



Treadmill

User's Manual

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

Keep this manual for future reference.

Note: The product photo is for reference only and may differ slightly from the actual product.



Model: SGC2210

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Important Precautions

△ **WARNING:** To reduce the risk of burns, fire, electric shock, or personal injuries, please read the important precautions, instructions, and warnings regarding the use of the product before use. We assume no responsibility for personal injuries or property damages resulting from the incorrect use of this product.

1. **DANGER** -To reduce the risk of electric shock, unplug the product after exercise and before cleaning or servicing.

2. **WARNING** -Risk of Personal Injuries -Keep children under 12 years of age and pets away from the equipment at a safe distance.

3. Consult your doctor before starting any exercise program. This is especially important for people over age 35, people with health issues, and pregnant women.

4. Before using the product, make sure there is at least 1 meter of clearance behind it and at least 0.6 meter of clearance on the left and right sides.

5. Do not operate the walking machine on a thick padded, shag, or coarse pile carpet.

6. Do not leave the product unattended when it is in operation.

7. Do not operate the product where aerosol (spray) products are used or where oxygen is used.

8. Place the machine on a flat surface. If the surface is uneven, the normal function may be affected.

9. This equipment is not suitable for use by people with reduced physical, sensory, or mental abilities or lack of experience and knowledge unless

they are supervised or instructed to use the equipment by a person who is responsible for their safety.

- 10.Do not use the walking machine with more than one person at a time.
- 11.Do not operate the treadmill if the cord or plug is damaged.If the treadmill does not work properly,please contact us for help.
- 12.This equipment must be connected to a three-prong outlet(containing a grounding wire).The connection can only be made if the circuit is ground- ed,referring to the grounding instructions.
- 13.To disconnect,turn all controls to the off position and remove the plug from the socket.
- 14.Keep the cord away from heated surfaces.
- 15.Do not move the walking belt when the power is off.

- 16.Wear appropriate clothing and shoes.Do not wear loose clothing that could be hooked.
- 17.Do not allow any objects to fall into the groove.
- 18.Do not touch any moving parts with your hands.
- 19.The walking treadmill is for home use only.Do not use it in any com- mercial,rental,or institutional environment.
- 20.This electronic product must not,under any circumstances,be disposed of in the municipal waste bin.For environmental protection,this product must be recycled following applicable local laws.
- 21.The maximum weight capacity of this product is 220 lbs/100 kg.Never exceed the maximum weight.
- 22.Excessive exercise may lead to severe injury or even death.If you feel dizzy,short of breath,or feel pain while exercising,stop immediately and calm down.

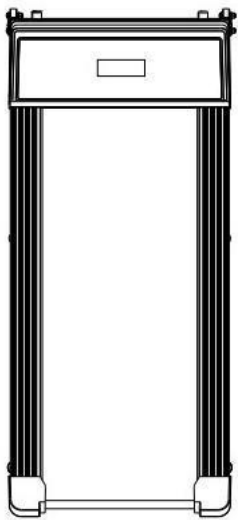
Grounding Instructions:

In the event of a fault or breakdown,grounding provides a path of least resistance for the current to reduce the risk.The plug must be plugged into a 3-pin socket,which must be properly installed and grounded in accordance with all local codes and regulations.

DANGER -Improper connection of the equipment grounding conductor may result in a risk of electric shock.If you doubt whether the product is grounded correctly,consult a qualified electrician or service person.Do not modify the plug supplied with the product -if it does not fit the socket, have a qualified electrician install a suitable one.

Packing List

Please check carefully that the package contents are complete and intact. In case of loss or damage, please contact the seller in time.



Walking Treadmill *1

|



Remote Control *1



Lubricating Oil 1



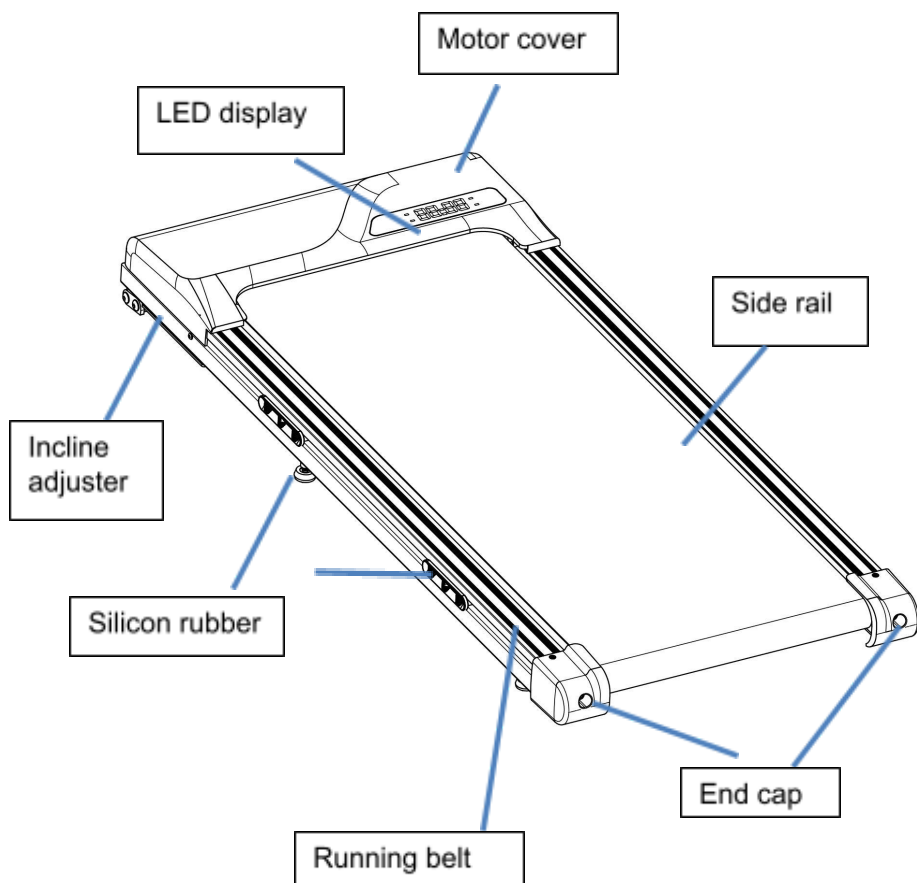
5mm Hex Wrench *1

Product Introduction

I.Specifications

Name	Description	Name	Description
Product Size	116x50x11.6 cm	Voltage	220V+-10%
Weight	22 kg	Frequency	60HZ
Walking Area	39x100 cm	Motor	1.75HP brushless
Speed	0.5-6km/h	Function	Time/Speed/Distance/Calories,time/distance/calories count down
Incline	Manual two levels	Recommened User Age	12~60 Years Old

II. Diagrams



Operation

I.Quick Start:

Open the package,remove the walking machine from the box,put it on the flat ground,connect it to power supplies,and start exercising!

Operating Procedures:

- 1.There are 4 adjusting foot pads at the bottom of the walking machine, which can be adjusted according to the smoothness of the ground.Make sure all pads are on the ground;otherwise,movement may produce abnormal noise and cause unnecessary injury to the user.
- 2.Connect the power cable to the grounded three-prong outlet.
- 3.Press the red button at the bottom front of the walking machine to turn on the power switch.
- 4.Press the "GO"and "Stop"buttons on the remote control to check whether the machine work properly.

Attention:2-3 persons are required to lift and remove the equipment from the package.

II.Power Switch

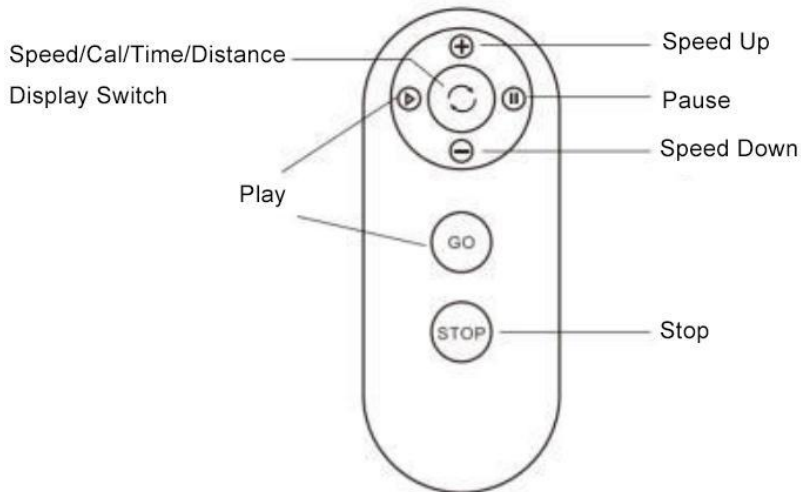
Press the red button at the bottom front of the machine to turn on or off.

III.Display Console

1.Display Screen

Circulate the exercise data(calories/time/distance/speed)automatically every 5 seconds.

2.Remote Control



(a)GO/STOP Button:Press the "GO"button to start the walking treadmill at the default speed of 1km/h.Press the "STOP"button to stop it,and all data will be deleted and reset to the initial settings.

(b)"+"/"-Button:Press the "+"/"-"button to increase or decrease the speed in 0.5 km/h increments.Press and hold either of the buttons for more than 0.5s to continuously increase or decrease the speed.

(c)⏸ Button:During exercise,you can press the ⏸ button to pause the walking machine,all exercise data will be saved. At the end of the short break,press the ⏸ button to restart the exercise.

(d,  Button: Before starting the walking machine, press this button to change the display value of the TIME/DISTANCE/CALORIES. Or you can set the corresponding workout target value for TIME/DISTANCE/CALORIES, but the walking machine can only be set and execute one target value at a time.

 Button: Press the  "button, you can continue to walk.

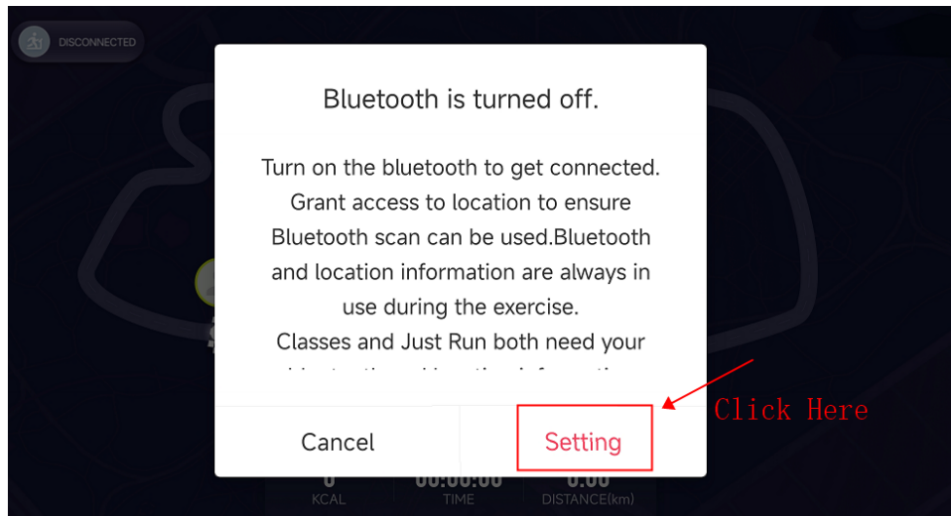
- (1) The maximum speed of this walking treadmill is 6 km/h.
- (2) If we press the GO button directly, it will automatically shut down after 100mins to extend the service life.
- (3) If we set the DISTANCE/CALORIES target and it takes more than 100mins to reach, it will automatically pause after 100mins

3.APP Control

(a) Download the "Spax" app from the app store or Google Play and log in with your email address.

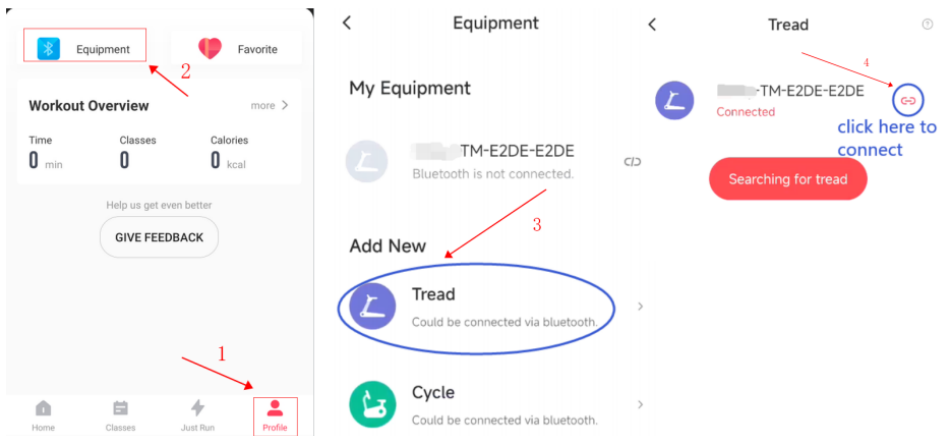
< spax

(b)Open the app,and turn on your mobile phone's Bluetooth.



(c)Click "Profile"to find "Equipment"and connect the walking treadmill.





(d) Return to the initial page and Click "Just Run" at the bottom and then "JOIN" on the top left corner; finally, click "GO" to start the machine.

Just Run SPAX Running Track

512 members are running

JOIN 2

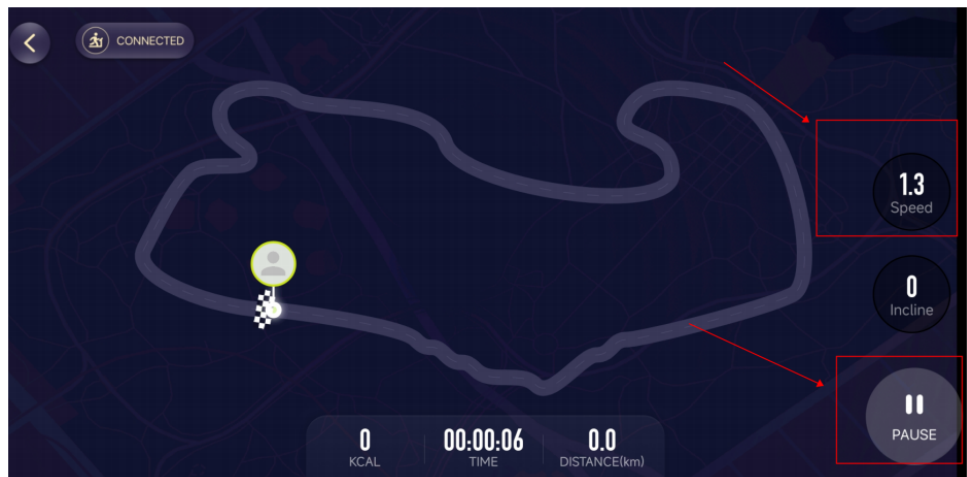
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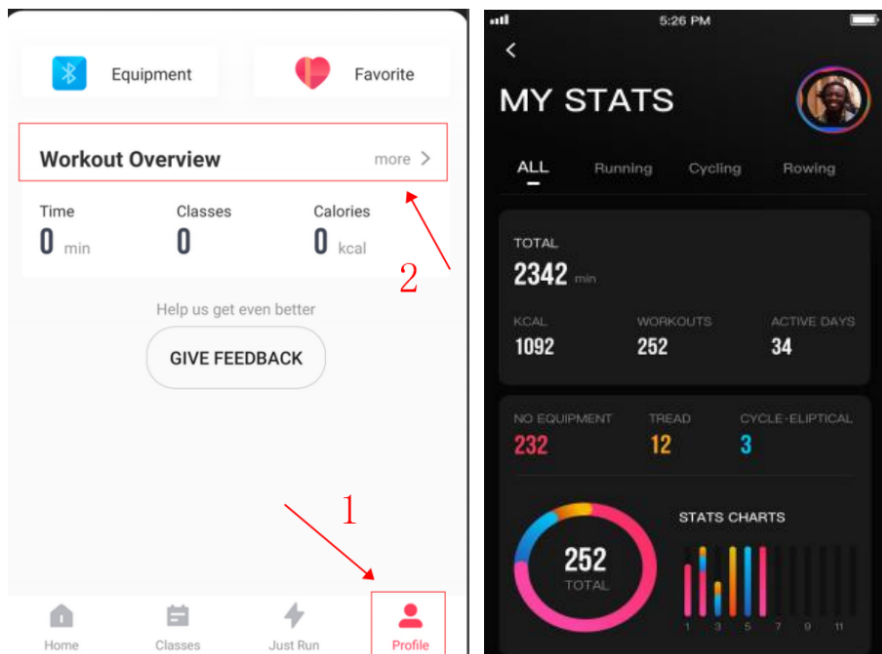
Just Run

Profue

(e)During the exercise,you can click "Speed"to adjust the speed or click "PAUSE"to pause the machine.



(f)Exercise Data Synchronization:Click "Profile"to find "Workout Overview" and get access to the historical exercise data.



Troubleshooting

Remote control work is not sensitive	The battery voltage of the remote controller is insufficient	Change the battery
	The remote controller transmitter tube is not aligned with the infrared receiver tube	Aim for use
	The remote controller error	Change the remote
	The computer receiving circuit is not connected	Change the computer
Computer Display --- or ----	Safety key off	Place the safety key in the yellow magnet position on the panel
	The safety key is not connected to the computer or the safety key sensor is not connect	Re-insert the wire or replace the safety key sensor
	The signal wire between the computer and the PCB is not in good connect or damaged	Re-connect the Signal wire or change the Signal wire
Computer display E01	The signal wire between the computer and the PCB is not in good connect or damaged	Re-connect the Signal wire or change the Signal wire
	computer error	Change the computer
	PCB error	Change the PCB
Computer display E02	PCB error	Chang the PCB
	HALL error	Chang the HALL
Computer display E03	Over-loaded protection	Turn off and re-start machine
	Motor problem	Change the motor
	PCB error	Change the PCB
Computer display E04	Input voltage too high	Check input voltage
	PCB error	Change the PCB

Computer display E05	Inout voltage too low	Check input voltage
	PCB error	Change the PCB
Computer display E06	Heavily step on running belt	Power off and restart
	Treadmill overloaded	Check running belt can move or not
	Motor burnt	Change new motor
	PCB error	Change new PCB
Computer display E07	Signal wire note well connected or broken	Re-connect signal wire or change new one
	Computer error	Change new computer
	PCB error	Change new PCB
Computer display E08	Motor over heat	Stop for a while then re-start
	PCB error	Change new PCB
Computer display E10	Motor wire dis-connected	Re-connect motor wire
	Heavily step on error	Power off and re-start
	Motor error	Change new motor
	PCB error	Change new PCB
Computer display E11	Motor over heat	Stop for a while then re-start
	PCB error	Change the PCB
Computer display E12	Signal wire note well connected or broken	Re-connect signal wire or change new one
	Computer error	Change new computer
	PCB error	Change new PCB
Computer display E13	Signal wire note well connected or broken	Re-connect signal wire or change new one
	Computer error	Change new computer
	PCB error	Change new PCB
Computer display E14	Safety key off	Put safety key on panel
	Safety key wire not well connected to computer or safety key sensor problem	Re-connect the wire or change new safety key sensor

	Signal wire not well connected or broken	Re-connect signal wire or change new one
Computer display E15	Signal wire not well connected or broken	Re-connect signal wire or change new one
	Computer error	Change new computer
	PCB error	Change new PCB

Care and Maintenance

- 1.Storage:Keep the product in an airtight environment to avoid dust and moisture.Do not store it in a garage,indoor backyard,or somewhere near water.Humidity,dust,and water may cause the appliance to malfunction.
- 2.Check and tighten all screws regularly,as screws and nuts tend to loosen due to vibration.
- 3.It is important to properly lubricate the walking machine with silicone oil or Teflon.
- 4.Keep electrical cords away from hot surfaces.Ensure that the cord and plug are intact before use.

I.How to Adjust the Walking Belt

The walking machine comes with an automatic belt adjustment function; thus,there is no need to adjust the belt under normal circumstances.

When the walking belt is offset close to the walking deck support,manual adjustment is necessary.

Walking Belt Adjustment Method

1. Before adjusting the walking belt, set the speed of the machine to 6 KM per hour.

2. If the walking belt is offset to the left, use a 5mm hexagonal wrench to turn the screw of the left rear roller by $1/4$ of a turn clockwise (see figure

1). If the walking belt is offset to the right, turn the screw of the right rear roller by $1/4$ of a turn clockwise using a 5mm hex wrench (see figure 2).

Wait a few seconds for the belt to adjust itself.

3. If further adjustment is required, repeat the steps above until the belt is stable in the center of the walking deck.



Figure 1

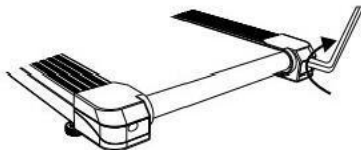


Figure 2

II.How to Fix Treadmill Belt Slippages

1.Before adjusting the walking belt,start the walking machine and increase the speed to 6KM per hour.

2.Use a 5mm hex wrench to turn both bolts 1/4 of a turn clockwise (see Fig.1).Repeat this process until the belt is properly tightened.

3.If the belt is properly tightened,you are able to lift each edge of the walking belt within a range of 5-7 approximately off the walking deck.

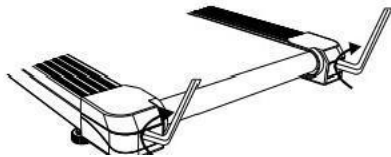


Figure 1

III.How to Lubricate the Walking Machine

1.Lubrication Frequency:Lubricating the walking belt after a period of

time is necessary to make the walking machine function well.When using it less than 3 hours per week,it's recommended to lubricate it once every 2 months.When using it 4-7 hours per week,it's recommended to lubricate it once every 1 month.When using it more than 7 hours per week,it's recommended to lubricate once every 15 days.

2.Check if Lubrication is Necessary:Touch the back center area of the

walking belt as much as possible.If there is oil on the belt (or it feels a little wet),it does not need lubrication.If you feel that the running belt is dry and there is no oil on the hand,it's time to lubricate the walking belt.

3.Steps to Lubricate the Walking Machine:

Step 1: Turn off the walking machine and unplug it.

Step 2: Gently lift one side of the walking belt.

Step 3: Spray or jet lubricant along the side of the walking deck.

Step 4: Plug it in again and turn it on. Walk on the treadmill for five minutes at 1 mile per hour, allowing the lubricating oil to spread evenly throughout the belt surface.



Exercise Guide



Attention: Consult your doctor before starting this or any exercise program, which is especially important for people over 35 or with health issues. If you feel dizzy, short of breath, or pain while exercising, stop exercising immediately and calm down.

Warming Up: Start stretching and move your muscles slightly for about 5 and 10 minutes. Warming up will raise your body temperature, heart rate, and blood flow to prepare you for your workout.

Stretching: Stretch for 5–10 minutes after your workout, which will boost your body flexibility, reduce the risk of injury, and decrease muscle tension.

Warranty

We guarantee to original purchasers that our products will be guaranteed for one year if the installation and operation follow the user manual. We make no warranties and assumes no liability for any product failure or damage caused by:

- 1.Improper installation,incorrect use,or not following the installation guide.
- 2.Use this product beyond normal family use.
- 3.Normal wear and tear,artificial damages,accidents,or damages by animals.
- 4.Natural disasters (such as fire,flood,snow and ice,hurricane,earthquake,lightning,or other natural disasters),environmental conditions (such as air pollution,mold,mildew,etc.),or foreign substances coloring (such as dirt,grease,oil,etc.)
- 5.Normal weathering due to exposure to sunlight,weather,and atmosphere may cause the body surface to fade,flake,chalk,and accumulate dirt or stains.
- 6.Improper operation,modification,processing,storage,and abuse of products.

This warranty is only valid for the original purchaser and is not transfer- able.