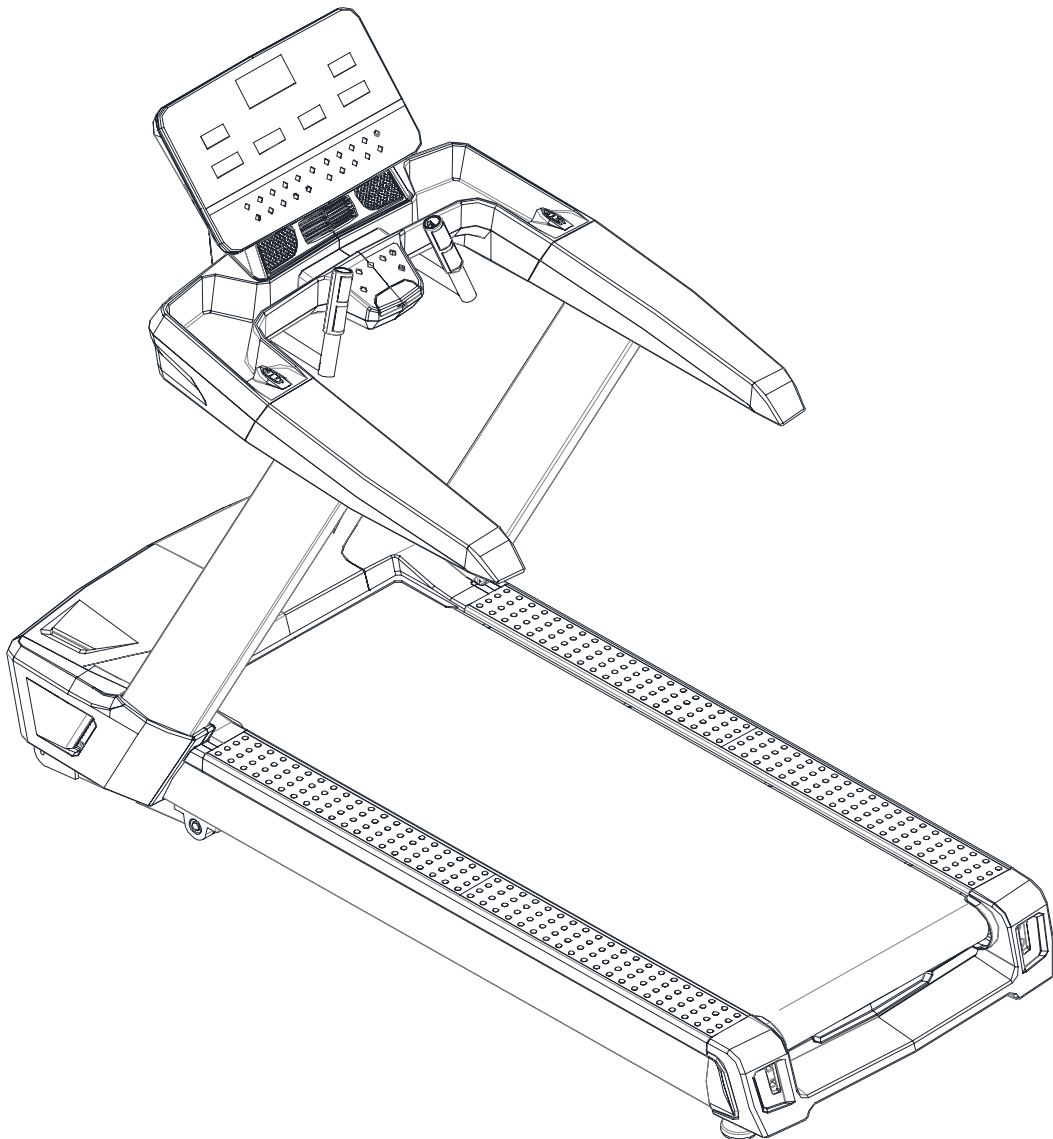




GYMSTICK™

PRO20.0 TREADMILL USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



GYMSTICK.COM

Thank you for choosing the Gymstick PRO20.0 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

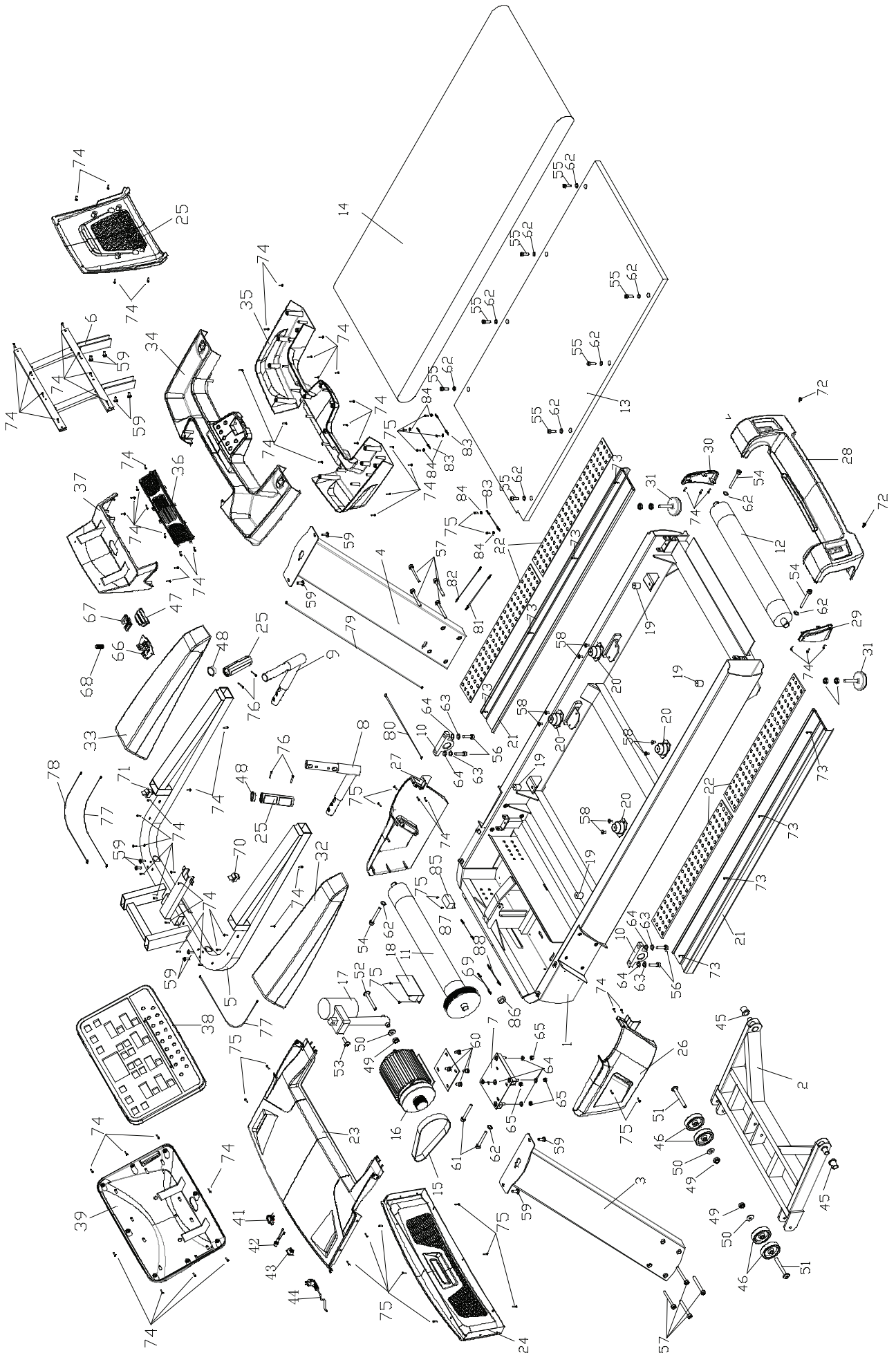
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use.
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Keep children and pets away from the equipment. This machine is designed for adults only.
- Only one person should be on the equipment while in use.
- Please make sure all parts are not damaged and fixed well before use.
- Never operate the unit if it is damaged, if it is not working properly
- This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.
- Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.
- Use the treadmill only for its intended purpose as described in this manual.
- If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.
- Do not use the equipment outdoors.
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- The maximum weight capacity for this product is 160kgs.



WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.



PARTS LIST

Item	Description	Specification	QTY
1	base frame		1
2	Incline motor frame		1
3	upright post left		1
4	upright post right		1
5	console frame		1
6	screen frame		1
7	motor base		1
8	hand pulse frame left (PVC coated)		1
9	hand pulse frame right (PVC coated)		1
10	fixed base	t25×120×60(zinc plating-white)	2
11	front roller	Φ150×Φ85×Φ25×715	1
12	rear roller	Φ85×Φ25×638×705	1
13	running board	1410×680×25	1
14	running belt	3460×580×t3.2 tyre pattern	1
15	motor belt	270J10	1
16	motor A.C	3.0HP	1
17	Incline motor		1
18	inverter		1
19	cylinder cushion pad	φ30×30×M8×8	4
20	cushion pad with base	80×54×40(red)	4
21	aluminium side rail	128×49×1400	2
22	rubber pad of side rail	100×8×700	4
23	motor cover	810×595×68	1
24	Front cover of motor cover	810×114×192	1
25	hand pulse set	cylinder length 133(hand pulse bracket included)	2
26	upright post cover left		1
27	upright post cover right		1
28	Rear cover	855×163×195	1
29	Rear cover accessory left	78×34×155	1
30	Rear cover accessory right	78×34×155	1

Item	Description	Specification	QTY
31	foot pad	Φ74×86×M12	2
32	PU hand bar left		1
33	PU hand bar right		1

PARTS LIST

Item	Description	Specification	QTY
34	console upper housing	924×403×117	1
35	console lower housing	926×377×129	1
36	fan mounting board	404×28×57	1
37	console mounting seat	432×208×227	1
38	TFT panel	588×22×360	1
39	display back cover	586×82×359	1
40	console back cover	5550EA/408×123×316	1
41	power connected base	250V/10A/red L-60/black L-150/ yellow green L-320	1
42	fuse seat with wire	FP-ZHY-8(6.35×30)/15A	1
43	switch	XW604 (20A)	1
44	power cord	3×1.5mm ² ×2000	1
45	Powder metallurgical sheath	Φ35×Φ30×Φ20×27	2
46	wheel	φ78×φ12.2×t23	4
47	safety key press piece	83.5×42.7×33.2	1
48	round bushing		2
49	hexagon lock nut	M12	3
50	flat washer	Φ12	3
51	allen c.k.s half thread screw	M12×80×20	2
52	allen c.k.s half thread screw	M12×70×20	1
53	allen c.k.s half thread screw	M10×40×20	1
54	allen cylinder full thread screw	M8×75	3
55	allen cylinder full thread screw	M8×25	8
56	allen cylinder full thread screw	M10×35	4
57	allen cylinder full thread screw	M8×80	8
58	allen cylinder full thread screw	M8×10	8
59	allen c.k.s full thread screw	M8×20	12
60	allen cylinder full thread screw	M8×15	4

Item	Description	Specification	QTY
61	allen cylinder full thread screw	M8×55	2
62	flat washer	Φ8	16
63	spring washer	Φ10	4
64	flat washer	Φ10	8

PARTS LIST

Item	Description	Specification	QTY
65	hexagon lock nut	M10	4
66	safety key mounting board	106×54×24	1
67	safety key plug piece	60.5×42×12	1
68	compressed spring	φ11.8×φ0.8×24	1
69	Connected wire (earth)	L-150mm	
70	incline quick switch	32×25×52	1
71	speed quick switch	32×25×52	1
72	philips c.k.s full thread screw	M5×15(steel nail)	2
73	philips c.k.s self-tapping screw	ST4×20	8
74	philips c.k.s self-tapping screw	ST4×16	72
75	philips c.k.s full thread screw	M4×16(steel nail)	24
76	philips self-drilling full thread screw	M3×28	4
77	quick switch wire	L-700mm	2
78	communication wire	5552EA/L-900mm	1
79	communication wire	5552EA/L-1200mm	1
80	communication wire	5552EA/L-800mm	1
81	power connection wire	L-800mm/1.5mm ² / red	1
82	power connection wire	L-800mm/1.5mm ² /black	1
83	wire (earth)	L-200mm/1.5mm ²	3
84	serrated lock washers	Φ5	6
85	filter	10A(F7252)	1
86	magnet ring	φ35×φ22×t15.0	1
87	power connection wire	L-450mm/1.5mm ² /black	1
88	power connection wire	L-450mm/1.5mm ² /red	1

UNPACKING AND ASSEMBLY

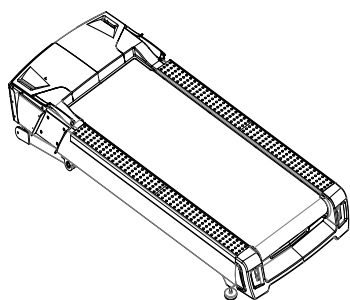
WARNING: Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

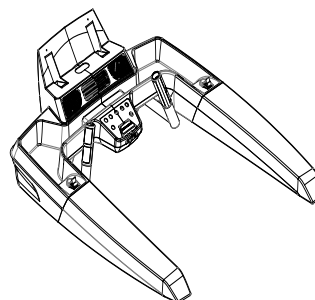
UNPACK AND VERIFY THE CONTENTS OF THE BOX:

- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.

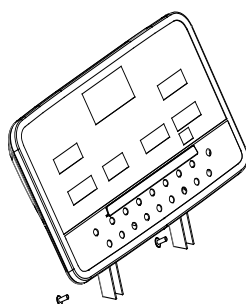
PACKAGE CONTENTS



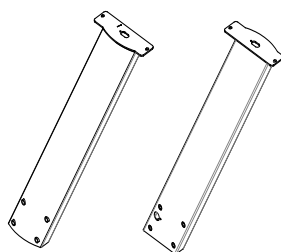
Platform frame



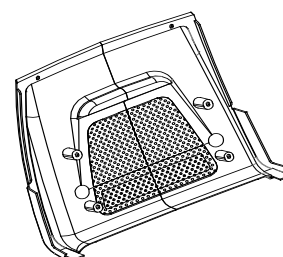
Console frame



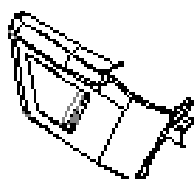
LED-panel



Upright posts



Console rear cover

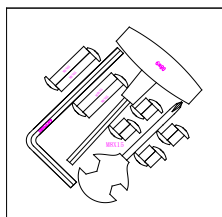


Left upright post cover



Right upright post cover

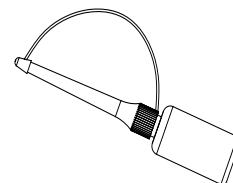
PACKAGE CONTENTS



Hardware bag

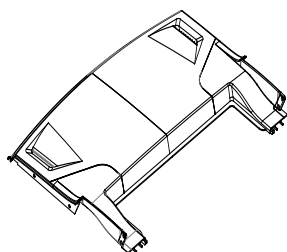


User manual

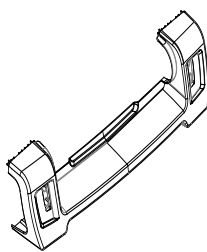


Silicone oil

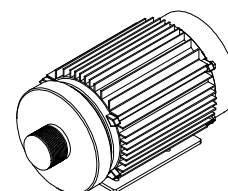
MAIN PARTS



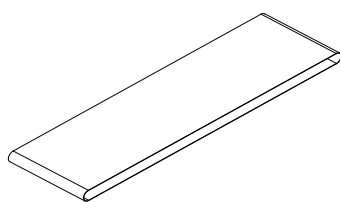
Motor cover



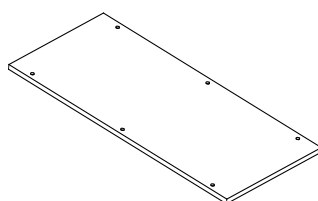
Rear cover



Motor



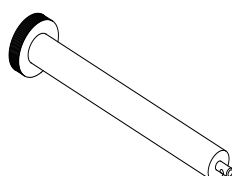
Running belt



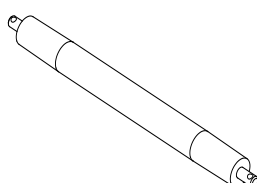
Running board



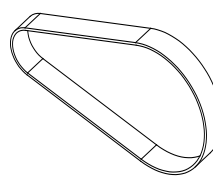
Side rail



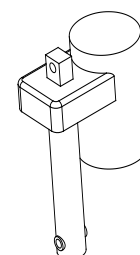
Front roller



Rear roller



Motor belt

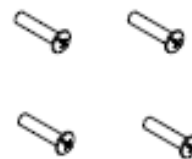


Incline motor

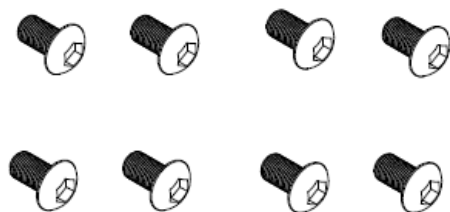
HARDWARE BAG



Philips C.K.S self-tapping screw
(ST4*15) 10 pcs



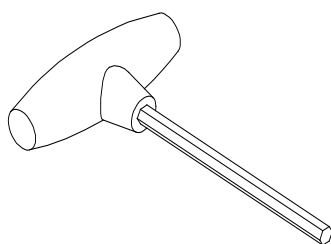
Philips C.K.S full thread screw
(ST4*16) 4pcs



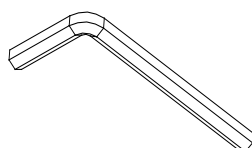
Allen C.K.S. half thread screw
(M8*20) 8pcs



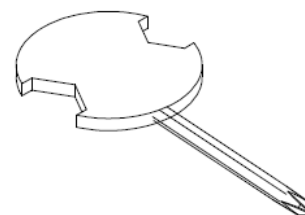
Allen socket full thread screw
(M8*80) 8pcs



T-shaped wrench

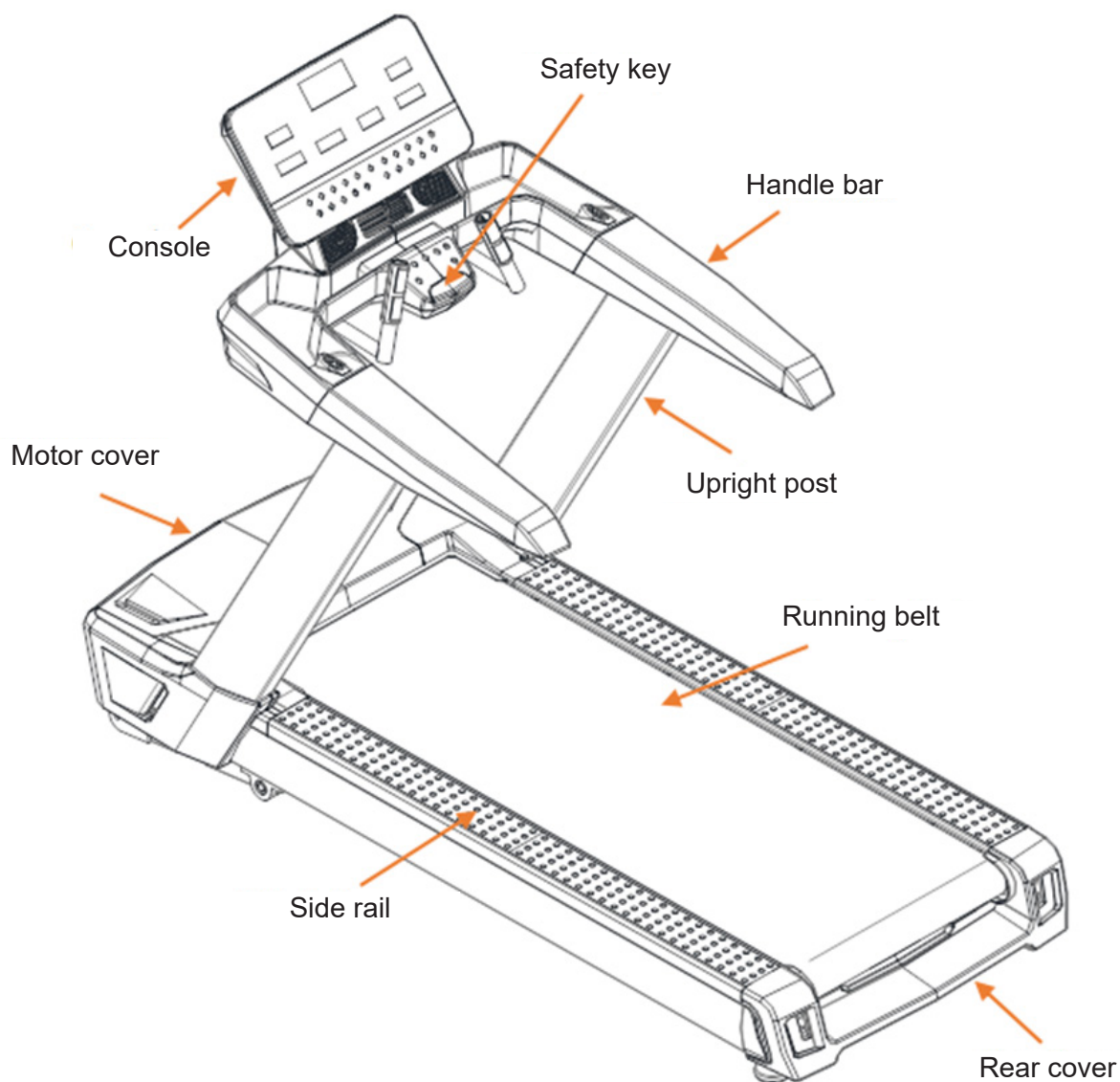


L-shaped spanner



Cross open wrench

TREADMILL INTRODUCTION



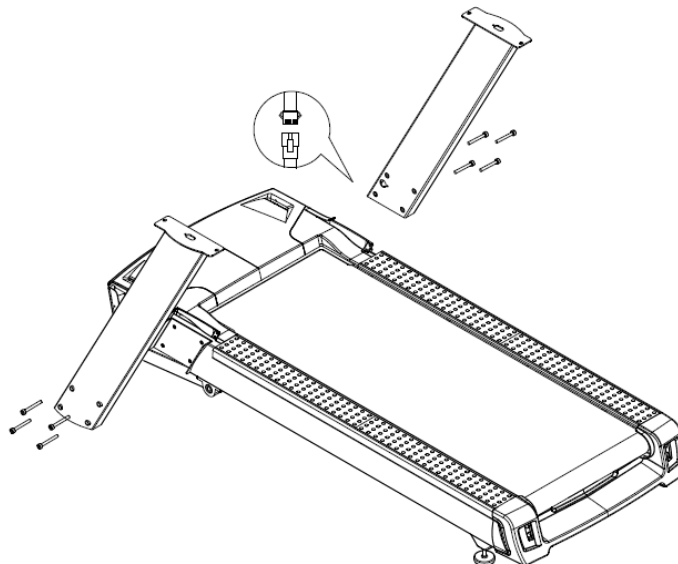
Foldable Dimensions	2145*930*1680mm
Running Area	1580*600mm
Speed	1.0 - 25.0km/h
Incline	0 - 15%

Note: We reserve the right to amend the product without prior notice.

STEP 1

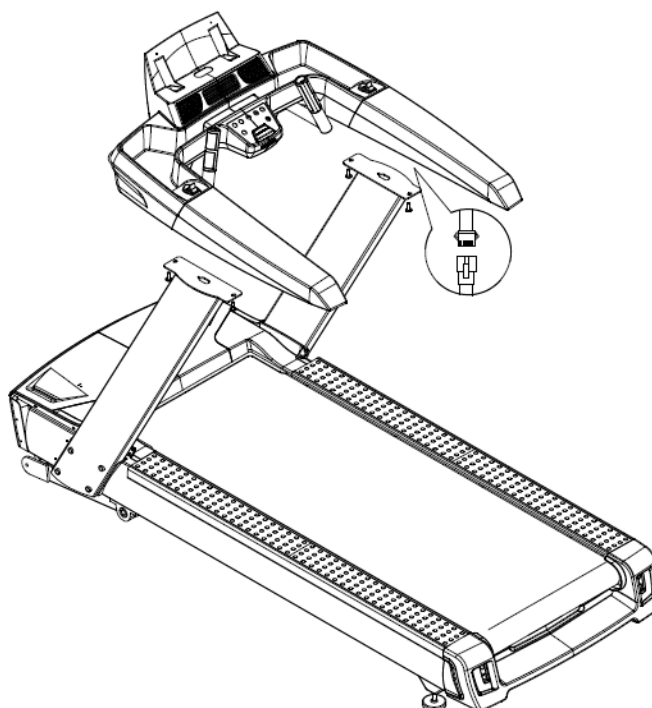
Take out the machine from box and put it on the flat floor. (As shown)

Insert the upright post into clamping ring on the both side of the main frame with 4 pcs of M8*80 screws. Connect well the communication wire before upright post assembly.



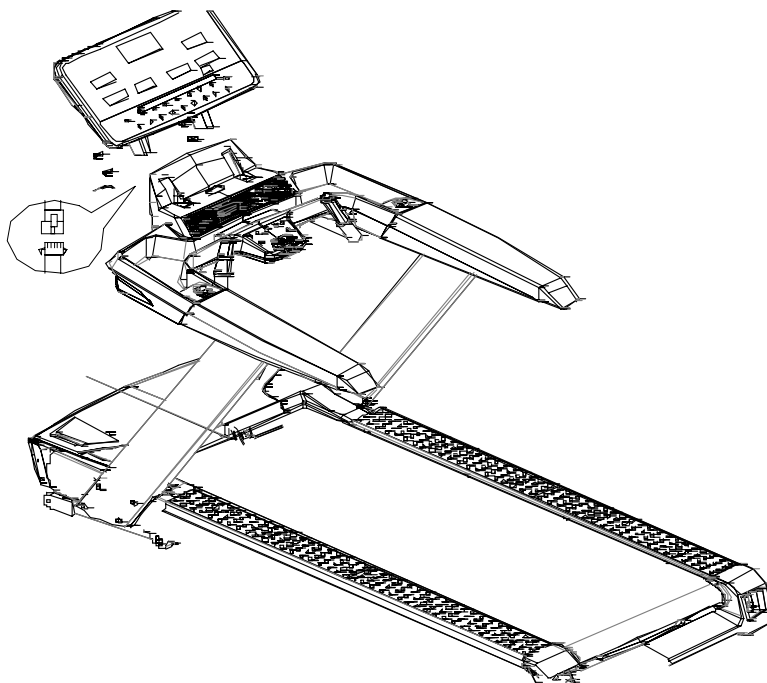
STEP 2

Connect communication wires (on the right) well with right upright post. Put the console inside the upright post and fix it with 4 pcs of M8*20 screws.



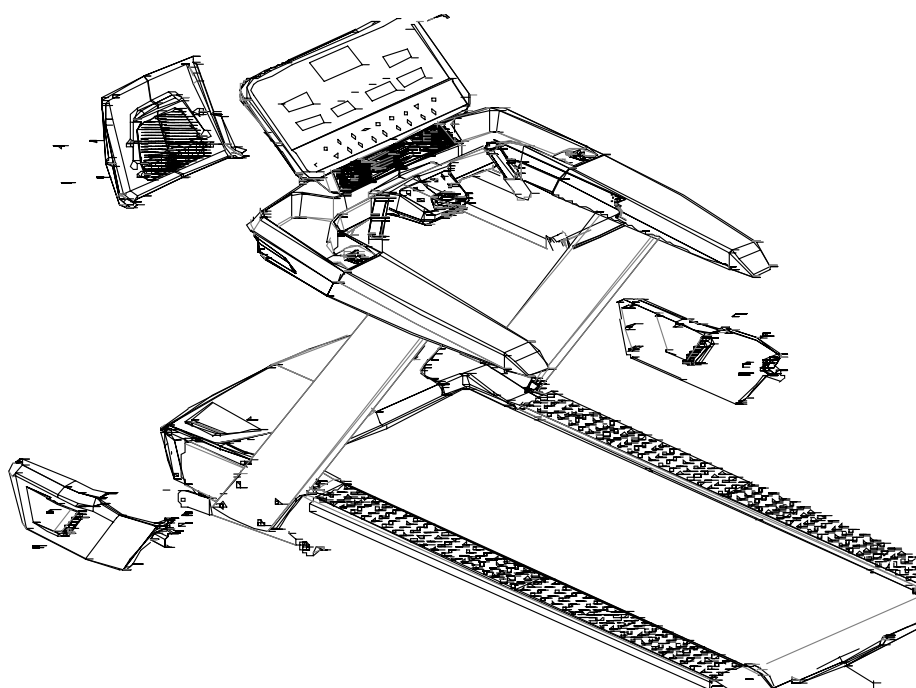
STEP 3

Connect communication wire too before inserting the led panel to the led seat and then fix the console with 4 pcs of M8*20 screws.



STEP 4

Fix left upright post cover onto base frame with 2 pcs of M4 *15 screws and then connect to the motor cover with 2 pcs of St4*15 screws. It's the same way to assembly right upright post cover. Fix the console back cover with 4 pcs of ST4*15 screws. Assembly is done.

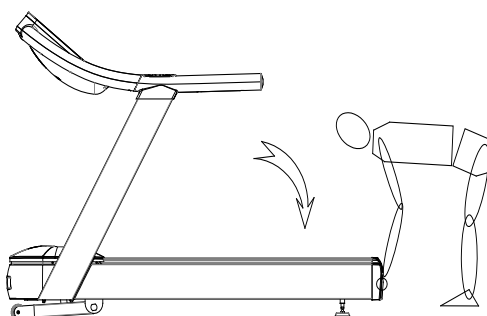
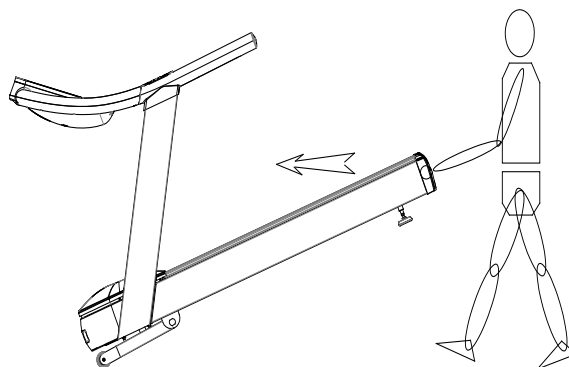
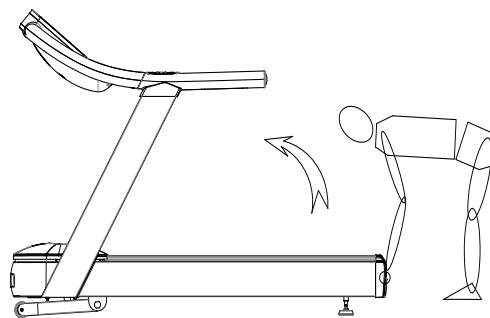


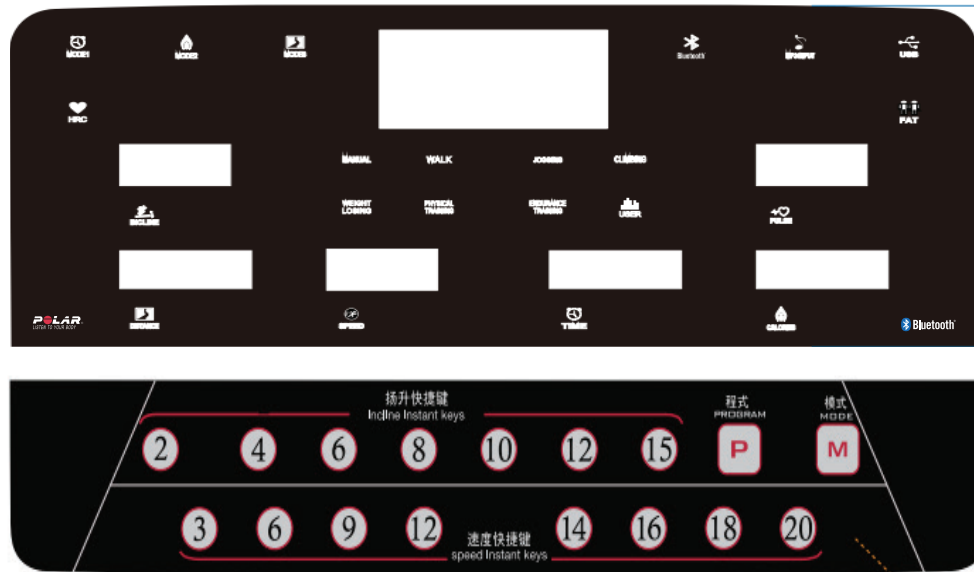
The treadmill can be moved around in house safely in its fold-up position by using the transport wheels.

When moving this machine, following things must be determined:

- 1.The main frame has been fallen to the lowest point.
- 2.The power switch has been closed.
- 3.The power plug has been pulled out of the power socket.

After specifying the above points, grasp the end of the platform with both hands and lift the machine up. Stand up straight and move the machine forward or backward slowly. After moving to the right place, allow deck to begin slowly dropping before releasing hands.





FUNCTIONS

- 1.1 P0 is the manual program for user. P1-P36 is the preset auto program for training. U1~U3 (user-defined program), HRC1~HRC3 , body fat function.
- 1.2 1 LED dot matrix screen , 6 digital displays, 24 operation keys .
- 1.3 Speed Range:1.0~25.0KM/H. Incline Range: 0~15 %.
- 1.4 Controller with Inverter.
- 1.5 Self-checking system, and warning function of abnormal information.
- 1.6 Available shift between metric and imperial in program of speed and distance.
- 1.7 MP3 (Optional)
- 1.8 Fan (Optional)

Display Window Description

- “SPEED” window: display the value of speed.
- “TIME” window: display the value of time.
- “DISTANCE” window: display the value of distance and steps.
- “CALORIES” window: display the value of calories.
- “PULSE” window: display the value of pulse.
- “INCLINE”window: display the value of incline.

1. P is PROGRAM key. User can select program P0~P36, U1~U3(user defined program), HRC1~HRC3, FAT(body fat function) circularly when the treadmill is under STOP state.
2. M is MODE key. When you select Manual mode, the initial state is normal. Press Mode key to select three different countdown operation modes: Time countdown mode --> distance countdown mode --> calorie countdown mode --> normal. The Reset key of default time countdown(30 mins) is in P1-P36.
3. START is START/PAUSE key. Press the key to start the treadmill when it's under stop states. Press the key to pause the treadmill when it's running.
4. STOP key. Under running state, press STOP key and the treadmill will go to a slow stop.
5. "+/-" SPEED control key. Adjust running speed of the treadmill by pressing "+/-" key when the treadmill is under the running states. While under the stop or body fat testing states, pressing "+/-" key to adjust the setup of the parameter.
6. Speed Shortcut key 3,6,9,12/ 14,16,18,20: In the running state, user can adjust the running speed directly to the key specified value as the shortcut shows.
7. INCLINE control key. In the running state, user can adjust the incline level by pressing ▲ / ▼ .
8. Incline Shortcut key 2,4,6,8,10,12,15: In the running state, user can adjust the incline level directly to the key specified value as the shortcut shows. Shift between Metric and Imperial Pull out the safety key, press PROGRAM and MODE key at the same time, M displays in the screen which means it shifts to Imperial system already. Pull out the safety key, press PROGRAM and MODE key at the same time, KM displays in the screen which means it shifts to Metric system already.

Safety Key function

The safety key consists of a tact switch, a clothes peg and a nylon cord, and has a safety feature for emergency stop. In any state, once the safety key is pulled out, motor will stop urgently and E-07 display in the screen with a buzzer sound. The console keys will ban to operate. Every time the safety key is replaced, the screen will fully display for 2 seconds and system will enter into default working state.

OPERATION INSTRUCTION

1. Put the power cord to a grounded power outlet with 8 amps. Turn on the power switch, the console screen displays fully and accompanying with prompt sound, then identifies the safety key.
2. Put the safety key in the right position and clip the clothespin to the clothes on the chest. The system will enter into the default working state after the screen fully displayed for 2 seconds. All counters and setting value will be reset to original state. The treadmill is in positive timing mode of the manual program P0.
3. Press PROGRAM key to select program P0~P36/ U1~U3/ HRC1~HRC3/ FAT circularly.

- 3.1** P0 is customized program for user. Press MODE key to select four training modes circularly. Training speed and incline is set by user. Default value of speed is 1.0km/h and default value of incline is 0%.
- Training Mode 1 - Normal: Time, distance and calories are all counted positively, disable setting function.
 - Training Mode 2 - Time countdown: Time window flashes under setting state. Press +/- key to modify the setting value. Setting range from 5mins~99mins and default 30mins.
 - Training Mode 3 - Calorie countdown: Calorie window flashes under setting state. Press button +/- to modify the setting value. Setting range from 20cal to 9990cal and default 50cal.
 - Training Mode 4 - Distance countdown: Distance window flashes under setting state. Press button +/- to modify the setting value. Setting range from 1.0km to 99.0km and default 1.0km.
- 3.2** P1~P36 is setting program of the system and only available for the training under the mode of time countdown. Time window flashes under setting state. Press button +/- to modify setting value. Time setting range is from 5mins to 99mins and default 30:00
- 3.3** Press START button after complete training mode setting. The screen starts to display a 5-second countdown and accompanying prompt tone for five times. When counting down to 1, the treadmill starts gently, slowly accelerate to the displayed speed and go into running with constant speed smoothly.
- 3.3.1** Press button +/- or QUICK SPEED key to adjust the running speed when it's under running state.
- 3.3.2** In P1~P36, the speed and incline of each program will be divided into 16 segments. Time of each segment is divided equally in the setting time. Adjusted speed or incline is only effective in the current segment. There's 3 buzzer sounds 3sec ahead of the conversion between the segments. The motor will stop automatically accompanying with a long alert tone after the program runs the whole 16 segments.
- 3.3.3** When motor is in running state, press START button to pause the motor. If press the key again, and the treadmill resume running. Running data and progress still remains.
- 3.4** When the motor is in running state, press STOP button to stop the motor slowly till it stops smoothly. All settings will return to the default state.
- 3.5** In any state, the motor will stop urgently when the safety key is pulled out and E-07 display in the window with a buzzer sound.

- 3.6** The electric control system is in safety monitoring at any time. The running treadmill will stop in an emergency when abnormality is found. The screen will display abnormal information and accompany with alert tone.
- 3.7** There're three selections in USER mode USER1~USER3. User can access or set up his/her own motion program. Press PROGRAM key to USER mode USER1~USER3, it'll flash in TIME display window at the moment. User can press speed key +/- to set up exercise time. Press MODE key after time setup, it'll flash both in the display window of SPEED & INCLINE. User can set up his/her own program in 16-segment of speed and incline. Press speed key +/- to set up the speed of each segment of exercise, and press ▲ / ▼ to set up the incline level of each segment of exercise. After setting, user can press START to begin the exercise. User's specified program will be saved and can be accessed to use directly in next time.
- 3.8** Body Fat test method: Press the PROGRAM key to select FAT, the DISTANCE window displays setting project number, then press the MODE key to select project number. TIME display window in the right side displays the parameter of the setting item. Press button +/- to adjust the parameters.

F1 (sex): defined as gender. Parameter range is 1~2. 1 defined as male, 2 defined as female. Default 1.

F2 (Age): defined as age. Parameter range is 1~99 years old. Default 25 years old.

F3 (Height): defined as height. Parameter range is 100~220cm. Default is 170cm.

F4 (Weight): defined as body weight. Parameter range is 20~150kg. Default is 70kg.

F5 (BMI): defined the completion of parameter setting and entering into body fat testing state. Please hold the heart rate sensor of the handlebar by both hands for 8 seconds, body fat percentage (BMI) of the test will display in the parameter window. According to European standards, it's is considered as thin if BMI less than 18.5. It's considered as ideal weight if BMI between 18.5 and 24.9. It's considered as overweight if BMI between 25 and 29.9. And it's considered obese if BMI is over 30. BMI default 24.

FAN Function (Optional)

Press FAN key to start or stop it.

MP3 Function (Optional)

The console is with built-in double-channel sound, regulated power supply with switch-mode and mute function for no signal. Connect MP3 headphone jack and audio input of the console through the provided audio line can play music by speaker. Insert the headphone cable to the headphone jack of the console. Only wear the headphone can hear the music. The USB interface beside the headphone jack is used to play music. The system will play music by reading data automatically after inserting the multimedia product that's with USB port.

HRC

1. There're three groups as default HRC. HRC1 with limited speed 9 km/h. HRC2 with limited speed 11 km/h. HRC3 with limited speed 13 km/h.
2. HRC setting method/ sequence/ parameter range. Press PROGRAM key to display HRC, confirming the mode to enter to next setting and press speed key +/- for parameter adjusting. Till complete the setting of last parameters then can start.

Setting range for AGE: 5~80 years old, default 25 years old

Default THR (target heart rate): $(220 - \text{Age}) * 0.6$

THR can be modified with modifying range: 80~180

Time setting: Default 30 minutes. Modifying range: 5~99 minutes

3. Relationship with Speed Variation

- A. Frequency of change. The HRC detects heart rate every 30 seconds.
 - B. Speed increases by 2km/h when heart rate is 30 beats/min below the target H.R.
 - C. Speed increases by 1km/h when heart rate is 6~29 beats/min below the target H.R.
 - D. Speed decreases by 2km/h when heart rate is 30 beats/min above the target H.R.
 - E. Speed decreases by 1km/h when heart rate is 6~29 beats/min above the target H.R.
 - F. Speed remains the same When the heart rate is 0~5 beats/min below or above the target H.R.
4. Under the following situations, the speed of treadmill will slow down to lowest within 20 seconds and stop after running at the lowest speed for 15 seconds with alarm sound every second.
 - A. Detect the heart rate per every 30 seconds and couldn't detect the heart rate for twice.
 - B. 1 km/h (0.6 mph), heart rate leads to deceleration.
 - C. The heart rate exceed $(220 - \text{the setting age})$.
 5. Deceleration can not be lower than 1 km/h (0.6 mph) when the speed is above 1km/h (0.6 mph).
For example: The lowest speed of treadmill is 1 km/h (0.6 mph), when it runs at 1.6 km/h (1.0 mph) and with deceleration 1.0 (2.0) km/h caused by heart rate, then the speed will slow down to 1 km/h (0.6 mph).
 6. Incline won't be controlled by the heart rate but by manual. The treadmill won't be controlled by heartbeat for 1 minute before starting running, and only starts running according to the built-in formula after running for 1 minute.

PROGRAM SPEED/INCLINE TABLE (KMH)



PROG	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	P1	SPEED	1.0	3.0	3.0	7.0	7.0	5.0	5.0	5.0	7.0	7.0	5.0	5.0	5.0	5.0	3.0
INCLINE		2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	SPEED	2.0	3.0	3.0	6.0	5.0	5.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	SPEED	2.0	3.0	5.0	5.0	7.0	7.0	8.0	5.0	5.0	6.0	8.0	8.0	8.0	5.0	4.0	3.0
	INCLINE	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	SPEED	2.0	2.0	3.0	5.0	5.0	5.0	8.0	8.0	8.0	8.0	5.0	5.0	5.0	3.0	3.0	2.0
	INCLINE	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P5	SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	10.0	10.0	9.0	8.0	7.0	5.0	4.0	3.0
	INCLINE	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1
P6	SPEED	3.0	4.0	5.0	5.0	6.0	6.0	7.0	7.0	7.0	9.0	9.0	10.0	10.0	11.0	5.0	3.0
	INCLINE	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
P7	SPEED	3.0	4.0	9.0	4.0	11.0	4.0	10.0	4.0	9.0	4.0	8.0	4.0	11.0	5.0	3.0	2.0
	INCLINE	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
P8	SPEED	3.0	5.0	8.0	3.0	5.0	7.0	9.0	3.0	5.0	7.0	10.0	3.0	5.0	7.0	11.0	5.0
	INCLINE	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5
P9	SPEED	3.0	7.0	9.0	4.0	7.0	10.0	4.0	7.0	11.0	5.0	7.0	12.0	4.0	7.0	12.0	6.0
	INCLINE	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
P10	SPEED	3.0	5.0	6.0	6.0	6.0	9.0	10.0	6.0	6.0	9.0	10.0	6.0	6.0	6.0	11.0	3.0
	INCLINE	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
P11	SPEED	4.0	5.0	7.0	9.0	10.0	11.0	9.0	6.0	8.0	9.0	10.0	10.0	11.0	9.0	6.0	5.0
	INCLINE	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6
P12	SPEED	4.0	6.0	10.0	10.0	7.0	10.0	10.0	10.0	7.0	7.0	10.0	10.0	10.0	10.0	6.0	5.0
	INCLINE	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
P13	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
P14	SPEED	2.0	3.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0	9.0	11.0	3.0	6.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P15	SPEED	4.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0	9.0	6.0	11.0	11.0
	INCLINE	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
P16	SPEED	2.0	4.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
P17	SPEED	2.0	2.0	2.0	4.0	6.0	6.0	9.0	11.0	11.0	2.0	4.0	6.0	6.0	11.0	11.0	9.0
	INCLINE	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2
P18	SPEED	3.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0	6.0	3.0	6.0
	INCLINE	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	SPEED	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0	4.0	12.0
	INCLINE	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	SPEED	2.0	6.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0	11.0	2.0	6.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	SPEED	4.0	6.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0	2.0	11.0	6.0
	INCLINE	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2

PROG	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		P23	SPEED	4.0	6.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0	11.0	6.0	6.0	2.0
	INCLINE	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2
P24	SPEED	4.0	6.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0	4.0	11.0	6.0
	INCLINE	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
P25	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P26	SPEED	3.0	4.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0	10.0	12.0	4.0	7.0
	INCLINE	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
P27	SPEED	5.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0	10.0	7.0	12.0	12.0
	INCLINE	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
P28	SPEED	3.0	5.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	SPEED	3.0	3.0	3.0	5.0	7.0	7.0	10.0	12.0	12.0	3.0	5.0	7.0	7.0	12.0	12.0	10.0
	INCLINE	3	5	7	9	11	12	12	12	12	12	12	11	9	7	5	3
P30	SPEED	4.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0	7.0	4.0	7.0
	INCLINE	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
P31	SPEED	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0	5.0	13.0
	INCLINE	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
P32	SPEED	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0	6.0	14.0
	INCLINE	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P33	SPEED	3.0	7.0	3.0	7.0	12.0	3.0	7.0	12.0	3.0	7.0	12.0	7.0	7.0	12.0	3.0	7.0
	INCLINE	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4
P34	SPEED	5.0	7.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0	3.0	12.0	7.0
	INCLINE	3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
P35	SPEED	5.0	7.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0	7.0	3.0	12.0	7.0
	INCLINE	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
P36	SPEED	5.0	7.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0	5.0	12.0	7.0
	INCLINE	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

HOW TO USE

1. Power on, the treadmill will start to the lowest position, check the machine is normal.
2. Attach the safety lock clip to the skirt of the sportsman's chest.
3. Before running, must confirm the stability of the treadmill and function is normal. It is strictly prohibited to stand on the run belt start, should stand on the side bar, handle bar, once confirm everything well then start running. When power on, put one hand to seize the handlebars, press the "START" button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), both hands grab handlebars, feet have to step on the running belt, can run with the same speed.
4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.
6. Press "Stop" key to stop the motor at any time during running.

7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the current running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current time period running speed. Press "Stop" to stop the motion.
8. HRC test (optional): switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not as medical data, only as a sports reference)

NOTE: When safety key pull out ,the treadmill will stop immediately.

BLUETOOTH FUNCTION

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with interactive Bluetooth® applications such as KinoMap and Swift.

Kinomap

- a) Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- b) Enable Bluetooth from your phone or tablet settings.
- c) Run the Kinomap APP.
- d) Go to the "More" menu and tap on "Equipment management". Tap on the "+" button.
- e) Follow the instructions on the APP to complete the connection.



Heart Rate chest belt (not included)

- a) Put on your Heart rate chest belt.
- b) If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- c) Your heart rate will be seen on the pulse window. You are ready to workout.

Bluetooth Music

The console can be connected to a music player by Bluetooth. Connect the Bluetooth music player to the console and click Play-button, the music will be heard through the consoles speakers.

USB Charging

This console has a built-in USB Port which enables charging many USB Devices.

Please note! charging increases the power consumption and the power supplied from the USB port may not be enough to operate the device and charge it at the same time. Use supplied adapter (9V 1.3A).



This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Recommended fuse size 16A.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the below picture. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

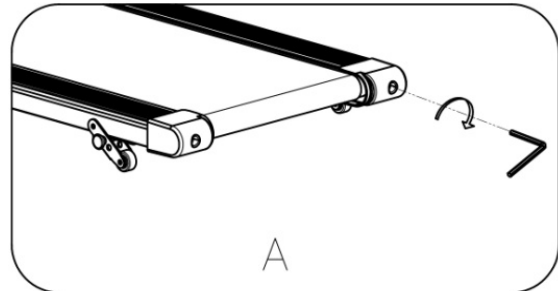


1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment

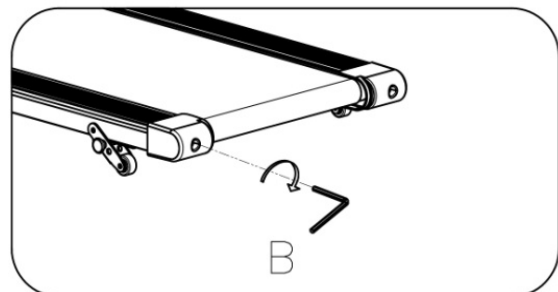
CENTERING THE RUNNING BELT

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

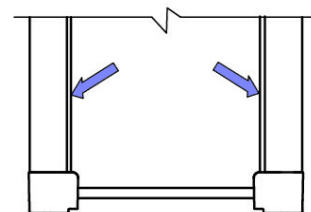
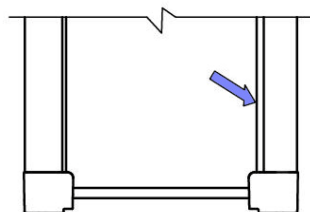
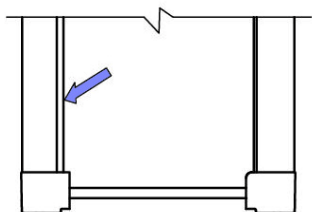
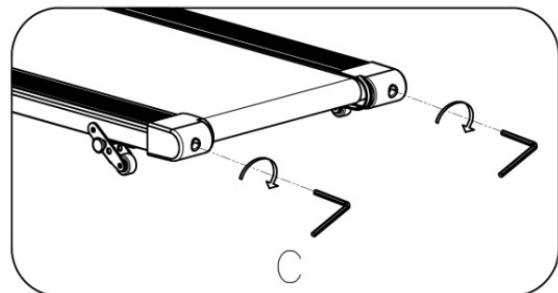
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



IMPORTANT NOTE:

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

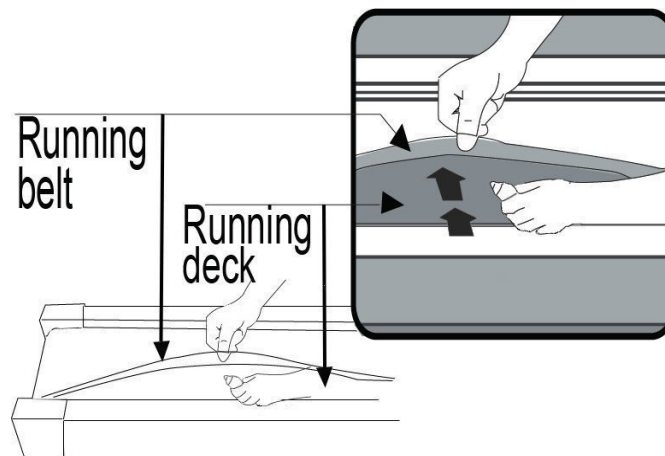


WARNING!

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user	less than 3 hours/week	every six months
Medium user	3-5 hours/week	every three months
Heavy user	more than 5 hours/week	every two months

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.
- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

CLEANING:

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE:

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

Problem	Reason	How to settle the problem
Treadmill can not work	the power supply not connect well .	connect the power supply
	safety key not put well	well put the safety key on the correct position
	transformer not fixed well or defected .	fix well the transformer or change the transformer
	circuit interrupt	check the connect wire and the terminal of the connect wire ,and well connect .
Treadmill stop suddenly	safety key fall off	put well the safety key .
	electronic system problem	Ask for the after sale service
Key defected	key is damaged	Change key
	key can not work	Change key board and wire. Change pcb board. Change computer.
	motor wire and controller not connected well	check their connection or replace controller.
E07	computer can not test the safety key signal	check the safety key ,and well put .
No pulse	handle pulse wire did not connect well or wire defected	well connect the wire or change the wire
	console circuitry defected	change the console
Console short of display	the screw on the PCB is loose	tight well the screw
	console defected	change the console
E01	inverter trip out at low voltage	change the inverter or find technician
E02	heat sensor abnormal	change the inverter or find technician

Problem	Reason	How to settle the problem
E04	inverter output over-current protection	change the inverter or find technician
E06	inverter output over-voltage protection	change the inverter or find technician
E08	landing abnormally	change the inverter or find technician
E09	inverter overheating protection	change the inverter or find technician
E21	flash program problem	change the inverter or find technician
E22	prog problem	change the inverter or find technician
E23	low voltage	change the inverter or find technician
E25	emergency stop	change the inverter or find technician
E0A	motor overload protection	change motor or inverter or find technician
E0B	inverter overload protection	change the inverter or find technician
E0C	system overload abnormally	change the inverter or find technician

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for the wear parts and motor is valid for 2 years and for the frame 5 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels and running belt.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions
- Normal wear and tear of the wear parts

The device is intended for professional use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

