

**РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ
БЕГОВАЯ ДОРОЖКА**

PF-T1130

ПРОЧТИТЕ ВНИМАТЕЛЬНО ИНСТРУКЦИЮ ПЕРЕД ИСПОЛЬЗОВАНИЕМ.
СОХРАНИТЕ ДЛЯ ДАЛЬНЕЙШЕГО ИСПОЛЬЗОВАНИЯ.

1.

Спасибо, что выбрали беговую дорожку PF-T1130. Разработанная в соответствии со строгими стандартами индустрии здоровья и фитнеса, беговая дорожка предназначена для личного использования и рассчитана на постоянное ежедневное использование с небольшим обслуживанием.

Прочитайте внимательно всю инструкцию перед использованием тренажера. Владелец обязан проконтролировать, чтоб все пользователи были осведомлены о мерах предосторожности. Несоблюдение этих инструкций может привести к серьезным травмам, возможно, со смертельным исходом, или поражению электрическим током. Мы не несем ответственности за травмы или повреждение имущества спровоцированные ненадлежащим использованием этого продукта.

Proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.

2.

2.1. Safety Guidelines

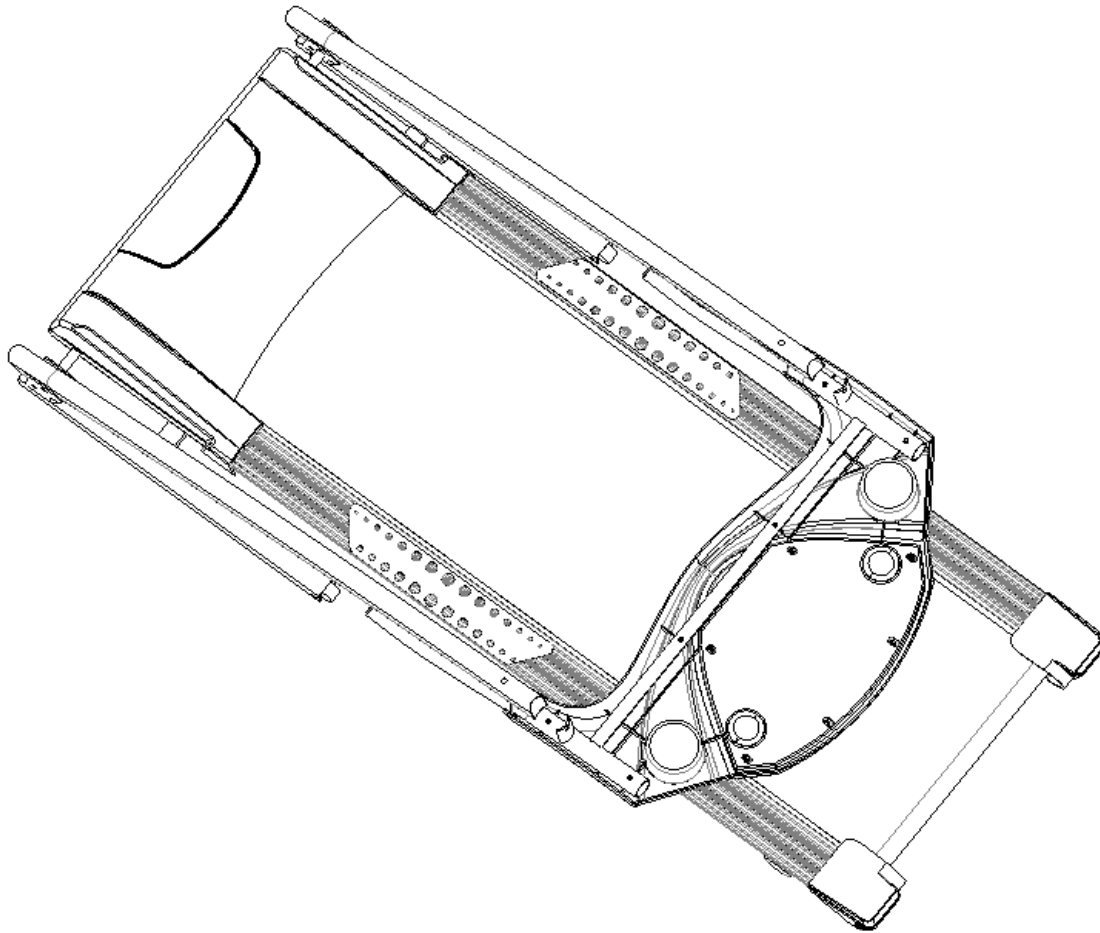
- The treadmill must be assembled in accordance to the assembly instructions in this manual.
- Place treadmill on a clean, even and moisture proof surface. Do not place on carpet as this will prevent the flow of proper ventilation under the treadmill.
- Secure long hair and loose clothing before use.
- Wear appropriate shoes such as rubber soled shoes or gym shoes..
- Close supervision is necessary whenever the treadmill is used by or near children.
- The treadmill has been designed for indoor use only. Do not use outdoors.
- Unplug power cord from the electrical outlet when treadmill is not in use.
- Any issues with the electronic system may make the treadmill accelerate faster. If this occurs, unplug the safety key to stop the treadmill.
- It is recommended to use the handrail if using the treadmill for the first time.
- Do not start the treadmill when someone else is standing on the belt.
- Before each use of this equipment, check the power receptacle for signs of damage. Do not operate the equipment if its integrity is in question.
- To avoid potential safety an electrical problems, replace parts with manufacturer's specified parts only, which can be purchased directly from authorized dealer.

2.2. Grounding Instructions

- Insert the plug of the power cord into a properly grounded outlet.
- It is recommended that the treadmill be used with a 20 amp circuit for optimal performance.
- Do not modify the plug provided with the treadmill. If it does not fit the outlet have a proper outlet installed by a qualified electrician.
- Avoid using an extension cord.
- Keep power cord away from flammable mixtures.

3. UNPACKING THE TREADMILL

After unpacking the treadmill, please make sure that you have the following items:



NO.	item	specifications	amount
1	round head hex socket bolts	M8*50	2
2	flat washer	∅ 8	2
3	round head hex socket bolts	M8*15	4
4	arc washer	∅ 8	4
5	round head hex socket bolts	M4*15	2

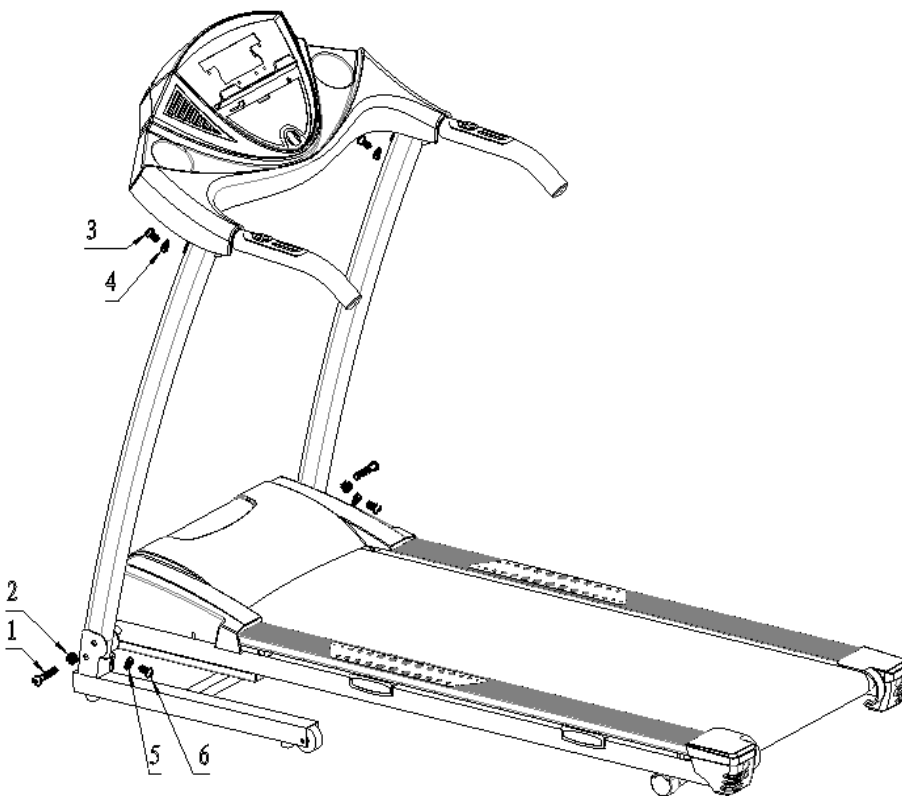
4. ASSEMBLY INSTRUCTIONS

You do not need any special knowledge or experience to set up the treadmill. However, because of its size and weight, you will need to obtain assistance

Take the following steps to assemble the treadmill.

Step 1:

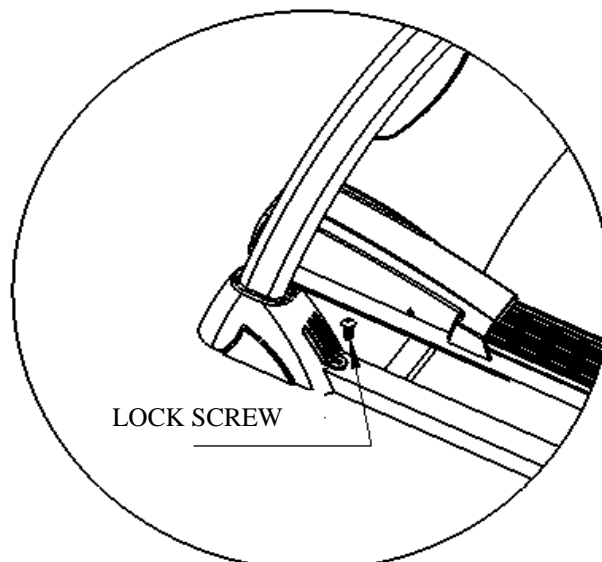
As shown in the machine first pillar III armrest and electronic watch IV in upright position, adjust the number of the connection between them, and then use the bolt (1) flat washer (2) and bolt (3) curved washer (4) the parts according to the corresponding port a lock.



Step 2:

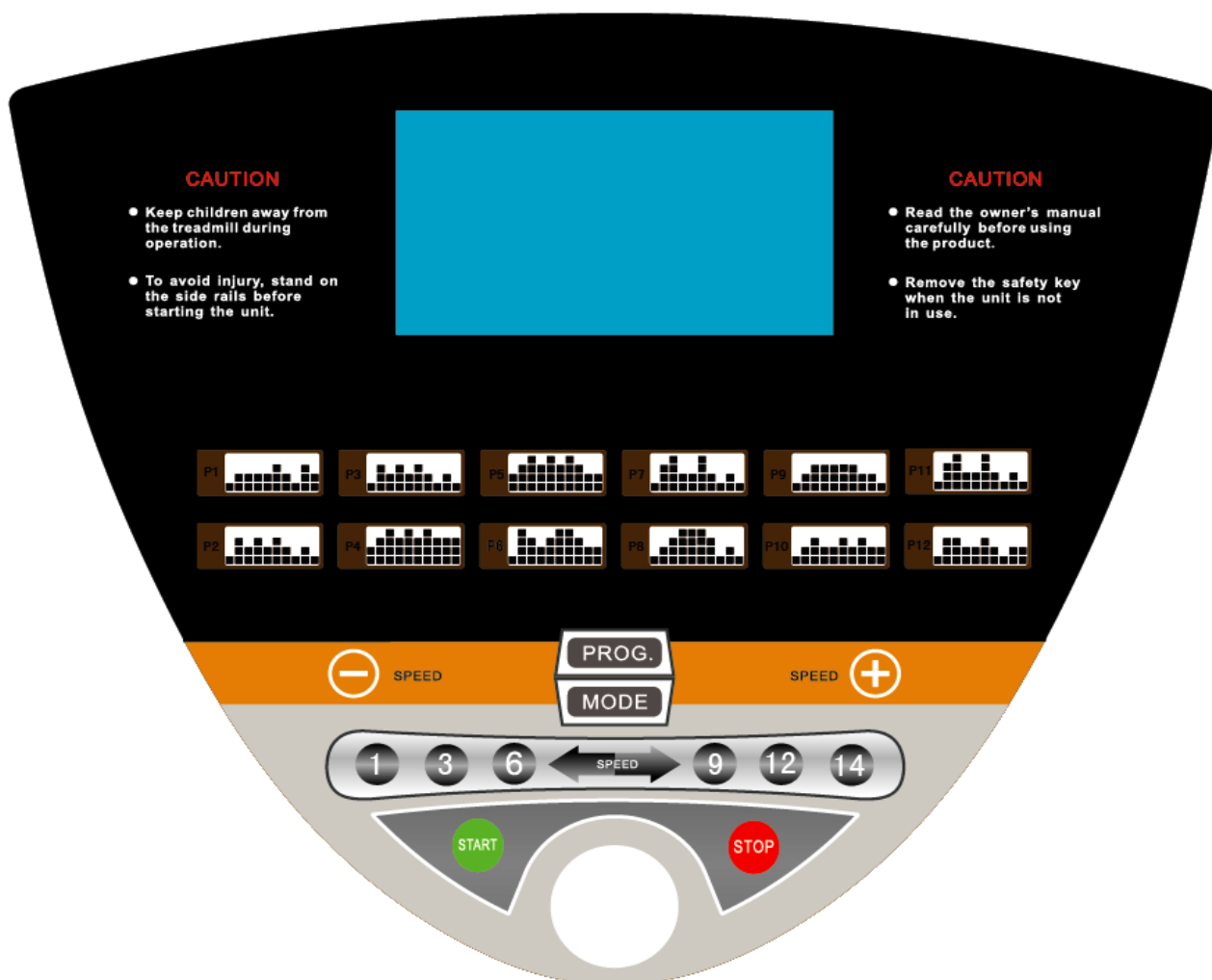
Fixed lock spats side cover on both sides.

Upon completion of assembly, please ensure that the bolts are locked into place.



5. OPERATIONAL GUIDELINES

5.1. Electronic Monitor



The electronic monitor comes with a few parameters for ease of use.

- Specification Terms:
 - Treadmill parameters: the “speed” value
 - Motion parameters: “distance” value, “calories” value, “time” value, “pulse” value
 - Movement modes: manual mode, the program, the model
- Manual mode: There is no set amount of exercise
- The model: It has a set amount of exercise.
 - A. time to exercise mode: set movement time, such as running for 30 minutes.
 - B. distance movement mode: set the movement distance, such as running for 3 km.
 - C. calories movement mode: set the number of calories, such as consuming 50 calories.

- The program: the different movement scheme has been set already. The treadmill set 12 kinds of sports pattern.

Display:

Refers to large blue LCD screen display

Display on blue screen:

1. the pulse display
2. the time display
3. the distance display
4. the calories display
5. the speed display

The Keys:

This product has a main board, but also a separate keyboard plate.

Specific Settings:

1. The start and stop button
2. Mode button
3. program button
4. Speed increasing button
5. Speed decreasing button
6. Speed shortcuts buttons:1.3.6.9.12.14

Parameter:

1. power supply voltage 220 v
2. minimum speed of 1.0 km/h
3. maximum speed of 12km/h
4. the longest time in time mode : 99 minutes.
5. the shortest time in time mode: 8 minutes.
6. the longest distance in distance mode: 99 km.
7. the shortest distance in distance mode: 1 km.
8. the maximum number of calories in calories mode: 990 calories.
9. the minimum number of calories in calories mode: 10 calories
10. (P1, P20) the shortest time in programs mode: 8 minutes.
11. (P1, P20) the longest time in programs mode: 99 minutes.

Safety:

In any case, remove the Safety Key, the system outage, an alarm sounds displays the alarm (all windows display "--").

Movement Patterns:

Movement patterns discussed here have a common premise condition: A. system has been normal access to electricity. B. Safe Key has been correctly placed

Manual:

- A. enter: Put the Safety Key, press "start" button, display down from 5 to 1: Buzzer sounds warning , the system will boot.
- B. adjust: "Speed +" and "speed -" keys to adjust speed value.
- C. treadmill calculates the motion parameters , and refresh the display on the monitor.
- D. speed can be adjusted directly according to the speed shortcut buttons.
- E. press "stop" button, the system stops.
- F. time setting more than 99:59 minutes, the system will not stop at 99:59, time will continue from zero.

Model:

- A. enter: press "mode" button .Select from Time, Distance or Calories. Use the Speed +/- to adjust the target. Press "Start" to begin.
- B. adjust "Speed +" and "speed -" keys to adjust speed value.
- C. treadmill calculates the motion parameters , and refresh the display in the window.
- D. press "stop" button, the system stops.
- E. exercise more than the amount of set, the system outage, press "start" button, the system return to standby mode.

The Program:

- A. enter: When the system is in "standby" status, press "program" button, speed window shows "P0X,". Use "Speed +/- " to adjust the target. Press "start", the system boot.
- B. adjust "Speed +/-" keys to adjust speed value.
- C. treadmill calculates the motion parameters , and refresh the display in the window.
- D. press "stop" button, the system stops.
- E. The system stops when the program is completed with displaying "END", click "start" button, the system boot.

speed(km/h)	0	N/A	N/A
distance(km)	0	1	1.00-99.00
pulse(b/min)	0	N/A	N/A
calories(kcal)	0	50	20-9990

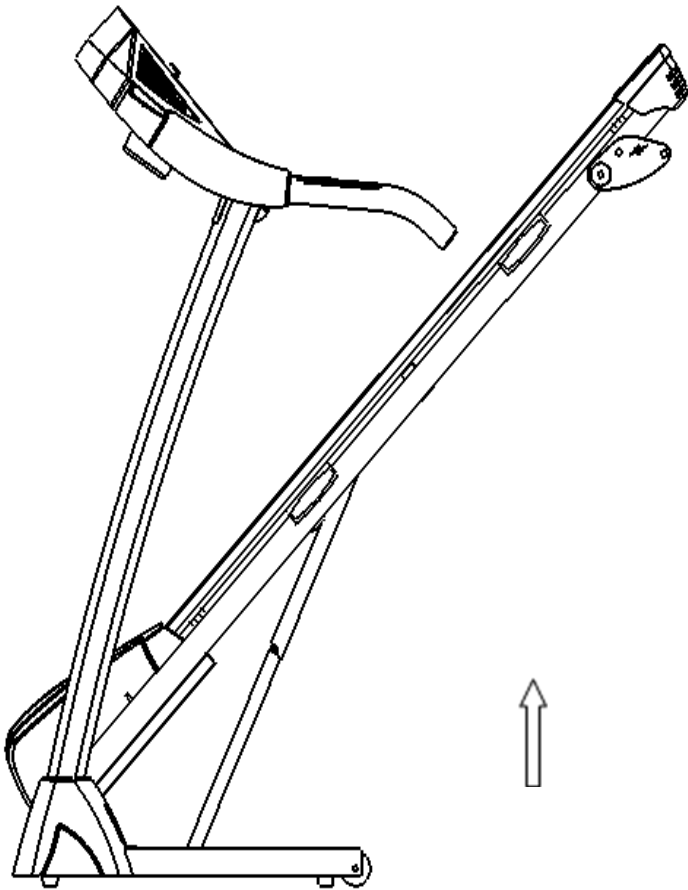
Each program is divided into 10 equal parts; each time has a corresponding speed

5.2. The program instructions

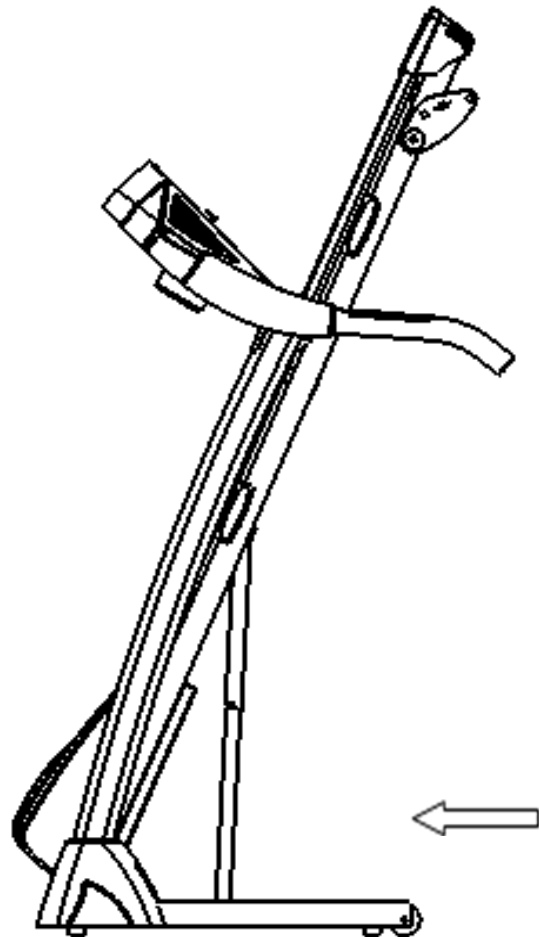
Schedule A: metric code table

The Program - Period of time		TIME SETTING/ 10 = EACH PERIOD OF RUNNING TIME									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
P2	SPEED	2	5	4	6	4	6	4	2	4	2
P3	SPEED	2	5	4	5	4	5	4	2	3	2
P4	SPEED	3	6	7	5	8	5	9	6	4	3
P5	SPEED	3	6	7	5	8	6	7	6	4	3
P6	SPEED	2	8	6	4	5	9	7	5	4	3
P7	SPEED	2	6	7	4	4	7	4	2	4	2
P8	SPEED	2	4	6	8	7	8	6	2	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
P11	SPEED	3	5	8	8	9	5	7	6	3	2
P12	SPEED	2	5	5	4	4	6	4	2	3	4
P13	SPEED	4	2	6	8	6	3	2	6	2	2
P14	SPEED	3	4	4	3	5	5	6	3	3	2
P15	SPEED	4	2	4	6	8	7	8	6	2	3
P16	SPEED	3	2	5	7	3	5	6	7	2	1
P17	SPEED	5	10	8	10	8	12	10	5	12	8
P18	SPEED	5	12	10	12	10	12	10	10	10	5
P19	SPEED	3	7	5	7	6	10	7	3	10	5
P20	SPEED	3	10	7	12	7	12	7	7	7	3

5.3. Folding the treadmill



Adjust the pneumatic rod to support



6. EXERCISE AND FITNESS GUIDELINES

6.1. Getting Started

Do not begin an exercise program without first consulting a physician especially if you are over the age of 35 and/or currently have any health issues.

Enlist a fitness professional expertise in developing an exercise program suitable for your current health status.

If at any time during your workout you feel chest pain, experience severe muscular discomfort, feel faint, or are short of breath, stop exercising immediately. If the condition persists, you should consult your physician immediately.

Please read the following guidelines if using the treadmill for the first time. This information is for reference only. Please consult a professional if further advice is required

Preparation:

Before using the treadmill for the first time, please stand beside it to learn how to control it, such as start, stop, speed regulation, etc. It should be used only after you become familiar with it. Then stand on the checkered plate on both sides of the treadmill, seize the handrail with both hands, body stand up straight and look forward with one foot to "climb" a few times at the low speed of 1.6-3.2km/h, try to relax, then start to normal movement. Gradually increase the speed of 3-5km/h after adapting. Keep this speed about 10 minutes, and then slowly let the machine stop. It is better not run at high speed at the first time, in case of wrestling.

Exercise:

With the same pace walk about 1 km, and record the time, it may use 15 to 25 minutes. Walking at the speed of 4.8 km/h. 1 km distance may take about 20 minutes. After you can easily do it, you can gradually improve the speed. Then you can get a good exercise only last 30 minutes.

The frequency of the exercise:

Goal is 3-5 times per week. Every movement is 15 to 60 minutes. It's best to work out a schedule according to your own physical condition rather than you want. You can know the acuteness degree of motion by adjusting the speed and the movement time.

Exercise:

Shortcuts - 15-20 minutes of exercise is a good way to save time. Warm up for 5 minutes at 4-4.8km/h, then increase the speed of 0.3km/h for every 2 minutes until you feel it will be very challenging for keeping on moving at a speed of 45 minutes

Dress:

All you need is a pair of good shoes, it is suggested that choose running shoes or gym shoes. Avoid foreign bodies be carried onto the treadmill as may destroy desk and running belt. Wear comfortable clothes suitable for sports. It is suggested that your wear **cotton ventilation sportswear**.

6.2. Warm up and cool down routines

Before the commencement of each workout it is recommended that you warm up first. Warm muscles are easier to stretch therefore start by walking for 5-10 minutes, then stop to stretch for 5 minutes. Repeat this procedure at the end of your workout.

Some common stretching exercises include:

1. Stretching down

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch towards your toes. Reach as far as you can and hold for 10-15 seconds. Repeat 3 times.

2. The hamstring stretch

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch towards your toe as far as possible. Hold for 15 seconds. Relax and then repeat with left leg. Repeat 3 times on each leg.

3. The calf and heel

Lean against a wall or a tree with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor, and then bend the left leg and lean forward by moving your hips toward the wall. Hold for 10-15 seconds. Repeat 3 times on each leg.

4. Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat 3 times on each leg.

5. Sartorius (thigh muscles)

Sit with the soles of your feet together and your knees pointing forward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 10-15 seconds. Repeat 3 times.

7. TROUBLESHOOTING & MAINTENANCE

Keep your treadmill properly maintained and serviced so it will operate more efficiently and last longer. Do not attempt to service the treadmill yourself with the exception of the maintenance tasks described in this manual.

It is recommended that the power supply is switched off for 10 minutes if treadmill has been used continuously for more than 2 hours. This will allow the treadmill to rest before using again.

To reduce the risk of electric shock, always unplug the power cord from the electrical outlet before cleaning, maintaining or repairing.

The treadmill does not contain any user-serviceable parts.

7.1. Maintenance instructions

Cleaning

- DO NOT USE GLASS CLEANERS OR ANY OTHER HOUSEHOLD CLEANERS ON THE CONSOLE. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.
- Clean the treadmill's frame, display console, handrails and running belt with a dampened (not dripping wet), clean cloth using a diluted solution of mild soap and water.
- Elevate the treadmill to maximum incline and vacuum the floor under the treadmill weekly to prevent excess dust and dirt from interfering with operation.
- Never spray liquids on the display console, handrails or treadmill.
- The motor can be dusted at least once a year. To dust the motor, please ensure that the power cord has been unplugged from the electrical outlet before removing the motor's protective cover.

Inspection

- Inspect the frame for any rust, bubbling or paint chips during the weekly cleaning.
- Inspect the power cord and walking belt for wear.
- Check the position of the walking belt; be sure it is not rubbing against the frame. The belt should be evenly spaced on the deck within one centremetre, adjust if necessary.
- Remove potential hazards from the treadmill area.
- Periodically check the deck. If it is broken it will need to be replaced.
- Periodically check the running belt. If it appears worn from heavy usage it may need to be replaced.

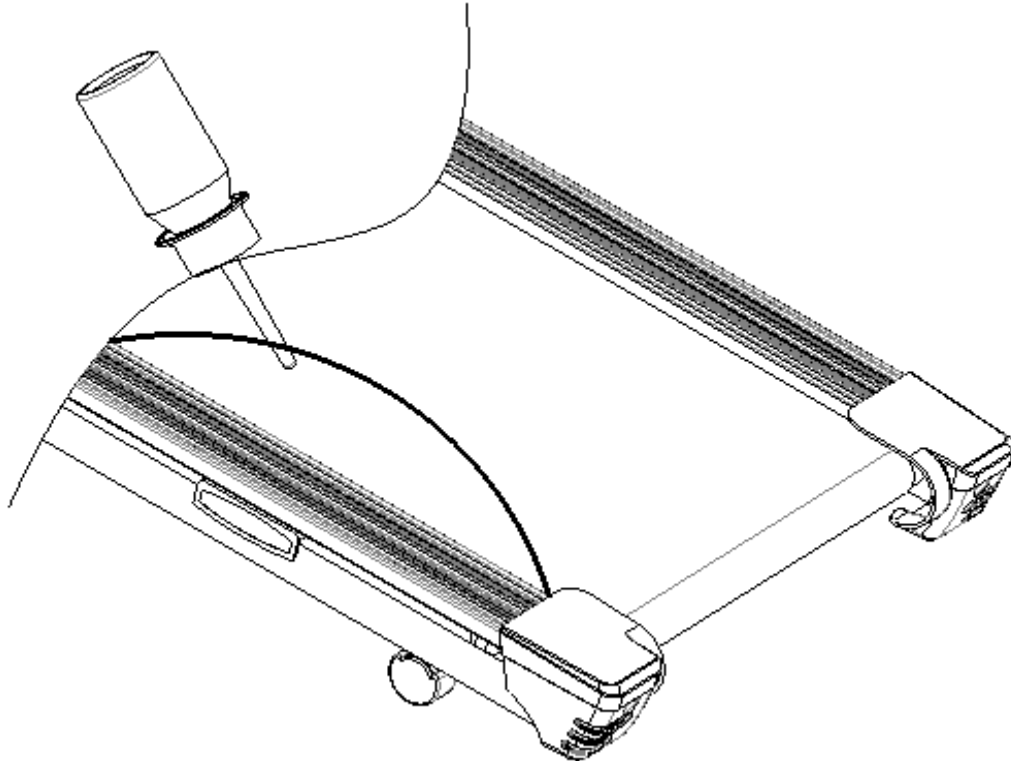
Silicone Oil Lubrication

All treadmills are generally lubricated in advance before they leave the factory. To prevent friction between the running belt and running deck of the treadmill should be lubricated regularly with silicone oil.

Please refer to the following silicone oil lubrication schedule as a guideline:

Usage	Frequency
Lightweight (use less than 3 hours per week)	Once a year
Middleweight (use 3 to 5 hours per week)	Once every six months
Heavyweight (use more than 5 hours per week)	Once every 3 months.

Silicone oil spray can be purchased from your local supermarket.



Running Belt Adjustment

As the treadmill walking belt stretches through use it will become necessary to tension the belt. This often occurs within the first few months of use. Adjust the belt tension whenever the belt slips or moves unsteadily during operation.

IMPORTANT: Do not over tighten walking belt! The belt need only be tight enough to prevent it from slipping during use. Excessive belt tension will decrease belt life and can damage the treadmill rollers and drive system.

1. Place the treadmill on flat ground.
2. Set running speed to about 3.5 km/h
 - If the belt moves to the right, tighten the bolt about $\frac{1}{2}$ of turn (clockwise) on the right, then tighten to bolt about $\frac{1}{2}$ of turn (counterclockwise) on the left (Figure A)
 - If the belt moves to the left, tighten the bolt about $\frac{1}{2}$ of turn (clockwise) on the left, then tighten the bolt about $\frac{1}{2}$ of turn (counterclockwise) on the right (Figure B)

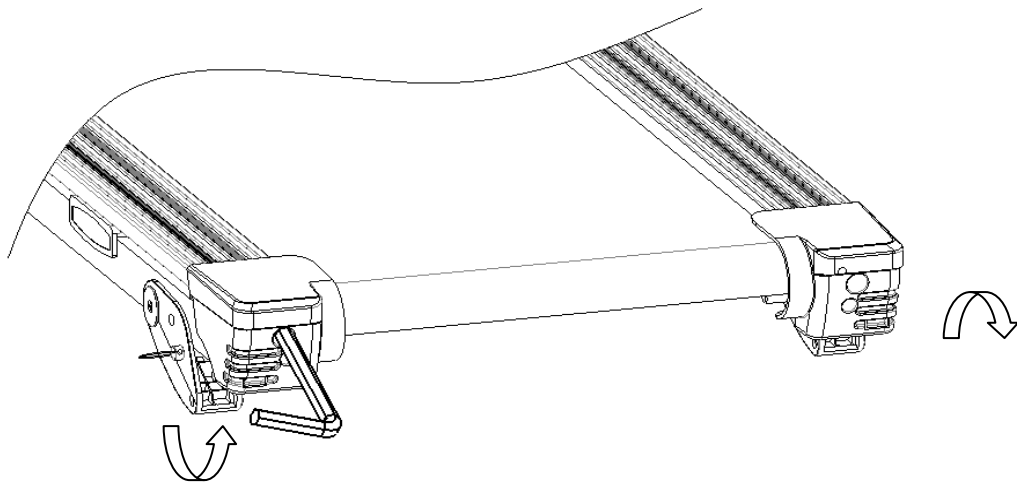


Figure A

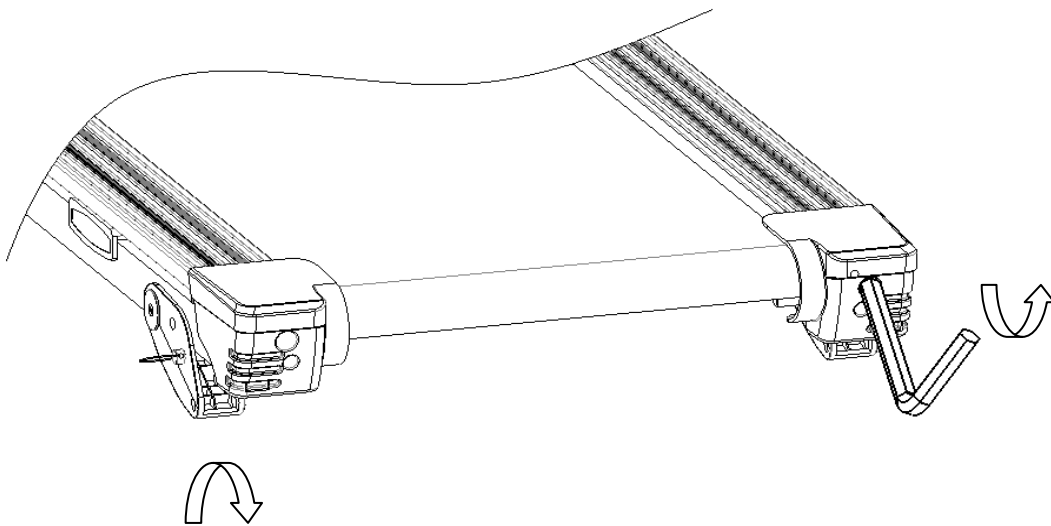


Figure B

7.2. Common failures and troubleshooting methods

Malfunction	Reason	Action required
No electricity	<ol style="list-style-type: none"> 1. No power supply or switch is not open 2. Treadmill over-current protector disconnect 3. Indoor over-current protector disconnect 4. The safety switch was removed 	<ol style="list-style-type: none"> 1. Insert the power supply socket or open the switch 2. Replace the power supply is safe 3. Reset the over-current protector 4. Place the safety switch position correctly
Running belt skids	Running belt is loose	Adjust the running belt until it's firm
Welt belt skids	Wedge belt is loose	Adjust the wedge belt unit it's firm
Running belt is not in the centre	Drum balance not adjusted correctly	Adjust to the middle position
Noise	<ol style="list-style-type: none"> 1. No oil in axis of rotation 2. The machine screws are loose 	<ol style="list-style-type: none"> 1. Add the lubricating oil in the axis of rotation 2. Screw fastening related

If your treadmill is experiencing any other problems please contact our Customer Service centre.

Error message:

E1	Digital watches and controller communication failure	Under the control down into the fault state. Cannot be switched on. Electronic watch shows fault code, 3 buzzer rang. Possible reasons: electric and electronic communication is blocked, check the electronic watch to control the communication line of each paragraph, ensure that each core is completely good. Check the electronic connecting cables and the controller is damaged, replace the cable.
E2	No speed sensor signal: under control the output voltage to the dc motor, you can't get a motor speed continuous feedback for more than 3 seconds.	Down into the fault state, electronic buzzer rang 3, at the same time shows fault code, the rest of the region does not display the content. To restart the power after the restart. Possible reasons: 3 seconds speed sensor signal was detected in a row, check whether the sensor plug is not good or damaged, the insert or replace the sensor.
E3	Over-current protection, the motor running current is too large	Down into the fault state, electronic buzzer rang 3, at the same time shows fault code, the rest of the region does not display the content. To restart the power after the restart. Possible reasons: more than rated load current is too large, system, or a treadmill certain parts are stuck dead, lead to motor can't turn, the heavy load, electric current is too large, the system protect themselves; Adjust the treadmill running the reboot. And check the motor run time for flow or have the smell of burning, replace the motor; Or check whether the controller is the smell of burning, replace the controller; Or check the power supply voltage specifications discrepancy on the low side, using the correct voltage specifications to test.
E6	Explosion-proof impact protection: supply voltage abnormal or motor abnormalities such as lead to damage of drive motor circuit.	Down into the fault state, electronic buzzer rang 3, at the same time shows fault code, the rest of the region does not display the content. After downtime if returned to normal, but to enter standby mode, the normal boot. Possible reasons: check the power
E7	The table above EEPROM error	Block to replace the above-mentioned EEPROM
E8	The following table EEPROM error	Change the block in the table below EEPROM