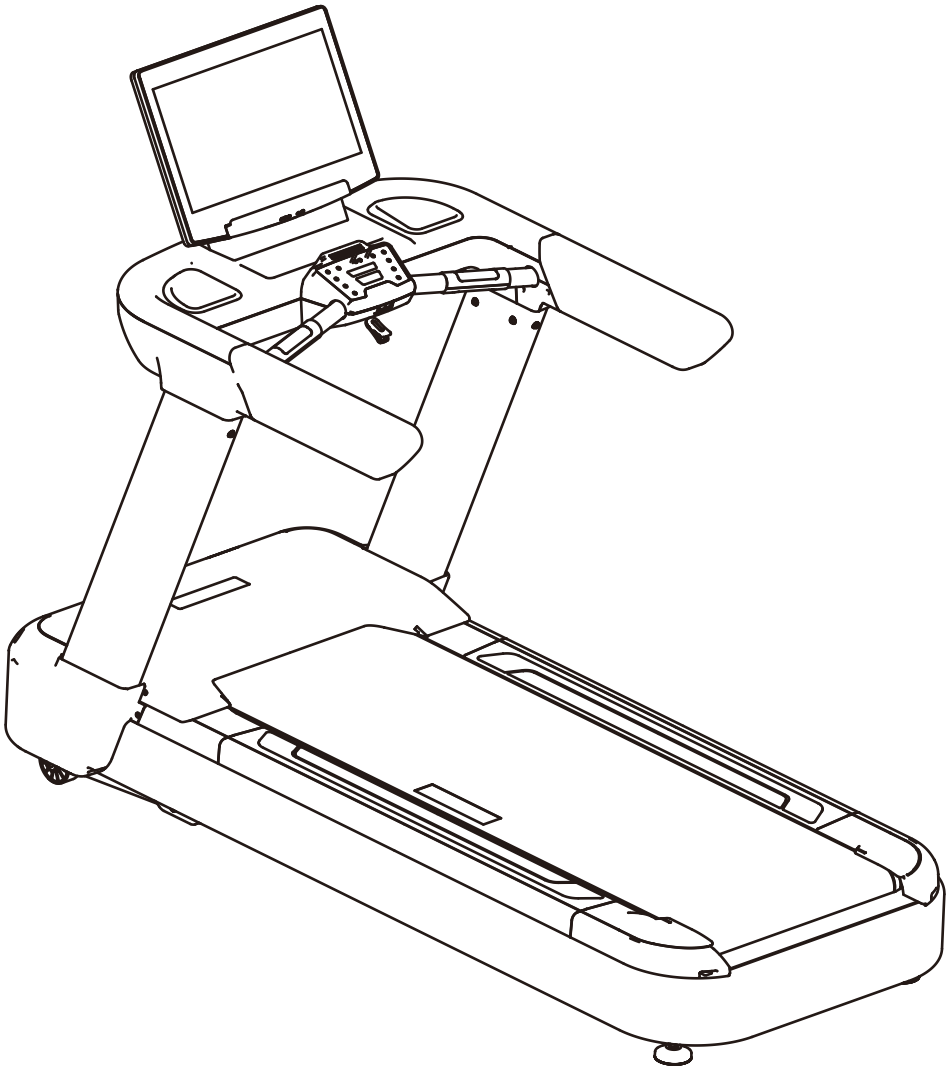


AC4050 TREADMILL

OWNER'S MANUAL

23D Rev C

CAUTION! Read all precautions and instructions in this manual before using this equipment.

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

WARNING - Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product. To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
2. The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
3. Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
5. Always straddle the belt and allow it to start moving before stepping onto the belt.

Important Safety Instructions

6. Hold on to handrail when adjusting speed, incline, or other controls.
7. Always examine your treadmill before using to ensure all parts are in working order.
8. Allow the belt to fully stop before dismounting.
9. Pets should never be allowed near or on the treadmill.
10. Do not leave children unsupervised near or on the treadmill.
11. Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
12. Never insert any object or body parts into any opening.
13. For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
14. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and or instructed by the manufacturer.
15. Failure to follow these instructions will void the treadmill warranty.
16. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

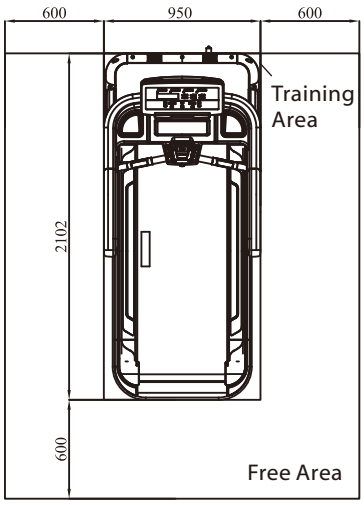
Correct Disposal of this product	
	This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material 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.

Important Safety Instructions

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do note us the treadmill with bare feet, sandals, socks of stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Training Area and Free Area



Technical Data

Class: SB

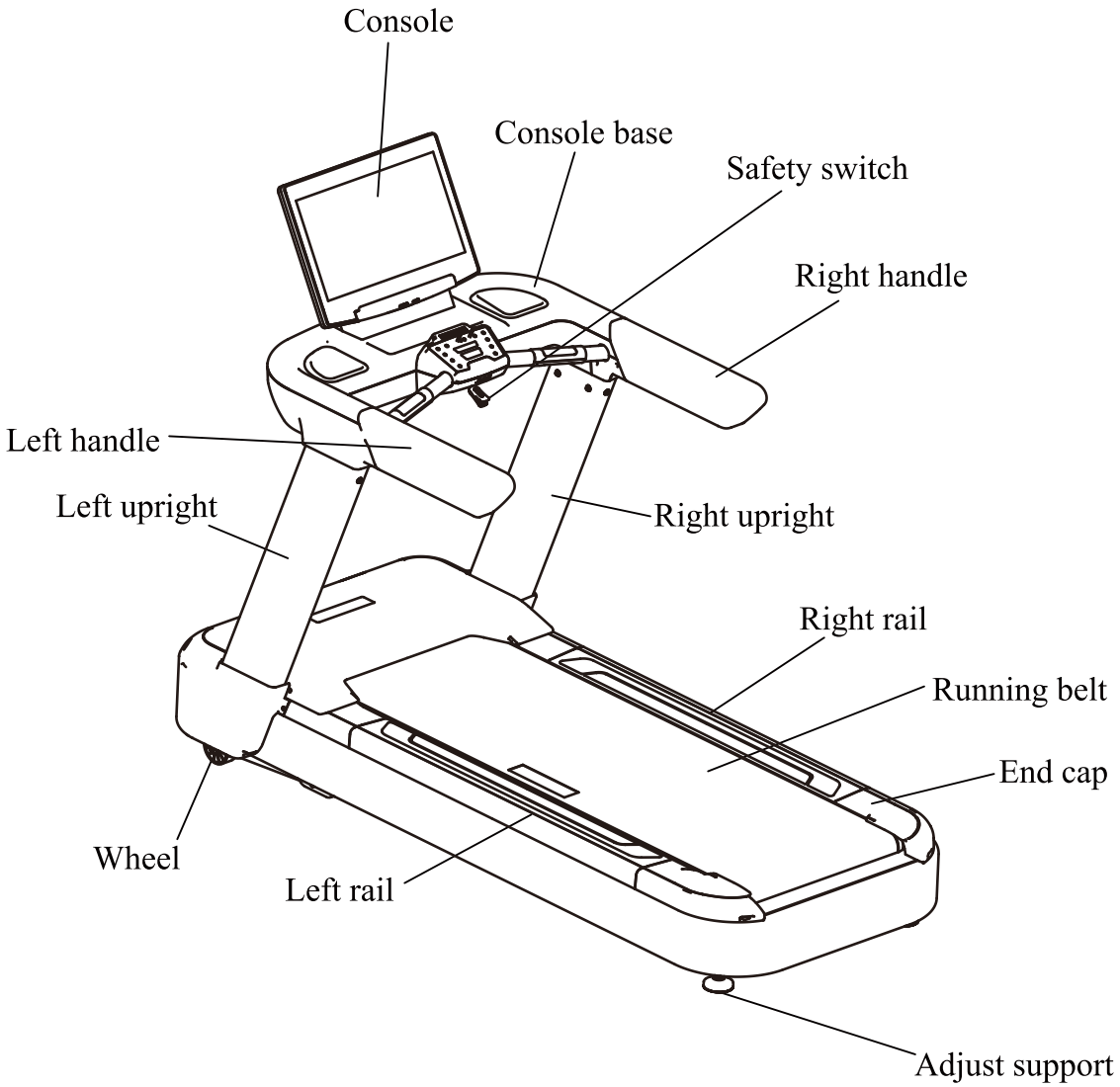
Product Dimensions: 2102×950×1586mm

Product Total Surface: 2102×950mm

Max. user weight: 150kg/ 330lbs

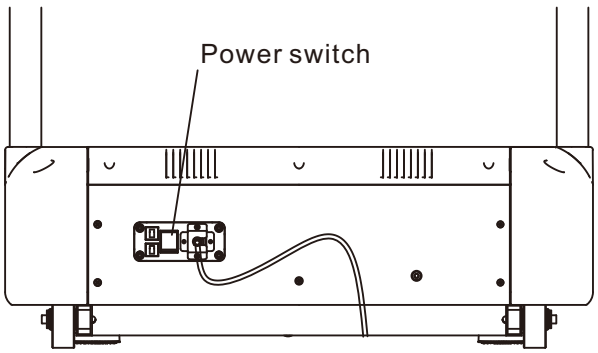
Product total mass: 201.8kg/ 445lbs

Main parts list



Warning

CAUTION! Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

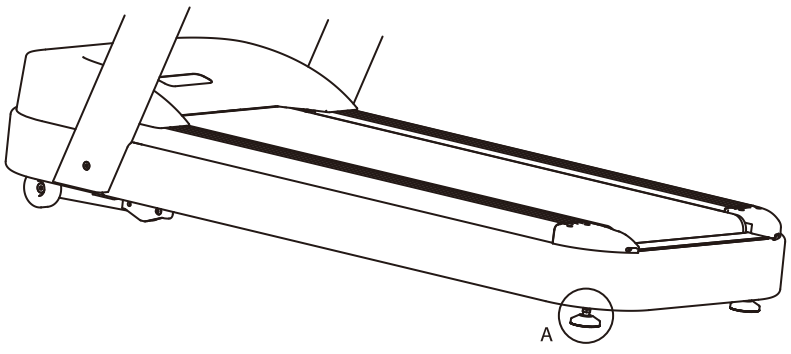


Precautions

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. Power outlet over 16A(220V) must be used, and it must be properly erathed for not being shocked by electricity.
3. In order to protecting your treadmill, spattering water on the machine must be forbidden.
4. Maximum noise level around the treadmill is 72 dB(A). Noise emission under load is higher than without load.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a level place. After adjusting tighten the hex nut by using the Double-ended spanner.



Using Method

Please read carefully and using follow the functions:

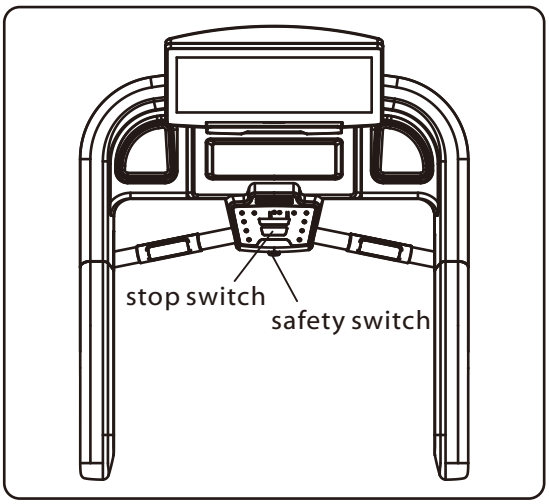
1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:
Exercise time: 30minuates----Normal;
Exercise frequency: Warm your body by 10---20minutes under 8Kph,
then increase speed accordingly.

Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will triger the safety switch to step.

Warning: When use above methed to stop running, the running belt will last running for several seconds before completely stop.

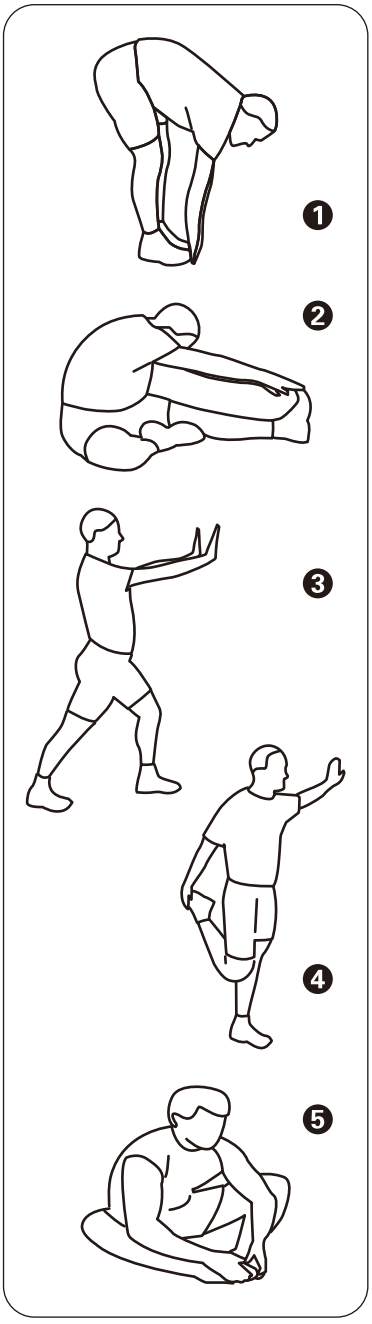


Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.



TOE TOUCH STRETCH

Stand, bending your knees 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. This will stretch your hamstrings, back of knees, and back.

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. This will stretch your hamstrings, lower back, and groin.

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. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

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. This will stretch your quadriceps and hip muscles.

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. This will stretch your quadriceps and hip muscles.

Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

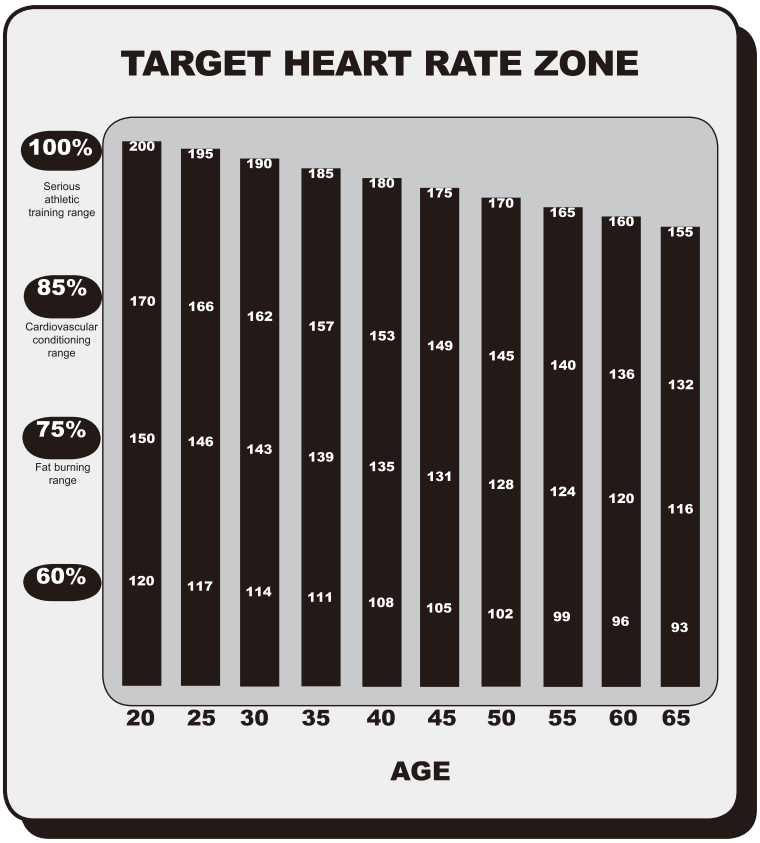
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



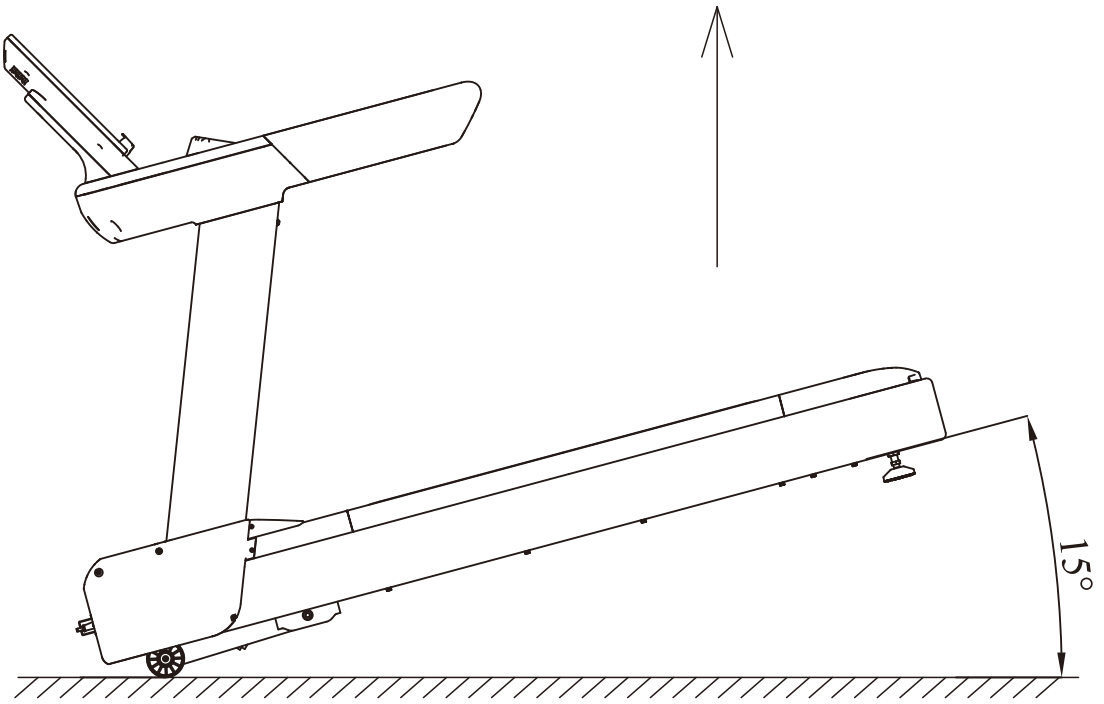
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! In order to protecting your treadmill, spattering water on the machine must be forbidden. To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

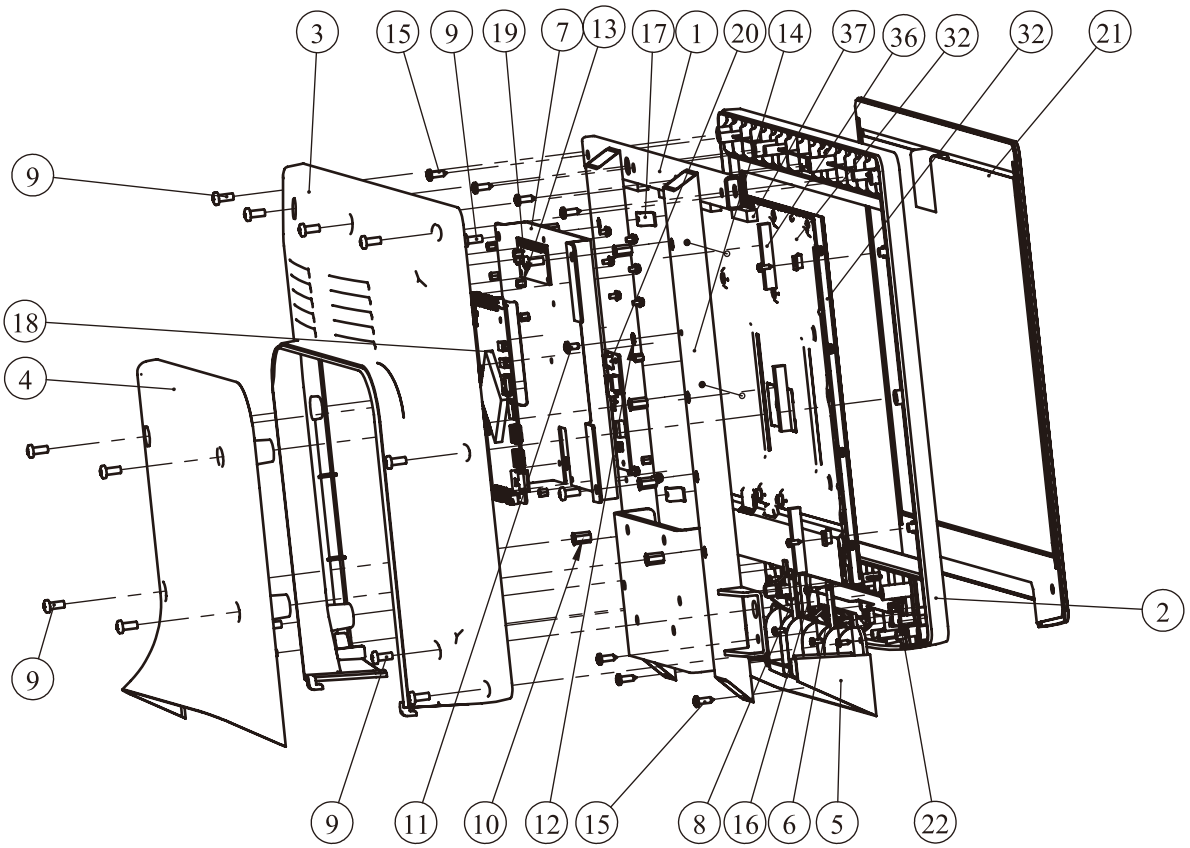
Note: The treadmill's angle can not exceed 25 degrees when lifted the treadmill back.



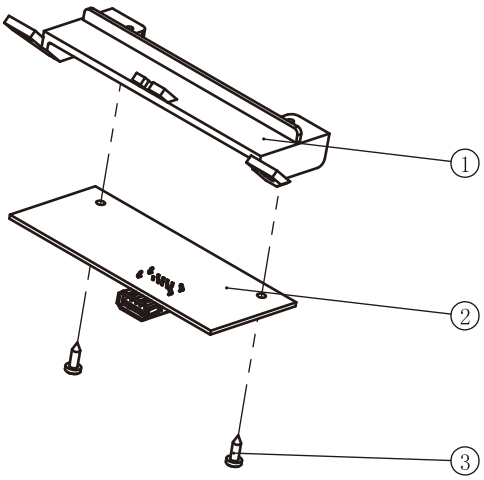
Console assy

Grade No.	Part No.	Description	QTY
1.1	AC40500100	Console Frame	1
1.2	AC40502000	Circuit Board Frame	1
1.3	AC40502100	Console Back	1
1.4	AC40002300	Console Back Cover	1
1.5	AC40505400	Console Down Cover	1
1.6	AC4050B5500ASSY	USB board assy	1
1.7	AC4050B5600	Board Fix Plate	1
1.8	AC40505900	Cover Fixing Plate	2
1.9	GB818M5*12DHS2	Phillip Screw M5*12	18
1.10	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	8
1.11	GB6560M4*8DSG	Phillip Screw M4*8	2
1.12	GB862.24DS12	Serrated Lock Washers Φ4	2
1.13	EVOE1PLUSDZB04	Copper nut M3	10
1.14	GB9074.4M3*6DS2	Cross recessed pan head screw assembly M3*6	20
1.15	GB845ST4.2*13DHS	Phillip Screw St4.2*13	8
1.16	GB845ST2.9*9.5DS	Phillip Screw St2.9*9.5	15
1.17	EVOE13600	Display pressure plate	7
1.18	B299-4050C	Mainboard	1
1.19	B300-4050B	Touch Control Board	1
1.20	B301-4050B	Backlight board	1
1.21	CM215-4050C	Touch Panel	1
1.22	GGMZ03-DC	Photosensitive module	1
1.23	L340PH-TH-4A	Touch control line	1
1.24	L450PH-HK-6Q	Backlight output line	1
1.25	L220PH-PH-7Q	Backlight control line	1
1.26	L260A10004A-12003H-30D	Dual LVDS screen data cable	1
1.27	L350PH-TH-4C	Photosensitive module adapter cable	1
1.28	L300SH-YP35-USB-12A	USB headphone adapter cable	1
1.29	L500RJ45-RJ45B-DC	Network Cable W/Socket	1
1.30	TX05-DC	Bluetooth antenna	1
1.31	L700SMA-XHB-PH-6	Upper section of central control line	1
1.32	TFT215-4050B	21.5-inch display screen	1
1.33	TX04-DC	WIFI antenna	2
1.34	L700JD-JDP-1	Earth wire	1
1.35	L200JD43-JD-1	Earth wire	1
1.36	AC4050B5800	Foam pad 1	6
1.37	AC4050B5900	Foam pad 2	4
1.38	DQLY03-4050C	Bluetooth module	1
1.39	L250PH-TJC3B-5A	Bluetooth module connection cable	1

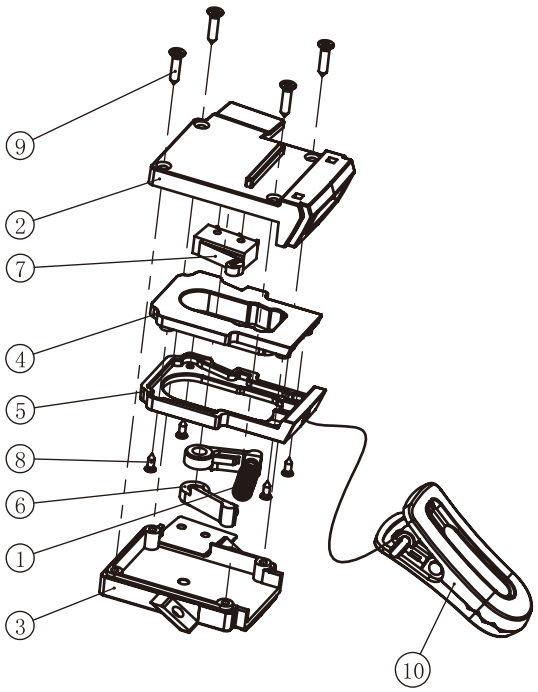
Console assy



USB board assy



Emergency switch assy



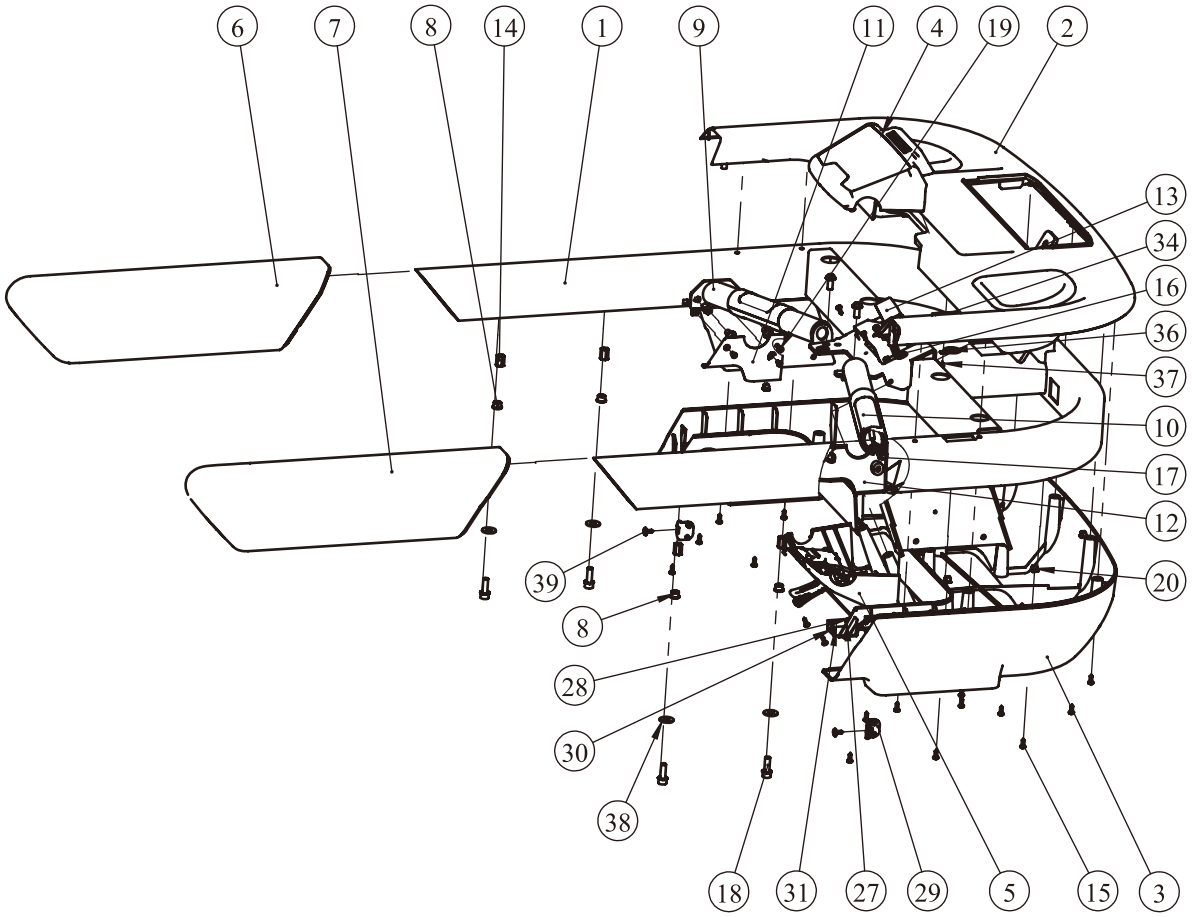
Grade No.	Part No.	Description	QTY
1.6.1	AC40505500	usb fix plate	1
1.6.2	B298-4050B	USB board	1
1.6.3	GB845ST2.9*6.5DS	Phillip Screw,ST2.9*9.5	2

Grade No.	Part No.	Description	QTY
2.5.2.1	RT7504900	The Pressure Spring	1
2.5.2.2	RT7507400	Upper Casing For Emergency Switch	1
2.5.2.3	RT7507500	Bottom Casing For Emergency Switch	1
2.5.2.4	RT7507600	Upper Casing For Emergency Switch Pull Rope	1
2.5.2.5	RT7507700	Bottom Casing For Emergency Switch Pull Rope	1
2.5.2.6	RT7507800	Locating Rod	1
2.5.2.7	F89-M43025	Emergency Switch with wire	1
2.5.2.8	GB846ST2.2*6.5DS	Phillip Screw ST2.2*6.5	4
2.5.2.9	GB846ST2.9*13DS	Phillip Screw ST2.9*13	4
2.5.2.10	STDP4012	Safety Clamp	1

Console base assy

Grade No.	Part No.	Description	QTY
2.1	AC40000200	Console base frame	1
2.2	AC40002700V1	Console base up cover	1
2.3	AC40002800	Console base down cover	1
2.4	AC4050B10WXASSY	A-ZONE up cover assy	1
2.5	AC40002600ASSY	A-ZONE down cover assy	1
2.6	AC40002900	Left handle	1
2.7	AC40003000	Right handle	1
2.8	ECU7P0400	Spacer bush	4
2.9	AC40003700ASSY	Left handle assy	1
2.10	AC40003800ASSY	Right handle assy	1
2.11	AC40003200	Left Console base bottom small cover	1
2.12	AC40003300	Right Console base bottom small cover	1
2.13	AC40003400ASSY	Fan assy	1
2.14	GB17880.3M8*16.5DS17	Countersunk Head Hexagon Riveted Nuts M6	8
2.15	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	41
2.16	GB818M5*15DHS20	Phillip Screw,M5*15	2
2.17	PNLJCM8*20DHS19	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*20	6
2.18	GB70JCM8*25DS20	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*25	4
2.19	GB70M5*10DHS20	Scoket Head Cap Screw M5*10	2
2.20	ECT74600	Plastic quick nut	15
2.21	L850M43020-20-9JD	Console middle wire	1
2.22	DQCH02-SBD	Ferrite	2
2.23	L600SMY-XHB-6A	Middle control wire down	1
2.24	L300M35155-ST0187-4	Handle wire	1
2.25	DQCH01-SBD	Ferrite	3
2.26	L150AMP175022-JD-1	Earth wire	1
2.27	GB862.24DS12	Serrated Lock Washers Φ4	1
2.28	GB6560M4*8DSG	Phillip Screw M4*8	1
2.29	AC40005000	Console Side Fix Plate	2
2.30	DQXTJS03	Receptor	1
2.31	RU5004400	The Receiver Cover	1
2.32	L1000RJ45-RJ45-8	Network Cable	1
2.33	L600H2506-43025-8A	Lower Control Adapter Cable	1
2.34	B303-4050B	Wireless Charging Module	1
2.35	L300XHB-XHB-4A	Wireless Charging Connection Cable	1
2.36	AC2990ZN0200	Earphone Board Holder	2
2.37	GB845ST2.9*6.5DS	Phillip Screw ST2.9*6.5	2
2.38	DQ8DS2A	Washer Φ9*Φ22*2	4
2.39	GB9074ST4.2*13DHS	Phillip large pan head Screw ST4.2*13	2

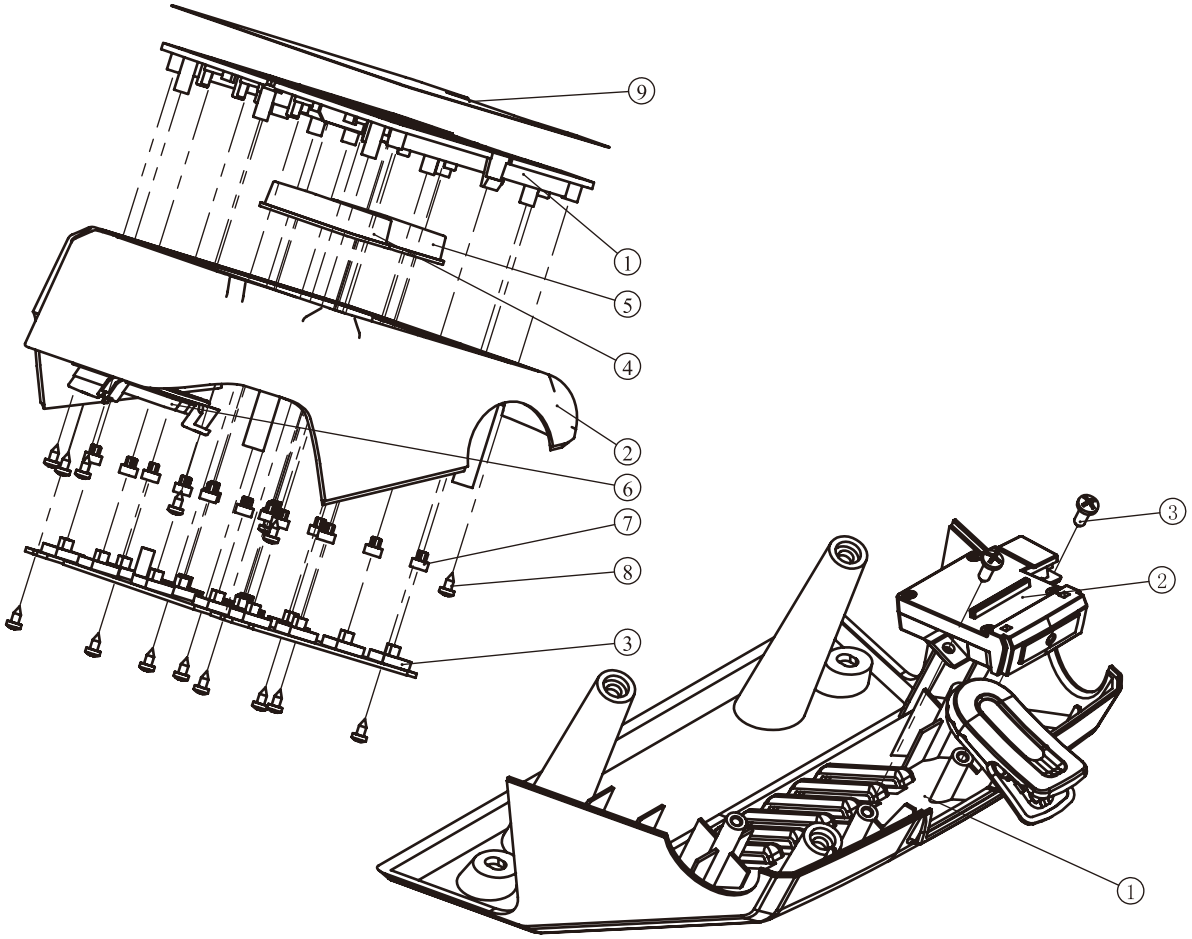
Console base assy



Parts List and Exploded View

A-ZONE up cover assy

A-ZONE down cover assy



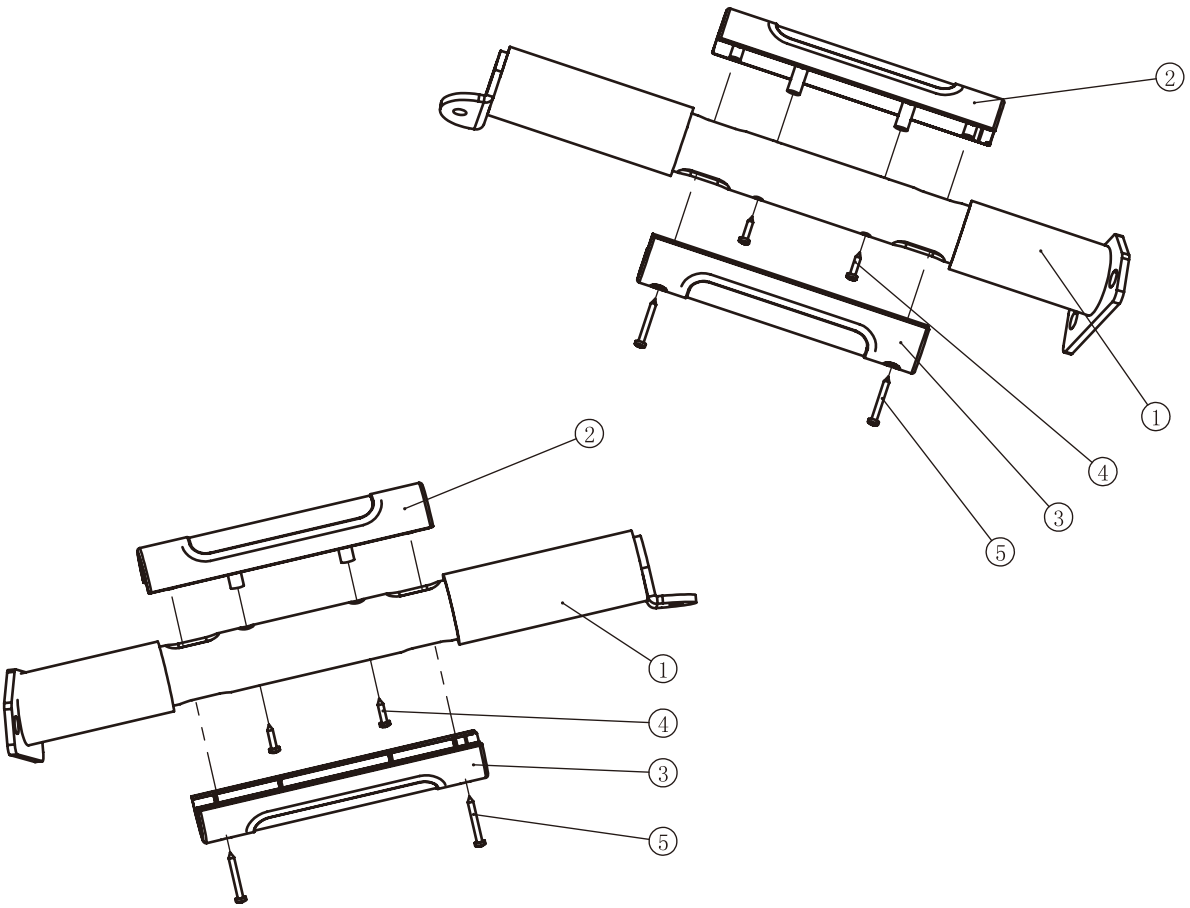
Grade No.	Part No.	Description	QTY
2.4.1	AC40002400	A-ZONE Circuit Board Frame	1
2.4.2	AC40002500	A-ZONE up cover	1
2.4.3	B302-4050B	Middle control switch	1
2.4.4	AC40001200	Start switch	1
2.4.5	AC40001300	Stop switch	1
2.4.6	RT7508300	Air flow cover	1
2.4.7	ECT74800	Spacer bush	15
2.4.8	AC4000MM03	A-ZONE overlay	1

Grade No.	Part No.	Description	QTY
2.5.1	AC40002600	A-ZONE down cover	1
2.5.2	AC400017ASSY	Emergency switch assy	1
2.5.3	GB845S4.2*13DHS	Phillip Screw,ST4.2*13	2

Parts List and Exploded View

Left handle assy

Right handle assy

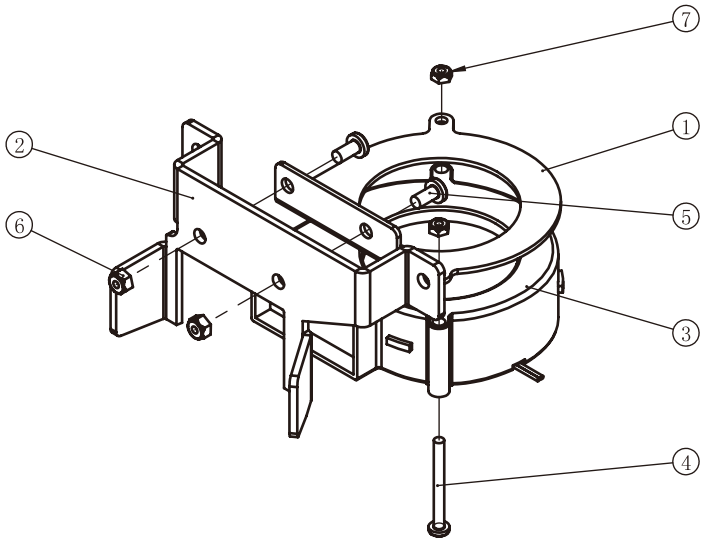


Grade No.	Part No.	Description	QTY
2.9.1	AC40003700	Left handle PVC Coated	1
2.9.2	ECT73800	The cover of the EKG Grip Pulse	1
2.9.3	ECT73900	The underside cover of the EKG Grip Pulse	1
2.9.4	GB845ST2.9*13DS	Phillip Screw ST2.9*13	2
2.9.5	GB845ST2.9*25DS	Phillip Screw ST2.9*25	2

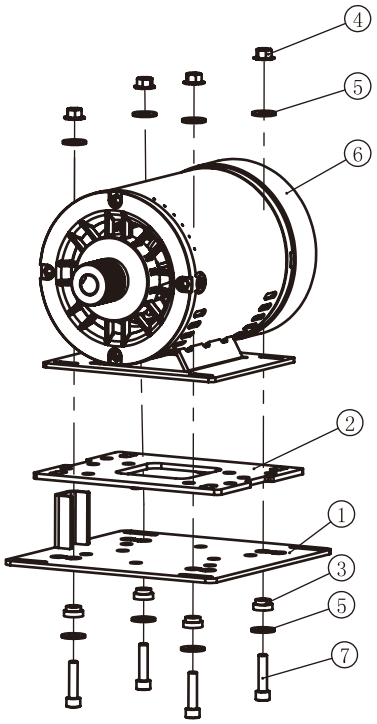
Grade No.	Part No.	Description	QTY
2.10.1	AC40003800	Right handle PVC Coated	1
2.10.2	ECT73800	The cover of the EKG Grip Pulse	1
2.10.3	ECT73900	The underside cover of the EKG Grip Pulse	1
2.10.4	GB845ST2.9*13DS	Phillip Screw ST2.9*13	2
2.10.5	GB845ST2.9*25DS	Phillip Screw ST2.9*25	2

Parts List and Exploded View

Fan assy



Motor ASSY



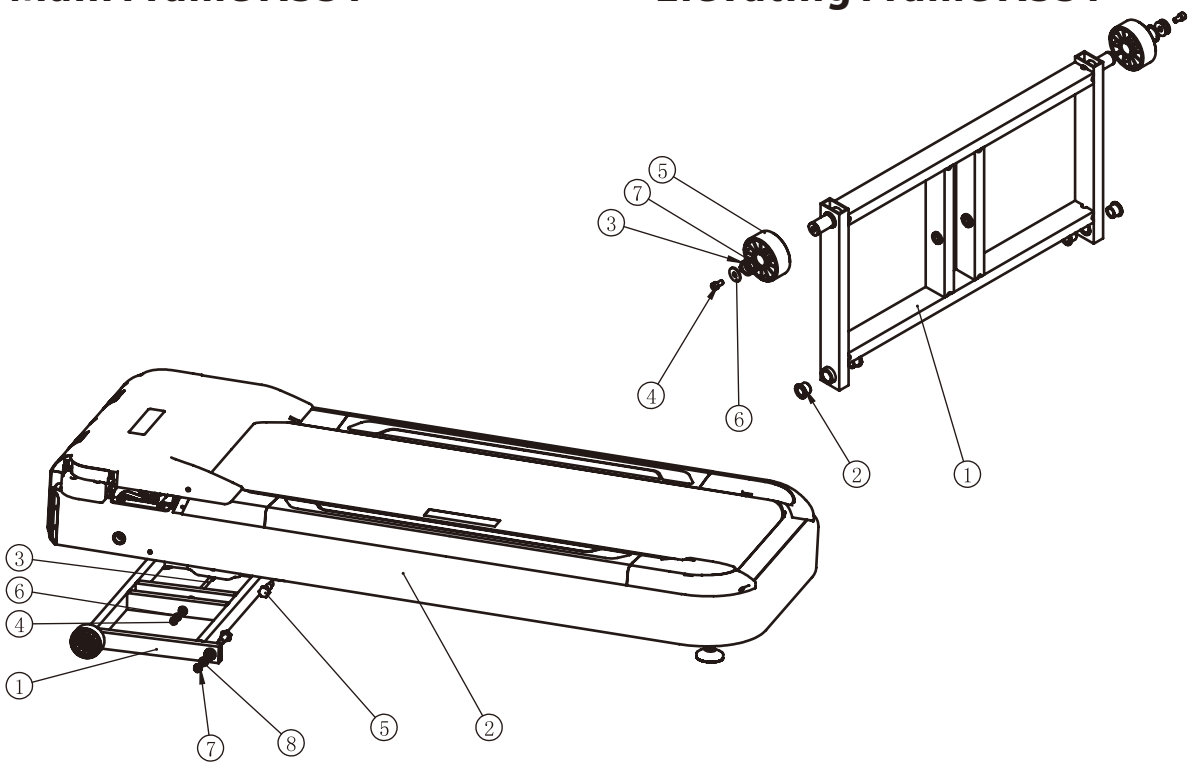
Grade No.	Part No.	Description	QTY
2.13.1	AC40003400	Fan fix plate	1
2.13.2	AC40003500	Fan baffle	1
2.13.3	P07-M35155	Fan	1
2.13.4	GB818M4*40DS2	Phillip Screw M4*40	2
2.13.5	GB818M5*10DHS2	Phillip Screw M5*10	2
2.13.6	NM5DS2	Lock Nut M5	2
2.13.7	NM4DS2	Lock Nut M4	2
2.13.8	CRDMJ20*3*1000	EVA	0.1

Grade No.	Part No.	Description	QTY
7.2.24.1	ECT7B1700	Motor Fixing Plate	1
7.2.24.2	AC29706700	Insulation Bumper	1
7.2.24.3	STDP3600	Insulation Spacer	4
7.2.24.4	STDP6800	Hex K nut M8	4
7.2.24.5	DQ8DHS2A	Washer Φ 9* Φ 22*2	8
7.2.24.6	D40-42M3-ZH	Motor	1
7.2.24.7	GB70M8*35DS20	Scoket Head Cap Screw M8*35	4

Parts List and Exploded View

Main Frame ASSY

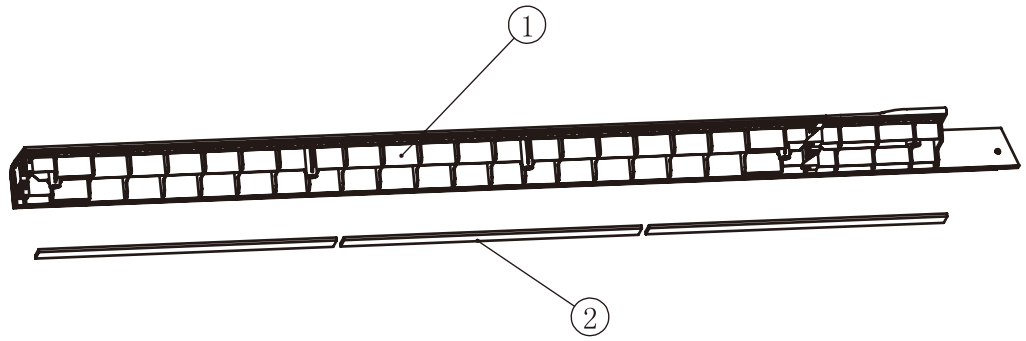
Elevating Frame ASSY



Grade No.	Part No.	Description	QTY
7.1	AC4000B06ASSY	Elevating Frame ASSY	1
7.2	AC4050C05WXASSY	Frame ASSY	1
7.3	GB5780M10*130DS20	Hex Head Bolt M10*130	1
7.4	NM10DS2	Lock Nut M10	1
7.5	RT7001900	Elevating Frame Fixing Shoulder Bolt	2
7.6	DQ10DS2A	Washer Φ11*Φ23*2	2
7.7	NM12DS2	Lock Nut M12	2
7.8	DQ12DS2A	Washer Φ13*Φ24*1.5	2

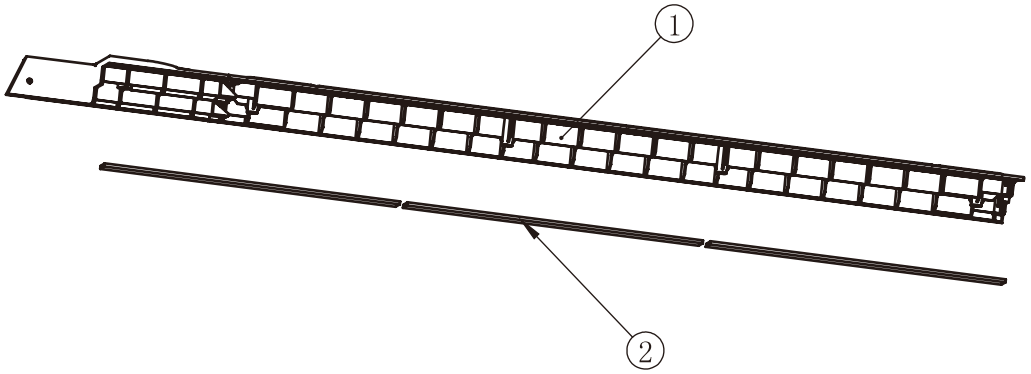
Grade No.	Part No.	Description	QTY
7.1.1	PT300H0600	Elevating Frame	1
7.1.2	L1-6800	Neck bush	4
7.1.3	GB894.125FH12	Ring-Shield,Φ25	2
7.1.4	GB70M8*15DHS4	Scoket Head Cap Screw M8*15	2
7.1.5	DC29002200	Wheel	2
7.1.6	DQ8DHS2B	Washer Φ9*Φ22*2	2
7.1.7	DQ25DHS2B	Washer Φ25	4

Left rail assy



Grade No.	Part No.	Description	QTY
7.2.19.1	AC40001400ASSY	Left rail	1
7.2.19.2	CRDMJ20*3*1000	EVA	0.5
7.2.19.3	PT300H5200	EVA	3.5

Right rail assy



Grade No.	Part No.	Description	QTY
7.2.20.1	AC40001600ASSY	Right rail	1
7.2.20.2	CRDMJ20*3*1000	EVA	0.5
7.2.20.3	PT300H5200	EVA	3.5

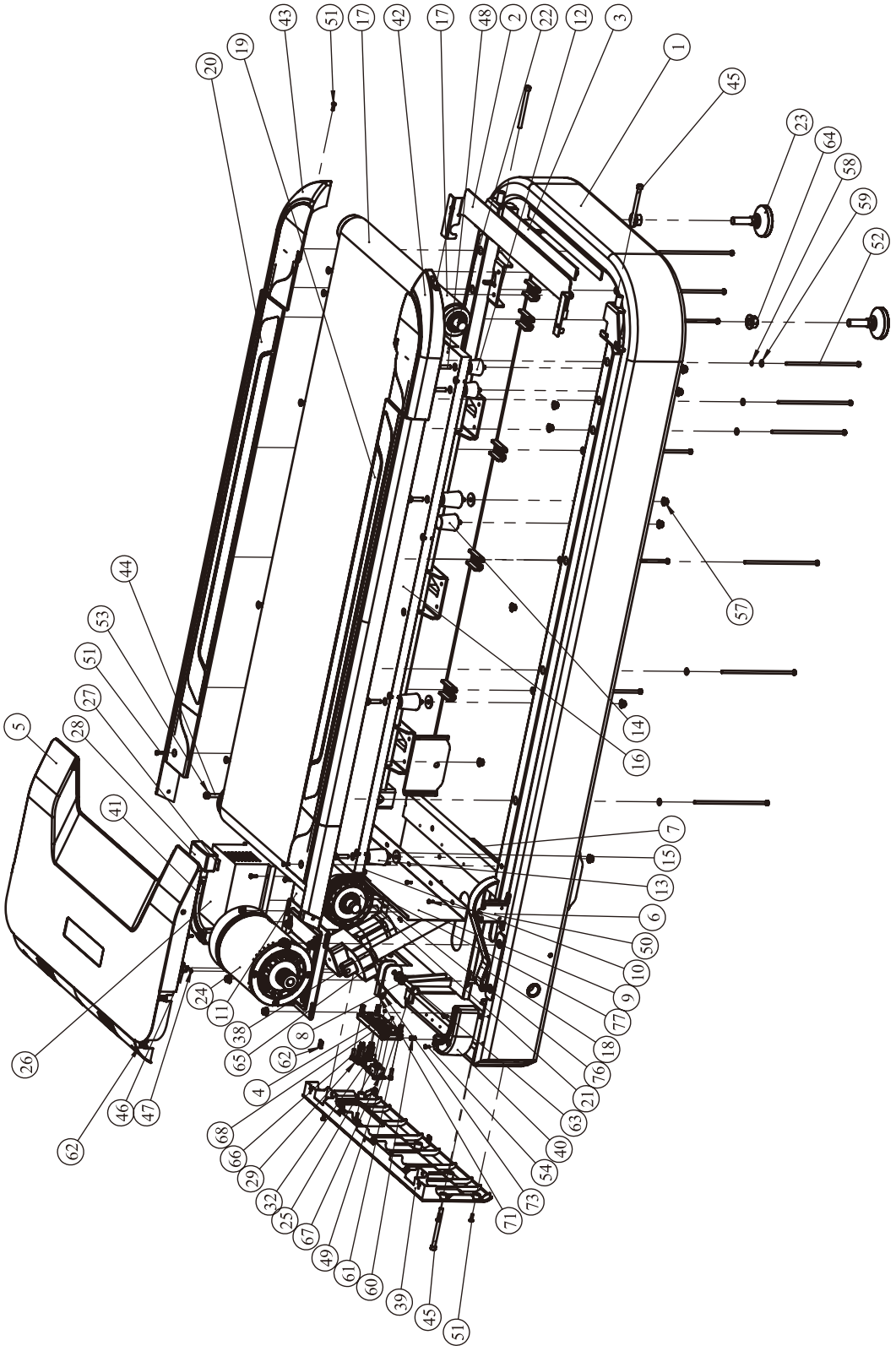
Frame ASSY

Grade No.	Part No.	Description	QTY
7.1	AC4000B0500	Frame	1
7.2	PT300H0800	Back Cover	1
7.3	PT300H5200	End Cap Ground Bumper	1
7.4	RT7003000	Switch Fixing Cover	1
7.5	AC40004000	Motor Cover	1
7.6	AC40004800	Motor Cover Fixing Plate	2
7.7	STDP2800	Actuator Antivibration Pad	1
7.8	FLPSR-5500	Teflon Washer	2
7.9	PT3001400V1	Dust Proof Plate ASSY	1
7.10	STDP5300	Motor Support Bumper	1
7.11	RT7001800	Controller U Fixing Plate	1
7.12	AC3170B5200	Bumper	4
7.13	PT3002800P294U	Bumper A	6
7.14	PT3002900P294U	Bumper B	2
7.15	AC32700636	Washer	6
7.16	PT3003900CHV3	Running Board	1
7.17	PT300H3800V1	Running Belt	1
7.18	DXD270J12A	Poly-v Belt,270J12	1
7.19	AC400014ASSY	Left Side Rail ASSY	1
7.20	AC400016ASSY	Right Side Rail ASSY	1
7.21	PT300H2200	Front Roller	1
7.22	RT7003300	Rear Roller	1
7.23	STDP3400	Adjust Bumper	2
7.24	AC400050ASSY	Motor ASSY	1
7.25	Z13	Power Outlet	1
7.26	DQBPQ223-22-Y00	Inverter Assy	1
7.27	ZMK25	Snap fastener	1
7.28	SPQ4AM3-BPQ	Adapter	1
7.29	08-0004	Circuit break SWITCH	2
7.30	DQCH01-SBD	Ferrite	2
7.31	DQCH02-SBD	Ferrite	2
7.32	F23	Main switch	1
7.33	L100AMP175022-1-L-14	Connect wire	2
7.34	L100AMP175022-1-N-14	Connect wire	2
7.35	L100GG250-1-L-14	Connect wire	1
7.36	L350AMP175022-JD-1	Earth wire	1
7.37	L1600M43025-25-5557-9JD	Console wire down	1

Frame ASSY

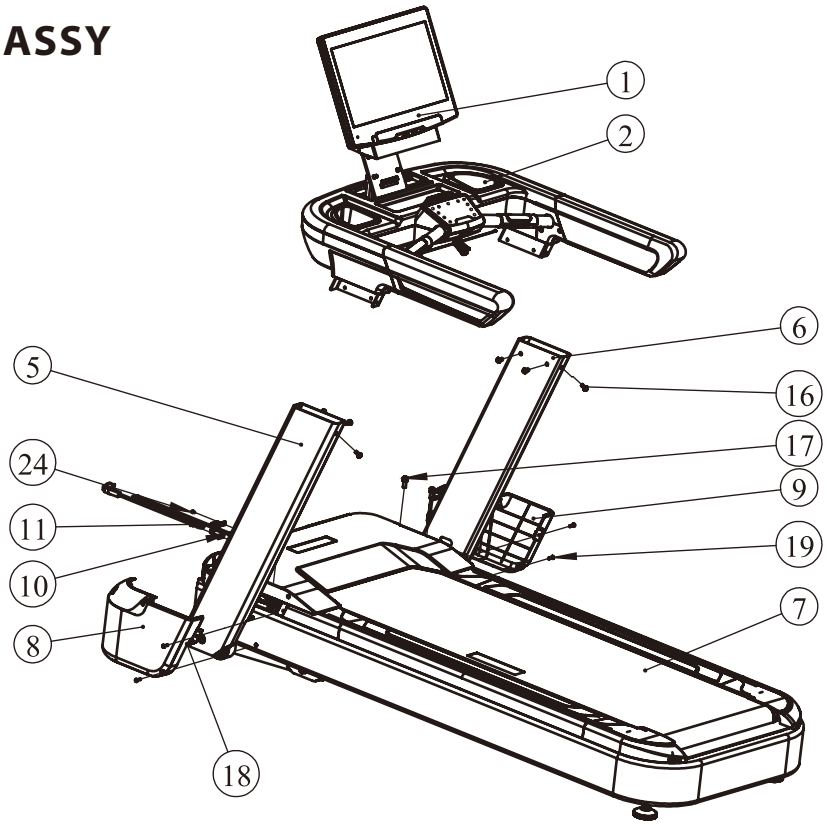
Grade No.	Part No.	Description	QTY
7.38	R60-22M3-RDS	Actuator	1
7.39	AC40004100V1	Front cover	1
7.40	AC40004400	Left motor cover support base	1
7.41	AC40004500	Right motor cover support base	1
7.42	AC40004600	Left End Cap	1
7.43	AC40004700	Right End Cap	1
7.44	GB70M8*60*60DHS20	Scoket Head Cap Screw M8*60*60	1
7.45	GB70M8*100*100DHS18	Scoket Head Cap Screw M8*100*100	3
7.46	GB6560M4*8DSG	Phillip Screw M4*8	5
7.47	GB862.24DS12	Serrated Lock Washers Φ4	5
7.48	CNLM8*35DHS20	Hexagon socket countersunk head cap head screw M8*35	10
7.49	DQ10DS2	Washer Φ11*Φ20*1.5	2
7.50	GB6560M4*12DS	Phillip Screw M4*12	5
7.51	GB818M5*15DHS20	Phillip Screw M5*15	40
7.52	GB5780M6*200DS2	Hex Head Bolt M6*200	12
7.53	GB861.28DHS12	Inner Teeth Serrated Lock Washers，D=8	1
7.54	GB845ST4.2*13DHS	Phillip Screw ST4.2*13	6
7.55	SD3*150	Band Cable	4
7.56	SD4*150	Band Cable	6
7.57	STDP6800	Hex K nut M8	17
7.58	GB936DS12	Inner Teeth Serrated Lock Washers，D=6	12
7.59	DQ6DS2A	Washer Φ 6.6* Φ 12*1.6	12
7.60	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	27
7.61	GB17880.3M6*15DS17	Flat head hexagon riveted nuts M6	4
7.62	STDP5500	Clip Nut	7
7.63	GB5780M10*50DS18	Hex Head Bolt M10*50	1
7.64	GB6177M16DS2	Hex flange nut M16	2
7.65	NM10DS2	Lock Nut M10	1
7.66	GB70M6*20DHS20	Scoket Head Cap Screw M6*20	4
7.67	GB818M3*10DS2	Phillip Screw M3*10	2
7.68	GB41M3DS2	Lock Nut,M3	2
7.69	L350M5557-57-8M	Connect wire	1
7.70	SDZ21	Band Cable Base	7
7.71	L1400RJ45-RJ45Z-8	Network Cable W/Socket	1
7.72	RJ45Z-RJ45Z-8	RJ45 Adapter	1
7.73	GB819M3*10DHS2	Phillip Screw M3*10	2
7.74	L250AMP175022-1-L-14	Connect wire	1
7.75	L250AMP175022-1-N-14	Connect wire	1
7.76	Q11	Inductance	1
7.77	Q03	Filter	1

Frame ASSY


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Parts List and Exploded View

General ASSY



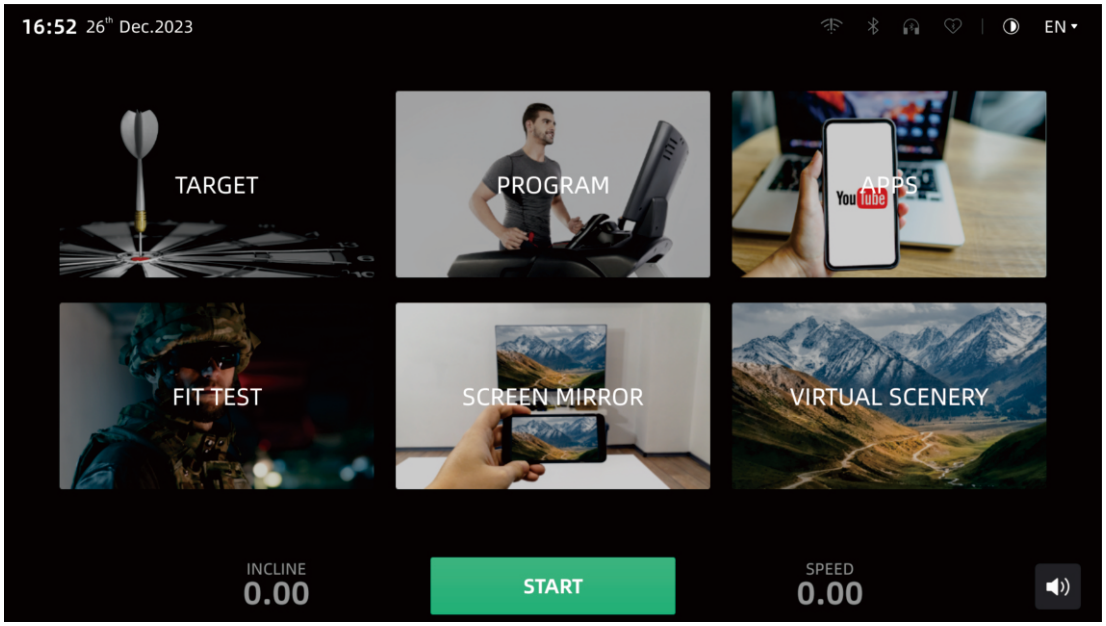
Item No.	Part No.	Description	QTY
1	AC4050C01WXASSY	Console ASSY	1
2	AC4050B02WXASSY	Console Base ASSY	1
5	AC40000300	Left Upright	1
6	AC40000400	Right Upright	1
7	AC4050C07-WXASSY	Main ASSY	1
8	AC40004200	Left Cover	1
9	AC40004300	Right Cover	1
10	A01-6	Power Cord	1
11	AC2970C1100V1	Power cord fixing plate	1
16	PNLJCM8*20DHS19	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*20	10
17	GB70JCM10*25DS20	Hexalobular Socket Head Tapping Screws W/ Serrated Lock Washer M10*25	4
18	CNLM10*75N19	Flat Head Cap Screw M10*75	2
19	GB818M5*20DHS2	Phillip Screws M5*20	4
20	PT3005901	one long Allen Wrench	1
21	NBS8DHS	Allen Wrench S=8	1
22	NBS5DHS	Allen Wrench S=5	1
23	SS75*5	Phillips screwdriver	1
24	GB818M4*10DHS2	Phillip Screws M4*10	2

Console Panel Functions

Rated voltage	AC 220-240V 50/60Hz
Rated power	2300W
Speed range	1.0-20.0km/h
Incline range	0-15%
Display	HEART RATE, % HEART RATE, TIME, TVG SPEED, CAL/HOUR, CALORIES, DISTANCE, STEPS, SPEED, INCLINE, DOT MATRIX (16*32).
Other Function	USB power supply

Home Page and Button Instructions

Home page: The home page displays the following functions:



START: Press Start to start running.

TARGET: To set running goals based on time, distance, and calories.

PROGRAM: Exercise according to pre-set five programs: HILL, HRC, INTERVAL, CARDIO, FAT BURN. Users can also customize two modes.

APPS: Online entertainment including listening to music, watching videos and surfing requires internet connection.

FIT TEST: Target exercises are conducted based on Marine PET, Army PFT, Air Force PRT, Navy PRT, PEB and IPPT. Every segment has corresponding scores, as detailed in the attachment.

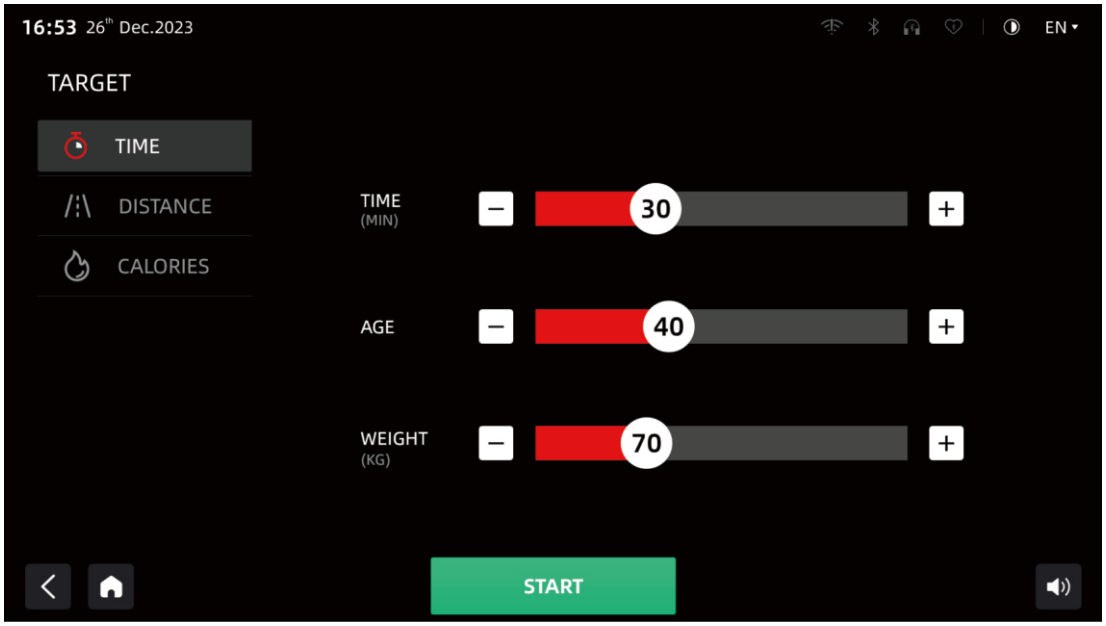
SCREEN MIRROR: It can be used for Android and Apple screen casting.

VIRTUAL SCENERY: Users can choose to run in different scenarios.

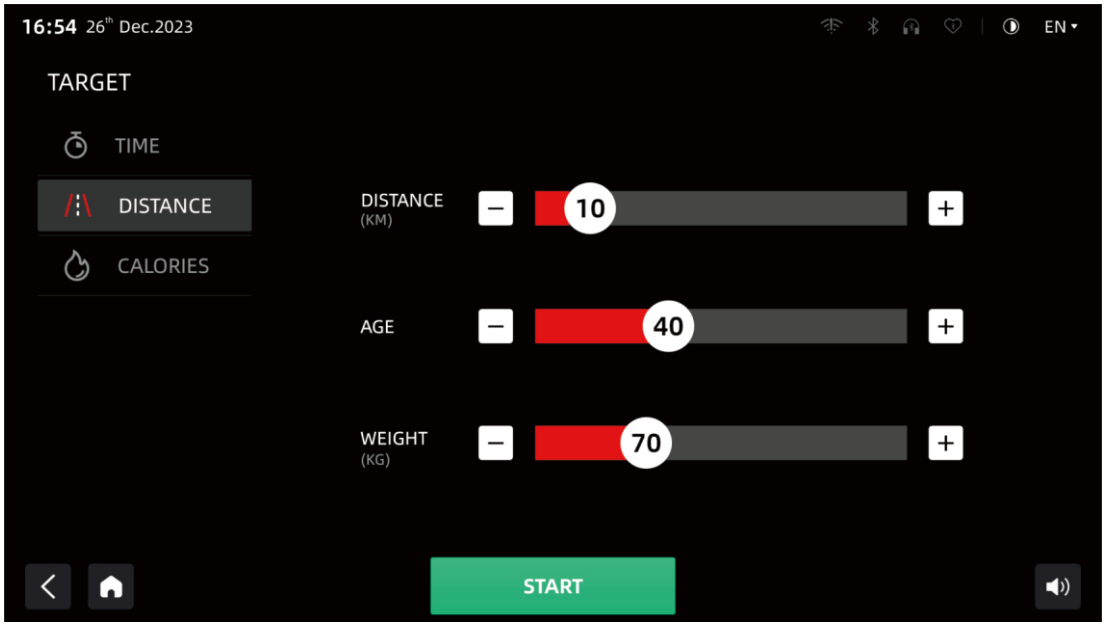
SETTINGS: System related settings, including internet, Bluetooth, general settings, device information and language, etc.

Target

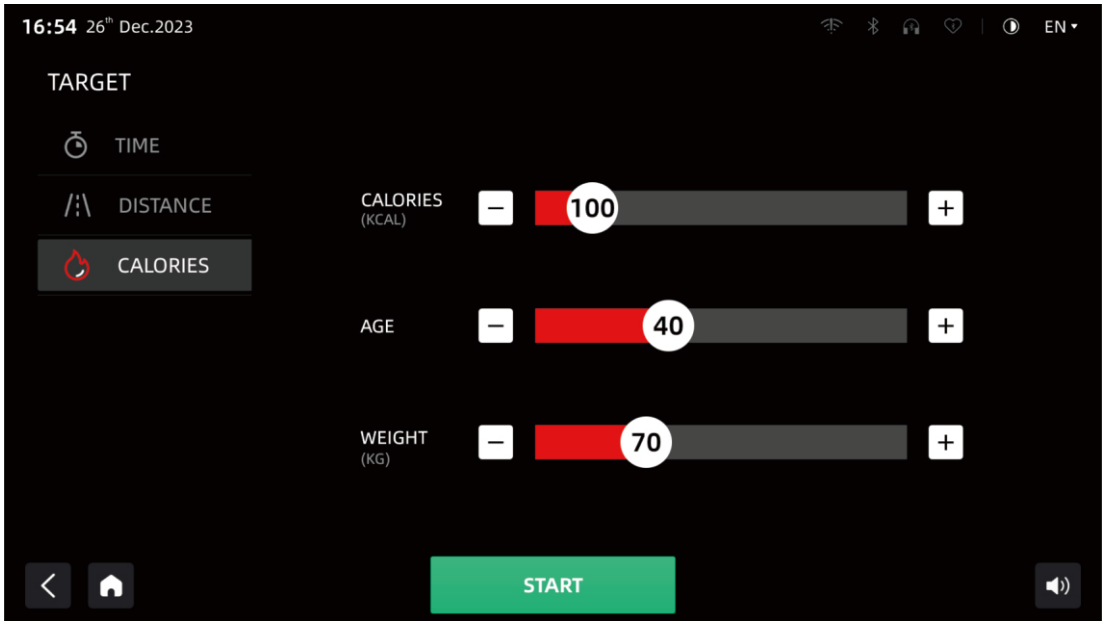
Press TARGET on the homepage, select the mode from TIME, DISTANCE, and CALORIES. Scroll the red bar or press the +/- button to set the age, weight and running data. Press START to start running. Once user achieves the set goal, the treadmill will automatically stop.



Set exercise goals based on time



Set exercise goals based on distance

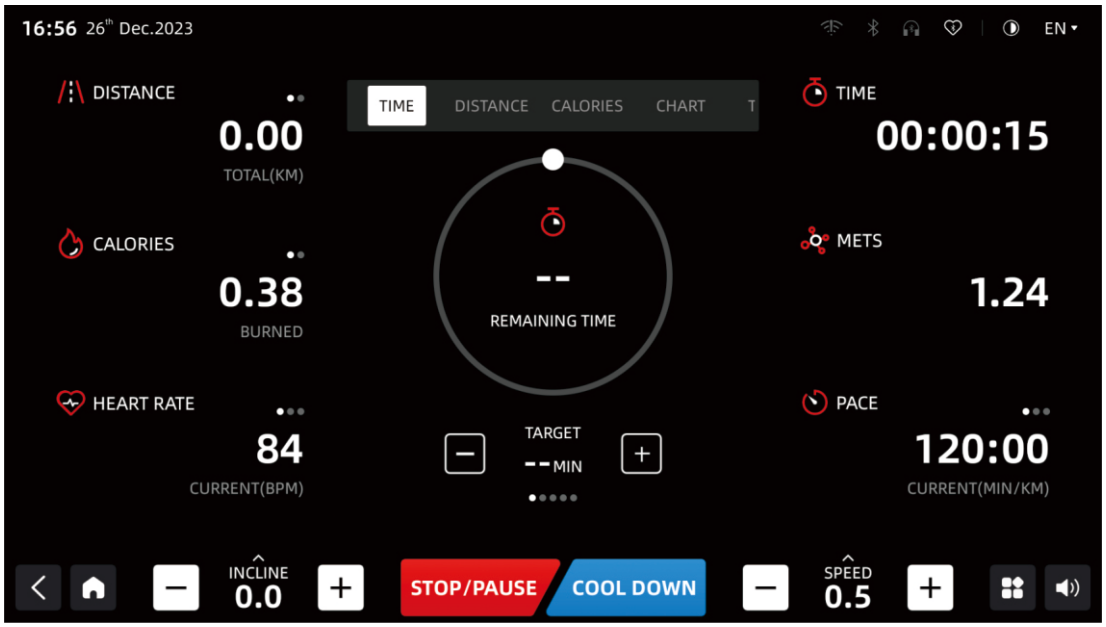


Set exercise goals based on calories

START

Press START on the home page to enter the running page.

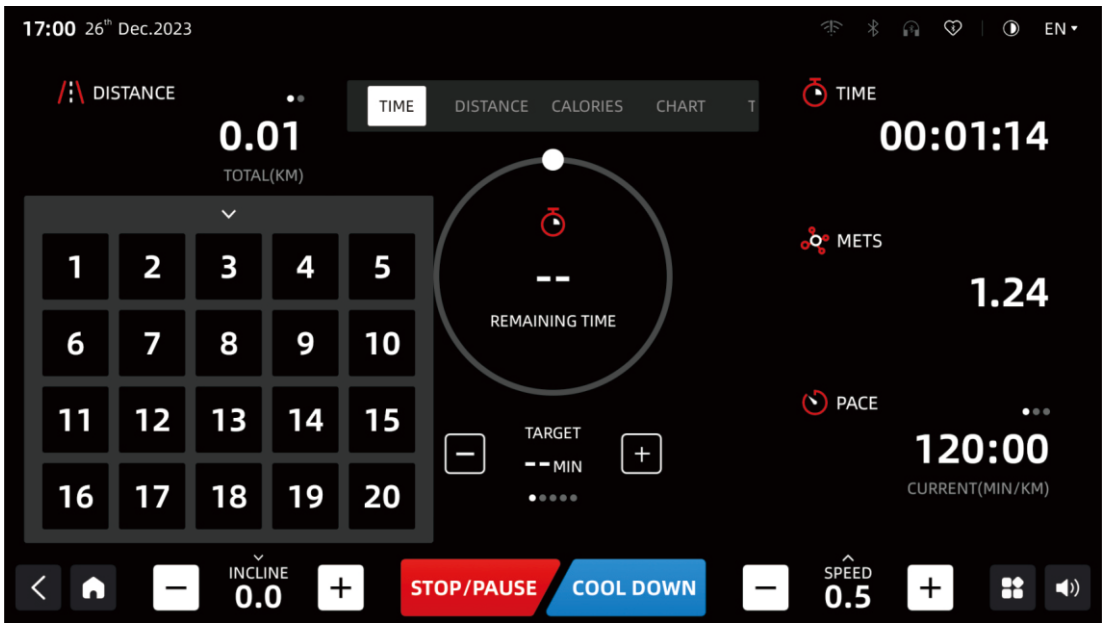
After pressing, the display will show the countdown of 3, 2, 1, and GO. When the sound ends, the treadmill will enter the running phase.



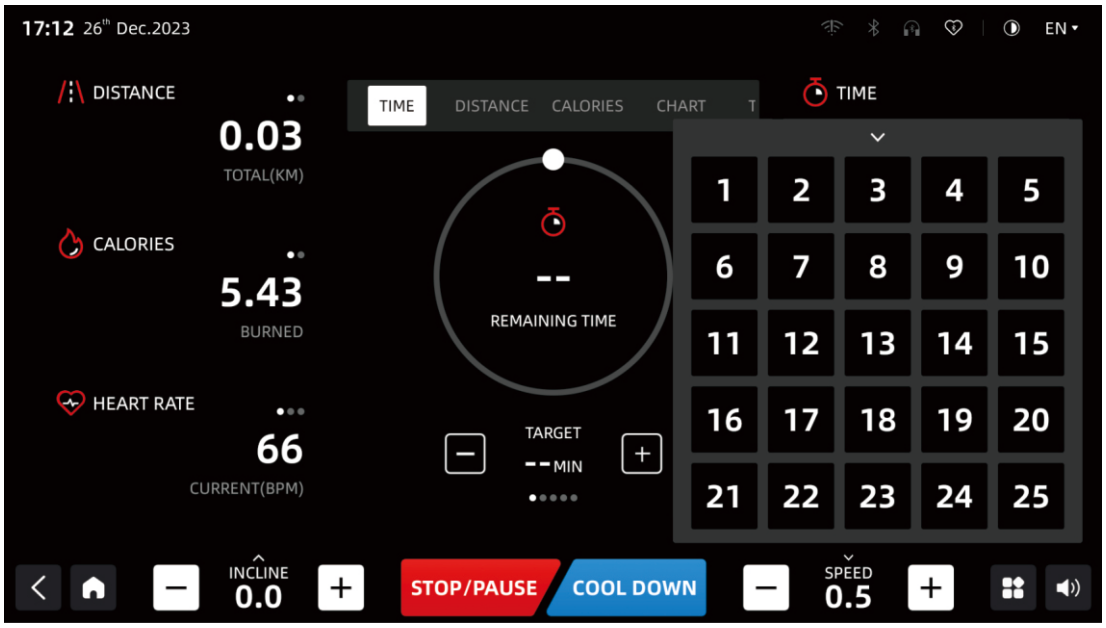
Running page

Incline and Speed

During the operation of the treadmill, you can press the up and down icons in the lower left of the screen to adjust the incline, in the lower right to adjust the speed, or press the shortcut icons for speed and incline to set with just one click.



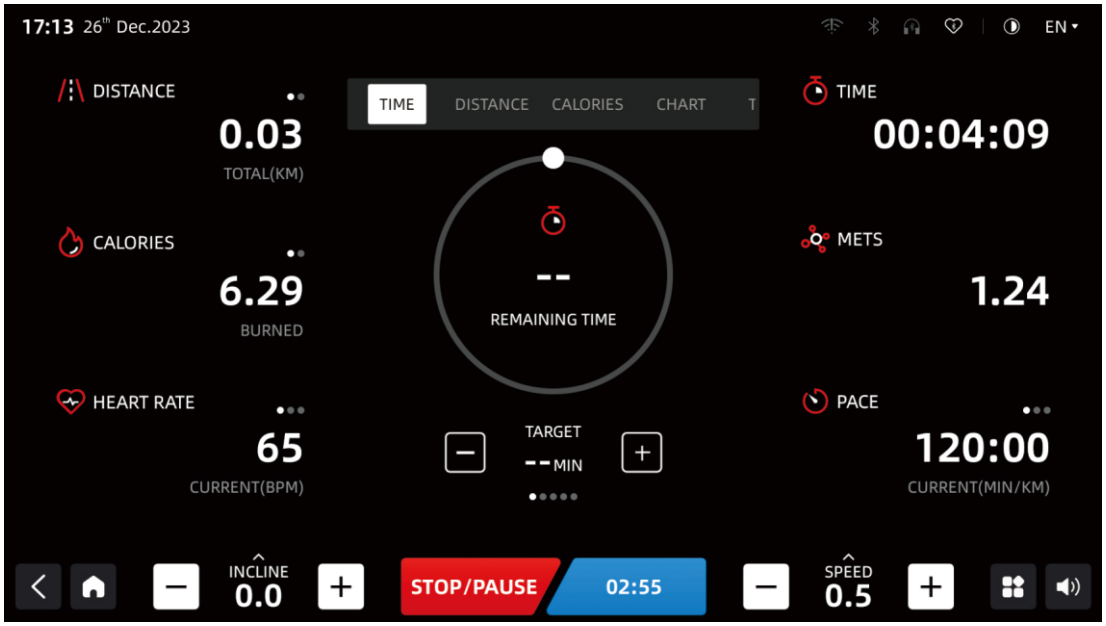
Incline shortcut settings



Speed shortcut settings(Imperial)

Cool Down

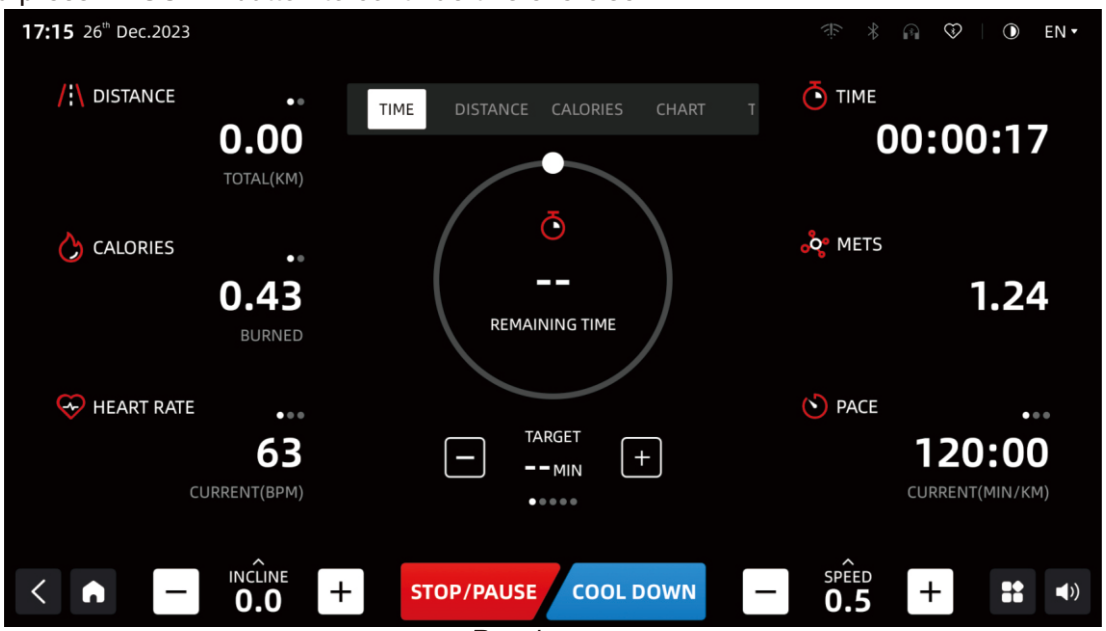
Entering the running page, press STOP to cool down. This program will halve the speed and display a countdown of three minutes. The relaxation time of three minutes is not included in the exercise report.



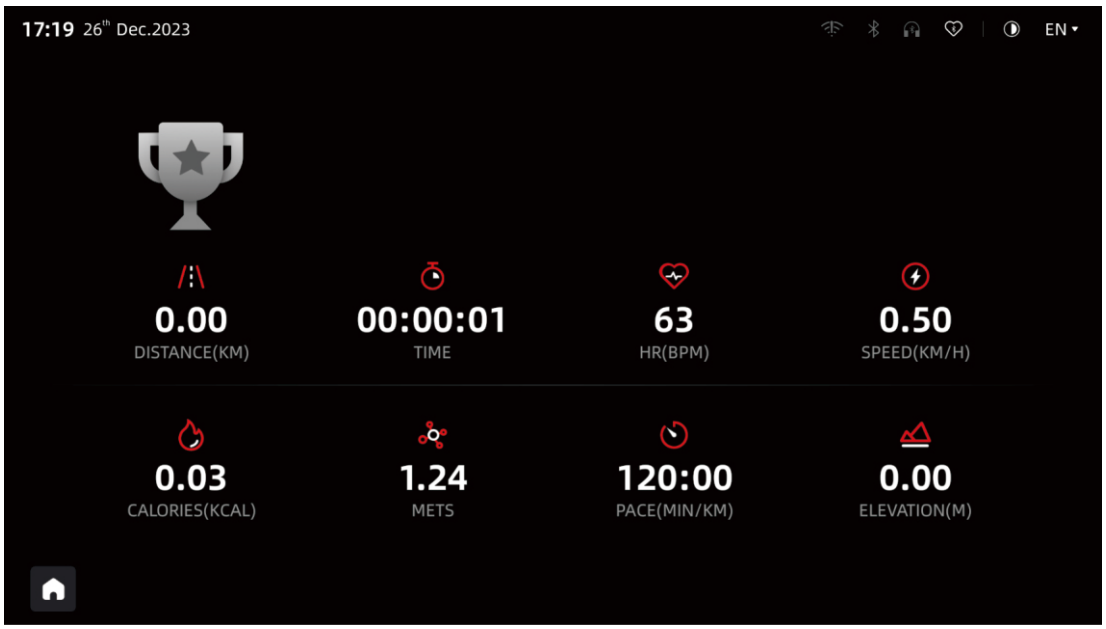
Cool down

STOP

Enter the running page and press STOP button to stop the treadmill. It will end with a page displaying time, distance, and calories burned of this exercise. The data will show changes in heart rate, incline and speed. Users can press STOP button to stop the current exercise, and press RESUME button to continue this exercise.



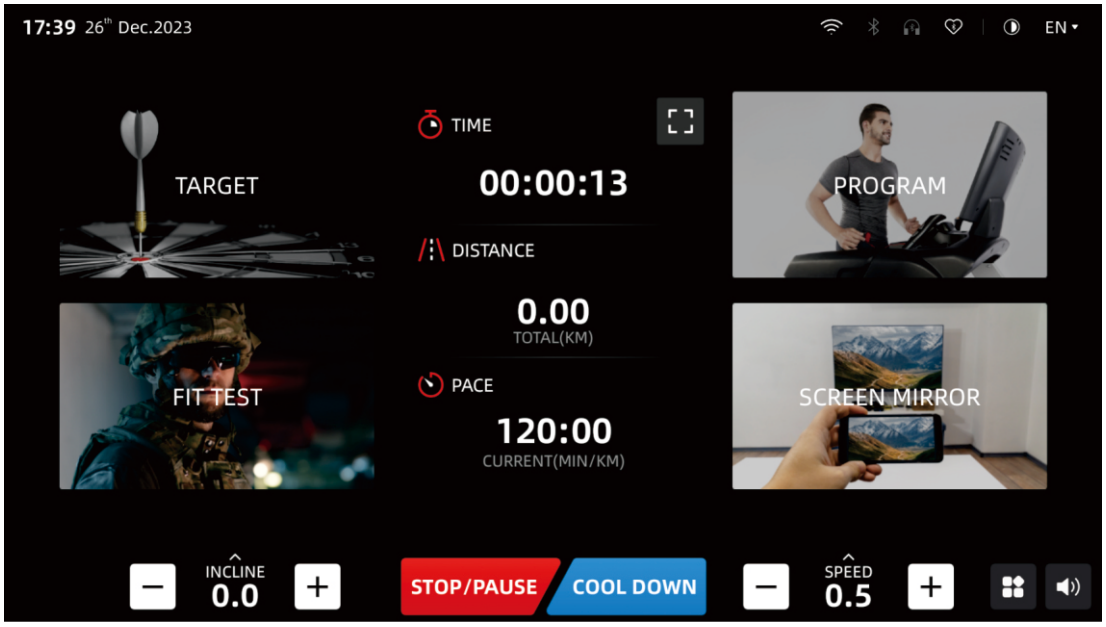
Running page



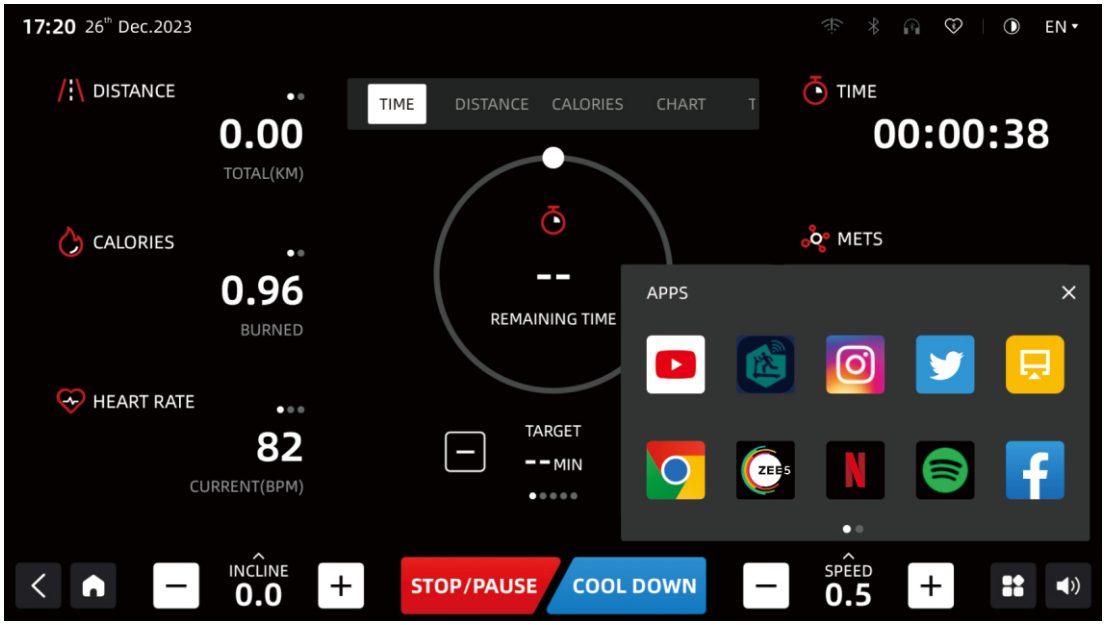
Exercise report

Other Buttons on the Running Page

"Home/Back" button: When user go back to the home page, the exercise page will also shrink to display on the home page. User can change language on the home page. You can also switch to other modes, such as HILL, and it will pop up window to hint whether to switch.

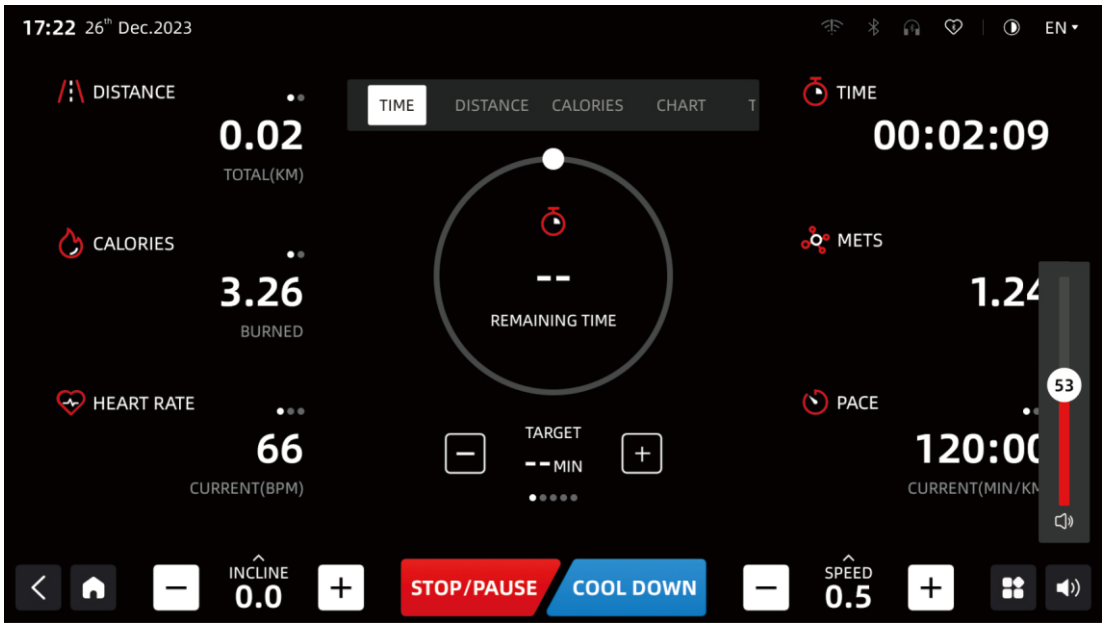


Press HOME or BACK



Press Entertainment icon

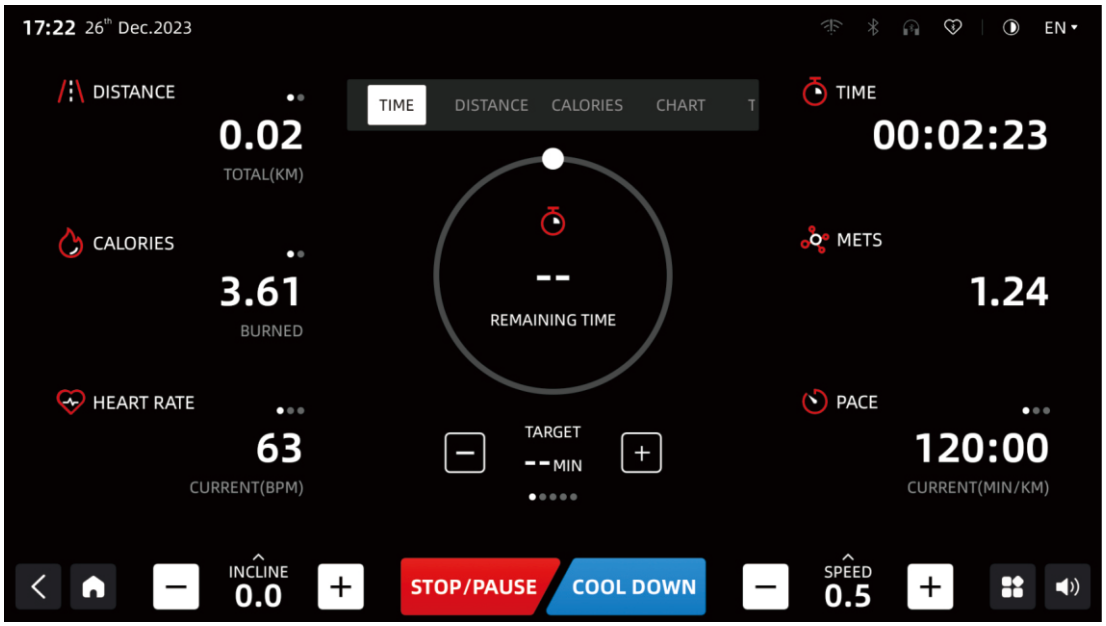
Volume button: Press the speaker icon to adjust the volume



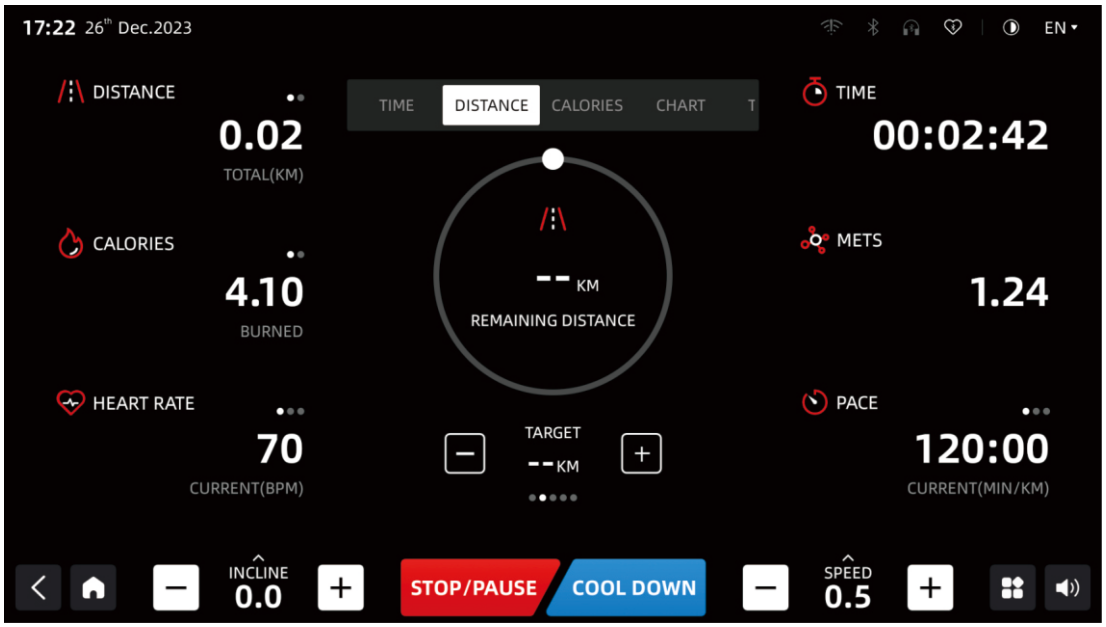
Press volume

Console Panel Functions

Other control bar buttons: Press time +/- to adjust the exercise countdown time. Press distance +/- to adjust exercise distance. Press calories, set weight first, then press +/- to adjust exercise countdown calories. Press CHART to display speed/incline in icon mode. Press TRACK to display runway mode. (Treadmill reached any set goal (distance/time/calories) first will stop running.)

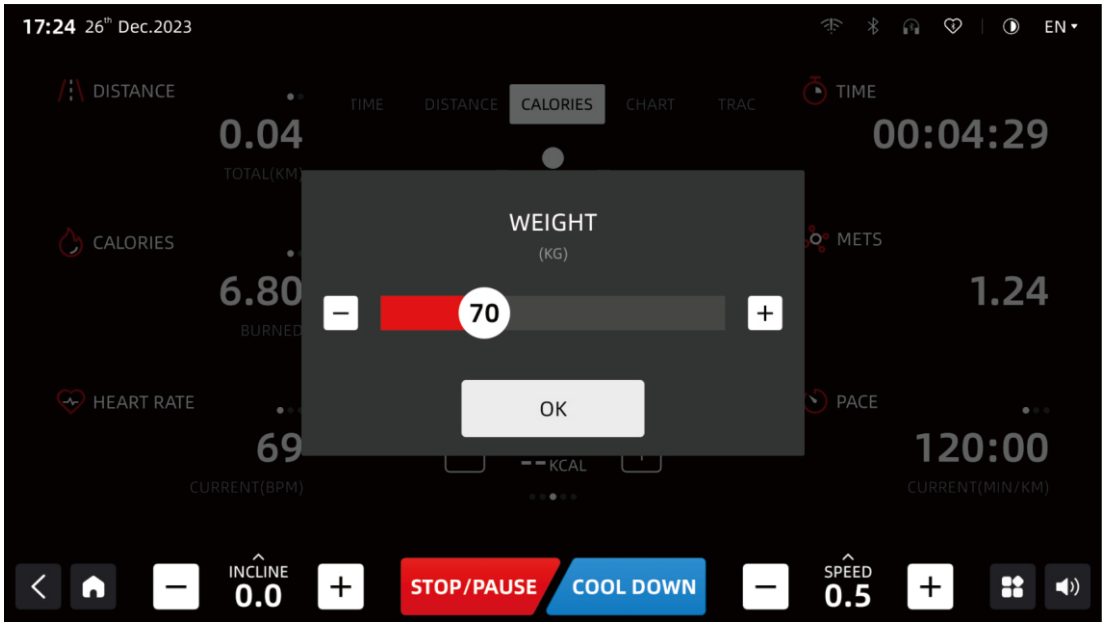


Press TIME

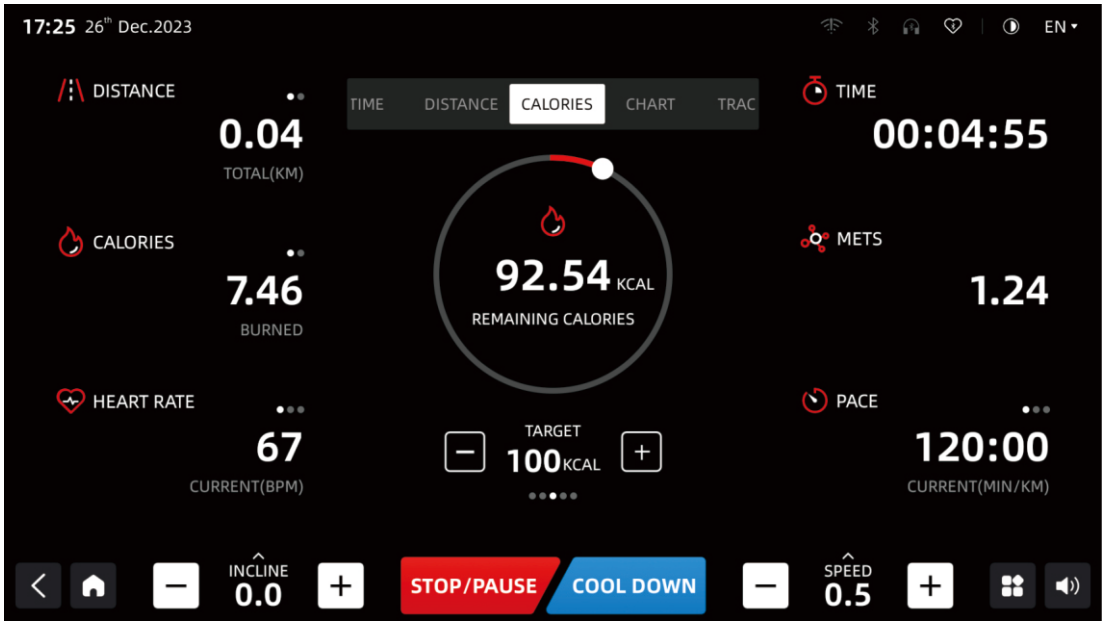


Press DISTANCE (Imperial)

Console Panel Functions

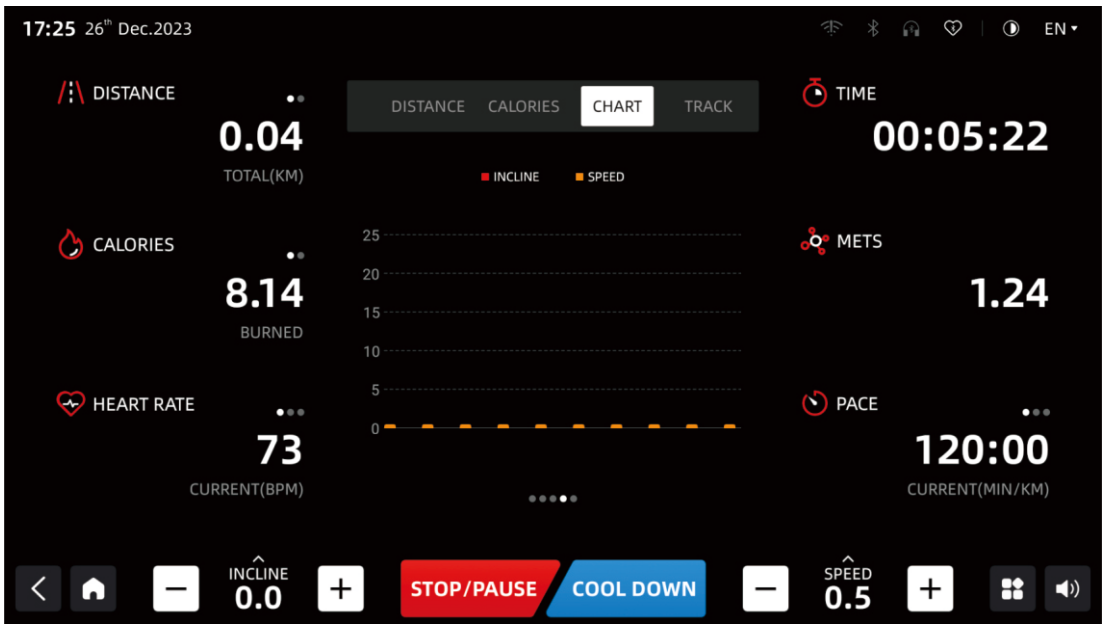


Press CALORIES (set weight)

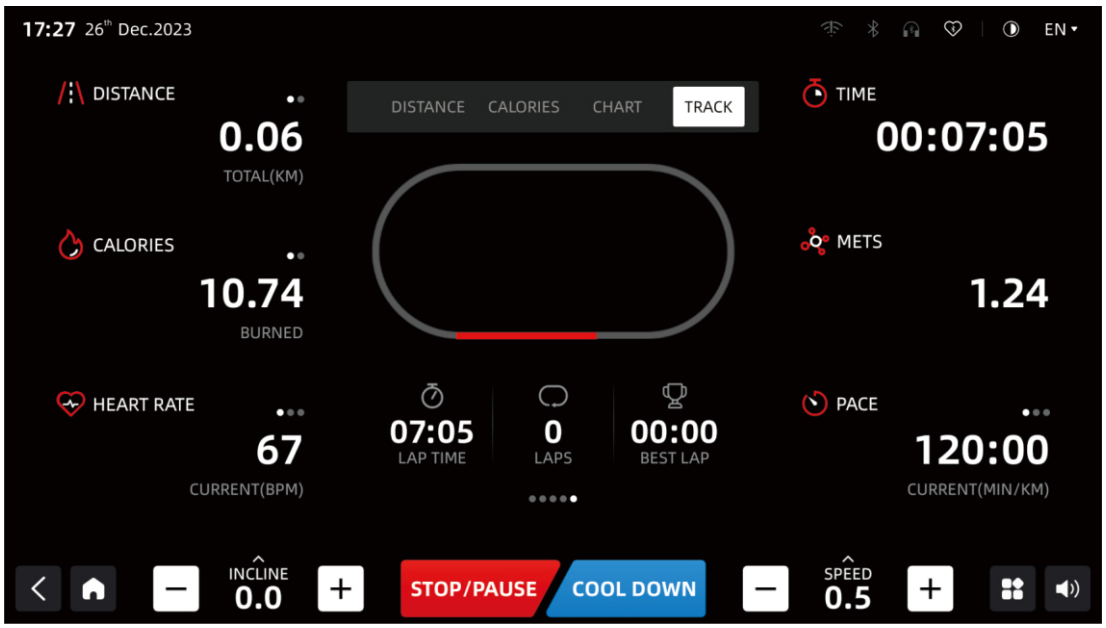


Press CALORIES

Console Panel Functions

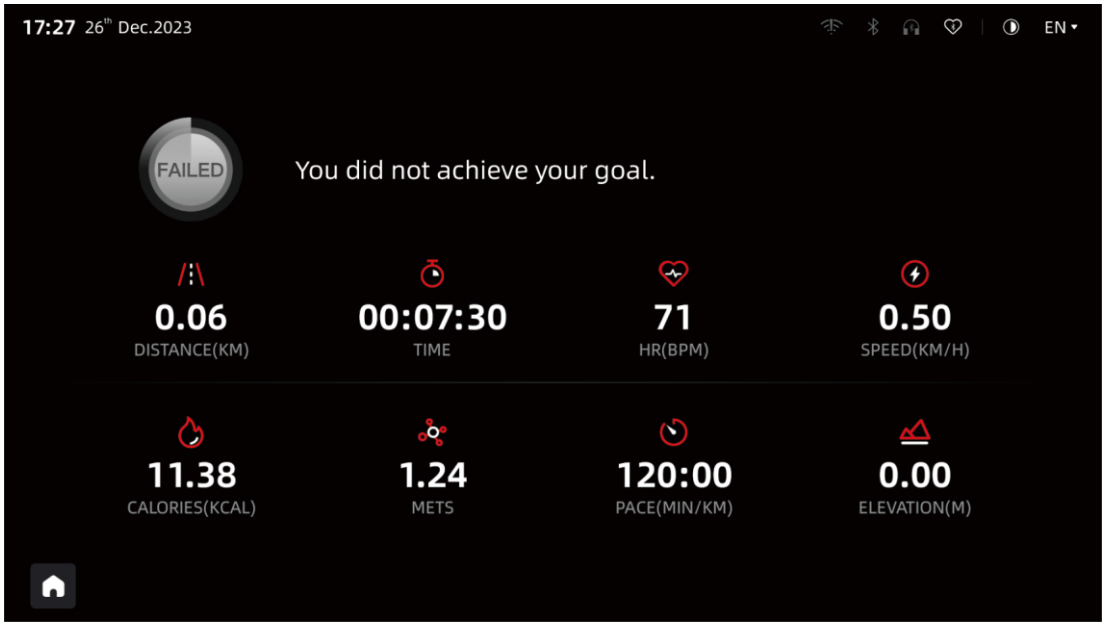


Press CHART



Press TRACK

Console Panel Functions



Exercise ending



Real-time heart rate, average heart rate, maximum heart rate of this exercise,



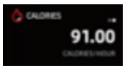
Real-time speed of this exercise. Swipe left to display the average pace and average speed,



Real-time distance of this exercise. Swipe left to display climbed distance,



Real-time metabolic rate of this exercise,



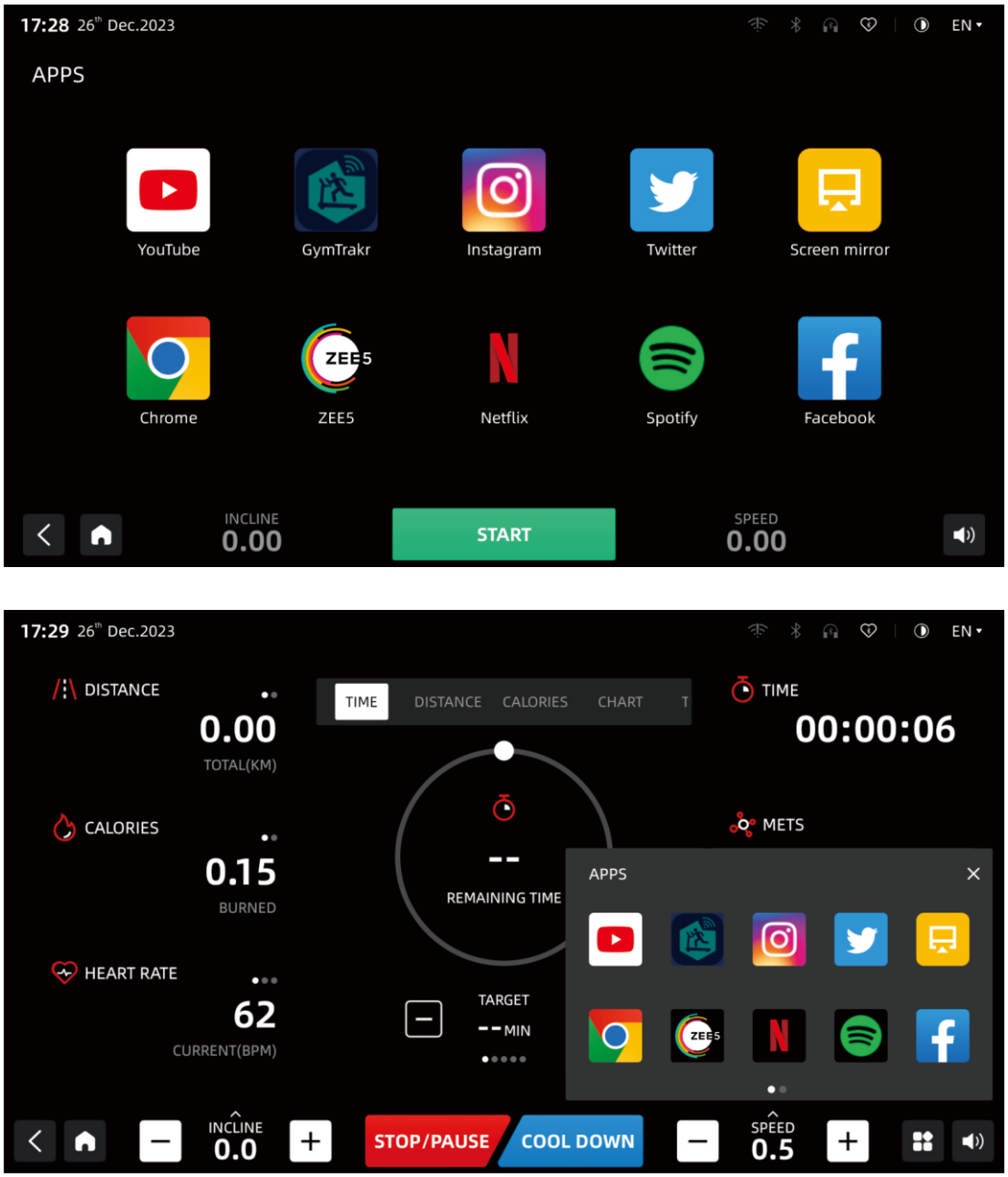
Real-time calories this exercise burned. Swipe left to display calories/hour,



Duration of this exercise.

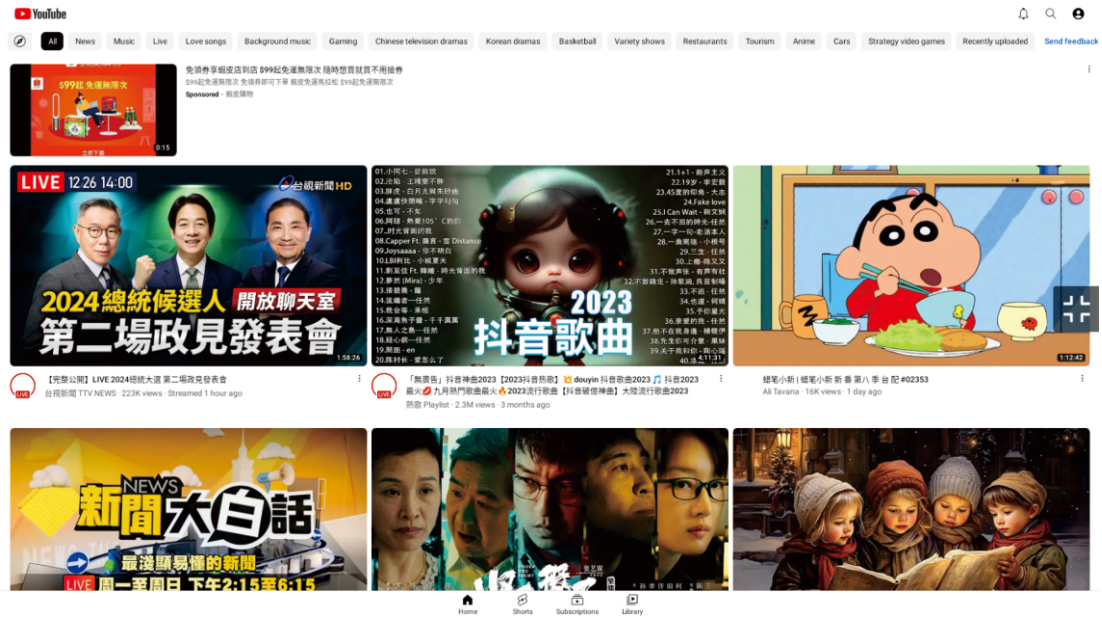
APPS

Press APPS on the home page to enter the applications interface. You need to connect to the internet to access these platforms. You can also Press "APPS" icon in the lower right corner of the running page. Video - YouTube; Music - Spotify; Browser - Google Chrome; GymTrakr, Instagram, Twitter, Screen Mirror, ZEE5, Netflix, Facebook and so on.



Entertainment page - internet connected

If you want to display the running page in full screen, press the white " " button to hide the control bar. Press here again and the control bar will appear.



Virtual Scenery

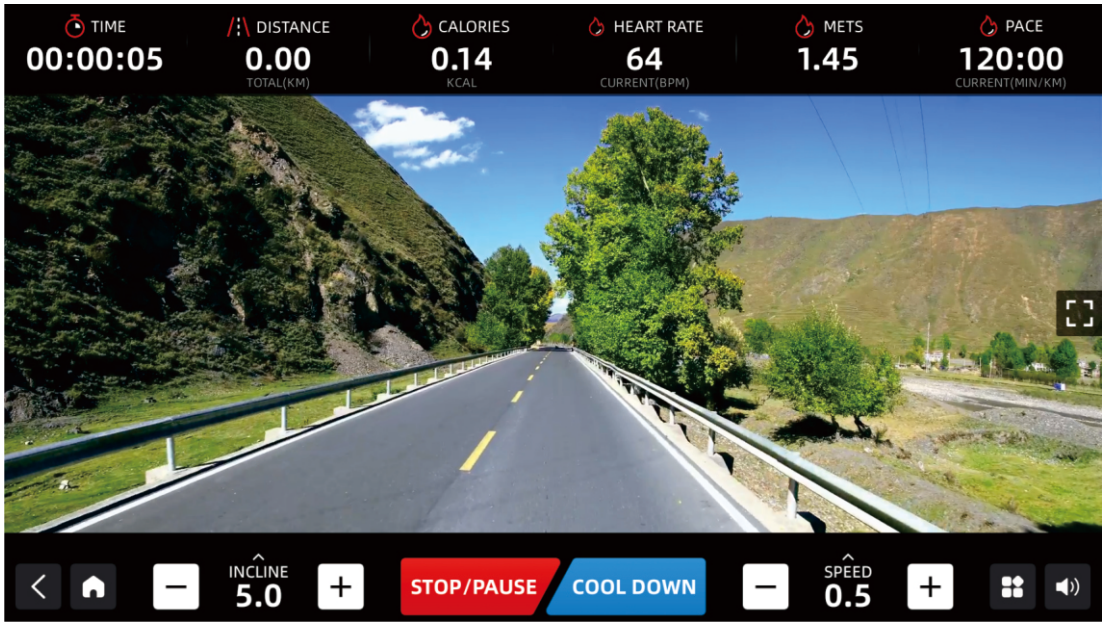
Press Virtual Scenery on the home page to enter the virtual scenery interface. Virtual scenery is the process of simultaneously playing scenery videos during the running process, allowing users to have an immersive running feeling. Users can choose the running scene according to their preferences. Each scene mode has a fixed running program (adjustable).



Virtual scenery selection page

Virtual Scenery Page

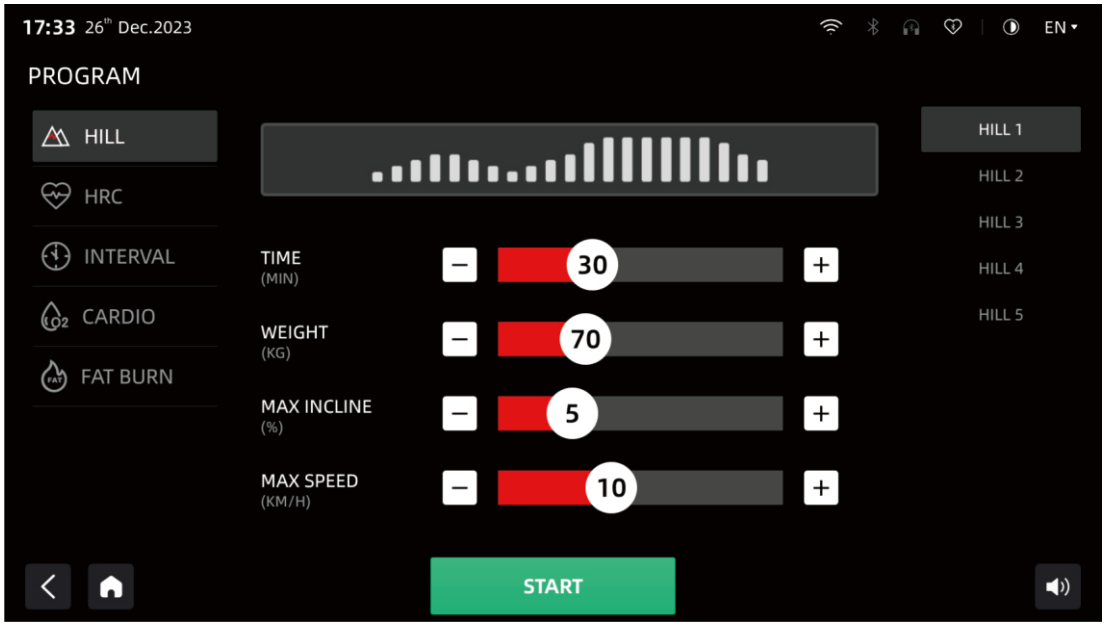
Press any scenery mode to enter the running page.



Video mode

PROGRAMS

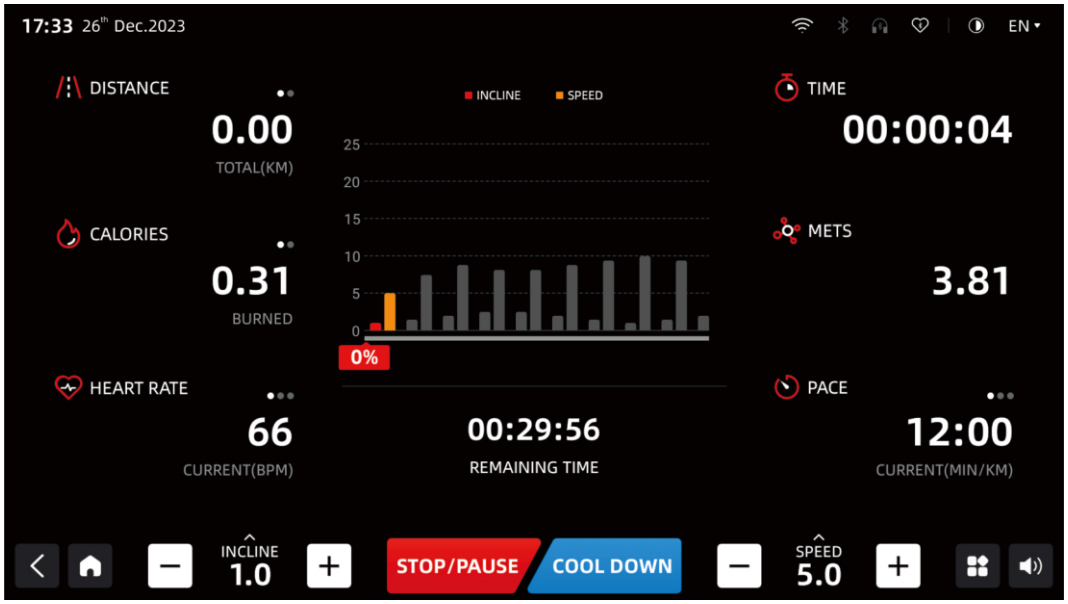
Press Programs to enter the program running page. The system has pre-set five exercise modes: HILL, HEART RATE, INTERVAL, CARDIO, FAT BURN, etc. If you want to make a choice based on your own situation, press Custom to choose the exercise time, speed, and incline according to your personal exercise habits, and set up a exercise program.



Program mode

Pre-set Programs

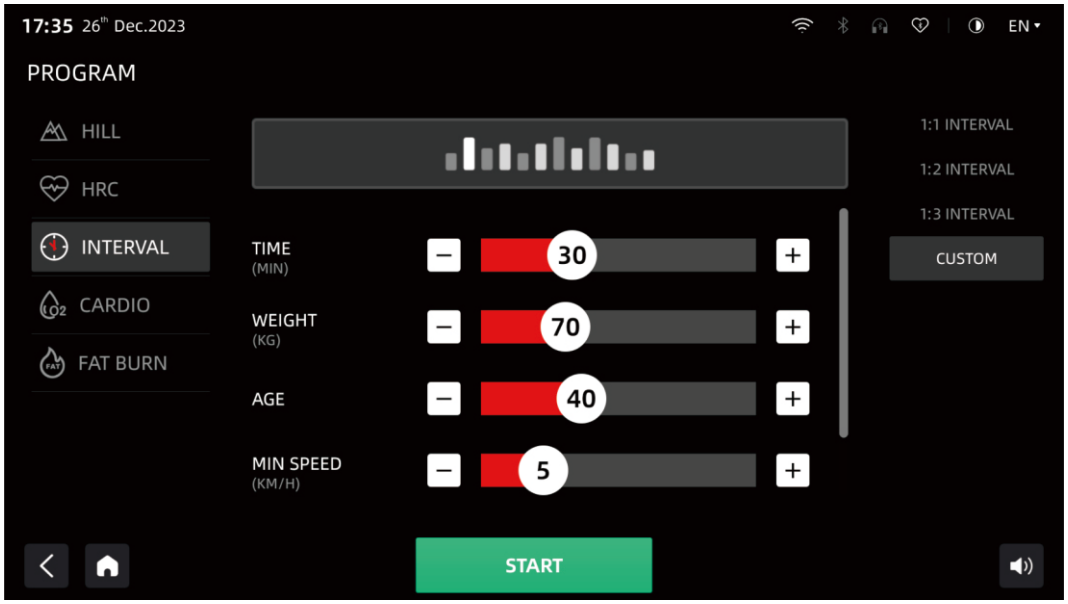
After selection, you can view detailed exercise data, including time, distance, calories burned, incline and speed at different time periods of this exercise.



Pre-set program

Custom Interval

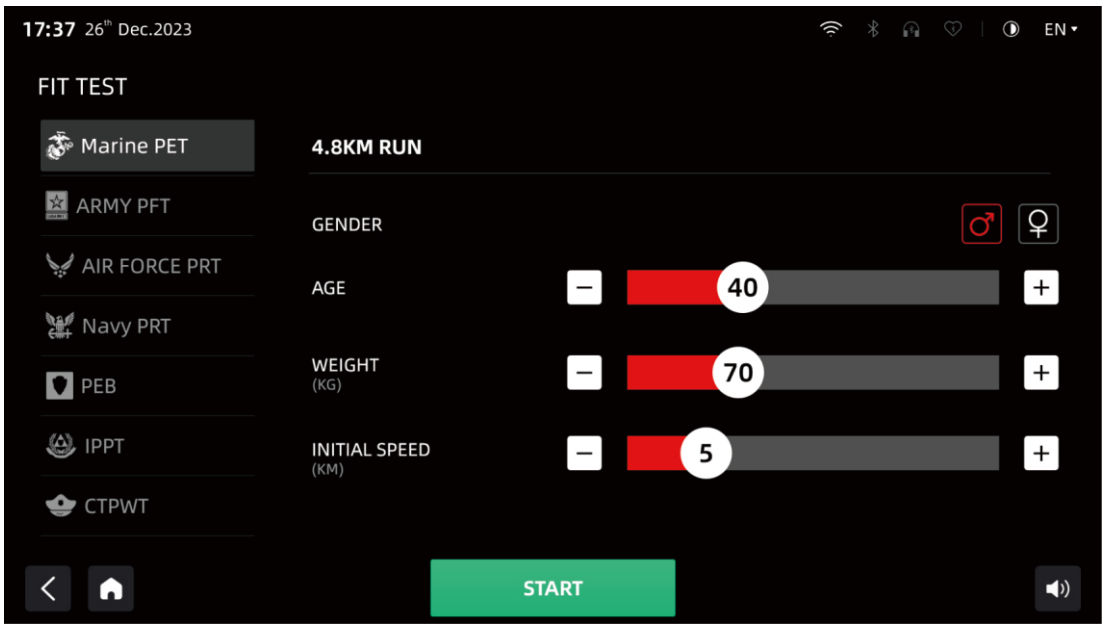
1. Press Interval to adjust the interval time, maximum/minimum speed, age and weight. According to personal exercise habits, you can choose exercise time and speed to set up an exercise program, which can be composed of multiple exercise segments.
2. Press the Start button to start running directly.



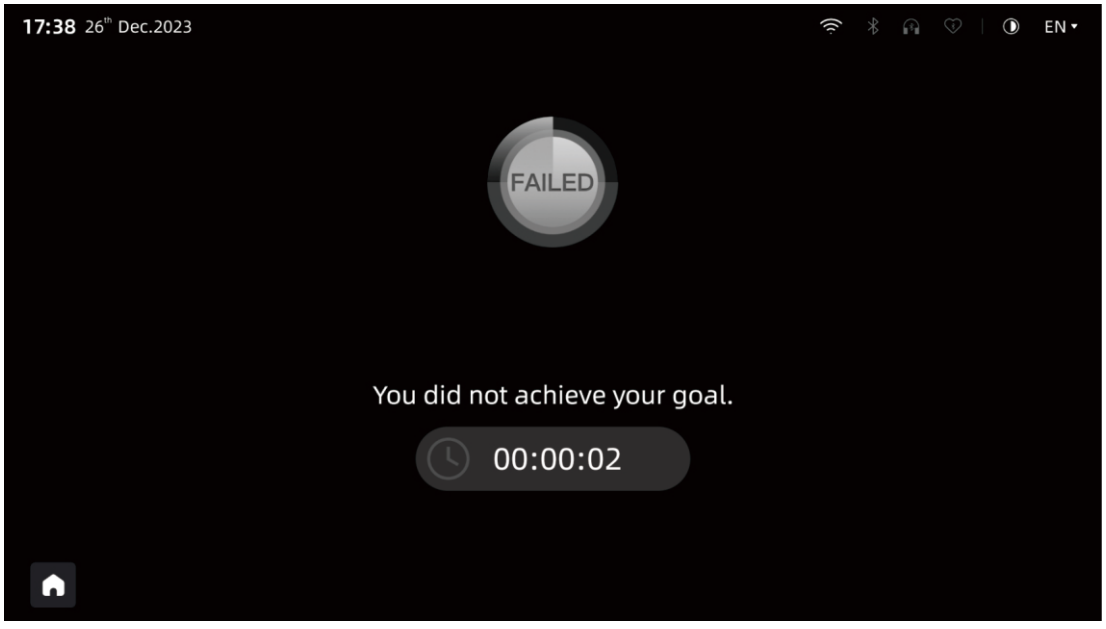
Custom interval

FIT TEST

Press FIT TEST on the home page, and perform target exercises based on the Marine PET, Army PFT, Air Force PRT, Navy PRT, PEB, IPPT, CTPWT, FIREMAN TEST UK, etc. You can select gender, age, weight, and initial speed to start the exercise. Score will appear at the end of the exercise correspondingly.



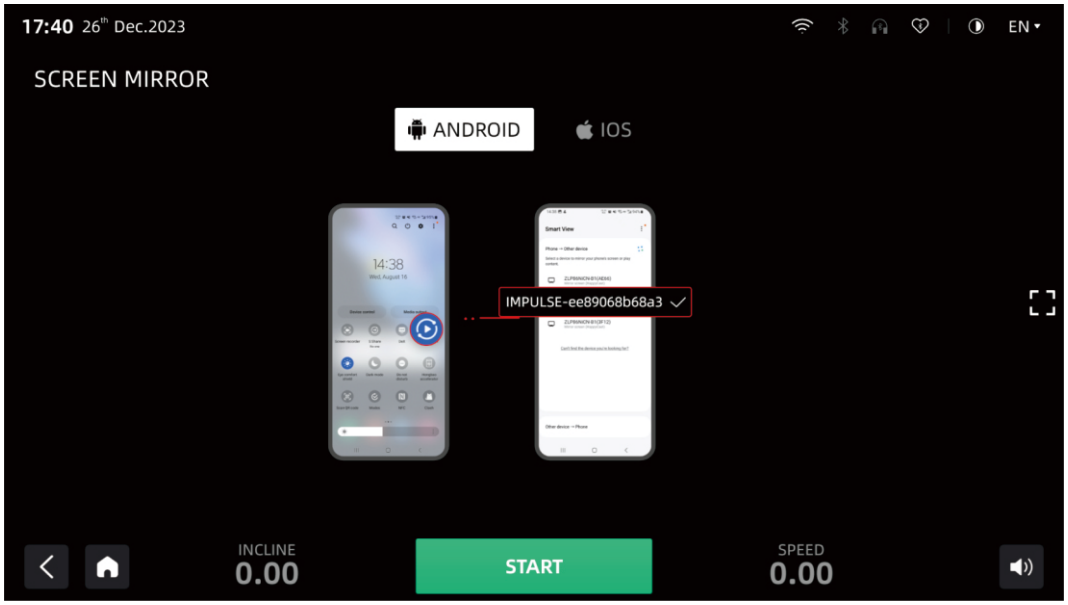
Fit Test page



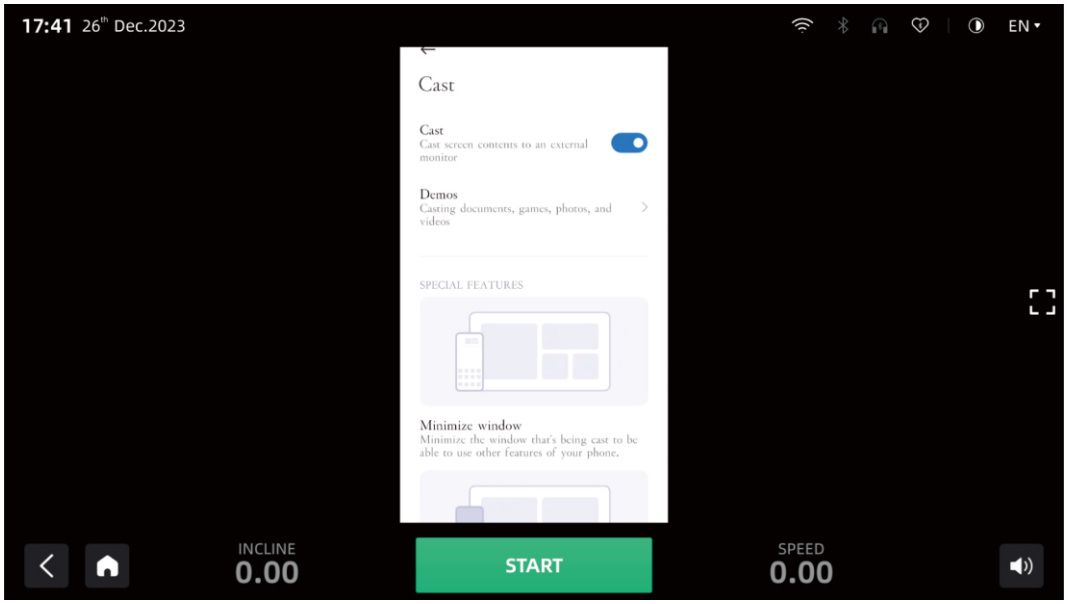
Exercise report

Screen Mirror

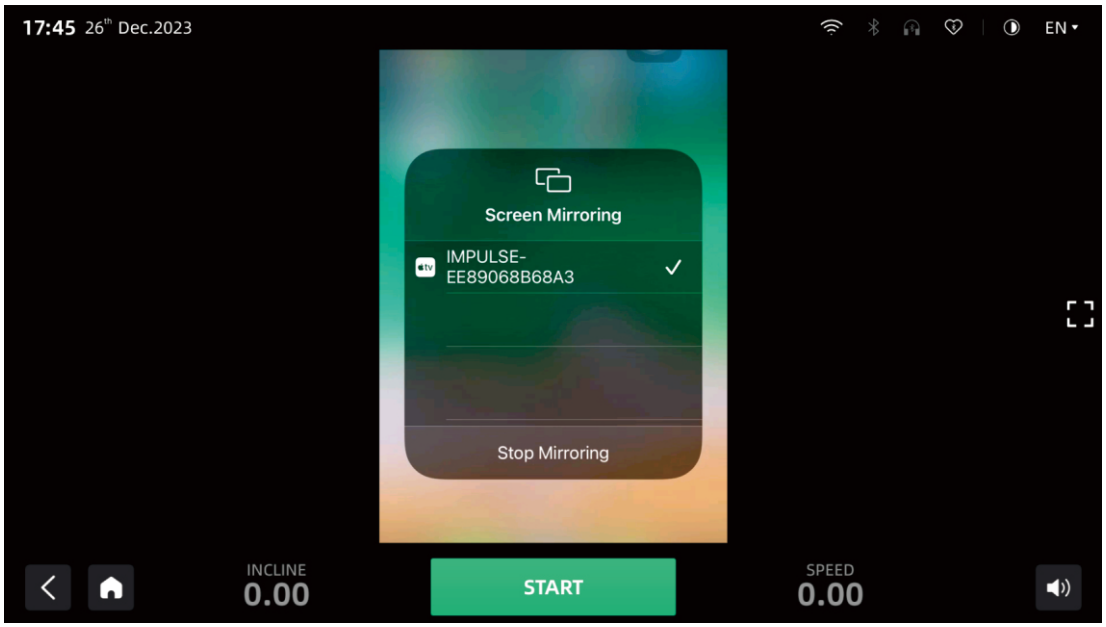
Press Screen Mirror on the home page. The left side of the screen mirror page displays Android screen mirroring and the mirroring code, while the right side displays Apple screen mirroring and the mirroring code. For example, press the screen mirror on a Xiaomi phone, search for the Android screen mirroring code, press connected, then a connection message will appear on the screen indicating whether to accept it. Press accept to cast the screen. (The chat window on the phone will not be displayed on the treadmill screen)
Apple screen mirror: First connect to the WiFi displayed with the password 12341234, and then press the screen mirror on Apple's phone to enable Apple screen mirror.



Screen Mirror page



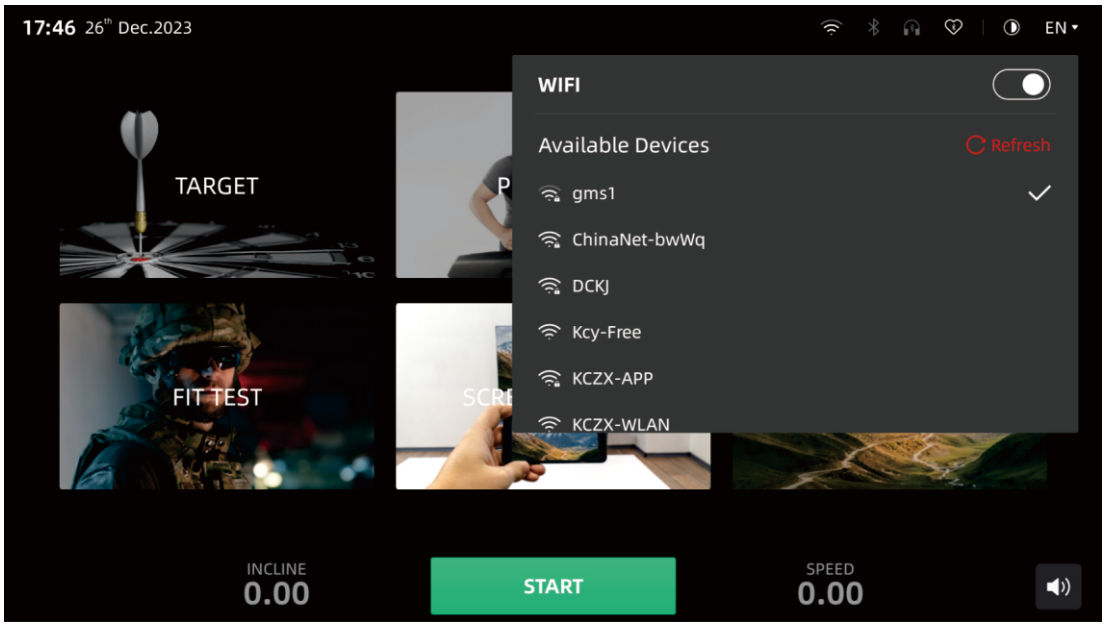
Android screen mirror



Apple screen mirror

WiFi Settings

Press WiFi to display a WiFi pop-up window, open WiFi; it will display the available WiFi. Press the WiFi that needs to be connected, a pop-up window will appear. After entering the password, the system will automatically connect to the network, and prompt that the network connection is successful. If the internet cable is connected, the WiFi icon will disappear and become the network cable icon . Press other blank spaces and the WiFi will disappear.

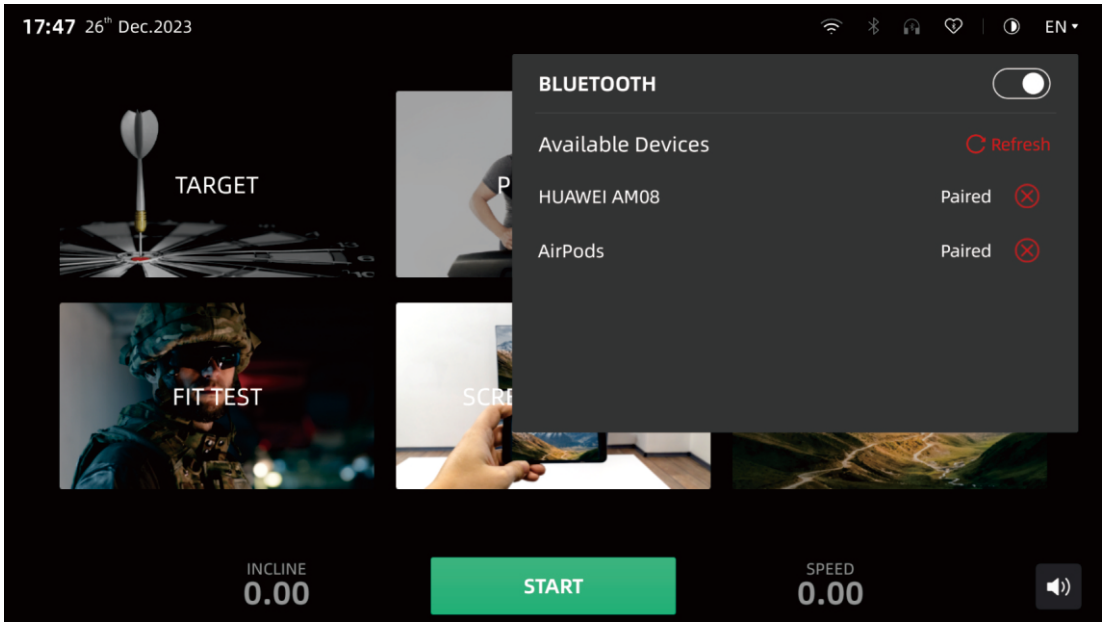


WiFi settings page

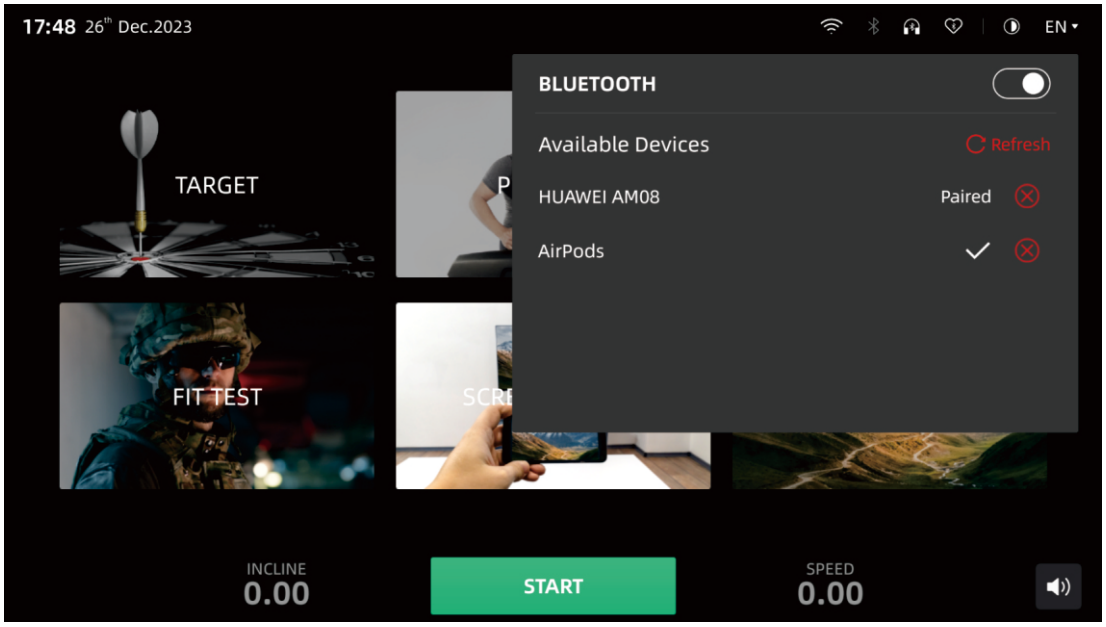
USB icon : When inserting a USB drive, the icon will be displayed. But when removing USB, it will disappear.

Bluetooth Settings

Press the Bluetooth button at the top of the screen to enter the Bluetooth settings page with one click. Press the Bluetooth switch to turn on Bluetooth; press refresh to search for nearby Bluetooth devices. Select the device you want to connect to (only Bluetooth earphones or speakers). If you press other blank spaces, the Bluetooth window will disappear.



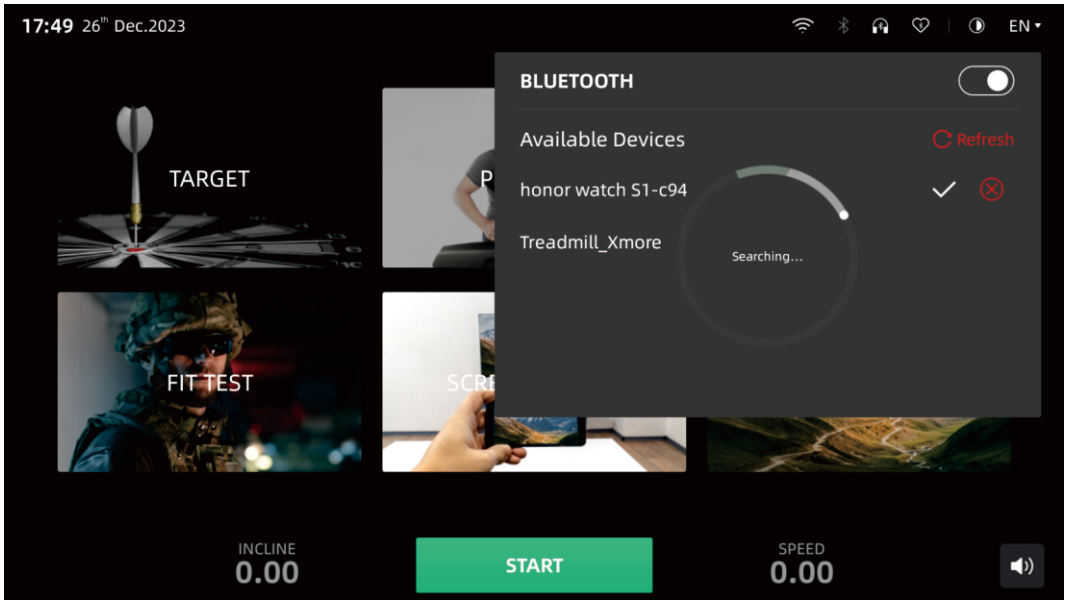
Bluetooth selection



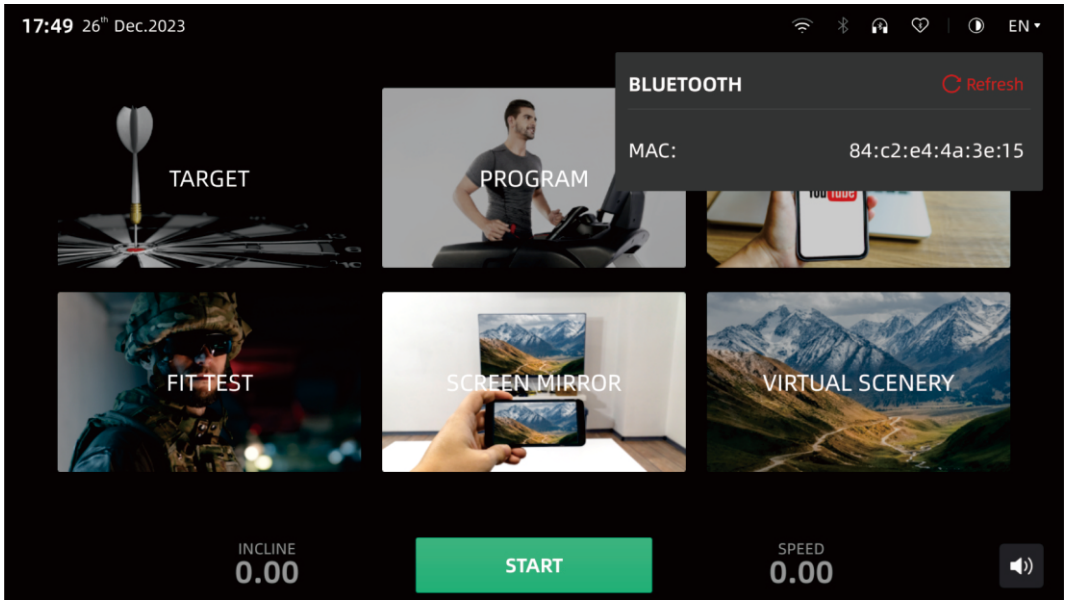
Bluetooth connected

Heart Rate Bluetooth

Press the HR Bluetooth icon at the top of the screen to enter the heart rate Bluetooth settings page with just one click. Press the HR Bluetooth switch to turn on Bluetooth, and select the device you want to connect to. (It can only be a heart rate device or Bluetooth module)
If the Bluetooth module is successfully connected, the Bluetooth Mac icon will light up and display the connected module Mac. After the Mac address is displayed, regardless of whether the Bluetooth module is connected or if it is replaced with another Bluetooth module, the Mac display will not change. Refreshing is just a decoration. After connecting once, the displayed Mac is basically fixed. Clicking on other blank places will cause the Heart Rate Bluetooth disappear.



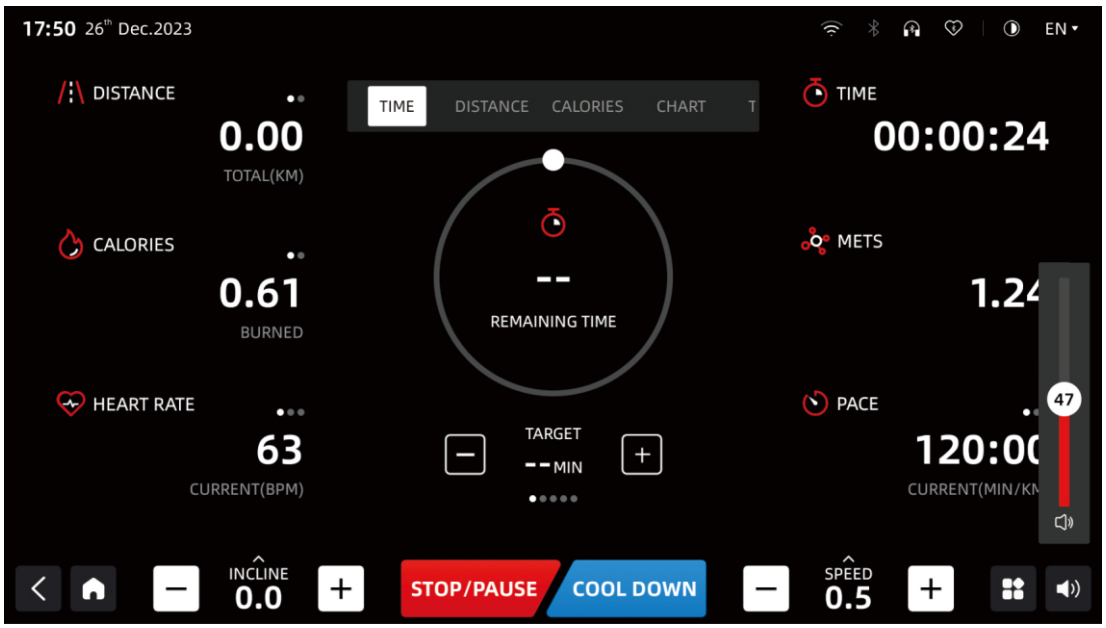
Heart Rate Bluetooth connection



Mac icon

Volume Settings

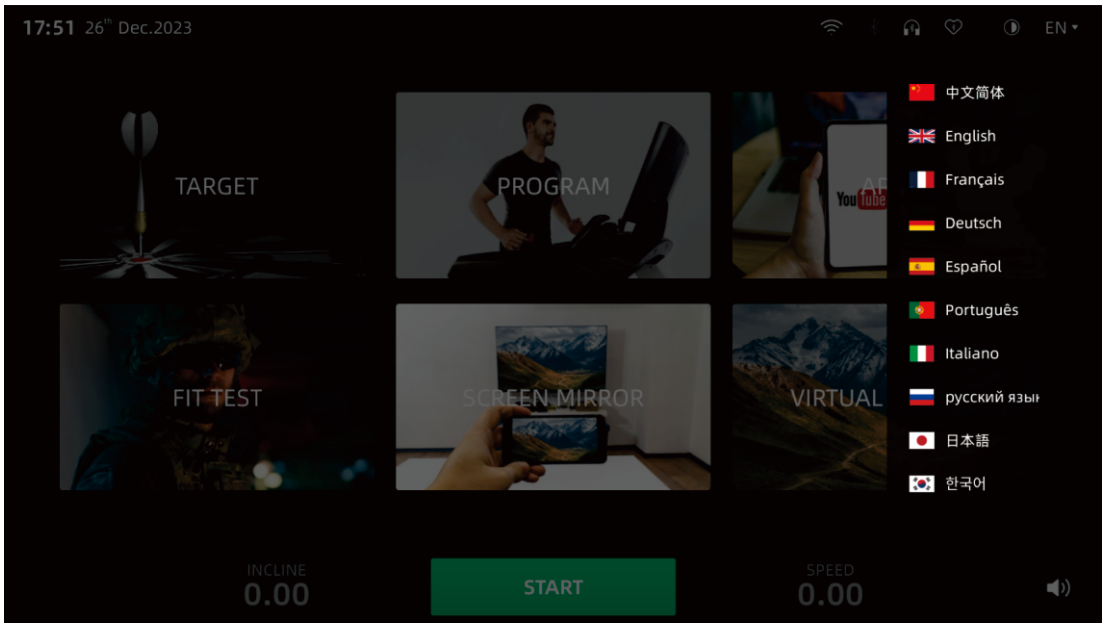
Press speaker icon to scroll up and down to adjust the volume. If you press other blank spaces, volume adjustment will disappear.



Volume adjustment

Language Switch

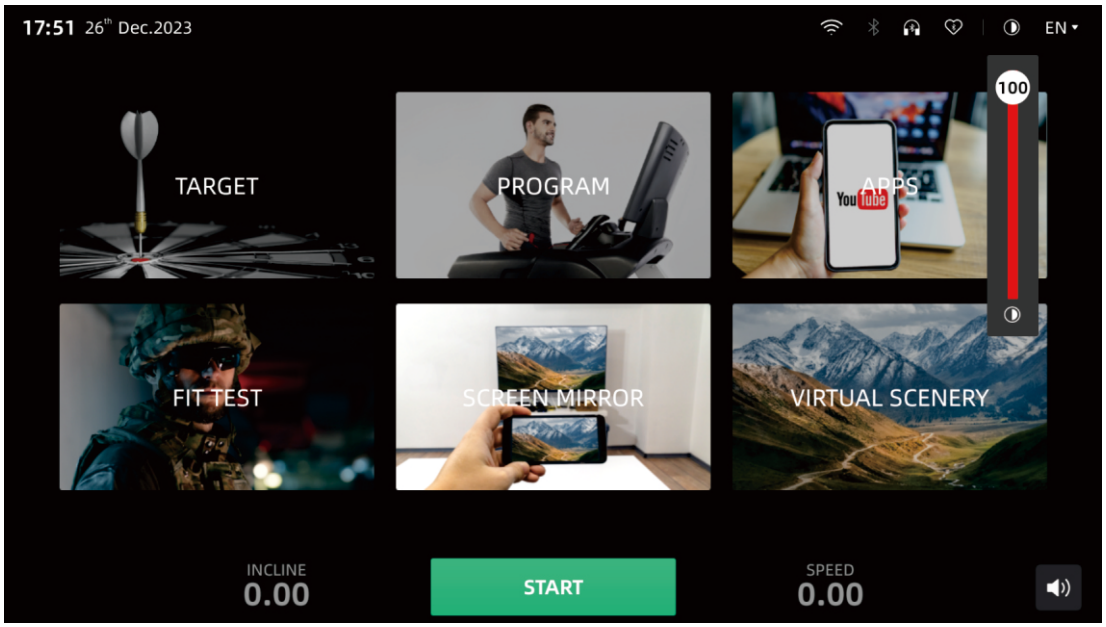
Switch language among Chinese, English, French, German, Spanish, Portuguese, Italian, Russian, Japanese, and Korean.



Language switch

Brightness Settings

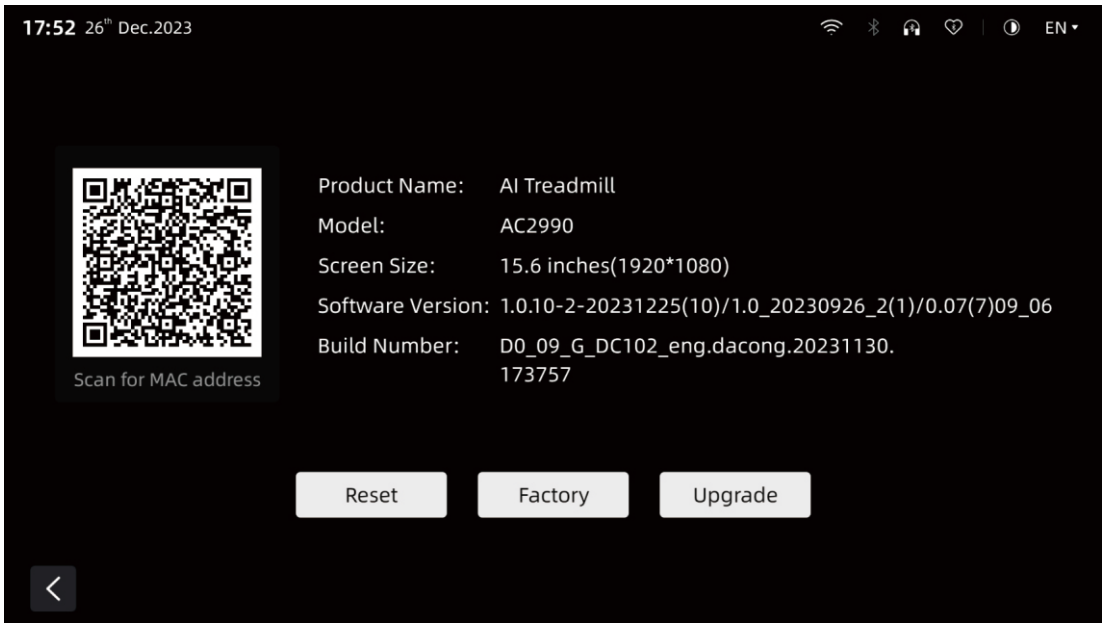
Press the brightness icon on the homepage to scroll up and down to adjust the brightness. If you press other blank spaces, the brightness adjustment will disappear.



SETTINGS

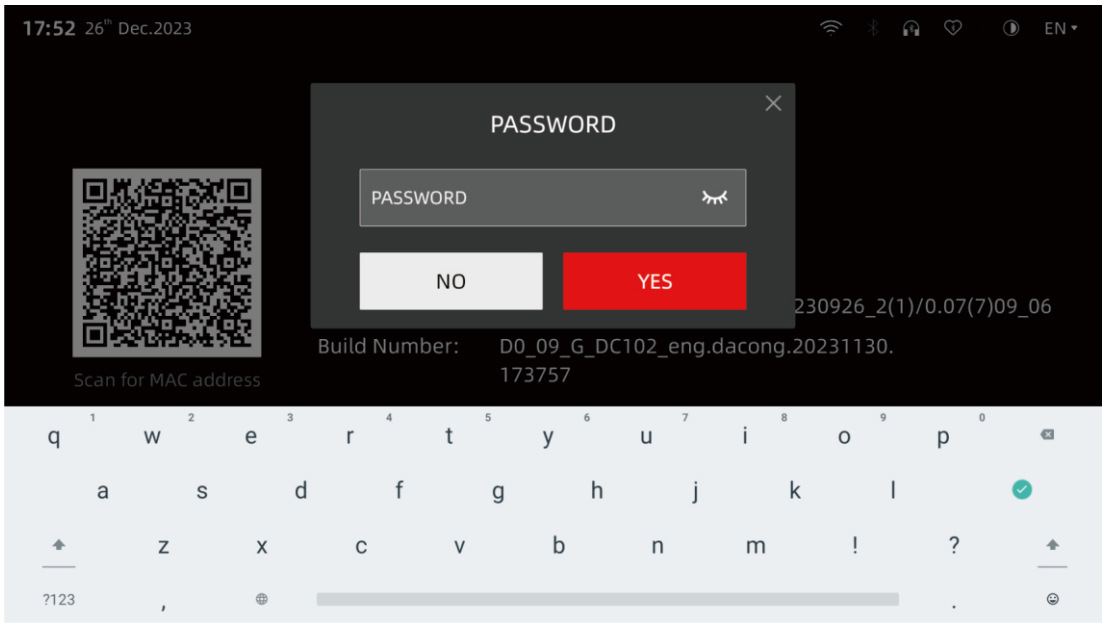
Continuously pressing above the fixed program will display device information, system reset, factory settings, and software upgrade.

Equipment information: Display the product name, model, screen size, software version, and build version.



Factory settings

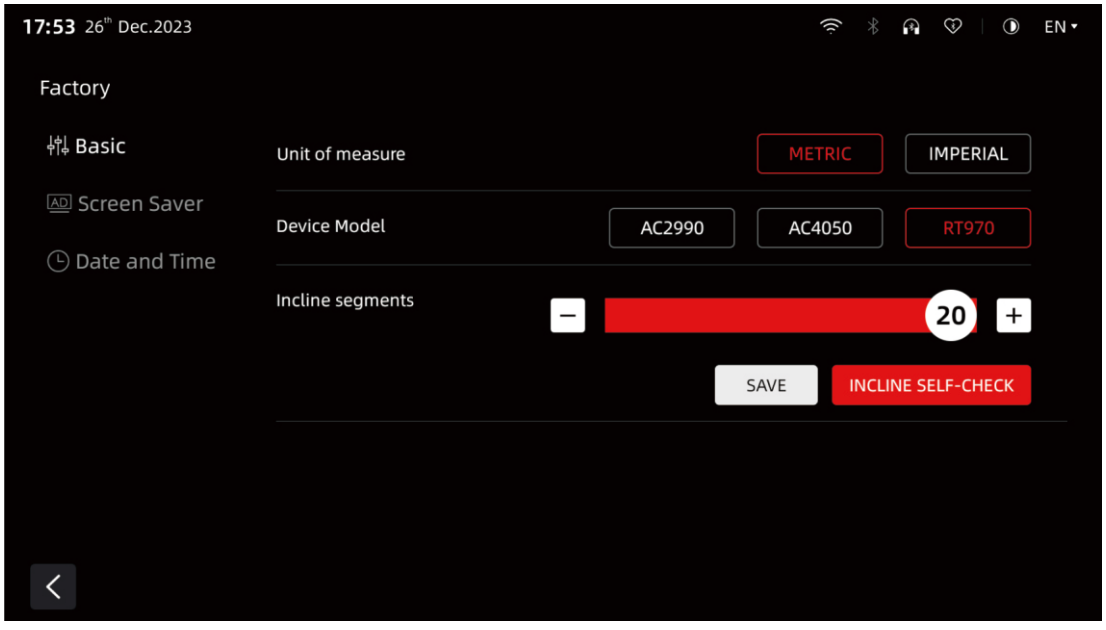
Press Factory and enter the password 90638818 to enter the factory settings.



Enter password

Basic Parameters:

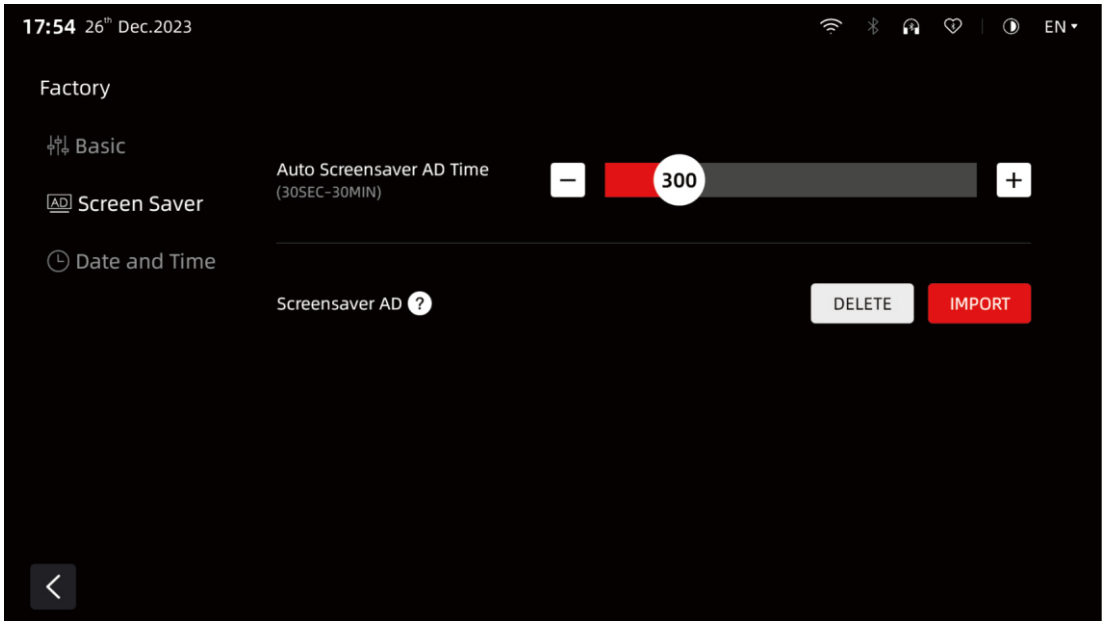
Units can be selected in metric or imperial systems, and device models can be AC2990, AC4050, or RT970. Incline segment can be set with a minimum of 10 and a maximum of 20. Incline self-check is required, otherwise error 2 (incline error) may occur. Press save finally.



Basic parameters

Screensaver Settings:

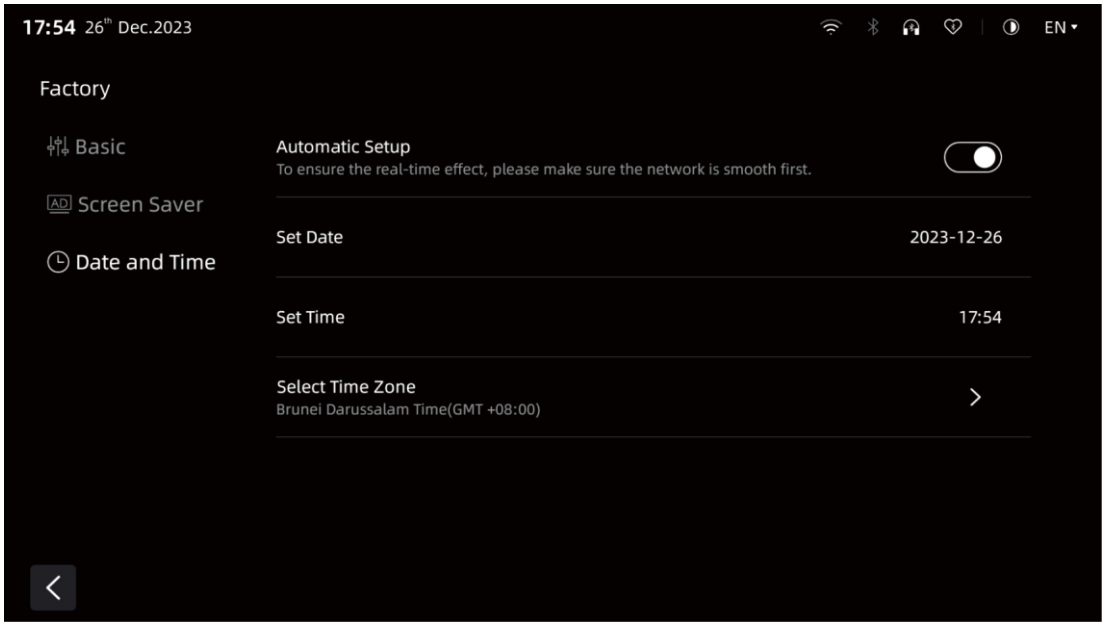
Press screensaver settings to set the automatic screensaver advertisement time (30-60 seconds). As long as you don't press the screen, whether you are running, browsing web pages, or checking incline, the treadmill will display the screensaver advertisement. To import the advertisement, insert a USB drive with the advertisement path (file name is screensaver, advertisement format is jpg. or png.), then press import; and it will import successful. Press delete to delete the advertisement.



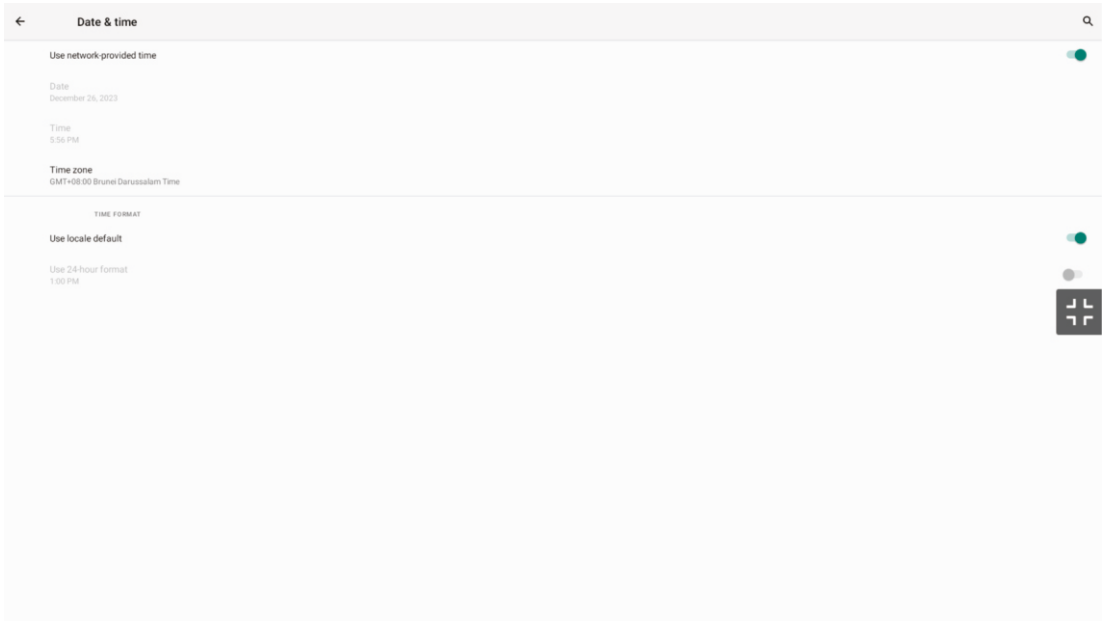
Screensaver settings

Time and Date:

Press time and date to choose whether to automatically set the time (internet connection is required). Press Select Time Zone to select the time zone needed.



Time and date

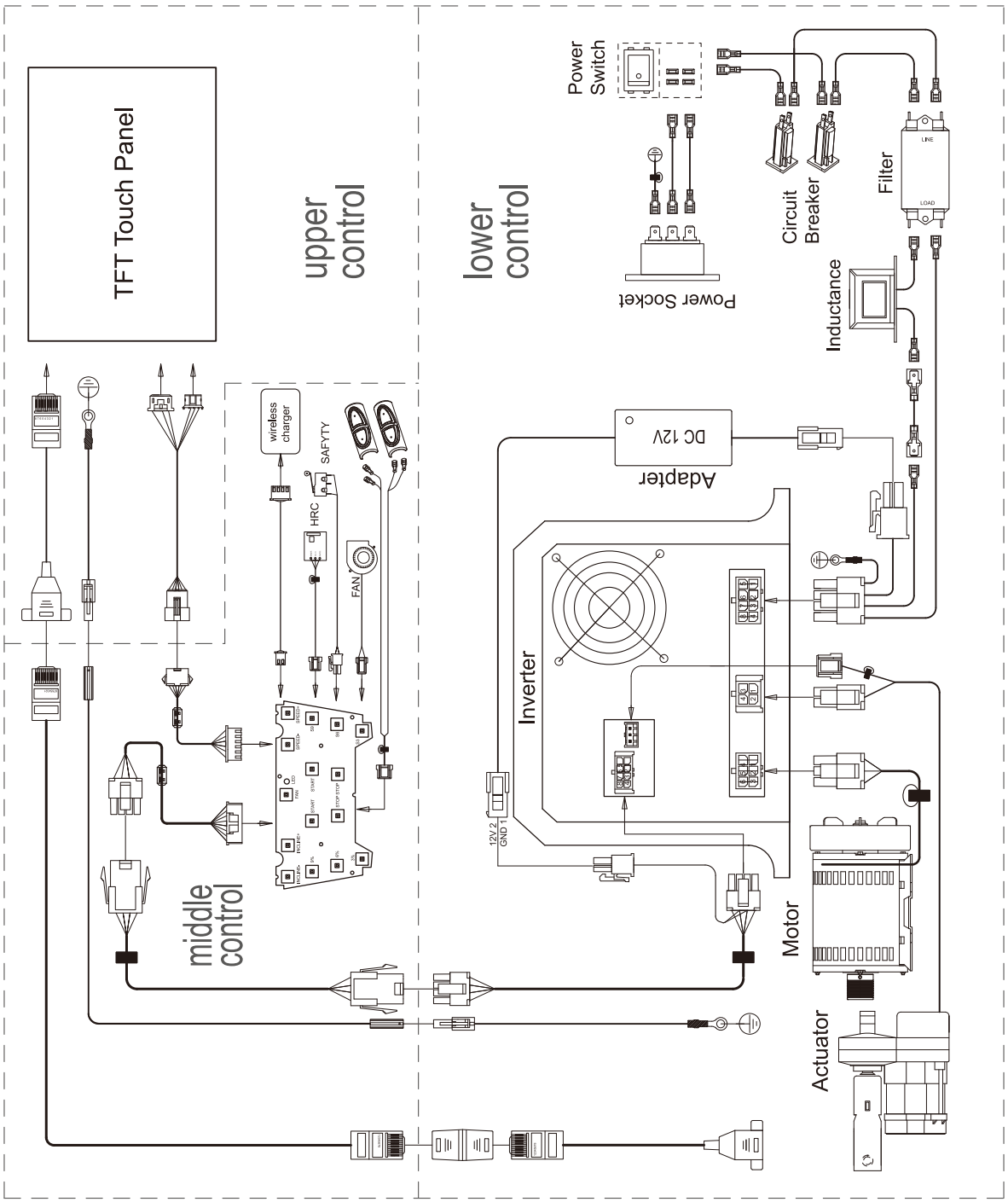


Select time zone

Treadmill Error Messages

Malfunction	Corrective Action
ER01, Communication Error	1. Check console and the main communication cable connection.
	2. Check inverter and the main communication cable connection.
	3. Inverter check.
	4. Console check.
ER02, Elevation Error	1. Elevation auto-sense mode.
	2. Connection check.
	3. Inverter check or replace.
	4. Elevation motor check or replace.
ER04, Over current	1. Check if overload.
	2. Mechanical components check.
	3. Lubrication.
	4. Running deck check.
	5. Running belt check.
	6. Check the motor connection cable to see if it is short-circuited.
	7. Console check or replace.
	8. Motor check or replace.
ER05, Lower voltage	1. Check the power voltage by using voltage-meter to see if it is within 220-240V.
	2. Check voltage fluctuation.
ER06, Over load	1. Check if overload.
	2. Check mechanical components.
	3. Lubrication.
	4. Running deck check.
	5. Running belt check.
	6. Check the motor connection cable to see if it is short-circuited.
	7. Console check or replace.
	8. Motor check or replace.
ER07, Emergency stop	1. Reset safety switch.
	2. Check the mechanical structure.
	3. Connection plug check.
	4. Safety switch check.
	5. Console PCB and connection cable check.
	6. Communication panel check.
Button Error	1. Plug check.
	2. Button panel check or replace.
	3. Console panel check or replace.
	4. Uncover console protector and test.
	5. Uncover handrail switch protector and test.
	6. Extrusion check.
The console no display	1. Check the power voltage by using voltage-meter to see if it is within 220-240V.
	2. The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch.
	3. Check the power cable.
	4. Check power adapter and its connection cable.
	5. Check console and the main communication cable connection.
	6. Check inverter and the main communication cable connection.
	7. Check upper and lower cable segments connection.

Electrical Connection



Belt Adjustment and Maintenance

1. Belt Adjustment:

Belt adjustment and tension performs two functions:

*The distance between belt and motor cover from left to right within +/-5MM, then needed to be adjusted.

*Adjust belt by speed not more than 4KMH.

A. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.

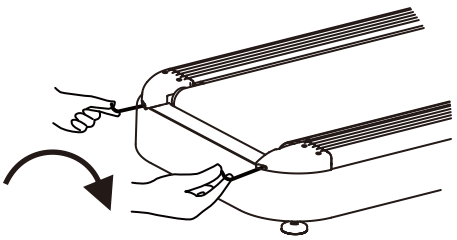
B. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.



Walking belt is Slipping during use:

Slight walking belt slipping is on normal while using for a period Using the hex key provided, turn both left and right rear roller adjustment bolts in the same distance.



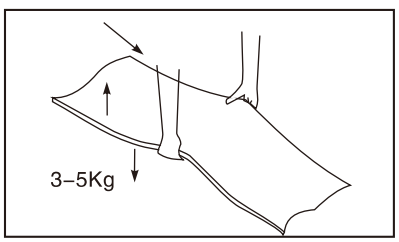
See the correct walking belt shown as below:

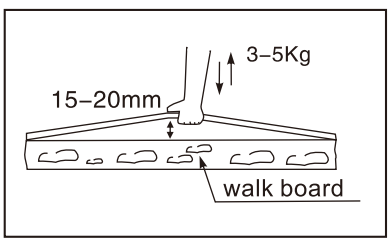
A. The distance between walking belt and board is within

15-20mm----Normal

Over 20mm----needed to be adjustded

Under 15mm----needed to be adjustded





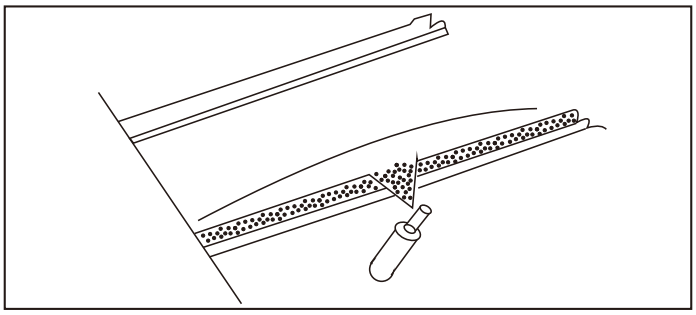
B. The speed for walking belt is 5KMH, hold on the handrail, stand on the side rail, one foot on the belt but without slipping----it's normal.

2. CLEANING:

Routine cleaning of your unit will extend extend the life of your unit.
Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged form the wall electrical outlet before attempting any cleaning or mainteance.
After Each Workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. After each workout.

3. LUBRICATION:

It is recommended that the walking board be checked peridically (around 3 months) for lubrication to ensure optimal treadmill performance.
Using hex lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).



PREVENTIVE MAINTENANCE SCHEDULE

TREADMILL

Item	*Daily*	*Weekly*	*Monthly*	*Quarterly*	*Biannual*	*Annual*
Console Mounting Bolts					Inspect	
Frame	Clean				Inspect	
Power Cord			Inspect			
Display Console	Clean		Inspect			
Handrail & Handlebar	Clean			Inspect		
Front Roller				Clean	Inspect	
Rear Roller				Clean	Inspect	
Emergency Button	Test					
Running belt Tension			Inspect			
Lubricator Reservoir and filter element			Inspect		Clean	
V Belt				Clean	Inspect	
Running Deck						Flip
Running Belt					Inspect	
Control Box					Clean (Vacuum)	
Motor				Clean		


SYSTEM CERTIFICATION
ISO 9001
SGS
SYSTEM CERTIFICATION
ISO 14001
SGS
SYSTEM CERTIFICATION
OHSAS 18001
SGS
SYSTEM CERTIFICATION
ISO 10015
SGS