



SFE
FITNESS

SFE Elite Pro Treadmill Owners Manual



Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.

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Safety Cautions

When using this product, basic precautions should always be followed, including the following:

Please read the instructions carefully before starting to use this product.

Danger – To reduce the risk of electric shock:

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

Warning – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of the seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when the user finishes using the treadmill, the elevation needs to be back to its original position.
14. When the user is using the treadmill, it cannot be folded at the same time.
15. Keep a safety zone of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

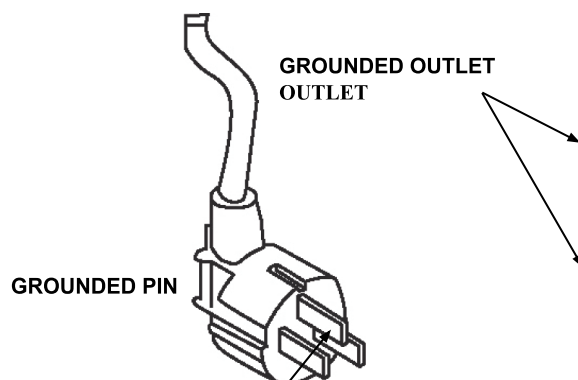
The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

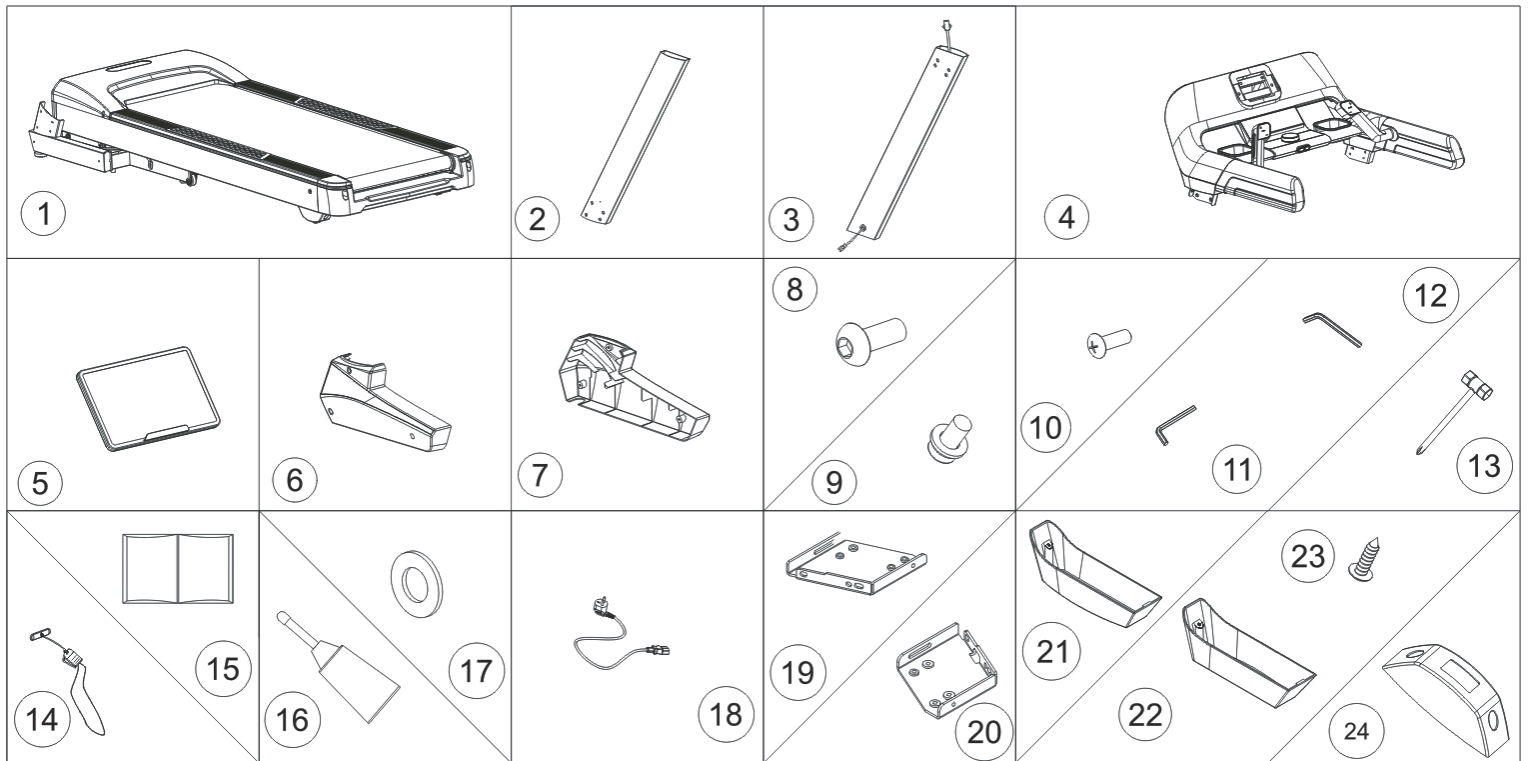
The product has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug. There is no need to use any adapter for this product.

Figure
Grounding methods



NOTICE: This plug drawing is just for reference. Pls kindly use your country standard correct plug type.

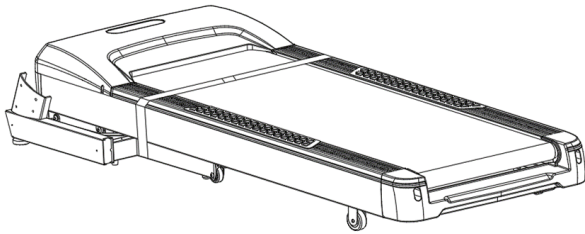
Parts List



PART LIST					
NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1	MAIN FRAME	1	13	SCREWDRIVER	1
2	LEFT UPRIGHT	1	14	SAFETY KEY	1
3	RIGHT UPRIGHT	1	15	USER MANUAL	1
4	UPPER CONSOLE	1	16	LUBRICATION OIL	1
5	CONSOLE CHIP	1	17	FLAT WASHER M8	22
6	BASE COVER-L	1	18	POWER CORD	1
7	BASE COVER-R	1	19	CONSOLE RACK BRACKET-L	1
8	HEXAGON SOCKET BUTTON HEAD BOLT M8*15	22	20	CONSOLE RACK BRACKET-R	1
9	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	8	21	UPRIGHT COVER-L	1
10	CROSS RECESSED TRUSS HEAD BOLT M5*10	6	22	UPRIGHT COVER-R	1
11	WRENCH #5	1	23	CROSS RECESSED PAN HEAD TAPPING SCREW M4*12	2
12	WRENCH #6	1	24	FRAME WHEEL COVER	2

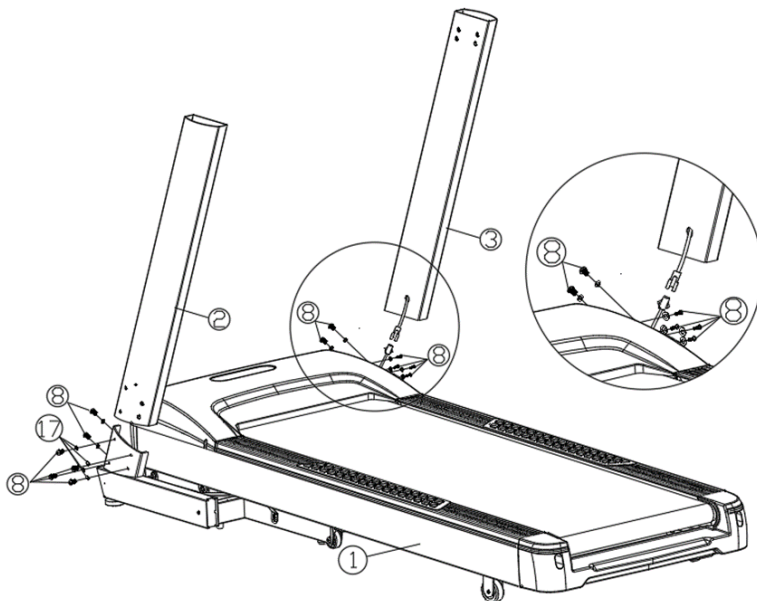
Assembly Guide

STEP 1



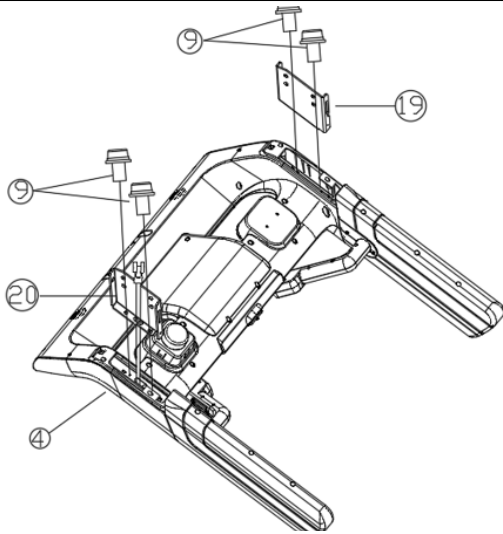
1. Please note that this treadmill needs at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. Place the main body on a flat floor, peel off the Velcro that is tied to the base and frame.

STEP 2



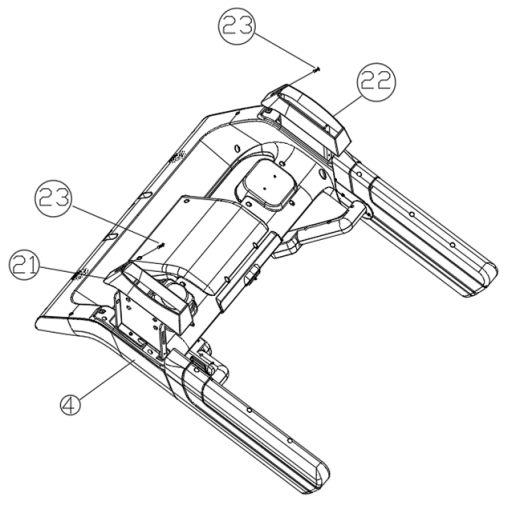
1. Take out the left upright (2) and match it with the frame (1), Align with the screw holes, then use 6pcs M8x15 bolt (8) and 6pcs M8 flat washers to install the left uprights onto the frame by wrench 5#.
 2. Take out the right upright(3), Connect the signal cable that comes out from the right side of the frame with the cable that comes from the lower part of the right upright.
 3. Align with the screw holes on the frame and upright, use 6pcs M8x15 bolt (8) and 6pcs M8 flat washers to install the right uprights onto the frame by wrench 5#.
- Pay attention to the connection of the cable, a wrong connection would cause damage to the connector.**
- Be well noted that before fully assembling the treadmill, do not fasten all the bolts. Be noted that only right upright have cable connection.**

STEP 3



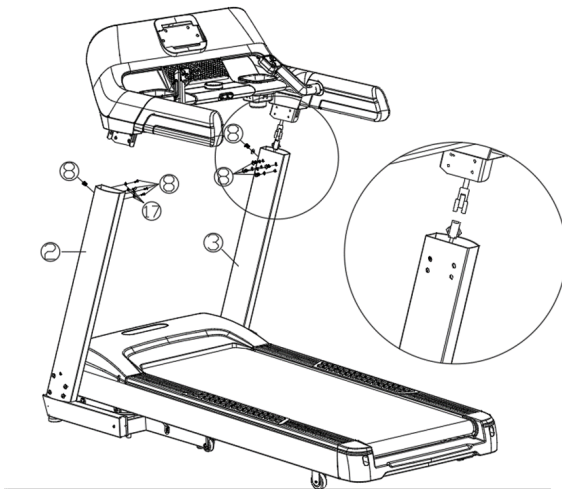
1. Take out the console and right bracket(20), thread the signal cable through the cable hole as shown in the figure, use two M8*15mm bolts(8) to fix the bracket onto the console rack(4)
2. Do the same on the left side.

STEP 4



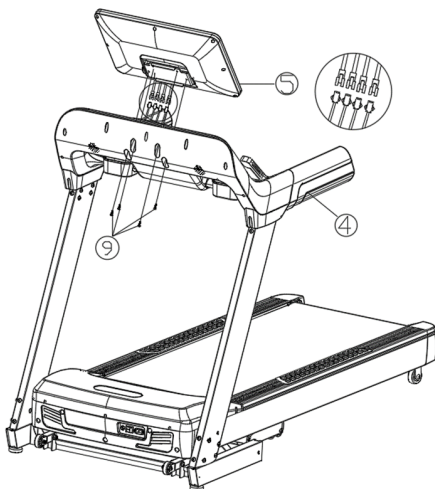
1. Take out the upright cover-right(21) and fix it onto the console rack(4) with one cross pan head self tapping screw(23) by screwdriver(13)
2. Do the same on the right side.

STEP 5



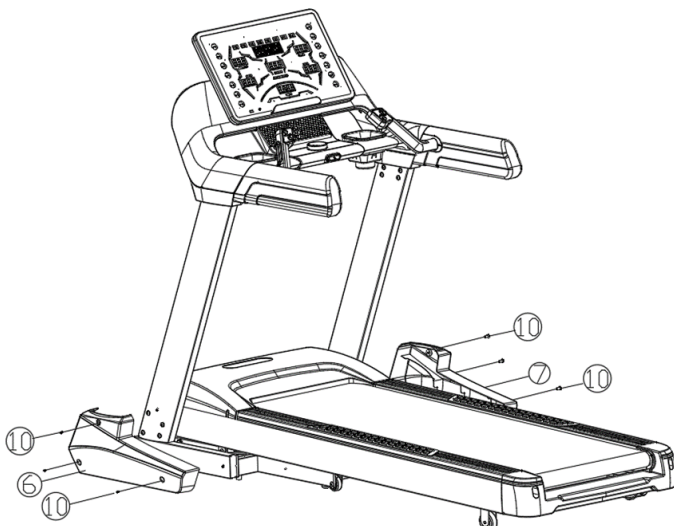
1. Take out the console (4) from the box, connect the cable extent from the console to the cable extent from right upright.
Pay attention to the connection of the cable, a wrong connection would cause damage to the connector.
2. Insert the left/right bracket of the console rack to the left upright(2) and right upright(3), use 5# wrench(11) to install the console onto the uprights with 10pcs of bolt M8*15(8) and 10pcs M8 flat washers.
Do not fasten all the bolts in this step.

STEP 6



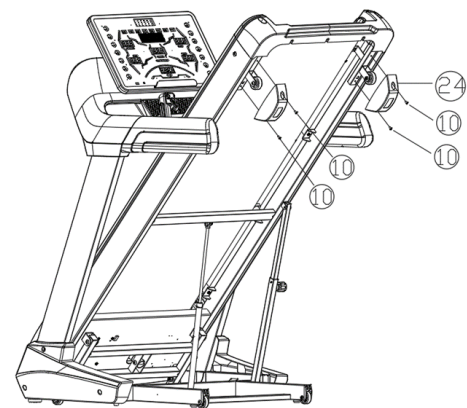
1. Take out the console chip(5) from the box, one person holds the console chip (5), the other person connects the signal cables between the computer and the console.
Pay attention to the connection of the cable, a wrong connection would cause damage of the connector
2. Put the console chip(5) onto the console rack, use a 6mm L-type screwdriver(12) to fix the console chip(5) onto the console rack (2) with 4 bolts M8*15(9)

STEP 7



1. Tighten all bolts of the lower uprights.
2. Take out the left base cover(6) and right base cover(7), use a screwdriver(13) and three M5x10mm screws on each side to install them onto the bases of both sides.

STEP 8



1. Folding the frame.
2. Take out the frame wheel cover(24), match it to the frame, use a screwdriver(13) to install the frame wheel cover to the frame with two M5*10 bolts.
3. Do the same on the other side.



STEP 9

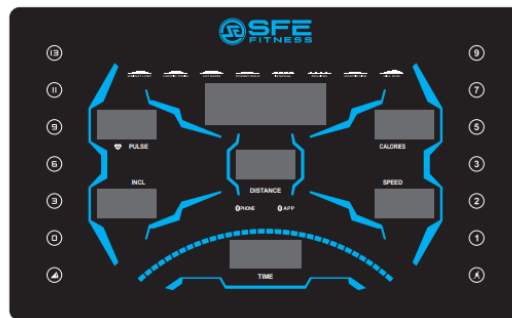
1. Please check if all screws are fastened.
2. Connect the power cord and attach the safety key on the console.
3. Power on for testing!

Maintenance Guide

GENERAL SAFETY TIPS

- A.** Practice mounting and dismounting your treadmill before beginning your workout.
- B.** Attach the Safety Key to the Console (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
- C.** If the user falls off the treadmill, the Safety Key will come off the computer and the treadmill will stop at once to avoid injury.
- D.** Do not stand on the Running Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- E.** The Treadmill will start at 0.6MPH after a 3, 2, 1 countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK REFERENCE GUIDE



DISPLAY FUNCTION TIME:

Time: Accumulates total workout time from 5:00 to 99:00 minutes.

PULSE: When pulse signal is detected by grasping both stainless steel pick-ups on front handrails, it will display your current heart rate in beats per minute .

INCLINE: Displays the current deck incline from starting at level 0 to 15.

SPEED: Displays the current belt speed or Display current program name.

CALORIE: Accumulates calorie consumption during exercise. From 20 ~ 990 KCAL.

DISTANCE: Accumulates total workout distance from 1.0 to 99.0 MILES

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.
2. Plug in the power cord and turn the treadmill ON.
3. Stand on the foot rails of the treadmill.
4. Attach the safety key clip to part of your clothing.
5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.
6. You have two options to start your workout:

A. Manual operation.

Simply press the START button to begin working out.

B. Count down operation.

Press MODE button to select TIME, DISTANCE or CALORIE count down operation.

C. SELECT PROGRAM

Pressing PROGRAM buttons to enter 64 preset programs or body fat function.

MANUAL OPERATION

STEP 1: Attach the Safety key to start the display up; the treadmill then will be on start/ready status.

STEP 2: Press the START button to begin belt movement after a 3 second count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE \wedge/\vee or QUICK INCLINE buttons to adjust the Incline at any time during training.

STEP 3: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on the PULSE window.

STEP 4: Press the STOP button to stop your workout or pull the safety key away from its position to shut down the computer.

COUNT DOWN OPERATION

NOTES:

On this function, one of TIME, DISTANCE, CALORIE can be set for count-down of your workout, the others will count-up during your workout, after one count-down reaches zero, operation will be ended and stop the belt movement.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press MODE button, the TIME window will display 30:00, press SPEED +/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

If you do not like to set TIME for count-down and pass to others, press MODE again, the DISTANCE window will display 0.6MPH, you can set count-down DISTANCE from 0.6MILES - 99.0MILES.

If you do not like to set DISTANCE for count-down and pass to others, press MODE again, the CALORIE window will display 50CAL, you can set count-down CALORIE from 20 CAL to 990 CAL. The computer will go back to start/ready status by pressing the RESET button.

STEP 3: After finishing setting count-down for your workout, press START to begin belt movement after 3 seconds count-down.

STEP 4: During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE +/- buttons, or QUICK SPEED and QUICK INCLINE keys to jump directly to a setting.

STEP 5: Press the round KNOB to stop your workout or pull the safety key away from its position to shut down the computer.

PRESET PROGRAMS OPERATION

NOTES:

All the preset programs are made up with 18 time-based segments; the speed and incline is preset on each segment. The elapse time of 16 segments on each program will be automatically arranged according to the time you set for your workout time.

STEP 1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

STEP 2: Press PROGRAM button to scroll through the 64 programs, and BODY FAT function.

After selecting a program, then press SPEED +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes. Press the RESET button to go back to start/ready status.

STEP 3: After modifying the elapsing time, press the START button to accept and begin your workout.

STEP 4: During the procession of the program you can adjust the SPEED and INCLINE by pressing SPEED +/- and INCLINE +/- buttons or use QUICK SPEED and QUICK INCLINE keys to jump directly to a setting.

However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.

USING THE PULSE FUNCTION

The PULSE window on your computer works in conjunction with the Pulse Sensors on both handrail pulses. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.
2. Your estimated heart rate will display in the PULSE window approximately 10 seconds after you grasp the Pulse Sensors.
3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

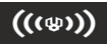
WIRELESS PHONE CHARGER

This treadmill has wireless phone charger function, it can charge your phone:

STEP1:

Power on the treadmill

STEP2:

Place your wireless chargeable phone on the charger area  the phone will display charging status.

CONNECT SMART PHONE

If the treadmill have the bluetooth function, then connect the smart phone as follow steps:

STEP1: Turn on the Bluetooth of the smart phone, search the device, and click to connect the devices when RUN MUSIC appears.

STEP2: After the connection, the voice of smart phone will be played by the speaker

on the computer.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of your body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

STEP 1: Press PROGRAM button repeatedly, on the “25” time pressing PROGRAM button, the computer will proceed with the BODY FAT function. Press the MODE button to set the relative parameters: GENDER, AGE, HEIGHT, and WEIGHT.

STEP 2: After entering the BODY FAT function, the TIME window will display F-1, the SPEED window will display 01, it represents GENDER, press SPEED +/- button to set gender from 01 represents MALE, 02 represents FEMAL. Then press the MODE button to go to the next step.

STEP 3: After pressing MODE button, the SPEED window will display F-2, the TIME window will display 25, it represents AGE, press SPEED +/- button to set age from 10-99. Then press the MODE button to go to the next step.

STEP 4: After pressing MODE button, the SPEED window will display F-3, the TIME window will display 170, it represents HEIGHT, press SPEED +/- button to set height from 100CM-220CM. Then press the MODE button to go to the next step.

STEP 5: After pressing MODE button, the SPEED window will display F-4, the TIME window will display 70, it represents WEIGHT, press SPEED +/- button to set weight from 20KG-150KG. Then press the MODE button to go to the next step.

STEP 6: After finished setting all the necessary information of your body condition, press MODE button again, the SPEED window will then display F-5, the TIME window will display “---”, it means the computer starts to work for calculating, then hold the pulse sensor on the handrail with both of your hands, around 8 seconds after, the body fat result will be displayed on the TIME window.

BODY FAT CHART

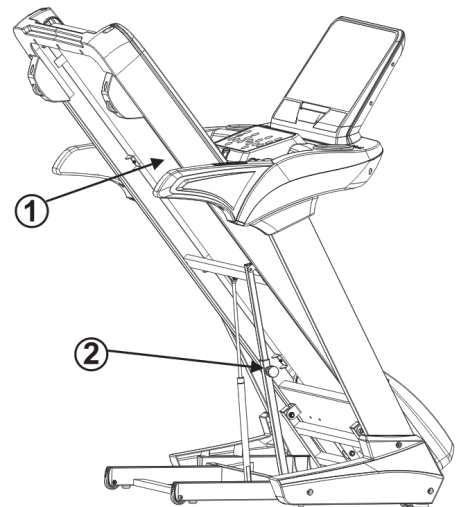
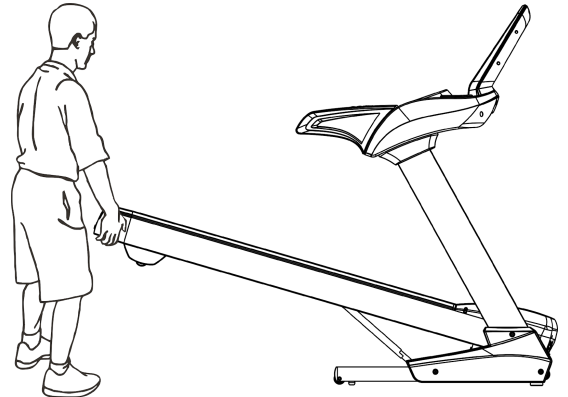
The result that is given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

HOW TO FOLD THE TREADMILL

Before folding the treadmill, unplug the power cord.
CAUTION: You must be able to safely lift 45 pounds (20kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill until the running deck is firmly held by the folding pole as the right figure shows.
2. Push the running deck(1) from the bottom to the front, then loosen the adjusting knob(2), and pull out the cap of the adjusting knob(2) at the same time as the figure shows. And then lay down the running deck light onto the floor.



HOW TO MOVE THE TREADMILL

Grasp the left and right handrails and push forward and backward horizontally

To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.

Stretching Guide

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

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



2. Hamstring Stretch

Sit with your right leg extended. 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 extended.



3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.



4. Shoulder Lift

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



5. Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes.

Reach down as far as you can and hold for 15 counts.



6. 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, and then repeat on the other side for 15 counts.



7. Side Stretch

Open your arms to the side and continue lifting them until they are over your head.

Reach your right arm as far upward toward

the ceiling as you can for one count.

Feel the stretch up your right side.

Repeat this action with your left arm.



Maintenance Guide

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

USE NO CHEMICALS.

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

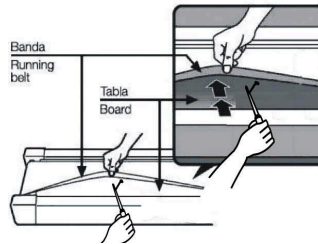
DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

- 1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
- 2) Insert the spray nozzle into the spray head of the lubricant can.
- 3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

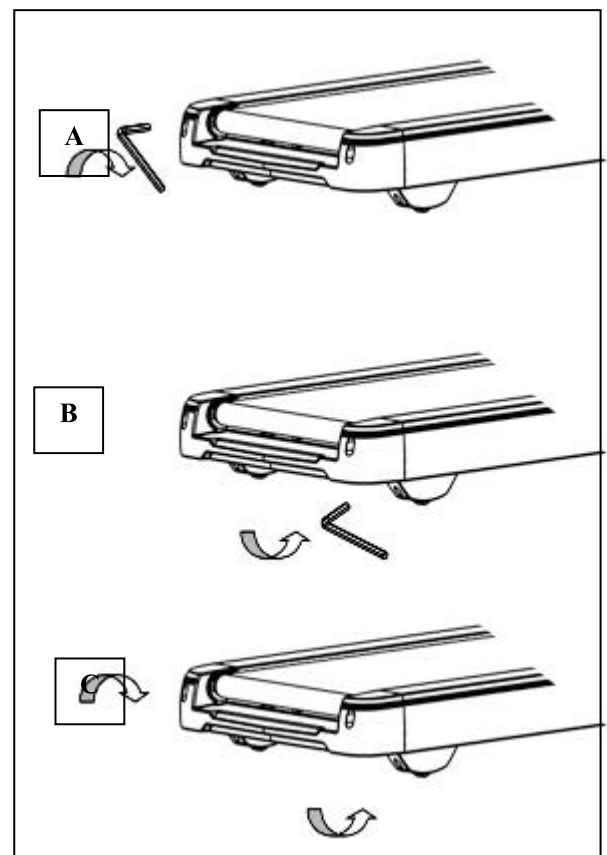
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown

If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right, then turn the belt adjustment screw on the left in counterclockwise direction 1/4, as shown in the picture A

If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left, then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B

After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



Troubleshooting Guide

PROBLEM	POSSIBLE CAUSES	CORRECTION
Console has no display	<ol style="list-style-type: none"> 1. Not plugged in. 2. Defection on the whole set cable or not plug well. 3. Overload protection. 4. The transformer burned. 	<ol style="list-style-type: none"> 1. Tighten into a suitable outlet. 2. Plug every connector well. 3. Reset overload protector. 4. Replace transformer.
Treadmill belt slipping	<ol style="list-style-type: none"> 1. Running belt too loose. 2. The motor belt is too loose.. 	<ol style="list-style-type: none"> 1. Tighten running belt. 2. Tighten the motor belt.
Running belt not smooth	<ol style="list-style-type: none"> 1. Lack lubrication oil 2. Running belt too tight. 	<ol style="list-style-type: none"> 1. Add lubrication oil to the belt and deck. 2. Loose running belt.
Motor not work	<ol style="list-style-type: none"> 1. Safety key not attached correctly. 2. The power cord of the motor does not connect well. 3. The whole set cable does not plug well. 4. Controller damaged. 5. Motor damaged. 	<ol style="list-style-type: none"> 1. Insert safety pull pin. 2. Plug the power cord of the motor again. 3. Plug the whole set cable again. 4. Replace controller. 5. Replace motor.
Treadmill power off automatically after high-speed running for a period of time	<ol style="list-style-type: none"> 1. Lack of lubrication oil. 2. Protector damaged. 	<ol style="list-style-type: none"> 1. Add lubrication oil to the belt and deck. 2. Replace protector.

Troubleshooting Guide

ERROR CODE	POSSIBLE CAUSES	CORRECTION
E01	<ol style="list-style-type: none"> 1. Communication error between computer and inverter. 2. Computer error. 	<ol style="list-style-type: none"> 1. Connect the cable again or change to a new one. 2. Change to a new computer.
E05	Over-current protection	<ol style="list-style-type: none"> 1. Check whether there are any objects blocking the motor or running belt 2. Change a new motor.
E08	Over- voltage protection	<ol style="list-style-type: none"> 1. Check the power supply. 2. Change a new inverter.
E09	<ol style="list-style-type: none"> 1. Overloaded; 2. One of the parts of treadmill stuck; 3. Lack of lubrication oil 4. Motor damaged 	<ol style="list-style-type: none"> 1. Choose a high-power treadmill; 2. Check the stuck position; 3. Add lubrication oil to belt and deck; 4. Change a new motor.
E10	Default phase running	<ol style="list-style-type: none"> 1. Check whether the three-phase cable is properly connected to inverter 2. Change a new inverter.
E11	Defection on inverter or incline motor.	Change a new inverter or incline motor.
E12	Overheating protection	Stop using the treadmill until it cools down.
---	Safety key off	Attached the safety key correctly.