Double side folding massage treadmill
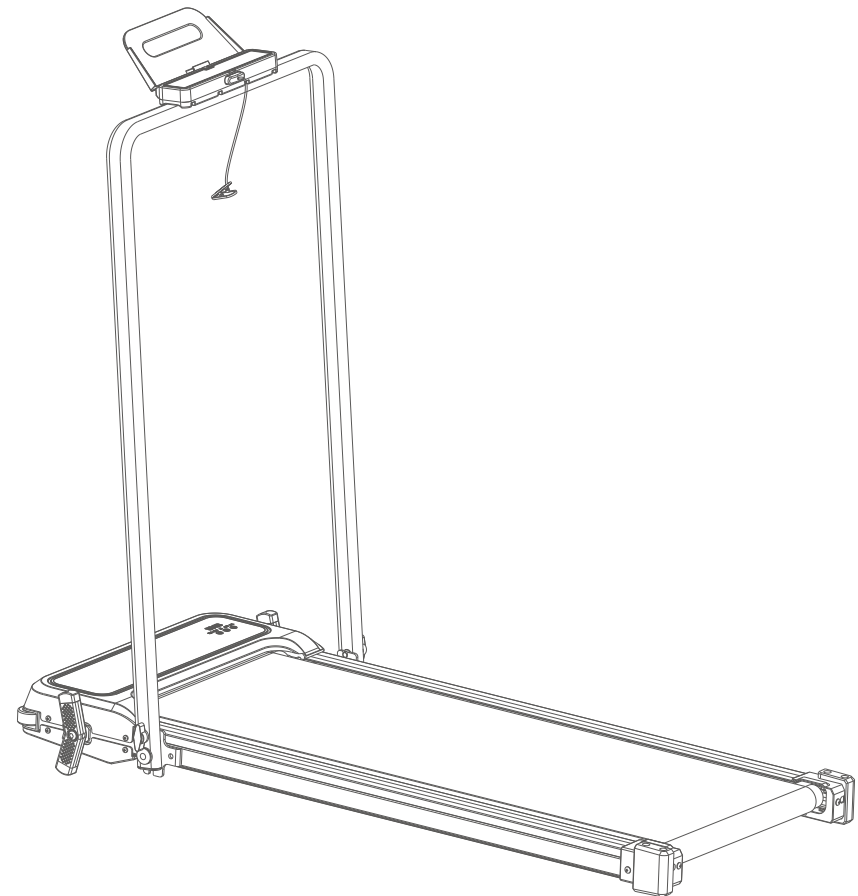
USER MANUAL

MADE IN CHINA
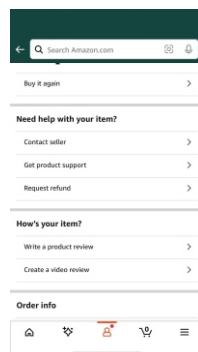
MODEL:520A-B

TABLE OF CONTENTS

1 CUSTOMER SERVICE

HOW TO CONTACT US ON AMAZON?

Step 1: **Log in to your Amazon account.**

Step 2: Go to **Your Orders**. Select the item you purchased from us.

Step 3: **Select Contact seller.**

IMPORTANT
For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:
Email: service.sports@outlook.com (Please leave the Order No. and Product Model when you email us)
SMS: +1 682-615-2888 (Please leave a message with Order No. and Product Model if we miss your call)
TEL:+1 808-809-6610
Response time: 24-48 hours.
Please inform us of the order number and product model when leaving an email or phone message, so that we can provide more assistance during peak business hours and reply as soon as possible.
Please contact CUSTOMER SERVICE before returning. Scan the QR code on the left to activate the warranty and get the electronic edition of the product manual, adjusting running belt video and maintenance video!
Scan WhatsApp QR code to add WhatsApp for online real-time support.

Scan me!   **WhatsApp**

2 IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

1. Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An treadmill should never be left unattended plugged in. Unplug from outlet when not in use,and before putting on or taking off parts.

2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.

6. Do not carry this treadmill by supply cord or use cord as a handle.

7. Keep the cord away from heated surfaces.

8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9. Never drop or insert any object into any opening.

10. Do not use outdoors.

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

12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.

13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.

14. Warning - Risk of personal injury - Keep children under the age of 13 away from machine.

15. To disconnect, turn all controls to the position, then remove plug form outlet.

16. Connect this treadmill to a properly outlet only. See grounding instructions.

17. This treadmill is not intended for use by persons with reduces physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by a person responsible for their safety. Keep children under the age of 13 away from this machine.

18. **The maximum weight capacity for this product is 330 lbs/150kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

FCC STATEMENT：

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.

• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

This Class B digital apparatus complies with Canadian ICES-003.
Cetappareilnumérique de la classe B estconforme a la norme NMB-003 du Canada.
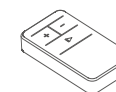
3 PRODUCT & ACCESSORIES

Please carefully check whether the contents of the package are complete and intact.
If there is any missing and damage, please contact the seller.

Accessories
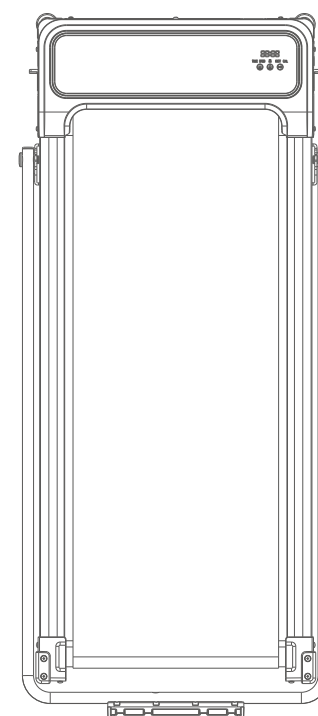
Remote Controller x 1

supporting bracket x 2

Hex tool × 1

Safety Key x 1

Lubricating Oil x 1

Tablet Mount x 1

Treadmill × 1

Battery Cell x 2

Handrail switch x 2
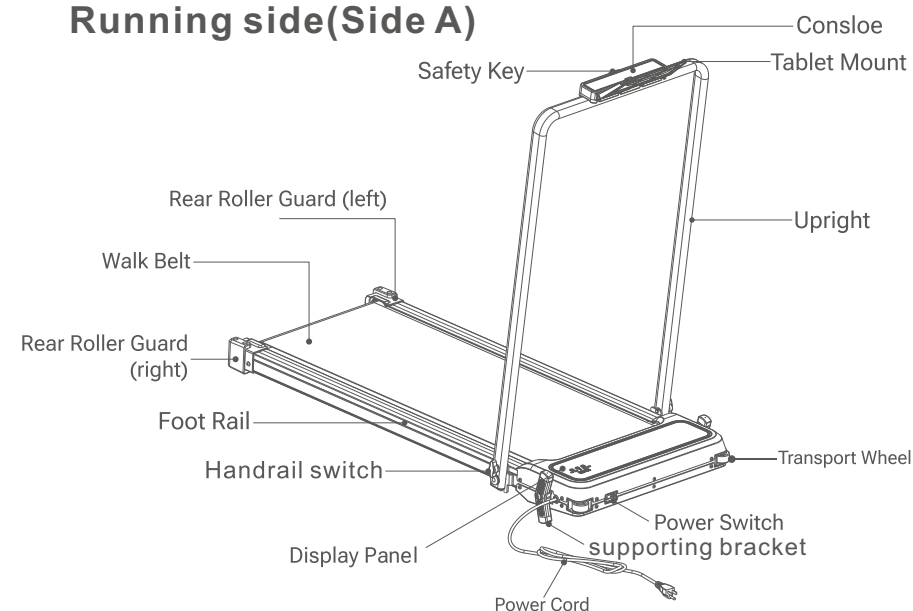
User Manual x 1

Socket Head Cap Screw M8x30 x 2

Plain gasket x 2
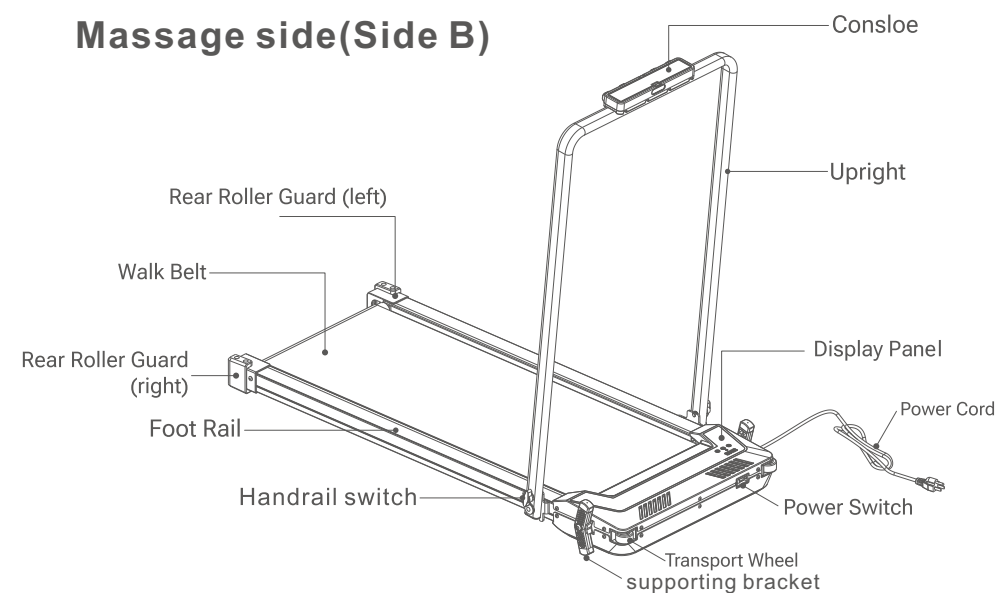
03

04

4 SPECIFICATION

Product configuration	Detailed parameters	Product configuration	Detailed parameters
Product dimension (Folded down)	1260x550x130mm	Product dimension (Folded up)	1205x550x1070mm
	49.61x21.65x5.12 inch		47.44x21.65x42.13 inch
Running area	1000 x 400mm	Maximum speed	6.2mph
	39.37x15.7 inch		
Gross weight	27kg	Minimum speed	0.6 mph
	59.5Lbs		
Net weight	24kg	Rate voltage	110 - 120V ~
	52.9Lbs		
Maximum load	150kg	Peak housepower	2.5 Hp
	330Lbs	Suggested age	14-60 years old

5 PRODUCT INTRODUCTION

Running side(Side A)

Safety Key
Consloe
Tablet Mount
Rear Roller Guard (left)
Walk Belt
Upright
Rear Roller Guard (right)
Foot Rail
Handrail switch
Transport Wheel
Display Panel
Power Switch
supporting bracket
Power Cord

Massage side(Side B)

Consloe
Rear Roller Guard (left)
Walk Belt
Upright
Rear Roller Guard (right)
Display Panel
Foot Rail
Power Cord
Handrail switch
Power Switch
Transport Wheel
supporting bracket

6 HOW TO USE

## Running side(Side A) (Speed range :0.6-6.2mph)

1. Unbox to take out the treadmill with the related accessories, then place the treadmill on flat ground.

2. Remove these three parts from the tool kit, assemble the support brackets in the order shown in the diagram, and tighten the screws with an Allen wrench, the operation is the same on both sides.

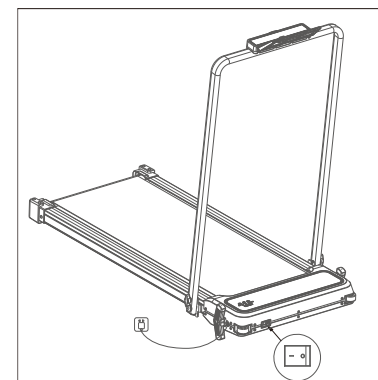Supporting bracket

Socket Head Cap Screw M8x30

Plain gasket
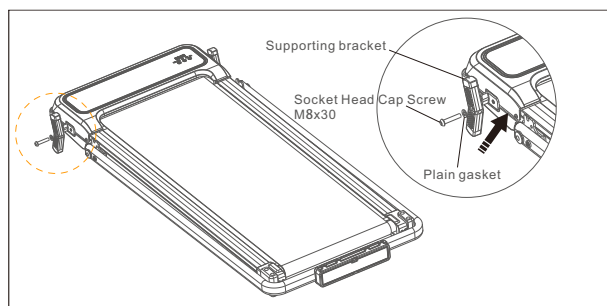
3. Lift the handrail, and when the lower end of the handrail's knob installation hole aligns with the groove position on the metal piece, tighten the knob as shown in the figure, the operation is the same on both sides.

Handrail switch
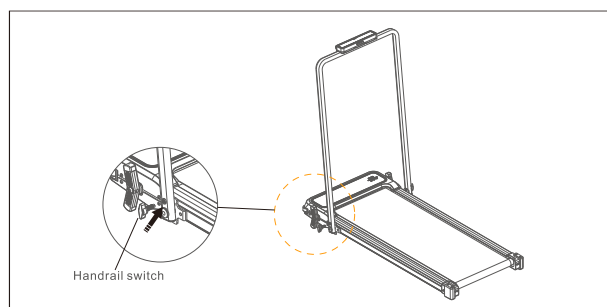
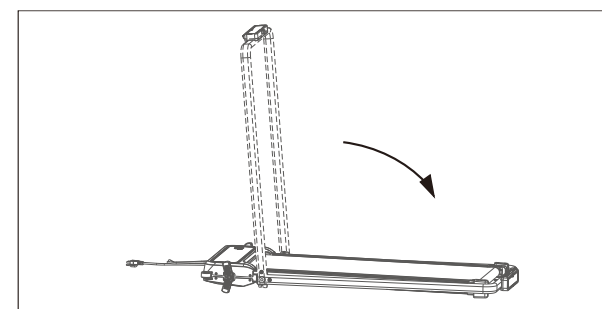4. Insert tablet mount refer to arrow sign.
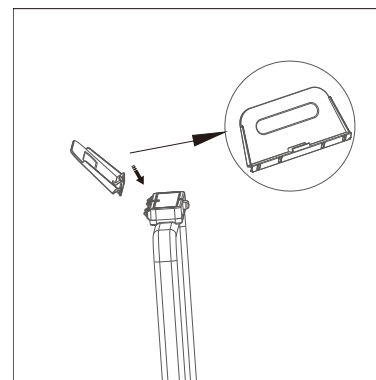
5. Power on and start to running.

Massage side(Side B) (Speeed rang:P1-P5)

1. When using the B-side massage surface, the operation method is as follows.

2. As shown in the picture, take off the phone holder, then turn the knob down and put it aside, and then lower the handrail flat.


3. Flip the treadmill to the B side and tighten the knob to secure the handrail.
   Note: When using the B side, the handrail remote box must be removed and placed in reverse. As shown in the figure.

Push this button to remove the remote controller box. Place it as shown in this diagram.

Side B
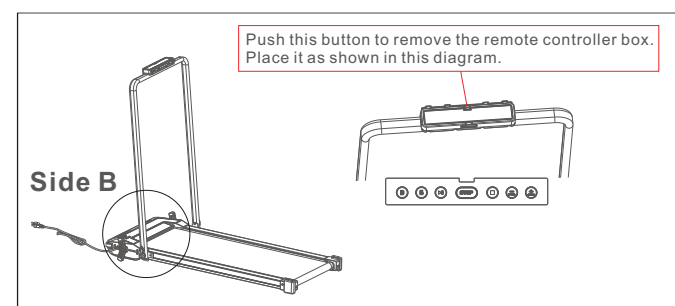
Safety Key

In any emergency occurs, treadmill stops automatically and show " ---" when the safety key is pulled out from the console.
NOTE: Find the clip (A) onto the waistband of your clothes, another key (B) magnetic attracted under console.

A

B
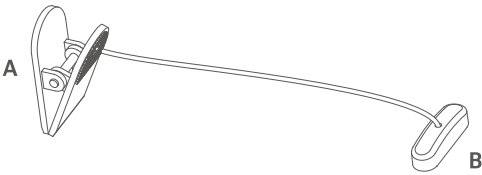
Transportation

1. If transportation needs , please unplug power cord and tablet mount before lifting the terminal of treadmill .

2. To move the treadmill, you can to lift the treadmill to a vertical position, as shown in the figure below, there are moving wheels at the bottom that can be moved like a suitcase.
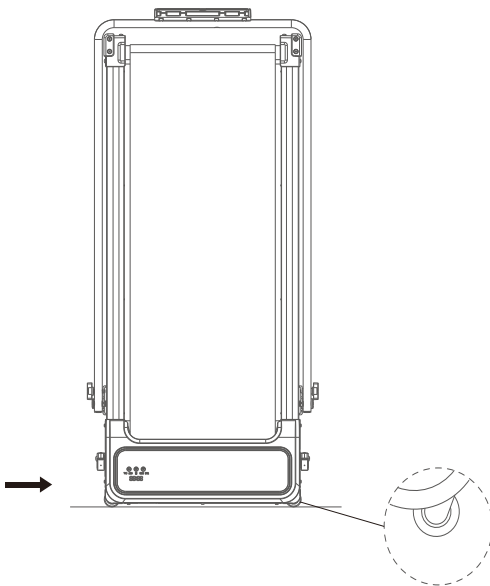
7 OPERATION

Running side(Side A)
Console

Touch button feature

Button	Function
SPEED	Decelerate: Short touch or hold down this button, the speed setting will change by 0.2mph.
3	3mph button: Short touch this button, the speed will gradually change untill 3mph.
▷❙❙	• To start walking belt and the initial speed setting is 0.6mph. • To stop walking belt for a short pause or break, re-touch it again to resume.
▢	Short touch this button to stop walking belt when your workout is completed.
6	6mph button: Short touch this button, the speed will gradually change untill 6mph.
SPEED	Accelerate: Short touch or hold down this button, the speed setting will change by 0.2mph.

Standby Mode

If pause time over 10 minutes, it will switch to "standby mode" automatically.
In standby mode, not only console lighted off but also previous workout datas will be erased to Zero, you can weak up console by touching any bottons.
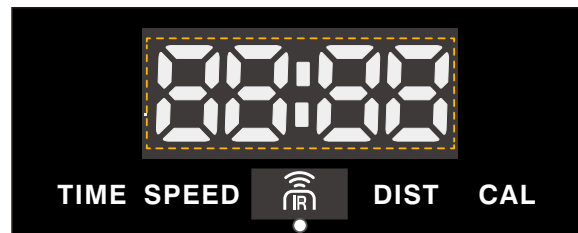
Display Screen

TIME SPEED   📶   DIST   CAL

Infrared Receiver Port

As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	0.6-6.2mph	Displays the speed of walking belt.
Distance	00.00- 99.99 miles	Displays the distance that you have walked or run.
Time	00 -99 minutes	Displays the elapsed time.
Calories	0-9999 Kcal	Displays the approximate number of calories you have burned.
Infrared Receiver Port		Aiming the receiver when remote control is in use.

Note: Autonomy is 99 minutes .
You have to re-start treadmill ,in case your exerise time over than 99 minutes ,and previous workout datas will be erased and recouting accordingly

Massage side(Side B)

Console
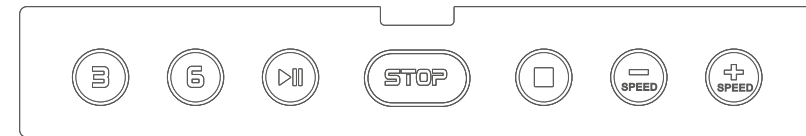
Touch button feature

| Button	Function
−SPEED	Decelerate: Short touch or hold down this button, the speed setting will change by 1P.
3	invalid button
▷II	• To start walking belt and the initial speed setting is P1.
□	Short touch this button to stop walking belt when your workout is completed.
6	invalid button
+SPEED	Accelerate: Short touch or hold down this button, the speed setting will change by 1P.

Display Screen
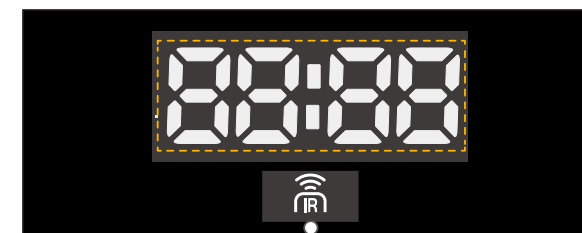
Infrared Receiver Port

As you walk on or run on the treadmill, the display can show the following workout information:

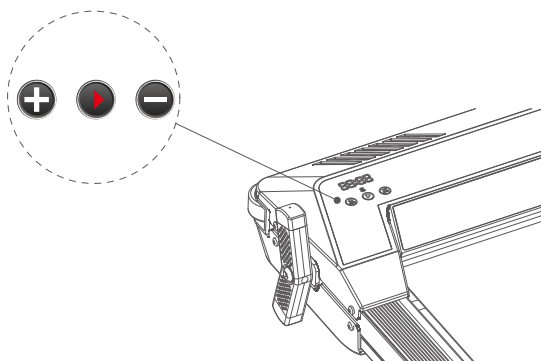| Name	Range	Display
Speed	P1-P5	Displays the speed of walking belt.
Time	10:00-0:00minutes	Displays time left count down from 10 to 0 minutes.
Infrared Receiver Port		Aiming the receiver when remote control is in use.

• with console buttons
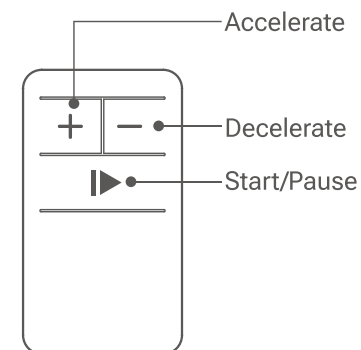
Running side(Side A)
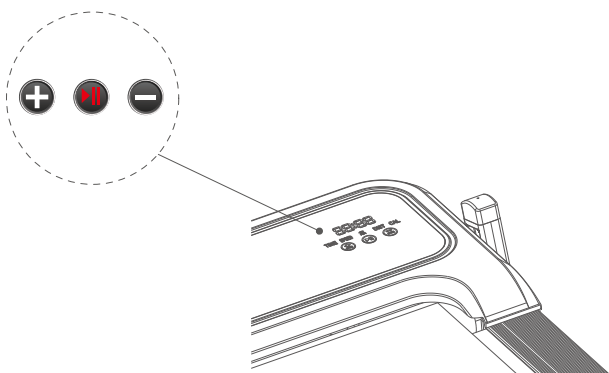
Massage side(Side B)

Feature of console buttons are identical as remote control.

Attention: please get off treadmill when you intend to control with console buttons.

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Remote Cnontrol

Accelerate

Decelerate

Start/Pause

Running side(Side A)

▶ • Press button to start walking belt, the default initial speed setting is 0.6mph.
• Press button to have a pause in working mode , to resume workout, re-press it again.

✚ Press or hold this button to accelerate ,the increment is 0.2mph.

━ Press or hold this button to decelerate ,the decrement is 0.2mph.

Massage side(Side B)

▶ • Press button to start walking belt, the default initial speed setting is P1.
• Press button to have a stop in working mode

✚ Press or hold this button to accelerate ,the increment is 1P.

━ Press or hold this button to decelerate ,the decrement is 1P.

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8 CARE & MAINTENANCE

A. Symptom : walk belt off centered or slips.

Centering walk belt process as follow :

1. Power off treadmill and unplug the power cord .

2. Manual centering process as follow:
   • If the walk belt has shifted to left, use the **hex tool** to turn the left idler roller screw clockwise **1/4** of a turn(refer to figure 1).
   • If the walk belt has shifted to right, use the **hex tool** to turn the right idler roller screw clockwise **1/4** of turn(refer to figure 2).

3. Treadmill MUST work 1-2mintutes. Repeat manual centering process untill the walk belt is centered.
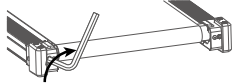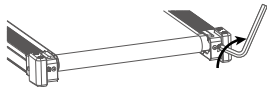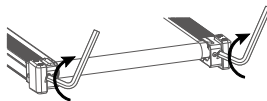
Belt slip correcting process as follow :

1. Power off treadmill before operation.

2. Using the **hex tool**, turn both idler roller screws clockwise **1/2** of turn(refer to figure 3).

3. After corrected, please attempts to walking 1-2 minutes under 2-3mph speed setting. Repeat until the walk belt is properly tightened.

Note: The Tread-belt should not be adjusted too tightly, otherwise it will be damaged.

Attentions

1. To prevent any injury, don't place any debris around treadmill before maintenance process.

2. MUST use associated **hex tool**.

3. Take care at maintenance process. Do not pinch fingers.
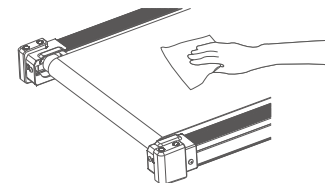
Figure 1

Figure 2

Figure 3

B. Belt lubrication process, follow instruction below to lubricate belt.

1. Power off treadmill and unplug power cord.

2. Using the **hex tool**, turn both idler roller screws counterclockwise till belt loosen and lifting easily. **Tips: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.**

3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.

4. Lubrication oil volume Per time of maintenance: 5-10mL.
   Attention: it would causes of belt slip if spray too much.

5. Using the **hex tool**, turn the both idler screws clockwise as previous markdown number of turns untill walk belt tighten properly.

6. Power on treadmill and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
   Attention: please hold handrail when workout at 4mph setting.
   Lubrication frequency: High recommend 100 Miles Per time.
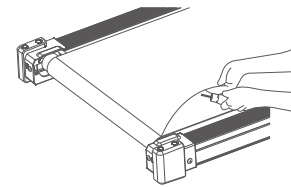
C. Treadmill cleaning.

1. Power off treadmill and unplug power cord before cleaning.

2. Wipe and clean with damp cloth, Do not cleaning with acidic or caustic detergents.

3. Do not clean opposite of walk belt.

4. Its normal few black powders residual under treadmill after long working.

9 ERROR CODE

Error Code	Fault Analysis	Resolutions
E01	Communcation interrupted between contoller and numercic display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated. **Notice: Always power off and unplug power cord before processing.**
E02	Flame protection	1. Unscrew motor hood and verify connection between controller and motor. 2. Power supply interrput due to connector loosen or out, please unscrew motor hood to check. 3. Please contact with after sale service if problem CAN NOT solved by above process.
E03	Motor backlash	Please contact the after-sales customer service.
E04	Over current protection	1. Due to user over limited150 Kg. 2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt) 3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)
E07	Software bug	Replace new controller.
E10	Communcation interrupted between signal cable and console.	1. Unscrew console box and verify connection between singal cable and console. 2. Unscrew console box and verify internal lead wires whether are damaged or pierced. 3. Replace new console PCBA board.

IMPORTANT: If error code appears, you MUST stop workout immediately, Please contact with after sale service if problem CAN NOT be solved after restart.

10 TROUBLESHOOTING

Problem	Fault Analysis	Resolutions
No working	1. Power rock switch dyfunction. 2. Power supply interrputed. 3. Power cord damaged.	1. Replace new power rock switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loosen.	Tighten walking belt tension with hex tool. (See details of chapter 8-A)
Remote control does not work	1. Incorrect use of default. 2. Battery power shortage. 3. Remote control maulfunction.	1. Remotor control should directly aiming to receiver port when in use. 2. Replace new battery cells. 3. Replace new remote control.
Friction noise	Walking belt off center.	See details of chapter 8-A.

11 SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.