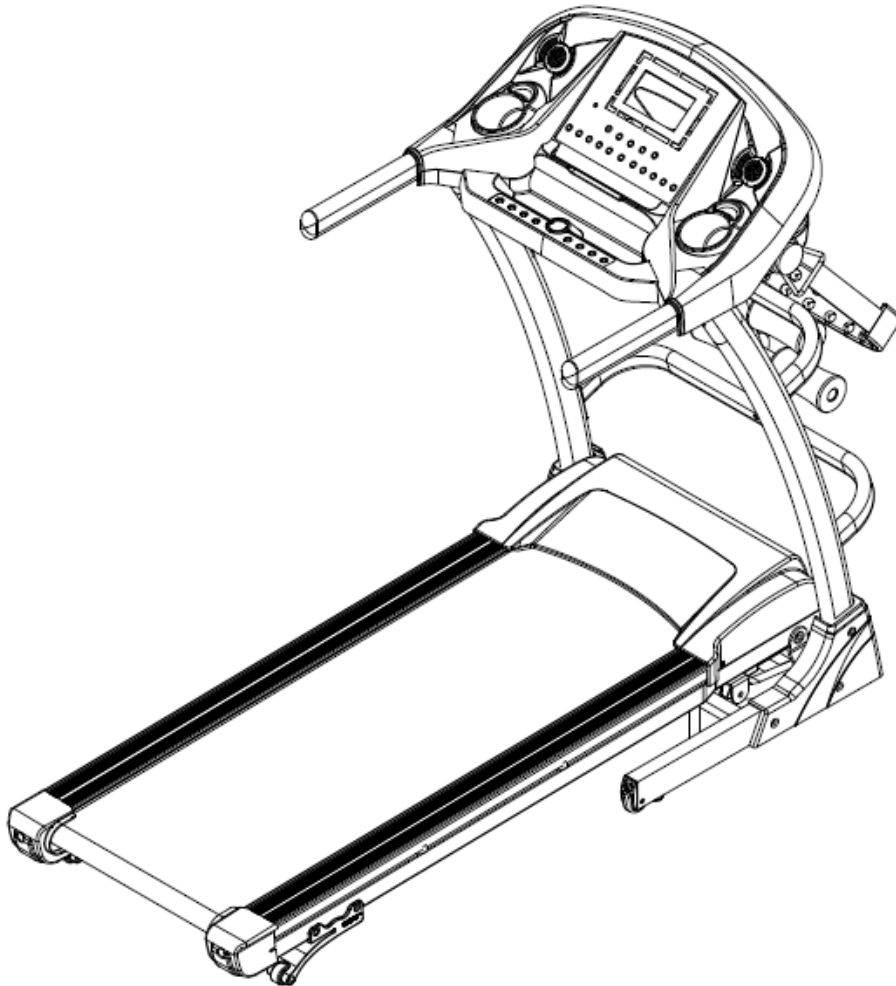




USER MANUAL

Model: WC-2288I



**Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual.**

Contents

PAGE 1 - IMPORTANT SAFETY INSTRUCTIONS

PAGE 3 - ASSEMBLY LIST

PAGE 4 - EXPLODED DRAWING

PAGE 5 - PRODUCT PARTS LIST

PAGE 7 – PRODUCT ASSEMBLY INSTRUCTIONS

PAGE 9 – PRPDUCT DESCRIPTION

PAGE 15- ROUTINE MAINTENANCE

IMPORTANT SAFETY INSTRUCTION

Precaution before using

- A. Make sure the plug is well grounded and the treadmill is well connected before usage. The socket should have special circuit; avoid sharing with other electric equipment.
- B. Before running, check the treadmill lay down smoothly.
- C. Before running, check and make sure the treadmill without any malfunction.
- D. When starting, the user must stand with each foot on each piece of side rail.
- E. Always attach the clip to clothing of your waist part and attach the safety key to the control panel before start your workout.
- F. Press the start key to start the treadmill.
- G. Before running, user should only run with the LEFT foot to follow the speed of running belt for preparation first. When you think it is OK for you, you can run with both feet in right position.
- H. User can adjust speed according to your demand.
- I. After exercise, take off the safety key or press the stop key to stop the treadmill.
- J. When finish exercise, switch it off and unplug it.

Safety Note

- a) Use the treadmill indoors on a level surface. Keep the treadmill away from excessive moisture and dust.
- b) Before running, please wear appropriate sportswear and sports shoes
- c) Children should keep away from the machine to prevent accidents.
- d) To reduce indoor dust, maintain certain indoor humidity to avoid too much static electricity.
- e) Household electric treadmill cannot work over 2 hours continuously. Otherwise it may cause damage and decrease the normal life span of the motor, controller, bearings, running belt, running board. And periodical maintenance is necessary.
- f) When running, please make sure the room is ventilating enough
- g) When running, the treadmill should be placed one meter away from wall.
- h) When using the treadmill, if user feels unfit or abnormal, Please stop running and consult a doctor.
- i) After using silicone oil, you must place it beyond children's reach.
- j) After running, user can't jump away from the treadmill directly to avoid accident.
- k) Unplug it lightly
- l) If any unusual happens while running, user must stop and cut off power.
- m) If any problem occurs, user shall notify the local distributor for help and solution.
- n) Don't place the heavy on it.

Warning

In order to reduce accidents or injuries to others, please follow below instructions:

- 1. Please make sure the clothing is well buttoned and well zipped before running.
- 2. Don't wear the clothes which are hooked easily.
- 3. Power cable is not allowed to be placed near to the hot.
- 4. Children should keep away from the machine.
- 5. Don't use the treadmill outdoors.
- 6. Cut off the power before moving the treadmill.
- 7. Non-professionals are prohibited to disassemble, repair and do any replacement!
- 8. The treadmill is intended for one person usage per time.
- 9. It requires a 220~240 V , 50Hz mains supply. Do not use any other supply.
- 10. If you feel the following sensation (dizziness, chest pain, nausea, or playpen), stop running immediately and consult a fitness coach.
- 11. The pulse monitor is not a medical device. The detection result may be not accurate. Its just for reference.
- 12. Safety area of 2 000 mm x 1 000 nm behind the equipment.
- 13. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
- 14. This appliance is not intended for use by person (including children) with weak physical, sensory or mental capabilities, or lack of experience and knowledge.
- 15. Children should be supervised to ensure that they do not play with the appliance.

Warning

People who are under treatment, or who have the following conditions, must consult a doctor before running on it.

1. People who have an ache for waist, neck, hand or leg, or ever were wounded in any parts, or have Parasthesia for any parts (disk herniation, cervical vertebra disease, etc.)
2. People who have deformed arthritis, rheumatism, gout.
3. People who have osteoporosis.
4. People who have problems (heart disease, vascular disorder, hypertension etc) in the circulatory system.
5. People whose respiratory organs are impaired.
6. People who are using artificial pacemaker implanted in the body.
7. People who have malignant tumors.
8. People who have problems of blood circulation (thrombosis or severe dynamic fatty tumor, acute Fang tumor etc), or skin infection.
9. People who have consciousness disorder.
10. People with skin injured.
11. People who have a high fever (38 ° C or above) due to illness etc.
12. People whose spine is abnormal or bent.
13. People who are or may be pregnant or in menstrual period.
14. People who feel physically abnormal, and need to rest.
15. People who are obviously in poor body condition.
16. People who use for the purpose of recovery from illness.
17. Other abnormal conditions.

WARNING: The treadmill is not ready for the physically weak, the unresponsive or the mentally disordered people. Unless they are under the help or guidance of their guardian.

Occasions which may cause an accident or abnormal body condition

- ◆ While running, user feels abnormal (backache, leg numbness and feet numbness, dizziness etc), must stop immediately and consult a doctor.
- ◆ Do not let children run on it, nor let children play around it.
- ◆ When running, placing or moving, make sure there is nobody or no pet around the surrounding (at the back, on the floor, at the front).
- ◆ Don't use when inner components are exposed or jointing parts are broken off.
- ◆ Don't use or store it outdoors or near to the bathroom and any other moist places.
- ◆ Don't use or store it in direct sunlight or under high temperature.
- ◆ Don't use when the power cable, plug or socket is damaged nor when the plug is loosened.
- ◆ Don't damage, forcibly bend or wrest the power cable. And don't place heavy objects on it, nor clamp the cable.
- ◆ Disassemble, repair or modification is prohibited.

Prohibition

- ◆ Don't do exceeding exercise if you don't exercise usually.
- ◆ Don't use, after eating or exercising or when feeling fatigue or abnormal body condition.
- ◆ The treadmill is intended for home use only.
- ◆ Don't use while eating or doing other activity.
- ◆ Don't use when feeling sluggish after drinking.
- ◆ Don't use when trousers pockets are with hard objects.
- ◆ Make sure the power plug is not attached to needles, garbage or water.
- ◆ During using doesn't unplug it or switch it off.
- ◆ The treadmill is only use for one person. When running, make sure nobody around the surrounding.
- ◆ Don't get wet the maid and the controller or cause the electrocution or fire
- ◆ Don't unplug or insert the power plug with wet hands.
- ◆ When not in use, user must unplug it.
- ◆ When doing maintenance, make sure the treadmill is unplugged.

- ◆ If user can't start or finds abnormal status; user must stop using immediately, unplug it and ask for professional to check.
- ◆ When the electricity is cut off, user must unplug it immediately.
- ◆ Don't move the plug out by holding the power cable.
- ◆ The product must be grounded. If malfunction occurs, grounding line will protect user from the risk of electric shock.
- ◆ The treadmill is equipped with grounding conductor and grounding plug. User must insert the plug to well-grounded outlet, in accordance with local regulation.
- ◆ If the grounding conductor, grounding plug or grounding outlet can't be connected properly, user should ask for help from a professional electrician.
- ◆ Don't use the transformation socket.

Grounding Instruction

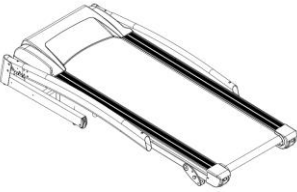
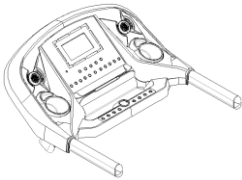
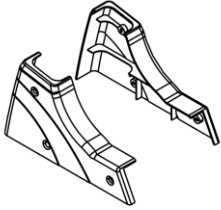
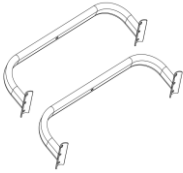
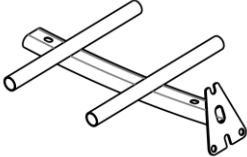

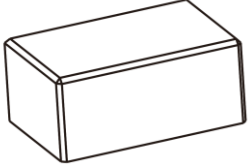
The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

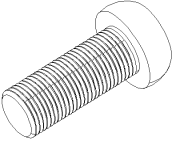
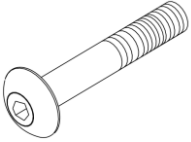
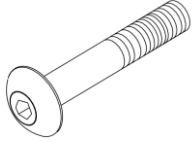


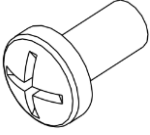
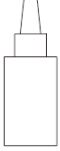

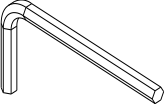
Danger – Improper connection of the equipment-grounding conductor can result in a risk of

electric shock. Check with a qualified electrician or serviceman if you doubt whether the product are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician

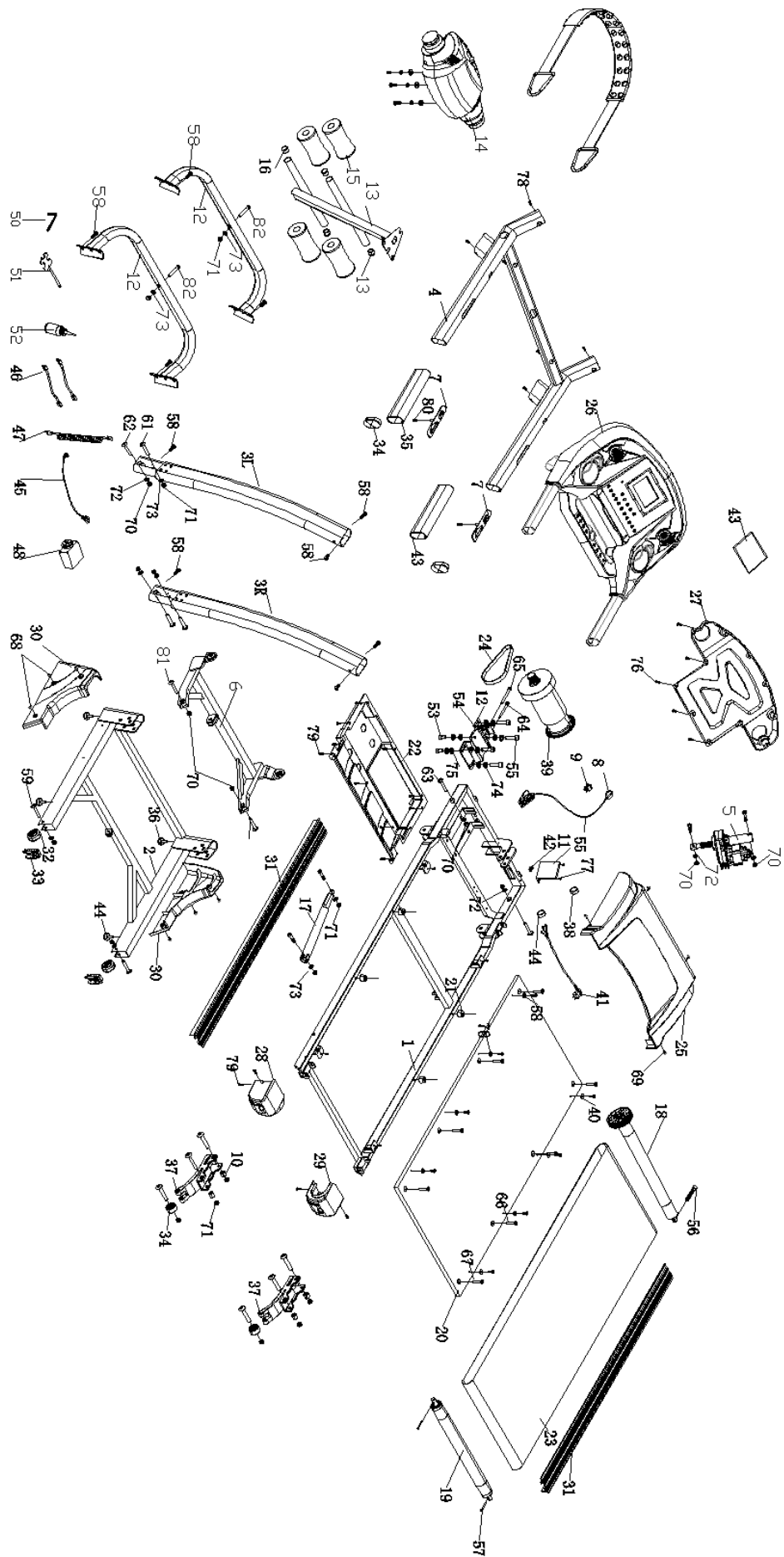
The product is for use on normal 220V-240V circuit and contains a plug that looks like the one illustrated in the figure below. Make sure the product is connected to an outlet configuration as the plug. No adapter should be used with the product.

PRE-ASSEMBLY CHECK LIST

 <p>Main frame</p>	 <p>Console</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="839 1357 999 1543">Manual</div> <div data-bbox="999 1357 1158 1543">Screw bag</div> </div> <p>Manual&Screw bag</p>	
 <p>Massager frame</p>	 <p>Massager frame</p>	 <p>Foam</p>	 <p>Massager</p>

 <p>HALF ROUND HEAD HEX BOLT M8*15 10pcs</p>	 <p>HALF ROUND HEAD HEX BOLT M8*60 2pcs</p>	 <p>HALF ROUND HEAD HEX BOLT M8*45 2pcs</p>	 <p>Nut M8 4PC</p>
 <p>FLAT WASHER ϕ 9* ϕ 16*t1.6 4PCS</p>	 <p>Cross head hex bolt M4*10 6PCS</p>	 <p>SILICONE 1PC</p>	 <p>SCREW DRIVER 1PC</p>
 <p>ALLEN WRENCH 1PC</p>			

Exploded drawing



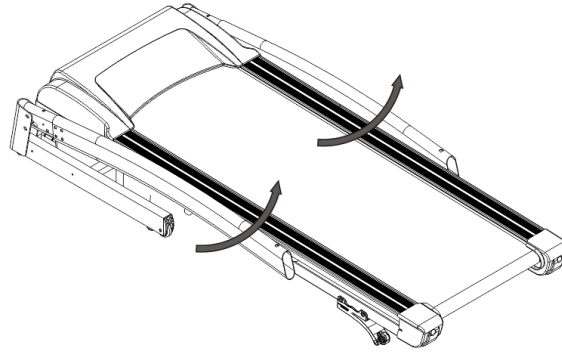
Parts list

Item	Name	Amount	Item	Name	Amount
1	Main frame	1	53	socket cap screw	2
2	Base frame	1	54	socket cap screw	2
3L	Left upright tube	1	55	socket cap screw	2
3R	Right upright tube	1	56	socket cap screw	1
4	Console bracket	1	57	socket cap screw	2
5	Incline motor	1	58	flat head hex socket screws	6
6	Incline frame	1	59	flat head hex socket screws	3
7	Instant key	2	60	flat head hex socket screws	3
8	Safety key	1	61	flat head hex socket screws	2
9	Power switch	1	62	flat head hex socket screws	2
10	Damping sleeve	4	63	flat head hex socket screws	2
11	Under Controller	1	64	hexagon bolt	1
12	Multifunction U tube	2	65	hexagon bolt	1
13	Multifunction frame	1	66	countersunk screw	4
14	massager	1	67	countersunk screw	4
15	foamed	4	68	countersunk screw	6
16	Pipe plug	4	69	flat head screw	4
17	Gas Spring	1	70	checknut	10
18	Front roller	1	71	checknut	14
19	Rear roller	1	72	flat washer	10
20	Running board	1	73	flat washer	14
21	cushion rubber	4	74	spring washer	6
22	Plastic bottom cover	1	75	flat washer	5
23	Running belt	1	76	tapping screw	10
24	Motor belt	1	77	tapping screw	2
25	Motor cover	1	78	tapping screw	20
26	Console upper cover	1	79	tapping screw	18
27	Console lower cover	1	80	tapping screw	2
28	Left end cap	1	81	flat head hex socket screws	4
29	Right end cap	1	82	flat head hex socket screws	2
30	Side cover	2			
31	Side rail	2			
32	Transport wheel	2			
33	Transport wheel PIPE PLUG	2			
34	Wheel	2			
35	handle bar bushing	2			
36	Foot pad	4			
37	shock absorber	2			
38	wire protector plug	2			
39	DC motor	1			
40	Fixed buckle	8			
41	Power cord	1			
42	wire clip	1			
43	Upper Controller	1			
44	Magnet ring	1			
45	Signal wire	1set			
46	Single line	2			
47	MP3 line	1			
48	overload protector	1			
50	hexagon wrench	1			
51	WAYWHEELWRENCH	1			
52	lubricating oil	1			

Assembly steps

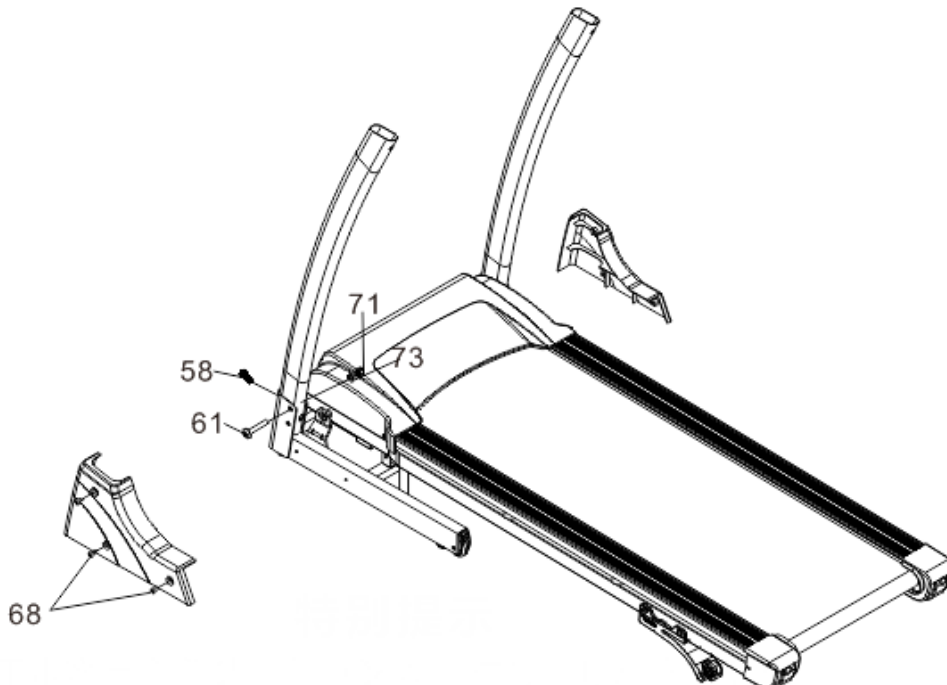
STEP 1:

Take out every part and tool set to flat floor. Lift up the upright tube as the arrow direction. Be careful not press the computer wire while unfolding, .



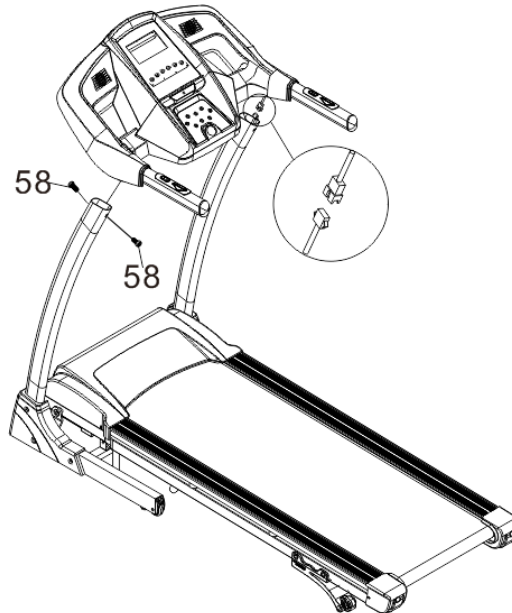
STEP 2:

Fix upright tube with base frame with bolt M8*15(58), M8*45(61), nut M8(71)and spacer(73), Use the bolt M4*10(68) fix the side cover.



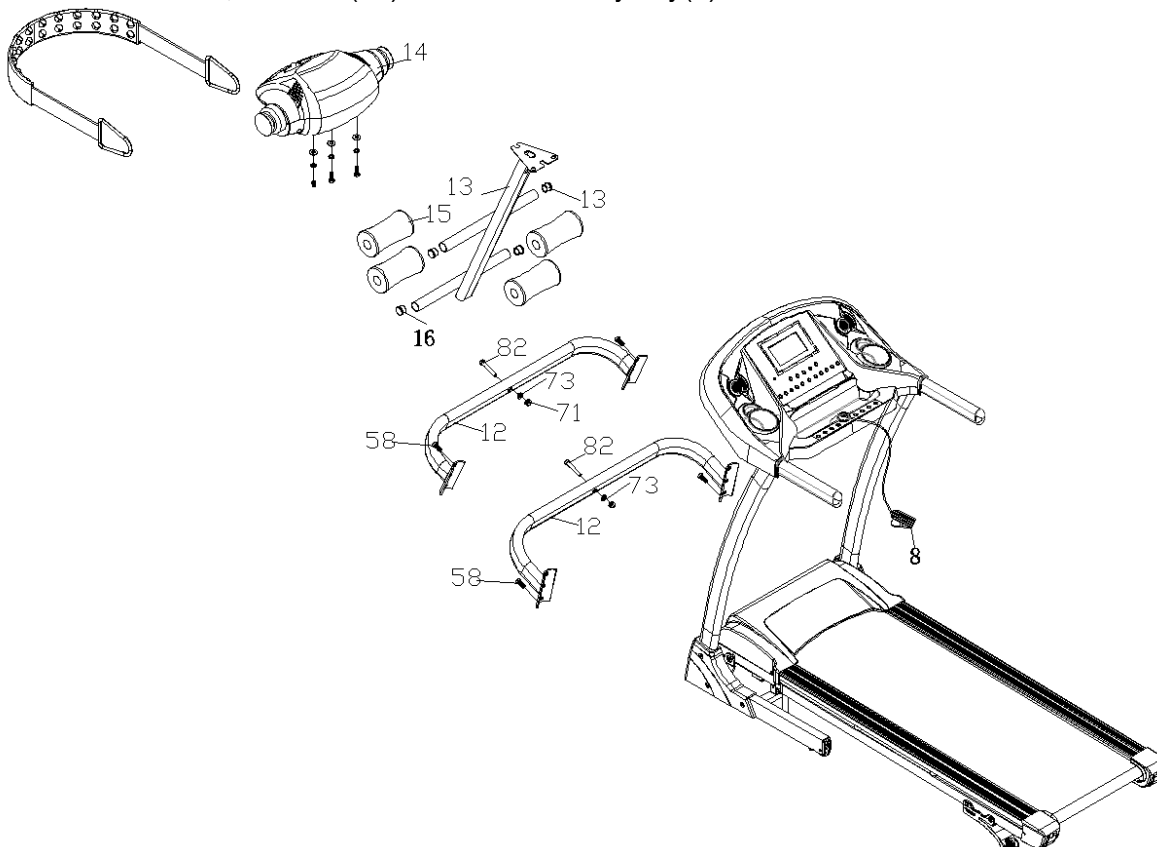
STEP 3.

Connecting the Signal wire in the right-hand tube (As shown below) , and use the bolt M8*15 (58) fix the console on the tube.



STEP 4.

Attach the upper and lower massager bracket (12)to the upright tube with bolt M8*15(58),then attach the vertical bracket with bolt M8*60(82),nutM8(71) ,flat washer M8(73).Assemble the massager onto the bracket with screws. Assemble the belt,the foam(15).Put on the safety key(8).



Before use

Starting the treadmill

LOCATION

Place the treadmill on flat floor before use. **POWER SUPPLY** Ensure that the power lead is plugged into a suitable, live, mains socket.

ON/OFF SWITCH

16. Ensure that the SAFETY KEY is attached to the console.
17. To start the treadmill, set the ON/OFF switch located on the front, to the ON position.
18. To start using the treadmill, stand on each side rail with your feet.
19. Attach the SAFETY CLIP to your clothing at your waist.
20. Follow the user manual to start using the treadmill.

Adjustments

BELT ADJUSTMENT INSTRUCTION

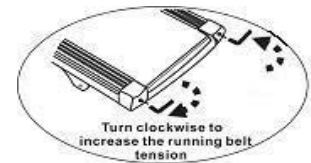
Use a hex key:

If the belt tends to “walk” to the right, turn the left belt tension bolt anti-clockwise. We recommend adjustments of a 1/4 turn at a time. If the belt continues to “walk” to the right after adjustment, turn the right belt tension bolt clockwise a 1/4 turn at a time until the belt runs straight.

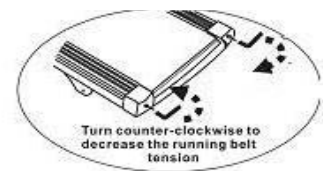
If the belt tends to “walk” to the left, turn the right belt tension bolt anti-clockwise a 1/4 turn at a time. If the belt continues to “walk” to the left, adjust the left belt tension bolt clockwise until the belt runs straight.

If the belt appears to be loose, tighten both bolts evenly by a 1/4 turn. If it appears tight, loosen both bolts evenly a 1/4 turn.

To reduce the friction (sticking) of the walking belt and minimise wear, a silicone lubricant may be applied directly to the walking board and the underside of the belt.



Right tension bolt

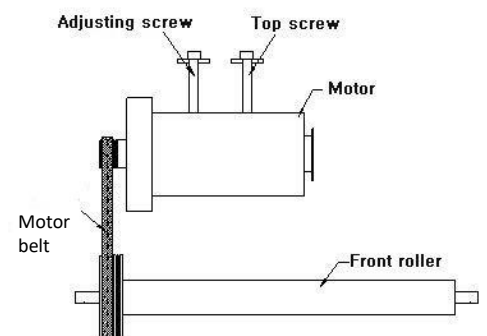


Note: The lubricant may be applied whenever sticking occurs. To apply, simply lift up the running board and spray the lubricant onto the running board and the underneath of the running belt.

Motor belt adjustment

All treadmills' Motor belt has been adjusted before they are sent out from factory. But it must be adjusted for second time after building up. But maybe after a long time using, the occasion, slipping/ looseness may occur. User can adjust the motor strap as below followings:

- o) Turn the bolt counter-clockwise with the wrench.
- p) When the motor strap recovers to be tight/non-slipping, it is OK



Note: You have to clean the strap and pulley groove regularly.

Attaching the safety key

Attach the SAFETY KEY to the console before turning the machine on. Attach the clip to your clothing at your waist before beginning your workout. If the SAFETY KEY disconnects during use, the treadmill will slow down and stop. Also an intermittent beep will occur and the console will show”---”.

☺ Using the treadmill

Console



Window displayer

1. **Speed:** Display the present speed
2. **Time:** Display the time of manual mode or count backwards time under the program and mode
3. **Distance:** Display the accumulative distance under the manual and program mode or count backwards distance of the mode working
4. **Calorie:** Display the accumulative calories under the manual and program mode or count backwards calories of the mode working
5. **Heart rate:** detected heart rate, the heart mark flashing, and display pulse value.

Key illustrate

1. Key illustrate on the panel:
Quick speed “3,6,9,12”, Quick incline “3,6,9,12”
“Prog”, “Mode”, “Incline+”, “Incline-”, “Speed +”, “Speed -”,
2. Shortcut key for handlebar:
“Speed +”, “Speed -”, “Incline+”, “Incline-”

Safety

Pull away the Safety key, the treadmill will stop slowly. The console doesn't work. Also an intermittent beep will occur and the console will show”---”

Parameter

Voltage	AC:220-240V 50Hz
Max load	110Kg
Size	Foldable:690*1290*715mm
	Assembly: 1560*1290*715mm
Running area	1200*420
Max power	1.5HP
Speed Display	1.0~16.0Km/h

Program & Mode

Please turn on the power and attached the safety key before enter the sport modes.

1. Manual mode

- Attached the safety key, window display and enter to the status of standby. Press the "Start" button, buzzer sounds bi-bi-bi and speed window countdown from 3 to 1, then treadmill start running.
- Treadmill record the parameter and window refresh showing the current dates,
- Shortcut key for speed can adjust the exactly speed
- Press the "stop" button, treadmill will stop slowly.
- When the running time over 99:59 minutes, treadmill do not stop, time clearing and will record from zero.

2. "Mode":

- Press key of "Mode", the window will blinking display and help hint to select the mode of "time ,distance, calories", adjust the setting by the key "speed +" & "speed - ",press "start" key to enter the mode and treadmill start running.
- Treadmill record the parameter and window refresh showing the current datas,
- Press the "stop" button, treadmill will stop slowly.
- Treadmill stop running and displayer show "END" when the training exercise reach to your setting value.

3. "Prog.":

System including 9 built-in program (see below chart)

- When standby, press the button "Prog", distance window, time window blinking displayer, can adjust the setting value of time by "speed +" "speed - ",press the "start" key and treadmill will start.
- Treadmill record the parameter and window refresh showing the current datas,
- Press the "stop" button, treadmill will stop slowly.
- Treadmill stop running and displayer show "END" when finished the setting value.

Window display for the above are:

Item	Initiatory	Initiatory default setting	setting limits	Setting Range
Time(M:S)	0:00	30:00	5:00-99:00	0:00-99:59
Speed(KM/H)	0	N/A	N/A	1.0-14
Distance(KM)	0:00	1.00	1.00-99.00	0.00-99.9
Heart rate(M)	P	N/A	N/A	40-199
Calorie(C)	0	50	20-999	0-999

Preset Program:

Each program is divided into 10 segments, each time segment has the equivalent speed, details as follow chart.

Program		Set time/10=the time on each segment									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	5	4	4	4	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	3	3	5	6	7	8	6	4	3	3
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	3	6	6	6	8	8	8	3	3	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	2	5	6	7	8	8	7	7	3	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	10	10	8	8	7	6	3	2	2
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	3	4	5	6	7	8	7	6	4	3
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	3	8	6	9	8	8	8	3	10	3
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	6	8	8	8	7	7	3	3
	INCLINE	3	5	3	4	2	3	4	2	3	2



Note: To reset all values, disconnect and reconnect the SAFETY KEY.



Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the treadmill.

Physical fat test (FAT)

Under the condition of stand by, You can enter into FAT test system by press “program” button, The window would display “FAT”. You can set the parameter by press “model” button(1--gender, 2-age , 3-height, 4-weight), You can reset the data by pressing “SPEED+”, “SPEED-”. It displays “5” after setting, Hold the handle pulse to check the height and weight whether reach the standard. The physical test is only measure the relation between height and weight, not called body proportions, FAT can suit for male and female, It offers information with others health indicator. The favorite data is among 18-23, It means too thin once below 18, it means too fat among 23 to 28, it would be obesity once exceed 29. Specification range as follows. (The data only for reference, no medical use.)

- 01 Sex 01 male 02 female
- 02 Age 10-----99
- 03 Height 100----200
- 04 Weight 20-----150
- 05 FAT ≤18 under weight

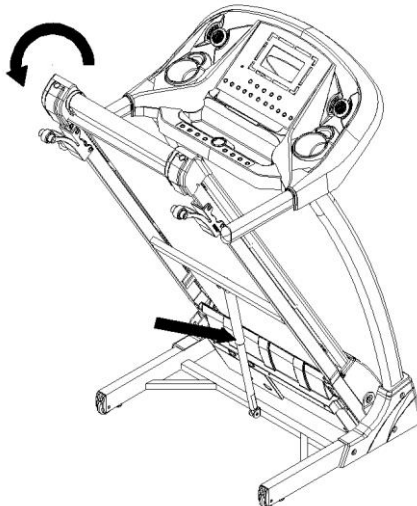
FAT = (18---23) Normal weight
FAT = (23---28) Over weight
FAT ≥29 Obesity

😊 Folding & Unfolding

Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.



Use foot kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.



WARNING: To prevent injury, make sure you have a firm hold of the deck before folding or building.

NOTE: Do not hold the belt as it may slip during the lifting process.

WARNING: To prevent injury, ensure the deck is securely locked in position, before attempting to move the treadmill.

WARNING: Unplug the treadmill before moving.

WARNING: To prevent injury, keep the children away from the treadmill.

☺ **FAQ**

※ **Main body**

Problem	Possible reason	Method
Treadmill don't work	a. Unplugged	Plug it into the socket
	b. Safety key is not in place.	Place the safety key in place on the console.
	c. Signal cable is disconnected or connected improperly.	Check the input signal cable of the console and other signal cable.
	d. Power is not turned on	Check the power cable.
	e. Fuse blew out.	Replace a new fuse.
The moving of running belt is not smooth.	a. Lubrication is not enough.	Add to some lubrication.
	b. Running belt is too tight	Adjust the running belt.
Running belt is slipping.	a. Running belt is too loose.	Adjust the running belt
	b. Driving Belt is too loose.	Adjust the driving belt.

※ **Console**

Error code	E01	E02	E05	---
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1: **E01:**

A: E01: Communication error between the console and controller when start machine.

B: Solution:

Check the 4 core wire of joint between console and the controller whether unconnected or damaged. if the connecting line is well, replace the IC board or the controller board to check whether is the problem of controller, if not, replace the console or IC if also appears E01.

2: **E02:**

A: E02: Controller do not detects the voltage of the wires of DC motor

B: Solution:

Check the positive and negative wire of the motor whether connect well with the terminals of controller. if connect well, please check all the components of controller is damaged like power tube, or replace the controller or motor.

3: **E05:**

A: E05: The current is larger than the current protection when the motor running

B: Solution:

Check whether the motor is abnormal or damaged; check whether there have any objects in the running belt、roller lead the rotational resistance increase. If there's no problem, please replace the controller.

If any other questions, please ask help from local distributors or our after-sales service department.

4: The console display “— — —”:

A: “— — —”stands for the console cannot received the signal from the safety lock.

B: Solution: Check the safety magnet is in order position. Open the console cover, Check safety switch line if plug good, Safety switch board is damaged or Safety switch fixed position is offset.

😊 Maintenance

Advice of Lubrication

➤ During treadmill working heat is generated between runner belt & deck

Due to friction

➤ Lubrication of deck with silicon oil will reduce excess heat generation

And Increases the life of deck & belt.

➤ If silicon oil is not applied once in 30-40 hours of running wear & tear of belt will Occur.

➤ Due to excess friction the current consumption will be high, which will lead to Excess load to electronic components & Motor.

➤ Silicon oil increases the life of the belt, deck, motor and electronic components.

➤ Once in 30 hours of Treadmill usage, the belt needs silicon oil for smooth running.

😊 Guidelines

Conditioning Guidelines

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems.

WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Beginners Guidelines

If you're beginning an exercise program, you should check with your doctor if:
You have been diagnosed with heart problems, high blood pressure or other medical conditions.

You have not exercised for over a year.

If you are over 35 and do not currently exercise.

You are pregnant.

You have diabetes.
You have chest pain, or experience dizziness or fainting spells.
You are recovering from an injury or illness.

WORKOUT TIPS

Always perform stretching exercises both before and after your workout.
Start slowly, doing too much or too soon can lead to injuries.
If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

Start with two or three 15 minute sessions per week with a rest day between work-outs.
Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles that you'll use during your workout.
Increase the pace and resistance to a little harder than comfortable and exercise as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
End each workout with a 5-minute cool down period at a gradually reducing pace. You should then stretch the muscles you've just worked to prevent injury and cramp.
Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
Don't worry about distance or pace.
For the first few weeks, focus on endurance and conditioning.

Stretching Tips

Before running, user should do 5-10 minute's warm-up exercise as followings:

Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

Calf/achilles stretch

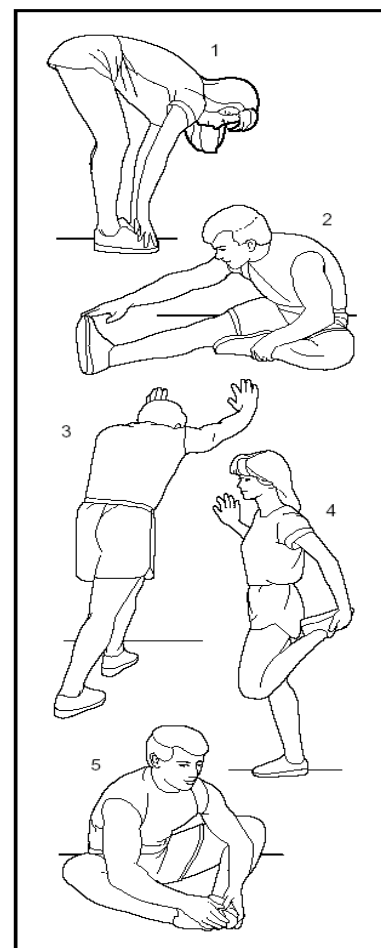
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

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 counts and repeat with left foot up.

Inner thigh stretch

Sit with the soles of your feet together with your knees pointing



outward. Pull your feet as close into your groin as possible.
Gently push your knees toward the floor. Hold for 15 counts.

😊 **Warranty**

Treadmills are warranted against defects in material and workmanship while owned by the “original purchaser ” as defined below:

“Original purchaser ” is defined as that party or entity which purchases the treadmill from an authorized retailer as shown by the original receipt. This warranty does not apply to “as to” or previously owned products.

These products are warranted to be free from defects in the motor for three years and the other parts for one year, from the date of purchase, except as provided below under the limited warranty.

The exceptions or exclusions to this warranty are as follows:

1. Not used at home ,but in public
2. Artificial factors: Misuse, accidental damage neglect, alteration, modification, or attachments, either caused by original purchaser, shipping, storage etc.
3. Act of God: Flood, war etc.

In the event of a defect in material or workmanship covered by this warranty, our company will repair it within a reasonable amount of time.

And we reserve the right to require damaged parts to be returned to us upon request.
All rights are reserved and the actual item is the standard.