EVOLVE
USER MANUAL

CONTENTS

⚠ PLEASE READ ALL INSTRUCTION IN THE OWNER'S MANUALCAREFULLY BEFORE ASSEMBLY AND USE THE TREADMILL. AND KEEP IT FOR FUTURE REFERENCE.

Quality Guarantee Commitment

Thank you for purchasing this product. It will improve your health.

I. Quality Guarantee Commitment

We ensure that this product is made from high-quality materials.

We will repair the product if it has problems in normal use.

Warranty period is 1 year (from the date of purchase). If the product you purchase has quality problems, please contact with our customer service personnel in 12 months. Please don't deal with the problems without permission. We are responsible for repair of the following accessories: frame, wires, foam on armrest, motor, moving wheels, etc. The following cases are beyond the scope of warranty:

•   Damage for external reason.

•   Use of non-original accessories.

•   Incorrect handling by yourself.

•   Failing to operate under instructions.

Quick-wear parts will not be repaired or replaced for usual wear and tear, such as running belt, etc.

This quality guarantee commitment is only valid for private use of family and inapplicable to gymnasiums and other situations of professional training.

Please contact with our customer service personnel to buy accessories beyond scope of warranty and provide the information below when ordering:

•   Instruction.

•   Model of treadmill.

•   Serial number of accessory.

•   Proof of date of purchase.

Please don't send the product to our company before our customer service personnel confirms.

We refuse to bear any expenses if you send back the product without permission.

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II. Safety Instructions

Many safety problems are taken into consideration throughout design and manufacturing process of the product, but please still operate according to the instruction below just in case. We are not responsible for any consequences caused by abnormal operation.

⚠ In order to ensure your safety and prevent accidents, please carefully read the operating instructions before use.

1. Please consider your physical condition when training with the product, and train in an appropriate and regular way to ensure that you have enough physical strength. Wrong or excess training will cause harm to your health.

2. This product is unsuitable for children. Those that feel unwell or are mentally defective and lack common sense of use shall not use the product unless under guardianship or guidance of people responsible for their safety. Children shall be prevented from fiddling with the equipment.

3. This product is suitable for home use instead of professional training and test or medical treatment.

4. Heart rate display of this product does not provide data for clinical medicine.

5. The damaged power line must be replaced by manufacturer or professional maintenance personnel to prevent danger.

6. Please inspect all components and ensure that screws and nuts are tightened before use.

7. Please wear comfortable tight clothes when using the product to prevent the clothes from being hooked by the machine. Don't let kids or pets play nearby to avoid accidents.

8. Please place the product on smooth, clean and flat ground, ensure that there is nothing sharp nearby and don't use it near a source of water and heat.

9. Don't touch any moving parts with hands or place hands or feet in gaps beneath the running belt.

10. This product can only be used by one person when running.

11. Ensure that screws and bolts are tightened after assembly of the product.

12. Please use accessories provided by the factory and don't replace them without permission.

13. This product is HC product. The weight of user is not more than 150kg.

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III. Special Safety Instruction

Power source

• Place the treadmill where the plug can reach the socket.

• Directly insert the power line into socket and keep it firm.

• Please use qualified socket to avoid consequential danger. If the plug and socket are incompatible, ask the electrician to deal with it instead of moving the plug.

• 220V—240VAC power source is used.

• Please keep power line away from roller, and don't place power source on running belt or use damaged plug.

• Please pull the plug out from the socket before cleaning and maintenance.

Warning: failing to pull out the plug may cause personal injury and damage to equipment.

• Please inspect each component before use.

• Please don't use the product outdoors, in high humidity and in direct sunlight.

• Please turn off the machine and pull out the plug when leaving.
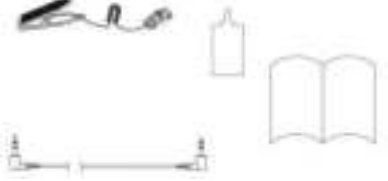
IV. Description of Assembly

• Please carefully read steps of assembly before assembling.

• Take out all wrap pages and place them on clean ground, which is convenient for you to check and install.

• Carefully check whether all components are included according to the packing list.

• Please pay attention to safety when using tools or handling. Please don't install by using force.

• Please confirm whether the tools and packing materials left are dangerous. Plastics and foam are harmful to kids.

• Assemble the product according to the instruction. Please carefully read steps and description of assembly.

• The product must be carefully installed by adults, and by professionals if necessary.

Warning: carefully install the product without damaging it.

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V. Configuration List

Configuration List		
Complete machine		
Bag of instruction	Safety lock MP3 Connecting line Silicone oil instruction	Instruction
left & right side covers		
Rear angle bead		

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VI. Exploded Diagram

All accessories displayed in the list below.

Multi-function part
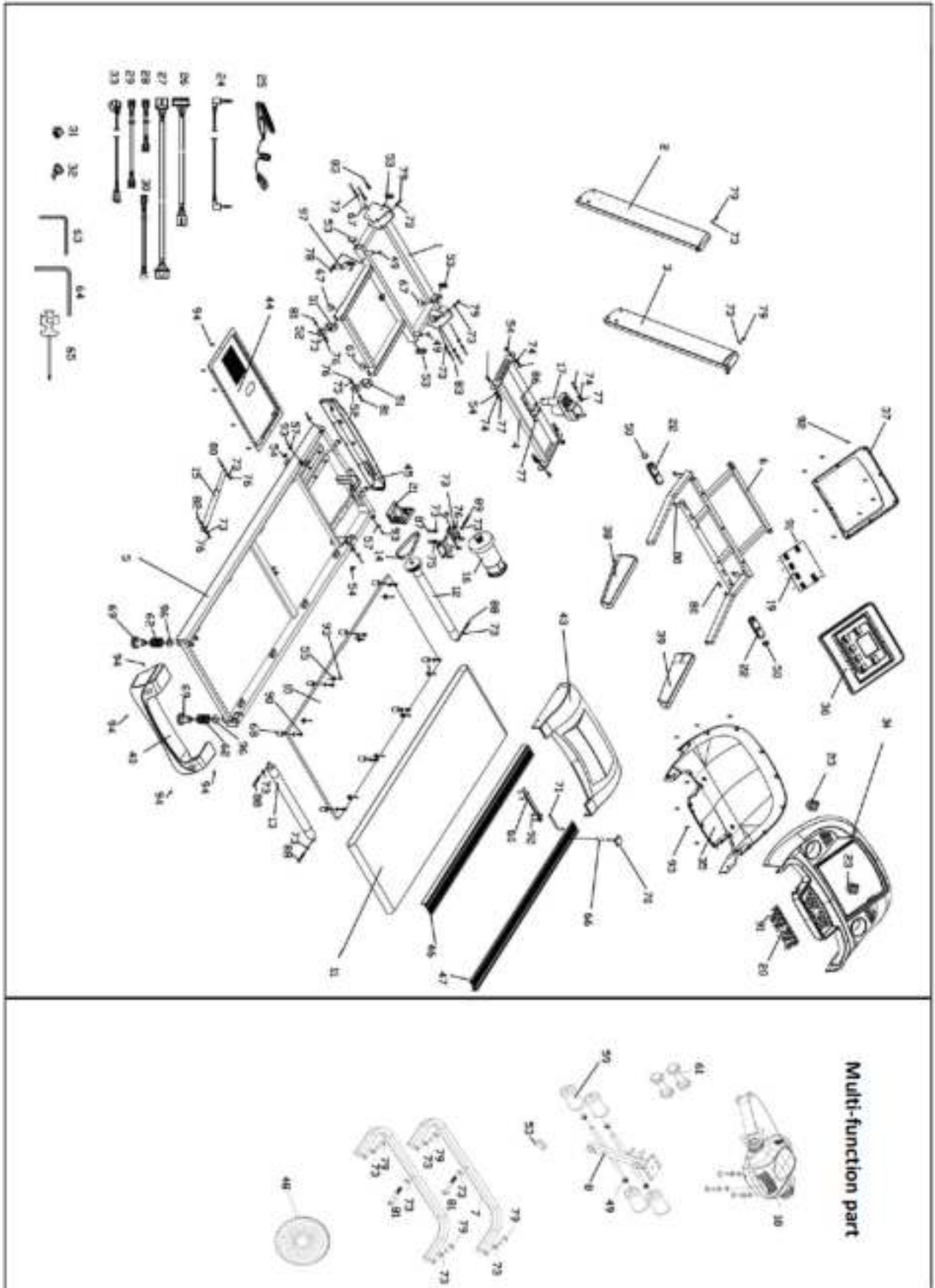
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VII. Parts List of explosion diagram

Part no.	Name	Q'ty	Part no.	Name	Q'ty
1	Pedestal	1	50	Round inner tube plug match ∮32*T1.5 Tube	2
2	Upright post(L)	1	51	Moving roller bush	2
3	Upright post(R)	1	52	Moving wheel	2
4	Incline frame	1	53	Square inner tube plug match 25*50*2.0T square tube	5
5	Main frame	1	54	Plastic spacer ∮10*∮15*∮25*2*6	6
6	Computer frame	1	55	Edgestrip buckle ∮25*∮4.2*4.5 White	8
7	Massager Support	2	56	Plastic washer ∮10.5*∮25*t1.5	2
8	Supine support	1	57	Assemble plastic14*16*19	4
9	Motor bracket	1	58	R-type wire clamp	2
10	Running deck	1	59	Sponge sheath ∮17*∮70*130	4
11	Running belt	1	60	Oil cap	1
12	Front roller	1	61	Dumbbell	2
13	Rear roller	1	62	Compression spring ∮49*∮5*5	2
14	Motor belt	1	63	M5 L-shaped wrench	1
15	Gas spring	1	64	M6 L-shaped wrench	1
16	DC motor	1	65	Cross open-end wrench	1
17	Incline motor	1	66	Tubing bushing	1
18	Massager head	1	67	Adjustment foot pad	4
19	Computer PCB	1	68	Round cushion	8
20	Computer keypad	1	69	Adjustment foot pad φ60*φ35*65*M10*22	2
21	Lower controller	1	70	Fuel tank	1
22	Grip pulse	1	71	Fuel pipe	1
23	Speaker	2	72	M4 Flat washer	6
24	MP3 connecting line	1	73	M8 Flat washer	26
25	Safety lock	1	74	M10 Flat washer	4
26	Computer top line	1	75	M8 Spring washer	2
27	Computer bottom line	1	76	M8 Locknut	8
28	150 single line	2	77	M10 Locknut	4
29	300 single line	2	78	Half-round head hexagon screw M8*15	2
30	150 signle ground line	1	79	Half-round head hexagon screw M8*20	8
31	Power swtich	1	80	Half-round head hexagon screw M8*30	5
32	Upsidedown T-shaped socket	1	81	Half-round head hexagon screw M8*40	1

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33	Power line (with tail plug)	1	82	Half-round head hexagon screw M8*45	1
34	Computer top over	1	83	Half-round head hexagon screw M8*65	6
35	Computer bottom cover	1	84	Half-round head hexagon screw M10*25	4
36	Computer pcb top cover	1	85	Half-round head hexagon screw M10*40	1
37	Computer pcb bottom cover	1	86	Half-round head hexagon screw M10*55	1
38	PU foam(L)	1	87	Cylinder head hexagon screw M8*12	2
39	PU foam(L)	1	88	Cylinder head hexagon screw M8*60	3
40	Rear cover	1	89	Cylinder head hexagon screw M8*70	1
41	Side cover (L)	1	90	Countersunk head hexagon screw M8*25	8
42	Side cover (R)	1	91	Cross recessed pan head screw ST3.0*10	11
43	Motor top cover	1	92	Cross recessed pan head screw ST4.0*10	23
44	Motor bottom cover	1	93	Cross recessed pan head screw ST4.0*16	36
45	Motor front protecting cover	1	94	Cross head with flat self - tapping & self - drilling screws	36
46	Plastic edgestrip (L)	1	95	Cross head self - tapping & self - drilling screws	6
47	Plastic edgestrip (R)	1	96	Rubber gasket	2
48	Body twister	1	97	Package stator	1
49	Round inner tube plug match ∮19*T1.5 tube	6			

The above parts list is list of the highest configuration of this series of products. Multifunction parts are not included in the set.

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VIII. Steps of Assembly

Step 1: installation of complete machine

1. Hold the electronic meter and slowly lift it to fixed screw hole.

2. Fix Computer meter onto Upright post with 79# screw and 73# flat gasket.

3.Fix Upright post onto pedestal with 79# screw,83# screw and 73# flat gasket.

Then remove package stator (red) fixing frame and pedestal, and prevent the frame from hurting people when bouncing off.
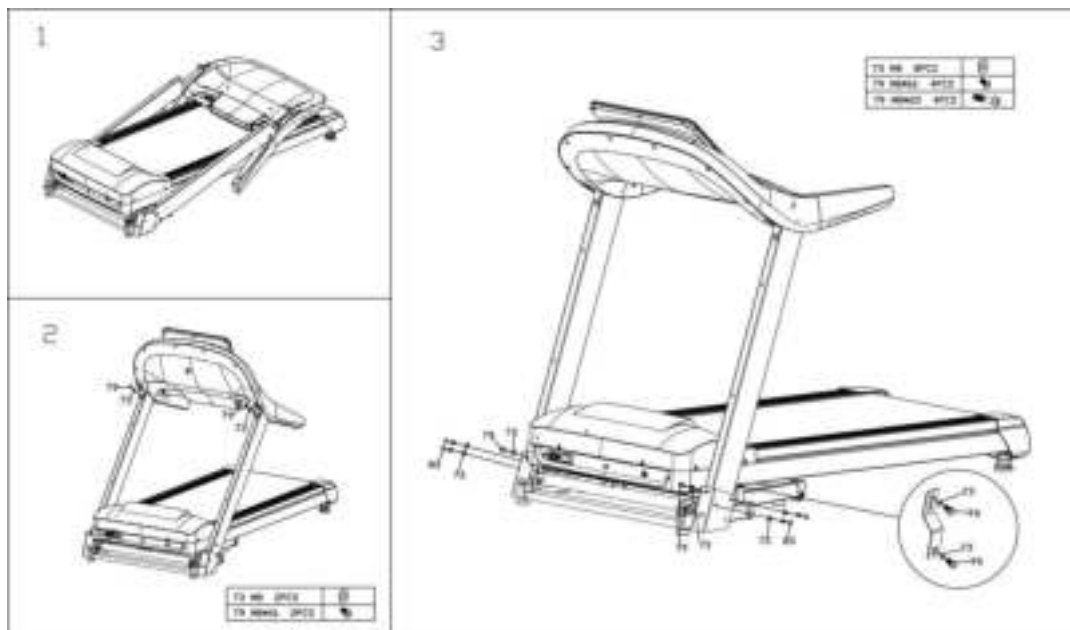
Step 2: assembly of left and right side covers

1. Fix the left and right side covers on both sides of pedestal with 94# screw and lock them.

2. Connect the connecting line and place it into small round tube, and then fix left and right handles onto electronic meter with 94# screw.

3. Fix rear angle bead onto main frame with 94# screw, and lock it. **(Single function treadmill has assembled finished.)**

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IX. Structure of Finished Product

X. Operating Instruction

Operating instruction of treadmill:

Power socket with ground line must be used for your safety when you use the treadmill.

1. Insert power plug into socket and turn on power switch a (light turns red). You will hear "beep" and window on instrument panel displays;

2. Place safety lock at yellow position of instrument panel, when the treadmill can be normally used. Please clamp the safety lock onto your clothes when using the machine to avoid accidents. You can open the safety lock at any time to immediately stop the motor to avoid falling over. Please place the safety lock back and start workout program to use the machine again.
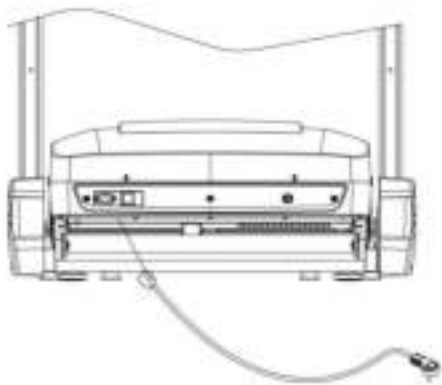
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Description of movement of treadmill:

1. Fix one side of pedestal with a foot, and pull the armrest backward with hands to make the treadmill tilt backward after folding it.

2. Move the machine.

Please move the machine to a place inaccessible to kids to prevent them from touching the gas spring casing to make the running platform fall to cause unnecessary accidents.

Description of folding:

• Fold the treadmill:

Folding the treadmill can save space.

Turn off the power switch and pull out the power plug before folding.

Lift the running platform with hands until it is stuck by gas spring casing.
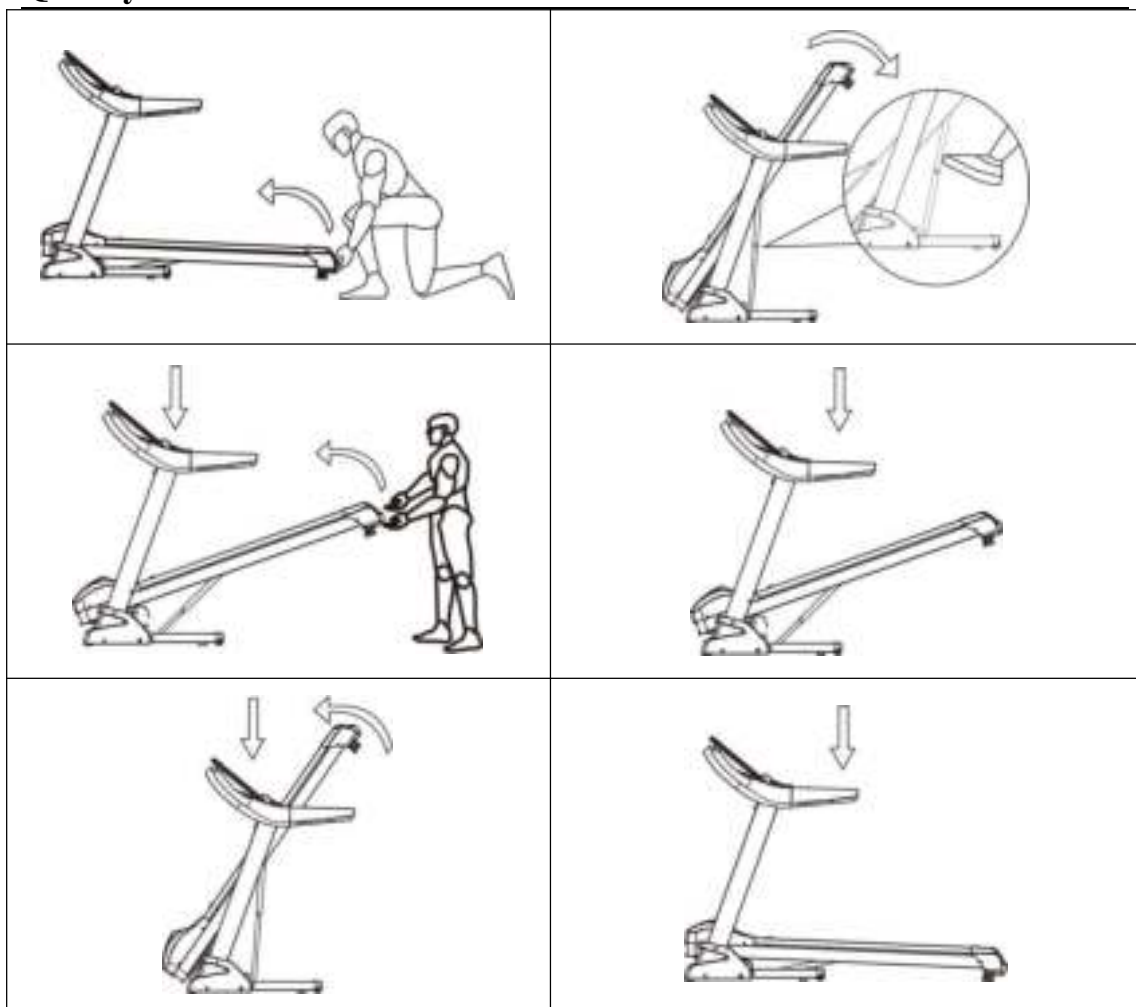
• Lower the running platform:

Gently tread the gas spring casing as shown in the figure, the running platform will slowly fall to the ground.

Note: keep kids away when operating this step to prevent injury.

Lift running platform	Lower running platform

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XI. Console Operating Instruction

I. Display
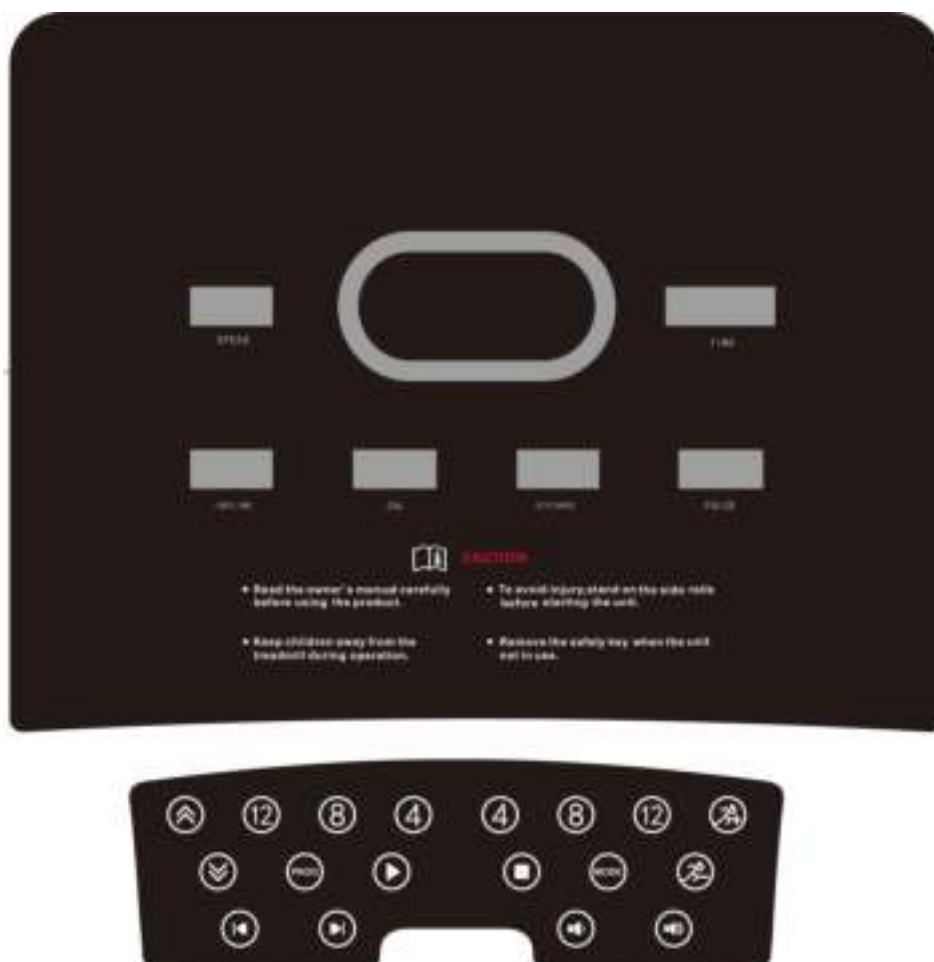
II. KEY BUTTON FUNCTION

1. The key button function key:

3 Quick speed adjustment key (4, 8, 12)

3 Incline fast adjustment key (4, 8, 12)

START		**STOP**	
PROG		**MODE**	
Volume +		**Volume-**	
Last		**Next**	
Speed +		**Speed-**	
Incline +		**Incline-**	

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2. Key function and operation instructions

START ▶ key-Function Description: starts operation of the Motor.

Operation Instructions: In Console STANDBY state, press the key to start the motor operation.

STOP ⬛ key-Function Description: Stop motor running.

Operation instructions:

a. In the operating state of the Console, press the key to stop the motor running, after the motor has completely stopped running, all data is cleared into full manual operation mode.

b. in the parameter setting state, press the key to exit the setup state and enter the full manual exercises mode.

PROG ⊖ Key - Function Description: **Automatic Program**,**Custom program,HRC program** and **FAT** Selection.

Operation instructions:

1. Console in full manual operation mode state, press the key to enter the automatic program setup state.

2. After Entering the program settings, continuing the key enters the body fat test settings state.

3. Operation Process:Program settings-Body fat test settings-return to initial state

MODE ▤ key - Function Description: Selection of Countdown Mode.

Operation instructions:

1. Console in STANDBY state, press the key to enter the Incline mode setting.

2. In the body fat test setting state, press the key to enter the next parameter setting.

3.Operation Process in standby: **Time** countdown - **Distance** countdown - **Calorie** countdown - **Back**.

4.Operating Process under test settings Body Fat: set **Gender**-set **Age**-set **Height**-set **Weight** - **Body fat test**.

SPEED +/- 🔲🔲 key --- Function Description: speed value adjustment at run time, parameter Value Adjustment when parameter is set.

Operation instructions:

1. Console can be run in the running state, you can adjust the running speed value size.

2. In the parameter setting state, you can adjust the set parameter values.

INCLINE +/- 🔲🔲 key --- Function Description: Incline adjustment at run time, parameter Value Adjustment when parameter is set

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Operation Instructions:

1. the Console can adjust the run incline value size in the running state.

2. In the parameter setting state, you can adjust the set parameter values.

VOLUME +/- key --- function note USB song volume control key

Operation instructions: 1. Press the key to adjust the volume size USB song after being powered up and the security lock is closed

Last/Next key-function: USB song selection key.

Operation instructions: 1. press the key to select to play songs in USB after being powered up and the safety lock is close.

3. Movement mode

A. Manual mode function

Enter **Manual** mode: when the power on the console is fully display, enter fully manual operation mode, then press the **START** key, it enters the operation mode of manual operation.

Running instructions: the initial speed of operation is 1 km/h, Time, Distance, Calorie window from 0-positive count, by Speed fast adjustment key, you can adjust the size of the running speed value, press the Incline fast adjustment key, you can adjust run Incline values.Exercise time exceeds 99: 59 minutes, the system is not down, and the time starts from 0.

B. Countdown mode function

1).Enter **Time** countdown mode: In full manual operation mode state, press the **Mode** key to select the **Time** countdown mode, the **Time** window displays 30: 00 minutes and flashing display can be set via **Speed +/-** key or **Incline +/-** Key required the run time, set range of 8: 00 ~ 99: 00 minutes, press the **START** key to enter into the run of the time countdown mode.

Operation instructions: the initial speed of operation is 1 km/h, the **Time** Window counts at the start of the set run time, **Distance** and **Calories** window from zero-Start positive count, press the **Speed** fast adjustment key, you can adjust the size of the running speed value, press the Incline fast adjustment key, you can adjust the run incline value when the time is set to zero, the console begins to stop running slowly and automatically returns to the initial STANDBY state.

2). Enter **Distance** countdown mode: In full manual operation mode state, press the **Mode** key to select the Distance countdown mode, the window is 1.0 km away and the window is flashing, you can set the desired run distance by **Speed +/-** key or **Incline +/-** key, set range 1.0 ~ 99.0 km, press the **START** key to enter the operation of the distance countdown mode.

Running instructions: the initial speed of operation is 1 km, and the **Distance** window begins to count according to the set distance, **Time** and **Calories** window start from scratch positive count, press the Speed adjustment key, you can adjust the size of the

running speed value, press the **Incline** fast adjustment key, you can adjust the run incline value when the distance is set to 0, the Console begins to stop running slowly and automatically returns to the initial STANDBY state.

3). Enter **Calorie** mode: In full manual mode, press the **Mode** key to select the **Calorie** mode, the **Calorie** window displays 50 and glittering, you can set the required running calories by **Speed +/-** key or **Incline +/-** key, set range 20 ~ 990, press the **START** key to enter into the **Calorie** bump mode of operation.

Running instructions: the initial speed of operation is 1 km/h, and the **Calorie** window counts the calories from the set start to the numbered count, the **Time** and **Distance** window counts from zero to positive, and adjusts the key by speed, you can adjust the size of the running speed value, press the Incline fast adjustment key, you can adjust the run Incline value, and when calories are set to zero, the Console begins to stop running slowly and automatically returns to the initial STANDBY state.

C. Automatic program functions

Enter **Automatic Program**: In full **Manual** operation mode state or **MODE** setting state, press the **PROGRAM** Key to enter the automatic program selection, the **TIME** window displays 30: 00 minutes and flashing (required via **SPEED +/-** key or **INCLINE +/-** key setting) the run time, set range of 8: 00 ~ 99: 00 minutes), press the **START** key to get into the running of the automatic program.

Running instructions: the automatic program is divided into 20 sections, the **Speed** and **Incline** values for each segment run as determined by the automatic program, the run time for each segment is 1/20 of the set time, the **TIME** Window counts at the start of the set run time, **Distance** and **Calories** window from 0-Start positive count, press the **Speed** fast adjustment key, you can adjust the size of the running speed value, press the **Incline** fast adjustment key, you can adjust the run Incline value when the program runs to the next section, the Speed and Incline values are automatically adjusted to the internal value of the next paragraph when the set time is counted to zero, the Console begins to stop running slowly and automatically returns to the initial STANDBY state.

D. Body fat test function descriptions

Enter body fat test setting: In the initial standby or mode setting state, press the Program Key to select enter body fat test settings.

Body fat test settings instructions: After entering the body fat test settings status, the **SPEED** window displays the parameters function, the **TIME** window displays the set value, adjust the set value by **SPEED +/-** key or **INCLINE +/-** key, press the **MODE** key to select enter the next setting.

The first is the **Gender** (F-1) Setting: Initial Value 1 (Set range 1 ~ 2. 1 for male; 2 for female.)

The second is the **Age** (F-2) Setting: Initial Value 25 (Set range 10 ~ 99 years old)

The third is **Height** (F-3) set: Initial Value 170 (Set Range 100 ~ 220 CM)

The fourth item is **Weight** (F-4) set: Initial Value 70 (Set range 20 ~ 150 KG)

The fifth item is the **Body fat** (F-5) test: Initial Value ---

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Body fat test: When the setting is complete, enter 5th body fat tests, initially showing "---". at this point, put your two hands to hand the steel plate for about 5 seconds, the index for the body fat test is displayed.

The body fat index: the body fat index measures the relationship between a person's height and weight, suitable for any male and female to work with other health indicators to provide people with a weight adjustment basis, the ideal body fat index should be at 20 ~ 25 between, if lower than 19, indicates that the weight is too light, if between 26 ~ 29 to 29, which means overweight, and if more than 30, it means obesity (Note: this data is for reference only and cannot be used as medical data).

E. Heart rate function

Heart rate Function Test method: the palm of two hands is placed in the Steel Plate Position of the left and right Handle bar, respectively, natural grip on both sides of the handle, after about 5 seconds, LED pulse display window will display a heartbeat initial value, please keep your hands quiet, the window will slowly change the display data, approximately 30 seconds after the current actual heartbeat value.

Use instructions for heart rate: The following conditions may produce irregular heartbeat data:

1.Hand test, hand strength is too tight, please hold the moderate strength.

2.During running, holding hands at the same time and the handle test will produce constant changes in contact, it is recommended to stop the movement when the test hand pulse. The feet stand on the edgings strip and the hands are still.

3. A person whose hand is dry or cold, or whose skin is particularly thick in the palm.

Note: hand-to-hand heartbeat test data is due to a large number of test methods and influencing factors, data is for sporting purposes only, not for medical data.

F. Sleep function

When the treadmill stops running, there is no operation for more than 10 minutes and it goes to sleep, Console automatically turns off display, press any key to wake up it, re-enter the initial STANDBY state after full display.

G. Safety Lock function

When in normal use, the Safety lock should be placed in a specified location in the Console before you can operate it, take the Safety lock, and the Console window displays E07 or "---" with a warning note, if the Safety lock is taken down in the running state, the system will be shut down quickly, and the safety lock will be closed again, all motion data is cleared.

H. MP3 Function

You can play music when you have access to an external MP3 or other audio device. The volume size of the playing music is adjusted to be done on an external MP3 or other audio device, note the volume controls to avoid affecting the quality of the music played and the audio control line inside the spreadsheet.

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I. USB Functions

When a USB drive is inserted after the power is powered (when an MP3 device is not inserted in an MP3 hole), spreadsheet can play music in MP3 format USB drive.

Display range：

	Initial	Setting Initial Value	Setting range	Display range
Time(Min:Sec)	0:00	30:00	8:00-99:00	0:00~99:59
Speed(Km/h)	0.0	1	1-18	1－18
Distance(Km)	0.00	1.00	1.0－99.0	0.0－99.9
Pulse(Times/Min)	P	N/A	N/A	40－199
Calories(Kcal)	0.0	50.0	20－990	0－999
Incline(Level)	0	0	0-20	0—15

Table 1：   **P1—P12 Program list**

Program \ Time		SETTING TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	Incline	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	3	3	4	
P2	Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	Incline	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P3	Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	Incline	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12	5	5	5	12
P4	Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P5	Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P6	Speed	2	4	3	4	5	4	8	7	6	7	8	3	6	4	4	2	5	4	3	2
	Incline	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P7	Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	Incline	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P8	Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	Incline	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P9	Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	Incline	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	Incline	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	Incline	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	Incline	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

XII. Fault Analysis and Handling.

Fault code	Cause	Solution
E01	Poor communication between electronic meter and controller	1. Inspect whether connecting line between electronic meter and controller suffers from poor contact.Connect the connecting line again. 2. Display PCB no signal output. Replace Display PCB. 3. Controller no signal output. Replace controller.
E02	Protection against blast shock	1. Open circuit or poor contact of motor. Replace motor or check connector. 2. Breakdown of power tube. Replace power tube or controller.
E03	Failure of speed induction	1) Speed sensor is damaged. Replace it. 2) Speed sensor is not in place. Adjust its position.
E04	Over voltage	Suggest the motor use in the Rate work voltage range.
		Replace motor/speed sensor.
		Replace controller.
E05	Over current protection	1. Overload. 2. Resistance of running platform is too high, and it shall be oiled. 3. Motor is damaged. Replace it.
E06	Error in power-on self-test of controller	Replace controller.
	Loss of parameter	Replace controller or input parameter again.
E07	Safety lock	Please connect safety lock
	Display PCB Safety lock system error	Replace display PCB and repair.

XIII. Daily Maintenance

Maintenance of electric treadmill:

Appropriate maintenance is the only way to keep your treadmill in an optimum state.

Wrong maintenance will damage or shorten the service life of treadmill.

Important reminder:

• Please don't clean the treadmill with sandpaper or solvent. The controller of treadmill shall not

  be directly exposed to sunlight or damp to prevent damage.

• Frequently inspect and lock all parts of treadmill and immediately replace the damaged parts.

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Regulate running belt

Adjustment of running belt is equipped with two functions: adjustment of degree of tightness and central position of running belt. The running belt has been adjusted when leaving the factory, but it will be stretched after use to deviate from central position to cause damage by wearing trim strip and rear protecting cover. It is normal to stretch the running belt in use.

Adjust running belt

If the running belt is slip or not smooth when you use the treadmill, you can improve it by adjusting degree of tightness of running belt.

How to adjust running belt

1. Insert 5mm hexagon wrench into the regulating screw on the left of running belt, and turn the wrench by 1/4 of a circle clockwise to regulate the rear roller to tighten the running belt.

2. Repeat step 1 to adjust the screw on the right. Ensure that the regulating screw is turned by the same distance to make the rear roller parallel with the frame.

3. Repeat step 1 and 2 until the running belt is not slip.

4. Note: the running belt shall not be too tight, which will damage the running belt, roller bearing, etc., increase pressure of front/rear roller, and bring abnormal sound or other problems. To reduce tension of running belt, please turn the wrench anticlockwise by same distance on both sides.

Adjust running belt to the middle

When you use the treadmill, the force of feet is different, and pressure on running belt is unbalanced, which makes the running belt deviate from the center. Such deviation is normal. It will return to the center when nobody is running on the running belt. You need to adjust it to the center if it fails to return to the center.

1. Keep the treadmill in no-load running and adjust speed to 6KM/H.

2. Observe the distance from running belt to left and right edgestrips.

    •   If the running belt tilts towards the left, turn the left screw by 1/4 of a circle clockwise with Allen wrench.

    •   If the running belt tilts towards the right, turn the right screw by 1/4 of a circle clockwise with Allen wrench.

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- If the running belt is still not in the middle, repeat the above steps until it is in the middle.

3. Adjust speed to 16KM/H after adjusting running belt to the middle, and observe deviation of running belt and smoothness of running. Repeat steps of adjustment in case of deviation.

4. Warning! Please don't tighten the roller excessively! This will cause permanent damage to the bearing!

You need to tighten the running belt again if the above steps fail to reach the effect.

Adjust running belt to back of treadmill on both sides
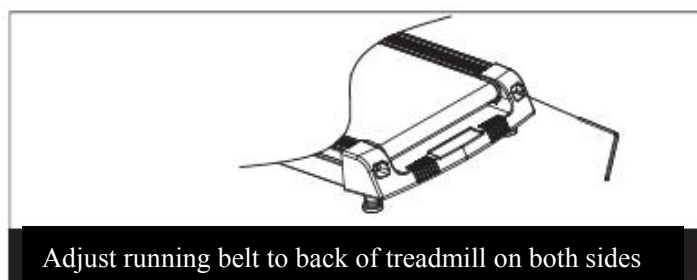
Lubricating oil (MANUAL OIL)

The treadmill is oiled when leaving the factory, but lubricity of treadmill shall be inspected frequently, which helps to keep it in optimum state. The treadmill must be oiled after 1 year or running for 100h.

Lift one side of the running belt and touch the surface of running platform after running for 30h or 30 days. It is unnecessary to lubricate if there is silicone oil; if the surface is clearly dry, please oil it as instructed below.

As shown in the figure, it needs to open the oil cap, pour the silicon oil into the oil port, after finished,turn on the treadmill to run for some time.

Squeeze silicon oil from top to bottom

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Note: Stop the treadmill to make the running belt still when oiling the running belt.And please use non-petroleum silicone oil.

Cleaning

Frequently clean the treadmill to guarantee its service life.

- **Warning:** cut off the power when cleaning the treadmill. The power line must be pulled out from the socket.

- **After use:** clear sweat stains and sundries on instrument and other parts with clean towel and damp cloth.

- **Note:** don't use corrosive articles and liquid to prevent damage to electronic elements. Don't expose electronic elements to sunlight.

- **Every week:** clean the ground every week, and clear dirt brought by shoes and other sundries on the ground.

Storage: please place your treadmill in clean and dry environment, and ensure that power switch is off and plug is not in power socket.

Movement and folding: handling wheel is added in design to move the treadmill. Please confirm that power is off and the body of treadmill is folded before moving.

XIV. **Important Matter**

- **Warning**

Please consult your doctor and receive complete physical examination before using the product. Don't carry out frequent and violent exercise without permission of doctor. Please stop using the product and consult your doctor if you feel unwell in use. The product shall be used correctly. Please read service manual in detail before exercise. Please keep children and pets away if the product is unattended or idle.

Please wear suitable clothes including sneakers. Please don't loosen your clothes in exercise to prevent them from being hooked by the machine.

Ensure that all bolts and nuts are tightened when using the equipment. Regularly maintain the treadmill to keep it in good condition.

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Before use:

How to start exercise plan depends on your physical condition. If you have not exercised for years or you are seriously overweight, you must gradually increase exercise time, such as a few minutes every week.

At the beginning you may only exercise for a few minutes in target heart rate scope. Anyway, your aerobic fitness will be improved in about 6-8 weeks. Don't lose heart if it takes more time. It is very important to exercise at your own pace. Some day you will be able to exercise continuously for 30min.

- Please consult your doctor before exercise or training. Ask the doctor to inspect your training and diet plan and give suggestions on your exercise plan.

- Set exercise goal after consulting with your doctor to ensure that the plan is practical, and start exercise plan at leisure.

- You can add some aerobic exercises into exercise plan, such as walking, jogging, swimming, dancing or riding. Test pulse frequently. If you have no electronic heartbeat monitor, consult the doctor about how to correctly measure pulse with hand from wrist or neck. In addition, you must set target heart rate on the basis of age and physical condition.

Drink enough water in exercise. You must supplement water lost due to overexercise to prevent dehydration. Don't drink a great deal of ice water or beverage. The temperature of drinking water or beverage shall be room temperature.

The instruction is for reference only. Welcome to point out the improper part.

EVOLVE

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