SuperFit
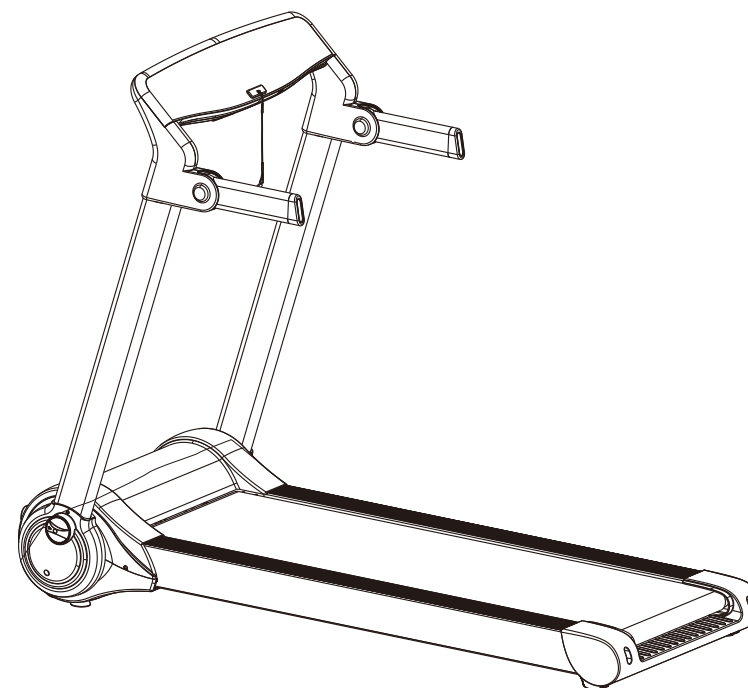
COSTWAY

WHERE THERE IS COSTWAY THERE IS HOME

USER'S MANUAL
Treadmill

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

Please give us a chance to make it right and do better！

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway

Visit us: www.costway.com

Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.

E-mail

US: cs.us@costway.com

UK: cs.uk@costway.com

Before You Start

⚠ Please read all instructions carefully.

⚠ Retain instructions for future reference.

⚠ Seperate 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.

⚠ Warning

Please talk to your doctor before you start an exercise program. Please be sure to consult your doctor or a professional before you start if you are over the age of 35 or not feeling well, and this is your first time fitness exercises. Please follow the instructions to install and use this product.

Cautions

● Please choose a bright and well-ventilated place to install treadmill.

● Please keep your children and pets away from the treadmill. Do not leave your child alone in the room where the treadmill is kept.

● Please do not put the treadmill in a damp place. It will cause trouble.

● Please do not wear clothes that are too long or too baggy for your fitness exercises. In case they are hung on the treadmill. Usually wear running shoes or exercise shoes with rubber soles.

● The treadmill is a special equipment. Do not modify or as the other user.

● Please don't put the treadmill and miscellaneous things together.

● To be safe, please check the screws and other accessories on the treadmill for locking before using.

● Please do warm up before exercise to prevent injury.

● If you feel dizziness, nausea, chest tightness or other abnormal symptoms in the process of exercise, please stop exercising immediately and consult a professional doctor if necessary.

● Please use the treadmill under the guidance of a professional health physician for disabled person. Please follow the instructions to install and use this product.

Quality Guarantee

We ensure that this product is made of high quality material.
In normal use, if there is a problem, we will be responsible for the warranty.
The warranty time is one year (from the date of purchase). If there is any quality problem with products you purchase, please contact our customer service within 12 months. Please do not deal with it without permission. We guarantee the following parts: Frame, wire, armrest, foam, motor, moving wheel etc.

The following conditions are not covered by the warranty

● Damage is caused by external reason
● Use non-factory original parts
● Handle it with incorrect way by users.
● Don't follow the instructions

The Easy-broken parts, normal wear without warranty and replacement, such as running belt.
This warranty is only valid for private use in the family. It is not suitable for professional training such as gyms.
If you need to purchase non-warranty parts, please contact customer service.
Please provide the following information when purchasing:

● Treadmill model
● Parts No.
● Certification of purchase date

Please do not send the products to our company without the confirmation of our customer service. Our company does not afford any expenses for sending the products back without permission.

Safety instructions

Many safety questions had been considered in the design and manufacture of this product, but please follow the instructions below just in case. We do not accept any consequences arising from abnormal operations.

To ensure your safety and avoid accidents, please read the instructions carefully before using.

1.Please consider your physical condition and properly and regularly train to ensure that you have enough physical strength for training when starting training with this product. Mistakes or excessive training will not benefit our health.
2.This product is not suitable for children. Do not use if you feel unwell physically or mentally unless they are under the supervision or direction of a person responsible for their safety regarding the use of the product. Children should be monitored to make sure they do not play with equipment.
3.This product is suitable for family use, is not suitable for professional training and testing, and cannot be used for medical purposes.
4.The heart rate display site of this product provides clinical data.
5.If the power cod is damaged, it must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
6.Please check all parts before use to ensure that screws and nuts are locked.
7.Please wear comfortable tight clothes to avoid the clothes being hung by the machine. Don't let children or pets play around in case of accidents.
8.Please put the product on a smooth, clean and flat ground. Make sure there is no sharp objects nearby. Keep away from water and heat sources.
9.Keep your hands away from all moving parts. Do not put your hands and feet in the gap under the running belt.
10.This product is only for one person at run time.
11.Make sure screws and bolts are tightened after assembly
12.Please use the accessories provided by the original factory, Rigorous private replacement.
13.This product is HC grade, with a maximum weight of 243 lbs.
14.There should be at least a 39.3X78.7inch safe area behind the treadmill when in use.

Special safety instructions
The Power

- Choose a place in reach of a socket when placing the treadmill
- Plug the power cord directly into the socket. No looseness is allowed.
- Please use a qualified socket to avoid the danger. If the plug and socket are not compatible. Please do not move the socket. Please let the electrician take care of it.
- The voltage 110V AC power will be supplied.
- Do not let the power cod come into connect with the roller. Do not put the power on the running belt. Do not use damaged plugs.
- Please remove the plug from the socket before cleaning and maintenance.

Warning: Failure to unplug may result in personal injury and device damage.

- Please inspect each parts before using.
- Please do not use the product outdoors in high temperature and sunshine.
- Please turn off the machine and unplug it when you leave

Assembly instructions

- Please read the assembly instructions carefully before assembly.
- Take out all the packing materials and put them on the clean floor, so that you can check them and make your installation more convenient.
- Carefully check that all parts are complete according to the packing list.
- Please pay attention to safety when you are using tools or carrying. Please do not install according to your personal preference.
- Please make sure tools and packing materials are kept away from children. Plastic and foam are dangerous to children.
- Assemble the product according to the instructions. Please read the assembly steps and instructions carefully.
- This product must be carefully installed by the admission, if necessary, please ask a professional to install.

Warning: Carefully install the product. Do not damage the product
Kids are not allowed to use this product.

Spare parts list

No.	Item name	Quantity
1	Running board	1
2	Riser	2
3	Electronic meter	1
4	Handrail	2

Installation structure drawing

Digital watch

Handrail

Riser

Running board
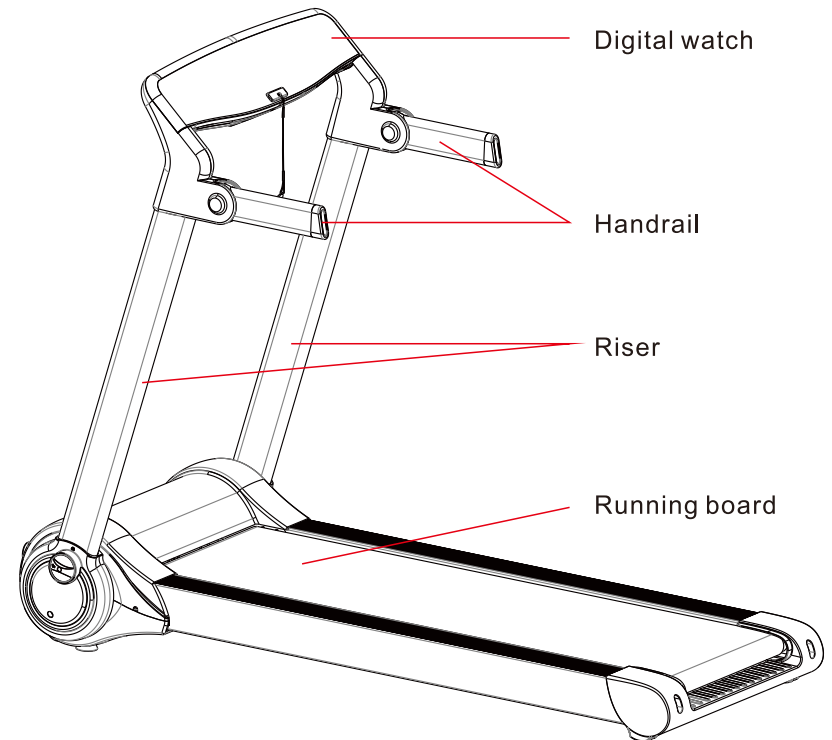
Installation instructions

1. Unpack the package, remove the assembled parts in the box, and place the whole machine on the ground;

2. Stand up the riser, then turn the left and right knobs

Screw it back, and finally lift the column, the bolt will automatically position the riser to OK. (If the knob can't rotate normally or the rotation is not smooth, please shake the riser slightly, because it may cause the card too tight during transportation)
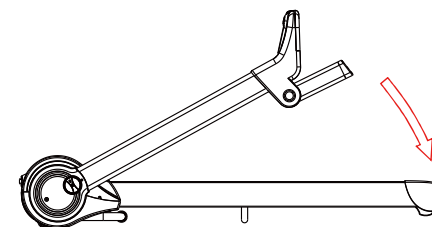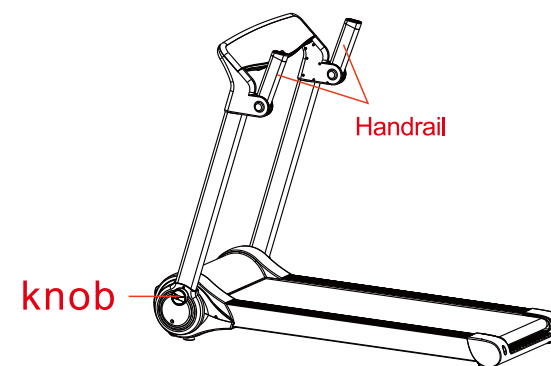
Unlocking knob

1

2
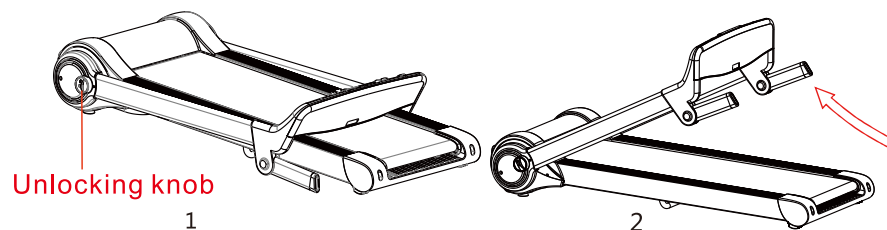
3.put the electrical watch on right way and set the safety key on the yellow position

3

4
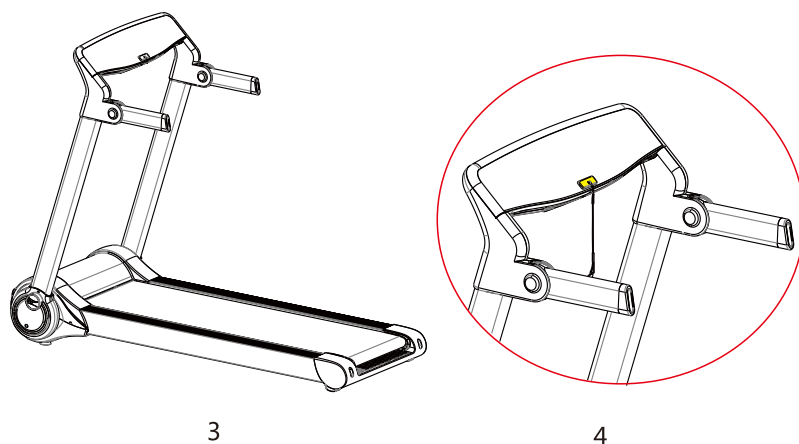
Folding instructions

turn the button to the unlock position, then turn back the button and folding the column slowly, the plug will auto position.

Installation parts and structure description :(please refer to the picture)

Handrail

knob

Product brief

Packing list:

| No.	Item Name	Quantity	Notes
1	Whole treadmill （Running Board /Riser/Electric Watch/Handrail）	1PCS	
2	Accessory Bags	1PCS	Reference Table
3	User Manual/Certification	1PCS	

Technical parameter

Accessories bag list:

No.	Item Name	Quantity	Note
1	Multifunctional Screw Knife	1PCS	
2	6MMAllen wrench	1PCS	
3	Silicone oil	1 Bottle	
4	power wire	1PCS	
5	Safety Key	1PCS	Red

Voltage	AC 110V 60Hz
Max User Weight	242.5 lbs
Size	60 * 30.5 * 47.2 inch
Folding Size	60 * 30.5 * 12.5 inch
Running Area	48.5*16.7 inch
Peak Motor Power	3.0HP
Speed	0.62-8.0mph
Function	Running/Walking

Dashboard operation instructions
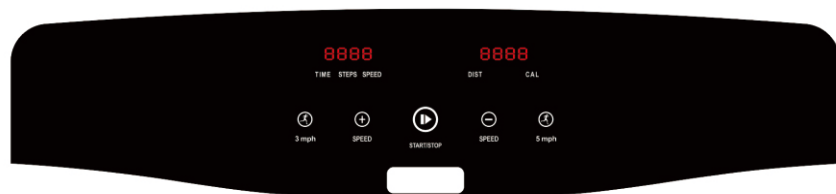
Windows Display Instructions

Windows and Keys Instructions
1. window 1 : Displays time/step/speed values
2. window 2: Displays distance/ calorie values. When something is wrong, this window will display the corresponding error prompt code.
3.ON/OFF keys, START the treadmill in stopping state, STOP the treadmill in running state.
4. Speed Increment Key, In the state of stopping or measuring fat is the key of setting parameters; in the state of running is the key of speed increment;
5. Speed Decrement Key, In the state of stopping or measuring fat is the key of setting parameters; in the state of running is the key of speed decrement;
6."QUICK SPEED KEY": 3mph and 5mph quick speed key, in the running state of the treadmill, directly set the speed as the key to specify the value

Start Up Instructions:
Operating instructions in manual normal mode:
1. Attach the safety key to the safety key position on the panel, turn on the power switch, and the buzzer will sound once. Then enter manual normal mode.
2. Press the Start button. The windows display: 3333 — 2222 — 1111, and each time the buzzer is sounded, the motor is started.
3. The starting speed is: 0.62 mph. At this time, you can press the speed +, - key, quick speed keys 3 mph, 5 mph to adjust the speed or turn the knob to switch acceleration and deceleration.

Safety Key function instructions
The safety key is composed of light touch switch, clothes clip and nylon rope. In any state, as long as the safety key is out of position, the treadmill stops running, the electronic meter keyboard is forbidden to operate. And the screen displays "E-07" with a prompt sound. After placing the security lock every time, the screen will display for w seconds, and then enter the system default working state.

Bluetooth Function
You can hold the phone in the phone holder and then play the phone music after connecting via Bluetooth.

Data Display Range

	Start	Display Range
Time（Minutes/Second）	0:00	0:00-99:59
Speed (mph)	0.0	0.0- 8.0
Distance（mile ）	0.00	0.00- 99.9
Calories（KC）	0.0	0.0-999

Common failures and processing method

Please call our dealer or our after-sales service if you have any other questions

Questions	Possible causes	Maintenance methods
Treadmill don't work	Not connected	Put plug to insert into socket
	Power is not turned on	Put the power switch in position "ON"
	Safety lock drop	Put the safety lock in correct position
	Circuit signal system break	Check the controller input terminal and signal circuit
	The fuse blew out	Replace fuse
The running belt doesn't run smoothly	Insufficient lubrication	Add silicone oil lubricant
	Belt is too tight	Adjust belt tightness
Running belt slipped	Running belt too loose	Adjust running belt tightness
	Running belt too tight	Adjust running belt tightness

Questions	Possible cause	Maintenance Methods
E01	Poor communication	The signal line is not plugged it. Plug it again
E02	Power assault	Power tube breakdown, replacement of electronic control
E05	Overload protect	Overload, replace controller
E07	Safety lock drop	Put the safety lock in correct position
Abnormal display	External disturbance	Turn off power switch. Turn it on after one minute

Product maintenance

1、lubrication

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

Advice：

★ 1 hour or less per week   Lubricate once every 6 months
★ Less than 3 hours per week   Lubricate once every 3 months
★ 3-6 hours per week   Lubricate once every 2 months
★ More than 6 hours per week   Lubricate once every 1 month

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

Remember: Proper lubrication is an important factor in improving the 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 of the running belt back with your hands as much as possible.You don't need to add lubricant if you have silicone on your hand (a little damp) You have to add lubricant if the pad is dry and there is no silicone on your hand.

★ the step of lubricate on the running plate (as shown in the picture)

★ Stop running and fold the machine.

★ 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 and both sides·

★ You can make use of the treadmill speed of 1km/h to evenly lubricate and step on the running belt from left to right. After a few minutes, the methyl silicone oil can be completely absorbed by the running belt.
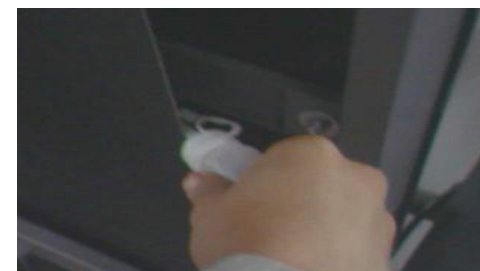
3、Adjust tightness of running belt, All treadmills shall be adjusted for tightness before delivery and after installation. However, the running belt may be loosened after a period of use. For example,The treadmill had stopping and slipping question during exercise.Adjust bolts of running belt with the left and right synchronous as per clockwise direction to half a circle as the unit when this phenomenon occurs.The feet will slip if the running belt is too loose. 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.

① The main body is not placed smoothly.

② The feet of users are not in the center of the running belt.

③ The 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 wrench at a half circle as the unit for deviation of non-recover automatically.
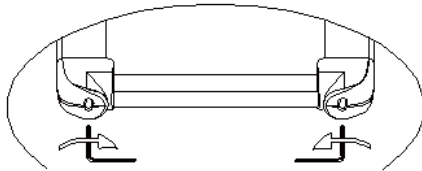
Please adjust left bolt clockwise or right bolt counterclockwise if running belt is left deviation.
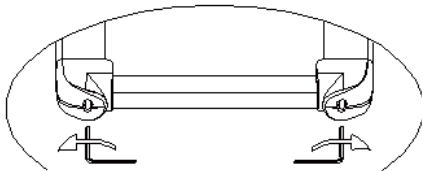
Please adjust right bolt clockwise or left bolt counterclockwise if running belt is right deviation.

The running belt deviation is not within the scope of warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be found in time and corrected.

5、Adjustment of motor belt (as shown in the right picture)

All treadmills have been adjusted for the motor belt before and after installation, but they may still be out after a period of use. Now the phenomenon of loose slip, mainly by the user to adjust.

Adjustment steps：
① Adjust the parallelism of the motor with a wrenchTurn the bolt half a turn counterclockwise.

② Turn the belt tightening bolts clockwiseHalf a circle.

NOTE: clean belt and pulley grooves regularly.

Belt tightness bolts   Motor balance adjustment bolts
motor
belt
front roller
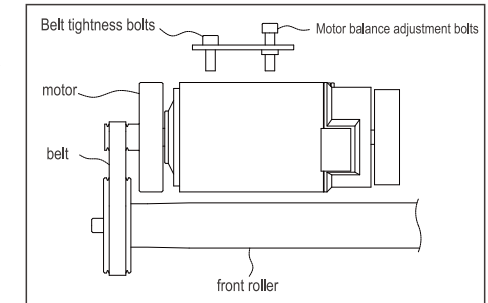
Sports advice and guidelines

warm-up exercise

warm up for 5-10mins before each operation

Breathe

Do not hold your breath during operation. Normally prepare to release action and inhale through the nose,exhale through the mouth. The breathing should be coordinated with movement. If the breathing is too rapid, the movement should be stopped 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.
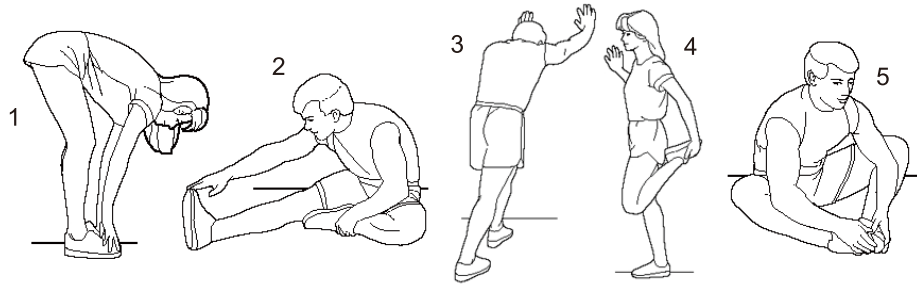
Relax

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 three times (see figure1)

2. Hamstring stretch

Sit on a clean seat cushion and straighten one leg. Bring the other leg in close to the inside of the leg. Try to touch your toes with your hands.Hold for 10-15 seconds, then relax.
Repeat with each leg for three 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. And 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 pulling 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 figure4)

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)

Gymax App Instruction Manual v1.0.2

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.
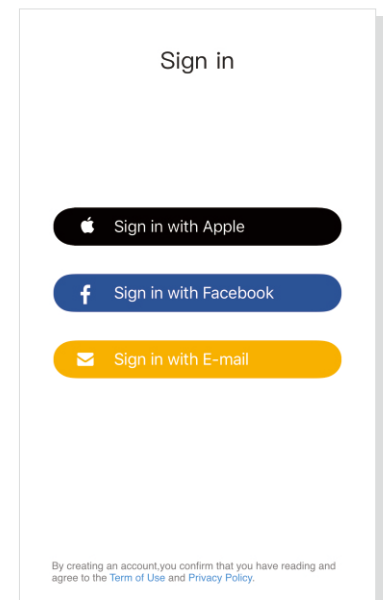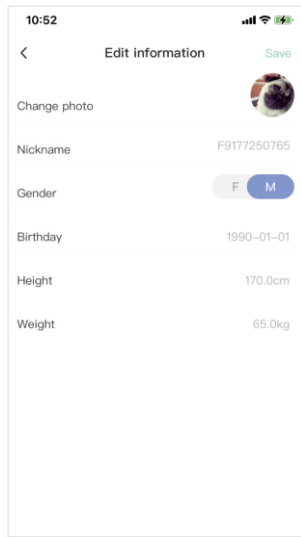
Retrieve Password

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.
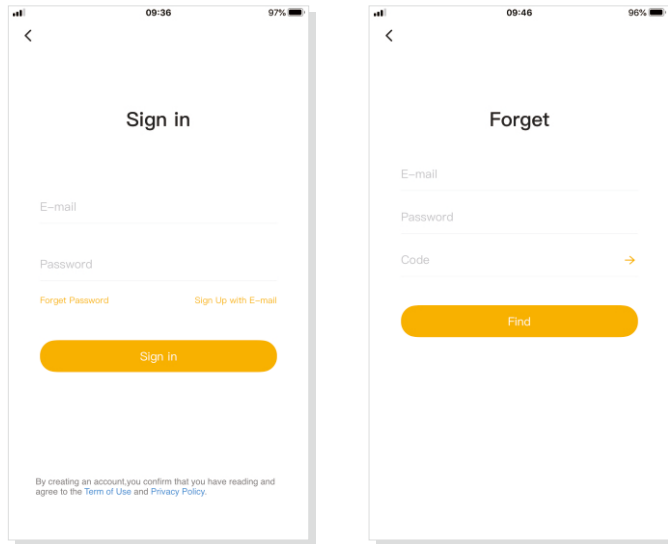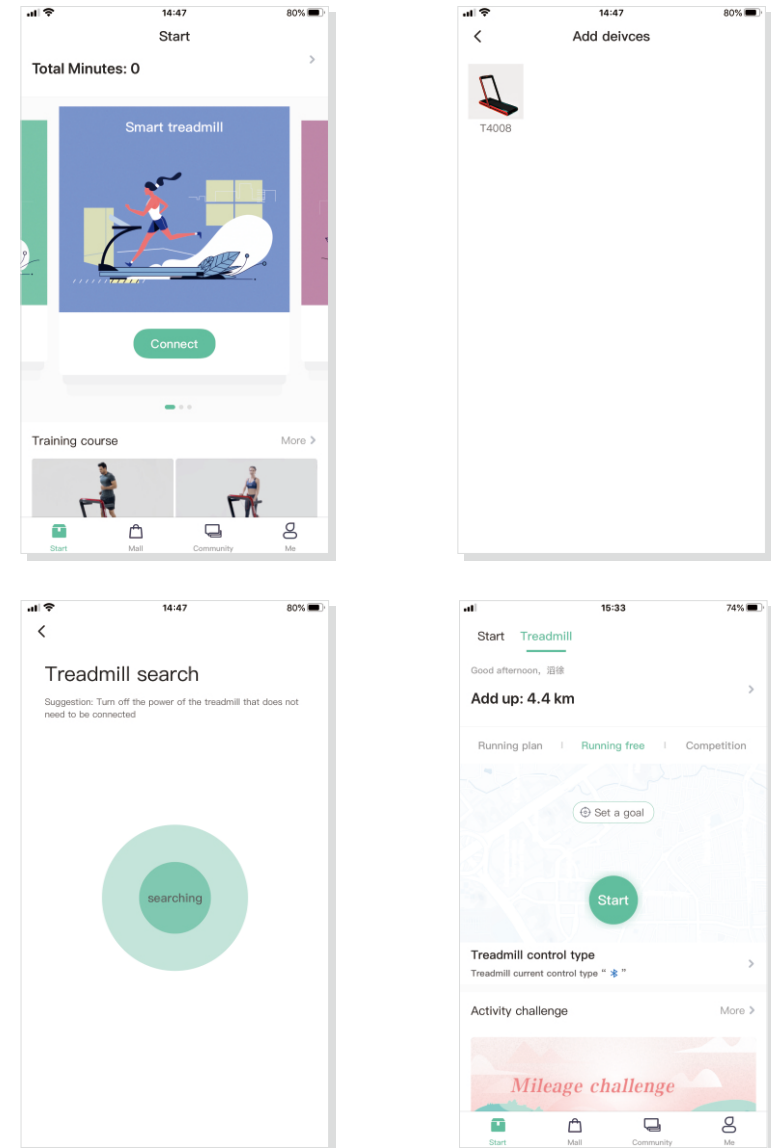

Edit Information

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.
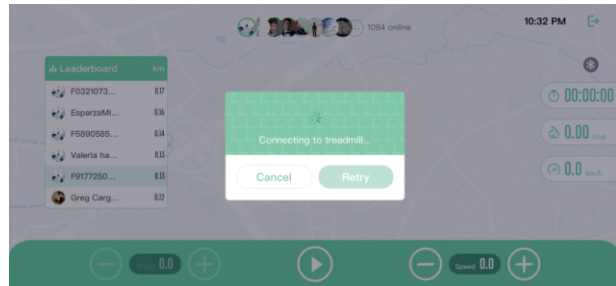
2. When the connection status sign ❄ is lit, it means that the APP has successfully connected to the treadmill. Users click ▶ ,then the treadmill start Running and enter the countdown. 3.2.1 GO.
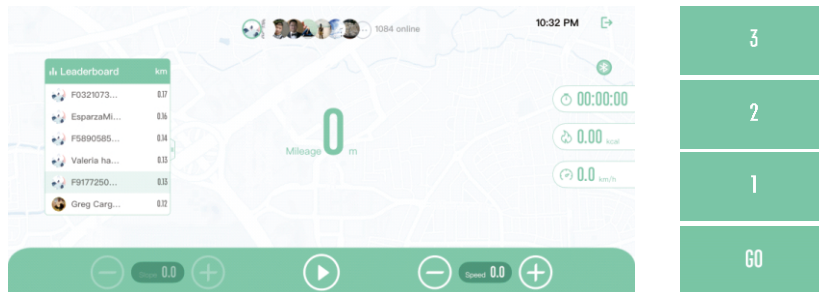
3. The Gymax App synchronizes exercise data, such as mileage, duration, calories, and speed, as users run on the treadmill, and users can start or stop, accelerate or decelerate the treadmill, which intuitively shows users' current sports ranking and the number of online sports in real time.

4. When users finish the exercise, the Gymax App will show users' total mileage.
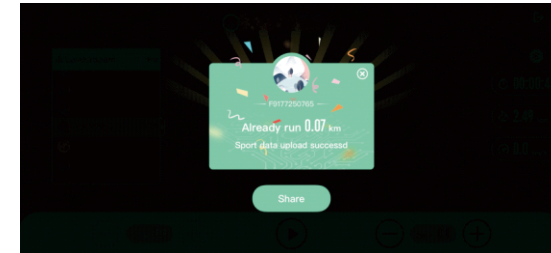
5. Users can share the sports data to the community or save it to the phone album.
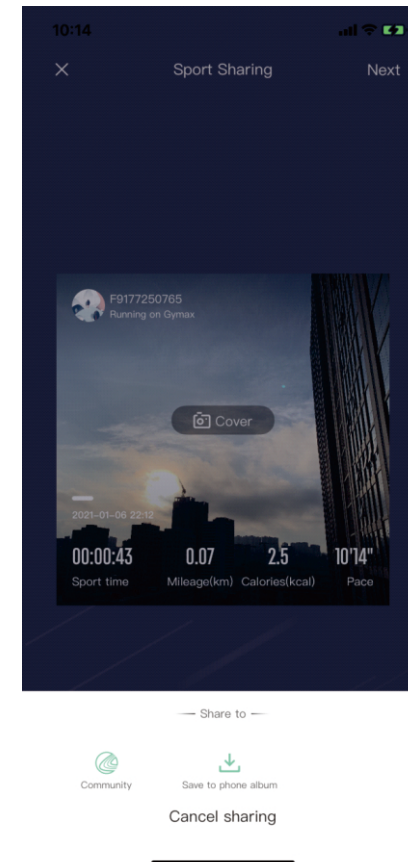
Sports Plan

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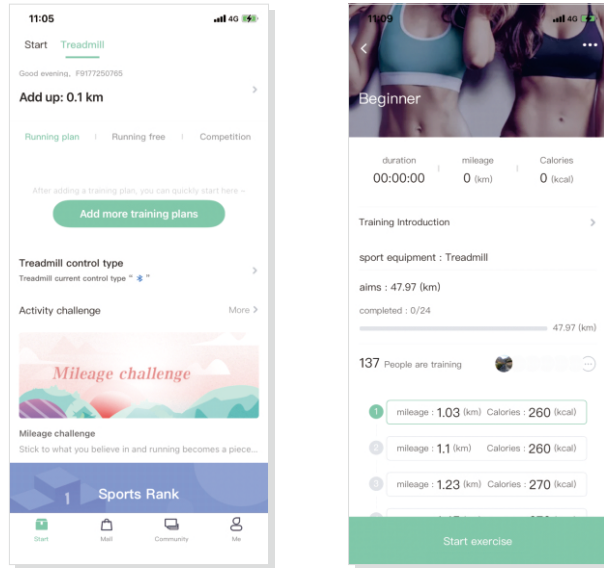
Setting Goals

1. Users can set suitable sports goals.
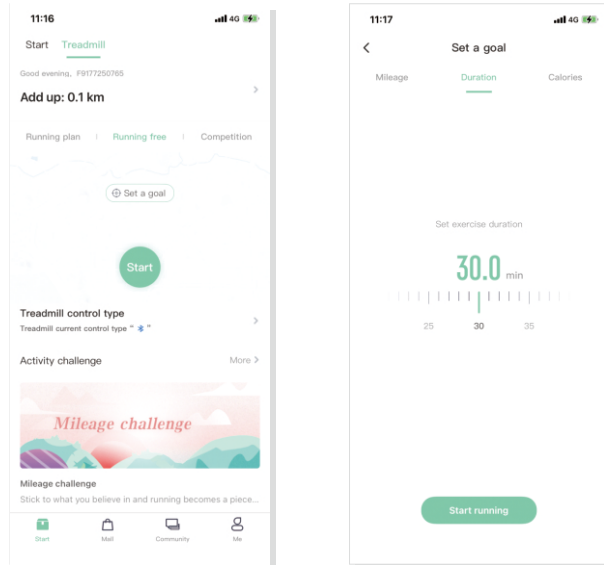
2. When the goal is reached, the exercise automatically ends.

Training Course

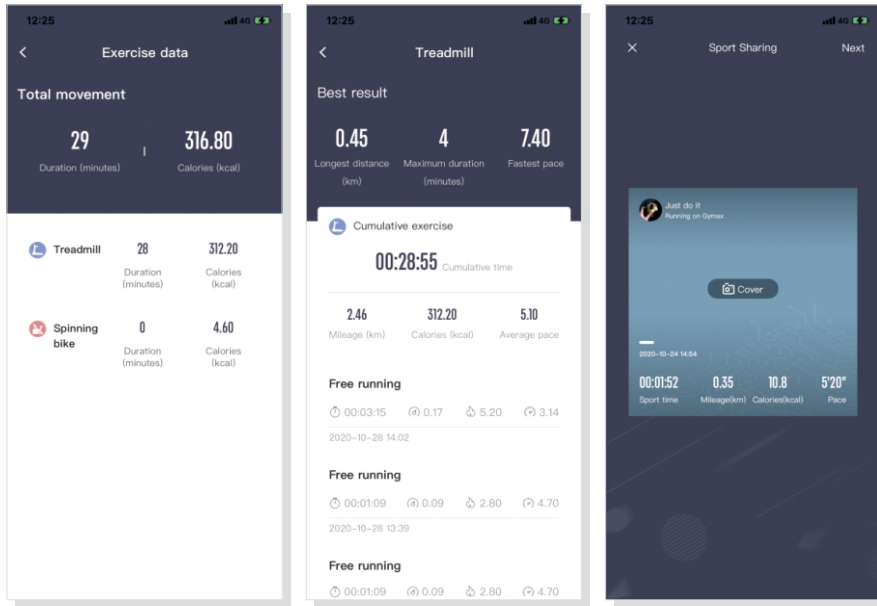1. Users can select courses in the interface of training course.
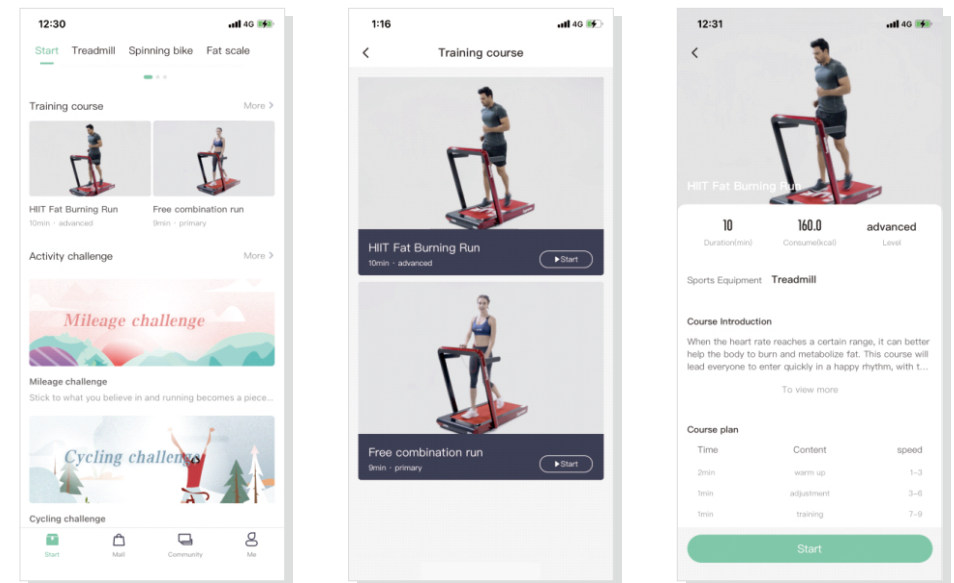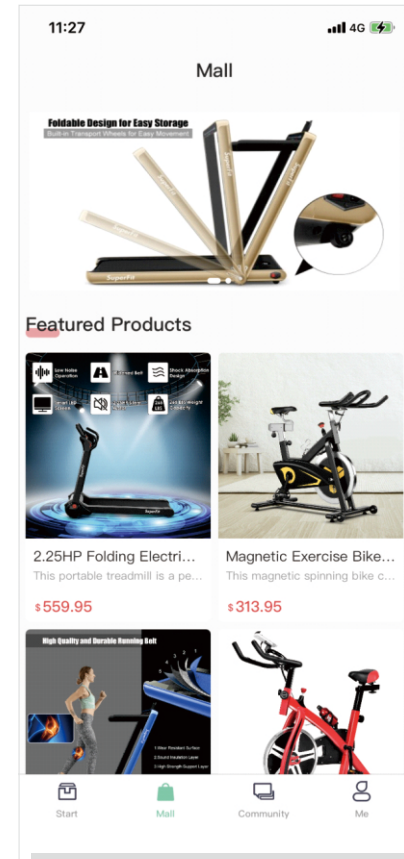
2. And then Start training with a fitness coach.
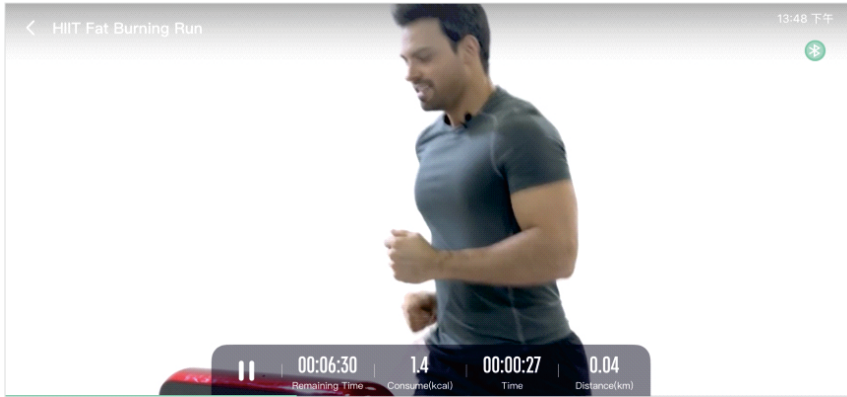
Exercise Record

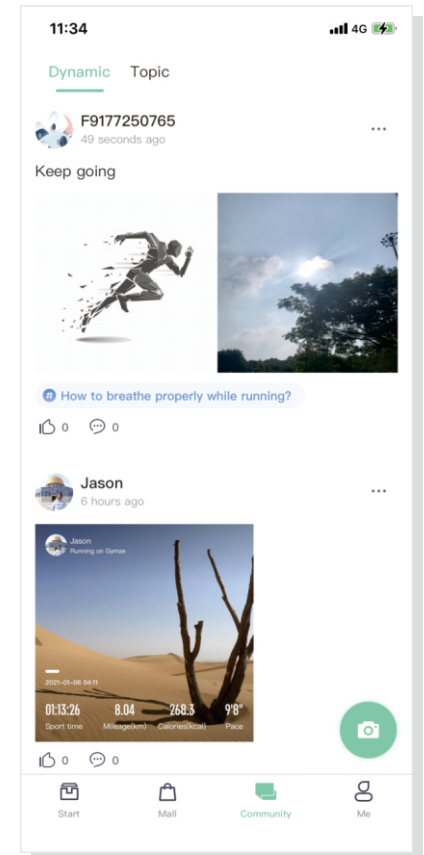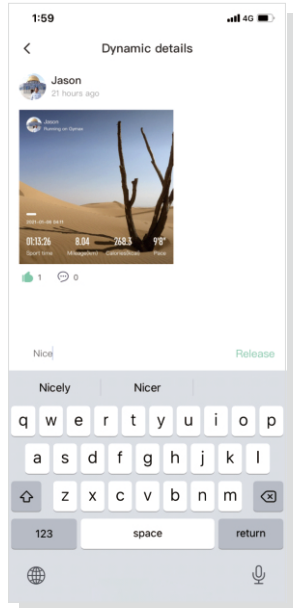The user can view the Exercise data record in the device page. (me-exercise data)

Sports Mall

Users can purchase satisfied sports devices.

Community dynamic

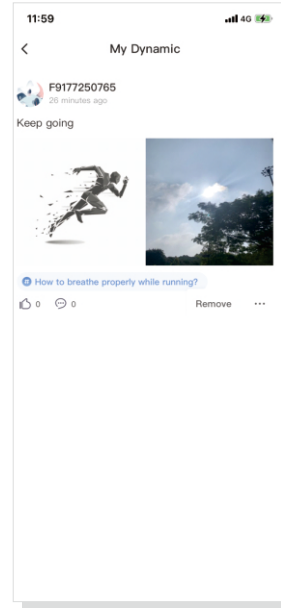1. In sports community, users can share dynamic communication with each other.

2. Users can comment dynamics in community.
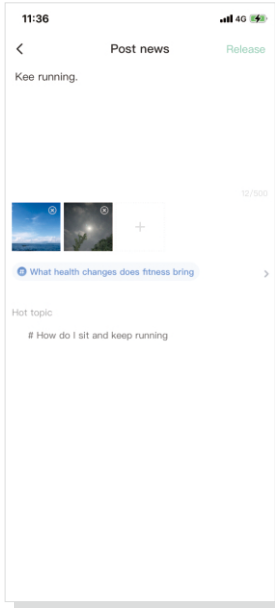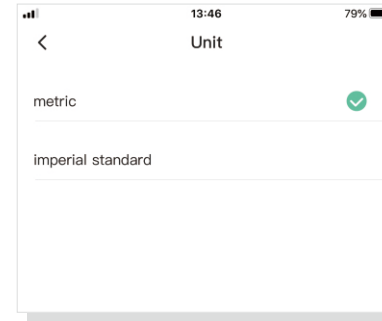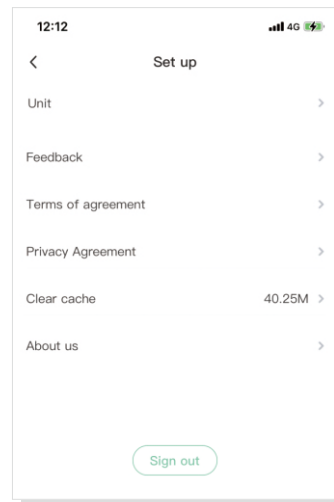

3. Users can post dynamics.

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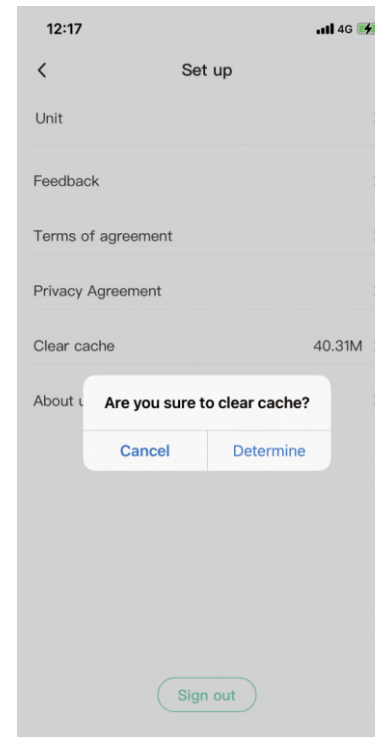
Settings

System Settings

Users can click "Me" to enter the set up, including unit, feedback, terms of agreement, privacy agreement and clear cache, etc.
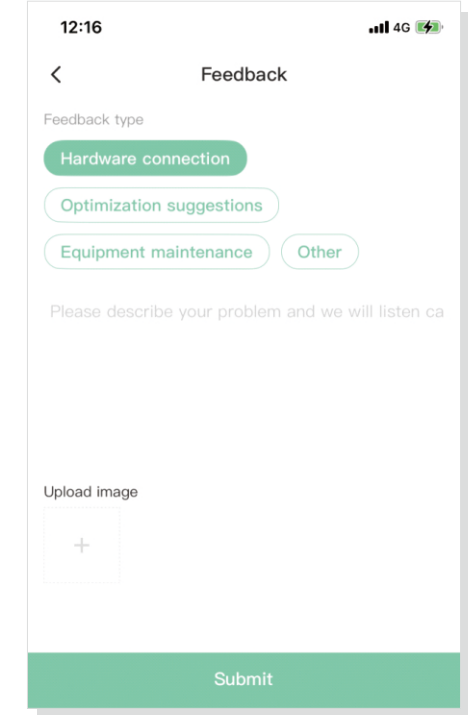
Unit settings (metric or imperial standard)

Feedback

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

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.

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