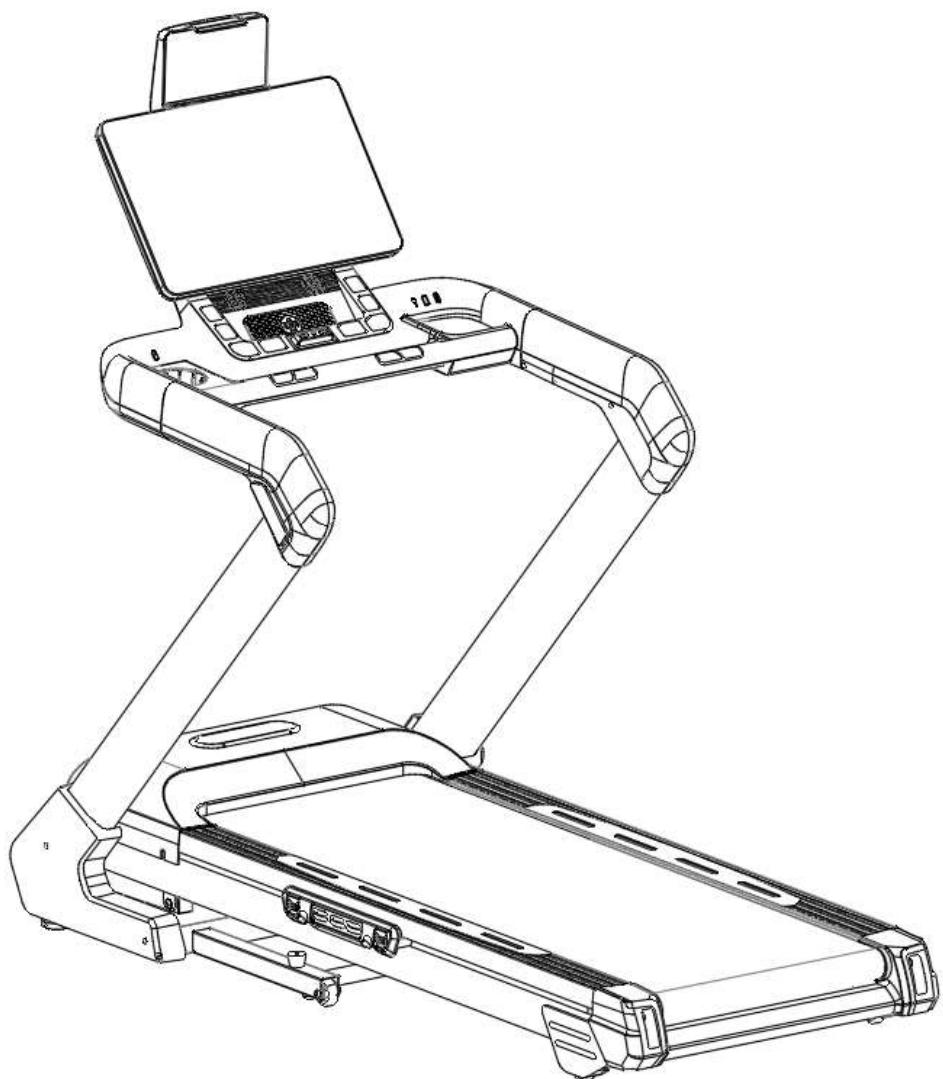




# SFE Treadmill Pro Owners Manual



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

# 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 zoom 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.

# SAFETY CAUTIONS

## 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.

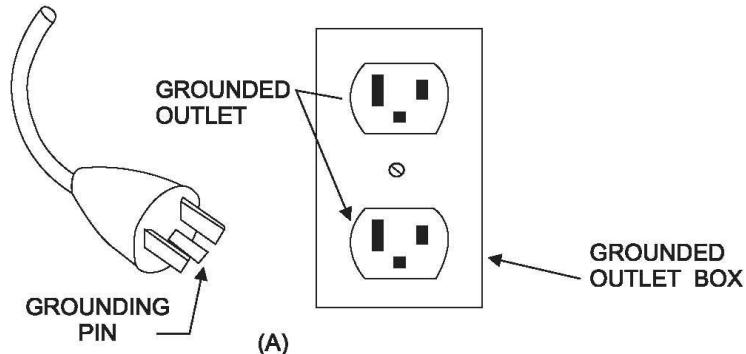
**Danger** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the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

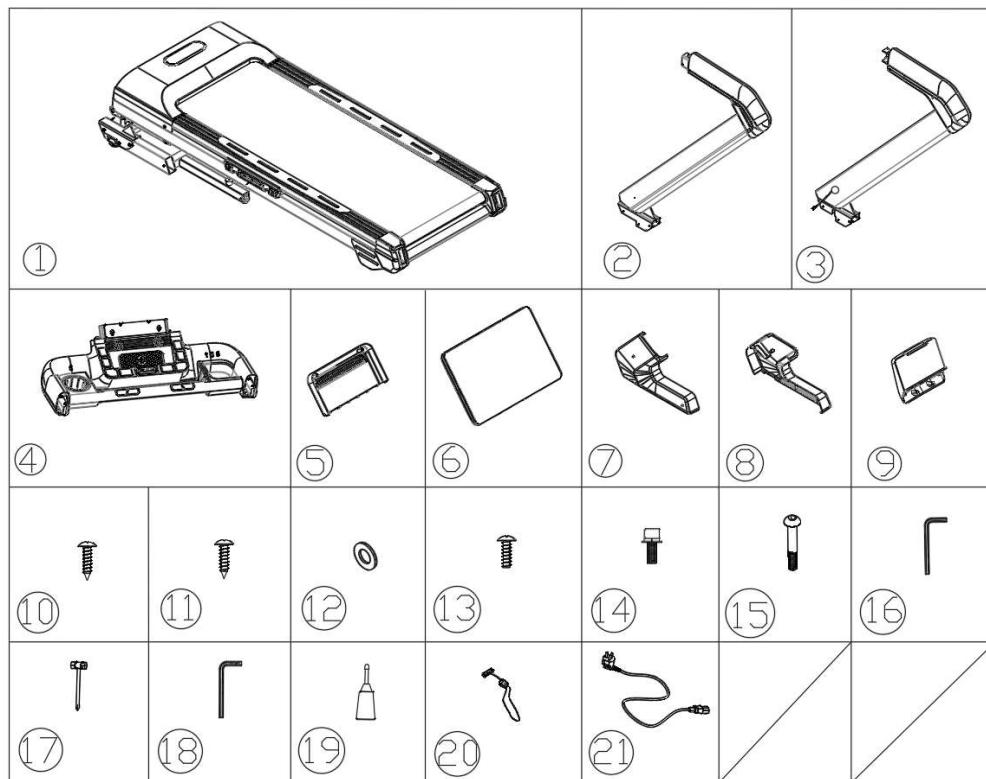
**Below plug drawing is provided for reference only. Please use the correct plug type that complies with your country's standard.**

Grounding methods



# PARTS LIST

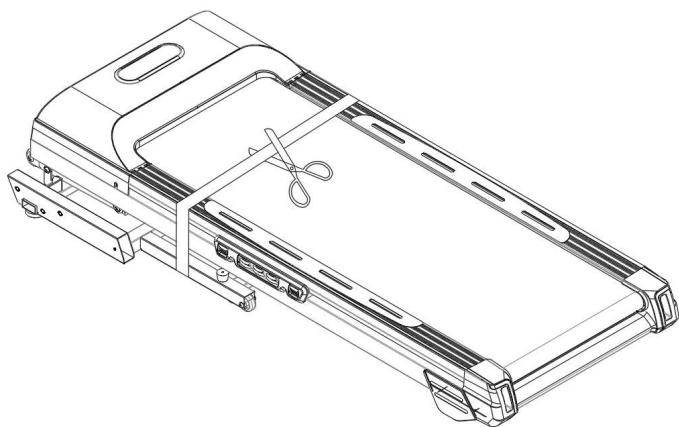
OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW



Part List					
No.	Description	Quantity	No.	Description	Quantity
1	Main frame	1	12	Flat Washer	6
2	Left upright	1	13	Screw M4*16	4
3	Right upright	1	14	Bolt M8*20	4
4	Console bracket	1	15	Bolt M8*55	6
5	Connection cover	1	16	6# Allen Wrench	1
6	Display	1	17	Screw Driver	1
7	Upright cover- L	1	18	5# Allen Wrench	1
8	Upright cover - R	1	19	Silicon oil	1
9	Tablet Holder	1	20	Safety key	1
10	Screw M4*10	2	21	Power wire	1
11	Screw M4*12	4			

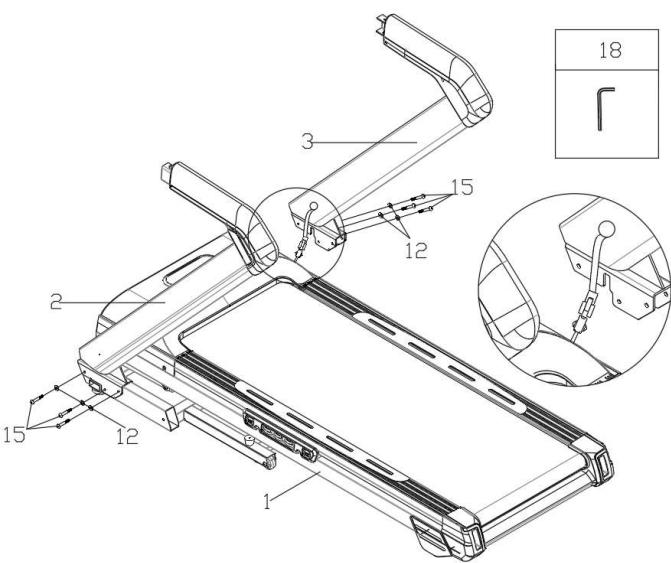
# ASSEMBLY INSTRUCTIONS

## STEP 1



1. Please note, you need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. Lay the main frame onto the flat floor, and then cut the belt.

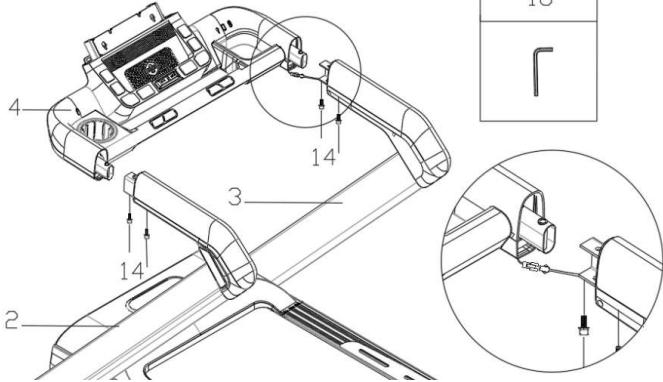
## STEP 2



1. Take out the left upright (2) and match it with the frame (1), align with the screw holes. Use 3 M8\*55 bolts (15) and 3 flat washers (12) by wrench 5# (18) to install the left uprights onto the frame.
2. Connect the cable extending from the bottom right upright to the cable extending from the main frame, then insert the cable into the frame.
3. Fix the right upright (3) to the frame (1) in the same way.

**NOTE: Don't fix the screw tightly at this step.**

### STEP 3

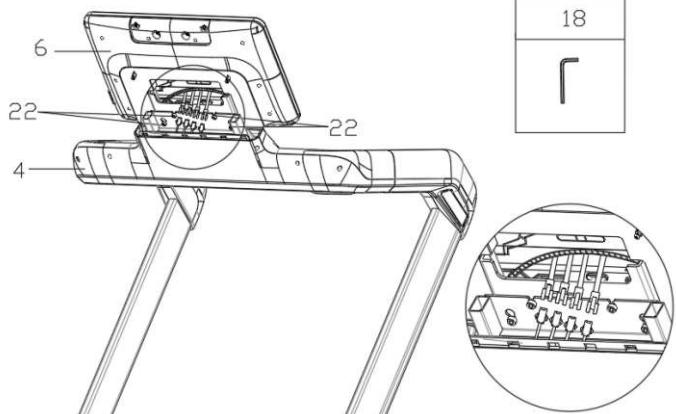


1. Align the console bracket (4) with the handrail tubes.

2. Connect the cable extending from the right handrail tube to the cable extending from the console bracket.

3. Insert the console bracket into the left and right handrail tubes. Lock it with 4 M8\*20 bolts (14) along with #6 Allen wrench (16) and tighten the bolts.

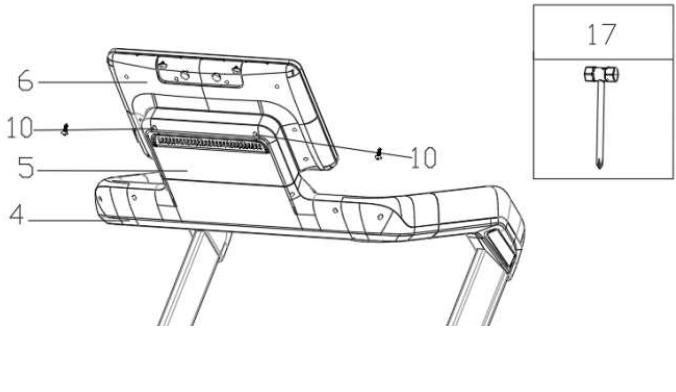
### STEP 4



1. First connect the cables extending from the display to the cables from the console bracket.

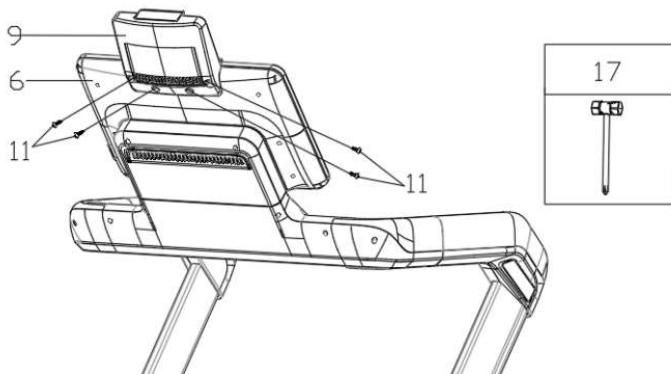
2. Use the 5# Allen wrench (18) to lock the display (6) to the console bracket (4) with 4pcs pre-locked screws M6\*22 (22) .

### STEP 5



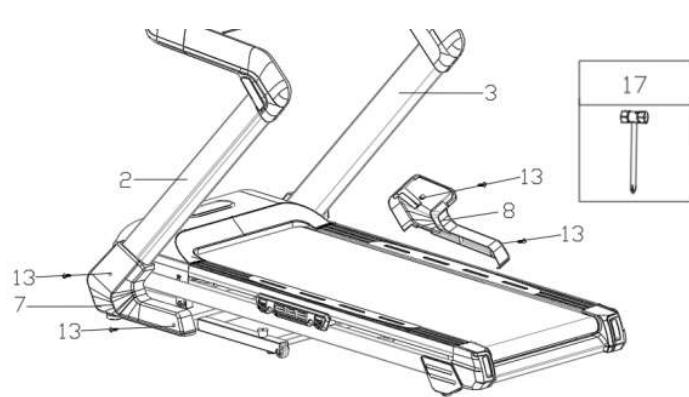
Use the screw driver (17) to lock the connection cover (5) to the display (6) with **2 M4\*10 Screws (10)** .

## STEP 6

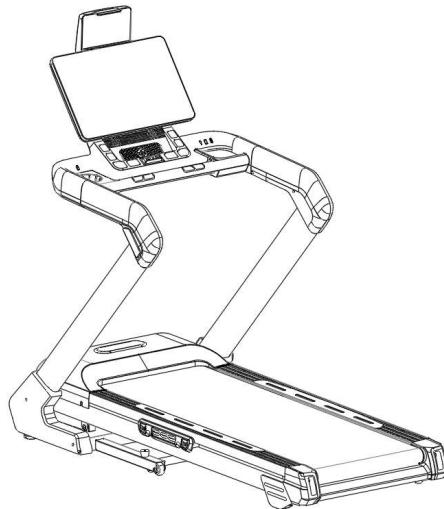


Use the screw driver (17) to lock the tablet holder ( 9 ) to the display ( 6 ) with 4 M4\*12 screws (11) .

## STEP 7



Use the screw driver (17) to install the upright cover - L (7) to the left upright with 2 M4x16 screws (13). Do the same for upright cover - R (8).

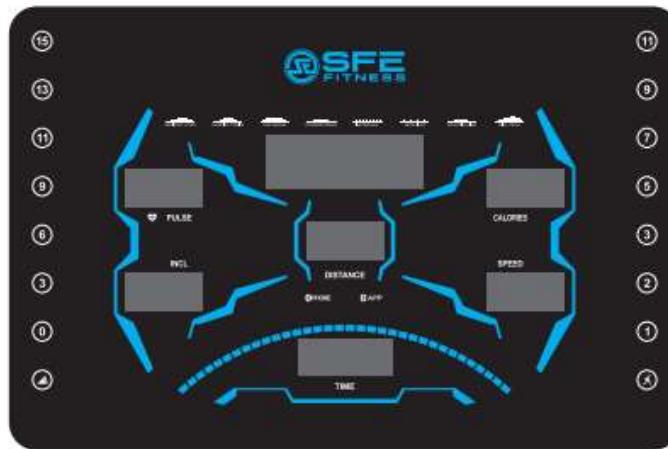


**NOTE: For your safety and comfort, please check if all screws are fastened.  
Congratulation! A brand new motorized treadmill has been successful assembled!**

# OPERATION GUIDE

## GENERAL SAFETY TIPS

- A. Attach the Safety Key to the Computer (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.
- B. If the user falls off the treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.
- C. Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- D. The Treadmill will start at min. speed after start. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.



## BUTTON FUNCTION

**START:** Press this button to start the machine.

**STOP:** One time press to pause the machine, two times press to stop the machine.

**PROG:** Press this button to choose "P1-P2-...P8", "U1-U2-U3", "Hr1-Hr2-Hr3", "FAT".

**MODE:** Press this button to choose between time, distance, calories workout targets.

**INC +:** Press this button to increase the incline.

**INC - :** Press this button to reduce the incline.

**SPD +:** Press this button to increase the speed.

**SPD - :** Press this button to reduce the speed.

**Incline Direct Selection Buttons:** Touch 0, 3, 6, 9, 11, 13, 15 to quickly set the incline level.

**Speed Direct Selection Buttons:** Touch 1, 2, 3, 5, 7, 9, 11 to quickly set a specific speed.

## COMPUTER FUNCTION

**1. 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 from 50 to 200.

**2. CALORIES:** Accumulates calorie consumption. Max. Display Value is 990 KCAL.

**3. INCLINE:** Display current incline level from 0-15.

**4. SPEED:** Displays the current belt speed.

**5.DISTANCE:** Accumulates total workout distance from 1.0 to 99.0 Miles

**6.TIME:** Accumulates total workout time from 0:00 to 99:00 minutes.

**7.MODE:** Press MODE button to choose target TIME, DISTANCE, CALORIES setting

- Press SPD+/- to set the target workout value.

- Press the START button, the treadmill will run after 3 seconds.

- Press SPD+/- and INC+/- to adjust the speed and incline.

**8.PROGRAM:** Press the PROG button, you can choose 8 built-in programs,3 users, 3 Heart rate control programs, and body fat.

**8.1 Preset programs:** From standby mode, press the PROG button to choose any of the built-in programs from P1 to P8.

- Press the MODE button to select an intensity level from L1 to L8 under this program.

- Press SPD+/- to set the workout time.

- The program will be divided into 18 segments based on the target workout time.

- Press START to start a program workout.

- Press SPD+/- or INC+/- to adjust the speed or incline during exercise.

- The machine will beep once at the end of each segment and automatically move to the next one with the preset speed and incline values.

- The dot matrix window will show the program speed diagrams, with lights blinking to indicate the current workout phase.

**8.2 Heart Rate Control Programs:** Press PROG to choose "Hr1" or "Hr2" or "Hr3", and then press MODE to set the age and the target heart rate, then press MODE to set the target time, after finished these steps, Press START button to run the treadmill. The age range is from 15-80 and the target heart rate range is from 80 to  $(220\text{-age})\times 0.9$ .

**Hr1:** Press START button to start the treadmill, initial speed is 1km/h and incline is 0. After running 1minutes with 0.6MPH speed, The treadmill will adjust the speed as below every 30 second:

A:(Target heart rate-user heart rate)>30, the speed will increase by 1.2MPH;;

B: (Target heart rate-user heart rate)<30, the speed will increase by 0.6MPH;

C: (User heart rate-Target heart rate)>30, the speed will decrease by 1.2MPH;;

D: (User heart rate-Target heart rate)<30, the speed will decrease by 0.6MPH;

**Hr2:** Press START button to start the treadmill, initial speed is 2.4MPH and incline is 4. After running 1minutes with 2.4MPH speed, The treadmill will adjust the incline as below every 30 second :

A:(Target heart rate-user heart rate)>30, the incline will increase by 2 level;

B: (Target heart rate-user heart rate)<30, the incline will decrease by 1 level;

C: (User heart rate-Target heart rate)>30, the incline will decrease by 2 level;

D: (User heart rate-Target heart rate)<30, the incline will decrease by 2 levels.

## OPERATION GUIDE

**Hr3:** Press START button to start the treadmill, initial speed is 1.8MPH and incline is 2. After running 1minutes with 1.8MPH speed, The treadmill will adjust the incline and speed as below every 30 second:

A:(Target heart rate-user heart rate)>30, the speed will increase by 1.2MPH, and incline will increase by 1 level;

B: (Target heart rate-user heart rate)<30, the speed will decrease by 0.6MPH, and incline will decrease by 1 level;

C: (User heart rate-Target heart rate)>30, the speed will decrease by 1.2MPH, and incline will decrease by 1 level;

D: (User heart rate-Target heart rate)<30, the speed will decrease by 0.6MPH, and incline will decrease by 1 level;

4.The speed will reduce to 0.6MPH once the user heart rate is over (220-AGE), the console will alarm every second at the same time and then it will stop after 15 seconds.

5. The speed will reduce to 0.6MPH when the console couldn't get the heart rate signal in 1 minute , the console will alarm every second at the same time and then it will stop after 15 seconds.

**8.3 User programs:** From standby mode, press PROG button till the console show U1-U2-U3,

And select from the 3 user programs.

- Press SPD+/- to set a target workout time.

- Press MODE to enter user program setting.Each user program is divided into 18 segments based on the target workout time;

- Press SPD+/- or INC+/- to set the speed and incline.

- Press the MODE button to save the setting and move to the next segment until complete.
- Press START to start working out.
- Press SPD+/- or INC+/- to adjust the speed or incline during exercise.
- The machine will beep once at the end of each segment and automatically move to the next one with the speed and incline values you have input.
- The dot matrix window will show the program speed diagrams, with lights blinking to indicate the current workout phase.

**8.4 Body fat test:** From standby mode, press the PROG button until you get to FAT.

-Press the MODE button to enter personal information.

Set data of F-1 to F-4 (F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT) with SPD+/- . Press MODE after each setting, it will save the data and move to the next step automatically.

- When entering F-5 (F-5 BODY FAT TEST), hold your hands on the hand pulse sensor, the console will show your body fat value after 3 seconds.

-The body fat value is intended as a guide, and is not 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	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	> 30	Obesity

## **USB MUSIC** - Optional Function, According to customer specifications

The treadmill is equipped with a USB port that allows users to connect a USB drive or device. You can play your favorite music directly through the treadmill's built-in speakers by plugging in a USB stick loaded with audio files.

## **EARPHONE JACK** - Optional Function, According to customer specifications

The treadmill includes a headphone jack, allowing users to plug in their headphones for a more private listening experience.

## **CONNECT SMART PHONE**- Optional Function, According to customer specifications

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.

**STEP2:** After the connection, the voice of smart phone will be played by the speaker on the computer.

## **WIRELESS PHONE CHARGER**-Optional Function, According to customer specifications

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.

## **SLEEPING MODE**

The system will go to sleep mode if there is no operation within 10 minutes, The display will be off . Press any button to light on the console.

# HOW TO FOLD AND MOVE

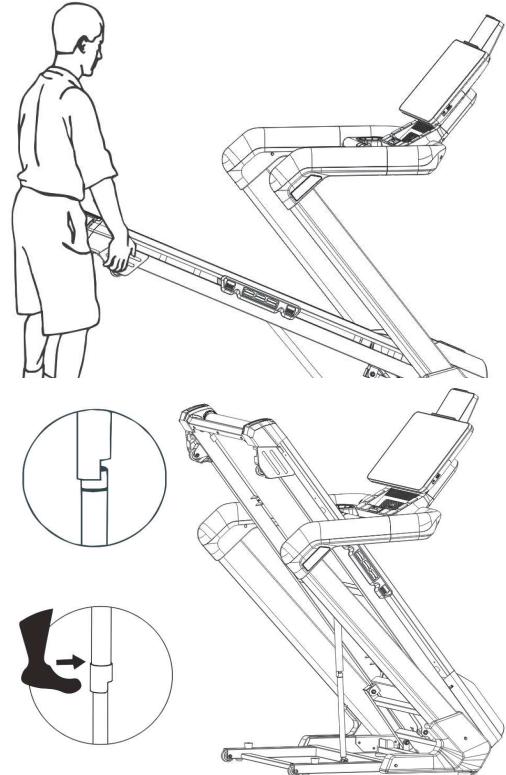
## HOW TO FOLD THE TREADMILL

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. If you want to put the treadmill to the work position, Firstly pull the folding knob outward as figure shows, And then lay down the running deck light onto the floor.



## HOW TO MOVE THE TREADMILL

1. Hold the handrails as shown and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location.

**Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on a wheel, and carefully lower the Treadmill until it is resting in the storage position.



# SUGGESTED STRETCHES

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.



# SUGGESTED STRETCHES

## 4. Shoulder Lift

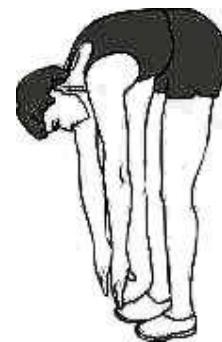
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## 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

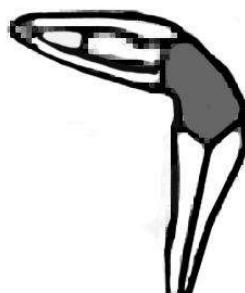
Open your arms to the side and continue lifting them until they are over your head.

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

**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.**

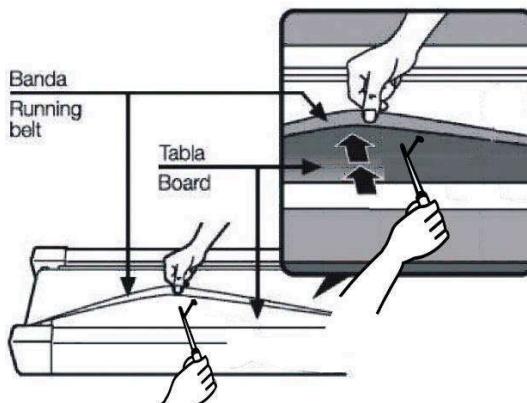
**WEEKLY:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

**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



# MAINTENANCE

## 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:

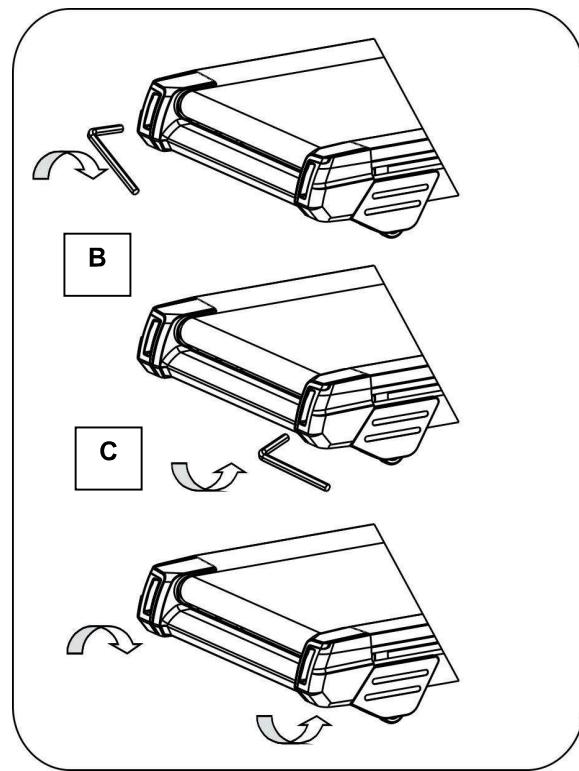
- A. The frame is not stably laid
- B. The user is not running on the center of the running belt;
- C. The user's two feet are not using even strength.

For bias which cannot 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.



# TROUBLE SHOOTING

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