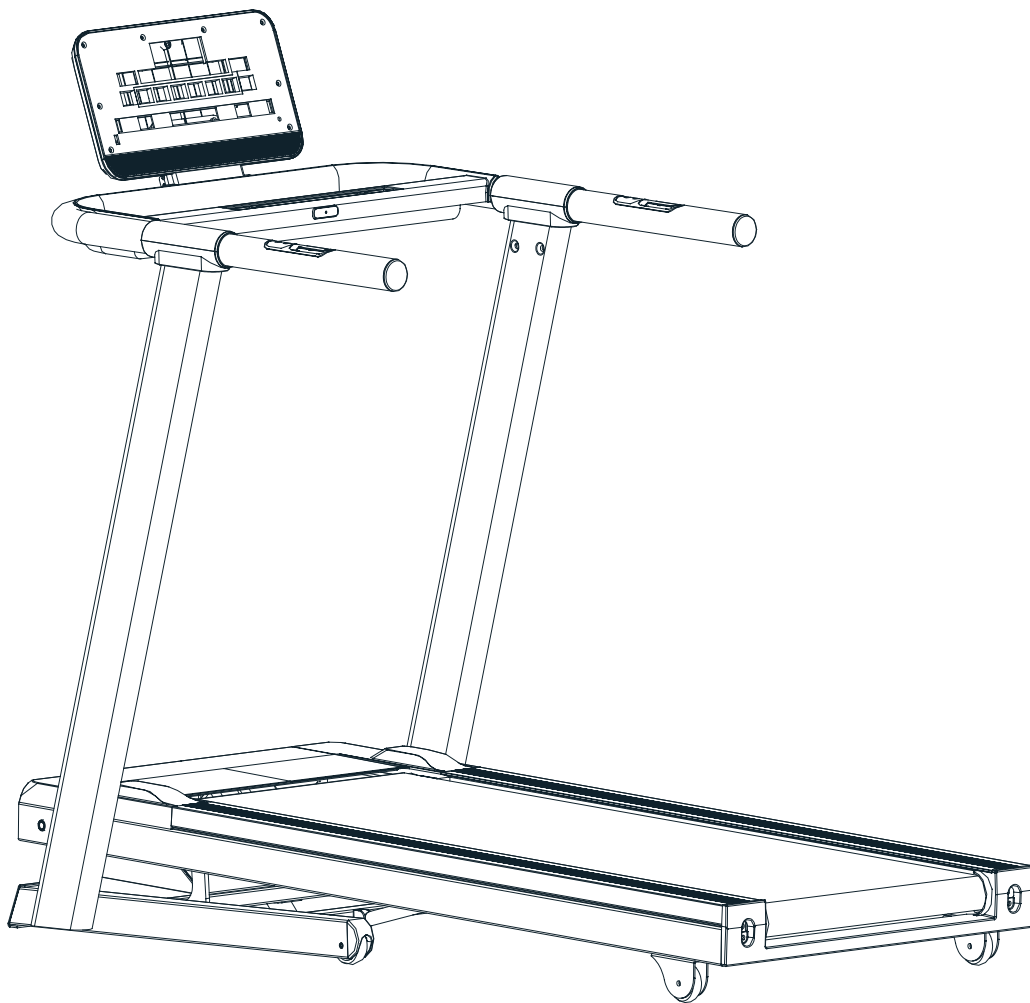# GYMSTICK™

GT4.0 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.

Thank you for choosing the Gymstick GT4.0 Treadmill. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

TABLE OF CONTENT

⚠

NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

• Never leave the treadmill unattended. Unplug the unit from the power outlet when it is not in use.

• Do not allow children or those unfamiliar with its operation on or near the treadmill. Do not leave children or persons with reduced physical or mental capabilities unsupervised around the treadmill.

• Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.

• If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.

• Keep children and pets away from the equipment. This machine is designed for adults only.

• Only one person should be on the equipment while in use.

• Please make sure all parts are not damaged and fixed well before use.

• Never operate the unit if it is damaged, if it is not working properly

• This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended. The minimum free space required for safe operation is 0,5 meter.

• Never block the air openings on the hood while operating the treadmill. Never drop or insert objects into any opening.

• Use the treadmill only for its intended purpose as described in this manual.

• If the power cord of the machine is damaged, it must be replaced. Do not use the machine until the power cord has been changed and properly attached.

• This equipment is for household use only. Do not use the equipment outdoors.

• This appliance is designed for use with ~220 - ~240 Volt rated voltage.

• The maximum weight capacity for this product is 120kgs.

⚠️
WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST.
THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

ASSEMBLY INSTRUCTION

• Lift up and remove the box that surrounds the Treadmill.
• Check the following items are present. If any of the parts are missing, contact with the dealer.

Note: Each step number in assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

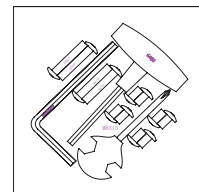**WARNING!**

USE CAUTION WHEN ASSEMBLING THIS TREADMILL. FAILURE MAY RESULT IN INJURY.
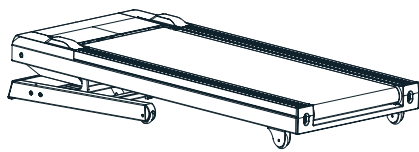
MAIN BODY   UPRIGHT POST (R/L)   HARDWARE KIT
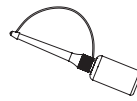
CONSOLE   SAFETY KEY   SILICONE BOTTLE   MANUAL
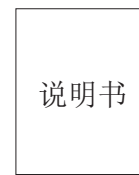
ALLEN SCREW (M8x50x20) 4PCS   L-SHAPE SPANNER S5 1PCS
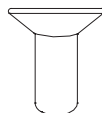
HEXAGON SOCKET HEAD BOLT (MX20) 4PCS   L-SHAPE SPANNER S6 1PCS
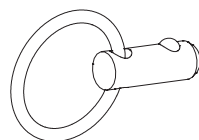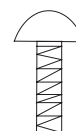
TAB BOLT 1PCS   INNER HEXAGON BOLT (M8x20) 4PCS

ASSEMBLY INSTRUCTION

TREADMILL OVERVIEW

Console

Safety key

Handle bar

Motor cover

Side rail

Running belt

Upright post

Rear cover
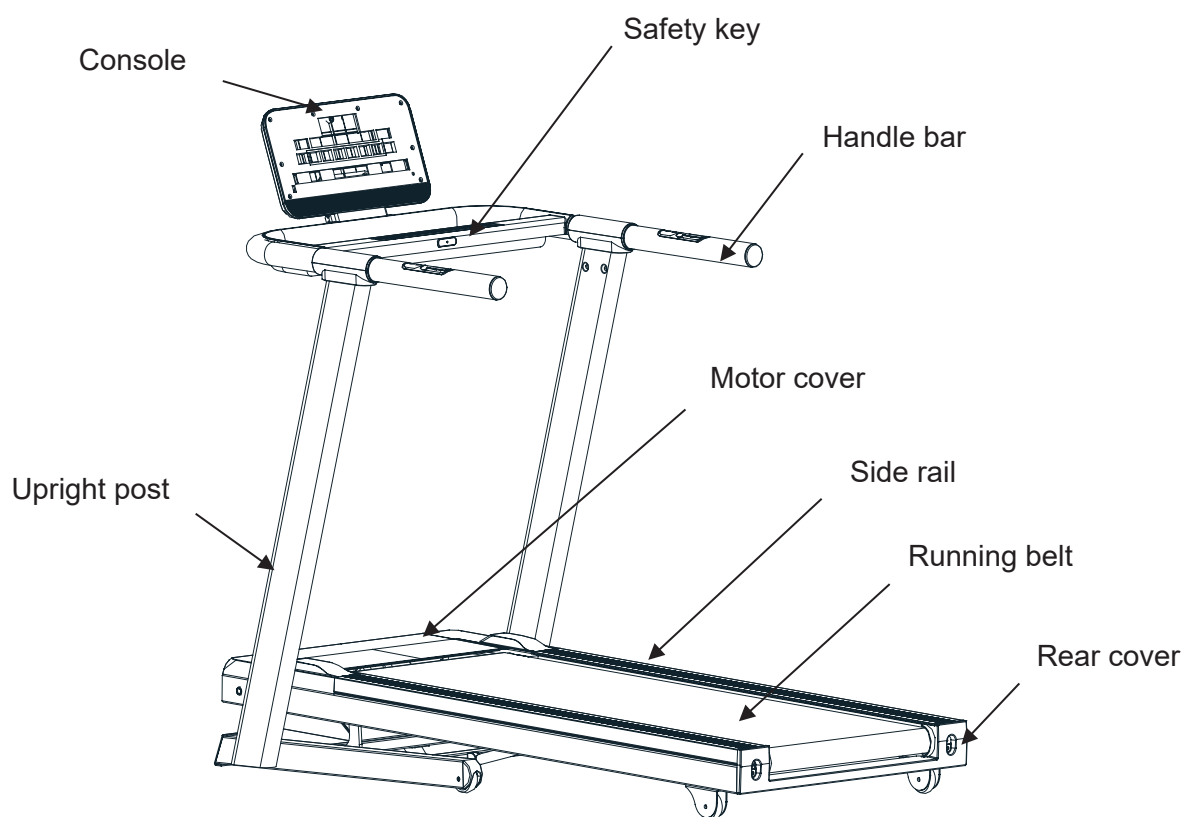
TECHNICAL INFORMATION

Maximum load	120kg
Dimension (folded)	1104 x 815 x 1450mm
Dimension (unfolded)	1711 x 815 x 1389mm
Running surface	1420 x 500mm
Speed	1.0 - 18.0km/h

REMARK: We reserve the right to amed the product without prior notice.

STEP 1

Take out the machine from box and put it on the flat floor. (As shown),remove all PE bags and bags wrapped on the machine.
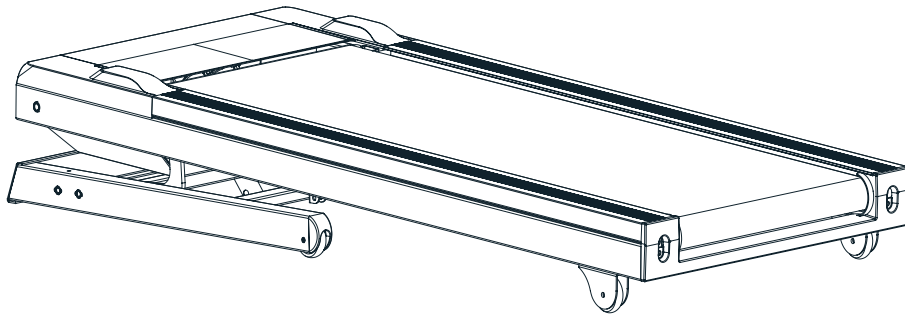
STEP 2

Fold the machine up to make sure that the non-return pipe is firmly fastened. Take out the left and right upright post, and use two inner Allen C.K.S.half thread screw tighten from the inside and out respectively. Use a M8*20 with inner hexagon bolts from top to bottom for locking!

Note: when installing the right riser, pay attention to properly connecting the communication line between the riser and the base, and avoid clamping it!
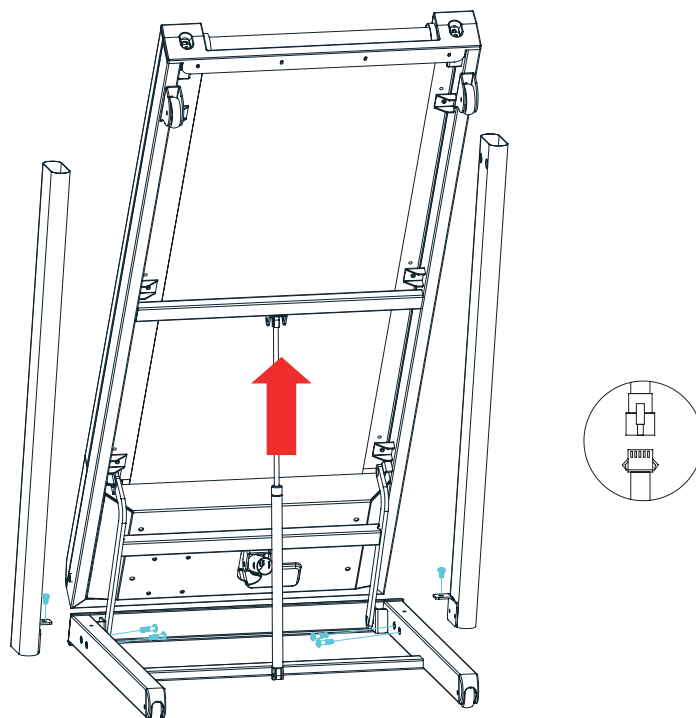
STEP 3

Press the non-return pipe to expand the running table, take out the console and assembly it as shown below! After aligning the hole position from inside to outside use the M8*20 Allen C.K.S. full thread screw to lock in!
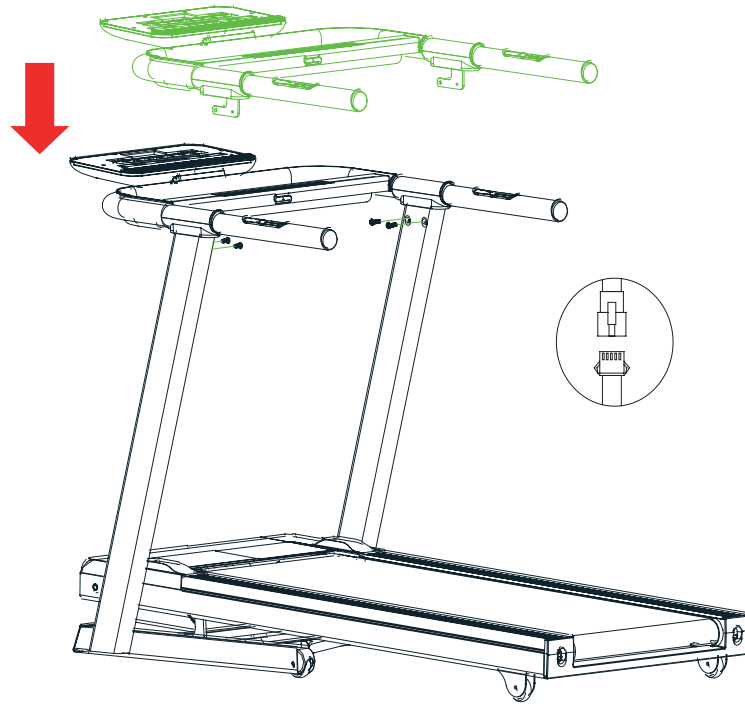
STEP 4

Lift up the console and fix it from the left side of the watch with a TAB bolt.
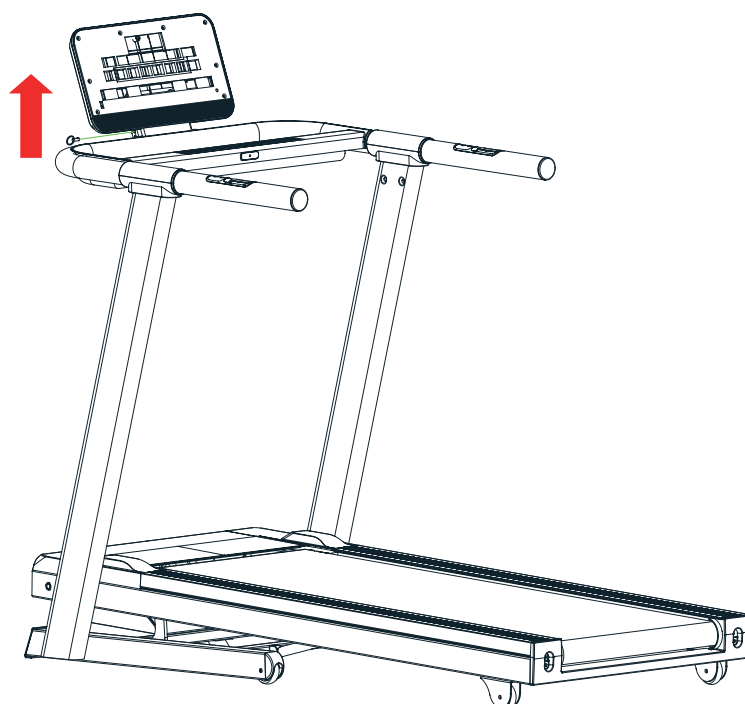
STEP 5

Finally, check the machine screw is locked. After all the screws are fastened, the machine installation is completed.

MOVING THE TREADMILL

IMPORTANT ELECTRICAL INFORMATION

WARNING!
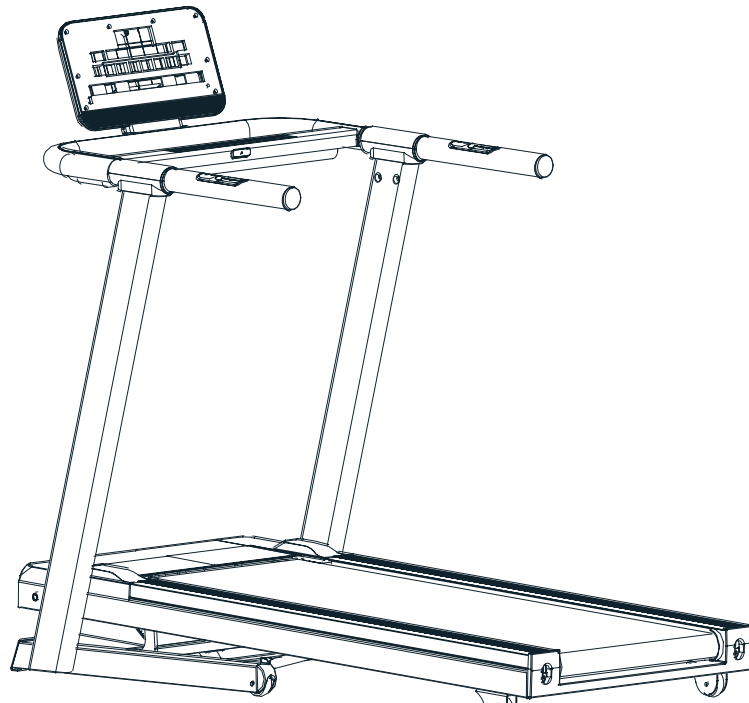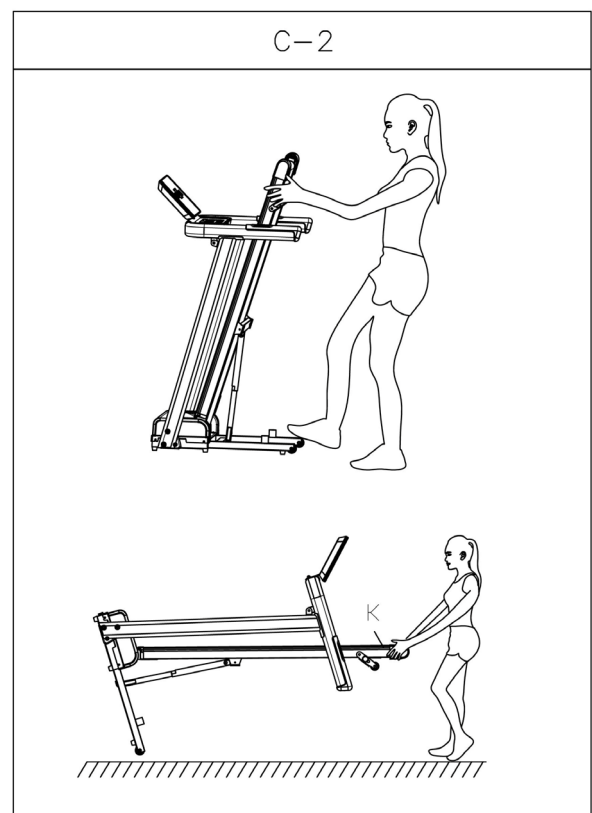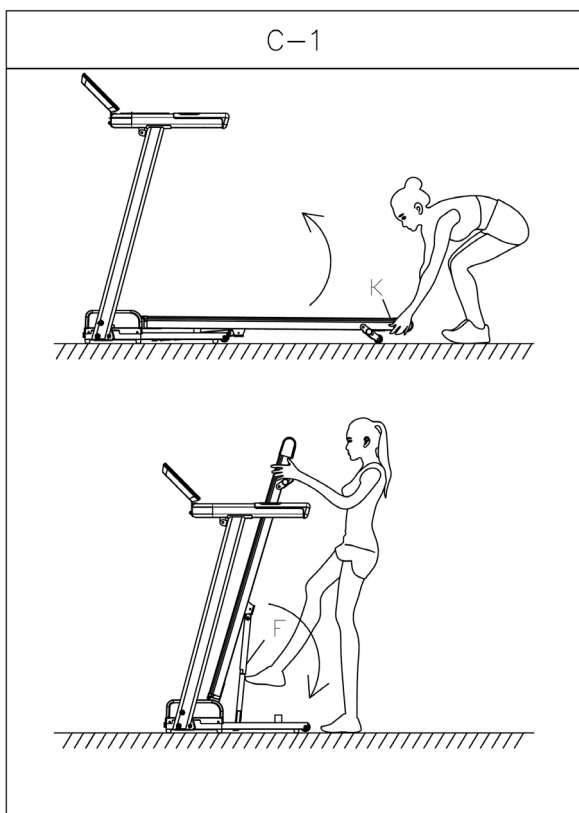
This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the below picture. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

DANGER!

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician 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 an electrician.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment

GYMSTICK™
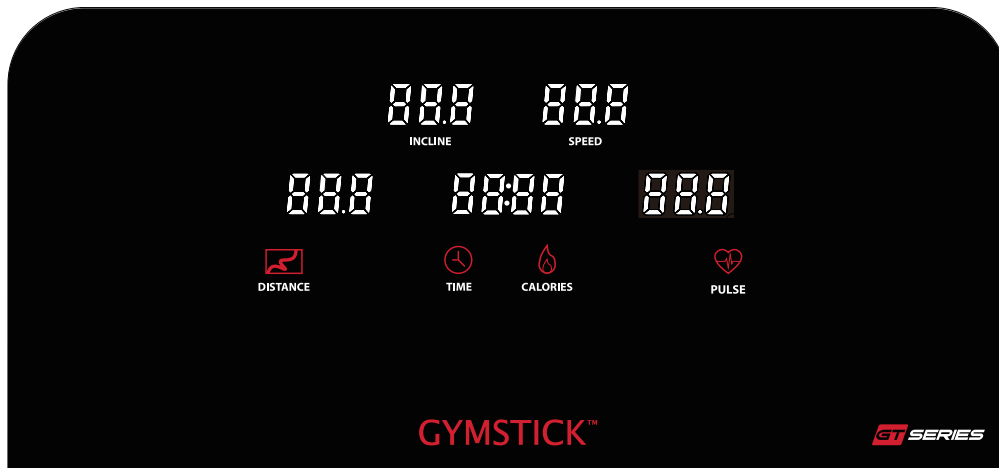
CONSOLE FUNCTION INSTRUCTION

1. P0 is manual program for user. P1-P36 is for the built-in automatic training program, three user's "U" and FAT program.
2. 0.56 inch LED display screen, 12 touch operation keys;
3. Running speed range:1.0~18.0KM/H, inclination: 0-15%
4. Self-test System, abnormal information prompt function.
5. Speed, distance conversion function
6. MP3 (optional)
7. HRC
8. Bluetooth

DISPLAY WINDOW INSTRUCTION

1. SPEED and PULSE to show the value of the velocity and the heart rate
2. TIME and CALORIES to show time, calorie value
3. DISTANCE and INCLINE to show distance and ascension data

KEYBOARD OPERATION INSTRUCTION

1. PROG: Program selection key, stop state, loop selection program P1~P36, U01, U02, U03 and FAT.
2. MODE: When selected to the initial state of is normal mode, press mode key can cycle select the manual mode of countdown mode-> counting calorie mode-> inverted distance mode -> positive timing mode; Reset key in P01-P36 for default value (30 minutes) between countdown.
3. START/STOP: Start / stop key, start the treadmill in the stop state, stop the treadmill in the running state.
4. **+** Speed pass key: In the state of stopping or measuring fat, adding keys for setting parameters and adding keys for speed in running state.
5. **-** The speed decline key, in the state of stopping or measuring fat, is the key of setting the parameter decline, and in the running state, it is the key of the decline of the speed.

GYMSTICK™

6. ▲ The gradient incline key, the gradient addition in a running state.

7. ▼ The gradient decline key, in the running state, is the gradient decline key.

INTRODUCTION TO THE CONVERSION OF KM TO MILE

1. Unlocking the safety key and pressing the "program" and "mode" keys at the same time, the display screen shows a 0.6 means conversion from km to mile;
2. Unlocking the safety key and pressing the "program" and "mode" keys at the same time, the display screen shows a 1. 0 means conversion from mile to kilometer;

CONSOLE OPERATION INSTRUCTION

1. Put the power cord into the electrical outlet with 10A. Flip this switch to the "ON" position. The screen shines with prompt sound and then the safety key is recognized.
2. Put the safety key in the position on the console, clip the safety key to the clothes in front of the chest, and the screen will appear for 2 seconds and then enter default working mode. All the counters are zero, the set value is reset, The treadmill is in the positive timing mode of the P0 Normal Mode.
3. Press PROG key to cycle select the program P1~P36, U1,U2,U3 and FAT.
4. P1 is user program. Press MODE cycle select four training mode. User can select the speed and inclination. Speed default is 1.0km/h, inclination default is 0%.
5. Training model 1: Positive counting of time, time, distance and calories. The select function is closed.
6. Training model 2: Time Countdown, under selecting, time window flicker, press "+" or "-" to modify the value. The range is 5-99 minute. Default is 30:00.
7. Training model 3: Calories Countdown. Under selecting, calories window flicker, press "+" or "-" to modify the value. The range is 20-9990CAL. Default is 50CAL.
8. Training mode 4: Distance Countdown. Under selecting, Distance window flicker, press "+" or "-" to modify the value. The range is1.0-99.0km. Default is1.0KM.
9. P1-P36 (preset programs). Only for Time Countdown mode. Under selecting, time window flicker, press "+" or "-" to select. The range is 5-99 minute. Default is 30:00. Press "MODE" key to return to Defaults.
10. Press START after setting up training mode, screen display 5 seconds into the countdown, accompanied by five hint sound, after the countdown to 1, treadmill start gently; speed up slowly to the display, then the constant speed operation smoothly.
11. During running, press the "+ " or "−" or quick speed key to adjust the speed you want.
12. For P1 - P36, Speed is divided into 10 segments. Each segment has same time. The speed after selecting will be avail in current segment. When run to next segment. It will sound 3 times in advance. When finish 10 segments, the motor will stop with a long prompt sound.
13. Press START key when on standby mode, the motor will start working.
14. Press "STOP" key when running, the treadmill will slowly till stop. All will return to the default state.
15. In any state, pull-out safety locks, window displays: E-07and sound buzzer. The treadmill stop.
16. The electric control system is always under inspection. Treadmill will stop once the abnormal case happen. Window will show the ERR message and sound.
17. BODY FAT FUNCTION. When the treadmill is stopped, press the PROG key until select FAT and enter into body fat function, on the left side DISTANCE window display program number, press MODE key to select, on the right side, SPEED window display parameters, press ▲ or ▼ to set up parameters.

18. F1 means Sex, the 1means male, 2 means female. select "Male", the original is Male.
19. F2, means Age, the setting range is 1-99, and the original is 25.
20. F3, means Height, the range is 100-220CM(39-87inch), the original is 170CM(67inch)
21. F4, means Weight, the range is 20-150KG(44-330pound), the original is 70KG (154pound)
22. F5, mean BMI, show you have finished the set item , and enter into body fat function. Put two hands on the handle bar, wait for 8 seconds, and the window will show the BMI.

   BMI under 18 is under weight;
   Between 18 and 24 is normal weight;
   Between 25 and 28 is over weight;
   BMI over 29 is obesity, default:24. (This number is only for sport reference)

MP3 (optional)

1. Console built-in dual-channel sound, switching power supply and no signal mute function, with the distribution of audio adaptor line connected to the mp3 headphone Jack and electronic watch audio input hole can be played, this is external sound play;
2. USB is for charging port, the Bluetooth symbol is USB Bluetooth port, not used for low voltage charging.

HRC

1. HRC default to three groups, HRC1 limit the speed of 9 km per hour, HRC2 limit speed of 11 km/h, HRC3 limit of 13 km/h (this machine only has HRC1 because of the configuration).
2. HRC setting method, sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next set of settings, press the speed key adjustment, set the last parameter to start.
3. Age setting range: 15-80 years old, default 25 years old.
4. Default target heart rate (THR): (220 - age) x 0.6.
5. Target HRC rate can be modified, modify the range: 80-180.
6. Set the time, the default 30 minutes, modify the range: 5-99 minutes.
7. Speed change relationship.
8. Change the frequency, HRC every 30 seconds to detect heart rate (heart rate has been shown).
9. The user's heart rate lower than the target heart rate 30 times/min, the speed increase of 2.0 km/h.
10. The user's heart rate is lower than the target heart rate 6-29 beats / min, the speed increase of 1.0 km / h.
11. The user's heart rate is higher than the target heart rate 30 times / min, the speed is reduced 2.0 km / h.
12. The user's heart rate is higher than the target heart rate 6-29 times / min, the speed is reduced by 1.0 km/h.
13. The user's heart rate higher or lower than the target heart rate 0-5 times / minute, the speed remains unchanged
14. Decelerate to the minimum speed within 20 seconds when the following conditions occur, and stop at the lowest speed for 15 seconds and then ring once per second.
15. Every 30 seconds to detect heart rate, heart rate when two consecutive undetected.
16. 1 km/h (0.6 mph), heart rate slows down.
17. When the heart rate exceeds (220-year-old).
18. Speed of 1 km/h (0.6 mph), not less than 1 km/h (0.6 mph) during deceleration, eg: 1 km/h (0.6 mph) for treadmills, Running at 1.6 km/h (1.0 mph), the heart rate resulted in a deceleration of 1.0 (2.0) km/h, then decelerated to 1 km/h (0.6 mph).

19. Incline is not controlled by heart rate and can be adjusted manually. Treadmill is not controlled by heartbeat one minute before it starts running, and starts running according to the built-in formula after running for one minute.

BLUETOOTH FUNCTION

Please refer one of these APP's: Kinomap, Run on Earth, iRunning or Fit Console.

SAFETY KEY FUNCTION DESCRIPTION

The safety key is made up of Copper insert, clamp and nylon rope. It has the function of emergency shutdown. In any state, as long as the safety key is removed, the treadmill stops running, the console keyboard is disabled, and the screen displays "E-07" with a prompt sound. Then put well the safety lock, the screen will appear for 2 seconds and then enter the default working state of the system (the equivalent of clearing reset).

SPEED AND INCLINE OF THE AUTOMATIC PROGRAM (P1-P36)

program	Stage	1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3

P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2.0	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	11	7	7	10	10	6	6	6

1. Turn the power on , keep the treadmill spread out at its lowest position and check its function if normal.
2. Clip the safety key cord with your clothes.
3. Ensure and check its function and stability before use .

Standing on the Running belt to get it started is not allowed. The correct way to start is standing on side rails with hands on the handle bar. After normal working, you can exercise with the treadmill.

Hold the handle bar when press the START key, the treadmill running at the speed of 1.0km/h after
5 seconds. Then press **+** Key to 2.5-3.5 km/h which is the comfort speed for running. Both of hands are supposed to catch handle bar at the same time and feet step to the running belt successively to start running. Running as quickly as running belt soon.

4. After several minutes, you can speed up by pressing **+** key or slow down by **-** key meanwhile holding the handle bar.
5. When running ,press speed value,you can enter into the fixed speed you want .
6. Pressing STOP key to make the motor stop.

PRE-SETTING USE

• Connect the power .Turn the power on.
• Press CHOOSE key to select what mode you want.
• Press START key to get started in your selected mode.
• You can press **+** or **-** to change the speed or STOP key to make it stop.

HRC TESTING

After the treadmill is powered on, hold your hands on the metal pulse sensors, then you can see HRC value on the display window.

NOTE: When safety key pull out ,the treadmill will stop immediately. And thecomputer can not work, the window shows "__".

MAINTENANCE AND CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

• To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

• To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

• A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

MAINTENANCE AND CARE

CENTERING THE RUNNING BELT:
Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side ¼ turn *clockwise*, then turn the left adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure A.

A
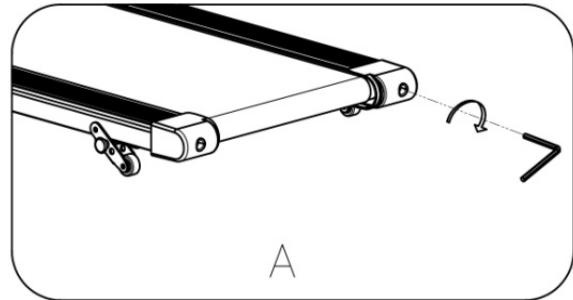
2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side ¼ of a turn *clockwise*, then turn the right adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to figure B.

B
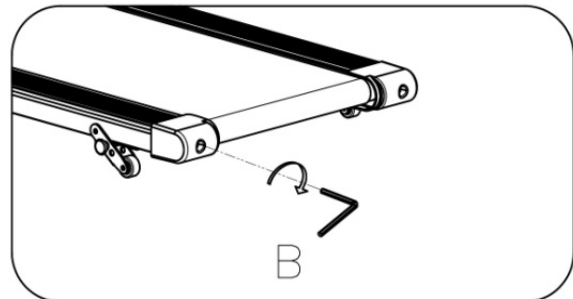
3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.

C
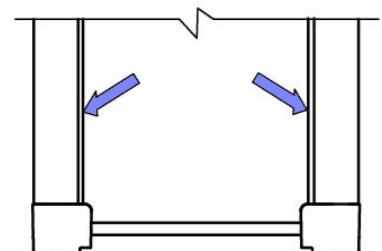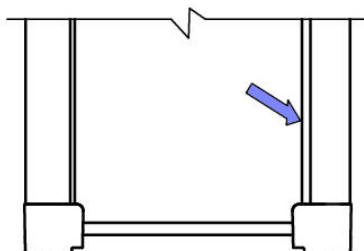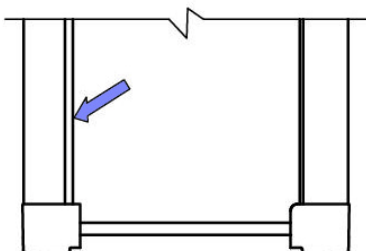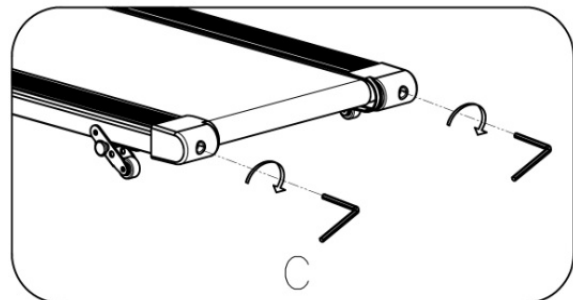
IMPORTANT NOTE:
The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

RUNNING BELTS & TREADMILL LUBRICANT:
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING!

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
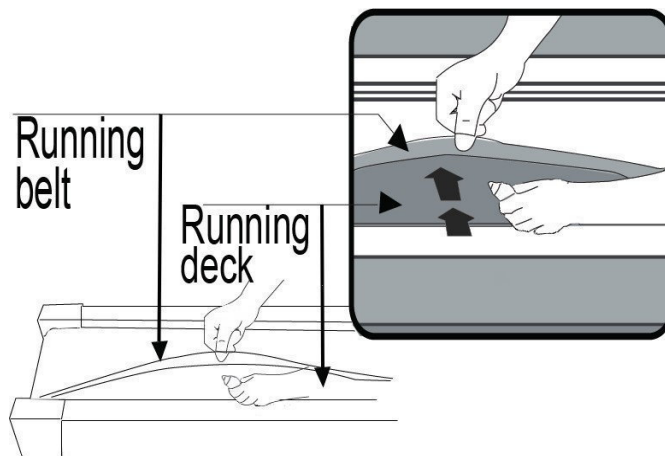
The following time table is recommended:

Light user	less than 3 hours/week	every six months
Medium user	3-5 hours/week	every three months
Heavy user	more than 5 hours/week	every two months

STORAGE

Store you treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

TROUBLESHOOTING

TREADMILL

Item	Reason	Maintenance
Treadmill didn't work	a no power	Plug into socket
	b safety key isn't in the right position	Replace the safety key
	c broken circuit signal system	Check the controller input and signal wire
	d switch off	Place the power switch in the "NO"position.
	e fuse burnt out	Change the fuse
The running belt does not run smoothly.	a no enough lubrication	Use the Silicone oil
	b running belt too tight	Adjust the tightness of running belt
Running belt slips	a running belt too loose	Adjust the tightness of running belt
	b motor belt too loose	Adjust the tightness of motor belt
The keys malfunction	broken keys	1. Change the key board and wire; 2.Change the mainboard; 3.Change the console
Stop abruptly under normal state	a. Safety key drop out	Replace the safety key
	b. broken system	Ask serviceman to repair it

TROUBLESHOOTING

CONSOLE

Item	trouble	Maintenance
E1	Communication abnormal:The communication between the controller and the electronic watch is abnormal after power is applied.	Broken controller couldn't working. Console display fault code and the buzzer sounded 3 times. Reason: the poor communication between controller and console. Checking each connection of communication wire between console and controller. Make sure each core is completely inserted. Check the connection wire, if it was broken, change it.
E3	The motor line is not connected properly	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. If console discovery normal state and enter standby state after treadmill stop working, the treadmill can restart. Reason: make sure the well connection of the motor wire and connect the wire again. If the controller has peculiar smell, replace the controller.
E3	No signal of speed sensor: a voltage from controller is output to the DC motor. The motor speed feedback is not continuously received for more than 3 seconds.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reason: no speed sensor signal is detected for 3 consecutive seconds, check whether the sensor plug is not plugged in or damaged, plug it in or replace the sensor.
E4	Ascending by self learning	Check whether the induction line of the lifting motor is plugged in properly and plug the connector again to make it reliable. Check whether the AC line of the lifting motor is plugged correctly, and the AC line of the lifting motor is correctly numbered with the mark on the controller. Check whether the connecting wire of the motor is damaged or open, replace the connecting wire or lift the motor; After checking all, press the learning key on the control to learn again.
E5	Over current protection： under the running state, the down control continuously detects that the DC motor current is greater than the rated current +6A for more than 3 seconds.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reason: over - rated load leads to over-current and self-protection of the system, or a certain part of the treadmill is stuck, resulting in motor failure, over-load and over-current and self-protection of the system. Adjust the treadmill and restart it. Check whether the motor has over-current sound or burnt smell when running, and replace the motor; Or check whether the controller has burnt smell and replace the controller; Or check whether the power supply voltage specification is inconsistent or low, and retest with the correct voltage specification.
E6	Explosion - proof protection: abnormal power supply voltage or abnormal motor will cause damage to the drive motor circuit.	The treadmill stop working and enter a fault state when the buzzer sounded 9 times. The console display fault code while the rest areas do not display anything. After maintaining the fault state for about 10 seconds, enter the standby state and restart the machine. Reasons: check whether the power supply voltage is lower than 50% of the normal voltage, please retest with the correct voltage specification; Check whether the controller has peculiar smell and replace the controller; Check whether the motor line is connected properly and reconnect the motor line.
LCD display no value of pulse	A. The handle communication wire didn't plug well or broken handle wire	Check and connect the wire well or change handle wire.
LCD display no value of pulse	B. Broken wire of console	Change the console
Console incomplete display or lack of strokes	A. Loose screw of display board	Tighten the screw
Console incomplete display or lack of strokes	B. Broken system	Change the console

PARTS LIST

NO.	NAME	Qty
1	Base frame	1
2	Platform frame	1
3	Upright post(L)	1
4	Upright post(R)	1
5	Console frame	1
6	Display rear cover fixed clamp ring plating part	1
7	Ezfit linking parts	1
8	Cover fixed tube painting part	5
9	Incline frame	1
10	Spraying parts for welding parts of motor fixed base	1
11	Hex half thread screw M12×Φ14×35×19	5
12	Full thread screw M8×75	2
13	Full thread screw M8×15	2
14	Full thread screw M8×20	4
15	Inner hexagon bolts M8×20	4
16	Allen socket full thread screw M6×15	2
17	Allen C.K.S.half thread screw M8×50×20	5
18	Flat washerΦ12	2
19	Allen C.K.S.half thread screw M8×30×20	1
20	Allen sunk full thread screw M6×30×Φ16	6
21	Philips C.K.S. full thread screwM5×10	2
22	Philips C.K.S. full thread screwM4×10	8
23	Philips C.K.S self-tapping screw ST4×16	9
24	Allen C.K.S.half thread screw M10×25×15	
25	Philip self-tapping screw ST3×15	4
26	Philips self-tapping screw ST4×15	28
27	Allen socket full thread screw M6×25（8.8 级）	1
28	Philips self-tapping screw ST4×35	4

29	Powder metallurgy set	2
30	Spacer sleeve	2
31	Spring washerΦ8	2
32	Spring washerΦ5	3
33	Flat washer Φ8	6
34	Lock washerΦ5	3
35	Hex self-locking nut M8	6
36	Communication wire	1
37	Communication wire	1
38	Communication wire	1
39	Photoelectric sensor	1
40	Handle pulse(speed)	1
41	Handle pules(incline)	1
42	Handle pulse connection wire	1
43	Controller	1
44	Safety key	1
45	Power connection wire	1
46	Power connection wire	1
47	Rocker switch	1
48	Self-reset switch	1
49	Power connection wire	1
50	Cable guider	1
51	Power cord	1
52	Front roller	1
53	Rear roller	1
54	Arc opening plug	1
55	Motor	1
56	Running board	1
57	Running belt	1
58	Motor belt	1
59	Motor cover	1

GYMSTICK™

60	Rear cover	1
61	Side rail	2
62	Handle bar cover(above)	2
63	Handle bar cover(below)	2
64	plastic central parts of console	1
65	console back cover	1
66	Console Sundries basket	1
67	Water cup	1
68	Side rail guider	6
69	Tube plug	1
70	Tube plug	2
71	Cylindrical cushion	6
72	Taper cushion (conductive rubber)	4
73	Wheel	4
74	Pipe strap	5
75	TAB bolt	1
76	spring -1	1
77	Magnetic ring	1
78	Incline motor	1
79	Allen C.K.S.half thread screw M10×55×25	1
80	Lifting shaft sleeve	4
81	Hex self-locking nut M10	1
82	Flat washerΦ10	1

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels and running belt.

The guarantee does not cover:
• Damage effected by outer force
• Intervention by unauthorized parties
• Incorrect handling of the product
• Non-compliance of the operating instructions
• Normal wear and tear of the wear parts

The device is intended only for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.