



User Manual | 使用手册



M7S PRO
TREADMILL

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Thank you for purchasing .

Before operating this unit, please read this manual carefully to ensure optimum performance and safety. This manual should be kept available for future 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.

FINER CRAFT MANSHIP
FINER LIFE

CONTENTS



Safety Instructions

Warning:

CAUTION

Never use the treadmill before securing the safety key clip to your clothing.

To reduce the risk of electric shock and serious injury, please read all important safety instructions, precaution and warning before using your treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed. Please save these instructions for future references.

1. Follow Instructions – All operational and usage instructions should be followed.
2. Do Not Remove Cover – No user-serviceable parts inside. Refer the servicing to qualified service personnel.
3. Connect This Treadmill to A Properly Grounded Outlet Only.
4. Do Not Share The Outlet With Other High-Power Household Appliance – Such as Microwave oven, air – conditioning, etc.



Safety Instructions

5. This product is for use on voltage 220V –240V and 10 or 20 amp circuit.
6. Indoor Use Only – Do not use this treadmill near moisture and dust area.
7. Never place sharp object on the treadmill. Never pour any kind of liquid on the treadmill.
8. Only one person on the treadmill at a time.
9. Wear appropriate exercise clothes and shoes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill.
10. Children under the age of 12 should not use the treadmill without adult supervision.
11. Keep the product away from hot surfaces.
12. Cleaning or Maintenance – Unplug the power cord before cleaning or maintenance.
13. Do Not Operate the Treadmill – if the power cord or plug is damaged, or if the treadmill is not working properly.
14. Place the treadmill on a flat surface only.
15. If you experience any kind of symptoms, including but not limited to chest pain, surfeit, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.



Safety Instructions

16. Please consult your doctor before running, if you experience any one of the following diseases:
 - Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
 - If you are over 35 years old and overweight.
 - Women who are pregnant or in breast feeding period.
 - If you are using pacemaker or any kind of medical equipment.
17. Unplug the power cord after operating this treadmill. Do not lift or move this treadmill unless it is in the upright folded position with the lock latch secure.
18. Do not lift or move this treadmill unless it is fully assembled.
19. Do not start the treadmill while you are standing on the running belt. Always hold the handrails while jogging and running until you feel comfortable without needing to hold the handrails.
20. Do not place your treadmill on the thick carpet. That could result damage to the motor from ventilation problem.



Safety Instructions

21. Please make sure one end of the safety key are placed in the appointed position on the display.
22. Please do not let your children play near your treadmill.
23. This treadmill is intended for – home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
24. Read, understand and test the emergency stop procedure before using the treadmill.
25. The pulse sensor is not a medical device. It is intended only as an exercise aid in determining heart rate trends in general.
26. Never leave the treadmill inattended while it is running. Please store the safety key when the treadmill is unused.
27. Inspect and properly tighten all parts of the treadmill regularly.
28. Please unpack the treadmill carton on a flat surface. It is recommended that you place a protective covering on your floor.





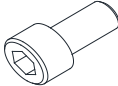



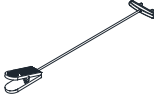
Warranty Claim

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from OGAWA or its authorized dealers.
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 date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
7. Warranty is not effective to rental, business, commercial, institutional, or other non residential users.
8. All services covered by this warranty must be approved by OGAWA and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, OGAWA reserves the right to make substitutions in lieu of repair or replacement.

Assembly Instruction

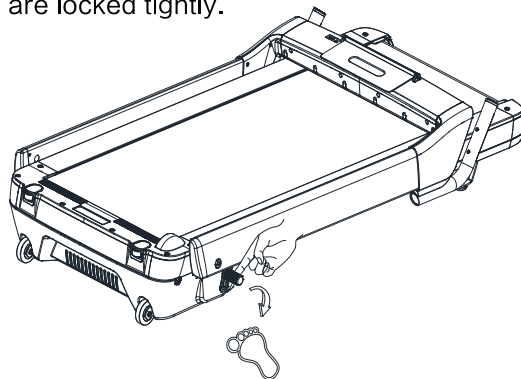
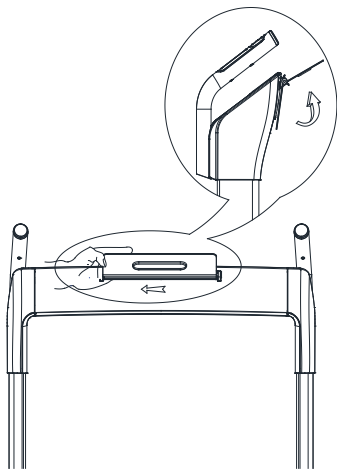
The followings are the parts pictures of a whole treadmill.

When you open the carton, you will find the below spare parts. Installation tools:

		
20. L shape 5#Wrench	55. Silicon oil	75. screw M6*12 4PCS
		
96. power line	103. MP3line	114. handrail 2PCS
		
128. safety key		

Install: First Step:

Hold the upright with right or left hand. Press the foot lever with foot or hand, until you hear a sound of “ka” , then left the uprights till you hear the sound of “ka” . Lightly shake the uprights, loosen hands after confirmation that the uprights are locked tightly.



Second Step:

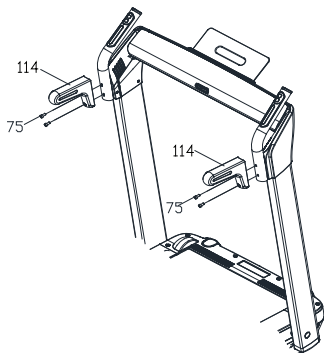
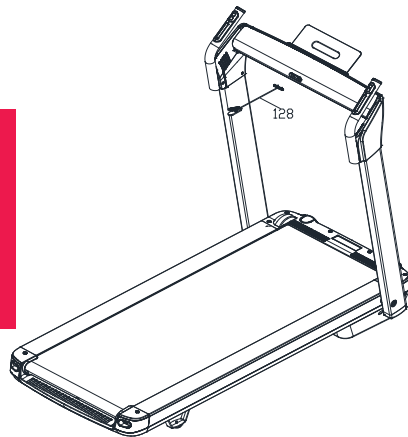
Pull the pad bracket to the left after turning upward the pad bracket according to the arrow direction in the drawing. Shake to and fro with hands, you can use it after confirmation that it is locked tightly.

Assembly Instruction

Third Step:

Put the safety key in the treadmill corresponding hole.

Notice: You can only plug in the power, after the confirmation that treadmill is assembled completely according to the assemble requirements and there is nothing missing. Please read carefully corresponding instructions on the later part of this manual, when you operate and use the treadmill.



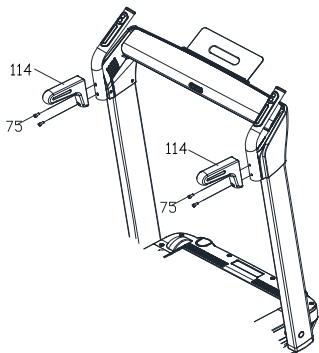
Fourth Step:

Lock tightly the handrails(114) to the treadmill bracket with screw M6*12L(75).

When you fold the product, you need to take off the handrails.

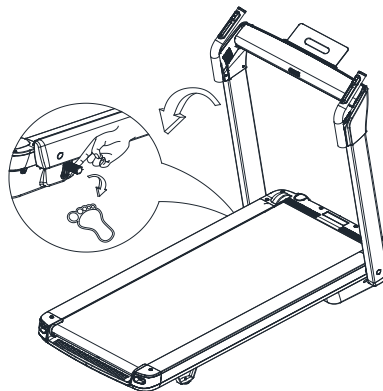
Please assemble the handrails for your safety.

FOLDING AND UNFOLDING INSTRUCTION:



1. You have to remove the handrails according to the drawing, before you fold the treadmill.

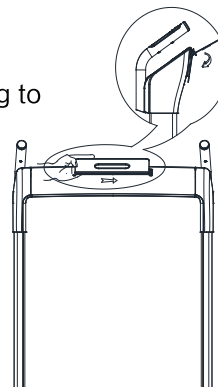
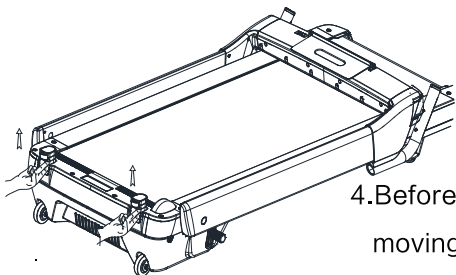
2. Hold the upright with right or left hand. Press the foot lever with hand or foot, until you hear a sound of “ka”, Then put down the uprights.



Assembly Instruction

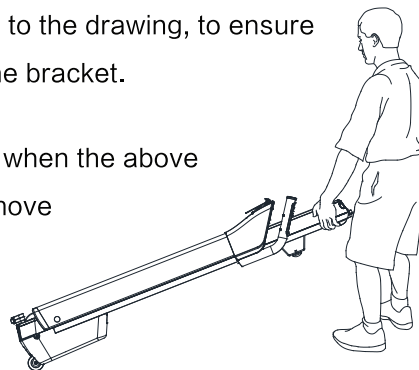
3. Fold the pad bracket. Pull the pad bracket to the right according to the drawing.

Need to take off the handrails when you fold the product.



4. Before moving the treadmill, pull out the supporting moving wheels according to the drawing, to ensure the standing stability of the bracket.

5. Can move the treadmill to the appropriate place when the above steps are finished. The supporting wheels can move left-to-right direction, moving wheels can move fore-and-aft direction. Put in standing position.



Technical Parameters

Product name	M7S Pro	Model no.	AC 3500
Assembly size (mm)	1455 (L) * 745 (W) * 1235 (H)	Speed Range	1– 14Km/h
Folded standing size(mm)	745 (L) * 265 (W) * 1455 (H)	Rating	1.25 HP Max 2.5 HP
Running size(mm)	1300*480	Motor Spec(HP)	220–240V
N.W.(kg)	57Kgs	Input Volt(V)	930W
Max user weight	100Kgs	Operating Temperature	0–28℃
Incline	0–12%		
Blue Single display	Speed, Time, Distance, Calories, Pulse, Incline		
Safety Protection and Advantage	<p>A.Red safety switch Magnetic plate on the meter;</p> <p>B.microcomputer controller; Over current and overload function set the system;</p> <p>C.IMD craftsmanship 135° curved screen, meter display clearly, no effect on any angle of view .1.0–14km/h speed range;</p> <p>D. Buffer system make the exercise natural and smooth, at the same time lower the impact to the user’ s foot, ankle, joint and other parts.</p> <p>E.The over current protector can only continue to function, when manually reset, which can protect the motor from damage;</p> <p>F. Intelligent explosion–proof circuit can finish the function in 0.3 seconds, give the user maximal protection;</p>		










One、windows display:

1. "📏incline" window: display current incline value.
2. "❤️ pulse/💧 Calorie" window; display current pulse value and the calorie the exerciser consumed.
3. "🕒 time/📄 program" window: display current exercise time and the program used currently.
4. "📏 distance/📄 mode" window: display current exercise distance value and current mode used.
5. "📏 pedometer" window: display current steps value.
6. "📏 speed" window: display current exercise speed value.

Two、key functions:

1. "▶️ start" is start button, when the power is on and safety key inserted, press this button, can start the treadmill.

Operation Instruction

2. "  incline3" incline 3 shortcut key: can set incline quickly.
3. "  incline5" incline 5 shortcut key: can set incline quickly.
4. "  program" is program button: at standby mode, pressing this button can choose in loop" 0:00" 、" P1-P2-P3……P8、 U1-U2-U3、" mode; manual mode is the system default operation mode, the manual mode default speed is 1.0KM/H.("0:00" is manual mode,P1-P8 is built-in program,U1-U3 is user program.)
5. "  mode" is mode selection button: pressing this button can choose in loop" 0: 00" 、" 30: 00" 、" 5.0" 、" 100" ("0: 00" is manual mode," 30:00 is time countdown mode," 5.0" is distance countdown mode," 100" is calorie countdown mode.) when choose different modes, use handrail speed up and down button to set corresponding countdown value, after setting, press " start" button can start treadmill.
6. "  speed 3" speed 3 shortcut key: can set the speed quickly.
7. "  speed 5" speed 5 shortcut key: can set the speed quickly.
8. "  stop" is stop button: can stop the treadmill operation.

Three、 instant start (manual mode):

1. Turn on the power, put the safety lock in the safety lock place on the meter.
2. Press "▶ start" , system enter into 3 seconds countdown, the buzzer makes sound, at the same time "🕒 time/📅 program" windows display the countdown numbers, after the 3 seconds countdown, the treadmill start to run by 1.0 km/h speed.
3. After start, can adjust treadmill speed and incline with handrail button according to needs; also can use "3 incline 3" 、 "5 incline 5" 、 "3 speed 3" 、 "5 speed 5" shortcut keys to adjust the treadmill speed and incline directly.

Four、 operation during the exercise:

1. Use right handrail – to decrease treadmill operation speed.(0.2km/h per time, Long press invalid)
2. Use right handrail + to increase treadmill operation speed.(0.2km/h per time, Long press invalid)
3. Use left handrail – to decrease treadmill operation incline.
4. Use left handrail + to increase treadmill operation incline.

5. Pressing stop button makes the treadmill slow down to stop.
6. When the exerciser holds the pulse bars for 5 seconds, the pulse icon gets lit, "❤️ pulse/ 🔥 calorie" display the pulse data.

Five、 manual mode :

1. At the standby state, directly press "▶️ start" button, the treadmill starts to run by 1.0km/h speed, 0% incline; other windows start to count in forward direction from 0, pressing " +/- " both sides handrail button changes incline and speed.
2. At the standby state, press "⌘ mode" button, mode light turns on, enter into time countdown mode, "🕒 time/ 📅 program" window displays "30:00" and flashes, time icon gets lit, press "both sides handrail button" to set exercise time, setting range is :5:00-99:00.
3. At time countdown mode, pressing "⌘ mode" button enters into distance countdown mode, "📏 distance/ ⌘ mode" window displays "5.0" and flashes, distance icon gets lit, press "both sides handrail button" to set exercise distance, distance setting range is :0.5-99.0.

4. At the distance countdown mode, pressing "mode" enters into calorie countdown mode, " pulse/ calorie" window display " 100" and flashes, calorie light turn on, press " both sides handrail" to set calorie, calorie setting range is :20-990.
5. choose one of the three countdown modes to set, then press "start" button, the treadmill start to run after 3 seconds, when the countdown is finished, the treadmill automatically stop, also can press "stop" button to stop directly.

Six、built-in automatic programs:

This system has 8 built-in automatic programs P1……P8, at the standby state, press "program" button "time/program" window display "P1……P8", and program light turns on, at the same time "time/program" window flashes; time light turns on, display preset time 30:00, after pressing "both sides handrail+-" to set the needed exercise time, press "start" button to start the built-in program, the built-in program is divided into 10 spans, each program exercise time = set time / 10.



Operation Instruction

When enter into next span, if speed or incline is going to change, the system make this three sounds” Bi–Bi–Bi–” ,the system speed and incline will change when the program span changes, during which, can press” both sides handrail button” to change speed and incline, but when program enter into next span, it will recover to the speed and incline of this span, when the span of program is finished, the system will make three sound ” B i–B i– B i” , the treadmill slow down steadily to stop.

Operation Instruction

		1	2	3	4	5	6	7	8	9	10
P1	speed	1	4	3	4	3	5	4	2	5	3
	incline	1	2	3	3	1	2	2	3	2	2
P2	speed	1	5	4	6	4	6	4	2	4	2
	incline	1	2	3	3	2	2	3	4	2	2
P3	speed	1	5	4	5	4	5	4	2	3	2
	incline	1	2	2	3	1	2	2	2	2	1
P4	speed	1	6	7	5	8	5	9	6	4	3
	incline	2	2	3	3	2	2	4	6	2	2
P5	speed	1	6	7	5	8	6	7	6	4	3
	incline	1	2	4	3	2	2	4	5	2	1
P6	speed	1	8	6	4	5	9	7	5	4	3
	incline	2	2	6	2	3	4	2	2	2	1
P7	speed	1	6	7	4	4	7	4	2	4	2
	incline	4	5	6	6	9	9	10	12	6	3
P8	speed	1	4	6	8	7	8	6	2	3	2
	incline	3	5	4	4	3	4	4	3	3	2

SEVEN、 user customized program:

Except the 8 system built-in programs, there are still 3 user customized programs that allow the user himself to set according to personal condition:U1、 U2、 U3.

1、 The setting of user customized program:

At the standby state, press continually "program" button to the user customized program (U1-U3) that the user want, press "mode" button to confirm and enter setting, then can set the first period of time, when the user sets, use handrail speed button to set speed,use handrail incline button to set incline, press "mode" button, finish the first period time of setting and enter into the second time to set until finish the 10 periods' setting; After finishing the setting, the data will be saved permanently until the resets the next time, the data will not be lost because of power outage.

2、 The starting of user customized program:

A. Press continually "program" button at the standby state until the wanted user customized program(U1-U3),then set the operation time and press "start" button to start.

B. After setting user customized program and operation time,press "start" button to start.



Operation Instruction

3.The user customized program setting instruction. Every program divide the time into 10 spans, when the user sets, need to set the speed 、incline and time of the 10 spans before he press the start button to start the treadmill.

Eight、AUX:

After the power is on, connecting the aux to other audio device can play music, after the treadmill power down and enter into sleep mode, the music also will be closed, pressing any key can wake it up.

Nine、USB interface:

Doesn't have audio playing function, only with charging function.

Ten、Metric Inch system change:

Press "start" button, take off safety key, then connect the safety key, can enter into metric and Inch system switching, distance/mode window display, press both sides handrail buttons can choose metric and Inch system ("SI" signify metric system, "Eng" signify Inch system),after choosing, press start button to confirm and drop out to standby state.

Eleven、Safety lock function:



1. Press "stop" button and "3 speed3" button, then put on the safety lock, enters into control panel parameter setting state;
2. When the parameter setting display parameter numbers 0-9, use "start" button to turn and confirm, use "handrail buttons both sides" to modify the values;
3. Parameters

Setting no	Parameter definition	Setting range	Remark
1	Lowest speed	3 ~ 30	
2	Highest speed	80 ~ 250	
3	Highest speed	12 ~ 20	
4	Speeding up time/kilometers	2 ~ 200	
5	Speeding down time/kilometers	2 ~ 200	
6	low speed transmission ratio	100 ~ 2000	
7	middle speed transmission ratio	100 ~ 2000	
8	High speed transmission ratio	100 ~ 2000	
9	Automatic transmission ratio	0 ~ 6000	

Twelve、 Safety lock function:

In any state, pulling off the safety lock can stop the treadmill from running immediately, when the treadmill stop urgently, the buzzer make a long sounding, display panel display “SAFE” ; at this moment, can not do any other operation on the treadmill except turning off, after the safety lock is put on again, the treadmill enters into standby state, wait to input orders.

Thirteen、 Incline self-adjustment:

At the standby state, press “ stop” button、“ speed5” button to do self-adjustment, after adjustment, gets back to standby state.

Fourteen、 Power saving mode:

This system has power saving function, in the standby mode, if there is no button command input within 4minutes, system will enter into power saving mode, and close display automatically, press any button can wake the system.



Fifteen、Treadmill error code reminders:

- | | |
|--|---|
| Er 1: display panel couldn't receive the signal | ER 3: Over voltage |
| Er 4: IGBTshort circuit(Over current) | Er 5: Over load |
| Er 6: the motor is not connected,
(only direct current) | ER 7: The controller couldn't
receive the signal |
| Er 8: preventing reversing switch action | Er13 :over current |
| Er14: over-loading; short-circuit | |

A. Shutdown:

You can turn off the power to shutdown the treadmill at any state. This will not damage the treadmill.

B. Attention:

- 1、 Check the power and safety lock is sure a valid state before start do exercise.
- 2、 When run into emergency, pull off the safety lock to stop the treadmill quickly; and put on the safety lock, the system back to default, waiting for input the instruction.



Safety Exercise

Please consult professional staff before do exercise. He(She) can help recommendation exercise rate/intension and time according to your age and health condition. When running, if you feel chest tightness or chest pain, irregular heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise.

If you often use treadmill, you can choose normal walk speed or jog speed when you choose speed. If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1–3.0km/h weak constitution people.

Speed 3.0–4.5km/h sedentary or not often exercise people.

Speed 4.5–6.0km/h normal speed walking people.

Speed 6.0–7.5km/h fast walk people.

Speed 7.5–9.0km/h jogger

Speed 9.0–12.0km/h intermediate speed runner.

Speed 12.0–14.5km/h experienced runner

Speed 14.5–18.0km/h excellent runner.

It is suitable for walker to choose less than or equal to 6.0 km/h speed.

It is suitable for runner to choose more than or equal to 8.0 km/h speed.



Maintenance Guideline

Cleaning :

Please make sure the treadmill's power plug is pulled out before cleaning or maintaining the product.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part on both sides of the running belt , which can reduce the piling of dust under the running belt. Make sure the shoes are clean , avoid to take foreign material to under the running belt to wear off the running belt and running board. The top of the belt need to be cleaned with a wet, soapy cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

WARNING:

Remember to unplug the treadmill from the electrical outlet before removing the motor cover. Remove the motor cover and vacuum under the motor cover at least once a year.

Running belt and the special lubricating oil of the motorized treadmill :

This treadmill's running belt and deck are already pre-lubricated. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. If the deck is worn, please contact our client service center.



Maintenance Guideline

We recommend lubrication of the deck and running belt according to the following timetable:

Light user (less than 3 hours/ week)	annually
Medium user (3–5 hours/ week)	every six months
Heavy user (more than 5 hours/ week)	every three months

We suggest you buy lubricating oil from local distributors or contact our company directly.



Maintenance Guideline

1. In order to maintain and prolong the working life of your treadmill, we suggest you power off for 10 minutes after every 2 hours' running.
2. The loose running belt will lead slip when you are running; the tighten running belt will affect the performance of the motor, also can increase the wearing of the rollers and running belt. The perfect state is that the belt can be lift from the running deck about 50-75mm.

Belt Middle Placement and Tightness Adjustment:

It is very necessary to adjust the belt to the best condition for the better use of the treadmill and the treadmill can work better.

Belt Middle Placement:

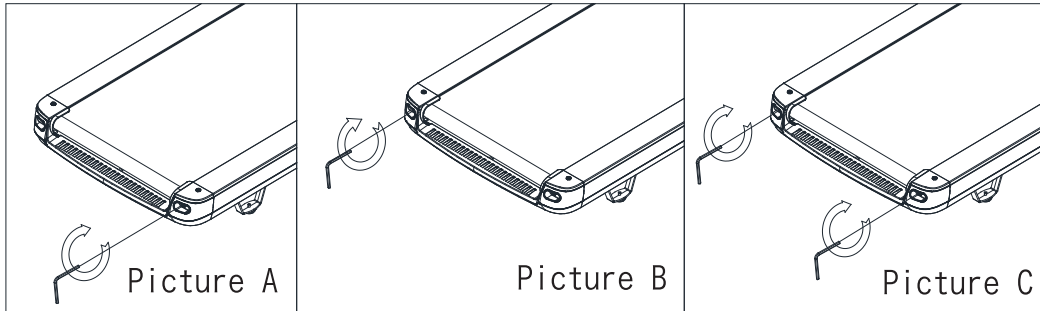
- Put the treadmill running belt at the center.
- Put the motorized treadmill on the level ground. let the treadmill run at the speed of 6-8 miles per hour, observe the running belt deviating condition.



Maintenance Guideline

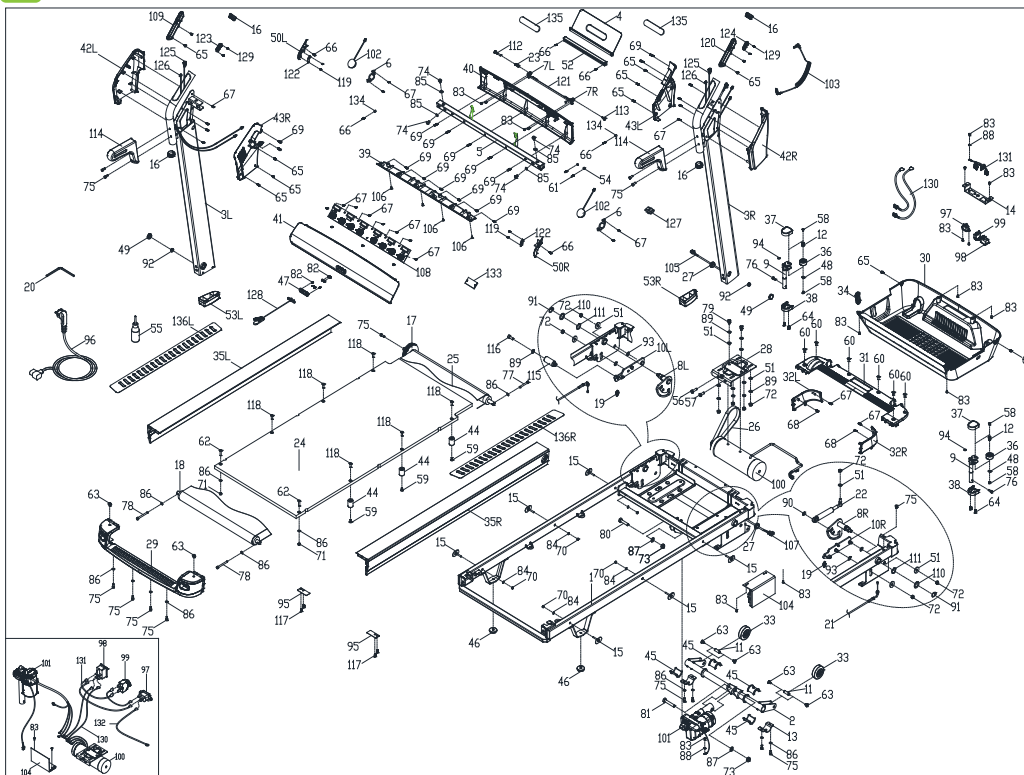
- If the running belt deviate to the right, pull off the safety key and unplug the power, turn the right side adjusting bolt clockwise by 1/4 circle, plug the power ,safety key, make the treadmill run, watch the running belt deviating condition.
- Repeat the above steps, until the running belt is in the middle. Picture A
- If the running belt deviate to the left, pull off the safety key, unplug the power, turn the left adjusting bolt clockwise by 1/4 circle, plug the power, safety key, make the treadmill run, watch the deviating condition of the running belt.
- Repeat the above steps, until the running belt goes to the middle. Picture B.
- After the above adjustment or a period of time' s use, running belt would become loosen, need adjustment. Pull off the safety key, power switch, and turn the left and right adjusting bolt clockwise by 1/4 circle, plug power, safety key, make the treadmill run, then stand on the treadmill to confirm the tightness.
- Repeat above steps, until the running belt is moderate in tightness. picture C.

Maintenance Guideline



- A . If the running belt doesn' t stop when you press it, the running belt and motor belt is not flabby or not tight. They are just right;
- B . If the running belt stops when you press it, but the motor belt and the front roller don' t stop, the running belt is a little loose, then you need to adjust the running belt for the safe use(to adjust running belt loose and tightness see the maintenance guideline in the before page);
- C .If the running belt and motor belt stop when press the running belt, the motor still run, the motor belt is flabby, you need to adjust it for the safe use.

Exploded Drawing



Part List

NO.	ITEM	DESCRIPTION	Q' TY	NO.	ITEM	DESCRIPTION	Q' TY
1	Main frame		1	2	Incline bracket		1
3L/R	Upright		2	4	pad bracket		1
5	Meter bracket horizontal tube		1	6	Loudspeaker fixed seat		2
7L/R	pad bracket fixed seat		2	8L/ R	Adjusting sheet L/R		2
9	Supporting wheel fixed bracket		2	10L/ R	Choice sheet L/R		2
11	Transporting wheel axis		2	12	Supporting wheel axis		2
13	Incline bracket U shape fixed seat		2	14	Power fixed connector		1
15	Edging buckle		6	16	Handrail stopple		4
17	Font roller		1	18	Rear roller		1
19	extension spring		2	20	Wrench	5#	1
21	cable		1	22	cylinder		1

Part List

23	compression spring		1	24	Running board		1
25	Running belt		1	26	Multi-groove belt		1
27	Ring wire plug		2	28	Motor seat		1
29	Rear cover		1	30	Motor under cover		1
31	Upper motor cover		1	32L/ R	Motor cover Left/right side decorative cap		2
33	Transporting wheel		2	34	Foot lever stopple		1
35L/ R	Edging L/R		2	36	Supporting transporting wheel		2
37	Supporting wheel upper cover		2	38	Supporting wheel under cover		2
39	Meter under cover		1	40	Meter under cover		1
41	Meter panel		1	42L/ R	Meter left/right outer side cover		2
43L/ R	Meter left inner side cover		2	44	cushion		6

Part List

43L/ R	Meter left inner side cover		2	44	cushion		6
45	Incline axle sleeve		4	46	Bracket adjusting		2
47	Safety lock seat		1	48	C-shape Snap Rings	Φ 10	2
49	Upright stopple		2	50L/ R	Loudspeaker light shade left/right		2
51	Flat washer	φ 9* φ 23*t1.5	11	52	Light transmitting plate		1
53L/ R	Left right upright stopple		2	54	module fixer		2
55	Silicon oil		1	56	bolt	M8*20	1
57	bolt	M8*25	1	58	screw	M5*8	4
59	screw	M6*12	8	60	screw	M6*20	6
61	screw	ST3.0*15	2	62	screw	M6*28	2
63	screw	M6*12	4	64	screw	ST3.0*20	4
65	screw	ST4.0*15	12	66	screw	BT2.5*8	6
67	screw	ST3.0*10	25	68	screw	BT4*8	2

Part List

69	screw	BT4*15	15
71	nut	M6	2
73	nut	M10	2
75	screw	M6*12nickel	14
77	screw	M6*50	1
79	screw	M8*12	2
81	bolt	M10*60 10.9 grade Screw length 15mm	1
83	screw	M4*8	16
85	Flat washer	∅ 9* ∅ 16*t1.6	4
87	Flat washer	∅ 11* ∅ 20*t2.0	2

70	nut	M5	6
72	nut	M8	11
74	screw	M8*15	6
76	screw	M6*15half-thread nickel	2
78	screw	M6*60	2
80	bolt	M10*45 10.9grade screw length 15mm	1
82	screw	M2*5	6
84	washer	∅5*12*1.2	6
86	washer	∅ 6.6* ∅ 11.8*t1.6 nickel-plating	13
88	washer	∅ 4.1* ∅ 4.4*t1nickel-plating	2

Part List

89	Spring washer	M8	7	90	E-shape Snap Rings	φ 8 black	1
91	C-shape Snap Rings	match φ 20 black shaft	2	92	flange nut	M10*P1.25	2
93	Flat washer	φ 12.2* φ 17*t0.5	4	94	O shape ring	Inner diameter φ 13*wire diameter φ 1.5	2
95	Running board baffle		2	96	Power cord		1
97	End socket		1	98	Power switch		1
99	Overload protector		1	100	DC motor		1
101	Incline motor		1	102	loudspeaker		2
103	Mp3 line		1	104	controller		1
105	upper wire		1	106	screw	M4*12	4
107	Lower wire		1	108	meter		1
109	Incline shortcut key seat		1	110	washer	φ 20.5* φ 30*t2.0	2
111	wave shape washer	φ 20.5* φ 27*t0.4	2	112	Pad bracket fixing screw left		1

Part List

113	Pad bracket fixed screw right		1	114	handrail		2
115	Foot lever		1	116	screw	M8*35	1
117	screw	M4*12	4	118	screw	M6*25	6
119	screw	BT2.2*5 nickle-plating	4	120	speed shortcut key seat		1
121	Pad decorating light		1	122	Loudspeaker decorating light		2
123	Incline shortcut key PC		1	124	Speed shortcut key PC		1
125	Pulse outgoing line		2	126	Shortcut key outgoing wire		2
127	USB module		1	128	Meter safety lock		1
129	screw	M3*6	4	130	Single wire	500mm	2
131	Single wire	350mm	3	132	Grounding wire	200mm	1
133	Cool play APP	select	1	134	Pole pressing seat		2
135	M7 pad Single-sided adhesive		2	136	anti-slip sticker left/right		2
137	Screw cover		2				

Contact Us



MALAYSIA
Healthy World Lifestyle Sdn Bhd
No. 22 Jalan Anggerik Mokara 31/47
Kota Kemuning, 40460 Shah Alam
Selangor Darul Ehsan, Malaysia
Tel: +603-5121 4286
Fax: +603-5121 4386



HONG KONG, CHINA
OGAWA Health Care International (HK) Ltd
31/F,YHC tower,1Sheung Yuet Road
Kowloon Bay
Kowloon
Hong Kong
Tel: +852 3465 6262
Fax: +852 2410 0119



SINGAPORE
OGAWA Health-Care Pte Ltd
27 Tampines Industrial Avenue 5,
T5 @ Tampines
Singapore 528623
Tel: +065-6846 8588
Fax: +065-6846 7677



VIETNAM
OGAWA Vietnam Co Ltd

12 Tan Trao,Tan Phu ward
District 7
Ho Chi Minh
Tel: +84 8 54133 222 / 54133 223
Fax: +84 8 5416 1736



INDONESIA
Pt Healthy World
Lodan Center Block O No 20
Jalan Lodan Raya No 2
Jakarta Utara 14430
Tel: +62 21-6983 1123
Fax: +62 21-6983 1124



PHILIPPINES
O-Healthcare Solution Phil. Inc.
2303, 4th Floor, G&A Building,
Chino Roces Avenue Extension,
Makati City, Philippines
Tel: +632 889 0676 / +632 844 6851
Fax: +632 812 0421

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真心感谢您的选择。

使用前请阅读此说明书，
特别是安全说明部分，
并保留此说明予以备用。

备注：

本公司讲保留修改设计和
产品最终解释权。
产品颜色以实物为准。



安全说明

1. 注意：请在使用前仔细阅读说明书，并注意以下安全事项：

- ◆ 跑步机适宜放置在室内，避免受潮，不能将水溅在跑步机上，不能防止任何异物。
- ◆ 锻炼前，请穿着合适的运动服，运动鞋。严禁光脚在跑步机上运动，并且全身舒展。
- ◆ 本产品防触电保护类为I类，请确认您的电源插头必须可靠接地，插座要有专用的回路，避免与其它电器设备共享。
- ◆ 儿童要远离本机，避免发生意外。
- ◆ 应该避免超长时间超负荷运行，否则会造成电机、控制器损坏、加快轴承、跑带、跑板的磨损与老化，定期做好保养。
- ◆ 减少室内灰尘，保持室内一定湿度，避免产生强大静电，否则可能干扰电子表，控制器的正常工作。
- ◆ 运动使用完毕后请拔掉电源插座，切断电源。
- ◆ 使用跑步机时请保持室内空气流通。
- ◆ 运动时请将安全锁拉线夹夹在衣服上，以防遇到紧急情况时安全停机。
- ◆ 如果你在使用中感觉有不适应或异常情况，请停止运动，并咨询医生。
- ◆ 硅油使用完后，必须储放在儿童拿不到的地方，以免误食而产生严重后果。



安全说明

2. 警告：为减少事故发生或伤及他人，请遵守以下规定：

- ◆ 使用跑步机前请检查服装是否扣好或拉上拉链。
- ◆ 不要穿易被跑步机勾挂的衣服。
- ◆ 不要将电源线靠近热的物体。
- ◆ 不要让儿童接近跑步机。
- ◆ 不要在户外使用跑步机。
- ◆ 移动跑步机前必须切断电源。
- ◆ 非专业人员不得擅自拆卸本机，否则将有可能发生严重后果。
- ◆ 本跑步机只限于用于10或20AMP以上的电路中使用，若需使用分线电源，应使用220V/20A以上规格的电源线，否则可能导致线路过热而发生危险。
- ◆ 机台启动时仅限一人在跑步机上运动。
- ◆ 运动时如感觉头晕、胸痛、反胃、或者呼吸急促，请立即停止运动，请您相应地咨询健身教练或医生。

3. 警告! 强制!

正接受医生治疗时或下述患者请务必在与专门医生商谈后方可使用。



安全说明

- (1) 现在正腰疼者或过去腿、腰、颈曾经受过伤者，腿、腰、颈和手麻木者（有椎间盘突出、脊椎滑落症、颈椎突出等宿疾者）。
- (2) 有变形性关节炎、风湿症、痛风者。
- (3) 有骨质疏松症等异常者。
- (4) 有循环系统障碍（心脏病、血管障碍、高血压症等）者。
- (5) 呼吸器官有障碍者。
- (6) 正在使用人工心律调整器植入体内型医疗电子仪器者。
- (7) 有恶性肿瘤者。
- (8) 有血栓症或严重的脂肪瘤、急性脂肪瘤等血液循环障碍或各种皮肤感染等症状者。
- (9) 有因糖尿病等引起的高度末梢循环障碍所引起的知觉障碍者。
- (10) 皮肤有创伤者。
- (11) 因生病等而发高烧者（38℃或以上）。
- (12) 背骨有异常者或背骨弯曲者。
- (13) 正在妊娠或可能妊娠者或处于经期者。
- (14) 感到身体异常，需要静养者。
- (15) 明显身体状况不佳者。



安全说明

(16) 以康复为目的的使用者。

(17) 除上述情况以外特别感到身体有异常者。——可能导致事故或身体状况不佳。

- ◆ 在运动过程中感到腰痛、腿脚麻木、头晕、心跳等身体与平时不同的疼痛或协调的感觉异常时，立即停止使用并向医生咨询。
- ◆ 不要让儿童使用本产品，也不要让儿童在本产品周边玩耍。——如不遵守，可能会有受伤的危险。
- ◆ 在使用过程中或装入拿出产品时、使其滑动时，请务必确认周围（产品的后、下部、前部）有无人或宠物。

4. 禁止!

- ◆ 不要在外壳裂开、破裂、脱落的状态（内部构造露出）或焊接部脱落的状态下使用。
——否则可能发生意外或受伤。
- ◆ 在运动过程中不要跳上去或跳下来。——可能因跌倒而导致受伤。
- ◆ 不要在室外和浴室附近等潮湿的场所和淋到水滴的场所使用和保管。
- ◆ 不要在阳光直射的场所、炉子周围等高温的场所和电热地毯等取暖器具的上面使用或保管。
——否则可能导致漏电、起火。
- ◆ 当电源线或电源插头损坏或插座口松弛时不要使用。——否则可能导致触电、短路、起火。



安全说明

- ◆ 不要损坏或强行弯曲或扭转电源线。同时不要在其上面放置重物，不要使线被夹住。
——否则将导致火灾或触电。
- ◆ 不要2人以上同时使用，在使用过程中注意不要使周围的人靠近。
——否则可能因跌掉而发生意外或受伤。
- ◆ 不能自己表达意识或自己不能操作者不要使用。——可能发生事故或受伤。

5. 勿分解!

- ◆ 绝对禁止拆卸、修理、改造。——有发生机械故障而受伤的危险。

6. 避免接触水!

- ◆ 主体或操作部不要淋水或饮料。——可能导致触电、起火。

7. 禁止!

- ◆ 平常不运动的人不要突然做激烈的运动。
- ◆ 在饮食过后或疲劳时、刚刚运动或体力状态不正常时，不要使用。——可能导致损害健康。



安全说明

- ◆ 本品适合于家庭使用，不适用于学校、体育馆等为数多的不特定的场所使用。——有受伤的危险
- ◆ 不在饮食、或进行其他活动的同时使用。
- ◆ 在饮酒后等感觉到变得迟钝时不要使用。——可能发生意外或受伤。
- ◆ 不在裤子口袋里装着硬物的情况下使用。——可能导致事故或受伤。
- ◆ 不使电源插头上附着针、垃圾或水份。——可能导致触电或短路、起火。

8. 切勿用湿手使用！

- ◆ 不要用湿手拔出或插入电源插头。——可能导致触电和受伤。

9. 拔出电源插头！

- ◆ 在不使用时，从插座拔出电源插头。——因灰尘和湿气会使绝缘劣化，从而导致漏电火灾。

10. 接地说明！ 警告

- ◆ 该产品必须接地。如果本机发生功能失常，接地将为电流提供阻力最小的通道，以减小触电危险。
- ◆ 该产品装备了具有设备接地导体和接地插头的电线。必须将该插头插入已完全依照当地法规或法令进行正确安装和接地的、合适的插座。

11. 危险!

若设备接地导体的连接不当，则会导致触电危险。如果您对该产品的接地是否正确存在疑问。请委托专业电工进行检查。即使该产品附带的插头与插座不配，也不能对其进行改造。请委托专业电工安装合适的插座。

- ◆ 该产品具有接地插头。请确认该产品连接至具有与该形状一样的插座，该产品不能使用转接插座。



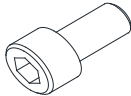

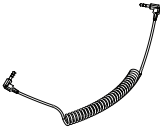
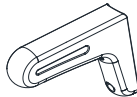
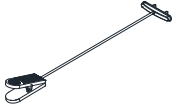


保修说明

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。

组装说明

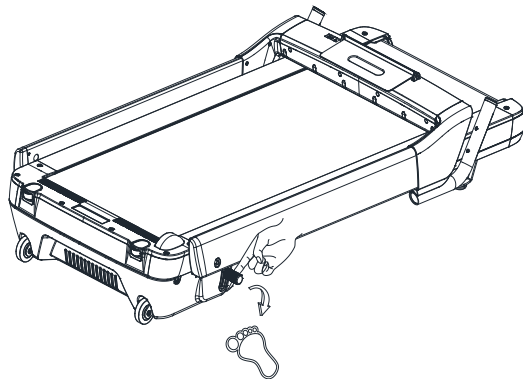
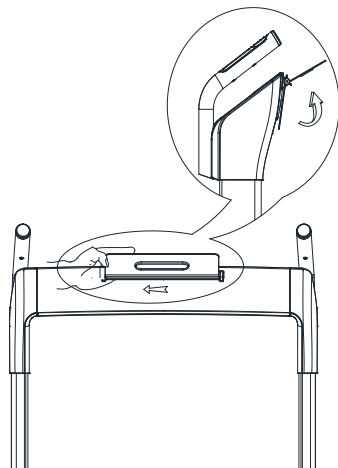
下图为整机台安装的部件散图，打开包装箱，您可以在箱内取出以下零部件：

		
<p>20. L型 5#内六角扳手</p>	<p>55. 油瓶</p>	<p>75. 圆柱头内六角螺 M6* 12 4PCS</p>
		
<p>96. 电源线</p>	<p>103. MP3弹簧线</p>	<p>114. 扶手 2PCS</p>
		
<p>128. 安全锁</p>		

安装步骤：

第一步：

用右手或左手扶住立柱管，用脚或手按压脚踏杆听到咔的声音后，将立柱扶起。听到咔的声音后，轻轻摇晃立柱管，确认锁紧后松手。



第二步：

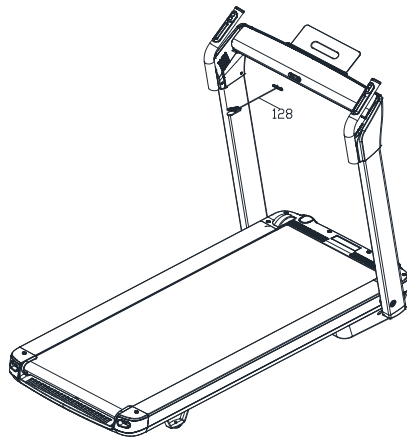
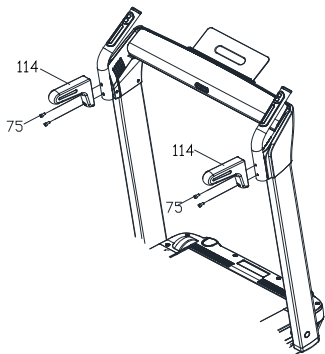
将平板电脑架按照简图箭头方向向上转轴后，向左拉动平板电脑架，用手前后摇晃几下后，确认卡紧后方可使用。

组装说明

第三步：

将安全锁插入机器对应的孔内。

请注意：一定要在确认全部按组装要求安装完毕后，再检查没有遗漏后，才可以接通电源。
跑步机操作使用请仔细查阅后面的相关说明。



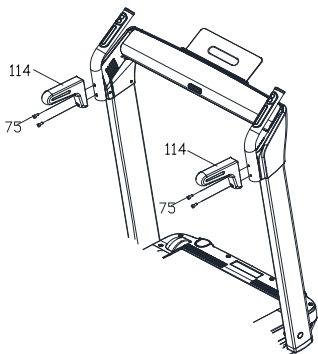
第四步：

将扶手（114）用圆柱头内六角M6*12L（75）用扳手固定在车架上锁紧。

产品折叠收起时需将扶手拆下来。

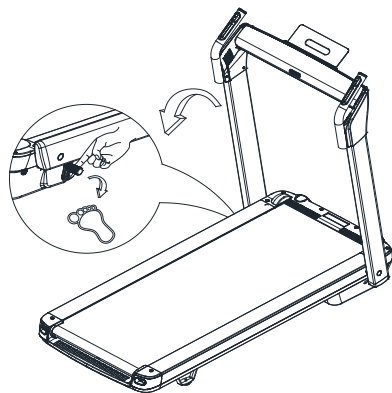
为了您的安全请务必将扶手装上。

机台折叠、展开说明：



1. 在跑步机折叠前，必须将扶手按照简图拆下。

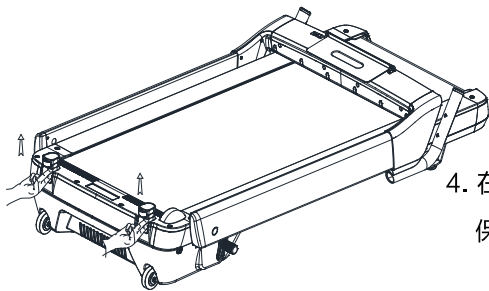
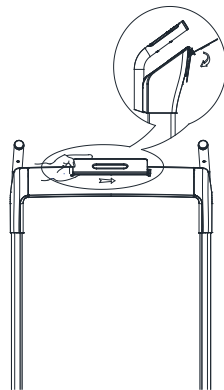
2. 先用右手或左手扶住立柱管，用脚或手按压脚踏杆听到咔的声音后，将立柱放下即可。



组装说明

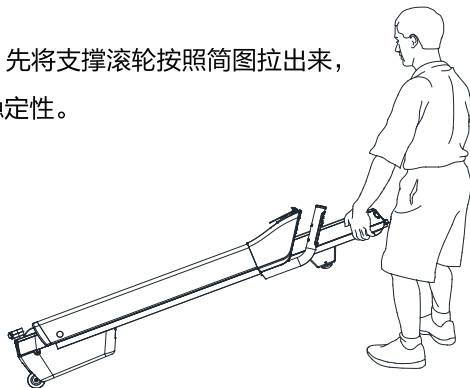
3. 平板电脑架收折，按照简图箭头方向向右拉动平板电脑架，然后向下转后完成。

产品折叠收起时需将扶手拆下来。



4. 在跑步机搬运前，先将支撑滚轮按照简图拉出来，保证车架站立的稳定性。

5. 以上步骤完成后方可移动跑步机到适当的摆放位置。
支撑滚轮可左右纵向移动，搬运轮可以前后移动，站立摆放。












技术参数




型号名称	M7S Pro	产品型号	AC 3500
占地尺寸(mm)	1455 (长 L)*745 (宽 W) *1235 (高 H)	速度范围	1- 14Km/h
折叠直立尺寸	745 (长 L)*265 (宽 W) *1455 (立 H)	马达规格	1.25HP MAX 2.5HP
跑台尺寸(mm)	1300*480	使用电源	220-240V
机台净重	57Kgs	额定功率	930W
最大载重	100Kgs	使用环境温度	0-28℃
坡度	0-12%		
单窗蓝屏显示	速度 时间 距离 卡路里 心率 坡度		
安全保护和产品优势	<p>A. 仪表上红色安全开关；</p> <p>B. 微电脑电控系统设有过电流、过载保护功能；</p> <p>C. IMD工艺135°曲面屏，表盘显示清晰，无视角范围影响，1.0-14公里调速范围；</p> <p>D. 缓冲减震系统使运动顺畅自然，同时保护使用者脚掌、脚踝、关节等部位运动时所受的冲击最小；</p> <p>E. 过流保护器只有人工复位才可继续运转，可靠保护电机免于损坏；</p> <p>F. 智能型防暴冲电路 0.3秒内动作给运动者最大安全保护；</p>		









一、窗口显示








- 1、“ 坡度”窗口：显示当前坡度值。
- 2、“ 心率/ 热量”窗口：显示当前的心率值和运动者消耗热量值。
- 3、“ 时间/ 程序”窗口：显示当前运动时间和运动者使用的程序。
- 4、“ 距离/ 模式”窗口：显示当前运动距离值和当前使用的模式。
- 5、“ 记步”窗口：显示当前步数值。
- 6、“ 速度”窗口：显示当前运行的速度值。

二、按键功能：



- 1、“ 开始”为启动键，在电源开启并且安全锁闭合的情况下，按此键，可启动跑步机的运行。
- 2、“ 坡度3”：为坡度3快捷键：可快速进行坡度设定。
- 3、“ 坡度5”：为坡度5快捷键：可快速进行坡度设定。

- 4、“程序”为程式键：在待机状态时，按此键可以循环选择“0: 00”、“P1-P2-P3……P8、U1-U2-U3、模式；手动模式为系统默认运行模式，手动模式的默认速度是1.0KM/H。（“0: 00”为手动模式，P1-P8为内置程式，U1-U3为用户程序。）
- 5、“模式”为模式选择键：按此键可以循环选择“0: 00”、“30: 00”、“5.0”、“100”（“0: 00”为手动模式，“30: 00”为时间倒计时模式，“5.0”为距离倒计时模式，“100”为卡路里倒计时模式。）在选择各种模式时使用扶手速度加减键来设定相关倒计数值，设定完成后按“开始”键即可启动。
- 6、“速度3”为速度3快捷键：可快速进行速度设定。
- 7、“速度5”为速度5快捷键：可快速进行速度设定。
- 8、“停止”为停止键：可停止跑步机的运行。








三、快速启动(手动模式)：






- 1、打开电源开关，将安全锁正确插入在面板的安全锁位置。
- 2、按“开始”，系统进入3秒倒计时，蜂鸣器发出声音，同时“时间/程序”窗口显示倒计数，3秒倒计时完毕后跑步机以1公里/小时的速度开始运行。
- 3、启动后可根据需要，使用扶手键调整跑步机的速度和坡度；也可以使用“坡度3”、“坡度5”、“速度3”、“速度5”快捷键直接调整跑步机的速度坡度。

四、运动过程中的操作：







- 1、使用右边扶手“-”降低跑步机的运行速度。（每次0.1km/h 长按无效）
- 2、使用右边扶手“+”增加跑步机的运行速度。（每次0.1km/h 长按无效）
- 3、使用左边扶手“-”降低跑步机的运行坡度。
- 4、使用左边扶手“+”增加跑步机的运行坡度。
- 5、按停止键跑步机会减速至停止运行。
- 6、当运动者双手握住心跳手握柄时5秒左右心率图标即可点亮，在“ 心率/ 热量”显示心跳数据。

五、手动模式：

- 1、在待机状态下，直接按“ 开始”键，跑步机以1.0公里/小时速度、坡度0段开始运行；其它窗口从0开始正向计数，按“两边扶手键”改变坡度和速度。
- 2、在待机状态下，按“ 模式”键，模式灯点亮，进入时间倒计时模式，“ 时间/ 程序”窗口显示“30：00”且闪烁，时间图标点亮，按“两边扶手键”设定运动时间，设定范围为：5：00—99：00。
- 3、在时间倒计时模式时，按“ 模式”键进入距离倒计时模式，“ 距离/ 模式”窗口显示“5.0”且闪烁，距离图标点亮，按“两边扶手键”设定运动距离，距离设定范围为：0.5—99.0。

- 4、在距离倒计时模式时，按“模式”键进入卡路里倒计时模式，“心率/热量”窗口显示“100 且闪烁，卡路里灯点亮，按“两边扶手键”键设定卡路里，卡路里设定范围为：20—990。
- 5、三种倒计时模式选择其中的一种设置完成后，再按“开始”键，跑步机延时3秒后开始运行，倒计时完毕后自动停止运行，也可以按“停止”键直接停止。

六、内置自动程式：




本系统共有8个内置自动程式P1……P8，在待机状态下，按“程序”键“时间/程序”窗口显示“P1……P8”，且程序灯点亮，同时“时间/程序”窗口闪烁；时间灯点亮，显示预设时间30：00，按“两边扶手+-”设定所需的运动时间后，再按“开始”键启动内置程式，内置程式共分10段，每段运动时间=设定时间/10。当进入下一段时，如果速度或坡度将发生变化时，系统发出“Bi-Bi- Bi-”3声提示，系统的速度与坡度随程式段改变而改变，其间可以按“两边扶手键”改变速度和坡度，但是当程式进入下一段时会恢复成该段的速度与坡度，运行完一个程式，系统会发出“B i- B i- B i”的3声提示，跑步机平稳降速停止运行。

		1	2	3	4	5	6	7	8	9	10
P1	速度	1	4	3	4	3	5	4	2	5	3
	坡度	1	2	3	3	1	2	2	3	2	2
P2	速度	1	5	4	6	4	6	4	2	4	2
	坡度	1	2	3	3	2	2	3	4	2	2
P3	速度	1	5	4	5	4	5	4	2	3	2
	坡度	1	2	2	3	1	2	2	2	2	1
P4	速度	1	6	7	5	8	5	9	6	4	3
	坡度	2	2	3	3	2	2	4	6	2	2
P5	速度	1	6	7	5	8	6	7	6	4	3
	坡度	1	2	4	3	2	2	4	5	2	1
P6	速度	1	8	6	4	5	9	7	5	4	3
	坡度	2	2	6	2	3	4	2	2	2	1
P7	速度	1	6	7	4	4	7	4	2	4	2
	坡度	4	5	6	6	9	9	10	12	6	3
P8	速度	1	4	6	8	7	8	6	2	3	2
	坡度	3	5	4	4	3	4	4	3	3	2



七、用户自定义程式

跑步机除了8个系统内置程式外还设有3个允许用户根据个人情况而自行设定的用户自定义程式：U1、U2、U3。

1、用户自定义程式的设定：


在待机状态下连续按“程序”键直至希望设定的用户自定义程式（U1-U3），“模式”键确定进入设置，然后可对第一个时间段进行设置，设置时用扶手速度键设置速度，用扶手坡度键设置坡度，按“模式”键完成第一个时间段的设置并进入第二个时间段设置状态直至完成所有的10个时间段的设置；设置完成后数据将永久保存直至您下次重新设置，此数据不会因断电而丢失。

2、用户自定义程式的启动：

A、在待机状态下连续按“程序”键直至希望运行的用户自定义程式（U1-U3），并设置好运行时间后按“开始”键即可启动。

B、在用户自定义程式及运行时间设定完成后按“开始”键亦可立即启动。

3、用户自定义程式设置说明：

每个程式均把动时间均分为10个时间段，设定时要完成所有10个时间段的速度和坡度及运行时间设定，才能按“开始”键启动跑步机。





八、AUX

当通电后连接aux至其它的音频设备时，可以播放音乐，当自动节电休眠后，音乐也将被关闭。按任意键唤醒。




九、USB接口

不具备音频播放功能，只有充电功能。

十、公英制转换

按住“开始”键取下安全开关，再接上安全开关，可进入公英制转换，“距离/模式”窗口显示，按两边扶手按键可以选择公英制（“SI”表示公制，“Eng”表示英制），选择好后按“开始”键确认并退出到待机状态。

十一、参数设置


1. 同时按“停止”键和“速度3”键再上安全开关，进入控制面板参数设置状态；
2. 在参数设置显示参数编号0~9，用“开始”键翻页确认，用“两边扶手键”进行修改数值；
3. 参数

设置序号	参数定义	设置范围	备注
1	最低时速	3~30	
2	最高时速	80~250	
3	最高坡度	12~20	
4	加速时间/公里	2~200	
5	减速时间/公里	2~200	
6	低速传动比	100~2000	
7	中速传动比	100~2000	
8	高速传动比	100~2000	
9	自动校传动比	0~6000	

十二、安全锁功能：

在任何状态下，拉掉安全锁都可以紧急停止跑步机的运行，跑步机紧急停止时，蜂鸣器长叫一声，显示板显示“SAFE”；此时跑步机除关机外不能进行其它任何操作，将安全锁重新正确装上后，跑步机重新进入待机状态，等待输入指令。

十三、升降自校准:

在待机状态下,同时按“停止”键、“速度5”键进行升降自校准,完成校准后回到待机界面。

十四、节电模式:

本系统具有节电功能,在待机状态下如果4分钟内没有任何按键指令输入,系统进入节电模式,自动关闭显示,按任意键可重新唤醒系统。

十五、故障代码:

Er 1: 显示板未接收到信号

ER 3: 过压

Er 4: IGBT短路(过流)

Er 5: 过载

Er 6: 电机未接(仅直流)

ER 7: 控制器无接收信号

Er 8: 防倒开关动作

Er13 :过流

Er14: 负载短路



操作指南

备注:

- 1、不管是跑步机运行还是停机状态，用户都可以用蓝牙按键断开APP的控制；
- 2、只有在跑步机停机状态下，用户才可以用蓝牙按键允许APP对跑步机的控制。

关机:

在任何时候都可通过关闭电源开关的方式来关闭跑步机，这样并不会损坏跑步机。

注意事项:

- 1、运动前请先检查是否加载电源；检查安全锁是否有效。
- 2、在运动过程中出现异常情况，可拉掉安全锁，跑步机会迅速减速至停止；再放入安全锁，设备复位,等待输入指令。



锻炼安全措施

在进行锻炼前，请向专业人员咨询。他（她）能帮您推荐运动频率、运动强度及与您
闷的年龄和身体状况相符的运动时间。在锻炼时，若您觉得胸或胸痛、心跳不规则、
呼吸短促、头昏或其它不适，请立即停止！在继续锻炼前先向专业人员咨询。

如果您经常使用电动跑步机，在选定速度时，您可以选择正常走路的速度或慢跑时的速度。如果您没有经验或不能确定最合适的测试速度，可参照以下准则：

时速1-3.0公里 体质较差的人

时速3.0-4.5公里 惯于久坐或不常运动的人

时速4.5-6.0公里 常速行走者

时速6.0-7.5公里 快速行走者

时速7.5-9.0公里 慢跑者

时速9.0-12.0公里 中速跑步者

时速12.0-14.5公里 有经验的跑步者

时速14.5-18.0公里 优秀的跑步者

请注意：对于行走者来说用小于或等于6.0公里的时速比较合适；对于跑步者来说用大于或等于8.0公里的时速比较合适。



维护说明

清洁：

在清洁或维护产品前，请务必把电动跑步机的电源插头拔掉。

定期清除灰尘以保持部件的清洁。一定要清扫跑步带两边暴露在外的部分，这将减少跑步带下杂质的堆积。确保运动鞋干净，避免把异物携带进跑步带下磨损跑步板和跑步带。跑步带表面须用沾肥皂的湿布擦洗，请注意不要使水溅到电气元件上和跑步带下面。

警告：

在移动电机保护罩前请务必将电动跑步机的电源的插头拔掉。一年至少打开电机保护罩对电机吸尘清洁一次。

跑步带和电跑专用润滑油：

此电动跑步机的跑步板和跑步带之间已经预先涂好润滑油。跑步带和跑步板间的磨擦力对电动跑步机的使用寿命及性能的影响很大，因此须定期涂润滑油。我们建议对板面进行定期检查。如板面有破损，请与我们的客户服务中心联系。

我们建议按如下时间表对电动跑步机的跑步带和跑步板间涂润滑油：

轻量级使用用户（每周使用低于3小时）一年一次；

中量级使用用户（每周使用3-5小时）每6个月一次；

重量级使用用户（每周超过5小时）每3个月一次。

我们建议您在当地经销商处购买
润滑油或者直接与我公司联系。



维护说明

1. 为更好地维护您的电动跑步机，延长机器寿命，建议您在持续使用2小时后关断电源让机器休息10分钟后再使用。
2. 跑步带若太松，在跑步时会有打滑的现象；若太紧，过紧可能降低电机性能并使滚筒、跑步带磨损加剧。跑步带松紧适宜时，可以用手将跑步带两边抬离跑步板约50 - 75mm 。

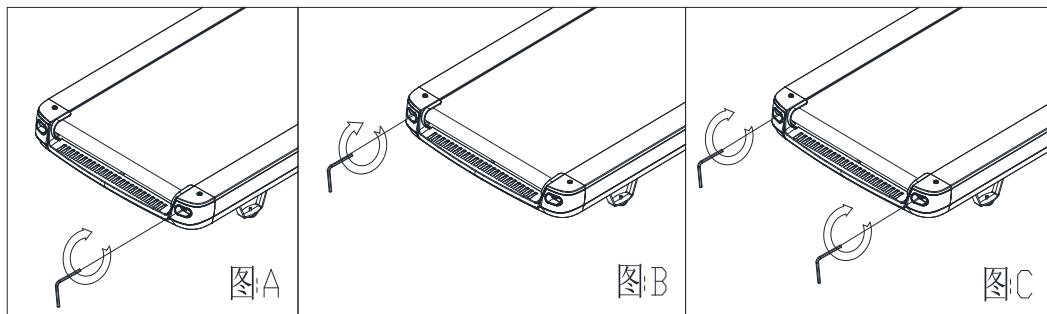
跑步带对中和松紧度的调整：

为了您更好的使用跑步机和使跑步机能更好的工作您有必要将跑带调整到最佳状态。

跑步带对中：

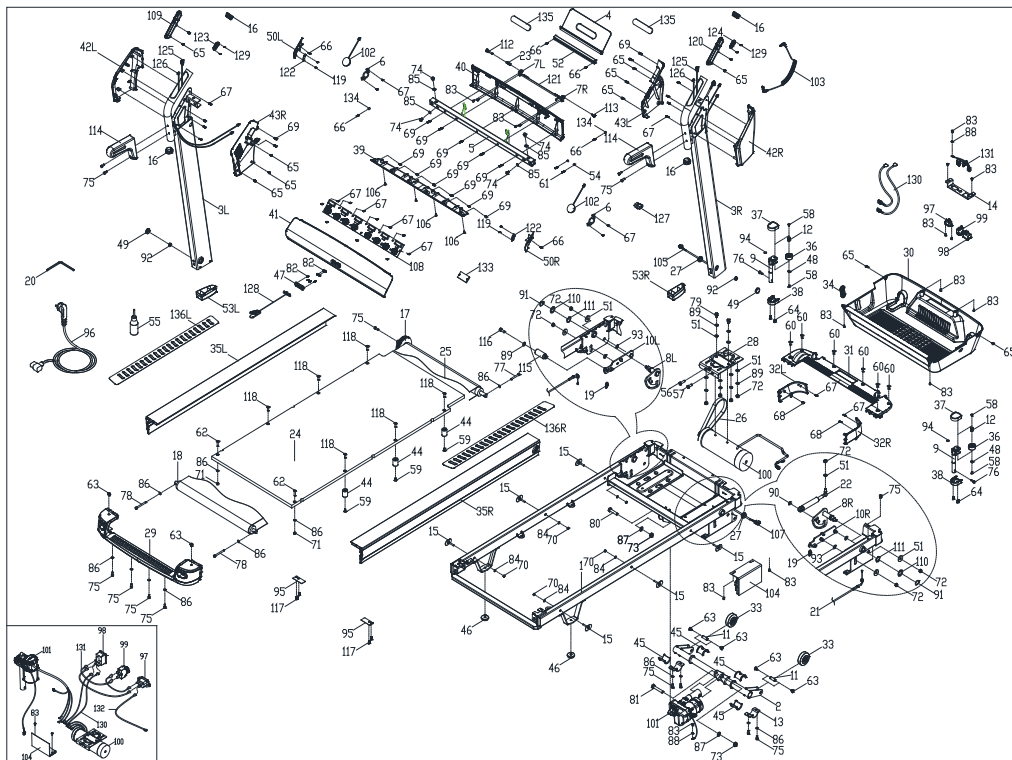
- 把电动跑步机放在平整地面上。
- 使电动跑步机以大约6-8公里/小时的速度运行，观察跑步带偏离情况。
- 如果跑步带偏向右边，拨下安全锁、电源开关，将右边的调节螺栓沿顺时针方向旋转1/4圈，插入电源开关、安全锁，使跑步机运行，观察跑步带偏离情况。
- 重复以上步骤直到跑步带居中。图A
- 如果跑步带偏向左边，拨下安全锁、电源开关，将左边的调节螺栓沿顺时针方向旋转1/4圈，插入电源开关、安全锁，使跑步机运行，观察跑步带偏离情况。
- 重复以上步骤直到跑步带居中。图B

- 跑步带在以上调节后或使用一段时间后会渐渐松弛，需要进行调节。
拔下安全锁、电源开关，同时将左右两边的调节螺栓沿顺时针旋转1/4圈，插入电源开关、安全锁，使跑步机运行，再站在跑步带上确认松紧程度。
- 重复以上步骤直到跑步带松紧程度适中。图C



- A** . 若瞬时的踩压力量不能使跑步带停止转动，说明多楔带、跑步带的松紧度合适。
- B** . 若您观察到瞬时的踩压力量使跑步带停止转动，而多楔带和前滚筒仍在转动，说明跑步带有些松弛，必须做适当的调节以利于安全使用。(调节跑步带松紧度参见前页维护指南)
- C** . 若您观察到瞬时的踩压力量使跑步带、多楔带停止转动，而电动机仍在转动，说明多楔带有些松弛，必须做适当的调节以利于安全使用。

爆炸图



爆炸图明细表

序号	名称	规格	数量	序号	名称	规格	数量
1	主车架		1	2	扬升架		1
3L/R	立柱		2	4	平板电脑架		1
5	电子表架横管		1	6	音响固定座		2
7L/R	平板电脑支架固定座 左/右		2	8L/ R	调节片左/右		2
9	支撑轮固定架		2	10L/ R	选择片左/右		2
11	搬运轮轴心		2	12	支撑轮轴心		2
13	扬升架 U 型固定座		2	14	电源固定取付		1
15	边条扣		6	16	扶手塞		4
17	前滚筒		1	18	后滚筒		1
19	拉伸弹簧		2	20	L 形内六角扳手	5#	1
21	钢索		1	22	气缸		1
23	压缩弹簧		1	24	跑板		1
25	跑带		1	26	多槽皮带		1
27	环形护线塞		2	28	马达座		1
29	后护角		1	30	马达下盖		1

爆炸图明细表

31	马达上盖		1	32L/ R	马达盖左/右侧饰盖		2
33	搬运轮		2	34	脚踏杆孔塞		1
35L/ R	边条左/右		2	36	支撑滚轮		2
37	支撑轮上盖		2	38	支撑轮下盖		2
39	电子表下盖		1	40	电子表后盖		1
41	电子表面板		1	42L/ R	电子表左/右 外侧护盖		2
43L/ R	电子表左 内侧护盖		2	44	缓冲垫		6
45	扬升转轴套		4	46	车架调节脚垫		2
47	安全锁底座		1	48	C型卡簧	Φ10	2
49	立柱孔塞		2	50L/ R	喇叭灯罩左/右		2
51	平面垫圈	φ9*φ23*t1.5	11	52	透光板		1
53L/ /R	左右立柱管塞		2	54	模块固定冒		2
55	硅油		1	56	六角螺栓	M8*20	1
57	六角螺栓	M8*25	1	58	埋头内六角螺丝	M5*8	4
59	埋头内六角螺丝	M6*12	8	60	埋头内六角螺丝	M6*20	6

爆炸图明细表

61	十字圆头自攻螺钉	ST3.0*15	2	62	埋头内六角螺丝	M6*28	2
63	扁平头内六角螺丝	M6*12	4	64	十字槽沉头自攻螺钉	ST3.0*20	4
65	十字槽沉头自攻螺钉	ST4.0*15	12	66	十字垫圈头自攻螺钉	BT2.5*8	6
67	十字圆头自攻螺钉	ST3.0*10	25	68	十字槽大扁头自攻螺钉	BT4*8	2
69	十字槽大扁头自攻螺钉	BT4*15	15	70	防松螺母	M5	6
71	防松螺母	M6	2	72	防松螺母	M8	11
73	防松螺母	M10	2	74	半圆头内六角螺钉	M8*15	6
75	圆柱头内六角螺钉	M6*12 镀铬	14	76	圆柱头内六角螺	M6*15 半牙镀铬	2
77	圆柱头内六角螺钉	M6*50	1	78	圆柱头内六角螺钉	M6*60	2
79	圆柱头内六角螺钉	M8*12	2	80	六角螺栓	M10*45 10.9级 牙长 15mm	1
81	六角螺栓	M10*60 10.9级 牙长 15mm	1	82	十字垫圈头自攻螺钉	M2*5	6
83	十字垫圈头螺钉	M4*8	16	84	平面垫圈	φ 5.5*12*1.2	6
85	平面垫圈	φ 9* φ 16*t1.6	4	86	平面垫圈	φ 6.6* φ 11.8*t1.6 镀镍	13
87	平面垫圈	φ 11* φ 20*t2.0	2	88	弹簧垫圈	φ 4.1* φ 4.4*t1 镀镍	2
89	弹簧垫圈	M8	7	90	E型卡簧	φ 8 黑色	1

爆炸图明细表

91	C 型卡簧	配 $\phi 20$ 轴用黑色	2	92	法兰螺母	M10*P1.25	2
93	平面垫圈	$\phi 12.2^* \phi 17^*t0.5$	4	94	O 型圈	内径 $\phi 13^*$ 线径 $\phi 1.5$	2
95	跑板挡片		2	96	电源线		1
97	尾插插座		1	98	电源开关		1
99	过载保护器		1	100	DC 马达		1
101	扬升马达		1	102	喇叭		2
103	MP3 线		1	104	控制器		1
105	上段线		1	106	圆头十字螺丝	M4*12	4
107	下段线		1	108	表芯		1
109	扬升快捷键座		1	110	平面垫圈	$\phi 20.5^* \phi 30^*t2.0$	2
111	波形垫片	$\phi 20.5^* \phi 27^*t0.4$	2	112	平板架固定螺丝左		1
113	平板架固定螺丝右		1	114	扶手		2
115	脚踏杆		1	116	圆柱头内六角螺钉	M8*35	1
117	十字槽大扁头自攻螺钉	M4*12	4	118	埋头内六角螺丝	M6*25	6
119	十字垫圈头自攻螺钉	BT2.2*5 镀镍	4	120	速度快捷键座		1
121	平板电脑装饰灯		1	122	音响装饰灯		2

爆炸图明细表

123	扬升快捷键 PC		1	124	速度快捷键 PC		1
125	心跳引出线		2	126	快捷键引出线		2
127	USB 模块		1	128	电子表安全锁		1
129	十字槽大扁头自攻螺钉	M3*6	4	130	单只线	500mm	2
131	单只线	350mm	3	132	地线	200mm	1
133	酷玩蓝牙 App		1	134	柱子压座		2
135	M7 平板电脑单面胶		2	136	M7 防滑贴左/右		2
137	螺丝盖		2				

联系我们



MALAYSIA
Healthy World Lifestyle Sdn Bhd
No. 22 Jalan Anggerik Mokara 31/47
Kota Kemuning, 40460 Shah Alam
Selangor Darul Ehsan, Malaysia
Tel: +603-5121 4286
Fax: +603-5121 4386



SINGAPORE
OGAWA Health-Care Pte Ltd
27 Tampines Industrial Avenue 5,
T5 @ Tampines
Singapore 528623
Tel: +065-6846 8588
Fax: +065-6846 7677



INDONESIA
Pt Healthy World
Lodan Center Block O No 20
Jalan Lodan Raya No 2
Jakarta Utara 14430
Tel: +62 21-6983 1123
Fax: +62 21-6983 1124



HONG KONG, CHINA
OGAWA Health Care International (HK) Ltd
31/F,YHC tower,1Sheung Yuet Road
Kowloon Bay
Kowloon
Hong Kong
Tel: +852 3465 6262
Fax: +852 2410 0119



VIETNAM
OGAWA Vietnam Co Ltd
12 Tan Trao, Tan Phu ward
District 7
Ho Chi Minh
Tel: +84 8 54133 222 / 54133 223
Fax: +84 8 5416 1736



PHILIPPINES
O-Healthcare Solution Phil. Inc.
2303, 4th Floor, G&A Building,
Chino Roces Avenue Extension,
Makati City, Philippines
Tel: +632 889 0676 / +632 844 6851
Fax: +632 812 0421



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