

WARNING

**keep young children away from
this machine at all times. contact
with the moving surface may
result in severe friction burns.**

U1F

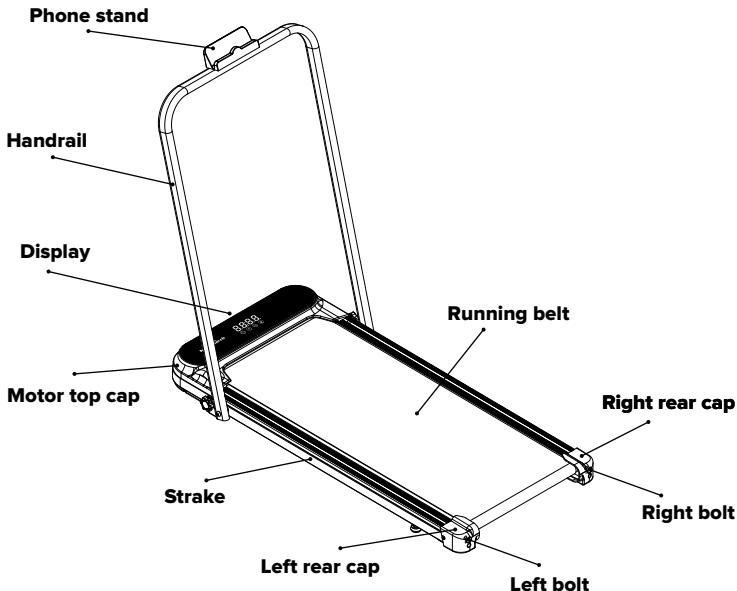
Use Manual

Model:XM-U1F

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1. Package Contents

The names of all parts of the model are shown as follow.



Packing list

No.	Item	Unit	Quantity
1	Main body	set	1
2	Bottled silicone oil	bottle	1
3	Hex wrench	set	1
4	Phone Stand	set	1
5	Remote control	set	1
6	Instruction manual	copy	1

Please read the manual carefully before using the treadmill.

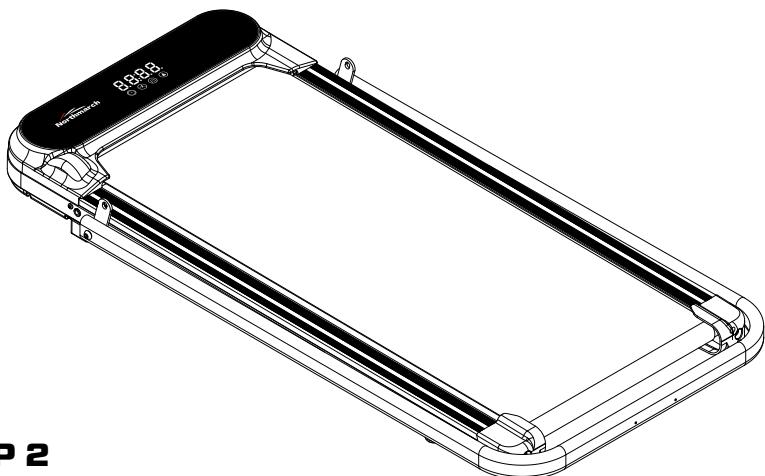
If you have any questions or concerns while reading the manual please feel free to reach out to our 24/7 live support team through Amazon.

If any of the parts from the above packing list are missing please reach out to us so we can resolve the issue asap. Remember, your satisfaction is the foundation of our service commitment to you.

2. Assembly/Adjustment Instructions

STEP 1

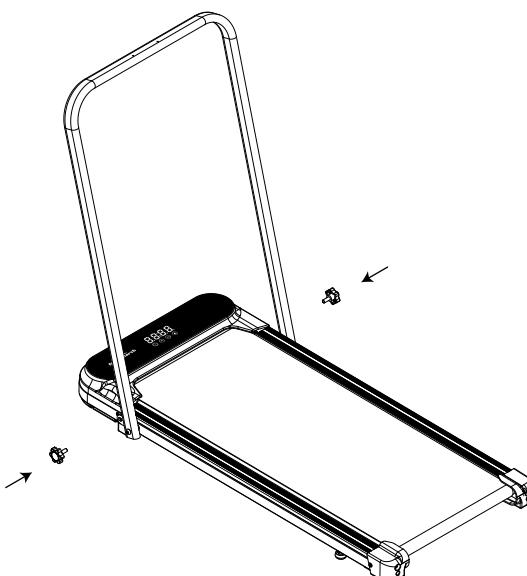
Unbox the treadmill, carefully extract the assembly materials provided, and position the main unit on a flat surface.



STEP 2

Raise the Handrail as shown.

Screw two knobs to the bottom of the treadmill to fix the Handrail.



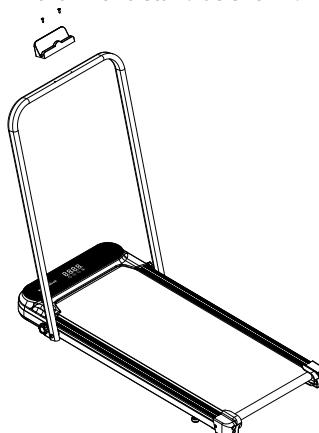
3. Assembly/Adjustment Instructions Part 2

STEP 3

Assemble the Phone stand

Attach the Phone stand to the Handrail.

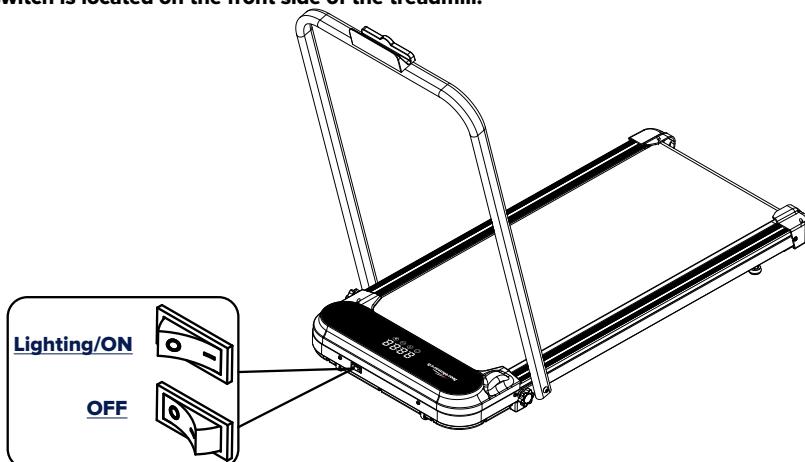
And then screw two screws to fix the Phone stand as shown.



STEP 4

To power up the treadmill, plug it into an outlet and then flip the red switch to 'On'.

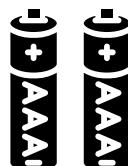
The switch is located on the front side of the treadmill.



STEP 5

Insert 2 AAA batteries (not included) into the remote controller and hit the "On" button on the remote controller to start your exercise session.

Now that everything is set, enjoy your workout on the treadmill!



4. Fixing Shifted Belt

ISSUE : Shifted to Left	ISSUE : Shifted to Right
Tighten clockwise Loosen counterclockwise	Loosen counterclockwise Tighten clockwise

1. SAFETY NOTICE

To determine left-right orientation, stand at the rear of the treadmill, facing the display. Use the provided hex wrench to make all belt adjustments on the rear bolt.

Note: Step 2 is only necessary if Step 1 cannot solve the problem. Otherwise, we only need to follow Step 1.

To correct belt alignment:

- If the running belt is skewed to the **LEFT**:
 - step1: turn the left bolt clockwise $\frac{1}{4}$ circle
 - step2: turn the right bolt counterclockwise $\frac{1}{4}$ circle to make the running belt move to the right.
- If the running belt is skewed to the **RIGHT**:
 - step1: turn the right bolt clockwise $\frac{1}{4}$ circle
 - step2: turn the left bolt counterclockwise $\frac{1}{4}$ circle to make the running belt move to the left.

2. Important Considerations

- Do not rotate the adjusting bolt more than $\frac{1}{4}$ turn at once. Over-tightening may lead to treadmill damage.
- Periodically reassess the running belt's alignment by revisiting the steps outlined in the above section.

Please note:

Deviation of the running belt is not covered by the warranty. Users are primarily responsible for maintaining proper alignment as per these instructions. Misalignment can cause significant damage to the running belt and impair its lifespan. Prompt adjustments are essential when deviations are noticed.

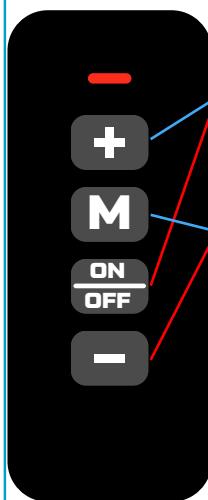
5. Menu and Remote Control



TIME	0:00~99:59MIN
SPEED	1.0~8.0KM/H
DISTANCE	0.0~99.99KM
CALORIES	0.0~999.9CAL

The LED screen rotates automatically:
Time, Speed, Distance, and Calories ,
changing every 5 seconds
for easy tracking of your workout stats.

REMOTE CONTROL FUNCTIONALITY



Press the 'ON/OFF' key and the treadmill will start at a pace of 1.0 km/h after a brief 3-second countdown. Need to stop? Simply press the this key again and the machine will come to a halt.

Press the '+'key to raise your speed. Each press increases the speed by 0.5 km/h. Hold down the '+' key for a faster increase. Maximum speed is 8.0 km/h.

Press the '-' key to lower your speed. Each press decreases the speed by 0.5 km/h. Hold down the '-' key for a faster decrease. Minimum speed is 1.0 km/h.

Set goals for your walk or jog using the 'M' button.
Here's how:

- 1.Plug in the treadmill and flip the switch to turn it on.
- 2.Don't press the on/off button on the remote yet. Instead, click the 'M' button to cycle through Time, Distance, and Calorie displays.
- 3.Choose a category for your goal. Use the '+' and '-' buttons to set a time, distance, or calorie goal.
- 4.Once you've set your goal, press the on/off button on the remote. The treadmill will start, and your workout goal is now active.

This feature allows you to track your progress towards a specific target, adding purpose to your workouts.

6. Maintenance

1. Lubrication:

- For optimal performance, our treadmill requires occasional lubrication with special silicone oil. It's recommended to lubricate the treadmill after every 188 miles of use. Be sure not to add excessive oil each time.

2. Checking for Lubrication:

- To check if lubrication is needed, grasp the running belt and feel the back central area. If there's silicone oil on the belt or if it feels a little damp, no additional lubrication is required. If the running board feels dry, it's time to add silicone oil.

3. Applying Lubrication:

To apply oil to the walking pad or treadmill, follow these steps:

- First, ensure the treadmill is turned off and unplugged from the electrical outlet for safety.
- Lift up the running belt from the center. Try to reach as far as possible to the center of the belt.
- Now, take your silicone oil and apply a light stream of it along the center of the deck surface. Be careful not to add too much.
- Once you've applied the oil, plug the treadmill back in and turn it on.
- Run the treadmill at a low speed, around 0.6 mph, for about a minute. This will help spread the silicone oil evenly across the deck surface.
- Lightly press the running belt from left to right to ensure even distribution of the silicone oil.

Remember, proper lubrication helps in the smooth running of the treadmill and increases the lifespan of both the motor and the running belt.



4. Running Belt Elastic Adjustment:

- All our treadmills have their running belt tension pre-adjusted in the factory. However, over time, the belt may loosen. If you notice any slippage during regular use, adjust the running belt's tension using the adjusting bolts.
- Note: Avoid overtightening as it can lead to premature belt aging, increased motor load, and reduced bearing life.

5. Running Belt Deviation Adjustment:

- Our treadmills are pre-adjusted for belt deviation in the factory. Over time, due to various factors, the belt may deviate. If the deviation doesn't automatically correct itself after several minutes of no-load operation, manually adjust the belt using the adjustment screw. (REFER TO PAGE 4)

7. Parameters

Model	XM-U1F
Operating Voltage	220V~240V 50/60HZ
Maximum Load	120KG
Outline Dimension	1150*560*960MM
Effective Running Area	930*385 MM
Peak Motor Power	1.2HP
Continuous Output Power	0.6CHP
Speed	1.0-8.0KM/H
Functions	Walking/Running

8. Error Codes

Error Code	Error	Error Judgment	Solution
E1	Communication Failure	1:The connecting wire between the upper and lower controllers is loose. 2:The connecting wire is damaged.	1: Unplug and reinsert the connecting wires. 2: Replace the connecting wire.
E2	Motor Malfunction	1:Motor wires is damaged . 2:The motor has a burnt odor. 3:The carbon brush cover of the motor has come off.	1: Replace the motor. 2: Replace the motor. 3: Replace the carbon brush cover.
E5	Motor Over-current	1:Motor over current/overload. 2:Motor damaged.	1: Power off and restart. 2: Replace the motor.
E6	Electric Control Failure	1:Fuse overload. 2:Lower controller is damaged.	1: Replace the fuse. 2: Replace the lower controller.

In case you encounter an error code that you can't resolve, don't hesitate to reach out to our dedicated customer support team. We're here to help troubleshoot and resolve your issue promptly, ensuring your satisfaction with our product.

9. Exercise Suggestions

According to the principle of step by step.

Muscle soreness is normal during the first few days of training.

As long as you keep on training, the pain will go away.

♦Diet

**In order to protect the digestive system,
exercise one hour after a meal or eat at least half an hour after training.
Drink a small amount of water during exercise, especially avoid drinking a
lot of water, otherwise it will increase the burden on the heart and kidneys.**

♦Stretching

No matter how fast you're running, it's a good idea to stretch before you run.

Muscles are easier to stretch after you warm up.

Do five stretches as follows, one or more times for 10 seconds on each and repeat at the end of the session.

1. Stretch down

**Bend your knees slightly, bend over slowly, relax your back, measure and touch your toes with your shoulders and hands, hold for 10-15 seconds, then relax, repeat 3 times
(As shown in Figure 1)**

2. Hamstring Stretch

Sit on a clean mat, straighten one leg and bend the other inward, and try to touch Grasp toes with hands, hold for 10-15 seconds, then release, repeat 3 times on each leg.

(As shown in Figure 2)

3. Calf and heel tendon stretch

Stand with your hands on a wall or table and one foot behind you. Keeping the back leg upright, with the heel on the ground, lean toward the wall or table for 10-15 seconds, then relax, repeating three times with each leg.

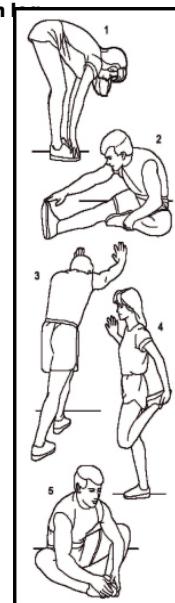
(As shown in Figure 3)

4. Quadriceps Stretch

**Stand near a wall or a piece of sturdy exercise equipment for support. Grasp your foot and gently pull it up and back until you feel a stretch in the front of your thigh .Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together. Hold for about 30 seconds. Switch legs and repeat.
(As shown in Figure 4).**

5. Adductor stretch

**Sit on the floor. Pull your heels in toward your groin, as close as is comfortable .Put your hands on your knees, and gently push them closer to the floor. Hold for 30 to 60 seconds.
(As shown in Figure 5).**



10. Safety precautions and Warning instructions



1. SAFETY INSTRUCTIONS

- Ensure the treadmill is placed on a level surface for safe operation.
- Avoid the following locations:
 - Outdoors: The treadmill is exclusively designed for indoor use.
 - Sloped surfaces or areas, including balconies.
 - Direct sunlight or close to a heat source.
 - Highly noisy environments.
- Ensure a stable power supply to avoid operational errors. Avoid sharing an outlet with heavy appliances like computers or air conditioners.
- For your safety and comfort, wear shoes while using the treadmill.
- When adjusting speed, do so gradually to maintain stability.
- Exercise caution while folding and unfolding the treadmill to prevent accidents with children or other objects.
- Keep the machine away from water sources. Water droplets can cause operational errors.

2. SAFETY NOTICE

- Consult your doctor or trainer if you're unwell prior to using the treadmill.
- Our company is not liable for injuries resulting from improper use of the treadmill.
- After use, switch off all functions and unplug the machine.
- Unplug the machine prior to moving it or making any adjustments.
- The treadmill is not recommended for children, the elderly, or pregnant women without appropriate supervision.
- Those with medical conditions should seek a doctor's advice before using.
- Avoid allowing water to enter the machine, particularly near the motor, power line, and plug.
- Avoid wearing long or attire during use as it could pose safety risks with it getting caught in the belt.
- Do not use the treadmill in enclosed spaces, areas with poor air circulation, or near flammable materials.
- Keep the treadmill clear of any objects.
- Store the plug away from heat sources and open flames.
- Do not stand directly on the belt while starting the machine.
- Only professionals should disassemble the machine.
- Ensure the running belt is properly fastened prior to use.

