



GT10.0 TREADMILL

USER MANUAL



NOTE! Read all instructions carefully before using this product. Retain this user manual for future reference. The specifications of this product may vary and are subject to change without further notice.



BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We are proud to provide you with a high-quality product designed to help you feel better, move with confidence, and enjoy life to the fullest. Before using your equipment, please take time to carefully read this entire manual.



NOTE

Read all instructions carefully before using this product. Retain this owner's manual for future reference.



IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

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SAFETY INSTRUCTIONS

Your safety is our top priority. Always follow basic safety precautions outlined in this manual. Be sure to read and understand all safety instructions before beginning use. Ignoring these guidelines may result in serious injury.



WARNING

Read and follow all safety instructions carefully. Failure to follow safety instructions could result in serious injury.

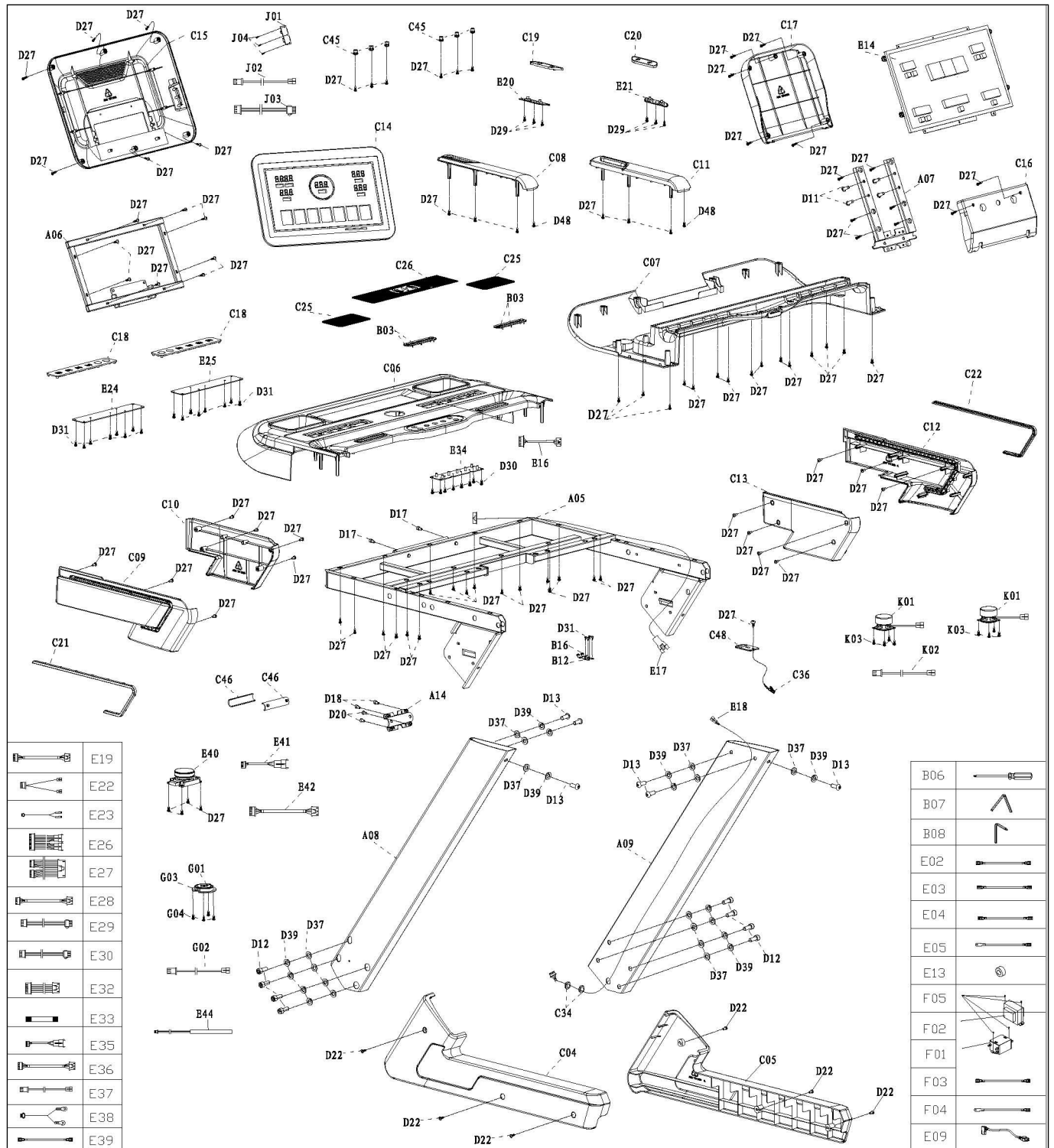


DANGER

To reduce risk of electric shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ This product is not a toy. Keep children and pets away from the product at all times. Never leave children unattended in the same room with the equipment.
- ▲ Not suitable for children under 3 years. Children under 14 years must be supervised by an adult.
- ▲ Handicapped or disabled persons should not use the product without the supervision of a qualified healthcare professional or physician.
- ▲ Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 1 meters from the product. Do not place any sharp or otherwise dangerous objects near the product.
- ▲ Position the product on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep it stable and protect the floor.
- ▲ Only use the product for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ This product can be used for only one person's training at a time. Do not allow multiple users at the same time.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ Assemble the product exactly as described in this user manual. Do not attempt shortcuts or modifications.
- ▲ Only adults are allowed to lift and assemble this equipment to avoid risk of injury.
- ▲ Check all bolts, nuts, screws and other connections before using the product for the first time to ensure that the machine is in good and safe condition.
- ▲ Hold routine inspections of the product. Pay special attention to components most susceptible to wear and tear (e.g. running belt). Any defective components should be replaced immediately before using the product in order to maintain safety.
- ▲ Keep hands, hair, loose clothing, and other body parts away from all moving parts at all times.
- ▲ Do not use abrasive cleaning articles to clean the product. Wipe drops of sweat from the product immediately after finishing training.
- ▲ Always wear appropriate workout clothing and shoes during training. Avoid loose clothing that may get caught in moving parts.
- ▲ Before exercising, always warm-up your body thoroughly through a warm-up routine.
- ▲ Use caution while participating in other activities while using the product; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from running in the centre of the belt; which may result in serious injury.
- ▲ This product is intended for indoor use only. Do not use outside.
- ▲ This product is designed for home use only. Do not use for rental or commercial purposes.
- ▲ **Maximum user weight: 150 kg.**

EXPLODED DRAWING



PARTS LIST

#	PART DESCRIPTION	QTY.
A01	Base frame	1
A02	Main frame	1
A03	Incline bracket	1
A04	Support frame	1
A05	Console bracket	1
A06	Panel fixing bracket	1
A07	Panel rotation bracket	1
A08	Left upright tube	1
A09	Right upright tube	1
A10	Adjusting bushing bracket	1
A11	Adjusting inner tube	1
A12	Power box fixing plate	1
A13	Panel rotation fixed plate	1
A14	L-shaped board	2
B01	Sleeve	2
B02	Cylinder	2
B03	Pulse slice	4
B04	Front roller	1
B05	Back roller	1
B06	Cross screwdriver	1
B07	Allen Wrench 8#	1
B08	Allen Wrench	1
B09	Right fixed seat of motor	1
B11	Spring pin	1
B12	Safety lock spring clip A	1
B13	Side rail fixing plate	6
B14	spacer for motor	1
B15	Rotating sleeve	2
B16	Safety lock spring clip B	1
C01	Motor top cover	1
C02	Motor front cover	1
C03	Rear cover	1

#	PART DESCRIPTION	QTY.
C04	Left upright tube cover	1
C05	Right upright tube cover	1
C06	Console top cover	1
C07	Console bottom cover	1
C08	Left handrail cover	1
C09	Left handrail outside cover	1
C10	Left handrail inside cover	1
C11	Right handrail cover	1
C12	Right handrail outside cover	1
C13	Right handrail inside cover	1
C14	Panel top cover	1
C15	Panel bottom cover	1
C16	Panel support front cover	1
C17	Panel support back cover	1
C18	Keyboard grating	1
C19	Left button fixed seat	1
C20	Right button fixed seat	1
C21	Left handrail lampshade	1
C22	Right handrail lampshade	1
C23	Side rail	2
C24	Fuel hole cover	1
C25	Water bottle pad	2
C26	Mobile phone pad	1
C28	Running belt	1
C29	Plastic edge gasket	10
C30	Motor belt	1
C31	Cushion	8
C32	Adjustable wheel	4
C33	Plastic pad	4
C34	Ring-shape wire plug	2
C35	Rear foot pad	2
C36	Safety lock clip	1

PARTS LIST

#	PART DESCRIPTION	QTY.
C37	Cone-shape cushion	2
C38	Adjustable foot pad	2
C39	Motor cover fixing seat	2
C40	EVA pad	2
C41	Adjusting inner sleeve	1
C43	Transportation Wheel	2
C44	Slider	2
C45	Fixed buckle	6
C46	Panel rotating sleeve	2
C47	Adjusting wheel cover	2
C48	Safety key	1
C49	Upper cover of oil guide pipe	1
C50	Lower cover of oil guide pipe	1
D01	M5 Nut	2
D02	M8 Nut	19
D03	M10 Nut	10
D04	M10*30 Bolt	2
D05	M10*60 Bolt	1
D06	M10*45 Bolt	1
D07	M10*40 Bolt	2
D08	M8*40 Bolt	4
D09	M8*55 Bolt	1
D10	M8*50 Bolt	1
D11	M8*20 Bolt	4
D12	M10*15 Bolt	8
D13	M10*15 Bolt	6
D14	M5*10 Bolt	4
D15	M8*75 Bolt	2
D16	M8*70 Bolt	1
D17	M6*10 Bolt	3
D18	M6*12 Bolt	2
D19	M6*22 Bolt	6

#	PART DESCRIPTION	QTY.
D20	M6*15 Bolt	2
D21	M8*25 Bolt	8
D22	M5*12 Bolt	16
D23	M5*12 Bolt	4
D24	M5*38 Bolt	2
D25	M8*15 Bolt	4
D26	M4*8 Bolt	8
D27	ST4.2*12 Screw	105
D28	ST4.2*16 Screw	2
D29	ST2.9*12 Screw	6
D30	ST2.9*8 Screw	8
D31	ST2.9*6 Screw	20
D32	ST4.2*12 Screw	14
D33	Ø8 Lock washer	13
D34	Ø10 Lock washer	2
D35	Ø8 Flat washer	8
D36	M10*45 Bolt	4
D37	Ø10 Flat washer	22
D38	M8*25 Bolt	2
D39	Ø10 Spring washer	18
D41	Ø8*Ø22*2 Big washer	2
D42	Ø10*Ø26*2 Big washer	8
D43	Ø5 Lock washer	4
D44	Ø5 Spring washer	2
D46	ST4.2*12 Screw	6
D47	ST2.9*8 Screw	2
D48	ST4.2*8 Screw	2
E01	AC motor	1
E02	200mm AC single wire	1
E03	350mm AC single wire	2
E04	350mm AC single wire	2
E05	Grounding wire	1

PARTS LIST

#	PART DESCRIPTION	QTY.
E06	Power socket	1
E07	Square switch button	1
E08	Overload protector	1
E09	Power wire	1
E10	Running board	1
E11	Incline motor	1
E13	Magnet core	1
E14	PCB board overlay without plastic	1
E15	Converter	1
E16	Console top signal wire	1
E17	Console middle signal wire	1
E18	Console bottom signal wire	1
E19	Lower control connection line	1
E20	Incline key board	1
E21	Speed key board	1
E22	Pulse top signal wire	1
E23	Pulse bottom signal wire	1
E24	Left keypad	2
E25	Right keypad	1
E26	Right keypad top signal wire 1	1
E27	Right keypad bottom signal wire 1	1

#	PART DESCRIPTION	QTY.
E28	Right keypad top signal wire 2	1
E29	Right keypad bottom signal wire 2	1
E30	Power box wire	1
E32	Left and right keypad cables	1
E33	Keypad and knob connection cable	1
E34	Front handrail keypad	1
E35	Front handrail keypad signal wire 1	1
E36	Front handrail keypad signal wire 2	1
E37	Safety switch sensing wire 1	1
E38	Safety switch sensing wire 2	1
E39	Red AC single wire	2
E40	LED Knob	1
E41	Knob bottom signal wire	1
E42	Knob top signal wire	1
E43	Inverter power box	1
E44	RGB waterproof strip light	2
E45	Low-power top signal wire	1
E46	Low-power middle signal wire	1
E47	Low-power bottom signal wire	1
E48	Low-power bottom signal wire1	1

Optional Spare Parts

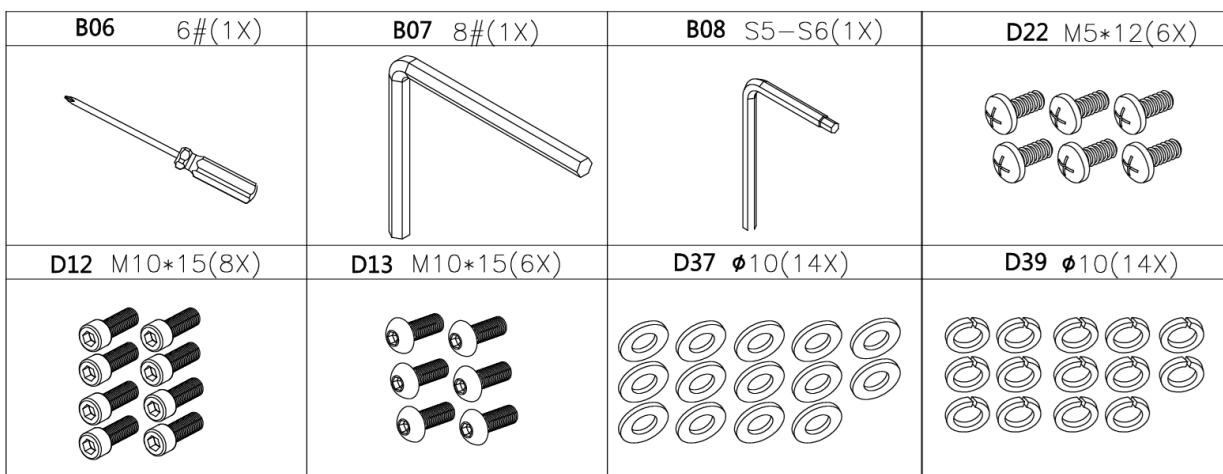
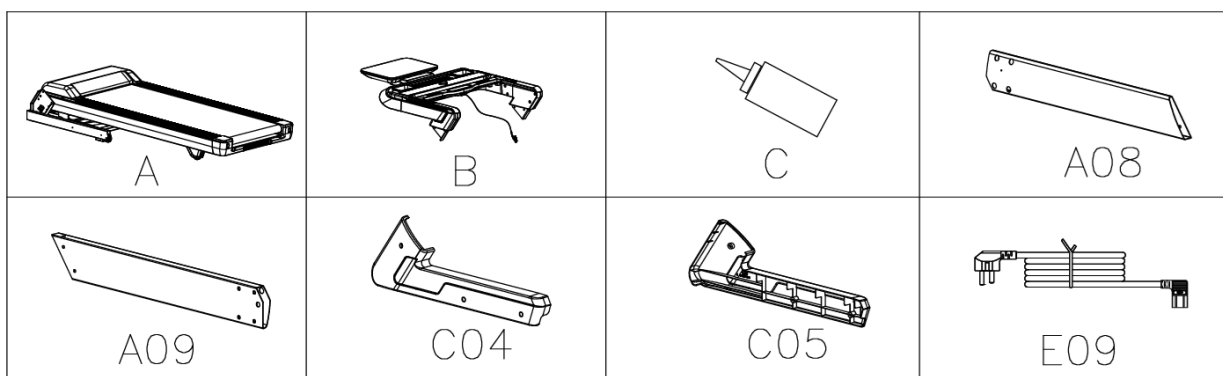
#	PART DESCRIPTION	QTY.
F01	Filter	1
F02	Inductance	1
F03	AC single wire	1
F04	Grounding wire	1
F05	Bolt	4
G01	Wireless charging small board	1
G02	Wireless charging connection cable	1
G03	Wireless charging dock	1

#	PART DESCRIPTION	QTY.
G04	Screw	4
J01	USB module	1
J02	USB charging power cable	1
J03	Screw	3
K01	Speaker	2
K02	Speaker cable	2
K03	Screw	8

HARDWARE PACKING LIST

#	PART DESCRIPTION	QTY.
A	Main Frame	1
B	Console Base	1
C	Lubrication Oil	1
A08	Left Upright Tube Cover	1

#	PART DESCRIPTION	QTY.
A09	Right Upright Tube Cover	1
C04	Left Bottom Cover	1
C05	Right Bottom Cover	1
E09	Power Wire	1



IMPORTANT

Before assembly, please ensure all parts are included in the package.



WARNING

Only adults are allowed to lift and assemble this equipment to avoid risk of injury.

ASSEMBLY INSTRUCTIONS

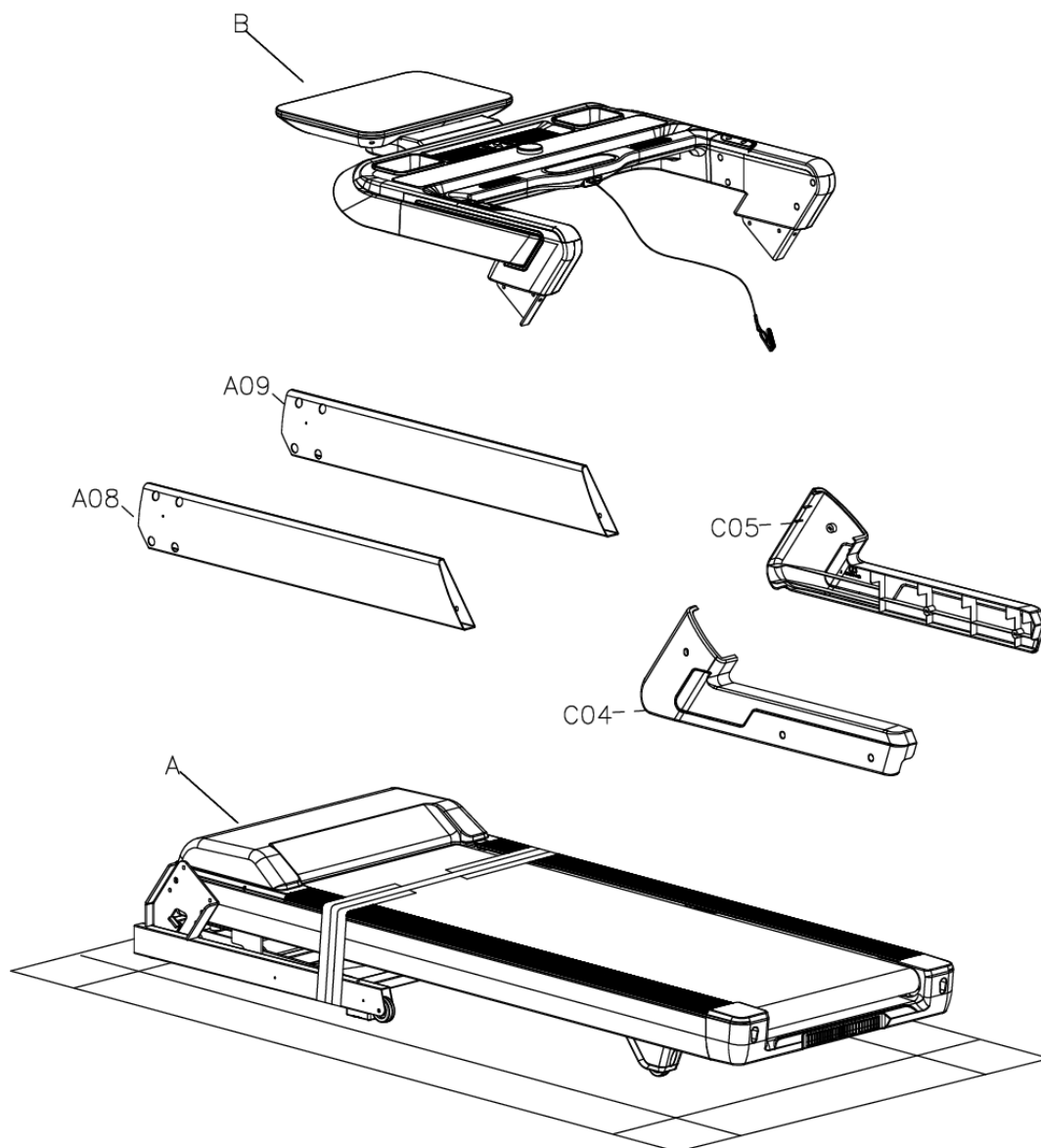
STEP 1.



IMPORTANT

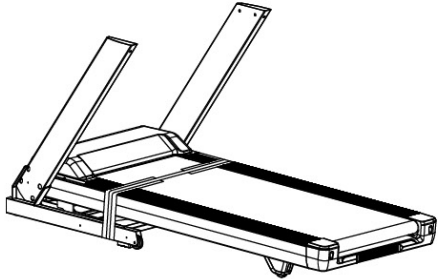
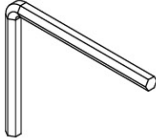

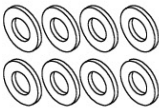
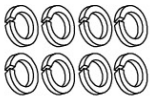
Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps.

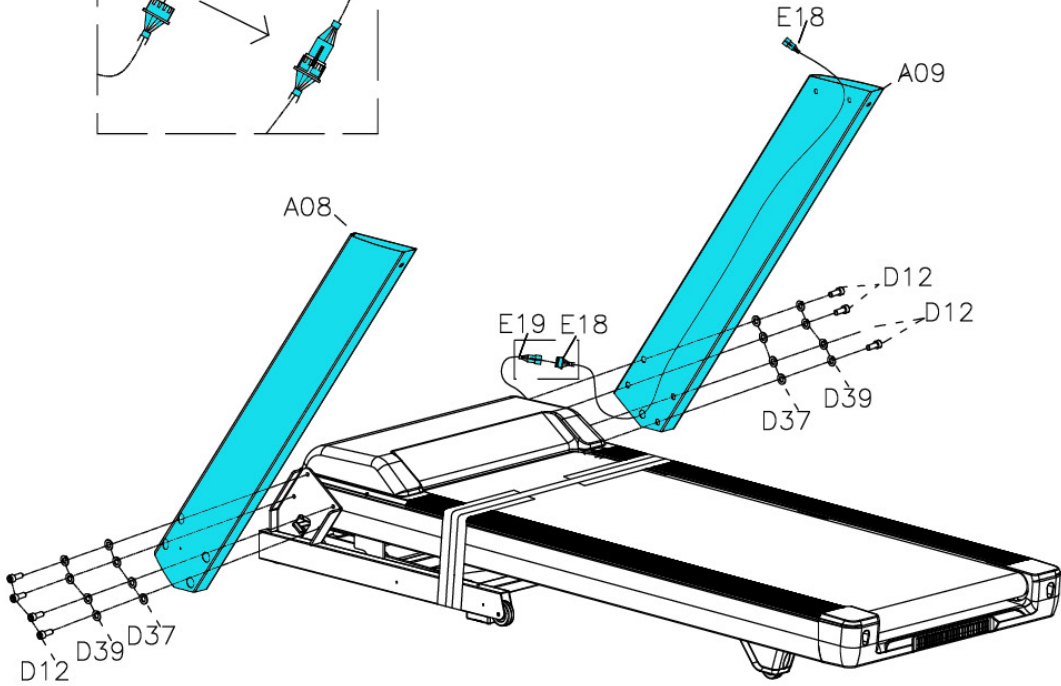
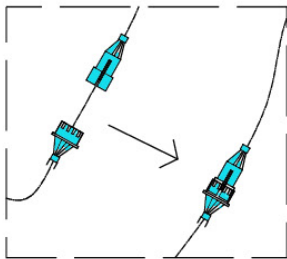
Do not dispose of any packaging materials until assembly of the product is completed. Assembly tools are included, but you may also use standard household tools to complete assembly of this product.



ASSEMBLY INSTRUCTIONS




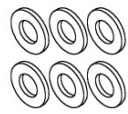

STEP 2.

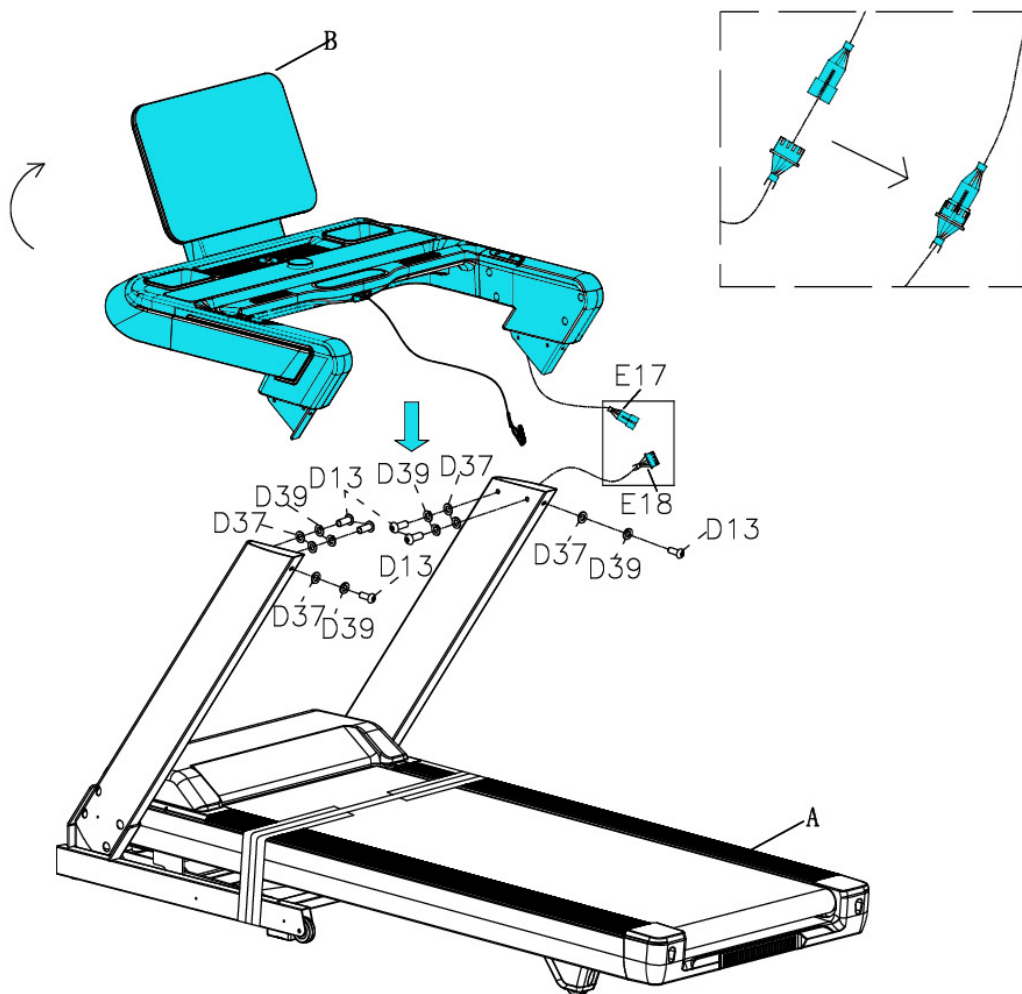
	B07 8#(1X)	D12 M10*15(8X)
		
	D37 φ10(8X)	D39 φ10(8X)
		



ASSEMBLY INSTRUCTIONS

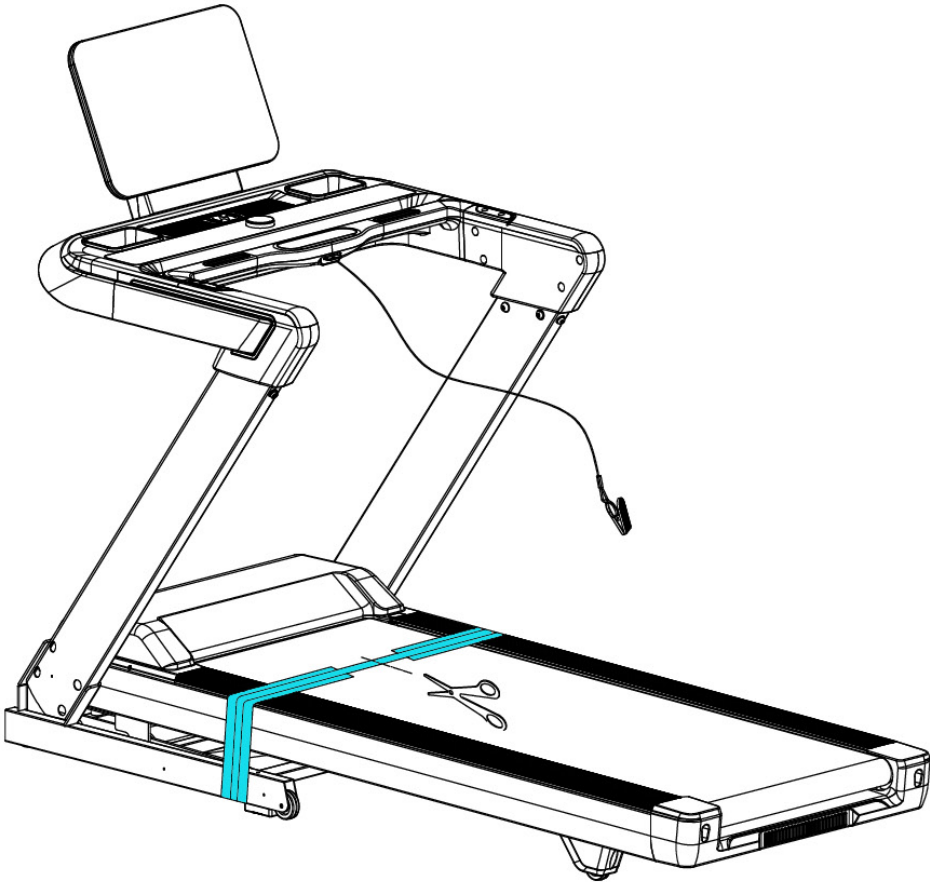
STEP 3.

	B08 S5-S6(1X)	D13 M10*15(6X)
		
	D37 ϕ 10(6X)	D39 ϕ 10(6X)
		




ASSEMBLY INSTRUCTIONS

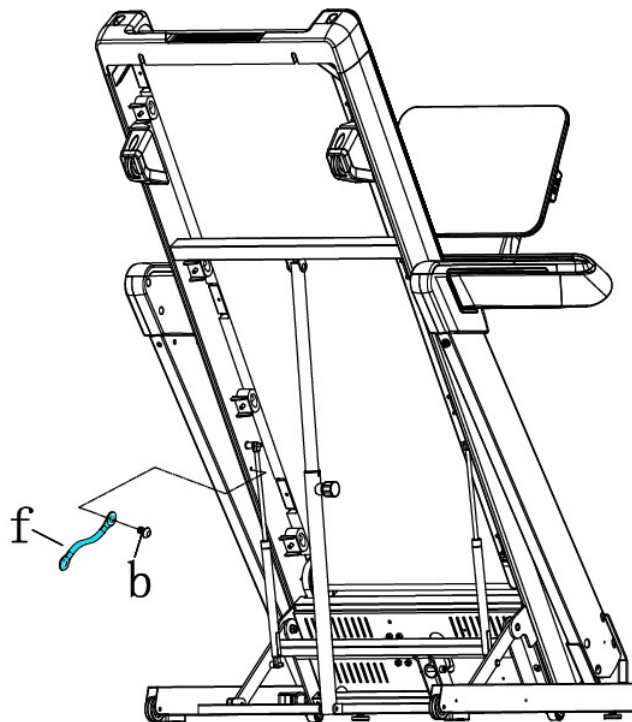
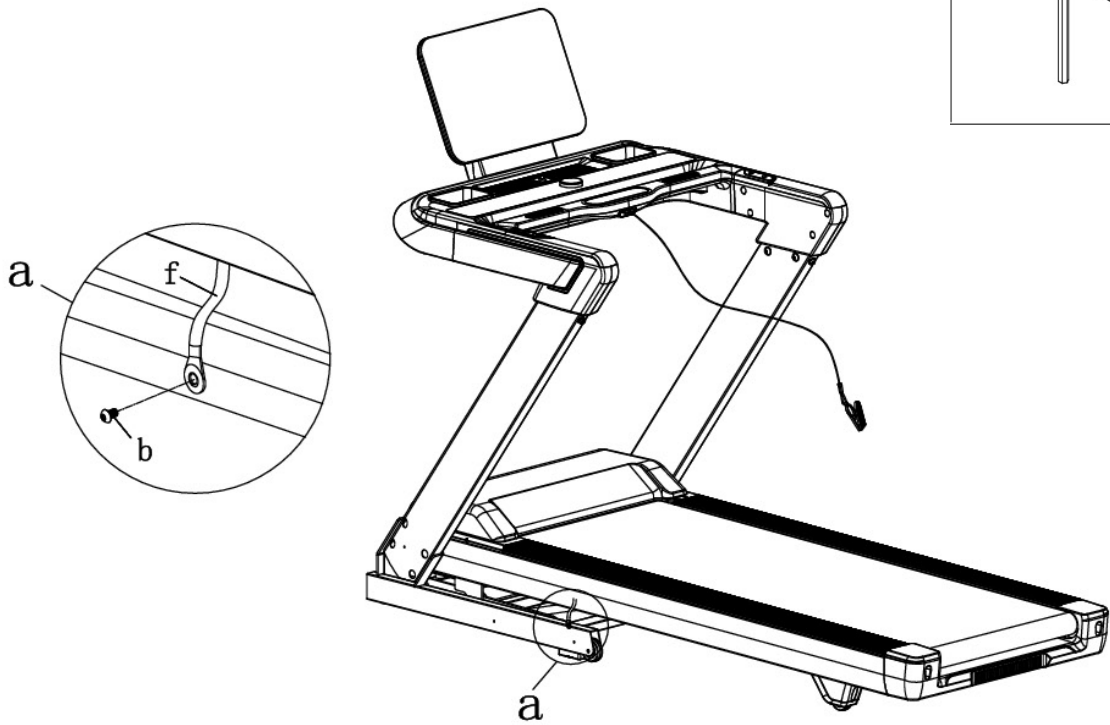
STEP 4.



ASSEMBLY INSTRUCTIONS

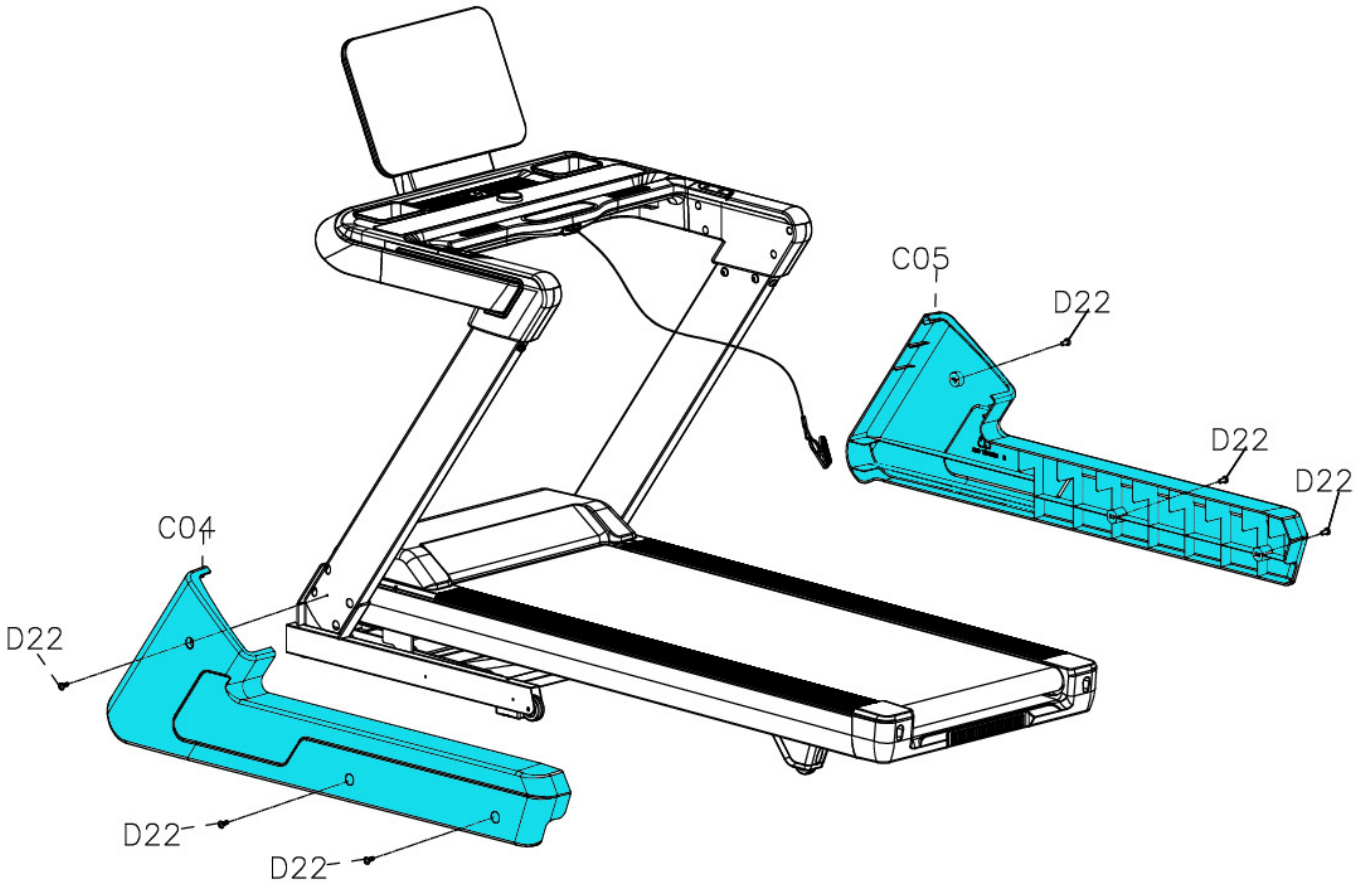
STEP 5.

B08 S5-S6(1X)




ASSEMBLY INSTRUCTIONS

STEP 6.



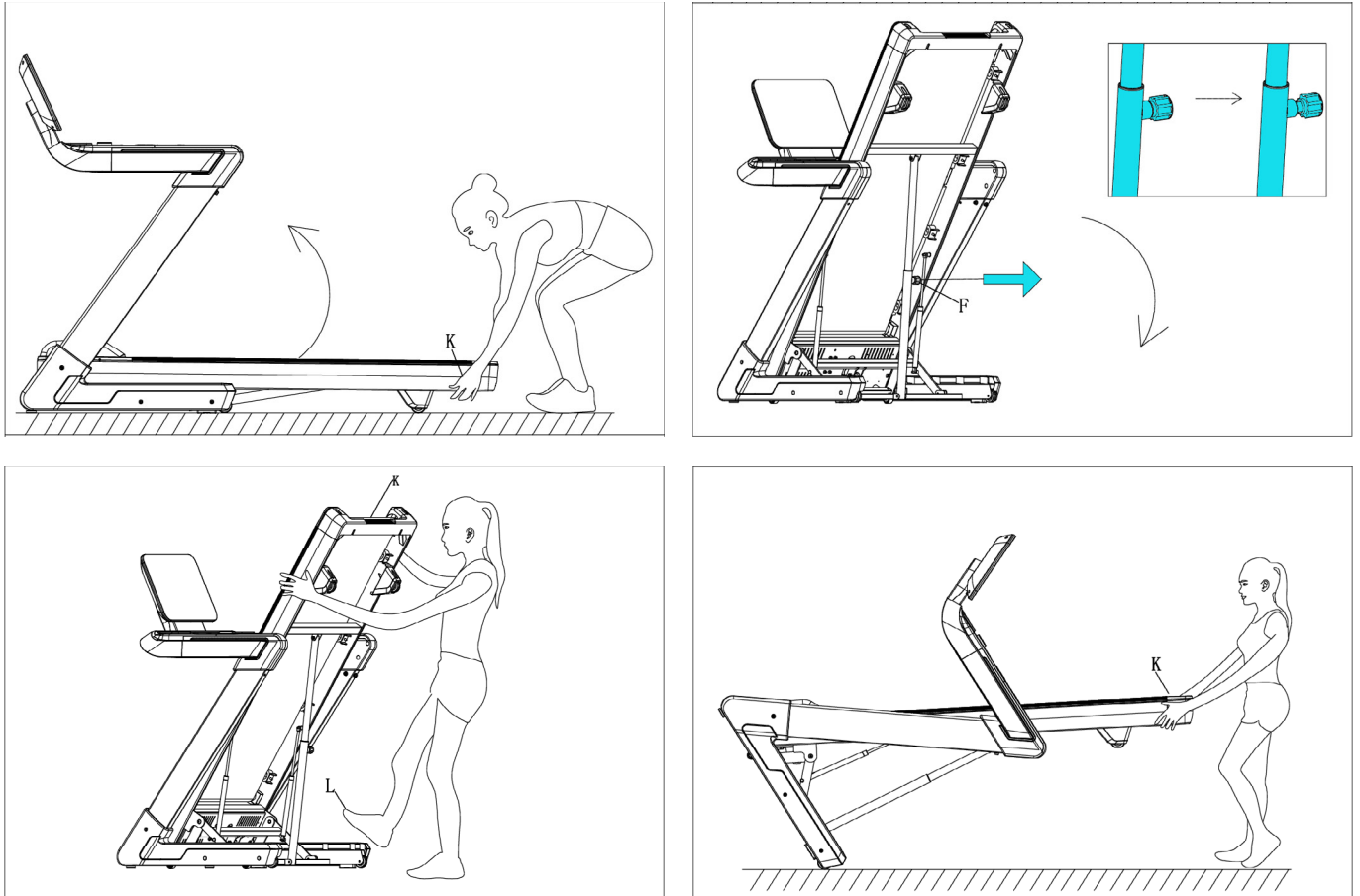
IMPORTANT

Go over and check and tighten all nuts, bolts and other connections before using the machine.

ADJUSTMENT INSTRUCTIONS

HOW TO MOVE THE TREADMILL

Turn off the power before moving the treadmill and detach the power cord from both ends. Lift the running deck until it locks in place, then tilt the treadmill back onto its transport wheels. Carefully roll it to the desired location and lower it back into position.



PLUG IN POWER

Plug the power plug into a wall outlet that complies with the electrical safety instructions.

Note! The equipment must not be connected to a power strip, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

STORAGE

- ▲ To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- ▲ Remove the safety key after use to prevent unauthorized treadmill operation.
- ▲ Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment, away from children.
- ▲ Allowed storage temperatures 5-40°C.
- ▲ Turn off the device if you are not going to use it for a long time.

IMPORTANT ELECTRICAL INFORMATION

 	GT10.0 TREADMILL		 WARNING - To reduce the risk of personal injury, read and understand all the instructions before using this product.
	Model No. : TM-GT10.0 Class : SB Voltage : 220-240V AC Frequency : 50/60Hz Maximum Load : 150kg/330lbs Power Input : 2200W Manufactured for : Gymstick International Oy Address : Ratavirtijankatu 11 15170 Lahti, Finland Made in : China	 Correct Disposal of this product.	
SN : 160525TMGT1000001			 No medical treatment purpose!



WARNING

This machine requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

Correct power source: Input AC 220-240V~ 50/60Hz 2200W



WARNING

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with this product. If it does not fit your outlet, have a proper outlet installed by an electrician.

- ▲ Never expose the machine to rain or moisture. This machine is not designed for use outdoors, near pools or in any other high humidity environment.
- ▲ Always remove the plug from the wall socket when the machine is not in use.
- ▲ Never use a ground fault circuit interrupter (GFCI) wall outlet with this treadmill.
- ▲ Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- ▲ Never operate the treadmill using a generator or UPS power supply.
- ▲ Never remove any cover without first disconnecting power.

EMERGENCY STOP & SAFETY KEY

For your safety, the device includes an EMERGENCY STOP function. The treadmill will only operate when the safety key is correctly attached to the contact point on the console. If the safety key is removed, the machine stops automatically.

Always clip the safety key cord to your clothing before each workout. In case of emergency (such as losing control of speed or needing to stop quickly) pull the safety key from the console using the cord.

- ▲ To enable the safety key to detach from the contact point of the console in the event of a fall, the safety key clip must be firmly attached to your clothing!
- ▲ Make sure that the safety key is not accessible to children.
- ▲ Store the safety key in a secure place when not in use.

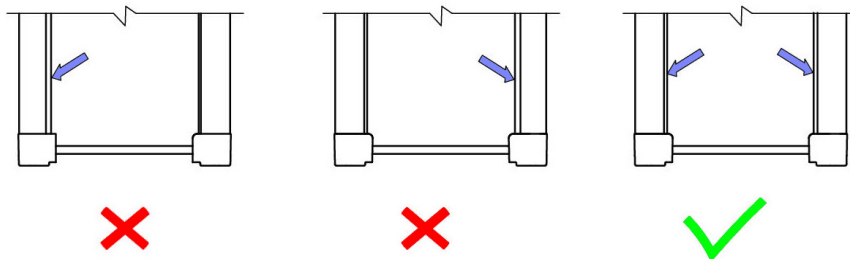
MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

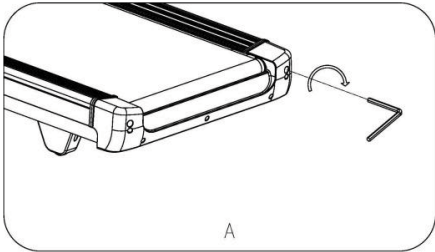
- ▲ To better maintain the treadmill and prolong its life it is suggested that the machine be powered off once a day and fully powered off whenever not in use
- ▲ A loose running belt will result in the belt sliding when running, while too tight of a running belt will result in decrease to the motors performance and also create more friction between the roller and running belt. Always make sure that the running belt is properly tensioned.

CENTERING THE RUNNING BELT

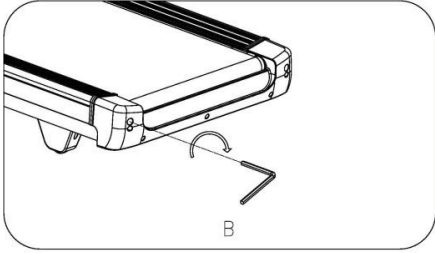
Place the treadmill on level ground and set it at 6-8 kmh to check if the Running Belt drifts.



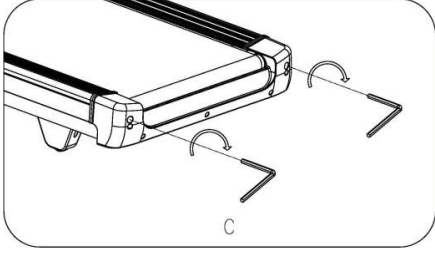
If the running belt moves to the right, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



If the running belt moves to the left, turn the adjusting bolt on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



Over time the running belt will loosen. To tighten the belt turn the left & right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



LUBRICATING THE TREADMILL



IMPORTANT

It's highly recommended to lubricate the treadmill before the first use.

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

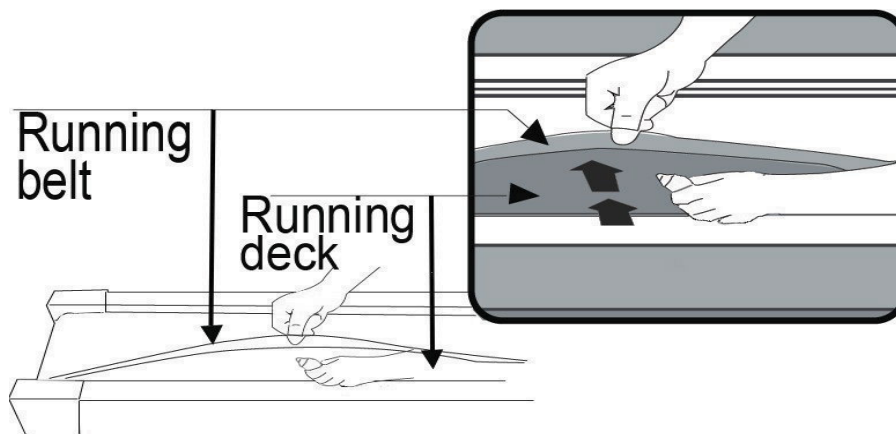


WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

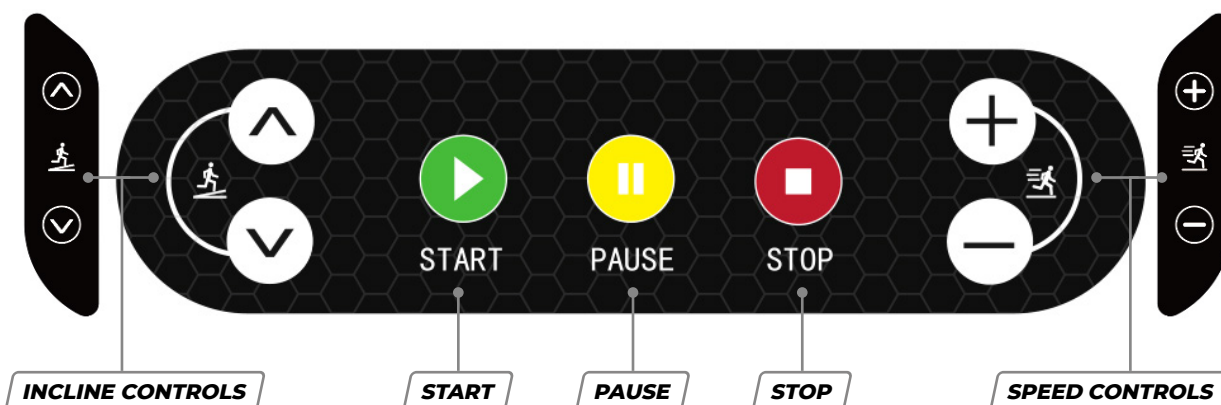
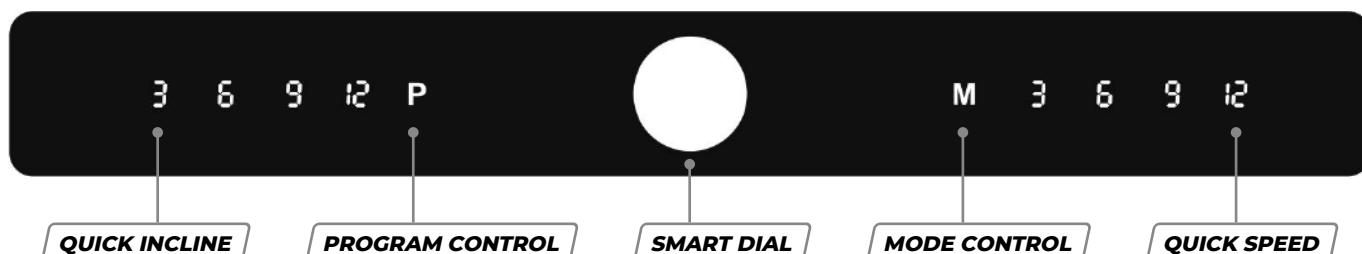
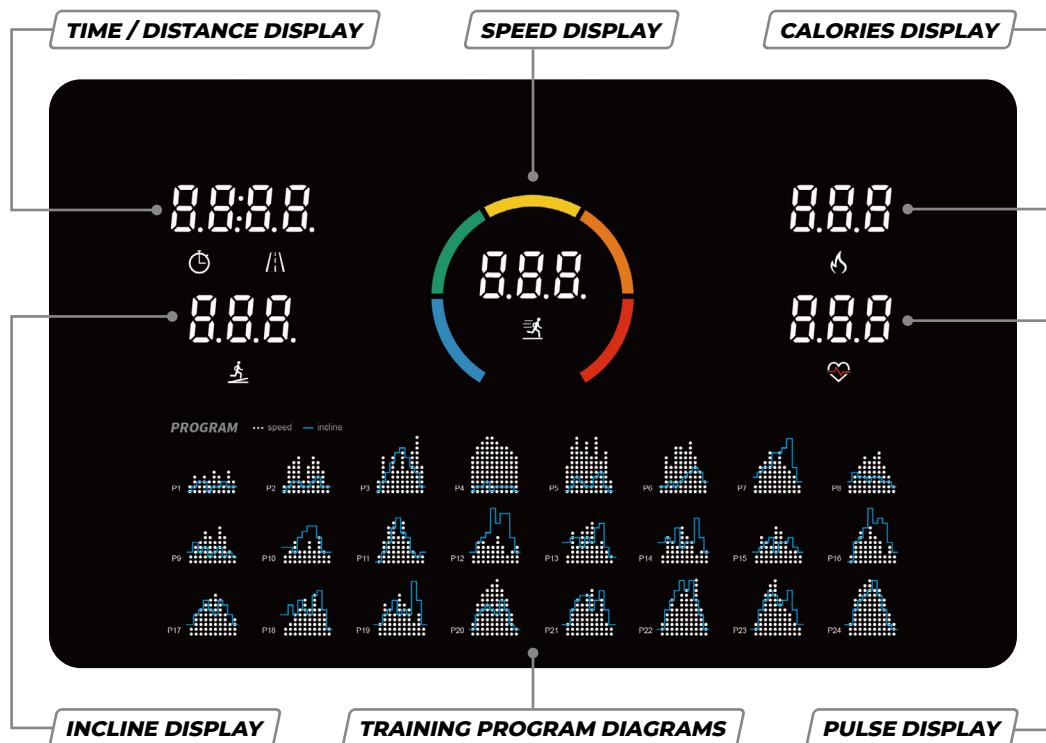
HOW TO LUBRICATE THE RUNNING BELT

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



Following time table is recommended		
Light user	less than 3h / week	every 6 months
Medium user	3-5h / week	every 3 months
Heavy user	over 5h / week	every 2 months
Commercial use	over 10h / week	every 1 month

CONSOLE OPERATION INSTRUCTIONS



CONSOLE OPERATION INSTRUCTIONS

DISPLAY FUNCTIONS

Display	Description
TIME / DISTANCE	Shows elapsed workout time and total distance covered.
INCLINE	Displays the current incline level of the treadmill deck.
SPEED	Indicates the current belt speed.
CALORIES	Estimates calories burned during the workout.
PULSE	Shows heart rate when using the pulse sensors or a compatible device.

BUTTON FUNCTIONS

Button	Description
QUICK INCLINE	Instantly select preset incline levels (3, 6, 9, 12). Preset values can be customized in standby mode by holding the button for 3 seconds, adjusting with INCLINE ▲/▼, then pressing again to save.
PROGRAM (P)	Select from 24 preset programs, user programs (U1–U4), heart-rate programs (HP1–HP3), or the body fat test.
SMART DIAL	Multi-function control knob. In standby mode, press to start. During a workout, short press to switch between speed and incline, long press to pause (data retained). In pause mode, short press resumes, long press stops. Rotate to adjust speed or incline.
MODE (M)	Choose a workout target by time, distance, or calories.
QUICK SPEED	Instantly select preset speed levels (e.g., 3, 6, 9, 12). Preset values can be customized in standby mode by holding the button for 3 seconds, adjusting with SPEED +/-, then pressing again to save.
INCLINE ▲/▼	Increase or decrease the incline level step by step.
START	Begin the workout.
PAUSE	Pause the workout while keeping data stored.
STOP	Stop the workout and clear data.
SPEED +/-	Increase or decrease belt speed step by step.

MEDIA HUB (OPTIONAL)

USB Input – Allows you to charge your device using a USB cable.

Wireless Charging – Place your phone on the wireless charging area to charge it without cables.

App Connection

Kinomap – Open the app, go to My Treadmill, and select the treadmill.

Zwift – Select the Bluetooth name starting with FS for connection.

FitShow – Select your treadmill's model name or brand name for connection.

CONSOLE OPERATION INSTRUCTIONS

PRESET TRAINING PROGRAMS (P1 - P24)

TIME PROG.		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	2	6	7	8	3	6	8	7	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	3	8	3	8	5	9	5	9	12	6
	INCLINE	1	3	5	7	9	10	8	6	5	2
P4	SPEED	8	10	11	12	12	11	10	10	9	8
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED	6	10	12	9	11	8	12	7	9	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	2	8	6	10	10	9	11	8	5	3
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED	2	6	7	9	7	9	6	5	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	2	4	6	8	7	8	9	6	4	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	2	4	5	7	6	5	8	6	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED	2	5	6	7	8	9	8	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2
P19	SPEED	3	7	6	5	9	7	6	3	5	2
	INCLINE	3	5	6	8	5	6	5	12	8	3
P20	SPEED	3	7	9	10	11	12	10	8	5	2
	INCLINE	2	5	6	7	6	5	8	6	3	2
P21	SPEED	3	6	8	7	9	10	5	8	3	2
	INCLINE	3	6	8	9	9	6	8	10	6	3
P22	SPEED	3	5	8	6	9	10	8	12	6	3
	INCLINE	2	6	8	10	12	10	12	8	5	2
P23	SPEED	3	5	9	11	12	8	6	5	3	2
	INCLINE	2	6	8	10	9	7	8	10	6	3
P24	SPEED	3	8	10	11	12	10	10	8	5	3
	INCLINE	3	6	8	9	10	12	9	6	3	2

CONSOLE OPERATION INSTRUCTIONS

PRESET TRAINING PROGRAMS (P1 - P24)

From standby mode, press the PROGRAM (P) button to access 24 preset training programs.

Refer to the diagram on the previous page for specific parameters of each training program.

Use the Smart Dial or the SPEED and INCLINE buttons to set your target workout time. Press the Smart Dial or START to begin; the treadmill will start after a 3-second countdown.

Each program consists of 10 segments. The treadmill will beep once at the start of each new segment. You can adjust speed and incline at any time during a segment using the Smart Dial or the SPEED and INCLINE controls.

When the program ends, the treadmill will beep six times and then stop automatically.

USER PROGRAMS (U1 - U4)

From standby mode, press the PROGRAM (P) button to access 4 user programs.

After selecting one of the programs, use the SPEED, INCLINE, or the Smart Dial to set your target workout time. Press the MODE button to confirm, then set the speed and incline values for each segment of the program. To begin, press the Smart Dial or the START button, and the treadmill will start after a three-second countdown.

Each user program is divided into ten segments. The treadmill will beep once at the start of each new segment, and you can adjust speed and incline at any time using the Smart Dial or the SPEED and INCLINE controls.

When the program is complete, the treadmill will beep six times and stop automatically.

HEART RATE CONTROL PROGRAMS (HP1 - HP3)

From standby mode, press the PROGRAM (P) button until you reach the heart rate programs: HP1, HP2, and HP3.

To use this feature, you must wear a chest belt with the sensor positioned close to your skin.

Press the MODE button to enter your personal data. The display will first show a default age of 30. Adjust your age, target heart rate, and workout time using the SPEED or INCLINE controls.

After confirming your settings, press START to begin the program. While running, you can manually adjust speed and incline, but the system will automatically regulate them to maintain your target heart rate.

The maximum speed varies by program: **HP1 max speed is 10.0 km/h**

HP2 max speed is 12.0 km/h

HP3 max speed is 14.0 km/h

CONSOLE OPERATION INSTRUCTIONS

BODY FAT TEST

From standby mode, press the PROGRAM (P) button until the display shows FAT.

Press the MODE button to enter your personal details in sequence:

F-1 for gender

F-2 for age

F-3 for height

F-4 for weight

Adjust each value using the SPEED and INCLINE buttons or the Smart Dial.

After entering your data, press the MODE button again to proceed to F-5, the body fat test. Place both hands on the pulse sensors, and after three seconds the console will display your body fat value.

Measurement is intended only as a general guide and should not be considered medical data.

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	<19	Under weight
	FAT	19~25	Normal weight
	FAT	25~29	Overweight
	FAT	>29	Obesity

LUBRICATION REMINDER

This treadmill is equipped with a lubrication reminder function. After every 300 km of accumulated use, the display will prompt you to apply lubrication. Refer to the user manual for detailed instructions on how to lubricate the running belt. Once lubrication is complete, press and hold the STOP button for three seconds to clear the reminder and silence the warning sound.

ENERGY SAVING FUNCTION

To reduce power consumption, the treadmill automatically enters sleep mode after 10 minutes of inactivity. The display will provide a reminder before switching to sleep mode. Once the treadmill is in sleep mode, remove the safety key and reinsert it to wake the system.

ERROR REMINDER

If the treadmill displays an error message, please contact qualified after-sales service personnel for assistance.

TROUBLESHOOTING

ERROR CODE DESCRIPTIONS

If the treadmill does not operate as expected, first check that the power cord is connected, the safety key is in place, and the power switch is turned on. Make sure the treadmill is placed on a stable, level surface and that there is no dust or debris under the running belt and that it is properly lubricated.

This treadmill is equipped with an error code system to help identify problems. If an error code appears on the display, stop using the treadmill immediately. Common issues may include motor overload, communication errors, or sensor faults.

Refer to the error code list in this manual for specific descriptions and recommended solutions. If the problem cannot be resolved by following the instructions provided, please contact authorized service personnel or after-sales support for assistance. Do not attempt to disassemble or repair the treadmill yourself.

Error Code	Description	Solution
E01	Display panel cannot receive inverter signal	Check the communication cable between the display and inverter to ensure all plugs are secure and the line is undamaged. Replace the cable if necessary. If the fault lies in the display panel or inverter ports, replace the defective part.
E03	Inverter overvoltage	Verify the power supply and ensure the treadmill is connected to the correct voltage. Test again using the proper specifications.
E04 or E12	Incline failure	Reconnect the incline motor signal and AC lines securely. Inspect the motor cable for damage and replace if necessary. If the problem persists, replace the inverter.
E05	Overcurrent or overload protection	Restart the treadmill after it shuts down. Check for belt obstruction, adjust as needed, and apply lubricant. If the motor produces abnormal sounds or a burning smell, replace it.
E06	Inverter MCU failure	Replace the inverter.
E07	Inverter overheating	Allow the treadmill to cool before restarting. Reduce load conditions and ensure the belt is properly lubricated.
E08	Inverter cannot receive display panel signal	Ensure all cable connections are secure and replace damaged wires. Replace the display panel or inverter if their communication circuits are faulty.
E09 or E10	Inverter internal communication error	Replace the inverter.
E11	Power-on signal received but shutdown signal missing	Restart the treadmill to clear interference. If the fault continues, replace the inverter.
E14	Phase failure	Check the motor-to-inverter wiring and reconnect if disconnected. If the wiring is intact, replace the inverter.
E15 or E16	Current sensor U or W fault	If the motor produces overcurrent noise or a burning smell, replace the motor.

WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFT

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCH

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

WARM-UP & COOL DOWN



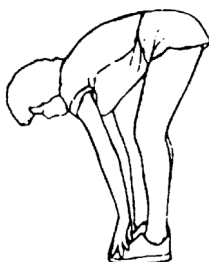
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your glute as possible. Hold for 15 counts and repeat with left foot.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



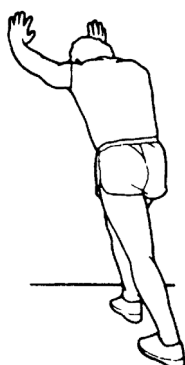
TOE TOUCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this product assures that this product is manufactured with high quality materials. The implied warranty is valid for 2 (one) years, beginning from the date of purchase.

The warranty is valid for home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wearing parts and expendable parts

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

