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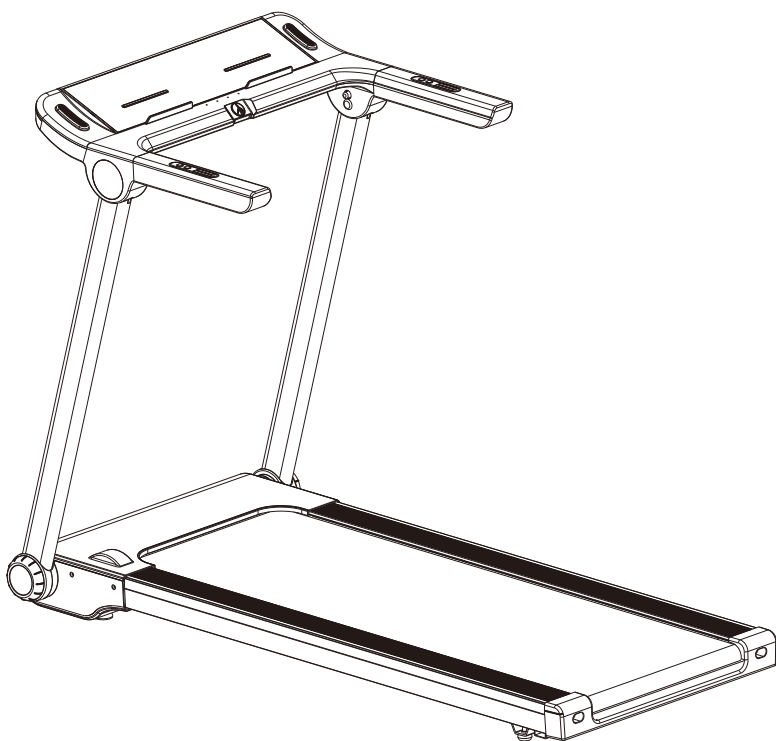


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SuperFit










USER'S MANUAL

Folding Treadmill SP37748US

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



Before You Start

-  Please read all instructions carefully.
-  Retain instructions for future reference.
-  Separate and count all parts and hardware.
-  Read through each step carefully and follow the proper order.
-  We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
-  Always place the product on a flat, steady and stable surface.
-  Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Safety Precautions

NOTE: Please read the instruction carefully before using the treadmill and pay attention to the following safety precautions.

- ★ The treadmill is suitable to be placed indoors to avoid moisture. Do not splash water on the treadmill, and do not place any foreign objects.
- ★ Before exercising, please wear suitable sportswear, sports shoes, and stretch your whole body. It is strictly forbidden to exercise barefoot on the treadmill.
- ★ The power plug must be grounded reliably, and the socket must have a dedicated loop to avoid sharing it with other electrical equipment.
- ★ Keep children away from the machine to avoid accidents.
- ★ It is necessary to avoid long-time and overload operation, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of the bearings, running belt, and running board. Please keep regular maintenance.
- ★ Reduce indoor dust, maintain a certain indoor humidity, and avoid strong static electricity, otherwise it may interfere with the normal operation of the electronic watch and controller.
- ★ Please turn off the power of the treadmill after exercise.
- ★ When using the treadmill, keep good indoor air circulation.
- ★ Please fasten the safety lock cable clip to your clothes during exercise to prevent safe shutdown in an emergency.
- ★ If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- ★ Please put silicone oil in a place out of the reach of children to avoid serious consequences caused by accidental ingestion after using the silicone oil.
- ★ The safe area behind the treadmill is: 39.5" x 79".
- ★ Emergency jump off: While holding the armrests with both hands to prop up your body, step on the side rails with your feet and jump off the treadmill from one side.

Warning: Please observe the following regulations in order to reduce accidents or injuries to others.

- ★ Please check whether your clothing is properly worn or zipped before using the treadmill.
- ★ Don't wear clothes that can get caught on the treadmill.
- ★ Do not place the power cord near a hot object.
- ★ Keep children away from the treadmill.
- ★ Don't use the treadmill outdoors.
- ★ The power must be cut off before moving treadmill.
- ★ Non-professional personnel shall not open the upper guard cover and the left and right rear housing without authorization.
- ★ Only one person can exercise on the treadmill when the machine starts.
- ★ Please stop exercising immediately and consult a fitness instructor when you feel dizziness, chest pain, nausea or shortness of breath during exercise.

Warning! Enforcement!

If you are being treated by a doctor or you are the following patients, please be sure to consult a professional doctor before using the product.

- (1) People who are suffering from back pain or who have suffered injuries to their legs, waist, and neck in the past. People with numbness in the legs, waist, neck and hands (people with herniated discs, spondylolisthesis, cervical spine herniation, etc.).
- (2) Having deformed sex arthritis, rheumatism, gout.
- (3) Abnormal people with osteoporosis.
- (4) Having circulatory system obstacle (disease of heart, blood-vessel hypertension).
- (5) Having difficulty in breathing.
- (6) Using artificial pacemakers or implantable medical electronic devices.
- (7) Having malignant tumors.

- (8) Having thrombosis or serious dynamic environment tumor, acute environment tumor and other blood circulation disorders or a variety of skin infections and other symptoms.
- (9) Having perceptual disabilities caused by diabetes and high peripheral circulation disorders.
- (10) Having skin injuries.
- (11) Having a high fever (100°F or above).
- (12) Having abnormal dorsal bones or crooked dorsal bones.
- (13) Having pregnancy or possible pregnancy or menstruation.
- (14) Feeling abnormal and have to rest.
- (15) Poor physical condition obviously.
- (16) Users for rehabilitation purposes.
- (17) Feeling uncomfortable in a certain region of the body except the above circumstances.
 - may cause an accident or poor physical condition.
 - ◆ Please stop using immediately and consult your doctor when you feel pain in your back, numbness in your legs, dizziness, abnormal heartbeats and other body aches that are different from normal or poor coordination or other abnormal feelings during exercise.
 - ◆ Do not allow children to use or play around the product.
If not followed, there may be a risk of injury.
 - ◆ Do not allow children to play with this product for child protectors.
If not followed, there may be a risk of injury.
 - ◆ Please make sure if there is person or pet around (rear, lower, front) during using or taking out product.

Prohibition

- Do not use it in the state when the outer shell of the product is cracked, or detached (the internal structure is exposed), or the welded part is detached.
- Otherwise, it's easy to cause accident or injury.

- Do not jump up or down during exercise.
—It's likely to fall or cause injury.
- Do not use or keep it in damp places such as outdoors or near the bathroom, or in places where water drops are caught.
- Do not use or keep in places with direct sunlight such as high-temperature places of around the stove and heating appliances of electric heating carpets.
—Otherwise, it's easy to cause electricity leakage or fire.
- Do not use when the power cord or plug is damaged or the socket is loose.
—Otherwise, it's easy to cause electric shock, short circuit and fire.
- Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it. or not let the line be clamped.
—Otherwise, it's easy to cause fire or electric shock
- Do not use it with two or more people at the same time. Do not let the people around get close when using.
—Otherwise, it's easy to cause accident and injuries from falls.
- Do not use it if you can't express consciousness by yourself or operation.
—It's likely to cause accident or injury.

Do Not Disassemble the Treadmill

- Disassembly, repair or re-election are strictly prohibited.
—There is a risk of injury due to mechanical failure.

Avoid Touching with Water

- Do not spray water or other conductive liquid on main body or operation part.
—It may cause electric shock and fire.

Prohibition

- People who don't usually exercise shouldn't suddenly do strenuous exercise.
- Do not use after eating or when you are tired. Especially after exercising or when you are in an abnormal physical state.
—It may cause harm to health.
- This product is suitable for the home use, do not use in the school, the gymnasium, or for non-specific users.
—There would be injury risk.
- Do not use when eating, drinking, or doing other activities.
- Do not use it after drinking until you feel sluggish.
—it's easy to cause accident or injury.
- Do not use it with something hard in your pants pocket.
—it's easy to cause accident or injury.
- Do not use the power plug with needles, garbage or water.
—It may cause electric shock, short circuit and fire.
- Do not pull out the power plug or switch the power switch to "off" during use.
—It may cause injury.

Never Use it with Wet Hands

- Do not pull out or insert the power plug with wet hands.
—It's likely to cause electric shock or injury.

Pull out the Power Plug

- Please pull out the power plug from socket when you don't use it.
—Dust and moisture make its insulation deteriorate and lead to electricity leakage and fire.
- Please be sure to pull the power plug from the socket during maintenance.
—Failure to comply may result in electric shock or injury.

- Please stop using it if the device does not start or runs abnormally.
Immediately pull out the power plug and entrust inspection and repair.
——Failure to comply may result in electric shock or injury.
- Pull out the power plug immediately in case of power failure.
——Otherwise it may cause accident or injury when the power restored.
- Do not hold the cable tightly. Hold the power plug to pull out the plug.
——Otherwise, it may cause short circuit, electric shock and fire.

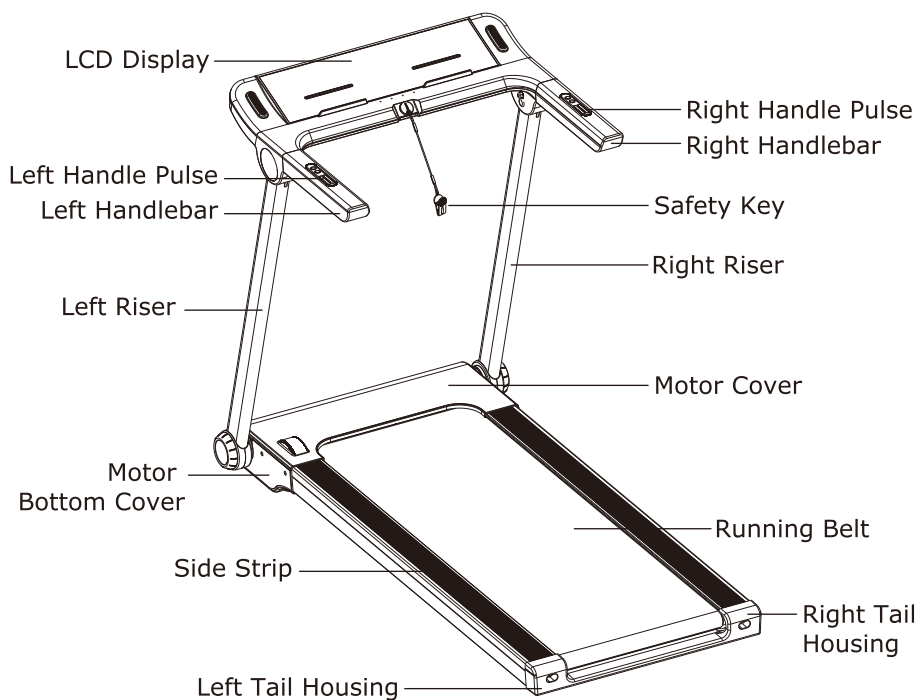
Grounding Instructions

- The product must be grounded. Grounding provides the channel with the least resistance to current to minimize the risk of electric shock if the function of this machine does not work normally.
- This product is equipped with a grounded conductor and a plug for the device. The plug must be properly installed, grounded and plugged into an appropriate electrical outlet in accordance with local codes or regulations.

Dangerous

- There is a risk of electric shock if the device is not properly grounded. Please contact an electrician to check if the grounding of the product is correct. If the plug does not fit into the socket, it can not be changed. Please inform a qualified electrician with the installation of a suitable socket.
- This product has a grounding plug. Make sure that the product is connected to an outlet of the same shape, this product can not be used with an adapter socket.

Safety Precautions



No.	Item Name	Qty.	Notes
1	Machine Body	1	
2	Accessory Kit	1	See the attached table for details

Product Specification

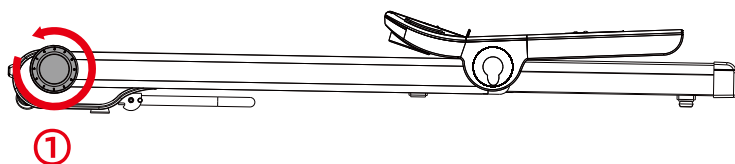
Operating Voltage	AC 110V 60Hz
Maximum Load	265lbs
Outline Dimension	57.5" x 29.7" x 42.3"(L x W x H)
Folding Size	57.5" x 29.7" x 8.1"(L x W x H)
Running Area	17.3" x 47.2"
Motor Power	3.75HP
Speed Range	0.6-9mph
Product Weight	100lbs
APP Connectivity	Bluetooth

Accessories

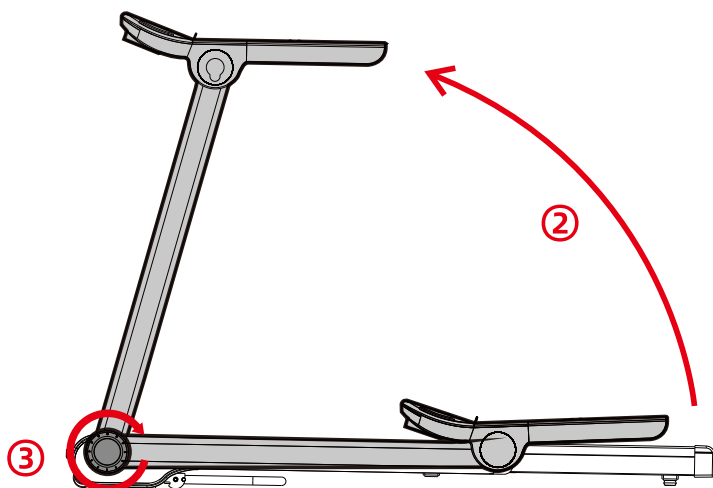
Number	Name	Quantity	Remarks
1	5mm Allen Wrench	1	/
2	6mm Allen Wrench	1	To adjust the running belt
3	10-13 Open-end Wrench	1	/
4	Power Cord	1	/
5	Security Lock	1	/
6	Methyl Silicone Oil	1	/
7	Manual, Certificate of Conformity	1	/
8	Key	1	/

Installation Procedure

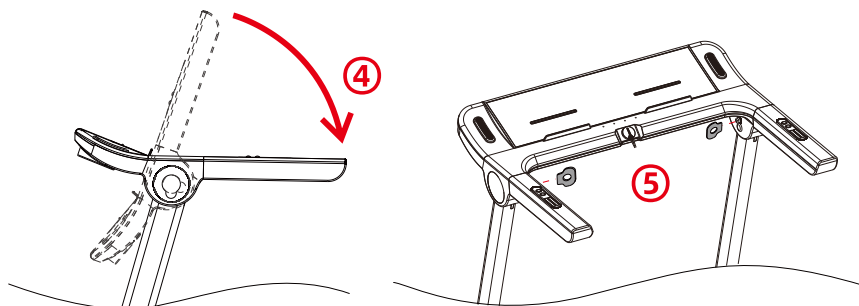
- 1.** Take the machine out of the box and put it flat on the carpet or soft cushion.
- 2.** As shown in figure ① above, loosen the screws 2 to 4 circles counterclockwise.



- 3.** Lift the risers upward as shown in figure ②. Lock the screws clockwise to fix the left and right risers as shown in figure ③.



4. As shown in figure ④, press down the digital display (when the user puts down the digital display, be careful not to let the component press to the communication line, to prevent the line from being damaged when locking the screws). As shown in figure ⑤, insert the "Key" tied to the safety lock rope into the lock cylinders of the left and right risers, and tighten the lock cylinders clockwise.



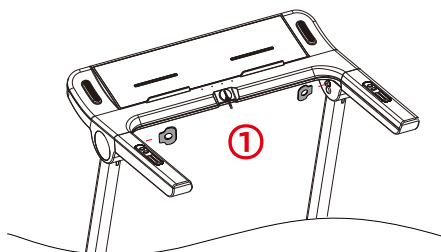
5. As shown in figure ⑥, "Safety Lock" is sucked into the red square box of the digital display and installation is complete. Then connect the power cord, turn on the power switch below the front end of the machine to enter the standby state.

Note: After the assembly of the unit is complete, please check again that all bolts are locked.

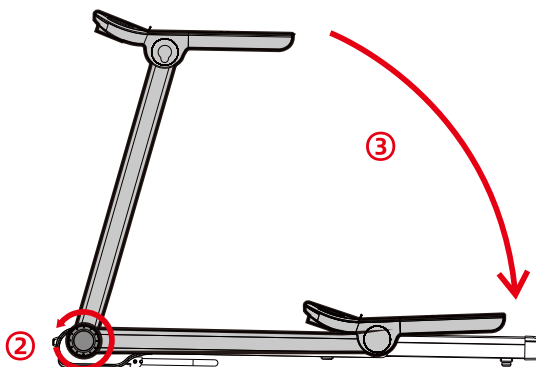


Folding Instruction

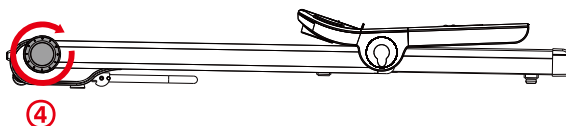
1. As shown in figure ①, insert the "Key" fixed on the safety lock rope into the lock cylinders of the left and right risers, and loosen the lock cylinder counterclockwise.



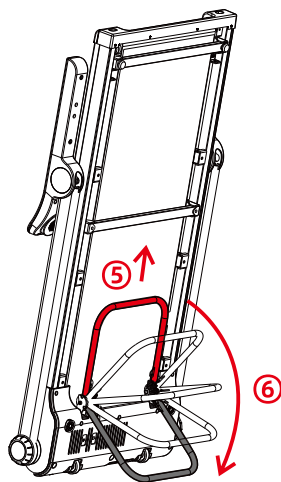
2. As shown in figure ②, loosen the screws counterclockwise for 3 to 5 circles. Slowly put the upper frame down on the running platform as shown in figure ③.



3. Lock the rotary knobs at the bottom of the left and right risers clockwise as shown in figure ④.



4. As shown in figure ⑤, pull the U-shape bent pipe upward. Then fix the pipe as shown in figure ⑥.



Sports Advice and Guidelines

Warm-up Exercise

Warm up for 5-10mins before each operation.

Breathe

Do not hold your breath during operation. When preparing to release action, inhale through the nose and exhale forcefully through the mouth. Breathing and movement should be coordinated. If the breathing is too rapid, stop the exercise immediately.

Frequency

The exercise of the same muscle should keep 48hours of rest. That is, only train the same area every other day.

Load

Determine the amount of training according to the individual physical condition, and then practice according to asymptotic load. It is normal phenomenon for muscle soreness at the beginning of training. As long as continue to practice the soreness can be eliminated.

Relax

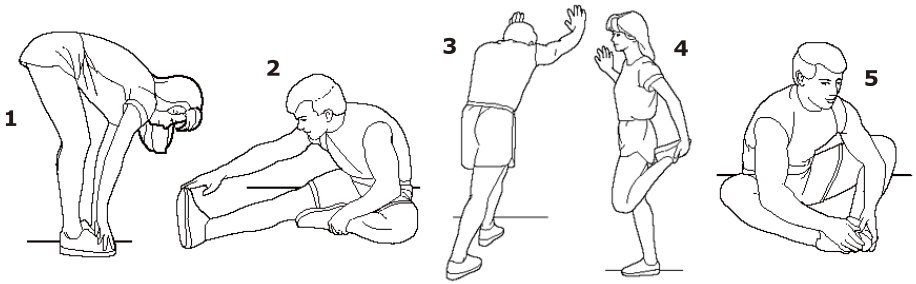
The reductive action should be done for 5mins after practicing every time. Especially extend flabby for ministry muscle. avoid muscle long-term condensation, and keep muscle flexibility.

Diet

Do not eat at least 1 hour before training and half an hour after training to protect your digest system. Avoid drinking plenty of water to avoid increasing burden of heart and kidney.

Stretching Exercise

It is important to stretch before training, no matter how intense the training will be. It is easier to stretch the muscles when they are warm, warm up by running for 5 to 10 minutes and then stop and stretch as follows 5 times for 10 seconds or more on each leg. continue to stretch even after training. Do it again after you work out.



1.Stretch Down

Bent your knees slightly and slowly bend your body to relax your back and shoulders. And try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times. (see figure 1)

2.Hamstring Stretch

Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat with each leg 3 times. (see figure 2)

3.Stretch the Calf and Hamstring

Stand with two hands on a wall or tree. One foot is behind. Keep your hind legs straight and on your heels, leaning against a wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.(see figure 3)

4.Quadriceps Stretch

Keep balance with left hand to hold the wall or table. Then extend your right hand backward. Hold your right ankle and slowly pull toward your hips until you feel tension in front of your thighs muscles. Hold for 10-15 seconds, then relax. Repeat 3 times with each leg. (see figure 4)

5.Sartorius Muscle (muscle of the inner thigh) Stretch

Sit with your feet facing each other and knees facing out. Grab both feet with both hands and put toward the groin. Hold for 10-15 seconds, then relax. Repeat 3 times.(see figure 5)

Display Operation Instruction

1) LCD Display

Shows speed, time, distance, calories, heart rate.

2) Function of Digital Display

1. Button:

4 Speed Shortcut(2mph, 4mph, 6mph, 8mph)

Stop Button

Start Button

Program Button

Mode Button

Speed + Button

Speed - Button

3) Button Function & Operating Instruction

● *Start Button: to start motor*

Operating Instruction:

1. When the digital display is in standby mode, press this button to count down for five seconds to start the motor operation.
2. When the digital display is in the mode setting state, press this button to count down for five seconds to start the motor operation.
3. When the digital display is in the state of program setting, press this button to count down for five seconds to start the motor operation.

● *Stop Button: to stop motor*

Operating Instruction:

1. When the digital display is working, press this button to stop the motor.
2. After the motor completely stops running, all data is cleared and enters the initial state.

● *Program Button: for automatic program selection*

Operating Instruction:

1. When the digital display is in standby mode, press this button to enter the automatic program setting.
2. After entering P12, continue to press this button to enter the custom program settings.
3. After entering the custom program setting, continue to operate this button to enter the body fat test setting state.
4. Operation process: automatic program setting, custom program setting-body fat test setting-return to initial state.

● *Mode Button: for countdown mode selection*

Operating Instruction:

1. When the digital display is in standby mode, press this key to enter the countdown mode setting.
2. In the body fat test setting state, press this key to enter the next parameter setting.
3. Operation process in standby mode: time countdown-distance countdown-calorie countdown-return.
4. Operation process under body fat test setting: set gender- age- height - weight - body fat test.
5. In the state of custom program setting, press this key to enter different time periods.

● *Speed +/- Button: for speed adjustment during operation, or parameter adjustment during setting.*

Operating Instruction:

1. In the running state of the digital display, the running speed can be adjusted.
2. Under the parameter setting state, the size of the set parameter can be adjusted.

● *Speed Shortcut Button: for quick selection of speed*

Operating Instruction:

When the digital display is running, press this key to directly select the corresponding speed.

4) Sport Mode Instruction

A.Manual Mode

Enter manual mode: After the digital display is powered on and fully displayed, the treadmill enters the initial standby state. At this time, press the start button to enter manual mode operation.

Operating instructions: The initial operating speed is 0.6mph, and the time, distance, and calorie data start counting from zero. Press the speed button to adjust the operating speed .

The exercise time exceeds 99:59 minutes, the system does not stop, and the time starts from zero.

B.Countdown Mode

1. Enter the time countdown mode: In the initial standby state, press the mode button to select the countdown mode. At this time, the screen shows 30:00 minutes and flashes. The required running time can be set by the speed +/- button. Set the range from 8:00 to 99:00 minutes. Press the start button to enter the countdown mode.

Operation instructions: The initial running speed is 0.6mph, the time display area starts counting down according to the set running time, and the distance and calorie display area start counting up from zero. Press the speed button to adjust the running speed. When the set time counts down to zero, the distal display starts to slowly stop running. And when the speed is reduced to zero, it automatically returns to the initial standby state.

2. Enter the distance countdown mode: In the initial standby state, press the mode button to select the distance countdown mode. At this time, the distance display area displays 0.6mile and flashes. You can set the required running distance through the speed +/- button. The range is 1.0~99.0. Press the start button to enter the distance countdown mode.

Operation instructions: The initial running speed is 0.6mph, the distance window starts counting down according to the set distance, and the time and calories display area start counting up from zero. Press the speed button to adjust the running speed. When the set distance counts down to zero, the digital display starts to stop running slowly. And when the speed is reduced to zero, it automatically returns to the initial standby state.

3. Enter the calorie countdown mode: In the initial standby state, press the mode button to select the calorie countdown mode. At this time, the calorie display area shows 50 and flashes. You can set the required running calories through the speed +/- button, and the setting range is 20~990, press the start button to enter the calorie countdown mode.

Operation instructions: The initial running speed is 0.6mph, the calorie window starts counting down according to the set calories, and the time and distance display area start counting up from zero. Press the speed button to adjust the running speed and the running slope. When the set calorie counts down to zero, the digital display will slowly stop running. And when the speed is reduced to zero, it will automatically return to the initial standby state.

C.Auto-program Mode

Enter the automatic program: In the initial standby state or mode setting state, press the program button to enter the automatic program selection. At this time, the time display area displays 30:00 minutes and flashes (you can set the required running time through the speed +/- button, set the range within 8:00~99:00 minutes), press the start button to enter the automatic program operation.

Operation instructions: The automatic program is divided into 20 sections. The speed of each section runs according to the preset value of the automatic program. The running time of each section is 1/20 of the set time. The time display area starts counting down according to the set

running time. The distance and calorie display area start counting up from zero. Press the speed button to adjust the running speed. When the program runs to the next stage, the speed is automatically adjusted to the default value of the next stage. When the set time counts down to zero, the digital display starts to stop running slowly. And when the speed is reduced to zero, it automatically returns to the initial standby state.

D.Custom Program Mode(U1-U3):

In addition to the 12 preset programs, the treadmill also has 3 user-defined programs that allow users to set according to their personal circumstances: U1, U2, U3.

1. User-defined program setting:

In the standby state, press the "PROGRAM" button continuously until entering the user-defined program (U1-U3) mode, press the "MODE" button to confirm and enter the setting, and then you can set the first time period for setting. Press the "SPEED+", "SPEED -" button or speed shortcut button to set the speed, and press the "MODE" button to complete the setting of the first time period and enter the second time period setting state until all 20 (time display area shows S1-S20) time periods are completed. After the setting is completed, the data will be stored permanently until you reset it next time. The power cannot be cut off during the setting process, otherwise the data cannot be saved automatically.

2. Start the user-defined program:

A. In the standby state, press the "PROGRAM" button continuously until the user-defined program (U1-U3) you want to run, and after setting the running time, press the start button to start.

B. After the user-defined program and running time are set, press the start button to start immediately.

3. User-defined program setting instructions:

Each program divides the running time into 20 time periods. The speed, incline and running time of all 20 time periods must be set before pressing the start button to start the treadmill.

4. During operation, the speed can be adjusted by "SPEED +" and "SPEED -". When the previous operation is over, it will automatically enter the next run, and the speed will be automatically adjusted to the value set in this segment.

5) Heart Pulse Sensor Function

Handrail heart pulse sensor function test method:

Place the palms of both hands on the steel sheets of the left and right handlebar respectively, and naturally hold them for about 5 seconds. The LCD heart rate display area will display the initial heart rate value. Please keep your hands in a static state, the heart rate display area will slowly change to show the data, and it will be close to the actual heartbeat value after 30 seconds.

Handrail heart pulse sensor operating instructions:

The following conditions may produce irregular heart rate data:

1. During the hand grip test, the grip strength is too tight, please hold moderate strength.
2. During running process, holding the handrail heart pulse sensors at the same time will produce constant changes in contact. It is recommended to stop the exercise if you want to test heart rate. Stand on both sides of the side strips, and hold the sensors with both hands quietly.
3. People with dry or cold hands, or those with particularly thick skin on the palms.

Note: The handrail heart pulse sensors test data can only be used as exercise reference and cannot be regarded as medical data due to the measurement method and many influencing factors.

6) Power Saving Mode

The system has a power-saving function. If there is no key command input within 10 minutes in the standby state, the system enters the power-saving mode, automatically turns off the display, and you can press any key to wake up the system.

7) The Security Lock function

In normal use, the safety lock should be put in the designated position of the electronic watch before operating the digital display. Pull off the safety lock, and the LCD display will show "E07" or "---". If the safety lock is pulled off in the running state, the system will stop quickly. After the safety lock is closed again, all sport data will be cleared.

8) Bluetooth Function

After the digital display is powered on, turn on Bluetooth in the phone settings, and click Search. When Bluetooth (Media) is found, click Media. After the Bluetooth is paired and connected with the phone, you can play the songs in the phone. Adjust the volume, so as not to damage the circuit board.

Error Information and Troubleshooting Methods

Information Code	Possible Causes	Troubleshooting Guidelines
Er01	The communication line of the digital display is not connected, broken, or touching	Reconnect the communication line
	No signal output from digital display	Replace the digital display and repair it by a qualified technician
	No signal output from controller	Replace the controller and repair it by a qualified technician
Er02	The motor wire is not connected	Check whether the motor cables are connected correctly
	No voltage output or abnormal voltage output	Replace the controller and repair it by a qualified technician
	Motor doesn't work	Replace the motor
Er03	The control board PWM drive circuit failure	Replace the controller and repair it by a qualified technician
Er04	The load of the treadmill exceeds the rated working voltage of the motor	Use the treadmill within the rated operating voltage range of the motor
	Motor abnormal	Replace the motor
	The control board motor over-voltage test circuit failure	Replace the controller and repair it by a qualified technician

Information Code	Possible Causes	Troubleshooting Guidelines
Er05	The load of the treadmill exceeds the rated working current of the motor	Use the treadmill within the rated operating voltage range of the motor
	The treadmill and the motor are assembled incorrectly, causing motor resistance or blocking	Check whether the treadmill is correctly assembled
	Controller current limiting system failure	Replace the controller and repair it by a qualified technician
Er06	Low supply voltage	Check whether the power supply circuit is normal
	Failure of the test line of the control board	Replace the controller and repair it by a qualified technician
Er07/"--"	Security magnet falls off	Put the safety lock on the designated position
	Safety system of the digital display failure	Replace the digital display and repair it by a qualified technician

Product Maintenance

1. Lubrication

When the running machine is used for a period of time, it must be lubricated with special methyl silicone oil.

- ★Less than 3 hours per week: lubricate once every 5 months
- ★3-6 hours per week: lubricate once every 2 months
- ★More than 7 hours per week: lubricate every 1 month

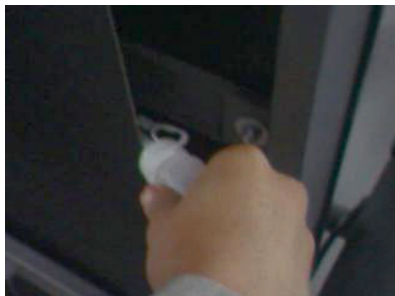
Advice:

Do not lubricate too much. It is not the more lubricants the better.

Remember: Proper lubrication can improve the service life of the treadmill.

2. As for the way to check if you need to add lubricant. Just grab the running belt and touch the middle surface of the back of running belt with your hands as much as possible. If your hands are stained with silicone (somewhat damp), it means that no more lubricant is needed. If the running board is dry and your hands are not stuck to methyl silicone oil, then you need to add lubricant.

- ★The step of lubricate on the running board (as shown in the right picture)
- ★Stop the machine and fold it.
- ★Lift the running belt of the underside of the main body, put the oil pot as far as possible into the middle of the running belt, and spray methyl silicone oil inside of the running belt.



- ★Start the treadmill at the speed of 0.6mph to evenly lubricate and slightly step on the running belt from left to right. Then the silicone oil can be completely absorbed by the running belt after a few minutes.

3. Tightness Adjustment of the Running Belt:

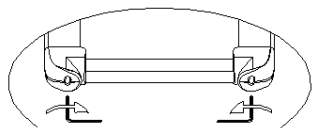
All treadmills shall be adjusted before delivery and after installation, but the running belt maybe loosen after a period of use. For example, the treadmill suddenly stops or the running belt is slippery when you exercise. Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs. If the running belt is too loose, the running belt and the roller will slip if your feet are on the running belt. But it is not good to be too tight. It is easy to increase the load of the motor and damage the motor, running belt and roller, etc.

4. Running Belt Deviation Adjustment

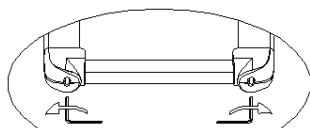
All treadmill belts need to be adjusted before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons:

- ①The main body is not placed smoothly.
- ②The feet of users are not in the center of the running belt.
- ③The feet of users are uneven force.

It will be returned to normal after a few minutes of no-load rotation if deviation is caused by man-made. It should be adjusted with 6mm Allen Wrench at a half circle as the unit for deviation of non-recover automatically.



Please adjust left bolt clockwise or right bolt counterclockwise if the running belt is left deviation.

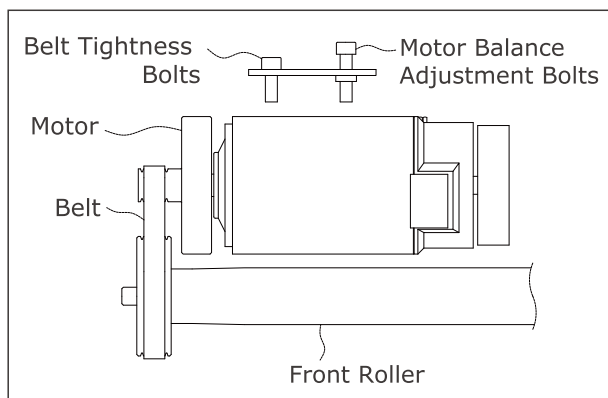


Please adjust right bolt clockwise or left bolt counterclockwise if the running belt is right deviation.

Notice: The running belt is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be found and corrected in time.

Adjustment of Motor Belt (as shown in the right picture)

All treadmills have been adjusted for the motor belt before delivery and after installation. But the running belt maybe loosen after a period of use, which can be adjusted by user himself.

**Adjustment Steps:**

- ① Adjust the parallelism of the motor with a wrench. Turn the bolt half a turn counterclockwise.
- ② Turn the belt tightening bolts clockwise half a circle.

NOTE: clean the running belt and pulley grooves regularly.

Gymax App Instruction Manual v1.0.5

This document is applicable to the Android version and iOS version of the official APP of Gymax.

iOS: Search Gymax in App Store to download

Android: search and download from Google Play store

Functions Overview

Gymax App iOS/Android with Gymax platform provides users the control of sports intelligent device, sports data recording, sports mall, dynamic sharing in community, system Settings and other functions.

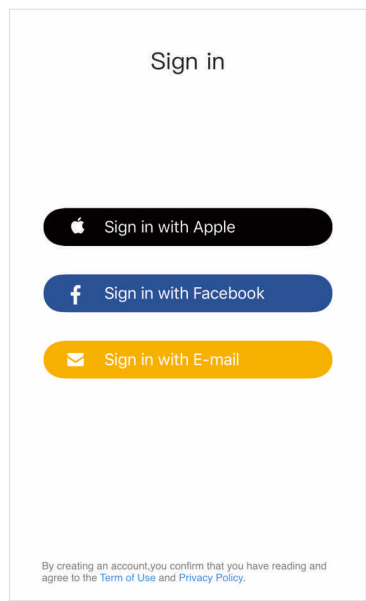
The Main functions

- > Sign In
- > Sports Scenes
- > Sports Mall
- > Community Dynamic
- > Settings

Sign in Process

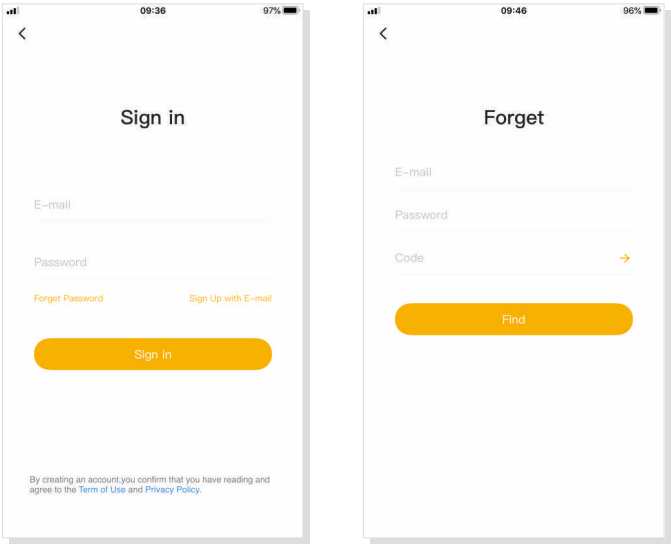
Sign in

For the convenience of users, Gymax provides three login methods: Facebook and E-mail, and iOS users can also Sign in with Apple. Users can quickly sign in to the Gymax App and use it.



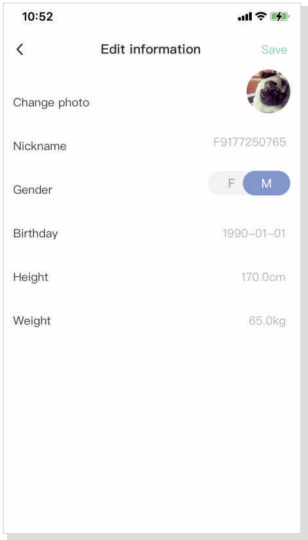
Retrieve Password

If E-mail users forget Passwords, users can click "Forget Password" on the mailbox login interface to jump to the Password retrieval interface, and then reset Passwords.



Edit Information

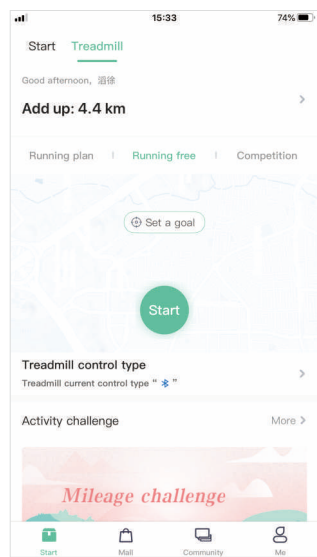
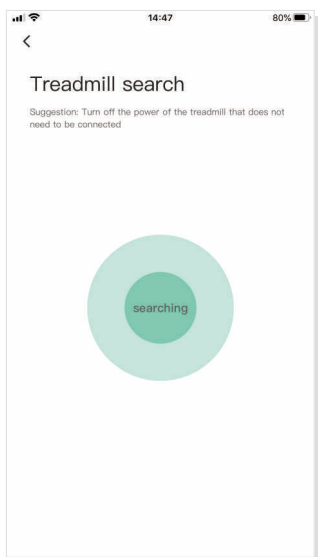
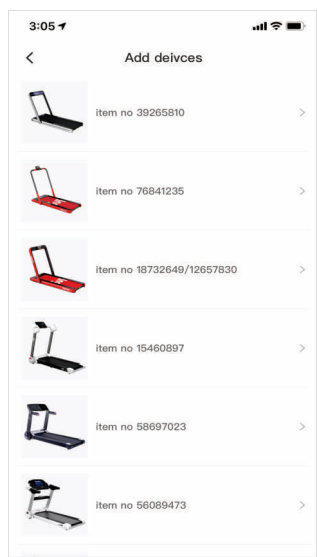
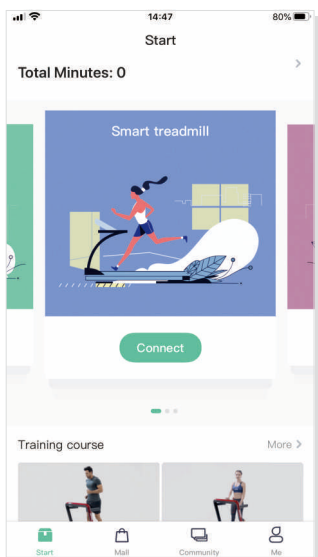
In the personal information interface, clicking the avatar, users can edit the avatar and upload the avatar by choosing album or camera.



Sports Scenes

Connecting services

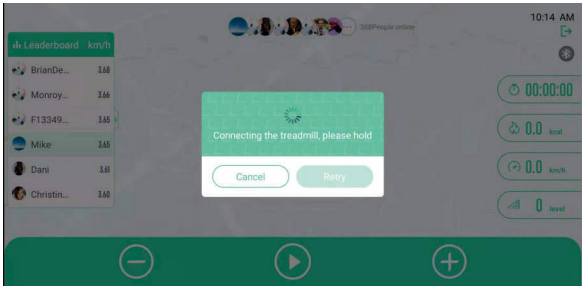
On the home page, users can freely choose the device type to connect. After connecting successfully, users then start the device page, such as the "Treadmill" interface.





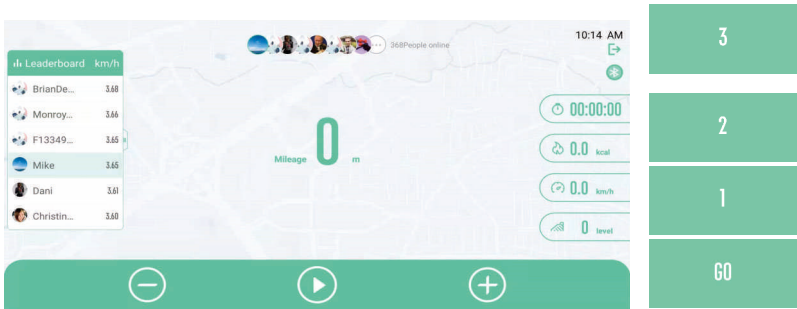
Starting exercise

Selecting the device page, such as "Start" on the "Treadmill" interface, users enter the running free, as shown below:

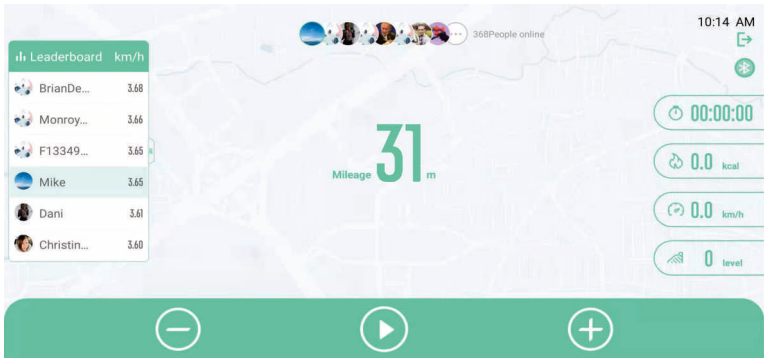
- 1. Waiting for GyMax to automatically connect to the treadmill.



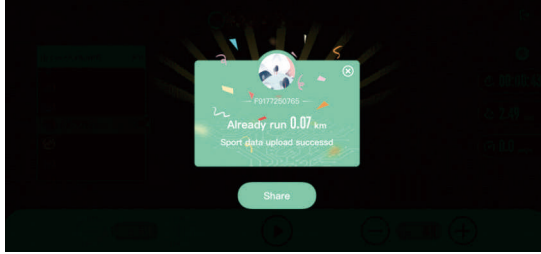
- 2. When the sign shows  on the interface, it means that your APP has been successfully connected to the treadmill. You should click  , the the treadmill starts running and enters countdown interface: 3. 2.1, GO.



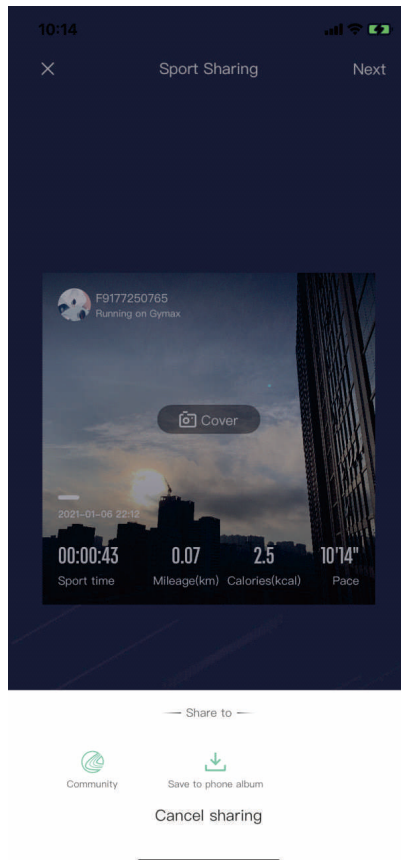
- 3. The Gymax App synchronizes exercise data, such as distance, duration, calories, and speed, as users run on the treadmill, and users can start or stop, accelerate or decelerate the treadmill, which intuitively shows users' current sports ranking and the number of online sports in real time.



4. When users finish the exercise, the Gymax App will show users' total running distance.

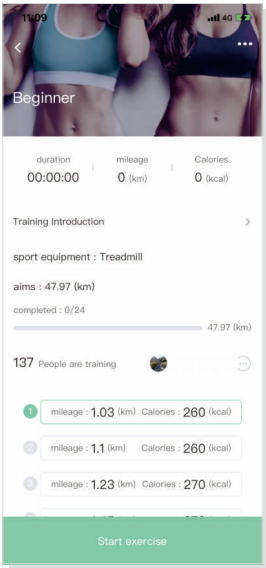
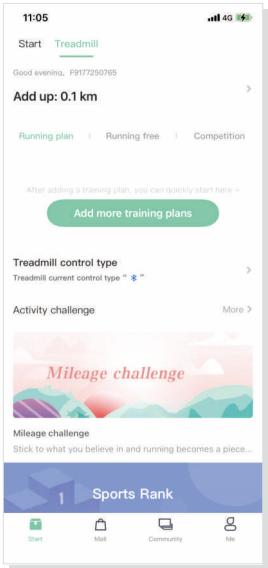


5. Users can share the sports data to the community or save it to the phone album.



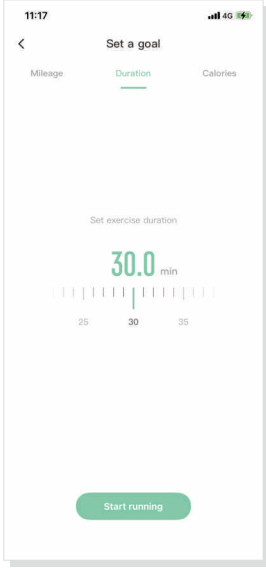
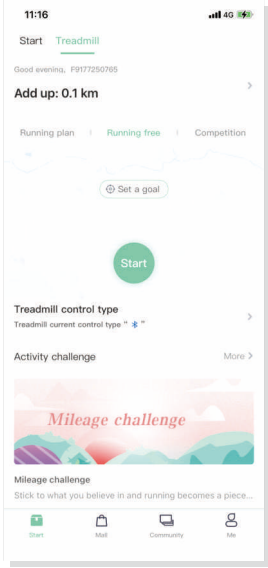
Sports Plan

Users can click "Add More Training Plans" to Add users' own sports plans.

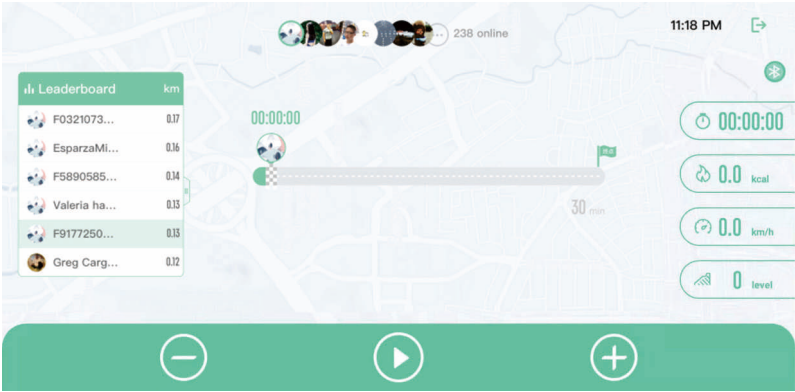


Setting Goals

1. Users can set suitable sports goals.

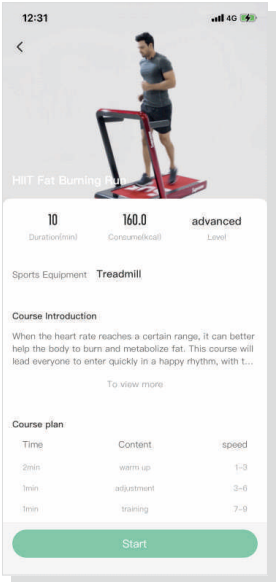
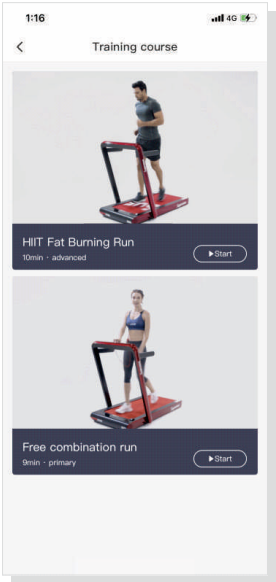
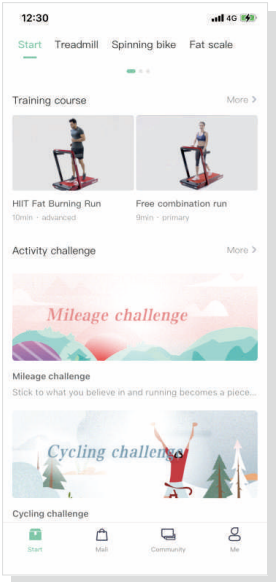


2. When the goal is reached, the exercise automatically ends.

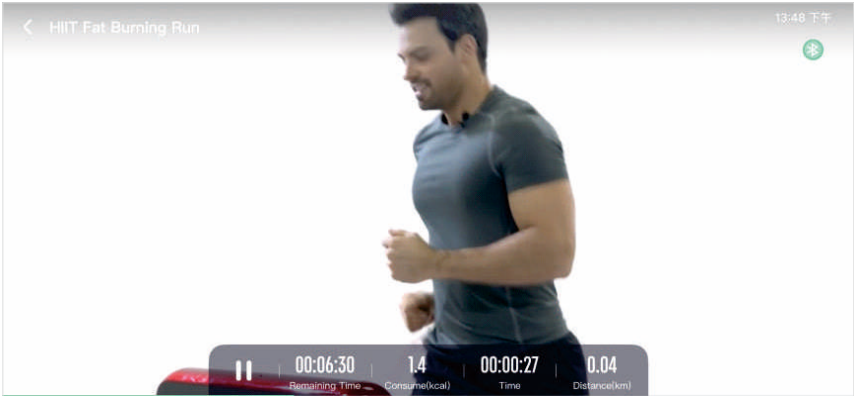


Training Course

1. Users can select courses in the interface of training course.

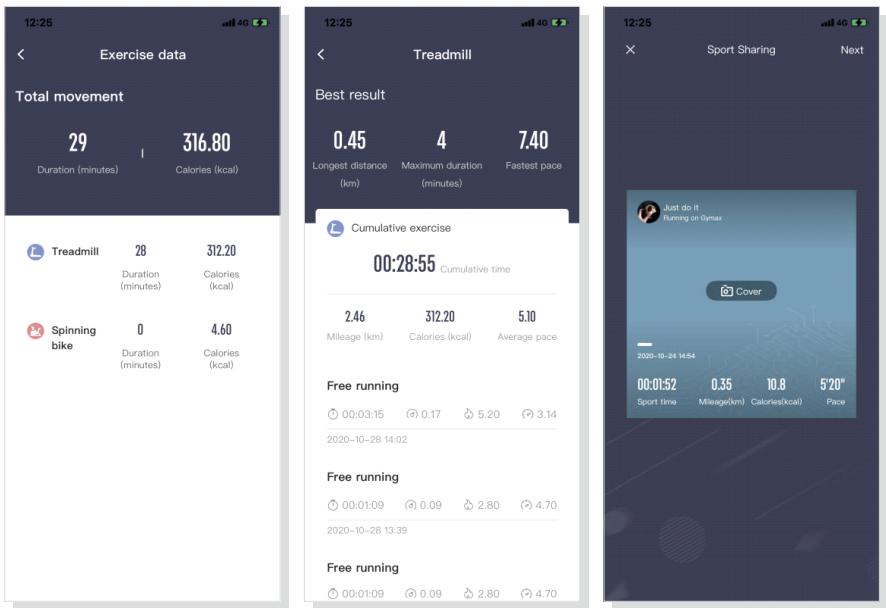


2. And then Start training with a fitness coach.



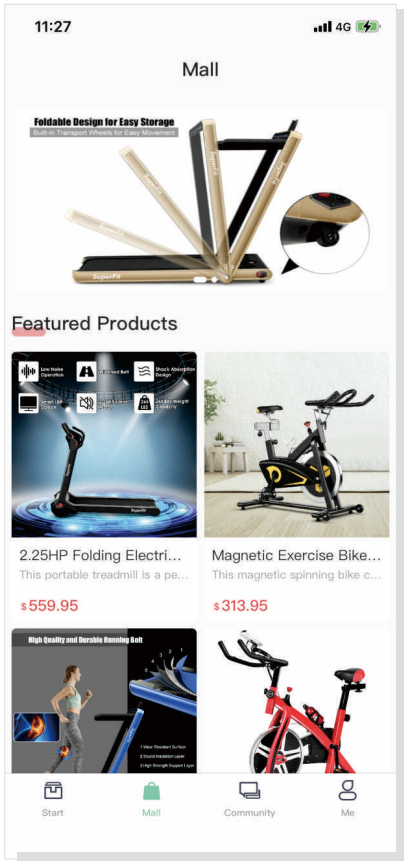
Exercise Record

The user can view the Exercise data record in the device page. (me-exercise data)



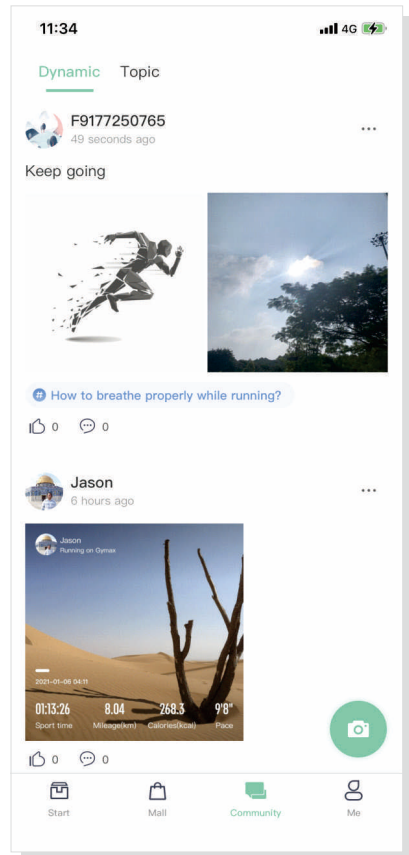
Sports Mall

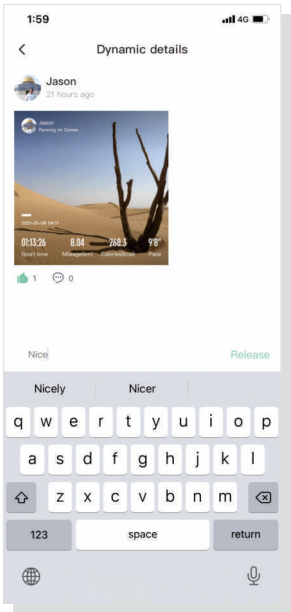
Users can purchase satisfied sports devices.



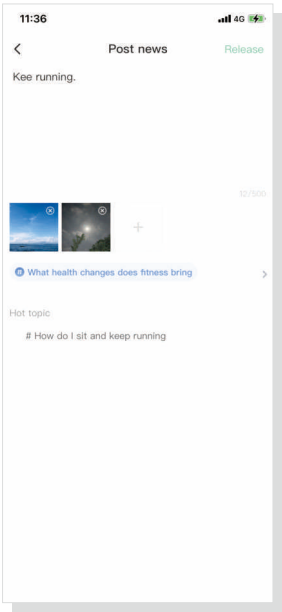
Community dynamic

1. In sports community, users can share dynamic communication with each other.

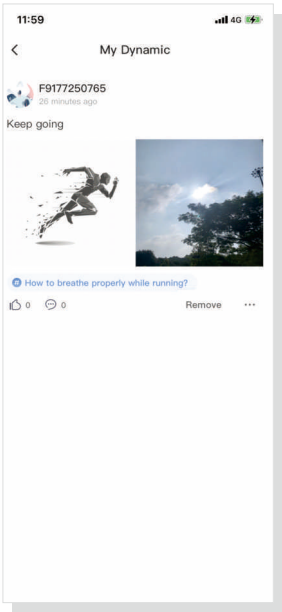




2. Users can comment dynamics in community.



3. Users can post dynamics.

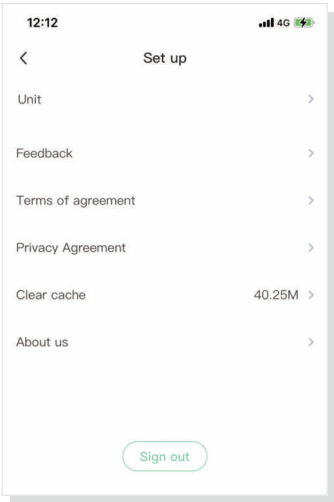


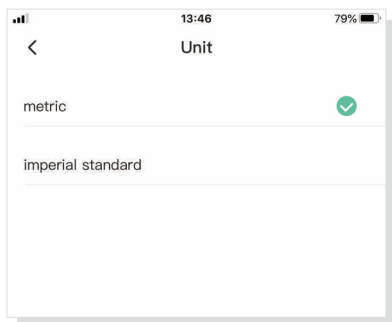
4. Users can remove the released dynamics in Me-My Dynamic.

Settings

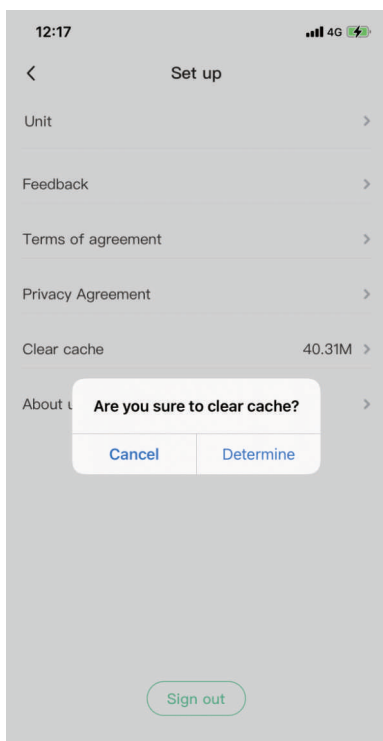
System Settings

Users can click "Me" to enter the set up, including unit, feedback, terms of agreement, privacy agreement and clear cache, etc.



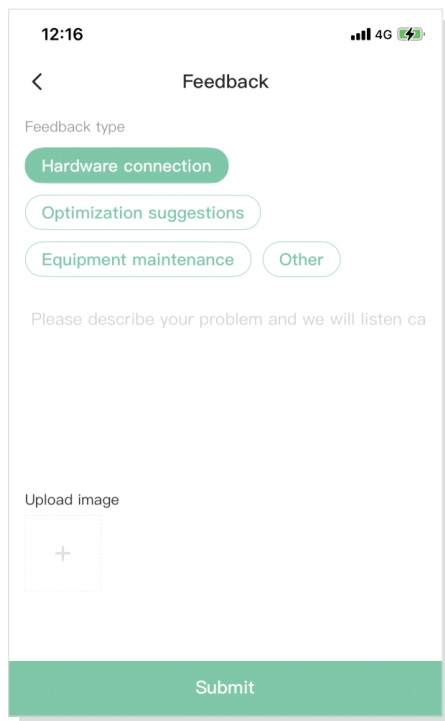


Unit settings (metric or imperial standard)



Clear Cache

Users can clean up the system cache according to users' needs, including Gymax App H5 web page load cache and image load cache.



Feedback

Users can submit suggestions and the problem for improving the product.