ASSEMBLY INSTRUCTIONS

 BELLSOFSTEEL

BUILDING STRENGTH, ONE BOLT AT A TIME.

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 put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

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.
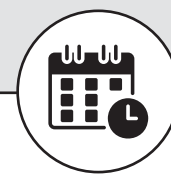
Kaevon Khoozani

Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL

Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty

Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy

Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.

Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

BELLSOFSTEEL | www.bellsofsteel.com | www.bellsofsteel.us

BEFORE WE BEGIN, LET'S STAY SAFE.

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. Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.

2. It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.

3. Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.

4. Read all instructions in this manual before using the product and use the product only as described in this manual.

5. 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.

6. Keep hands and feet from moving parts. Do not lean or rest on the product.

7. Wear athletic shoes for foot protection while exercising.

8. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.

9. This product is designed for indoor use only.

10. Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.

11. Ensure that any handles that may be included with your product are attached securely before using the product.

12. Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.

13. Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.

14. Do not overexert yourself during any exercise program. Operate the product as intended.

15. The product should be anchored where required or whenever possible. The product should be secured when not in use.

16. The product is very heavy. Improper use or assembly can lead to serious injury or death.

17. SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...
LET THE GAINZ BEGIN

PARTS LIST

Part No.	Description	Qty
1	Bottom frame	1
2	Main frame	1
3L/R	Upright tube	1pr.
4	Computer frame	1
5L/R	Armrest	1pr.
6	Strengthen tube	1
7	Oil tube connection	1
8	Front roller	1
9	Rear roller	1
10	Main frame axle	2
11	Spacer φ 38*φ 25*39	2
12	Edgings pressing plate	8
13	Computer up cover	1
14	Computer bottom cover	1
15	computer board	1
16	water bottle	2
17	Front Handlebar end cap	4
18L/R	Edgings	1 pr.
19	Front protective cover for main frame	1
20	Rear protective cover	1
21	Motor cover	1
22	Roller cover	2
23	End cap	2

Part No.	Description	Qty
24L/R	Bottom frame protective cover	1 pr.
25	Ipad bottom cover	1
26	Ipad up cover	1
27	Running board	1
28	Running belt	1
29	Rubber cushion	4
30	Rubber pad	1
31	Belt	1
32	Spacer φ 32*φ 25*14	4
33	Ipad clip	1
34	Adjustable foot pad	4
35	hole wire	3
36	Cushion	4
37	Oil hole plug	1
38	Roller	2
39	Plastic cushion	2
40	Inner-hex bolt M10*20	16
41	Hex bolt M10*65	1
42	Hex bolt M10*45	1
43	Hex bolt M10*60	2
44	Hex bolt M10*30	4
45	Socket head cap bolt M10*70	2
46	Socket head cap bolt M10*65	2
47	Socket head cap bolt M8*35	4
48	Socket head cap bolt M8*20	2

PARTS LIST

Part No.	Description	Qty
49	Socket head cap bolt M6*15	2
50	inner-hex flat head bolt M8*15	4
51	Inner-hex sunk bolt M6*30	2
52	Inner-hex sunk bolt M6*25	4
53	Cross sunk head screw M3*15	2
54	Cross pan head bolt M5*30	8
55	Phillips sunk tapping screw ST4.0*16	2
56	Phillips screw M5*16	2
57	Phillips screw M5*8	4
58	Phillips screw M4*8	6
59	Phillips tapping screw ST4*35	3
60	Phillips tapping screw ST4*16	38
61	Phillips tapping screw ST4.0*12	4
62	Phillips tapping screw ST2.9*8	27
63	Phillips tapping screw ST4.0*16	8
64	Phillips tapping screw ST2.9*6	8
65	Nylon nut M10	4
66	hex thin nut M10	4
67	Hex nut M6	8
68	Hex nut M3	2
69	Serrated lock washer φ 10*1.2	24
70	Serrated lock washer φ 8*1.2	4
71	Flat washer φ 10*2.0	4
72	Spring washer φ 10	4

Part No.	Description	Qty
73	Computer	1
74	AC motor	1
75	Incline motor	1
76	Safety key	1
77	Circuit breaker	1
78	Switch	1
79	power socket	1
80	Rheostat	1
81	inverter	1
82	Power wire	1
83	Computer upper wire	1
84	Computer middle wire	1
85	Computer middle and lower wire	1
86	Computer lower wire	1
87	handle pulse upper wire	2
88	handle pulse lower wire	2
89	Shortcut key upper wire	2
90	Shortcut key lower wire	2
91	Fitshow bluetooth（optional）	1
92	Filter（optional）	1
93	Loudspeaker（optional）	2
94	Amplifier board（optional）	1
95	USB/Audio jack（optional）	1
96	Button board	2

SAFETY CONSIDERATIONS

- Plug the treadmill's power cord directly into a dedicated grounded circuit. Proper grounding is essential to ensure safety.
- Always unplug the power cord before removing the treadmill motor cover
- Always attach the safety key rope to your clothing while using the treadmill. In case of an electronics failure or an accidental speed increase, the treadmill will immediately stop when the safety key is removed from the console.
- This product must be grounded to ensure safety. In the event of a malfunction or breakdown, grounding provides a low-resistance path for electric current, reducing the risk of electric shock.
- The product comes with a power cord that includes an equipment-grounding conductor and a grounding plug. This plug must be connected to a properly installed and grounded outlet that complies with all local electrical codes and regulations.

DANGER

Improper connection of the equipment-grounding conductor can lead to electric shock. If you are unsure whether the product is properly grounded, consult a qualified electrician or service technician.

Do not modify the plug provided with this product. If it does not fit your outlet, have a proper outlet installed by a qualified electrician.

This product is designed for use with a 220-volt circuit and features a grounding plug, as shown in the accompanying diagram. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adapter with this product.

Please pay close attention to the power voltage and plug type. Using the incorrect voltage or plug may result in product malfunction or damage. The plug shown in the diagram is for reference purposes only.

Grounding Methods

TECHNICAL PARAMETER

ASSEMBLY SIZE (mm)	1330*920*1720	POWER	AS ORDER
RUNNING SURFACE (mm)	510*1100	MAX OUTPUT POWER	AS ORDER
NET WEIGHT	138KG	INPUT VOLTAGE	AS ORDER
GROSS WEIGHT	156KG	SPEED RANGE	0.5-8 KM/H
MAX USER'S WEIGHT	150KG	INCLINE	-5~50%

ASSEMBLY INSTRUCTIONS

1 Take out the following parts and place the main frame flat on the ground.

2 Connect the computer's middle wire (84) to the middle and lower wire (85).

Partially secure the upright tube (3L/R) to the bottom frame (1) using an hex bolt (40) and a serrated lock washer (69). Note: Ensure the wires are not clamped. Do not fully tighten the hex bolt (40) at this stage.
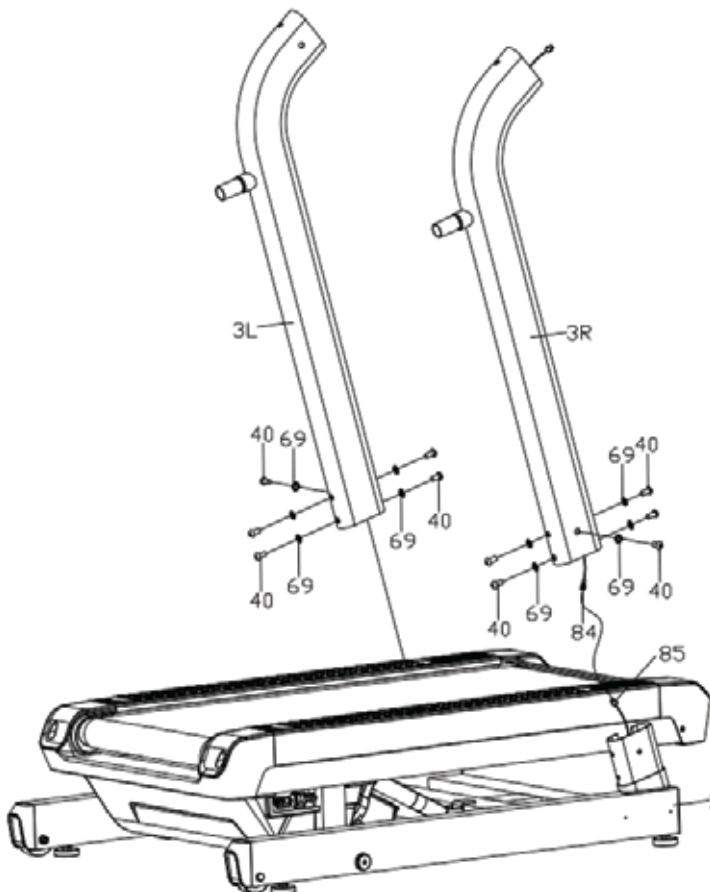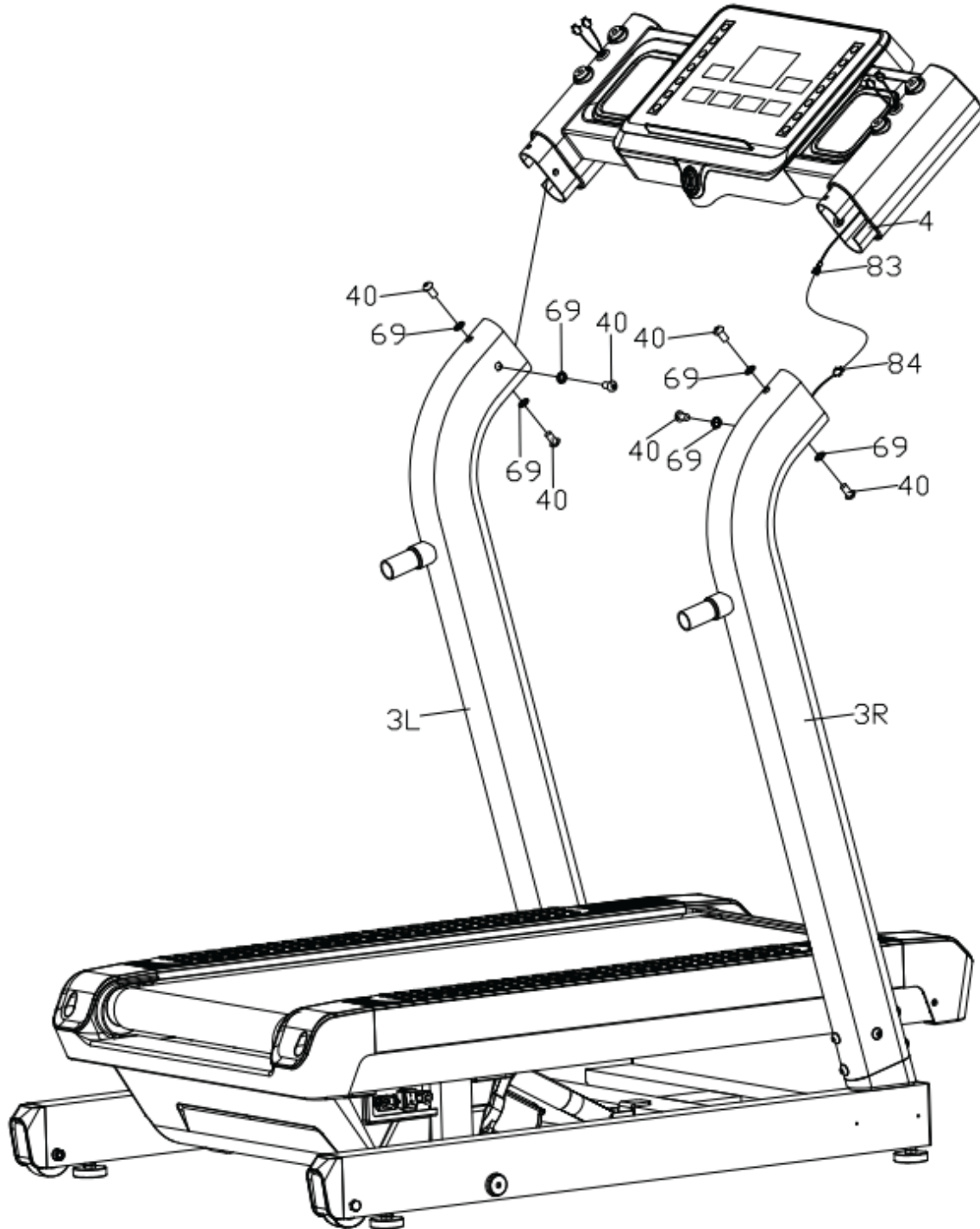
ASSEMBLY INSTRUCTIONS

3 Connect the computer's upper wire (83) to the middle wire (84).

Secure the computer frame (4) to the upright tube (3L/R) using an hex bolt (40) and a serrated lock washer (69). Note: Ensure the wires are not clamped.

ASSEMBLY INSTRUCTIONS

4 Insert the armrests (5L/R) into the armrest connection tubes of the upright tube (3L/R).

Connect the corresponding wires: handle pulse upper wire (87) to handle pulse lower wire (88), shortcut key upper wire (89) to shortcut key lower wire (90).

Then, insert the line connectors into the designated holes in the computer frame (4).

Position the armrests (5L/R) on the computer frame (4), aligning the holes on the armrests with holes A and B on the computer frame. Secure the armrests to the computer frame using bolts (47).

Secure the armrests (5L/R) to the upright tube (3L/R) using flat head bolts (50) and serrated lock washers (70).
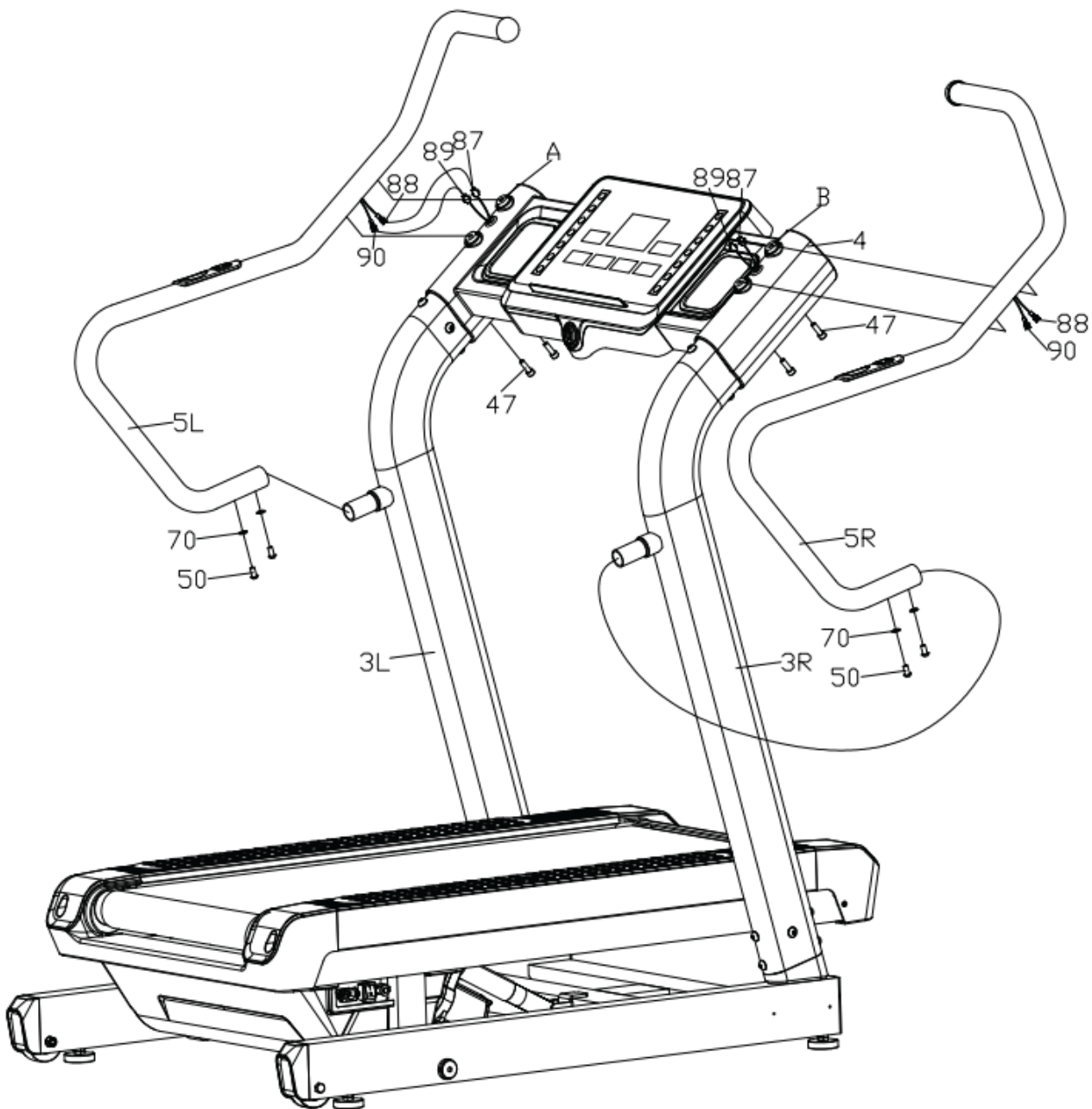
5

Tighten all previously unsecured hex bolts (40).

Insert the iPad cover (26) into the computer frame (4) and secure it using Phillips screws (57).

Attach the bottom frame protective cover (24L/R) to the bottom frame (1) using Phillips tapping screws (60).

Insert the front handlebar end cap (17) onto the computer frame (4) and attach the safety key (76) to the computer frame (4).

Connect one end of the power wire (82) to the treadmill and the other end to the power supply.

OPERATION INSTRUCTIONS
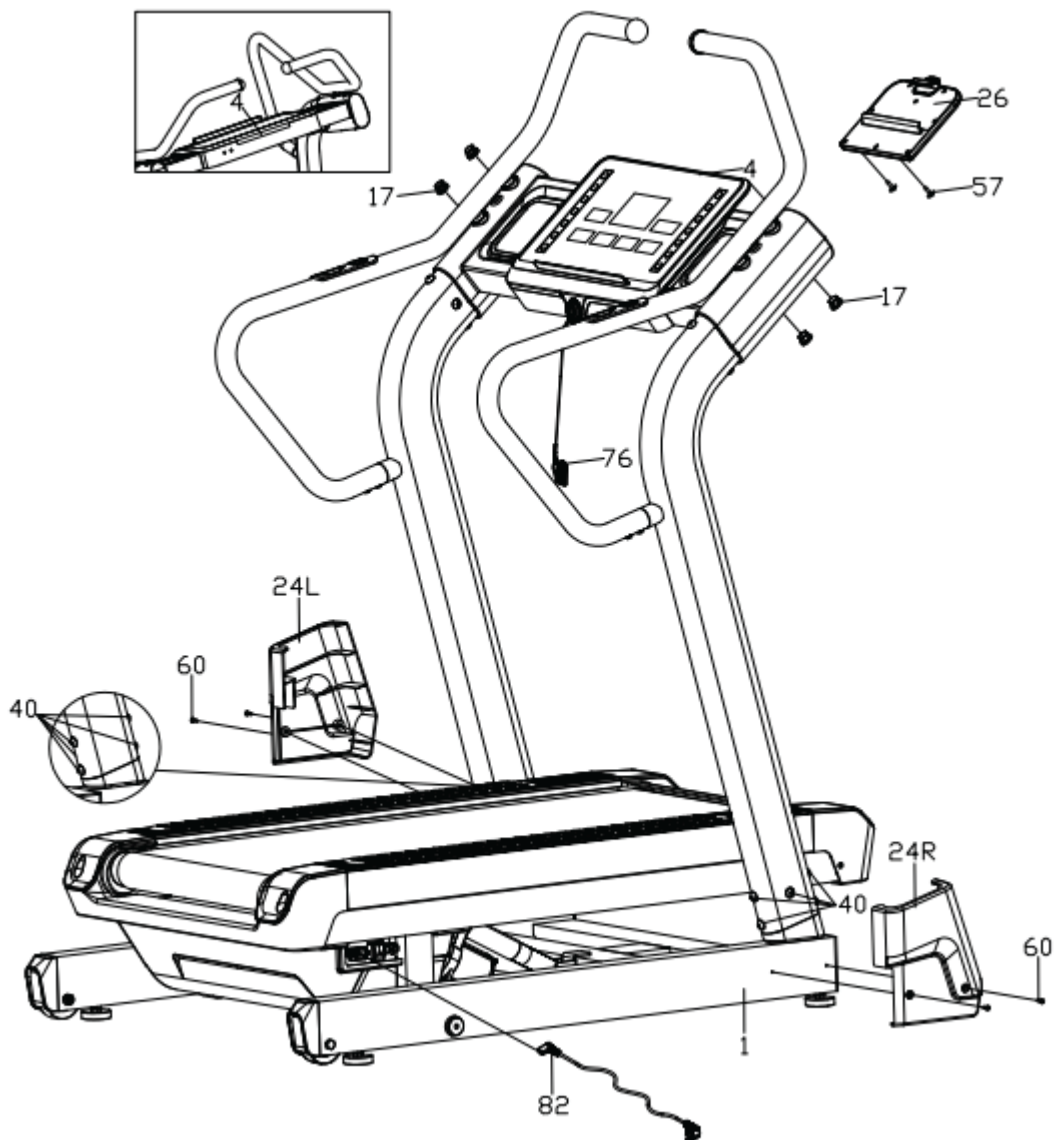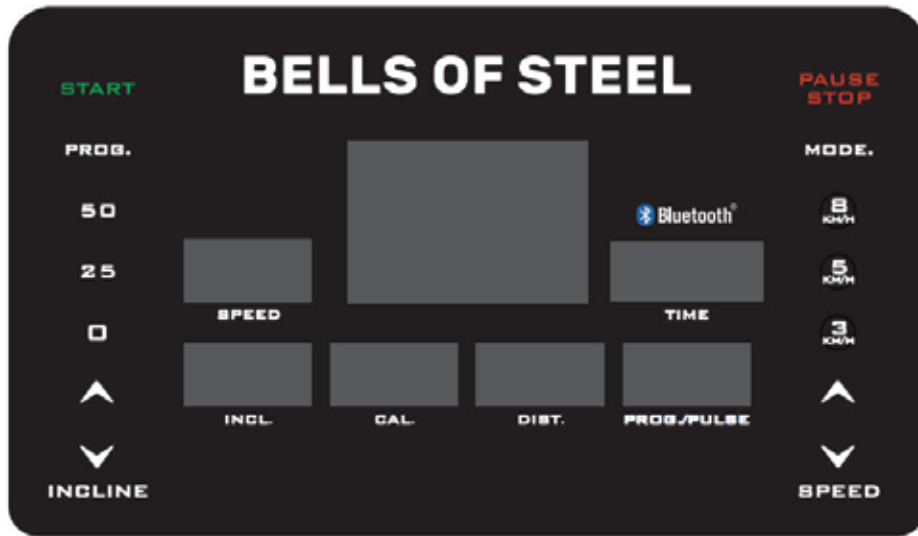
i. Window and Key Description

1. LED Window Functions:

The LED display provides the following functions:

- **A. Point Array Window:**
    - Displays standby mode and allows selection of three inverted modes: time, distance, and calories.
    - Shows the speed dot matrix diagram when selecting a program.
    - Displays fat measurement mode and error messages.
    - Indicates the runway, number of laps, or the speed lift dot pattern.
- **B. Speed Window:** Displays speed data in the range of **0.0–8.0 KM/H.**
- **C. Time Window:** Displays time data with a range of **00:00–99:59.**
- **D. Lift Window:** Displays lift data in the range of **5–50 segments.**
- **E. Program/Calorie Window:**
    - Shows the selected program serial number or calorie data.
    - Program range: **P01–P12, U01–U03.**
    - Displays calorie data within the range of **0.0–999.**
- **F. Distance Window:** Displays distance data in the range of **0.00–99.9.**
- **G. Heart Rate Window:** Displays heart rate data in the range of **50–200** bpm **(for reference only, not for medical use).**

OPERATION INSTRUCTIONS

2. Function Buttons:

The treadmill includes the following function buttons:

- **Start, Pause/Stop, Program, Mode, Speed +/–, Lifting +/–**
- **Speed shortcut keys:** 3 KM/H, 5 KM/H, 8 KM/H
- **Lifting shortcut keys:** 0, 25, 50 segments

3. Function Key Instructions:

- **A. Program Key:**
  - In standby mode, press the **Program Key** to cycle through program selections: **Manual Mode (P01–P12, U01–U03).**
- **B. Mode Key:**
  - In standby mode, press the **Mode Key** to select a program cycle: **Manual Mode → Time Countdown Meter → Distance Countdown Meter → Calorie Countdown Meter.**
- **C. Start Key:**
  - In standby or pause mode, press this key to **start the motor.**
- **D. Stop/Pause Key:**
  - When the motor is running, press this key to **stop** it.
- **E. Speed +/– Key:**
  - In the set state, pressing this key increases or decreases the set value.
  - When the motor is running, pressing this key will **increase or decrease the speed.**
- **F. Incline +/– Key:**
  - In **set mode,** this key increases or decreases the set incline value.
  - When the motor is **running**, pressing this key adjusts the incline.
- **G. Speed Shortcut Keys (3, 5, 8 KM/H):**
  - When the motor is running, pressing these keys will **directly adjust the speed** to the value indicated on the key.
- **H. Incline Shortcut Keys (0, 25, 50 segments):**
  - When the motor is running, pressing these keys will **adjust the incline** to the corresponding value.
- **I. Total Mileage View & Reset:**
  - In **standby mode,** press and hold the **"Speed +" and "Speed -"** keys for **3 seconds** to **view the total mileage.**
  - Press the **"Stop"** button for **3 seconds** to **reset** the total mileage.
- **J. Lift Self-Test Mode:**
  - In **standby mode,** press and hold the **"Incline +" and "Incline -"** keys for **3 seconds** to **enter the lift self-test mode.**

OPERATION INSTRUCTIONS

ii. Fixed Program / Start Instructions

1. Program Overview:
- **A. Manual Mode** (Includes: Normal mode, Time mode, Calorie mode, Distance mode)
- **B. 12 Fixed Programs: P01 – P12**
- **C. 3 Custom Programs: U01, U02, U03**

2. Starting Instructions:
- A. Attach the **safety lock** to the **safety lock switch** on the panel.
- B. Press the **Start** key. The display will count down **3-2-1**, followed by a buzzer sound, and the motor will start.

iii. Manual Mode

1. How to Enter Manual Mode:
- A. Turn on the **power switch** to enter normal mode within manual mode.
- B. If the treadmill is **off**, press the **Mode** key to cycle to **manual mode.**

2. Setting Functions in Manual Mode:
- **A. Time Setting:**
- In manual mode, the **Time Window** starts at **0:00**.
- Press the **Mode** key to enter **Time Mode,** where the display **flashes** and shows **30:00** as the default value.
- Adjust the time using the **Speed +** key or **Lift +** key.
- Time range: **5:00 – 99:00.**

- **B. Distance Setting:**
- In manual mode, press the **Mode** key to enter **Distance Mode.**
- The initial distance displayed is **1.00 KM.**
- Adjust the distance using the **Speed + key or Lift +** key.
- Distance range: **0.50 – 99.9 KM** (increments of 0.1 KM).

- **C. Calorie Setting:**
- In **Distance Mode,** press the **Mode** key to enter **Calorie Mode.**
- The initial **calorie display** is **50.0 kcal.**
- Adjust the calories using the **Speed +** key or **Lift +** key.
- Calorie range: **10.0 – 999 kcal** (increments of 1 kcal).

3. Operating Manual Mode:
- A. Press the **Start** key. The motor starts **after 3 seconds** at an **initial speed of 0.5 KM/H.**
- B. Adjust the **speed** using the **Speed + / -** keys.
- C. Adjust the **incline** using the **Incline + / -** keys.
- D. Use the **Speed Shortcut Keys** (3, 5, 8 KM/H) to quickly set a speed.
- E. Use the **Incline Shortcut Keys** (0, 25, 50) to quickly set an incline level.
- F. Press the **Stop** key while the motor is running to **stop the treadmill.**
- **G. Auto Stop & Program Completion**
  - When the **set time, calorie, or distance reaches zero,** the treadmill will **gradually slow down and stop.**
  - A short beep sound (Bi-Bi-Bi) will be heard as the speed decreases.
  - The dot matrix display will show "End", and after 5 seconds, the treadmill will return to standby mode with a long beep sound (Bi-Bi).
- **H. Parameter Settings**
  - Unassigned parameters will continue increasing.
  - If the maximum display range is exceeded (99:59 or 100 minutes in manual mode), the treadmill will stop automatically.

OPERATION INSTRUCTIONS

iv. Fixed Program Mode

1. Initial Settings
- The **default program time is 30 minutes,** and only **the time can be adjusted.**
- The **time range** is **5:00 – 99:00** minutes.
- Adjust the time using the **Speed + or Up/Down +** keys.

2. Running the Fixed Program
1. Press the **Start** button to **begin the workout.**
2. The treadmill will **gradually increase speed** to match the first segment of the selected program.
3. Adjust the **speed** using the **Speed + / -** keys.
4. Adjust the **incline** using the **Up/Down** keys.
5. Use the **Speed Shortcut Keys** to quickly jump to a specific speed.
6. Use the **Incline Shortcut Keys** to quickly adjust the incline.

3. Program Structure
- Each program is divided into **20 equal segments,** with each segment running for **1/20 of the total time.**
- When transitioning between segments, the treadmill will **beep three times.**

4. Program Completion
- When the set time reaches **zero,** the treadmill will **gradually slow down and stop.**
- A **short beep (Bi-Bi-Bi)** will sound as the speed decreases.
- Once fully stopped, **a long beep (Bi-Bi)** will be heard, and the **dot matrix display will show "End".**
- After **5 seconds,** the treadmill will return to **standby mode** with another **long beep(Bi-Bi).**

v. Fixed Program Data (Metric)

- **Speed** represents velocity, while **Lift** represents incline (slope).
- There are a total of **55 slope levels,** with each level equaling **1/55 of the total incline.**
- Each program is divided into **20 equal segments,** each with predefined speeds and slopes.

English Program Note
- The English program follows the same structure as the **Metric Program**, but **speed values** are converted by **multiplying by 0.62.**

		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

OPERATION INSTRUCTIONS

vi. Custom Programs

- In addition to the **12 built-in programs,** the treadmill includes **three user-defined programs (U01, U02, U03)** that allow users to customize settings according to their preferences.

a) Setting a User-Defined Program

1. **In standby mode,** press and hold the **"Program"** button until the desired **user-defined program (U01–U03)** is selected.
2. Press the "**Mode**" button to confirm entry into the settings.
3. Set the **first time period:**
   - Use the Speed + / Speed - keys or Speed Shortcut Keys to adjust the speed.
   - Use the Lift + / Lift - keys to adjust the incline.
4. Press the "**Mode**" button to confirm and move to the next time period.
5. Repeat this process until **all 20 time periods** are set.
6. Once completed, the settings are **permanently saved** and will remain intact **even in case of a power outage.**

b) Running a User-Defined Program

1. In **standby mode,** press and hold the "**Program**" button until the desired user-defined program **(U01–U03)** is selected.
2. Set the **running time,** then press the "**Start**" button to begin.
3. If the program and **running time settings** are already configured, pressing **"Start"** will immediately begin the workout.

c) User-Defined Program Structure

- Each **custom program** is divided into **20 time periods.**
- The **speed, incline, and running time** must be set for **all 20 periods** before the program can begin.

vii. DISPLAY RANGE OF VARIOUS PARAMETERS

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME(minute: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

- Removing the **safety lock** in any state will trigger an emergency stop.
- The display will show "**----/----**", and the dot matrix window will display "**SAFETY KEY DISCONNECTED**".
- A **short beep sound (Bi-Bi-Bi)** will be emitted.
- If the **motor is running**, it will **immediately stop**.
- While the **safety lock is detached, no buttons will function.**

ix. Power Saving Mode

- If no **key input** is detected for **10 minutes in standby mode,** the system will:
  - Enter **power-saving mode.**
  - **Automatically turn off the display.**
  - Wake up when any **key is pressed.**

x. MP3/USB/SD Playback Function (Optional)

- When **MP3 or other audio devices** are connected, the treadmill can **play music.**
- The **volume** can be adjusted using the **panel buttons.**
- **Caution:** High volume may affect **sound quality** and damage the **built-in audio circuit.**

xi. Shutdown

- The treadmill can be **turned off at any time** by switching off the **power switch.**
- This will **not damage** the treadmill.

xii. Matters need attention

1. **Before Exercise:**
- Check the **power supply** and ensure the **safety lock is properly attached.**

2. **If an Abnormal Situation Occurs:**
- If the treadmill **malfunctions**, remove the **safety lock** immediately.
- The treadmill will **gradually slow down and stop.**
- Reattach the **safety lock,** reset the equipment, and **wait for further instructions.**

3. **For Any Issues:**
- Contact a dealer or professional technician for repairs.
- Do not attempt to disassemble or repair the machine yourself to prevent damage.

OPERATION INSTRUCTIONS

xiii. Error Codes and Handling

Error Code	Description
E01	Frequency converter communication error
E03	Overvoltage
E04	Overcurrent
E05	Overload
E06	Inverter MCU fault
E07	Frequency converter overheating
E08	Frequency converter cannot receive display board signal
E09	Internal communication error 1 (frequency converter)
E10	Internal communication error 2 (frequency converter)
E11	Power signal detected, but no power-off signal received
E12	Lifting fault
E13	Anti-fall switch action triggered
E14	Phase failure
E15	Current sensor U fault
E16	Current sensor W fault

xiv. Calories Calculation Method

70.3×V(Km/h)×t(h)×(1+?%)

- Under normal conditions (no incline), **calorie consumption per kilometer is 70.3 calories.**

MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

⚠ **DO NOT OVERTIGHTEN the walking belt.**
   Overtightening may reduce motor performance and cause excessive roller wear.

TO CENTER WALKING BELT:

1.   Place treadmill on a **level surface**
2.   Set the treadmill speed to **approximately 3.5 mph.**
3. **If the belt drifts to the right:**
•   Turn the right **adjusting bolt clockwise slowly,** monitoring the deviation.
•   Continue adjusting until the belt is centered.
•   **Note:** Ensure the space between the belt and the left/right edges remains even,
and the **gap between the left and right edges** is no more than 5mm.
4. **If the belt drifts to the left:**
•   Turn the **left adjusting bolt clockwise slowly,** monitoring the deviation.
•   Continue adjusting until the belt is centered.
•   **Note:** Ensure the space between the belt and the left/right edges remains **even**, and the **gap between the left and right edges** is no more than **5mm.**
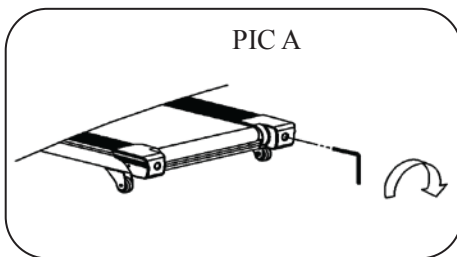
Picture A: If the belt has drifted to the RIGHT
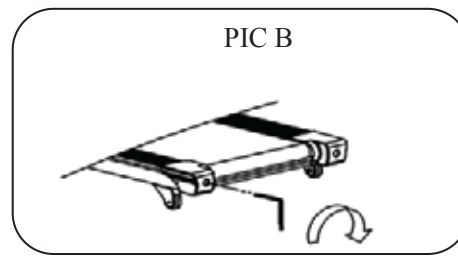
Picture B: If the belt has drifted to the LEFT

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

Regular cleaning will significantly extend the life of your treadmill. Keep it dust-free by **cleaning it regularly.** Be sure to clean the **exposed deck** on either side of the walking belt, as well as the **side rails,** to prevent the buildup of dirt and debris under the belt.

*   The top of the belt can be cleaned using a **wet, soapy cloth.**
*   Important: Avoid getting **liquid inside the motorized treadmill frame** or 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 underneath** to prevent dust accumulation.

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a **pre-lubricated, low maintenance deck system.**
However, **belt and deck friction** can impact the treadmill's performance and lifespan, requiring periodic lubrication.

Recommended Lubrication Schedule:

User Type	Usage Per Week	Lubrication Frequency
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
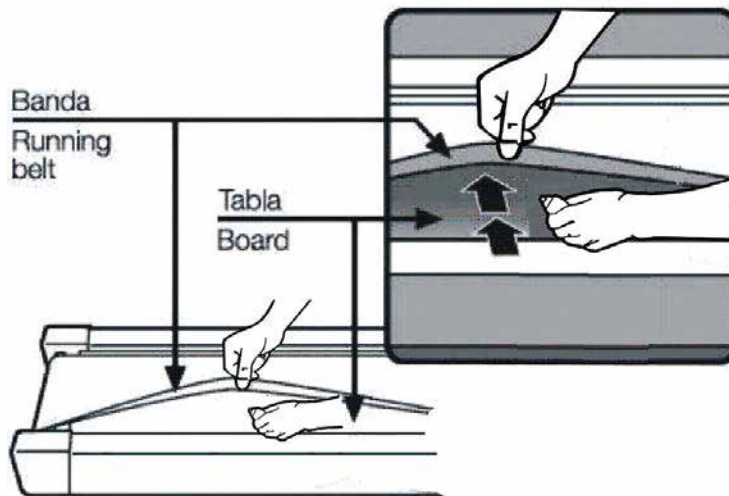
FITSHOW APP

1 Download FitShow App and create an account.

2 Choose your equipment type for your workout.
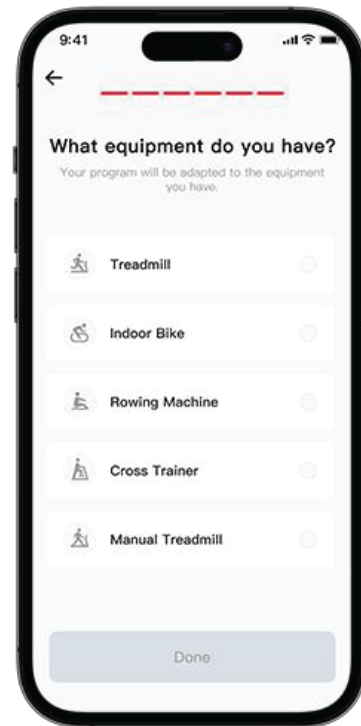
3 Make sure the equipment tab on the workout page matches your equipment

4 Go to the "Workout" page and click on the the "Quick Start" button
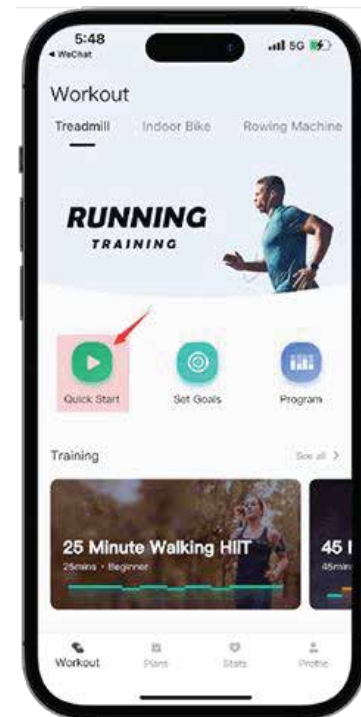
FITSHOW APP

5 After searching, you should see your equipment's name appear on the equipment list. click on the "Connect" next to your equipment's name
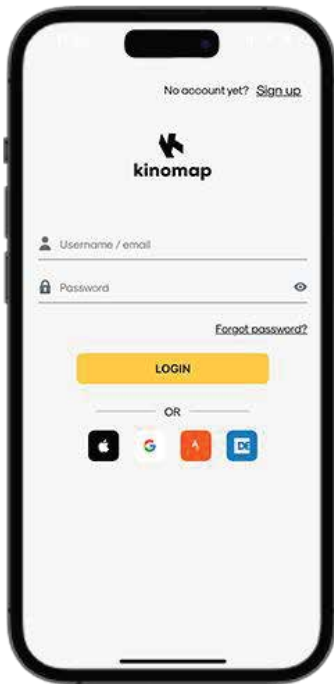
6 In the workout screen, swipe down for settings and swipe up for control

7 Click on the screen to end the workout

(Other modes are the same as above)

KINOMAP

1 Download Kinomap app and create an account

2 Go to the "More" page and click on the "Equipment Management" button
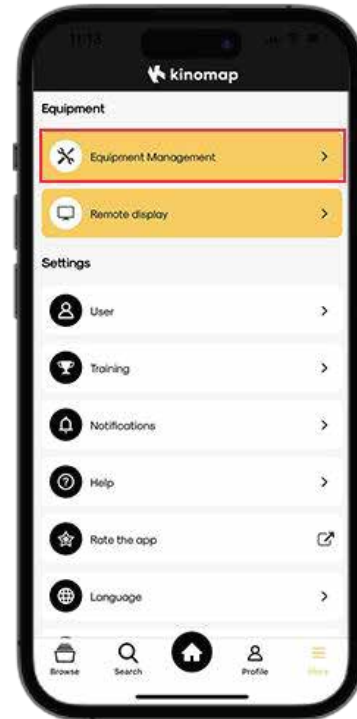
3 Click on the "+" button in the top right corner to add a new equipment

4 Select the machine type that you are going to use
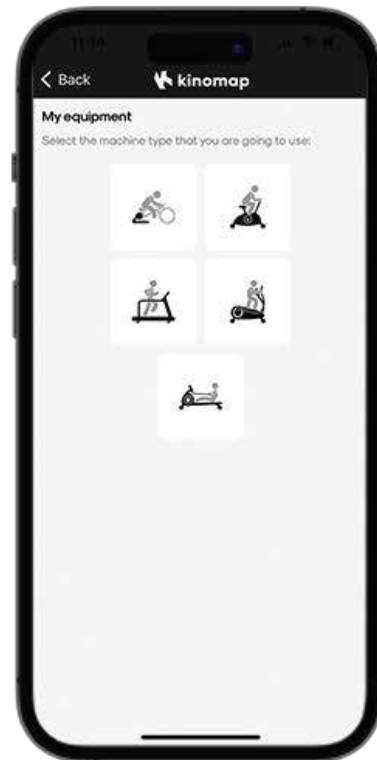
5 Select the brand of FitShow or FTMS

6 Select your model in the list below
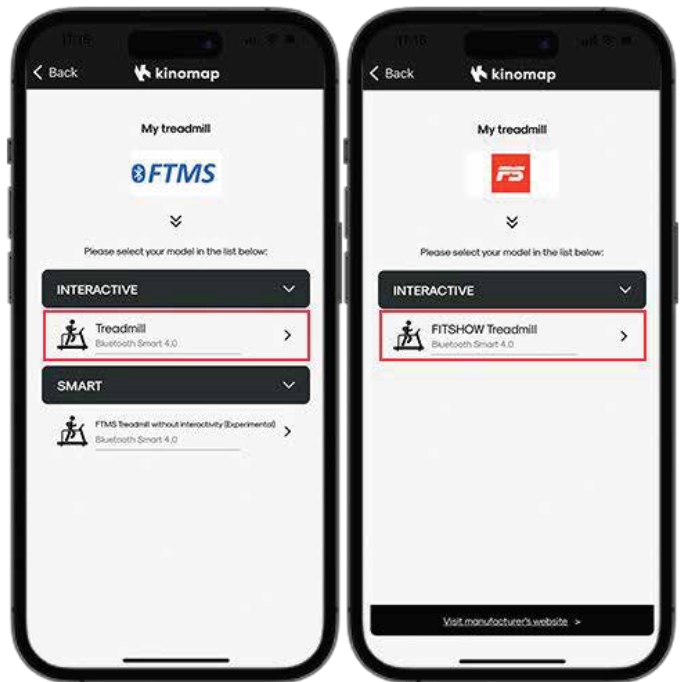
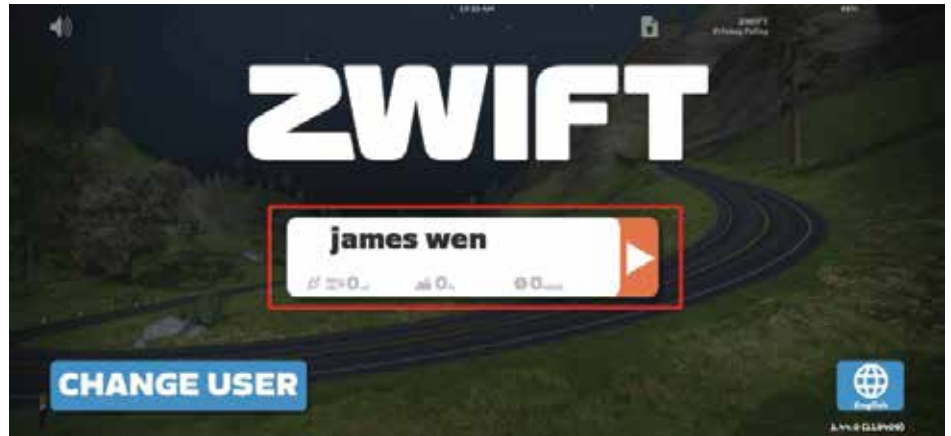**7** Enter the brand and model of your equipment

8 Equipment add success
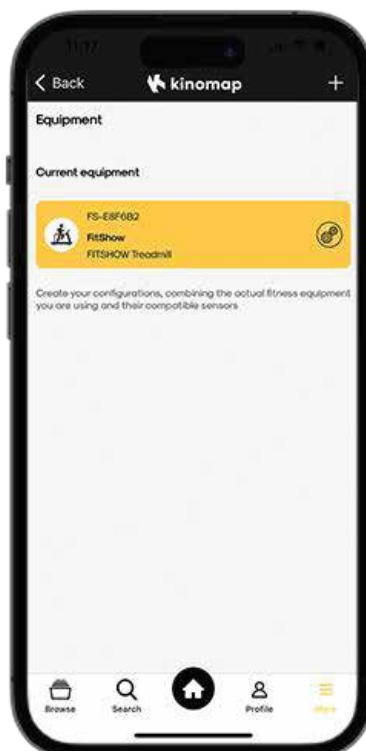
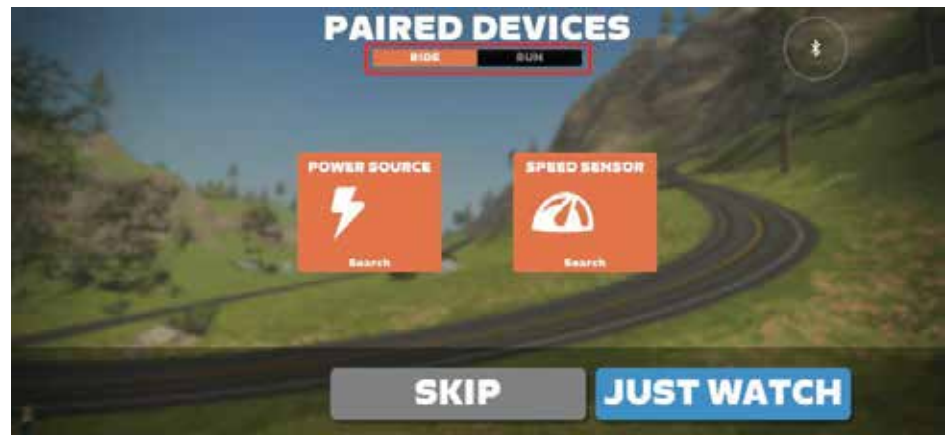**9** Go to Browse page to start your favorite workout

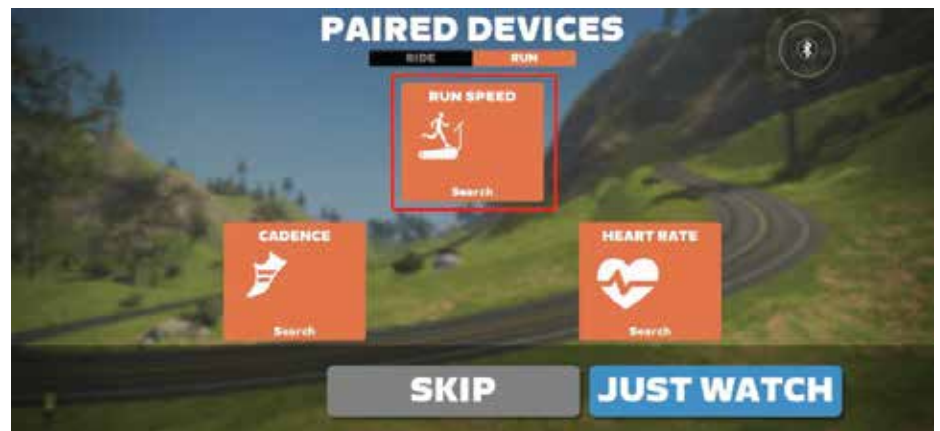# ZWIFT

1   Download ZWIFT app and create an account

2   Select "RIDE" or "RUN" mode

3   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

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

5 Click on the "LET`S GO" button

6 Find related map to start your favorite workout

YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE BLITZ MAX AIR BIKE? CHECK OUT THE OVERVIEW VIDEO:

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Toronto - Showroom

Indianapolis - Showroom

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