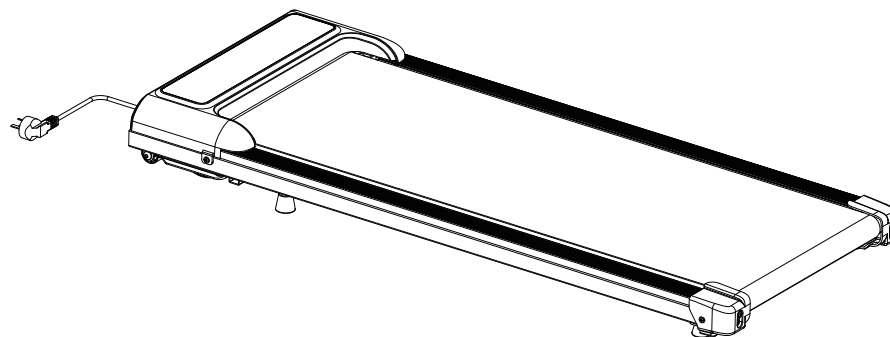


Instruction manual

Model : PFTM003



Please read the instructions carefully before using

Catalogue

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Safety precautions and warnings

1. Pay attention

To avoid injury, please read this manual carefully before use.

► For safety

Don't stand on the strip at the start.

► If you feel vomiting or jerky during use, please stop using immediately.

Please adjust your speed slowly.

Do not adjust the belt tension or centering belt in use.

► Sports shoes are recommended when using the machine.

► Children, the elderly, pregnant women and patients are not allowed to use it.

► This product is suitable for home use, not suitable for professional training and testing, and cannot be used for medical purposes.

2. Safety precautions

► Please put the machine on the level ground. This machine should not be placed in the following places

① In the open air. (This machine is designed for indoor use)

② A sloping floor or place on a balcony.

③ Near sunny areas or heaters. A noisy place.

► Errors may occur if the power supply is unstable. Do not use the same socket as the computer or air conditioner.

► Sports shoes and sports clothes are recommended for use.

► Please increase and decrease the speed slowly.

► Do not place the machine near wet objects. The error may be caused by water droplets.

► If the power cord is damaged, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments to avoid danger.

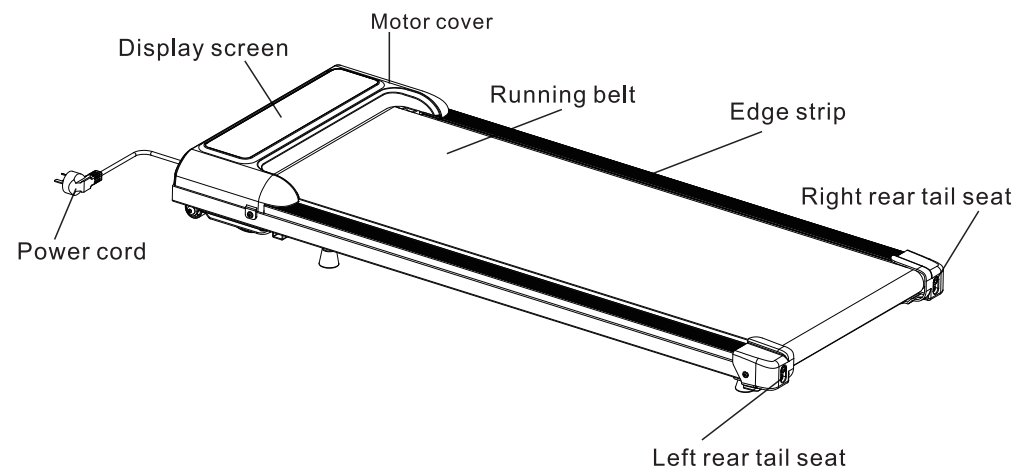
► Keep the oil bottle out of reach of children. If ingested or in eyes, rinse with water and seek medical attention.

► 1 meter (1000mm) space should be left on both sides and in front of the walking machine, and 2 meters x 1 meter (2000mm*1000mm) space should be left behind for emergency jumping away.

3. Precautions when using

- ▶ If you feel uncomfortable before use, consult your doctor or instructor.
- ▶ The company does not assume any responsibility for physical injury caused by improper use of users.
- ▶ Please unplug after use.
- ▶ If the machine moves, please unplug or replace the parts. Children, the elderly, pregnant women are not allowed to use. Patients should consult their doctor before using it.
- ▶ Please put the machine on a flat place.
- ▶ Water droplets are strictly prohibited from entering the machine, especially the motor, power cord and plug.
- ▶ In the process of use, such as wearing long skirts or other inappropriate clothing, may cause danger. It is strictly prohibited to use in closed places, places with no air circulation and inflammable places.
- ▶ Don't put anything on the machine. Remove the plug from a heated area or stove seat.
- ▶ Please turn off the power switch and unplug it after use.
- ▶ Do not stand directly on the running belt during startup. Do not disassemble the machine without professional operation.
- ▶ Be sure to tie the running belt before use.
- ▶ Don't jump up and down on the machine while exercising. Injuries may result from a fall.
- ▶ The machine must be grounded. In the event of a failure, grounding will provide a path of least resistance for the current to reduce the risk of shock.

2. Product introduction



Packing list:

No.	Name	Qty.	Remark
1	Main body	1	
2	Spare parts package	1	See table

Technical Parameters:

Operating voltage	AC 110V / 60Hz
Maximum load	265 lbs
Product size	46.57*19.29*4.44 inch
Running area	15*40 inch
Peak horsepower	2.25 HP
Display speed	0.6-3.8mph
Control mode	Remote control

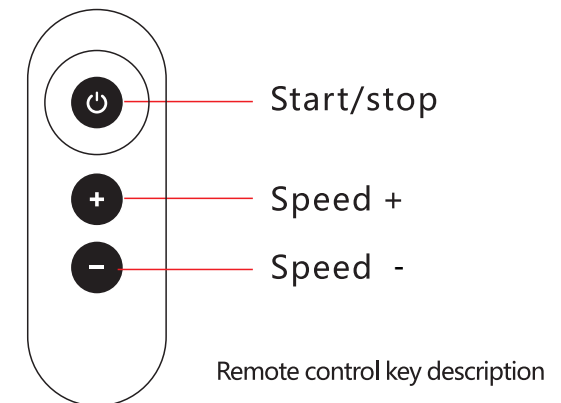
Spare parts list:

NO.	Name	Qty.	Remark
1	5mm hex wrench	1	Belt tention adjusting
2	spanner	1	
3	Remote control	1	
4	Methyl silicone oil	2	

3. Operation instructions

- 1.power on, check whether the machine is normal.
2. Before exercise, check whether the stability and function of the walking machine are normal. It is strictly prohibited to start the walking machine while standing on the running belt. When starting up, press the "  " key of the remote control with one hand, the walking machine will start with a delay of 3 seconds and run at a speed of 0.6mph.
3. after a few minutes can speed up running, press the "+" button to speed up; You can also press the - key to slow it down.
- 4.You can press the remote control at any time during the movement. Key to stop the motor.

Tip: This remote control does not need pairing, just open the walking machine, and then unplug the paper inserted in the remote control battery.



Display Window and Key Description

1. LED window displays the following functions:

Three windows display time, speed, distance and calorie data, and time and speed are switched,

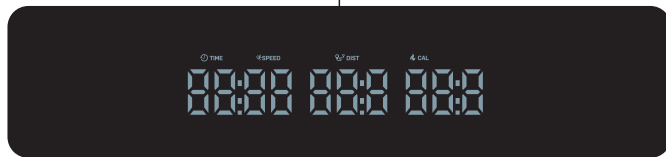
Time display range: 0:00-99:59

Distance display range: 0.00-99.9

Speed display range: 0.6-4.0

Calories display range: 0.00-999

Display window

**Starting instruction**

1. Turn on the power switch and the system enters the standby state.

2. The window displays the 3-second countdown, and the buzzer sounds once every minus one before starting the motor.

3. Starting speed: 0.6mph, you can press the speed of the remote control +, one button to adjust the speed.

4. Common Failures and Troubleshooting

Please call our dealer or our after-sales service team if you have any other questions.

Questions	Possible Causes	Maintenance Methods
Treadmill does not work.	Not connected.	Insert plug into socket.
	Power is not turned on.	Put the power switch in position "ON".
	Safety lock dropped.	Put the safety lock in the correct position.
	Circuit signal system broken.	Check the controller input terminal and signal circuit.
	Fuse blew out.	Replace the fuse.
The running belt doesn't run smoothly.	Insufficient lubrication.	Add silicone oil lubricant.
	Belt is too tight.	Adjust belt tightness.
Running belt slipped.	Running belt too loose.	Adjust running belt tightness.
	Running belt too tight.	Adjust running belt tightness.

Error messages on electronic meter and elimination methods.

Questions	Possible Causes	Maintenance Methods
E01	Poor connection.	The signal line is not plugged it. Plug it in again.
E02	The motor wire is loose or falling off, or the carbon brush is worn out.	Check whether the motor cable is loose or falling off. If it does not fall off, check whether the carbon brush of the motor is worn out. If it is worn out, replace the motor. If it is not worn out, the electric controller is damaged. Replace the electric controller.
E05	Overload protect activated.	Overload. Replace controller.
E06	System self-check failed.	System failure. Replace controller.
Abnormal display	External disturbance.	Turn off power switch, turn on it after one minute.

5. Product Maintenance



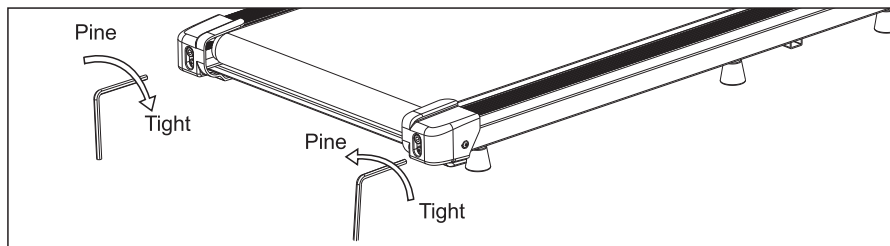
1. Disconnect the power supply before checking or cleaning the machine.
2. Clean the belt and dial at least once a week after use.
3. Check and tighten the screws and spines on the fixed point.
4. Don't hang clothes or other items on the machine.

4. Running Belt Deviation Adjustment

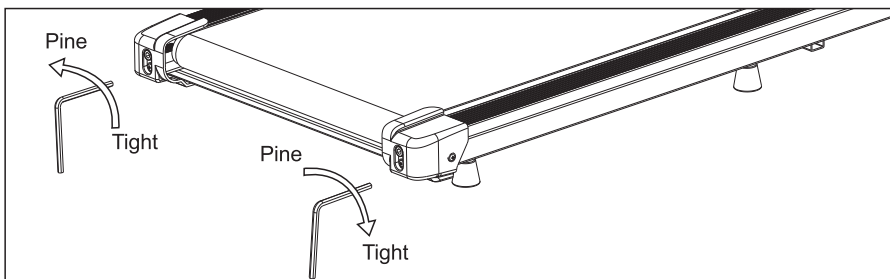
All treadmills need to be adjusted with the running belt before delivery and after installation. But the running belt may be deviated after a period of use which may be caused by the following reasons.

- ① The main body is not placed smoothly.
- ② The feet of users are not in the center of the running belt.
- ③ The user runs with uneven force between the feet.

It will return to normal after a few minutes of no-load rotation if the deviation is caused due to the wrong usage. It should be adjusted with a 6mm wrench at a half circle as the unit for deviation of non recover automatically.



Please adjust the left bolt clockwise or right bolt counterclockwise if the running belt is left deviation.



Please adjust the right bolt clockwise or left bolt counterclockwise if the running belt is right deviation.

Note: The running belt deviation is not within the scope of the warranty. And it is mainly maintained by the user according to the manual. Running belt deviation will seriously damage the running belt. The mistake must be detected in time and corrected.

Service Commitment Warranty

IMPORTANT: FOR POPFIT ONLY

For damaged or defective products, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, Email us with order ID at:

support@onepopfit.com

PLEASE DO NOT RETURN THE PRODUCT DIRECTLY WITHOUT ASKING OUR CUSTOMER SERVICE FIRST.

99% OF OUR CUSTOMERS BELIEVE THAT THEY GET SATISFACTORY SOLUTIONS BY CONTACTING US BEFORE RETURN.

We will reply to you within 4-6 hours and solve your problem as soon as we can.

MANUFACTURERS LIMITED WARRANTY

POPFIT warrants to the original purchaser that this product is free from defects material and workman-conditions that it has been installed and operated in accordance with POPFIT Owner's Manual.

POPFIT's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only

All Other Components 90 days For Home Use Only

EXCLUSIONS FROM WARRANTY COVERAGE

POPFIT does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by POPFIT's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;

3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disasters), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation and handling, alteration, storage, abuse or neglect of the products.

POPFIT, using its sole discretion, will either repair or replace free of charge any parts proven to be defective under normal home use, any repair or replacement shall provide no new warrant coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

- 1. Order Number**
- 2. Description of Parts (Add photos or videos would be helpful)**
- 3. Part Number**
- 4. Date of purchase**