

# USER'S MANUAL



**Note:** Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

# Contents

1.Product Brief	.....	<b>2</b>
2.Security Precautions and Warnings	.....	<b>3</b>
3.Installation Instructions	.....	<b>5</b>
4.Using Instructions	.....	<b>7</b>
5.Routine Maintenance	.....	<b>11</b>

**PLEASE DO NOT RETURN PRODUCT TO THE STORE.**

If you have any problem or concerns, please feel free to contact our customer service department. We will reply you as soon as possible.

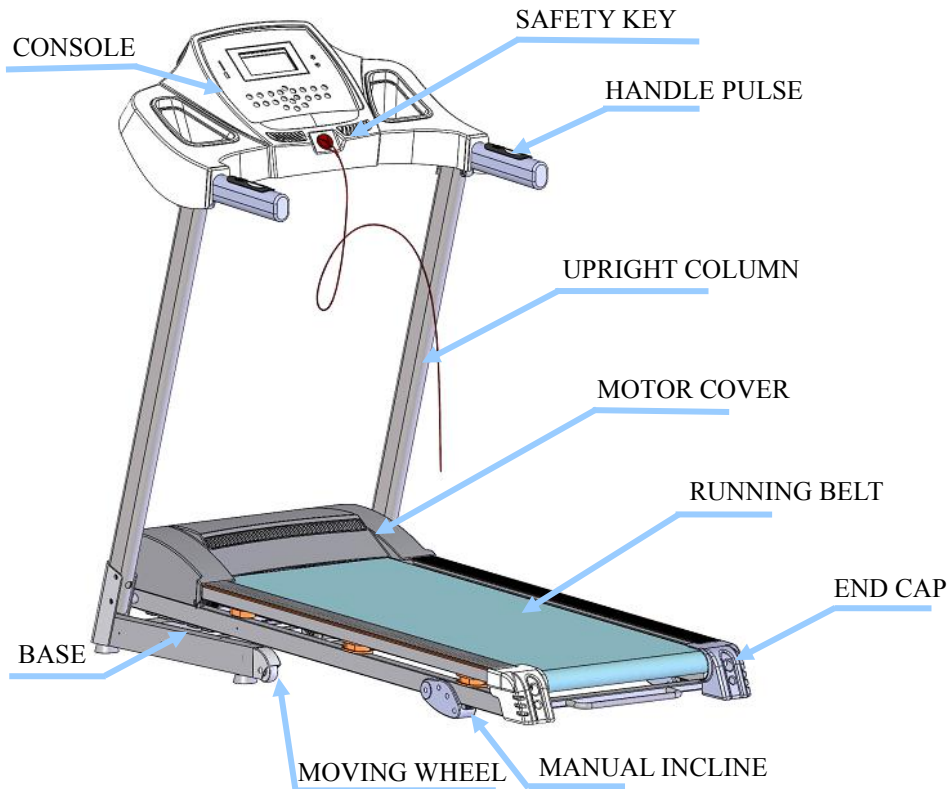


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# 1. Product Brief

**Product name: single function home use treadmill:**



## Main parameters and parts list

### Main technical parameters

No.	Parameters Names	Description
1	Input power voltage	110V
2	Motor power	2.25HP
3	Speed	0.8-14.8Km/h
4	Running surface	1150*420 mm
5	Max user weight	240LBS
6	Expand dimensions	1525*680*1270 mm

### Packing list

No.	Name	Units	Qty
1	Complete machine	set	1
3	Accessory Bag	pc	1

### Tools bag list

NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 6mm	1	7	Safety key	1
2	Inner hexagon spanner 5mm	1	8	ScrewM8*45	2
3	Combination wrench	1	9	Screw M8*22	4
4	Silicone oil	1	10	Nut M8	2
5	User manual	1	11	Flat washer $\phi$ 8	2
6	Audio cable	1	12	Screw M8*25	2

## 2. Security Precautions and Warnings

**Tip:** Before folding the treadmill, make sure that the surface incline is "zero".

**Notice:** Please read the instructions carefully before use.

- ◆ This treadmill is for indoor use and storage only. Avoid spilling water on it or placing it in damp areas.
- ◆ Please wear suitable workout clothes and sneakers before exercise. Do not exercise on the treadmill barefoot.
- ◆ The attached high power plug cord must be touching the ground when plugged in. Treadmill cord should be plugged into one dedicated electric outlet/circuit, do not share the electric plug outlet you are using for your treadmill with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid using the machine for uninterrupted long periods of time, as this will overload the operation and cause damage to the motor and controller, and will accelerate the deterioration of the bearing, running belt and running board. The treadmill should be maintained regularly per the instructions listed throughout the manual.
- ◆ Keep machine away from areas with high levels of dust to avoid strong static.
- ◆ Please turn off the treadmill by switching off the electric power after using.
- ◆ Please ensure you are running in a well ventilated area.
- ◆ Please clamp the security lock cable on your clothing to make sure the machine stops in the event of any emergency situation.
- ◆ If you do not feel well while using this machine, please stop and consult a doctor.
- ◆ The included silicone lubrication must be kept away from children after use.
- ◆ If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at [csr@merax.com](mailto:csr@merax.com).



### **Forbidden**

- ◆ Don't use the machine if the outer protective shell is broken or has broken off, leaving any part of the internal structure exposed, or if the welding parts have fallen off or appear as if they may fall off.  
---- Otherwise an accident or injury may occur.
- ◆ Don't jump up and down while the treadmill is in motion.

---- Injuries may result from falling.

- ◆ Don't keep machine in or near moist/damp space such as the bathroom.

- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance.

----Otherwise it may cause leakage and burst into flames.

- ◆ Don't use if the power cord is damaged or the power plug pin is loose.

----Otherwise this will lead to an electric shock, short circuit or fire.

- ◆ Don't damage, forcefully bend or twist the power cord. Don't place heavy objects on the machine, don't clamp the power cord.

----Otherwise it will cause a fire or you can get an electric shock.

- ◆ Do not allow more than 1 person use the machine at one time, do not allow others to get close to the machine while it is in use.

---- Or it may cause an accident or injury due to possible falls.

- ◆ People who aren't in a normal conscious state or can't operate the machine by themselves cannot use the treadmill.

----May lead to accident or injury.

- ◆ Drinking water or pouring water when treadmill is in use/operating is forbidden.

---- May cause electric shock or fire.

- ◆ People who seldom exercise are advised not to suddenly use the treadmill for any intensive workout.

- ◆ Do not use machine, directly after a meal or when feeling tired.

---- This may lead to potential health damage or accidental injury.

- ◆ This product is suitable for residential use. This product is not recommended for commercial use, schools, gymnasiums, etc

---- When used for commercial purposes there is a risk of injury.

- ◆ Don't use the treadmill when hard objects are in the pockets of your pants or shorts. Remove them before using the machine.

----Not removing hard objects from your pockets before use may cause accident or injury.

- ◆ Don't use the treadmill when the power plug is on or near the needle, garbage, or water.

----May cause electric shock, short circuit, or fire. Do not touch the power plug with wet hands!

- ◆ When not in use, pull out the power plug from the socket.

----Surrounding dust and moisture can age the insulation, and result in a possible leakage fire.

- ◆ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge concerning treadmills, unless they are being supervised or have been given instructions concerning use of the appliance by a person responsible for their safety.
- ◆ Children should be supervised during use to ensure that they do not play with the appliance and or use it in ways it was not intended for.

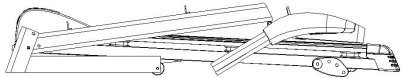
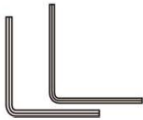
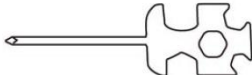








#### Treadmill Grounding Safeguard System

- ◆ This product must remain on the ground while in use at all times. If you notice the machine seems to be dysfunctional or unstable, keeping the treadmill on the ground will allow electricity to flow directly into the ground reducing the risk of electric shock.
- ◆ This product is equipped with power plug that has a grounding conductor that can auto connect the treadmill electricity into the ground. Completely insert the plug into a standard socket for proper use.
- ◆ If the treadmill's grounding conductor's connection is improper, it will cause electric shock. If you have any doubt about whether your product is grounded correctly or not, please contact a professional to check and verify for you.
- ◆ When plugging in the treadmill power cord, please plug it into a socket that has the same shape as the plug itself. Do not use a plug adapter.

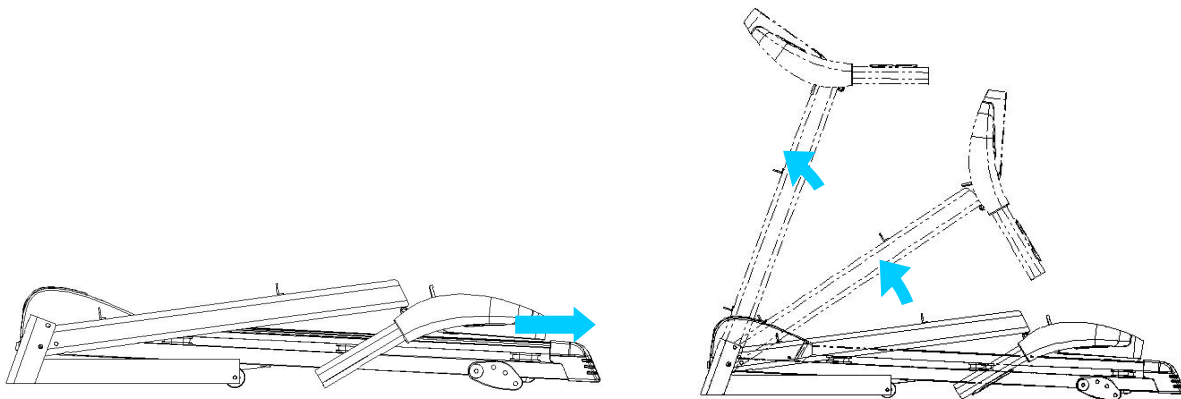
### 3. Installation Instructions

When installing, simple arrange all of the screws in their proper position first, then tighten the screws the treadmill frame has been positioned when the installation of frame is done.

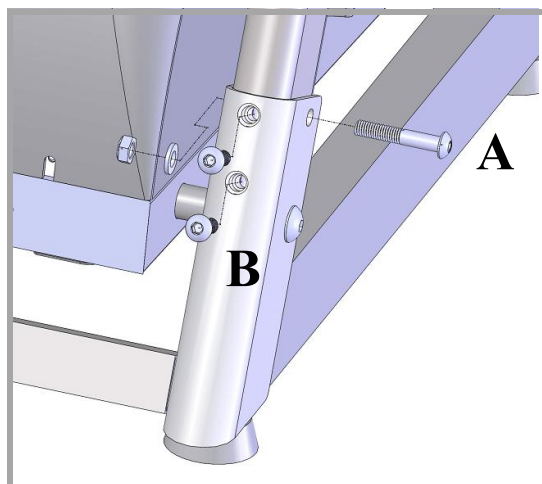
NO.	Name	QTY	
1	Complete Machine	1PC	
2	6mm inner hexagon wrench	1PC	
3	5mm inner hexagon wrench	1PC	
4	Combination wrench	1PC	
5	Safety key	1PC	

6	Silicon oil	1PC	
7	MP3 cable	1PC	
8	Screw M8*22	4PCS	
9	Screw M8*25	2PCS	
10	Screw M8*45	2PCS	
11	User's manual	1PC	

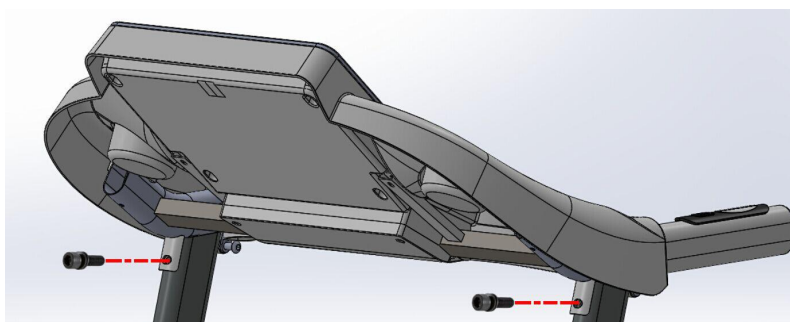
1. Place the machine flat on the ground. Raise the supportive columns and console upward in the direction shown by the arrows in the picture below.



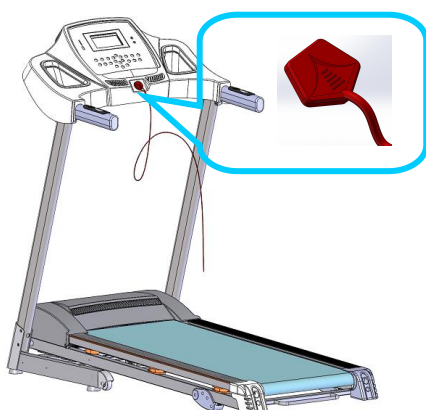
2. Use 5# hexagon wrench to secure the upright columns on the base with screw M8\*45 and washers and nuts(A, one on each side). And then secure it with screw M8\*22(B, two on each side).



3. Hold the left and right columns upright, then using 6# hexagon wrench to secure the console frame to the upright columns with screw M8\*25.

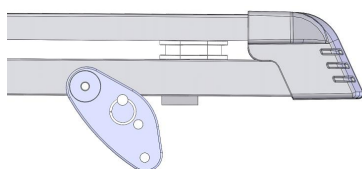


4. Put the safety key on the yellow circle on the console, as seen in the picture below. Press the start button to start the treadmill.

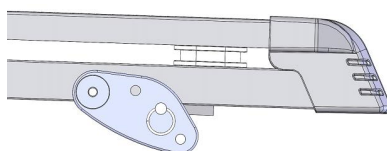


NOTE: after you have finished putting the treadmill together, ensure that all screws are installed in their appropriate place according to the previous steps. Please ensure all parts are properly locked in and secured by screws before plugging in electricity.

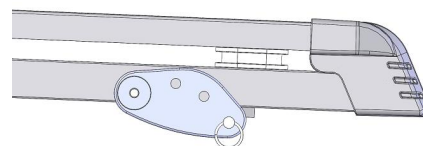
According to users' own physical condition, three levels of incline are here for choose as below:



Level 1



Level 2



Level 3

## 4. Using Instructions

### 4.1 Start-up

Normally start after 5 seconds of the countdown.

### 4.2 Programs and modes

There are 12 automatic programs, 1 FAT program, and 3 modes.



### 4.3 Safety key function


When the safety key is disconnected “E7” will appear on the screen, the treadmill will gradually stop and you will hear a beeping sound. When you put the safety key back, all of the data on the screen will be cleared in 2 seconds. Under whatever circumstance, the treadmill will stop when disconnected from the safety key and it will immediately show the data from your run on the screen. Once you put the safety key back, the data on the screen will reset.

### 4.4 Key function



#### 4.4.1 Start button, Stop button:

When the power is on, press the start button and the screen will display “0.8 km/h”, and the treadmill will start. When you are running on the treadmill and press the stop button, all of the data on the screen will clear and the treadmill will gradually come to a complete stop and return to manual mode. Quick buttons located on the handle grip can also be used to start or stop the

treadmill(left side). 



#### 4.4.2 Program button:

When the treadmill is in standby mode, pressing the program key multiple times can cycle the options from manual mode to different automatic programs (P1-P12). The default speed while using manual mode is 0.8 km/hour, the highest speed is 14.8km/hour.



#### 4.4.3 Mode button:

When the treadmill is in standby mode, press the mode key to cycle through 3 different ways to countdown your running: time, distance and calories.




#### 4.4.4 Speed quick button:

Press speed quick key 1,3,5,7,9,11 to directly adjust the speed in running state.



#### 4.4.5 Speed ± button

Press these buttons to change the speed in running state. Speed quick buttons on the handle grip can

also be used to change the speed of the treadmill(right side). 

#### 4.4.6 LCD function :

Speed display.

Display the current running speed value.

Time display

Display the time of manual mode and the countdown time under automatic modes and programs.

Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

### Calorie display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

### Heart rate display

The heart rate value will show on the display when you place your hands on the heart rate monitors.

## 4.5 Automatic program

Each program is divided into 10 segments, and the running time of each segment of the program is evenly distributed. Following is a form of speed distribution of 12 programs.

time program		Set time/ 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

## 4.6 Body Mass Index Test (FAT Test)

In standby mode, press *Program* button to enter the BMI testing window that displays *FAT*. Press the *Mode* button to select the parameters to be set (F1 - gender, F2-age the F3-height, F4-body weight), use “speed+” and “speed -” to set gender and press mode button to set following parameters. When the setting is done, hold the handle pulse sensor to enter the physical detection. The BMI is a measurement of the relation between a person's height and weight, but not refer to the fat proportion of the body. FAT is suitable for men and women, along with other health indicators, it serves as basis for people to adjust weight. Ideal FAT should be between 20-25, less than 19 means skinny, the range between 25 and 29 is overweight, and if you exceed 30, it is considered to be obesity. The range of parameters is as follow. (This data is for reference only. It cannot be considered as medical data.)

- 01 Gender 01male 02 female
- 02 Age 10-----99
- 03 Height 100----200
- 04 Weight 20-----150
- 05 FAT ≤19 Under weight
- FAT = (20---25) Normal weight
- FAT = (25---29) Over weight

**Error Code Meaning**

Error code	Error Description	Error handling
<b>E1</b>	Disrupted Electronic Connection: When turned on, the connection between the lower controller and the console is abnormal.	Possible Causes: The electronic connection between the console and lower controller is blocked, check each wire that connects the console with the lower controller, make sure that each wire base is fully plugged in. Check the cable of the console and lower controller, replace it if it's broken.
<b>E2</b>	No motor signal	Possible Causes: The motor cable might not be connected. Check the connection, connect the cable if disconnected. The motor might be damaged. Check to see if it has visible damage or a burnt smell. If yes, replace the motor.
<b>E5</b>	Electric Current Overload Prevention: When the treadmill is running, the controller detects the electric current is over 6A(unit to measure electricity) for more than 3 seconds.	Possible Causes: *Overloading the treadmill machine system through prolonged use can lead to excessive electric current and the treadmill will stop for your safety. *A part might be stuck causing the motor to stop, adjust the treadmill and restart it. *The motor may need to be replaced, check if there is a liquid or burnt smell while the motor is running, if yes replace it. *The treadmill monitor may need to be replaced, check if it has a burnt smell, if yes replace the monitor. *The power supply voltage may need to be changed, check the power supply voltage if it does not match specifications adjust to the correct voltage and test the treadmill again.
<b>E6</b>	Explosion Prevention: An abnormal voltage level or motor issue has caused the motor to not work properly	Possible Causes: The power supply voltage may be low. Check if the power supply voltage is 50% lower than the normal voltage of 110V, if it is, adjust it back to 110V and test the treadmill again. *The controller may need to be replaced. Check if the controller has a burnt smell, if yes, replace the controller. *The motor cable or wire may need to be reconnected. Check if the motor cable and wire are connected, connect if one or both are not properly connected.
<b>E7</b>	No safety key	Put the safety key back on the yellow circle on the console.

## 5. Routine Maintenance

Warning: Before cleaning or doing product maintenance, please ensure the treadmill power plug is pulled out of the electric socket.

Cleaning: Thoroughly cleaning your treadmill will extend its usage life.

Remove dust periodically in order to keep the parts clean. Be sure to clean both sides of running belt, this will reduce the accumulation of dust and dirt. Treadmill belts must be cleaned with a damp soapy cloth. Do not use a dripping wet cloth. Please be sure to not wet the electrical components of the treadmill including underneath the running belt to keep everything dry and functional.

Warning: Ensure that the power plug is disconnected before removing the motor cover. Clean the motor at least once a year.

Running belt specialized lubricant

This electric treadmill's running board and running belt have already been lubricated in the manufacturing process. Friction between the running belt and running board heavily impacts how long your treadmill will last and its performance, therefore regular application of the lubricant is needed. Please check the board regularly to ensure it is properly lubricated. If the board's surface is damaged, please contact our customer service center. We recommend applying the lubricant between the running belt and running board using the following schedule:

Light user (uses treadmill less than 3 hours a week): Apply lubrication once a month

Heavy user (uses treadmill more than 7 hours a week): Apply lubrication twice a month, at the beginning of the month and halfway through the month.

1. For safety measures and to extend the life of your treadmill, it is recommended that if you use the treadmill for 2 hours or more non-stop, to turn off the machine and let it rest for 10 minutes before using again.
2. If the treadmill belt is too loose, you will experience skidding while running. If the belt is too tight, it may reduce motor performance and increase friction between the roller and running belt impacting your running experience. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

Running with adjusted alignment and tightness

In order to use your treadmill properly so it can function well, it is necessary for you to adjust the running belt into the best position.

How to align the running belt

- Put the treadmill flat on the ground
- Make the treadmill run at a speed of about 6-8km/hour
- If the running belt is closer to the right, rotate the right adjusting bolt with a ½ turn clockwise, then rotate the left adjusting bolt with a ½ turn counter-clockwise (Picture B)
- If the running belt is closer to the left, rotate the left adjusting bolt with a ½ turn clockwise, then rotate the right adjusting bolt with a ½ turn counter-clockwise (Picture A).



### Multi-wedge Belt Tension Adjusting

When you use the treadmill for a long time, the multi-wedge belt becomes loose because of the abrasion, then you have to do some appropriate adjustment to facilitate the safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt are a little loose and further affirmation need to be made.

Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly.( we advise treading the treadmill belts with the user's own weight)

**A.** The instantaneous step can not stop the belt, the tightness is appropriate.

**B.** If your instantaneous step stops the running belt, but the multi-wedge belt and front roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use.

**C.** If you notice that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments must be made to facilitate the the safe use.

**Step 2:** Use a wrench to adjust the screws on the motor base according the the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

**Step 3:** Finally secure the motor base, and install the motor cover.

### Applying silicone oil

Step 1: Open up the treadmill belt

Step 2: Open the silicone oil bottle, squeeze the silicone oil to both sides of the running board, as in the picture bellow:

