



FITREKX TREADMILL **PRIME**

AC3250



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联系我们



马来西亚
MALAYSIA

Healthy World Lifestyle Sdn Bnd

No.22 Jalan Anggerik Mokara 31/47

Kota Kemuning, 40460 Shah Alam Selangor Darul Ehsan, Malaysia

电话: 1800 88 4688

传真:+603-5121 4386

I. Assembly

➤ Package List

No.	Picture	Name	Qty	Notice
1		M8*20 Screw	6	2 spare
2		Tile Type Washer	4	
3		M8*40 Screw	3	1 spare
4		M8 Flat Washer	4	
5		M8*20 Knob	2	
6		Column Cover(L/R)	2	
7		5mm Wrench	1	
8		Multi- Wrench	1	
9		Incline Spin	2	
10		Lubricant	1	
11		Safety Key	1	
12		User's Manual	1	

➤ Parts Position



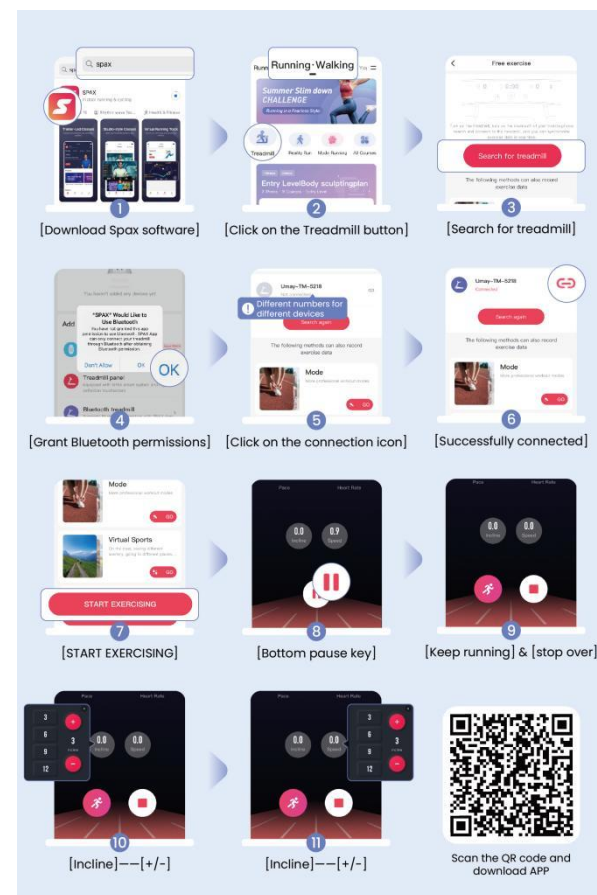
VII. 蓝牙连接

支持蓝牙连接功能，可通过 Spax 官方合作应用程序与跑步机连接。

➤ Spax 使用说明

1. Spax 是官方合作应用，通过该应用连接蓝牙可以替代遥控器控制机器；
2. 应用中提供多种课程和模式，用户可根据需要选择课程和模式，与跑步机同步使用。

确认连接成功后即可开始使用跑步机远程控制功能



VI. 明显危险提示清单

序号	描述	相关风险
1	机械危险	
1.1	挤压	倾斜调节 折叠过程
1.2	剪切	倾斜调节 折叠过程
1.3	卷入或夹入	后滚轮 传动系统
1.4	跌落	突然启动/停止 速度波动过大 支撑失效
1.5	磨损	接触到移动中的跑带表面
1.6	滑倒表面	跑步过程中滑倒或摔倒
1.7	储存能量	折叠跑步机掉落 装配前弹性装置释放
2.1	触电	接触到带电部件
3.1	烫伤	接触到机器表面高温部位
4.1	无效支撑	支撑表面大小或位置不合适 跑带尺寸不当
4.2	人为错误	易发生预见范围内的误用
5	噪音危害	
5.1	声音干扰	跑步机马达和跑带运行噪音影响声音交流

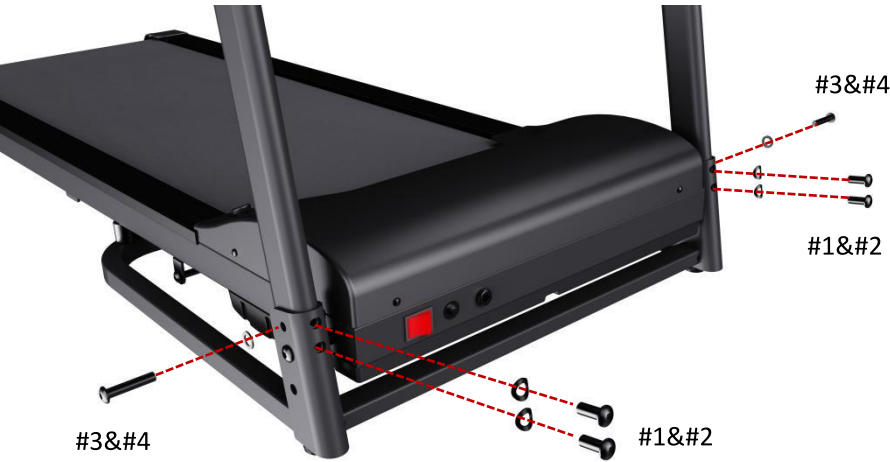
➤ Assembly Steps

Step 1

- 1) Carry out the machine from the package by two persons and place it lightly on a flat floor Please put other fittings beside the machine.
- 2) Lift up the stand tube and electronic watch (make sure not to press the signal wire).
- 3)Check the parts according to the package list serial numbers:
- #1-M8*20 screw #2 - Tile-type washer
#3-M8*40screw #4 -MB Flat washer
#5-M8*20 knob #6-Column Cover(L/R)

Step 2

Fasten the screws&washers as below picture shows.



Step 3

Fix the panel with 2-pcs M8*20 knob



Step 4

Press the side column covers gently to stick on the column bottom.



➤ 润滑保养

出厂状态：跑步机已预先加注润滑油，可直接使用。

润滑周期：在每周使用 4-7 小时的情况下，建议每月进行一次维护。

润滑步骤：

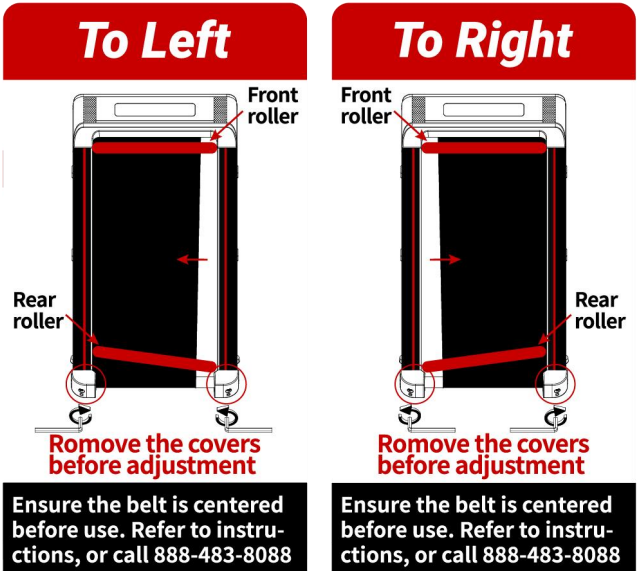
1. 使用加油孔为跑带注入润滑油，每次约 2.5ml；
2. 启动跑步机，将速度调至最高档位，使润滑油均匀分布；
3. 检查跑带中部，触摸时有轻微湿润感则表示润滑充分。



V. 维护保养说明

➤ 跑带调整

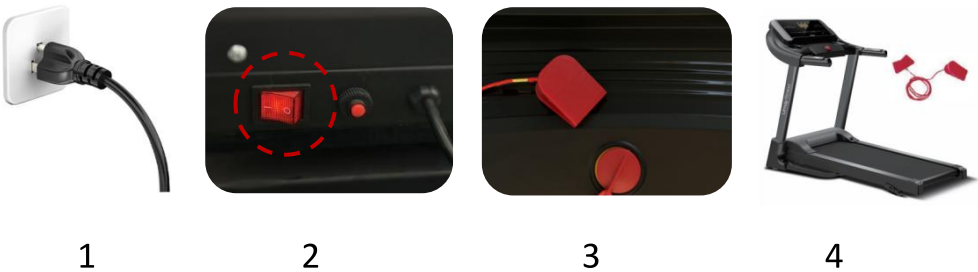
检查方法：观察跑步带是否偏移或有异响



➤ 调整方法

1. 如跑带偏左或偏右，请使用 5mm 内六角扳手旋转两侧螺丝。
2. 顺时针旋转 1/4 圈即可调整跑带方向，重复操作直至跑带恢复居中。
3. 如跑带打滑，请顺时针旋转两侧螺丝 1/4 圈，直到跑带张紧为止。

II. Confirmation after Installation



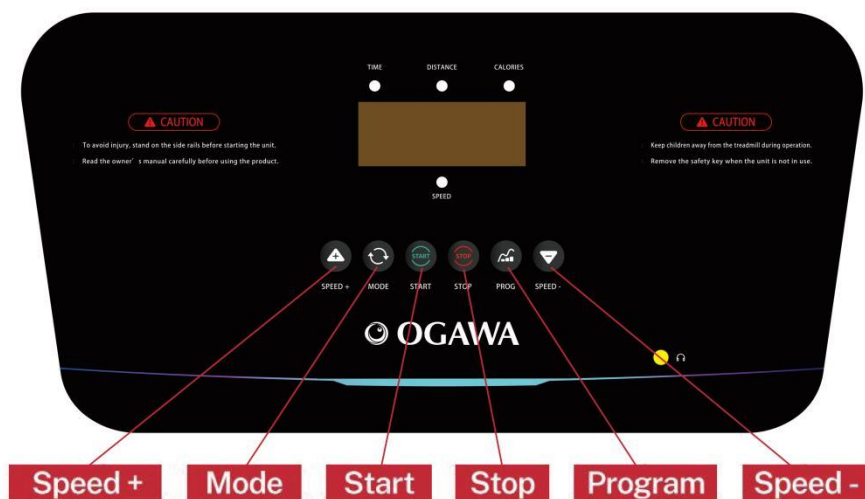
1. Plug in.
2. Switch on, the screen will light up.
3. Place the safety key in the correct position, otherwise a beep will occur.
4. Make sure the treadmill belt is centered before use.

***Belt adjustment please refer to page 12.**

Treadmill Specs

Input Voltage	220V±10%
Frequency	50 Hz
Running area	1100 x 400mm
Function	Time, Speed, Distance, Calorie, Heart Rate, Easy-self Lubrication
Speed	1.0-14.0 KM/H
Max user weight	100 KG
Max Power	2.0 HP

III. Treadmill Operation



➤ Control Panel Instruction

	Press to start the treadmill
	Press to stop the treadmill
	Press to set running mode ("15:00" is time countdown mode; "1.00" is distance countdown mode; "50.0" is Calories countdown mode; press "+/-" to adjust)
	Press to choose Default program P01-P02-P03...P12
	Press to increase the speed
	Press to decrease the speed

IV. 故障排除

Error Code	Reason	How to solve
NO DISPLAY	A) electricity not connected	Connect the electricity
	B) Power switch not turn on	Turn on power switch
	C) PCB no power or broken	Press over-load protector or change new PCB
E-01	Poor connection between the display and controller.	Check each joint, change a new line if it is broken.
E-02	Over current protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB
E-03	Over-load protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB
E-10	Main PCB Over-heating protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB if they are broken
E-12	Over-voltage protection	Check the input voltage is normal or not, then turn off and re-start machine.
E-14	Motor wire broken	Chang new wire or new motor
E-16	Main PCB broken	Change the main PCB
---	Safety key is missing	Please place safety key on console
Motor Noise	Something's entered	Contact customer for new machines
Tool Kit	Tool Kit Missing	Contact customer for new tool kit

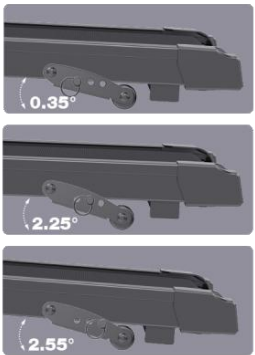
➤ 液压折叠与存放

- 1. 折叠功能采用液压设计，请勿施加外力；
- 2. 存放时请手动抬起跑步平台；
- 3. 使用时请踢动黄色液压杆，平台会自动下降。



警告：请在拆开包装及使用时注意安全，以免受伤。

➤ 3 级坡度调节



➤ Range form

MODE	INITIAL	SET	SET RANGE	DISPLAY RANGE
TIME(MIN/SEC)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(MPH)	0.0	0.5	0.5-8.7	0.5-8.7
DISTANCE(MILE)	0.0	1.00	0.50-99.9	0.00-99.9
CALORIES(KCAL)	0.0	50.0	10.0-999	0.0-9999

➤ Program Notice

- 1. The initial time is set to 30 minutes, and only the time can be set. The time setting range is: 5:00-99:00. Press the speed increase and decrease keys to adjust the setting value;
- 2. Press the start button, the motor starts running, and the speed slowly increases to the speed marked in the first section of the automatic program (see the program value table for details);
- 3. Press the speed plus or minus keys to adjust the speed;
- 4. Each program is divided into 20 segments, and the running time of each segment is 1/20 of the set time;
- 5. It will beep three times when switching between segments;
- 6. When the set time decreases to zero, the speed slowly decreases until it stops, the window displays End, the buzzer emits a short sound Beep, and returns to standby after 5 seconds.

默认程序详情

PERIOD		TIME PERIOD NUMBER																			
		PRO																			
P01	SPD	2	3	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P02	SPD	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03	SPD	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04	SPD	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05	SPD	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06	SPD	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P07	SPD	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08	SPD	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09	SPD	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	SPD	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	SPD	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12	SPD	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

Default Program Detail

PERIOD		TIME PERIOD NUMBER																			
PRO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
	SPD	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P01	SPD	2	3	3	4	5	3	4	5	3	4	5	4	4	4	4	2	3	3	5	3
P02	SPD	2	4	4	5	6	4	6	6	4	5	6	4	4	4	4	2	2	5	4	1
P03	SPD	2	4	4	6	6	4	7	7	4	7	7	4	4	4	4	2	4	5	3	2
P04	SPD	3	5	5	6	7	7	5	7	8	8	5	9	5	5	6	6	4	4	4	3
P05	SPD	2	4	4	5	6	7	7	5	6	7	8	5	4	3	3	6	5	4	4	2
P06	SPD	2	4	3	4	5	4	8	7	5	7	8	6	4	4	2	5	4	3	3	2
P07	SPD	2	3	3	3	4	5	3	4	3	4	5	3	3	3	6	6	5	3	3	3
P08	SPD	2	3	3	6	7	7	4	6	4	6	7	4	4	4	2	3	4	4	4	2
P09	SPD	2	4	4	7	7	4	7	8	4	8	9	9	4	4	5	6	3	3	3	2
P10	SPD	2	4	5	6	7	5	4	6	8	8	6	5	4	4	2	4	4	3	3	3
P11	SPD	3	4	5	9	5	9	5	5	9	5	5	5	5	9	9	8	7	6	3	3
P12	SPD	2	5	8	10	7	7	10	7	7	10	10	6	6	9	9	5	5	4	3	3

➤ 范围表

MODE	INITIAL	SET	SET RANGE	DISPLAY RANGE
TIME(MIN/SEC)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(MPH)	0.0	0.5	0.5-8.7	0.5-8.7
DISTANCE(MILE)	0.0	1.00	0.50-99.9	0.00-99.9
CALORIES(KCAL)	0.0	50.0	10.0-999	0.0-9999

➤ 程序注意事项

1. 初始时间设置为 30 分钟，仅可设置时间，时间设置范围为 5:00-99:00。按“速度+/-”键可调整设置值；
2. 按下“启动”键，马达开始运转，速度会缓慢增加到自动程序第 1 段的标注速度(详细信息请参见程序数值表)；
3. 按下“速度+/-”键可调节速度；
4. 每个程序分为 20 个阶段，每个阶段的运行时间为设置时间的 1/20；
5. 每次阶段切换时会发出三次蜂鸣声提示；
6. 当设定时间降为 0 时，速度会逐渐降低至停止窗口显示“End”，蜂鸣器发出短促的“滴”声提示，并在 5 秒后返回待机状态。

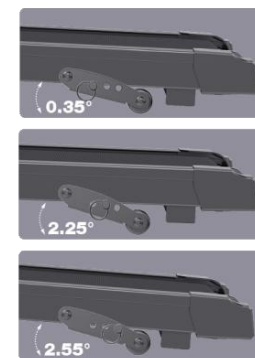
➤ Hydraulic Folding and Storage

1. Folding function is designed with hydraulic pressure, please do not apply external pressure.
2. Please manually lift the running platform when storing
3. Kick the yellow hydraulic lever and the platform will drop automatically when using.



WARNING: Please be more careful when you open the package with this part and when use it in case of any hurt.

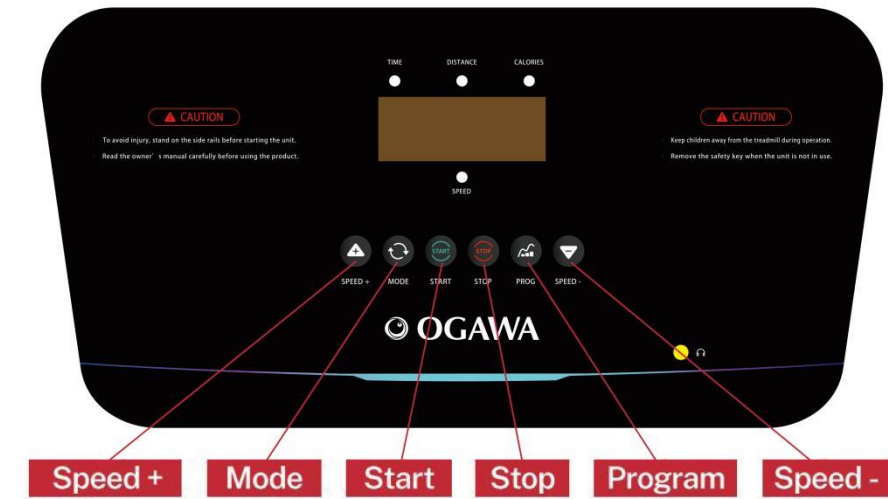
➤ 3-Level Incline Adjustment



IV. Trouble Shooting

Error Code	Reason	How to solve
NO DISPLAY	A) electricity not connected	Connect the electricity
	B) Power switch not turn on	Turn on power switch
	C) PCB no power or broken	Press over-load protector or change new PCB
E-01	Poor connection between the display and controller.	Check each joint, change a new line if it is broken.
E-02	Over current protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB
E-03	Over-load protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB
E-10	Main PCB Over-heating protection	Turn off and re-start machine, if still has problem, need to check motor or main PCB if they are broken
E-12	Over-voltage protection	Check the input voltage is normal or not, then turn off and re-start machine.
E-14	Motor wire broken	Chang new wire or new motor
E-16	Main PCB broken	Change the main PCB
---	Safety key is missing	Please place safety key on console
Motor Noise	Something's entered	Contact customer for new machines
Tool Kit	Tool Kit Missing	Contact customer for new tool kit

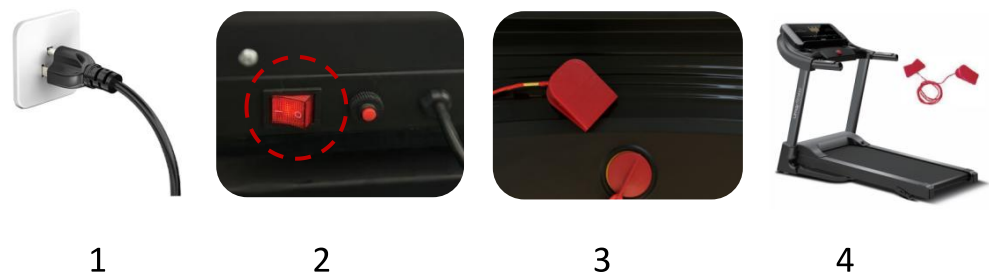
III.控制面板操作说明



➤ Control Panel Instruction

	启动：按下启动键启动跑步机
	停止：按下停止键停止跑步机
	按下“模式”键设置跑步模式： “15:00”为时间倒计时模式；“1.00”为距离倒计时模式（单位:公里）；“50.0”为卡路里倒计时模式（单位：千卡）；按下“+/-”键可调整对应数值。
	程序：按下程序键选择默认程序 P01-P02-P03…P12
	加速：按下“+”键增加速度
	减速：按下“-”键降低速度

II. 安装后确认



- 1. 插上电源插头
- 2. 打开电源开关屏幕会亮起
- 3. 将安全钥匙插入正确位置，否则会发出蜂鸣声提示
- 4. 使用前请确保跑步机跑带已居中。

*提示：跑带调整请参见第 12 页。

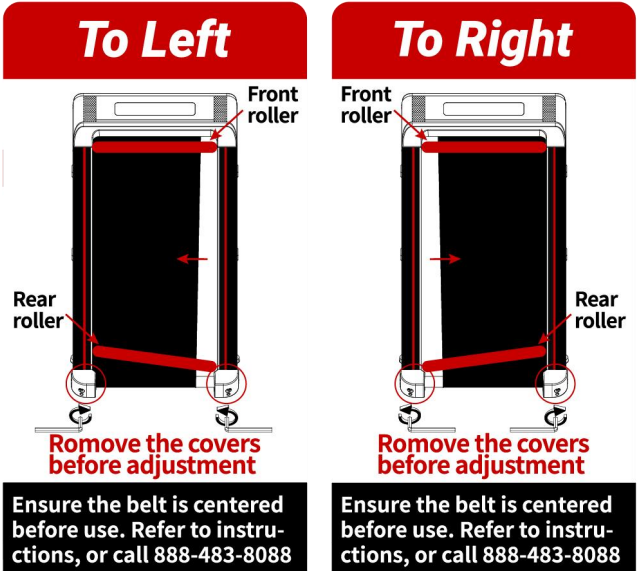
跑步机规格

输入电压	220V±10%
频率	50 Hz
跑步区域尺寸	1100 x 400mm
功能	Time, Speed, Distance, Calorie, Heart Rate, Easy-self Lubrication
速度	1.0-14.0 KM/H
最大用户体重	100 KG
最大功率	2.0 HP

V. Maintenance

➤ Running Belt Corrections

- 1. Check first if the Running Belt offsetting to the left or right with a rattling noise.
- 2. If the above problem occurs, please adjust the running belt to the correct position.



- 3. If the running belt slips, use 5mm wrench to turn both sides bolts 1/4 clockwise. Repeat this procedure until the belt is properly tightened.

➤ Caution

- 1. Heavy pedaling may cause shutdown(It's an overload protection, not machine failure).
- 2. Current and voltage overload may cause shutdown.
- 3. Each person's running habits (how hard the left or right foot tread) may cause the running belt to shift slightly

➤ Lubricant instruction

1. The treadmill was pre-oiled for instant use. and the oil provided is 30ml, under normal circumstances, it can be used for about one year. If your usage time is around 4-7 hours per week, and the maintenance time is one month, then the approximate amount of oil used each time is 2.5ml.

2. This lubrication must be performed regularly depending on its use even before the first use. There is a hole for adding oil on motor cover.

After starting machine, please change to highest speed, then add the oil into the hole, the oil will be spread from the middle between the running belt and board.

3. A specific indicator is when you touch the middle of the back of the running belt with your hand and feel it's slightly wet with oil, indicating that you've applied enough oil.



步骤 3:

使用 2 个 M8*20 调节旋钮固定面板。



步骤 4:

轻轻按压侧柱盖板，使其卡在立柱底部。



➤ 组装步骤

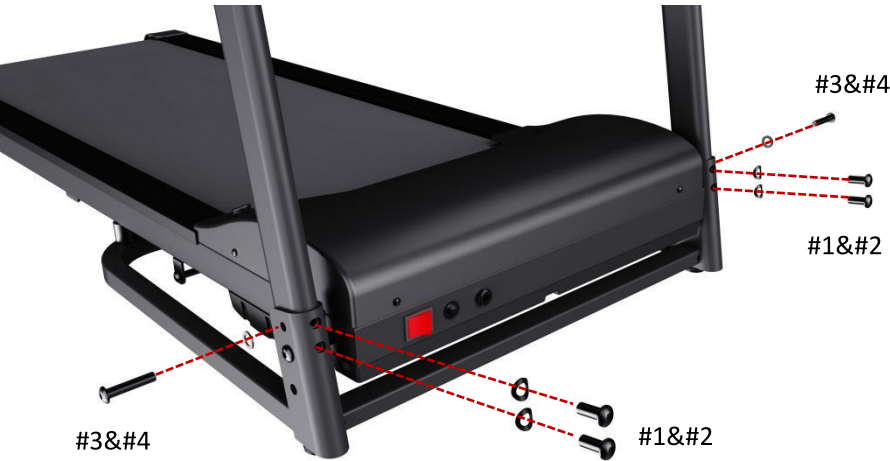
步骤 1:

- 1) 由两人将机器从包装中取出，并轻轻放置在平整的地面上将其他配件放置在机器旁边。
- 2) 抬起支撑管和电子设备时，请确保不要压到信号线,根据包装清单检查各个零件的序列号。
- 3) 根据包装清单检查各个零件的序列号。

- #1-M8*20 screw #2 - Tile-type washer
- #3-M8*40screw #4 -MB Flat washer
- #5-M8*20 knob #6-Column Cover(L/R)

步骤 2:

拧紧螺丝和垫圈，如下图所示。



VI. The Obvious Danger List

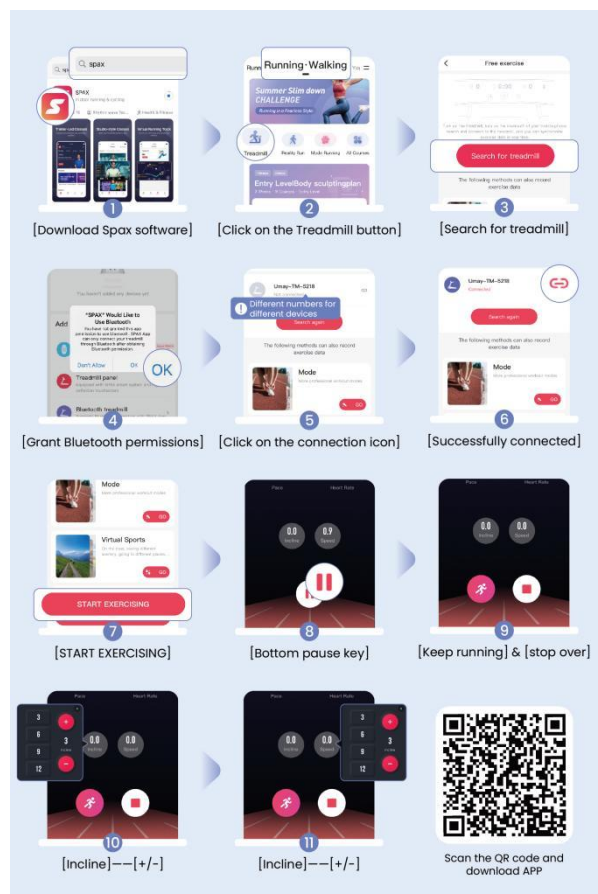
No.	Description	Associated
1	Mechanical Hazards	
1.1	Crushing	Inclining Folding
1.2	Shearing	Inclining Folding
1.3	Drawing-in Or Trapping	Rear roller Drive system
1.4	Falling	Sudden starts/stops Excessive speed variation Support failure
1.5	Abrasion	Contact with moving running surface
1.6	Slippery Surface	Slipping and falling
1.7	Stored Energy	Folded treadmills falling down Elastic devices prior to assembly
2.1	Electrocution	Contact with live components
3.1	Burns	Contact with hot surfaces
4.1	Ineffective ergonomics	Size or location of support surfaces Running surface dimensions
4.2	Human errors	Reasonably foreseeable misuse
5	Noise Hazards	
5.1	Disturbing acoustic communication	Moving treadmill motor and belt

VII. Bluetooth Connection

➤ Spax Instruction

This is the official partner app, using this app to connect to Bluetooth can replace the remote control to control the machine. There are many Lessons and Modes on the App-list, users can select any Lessons and Modes that they want to enjoy with this machine.

Registration Process & Instructions for Use



➤ 零件位置



I. 组装说明

➤ 包装清单

No.	Picture	Name	Qty	Notice
1		M8*20 Screw	6	2 spare
2		Tile Type Washer	4	
3		M8*40 Screw	3	1 spare
4		M8 Flat Washer	4	
5		M8*20 Knob	2	
6		Column Cover(L/R)	2	
7		5mm Wrench	1	
8		Multi- Wrench	1	
9		Incline Spin	2	
10		Lubricant	1	
11		Safety Key	1	
12		User's Manual	1	



CONTACT US



马来西亚
MALAYSIA

Healthy World Lifestyle Sdn Bnd

No.22 Jalan Anggerik Mokara 31/47

Kota Kemuning, 40460 Shah Alam Selangor Darul Ehsan, Malaysia

电话: 1800 88 4688

传真: +603-5121 4386



FITREKX TREADMILL
PRIME

AC3250



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