COMPACT TREADMILL

USER MANUAL

Model: SD-380TM Pro MAX



Please read this manual before installing and using the treadmill. In case of any discrepancy between this manual and the actual product, the actual product shall prevail. In accordance with the principle of continuous development, the product may be updated when necessary without prior notice or explanation.

Please add the lubricant before use

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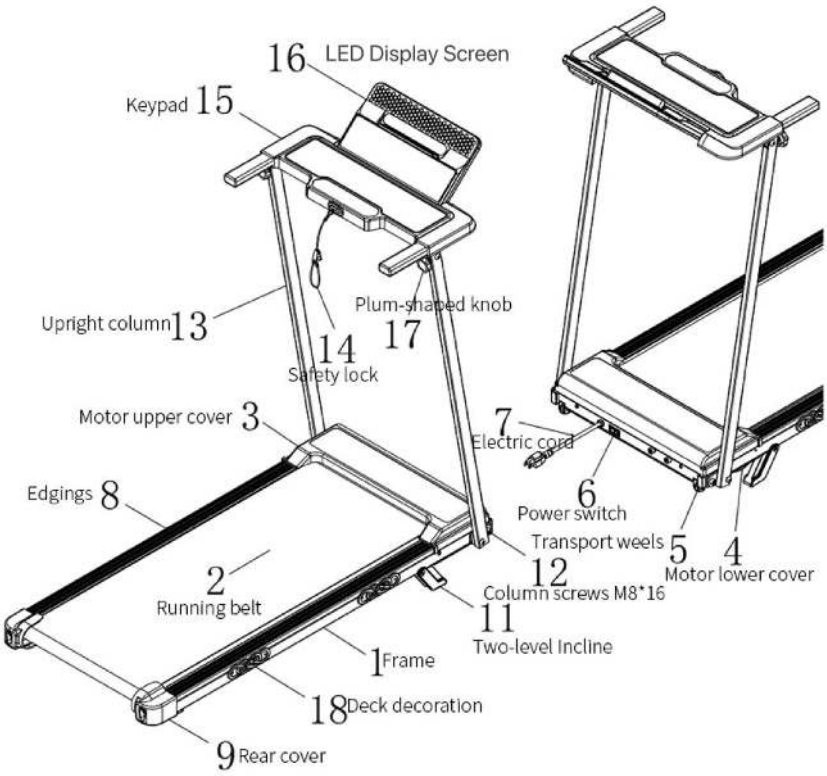
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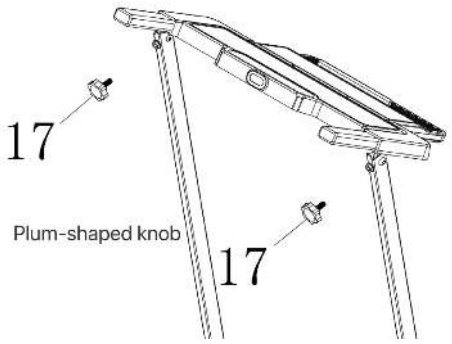
TikTok 380TM Pro Max

YouTube 380TM Pro Max

Please scan the QR code to watch the installation video

Product Introduction

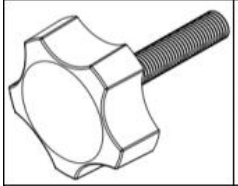
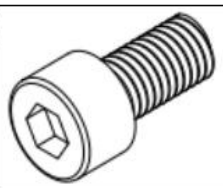
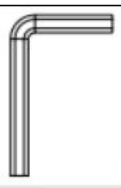
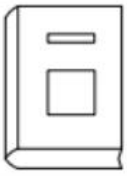




No.	Name		No.	Name
1	Frame		10	Adjustable foot mats
2	Running belt		11	Two-level Incline
3	Motor upper cover		12	Column screws M8*16
4	Motor lower cover		13	Upright column
5	Transport weels		14	Safety lock
6	Power switch		15	Keypad
7	Electric cord		16	LED Display Screen
8	Edgings		17	Plum-shaped knob
9	Rear cover		18	Deck decoration

Main technical parameters					
NO.	Parameter name	Description	NO.	Parameter name	Description
1	Rated voltage	110-120V AC	5	Time range	00:00-99:59 minutes
2	Rated frequency	50/60Hz	6	Distance range	0-99 miles
3	Speed range	0.6-10.0MPH	7	Calorie range	0-999 cal
4	Running belt size	35.43*14.37inch	8	Maximum weight load	400 lbs

Packing list							
NO.	Name	Unit	Qty	NO.	Name	Unit	Qty
1	Treadmill	PCS	1	5	Plum-shaped knob	PCS	2
2	6 #Hex wrench with screwdriver	PCS	1	6	Lubricant	PCS	1
3	User manual	PCS	1	7	Safety lock	PCS	1
4	Column screws M8*16	PCS	2				

Assembly kit					
					
Plum-shaped knob M8*20	Column screws M8*16	Lubricant	6 #Hex wrench with screwdriver	Safety lock	User manual

Installation instructions ：

1. Read the assembly instructions carefully before assembly.

2. Remove all packaging components and place them on a clean surface. This makes it easier to verify the contents and facilitates installation.

3. Check the packing list to ensure all components are included.

4. When using tools or moving items, please be cautious. Do not force installation based on personal preference during assembly.

5. Please confirm whether the packaging materials of the tools left behind are hazardous. Plastic and foam are harmful to children.

6. Assemble the product according to the instructions. Please read the assembly steps and instructions carefully.

Step 1:As shown in (Figure 1), remove the treadmill from the carton and place it on a clear floor.

Step 2: As shown in (Figure 2), The upright column should be held and rotated upward in the direction indicated.

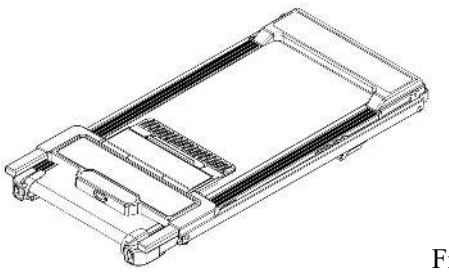
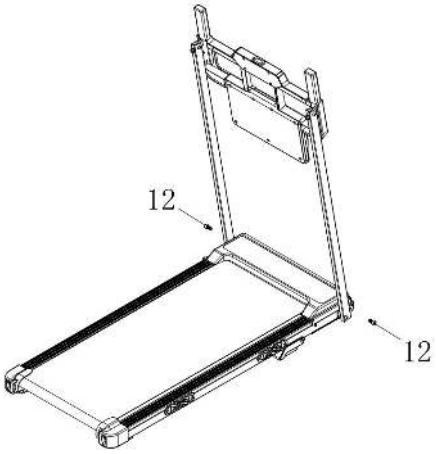
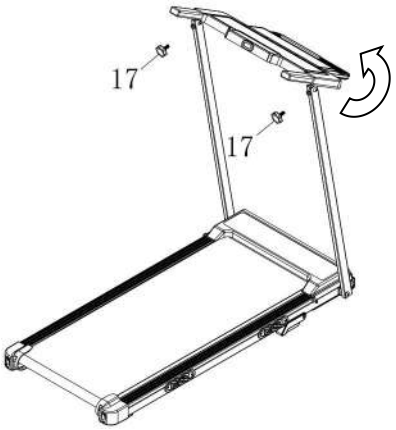




Figure 1 Figure 2

Step 3: As shown in (Figure 3): Fasten the upright column using the (12) M8x16 screws.





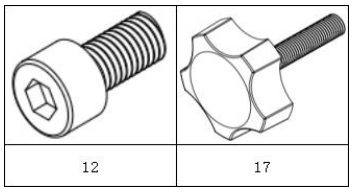
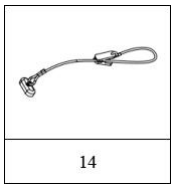


Figure 3 Figure 4

Step 4: Rotate the keypad into position as shown in (Figure4), then secure it with the plum-shaped knob (17).



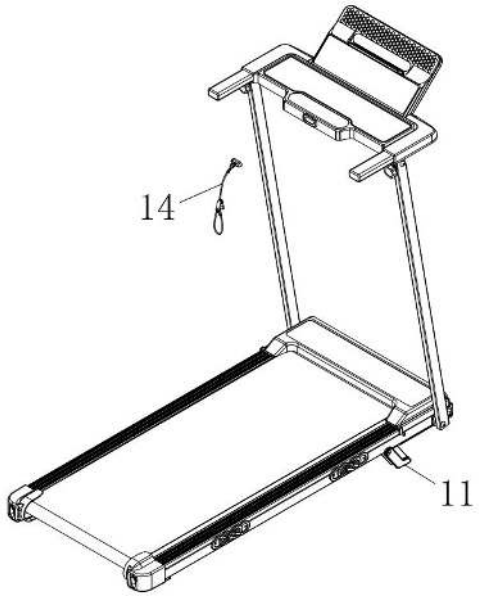


Figure 5

Step 5: As shown in (Figure5), install the safety lock (14) .

Safety lock Instructions

For safety reasons, the treadmill will only operate when the safety key is fully inserted into the yellow indicator slot on the console.

Please clip the safety key to your clothing before use. In case of an emergency, pull out the safety key immediately to stop the treadmill. To resume operation, simply reinsert the safety key.

⚠ Important Notes:

Removing the safety lock at any time will instantly stop the treadmill.

If the safety lock is not properly attached to the magnetic sensor plate, an E07 error may appear.

If this happens, remove the safety lock and reattach it securely, ensuring it is firmly magnetized to the sensor to restore normal operation.

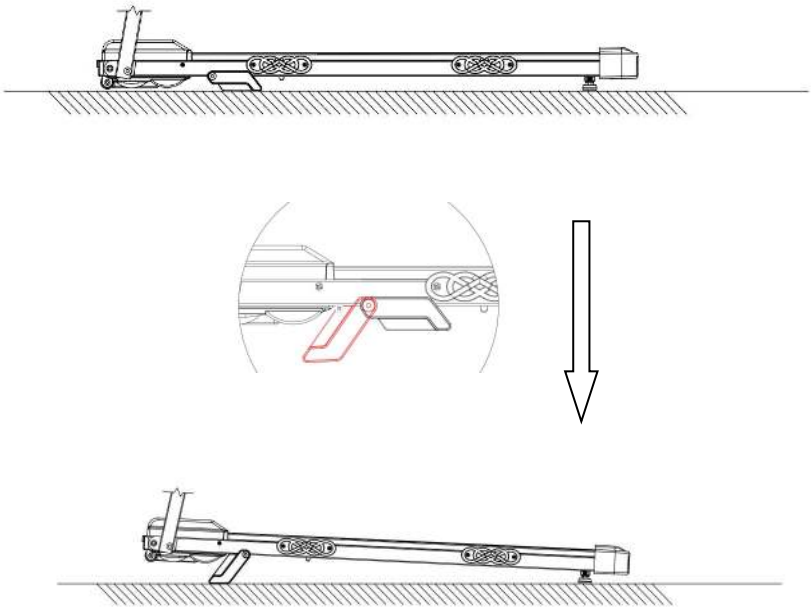


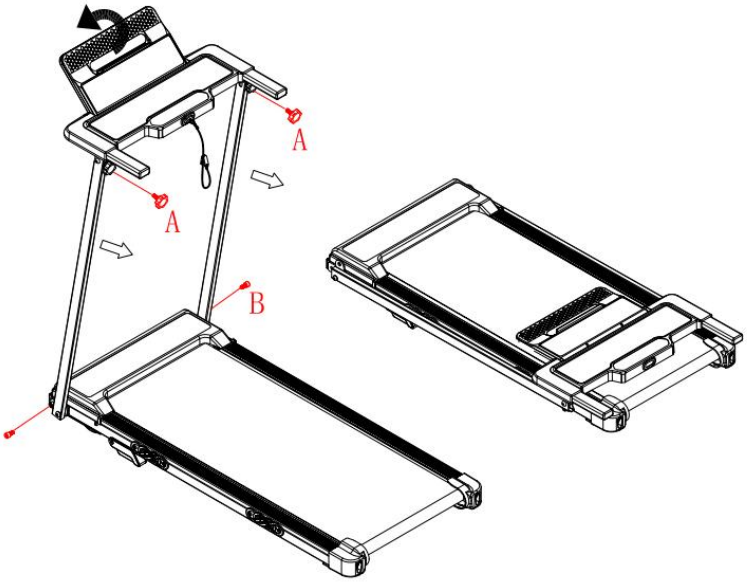


Figure 6 Figure 7

Step6： Two-level Incline User Guide

As show in (Figure 6), featuring a folding incline function, users may manually adjust the incline angle. The factory default angle is typically around 0 degrees, When manually adjusting the angle,the incline will be approximately 2 degrees. Please note that both sides must be adjusted to the same angle for the device to function correctly.

As show in (Figure 7), Installation complete.



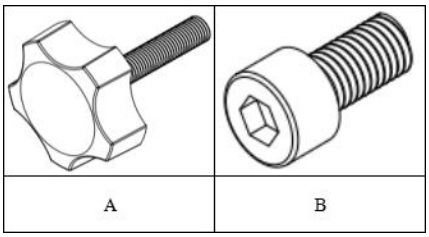


Figure 8

Step7：Folding Instructions

Pull the display panel backward until it is flush with the LED display screen unscrew the two Plum-shaped knob at Position A (see Figure 8), then gently rotate the LED display screen to align flush with the upright column. Next, unscrew the two Column screws (M8*16) at column screws B (Figure 8).

Hold the upright column, and slowly lower the riser and display onto the treadmill deck along the directions indicated by the two arrows, positioning them as shown in （Figure 8）.

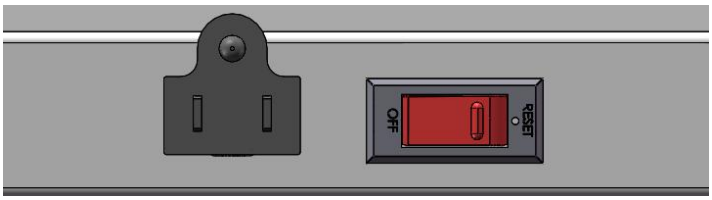
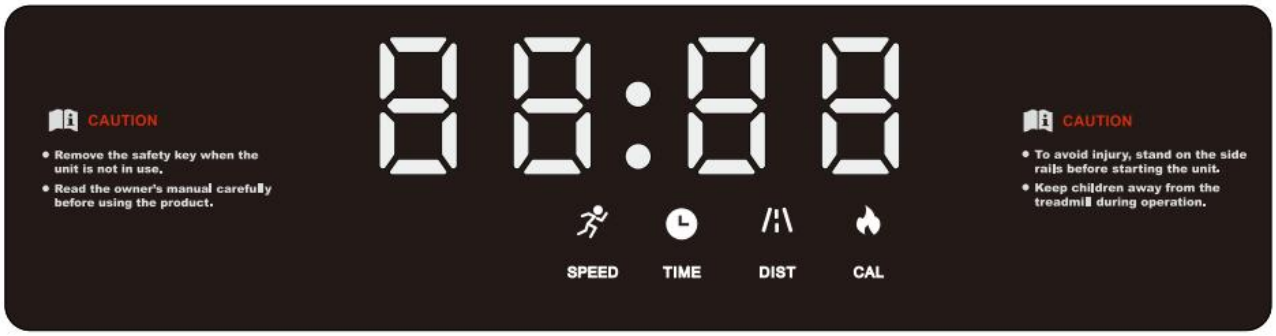


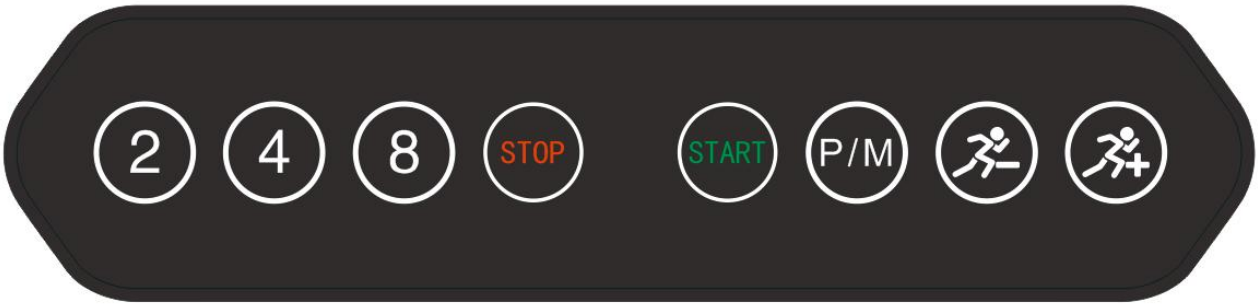
Figure 9

Power Switch Instructions

Plug in the power cord and switch on the power (the switch will light up red). You will hear a “beep,” and the LED display will turn on. Please wait a moment for the startup screen to appear before using the treadmill.

Product function description





1.Resume

Nomenclature used in the notes:

Full manual exercise mode: There is no exercise mode with set amount of exercise.

Countdown exercise mode: an exercise mode with a specific amount of exercise.

2.Parameter declaration

Motion parameters in various motion modes:

- Minimum display speed 0.6MPH
- Maximum display speed 10.0MPH
- Maximum exercise time in time mode: 60 minutes
- Minimum movement time in time mode: 5 minutes
- Maximum distance traveled in distance mode: 99 miles
- Minimum movement distance in distance mode: 1 mile
- Maximum calories burned under the calorie pattern: 990 calories
- Minimum calories burned under the calorie pattern: 20 calories

3.Panel button function description

1. Function button of the keypad:

Speed 2 button speed 4 button speed 8 button stop button start button program/counter mode button speed-button, speed + button

4.Panel button function and operation instructions

- Speed 2 button--Function description: speed adjustment during operation

Operation instructions: 1. When the LED display screen is running, press this button to enter 2MPH at speed

- Speed 4 button--Function description: speed adjustment during operation

Operation instructions: 1. When the LED display screen is running, press this button to enter 4MPH at high speed

- Speed 8 button--Function description: speed adjustment during operation

Operation instructions: 1. When the LED display screen is running, press this button to enter 8MPH at speed

- Stop button--Function description: Press this button to start the motor running (countdown 3S) and press this button again to stop the motor running

1. When the LED display screen is running, press this button to stop the motor running

- Start Operation instructions: 1. In the full manual operation mode of the LED display screen, press this button to start the motor operation

2. In the countdown mode setting state of the LED display screen, press this button to start the motor operation

3. The motor can be started when the LED display screen is set in P program mode

- Countdown mode/program mode button--Description: Select the countdown mode

Operation instructions: 1. In the full manual operation mode of the LED display screen, press this button to enter the countdown mode and program mode setting

2. In standby mode, select the operation process, time countdown-distance countdown-calorie countdown P1-P12. After selection, set the corresponding parameters by pressing "speed +" and "speed-" button

- Speed-button---Function description: Adjust the speed value during operation and adjust the parameter value when setting parameters

Operation instructions: 1. When the LED display screen is running, press it briefly to adjust the speed by 0.1MPH

2. In the parameter setting state, the setting parameters can be adjusted and reduced

- Speed + button--Function description: Run-time speed value adjustment, parameter setting of the parameter value

Operation instructions: 1. When the LED display screen is running, press it briefly to adjust the speed by 0.1MPH

2. In the parameter setting state, you can adjust and increase the set parameters

5.Exercise mode description

A. Manual mode function

Enter manual mode: After the LED display screen is fully displayed after power supply, enter the full manual operation mode, and then press the start button to enter the operation of manual operation mode.

Operation instructions: The initial running speed is 0.6MPH, time, distance, and calorie window are counted from zero. The running speed value can be adjusted by pressing the speed adjustment button.

If the exercise time exceeds 99:59 minutes, the treadmill will automatically stop.

B. Countdown mode function

1. Enter the countdown mode: In the full manual operation mode, press the mode button to select the countdown mode. At this time, the time window shows 10:00 minutes and flashes. You can set the required running time by pressing the speed +/-button, and the setting range is 5:00 ~ 60:00 minutes. Press the start button to enter the running of the countdown mode.

Operation instructions: The initial running speed is 0.6MPH. The time window starts to count down according to the set running time, and the distance and calorie window starts to count from zero. The speed adjustment button can adjust the running speed value. When the set time is counted down to zero, the LED display screen starts to stop running slowly.

2. Enter distance countdown mode: In the full manual operation mode, press the mode button to select distance countdown mode. At this time, the distance window displays 1.0 miles and flashes. You can set the required running distance by pressing the speed +/-button, and the setting range is 1.0~99.0 miles. Press the start button to enter the running of distance countdown mode.

Operation instructions: The initial running speed is 0.6MPH, the distance window starts to count down according to the set distance, and the time and calorie window starts to count from zero. The speed

adjustment button can adjust the running speed value. When the set distance is counted down to zero, the LED display screen starts to stop running slowly.

3. Enter the calorie countdown mode: In the full manual operation mode, press the mode button to select the calorie countdown mode. At this time, the calorie window displays 50 and flashes. You can set the required running calories by pressing the speed +/-button, and the setting range is 20~990. Press the start button to enter the running of the calorie countdown mode.

Operation instructions: The initial running speed is 0.6MPH. The calorie window starts counting backwards according to the set calories, and the time and distance window starts counting from zero. The speed adjustment button can adjust the running speed value. When the set calories are counted to zero, the LED display screen starts to stop running slowly.

4 .Entering program mode: In full manual operation mode, press the program/Countdown mode button to select one of the program modes from P1-P12. At this time, the time window displays 30 minutes and flashes. You can set the required running time using the speed +/-button, with a range of 5:00 to 60:00 minutes. Press the start button to enter the running mode of the time countdown.

Operation Instructions: The initial running speed will match the program modes corresponding speed. The time window starts counting calories from the preset value, while both calorie and distance windows begin at zero. Adjust the speed adjustment button to modify the running speed. When the set time reaches zero, the stopwatch will gradually stop. The system divides the set time into 20 segments with average speeds as shown in the diagram:

单位: mph	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	1.0	1.5	2.0	2.5	1.5	2.0	2.5	2.5	1.5	2.0	2.5	2.0	2.0	2.0	1.0	1.5	2.5	1.5	1.0
P2	1.0	1.5	2.0	2.5	3.0	2.0	3.0	3.0	3.0	2.0	2.5	3.0	2.0	2.0	2.0	1.0	2.0	2.5	1.5	1.0
P3	1.0	2.0	2.0	3.0	3.0	2.0	3.5	3.5	3.5	2.0	3.5	3.5	2.0	2.0	2.0	1.0	2.5	1.5	1.5	1.0
P4	1.0	2.5	2.5	3.0	3.0	3.0	3.0	2.0	2.0	1.0	1.0	2.0	3.5	3.0	3.0	3.0	3.0	3.0	2.0	1.0
P5	1.5	1.5	2.5	3.5	3.0	3.0	4.0	2.5	2.5	4.0	4.0	2.5	3.0	2.5	4.0	2.5	3.5	2.5	2.0	1.5
P6	1.5	4.0	4.0	3.5	4.0	3.0	4.0	3.0	2.0	1.0	2.5	2.0	3.5	3.0	3.0	3.0	4.0	3.0	2.0	1.5
P7	1.5	2.0	3.0	3.0	4.0	3.0	4.0	3.5	2.5	3.0	3.0	3.0	3.0	3.5	4.0	3.5	3.0	3.0	2.5	1.5
P8	1.5	2.5	3.0	3.5	4.0	4.0	3.5	4.0	2.0	3.5	3.5	2.0	3.5	3.5	4.0	3.5	4.0	3.5	2.5	1.5
P9	2.0	3.5	1.5	3.5	3.5	3.5	4.0	4.0	2.5	4.0	3.0	3.5	3.0	3.5	4.0	4.0	3.5	3.5	2.5	1.5
P10	2.0	2.5	1.5	4.0	4.0	4.0	4.0	4.0	2.0	4.0	2.5	2.0	3.5	4.0	3.5	3.5	4.0	3.5	3.0	2.0
P11	2.0	4.0	3.0	4.0	3.5	3.0	3.0	4.0	2.5	4.0	4.0	3.0	3.0	3.0	3.0	3.0	3.5	4.0	4.0	1.0
P12	2.0	2.0	3.5	4.0	1.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.5	4.0	4.0	1.0	4.0	4.0	4.0	1.0

6.Description of sleep function

When the treadmill stops running, if no operation is performed for more than 10 minutes, it will enter the sleep state. The LED display screen will automatically turn off and display. Press any button to wake up. After the LED display screen fully displays, it will re-enter the initial standby state.

7.Security lock function description

During normal use, the safety lock must be placed in the designated position of the LED display screen before operating the LED display screen. After removing the safety lock, each display window of the LED display screen displays "E07" with a warning sound. If the safety lock is removed during operation, the system will stop quickly. After closing the safety lock again, all motion data will be reset.

Instructions for error messages in the DC system of the treadmill

NO.	Fault Code	Fault Name	Fault diagnosis	Solution
1	E02	The main motor open circuit	1. The main motor wire is not connected or loose; 2. The controller is open circuit and damaged;	1. Reinforce the main motor connection wire; 2. Replace the lower controller;
2	E03	Overcurrent protection	1. Overloading; 2. Foreign matter is stuck in the motor or roller shaft; 3. The roller is not lubricated enough, and the resistance increases; 4. Controller damage; 5. Motor damage and resistance increase;	1. Reduce the load and don't exceed the rated load; 2. Remove stuck foreign objects; 3. Add lubricant; 4. Replace the lower controller; 5. Replace the motor;
3	E05	Motor overpressure protection	1. The user's grid voltage is unstable and the peak voltage is very high; 2. The wheel diameter value is set incorrectly; 3. The controller is damaged;	1. Add an external filter and voltage regulator 2. Reset the wheel diameter value and shouldn't exceeding the rated voltage of the motor; 3. Replace the lower controller;
4	E06	Communication error between the lower controller and the display board	1. The main connection line interface between the lower controller and display board is loose; 2. The main connection line between the lower controller and the display board is broken; 3. The LED display screen is broken; 4. Controller damage;	1. Reinforce the connection line interface; 2. Replace the upper and lower controller main connection cable; 3. Replace the display; 4. Replace the lower controller
5	E07	Safety lock disabled	1. Red magnets fall off 2. Faults in the upper display 3. keyboard fault	1. Replace the safety lock 2. Replace the upper controller 3. Replace the keypad
6	E0C	IGBT breakdown Explosion-proof protection	1. Power transistor breakdown, controller damage;	1. Replace the lower controller;
7	E08	Display Board to Keypad Board Communication Error	1. Communication cable between keypad board and display board is loose 2. Communication cable between keypad board and display board is damaged 3. Keypad board is faulty 4. Display board is faulty	1. Reconnect and secure the communication cable 2. Replace the communication cable 3. Replace the keypad board 4. Replace the display board

Product maintenance

Warning: Always unplug the power plug of the electric treadmill before cleaning or maintaining the product.
Cleaning: A thorough cleaning will extend the life of an electric treadmill.

Regularly remove dust to keep the components clean. Make sure to sweep the exposed areas on both sides of the running belt, which helps reduce debris buildup under it. Keep your running shoes clean to prevent foreign objects from entering the belt and damaging the wear-resistant plates and belt itself. Clean the running belt surface with a soapy cloth, but avoid splashing water on electrical components or the underside of the belt

Adjusting the running belt and add the lubricant

The running plate and belt of this electric treadmill are pre-lubricated. The friction between the belt and plate significantly affects the machine's lifespan and performance, so regular lubrication is essential. We recommend conducting periodic inspections of the plate surface. If any damage is detected, please contact our customer service center immediately.

We recommend that the running belt and running board of the electric treadmill be coated with lubricant according to the following schedule:

Lightweight users (less than 3 hours per week): once a month;

Heavyweight users (over 7 hours per week): every two weeks.

1. In order to better maintain your electric treadmill and prolong the service life of the machine, it is recommended that you turn off the power after continuous use for 1 hour and let the machine rest for 10 minutes before using it.
2. If the running belt is too loose, it will slip during running; if it is too tight, it may reduce the performance of the motor and aggravate the wear and tear of the drum and running belt.

Adjusting the running belt

- In order to use the treadmill better and make the treadmill work better, you need to adjust the running belt to the best condition
- Place the electric treadmill on a flat surface.
- Set the treadmill to a speed of approximately 2-3 mph. If the running belt tilts to the right, turn the right adjustment bolt clockwise by 1/2 turn, then rotate the left adjustment bolt counterclockwise by 1/2 turn. Figure A
- If the running belt is biased to the left, turn the left adjustment bolt clockwise for 1/2 circle and the

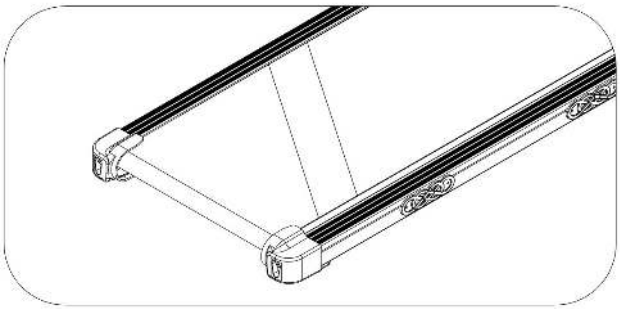
right adjustment bolt counterclockwise for 1/2 circle. Figure B



Figure A Adjustment method for running belt to the right



Figure B Adjustment method for running belt to the left

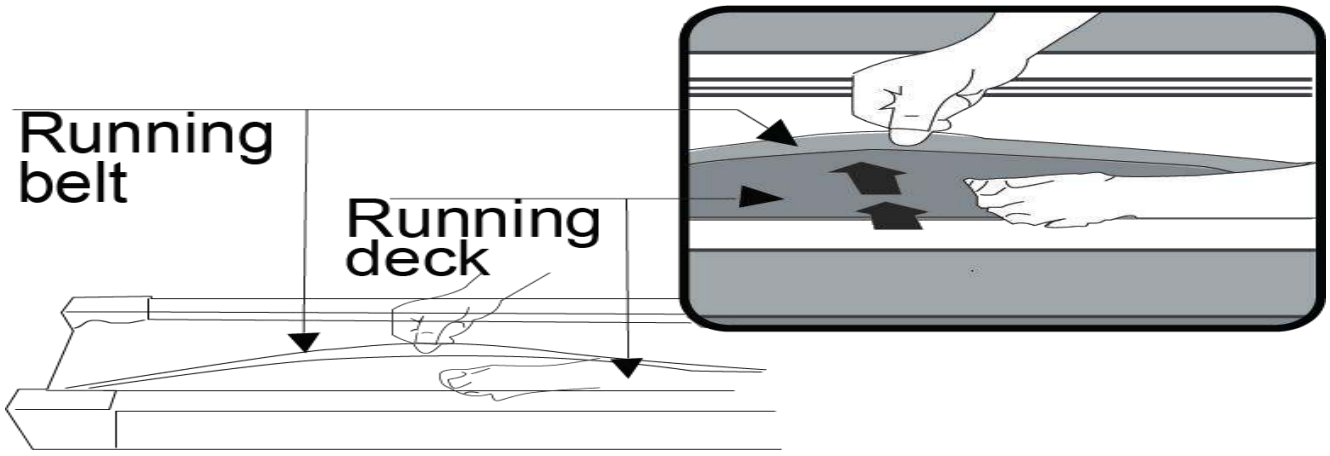


The appearance of indentations on the surface of a treadmill belt is a normal process phenomenon during production. The layers of the treadmill belt are bonded using a hot-pressing process, which is designed to ensure the durability and structural stability of the belt. A shallow seam or indentation will form during the bonding process; this is a normal splicing mark and does not aftect the product's perlormance.

Method of adding lubricant :

Step 1: Lift the running belt upward.

Step 2: Open the lubricant bottle and squeeze the lubricant above the running board, as shown in the figure.



WARNING: Always unplug the treadmill from the electrical outlet before removing the motor cover., At least once a year remove the motor cover and vacuum under the motor cover.This treadmill's running belt and running deck are equipped with a pre-lubricated. low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill,thus requiring periodic lubrication. We recommend a periodic inspection of the deck. We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)	Every 60 days
Medium user （3-5 hours/week)	Every 45 days
Heavy user （more than 5 hours/week)	Every 30 days

We suggest you buy lubricating oil from local distributors or contact our company directly.
Pay attention, any other maintains please ask professionals for help.

Safety Precautions

NOTE : In order to ensure your safety and avoid accidents, please read the instructions carefully before use and pay attention to the following safety matters.

Safety note: This product is designed and manufactured with many safety issues in mind, but please follow the instructions below in case of emergency. We are not responsible for any consequences caused by abnormal operation.

- The treadmill should be kept indoors to prevent moisture. Avoid water splashing on the treadmill, and do not place any foreign objects on it. Ensure a 1-meter safety clearance on both sides and a 2-meter x 1-meter clearance at the front and rear for emergency evacuation.

- Before exercising, wear appropriate sportswear and running shoes to prevent accidents caused by contact with the treadmill. Barefoot running is strictly prohibited. Perform full-body stretching exercises before running.
- The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- Keep children away from the machine to avoid accidents.
- Avoid prolonged overloading operation, as it may damage the motor and controller, accelerating wear and aging of bearings, belt, and plate. Perform regular maintenance on the treadmill.
- Reduce indoor dust, maintain a certain indoor humidity, and avoid generating strong static electricity, otherwise it may interfere with the normal operation of LED display screenes and controllers.
- After use, turn off the treadmill and unplug the power cord.
- Keep your room well ventilated when using the treadmill.
- If you feel unwell or experience any unusual symptoms during exercise, stop exercising and consult your doctor.
- Keep unused silicone oil out of reach of children to avoid serious consequences from accidental ingestion or misuse.

Warning: To reduce the risk of accidents or injuries, please follow these rules:

- Before using the treadmill, check that your clothing is fastened or zipped, or that your clothes are not too loose.
- Avoid wearing clothes that are likely to get caught on the treadmill.
- Do not place power cords near hot or moving objects.
- Keep children away from treadmills.

- Do not use treadmills outdoors.
- Always disconnect the power and unplug the cord before moving the treadmill.
- Non-professionals are not allowed to disassemble this machine without authorization, as doing so may lead to serious consequences.
- This treadmill is only for use in circuits of 16 ampere.
- Only one person may use this treadmill during startup. Individuals weighing 400LBS or more should not use this product.
- This product is not recommended for prolonged use. It is advisable to take a 30-minute break before using the treadmill, as extended operation may cause overheating and lead to electrical malfunctions.

Special safety notes:

- Place the treadmill where the plug can be plugged into the socket.
- Insert the power cord directly into the socket without any looseness.
- Use a certified socket to avoid potential hazards. If the plug and socket are incompatible, do not touch the plug. Have an electrician handle it.
- The machine is powered by 110V AC power supply.
- Do not let the power cord come into contact with the drum, do not place the power cord on the conveyor belt, and do not use a damaged plug.
- Unplug the device from the socket before cleaning and maintenance.

Warning: If the plug is not unplugged, it may cause injury and damage to the device.

Warning! Mandatory!

- Patients who are currently receiving medical treatment or who have the following conditions should consult a professional doctor before using this product.

  1) Individuals with lumbar pain or a history of injury to the legs, waist, or neck. Those

experiencing numbness in the legs, waist, neck, or hands (including conditions such as herniated discs, spondylolisthesis, or cervical disc protrusion).

2) Patients with degenerative arthritis, rheumatism and gout.
3) Patients with abnormal osteoporosis.
4) Patients with circulatory system disorders (e.g., heart disease, vascular disorders, hypertension).
5) Respiratory organ disorders.
6) Patients who are using artificial heart rate adjuster implanted in the body medical electronic instrument.
7) There are malignant tumors.
8) Patients with thrombosis, severe aneurysms, acute venous aneurysms, or other circulatory disorders, as well as various skin infections.
9) The patients with high peripheral circulation disorder caused by diabetes mellitus and other diseases.
10) Those with skin trauma.
11) People with high fever (above 38°C) due to illness, etc.
12) Those with abnormal spine or spinal curvature.
13) Women who are pregnant or may be pregnant or who are menstruating.
14) People who feel unwell and need to rest.
15) Those who are clearly unwell.
16) For those who are in rehabilitation.
17) Except for the above, especially if you feel unwell.

----People who are at risk of accidents or who are in poor health.

◆ If you feel pain or abnormal sensation in your body during exercise, such as back pain,

numbness in legs, dizziness, or heart palpitations, you should stop using the device immediately and consult a doctor.

- When starting to use this product for training, consider your physical condition and train appropriately and regularly to ensure you have enough energy for training. Incorrect or excessive training will not benefit your health.
- This product is not suitable for children. It is prohibited for individuals with physical discomfort, mental disabilities, or lack of common sense to use it unless they receive supervision or guidance from a person responsible for their safety regarding the use of this product. Children should be supervised to ensure they do not play with the equipment. ----Failure to comply may pose a risk of injury.
- When using the product or loading/unloading it, ensure there are no people or pets around (back, bottom, front) while sliding it.
- The product is intended for home use only and is not intended for professional training or testing, nor for medical purposes.

prohibit !

- Do not use the device if the casing is cracked, broken, or detached (leaking internal components), or if the welded joints are cracked.

Otherwise, accidents or injuries may occur.

- Do not jump on or off the machine during exercise. ----You may fall and get injured.
- Avoid using and storing treadmills in damp places such as outside and near bathrooms.
- Do not use or store in direct sunlight, near stoves, or on electric heating devices like electric blankets. ----Otherwise, it may cause electric leakage or fire.
- Do not use the device if the power cord or plug is damaged or the socket is loose, as this may cause electric shock, short circuit, or fire.
- Do not damage or forcibly bend or twist the power cord. Do not place heavy objects on it.

Otherwise, it may cause fire or electric shock.

- This treadmill is for single-person use only. Please keep it away from others during operation.

Otherwise, there is a risk of accidents or injuries due to falls.

- Do not use if you cannot express your consciousness or operate it yourself.

prohibit ！

- People with low exercise level should not do intense exercise on the treadmill suddenly.
- Do not use it after eating or when you are tired, after exercise or when you are not feeling well.

----May cause harm to health.

- This product is suitable for home use, but not for crowded places such as schools and gymnasiums.

  There is a risk of injury.
- Do not use with food or other activities.
- Do not use after drinking alcohol and when feeling drowsy. ----It may cause accidents or injuries.
- Do not use without hard objects in the pockets of your pants. ----This may cause accidents or injuries.
- Clean the power plug if it is contaminated with iron, debris, or moisture before use.

  ----This may cause electric shock, short circuit, or fire.

  Do not use with wet hands!
- When deactivating, unplug the power cord from the socket to completely disconnect the device.

  ----Dust and moisture can cause insulation to age, leading to electrical leakage and fires.

Grounding instructions!

- The product must be grounded. If the device malfunctions, grounding provides the least resistance path for current to reduce the risk of electric shock.
- The product is equipped with a power plug with a grounding conductor and a grounding plug, which must be inserted into a suitable socket that has been properly installed and grounded in accordance with local regulations or laws.
- Improper connection of the devices grounding conductor may cause electric shock. If you have doubts about the products grounding, please have a professional electrician inspect it. Do not modify the product even if the included plug and socket are incompatible. Have a professional electrician install the appropriate socket.
- This product has a grounding plug. Ensure it is connected to a socket with the same shape. The product cannot use an adapter socket.
- If the power cord is damaged, it must be replaced by a professional from the manufacturers repair department or a similar department to avoid danger.
- The product is HC grade.
- Before use, check all components and ensure all screws and nuts are tightened.
- When using the machine, wear comfortable, tight clothing and avoid clothing getting caught in the machine. Do not let children and pets play nearby to avoid accidents.
- Keep the product on a smooth, clean, and flat surface. Ensure there are no sharp objects nearby. Do not use it near water or heat sources.
- Keep your hands away from all moving parts and do not place your hands and feet in the gaps under the treadmill.
- After assembling the product, ensure all screws and bolts are properly tightened.
- Use original parts. Do not replace them without authorization.

Material particulars

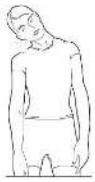
Before using this product, consult your doctor and complete a full health check-up. Obtain medical approval before engaging in frequent or intense exercise. If any discomfort occurs during use, discontinue immediately and consult your doctor. The product must be used correctly. Read the manual carefully before exercise.

Keep this product out of reach of children and pets if unattended or in use.

Before starting: How to begin a fitness program depends on your physical condition. If you havent exercised for years or are overweight, you should gradually increase your exercise time, adding a few minutes each week.



Warning: Install the product carefully and do not damage the product.



Exercise recommendations & guidelines

▪ Warm-up and relaxation exercises

A successful exercise program consists of three parts: warm-up, aerobic exercise and relaxation exercise.



Warm-up exercise is a very important part of exercise, it must be done before every exercise.

Warm-up exercises can warm up the body, stretch the muscles, and allow the body to adapt to higher intensity exercise.



Repeating warm-up exercises at the end of exercise can help relieve muscle soreness.

We suggest that you do the following warm-up and cool-down exercises:



Head movement

Pull the head to the right shoulder first, straighten the left neck, and turn clockwise to the back for a circle;
Pull your head to your left shoulder and turn it counterclockwise. Repeat.



Shoulder lifts

Lift your left shoulder and turn it around, repeating five times; then lift your right shoulder and repeat five times, alternating.



Stretching
Straighten your arms overhead and grab your right wrist with your left hand and pull it upward until you feel your right
Straighten your hand completely for 5 seconds, then switch to your right hand.

Bicep extension exercise
Keep your right hand against the wall to maintain balance, and lift your left foot backward with your left hand so that the heel of your left foot is as close to your hip as possible,
Hold for 15 seconds, then switch to the other foot.

Inner thigh stretch
Sit on the floor, feet together, hands holding the feet inward, so that the feet are as close to the body as possible, and
Slowly press down on the heels of your feet for 15 seconds.

Leg Stretches
Sit down with your right leg straight and left leg bent. Push your left foot inward with your left hand gripping your ankle to bring it as close to your body as possible
And keep your feet close to the inside of your right thigh, then press down and stretch forward to touch your toes on both sides. Press down
The longer the better, hold this position for 15 seconds, then switch to the left leg.

Calf stretches
Hands on the wall, body at a 45 degree to the ground, alternating between the left and right foot to straighten backward to walk■

WARRANTY CARD

*User name:	*Contact number:
*User Address:	
*Date of purchase:	*Order number:

Service Content: ☐Return the goods ☐Exchange ☐Repair

Instructions for returns and exchanges:

Please fill in the card information, contact the seller through Amazon, explain the reason for the return, and return the product.

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OURCUSTOMER SERVICE FIRST.

Unsupported Maintenance Issues

1.Defective parts not covered under warranty: Should the treadmill's motor or any other integral component fail due to a manufacturing defect , the warranty does not extend to cover the cost of replacement or repair if the defect is not reported within the specified warranty period.

2.Damage due to improper assembly: If the treadmill is damaged during the assembly process due to the customer's negligence or failure to follow the provided instructions, the seller is not responsible for the repair costs or any subsequent damages.

3.Normal wear and tear: The seller is not liable for the natural degradation of the treadmill's parts over time, such as the wearing down of the walking belt or the cushioning system, which are expected to occur with regular use.

4.Damage from misuse or abuse: Any harm inflicted upon the treadmill due to intentional misuse, such as overloading the machine or using it for purposes other than its intended use, is not covered by the seller's warranty.

5.Loss or theft of the treadmill: The seller does not provide coverage for the loss of the treadmill due to theft or if the customer loses the product, as this is beyond the scope of the product's warranty.

6.Water damage: Should the treadmill be exposed to water or other liquids, whether accidentally spilled or due to environmental conditions, the seller is not responsible for any resulting damage.

7.Damage from power surges or electrical issues: The warranty does not cover any damage to the treadmill that occurs due to electrical fluctuations or power surges, which are external factors beyond the seller 's control.

8.Modification or alteration to the product: Any alterations made to the treadmill by the customer, such as changing the settings or adding non- standard components, will void the warranty and the seller will not be responsible for any damages.

9.Damage from unauthorized repairs: If the treadmill is serviced or repaired by someone other than an authorized technician, the seller is not liable for any subsequent damages or malfunctions.

10.Accidental damage: Should the treadmill be accidentally dropped, knocked over, or otherwise damaged due to an unforeseen event, the seller's warranty does not cover the cost of repairs.

11.Damage from environmental factors: The warranty does not extend to cover damage caused by environmental conditions such as humidity,

extreme temperatures, or exposure to the elements, which can affect the treadmill's performance and longevity.

12.Shipping costs for returns not covered by warranty: The customer is responsible for all shipping costs associated with returning the treadmill for service if the issue is not covered under the warranty.

13.Labor costs for installation or removal: The warranty does not include compensation for labor costs incurred during the installation or removal of the treadmill, which should be arranged and paid for by the customer.

14.Replacement of consumable parts: The warranty does not cover the replacement of parts that are expected to be replaced regularly due to normal usage, such as batteries or belts.

15.Damage from using non-standard voltage: If the treadmill is damaged due to being used with a voltage that differs from the manufacturer's specifications, the seller is not responsible for the repair costs.

16.Damage from exposure to chemicals or cleaning agents: The warranty does not cover any damage caused by the use of inappropriate cleaning products or chemicals that may corrode or damage the treadmill's components.

17.Damage from insects or pests: Any harm inflicted upon the treadmill by insects, rodents, or other pests is not covered by the seller's warranty.

18.Damage from animals: Should the treadmill be damaged by pets or other animals, the seller is not liable for the repair costs or any resulting issues.

19.Loss of use during warranty service: The seller does not compensate for any inconvenience or loss of use of the treadmill while it is being serviced under warranty.

20.Damage due to lack of maintenance: The warranty does not cover any damage that occurs due to the customer's failure to perform regular maintenance as outlined in the user manual.

21.Damage from software or firmware issues: Should the treadmill's software or firmware cause a malfunction, the seller is not responsible for the repair costs unless the issue is a result of a defect in the original programming.

22.Damage from using non-genuine parts or accessories: The warranty does not extend to any damage caused by the use of non-genuine or third-party parts and accessories that are not approved by the manufacturer.

23.Damage from exposure to sunlight or UV radiation: The warranty does not cover any degradation or damage to the treadmill's exterior or components due to prolonged exposure to sunlight or UV radiation.

24.Damage from salt corrosion: The warranty does not cover damage caused by salt corrosion, which can occur in coastal areas or where de-icing salts are used.

25.Damage from earthquakes or natural disasters: The seller is not responsible for any damage caused by natural disasters such as earthquakes, hurricanes, or floods.

26.Damage from transportation after purchase: Any damage that occurs during the transportation of the treadmill after it has been delivered to the customer is not covered by the seller's warranty.

27.Damage from improper storage: Should the treadmill be damaged due to improper storage, such as being stored in an unventilated area or an environment with extreme temperature fluctuations, the seller is not liable for the repair costs.

28.Damage from exposure to dust or debris: The warranty does not cover any damage that occurs due to the accumulation of dust or debris inside the treadmill, which can be prevented with regular cleaning.

29.Damage from exposure to smoke or fumes: The warranty does not extend to any damage caused by smoke, fumes, or other airborne contaminants that may affect the treadmill's functionality.

30.Damage from any cause not specified in the warranty agreement: Any damage that is not explicitly covered in the warranty agreement is the responsibility of the customer, and the seller is not liable for repair costs or damage