G-FITNESS

Commercial Treadmill User Manual(Touch Screen Display)

Catalogue

Caution

Read all precautions and instructions in this manual before using this equipment.

1.The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.

2. The machine must be reliable grounding, forbidden without grounding line using the treadmill.

3.To avoid the risk of electric shock, unplug the power cord before cleaning or servicing the machine.

4.Located indoors and in a treadmill is appropriate, avoid to be affected with damp be affected with damp, do not allow the water or other liquid splashes on the treadmill, are not allowed to place on the treadmill or insert any foreign body

5.Use the treadmill should ensure its 4 feet on the ground, and placed a smooth, reliable, and the treadmill should retain the fuselage behind the safety of the 2000 mm * 1000 mm space.

6.Recommend the use of running machine wear sportswear and proper sports shoes, The first time you use this device, you must have professional guidance. In the event of an emergency, you need to stop the machine immediately.

7.It is forbidden to stand in treadmill running on direct start, run before should be standing on the two side, hold the handrail after start to use the computer

8.During the running process, the treadmill is not allowed to leave or board the treadmill. It is not allowed to run and walk backwards on the treadmill.

9. Don't allow two or more than two people at the same time on the treadmill exercise, this tester Max users weight is 170 kg.

10.The heart rate sensor does not belong to medical equipment, there are many reasons can cause inaccurate detection, test results are for reference only. (30 seconds later will have a more ready to heart rate value).

11.The action guidance:

A. Running: energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, improve human quality, achieve weight loss, toning.

B. Feet to stand on the treadmill before you start on both sides of the side bar, running and began to work again on a run. In the process of running, half against their hands, arms swing naturally, visual ahead, try not to step on your feet running belt edge. If it is used for the first time, need to holding the handrail, to keep the balance of the body

C. Adjust speed and slope, be sure to adjust slowly, adjustment as far as possible.

D. People walk down the treadmill after the belt stop totally.

12.The action guidance:

13..With the power corn with the treadmill, insert it to the the plug in front of treadmill

14.Any part of treadmill can not be in loose status.

15.Please turn off the power in time when the machine is used. (The red power switch on the front of the fuselage, when the switch hits "O", the power is off; when the power switch is "-", the power is on)

16.Incorrect or overload training may cause   the damage of the motor and controller, accelerate the aging transmission system, even bodily injuries.

17.Never touch any parts of running treadmill with your finger

18.People with long hair should pay attention to the safety of hair when using.

19.When you feel uncomfortable and unusual, pls stop at once and consult to the doctor.

20.There is the emergency buttom inthe middle of front handle .If there are something emergency , pls press it quickly and the machine will stop at once.

21.When stop use the machine , take away the power cord and keep it well, in case some one use it without agreement.

22.There must be the mark of stoping using when the machine is   in maintenance.

23.When stop use the machine , take away the power cord and keep it well, in case some one use it without agreement.

24.If the treadmill has abnormal sound or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or seek professional help.

25.This machine is confirmed to the type of   CS in EN 957-6.

The Parameter of Technology：

Input power voltage :AC   220V±10%（50Hz Or 60Hz）

Motor rated power ： 3.0HP（2.2Kw）

The Max motor Power：7HP

Temperature range ： 0—40℃

Speed：1.0—20.0（km/h）

Time：0：00—99.59（min:sec）

Distance：0.00—99.59（km）

Calories：0—999（kcal）

Heart rate ： 50—256（Times/Min）

Incline ：（0—20）%

Specification of overload protector ： 13A

Specification of wire ： 10A   AC250V

Drawing:

18.5 inches LED screen

Acrylic board

Shelf

Emergency stop

Heart rate

Handle

Colu

side

Lifting roller

Motor Cover

Rear tail
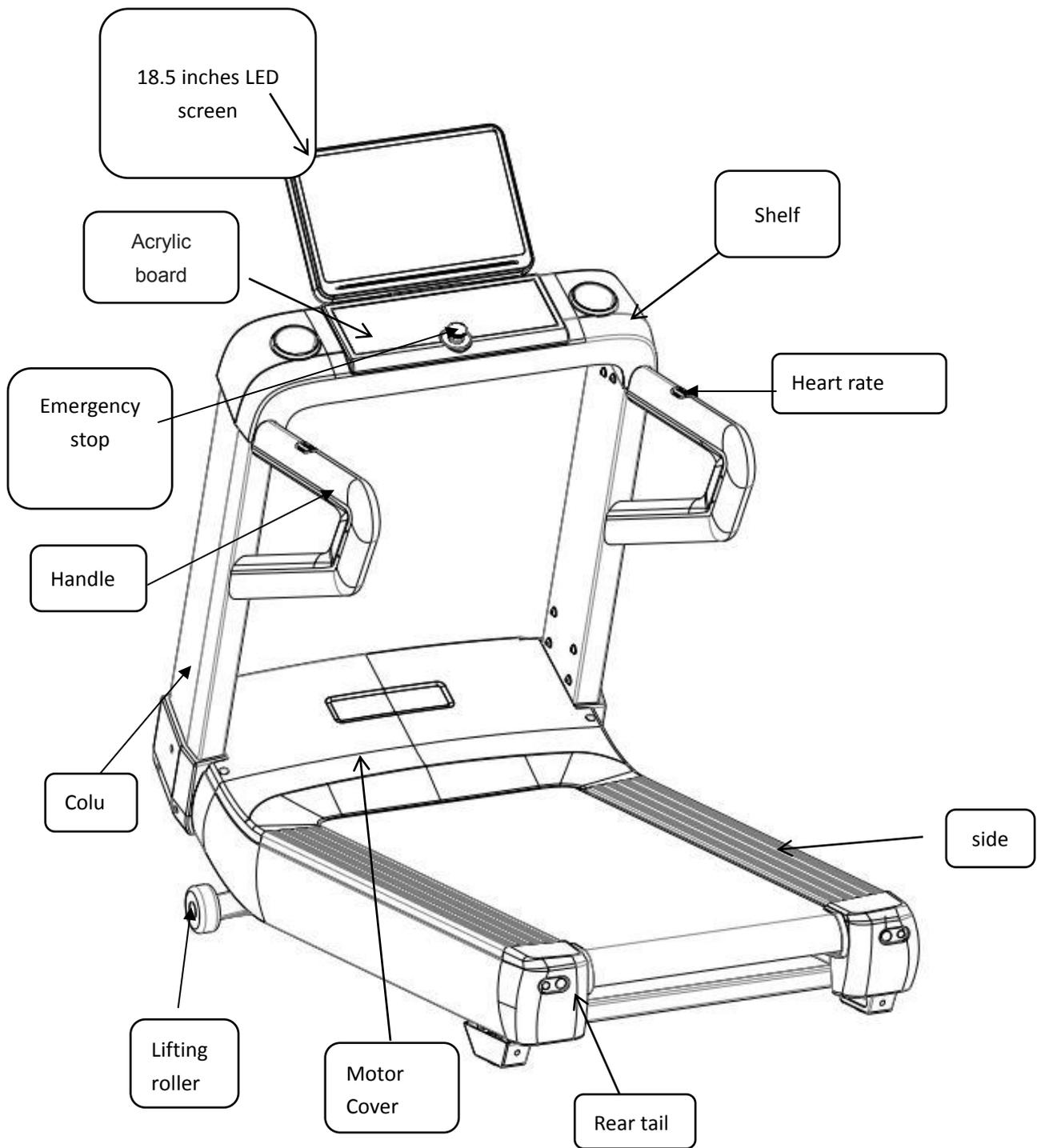
# Assembly Instruction：

Make the assembly work easier.

This section of User Manual only to ensure that the treadmill can be assembled correctly and easily. In fact, if you assemble the Treadmill base on the user manual, the work will finish smoothly.

● Since this Treadmill size is big ,so please choose a big place to install the treadmill to ensure you have enough space .

●All parts of the treadmill will be placed in empty area and remove all packing materials before assembly work unfinished, do not discard the packaging material.

●During assembly, if no noted, all bolts must be tightened, and after assembly is completed please do Tighten test for all bolts .

●When assembling electric treadmill, make sure all parts are assembled according to the assembly diagram.

Overall Machine
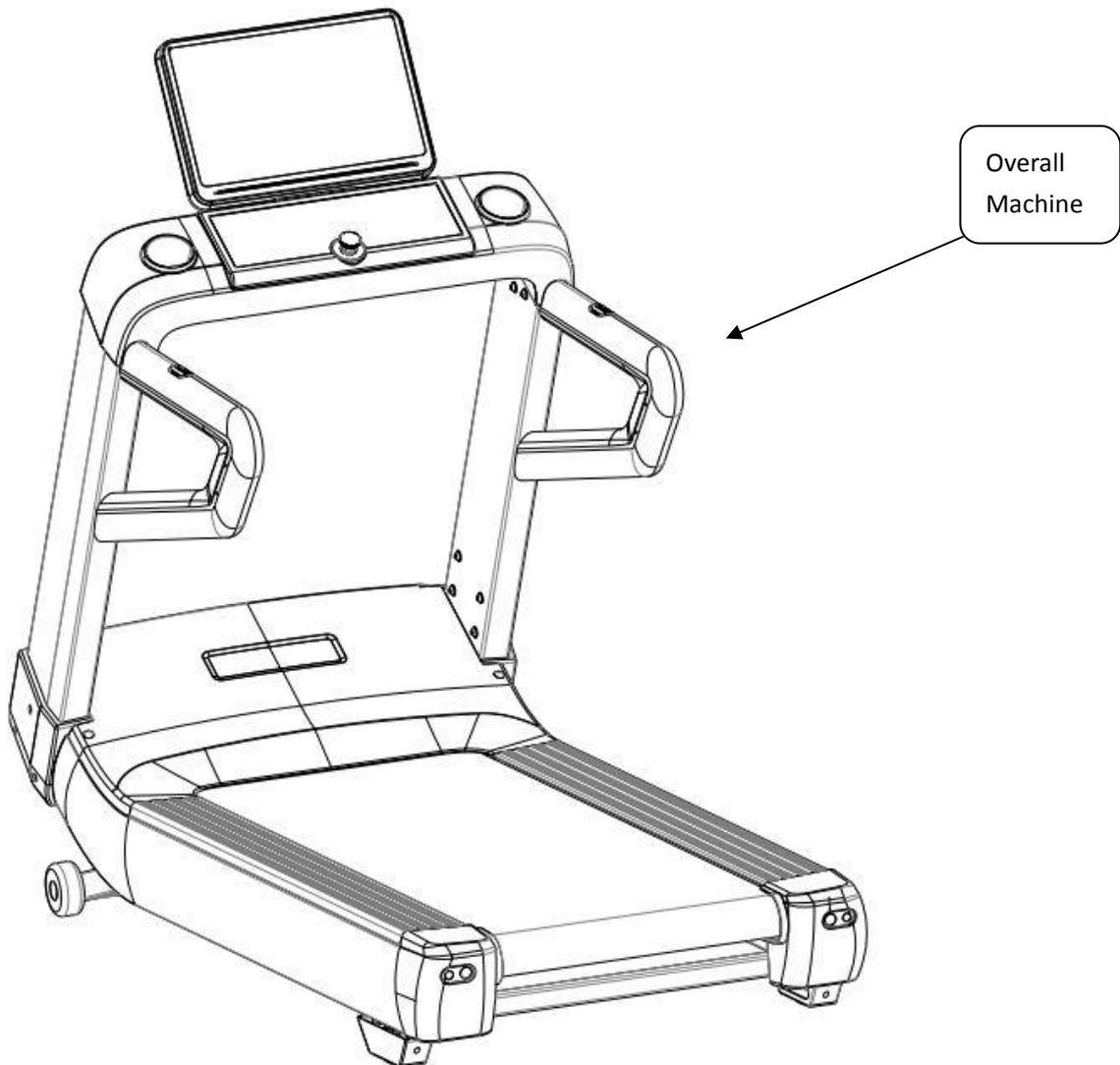
Step 1:

Connect to communication line and assembly support
Instruction:
1）Take down the packing material of support
2）Fix the support on the frame as the picture

Attention: Connect the communicate line below.

Communication line connection (the only corresponding interface of the communication)

Step 1:
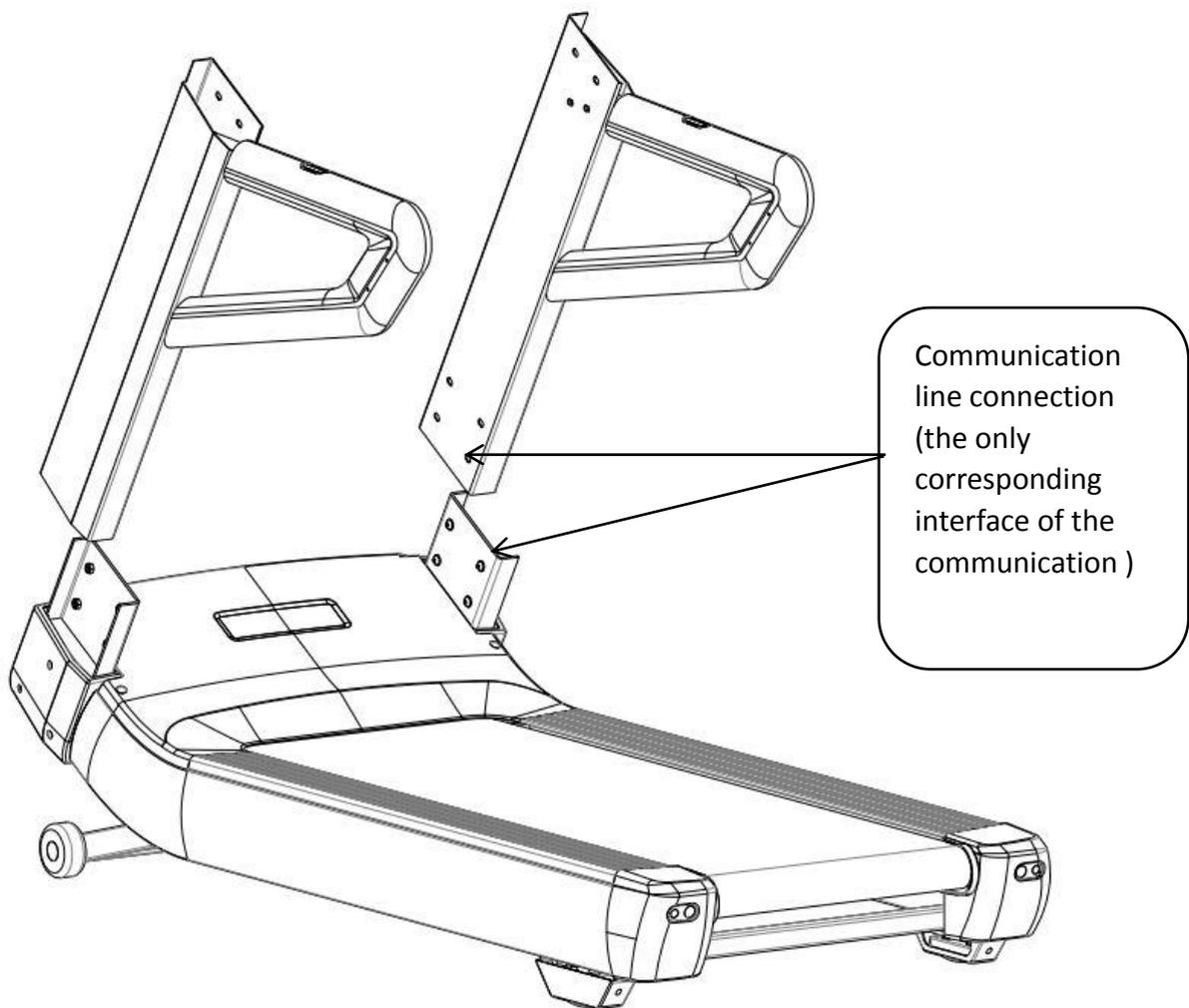
Step 2：

Connect the communication line and heart rate line,leave interspace to put hear rate line ,communication line and power line ，assemble the table frame：

Assembly instructions：

1）butt joint communication lines in support and frame

2）Fix the case to the corresponding position of the column, and fasten the combination of the table frame and the column connection bolt.

Communication line connection (the only corresponding interface of the communication)
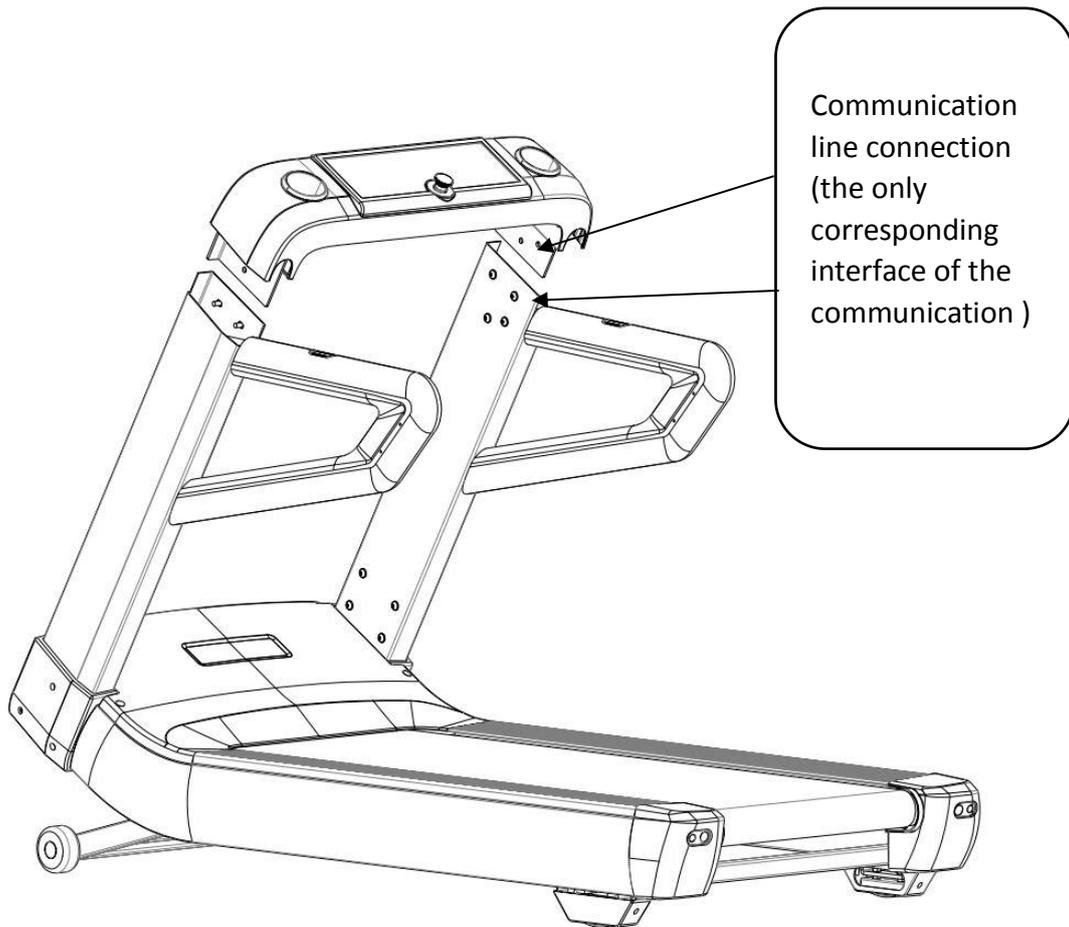
Step 3：

Assemble display；Connect the communication line and the heart rate line

1）Connect the display the communication line and the table frame combination communication line
2）After docking communication line and heart rate line，Place the display and the combination of the table frame，Fix the display on the following ；
3）Connect the power and turn on the machine power switch on the front of the machine.to confirm if the power is normal.

EXPERIENCE

4）Press the function button area ~~EXPERIENCE~~ button to start the treadmill and observe whether the machine is running normally;
5）The machine runs normally, all bolts are tightened, and the treadmill is assembled;

The communication line is connected with the heart rate line (the communication line and the heart rate line have their own unique interfaces and the heart rate line does not distinguish between left and right)
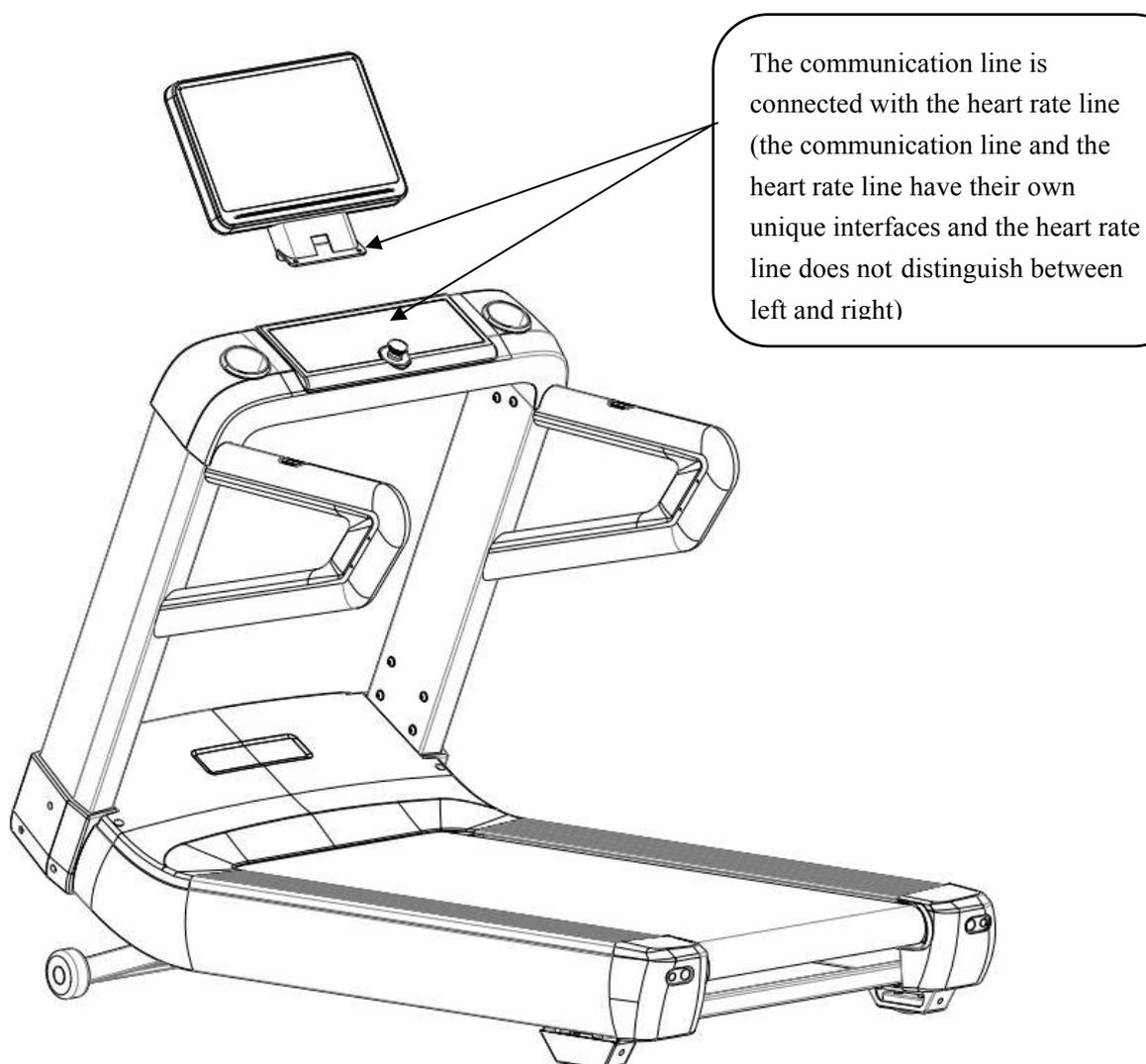
Instructions for treadmill operation

Introduction:

This treadmill is a real application of Android system in fitness equipment industry, while using high-performance 21.5 inch capacitive touch screen as a carrier to make the running experience smooth and fun; and in entertainment, Android system is fully embodied, more playable, so that your fitness does not. What a dull job!

This treadmill uses Android system, so it takes a long time to start. When the treadmill screen enters the main interface, it means that the start is completed. Please wait patiently.

Functions:

This treadmill is mainly composed of ten operating interfaces: 1. Lock screen interface; 2. Standby page; 3. Sports page; 4. Programming mode; 5. Quick start mode; 6. Target mode; 7. Scene simulation; 8. Sports record; 9. Entertainment interface.:

1. The lock screen page
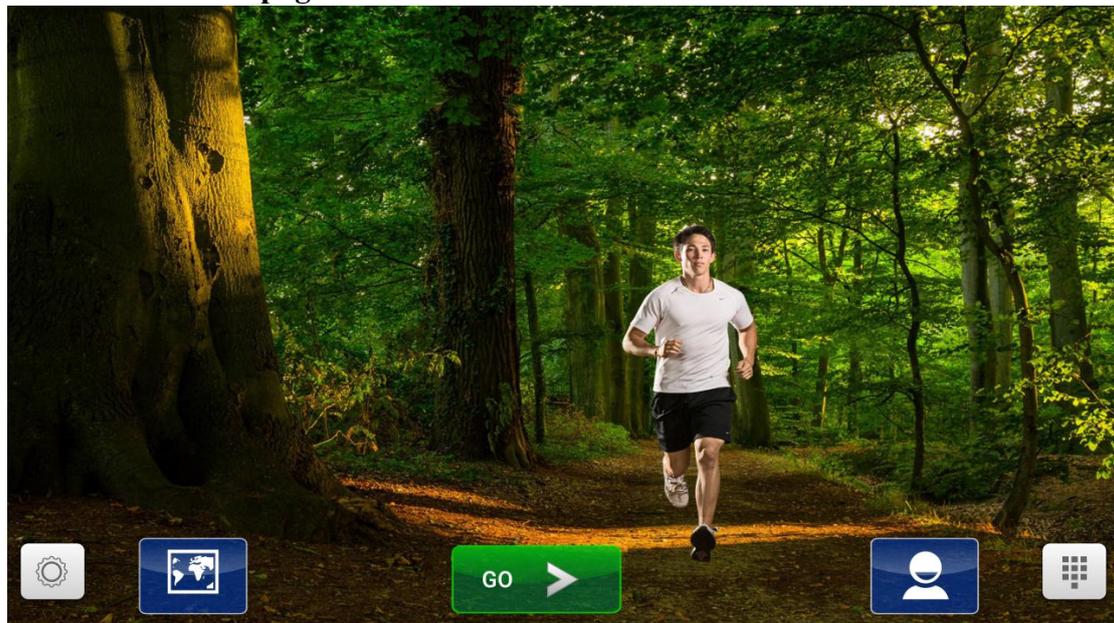
picture- 1 Lock screen

Instructions:

a) After the system is started, it will enter the lock screen page by default;

b) There are 5 buttons at the bottom, from left to right, "Settings", "Language", "Start", "Login" and "Entertainment";

c) Click the "Settings" button and the system will enter the system settings page.

d) Click the "Language" button and the system will enter the language setting page in the System Settings page.

e) Click the "Start" button and the system will enter the standby main page.

f) Click the "Login" button and the system will enter the user login page.

g) Click the "Entertainment" button and the system will enter the entertainment page.

2. The standby page
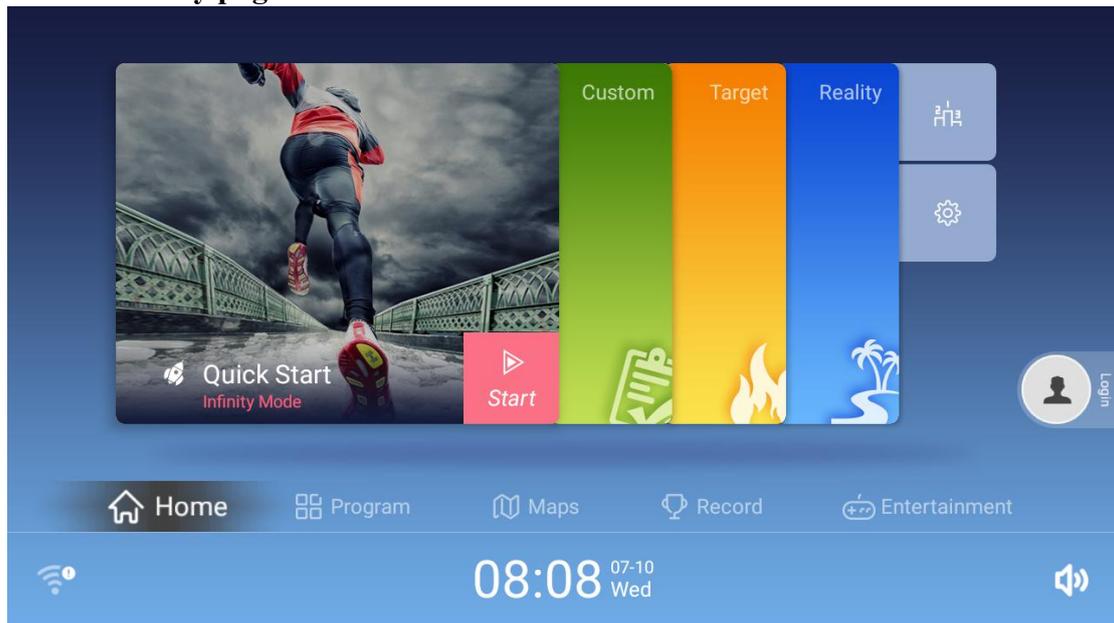
picture- 2 Standby page

Instructions：

a) The WIFI connection status is displayed in the lower left corner of the screen, and the volume control button is in the lower right corner;

b) There are four card-type switching functions in the middle of the homepage: quick start, custom program, target motion mode, real-life motion mode;

c) The two tab menus on the right side of the card are respectively the user movement leaderboard and the setting module;

d) Quickly enter the corresponding program by clicking on different cards;

e) Below is the menu navigation bar: home page, program mode, map battle mode, user data center, entertainment, and multimedia;

f) Through the above function keys, you can enter different function modules;

g) The middle of the bottom is the current date and time display.

3. User login page
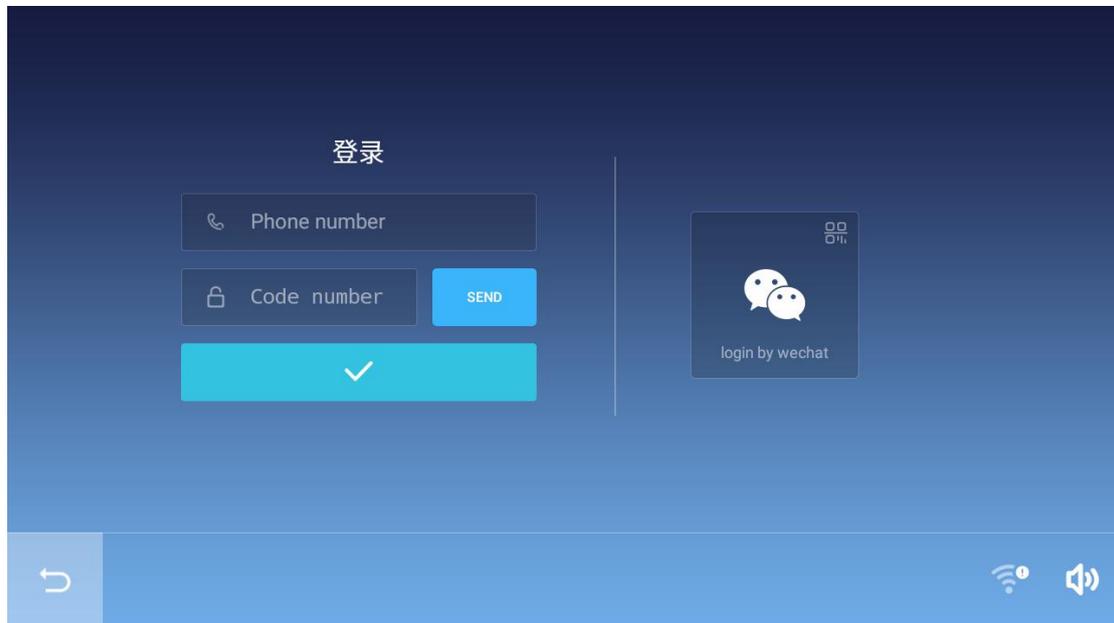
picture- 3 User login page
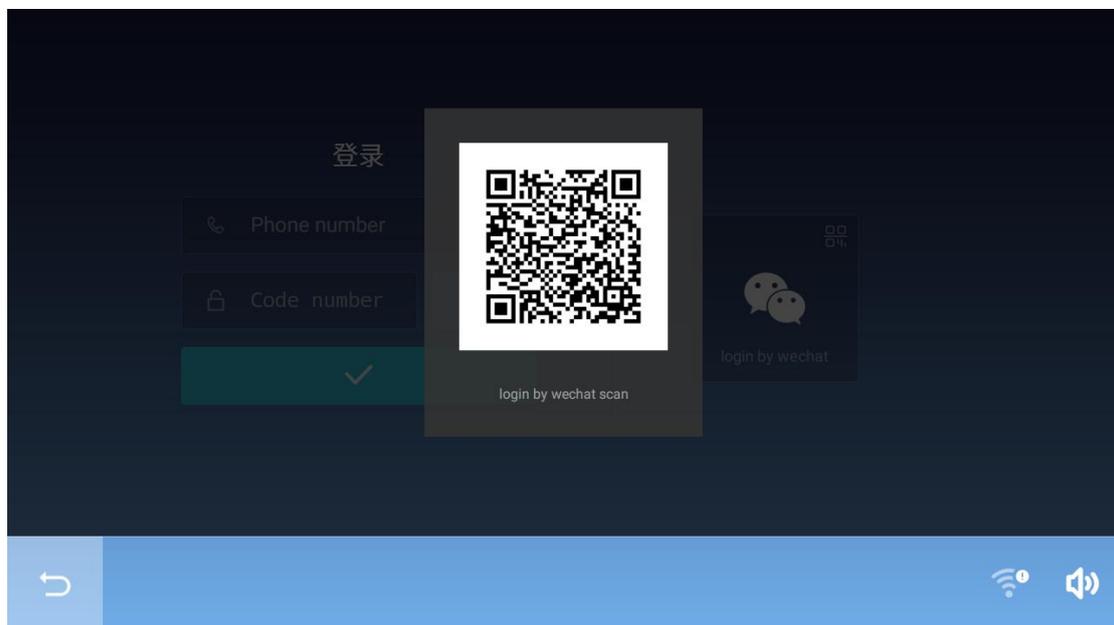
picture- 4 WeChat user login page
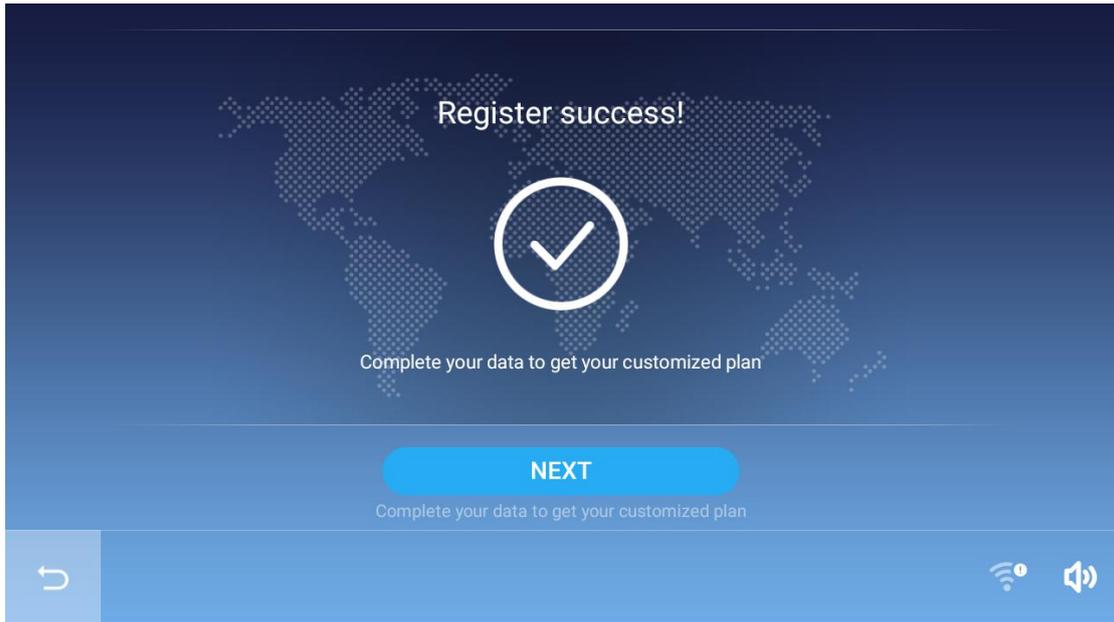
picture- 5 Improve user information (welcome page)
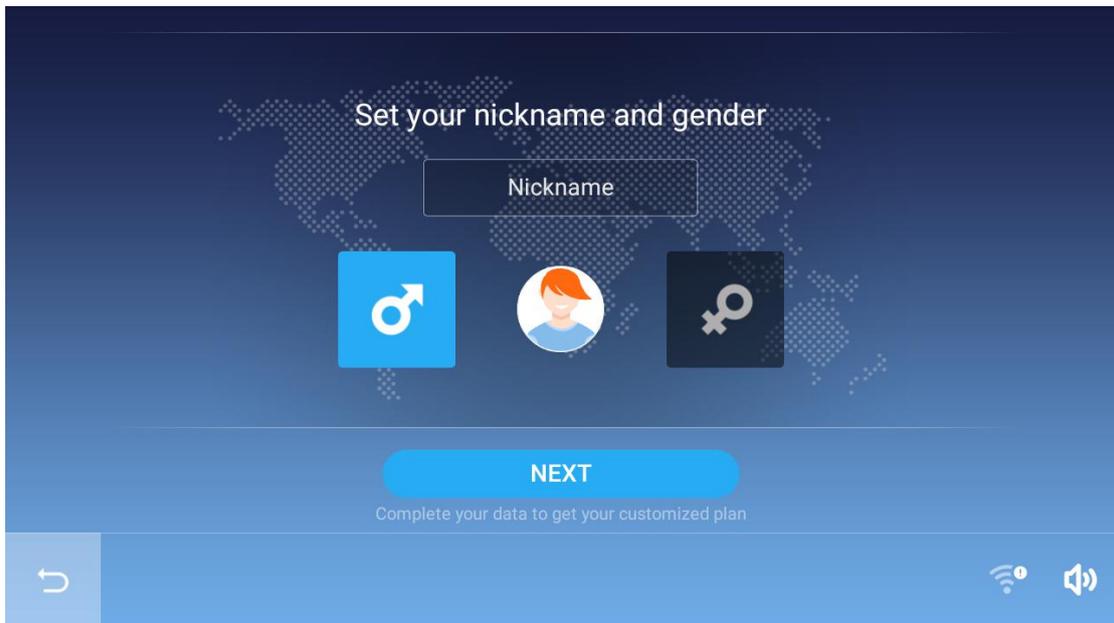
picture- 6 Improve user information (nickname,
gender)

picture- 7 Improve user information (Age)
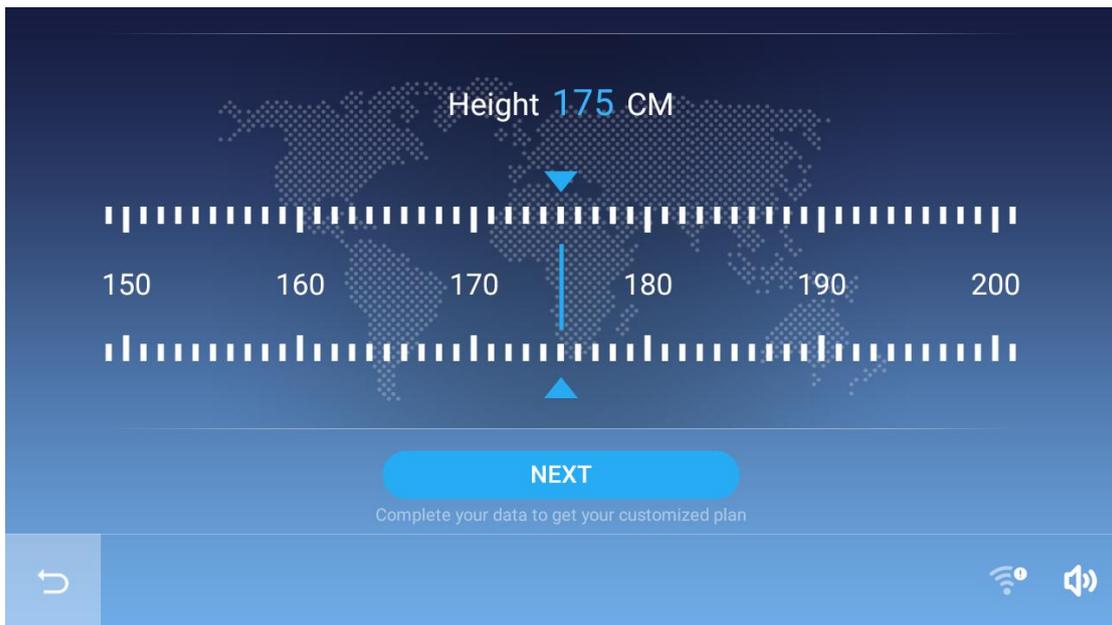
picture- 8 Improve user information (height)
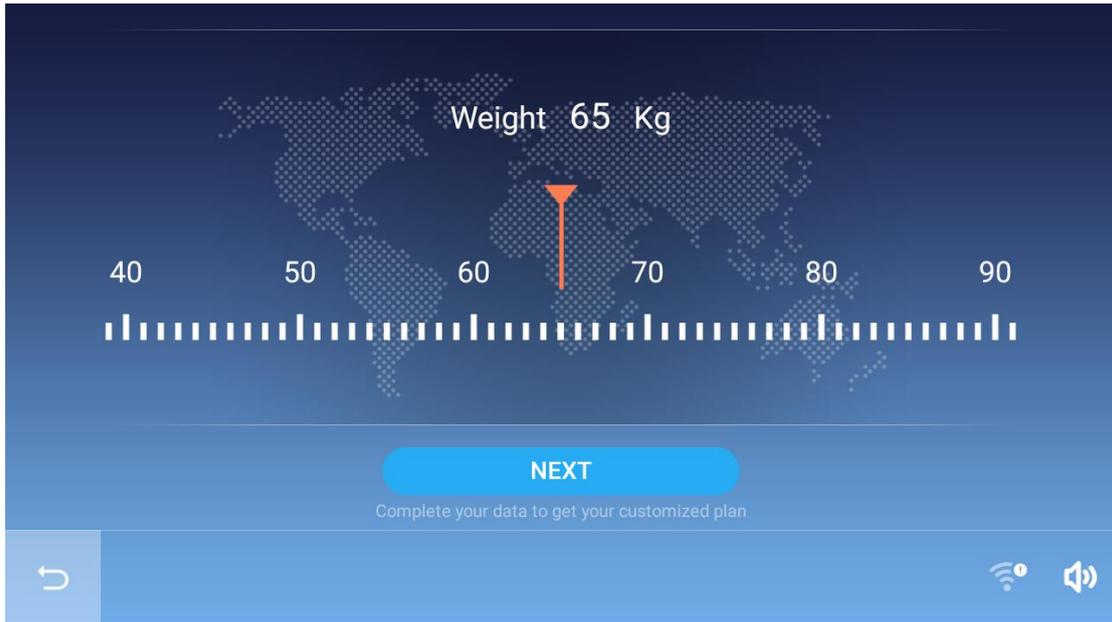
picture- 9 Improve user information (body weight)
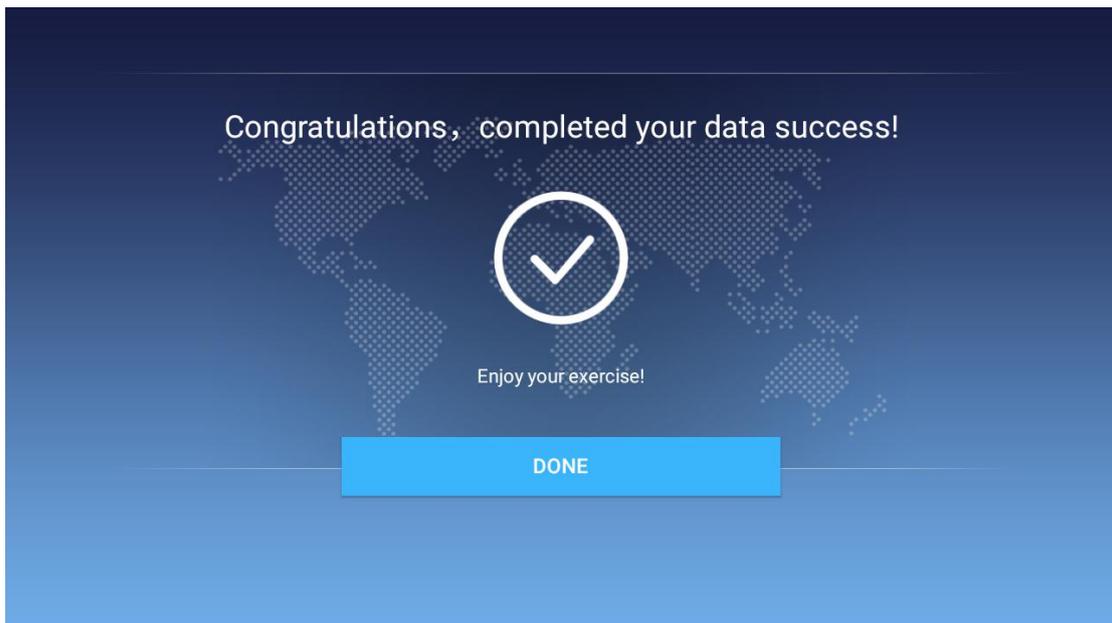
Picture-10 Improve user information (consummation)

Instructions:

a) wechat login - enter the mobile phone number, click the "Acquire" button, enter the received SMS verification code, click the login button below to complete the login operation. Figure-2

a) WeChat login - click the "WeChat login" icon on the right, use the mobile phone WeChat scan function to scan the QR code on the screen, and complete the subsequent operations on the phone to complete the login operation. Figure-3

b) Improve user information - Users who log in to the system for the first time need to improve user information, and fill in the nickname, gender, avatar, date of birth, height, and weight according to the prompts, and then click the Finish button to complete the information operation.

c) as shown in Page 4 to Page 9.

4.Sports page

4.1 General page

picture- 11 sports page (dial display mode)
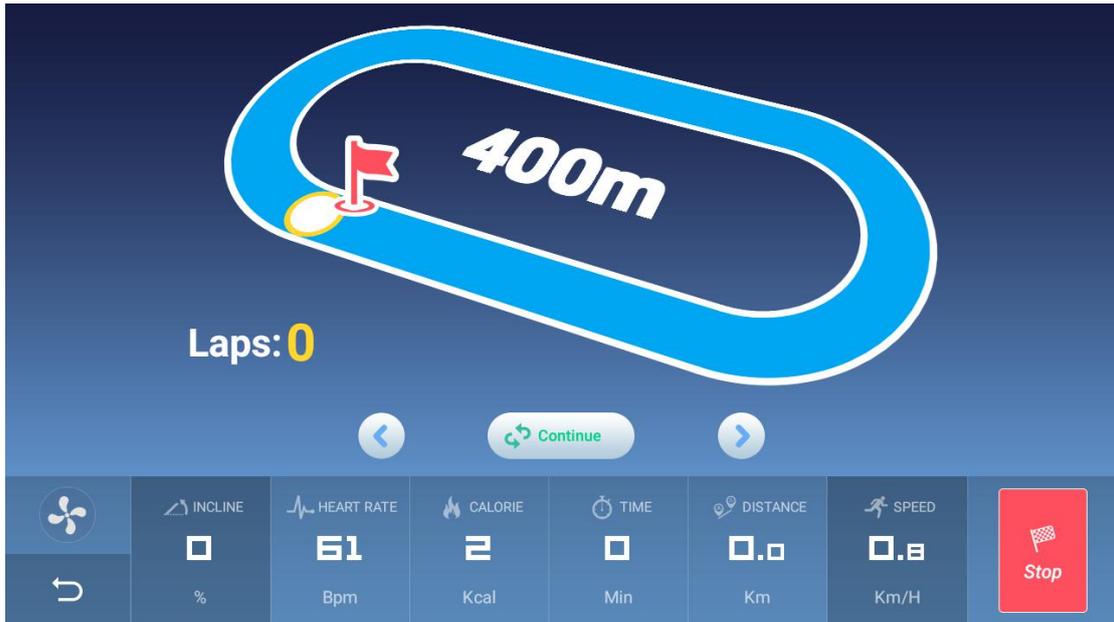
picture- Sports page (runway display mode)
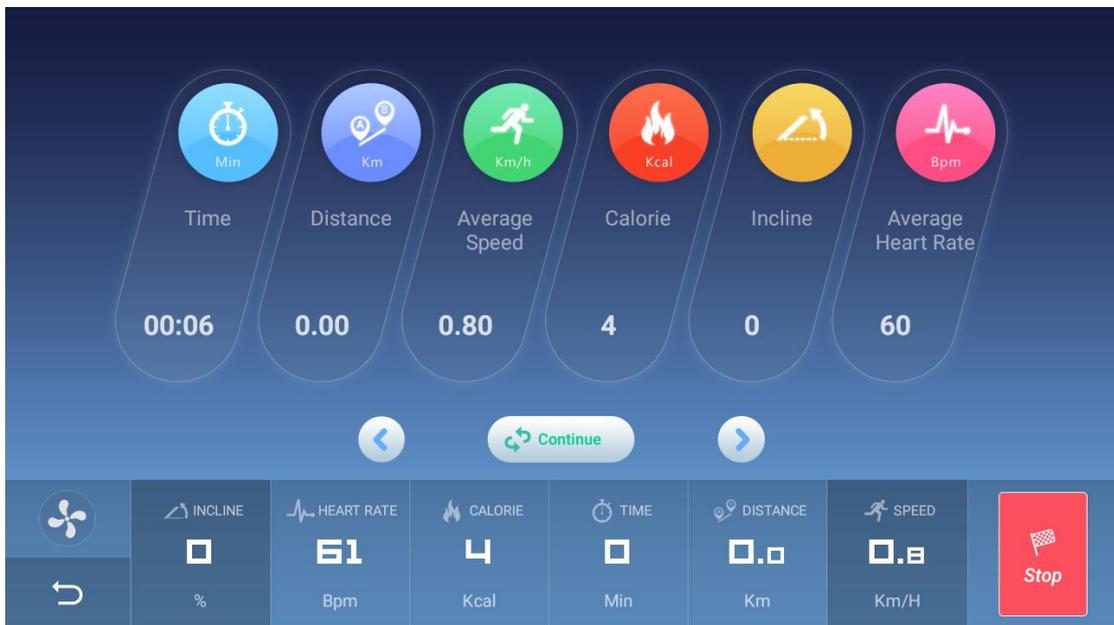
picture- 13 sports page (parameter display
mode)
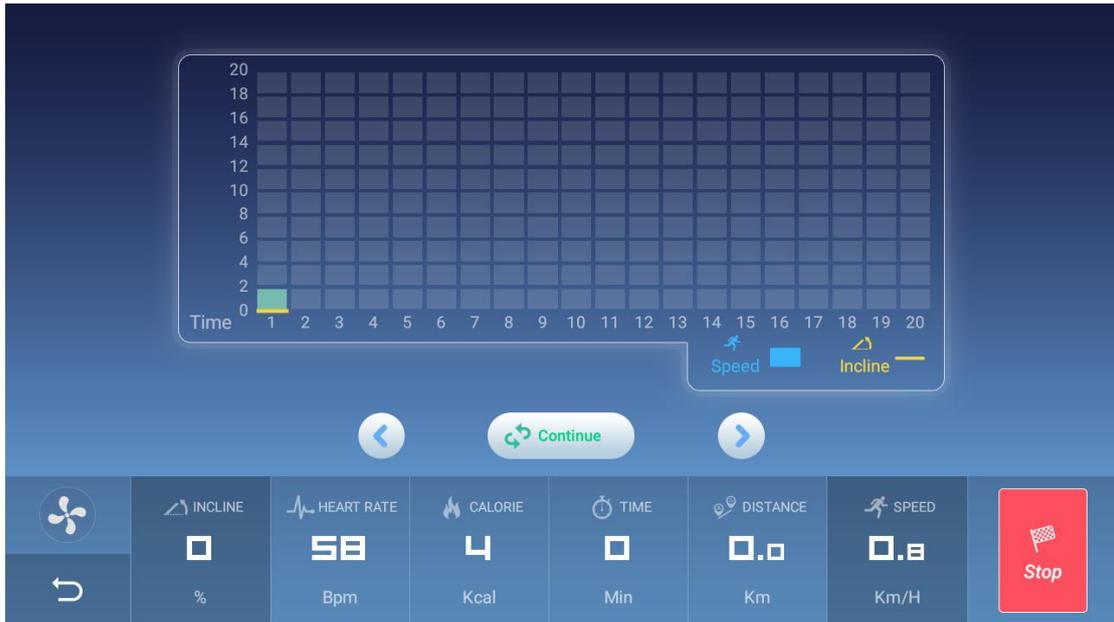
picture- 14 sports page (slope speed display mode)
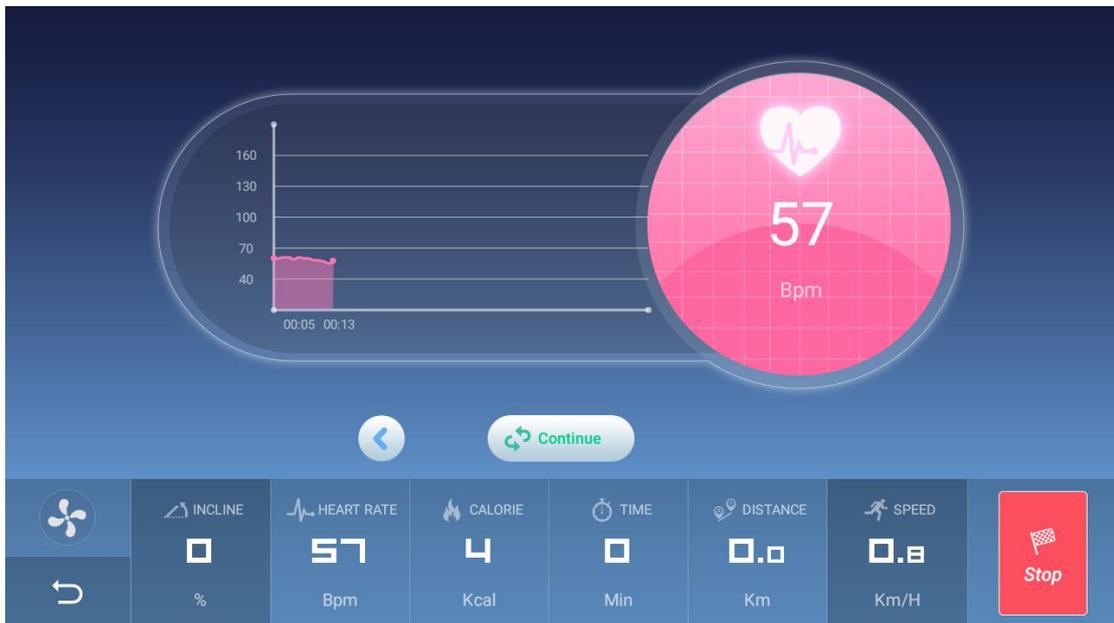
picture- 15Sports page (heart rate display mode)
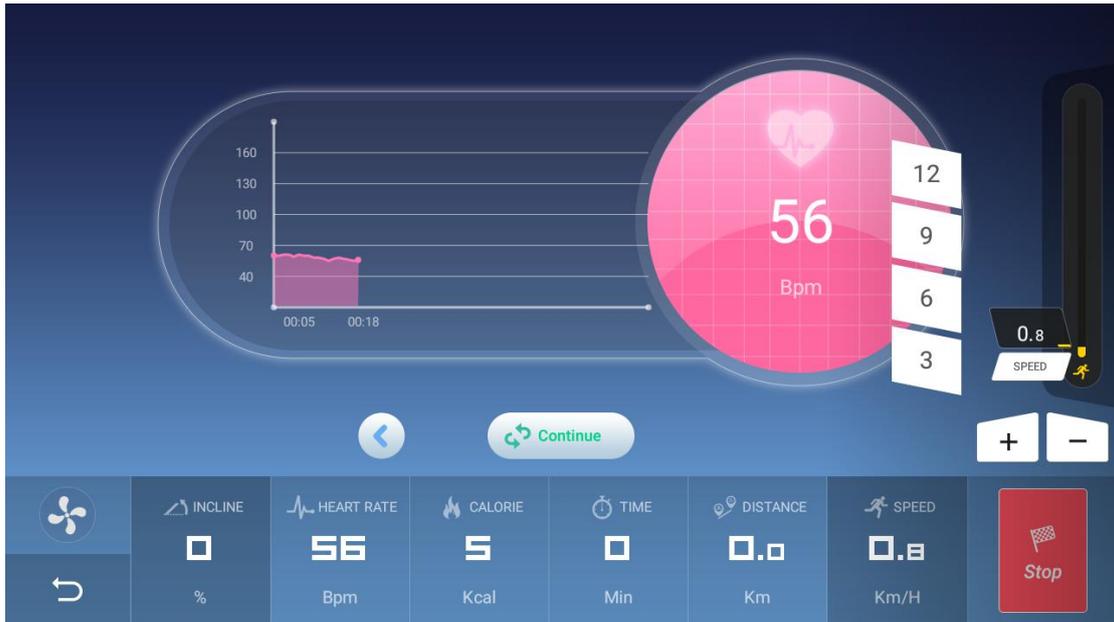
picture- 16 Sports page (speed adjustment)
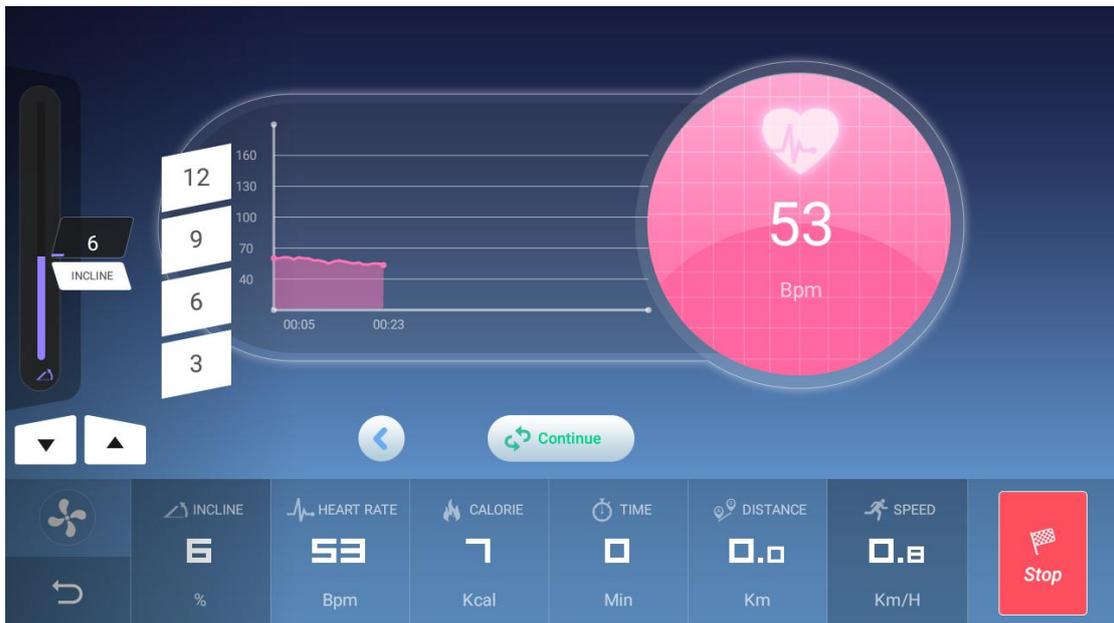
picture- 17 Sports page（Slope adjustment）
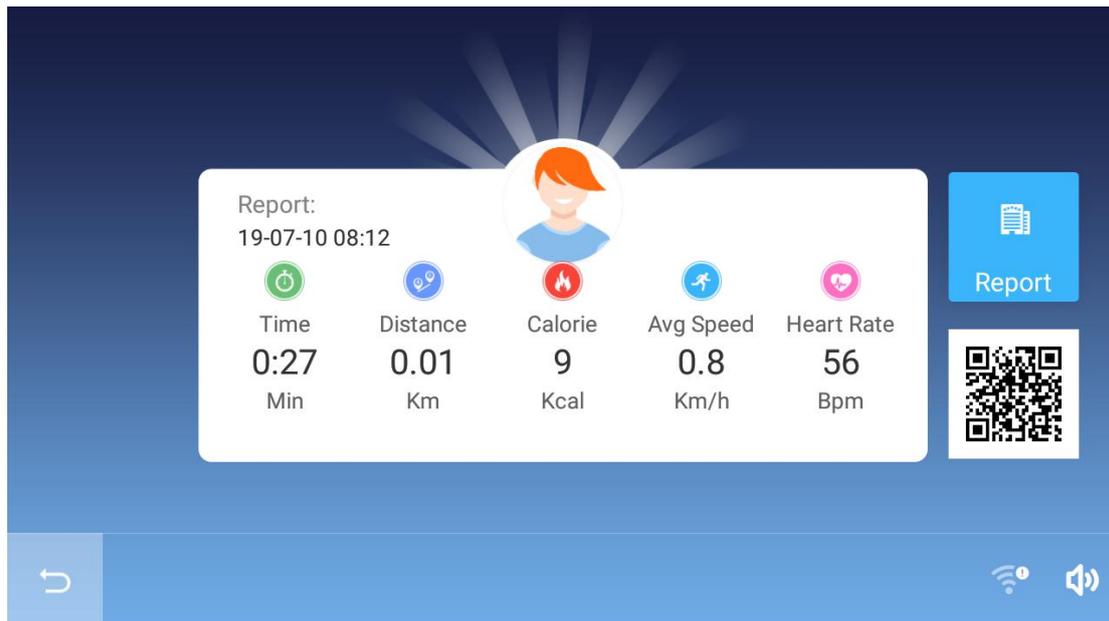
Picture- 18 Sports results

Instructions:

After the exercise starts, the system will enter to the sports page. The in-motion page provides five different display modes, which can be switched by the left and right arrows. By default, the five display modes are automatically rotated.

a) Dial display mode - the left side shows the exercise time, the right side shows the exercise consumption calories, and the middle shows the exercise mileage;

b) Runway display mode - displays a virtual 400 meter runway;

c) Parameter display mode - display data such as exercise time, distance, average speed, calories, average slope, average heart rate, etc.;

d) Speed slope display mode - display the speed and slope change chart by time segment;

e) Heart rate hour mode - display heart rate curve by time;

f) Speed adjustment - click the bottom speed plus or minus button to pop up the speed adjustment operation interface, slide on the interface to quickly adjust the speed, and automatically hide after 5 seconds without operation;

g) Slope adjustment - click the bottom slope plus or minus button to pop up the slope adjustment operation interface, slide on the interface to quickly adjust the slope, and automatically hide after 5 seconds without operation;

h) Exercise results - automatically pop up after the end of the exercise. Click the Share button on the right to display the QR code and use the phone to scan to complete the sharing operation. Click the Report button to enter the Sports Data Center to view historical motion data.

4.2 Quick Start Mode
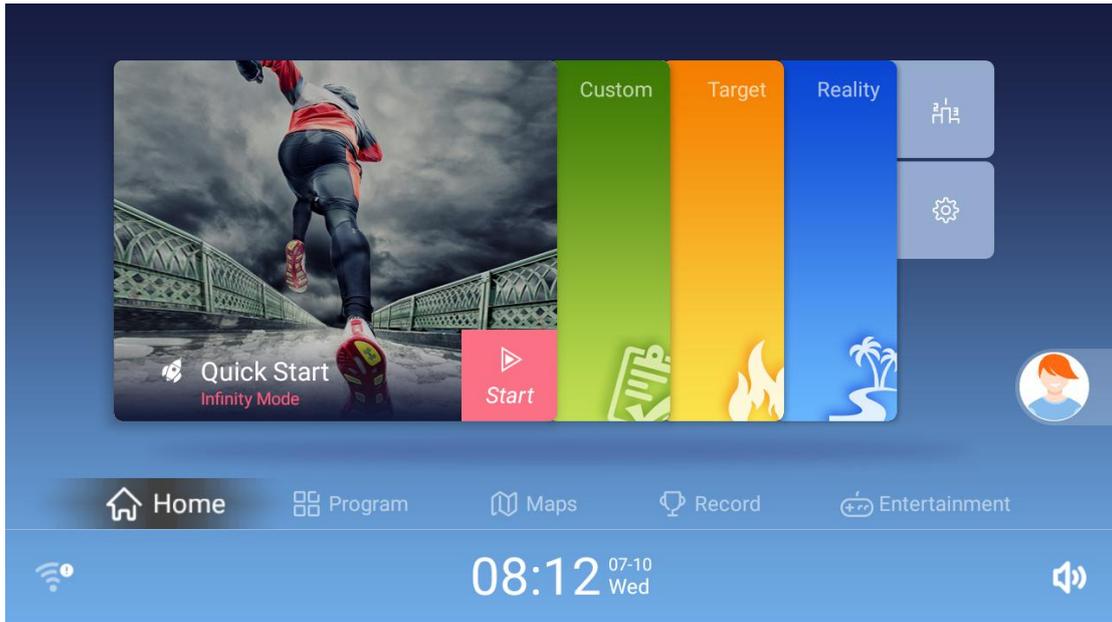
picture- 19 Quick Start

Instructions:

Under the standby page, when the quick launch card is expanded, click on the card and the system will enter the motion state in the quick start mode and open the motion page. Such as the 3.3.1 general page.

5.Target mode
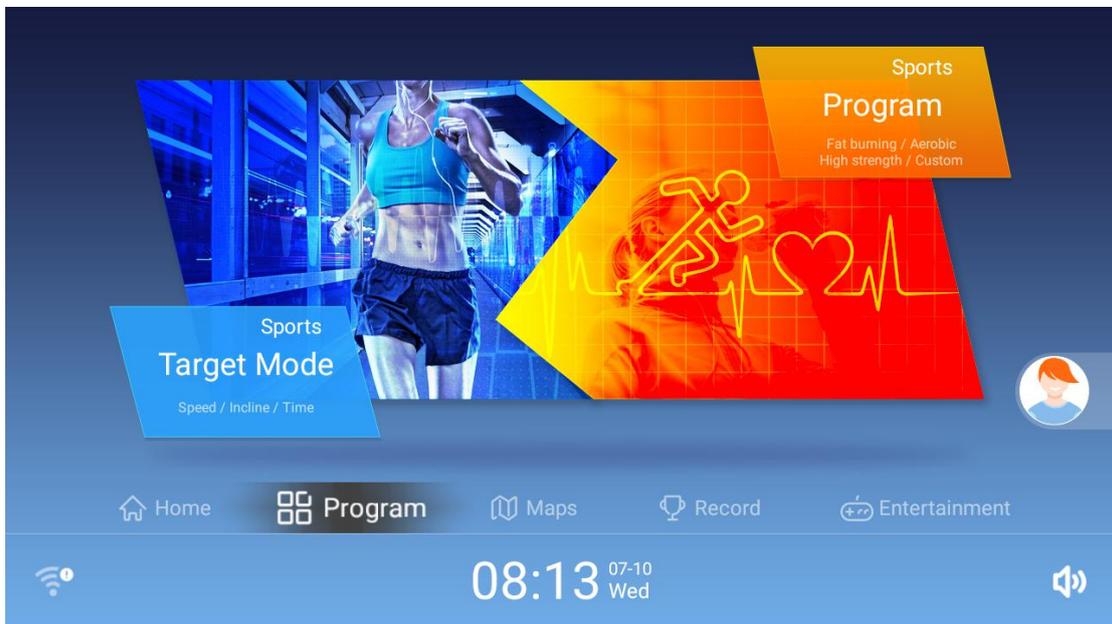
picture- 20 Target, program mode selection page

Instructions:

Click the "Program" button in the navigation bar at the bottom of the standby page to enter the target and program mode selection page. Figure-19 shows.

5.1 Time
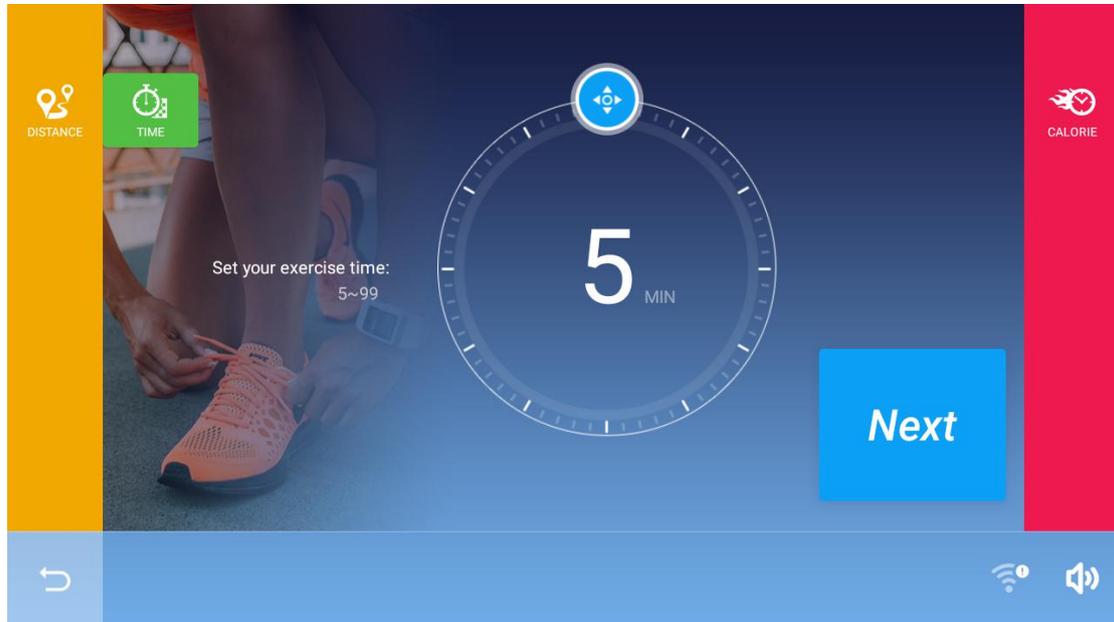
picture- 21 Target mode - time

Instructions:

a) The movement started in the time mode will automatically end when the exercise time reaches the target value, or the stop button can be actively pressed to terminate the movement in advance;

b) The initial value of the time target is 5 minutes, and the setting range is 5 to 99 minutes;

c) Click the operation button on the disc to slide to select the time target;

d) Click Next, press the start button to start the exercise, and enter the motion page in the time target mode;

e) The speed and slope value can be manually adjusted during exercise;

5.2 Distance
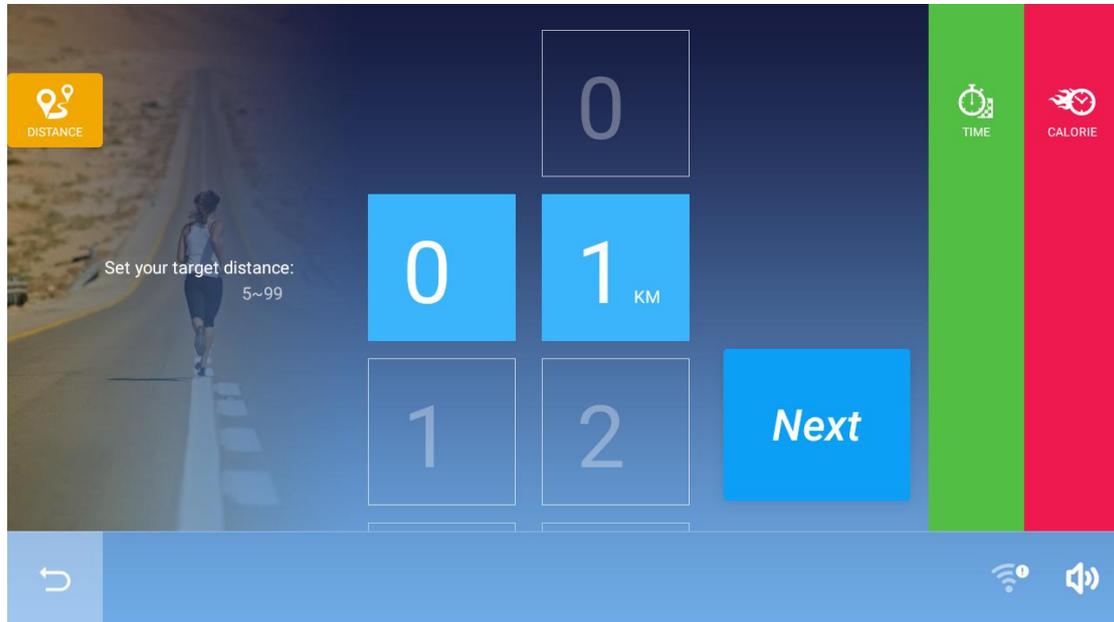
picture- 22   Target mode - distance

Instructions:

a) The movement started in the distance mode will automatically end when the movement distance reaches the target value, or the stop button can be actively pressed to terminate the movement in advance;

b) The initial value of the time target is 1 km, and the setting range is 1~99 km;

c) The number selector in the middle of the page is ten digits and one digit from left to right;

d) Click Next, press the start button to start the exercise, and enter the motion page from the target mode;

e) The speed and slope value can be manually adjusted during exercise;

5.3 Calories
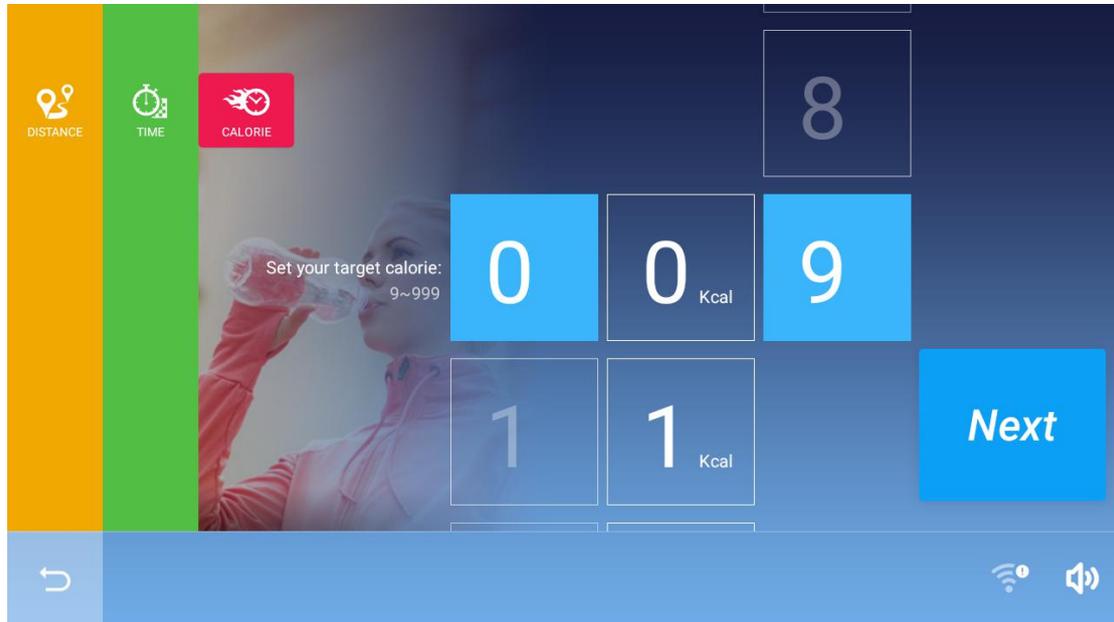
picture- 23   Target mode - Calories

Instructions:

a) The movement started in the calorie mode will automatically end when the calorie intake reaches the target value, or the stop button can be actively pressed to terminate the exercise early;

b) The initial value of the time target is 9 Kcal, and the setting range is 9~999 Kcal;

c) The number selector in the middle of the page is from hundred to ten, ten, and ones from left to right;

d) Click Next, press the start button to start the exercise, and enter the motion page in the calorie target mode;

e) The speed and slope value can be manually adjusted during exercise;

6.Fitness Program Mode
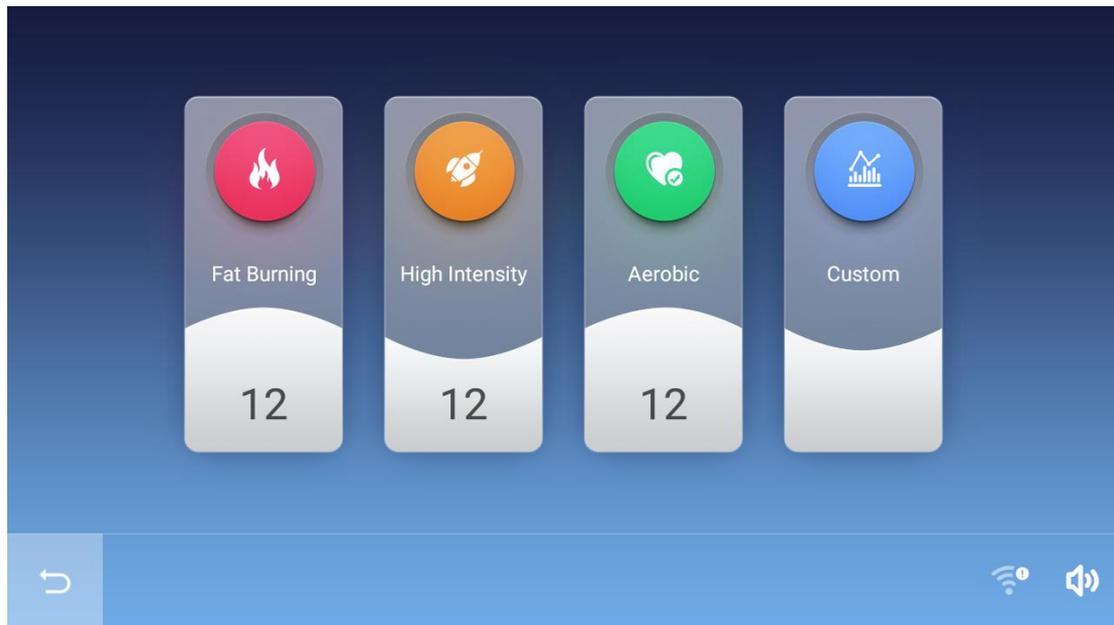
picture- 24 Program mode – classification
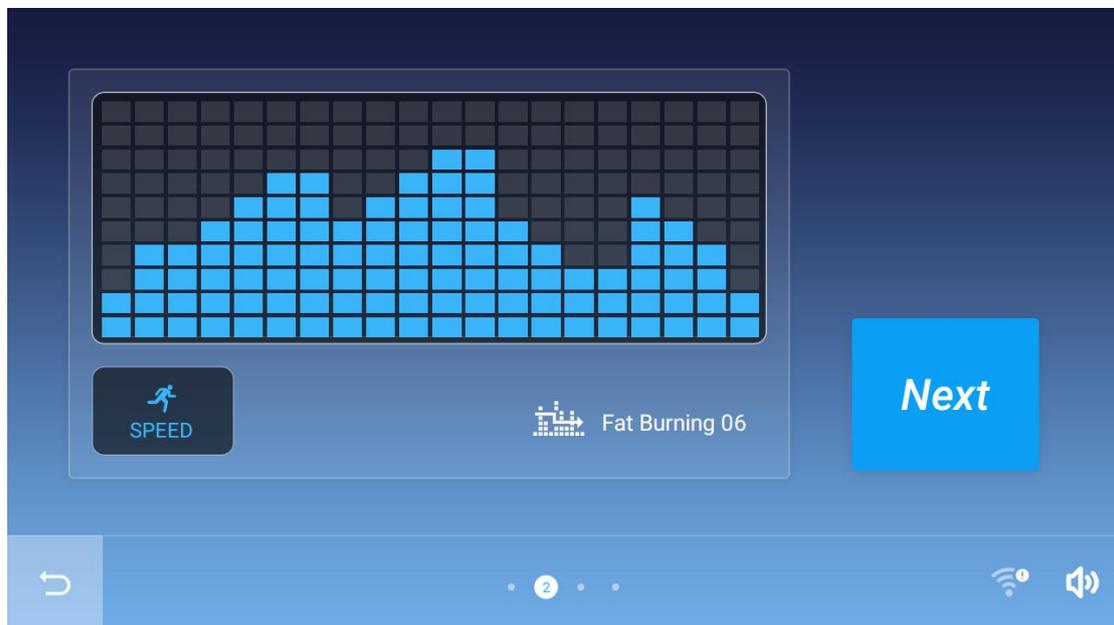
picture- 25 Program mode - set speed segmentation
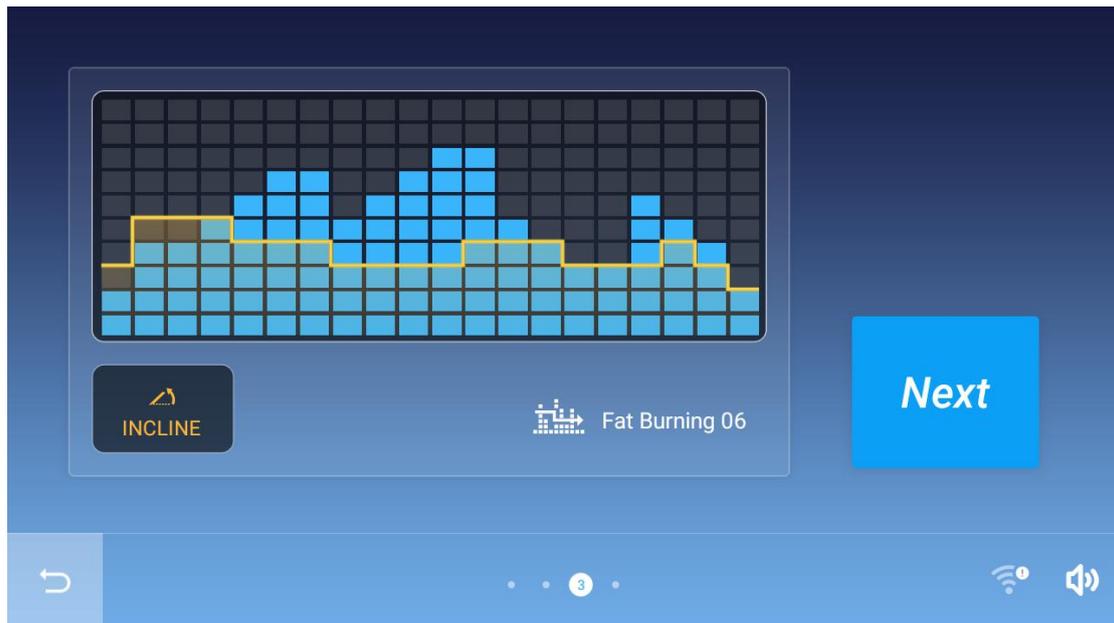
picture- 26 Program mode - set slope segmentation
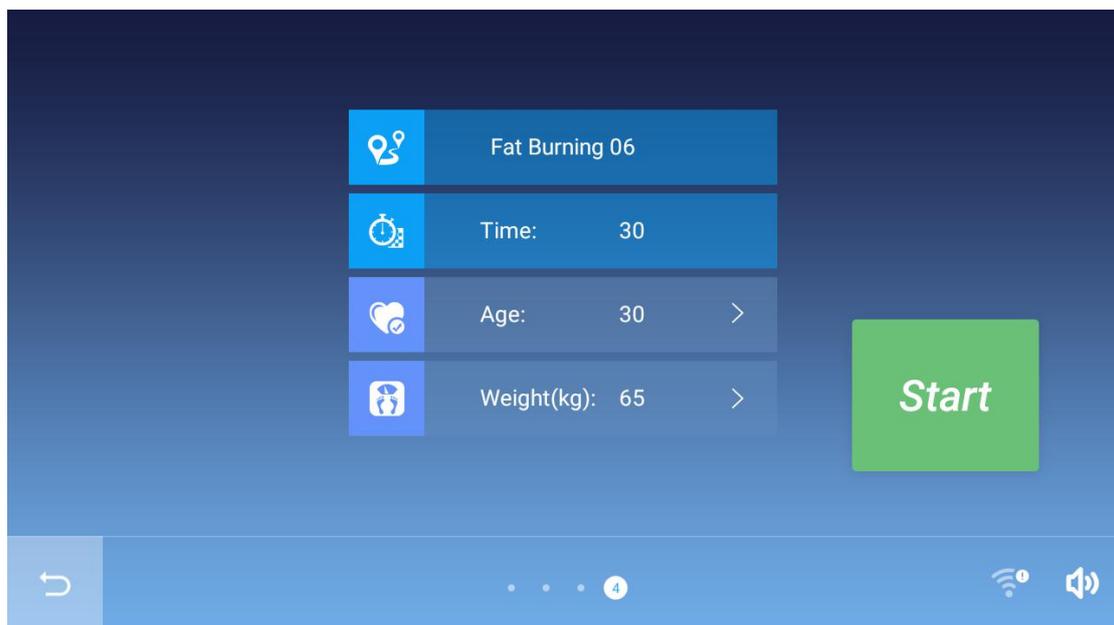
picture- 27 Program mode - set time

Instructions:

a) The program mode is to set the speed and slope segmentation value before the start of the movement, and set the movement target time. After the motion starts, the system automatically adjusts the movement speed according to the preset speed and the slope segmentation value. Slope, and automatically stop moving after the exercise time reaches the target value. Of course, the user can also actively stop the exercise by clicking the stop button.

b) The system provides three preset program categories, each containing 12 different exercise programs;

c) The default exercise time is 30 minutes, the user can actively adjust, the exercise time range is 5~99 minutes, and each movement time is: between setting / 20;

d) The speed and slope value can still be actively adjusted during the movement;
e) The custom mode does not provide preset values at all. It needs to set the speed and slope segment values to start the motion.

7. Map Competition Mode

7.1 Room List

picture- 28 Room list

Instructions:

a) Click the "Map Mode" button in the navigation bar at the bottom of the standby page, then click the Map Competition tab to enter the contest list page;
b) Click on the "Create My Event" button in the upper right corner to create the event yourself;
c) Enter the event number in the upper race number entry box to find the match based on the number;
d) Click the "Latest Release" button to select the sorting method of the list.
e) Click on the event entry in the list below to enter the event details page.

7.2 Create Events
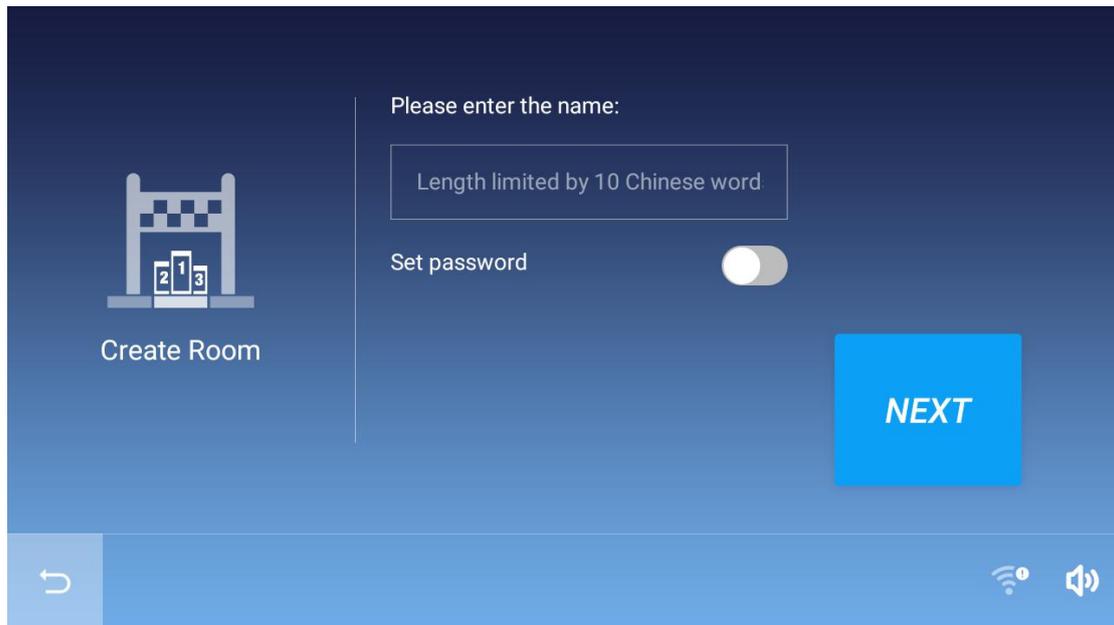
picture- 29 Create Events-Event Name
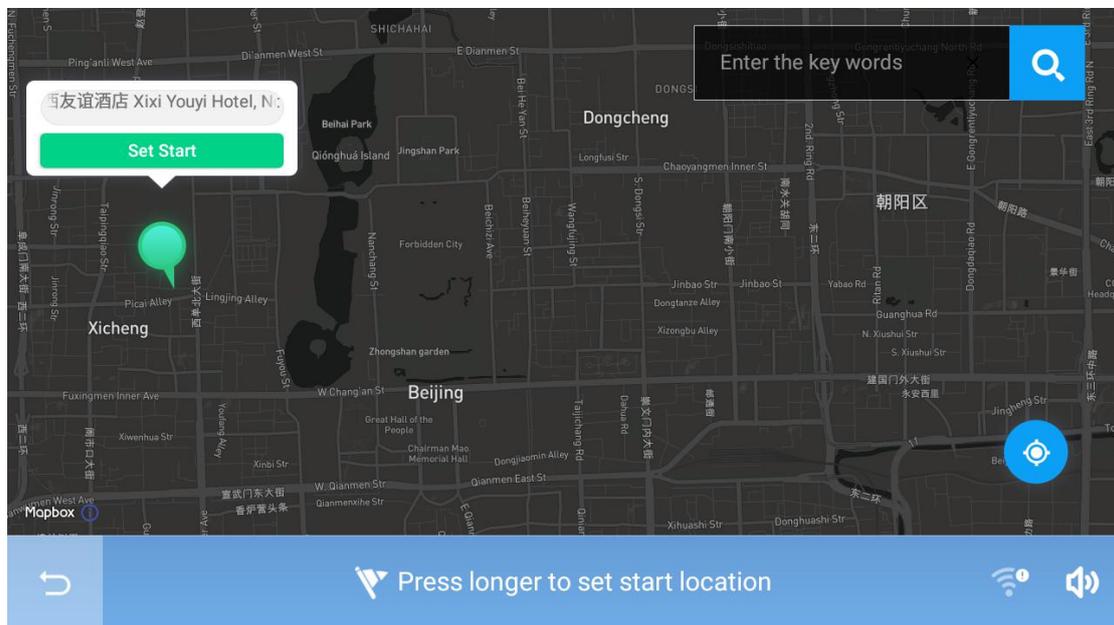
picture- 30 Create Events-Set Starting Point
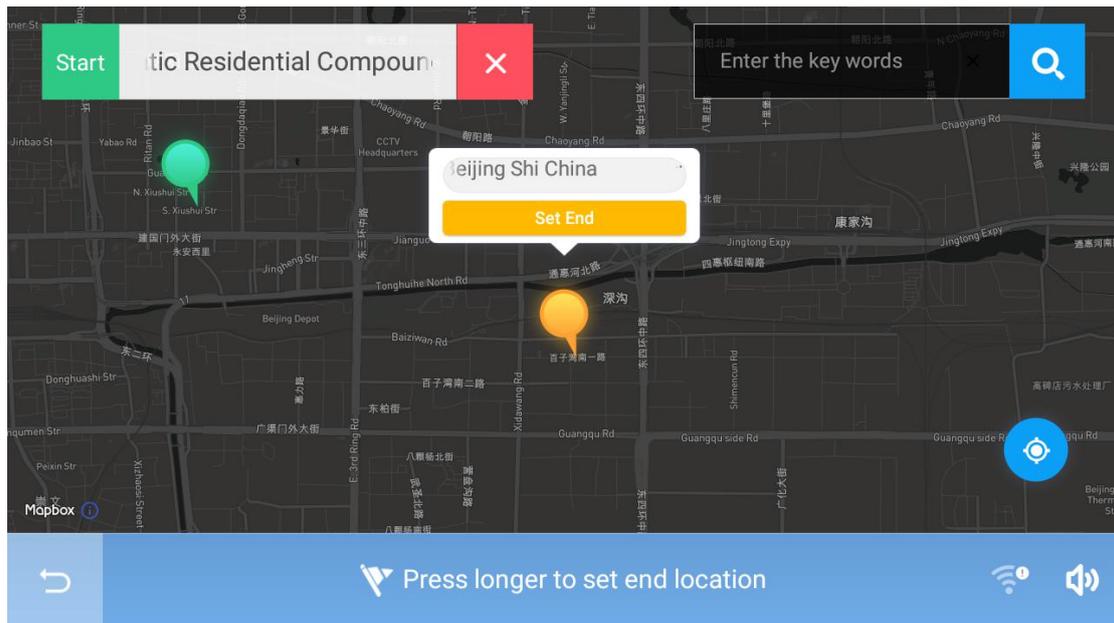
picture-31 Create Events-Set End Point
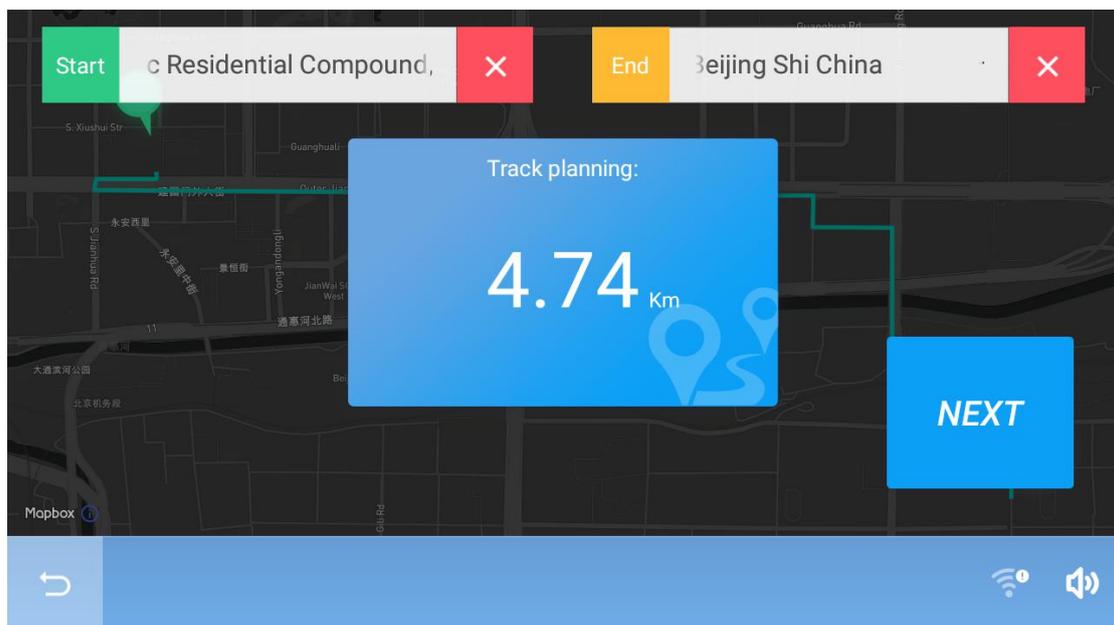
picture- 32 Create Events-Confirm

Instructions:

To create an event, you need to complete the following steps:

a) Enter the name and password of the event;

b)   Set the starting point - search for the position to be positioned, then long press any point on the map, and when the green starting point icon appears, complete the setting starting point;

c) Set the end point - search for the position you want to locate, then long press any point on the map, and when the red end point icon appears, finish setting the end

point;

d) After the end point setting is completed, the confirmation page will pop up on the interface, showing the movement path, starting point, end point information and the total distance of the event. Click the "Next" button to complete the event creation.

7.3 Exercise Page
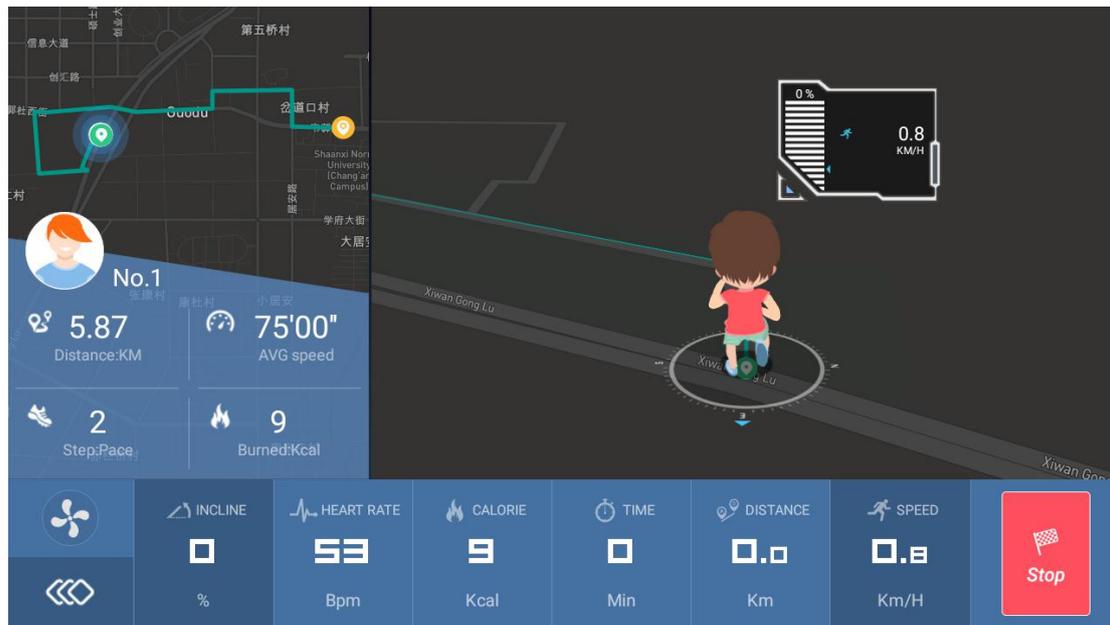
picture- 33 Map Competition-Exercise Page

Instructions:

After entering the event details page, click on the exercise start button to start the exercise in the event mode.

a) The panorama preview of the event is displayed on the left side, highlighting the current user's movement progress, and other users are indicated by red dots;

b) The current motion condition is displayed with a cartoon character on the right side, the guide compass displays the current map direction, and the character moves along the path on the map;

c) The user can actively adjust the speed and incline of the movement to participate in the competition.

d) After the specified distance of the event is completed, the movement is automatically terminated, and the user can also actively press the stop button to terminate the game in advance, and the early termination of the game is not included in the ranking.

8. Entertainment Page
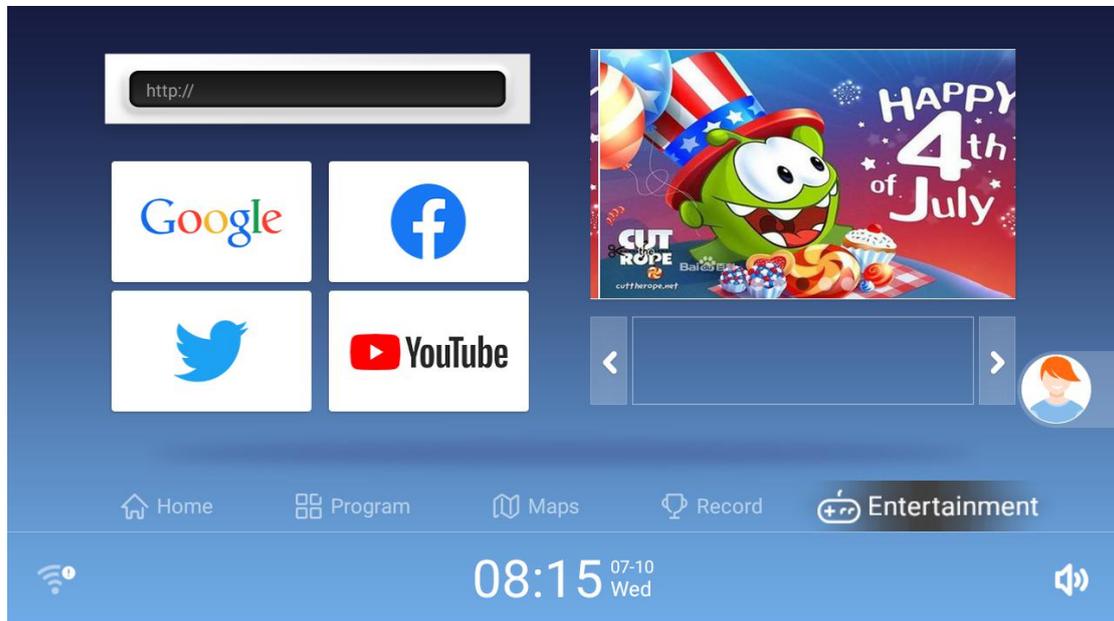
picture- 34 Entertainment Mode

Instructions:

In the navigation bar at the bottom of the homepage, select the "Entertainment" button to enter the entertainment mode.

a)   On the left side, you can click on the picture to quickly enter the specified website, or you can enter the website address in the upper address bar to access it;

b)   Click on the app icon on the right to go directly to the third-party app (the app icon here varies depending on the system pre-installation)

9. Exercise Data Center
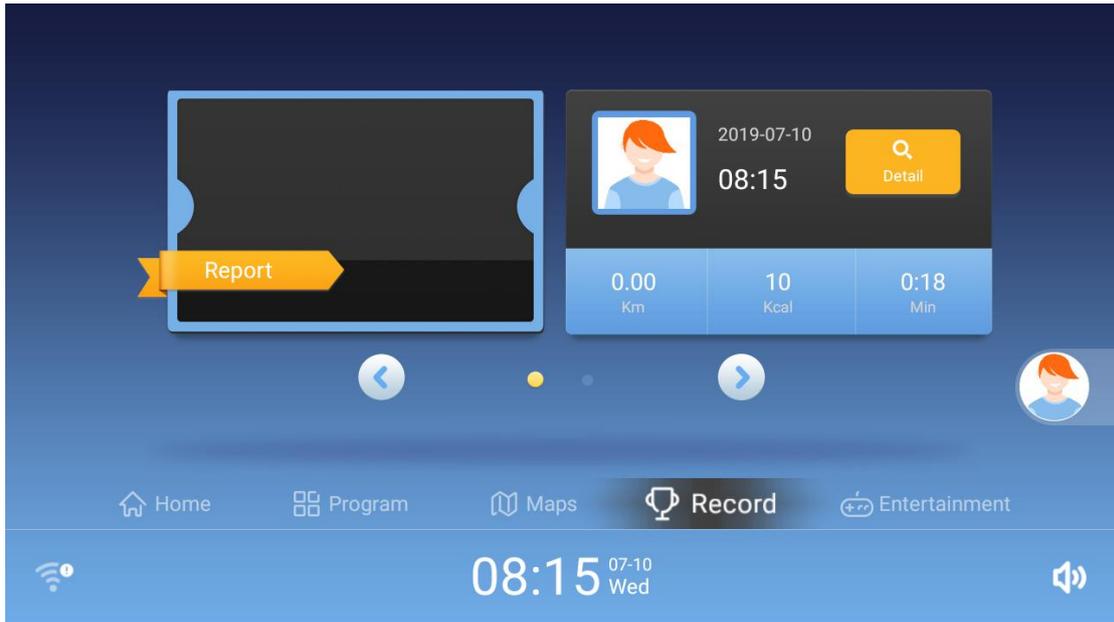
picture- 35 Exercise Data Center
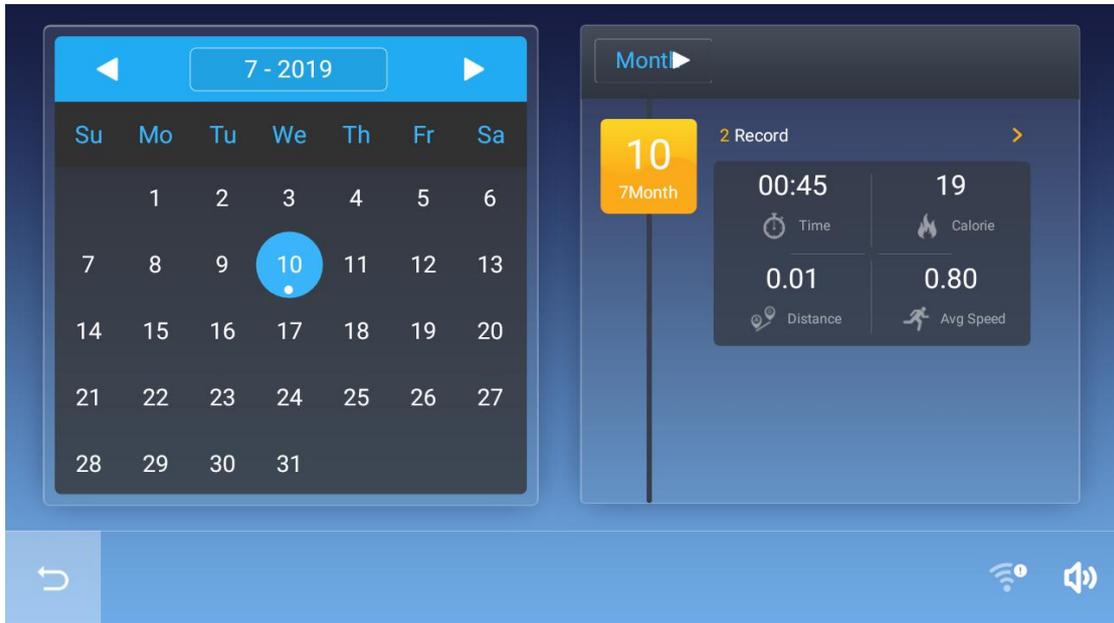
picture-36 Exercise Data Center-Month View
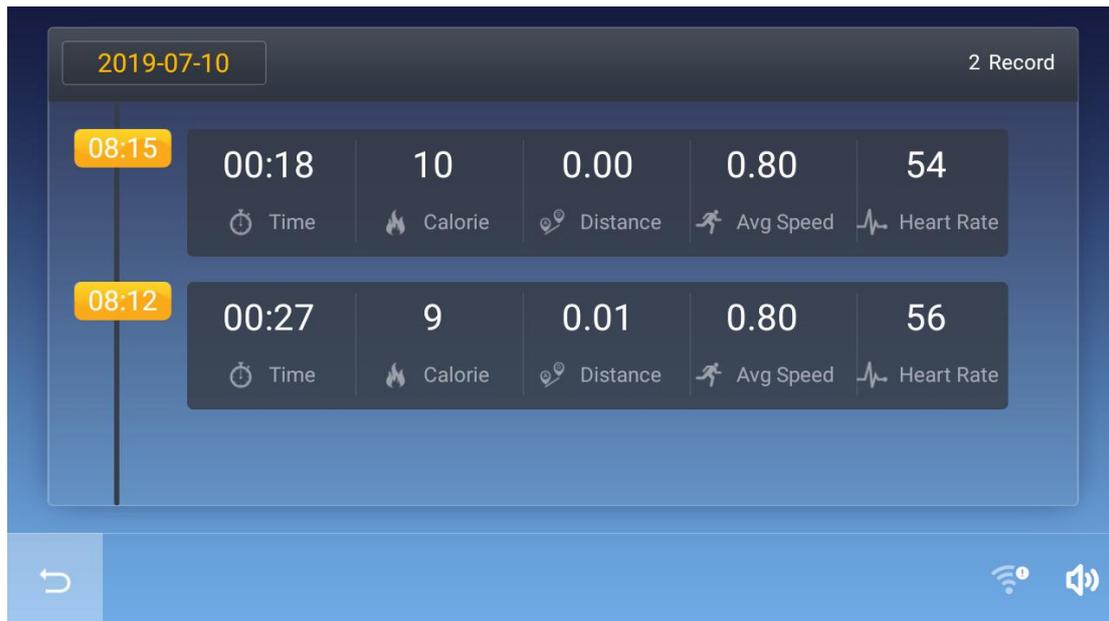
Picture- 37 Sports data center –Day View

Instructions:

a) Select "Record" button in the home navigation bar to enter the sports data center page, where the latest 5 sports records are displayed.
b) Click the "View details" button to go directly to the sports record details page;
c) Click on other ranges to enter the Sports Data Center - Month View page
d) The sports data center-month view can filter the summary information of the sports records according to the month, the calendar is displayed on the left side, and the summary information of the current time period is displayed on the right side; the summary information can be summarized separately according to the month, week and day; click each piece of information , you can enter the day view to view each movement record;
e) In the day view, you can select each sports record to view the details separately.

10.Security lock function

In any state, pulling off the safety lock can stop the running of the treadmill urgently. When the treadmill is in an emergency stop, the buzzer will beep once and the window will display "safe"; at this time, the treadmill cannot perform any other operations except the shutdown. After the safety lock is properly reinstalled, the treadmill re-enters the standby state and waits for an input command.

11.Shut down

The treadmill can be turned off at any time by turning off the power switch so that it does not damage the treadmill.

Machine debugging process：

1. Before power-on, please confirm whether the power supply voltage is normal, confirm

    whether the grounding wire is well grounded, whether the running belt is flexible by hand,

    whether there is abnormal noise, and whether the resistance is abnormal.

2.Turn on the power, turn on the red power switch at the front of the machine, and the

    electronic watch will display the standby state after three seconds of full display. Press the

    " " button, then press the treadmill to start running. The

    running speed is 1km/h. Please observe the treadmill at this time. Whether the

    departments are functioning properly.

3. Press all the buttons on the electronic watch to see if each button corresponds to its

    marked function, determine if the button is valid, and feel good.

4. Press the safety switch to see if the electronic watch screen will display the emergency

    stop action (SAFE) prompt character. Whether the running treadmill will stop.

5. Shake the handrail of the machine by hand to confirm that the machine is stable.

6. Check the tightness of the running belt of the machine during commissioning. For details,

    see "Daily Maintenance of Treadmill".

Daily maintenance:

 The electric treadmill adopts special imported running belt, which is made of special production technology of cotton composite material. It has the advantages of small friction coefficient, high tensile strength and low noise. The running board adopts a unique double damping system. The top layer of urea-formaldehyde resin has high surface finish and super wear resistance, making the movement more

comfortable and smooth!

1. When the machine has a lot of dirt or the lubricant is reduced, the friction coefficient of the running board and the running belt will increase, and the load output power will increase. As a result, the running board may be caused and the running belt surface is severely worn. (Motor, inverter, roller, motor belt, etc.) The entire drive system is seriously damaged. This damage is not covered by the warranty.

2. At least one inspection of the running condition of the running board and the running belt must be carried out every week. Please increase the oil according to the actual frequency of the treadmill of the fitness club. (If the frequency of each machine is 6 hours or more per day, add oil every 10 days or so, each time is increased by about 50ml each time. If the frequency of each machine is less than 6 hours per day, every 15 days Add oil to the left and right, each time adding about 50ml each time.

   Remember: Do not use oil excessively. It's not right that he more lubricant, the better. Reasonable lubrication is an important factor to improve the service life of the treadmill.

3. Lubricating oil increase method:

● Use oil cans and tubing to add lubricating oil from both sides of the running belt to the standing area of the user's feet;

● Start the treadmill, the treadmill runs slowly at a speed of 1KM/, and the user walks on the running belt so that the lubricating oil can be evenly spread on the running belt.

   Remember:

   ● Do not use lubricant excessively. The more lubricant, the better. Reasonable lubrication is an important factor to improve the service life of the treadmill.

   ●Be sure to run at low speed after adding lubricating oil, avoid running the belt to break the lubricating oil into the motor during high-speed operation, causing the motor to short-circuit and damage the motor;

4. Determine the amount of friction:

   Uncleanness or reduced lubricant can cause increased friction between the running board and the running belt, and may cause damage to the motor and the inverter. The friction is too large and has the following characteristics:

   (1) In the power-off state, using the foot to move the running belt, it feels very difficult, even unable to move.

   (2) The treadmill is unloaded normally, and the speed is obviously slow or irregularly stopped during load.

   (3) The frictional force increases, which may cause wear of the running belt, the motor control board is damaged, the overload protector operates, and the inverter protects.

5. Running belt deviation adjustment:

   The treadmill should be adjusted before and after the installation. After using for a period of time, the running belt may run off. The reasons for this phenomenon are as follows:

(1) The main unit is not placed smoothly.

(2) When the user is exercising, the feet are not in the center area of the running belt.

6. The phenomenon of deviation caused by man-made can resume normal after two to three minutes of no-load operation. For the deviation phenomenon that cannot be automatically recovered, apply the special tool (M8L type wrench) that is equipped with the adjustment screw in the rear screw hole in units of a quarter turn (ninety degrees).

7. Specific adjustment method: If the running belt is biased to the left, adjust the adjusting screw on the

left clockwise or adjust the adjusting screw on the right counterclockwise. If the running belt is biased to the right, adjust the adjusting screw on the right or counterclockwise. Adjust the adjustment screw on the left and recommend adjusting it to ninety degrees (one quarter turn) each time.

The running belt deviation is not covered by the warranty. It is mainly maintained by the user. The running belt will seriously damage the running belt. It must be discovered in time and corrected in time

8. The overall elastic adjustment method of the running belt: If the running belt is loose overall, the user may have "slip phenomenon during running, or the running belt is too tight (the power output of the inverter and the motor will be greatly increased) Need to adjust the running belt accordingly.

(1) Tightening: Adjust the adjusting screw in the left and right adjustment holes of the rear end cover clockwise with the special tool (M8L type wrench) equipped with a special one-quarter turn (90 degrees). (The adjustment speed is the same on both sides)

(2) Adjusting the looseness: Adjust the adjustment screw in the left and right adjustment holes of the rear end cover counterclockwise with the special tool equipped with the special tool (the adjustment of the left and right sides is the same).

9. Running belt adjustment diagram:
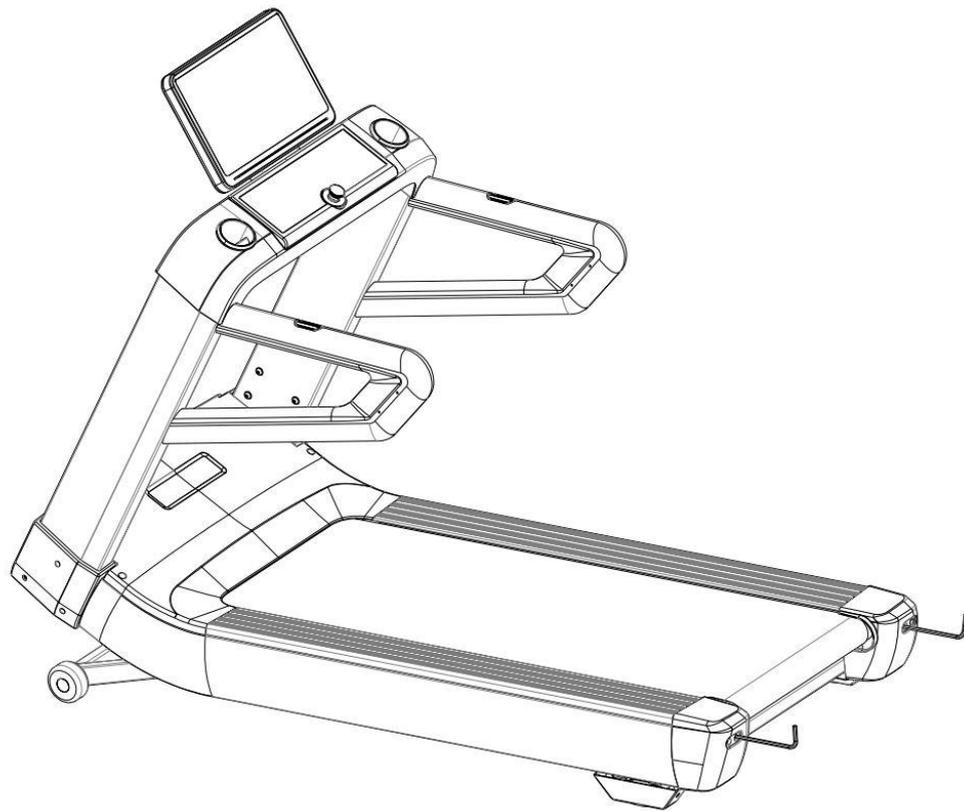
Explosive view :
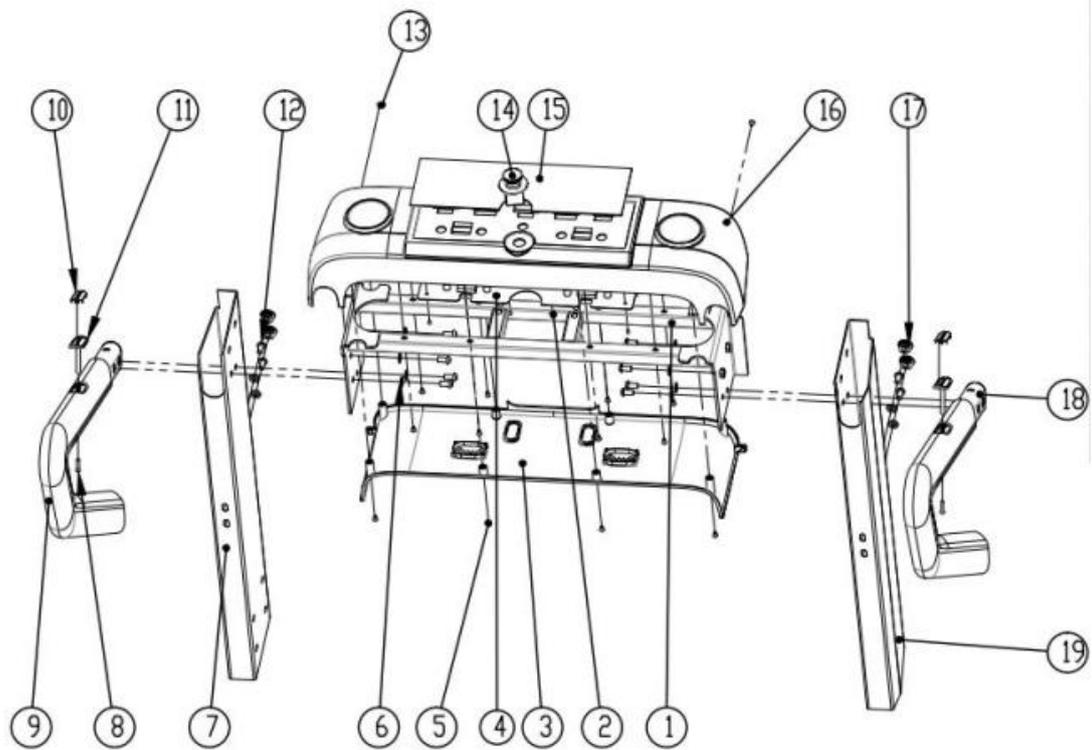
1   Digital Screen Stand   1
2   Cross Slot Source wood screw 8

3   lower cover of Digital Screen Stand

4   Operating circuit board

5   Cross Slot Source wood screw   16

6   gasket   12

7   left stand column   1

8   Cross Slot Source wood screw   2

9   handrail   2

10   heart rate sensor   4

11   heart rate sensor handle   2

12   Hexagon head cap screws   12

13   Cross recessed countersunk head screws   2

14   Emergency Button   1

15   Acrylic board   1

16   Upper cover of Digital Screen Stand   1

17   601 plastic cover   4

18   Handrail   2

19   right stand column   1
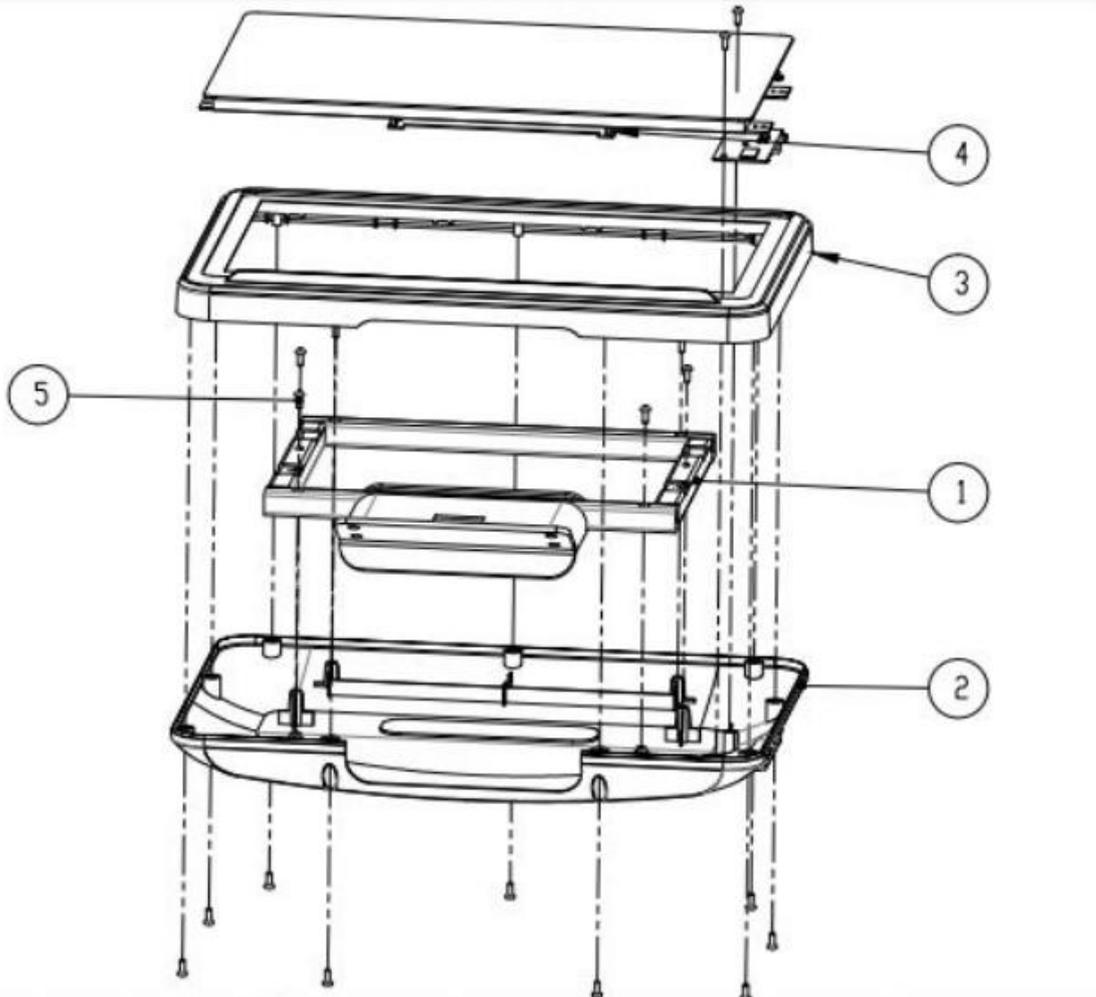
1   Digital Screen
2   Display Back Cover
3   Display front cover
4   Interface board
5   Cross Wood screw
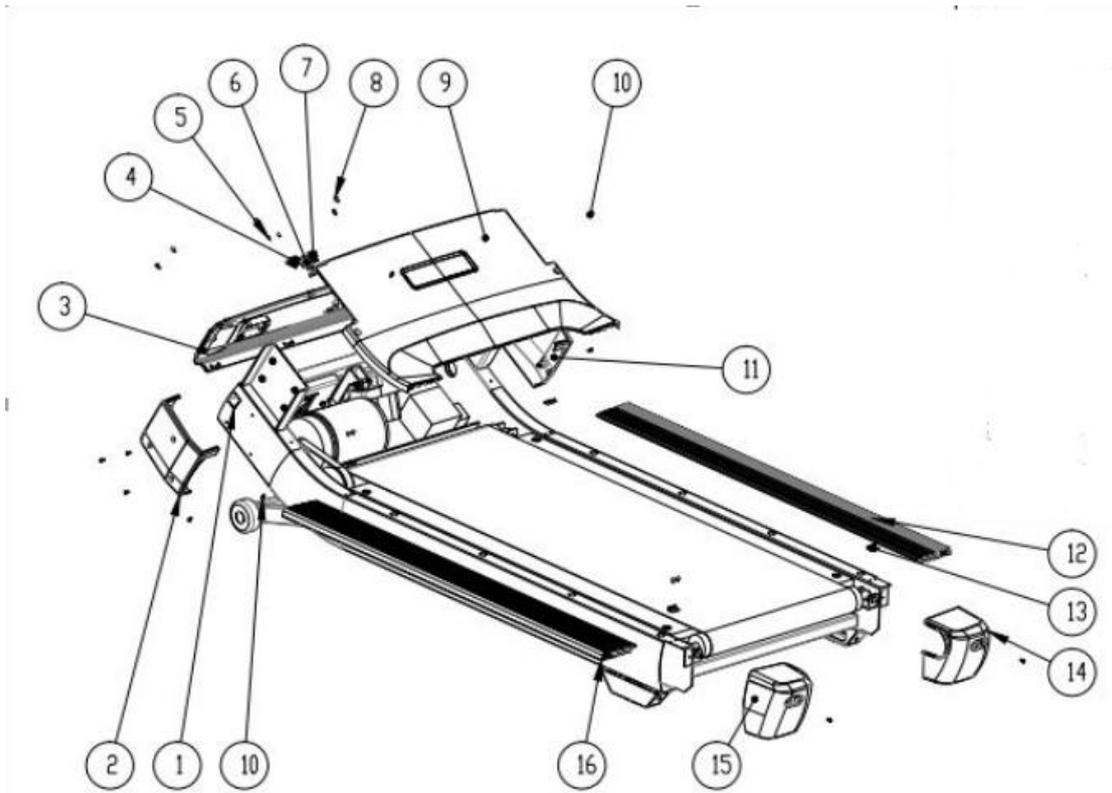
1   Running Platform Assemble   1

2   Left side Cover   1

3   Motor Back Cover   1

4   Three Core Socket   1

5   Cross Slot Source wood screw 2

6   Overload Protector   1

7   Switch   1

8   Cross Slot Source wood screw 3

9   Motor Up Cover   1

10   Hexagon head cap screws   15

11   Right side cover   1

12   swash plate round head bolt   8

13   Limit Side strip   4

14   Right Back Cover   1

15   Left Back cover   1

16   Up sidebar   2
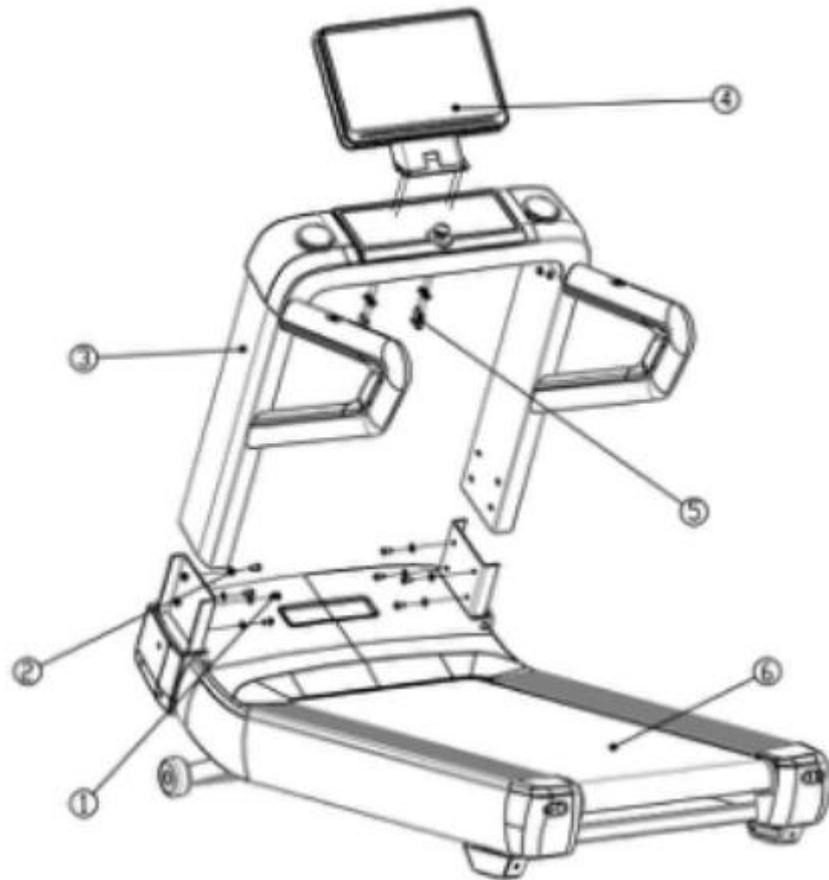
1 Hexagon head cap screws

2 gasket

3 Combination parts

4 Digital screen combination

5 Hexagon head cap screw

6 Running Platform Assemble