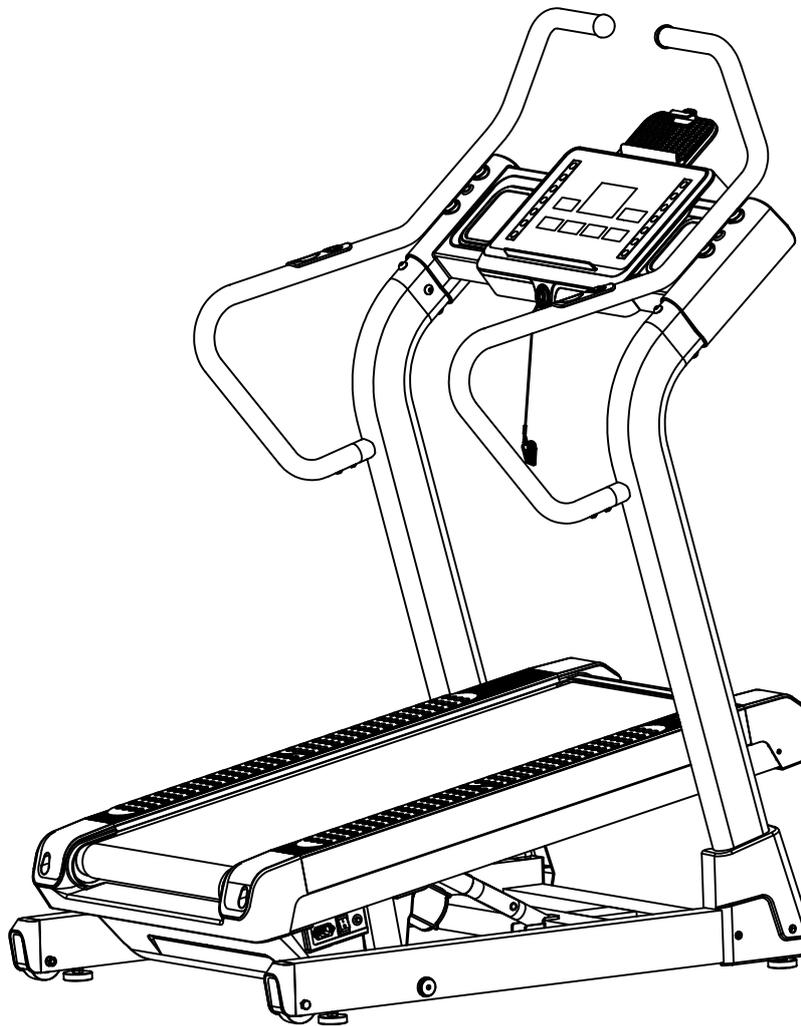




# BLITZ MOUNTAIN CLIMBER TREADMILL

## SKU: MOUNTAIN-BTZ-TRDML



### ASSEMBLY INSTRUCTIONS



BellsofSteel

Scan QR code for assembly instructions:



[www.bellsofsteel.com](http://www.bellsofsteel.com) | [www.bellsofsteel.us](http://www.bellsofsteel.us) | Telephone: 1-888-718-7997





**Kaevon Khoozani**  
President

Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've spent a lot of time crafting this design to create a fantastic lifting experience to help you reach your full potential and I hope you love your new equipment.

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

## A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. **TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.**

1. All users of the equipment should read this manual before using the machine to ensure proper use of the equipment in a safe manner. All users should obtain a complete physical examination from their health care provider before beginning any exercise program. It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly. STOP your exercise if you feel dizzy, faint, or exhausted.
2. This machine is not intended to be used by children .It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.
3. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20inches (0.5 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48inches (1.25 meters) of clearance behind the machine. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the user and should take into account these safety instructions and any other national or local codes or regulations.
4. Do not exceed the maximum allowable user weight limit of 150 kg.
5. Do not exceed the maximum plate weight of 75 kg on either side of the machine.
6. Use care when getting on or off the machine and utilize the handrails and foot rails. Do not dismount from the machine while it is moving. Return resistance lever to a STOP position prior to dismounting.  
**NOTE: Belt may still move slightly when lever is in a STOP position.**
7. Do not overexert yourself during exercise. STOP exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
8. Keep hands and feet from moving parts. Do not lean or rest on the product.
9. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tieback long hair and keep towels away from the moving parts.
10. The safety and integrity of this machine can only be maintained when the equipment is regularly examined. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
11. Do not use this machine in a damp or wet location. Keep the belt surface clean and dry. This product is designed for indoor use only.
12. Ensure that any handles/Weight Plates that may be included with your product are attached securely before using the product.
13. Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
14. SAVE AND REVIEW THESE INSTRUCTIONS

**Now...**

**LET THE GAINZ BEGIN**





Be sure to leave a review on our website or Amazon, we read all feedback and use it to improve our products and service.

For full warranty info visit

<https://www.bellsofsteel.com/warranty/>

Not happy with your purchase or even just changed your mind?

We offer a 30 day money back guarantee

<https://www.bellsofsteel.com/money-back-guarantee/>

Want to learn the best way to use your new products and maximize your Gainz? Subscribe to our YouTube channel for new how to's and workout videos weekly

<https://www.youtube.com/user/bellsofsteel>



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[www.bellsofsteel.com](http://www.bellsofsteel.com) | [www.bellsofsteel.us](http://www.bellsofsteel.us)

# WARNING

- When using this treadmill, keep attaching the safety key rope to your clothes.
- When you are running, keep your hands swinging naturally, your eyes staring forward and never look down at your feet.
- Increase the speed step by step when running.
- When emergency happens, take away the "safety key" immediately.
- Leave the treadmill after the running belt is fully stopped.

**Caution: Read the assembly instruction carefully, follow the instruction when assemble.**

# ATTENTION

- 01- Before starting any exercise program, consult with your physician or health professional.
- 02- Check all the bolts are securely locked.
- 03- Never put the treadmill in a humid area, or it will cause troubles.
- 04- We take no responsibility for any troubles or hurts due to above reasons.
- 05- Dress sport clothes and shoes before running.
- 06- Do not do exercise in 40 minutes after meal.
- 07- To prevent hurts, please warm up before exercise.
- 08- Consult with doctor before exercise if you have high blood pressure.
- 09- The treadmill is only used for adults.
- 10- Do not plug anything into any parts of this equipment, or it may be damaged.
- 11- Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put anything heavy on cable or put the cable near heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
- 12- Switch off the power when the equipment is not used. When the power is cut off, do not pull the power line to keep the wire unbroken.
- 14. Maximum weight of user 150KGS.
- 15. Pulse data may not be very accurate, so can not be used for medical purpose. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

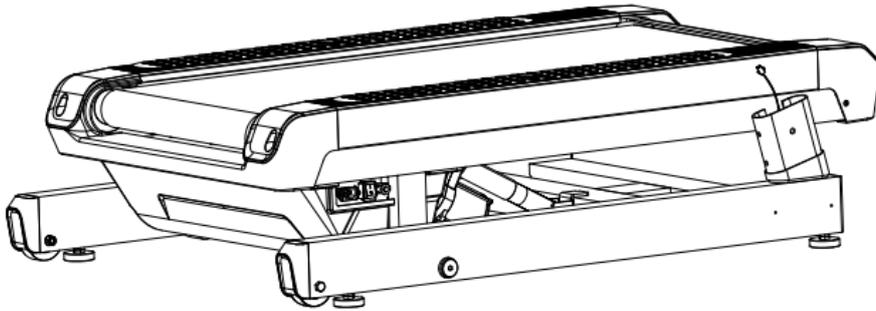
# IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit. This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.
3. Position treadmill so that the wall plug is visible and accessible.
4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.
5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
6. Make sure the power supply is connected and the safety key is effective before using the treadmill. Fit one side of the safety key on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.
7. Always unplug the power cord before removing the treadmill motor cover.
8. Make sure there is no less than 2\*1m space behind the treadmill.
9. Keep children away from the treadmill during operation.
10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
10. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the safety key is disengaged from the console.
12. In case of any abnormality during the use process, please remove the safety key immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.
13. When the treadmill is not being used, the power cord should be unplugged and the safety key removed.
14. Put the safety key away where it can not be reached by the children.
15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.
16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have them replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
17. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
18. Put your feet on the side rail before using the treadmill, and always attach the safety key rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid losing balance, please slow down the speed to the lowest or take off the safety lock. And hold the handle bar to jump to the side rails when emergency or the safety key is not attached.

# ASSEMBLY STEPS

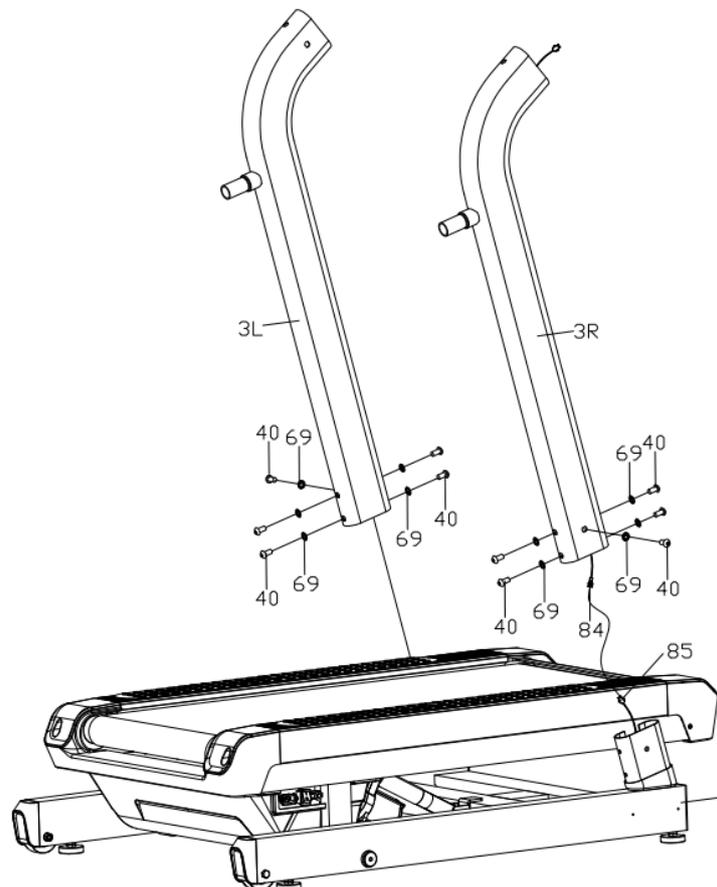
## STEP 1:

Open the package, take out the following parts and place the main frame flat on the ground.



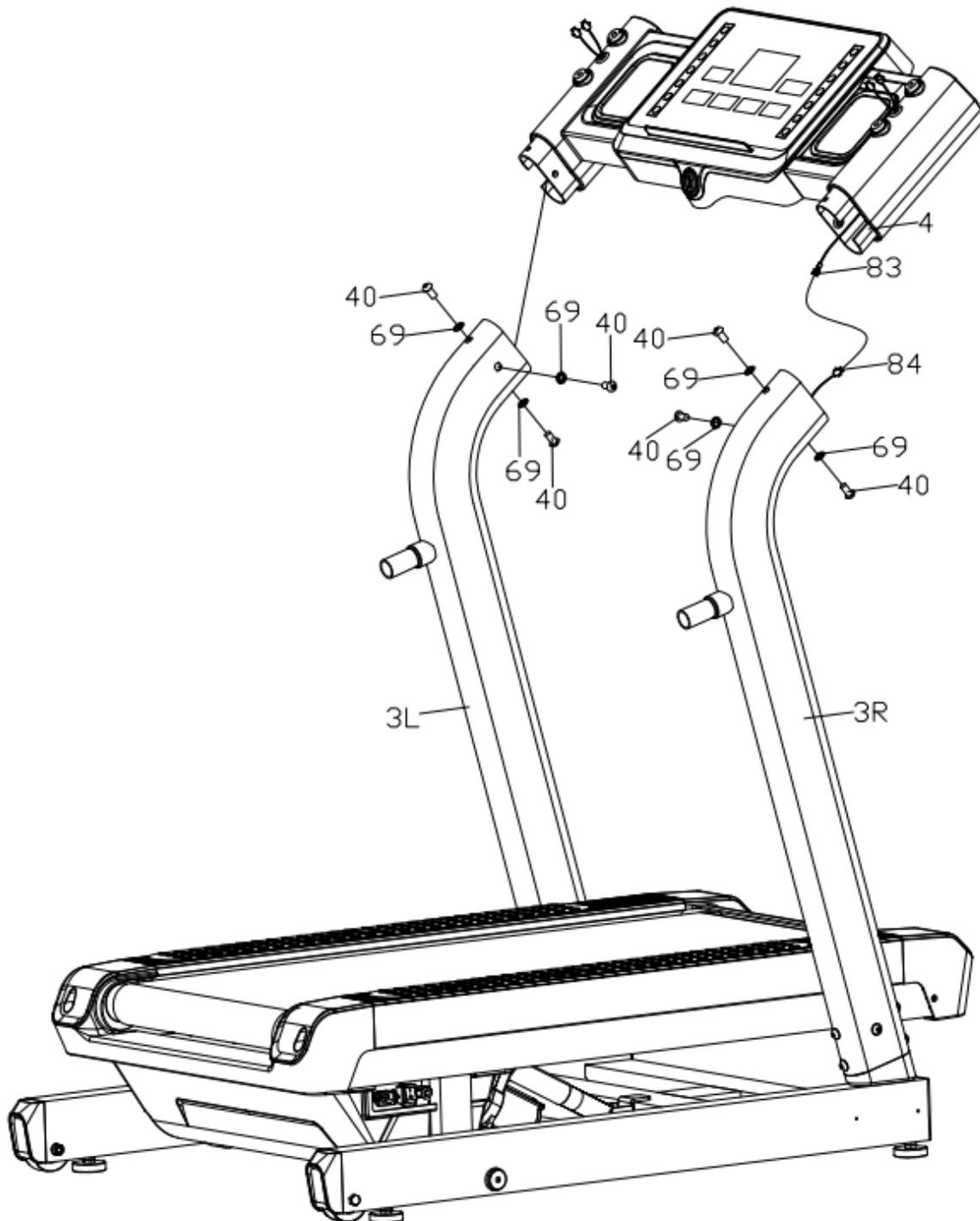
## STEP 2

1. Connect Computer middle wire(84) and Computer middle and lower wire(85).
2. Pre-lock Upright tube(3L/R) to the bottom frame(1) with Inner-hex bolt M10\*20(40) and Serrated lock washer  $\phi 10*1.2(69)$ (Note:do not clamp the wires), Inner-hex bolt M10\*20 (40) is not locked.



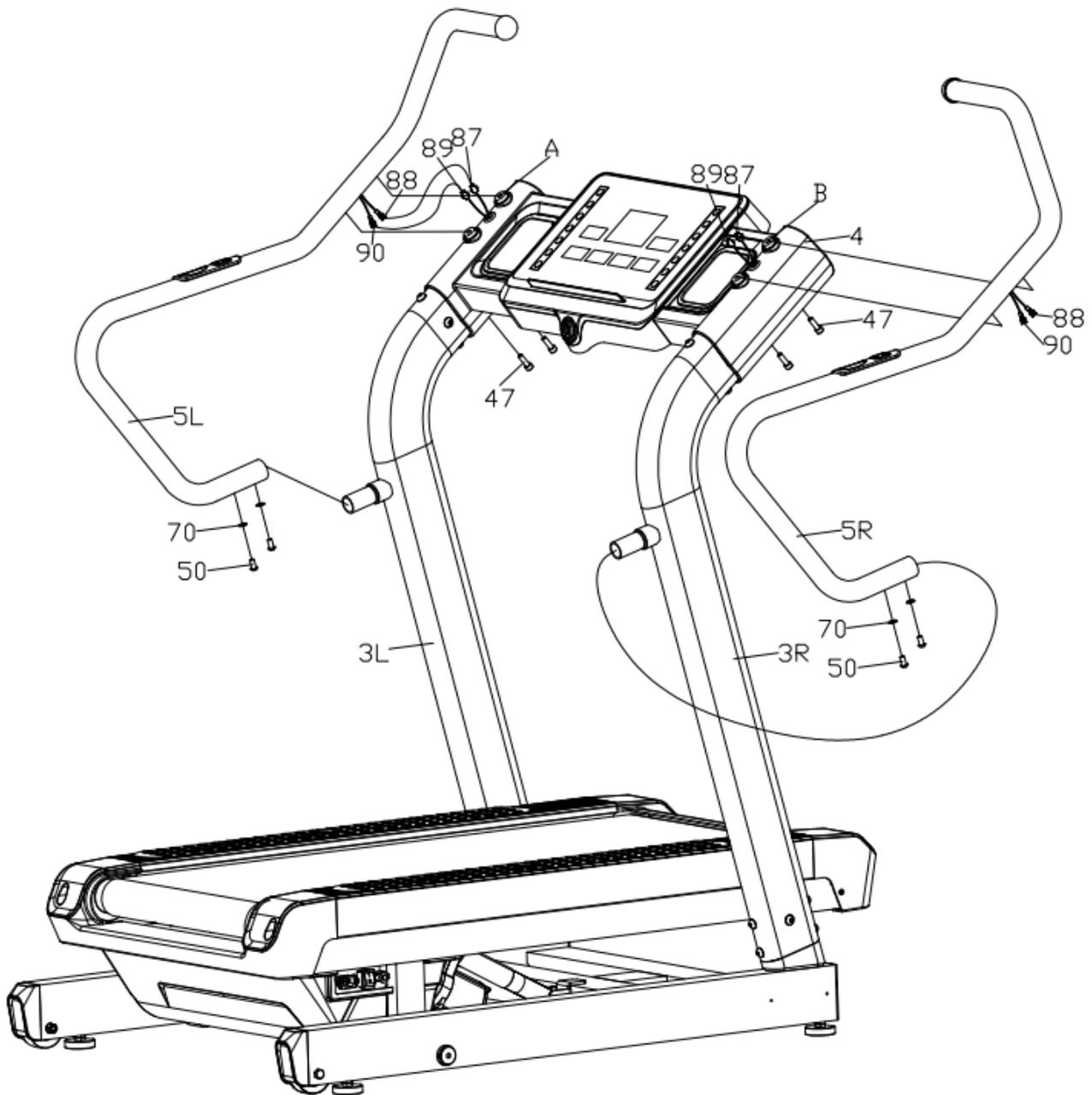
**STEP 3:**

1. Connect Computer upper wire(83) and Computer middle wire(84).
2. Lock Computer frame(4) to Upright tube(3L/R) with Inner-hex bolt M10\*20(40) and Serrated lock washer  $\phi 10*1.2(69)$  (Note: do not clamp the wires).



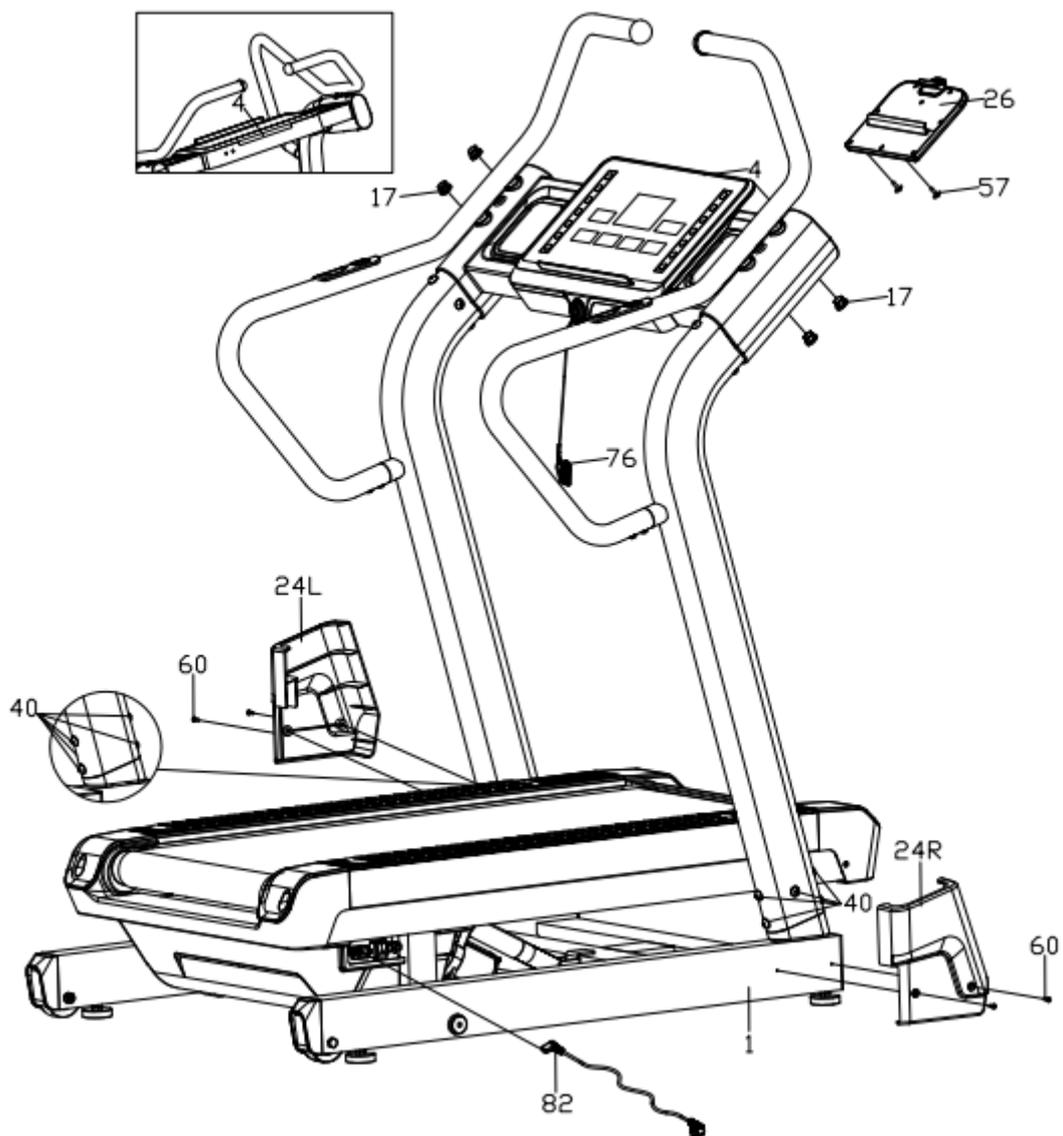
**STEP 4:**

1. Insert Armrest(5L/R) into the armrests connecting tubes of Upright tube(3L/R);
2. Connect the corresponding lines of handle pulse upper wire(87) and handle pulse lower wire(88), shortcut key upper wire(89) and shortcut key lower wire(90), and insert the line connectors into the holes of Computer frame(4) in turn;
3. Place Armrest(5L/R) on the Computer frame(4), and align the holes on the Armrest(5L/R) with holes A and B of Computer frame(4), and then lock Armrest(5L/R) to Computer frame(4) with Socket head cap bolt M8\*35 (47);
4. Lock Armrest(5L/R) to Upright tube(3L/R) with inner-hex flat head bolt M8\*15(50) and Serrated lock washer  $\phi$  8\*1.2(70).



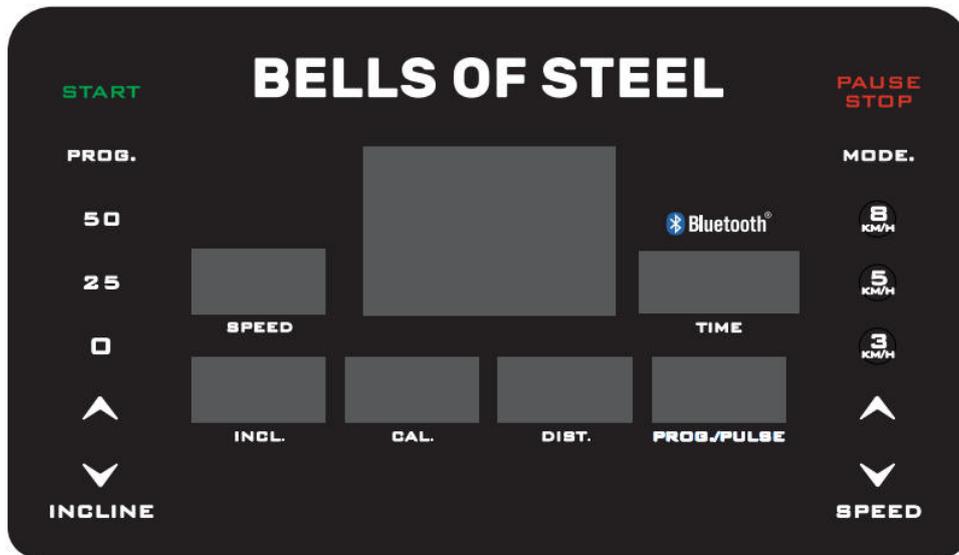
**STEP 5:**

1. Lock all the Inner-hex bolts M10\*20(40) that are not locked;
2. Insert I-pad up cover(26) into Computer frame(4), and then lock I-pad up cover(26) to Computer frame(4) by using Phillips screw M5\*8(57);
3. Lock Bottom frame protective cover(24L/R) on the Bottom frame(1) with Phillips tapping screw ST4\*16(60);
4. Insert Front Handlebar end cap(17) onto Computer frame(4), and insert Safety key(76) onto Computer frame(4);
5. Plug one end of the power wire(82) into the treadmill and the other end into the power supply.





# OPERATION INSTRUCTIONS



## i. Window and Key Description:

- The LED window displays the following functions:
  - Point array window: Standby or select the three inverted modes of time, distance and calories; display the speed dot matrix diagram when selecting the program; display fat measurement mode and error. Display the runway and the number of laps, or the speed lift dot pattern.
  - Speed window: Displays the speed data.scope: 0.0-8.0KMH.
  - Time window: Display time data, range: 0:00-99:59.
  - Lift window: Display lift data.scope-5-50 paragraph.
  - Program / calorie window: Displays the selected program serial number / calorie data. Program rangeP01-P12, U01-U03; Displays the calorie data, the calorie range: 0.0-999.
  - Distance window: Displays distance data.scope: 0.00-99.9.
  - Heart rate window: Showing heart rate data.heart rate range: 50-200(For reference only, not as medical data).
- Function buttons: start, pause/stop, program, mode, speed+, -, lifting+, -, speed shortcut keys 3, 5, 8KM/H, lifting shortcut keys 0, 25, 50 segments.
- Function key instructions:
  - Program key: In the standby state, press the program key to cycle the selection program: manual mode-P01-P02- -... -P12-U01-U02-U03.
  - Mode key: In the standby state, press the mode key to select the program cycle: manual mode (normal mode) -time countdown meter-distance countdown meter-calorie countdown meter.
  - Start key: In the standby or pause state, press the key to start the motor.
  - Stop/Pause key: When the motor is running, the motor will stop.
  - Speed +, -: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the speed.

- F. Incline +、 -: In the set state, the key will increase or decrease the set value. When the motor is running, the button will increase or decrease the lifting.
- G. Speed shortcut key: 3、 5、 8KM/H, When the motor is running, the key will adjust the motor speed directly to the speed value identified on the key.
- H. incline shortcut key: 0、 25、 50 paragraph, When the motor is running, the key will adjust the lifting motor to the lifting value marked on the key.
- I. In the standby state, press and hold the "speed +" and "Speed-" keys for 3 seconds to enter the total mileage view, and press the "stop" button for 3 seconds to clear the total mileage.
- J. In standby state, press and hold the "incline +" and "incline-" keys for 3 seconds to enter the lift self-test.

**ii. Fixed program / start instructions:**

- 1. Schematic description:
  - A. A manual mode, which includes: normal mode, time mode, calorie mode, distance mode.
  - B. 12 fixed programs: P01, P02, ..., P12。
  - C. 3 custom programs: U01, U02, U03。
- 2. Start the instructions:
  - A. Attach the safety lock to the safety lock switch position on the panel.
  - B. Press the start key, the lattice window shows: 3-2-1, and each minus buzzer call, then starting the motor.

**iii. manual mode :**

- 1. How to get into the manual mode:
  - A. Turn on the power switch and go directly to the normal mode in the manual mode.
  - B. In the shutdown state, press the mode key to select the normal mode in the manual mode.
- 2. Three setting functions in manual mode: time setting, distance setting, and calorie setting.
  - A. In manual mode, the time window is 0:00;
  - B. In the manual mode, press the mode key to enter the time reverse mode, the time window shows the time and flashes, the initial time is: 30:00, press the speed + key, lift + key to set the countdown. Time setting range: 5:00-99:00.
  - C. In the time reverse mode: press the mode key to enter the distance inverted mode, the initial distance display: 1.00 km, press the speed + key, lift + key to set the distance, setting range: 0.50-99.9 km, each increase or decrease from 0.1 km.
  - D. In the distance inverted mode, press the mode key to enter the calorie inverted mode, the initial calorie display: 50.0 kcal, press the speed + key, lift + key can set the calorie setting range: 10.0-999 kcal, increase or reduce from 1 kcal each time.
- 3. Operation in the manual mode:
  - A. Press the Start key for 3 seconds, then the motor starts running with an initial speed of 0.5 KMH;
  - B. Press the speed +, -key to adjust the speed;
  - C. Press the incline+、 -key to adjust the incline;
  - D. Press the speed shortcut key to quickly set the speed identified by the key;
  - E. Press the incline shortcut key to quickly set the incline to the lift marked by the key;
  - F. When the motor is running, press the stop key and the motor stops running;

- G. When the set time decreases to zero, or when the set calorie decreases to zero, or when the set distance decreases to zero, the peak song generator short Bi-Bi-Bi, the speed slowly decreases until stop, the peak song generator long Bi-Bi-Bi, the dot window displays End, 5 seconds back to standby, the peak song generator long Bi-Bi;
- H. Unset parameters are added upward. Zero clearance continues after maximum display range; stop after exceeding 99:59 (100 minutes) in manual mode.

**iv. Fixed program mode:**

1. The initial time is set to 30 minutes, and only the time can be set. The time setting range is from 5:00 to 99:00. Press the speed+decrease key, up/down+decrease key to adjust the set value;
2. Press the start button to start the motor running, and the speed gradually increases to the speed indicated in the first section of the automatic program (see the program value table for details);
3. Press the speed+decrease button to adjust the speed;
4. Press the up and down keys to adjust the up and down;
5. Press the speed shortcut key to quickly set the speed represented by the key;
6. Press the lifting shortcut key to quickly set the lifting represented by the key;
7. Each program is divided into 20 segments, with each segment running for 1/20 of the set time;
8. When switching between paragraphs, it will beep three times;
9. When the setting time decreases to zero, the speed slowly decreases until it stops. The buzzer emits a short sound of Bi Bi Bi, and the speed slowly decreases until it stops. The buzzer emits a long sound of Bi Bi Bi, and the lattice window displays End. After 5 seconds, it returns to standby and the buzzer emits a long sound of Bi Bi;

**v. Fixed Program Data (Metric):**

Speed represents speed, and lift represents slope (with a total of 55 slopes, each slope being 1/55 of the total slope). Each program divides the movement time into 20 equal parts, with corresponding speeds and slopes for each time period.

**The upgrade data of the English program is the same as that of the metric program, where the speed data is multiplied by 0.62 on the metric speed data, Schedule:**

		Metric Program Table																			
		Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	5	5	3	3	1
	INCLINE	0	1	1	1	1	1	2	2	2	2	3	3	3	2	2	3	2	2	2	2
P02	SPEED	2	3	3	3	3	4	4	5	5	5	4	4	5	5	5	4	4	5	3	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	1	2	3	3	2
P03	SPEED	2	2	2	3	3	3	4	4	4	4	5	5	6	6	6	5	5	5	4	3
	INCLINE	0	2	2	4	4	4	6	6	6	7	7	8	8	8	8	6	6	6	4	3
P04	SPEED	2	3	3	4	5	6	6	6	5	5	5	6	6	6	6	5	5	5	4	4
	INCLINE	1	1	2	2	4	4	5	5	5	6	6	6	8	8	10	10	8	6	6	3
P05	SPEED	2	5	5	5	6	6	6	8	7	7	6	5	4	3	3	3	5	5	4	4
	INCLINE	0	2	8	8	8	9	9	10	10	12	12	12	14	14	14	13	13	12	10	6
P06	SPEED	2	6	6	6	7	7	7	7	6	6	8	8	7	7	6	6	5	5	6	4
	INCLINE	0	8	10	14	16	18	20	22	24	25	25	22	20	18	17	16	15	15	12	3

P07	SPEED	2	3	3	5	3	3	7	7	6	6	5	5	4	8	8	8	6	6	5	3
	INCLINE	0	8	12	13	13	13	15	15	15	16	16	18	18	20	20	22	22	23	20	5
P08	SPEED	2	4	6	6	6	5	8	8	6	7	7	5	5	5	5	8	7	7	6	6
	INCLINE	2	2	6	6	8	7	9	12	12	14	16	20	22	22	18	18	18	15	15	5
P09	SPEED	1	2	2	3	3	2	2	3	3	2	2	3	3	4	4	3	3	3	2	1
	INCLINE	24	25	26	28	29	25	26	28	29	25	26	28	29	25	26	25	26	25	25	0
P10	SPEED	1	2	3	3	3	4	4	5	5	4	4	3	3	3	2	3	3	2	2	1
	INCLINE	24	28	25	25	28	25	28	25	28	28	25	25	28	27	24	28	30	32	34	0
P11	SPEED	1	2	3	4	5	3	4	5	3	4	5	4	3	4	4	3	3	2	2	1
	INCLINE	20	22	24	26	28	30	26	28	24	26	28	30	30	32	34	36	34	34	32	0
P12	SPEED	1	2	2	3	3	4	4	3	3	2	3	2	3	3	3	2	2	3	2	1
	INCLINE	20	22	24	24	26	26	28	28	30	30	28	26	24	22	20	22	24	26	25	0

#### vi. Custom Programs:

In addition to 12 built-in programs of the system, the Treadmill also has three user-defined programs that allow users to set up according to their personal conditions: U01, U02, U03.

##### a) User defined program settings:

In standby mode, continuously press the "Program" button until the desired user-defined program (U01-U03) is set. Press the "Mode" button to confirm entry into the settings, and then set the first time period. When setting, use the "Speed+", "Speed -" keys or speed shortcut keys to set the speed, and use the "Lift+", "Lift -" keys to set the lift, Press the "Mode" button to complete the setting of the first time period and enter the setting state of the second time period until all 20 time periods are set; After the setting is completed, the data will be permanently saved until the next time you reset it, and this data will not be lost due to power outage.

##### b) Launching User Defined Programs:

- i. Press the "Program" button continuously in standby mode until the desired user-defined program (U01-U03) is run, and set the running time before pressing the start button to start it.
- ii. After the user defined program and running time settings are completed, pressing the start button can also start immediately.

##### c) User Defined Program Settings Description:

Each program divides the movement time into 20 time periods. When setting, the speed, lifting and running time of all 20 time periods must be set before pressing the start key to start the Treadmill.

#### vii. DISPLAY RANGE OF VARIOUS PARAMETERS

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME(minrte:second)	0:00	30:00	5:00-99:00	0:00-99:59
SPEED (KM/H) (MP/H)	0.0	0.5	0.5-8.0	0.0—8.0
INCLINE (section)	0.00	0.00	-5-50	-5-50
DIS(DISTANCE) (MILE)(KM)	0.00	1.00	0.50—99.9	0.00—99.9
CAL(CALORIE) (KCAL)	0.0	50.0	10.0—999	0.0—999

viii. **Safe lock function**

Pull off the safety lock in any state, window display “----/---”, Dot matrix window moving display “SAFETY KEY DISCONNECTED”, The buzzer emits a short sound Bi-Bi-Bi。 If the motor is running, the motor will come to an emergency stop. When the safety lock is detached, any buttons are invalid.

ix. **Power saving mode**

The system has the function of power saving. If there is no key command input within 10 minutes under standby state, the system enters the power saving mode, automatically closes the display, and presses any key to reawaken the system.

x. **MP3/USB/SD playback function (optional):**

When MP3 or other audio devices are connected after power on, the Electric watch can play music. The size of the sound can be controlled through the panel buttons. Please pay attention to controlling the size of the sound to avoid affecting the quality of the sound and the built-in audio circuit.

xi. **Shutdown:**

You can turn off the treadmill at any time by turning off the power switch, which does not damage the treadmill.

xii. **matters need attention :**

- 1.Check the power supply before exercise; check whether the safety lock is valid
- 2.If any abnormal situation occurs during exercise, the safety lock can be pulled off and the running opportunity can quickly slow down to stop; then put the safety lock, reset the equipment and wait for the input instruction
- 3.If there is any problem with this machine, please contact the dealer. Non-professional personnel, do not try to remove or repair it to avoid equipment damage

xiii. **Fault phenomenon and handling:**

- E01 : Frequency converter communication
- E03 : overvoltage
- E04 : OVERCURRENT
- E05 : overload
- E06 : Inverter MCU fault
- E07 : Frequency converter overheating
- E08 : The frequency converter cannot receive the display board signal
- E09 : Internal communication error 1 of frequency converter
- E10 : Internal communication error 2 of frequency converter
- E11 : Received a power on signal, but had not received a power off signal before
- E12 : Lifting fault
- E13 : Anti fall switch action
- E14 : Phase failure
- E15 : Current sensor U fault
- E16 : Current sensor W fault

xiv. **Calories calculation method:**

$$70.3 \times V(\text{Km/h}) \times t(\text{h}) \times (1 + ?\%)$$

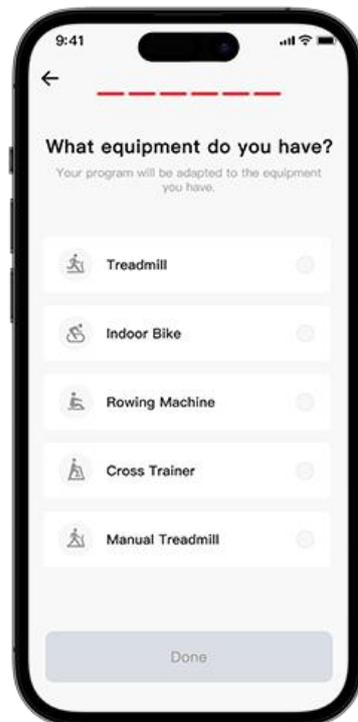
Under the condition of zero ascension, the calorie consumption per kilometer is 70.3 calories

# FitShow App

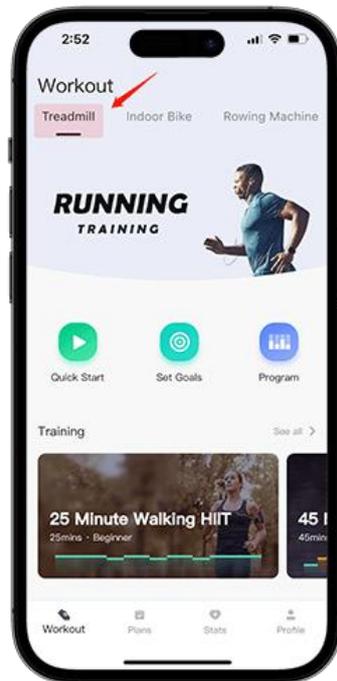
**STEP1: Download FitShow App and create an account**



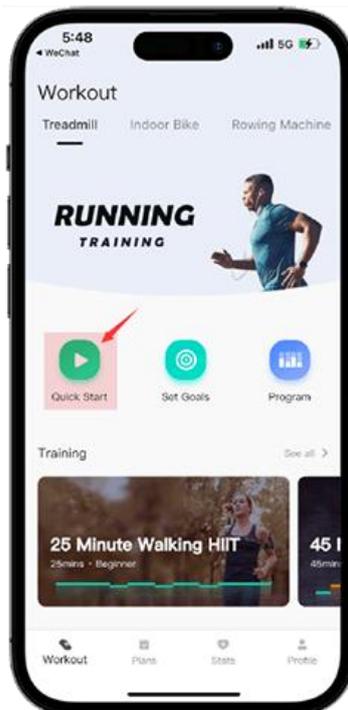
**STEP2: Choose your equipment type for your workout**



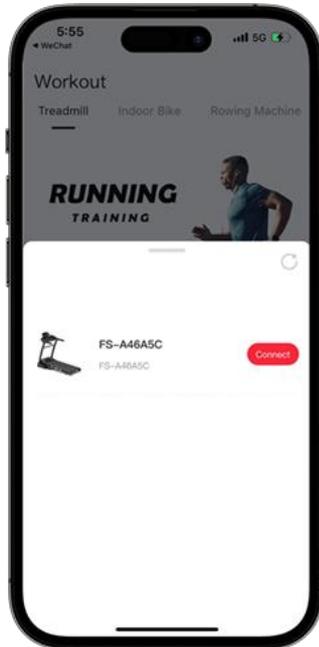
**STEP3: Make sure the equipment tab on the workout page matches your equipment**



**STEP4: Go to the "Workout" page and click on the the "Quick Start" button**



**STEP5: After searching, you should see your equipment's name appear on the equipment list. click on the "Connect" next to your equipment's name**



**STEP6: In the workout screen, swipe down for settings and swipe up for control**



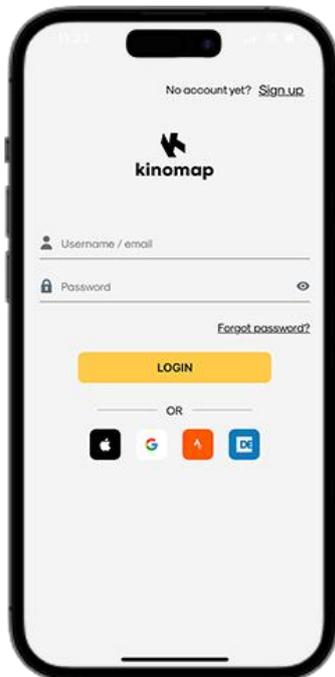
**STEP7: Click on the screen to end the workout**



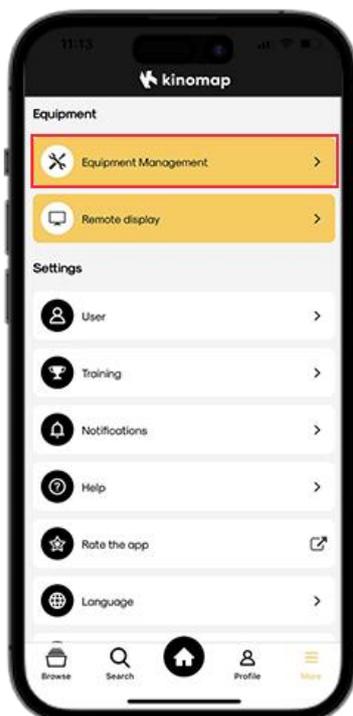
(Other modes are the same as above)

# Kinomap

**STEP1: Download Kinomap app and create an account**



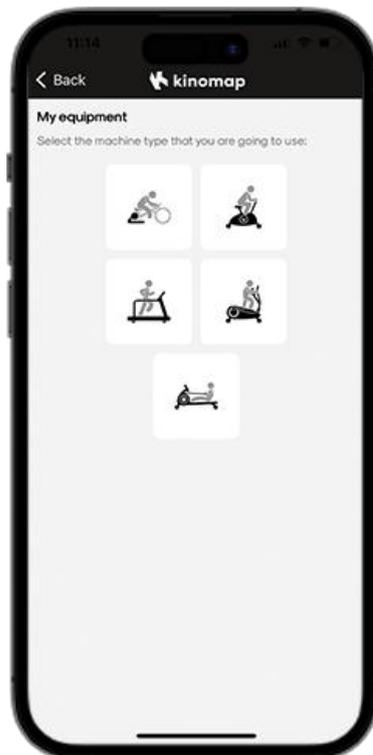
**STEP2: Go to the "More" page and click on the "Equipment Management" button**



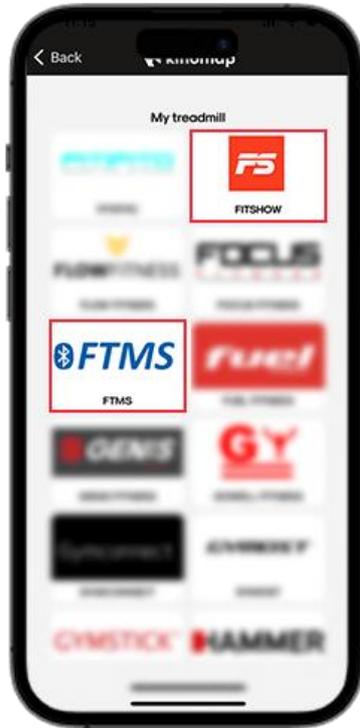
**STEP3: Click on the "+" button in the top right corner to add a new equipment**



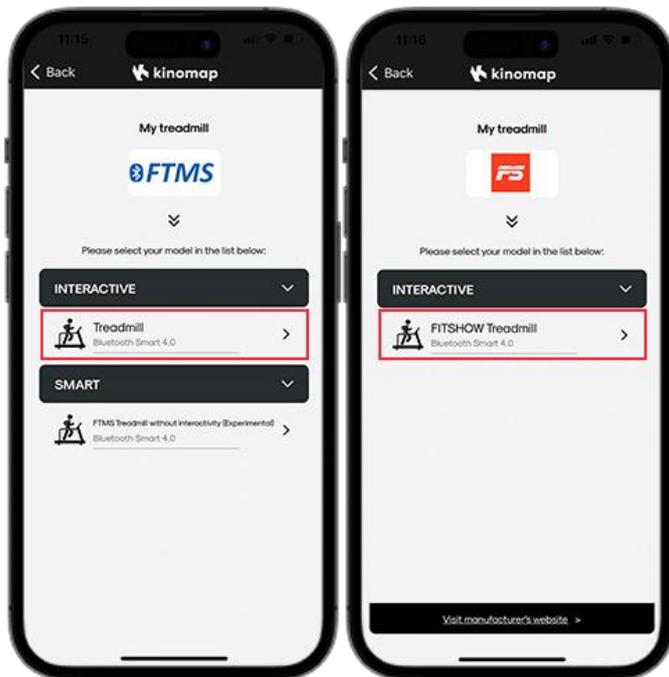
**STEP4: Select the machine type that you are going to use**



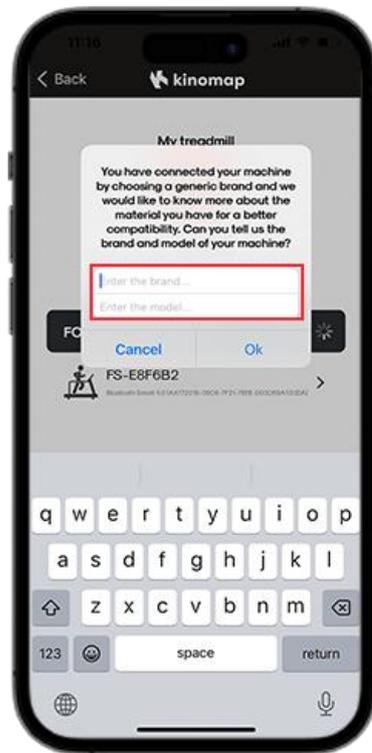
**STEP5: Select the brand of FitShow or FTMS**



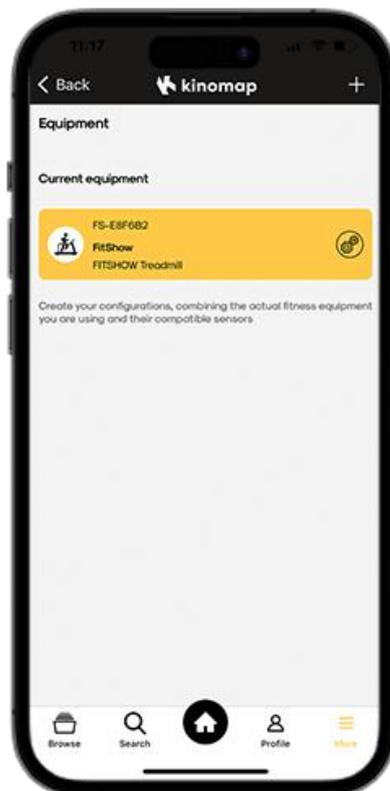
**STEP6: Select your model in the list below**



## STEP7: Enter the brand and model of your equipment



## STEP8: Equipment add success



## STEP9: Go to Browse page to start your favorite workout

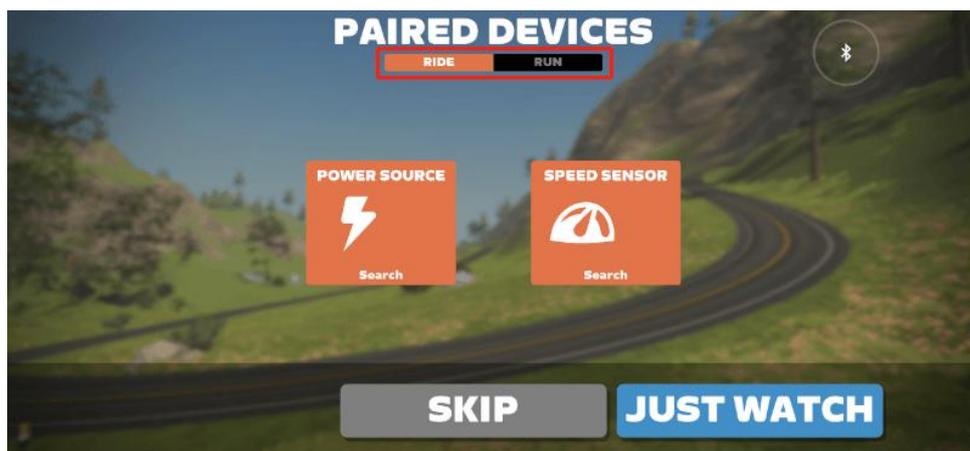


# ZWIFT

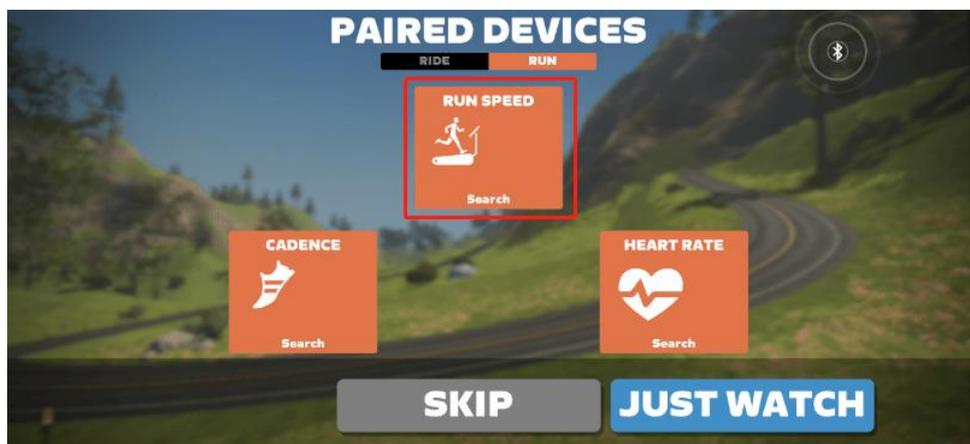
STEP1: Download ZWIFT app and create an account



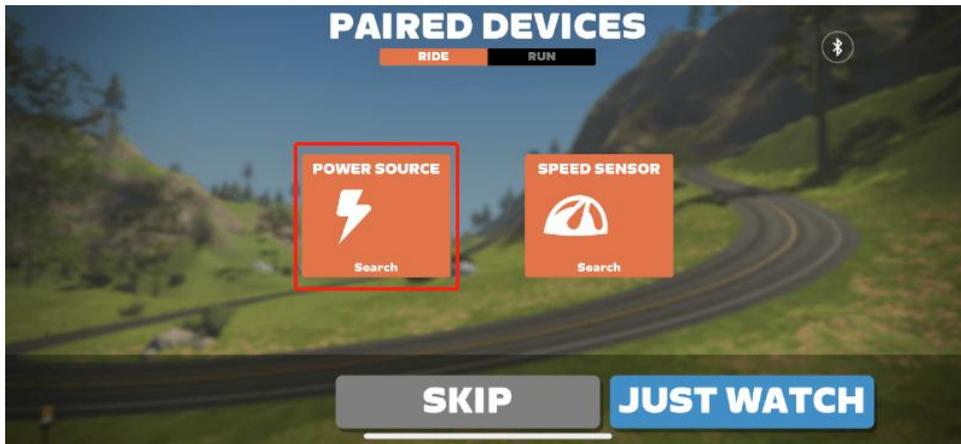
STEP2: Select "RIDE" or "RUN" mode



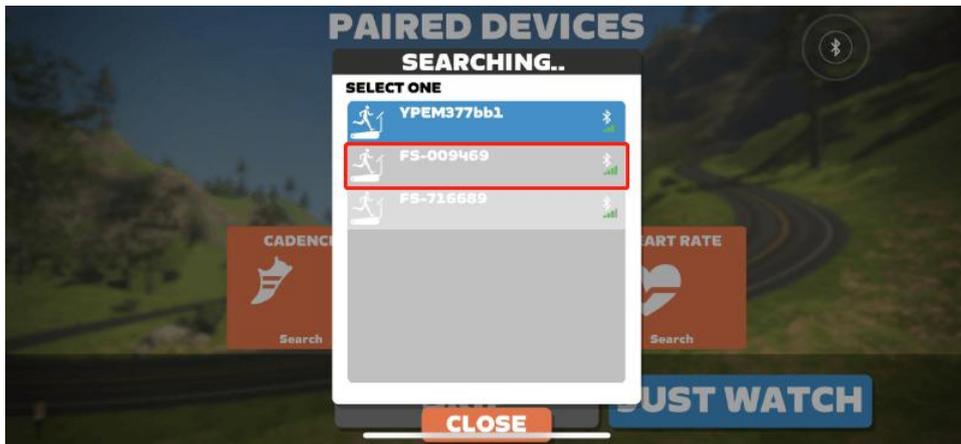
STEP3: If your equipment is a treadmill, click on the "RUN SPEED" button



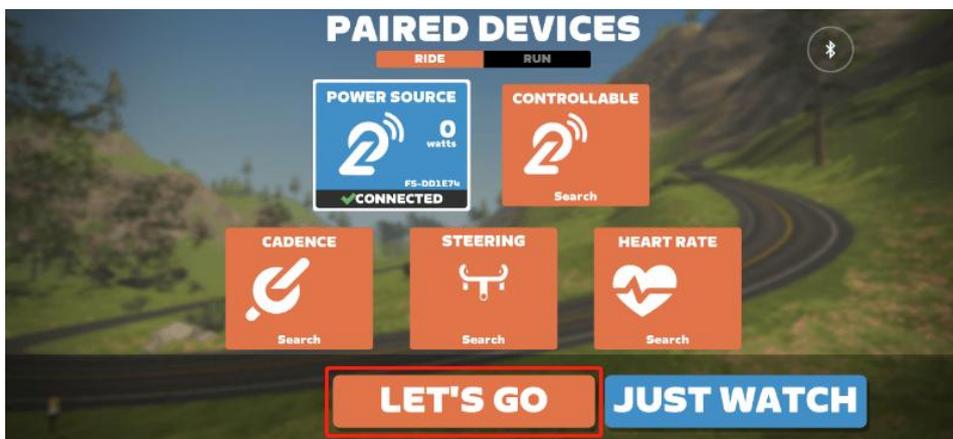
If your equipment is an indoor bike, click on the “POWER SOURCE” button



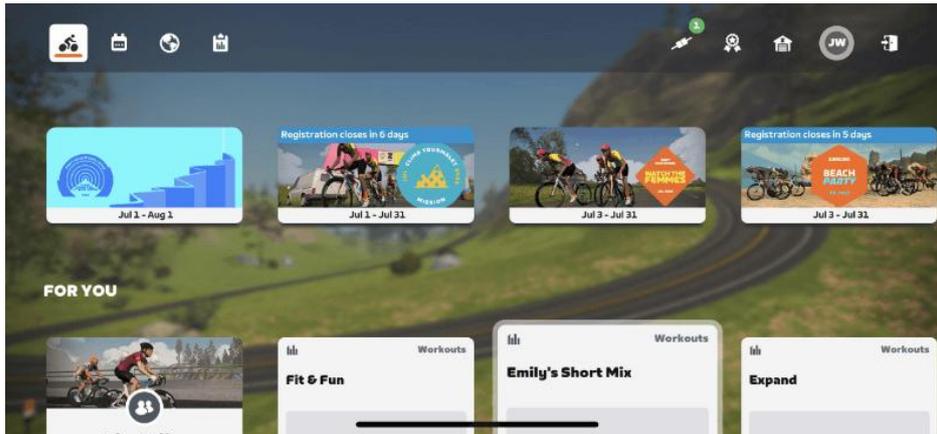
STEP4: Select the paired devices 'Fs-XXXX...' as our chip's name; (XXX... means random digit)



STEP5: Click on the “LET`S GO” button



## STEP6: Find related map to start your favorite workout



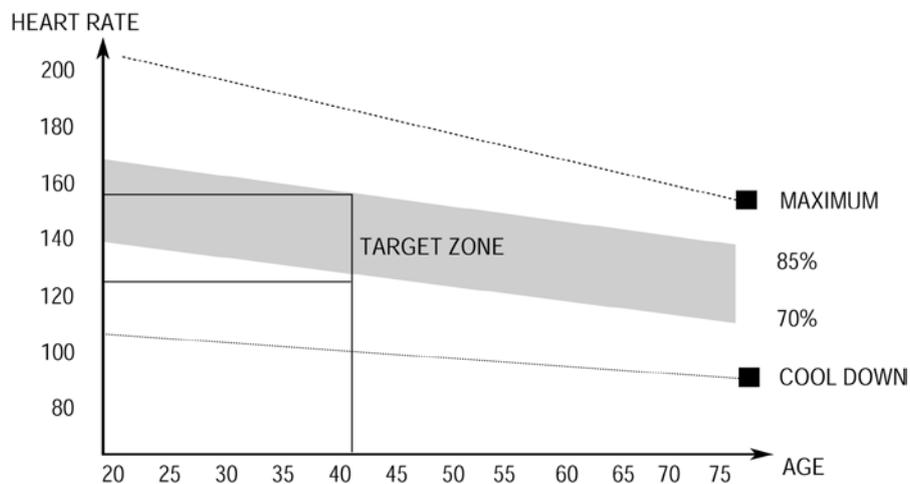
# EXERCISE INSTRUCTIONS

## 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.

## 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

## 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

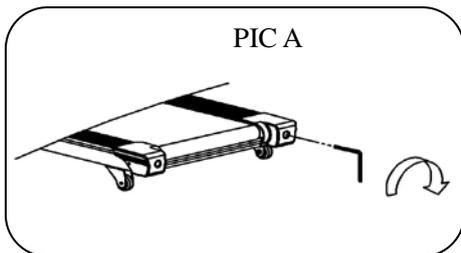
# MAINTENANCE INSTRUCTIONS

## WALKING BELT CENTERING AND TENSION ADJUSTMENT

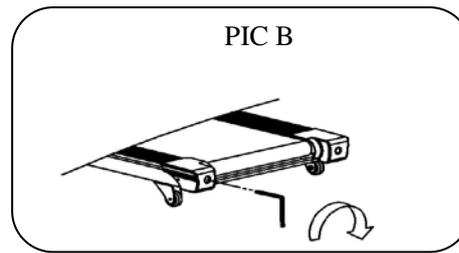
**DO NOT OVERTIGHTEN the walking belt.** This may cause reduced motor performance and excessive roller wear.

### TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 3.5 mph
- If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.
- If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.



**Picture A:** If the belt has drifted to the RIGHT



**Picture B:** If the belt has drifted to the LEFT

## TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen wrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but NEVER TURN the roller bolts more than **1/4 turn** at a time. The belt tension is set properly when the running belt is **50 - 75mm** from the deck.

**WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.**

## CLEANING

General cleaning of the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

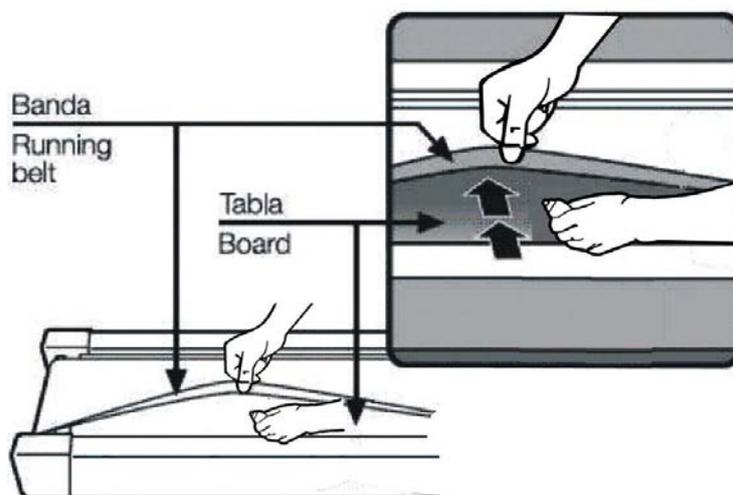
The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

## WALKING BELT AND DECK LUBRICATION

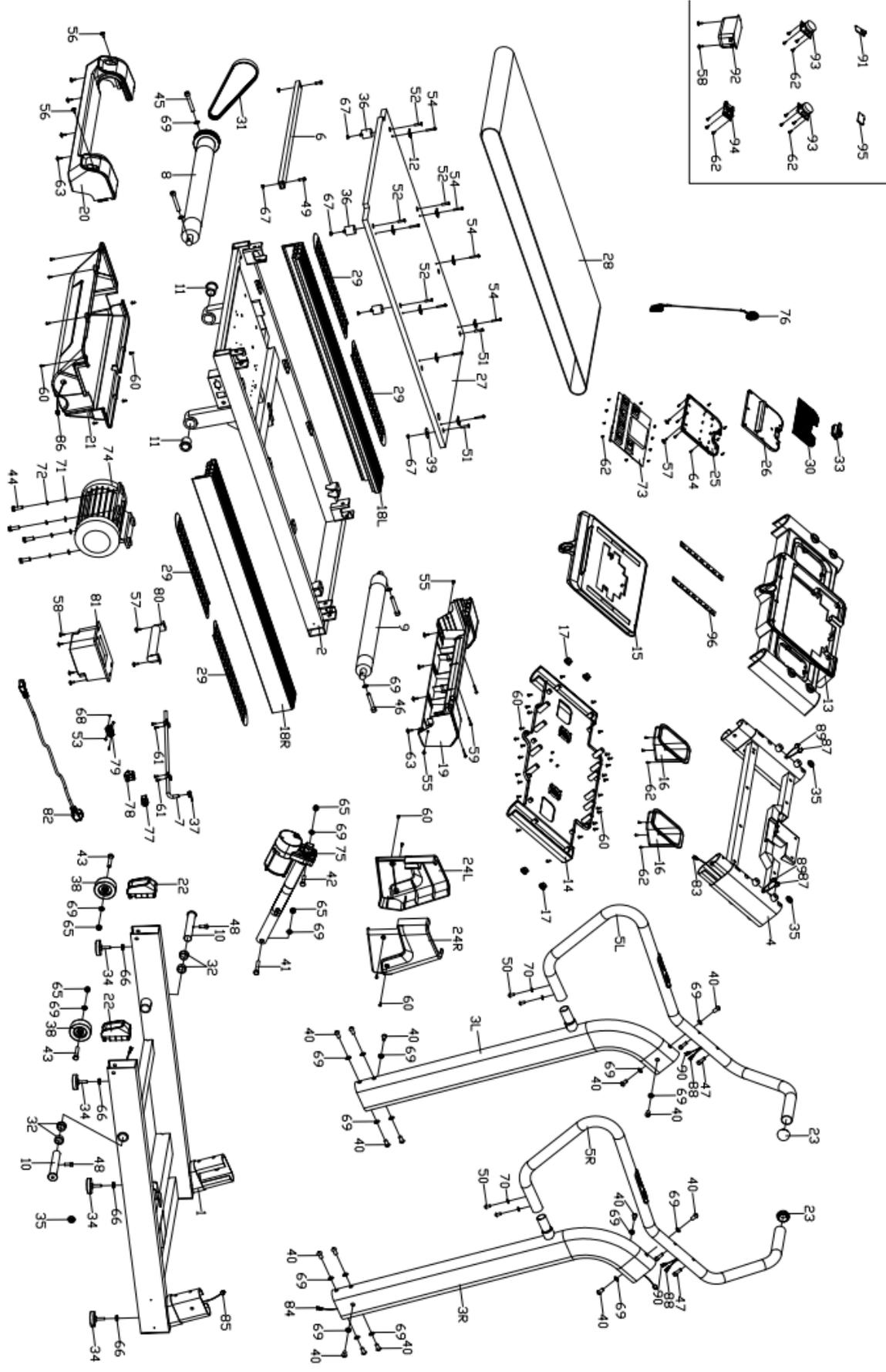
This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

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



# EXPLODED DRAWING



# PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Bottom frame	1	49	Socket head cap bolt M6*15	2
2	Main frame	1	50	inner-hex flat head bolt M8*15	4
3L/R	Upright tube	1pr.	51	Inner-hex sunk bolt M6*30	2
4	Computer frame	1	52	Inner-hex sunk bolt M6*25	4
5L/R	Armrest	1pr.	53	Cross sunk head screw M3*15	2
6	Strengthen tube	1	54	Cross pan head bolt M5*30	8
7	Oil tube connection	1	55	Phillips sunk tapping screw ST4.0*16	2
8	Front roller	1	56	Phillips screw M5*16	2
9	Rear roller	1	57	Phillips screw M5*8	4
10	Main frame axle	2	58	Phillips screw M4*8	6
11	Spacer $\phi$ 38* $\phi$ 25*39	2	59	Phillips tapping screw ST4*35	3
12	Edgings pressing plate	8	60	Phillips tapping screw ST4*16	38
13	Computer up cover	1	61	Phillips tapping screw ST4.0*12	4
14	Computer bottom cover	1	62	Phillips tapping screw ST2.9*8	27
15	computer board	1	63	Phillips tapping screw ST4.0*16	8
16	water bottle	2	64	Phillips tapping screw ST2.9*6	8
17	Front Handlebar end cap	4	65	Nylon nut M10	4
18L/R	Edgings	1 pr.	66	hex thin nut M10	4
19	Front protective cover for main frame	1	67	Hex nut M6	8
20	Rear protective cover	1	68	Hex nut M3	2
21	Motor cover	1	69	Serrated lock washer $\phi$ 10*1.2	24
22	Roller cover	2	70	Serrated lock washer $\phi$ 8*1.2	4
23	End cap	2	71	Flat washer $\phi$ 10*2.0	4
24L/R	Bottom frame protective cover	1 pr.	72	Spring washer $\phi$ 10	4
25	lpad bottom cover	1	73	Computer	1
26	lpad up cover	1	74	AC motor	1
27	Running board	1	75	Incline motor	1
28	Running belt	1	76	Safety key	1
29	Rubber cushion	4	77	Circuit breaker	1
30	Rubber pad	1	78	Switch	1
31	Belt	1	79	power socket	1
32	Spacer $\phi$ 32* $\phi$ 25*14	4	80	Rheostat	1
33	lpad clip	1	81	inverter	1
34	Adjustable foot pad	4	82	Power wire	1

35	hole wire	3	83	Computer upper wire	1
36	Cushion	4	84	Computer middle wire	1
37	Oil hole plug	1	85	Computer middle and lower wire	1
38	Roller	2	86	Computer lower wire	1
39	Plastic cushion	2	87	handle pulse upper wire	2
40	Inner-hex bolt M10*20	16	88	handle pulse lower wire	2
41	Hex bolt M10*65	1	89	Shortcut key upper wire	2
42	Hex bolt M10*45	1	90	Shortcut key lower wire	2
43	Hex bolt M10*60	2	91	Fitshow bluetooth (optional)	1
44	Hex bolt M10*30	4	92	Filter (optional)	1
45	Socket head cap bolt M10*70	2	93	Loudspeaker (optional)	2
46	Socket head cap bolt M10*65	2	94	Amplifier board (optional)	1
47	Socket head cap bolt M8*35	4	95	USB/Audio jack (optional)	1
48	Socket head cap bolt M8*20	2	96	Button board	2



