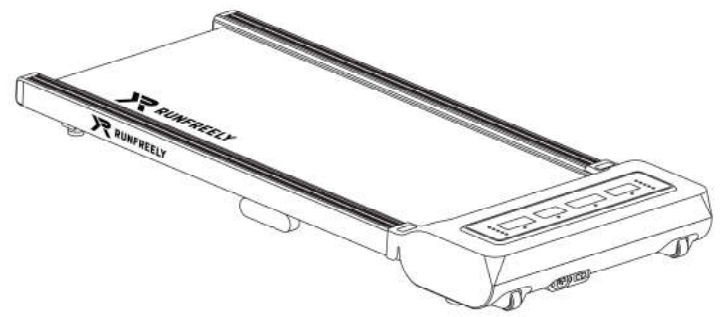


US



Walking Treadmill

USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



MADE IN CHINA

ITEM NO.: AHAA001

TABLE OF CONTENTS

02	IMPORTANT SAFETY INSTRUCTIONS
04	SAFETY NOTICE
07	SPECIFICATION
08	PRODUCT AND ACCESSORIES
09	PRODUCT INTRODUCTION
10	BEFORE START AND STORAGE
12	FUNTION MENU
13	REMOTE CONTROL
14	HOW TO USE
20	CARE AND MAINTENANCE
22	WARRANTY

1 / IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:
Always unplug this appliance 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 appliance 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 the blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance 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 appliance to a service center for examination and repair.

6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance 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 walking treadmill.
15. To disconnect, turn all controls to the position, then remove the plug from outlet.
16. Connect this appliance to a proper outlet only. See grounding instructions.

17. This appliance is not intended for use by persons 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. Keep children under the age of 13 away from this walking treadmill.

18. The maximum weight capacity for this product is 264.5lbs./120kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.

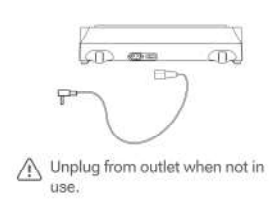
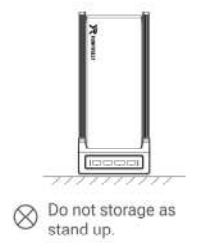
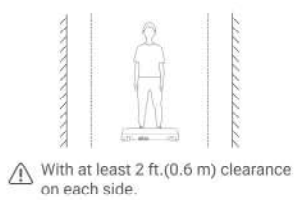
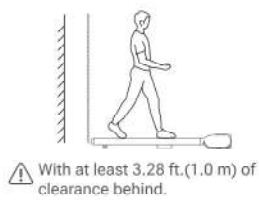
SAVE THESE INSTRUCTIONS

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 electricity 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.

2/SAFETY NOTICE

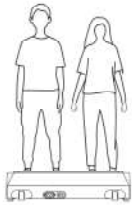


3/SPECIFICATION

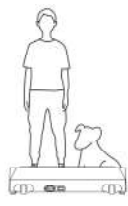
Performance indicators	Detailed parameters	Performance indicators	Detailed parameters
Product Dimension	120 X 53 X 12.4 cm	Net Weight	19 kg
	47.2 X 20.9 X 4.9 inch		42 lbs
Walking Area	98 X 40 cm	Gross Weight	22 kg
	38.6 X 15.7 inch		48.5 lbs
Maximum Load	120 kg	Rate Voltage	110 - 120V ~
	264.5 lbs	Rated Power	550W
Maximum Speed	4 mph	Peak Horsepower	2.25Hp
Minimum Speed	0.6 mph	Suggested Age	14-60 years old



⊗ Be carefully of the elderly and pregnant woman use .



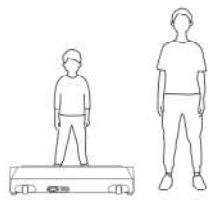
⊗ Never allow more than one person on the treadmill at a time .



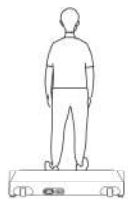
⊗ Do not walking with pets.



⊗ Do not transverse motion.



⚠ Children use MUST be under supervised.



⊗ Do not backward motion.

4/PRODUCT AND 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



Walking Treadmill × 1



Remote Controller x 1



Power Cord x 1



Lubricating Oil x 2

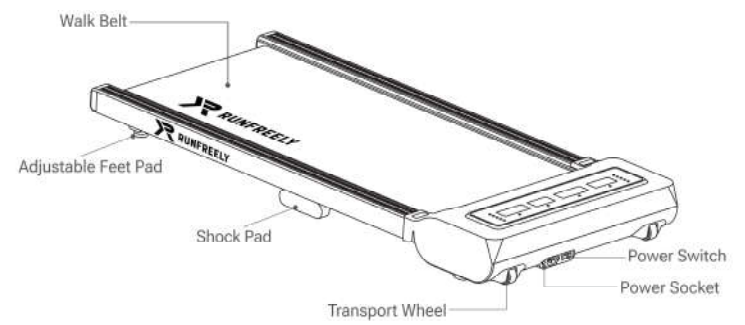


Hex Tool × 1



User Manual x 1

5/PRODUCT INTRODUCTION



6 / BEFORE START AND STORAGE

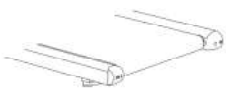
• Take out appliance from packages.



1. Unbox and take out accessory box.



2. Lift out appliance and place at flat surface.
Attention: 2-3 persons assist is necessary.



3. Its normal that visible welding marks residual on walk belt.

• Transportation



1. If transportation needs, unplug power cord and lifting the terminal of appliance.

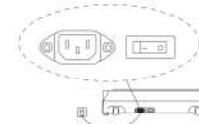


2. Easy to transport appliance with bottom transportation wheel assists, like as wheelbarrow.

• Connect the power



1. Choose flat ground to place the Walking Treadmill. Do not place it on thick and soft cushion.



2. Plug in power cord and switch on power rock button, you can hear a Bi sound from buzzer, its means the circuit of appliance has connected with power electricity.
Warning: MUST use power cord with comes of package.

• Storage

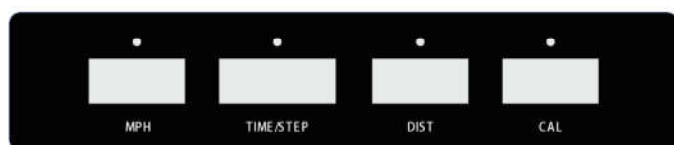


Power off appliance and unplug power cord before storage process.

Warning:

Before starting to workout with this product, Please assess your physical condition and perform exercise properly and regularly. Incorrect or excessive training can be harmful to your health, If you feel unwell, Stop exercising immediately and consult with your doctor.

7 / FUNCTION MENU



Flip the Master Power Switch that is located at the front of treadmill to the ON position.

LED Display Description

- MPH
- TIME/STEP display
- Distance display
- Calorie display

Parameter Description

SPEED	0.6 – 4 MPH
TIME	0:00-99:59 MIN
STEP	0-9999
DIST	0.00-99 MILES
CAL	0.0-990 KCAL

NOTE:

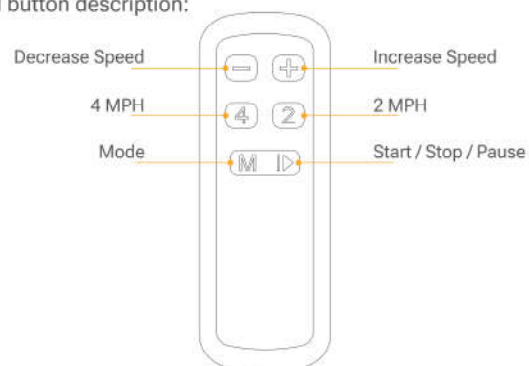
Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

8 / REMOTE CONTROL

The remote control was already paired to treadmill before delivery, it can be used immediately, no need to pair it again.

(*How to pair remote control to treadmill: Press speed "-" and "M" keys at the same time for more than 3 seconds, then release two keys at the same time, turn on the power switch of treadmill in 2 seconds, after that pairing will be completed.)

Remote control button description:



9/HOW TO USE

Note: Ensure that the walking treadmill is power on and the remote control is installed with batteries.

Operation of Remote Controller

Buttons	Functions	Operation	Description
-	Decrease speed	Short press or long press	Short press the 'Speed-' button will decrease the speed of the treadmill by 0.2 mph per press. If the button is held for more than 0.5 seconds, the speed will continuously decelerate.
+	Increase speed	Short press or long press	Short press the 'Speed+' button will increase the speed of the treadmill by 0.2 mph per press. If the button is held for more than 0.5 seconds, the speed will continuously accelerate.
4	Quick speed adjustment	Short press	The treadmill will operate at a speed of 4 mph
2	Quick speed adjustment	Short press	The treadmill will operate at a speed of 2 mph

M	Select the mode	Short press	Time Mode: The default time is 30:00 minutes, adjustable within the range of 10:00 to 90:00, with increments of 10 minutes per adjustment. Distance Mode: The default distance is 3.00 miles, adjustable within the range of 1.00 to 10.00 miles, with increments of 1 mile per adjustment. Step Mode: The default step count is 3000 steps, adjustable within the range of 500 to 9500 steps, with increments of 500 steps per adjustment. Calorie Mode: The default calorie count is 300 Kcal, adjustable within the range of 100 to 1000 Kcal, with increments of 100Kcal per adjustment.
▶▶	Start the treadmill	Short press	Press the '▶▶' button to start the treadmill, the display screen will show a countdown from 3, 2, 1 with a beep sound.
	Stop the treadmill	Long press for 2 seconds	Press the '▶▶' button to stop the treadmill, and all the workout metrics will reset to ZERO and the display screen will show 'END'. The treadmill will enter sleep mode after 10 minutes of inactivity, and the display screen will turn off. Press any button to reactivate the treadmill.
	Pause the treadmill	Short press	During operation, pressing '▶▶' button will display 'PAU' on the screen. If the pause duration is more than 10 minutes, previous workout metrics will automatically reset to ZERO and the treadmill will enter sleep mode. To reactivate the treadmill, press any button and then press the '▶▶' button will initiate the treadmill at its default speed of 0.6 mph.



App User Manual

Step 1:
Scan QR code to download the APP directly, or download and install over the application stores by search 'FitShow'.



Step 2:
Open the FitShow App and agree to the Privacy Policy and Terms of Service of FitShow.

Step 3:
Tap on the "Create Account" button to register a new account.

Step 4:
Fill in the basic user information.

Step 5:
In the FitShow app, go to the "Workout" tab and press the "Quick Start" button.

Step 6:
After searching, you should see your
Equipment's name appear on the equipment list. Press "Connect" next to your equipment's name.

Step 7:
In the workout screen, swipe down for settings and swipe up for controls.

Step 8:
Tap the screen to end the workout.

2. Dormancy function

When the treadmill stops running and there is no operation for more than 10 minutes, the system will automatically turn off all displays and enter the sleep mode. Pressing any key will wake it up.

Walk mode parameters display and set ranges:

	Display range	Mode default value	Program default value	Setting range
MPH	0.6-4.0MPH	—	—	0.6-4.0MPH
TIME	0:00-99:59	30:00	30:00	10-90:00
STEP	0-9999			500-9500
DISTANCE	0-99.9MILE	0.6	—	1.0-90MILE
CALORIES	0-999	50	—	100-999

Shutdown:

Turn off the treadmill at any time by switching off the power switch so it doesn't damage the treadmill.

3. Error Code

When error occurs, error warning indicator will light up and display its error code.

Error Code	Fault Analysis	Resolutions
E2	Lower controller's power tube is damaged	Replace the main controller.
E4	Shield wire failure	1.First replace the 5P communication line of the display board. Replace the host controller.
E5	Power tube breakdown short-circuit protection (Anti-explosion protection)	1.Exclude the cases of overweight, shortage of oil on the running belt or running board. 2.Excessive torque setting 3.Replace the motor or host controller
E6	Main motor abnormality protection	1.Check whether the motor wire is connected. 2.Replace the motor. 3.Replace the host controller.
E7	Communication error	1.Replace the 5P communication line of the display board 2.Replace the display motherboard. 3.Replace the host controller.
E8	Overload protection	1.Exclude the cases of overweight, shortage of oil on the running belt or running board. 2.Replace the running belt or running board. 3.Replace the motor. 4.Replace the host controller.

Not only error code appeared but also built in buzzer alarm, Once error code and alarm happened, you MUST stop workout immediately, Please contact with after sale service if problem CAN NOT be solved after restart.

10/CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.

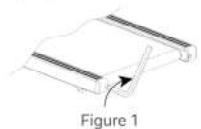


Figure 1

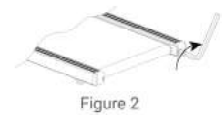


Figure 2



Figure 3

Centering walk belt process as follow :

1. Power off appliance 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. Appliance MUST work 1-2minutes. Repeat manual centering process until the walk belt is centered.

Belt slip correcting process as follow :

1. Power off appliance 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 1.0mph speed setting. Repeat until the walk belt is properly tightened.

Attentions

1. To prevent any injury, don't place any debris around appliance before maintenance process.
2. MUST use associated hex tool.
3. Take care at maintenance process. Do not pinch fingers.

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



1. Power off appliance and unplug 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 until walk belt tighten properly.
6. Power on appliance and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
 - Lubrication frequency: High recommend 125 Miles Per time.

C : Appliance cleaning.



1. Power off appliance 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 appliance after long working.

11 / WARRANTY

MANUFACTURER'S LIMITED WARRANTY

RUNFREELY warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with RUNFREELY Owner's Manual. RUNFREELY's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only

Exclusions from Warranty Coverage:

RUNFREELY does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by RUNFREELY's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;

4. Damage caused by normal wear and tear, vandalism, accidental or by animals;

5. Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightnings or other natural disasters), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);

6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.

7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

RUNFREELY, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts
(Adding photos or videos would be helpful)
3. Part Number
4. Date of Purchase

Customer Service: runfreelyfit@outlook.com

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

RF Exposure

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment.