

DynaSpace



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: SGC2213

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1. 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.

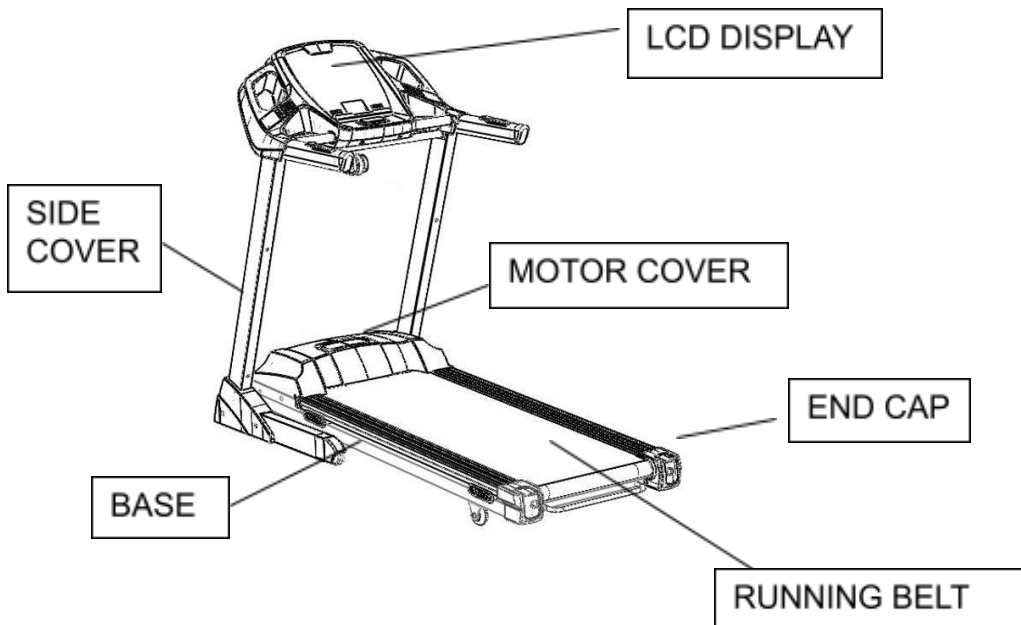
- Unpack the treadmill carton on a flat surface and place a protective covering on the floor before assembly.



CAUTION:

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

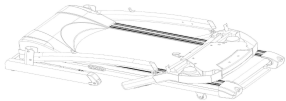
BEFORE YOU BEGIN



2.1 Main Technical Features

Input Voltage	220V±10%
Frequency	50/60 HZ
Running area	1400X450mm
Function	Time, Speed, distance, Calorie, heart rate, MP3& USB input
Speed Range	1.0-16 Km/h
Incline	Manual
Max user weight	140kgs
Power	3.0HP

2.2 Part List

 main frame					
No.	Fittings	Quay	No.	Fittings	Quay
(1)	 M8*20	4	(6)	 6mm Wrench	1
(2)	 M8*55	2	(7)	 5m Wrench	1
(3)	 ST4X15	2	(8)	 Multi-wrench	1
(4)	 M8 Nut	2	(9)	 Silicone oil	1
(5)	 Flat washer	6	(10)	User's Manual/ Warranty Card	1

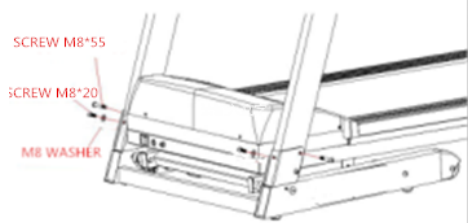
Note: The company reserves the right to modify products without prior notice.

ASSEMBLY

Step 1: Support Frame Assembly

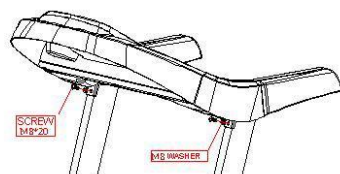
1. Remove the main frame from the packaging and place it on a flat surface with protective paperboard underneath. Unpack and organize all included fittings.

2. Attach the support frame to the stand pipe using **2 M8×20 screws**, **2 M8 nuts**, and **2 M8×55 screws**, along with the appropriate washers. Make sure all screws are securely tightened.

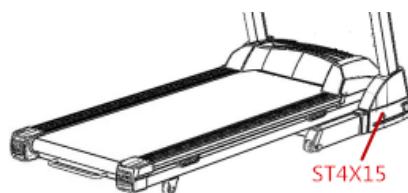


step 2:

1. Raise the computer panel while checking that the signal connection is properly secured. Insert **2 M8×20 screws with washers** to fasten the panel firmly in place.



Step 3: Use 2pcs ST4X15 screws to fasten the plastic cover at bottom of stand pipe.



Step 4:

Insert the safety key, turn on the power switch. and the machine will be



4. 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*)

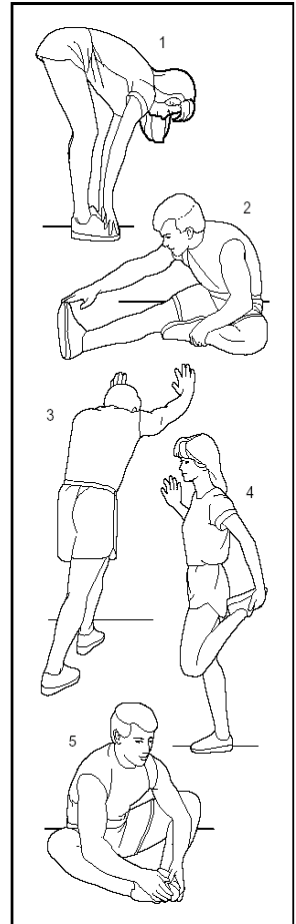
3. Crus and heel sinew stretch

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

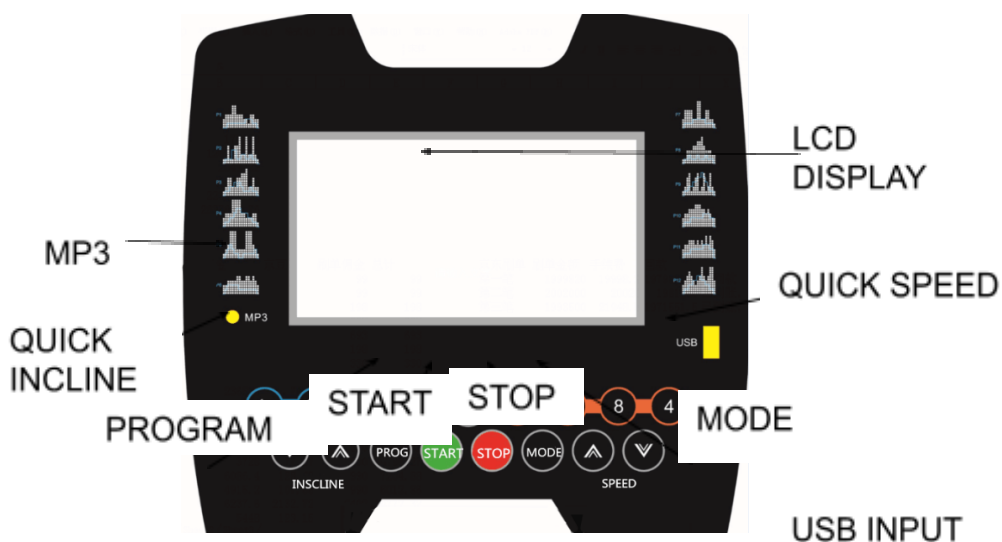
Stand upright and hold a wall or cable for balance. Reach behind with one hand to pull your ankle gently toward your hips until you feel a stretch in the front of your thigh. Hold for 10–15 seconds, then relax. Switch legs and repeat 3 times. (See *Figure 4*)

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)

5. TREADMILL OPERATION



5.1. 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.

5.2. Display

The treadmill features a large blue LCD screen.

Display parameters include:

- Heart Rate
- Time
- Distance
- Calories
- Speed

5.3 Control Keys

The treadmill has the following buttons on the control panel:

- 3 Speed Shortcut Keys (4 km/h, 6 km/h, and 12 km/h)
- 1 Start Key
- 1 Pause/Clear Key
- 1 Program Key
- 1 Mode Key

5.4 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.

5.5 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.

5.6 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.
- When the exercise time exceeds 99:59, the system will not shut down but will continue counting from 00:00.

(2) Mode

- **Enter:** While in standby mode, press the **Mode** key. The display will flash and cycle through "Time," "Distance," and "Calories." Use the **Speed +** and **Speed -** keys to set your desired exercise goal. Press the **Start** key to begin the selected mode.
- **Speed Adjustment:** Adjust the speed using the **Speed +** and **Speed -** keys, or use the speed shortcut keys for quick selection.
- **Tracking:** The treadmill will automatically calculate and display exercise parameters in real time.
- Adjust the speed shortcut to regulate the speed directly.
- Press the **Stop** key to shut down the system
- **Completion:** When the target is reached, the treadmill stops. Press **Pause/Clear** to return to standby mode.

(3) Program Mode

According to scientific arrangement, it has 12 exercise programs within the system (see attachment 1)

- **Enter:** Press the **Program** key to select one of the programs from **P1 to P12**. The default time displayed will be **30:00**, which can be adjusted using the **Speed +** and **Speed -** keys or the speed shortcut keys. Press the **Start** key to begin. After a 3-second countdown, the treadmill will start at the first preset speed and incline. Each program is divided into **16 sections**, with each section representing 1/16 of the total time. The treadmill will automatically move to the next section upon completion of the previous one. Once all sections are complete, the treadmill will stop.
- **Speed Adjustment:** Speed can be adjusted at any time using the **Speed +** and **Speed -** keys or by using the speed shortcut keys.
- **Tracking:** The treadmill calculates and displays workout data in real time on the screen.
- **Stop:** Press the **Stop** key to shut down the treadmill.
- **End of Program:** When the program finishes, the treadmill will stop automatically. Press the **Pause/Clear** key to return the system to standby mode.

5.7 MPS/USB Function

When connected to an MP3 player or USB device, the console can play music. Volume control should be managed directly from the connected audio device. Please adjust the volume appropriately to avoid affecting sound quality or damaging the internal audio circuitry.

Time Programme		Setting time / 16= operation time of each section														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P1	SPEED	4	6	6	6	10	10	6	6	6	4	4	2	6	6	4
P2	SPEED	2	2	8	2	2	8	8	12	4	4	12	4	4	12	4
P3	SPEED	2	4	8	8	4	4	8	8	10	10	12	4	4	8	4
P4	SPEED	4	6	6	6	12	12	12	12	6	6	4	4	4	6	6
P5	SPEED	2	4	6	12	12	12	4	4	4	4	12	12	12	6	4
P6	SPEED	4	4	6	6	6	6	8	8	6	6	8	8	6	8	6
P7	SPEED	4	8	8	8	8	4	4	12	12	4	4	8	8	4	4
P8	SPEED	2	2	6	6	6	8	8	10	10	12	8	6	6	6	4
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4
P10	SPEED	4	6	6	8	8	8	10	10	10	8	8	6	8	6	4
P11	SPEED	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8
P12	SPEED	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12

Attachment 1: P1-P12 Program Exercise Program

5.8 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
 - F-5: FAT Test
- Use the Speed + / - keys to input values for each parameter (refer to the table below for acceptable ranges).
- After setting F-1 to F-5, 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.

F-1	Sex	01 M	02 F
F-2	Age	10-----99	
F-3	Height	100----240	
F-4	Weight	20-----150	
F-5	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight

	FAT	$\leq (25 \text{---} 29)$	Overweight
	FAT	≥ 30	Obesity

5.9. Safety Lock Function

At any time during operation, removing the safety key will trigger an emergency stop. The treadmill will immediately halt, the LCD will display “---”, and the buzzer will sound with a “BI-BI-BI” alarm. The motor will stop running. Once the safety key is reinserted into its correct position, the treadmill will return to standby mode, ready for setup.

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.

TROUBLE SHOOTING

ERRO CODE	REASON	HOW TO SOLVE
NO DISPLAY	A) electricity not connected	Connect the electricity
	B) power switch not turn on	Turn on the power switch
	C) pcb no power or broken	Press the overload protector or replace the PCB
	D) signal wire not connected	Reconnect the signal wire or replace it

		E) computer broken	Replace the computer
		F) background light broken	Check and replace the background light wire if needed
NOT DISPLAY ALL INFORMATION		A) display drive IC not inserted well	Re-insert or re-solder the IC, or replace it
		B) EMI gasket slip, not well fastened	Reassemble the screen
NOT RUN SMOOTHLY		A) driving position has resistance	Adjust the driving position or apply silicone oil
		B) running belt too tight or too loose	Adjust the running belt tension
		C) pcb torque too big or too small	Adjust torque to the correct setting
	---OR--- (OR E00/E07)	A) safety key off	Insert safety key
		B) magnetron not fixed well	Secure the magnetron in the correct position
	E01/E13	A) signal wire not well connected	Reconnect the signal wire
		B) signal wire broken	Replace the signal wire
		C) signal wire broken	Replace with a new computer if necessary
		D) pcb broken	Replace the PCB
	E02	A) motor wire not well connected, or open circuit	Reconnect the motor wire or change new motor
		B) IGBT on pcb broken	Replace the PCB
		C) input voltage too low	Stop using, ask electrician to check
	E03	A) speed signal wire not well connected, or sensor broken	Re-connect speed signal wire or change new sensor wire
		B) pcb broken	Replace the PCB
	E04	A) incline motor wire not well	Reconnect the incline

		connected	motor wire
		B) incline motor broken	Change new incline motor
		C) pcb broken	Replace the PCB
	E05	A) over-loaded	Turn off and re-start machine
		B) driving position hinder	Adjust the driving position or apply oil
		C) motor short circuit	Change new motor
		D) pcb burnt	Replace the PCB
	E10	A) pcb torque too big	Adjust torque to the correct setting
		B) motor short circuit	Change new motor
		C) driving position hinder	Adjust the driving position or apply oil

7. 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)

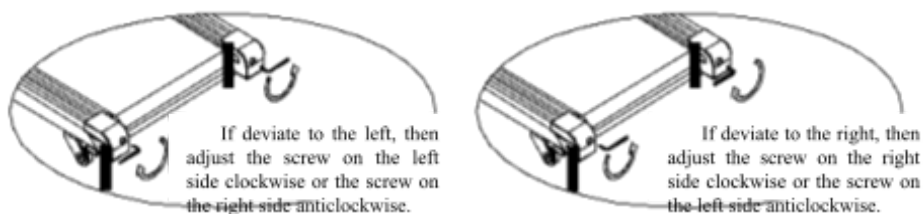
While the treadmill is operating, you can adjust the incline level by pressing the

“+” or “-” keys, or by using the **incline shortcut key**.

If the running belt deviates to one side, it may be due to one of the following reasons:

- The main frame is not placed on a flat, level surface.
- The user is not running in the center of the belt.
- Uneven foot pressure causes forced deviation.

If the deviation does not correct itself after several minutes of no-load operation, manual adjustment is required. Use the **6 mm hex key** provided in the Tool Kit and turn the adjustment bolt **clockwise by 90 degrees** to realign the belt. (Refer to the diagram below for detailed guidance.)



If the running 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.

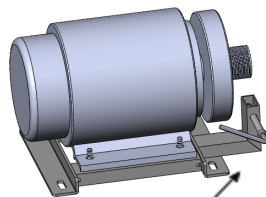
Please note that running belt deviation is not covered under the manufacturer's warranty. It is the user's responsibility to perform regular maintenance and alignment as outlined in this manual. Prompt adjustment is essential when misalignment is observed, as continued use may result in serious damage to the running belt.

5. Driven Belt Adjustment

If the driven belt becomes loose after using for a period of time, you need to:

Use the wrench to turn the adjusting bolt clockwise until the driven belt is not slippery anymore.

Note: Regularly clean any debris or objects that fall betv is a mandatory maintenance step to ensure safe and ef operation.



Adjusting bolt

VIII. WARRANTY

We provide a one-year quality warranty for this product. During the warranty period, we offer free replacement parts for issues resulting from normal use. However, the warranty does not cover failures caused by incorrect assembly, improper use, or unauthorized modifications.

To claim warranty service, you must provide the product's serial number along with relevant photos or supporting information.

This treadmill is intended for home use only. The warranty does not apply to damage or malfunctions resulting from commercial, rental, or institutional use.