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;

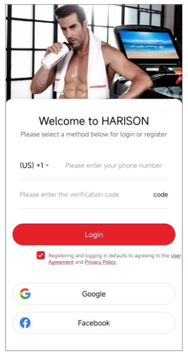
Apple mobile phone: you can download and install [HARISON] from [App Store];

Google Play Store App Store

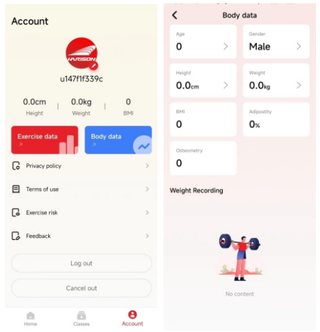
01. After the installation, the [HARISON APP] icon will appear in the mobile phone program (as shown in the figure below):

HARISON

02. 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;



03. 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;

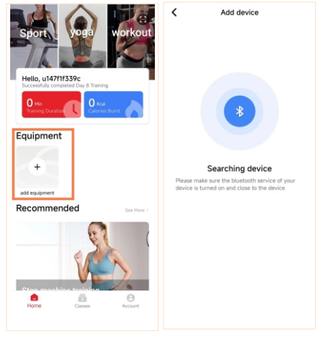


04. After the registration, you can bind the smart device you want to associate with the HARISON APP. Next, we will explain how to connect the HARISON APP with the smart devices you want to connect to the HARISON APP if you want to connect to the HARISON APP.

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.

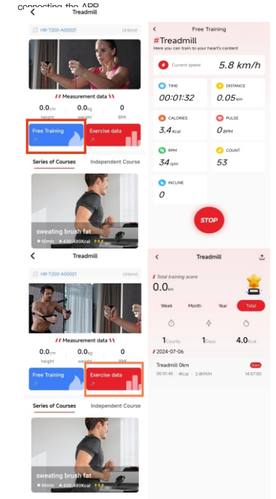
4.1 Click【 HARISON – Home – Equipment – Add 】

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.

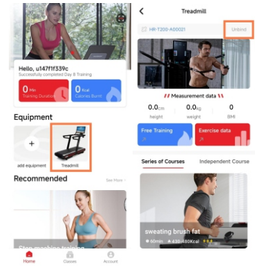


4.3 Below we will take the connection process between the HARISON APP and the smart treadmill device as an example, and tell you in detail how to associate the smart device you want to connect with the HARISON APP.

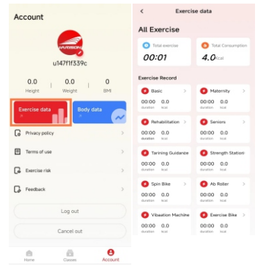
If you want to connect other smart devices, such as smart treadmill, smart exercise bike, smart elliptical, smart motorized bicycle, smart rowing machine, stepping machine, mountaineering machine, intelligent ..... etc., first open the cell phone settings within the "Bluetooth" and "location", the relevant 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.



05. 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].



06. 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.

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Please use your phone's camera scans the QR code for video guidance.

Customer Service SMS Contact Information

If you need to return the item,
please contact us for return information and process.

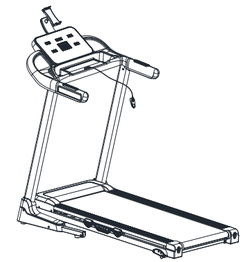


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E-Mail: support@harisonfitness.com

HARISON
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USER'S MANUAL

MONICAFIT MT–T211eco



WARNING!

Please read the instructions carefully before using the equipment

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. Possible cause: The communication between the lower PCB and the console is blocked. 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. 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. 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. 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. 2. Check weather the incline motor wire is properly plugged in and in accordance with the mark on the controller correctly. 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.

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.

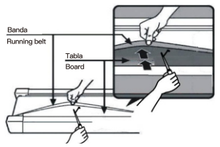
Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to clean the motor dust belt and special lubricating oil for electric running.

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.

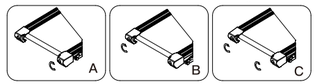
We recommend that the running belt and the running board of the electric treadmill be lubricated with the following schedule:

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.



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.
3. Place the treadmill on a level surface.
4. Run the electric treadmill at a speed of about 6-8 miles/h and observe the deviation of the running belt.
5. 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.
6. 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.
7. Running belt in the above adjustment or use after a period of time will gradually relax, need to adjust.
8. 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.
9. 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:



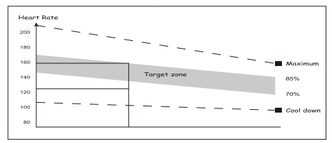
Training stage:

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.

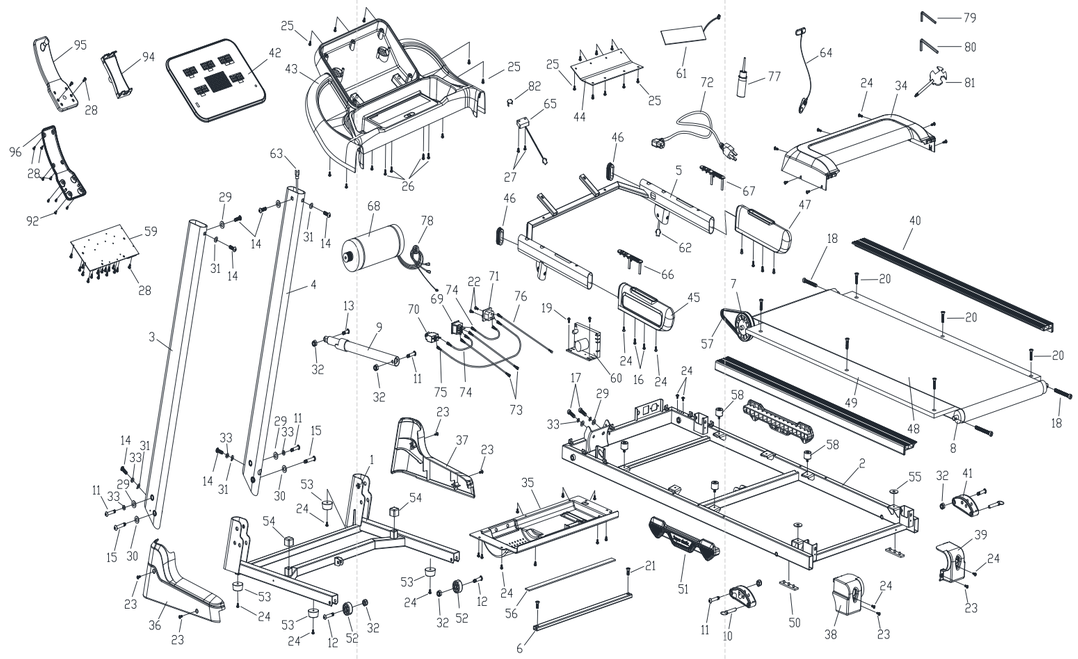
Recovery Stage After Training:

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.

Exploded Drawing



Safety Tips

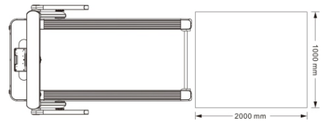
01. Put motorized treadmill in a neat and flat place, do not put it on the thick carpet, lest affect the circulation of air in the lower part of the motorized treadmill. Also do not put motorized treadmill near water or outdoor use,
02. pay attention to moisture-proof.
Only after the motorized treadmill 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
03. socket with an over current protector to ensure the safety of the treadmill and the user.
04. 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
05. recommended that professional repair.)
When placing the motorized treadmill, do not let it block the wall socket, to
06. facilitate the insertion of.
07. The motorized treadmill power cord is dedicated, if it is damaged, please buy from the dealer, or directly connect with our company.
08. Please check the installed motorized treadmill again to see if the bolt is locked.
Please pay attention to the fact that the motorized treadmill is a dedicated machine, do not modify it for other use.
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
04. emergency can be pulled off the safety key.
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
05. must stand on a plastic skid board on either side of an electric treadmill
06. until the running belt moves.
Please naturally swing your arms while exercising, look ahead, do not look
07. down at your feet.
Accelerate gradually when you exercise, until you adapt to the existing
08. speed and then accelerate.
Do not wear too long, too loose when you exercise to prevent clothes to
09. be hooked to the motorized treadmill, usually wearing rubber soles running shoes or fitness shoes.
10. 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.
11. The continuous exercise cannot exceed 90 minutes. Please unplug the power plug and remove the safety switch in time to avoid overloading.
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.
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
04. dizzy, stop exercising immediately.
Kids, disabled people, pets should keep away from the treadmill, in case of accidents.

Part List

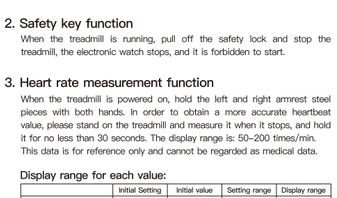
No.	Part Name	Specifications	Qty.
1	Base		1
2	Main frame		1
3	Left upright		1
4	Right upright		1
5	Console		1
6	Running board cushion pipe		1
7	Front roller		1
8	Rear roller		1
9	Pneumatic bar		1
10	ring pin		2
11	Bolt	M8*45	5
12	Bolt	M8*40	2
13	Bolt	M8*25	1
14	Bolt	M8*20	6
15	Bolt	M10*60	2
16	Bolt	ST4.2*40	4
17	Hex Socket Head Cap	M8*20	2
18	Hex Socket Head Cap	M8*55	3
19	Bolt	ST4.2*12	2
20	Bolt	M6*25	6
21	Bolt	M6*12	2
22	Cross head bolt	ST4.2*12	2
23	Cross head bolt	ST4.2*19	6
24	Cross head bolt	ST4.2*19	26

No.	Part Name	Specifications	Qty.
25	Cross head bolt	ST4.2*15	19
26	Cross head bolt	ST4.2*19	4
27	Cross head bolt	ST2.9*10	2
28	Cross head bolt	ST2.9*5	22
29	Flat spacers	Φ8	6
30	Flat spacers	Φ10	2
31	Curved gasket	Φ8	4
32	Hex lock nut	M8	6
33	Spring washer	D8	6
34	Motor upper cover		1
35	Motor lower cover		1
36	Left base cover		1
37	Right base cover		1
38	Left rear corner guard		1
39	Right rear corner guard		1
40	edge strip		2
41	3-Level regulator		2
42	Electronic surface plates		1
43	Electronic watch upper cover		1
44	Electronic watch lower cover		1
45	Left handle foam		1
46	Oval insert		2
47	Right handle foam		1
48	Running belts		2
49	Running board		1
50	3-Level adjustable		1
51	Side cushion pad		1
52	Roller		1
53	Foot pads		2
54	Outer tube plug		2
55	Rubber gaskets		4
56	EVA		2
57	Multi-ribbed belts		2
58	Toothed cushion pad		1
59	Electronic watches		1
60	Controller board		6
61	Keypad		1
62	Upper bar		1
63	Lower bar		1
64	Safety lock assembly		1
65	Safety lock sensor		1
66	Hand heartbeat		1
67	Hold heartbeat		1
68	DC motor		1

No.	Part Name	Specifications	Qty.
69	Rocker switch		1
70	Overload protector		1
71	Pin-shaped recessed		1
72	Power cord		1
73	Blue single branch		1
74	Brown single branch		1
75	Brown single branch	Add CE (+1)	2
76	Grounding wire	Add CE (+1)	2
77	Silicecon oil		1
78	Magnetic ring	Add CE (+1)	1
79	Hexagon wrench		1
80	Hexagon wrench		1
81	Cross-ended	S5	1
82	Safety Lock Plate	S13-S14-S17	1
92	Bolt	M6*20	4
94	Holder blacket		1
95	Tablet holder		1
96	Lower holder blacket		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.



No.	Part Name	Qty.	Part Name	Qty.
2	Main frame	1	Power Cord	1
5	Electronic watch upper cover	1	Safety Key	1
10	ring pin	2	Silicon Oil	1
36	Left base cover	1	Holder Black	1
37	Right base cover	1	Screw Set	1
64	Safety key	1		

Grounding Description

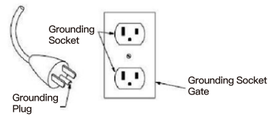
Please note: Be sure to lock all screws after confirming that all are installed according to the above requirements, and then switch on the power supply after checking that there is no omission. Please refer to the following instructions for the operation of the treadmill.

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 KEY.

Function key instruction:

"PROGRAM" key:
In standby state, press this key to cycle through 40 different running programs from U1-U5, FAT, "P01-P02-P03... P40"; Manual mode is the default operating mode of the system, and the default speed of manual mode is 1.0 KM/H. ("0:00" is manual mode, P01-P40 is a built-in program).

"MODE" mode key:
Press this key to cyclically select "0:00", "30:00", "5.0" and "100" ("0:00" is manual MODE, "30:00" is time countdown MODE, "5.0" is distance countdown MODE, and "100" is calorie countdown MODE.) When selecting various modes, use the speed plus/minus key to set the relevant countdown value, and press the "START" key to START the treadmill after setting is completed.

"START" key:
When the treadmill is stopped, press this key to START the treadmill.

"STOP" key:
Which can be used to STOP the running of the treadmill and reset it during exercise.

"SPEED+" and "SPEED -" are the speed up and down keys:
Standby state, used to adjust the set value. After starting, it is used to adjust the speed, and its adjustment amplitude value is 0.1 KM/H.
Pressing the speed + and speed – buttons simultaneously for 3-5 seconds can switch between imperial mode and metric mode. (1 km/h = 0.621 mph, the following data is defaulted to metric mode).

2. Safety key function

When the treadmill is running, pull off the safety lock and stop the treadmill, the electronic watch stops, and it is forbidden to start.

3. Heart rate measurement function

When the treadmill is powered on, hold the left and right armrest steel pieces with both hands. In order to obtain a more accurate heartbeat value, please stand on the treadmill and measure it when it stops, and hold it for no less than 30 seconds. The display range is: 50-200 times/min.
This data is for reference only and cannot be regarded as medical data.

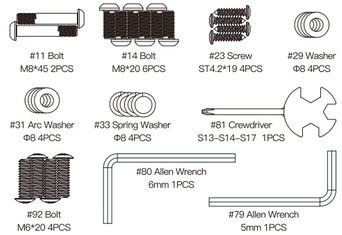
Display range for each value:

	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.

Hardware Bag

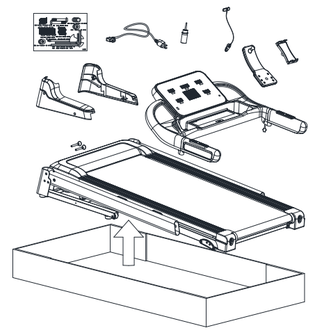


Assemble Steps

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

STEP 01

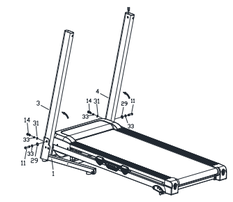
01. Take out the following materials from the box, and put the main frame on the ground, cut off the packaging belt.



STEP 02

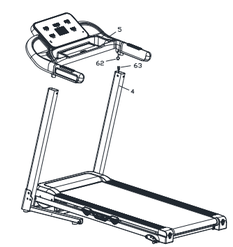
01. Expand the left upright (3) in the direction of the arrow. Using the hex key (79), secure the left upright (3) to the base (1) with: One set of hex socket pan head bolt (11), flat washer (29), and spring washer (33). One set of hex socket pan head bolt (14), curved washer (31), and spring washer (33).
02. Expand the right upright (4) in the direction of the arrow. Using the hex key (79), secure the right upright (4) to the base (1) with: One set of hex socket pan head bolt (11), flat washer (29), and spring washer (33). One set of hex socket pan head bolt (14), curved washer (31), and spring washer (33).

#11 M8*45 2PCS #29 Φ8 2PCS #33 Φ8 4PCS
#14 M8*20 2PCS #31 Φ8 2PCS #79 S=5 1PCS



STEP 03

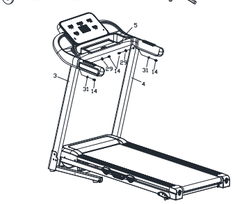
01. Connect the wire (62) from the electronic meter (5) to the wire (63) on the right upright (4), ensuring proper orientation during connection.



STEP 04

01. Using the hex key (79), secure the meter bracket (5) to the left upright (3) and right upright (4) with:
Two sets of hex socket pan head bolt (14) and flat washer (29);
Two sets of hex socket pan head bolt (14) and curved washer (31).

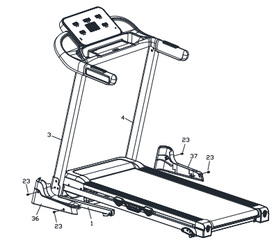
#14 M8*20 2PCS #31 Φ8 2PCS
#29 Φ8 2PCS #79 S=5 1PCS



STEP 05

01. Using a cross head wrench (81), secure the left upright guard (36) to the left upright (3) and base (1) with cross-recessed pan head self-drilling screws (23). Tighten all screws firmly.
02. Using a cross head wrench (81), secure the right upright guard (37) to the right upright (4) and base (1) with cross-recessed pan head self-drilling screws (23). Tighten all screws firmly.

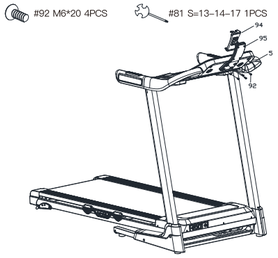
#23 ST4.2*19 4PCS #81 S=13-14-17 1PCS



STEP 06

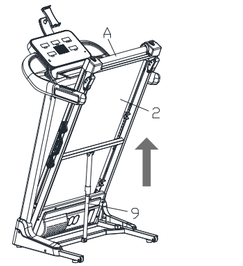
01. Unscrew the nut behind the Tablet holder (94) to let the ball joint on the Tablet Holder Bracket (95). Pass through it, then insert the ball joint into Tablet Holder Bracket (95) and tighten the nut to hold the Tablet Holder and the Table Holder Bracket.
02. Attach the Tablet Holder Bracket to the 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

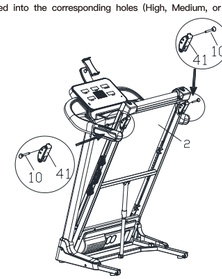
01. Lift the main frame (2) upward at point A in the direction of the arrow while supporting it with your hand. Once you hear a click from the gas spring (9), the adjustment is complete.



STEP 08

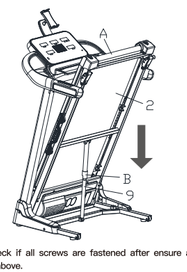
01. Insert the hanging ring pins (10) into the adjustment holes of the three-stage regulator (41).

Note: The three-stage regulator has 3 hole positions: High, Medium, and Low. When installing the machine, ensure that the left and right pins are inserted into the corresponding holes (High, Medium, or Low) on both sides.



STEP 09

01. Hold the main frame (2) at point A with your hand, and kick the B position on the gas spring (9).
02. While holding at A, apply slight downward pressure until the handle end is reached, then release—the machine will automatically descend.



Note: Please check if all screws are fastened after ensure all the steps are installed as above.

1. Parameter Settings in 3 Modes

Countdown Time:
Default 10:00 minutes (adjustable range: 5:00—99:00 minutes, increments of 1:00).
Calorie Target:
Default 50 kcal (adjustable range: 20—990 kcal, increments of 10).
Distance Target:
Default 1.0 km (adjustable range: 1.0—99.0 km, increments of 1.0).
Cycle order:
Manual → Time → Distance → Calories.

2. User-Defined Programs (U1-U5)

In addition to 40 preset programs, the treadmill offers 5 customizable programs (U1—U5).

1. User-Defined Program Setup and Activation:
In standby mode, repeatedly press the "PROGRAM" button until your desired user-defined program (U1-U5) is selected. The "TIME" display will flash, showing the preset duration. Use the speed adjustment buttons to set your preferred workout time, then press "MODE" to confirm and enter program parameter setup. You can then configure the first time segment by adjusting speed and incline using the +/- buttons or shortcut keys. Press "MODE" to save the first segment and proceed to set up the second segment.
Repeat this process until all 10 time segments are configured. All settings will be permanently saved until you modify them again, and the data will not be lost during power outages.

2. Program Selection and Startup:
In standby mode, repeatedly press the "PROGRAM" button until your desired user-defined program (U1-U5) is selected. After setting the workout duration, press the "START" button to begin your program.

3. Body Composition (FAT) Test:

The Body Fat Index (FAT) evaluates the relationship between a person's height and weight (not body proportions). FAT is suitable for both males and females, and serves as a reference for weight adjustment when used together with other health indicators.

Test Procedure:
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 the MODE button to set gender, age, height and weight respectively. After completing the settings, press MODE to view test results. At this time, please place both hands on the pulse sensors on the handrails. The tested body fat percentage will be displayed within 8 seconds.

The input parameters are displayed and set within the 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

Special note: This data is only for exercise reference, not medical data.

4. Automatic Program Table

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	6	4	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	3	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	4	7	7	4	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	6	8	8	6	7	8	8	8	6	4	4	2	5	4
	INCLINE	3	5	5	3	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	3	6	6	6	7	7	8	8	9	9	6	6	5	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	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	8	9	9	9	7	4
P10	SPEED	2	3	5	6	7	5	4	6	6	5	6	6	5	5	4	3	3	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	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	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	5	9	4	3
	INCLINE	3	3	5	6	5	3	6	7	5	3	2	9	0	0	5	5	3	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	4	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	6	6	6	6	8	7	8	9	9	10	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	3
	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	6	4	4	5	6	4	4	5	6	4	4	5	6	4	4	5	3	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

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
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	3	2	2	3	3	2	2
P24	SPEED	3	5	5	8	9	5	6	6	6	4	4	3	3	6	5	6	7	7	6	7	8
	INCLINE	2	2	4	4	4	6	6	3	2	2	2	3	3	2	2	3	3	3	2	2
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	4	5	3	4	5	3	3
	INCLINE	2	4	4	3	4	6	6	4	5	4	4	3	2	5	5	6	6	7	7	8
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	4	4	6	5	4	3	2	5	5	8	10	7	7	10	10	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	4	9	9	5	9	5	8	5	5	9
	INCLINE	3	5	7	3	3	5	6	5	3	3	1	2	3	2	3	3	5	5	0	0
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	9
	INCLINE	2	0	0	5	5	3	2	3	2	1	3	3	5	6	6	5	3	3	7	5
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	4	4	4	2	6	6	4	5	3	4	4	4	4	4	3	6	6	6
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	4	4	5	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	4	5	2	3	4	5	3	2	3	4	5	2	3	4	5	3	3
	INCLINE	7	8	9	9	9	6	6	5	3	2	2	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

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 alar