



EVOLVE

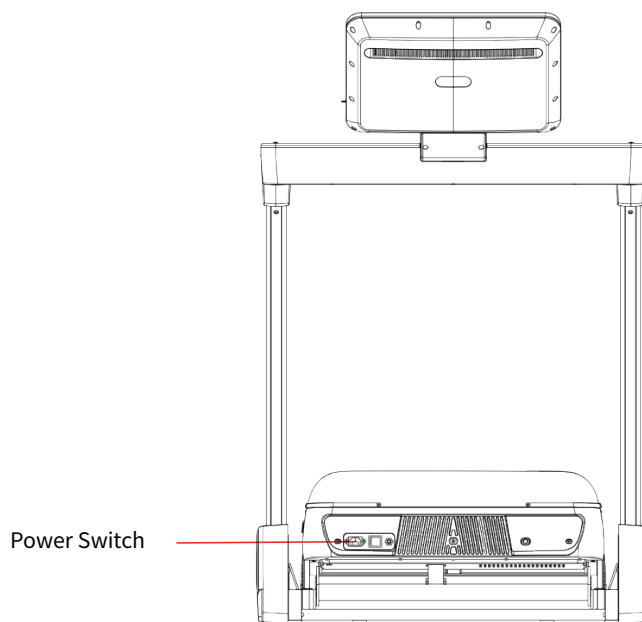
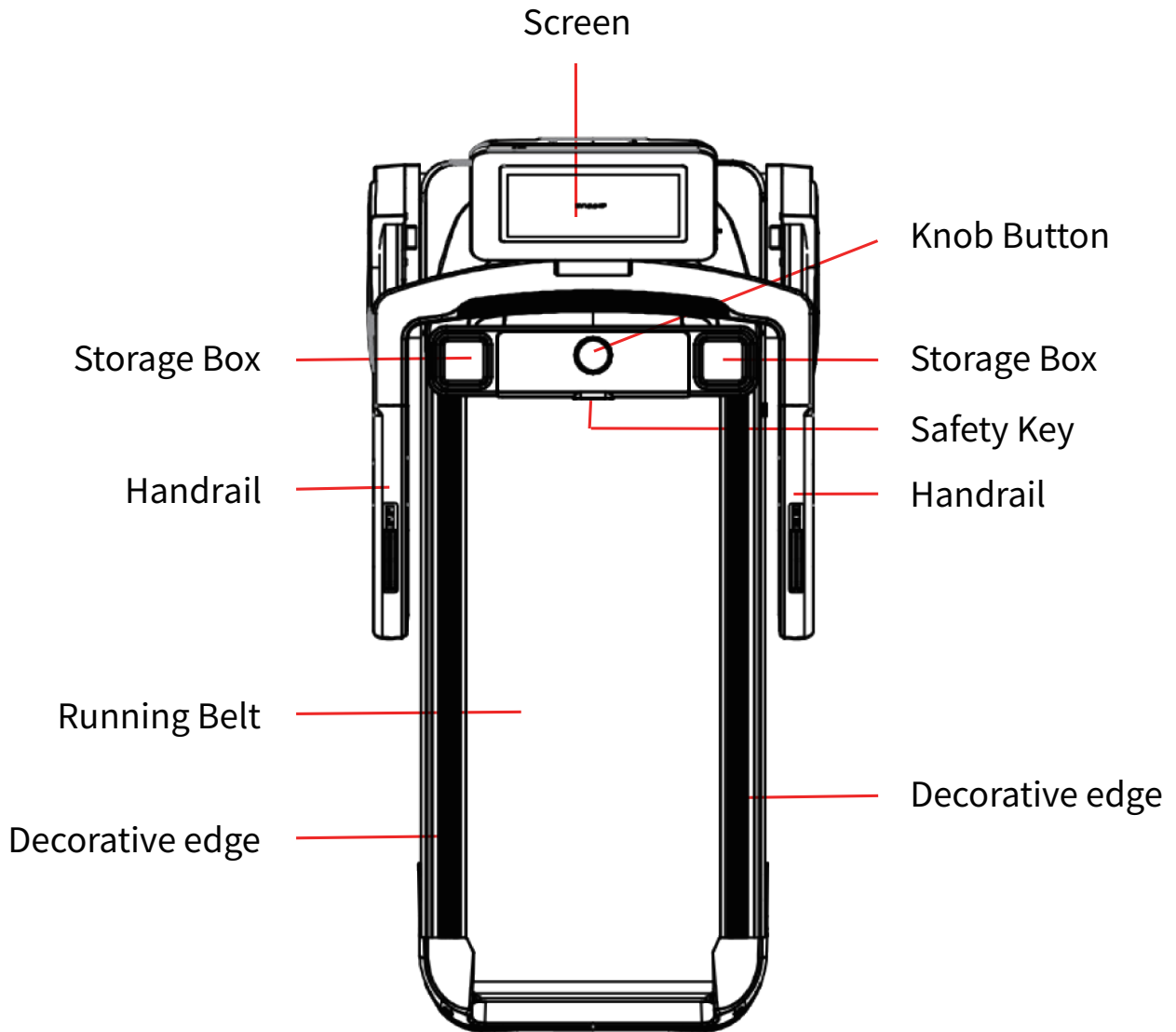
USER MANUAL






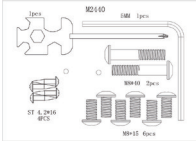

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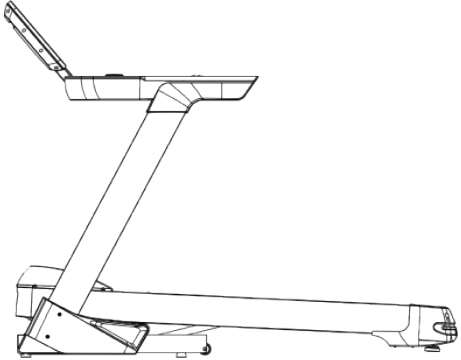
1 .Function Indicator Diagram

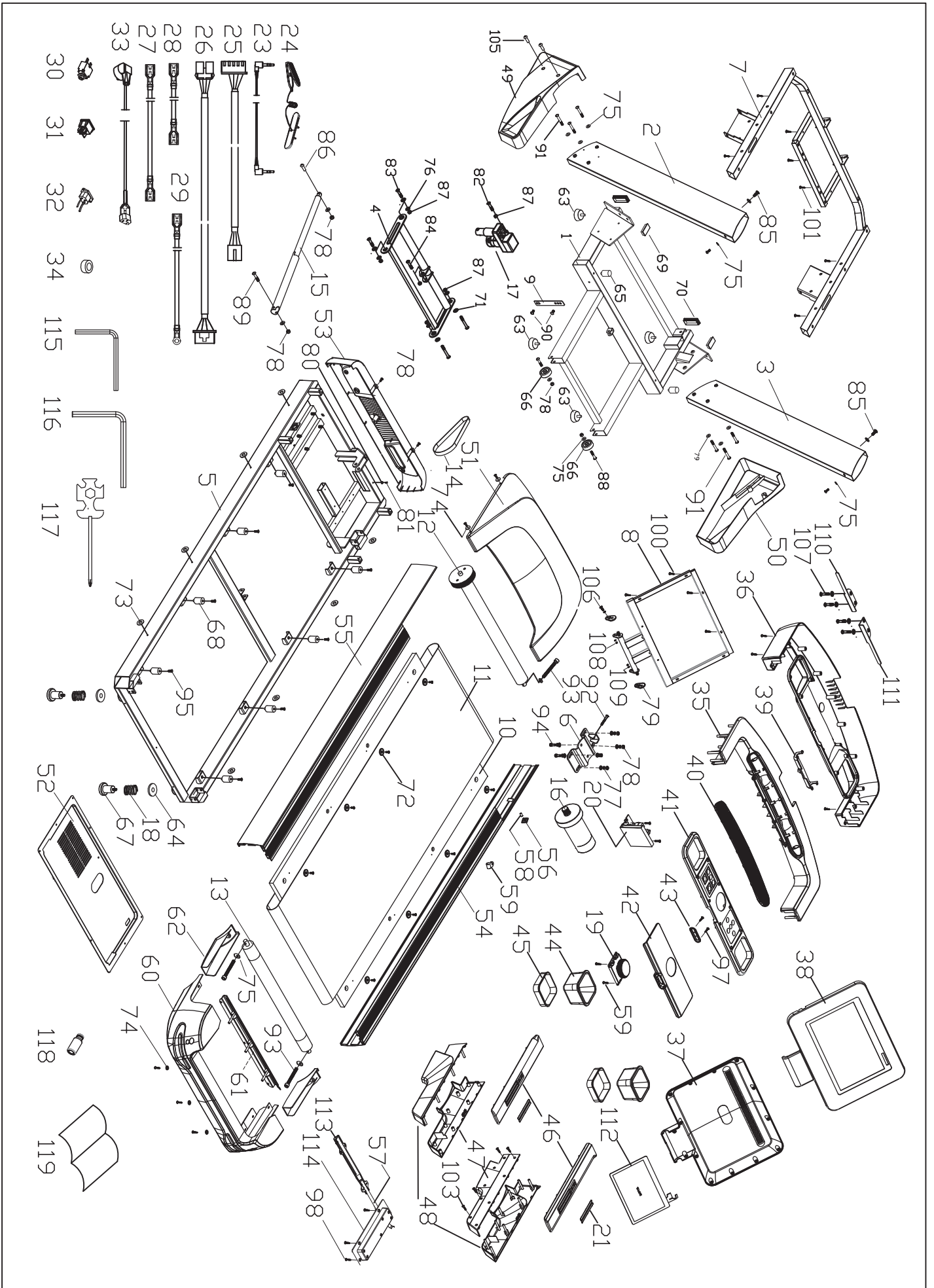


2 .Accessories List

Parts Name	Graphics	QTY
The whole machine		1
Specifications		1
Safety Key		1
Screw Kit		1
Silicone Oil		2

3 . Specifications

Category	HT-350
Color	Black
Net weight	93KG
Running belt	520*1350mm
Folded size	1320*900*1430mm
Standing size	1790*900*1410mm
Peak horsepower	4.5HP
Speed range	1-18.8km/h
Max user weight	150KG
Reference graphic	



LIST

Serial number	name	Quantity	Serial number	name	Quantity
1	pedestal	1	31	Power Switch	1
2	Left Column	2	32	Concave type socket	1
3	Right Column	1	33	Power Line	1
4	Ascension frame	1	34	Magnetic loop	1
5	Main Frame	1	35	Top cover of meter	1
6	Motor Support	1	36	Bottom cover of meter	1
7	electronic meter stand	1	37	Top cover of board	1
8	table core frame	1	38	Bottom cover of board	1
9	packaging stator	1	39	Rear trim cover	1
10	Running board	1	40	The speaker cap	1
11	Running belt	1	41	Button Fixing Cover	1
12	Front Roller	1	42	Button perspective cover	1
13	Rear Roller	1	43	Safety Lock Block	1
14	ribbed belt	1	44	The bottle holder	8
15	Gas Spring	1	45	The holder spacer	1
16	DC Motor	1	46	top cover of armrest-R/L	2
17	Incline Motor	1	47	Outer armrest cover-R/L	2
18	Compression Spring	1	48	Inner of armrest cover-R/L	2
19	PCB	1	49	Left Side Cover	1
20	Lower Controller	1	50	Right Side Cover	1
21	Grip Pulse	2	51	Top Cover of the Motor	1
22	Inclination Device	2	52	Bottom Cover of the Motor	1
23	MP3 Connection	1	53	Motor front cover	1
24	Safety Key	1	54	plastic regula	2
25	Communication line segment	1	55	side strip-L/R	2
26	Offline communication segment	1	56	Silicone Tank	1
27	Single Branch Line 150MM	2	57	Oil Filling Pipe	2
28	Single Branch Line 300MM	2	58	Oil Pipe Lining	1
29	Grounding Wire 300MM	1	59	R line buckle	4
30	circuit breaker	1	60	Rear protective Corner	1

Serial number	name	Quantity	Serial number	name	Quantity
61	Interior trim cover of the rear protective corner	1	91	Hexagon socket screw with half round head M8*55	6
62	Side trim cover of the rear protective corner R/L	2	92	Hexagonal socket screw with cylindrical head M8*70	1
63	Adjustable Foot Pad	4	93	Hexagonal socket screw with cylindrical head M8*60	3
64	Rubber Gasket	2	94	Hexagonal socket screw with cylindrical head M8*12	2
65	Round cushion	2	95	Countersunk socket head screw M8*25	8
66	wheels for mobility	2	96	Cross large flat head screw M5*30	4
67	Adjustable Foot Pad	2	97	Cross head tapping screw ST3.0*8	14
68	Round cushion	8	98	Cross head tapping screw ST4.0*13	6
69	25*50 Square inner pipe plug 25*50	2	99	Cross head tapping screw ST4.0*16	73
70	Square inner pipe plug 30*70	2	100	Cross head tapping screw ST4.0*25	8
71	Plastic parts Sleeve	6	101	Cross head tapping screw ST4.0*30	6
72	edge buckle	8	102	Cross head tapping screw ST4.0*16	35
73	Thicker edge buckle	8	103	Cross head tapping screw ST4.0*16	18
74	M4 Flat gasket	7	104	Cross head tapping screw ST2.3*4	2
75	M8 Flat gasket	38	105	Cross large flat head screw M4*15	4
76	M10 Flat gasket	6	106	Hexagon socket screw with half round head M6*15	1
77	M8 Spring Cushion	6	107	Hexagon socket screw with half round head M6*30	4
78	M8 Lock nut	14	108	M6 Lock Nut	2
79	rotation shaft sleeve	1	109	M6 flat cushion	6
80	Corrugated pad	1	110	reinforcement plate of left bottle holder	1
81	Cross set screw	1	111	reinforcement plate of right bottle holder	1
82	Hexagon socket screw with half round head M10*40	1	112	Meter Display PCB Board	1
83	Hexagon socket screw with half round head M10*25	4	113	Oil connector Cover	1
84	Hexagon socket screw with half round head M10*55	1	114	Oil refueling box	2
85	Hexagon socket screw with half round head M8*20	10	115	M5 hexagon wrench	1
86	Hexagon socket screw with half round head M8*30	1	116	M6 hexagon wrench	1
87	M10 Lock nut	6	117	Cross open spanner	1
88	Hexagon socket screw with half round head M8*40	2	118	Silicone Oil	1
89	Hexagon socket screw with half round head M8*45	1	119	Instruction Manual	1
90	Hexagon socket screw with half round head M8*15	6	120		



Tips :

Many safety issues are taken into consideration throughout design and manufacturing process of this product. Please follow the instructions below, just in case. We will not bear any consequences caused by abnormal operation. To ensure your safety and avoid accidents, please read the instruction manual carefully before use.

- 1.1. When you start training with this product, please consider your physical condition, and train appropriately and regularly to ensure that you have enough physical strength for training. Wrong or excessive training will not benefit your health.
- 1.2. This product is not suitable for children to use, nor is it suitable for people who feel physically or mentally impaired or lack common sense in using it; unless they get the person responsible for their safety and use the product under the supervision of the person in charge, children should be supervised to ensure that they will not play with the equipment to avoid accidents.
- 1.3. This product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.
- 1.4. If the power cord is damaged, it must be replaced by the manufacturer or professional maintenance personnel in order to avoid danger.
- 1.5. Please check all parts before use to ensure that the screws and nuts are locked.
- 1.6. Please wear comfortable tight-fitting clothes during use to avoid clothes being hung by the machine; avoid all rotating parts with your hands, and it is forbidden to put your hands and feet in the gaps under the running belt to avoid pinching.
- 1.7. Please put the product in a place with dry air, clean environment and flat ground, avoid sunlight exposure, and do not place it in a humid or dusty place.
- 1.8. When the product is not in use for a long time, please store the product properly, and keep it away from sun, moisture and in a safe place.
- 1.9. This product is for one person only when it is running.
- 1.10. If the product has a heart rate display, the heart rate display is a simulated parameter for reference only and cannot be used as clinical medical data.

- 1.11. The safety lock is an emergency stop device, which acts as an emergency stop when the product is in use. When the treadmill is not in use. Please place the safety lock to prevent children and people who are not suitable for using the treadmill from causing danger.
- 1.12. When using the treadmill in an emergency situation such as incorrect speed or too fast, you should quickly pull down the rope clamped on the clothes and connected to the machine safety lock, hold the handrails and jump off the running belt, step on the treadmill to prevent slipping over the side strips.
- 1.13. Before using the treadmill, please ensure a safe distance of 2000 x 1000 mm behind the equipment.
- 1.14. Please use the accessories provided by the original factory, and it is strictly forbidden to replace them without permission.
- 1.15. This product is an HC grade product, and the maximum user weight is 150KG.
- 1.16. Executive standard: GB17498.1-2008 GB17498.6-2008.

2. Special safety instructions

- 2.1. Put the treadmill in a place where the plug can be inserted into the socket, and insert it into the socket without looseness.
- 2.2. Please use qualified sockets to avoid the danger caused by this.
- 2.3. If the plug and the socket are not compatible, please do not move the plug and ask an electrician to handle it.
- 2.4. The voltage used is 220V-240V power supply.
- 2.5. Please do not let the power cord contact the drum, do not put the power supply on the running belt, and do not use damaged plugs.
- 2.6. Please pull out the plug from the socket before cleaning and maintenance.
- 2.7. Warning: Failure to unplug the plug may cause personal injury and damage to the equipment.
- 2.8. Please check each part before use.
- 2.9. Please do not use this product outdoors, under high humidity and sunlight.
- 2.10. Please turn off and unplug when leaving.
- 2.11. For your safety, the power plug of the machine must be grounded.

1. Electronic watch installation instructions

1. Take the treadmill, instrument and accessories out of the packing box (Figure 1), and then remove the two fixing screws while holding the column and slowly pull them to the fixing screw holes (Figure 2). Fix the column on the base with M8*20 screws, M8*55 screws and M8 flat washers (Figure 3). Use M8*20 screws and M8 flat washers to fix the electronic watch on the column (Figure 4).

Figure 1

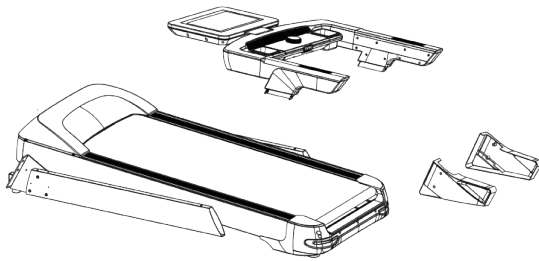


Figure 2

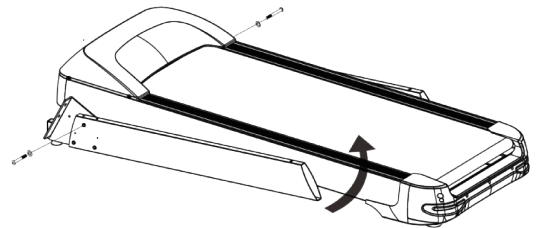


Figure 3

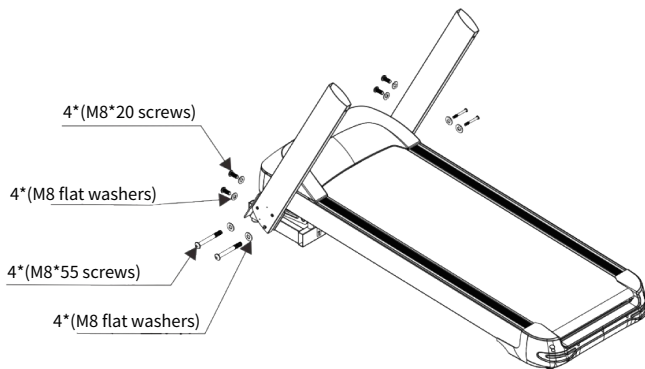
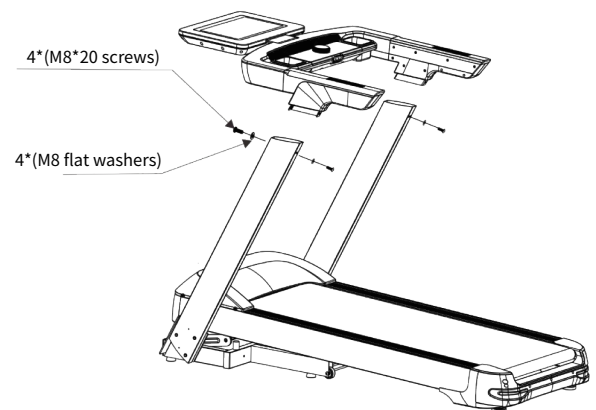
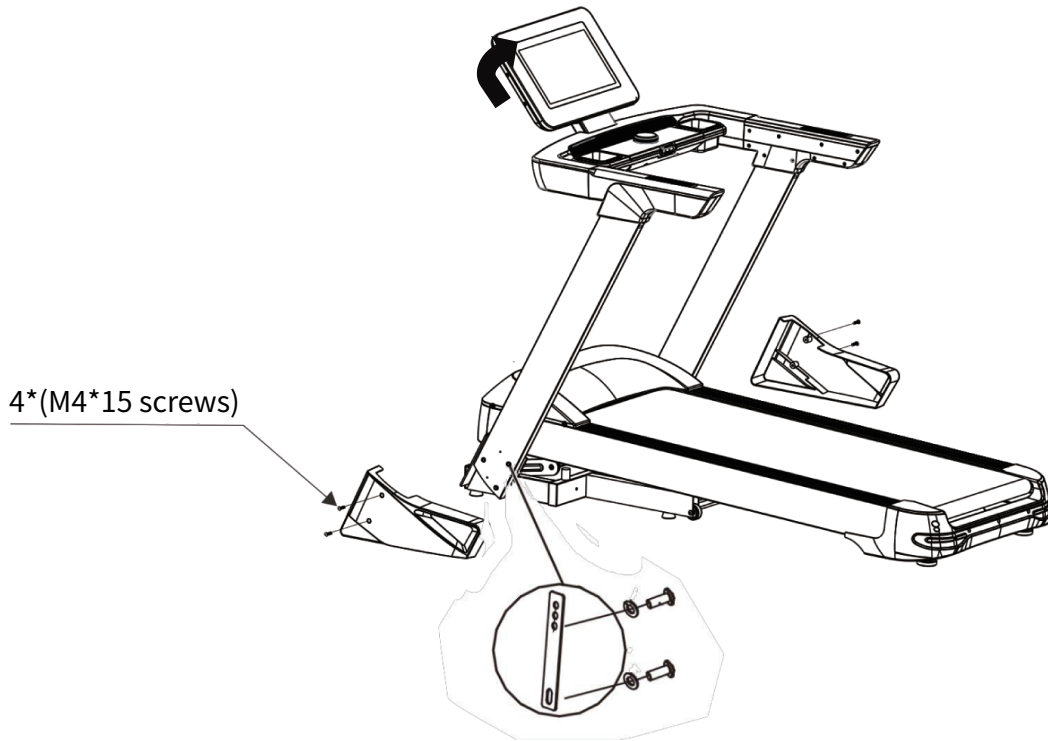


Figure 4



2. Column and left and right side cover assembly

1. Remove the packaging fixing piece that fixes the frame and the base, being careful not to injure people when the frame bounces. Use M4*15 screws to fix the left and right side covers on both sides of the base and need to be locked (Figure 1).



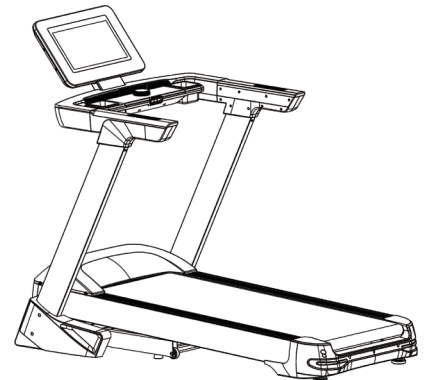
3. Other parts assembly

3.1 The safety lock is placed on the yellow position of the electronic watch.

3.2 The assembly is completed (Figure 5).

3.3 Finally, after all the accessories are assembled, Please make sure all screws have been tightened before can use.

Figure 5



1. Basic operation instructions

When you are using the treadmill, for your safety, you must use a grounded power outlet.

- 1.1. First place the treadmill on a horizontal open ground.
- 1.2. Turn on the power, turn on the power switch, the power switch indicator will light up, and then the buzzer will sound once.
- 1.3. Check whether there is any abnormality in the data displayed on the screen, and stand on the non-slip edge strip before clicking Start to prevent accidental falls.
- 1.4. Place the safety lock in the designated position on the meter, and clip the safety lock clip to your clothes (note: a position where the safety lock rope is not easy to touch when the hands swing during running), and then prepare to start the treadmill.
- 1.5. Start button: While still, press the middle knob to start the treadmill, the display window will bounce and display the number 3 times to start the preparation, and the buzzer will beep every time. When the motor starts running, the machine starts. (Note: If the armrest area of the model you purchased has a "start button", it is equivalent to the start button on the button panel)
- 1.6. Stop button: During running, press the middle knob to stop the treadmill, and the treadmill speed will decrease from your current maximum speed to a stop. (Note: If the armrest area of the model you purchased has a "stop button", it is equivalent to the button panel stop button)
- 1.7. Speed adjustment key: Turn the middle knob to adjust the speed, the clockwise direction will add the speed to your suitable speed range, the counterclockwise direction can reduce the speed to your suitable speed range (Note: as the armrest of the model you purchased There are "speed plus and minus buttons" in the area, which is equivalent to the speed plus and minus buttons on the panel)
- 1.8. Incline adjustment key: press the incline plus minus key to adjust the slope size, press the incline plus key to increase the incline to your suitable slope range, and press the incline minus key to reduce the incline to your suitable slope range (Note : If the armrest area of the model you purchased has "up and down buttons", it is equivalent to the speed up and speed down buttons on the button panel)
- 1.9. Red safety lock: any time the red safety lock is pulled off, the treadmill will stop immediately.

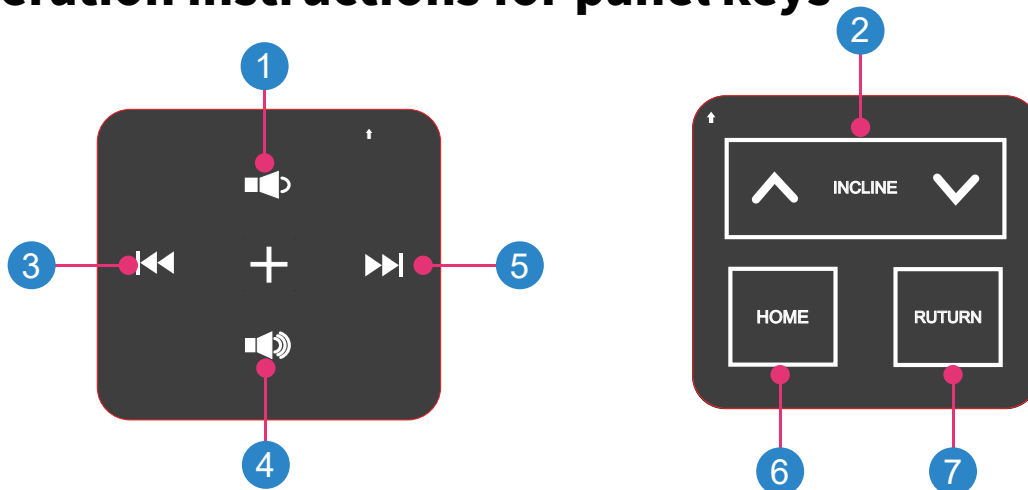
2. Wrong startup method

- 2.1. Stand on the running belt and start the treadmill.
- 2.2. Start the treadmill without using the safety lock correctly.
- 2.3. After starting, jump on the running belt that is rotating.
- 2.3. When the treadmill is running at high speed, enter the treadmill to run.
- 2.4. Treadmills are used by minors, persons with limited mobility or other persons who are not suitable for treadmill use.

3. APP connection method

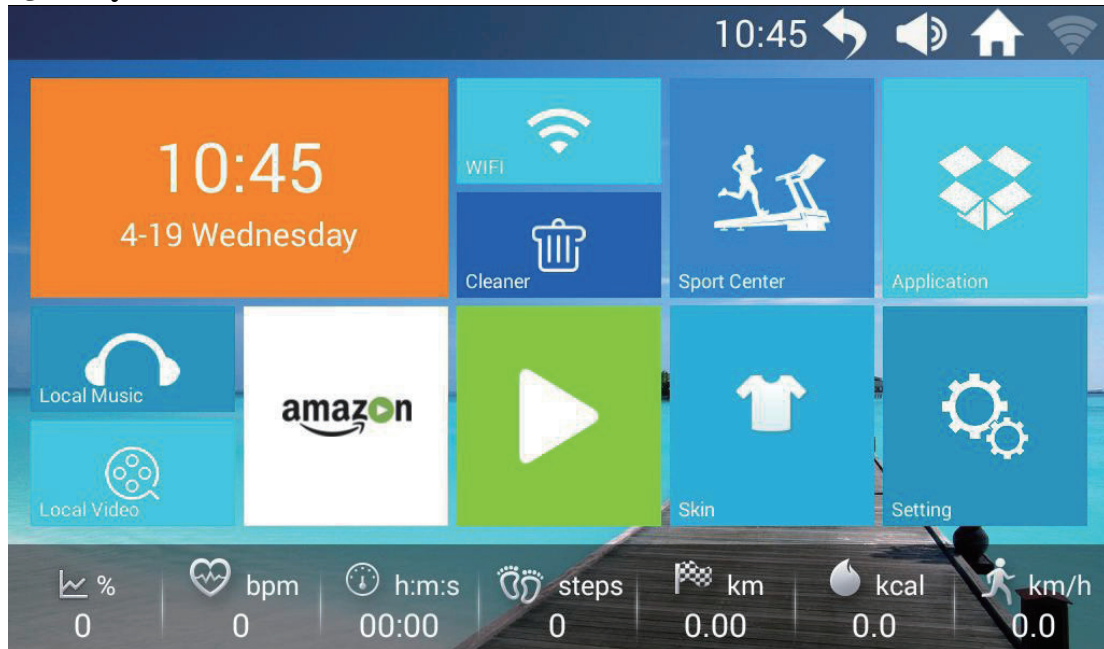
- 3.1. Please read the insert instructions to connect the mobile APP to the treadmill (only for some models with this function).

Operation instructions for panel keys



No.	Mark	Function Description
1		Volume - : Reduce the volume of music or video.
2		Slope plus or minus : Adjustable range of 0-15 segments Adjustment amplitude value is 1 paragraph/time. Hold for more than 0.5 seconds, automatic continuous increment/decrement.
3		Last : Play the previous piece of music or video
4		Volume + : Increase the volume of music or video.
5		Next : Play the next music or video
6		Home : Can be returned from any interface to the main interface (Except main interface)
7		Back : Can be returned to the previous level interface

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Icon	Function instruction	Icon	Function instruction
13:04	Time display: convenient for sports people to view time		Adjustable volume: mainly for music and video playback
	Return button: can return to the previous interface (except the main interface)		Home button: can be returned from any interface to the main interface (except the main interface)
	Wifi icon: used to check whether the system is connected to the WIFI network.		

Detailed explanation of each control of the main interface

Icon	Function instruction	Icon	Function instruction
	Weather forecast: Used to display the current time and location of the weather		local audio and video: Used to manage audio and video files in the system and in the external U disk
	Internet: Built-in third-party app		WIFI: connect internet

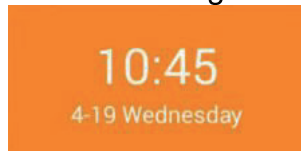
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	<p>Cleaning:One-click cleanup system cache and memory shortcuts</p>		<p>Skin:You can choose the built-in skin to change the background skin of the machine according to your preferences.</p>
	<p>Setting:Built-in brightness adjustment, language selection, machine management, factory mode four functions</p>		<p>Applications:Built-in third-party music app, third-party video app, internet, social, news</p>
	<p>sports center :built-in 9 kinds of sports: time countdown, calorie countdown, distance countdown, step countdown, work out, heart pulse control, runway mode, realview run, custom mode)</p>		

Detailed function instruction


1. Weather forecast:

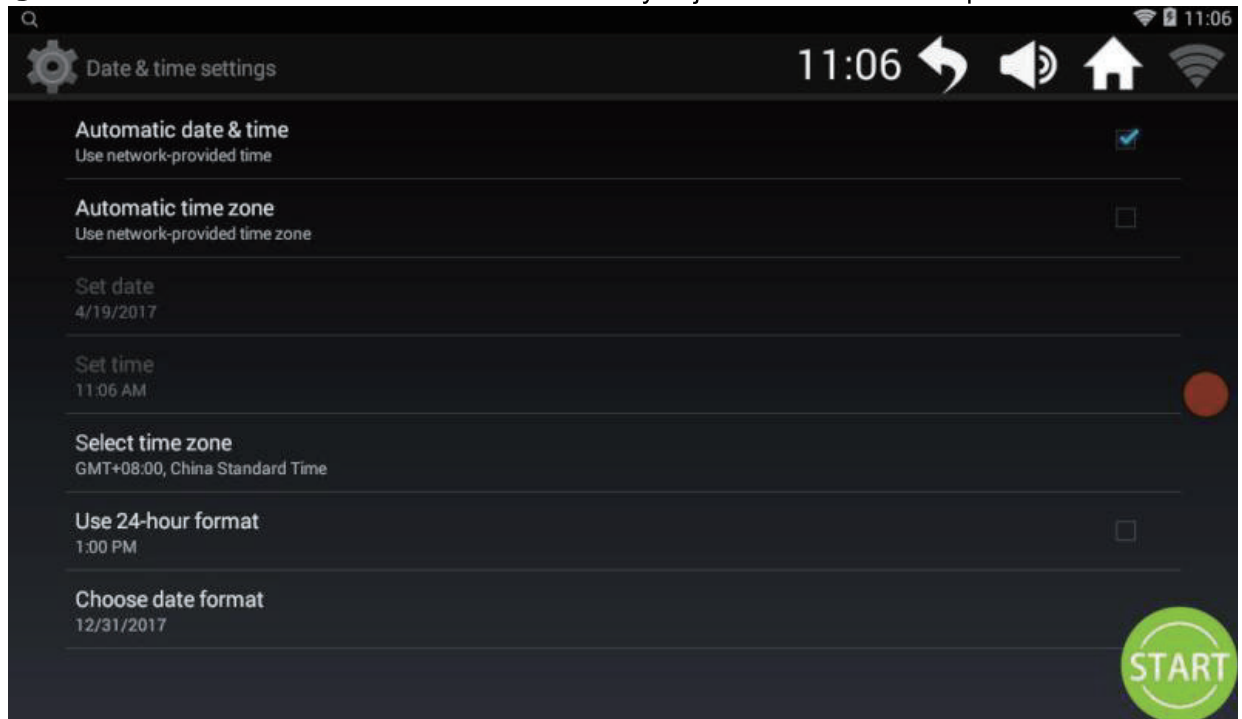
Used to manage the current time and local weather.



- ◆Support users to manually correct current time and date
- ◆Current time and date can update when connect with internet

1.1.How to manually adjust the time, date and address.

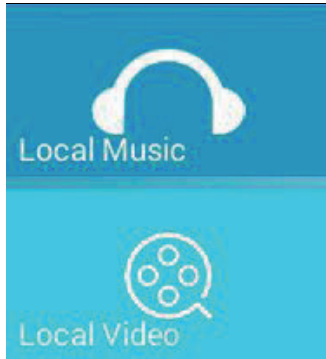
①Press  weather forecast icon to manually adjust the time and date parameters.



2.Local audio and video

Used to manage audio and video files in the system and in the external U disk:

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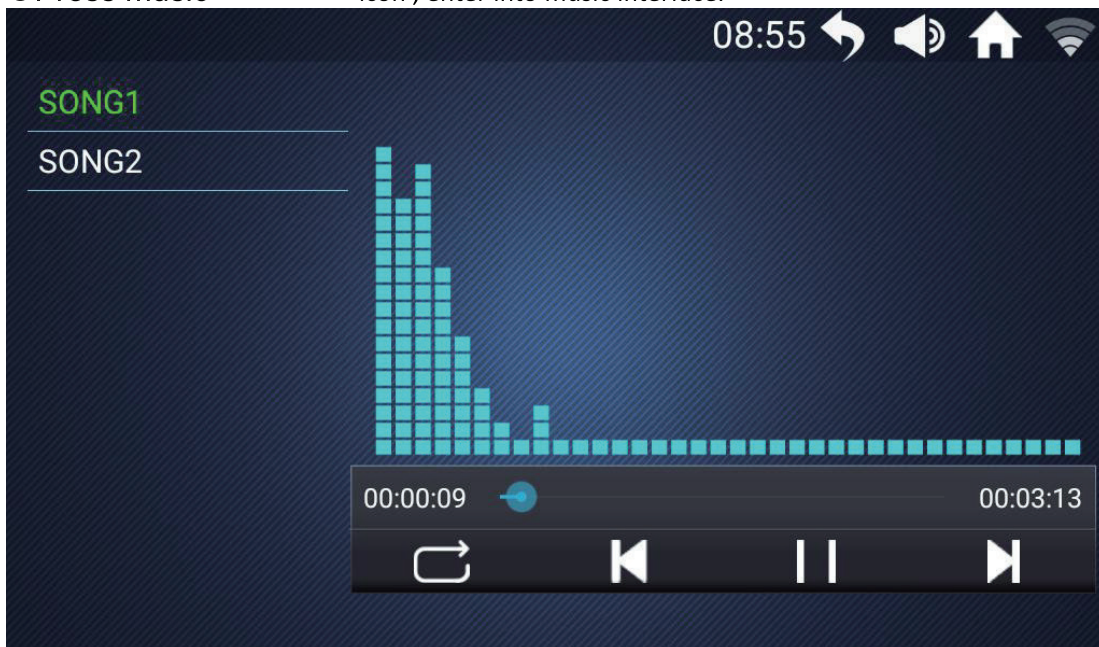
- ◆ Support play MP3、 APE、 Mp4、 MOV, audio, video format files.
- ◆ The files in the local video and audio do not need to be connected to the network, and can be directly played.
- ◆ Please try to choose a rhythmical music during running. It is best to adapt to the rhythm of the running. The music with a large rhythm changes easily has an adverse effect on the rhythm of the running.
- ◆ Please try not to watch the video while running, so it is easy to be distracted, which may cause danger after running too fast or too slow.


◆ How to play audio and video stored in USB


① Insert the USB storage device into the USB interface and play the audio and video files through operations.

2.1 Music interface

① Press music  icon , enter into music interface.











②  Swipe up and down to browse for the song name in the list on the left.


③  Press song file to start play.


Control directory


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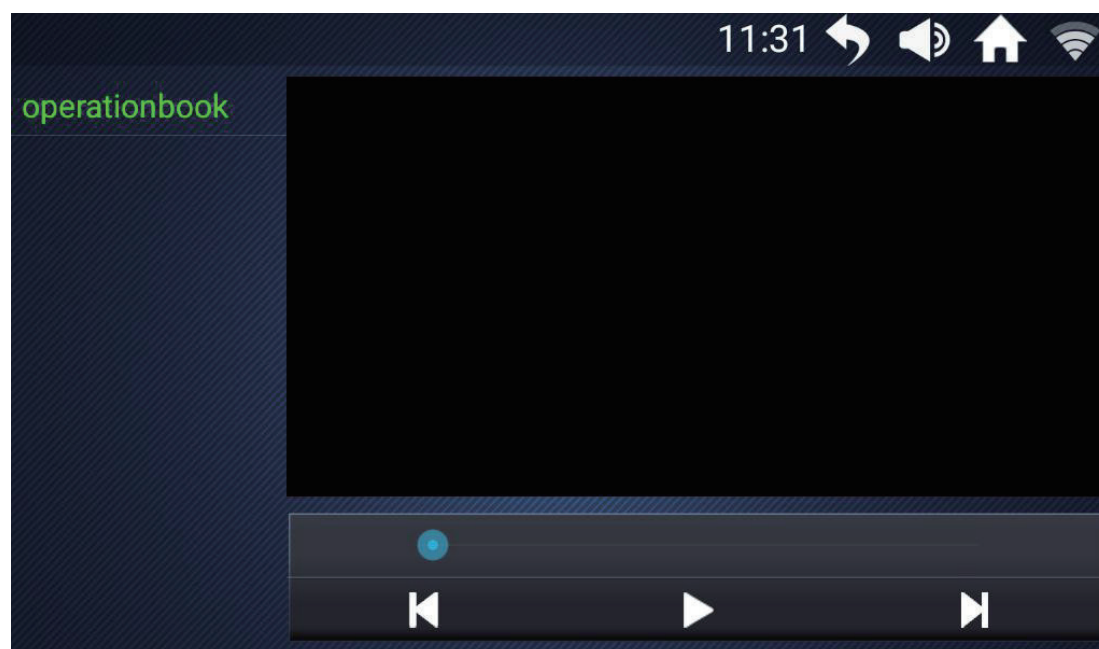
Song1	Green indicates the song that is playing. White indicates the song to be selected		
	Start playing music		Play music according to the song list
	Stop play music		Random play of the song list
	Play the previous		Loop
	Play the next		Move the bar to the left or right to change the progress of the music.

2.2 Local Video

① Press  icon enter into video interface.

☒  Swipe up and down to browse for the video name in the list on the left.





f  Press video file to start play.



Control directory

	Play the previous video		Click on the video being played to full
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	Play the next video		screen , click again to exit full screen
	Start to play video		
	Stop play music		
	Move the bar to the left or right to change the progress of the video.		








3. Internet

Build in third part APP



- ◆ To connect to the WIFI network before use.
- ◆ Please try not to browse webpage or watch the video while running, which is easy to distract and cause accidental injury; You can start running after setting the content.
- ◆ Listen to some relaxing music during the running to reduce the boring feeling during exercise.

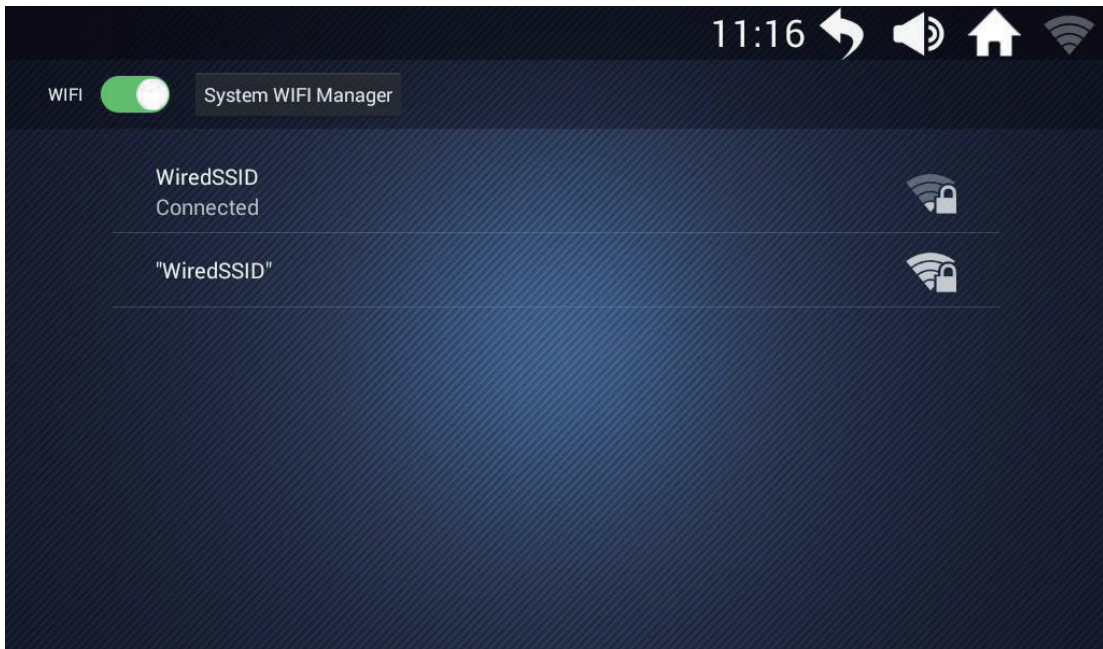
- ◆ **How to revert to the main interface and adjust the motion parameters when playing in a third-party APP:**

Control directory			
	click to hide the motion parameters during running		Return to the previous menu
	click to indicate the motion parameters during running		Adjust the volume
	Open the floating button		Back to Home page
	Turn off the fly button		


4、WIFI

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4.1 In the main interface, click "" to enter the WIFI interface:

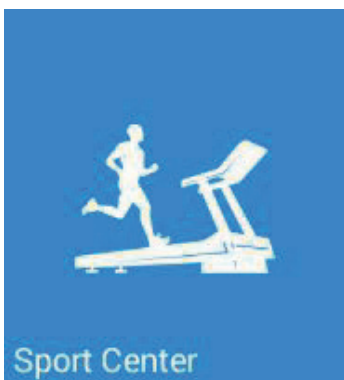


5、Cleaning

5.1 Click "" in the main interface to clean up the cache and memory of the machine.

6、Sports center

Built-in time countdown, calorie countdown, distance countdown, step countdown, work out, heart pulse control, runway mode, realview run , custom mode.



- ◆ The time for each run is preferably no more than 60 minutes;
- ◆ The slope setting of the treadmill can increase the difficulty of the depression, imitate the resistance of the road running, and make the running like to the outdoor running, instead of "running with the treadmill." However, if the slope is too high, the speed of the treadmill should be properly adjusted not too fast to avoid falling;
- ◆ Whether the running speed is suitable or not, there is a simple criterion, that is a feeling of sweating when running, no feeling of being out of breath and very uncomfortable, the running speed is the best.


◆ **Be sure to check if the safety lock is valid before exercising.** Any abnormal

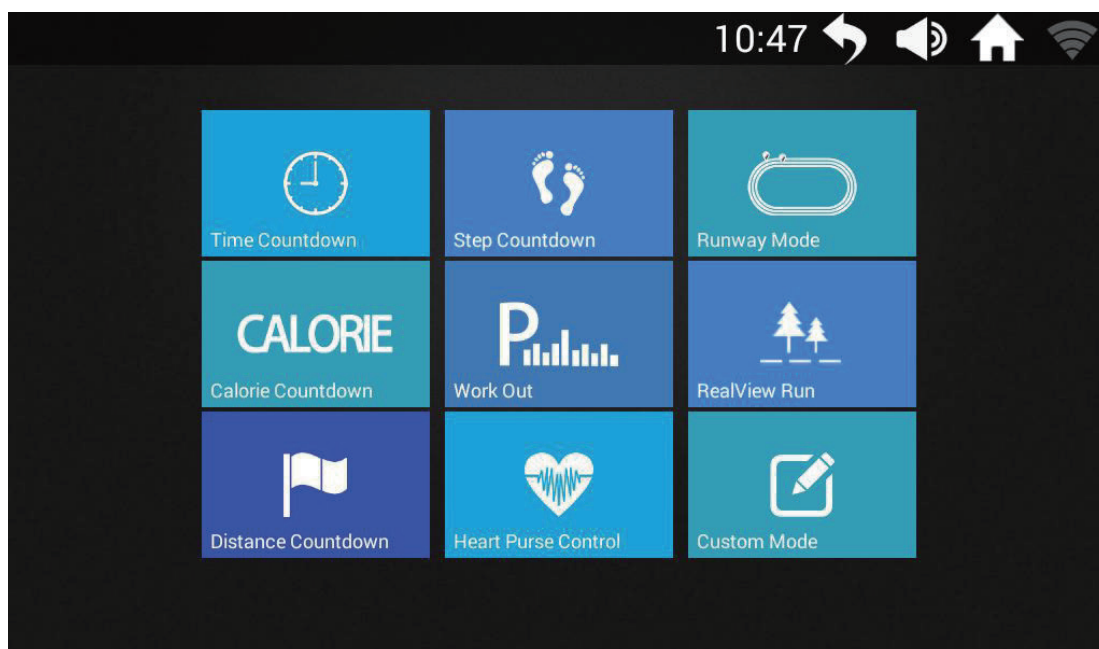
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situation occurred during running, pulled off the safety lock, and the treadmill quickly decelerated to stop running;



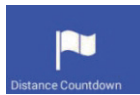



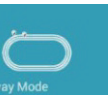
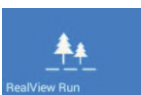
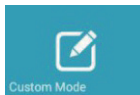
◆Please pay attention to your heart rate value during the exercise. **The highest heart rate is controlled at 220 minus age (this is the limit value, the general exercise does not exceed 90% of this value is good)**. If it is an older athlete , this number needs to be reduced a little more;

◆Any vigorous exercise, please take about 30~60 minutes after meals;

6. 1 In the main interface interface, click "" to enter the sports center management interface:




The user can select the exercise mode according to his or her own sports goal;

Control directory						
						
time countdown	calorie countdown	distance countdown	step countdown	Work out	heart pulse control	runway mode
						
Realview run	Custom mode					

6. 2 Click on the runway mode  icon to enter the runway mode page:

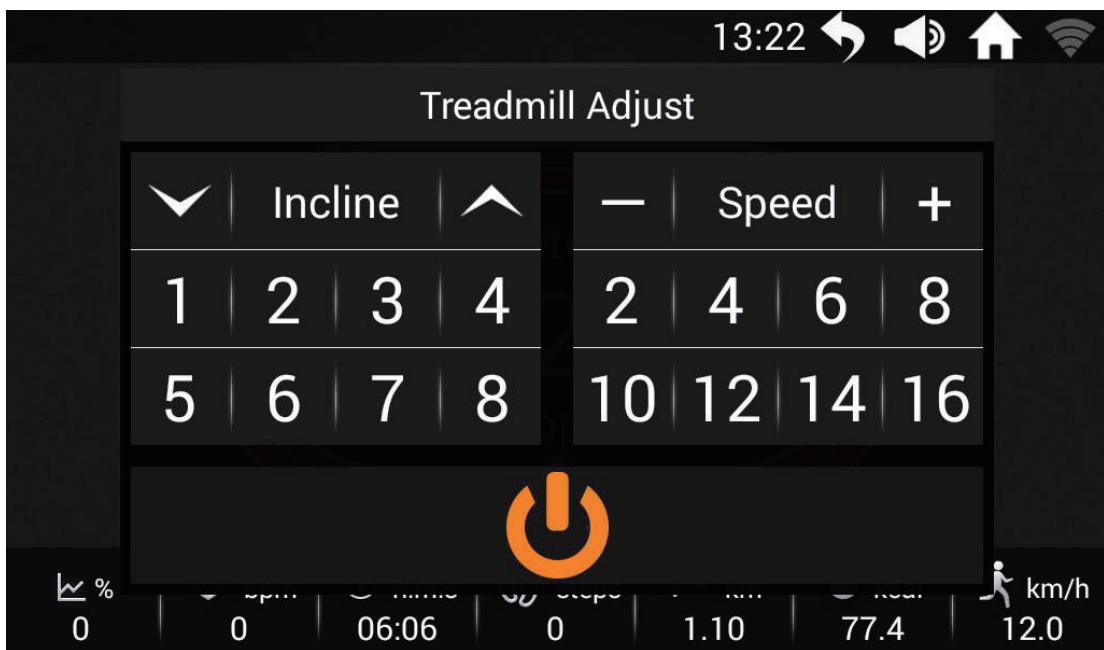
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◆  One lap of the runway is 400 meters. When the icon is rotated one turn, the number of completed laps is automatically counted as 1, and so on. Not counting after a full circle.

◆ Treadmill parameter adjustment:




① Click on any area of the screen to pop up the operating window to controls the treadmill;

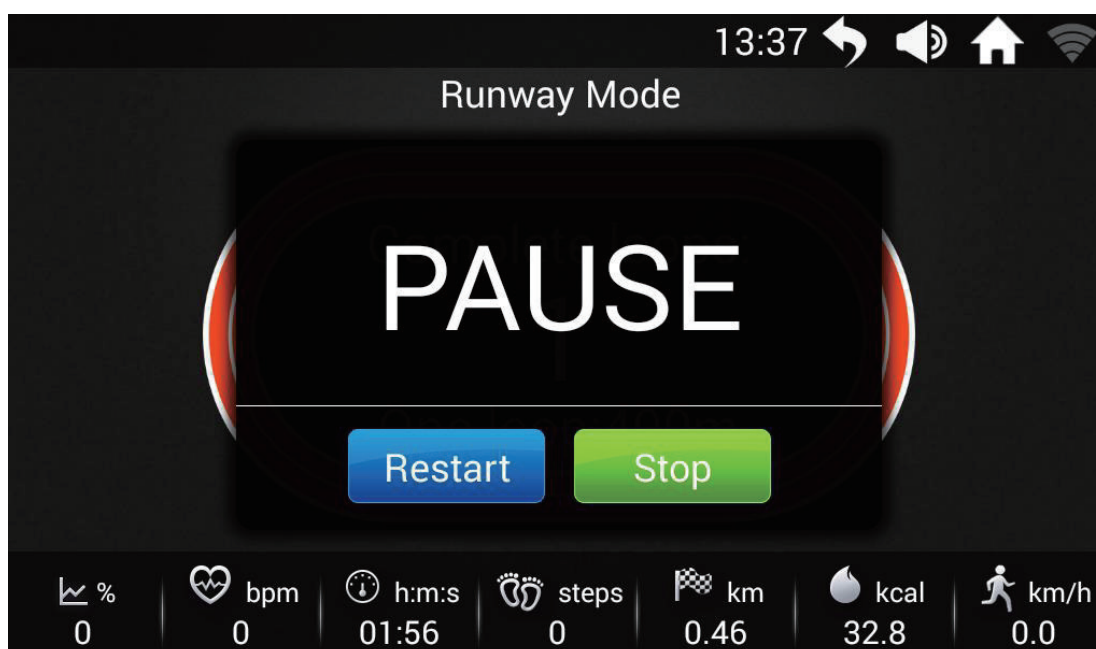




② Click the  floating button, the treadmill will appear two restarts and stops for the user to select; No operation in three seconds, this floating window is automatically closed.

◆ Start of runway mode:

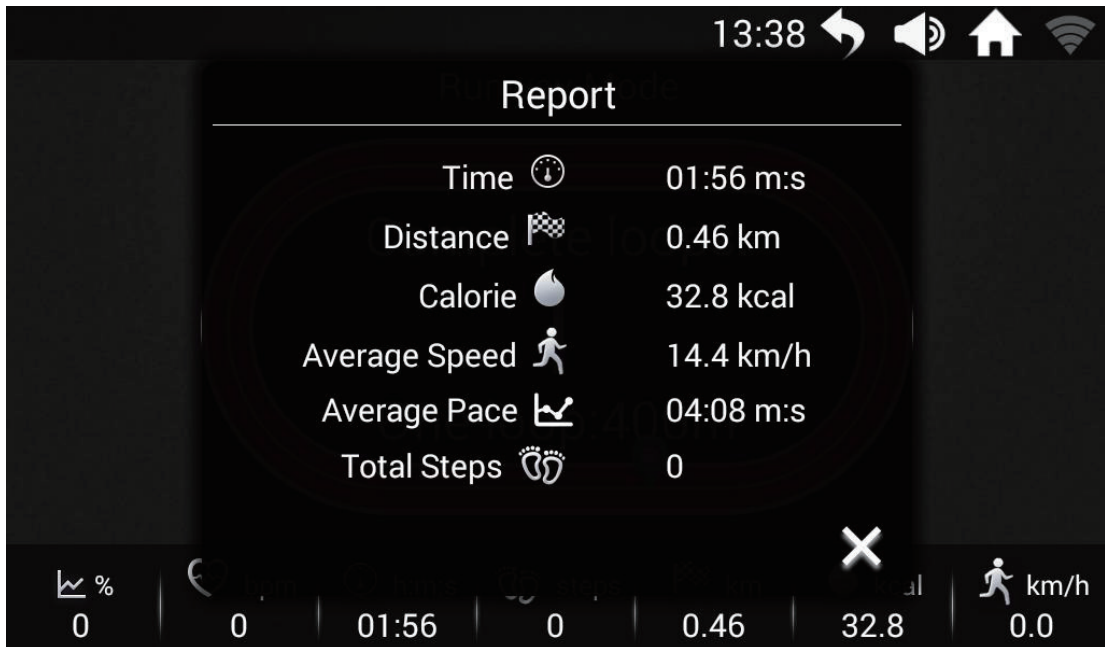
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- ① Adjust the movement parameters required for the treadmill by sliding up and down. Press the start button, the treadmill will automatically start after “3, 2, 1, GO”.
- ② During the movement, the speed and incline can be adjusted by the button on panel and or the floating window button;
- ③ Adjust the treadmill parameters by , the treadmill will slow down and stop running, the treadmill will pop up  and  for the user to choose. When the user has not made a selection, click the back button in the upper right corner to return to the main interface to operate other operations. After the user selects, click on any sport mode in the sports center interface. Will return to the runway mode interface;

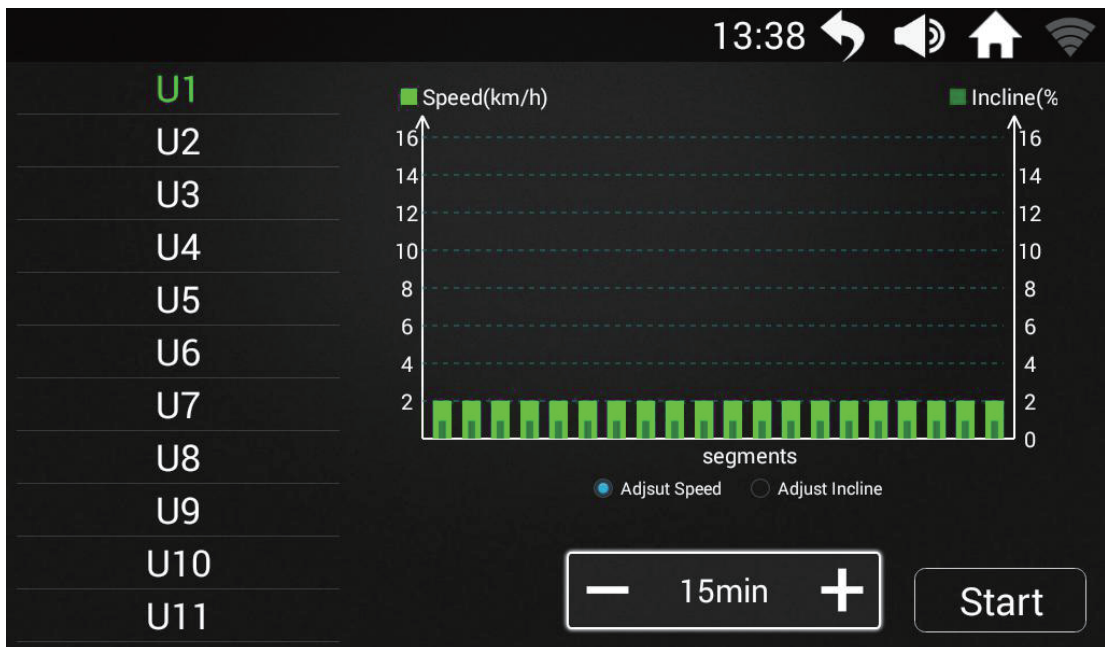


- ④ Press , The treadmill is restarted at the lowest speed;
- ⑤ Press , The treadmill stops, popping up the current sports scores.

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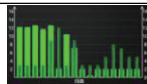
6.3 Press  icon, to enter the custom settings page:





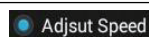
Control directory



Program list: Built-in U1-U16 a total of 16 program data for users to choose;







coordinate map:  Indicates the current running speed,  Indicates the current incline;

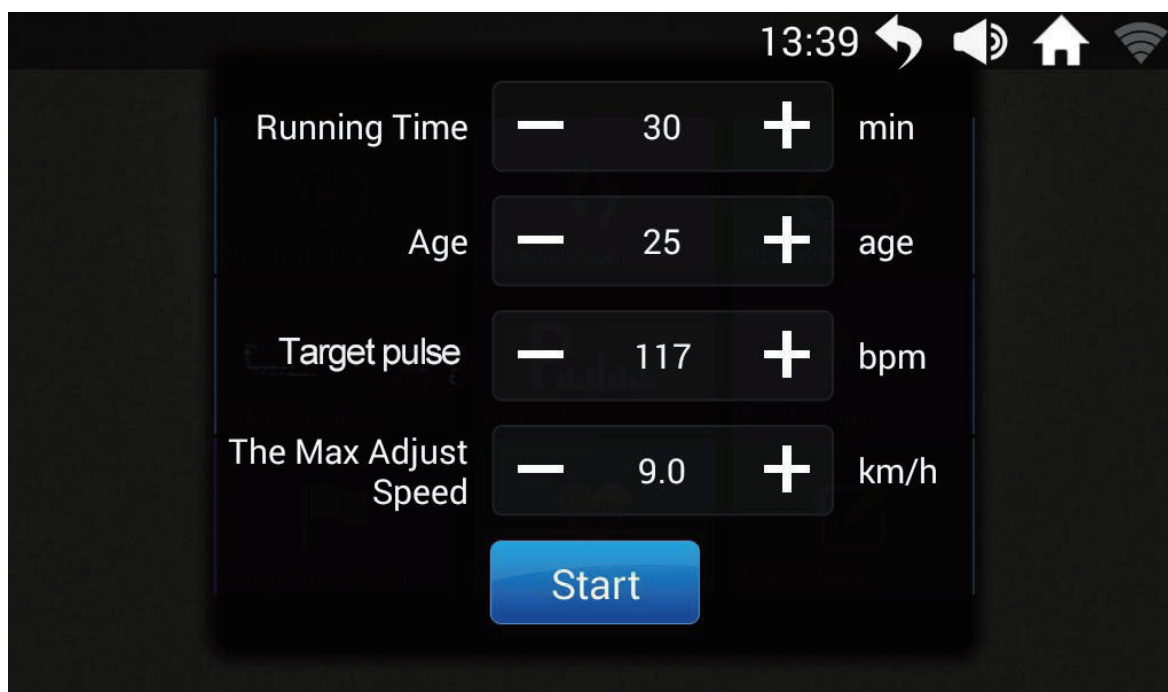


Adjust speed: Click to select, the user can slide the rectangle coordinates up and down, and customize the current running speed. Once the user setting is successfully, the program data of the user-defined setting will be automatically saved; (check the adjustable speed map)

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	Adjust incline: Click to select, the user can slide the rectangle coordinates up and down, and customize the current incline. Once the user setting is successfully run, the program data of the user-defined setting will be automatically saved; (unadjustable incline display is not selected)
	Adjustment time: The user presses the time plus or minus button on the display window to set the current running time;
	Start: User data setting OK, click here, the treadmill starts running

6.4 Click the  heart pulse control icon to enter the heart pulse control setting page:

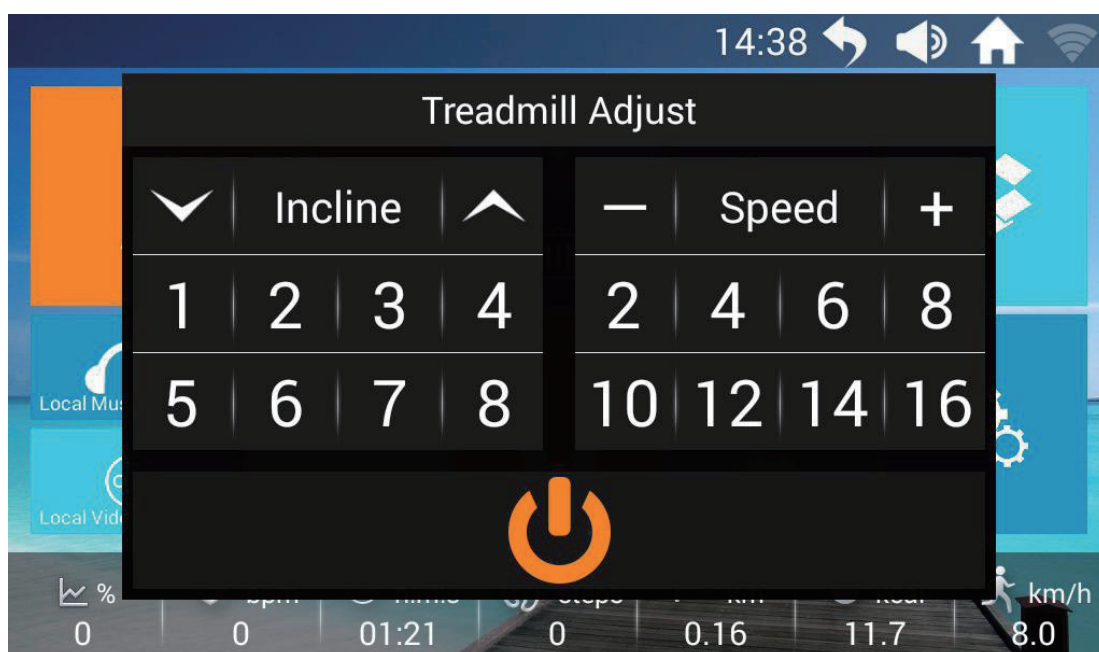


- ◆ The user sets the parameters according to his own needs, clicks the start button, and the treadmill starts running;



◆ Treadmill parameter adjustment


- ① When the user clicks the **Start** button, the treadmill starts to running, and the user clicks the back button in the upper right corner to return to the main interface to operate other operations. After the user selects and clicks on any sport mode of the sports center interface, it will return to the heart pulse control speed interface. Click any area of the screen to pop up the operation floating window to control the treadmill;

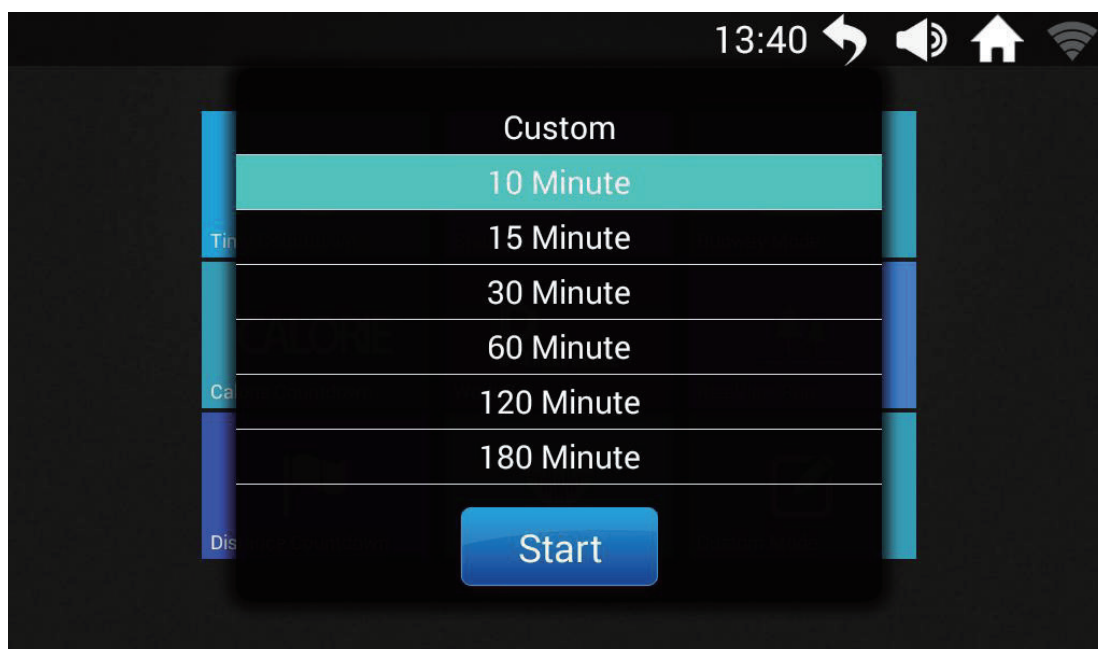


- ② Click the **Power** floating button, the treadmill will appear two restarts and stops for

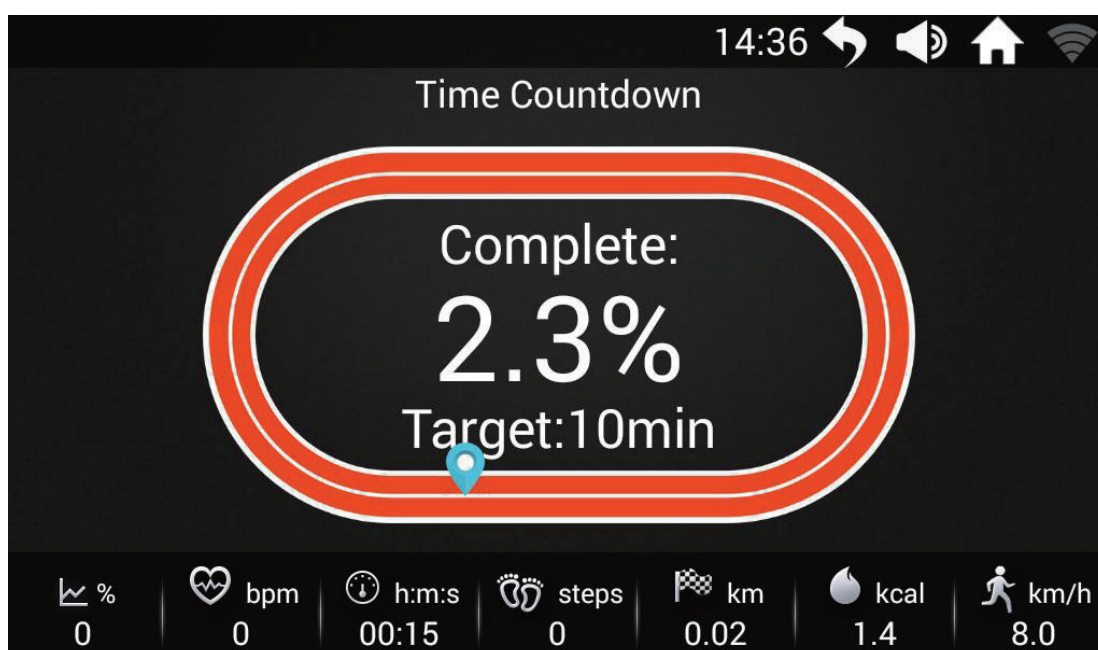
Quality Guarantee Commitment

the user to select; No operation in three seconds, this floating window is automatically closed.

6.5 Press  Time countdown icon, enter to the time countdown settings page:




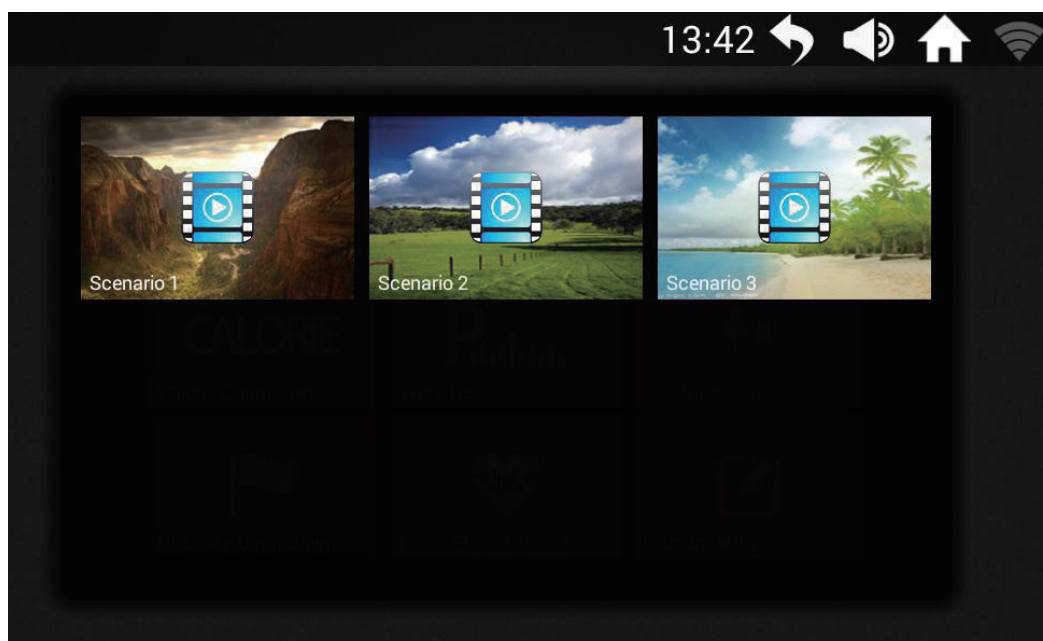
- ◆ The user selects the exercise time according to the needs, and the built-in fixed time. If the user wants to set it himself, click Customize, press the plus or minus button on the window to set the exercise duration. Once the setting is OK, click the button to start the exercise;

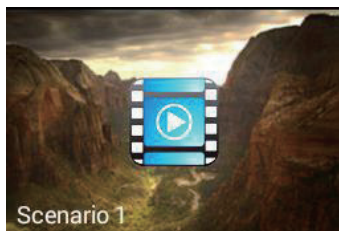
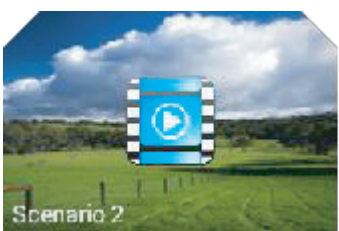
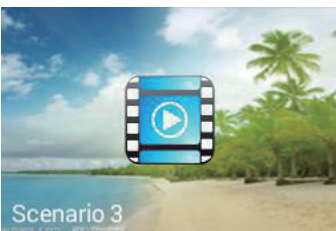


Press the stop button, the treadmill will slow down and stop running. The treadmill will pop up restarts and stops for the user to select. Select the stop button, the system will automatically calculate the results of the exercise and pop up the relevant transcript interface.


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6. 6. Click on  the real view icon to enter the real view page:

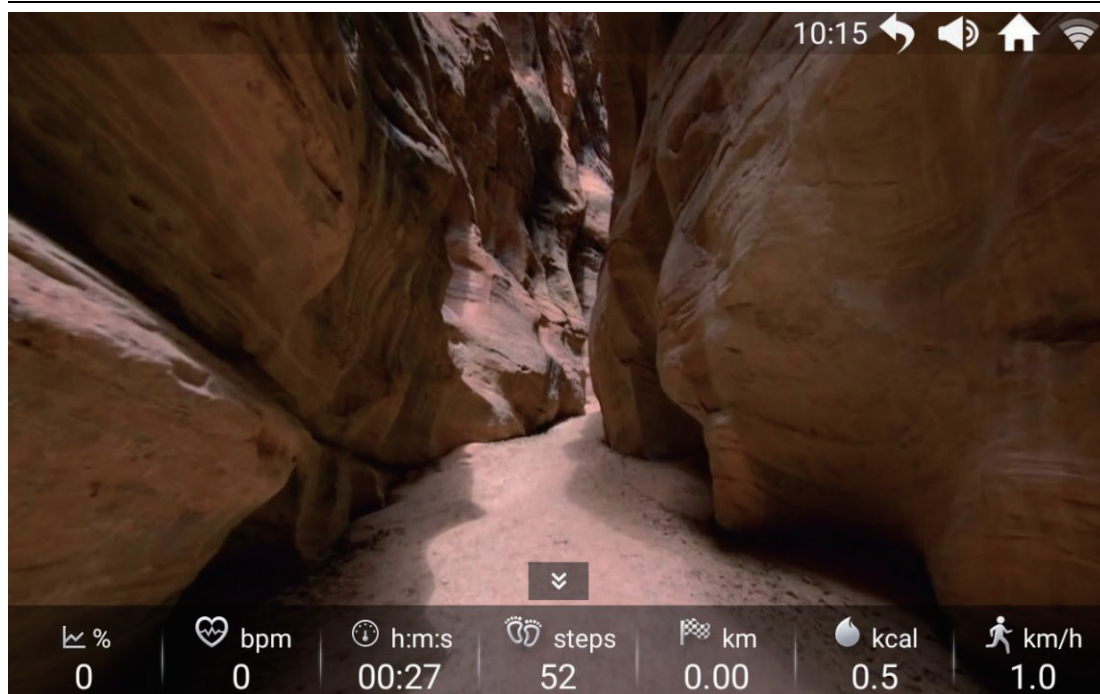




3kinds of Real view		
		
Gobi	Grassland	seaside

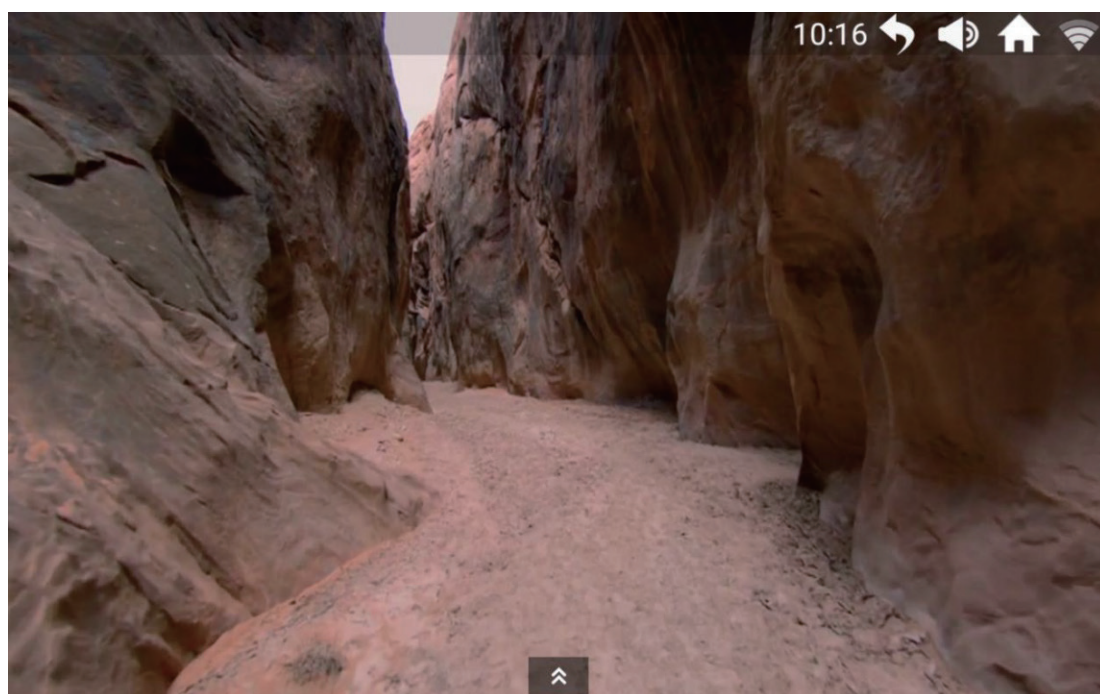
6. 6. 1 Real view running:

① In the real view interface, click to  enter the Gobi page;

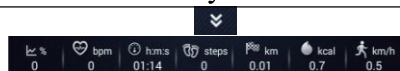
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② Display the motion parameters during running at the bottom of the Gobi running interface, click the “” icon to hide the bottom motion parameter; click “” to display the motion parameter;



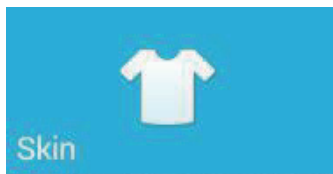
Control directory



Floating window: Click the pull-up or pull-down button of the interface to show or hide the motion parameter float frame.

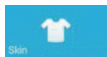

7. Skin

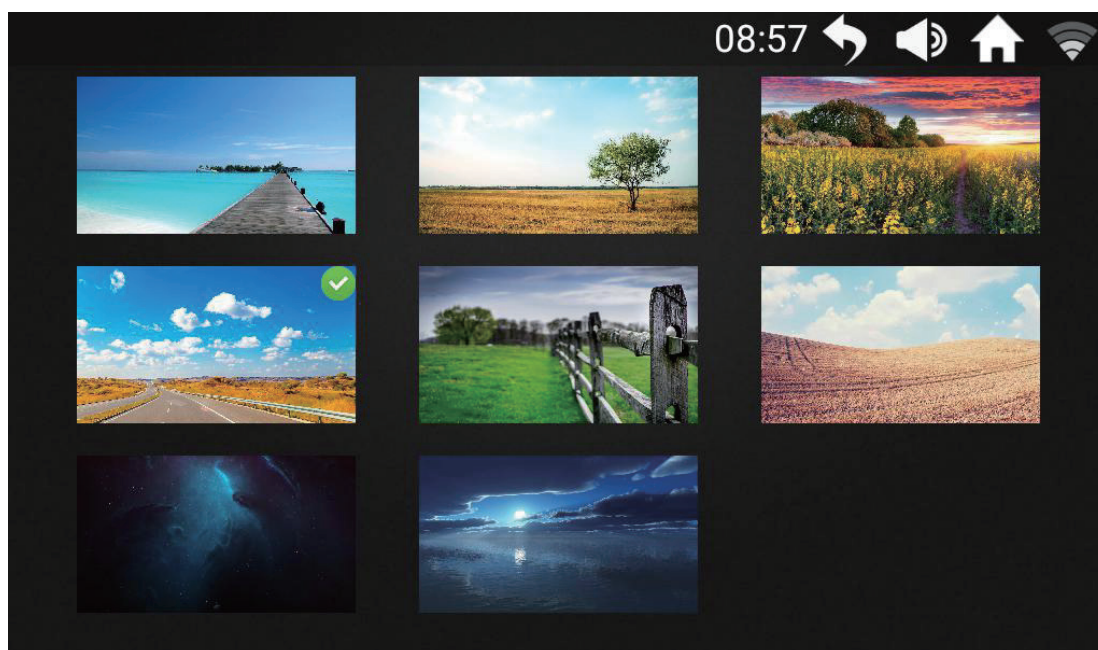
Quality Guarantee Commitment



- ◆ The built-in skin of the system is available for users to choose. It does not support users to download it themselves.
- ◆ You can choose to change the background skin of the machine according to your preferences.

7.1 Skin setting

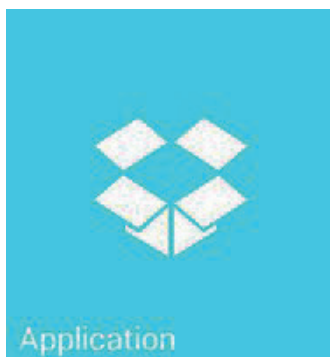
In the main interface, click the skin icon  to enter the skin selection page. After the user selects, the selection button  appears in the upper right corner. The machine skin has been set to OK. Click the upper right corner to return to the main interface:



8. Application

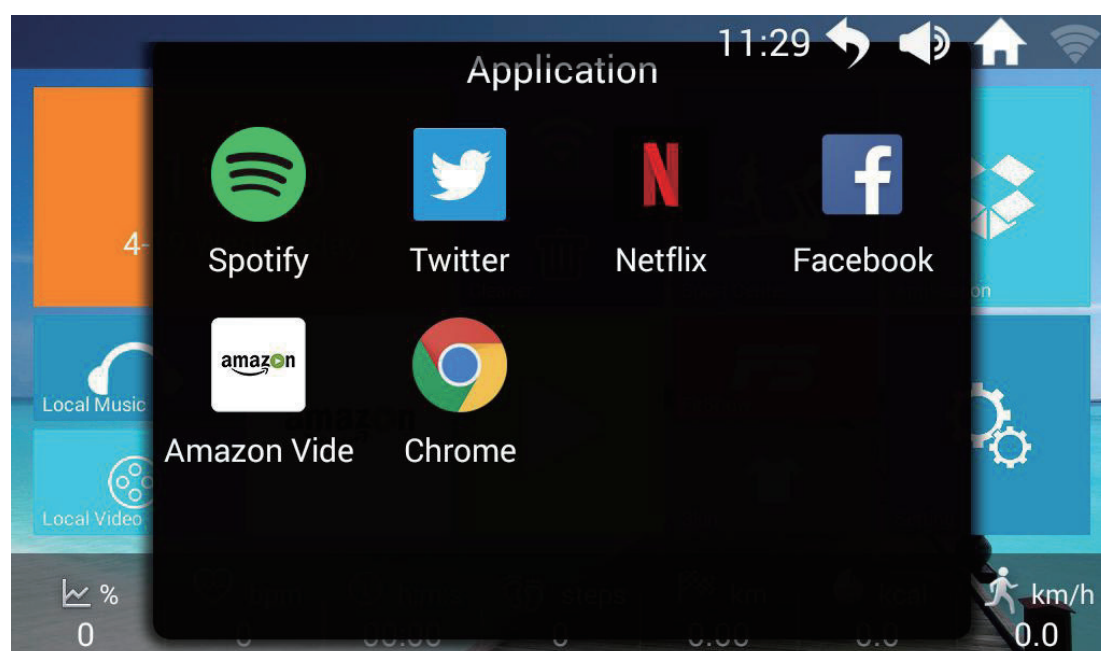
Built-in third-party music and video APP applications, Internet, social, news and other five functional modules;

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- ◆ The six functional modules of the Internet need to be connected to the WIFI network.
- ◆ Supports playback of common audio and video format files such as MP3, MP4, MOV, APE, etc.
- ◆ Please try not to browse the webpages or watch the video while running, which is easy to distract and cause accidental injury; you can set the content and then start the treadmill;
- ◆ Listen to some relaxing music during the running process to reduce the boring feeling during exercise.

Click on the entertainment icon  to enter the entertainment interface:

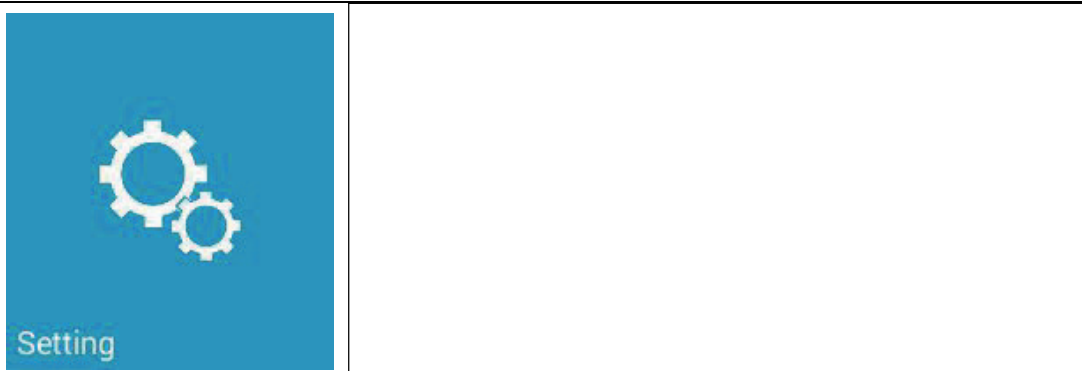



9. Setting

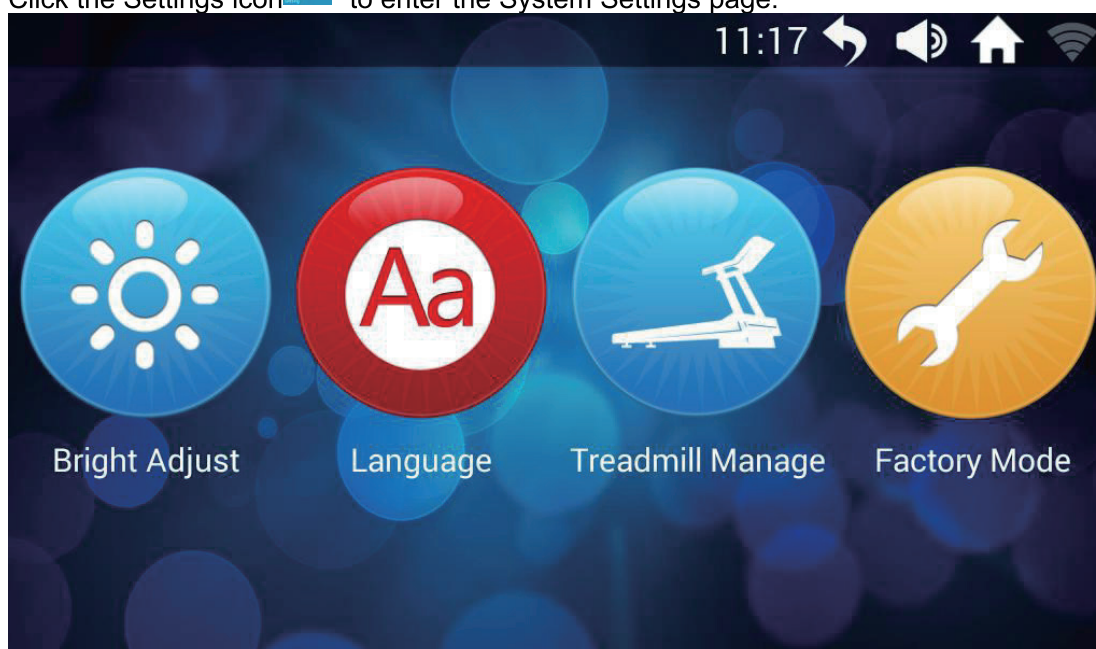
Built-in brightness adjustment, language selection, machine management, factory mode four functions;

- ◆ This system will prohibit users from installing other APP applications to avoid crashing the treadmill system;
- ◆ The system will prohibit users from uninstalling the built-in APP application;
- ◆ Please periodically clear the data and cache of the app application;

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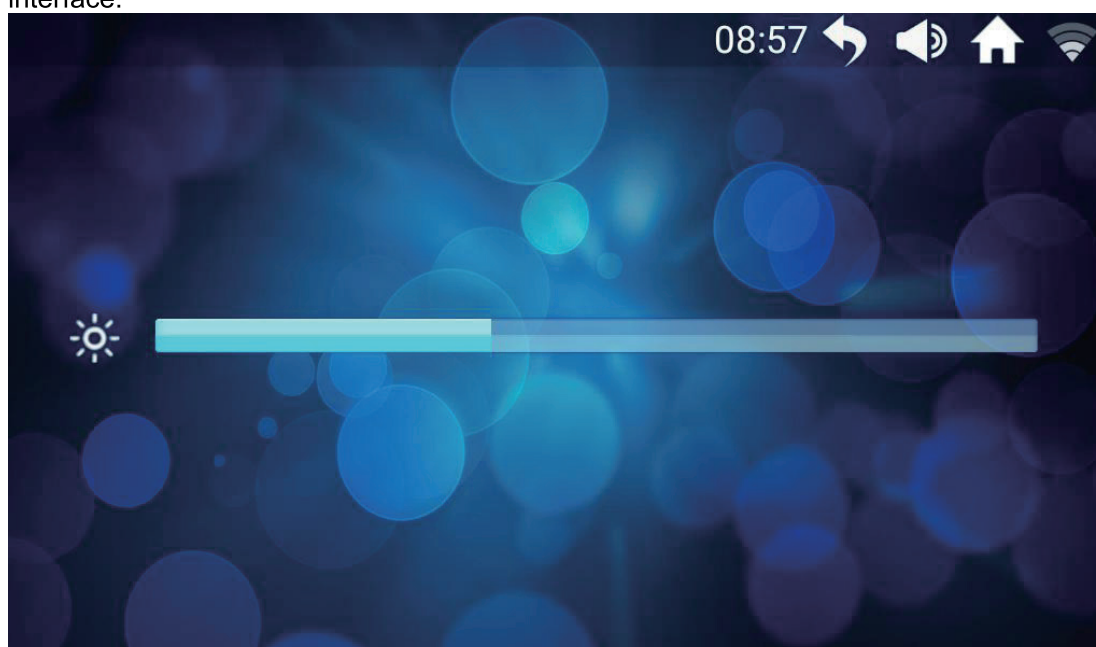


Click the Settings icon  to enter the System Settings page:



9.1 Brightness adjustment:

In the settings interface, click the brightness adjustment icon to enter the leaderboard interface:

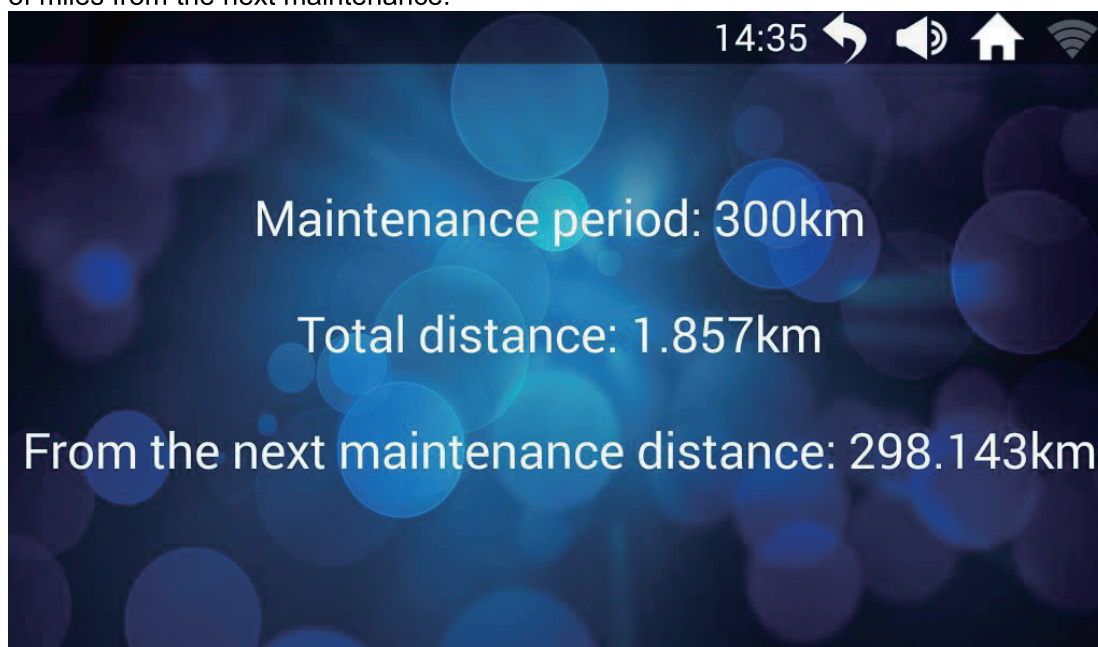


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Slides left and right on the brightness bar, slides to the right to increase the brightness, and slides to the left to decrease the brightness.

9.2 Machine Management:

In the setting interface, click the machine management icon to enter the machine management interface. This interface displays the accumulated mileage and the number of miles from the next maintenance.



The error interface

Note: When the treadmill is used, if there is an abnormality, the interface will have an error message and a solution. (Some exceptions will not occur depending on the model)

6.1 AC motor Errors

6.1.1 List of G-Way Inverter Error Reports

<div style="background-color: #333; color: white; padding: 10px; border-radius: 10px;"> <p style="text-align: center; margin: 0;">Error</p> <hr style="border: 0.5px solid white; margin: 5px 0;"/> <p>Error description: Overvoltage</p> <p>Fix method: 1.Stop use, check external wire</p> <div style="text-align: right; margin-top: 10px;">✕</div> </div>	<div style="background-color: #333; color: white; padding: 10px; border-radius: 10px;"> <p style="text-align: center; margin: 0;">Error</p> <hr style="border: 0.5px solid white; margin: 5px 0;"/> <p>Error description: Overflowing</p> <p>Fix method: 1.Replace the motor 2.Check transmission parts, add lubricating oil 3.Replace the inverter</p> <div style="text-align: right; margin-top: 10px;">✕</div> </div>
<p>①overvoltage;</p>	<p>②overflowing ;</p>

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<p style="text-align: center;">Error</p> <hr/> <p>Error description: Overload</p> <p>Fix method: 1.Check transmission parts, add lubricating oil 2.Replace the motor</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter MCU breakdown</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>③ overload</p>	<p>④ Inverter MICU breakdown</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter overheated</p> <p>Fix method: 1.Stop use and use it after the temperature returned to normal 2.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter can not receive signal from controller</p> <p>Fix method: 1.Check the wire between the controller and inverter 2.Replace the wire between the controller and inverter 3.Replace the controller 4.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑤ inverter overheated</p>	<p>⑥ inverter cannot receive signal from controller</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter inside communication error 1</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Inverter inside communication error 2</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑦ inverter inside communication error1</p>	<p>⑧ inverter inside communication error12</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Receive boot signal,but before the shutdown signal has not been received</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>	<p style="text-align: center;">Error</p> <hr/> <p>Error description: Lifting fault</p> <p>Fix method: 1.Check the wire of lifting motor 2.Replace the lifting motor 3.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>⑨ receive boot signal,but before shutdown signal has not een received</p>	<p>⑩ lifting fault</p>

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<p style="text-align: center;">Error</p> <hr/> <p>Error description: Controller can not receive signal from inverter</p> <p>Fix method: 1.Check the wire between the controller and inverter 2.Replace the wire between the controller and inverter 3.Replace the controller 4.Replace the inverter</p> <p style="text-align: right;">✕</p>		<p style="text-align: center;">Error</p> <hr/> <p>Error description: Reverse switch action</p> <p>Fix method: 1.Put the treadmill horizontally</p> <p style="text-align: right;">✕</p>
<p>(11)controller cannot receive signal from inverter;</p>		<p>(12)reverse switch action</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Stator phase fault</p> <p>Fix method: 1.Stop use, check external wire</p> <p style="text-align: right;">✕</p>		<p style="text-align: center;">Error</p> <hr/> <p>Error description: Current sensor U fault</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>
<p>(13)stator phase fault</p>		<p>(14)current sensor U fault</p>
<p style="text-align: center;">Error</p> <hr/> <p>Error description: Current sensor W fault</p> <p>Fix method: 1.Replace the inverter</p> <p style="text-align: right;">✕</p>		
<p>(15)Current sensor W fault</p>		



Important reminder:

-Do not use sandpaper and solvents to clean the treadmill.

The controller part of the treadmill should not be directly exposed to the sun or humidity to avoid damage.

-Check and tighten all parts of the treadmill frequently. Damaged parts must be replaced immediately.

-The running belt is the most vulnerable part in operation. Please replace it in time when the running wear is serious.

1. Adjust the running belt

1.1 Adjusting running has two functions: elasticity adjustment and center position adjustment of the running belt. The running belt has been adjusted before leaving the factory, but after use, the running belt will be stretched and it will deviate from the center plate and cause the running belt to rub the decorative strip. It is normal for the running belt to be stretched during use. If the running belt slips or is not smooth when you use the treadmill, you can adjust the tightness of the running belt to improve it.

1.2 How to adjust the running belt?

1) Insert a 6mm Allen key into the adjusting screw on the left side of the running belt, and turn the wrench 1/4 turn clockwise to adjust the rear roller to tighten the running belt.

2) Repeat step 1 to adjust the right screw. Make sure that the adjusting screw rotates the same distance so that the roller will be adjusted parallel to the frame.

3) Repeat steps 1 and 2 until the running belt does not slip.

4) Note that the running belt cannot be adjusted too tightly. This will damage the running belt, increase the pressure of the front/rear rollers, cause damage to the roller bearings, etc., produce abnormal noise or other problems. If you want to reduce the tension of the running belt, Please turn the wrench counterclockwise, and the left and right sides of the note should be rotated the same.

2. Adjust the running belt to the middle

2.1 When you use a treadmill, the pressure on the running belt is unbalanced due to the different forces used by the two feet during running, which causes the running belt to deviate from the center.

This kind of deviation is normal. When no one is running on the running belt, it will return to the center. If it does not return to the center, you need to adjust the running belt back to the center.

2.2. How to adjust the running belt to the middle?

1) Run the treadmill without load and adjust the speed to 6KM/H.

2) Observe the distance from the running belt to the left and right side bars.

If it is to the left, use an Allen key and turn the screw on the left 1/4 turn clockwise;

If it is to the right, use an Allen key and turn the right screw 1/4 turn clockwise;

If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.

3) After adjusting the running belt to the middle, adjust the speed to 1KM/H and observe the deviation of the running belt and the smooth running. If there is a deviation, repeat the running steps.

4) Warning! Do not over-tighten the roller! This will cause permanent bearing damage!

If the above steps are not effective, you need to tighten the running belt again.

Special attention: The running belt is the most wear-prone part in operation.

Please replace it in time when the running wear is serious.

A successful sports program must include warm-up, aerobic and relaxing exercises. Exercise at least two or three times a week. Exercise one day and then take a day off. After a few months, you can increase the amount of exercise to four or five days a week. Warming up is an important part of your fitness program. Warming up before each exercise can prepare your body for the next more intense exercise. Warming up can help your muscles warm up and stretch, improve blood circulation and pulse, and send more oxygen into your muscles. And after aerobic exercise, repeat warm up exercise can also reduce muscle soreness. We recommend the following warm-up and relaxation exercises.

The importance of warming up before exercise:

Dynamic warm-up exercises must be carried out before exercise. Dynamic stretching is a kind of stretching that approximates the body movement mode, which is beneficial to the improvement of the overall condition of the body, and has the functions of activating muscles, improving muscle elasticity and excitability.

The importance of stretching after exercise:

Lack of stretching can lead to muscle tension and decreased elasticity, resulting in increased local pressure, local inflammatory factors, metabolic waste can not be discharged in time, making fatigue recovery slower. The body always wears fatigue and then carries out the next training, which is easy to cause fatigue accumulation and cause pain.

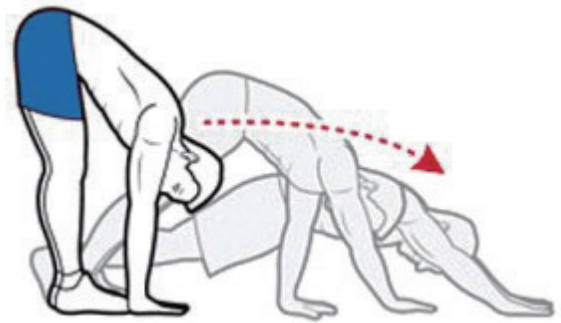
Warm up before exercise

1. Stand upright and step:

This action will make you feel stretched. straighten your back and put your arms on both sides of your body. Step forward, raise your left and right knees to the waist height and lift your arms up. Take 20 steps forward each time. Rest for 1 minutes, then repeat 2 times.



2. Walking with both hands: Straighten your legs, bend over, and put your hands at on the floor. Take your abdomen and let your hands move forward. At this time, both legs can not bend, hands on the ground, and feet forward a few s steps(the knees can' t bend). Do it for 1 minute in a row. This exercise will exercise the tendons, lower back, rear gluteal muscles and calf muscles.



Stretch after exercise

1. Shoulder stretch:

This is a simple and effective stretching exercise, especially stretching the muscles around the shoulder joint.

Practice: Standing with your feet at the same width as your hips and slightly bend your knees. Turn your left hand over your body and bend your elbow slightly. Fixed to the leftelbow with your right hand, then lean your left arm against your body until you feel the muscles of your shoulders are tight. Repeat the same action on the other side.



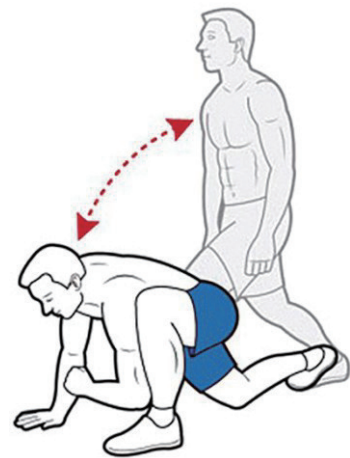
2 Stretch the triceps muscle of arm:

Action points: bend the left arm behind the head, the right palm to hold the leftelbow, and use the force slightly to pull the left elbow to the right as much aspossible. Feel the stretch of the triceps on the posterior side of the left arm.



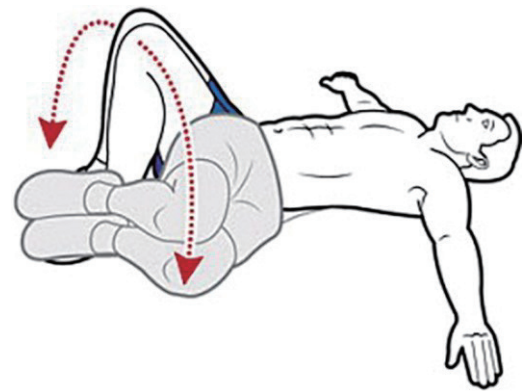
2. Dive forward and bend your elbow to the instep:

The left foot with a big bow step forward, while keeping the right knee off the ground. Put your right hand on the ground, then move your left elbow to your left instep. Move your left hand to the outside of your left foot and place your hands on the floor, make your hips up. Then move your right foot forward and get up. Do 10 times on each leg.



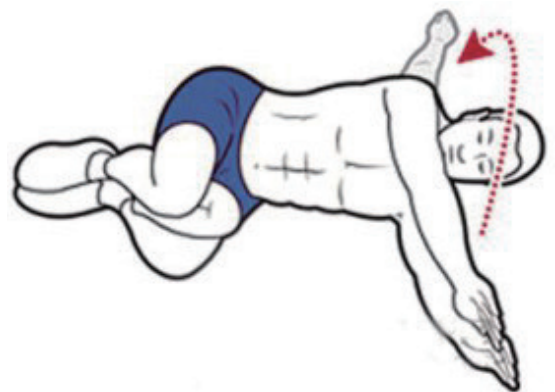
3. Rotate your hips and knees:

Lying flat, knees bent, feet on the ground, arms stretched out on both sides. Rotate to the left and keep your legs bent until the left knee touches the ground. Then rotate to the right until the right knee touches the ground. Repeat 10 times on each side.



4. 90/90 degree stretch:

This action can stretch the torso and back muscles, the body facing the left side, legs close together, knees at a 90 degree angle. A towel is placed between the knees and the arms are stretched out. Then, keep your knees and hips still, rotate your torso and right arm backwards, and try to land your right shoulder. Exhale for 2 seconds and then return to the initial position. Do 10 times on both sides.



3. chest

This action is mainly to stretch the muscles on the upper edge of the chest, which can relax the muscles and increase the softness.

Practice: Stand next to a stable upright support. After placing one hand on the support, keep the upper arm and shoulder at the same level. Push your body forward slowly until your chest muscles stretch.



4. calf stretch:

Practice: Take a standing position about a large step in front of the wall, push the wall with your hands, and stand with your feet at the same width as your hips. Stretch your left leg forward and bend your knees, and keep your left knee directly above your feet, do not skew to one side. You will feel that the right calf muscles are stretched. Change the other side to stretch the left calf.



5. Quadriceps stretching

Action essentials: Stand firm, lift the other foot back, use the same side of the hand to gently support the ankle, slowly close the calf to the thigh, gently touch the hip.

After about 10

seconds, change the other foot to stretch. During the process, the upper body is straight and the lower limbs are bent gently to avoid the knees stretching too much.



6. Back muscle stretching

Action essentials: The two feet are close together and stand one meter away from the support surface. The hips the same height as the shoulder. Extend your arms to your head. Keep your arms and legs straight, bend your hips, and stretch your back. Grab the support surface with your hands, exhale, push down on the support surface to form the back bow. Hold for 10

seconds and do 4 sets of actions.



1. Warranty scope:

We ensure that the product is made of high-quality materials. In normal use, if there is a problem, we will be responsible for the warranty. The warranty period is 1 year (counting from the date of purchase). If your product has quality problems, please contact our customer service within 12 months; please do not dispose of it without permission, we Warranty on the following accessories: frame, wire, armrest foam, motor, moving wheels, etc.

2. The following conditions are not covered by the warranty:

- 2.1 Damages caused by external causes.
- 2.2 Use of non-original accessories.
- 2.3 Incorrect handling by yourself.
- 2.4 Failure to follow the instructions.
- 2.5 Vulnerable parts, normal wear and tear are not covered by a warranty and replaced, such as running belts and rollers.

3. To purchase non-warranty accessories, please contact customer service, please provide the following information when ordering:




- 3.1 Instructions
- 3.2 Treadmill model
- 3.3 accessory serial number
- 3.4 Proof of purchase date

Reminder: Please do not send the product to our company without the confirmation of our customer service. Our company will not cover any cost for returning the product without permission.



EVOLVE

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