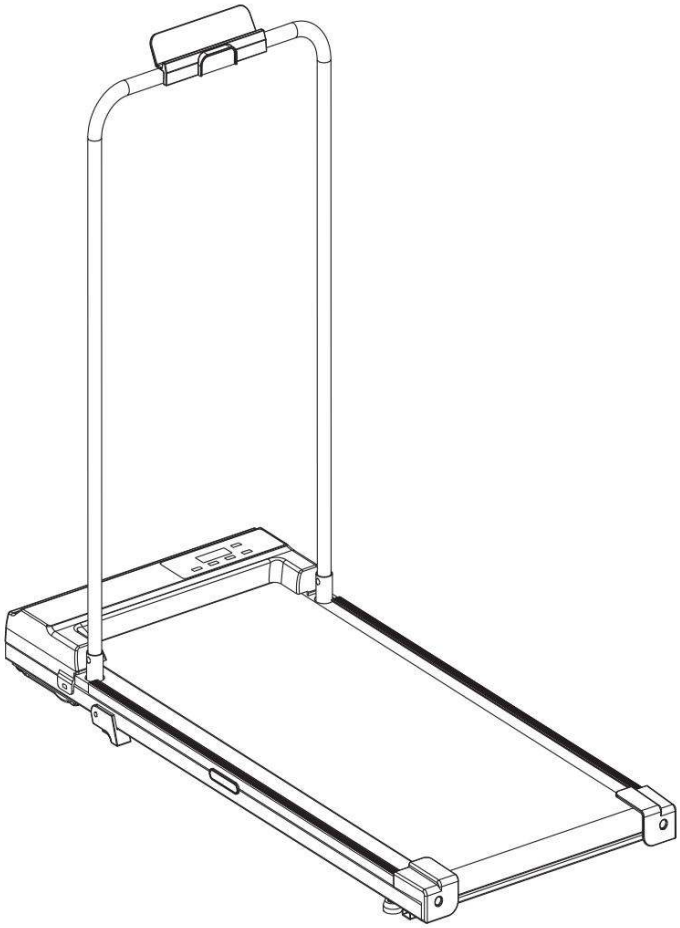
COMPACT TREADMILL

USER MANUAL

Model: T300



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

Contents

Product Introduction.....1

Installation Instructions.....3

Product Function Description.....5

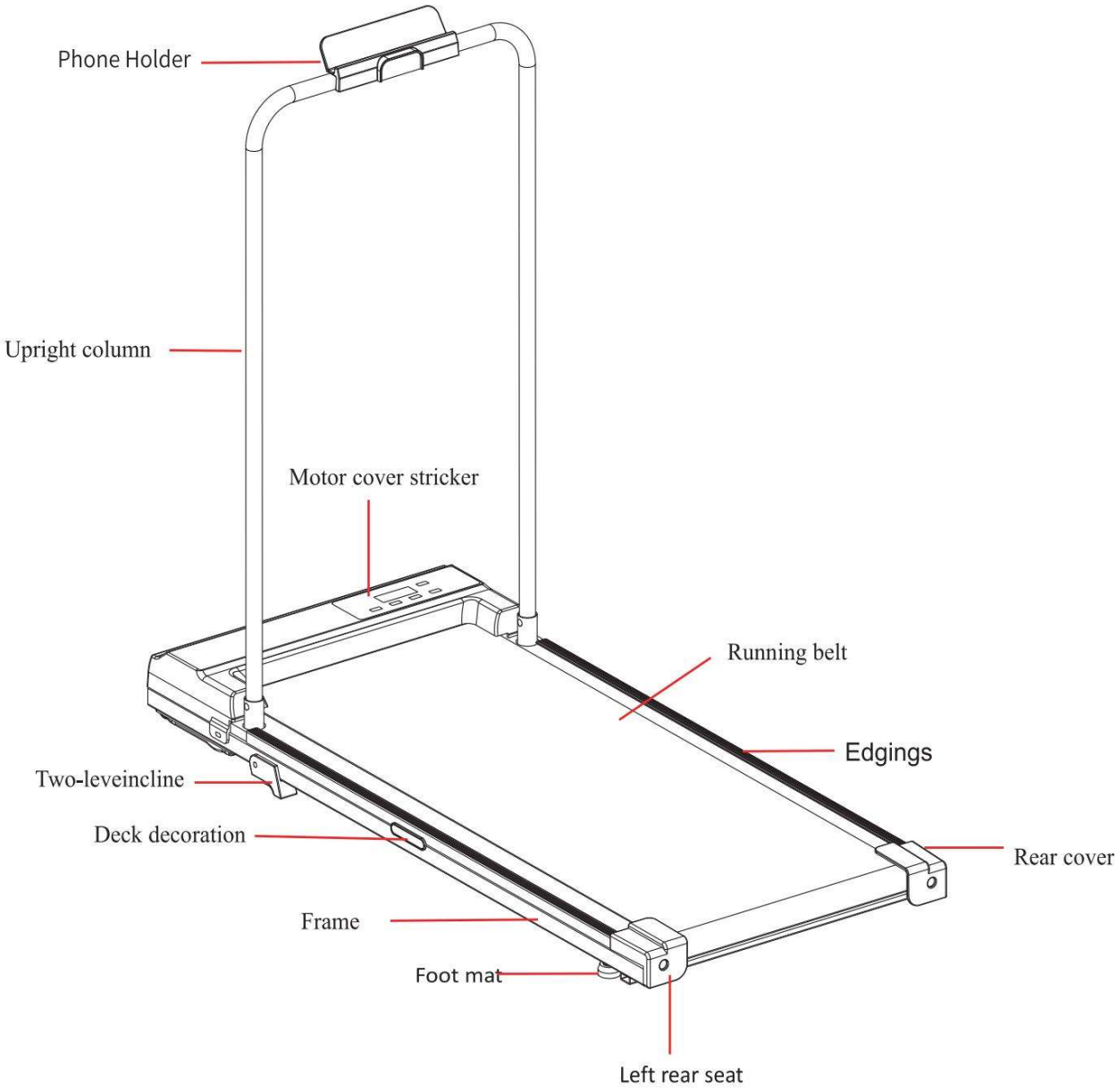
Safety Precautions 10

Exercise Recommendations & Guidelines.....15

Product Maintenance.....17

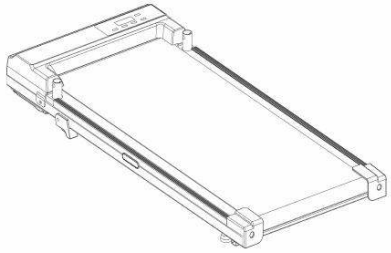
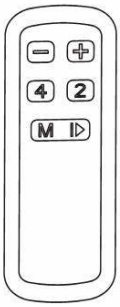
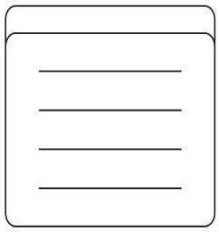
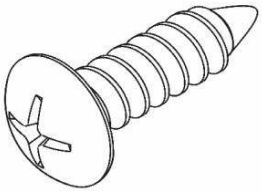
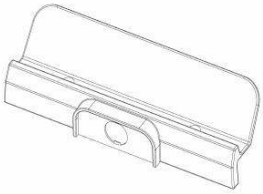
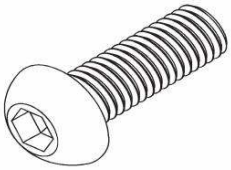
Warranty Card.....19

Product Introduction



Main technical parameters					
No.	Parameter name	Description	No.	Parameter name	Description
1	Rated voltage	110-120V AC	6	Time range	00:00-99:59 minutes
2	Rated frequency	50/60Hz	7	Distance range	1-99 miles
3	Speed range	0.6-7.6mph	8	Calorie range	0-999 calories
4	Running belt size	35.43*14.4in	9	Maximun load bearing	350 lbs
5	Rated power	3.0HP	10	Open Size	40.95*18.3*35.63in

Type Packing List

		
1、Treadmill x 1	2、Handrail x 1	3、Remote Control x 1
		
4、User Manual x 1	5、Self-tapping Screws M4*12 (×2)	6、Phone Holder x 1
		
7、Allen Wrench x 1	8、Hex Socket Head Cap Screws M8*25, full thread (x 2 pcs)	9、Lubricant x 1

Installation instructions :

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

B: As shown in Figure (2), erect the (1) Upright column into the corresponding hole on the frame. Insert the (2) S c r e w into the connecting hole between the frame and the upright column.

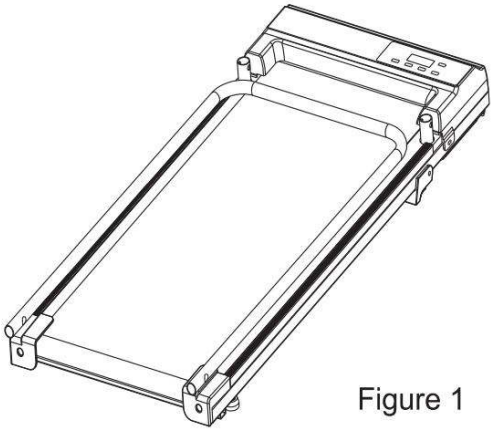


Figure 1

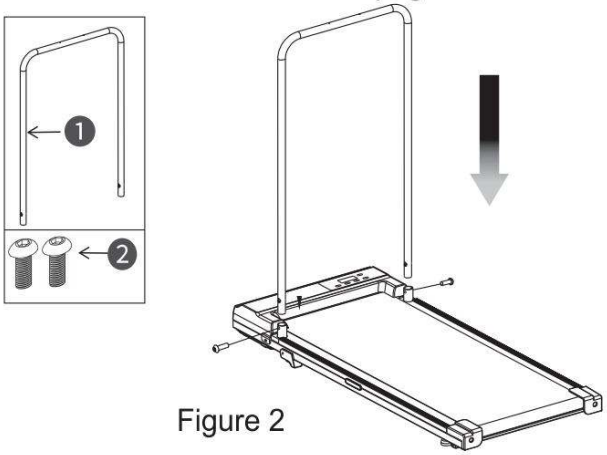


Figure 2

C: As shown in Figure (3), attach the Phone Holder to the corresponding hole on the upright column. Use (1) 2 pcs M4*12 Screws to secure the Phone Holder tightly.

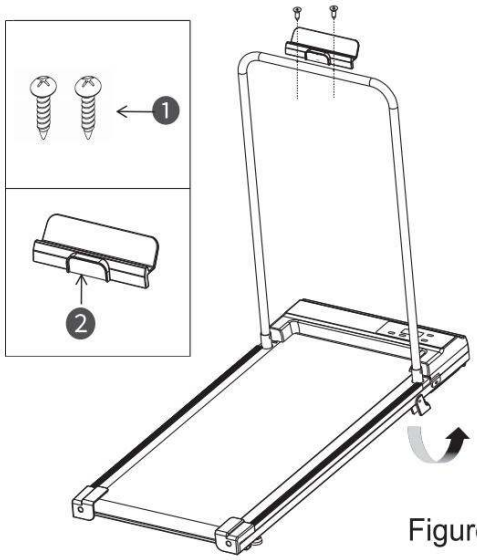


Figure 3

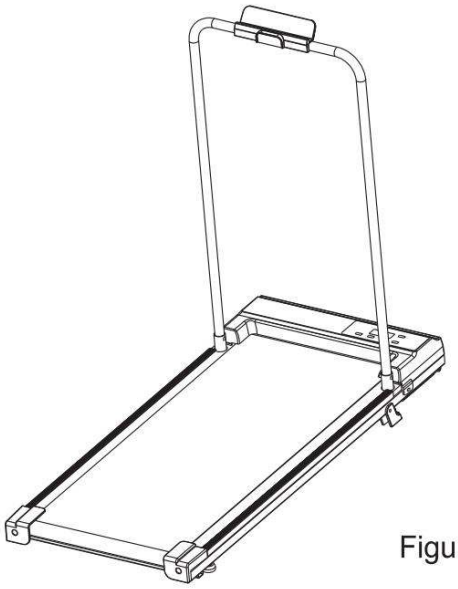


Figure 4

D: As shown in Figure (3), adjust the (2) Two-level Incline to the desired slope by following the arrow direction. Assembly is now complete (Figure 4).

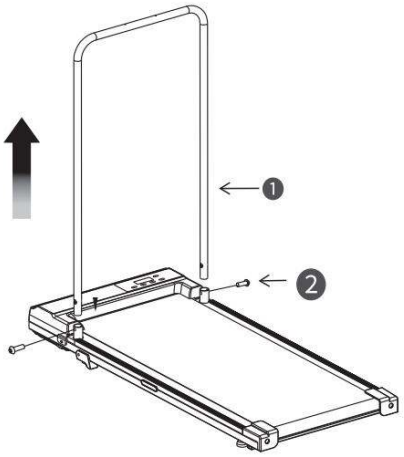


Figure 5

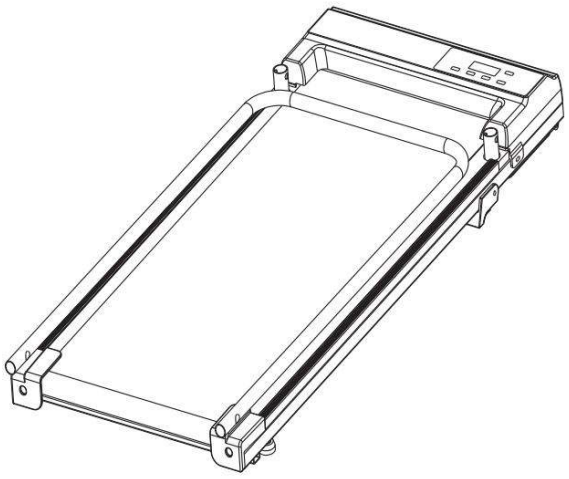


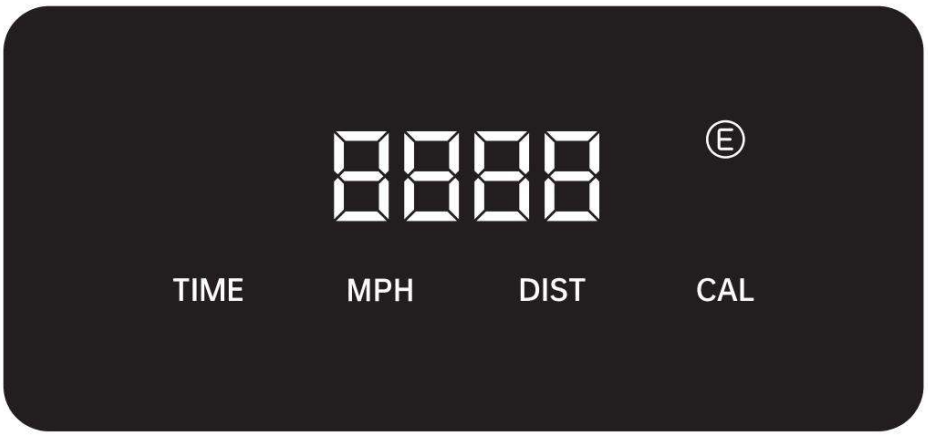
Figure 6

E: As shown in Figure (5), Remove the Bolt(2), then pull out the Upright column(1) in the direction indicated by the arrow. As shown in Figure(6), Place the upright column flat on the treadmill, and then complete the folding.

* This product must be assembled by an adult who has read the manual carefully. If necessary, seek professional assistance.

1. Please read the assembly instructions carefully before assembly.
2. Remove all the packaging parts and place them on a clean floor, so that it is easy for you to check the whole and make your installation easier.
3. According to the packing list, check carefully whether all parts are complete.
4. When you are using the tool or carrying it, please pay attention to safety. Do not force installation according to personal preference during assembly.
5. Please confirm whether the packaging materials of the remaining tools are dangerous, and that plastic and foam are harmful to children.
6. Assemble the product according to the instructions. Please read the assembly steps and instructions carefully.

Product Function Description





TIME

Display Time
0-99:59

SPEED

Display Speed
0.6-7.6mph

DIST

Display Distance
0-99.9MI

CAL

Display Calories
0-999

Tips: The workout datas (Calorie; Time; Distance; Speed) will be alternated display Per 4 seconds.

1) 'SPEED' DISPLAY

This display area could show the speed of running belt when the treadmill is in operation, ranging from 0.6~7. 6 MPH, and the number signal of a countdown from 3 to 1 when the running is starting.

2) 'TIME' DISPLAY

This display area could show forward timing (from 0:00 to 99:59) which will be reset at 99:59 and the countdown from the set time to zero. Then the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

3) 'DIS.' DISPLAY

This display area could show the running distance which will be counted forward from 0.0 to 99.9 and be reset when it' s over 99.9. The distance countdown will start at the set distance and descends to zero. Then the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

4) 'CAL' DISPLAY

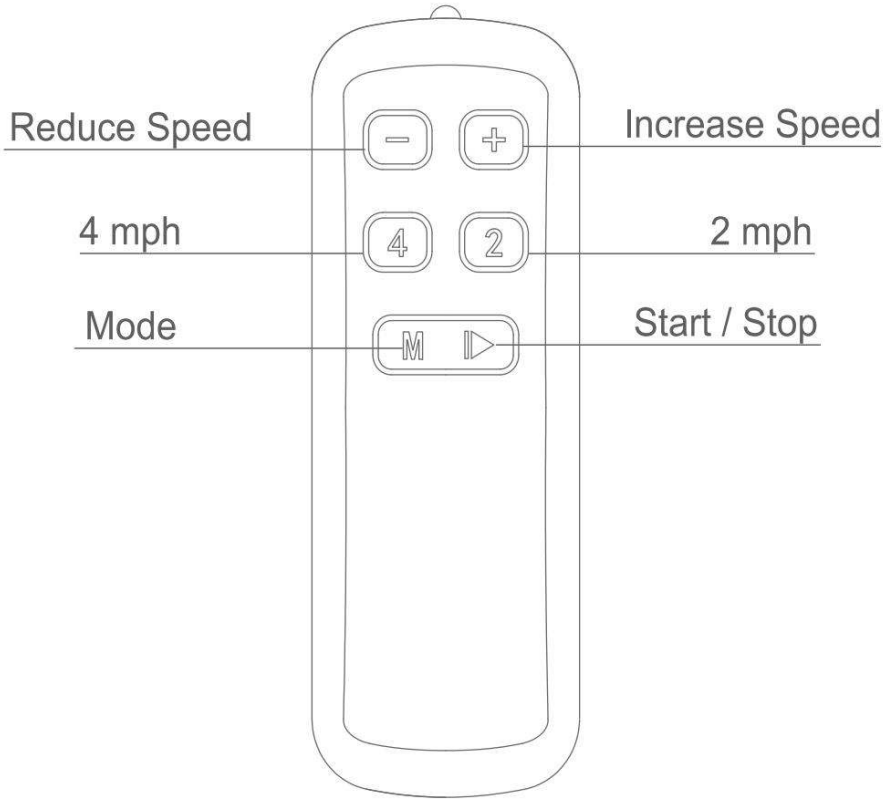
This display area could show the calories consumed, forward from 000 to 999 and countdown from the set number to zero. The number will be reset if it' s over 999. When the countdown is finished the treadmill will smoothly stop when the countdown is finished, and transfers to standby.

REMOTE CONTROL

Note: Ensure that the walking treadmill is power on and the remote control is installed with batteries.

1. Operation of Remote Controller

Note: the remote control can be operated immediately after inserting the batteries.
Please refer to page 9 for detailed information.



Buttons	Operation	Note
▷||	Short press	Start the walking treadmill
	Long press for 2"	When the walking treadmill stop (all datas recover to 0), the screen will display "END". 10 minutes later, the system will switch to the economic mode and turn off the display screen; Press any buttons to wake up the treadmill.
	Short press (in start mode)	The screen will display "PAU", previous workout metrics will be preserved automatically if pause time no longer than 10minutes, otherwise metrics data will be recovered to "0"; Press any buttons to wake up the treadmill. The treadmill will re-start at the minimum speed by re-pressing ▷|| .
MODE	Short press	Customize countdown workout programs (like as: Time; Distance; Calories)
+	Short press	Long press over 0.5 seconds, the speed will be increased continuously.
-	Short press	Long press over 0.5 seconds, the speed will be decreased continuously.
4	Short press	Speed adjusted to 4 MPH
2	Short press	Speed adjusted to 2 MPH

TREADMILL VALUE RANGE

Parameters	Display range	Mode default value	Program default value	Setting range
Speed	0.6-7.6MPH	-------	-------	0.6-7.6MPH
Time	0:00-99.59	30:00	30:00	5:00-99:00
Distance	0-99.9	1.0	-------	1-99
Calories	0-999	50	-------	10-999

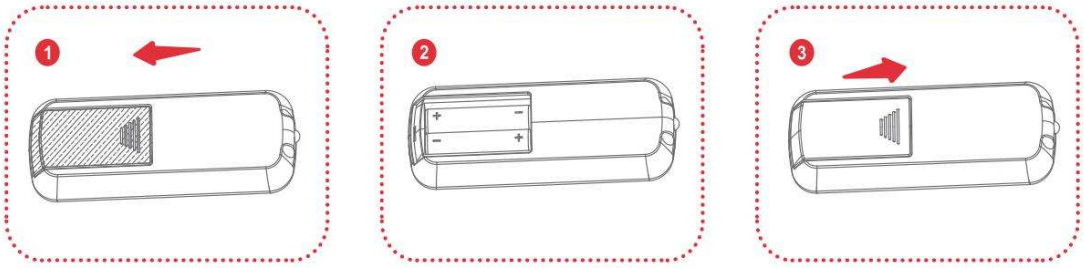
Common failures of control system and troubleshooting
The following present error codes displayed on the electronic meter and their solutions.

ERROR CODE	FAULT ANALYSIS	HANDLING METHOD AND SEQUENCE
E2	Lower controller's power tube is damaged	Replace the host controller.
E4	Shield wire failure	1. First replace the 5Pcommunication line of the display board. 2. Replace the host controller.
E5	Power tube breakdown short-circuit protection (Anti-explosion protection)	1. Exclude the cases of overweight, shortage of oil on the running belt or running board. 2. Excessive torque setting 3. Replace the motor or host controller
E6	Main motor abnormality protection	1. Check whether the motor wire is connected. 2. Replace the motor. 3. Replace the host controller.
E7	Communication error	1. Replace the 5P communication line of the display board 2. Replace the display motherboard. 3. Replace the host controller.
E8	Overload protection	1. Exclude the cases of overweight, shortage of oil on the running belt or running board. 2. Replace the running belt or running board. 3. Replace the motor. 4. Replace the host controller.
OTHER CODE	The main control chip is damaged	Replace the control

THE BATTERY OF REMOTE CONTROL

Battery Installation

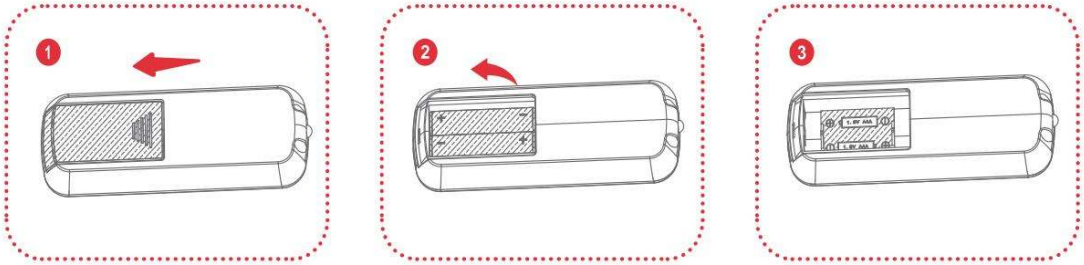
Remove the cover and assemble two AAA batteries for first-time use.



Battery Replacement

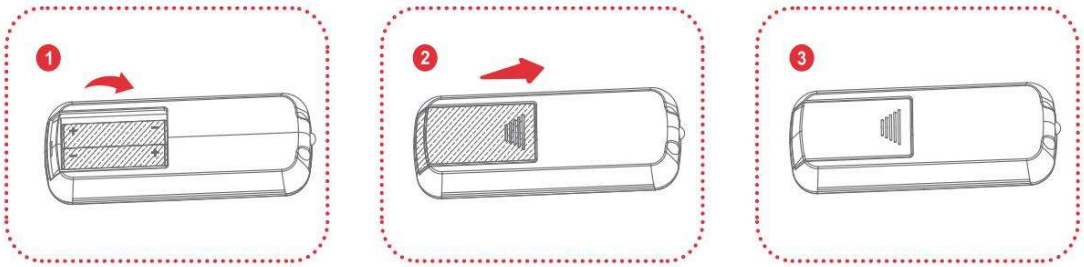
Step 1: Remove two AAA batteries from the remote control

After long-term use, the remote control will have reduced sensitivity or become inoperable due to insufficient power, and the battery needs to be replaced. Remove battery cover and take dead batteries out of your remote control.



Step 2: Install two AAA batteries

Compare the new batteries you purchase to the old ones to ensure they are the appropriate type for the remote control. Insert the new batteries into the remote control and replace the cover. Dispose of the old batteries responsibly.



Safety Precautions

NOTE: To ensure your safety and prevent accidents, please read this manual carefully and pay attention to the following safety instructions.

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 placed indoors to avoid moisture. Do not splash water on the treadmill, and do not place any foreign objects on the treadmill. There should be 1 meter of safe use space on both sides and front of the treadmill and 2 meters x1 meter of safe use space at the rear end of the treadmill for emergency jump.
- Before exercising, please wear appropriate sports clothes and shoes to avoid accidents caused by contact with clothes, shoes and hats on the treadmill. It is strictly prohibited to run barefoot on the treadmill, and do some full-body stretching exercises before running.
- The power plug must be reliably grounded, and the socket should have a special circuit to avoid sharing with other electrical equipment.
- Children should stay away from the machine to avoid accidents.
- It is necessary to avoid running for a long time and overload, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of bearings, belts and plates. Please maintain the treadmill regularly.
- Reduce indoor dust, keep a certain humidity in the room, avoid the generation of strong static electricity, otherwise may interfere with the normal work of electronic meters, controllers.
- After the exercise, please turn off the power supply of the treadmill and unplug the power plug.
- Keep the air circulating in the room when using the treadmill.
- If you feel unwell or abnormal during exercise, stop exercising and consult your doctor.
- Please keep unused silicone oil out of reach of children to avoid serious consequences from accidental ingestion or use.

Warning: To reduce the risk of accidents or injuries to others, please follow these instructions:

- Check your clothes before using the treadmill to see if they are fastened or zipped, or if they are too loose.

- Don't wear clothes that can be easily hooked on the treadmill.
- Do not leave the power cord near hot or moving objects.
- Keep children away from the treadmill.
- Don't use a treadmill outdoors.
- Before moving the walking machine, the power must be cut off and the plug must be removed.
- Non-professionals are not allowed to disassemble this machine without authorization, otherwise serious consequences may occur.
- This treadmill is for use only in circuits of 20 amps.
- Only one person is allowed to exercise on the treadmill when the machine starts up. Do not use this product if your weight is over 350LBS.
- This product should not be used for a long time. It is recommended to use the treadmill for a short time and then rest for half an hour. Long-term use may cause the electrical equipment of the treadmill to overheat and lead to electrical failure.

Special safety notes:

- Place the treadmill in a place where the plug can be plugged into the outlet.
- Plug the power cord directly into the socket, do not allow loosening.
- Use a qualified socket to avoid the resulting danger. If the plug and socket are not compatible, do not touch the plug, and let the electrician handle it.
- It is powered by 110V AC power supply according to the machine.
- Please do not let the power cord touch the drum, do not put the power cord on the running belt, and do not use a damaged plug.
- Unplug the plug from the socket before cleaning and maintenance.

Warning: Failure to unplug may cause injury to the human body and damage to the equipment.

Warning! Mandatory!

- Patients undergoing medical treatment or the following patients should use only after consulting with a professional doctor.
  1) People with lower back pain or a history of leg, waist, neck injury. Numbness in legs, waist, neck and hands (people with disc herniation, spondylolisthesis, cervical

spondylolisthesis, etc.).

2) Patients with degenerative arthritis, rheumatism and gout.
3) Patients with abnormal osteoporosis.
4) Patients with circulatory system disorders (cardiovascular disease, vascular disorder, hypertension, etc.).
5) People with respiratory organ disorders.
6) People who are using artificial heart rate adjusters, a type of medical electronic device implanted in the body.
7) Patients with malignant tumors.
8) Patients with thrombosis or severe aneurysm, acute venous aneurysm and other circulatory disorders or various skin infections.
9) Patients with perceptual impairment caused by high peripheral circulatory impairment caused by diabetes, etc.
10) People with skin injuries.
11) A high fever (above 38 degrees) due to illness, etc.
12) People with abnormal or curved spines.
13) Women who are pregnant or may be pregnant or who are menstruating.
14) People who feel physically abnormal and need rest.
15) People in obvious poor health.
16) Those who come for the purpose of rehabilitation.
17) In addition to the above, especially if you feel abnormal physical conditions.

----May lead to accidents or poor physical condition.

- If you feel pain or abnormal sensations such as waist pain, numbness in your legs, dizziness, heartbeat and other unusual pain or coordination during exercise, you should immediately stop using it and consult a doctor.
- When you start to use this product for training, consider your physical condition and exercise properly and regularly to ensure that you have enough energy to train. Incorrect or excessive training will not benefit your health.
- This product is not intended for children. It should not be used by individuals experiencing physical discomfort, mental disabilities, or lack of basic knowledge, unless under the supervision or guidance of a responsible adult. Children must be supervised to prevent accidental operation of the equipment. Violation may result in injury.
- When using the product or loading or removing the product, make sure that there is no one or

pets around (the back, bottom and front of the product).

- The product is suitable for home use, not for professional training and testing, and not for medical purposes.

Prohibit ！

- Do not use when the shell is cracked, broken off (the internal structure is exposed) or the welding part is cracked.

----Otherwise, accidents or injuries may occur.

- Do not jump on or off the machine during exercise. ----You may be injured by falling.
- Do not use and keep the treadmill in places that are humid, such as outdoors and near bathrooms.
- Do not use or keep it in places where the sun is shining, around stoves and other high temperature places, and on electric heating carpets and other heating appliances.
  ----otherwise it may cause leakage and fire.
- Do not use when the power cord or power plug is damaged or the socket is loose. --otherwise it will cause electric shock, short circuit and fire.
- Do not damage or force bend or twist the power cord. Do not place heavy objects on it.

----Otherwise, it may cause fire or electric shock.

- This treadmill is only for one person to exercise, please do not let people around you get close during the use.

----Otherwise, accidents or injuries may occur due to falls.

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

prohibit ！

- People who do little exercise should not suddenly do intense exercise on the treadmill.
- Do not use after eating or when tired, just exercise or physical condition is abnormal.

----May cause health damage.

- This product is suitable for home use, not for school, gym and other non-specific places with a large number of people.
  ----There is a risk of injury.
- Do not use while eating or doing other activities.
- Do not use when feeling sluggish after drinking. ----May cause accidents or injuries.
- Use only when hard objects are not in your pants pockets. ----May cause accidents or injuries.

- Clean the power plug before use if it is attached with iron, garbage or moisture. ----It may cause electric shock, short circuit or fire.

  Do not use with wet hands!
- When in use, please unplug the power plug from the socket to completely disconnect the machine from the power supply.

  ----Dust and moisture will cause insulation aging, resulting in leakage fire.

Grounding instructions!

- The product must be grounded. If the machine is dysfunctional, grounding will provide 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 full accordance with local regulations or decrees.
- Improper connection of the equipment's grounding conductor may lead to electric shock risks. If you have any doubts about whether the grounding of this product is correct, please entrust a professional electrician to check it. Even if the plug and socket on the product are mismatched, do not attempt to modify it. Instead, hire a professional electrician to install appropriate sockets.
- This product has a grounding plug. Please make sure that the product is connected to a socket with the same shape. This product cannot be used in a transition socket.
- If the power cord is damaged, it must be replaced by a professional from the manufacturer's maintenance department or similar department to avoid danger.
- The product is HC grade.
- Check all parts before use to ensure that screws and nuts are tightened.
- When in use, please wear comfortable tight clothes to avoid being caught by the machine; do not let children and pets play nearby to avoid accidents.
- Please place the product on a smooth, clean, flat surface, ensure that there are no sharp objects nearby, and do not use near water and heat sources.
- Keep your hands away from all moving parts and do not put your hands and feet under the gap of the running belt.
- Ensure that screws and bolts are tightened after product assembly.
- Please use original factory parts, do not replace them privately.

Material particulars

Before using this product, please consult your doctor and do a complete health check. Before frequent and intense exercise, you should first obtain permission from your doctor. If any discomfort occurs due to the use of this product, stop using it and consult your doctor. This product should be used in the correct way. Please read the manual carefully before exercise.
If the product is unattended or in use, please prevent children and pets from approaching.
Before you start: How to Start an Exercise Program depends on your physical condition. If you haven't exercised for years or are overweight, you should gradually increase your exercise time by a few minutes per week.
Warning: Install the product carefully and do not damage the product.

Exercise Recommendations & Guidelines

Warm up and cool down exercises

A good 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 around;

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, then 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, lift your left hand backward and lift your left foot so that your left heel 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, right leg straight, left leg bent, left hand gripping the ankle and pushing it inward to bring the left foot as close to the 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.

Product Maintenance

Warning: Always unplug the power plug of your treadmill before cleaning or maintaining the product.

Cleaning: A thorough cleaning will extend the life of your treadmill.

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

Running belt and lubricant maintenance

The treadmill's running plate and belt are pre-lubricated with lubricant. Since the friction between these components significantly affects the machine's lifespan and performance, regular lubrication is essential. We recommend conducting periodic inspections of the running plate. If any damage is detected, please contact our customer service team immediately.

We recommend that the lubricant be applied between the treadmill belt and plate at the following times:

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 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 will reduce the performance of the motor and aggravate the wear of the drum and running belt.

Adjusting the running belt:

· Place the treadmill on a flat surface.

· Run the treadmill at about 2-3MPH.

If the running belt is biased to the right, turn the right screw clockwise for half a turn and the left screw counterclockwise for half a turn. Figure A

· If the running belt is biased to the left, rotate the left screw clockwise by 1/2 turn and the right screw counterclockwise by 1/2 turn. Figure B



Figure A Adjustment method for running belt to the right

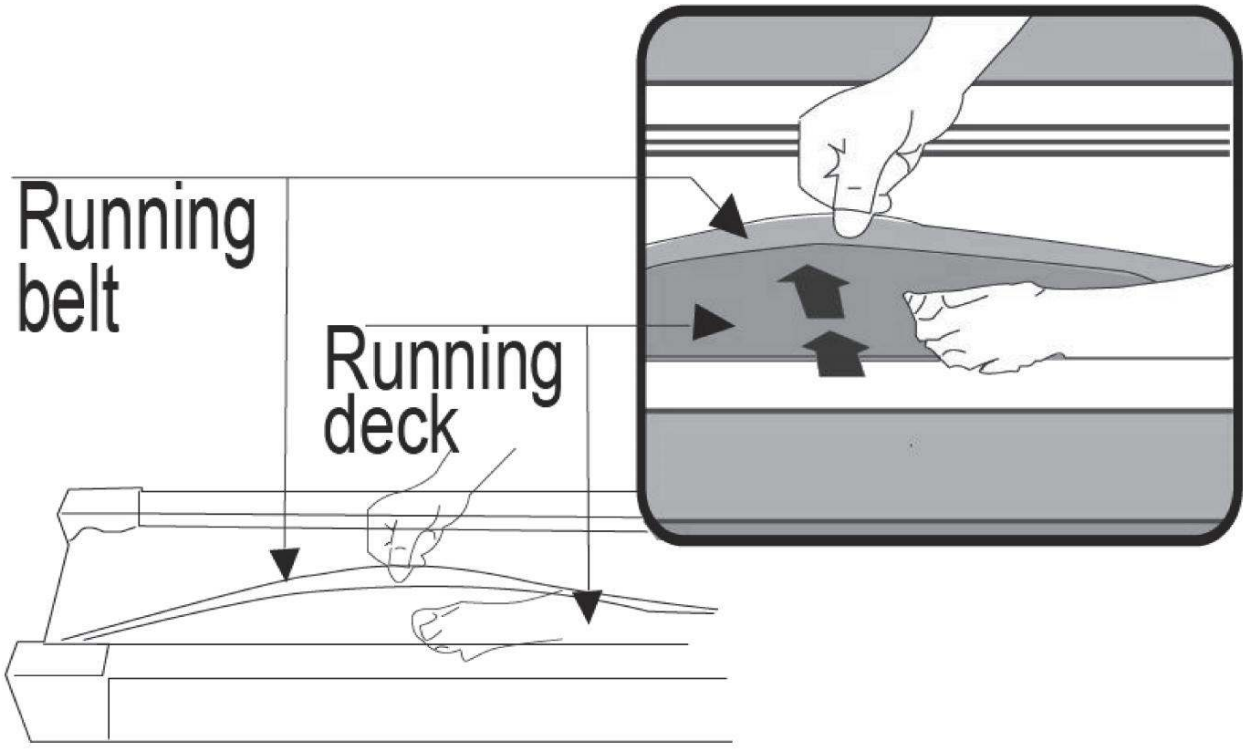


Figure B Adjustment method for running belt to the left

Method of adding lubricant:

Step 1: Lift the running belt upward.

Step 2: Open the lubricating oil bottle and squeeze the lubricating oil above the running deck, as shown in the figure.



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 longevit

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 damages.