



MANUAL TREADMILL

Owner's Manual

SF-T808M



Table of Contents

2	■	Features of the Equipment / Safety Precautions
3	■	Parts List
4	■	Hardware Packing List / Overview Drawing
5	■	Assembly Instructions
7	■	Folding and Moving
8	■	Running Belt Adjustment
9	■	Maintenance and Treatment
10	■	Operating Instructions
11	■	Warm Up Exercises

1. Features of the Equipment

This foldable treadmill integrates the functions of running and jogging with its computer displaying Scan, Time, Speed, Distance, Calories, and Total Distance. This treadmill's set up dimension is **48 L x 25 W x 48 H inch** and the fold up dimension is **16 L x 25 W x 49 H inch**. It is easy to move with wheels at the base of the treadmill.

2. Safety Precautions

Warning: Consult your physician and make a suitable schedule before exercise. This is particularly important to the person who is over 35 years old or who has medical history. In order to attain an ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.

- 1) This foldable treadmill is a home stationary fitness equipment, and also an aerobic training equipment that can help you to develop your cardio-vascular function.
- 2) Check every part of the equipment before exercise. If there is any defective component, replace it immediately; keep the equipment out of use until repair.
- 3) Make sure all parts, bolts and nuts are well assembled and locked before exercise.
- 4) Do not put your finger or clothes on the joint of moving parts to avoid injury to your body and harm to the equipment.
- 5) Do not use this equipment one hour before or after dinner.
- 6) Please wear suitable clothes including athletic shoes during exercise for safety and better exercise result.
- 7) Hold the handrails with your hands when starting or stopping exercise and increasing or decreasing the speed.
- 8) If feeling chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 9) The minimum free space required for safety operation is **80x40 inch**.
- 10) The maximum capacity of user is **250 lbs**.
- 11) The equipment should be placed on the flat ground when using.
- 12) Keep the children and pets away from the equipment while using the equipment; the adults should take care of the children if they are permitted to use the equipment.
- 13) The walker is not suitable for medical purpose.

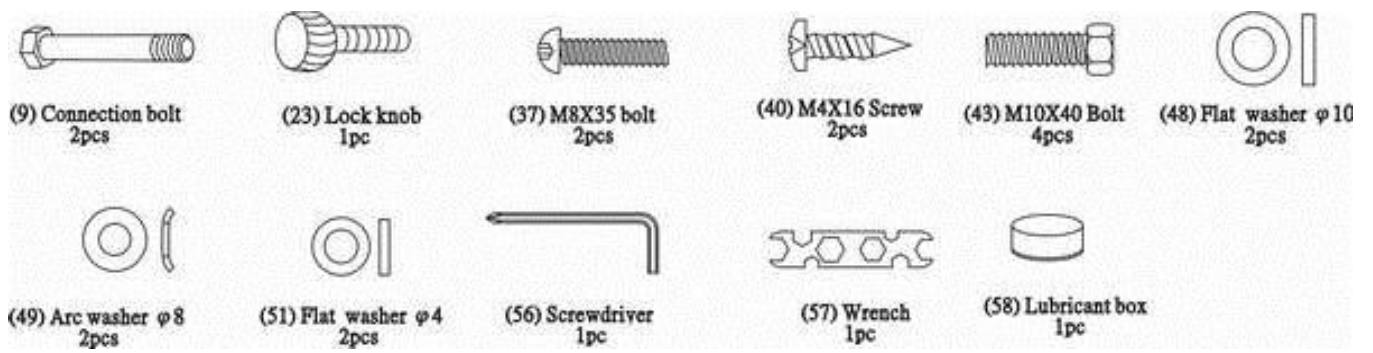


Warning: Incorrect use or excessive exercise could cause injuries to the user and do harm to the equipment.

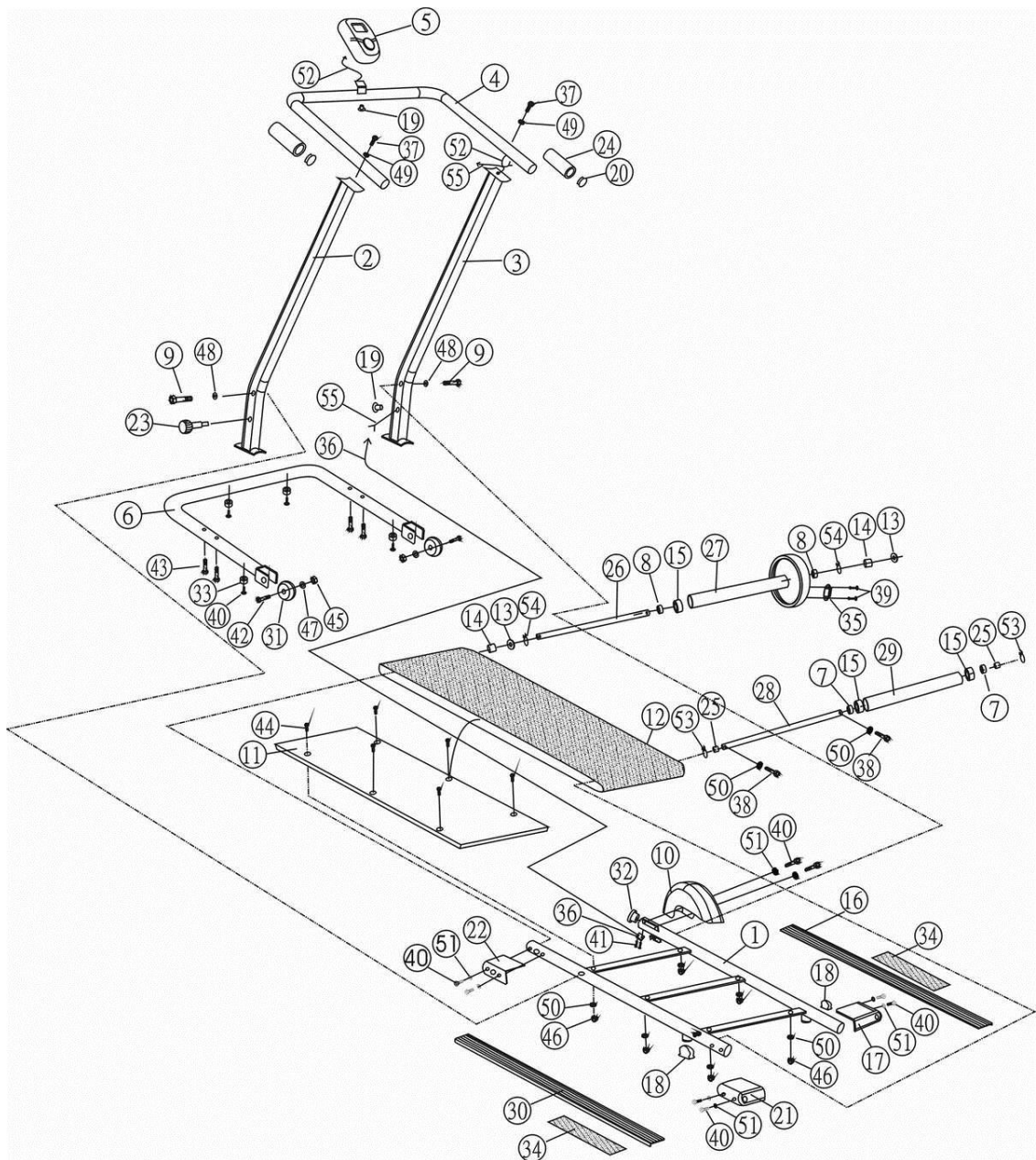
3. Parts List

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	30	Left rail	1
2	Left handlebar support	1	31	Front wheel	2
3	Right handlebar support	1	32	End plug	1
4	Front handlebar	1	33	Buffer cushion	4
5	Computer	1	34	Emery cloth	2
6	Base support	1	35	Magnetic sensor	1
7	Ball bearing	2	36	Sensor	1
8	Ball bearing	2	37	M8X35 Bolt	2
9	Connection bolt	2	38	M6X70 Bolt	2
10	Flywheel cover	1	39	M3X8 Crosshead bolt	2
11	Running deck	1	40	M4X16 Screw	12
12	Running belt	1	41	M3X10 Screw	2
13	Φ21×Φ15.2×1 washer	2	42	M8X40 Bolt	2
14	Φ21×Φ15.2×2.5 washer	2	43	M10X40 Bolt	4
15	Roller's bearing bracket	3	44	M6 X35 Bolt	6
16	Right rail	1	45	M8 Lock nut	2
17	Right end cap	1	46	M6 Lock nut	6
18	Foot cushion	2	47	Φ8 Flat washer	2
19	Hole plug	2	48	Φ10 Flat washer	2
20	Handlebar end plug	2	49	Φ8 Arc washer	2
21	Left end cap	1	50	Φ6 Flat washer	8
22	Front end cap	1	51	Φ4 Flat washer	8
23	Lock knob	1	52	Sensor wire II	1
24	Hand foam	2	53	Φ12 Spring spacer	2
25	Roller spacer	2	54	Φ15 Spring spacer	2
26	Front roller axis	1	55	Sensor wire I	1
27	Front roller	1	56	Screwdriver (S=5)	1
28	Rear roller axis	1	57	Wrench	1
29	Rear roller	1	58	Lubricant box	1

4. Hardware Packing List



5. Overview Drawing



6. Assembly Instructions

This treadmill needs two people to assemble it. Put all the parts on the floor, and follow the below assembly instructions to assemble this treadmill.

Step 1: Install the Flywheel Cover

Attach the Flywheel cover (10) to the Main frame (1) with two Screws (40) and Flat washers (51). (See figure 1)

Step 2: Install the Base Support

Attach the Base support (6) to the Left and Right handlebar supports (2,3) with four Bolts (43). (See figure2)

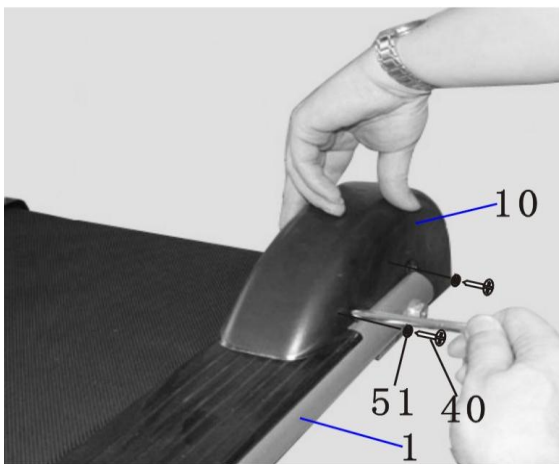


Figure 1

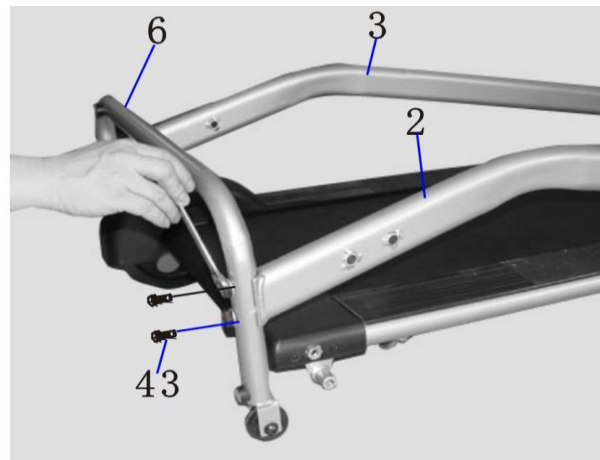


Figure 2

Step 3: Install the Main Frame

Raise up the front part of Main frame (1) by two people. Attach the front part of Main frame (1) to Left and Right handlebar supports (2,3) with two Connection bolts (9) and Flat washers (48). Attach the Lock Knob (23) to the lower hole at the Left handlebar (2) and secure it with the Main frame (1). Connect the Sensor wire (55) from the Right handlebar support (3) to the Sensor (36) from the Main frame (1). (See figure 3)

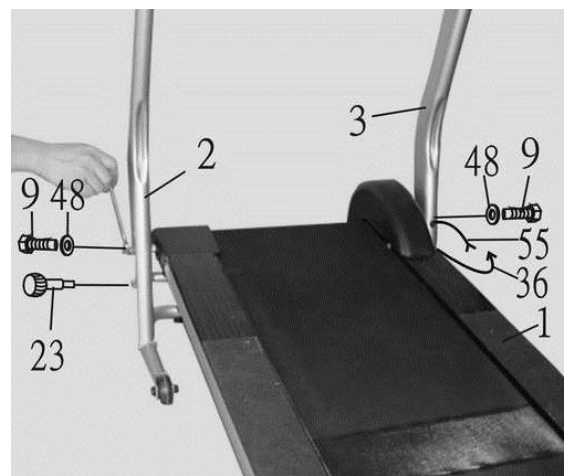


Figure 3

Step 4: Install the Front Handlebar

Connect the Sensor wire I (55) from the Right handlebar support (3) to the Sensor wire II (52) from the Front handlebar (4). (See figure 4a).

Attach the Front handlebar (4) on the arc plates of Left and Right handlebar supports (2, 3) with two Bolts (37) and Arc washers (49). Finally, cover two Hand foams (24) to the Front handlebar (4). (See figure 4b)

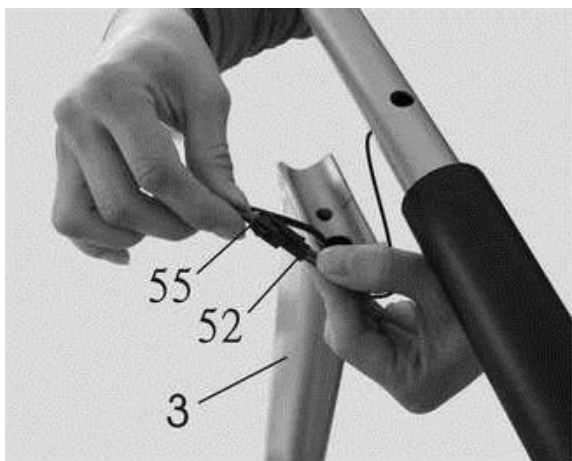


Figure 4a

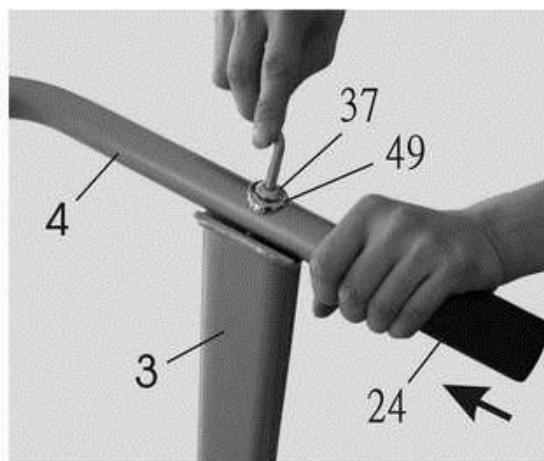


Figure 4b

Step 5: Install the Computer

Connect the Sensor wire II (52) to the wire that comes from the Computer (5). Insert the Computer (5) to the computer plate of Front handlebar (4). (See figure 5)



Warning: Be sure you tighten all the bolts before exercise.

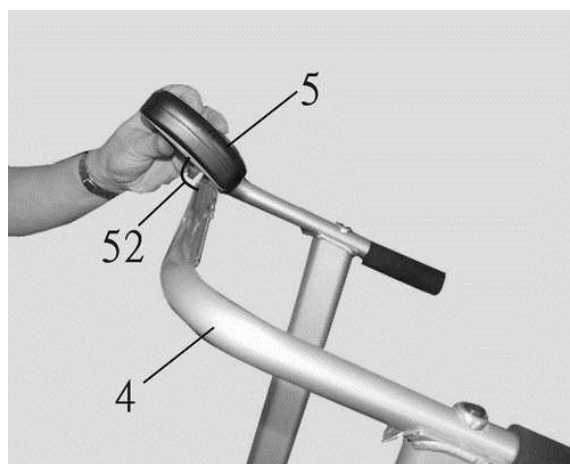


Figure 5

7. Folding and Moving

Folding: To fold up the treadmill please turns the Lock knob (23) counterclockwise and remove it from the Left handlebar support (2). Raise the rear part of the Main frame (1) all the way up by your right hand then insert the Lock knob (23) to the upper hole of Left handlebar support (2) and tighten it. (See figure 6a)

Moving: After folding up the treadmill, hold the handlebars with your hands, lean back the treadmill, then you can move it when the wheels touch the ground. (See figure 6b)



Figure 6a



Figure 6b

Warning:



- 1) Make sure the Lock knob is inserted correctly when folding or unfolding the equipment, and then tighten the Lock knob.
- 2) Keep the children away from the folded equipment.

8. Running Belt Adjustment

After assembly, please try running and check the following points:

- 1) Check if the values of the Computer can display properly or not; be sure the wire and the plug are correctly connected and the batteries are placed.
- 2) Check if the running belt turns smoothly or not and the running belt deviates or not when operating. Under normal condition, the running belt will turns freely and keep its position in the middle since the belt is adjusted at factory. It may run defectively if after rude transportation, please adjust it referring to the Figure 7.
- 3) Please screw bolts in the end caps to adjust the tension of running belt. Be sure that you must adjust both bolts at the same time to avoid deviate the belt. Screw counterclockwise on both bolts can release the belt, clockwise can tighten the belt. (See Figure 7)
- 4) If the running belt deviates to left side, please insert the hex end of the screwdriver into the hexangular hole at the left or right side of the rear roller, turn 1/2 circle counterclockwise in the right side, try running again till the belt runs in the middle; or turn 1/2 circle clockwise in the left side, try running again. Please operate conversely if the running belt deviates to right side. During the operation, keep the belt in a proper tension state. (See Figure 7)

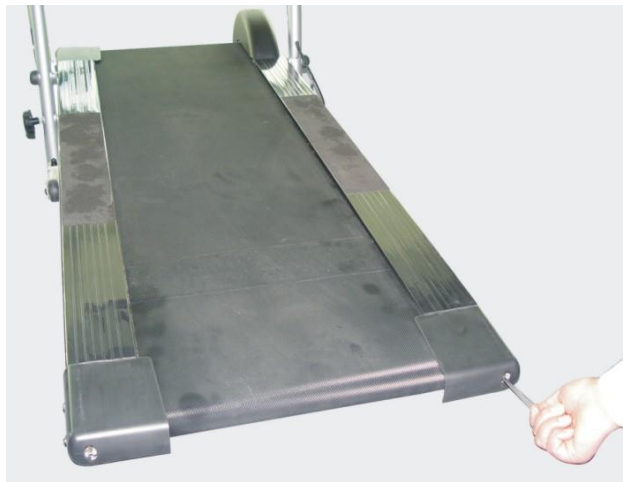


Figure 7

9. Maintenance and Treatment

Maintenance

1) You may feel the resistance of the running belt getting bigger after using for a long time because the running belt and the plate need cleaning and lubricating, user's normal maintenance is very essential. Please clean and lubricate the belt and belt plate as below:

Raise up the belt in one side, wipe some lubricant to the belt plate and do it the same in the other side.

2) Check the bolts in each part of the equipment regularly, and tighten them. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment.

3) Keep the equipment clean, do not clean the equipment with strong solvent.

4) The running belt is easy to wear out, if you find it worn or broken, you should contact the technician to replace it. You should not use the equipment until the belt is repaired.

Malfunction

Malfunction	Reason	Treatment
Base is unstable.	1) The ground is not flat or there is small object on the ground. 2) The lock knob is not tightened.	1) Remove the objects. 2) Tighten the lock knob.
Noise from the moving parts.	The magnets are too close.	Contact the technician to open the cover for a check.
The running belt deviates when operating.	See article 7.	See article 7.

10. Operating instruction

- 1) Unfold the equipment to exercise location, tighten the knob, adjust the equipment and do warm-up exercise, then you can come to the exercise step.
- 2) When stepping, hold the handlebars with your hands, lean forward your body a little, step on the running belt stably.
- 3) When jogging, hold the handlebars with your hands, straighten your body, and jog on the running belt stably.
- 4) When running, hold the handlebars with your hands or do not hold the handlebars (as your own condition), running on the belt at suitable speed.
- 5) Operation of the computer (JS-125). (See right figure)

FUNCTIONS:

SCAN Press MODE button until “▼” sign appears at SCAN position, monitor will rotate through the following functions: time, speed, distance, calorie and total distance, each display will be hold for 4 seconds.

TIME Display the time from start to end. (minutes : seconds)

SPEED Display the current speed. (mile/h)

DIST Display the exercise distance from start to end. (mile)

CAL Display the consumed calories from start to end. (kcal)

TOTAL DIST Display the total distance after loading the batteries. (mile)

AUTO ON/OFF Without any signal for 8 minutes, the power will turn off automatically. As long as the flywheel is in motion or press the button, the monitor will be in action.

REPLACING THE BATTERY:

Open the battery cover and place two "AA" or "UM-3" batteries when the screen cannot show clearly.

Note: The computer display can recover 15 seconds later after the battery replacement. Memory data will all disappear after replacing the batteries.

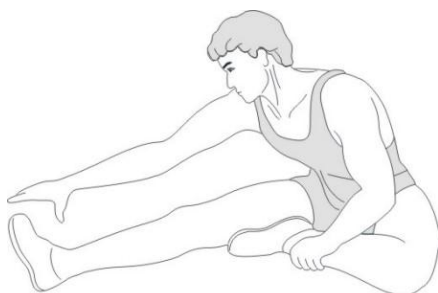


11. Warm Up Exercises

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:

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.

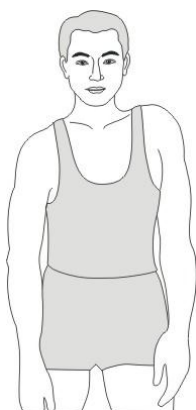
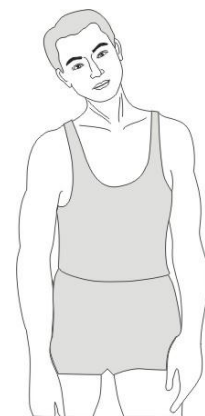


Hamstring Stretch

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.

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.



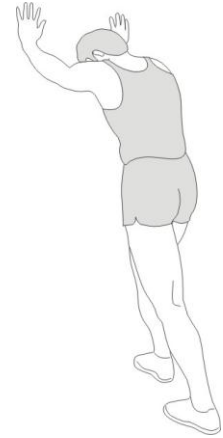
Shoulder Lift

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.

Warm Up Exercises

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, then repeat on the other side for 15 counts.



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.

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.

