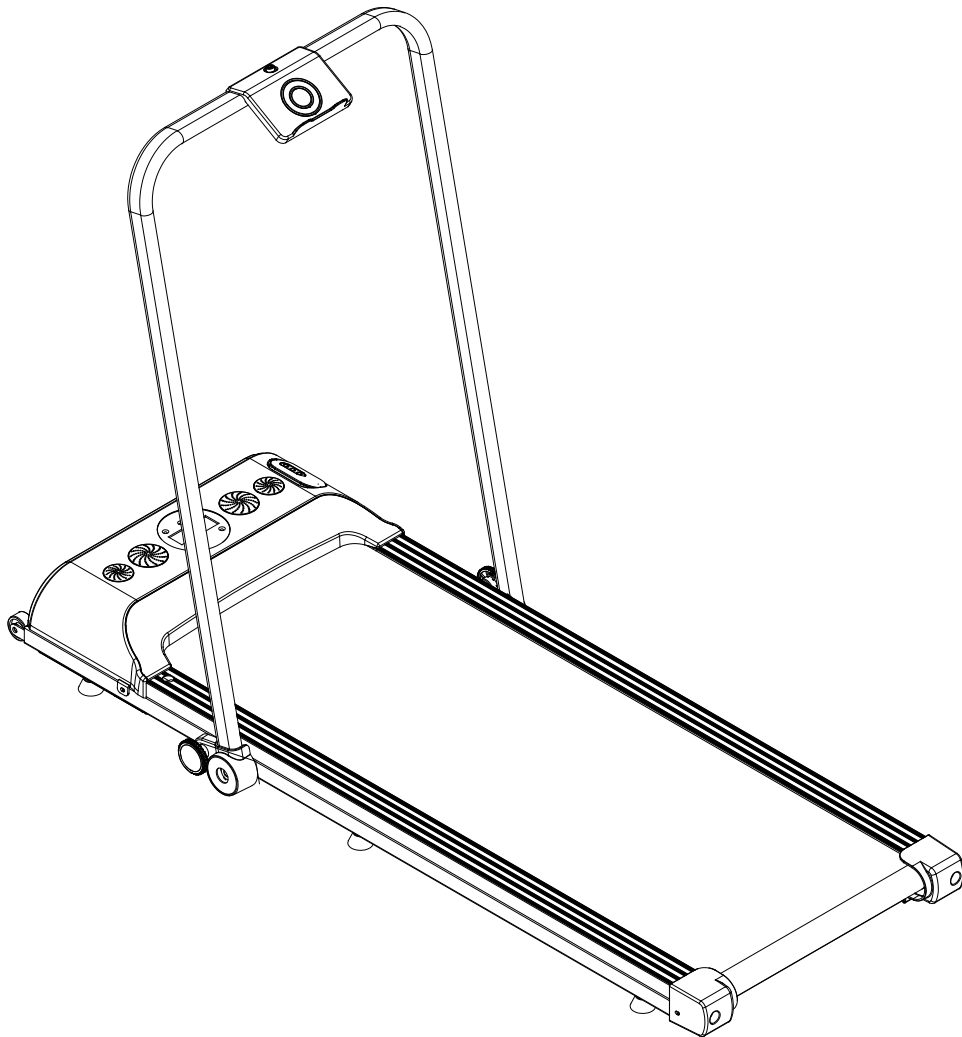


# Treadmill

# **XFIT** WALKING PAD

## User's Manual



\* Product specifications may differ from the photo and are subject to change without notice.



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- I. Safety precautions and warning notes
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## I. Safety precautions and warning notes

To ensure your safety and avoid accidents, please read the instructions carefully before use and pay attention



to the following safety matters.







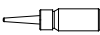
**Safety note: the product has considered a lot of safety issues in design and manufacture, but please follow the following instructions just in case. We do not bear the consequences of any abnormal operation.**

**Please follow the following instructions to avoid harm to you and others.**

- ◆ The walking machine should be placed on the flat ground; the walking machine should be placed indoors to avoid moisture, water should not be splashed on the treadmill, and no foreign body should be placed on the walking machine. There should be 1 m (1000 mm) and 2 m (2000 mm\*1000mm) on both sides and front end. (Emergency Jump: Hold the armrest in both hands and hold it up, step on the sidebar and jump off the treadmill from one side.)
- ◆ Power plug must be reliably grounded, socket to have a special circuit, avoid sharing with other electrical equipment.
- ◆ If the power supply is damaged, to avoid danger, it must be replaced by the manufacturer, its maintenance department or similar department professionals.
- ◆ When you do not use the walking machine, put the safety lock in the place the child cannot get; if not used for a long time, please unplug the power cord.
- ◆ Please put the oil bottle of the fitting bag in the place that the child cannot get, if accidentally eat or enter the eye, rinse with clear water and see a doctor in time.
- ◆ This product is not suitable for use by persons with disabilities or children; it is prohibited for persons with physical discomfort or mental defects and lack of common sense unless under the supervision or guidance of a person responsible for their safety. If ---- do not comply, there may be a risk of injury.
- ◆ Do not use walking machine in dusty space, and keep indoor humidity to avoid strong static electricity, otherwise it may interfere with the normal operation of electronic meter and controller; please use the original factory accessories, strictly prohibit the replacement.
- ◆ Avoid all moving parts with both hands and feet in the gap below the running belt.
- ◆ Do not put the power cord near a hot or moving object; do not use the product outdoors, in high humidity and in the sun.
- ◆ Remove the plug before moving the walking machine. Non-professional personnel may not disassemble the machine without authorization, otherwise serious consequences may occur.
- ◆ Please clip the safety lock pull clamp on the clothes during exercise to prevent safe shutdown in case of emergency.
- ◆ Before using the walking machine, check that the clothes are fastened or zipped, or too loose.
- ◆ If you feel unfit in use, stop exercising and consult a doctor.
- ◆ This product should not be used for a long time.
- ◆ Use qualified sockets to avoid danger. If the plug and socket are not compatible, please do not move the plug, please the electrician to handle.
- ◆ The product is suitable for home use, not for professional training and testing, and cannot be used for medical purposes.
- ◆ Do not use in the state of shell cracking, rupture and shedding (internal structure exposed) or welding site cracking.
- ◆ Do not jump or jump on the machine during exercise. ---- may be injured by a fall.
- ◆ Do not use after eating, fatigue, or poor physical condition. --- may cause damage to health.

- ◆ Do not attach needles, garbage or moisture to the plug. --- may cause electric shock or short circuit, fire. Do not use wet hands!
- ◆ When deactivated, pull out the power plug from the socket. --- due to dust and moisture will make insulation aging, resulting in leakage fire.
- ◆ The product must be grounded. In case of dysfunction, grounding will provide the minimum resistance channel for the current to reduce the risk of electric shock.

## II. Packing list

Serial number	Components		Serial number	Components	
1	Walking machines		5	Tools	
2	Remote control (including batteries)		6	Round knob	
3	Instructions		7	Mobile phone rack	
4	Silicone oil		8	Hexagon screw inside cylinder head	M 6*15

In order to follow the principle of sustainable development, the product may be updated when necessary, and no further notice will be given. If the specification does not conform to the product, the actual product shall prevail.

SPECIFICATIONS	
<b>Motor:</b>	0,75 hp
<b>Machine weight:</b>	22 kg
<b>Dimensions:</b>	M: 143,5 x П: 59 x Y: 98,5 cm
<b>Belt surface:</b>	40 x 110 cm
<b>Speed:</b>	1-12 km/h
<b>Maximum user weight:</b>	100 kg
<b>Certification:</b>	CE-ROHS-EN957

**Check and tighten the screws at regular intervals, as they may loosen due to vibrations. Damage that may be caused by a lack of maintenance is not covered by the warranty.**

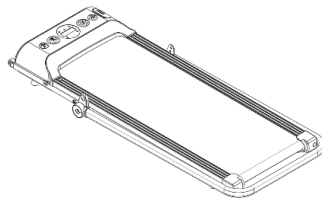
**WARNING:** The contact between the wooden surface of the treadmill and the treadmill plays an important role in the operation and life of the treadmill. We recommend that you keep the treadmill clean and lubricate it frequently, following the instructions for use. Incomplete lubrication causes damage to the belt and electrical parts of the treadmill.

**CAUTION!** During exercise, heavy sweating can cause mechanical and electrical damage to the machine. Like any other liquid substance, sweat can cause damage mainly to the electrical parts of the machine (dial, cables, etc.). The best solution is to use a towel during exercise and wipe the machine after each use to avoid any unwanted damage.

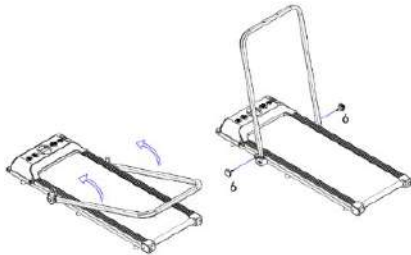
### III. Assembly instructions

**Note: Assembly requires 2 people.**

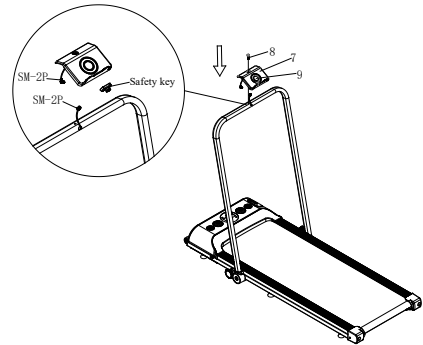
**Step 1:** lift the main frame out of the carton.



**Step 2:** please press the following figure, hold the column slowly in the direction indicated by the icon arrow, and fix the column to the main frame with the 6# circular knob.

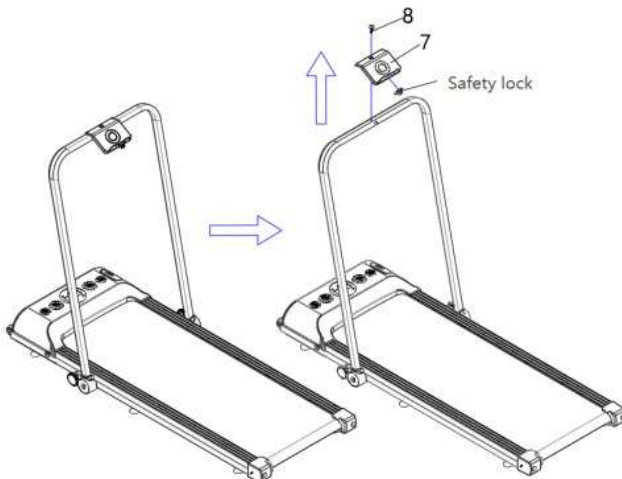


**Step 3:** docking the S M-2P male and female terminal connector, then using 8#(M6\*15) to lock the mobile phone frame in the corresponding position of the column in the direction indicated by the icon arrow; finally, put the safety lock on.

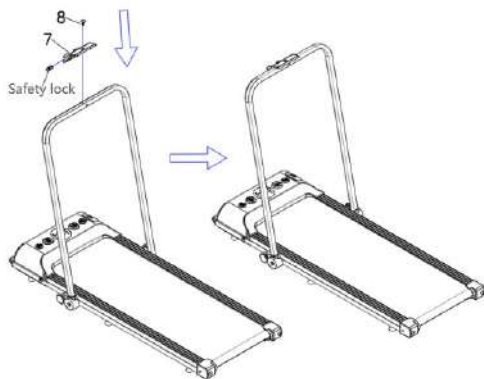


**To fold in, do the following:**

**Step 4:** First, press the following figure with a wrench to 8 (M6\*15) in the direction indicated by the icon arrow to exit 7 (mobile phone frame) from the column, pull out the safety lock.

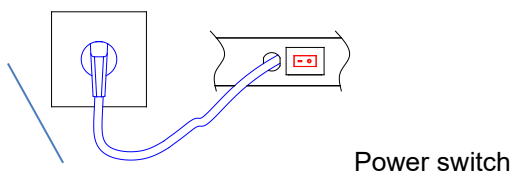


**Step 5:** then press 8 (M6\*15) to lock 7 (mobile phone rack) in the direction shown by the icon arrow. The mobile phone rack needs to rotate and lock on the post and put the safety lock.

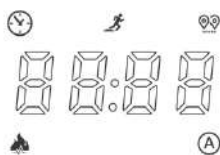


#### IV. Electronic control operation instructions

Before using the walking machine: please plug in the power first, turn on the switch (the switch is red), please wait for the screen to light up and enter the start interface.



#### 1、 Window display:



##### 1.1" 🕒 Time "time window:

Display movement time, forward timing from 0:00-99:59, timing to 99:59 count again.

##### 1.2" 🏃 Speed "speed window:

Display current speed value in running state, speed display range :1-12KM/H.

On start countdown, show "3","2","1".

##### 1.3" 📍 Distance "distance window:

Display movement distance, forward count from 0.0-99.9, after overflow re-count.

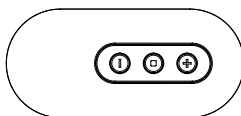
##### 1.4" 🔥 Calories "calorie window:

Show the value of heat consumption, show the value of heat consumption, positive count from 000-990, overflow and re-count,

##### 1.5" Ⓐ Mileage "total mileage window:

Display cumulative distance data after exercise (save the distance data under normal shutdown, zero for abnormal shutdown)

#### 2、 Remote control key function:



**2.1 "⊖" is the start/stop key:** when the power is on, press this key at any time to start the running of the walking machine; in the process of motion, also through this key to stop the running of the walking machine, and reset zero. Press this key instrument to enter dormant state after shutdown; press any key to wake up the instrument in dormant state.

**2.2 "⊕"; "⊖" for the speed plus or minus key:** after starting for the speed adjustment, its adjustment amplitude of 0.1 km / time, when holding down for more than 2 seconds automatically continue to increase or decrease 0.1 km / time.

### 3. Actions during movement:

3.1 Pressing the "⊖" button will reduce the speed of the walker.

3.2 Pressing the "⊕" button increases the speed of the walker.

3.3 Press the "⊖" button to slow down to stop running.

3.4 Remote control matching instructions

Turn on the power switch, long press the "⊕" button of the remote control when the screen shows "CHE" time ", release the button when you hear the " beep " sound, and press the "⊖" button to start the treadmill; if there is no match at a time, please press the above steps to try several times.

### 4. energy saving mode:

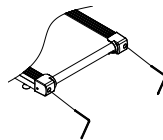
No operating machine enters energy saving mode within 10 minutes of standby mode, the display screen has no display, press any button to exit to standby mode.

## V. Maintenance guidelines

Proper maintenance can always keep your walking machine in the best condition; wrong maintenance can hurt or shorten the service life of the walking machine.

Warning: before cleaning or maintaining the product, be sure to unplug the walker!

1. Regular dust removal to keep components clean,
2. After each use of walking machine, wipe clean instrument and other parts of sweat stains and sundries with clean towel or cloth, please be careful not to splash water on electrical components and under running belt.
3. Please put your walkers in a clean, dry environment, make sure the power is turned off and the plug has been unplugged.
4. To facilitate movement, the walking machine is equipped with wheels. Make sure to disconnect the power and fold the fuselage before moving.
5. Check all machine parts frequently. Damaged parts must be replaced immediately.
- 6, In order to better maintain and extend the life of the walking machine, it is recommended that after 30 minutes of continuous use, let the walking machine rest for 10 minutes.
7. The running belt has been adjusted when it is out of the factory, but after use, the running belt will be stretched, which will deviate from the center position and cause friction edge strip and rear cover damage. It is normal that the running belt is forced to stretch during use. After a period of time, if you are using the walking machine, the running belt slips or is not smooth, you can adjust the tightness of the running belt to improve.



A. Run belt elastic adjustment      If the running belt is too loose, insert the randomly presented hexagonal wrench into the adjusting hole of the left foot guard of the walking machine, rotate 1/4 laps clockwise, and then rotate 1/4 laps clockwise to the right foot. Note that the left and right should be adjusted synchronously. If the running belt is too tight, the left and right synchronization counterclockwise adjustment.

Note: the running belt cannot be adjusted too tightly. This will break the running belt, increase the pressure of the front / rear roller, bring harm to the roller bearing, produce abnormal sound or other problems, just adjust to the running belt without skidding is the most appropriate.

## B. Adjust running belt alignment.

When you use a walking machine, the pressure on the running belt is unbalanced because the force on both feet is different, resulting in the running belt deviating from the center. This deviation is normal, and when no one runs on the running belt, it automatically returns to the center. If you can't get back to the center, you need to run back to the center.

Run the treadmill without load, speed to the sixth gear, observe the distance from the running belt to the left and right-side bars:

- If to the left, use a hexagonal wrench to clockwise rotate the left screw 1/4 lap.
- If to the right, use a hexagonal wrench to rotate the right screw 1/4 lap clockwise.
- If the running belt is still not in the middle, repeat the above action until adjusted to the middle.

After adjusting the running to the middle, adjust the speed to the sixth gear, and observe the deviation of the running belt and the smooth running. If there is any deviation, repeat the adjustment steps.

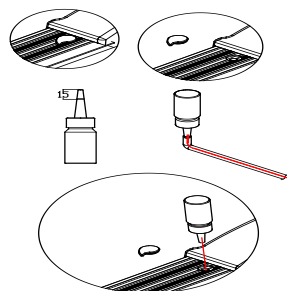
**Warning! Do not over tighten the roller! This will cause permanent damage to the bearing!**

## 10. Lubricating oil

The walking machine is lubricated when it leaves the factory, but the lubricity of the walking machine is often checked, which helps to keep the walking machine in the best condition. The treadmill must be lubricated after one year or 100 hours of operation.

After 30 hours or 30 days of use, in the treadmill static state, pull up the running belt from the side to touch the platform surface as far as possible, if you feel the lubricating oil, you do not need to add lubricating oil; If you touch the surface with a strong sense of dryness, follow the following instructions for refueling. (Use non-oil lubricants)






How to add lubricating oil, please follow the following way to operate, open the left front side of the edge bar refueling decorative cover, with scissors or knife to cut the lubricating oil bottle according to the size of the drawing, and then press the bottom icon refueling, Please pay attention to inserting the rod in the oil pipe on the platform.





## Warming exercise

Warming and soothing exercise: A successful exercise program must include warm-up, aerobic and soothing exercise. Exercise at least two to three times a week, exercise a day off, a few months later, you can increase the number of exercise to a Thursday to five days. Warming is a very important part of your fitness exercise. Warm your body before each exercise. Moderate warming can prepare your body for the next more intense exercise, because it can help your muscles warm up and stretch, improve blood circulation, improve your pulse, and send more oxygen into your muscles. After aerobic exercise, repeated warming can also reduce muscle soreness. We recommend the following warm-up and soothing exercises.

<p>1、 Stretch down: Bend your knees slightly, bend your body slowly forward, relax your back and shoulders, and touch your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3</p>	 <p>Pic 1</p>
<p>2、 Stretch: Sit on a clean cushion, straighten one leg, and then close the other leg to the inside of a straight leg, and touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat each leg three times</p>	 <p>Pic 2</p>
<p>3、 Leg and heel tendon extension: Hold the wall or stand with both hands, one foot behind, keep the hind leg upright, heel to the ground, tilt towards the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg</p>	 <p>Pic 3</p>
<p>4、 Quadriceps: Hold the balance with your left hand on the wall or table, then extend your right hand back, grab the right heel and slowly pull to the hip until you feel the muscles in front of your thighs are tight. Hold for 10-15 seconds, then relax. Repeat each leg</p>	 <p>Pic 4</p>
<p>5、 Sartorius muscle (inner thigh muscle) extension: The soles of the feet were opposite, the knees sat out, and both hands grabbed the feet and pulled in the groin direction. Hold for 10-15 seconds, then relax. Repeat 3 times</p>	 <p>Pic 5</p>

## TERMS OF WARRANTY

- The warranty time is: 1 year for the motor, 1 year for the electrical/electronic parts and 1 year for the metal frame.
- X-TREME STORES A.E. undertakes to repair the machine free of charge in case of damage due solely to a manufacturing fault. The warranty covers the cost of spare parts. The replacement or not of the spare parts is at the discretion of the company's technicians. The control and adjustment of the machine is the responsibility of the customer.
- This warranty is only valid as long as it is accompanied by the legal proof of purchase (sales invoice or receipt).
- The duration of the guarantee is not extended for any reason and the transfer of the guarantee to a third party is absolutely excluded.
- Repair of any damage has to be done as soon as possible while any kind of claim for damages due to lack of spare parts and delay in repair of the damage is excluded. The costs for transporting the machine to or from the dealership's workshop will be borne by the customer after 6 months from its purchase.
- The warranty terms are defined by the manufacturers of the machines and are governed by European regulations.
- Upon expiry of the warranty, any replacement part is covered by a 6-month warranty.

## **THE WARRANTY DOES NOT APPLY:**

- When the machine is used for any other use than domestic (gyms, clubs, institutes, hotels, studios, etc.).
- When the lubrication of the walking belt is insufficient or is more than specified by the instructions for use.
- When the damage is the result of misuse, alterations, poor connection, poor maintenance, voltage fluctuations in the PPC network.
- Parts damaged by user fault such as broken plastic parts, worn belt from incorrect adjustment, incorrect or insufficient lubrication, damage during movement of the machine.
- Parts such as the walking belt and side pads are considered consumables and are covered by a 6-month warranty.
- When the machine is opened or repaired by third parties.
- When the damage is caused by the negligence of the buyer & the instructions for use have not been followed.
- When the machine is placed outdoors or exposed to the sun, dust or moisture. (Dust and lint on the internal parts of the machine (motor roller) cause serious damage. Keep the machine clean!).
- When damage has been caused to electronic components (console) due to heavy perspiration or other liquid substance that has come into contact with or penetrated inside them.





Koupi Avenue 34, Koropi P.C. 19441 P.O.Box 6201

**Tel.:** 210 66 20 921 -2 - **FAX:** 210 66 20 923

**E-mail:** [info@xtr.gr](mailto:info@xtr.gr) • [f/xtrstores](https://www.facebook.com/xtrstores) • [Instagram icon](https://www.instagram.com/xtrstores) /@xtr.gr

**Tel for all Greece:**

**801.11.15.100**

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