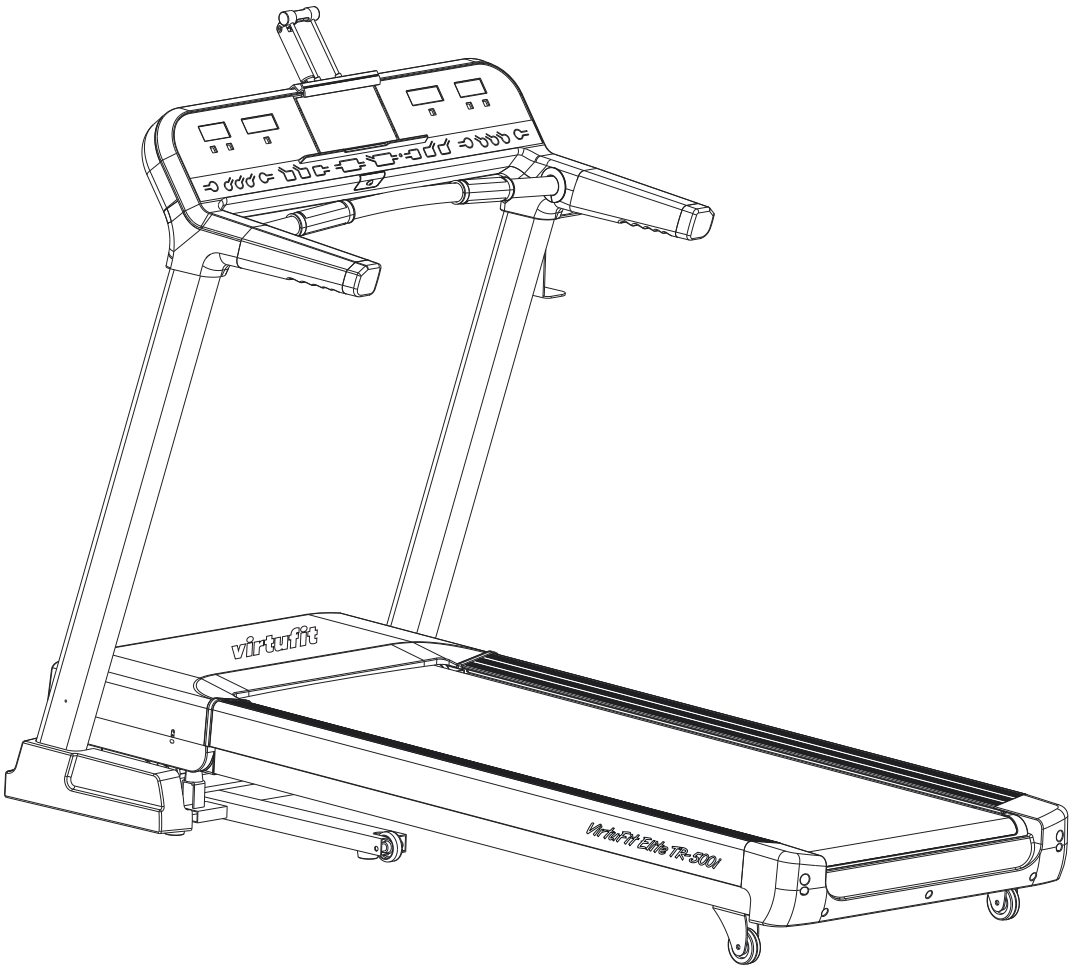
virtufit

Elite TR-500i Loopband

User manual



For questions or missing parts, please contact Fitness Benelux:

FITNESS BENELUX
Uw partner in fitness

Twekkelerweg 263
7553 LZ Hengelo
The Netherlands

T +31 (0)74-7600219
E service@fitnessbenelux.nl
W www.fitnessbenelux.nl

ENG

Index

Safety Precautions	P 3
Checklist	P 6
Assembly Steps	P 7
Folding Steps	P 17
Operation Instruction	P 19
App instructions	P 39
Tips for Stretching	P 42
Maintenance	P 43
Explosive drawing	P 44
Part list	P 46

Thank you for purchasing this treadmill, it has been designed and manufactured to give you many years of trouble free service. You may already be familiar with using a similar product but please take the time to read these instructions which have been written to ensure that you get the very best from your purchase.

WARNING

- To reduce the risk of serious injury, read the following important warnings before using the treadmill.

- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the treadmill properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

ELECTRICAL SAFETY PRECAUTIONS

Failure to observe the following warnings may increase the risk of an electric shock and personal injury.

- Always check the power cable for damage prior to use. If any damage is observed, do NOT use the power cable.

- Never touch the power cable with wet hands.

- Position the power cable so that it cannot be walked on or pinched.

- Only the supplied power cable should be used with the treadmill.

GENERAL SAFETY PRECAUTIONS

- Use the treadmill only in the way described in this instruction book.
- Ensure that the voltage of the electrical supply is the same as that indicated on the power cable
- It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and safety precautions.
- The treadmill is heavy and should be removed from the packaging and assembled by two people.
- Before assembling the treadmill, make sure that it is not plugged into any electrical source, such as a wall socket.
- Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. Position the treadmill with at least 2 meters * 1 meter of free space behind the treadmill.
- Keep the treadmill away from excessive moisture and dust.
- Before using the treadmill, check the nuts and bolts are securely tightened.
- The safety level of the treadmill can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. Do not use the treadmill until they have been replaced.
- The treadmill has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only.
- Braking is controlled by the belt rotation power supply.
- The treadmill is not suitable for therapeutic use.
- Keep children and pets away from the treadmill. The treadmill is designed for adult use only.
- Wear suitable clothing whilst using the treadmill. Avoid wearing loose clothing which may get caught in the treadmill or clothing that may restrict or prevent movement.aerobic schoenen met rubberen zolen.

- Do not arch your back when using the treadmill; always try to keep your back straight.

- If you feel pain or dizziness while exercising, stop immediately and cool down.

- The pulse sensor is not a medical device. Several things including user movement, may affect the accuracy of the sensor.
  The sensor is intended only as an exercise aid in determining general heart rate trends.

- Care must be taken when lifting or moving the treadmill so as not to injure your back. Always use proper lifting techniques
  and/or use assistance.

- A safe key is supplied for personal safety. Use the safe key when operating the treadmill for the emergency dismount function. In the event of an emergency, place both hands on the handlebars and put your feet onto the non-slip surface of the main frame. As you do this, the safe key will disengage from the computer and the emergency dismount function will be triggered.

- All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the treadmill after any damaged parts have been fixed.

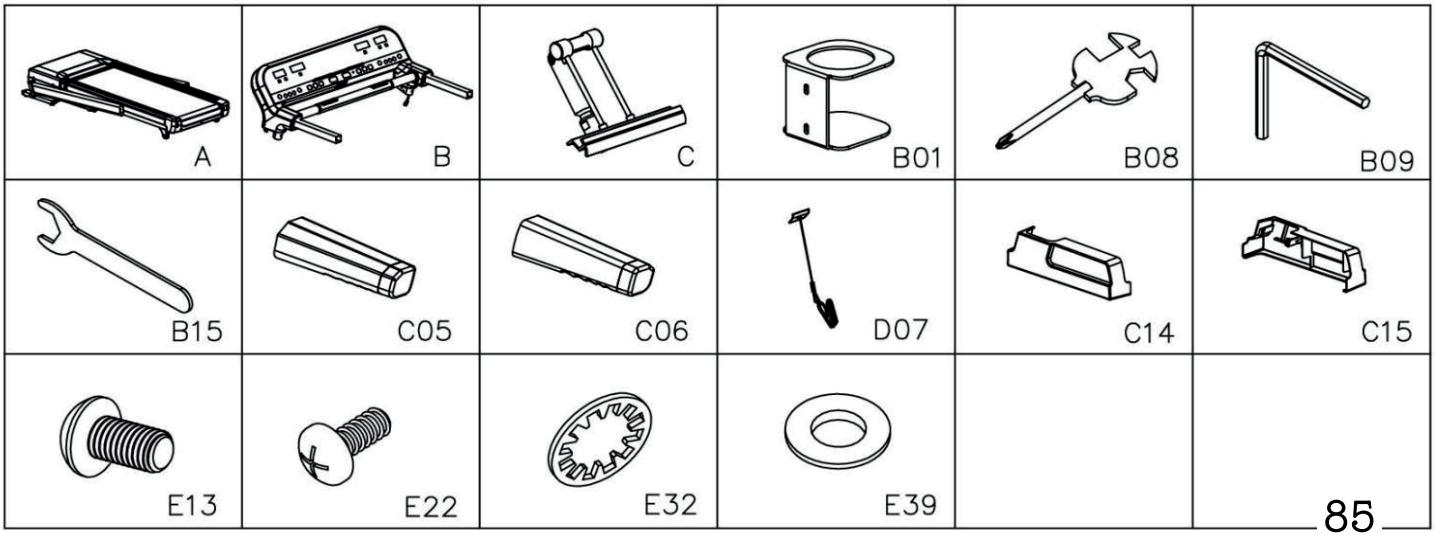
- The treadmill is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given adequate supervision or instruction.

- Supervised children using the treadmill must not be allowed to play with the treadmill.

- This machine must be well earthed. It can decrease the danger of electric shock .

TOOL KIT

Please check the package list carefully before assembly.



Toolkit:

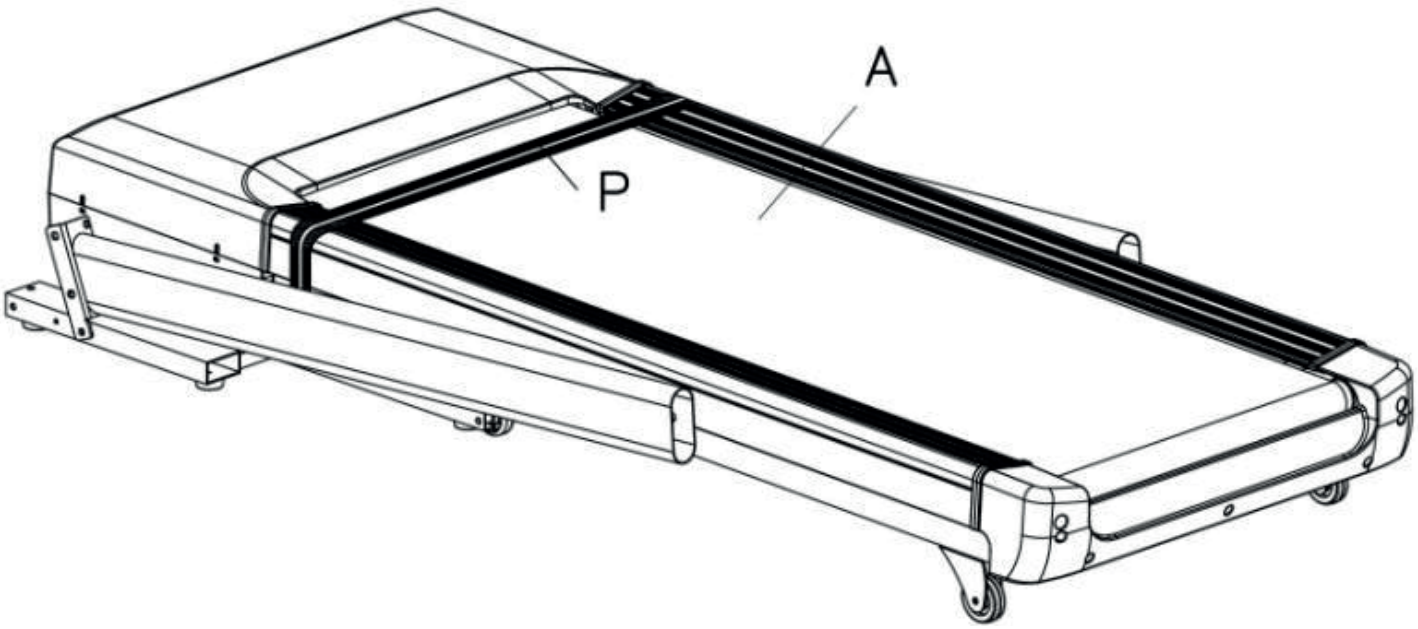
NR.	DESCRIPTION	SPECIFICATIONS	QTY
A	Mainframe		1
B	Monitor		1
C	iPad holder	(optional)	1
B01	Bottle holder		1
B08	Cross solid wrench		1
B09	5# Allen wrench	5mm	1
B15	Solid wrench	19mm	1
C05	Left foam handlebar		1
C06	Right foam handlebar		1
D07	Safety key module		1
C14	Left bottom cover		1
C15	Right bottom cover		1
E13	Bolt	M8*15	10
E22	Bolt	M5812	6
E32	Lock washer	8	10
E39	Big flat washer	Φ5*φ13*1.0	4

Assembly tools:

5# Inner hex wrench	5mm	1pc
Cross solid wrench	S=13 14 15	1pc
Solid wrench	19mm	1pc

Attention: please don`t switch on before finish assembling.

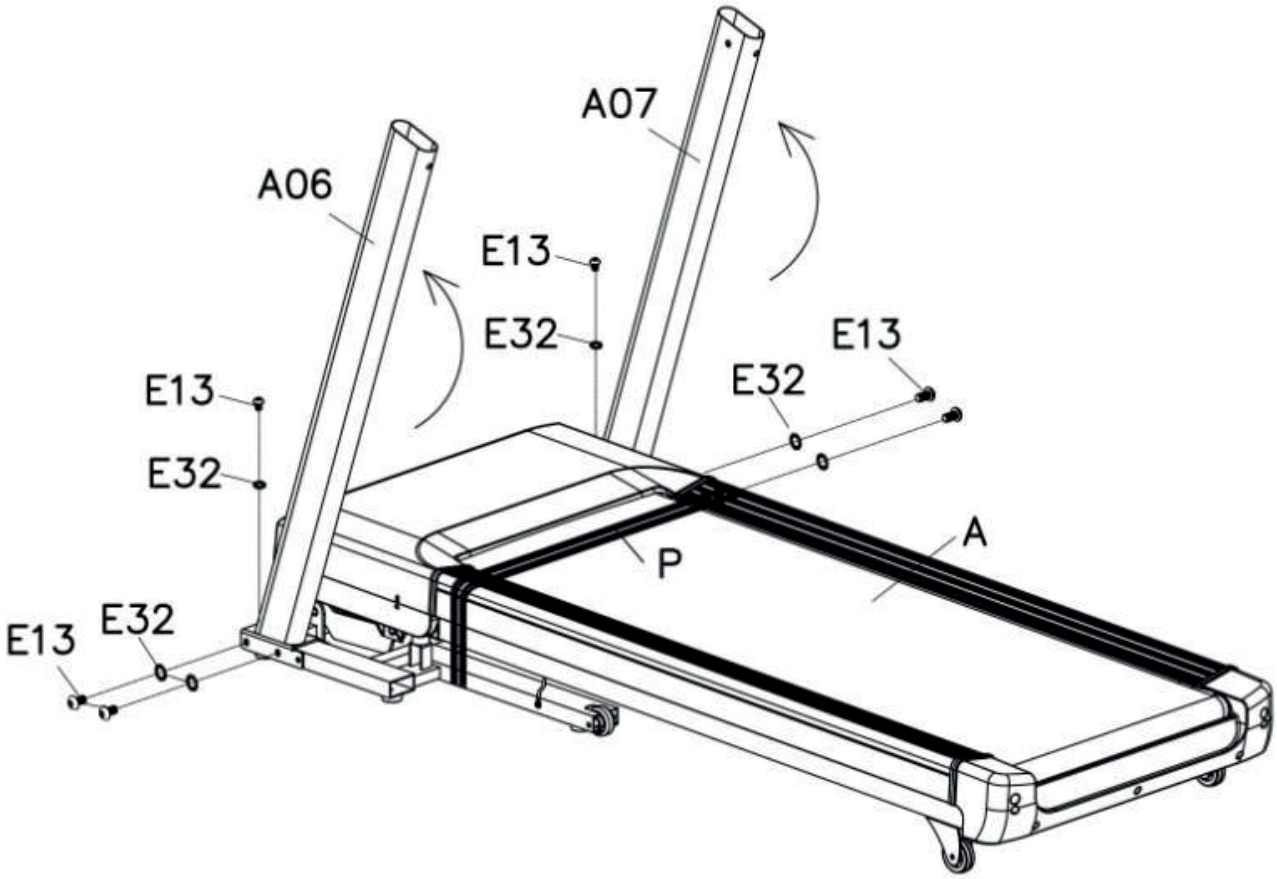
STEP 1



Open the package and put the mainframe A on the floor.

Attention: Don't open the packing belt (P) before set up of the treadmill

STEP 2



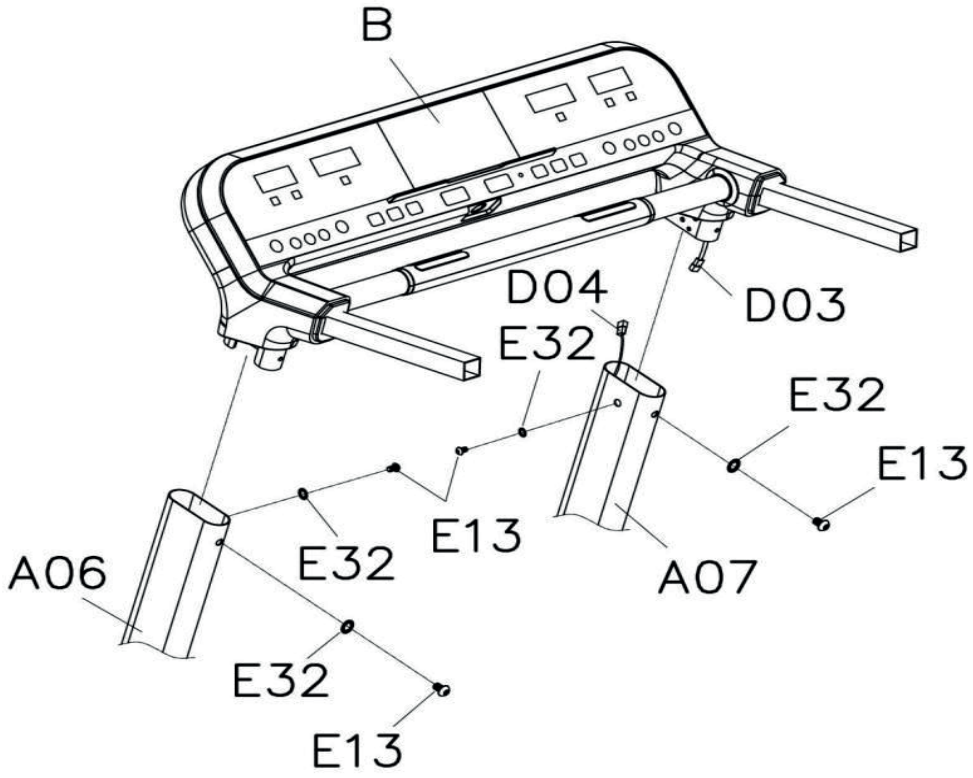
Lift up column A06,A07 first;

Fix the column A06 to the mainframe A with bolt E13 and lock washer E32 by 5# Allen wrench B09 .

Fix the column A07 to the mainframe according to the steps above.

ATTENTION: Support the column with hand to avoid falling down.

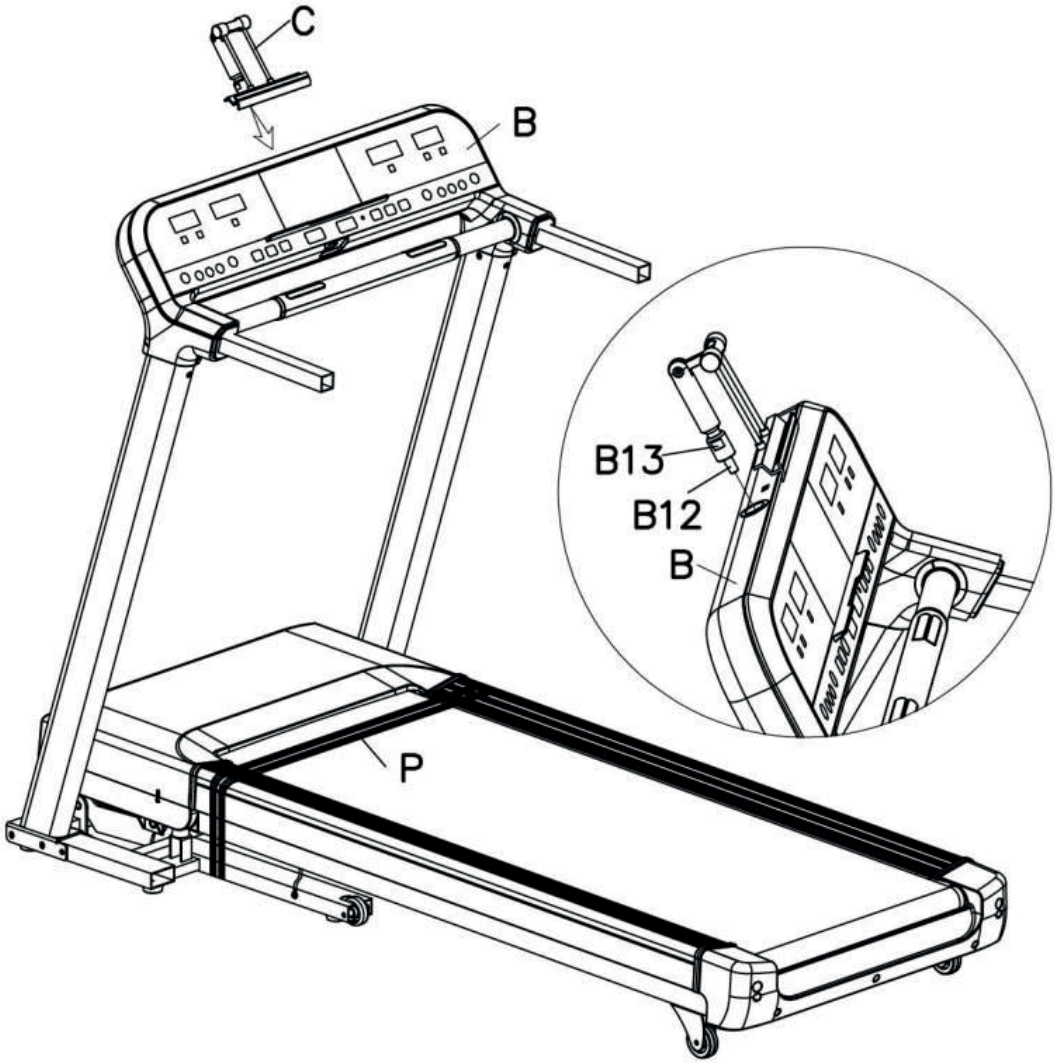
STEP 3



Connect the monitor cable D03 with D04. Fix the monitor B to the left and right column A06\A07 with bolt E13 and lock washer E32 by 5# Allen wrench B09.

Attention: Please make sure cables are well connected before fasten.

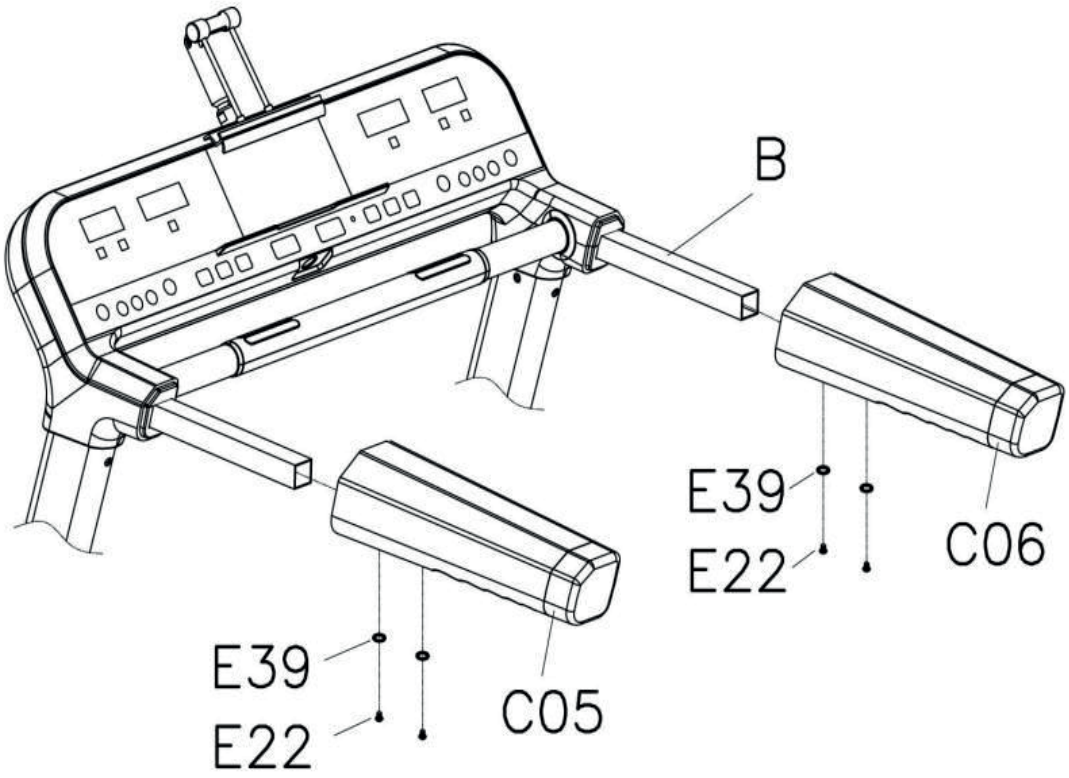
STEP 4



Attach the tablet holder (C) to the console (B) using the wrench (B15). The tablet holder is optional and can be omitted if you wish.

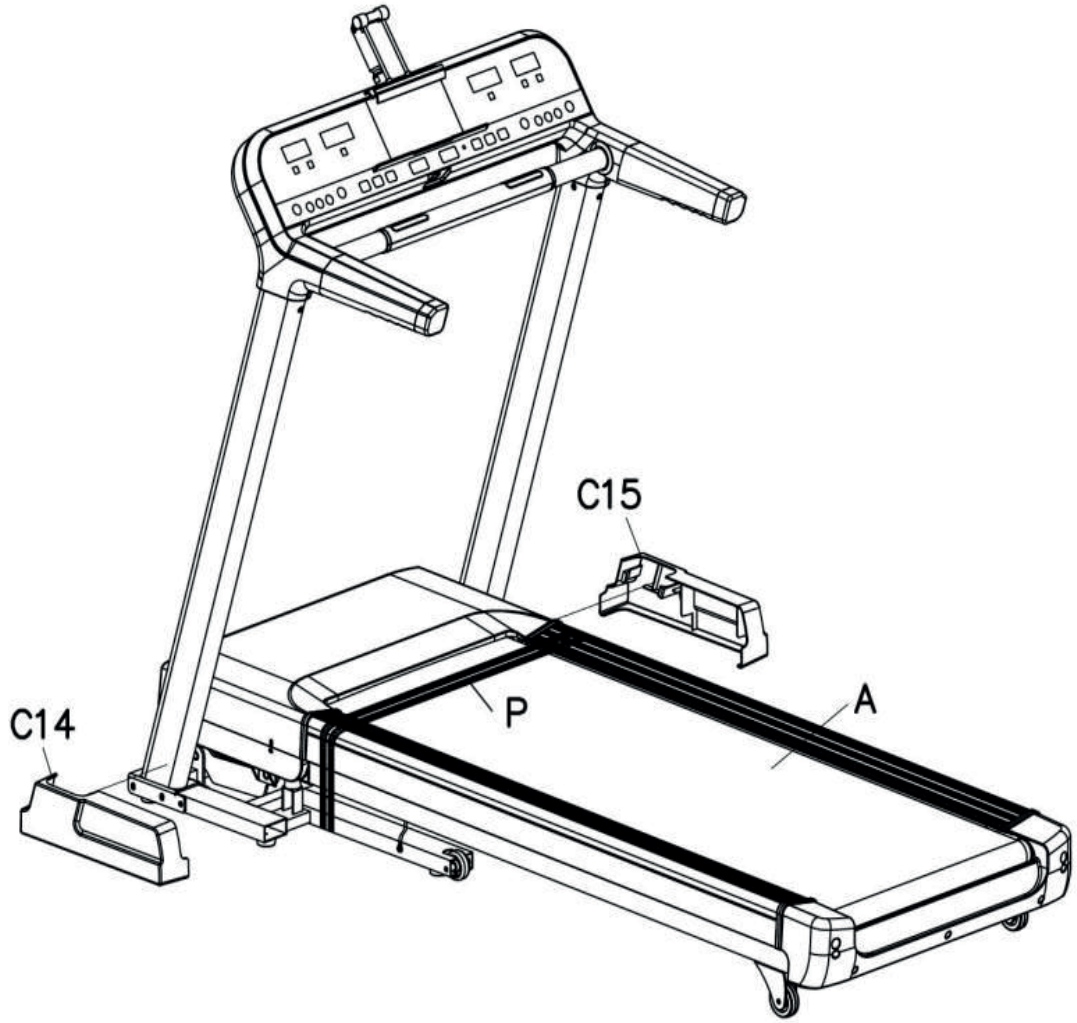
Note: First, manually confirm the screw holder (B12) of the tablet holder in the console (B) and then tighten it with nut B13 and wrench B15.

STEP 5



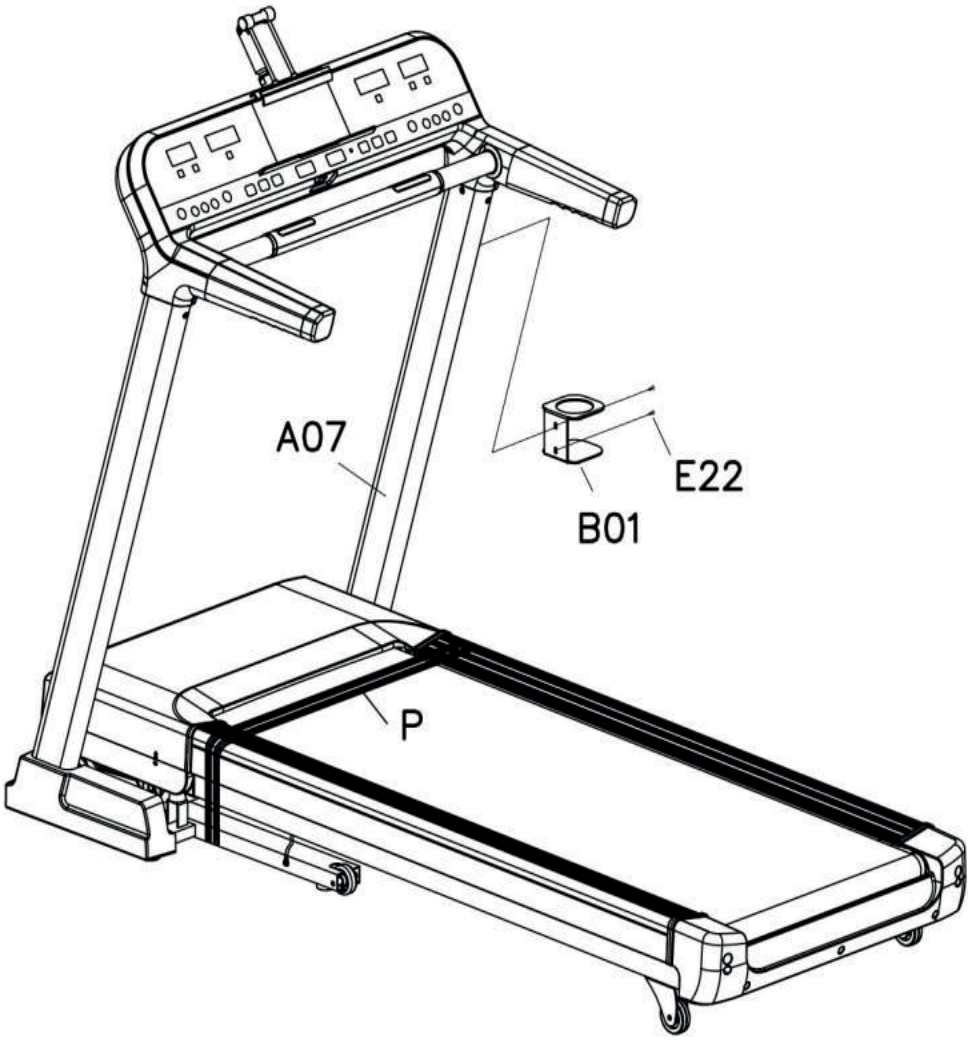
Fix the left and right foam handlebar C05\C06 to the monitor B with bolt E22 and big washer E39 by cross solid wrench B08

STEP 6



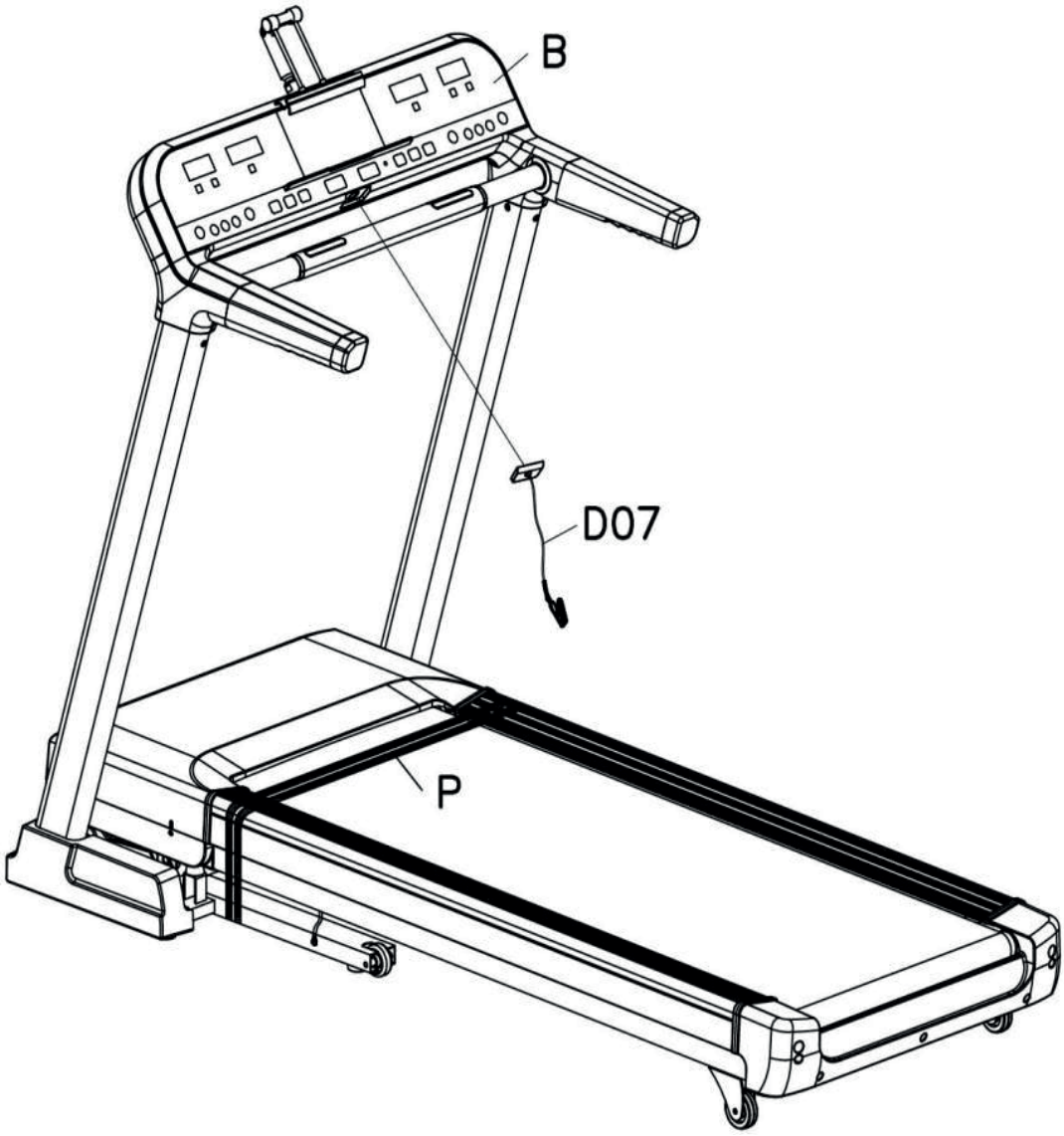
Attach the left and right cover (C14 / C15) to the frame. Make sure everything is well confirmed.

STEP 7



Fix the bottle holder B01 to the right column A07 with bolt E22 by solid cross solid wrench B08.

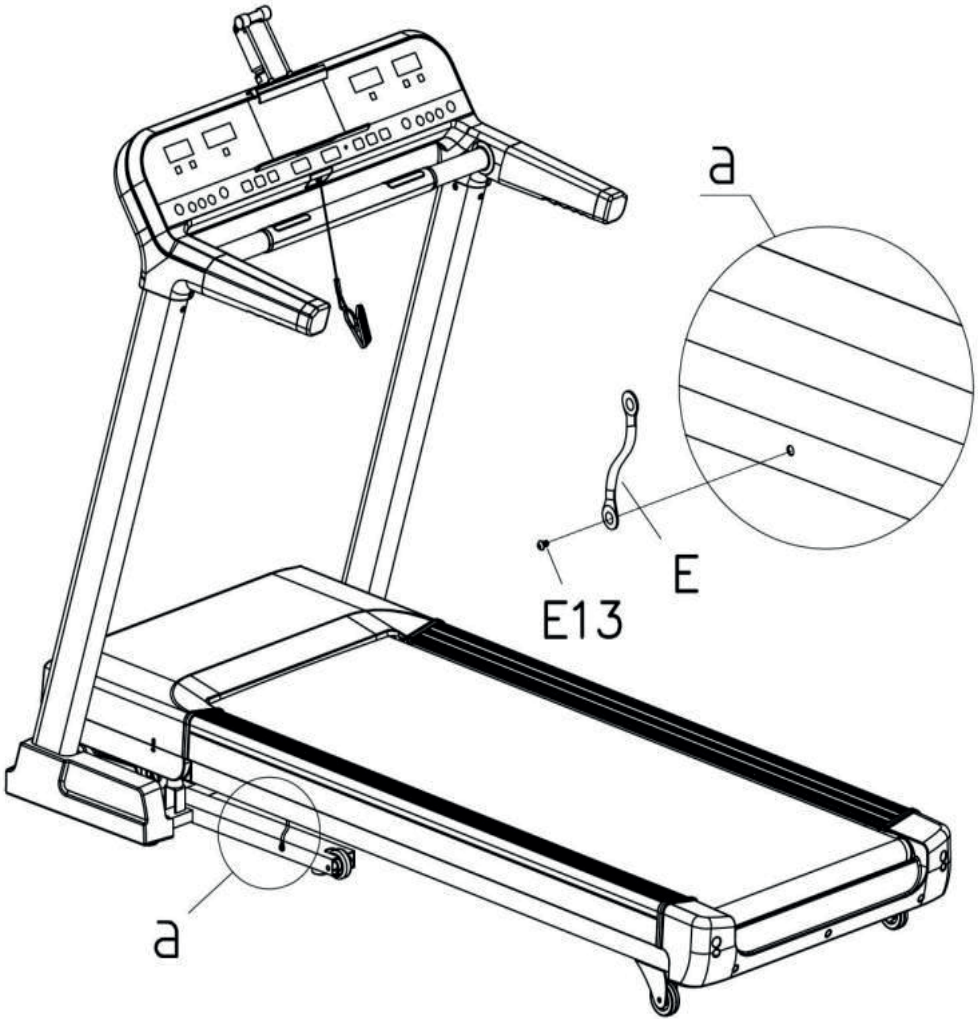
STEP 8



Before running, please nip the safety key clip D07 with your cloth.

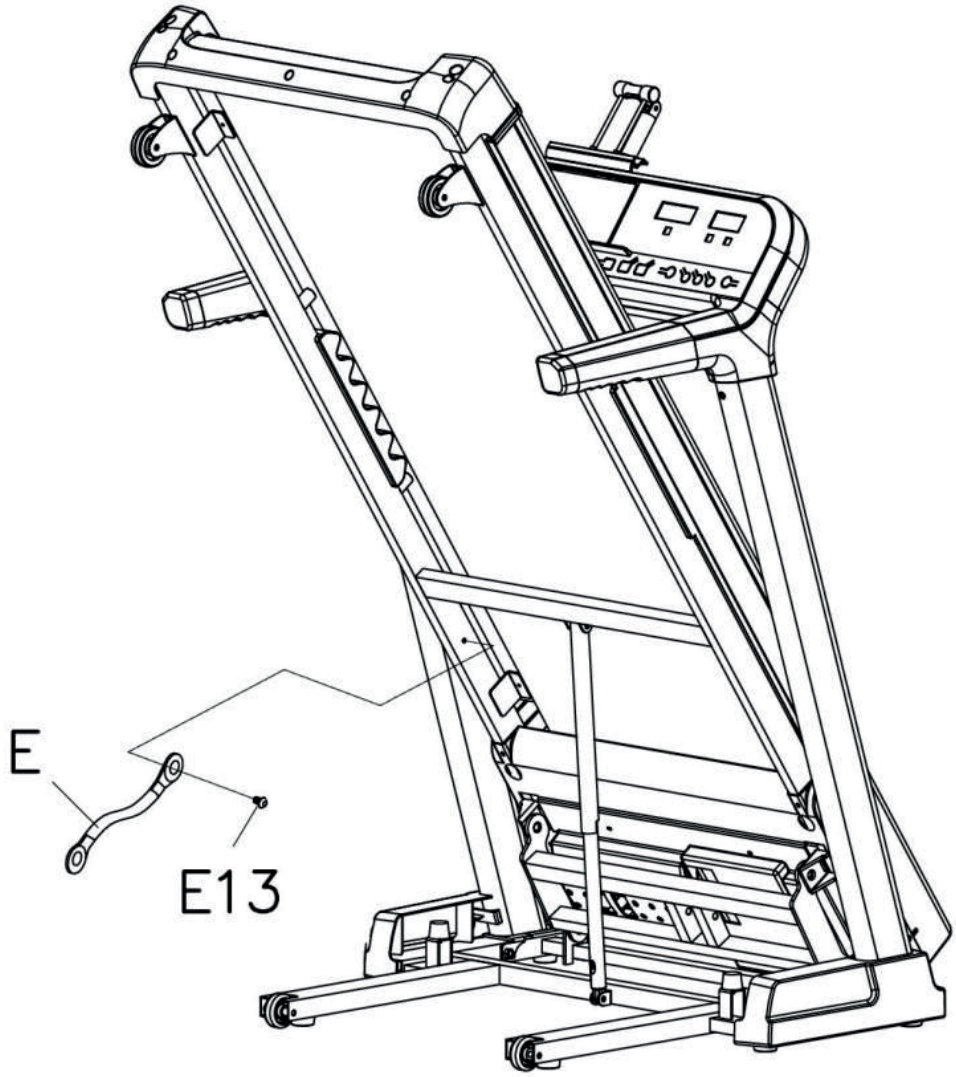
For any emergency, please pull the safety key rope , and the machine will stop.

STEP 9



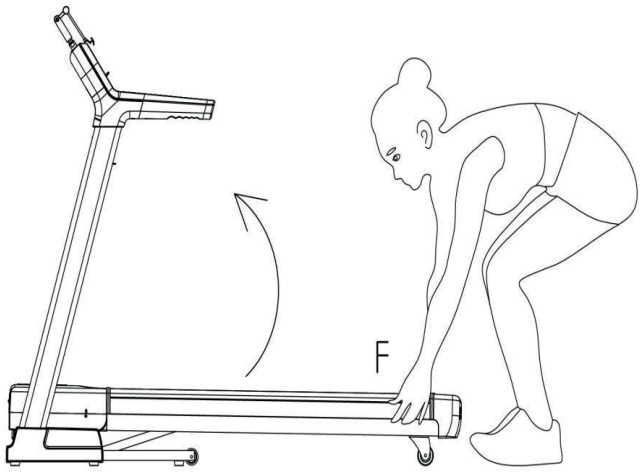
Remove bolt M8 * 15 (E13) at the bottom of the steel cable (E) with 5 # inner wrench lock B09.

STEP 10



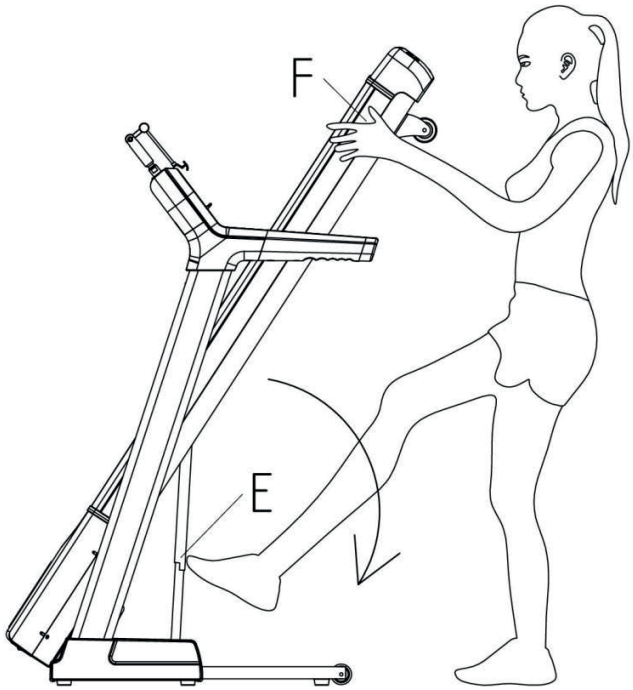
Take apart the bolt M8*15 (E13) in the bottom side of the steel cable (E) with 5# Allen wrench B09.

PUSH UP

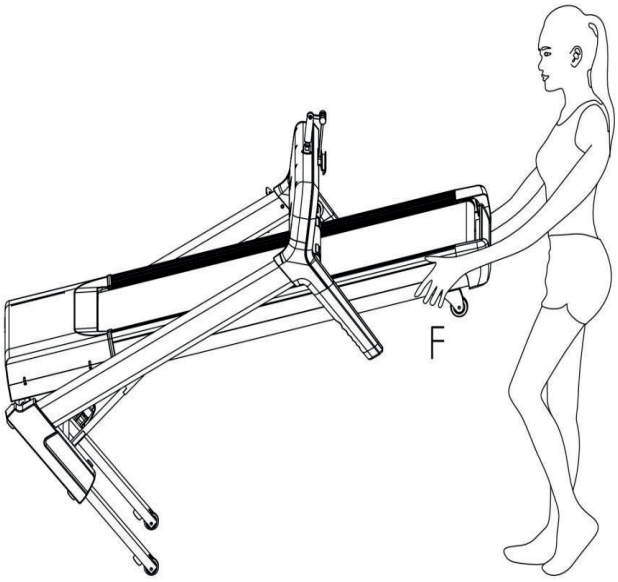


Hold the running deck which showed in "F" position and then fold it up with the arrow direction until you hear a "bang" voice from the air cylinder.

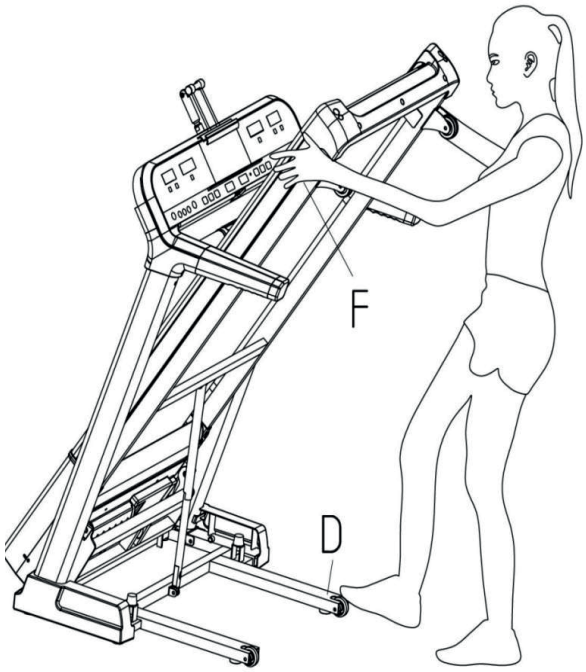
Attention: it is forbidden to fold up when the machine is in running or incline mode.



Support place F with hand , kick the place E of air pressure bar, then the base frame will fall down automatically.



To tilt, start by placing one hand at position "F" to support the top end of the treadmill. Next, place one foot at position "D" to hold the bottom end of the treadmill steady. With your foot at "D", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "F" reaches a low enough point, the wheels of the treadmill will become active.



To transport, hold the treadmill from position "F" and tilt until the wheels are able to move on the ground.

CONSOLE FUNCTIONS

Icon	Function description
	Pad/mobile phone holder
	TFT color screen
	Inclination/calorie window Generally it shows runner's calories worked out. it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and enter into the standby mode. When set inclination, it shows your current inclination from 0-15%, if there is not any operation, it will enter into calorie window after 30s.
	Time window : Display running time
	Distance window : Display the running distance
	Speed/Pulse window: usually it shows your current speed from 0.8-20.0km/h; if you hold the pulse sensor for several seconds it shows your current pulse from 50-200/min. (the date just for reference, cannot be used as the medical purpose).

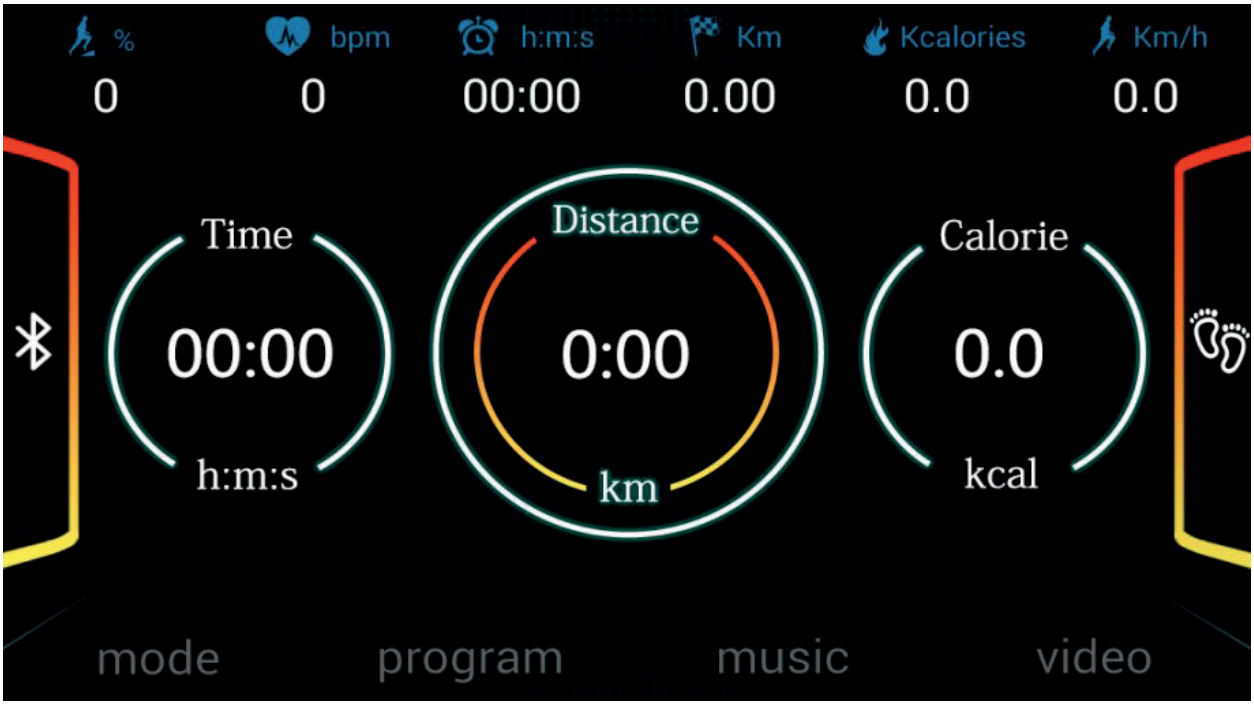
INCLINE 6 8 10	INCLINE 6, 8, 10: Shortcut key for inclination
	Inclination adjustment key: Press this button to set the value under setting mode. Press this button to adjust the incline when the machine is working. 1 section at each press, when press the button over 0.5 seconds, the incline with be up or down continually.
MODE	Press the MODE key continuously to choose "15:00", "1.00" , "50.0" ,"contest mode" and "0:00" five mode (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode).
	Play/pause key : to stop or restart the music or video.
	You can press this button to make choice around 3 entertainments in sequence: standby mode, audio mode and video mode . When playing video, press this button will make the video full screen.
START	When getting through the power and safety key attached, press this button at any time to start the machine.
	Safety key.
STOP	Stop key
MP3	Mp3 interface : You can connect external MP3 and mobile phone with MP3 wire to play music.
	Press it for several seconds to turn down the volume in both music and video mode. Press it shortly and it will enter into the previous music or video.
	Press it for several seconds to turn up the volume in both music and video mode. Press it shortly and it will enter into the next music or video
PROG	Press the PROG key and the machine will show P1-P2……P24,U1…U3, HP1, HP2, FAT in sequence (P1-P24 are preset programs;U1-U3 are userdefined programs; HP1-HP2 is heart rate control program, it is an optional function according to order request; FAT is body fat test function)
SPEED 6 8 10	SPEED 6,8,10: Shortcut key for direct speed choice
	Speed adjustment key. Under initial situation, set the data with this button. When the machine is running, press the button to adjust the speed, 0.1 KM at each press, when press the button over 0.5 seconds, the speed will be up or down continuely

QUICK START

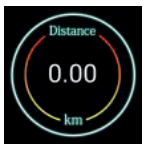
1) Switch on and put the safety key in correct position
2) Press the "START" key and then the machine will work at a speed of 0.8km/h after the beeper countdown from 3 to 1.
3) According to your need you can change the speed and incline by pressing "-SPEED+" and "-INCLINE+" separately.

HOMEPAGE INTRODUCTION

There are four function modules in the homepage. They are mode, program, music and video. There are 3 kind of countdown modes, contest mode and manual mode under mode function. There are 24 preset programs, 3 manual programs, 2 HRC programs (optional) and 1 FAT test program under program function.

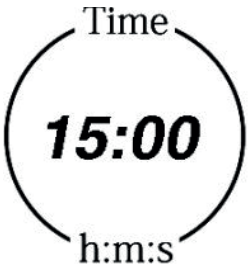


ICONS

Icon	Description
	Inclination
	Hold the pulse sensor for several seconds it shows your current pulse from 50-200/min. (the date just for reference, cannot be used as the medical purpose).
	Time
	Distance
	Calorie
	System will calculate the distance only if the user doing exercise on the machine or it won`t
	Blue tooth How to contact the app: - Download the FIT SHOW app - Open the app - Now you'll see the word 'search' & click on it - Now bluetooth will search for the treadmill - Click on connect now - Now you're connected to the treadmill.
	Count/countdown timer
	Distance/distance countdown calculator
	Calorie/calorie countdown calculator

FUNCTION DESCRIPTION

Press the MODE key and enter into countdown mode. Press the MODE key continuously to choose " 15:00" "1.00""50.0""contest mode" and "0:00" five mode (15:00 is time countdown mode, 1.00 is distance countdown mode, 50.0 is calorie countdown mode, 0:00 is manual mode). Once you choose a certain mode and then you can adjust the data by pressing -SPEED+ or -INCLINE + key. When finish setting, press START key and then the machine will begin to move.

	Display your exercise time from 0:00-18:00 hour. When overflow 18, it will count again from 0 and the machine will go on working continuously; in countdown mode it will show default time 15:00 to 0:00, when down to 0:00, the treadmill will stop working. System itself will give you a score and then enter into standby mode.
	Display range: 0.00-99.9 when overflow 99.9, it will count from 0.00 again. In countdown mode it will decrease from default distance 1.00 to 0. System itself will give you a score and then enter into standby mode.
	Display range: 0.-999 when overflow 999, it will count from 0 again. In countdown mode it will decrease from default calorie 50.0 to 0. System itself will give you a score and then enter into standby mode.

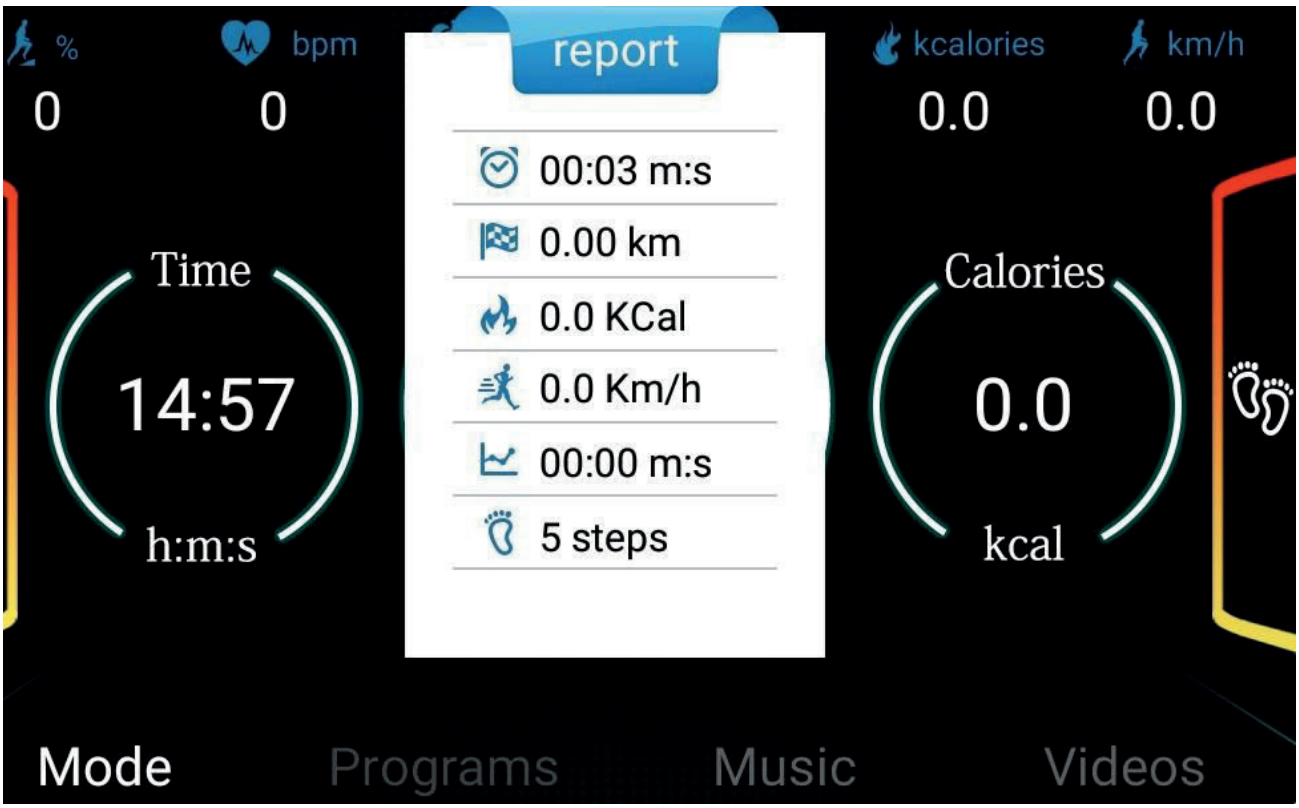
1) **Manual mode**
Press the "START" key and then the machine will work at a speed of 0.8km/h and all other windows will count from 0. Press the "-SPEED+" key to change the speed and the "-INCLINE+" key to change the incline.

2) Countdown mode

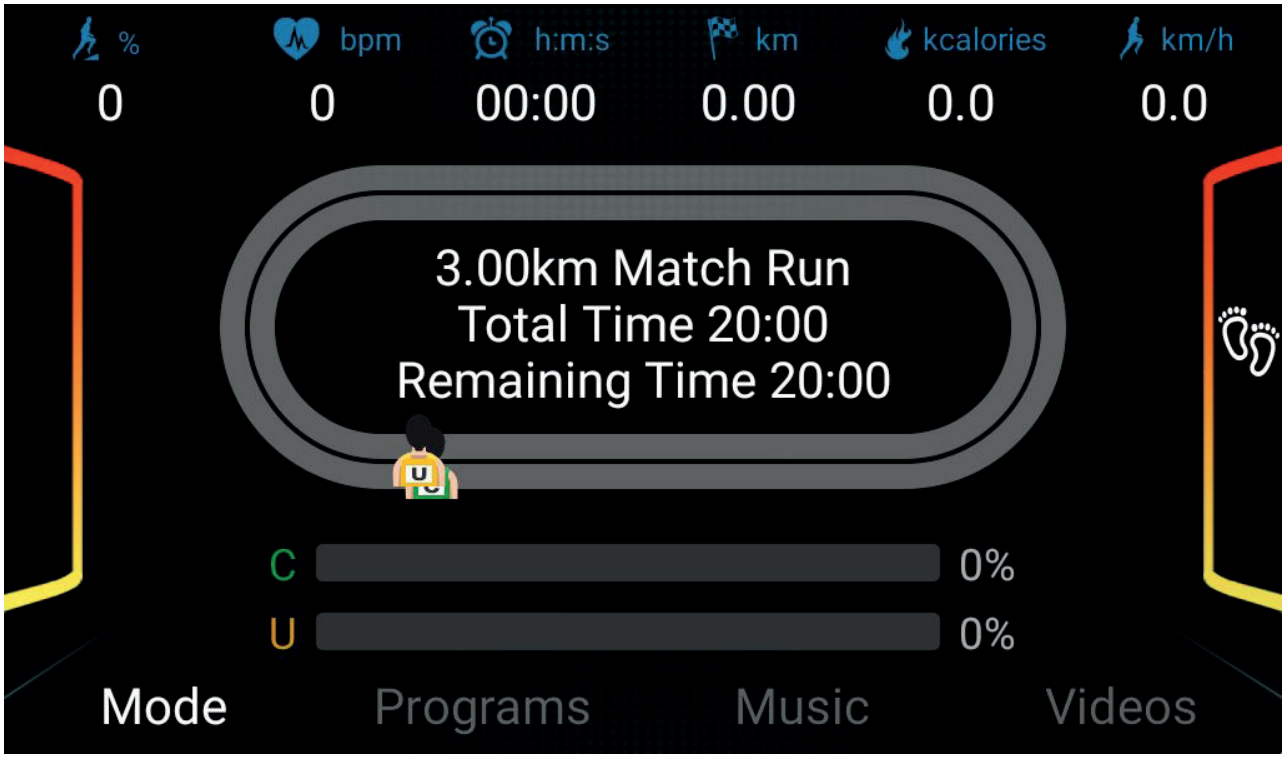
i. Time countdown mode
Press MODE key to enter into time countdown mode and the default time 15 will be flashed displaying on the screen.
Press the "-INCLINE+" or "-SPEED+" key to change the time from 5:00 to 99;00.

ii. Distance countdown mode
Press "MODE" key to enter into distance countdown mode and the default distance "1.00" will be flashed displaying on the screen. Press the "-INCLINE+" or "-SPEED+" key to change the distance from 0.5 to 99.9.

iii. Calorie countdown mode
Press "MODE" key to enter into calorie countdown mode and the default distance "50.0" will be flashed displaying on the screen. Press the "-INCLINE+" or "-SPEED+" key to change the distance from 10.0 to 999.0.
After finish exercising the system will display your running data automatically.



3) Contest mode



Press MODE key continuously and enter into contest mode. There are 6 distance modes.
They are 3.0km 5.0km 10.0km 5.0km 21.1km 42.19km

Icon description

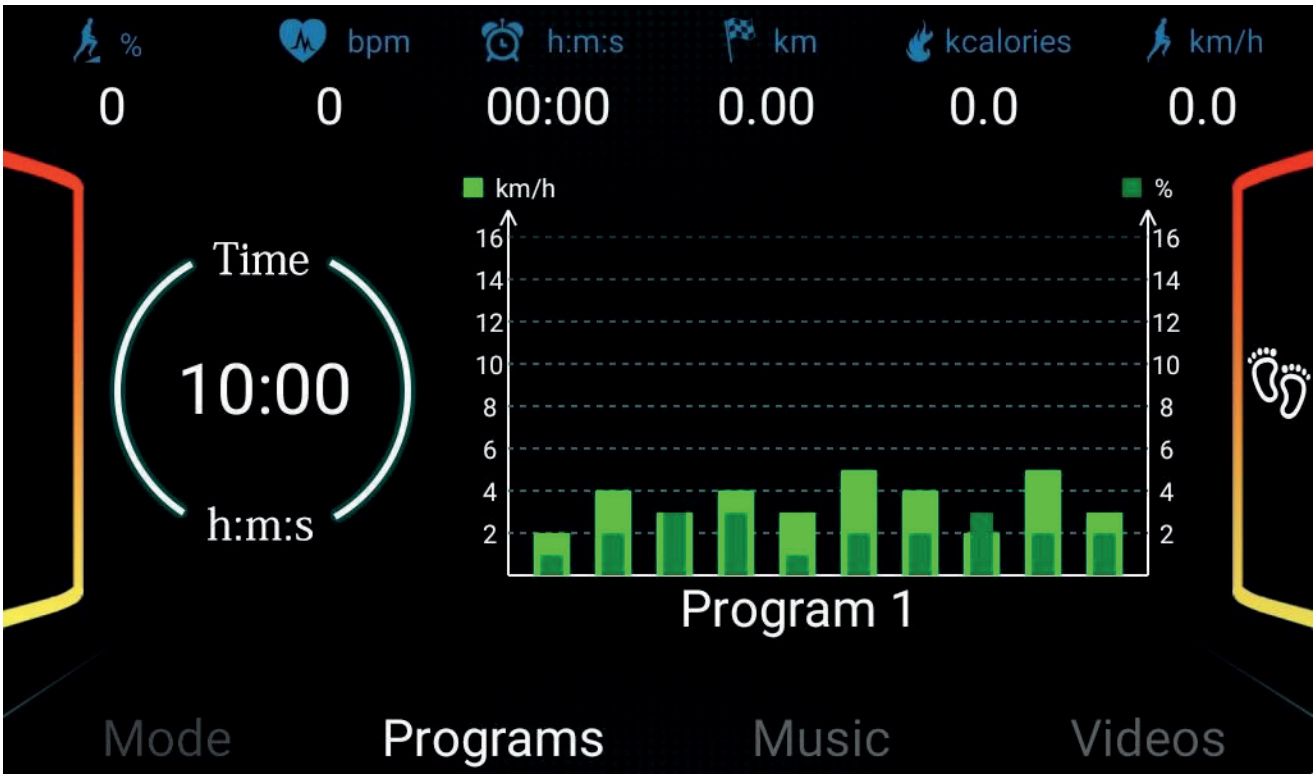
	C is short for computer	C 0%	Display the distance percentage of the computer The default speed of the computer is 9km/h. you can adjust the computer speed by changing contest time.
	U is short for user	U 0%	Display the distance percentage of the user

Press MODE key, select your favorite contest distance and then Press the "-INCLINE+" or "-SPEED+" key to change the contest time. At last press START key to begin exercise.

Race distance	Auto Time
3km	18:00
5km	30:00
10km	01:00:00
15km	01:30:00
21.10km	02:06:35
42.19km	04:13:10

After finish exercising the system will judge your running performance automatically.

4) Preset program



Press PROG to enter into program mode. Press "PROG" key to select Program1-24 U1-U2-U3 HP1-HP2 FAT insequence. There are 30 different kinds of preset program. FAT is fat test program.

	Program movement time: default time is 10 minutes. Press the "-INCLINE+" or "-SPEED+" key to change the time from 5 to 99.
	Program column: each program is divided into 10 stages.

iv. Press PROG key, the screen shows "Program 1-24" column graph.
v. Select you favorite program. Meanwhile the default exercise time is 10:00. Press the "-INCLINE+" or "-SPEED+" key to change the time.
vi. Press the START key to begin exercise. Press the "-INCLINE+" or "-SPEED+" key to change the inclination or speed during exercise at each stage.
vii. When finish the previous stage, the system will go on next stage and the speed and inclination will be changed according to the system.
viii. After finish each program, the system will give you a score.
ix. Program introduction Each program is divided into 10 stages and each stage has its own speed and incline.

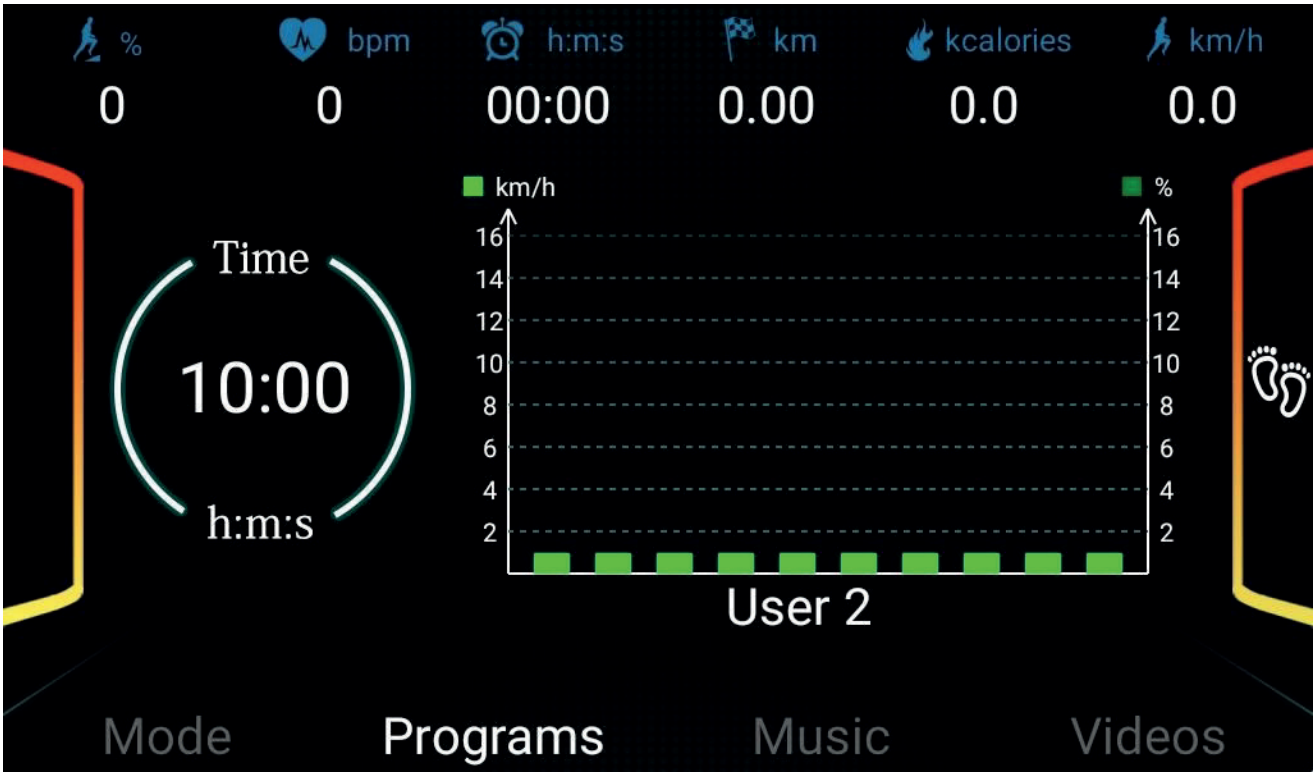
PROGRAM TABLE

TIME STAGE PROGRAM		SET TIME / 10 = TIME OF EACH STAGE									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	1	3	3	1	2	2	3	2	2
P02	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P04	SPEED	3	6	7	5	8	5	9	6	4	3
	INCLINE	2	2	3	3	2	2	4	6	2	2
P05	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	1	2	4	3	2	2	4	6	4	3
P06	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	2	2	6	2	3	4	2	2	2	1
P07	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2

P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	10	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

5) Manual mode

There are 3 user programs. They are user1, user 2, user3.



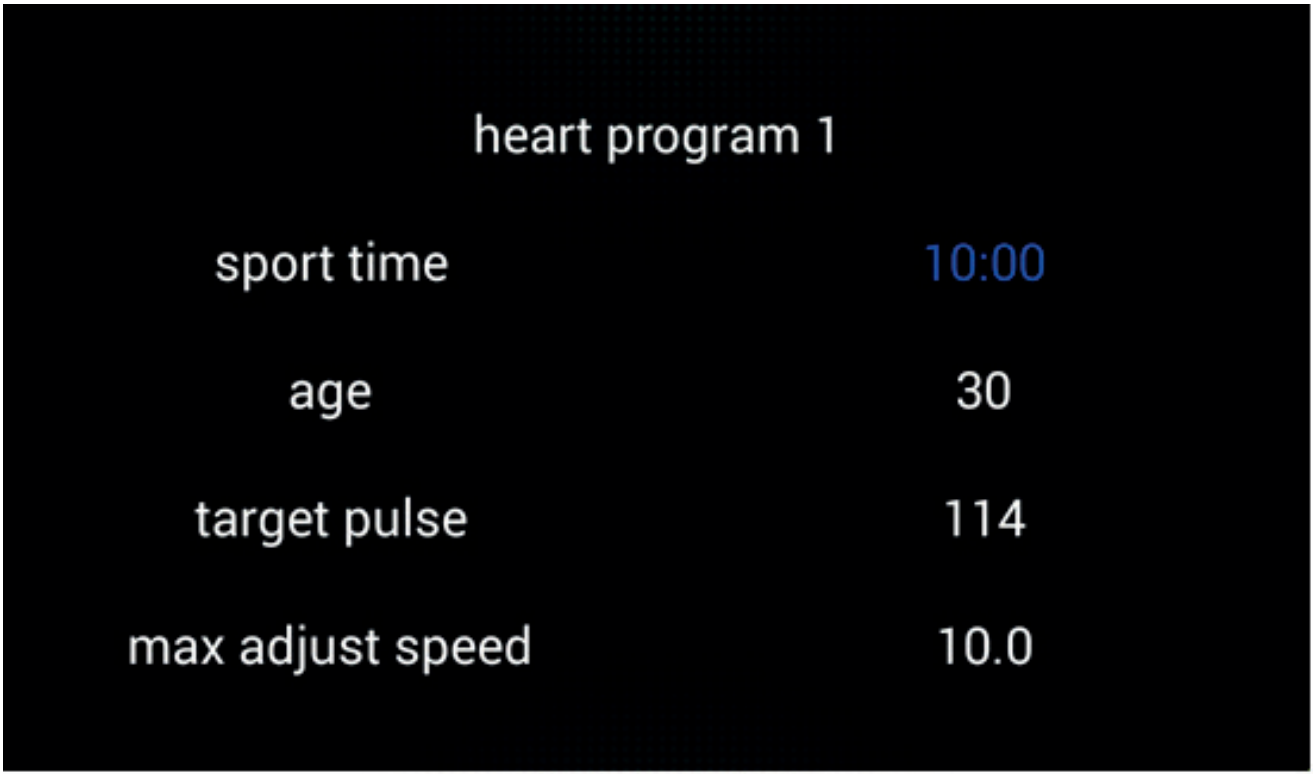
- Press PROG continuously until user1 appeared.
- Press incline or speed adjustment key to change the exercise time.
- Press MODE key to set exercise data. Press incline or speed adjustment key to set the exercise time, speed, and incline for the first stage. Press MODE key to set data for the next stage. Repeat the above steps to set the data for the rest 8 stages. When finish setting, all data will be kept for you only if you reset again.
- After set data, please press START key to begin exercise.

6) Display range of each data

Item	Initial	Original data	Range	Display range
Time (min:sec)	0:00	30:00	5:00 - 99:00	0:00 - 99:59
Incline (step)	0	0	0 - 15	0 - 15
Speed (km/h)	0.0	0.8	0.8 - 20	0.8 - 20
Distance (km)	0.00	1.00	0.50 - 99.00	0.00 - 99.99
Heart rate (time/min)	P	N/A	N/A	50 - 200
Calorie (K)	0	50.0	10.0 - 999	0.0 - 999

7) HRC program(optional function, as per order request)

Press MODE key continuously until "Heart program1"or "Heart program2" appeared.



i. HRC program introduction

- Each HRC program is divided into 10 stages.

- In standby mode press PROG key continuously until "Heart program1"or "Heart program2" appeared. the max speed in this program is 10.0km/h. Note: If you press "start" button under HRC mode, the system will recommend a heart rate controlparameter to owner, and age is 30 years old, target heart rate is 114.

- Press MODE key to change the age by "-INCLINE+" or "-SPEED+" key. The setting range is from 15 to 80 years old.

- After owner finish choice of age, press "MODE" button, system will recommend a suitable target hear rate and show in screen for owner's reference. Owner can also press "-INCLINE+" or "-SPEED+" key to choose expected target heart rate according to owner's physical condition, and available option range is from 84 to133.

- After owner finish option of age and target heart rate, press "MODE" to enter time setting. "TIME" window will show preset time of

- 10:00, press "-INCLINE+" or "-SPEED+" key. to adjust time, and available range is from 10:00 to 99:00.

- At last press START to begin exercise.

- Whenever you press the "-INCLINE+" or "-SPEED+" key to adjust the incline or speed under HRC program, the system itself will adjust its own speed and incline in order that the users heart rate is similar to the target heart rate all the time.

Remark: under HP1 or HP2 mode, please press START key directly. And the machine will work with default system data.

- The first minute of the HRC program is for warming up, you can adjust the speed and incline by manual. The systemwill accelerate 0.5km per time automatically after the first minute according to your current heart rate. When the current speed is more than 10km/h in HP1 or 12km/h in HP2 and your current heart rate is still less than target heart rate, the system will increase the incline step by step automatically until your heart rate is more and more close to target heart rate. If there is no heart rate lasts for more than 30 seconds. The system will reduce the speed by 0.5km and incline 1 section every 10 seconds until reducing to the lowest data.

Note: Heart rate control program can only be available when chest belt is used, and chest belt must stick closely to chest and skin.

ii. Five common heart rate zones

Before high intensive training please consult doctor`s advice.

- The health heart rate zone: 50%-60% of maximum heart rate. It is suitable of most of beginner. It is good for lose weight,lowering blood pressure and cholesterol
- The temperate zone: 60%-70% of maximum heart rate.it is good for losing weight and burning more calories.
- The Aerobic Zone: 70%-80% of maximum heart rate. It is good for your heart and lung.
- The Anaerobic Threshold Zone: 80%-90% of maximum heart rate. It is a very high intensive training and suitable for advanced trainer.
- The Redline Zone: 90%-100% of maximum heart rate. It is a limited training zone for users. Please do not use it too long. Because it may do harm for your health.
- We suggest you use different heart rate zone during exercise to get better training.

AGE	BPM		
	H	DEFAULT	L
15	195	123	123
16	194	122	122
17	193	122	122
18	192	121	121
19	191	121	121
20	190	120	120
21	189	119	119
22	188	119	119
23	187	118	118
24	186	118	18
25	185	117	117
26	184	116	116
27	183	116	116
28	182	115	115
29	181	115	115
30	181	114	114
31	180	113	113
32	179	113	113
33	178	112	112
34	177	112	112

AGE	BPM		
	H	DEFAULT	L
35	176	111	111
36	175	110	110
37	174	110	110
38	173	109	109
39	172	109	109
40	171	108	108
41	170	107	107
42	169	107	107
43	168	106	106
44	167	106	106
45	166	105	105
46	165	104	104
47	164	103	103
48	163	103	103
49	162	103	103
50	162	102	102
51	161	101	101
52	160	101	101
53	159	100	100
54	158	100	100
55	157	99	99
56	156	98	98
57	155	98	98

AGE	BPM		
	H	DEFAULT	L
58	154	97	97
59	153	97	97
60	152	96	96
61	151	95	95
62	150	95	95
63	149	94	94
64	148	94	94
65	147	93	93
66	146	92	92
67	145	92	92
68	144	91	91
69	143	91	91
70	143	90	90
71	142	90	89
72	141	90	89
73	140	90	88
74	139	90	88
75	138	90	87
76	137	90	86
77	136	90	86
78	135	90	85
79	134	90	85
80	133	90	84

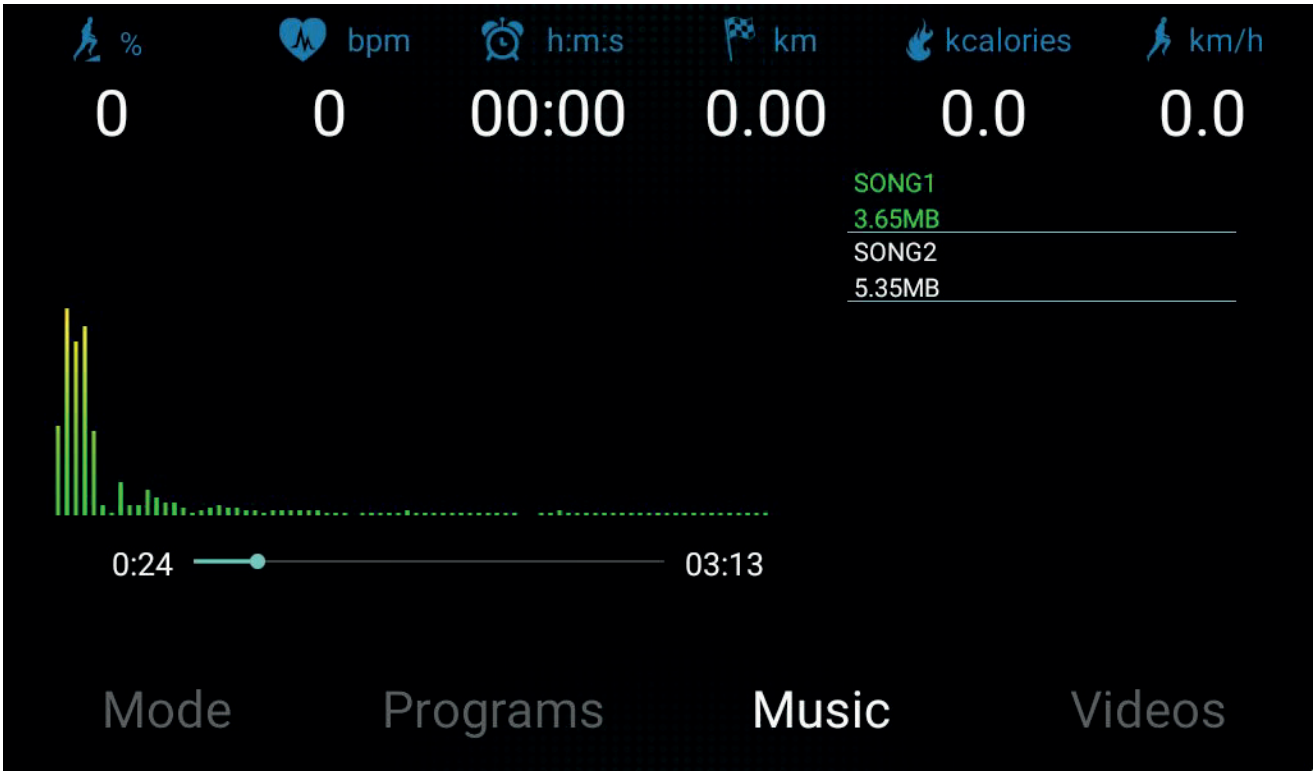
8) Body fat test

i. Press PROG continuously to enter into FAT mode. Please set your sex, age, height, and weight first. After that please hold the handle pulse for more than 8 seconds. At last the result will be showed on the right column of BMI.

ii. The best body fat index is between 20 and 25. If the index less than 19 it means that you are a little thin; if the index between 26 and 29 it means that you are a little weight. If more than 30 it means that you are too fat (the following data is only for reference and cannot be used as medical purpose).

F-1	Sex	01-male (man)	
F-2	Age	10-99	
F-3	Height	100-200	
F-4	Weight	20-150	
F-5	Fat	≤19	Thin
		=(20---25)	Normal
		=(26---29)	A little weight
		≥30	Too fat

9) Local music

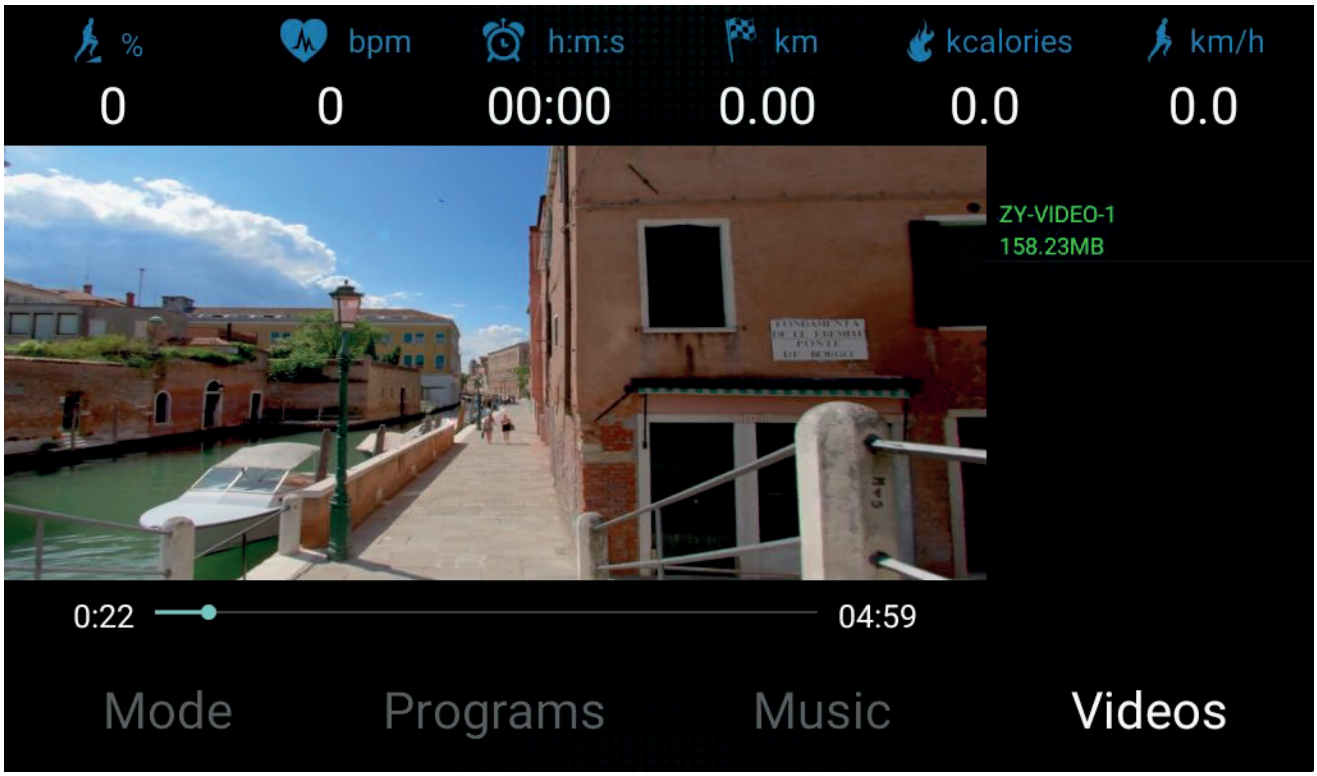


Press the key to change the mode of music and video.

Icon description	
Song1 8.36MB	The green words stand for the name of playing music and the size of the file. The white words stand for the rest of the music and the size of the file.
01:56 05:00	The data Stands for the progress of the playing music The data stands for the total time of the music
●	The icon stands for the progress of the playing music.

10) Local Video

Press the key to change the mode of music and video. When playing video, press this button will make the video full screen.



Icoon description	
ZY-VIDEO-3 160.06MB	The green words stand for the name of playing video and the size of the file. The white words stand for the rest of the video and the size of the file.
01:56 05:00	The data Stands for the progress of the playing video The data stands for the total time of the video
	The icon stands for the progress of the playing video

SAFETY KEY FUNCTION

Pull off the safety key in any case and the machine will stop working immediately. Meanwhile al l window data shows --- and the beeper alarms for three sound. Before you put the safety key on you cannot operate the machine any more except switch off the machine

ENERGY SAVING MODE

If there is not any operation in 10 munities, the machine will enter into energy saving mode. And do not show anything. You can wake the system by pressing any key.

POWER OFF

You can switch off at any time if you want to stop training and it won`t do any damage to the machine.

ATTENTION:

- Please check the power and the safety key is well or not before training.
- If any accident happened during exercise, please pull off the safety immediately until it stop.
- If there is something wrong with the machine, please connect the retailer as soon as possible. It`s not allowed to repair the equipment by layperson.

SIMPLE MALFUNCTION AND SOLUTION, SHOW IN LED

1) There is no signal when power on

A) First check whether the over load protector is open or not, if opened, please close it.
B) Make sure the wire of the switch, over load protector and driver are connected well.
C) Make sure the wire between the monitor and driver is connected well.

2) The display shows E01 after switch on.

A) There something wrong with the signal cable. Please check each cable between display and the driver is ok or not.
B) There are something wrong with the display component part, please replace the display.
C) Replace the transformer.

3) The display shows E02 after switch on.

A) Check the motor cable is ok or not, if not please reconnect the motor cable. If it does not work, please replace the motor.
B) Check the controller whether there is any special smell. If so please replace the controller.
C) Check whether the input voltage is correct or not. Please use the right input voltage.

4) The display shows E03 after switch on-----no sensor signal

A) If the motor start working for about 5-8 seconds and then the monitor displays E03. E03 stands for there is no speed signal. Please check whether the speed sensor is connected well or not. In addition please check whether the sensor is broken or not.
B) The sensor wire on the PCB board is broken, please replace the PCB board.

5) The display shows E04 after switch on.

A) Please check whether the signal wire of the incline motor is ok or not, please pull of the connector and insert it again.
B) Please check the connection of the AC wire of the incline motor is correct or not. Please check according to drawing.
C) Please check whether the wire of the incline motor is broken or not, if it is broken please replace the wire or the incline motor.
D) Replace the PCB board
E) After checking all of the PCB, please press the LEARNING key to learn it again.

6) The display shows E05 after switch on-----overload protection

A) The load is too big, please reset.
B) Maybe some part is jammed which make the motor too heavy, so the machine cannot work. Please adjust the running belt or lubricate some oil.
C) Check the motor whether there is any special smell or overload currency sound. If so please replace the motor.
D) Check whether the PCB board is burnt or not, please replace the PCB board.
E) The IGBT on the PCB board is short circuit, please check the IGBT is ok or not by multi-meter. Please replace the PCB board.

7) The display shows "E08" ----Storage wrong

A) Storage IC is not in place, reconnect it to to IC seat and pay attention to the position of PIN1.
B) Storage IC or the related wire is damaged ,change a new storage IC or driver.

SIMPLE MALFUNCTION AND SOLUTION, SHOW IN TFT SCREEN

Communication error, from panel to driver:
- Check connect wire
- Change wire
- Change table
- Change driver

No speed sign
- Check speed sensor
- Change speed sensor
- Change driver

Stall protection
- Check motor wire
- Check motor
- Check driver

Incline learn fail
- Check incline wire
- Check incline motor
- Check driver

Current overflow protect:
- Decrease load
- Change transmission
- Change motor

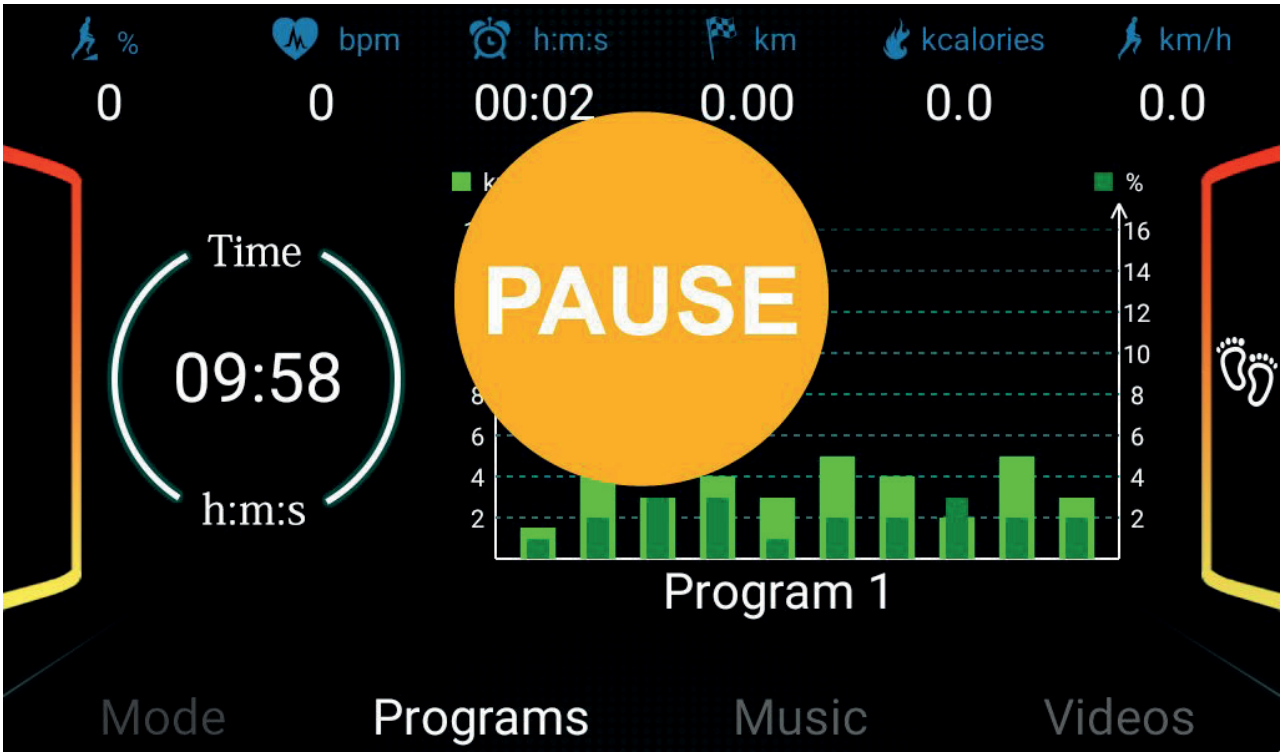
Motor break
- Check motor wire
- Check motor

Storage wrong:
- Check storage IC
- Change driver

Moment current overflow
- Adjust driver protentiometer
- Check transmission
- Change motor

PAUSE FUNCTION

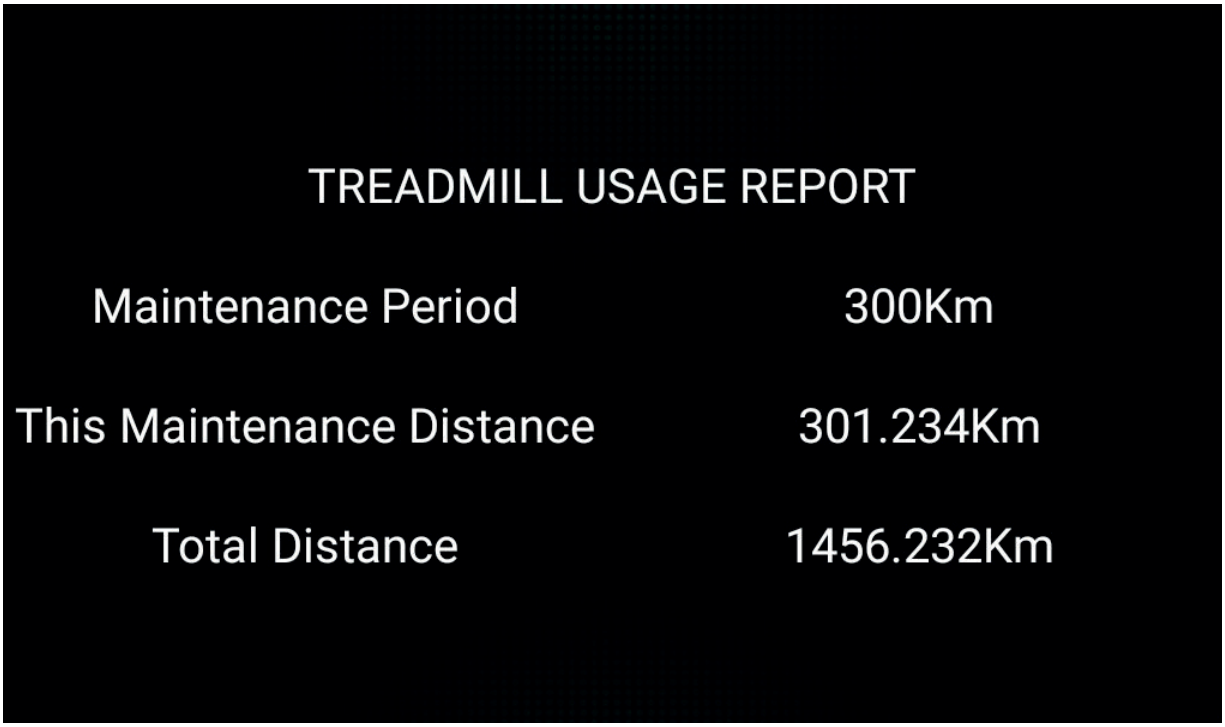
During operation, press STOP, the machine will pause and keep your running data. Then press START, the machine will move with
the lowest speed and the system will continue to calculate your running data. Press STOP button twice, the system will stop and go
back to standby mode and list your running date automatically at the same time.



LUBRICATION REMIND FUNCTION

i. This machine has lubrication remind function. After every total running distance of 300km, system will remind you to oil the treadmill.
ii. Please use treadmill oil only.
iii. After finish oil please press the START key lasts for 3 seconds and the tip will be swept off automatically. And then system will display will give you a treadmill work report.

iv. Press the START key shortly and then the treadmill will enter into standby mode.



User Instructions

FitShow

※ App Installation

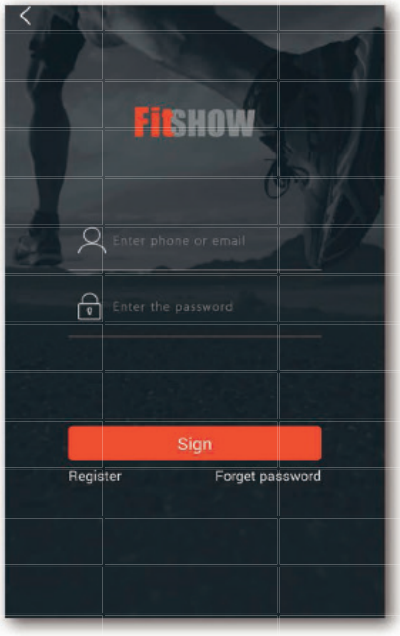
Scan the QR barcode to directly locate FitShow in the App Store on your device.

Note: In order to scan the QR Code,you must first download the QR READER App on your device. Available in both Apple Store & Google Play Store.

NOTICE: The App will be connected successfully on the condition your mobilephone bluetooth version reach 4.0 or above.

1.For first time users, you must sign up for a username and password in order to save your personal workout history. If you' ve already registered, please enter your username and password to login.

2.Please register with an email address or phone number the select a username and password for your FitShow account.



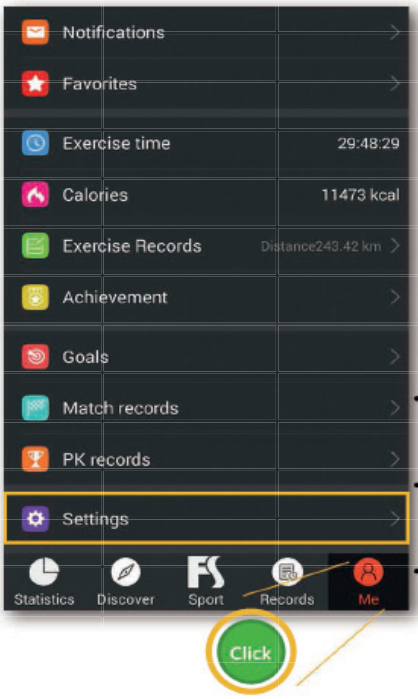
1.Enable Bluetooth on your device for indoor exercise. Simply click the red 'INDOOR' button and begin exercising and the FitShow App will record your workout progress.

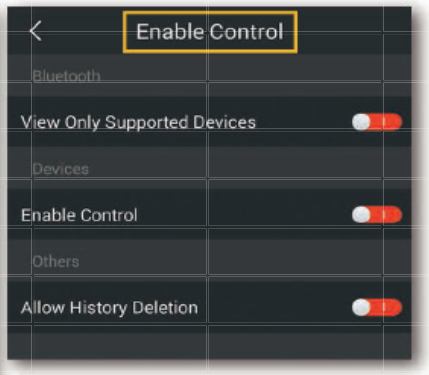
NOTE: Click the blue 'OUTDOOR' button to access GPS mode, enabling you to continue tracking you workout history while running outdoor.

2.With Bluetooth enabled, it will automatically locate your device. Connect to the corresponding device to ensure proper integration.

3.Once connected, if you click image of device, the Device Details will appear, displaying the obtainable range of specifications.

4. To change other settings, follow these instructions:
4.1 Click 'ME' located on the bottom right.
4.2 Click 'Settings' on the bottom and click 'Enable Control'.



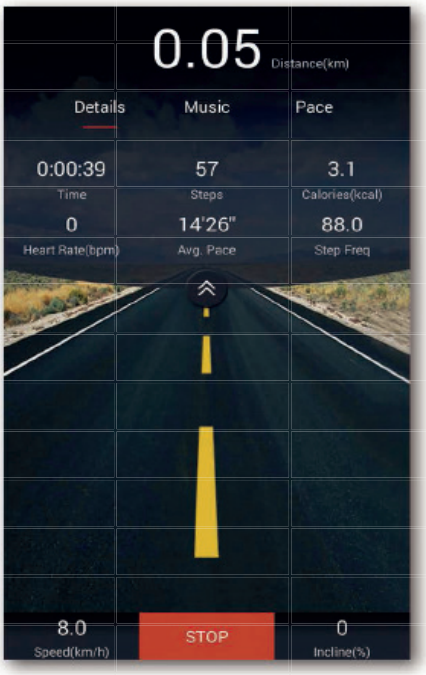


- **View Only Supported Devices:** Only related fitness equipment will be shown when synced with Bluetooth.
- **Enable Treadmill Control:** Enables SPEED & INCLINE controls from your mobile device.
- **Allow History Deletion:** Allows workout history to be deleted.

5.Once connected, the App will display four modes , you can select one mode and click 'START' button to begin exercising.

WARNING: Move with caution while exercising and using the App as multitasking may be a distraction.

6.Once you begin exercising, your workout progress of Time Elapsed, Calories Burned, Distance Traveled, Steps Per Minute, Heart BPM, Average Speed, and Average Pace will be displayed. Once you've completed your workout, hit the 'STOP' button and the FitShow will save this record in your workout history.



TIPS FOR STRETCHING

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints..
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

Thigh Stretch:
- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.

Hamstring Stretch:
- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.

Calf Stretch:
- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.

Note: Keep your back and rear leg straight when performing this exercise.

Inner Thigh Stretch:
- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.

MAINTENANCE

Warning: Before cleaning the machine, please make sure the power has been switched off.

1) **Cleaning:** Wipe away the dust on the belt, running board and side footboard as excess dust may increase the frictional on the belt and cause damage to the machine. It is recommended to clean the machine once a month.

2) **Lubrication:**

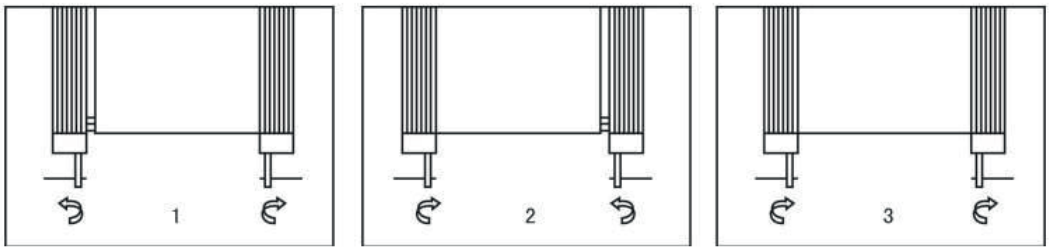
1 Smering van de loopband is nodig elke keer dat er 300 km gelopen is op de loopband. De loopband zal een alarm "di di di" maken en op het scherm zal "OIL" staan om u te informeren dat uw loopband oliesmering nodig heeft. Breng de olie in het midden van de loopband riem aan.

2 After lubrication press the STOP key for more than 3 seconds in standby mode and then the machine will sweep off the alarm and lubrication information. We suggest you lubricate the machine as the following method: People who use the treadmill less than 3 hours per week, please lubricate the machine per 6 months
People who use the treadmill less than 3-5 hours per week, please lubricate the machine per 3 months

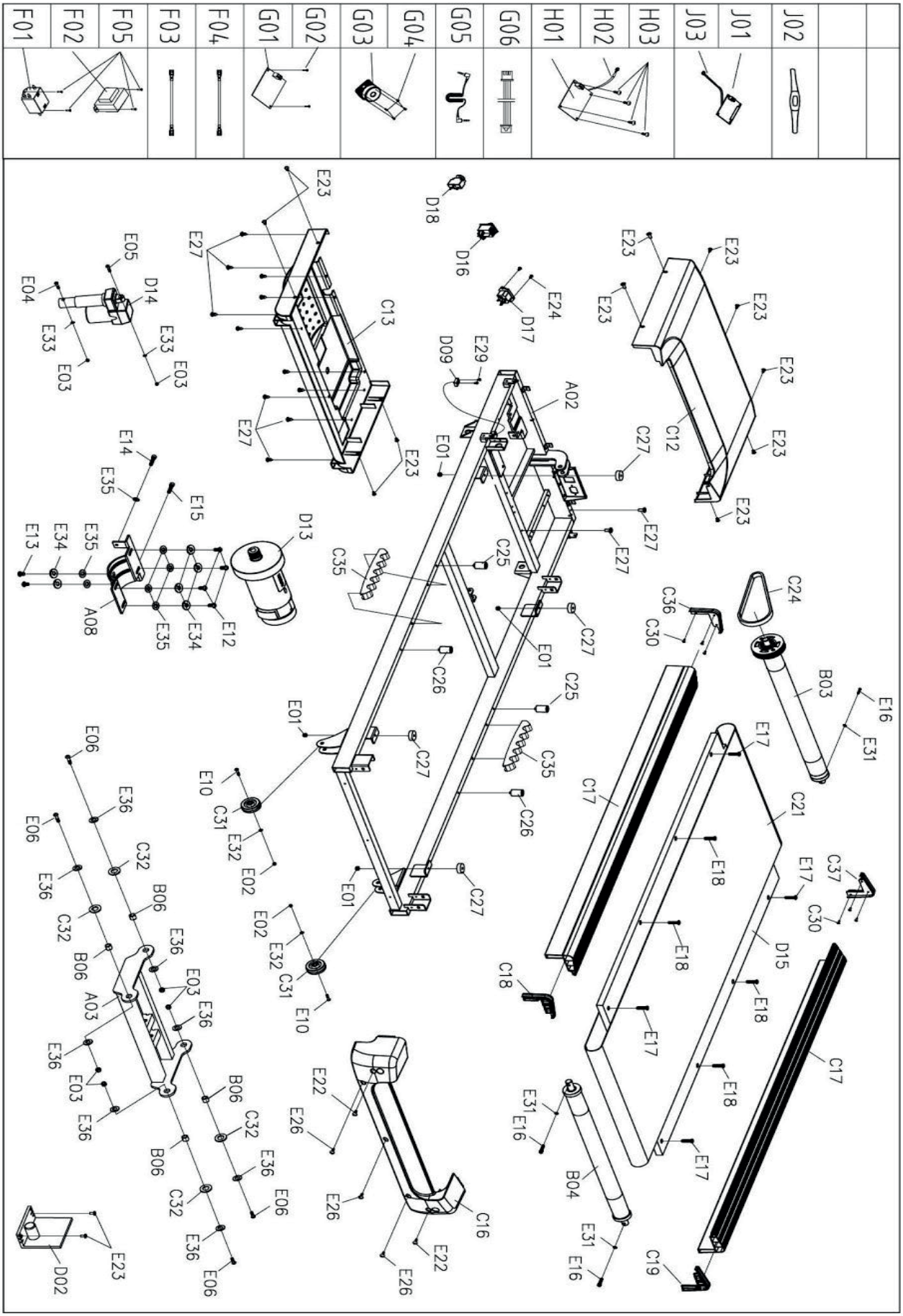
3 People who use the treadmill more than 5 hours per week, please lubricate the machine per 2 months

4 Running belt is off-center: The Running belt may become off-center after using for a period of time. First allow the machine to run by it-self and the belt may centralize automatically. If it does not centralize automatically, you can adjust the position of the belt by screwing the bolt shown in the images below. If the running belt has shifted to the right, you need to tighten the screw on the right of the belt or loosen the screw on the left. If the belt has moved to the left, do the opposite.

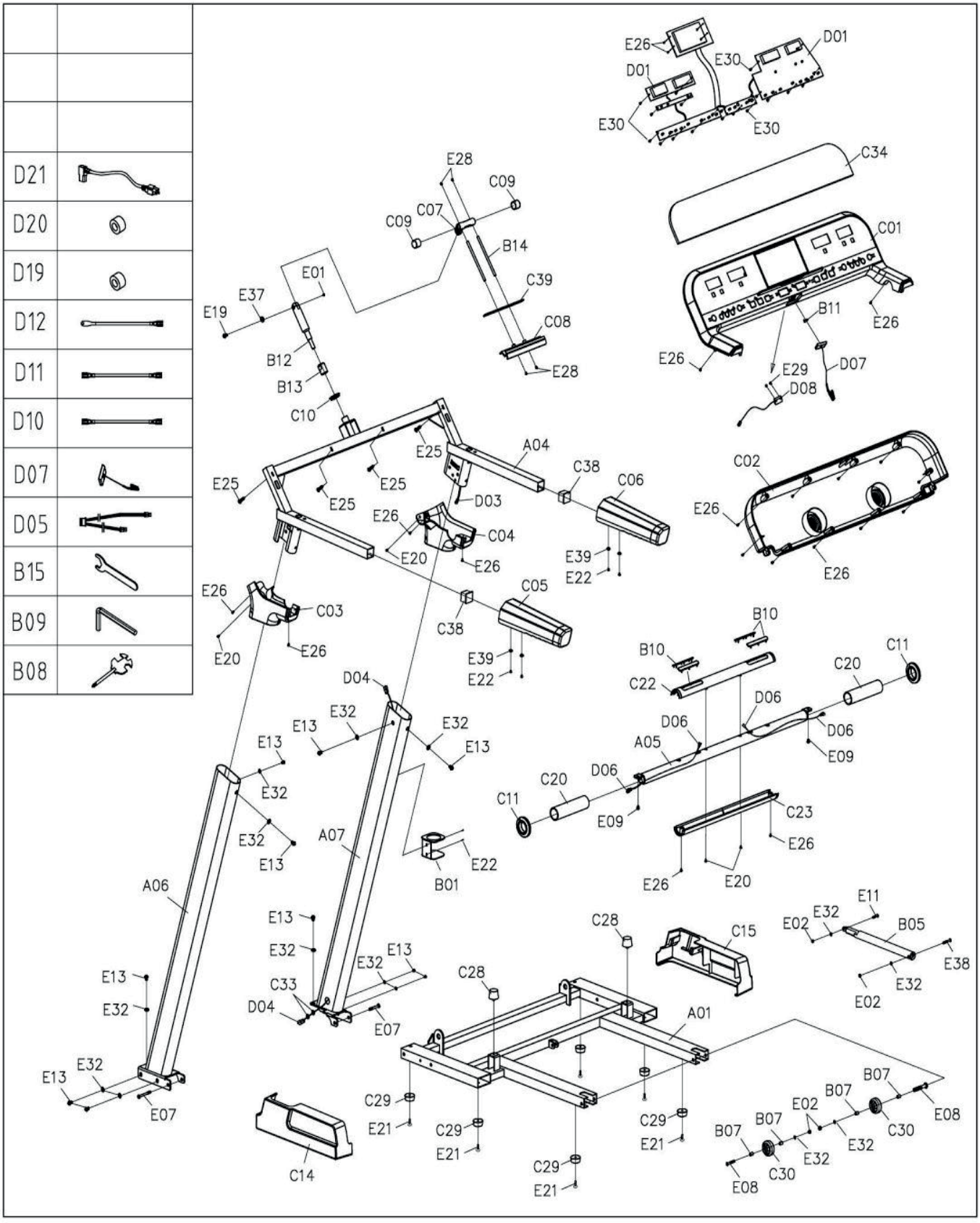
5 Belt Slipping: Please adjust bolts according to the diagram below. When adjusting the two sides make sure each adjustment is the same, on either side of the treadmill. We recommend adjusting by half a turn until the running belt does not slip or deviate. Avoid making the belt too tight as this may damage it.



Attention: In order to prolong the lifespan of the treadmill, we suggest switch off the treadmill for about 10 minutes after 2 hours' exercising. Running belt is too loose or tight will do harm to the treadmill. So keep a suitable tightness is very important. We suggest you grasp the running belt and pull it up to a certain distance until you cannot pull it up anymore. If the distance is between 50-75mm, we think the tightness of the running belt is suitable.


F01
F02
F05
F03
F04
G01
G02
G03
G04
G05
G06
H01
H02
H03
J01
J03
J02
E23
D18
D16
E24
D17
E27
C13
D14
E04
E05
E33
E03
D09
E29
A02
E01
C27
C12
E14
E35
E15
E13
E34
D13
C35
C25
C36
C30
C24
B03
E16
E31
C26
E06
E36
E32
C31
E10
E02
C17
C21
E17
E18
C37
D15
C18
B06
A03
C32
E22
E26
C16
B04
C19
D02

D21	
D20	
D19	
D12	
D11	
D10	
D07	
D05	
B15	
B09	
B08	



#	Description	Specification	QTY
A01	Bottom frame		1
A02	Main frame		1
A03	Incline frame		1
A04	Monitor frame		1
A05	Handlebar pulse frame		1
A06	Left column		1
A07	Right column		1
A08	Motor seat		1
B01	Bottle holder		1
B03	Front roller		1
B04	Rear roller		1
B05	Air cylinder		1
B06	Sleeve	φ15*φ10.2*13	4
B07	Sleeve of transportation wheel	φ12*φ8.5*17	4
B08	Cross solid wrench		1
B09	Inner hex wrench		1
B10	Handle pulse sheet		4
B11	safety key seat		1
B12	IPAD shaft	M10*149	1
B13	Stop nut	φ23*30	1
B14	IPAD connect pole	φ6*120	2
B15	Solid wrench	#19mm	1
C01	Monitor top cover		1
C02	Monitor bottom cover		1
C03	Monitor Left-bottom cover		1
C04	Monitor Right-bottom cover		1
C05	Left foam handlebar		1
C06	Right foam handlebar		1
C07	IPAD rotation component		1
C08	IPAD holder		1
C09	End cover		2
C10	IPAD O ring		1
C11	O ring		2
C12	Motor top cover	ST4.2*13	1
C13	Motor bottom cover		1
C14	Left bottom cover		1
C15	Right bottom cover	ST4.2*20	1
C16	Rear protection cover		1
C17	Side rail		1
C18	Left side rail cap		2
C19	Right side rail cap		2
C20	Foam		2
C21	Running belt		1

#	Description	Specification	QTY
C22	Top cover of the pulse		1
C23	Bottom cover of the pulse		1
C24	Motor belt		1
C25	Black cushion	φ20*φ6.5*30	2
C26	Blue cushion	φ20*φ6.5*30	2
C27	Black cushion		2
C28	cone-shaped cushion		2
C29	Flat foot pad		6
C30	Transportation wheel		2
C31	Adjustable wheel		2
C32	Plastic washer		4
C33	O ring		2
C34	Acrylic panel		1
C35	Cushion		2
C36	Left anterior side rail cap		1
C37	Right anterior side rail cap		1
C38	End cap		2
C39	EVA pad		1
D01	Monitor		
D02	Lower control board		1
D03	Upper wire of the monitor		1
D04	Lower wire of the monitor		1
D05	Handle pulse upper wire		1
D06	Lower wire of the handle pulse		2
D07	Safety key module		1
D08	Safety key rope		1
D09	Magnetic sensor		1
D10	AC single wire	brown 350mm	2
D11	AC single wire	blue 350mm	3
D12	Earth wire		1
D13	DC motor		1
D14	Incline motor		1
D15	Running board		1
D16	Square Switch		1
D17	Socket		1
D18	Over load protector		1
D19	Magnet ring		1
D20	Magnet core		1
D21	Power cable		1
E01	Non-locked nut	M6	5
E02	Lock nut	M6	6
E03	Lock nut	M10	6

PART LIST

#	Description	Specification	QTY
E04	Bolt	M10*90	1
E05	Bolt	M10*45	1
E06	Bolt	M10*30	4
E07	Bolt	M8*80	2
E08	Bolt	M8*70	2
E09	Bolt	M8*40	2
E10	Bolt	M8*40	2
E11	Bolt	M8*30	1
E12	Bolt	M8*20	4
E13	Bolt	M8*15	12
E14	Bolt	M8*40	1
E15	Bolt	M8*35	1
E16	Bolt	M6*55	3
E17	Bolt	M6*40	4
E18	Bolt	M6*25	4
E19	Bolt	M6*20	1
E20	Screw	ST4.2*15	4
E21	Bolt	M5*16	6
E22	Bolt	M5*12	8
E23	Bolt	M5*8	13
E24	Screw	ST2.9*8	2
E25	Screw	ST4.2*30	4
E26	Screw	ST4.2*12	25
E27	Screw	ST4.2*12	14
E28	Bolt	M3*10	4
E29	Screw	ST2.9*8	4
E30	Screw	ST2.9*6.0	29
E31	Lock washer	6	3
E32	Lock washer	8	16
E33	Lock washer	10	2
E34	Spring washer	8	6
E35	Lock washer	8	7
E36	Lock washer	φ10*φ26*2.0	8
E37	Wave washer	Φ15*φ8.2*0.5	1
E38	Bolt	M8*45	1
E39	Big flat washer	φ5*φ13*1.0	4
F01	Filter	optional	1
F02	Inductance	optional	1
F03	AC single wire L500	optional	1
F04	Grounding wire L350	optional	1
F05	Screw ST4.2*12	optional	4

#	Description	Opmerking	QTY
G01	USB mould		1
G02	Screw ST2.9*8		2
G03	Spreaker		2
G04	Screw		8
G05	MP3 connection wire		1
G06	USB connection wire		1
H01	Bluetooth mould	Optional	1
H02	Bluetooth connection wire	Optional	1
H03	Screw ST2.9*6.0	Optional	4
JO1	Polar emitter	Optional	1
JO2	Heart rate receiver	Optional	1
JO3	HRC connect wire	Optional	1

For questions or missing parts please contact Fitness Benelux:

FITNESS BENELUX
Uw partner in fitness

Twekkelerweg 263
7553 LZ Hengelo
The Netherlands

T +31 (0)74-7600219
E service@fitnessbenelux.nl
W www.fitnessbenelux.nl