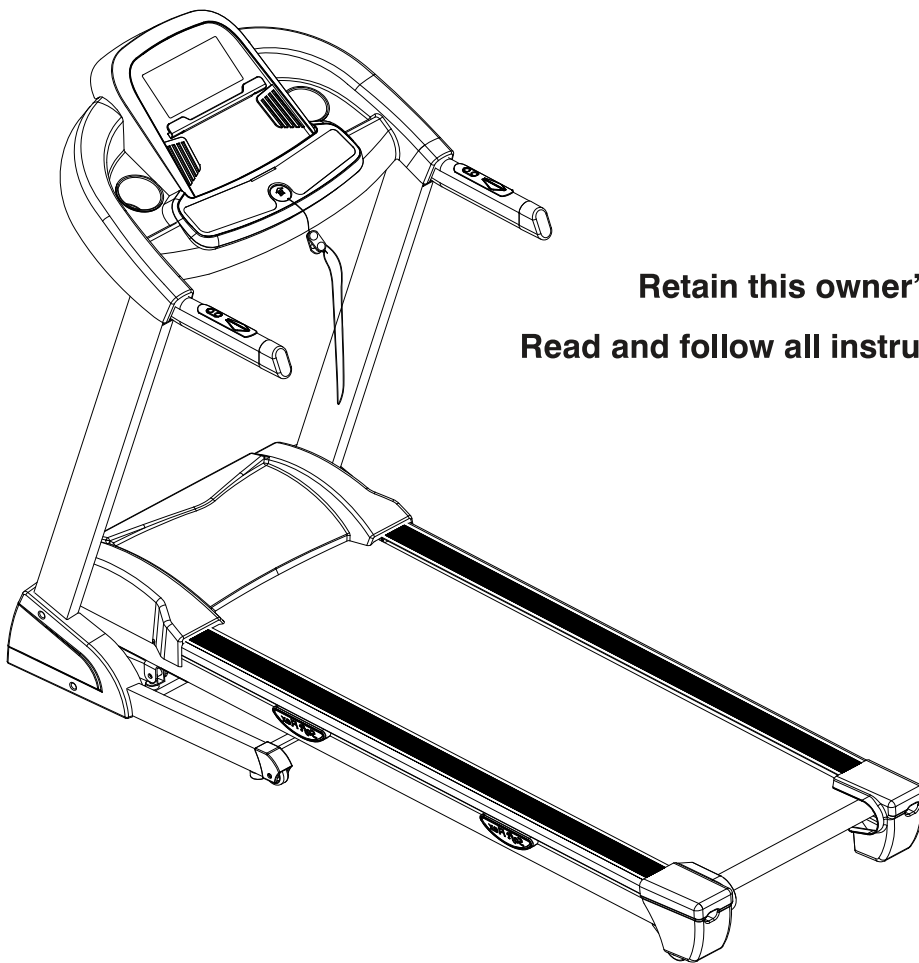# BODYWORX

# Treadmill

# Model No:

# 6CGHCB˙A &

Retain this owner's manual for future reference •

Read and follow all instructions in this owner's manual •

# Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.
We back our product range up with our industry leading warranty.
Please see below for the step by step instructions on how to register your product warranty online.

### Step 1
## Visit our Website

Go to the GPI Sports website: **www.gpisports.com.au/warranty**

### Step 2
## Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page

### Step 3
## Call Our Toll Free Number

If a warranty service request is required on your product please call the toll free number - **1800 005 770**

BODYWORX

# CONTENT

# IMPORTANT SAFETY PRECAUTIONS

**WARNING:** Before starting any exercise program, consult with your physician or health professional，especially the person who is above 35 years old people or has some health problems before. We take no responsibility for any trouble or injury due to the above reasons. Don't power on until you finish assembly the treadmill and covering the protected top of motor.

**ATTENTIONS:**

1. When using this treadmill, keep attaching the safety pull pin rope to your clothes or belt.

2. Do not plug anything into any parts of this equipment as it may cause damage and a serious safety risk.

3. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Keep small children or pet away from the treadmill during operation.

7. Do not exercise for 40 minutes after a meal.

8. This treadmill is designed and intended for use by adults. Any use by people less than adult age needs to be under strict supervision and at the risk of the user and supervisor.

9. Always hold the handrails when initially walking or running on the treadmill, until you are familiar with the use of the treadmill.

10. The treadmill is for indoor equipment, do not use outdoor. Position the treadmill on a clean, level surface.

NOTE : The treadmill is made with specialised equipment. Please do not attempt to modify any of the original parts.

11. The power cord of motorized treadmill is specialized. If the power cord is damaged, please purchase it from distributor or contact our company directly.

12. If the treadmill should suddenly increase in speed due to an electronics failure or the speed inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

13. Do not use an extension cord with this product. Keep the power cord clear from all moving parts.

Do not place the power cord underneath the treadmill as it may become entangled and cause a serious safety risk. Ensure that the power cord is not near any high temperature.

14. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

Note the power cord of motorized treadmill made by special equipment, and if it is broken, please contact distributor quickly.

15. The treadmill is for home use only.

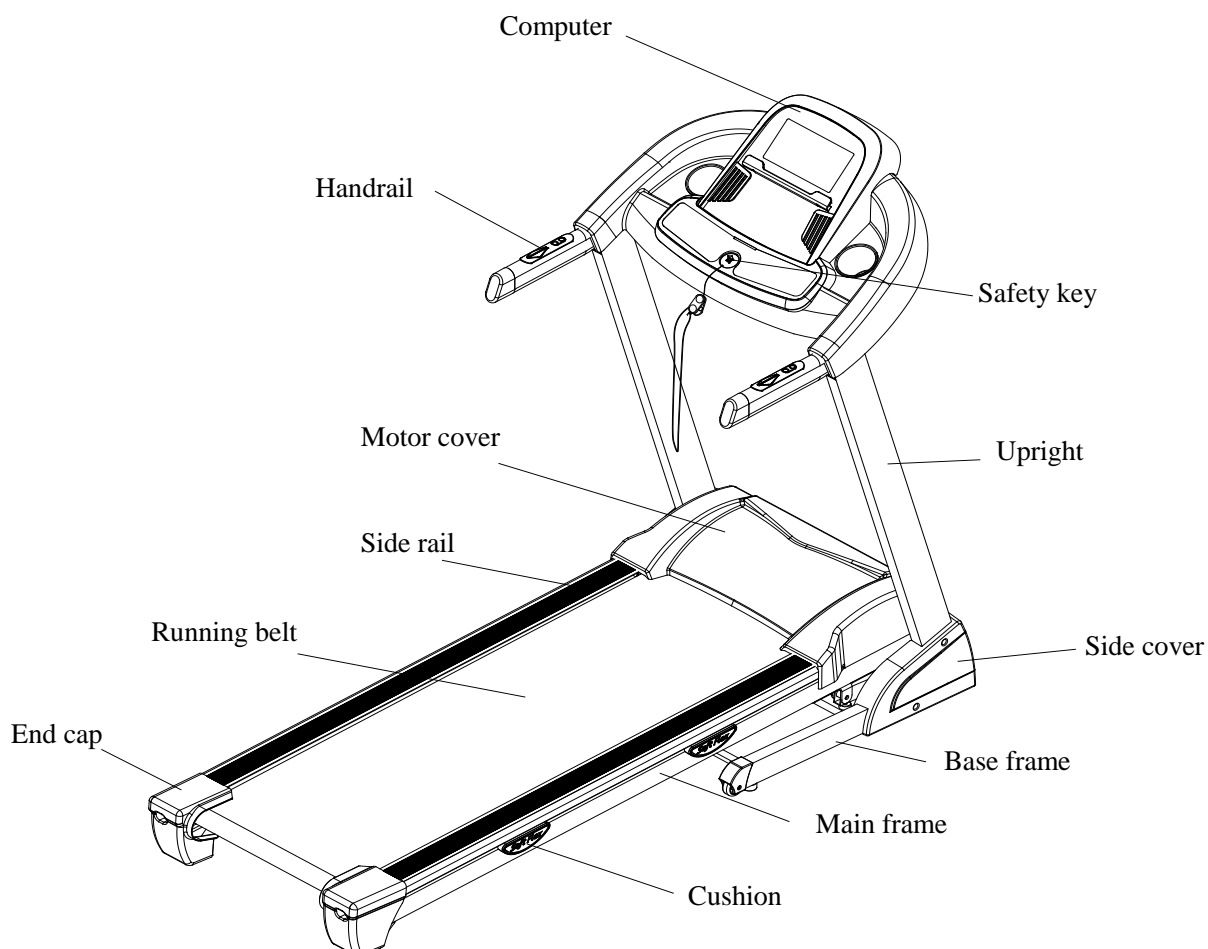16. The treadmill maximum user weight is **125KG**.

17. Please do not overuse the treadmill so can avoid any injury and do not use incorrect way for your safety.

18. When the treadmill is not being used, please keep the safety pull pin in the safety place to avoid the other use.
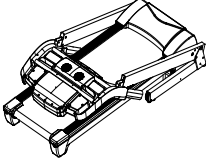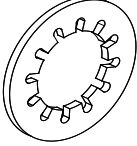
# The main technical parameters
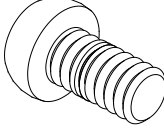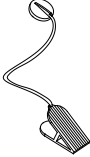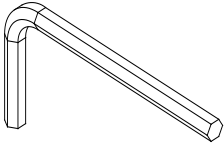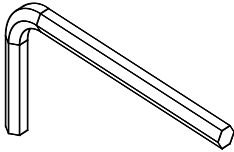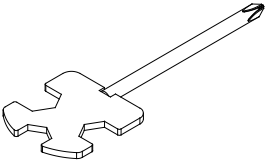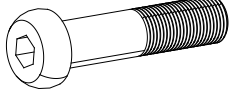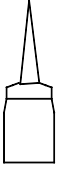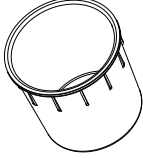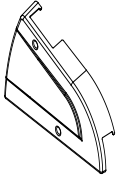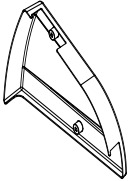
| | |
|---|---|
| Input supply voltage：240V | Working temperature: 0-40 ℃ |
| Speed range: 0.8-16KM/H | Incline range:15 level Motor incline |
| Max. user weight: 125kg | Distance display range: 0.00-99.9km |
| Calories display range: 000-999 | Time display range: 00：00-99：59 (min : sec) |
| Heart rate range: 50-200 (time / min) | Running surface: 460*1350mm |
| Product size: 1750*760*1410mm | Folding size: 1010*760*1540mm |

## Product Overview



Computer

Handrail

Safety key

Motor cover

Upright

Side rail

Running belt

Side cover

End cap

Base frame

Main frame

Cushion

3

# Assembly instruction

**WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:**

| | | | |
|---|---|---|---|
| Main frame 1set | D21 Inner washer M8 8 pcs | D13 Round hex bolt M8*15  4pcs | C13 Safety Key 1set |
| D2 Allen wrench 6MM, 1 pc | D3 Allen wrench 5MM, 1 pc | D1 Screw driver 1 pc | D16 Round hex bolt M8*45 4pcs |
| B18 Silicon oil 1pc | B49 Bottle holder 2 pcs | D48 Cross self-tapping bolt ST4.2X19, 4 pcs | C19 MP3 line 1 pc |
| B11 Left Side cover 1 pc | B11 Right Side cover 1 pc | | |

**STEP 2:** According to the following steps to lift up the uprights.
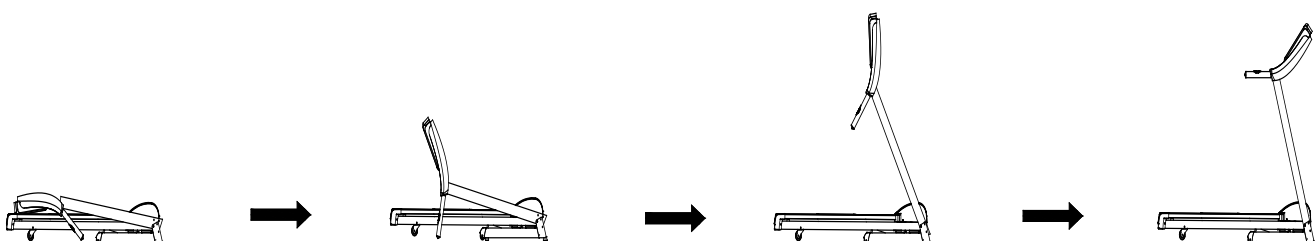
**STEP 3:** According to the picture, tighten the bottom frame with bolt M8*45(D16) and inner washer (D17). Then locked the console frame with M8*15 (D13) and inner washer (D17).
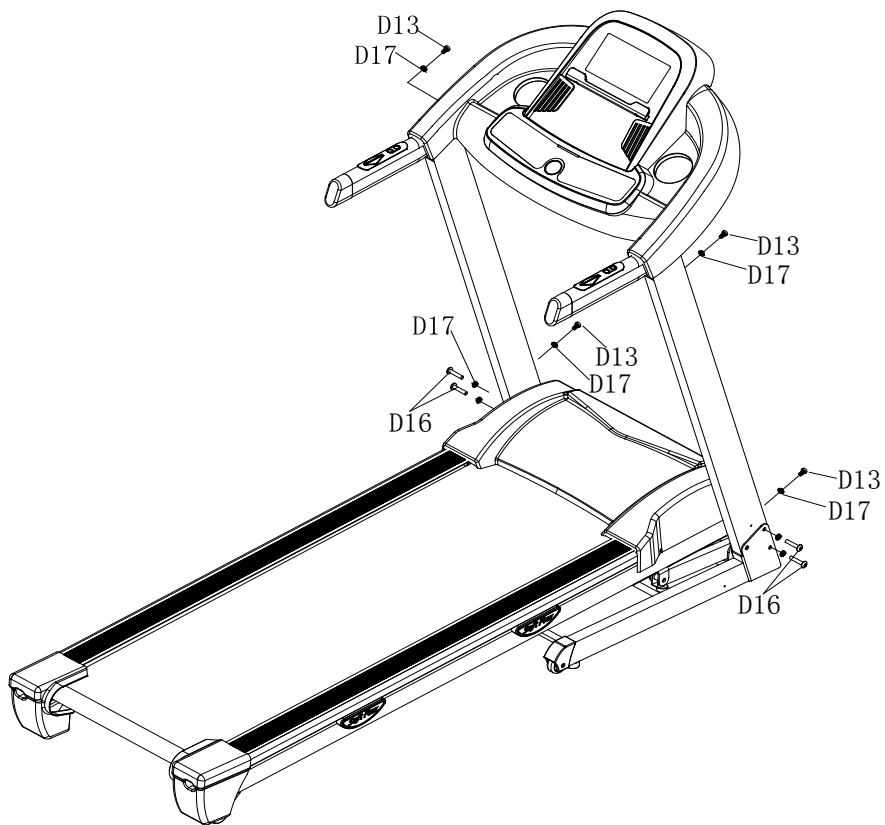
**Step 4:** Attach the left/right side covers (B11L) & (B11R) to the base frame with bolt ST4.2*19 (D48) as picture.
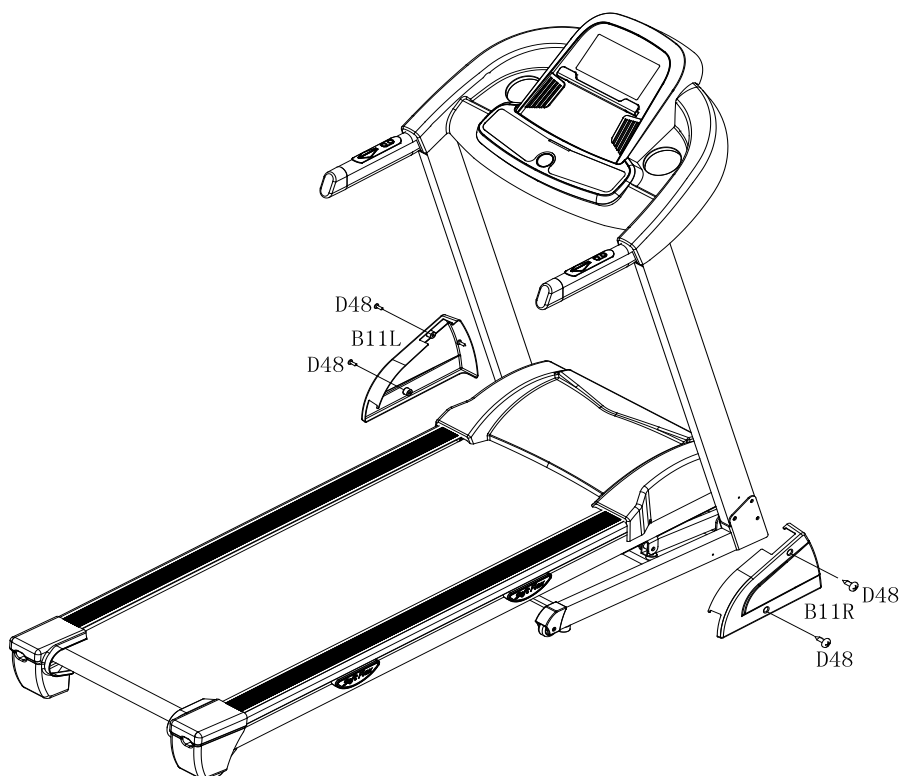
**Step 5:** Put on the safety key (C13), MP3 Line (C19) and put on the bottle holder (B49) on the console.
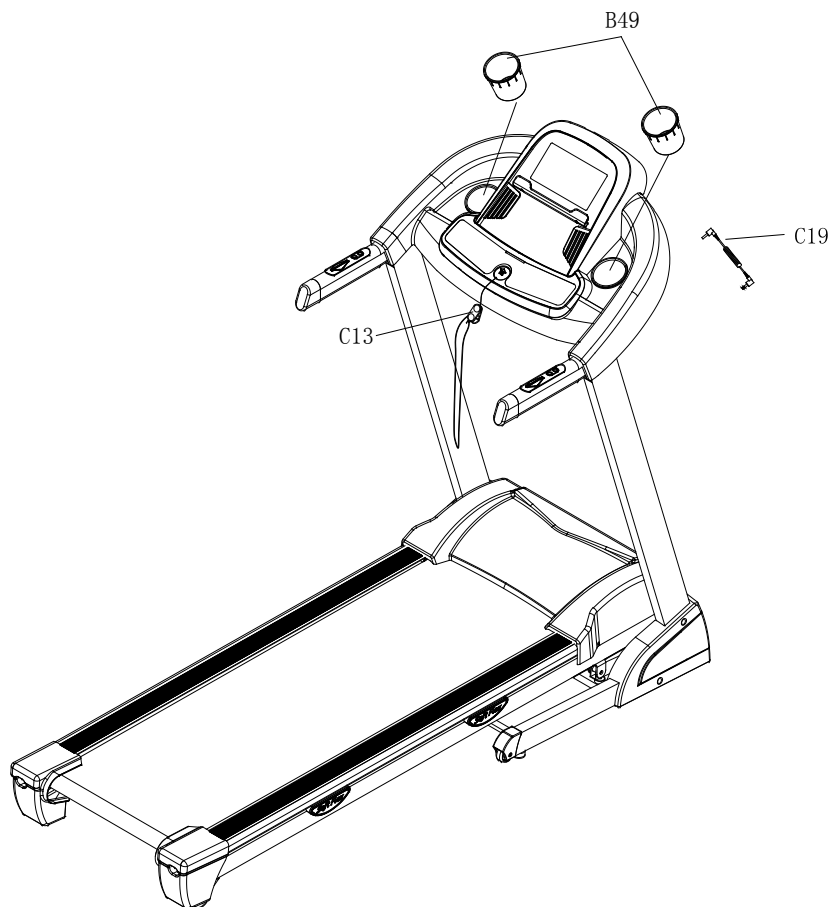


**Step 6:** To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

**ATTENTION:** Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

## Folding instruction
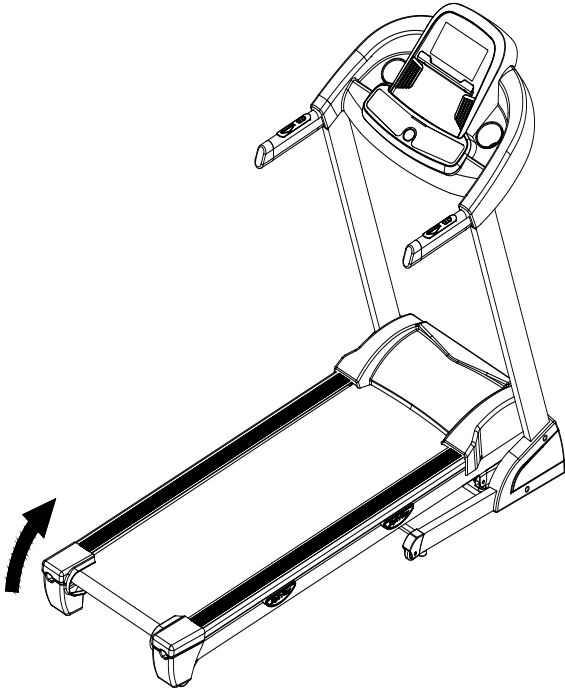
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

## Unfolding instruction
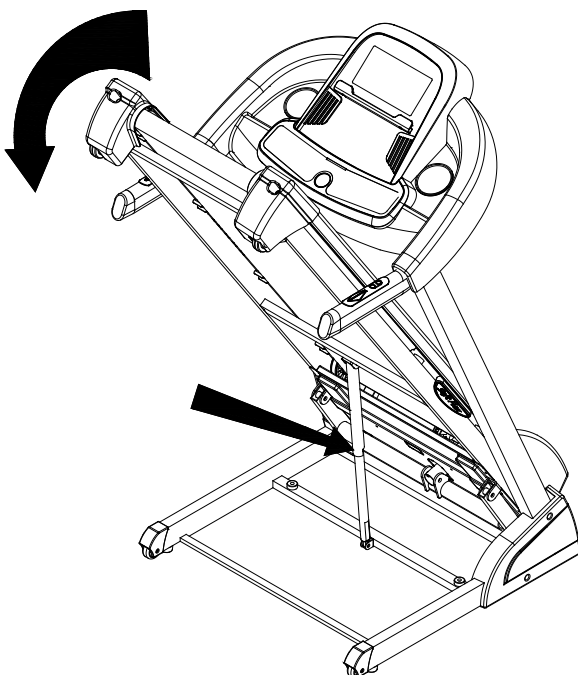
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

## Grounding Methods

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This 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 product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

This product is for use on a nominal 240V circuit and has a grounding plug. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

## 1.1 WINDOW DISPLAY



## 1.2. START

Normal start after 5 seconds countdown

## 1.3 PROGRAM

1 manual mode, 15 pre-set programs,1 body fat program,3 countdown function and 3 users.

## 1.4 SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop quickly with "didi"

alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count

down to "0"

## 1.5 BUTTON FUNCTION

## 1.5.1 START/STOP

"START"--When the treadmill is not running, press this button to start, speed is "0.8"

"STOP"--When the treadmill is running, press this button to stop, then set program default and then

return to manual mode after stopped.

### 1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button can circle choose from manual mode to pre-set

mode P1-P15, body fat program, 3 countdown function, U1-U3.

### 1.5.3 "MODE" BUTTON

When the treadmill is not running, press this button to choose countdown modes:"H-1","H-2","H-3",

"H-1" is the time countdown mode, and "H-2" is the distance countdown mode,"H-3" is the calorie

countdown mode; press the "SPEED+/-" or "INCLINE+/-"button to adjust the data. After that, press the

"START" button to start this treadmill.

### 1.5.4"SPEED +/-"BUTTON

SPEED +/–, Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button

more than 2 seconds, and it will be up or down automatically.

### 1.5.5 SPEED QUICK BUTTON

Press the speed quick button 3km/h，6km/h，9km/h，12km/h to adjust the speed directly when the treadmill is running.

### 1.5.6 "INCLINE+/-" BUTTON

INCLINE +/ –, Adjust incline when treadmill start; the increment is 1 level/time. Press the button more than 2 seconds,

and it will be up or down automatically

### 1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 3，6，9，12 to adjust the incline directly when the treadmill is running

### 1.6 DISPLAY FUNCTION

### 1.6.1 SPEED

Display running speed

### 1.6.2 TIME

Display the running time or countdown time

### 1.6.3 DISTANCE

Display the running total distance or distance countdown.

### 1.6.4 CALORIE

Display the calorie or calorie countdown

### 1.6.5 INCLINE

Display the incline

### 1.6.6 PULSE

Display pulse data

## 1.6.7 ALL WINDOW DISPLAY DATA RANGE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED:0.8-16.0(km/h)

PULSE: 50 – 200 (BPM)

INCLINE：0 – 15

## 1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The

pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This

data is only for reference, can not be as medical data.

## 1.8 PROGRAM EXERCISE CHART

| MODE | TIME | SET TIME / 16= EVERY GRADE TIME | | | | | | | | | | | | | | | |
|------|------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| P1 | SPEED | 2 | 5 | 5 | 5 | 10 | 10 | 5 | 5 | 5 | 3 | 3 | 2 | 5 | 5 | 3 | 2 |
| | INCLINE | 0 | 0 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 0 |
| P2 | SPEED | 2 | 2 | 7 | 2 | 2 | 7 | 7 | 12 | 4 | 4 | 12 | 4 | 4 | 12 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 0 |
| P3 | SPEED | 2 | 4 | 9 | 9 | 4 | 4 | 8 | 8 | 10 | 10 | 12 | 4 | 4 | 8 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 3 | 4 | 5 | 4 | 5 | 4 | 2 | 1 | 2 | 3 | 2 | 1 | 0 |
| P4 | SPEED | 2 | 6 | 6 | 6 | 12 | 12 | 12 | 12 | 6 | 6 | 3 | 3 | 3 | 5 | 5 | 2 |
| | INCLINE | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 6 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| P5 | SPEED | 2 | 4 | 6 | 12 | 12 | 12 | 3 | 3 | 3 | 3 | 12 | 12 | 12 | 6 | 4 | 2 |
| | INCLINE | 0 | 2 | 4 | 6 | 4 | 2 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 0 |
| P6 | SPEED | 2 | 4 | 5 | 5 | 6 | 6 | 8 | 8 | 6 | 6 | 8 | 8 | 6 | 9 | 6 | 2 |
| | INCLINE | 0 | 1 | 3 | 4 | 4 | 3 | 3 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 0 |
| P7 | SPEED | 2 | 7 | 7 | 9 | 9 | 4 | 4 | 12 | 12 | 4 | 4 | 8 | 8 | 4 | 4 | 2 |
| | INCLINE | 0 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 1 | 0 |
| P8 | SPEED | 2 | 2 | 6 | 6 | 6 | 8 | 9 | 10 | 11 | 12 | 9 | 5 | 5 | 5 | 3 | 2 |
| | INCLINE | 0 | 1 | 2 | 4 | 2 | 1 | 2 | 4 | 2 | 1 | 2 | 4 | 2 | 1 | 2 | 0 |
| P9 | SPEED | 2 | 4 | 8 | 10 | 2 | 4 | 8 | 10 | 2 | 4 | 10 | 2 | 4 | 10 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 6 | 4 | 2 | 1 | 0 |
| P10 | SPEED | 2 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 10 | 9 | 8 | 6 | 7 | 5 | 4 | 2 |
| | INCLINE | 0 | 1 | 2 | 4 | 6 | 6 | 6 | 4 | 4 | 4 | 2 | 2 | 2 | 1 | 1 | 0 |
| P11 | SPEED | 2 | 5 | 6 | 7 | 9 | 9 | 6 | 9 | 6 | 9 | 6 | 10 | 6 | 10 | 7 | 2 |
| | INCLINE | 0 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 0 |
| P12 | SPEED | 2 | 6 | 8 | 10 | 8 | 6 | 4 | 6 | 8 | 12 | 8 | 6 | 8 | 12 | 12 | 2 |
| | INCLINE | 0 | 1 | 1 | 3 | 3 | 5 | 5 | 7 | 7 | 5 | 5 | 3 | 3 | 1 | 1 | 0 |
| P13 | SPEED | 2 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 12 | 4 | 2 |
| | INCLINE | 0 | 8 | 10 | 13 | 4 | 8 | 10 | 13 | 4 | 8 | 10 | 13 | 4 | 8 | 10 | 0 |
| P14 | SPEED | 2 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 12 | 4 | 8 | 10 | 2 |
| | INCLINE | 0 | 8 | 12 | 13 | 4 | 8 | 12 | 13 | 4 | 8 | 12 | 13 | 4 | 8 | 12 | 0 |

| P15 | SPEED | 2 | 12 | 10 | 8 | 12 | 12 | 10 | 8 | 12 | 12 | 10 | 8 | 12 | 12 | 10 | 2 |
|-----|-------|---|----|----|---|----|----|----|---|----|----|----|---|----|----|----|---|
|     | INCLINE | 0 | 3 | 4 | 5 | 6 | 8 | 7 | 8 | 8 | 7 | 7 | 6 | 5 | 4 | 3 | 0 |

## 1.9 Manual model operation

1.9.1 Press start key, time count down 5 seconds, then treadmill will start to work with initial speed1km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press incline+/-, you can adjust the incline

1.9.4 Press stop, you can stop treadmill at working state

1.9.5 Press quick speed key, you can quickly adjust the speed you want

1.9.6 Press quick incline key, you can quickly adjust the incline you want

## 1.10 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 30：00 minutes，setting range 5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 10---990 term，each step 10.

Countdown distance initial setting 1.0km，setting range 0.5---99.9 km，each step 0.1

Cycle switch order is: manual, time, distance, calories.

## 1.11 BODY TESTER（FAT）

At the beginning state, press " PROGRAM" continually to enter "FAT" body fat test，window display "FAT". Press "MODE" to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press "SPEED +", "SPEED -" to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medicinal data)

01     Sex  01 Male 02 Female

02     Age 10------99

03     Height    100----200

04     Weight   20-----150

05     FAT≤19       Under weight

        FAT= (20---25)     Normal weight

        FAT= (25---29)     Over weight

FAT≥30        Obesity

## 1.12 User Program

Besides 15 pre-set programs, there have 3 user-defined programs: U1, U2 and U3 Each user program has 10

segments. The user can set the desired speed and incline .Press "PROGRAM" button to choose U1 ,U2 or

U3,press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+"

and "SPEED-" to set speed. Press" INCLINE+" and "INCLINE-" to set incline. Press "MODE" button and

your choice will be set. The next workout segment will flash, go through the same setup as you completed

with segment one. You must complete all 10 segments and then your user program is ready to use. Press

"STOP" key to return to last segment setting any time.

## 1.13 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is "AGE" -> "THE(HRC) data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as
goal to adjust speed and incline during running.

It's recommended that user uses the wireless chest belt while running HRC function.

**1.13.1** After turning on the power, press "PROG" key to choose HRC function. HRC function is
turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the
screen.

**1.13.2** Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at

different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use

"SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't need to be

changed for physical health condition.)

Formula is calculated as below:

HRC1 is T.H.R =(220-age)x60%,

HRC2 is T.H.R =(220-age)x70%,

HRC3 is T.H.R =(220-age)x80%.

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED+/-" to set up time.

**1.13.3** Enter "START" key to begin the workout (Remember only can press "START" key after all setting is completed.

It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

**1.13.4** During the operating of HRC, speed and incline will adjust as below:

(1) If Target heart rate <THR-15,then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data.

(2) If THR-5>Target heart rate >=THR-15,then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data.

(3) If THR+5>=Target heart rate >=THR-5,then the speed and incline will not change.

(4) If THR+15>=Target heart rate >=THR+5,then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4KM/h and incline less1 section until they reach the min. data

(5) If Target heart rate >=THR+15, then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8KM/h and incline less2 section until they reach the min. data

## 1.14 OTHERS

**1.14.1** The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

**1.14.2** Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

**1.14.3** MP3 audio function: Insert the MP3 line in the input hole of the right side in the computer.

**1.14.4** Bluetooth music function: Press the Bluetooth key till the display show Bluetooth icon, turn on the Bluetooth of your device to match with computer and play the music, user can increase or decrease the volume from the device, and also can turn back to last song or jump to next song.

**1.14.5** On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

## Getting started guide

**PREPARE**

If you are around 35 years old, or have health problem, even this is your first time to do fitness exercise, please consult doctor or professional before use it.

Before you exercise, please stand on the side to learn how to operate, such as start, stop and speed adjustment. After that stand on the plastic deck of the treadmill board, catch hold of the handrail, start by 1.6--3.2 km/h low speed, stand straight, look forward, one foot try to do few times, then stand on the belt to do exercise. After adapting, you can adjust the speed to 3--5 km/h and keep doing about 10 minutes, then stop.

**EXERCISE**

Please stand on the side to learn how to operate, such as speed and incline, until you know it then can start do exercise. Walk 1 km by constant step need about 15-25 minutes, please record it in fact. And walk 1km by 4.8 km/h need about 12 minutes. If you can do it easily by few times, then can adjust the high speed and incline, and go on to do 30 minutes, you can take a good exercise. Start exercise by walking slowly. Remember it is for your health and if you feel uncomfortable stop exercising immediately and seek medical advice.

**AMOUNT OF EXERCISE**

**SHORTCUT**——The best way to save time is do 15-20 minutes exercise.

Warm up 2 minutes by 4.8 km/h, and adjust the speed to 5.3 km/h and 5.8 km/h, continue do exercise by this two speeds. Then add 0.3 km/h per 2mins speed increase, until you feel breathing quickened but not breathe hard. Keep this speed to do exercise, if feels uncomfortable, please reduce 0.3 km/h. Leave 4 minutes to reduce speed at last. If you are finding that it is difficult to increase your exercise intensity by increasing the speed, you can alternatively choose to increase the incline slowly which will also increase the exercise intensity for you.

**EXERCISE FREQUENCY**

Target is 3--5 times per week, do 15-60mins each time. It is better to make a weekly time schedule for your exercise routine to ensure it forms parts of your busy schedule. You can get the strenuous exercise degree through adjusting speed and incline. We'd suggest that do not set incline when start do exercise.

## SAFETY EXERCISE

Please consult professional staff before starting an exercise program. They can help recommend the exercise rate / intensity and time according to your age and health condition.

When running, if you feel chest tightness or chest pain, irregular Heartbeats, short of breath, dizziness or other unwell, please stop immediately! And consult professional before you want continually to do exercise. If you often use treadmill, you can choose normal walk speed or jog speed. If you have no experience or can't make sure the best testing speed, you can reference below standard:

Speed 1-3.0 km                 weak constitution people.

Speed 3.0-4.5 km            sedentary or not often exercise people.

Speed 4.5-6.0 km            walking quickly people.

Speed 6.0-7.5 km            fast walk people.

Speed 7.5-9.0 km            jogger.

Speed 9.0-12.0 km          intermediate speed runner.

More than 12.0 km          excellent runner.

**ATTENTION**：It is suitable for walker to choose less than or equal to 6 km speed.

# Warm-up Exercise
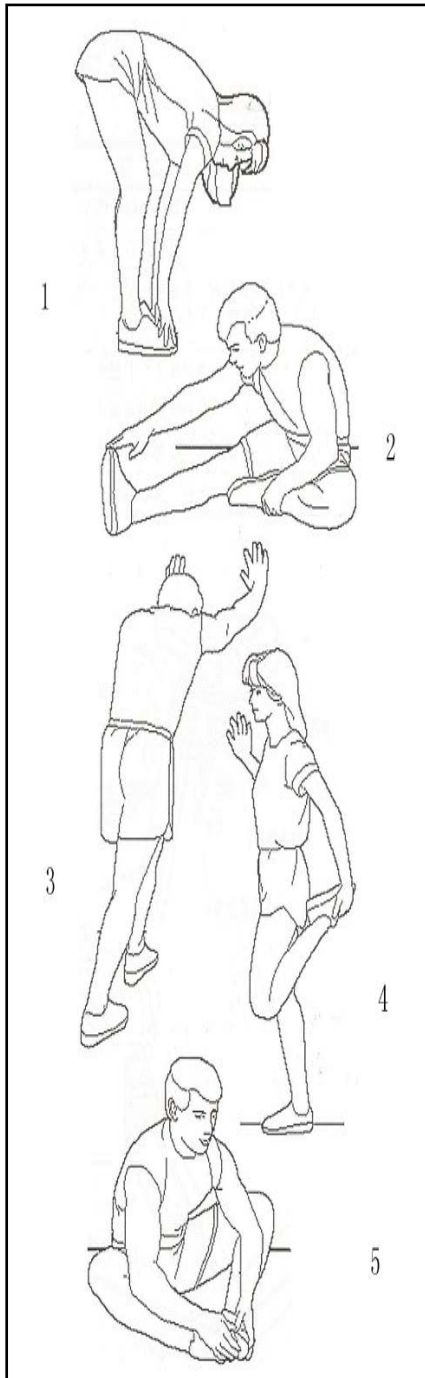


It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises again.

**1. Reach Down**：Knees slightly bent and body slowly bent forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times(See picture l).

**2. Hamstrings Stretches:** Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg(See picture 2).

**3. Crus and Feet Tendon Stretches:** Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

**4. Quadriceps Stretches:** Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

**5. Sartorius (Inner Muscles of the Thigh Muscle Stretches:** Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds，and relax. Repeat 3 times (See picture 5).

## Maintenance Instruction

**WARNING**：Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

**CLEANSING**：General cleaning or the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the buildup of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

**WARNING**：Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)            Every 60 days

Medium user (3-5 hours/ week)               Every 45 days

Heavy user (more than 5 hours/ week)          Every 30 days

We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.
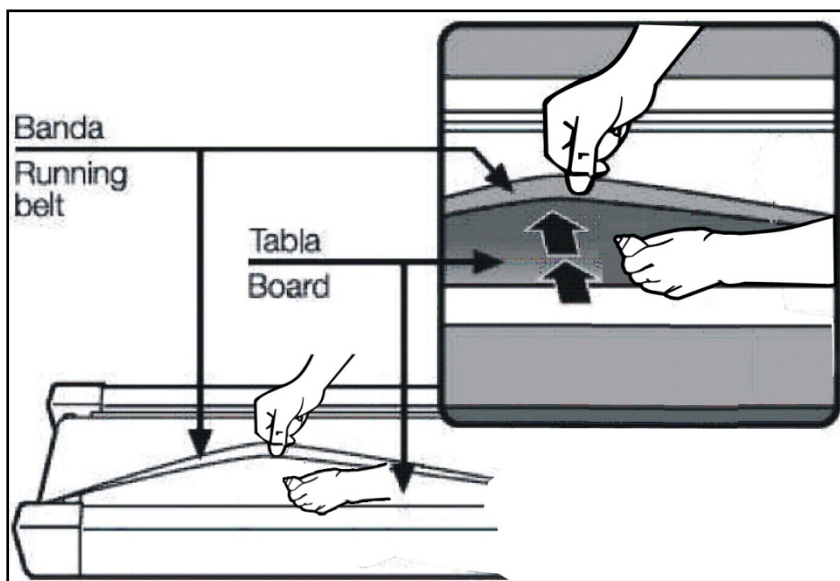
## Belt Adjustment

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.



Pic A



Pic B



Pic C

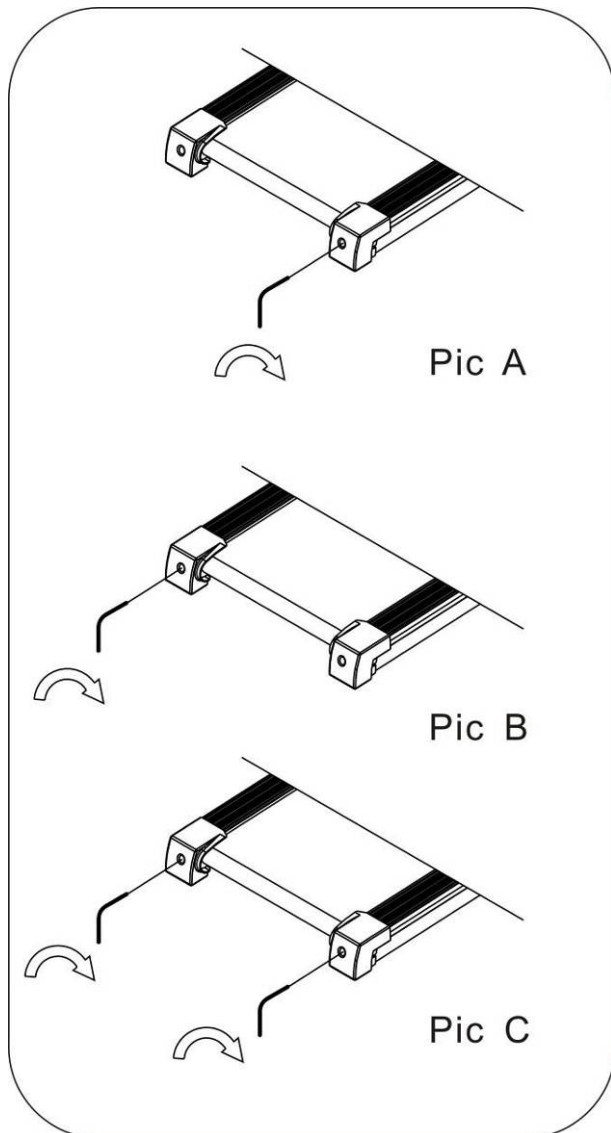If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt regains moderate tightness.

**See picture C**

# Exploded Drawing
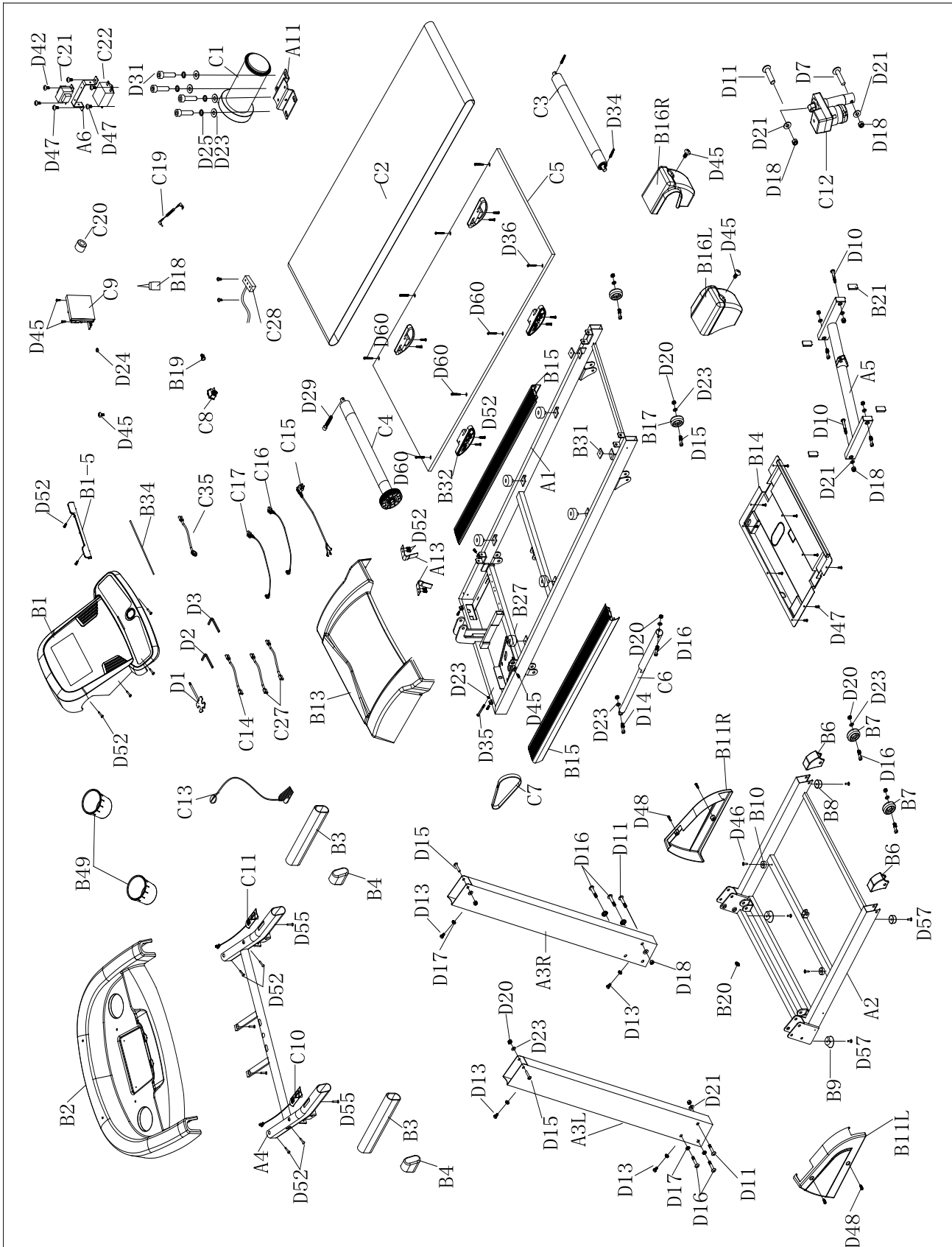
# Parts list

## A. Welding parts

| No. | Description | Qty | No. | Description | Qty |
|-----|-------------|-----|-----|-------------|-----|
| A1 | Base frame | 1 | A5 | Incline frame | 1 |
| A2 | Main frame | 1 | A6 | Filter supporting frame | 1 |
| A3L | Left upright | 1 | A11 | Motor bracket | 1 |
| A3R | Right upright | 1 | A13 | belt adjustment part | 2 |
| A4 | Handrail bracket | 1 | | | |

## B. Plastic parts

| No. | Description | Qty | No. | Description | Qty |
|-----|-------------|-----|-----|-------------|-----|
| B1 | Console set | 1 | B13 | Motor upper cover | 1 |
| B1-1 | Overlay | 1 | B14 | Motor back cover | 1 |
| B1-2 | Membrane Key | 1 | B15 | Side rail | 2 |
| B1-3 | Console panel | 1 | B16L | Left end cap | 1 |
| B1-5 | I-Pad holder | 1 | B16R | Right end cap | 1 |
| B2 | Console cover | 1 | B17 | Adjust wheel | 2 |
| B3 | Protecting foam | 2 | B18 | Silicon oil | 1 |
| B4 | Handrail plug | 2 | B19 | Power line deduction | 1 |
| B6 | Transport wheel cap | 2 | B20 | Round plug | 1 |
| B7 | Transport wheel | 2 | B21 | Inner plug | 4 |
| B8 | Flat foot pad | 2 | B27 | New cushion | 6 |
| B9 | U-shaped foot pad | 2 | B31 | Rubber pad | 2 |
| B10 | Limit cushion | 2 | B32 | Cushion | 4 |
| B11L | Left side cover | 1 | B34 | EVA pad(I-Pad holder) | 1 |
| B11R | Right side cover | 1 | B49 | Bottle holder | 2 |

## C. Electric and drive parts

| No. | Description | Qty | No. | Description | Qty |
|-----|-------------|-----|-----|-------------|-----|
| C1 | DC motor | 1 | C13 | Safety key | 1 |
| C2 | Running belt | 1 | C14 | Single cord (red) 300 | 1 |
| C3 | Rear roller | 1 | C15 | Power line | 1 |
| C4 | Front roller | 1 | C16 | Console upper wire | 1 |
| C5 | Running board | 1 | C17 | Console lower wire | 1 |

| No. | Description | Qty | No. | Description | Qty |
|-----|-------------|-----|-----|-------------|-----|
| C6 | Cylinder | 1 | C19 | MP3 line | 1 |
| C7 | Motor belt | 1 | C20 | Magnetic ring | 1 |
| C8 | Power switch | 1 | C21 | Inductor | 1 |
| C9 | Controller | 1 | C22 | Filter | 1 |
| C10 | Handle pulse left keyboard | 1 | C27 | Single cord (black) 300 | 2 |
| C11 | Handle pulse right keyboard | 1 | C28 | Photoelectric Sensor | 1 |
| C12 | Incline motor | 1 | C35 | Single cord(CE) | 1 |

## D. Hardware parts

| No. | Description | Qty | No. | Description | Qty |
|-----|-------------|-----|-----|-------------|-----|
| D1 | Screw driver 13-15-17 | 1 | D25 | Spring washer M8 | 4 |
| D2 | Allen wrench T6 | 1 | D29 | Hex round head bolt M6*45 | 1 |
| D3 | Allen wrench T5 | 1 | D31 | Hex round head bolt M8*60 | 4 |
| D7 | Round hex bolt M10*60 | 1 | D34 | Hex round head bolt M8*20 | 2 |
| D10 | Round hex bolt M10*45 | 4 | D35 | Hex round head bolt M8*80 | 1 |
| D11 | Round hex bolt M10*50 | 3 | D36 | Cross head bolt M6*25 | 2 |
| D13 | Round hex bolt M8*15 | 4 | D42 | Cross head bolt M4*10 | 2 |
| D14 | Round hex bolt M8*30 | 1 | D45 | Cross head bolt M5*15 | 9 |
| D15 | Round hex bolt M8*40 | 4 | D46 | Cross head bolt M5*20 | 2 |
| D16 | Round hex bolt M8*45 | 7 | D47 | Cross self-tapping bolt ST4.2*16 | 13 |
| D17 | Inner washer M8 | 8 | D48 | Cross self-tapping bolt ST4.2*19 | 4 |
| D18 | Nylon nut M10 | 8 | D52 | Cross self-tapping bolt ST4.2*16 | 27 |
| D20 | Nylon nut M8 | 8 | D55 | Cross self-tapping bolt ST4.2*45 | 2 |
| D21 | Flat washer M10 | 8 | D57 | Cross self-tapping bolt ST4.2*25 | 4 |
| D23 | Flat washer M8 | 13 | D60 | Cross head bolt M6*20 | 6 |
| D24 | Spring washer M5 | 1 | | | |

# Error code and significance

| Error Code | Fault Description | Solutions |
|---|---|---|
| E01 | Failure communication between controller and computer | 1. Check if computer is connected to controller with correct wires, check connector, check if wire is damaged, or unplug and re-connect<br>2. Change inverter and test<br>3. Change computer and test |
| E02 | Motor connection problem | 1. Check if motor wire is connected well.<br>2. Check if controller is working, If not, please change one. |
| E03 | Overload protection | 1. Protection is activated when current is overloaded, or when motor cannot run properly. If it's the second situation, examine the treadmill and re-start it.<br>2. Check if there's un-normal smell. If so, please change motor or Controller.<br>3. Check if electric voltage works in proper range. |
| E04 | Incline self-learning fault | Showing E4 when incline motor runs for adjustment.<br>Adjustment is completed automatically, or it fails. |
| E06 | Rush protection | Check if there's un-normal smell. If so, change controller |
| — — | Computer doesn't detect safety key signal | 1. Check if safety key switch works, connecting wire works, or magnet inside works.<br>2. Safety key is not placed correctly<br>3. Safety key is damaged |
| No display on computer | No power | 1. Check if power cable is connected to machine or change to another power outlet. If power switch is in position, test it by switch ON/OFF. If the power switch is burned out, replace one and make sure there's power to machine<br>2. Check cable connection between computer and controller<br>3. Replace adaptor or computer |

**BODYWORX**

# Model No: 6 C GHC B˙A &

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