <p><b>Analysis and Solution:</b> Replace the inverter.</p>
Distance	Time					
Err	dbuP					
14.	<table border="1"> <tr> <th>Distance</th> <th>Time</th> </tr> <tr> <td>Err</td> <td>Err7</td> </tr> </table>	Distance	Time	Err	Err7	<p>The incline motor position parameters over max or min limit, check the incline motor connect to inverter certainly show as below. If connection well, replace inverter and update the console program version to the newest version.(great than V1.06)</p> 
Distance	Time					
Err	Err7					
15.	<table border="1"> <tr> <th>Distance</th> <th>Time</th> </tr> <tr> <td>Err</td> <td>Err6</td> </tr> </table>	Distance	Time	Err	Err6	<p>Incline motor cannot reach the preset set position within 42 seconds.</p> <p><b>Analysis and Solution:</b></p> <pre> graph TD     A[Restart the treadmill and then set incline level to 15.] --&gt; B{Does incline motor moving?}     B -- No --&gt; C[Incline motor jammed, to eliminate jam problem then check the inverter shall be the new version (refer to 1.3.) and console firmware version great than V1.05, if not, replace or update it.]     B -- Yes --&gt; D{Does it move about 1~2 seconds then stop?}     D -- No --&gt; E[System operating normal but please check the inverter shall be the new version and console firmware version great than V1.05, if not, replace or update it.]     D -- Yes --&gt; F[Replace incline motor and check the inverter shall be the new version (refer to 1.3.) and console firmware version great than V1.05, if not, replace or update it.]     </pre>
Distance	Time					
Err	Err6					

## **6.5 How to Adjust and Tension the Running**

Please refer to “chapter 2.6.2, Running Belt Adjustments” in this Owner’s Manual.

## **6.6 Running Belt and Running Deck Service Schedule**

Running Belt and Running Deck are the consumables parts. They should be replaced when the surface showing signs of wear. We suggest the replacement of the running belt after 6000 hours usage or abnormal signs of wear.

## **7. CUSTOMER SERVICE**

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### **7.1 Warranty Claim Process**

Please apply online for submission of warranty claims.

For submission online of warranty claims please go to <http://goo.gl/forms/OplmbWO9kXHJuDYc2>.

To submit warranty claims, you will be asked to provide information in your submission, and also to upload your pictures/video clips.

Before you begin submission, you should have the following items ready:

- (1) Vendor's Code**
- (2) Your email address**
- (3) Your name**
- (4) Your phone number**
- (5) Model Description:** For example, please fill in M8, M7, M7A00A1, EP7, B7 E Plus or etc. Please fill in only one model per submission.
- (6) Serial Number:** It is a one-letter-9-digit code like T141000525, E141200021, R141000064, or B14100059. You may fill in multiple serial numbers if you submit a warranty claim for the same model equipment.
- (7) Problem Description:**
  - Example 1: The running belt is too dry and noisy. Motor current is too high.
  - Example 2: Incline window showed "Err". All functions of the treadmill are normal except lift. Our engineer has made diagnostics according to the document "Engineering Manual - Trouble Shooting". Also there is a loud noise while pressing the "UP" button. So, he considers to be faulty.
  - Example 3: Display problem: One led segment is always off.
- (8) Issue solved or not?** Solved/ Not solved yet/ others
- (9) Requested Part Name/Number**
- (10) Link to the Folder of Pictures/Video Clips:**
  - Photos of warranty labels are essential for warranty claims on electronics like console, lift motor, motor control, generators and etc.
- (11) End Customer Site Description and Contact**
- (12) Reported Failure Date**
- (13) Preferred Shipping Method**
- (14) Comments:** Please leave comments for this issue here if you have any.

Automatic confirmation email will be sent out via [warranty.claim259@gmail.com](mailto:warranty.claim259@gmail.com) so please make sure this email address is not blocked by your server or email software.



*circle*  
FITNESS

Stay Young



*Treadmill M7 (M7L)*

