



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: SGC2212

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I . IMPORTANT PRECAUTIONS



CAUTION:

Always ensure the safety key clip is securely attached to your clothing before operating the treadmill.

WARNING:

To reduce the risk of electric shock and serious injury, read all important safety instructions, precautions, and warnings before using the treadmill. It is the owner's responsibility to ensure that all users are properly informed. Retain these instructions for future reference.

- Follow **ALL** Instructions – Always follow all operational and usage instructions provided in this manual.
- Do Not Remove Cover – No user-serviceable parts are inside. Refer all servicing to qualified service personnel.
- Connect the treadmill only to a properly grounded outlet.
- Do not connect the treadmill to the same outlet as other high-power household appliances such as microwave ovens or air conditioners.
- This product is designed for use with a nominal 240-volt, 10-amp circuit.
- Use the treadmill indoors only. Keep it away from moisture, dust, and wet areas.
- Do not place objects of any kind on the treadmill or spill liquids on or near it.
- Only one person should use the treadmill at a time.
- Wear proper exercise clothing and athletic footwear. Avoid loose clothing that may get caught in the machine.
- Keep children under the age of 12 and pets away from the treadmill. Children over 12 should only use it under adult supervision.
- Keep the treadmill away from hot surfaces.
- Unplug the power cord before performing any cleaning or maintenance.
- Do not operate the treadmill if the power cord or plug is damaged or if the equipment is not functioning properly.

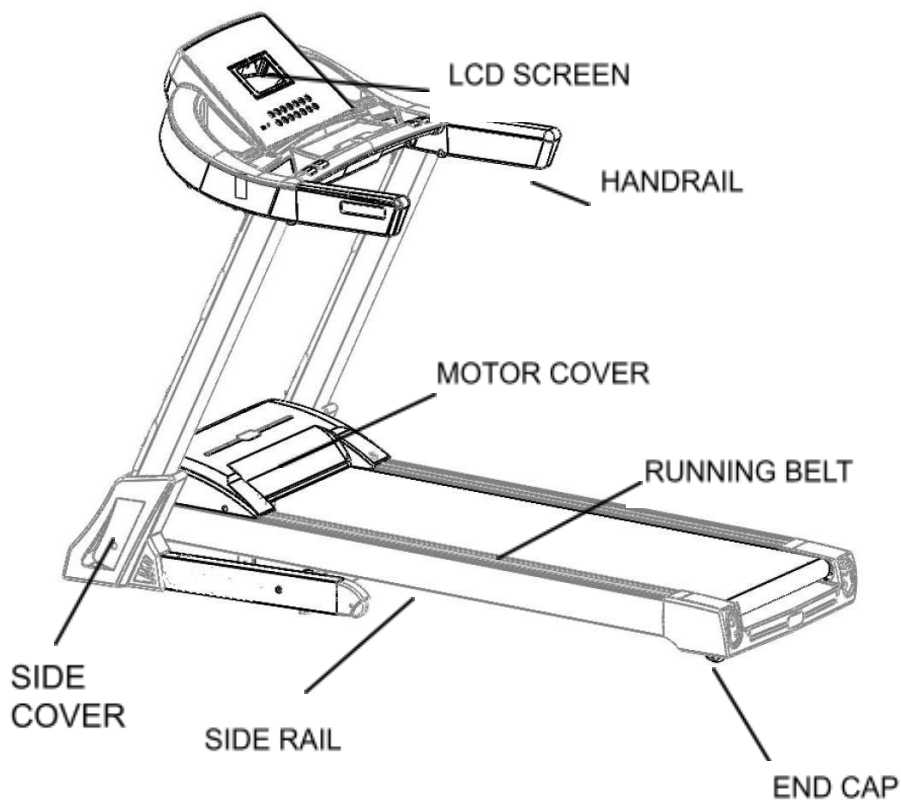
- Use the treadmill only on a level surface.
- Stop exercising immediately and consult your physician if you experience chest pain, nausea, dizziness, or shortness of breath.
- Consult your doctor before using the treadmill if you have heart disease, high blood pressure, diabetes, respiratory illness, smoke, or suffer from other chronic conditions.
- Consult your doctor before using the treadmill if you are over 35 and overweight.
- Consult your doctor before using the treadmill if you are pregnant or breastfeeding.
- Consult your doctor before using the treadmill if you use a pacemaker or any medical device.
- Always unplug the treadmill when not in use.
- Do not lift or move the treadmill unless it is fully assembled and in the upright folded position with the lock latch securely engaged.
- Do not use the treadmill in areas where aerosol products are used or where oxygen is being administered.
- Do not start the treadmill while standing on the running belt. Use the handrails until you are comfortable without them.
- Always stand on the side footplates before starting the treadmill.
- Do not place the treadmill on thick carpet, as it may block ventilation and damage the motor.
- Ensure one end of the safety key is properly inserted into the designated slot on the display console.
- Do not allow children to play near the treadmill.
- This treadmill is intended for home use only. Do not use it in commercial, rental, school, or institutional settings. Use outside of home settings will void the warranty.
- Read, understand, and test the emergency stop procedure before using the treadmill.
- The pulse sensor is not a medical device. Use it only as a general fitness aid.
- Never leave the treadmill unattended while it is running. Store the safety key securely when the treadmill is not in use.
- Regularly inspect and tighten all bolts and parts.
- Unpack the treadmill carton on a flat surface and place a protective covering on the floor before assembly.



Never use the treadmill without first securing the safety key clip to clothing.

CAUTION:

II. PRODUCT INTRODUCTION



2.1 Main Technical Features

Input Voltage	220+-10%V
Frequency	50/60 HZ
Display	Blue LCD
Function	Time, Speed, distance, Calorie, heart rate, MP3, USB input
Speed Range	1.0 -16 Km/h
Power	3.0HP
Max User Weight	150kgs
Incline	AUTO 0-15 levels
Overloading protection	Yes

2. Packing List:

					
1. Main frame					
No.	Fittings	Qty	No.	Fittings	Qty
1	 M8*20	6	7	Safety key	1
2	 M8*60	2	9	 6mm Wrench	1
3	 ST4*16	2	10	 5mm Wrench	1

4	 M8 Nut	4	11	 Multi wrench	1
5	 Flat washer	8	12	 Silicone oil	1
6	MP3 line	1	13	User's Manual	1

Note: The company reserves the right to modify products without prior notice.

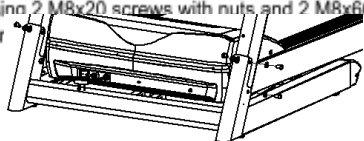
III. ASSEMBLY:

Treadmill installation diagram

Step1.

Take out the frame and place it on a flat surface. Check all parts for completeness and damage.

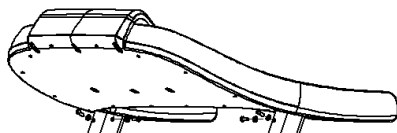
Lift the stand tube and attach it to the frame using 2 M8x20 screws with nuts and 2 M8x60 scr



步骤
螺

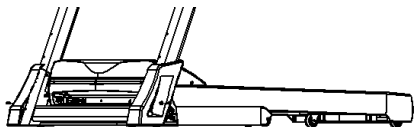
Step2.

Make sure the signal wire is properly connected. Attach the computer to the stand tube using 2 M8x20 screws with washers.



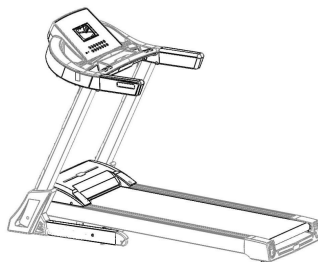
Step3.

Put the stand tube cover, and fasten them with 2pcs ST4X16.



Step 4.

After installation is complete, insert the safety key into the console before using the treadmill.



IV. EXERCISE GUIDELINES

Before using your treadmill, it is recommended to spend 5–10 minutes warming up with basic stretching exercises. Stretching before exercise helps improve flexibility and reduces the risk of injury.

1. Downward stretch

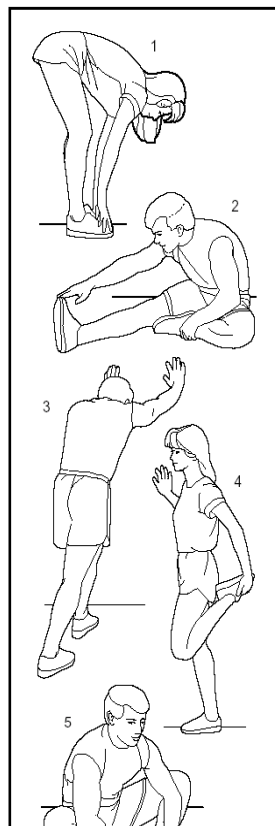
Stand with feet shoulder-width apart and slowly bend forward from the waist. Keep your back and shoulders relaxed, and reach toward your toes. Hold for 10–15 seconds, then relax. Repeat 3 times. (See Figure 1)

2. Crus sinew stretch

Extend one leg straight, and bend the other leg inward. Reach toward the toes of the extended leg. Hold for 10–15 seconds, then relax. Switch legs and repeat. Do each leg 3 times. (See Figure 2)

3. Crus and heal sinew stretch

Stand with both hands placed on a wall or sturdy surface. Step one foot back and keep the back leg straight with the heel on the ground. Lean forward



slightly. Hold for 10–15 seconds, then relax. Switch legs and repeat 3 times. (See Figure 3)

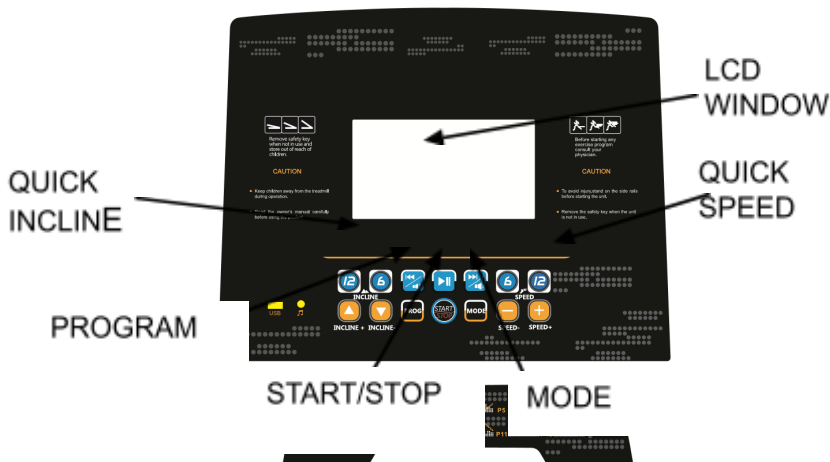
4. Muscles stretch

Stand upright and hold a wall or cable for balance. Reach behind with one hand to pull your ankle gently toward your hips until you feel a stretch in the front of your thigh. Hold for 10–15 seconds, then relax. Switch legs and repeat 3 times. (See Figure 4)

5. Sartorius muscle (inner thigh muscles) stretch

Sit with the soles of your feet together and knees bent outward. Hold your feet and gently pull them toward your groin. Hold for 10–15 seconds, then relax. Repeat 3 times. (See Figure 5)

V. TREADMILL OPERATION



1. Brief Introduction

This electronic treadmill is user-friendly and features a simplified interface with minimal parameters.

Terms used in this manual:

- **Treadmill parameter:** Speed
- **Exercise parameters:** Distance, Calories, Time, and Heart Rate
- **Exercise modes:** Manual, Mode, and Program
 - **Manual Mode:** Exercise mode without a preset goal.
 - **Pattern Mode:** Exercise with a defined target.

A. Time Mode: Set a workout duration (e.g., 30 minutes).

B. Distance Mode: Set a workout distance (e.g., 3 kilometers).

C. Calorie Mode: Set a target calorie burn (e.g., 50 calories).

- **Program Mode:** Use one of 12 built-in workout programs.

2. Display

The treadmill features a large blue LCD screen.

Display parameters include:

- Heart Rate
- Time
- Distance
- Calories
- Speed

3. Control Keys

The treadmill has the following buttons on the control panel:

- 2 Speed Shortcut Keys (6 km/h and 12 km/h)
- 1 Start Key
- 1 Pause/Clear Key
- 1 Program Key
- 1 Mode Key

4. Technical Parameters

- **Power Supply:** 220V
- **Minimum Speed:** 1.0 km/h
- **Maximum Speed:** 16 km/h
- **Time Mode Duration:** 8 to 99 minutes
- **Distance Mode Range:** 1 to 99 km
- **Calorie Mode Range:** 10 to 990 calories
- **Program Mode Duration (P1–P12):** 8 to 99 minutes
- **Biggest calorie figure in calorie mode:** 990 Cal.
- **Lowest calorie figure in calorie mode:** 10 Cal.
- **Shortest time of (P1–P12) program:** 8 minutes.
- **Longest time of (P1–P12) program:** 99 minutes.

5. Safety Switch

If the safety switch is removed at any time, the system will shut down automatically, emit a warning sound, and display “—” on all screens.

6. Exercise Mode

Before starting any mode:

- Ensure the power is connected.
- Insert the safety key correctly.

(1) Manual Mode

- **Start:** Press the **Start** key. A countdown from 3 to 1 will begin, followed by a beep sound. The treadmill will start.
- **Speed Control:** Use the **Speed +** and **Speed -** keys to adjust speed. Speed shortcut keys can be used for quick adjustments.
- **Monitoring:** The treadmill will track and display exercise data in real-time.
- **Pause/Stop:** Press the **Pause** key to stop the workout.
- **Timer Note:** If time exceeds 99:59, the display resets to 0 but the treadmill continues operating.

(2) Mode

- **Start:** From standby, press the **Mode** key. “Time,” “Distance,” and “Calories” will flash. Use **Speed + / -** to set your goal, then press **Start**.

- **Speed Adjustment:** Adjust speed using **Speed + / -** or shortcut keys.
- **Tracking:** The treadmill displays and updates exercise data automatically.
- **Stop:** Press the **Stop** key to end the session.
- **Completion:** When the target is reached, the treadmill stops. Press **Pause/Clear** to return to standby mode.

(3) Program Mode

The treadmill includes 12 scientifically designed programs (P1–P12).

- **Start:** While in standby, press the **Program** key. Select a program and press **Start**. A countdown from 3 begins, and the treadmill starts.
- Each program consists of 20 segments. The total workout time is divided equally among them. After completing each segment, the system automatically proceeds to the next.
- **Speed Adjustment:** Adjust speed using **Speed + / -** or shortcut keys.
- **Tracking:** Exercise data is updated and displayed throughout the session.
- **Stop:** Press the **Stop** key to stop the program.
- **End of Program:** Once the program is completed, the treadmill stops. Press **Pause/Clear** to return to standby.

7. MPS/USB Function

When an MP3 device, SD card, or USB is connected, the treadmill can play audio.

- Use the sound key on the control panel to adjust the volume.
- For MP3 devices, adjust the volume directly through the MP3 player.

Attachment 1: P1–P12 Program Exercise Program

time pro		Pre-set total time/20=each section running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	sp	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	in c	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4

P02	sp	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	in c	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P03	sp	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	in c	0	5	5	5	12	12	5	5	5	12	12	5	5	5	12	12	5	5	5	12
P04	sp	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	in c	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P05	sp	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	in c	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P06	sp	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
	in c	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P07	sp	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	in c	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P08	sp	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	in c	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P09	sp	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	in c	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	sp	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	in c	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	sp	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	in c	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	sp	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	in c	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

8. Constitution Test

To enter the Constitution test mode:

- While the treadmill is in standby, press the PROGRAM key repeatedly to access the FAT test mode.
- Press the MODE key to cycle through the test parameters:

- F-1: Sex
 - F-2: Age
 - F-3: Height
 - F-4: Weight
- Use the Speed + / - keys to input values for each parameter (refer to the table below for acceptable ranges).
 - After setting F-1 to F-4, press the MODE key again to enter the F-5 FAT result interface.

To obtain your result:

- Hold the heart rate sensors for 4–5 seconds.
- The display will show your FAT score.

This FAT value estimates the relationship between your height and weight. It is not a measurement of body fat percentage but a general reference index.

The ideal FAT value is generally considered to be between 20 and 25. A result below 19 may indicate that the individual is underweight, while a value between 26 and 29 suggests a tendency toward being overweight. A reading of 30 or higher is typically associated with obesity. Please note that these values are intended for general reference only and should not be interpreted as medical diagnoses.

01	Sex	01 M	02 F
02	Age	10-----99	
03	Height	100----240	
04	Weight	20-----160	
05	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

9. Safety Lock Function

The safety lock is a critical emergency stop feature designed to ensure user safety during treadmill operation.

- At any time while the treadmill is running, pulling out the **safety key** will trigger an **emergency stop**.
- The motor will immediately stop, the display will show "---", and the buzzer will sound with a "**BI-BI-BI**" alarm.
- Once the safety key is reinserted into its proper position, the treadmill will return to **standby mode**, ready to receive new commands.

Important Safety Notes:

1. Always check the treadmill's **power connection** and **safety key status** before beginning your workout.
2. If an abnormal situation occurs during use, **pull out the safety key** to immediately stop the treadmill. Reinsert the key to reset the system and wait for further input.
3. **Do not disassemble or repair** the treadmill unless you are a qualified technician. Unauthorized repairs may result in injury or damage to the equipment.

VI. MAINTENANCE

1. Lubrication

Proper lubrication is essential for maintaining your treadmill's performance and extending its lifespan. Always use specially formulated cymene-based silicone oil for this purpose.

Recommended Lubrication Frequency:

- Usage less than 3 hours per week: Lubricate every 5 months
- Usage 4–7 hours per week: Lubricate every 2 months
- Usage more than 7 hours per week: Lubricate every 1 month

 *Do not over-lubricate. Excessive lubrication can cause buildup and may affect treadmill performance. Apply only as needed to maintain optimal functionality.*

2. Lubrication Method

Lubrication should be performed regularly—**even before the first use**. Only use silicone oil or Teflon lubricant recommended for treadmills.

Steps for Lubricating the Running Deck:

- a) Turn on the treadmill and set it to its maximum speed.
- b) Apply silicone oil into the designated hole located on the right side of the motor cover.
- c) After running for a period of time, the treadmill must be configured with special cymene silicone oil for lubrication.

(Refer to the illustration in your manual for visual guidance.)



3. Running belt tension adjustment

Each treadmill is calibrated at the factory with optimal belt tension. However, over time and usage, the belt may shift or loosen.

- A loose belt can slip against the roller, reducing performance.
- An overly tight belt may strain the motor and damage internal components, including the running belt and rollers.

Monitor belt tension regularly and adjust as needed.

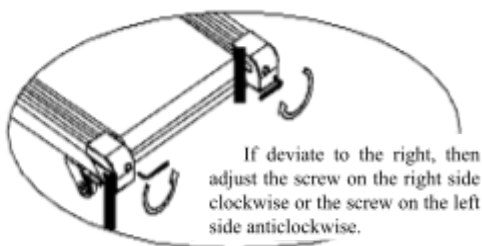
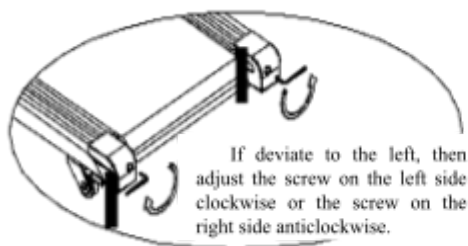
4. Running Belt Alignment (Shifting to the Right)

Over time, the running belt may shift to the left or right due to uneven surfaces

or user habits. Proper alignment ensures smooth operation and prevents damage.

Common Causes:

1. The treadmill is not placed on a level surface.
2. The user's feet are not centered on the running belt.
3. Uneven pressure from the feet while running causes the belt to shift and not auto-correct during idle rotation.



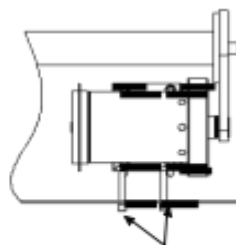
If deviation persists, follow the steps below using the **6 mm hex key** provided in the Tool Kit:

Adjustment Instructions:

- If the belt deviates to the left,
 - turn the left adjustment screw clockwise,
 - or the right adjustment screw counterclockwise.
- If the belt deviates to the right,
 - turn the right adjustment screw clockwise,
 - or the left adjustment screw counterclockwise.

Make small adjustments — typically **one quarter-turn at a time** — and test the treadmill between adjustments.

⚠ Important: Belt alignment is a user-maintenance task and is not covered under warranty. Prompt correction of any misalignment is necessary to prevent permanent damage to the running belt.



5. Motor Belt Adjustment

The motor belt is factory-adjusted for optimal tension. However, after extended use, it may become loose and require adjustment to maintain proper performance.

Adjustment Steps:

1. Use a wrench to turn the adjustment bolt clockwise to increase belt tension.
2. Adjust gradually until the belt provides firm traction under load without slipping.

 *Tip: Proper belt tension ensures smooth power transfer. The belt should be tight enough to prevent slippage but not overly tight.*

Maintenance Note: Regularly **clean the belt and pulley grooves** to prevent dust buildup, which may affect performance and increase wear.

VII. TROUBLE SHOOTING GUIDE

Error Code	Reason	How to solve
E-01	Poor connection between the display and controller.	Check each joint. Replace any damaged or broken wires.
E-02	Over current protection	Turn off and restart the machine. If the issue persists, inspect the motor and PCB for damage.
E-03	Over load protection	Turn off and restart the machine. If the problem continues, check the motor and PCB for possible failure.

E-04	Sudden big current protection	Check the running belt and internal components for obstructions. Inspect the PCB for signs of burning or failure.
E-05	Explosion proof protection	Check if the input voltage is within the normal range. Inspect the PCB for any signs of burning, and ensure all motor wiring is properly connected.
E-07	Incline checking failure	Verify the AC line connection to the incline motor. If the issue persists, the incline motor or PCB may be faulty and require inspection or replacement.

VIII. WARRANTY

This treadmill includes a one-year warranty covering the entire machine. During the warranty period, we will provide free replacement parts for any damage or malfunction that occurs under normal use. However, this warranty does not apply to issues caused by deliberate damage, misuse, improper operation, incorrect assembly, unauthorized modifications, or the use of the treadmill in a commercial or institutional setting, as it is intended for home use only. To make a warranty claim, customers must provide the product's serial number along with relevant photos or other supporting information. After the warranty period has ended, we may continue to offer spare parts and accessories at a favorable price to support your ongoing maintenance and repair needs. Please note that warranty coverage may be denied if sufficient proof of product identification or proper usage is not provided.