



**EVOLVE**

**USER MANUAL**



## **THANK YOU**

Thank you for purchasing this product. The product will help you keep fitter, healthier and better in a very easy way.

### **User Guide**

1. Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
2. Ensure the treadmill is stable on the ground before use.
3. Check if it functions normally before running.
4. Stand on two side rails when the treadmill starts.
5. Clip the safety key to your clothes before workout to control any emergency.
6. Press the “start” button to get the treadmill started.
7. Follow the running belt with left leg to do pre-running. Run with two legs on the treadmill with proper running posture only when you feel comfortable enough.
8. The treadmill is FOR ONE PERSON ONLY. Overload is not allowed.
9. You can adjust speed if necessary.
10. After running, you can stop the treadmill by pulling out the safety key or pressing the “stop” button.
11. Remember to turn off the power and pull out the plug when you finish exercising.

### **Safety precautions:**

- ◆ Place the treadmill indoors to avoid any water and do not place any heavy stuff on top.
- ◆ When using the fitness device, wear comfortable clothing and preferably sports or aerobic shoes.
- ◆ Keep children away from the treadmill to avoid any accidents.
- ◆ Do not overload in order to avoid damages to motor, controller, roller and running belt. Make routine maintenance to the treadmill.
- ◆ Avoid indoor dust and keep a certain extent of humidity to avoid interference of console and controller.
- ◆ Do not keep the home use treadmill on a continuous running for longer than 2 hours.
- ◆ Keep good air circulation when running.
- ◆ There should be 2000 x 1000 mm safe space at the end of treadmill when running.
- ◆ Stop running if you feel any discomfort and consult the doctor.
- ◆ Reserve the silicone bottle to some place that children cannot reach to avoid accidents.
- ◆ Do not jump off the treadmill directly after use.
- ◆ Pull out the power plug gently from the socket.

- ◆ Stop the machine if anything goes wrong and cut the power immediately.
- ◆ Ask local distributor to handle any issue or provide service. It is not allowed to dismantle the components personally.

## **DANGER !**

To reduce accidents or harm to others, please check following rules.

- ◆ Ensure your clothes are zipped up before running.
- ◆ Do not wear clothes that are easily hooked.
- ◆ Keep power cord away from hot objects.
- ◆ Keep children away from the treadmill.
- ◆ If something goes wrong, hold on to handlebars and push yourself up to leave the running belt.
- ◆ Do not use the treadmill outdoors.
- ◆ Cut off the power before moving the treadmill.
- ◆ It is not allowed to open motor and roller cover personally.
- ◆ This machine can be used under 10A circuit.
- ◆ Ensure that only one person at a time uses the fitness device.
- ◆ The HRC testing may not be as exact as medical devices so its results are for reference only.
- ◆ Should you feel unwell or feel pain in your joints or muscles, stop exercising immediately. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that your workout is too intense. Lay down on the ground until you feel better at first signs of dizziness.

## **Warning!**

### **Prohibitions**

◆Following patients under treatment need to get use of the treadmill after approval of professional doctor.

(1) Persons with backache or injuries in legs, waist, neck.

(2) Patients with arthritis deformans, rheumatism or gout.

(3) Patients with osteoporosis.

(4) Patients with a bad circulatory system like heart diseases, vascular disorders and vascular hypertension.

(5) Patients with respiratory disturbances.

- (6) Patients with Artificial heart rhythm problem.
- (7) Patients with malignant tumors.
- (8) Patients with thrombosis .
- (9) Patients with diabetes-caused perceptual disturbance.
- (10) Patients with skin injuries.
- (11) Patients with a fever above 38°C.
- (12) Patients with bent back bone.
- (13) Patients with pregnancy or in a menstrual period.
- (14) Person who has any feeling of discomfort.
- (15) Person who is obviously in a bad condition.
- (16) For the purpose of rehabilitation.
- (17) Person having abnormal physical features.

-Above cases may cause accident or poor health.

◆ Stop exercising immediately should you feel unwell or feel pain in your joints, muscles, dizziness, numbness, abnormal heart beat and consult the doctor asap.

◆ Keep children away from this product.

- You may get hurt if you ignore this.

◆ Tell the children that this is not a toy.

- You may get hurt if you ignore this.

◆ When using, taking out, putting back or moving this product, please make sure there is nobody or pets around.

## **Prohibitions**

◆ Stop using this product if the cover is cracked (inner parts come out) or welded parts drop off.

-may cause danger or injury.

◆ Do not jump up or down from the treadmill when running.

- may fall down and get injury.

◆ Do not use or store the treadmill outdoors or near bathroom to avoid water.

◆ Do not use or store the treadmill in the area exposed to direct sunlight, and avoid high temperature places like electric blanket and warmer.

- may cause electric leakage or fire.

◆ Do not use if the power line or plug is damaged, or the socket is loose.

- may cause electric shock, short circuit or fire.

◆ Do not damage or twist the power cord, also do not put heavy things on it.

- may cause fire or electric shock.
- ◆ Intended for one person at a time, tell people around not to get too close.
  - may fall down and cause injury.
- ◆ People who are not conscious or can't operate by themselves cannot use the treadmill.
  - may cause accident or get injury.
- ◆ It is forbidden to disassemble, repair, change anything for a customer himself.
  - may cause mechanical breakdown and injury.
- ◆ Avoid water! The main body and operating components cannot meet with water or any drink.
  - may cause electric shock and fire.

## Prohibitions

- ◆ Do not exercise too much if you do not workout on a regular basis.
- ◆ Do not use the treadmill after meals or when feel tired.
  - may cause damage to your health.
- ◆ This product is for home use only. It cannot be used in schools or gymnasiums where there are lots of unspecific users.
  - may cause injury.
- ◆ Do not use the product while you are having meals or doing other activities.
- ◆ Do not use the product when you feel the body become slow after drink.
  - may cause accident or injury.
- ◆ Do not use the product when you have a hard object in your pocket.
  - may cause accident or injury.
- ◆ The power plug cannot be attached with needle, waste or water.
  - may cause electric shock, short circuit and fire.
- ◆ Do not pull out the plug or switch the power to "off" while operating.
  - may cause injury.

### **Do not operate with wet hands !**

- ◆ Do not pull out or insert the plug with wet hands.
  - may cause electric shock or injury.

### **Remember to pull out the plug !**

- ◆ Remember to pull out the plug when not using.
  - Dust and dampness can damage insulation and then cause electric leakage and fire.
- ◆ Pull out the plug when performing maintenance.
  - may cause electric shock and injury.
- ◆ Stop using immediately if the product cannot start or there is something abnormal. Pull out the

plug and make a call.

- may cause electric shock and injury.

- ◆ Pull out the plug if there are any power failures.

- may cause accident and injury when power resumption.

- ◆ You should hold the plug not the wire when pulling the plug out.

- may cause short circuit, electric shock and fire.

Ground connection instruction !

- ◆ The product must have ground connection. The ground connection can provide a channel with the least resistance for the current when the product is malfunctioning, thus can reduce the danger of electric shock.

- ◆ The product is equipped with electric wire for grounding conductor and grounding plug. The plug must be inserted into the socket that conforms to the local regulations.

## **Danger !**

- ◆ Incorrect connection of grounding conductor may cause electric shock. If you are not sure about the grounding connection, please ask a professional electrician to check. If the plug of the product does not match your socket, you should ask for an electrician to install a correct socket.

- ◆ The product has a grounding plug. Please confirm that you have the matching socket first. Socket adapter is not allowed.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

This appliance is not intended to be used by persons (including children) with reduced physical, sensory or mental capacity if the supply cord is damaged, it must be replaced by the manufacturer, its service

Children should be supervised to ensure that they do not play with the appliance

## 1. Unpacking & Assembly

**WARNING:** Use extreme caution when assembling this treadmill. Failure to do so could result in an injury.

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

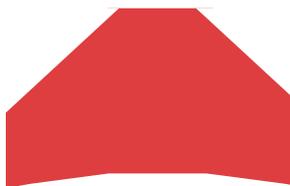
### UNPACK AND VERIFY THE CONTENTS OF THE BOX:

- Lift up and remove the box that surrounds the Treadmill.
- Check if the following items are present. If any of the parts are missing, contact with the dealer.

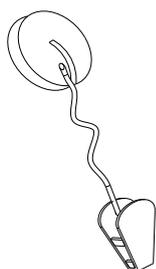
### Packing List



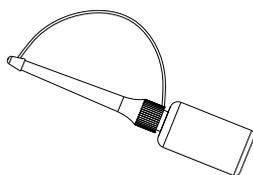
Main body



Hardware kit



Safety key

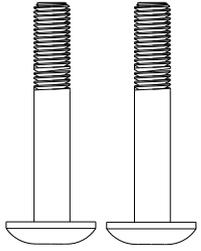


Silicon bottle

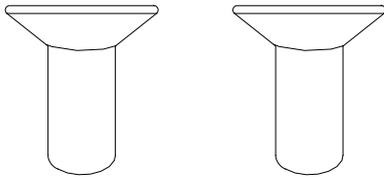


Manual

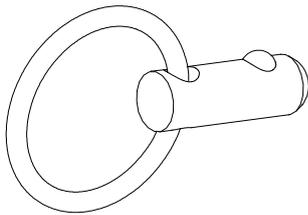
# HARDWARE BAG LIST



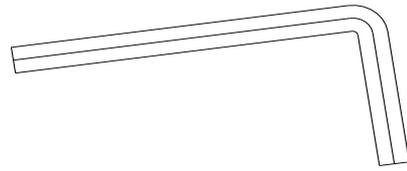
**Allen C.K.S. half thread screw (M8\*35\*20) 2pcs**



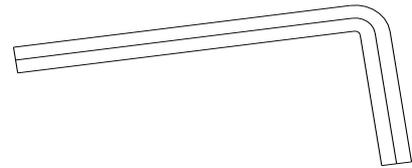
**Hexagon socket head full tooth bolt (M8\*12) 2pcs**



**TAB bolt 1 pc**

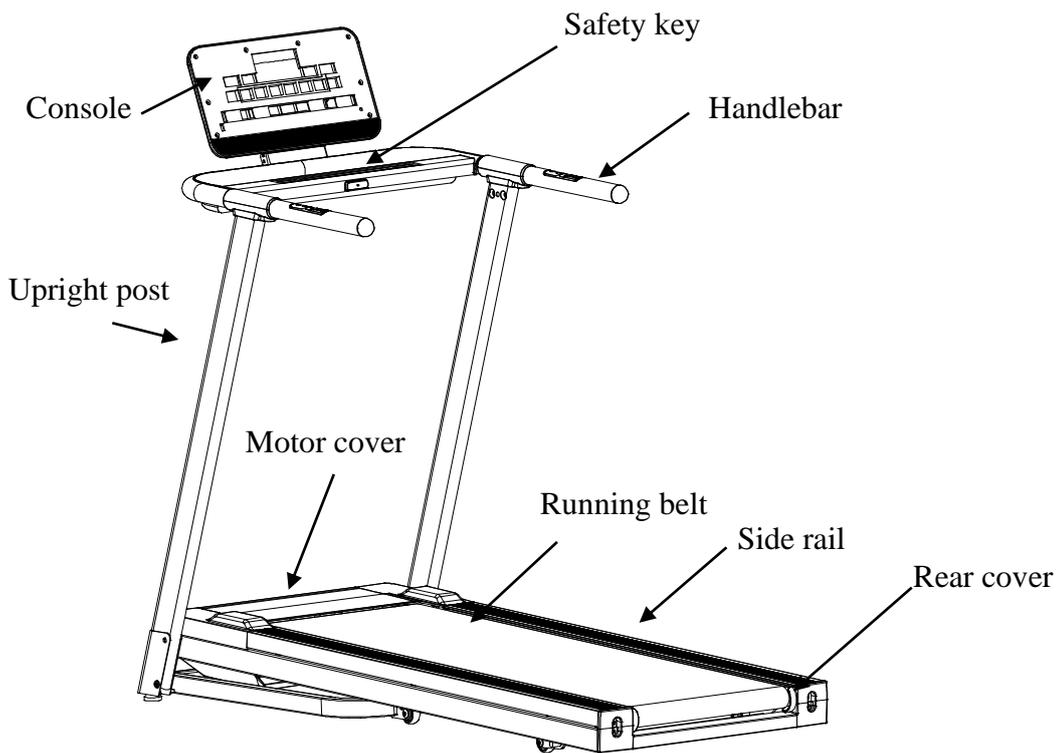


**L shape spanner S6 1 pc**



**L shape spanner S5 1 pc**

## Treadmill instruction

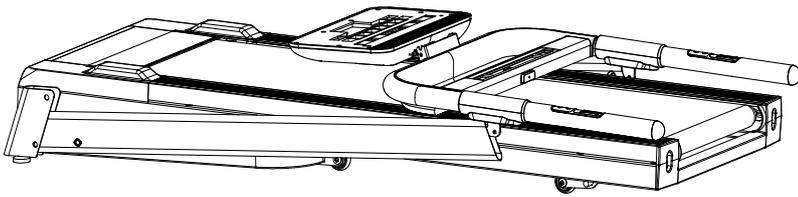


## Technical information

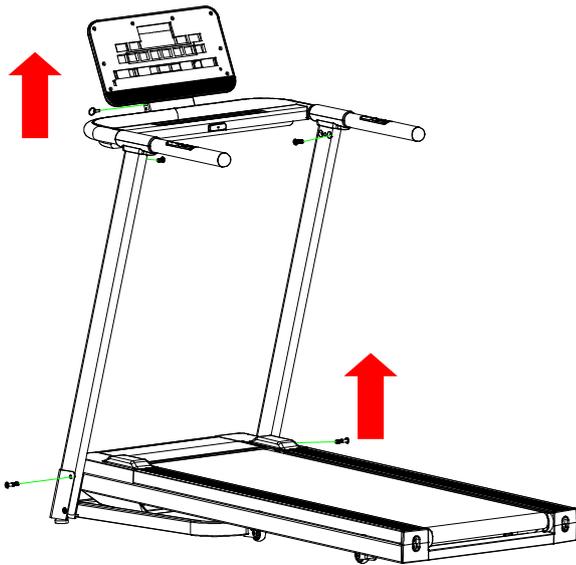
Dimensions	Folded: 816*690.5*1385mm
	Unfolded: 1510*690.5*1350mm
Running surface	1250*420mm
Speed	1.0—13.0km/h

Remark: WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

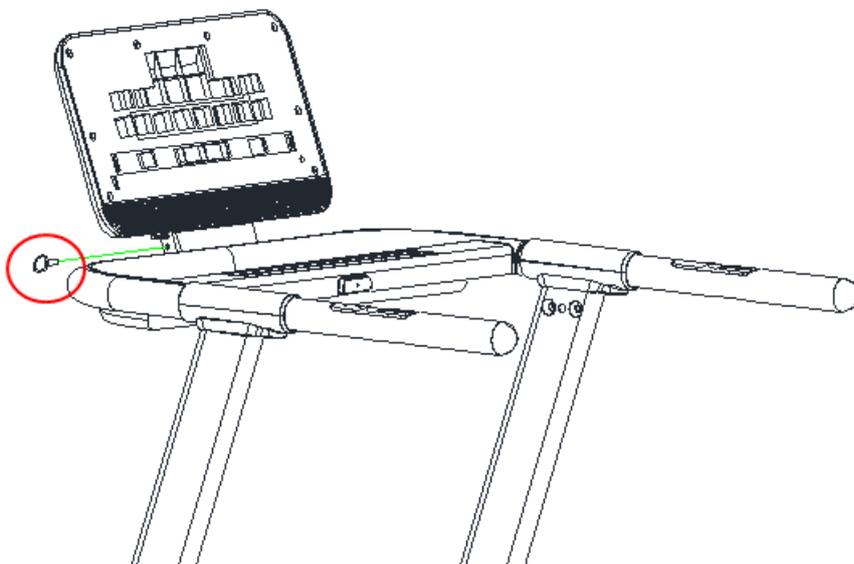
## ASSEMBLY INSTRUCTIONS



**Step 1:** Take out the machine from box and put it on the flat floor. (As shown)



**Step 2:** Hold the console and raise the upright post, then lock the upright post to the base frame with 2pcs of Allen C.K.S. half thread screw (M8\*35\*20). Then lock the console to upright post with 2 pcs of Hexagon socket head full tooth bolt (M8\*12)



**Step 3:** Lock the console well with TAB bolt. Then the treadmill finishes assembly.

## SETTING UP YOUR TREADMILL PLACE

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to be used in minimal floor space and go nicely in your home.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture content environment.
- Make sure power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Locate the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 2 x 1 m behind the treadmill so that you can easily get on and off the treadmill without getting trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can be easily removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

## USE DEDICATED CIRCUIT

The selected outlet should be a dedicated circuit. It is particularly important that No sensitive electrical equipment, such as computer or TV, share the same circuit.

### **CAUTION!**

Make sure the running deck is level to the ground. If the deck is not positioned on even surface, it will cause premature damage to the electronic system.

Read this manual before operating treadmill.

## GETTING STARTED

### TURN POWER ON

Put the power cord into the electrical outlet with 10A. Flip this switch to the “ON” position. The screen shines with prompt sound.

### SAFETY KEY AND CLIP

The safety key is designed to cut the main power to the treadmill if you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as emergency stop only. To bring the treadmill to a complete stop safely and comfortably, use the red stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing. In case you fall, safety key will be pulled out of the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key to your clothing. Pull on the safety key clip to make sure it will not come off your clothing.

### GETTING ON AND OFF THE TREADMILL

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck.

Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

**WARNING!**

Never use this treadmill without first securing the safety tether clip to our clothing.

**CAUTION!**

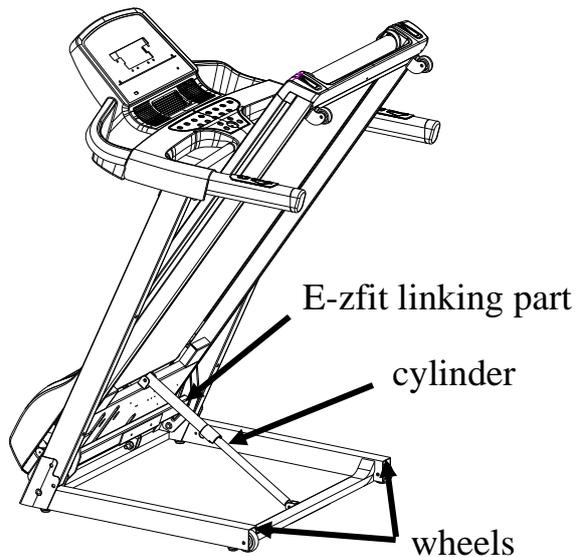
For your safety, step onto the belt when the speed is no more than 3km/h.

## Using instruction:

### Treadmill folding and moving:

#### 1、 Folding

1. Cut off the power before folding the treadmill.
2. Check if the incline is in the lowest position.
3. Lift up the treadmill to the upright position, the E-zfit linking part will automatically stick in the cylinder.
4. Check if the e-zfit linking part stuck on the cylinder, as shown in picture:



#### 2、 Unfolding

1. when unfolding the treadmill, you should choose a place with the power socket within a 1 m space. The ground should be flat without any barriers.

Hold the treadmill with both hands and step on the e-z fit linking part, now the treadmill will slowly down to the ground, and you should keep 1-meter distance from the treadmill until the treadmill unfolds completely. As shown in picture below:

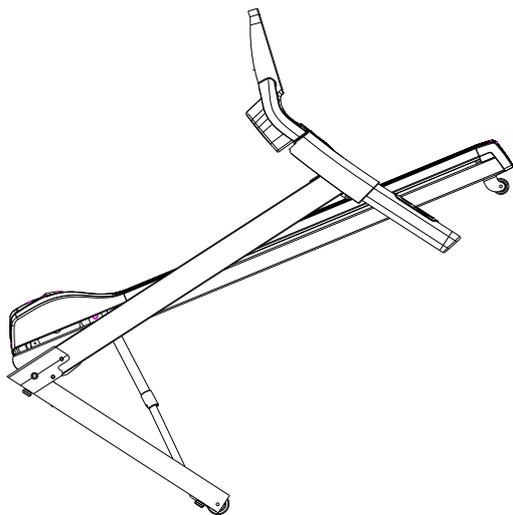


### 3、 Moving

First you need make sure following things are completed before moving:

- 1: the power is off;
- 2: the plug has been pulled out from the socket;
- 3: the treadmill has been folded;

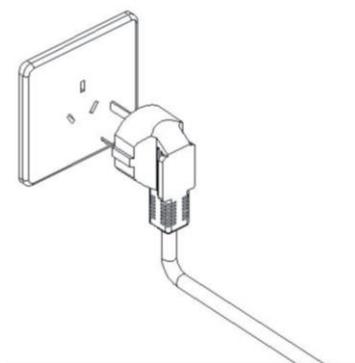
Then you can catch the end of treadmill with one hand, and catch the handlebar at the same side with another hand, tilt 40~50° up to chest to move the treadmill slowly, as shown in picture below:



#### Grounding guide:

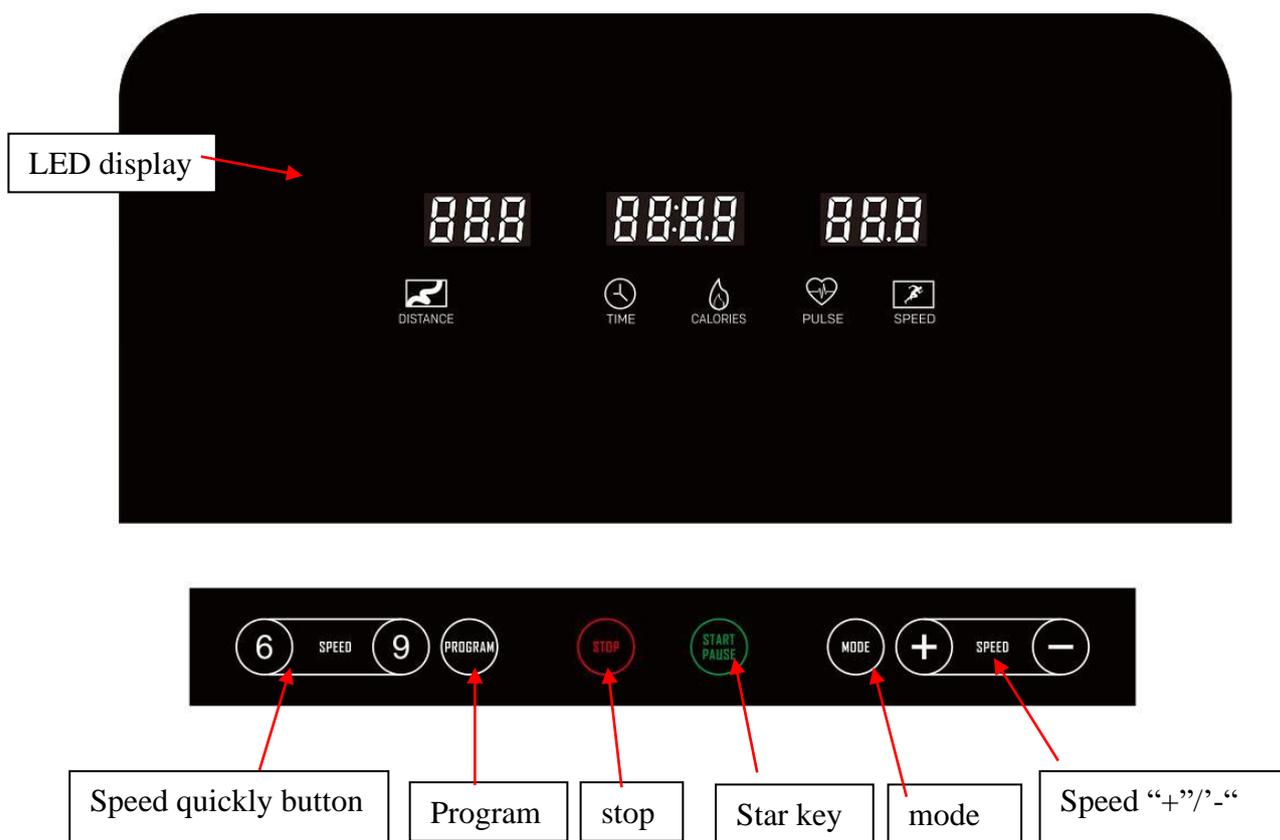
This product must have grounding. If error and damage occurs to the treadmill, grounding wire can form one circuit with lowest resistance, the current can be guided into the ground to reduce the danger of electric shock. This product is equipped with one cable which has one grounding conductor and a grounding plug.

The treadmill must be grounded with correct socket that is compatible with the local rules. You can consult your local technician for help. It should be under 220-240V and should match with this kind of socket as the picture below.



# Product Instruction

## 1. Computer board instruction:



1. 1 P0 is manual program; P1-P36 are preset auto programs; U01-U03 are user programs, and one FAT program.
1. 2 LED display with 8 operation keys;
1. 3 Speed range: 1.0~13.0KM/H;
1. 4 Self-checking system and a warning sound function;
1. 5 Speed and distance metric system conversion function;
1. 6 MP3 function is optional;
1. 7 HRC function is optional;
1. 8 Bluetooth function is optional.

## 2 LED digital tube and display instruction:

2. 1 “SPEED” LED indicator lights up, shows the speed value;
2. 2 “PULSE” LED indicator lights up, displays the heart rate value;
2. 3 “TIME” LED indicator light shows the time;
2. 4 “CALORIES” LED indicator light shows the value of calories;
2. 5 “DISTANCE” LED indicator light shows the distance value;
2. 6 “INCLINE” LED indicator lights up, displays the value of incline;

### **3 Button instruction:**

3. 1 **“PROG”**: Program select key, when the treadmill is stopped, cycle select from the manual program to “P1-P36→U01~U03→FAT as you prefer.
3. 2 **“MODE”**: under manual mode, press this button to cycle from countdown—distance countdown—calories countdown—normal mode. For P1-P36, the default countdown time is 30 mins.
3. 3 **“START/STOP”**: START/STOP” key. When the treadmill stops, press the START key to turn on the treadmill. When the treadmill is running, stop the treadmill slowly by pressing the STOP key one time;
3. 4 **“+”**: Speed +” KEY, increases the speed when running. Increase the parameter in body fat testing program;
3. 5 **“-”**: “Speed -“KEY, decreases the speed when running. Decrease the parameter in body fat testing program;
3. 6 **“QUICK SPEED”**: 6/9 are quick speed adjustment button. When the treadmill is running, speed up or down directly by pressing the quick speed key **6/ 9**;

### **4. Metric and British system conversion specification:**

- 4.1 After unplugging the safety key, press the "PROGRAM" and the "MODE" button, display shows 0.6 means conversion from km into miles;
- 4.2 After unplugging the safety key, press the "PROGRAM" and the "MODE" button, display shows 1.0 means conversion from miles into km;

### **5. Safety key function:**

The safety key is made of magnetic inductor, clamp and a nylon cord. It has the safety function and acts as an emergency stop. In any state, pull-out safety key, window displays: “E7” and buzzer sounds “DI-DI-DI”. Put the safety key back, all windows show full light for 2 seconds, then manual start mode turns on (the equivalent of clearing reset).

### **6. MP3 player instruction (optional function):**

The computer has built-in double track sound and switching regulated power supply, you only need a matched cable to connect the audio source and the MP3 hole then you can play.

If the product is without MP3 configuration, then it does not have this function.

## 7. Safety guidelines:

- 7.1 Put the power cord into the electrical outlet with 10A. Flip the switch to the “ON” position.  
The screen shines with prompt sound;
- 7.2 Put the safety key in the correct position and clip it to your clothes, then turn the power on, the LCD window light is shining, and you hear a sound “bebe”, the treadmill enters in to the P0 Normal Mode;
- 7.3 Press “PROG” key to cycle through and select the program: P0~P36、 U01、 U02、 U03、 FAT:
- 7.4 “P0” User program, Press “MODE” cycle select for this training mode, User can select the speed and inclination. Speed default is 1.0km/h, inclination default is 0%.
- 7.5 Training mode1: Counting. Time, distance, calorie are counted. The select function is closed.
- 7.6 Training mode2: Time Countdown. After selection, time window flickers. Press “+”-“to modify the value. The range is 5-99 minute. Default is 30:00 minutes;
- 7.7 Training mode 3: Distance Countdown. After selection, Distance window flickers. Press “+”-“to modify the value. The range is 1.0-99.0 km. Default is 1.0KM.;
- 7.8 Training mode 4: Calories Countdown. After selection, calories window flickers. Press “+” “-“ to modify the value. The range is 20-9990 cal. Default is 50 cal;
- 7.9 “P1-P36” Preset program, Only for Time Countdown mode. After selection, time window flickers. Press “+”-“ to select. The range is 5-99 minute. Default is 30:00. Press “MODE” key to return to Defaults.;
- 7.10 Press “START” after setting up training mode. Screen display a 5 second countdown, accompanied by five warning sounds. After the countdown, treadmill start gently; speeds up slowly to the display value, then levels to the constant speed operation.
- 7.11 During running, press the “+ “, “-” or quick speed key to adjust the speed you want;
- 7.12 For P1—P36, Speed is divided into 16 segments. Each segment has the same time. The speed after selecting will keep its value in a current segment. You will hear a sound 3 times before entering to the next segment. After finishing all 16 segments, the motor will stop with a long prompt sound.
- 7.13 Press “START” key when running to pause the treadmill. Press “START” key again to continue your workout. Workout data will continue counting.;
- 7.14 Press “STOP” key when running, the treadmill will slow down to a stop. It will return to the default state;
- 7.15 In any state, pull-out the safety key. Window displays error message “E7” and a sound buzzer can be heard. The treadmill stops.;

7.16 The electric control system is always under inspection. Treadmill will stop once something abnormal happens. Window will show the error message and release a sound.;

7.17 **BODY FAT FUNCTION:** When the treadmill is stopped, press the "PROGAM" key until you see "FAT" program. Enter into body fat function, on the left side "DISTANCE" window display object no., press "MODE" key to select. On the right side, "SPEED" window displays parameters, press "+", "-" to set up parameters.

7.18 F1 means Sex, 1 means male, 2 means female. The default is Male;

7.19 F2, means Age, the setting range is 1-99, and the default is 25.

7.20 F3 means Height, the range is 100-220 cm (39-87 inches), the default is 170 cm (67 inches)

7.21 F4 means Weight, the range is 20-150 kg (44-330 pounds), the default is 70 kg (154 pounds)

7.22 F5 means BMI. It shows you have selected all the settings. Put both hands on handlebars, wait for 8 seconds, and the window will show the BMI.

Example shows typical BMI of Asian people:

- a. BMI under 18 is underweight;
- b. Between 18 and 24 is normal weight;
- c. Between 25 and 28 is overweight;
- d. And over 29 is obesity.

## **8. USER program:**

Treadmill has three user modes: USER01, USER02, and USER03 that can be adjusted by the user.

Press "PROG" key to cycle and select the program U01~U03. Press "MODE" to set the parameters, user can set his own of speed and incline for all 16 segments. After setting the parameters press "START" to start the treadmill. User program is saved automatically and can be used next time.

## **9 .HRC Operation Instruction (Optional)**

9.1 HRC controller speed mode is using wireless heart rate. The heart rate control speed mode uses wireless heart rate, and by setting the heart rate (target heart rate: THR), automatically adjusts the speed of the function. Hand pulse sensors cannot be used for this feature.

9.2 HRC default has three groups, HRC1 limits the speed to 9 km/h, HRC2 limits speed to 11 km/h, HRC3 limits to 13 km/h (this machine only has HRC1 because of the configuration)

9.3 HRC setting method, sequence, parameter range, press the program key to display HRC, press the mode to confirm and enter the next set of settings, press the speed adjustment key, set the last parameter to start:

- a: Age setting range: 15-80 years old, default is 25 years
- b: Default target heart rate (THR):  $(220 - \text{age}) * 0.6$
- c: Target HRC rate can be modified, the range: 80-180
- d: Set the time, the default 30 minutes, the range: 5-99 minutes

#### 9.4 Speed change relationship

- a: HRC detects heart rate every 30 seconds (heart rate is shown).
- b: If the user's heart rate is lower than the target heart rate 30 times / min, the speed is increased by 2.0 km / h.
- c: If the user's heart rate is lower than the target heart rate 6-29 beats / min, the speed is increased by 1.0 km / h.
- d: If the user's heart rate is higher than the target heart rate 30 times / min, the speed is reduced 2.0 km / h.
- f: If the user's heart rate is higher than the target heart rate 6-29 times / min, the speed is reduced by 1.0 km / h.
- g: If the user's heart rate is higher or lower than the target heart rate 0-5 times / minute, the speed remains unchanged.

#### 9.5 Decelerate to the minimum speed within 20 seconds when the following conditions occur.

Treadmill turns on the lowest speed for 15 seconds and then rings every second.

- a: If heart rate cannot be detected for two consecutive times.
- b: 1 km / h (0.6 mph), heart rate slows down.
- c: When the heart rate exceeds limit (220-year-old).

#### 9.6 Speed is 1 km / h (0.6 mph), not less than 1 km / h (0.6 mph) during deceleration, e. g. when the treadmill is running in 1.6 km / h (1.0 mph) speed and there needs to be deceleration of 1.0 (2.0) km / h due to heart rate, then it is decelerated to 1 km / h (0.6 mph).

1 0 . **Program P1-P36 Speed Chart**

Seg. Pro. class		1	2	3	4	5	6	7	8	9	10
		P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0

## Fault and method

### treadmill

problem	Possible reason	Maintenance methods
Treadmill cannot work	a. no power	Insert the plug into the socket
	b. Safety key not in position	Put the safety key in a right position
	c. short circuit	Check the wire connection and controller input signal
	d. switch off	Switch on
	e. Fuse burned	Replace fuse
Running belt is not smooth	a. Not enough lubrication	Lubricate with silicone oil
	b. too tight	Adjust the tightness of a running belt
Running belt skidding	a. Running belt too loose	Adjust the tightness of a running belt
	b. motor belt too loose	Adjust the tightness of a running belt

### Computer parts

#### Error information and code meaning:

code	description	Troubleshooting methods
E1	Abnormal communication : Abnormal communication in controller and computer	Controller stopped in error. Treadmill cannot operate. Computer shows error code, the buzzer sounds 3 times. Possible reason: the communication between controller and computer is blocked, check the wire connection between controller and computer carefully and make sure every port is inserted properly. Check if the wire is worn out, replace the wire if necessary.
E3	Motor wire not connected well.	Stopped in error status, the computer buzzes for 9 times and shows error code in the meantime. If the treadmill is back to normal after machine halt, can enter into stand-by status and turns on as usual. Possible reason: check if motor wire is connected properly and re connect. Check if the controller has a smell and replace the controller if needed.
	No speed sensor signal : voltage can output from controller to DC motor, but cannot receive feedback of motor speed.	Stopped in error status, the computer buzzes for 9 times and shows error code in the meantime. About 10 seconds later, the treadmill enters into stand-by status and can be turned on as usual. Possible reason: didn't detect the speed sensor signal for longer than 3 seconds, please check if the sensor plug is inserted properly or damaged. Replace the sensor if necessary.
E4	Incline is under self-learning	Check if the motor wire is inserted properly, reinsert and check if the AC wire of incline motor is connected correctly, the AC wire should be aligned with the mark on the controller. Check if the motor wire is worn out, replace the wire or incline motor, and then press the learning button on the controller to restudy.

E5	Overcurrent protection : controller detects the current of DC motor more than +6A over 3 seconds while operating.	Stopped in error status, the computer buzzes for 9 times and shows error code in the meantime. About 10 seconds later, the treadmill enters into stand-by status and can be turned on as usual. Possible reason: exceeded load which led to an overcurrent, the system is trying to protect itself or some part of a treadmill may be stuck, motor cannot rotate freely because of overload and overcurrent. In this case, readjusting and restarting the treadmill would help. If it is not the case, you should check if the controller and motor have a burning smell or overcurrent sound, replace the motor and controller if necessary. Also please check if the power meter and voltmeter function well, you can try a brand new one.
E6	Explosion proof: voltage or motor abnormalities damage the motor circuit.	Stopped in error status, the computer buzzes for 9 times and shows error code in the meantime. If the treadmill goes back to normal after machine halt, it can enter into stand-by status and be turned on as usual. Possible reason: check if the voltage is 50% lower than normal voltage, please use brand new meter; check if controller has a burning smell, replace the controller if necessary; check if the motor wire is connected properly and reconnect.

## General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

## Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

### NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.



1

### EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

### ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

## EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

## INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

## TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6.

## EXERCISES FOR THE KNEES

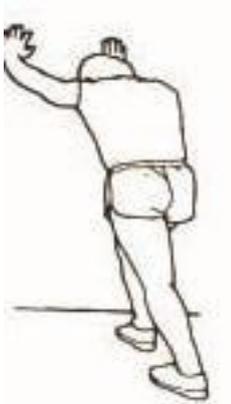
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



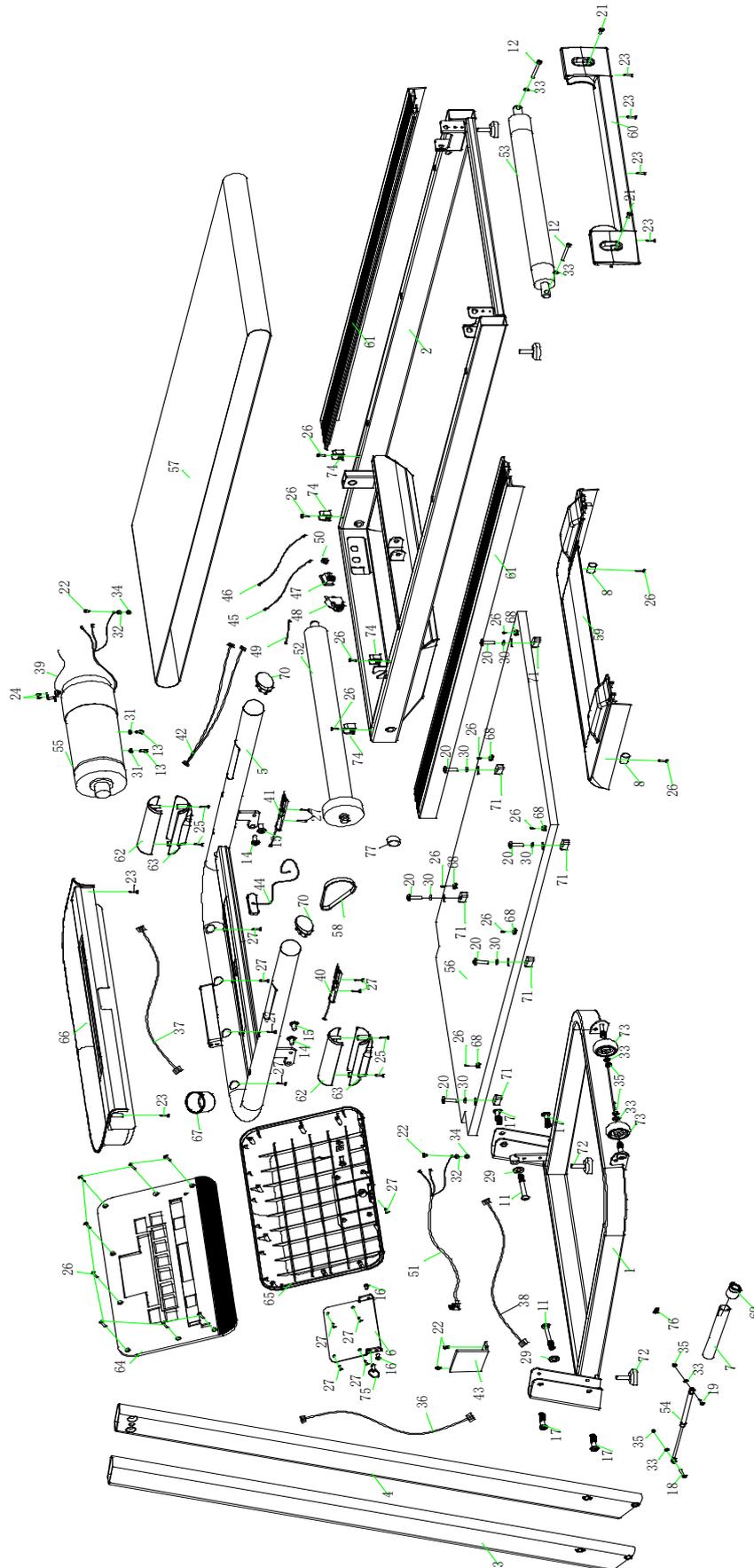
7

## EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



# EXPLODED DRAWING:



## EXPLODED DRAWING PART LIST

NO.	Part name	QTY
1	Base frame	1
2	Main frame	1
3	Left upright post	1
4	Right upright post	1
5	Console frame	1
6	Fixed clip for rear cover of display	1
7	Ezfit linking parts	1
8	Fix tube of motor cover	1
11	Half-tooth bolt with large flat head and inner hexagonal M10×55×20	2
12	Full –tooth bolt with inner hexagonal cylindrical head M8×75	2
13	Full –tooth bolt with inner hexagonal cylindrical head M8×20	2
14	Full –tooth bolt with inner hexagonal countersunk head M8×12	2
15	Full –tooth bolt with inner hexagonal countersunk head M8×20	2
16	Full –tooth bolt with inner hexagonal cylindrical head M6×15	2
17	Inner hexagonal flat-head half-tooth bolt M8×35×20	4
18	Inner hexagon big flat head half - tooth bolt M8×50×20	1
19	Inner hexagon big flat head half - tooth bolt M8×30×20	1
20	Hexagon socket head full tooth bolt M6×55×Φ16	6
21	Cross groove large flat head full - tooth bolt M5×10	2
22	Cross groove large flat head full - tooth bolt M4×10	8
23	Cross slotted self tapping screw with large flat head ST4×16	9
24	Self tapping screw for cross slotted head ST3×10	2
25	Self tapping screw for cross slotted head ST3×15	4
26	Cross slotted countersunk head self tapping screw ST4×15	21
27	Cross slotted countersunk head self tapping screw ST4×15	5
28	Cross slotted countersunk head self tapping screw ST4×25	4
29	Plastic flat washer Φ18×Φ10.5×t2.0	2
30	Plastic flat washer (PVC)Φ12×Φ6×t1.0	6
31	Spring washer Φ8	2
32	Spring washer Φ5	3
33	Flat washer Φ8	6
34	Lock washer	3
35	hexagon lock nut M8	6
36	Communication cable	1
37	Communication cable	1
38	Communication cable	1
39	Speed sensor L-300	1
40	Speed handle pulse	1

41	Star/stop handle pulse	1
42	Handle pulse wire	1
43	Controller	1
44	Safety key	1
45	Power connection wire	1
46	Power connection wire	1
47	Switch	1
48	Fuse	1
49	Power connection wire	1
50	Power cord buckle	1
51	Plug cable	1
52	Front roller	1
53	Rear roller	1
54	Hydraulic	1
55	Motor	1
56	Running board	1
57	Running belt	1
58	Motor belt	1
59	Motor cover	1
60	Rear cover	1
61	Side rail	2
62	HANDLE BAR COVER(upper)	2
63	HANDLE BAR COVER(bottom)	2
64	PCB of console	1
65	Rear cover of console	1
66	Accessory tray	1
67	Bottle holder	1
68	Side rail guider	6
69	Double layer end cap	1
70	Round end cap	2
71	Square cushion	6
72	Feet pad	4
73	wheel	2
74	Pipe strip	4
75	TAB bolt	1
76	shrapnel	1
77	magnet ring	1

## **TREADMILL MAINTENANCE**

Proper maintenance is very important in order to ensure a faultless condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product. All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

### **BELT ADJUSTMENT**

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or get off center after use. Stretching is normal during the break-in period.

#### **ADJUSTING THE BELT TENSION:**

If the running belt feels as though it is —slipping or hesitating when you plant your foot during a workout, the tension on the running belt may have to be increased.

#### **TO INCREASE THE RUNNING BELT TENSION:**

1. Place 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.

4. Be careful not to tighten the running belt tension too much as you can create

Excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

#### **TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TRUNS.**

#### **CENTRING THE RUNNING BELT**

When you run, you may push off harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off- centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains consistently off-centre, you will need to centre the running belt manually.

Start the treadmill without anyone on the running belt, press FAST-key until speed reached 6kph.

1. Observe whether the running belt is toward the right or left side of the deck.

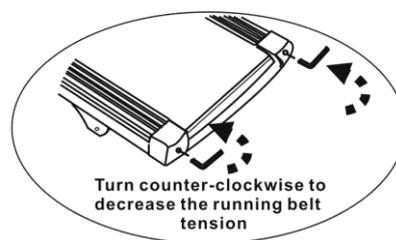
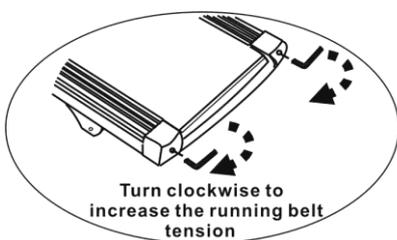
- If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.

- If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.

- If the belt is still not centre, repeat the above step until the running belt is on centre.

2. After the belt is centre, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



## LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation.

After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary.

In case of a dry surface refer to the following instructions. Only use oil free silicon spray.

### Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

## CLEANING:

Regular cleaning of the striding belt ensures a long product life.

- **Warning:** The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

## **STORAGE:**

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

## **Important notes**

- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have prolonged pain.
- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device. It is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.

# WARRANTY

## TERMS AND CONDITIONS

This warranty is valid only in accordance with the conditions set forth below. Warranty applies only while the followings three conditions are met.

- It remains in the possession of the original purchaser and proof of purchase is demonstrated.
- It has not been subject to accident, misuse, abuse, improper service or unauthorized modifications.
- Claims are made within the 12 months manufacturer's warranty period.

## EXCLUSIONS AND LIMITATIONS

This warranty is for home use only. Under no circumstances is this treadmill warranted for semi-commercial or commercial use.

We warrant this product to be free from defects in material and workmanship.

This warranty is expressly limited to the replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty. Labor for repair or replacement of defective parts is not covered by this warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance or installation of parts or accessories not originally intended or compatible with the treadmill sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion or neglect.

Manufacturer shall not be responsible for incidental or consequential damages.

## WARRANTY REGISTRATION

The warranty registration must be completed in full. Send or fax this information along with a proof of purchase to your dealer to keep on file. Your dealer must have this information on file before a warranty claim can be processed.

### WARRANTY REGISTRATION – Keep a copy for your records

Model #:	Serial #:
Date of purchase:	Your name:
Dealer name:	Address:
Dealer address:	



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