

impulse™

RT750

电动跑步机 使用说明

15D



目 录

注意：在使用本产品之前必须认真阅读说明书，并按说明书的要求进行操作。

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注意事项



本健身器材在维护过程中只允许使用我公司的配件。为了避免产生不必要的伤害和损失，请不要做超出本健身器材使用范围内的动作。在使用时，请严格按照以下规则进行：

1. 在使用本器材前，请一定仔细阅读和完全理解使用说明。
2. 本器材应在清洁、平整、牢固的地面上安装和使用，不能靠近有水区域，也不能在户外使用本器材。本器材适应于健身房等场所，请在专业健身教练指导下使用。
本器材必须有固定的接地电源。为防止漏电，本器材安放的位置应该远离水源、潮湿的环境、热源、火源及可燃性气体。
本器材外应至少有1米×2米的安全区，在器材四周不要放有棱角等可能伤人的物品。
3. **本器材不适合儿童使用，您在使用时请儿童远离本器材。** 青少年也应该在成年人的看护下使用本器材。
本器材不是计划给那些没有活动能力、感觉能力障碍、低智商或缺乏经验和知识的人(包括儿童)使用的，除非他们有一个可以负责他们安全的人在场监护和指导。
儿童和所养宠物应远离本器材，在放有健身器材的房间中不要单独留下无人看管的孩子。
4. 在开始锻炼前请先咨询您的医师或教练。正确的热身运动是您安全进行锻炼的前提，如果锻炼时出现心跳过速、头晕、恶心、胸部疼痛或其它各种不适感觉，请马上停止练习，立即找医生咨询。

警告！心率监视系统可能不准确。过度锻炼可能会造成严重伤害或死亡，如果您感到不适请立即停止锻炼。

使用者要视自身的健康情况进行锻炼，身体较弱或有残疾的人须经医生同意并且由教练在场陪同才可以使用本器材，速度设定不要超过8km/h。

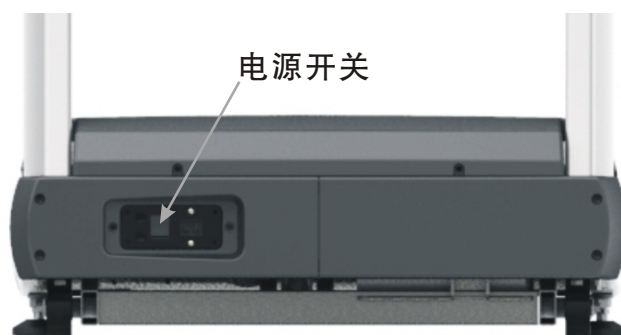
心血管疾病、高血压、糖尿病以及其他不适合剧烈运动的疾病患者，必须有县级以上医院开具的证明方可使用本器材。

本器材并不能作为医疗器械使用。

注意事项

5. 必须有适当的措施预防在器材敞开的地方落进或卷进异物。
在使用过程中，如果器材本身或外来物件制约或影响器材的正常运转，请不要将手脚靠近转动零件，应当立即关闭电源。
搬运、移动或者其他改变器材放置状态时应当小心轻放，同时保持器材的平稳。
严禁抽拽电源线，或者将电源线当作把手来搬运器材。
6. 锻炼时应着纯棉类运动服，不要穿长袍或其它容易被机器卡住的衣服，化纤类的服装易产生静电，可能造成本机损坏。
锻炼时应选择轻便舒适的运动鞋，切记不可穿拖鞋、皮鞋、高跟鞋或光脚，避免发生安全问题。
7. 掌握好您自己的锻炼强度，调整好运动中的呼吸，一定不要屏住呼吸做运动。
不正确的锻炼方式和过度训练会对人体健康造成伤害。
8. 只可依据本说明书的规定使用，不可以用其它厂家的类似说明书作为依据，也不可以用器材去做一些功能上无法达到的动作。
9. 如果器材发生故障，或者被水浸湿，禁止强行运行，应当联系经销商或者厂家进行维修。
必须在将所有开关装置处于关闭状态之后，才能拔掉电源。
在跑步机完全停止之前，严禁上下跑步机。
如果提供的电源线有损毁，它的代换必须由生产厂家或服务中心或具有相关专业资格的人员来决定，以免造成伤害。
10. 使用和维护中有任何问题，请咨询我公司。

注意事项



警告

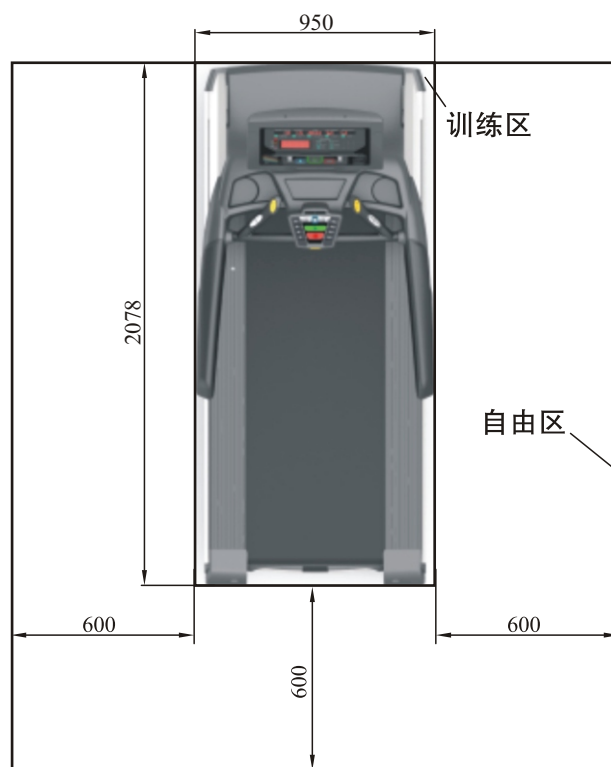
1. 为了您的人身安全及机台的正常运行，接地线请可靠接地！
2. 为了您的人身安全及机台的正常运行，严禁带水操作！
3. 请不要自行打开马达盖进行维修，以免出现危险！
4. 每次使用本器材后请关闭电源开关，这样可以省电、延长器材使用寿命、保证安全。
5. 电源插座必须使用16A或以上，220V接地良好的插座，避免发生电击事故。
6. 机体严禁溅水，以免损坏机器。
7. 电跑通电时，电源线远离机台下的移动轮，也不要将电源线从机台下穿过，禁止使用破损的电源线。
8. 电跑在运行时可能产生噪音，其负载运行时的噪音可能高于空载运行。

校平调整

须将跑步机调整至最佳使用水平，将跑步机放置在欲使用的位置后，用跑步机机台底部的调高垫调整至水平。调整到合适位置后，将机体上的螺帽锁紧就位。



产品区域和参数



单位：mm

执行标准：GB17498.1-2008，GB17498.6-2008

产品类型：S类B级

限用人数：1人

使用者最大体重：180kg

产品长宽：2078*950 mm

产品重量：206.3kg

额定电压：220-240V~ 50-60Hz

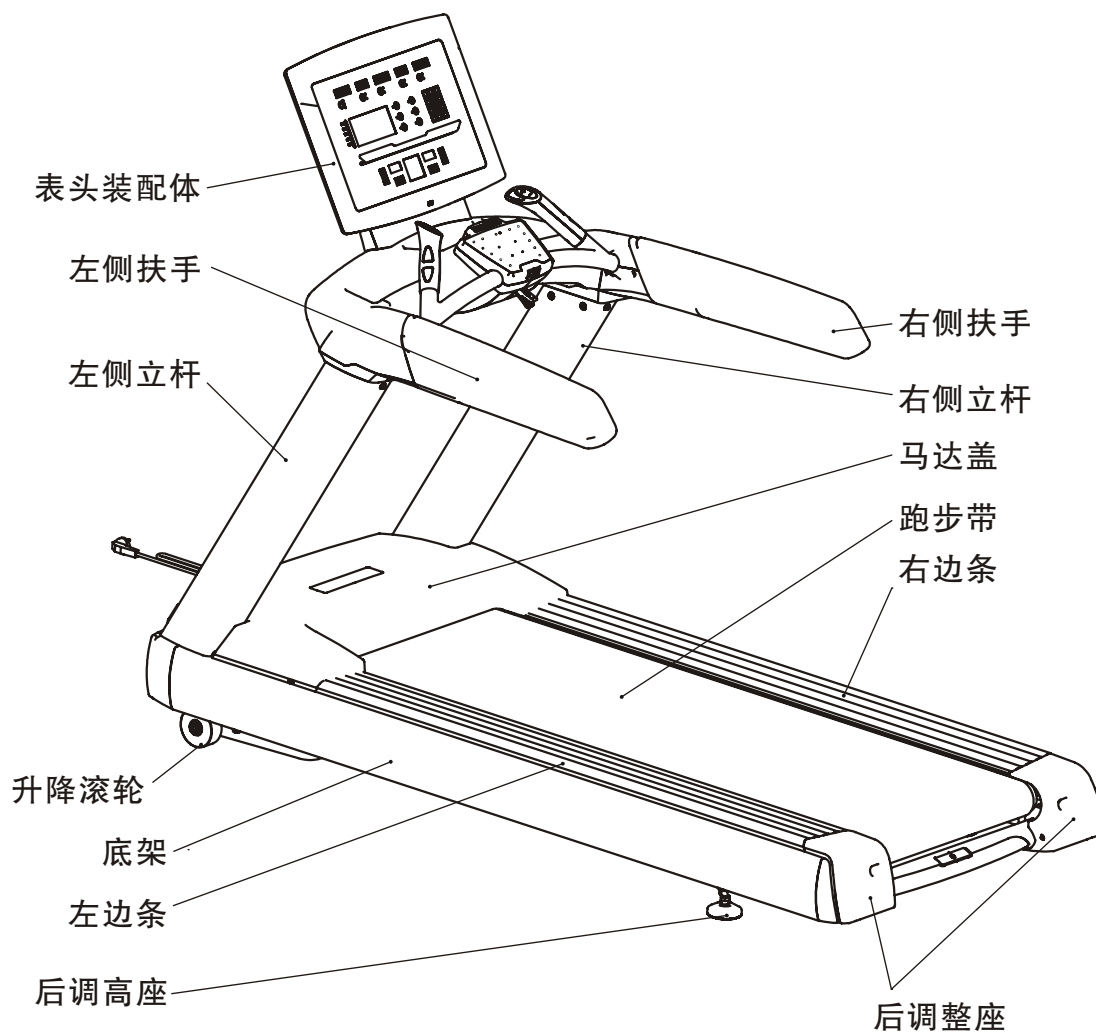
输入功率：3000W

速度范围：1-25km/h

坡度范围：0-15%

显示信息：速度，坡度，心率，心率百分比，平均速度，步速，时间，热量，热量/小时，距离，步数，矩阵。

主要部件图解



安全训练

请仔细阅读并严格执行下列使用指南：

1. 跑步机完全安装好之后，才能接通电源。将电源插头插入插座，打开机台前方的电源开关。
2. 当按下电源键或开始/停止键时，不能站在跑步带上。请双手握住扶手，两脚站在机台边条上。
3. 开始运动前，将安全夹夹到衣服上。
4. 按照电子表操作说明开始操作，开始时使速度设定为最低，并开始步行，然后慢慢加速。
5. 停止运动前先把速度逐渐降到最低，然后紧握扶手，将两脚站在两侧边条上。
6. 操作电子表时，必须用一只手握紧扶手。
7. 运动结束后，请按停止按键，并关掉机台前方的电源开关，建议适当做一下放松运动。
8. 出现紧急情况时，请直接用力拉红色拉绳，双手紧握扶手，将两脚站在两侧边条上，然后从一侧跳离跑步机。

停止开关使用说明

停止开关为把手位置附近的长红色按键，当跑步机在运行时，如果用手按下停止开关，则跑步机将缓慢停止转动。

紧急开关使用说明

除了停止开关以外，跑步机上还带有紧急开关。在紧急情况下，使用者可以直接用力拉红色拉绳，将紧急开关拉出，使跑步机停止运行。

如要重新开机，先将紧急开关推入，再按下跑步机按键面板上的“开始”按键，跑步机才能正常起动。

警告：以上开关在实现停机时，跑步机的跑步带还会在惯性的作用下运转几秒钟后才能完全停止。



热身练习

警示！ 在您使用或开始训练程序之前，您最好咨询一下您的医生。这对于个别年龄超过35岁的人或身体存在问题的人是很重要的！

热身练习可增加血液循环，肌肉供养量和提高体温。开始前用5至10分钟的伸展和轻负荷的练习来做热身运动。这里提供了几种基本的伸展活动的形式，您可以在训练前先按此练习。为达到充分热身的效果，每一项热身伸展活动至少3次。

1. 触脚伸展运动

站立，轻轻地弯曲膝部，向前慢慢地弯曲腰部。放松背部和肩部，使双手尽可能摸到脚趾。保持10-15秒，然后放松。这项活动可伸展您的腿筋，膝关节和背部。

2. 腿筋伸展运动

坐下，一条腿伸出。另一条腿弯曲回收至伸出腿的大腿内侧处，双手向前尽可能的摸到脚趾，保持10-15秒，然后放松。这项活动可以伸展您的腿筋，背下部和腹股沟。

3. 小腿伸展运动

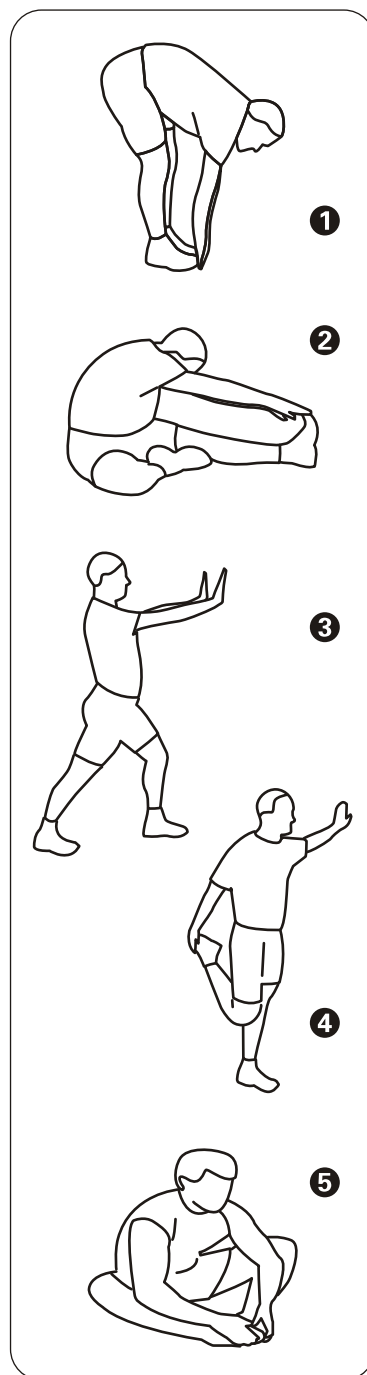
站立，一条腿在前，双手向前推墙，保持您后腿伸直，后脚平放地面。前腿弯曲，向前探身，移动臀部做推墙的姿势。保持10-15秒，然后放松。如果要进一步伸展跟腱，也可以弯曲后腿。这项活动可以伸展您的腓肠肌，跟腱和踝部。

4. 四头肌伸展运动

一只手扶墙，用另一只手朝后抓住一只脚。尽力使脚跟靠近臀部，保持10-15秒，然后放松。这项运动可以伸展您的四头肌和臀部肌肉。

5. 大腿内部伸展运动

盘坐，膝盖朝外。向腹股沟部位活动您的脚，保持10-15秒，然后放松。这项运动可以伸展您的四头肌和臀部肌肉。



训练强度建议

如果您经常使用电动跑步机，在选定速度时，您可以选择正常走路的速度或慢跑时的速度。

如果您没有经验或不能确定最合适的测试速度，可参照以下准则：

低于3.0km/h	体质较差的人
3.0-4.5km/h	惯于久坐或不常运动的人
4.5-6.0km/h	常速行走者
6.0-7.5km/h	快速行走者
7.5-9.0km/h	慢跑者
9.0-12.0km/h	中速跑步者
12.0-14.5km/h	有经验的跑步者
高于14.5km/h	优秀的跑步者

请注意：对于行走者来说用小于或等于6.0公里的时速比较合适；对于跑步者来说用大于或等于8.0公里的时速比较合适。

每次锻炼的时间和强度：

锻炼时间：一般以30分钟左右最为适宜；

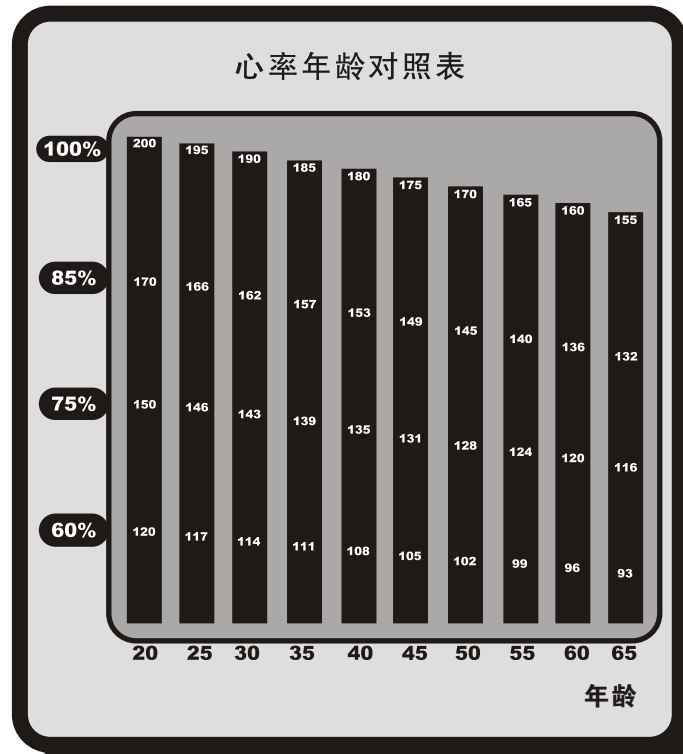
锻炼强度：一般先在8km/h速度下，慢慢热身10-20分钟，然后逐渐加速。

您也可根据健身教练制定的训练计划进行运动。

注意：掌握好您自己的锻炼强度，调整好运动中的呼吸，一定不要屏住呼吸做运动。不正确的锻炼方式和过度训练会对人体健康造成伤害。

心率监测

这个目标心率图显示了不同年龄段的一般心率范围。药物、心情、温度或其他条件等因素都可能对你适合的目标心率范围产生影响。你的医生或保健师可以帮你指定最适合你年龄和身体条件的锻炼强度。



(MHR)=最大心率 (THR)=目标心率

$220 - \text{年龄} = \text{最大心率(MHR)}$

$\text{MHR} \times 0.60 = \text{你最大心率的60\%}$

$\text{MHR} \times 0.75 = \text{你最大心率的75\%}$

例如，如果你30岁，你的计算过程如下所示：

$220 - 30 = 190$

$190 \times 0.60 = 114$ (最低端即MHR的60%)

$190 \times 0.75 = 142$ (最高端即MHR的75%)

30岁的目标心率(THR)应该是114-142

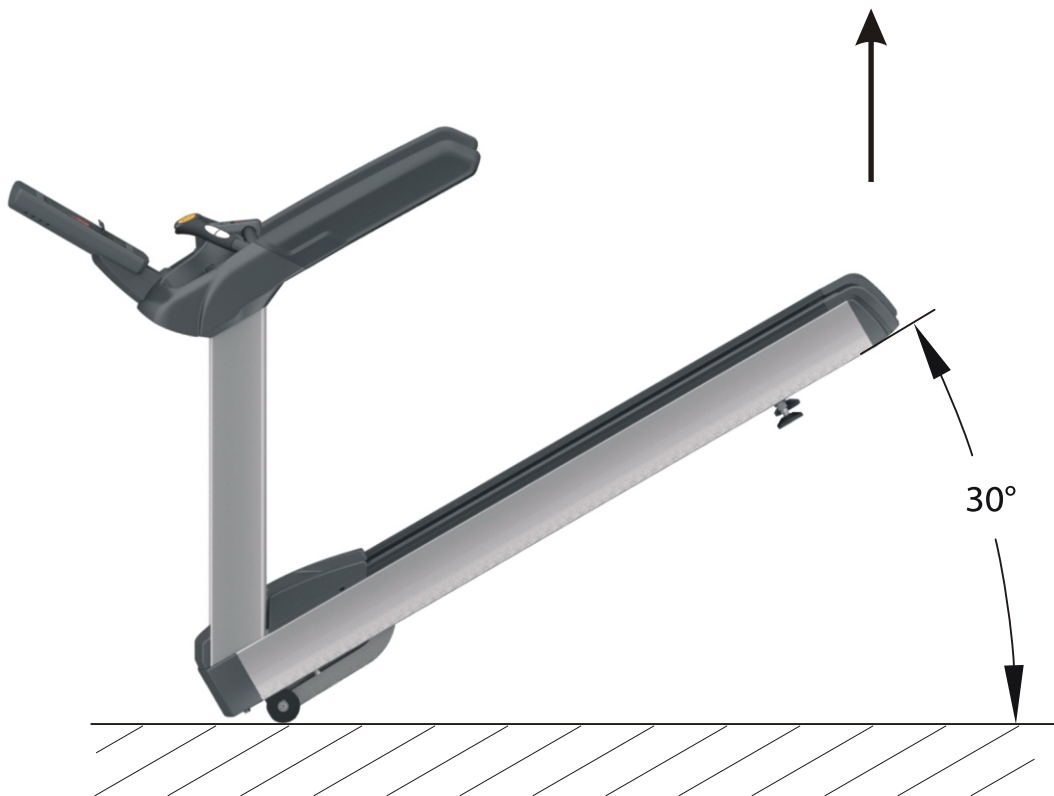
心率扶手

将双手手掌直接放在手握式脉搏测量扶手上，双手必须握住测量扶手，器材才能记录您的心率。测量时，请勿用力握紧测量扶手，这样会使您的血压上升。请保持放松，建议持续握着测量扶手，直到显示屏上出现稳定数据。

移动跑步机

移动跑步机前，首先确保有人来协助搬运，确保能搬运重量大于100kg，跑步机置于平整的地面。搬运时先将跑步机尾部抬起，然后依靠跑步机滚轮来移动到合适的位置，在放置时，将跑步机缓慢放下，直到后调高垫着地时，才能松手。

注意：在搬运过程中，跑步机底架边管与地面之间的夹角小于 30° ，大于 30° 时有可能损伤跑步机前端的电源线及底架。



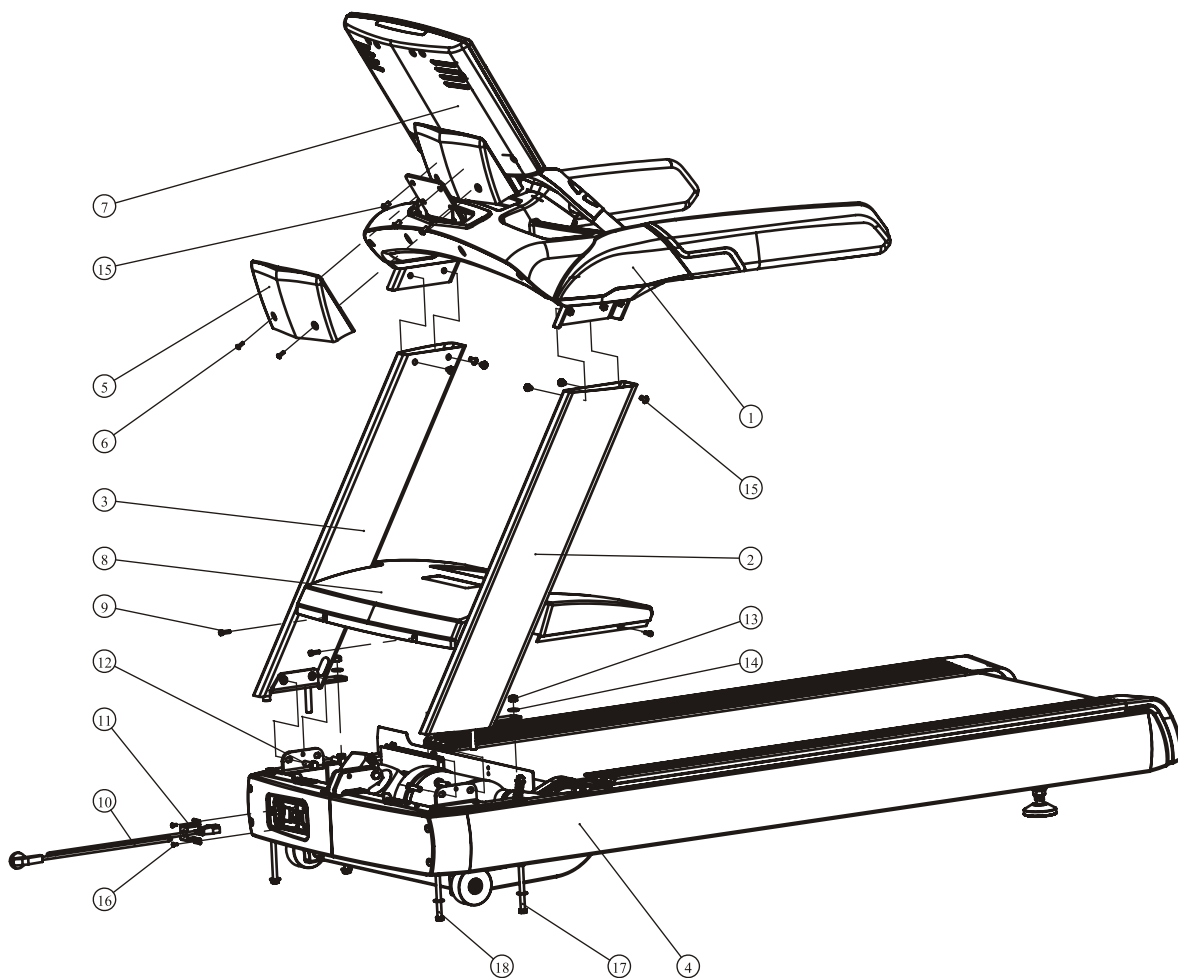
明细表和明细图

部件组装

序号	级别号	零件代号	零件名称	数量
1	1	RT75001ASSY	表座装配体	1
2	2	RT7500200	左侧立杆组焊件	1
3	3	RT7500300	右侧立杆组焊件	1
4	4	RT75004-22WXASSY	底架装配体	1
5	7.6	RT7505300	表颈后壳	1
6	7.9	GB818M5*15DS2	十字槽盘头螺钉	10
7	7	RT75002ASSY	表头装配体	1
8	4.35	RT7002000	马达盖	1
9	4.5	GB70M6*20DHS20	内六角圆柱头螺钉	24
10	10	A01-6-CH	电源线	1
11	11	AC2970C1100	电源线固定座	1
12	12.1	GB9074.16M10*25DS20	六角头螺栓和外锯齿锁紧垫圈组合件	4
13	12.2	NM10DS2	尼帽	2
14	12.3	DQ10DS2A	垫圈	2
15	12.4	PNLJCM8*20N19	内六角盘头螺钉和外锯齿锁紧垫圈组合件	10
16	12.5	GB818M4*10DHS2	十字槽盘头螺钉	2
17	4.54	GB5780M10*165*40DS20	六角螺栓	2
18	4.56	GB5780M10*180DHS2	六角螺栓	2
19	4.61	L1600M50-SMA-8	电子表线下段	1
20	1.3	L700SMY-8	电子表线中段	1
21	1.37	B153	转接板(带手握心跳)	1
22	7.5.9	L300SMA-XHB-8	电子表线上段	1
23	7.5.11	L400XHB-SMY-19	转接线	1

明细表和明细图

部件组装



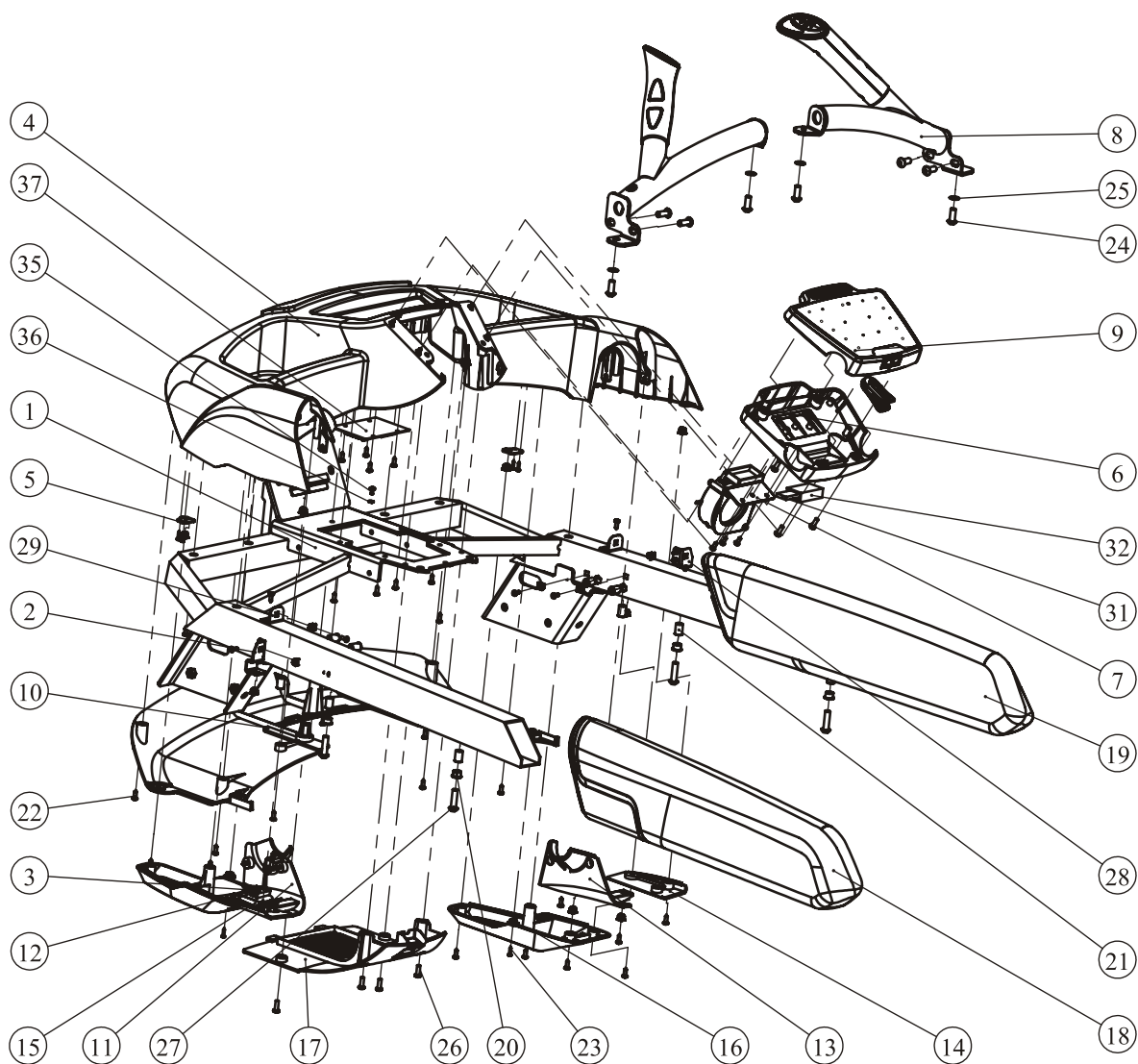
明细表和明细图

表座装配体

序号	级别号	零件代号	零件名称	数量
1	1.1	RT7500100	表座架组焊件	1
2	1.2	RT7504100	表座下壳左固定片	1
3	1.3	ECT74600	塑料快速螺母	19
4	1.4	RT7505700	仪表上壳	1
5	1.5	RT7504300	表座底盖连接片	2
6	1.6	RT7507200	中控底壳	1
7	1.7	RT75009ASSY	风扇装配体	1
8	1.8	RT75012ASSY	中扶手装配体	1
9	1.9	RT75008ASSY	中控上壳装配体	1
10	1.10	RT7505800	仪表下壳	1
11	1.11	RT7505900	左仪表内侧盖	1
12	1.12	RT7506100	左仪表连接盖	1
13	1.13	RT7506000	右仪表内侧盖	1
14	1.14	RT7506200	右仪表连接盖	1
15	1.15	RT7506300	左立杆饰盖	1
16	1.16	RT7506400	右立杆饰盖	1
17	1.17	RT7506700	维修装饰盖	1
18	1.18	RT7506500	左发泡扶手	1
19	1.19	RT7506600	右发泡扶手	1
20	1.20	ECU7P0400	隔套	4
21	1.21	GB17880.3M8*16.5DS17	平头六角铆螺母	10
22	1.22	GB845ST4.2*13DS	十字槽盘头自攻螺钉	57
23	1.23	GB845ST2.9*13DS	十字槽盘头自攻螺钉	6
24	1.24	PNLM8*20DS2	内六角盘头螺钉	8
25	1.25	GB861.28DS12	内锯齿锁紧垫圈	4
26	1.26	GB818M5*15DS2	十字槽盘头螺钉	8
27	1.27	PNLM8*30*30DS2	内六角盘头螺钉	4
28	1.28	RT7504200	表座下壳右固定片	1
29	1.29	RT7504000	表座上壳固定L片	2
30	1.30	L700SMY-8	电子表线中段	1
31	1.31	DQXTJS02	胸跳接收器	1
32	1.32	AC32709906	接受器罩	1
33	1.33	K1NF-55 (N)	磁环	1
34	1.34	08-0077	磁环	1
35	1.35	GB6560M4*8DSG	十字槽盘头自攻锁紧螺钉	1
36	1.36	GB862.24DS12	外锯齿锁紧垫圈	1
37	1.37	B153	转接板 (带手握心跳)	1
38	1.38	SD3*150	束带	4

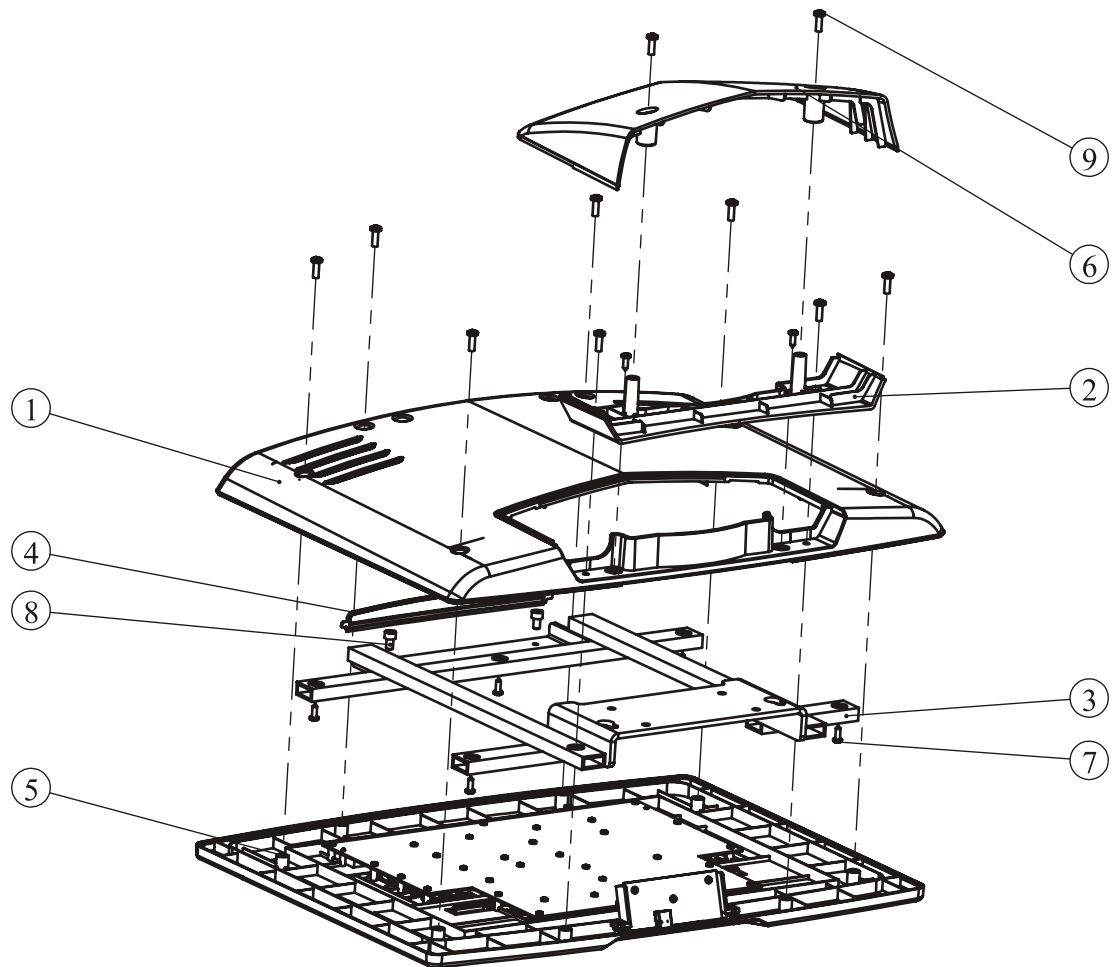
明细表和明细图

表座装配体



明细表和明细图

表头装配体



序号	级别号	零件代号	零件名称	数量
1	7.1	RT7505100	表头后盖	1
2	7.2	RT7505200	表颈面壳	1
3	7.3	RT7502600	表头支架组合	1
4	7.4	RT7508400	表头后盖上封盖	1
5	7.5	RT75006ASSY	电子表头前面板装配体	1
6	7.6	RT7505300	表颈后壳	1
7	7.7	GB845ST4.2*13DS	十字槽盘头自攻螺钉	7
8	7.8	GB70M6*10DS2	内六角圆柱头螺钉	2
9	7.9	GB818M5*15DS2	十字槽盘头螺钉	10

明细表和明细图

底架装配体

序号	级别号	零件代号	零件名称	数量
1	4.1	RT75003-22ASSY	底架升降架组装	1
2	4.2	AC32700636	平垫片	6
3	4.3	PT3002800P294U	缓冲垫A(50度)	6
4	4.4	PT3002900P294U	缓冲垫B(50度)	2
5	4.5	AC3170B5200	缓冲垫	4
6	4.6	RT7501000	防尘板	1
7	4.7	RT3002400	跑步板	1
8	4.8	RT7501700CH	跑步带	1
9	4.9	DXD270J12A	楔型传动皮带	1
10	4.10	PT300H22ASSY	前轮部件和张紧轮组合	1
11	4.11	RT7003300	后轮部件	1
12	4.12	RT7508500	电机绝缘垫	1
13	4.13	RT7508000	绝缘座A	3
14	4.14	RT7508100	绝缘座B	1
15	4.15	D42-45-RDS	电机	1
16	4.16	PT300H1400	挂钩	1
17	4.17	STDP4700	涨紧轮弹簧	1
18	4.18	AC32705800	M6快速螺母	8
19	4.19	DQBPQ2.2-22-TD	变频器	1
20	4.20	Q08	滤波器	1
21	4.21	Q11	电感	1
22	4.22	RT75013-22ASSY	开关护罩装配体	1
23	4.23	RT90014ASSY	左边条装配体	1
24	4.24	RT90015ASSY	右边条装配体	1
25	4.25	RT7002700	左后装饰罩	1
26	4.26	RT7002900	中护罩	1
27	4.27	RT7002500	左后调整座	1
28	4.28	RT7002800	右后装饰罩	1
29	4.29	RT7002600	右后调整座	1
30	4.30	RT7001100	马达盖前固定L板	2
31	4.31	RT7001200	马达盖固定L板	2
32	4.32	RT7001400	前护罩固定L板	2

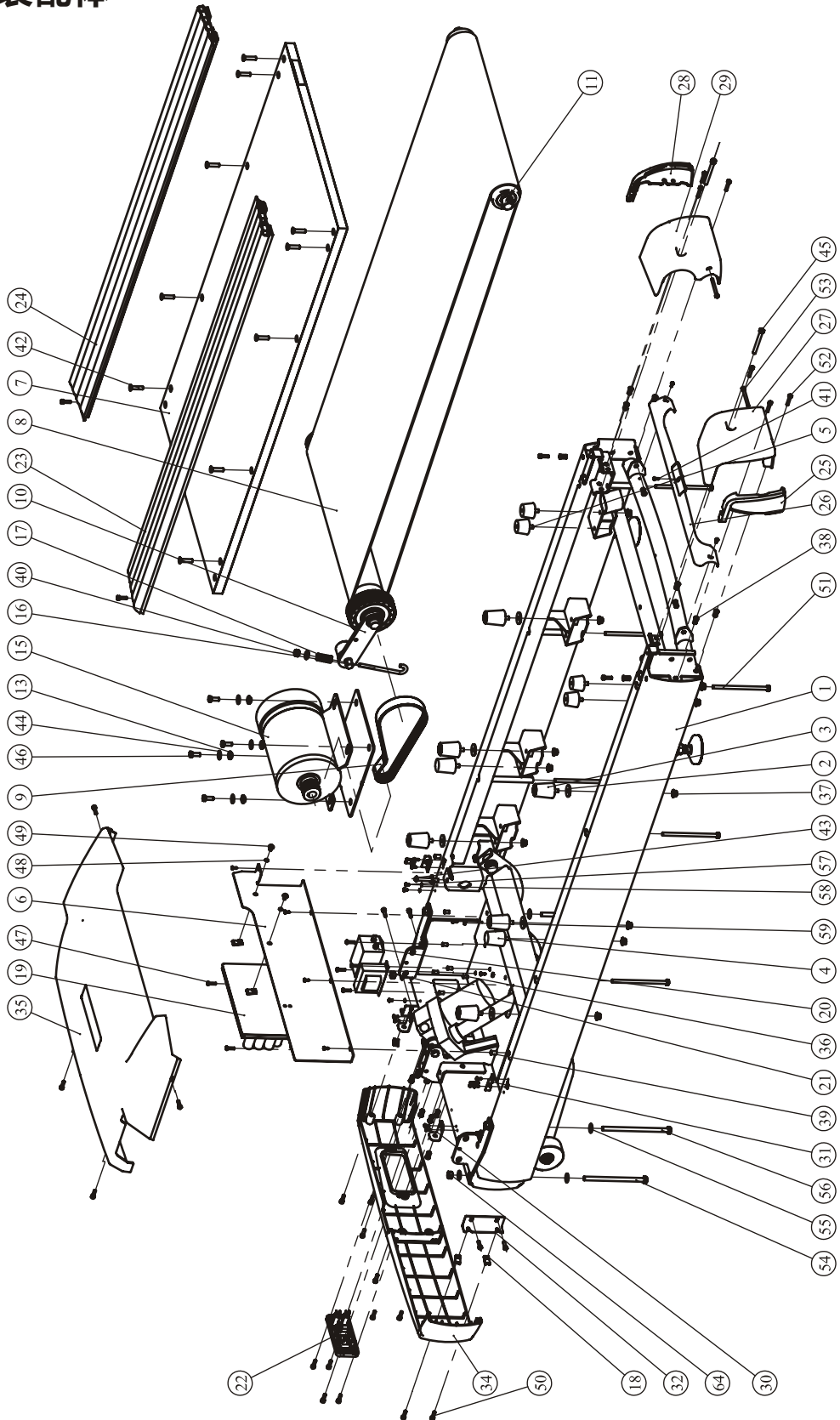
明细表和明细图

底架装配体

序号	级别号	零件代号	零件名称	数量
33	4.33	RT7002200	右前装饰罩	1
34	4.34	RT7002100	左前装饰罩	1
35	4.35	RT7002000	马达盖	1
36	4.36	GB17880.3M5*13DS17	小沉头六角铆螺母	6
37	4.37	STDP6800	六角K螺母	12
38	4.38	GB17880.5M6*16.5DS17	平头六角铆螺母	18
39	4.39	GB17880.3M6*15DS17	小沉头六角铆螺母	2
40	4.40	NM8DS2	尼帽	1
41	4.41	GB845ST4.2*13DS	十字槽盘头自攻螺钉	19
42	4.42	CNLM8*35DHS20NL	内六角沉头螺钉	10
43	4.43	PNLM8*60DS20	内六角盘头螺钉	1
44	4.44	DQ8DS2A	垫圈	6
45	4.45	GB70M8*80*80DHS6	内六角圆柱头螺栓	2
46	4.46	GB5780M8*25DS2NL	耐落六角头螺栓	4
47	4.47	GB818M5*20DS2	十字槽盘头螺钉	6
48	4.48	GB936DHS12	弹簧垫圈	2
49	4.49	GB818M6*10DHS2	十字槽盘头螺钉	2
50	4.50	GB70M6*20DHS20	内六角圆柱头螺钉	24
51	4.51	GB5780M8*150DS2	六角头螺栓	6
52	4.52	GB70M6*30DS4	内六角圆柱头螺钉	6
53	4.53	GB70M6*60DS2	内六角圆柱头螺钉	2
54	4.54	GB5780M10*165*40DS20	六角螺栓	2
55	4.55	DQ10DS2A	垫圈	6
56	4.56	GB5780M10*180DHS2	六角螺栓	2
57	4.57	GB6560M4*8DSG	十字槽盘头自攻锁紧螺钉	3
58	4.58	GB862.24DS12	外锯齿锁紧垫圈	3
59	4.59	DQXK8.4	U型线卡	2
60	4.60	L500M42816-3	连接线	1
61	4.61	L1600M50-SMA-8	电子表线下段	1
62	4.62	LD2000	理线护套	1
63	4.63	SD3*150	束带	4
64	4.64	GB41M10	六角螺母	4

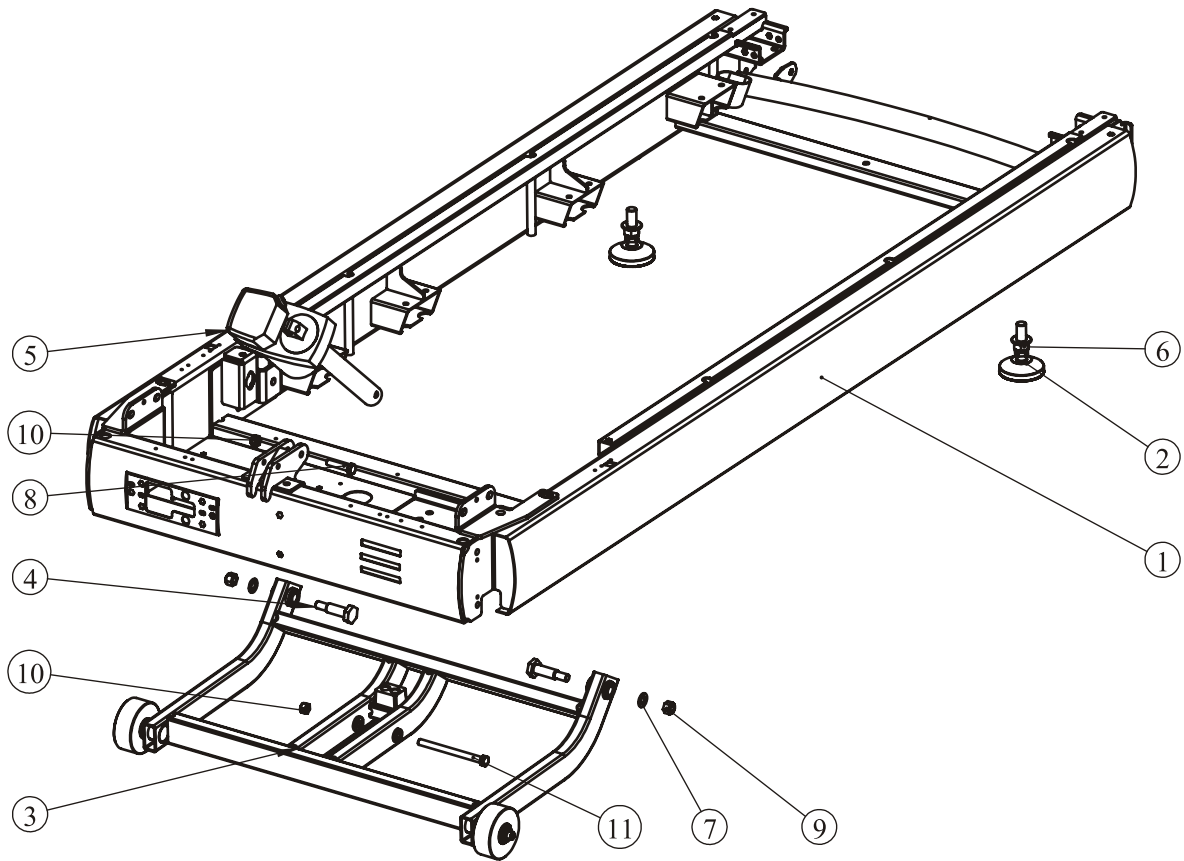
明细表和明细图

底架装配体



明细表和明细图

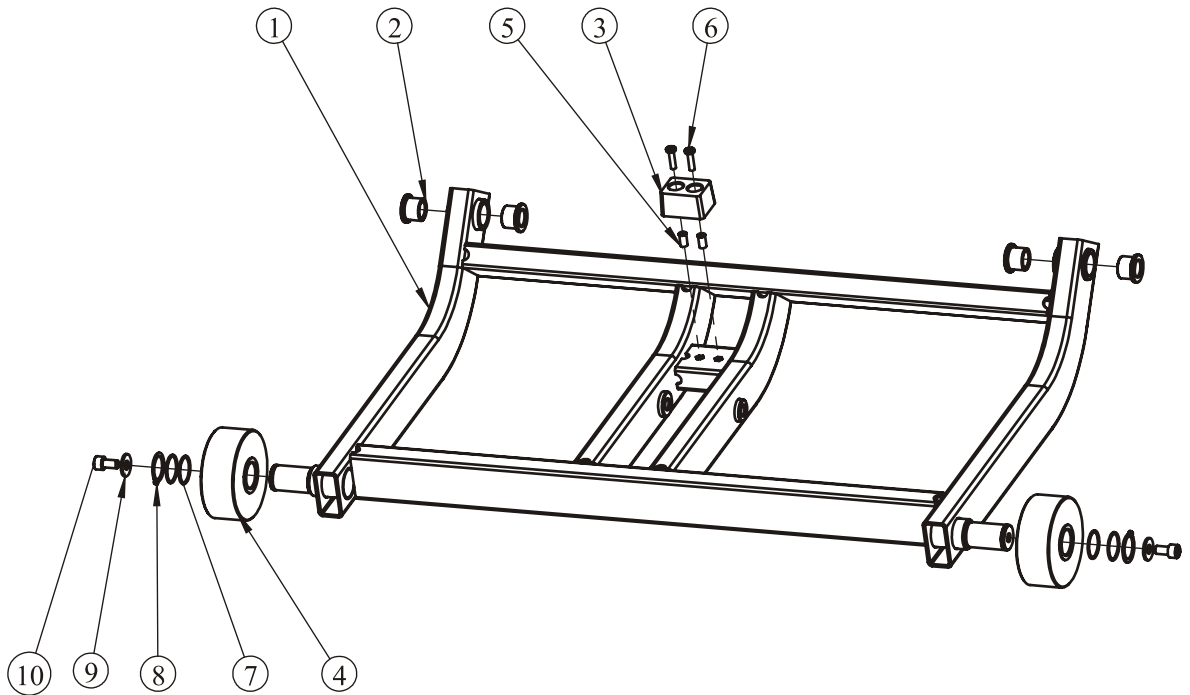
底架升降架组装



序号	级别号	零件代号	零件名称	数量
1	4.1.1	RT7500400	底架	1
2	4.1.2	STDP3400	调高垫组件	2
3	4.1.3	RT75005ASSY	升降架装配体	1
4	4.1.4	RT7001900	升降架固定车台螺栓	2
5	4.1.5	R37-22-RDS	升降电机	1
6	4.1.6	GB6177M16DS2	六角法兰螺母	2
7	4.1.7	DQ12DS2A	垫圈	2
8	4.1.8	NM12DS2	尼帽	2
9	4.1.9	GB5780M10*45DS20	六角头螺栓	1
10	4.1.10	NM10DS2	尼帽	2
11	4.1.11	GB5780M10*130DS20	六角头螺栓	1

明细表和明细图

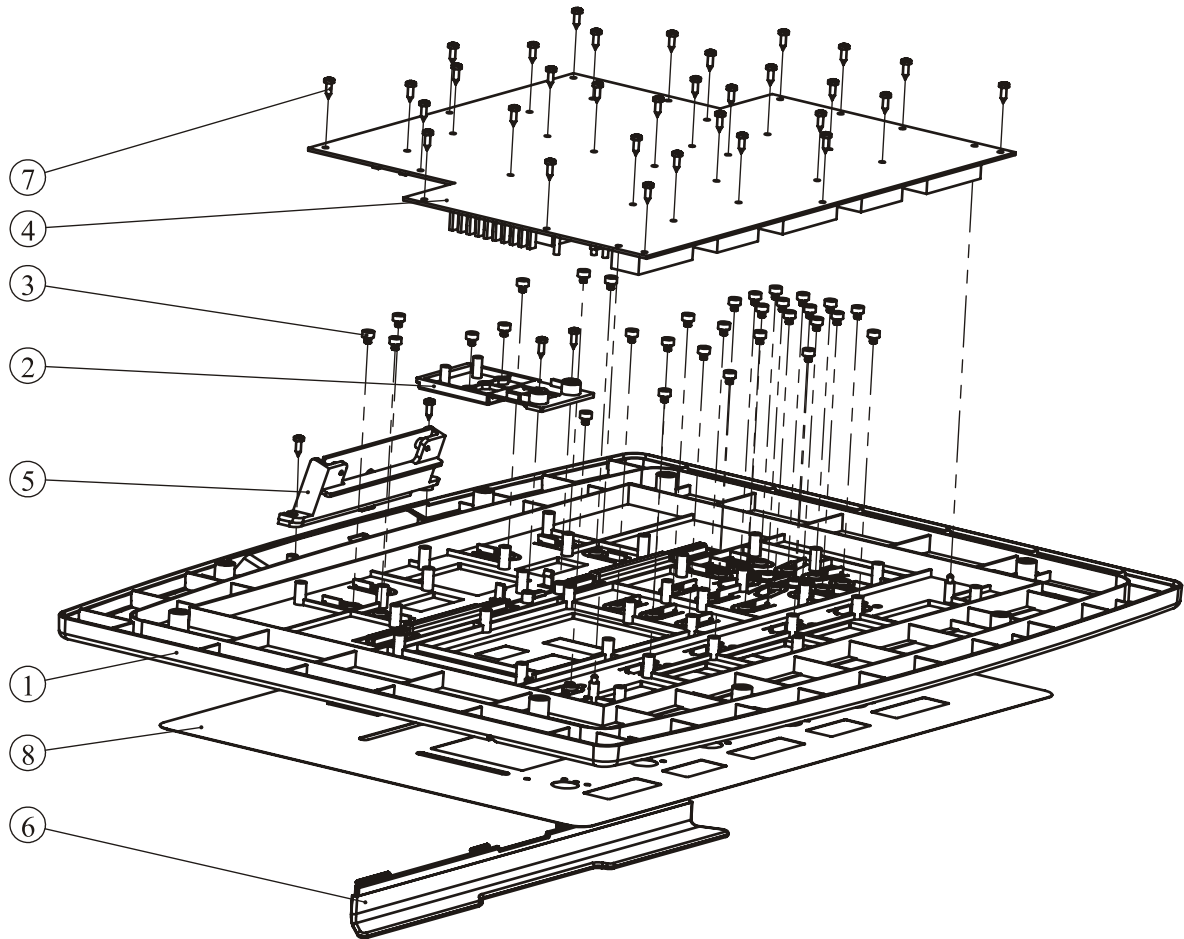
升降架装配体



序号	级别号	零件代号	零件名称	数量
1	4.1.3.1	RT7500500	升降架	1
2	4.1.3.2	L1-6800	衬套	4
3	4.1.3.3	IN-B75052000	贴地脚垫	1
4	4.1.3.4	DC29002200	滚轮	2
5	4.1.3.5	GB17880.3M5*13DS17	小沉头六角铆螺母	2
6	4.1.3.6	GB818M5*20DS2	十字槽盘头螺钉	2
7	4.1.3.7	DQ25DHS2B	厚调整垫片	4
8	4.1.3.8	GB894.125FH12	轴用弹性挡圈	2
9	4.1.3.9	DQ8DHS2A	垫圈	2
10	4.1.3.10	GB70M8*15DHS4	内六角圆柱头螺栓	2

明细表和明细图

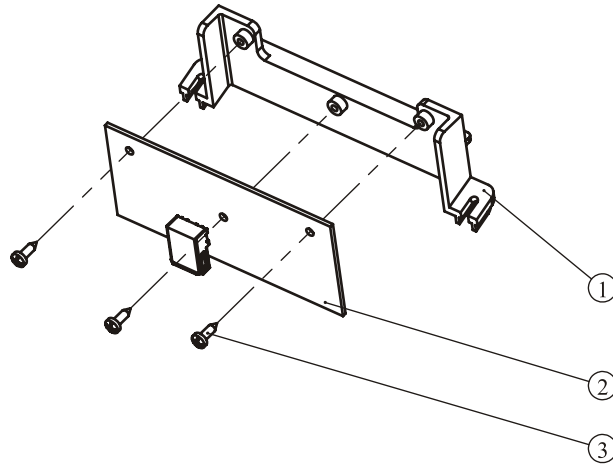
电子表头前面板装配体



序号	级别号	零件代号	零件名称	数量
1	7.5.1	RT7505000	表头面壳	1
2	7.5.2	RT7505400	表头开始按键	1
3	7.5.3	ECT74800	按键垫子	31
4	7.5.4	B151	电子表板	1
5	7.5.5	RT75007ASSY	USB板装配体	1
6	7.5.6	RT7505600	书报架	1
7	7.5.7	GB845ST2.9*9.5DS	十字槽盘头自攻螺钉	36
8	7.5.8	RT750MM01	电子表面膜	1
9	7.5.9	L300SMA-XHB-8	电子表线上段	1
10	7.5.10	L200XHB-XHB-4	USB板连接线	1
11	7.5.11	L400XHB-SMY-19	转接线	1

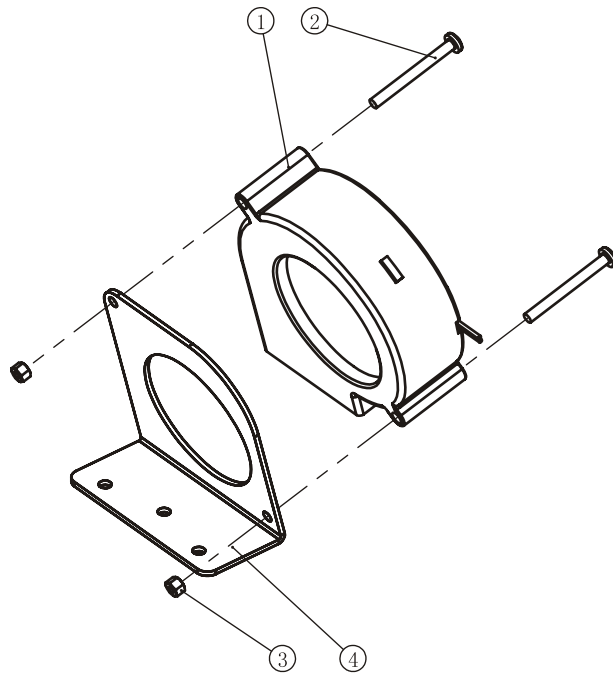
明细表和明细图

USB板装配体



序号	级别号	零件代号	零件名称	数量
1	7.5.5.1	RT7505500	USB板固定架	1
2	7.5.5.2	B152	USB板	1
3	7.5.5.3	GB845ST2.9*9.5DS	十字槽盘头自攻螺钉	3

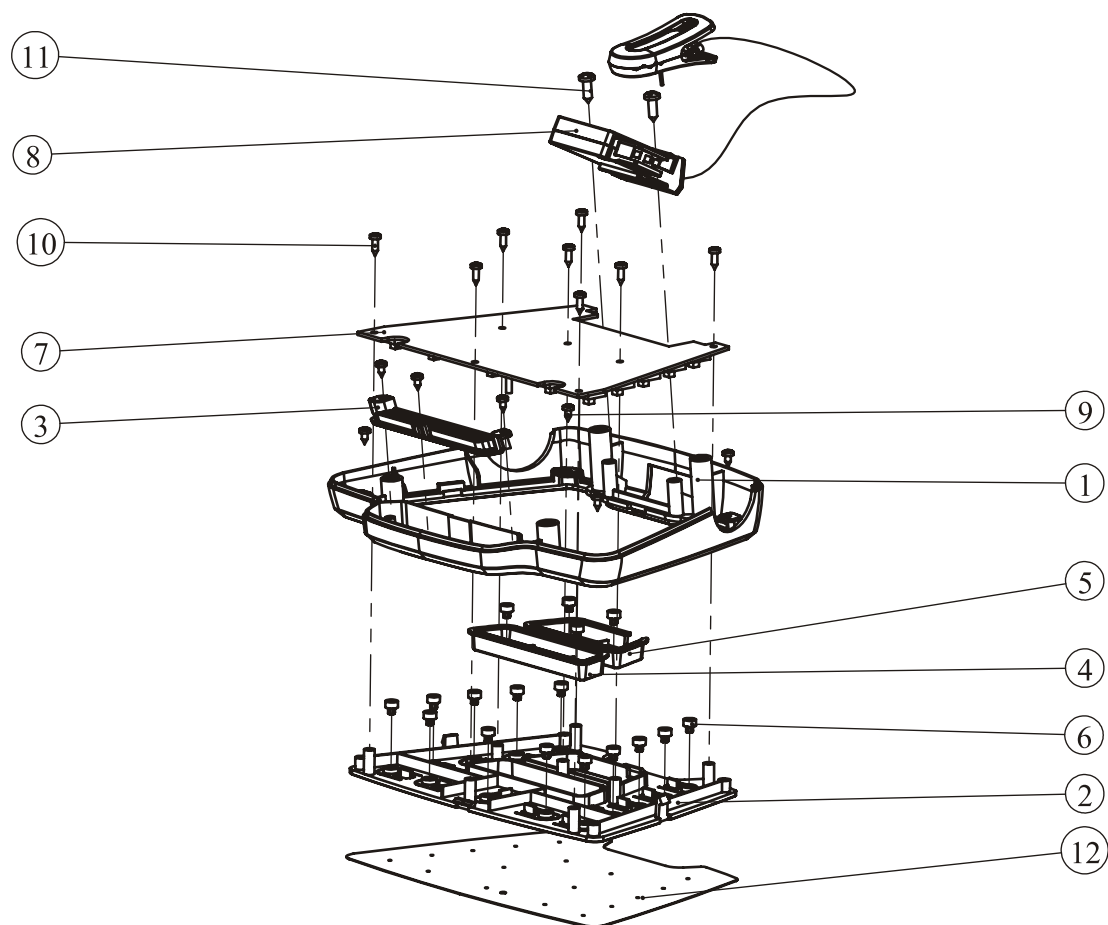
风扇装配体



序号	级别号	零件代号	零件名称	数量
1	1.7.1	P07	风扇(带线500mm)	1
2	1.7.2	GB818M4*40DS2	十字槽盘头螺钉	2
3	1.7.3	GB41M4DS2	六角螺母	2
4	1.7.4	RT7504400	风扇固定支架	1

明细表和明细图

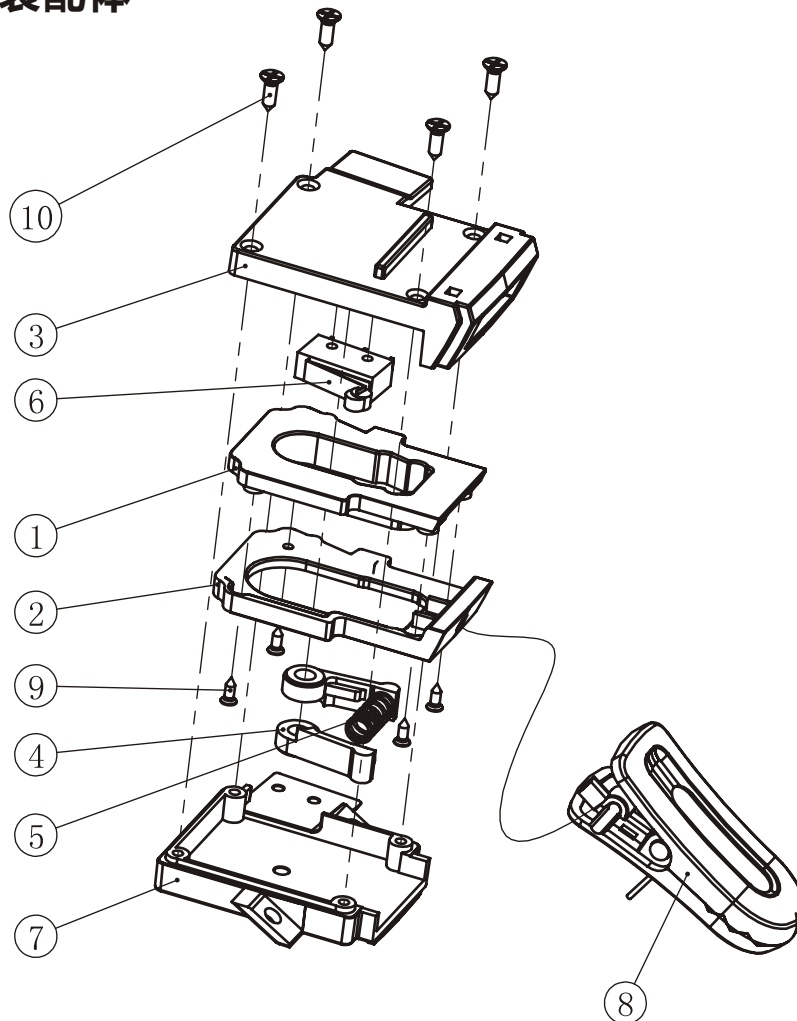
中控上壳装配体



序号	级别号	零件代号	零件名称	数量
1	1.9.1	RT7507100	中控面盖	1
2	1.9.2	RT7506800	中控按键板	1
3	1.9.3	RT7508300	风道盖	1
4	1.9.4	RT7506900	开始按键	1
5	1.9.5	RT7507000	停止按键	1
6	1.9.6	ECT74800	按键垫子	17
7	1.9.7	B154	按键板(带线)	1
8	1.9.8	RT75010ASSY	应急开关装配体	1
9	1.9.9	GB845ST2.9*6.5DS	十字槽盘头自攻螺钉	7
10	1.9.10	GB845ST2.9*9.5DS	十字槽盘头自攻螺钉	8
11	1.9.11	GB845ST4.2*13DS	十字槽盘头自攻螺钉	2
12	1.9.12	RT750MM02	A-zone面膜	1

明细表和明细图

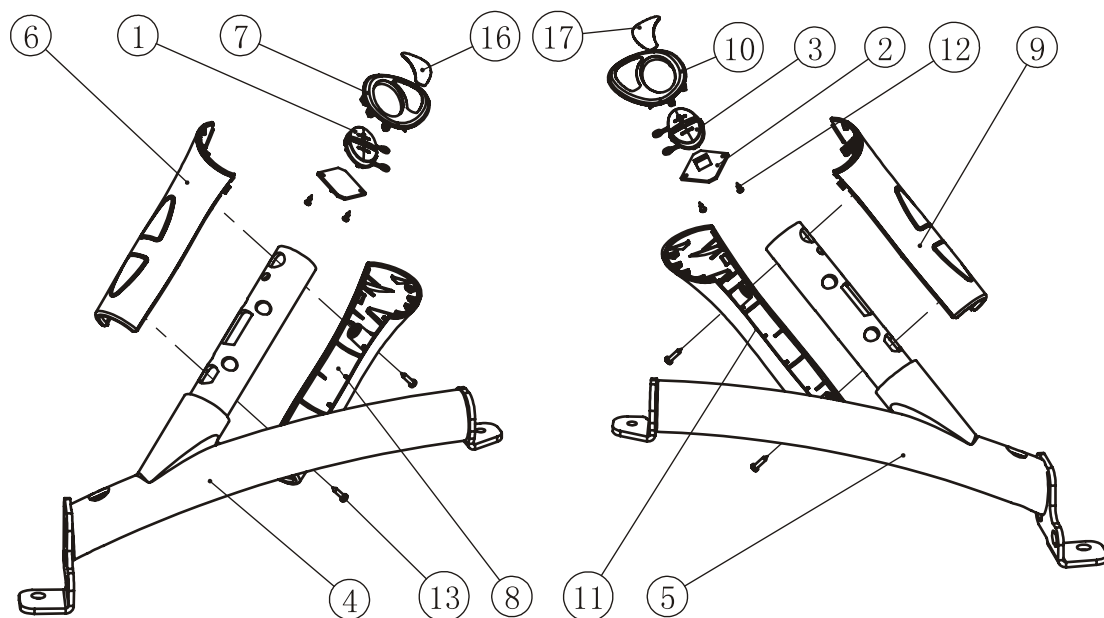
应急开关装配体



序号	级别号	零件代号	零件名称	数量
1	1.9.8.1	RT7507600	应急开关拉线上盖	1
2	1.9.8.2	RT7507700	应急开关拉线下盖	1
3	1.9.8.3	RT7507400	应急开关上盖	1
4	1.9.8.4	RT7507800	应急开关定位杆	2
5	1.9.8.5	RT7504900	应急开关压簧	1
6	1.9.8.6	F83	紧急开关（带线）	1
7	1.9.8.7	RT7507500	应急开关下盖	1
8	1.9.8.8	STDP4012	安全夹组合	1
9	1.9.8.9	GB846ST2.2*6.5DS	十字槽沉头自攻螺钉	4
10	1.9.8.10	GB846ST2.9*9.5DS	十字槽沉头自攻螺钉	4

明细表和明细图

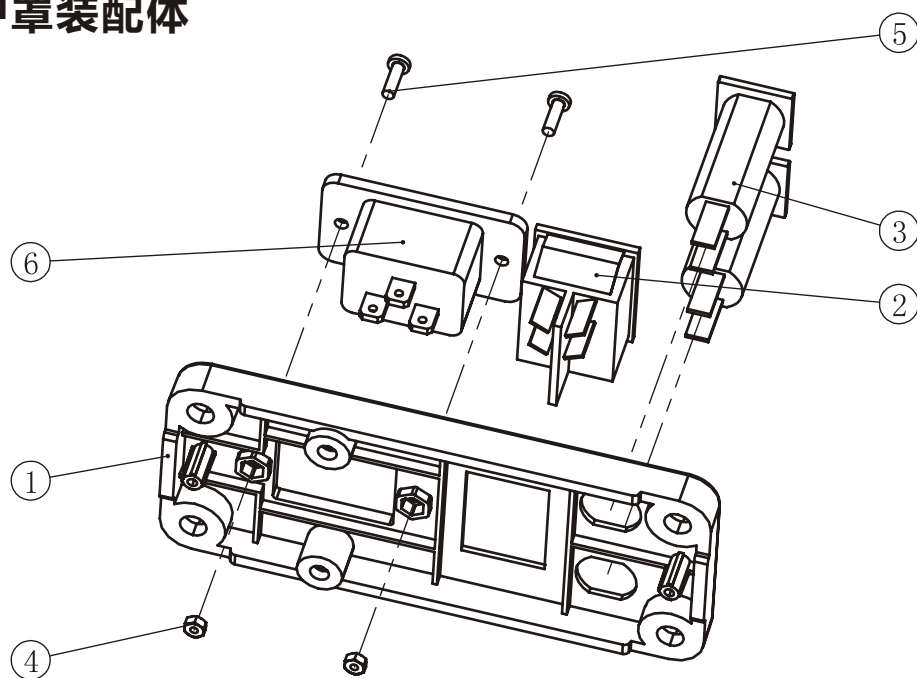
中扶手装配体



序号	级别号	零件代号	零件名称	数量
1	1.8.1	X17K	升降按键	1
2	1.8.2	F31	升降速度调节板	2
3	1.8.3	X19K	速度按键	1
4	1.8.4	RT7500600	中扶手左弯管组焊件	1
5	1.8.5	RT7500700	中扶手右弯管组焊件	1
6	1.8.6	X12RV1	左手握心跳组合	1
7	1.8.7	X12T	手握心跳盖上	1
8	1.8.8	X12L	手握心跳盖左	1
9	1.8.9	X13RV1	右手握心跳组合	1
10	1.8.10	X13T	手握心跳盖上	1
11	1.8.11	X13L	手握心跳盖左	1
12	1.8.12	GB845ST2.2*6.5DS	十字槽盘头自攻螺钉	4
13	1.8.13	GB845ST2.9*13N19	十字槽盘头自攻螺钉	4
14	1.8.14	L800XHB-XHP-6	扶手开关线	1
15	1.8.15	L1000ST0-XHB-4	握把线	1
16	1.8.16	RT700TZ02	左扶手按键贴纸	1
17	1.8.17	RT700TZ01	右扶手按键贴纸	1
18	1.8.18	K1NF-55 (N)	磁环	2

明细表和明细图

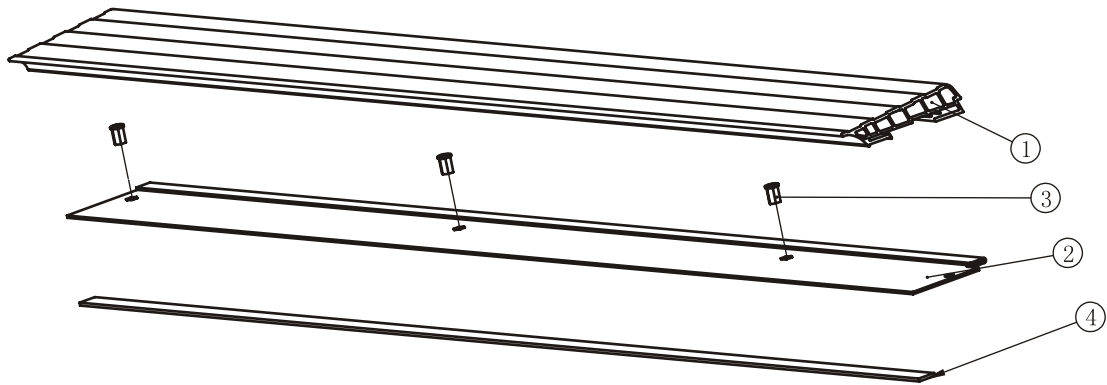
开关护罩装配体



序号	级别号	零件代号	零件名称	数量
1	4.22.1	RT7003000	开关护罩	1
2	4.22.2	F23	主开关	1
3	4.22.3	Z13	电源插座	1
4	4.22.4	13-0009	过流开关	2
5	4.22.5	GB41M3DS2	六角螺母	2
6	4.22.6	GB818M3*10DS2	十字槽盘头螺钉	2
7	4.22.7	740-6016	接地线	1
8	4.22.8	L100AMP175022-1-L-14	连接线	2
9	4.22.9	L100AMP175022-1-N-14	连接线	2
10	4.22.10	08-0077	磁环	1
11	4.22.11	L400AMP175022-1-N-14	连接线	1
12	1.8.12	GB845ST2.2*6.5DS	十字槽盘头自攻螺钉	4
13	1.8.13	GB845ST2.9*13N19	十字槽盘头自攻螺钉	4
14	1.8.14	L800XHB-XHP-6	扶手开关线	1
15	1.8.15	L1000ST0-XHB-4	握把线	1
16	1.8.16	RT700TZ02	左扶手按键贴纸	1
17	1.8.17	RT700TZ01	右扶手按键贴纸	1
18	1.8.18	K1NF-55 (N)	磁环	2

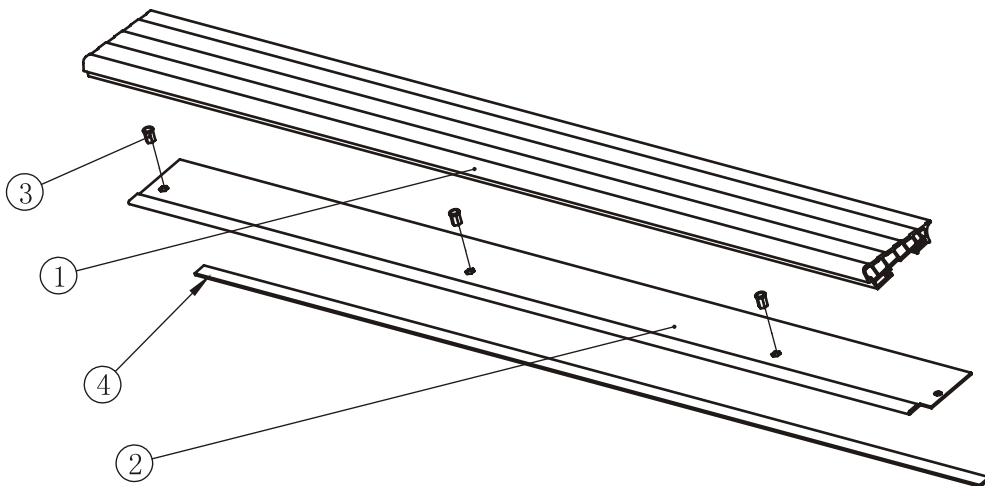
明细表和明细图

左边条装配体



序号	级别号	零件代号	零件名称	数量
1	4.23.1	RT7007200	左边条	1
2	4.23.2	RT7007400	左铁边条	1
3	4.23.3	CRDMJ20*3*1000	单面胶棉	1
4	4.23.4	GB17880.5M8*16.5DCS17	平头六角铆螺母	3

右边条装配体



序号	级别号	零件代号	零件名称	数量
1	4.24.1	RT7007300	右边条	1
2	4.24.2	RT7007500	右铁边条	1
3	4.24.3	CRDMJ20	单面胶棉	1
4	4.24.4	GB17880.5M8*16.5DCS17	平头六角铆螺母	3

电子表使用说明

1. 电子表概览



2. 运动程序键和数字按键



电子表使用说明

2.1 运动程序键包括：手动程序键、有氧运动程序键、间歇运动程序键、燃烧卡路里程序键、心率控制程序键、高阶程序键。按下按键进入对应的程序。

2.2 数字按键

在程序设置选项中，按数字按键可输入年龄或者体重等信息。

在运行过程中，按数字键可选择相应的速度，按√键确认。

2.3 删除键



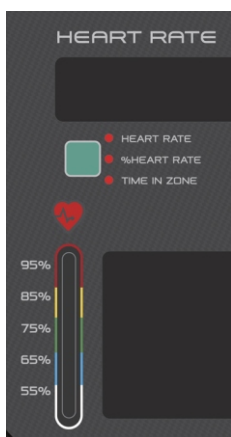
删除选择的数据。

2.4 确认键



确认选择的数据。

3. 心率功能



当心率窗口显示心跳数时，心率立柱LED灯点亮，指示相应的心跳强度。

心率指示立柱由10个LED灯组成，指示灯亮起情况基于输入年龄，最大心率值等于220减去年龄。

4. 上部LED显示窗口+运动数据显示切换键



4.1 上方LED窗口默认显示数据：心率，平均速度，消耗时间，卡路里，距离。

4.2 如用户按切换按键 ，数据将会相应切换：

心率->%心率->有效心率时间(通过切换键循环显示)

电子表使用说明

平均速度->步速

消耗时间->剩余时间

卡路里->卡路里/小时

距离->步数

5. 使用者控制按键



5.1 放松按键



按此键，速度和坡度均降为50%。

5.2 坡度调节键

按上下箭头调节坡度，每次调节单位为1。



5.3 开始键



没有选择程序时，按开始键。

左边LED窗显示"3"，"2"，"1"。

跑步带开始运行。

5.4 停止键



按停止键，速度和坡度将降为0，LED窗口显示的数据将继续保留。

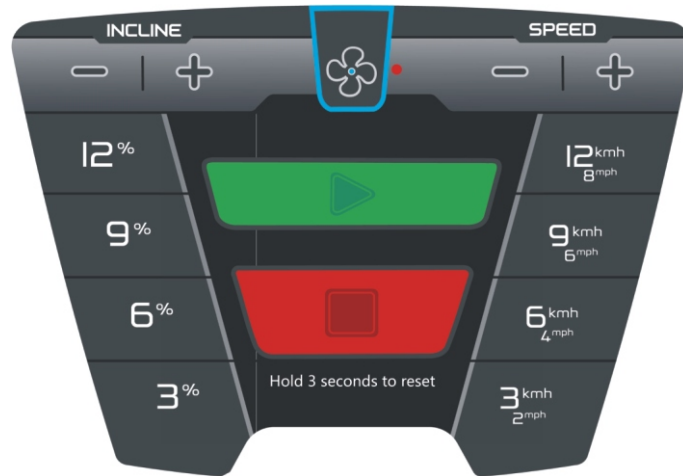
5.5 速度调节键

按+、-键可以调节速度，调节幅度为0.1。



电子表使用说明

6. A-ZONE



6.1 开始键



没有选择程序时，按开始键。
左边LED窗显示"3"，"2"，"1"。
跑带开始运行。

6.2 停止键



按停止键，速度和坡度将降为0，LED窗口显示的数据将继续保留。
按住3秒，电子表将重置。

6.3 坡度调节键



按A-ZONE区域的+、-号调节坡度，每次调节单位为1。

6.4 速度调节键



电子表速度调节单位为0.1，A-ZONE区域为0.1，指尖调节为0.1。

6.5 坡度调节快捷键

按3%、6%、9%、12%键，可直接选定相应坡度3%、6%、9%、12%。

6.6 速度快捷键

按3、6、9、12键，可直接选定相应速度3km/h、6km/h、9km/h、12km/h。

电子表使用说明

7. USB接口

USB接口提供5V/2A的电能，可以为具有USB接口(手机、平板等)的设备充电或供电。

电子表操作指南

欢迎信息

跑步机启动或重置时，左边LED窗口显示版本号，然后滚动显示"IM"。之后左边的窗口会滚动显示"请按▶键快速启动或选择运动程序"。

1. 如果选择了"手动程序"：

- 1.1 左边LED窗口滚动显示："手动程序：输入体重"。
- 1.2 左边LED窗口显示"70千克"。
- 1.3 用户可以用数字按键或者"+"、-"键调节默认数值。
- 1.4 按√或▶键确认。
- 1.5 左边LED窗口滚动显示"输入时间"。
- 1.6 左边LED窗口显示"20分"。
- 1.7 用户可以用数字按键或者"+"、-"键调节默认数值。
- 1.8 按√或▶键确认。
- 1.9 左边LED窗口显示"3"，"2"，"1"。
- 1.10 跑步带开始运行。

2. 如果选择了"有氧运动程序"：

- 2.1 左边LED显示"有氧运动程序：输入体重"。
- 2.2 左边LED窗口显示"70千克"。
- 2.3 用户可以用数字按键或者"+"、-"键调节默认数值。
- 2.4 按√或▶键确认。
- 2.5 左边LED窗口滚动显示"输入时间"。
- 2.6 左边LED窗口显示"20分"。
- 2.7 用户可以用数字按键或者"+"、-"键调节默认数值。
- 2.8 按√或▶键确认。
- 2.9 左边LED窗口显示"3"，"2"，"1"。
- 2.10 跑步带开始运行。

电子表使用说明

3. 如果选择了"间歇运动程序"：

- 3.1 左边LED滚动显示"间歇运动程序：输入体重"。
- 3.2 左边LED窗口显示"70千克"。
- 3.3 用户可以用数字按键或者"+、-"键调节默认数值。
- 3.4 按√或▶键确认。
- 3.5 左边LED窗口滚动显示"输入时间"。
- 3.6 左边LED窗口显示"20分"。
- 3.7 用户可以用数字按键或者"+、-"键调节默认数值。
- 3.8 按√或▶键确认。
- 3.9 左边LED窗口显示"输入下限速度值"。
- 3.10 左边LED窗口显示"8"。
- 3.11 用户可以用数字按键或者"+、-"键调节默认数值。
- 3.12 按√或▶键确认。
- 3.13 左边LED显示"输入上限速度值"。
- 3.14 左边LED窗口显示"10"。
- 3.15 用户可以用数字按键或者"+、-"键调节默认数值。
- 3.16 按√或▶键确认。
- 3.17 左边LED窗口显示"3"，"2"，"1"。
- 3.18 跑步带开始运行。

4. 如果选择了"燃烧卡路里运动程序"：

- 4.1 左边LED窗口滚动显示"燃烧卡路里运动程序：输入最大速度"。
- 4.2 左边LED窗口显示"10"。
- 4.3 用户可以用数字按键或者+、-调节默认数值。
- 4.4 按√或者▶确认。
- 4.5 左边LED窗口显示"输入最大坡度"。
- 4.6 左侧LED窗口显示"10"。
- 4.7 用户可以用数字按键或者+、-调节默认数值。
- 4.8 按√或者▶确认。
- 4.9 左边LED窗口显示"3"，"2"，"1"。
- 4.10 跑步带开始运行。

电子表使用说明

5. 如果选择了"心率控制程序"：

左边LED窗口滚动"心率模式训练：65%HR"。

左边LED窗口滚动"按√或者▶键进行选择，或者使用数字面板输入75%、85%"。

左边LED窗口根据选择显示相应的信息。

按√或者▶键进行选择。

5.1 如果选择65%：

5.1.1 左边LED窗口滚动"65%HR：输入体重"。

5.1.2 左边LED窗口显示"70千克"。

5.1.3 用户可以用数字按键或者+、-键调节默认数值。

5.1.4 按√或者▶键确认。

5.1.5 左边LED窗口滚动"输入时间"。

5.1.6 左边LED窗口显示"20分"。

5.1.7 用户可以用数字按键或者+、-键调节默认数值。

5.1.8 按√或者▶键确认。

5.1.9 左边LED窗口滚动"输入年龄"。

5.1.10 左边LED窗口显示"40"。

5.1.11 用户可以用数字面板或者+、-调节默认数值。

5.1.12 按√或者▶键确认。

5.1.13 左边LED窗口显示"3"，"2"，"1"

5.1.14 跑步带开始运行。

5.2 如果选择了75%：

左边LED窗口滚动"75%HR：输入体重"。

设置方法同65%。

5.3 如果选择了85%：

左边LED窗口滚动"85%HR：输入体重"。

设置方法同65%。

电子表使用说明

6. 如果选择了"高阶程序"：

6.1 左边LED窗口显示"高阶程序：输入年龄"

6.2 左边LED显示"40"。

6.3 用户可以用数字按键或者+、-键调节默认数值。

6.4 按√或者▶键确认。

6.5 左边LED窗口显示"输入高强度训练的心率"。

6.6 左边窗口显示"90%"。

6.7 用户可以用数字按键或者+、-键调节默认数值。

6.8 按√或者▶键确认。

6.9 左边LED窗口显示"输入高强度训练持续时间"。

6.10 左边LED窗口显示"60秒"。

6.11 用户可以用数字按键或者+、-键调节数值。

6.12 按√或者▶键确认。

6.13 左边LED窗口显示"输入恢复训练的心率"。

6.14 左边窗口显示"65%"。

6.15 用户可以用数字按键或者+、-键调节默认数值。

6.16 按√或者▶键确认。

6.17 左边LED窗口显示"输入恢复训练持续时间"。

6.18 左边LED窗口显示"30秒"。

6.19 用户可以用数字按键或者+、-键调节默认数值。

6.20 按√或者▶键确认。

6.21 左边LED窗口显示"输入间歇训练次数"。

6.22 左边LED窗口显示"8"。

6.23 用户可以用数字按键或者+、-键调节默认数值。

6.24 按√或者▶键确认。

6.25 左边LED窗口显示"3"，"2"，"1"。

6.26 跑步带开始运行。左边LED窗显示"开始热身，按START键开始第一次间歇训练"。

6.27 按ATART键。

6.28 左边LED窗显示"开始第一次高强度训练"。

此时进入第一次高强度训练阶段，速度会根据锻炼者心率变化，直到锻炼者心率达到设定的目标心率(6.6所设数值)。当训练者心率达到设定的目标心率，并且持

电子表使用说明

续时间达到设定的时间(6.10所设数值)后，第一次高强度训练结束，自动进入第一次恢复训练。

6.29 左边LED窗显示"开始第一次恢复训练"。

此时进入恢复训练阶段，速度会根据锻炼者心率变化，直到锻炼者心率达到设定的目标心率(6.14所设数值)。当训练者心率达到设定的目标心率，并且持续时间达到设定的时间(6.18所设数值)后，第一次恢复训练结束，自动进入第二次高强度训练。

6.30 间歇训练将重复进行，直到完成用户设定的间歇训练次数(6.22所设数值)。

6.31 左边LED窗显示"放松运动，按停止键结束程序"。

6.32 按停止键，程序结束。

7. 人员侦测模式

如果用户离开跑步机60秒，跑步机将自动停止并重置。

8. 坡度校正模式

8.1 同时按住控制面板上的"速度+、-"和"坡度+、-"四个按键，3秒钟后进入坡度自动校正模式。

8.2 等待倒计时结束后，系统会自动退出校正模式。

8.3 如果不能完成坡度校正模式，说明坡度控制系统有故障。

9. 公英制转换和语言选择

9.1 拉下红色的safety紧急开关。

9.2 同时按START键3次并锁住。

9.3 3秒后复位safety紧急开关。

9.4 松开START键。

9.5 使用"speed +/-"键调节SI或ENG(SI-公制,ENG-英制)。

9.6 按√键或START键确认。

9.7 LED窗口显示"2"。

9.8 使用数字键盘调节默认语言

(1.中文;2.英文;3.俄文;4.法文;5.荷兰语;6.西班牙语;7.阿拉伯语)。

9.9 按√键或START键确认。

故障排除指南

常见故障排除

1. 故障信息：ER01，通讯故障

故障排除：

- 1.1 检查电子表线与电子表之间的连接是非正常。
- 1.2 检查电子表线与变频器之间的连接是非正常。
- 1.3 检查变频器是否损坏。
- 1.4 检查电子表是否损坏。

2. 故障信息：ER02，升降系统故障

故障排除：

- 2.1 执行自动校正模式。
- 2.2 检查各连接线是否正常。
- 2.3 检查或更换变频器。
- 2.4 检查或更换升降电机。

3. 故障信息：ER04，过流保护

故障排除：

- 3.1 检查是否超载。
- 3.2 检查机械运转部件是否被卡住。
- 3.3 检查是否需要润滑。
- 3.4 检查跑步板是否磨损严重。
- 3.5 检查跑步带是否磨损严重。
- 3.6 检查电机连接线是否有短路现象。
- 3.7 检查或更换控制器。
- 3.8 检查或更换电机。

4. 故障信息：ER05，欠压保护

故障排除：

- 4.1 请检查您供电线路上的电压是否处于正常值：AC200-240V。
- 4.2 请检查供电线路上的电压是否波动过大。

故障排除指南

5. 故障信息：ER06，过载保护

故障排除：

- 5.1 检查是否超载。
- 5.2 检查机械运转部件是否被卡住。
- 5.3 检查是否需要润滑。
- 5.4 检查跑步板是否磨损严重。
- 5.5 检查跑步带是否磨损严重。
- 5.6 检查电机连接线是否有短路现象。
- 5.7 检查或更换控制器。
- 5.8 检查或更换电机。

6. 显示信息：ER07，紧急停止保护

故障排除：

- 6.1 检查红色紧急停止开关是否在正确位置。
- 6.2 检查红色紧急停止开关机械结构是否顺畅、活动自如。
- 6.3 检查红色紧急停止开关连接线插头是否正常。
- 6.4 检查红色紧急停止开关是否损坏。
- 6.5 检查电子表板是否损坏。

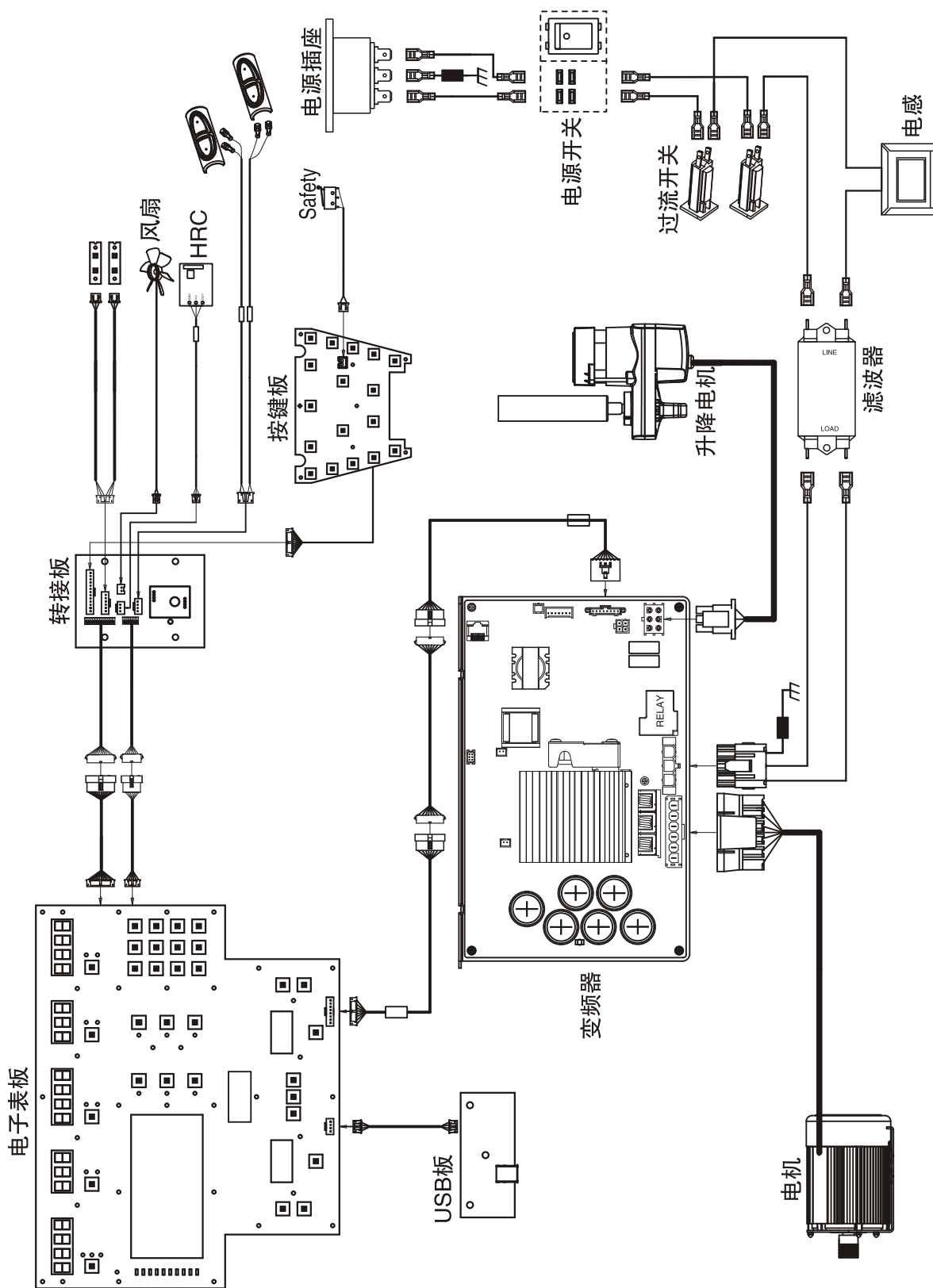
7. 部分或全部按键不好用

- 7.1 检查按键插头是否松动或脱落。
- 7.2 检查或更换按键板。
- 7.3 检查或更换电子表板。
- 7.4 揭开电子表贴膜，试验各按键是否正常。
- 7.5 揭开扶手开关贴膜，试验各按键是否正常。
- 7.6 检查各按键是否被其他零件挤压。

8. 电子表无显示

- 8.1 检查供电线路的电压是否处于正常值：AC220-240V。
- 8.2 检查机台上的电源开关是否打开。
- 8.3 检查电源线是否损坏。
- 8.4 检查电子表线与电子表之间的连接是否正常。
- 8.5 检查电子表线与变频器之间的连接是否正常。
- 8.6 电子表线上段与电子表线下段之间的连接是否正常。

电器连接图



保养指南

一. 跑步带调整

为了您更好的使用跑步机您有必要将跑步带调整到最佳状态。

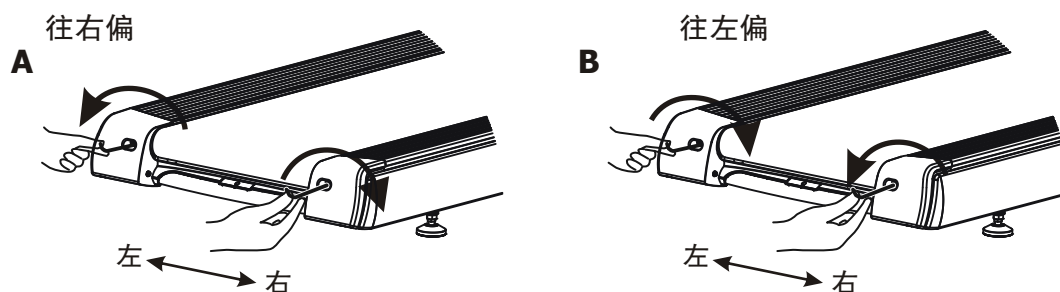
1. 跑偏范围及跑偏调整

跑偏范围：跑步带与边条之间距离左右相差 $\pm 5\text{mm}$ 即视为偏移，需要调整。

跑偏调整请在 4km/h 的运行速度下调整，**注意：调整后跑步带不能打滑。**

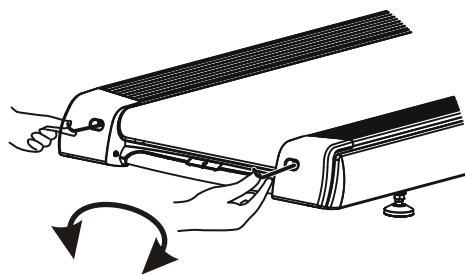
往右偏：请使用内六角扳手顺时针旋转 $1/4$ 圈，调整机台后面右侧的内六角调整螺栓，或者逆时针调整左侧的调整螺栓。

往左偏：请使用内六角扳手顺时针旋转 $1/4$ 圈，调整机台后面左侧的内六角调整螺栓，或者逆时针调整右侧的调整螺栓。



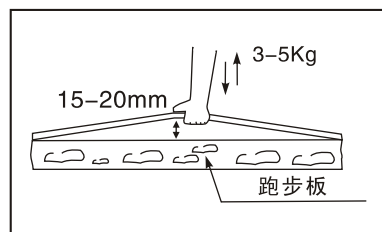
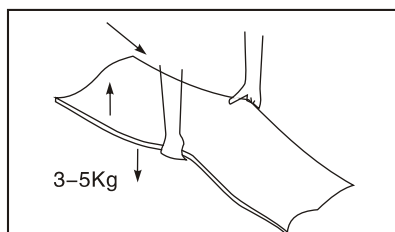
2. 松紧调整及正确调整的依据

跑步机使用一段时间后，可能会出现跑步带轻微打滑现象，这是跑步带自然拉长所致，属正常现象，此时请同时顺时针调整机台后面左右两个内六角调整螺栓，至跑步带不打滑为止。



正确判断跑步带松紧的依据：

方法一：如图所示，双手均匀用力 $3-5\text{kg}$ 拉跑步带。跑步带与跑步板之间距离为 $15-20\text{mm}$ 为正常；超出 20mm 跑步带过松需适当调整；小于 15mm 跑步带过紧同样也需适当调整。



保养指南

方法二：跑步带在速度为5km/h情况下，用双手握紧扶手，脚踏在边条上，另一脚踩踏跑步带，跑步带与前轴管之间没有出现相对滑动现象，松紧即判断为合适。本方法儿童或行动不便者不可使用。

二. 清洁方式

警告：在清洁或维护产品前，请务必把电动跑步机的电源插头拔掉。

全面清洁将会延长电动跑步机的寿命。

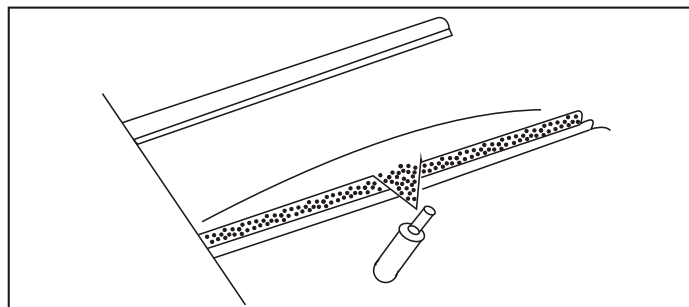
定期清除灰尘以保持部件的清洁。清扫跑步带两边暴露在外的部分，这将减少跑步带下杂质的堆积。保持运动鞋的干净，避免把异物携带进跑步带下，磨损跑步板和跑步带。跑步带表面须用沾肥皂的湿布擦洗，请注意不要使水溅到电气元件上和跑步带下面。

本机使用大约3个月后，需要清扫一下机台，使用十字开口扳手工具打开马达盖，用小刷子把控制器上的灰尘、电机上的灰尘、小皮带灰尘仔细清扫干净。

注意：一定不要碰坏电器元件及弄断控制线。

三. 润滑方式

此电动跑步机的跑步板和跑步带之间已经预先涂好润滑油。跑步带和跑步板间的摩擦力对电动跑步机的使用寿命及性能的影响很大，因此须定期涂润滑油。添加方式如图所示，用内六角扳手把跑步带松开后添加，润滑油要加到跑步带的中间位置，每次添加量大约20克左右，一定要涂抹均匀。**注意：**添加完毕后要按照调跑步带方式调整跑步带不打滑为止。



我们建议俱乐部使用每1个月一次对电动跑步机的跑步带和跑步板间涂润滑油。

保 养 维 护

保 养 维 护 周 期 表						
电 动 跑 步 机						
项 目	每 日	每 周	每 月	每 季 度	每 半 年	每 年
电子表固定螺栓					检 查	
外框架	清 洁				检 查	
电源线			检 查			
电子表显示屏	清 洁		检 查			
扶手	清 洁			检 查		
前轴管				清 洁	检 查	
后轴管				清 洁	检 查	
安全按钮	测 试					
跑步带松紧			检 查			
多楔皮带				清 洁	检 查	
跑步板			检 查 并 打 润 滑 剂			翻 转
跑步带					检 查	
控制器					清 洁 (吸 尘 器)	
马达			清 洁			

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! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this Treadmill:

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
2. Do not reach for a plug that has fallen into water. Unplug immediately.
3. Do not use while bathing or in a shower.
4. Do not place or store the treadmill where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons. Keep children away from extended back, foot support (or other similar parts).
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Important Safety Instructions

9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use.
15. The product should only be used on a level surface and is with 1x2 meters space around the product.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having 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 are in doubt as to whether the product is 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.

This product is rated more than 15 amperes and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Important Safety Instructions

CAUTION - Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

ATTENTION - Risque des blessures aux personnes - Pour éviter des blessures, avec une extrême prudence en marchant sur ou hors d'une ceinture mobile. Lisez le manuel d'instruction avant utilisation.

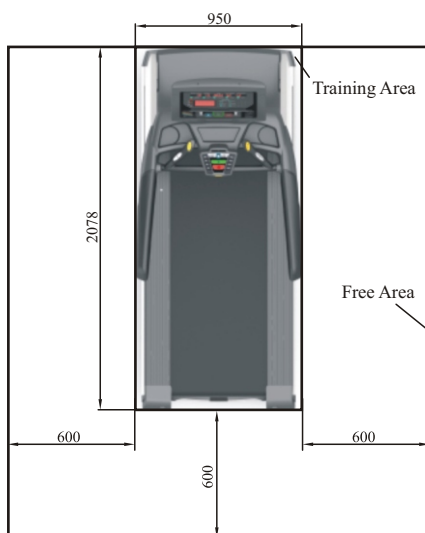
CAUTION - To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

ATTENTION - Pour réduire le risque de blessures des pièces mobiles - Débranchez avant l'entretien.

WARNING - To Reduce the Risk of Electric Shock - Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque du choc électrique - Débranchez avant le nettoyage ou l'entretien.

Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 180kg/ 400lbs

Product Total Surface: 2078*950 mm

Product Total Mass: 206.3kg/455lbs

Noise around the treadmill using.

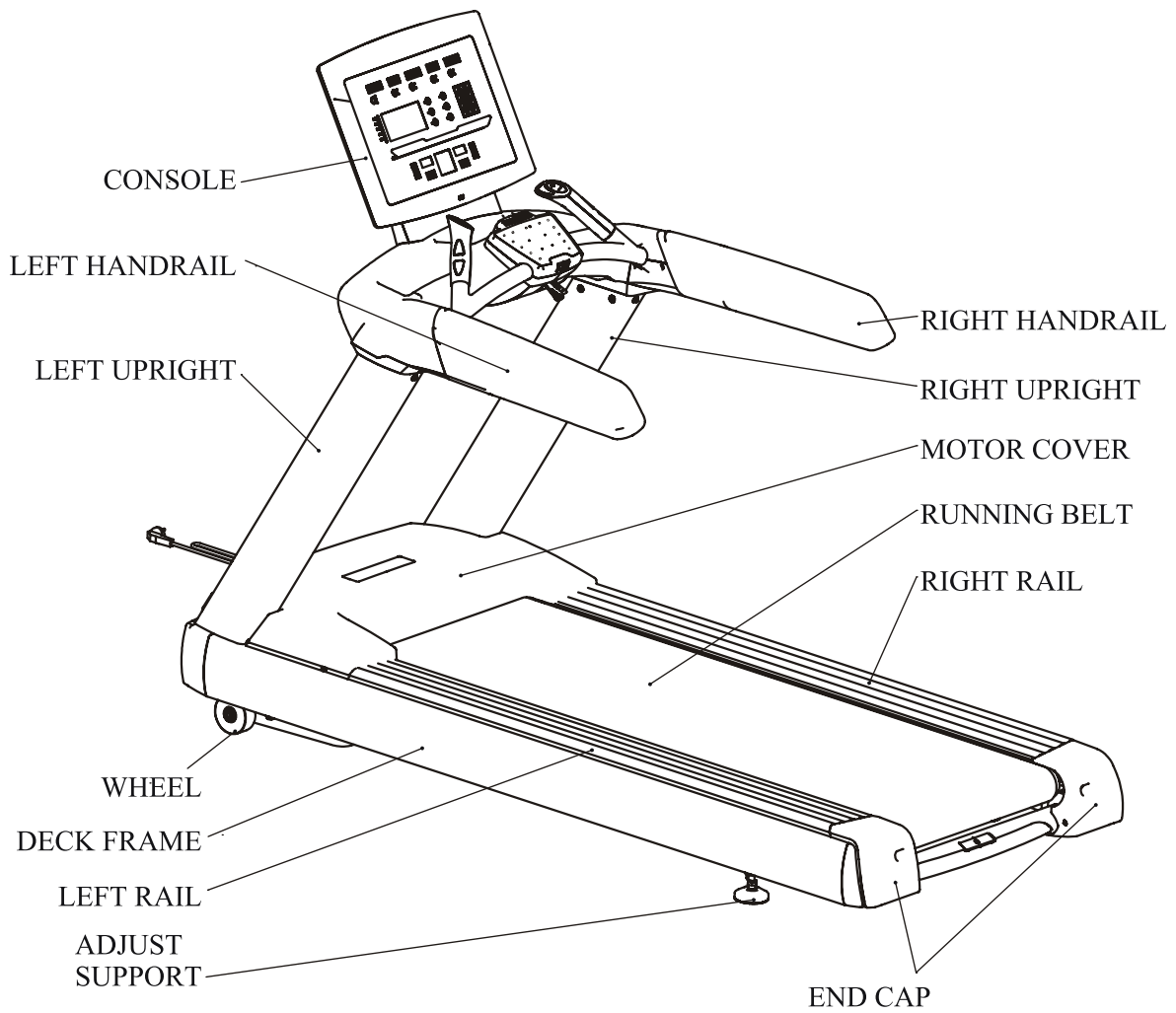
Noise emission under load is higher than without load.

Before You Start

Remember to take the time to review owner's manuals before you start.

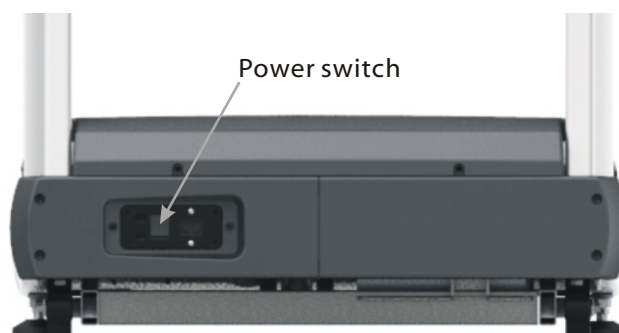
1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Main Parts List



Warning

Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

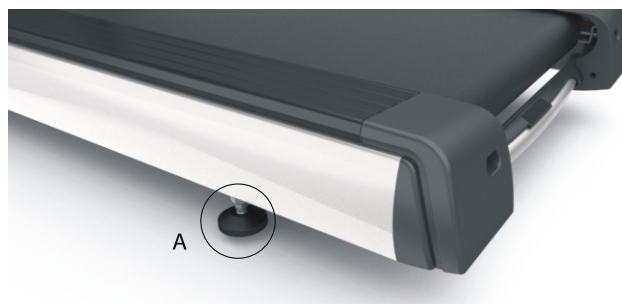


WARNING

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. In order to protecting your treadmill, spattering water on the machine must be forbidden.

Adjustment Machine

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a leveled place. After adjusting tighten the hex nut by using the double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:

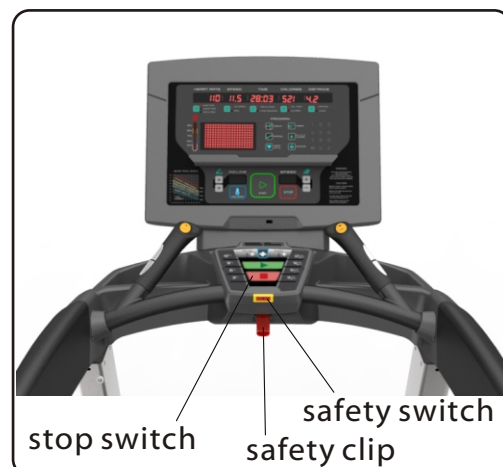
Exercise time: 30minutes----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph,
then increase speed accordingly.

Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will trigger the safety switch to stop.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

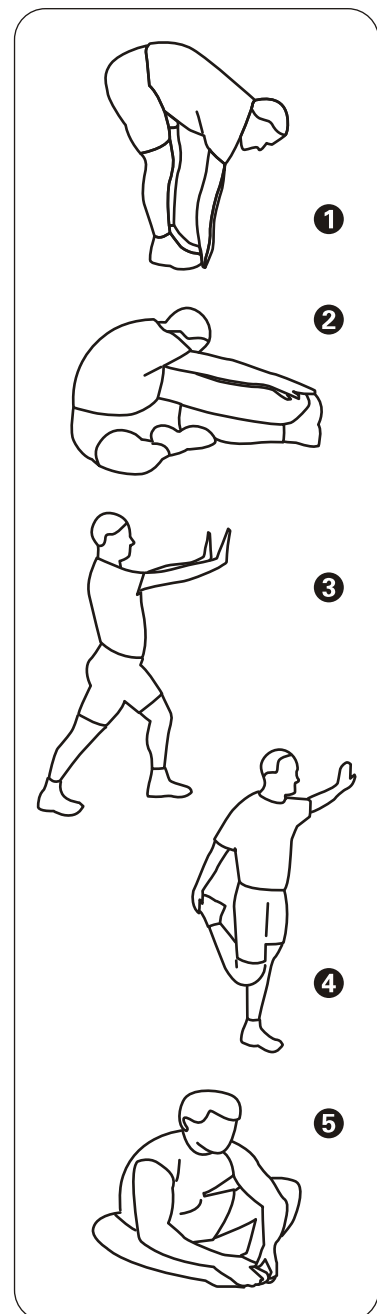
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

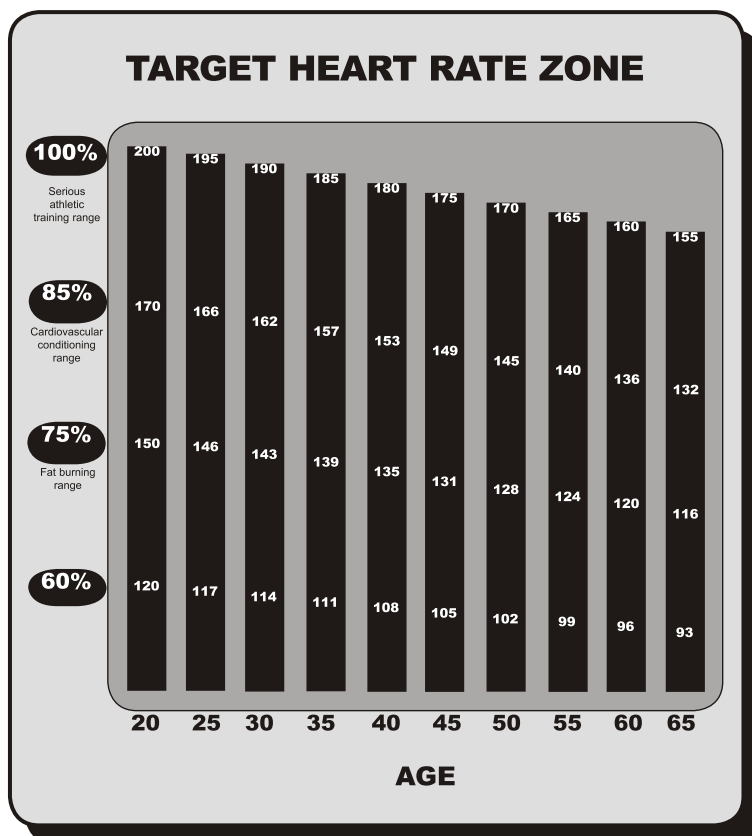
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



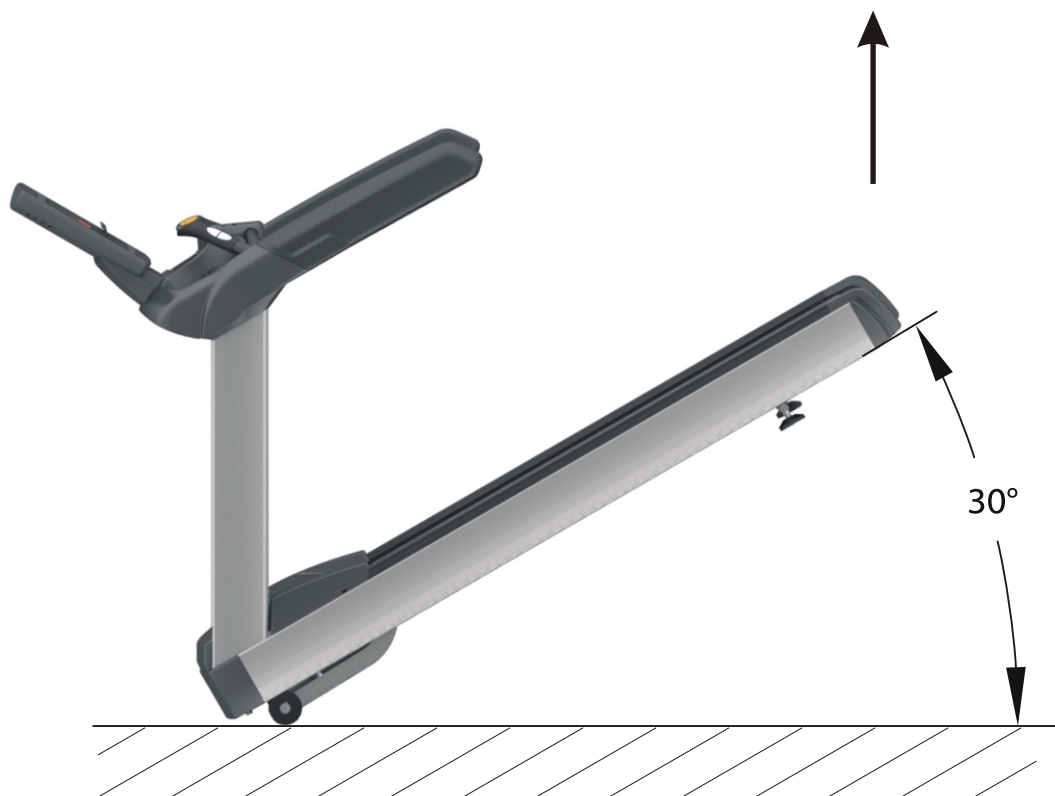
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 30 degrees when lifted the treadmill back.



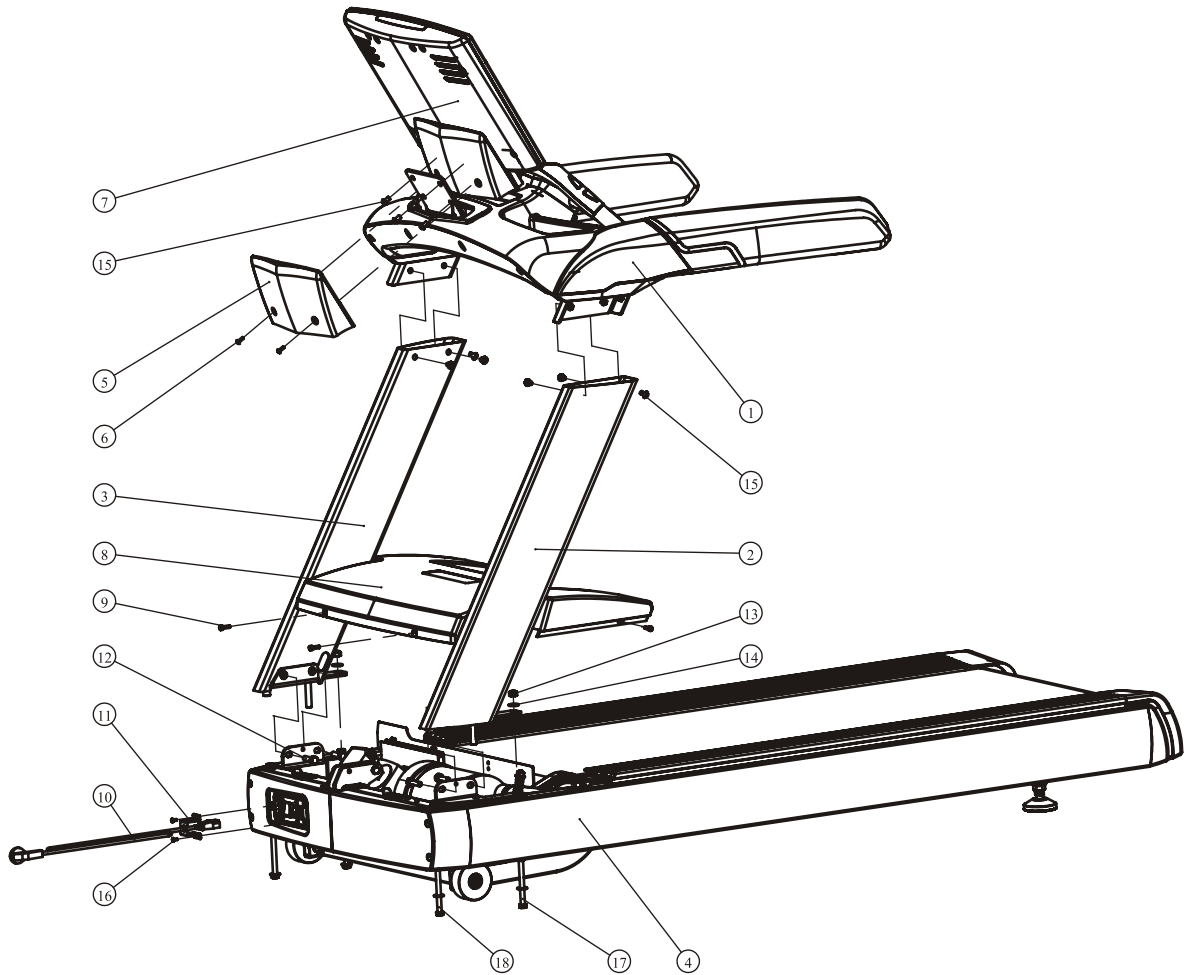
Parts List and Exploded View

Installation Instructions

Item No.	Grade No.	Part No.	Description	QTY
1	1	RT75001ASSY	Console Frame Assembly	1
2	2	RT7500200	Left Upright	1
3	3	RT7500300	Right Upright	1
4	4	RT75004-22WXASSY	Mainframe	1
5	7.6	RT7505300	Neck Back Cover	1
6	7.9	GB818M5*15DS2	Phillip Screw M5*15	10
7	7	RT75002ASSY	Console	1
8	4.35	RT7002000	Motor Cover	1
9	4.5	GB70M6*20DHS20	Socket Head Cap Screw M6*20	24
10	10	A01-6-CH	Power Wire	1
11	11	AC2970C1100	Power Wire Fixing Plate	1
12	12.1	GB9074.16M10*25DS20	Hex Head Bolt W/ Serrated Lock Washer M10*25	4
13	12.2	NM10DS2	Locknut M10	2
14	12.3	DQ10DS2A	Washer Φ 11* Φ 23*2	2
15	12.4	PNLJCM8*20N19	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*20	10
16	12.5	GB818M4*10DHS2	Phillip Screw M4*10	2
17	4.54	GB5780M10*165*40DS20	Hex Head Bolt M10*165	2
18	4.56	GB5780M10*180DHS2	Hex Head Bolt M10*180	2
19	4.61	L1600M50-SMA-8	Console Wire Down	1
20	1.3	L700SMY-8	Console Wire Middle	1
21	1.37	B153	Transit PCB	1
22	7.5.9	L300SMA-XHB-8	Console Wire Up	1
23	7.5.11	L400XHB-SMY-19	Connect Wire	1

Parts List and Exploded View

Installation Instructions



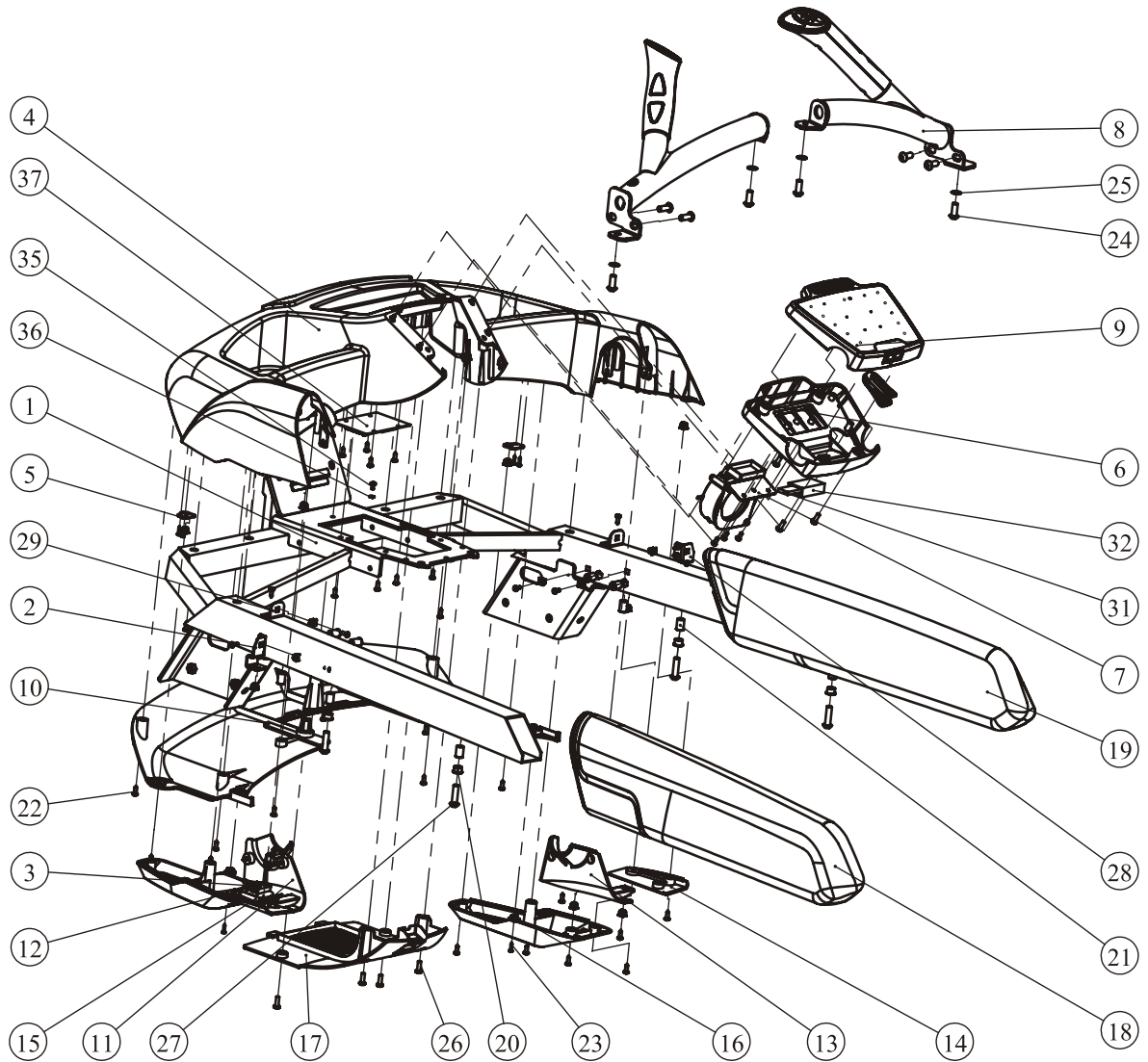
Parts List and Exploded View

Console Frame Assembly

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	RT7500100	Console Frame	1
2	1.2	RT7504100	Left Fixing Plate For Console Frame Bottom Cover	1
3	1.3	ECT74600	Plastic Clip Block	19
4	1.4	RT7505700	Console Frame Upper Casing	1
5	1.5	RT7504300	Fixing Plate For Console Frame Bottom Cover	2
6	1.6	RT7507200	Middle Controller Bottom Cover	1
7	1.7	RT75009ASSY	Fan Assembly	1
8	1.8	RT75012ASSY	Middle Handrail ASSY	1
9	1.9	RT75008ASSY	Middle Controller Upper Casing ASSY	1
10	1.10	RT7505800	Console Frame Bottom Casing	1
11	1.11	RT7505900	Left Handrail Lower Inside Cover	1
12	1.12	RT7506100	Left Handrail Lower Outside Cover	1
13	1.13	RT7506000	Right Handrail Lower Inside Cover	1
14	1.14	RT7506200	Right Handrail Lower Outside Cover	1
15	1.15	RT7506300	Decorative Cover For Left Upright	1
16	1.16	RT7506400	Decorative Cover For Left Upright	1
17	1.17	RT7506700	Cover For Maintain	1
18	1.18	RT7506500	Left Handrail	1
19	1.19	RT7506600	Right Handrail	1
20	1.20	ECU7P0400	Sleeve	4
21	1.21	GB17880.3M8*16.5DS17	Countersunk Head Hexagon Riveted Nuts M8	10
22	1.22	GB845ST4.2*13DS	Phillip Screw ST4.2*13	57
23	1.23	GB845ST2.9*13DS	Phillip Screw ST2.9*13	6
24	1.24	PNLM8*20DS2	Hexalobular Socket Pan Head Tapping Screw M8*20	8
25	1.25	GB861.28DS12	Serrated Lock Washers Φ 8	4
26	1.26	GB818M5*15DS2	Phillip Screw M5*15	8
27	1.27	PNLM8*30*30DS2	Hexalobular Socket Pan Head Tapping Screw M8*30	4
28	1.28	RT7504200	Right Fixing Plate For Console Frame Bottom Cover	1
29	1.29	RT7504000	Fixing Plate For Console Frame Upper Casing	2
30	1.30	L700SMY-8	Console Wire Middle	1
31	1.31	DQXTJS02	Receptor	1
32	1.32	AC32709906	The Receiver Cover	1
33	1.33	K1NF-55 (N)	Ferrite	1
34	1.34	08-0077	Ferrite	1
35	1.35	GB6560M4*8DSG	Phillip Screw M4*8	1
36	1.36	GB862.24DS12	Serrated Lock Washers Φ 4	1
37	1.37	B153	Transit PCB	1
38	1.38	SD3*150	Band Cable	4

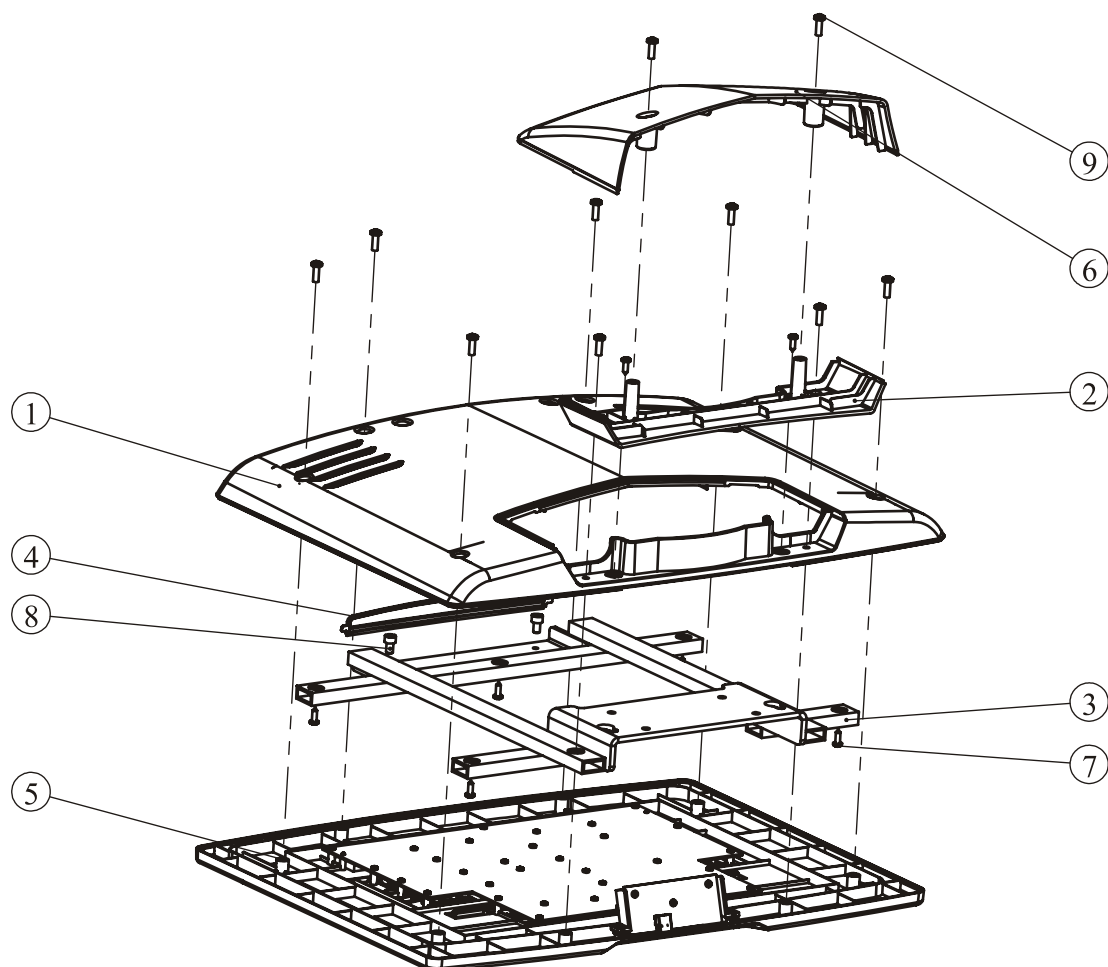
Parts List and Exploded View

Console Frame Assembly



Parts List and Exploded View

Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	RT7505100	Back Cover Of Console	1
2	7.2	RT7505200	Neck Front Cover	1
3	7.3	RT7502600	Bracket For Console	1
4	7.4	RT7508400	Upper Block For Back Cover Of Console	1
5	7.5	RT75006ASSY	Front Cover Of Console ASSY	1
6	7.6	RT7505300	Neck Back Cover	1
7	7.7	GB845ST4.2*13DS	Phillip Screw ST4.2*13	7
8	7.8	GB70M6*10DS2	Socket Head Cap Screw M6*10	2
9	7.9	GB818M5*15DS2	Phillip Screw M5*15	10

Parts List and Exploded View

Mainframe ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	4.1	RT75003-22ASSY	Deck Frame And Inverter Frame Assembly	1
2	4.2	AC32700636	Washer $\Phi 30 * \Phi 9 * 3$	6
3	4.3	PT3002800P294U	Bumper A	6
4	4.4	PT3002900P294U	Bumper B	2
5	4.5	AC3170B5200	Bumper	4
6	4.6	RT7501000	Dust Proof Plate	1
7	4.7	RT3002400	Deck	1
8	4.8	RT7501700CH	Running Belt	1
9	4.9	DXD270J12A	V-Belt	1
10	4.10	PT300H22ASSY	Front Roller And Jockey Pulley ASSY	1
11	4.11	RT7003300	Rear Roller	1
12	4.12	RT7508500	Insulation Bumper	1
13	4.13	RT7508000	Insulation Base A	3
14	4.14	RT7508100	Insulation Base B	1
15	4.15	D42-45-RDS	Motor	1
16	4.16	PT300H1400	Pothook	1
17	4.17	STDP4700	Spring For Jockey Pulley	1
18	4.18	AC32705800	Clip Nut M6	8
19	4.19	DQB PQ2.2-22-TD	Inverter	1
20	4.20	Q08	Filter	1
21	4.21	Q11	Inductance	1
22	4.22	RT75013-22ASSY	Switch Cover ASSY	1
23	4.23	RT90014ASSY	Left Side Rail Assembly	1
24	4.24	RT90015ASSY	Right Side Rail Assembly	1
25	4.25	RT7002700	Left Rear Decorative Cover	1
26	4.26	RT7002900	Middle Protective Cover	1
27	4.27	RT7002500	Left End Cap	1
28	4.28	RT7002800	Right Rear Decorative Cover	1
29	4.29	RT7002600	Right End Cap	1
30	4.30	RT7001100	Front Motor Cover Fixing L Plate	2
31	4.31	RT7001200	Motor Cover Fixing L Plate	2
32	4.32	RT7001400	Front Cover Fixing Plate	2

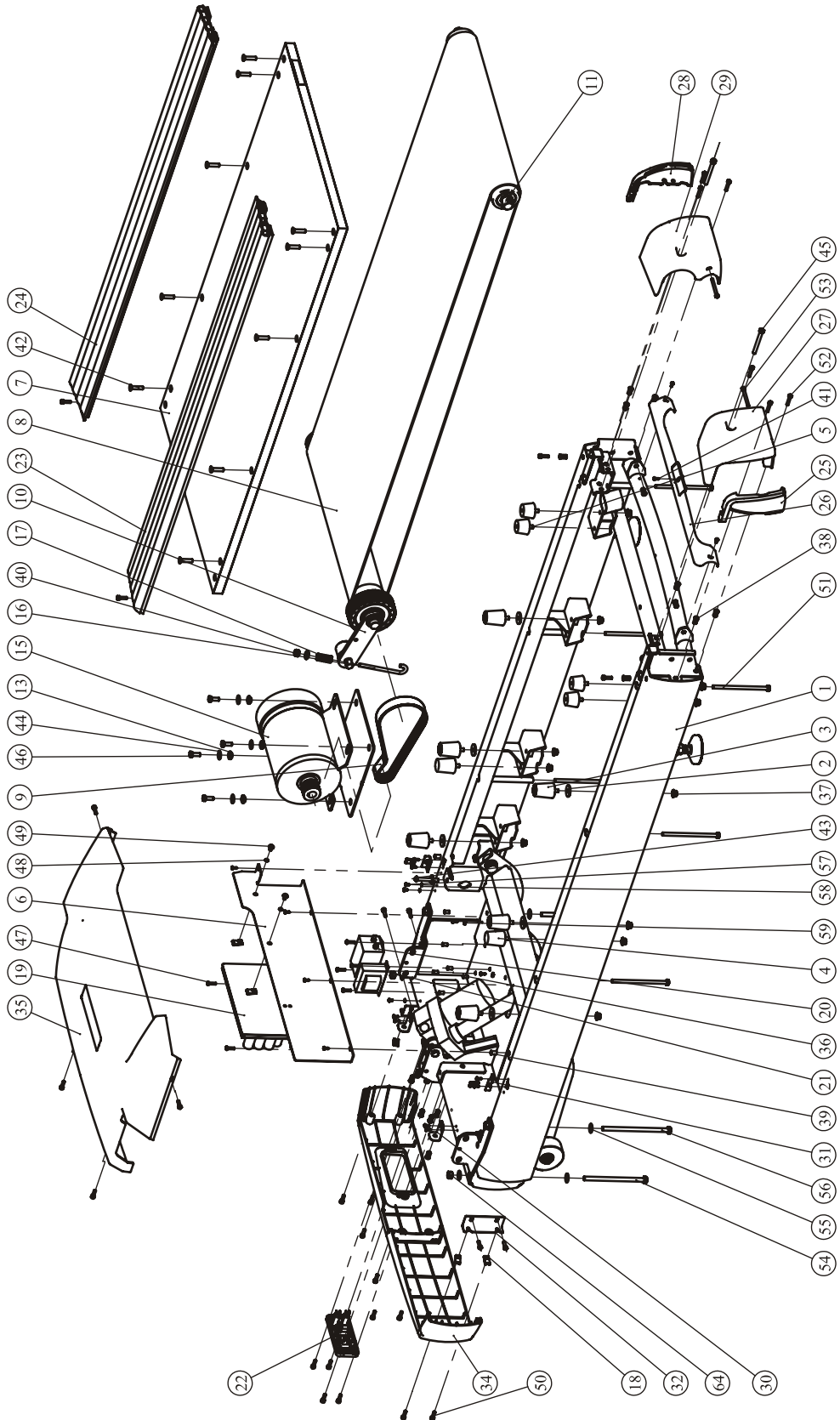
Parts List and Exploded View

Mainframe ASSY

Item No.	Grade No.	Part No.	Description	QTY
33	4.33	RT7002200	Right Front Decorative Cover	1
34	4.34	RT7002100	Left Front Decorative Cover	1
35	4.35	RT7002000	Motor Cover	1
36	4.36	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	6
37	4.37	STDP6800	Locknut M8	12
38	4.38	GB17880.5M6*16.5DS17	Flat Head Hexagon Riveted Nuts M6	18
39	4.39	GB17880.3M6*15DS17	Countersunk Head Hexagon Riveted Nuts M6	2
40	4.40	NM8DS2	Locknut M8	1
41	4.41	GB845ST4.2*13DS	Phillip Screw ST4.2*13	19
42	4.42	CNLM8*35DHS20NL	Hexagon Socket Countersunk Head Cap Head Screw M8*35	10
43	4.43	PNLM8*60DS20	Hexalobular Socket Pan Head Tapping Screw M8*60	1
44	4.44	DQ8DS2A	Washer $\Phi 9 * \Phi 22 * 2$	6
45	4.45	GB70M8*80*80DHS6	Socket Head Cap Screw M8*80	2
46	4.46	GB5780M8*25DS2NL	Hex Head Bolt M8*25	4
47	4.47	GB818M5*20DS2	Phillip Screw M5*20	6
48	4.48	GB936DHS12	Spring Washer $\Phi 6$	2
49	4.49	GB818M6*10DHS2	Phillip Screw M6*10	2
50	4.50	GB70M6*20DHS20	Socket Head Cap Screw M6*20	24
51	4.51	GB5780M8*150DS2	Hex Head Bolt M8*150	6
52	4.52	GB70M6*30DS4	Phillip Screw M6*30	6
53	4.53	GB70M6*60DS2	Socket Head Cap Screw M6*60	2
54	4.54	GB5780M10*165*40DS20	Hex Head Bolt M10*165	2
55	4.55	DQ10DS2A	Washer $\Phi 11 * \Phi 23 * 2$	6
56	4.56	GB5780M10*180DHS2	Hex Head Bolt M10*180	2
57	4.57	GB6560M4*8DSG	Phillip Screw M4*8	3
58	4.58	GB862.24DS12	Serrated Lock Washers $\Phi 4$	3
59	4.59	DQXK8.4	U-Shape Wires Clip	2
60	4.60	L500M42816-3	Connect Wire	1
61	4.61	L1600M50-SMA-8	Console Wire Down	1
62	4.62	LD2000	Protective Sleeve	1
63	4.63	SD3*150	Band Cable	4
64	4.64	GB41M10	Nut M10	4

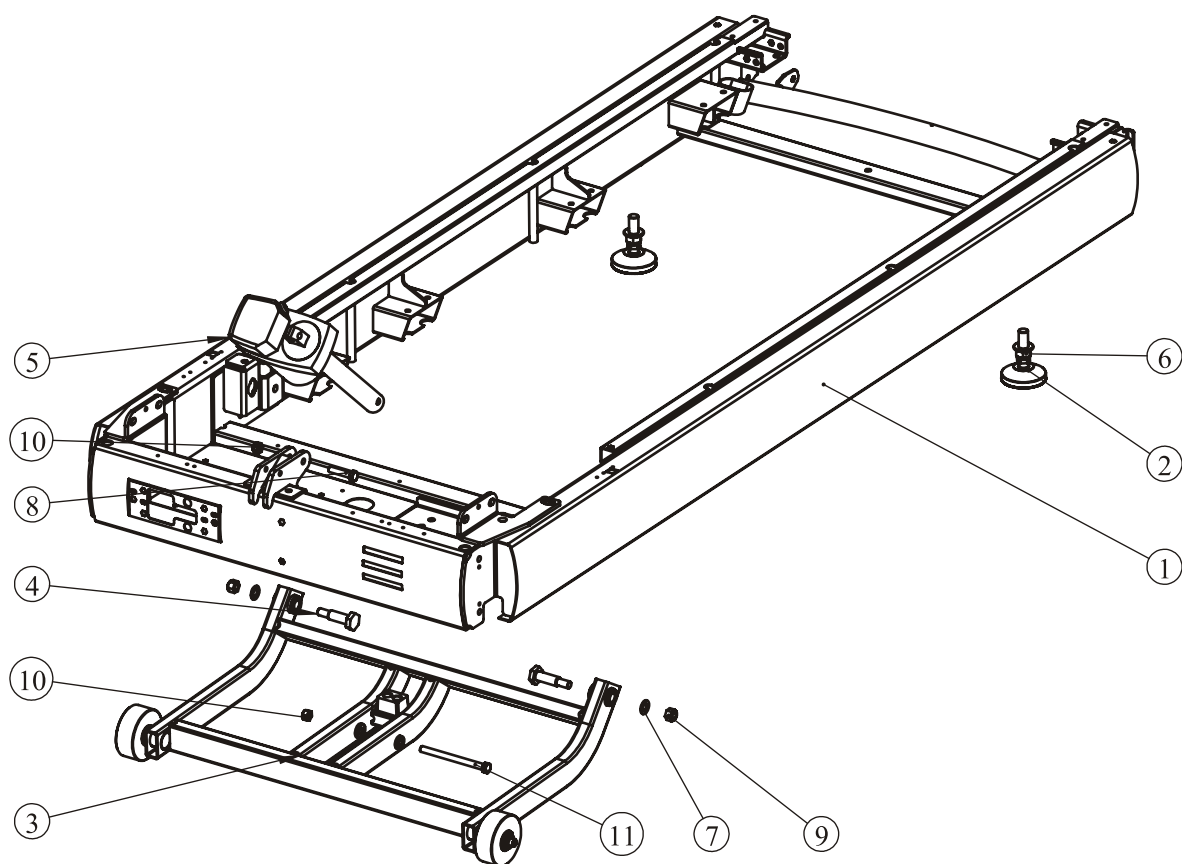
Parts List and Exploded View

Mainframe ASSY



Parts List and Exploded View

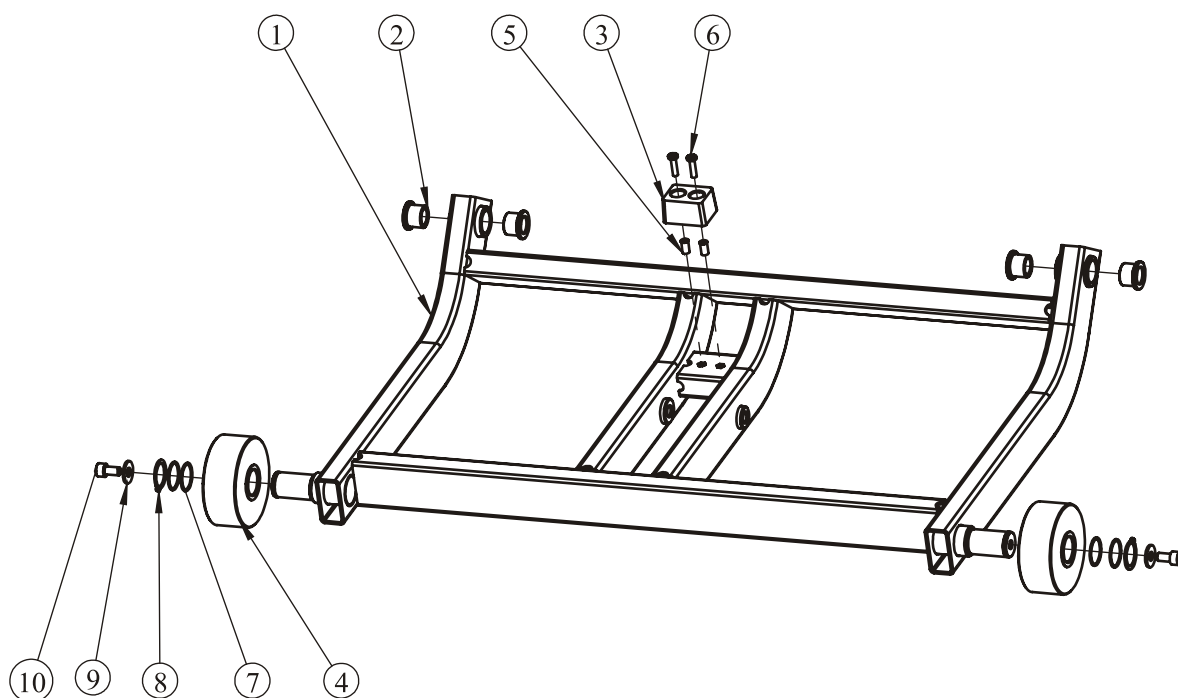
Deck Frame and Inverter Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1.1	RT7500400	Deck Frame	1
2	4.1.2	STDP3400	Adjust Support	2
3	4.1.3	RT75005ASSY	Inverter Frame ASSY	1
4	4.1.4	RT7001900	Hex Head Bolt M10*130	2
5	4.1.5	R37-22-RDS	Actuator	1
6	4.1.6	GB6177M16DS2	Hex Flange Nut M16	2
7	4.1.7	DQ12DS2A	Washer $\Phi 13 * \Phi 24 * 1.5$	2
8	4.1.8	NM12DS2	Locknut M12	2
9	4.1.9	GB5780M10*45DS20	Hex Head Bolt M10*45	1
10	4.1.10	NM10DS2	Locknut M10	2
11	4.1.11	GB5780M10*130DS20	Hex Head Bolt M10*130	1

Parts List and Exploded View

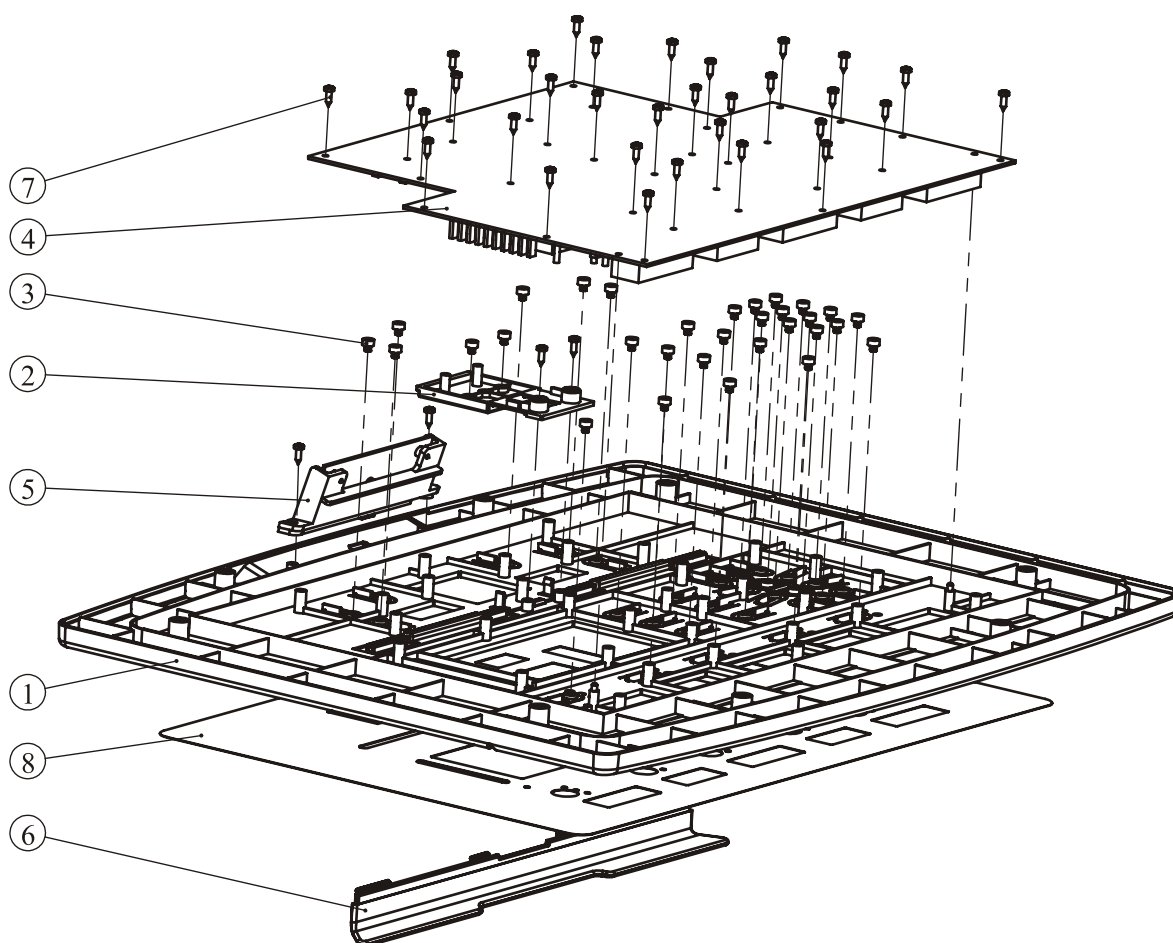
Inverter Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1.3.1	RT7500500	Inverter Frame	1
2	4.1.3.2	L1-6800	Neck Bush	4
3	4.1.3.3	IN-B75052000	Ground Bumper	1
4	4.1.3.4	DC29002200	Wheel	2
5	4.1.3.5	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	2
6	4.1.3.6	GB818M5*20DS2	Phillip Screw M5*20	2
7	4.1.3.7	DQ25DHS2B	Adjust Washer Φ 25	4
8	4.1.3.8	GB894.125FH12	Circlip For Shaft	2
9	4.1.3.9	DQ8DHS2A	Washer Washer Φ 9* Φ 28*2	2
10	4.1.3.10	GB70M8*15DHS4	Socket Head Cap Screw M8*15	2

Parts List and Exploded View

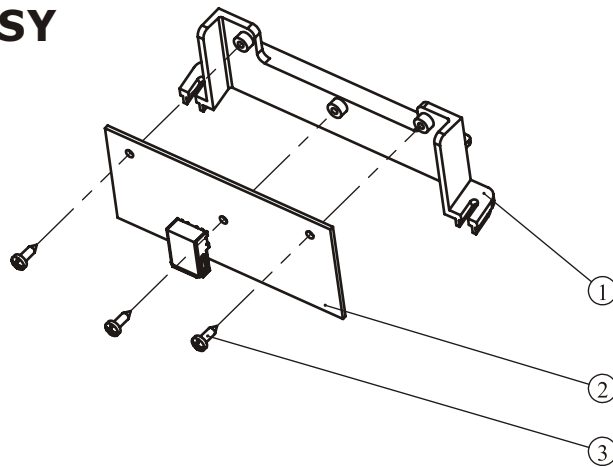
Front Cover of Console ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.5.1	RT7505000	Front Cover Of Console	1
2	7.5.2	RT7505400	Start Key On Console	1
3	7.5.3	ECT74800	Buffer Pad For Key	31
4	7.5.4	B151	Main PCB	1
5	7.5.5	RT75007ASSY	USB PCB ASSY	1
6	7.5.6	RT7505600	Holder For Magazine	1
7	7.5.7	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	36
8	7.5.8	RT750MM01	Console Overlay	1
9	7.5.9	L300SMA-XHB-8	Console Wire Up	1
10	7.5.10	L200XHB-XHB-4	Connect Wire For USB	1
11	7.5.11	L400XHB-SMY-19	Connect Wire	1

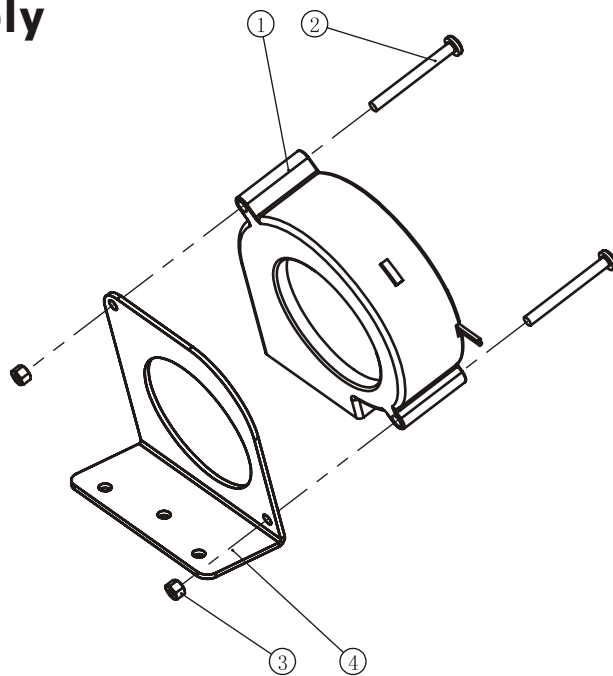
Parts List and Exploded View

USB PCB ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.5.5.1	RT7505500	Holder For USB PCB	1
2	7.5.5.2	B152	USB PCB	1
3	7.5.5.3	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	3

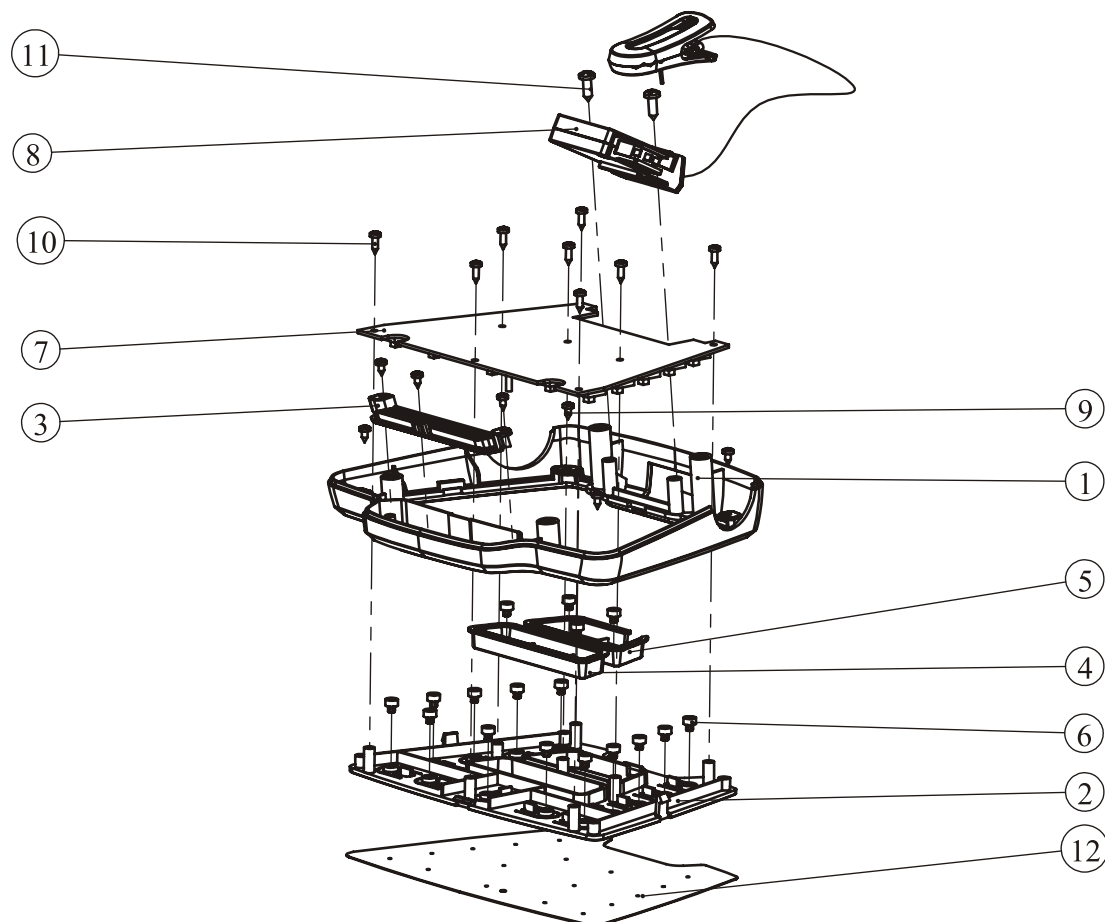
Fan Assembly



Item No.	Grade No.	Part No.	Description	QTY
1	1.7.1	P07	Fan	1
2	1.7.2	GB818M4*40DS2	Phillip Screw M4*40	2
3	1.7.3	GB41M4DS2	Nut M4	2
4	1.7.4	RT7504400	Bracket For Fan	1

Parts List and Exploded View

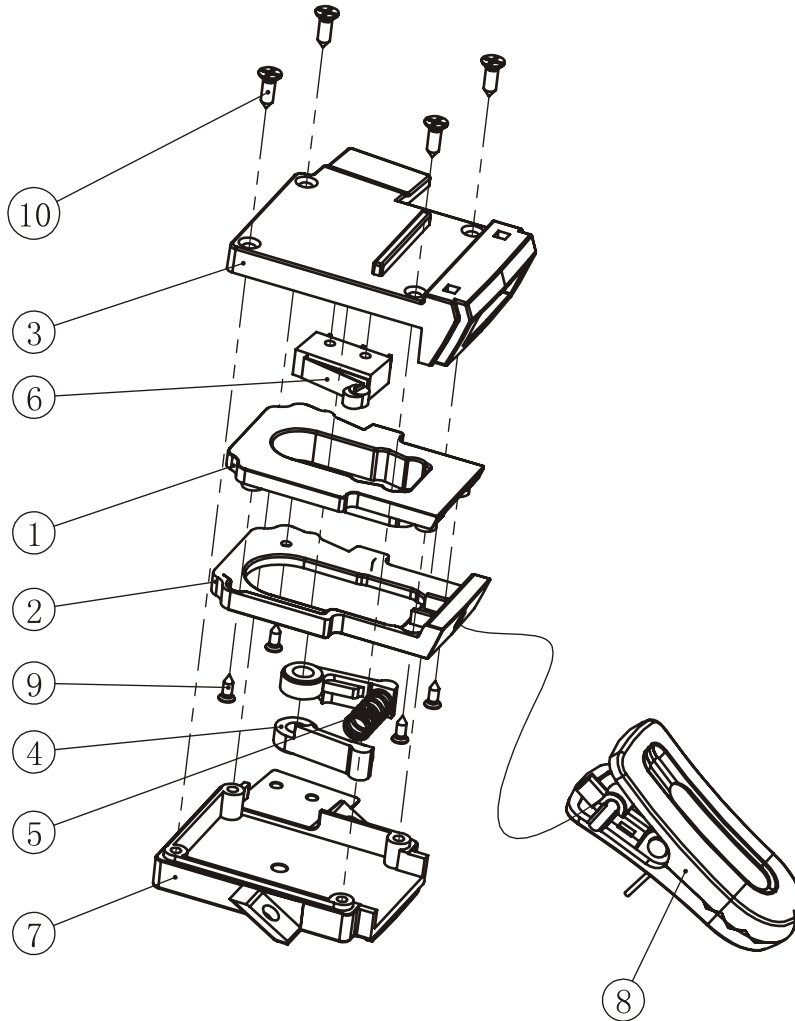
Middle Controller Upper Casing ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.9.1	RT7507100	Middle Controller Upper Casing	1
2	1.9.2	RT7506800	Middle Controller Key Casing	1
3	1.9.3	RT7508300	Air Duct Cover	1
4	1.9.4	RT7506900	Start Key	1
5	1.9.5	RT7507000	Stop Key	1
6	1.9.6	ECT74800	Buffer Pad For Key	17
7	1.9.7	B154	PCB For Middle Controller Upper Casing	1
8	1.9.8	RT75010ASSY	Emergency Switch ASSY	1
9	1.9.9	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	7
10	1.9.10	GB845ST2.9*9.5DS	Phillip Screw ST2.9*9.5	8
11	1.9.11	GB845ST4.2*13DS	Phillip Screw ST4.3*13	2
12	1.9.12	RT750MM02	A ZONE Overlay	1

Parts List and Exploded View

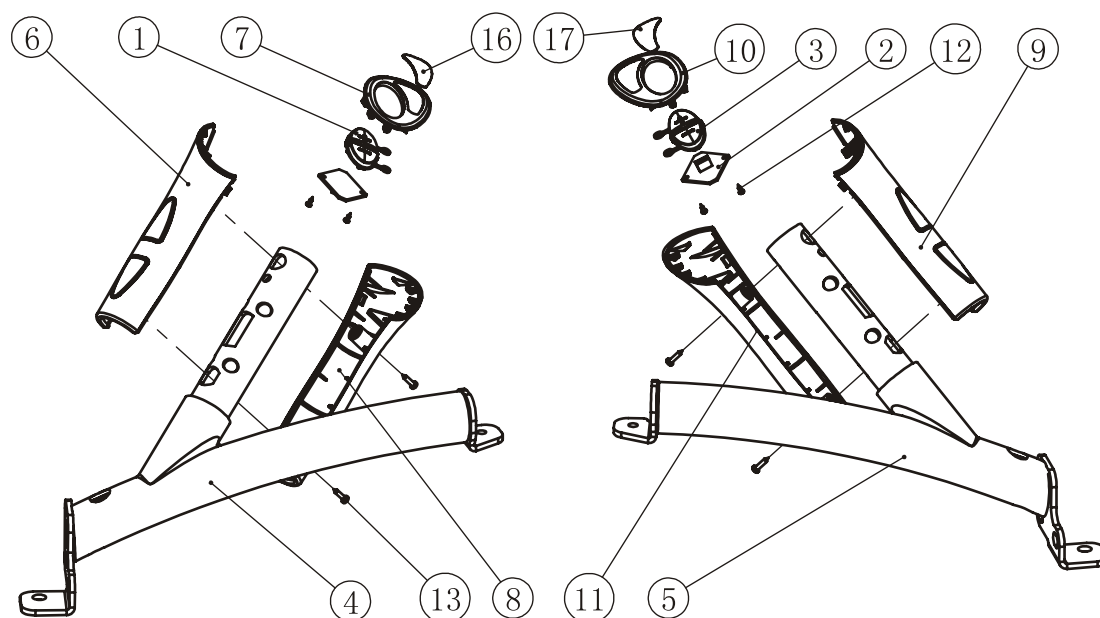
Emergency Switch ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.9.8.1	RT7507600	Upper Casing For Emergency Switch Pull Rope	1
2	1.9.8.2	RT7507700	Bottom Casing For Emergency Switch Pull Rope	1
3	1.9.8.3	RT7507400	Upper Casing For Emergency Switch	1
4	1.9.8.4	RT7507800	Locating Rod	2
5	1.9.8.5	RT7504900	The Pressure Spring	1
6	1.9.8.6	F83	Emergency Switch	1
7	1.9.8.7	RT7507500	Bottom Casing For Emergency Switch	1
8	1.9.8.8	STDP4012	Safe Key Clamp	1
9	1.9.8.9	GB846ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
10	1.9.8.10	GB846ST2.9*9.5DS	Phillip Screw ST2.9*9.5	4

Parts List and Exploded View

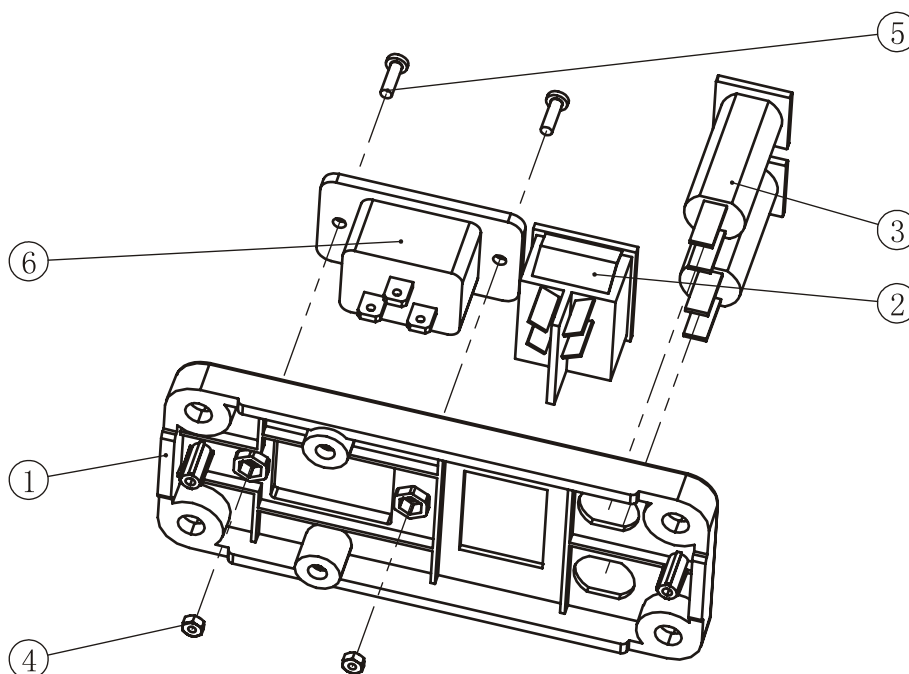
Middle Handrail ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.8.1	X17K	Incline Key	1
2	1.8.2	F31	Spd And Incl Pcb	2
3	1.8.3	X19K	Speed Key	1
4	1.8.4	RT7500600	Left Middle Handrail Bracket	1
5	1.8.5	RT7500700	Right Middle Handrail Bracket	1
6	1.8.6	X12RV1	Left Cover W/ Pulse Plate	1
7	1.8.7	X12T	Pulse Plate Top Cover	1
8	1.8.8	X12L	Pulse Plate Left Cover	1
9	1.8.9	X13RV1	Right Cover W/ Pulse Plate	1
10	1.8.10	X13T	Pulse Plate Top Cover	1
11	1.8.11	X13L	Pulse Plate Left Cover	1
12	1.8.12	GB845ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
13	1.8.13	GB845ST2.9*13N19	Phillip Screw ST2.9*13	4
14	1.8.14	L800XHB-XHP-6	Spd And Incl Connect Wire	1
15	1.8.15	L1000ST0-XHB-4	Pulse Connect Wire	1
16	1.8.16	RT700TZ02	Sticker For Incl	1
17	1.8.17	RT700TZ01	Sticker For Spd	1
18	1.8.18	K1NF-55 (N)	Ferrite	2

Parts List and Exploded View

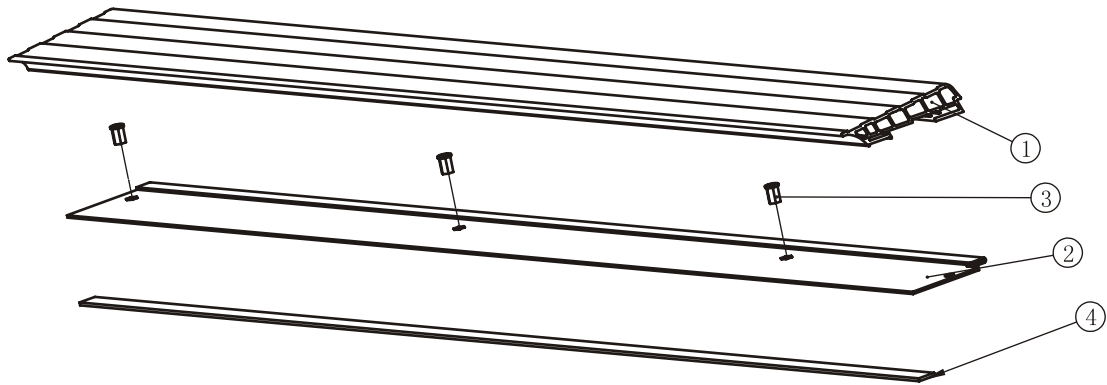
Switch Cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.22.1	RT7003000	Switch Cover	1
2	4.22.2	F23	Power Switch	1
3	4.22.3	Z13	Power Outlet	1
4	4.22.4	13-0009	Fuse	2
5	4.22.5	GB41M3DS2	Nut M3	2
6	4.22.6	GB818M3*10DS2	Phillip Screw M3*10	2
7	4.22.7	740-6016	Earth Wire	1
8	4.22.8	L100AMP175022-1-L-14	Connect Wire	2
9	4.22.9	L100AMP175022-1-N-14	Connect Wire	2
10	4.22.10	08-0077	Ferrite	1
11	4.22.11	L400AMP175022-1-N-14	Connect Wire	1

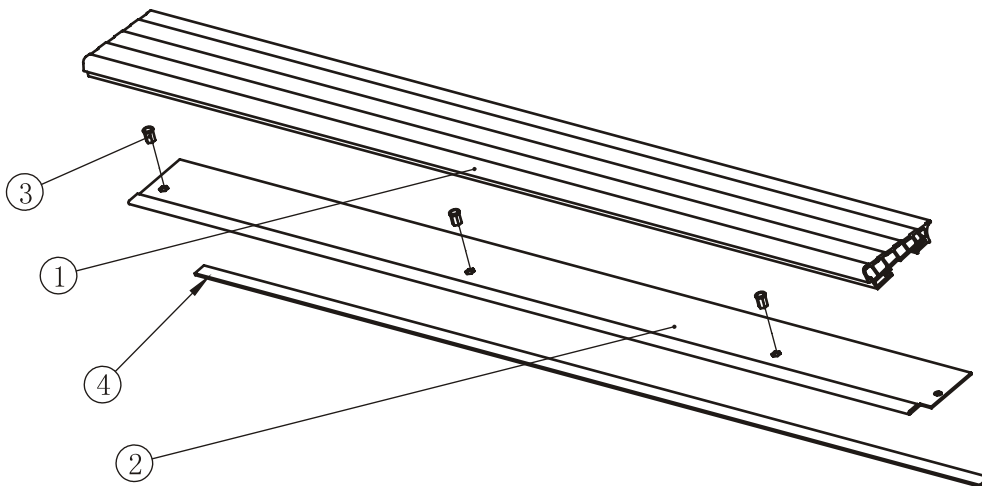
Parts List and Exploded View

Left Side Rail Assembly



Item No.	Grade No.	Part No.	Description	QTY
1	4.23.1	RT7007200	Left Side Rail	1
2	4.23.2	RT7007400	Frame For Left Side Rail	1
3	4.23.3	CRDMJ20*3*1000	Single Sided Adhesive	1
4	4.23.4	GB17880.5M8*16.5DCS17	Flat Head Hexagon Riveted Nuts M8	3

Right Side Rail Assembly



Item No.	Grade No.	Part No.	Description	QTY
1	4.24.1	RT7007300	Right Side Rail	1
2	4.24.2	RT7007500	Frame For Right Side Rail	1
3	4.24.3	CRDMJ20	Single Sided Adhesive	1
4	4.24.4	GB17880.5M8*16.5DCS17	Flat Head Hexagon Riveted Nuts M8	3

Console Panel Functions

Console Panel Function

Rated Voltage:	220-240V~ 50/60Hz
Rated Power:	3000W
Speed Range:	1-25km/h
Incline Range:	0-15%
Display:	SPEED, INCLINE, HEART RATE, %HEART RATE, AVG SPEED, PACE, TIME, CALORIES, CAL/HOUR, DISTANCE, STEPS, DOT MATRIX

1. Console Overview



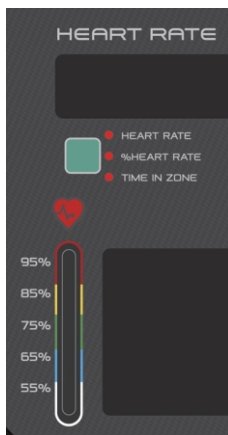
Console Panel Functions

2. Programs & Keyboard



Program includes Manual, Cardio, Interval, Burn Cardio, Heart rate, Advanced. The keyboard to input Age or Weight data based on program selected.

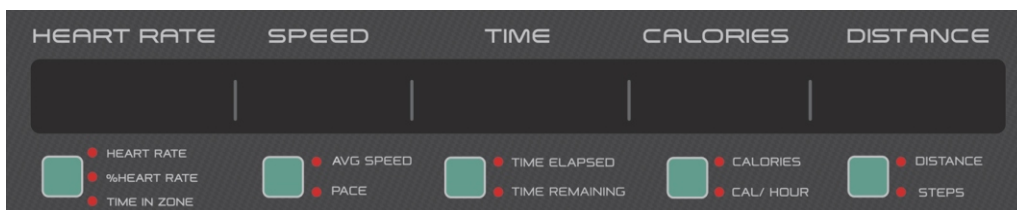
3. Heart Rate Zone



The heart rate column indicate the heart intensity while the led window is showing heart rate number.

There are 10 LED lights composed the upright column, the heart rate lights depend on the AGE inputted, the maximum heart rate data equal to the number that 220 deducts AGE.

4. Upper LED + display controls



Console Panel Functions

4.1 The default display for above windows is always: HEART RATE, AVG SPEED, TIME ELAPSED, CAORIES, DISTANCE.

4.2 If user pressed the shift buttons on the left, the data will be changed accordingly.

HEART RATE -> % HeartRate -> TIME IN ZONE (loop through per press)

AVG SPEED -> PACE

TIME ELAPSED -> TIME REMAINING

CALORIES -> CAL/HOUR

DISTANCE -> STEPS

5. User control buttons



5.1 COOL DOWN

Press once, Speed drop by 50%, incline drop by 50%.

5.2 INCLINE ADJUSTMENT

Press the up arrow and down arrow buttons of console to adjust the incline by 1.

5.3 START

Press once when outside of a program.

LEFT LED displays "3", "2", "1".

Belt starts moving.

5.4 STOP

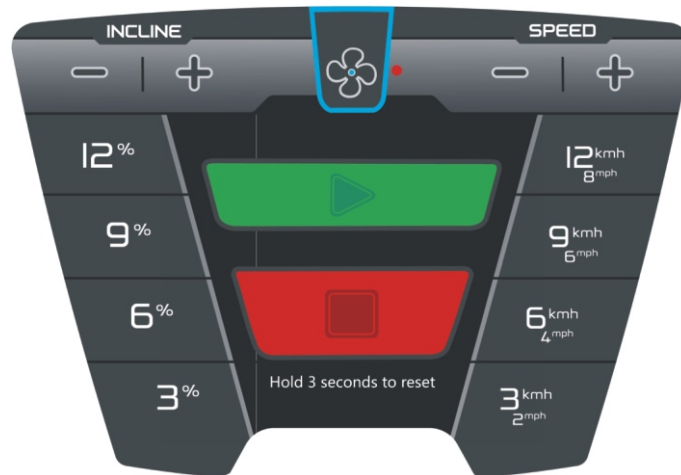
Press the button and Speed will drop to 0, every other window remains unchanged.

5.5 SPEED ADJUSTMENT

Press the + button and - button to adjust the speed by 0.1.

Console Panel Functions

6. A-ZONE



6.1 START

Press once when outside of a program.

LED displays "3", "2", "1".

Belt starts moving.

6.2 STOP

Press once, Speed drop to 0, every other window remains un-changed.

Hold for 3 seconds, console resets.

6.3 INCLINE ADJUSTMENT

Press the + button and - button of A-ZONE to adjust the incline by 1.

6.4 SPEED ADJUSTMENT

The A-ZONE speed adjustment changed by 0.5, finger control changed by 1.

Press STOP button of A-ZONE for 3 seconds to reset.

6.5 INCLINE INSTANT

3, 6, 9, 12 go to selected incline angle directly.

6.6 SPEED INSTANT

3, 6, 9, 12 go to selected speed directly.

7. USB port

USB port can provide 5V/2A power supply, for mobile phones or appliances with USB port.

Console Panel Functions

Console operation

When console turns on or after reset:

The LEFT LED windows Displays version Number, Then it will scroll logo, The LEFT LED windows scrolls "PRESS ► TO QUICK START OR SELECT PROGRAM TO LAUNCH".

1 If Manual is selected

- 1.1 LEFT LED scrolls "MANUAL MODE: ENTER WEIGHT".
- 1.2 LEFT LED flash displays "70 KG".
- 1.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 1.4 Press ✓ or ► to confirm.
- 1.5 LEFT LED scrolls "ENTER TIME".
- 1.6 LEFT LED displays "20 MINS".
- 1.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 1.8 Press ✓ or ► to confirm.
- 1.9 LEFT LED displays "3", "2", "1".
- 1.10 Belt starts moving.

2 If Cardio is selected

- 2.1 LEFT LED scrolls "CARDIO MODE: ENTER WEIGHT".
- 2.2 LEFT LED flash displays "70 KG".
- 2.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 2.4 Press ✓ or ► to confirm.
- 2.5 LEFT LED scrolls "ENTER TIME".
- 2.6 LEFT LED flash displays "20 MINS".
- 2.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 2.8 Press ✓ or ► to confirm.
- 2.9 LEFT LED displays "3", "2", "1".
- 2.10 Belt starts moving.

Console Panel Functions

3 If Interval is selected

- 3.1 LEFT LED scrolls "INTERVAL MODE: ENTER WEIGHT".
- 3.2 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.3 Press ✓ or ► to confirm.
- 3.4 LEFT LED scrolls "ENTER TIME".
- 3.5 LEFT LED flash displays "20 MINS".
- 3.6 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.7 Press ✓ or ► to confirm.
- 3.8 LEFT LED scrolls "ENTER LOWER SPEED LIMIT".
- 3.9 LEFT LED flash displays "8".
- 3.10 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.11 Press ✓ or ► to confirm.
- 3.12 LEFT LED scrolls "ENTER UPPER SPEED LIMIT".
- 3.13 Lower LED flash displays "10".
- 3.14 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 3.15 Press ✓ or ► to confirm.
- 3.16 LEFT LED displays "3", "2", "1".
- 3.17 Belt starts moving.

4 If Burn Calories is selected

- 4.1 LEFT LED scrolls "BURN CALORIES MODE: ENTER MAX SPEED".
- 4.2 LEFT LED flash displays "10".
- 4.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 4.4 Press ✓ or ► to confirm.
- 4.5 LEFT LED scrolls "ENTER MAX INCLINE".
- 4.6 Lower LED flash displays "10".
- 4.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.
- 4.8 Press ✓ or ► to confirm.
- 4.9 LEFT LED displays "3", "2", "1".
- 4.10 Belt starts moving.

Console Panel Functions

5 If Heart Rate is selected

LEFT LED scrolls "HEART RATE TRAINING: 65%HR".

LEFT LED scrolls: "PRESS ✓ or ► TO SELECT. OR USE KEYBOARD TO INPUT 75% 85%".

LEFT LED displayed according to the figure inputted: 75%HR, 85%HR.

Press ✓ or ► to select:

5.1 If 65% is selected

5.1.1 LEFT LED scrolls "65%HR: ENTER WEIGHT".

5.1.2 Lower LED flash displays "70 KG".

5.1.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.4 Press ✓ or ► to confirm.

5.1.5 LEFT LED scrolls ENTER TIME.

5.1.6 LEFT LED flash displays "20 MINS".

5.1.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.8 Press ✓ or ► to confirm.

5.1.9 LEFT LED scrolls ENTER AGE.

5.1.10 LEFT LED flash displays "40".

5.1.11 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

5.1.12 Press ✓ or ► to confirm.

5.1.13 LEFT LED displays "3", "2", "1".

5.1.14 Belt starts moving.

5.2 If 75% is selected

LED scrolls "75%HR: ENTER WEIGHT".

Same as above.

5.3 If 85% is selected

LED scrolls "85%HR: ENTER WEIGHT".

Same as above.

Console Panel Functions

6 If Advanced is selected

6.1 LEFT LED scrolls "ADVANCED MODE: ENTER AGE 40".

6.2 LEFT LED flash displays "40".

6.3 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.4 Press ✓ or ► to confirm.

6.5 LEFT LED displays "ENTER HIGH INTENSITY INTERVAL HEART RATE 90%".

6.6 LEFT LED flash displays "90%".

6.7 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.8 Press ✓ or ► to confirm.

6.9 LEFT LED displays "ENTER DURATION OF HIGH INTENSITY INTERVAL 60 SECONDS".

6.10 LEFT LED flash displays "60 S".

6.11 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.12 Press ✓ or ► to confirm.

6.13 Lower LED displays "ENTER RECOVERY INTERVAL HEART RATE 65%".

6.14 LEFT LED flash displays "65%".

6.15 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.16 Press ✓ or ► to confirm.

6.17 LEFT LED displays "ENTER DURATION OF RECOVERY INTERVAL 30 SECONDS".

6.18 LEFT LED flash displays "30 S".

6.19 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.20 Press ✓ or ► to confirm.

6.21 Lower LED displays "ENTER NUMBER OF INTERVALS 8".

6.22 LEFT LED flash displays "8".

6.23 Use KEYBOARD OR Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

6.24 Press ✓ or ► to confirm.

6.25 LEFT LED displays "3", "2", "1".

6.26 Belt starts moving.

Console Panel Functions

- 6.27 LEFT LED Displays "WARM UP, THEN TO START 1ST INTERVAL".
- 6.28 LEFT LED Display "HEIGHT INTENSITY INTERVAL 1 OF X" (X is number of intervals set by user). Speed level goes up until the high intensity interval heart rate set is reached. Start 1st high intensity interval duration.
- 6.29 After 1st high intensity interval duration is over, the recovery interval starts.
- 6.30 LEFT LED Display "RECOVERY INTERVAL 1 of X" (X is number of intervals set by user). Start recovery interval duration. Speed level is lowered until recovery interval heart rate set is reached.
- 6.31 Intervals are repeated until the number of intervals set by user is reached.
- 6.32 LEFT LED Display "COOL DOWN PROCESSING, PRESS STOP TO END". Speed and incline level is the same as the Speed and incline level of the last recovery interval.
- 6.33 Press STOP key.
- 6.34 Program end.

7 Monitoring Personal mode

If the runner left the treadmill for 60 seconds, the machine will automatically stop and reset. The warning message starts circling showing at the time of 50 seconds after the leaving "NO USER DETECTED, STOPPING IN 10 SECONDS".

8 Elevation auto. adjust mode

- 8.1 Press & Hold console "Incline +/-" and "Speed +/-" four buttons at the same time for 3sec. then Through auto. adjust mode.
- 8.2 Waiting for the finish.

9 SI switch ENG mode

- 9.1 Pull out safety switch.
- 9.2 Press START key three times & hold.
- 9.3 Reset the safety switch after 3 sec.
- 9.4 Release the START key.
- 9.5 Using "speed +/-" adjust SI or ENG (SI-metric , ENG-imperial).
- 9.6 Press ✓ to confirm.
- 9.7 Press the START key to exit.

Console Panel Functions

10 Treadmill Error Messages

10.1 Communication Error message: ER01

- 10.1.1 Check console and the main communication cable connection.
- 10.1.2 Check inverter and the main communication cable connection.
- 10.1.3 Replace inverter.
- 10.1.4 Replace console.

10.2 Elevation Error messages: ER02

- 10.2.1 Elevation auto. Sense mode.
- 10.2.2 Connection check.
- 10.2.3 Elevation control PCB LED check.
- 10.2.4 actuator check or replace.

10.3 Over current message: ER04

- 10.3.1 connection check.
- 10.3.2 lubrication.
- 10.3.3 running deck check.
- 10.3.4 running belt check.
- 10.3.5 check if overload.
- 10.3.6 main motor check or replace.
- 10.3.7 inverter check or replace.

10.4 Lower voltage message: ER05

- 10.4.1 Check power AC 220-240V(110-120V).

10.5 Over load message: ER06

- 10.5.1 motor connection check.
- 10.5.2 lubrication.
- 10.5.3 running deck check.
- 10.5.4 running belt check.
- 10.5.5 overload.
- 10.5.6 main motor check or replace.
- 10.5.7 inverter check or replace.

Console Panel Functions

10.6 Emergency stop message: ER07

10.6.1 Reset SAFETY switch then press STOP button.

10.6.2 check the mechanical structure.

10.6.3 connection check.

10.6.4 safety key check or replace.

10.6.5 console PCB check or replace.

10.7 The console no power

10.7.1 Check the power voltage by using voltage-meter to see if it is within 220-240V.

10.7.2 The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch.

10.7.3 Inspect the circuit breaker to see if it has tripped off. If it is tripped off, reset the breaker. And check which part is short-circuited. Then replace the short-circuited part.

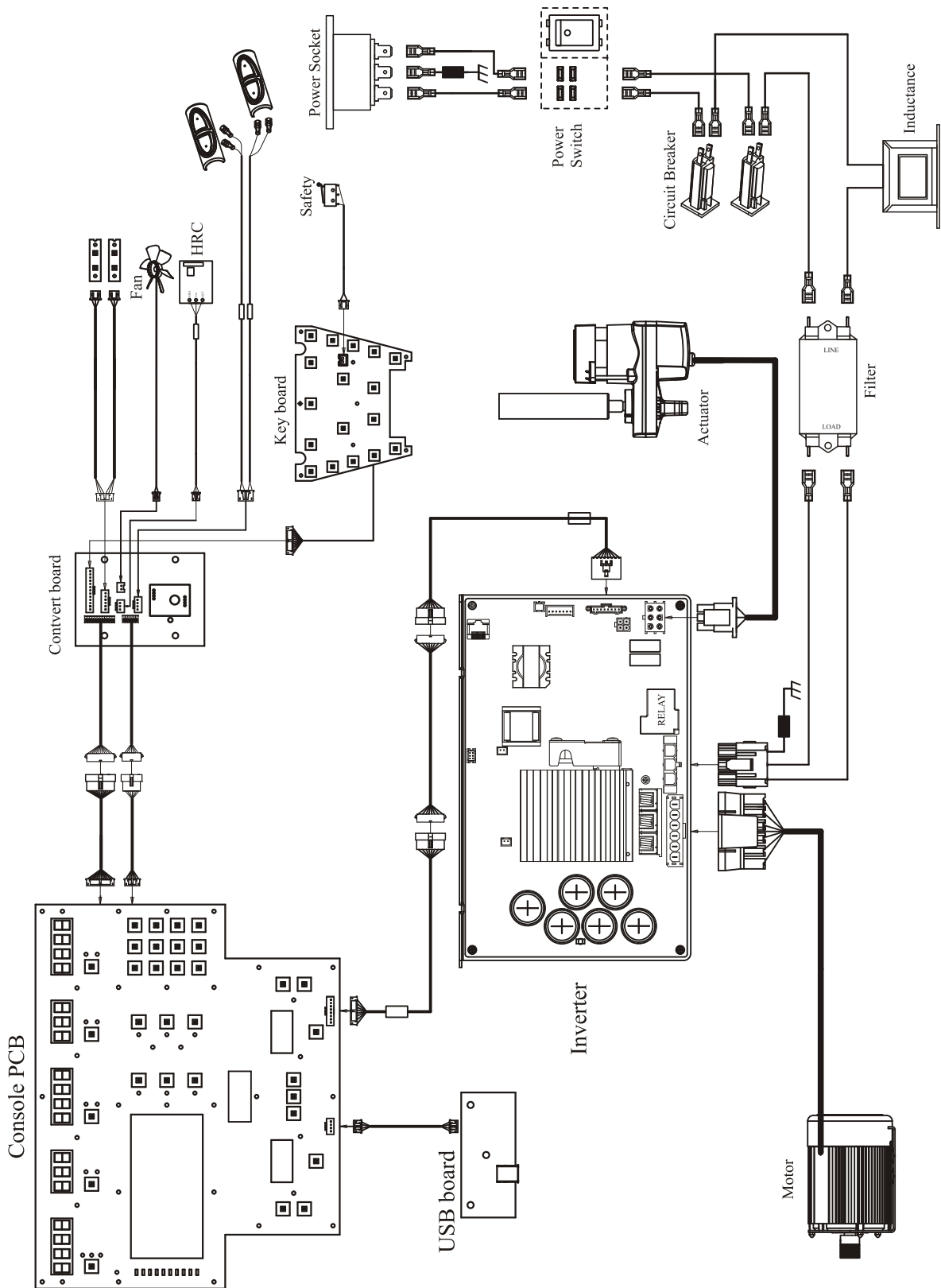
10.7.4 Check the communication cable and console connection.

10.7.5 Check the communication cable and inverter connection.

10.7.6 Replace the communication cable.

10.7.7 Replace the power cable.

Electrical Connection



Belt Adjustment and Maintenance

1. Running Belt Adjustment

Caution

Over-tightening of the roller will severely shorten the life of the running belt and may cause further damage to other components (such as Roller, Motor etc.). Speed of Running Belt don't exceed 4KMH, during adjustment.

1.1 Adjust Running Belt in center of treadmill

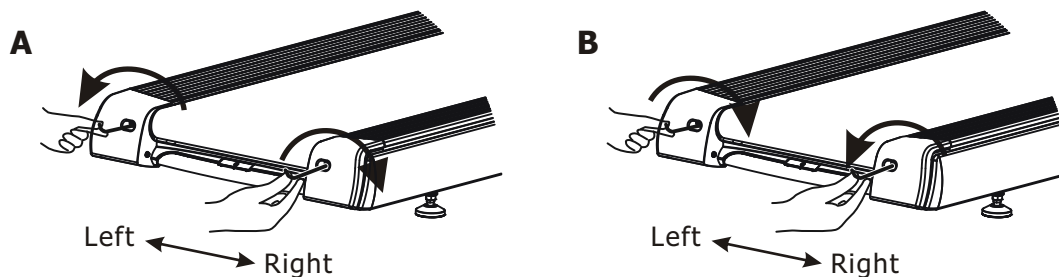
Running belt is possible off normal while using for period of time or just use a new treadmill, solution of two situations are as following:

A. Running belt is deviation to right

Tension (Clockwise direction) right bolt or loose (Anticlockwise direction) left bolt of rear roller with a 6mm Allen wrench as below figure.

B. Running belt is deviation to left

Tension left bolt or loose right bolt of rear roller with a 6mm Allen wrench as below figure.

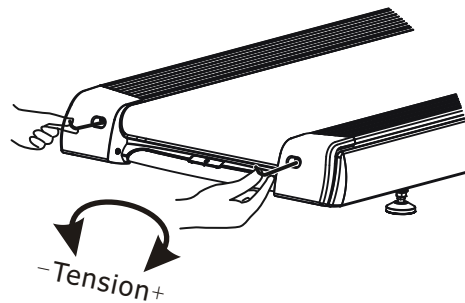


1.2 Running Belt tension

When you plant your foot on the belt, if you can feel a slipping sensation then the belt has been stretched and is slipping across the rollers, which is a normal and common adjustment is needed on a new treadmill or using for period of time. Tension both the Allen bolts of rear roller **1/4 TURN** as below figure to eliminate this slipping. Try the treadmill again to check for slipping. Repeat if necessary, but **NEVER TURN the roller bolts more than 1/4 turn at one times.**

Perfect tension of running belt is 0.9~1.1 lbs.

Belt Adjustment and Maintenance



2 CLEANING

Warning! To prevent electrical shock, be sure the power is turned off and disconnect plug from socket before attempting any cleaning or maintenance.

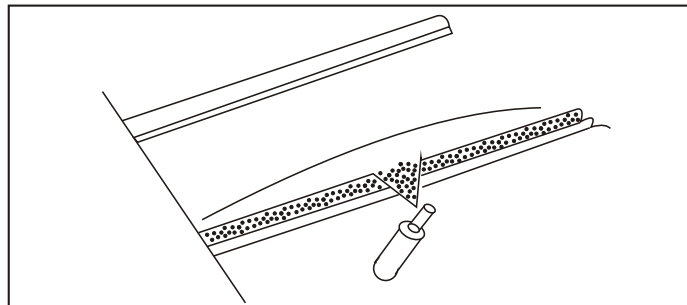
Routine maintenance and cleaning for your unit will keep good function and extend the life of your unit.

Please wipe off the console and other treadmill surfaces perspiration and dust with a clean, dampened soft cloth after workout.

3. LUBRICATION

It is recommended that the walking board be checked periodically (around 3 months) for lubrication to ensure optimal treadmill performance.

Using hex lift the belt and insert the silicone about 20 grams to spray smoothly (adjust belt without slipping after lubrication).



Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Console Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Safety Switch</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>V Belt</i>				Clean	Inspect	
<i>Running Deck</i>			Re-Lubricating and inspect			Flip
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		

impulse™

青岛英派斯健康科技股份有限公司

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