



P8700 PINK TREADMILL

USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by power cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

CAUTION: Risk of Injury to Persons:

1. To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured 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.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. 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, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
14. This equipment is designed for indoor household use only! It is not intended for commercial use!

IMPORTANT OPERATION INSTRUCTIONS

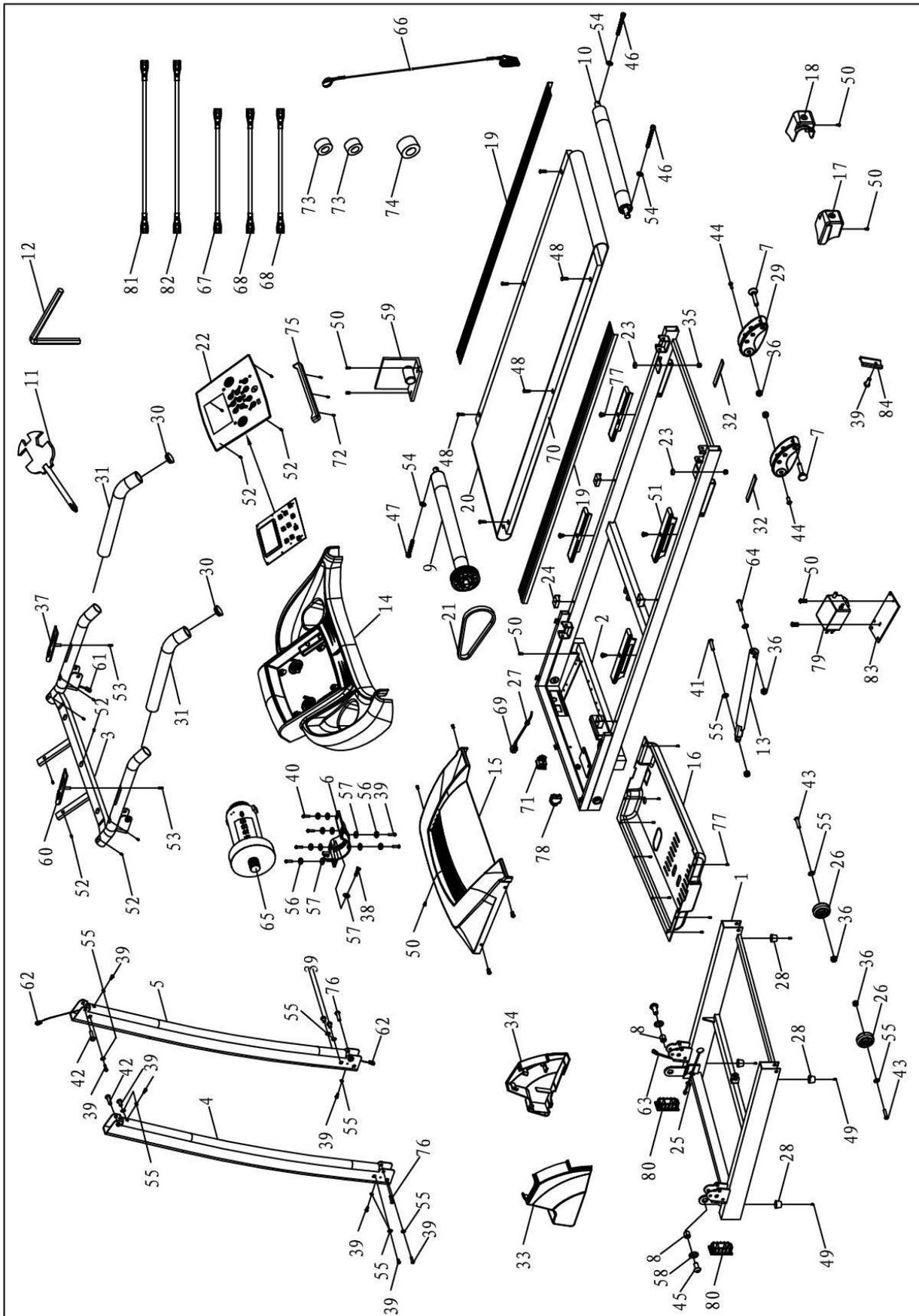
1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt which may result in serious injury.
5. This unit starts at a very low speed. The proper way to begin use is to stand on the side rails during its acceleration, then step onto the belt once it's in constant motion.
6. Always hold the handrail when making control changes.
7. A safety key is provided for emergency use. Operation to the machine can only be done if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should be supervised at all times by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see *Page 11* for instructions on how to properly apply lubricant.

EXPLODED DRAWING

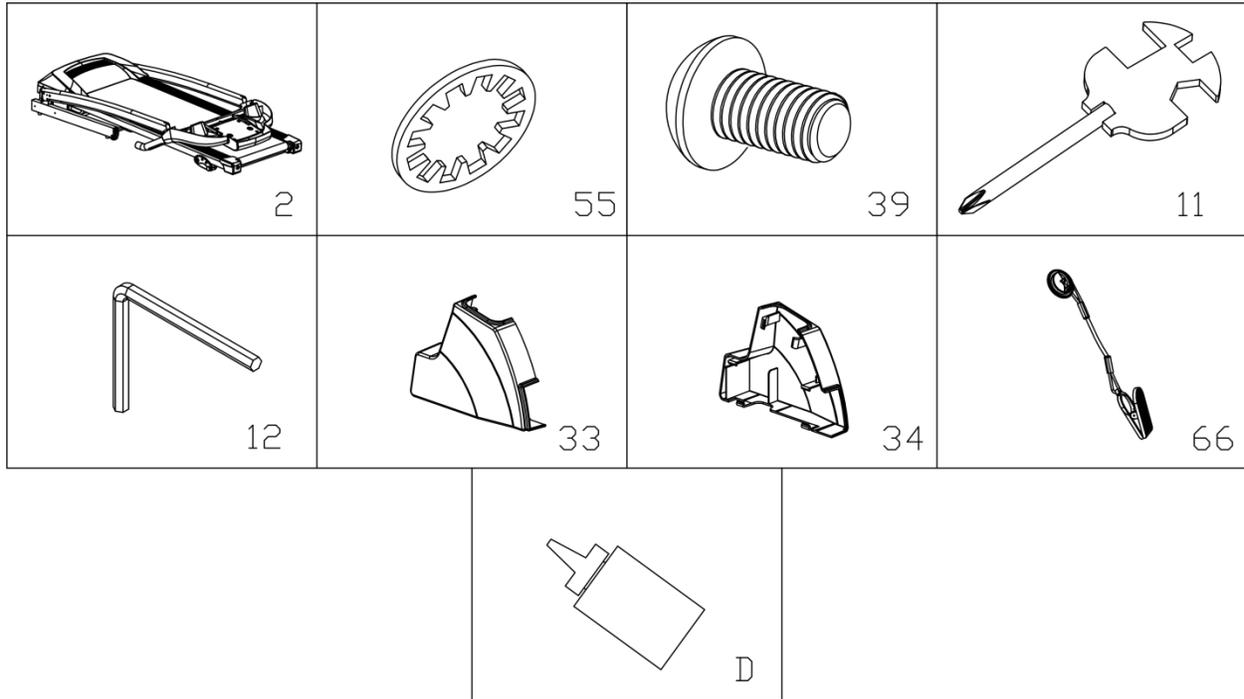


PARTS LIST

No.	Description	Specification	Qty	No.	Description	Specification	Qty
1	Base Frame		1	43	Allen Socket Bolt	M8*40	2
2	Main Frame		1	44	Allen Socket Bolt	M8*45	2
3	Computer Bracket		1	45	Allen Socket Screw	M10*35	2
4	Left Upright		1	46	Allen Socket Bolt	M6*55	2
5	Right Upright		1	47	Allen Socket Screw	M6*45	1
6	Motor Bracket		1	48	Allen Screw	M6*35	6
7	Fixing Pin		2	49	Self Tapping Screw	ST4.2*20	4
8	Turning Bushing		2	50	Screw	M5*8	12
9	Front Roller		1	51	Rubber Cushion		4
10	Rear Roller		1	52	Self Tapping Screw	ST4.2*12	11
11	Spanner w/ screw driver	S=13, 14, 15	1	53	Self Tapping Screw	ST4.2*25	2
12	Allen Wrench	5mm	1	54	Anti-slip Washer	6	3
13	Air Pressure Cylinder		1	55	Anti-slip Washer	8	16
14	Console Top Cover		1	56	Spring Washer	8	6
15	Motor Top Cover		1	57	Flat Washer C	8	7
16	Motor Bottom Cover		1	58	Big Washer C	φ10*φ26*2.0	2
17	Left Rear Cover		1	59	Control Board		1
18	Right Rear Cover		1	60	Hand Pulse with Start/Stop		1
19	Side Rail		2	61	Upper Signal Wire		1
20	Running Belt		1	62	Middle Signal Wire		1
21	Motor Belt		1	63	Lower Signal Wire		1
22	Console		1	64	Allen Socket Bolt	M8*45	1
23	Blue Cushion		2	65	DC Motor		1
24	Square Cushion		4	66	Safety Key		1
25	Ring Protecting Wire Plug		2	67	AC Single Line	Blue	1
26	Moving Wheel		2	68	AC Single Line	Brown	2
27	Power Wire Buckle		1	69	Power Wire		1
28	Foot Pad		4	70	Running Deck		1
29	Adjustable Foot Pad		2	71	Power Switch		1
30	End Cap		2	72	Self Tapping Screw	ST3.5*12	3
31	Foam		2	73	Magnetic Ring		2
32	Rubber Cushion		2	74	Magnetic Core		1
33	Left Upright Tube Cover		1	75	Holder		1
34	Right Upright Tube Cover		1	76	Allen Screw	M8*35	2
35	Nylon Nut	M6	2	77	Self Tapping Screw	ST4.2*12	12
36	Nylon Nut	M8	6	78	Overload Protector		1
37	Hand Pulse with Speed		1	79	Filter		1
38	Hexagon Bolt	M8*35	1	80	Bottom end cap		2
39	Allen Screw	M8*15	13	81	AC Single Line	350mm Blue	1
40	Allen Screw	M8*20	4	82	AC Single Line	350mm Brown	1
41	Allen Screw	M8*30	1	83	Filter connecting board		1
42	Allen Socket Bolt	M8*40	2	84	Safety block		1

ASSEMBLY HARDWARE

CARTON CONTENTS:



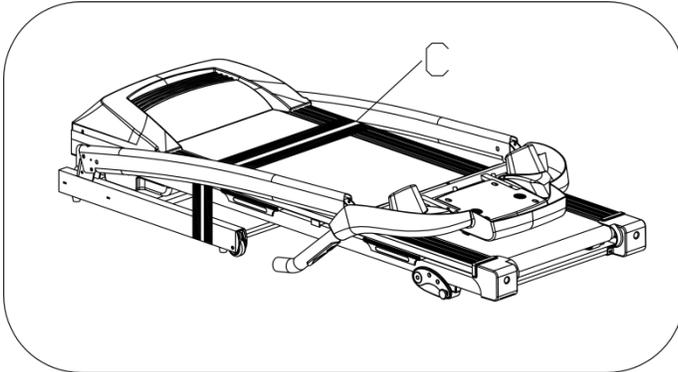
No.	Description	Specification	Qty	No.	Description	Specification	Qty
2	Main Frame		1	39	Allen Screw	M8*15	10
11	Spanner w/ screw driver	S=13,14,15	1	55	Washer	8	10
12	Allen wrench	5mm	1	66	Safety Key		1
33	Left Upright Tube Cover		1	D	Lubricant Oil		1
34	Right Upright Tube Cover		1				

TOOLS

Allen Wrench (5mm)
Spanner with Screw Driver (S=13, 14, 15)

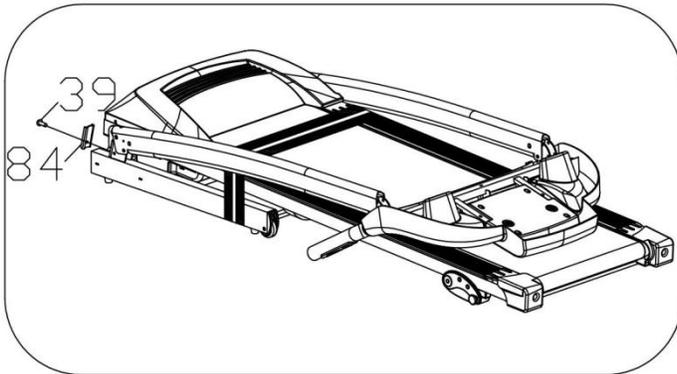
ASSEMBLY INSTRUCTIONS

STEP 1:



Open the carton and remove contents. Place the **Main Frame (No. 2)** on level ground, ensure that you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. C) until the assembly is complete!**

STEP 2:



Loosen the **Bolt (No. 39)** on the **Base Frame (No. 1)** by using **Allen Wrench (No. 12)** and remove the **Safety Block (No. 84)**.

STEP 3:

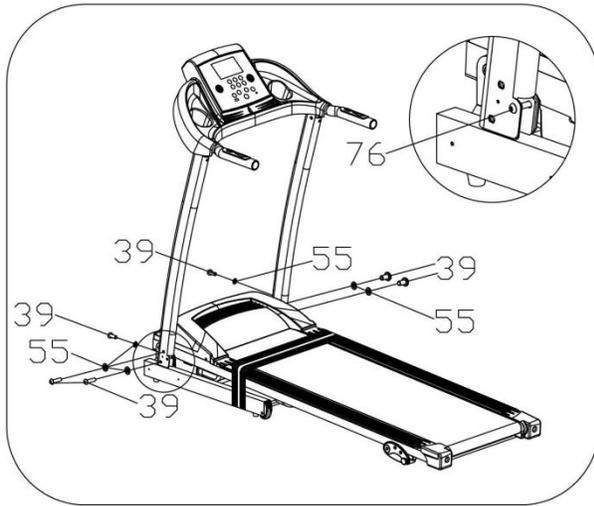


Lift the **Console (No. 22)** along with **Upright Tubes (No. 4 & 5)** upward (in the direction specified by the arrows on the diagram to the left).

NOTE: When lifting up, avoid puncturing the wires inside the **Left & Right Upright Tubes (No. 4 & No. 5)** as this will cause damage.

ASSEMBLY INSTRUCTIONS

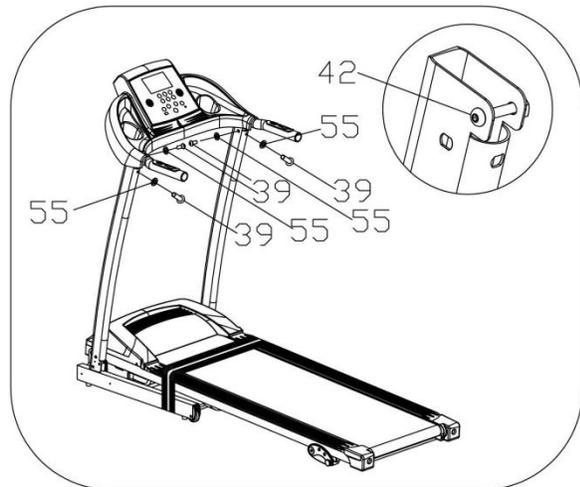
STEP 4:



Support the **Upright Tubes (No. 4 & No. 5)** with your hands to prevent them from falling down.

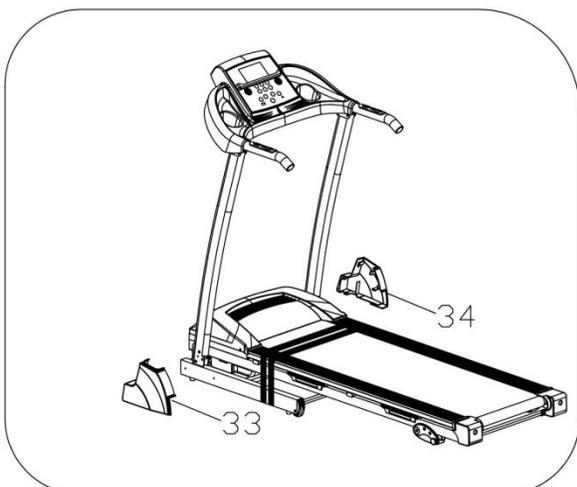
Fix the **Upright Tubes (No. 4 and No. 5)** to the **Main Frame (No. 2)** using 6 **Bolts (No. 39)** and **Washers (No. 55)**. Secure using **Allen Wrench (No. 12)**. Next, tighten the two already preassembled **#76 Allen Screws** located on the outer bottom end of the left and right tubes.

STEP 5:



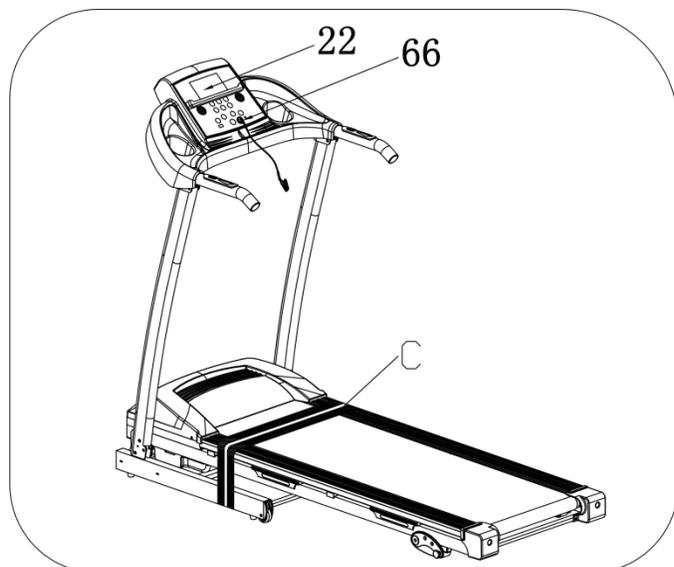
Fix the **Console (No. 22)** to the **Main Frame (No. 2)** using 4 **Bolts (No. 39)** and 4 **Washers (No. 55)**, secure using **Allen Wrench (No. 12)**. Next, tighten the two already preassembled **Bolts (No. 42)** located on the inner sides of the left and right handlebar.

STEP 6:



Fix the **Left and Right Tube Covers (No. 33 and No. 34)** to the **Base Frame (No. 1)**.

STEP 7:



The assembly is now complete!
You may now cut the **Packing Belt (No. C)**.

Insert the **Safety Key (No. 66)**
into the magnetic area of the
Console (No. 22).



IMPORTANT NOTE!

You will need to lubricate
your treadmill before the first
use. See *Page 11*.

MAINTENANCE & CARE

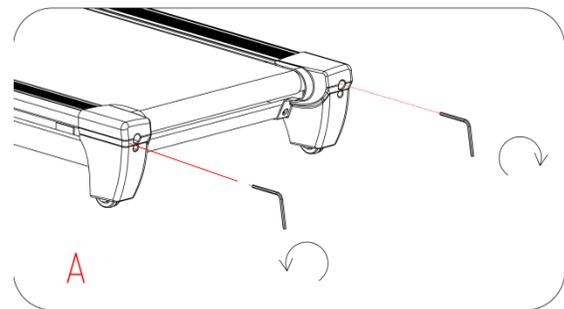
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your 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 for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off 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 belts. The most suitable tightness for the belts is pulled out **50-75mm** from the Running Board.

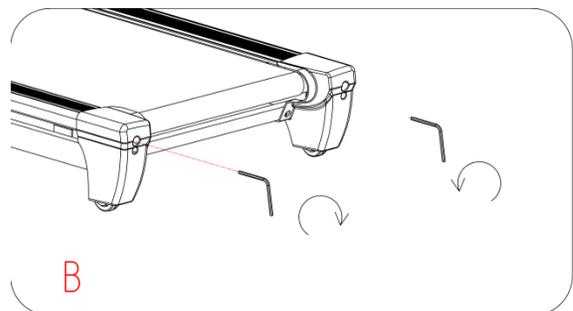
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 20)** drifts.

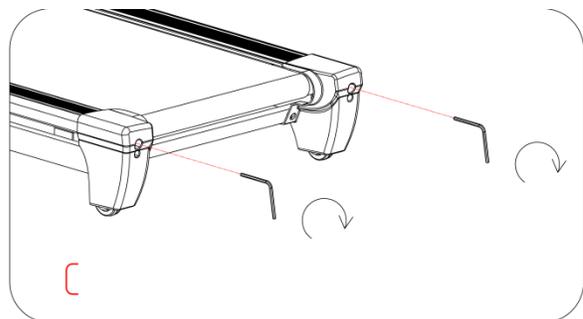
1. If the **Running Belt (No. 20)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. 20)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure B.



3. Over time the **Running Belt (No. 20)** 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 diagram "C"



LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

You will need to lubricate your treadmill before the first use.

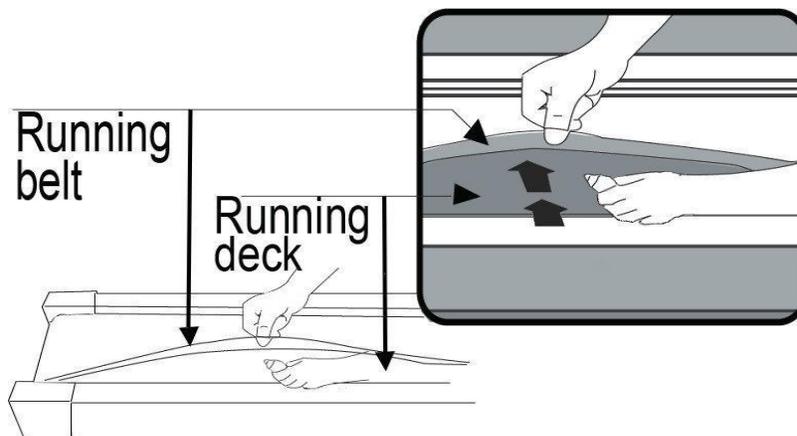
RUNNING BELTS & TREADMILL LUBRICANT:

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. Should you find any wear on the Running Board, please contact us at: support@sunnyhealthfitness.com.

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

HOW TO LUBRICATE:

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.
4. A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out **50-75mm** from the **Running Board**.

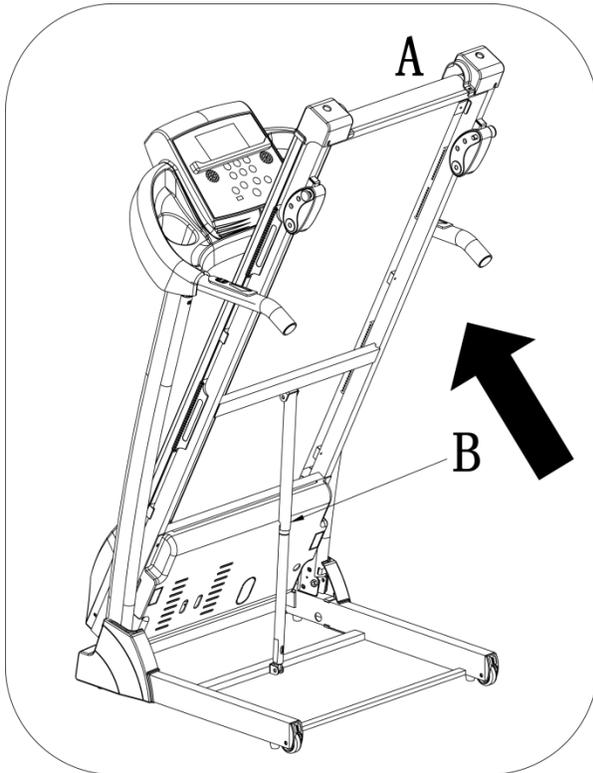


The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

FOLDING INSTRUCTIONS

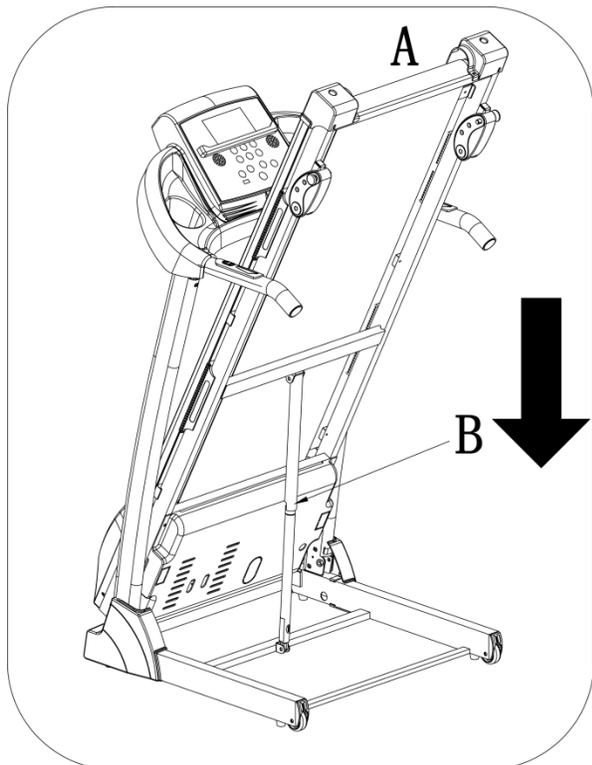
FOLDING:



Place your hand at position “A” and lift up on the **Base Frame (No. 1)** until the **Air Pressure Cylinder (No. 13)** “B” locks into the tube.

When the **Air Pressure Cylinder (No. 13)** successfully locks into the tube, you will hear a clicking sound.

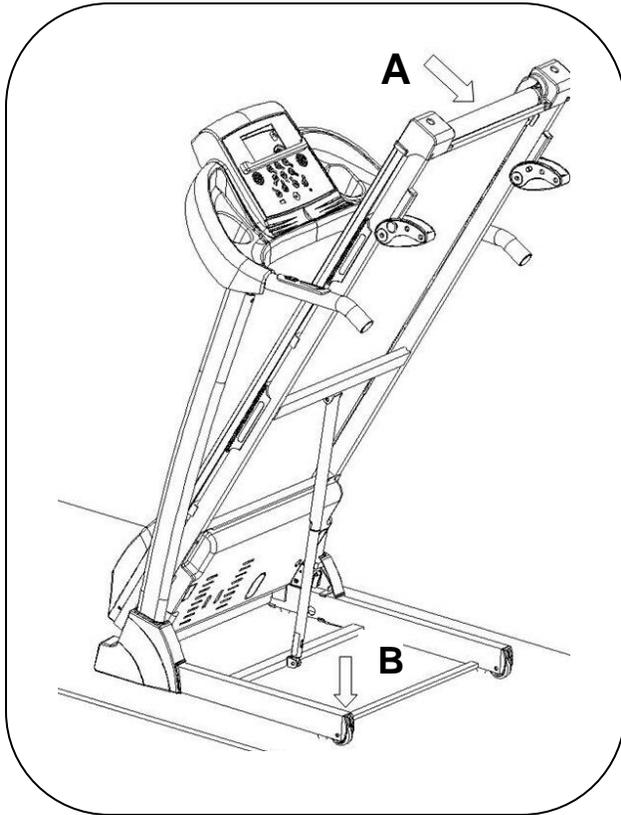
UNFOLDING:



Before lowering the Main Frame “A”, ensure that the space directly underneath it is clear of any objects.

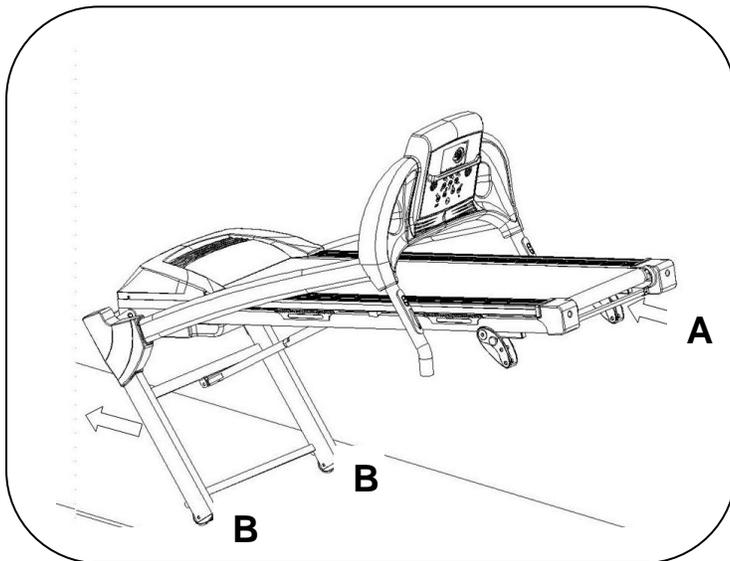
Grasp the **Main Frame (No. 2)** at position “A” with one hand. Next, using your foot, lightly kick the **Air Pressure Cylinder (No. 13)** “B” and press down on the **Main Frame “A”**. Once the **Main Frame** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.

HOW TO MOVE THE MACHINE



Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

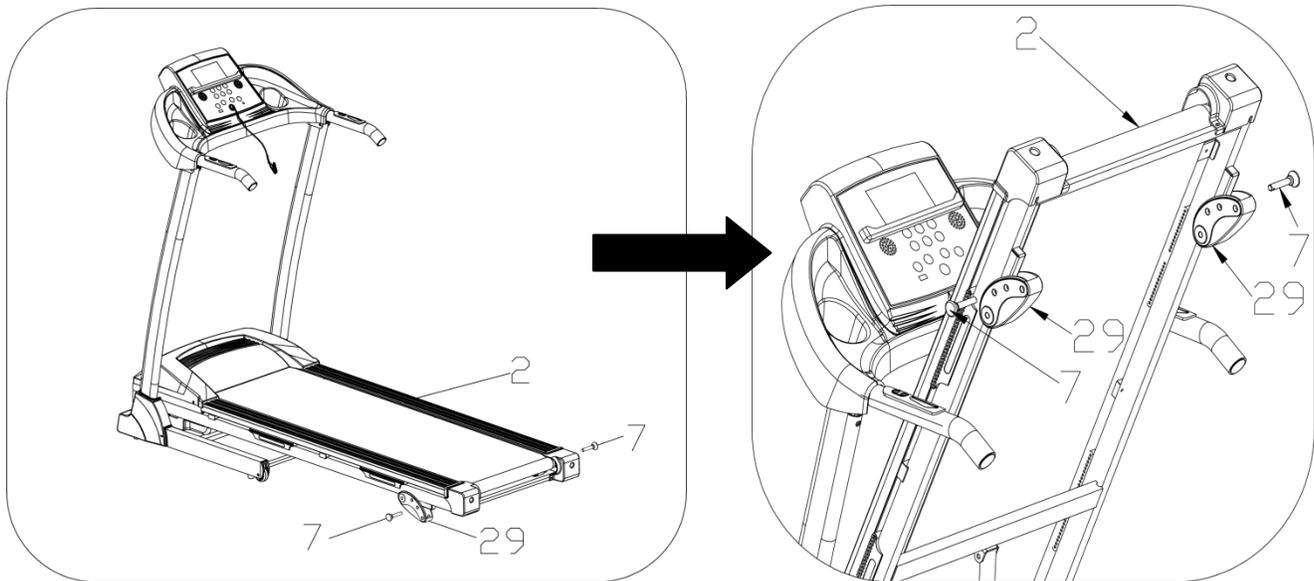
To tilt, start by placing one hand at position "A" to support the top end of the treadmill. Next, place one foot at position "B" to hold the bottom end of the treadmill steady. With your foot at "B", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "A" reaches a low enough point, the wheels of the treadmill touch the ground .



To transport, hold the treadmill from position "A" and tilt until the wheels "B" are able to move on the ground.

ADJUSTING THE INCLINE

ATTENTION: For your safety and convenience, always fold the treadmill (as shown below) before attempting to adjust the incline. There are three holes located on the **Adjustable Foot Pad (No. 29)**. To adjust the level of incline, remove the two **Fixing Pins (No. 7)** from the left and right side. Align the holes of the **Adjustable Foot Pad (No. 29)** to the holes located on the **Main Frame (No. 2)** once you've locate your desired incline level and insert the **Fixing Pins (No. 7)** back through the holes.



IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** 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 power source above or below this level could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

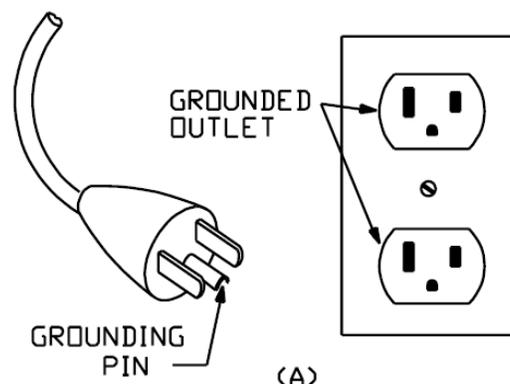
DANGER:

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 the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

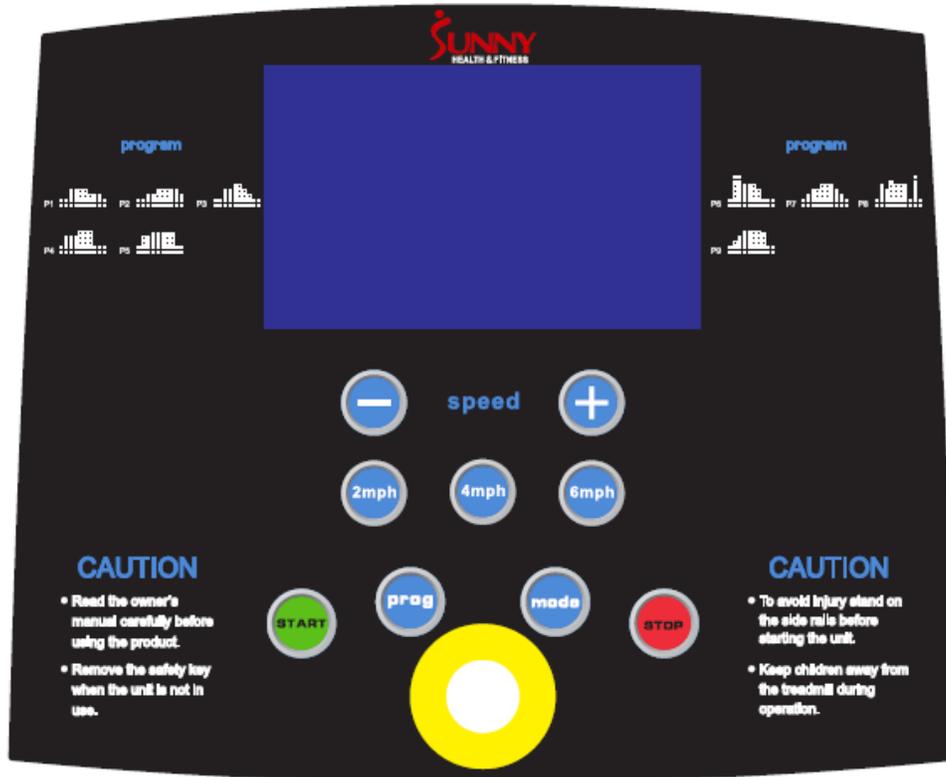
WARNING!

1. NEVER use a ground fault circuit interrupt (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.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



QUICK START:

1. Insert the magnet end of the safety key into the computer console.
2. Press the START button, and the system will automatically display a 3 second countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.5 MPH**.
3. To adjust the speed, you can use the SPEED +/- BUTTONS or QUICK SPEED BUTTONS 2, 4, & 6 MPH.

***NOTE: The maximum speed on this treadmill is 9 MPH**

CONTROL FUNCTIONS:

1. Press the – Speed Button to reduce the running speed.
2. Press the + Speed Button to increase the running speed.
3. Pressing a Quick Speed Button will adjust the speed to the corresponding speed indicated (2, 4, or 6 MPH).
4. Pressing the Stop Button will stop the running belt of the machine.
5. Holding the Pulse Sensors located on the handles with both hands for 5 seconds will calculate and display the runner's heartbeats per minute (BPM) on the computer display screen.

THE DISPLAY CONSOLE

WINDOW DISPLAY

1. **SPEED:** Displays the current speed (The speed range on this treadmill is 0.5 - 9 MPH) When setting PROGRAMS, the speed is programmed in *intervals*; PROGRAMS are from P1-P9.
2. **TIME:** Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the machine will stop smoothly and display “End” then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the machine will stop smoothly and display “End” then automatically reset itself after 5 seconds.
3. **DISTANCE:** Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the machine will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.
4. **CALORIES:** Displays the amount of calories burned (0 to 999). When the count reaches 999, it will reset and start back from 0 again. When in Countdown Mode, it will count down from the setting data to 0. When it reaches 0, the machine will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.
5. **PULSE:** Displays the runner’s heartbeat per minute (50-200 BPM). The runner must place both hands over the pulse sensors located on the handles for the system to calculate the runner’s pulse.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00—99:59
SPEED(MPH)	0.5	0.5	0.5-9	0.5-9
DISTANCE(MILE)	0.00	1.00	0.50-99.9	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0—999

THE DISPLAY CONSOLE

FUNCTION KEYS:

1. **PROGRAM:** Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and the various intervals are shown on the face of the treadmill.
2. **MODE:** Press this button to select a MODE. Pressing once will enter H1, the TIME countdown mode starting from 10:00 MINS, H2 is the DISTANCE Countdown Mode starting from 1 MILE, and H3 is the CALORIES countdown mode which starts from 50 KCAL. When setting each mode, you can press +/- to increase or decrease the preset H1, H2, H3 settings then press START to start the machine.
3. **START:** To start the machine, insert the magnet end of the safety key into the computer console and then press the START button. This machine requires the Safety Key in order to start. 0.5 MPH is the default start speed.
4. **STOP:** This button has functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session complete and all data will be deleted and reset to the initial setting.
5. **SPEED +/- BUTTONS:** Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.
6. **2, 4, & 6 (QUICK SPEED BUTTONS):** These buttons are preset to 2, 4, or 6 MPH speeds for convenience.

INTERVAL PROGRAMS (P1-P9):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- BUTTONS if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- BUTTONS to change the SPEED. After finishing one program, the system will beep and display END. The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG	TIME	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.8	1.8	3.7	3.1	3.1	3.1	2.5	2.5	2.5	1.8
P2	SPEED	1.8	1.8	2.5	2.5	3.1	3.1	3.1	3.7	3.7	2.5
P3	SPEED	1.8	1.8	3.1	3.7	4.3	5.0	3.7	2.5	1.8	1.8
P4	SPEED	1.8	3.7	3.7	3.7	5.0	5.0	5.0	1.8	1.8	1.8
P5	SPEED	1.2	3.1	3.7	4.3	5.0	5.0	4.3	4.3	1.8	1.8
P6	SPEED	1.2	6.2	6.2	5.0	5.0	4.3	3.7	1.8	1.2	1.2
P7	SPEED	1.8	2.5	3.1	3.7	4.3	5.0	4.3	3.7	2.5	1.8
P8	SPEED	1.8	5.0	3.7	5.6	5.0	5.0	5.0	1.8	6.2	1.8
P9	SPEED	1.2	2.5	3.7	5.0	5.0	5.0	4.3	4.3	1.8	1.8

THE DISPLAY CONSOLE

BODY QUALITY CALCULATION:

Press the PROGRAM button until the window displays FAT to access Body Quality Calculation. Press MODE to enter F-1, F-2, F-3, F-4, F-5

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Quality Index

Press SPEED +/- BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Quality Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body quality index. The Body Quality Index is used to test the relation between your height and weight. It is only for reference not suitable for the medical use. The Body Quality Index is suitable for both male and female.

NOTE: General Body Quality Index score is 20-25%

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY QUALITY INDEX (BQI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	40----80 INCHES	
F-4	Weight	44-----330 LBS	
F-5	BQI	≤ 19	Underweight
	BQI	=(20---25)	Normal Weight
	BQI	=(26---29)	Overweight
	BQI	≥ 30	Obesity

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. 66)** from the computer console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the computer will show “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. 66)** into the computer console and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been idle for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the computer will be turned off. To turn it back on, press any button.

I POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

O POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at anytime. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. 66)** into the computer console and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No.66)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.

Next, attach the clip end of the **Safety Key (No. 66)** to your clothes and insert the magnetic end of the key into the computer console. Press the START button to start the machine. The machine will start at the system default setting speed of **0.5 MPH**. when you feel comfortable, you may slowly increase this speed. When you are finished with your exercise, press the STOP button to stop the machine or you can remove the magnetic end of the **Safety Key (No. 66)** to stop the machine.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running speed inaccurate	Not calibrated correctly	Re-calibrate speed setting
	Speed set in the wrong Units of measurement	Change setting to proper Units.
Running belt not centered	Running belt tension not adjusted on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller (See page 10)
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer has become damaged contact customer service.
E1: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board
E2: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E5: Overload Protection (Self-Protecting System)	Excessive current load	Adjust incoming power supply before plugging the treadmill back in, press the Overload Protector (No. 78) to reset the treadmills electrical system and then restart the treadmill.
	Control board damaged or issues with motor	Check controller functions. If motor is damaged please contact customer service for support.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com