# GYMSTICK™

# GT7.0 TREADMILL
## USER MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

GYMSTICK.COM

Thank you for choosing the Gymstick GT7.0 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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**NOTIFICATION!**

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

- Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use.
- Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Keep children and pets away from the equipment. This machine is designed for adults only.
- Only one person should be on the equipment while in use.
- Please make sure all parts are not damaged and fixed well before use.
- Never operate the unit if it is damaged, if it is not working properly
- This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.
- Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.
- Use the treadmill only for its intended purpose as described in this manual.
- If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.
- This equipment is for household use only. Do not use the equipment outdoors.
- This appliance is designed for use with ~220 - ~240 Volt rated voltage.
- The maximum weight capacity for this product is 130kgs.

**WARNING!**

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

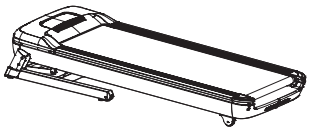
• Lift up and remove the box that surrounds the Treadmill.
• Check the following items are present. If any of the parts are missing, contact with the dealer.

**Note:** Each step number in assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

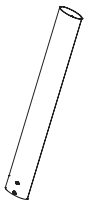
**WARNING!**

USE CAUTION WHEN ASSEMBLING THIS TREADMILL. FAILURE MAY RESULT IN INJURY.

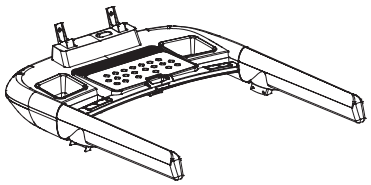
## PACKING LIST



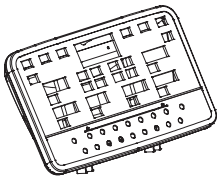
MAIN BODY



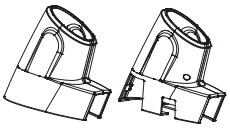
UPRIGHT POST (R/L)



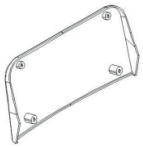
CONSOLE REAR COVER



CONSOLE

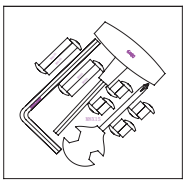


UPRIGHT POST COVER (R/L)

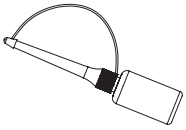


BASE FRAME COVER

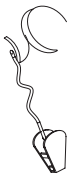
MANUAL



HARDWARE KIT

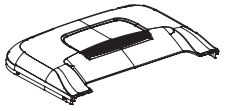


LUBRICATION OIL

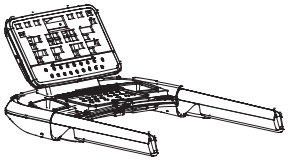


SAFETY KEY

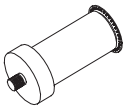
## MAIN PARTS



MOTOR COVER

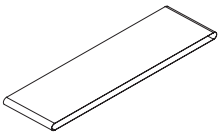


CONSOLE

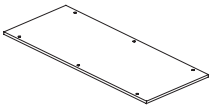


MOTOR

MOTOR BELT

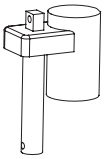


RUNNING BELT

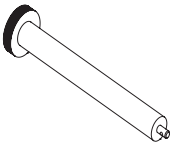


RUNNING DECK

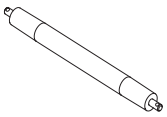
SIDE RAIL



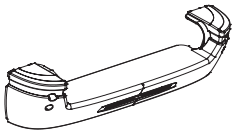
INCLINE MOTOR



FRONT ROLLER



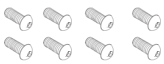
REAR ROLLER



REAR COVER

## HARDWARE BAG

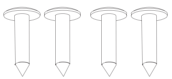
Allen C.K.S half thread screw (M8*60*20 x 4pcs)



Allen C.K.S full thread screw (M8*15 x 8pcs)

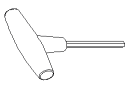
Allen C.K.S full thread screw (M8*20 x 2pcs)

Philips C.K.S. self-taping screw (ST4*12 x 2pcs)

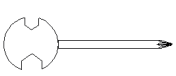


Philips C.K.S. self-taping screw (ST4*16 x 4pcs)

Allen C.K.S half thread screw (M8*30*20 x 2pcs)

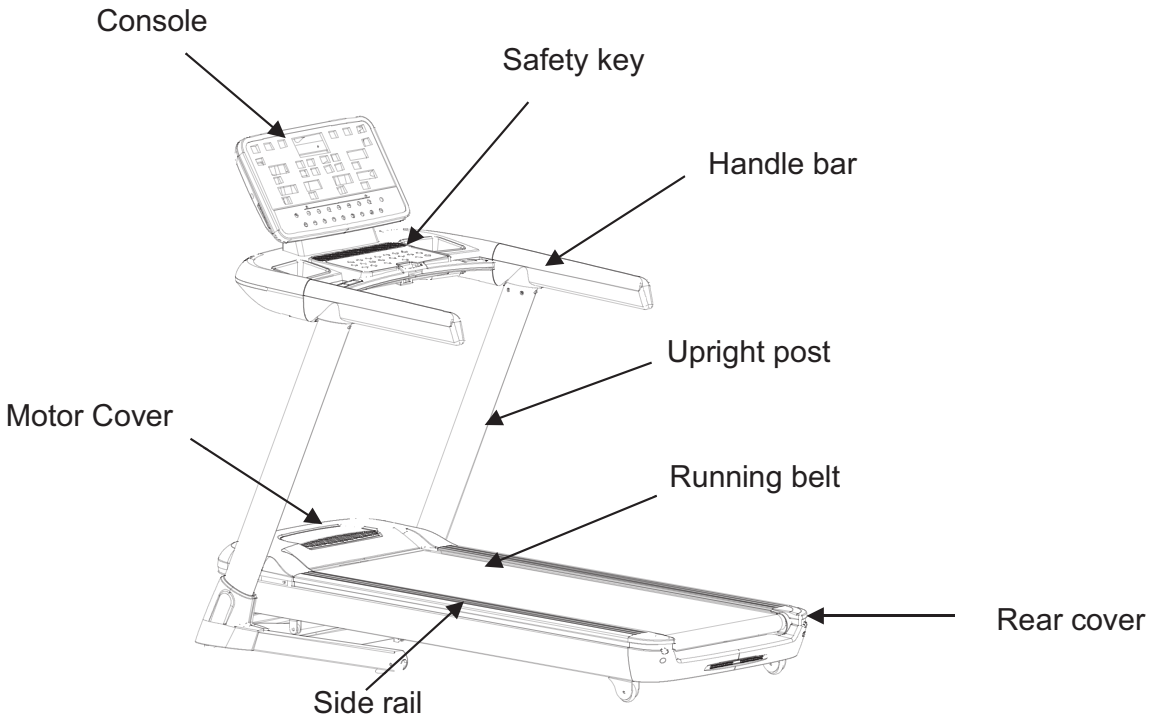


T shaped wretch (S6 x 1PCS)



Cross Wrench (1pcs)

## TREADMILL OVERVIEW



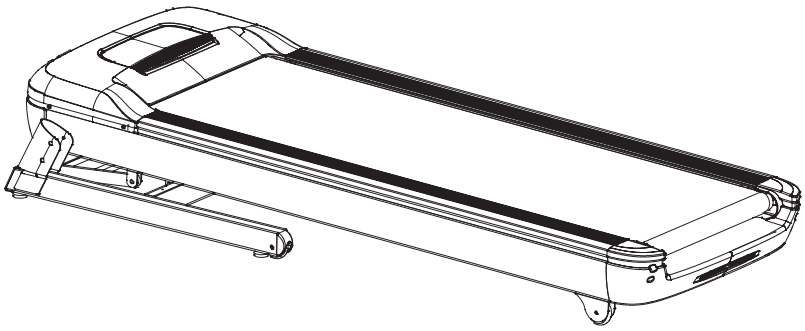

## TECHNICAL INFORMATION

| | |
|---|---|
| Maximum load | 130kg |
| Dimension (folded) | 1402 x 925 x 1541mm |
| Dimension (unfolded) | 1925 x 925 x 1470mm |
| Running surface | 1530 x 550mm |
| Speed | 0.5 - 20.0km/h |

REMARK: We reserve the right to amed the product without prior notice.

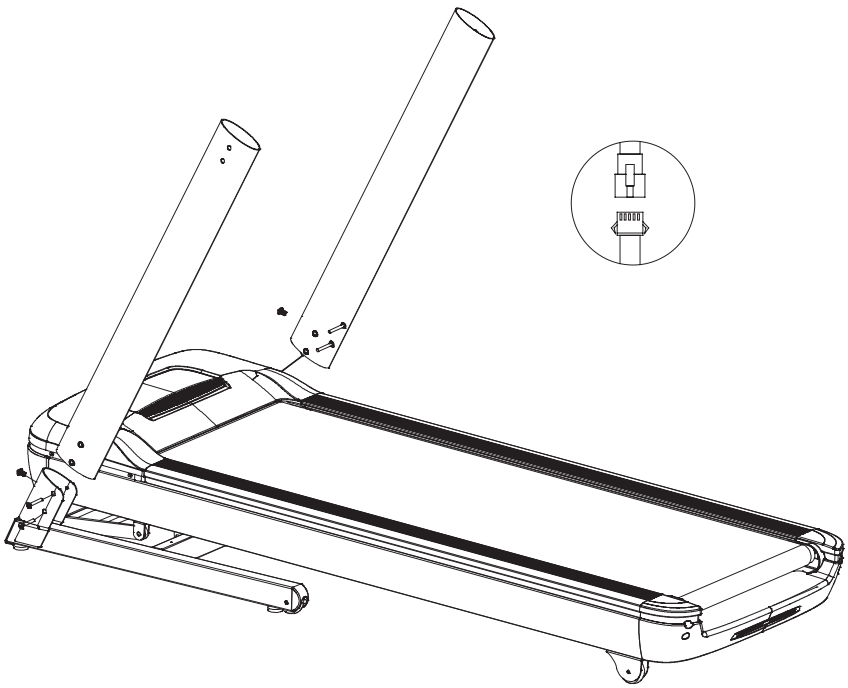
**STEP 1**

Take out the machine from box and put it on the flat floor. (As shown),remove all PE bags and bags wrapped on the machine.



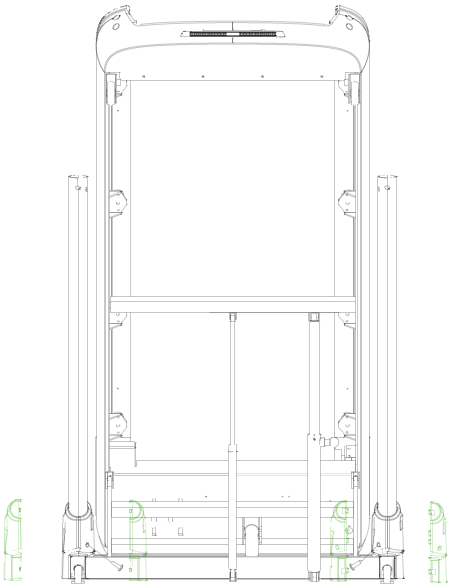
**STEP 2**

Connect communication wire of the console with the right upright post. Insert the left and right upright post on the base frame, and then fix the each upright post with 2pcs M8*60*20 screw and 1pc M8*20 screw.



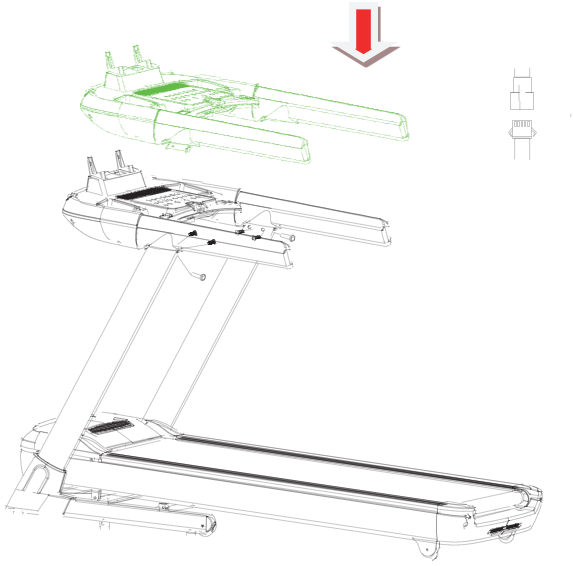
**STEP 3**

Fold up the treadmill, (Note: Before fixing the base frame cover, please ensure the screws for base frame and upright post are fixed completely.) Put the base frame covers in the left and right side of upright post, then clip-on the covers together. Last, fix the covers by 1pc ST4*12 screw.



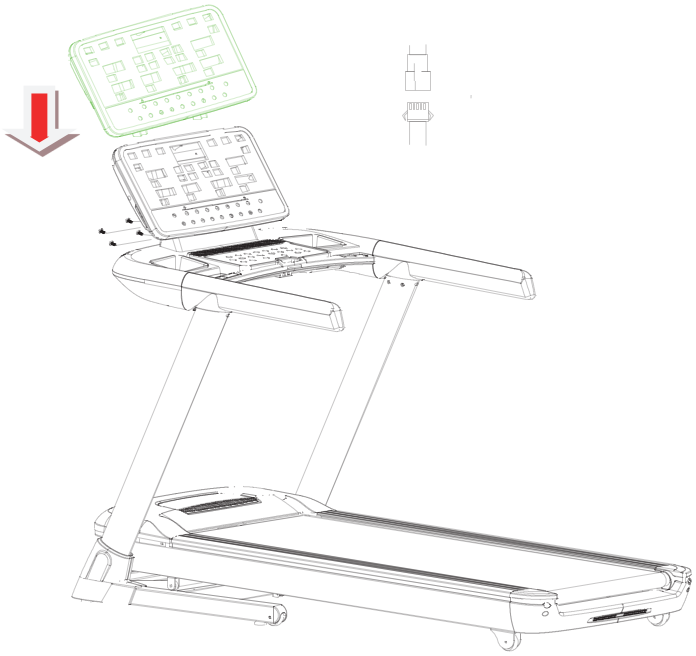
**STEP 4**

Insert the console on the upright post. See above picture. (Note: Please connect the communication cables in the right handlebar and upright post, avoid damaging the cable.) Use 2pcs M8*15 screw to fix each upright post, and then use 1pc M8*30*20 screw to fix the hole under each handlebar. (Note: The screw M8*30*20 is for adjusting the handlebar, it can not be fixed tightly, or else the tube will be damaged.)



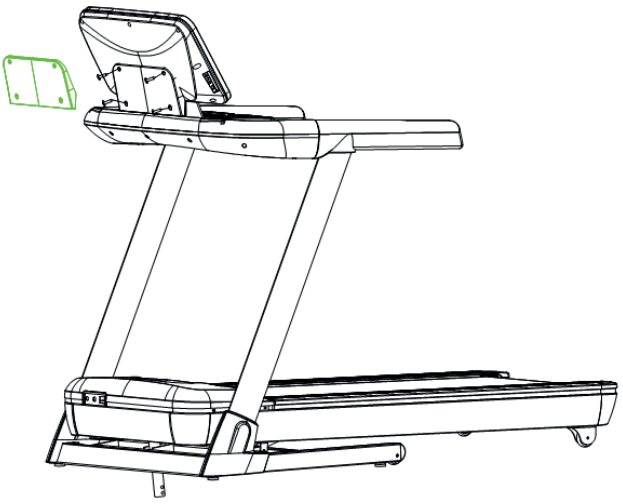
**STEP 5**

Put the display on the console, and lock the two parts together with 4pcs M8*16 screw.



**STEP 6**

Place the rear cover on the rear of console, and fix it with 4pcs M8*16 screw.



**LAST STEP**

Check all screws were fixed rightly. Make sure the treadmill was assembled stably.

# SETTING UP YOUR TREADMILL

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space and to go nicely in your home.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 2m X 1m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

**USE DEDICATED CIRCUIT**

The outlet selected should be a dedicated circuit. It is particularly important that No sensitive electrical equipment, such as computer or TV, share the same circuit.

**CAUTION!**

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it would cause premature damage to the electronic system. Read this manual before operating this treadmill.

**WARNING!**

This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

**GROUNDING METHODS:**

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the below picture. 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.

**DANGER!**

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician 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 an electrician.

**WARNING!**

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment

### TURN POWER ON

Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.

### SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill should your fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency top only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to make turn it will not come off your clothing.

### GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

**WARNING!**

Never use this treadmill without first securing the safety tether clip to our clothing.

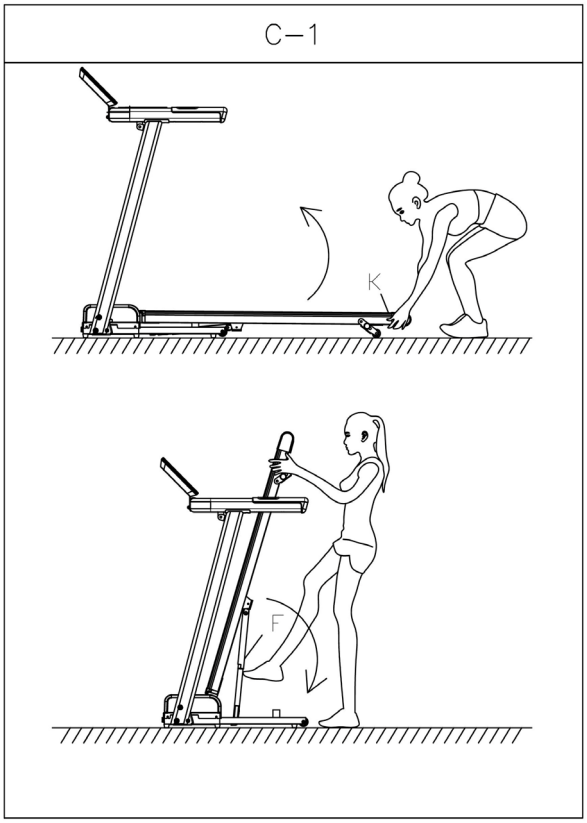
**WARNING!**

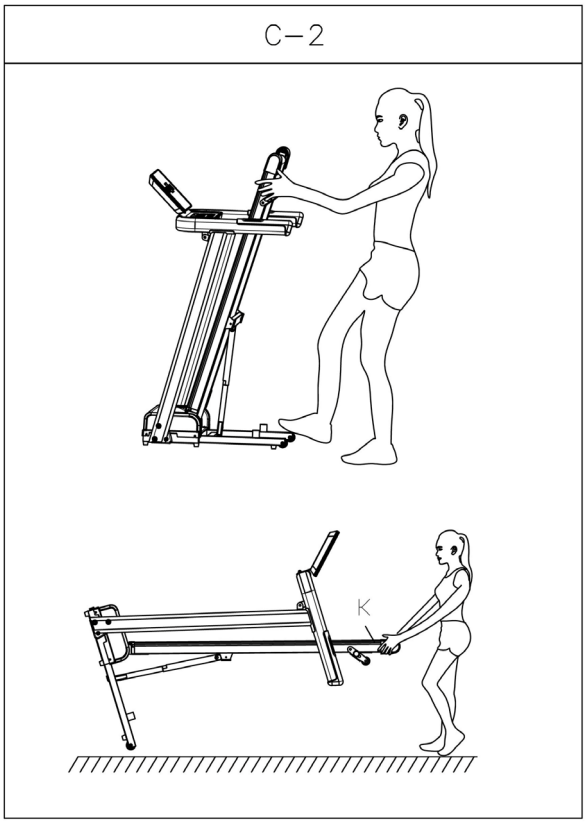
For your safety, step onto the belt when the speed is no more than 3km/h.

## TREADMILL USE INSTRUCTION

1. Power on, the treadmill will start to the lowest position, check the machine is normal.
2. Attach the safety lock clip to the skirt of the sportsman's chest.
3. Before running, must confirm the stability of the treadmill and function is normal. It is strictly prohibited to stand on the run belt start, should stand on the side bar, handle bar, once confirm everything well then start running. When power on, put one hand to seize the handlebars, press the "START " button, treadmill delay start 5 seconds to 1.0km / h speed. Press the "speed" "+" key, the motor speeds up to 2.5 ~ 3.5km / h (this is a most suitable running speed), both hands grab handlebars, feet have to step on the running belt, can run with the same speed.
4. After a few minutes, you can speed up the running, the growth rate of the requirements is holding hands with the handlebars, press the "speed" - "" key to run slowly.
5. During the running time, press the speed shortcut keys, you can quickly enter the running speed you need.
6. Press "Stop" key to stop the motor at any time during running.
7. Preset mode: Press the "Select" button to select one of the automatic operation modes as the current running mode. Press the "Start" key to start the treadmill. The treadmill starts to run automatically according to the selection mode. In operation, you can press the "speed" + "" key or "speed" - "" key to change the current time period running speed. Press "Stop" to stop the motion.
8. HRC test (optional): switch on the treadmill, the hands holds the HRC metal sensor chip, a few seconds after the heart rate display window will display the user's heart rate value. (Note: this value is not as medical data, only as a sports reference).

## MOVING THE TREADMILL



## KEY DEFINITION & DISPLAY INSTRUCTION

1. START/PAUSE key: When the treadmill is stopped, press the START key to turn on the treadmill. Press START key when running, it will pause.
2. STOP key: when the treadmill is running, stop the treadmill slowly by pressing the STOP key.
3. SPEED **+** and **-** key: decrease or increase the running speed.
4. SPEED shortcut keys: in the treadmill running state, set the speed directly to the key specified value; the speed range is 0.5~20.0KM/H.
5. INCLINE keys: ▼ decrease or ▲ increase the inclination.
6. INCLINE shortcut keys (3, 5, 8 and 12): in the treadmill running state, set the incline directly to the key specified value; the incline range is 0~15%.
7. Volume adjusted key: decrease or increase music volumn.
8. MODE (M): When the manual mode is selected, the normal mode is selected. Press the MODE key to cycle through the countdown mode in manual mode -> countdown to calorie mode -> countdown distance mode -> positive timing mode; in P1-P36, it is the reset button to countdown time default value (30 minutes).
9. Smart speed key (optional function): Adjust the speed intelligently.
10. PROGRAM (P) Program select key, select the program P0~P36, U01,U02, U03, HRC1~HRC3, FAT when the treadmill is stopped.

## DISPLAY WINDOW INSTRUCTION

| | |
|---|---|
| SPEED | window display speed data |
| TIME | window display time data |
| DISTANCE | window display distance data, steps data |
| CALORIES | window display calories data |
| PULSE | window display heart rate data |
| INCLINE | window display incline data |

## SAFETY KEY INSTRUCTION

Safety key is made with the touch switch, clothespin and nylon rope composition, with emergency

shutdown safety precautions. In any state, as long as the safety key is out of position, treadmill to stop running, console keyboard prohibits operation, re-put the safety key, the screen enter into the system default working state.

## MP3 OPERATION INSTRUCTION (optional)

The console is with built-in double channel audio, switching regulated power Supply, connect the adapter wire of audio with the audio source and MP3 input port of the console, then MP3 starts to operate.

## SAFETY GUIDE

1. Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.
2. Put the safety key on the correct position, connect the safety key with your cloth in front of your chest.
3. Press **+** or **-** key or QUICK SPEED key to adjust treadmill speed.
4. START/PAUSE key: When the treadmill is stopped, press the START key to turn.
5. Press START key when running, it will pause.
6. STOP key. When the treadmill is running, stop the treadmill slowly by pressing the STOP key. All setting returns to default state.
7. Press ▲ or ▼ key or QUICK INCLINE key to adjust treadmill incline.
8. In any state, pull-out safety locks, window displays: ”E7” and sound buzzer DI-DI-DI. Treadmill stops running.
9. Electric control system is in the security monitoring at any time, as long as there is any abnormal information, the treadmill will stop running urgently, the screen displays abnormal information prompts, and accompanied by a tone.
10. Press STOP key when screen displays abnormal information, the motor start to slow down to stop, all data will be clear.

## MANUAL MODE

1. How to enter manual mode:

    a) Switch on, enter normal manual mode.
    b) When power off, press MODE key to enter manual mode.

2. Three setting function of manual mode: Time setting, Distance setting,calories setting; Enter manual mode, press ‘MODE’ key to set different mode, then press ‘START’ to restart the treadmill. User can set the speed and incline. Default speed: 1.0KM/H, Incline: 0%.
Normal mode, time countdown, distance countdown, calories countdown; set any one mode, setting date starts counting down.

    a) When enter manual setting, Time window display 0:00, Count time, distance, calories is in positive counting status. Close setting function, when the motor running, press‘ STOP’ key, the motor start to slow down to stop, all setting return to default state.
    b) Under standard manual mode, press ‘MODE’ key to enter time countdown mode, window display time with shining when standby, when in setting mode, TIME window display time with shining, initial time is 30:00 minute, press ‘ +’ or ‘-’ to setting the speed. Time setting range: 5:00-99:00, walk only for 1:00.

c) In time countdown mode, press ‘ MODE’ to enter distance countdown mode, the distance window shines.Initial distance is 1.0 km, press speed key ‘+’ and ‘0 ’to set the distance and range. Setting range: 1.0-99.0KM, work for 1.KM.
d) When in distance countdown mode, press ‘ MODE’ to set the calories, calorie window shines. Initial window shines. Initial calorie displays: 50, Default 50Cal, press speed key ‘+’ and ‘-’to set the calorie range:  20-9990CAL

## PROGRAM SETTING

**P1-P36** is system program setting **+** or **-** key, only used under time countdown mode, setting time window shines, press  to adjust the setting status, press MODE to return to the default status, time window shines when in setting status, initial time: 30 minutes, setting range: 5:00 - 99:00. Press speed **+** or **-** key to adjust the setting status.

1. In P1-P36, the speed and slope of each program is divided into 16 segments.
2. A chirp will sound when switching between segments.
3. When the motor is running, press the start key, the motor stops running, the various parameters remain unchanged.
4. Press the start key again, and the tempo will run at the speed in the automatic program.
5. Set the time to zero, the speed slowly reduced until the stop, the middle window shows End, the buzzer to alarm;
6. Pull off the safety key to stop the motor running, the time window displays ”E07”, and the buzzer will sound a short alarm.

## BODY FAT FUNCTION

When the treadmill is stopped, press the PROG key until select FAT and enter into body fat function, then press MODE key to set the parameter.

a) F1 means Sex, the 1 (male), 2 (female). If the window display 1, which shows you, selects ”Male”, the original is Male.
b) F2, means Age, the range is 1-99, and the original is 25.
c) F3, means Height, the range is 100-220CM (39-87inch), the original is 170CM (67inch)
d) F4, means Weight, the range is 20-150KG (44-330bound), the original is 70KG (154bound)
e) F5, mean BMI, show you enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI.

BMI under 18 is under weight
Between 18 and 24 is normal weight
Between 25and 28 is over weight
And over 29 is obesity

## METRIC-INCH INTERCONVERSION FUNCTION

1. Pull out the safety key and press the PROGRAM key and MODE key at the same time, LED displays M, it changes kilometers into miles.
2. Pull out the safety key and press the PROGRAM key and MODE key at the same time, LED displays KM, it changes miles into kilometers.

## HRC PROGRAM

1. HRC defaults to three parts, HRC1 limits the speed of 9 km / h, HRC2 limits the speed of 11 km/h, HRC3 is limited to 13 km/h
2. HRC set method,sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next setting, press the speed key to adjust, set the last parameters to start.
3. Age setting range: 13-80 years old
4. Target HRC setting range: 80-180
5. Max HRC data: not over 220 - Age
6. Bad HRC: (Target HRC, User's HRC)
7. Speed change relationship

    a) Change frequency, HRC test the heart rate data every 30 seconds (Heart rate data keep displaying)
    b) When the user's heart rate is lower than the target heart rate of 30 beats / min, the speed increases by 2.0 km / h.
    c) When the user's heart rate is lower than the target heart rate 6-29 times / minute, the speed increased by 1.0 km / h.
    d) When the user's heart rate is higher than the target heart rate 30 times / min, the speed reduced by 2.0 km / h.
    e) When the user's heart rate is higher than the target heart rate 6-29 times / min, the speed reduced by 1.0 km / h.
    g) When the user's heart rate is higher or lower than the target heart rate 0-5 times / minute, the speed remains the same.

8. When the following conditions occur, the treadmill decelerates to a minimum within 20 seconds and stops after 15 seconds at the lowest speed and rings every second.

    a) Every 30 seconds to detect a heart rate, when the two consecutive heart rate can not be detected.
    b)1 km / h (0.6 mph), heart rate leads to deceleration.
    c) When the heart rate exceeds (220 - set the age).

1 km / h (0.6 mph), deceleration can not be less than 1 km / h (0.6 mph), such as: treadmill minimum speed of 1 km / h (0.6 mph), when the treadmill run at 1.6 km / h (1.0 mph) and slow down to 1 km / h (0.6 mph) when the heart rate is decelerating 1.0 (2.0) km / h.

Incline not change when running, can be manually set. It will start to caculate in1 minute.

## ECO FUNCTION

Press the ECO key to enter into ECO mode. The treadmill will increase 3 levels based on the current incline level. The min. incline level is 3. Press again the ECO key to quit the ECO mode. Treadmill will decrease 3 levels based on the current incline, the min. incline is 0. In every time using, the default of treadmill is not in the ECO mode.

## SPEED / INCLINATION CHART

| PROG / SEG | CLS | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P1 | SPEED | 1.0 | 3.0 | 3.0 | 7.0 | 7.0 | 5.0 | 5.0 | 5.0 | 7.0 | 7.0 | 5.0 | 5.0 | 5.0 | 5.0 | 3.0 | 2.0 |
| | INCLINE | 2 | 2 | 6 | 6 | 8 | 8 | 6 | 6 | 4 | 4 | 4 | 6 | 6 | 2 | 2 | 2 |
| P2 | SPEED | 2.0 | 3.0 | 3.0 | 6.0 | 5.0 | 5.0 | 8.0 | 5.0 | 5.0 | 6.0 | 8.0 | 8.0 | 8.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 3 | 3 | 9 | 9 | 9 | 2 | 2 | 8 | 8 | 4 | 1 | 1 | 4 | 4 | 4 | 4 |
| P3 | SPEED | 2.0 | 3.0 | 5.0 | 5.0 | 7.0 | 7.0 | 8.0 | 5.0 | 5.0 | 6.0 | 8.0 | 8.0 | 8.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 1 | 2 | 3 | 4 | 5 | 5 | 7 | 7 | 4 | 4 | 4 | 4 | 6 | 3 | 2 | 2 |
| P4 | SPEED | 2.0 | 2.0 | 3.0 | 5.0 | 5.0 | 5.0 | 8.0 | 8.0 | 8.0 | 8.0 | 5.0 | 5.0 | 5.0 | 3.0 | 3.0 | 2.0 |
| | INCLINE | 3 | 3 | 6 | 6 | 6 | 9 | 9 | 9 | 9 | 9 | 9 | 6 | 6 | 6 | 2 | 2 |
| P5 | SPEED | 3.0 | 4.0 | 5.0 | 6.0 | 7.0 | 8.0 | 9.0 | 10.0 | 10.0 | 10.0 | 9.0 | 8.0 | 7.0 | 5.0 | 4.0 | 3.0 |
| | INCLINE | 2 | 2 | 4 | 4 | 8 | 8 | 6 | 6 | 6 | 6 | 8 | 7 | 6 | 5 | 1 | 1 |
| P6 | SPEED | 3.0 | 4.0 | 5.0 | 5.0 | 6.0 | 6.0 | 7.0 | 7.0 | 7.0 | 9.0 | 9.0 | 10.0 | 10.0 | 11.0 | 5.0 | 3.0 |
| | INCLINE | 1 | 8 | 8 | 8 | 8 | 8 | 7 | 7 | 7 | 7 | 7 | 5 | 5 | 3 | 3 | 1 |
| P7 | SPEED | 3.0 | 4.0 | 9.0 | 4.0 | 11.0 | 4.0 | 10.0 | 4.0 | 9.0 | 4.0 | 8.0 | 4.0 | 11.0 | 5.0 | 3.0 | 2.0 |
| | INCLINE | 1 | 1 | 4 | 4 | 4 | 6 | 6 | 6 | 8 | 8 | 8 | 10 | 10 | 10 | 6 | 2 |
| P8 | SPEED | 3.0 | 5.0 | 8.0 | 3.0 | 5.0 | 7.0 | 9.0 | 3.0 | 5.0 | 7.0 | 10.0 | 3.0 | 5.0 | 7.0 | 11.0 | 5.0 |
| | INCLINE | 3 | 3 | 8 | 8 | 3 | 3 | 7 | 7 | 3 | 3 | 6 | 6 | 3 | 3 | 5 | 5 |
| P9 | SPEED | 3.0 | 7.0 | 9.0 | 4.0 | 7.0 | 10.0 | 4.0 | 7.0 | 11.0 | 5.0 | 7.0 | 12.0 | 4.0 | 7.0 | 12.0 | 6.0 |
| | INCLINE | 3 | 6 | 6 | 3 | 7 | 7 | 3 | 8 | 8 | 3 | 9 | 9 | 3 | 3 | 7 | 7 |
| P10 | SPEED | 3.0 | 5.0 | 6.0 | 6.0 | 6.0 | 9.0 | 10.0 | 6.0 | 6.0 | 9.0 | 10.0 | 6.0 | 6.0 | 6.0 | 11.0 | 3.0 |
| | INCLINE | 2 | 7 | 7 | 7 | 5 | 5 | 5 | 8 | 8 | 8 | 8 | 8 | 8 | 4 | 4 | 4 |
| P11 | SPEED | 4.0 | 5.0 | 7.0 | 9.0 | 10.0 | 11.0 | 9.0 | 6.0 | 8.0 | 9.0 | 10.0 | 10.0 | 11.0 | 9.0 | 6.0 | 5.0 |
| | INCLINE | 1 | 6 | 6 | 6 | 3 | 3 | 3 | 7 | 7 | 4 | 4 | 4 | 4 | 6 | 6 | 6 |
| P12 | SPEED | 4.0 | 6.0 | 10.0 | 10.0 | 7.0 | 10.0 | 10.0 | 10.0 | 7.0 | 7.0 | 10.0 | 10.0 | 10.0 | 10.0 | 6.0 | 5.0 |
| | INCLINE | 3 | 8 | 8 | 6 | 9 | 9 | 5 | 5 | 8 | 8 | 8 | 4 | 4 | 4 | 4 | 4 |
| P13 | SPEED | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 |
| P14 | SPEED | 2.0 | 3.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 | 9.0 | 11.0 | 3.0 | 6.0 |
| | INCLINE | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 |
| P15 | SPEED | 4.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 | 9.0 | 6.0 | 11.0 | 11.0 |
| | INCLINE | 2 | 3 | 4 | 5 | 6 | 8 | 7 | 8 | 8 | 7 | 7 | 6 | 5 | 4 | 3 | 2 |
| P16 | SPEED | 2.0 | 4.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 | 2 | 4 | 5 | 6 |
| P17 | SPEED | 2.0 | 2.0 | 2.0 | 4.0 | 6.0 | 6.0 | 9.0 | 11.0 | 11.0 | 2.0 | 4.0 | 6.0 | 6.0 | 11.0 | 11.0 | 9.0 |
| | INCLINE | 2 | 4 | 6 | 8 | 10 | 12 | 12 | 12 | 12 | 12 | 12 | 10 | 8 | 6 | 4 | 2 |
| P18 | SPEED | 3.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 | 6.0 | 3.0 | 6.0 |

## SPEED / INCLINATION CHART

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | INCLINE | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 | 6 | 8 | 2 |
| P19 | SPEED | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 | 4.0 | 12.0 |
| | INCLINE | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 | 10 | 8 | 6 | 4 |
| P20 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 12 | 8 | 2 | 2 |
| P21 | SPEED | 2.0 | 6.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 | 11.0 | 2.0 | 6.0 |
| | INCLINE | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 3 |
| P22 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 | 2.0 | 11.0 | 6.0 |
| | INCLINE | 2 | 4 | 10 | 2 | 4 | 10 | 2 | 6 | 12 | 6 | 8 | 12 | 6 | 8 | 12 | 2 |
| P23 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 | 6.0 | 2.0 | 11.0 | 6.0 |
| | INCLINE | 2 | 3 | 4 | 5 | 6 | 6 | 7 | 8 | 10 | 11 | 12 | 12 | 12 | 12 | 10 | 2 |
| P24 | SPEED | 4.0 | 6.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 | 4.0 | 11.0 | 6.0 |
| | INCLINE | 4 | 4 | 5 | 6 | 7 | 8 | 10 | 10 | 12 | 12 | 12 | 12 | 12 | 12 | 10 | 2 |
| P25 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 | 5 | 9 | 11 | 12 |
| P26 | SPEED | 3.0 | 4.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 | 10.0 | 12.0 | 4.0 | 7.0 |
| | INCLINE | 6 | 10 | 12 | 12 | 6 | 10 | 11 | 12 | 6 | 10 | 12 | 12 | 6 | 10 | 12 | 12 |
| P27 | SPEED | 5.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 | 10.0 | 7.0 | 12.0 | 12.0 |
| | INCLINE | 3 | 4 | 5 | 6 | 7 | 9 | 8 | 9 | 9 | 8 | 8 | 7 | 6 | 5 | 4 | 3 |
| P28 | SPEED | 3.0 | 5.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 | 3 | 5 | 6 | 7 |
| P29 | SPEED | 3.0 | 3.0 | 3.0 | 5.0 | 7.0 | 7.0 | 10.0 | 12.0 | 12.0 | 3.0 | 5.0 | 7.0 | 7.0 | 12.0 | 12.0 | 10.0 |
| | INCLINE | 3 | 5 | 7 | 9 | 11 | 12 | 12 | 12 | 12 | 12 | 12 | 11 | 9 | 7 | 5 | 3 |
| P30 | SPEED | 4.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 | 7.0 | 4.0 | 7.0 |
| | INCLINE | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 | 7 | 9 | 3 |
| P31 | SPEED | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 | 5.0 | 13.0 |
| | INCLINE | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 | 11 | 9 | 7 | 5 |
| P32 | SPEED | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 | 6.0 | 14.0 |
| | INCLINE | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 12 | 9 | 3 | 3 |
| P33 | SPEED | 3.0 | 7.0 | 3.0 | 7.0 | 12.0 | 3.0 | 7.0 | 12.0 | 3.0 | 7.0 | 12.0 | 7.0 | 7.0 | 12.0 | 3.0 | 7.0 |
| | INCLINE | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 12 | 10 | 4 | 4 |
| P34 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 | 3.0 | 12.0 | 7.0 |
| | INCLINE | 3 | 5 | 11 | 3 | 5 | 11 | 3 | 7 | 12 | 7 | 9 | 12 | 7 | 9 | 12 | 3 |
| P35 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 | 7.0 | 3.0 | 12.0 | 7.0 |
| | INCLINE | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 11 | 12 | 12 | 12 | 12 | 12 | 11 | 3 |
| P36 | SPEED | 5.0 | 7.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 | 5.0 | 12.0 | 7.0 |
| | INCLINE | 5 | 5 | 6 | 7 | 8 | 9 | 11 | 11 | 12 | 12 | 12 | 12 | 12 | 12 | 11 | 3 |

## MAINTENANCE AND CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

**NOTE!**

- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.

- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.

- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.

- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.

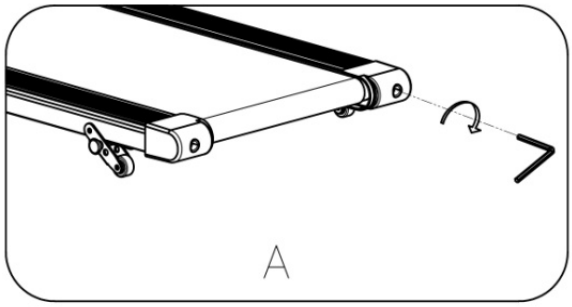
- The pulse sensor is not a medical device. it is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

### STORAGE

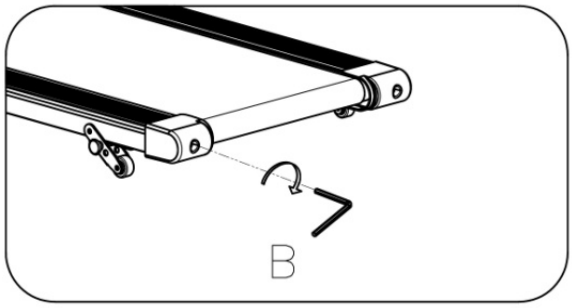
Store you treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

**CENTERING THE RUNNING BELT:**
Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

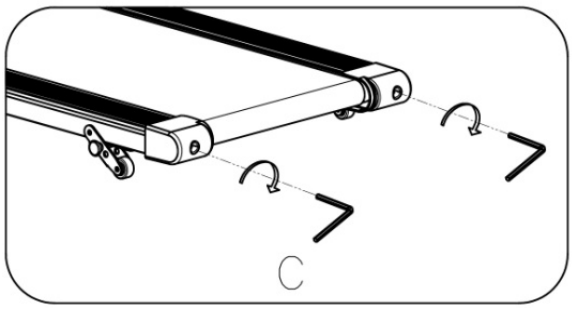
1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side ¼ turn *clockwise*, then turn the left adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.

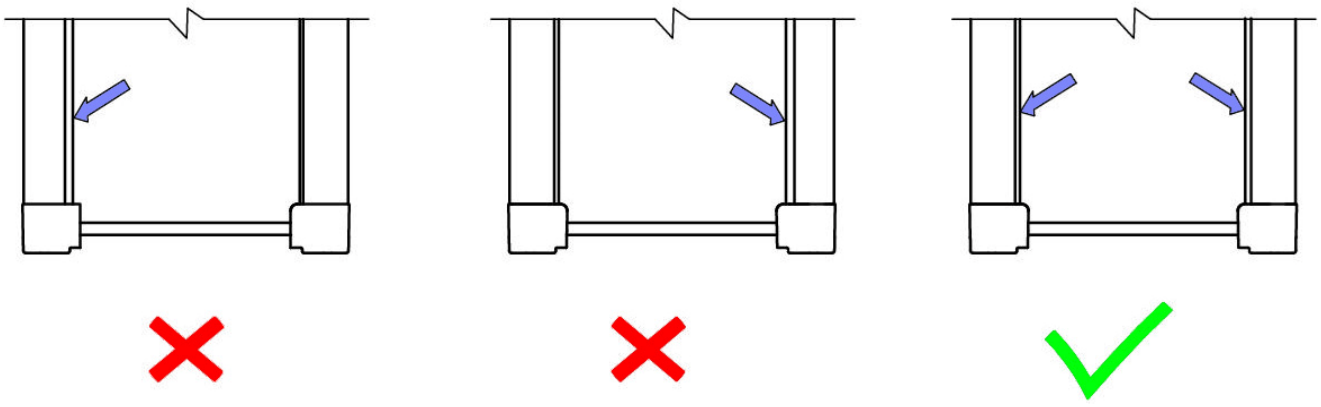



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side ¼ of a turn *clockwise*, then turn the right adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.




3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



# LUBRICATING THE TREADMILL

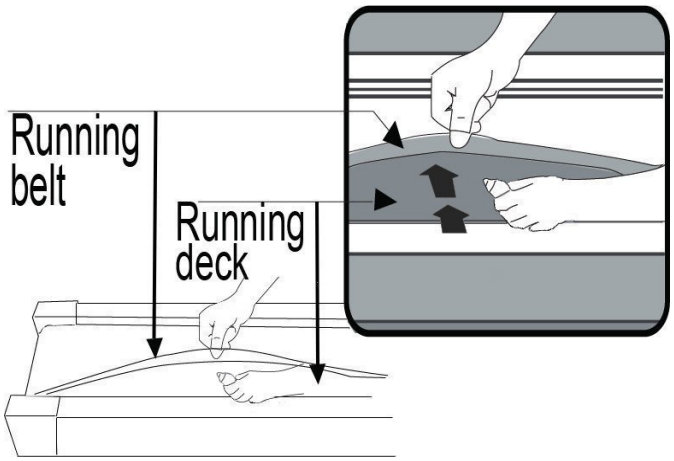
**IMPORTANT NOTE:**
The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

**RUNNING BELTS & TREADMILL LUBRICANT:**
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

**WARNING!**

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

**HOW TO LUBRICATE:**
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

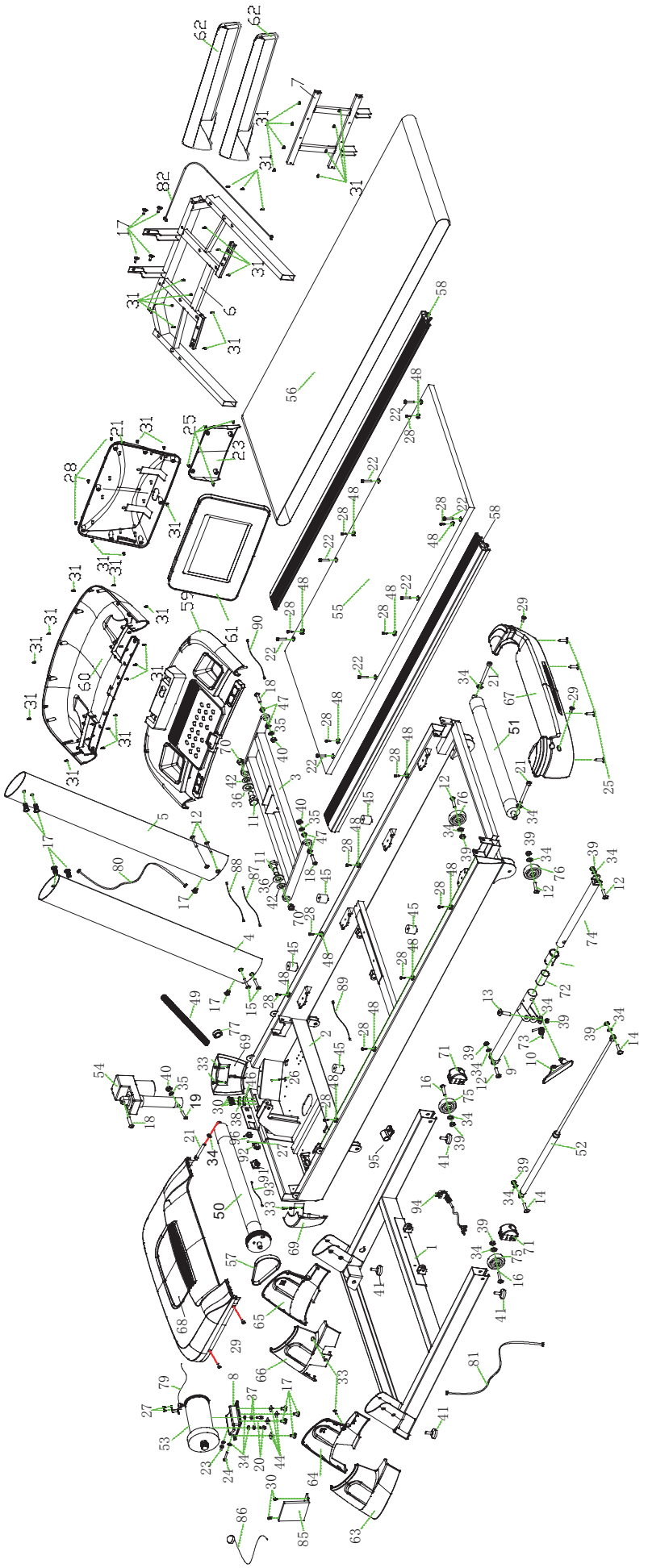



**The following time table is recommended:**

| | | |
|---|---|---|
| Light user | less than 3 hours/week | every six months |
| Medium user | 3-5 hours/week | every three months |
| Heavy user | more than 5 hours/week | every two months |

## TREADMILL

| Problem | Reason | How to settle the problem |
|---|---|---|
| Treadmill stop working | A : Did not connect the power supply | Connect the power supply or switch on |
| | B: Safety key did not put on right position | Well put the safety key on the correct position |
| | C、Transformer not connect well or transformer is defective | Reconnect the transformer or replace the transformer |
| | D、Circuit breaking | Check input and output port and communication wire |
| Treadmill stop suddenly | A. Safety key drop out | Reconnect the safety key |
| | B: System defective | Ask for repairing |
| Button out of work | A. Button broken or invalid | Replace the button |
| | B. All buttons broken | 1. Replace the key board and wires<br>2. Replace the main board<br>3. Replace the console |
| | c. Motor wire and controller not connected well or controller defective | Reconnect or replace the controller |
| No pulse display | A. Handle pulse wire not connect | Reconnect or replace the wire |
| | B. Console circuitry defected | Replace console |
| Console short of display | A. Display screw get loose | Lock the screws |
| | B. System defective | Replace the console |
| E7 | The console can't detect the safety key signal | 1. Check the safety key is in place<br>2.Reconnect the saftey key |
| EO1 | Inverter overload protection | Replace the inverter or ask for checking or repair |
| E02 | Overload protection shutdown | Replace the inverter or ask for checking or repair |
| E03 | Inverter overheat protection | Replace the inverter or ask for checking or repair |
| E04 | Overvoltage protection | Replace the inverter or ask for checking or repair |
| E05 | Undervoltage protection | Replace the inverter or ask for checking or repair |
| E06 | Inverter output short circuit | Replace the inverter or ask for checking or repair |
| E08 | Overvoltage protection | Replace the inverter or ask for checking or repair |
| E10 | Low voltage display | Replace the inverter or ask for checking or repair |
| E11 | Emergency stop display | Replace the inverter or ask for checking or repair |
| E12 | Motor overload protection | Replace the motor or inverter |



| O. | NAME | QUANTITY |
|---|---|---|
| 1 | Base frame | 1 |
| 2 | Platform frame | 1 |
| 3 | Incline frame | 1 |
| 4 | Upright post (L) | 1 |
| 5 | Upright post (R) | 1 |
| 6 | Console frame | 1 |
| 7 | Display frame | 2 |
| 8 | Motor installation panel | 1 |
| 9 | Outer telescopic tube | 1 |
| 10 | Pedal | 1 |
| 11 | Hex half head screw M12×Φ14×35×19 | 2 |
| 12 | Allen C.K.S. half thread screw M8×40×20 | 4 |
| 13 | Allen C.K.S. half thread screw M8×45×20 | 1 |
| 14 | Allen C.K.S. half thread screw M8×30×20 | 2 |
| 15 | Allen C.K.S. half thread screw M8×60×20 | 4 |
| 16 | Allen C.K.S. half thread screw M8×50×20 | 2 |
| 17 | Allen C.K.S. full thread screw M8×20 | 10 |
| 18 | Allen C.K.S. half thread screw M10×35×20 | 3 |
| 19 | Allen C.K.S. half thread screw M10×65×20 | 1 |
| 20 | Allen Column full thread screwM8×15 | 2 |
| 21 | Allen Column full thread screw M8×75 | 3 |
| 22 | Allen countersunk head full thread screw M6×30×Φ16 | 8 |
| 23 | Motor bolt -1 M8×65 | 1 |
| 24 | Hex full head screw M8×75 | 1 |
| 25 | Phillips C.K.S self-tapping Screw ST4×16 | 8 |
| 26 | Phillips C.K.S self-tapping Screw ST4×40 | 2 |
| 27 | Phillips countersunk head self-tapping screw ST3×10 | 4 |
| 28 | Phillips countersunk head self-tapping screw ST4×15 | 12 |
| 29 | Phillips C.K.S full head Screw M5×10 | 6 |
| 30 | Phillips C.K.S full head Screw M4×10 | 9 |
| 31 | Phillips C.K.S self-tapping Screw ST4×15 | 35 |
| 33 | Phillips C.K.S self-tapping Screw ST4×12 | 14 |

| | | |
|---|---|---|
| 34 | Flat washer Φ8 | 19 |
| 35 | Flat washerΦ10 | 3 |
| 36 | Flat washerΦ14 | 2 |
| 37 | Spring washerΦ8 | 2 |
| 38 | Spring washerΦ5 | 3 |
| 39 | Hex locked nut M8 | 9 |
| 40 | Hex locked nut M10 | 3 |
| 41 | Feet pad adjustmentΦ35×37×12×M8 | 4 |
| 42 | Plastic flat washerΦ24×Φ16×t2.0 | 2 |
| 43 | Taper feet pad Φ23×Φ18×Φ5×11 | 2 |
| 44 | Cushion 35×35×t5.0×Φ8 | 4 |
| 45 | Cushion Φ30×30×M6×6 | 6 |
| 46 | Serrated lock washers Φ5 | 3 |
| 47 | Incline axle Φ25×Φ17×Φ10×6×1 | 4 |
| 48 | Side rail guider Φ25×Φ5×4.5 | 12 |
| 49 | Wire protector | 1 |
| 50 | Front roller | 1 |
| 51 | Rear roller | 1 |
| 52 | Cylinder | 1 |
| 53 | Motor | 1 |
| 54 | Incline motor | 1 |
| 55 | running deck | 1 |
| 56 | Running belt | 1 |
| 57 | Motor belt | 1 |
| 58 | Side rail | 2 |
| 59 | Console upper cover | 1 |
| 60 | Console lower cover | 1 |
| 61 | Panel | 1 |
| 62 | Handle bar | 2 |
| 63 | Base cover (L) -1 | 1 |
| 64 | Base cover (L)-2 | 1 |
| 65 | Base cover (R)-1 | 1 |
| 66 | Base cover (R)-2 | 1 |

| | | |
|---|---|---|
| 67 | End cap | 1 |
| 68 | Motor cover | 1 |
| 69 | Main frame front cover | 2 |
| 70 | Powder Metallurgy set | 2 |
| 71 | Curved pipe plug | 2 |
| 72 | Hollow tubes plug | 1 |
| 73 | Column spring | 1 |
| 74 | Inner telescopic tube -1 | 1 |
| 75 | Wheel | 2 |
| 76 | Wheel | 2 |
| 77 | Magnetic ring | 1 |
| 78 | console set | 1 |
| 79 | Speed sensor | 1 |
| 80 | Wire | 1 |
| 81 | Wire | 1 |
| 82 | Wire | 1 |
| 84 | Handle pulse wire | 2 |
| 85 | controller | 1 |
| 86 | Safety key | 1 |
| 87 | Power cord | 1 |
| 88 | Power cord | 1 |
| 89 | Wire (Ground wire) | 1 |
| 90 | Wire (Ground wire) | 2 |
| 91 | Rocker switch | 1 |
| 92 | Automotive switch | 1 |
| 93 | Power cord | 2 |
| 94 | Plug | 1 |
| 95 | Cable clamp | 2 |
| 96 | Wire clip | 1 |
| 97 | Allen C.K.S. half thread screw M8×30×20 | 2 |

# IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels and running belt.

**The guarantee does not cover:**

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions
- Normal wear and tear of the wear parts

The device is intended only for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.