

operation instruction of electronical treadmill



FITNESSBAZA A10TS

Thank you for choosing our electrical treadmill!
This manual includes how to operate treadmill and safety precautions.
Please read this manual carefully before using the machine! Incorrect
using may get damage to your health.

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Important safety precautions

Important note: The instruction is for the series of A10S, if the configuration is inconsistent with the treadmill that you purchased, please take the one you purchased as standard.



Warning: in order to avoid any injury before using this electrical treadmill please read all instructions and warnings carefully! We won't take the responsibility if the user operates the machine Incorrect.

7 Please consult your doctor first before exercising especially for the people whose age is above 35.

8 Everyone who uses this machine has the responsibility to read all warnings and precautions.

9 Please use this machine according to the manual.

- 10 Put this machine on a flat floor and keep a free space about 2m behind and 0.5m both sides.
- 11 The treadmill should be put inside of room and avoid the moisture
- 12 The treadmill is designed for adults and children (below 12) are not allowed to use it.
- 13 Two or more than two persons are prohibited to run on the treadmill at one time.
- 14 The maximum load of this treadmill is 150kgs.
- 15 Wear suitable clothes when you exercising. For example sports clothes and shoes and so on.
- 16 If more cable needed, please use 3-core cable, 1.5 square millimeter and no longer than 1.5m.
- 17 Power cable should keep away from any heat sources.
- 18 It's forbidden to stop the machine manually (purposely) when you switch off the power. It's not allowed to use the machine when the cable or plug is damaged.
- 19 Please read and test the emergency stop program.
- 20 It's forbidden to start the machine when standing on the belt. And hold the handlebar when starting the machine all the time.
- 21 The speed of this machine is adjustable. We suggest you should increase the speed slowly.
- 22 The pulse heart rate sensor is not a medical facility. Because there are too many factor to affect its precision.
- 23 This machine should be supervised when it is working. Please switch off when you don't use it.
- 24 It is not allowed to move the machine before you finish assembling the machine.
- 25 It is not allowed to change the inclination of the treadmill by insert something under the machine.
- 26 Please check the parts of the machine regularly.
- 27 It is not allowed to put anything to the hole of the treadmill.
- 28 Dangerous: make sure switch off the power immediately when you finish exercising. Please take off the plug when you take care or maintain the treadmill. It's forbidden to open the cover of the motor only if granted by the manufacturer.
- 29 Excessive exercise may do damage to your health. If you fell pain or any uncomfortable, please stop exercising immediately.

30 As improvements of the technical our company reserves the right of final interpretation, if there are any changes.

25 Caution: Please don't put whole body weight on the handrail of the treadmill for a long time, to avoid unnecessary damage.

26 Notice: When lubricating the running belt, please add the silicone oil to the middle of the belt, don't be tainted to the edge of running belt on both sides.

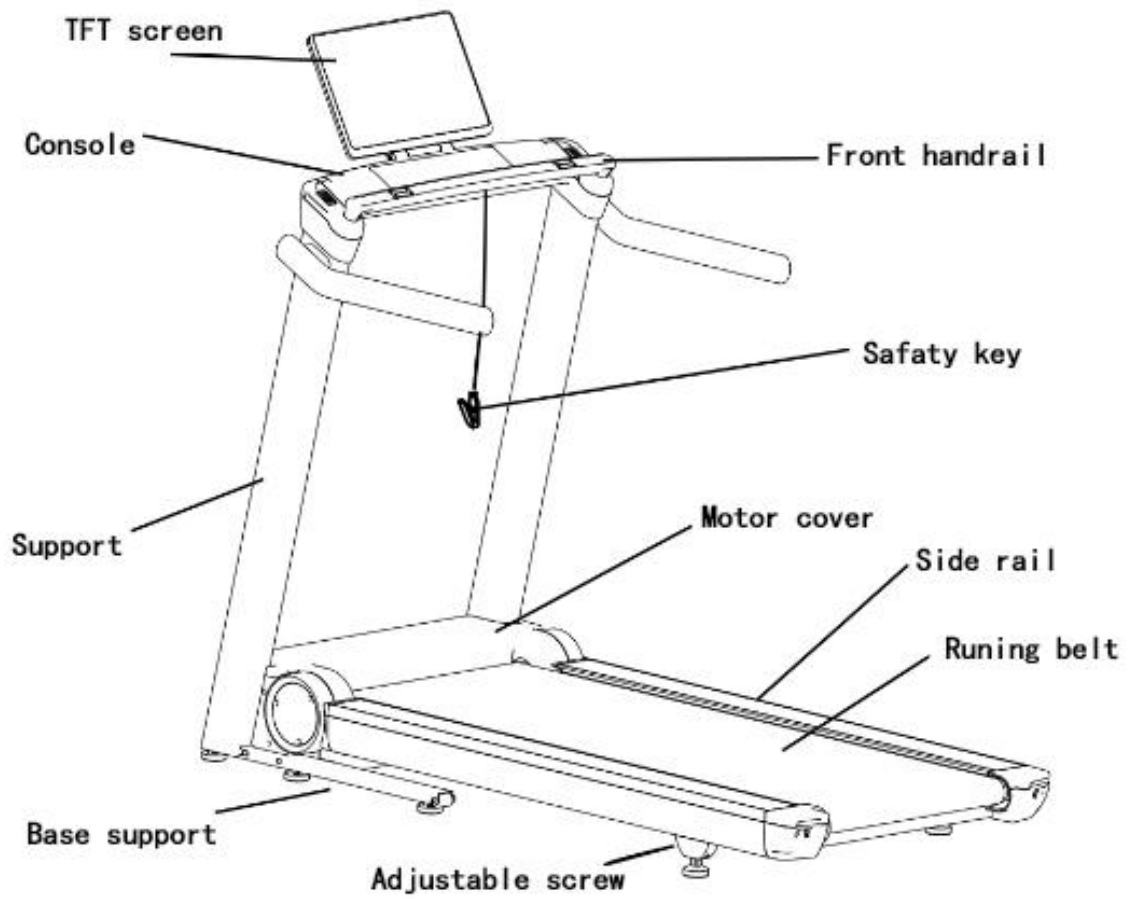
Main technical parameter

| | | |
|------------------------|---------------------------------------|--------------------------|
| Input voltage: | 220V±15% (50Hz or 60Hz) | |
| Horse power: | 3.0HP | |
| Working temperature: | 5°C-40°C | |
| Speed range: | 0.3-22m/h | |
| Incline range: | 0%-12% | |
| Time display range: | 0:00-99:59 | |
| Distance range: | 0.000-9.999km | |
| Calorie display range: | 000-999Kcal | |
| Pulse display range: | 50-230 per/min | |
| Running area: | 1420(perimeter)x510(width)mm | |
| Packing size: | 1570(length)x770(width)x360(height)mm | |
| Main function: | 15.6 TFT screen | Quick speed |
| | Pulse controls speed | HD video playback |
| | 30 kinds of preset program | Outdoor scene simulation |
| | Silicone shock absorber | Intelligent internet |
| | Folding and lay down by buffer | |

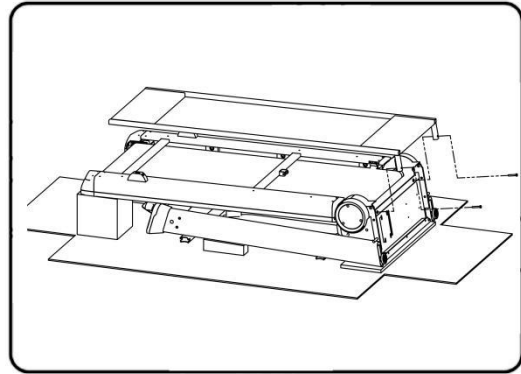
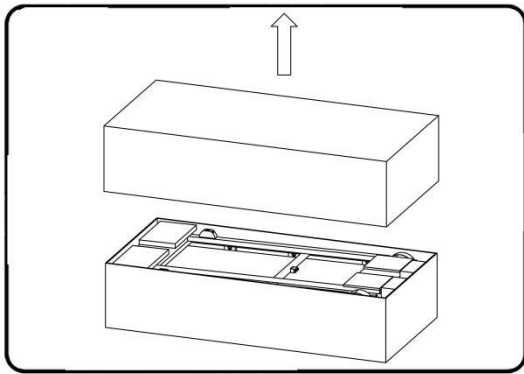
| | |
|---------------|--|
| | High-fidelity stereo speaker |
| | Soft-stop and keep total distance record |
| Motor: | Low Noise AC motor |
| Controller: | Special Motor Controller |
| N. W.: | 80kgs |
| G.W.: | 102kgs |
| Maximum load: | 150kgs |

Diagram

please be familiar with the following parts:

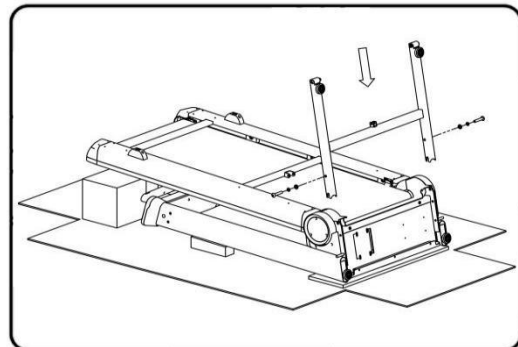
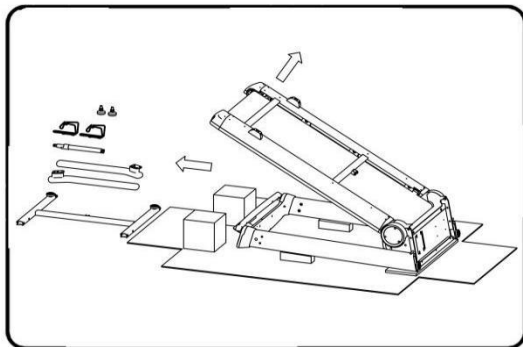


assembly instruction



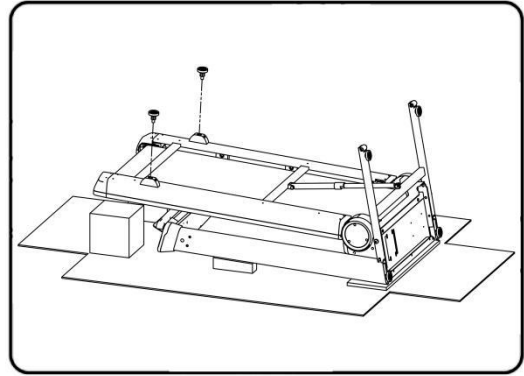
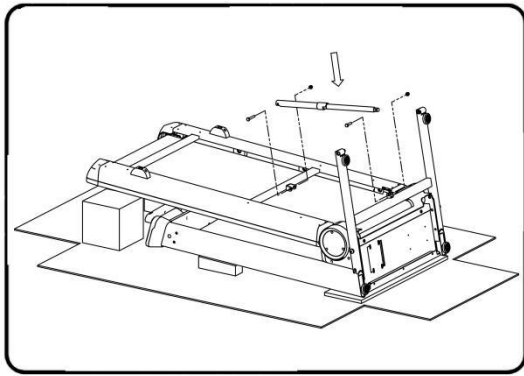
1、 Open the package and remove the upper cover.

2、 Remove the front screws of the protective frame.



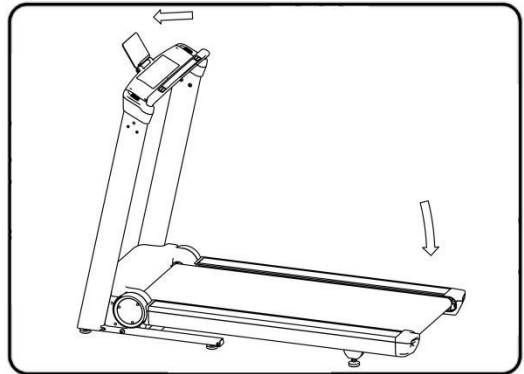
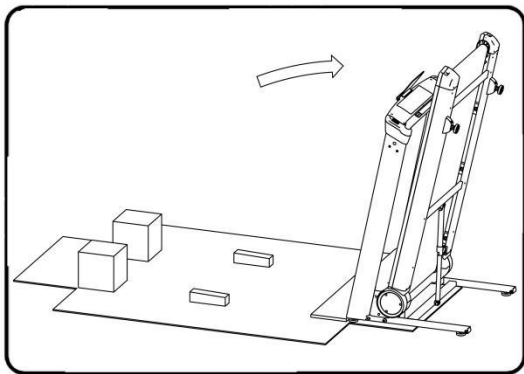
3、 Lift the main body in the direction shown and take out the parts for assembling.

4、 Insert the base support downward into the positioning pin position in the direction shown and fix the fastening bolt.



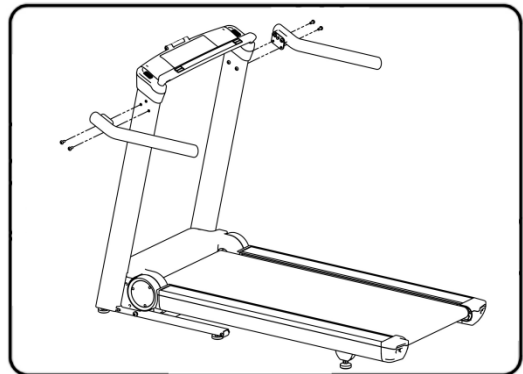
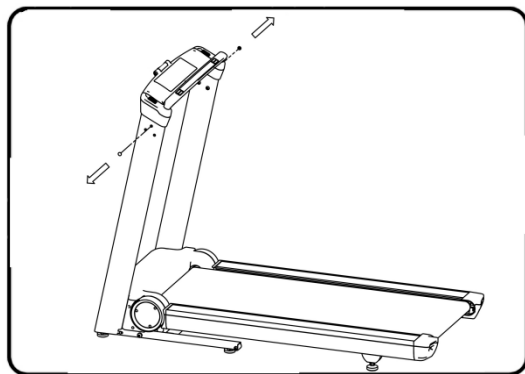
5、 Install the buffer as shown.

6、 Install and fix the adjustable screws as shown.



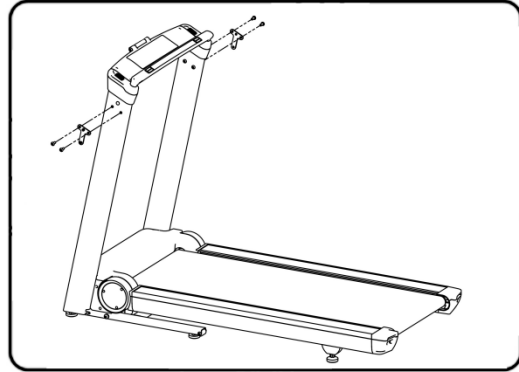
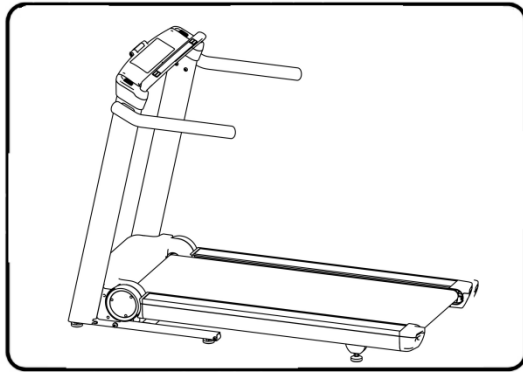
7、 Lift the treadmill in the direction shown and put it safely.

8、 Release the buffer and level the main body.



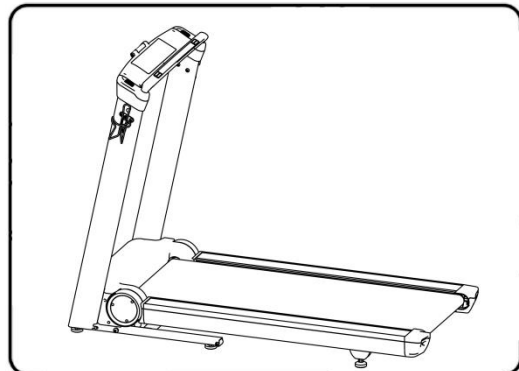
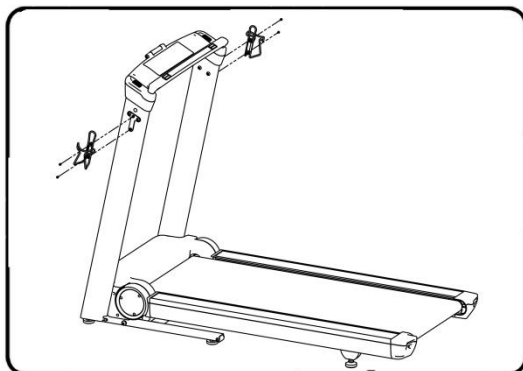
9. Remove the leather plug in the positioning hole.

10. Install the armrests on both sides.

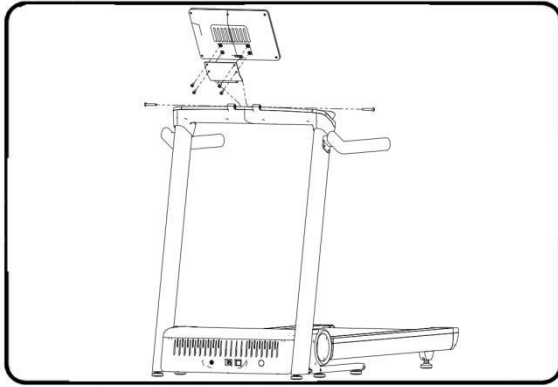


11. The side armrest is installed.

12. If the side armrest is not used, take out the bottle holder mounting plate and install it on both sides of the pole.



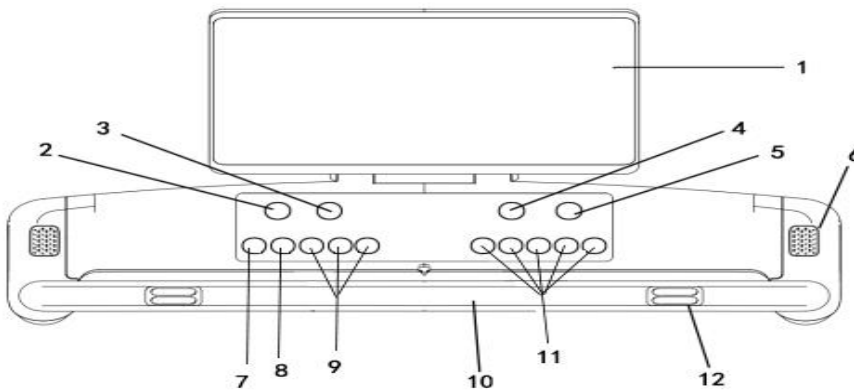
13. Install the water bottle holder on the mounting plate.



14. Install the header

Note: Install all the screws into right places and tighten them one by one!

Description of display



1、TFT screen

2、Stop key

3、Start key

- 4、 Decrease (-) key
- 5、 Increase (+) Key
- 6、 speaker
- 7、 Down incline
- 8、 Up incline
- 9、 Select slope directly
- 10、 Front handrail
- 11、 Speed direct choice
- 12、 Hand pulse sensor

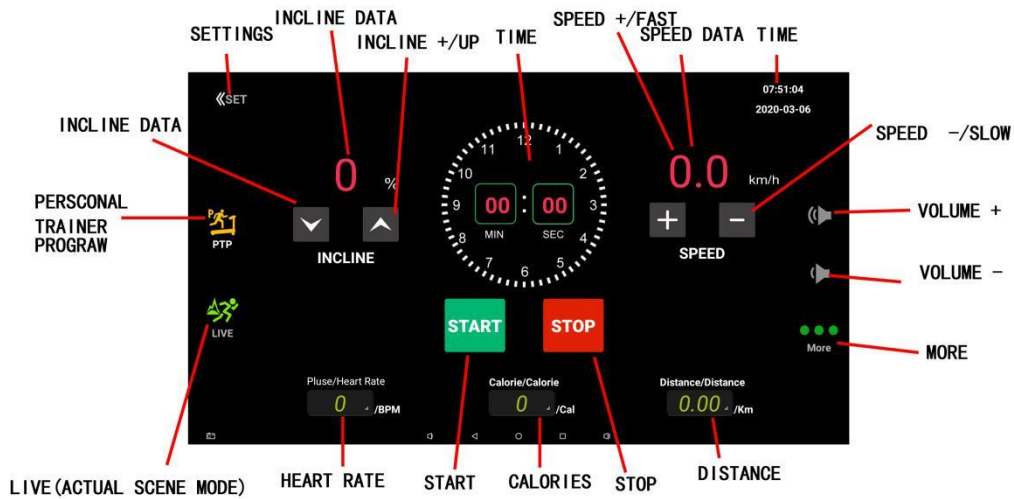
Adjustment

1. Before switch on please check the voltage and earthing ok or not. Roll the running belt by hand and check whether there is noise or not.
2. Turn on the power, the monitor make a beep, all windows show zero, running belt does not move. Press start button, the treadmill starts at low speed of 0.3km. Check the console and running belt if they are working normally.
3. Press all keys to see if they are ok or not.
4. Press STOP key and pull out the safety key to check if the treadmill stops normally or not.

Operation manual of TFT screen

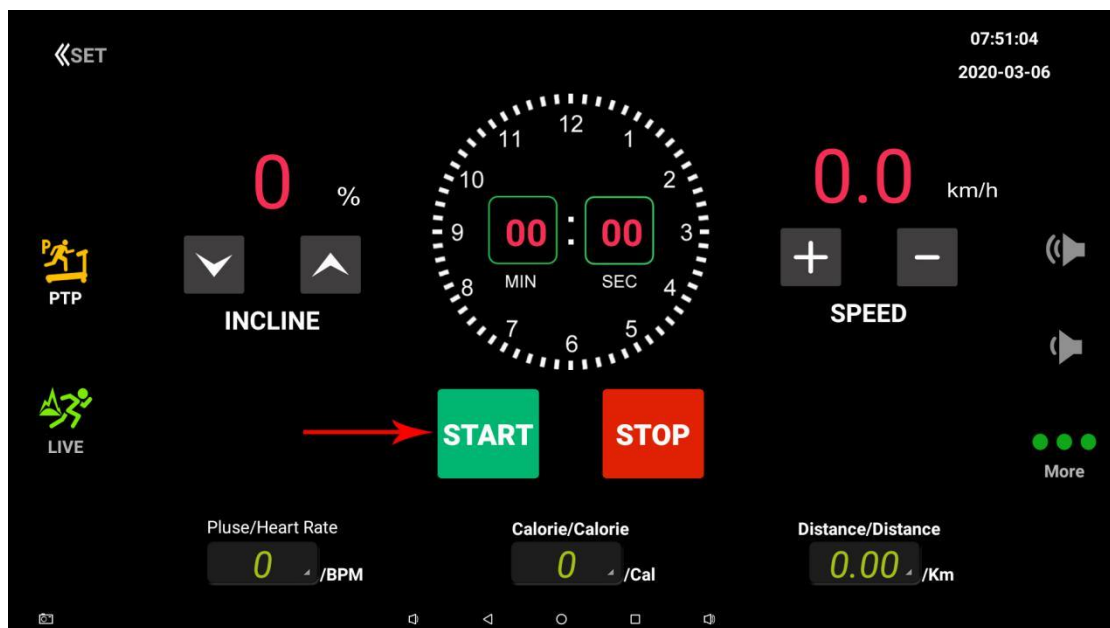
1、 Main screen

Function overview The introductions of main screen and keys are as below:



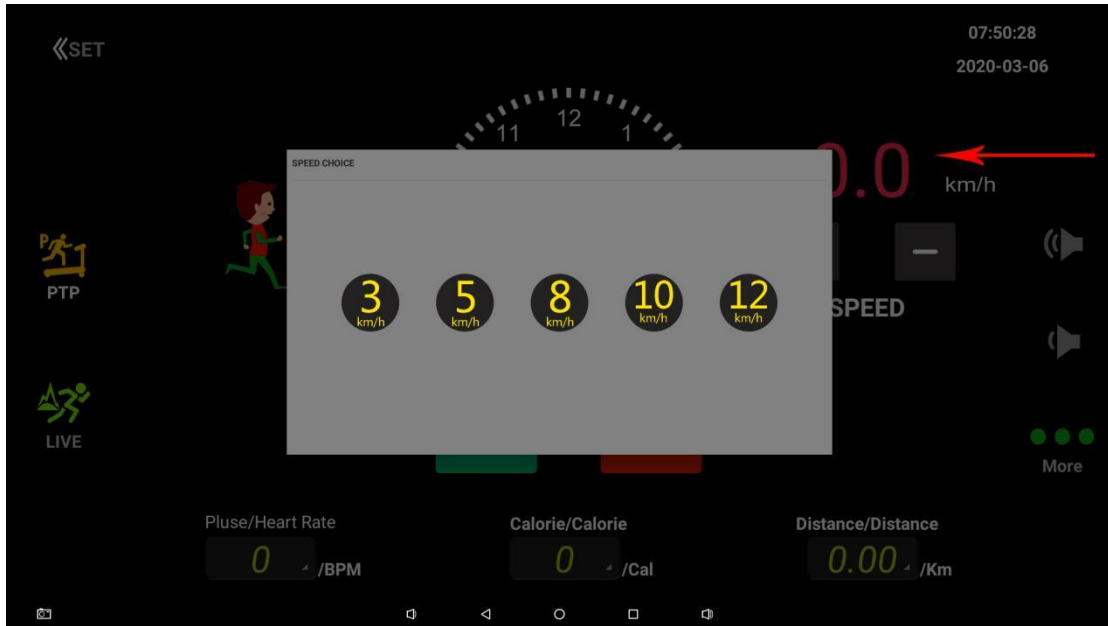
2、 Start treadmill

Press this button to start the treadmill, as shown in the figure:



3、 Quick button of Speed

When the treadmill is in standby mode, the screen will be shown as below after you press Speed window,



4、 ACTUAL SCENE MODE

Press “LIVE” to enter actual scene mode, as shown in below picture:



The lower data column displays Motion data in real time, Select different

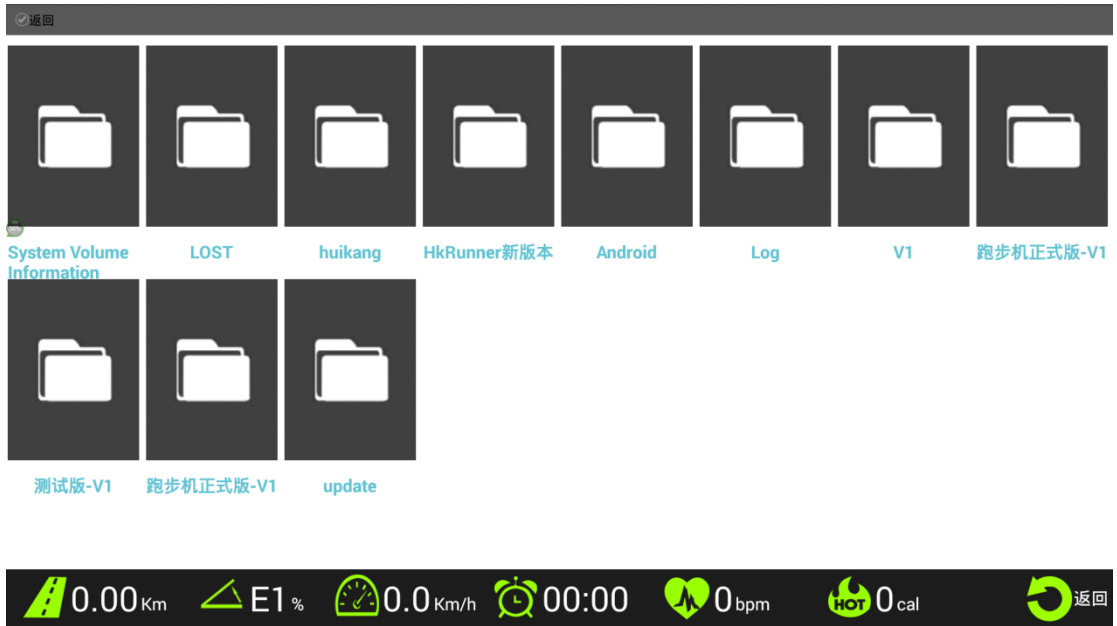
scene to enter corresponding actual scene, as shown in below picture.



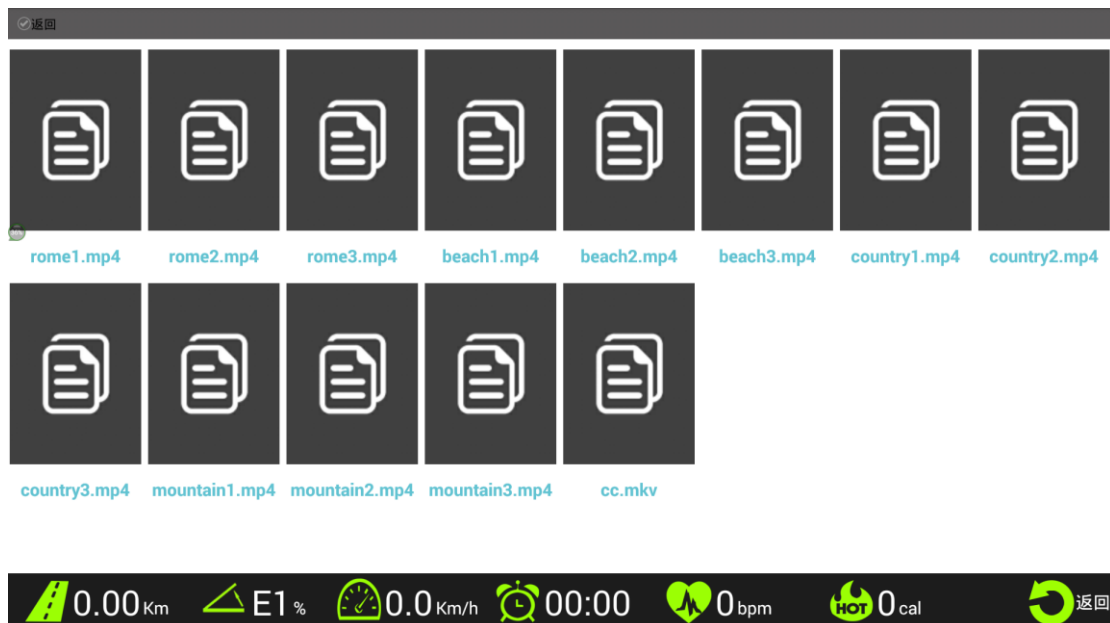
After entering outdoor scene running, press START on the screen or by physical button to start running. The treadmill can not quit actual scene mode when it is running. The actual scene mode can be quitted when the treadmill is at status of pause or stop. The below picture shows treadmill at status of pause or stop.

5、VIDEO

Open video after inserting U disk, displays as below:



Open the appropriate folder



Open file and select movie you want to play.



The lower data is Motion data in real despite of the machine in any status.

6、MUSIC

Press Music to play after inserting U disk.

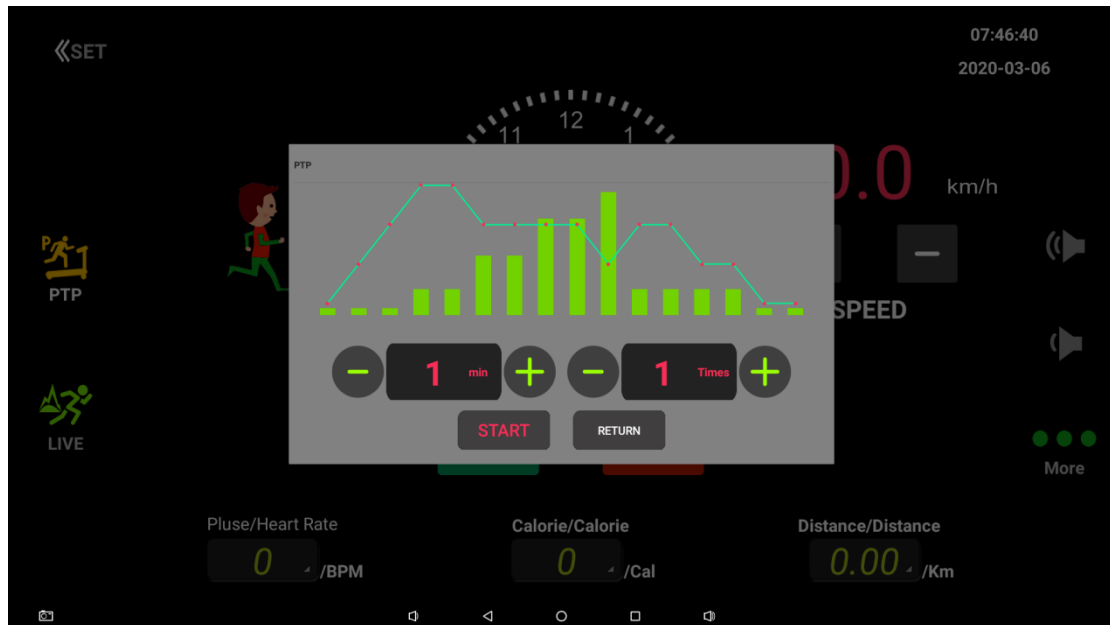


7、 PERSONAL TRAINER PROGRAM

Personal program dialog appears by pressing personal trainer program(PTP), as shown in below picture:



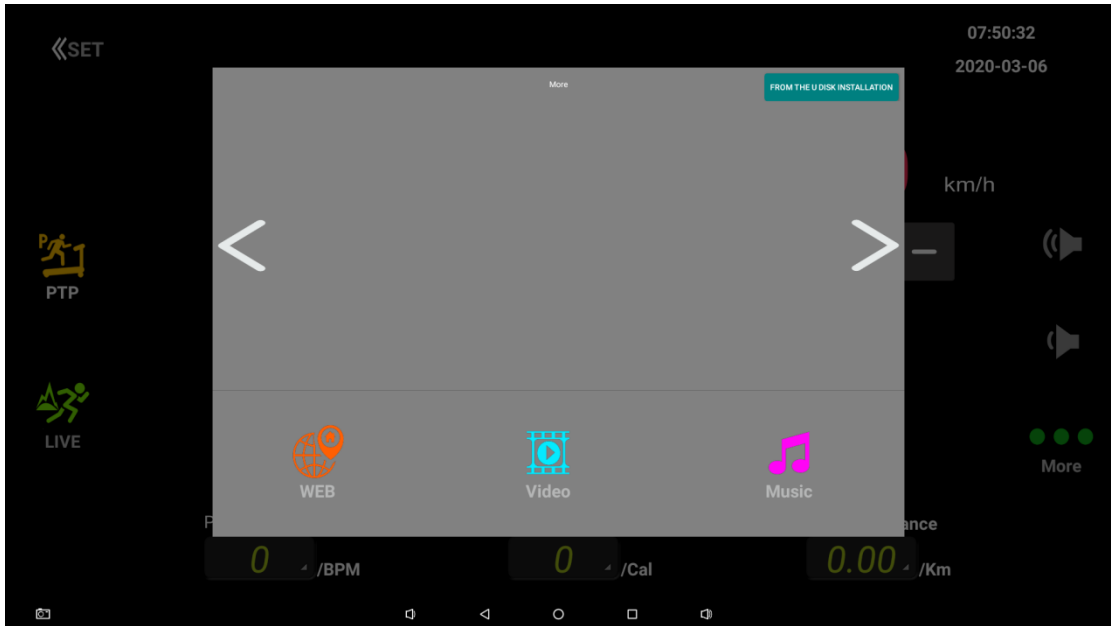
A confirmation dialog appears after selecting one of program, see below picture; set time of program and confirm, then treadmill starts as per determined program.



Press +/- button to select speed and incline for every interval of personal trainer program, then press start, the treadmill starts working according to your set datas.

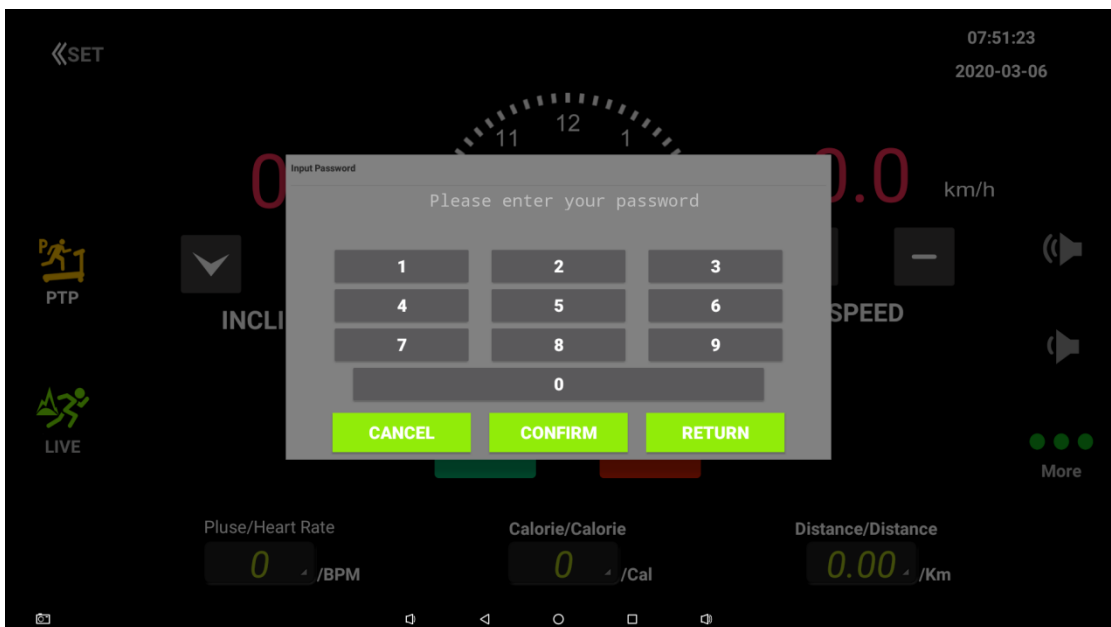
8、 THIRD PARTY PROGRAM

Press more to get the below picture, any program can be used by your selecting.

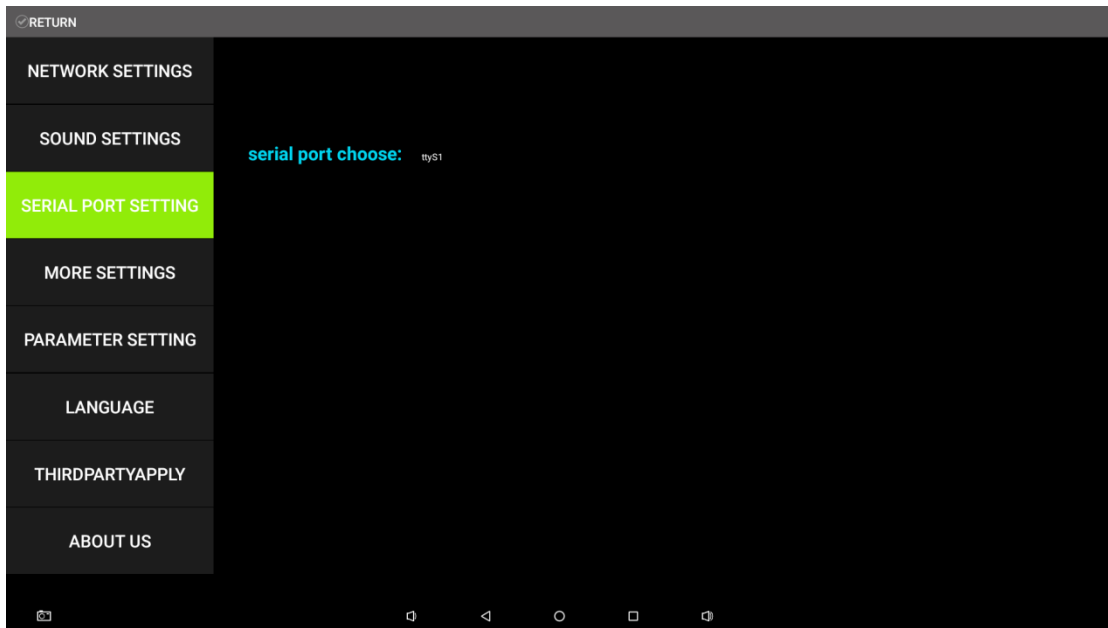


9、SYSTEM SETTINGS

Press setting keys,the password dialog appears after pressing SET, see below



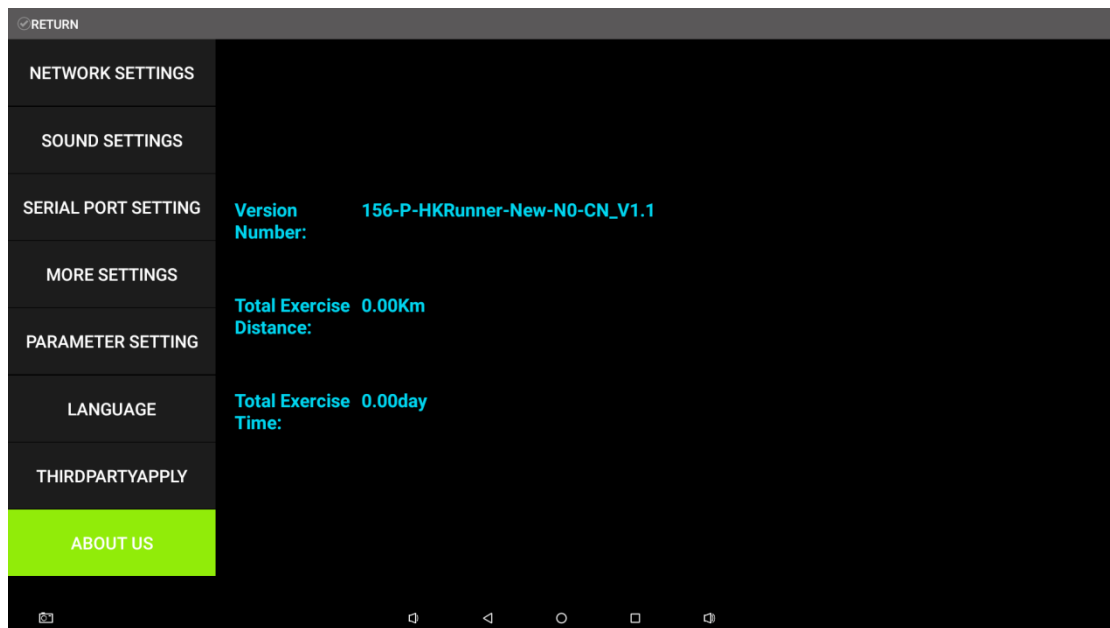
Entering correct password to enter setting, you can set web,sound,display,IP,language and so on, see below picture



press Chinese/English to change language



Press ABOUT US to find version if system.



Daily maintenance

1. Running belt and running board

■ Brief instruction

Running belt is made by composite cotton-terylene fiber and special technology with a lower friction coefficient and higher tensile strength. The running board is with double shock-absorb system, the surface of running board is with high glaze and abrasion strength, it makes the sport more comfortable and smooth.

■ Cleanness

It can prolong the life of treadmill to keep it clean, so it's necessary to clean the exposed running board and side foot-board usually. Please clean running belt with soft cloths dipped water, pay attention to prevent the water into the underside of belt.

2. Lubrication

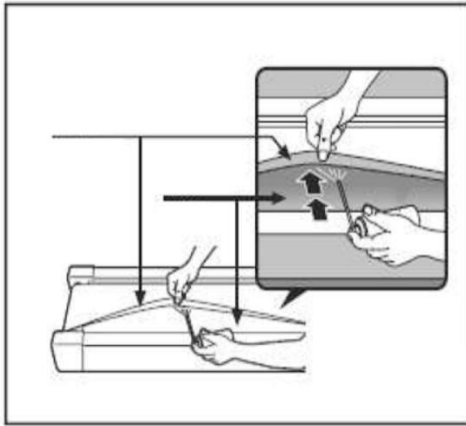
The running board/belt must be lubricated by special lubrication after a period of use, it is suggested that:

Use more than 1 hour and every day every 20 days filling one lubricating oil 15 to 20 ml each time

Use more than 30 minutes every day 1 hour a month refill one lubricating oil every 10 to 15 ml

Use 30 minutes a day and the following 2 months filling a lubricating oil every 10 to 15 ml

Suitable lubrication will prolong the lifespan of the treadmill.



3. Evaluating friction

The friction between running belt and board will be increased due to the dirty or consumed lubrication, it may do harm to the motor and controller. High friction has following characters:

After switch off the power, the running belt can't be moved or it's difficult to move it by feet;

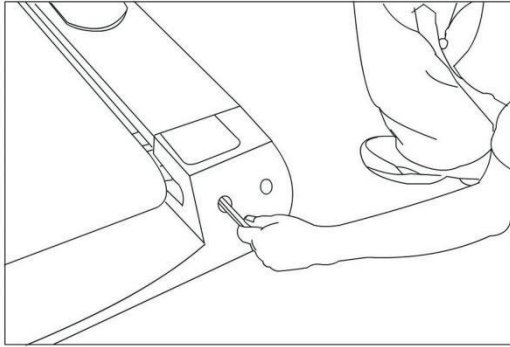
Pull out safety key when the treadmill runs at medium-speed in load mode, the running belt stops immediately.

High friction may get motor or controller damaged. For example breaker or fuse worn.

4. Running belt adjustment

- 1) The running belt has already adjusted before it leaves the factory. But after a period time of using, the belt will become loose. And this is out of guarantee scope, so the user should adjust it by himself. Too loose the belt will slip, but too tight perhaps do harm to the motor and roller. Normally the distance between the middle belt and the running board should be kept 5-6cm.

- 2) How to evaluate the loose running belt: Operate the treadmill at a speed of 1.5km/h, hold the handrail tightly and stop the running belt by user's feet, if the running belt stops moving but the front roller still moving and it will move again after letdown, this means the running belt is too loose so the user will have a feel of pause. In this case, the using life of the motor belt will be shortened, so the user should adjust it in time.



3) Loose belt adjustment

After use for a period of time, the user could feel a pause during running; it is due to the loose belt. The method to solve this problem is to tighten adjustable bolt which is respective in the left and right end of treadmill till you have no pause feeling.

Friendly indication: it's not more tight, more better for the belt. The running belt should be adjusted according to your need. Too tight running belt will shorten the life span of running belt.

5. Deflection belt adjustment

All the running belts have already adjusted before the treadmill leaves the factory and after assembling, but after a period time of using, the belt may become deflected. It usually caused by the following reasons:

- 1) The body of treadmill is not placed well.
- 2) The user's feet are not on the center of the running belt.
- 3) The strengths of user's two feet are different.
- 4) For the deflection made by human the machine will adjust by working several minutes without load. For other reasons please adjust the bolt at a unit of half-circle by the accompanying tool. If the belt slants to left, please adjust the left bolt in clockwise direction or adjust the right bolt in counter clockwise direction; if the belt slants to right, please adjust it contrary direction. The deflected running belt is out of guarantee; the user should adjust it by himself. The deflected running belt will strictly harm itself, so the user must adjust it in time.

6. Motor belt adjustment

- 1) All motor belts have been adjusted well before the treadmill leaves the factory. But

after use for a period of time it may get paused in short time. Maybe the motor belt is too loose.

2) How to evaluate the motor belt loose or not

Get the treadmill work at a speed of 1.5km/h, hold the handrails tightly and try to stop the running belt contrary direction by user's feet, if the running belt and front roller stop simultaneously but moving again after letdown, it means the motor belt is too loose and the user may have a pause feeling. You should adjust it immediately because this may do damage to the lifespan of motor belt.

3) solution: adjust the motor bolt in clockwise direction at unit of half-circle by accompanying tool till the user have no feeling of pause.

Special attention: It's not more tighter, more better for the driving belt. Too tight or loose of the belt will shorten the life span of the driving belt.

Common failure and maintenance

1. Malfunction of display

- 1) After switch on the power, the machine can be started and all displays are normal, but Speed+/- key doesn't work. Solution: change the monitor.
- 2) After switch on the power, displays the same strokes, the buzzer has no sound and all the keys don't work. Solution: change the monitor.
- 3) After switch on the power and not to press start key, the treadmill starts at a lower speed, and the Speed+/- key doesn't work. Solution: change the monitor.
- 4) The START and STOP key work normally, the speed can become fast but can't become slow, the keys were damaged or the signal cable is not in good connection. Solution: change the monitor.

2. Malfunction of Controller

- 1) After switch on the power and press START key, the treadmill works at a high speed and can't stop
- 2) After switch on the power, the display and the buzzer work; press START key, the time in the window can be record 5 seconds and then the buzzer rings again, but the treadmill can't work.

- 3) The display of the screen and the buzzer is normal, but the running belt doesn't move after startup.
- 4) After switch on the power, the screen displays normally; the relay can't close after setup and the belt moves a little distance then stop soon.
- 5) After switch on the power, the screen displays normally, the relay can't close and press START key, the treadmill doesn't work.
- 6) After switch on the power, the fuse is broken down.

Solution: for the 6 malfunctions above please replace the controller.

3. Malfunction of the motor

- 1) After startup, there's collision sound or biggest noises from the motor.

Reason: the motor was damaged.

Solution: maintain or replace the motor.

- 2) After switch on the power, the leakage protector opens circuit and the motor is creep age.

Solution: replace the motor.

chart of safety area

