

# **CONFIDENCE**

## **FITNESS**



## **MTI Treadmill User Manual**

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# Important Safety Information

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**Please read this information and keep the manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. The equipment is designed for home-use and must be kept indoors.
6. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space around it and 1.5 meters behind it.
7. Before using the equipment, check the nuts and bolts are securely tightened.
8. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
9. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
10. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning.
11. Maximum weight of user is 150kgs.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

# Important Safety Information



13. The treadmill is not to be started whilst standing on the running belt. Please stand on the plastic edgings with hands on the handrails. Once started normally begin exercising.
14. Safety key to be kept in your clothing whilst exercising in case of emergency stop.
15. Continuous operation time should not be more than 99 minutes.
16. Please turn off the safety switch and power after use.
17. To ensure optimum working effect of the photoelectric sensor please ensure all dust and dirt is kept away.
18. To avoid electrostatic activity please ensure the treadmill is kept indoors in a cool dry area.



# Getting Started

## Technical Parameters

- Input voltage: 220V+-10% (50Hz-60Hz)
- Working temperature: 0-40 C
- Nominal power: 1100W
- 5A current: <= 5A
- Speed: 1.0-12.00km/h
- Time: 00-99.59 min's
- Distance: 0.00-99.9km/h
- Active running area: 1210 x 400mm
- Floor Space of treadmill: 1620 x 720mm

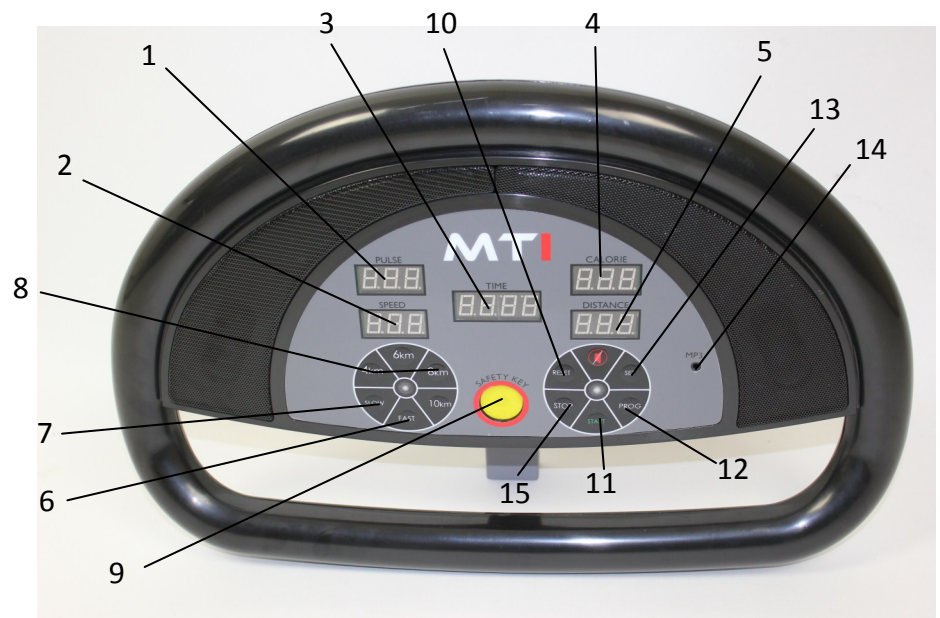
## Major Parts of the Treadmill

1. Electric control pad
2. Hand sensors for heart rate monitoring and +- switch
3. Left and right hand rail.
4. Motor cover
5. Running belt
6. Adjusting bolt of running belt.
7. Frame.
8. Under Frame
9. Air Cylinder



## Control Pad Structure

1. Heart rate display
2. Speed display
3. Time display
4. Calorie display
5. Distance display
6. Speed +
7. Speed -
8. Direct elected speed
9. Safety key
10. Reset
11. Start
12. Program
13. Setting
14. MP3 plug
15. Stop

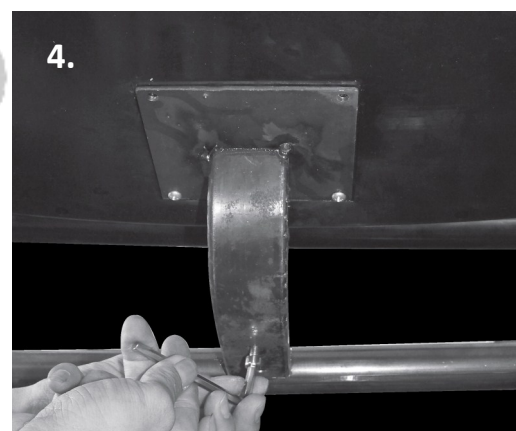
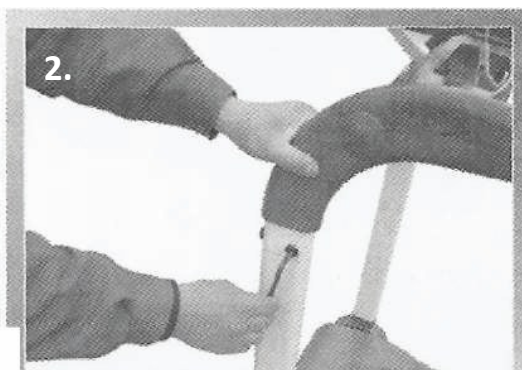


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## Assembly

1. Lift up the treadmill and using the ship bolts, fix it onto the connection board.
2. To install the handrail tubes firstly connect the holding wire and then plug in the armrest pipeline into the pillar and bolt down.
3. Plug the two heartbeat lines according to right and left and then plug in the connecting lines.
4. Whilst aligning the indents to the tube also ensure both holes are aligned and fasten with M6 bolts.



## Usage Instruction

**Warning:** Please be sure to read the following before operating.

Do not stand on the running belt when starting the treadmill.

Please adjust the speed gradually to avoid sudden change of speed.

Please ensure the safety switch is kept on your body at all times whilst using the treadmill.

Please ensure the key pad is dry at all times to avoid the leakage of electricity.

After installation and debugging the treadmill is ready for use.

1. Place the plug in the power socket.
2. Be sure the safety switch is placed in the safety socket, press the start button to start the treadmill running.

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3. Adjust the speed with the button +-, the maximum speed is 12km per hour press the reset button to clear.
4. To set the operating parameter press the set button under Standby state, the instrument window will show the time, distance and calories in turn press the +- button to adjust the parameter, then press the start key to work under the parameter chosen. Choose the parameter according to your needs.
5. To operate the 12 fixed programs, press the program button under the standby state, the speed window will display the fixed programs from P1-P12 then press the start program to work the program.
5. To test your heart rate, rub your hands several times, hold the heart rate sensor on the hand rail tightly and after a while the LCD displayer will display your current heart rate.
6. To fold the treadmill, lift it up and loosen the cylinder underneath and it will fold up automatically. Please ensure that there are no children in the vicinity whilst folding up the treadmill.
7. Keep the safety key on you at all times so that the treadmill can be stopped automatically in case of emergency.
8. When closing down the treadmill after exercising the treadmill will stop gradually.
9. Please ensure the safety switch is removed so that children are unable to use the treadmill.

## Usage Attention

1. Whilst using the treadmill for the first time please ensure a low speed is selected after you have adapted to the pace of the treadmill your hands can be loosened and you can begin to exercise.
2. Your running pace should be the equivalent of the pace of the belt as this will ensure longevity of the treadmill.
3. The safety key is only to be used in case of emergencies, it is not to be used to turn the treadmill on and off on a regular basis.
4. Children, the elderly, pregnant women and the disabled should not use the treadmill in case of injury.
5. The treadmill is not to be used after alcohol consumption and or after eating.
6. The heart rate monitor is for your personal reference only and is not for medical usage
7. In case of emergency whilst using the treadmill, place your hands on the railing and jump off the treadmill with your feet landing on the feet platform.

**Warning:** if the power line is damaged, please take it to a local service department, do not repair it yourself. If the supply cord is damaged it must be replaced by the manufacturer, its service agent or similar qualified person to avoid hazards.

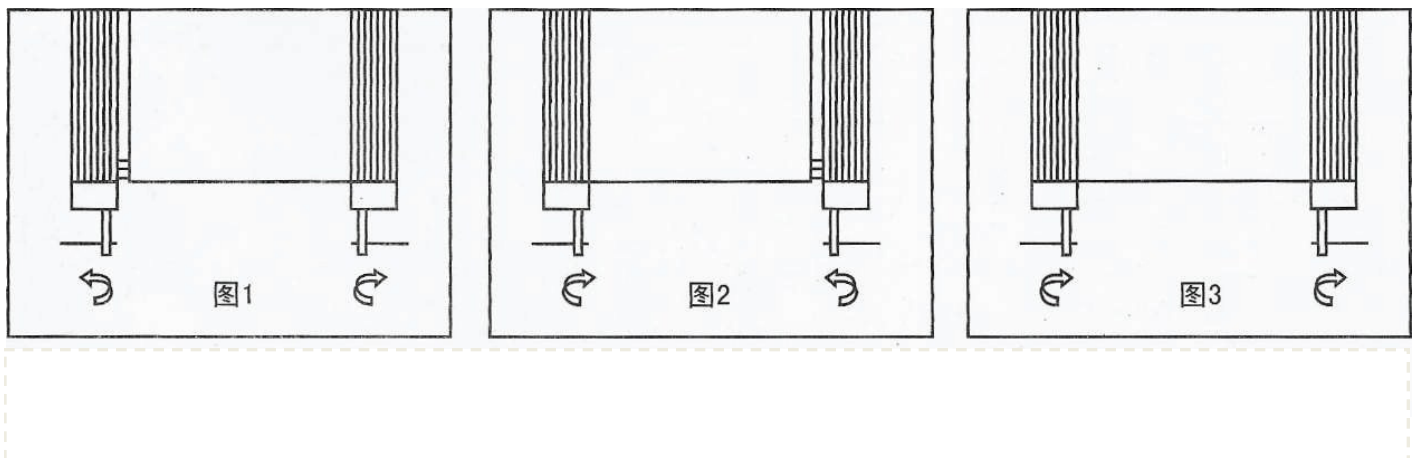
## Maintenance

1. Before cleaning please ensure the power supply is cut, whilst cleaning clear the dust off the running belt, the running board and footstep edgings if this is not done on a regular basis it cause friction which in turn will shorten the life span of the treadmill.

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2. After running the treadmill for a maximum of 3 months, special lubrication is to be used, however please do not over lubricate. Appropriate lubrication will improve the longevity of the treadmill. If the treadmill is not lubricated on a regular basis, the oil will reduce and the friction between the belt and the board will increase and damage may occur.
3. If your feet are not in the center of the running belt or your weight is not distributed evenly whilst it is in use, the running belt over time will require adjustment as it would have moved from the correct position. If the running belt has deviated to the right, then adjust the screw on the right side clockwise or the screw on the left anti clockwise. If the running belt has deviated to the left then adjust the screw on the left side clockwise or the screw on the right anti clockwise .
4. Before the treadmills leave the factory all the running belts are adjusted to the best position however after a period of running the belt may become loose. At this time you can adjust the screws on both sides at the same time in a clockwise direction with a semi circle rotation. If the running belt is too loose, a slip may occur between the running belt and the roller however if it is too tight this is also not good and may increase the burden on the motor which in turn will damage the motor, running belt and roller.



## Debugging

**Warning:** Not having the ground wire connected to the treadmill will increase the chance of electric shock. Please ensure that the appropriate voltage is used and that the plug is also grounded.

1. After installation place the safety switch in the corresponding socket of the control pad.
2. Before turning on please pull the run belt to check whether it is flexible and rolling and that it has no abnormalities.
3. Press the start button, the treadmill speed will begin at 1.0 km then check whether the control pad is working.
4. Press the speed button +- to check whether it is working.
5. Press the stop to stop the treadmill.

# Trouble Shooting

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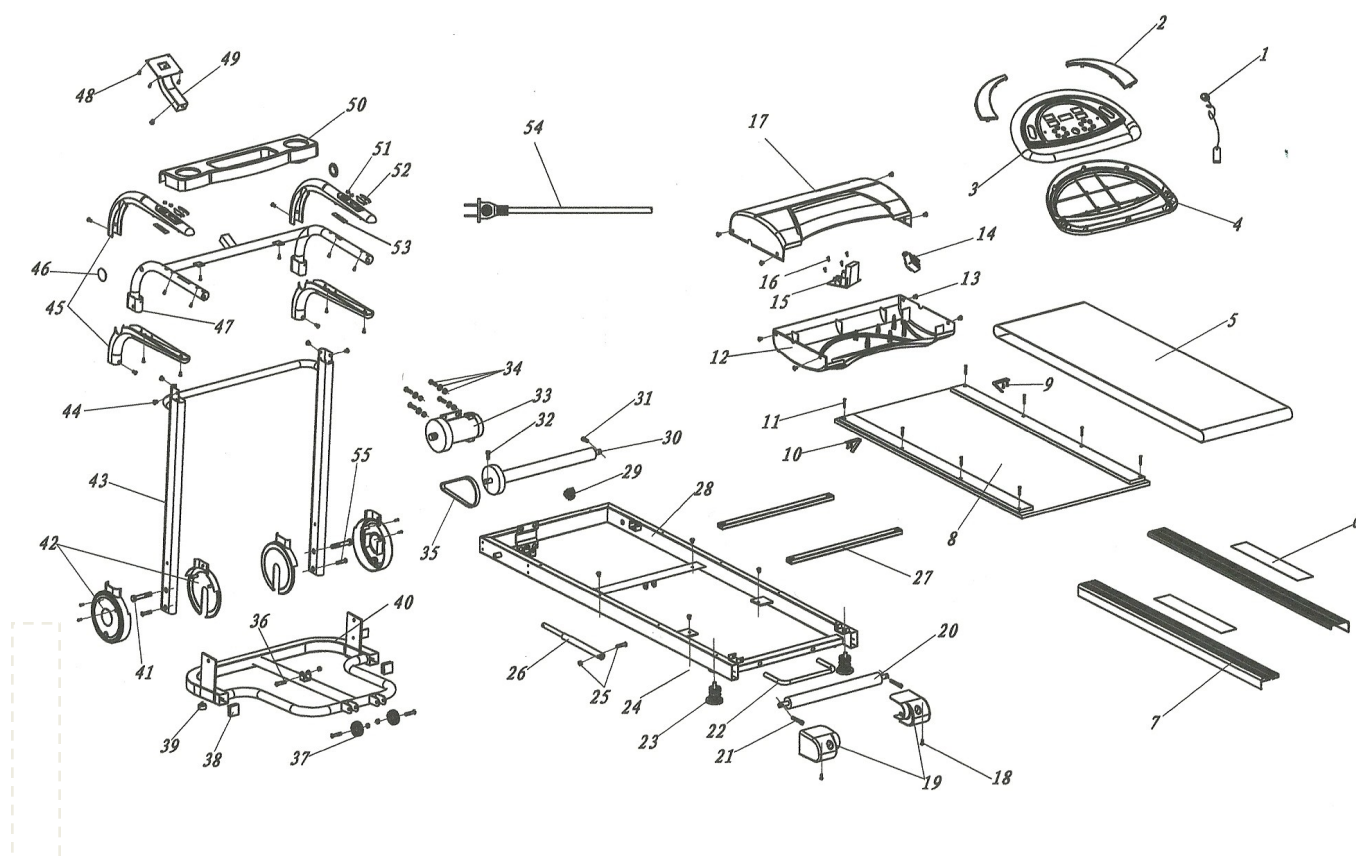
| Fault                                                                                                             | Cause                                                                | Solution                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1. Normal display but not starting.<br>2. Normal display, but the belt is not running smooth and a buzzing sound. | The input voltage is too low or the carbon brush is badly worn.      | 1. Please input the voltage according to the requirements<br>2. Check and change the carbon brush or clear the dust. |
| Normally working or instrument normally displaying.                                                               | Photoelectric sensor has accumulated dust.                           | Clear dust                                                                                                           |
| E--2                                                                                                              | Safety key has not been connected properly.                          | Re connect the safety key                                                                                            |
| E--3                                                                                                              | The electric watch have connected well with the electric controller. | Check the quad and then re connect the plug.                                                                         |
| E--4                                                                                                              | The electric controller power tube is damaged                        | Change the electric controller                                                                                       |
| E--5                                                                                                              | The motor is not turning and the signal has no access                | Check the photoelectric sensor                                                                                       |
| E--6                                                                                                              | Electronic device thermal protection                                 | Add lubricating oil under the running belt and the restart after 30 mins<br>Let it run for 30 minutes and then stop. |
| E--7                                                                                                              | Motor overload                                                       | Add lubricating oil under the running belt                                                                           |
| To remove the fault code press the reset button                                                                   |                                                                      |                                                                                                                      |

# Parts

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| Ordinal Number | Ordinal Name       | Unit   | Quantity |
|----------------|--------------------|--------|----------|
| 1              | Mainframe          | Piece  | 1        |
| 2              | Handrail           | Set    | 1        |
| 3              | Electric Switch    | Piece  | 1        |
| 4              | Safety Key         | Set    | 1        |
| 5              | Bolts M8*45        | Set    | 2        |
| 6              | Bolts M8*12        | Pieces | 4        |
| 7              | Hexagon wrench 5#  | Pieces | 1        |
| 8              | Hexagon wrench 6#  | Pieces | 1        |
| 9              | Manual Instruction | Piece  | 1        |

## Exploded View



# Parts List

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| ordinal No. | Name                                       | Quantity |
|-------------|--------------------------------------------|----------|
| 1           | Safety switch                              | 1        |
| 2           | wire netting left and right                | 2        |
| 3           | electric board upper cover\                | 1        |
| 4           | electric board lower cover                 | 1        |
| 5           | running belt                               | 1        |
| 6           | non-slip mat                               | 2        |
| 7           | edgings                                    | 2        |
| 8           | running board                              | 1        |
| 9           | ST4 screw                                  | 4        |
| 10          | file hook                                  | 2        |
| 11          | board nails                                | 8        |
| 12          | motor lower cover                          | 1        |
| 13          | M6 bolt                                    | 8        |
| 14          | transformer                                | 1        |
| 15          | contril pad                                | 1        |
| 16          | ST3 screw                                  | 4        |
| 17          | motor upper cover                          | 1        |
| 18          | M5 bolts                                   | 6        |
| 19          | Tail decorative covers<br>(left and right) | 2        |
| 20          | back roll                                  | 1        |
| 21          | M8 bolts                                   | 2        |
| 22          | handle                                     | 1        |
| 23          | foot after                                 | 2        |
| 24          | M6 bolts+M6 nuts                           | 4+4      |
| 25          | M8 bolts+M8 nuts                           | 1+4      |
| 26          | Gas Spring                                 | 1        |
| 27          | Board strengthen piece                     | 2        |
| 28          | frame                                      | 1        |

| Ordinal No. | Name                               | Quantity |
|-------------|------------------------------------|----------|
| 29          | mains switch                       | 1        |
| 30          | front roll                         | 1        |
| 31          | M8 bolts                           | 1        |
| 32          | M8 bolts                           | 1        |
| 33          | motor                              | 1        |
| 34          | M8 bolts+M8 nuts                   | 4+4+4    |
| 35          | V-ribbed belts                     | 1        |
| 36          | V-ribbed belts                     | 5        |
| 37          | idler wheel                        | 2        |
| 38          | Square tube plug                   | 2        |
| 39          | foot pad                           | 3        |
| 40          | pedestal                           | 1        |
| 41          | M12 bolts                          | 2        |
| 42          | Decorative covers of handrail      | 2        |
| 43          | middle handrail                    | 1        |
| 44          | M8 bolts                           | 5        |
| 45          | upper and lower cover of hand-rail | 2        |
| 46          | Handrail small stuffy cover        | 2        |
| 47          | upper handrail                     | 1        |
| 48          | ST5 screw                          | 10       |
| 49          | pedestal of panel fixed            | 1        |
| 50          | pedestal of teacup                 | 1        |
| 51          | button switch                      | 4        |
| 52          | Heart stamping                     | 4        |
| 53          | heart rate circuit board           | 2        |
| 54          | electric wire                      | 1        |
| 55          | M10 bolts                          | 2        |

# Contact Details

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## **UK & Europe**

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