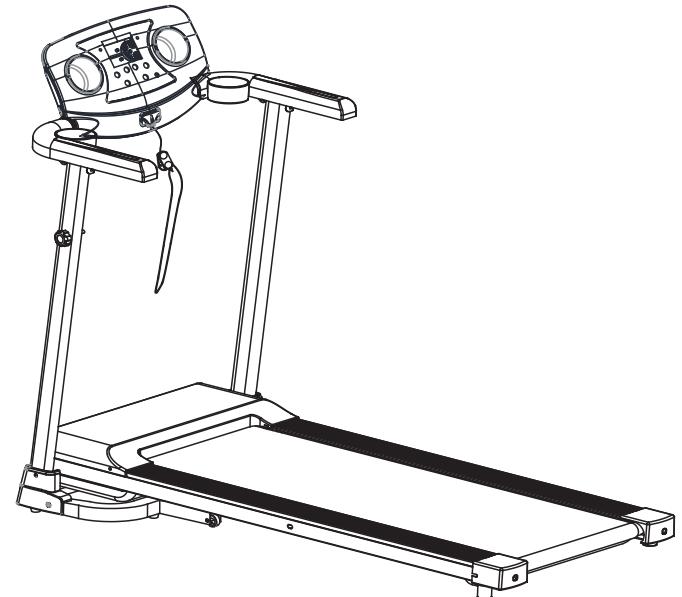


2020-10-10 ne1010

NEW I-RUNNING ELECTRIC TREADMILL OWNER'S MANUAL



PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE USING THE TREADMILL.

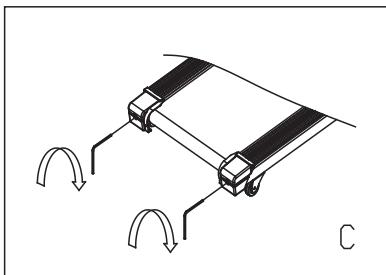
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7. Pregnant women are advised not to use the treadmill.

9. PRODUCT SPECIFICATION

Product	New I-Running Electric Treadmill
Item No.	216
Rated Voltage	110V/50HZ
Power	500W
Fold-up dimension	350/640/1280 (In mm)
Assembly dimension	1280/640/1220 (In mm)
Package Measurements	1390/770/230(In mm)
N.W./G.W.	29/33KG
Max Load	120KG
executive standard	GB17498.1-2008 GB17498.6-2008



1/4 of turn (clockwise). Switch on and start the treadmill, then watch out for any deviation of the running belt. Repeat the steps above until the running belt is centered.

As the treadmill belt stretches through usage, it is necessary to adjust the belt. Switch off the treadmill and tighten the left and right side (Figure C) about 1/4 of turn (clockwise) simultaneously. Switch on and start the treadmill, then stand on the running belt to check its tension/tightness. Repeat the steps above until the tension/tightness is moderate.

7. PRODUCT FEATURES

1. Children or elderly using the treadmill is advised to be accompanied by an adult at all times.
2. Compact and elegant appearance, easy to install.
3. Emergency stop device for safety protection.
4. Simple and convenient operation.
5. Max load is 120KG
6. Selected high-quality materials, stable structure, safety and reliability.
7. Folding-up functions for freely folding, save space, easy to move.
8. Intelligent control panel, LED display window (speed -, mode, program, speed +)
9. Speed from 1.0 km/h -12 Km/h.

8. IMPORTANT PRECAUTIONS

Please read and follow all the instruction in this manual carefully before using this product.

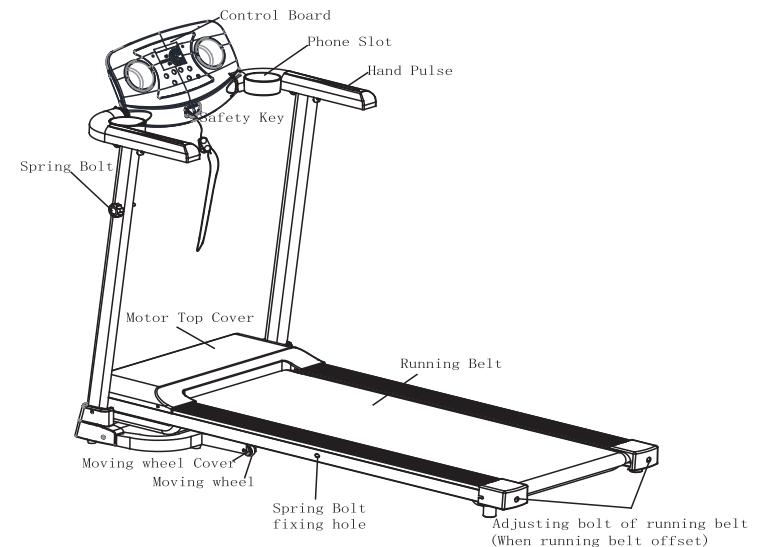
ADVISARY:

1. Person with major health problem should consult a physician before using the treadmill.
2. Pregnant women are advised not to use the treadmill.
3. Clip the safety magnet onto the clothes securely at all times before starting to use the treadmill.
4. Run at a speed which you are comfortable in.
5. In the event that you are feeling unwell while using the treadmill, stop it immediately and consult a doctor.
6. Begin your exercise at a lower speed and gradually increase the speed once you are comfortable.

CAUTION:

1. Toddlers and children are prohibited from playing on the treadmill.
2. Elderly using the treadmill is advised to be accompanied by an adult at all times.
3. Avoid placing the treadmill under direct sunlight.
4. Do not use the treadmill if the ground/floor is uneven.
5. Do not use the treadmill if you are on sick/unwell/after drinking alcoholic drinks.
6. Contact the relevant person if the power cable or treadmill is damaged

1. PRODUCT INTRODUCTION



2. CONSOLE FUNCTION

1. START and STOP button:

START button – Press “Start” button when the treadmill is idle, the speed will change to 1.0Km/h and the treadmill starts moving after counting from ‘3’ to ‘1’.

STOP button – Press “STOP” button while treadmill is in operation, the speed will change to 0 km/h and the treadmill will gradually come to a stop.

2. AUTO button:

Press “AUTO” button while the treadmill is idle and the system will change to automatic program modes from P1 – P12. By default, the treadmill’s system is in manual mode.

3. SELECT button:

Press “SELECT” button while the treadmill is in idle mode and the system will switch to counting down modes; The time countdown mode, distance countdown mode and calories countdown mode. Press the “Speed +/Speed” buttons to increase or decrease the values and then press “START” button to start the treadmill.

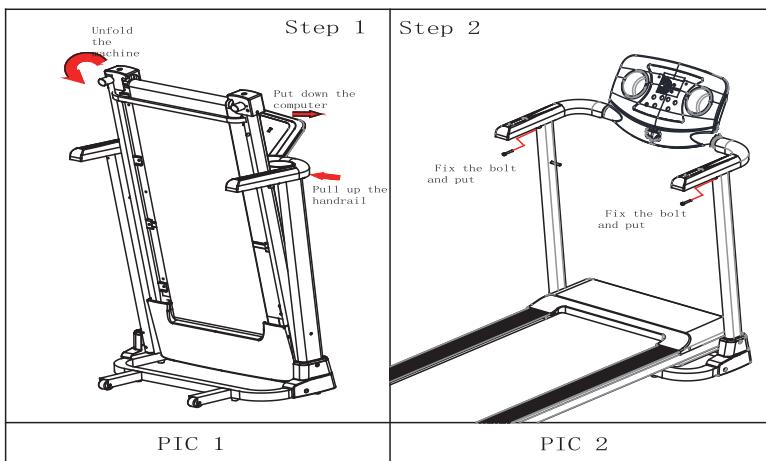
4. Speed +/Speed - button:

Press the “Speed+” or “Speed-” to increase or decrease the speed or values when setting treadmill parameters. The Speed will automatically continue to increase or decrease when holding the buttons for more than 2 seconds.

3. ASSEMBLY INSTRUCTIONS

Step 1: Take the treadmill out from packaging box, place it in a standing position on the floor, unfold the treadmill, pull up the side handrail and place well the meter board (Picture 1).

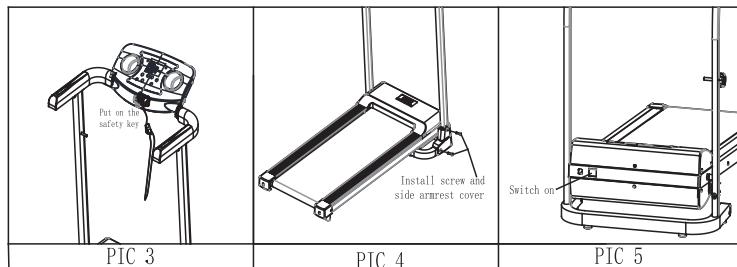
Step 2: Install the screws and the side handrail cover at the specified position (Picture 2).



Step 3: Place the safety magnet onto the treadmill (Picture 3) .

Step 4: Install the screws and the side handrail cover at the specified position (Picture 4).

Step 5: Turn on treadmill power switch (Picture 5) .



NOTE: TO FOLD OR UNFOLD THE TREADMILL, SIMPLY PULL OUT THE SPRING BOLT ON THE LEFT SIDE OF THE TREADMILL TO SECURE OR LOOSEN FROM THE CATCH.

4. OPERATIONAL GUIDELINES

Getting started: Insert the power plug into a socket and switch on the treadmill from the power switch.

Attention: User is advised to clip the safety magnet securely onto his/her clothes for safety purpose. In the event where the user accidentally falls, the safety magnet will detach from the treadmill and the treadmill will come to a halt. The safety magnet has to be on the treadmill at all times. If the safety magnet is not in place, an "E7" error will show on the treadmill and the treadmill will not start until the safety magnet is

reattached to the treadmill.

1. Press "START" button, treadmill starts to operate after 3 seconds and will run at 1 km/h. Press "Speed +" and "Speed -" buttons to adjust the speed.

2. Press "STOP" button and the treadmill will slow down and stop gradually.

*If safety magnet is removed, screen will show "E7" error, running belt stops automatically.

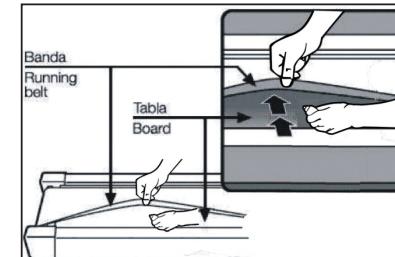
*Treadmill will stop automatically after 30 minutes of continuous usage.

5. MAINTENANCE

CAUTION: Before attempting to clean or carry out maintenance on the treadmill, make sure that the power plug of is disconnected.

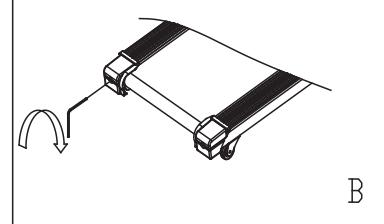
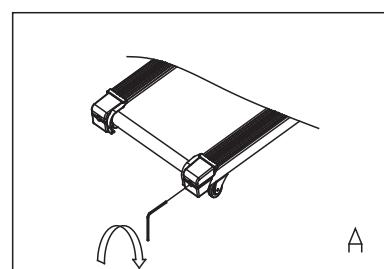
Please refer to the following silicone oil lubrication schedule between running belt and running board as a guideline (Usage method is shown in the below picture):

Usage	Frequency
Light (use less than 3 hours per week)	Once a year
Middle (use 3 to 5 hours per week)	Once every six months
Heavy (use more than 5 hours per week)	Once every 3 months.



6. RUNNING BELT ADJUSTMENT

Unfold the treadmill and place it on a flat ground, start the treadmill and set the speed to about 6-8km/h and watch out for any deviations of the running belt.



If the belt moves to the right, switch off the treadmill. Tighten the right side (Figure A) about 1/4 of turn (clockwise). Switch on and start the treadmill, then watch out for any deviation of the running belt. Repeat the steps above until the running belt is centered.

If the belt moves to the left, switch off the treadmill. Tighten the left side (Figure B) about