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# USER GUIDE

Using Manual & Video Guidance

MONICAFIT HR-T211A eco

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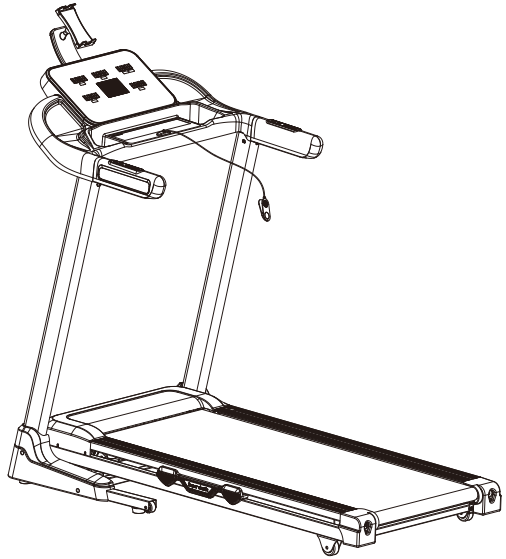
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# USER'S MANUAL

MONICAFIT HR–T211A$^{eco}$



**WARNING!**

Please read the instructions carefully before using the equipment

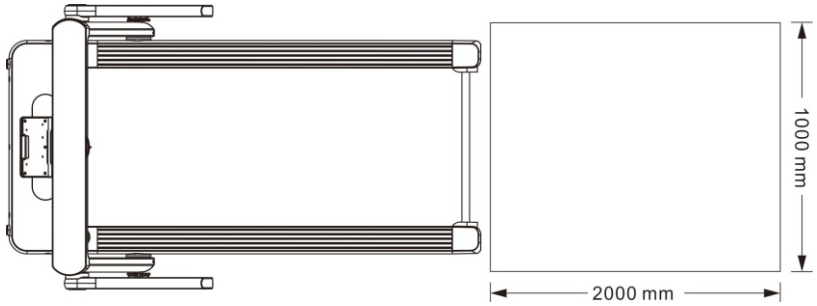
# Safety Tips

01. Put motorized treadmill in a neat and flat place, do not put it on the thick carpet, lest affect the circulation of air in the lower part of the motorized treadmill. Also do not put motorized treadmill near water or outdoor use, pay attention to moisture-proof.
02. Only after the motorized treadmill is fully installed and the motor protection cover, can the power be switched on. Plug the power cord plug into the power outlet with safe grounding 10a, we recommend that you use a socket with an over current protector to ensure the safety of the treadmill and the user.
03. Please do not casually remove the protective cover, if you need to open it for maintenance, make sure to pull out the power cord plug first. (It is recommended that professional repair.)
04. When placing the motorized treadmill, do not let it block the wall socket, to facilitate the insertion of.
05. The motorized treadmill power cord is dedicated, if it is damaged, please buy from the dealer, or directly connect with our company.
06. Please check the installed motorized treadmill again to see if the bolt is locked.
07. Please pay attention to the fact that the motorized treadmill is a dedicated machine, do not modify it for other use.
08. Please do not insert any other items into any part of the equipment, lest damage the equipment.

## Attention

To avoid accidental injury, you must pay attention to the following:

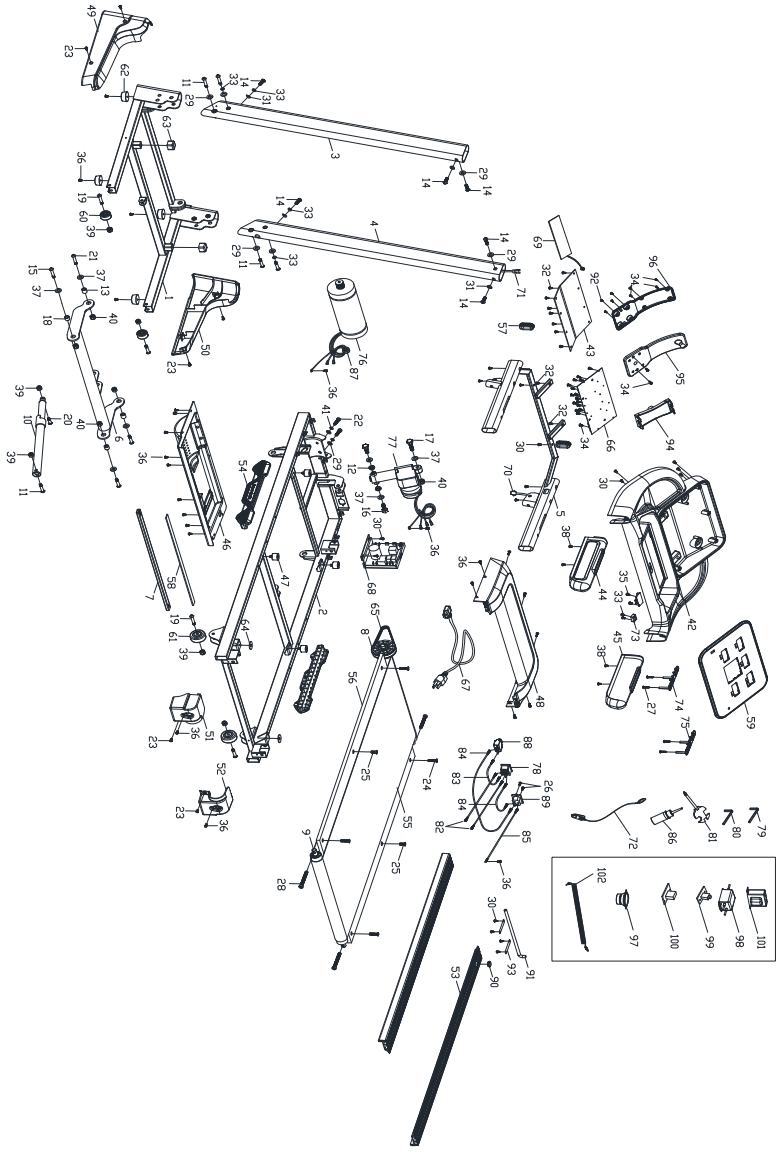
01. To prevent injury, please warm up before exercise.
02. Any strenuous exercise can only start after 40minutes after meals.
03. Before using the treadmill, check whether the power supply is loaded and the safety key is effective. Then suck one end of the safety key onto the treadmill. One end of the clip on the clothes or belt, in case of an emergency can be pulled off the safety key.
04. Please do not turn on when standing on the running belt, when the power is on, the running belt may have a pause at the beginning of exercise. One must stand on a plastic skid board on either side of an electric treadmill until the running belt moves.
05. Please naturally swing your arms while exercising, look ahead, do not look down at your feet.
06. Accelerate gradually when you exercise, until you adapt to the existing speed and then accelerate.
07. Do not wear too long, too loose when you exercise to prevent clothes to be hooked to the motorized treadmill, usually wearing rubber soles running shoes or fitness shoes.
08. The first time to use the motorized treadmill, be sure to hold on to the handrails. Do not loosen the handrail until you feel comfortable.
09. The continuous exercise cannot exceed 90 minutes. Please unplug the power plug and remove the safety switch in time to avoid overloading.
10. When there is any different situation, you must pull off the safety key immediately, hands on the handle, feet jump on the anti-skid board and then leave.
11. When not using the treadmill, the safety key should be put away. Do not be taken by children. Minors in the use of treadmills must be accompanied by adults.
12. Before folding the treadmill must be completely stopped and reset; it is not allowed to operate the treadmill after folding.
13. The rear of the treadmill must be reserved 2000mm*1000mm space.




## Warning:

01. Two or more people are not allowed to use the treadmill at the same time.
02. Please use under medical supervision if unwell.
03. The heartbeat monitoring system is just for reference, cannot be used as medicine. Excessive exercise can cause serious injury or death. If you feel dizzy, stop exercising immediately.
04. Kids, disabled people, pets should keep away from the treadmill, in case of accidents.

# Exploded Drawing



# Part List

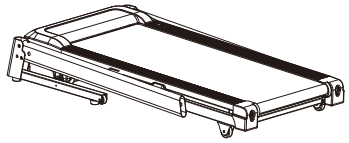
| No. | Part Name | Specifications | Qty. |
|---|---|---|---|
| 1 | Base | | 1 |
| 2 | Main Frame | | 1 |
| 3 | Left Upright | | 1 |
| 4 | Right Upright | | 1 |
| 5 | Meter Rack | | 1 |
| 6 | Incline Rack | | 1 |
| 7 | Running Board Pad Tube | | 1 |
| 8 | Front Roller | | 1 |
| 9 | Rear Roller | | 1 |
| 10 | Gas Spring | | 1 |
| 11 | Bolt | M8*45 | 5 |
| 12 | Incline sleeve | | 2 |
| 13 | Incline jacket | | 2 |
| 14 | Bolt | M8*20 | 6 |
| 15 | Bolt | M10*25 | 2 |
| 16 | Bolt | M10*20 | 2 |
| 17 | Bolt | M10*40 | 1 |
| 18 | Incline Rack Jacket | | 2 |
| 19 | Bolt | M8*40 | 4 |
| 20 | Bolt | M8*25 | 1 |
| 21 | Bolt | M10*30 | 2 |
| 22 | Bolt | M8*20 | 2 |
| 23 | Screws | ST4.2*19 | 6 |
| 24 | Bolt | M6*20 | 4 |
| 25 | Bolt | M6*12 | 2 |
| 26 | Screws | ST4.2*12 | 2 |
| 27 | Screws | ST4.2*40 | 4 |
| 28 | Bolt | M8*55 | 3 |
| 29 | Washer | Φ8*Φ16*1.5 | 8 |
| 30 | Screws | ST4.2*12 | 17 |
| 31 | Arc Washer | Φ8*Φ16*1.5 | 4 |
| 32 | Screws | ST4.2*19 | 10 |
| 33 | Spring Washer | D8 | 2 |

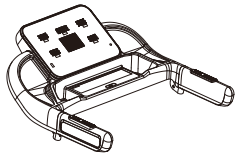
| No. | Part Name | Specifications | Qty. |
|---|---|---|---|
| 34 | Screws | ST2.9*5 | 22 |
| 35 | Screws | ST2.5*8 | 2 |
| 36 | Screws | ST4.2*19 | 25 |
| 37 | Flat Gasket | Φ10*Φ20*2.0 | 7 |
| 38 | Screws | ST4.2*15 | 4 |
| 39 | Bolt | M8 | 6 |
| 40 | Bolt | M10 | 5 |
| 41 | Screws | ST2.9*10 | 2 |
| 42 | Meter Cover Upper | | 1 |
| 43 | Meter Cover Down | | 1 |
| 44 | Handrail Cover Left | | 1 |
| 45 | Handrail Cover Right | | 1 |
| 46 | Tooth Cushion | | 1 |
| 47 | Handrail Plugs | | 4 |
| 48 | Motor Cover Up | | 1 |
| 49 | Base Cover Left | | 1 |
| 50 | Base Cover Right | | 1 |
| 51 | Rear Cap Left | | 1 |
| 52 | Rear Cap Right | | 1 |
| 53 | Side Rails | | 2 |
| 54 | Buffer Cushion | | 2 |
| 55 | Running Belt | | 1 |
| 56 | Running board | | 1 |
| 57 | Oval Inner Plug | | 2 |
| 58 | EVA Pad | | 1 |
| 59 | Meter Panel | | 1 |
| 60 | Wheel | | 2 |
| 61 | Move wheels | | 2 |
| 62 | Foot Pad | | 4 |
| 63 | Outer Plug | | 2 |
| 64 | Rubber Gasket | | 2 |
| 65 | Motor Belt | | 1 |
| 66 | Meter | | 1 |
| 67 | Power Cable | | 1 |
| 68 | Controller PCB | | 1 |

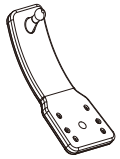
| No. | Part Name | Specifications | Qty. |
|---|---|---|---|
| 69 | Key Pad | | 1 |
| 70 | Meter Wire Upper | | 1 |
| 71 | Meter Wire Down | | 1 |
| 72 | Safety Key Assembly | | 1 |
| 73 | Safety Key Sensor | | 1 |
| 74 | Heart Rate Left | | 1 |
| 75 | Heart Rate Right | | 1 |
| 76 | DC Motor | | 1 |
| 77 | Incline Motor | | 1 |
| 78 | Switch | | 1 |
| 79 | Allen wrench | 5# | 1 |
| 80 | Allen wrench | 6# | 1 |
| 81 | Crosshead Wrench | S13-S14-S17 | 1 |
| 82 | Blue Wire | | 1 |
| 83 | Brown Wire | | 1 |
| 84 | Brown Wire | | 2 |
| 85 | Grounding | | 1 |
| 86 | Lubrication Oil | | 1 |
| 87 | Magnetic Ring | | 1 |
| 88 | Overload Protector Dumbbell | | 1 |
| 89 | Pinnacle Concave Socket | | 1 |
| 90 | Pipe Plug | | 1 |
| 91 | Fueling Pipe | | 1 |
| 92 | Bolt | M6*20 | 4 |
| 93 | Speaker | | 2 |
| 94 | Table Holder | | 1 |
| 95 | Upper Holder Black | | 1 |
| 96 | Lower Holder Black | | 1 |
| 97 | Speaker | | 2 |
| 98 | Filter | | 1 |
| 99 | MP3 Module | | 1 |
| 100 | USB Module | | 1 |
| 101 | Inductor | | 1 |
| 102 | Audio Cable | | 1 |
| | | | |

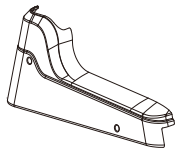
# Spare parts list

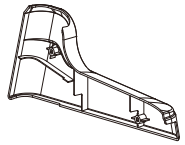
The following figure is a breakdown of the components installed on the whole machine.
Open the packing case and take out the following components.


A

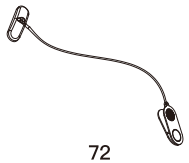

B

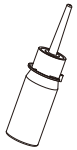

C

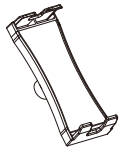

49

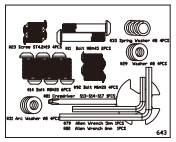

50


67


72

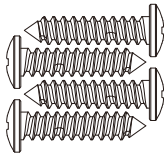

86

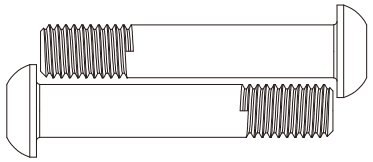

94

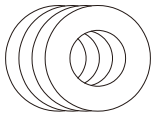

A-2

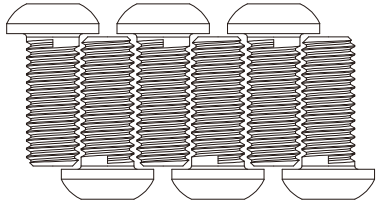
| No. | Part Name | Qty. | No. | Part Name | Qty. |
|---|---|---|---|---|---|
| A | Main Frame | 1 | 67 | Power Cord | 1 |
| B | Computer | 1 | 72 | Safety Key | 1 |
| C | Tablet Holder | 1 | 86 | Silicon Oil | 1 |
| 49 | Left Base Cover | 1 | 94 | Holder Black | 1 |
| 50 | Right Base Cover | 1 | A-2 | Screw Set | 1 |

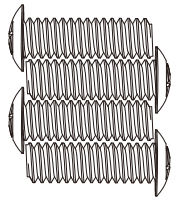
# Hardware Bag

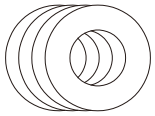

#23 Screw
ST4.2*19 4PCS

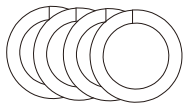

#11 Bolt
M8*45 2PCS

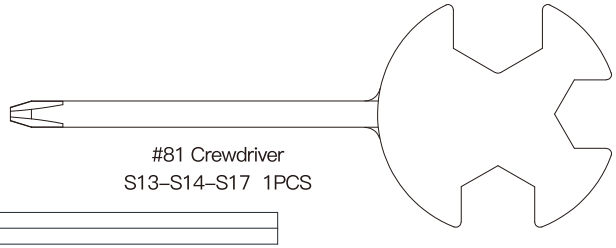

#31 Arc Washer
Φ8 4PCS

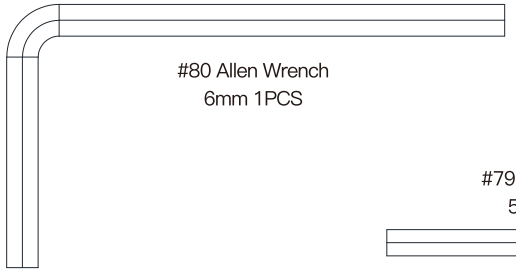

#14 Bolt
M8*20 6PCS


#92 Bolt
M6*20 4PCS


#29 Washer
Φ8 4PCS


#33 Spring Washer
Φ8 4PCS


#81 Crewdriver
S13-S14-S17 1PCS


#80 Allen Wrench
6mm 1PCS

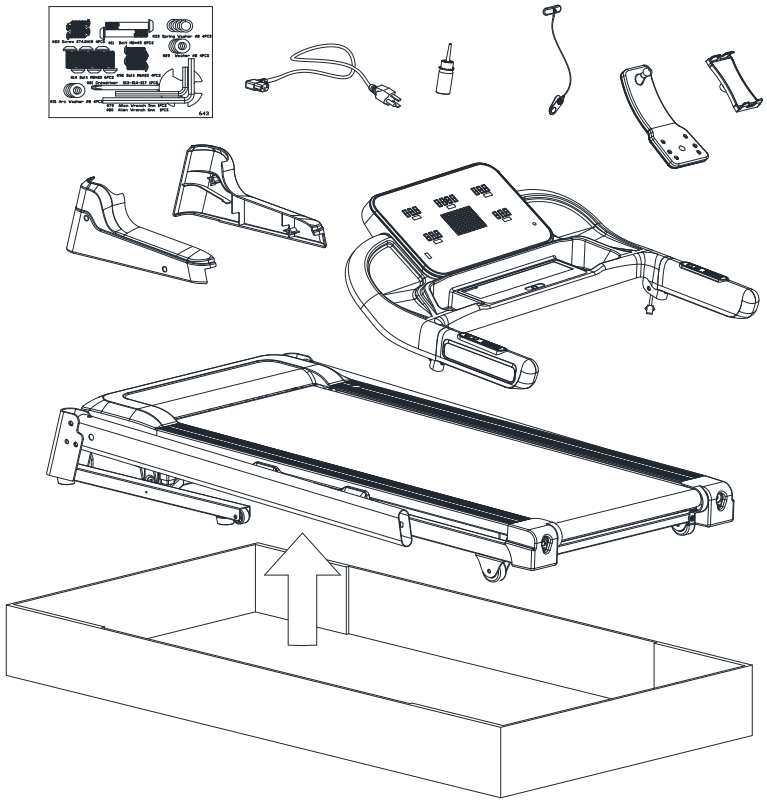

#79 Allen Wrench
5mm 1PCS

# Assemble Steps

**Note: Do not plug in the power supply until the installation is complete.**

## STEP 01

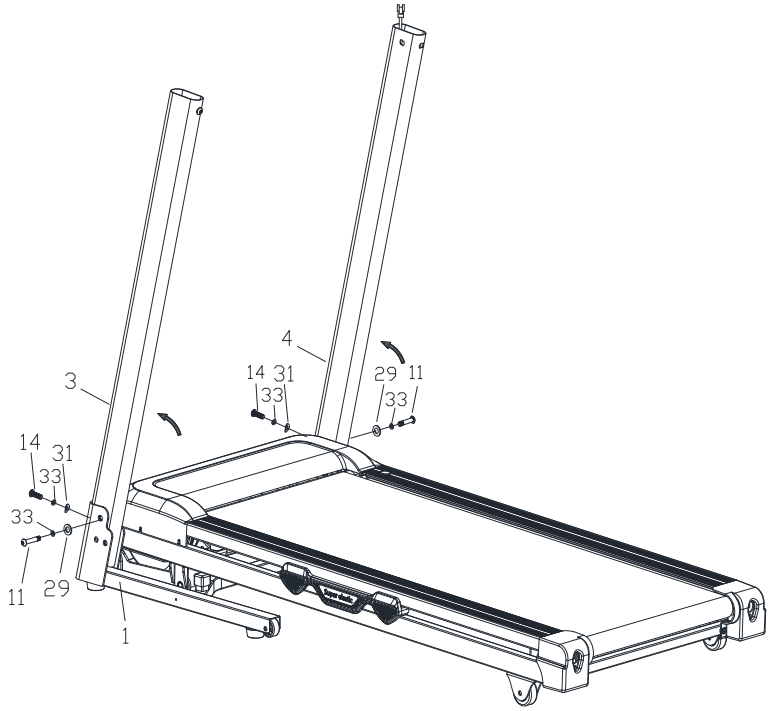
1. Take out the following materials from the box, and put the main frame on the ground, cut off the packaging belt.



## STEP 02

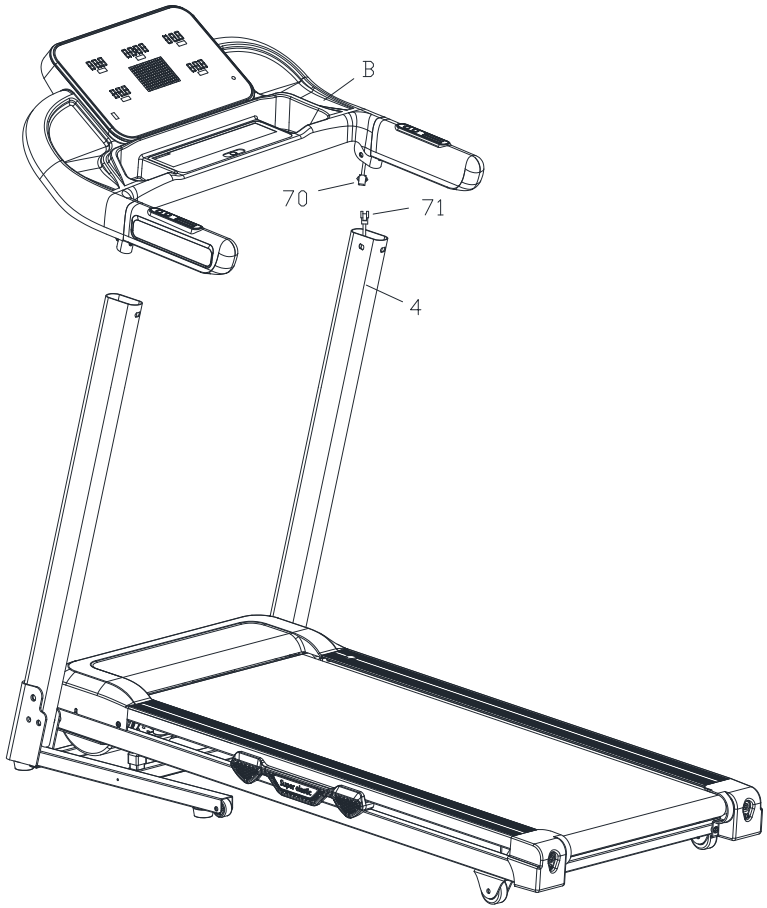
1. Unfold the left upright (3) as indicated by the arrow. Use an Allen wrench (79), a bolt (11), washer (29), and spring washer (33), and a bolts (14), arc washer (31), and spring washer (33) to fix the left upright (3) to the base (1).
2. Unfold the right upright (4) as indicated by the arrow. Use an Allen wrench (79), a bolt (11), washer (29), and spring washer (33), and a bolt (14), arc washer (31), and spring washer (33) to fix the right upright (4) to the base (1).



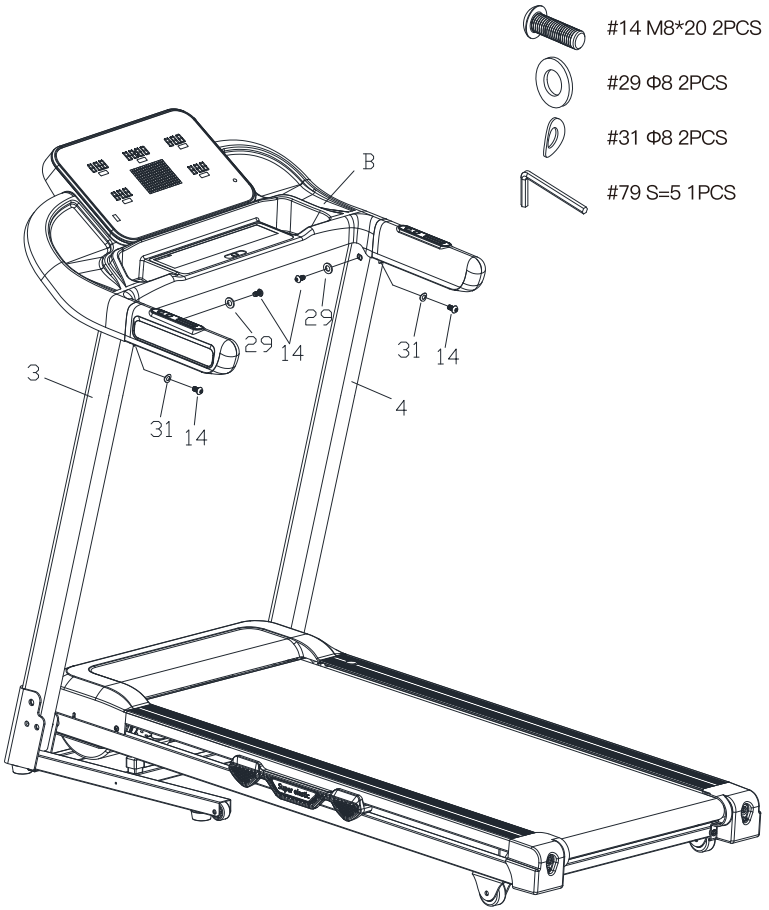
## STEP 03

1. Connect the lead–out wire (70) on the computer (5) with the lead–out wire (71) on the right upright (4).
2. Pay attention to the direction when connecting.




## STEP 04

1. Use an Allen wrench (79), and two sets of bolts (14) and washers (29), as well as two sets of bolts (14) and arc washers (31), to fix the computer (5) on the left upright (3) and the right upright (4).

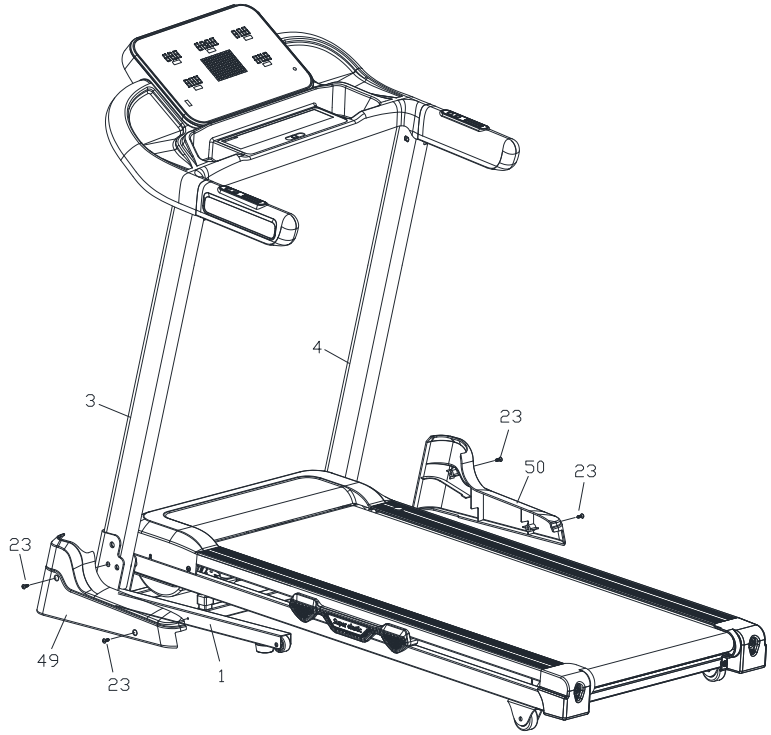


## STEP 05

1. Use a crosshead wrench (81) and a screw (23) to lock the left base cover (49) onto the left upright (3) and the base (1). All the screws are tightened.
2. Use a crosshead wrench (81) and a screw (23) to lock the right base cover (50) onto the right upright (4) and the base (1).


#23 ST4.2*19 4PCS


#81 S=13–14–17 1PCS

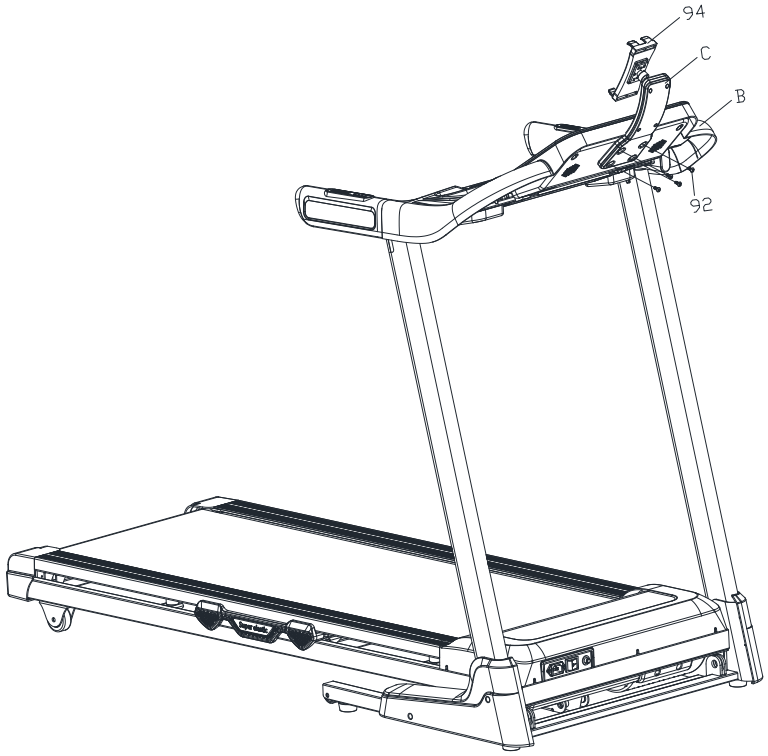



## STEP 06

1. Unscrew the nut behind the Tablet holder (94) to let the ball joint on the Tablet Holder Bracket (C) pass through it, then insert the ball joint into Tablet Holder Bracket (C) and tighten the nut to hold the Tablet Holder and the Table Holder Bracket.
2. Attach the Tablet Holder Bracket to the Console (5B with 4 screws (92). Tighten using the Open–end wrench (81).

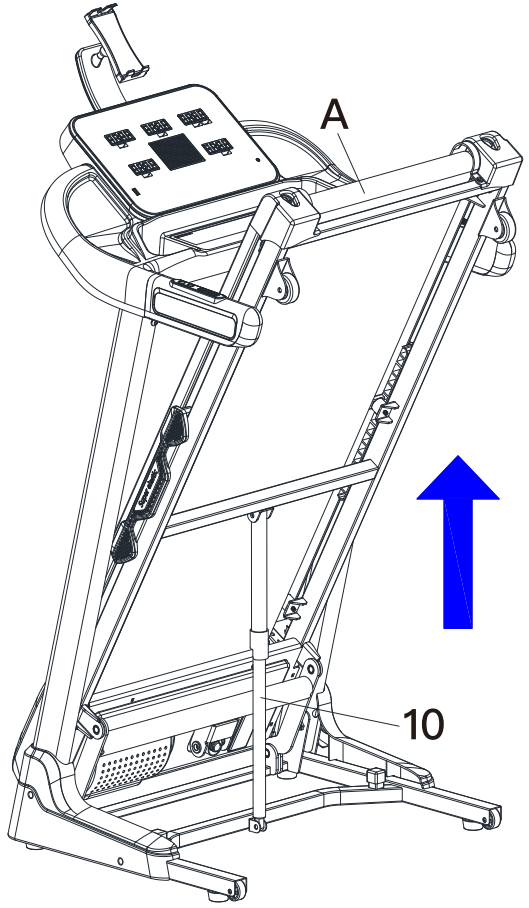

#92 M6*20 4PCS


#81 S=13–14–17 1PCS



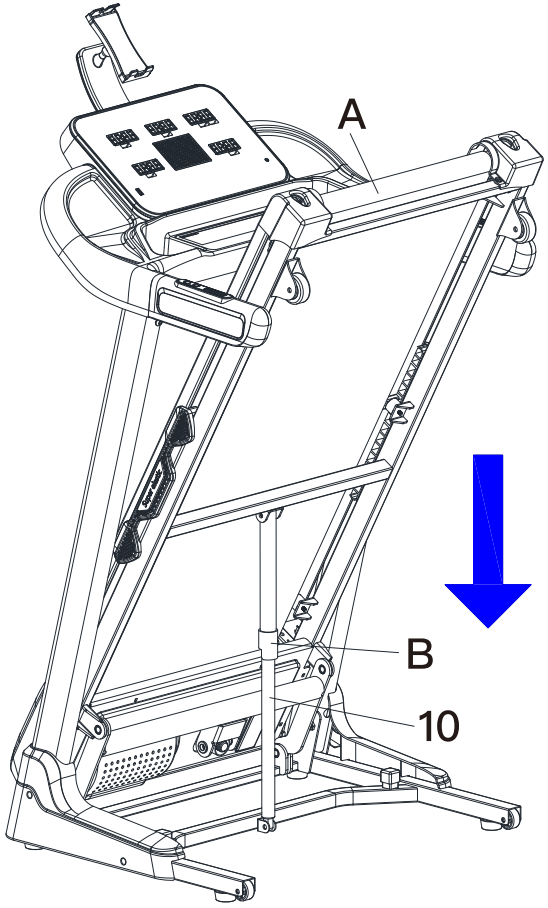
## STEP 07

1. Hold one hand to main frame (2) the allow at A and lift it up to hear the sound of the pressure bar.




## STEP 08

1. Hold one hand at A, kick the air pressure stick with your foot, and press down slightly with the hand at A main frame (2) to the end of the handrail after the machine is released.



# Grounding Description

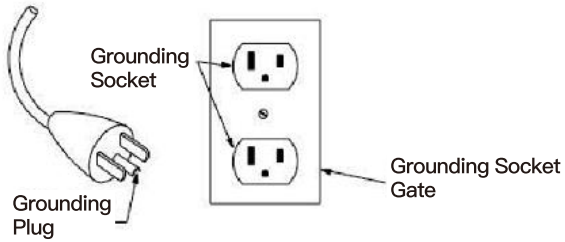
**Please note: Be sure to lock all screws after confirming that all are installed according to the above requirements, and then switch on the power supply after checking that there is no omission. Please refer to the following instructions for the operation of the treadmill.**

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.

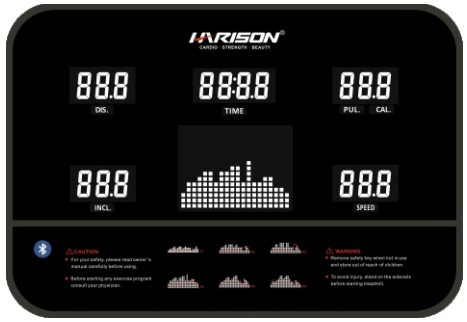
## DANGER

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 for use on a nominal voltage circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding Methods




# Operation Instruction







## 1. Key instructions

Function key: START, STOP, PROGRAM, MODE, SPEED+/–, SPEED SHORTCUT.

### Function key instruction:

**“PROGRAM” key:**
In standby mode, press this key to cycle through the 40 different running programs from U1–U5, “P01–P02–P03.....P40”; manual mode is the system default running mode; the default speed of manual mode is 1.0KM/H. (“0:00” is manual mode, P01–P40 is built–in program). Manual mode is the default mode of the system, and the default speed of manual mode is 1.0KM/H. (“0:00” is the manual mode, P01–P40 is the built–in program).
**“MODE” mode key:**
Press this key to select “0:00”, “30:00”, “5.0”, “100”, “5.0”, “5.0”, “5.0”, “5.0”, “5.0”, “5.0”, “5.0” and “5.0”. ”, “100” (“0:00” is manual mode, “30:00” is time countdown mode, “5.0” is time countdown mode, “5.0” is time countdown mode, “5.0” is time countdown mode, “5.0” is time countdown mode). “5.0” for distance countdown mode, and ‘100’ for calorie countdown mode.) When selecting various modes, use the speed up and down keys to set the relevant countdown values, and press the “START” key to start the treadmill after the setting is completed.
**“START” key:**
Start in the treadmill stop state, press this key, the treadmill start.

**"STOP" key:**

In the process of exercise, you can use this key to stop the treadmill running and reset to zero.

**"SPEED+" and "SPEED –" are the speed plus and minus keys:**

In standby mode, they are used to adjust the setting value. After startup, it is used to adjust the speed, and its adjustment range value is 0.1 km/time.

**"SPEED" 2, 4, 6, 8, 12 are speed shortcut keys:**

They can be used to set the speed quickly.

**"INCLINE+" and "INCLINE–" are the lift plus or minus keys:**

In standby mode, used to adjust the set value. After startup, it is used to adjust the slope, and the adjustment amplitude value is 1 section per time.

**"INCLINE": "3, 6, 9, 12" are the slope shortcut keys:**

You can quickly set the slope.

## 2. Safety key function

When the motor is running, pull off the safety lock, the motor stops, the electronic watch stops, and the start is prohibited.

## 3. Heart rate measurement function

In the case of treadmill power, hold the left and right handrail steel sheet with both hands, in 8 order to obtain a more accurate heartbeat value, please stand on the treadmill and measure when stopping, and hold the hand time is not less than 30 seconds. The display range is 50–200 times per minute .

This data is for reference only and should not be taken as medical data.

**Display range for each value:**

| | Initial Setting | Initial value | Setting range | Display range |
|---|---|---|---|---|
| Program Time (min: sec) | 0:00 | 30:00 | 5:00~99:00 | 0:00~99:59 |
| Speed (km/h) | 0.0 | 0.0 | 1.0~14.0 | 0.0~14.0 |
| Distance (km) | 0.0 | 1.0 | 0.5~99.9 | 0.0~99.9 |
| Calories (kcal) | 0 | 50 | 10~999 | 0~999 |
| Mode Time (min: sec) | 0:00 | 15:00 | 5:00~99:00 | 0:00~99:59 |

## 4. Program

3 manual programs, 5 user programs, 1 FAT test program, and 40 automatic programs.

## 1. Parameter Settings in the 3 manual modes

The countdown interval is initially set to 10:00 minutes, with a range of 5:00 to 99:00 minutes and a step of 1:00.

The initial calorie count is set at 50 kilocalories, with a range of 20 to 990 kilocalories, a step of 10.

The initial distance set for the backward counting distance is 1.0 kilometer, the set range is 1.0– 99.0 kilometers, with a step of 1.0.

The sequence of loop switching is: manual, time, distance, calorie.

## 2. User–defined programs

In addition to the 40 built–in system programs, the treadmill also has 5 user–defined programs that users can set according to their personal situations: U1, U2, U3, U4, and U5.

**1. Settings of user–defined programs:**

In standby MODE, continuously press the "PROGRAM" key until the desired user–defined programs U1, U2, U3, U4, and U5 are set. At the same TIME, the "Time" window will flash to display the preset time. After setting the required movement time by pressing the speed plus or minus keys, press the "Mode" key to confirm and enter the setting program parameters. Then, you can set the first time period. Press the plus and minus keys or shortcut keys to set the speed and lift. Press the "MODE" key to complete the setting of the first time period and enter the setting state of the second time period until all 10 time periods are set. After the Settings are completed, the data will be permanently saved until your next reset. This data will not be lost due to power failure.

**2. Selection and startup of user–defined programs:**

In standby mode, press the "PROGRAM" key continuously until the user–defined programs U1, U2, U3, U4, and U5 you want to run are reached. After setting the running time, press the "start" key to start it.

## 3. Body fat test – FAT: (optional function)

Body fat index (FAT) is a measure of the relationship between a person's height and weight, not body proportions. FAT is appropriate for any male or female and along with other health indicators, provides a basis for weight adjustment.

1. When the treadmill is stopped, press the program button to select the body fat test program and enter the body fat test.
2. Press "MODE" key to set the gender, age, height and weight respectively, after setting, press "MODE" key to test the result, at this time, please put the hands on the armrest to test the heartbeat induction piece, 8 seconds will display the body fat value of the person being tested.

Input parameter display and setting range

| Parameter Category | Default Value | Set range | Note |
|---|---|---|---|
| Gender (F1) | 1 (male) | 1–2 | 1=male 2=female |
| Age (F2) | 25 | 10–99 | |
| Height (F3) | 170cm | 100–200cm | |
| Weight (F4) | 70kg | 20–150kg | |
| Result (F5) | As below | | |

By Asian standards, fat measurement results:

FAT ⩽19 ---------- Under weight

19<FAT ⩽25 ---------- Normal weight

25<FAT ⩽29 ---------- Over weight

FAT⩾30 ---------- Obesity

Note: This data is just for reference only and should not be used as medical data.

## 4. Automatic programs

Each program segment is divided into 20 segments, and the running time of each program segment is evenly distributed. Below is the motion diagram of 40 programs.

| PROG \ TIME | | Set the time /20 time slots = the 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 | 4 | 5 | 3 | 4 | 5 | 4 | 4 | 4 | 2 | 3 | 3 | 5 | 3 |
| | INCLINE | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 2 |
| P02 | SPEED | 2 | 4 | 4 | 5 | 6 | 4 | 6 | 6 | 6 | 4 | 5 | 6 | 4 | 4 | 4 | 2 | 2 | 5 | 4 | 2 |
| | INCLINE | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 2 |
| P03 | SPEED | 2 | 4 | 4 | 6 | 6 | 4 | 7 | 7 | 7 | 4 | 7 | 7 | 4 | 4 | 4 | 2 | 4 | 5 | 3 | 2 |
| | INCLINE | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 6 | 6 | 3 | 2 | 2 |
| P04 | SPEED | 3 | 5 | 5 | 6 | 7 | 7 | 5 | 7 | 7 | 8 | 8 | 5 | 9 | 5 | 5 | 6 | 6 | 4 | 4 | 3 |
| | INCLINE | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 6 | 6 | 3 | 2 | 2 |
| P05 | SPEED | 2 | 4 | 4 | 5 | 6 | 7 | 7 | 5 | 6 | 7 | 8 | 8 | 5 | 4 | 3 | 3 | 6 | 5 | 4 | 2 |
| | INCLINE | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 3 | 3 | 3 | 2 | 2 | 2 |
| P06 | SPEED | 2 | 4 | 4 | 4 | 5 | 6 | 8 | 8 | 6 | 7 | 8 | 8 | 6 | 4 | 4 | 2 | 5 | 4 | 3 | 2 |
| | INCLINE | 3 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 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 |
| | INCLINE | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 6 | 6 | 5 | 4 | 4 |
| P08 | SPEED | 2 | 3 | 3 | 6 | 7 | 7 | 4 | 6 | 7 | 4 | 6 | 7 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 2 |
| | INCLINE | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 8 | 9 | 9 | 9 | 10 | 10 | 10 | 12 | 12 | 8 | 6 | 3 |
| P09 | SPEED | 2 | 4 | 4 | 7 | 7 | 4 | 7 | 8 | 4 | 8 | 9 | 9 | 4 | 4 | 4 | 5 | 6 | 3 | 3 | 2 |
| | INCLINE | 5 | 5 | 5 | 6 | 6 | 6 | 4 | 4 | 6 | 6 | 5 | 5 | 8 | 8 | 9 | 9 | 9 | 7 | 4 | 2 |
| P10 | SPEED | 2 | 4 | 5 | 6 | 7 | 5 | 4 | 6 | 8 | 8 | 6 | 6 | 5 | 4 | 4 | 2 | 4 | 4 | 3 | 3 |
| | INCLINE | 5 | 6 | 6 | 6 | 7 | 5 | 8 | 8 | 4 | 4 | 4 | 5 | 5 | 8 | 8 | 10 | 10 | 8 | 6 | 3 |
| P11 | SPEED | 2 | 5 | 8 | 10 | 7 | 7 | 10 | 10 | 7 | 7 | 10 | 10 | 5 | 5 | 9 | 9 | 5 | 5 | 4 | 3 |
| | INCLINE | 4 | 5 | 3 | 2 | 6 | 6 | 2 | 2 | 2 | 2 | 2 | 4 | 5 | 6 | 3 | 2 | 5 | 5 | 2 | 0 |
| P12 | SPEED | 3 | 4 | 9 | 9 | 5 | 9 | 5 | 8 | 5 | 9 | 7 | 5 | 5 | 7 | 9 | 9 | 5 | 7 | 6 | 3 |
| | INCLINE | 1 | 2 | 3 | 2 | 3 | 5 | 5 | 0 | 0 | 2 | 3 | 5 | 7 | 3 | 3 | 5 | 6 | 5 | 3 | 3 |
| P13 | SPEED | 3 | 6 | 7 | 5 | 9 | 9 | 7 | 5 | 5 | 7 | 9 | 5 | 8 | 5 | 9 | 5 | 9 | 9 | 4 | 3 |
| | INCLINE | 3 | 3 | 5 | 6 | 5 | 3 | 3 | 7 | 5 | 3 | 2 | 0 | 0 | 5 | 5 | 3 | 2 | 3 | 2 | 1 |
| P14 | SPEED | 2 | 2 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 |
| | INCLINE | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 6 | 6 | 5 | 4 | 4 |
| P15 | SPEED | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 |
| | INCLINE | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 3 | 3 | 3 | 2 | 2 | 2 |
| P16 | SPEED | 2 | 4 | 6 | 8 | 10 | 8 | 6 | 4 | 2 | 2 | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 |
| | INCLINE | 5 | 5 | 5 | 6 | 6 | 6 | 4 | 4 | 6 | 6 | 5 | 5 | 8 | 8 | 9 | 9 | 9 | 7 | 4 | 1 |
| P17 | SPEED | 2 | 2 | 6 | 6 | 8 | 10 | 6 | 6 | 2 | 2 | 2 | 2 | 6 | 6 | 8 | 10 | 6 | 6 | 2 | 2 |
| | INCLINE | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 8 | 9 | 9 | 9 | 10 | 10 | 10 | 12 | 12 | 8 | 6 | 3 |
| P18 | SPEED | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 5 | 3 | 2 | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 5 | 3 | 2 |
| | INCLINE | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 | 7 | 8 | 8 | 9 | 9 | 6 | 6 | 5 | 3 | 2 |
| P19 | SPEED | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 4 | 6 | 2 |
| | INCLINE | 3 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 |
| P20 | SPEED | 1 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 | 1 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 |
| | INCLINE | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 3 | 2 | 3 | 2 | 1 |
| P21 | SPEED | 4 | 5 | 4 | 4 | 4 | 2 | 3 | 3 | 5 | 3 | 2 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 5 | 3 |
| | INCLINE | 1 | 2 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 |
| P22 | SPEED | 5 | 6 | 4 | 4 | 4 | 2 | 2 | 5 | 4 | 2 | 2 | 4 | 4 | 5 | 6 | 4 | 6 | 6 | 6 | 4 |
| | INCLINE | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 |
| P23 | SPEED | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 5 | 3 | 2 | 2 | 4 | 4 | 6 | 6 | 4 | 7 | 7 | 7 | 4 |
| | INCLINE | 2 | 2 | 4 | 4 | 4 | 6 | 6 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 |
| P24 | SPEED | 3 | 5 | 9 | 5 | 5 | 6 | 6 | 4 | 4 | 3 | 3 | 5 | 5 | 6 | 7 | 7 | 5 | 7 | 7 | 8 |
| | INCLINE | 2 | 2 | 4 | 4 | 4 | 6 | 6 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 |

| PROG \ TIME | | Set the time /20 time slots = the 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 |
| P25 | SPEED | 3 | 4 | 5 | 4 | 3 | 3 | 6 | 5 | 4 | 2 | 2 | 4 | 4 | 5 | 6 | 7 | 7 | 5 | 6 | 7 |
| | INCLINE | 4 | 4 | 5 | 5 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 |
| P26 | SPEED | 1 | 3 | 6 | 4 | 4 | 2 | 5 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 5 | 6 | 8 | 8 | 6 | 7 |
| | INCLINE | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 |
| P27 | SPEED | 4 | 5 | 3 | 3 | 3 | 6 | 6 | 5 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 5 | 3 | 4 | 5 | 3 |
| | INCLINE | 2 | 4 | 8 | 9 | 9 | 6 | 6 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 |
| P28 | SPEED | 1 | 3 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 2 | 2 | 3 | 3 | 6 | 7 | 7 | 4 | 6 | 7 | 4 |
| | INCLINE | 3 | 2 | 2 | 4 | 3 | 2 | 2 | 4 | 6 | 3 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 8 | 9 |
| P29 | SPEED | 2 | 5 | 5 | 5 | 4 | 5 | 6 | 3 | 3 | 2 | 2 | 4 | 4 | 7 | 7 | 4 | 7 | 8 | 4 | 8 |
| | INCLINE | 5 | 5 | 8 | 8 | 9 | 9 | 9 | 7 | 4 | 2 | 5 | 5 | 5 | 6 | 6 | 6 | 4 | 4 | 6 | 6 |
| P30 | SPEED | 6 | 6 | 5 | 4 | 4 | 2 | 4 | 4 | 3 | 3 | 2 | 4 | 5 | 6 | 7 | 5 | 4 | 6 | 8 | 8 |
| | INCLINE | 4 | 5 | 5 | 8 | 8 | 10 | 10 | 8 | 6 | 3 | 5 | 6 | 6 | 6 | 7 | 5 | 8 | 8 | 4 | 4 |
| P31 | SPEED | 4 | 2 | 4 | 4 | 3 | 4 | 5 | 5 | 4 | 3 | 2 | 5 | 8 | 10 | 7 | 7 | 10 | 10 | 7 | 7 |
| | INCLINE | 2 | 4 | 5 | 6 | 3 | 2 | 5 | 5 | 2 | 0 | 4 | 5 | 3 | 2 | 6 | 6 | 2 | 2 | 2 | 2 |
| P32 | SPEED | 5 | 5 | 2 | 2 | 4 | 5 | 5 | 7 | 6 | 3 | 3 | 4 | 9 | 9 | 5 | 9 | 5 | 8 | 5 | 9 |
| | INCLINE | 3 | 5 | 7 | 3 | 3 | 5 | 6 | 5 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 5 | 5 | 0 | 0 | 2 |
| P33 | SPEED | 2 | 3 | 2 | 1 | 3 | 2 | 9 | 9 | 4 | 3 | 3 | 6 | 7 | 5 | 9 | 9 | 7 | 5 | 5 | 7 |
| | INCLINE | 2 | 0 | 0 | 5 | 5 | 3 | 2 | 3 | 2 | 1 | 3 | 3 | 5 | 6 | 5 | 3 | 3 | 7 | 5 | 3 |
| P34 | SPEED | 2 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 | 2 | 2 | 4 | 5 | 9 | 9 | 4 | 4 | 4 | 5 |
| | INCLINE | 4 | 2 | 2 | 4 | 2 | 6 | 6 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 |
| P35 | SPEED | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 |
| | INCLINE | 4 | 4 | 5 | 5 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 |
| P36 | SPEED | 2 | 4 | 6 | 8 | 6 | 6 | 4 | 4 | 2 | 2 | 2 | 4 | 6 | 8 | 10 | 8 | 6 | 4 | 2 | 2 |
| | INCLINE | 5 | 5 | 8 | 8 | 9 | 9 | 9 | 7 | 4 | 1 | 5 | 5 | 5 | 6 | 6 | 6 | 4 | 4 | 6 | 6 |
| P37 | SPEED | 2 | 2 | 6 | 6 | 8 | 10 | 6 | 6 | 2 | 2 | 2 | 2 | 6 | 6 | 8 | 10 | 6 | 6 | 2 | 2 |
| | INCLINE | 4 | 2 | 2 | 6 | 8 | 10 | 12 | 8 | 6 | 3 | 4 | 5 | 5 | 5 | 6 | 6 | 6 | 7 | 8 | 9 |
| P38 | SPEED | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 5 | 3 | 2 | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 5 | 3 | 2 |
| | INCLINE | 7 | 8 | 8 | 9 | 9 | 6 | 6 | 5 | 3 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 6 | 6 | 6 | 7 |
| P39 | SPEED | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 2 | 4 | 6 | 2 | 4 | 6 | 2 | 4 | 6 | 2 |
| | INCLINE | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 5 | 5 | 5 | 4 | 4 | 4 | 3 | 3 | 3 |
| P40 | SPEED | 1 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 | 1 | 3 | 4 | 5 | 6 | 5 | 4 | 3 | 2 | 1 |
| | INCLINE | 4 | 4 | 5 | 5 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 4 | 4 |

**User-defined programs:**

In addition to the 40 system built-in programs, the treadmill also has 5 user-defined programs that allow the user to set up his/her own programs according to his/her personal situation: U1, U2, U3, U4, U5.

**1. User-defined program setting:**

In standby mode, press "PROGRAM" continuously until the user-defined program U1, U2, U3, U4, U5 is set, at the same time, the "TIME" window blinks, displaying the preset time, and then press "SPEED" to set the desired movement time, and then press "MOVE" to set the time. After the time, press "MODE" key to confirm to enter the setting program parameters, then you can set the first time period, press the plus/minus key or shortcut key to set the speed and lift. Press "MODE" key to complete the first time period setting and enter the second time period setting state, until the completion of all the 10 time period setting, after the completion of the setting data will be permanently saved until your next reset, the data will not be lost due to power failure.

**2. Selection and startup of user-defined program:**

In standby mode, press "PROGRAM" continuously until you want to run the user-defined program U1, U2, U3, U4, U5, and set the running time, then press "start" to start.

## 5. Others

1. When a certain countdown parameter is completed, the display screen will show "END", and an alarm will sound for 0.5 seconds every 2 seconds until the treadmill comes to a complete stop. Then the alarm will stop and return to the manual mode state.
2. When setting a certain parameter, a loop setting can be performed. For example, if the time setting range is from 5:00 to 99:00, when it is set to 99:00, press the "+" key again, and it will return to 5:00 to keep looping. Add and subtract using the "+" and "–" symbols.
3. Only one of the countdown intervals, calorie counting, and distance counting can be set. Run according to the last setting. The set parameters are counted backward, while the others display forward counting.
4. The standard value of calories is 70 kilocalories per kilometer.
5. The acceleration is 0.5Km/S and the deceleration is 0.5Km/S.
6. The MP3 music audio amplification function can be achieved by inputting from the audio input port on the side.

## 6. Bluetooth

1. Bluetooth music sharing: Turn on the power switch of the treadmill, manually search for the Bluetooth device with your mobile phone, find the Bluetooth device and click to connect. After a successful connection, the music played on your mobile phone can be transmitted to the power amplifier device on the treadmill via Bluetooth for playback.
2. USB: Charging function.

## 7. Error code and trouble-shooting

| Error code | Error Description | Trouble-shooting |
|---|---|---|
| E1 | Communication error: The communication between the lower control PCB and the console is abnormal after power-on. | Lower control PCB stops working to enter the error state. Can not turn on the treadmill. Console displays the error code and the buzzer beeps 3 times.<br>Possible cause: The communication between the lower PCB and the console is blocked.<br>Check each cables' connection areas to ensure that each cable is fully well inserted. Check if the cable is damaged and replace it if damaged. |
| E2 | Indicates that the controller PCB did not detect the voltage above the motor. | Possible cause: check whether the motor line is connected, reconnect the motor line, check whether the controller PCB has odor, replace the motor. |
| E3 | Speed sensor has no signal: controller PCB has voltage output to DC motor, but can not receive motor speed feedback for more than 3 seconds. | 1. Shutdown enters the fault state, the electronic meter buzzer sounds 9 times, while displaying the fault code, the rest of the area does not display the content. Maintain the fault state for about 10 seconds and then enter the standby state, can be restarted.<br>Possible cause: Speed sensor signal is not detected for 3 seconds in a row, check whether the sensor plug is not inserted properly or damaged, insert it properly or replace the sensor.<br>2. Shutdown into the fault state, the electronic meter buzzer sounded 9 times, while displaying the fault code, the rest of the area does not display the content. If it returns to normal after shutdown, it can enter the standby state and power on normally.<br>Possible causes: Check whether the motor cable is connected, reconnect the motor cable. Check whether the controller has a bad odor, replace the controller. |
| E4 | Incline RESET | 1. Check whether the incline motor sensor wire is properly plugged in, and re-plug the connector to make it stable.<br>2. Check weather the incline motor wire is properly plugged in and in accordance with the mark on the controller correctly.<br>3. Check if the motor wire is damaged, replace it. |
| E5 | Flameproof protection: abnormal power supply voltage or motor abnormality, etc. causes damage to the drive motor circuit. | Possible causes: Check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specification to re-test; Check whether the controller has a strange odor, replace the controller; Check whether the motor cable is connected, reconnect the motor cable. |
| E6 | Over current protection: in operation, the DC motor current is more than 3 seconds longer than the rated current. | Shutdown into the error state, console buzzer beeps 9 times, at the same time console displays error code, the other area does not show message. Maintain error state after about 10 seconds into standby state, can restart. Possible causes: over rated load leads to excessive current, system self-protection, or a part of the treadmill is stuck, resulting in the motor can not rotate, overload, excessive current, the system self-protection; adjust the treadmill to run again. Or, please check if the motor is running with over current sound or if there is charred smell, to replace the motor, or to check whether the controller PCB is charred, to replace the controller PCB, or to check whether the power supply voltage specifications are not in accordance with or too low. Re-test under the correct voltage specifications. |
| E7 | Indicates that the console did not detect a security lock signal. | Magnetron damage, Check if magnetron installation position is correct, if magnets are well placed. |

# Harison APP Connection Instructions

## DOWNLOAD THE HARISON APP APP TO THE REMOVABLE DEVICE

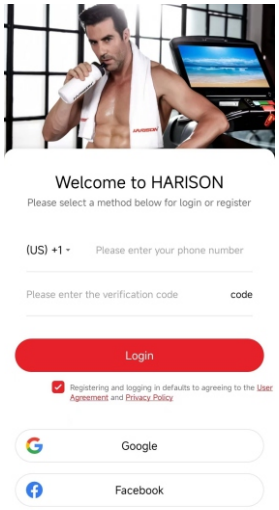
Android mobile phone: you can search [HARISON] from Huawei, Honor, Xiaomi, vivo, OPPO, iQOO, App Bao, Baidu, and other major Android mobile devices [app store] for download and installation;
Apple mobile phone: you can download and install [HARISON] from [App Store];

Google Play Store App Store

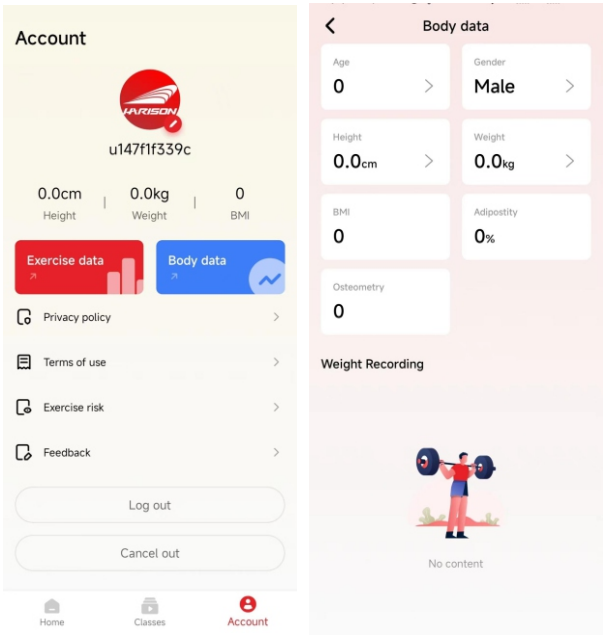
1. After the installation, the [HARISON APP] icon will appear in the mobile phone program (as shown in the figure below):

HARISON

2. Click this icon to enter the HARISON APP program, if it is a new HARISON user, please [register] to become a HARISON APP user, if it is a registered user, you can directly log in the account to enter the HARISON APP;



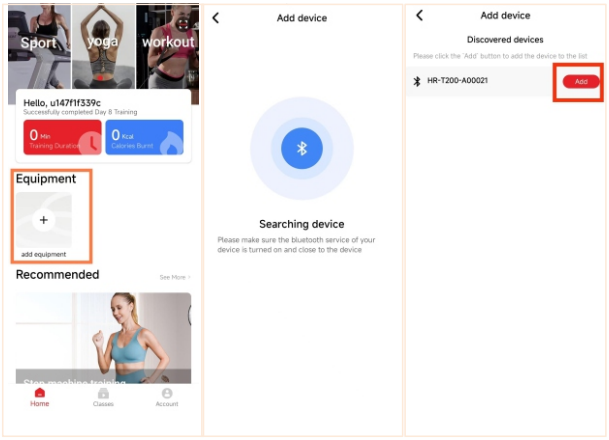

3. Personal information: After newly registered users log in to HARISON APP, they can click the [Account–Body data] icon to fill in the gender, age, height, weight and other details;




4. After the registration, you can bind the smart device you want to associate with the HARISON APP. Next, we will explain how to connect the HARISON APP with the smart devices you want to connect to the HARISON APP if you want to connect to the HARISON APP.

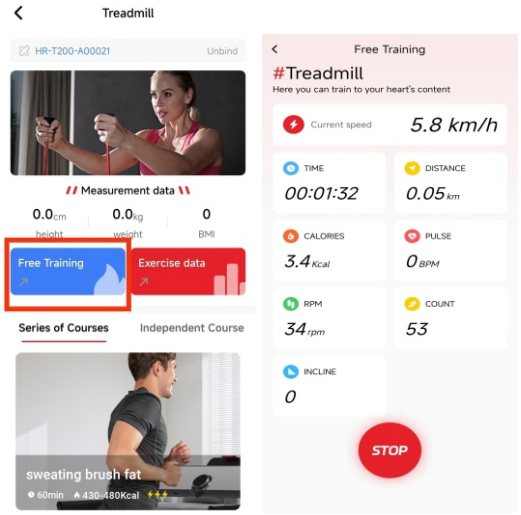
   You want to connect to other smart devices, such as smart treadmill, smart fitness car, smart elliptical machine, smart spinning bike, smart rowing device, stepping machine, mountaineering machine, intelligent..... First, open the "Bluetooth" and "location" in the mobile phone Settings, and the relevant connection steps can refer to the intelligent treadmill connection process. If you still have questions, you can consult the official HARISON customer service staff (tel: +1–618–505–4403) to help you answer questions.

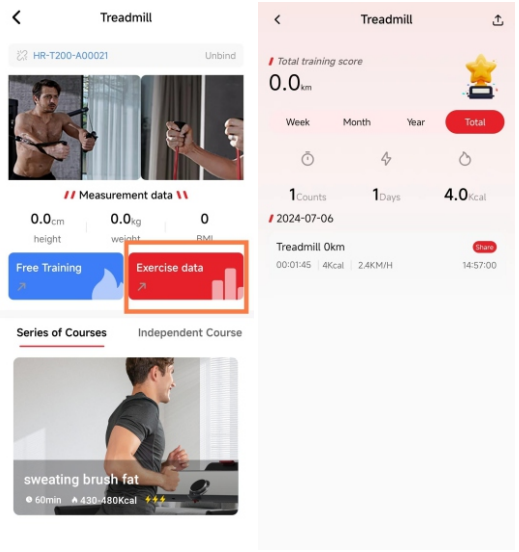
   4.1 Click【HARISON – Home – Equipment – Add】
   4.2 Here we choose [smart treadmill], the jump page will show the model of the smart treadmill you want to connect, click [Add] to complete the HARISON APP binding connection and the smart treadmill device, Other machines and devices use the same method to connect to the APP, but just choose different smart devices.



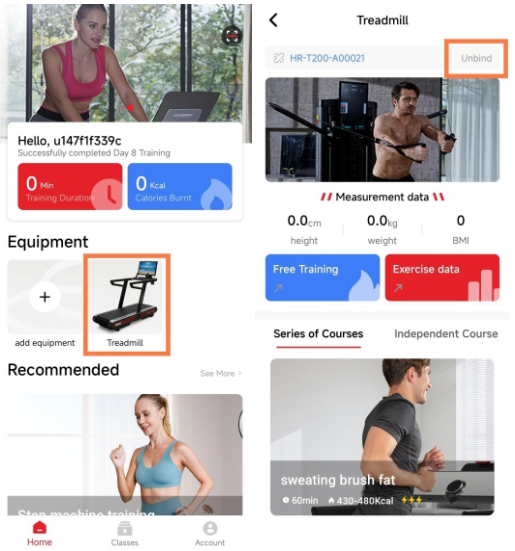

4.3 Below we will take the connection process between the HARISON APP and the smart treadmill device as an example, and tell you in detail how to associate the smart device you want to connect with the HARISON APP.

If you want to connect other smart devices, such as smart treadmill, smart exercise bike, smart elliptical, smart motorized bicycle, smart rowing machine, stepping machine, mountaineering machine, intelligent ..... etc., first open the cell phone settings within the “Bluetooth” and “location”, the relevant connection steps can be referred to the smart treadmill connection process, please feel free to e-mail at support@harisonfitness.com if you have any questions about connecting the APP.

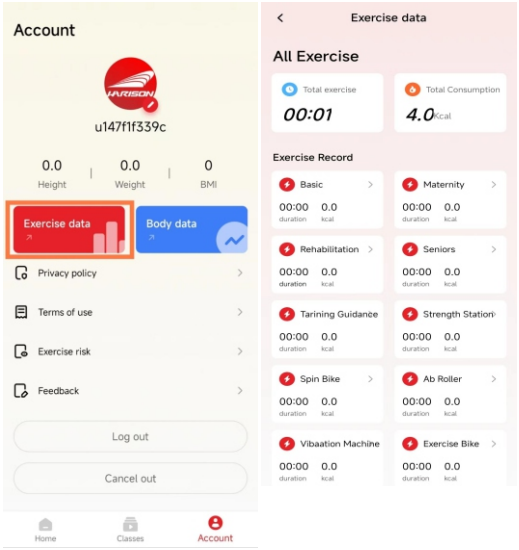



4.4 Unbinding: If you want to unbind the smart treadmill device with the HARISON APP, just return to the [Equipment] page, select the corresponding device, and click the [Unbind] option to easily remove the binding relationship between the treadmill and the HARISON APP.



5. Sports data: Click the [Account] section, and you can view the total sports data, steps, running, walking, cycling and other different sports records through [Exercise].




6. HARISON APP The UI and functions of the intelligent hardware will be constantly upgraded and updated, if there is an update, please refer to the latest version, the paper version of the installation instructions update may be delayed, you can visit the HARISON official website link (https://www.harisonfitness.com/) to get the updated instructions, thank you for your use.

# Daily Maintenance

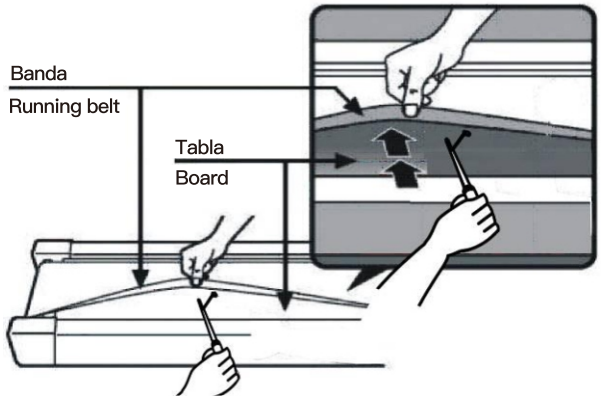
Warning: Be sure to unplug the electric treadmill before cleaning or maintaining the product.
Cleaning: Comprehensive cleaning will extend the life of the electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed areas on both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure your running shoes are clean and don't wear out the running board and belt by carrying foreign bodies under the running belt. The surface of the running belt must be swabbed with a wet soapy cloth. Be careful not to splash water on the electrical components and under the running belt.

**Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to clean the motor dust belt and special lubricating oil for electric running.**

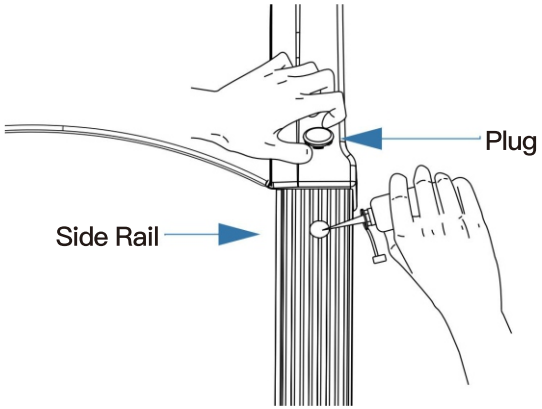
The running board and belt of this electric treadmill have been pre–lubricated. The friction force between the running belt and the running board has a great effect on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil on a regular basis.
We recommend a regular inspection of the board. If the board is damaged, please contact our customer service center.
We recommend that the running belt and the running board of the electric treadmill be lubricated with the following schedule:

1. Lightweight users (less than 3 hours per week) are used once a year;
2. Middleweight users (3–5 hours per week) are used once every six months;
3. Heavyweight users (more than 5 hours per week) are used every 3 months.



### The method of adding lubricant is as follows:

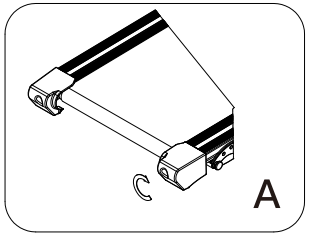
1. Open the Lubricating oil bottle.
2. Open the pipe plug on the right side rail.
3. Align the hole position and squeeze in 20ml of Lubricating oil.
4. Close the pipe plug.
5. Do not pour in too much lubricating oil. The spilled part should be wiped clean with a towel.

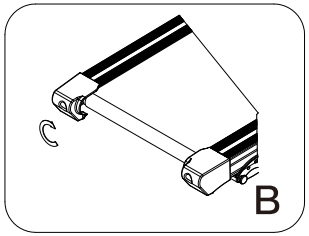


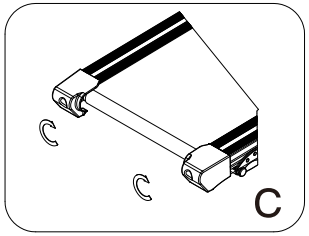

## Running Belt Adjustment

1. To better maintain your electric treadmill and extend the machine life, it is recommended that you continue to use it for 2 hours Turn off the power and let the machine rest for 10 minutes before using.
2. If the running belt is too loose, it may slip when running. If too tight, too tight may reduce the motor performance and make roller, running belt wear and tear aggravate. When the running belt is loose and tight, you can lift the running belt from both sides with your hands The step plate is about 50–75mm.

1. Place the treadmill on a level surface.
2. Run the electric treadmill at a speed of about 6–8 miles/h and observe the deviation of the running belt.
3. If the running belt is tilted to the right, remove the safety key and power switch, rotate the adjusting bolt on the right side clockwise 1/4 turn, insert the power switch and safety lock to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure A.
4. If the running belt is tilted to the left, remove the safety key and power switch, rotate the adjusting bolt on the left side clockwise 1/4 turn, insert the power switch and safety key to make the running machine run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure B.
5. Running belt in the above adjustment or use after a period of time will gradually relax, need to adjust.
6. Remove the safety lock and power switch, and rotate the adjusting bolts on both sides clockwise 1/4 turn. Insert the power switch and safety key to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running belt is moderately tight. Figure C.
7. After the adjustment is completed, continuously run the treadmill and observe the running belt for about 30 seconds to see if the belt deviates. When the running belt keeps running in the middle of the running board, the adjustment is finished. If the running belt is still deviating, please repeat the above steps until the running belt keeps running in.



# Training Instruction

Using this product can strengthen your physique, improve muscle endurance, and aid in weight loss when combined with a balanced diet.

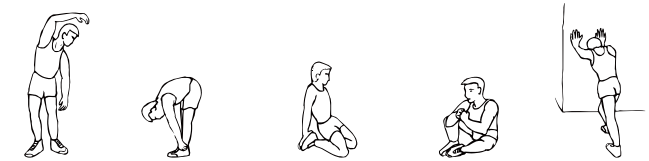
### Warm-up Before training:

Warming up enhances blood circulation, helps muscles reach an optimal training state, and reduces the risk of cramping or muscle strain.

Before each workout, perform warm-up exercises based on the following suggested methods. Hold each stretch for at least 30 seconds and avoid intense stretching to prevent muscle damage.

Stop exercising immediately if you feel pain or muscle strain.

### Suggested Warm-Up Exercises:



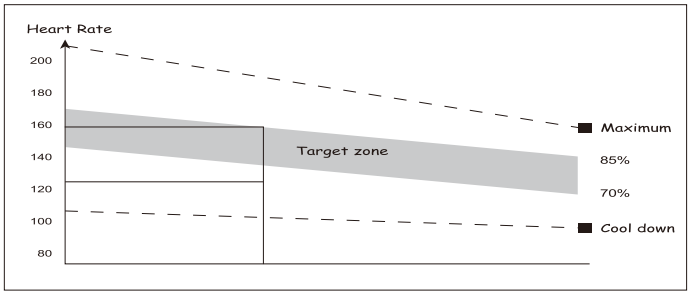

### Training stage:

This is the main workout phase, where regular training can improve leg flexibility and overall endurance.

To maximize results:

·Maintain a stable training intensity that suits your fitness level.

·Keep your heart rate within the target range(as shown in the table).




In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

### Recovery Stage After Training:

The recovery stage is essential for gradually cooling down the body and preventing muscle strain.

Key steps for recovery:

- Repeat the warm-up exercises but at a slower pace and reduced intensity for about 5 minutes.
- This helps regulate body temperature, relax muscles, and prevent stiffness.
- Avoid intense stretching immediately after training to prevent muscle injury. Progress & raining Frequency.
- As your body adapts, gradually increase training time and intensity.
- Aim to train at least 3 times a week for optimal results. If possible, track your progress by recording your weekly training levels.

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