

EZYGYM Fit100 ELECTRONIC TREADMILL

INSTRUCTION MANUAL



Phone: 0448 399 496

0448 EZY GYM

Email: help@ezygy.com.au

CONTENT

1. Safety regulations
2. Technical standard
3. Electronic meter
4. Main parts of the treadmill
5. Assembling
6. Adjusting & testing
7. Operation instructions
8. Point of attention
9. Drawing for system connection
10. Maintenance
11. Some problems & settlement

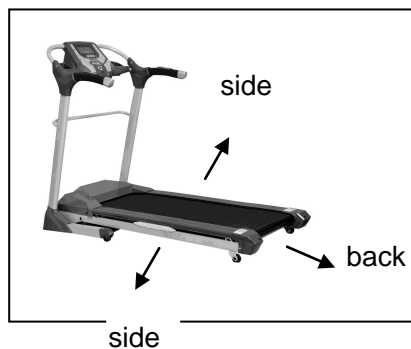
1. Safety regulations

Attention: Read this manual carefully before using the machine.

- The treadmill should be placed indoors, keeping it free from moisture and splashes of water. Don't put anything onto the treadmill.
- Make sure that four feet of the treadmill support the ground steadily.
- Voltage should be within a range of 220V($\pm 10\%$) volts. Otherwise, it may put the machine into disorder.
- The plug must be well ground-connected, and the power lines can endure electric currents more than 12 amperes.
- Choose suitable sportswear and sports shoes for exercise, and barefoot walking on the treadmill is forbidden.
- Only a single user is allowed at the same time. The person whose weight is more than 100kg can't use the ordinary type of the treadmill.
- Stand on the plastic pad beside the running belt with hands holding the handlebars, then start the machine, and begin exercise if the treadmill can work normally. Start the treadmill while standing on the belt is forbidden.
- A person suffering from heart disease should not use the treadmill alone.
- Adjust the running speed according to individual body state. A weak person should follow the doctor's advice concerning exercise.
- Continuous exercise time can not over 90 minutes. Pull the plug off from a working treadmill to avoid accidents.
- Keep the children, handicapped, and pet away from the running treadmill, avoid danger.
- Don't make the treadmill overwork for a long time. Otherwise, it may damage the motor or controller, and speed up the aging of bearings, running belt and running platform.
- Keep the edges away during the operation of the treadmill, not less than 100cm of both sides and 200cm rear positions. (See attached picture)
- Keep proper air humidity indoors in winter to avoid static electricity, which may influence the working of the electronic meter or damage it.

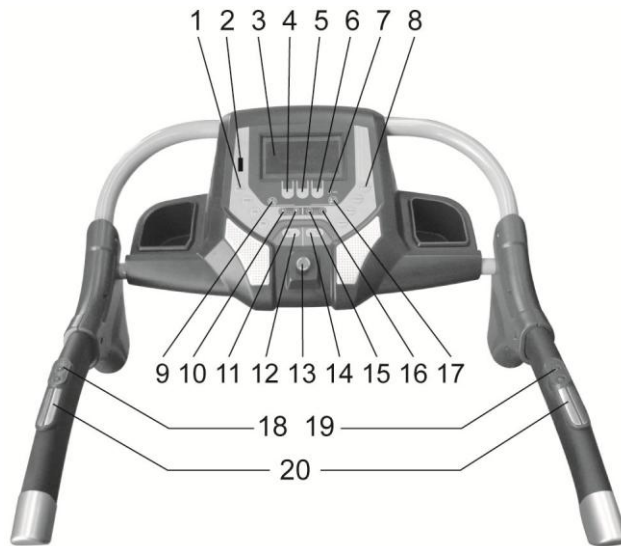
2. Technical Standard

- Input voltage: 220V $\pm 10\%$ (50Hz or 60Hz)
- Environment temperature for working: 0-40°C
- Continuous Power: 2.0HP
- Electric current is less than 7A.
- Speed: 1.0-16.0 kilometers/hour ($\pm 5\%$)
- Time limits: 0:00-99.59 (minute:second)
- Distance: 0.00-9.99 kilometers.
- Calorie: 0.0-999.9(Calorie)
- Incline range: 0-15%
- Valid area for running belt: 1320×450 mm.
- Occupied area: 1810×770 mm



3. Electronic Meter

1. Incline choice
2. USB interface
3. LCD
4. Volume -
5. Amp ON/OFF
6. Volume +
7. MP3 interface
8. Speed choice
9. Program
10. Incline ↑
11. Incline ↓
12. Start
13. Safety key
14. Stop
15. Speed -
16. Speed +
17. Mode
18. Incline+/-
19. Speed+/-
20. Handle pulse

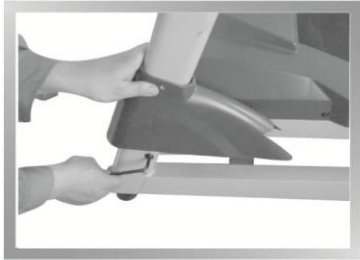


4. Main parts of the treadmill

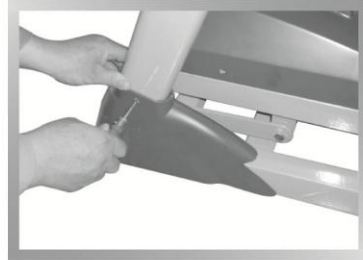
1. Display
2. Left and right handle
3. Left and right column
4. Cover
5. Running belt
6. Adjusting screw for running belt
7. Frame
8. Bottom frame
9. Cylinder
10. Folding pedal



5. Assembling



1. Column: put the column cover onto the columns, connect the sensor line, then insert the left and right columns into the end connections and fasten with M8 bolts and washer.



2. Column cover fastening: fasten the column cover with the M4 bolts.



3. Meter: connecting the sensor line first, insert the meter into the columns, and fasten with M8 bolts and washer.



4. Handle cover fastening: fasten the handle cover onto the meter tube with the M4 bolts and tapping screws.



5. Strictly prohibit disassembly before assemble is in the rough!
First back out the patch when you use the treadmill!

6. Adjusting and testing

Warning: Wrong connecting of the machine with the ground is dangerous of tip-and-run, adjusting before connecting to the power, should be check voltage, ground-connect is in good condition.

1. After assembling, before turning on the power, must check: proper voltage; the plug is well ground-connected, the running belt moved smoothly and no noise.
2. Press the button "Start" the treadmill begins to run with a low speed (1.0km/h), observe the machine works normally or not.
3. Press the button "SPEED+" Key, "SPEED-" Key to see if the speed adjustment is workable.
4. Press the button "Stop" treadmill will be stopped.

7. Operation instructions:

Warning: Read all instructions before using this treadmill:

Never stand on the belt when turning on the power.

Adjust the speed slowly when exercising to avoid sudden change of speed.

In order to avoid creepage, please keep the surface of the display without moisture.

After adjusting and testing, the treadmill can be used normally:

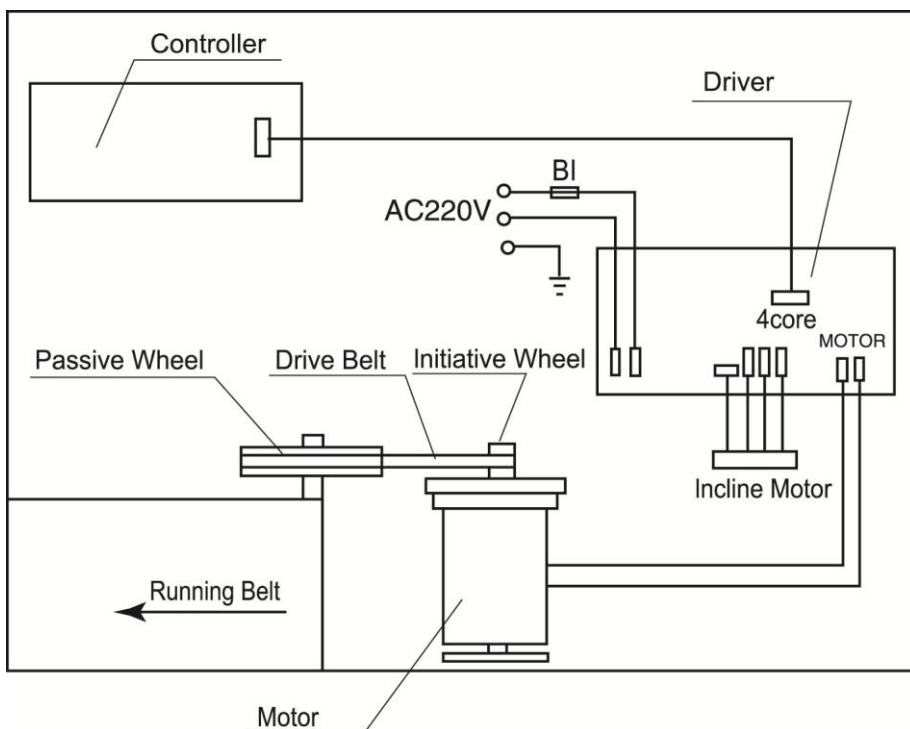
1. Insert the plug in the Jack (AC 220v)
2. Press the "START" key in STAND BY mode, and the system will begin running at the speed of 1.0km/h in 3 seconds count down.
3. Press the key "SPEED+ / SPEED-" or the speed "+/-" key on the handle to adjust the running speed. The max speed is 16km/h. Press the key "INCLINE↑ / INCLINE↓" or the incline "+/-"key on the handle to adjust the running gradient. The maximum slope is 15%.
4. Press the direct speed/incline selection key to adjust speed/incline.
5. Operating parameter setting: Press the "MODE" key in standby mode, the TIME / DISTANCE / CALORIE windows will twinkle in turn. Press FAST/SLOW to set the operating parameter, then press START to run. Please set the operating parameter according to your physical condition.
6. 9 preset programs: Press PROGRAM key in standby mode, the speed window will display P-1 to P-9 in turn, press START key to start the present program, each program lasts for 16 minutes, it counts backward to the end. Press the "PROGRAM" key to choose other programs.
7. Handle pulse: rub your hands together for several times, then to hold the handle pulse sensor tightly, the PULSE window will show the user's current heart rate.
8. Listen to music: connect the MP3 player and press the AMP key, press volume+/- to adjust the volume. With the USB interface.
9. Folding: lift the frame with your hand till the footswitch fixed position automatically.
10. Unfolding: holding the frame with your hand and push the foot switch forward with your foot, then lay down the frame to the ground.
11. If you feel not well when running on the treadmill, the user could pull down the safety key, the treadmill will shut down immediately.
12. When user finish running and stop the treadmill manually, the treadmill will stop slowly to comfort the user.

Attention: Keep the children away from the foldable machine so to avoid any danger.

8. Points for attention

1. When using the treadmill for the first time, please begin with a slow speed, and raise the speed gradually.
2. The paces should be match the speed of the running belt. Treading the machine deliberately is forbidden.
3. Don't use the safety key as a top button. Otherwise, the treadmill may be damaged. Only in case of emergency can safety key be used.
4. The running speed and exercise time depend on the state of the individual body.
5. Child, pregnant woman, older man, or woman, the patient of other diseases should use with caution. Using the treadmill after drinking is prohibited. Please don't use the treadmill within one hour after a meal.
6. The heart rate sensor is not a medical device. Many factors will affect the heart rate detection, so the date is only for your reference.
7. If the treadmill accelerates unnormally or is in another emergency, please hold the handle tightly with your hand and move your feet to the treading platforms quickly.
8. After using the treadmill, please put the safety key in the designated place.

9. Drawing for system connection



10. Maintenance

Warning: Before cleaning, please must be cut off the power and unplug the power

cord.

1. Clearance:

The treadmill should keep clean; turn off the power first before cleaning. Wipe away the dust on the belt, running board, and side footboard because the frictional force will be strengthened if the dust goes into the belt, and the current will incline. If continuous running like this, the belt or running board is liable to be damaged.

2. Lubrication:

The lubrication oil between the running belt and board will be exhausted after using a period of time. It is advised to spread lubrication oil for another time after using a period of time. Generally speaking, once per month lubricating in the gymnasium is need at least. But you can't spread too much of lubrication oil because the oil will splash down the motor or the source of power and that will influence the life of the machine.

3. Judging the frictional force of the machine:

After using for quite a long time, the frictional force between the running belt and board will be strengthened because of the dust and the decreased lubrication oil between the running belt and board. And the strengthened frictional force will affect the motor and source of power.

Judging methods:

When the power is off, it is very difficult to step the running belt.

Press the safety key when the machine is running, the machine will stop immediately.

If frictional force is strengthened, the motor is liable to heat, and the fuse will be melted.

4. Running belt is off-center:

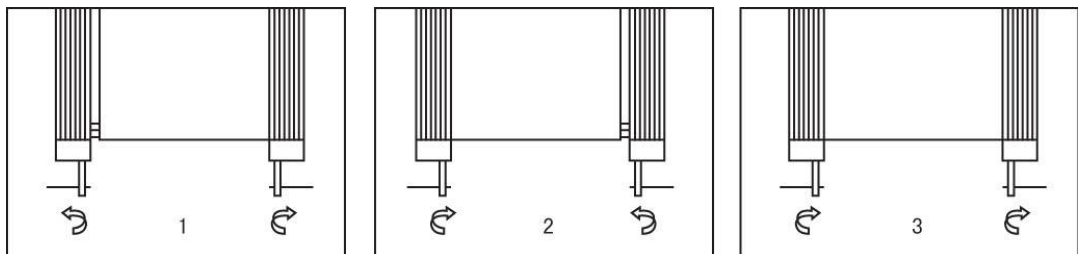
Running belt will be off-center after using a period of time, and this has maybe resulted from the reasons that the power of both feet is not well distributed. For the above reasons, running without standing on it some time, the treadmill will resume well automatically. If it cannot resume automatically, you can adjust the screw with the attached spanner.

Adjusting measures:

If the running belt has shifted the right, you need to tight the screw on the right of the belt or loose the screw on the left. If the belt is inclined to the right, do the contrary.

5. Slip running:

If the treadmill has this kind of problem, please adjust bolts according to clockwise. Two sides' Djustment should be the same. (see drawing 3). And every time adjusts half-round until the running belts not slippery and deviation. And every time's adjustment can't exceed 2 to 3 round and can't make it too tight to avoid the damaging running belt.



11. Some problems & settlement

Problems	Possible Reason	Measures
The meter displays nothing when the switch turned on	<ol style="list-style-type: none"> 1. Plug isn't well connected. 2. Meter isn't well connected. 3. Fuse is damaged. 	<ol style="list-style-type: none"> 1. Insert plug again. 2. Connect the cable of the meter again. 3. Cut off the power, replace the fuse.
ER1	Motor fatigue operation	Stop the machine and cut off the power for a while.
ER2	The motor isn't working.	Check the motor's cable, or replace the PCB.
ER3	There is something wrong with the display and power communication.	Please check the 4 Pin line.
ER4	Show it when switching on, it means the MOSFIT of the PCB is damaged.	Replace the PCB.
	Show it when press START on the computer, it means the motor is not working.	Check the motor's cable.
PRN	The safety key didn't in the right place.	Reset the safety key.

Attention: If it cannot solve the problem, please contact with maintenance personnel.