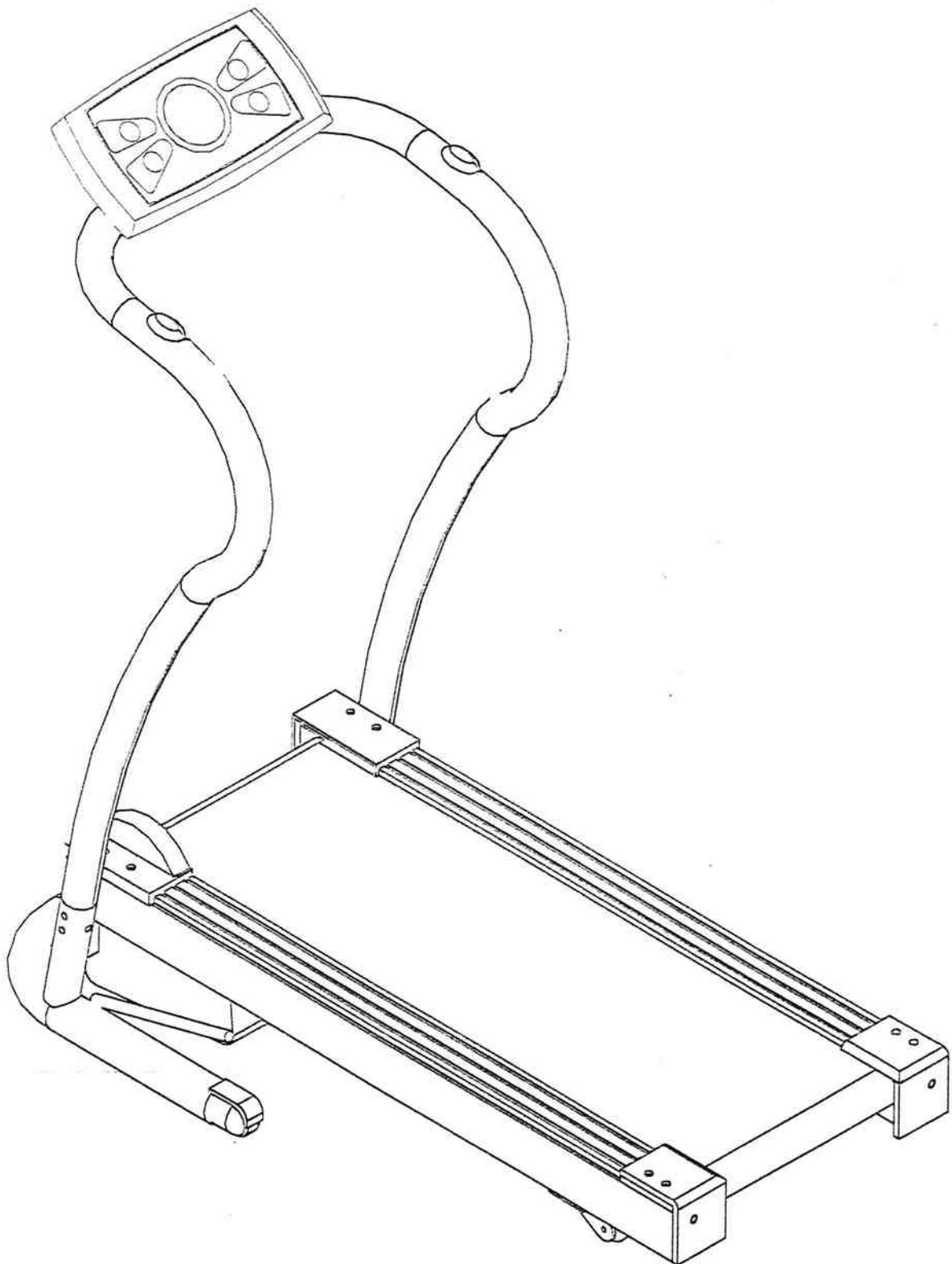


6M400

# FOLDABLE MOTORIZE TREADMILL



## **WARNING:**

Please consult your physician before starting any exercising. Proper usage of this product is essential. Please make sure you have read carefully and understood your manual before exercising.

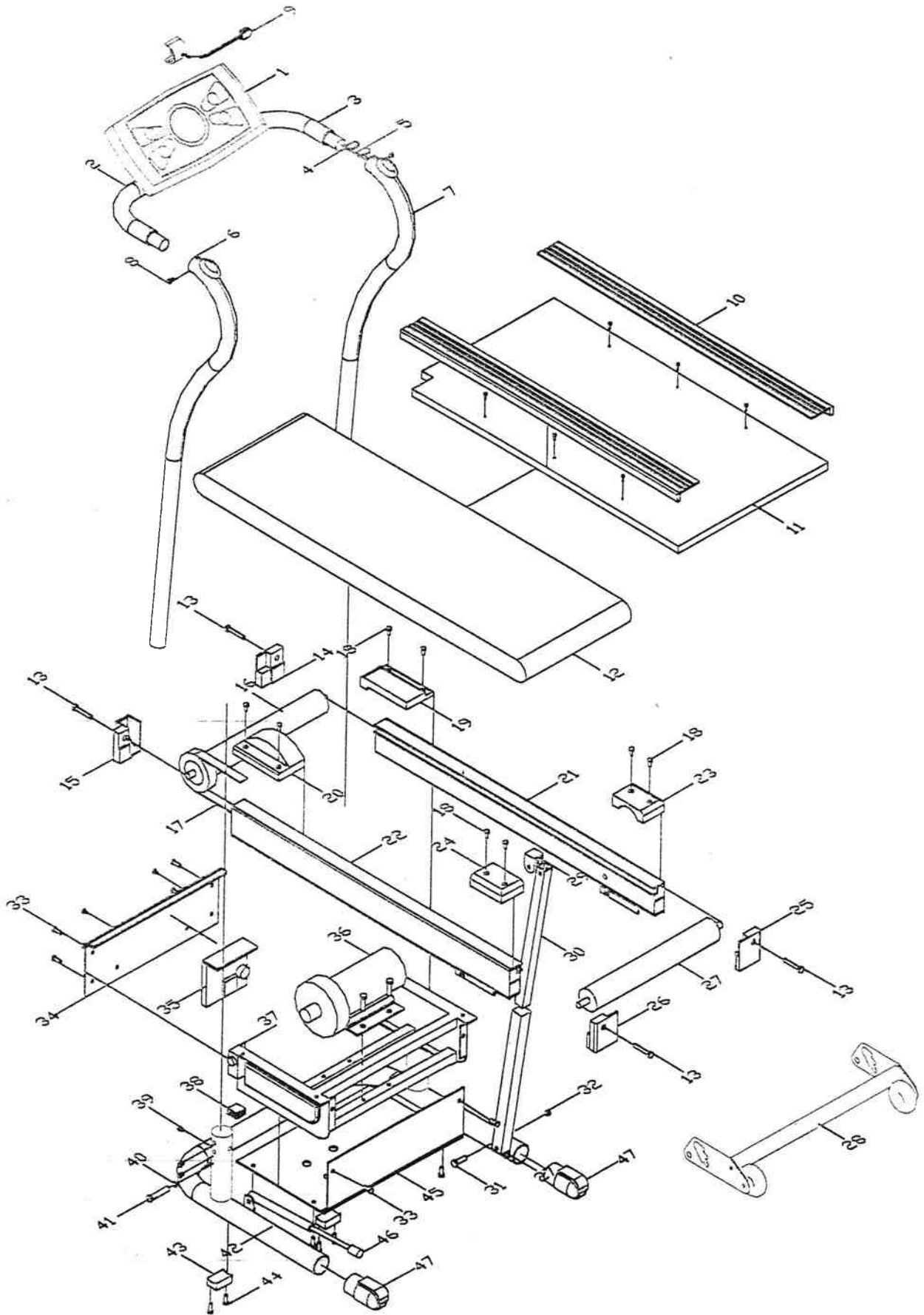
## **IMPORTANT SAFETY PRECAUTIONS:**

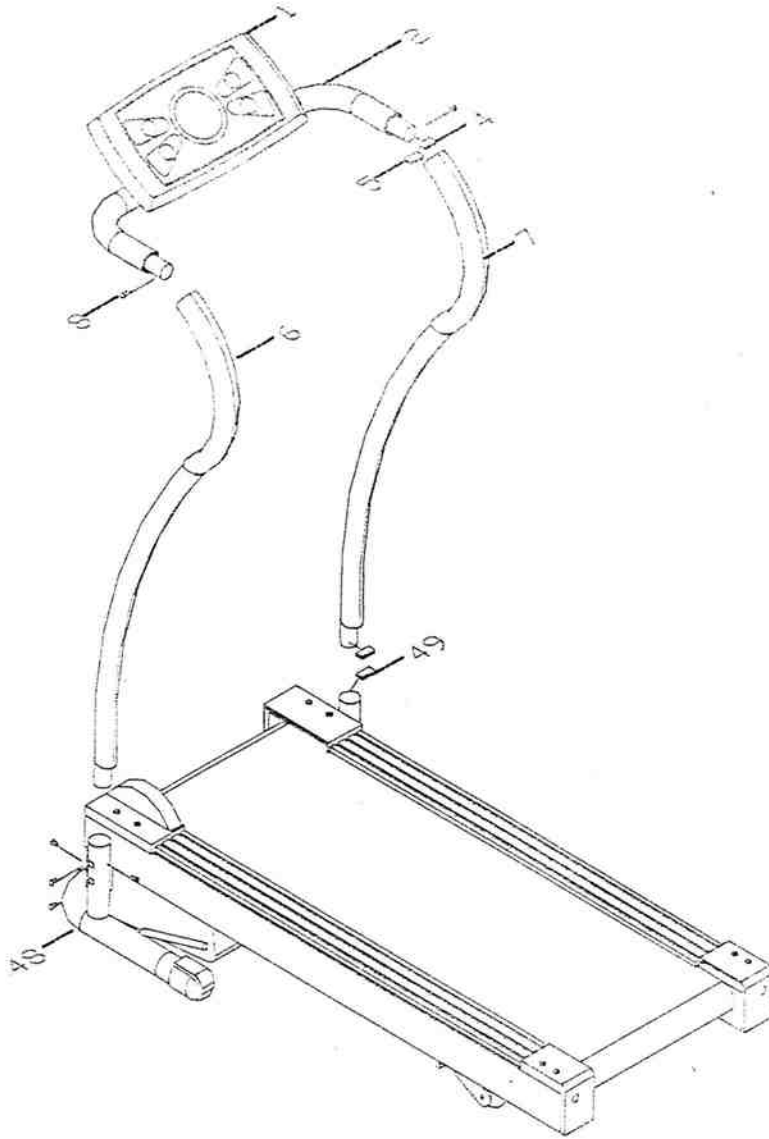
1. This product is suitable for home use only. It is not for commercial or club use.
2. Please read all instructions and manual carefully before workout.
3. Always check every bolts and nuts have been fastened properly and tightly before workout.
4. For safety reason, please keep your small children away from this product while you are exercising. Unless with adults around, never let your children work on this equipment along.
5. Please make 5 minutes warm-up before workout or training program. And give Yourself 5 minutes to get back the normal breath before stop the workout.
6. Keep your breath speed normally while workout and increasing gradually the speed of your breath according to your program. Don't hold your breath while workout.
7. Ultimately, you'll be able to exercise continuously for 30 minutes. But for beginners, it's suggested to start slowly from few , minutes of workout for twice a week. Gradually increasing your speed and time to 4 or 5 times per week..
8. Resting for a day or two between workouts. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your blood circulation and pulse rate and delivering more oxygen to your muscles.
9. Please remove all the jewelry such as ring, necklace, bracelet or brooch before workout.
10. Always wear proper clothing and athletic shoes while exercising. Do not wear loose or flowing clothing that could be caught while workout.

## PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	MONITOR BC-81046	1	25	REAR END CAP (R)	1
2	□ STYLE HANDLEBAR	1	26	REAR END CAP (L)	1
3	RUBBER	4	27	REAR ROLLER	1
4	CABLE (800mm)	1	28	ELEVATOR	1
5	CABLE (1200mm)	1	29	U-IRONED PIECE	1
6	UPRIGHT TUBE (L)	1	30	TELESCOPIC TUBE	1
7	UPRIGHT TUBE (R)	1	31	BOLT M3*40	2
8	BOLT M3*20	2	32	WASHER M3	2
9	SAFETY KEY	1	33	BOLT M6*10	10
10	SIDE PANEL	2	34	FRONT COVER	1
11	WOOD PLATE	1	35	MOTOR CONTROL BOARD	1
12	RUNNING BELT	1	36	MOTOR	1
13	BOLT M6*70	4	37	MOTOR FRAME	1
14	FRONT END CAP (R)	1	38	PLUGGER	2
15	FRONT END CAP (L)	1	39	BOLT M3*20	8
16	FRONT ROLLER	1	40	WASHER Φ8	8
17	V-RIBBED DRIVE BELT	1	41	BOLT M10*60	2
18	BOLT M6*10	8	42	BOTTOM FRAME	1
19	FRONT-UPPER CAP (R)	1	43	FOOT PAD	2
20	FRONT-UPPER CAP (L)	1	44	BOLT M6*10	4
21	ALUMINUM FRAME (R)	1	45	BOTTOM SHROUD	1
22	ALUMINUM FRAME (L)	1	46	AIR CYLINDER	1
23	REAR-UPPER CAP (R)	1	47	MOVING WHEEL	2
24	REAR-UPPER CAP (L)	1			

# EXPLODED DRAWING





**ASSEMBLY INSTRUCTION FOR SM400**  
**NO PLUG IN POWER SUPPLY DURING ASSEMBLY**

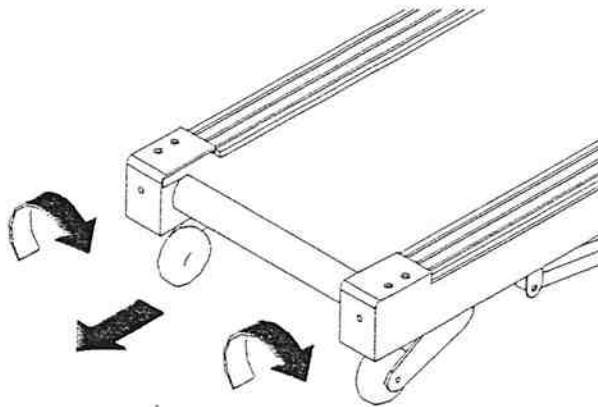
1. LOCATE THE MAIN FRAME ASSEMBLY ON FLOOR.
2. FIRSTLY,CONNECTTING #5 COMPUTER CABLE 1200mm WITH #49 COMPUTER CABLE 600mm. PUT #6 #7 UPRIGHT TUBE INTO #48 STANDING FRAME.FASTEN THE TUBE WITH #8 M8\*20 BOLT.
3. THEN CONNECT #4 COMPUTER CABLE 800mm WITH #5 COMPUTER CABLE 1200mm.INSERT #2 “Γ”STYLE HANDLEBAR TO #6#7 UPRIGHT TUBE.FASTEN THE TUBE WITH #8 M8\*20 BOLT.
4. INSERT THE SAFETY KEY TO THE HOLE OF MONITOR.THE MOTORIZED TREADMILL IS NOW ASSEMBLED.

**※BEFORE USING IT, PLEASE CHECK ALL THE BOLTS ARE FASTENED. PLUG THE POWER SUPPLY TO START IT.**

## WALKING BELT ADJUSTMENT

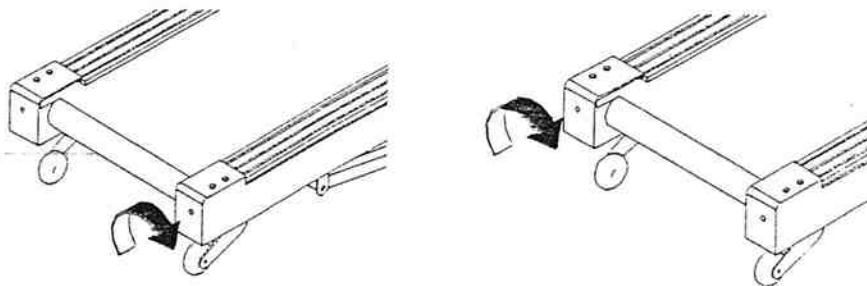
### A. TO ADJUST THE WALKING BELT TENSION

1. TURN ON THE TREADMILL AND KEEP SPEED AT APPROXIMATELY 6.0 KPH.
2. USING A 3/16" ALLEN WRENCH, TURN BPLTS AS SHOWN BELOW ONE FULL TURN CLOCKWISE.
3. IF BELT CONTINUES SLIPPING DURING USE, REPEAT THE ABOVE STEPS UNTIL THE SLIPPING STOPS.

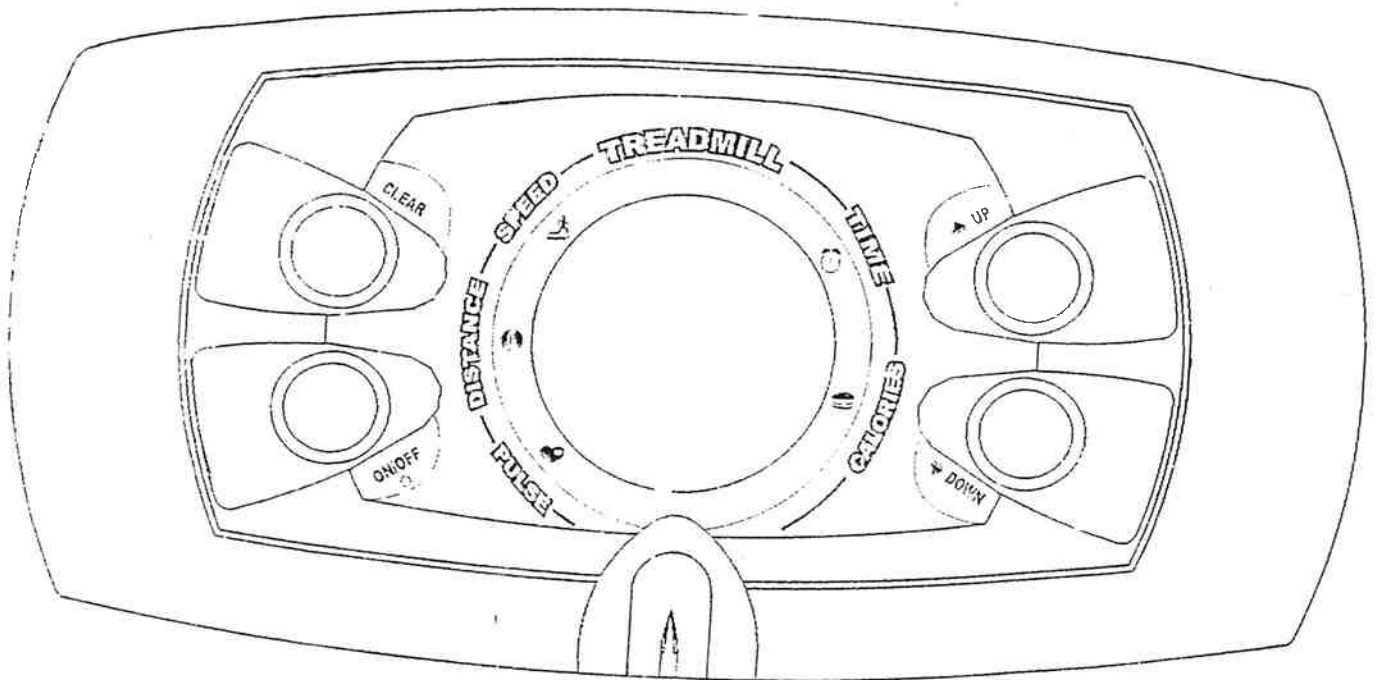


### B. TO CENTER A DRIFTING WALKING BELT

1. PLACE THE TREADMILL ON A LEVEL SURFACE.
2. TURN ON THE TREADMILL AND KEEP SPEED AT APPROXIMATELY 6.0 KPH.
3. IF THE BELT IS DRIFTING TO THE RIGHT, TURN THE LEFT ADJUSTMENT BOLT 1/2 TURN COUNTERCLOCKWISE.
4. IF THE BELT IS DRIFTING TO THE LEFT, TURN THE RIGHT ADJUSTMENT BOLT 1/2 TURN COUNTERCLOCKWISE.
5. AFTER 15 SECONDS IF THE BELT IS NOT CENTERED, REPEAT STEP 3 OR STEP 4 ACCORDINGLY.



## OPERATION INSTRUCTION



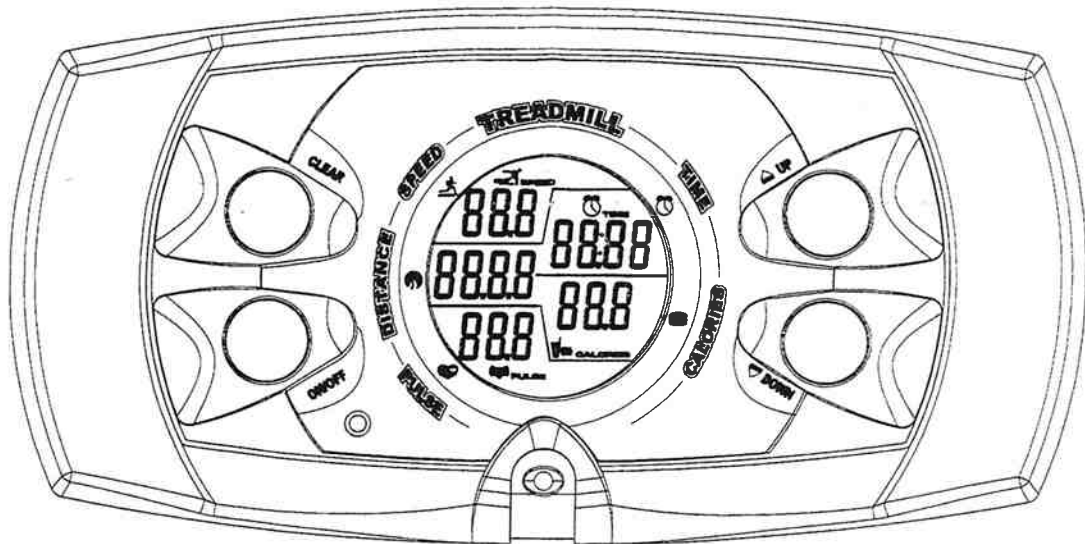
For your safety, please step on the both side panel, and place both of hands on the hand bar before you push the start button.

- A. Plug in the safety key, and then press the start button. (Push one time to start, twice to stop)
- B. Press the speed button to accelerate and decelerate. Or press the button on the right handle bar.
- C. Press the button "STOP" or pull out the safety key to stop.
- D. Press the button "RESET", the value will go back to zero.
- E. If you didn't use for 4 minutes, the monitor will shut down automatically.
- F. If the pulse was not detected in 16 seconds, the window will show "P", this is for save the power. If you want to start the heart rate function, please press reset.

### Cautions:

Please clip the safety key on your clothes; it will be plug out and shut down the treadmill if you cannot keep with the speed. When you need to start it again, just plug in the safety key.

**FRONT VIEW**



**SUMMARY:** The computer will come on automatically if the exercise machine is in motion . If stop exercising beyond 256 seconds, the computer will turn itself off.

**FUNCTION MARK**

- |             |             |
|-------------|-------------|
| 1. SPEED    | 2. TIME     |
| 3. DISTANCE | 4. CALORIES |
| 5. PULSE    |             |

**KEY GUIDE**

BUTTON	DESCRIPTION
1. CLEAR:	Clear all functional values to zero, and if you press the button again, pulse value will be counted.
2. UP:	Set up the speed values of load level.
3. DOWN:	Set down the speed values of load level.
4. ON/OFF:	Start or stop motor controller.
5. STOP RING:	Emergency button.

# EXERCISE MONITOR INSTRUCTION MANUAL

BC-81046

## FUNCTIONS AND OPERATIONS:

Mode or function	Action
SPEED:	Current speed will be shown on the window when exercising.
TIME:	If time is not preset, it will count up in one-second increment.
DISTANCE:	The distance of each workout will be displayed on the window.
CALORIES:	The calories burned will be displayed on the window.
PULSE:	To display your current heart rate on the window in beats per minute (BPM).

**Note:** If no PULSE signal input within 16 seconds, the display will indicate "P", it is a power saving device. Customers can press the CLEAR • PULSE ON keys to restart PULSE function.

## SPECIFICATION:

FUNCTION	SPEED	0.0-99.9Mile/h or Km/h
	TIME	00:00-99:59( Minute:Second)
	DISTANCE	0.00-99.99 (Mile or Km)
	CALORIES	0.0- 99.9KCAL
	PULSE	41-238BPM
DISPLAY	Liquid crystal type	
CONTROLLER	4 bit, 1 chip microprocessor	
SENSOR	No - contact magnetic type	
POWER SOURCE	The monitor power source require transfer controller's 12v into 3v	
OPERATION TEMPERATURE	0°C - +40°C ( 32°F - 104°F )	
STORAGE TEMPERATURE	-20°C - +50°C ( -4°F - 122°F )	