

# **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.*



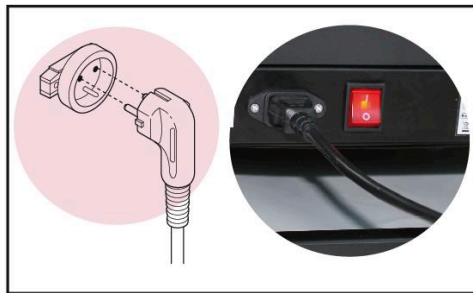
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## I. IMPORTANT PRECAUTIONS



 MINIMUM USER HEIGHT	140 cm	 Kg MAX USER WEIGHT	150 kg.
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### WARNING:

#### SAFETY KEY USAGE

THE SECURITY KEY CONTAINS A MAGNET THAT MUST BE PLACED ON THE DISPLAY. AT THE END OF THE LANYARD, THERE IS A CLIP THAT SHOULD BE SECURELY ATTACHED TO YOUR CLOTHING. THE TREADMILL WILL ONLY OPERATE WHEN THE SAFETY KEY IS CORRECTLY POSITIONED ON THE DISPLAY. THIS IS ESSENTIAL FOR SAFE USE.

#### LUBRICATION

PROPER LUBRICATION OF THE TREADMILL USING SILICONE OIL OR TEFLON IS EXTREMELY IMPORTANT. LUBRICATION MUST BE CARRIED OUT REGULARLY, DEPENDING ON INDIVIDUAL USAGE, AND SHOULD BE DONE EVEN BEFORE THE TREADMILL IS USED FOR THE FIRST TIME.

#### WARRANTY REQUIREMENTS

DURING THE WARRANTY PERIOD, YOU MUST RETAIN THE ORIGINAL PACKAGING WITH ALL PROTECTIVE MATERIALS, THE PURCHASE RECEIPT, THE USER MANUAL, AND ALL COMPONENTS.

## **Important Safety Instructions and Warnings**

To reduce the risk of serious injury, carefully read all instructions and warnings before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage resulting from improper use of this product.

### **General Safety Instructions**

1. Before beginning any exercise program, consult your doctor. This is especially important for individuals over 35 years of age, those with health conditions, and pregnant women.
2. The owner is responsible for ensuring that all users are fully informed of these safety warnings.
3. Use the equipment only as described in the instruction manual.
4. Keep the equipment indoors in a clean, dry environment. Do not store it in garages, covered patios, or near water. Dust, humidity, or water may cause malfunction and will void the warranty.
5. Place the unit on a flat, stable surface. Uneven surfaces may affect proper operation. Some models include levelling feet—refer to the manual to confirm whether your unit is equipped with them.
6. Use the treadmill in a well-ventilated area. Do not operate it in locations with aerosol sprays or oxygen dispensers, as this may affect breathing and cause accidents.
7. Keep children under 12 years of age and pets away from the equipment at all times. Maintain a safe distance.
8. Check the maximum user weight specified in the manual. Exceeding this limit may cause damage to the operating system and will not be covered by the warranty.
9. Wear appropriate clothing and footwear. Do not wear loose clothing that could become caught in the machine.

### **Electrical and Power Safety**

10. If the unit is powered by electricity, ensure the power cord and plug are in good condition. Use only a properly grounded outlet. Improper grounding may cause damage or injury and is not covered by the warranty. Keep the power cord away from hot surface.
11. If the unit is battery-powered, ensure the batteries are sufficiently charged so the display functions correctly.
12. If the treadmill is equipped with a safety key, understand its operation before use. The safety key has a magnet that must be placed on the display. The clip at the end of the lanyard must be attached to your clothing. The treadmill will only operate when the safety key is correctly positioned. This is essential.
13. For electrically powered units, do not start the treadmill while standing on the belt. This places unnecessary strain on the motor. Stand on the side rails and step onto the belt only once it is moving.
14. Adjust speed gradually to avoid sudden changes that could compromise safety.
15. Never leave the treadmill unattended while it is operating. Remove the safety key, switch the unit off, and unplug the power cord after use.

### **Usage, Maintenance, and Storage**

16. If equipped with a pulse sensor, note that it is not a medical device. It is intended only as a workout aid and provides general heart rate trends. Accuracy may be affected by movement and other factors.
17. Many models are foldable for space-saving storage. When folded, ensure the locking system or hydraulic mechanism is fully engaged. Do not move or lift the unit unless it is properly secured. Damage caused while unsecured is not covered by the warranty.
18. Regularly check and tighten all screws and nuts, as vibrations may cause them to loosen over time. Damage caused by lack of maintenance is not covered by the warranty.
19. Proper lubrication using silicone oil or Teflon is extremely important. Lubricate regularly based on usage, even before the first use.
  - Disconnect the unit from the power supply (if applicable).
  - Lift the belt from one side and apply lubricant to the running board.
  - Repeat on the opposite side.
  - Reconnect the power, insert the safety key, and allow the treadmill to run for several minutes without weight on the belt.
  - Repeat this procedure regularly.

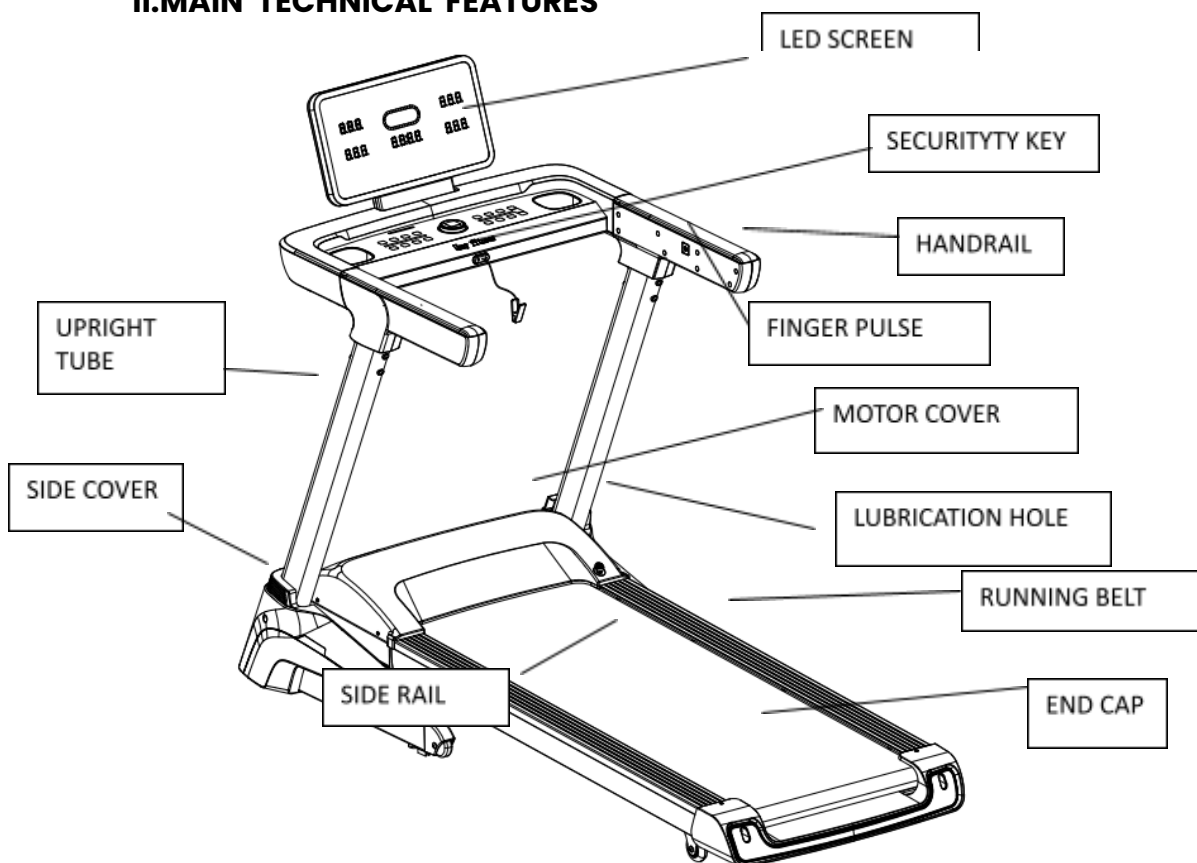
20. Two people are required to remove the unit from the packaging. Damage caused during unpacking by a single person will not be covered by the warranty.
21. Do not allow objects to fall into the grooves or openings of the treadmill.
22. Always unplug the power cord before cleaning, after workouts, and before performing any maintenance.
23. This unit is designed for indoor, domestic use only. It is not intended for commercial or outdoor use.

**Health & Environmental Guidance**

24. Perform stretching exercises before and after each workout to help prevent injury
25. Drink water before, during, and after exercise.
26. If you experience pain, dizziness, or discomfort during exercise, stop immediately.
27. You must retain the original packaging, protective materials, manual, and all components throughout the warranty period.
28. Accessories may vary depending on the model.
29. This electronic product must not be disposed of with household waste. To protect the environment, recycle it in accordance with local regulations. Contact your local council for guidance.
30. For technical assistance or installation support, please contact us. The purchase receipt must be retained to access this service.

**Keep these instructions for future reference.**

**II.MAIN TECHNICAL FEATURES**
















<b>Input Voltage</b>	220V±10%
<b>Frequency</b>	50/60 HZ
<b>Running area</b>	1360X500mm
<b>Function</b>	Time, Speed, distance, Calorie,bluetooth APP ,bluetooth speakers
<b>Speed Range</b>	1.0-18 KM/H
<b>Incline</b>	15 levels auto incline
<b>Max user weight</b>	150kgs
<b>Power</b>	3.5HP brushless motor

### III.ASSEMBLY

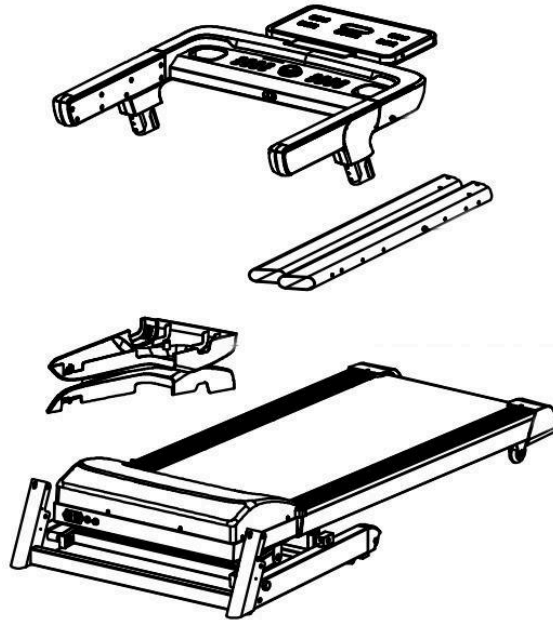


**NOTICE:ASSEMBLY REQUIRES TWO PERSONS**

Main part	Name		Qty		
	1.Main frame 		1set		
<b>No.</b>	<b>Fittings</b>	<b>Qty</b>	<b>No.</b>	<b>Fittings</b>	<b>Qty</b>
①	 M8x60 screw	4	⑦	 Multi Wrench	1
②	 M8x20 screw	10	⑧	 6mm Wrench	1
③	 M8 flat washer	4	⑨	 5mm Wrench	1
④	 ST 4.2*13 screw	2	⑩	 User's Manual	1
⑤	 M8 curve washer	10	(11)	 Security Key	1
⑥	 M8 Nut	4	(12)	 Silicone oil	1

## STEP 1

Remove the machine from the packaging using two people and carefully place it on a flat, stable floor. Place all accessories and fittings beside the machine for easy access.



## STEP 2

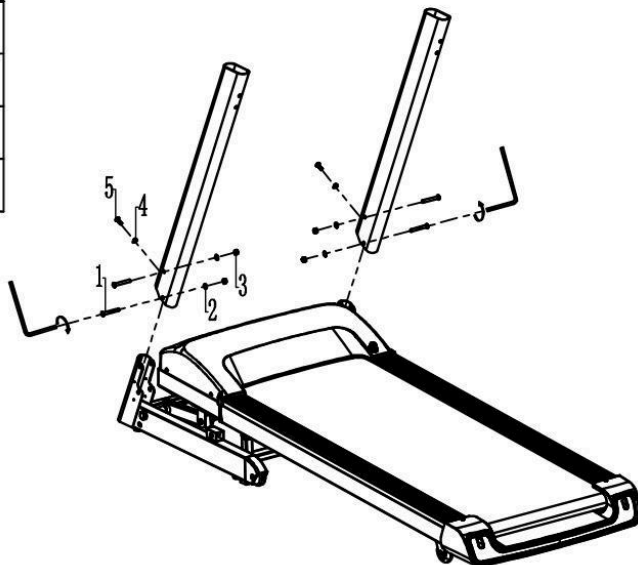
Insert the left upright tube into the base frame.

Secure it using: 2 × M8 × 60 screws, 2 × M8 nuts, Flat washers, 1 × M8 × 20 screw, 1 × M8 curved washer

Tighten all screws securely.

Repeat the same procedure for the right upright tube, then fully tighten the screws on both sides.

NO	NAME	QTY
1	M8*60 SCREW	4
2	M8 FLAT WASHER	4
3	M8 NUT	4
4	M8 CURVE WASHER	2
5	M8*20 SCREW	2



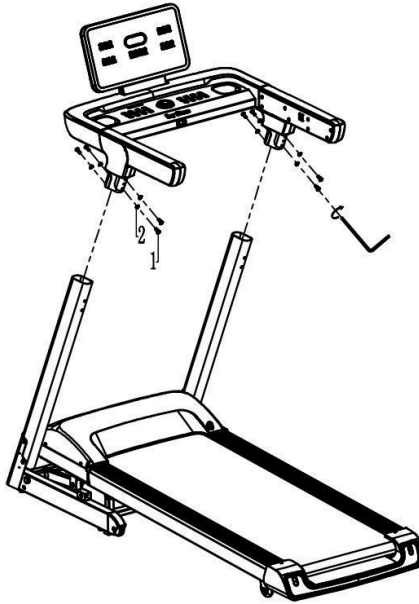
### STEP 3

Insert the console into the upright tubes.

**⚠** Take care not to damage or pinch the signal wire.

Secure the console using 4 × M8 × 20 screws with curved washers (two on each side) and tighten firmly.

NO	NAME	QTY
1	M8*20 SCREW	8
2	M8 CURVE WASHER	8

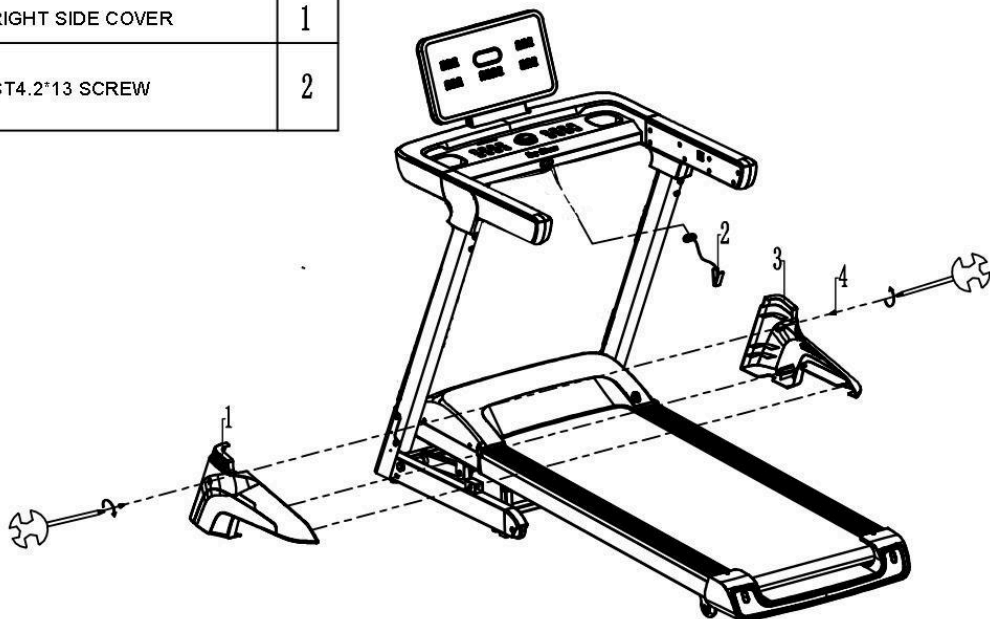


### STEP 4

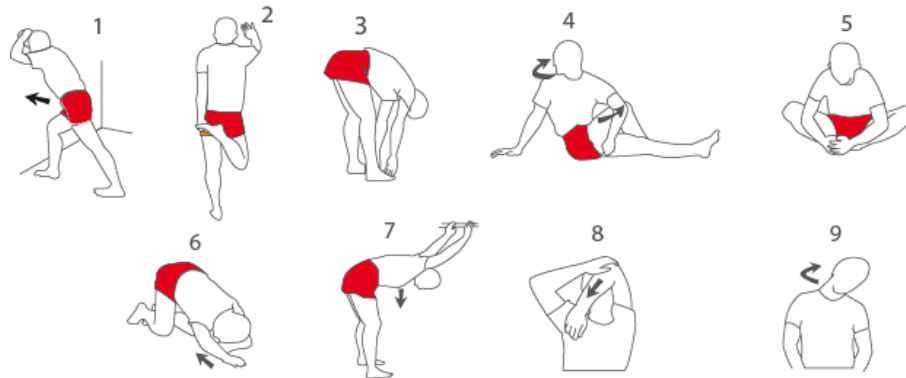
Attach the side covers to the base frame and fasten them with 2 × ST4.2 × 13 screws.

Place the safety key onto the console. The treadmill is now ready for use.

NO	NAME	QTY
1	LEFT SIDE COVER	1
2	SAFETY KEY	1
3	RIGHT SIDE COVER	1
4	ST4.2*13 SCREW	2



## IV. WORKOUT GUIDELINES



### **⚠ Warning:**

Before starting this or any exercise program, consult your doctor. This is especially important for individuals over 35 years of age or those with health conditions.

If your equipment includes a pulse sensor, please note that it is not a medical device. Various factors may affect heart rate accuracy. The pulse sensor is intended only as a workout aid to indicate general heart rate trends.

### **Recommended Workout Program**

#### **Warm-Up**

Begin with 5–10 minutes of stretching and light movement to activate your muscles. Warming up increases body temperature, heart rate, and blood circulation, preparing your body for exercise.

#### **Main Workout**

Train for 20–30 minutes, focusing on your target training area.

- During the first few weeks, do not maintain an elevated heart rate for more than 20 minutes.
- Breathe deeply and consistently throughout the workout.
- Never hold your breath.

#### **Cool-Down**

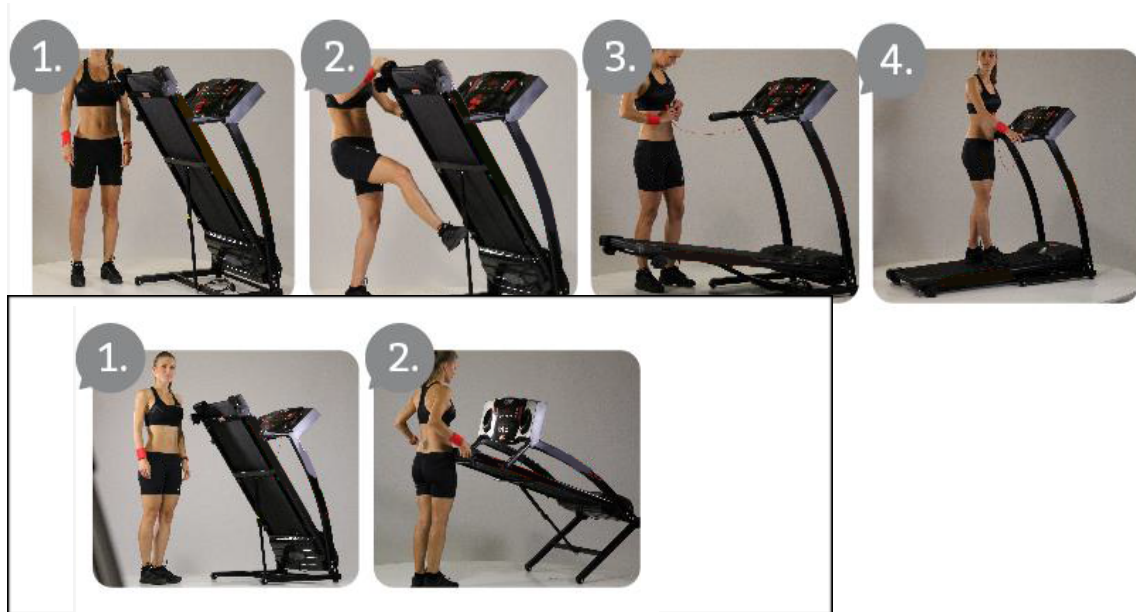
Finish with 5–10 minutes of stretching. Cooling down helps relax muscles, improves flexibility, and reduces the risk of injury.

### **Workout Frequency**

To maintain fitness or improve physical condition, aim for three workouts per week, allowing one rest day between sessions. After several months of regular training, you may increase to up to five workouts per week.

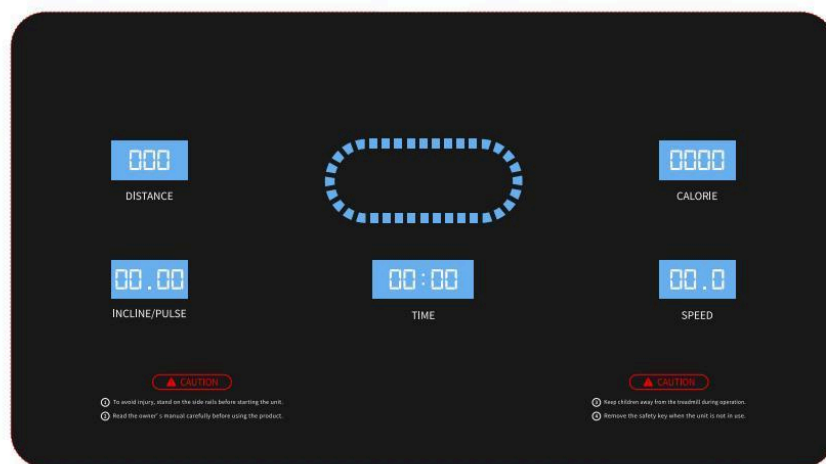
## V. TREADMILL OPERATION

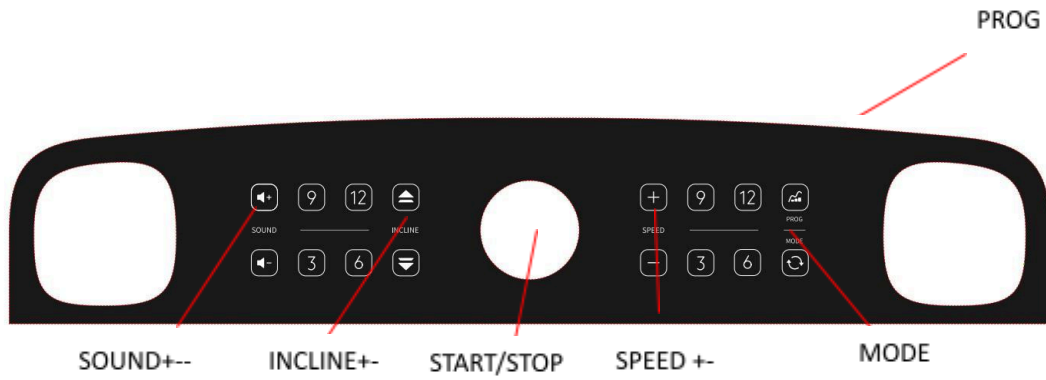
### HOW TO FOLD AND MOVE THE TREADMILL



### COMPUTER

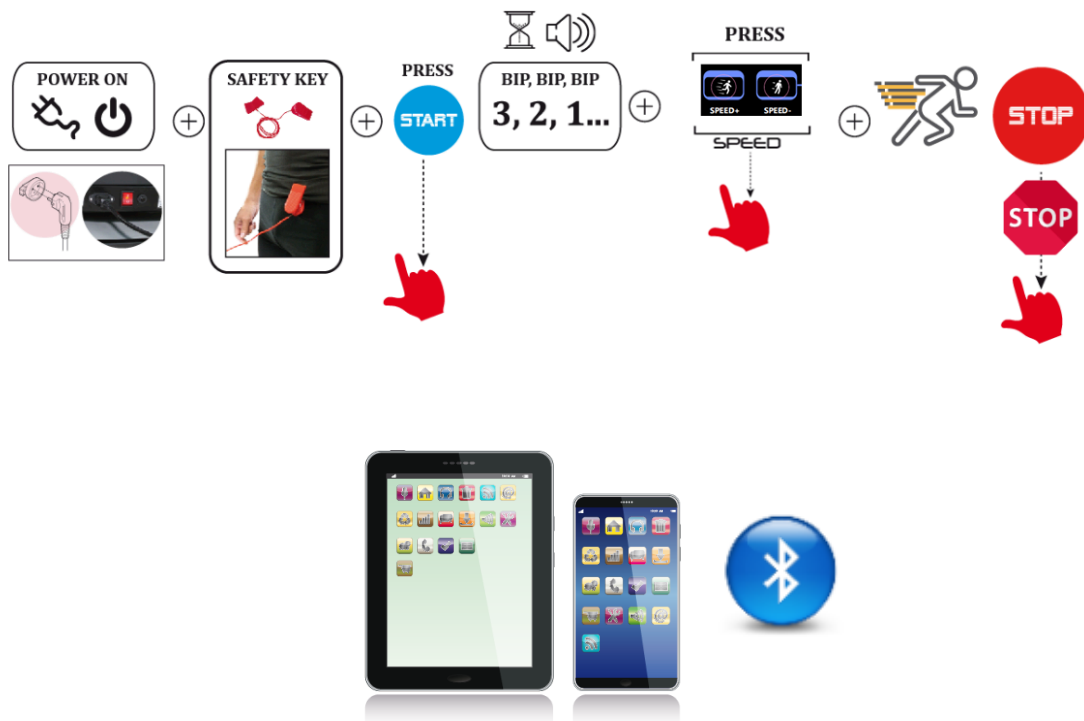
### LED DISPLAY



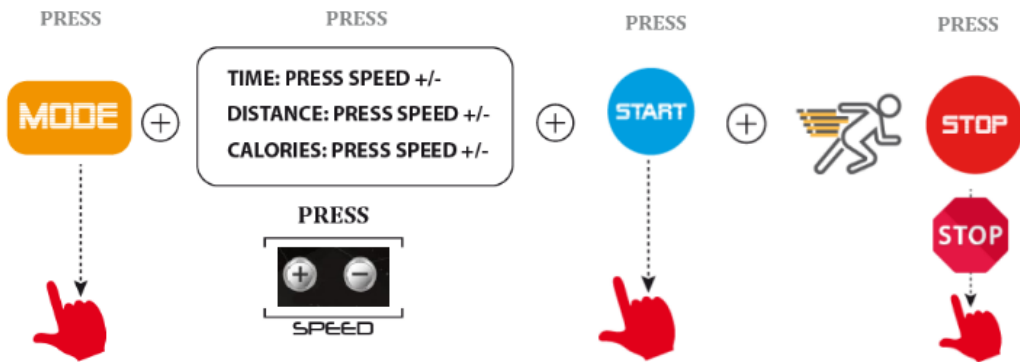


MANUAL

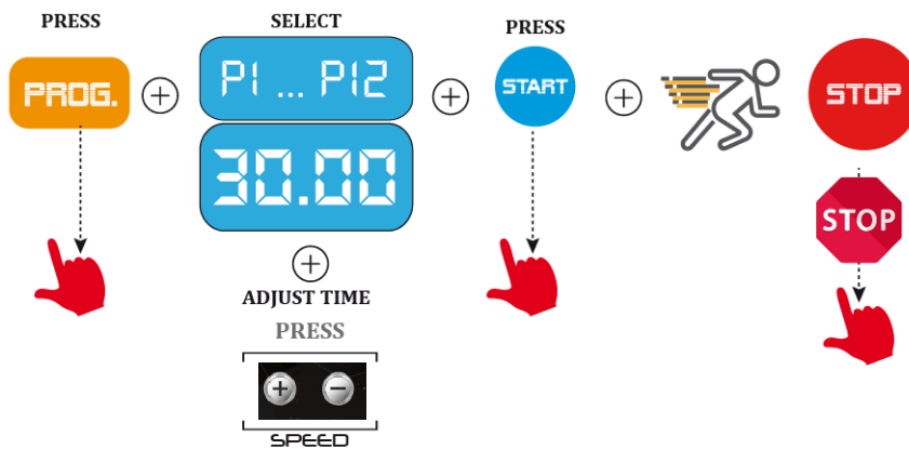
BLUETOOTH SPEAKER



## MODE

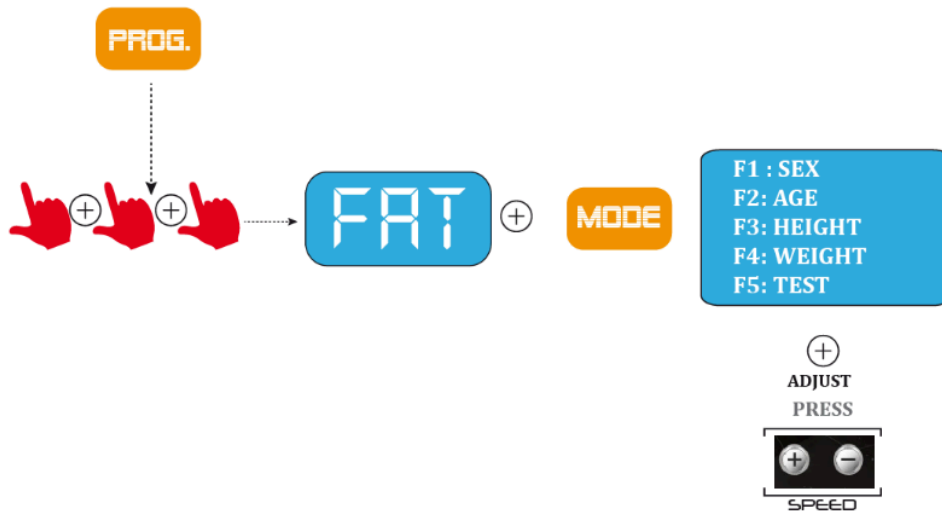


## PROGRAM



TIME SECTION	SETTING TIME / 20= EACH SECTION OPERATION TIME																				
	PROGRAM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	0	7	7	6	6	5	5	4	4	3	3	2	2	2	2	2	2	3	3	4
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	0	5	5	5	1	1	5	5	5	1	1	5	5	5	1	1	5	5	5	1
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P06	SPEED	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
	INCLINE	0	2	3	4	5	6	7	7	6	5	4	3	2	1	1	2	3	4	5	6
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	2	3	4	5	6	7	8	9	9	9	9	9	8	7	6	5	4	3	2	2
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	0	3	3	5	5	7	7	9	9	7	7	5	5	3	3	3	3	5	5	7
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	0	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P11	SPEED	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
	INCLINE	9	8	7	6	5	4	3	3	4	5	6	7	8	9	9	8	7	6	5	4
P12	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3
	INCLINE	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	4	4	4	4	4

# CONSTITUTION TEST



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

**Z ZWIFT**      **SPAX**

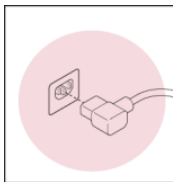
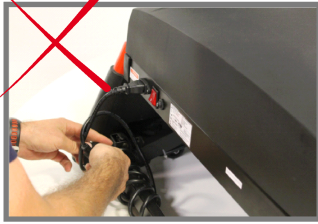
**K Kinomap**



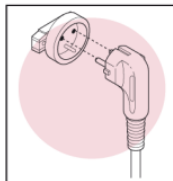
## VI. MAINTENANCE

This product must be properly earthed. If the power cord is damaged, it must be replaced with a power cord recommended by the manufacturer.

If you need this adjusted for a warning label, icon-based notice, or different tone, I can refine it further.



**DO NOT TANGLE THE POWER CORD**



### REGULAR MAINTENANCE OF THE TREADMILL

**Storage:** Store the treadmill in an enclosed, dry area, away from dust and humidity. Do not keep it in a garage, enclosed patio, or near water. Exposure to humidity, dust, or water may damage the unit and affect its performance.

**Power Cord:** Ensure the power cord and plug are always in good condition. Keep electrical cables away from hot surfaces.

**Screws and Connections:** Inspect and tighten all screws and connecting parts regularly. Due to vibration during use, screws and nuts may loosen over time.

**Lubrication:** Proper lubrication of the treadmill using silicone oil or Teflon is extremely important. Lubrication must be carried out regularly depending on usage, even before the first use.

**Lubrication procedure (refer to the diagram):**

1. Run the treadmill at its highest speed.
2. Apply silicone oil through the lubrication hole located on the right side of the motor cover.

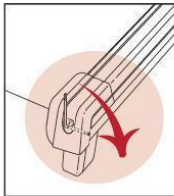
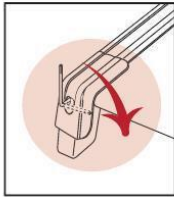
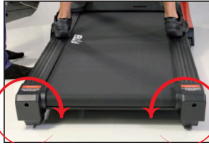
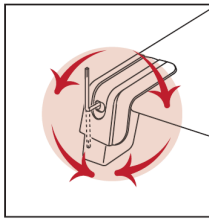
After a period of use, the treadmill must be lubricated using special silicone oil designed for treadmills.

#### Recommended Lubrication Frequency

Do not over-lubricate. Use only the amount required. Regular and proper lubrication helps extend the lifespan of your treadmill and ensures optimal performance.

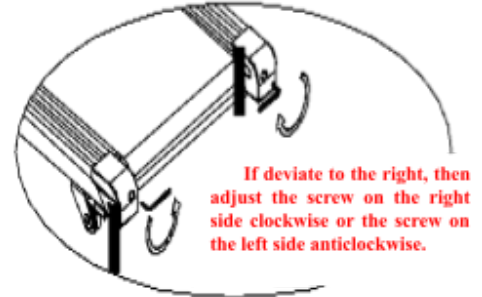
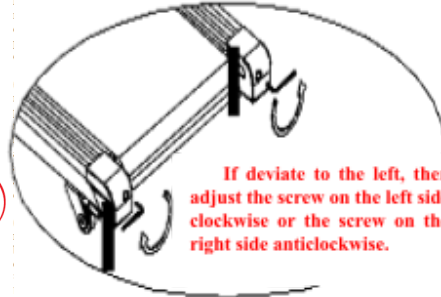
< 3 hours/week	2 months
4 – 7 hours/week	1 month
> 8 hours/week	15 days

## ALIGNING AND TIGHTENING THE TREADMILL BELT

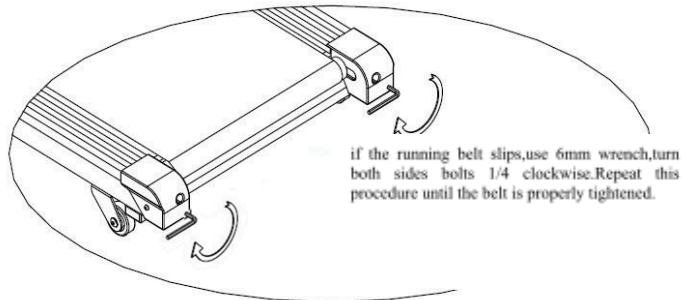


LEFT BOLT    RIGHT BOLT

**Belt Alignment:** Over time, normal use may cause the running belt to shift off-center. If the belt moves to the left, start the treadmill and increase the speed to 3 MPH. Using a 6 mm Allen wrench, turn the left adjustment bolt clockwise or the right adjustment bolt counterclockwise. Do not over-tighten the belt, as it must remain comfortable for walking. Repeat this process until the belt is correctly centered.



**Belt Tightening:** If the belt slips while walking, it needs tightening. Start the treadmill and increase the speed to 3 MPH. Using a 6 mm Allen wrench, turn both adjustment bolts clockwise by 1/4 turn. A properly tightened belt allows you to lift each side of the belt approximately 5–7 cm off the running deck. Ensure the belt remains properly aligned during adjustment. Repeat the process as needed until the belt no longer slips.

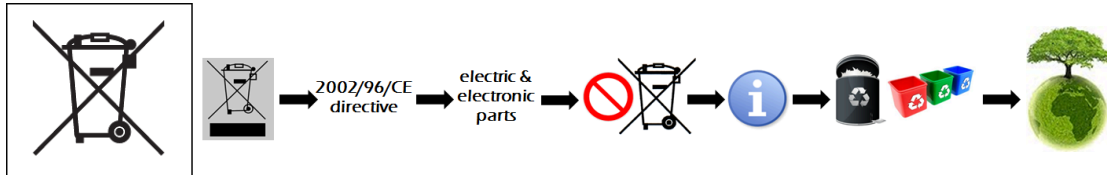


**Cleaning:** Do not use abrasive or chemical cleaning products. Clean the treadmill using a slightly damp cloth only.

**Levelling:** If your treadmill is equipped with levelling feet or wheels, adjust them to ensure stability. Proper levelling helps reduce vibration and prevents malfunctions.

**Keep these maintenance instructions for future reference.**

## VII. RECYCLING INFORMATION

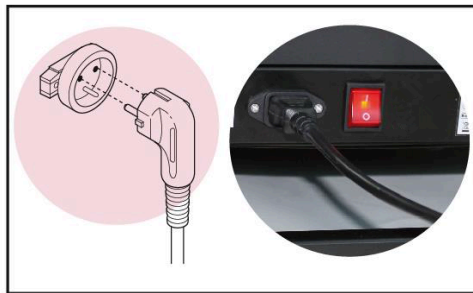


This electronic product must not be disposed of with household or municipal waste. To help protect the environment, it must be recycled at the end of its useful life in accordance with applicable local regulations.

## VIII. COMMON ERRORS

<b>Remote control work is not sensitive</b>	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 connect	Change the computer
<b>Computer Display</b> — 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
<b>Computer display E01</b>	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

<b>Computer display E02</b>	Over current protection	Turn off and re-start machine,if still has problem,need to check motor and PCB if they are broken
<b>Computer display E03</b>	Over-loaded protection	Turn off and re-start machine,if still has problem,need to check motor and PCB if they are broken
	Motor wire not well connected	Re-connect motor wire
	Motor wire not well connected	Re-connect motor wire
<b>Computer display E10</b>	PCB overheat protection	Stop using for a period of time after cooling
	PCB error	Change the PCB
<b>Computer display E11</b>	Sudden low current protect	Check the AC power supply voltage
	PCB error	Change the PCB
<b>Computer display E12</b>	Sudden big current protect	Check running belt or other place if something inside ,or check PCB if it is hurt
	PCB error	Change the PCB
	Lack of phase protection	Re-connect PCB wire
<b>Computer display E14</b>	Heavy foot treadle machine false alarm	Power off restart
	Motor error	Change the motor
	PCB error	Change the PCB
	PCB error	Change the PCB
<b>Computer display E16</b>	PCB error	Change the PCB



### Lubrication Requirement

Proper lubrication of the treadmill using silicone oil or Teflon is extremely important. Lubrication must be carried out regularly according to usage, including before the first use.

### Warranty Requirement

You must retain the original packaging, all protective materials, the purchase receipt, the instruction manual, and all components throughout the warranty period.

## **IX. WARRANTY**

This product is covered by a one-year quality warranty.

During the warranty period, replacement parts will be provided free of charge in the event of a manufacturing defect.

The warranty does not cover damage or failure resulting from:

Incorrect assembly

Improper or incorrect use

Modification or replacement of parts

In order to obtain warranty service, you must provide the product serial number along with relevant photos or supporting information.

This treadmill is designed for domestic (home) use only. Any damage or malfunction resulting from commercial or non-residential use is not covered under this warranty.