B SERIES TREADMILL
USER MANUAL

Please read this manual carefully before using
the product and keep it.

Simply Brands

www.simply-brands.com

1. Catalogue:

Thanks for choosing this home electric treadmill, our products will improve your health, the more familiar you are with your treadmill, you will find it easy to use, so please read carefully this user manual, before using the new treadmill.

All parts of the machine are made of high-quality materials and have passed series inspection and testing to ensure maximum product quality. Refer to this manual will guide you assemble, use and maintain this treadmill.

Thank you for using!

2. Safety Instructions:

We considered many safety problems when design and manufacture this treadmill, to ensure your safety, please read all contents of this manual carefully before use. We do not bear the consequences of any abnormal operation.

⚠ **RISK**

Do not use the heart rate device together with other wireless heart rate devices, or it can cause electrical interference.

⚠ **WARNING**

Please follow the instructions below to avoid any hurts to you or others.

1. Before using the treadmill, please make sure that the treadmill is fully grounded to avoid accidents and dangers.

2. When running, please clamp the safety lock (red) clip in the proper position of the clothes to facilitate the emergency to pull off the safety lock and stop the machine to ensure safety.

3. **a.** Before the fitness exercise, please consult your health care doctor.
   b. Please wear appropriate sportswear for exercise (do not wear soft-soled shoes for running, otherwise the shoe scraps will be caught in the motor and control system, causing the machine to malfunction.
   c. Keep the room clean and tidy: avoid the dirty being absorbed into the treadmill, which will cause operating malfunction.
   d. The user's weight should not exceed 100kg.

4. This product is for one person only when it is running. Do not let children or pets play around to avoid accidents.

5. The minimum spacing required to be placed in the home after the machine is unfolded (in the distance from the wall and furniture), the front and the sides are not less than 100CM, and the rear is not less than 200CM.

6. Do not use the unit if the power cord is damaged.

7. If the treadmill is damaged or broken, do not use the unit and contact your local dealer for repair.

8. Do not touch any part of the movement with your hands. Do not press or insert any objects into the unit.

2. Safety Instructions:

9. This machine is suitable for indoor use and should not be used outdoors or in the gym.

10. Place the treadmill on a clean, level surface and keep it in good ventilation. Make sure there are no sharp objects nearby. Do not use it near water and fire sources.

11. Please use the handrail when going on and getting off from the machine, when the walking machine is not completely stopped, do not get off the machine. If you need an emergency jump, you must unplug the safety lock: the treadmill will stop immediately.

12. Do not operate the treadmill while you using oxygen equipment or using the spray near it.

13. In order to maintain the normal operation of this unit, do not install any accessories that are not provided by the original manufacturer on this unit.

14. All parts of the machine must be kept firm.

15. Please turn off the power and unplug the plug after using the treadmill.

3. Package Specifications:

NUMBER	SPARE PARTS	
1	Frame	
2	Manual	
3	Screw Bag	Illustrated on page 4

Screw Bag:
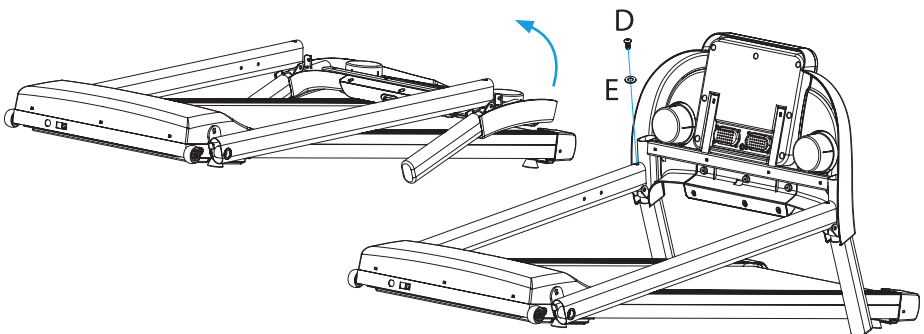
B. M6*1pcs

E. M8*4pcs

A. 1pcs

D. M8*15*4pcs

C. 1pcs
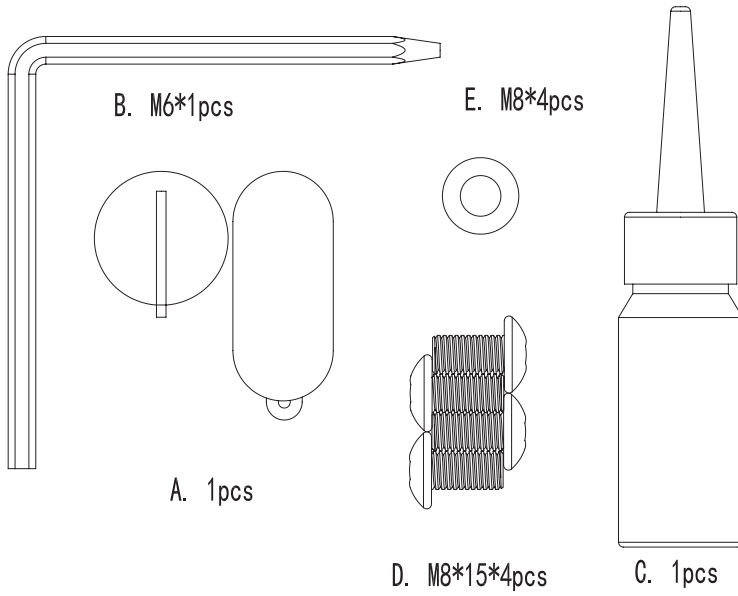
4. Assembly Specifications:

Step 1:

Pull up the electronic watch in the direction of the arrow, and fix it on the column with E # M8 * 15 screws and D # M8 flat pads.

D

E

Step 2:

Pull up the column and fix it on the frame with
E # M8 * 15 screws and D # M8 flat pad;
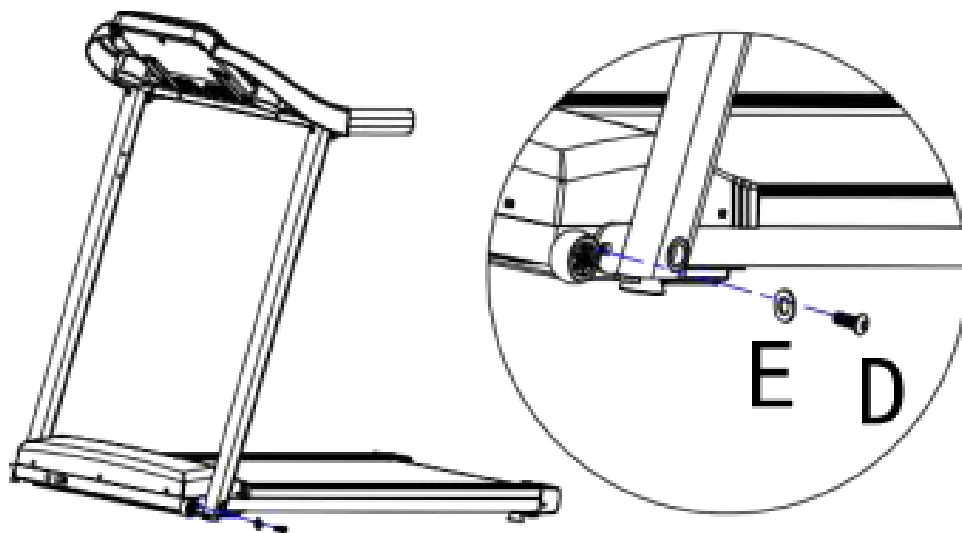
If the treadmill you purchased is a multi-functional treadmill, please continue the installation in the following steps:

NUMBER	SPARE PARTS	
4	Message Helmet	
5	Screw	
6	Gasket	

1. Rotate the massage bracket in the direction of the arrow shown in the X figure, and then fix the massage bracket on the column with E # M8 * 15 screws and D # M8 flat pads.
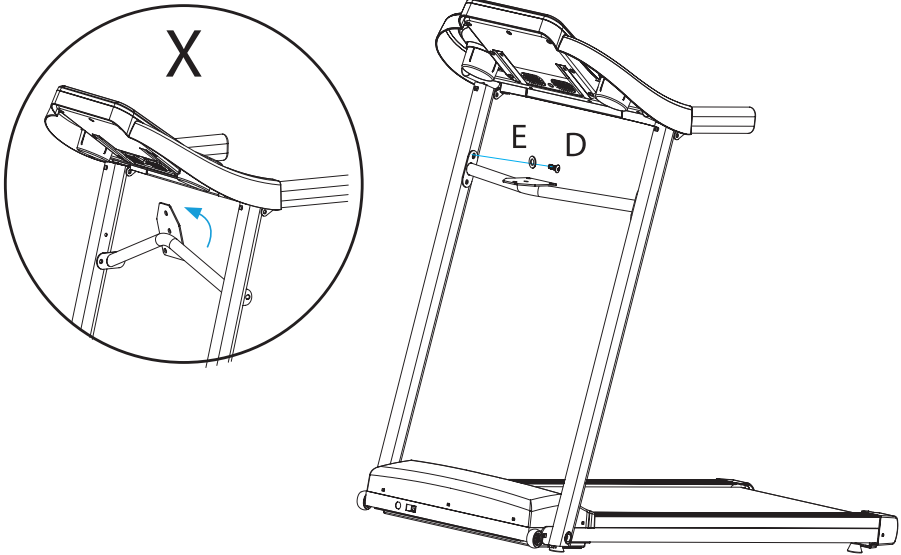
2. Use its flat screws and spring padsto massage 4 #. The head is fixed on the flat plate on the upper end of the massage stand.
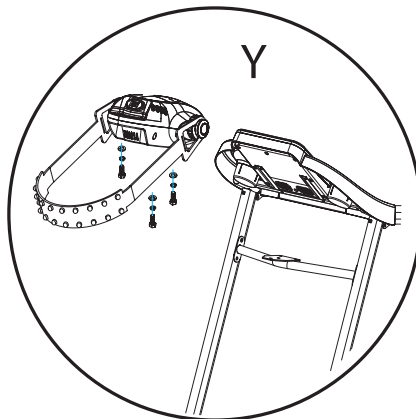
5. Electric Control Instructions:
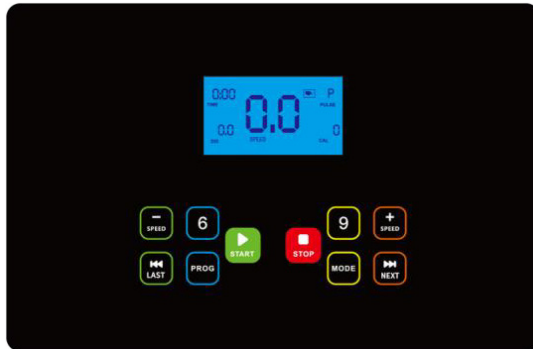
Window display:

1. **"SPEED" window:** The current speed value is displayed in the running state, and the speed display range is 0.8-10KM / H. During the countdown, "3", "2", and "1" are displayed.

2. **"TIME" window:** Display exercise time, forward counting from 0: 00-99: 59, re-counting when counting to 99: 59; countdown decreasing from the set time to zero, and when the countdown reaches 0: 00, the treadmill stops slowly and stops. After running, stop completely and enter standby mode.

3. **"DIS." Window:** Display the movement distance. The forward count will be from 0.0-99.9, and it will be re-counted after overflow. The reverse count will be decremented from the set value to zero. When the countdown reaches 0, the treadmill will stop running at a steady speed and stop, and then enter the standby state after completely stopping.

4. **"CAL." Window:** Display calorie consumption value, when displaying calorie consumption value, count from 000-990 when counting forward, and recount after overflow, count down from set value to 0 when counting backward, when the treadmill is down smoothly when counting down to 0. Quickly stop the operation and enter the standby state after completely stopping.

5. **"PULSE" heart rate window:** A heart rate signal is detected, the heart-shaped marker flashes, and the pulse value is displayed. When the treadmill is powered on, there is a heart rate display within 5 seconds of holding the heartbeat. The initial value is the actual measured hear.

Key functions:

"PROG" is the program selection key: In standby mode, press this key first to select the built-in programs "P01-P02 -...- P12" in sequence-> Body fat test mode-> Manual mode->- .

"MODE" is the mode selection key: Press this key to cycle through "15:00", "1.0", "50.0" ("15:00" is the time countdown mode, and "1.0" is the distance countdown mode, "50.0" is the calorie countdown mode.) When selecting various modes, you can use the setting plus and minus keys to set the relevant countdown value after completion, press the "START" key to start the treadmill.

"START" is the start key: When the power is on and the safety lock is engaged, press this key at any time to start the running of the treadmill.

"STOP" is the stop button: during the exercise, you can use this button to stop the running of the treadmill and reset it to zero. After stopping, press and hold the stop button to enter the sleep state. Press any button to wake up the meter.

"+" and **"-"** are speed plus and minus keys: standby state, used to adjust the set value. It is used to adjust the speed after start up. Its adjustment range is 0.1 km / time. Continue to press and hold for more than 1 second to automatically increase or decrease.

"6" and **"9"** are speed keys: 6-9KM / H.

"Previous Song" and **"Next Song"** Bluetooth music fast switching III.

Quick start (manual mode):

1. Turn on the power switch and properly attach the magnetic safety lock to the safety lock position under the panel.

2. Press the **"START"** key, the system enters a 3 second countdown, the buzzer sounds, and the speed window displays the countdown. At the end of the 3 second countdown, the treadmill starts running at a speed of 0.8KM / H.

3. After starting, you can use the **"+"** and **"-"** keys to adjust the speed of the treadmill as needed.

Operations during exercise:

1. Pressing **"-"** will decrease the running speed of the treadmill.

2. Pressing the **"+"** key will increase the running speed of the treadmill.

3. Press the **"STOP"** button to reduce the running speed to stop running.

Manual mode:

1. In the standby state, directly press the **"START"** key, the treadmill starts running at a speed of 0.8KM / H; other windows start counting from 0, and press the **"+"** and **"-"** keys to change the speed.

2. In the standby state, press the **"MODE"** key to enter the time countdown mode. The **"TIME"** window displays "15:00" and blinks. Press the **"+"** and **"-"** keys to set the exercise time. The setting range is : 5: 00--99: 00.

3. In the time countdown mode, press the **"MODE"** key to enter the distance countdown mode. The **"DIS"** window displays "1.0" and blinks. Press the **"+"** and **"-"** keys to set the movement distance and distance setting range. It is: 0.5-99.9.

4. In the distance countdown mode, press the **"MODE"** key to enter the calorie countdown mode. The **"CAL"** window displays "50.0" and blinks. Press the **"+"** and **"-"** keys to set the calories. : 10.0—990.

5. Select one of the three countdown modes and press the **"START"** key after the setting is completed. The treadmill will start running after a delay of 3 seconds. Press the **"+"** and **"-"** keys to adjust the speed. The treadmill stops running.

Built-in programs:

1. This system has 12 built-in programs P01-P12. In the standby state, press the **"PROG"** key. The program window displays **"P01"** to select the program you like, and the **"TIME"** window flashes; the preset time is 30: 00, press **"+"**, **"-"** Keys to set the required exercise time, and then press the **"START"** key to start the built-in program,the built-in program is divided into 10 segments, each segment of exercise time = set time / 10. When entering, there are 3 "Bi-Bi- Bi-" prompts in the system during one period. The speed of the system changes with the change of the program segment.

During this period, you can press the **"+"** and **"-"** keys to change the speed, but it will resume when the program enters the next segment. At this speed, after running a program, the system will issue 3 beeps of "Bi-Bi- Bi", the treadmill will stop running at a steady speed, and it will enter the standby state after stopping completely.

2. Physical Fitness Test (FAT) In the standby state, continuously press the **"Program"** key to enter the body mass index (F-1) test, and the window displays **"F-1"**.

Press the **"Mode"** key to select the parameters to be set (F1--Sex, F2-Age, F3-Height, F4-Weight), and press the **"Speed+"** and **"Speed-1"** keys to set these parameters. After setting, press the "Mode" key to display F5. Hold the pulse device and enter the physical fitness test to see if your weight and height are commensurate.

Body mass index (FAT) is a measure of the relationship between a person's height and weight. It does not refer to the proportion of the body. FAT is suitable for any male and female. Together with other health indicators, it provides a basis for people to adjust weight. The ideal FAT should be between 20-25, if it is below 19 it means too thin, if it is between 25 and 29, it is overweight, and if it exceeds 30, it is considered obese. The parameter ranges are as follows.

(This data is for reference only and cannot be regarded as medical data.) When exiting the body fat test, press the **"Program"** key to exit.

Sex	Male / Female
Age	**10 - 99**
Height	**100 - 200**
Weight	**20 - 15**

FAT≤19: Underweight

FAT(20-25): Normal weight

FAT(25-29): Over weight

FAT≥30: Obesity

Energy saving mode:

In the standby mode, no operation machine enters the energy-saving mode for 10 minutes. At this time, there is no display on the display. Press any button to exit standby mode.

Program	Time slot	Set time / 10 = run time of each time slot									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	2	2	5	3	5	6	4	4	3	2
P2	Speed	1	3	5	4	6	6	5	7	6	4
P3	Speed	2	4	6	6	8	8	7	5	3	2
P4	Speed	3	3	5	6	7	7	8	4	3	2
P5	Speed	3	6	6	2	4	5	7	7	3	1
P6	Speed	2	6	5	4	6	8	8	9	5	2
P7	Speed	1	5	4	6	8	7	9	3	2	2
P8	Speed	2	3	6	4	5	9	8	7	5	3
P9	Speed	2	4	6	8	8	9	6	5	3	2
P10	Speed	2	5	3	5	4	6	7	7	4	3
P11	Speed	3	5	7	8	9	9	6	5	3	2
P12	Speed	2	3	5	6	5	6	4	6	5	3

Program description:

Time set by time segment program / 10 = Run time of each segment, each program divides exercise time into 10 equal parts, and each time period has a corresponding speed.

Display range of each value:

Setting Parameter Initial	Initial	Set The Initial Value	Set Range	Show Range
Time (Minutes: Seconds)	0:00	15:00	5:00-99:00	0:00-99:59
Slope (Segment)	-	-	-	-
Speed (Km/H)	0.8	0.8	0.8-10	0.8-10
Distance (Km)	0.00	1.00	0.5-99.9	0.0-99.9
Heart Rate (Time/Minute)	-	-	-	-
Calories (Kcal)	0.0	50.0	10.0-990	0.0-990

Safety lock function:

In any state, pull off the safety lock can be urgently stopped treadmill operation, treadmill emergency stop, speed window shows "E07", at this time the treadmill in addition to shutdown can't do anything else, the safety lock will be re-installed correctly, the treadmill back into standby state, waiting for input instructions.

Shut down:

The treadmill can be turned off at any time by turning off the power switch so that it does not damage the treadmill.

If you purchased a treadmill with Bluetooth music, please follow the following method after powering on:

Bluetooth Music: Enter the phone settings - Bluetooth - turn on Bluetooth - search device - Appears EsAudioV2.3 Bluetooth device name click pairing, pairing successfully returns to music APP to broadcast music.

6. Maintenance Instructions:

Proper maintenance keeps your treadmill in optimal condition forever, and the wrong maintenance can hurt or shorten the life of the treadmill.

Warning: Always unplug the treadmill before cleaning or maintaining the appliance!

1. Regularly remove dust to keep the parts clean,

2. After each use of the treadmill, wipe the meter and other areas of sweating and debris with a clean towel or cloth, please note that do not spill water on the electrical components and under the running belt.

3. Please put your treadmill in a clean, dry environment to make sure the power is turned off and the plug has been unplugged.

4. In order to facilitate the movement, the treadmill set up the wheels, before moving please confirm the power supply and fold the body.

5. Check and lock all parts of the treadmill frequently;

6. In order to better maintain and extend the life of the treadmill, it is recommended that you continue to use for 30 minutes. Then, rest the treadmill for 10 minutes before using it.

7. The running belt has been adjusted at the factory, but after use, the running belt will be stretched, will deviate from the center of the running belt friction edge and rear cover damage. It is normal for the running belt to be forced to stretch during use, and if you are using the treadmill after a period of time, you can adjust the tightness of the running belt to improve it if you appear to have a slip or smoothness.
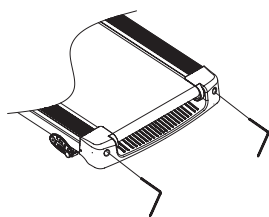
a. Running belt loose adjustment. If the running belt is too loose, insert a random hex wrench the adjustment hole of the left guard step of the treadmill, rotate clockwise 1/4 turn, and then rotate 1/4 lap clockwise on the right foot, pay attention to the left and right must be adjusted synchronously, so that the running belt can be tightened and the running belt will not deviate from the center point.

If the running belt is too tight, adjust the left and right synchronization counter-clockwise.

Note: The running belt cannot be adjusted too tightly. This will pull the running belt, increase the pressure of the front / rear drum, the drum bearings and other damage, produce a different tone or other problems, just adjust to the running belt does not slip for the most appropriate.

b. Running belt alignment. When you use a treadmill, the pressure on the running belt is unbalanced because the force of both feet is not the same when running, causing the running belt to deviate from the center. This deviation is normal, and when no one is running on a running belt, it automatically returns to the center. If you can't get back to the center, you'll need to run the belt back to center.Run the treadmill empty, speed to 6th gear, observe the distance from the running to the left and right-side bars:

· If left, use a hex wrench to rotate the left screw clockwise 1/4 turn;

· If you are right, use a hex wrench to rotate the right screw clockwise 1/4 turn;

· If the running belt is still not in the middle, repeat the above action until adjusted to the middle.

After adjusting the run to the middle, adjust the speed to 6th gear, and observe the deviation of the running belt and the smoothness of the run, if there is a deviation, repeat the adjustment step.

Warning! **Do not over tighten the drum! This will result in permanent damage to the bearings!**

8. Treadmills are oiled when they are shipped, but the lubricity of the treadmills is often checked to help keep the treadmills at peak use. The treadmill must be lubricated after one year of use or 100 hours of operation. After 30 hours or 30 days of use, in the treadmill stationary state, pull the starting belt from the side to reach as far as possible to touch the table surface, if you feel touch the lubricant, do not need to add lubricant;(Use non-petroleum lubricants).
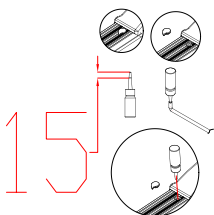
How to add lubricant, please press the figure way to operate, open the side bar left front of the refueling decorative cover, with scissors or art knife to press the lubricant bottle to cut the size of the figure, and then press the bottom illustration to refuel, refueling, please pay attention to the oil bottle front of the thin rod inserted into the fuel pipe on the platform and then pour oil into.

7. Failures & Trouble Shooting:

The electronic table displays the error message code and excludes:

Fault Code	Fault Description	Fault Handling
E1	Communication anomalies: power-on control and electronic table communication abnormal.	Possible causes: electronic control and electronic table communication is blocked, check the electronic table to the next section of the control communication line of the connection, to ensure that each core is fully inserted. Check if the electronic table is connected to the controller break, replace the cable.
E2	High voltage fault	Possible causes: Check the motor line for damage, odor, replace the motor.
E3	No motor detected	Possible causes: Check that the motor line is connected and reconnect the motor line. Check the motor line for damage, odor, replace the motor.
E5	Overcurrent protection: In the operational state, the control continuously detects that the DC motor current is greater than the amount of fixed current, up to 3 seconds.	Possible reasons: more than the rated load caused by excessive current, system self-preservation, or a part of the treadmill is stuck dead, resulting in the motor can not turn, the load is too heavy, the current is too large, the system self-insurance; There is also checking the motor for overcurrent or burning odor, replacing the motor, checking the controller for burning air, replacing the controller, or checking that the supply voltage specifications are not or low, retest using the correct voltage specifications.
E6	Explosion protection: abnormal supply voltage or motor anomalies, etc. lead to drive motor circuitry Damage.	Possible cause: Check if the supply voltage is below normal 50, retest with the correct voltage specifications, check the controller for odor, replace the controller, check that the motor line is connected, and reconnect the motor line.
E7	Safety switch not Put it on.	Put the security lock in place;

2. Common problems and troubleshooting methods:

1. Some or all of the buttons are not working well.

1.1 Uncover the upper case of the electronic watch and test whether the buttons are working;

1.2 Check or replace the electronic board;

1.3 Check the button can be worked after the power is turned back on.

2. The electronic watch has no display.

2.1 Check if the input voltage is within the allowable range: AC 200-240V;

2.2 Check if the switch on the electric running machine is turned on;

2.3 Check if the fuse inside the power outlet is blown. If it is blown, replace it with a spare fuse;

2.4 Check the controller, if LED is lit;

2.5 Check each cable;

2.6 Check or replace the electronic board;

2.7 Check or replace control board.

Other problems and troubleshooting

a. The treadmill cannot start - Check if the power plug is plugged in, the power switch is turned on, and the safety switch is removed.

b. Treadmill slips - Adjust the running belt tightly by referring to the instructions.

c. Running belt deviation - Refer to the instructions to adjust the running belt to center.

d . Running abnormal sound - Check if the machine screws are loose and the running belt needs to be lubricated.

8. Warranty Terms:

1. **Warranty coverage** - In the case of proper use and maintenance, the non-human damage caused by normal use, the warranty card is limited to the original purchaser and may not be transferred.

2. **Free warranty period** - Free one year warranty from the date of purchase. Consumables, normal wear and tear are not covered by the warranty, such as running belts and other accessories.

8. Warranty Terms:

3. The following terms are not covered by the warranty:

   a. Damage caused by abuse, negligent use, accident or unauthorized modification;

   b. Damage caused by improper adjustment of the running belt and the driving belt;

   c. Damage caused by improper maintenance;

   d. Other violations and resulting damage.

4. **Spare parts and services** - Please contact the dealer or us. The company is not responsible for the extended services arranged by the merchants themselves.

5. The warranty commitment is only valid for private use of the family, not for professional training in the gym. If you need to purchase non-warranty accessories, please contact customer service. Please provide the following information when ordering:

   · Instruction
   · Treadmill model
   · Part number or picture
   · Proof of purchase date

9. Exercise Guidelines:

· Consult your doctor before starting a exercise or training program. Please follow the doctor's advice and instructions for training.

· Set your goals with your doctor before you can ensure that the plan is realistic and start the training program with ease.

· You can add some aerobic exercise to your exercise plan, such as walking, jogging, swimming, dancing or cycling. Always check the pulse. If you do not have an electronic heartbeat monitor, ask your doctor how to measure the pulse by hand or neck. In addition, you must set the target heart rate based on age and physical well-being.

· Drink plenty of water during exercise. You must replenish moisture lost from excessive exercise to prevent dehydration. Avoid drinking plenty of ice water or beverages, and the temperature of your drinking water or beverage is equal to room temperature.

10. Warm Exercise:

Warm-up and soothing exercise:

A successful exercise program must include warm-up, aerobic and soothing exercises. The number of exercises will be at least two or three times a week, and one day after the exercise, you can increase the number of exercises to four to five days after a few months.

Warm-up is an important part of your fitness. Warm up before each exercise. Warm warm-up can prepare your body for more intense exercise, because warm-up can help muscles warm and stretch. Improves blood circulation, increases pulse, and delivers more oxygen into the muscles. After the aerobic exercise, repeated warm-up exercises can also reduce muscle soreness.

We recommend the following warm-up and soothing exercises:

1. Stretch down:

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, hands touch the toes as much as possible. Hold for 10-15 seconds and then relax. **Repeat 3 times.**

Pic 1

2. The tendon stretch:

Sit on a clean cushion, straighten one leg, and then put the other leg inward so that it fits snugly against the inside of the straight leg and try to touch the toe with your hand. Hold for 10-15 seconds and then relax. **Repeat 3 times for each leg.**

Pic 2

3. The calf and heel are stretched:

Hold the wall with both hands or stand with one foot behind, keep the hind legs upright, and the heels touch the ground and tilt toward the wall. Hold for 10-15 seconds and then relax. **Repeat 3 times for each leg.**

Pic 3

4. Quadriceps stretching: Grasp the balance with your left hand or the table, then extend your right hand backwards and grab the right heel and slowly pull it toward your hips until you feel the muscles in front of your thighs. **Hold for 10-15 seconds and then relax.**	 Pic 4
5. The sartorius muscle (muscle inside the thigh) stretches: The soles of the feet are opposite, the knees are seated outwards, and both hands grasp the feet and pull toward the groin. Hold for 10-15 seconds and then relax. **Repeat 3 times**.	 Pic 5

Technology Parameter:

Simply Brands

www.simply-brands.com

Importer Name:
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Lockhart Road, Wanchai, Hong Kong.

Client SKU:
SBA-00081

Manufacturer Model:
B1

Please retain this information for future reference.

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