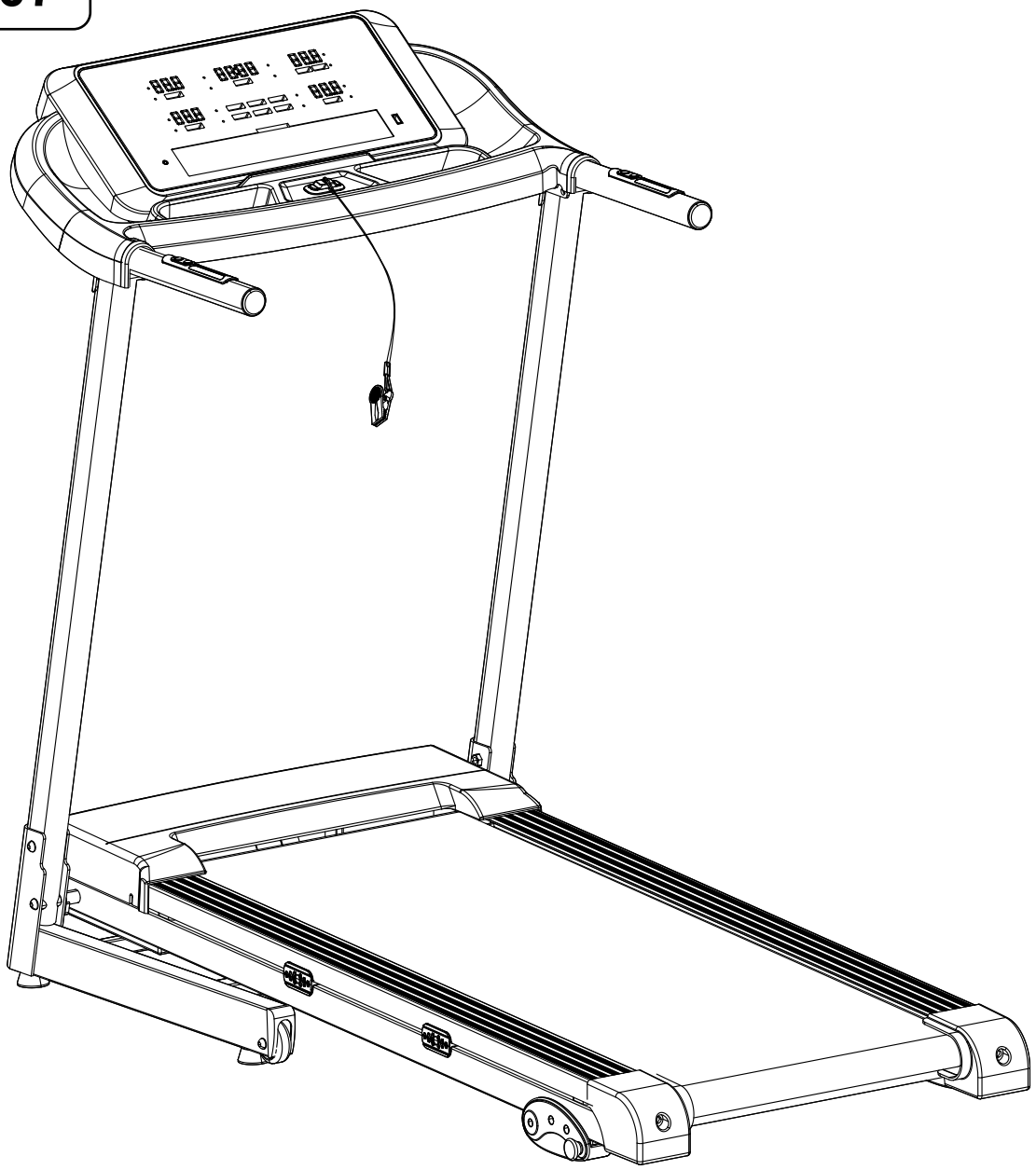
# USER'S MANUAL

**TR07**



# TREADMILL

homegym.service@outlook.com

Before installing and using the motorized treadmill, please read carefully all the instructions in the manual and keep this manual in a safe place.

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# IMPORTANT SAFETY INSTRUCTIONS

**⚠ WARNING:** Before embarking on any exercise program, it is recommended that you should first consult a medical professional, If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. The motorized treadmill should not be switched on until it is fully installed and the motor protective cover is closed.

Precautions:

1. Before using this treadmill, make sure that the clip of the safety switch is clipped to your clothes or belt.

2. Please do not insert any other objects in any part of the equipment, which will damage the equipment.

3. Place the motorized treadmill in a clean and flat place, don't put the motorized treadmill on the thick carpet, so as not to affect the air circulation in the lower part of the motorized treadmill, and don't put the motorized treadmill in the place near the water or use it outdoors.

4. Do not turn on the treadmill when you are standing on the running belt. After the power is turned on, there may be a pause when the treadmill belt first starts to move, and people must stand on the plastic skid plate on both sides of the motorized treadmill until the treadmill belt moves.

5. When exercising, you can't wear too long and loose clothes to prevent hanging onto the motorized treadmill, and usually wear running shoes with rubber soles.

6. This product is for consumer use only

7. Any strenuous exercise can only be carried out after 40 minutes after meals.

8. Do not let children or pets near the motorized treadmill when it is in use.

9. The first time you use the motorized treadmill, be sure to use your hands to grasp the handrail, until you feel comfortable with the handrail can be released.

10. Treadmill is indoor equipment, please do not use it outdoor. Place clean and smooth, pay attention to moisture, note that the motorized treadmill is a special equipment, please do not modify and move for other purposes.

11. The power cord of the motorized treadmill is special, if the power cord is damaged, please buy it from the dealer or contact us directly.

12. If the motorized treadmill suddenly accelerates or the speed of the motorized treadmill automatically increases due to the problem of the electronic system, please pull out the safety switch immediately and the motorized treadmill will stop immediately.

13. Do not connect a separate wire in the middle of the power cord, extend the power cord or replace the plug of the power cord, pile up heavy objects on the power cord or put the power cord close to the heat source with high temperature, and prohibit the use of multi-hole sockets, or it will be due to poor contact, which will result in a fire, or an accident of electrocution and injury.

14. The machine is not in use for a long time, need to cut off the power supply. When cutting off the power supply, do not pull the power cord; must grasp the power plug unplugged, so as not to pull off part of the core wire in the power cord. Insert the power cord plug into a power outlet with a safety grounding, the power cord of the motorized treadmill is special, if the power cord is damaged, please contact the manufacturer as soon as possible.

15. This treadmill is for home use only.

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

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

18. WARNING-Risk of personal injury -Keep children under the age of 13 away from machine.

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.

19. When using an electrical appliance, basic precautions should always be followed, including the following：Read all instructions before using this appliance，DANGER - To reduce the risk of electric shock: 1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

20. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.

21. To replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

22. The equipment shall be installed and used on a flat, stable and horizontal base.

23. The free area shall be at least 0,6 m greater than the training area in the directions from which the equipment is accessed.

24. The safety area of at least 2 000 mm in length and at least as wide as the treadmill shall be provided behind the equipment when in use.

25. To keep unsupervised children away from the equipment.

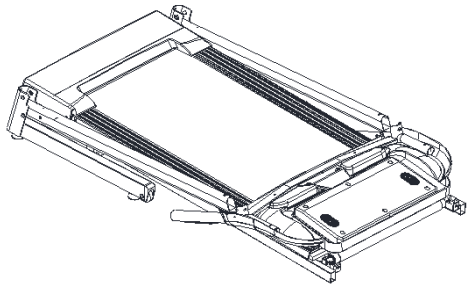
26. WARNING! To allow the running surface to come to a complete stop before folding

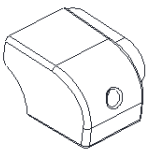
27. WARNING! Heart rate monitoring systems can be inaccurate. If you feel faint, stop exercising immediately.

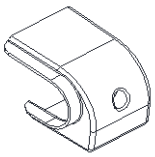
28. The equipment is not suitable for high accuracy purposes.

29. Noise emission under load is higher than without load.

# PACKAGE LIST

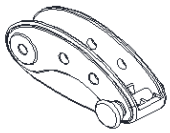

A1

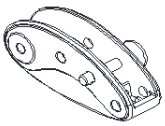

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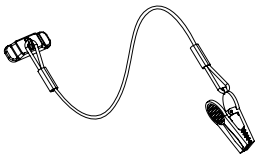

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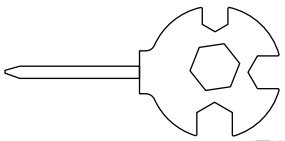


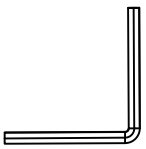
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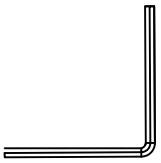

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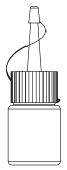

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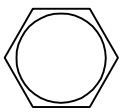

60


T1


T2

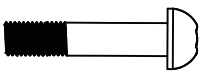

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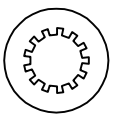

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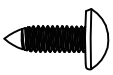

31


33


37


40


52


47

## Parts breakdown:

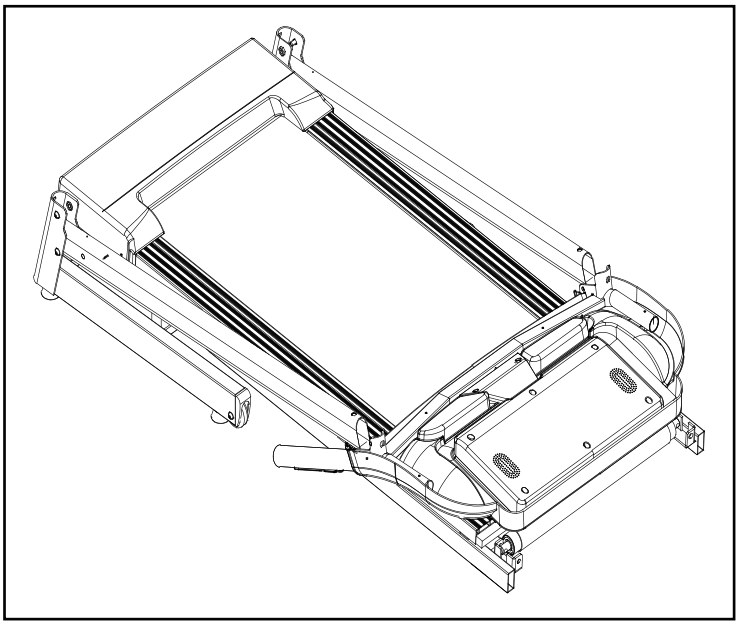
| Serial No. | Name | Norm | Qty. | Serial No. | Name | Norm | Qty. |
|---|---|---|---|---|---|---|---|
| A1 | Main frame | | 1 | T2 | 5# L-Wrench | | 1 |
| A2 | Left Rear Foot Guard | | 1 | T3 | 6# L-Wrench | | 1 |
| A3 | Right Rear Angle Guard | | 1 | T4 | lubricating oil | | 1 |
| A4 | Instruction manual | | 1 | 31 | Anti-loosening nut | M8 | 2 |
| A5 | Left Adjustable Foot Pad | | 1 | 33 | Flat round head bolts | M8*45 | 2 |
| A6 | Right Adjustable Foot Pad | | 1 | 37 | Flat round head bolts | M8*20 | 4 |
| 60 | Safety lock | | 1 | 40 | Flat round head bolts | M8*42 | 2 |
| T1 | Multi-function wrench | Crosshead S10/13/14/17 | 1 | 47 | Cross-slot pan head tapping screws | ST4.2*19 | 4 |
| 52 | Serrated gaskets | d8 | 6 | | | | |

# ASSEMBLY INSTRUCTIONS

## NOTE: Do not plug in until installation is complete.

**Step 1:**

Open the box, take out the products and parts inside, and place the main frame flat on the ground.



**Step 2:**

1. Raise the column (3) forward in the direction of the arrow shown in Figure 2, following the arrow in Figure 1.
2. First, use a 5# L-wrench (T2), flat round head bolts (37), and serrated gaskets (52) to secure the column. Ensure it is firmly fixed. Then, use the same 5# L-wrench (T2), flat round head bolts (40), and serrated gaskets (52) to fully secure the column.
3. After installation, check to ensure that all bolts are fully tightened.

**Figure 1**

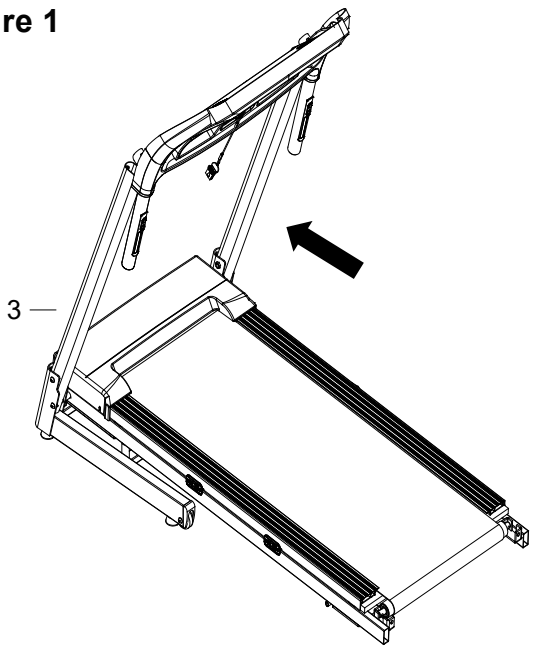
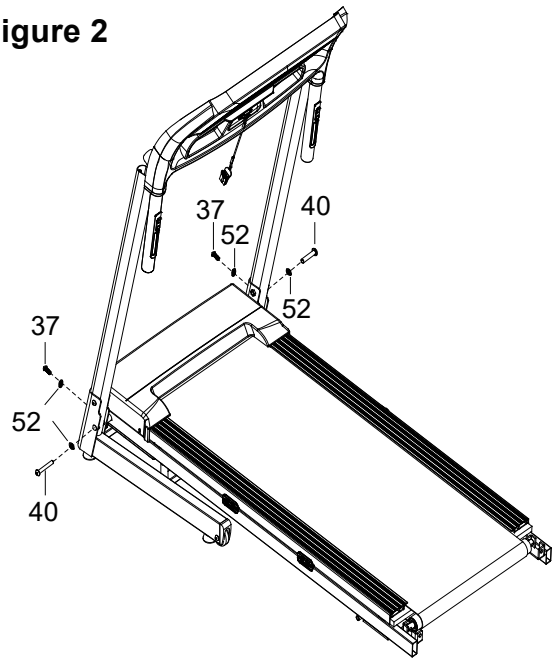
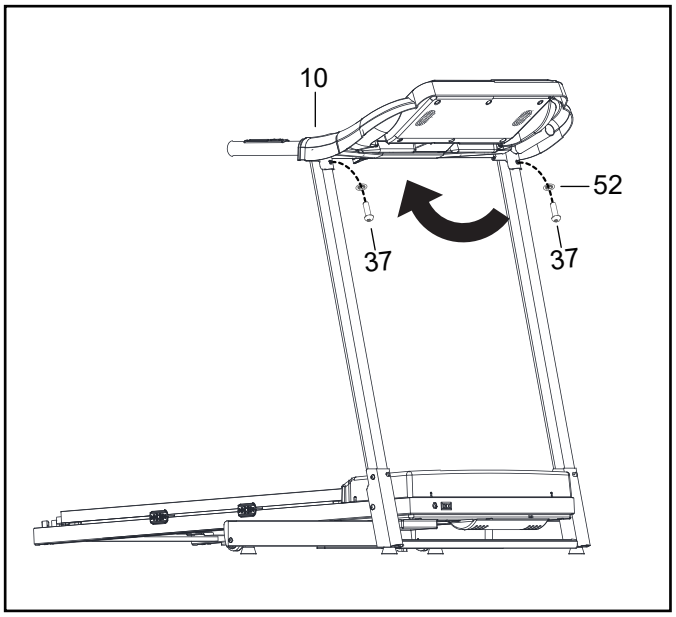



**Figure 2**



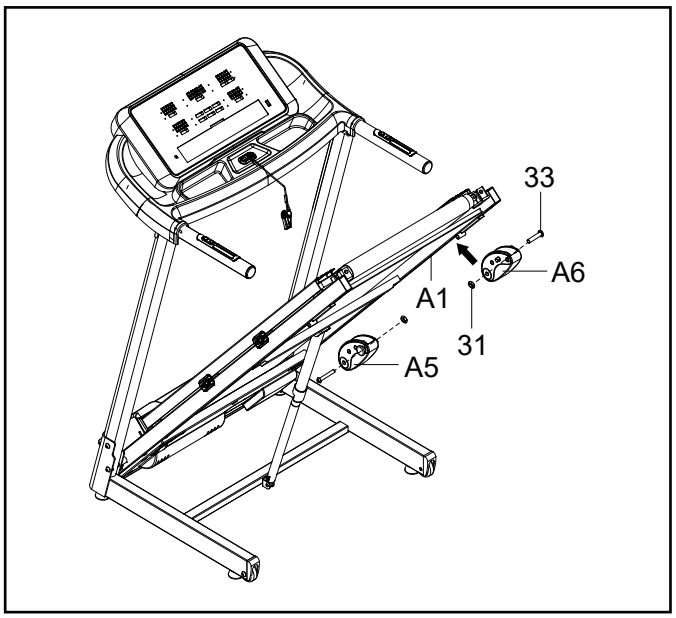
### Step 3:

Rotate the electronic meter (10) to the right in the direction of the red arrow, and use a 5# L-wrench (T2) to secure it with flat round head bolts (37) and serrated gaskets (52).



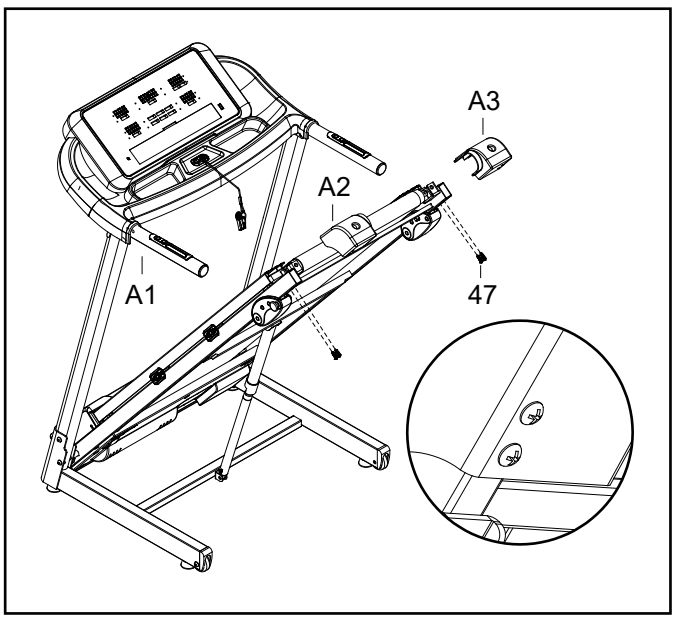

### Step 4:

Using the multi-function wrench (T1), 5# L-wrench (T2), hexagon socket flat round head screws (33), and anti-loosening nuts (31), install the left and right adjusting foot pads (A5) and (A6) onto the main frame (A1).




### Step 5:

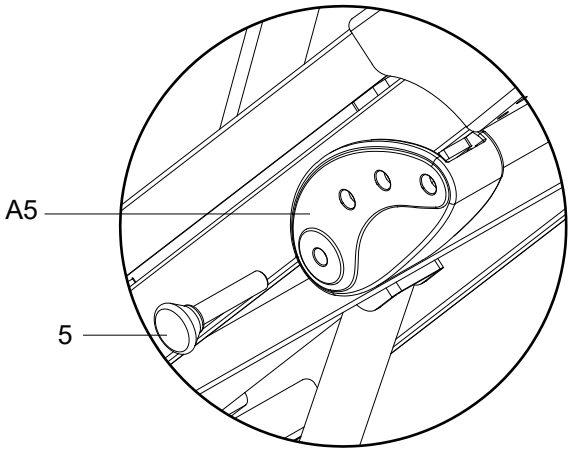
Attach the left and right rear foot guards (A2), (A3) to the main frame (A1) using the multi-function wrench (T1), and the cross-slot pan head tapping screws (47).



**Step 6:**

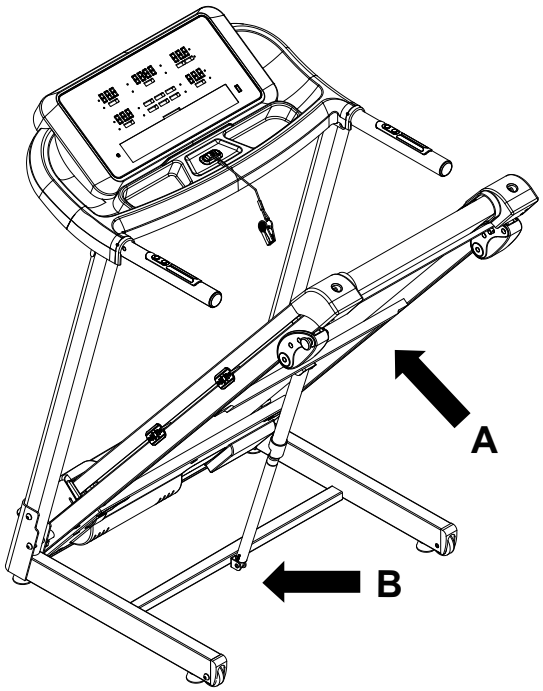
This product provides 3 stages of manual slope adjustment, users can switch the slope according to the running demand. Take the pin (5) out of the adjustable footpad (A5), and then install the pin in the position where you want to adjust the incline.

**Note:** When adjusting the incline, the left and right adjustable feet must be synchronized to ensure the same incline.



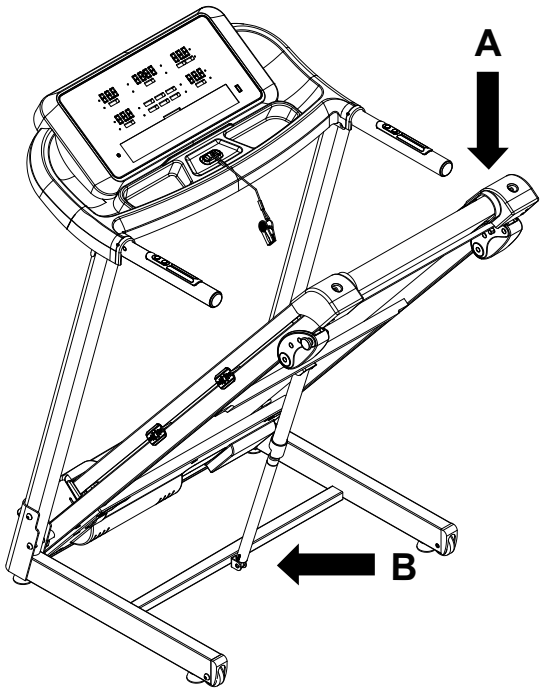

**Note:** Be sure to confirm that all the above requirements are installed before locking all screws uniformly and checking that there are no omissions before you can turn on the power. Please refer to the relevant instructions at the back for the operation and use of the treadmill.

# FOLDING STEPS




### Folding machine

Hold position A with both hands to lift the machine, then push up slightly until the air bar casing contacts air bar B and rattles.




### Lowering the machine

Hold position A with both hands and lift the machine slightly. Then, kick the air pressure bar casing lightly with your foot until it loosens. Next, pull the main frame down with your hands to allow it to lower to the ground slowly. Ensure that people and pets are kept away from the machine to avoid injury.

# PRODUKT PARAMETER

| | | | |
|---|---|---|---|
| Product size(mm) | 1317*686*1106mm | Power supply | AC 220-240V |
| Folded size(mm) | 679*686*1209mm | Power | 735W |
| Runner size(mm) | 420mm*1100mm | Speed range | 0.8-14KM/H |
| Net weight | 39.1KG | | |
| Screen display | CAL/TIME/DIST/PULSE/SPEED | | |

# THE DISPLAY CONSOLE

## I. Description of the windows:

1. “ CAL” window: displays calories.
2. “TIME”window: displays the time.
3. “DISTANCE” window: displays the distance.
4. “ PULSE” window: display pulse.
5. “SPEED”window: displays the speed of movement.

## II. Key functions:

1. “PROG.”button: program selection key.The selection sequence is: manual mode, P01-P15 cycle， FAT.

2. “MODE” button:In standby mode,it is the countdown mode selection key.The selection sequence is: manual mode, time countdown,distance countdown,calorie countdown cycle.

3.“START”button: start button.Pressing this key, the treadmill will start running from the lowest speed or programmed default speed after 3 seconds of counting.

4. “STOP”button: stop button.

4.1 Press this key once during exercise, the treadmill will slow down to stop and then pause.

4.2 Press this key twice during exercise, the treadmill will slow down to stop and then return to standby mode.

4.3 Press this key when pausing, the treadmill returns to standby status.

5. “SPEED+, -”button: speed increase or decrease adjustment. It can be used to adjust the speed when exercising. it can be used to adjust the parameters when stopping.

6. “SPEED (2, 4, 6, 8)”button: speed quick adjustment key.

**Note:** There will be a beep when any key is pressed, and a long beep when a key is pressed to adjust a parameter beyond its limit. There is no beep when a key is not pressed.

## III. Main Functions:

Turn on the power, all windows will light up for 2 seconds, and then enter standby mode.

1. Quick start (manual mode): put on the safety lock, press “START”button, after 3 seconds countdown, the treadmill will start running from the lowest speed, and adjust the speed by pressing “SPEED+, -” button.To stop the treadmill, press STOP button or disconnect the safety lock directly.

3. Program mode: Press the “PROG.” button,select any one of P15 for the built-in program. The “TIME” window displays the default value and blinks, and the “SPEED+, -” keys are used to adjust to the desired movement time. The built-in program is divided into 20 segments, and the running time of each segment is set time/20. Press“START”button, the treadmill will start to run according to the speed of the first segment after 3 seconds of counting down, and when the running of the previous segment is finished, it will automatically enter into the running of the next segment, and the speed will be adjusted to the value of the segment automatically. All segments are finished. The program ends and the treadmill slowly reduces speed to stop. The speed can be adjusted by pressing “SPEED+, -” or armrest speed button during the running process. However, it will be automatically adjusted to the program default value when entering the next segment. You can also press “STOP” button or disconnect the safety lock to stop the machine during the movement.
At the end of the mode and program, the corresponding window will flash with 15 beeps, and then all the data will be cleared to 0 and enter the standby state.

## IV. Hibernation function:

Stop without any operation for more than 10 minutes, the system will shut down all the displays and enter into hibernation. Press any key to wake up.

## V. Safety lock function:

Whenever the safety lock is disconnected, the treadmill will stop running quickly and all data will be cleared to 0. The window will display “----”. All normal operation and running must be carried out under the state of safety lock closed.

## VI. Motion parameter display:

Speed less than or equal to 4KM/H “L SPEED” green is displayed.

Speed greater than 4KM/H and less than or equal to 9KM/H Display “M SPEED” yellow.

Speed greater than 9KM/H and less than or equal to 14KM/H“H SPEED”red is displayed.

| | Display range | Mode default | Program default | Setting range |
|---|---|---|---|---|
| Speed | 0.8-14KM/H | -------- | -------- | 0.8-14KM/H |
| Time | 0:00—99:59 | 30:00:00 | 30:00:00 | 5:00---99:00 |
| Distance | 0.0-99.9KM | 1.0KM | -------- | 0.5-99.9KM |
| Calories | 0.0Kcl—999Kcl | 50.0Kcl | -------- | 10.0Kcl—999Kcl |

## VII. Program description:

| TIME / PROGRAM | | Putting the set time / 20 time slots = running time of the upper and lower time slots | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| P01 | SPEED | 2 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 5 | 3 | 4 | 5 | 4 | 4 | 4 | 2 | 3 | 3 | 5 | 3 |
| P02 | SPEED | 2 | 4 | 4 | 5 | 6 | 4 | 6 | 6 | 6 | 4 | 5 | 6 | 4 | 4 | 4 | 2 | 2 | 5 | 4 | 2 |
| P03 | SPEED | 2 | 4 | 4 | 6 | 6 | 4 | 7 | 7 | 7 | 4 | 7 | 7 | 4 | 4 | 4 | 2 | 4 | 5 | 3 | 2 |
| P04 | SPEED | 3 | 5 | 5 | 6 | 7 | 7 | 5 | 7 | 7 | 8 | 8 | 5 | 9 | 5 | 5 | 6 | 6 | 4 | 4 | 3 |
| P05 | SPEED | 2 | 4 | 4 | 5 | 6 | 7 | 7 | 5 | 6 | 7 | 8 | 8 | 5 | 4 | 3 | 3 | 6 | 5 | 4 | 2 |
| P06 | SPEED | 2 | 4 | 4 | 4 | 5 | 6 | 8 | 8 | 6 | 7 | 8 | 8 | 6 | 4 | 4 | 2 | 5 | 4 | 3 | 2 |
| P07 | SPEED | 2 | 3 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 3 | 3 | 6 | 6 | 5 | 3 | 3 |
| P08 | SPEED | 2 | 3 | 3 | 6 | 7 | 7 | 4 | 6 | 7 | 4 | 6 | 7 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 2 |
| P09 | SPEED | 2 | 4 | 4 | 7 | 7 | 4 | 7 | 8 | 4 | 8 | 9 | 9 | 4 | 4 | 4 | 5 | 6 | 3 | 3 | 2 |
| P10 | SPEED | 2 | 4 | 5 | 6 | 7 | 5 | 4 | 6 | 8 | 8 | 6 | 6 | 5 | 4 | 4 | 2 | 4 | 4 | 3 | 3 |
| P11 | SPEED | 2 | 5 | 8 | 10 | 7 | 7 | 10 | 10 | 7 | 7 | 10 | 10 | 5 | 5 | 9 | 9 | 5 | 5 | 4 | 3 |
| P12 | SPEED | 3 | 4 | 9 | 9 | 5 | 9 | 5 | 8 | 5 | 9 | 7 | 5 | 5 | 7 | 9 | 9 | 5 | 7 | 6 | 3 |
| P13 | SPEED | 3 | 6 | 7 | 5 | 9 | 9 | 7 | 5 | 5 | 7 | 9 | 5 | 8 | 5 | 9 | 5 | 9 | 9 | 4 | 3 |
| P14 | SPEED | 2 | 2 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 |
| P15 | SPEED | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 |

# ERROR MESSAGE PROMPT DESCRIPTION

### Error Code:

E01: Poor communication between electronic meter and controller
E02：Burst protection
E05：Over current protection
E06：Controller self-test error
E07：Loss of parameters
E08：EEPROM damage

### Simple failure and troubleshooting methods:

**1. If the electronic meter displays “E01” after running, it may be that the communication between the electric control and the electronic meter is blocked and the communication fails.**

(1) Check each section of the communication line from the electronic meter to the lower control to ensure that each core is completely inserted.

(2) Check whether the connection line between the electronic meter and the controller is broken, replace the connection line.

(3) Check whether the communication line of electronic meter or controller is damaged, if damaged, replace the electronic meter or controller.

**2. After running, if the electronic meter shows “E02”, it may be the explosion-proof protection.**

(1) Check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to re-test;

(2) Check whether the controller has a strange odor, replace the controller;

(3) Check whether the motor line is connected, reconnect the motor line.

**3. After running, if the electronic meter shows “E05”, it is over-current protection, the reason is that more than the rated load leads to excessive current, or a part of the treadmill is stuck, resulting in the motor can not turn.**

(1) Adjust the treadmill and turn it on again, or check whether there is overflow sound or burning odor when the motor is running, and replace the motor;

(2) Check whether the controller has burnt odor, replace the controller;

(3) Check whether the power supply voltage specification is not in line with or low, use the correct voltage specification to re-test.

**4. If the motor does not run after pressing the start button, it may be the abnormality of the related lines controlling the motor, the fuse of the lower control is damaged or falling off, or the motor line is not plugged in properly, or the IGBT on the lower control is burnt out.**

(1) Check whether the wiring of the motor is inserted correctly and well, check whether the fuse on the electric control is intact, install it or replace it.

(2) Check whether the motor cable is loose, plug the motor cable.

(3) Use a multimeter to measure whether the IGBT on the lower control is burned out, replace the IGBT on the lower control or replace the lower control.

**5. E07/E08**：**Replace the controller.**

# SAFE EXERCISE MEASURES

Before you exercise, talk to a professional. He or she will be able to help you recommend the frequency, intensity and duration of exercise that is appropriate for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, stop immediately! Check with a professional before continuing your workout.

If you use a treadmill regularly, when selecting a speed, you may choose a normal walking speed or the speed you would use when jogging.
If you are inexperienced or unsure of the most appropriate speed to test, refer to the following guidelines:

0.8-3.0 km/h Physically weak

3.0-4.5 km/h People who are sedentary or do not exercise regularly

4.5-6.0 km/h People who walk at regular speeds

6.0-7.5 km/h Fast walkers

7.5-9.0 km/h Joggers

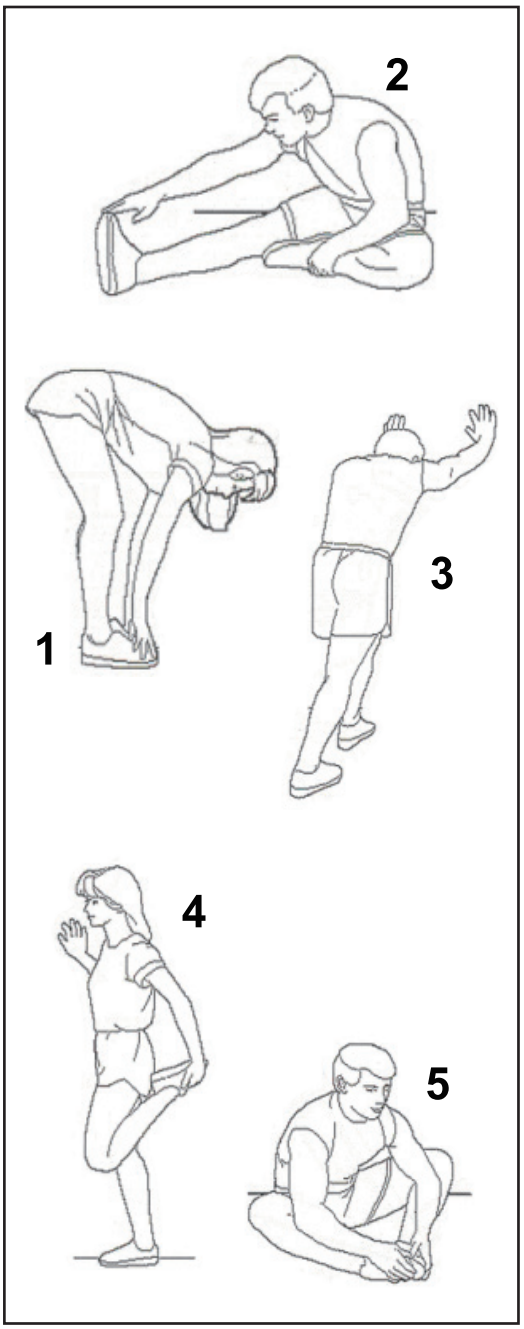
9.0-12.0 km/h Moderate speed runners

12.0-14.5 km/h Excellent runners

**Please note:** For walkers a speed less than or equal to 6 km/h is appropriate; for runners a speed greater than or equal to 8.0 km/h is appropriate.

# EXERCISE RECOMMENDATIONS

Before exercising, it's a good idea to stretch. It is easier to stretch your muscles, so take 5-10 minutes to warm up first. Then stop and do the stretches as follows - 5 times, 10 seconds or more on each leg, and again at the end of the workout.




### 1. Downward stretching:

Bend your knees slightly, slowly bend forward, let your back and shoulders relax, and touch your toes with both hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

### 2. Hamstring Stretch:

Sit on a clean seat cushion and straighten one leg. Bring the other leg inward so that it presses against the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for erch leg (see Figure 2)

### 3. Calf and hamstring stretches:

Stand with your feet against a wall or tree, one foot behind the other. Keep your back leg upright with your heel on the ground and lean toward the wall or tree. Hold for 10~15 seconds, then relax. Repeat this 3 times for each leg (see Figure 3).

### 4. Quadriceps extension:

Hold a wall or table with your left hand for balance, then reach back with your right hand, grab your right heel and slowly pull it toward your buttocks until you feel tension in the front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

### 5. Slitter muscle (inner thigh muscle) stretch:

Sit with the soles of your feet facing each other and your knees facing out. Grasp your feet with both hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

# MAINTENANCE GUIDE

**WARNING:** Always unplug the motorized treadmill before cleaning or servicing the product.

**CLEANING:** A thorough cleaning will extend the life of your motorized treadmill. Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of the running belt on both sides, which will minimize the buildup of impurities under the running belt. Ensure that your sneakers are clean to avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt should be scrubbed with a soapy damp cloth, taking care not to splash water on the electrical components or under the running belt.

**WARNING: Always unplug the motorized treadmill from the power source before moving the motor guard. Vacuum and clean the motor at least once a year with the motor cover open. Special lubricant for running belt and motorized treadmill.**

This motorized treadmill has been pre-lubricated betwwen the running board and the running belt. The friction between the running belt and the running board has a significant impact on the life and performance of the motorized treadmill and therefore must be lubricated regularly. We recommend regular inspection of the plate. If there is any damage to the board, please contact our customer service center.

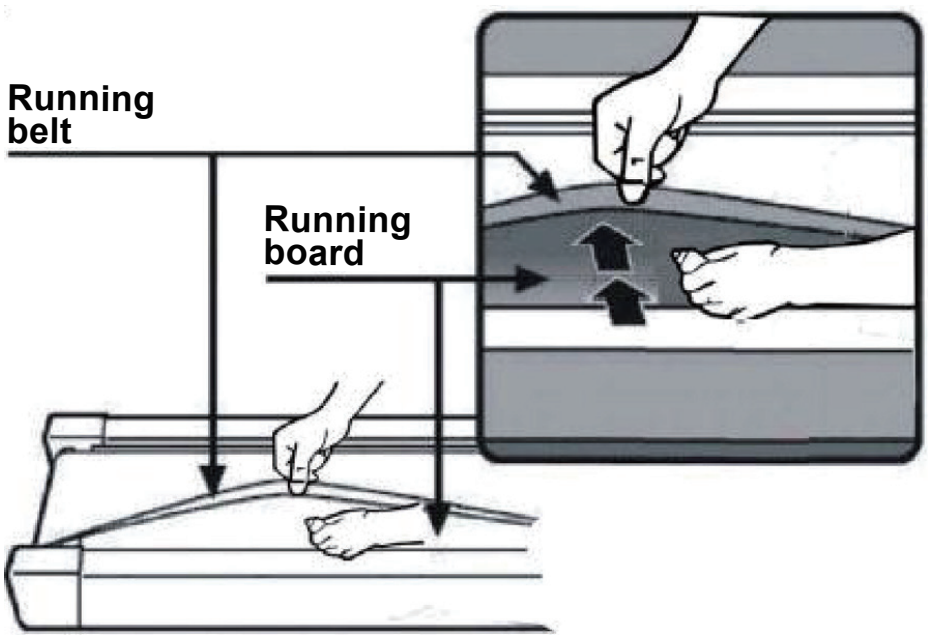
We recommend applying lubricant between the running belt and the running board of the motorized treadmill according to the following schedule (Usage is shown in the figure below).

Light duty users (less than 3 hours per week) Once every 6 months.

Medium-weight users (3-5 hours of use per week) Every 3 months.

We recommend that you purchase the lubricant from your local dealer or contact us directly.

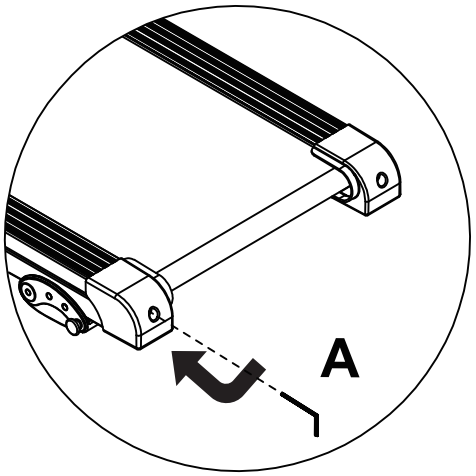
**Note:** Any other maintenance should be carried out by a professional.



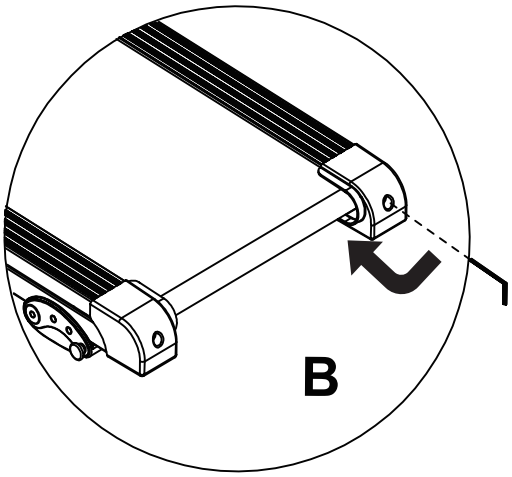
# RUNNING BELT ADJUSTMENT

Place the treadmill on a level surface. Make the treadmill run at about 6-8km and observe the running belt deviation.

If the running belt is off to the left, unplug the safety lock, power switch, turn the left adjusting bolt 1/4 turn in a clockwise direction, insert the power switch, safety lock, and allow the treadmill to run, observing the running belt deflection. Repeat the above steps until the running belt is centered. Figure A.




If the running belt is off to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B




The running belt will loosen after the above adjustments or after a period of use and needs to be adjusted. Unplug the safety lock and power switch, and at the same time, turn the left and right adjusting bolts clockwise 1/4 turn, insert the power switch and safety lock, run the treadmill, and then stand on the treadmill belt to check the degree of looseness. Repeat the above steps until the elasticity of the running belt is appropriate. Figure C

