

User manual



PLEASE READ THE MANUAL BEFORE USING TREADMILL.

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Thank you

Thank you for buying IPO treadmill.

1、Warranty

We are sure that our treadmill are made by high quality material.

We guarantee the treadmill by normal using.

The guarantee time is 1 year form the purchase day, if your treadmill has any problem, please contact our customer service in 12 month, DO NOT open the treadmill by yourself without any technicians stand by.

We guarantee for these parts: frame, wire, motor, roller, foam, etc.

The following are not covered by warranty:

- Damage by other cause.
- Use of Non original parts.
- Wrong operation.
- Don't follow the instruction when using.

Wearing parts, normal using are not in the warranty, like running belt etc.

This warranty are suitable for home use.

Please contact custom service when you need to buy parts, and please provide the following information:

- Manual
- Model No.
- Serial No.
- Purchase invoice

Please don't send any products to us before you get the confirm by our custom service, we don't take any responsibility when receiving the product without confirmation.

2、Safety instruction

Please follow the instruction to operate the treadmill.



Please read the instruction carefully before start training.

1. please consider your physical condition when start training on the products, Appropriate and regular training, ensure that you have sufficient physical when training. Wrong or excessive training will not be beneficial to your health.
2. This product is not suitable for children to use. Feeling ill or mentally deficient and lacking sense prohibits to use. Unless they can get in the safe and responsible person stand by. Children should be monitoring to ensure that they do not play equipment.

3. The product is suitable for home use and is not suitable for professional training and testing, nor use it for medical purposes.
4. Heart rate display of the product does not provide data for clinical medicine.
5. If the power cable is damaged, in order to avoid danger, must be replaced by manufacturer or a professional maintenance staff.
6. Please check all components before use, ensure that screws and nuts are locked.
7. In order to avoid clothes being caught by machines, please wear comfortable clothes when used. Do not let children or pets play near to avoid accidents.
8. Please put the product on smooth, clean, flat on the ground to ensure no sharp objects in the vicinity, do not place near water and heat.
9. Hands away from all moving parts, prohibition of the hands and feet on the running belt the following gaps.
10. This product only used by one person when it working.
11. After product Assembly to ensure screws, bolts tightening.
12. Please use original accessories.
13. The product is the HC level with a maximum weight of 120 kg.

3、Special safety instruction

- Electric
 - Put treadmill in place allows the plug to the socket.
 - Make sure the power cord directly into a socket without loose.
 - Please use a qualified electrical outlet to avoid the resulting dangers. If the plug and socket are not compatible, please ask electrician to handle it.
 - Using voltage 220V-240VAC power supply.
- Please do not let the power cord contact with the drum, do not put the power supply on the running belt, do not use damaged plugs.
- Pull out the plug from the socket before cleaning and maintenance.



Warning: It may cause personal injury and damage to equipment if you do not pull the plug.

- Check every part before use.
- Please do not use the product in outdoors, high humidity and the Sun.
- Please turn off and unplug when you leave.
- This product is not suitable for prolonged use, recommended one hour using with half an hour rest in your training plan, prolonged use of treadmill may cause electrical too heat or electrical faults.






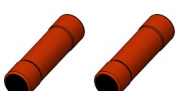



4、Assemble

- Please read assembly steps instructions carefully before assembly.
- Remove all of the packaging, put on a clean surface so that your can easily overall check and also convenient for your installation.


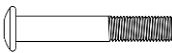





- Check all parts are complete according to the packing list.
- Please pay attention to safety when you use the tool or when handling, do not assemble by personal preference and forced installation.
- Make sure the left tools and packaging materials is dangerous or not, plastic and foam is harmful to children.
- Assemble the product by follow the instruction.
- The product must be installed carefully by an adult, if necessary, ask professional for installation.

Warning: Carefully install the product and do not damage the product.

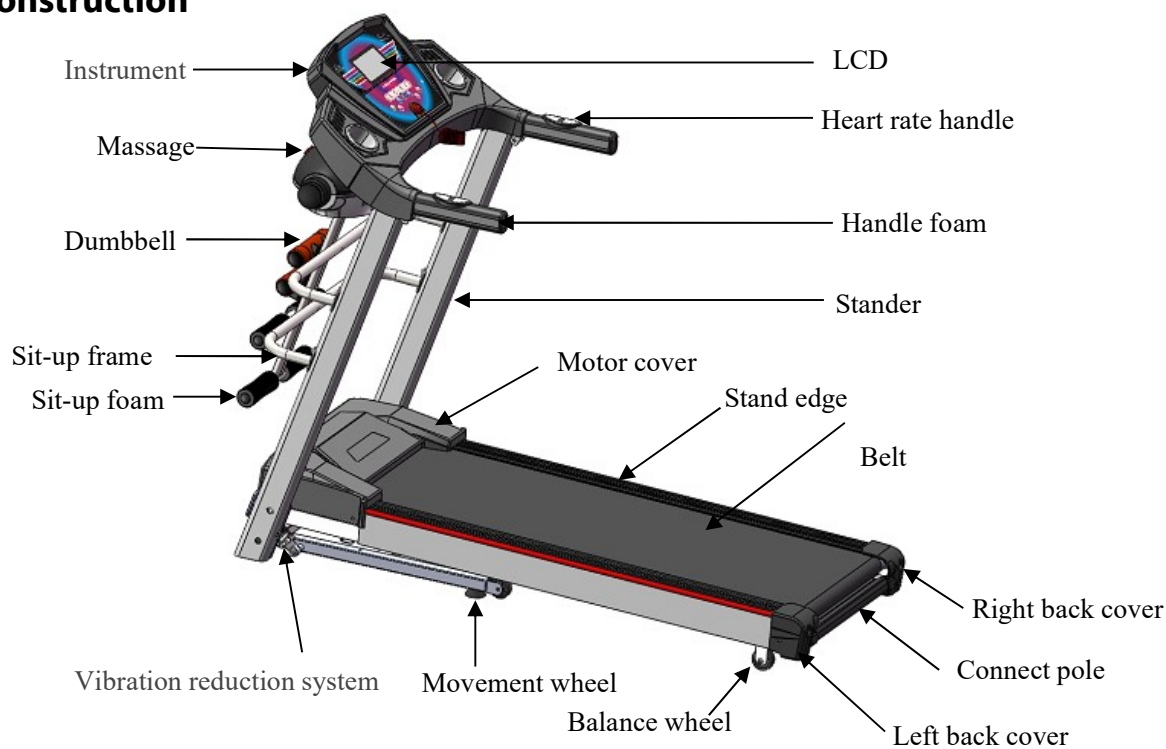
5、Configuration list

Name	F	FM
 overview	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 MP3 wire	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 massage	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 massage holder	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 sit-up tube	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 dumbbell	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 twisting	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 safety key	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 lubricant	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6、Tools

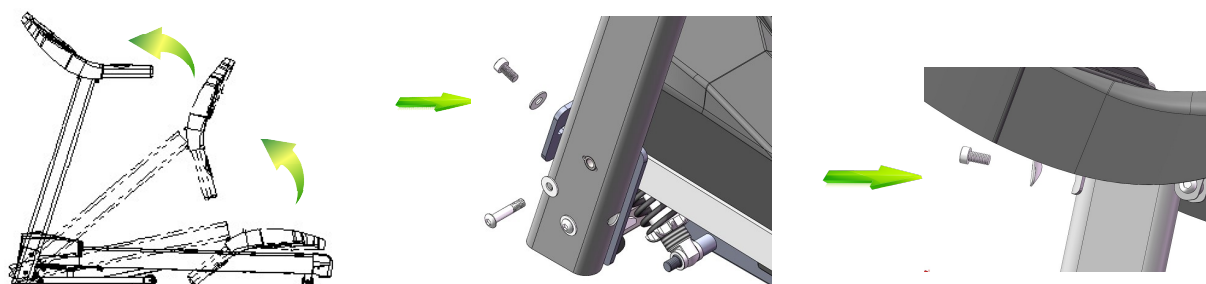
		
M8x20 hexagon screw x 4	M8*45 hexagon screw x 2	Multifunction wrench x 1
		
Hexagon wrench x 1	6mm Hexagon wrench x 1	M8Gasket x 4
		
M8 Gasket x 2		

7、Construction



8、Assemble instruction

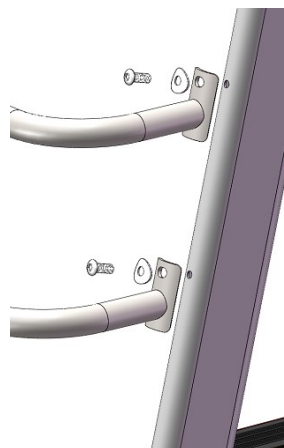
Setp1: Installation



A:) Hold the instrument arm-pull the instrument slowly to a fixed location (see the picture)

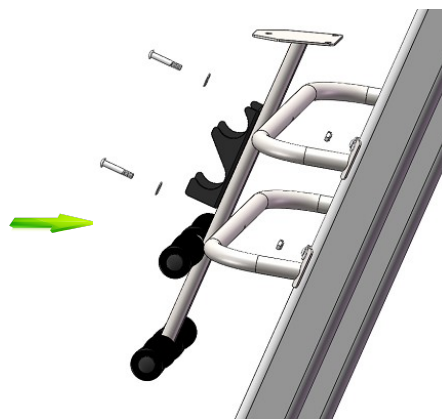
B:) Use 2xM8*45, 2xM8*20,4xGasket and 2xM8 to fix the stander, Use 2xM8*20 and 2x Gasket fix the handle。

Setp2: Installation massage frame



A:) Use 4xM8*20 and 4Gasket to fix the massage in the stander

Setp3: Install the sit-up frame on the massage holder



A:) Use 2xM6*15fix the dumbbell holder to the massage frame.

B:) Use 2xM8*55 , 2 x Gasket and 2xNut to fix the massage holder to frame.

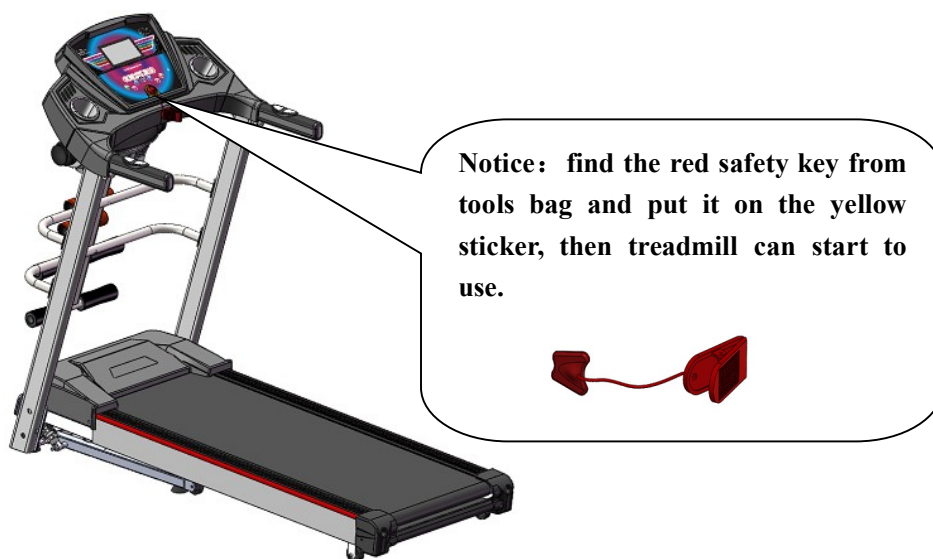
Setp4: Install the massage on the frame



A:) Use 3xM8*20、3xGasket fix on the frame.

Setp5: Lock the screws (2、3、4).

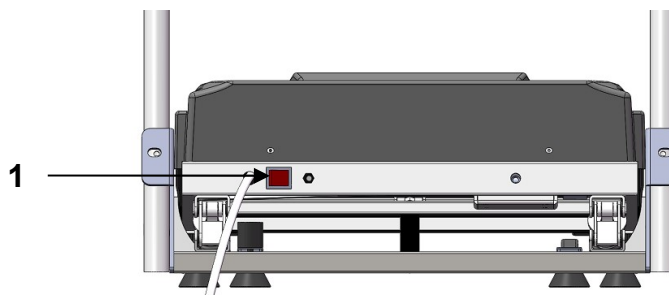
Setp6: Put dumbbell on the holder, and put the red safety key on the yellow sticker.



9、Using Instruction

Start:

After plug in power supply and push (1) , the light will turn on, you will hear "Di" and the screen will light up.



Safety Key:

The treadmill will working only when safety key in the right position. Please clip the safety key on your clothes. The motor will stop when the safety key is pull out.



Folding Instruction:

●Foldable treadmill:

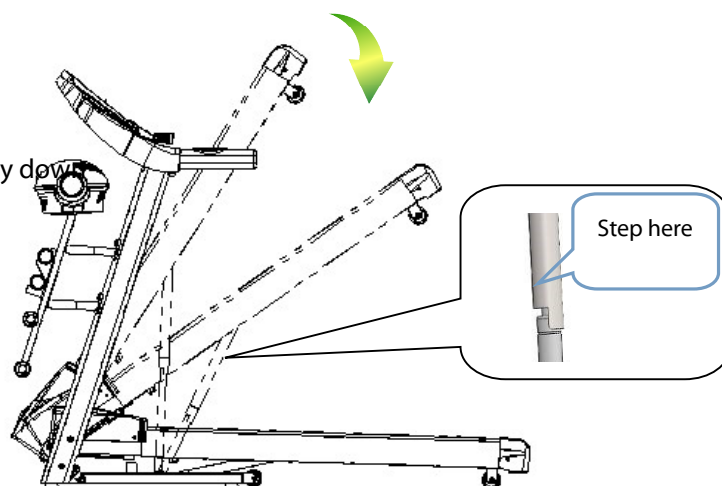
It will save a lot of space when treadmill folded.

Shut down the machine before folding

Lifting the treadmill until it's stuck.

●Lay down the running board:

Step on the Hydraulic rods the running board will lay down.

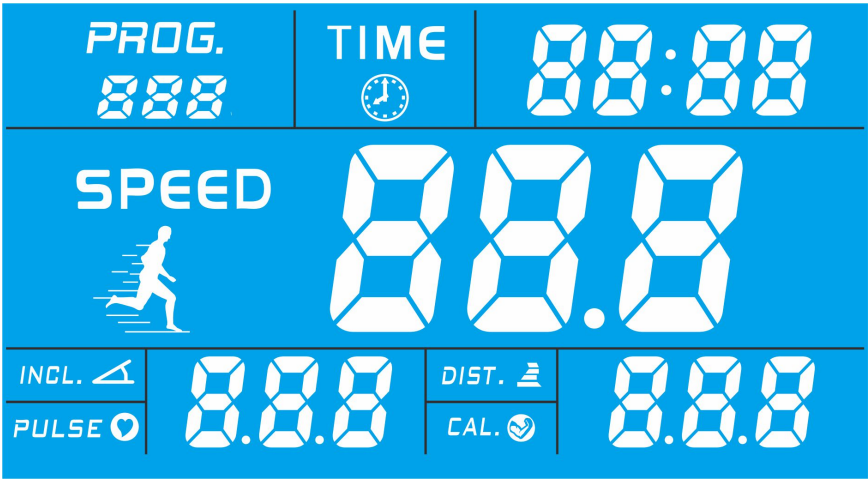


10、 Panel instruction

1.Panel






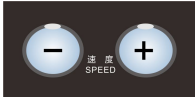
2. LCD information



3.Touch key function



START: Press this button, the treadmill will start in 3 seconds

	STOP: Press this button, the treadmill will slow and stop
	Mode Selection
	Program Selection
	Speed

4.Main Function Instruction

Fast Start (MF) :

Put the safety key in its position and then press "START" button, you will start training in 3 seconds.

Heart Rate test:

Put you hand in the handle, it will show your heart rate in 5-10 second, it's date can't use for medical purposes.

Safety Key function:

In any time, if your pull out the safety key, the machine will be slow and stop,you need to put the safety key in its position to restart the machine.

Sports Parameters

Parameters	RANGE	Initial	Setting Range
TIME	0:00—99:59	30:00	5:00---99:00
SPEED	0.3km/H—16km/H	-----	-----
INCLINE	0%~15%		
DISTANCE	0.00km—99.99km	1.00km	0.5km—99.5km
HEAT	0Kcl—999Kcl	50Kcl	10Kcl—999Kcl

Error Analysis:

Code	Cause	Solution
E01	Communication problem between IC board and Electronic table	1)Check the wire of IC board and Electronic table。 2)Reset the IC board 。 3)Change the IC board 。

E02	Explosion-proof protection	1. Change motor or wires。 2. Change the IC board。
E05	Over current protection	1. Overload 2. Need to add Lubricant 3. Change the motor
E06	Controller post error	Change the controller
E07	Lost the date	Change IC board or reset the date
E08	Safety key	Reset the safety key

11、Daily maintenance

Motorized treadmill maintenance:

Proper maintenance is the key to your treadmill is always at its best, faulty maintenance can damage or shorten the life of treadmill.

NOTICE:

- Do not use sandpaper or solvent to clean up the treadmill, treadmill controller portion is not directly exposed to sunlight or moisture, so as not to damage。
- Regular checking and locking all treadmill parts, damaged parts replaced immediately。

Adjusting running belt

Adjust the running has two functions: the tension adjustment adjust and run with a central location. Running at the factory is ready to adjust, but after using the running belt will stretch, friction will cause run off center location with decorative strips and back cover damaged. In the running belt is stretched is normal.

If you use a running machine, appears to run with a slipping or not smooth, you can adjust the tightness of the running belt to improve。

How to adjusting belt

- 6mm hex wrench inserted into the running belt adjusting screw on the left, 1/4 ring turn the wrench clockwise to adjust the drum to tighten after walking belt
- Repeat step 1, adjust the screw on the right side. Must determine the adjustment screws the same distance, so that the rear drum will adjust relatively parallel to the frame。
- Repeat steps 1 and 2 until running belt does not slip。
- Note that the running belt not adjusted too tight. This bad run, additional pressure on the front/rear drum, roller bearings and other damage, resulting in abnormal noise or other problems。

If you want to reduce the running belt tension please rotate the wrench counterclockwise, attention to the left and right to rotate the same distance.

Adjusting the belt in the middle

When you use a running machine, because running feet of power is not as big as the pressure imbalance on the running belt, resulting in running off center. This deviation is normal, when no one is in operation on the running belt while running, it will come back to the Center. If not back to the Center, you will need to run back to the Center.

1. No-load running the treadmill, speed 6km/H.
2. observe the running distance to the left and right side
 - If the left, using the hex wrench, turn the left screw 1/4 clockwise circle
 - If the right, using a hex wrench, turn the right screw clockwise 1/4
 - If the running belt is still not in the Middle, and repeat the action until adjusted to an intermediate
3. After adjusting running belt to the Middle, set the speed to 16km/H, and watch the running belt deviation and running smooth, if biased, repeat adjustment steps.
4. **WARNING!** Do not tighten the drum excessive! This will lead to permanent damage of bearing!

If the above steps do not work, you will need to run and then tighten.



T:tight

L:Loosen

Lubricant

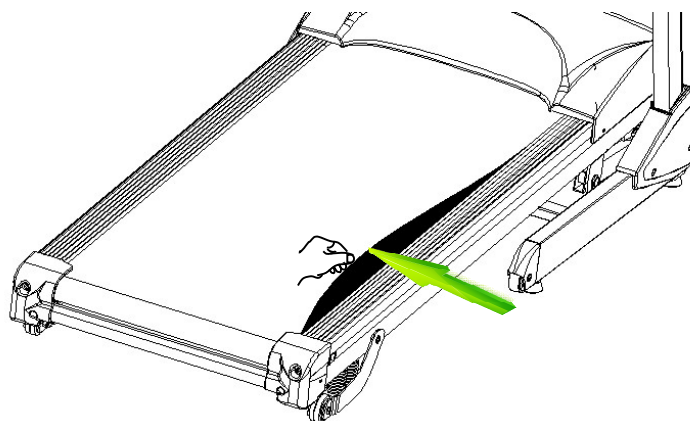
Treadmill factory-over when the lubricating oil. But check the lubrication of running, which helps keep the treadmill in the best State. Treadmill in use years or after 100 hours of operation, you must add lubricant.

Every 30 hours of use or after 30 days, from within the side-wing with the start reached encouraged to touch the running surface, touch silicone oil, you do not need to add oil if you touch the surface when there is a strong sense of dry, please follow the instructions for lubricating operations.

Use of non-petroleum silicone oil

How to add lubricant:

- Come on location in the middle of running under the surface. (see below)
- Cut the bottle's mouth opened a little, not too much, to inject。
- Starting to put oil into the bottom of the running belt, oil injected into the middle of the running Board. Put down the run, pressure oiling parts by hand, turn the running belt, oil on the running boards evenly。
- After power on, wait a minute let the oil automatically evenly, using a treadmill。



Cleaning

Cleaned regularly, to ensure the treadmill life。

- **WARNING:** Running in the cleaning machine, you must cut off the power supply, power cord must be pulled from the socket。
- **After Using :** With a clean towel and damp cloth wipe perspiration meters and other parts and service。
- **NOTICE:** Do not use corrosive materials, do not use liquid stuff, so as not to damage the electronic components. Don't let the electronic components exposed to the Sun。
- **Weekly:** Once every week to clean up the ground, dirt from shoes and other debris on the ground clean。

Store

Please place your treadmill in a clean, dry environment, ensure that the power switch is off 。

Move and Fold

In order to move the treadmill, set the installation of wheels. Before moving make sure you disconnect the power supply and folded fuselage。

12、 Fault analysis and treatment

The product is designed to be reliable and easy to use. If you have problems, please read the answers to the following questions.

FAQ: Display in off

A: Check the wire, plug and the switch。

FAQ: Stop when using

A: Check that the power cord is connected securely, overcurrent protective device is disconnected。

FAQ: Belt is not in the middle

A: Check if the treadmill is placed on a flat surface, running belt is a good tune. Refer to the adjustment of the running belt。

If the problem is not in the above, and you are not sure how to fix it, please get in touch with us, please do not privately。

13、 Important

● WARNING

Before using this product, consult your doctor and do a complete health check, frequent and vigorous exercise should get permission from the doctor before. If this product is used in any discomfort, discontinue use and consult your doctor. Required in the proper form, use of this product, please read the manual in detail before moving.

If left unattended, or use of this product, please prevent children and pets near the close.

Sport, including sports shoes, when wearing the appropriate clothing. Sports do not loose clothing to avoid being hooked in a machine.

When using the device to make sure that all bolts and nuts have been tightened. To be kept in good condition, all sports equipment must be regularly maintained.

Before use:

How to start a fitness program depending on your physical condition. If you have for several years had not campaign seriously overweight, or weight, you must be a gradual increase in the movement of time, such as with a few minutes each week.

At first you may only be able to target heart rate range of movement for a few minutes, in any case, your aerobic fitness will improve in the 6-8 weeks after. If you need to take a long time to improve, don't get discouraged, in accordance with the pace of movement is very important. One day you will be able to continue for 30 minutes. Your aerobic fitness

• Before beginning an exercise or training program, please consult your doctor, ask a doctor examine the

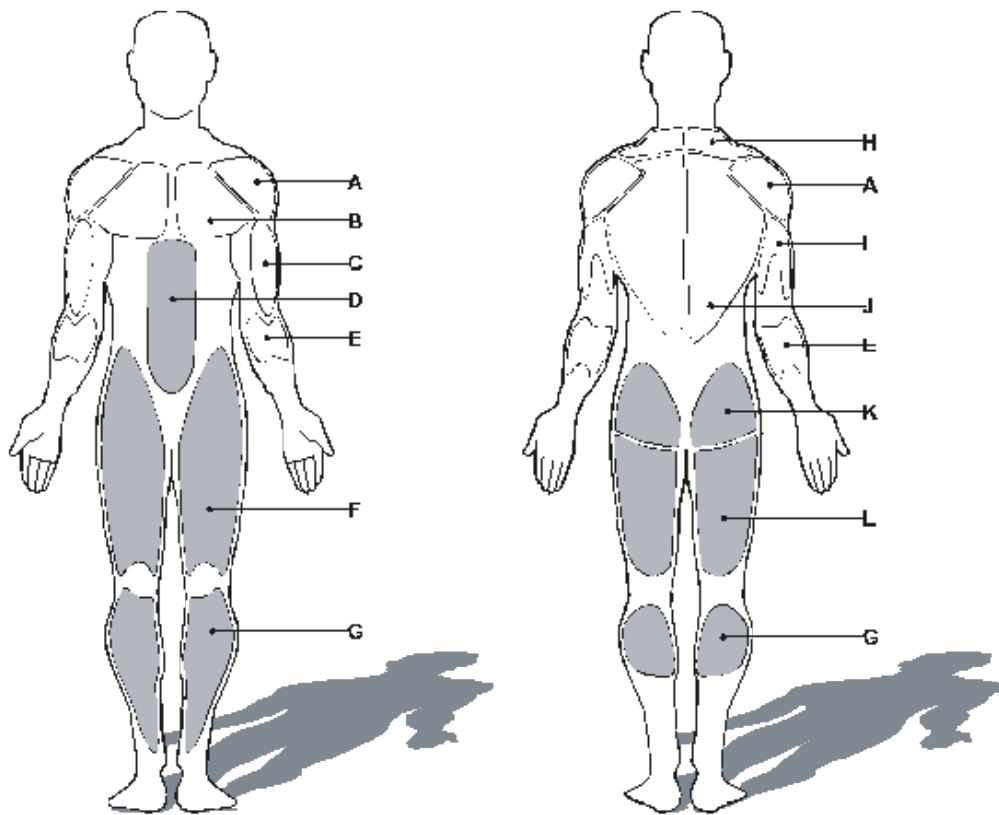
training and diet program, and recommendations for your exercise program.

- Consult with your doctor to set exercise goals, in order to ensure that the plan is in line with the actual, sought to begin training plan.
- Exercise plan, you can attach some aerobic exercise, such as walking, jogging, swimming, dancing or riding a bicycle. Always detect a pulse. If you don't have electronic heart monitor watch, consult a doctor from the wrist or the neck with hand pulse the right way. In addition you must be based on the age and physical condition, to set the target heart rate.

During exercise and drink plenty of water. You must add loss due to excessive movement of water to prevent dehydration. Avoid drinking ice water or beverages, drinking water or beverage temperature should be at room temperature.

14、 Muscle distribution

Lower body muscles are mainly used when in use treadmill which are indicated by grey as in below:



A: shoulder muscles
B: Pectoral muscles
C: Biceps brachii
D: Abdominal muscles
E: Forearm muscles
F: Quadriceps

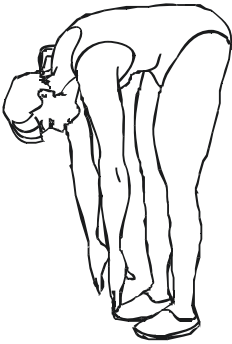


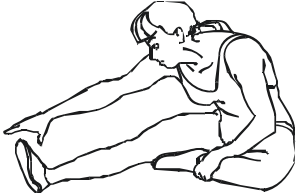

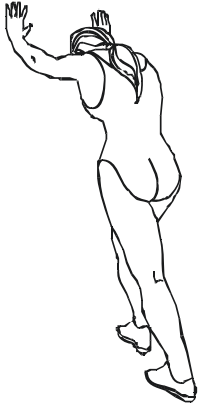

G: Muscles of leg
H: Cowl-muscles
I: Triceps
J: Dorsal muscles
K: Hip muscles
L: Thighs muscles

15、 Stretching exercise

Warm up & Relieve Exercise:

A good exercise plan includes Warm up exercises, Aerobics and Relieve Exercises. Exercise should be performed twice or three times one week (exercise every other day), and it should be raised to four times or five times one week several months later.

Warm up exercise is one of the most important parts in exercise plan which should be done before every time exercise. Right warm up exercise makes your body into good situation for following intense exercise because it helps muscle becomes warmer, and promotes blood circulation which supplies more oxygen into muscle. After aerobics, warm up exercise can ease muscular soreness. Here are some warm up exercise & relieve exercise for your reference:

<p>TOUCH TOES: Bend your body slowly, and relax back & shoulder. Try your best to bend as low as you can, and then keep still for 15 seconds.</p>		<p>SHOULDER EXERCISE: Raise right shoulder to right ear, count 1, release. In the mean time, raise the left shoulder to left ear, count 2.</p>	
<p>STRETCH INNER THIGHS: Sit on the floor, bend legs as in pic , foot to foot. Try to bend knees to floor, keep still for 15 seconds.</p>		<p>STRETCH THIGHS: Sit on the floor, keep right leg straight. Bend left leg and make it close to inner right leg. Try best to stretch body close to right toes, keep still for 15 seconds. Then do the same to left legs.</p>	
<p>WAIST EXTENDED: Extend arms to right & left, and then raise slowly, up to head. Extend right arm to ceiling, keep still for 1 second, feel the extension of right arm. Then do the same to left arm.</p>		<p>Extend of Shank: Forward the body, hands against the wall, step forward the left leg. Keep right leg straight, left foot against the floor; and then bend left leg, move hip against the wall. Keep still for a while and do the same to the other shank.</p>	
<p>HEAD EXERCISE:</p>			

IPO Sports

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