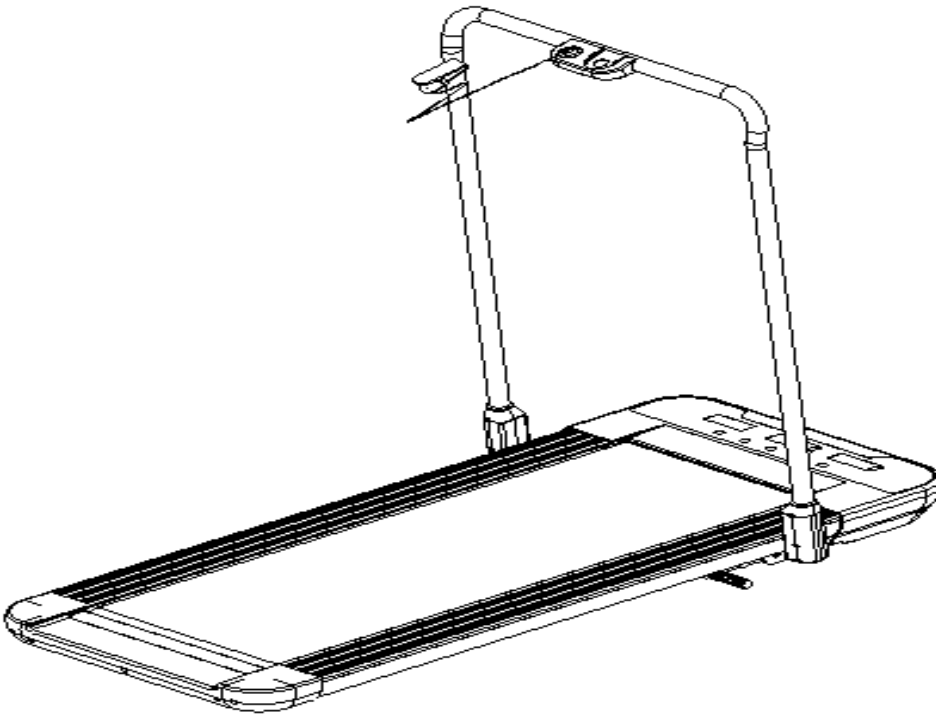


Electric walking machine instruction manual

Product number : PB-001S



This product is produced strictly in accordance with Q/PB001-2018. The inspection method is in accordance with GB17498.1-2008, and the sample inspection is in accordance with GB/T2828.1-2012.

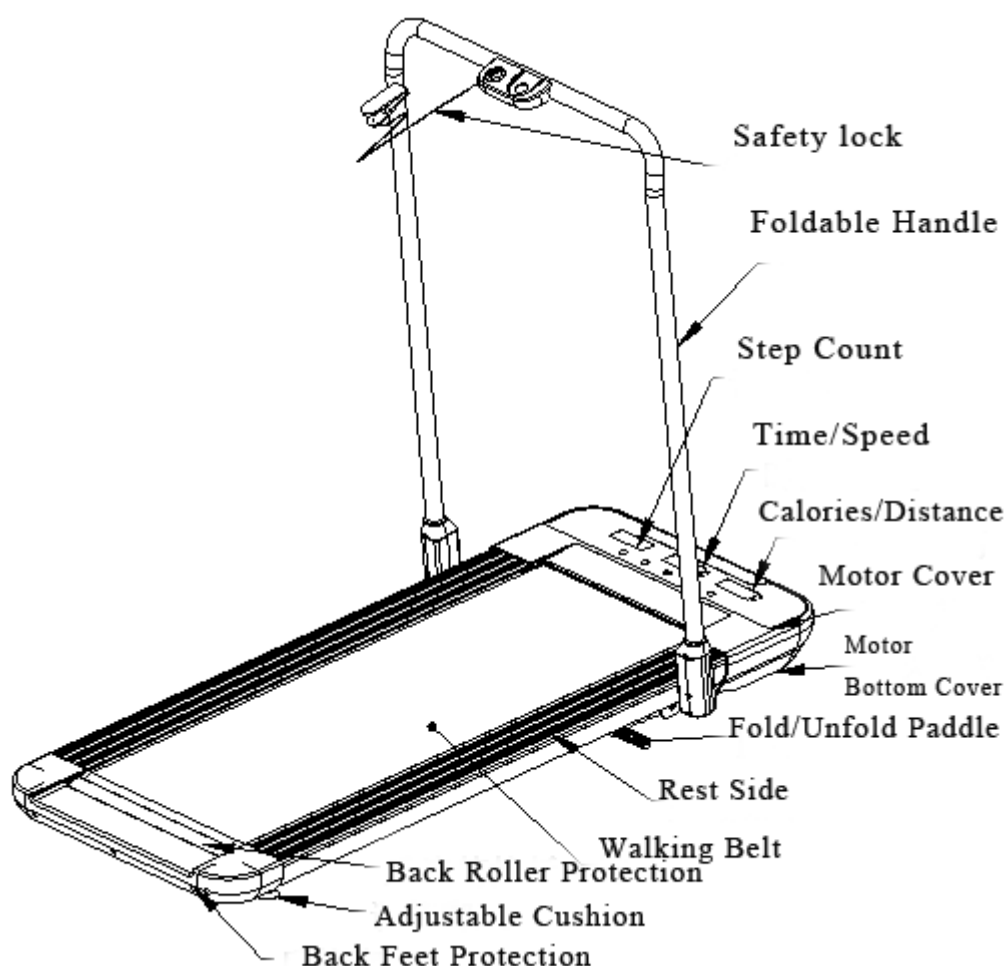
Please read this manual before installing the walker. Follow the principle of sustainable development, We may update the product when necessary, and no longer notify, If the instructions and products do not match, depending on the actual product.

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Product introduction

1. Household electric walking machine



The main parameters and configuration list

PB001S-The main technical parameters

No.	parameter name	Description
1	Rated voltage	□ 220V-240V AC
2	Rated frequency	50/60Hz
3	Rated power	350W (Brush motor)
4	Speed	0.8-6.0Km/h
5	Belt size	365*1000
6	Max loading weight	100KG

Packing List					
No.	Names	Unit	QTY		
1	Treadmill machine	PCS	1		
2	Spare parts package	BAG	1		
Packing List(Spare Parts Package)					
No.	Names	Unit	No.	Name	Unit
1	6mm Hex Key	1PCS	3	Engine oil	1Bottle
2	Manual/Warranty Card/Qualification Certificate	1BAG	4	Power cord	1PCS

2、Safety precautions and warnings

Notice

:In order to ensure your safety and avoid accidents, please read the instruction manual carefully before use and pay attention to the following safety matters.

Safety instructions : This product already avoid many safety issues when design and manufacturing, but please follow the instructions below, just in case. We do not bear any consequences caused by abnormal operations.

This machine has an emergency stop switch (red security lock). When running, red clips are attached to the clothing to prevent running accidents. The red safety lock comes off, the treadmill will stop immediately.

- ◆ Walking machine is suitable to be placed in the room, to avoid moisture, can not sprinkle the water on the walking machine, do not place any foreign objects on the walking machine, walking machine on both sides and the front should be 1

meter and the back end should be 2 meters x 1 meter Safe use of space for emergency jumps.

- ◆ Before exercising, please wear suitable sportswear, sports shoes, and avoid accidental contact with the treadmill. It is forbidden to exercise barefoot on the walking machine. Please do a full body stretching exercise before running.
- ◆ The power plug must be reliably grounded, and the socket must have a dedicated circuit to avoid sharing with other electrical equipment.
- ◆ Keep children away from the machine and avoid accidents.
- ◆ It should avoid use for super-long time, otherwise it will cause damage to the motor and controller, speed up the wear and aging of bearings, running belts, running boards, please regularly maintain walking machine.
- ◆ Please do not store and use the walking machine in a dusty space , and maintain a certain degree of humidity in the room to avoid generating strong static electricity, otherwise it may interfere with the normal operation of electronic watch and the controller.
- ◆ Please turn off the walking machine and unplug the power plug, after finish your exercise.
- ◆ Please keep indoor air circulation when using walking machine.
- ◆ Keep safety lock clamps on clothing during exercise. In case of emergency and safety shutdown.
- ◆ If you experience abnormalities such as maladaptation during use, stop exercising and consult a doctor.
- ◆ Please keep the unused silicone oil out of children's reach to avoid serious

consequences of misuse.



Warning: To reduce accidents or injure others, please observe the following

rules:

- ◆ Before using the walking machine, please check if the clothing is buckled or zippered, or the clothes are too loose.
- ◆ Do not wear clothes that are easily hooked by walking machines.
- ◆ Do not put the power cord near hot or moving objects.
- ◆ Do not let children approach the walking machine.
- ◆ Do not use walking machines outdoors.
- ◆ Before moving the walking machine must be cut off the power, unplug the plug.
- ◆ Non-professionals are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
- ◆ The walking machine is limited to 20 amp circuits.
- ◆ Only one person moves on the treadmill when the machine is started.
- ◆ If you feel dizzy, chest pain, nausea, or shortness of breath while exercising, stop exercising immediately and consult your fitness instructor or doctor.
- ◆ Please do not use this product outdoors, in high humidity and sunlight.
- ◆ Please turn off and unplug when people leave.
- ◆ This product should not be used for a long time. It is recommended to use the walking machine for an interval of half an hour. If it is used for a long time, it may cause the overheating of the walking machine electrical equipment and cause electrical failure.

Special safety instructions :

- ◆ Place the walking machine where it can be plugged into the socket.
- ◆ Insert the power cord directly into the socket and do not allow looseness.
- ◆ Please use a qualified outlet to avoid the danger. If the plug and socket are incompatible, please do not move the plug. Ask an electrician to handle it.
- ◆ The use of voltage 220V-240V AC power supply.
- ◆ Please don't let the power cord touch the roller, don't put the power cord on the running belt, don't use the damaged plug.
- ◆ Before cleaning and maintenance, pull the plug out of the socket.

Warning :Failure to remove the plug may result in personal injury and damage to the equipment.



Warning! Mandatory!

- ◆ Who is being treated by a doctor or the following patients must be consulted with a professional doctor before use.

1) People who have back pain, or past legs, waist, neck

numbness/injuries(discherniation, spondylosis and cervical protrusion, etc. Patients).

2) People with deformed arthritis, rheumatism, and gout.

3) People with osteoporosis.

4) People with circulatory disorders (heart disease, vascular disorders, hypertension, etc.).

5) Those with respiratory disorders.

6) People who are suffering from heart diseases or carrying electronic medical equipment such as a heart pacemaker.

- 7) People who have malignant tumors.
- 8) People who have blood circulation problems such as thrombosis, severe aneurysm, acute venous tumor, or infections skin diseases.
- 9) People who have perception disorders due to diabetes.
- 10) People who have open wounds.
- 11) People who are suffering from fever.
- 12) People who have spinal abnormalities or spine curvature disorders.
- 13) Women who are pregnant or may be pregnant or are in menstruation.
- 14) If you feel an abnormal body, you need to rest.
- 15) People whose health condition is poor.
- 16) People who aim for recovery.
- 17) In addition to the above-mentioned circumstances, especially those who feel physically abnormal.

---- May cause accidents or poor health.

- ◆ In the process of exercising, feel pain or coordination abnormalities such as backache, numbness in legs, dizziness, heartbeat, etc.
- ◆ When starting to use this product for training, consider your physical condition and exercise properly and regularly to ensure that you have enough physical strength to train. Wrong or excessive training will not benefit your health.
- ◆ This product is not intended for use by children. Physically uncomfortable or mentally impaired persons and those lacking common sense are prohibited from use unless they are under the supervision or guidance of the person responsible for their safety regarding the use of the product. Children should be monitored

to ensure that they do not play with the equipment. ----If you do not comply, there may be danger of injury.

- ◆ During use or when inserting or removing the product, be sure to check that there are no people or pets in the surroundings (back, bottom, front of the product).
- ◆ This product is suitable for home use and is not suitable for professional training and testing, it cannot be used for medical purposes.



Prohibited!

Do not use the product in a state where the housing is cracked, broken off (exposed inner structure), or cracked at the welded part.

----Otherwise the accident or injury may occur.

- ◆ Do not jump on the machine during exercise. It may be injured due to a fall.
 - ◆ Do not use and store walkers outdoors or in wet places near the bathroom.
 - ◆ Do not use or store the product in places exposed to direct sunlight, high-temperature places such as stoves, and electric heating carpets.
- Otherwise it may lead to electric leakage and fire.
- ◆ Do not use when the power cord or power plug is damaged or the socket of the socket is loose. -Otherwise it will cause electric shock, short circuit, and fire.
 - ◆ Do not damage or forcibly bend or twist the power cord. Also do not place heavy objects on it.

---- Otherwise it may result in fire or electric shock.

The walking machine is limited to one person walking. Be careful not to let the surrounding people approach during use.

- Otherwise, accidents or injuries may occur due to a fall.

If you can't express your own consciousness then you can't use it.

----Accidents or injuries may occur. Avoid contact with water

Do not spray water or drink in the main body or operating part. ----It may cause electric shock and fire.

Prohibited!

◆ People with low levels of exercise do not suddenly perform intense exercise on a treadmill.

Do not use it after a meal or when you are tired, or when you have just exercised or have an abnormal physical condition.

---- May cause damage to health.

This product is suitable for home use. It is not suitable for use in unspecified places such as schools and gymnasiums.

◆ ----There is risk of injury

◆ Use without food or other activities.

◆ Do not use it when you feel unconscious after drinking alcohol. ---- May cause an accident or injury.

◆ Do not use in the pants pocket with hard objects. ---- May cause an accident or injury.

◆ Do not use needles, garbage, or moisture on the power plug. ----May cause electric shock or short circuit, fire.

◆ **Do not use with wet hands!**

When deactivated, unplug the power plug from the outlet and allow the

machine to be completely disconnected from the power supply.

----Insulation ages due to dust and moisture, resulting in a leakage fire.



Grounding instructions!

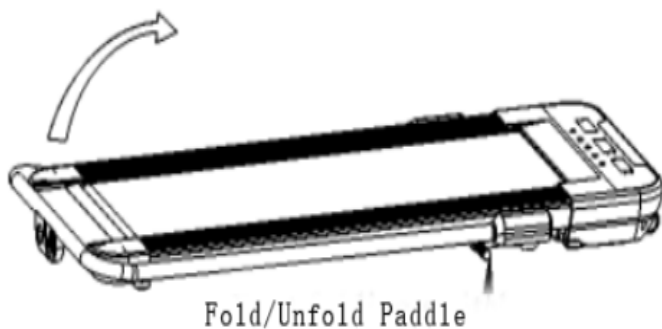
- ◆ The product must be grounded. If the unit malfunctions, grounding will provide the least resistance to current flow to reduce the risk of electric shock.
- ◆ The product is equipped with a power plug with a grounding conductor for the equipment and a grounding plug. The plug must be plugged into a suitable socket that has been properly installed and grounded in full compliance with local regulations or decrees.
- ◆ Improper connection of the grounding conductor of the equipment can result in a risk of electric shock. If you have doubts about the correct grounding of the product, please entrust a professional electrician to inspect it. Even if the plug and socket provided with the product do not match, you can't modify it. Please entrust a professional electrician to install a suitable socket.
- ◆ This product has a grounding plug. Please make sure the product is linked to a socket that has the same shape as this product. The product cannot use an adaptor socket.
- ◆ If the power cord is damaged, it must be replaced by the manufacturer, its maintenance department, or a similar professional in order to avoid danger.
- ◆ This product is HC grade.
- ◆ Please check all parts before use to ensure that the screws and nuts are locked.
- ◆ When in use, please wear comfortable and tight clothes to prevent the clothes from being caught by the machine; do not allow children and pets to play beside

them to avoid accidents.

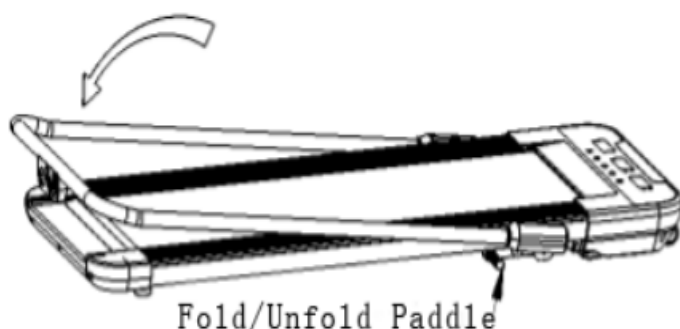
- ◆ Please place the product on a smooth, clean, level surface to ensure that there are no sharp objects nearby and do not use it near sources of water and heat.
- ◆ Keep hands away from all moving parts and keep hands and feet out of the gap under the running belt.
- ◆ Ensure that the screws are tightened after the product is assembled.
- ◆ Please use the original accessories, it is strictly forbidden to replace privately.

Assembly :

1. Read the instructions carefully before assembly.
2. Place all assembly parts neatly on a clean surface, for better checking and easier installation.
3. Check if any parts missing against the checklist.
4. Pay attention when handling and using tools. Follow the instruction strictly for assembly.
5. Safely preserve the remaining parts and items. Plastics and bubbles are harmful to children.
6. Assemble according to this user' s guide. Carefully read the instructions and steps.
7. When unpacking, pull up the handle as shown. Lightly jolt to check if it is locked at the right position before use.



8: When retracting handle, use the paddle(paddle on/off) as shown to place the handle at its rest position.



This product must be assembled by adults. Seek professional help when necessary.

Important Notes

Before using this product, please consult a doctor and get a body check-up. It is advised to get doctor' s approval prior to any frequent and intense workout. In case of discomfort while using the product, stop immediately and consult a doctor.

Correctly use this product as it is designed to be, read carefully this manual before workout.

When unattended situation or in idle, keep away children and pets.

Before use: Plan workout routine based on body condition. Those who have not exercised for years, or are over-wight, increase workout duration gradually- adding a few minutes every weekly is fine.

Warning : Mindfully assemble the product, do not break.

3、 Exercise advice and guidelines

Warm-up and stretching exercise

A successful exercise program is composed of three parts: warm-up exercise, aerobic exercise and soothing exercise.

Warm-up sports Forging is a very important part of the exercise, and warm-up exercises must be performed before each workout.

Warm-up exercise can warm up the body, stretch muscles, and allow the body to adapt to more intense exercise.

Repeated warm-up exercises at the end of the exercise can help relieve muscle soreness.

We recommend that you follow the illustration below to do the appropriate warm-up and mitigation exercises :

Head exercise

The head is stretched first to the right shoulder, the left neck straightens, and rotates clockwise back;

Stretch the head to the left shoulder and turn it counterclockwise. So repeat.



Shoulder exercise

Bring the left shoulder to the back and repeat 5 times; then lift the right shoulder back, repeat 5 times, alternate.



Stretching

Stretch your hands straight over your head, then grab the right hand wrist with your left hand and stretch it until you feel right

Hands straighten completely straight for 5 seconds, right hand.



Quadriceps stretching exercises

Support the wall with your right hand and keep your body in balance. Raise your left foot with your left foot so that your left heel is as close to your hips as possible. Stay for 15 seconds, change to the other foot.



Inner thigh stretch

Sit on the floor, keep your both feet together, hold your feet in both hands, your feet as close to your body as possible.

Slowly press down on your heel and keep this position for 15 seconds.



Hamstring stretch

Sit down, stretch your right leg, bend your left leg, and push your left ankle with your left foot as close to your body as you can. And the sole of the Foot is close to the inner side of the right thigh, and then the body is pressed down, and the left and right forward stretches touch the tip of the toe, The greater the degree, the better. Hold this position for 15 seconds and change your left leg.



Calf stretch

With both hands on the wall, the body is 45 degrees to the ground, and the left and right feet alternately straighten back to do walking exercises.



4、 Product use function description

Using a treadmill :

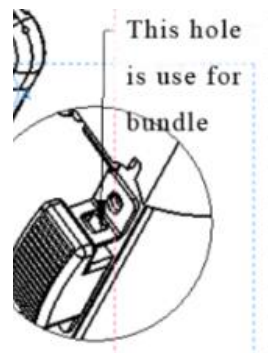
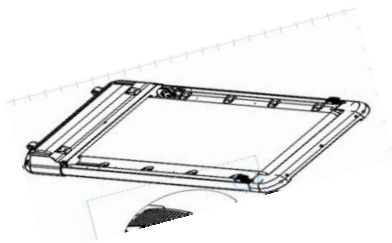
1. Connect to the power supply. Press the "on/off" button(the red button). It will light up and there will be a "tick" sound. The screen will be on afterwards.

When not using the walking machine, place it where children cannot reach. Keep the engine oil away from children. If ingested/contacted with eyes accidentally, rinse it with water and go to the doctor as soon as possible.

2. Erecting the machine

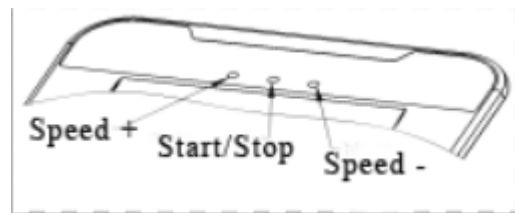
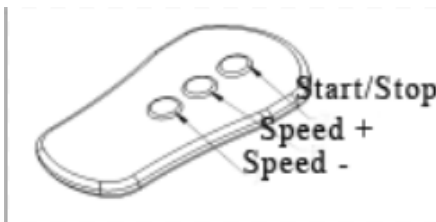
Erecting the machine can save up more space:

Before erection, turn off the power of the machine, and unplug it from the power supply. Put and lean the walking machine vertically against the wall, to prevent from falling. There is a special binding hole behind the treadmill and you need to use rope to bind the fixed object. See the picture of this hole.



3. Start the machine

3.1.Connect to the power supply. Press the "on/off" button(red button),instruction:Push the red" start/stop" button on the interface at the top of the machine performs the same function.



3.2. Accelerate/Decelerate button

The speed of the machine is adjustable, at a rate of 0.1km each time. Hold the "accelerate" or "decelerate" button for more than 2 seconds for auto-acceleration or auto-deceleration respectively.

4. Display function

4.1. Step Display.

Show real-time time and speed. Start counting from 0001 again when reached 9999 steps.

4.2. Time/speed display

Displays the current running time and speed value. The window automatically switches the display.

4.3. Calories / Distance Display

Show real-time burnt calories and distance. Data interchanges automatically.

4.4. Standard calorie is 30 Kcal/km.

4.5. Acceleration is 0.5Km/S, deceleration is 0.5Km/S.

5. The meaning of error message code : (PB-001S)

Error code	Error description	Solution
ER1	Interface receives no signals	1. Check if connection is loose or damaged. 2. Check or replace the control board. 3. Check or replace the remote control.
Er 3	Pressure protection	1. Check voltage level: AC 200-240V 2. Check or replace remote control. 3. Check or replace the motor.

Er 4	Electric current protection	<ol style="list-style-type: none"> 1. Check for overload. 2. Check if the mechanical moving parts are stuck. 3. Check lubrication. Inadequate lubrication leads to friction between walking belt and board. 4. Check the machine is worn and torn. 5. Check the walking belt is worn and torn. 6. Check if short-circuited. 7. Check or replace remote control. 8. Check or replace the motor.
Er 5	Overload protection	<ol style="list-style-type: none"> 1. Check for overload. 2. Check if parts are stuck. 3. Check lubrication. Inadequate lubrication leads to friction between walking belt and board. 4. Check the machine is worn and torn. 5. Check the walking belt is worn and torn. 6. Check if short-circuited. 7. Check or replace remote control. 8. Check or replace the motor.
Er 6	Power not connected	<ol style="list-style-type: none"> 1. Check if the poer cord is loose/disconnected. 2. Check or replace the motor. 3. Check or replace the remote control.
Er 7	Remote control receives no signal	<ol style="list-style-type: none"> 1. Check if connection cord is loose or damaged 2. 2. Check or replace the control board. 3. Check or replace the controller.
Er 13	IGBT Short circuit	<ol style="list-style-type: none"> 1. Check if the machine has strong interference signals. 2. Check or replace the remote control.
Er 14	Overload Short circuit	<ol style="list-style-type: none"> 1. Check for foreign object at the output terminal of the remote control. 2. Check or replace the motor.
safe	Security lock off	<ol style="list-style-type: none"> 1. Check if the security lock is in place and safety switch is in position. 2. Check if the safety lock is good, and the magnetic ring pipe is broken and replaced.

5、 Product maintenance

Warning : Before cleaning or maintaining the product, be sure to remove the power plug of the electric walking machine.

Cleaning: Full cleaning will extend the life of the electric walking machine.

Regularly remove dust to keep parts clean. Be sure to clean the exposed parts of both sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the trainers are clean and avoid wearing foreign objects into the running belt and running belts. The surface of the running belt must be scrubbed with a damp, soapy cloth. Be careful not to spill water on the electrical components and underneath the running belt.

Warning : Be sure to remove the power plug of the electric walking machine before moving the front guard. Open the front guard at least once a year to clean the motor vacuum

Running belts and electric running lubricants

This electric walking machine has been pre-lubricated between the running plate and the running belt. The friction between the running belt and the running plate has a great influence on the service life and performance of the electric walking machine. Therefore, it must be regularly lubricated. We recommend regular inspection of the board. If the board is damaged, please contact our customer service center.

We recommend to lubricate the electric walking machine between the running belt and the running board according to the following schedule :

Lightweight users (less than 3 hours per week) Once every 1 month ;

Heavyweight users (more than 7 hours per week) once every two weeks.

- 1 . In order to better maintain your electric walking machine and extend the life of the machine, we recommend that you turn off the power and allow the machine to rest for 10 minutes after 2 hours of continuous use.
- 2 . If the running belt is too loose, there will be slippage when running; if it is too tight, over-tightening may reduce the performance of the motor and increase the wear of the roller and running belt. When the running belt is appropriate, the walking belt can be lifted from the running board about 50-75mm by hand.

Adjustment of running belt centering and tightness

In order to better use the walking machine and make the walking machine work better, it is necessary to adjust the running belt to the best condition.

Running belt centering :

- Put the electric walking machine on the flat ground.
- Operate the electric walking machine at a speed of approximately 3-5 km/h.
- If the running belt is biased to the right, turn the adjusting bolt on the right by 1/2 circle clockwise, and then turn the left adjusting bolt by 1/2 turn counterclockwise. Like picture A
- If the running belt is biased to the left, turn the adjustment screw on the left side 1/2 turn clockwise, and then turn the right adjustment screw 1/2 turn counterclockwise. Like picture B



Picture A adjustment method for Running belt biased to the right

Picture B adjustment method for Running belt biased to the left

Multi-wedge belt tightness adjustment

When you use the walking machine for a long time, the V-ribbed belt will loosen due to slight wear or stretch deformation. At this time, you must make appropriate adjustments to facilitate safe use. The judgment method is: If you feel that running with occasional pauses when your feet are on the running board during your normal walking movement, it means that the running belt or belt is somewhat loose and must be further confirmed. To determine which component is loose, remove the four screws on the upper cover and let the treadmill run at a speed of 1 km/hour. Then you stand on the running belt and hold the armrests with both hands. Use one force to crush the running belt. (We recommend using the amount of pedaling pressure generated by the user's own weight to step on the running belt.)

A If the momentary step on the pressure can not stop the running belt, it shows that the tightness of the V-ribbed belt and running belt is appropriate.

B If you observe that the momentary step on the pressure makes the running belt stop rotating, and the V-ribbed belt and the front roller are still rotating, it means that the running belt is a little slack and you must make appropriate adjustments to facilitate safe use. (Adjust the tightness of the running belt. See the maintenance guide on the previous page.)

C If you observe that the momentary step on the pressure makes the running belt and V-ribbed belt stop rotating, and the motor is still rotating, it means that the V-ribbed belt is somewhat loose and must be adjusted properly to facilitate safe use.

Step 2 : Use a wrench to adjust the adjustment screw on the motor base as appropriate. At the same time, gently turn the V-ribbed belt between the motor shaft and the front roller by hand. If it is too loose, you can turn the multi-wedge belt upside down by 100%; if it is too tight, you can turn the V-ribbed belt at an angle Very limited; it is appropriate to turn 80% of the V-ribbed belt after adjustment. Please adjust the tension of the V-ribbed belt to 80%.

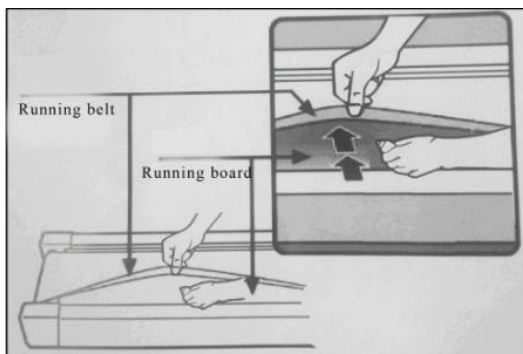
Step 3: Finally, lock the motor base and install the front guard.

Method of adding engine oil :

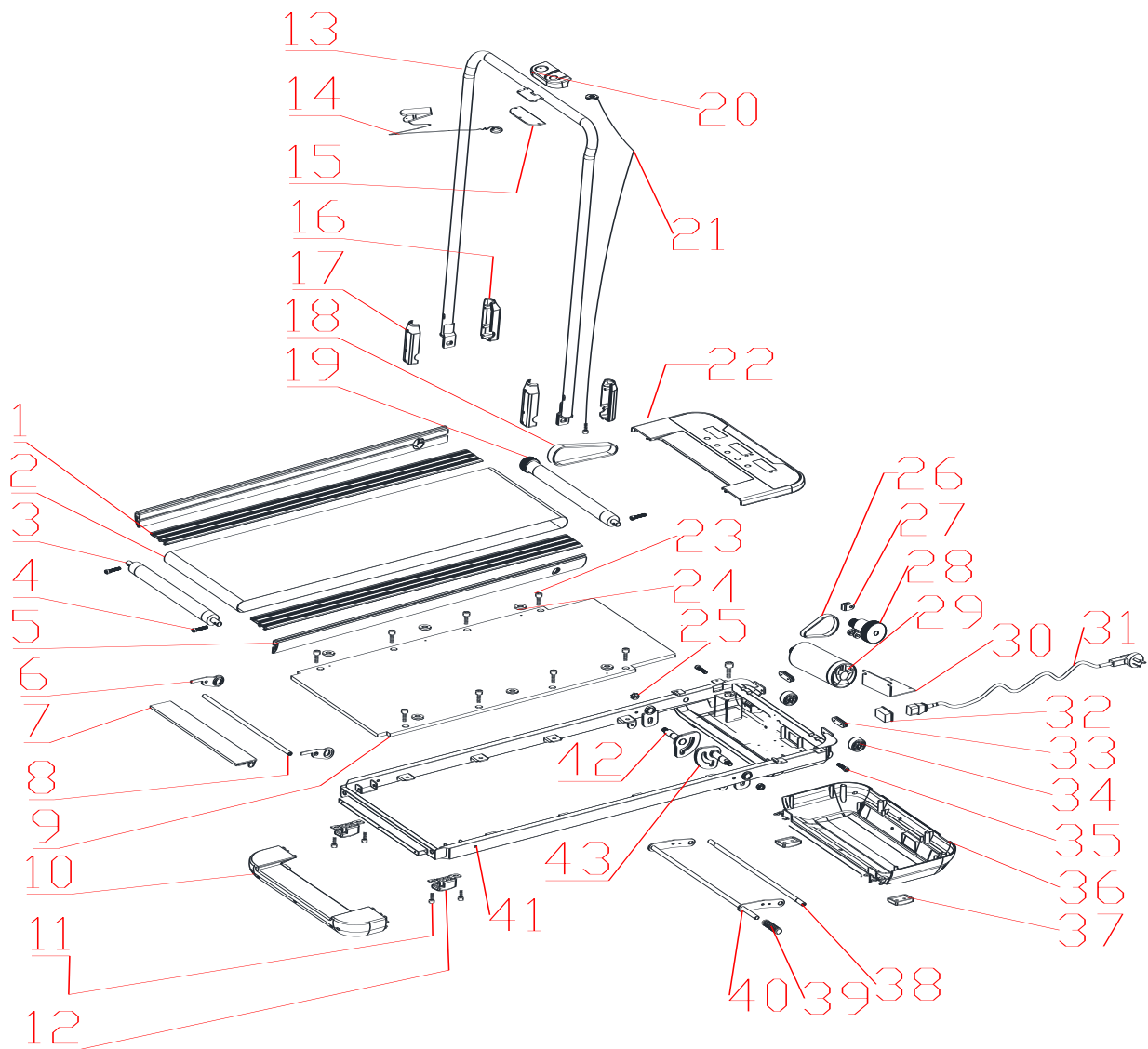
Step 1 : The walking machine will be lifted upwards.

Step 2 : Open the oil bottle and squeeze it over the running plate.

Engine oil, as shown on the picture.



6,Structure picture



Number	Part Name	Total amount	Number	Part Name	Total amount	Note
1	Rest side	2	23	Hexagon socket head bolt	8	
2	Walking belt	1	24	Rest side buckle	8	
3	Back roller	1	25	Locknut M10	1	
4	Cylindrical head hexagon socket head cap bolt	3	26	Motor multi-slot belt	1	
5	Side board	2	27	Belt adjustment	1	
6	Protective plate left and right connecting piece	2	28	Transfer wheel	1	
7	Roller guard	1	29	Motor	1	
8	Protective plate shaft	1	30	Electrical control	1	
9	Running board	1	31	Power cable	1	
10	Back feet protection	1	32	Motor multi-slot belt	1	
11	Hexagon bolt with semicircular head	1	33	Three-in-one switch	2	
12	Adjustable cushion	1	34	Moving wheel	2	
13	Handle	1	35	Hexagon bolt with semicircular head	1	
14	Security lock	1	36	Motor under cover	1	
15	Back cover of security lock	1	37	Curved foot pad	2	
16	Front handle trim cover	2	38	Pedal fixed shaft	1	
17	Back handle trim cover	2	39	Pedal handle	1	
18	Roller multi-slot belt	1	40	Pedal set	1	
19	Front roller	1	41	Main frame	1	
20	Upper cover of security lock	1	42	Left rotating bracket	1	
21	Magnetic ring pipeline	1	43	Right rotating bracket	1	
22	Motor upper cover	1	44			

7、 Service commitment

The company's series of products, in the case of normal use within a year, if non-human damage, users can repair or we provide free accessories. After the warranty period expires, repair parts can be provided at a favorable price. For details, please refer to the product warranty card.

Important information. Warranty card is included with each product, and is filled in by dealers. Parts are replaced free of charge during the warranty period. Our company is not responsible for any failure caused by incorrect installation, improper use, or change of parts. In addition, the warranty does not apply to those who have not been authorized by the company to repair, such as the resulting maintenance costs, the customer is responsible for the maintenance, the user must show the warranty card, the warranty is invalid.

This product is limited to home use. The company is not responsible for any problems caused by commercial use. If your product need repair service, contact your local dealer.