

User Manual | 使用手册

# TREK PRO T8.3

TREADMILL



 **OGAWA**  
Active



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We show great appreciation on your choice of TREK PRO T8.3.  
Please read this operation manual carefully, especially the safety warning  
in order to use it properly.  
Keep this manual for further reference.

## REMARKS:

Our company reserves the right to change the design and the final product  
explanation authority.  
Product color is subjected to the actual product.



### Caution

Read this user manual carefully before use.

Follow the assembly instructions carefully.

1. Ensure all screws and caps are fastened tightly upon this equipment is assembled completely.
2. Ensure all the spare parts are provided by the manufacturer, unauthorized replacement of spare parts are strictly prohibited.
3. Ensure the health condition before start to exercise. To ensure sufficient physical strength, exercise should be done properly, regularly, and gradually.
4. Ensure children always use this equipment under adult supervision; otherwise ensure the equipment is kept out of reach of children at all times.
5. Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances. Stop using the equipment immediately and lie down for a rest in case of dizziness, pain, nausea or display motion sickness symptoms.
6. This equipment accommodates for one (1) person at one time.
7. Stop using this equipment in case of any damages are found within the unit.
8. Ensure this equipment is placed on a dry, firm and flat surface with ample space for maneuver.
9. This equipment is intended for indoor use only.
10. This equipment is designed for home user and max load is less than 110kg.
11. Ensure all parts of this equipment are completely examined before use especially on the abrasive parts. Replace the defective component immediately in order to maintain the safety level of this equipment. Perform regular checking according to the assembly instructions of this equipment to ensure it's safety level at all time.
12. Disposal of this equipment shall comply with the federal and local regulations.



Correct ways to dispose this equipment.

This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

1. This warranty is not transferable.
2. This warranty is valid exclusively for product purchased from authorized dealers of OAGWA
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the original date of purchase.
5. Damage due to misuse, improper treatment and unauthorized medications and repairs are not covered by this warranty.
6. Warranty does not cover accessories and attachment that do not belong to the Inspire T8.3.
7. Warranty is not applicable to rental, business, commercial, institutional, or other non-residential usage.
8. All services covered by this warranty must be approved by OAGWA and repairs are to be carried out by authorized technicians only.
9. OAGWA reserves the right to make substitution in lieu of repair or replacement, if replacement parts for defective components are not available.



### Warning

Take extra caution while assembling this equipment. Incorrect ways to handle this equipment could result in injury.

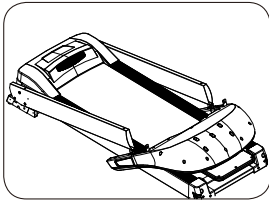
### Note

Read and understand the instructions thoroughly before assemble this equipment. Each step below illustrates on the ways to install this equipment.

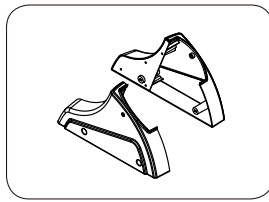
### Verify The Contents Inside The Box

Remove the content inside the box.

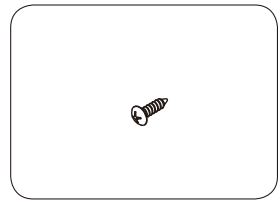
Check the availability of the items below. In case of any parts are missing, please contact OAGWA technical support team.



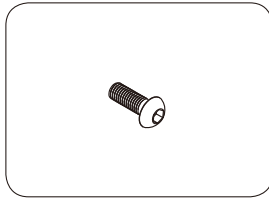
Main frame x 1



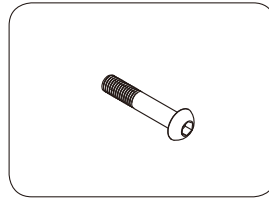
Base cover x 2



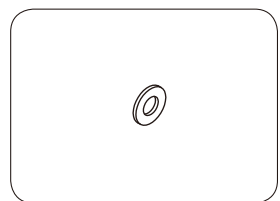
Screw m4\*15 x 6



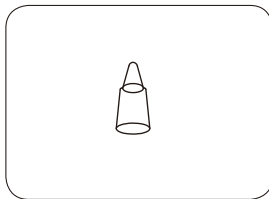
Bolt m8\*15 x 4



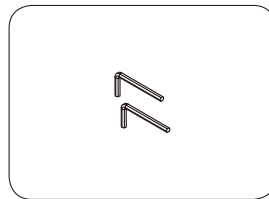
Bolt m8\*55 x 4



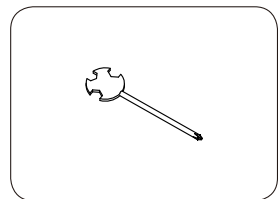
Washer m8 x 6



Silicon oil x 1

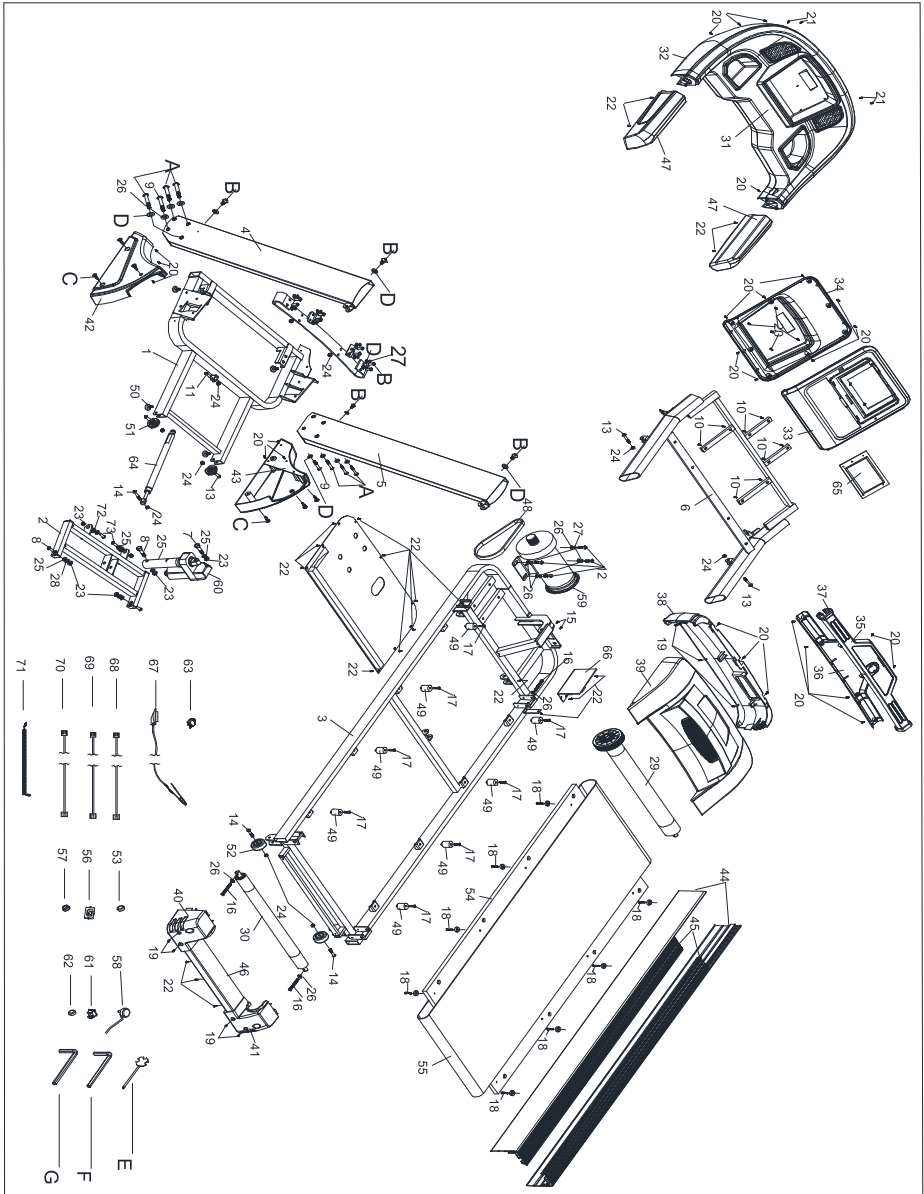


Wrench 5# / 6# x 2



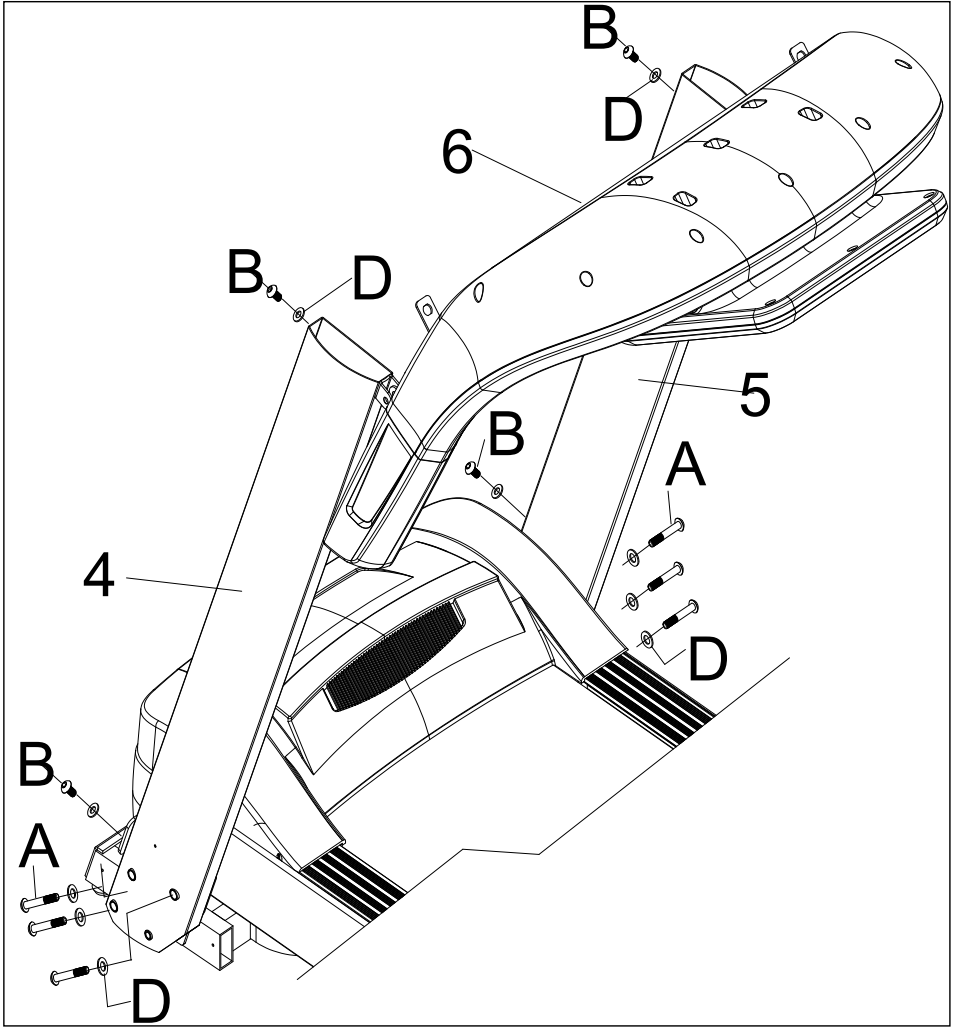
Screw driver and  
Wrench x 1

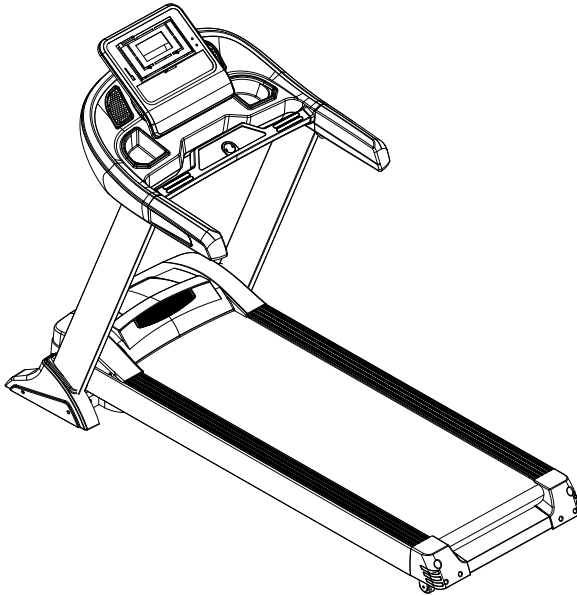
# Product Parts





1	Base	1	40	Rear end cap left	1
2	Incline frame	1	41	Rear end cap right	1
3	Main frame	1	42	Base cover(left&right)	2
4	Left upright	1	43	Base cover board	2
5	Right upright	1	44	Side rail cover	2
6	Handrail rack	1	45	Side rail	2
7	Bolt M10*55	1	46	End cap supportboard	1
8	Bolt M10*45	5	47	Handrail foam	2
9	Bolt M8*55	2	48	Motorbelt210J-6	1
10	Screw $\varnothing$ 4*20	8	49	Cushion $\varnothing$ 25*33*M8	8
11	Bolt M8*25	1	50	Base foot	4
12	Bolt M8*30	4	51	Base movingwheel	2
13	Bolt M8*35	4	52	Frame movingwheel	2
14	Bolt M8*40	3	53	Magnetring foam	1
15	Screw $\varnothing$ 4*12	2	54	Running board1220*605*T15	1
16	Bolt M8*65	3	55	Running belt460*2870*T1.6	1
17	Bolt M8*20	8	56	U socket	1
18	Bolt M5*28	8	57	Cable grommet $\varnothing$ 24* $\varnothing$ 15*6	1
19	Screw $\varnothing$ 4*15	7	58	Power cord	1
20	Screw $\varnothing$ 4*12	30	59	DC Motor	1
21	Screw $\varnothing$ 3*10	4	60	Incline motor	1
22	Screw $\varnothing$ 4*12	22	61	Power switch	1
23	Nut M10	6	62	Magneticring $\varnothing$ 28* $\varnothing$ 16*13	1
24	Nut M8	11	63	Circuit breaker	1
25	Washer $\varnothing$ 11* $\varnothing$ 22*2.0	6	64	Air cylinder	1
26	Washer $\varnothing$ 9* $\varnothing$ 16*T1.6	12	65	Upper controller	1
27	Spring washer M8	4	66	Controller	1
28	Spring washer M10	4	67	Safety key	1
29	Front roller dia	1	68	Upper cables	1
30	Rear roller dia	1	69	Middlecables	1
31	Console upper box	1	70	Under cables	1
32	Console under box	1	71	Audil cables	1
33	Console PCB uppercover	1	A	Bolt M8*55	6
34	Console PCB under cover	1	B	Bolt M8*15	4
35	Front handrailbar upper cover	1	C	Screw $\varnothing$ 4*15	6
36	Front handrailbar under cover	1	D	Washer $\varnothing$ 9* $\varnothing$ 16*T1.6	10
37	Handrail cap	2	E	Wrench S13.15	1
38	Front motorcover	1	F	WrenchS5	1
39	Motorcover	1	G	WrenchS6	1





**NOTICE**

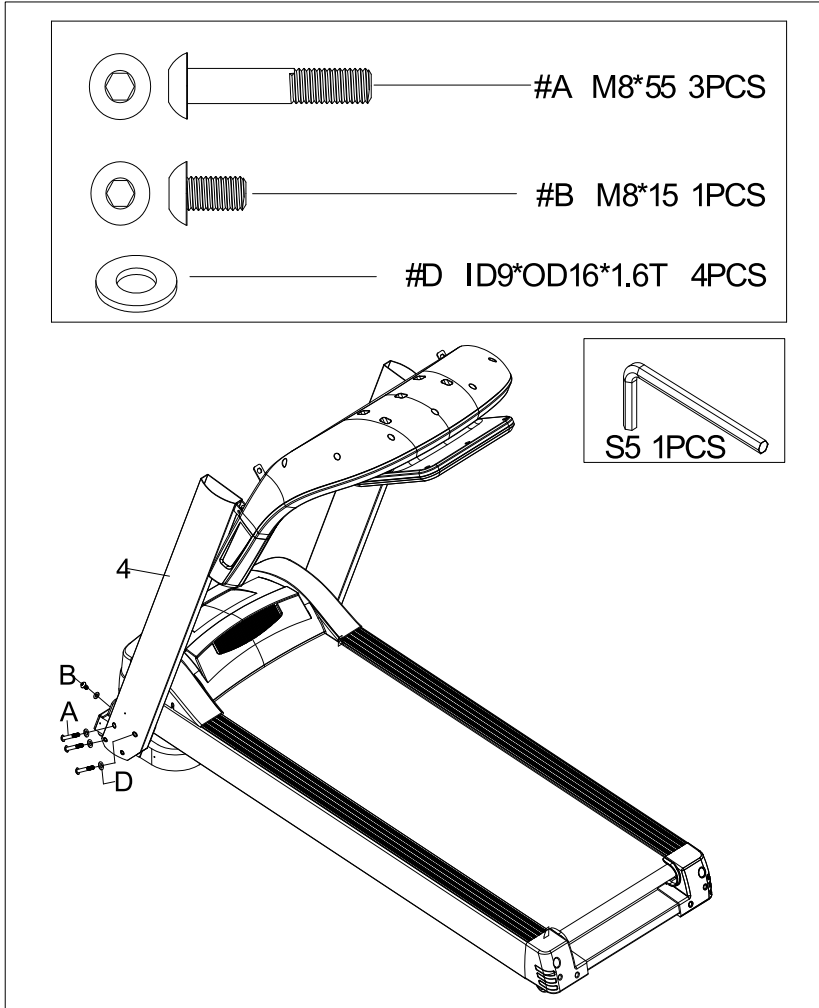
- Read this manual before assembly
- Recognize the spare parts first
- Check the hardware
- Ensure that you have the right tool
- Prepare an area to assemble
- Follow the instruction accordingly
- Never force the joints
- Periodically tighten the joints
- Keep this manual with you



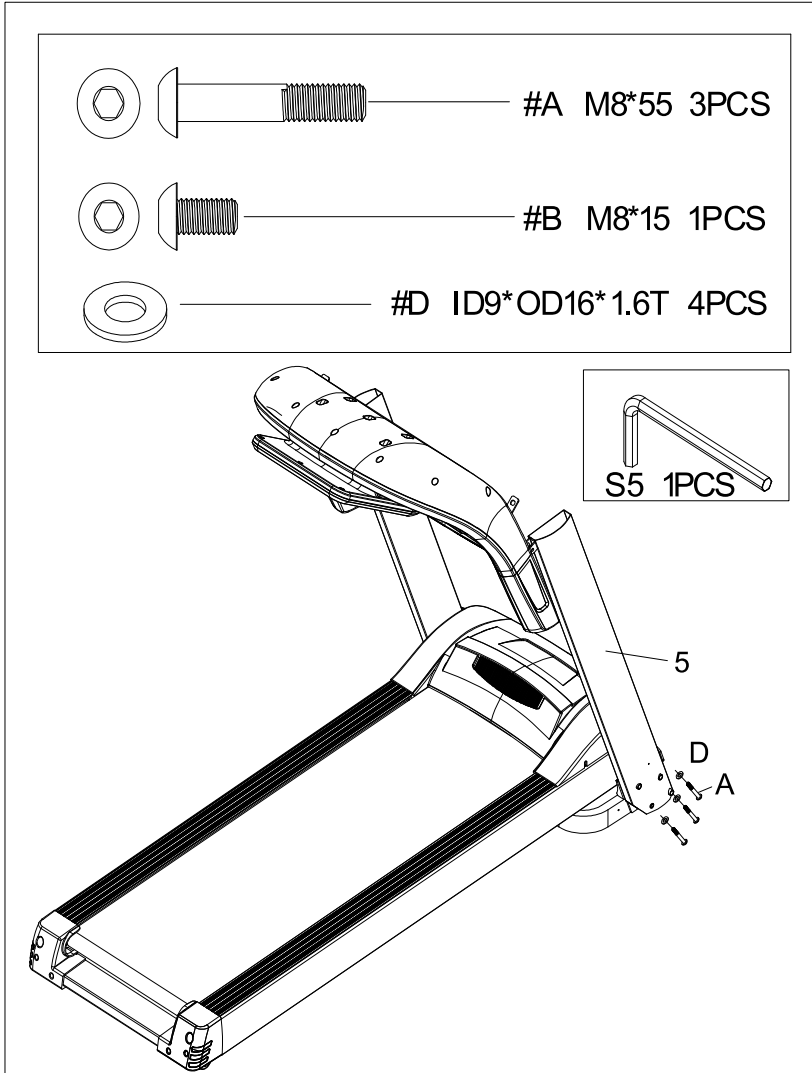


Information: The following parts listed on the drawing is based on the ratio 1:1 , just find them from the bolt set and follow the illustration to finish the assembly

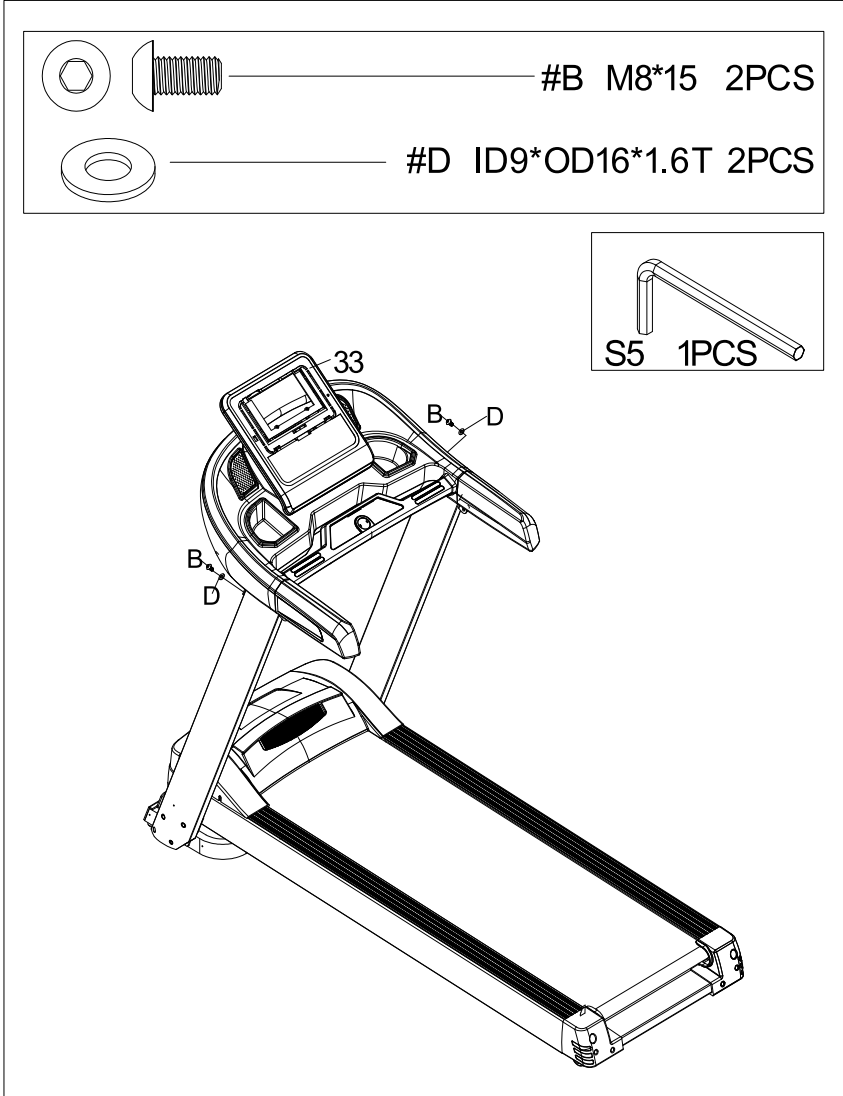
STEP 1:



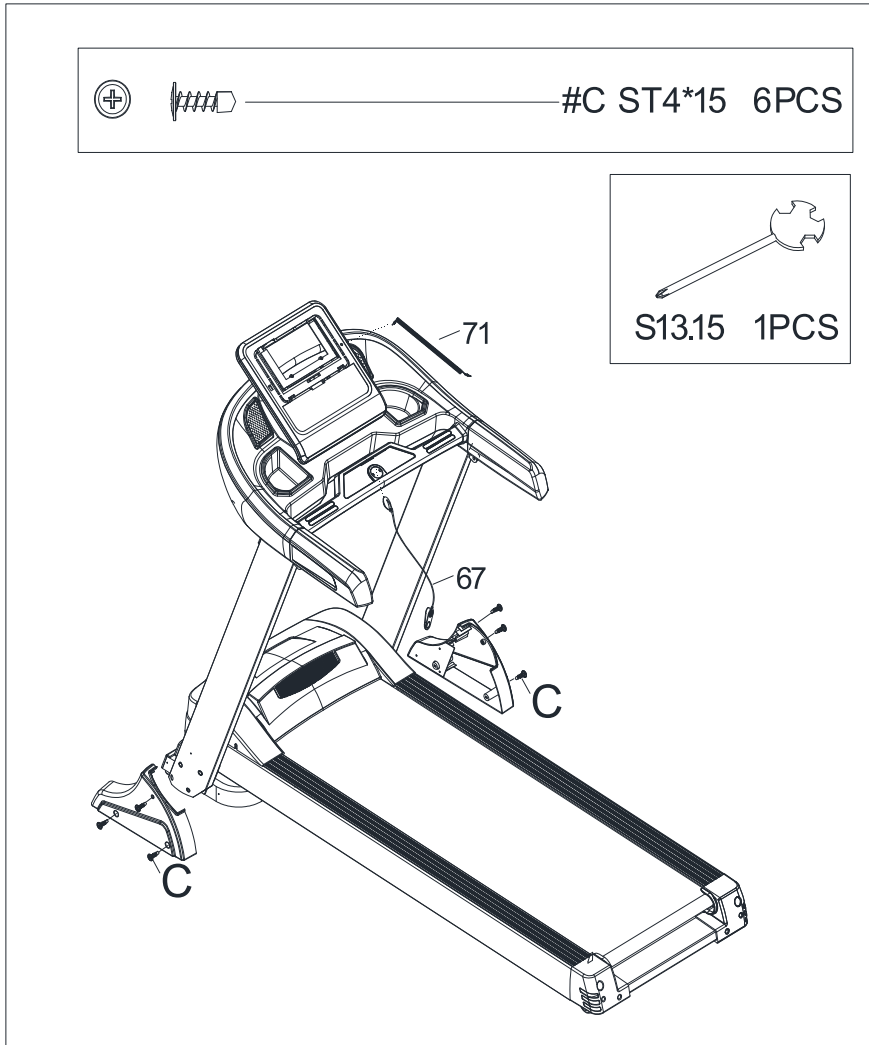
STEP 2:



STEP 3:

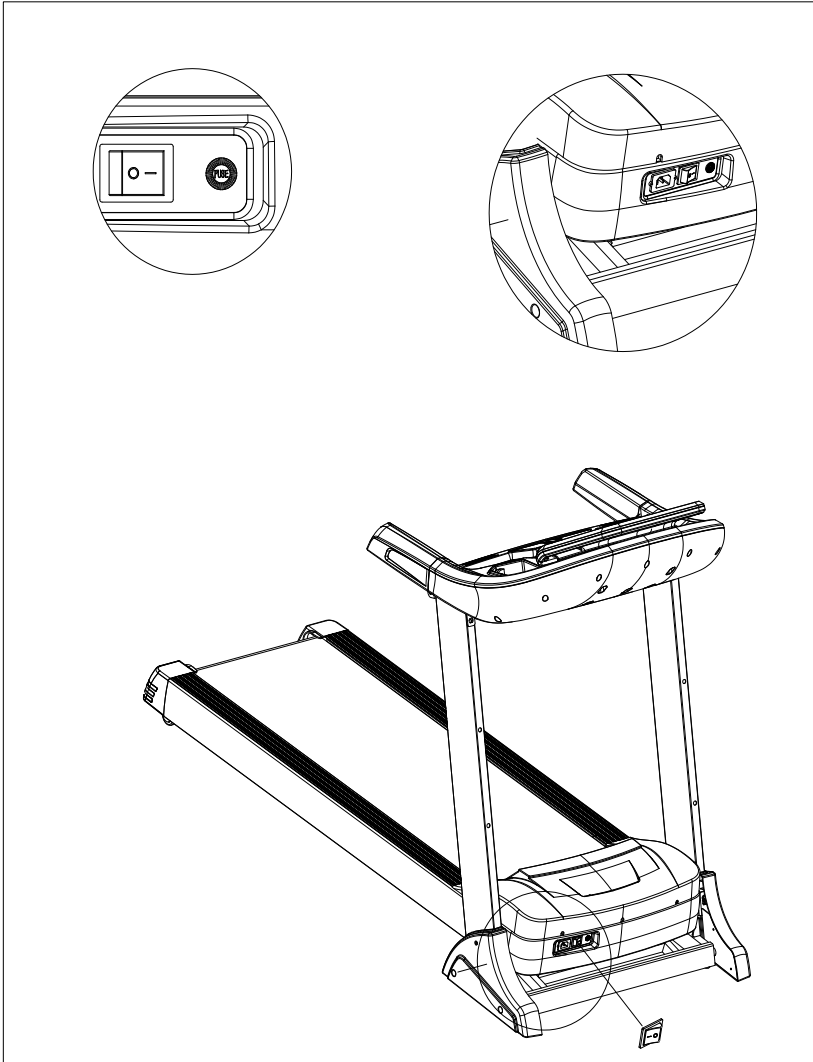


STEP 4:



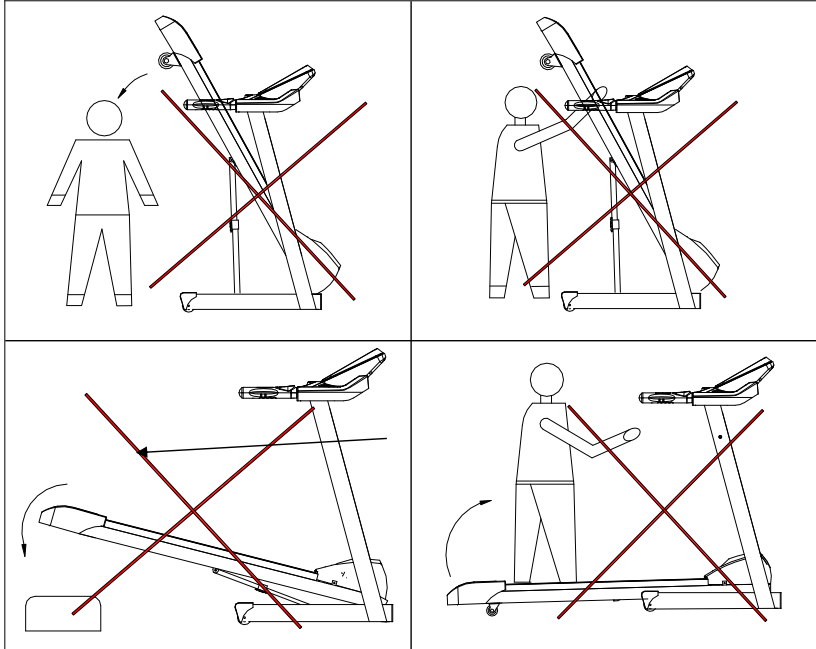


STEP 5:

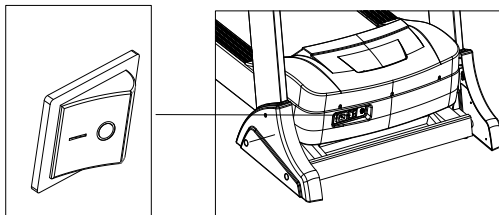


## WARNING

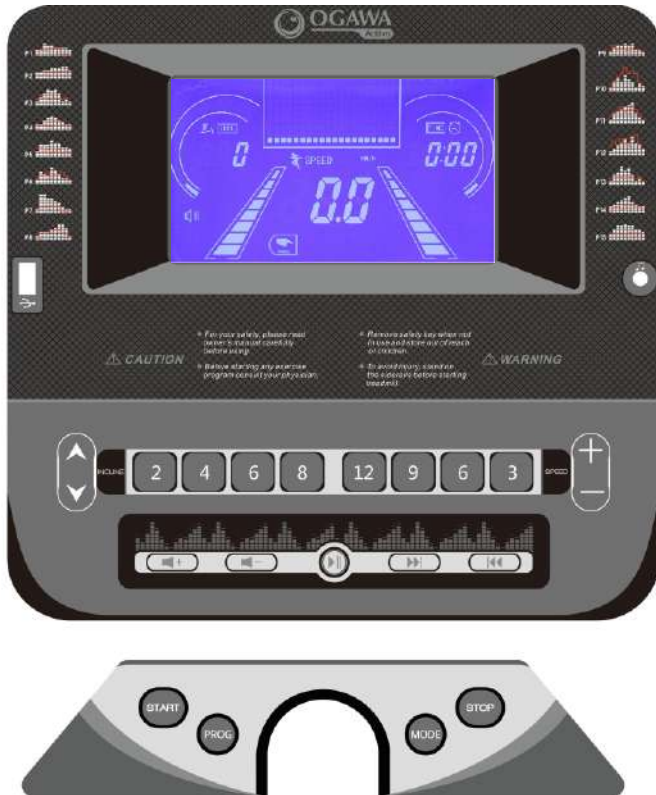
1: Before folding up or down, do not stand on the deck



2: Make sure the treadmill has been disconnected with the electricity. You can switch off the treadmill by pressing the main power switch as below.



## I. Display function



### 1:LCD Display readout:

- 1、“SPEED ”: ( Referred to as: window1 )
  - 1.1 display speed
- 2、“INCLINE/ DIS/CAL ” : ( Referred to as: window2)
  - 2.1 When“INCLINE” flashes, display the accumulated total workout incline
  - 2.2 When“DIS” flashes, display the accumulated total workout distance in kilometers
  - 2.3 When“CAL” flashes, display the accumulated calories burn during workout
  - 2.4 When you enter into programsports, it will display program number
- 3、“TIME/PULSE ”: ( Referred to as: window3)

- 3.1 When "TIME" flashes, display the accumulated total workout time in minute
- 3.2 When "PULSE" flashes, display the current pulse reading in beats per minute when the pulse is detected by placing both palm on the stainless steel handrail pulse kit
- 3.3 When the value displayed, the countdown enters into 3 seconds

#### 4. Dot matrix window

4.1 display graphics program

5. Volume icon: display volume

6. MANUAL/TIME/DISTANCE/CALORIES/PROGRAM "display manual mode/timemeter mode/distancemeter mode/Calories meter mode"

#### 2: Keyboard function:

PROG. : Program selection key. In the order: manual mode—P1-P15—U1-U3- FAT

MODE : Time mode selection key. In the order: manual mode-time mode-distance mode-calories mode. Fat measurements mode for lipid measurement parameter selection key.

START/STOP : Press the START button and wait 3 seconds for belt begin to move. Press STOP button then the equipment will resume to ready mode.

SPEED : Speed add and subtract adjustment. Movement speed can be adjusted. Stop can be used to adjust the parameters.

SPEED (3 6 9 12) : Speed quick adjustment button

INCLINE : Incline up and down adjustment. Movement incline can be adjusted. Stop can be used to adjust the parameters.

INCLINE (2 4 6 8) : Incline quick adjustment button

Left handrail key: Incline adjustment button

Right handrail key: Speed adjustment button

Volume+/volume-/in the song/the next song/start stop button Volume adjustment button in the song/the next song, start/stop button

#### 3. Main function:

Attach the safety key to wake up console in 2 seconds, and then the equipment is on manual mode.

##### 3. 1 Manual mode:

Plug in power cord and switch on the equipment, press PROGRAM button can be settled in circle: Program P1-P15-U1-U3-FAT, press start button, window 3 will display: 3333—2222—1111, and each minus one buzzer chirping, then start the motorized treadmill from minimum speed. Press speed +/- and incline +/- button can adjust speed and incline, also can be adjusted by the quick speed on the displayer or handrail button. Press STOP button or move safety key then the equipment will resume to ready mode.

### 3. 2 Pour meter mode:

Press **PROGRAM** button, you can choose follow: Time meter mode, Distance meter mode, Calories meter mode. The corresponding window shows the default values and flashing. At this moment, press **SPEED** button to adjust your desired value. Press **START** button, window 3 will display: 3333—2222—1111, the initial speed is 1 km/h, press **SPEED +/-** or **INCLINE +/-** button to adjust speed and incline. When the window numerical meter to zero, treadmill slow speed down to stop. Also, you can press **STOP** button or move safety key then the equipment will resume to ready mode.

### 3. 3 Build-in workout program

Press **PROGRAM** button, select any one form P1-P15 as the built-in programs, time window will blink and display by default. At this moment, press **SPEED** button to adjust your desired value. All the built-in programs are made up with 10 time-based segments. Press **START** button, treadmill will depend on 1 time-based segment speed and incline to move in 3 seconds. When finished last segment, program will be automatically arranged to the next segment. At the same time, speed and incline can be adjusted value of this segment. When all of segments is finished, the program is over, then treadmill will slow speed to zero. Press **SPEED +/-** or **INCLINE +/-** button to adjust speed and incline when treadmill is moving, but when into next segment, it will automatically adjust to default value. Also, you can press **STOP** button or move safety key then the equipment will resume to ready mode.

	Initial	Set the initial value	Set range	Display range
Time(minute/second)	0:00	30:00	5:00-99:00	0:00—99:59
Speed(km/h)	0.0	N/A	N/A	1.0—18.0
Incline (xx%)	0	N/A	N/A	0-15%
Distance(kilometer)	0.00	1.0	1.0—99.0	0.00—99.9
Pulse(time/minute)	P	N/A	N/A	60—200
Calories(kilocalori)	0	50	10—990	0—999

## II. The operation in the process of movement

- 1: Press **speed-** can reduce the moving speed.
- 2: Press **speed+** can increase the moving speed.
- 3: Press **incline+** can reduce the incline angle.
- 4: Press **incline-** can increase the incline angle.
- 5: Place both palms firmly on the handrail pulse kit for 5 seconds, the displayer heart rate will indicate the estimated heart rate.
- 6: Press **STOP** button then the equipment will resume to ready mode.

### III. Pulse Function

Place both palms firmly on the handrail pulse kit for 5 seconds. Placing both palms will deliver the more accurate reading. The displayer heart rate indicates the estimated heart rate. The measurement is not meant for medical conditions and/or any specific need of accurate heart rate monitoring purposes.

### IV : Safety key Function :

In any of status, take off safety key, window 2&3 will indicate "OFF", and the buzzer is BI-BI-BI. At the moment, treadmill can't do anything. And put in safety key again, all of windows are reset. devices are reset, Waiting for a command input.

## V. Body Fat Scale Function :

In standby mode, press PROGRAM button, window will indicate FAT to BODY FAT analysis function. Press MODE button to select parameters of the category (gender, age, height, weight). Corresponding window can indicate F1, F2, F3, F4. Each one parameter selected category, press SPEED+/- button to adjust parameter value. When all of parameter are adjusted, press MODE button again, corresponding window will indicate F5 and —, to enter the state of under test, then place both palms on the handrail pulse kit for 5 seconds and the body fat reading will be displayed on the corresponding window.

### 5.1 The input parameter display and setting range

Parameter category	Default value	Setting range	Note
Gender (-1-)	00 (male)	00—01	00=male 01=female
Age (-2-)	25 years old	10—99 years old	
Height (-3-)	170 CM	100—220 CM	
Weight (-4-)	70KG	20—150KG	

### 5.2 Body Fat

Index (BMI)	Obesity degree
<19	thin
19--26	normal
26--30	overweight
>30	obesity

## VI. Dormancy Function :

- 1 : When motorized treadmill stops, we don't have press any buttons in 10 minutes, it will enter a dormant state.
- 2 : In a dormant state, you can press any buttons to resume console.

## Program instruction : schedule

Time Program		10 segments									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	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	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2
P13	SPEED	2	5	6	9	7	8	5	2	3	2
	INCLINE	3	3	4	4	3	4	4	3	4	2
P14	SPEED	3	4	5	6	7	8	5	4	3	3
	INCLINE	0	3	3	2	2	4	4	3	3	2
P15	SPEED	3	5	7	7	8	7	7	5	5	4
	INCLINE	3	3	3	3	2	3	4	2	3	2

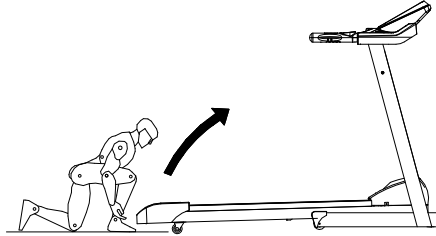


## INSTRUCTION OF FOLDING AND GRADIENT ADJUSTMENT

### HOW TO FOLD UP THE TREADMILL

#### 1. FOLD UP:

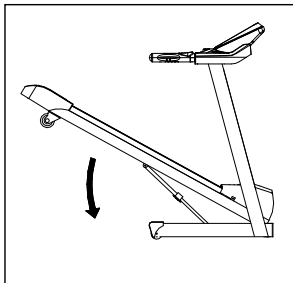
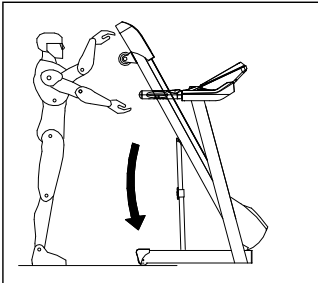
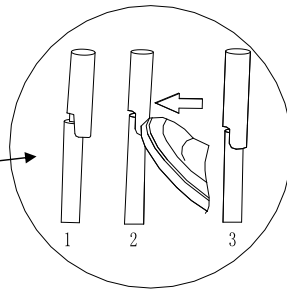
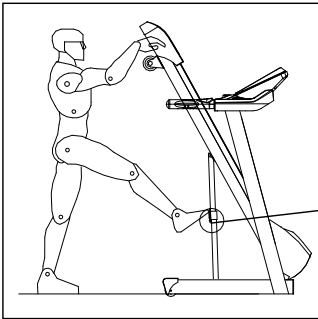
To fold the deck you first need to bring the treadmill to the lowest incline level. Hold the rear cap position (on main frame) firmly, raise the rear side of Main frame to fold the treadmill up. Then after hearing "kick" sound, the machine has been folded up.



### HOW TO FOLD DOWN THE TREADMILL

#### 2. FOLD DOWN:

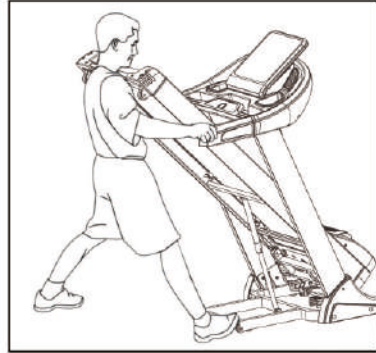
A. Step on the damper (as shown by the arrow on bottom middle). Both hands hold on to the top end covers (as shown by the arrow on top left) and pull down the treadmill slowly.



### How to move the equipment

Before move the equipment, ensure the equipment is at folded position as illustrates below and the cylinder is irmly hold by the tube.

1. Hold the handrail as shown and place one foot on top of the wheel.
2. Tilt the equipment back until it rolls freely on the wheels. Move the equipment to the desire location with care. DO NOT move the equipment without tilting it back. DO NOT attempt to move the equipment over any uneven surface.
3. Place one foot on top of the wheel, then slowly lower down the equipment until it is resting in folded position.



### Warning!

Ensure the power cord is unplugged from the power socket before any maintenance is being performed.

### Cleaning

Consistent cleaning the equipment could extend the life span of the equipment.

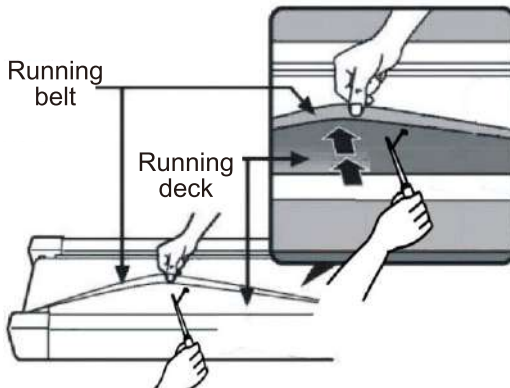
### After Each Workout

Wipe the console and other surface of the equipment with a clean damp cloth to remove excess perspiration. **DO NOT** use abrasive solvents to clean the equipment.

### Running Belt Lubrication Maintenance

Lubricant has been applied to the running belt by default. However, it is recommended to check on the running belt periodically in order to ensure the optimal performance.

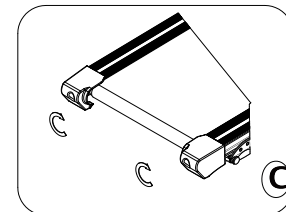
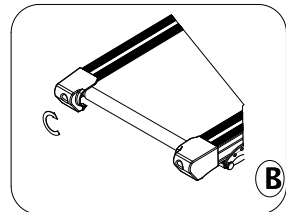
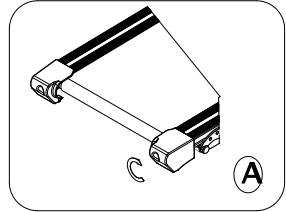
Way to apply lubricant and suggested period to maintain the running belt is illustrates as below.



Weekly Usage	Suggest Maintenance Frequency
Less than 3 hours	Once a year
3-5 hours	Once every 6 months
More than 5 hours	Once every 3 months

## Running Belt Tension Adjustment

1. If the belt tends to more to the right, turn the belt adjustment screw on the right in clockwise direction. Make  $\frac{1}{4}$  turn each time and check how it works. If the belt still remains slanting to the right, turn the belt adjustment screw on the left in counterclockwise direction  $\frac{1}{4}$  which illustrates in picture A.
2. If the belt tends to move to the left, turn the belt adjustment screw on the left in clockwise direction for  $\frac{1}{4}$  turn. If the belt remains slanting to the left, turn the belt adjustment screw on the right in counterclockwise diction for  $\frac{1}{4}$  turn which illustrates in picture B.
3. After some period of usage, the belt might be elongated, slippery or halt. These could appear during running process. Ensure both sides of the screw are adjusted  $\frac{1}{4}$  turn when any of the mentioned situation occurred. If the belt is too tight, loosen the screw on both sides for  $\frac{1}{4}$  turn which as illustrates in picture C.



### IF THE METER DISPLAYS AS BELOW:

QUESTION	EXPLAIN	FIRST INSPECT
Blank console	1.Wires damaged	Replace the wires
	2.console broke down	Replace the console
	3.Power cord isn't inserted	Plug the power cord
E01	1.Connecting error between the console and controller	Connecting wire
	2.Error on controller IC	Insert IC accurately
	3.Damage on controller	Replace the controller
E02	1.Damaged or loose on MOS crash	Check that the meter line to motor is connected or not
	2. motor lines loosened	Insert motor line accurately
E03	Connecting error on light sensor magnetic induction signal	Insert the wire accurately or aim at light hole directly
E05	The electricity is too strong	Check if it is overloaded , please adjust the motorized treadmill and restart
E07	The safety key is out of place	Put the safety key back
Inverse function of handrail quick button	Start/Stop line plugged into speed line	Check the handrail sensor line

This treadmill is designed with user safety as the number one priority in the event of electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

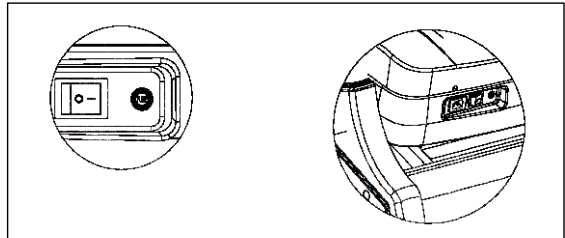
When you encounter unusual behavior from the treadmill, simply go to the front of the treadmill, turn the power switch off and on to reset the treadmill. This should clear incidental errors and ready the treadmill for normal operation again.

If after you have reset the treadmill by turning the power switch off and on again, and the treadmill is still not operational, then it is time to call your dealer for service

Problem	Potential Cause	Corrections
Treadmill will not start	<ol style="list-style-type: none"> <li>1. Not plugged in</li> <li>2. Safety key not inserted</li> <li>3. House circuit breaker tripped</li> <li>4. Treadmill circuit breaker tripped</li> <li>5. On/Off switch on OFF</li> </ol>	<ol style="list-style-type: none"> <li>1. Plug into grounded outlet</li> <li>2. Insert safety tether into console</li> <li>3. Reset or replace fuse as following photo.</li> <li>4. Lubricate treadmill deck and reset</li> <li>5. Turn on/Off switch to ON</li> </ol>
Running belt slips	<ol style="list-style-type: none"> <li>1. Running belt not tight</li> <li>2. Drive belt not tight enough</li> </ol>	<ol style="list-style-type: none"> <li>1. Adjust running belt tension</li> <li>2. Adjust drive belt tension</li> </ol>
Running belt hesitates when stepped on	<ol style="list-style-type: none"> <li>1. Insufficient lubrication</li> <li>2. Running belt too tight</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply silicone lubricant</li> <li>2. Adjust running belt tension</li> </ol>
Running belt is off concerned	Running belt tension not even across the rear roller	Center the running belt

For correction NO. 3, you can check the place as the following drawing

FUSE POSITION



### Caution!

Before starting to exercise, read the manual carefully and also always keep this manual with you.

The equipment has been tested and certified by En957 under class H.C. for home use only.  
Maximum weight of user: 140KG

Make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all your equipment at hand will save time and make the assembly quickly.

Make sure that you have cleared away a large enough space to properly assemble the unit.

Make sure space is free from anything that may cause injury during assembly.

Keep the treadmill indoors, away from moisture and dust . Do not put the treadmill in a garage or covered patio, outdoors or near water.

Keep pets and small children away from the treadmill at all time.

Keep at least 2500mm (L)\* 1500mm (W) safety area behind the treadmill.

Assemble and operate the treadmill on a level, solid surface.

Keep the plug and power cord away from heated surface.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

## Before Workout

Before beginning any exercise program you should consult your doctor first to determine if you have any medical or physical conditions that could put your health and safety at risk or any damage. Your doctor's advice is essential especially if you are taking medicine that affects your heart rate, blood pressure or cholesterol level. We do not suggest you to use the machine unless you have your doctor's advice.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. If you feel dizziness, nausea, chest pain, back pain or other health symptoms stop the workout at once and consult your doctor before continuing.

Do warm-up exercises.

Never insert any objects into any opening on the treadmill.

Wear appropriate workout clothing while exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required while using the machine.

Never turn on the treadmill while somebody is standing on the running surface.

Before using the machine, please check the nuts and bolts are securely tightened.

## During Workout

Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Do not step off the treadmill while the belt is running at high speed.

Keep all loose clothing and towels away from the running surface.

To get on running surface, straddle the running surface by standing on the right and left foot rails on each side of the belt before starting the belt.

The treadmill is capable of high speed. To avoid sudden jumps in speed, adjust the speed in small increments.

Keep hand away from all moving parts.

Always insert the safety key and attach the clip to your clothes at your waist before beginning your workout. If you encounter problems and need to stop the motor quickly, simply pull the safety key from the computer.

Never leave the treadmill unattended while it is running.

Never attempt to turn around while of the treadmill with the belt running. Keep your head and body facing forward at all times.

Do not overexert yourself during your workout. If you feel any pain or discomfort, stop your workout immediately and consult your physician.

Always use the equipment as mentioned. If any defective components while assembling or checking the equipment has been found, or you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.



### After Workout

Decrease the speed gradually, then press the button "STOP" on the computer.

To get off the running surface, straddle the running surface by standing on the right and left foot rails on each side of the belt after the belt has stopped.

Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

Do warm-down exercises at the end of your workout.

When you finish your workout, follow page 17 to fold up the treadmill for storage.

Regularly inspect and tighten all parts of the treadmill.

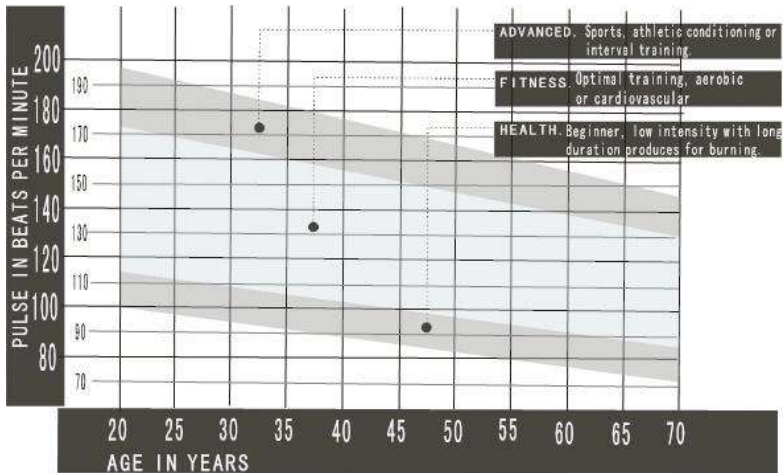
Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Do not remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by any authorized service representative only.

To disconnect, turn the power switch to the OFF position before removing the power plug from the wall outlet. Keep all electrical components, such as the motor, power cord and ON/OFF switch away from water or other liquids to prevent shock. Do not set anything on the handrail, computer console or belt. Never place liquids on any part of the unit.

Do not modify or attempt any service on the treadmill yourself other than the assembly and maintenance described in this manual.

First try to find your heart beating rate. To make sure your heart is beating in its target zone. You'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck. Between the windpipe and the large neck muscle. Count the number of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone", a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lung. It will improve fitness is promoted by any activity that uses your large muscle groups—arms, legs, or buttocks, for example. Your heart beats quickly and you breathe deeply an aerobic exercise should be part of your entire exercise routine.

### WARM UP AND COOL DOWN

### Stretching routine

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts, after several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise.

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

4. Shoulder lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

5. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.

6. Side Stretch

Open your arms to the side and continue lifting them until they are over your head, Reach your right arm as far upward toward the ceiling as you can for one count, Feel the stretch up your right side, Repeat this action with your left arm.

7. Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts.



**MALAYSIA**

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OAGWA 真心感谢您选择 TREK PRO T8.3. 使用前请阅读此说明书，特别是安全说明部分。并保留此说明书予以备用。

### 备注：

本公司将保留修改设计和产品最终解释权。  
产品颜色以实物为准。



### 警告

请在使用前阅读以下说明。

### 仔细的依据装配程序。

1. 确保所有螺丝及螺帽在安装过程时都拧紧。
2. 确保所有配件为原厂配件，切勿私自更换。
3. 确保使用者在使用前清楚了解本身的健康状况。为了确保使用者有更佳的体能，使用者必须在适当的情况下有规律及渐进的进行训练。
4. 确保任何情况下小孩都必须在成人的监护下使用此器材，或在无使用的情况下确保小孩远离此器材。
5. 确保在使用时穿上运动装、合适的衣服饰或较紧身的衣服以避免宽松衣服而导致缠上器材的危险。在使用时若感不适，请即时停止使用并平躺休息。
6. 此器材每次仅供一人使用。
7. 若发现此器材有任何损坏，请停止使用。
8. 确保此器材摆放在无水、平稳及平面表层并确保有足够的空间移动。
9. 此器材仅供室内使用。
10. 仅供居家使用而设计的，最大负载量为110公斤。
11. 确保使用前检查器材的所有配件，尤其容易磨损部位。立即替换含缺陷配件以避免意外发生。依据安装程序定时的检查此器材配件以确保此器材的安全水平。
12. 请依据联邦或当地法规丢弃此器材。



### 处理此器材的正确方法

本标志表示此产品在任何欧盟国家，皆不可与家庭废弃物一同丢弃。为避免任意丢弃对环境与人体健康可能造成的伤害，应确实回收来增加剩余可利用物质的在使用性。归还使用过器具，请遵循归还及回收程序，或与原购买零售商联系。他们能将产品进行对环境安全的回收。

1. 本保权限不可转让。
2. 本保修服务仅对在OGAWA购买的产品有效。
3. 当要求保修服务时请出示正本购买凭据。
4. 在保修范围内的维修服务自购买之日购买之日起一年内有效。
5. 由于错误使用，不合理保养以及未经授权私自改装和维修此产品而导致的损坏，不属于保修范围。
6. 此保修范围不包括不属于产品本身的附件。
7. 此保修范围不适用于租赁，交易，商业，机构或其他非个人使用者。
8. 此保修范围所涉及的维修服务必须经过OGAWA授权，且必须授权的技术人员维修。
9. 若需更换的维修附件缺货，OGAWA 有权采用替代配件进行维修。





## 警告

安装此器材时须额外小心。不正确处理此器材可导致意外发生。

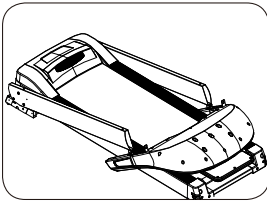
## 注意

安装此器材前，请阅读及明白以下的指示。以下指示说明安装此器材的步骤。

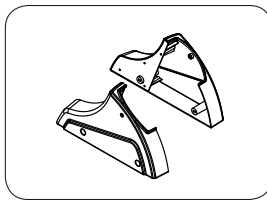
## 确认包装箱内的零件

取出包装箱内的所有零件。

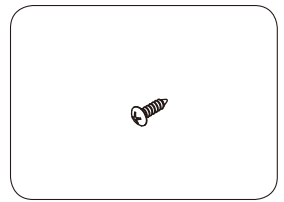
核对下图零件是否与包装箱内取出的零件相符。若发现缺少任何零件，请立即联络 OGAWA 技术援助团队。



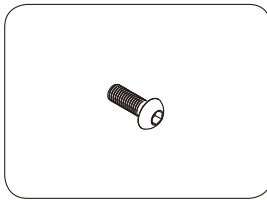
主架 x 1



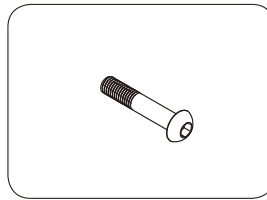
左右护盖 x 2



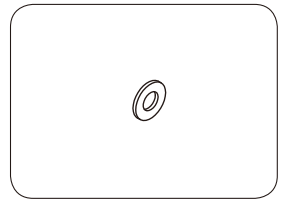
十字圆头自攻螺丝 M4\*15 x 2



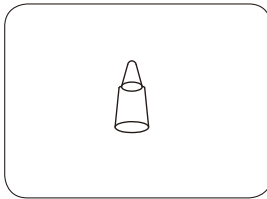
半圆头内六角螺丝  
M8\*15 x 4



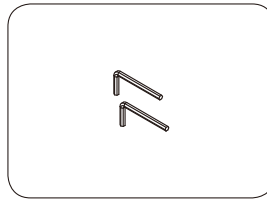
半圆头内六角螺丝  
M8\*55 x 4



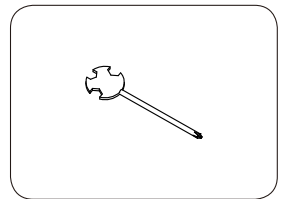
平垫片 x 6



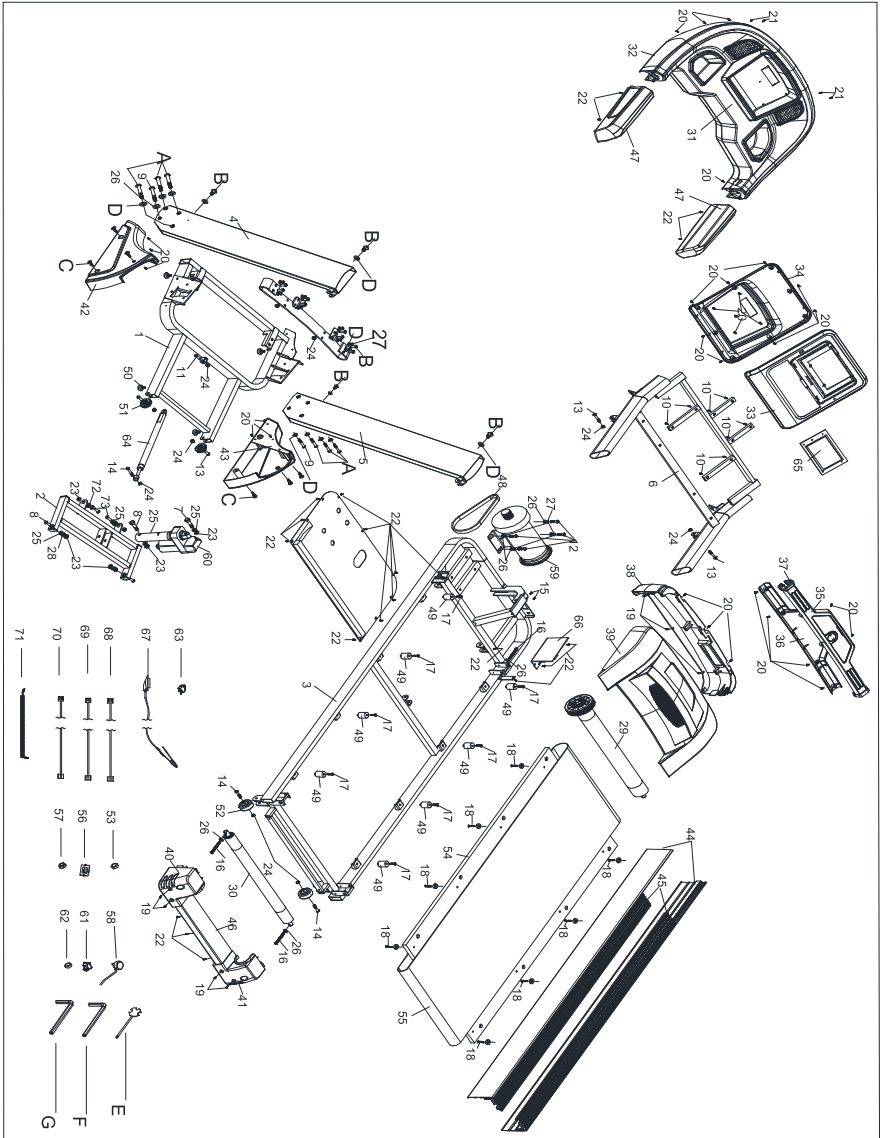
夕力康油 x 1



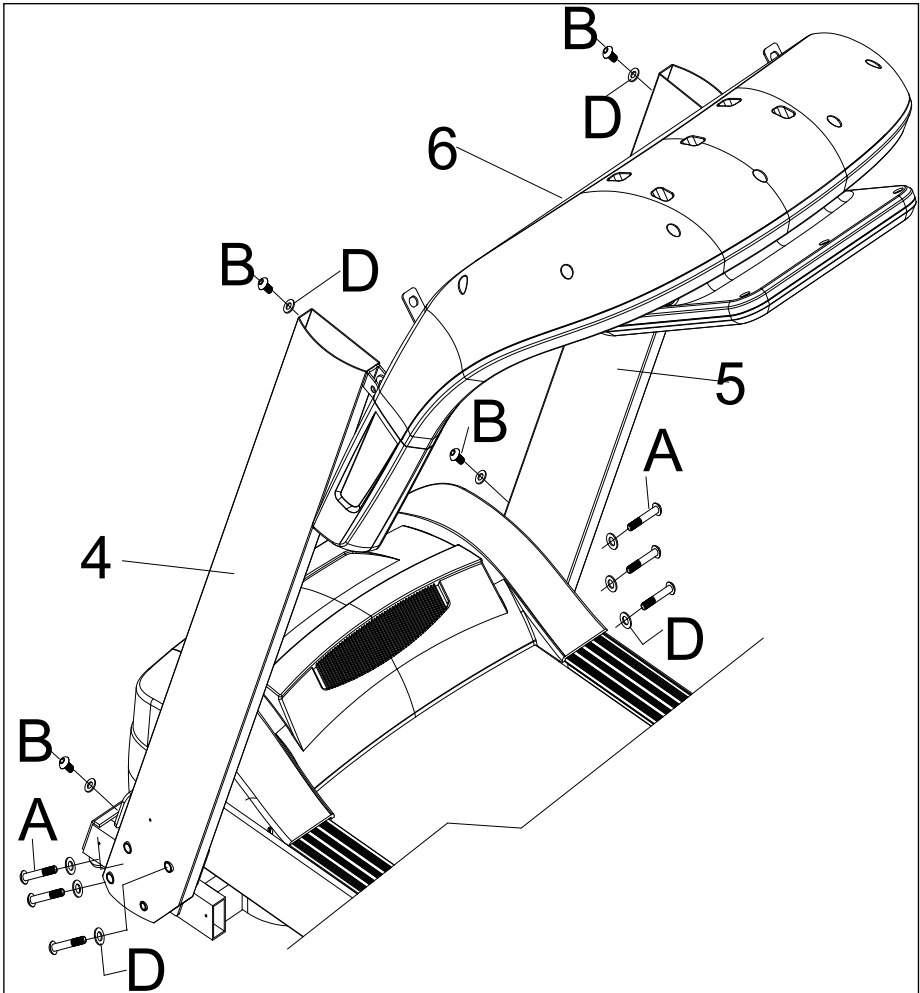
内六角扳手5#/6# x 2

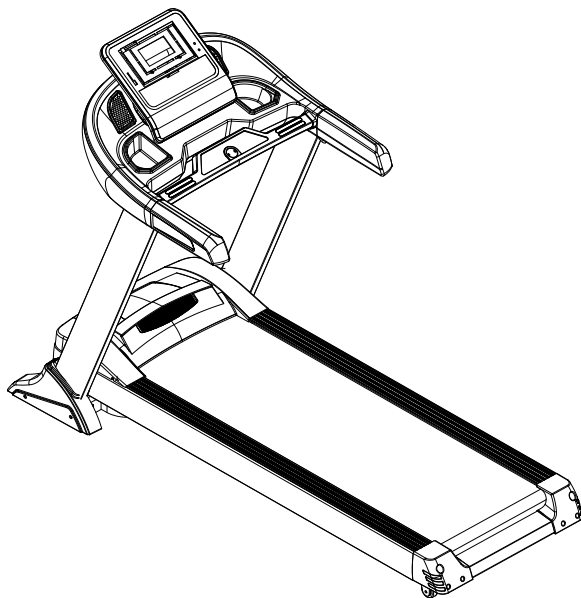


十字开口扳手 x 1



1	底座	1	40	左后尾盖	1
2	扬升架	1	41	右后尾盖	1
3	主架	1	42	立柱护盖(左--右)	2
4	左立柱	1	43	立柱护盖修饰版	2
5	右立柱	1	44	侧边条	2
6	前横扶手架	1	45	正边条 I	2
7	螺丝 M10*55	1	46	后护角修饰条	1
8	螺丝 M10*45	5	47	扶手泡棉	2
9	螺丝 M8*55	2	48	马达皮带 210J-6	1
10	自攻螺丝 $\varnothing 4*20$	8	49	缓冲垫 $\varnothing 25*33*M8$	8
11	螺丝 M8*25	1	50	调整脚垫	4
12	螺丝 M8*30	4	51	底座移动轮	2
13	螺丝 M8*35	4	52	大架移动轮	2
14	螺丝 M8*40	3	53	磁环海绵护套	1
15	自攻螺丝 $\varnothing 4*12$	2	54	跑板 1220*605*T15	1
16	螺丝 M8*65	3	55	跑带 460*2870*T1.6	1
17	螺丝 M8*20	8	56	U 型插座	1
18	螺丝 M5*28	8	57	环形护线塞 $\varnothing 24*\varnothing 15*6$	1
19	自攻螺丝 $\varnothing 4*15$	7	58	电源线	1
20	自攻螺丝 $\varnothing 4*12$	30	59	DC 马达	1
21	自攻螺丝 $\varnothing 3*10$	4	60	扬升马达	1
22	自攻螺丝 $\varnothing 4*12$	22	61	电源开关	1
23	螺母 M10	6	62	磁环 $\varnothing 28*\varnothing 16*13$	1
24	螺母 M8	11	63	过载保护器	1
25	垫片 $\varnothing 11*\varnothing 22*2.0$	6	64	气弹簧	1
26	垫片 $\varnothing 9*\varnothing 16*T1.6$	12	65	上控	1
27	弹簧垫片 M8	4	66	下控	1
28	弹簧垫片 M10	4	67	安全锁	1
29	前滚筒	1	68	通讯线上	1
30	后滚筒	1	69	通讯线中	1
31	电子表上盖	1	70	通讯线下	1
32	电子表下盖	1	71	音频线	1
33	表芯上盖	1	A	螺栓 M8*55	6
34	表芯下盖	1	B	螺栓 M8*15	4
35	前横扶手上盖	1	C	螺丝 $\varnothing 4*15$	6
36	前横扶手下盖	1	D	垫片 $\varnothing 9*\varnothing 16*T1.6$	10
37	扶手管塞	2	E	扳手 S13.15	1
38	马达前盖	1	F	扳手 S5	1
39	马达盖	1	G	扳手 S6	1





## 注意

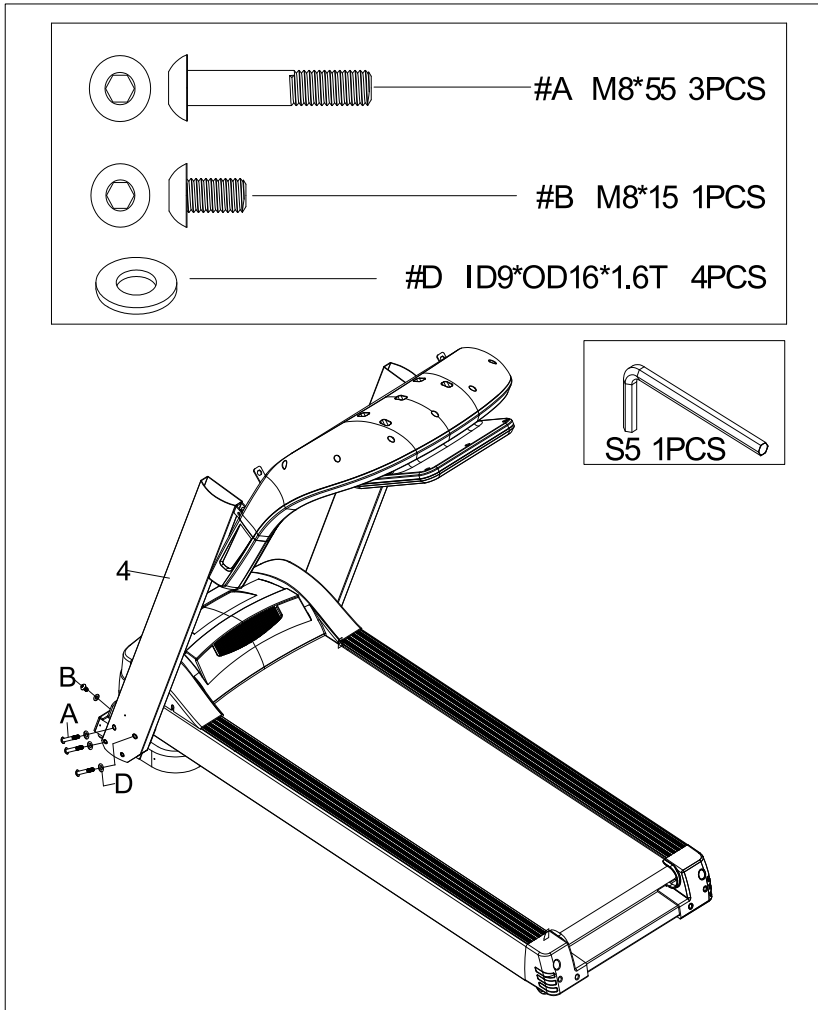
- 安装前请仔细阅读说明书
- 先清点所有的配件
- 检查工具
- 确保使用正确的工具
- 准备好地方进行安装
- 按照步骤进行安装
- 逐步锁紧螺丝
- 保存此说明书



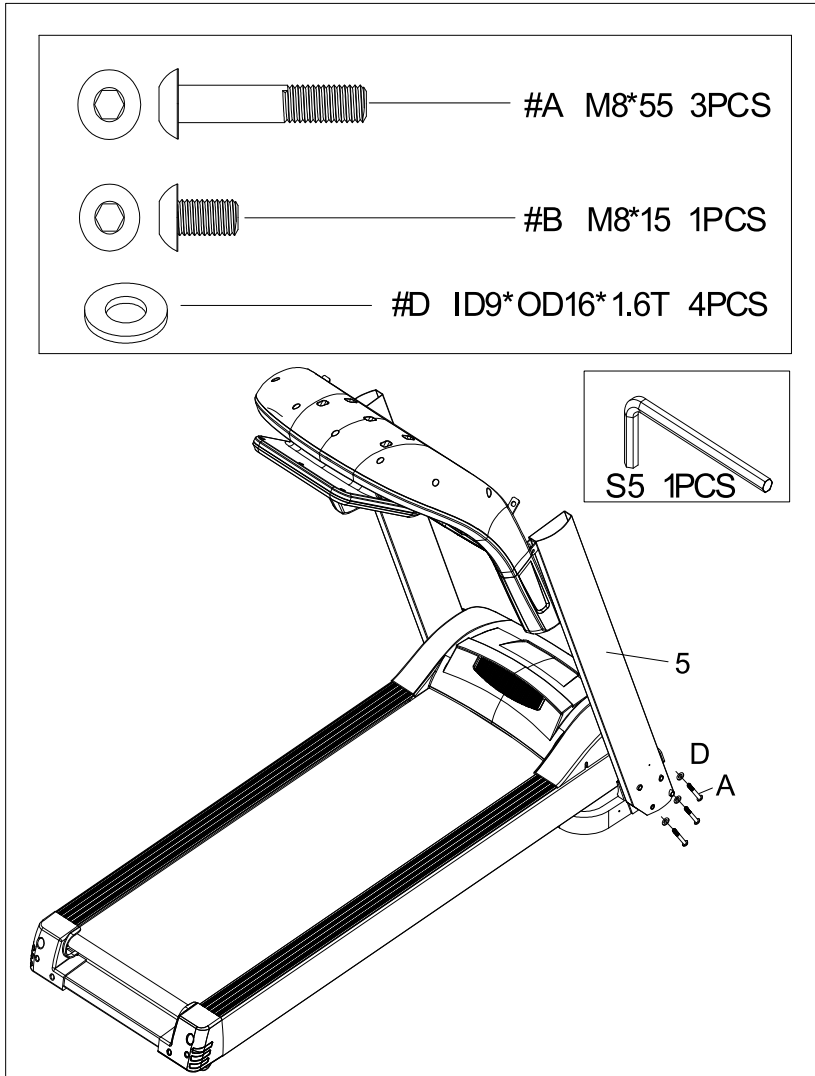


从螺栓组中找到图纸上列出的下列零件，按 1:1 的比例排列，然后按照图示完成组装。

步骤 1:

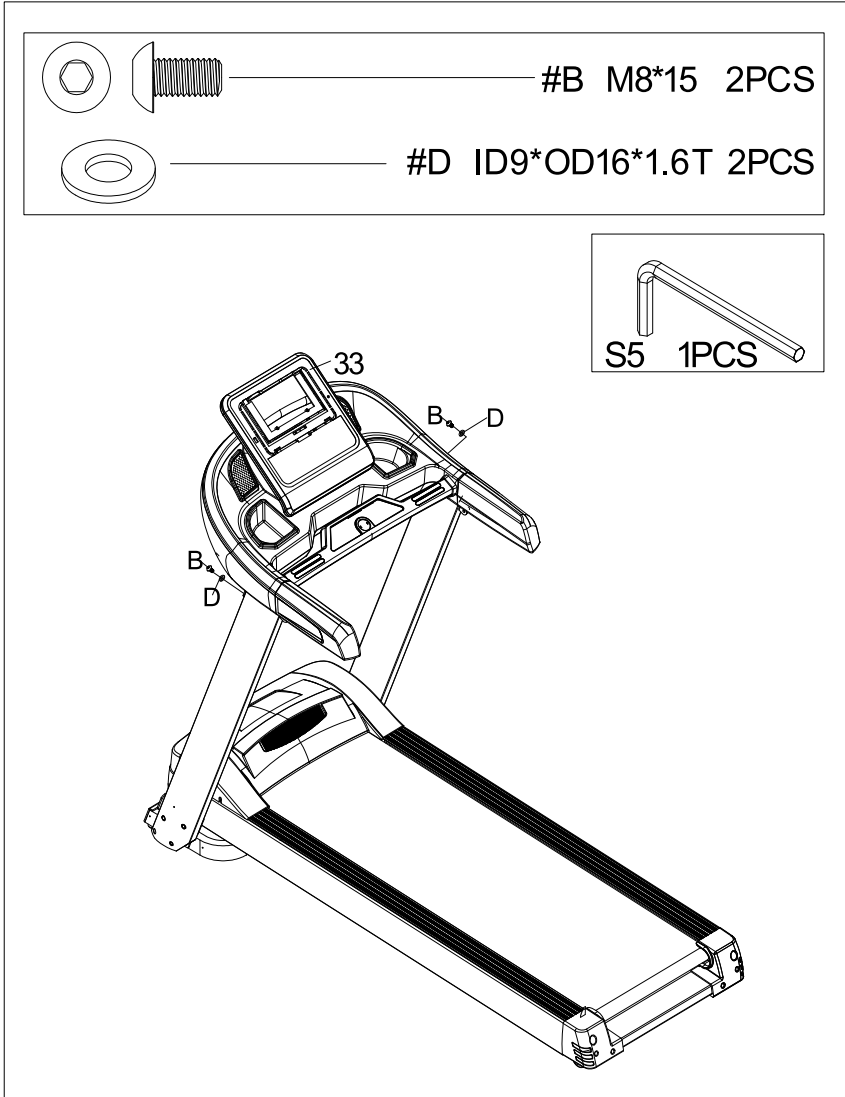


步骤 2:





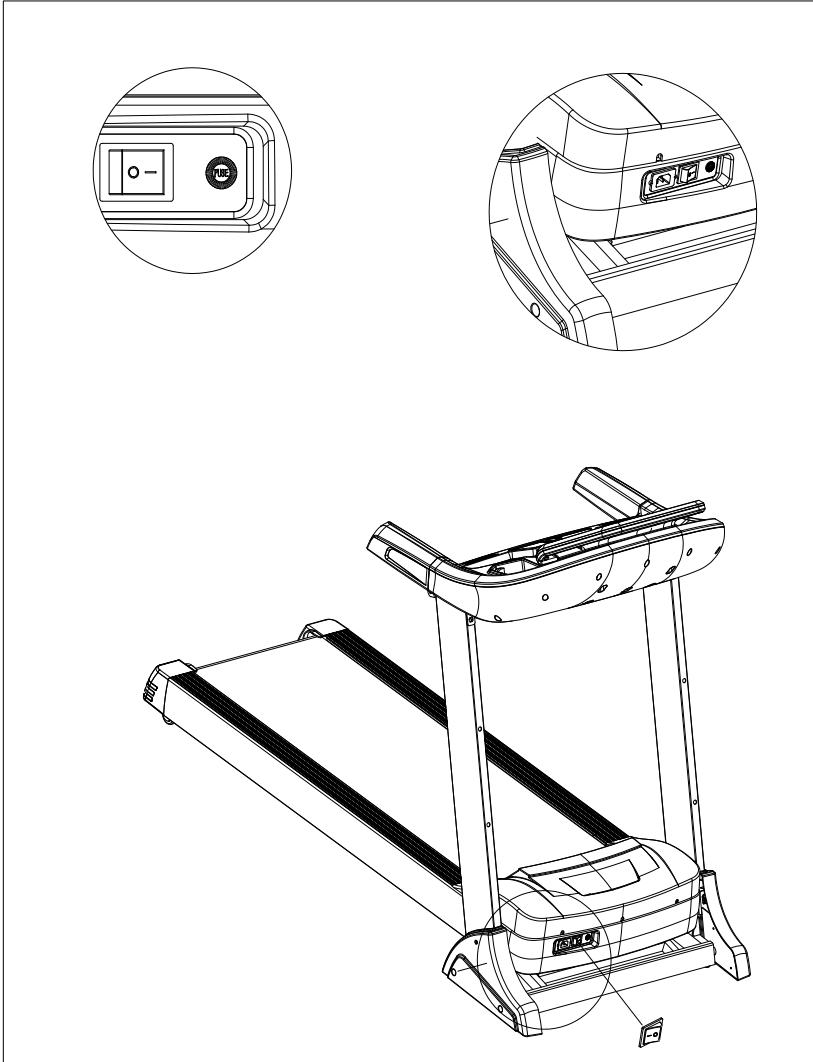
步骤 3:



步骤 4:

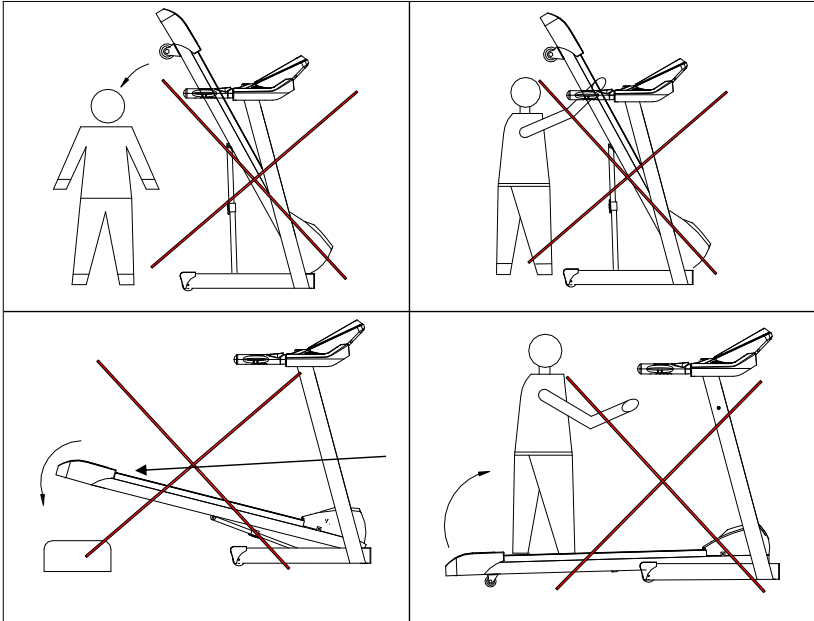


步骤 5:

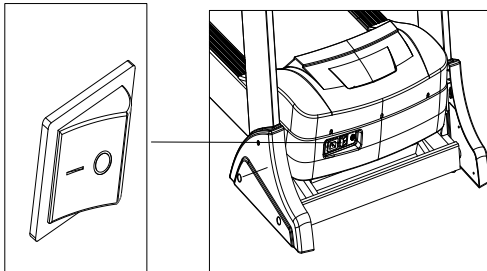


## 警告

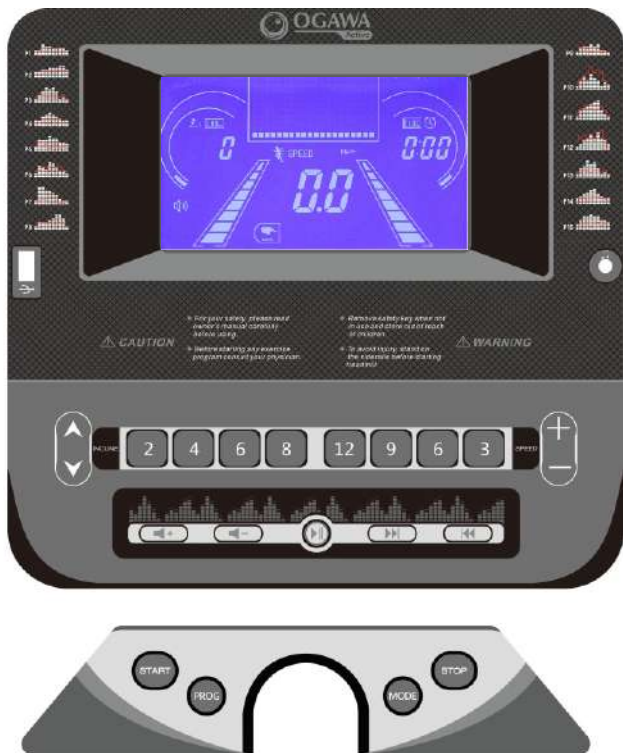
1: 打开或者折叠跑步机的时候请不要站在跑步机下面



2: 确保跑步机与电源断开。你可以按下主电源开关关掉跑步机



## 一：窗口和按键说明：



### 1. 窗口显示

- 1.1 “TIME”窗口：显示运动时间。正向计时从 00：00~99.59；倒计时则从设定时间递减至 0，当倒计时至 0：00 时跑步机平稳降速停止运行且显示“End”，完全停止后进入待机模式。
- 1.2 “DISTANCE”窗口：指示当前的运动距离。距离正向计数从 0~99.9，溢出后从 0 开始重新计数；距离倒计时则从当前设定值递减至 0，此后跑步机停止动作，显示 End，完全停止后进入待机模式。
- 1.3 “CALORRIES”窗口：正向计数从 0~999，溢出后从 0 开始重新计数；卡路里倒计时，则从设定值开始递减至 0，倒计时至 0 后跑步机跑步机平稳降速停止运行且显示“End”，完全停止后进入待机模式。

- 1.4 “PACE”窗口:显示当前速度跑步 1 公里需要的时间。
- 1.5 “PULSE”窗口:有心跳输入时显示心跳值,无心跳输入时显示 P,在设置选择状态下显示 P1~15-U1~U3-Hr1~2”。测心跳其计算范围为:40~220。PULSE 窗口下的心形图标闪烁,表示侦测到心跳。  
“SPEED”窗口:显示当前速度值。
- 1.6 点阵窗口:左侧显示速度对应的点阵图,右侧显示坡度对应点阵图。
- 1.7 米字悬浮窗口:流动显示提示字符串。如待机时,流动显示[客户 LOGO]。运动状态下,流动显示[PRESS STOP FOR TRAINING FINISHED]。程式选择状态下显示 [FIXED PROGRAM - PRESS START FOR QUICK START OR PRESS PROGRAM TO SELECT OR USE SPEED +/- KEYS TO ADJUST TIME]。时间、距离、卡路里倒计设置时,分别流动显示 [TIME /DISTANCE/CALORIES COUNT DOWN- PRESS START FOR QUICK START OR USE SPEED +/- KEYS TO ADJUST TIME/DISTANCE/CALORIES]。在 Hrc 及 BODYFAT 显示 SEX/AGE/HEIGHT/WEIGHT 等信息。
- 1.8 椭圆形跑道窗口:已经跑的路程长亮显示,当前闪烁的位置表示当前的所在跑道的位置,一圈 400M。每跑 400M 循环显示。

## 2. 按键功能说明

- 2.1 “START”键:开启电源,打开安全开关,若在待机模式下按下 START 键可启动跑步机,此时默认速度为 1KM,扬升自动复位为 0。若在固定程式、用户自设、Hrc 模式下按 START 启动,则跑步机按照预设值动作,并累计数值。
- 2.2 “STOP”键:运动状态下按 STOP 键,时间窗口显示 END,跑步机扬升速度降为 0。5 秒后返回待机界面。
- 2.3 “SPEED+”、“SPEED-”为速度加减键:启动后用于调整速度,其调整幅度值为 0.1km/次,当持续按住超过 0.5 秒时自动持续递增或递减。其他模式下用于调整设定数值大小。
- 2.4 “INCLINE +”、“INCLINE -”为坡度加减键:启动后用于调整速度,其调整幅度值为 1 度/次,当持续按住超过 0.5 秒时自动持续递增或递减。其他模式下用于调整设定数值大小。
- 2.5 “PROG”键:待定状态选择各个模式切换。包括 P01~P15, 15 个固定程式、U1~U3, 3 个用户自设模式。2 个心率控速程式 Hrc、体脂测试模式 BODYFAT。共 15 个固定模式,每按一下切换一个模式,当持续按住超过 0.5 秒时自动持续切换。在选择各种模式时均可使用速度和坡度加减键来设定相关数值,设定完成后按 START 键即可启动跑步机;
- 2.6 “MODE”键:待机模式下,按此键可循环设置“15: 00”、“1.0”、“50”(15: 00 为时间倒计,1.0 为距离倒计,50 为卡路里倒计),可使用速度和坡度加减键来设定相关倒计数值,设定完成后按“START”键即可启动跑步机。在 Bodyfat、Hrc 模式下,按此键可进入性别 年龄 身高 体重的设定。

2.7 SPEED 快捷键：可快速设置坡度值为 3、6、9、12

INCLINE 快捷键：可快速设置速度值为 2、4、6、8

2.8 音乐控制键：可控制输入音乐的开始/停止，音量的大小，上一首下一首音乐切换。

※註：任何有效按键按下均有 Bi 声提示音，当按键作参数调整超限时会伴有长音提示。

### 3. 功能模式说明

3.1 运动模式：按 START 键快速启动，时间正计，速度 1.0KM/H，扬升 0 段，按速度和坡度加减键可手动调节速度和扬升。

3.2 倒计时模式：在待机模式下，按 MODE 键可进入时间倒计、距离倒计、卡路里倒计。可使用速度和坡度加减键来设定相关倒计数值，设定完成后按 START 键即可启动跑步机，跑步机从设定值开始倒计，倒计至 0 跑步机自动停止动作，返回待机界面。

3.3 固定程式 (P01~P15)：按 PROG 键选择 P01~P15 中的一个模式，用速度和坡度加减键设置好时间 (时间可选范围 5~99:00，默认 10:00)，按 START 键执行程序，跑步机按照固定程式预设值动作，时间每间隔 (Time/10) \*60 秒变化一次速度、扬升值，矩阵窗口每个程式变化 10 段。左右矩阵显示高度越高速度或扬升越大，越低速度或扬升越小。预设固定程式数值见固定程式表。

3.4 用户自设模式 (U1~U3)：按 PROG 键选择 U1~U3 模式，U1~U3 初始默认速度为 3KM/H，坡度为 0；用速度加减键设置好时间 (时间可选范围 5:00~99:00，默认 10:00)，按 MODE 键进入第一段的速度、坡度值设置，按 SPEED+/-、INCLINE+/- 键来调整数值选择所需数值；设置好第 1 段再按 MODE 键进入第 2 段设置，如此直到第 10 段，全部设置完成后，再次按下 MODE 键会有 bibibibi 四声提示音，表明系统已经自动保存设置的数值，按开始键即可按照设定值启动跑步机。断电、复位后再次进入，仍然保存设置的数值，清除 EEPROM 记忆体资料后，回到默认值。

3.5 心率控制程式 Hrc：按 PROG 键选择 Hrc 模式，用速度和坡度加减键设置好时间 (时间可选范围 10~99，默认 10:00)，按 MODE 键进入年龄设置，默认 30，15~80 可选。再按 MODE 键，可计算得到预设心跳值，按 START 键执行程序。开始 1 分钟热身，模式速度 1KM/H，时间 0 可手动调节速度、扬升。倒计结束后开始 Hrc 时间倒计，运动过程中若检测到的心跳值低于预设心跳值，则速度增加 0.8KM，速度最大增加到 10KM。当速度最大时，若心跳值仍低于预设值，则增大坡度。坡度最大升至 8 段；若检测到的心跳值低于预设心跳值，若有坡度则先减小坡度，若无坡度则降低速度 1KM。

**3.6 体脂测试模式 FAT:** 按 **PROG** 键选择 **FAT** 模式, 按 **MODE** 键进入设置性别、年龄、身高、体重, 每选定一个参数类别, 按速度和坡度加减键来调整数值。所有参数设置完成后, 再次按下 **MODE** 键, 窗口显示“---”, 此时按住手握把自动输入心跳, 便可计算出身体肥胖指数。注: 此模式必须有心跳输入才能使用。

### 3.7.1 输入参数默认值与设定范围

参数类别	默认值	设定范围	备注
性别	MAN	MAN/WOMAN	MAN 为男性, WOMAN 为女性
年龄	30	15~80	周岁
身高	170	100~200	单位: CM
体重	70	20~150	单位: KG

### 3.7.2 体脂指数对照

体脂指数 (BMI)	肥胖程度
<19	偏瘦
19~26	正常
26~30	超重
>30	肥胖

**3.6 睡眠模式:** 在待机模式下 10 分钟内没有按下任何按键, 进入睡眠模式, 画面全部关闭, 只需按任一按键即可唤醒, 唤醒后进入待机模式。

**3.7 安全模式:** 遇紧急情况, 拉下安全夹, 跑步机即可停止动作, 显示 E07, 关闭安全夹系统重新开机。

**3.8 蓝牙模式:** 配合使用蓝牙模块与 APP 操作, 即可通过该手机软件查看在跑步机上的运动量。

**3.9 MP3 功能:** 主板包含集成功放, 连接播放设备可播放音乐。

## 4. 运动参数显示与设定范围

	显示范围	程式默认值	模式默认值	设置范围
速度(KM/H)	0~18	---	1.0	1~18
时间(MIN)	0:00~99:59	10: 00	15: 00	5: 00~99:00
距离(KM)	0~99.9	---	1.0	0.5~99.9
扬升	0~15	---	0	0~15
卡路里(Kcl)	0~999	---	50	10~999
扭力值 (gc3)	N/A	N/A	N/A	N/A
轮径	N/A	N/A	N/A	N/A



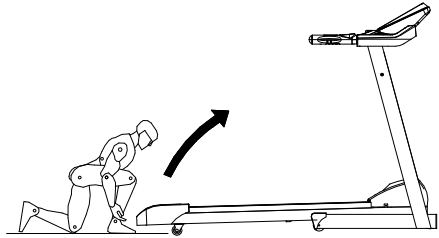
## 5. 固定程序表:

各个 Program 之 Profile 值如下:

Time Program		10 segments									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	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	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2
P13	SPEED	2	5	6	9	7	8	5	2	3	2
	INCLINE	3	3	4	4	3	4	4	3	4	2
P14	SPEED	3	4	5	6	7	8	5	4	3	3
	INCLINE	0	3	3	2	2	4	4	3	3	2
P15	SPEED	3	5	7	7	8	7	7	5	5	4
	INCLINE	3	3	3	3	2	3	4	2	3	2

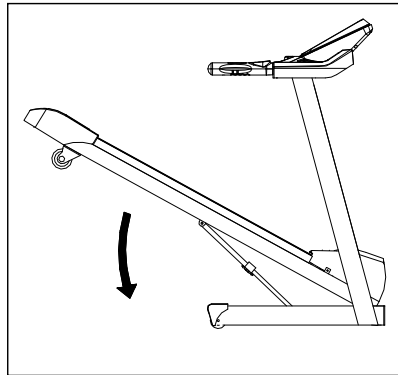
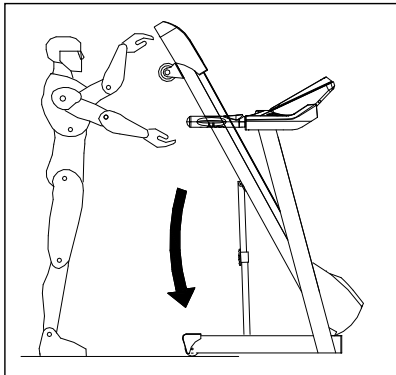
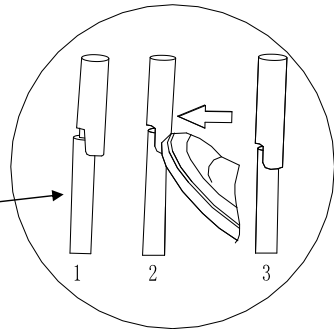
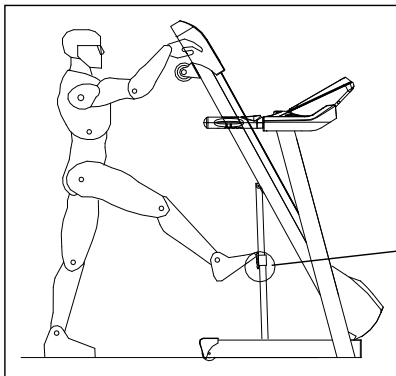
### 1. 折叠:

折叠跑步机之前先把扬升降到最低位，  
然后抓住两个后尾盖中间位置，  
把主架抬起来。  
听到“咔”的声音后，跑步机完成折叠。



### 2. 打开:

踩上气弹簧（如底部箭头所示），双手握住顶端的盖（如左上箭头所示），慢慢地拉下跑步机。



## 如何移动此器材

确保此器材在移动前处于折叠状态如图下，及确保跑道后方的圆柱稳固的定住。

1. 双手紧握左右立柱如图下，把一只脚放在轮子上。
2. 把器材向后倾直到轮子可以自由移动，然后小心地把器材移到目的地。切勿在无后倾器材的情况下移动此器材及把器材移动至不平稳表面。
3. 把一只脚放在轮子上，然后慢慢的将器材平放至折叠状态。



## 警告！

确保保养前把电源插头从电源插座拔出。

## 清理

定期清理器材可延长器材的使用期限。

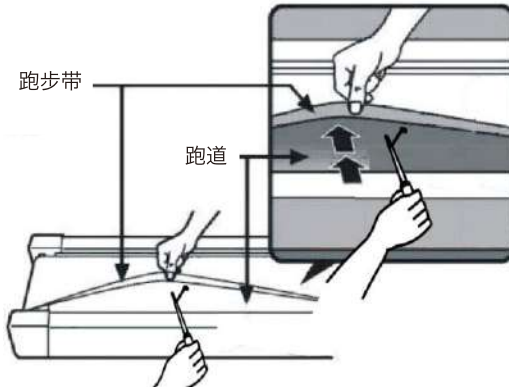
## 每次运动后

用干净的湿毛巾清理遗留在仪表或器材表面上的汗积。切勿使用含腐蚀性洗涤剂以清洗此器材。

## 跑步带润滑保养

跑步带已预先备有润滑剂。为了确保最佳使用状态，建议定期检查跑步带的润滑程度。

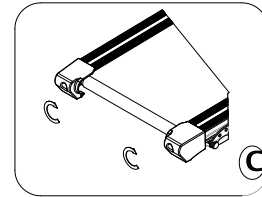
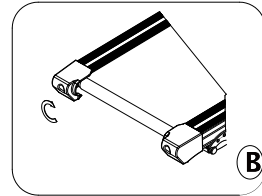
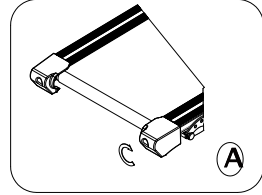
下图为涂抹润滑剂方法及建议保养时限



每星期用量	建议保养频率
低于3小时	1年1次
3至5小时	每6个月1次
超过5 小时	每3 个月1次

### 跑步带调节

1. 若跑步带偏右，将跑步带右边的调节螺丝顺时针方向转。每次只须转1/4圈，然后检查跑步带的运作。若跑步带仍偏右，将跑步带左边的调节螺丝逆时针方向转1/4圈，再进行检查。可参阅图A。
2. 若跑步带偏左，将跑步带左边的调节螺丝顺时针方向转。每次只须转1/4圈，然后检查跑步带的运作。若跑步带仍偏左，将跑步带右边的调节螺丝逆时针方向转1/4圈，再进行检查。可参阅图B。
3. 某些期限使用后，跑步带有可能拉长，打滑或停止。这些现象都可在器材运作时发生。确保在这些现象发生时，两边的调节螺丝向同一个方向转1/4圈。若跑步带太紧，将两边的调节螺丝向同一个方向转1/4圈。可参阅图C。



如果电子表显示如下：

异常状况	可能原因	检查方法	解决方法
电子表无显示	1、线材不良	1、线材是否断开	更换线材
	2、电子表不良	3、更换一个电子表试机	更换电子表
	3、电源线没插好	4、检查电源线	插好电源线
E01	1、电控与电子表通信受阻	检查电子表到电控线材是否插好	连接好线材
	2、电控 IC 没装到位	检查并将电控 IC 插到位置	将 IC 脚插到位置
	3、变压器损坏	变压器输出有无电压	更换变压器
E02	1、检查保险管是否损坏或脱落	检查电控上的保险是否完好	插好保险
	2、马达线没有插好	马达线是否松动	插好马达线
E03	光感磁感信号受阻	检查线材是否插到位置	将线材插好
		检查光感应器是否对准风叶感光孔	对好光感孔
E05	负载过重	检查电跑是否被卡住	调整好电跑从新开机
E07	磁石没有放置到位	磁石位置有无错位	调整好磁石位置
手柄快捷键功能相反	启动/停止与速度外拉线插反	手握柄焊线是否正确	从新焊接好握把连线

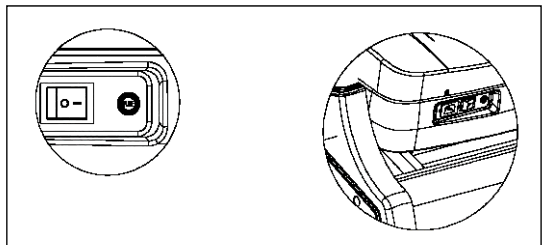
这台跑步机的设计是以用户安全为第一优先事项，在发生电气故障时，跑步机会自动关闭，以防止用户受伤，并防止损坏昂贵的部件，如电机。当你在跑步机上遇到不寻常的行为时，只需走到跑步机的前面，关掉电源开关，并对跑步机产生反感。这应该清除偶然的错误，准备跑步机再次正常运转。如果你在重新启动电源开关后重新启动跑步机，跑步机仍然不能运行，那么就on应该给你的经销商打电话了。

故障解决方法

问题	原因	解决办法
跑步机无法启动	<ol style="list-style-type: none"> <li>1. 电源线没有接通</li> <li>2. 安全锁没有放</li> <li>3. 家用断路器跳闸</li> <li>4. 过载保护器跳闸</li> <li>5. 电源开关没打开</li> </ol>	<ol style="list-style-type: none"> <li>1. 接通电源</li> <li>2. 安全锁放置在电子表相应位置上</li> <li>3. 恢复断路器</li> <li>4. 复位过载保护器</li> <li>5. 打开电源开关</li> </ol>
跑带打滑	<ol style="list-style-type: none"> <li>1. 跑步带不够紧</li> <li>2. 马达皮带不够紧</li> </ol>	<ol style="list-style-type: none"> <li>1. 调紧跑步带</li> <li>2. 调紧马达皮带</li> </ol>
跑带卡顿	<ol style="list-style-type: none"> <li>1. 润滑不足</li> <li>2. 跑带太紧</li> </ol>	<ol style="list-style-type: none"> <li>1. 加润滑油</li> <li>2. 调整跑带松紧</li> </ol>
跑带跑偏	跑带两侧松紧不一样	调节跑带使其居中

第三点，请参照下图寻找位置。

过载保护器位置



### 注意

开始锻炼之前，请仔细阅读手册，并随时保存本手册。

该设备已经过测试，证明在类家用EN957最低只。

用户的最大重量：140kgs 。

确保你收集了所有必要的工具，你可能需要安装单位妥善。

手头上所有的设备都能节省时间，使装配迅速。

确保你清除了足够大的空间来正确地组装这个单元。

确保空间不受任何可能在装配过程中受伤的伤害。

保持跑步机在室内，远离湿气和灰尘。

不要把跑步机放在车库或覆盖的院子里，室外或水边。

让宠物和小孩始终远离跑步机。

保持至少2500mm (L) \* 1500mm (W) 安全区后面的跑步机。

在水平的固体表面组装和操作跑步机。

将插头和电源线远离受热面。

不要在使用气雾剂（喷雾）产品或氧气的地方操作。



### 运动前：

在开始任何锻炼计划之前，你应该先咨询你的医生，以确定你是否有任何可能使你的健康和安全的受到威胁或任何损害的医疗或身体状况。医生的建议非常重要，特别是当你服用了影响心率、血压或胆固醇水平的药物时。我们不建议你使用这台机器，除非你有医生的建议。注意你身体的信号。不正确或过度运动会损害你的健康。如果你感到头晕、恶心、胸痛、背痛或其他健康症状，马上停止锻炼，然后继续咨询医生。做热身运动。不要把任何物体插入跑步机上的任何开口。运动时要穿合适的运动服。不要穿能在机器上被抓住的长袍或其他衣物。使用机器时还需要跑步或有氧鞋。当有人站在跑步的表面时，千万不要打开跑步机。在使用机器之前，请检查螺母和螺栓是否紧固。

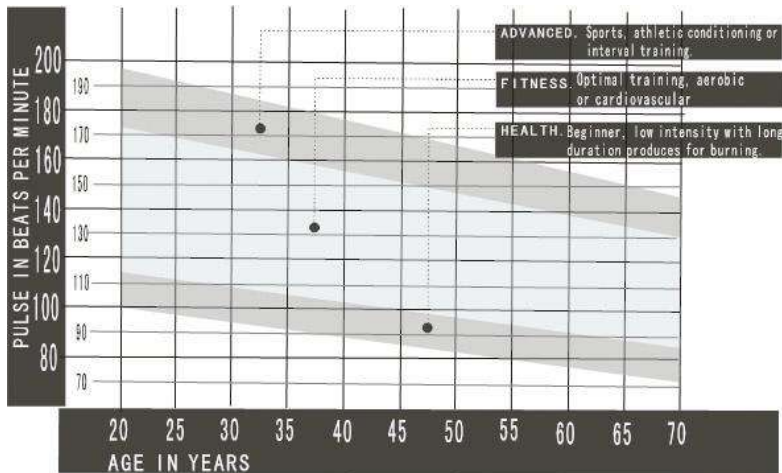
### 运动中：

踏上跑步机时要小心谨慎。尽可能使用扶手。当皮带高速运转时，不要踩下跑步机。把所有松动的衣服和毛巾远离跑步的表面。踏上跑面时，在开始皮带之前，站在皮带两侧的左右脚轨上，跨过跑步的表面。跑步机有很高的速度。为了避免突然的速度跳跃，以小的增量调整速度。远离所有活动部件。在开始锻炼之前，一定要插入安全钥匙并将夹子系在腰部。如果你遇到问题，需要迅速停止电机，只需从电脑上拔出安全钥匙。跑步时千万不要让跑步机无人看管。不要试图在跑步机上转动皮带。始终保持头部和身体向前。不要用力过猛在你的锻炼。如果你感到疼痛或不适，立即停止锻炼并咨询医生。始终使用所提到的设备。如果在安装或检查设备时发现了任何有缺陷的部件，或者在使用过程中听到设备有任何不正常的噪音，请立即停止。在问题得到纠正之前不要使用设备。

### 运动后：

逐渐减速，然后按电脑上的“停止”键。要离开运行的表面，横跨在运行的表面上，站在左右两侧脚轨道上的皮带后，带已停止。在不使用跑步机时，将安全钥匙取出存放在安全的地方。把安全钥匙放在远离儿童的地方。在锻炼结束时做些热身运动。当你完成锻炼时，按照第17页把跑步机折叠起来存放。定期检查并拧紧跑步机的所有部件。在执行本手册所述的维护和调整程序之前，始终拔掉电源线。除非获授权服务代表指示，否则不得拆下马达盖。本手册以外的服务应由任何授权的服务代表执行。要断开电源，请从电源插座上拆下电源插头之前，将电源开关转到OFF位置。将所有电器部件，如电动机、电源线和开关远离水或其他液体以防止触电。不要在扶手、电脑控制台或皮带上设置任何东西。不要把液体放在装置的任何部分。除了本手册所述的组装和维护之外，不要自行修改或尝试跑步机上的任何服务。

首先，试着找出你的心跳率。确保你的心脏在目标区域跳动。你需要知道如何监控你的心率。最简单的方法是在颈动脉的两侧感受到脉搏。在气管和大脖子肌肉之间。在十秒钟内数一数拍数，然后乘以六。这就给出了每分钟的拍数。有氧运动时你的心跳应该有多快？足够快到达并停留在它的“目标区域”，每分钟的拍频范围主要取决于你的年龄和身体状况。若要确定目标区域，请参阅我们提供的图表。



有氧运动是任何持续的活动，通过你的心和肺把氧气输送到你的肌肉。举个例子，如果你用你的大肌肉群、手臂、腿或臀部，任何活动都能促进健身。你的心跳得很快，你呼吸得很深，有氧运动应该是你整个锻炼过程的一部分。

热身和放松

伸展运动

一个成功的运动计划包括热身运动和有氧运动。冷静下来。整个计划至少每周两次，最好是三次，在锻炼之间休息一天，几个月后，你可以每周锻炼四到五次。热身是你锻炼的一个重要部分，应该开始每一个会话。

它通过加热和伸展你的肌肉，增加你的循环和脉搏速度，以及为你的运动提供更多的氧气来准备你的身体进行更剧烈的运动，重复这些练习来减轻肌肉疼痛的问题。我们建议下面的热身和放松练习。

1. 大腿内侧伸展。尽可能靠近你的腹股沟, 轻轻地把膝盖朝地板推, 坚持15次。
2. 腘绳肌伸展, 右腿伸展。把左脚脚掌放在右大腿内侧, 尽可能向你的脚趾伸展, 坚持15次。放松, 然后重复左腿伸展。
3. 将头向右旋转一次, 感觉到颈部左侧的伸展。接下来, 把头往后转一次, 把下巴向上伸展, 让你的嘴张开。把头向左转一次, 最后, 把头垂到胸前一次。
4. 肩部抬起右肩, 向耳边抬起一次。然后, 当你降低右肩的时候, 抬起你的左肩一次。
5. 小腿伸展。靠墙, 左腿在右前, 手臂向前, 右腿伸直, 左脚在地板上, 然后弯曲左腿, 向前移动你的臀部向墙壁移动。等一下, 然后在另一边重复15次。
6. 向一侧伸展手臂, 继续抬起手臂, 直到它们越过头部, 将右臂向上伸到天花板, 一次数一次, 感觉到右臂的伸展, 用左臂重复这个动作。
7. 脚趾从腰部向前缓慢弯曲, 当你向脚趾伸展时, 让你的背部和肩膀放松, 尽可能地向下伸展, 保持15次。



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