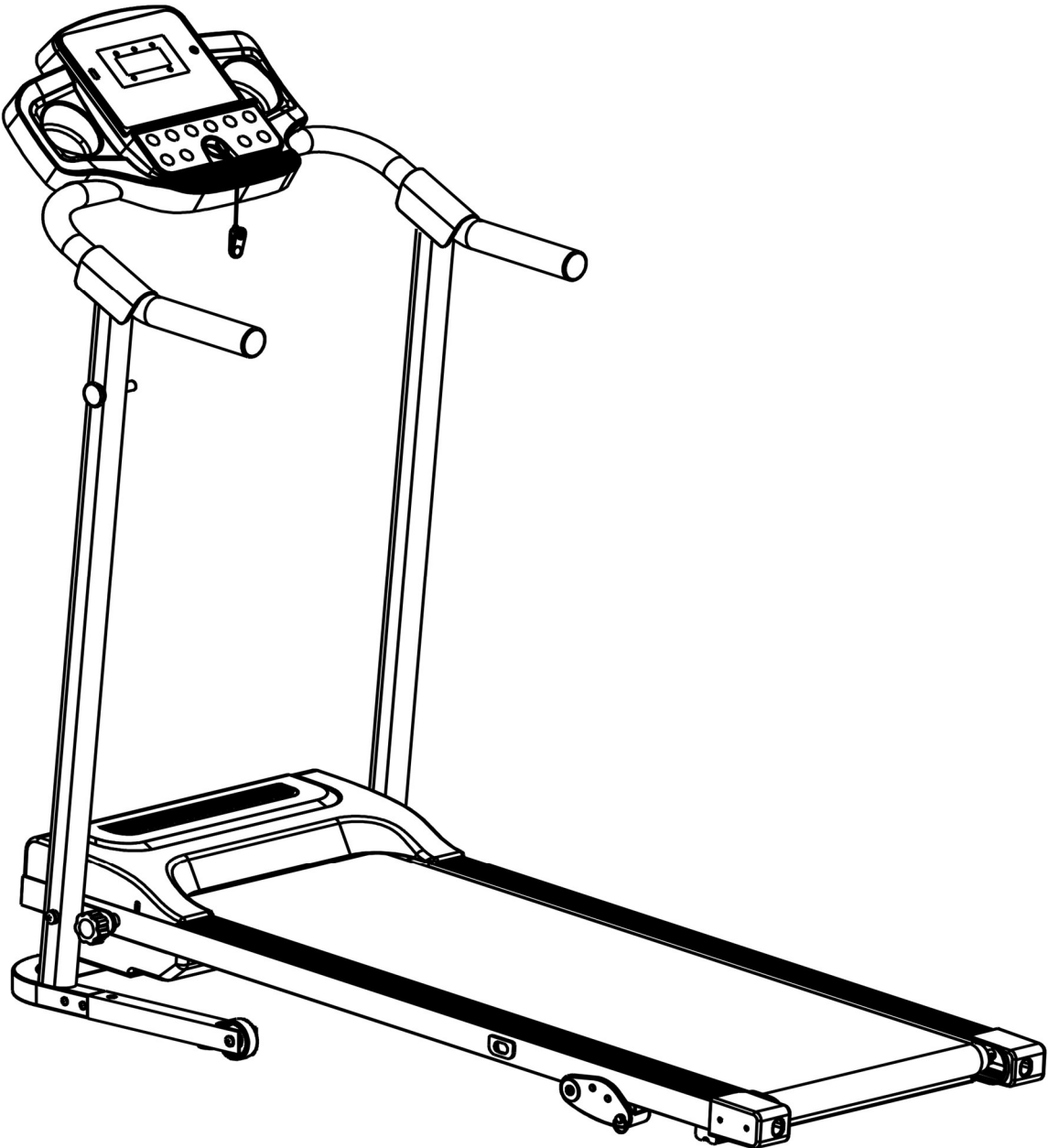




USER'S MANUAL

EVOLVE-B1 PRO UK



Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.



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1. Introduction

Congratulations on your purchase of the Evolve B1 Pro Treadmill! This device is designed to provide efficient and reliable performance for your needs. Please read this manual thoroughly to ensure safe and optimal use.

2. Safety Precautions

Note

Please read the instructions carefully.

- Read all instructions before using the device.
- Do not expose the device to water or moisture.
- Use only the recommended accessories only.
- For indoor use only.
- Please wear appropriate clothing and sneakers before exercising. Exercising barefoot on the treadmill is not allowed.
- The power plug must be properly grounded, and the electrical outlet should have a dedicated circuit; it should not be shared with other electrical devices.
- Keep out of reach of children to avoid any accidents.
- Turn off and unplug the device before cleaning or performing maintenance.
- Avoid prolonged use and overloading of the machine, as this can cause damage to the motor and controller, and accelerate wear on the bearings, running belt, and running board. Regular maintenance and servicing of the machine are recommended.
- Keep the machine away from dust to prevent the buildup of static electricity & provide good ventilation when running.
- Please disconnect the power after use.



- Please attach the safety key lock to your clothing to ensure the machine stops immediately in an emergency.
- If the device shows signs of damage or malfunction, stop use immediately and contact customer support.
- If you experience any discomfort while using this machine, please stop immediately and consult a doctor.
- Keep silicone oil out of reach of children after use.
- If the power cord is damaged, please contact our qualified maintenance personnel for service instead of attempting to disassemble it yourself.



Forbidden

- Do not use the machine if the casing is cracked or broken (exposing internal components), or if there is a risk of welding parts falling off. This may lead to a serious injury also.
- Avoid jumping up and down during movement, as it may lead to injuries caused by falls.
- Do not operate or place the machine in or near damp areas, such as bathrooms.
- Avoid placing the machine in direct sunlight or in high-temperature areas, such as near a stove or heating device, as this may lead to leaks or a risk of fire.
- Do not use the machine if the power cord is damaged or if the plug pin is loose, as this could result in electric shock, short circuit, or fire.
- Do not damage or bend the power cord by force or attempt to reverse it. Avoid placing heavy objects on the machine or pinching the power line, as this could lead to fire or electrical shock.



- Do not use the machine with more than one people at the same time and avoid approaching the machine while it is in operation as this may lead to accident.
- Individuals who are unable to communicate their needs or operate the treadmill independently should not use the machine.
- Do not drink or pour water during operation, as it may cause electric shock or fire. This is strictly prohibited!
- This product is intended for household use only and is not suitable for schools, gyms, or similar environments, as there is a risk of injury. These are not commercial treadmills.
- This appliance is not suitable for use by individuals (including children) with impaired physical, sensory, or mental abilities, or lacking experience or knowledge, unless they are supervised or instructed on its proper use by a responsible person ensuring their safety.
- Supervise children to ensure they do not play with the appliance.

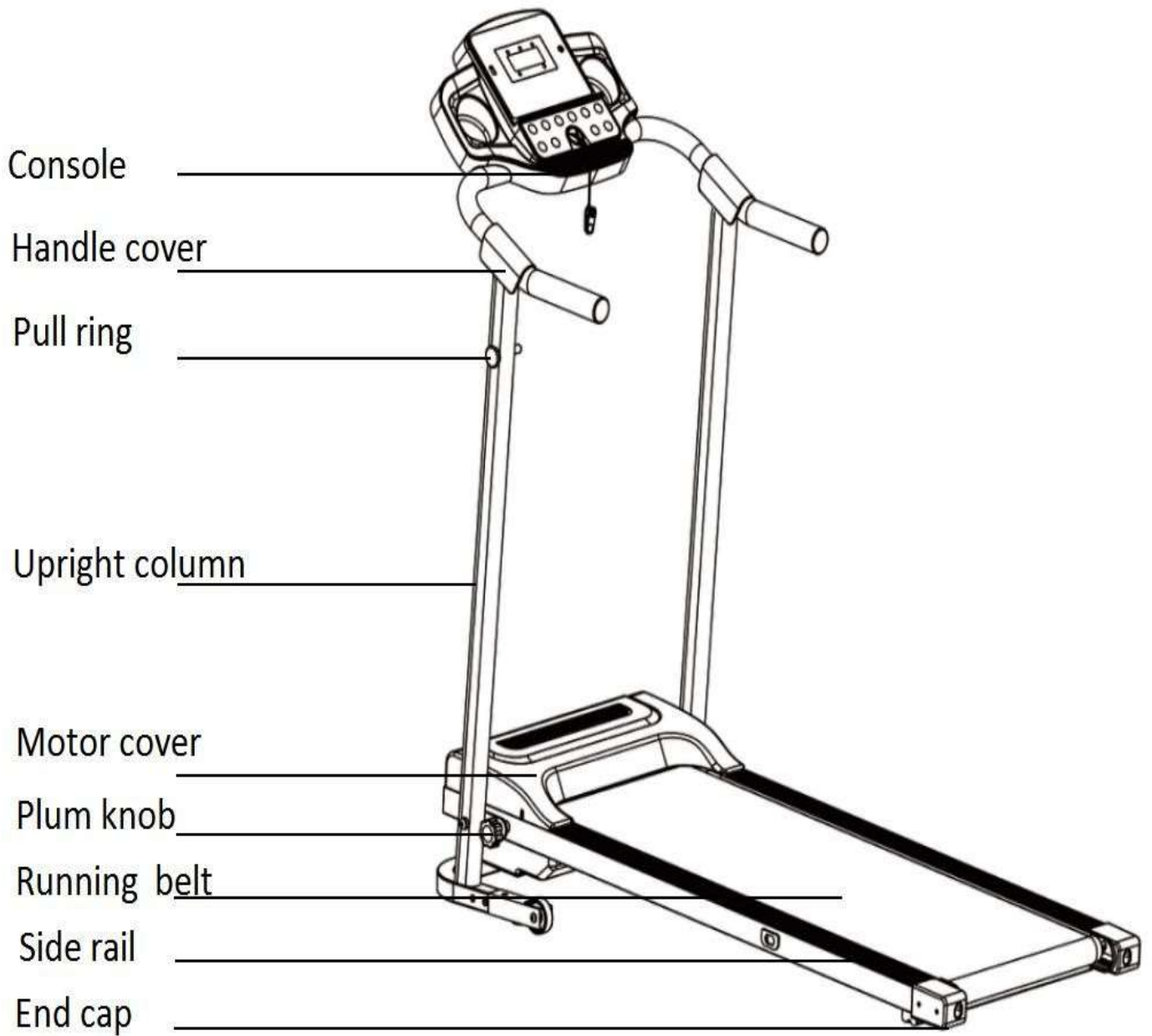


Ground protection system!

- This product must be properly grounded. In case of a malfunction, grounding provides a safe path for electricity, helping to reduce the risk of electric shock.
- This product features a power plug with a grounding conductor. Ensure the plug is fully inserted into a standard socket.
- An improper connection of the equipment grounding conductor can result in an electric shock. If you're unsure whether your product is properly grounded, please have a qualified professional inspect it.
- Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.



3. Product Information





4. Features & Specifications

Main technical parameters		
No.	Parameters	Description
1	Input Power Voltage	AC 220 V (50-60 Hz)
2	Peak Motor Power	2.5 Hp
3	Speed	0.8 – 10 Km/hr
4	Running Surface	350x1000 mm
5	Max User Weight	100 Kg
6	Machine Net Weight	26 Kg
7	Expand Dimensions	1360x585x1230 mm
8	Display	LED Display (Calories, Time, Speed, Pulse)
9	Other Features	AUX, USB, Bluetooth Speaker, Fitness Application

Packing List			
No.	Parameters	Units	
1	Complete Machine	Sets	1
2	Accessories Bag	Sets	1
3	Handle cover	Pc	2
4	Base Supporting Frame	Pc	2

No.	Name	Qty
1	Allen Key 5 mm	1 Pc
2	Allen Key 6 mm	1 Pc
3	Safety Key	1 Pc
4	Lubricant Oil	1 Bottle
5	User Manual	1 Pc
6	MP3 Calbe	1 Pc

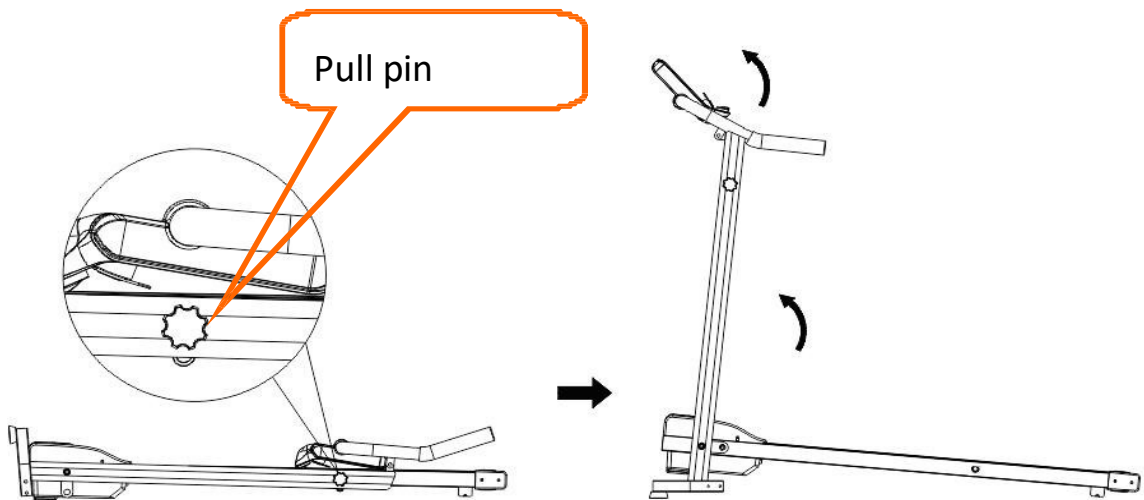
No.	Name	Qty
7	M8x55 Allen Bolt	2 Pc
8	M6x12 Allen Bolt	1 Pc
9	Plumb Knob	1 Pc
10	Flat Washers	2 Pc
11	Plumb Knob for Console	2 Pc



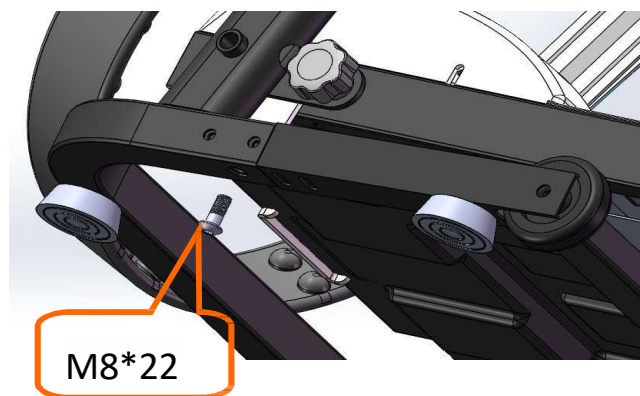
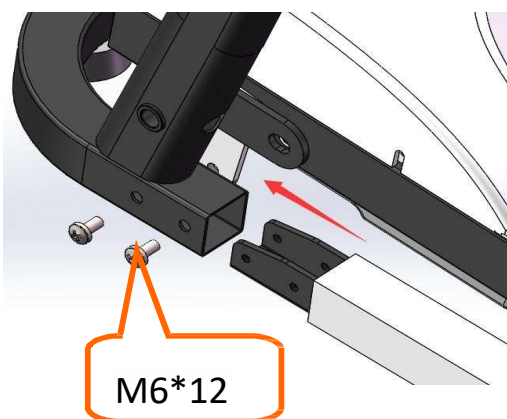
5. Installation Instructions

The Evolve treadmill comes approximately 95% pre-assembled, and customers only need to attach the legs and adjust the console. Carefully remove the treadmill from the box and all the accessories.

Step 1: Place the machine flat on the ground. Remove the knob shown in the picture below. Then, position the columns and console according to the directions indicated in the picture below.

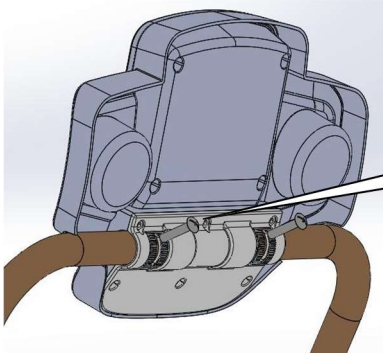


Step 2: Remove the pre-installed M8*22 screws. Use a 5mm Allen key to insert and tighten the M6*12 screws, securing the base to the designated hole sites. Afterwards, re-install the M8*22 screws.



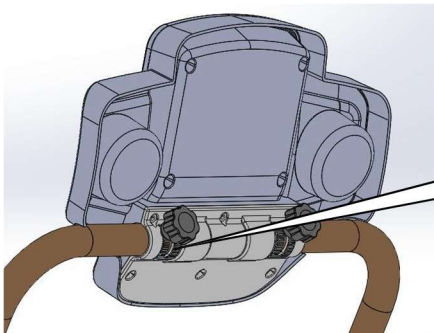


Step 3: Remove the screws preinstalled on the back of console with the screwdriver provided in the tools bag.



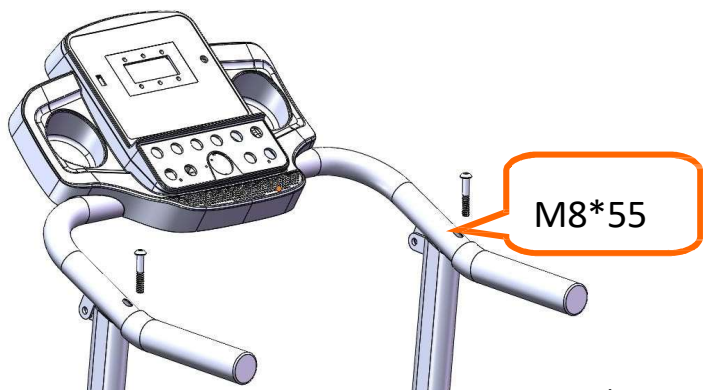
Remove the preinstalled screws

Step 4: Remove the two plum knobs from the accessory bag and use them to fasten the console securely.



Adjust the angle. Tighten the knobs

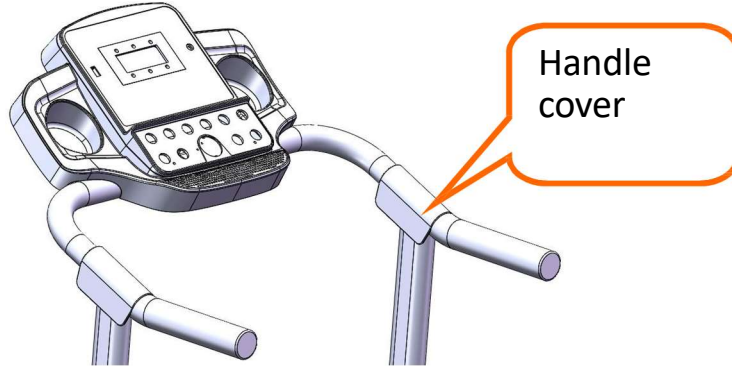
Step 5: Grasp the left and right columns, then use a 5mm Allen key to secure the console frame onto the columns with M8*55 screws and arc washers. Tighten all screws from the previous steps, ensuring that cables are not pinched or clamped by the columns.



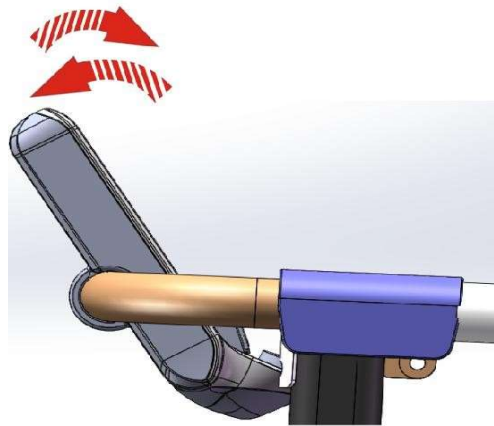
M8*55



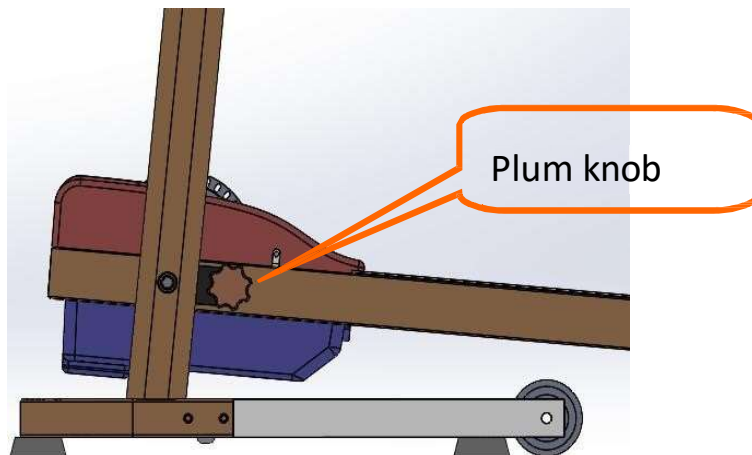
Step 6: Place the handle covers onto the handle.



Step 7: Adjust the angle of the console.

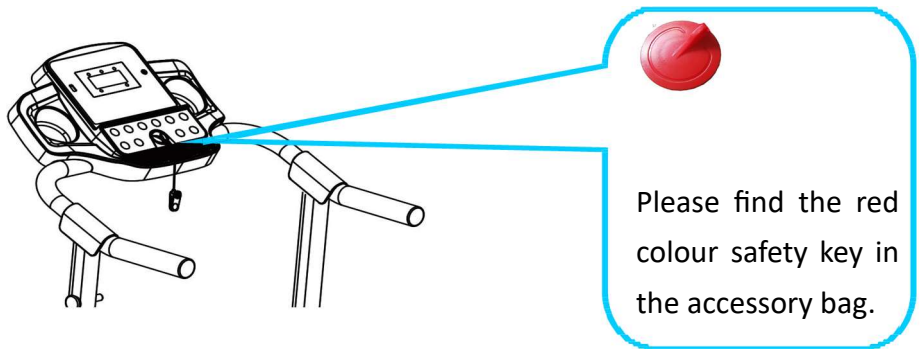


Step 8: Use plum knob to lock the upright column and the base





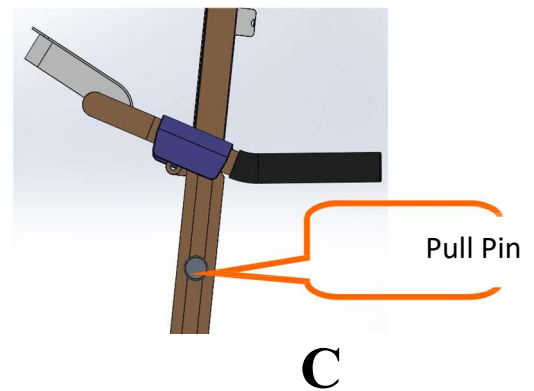
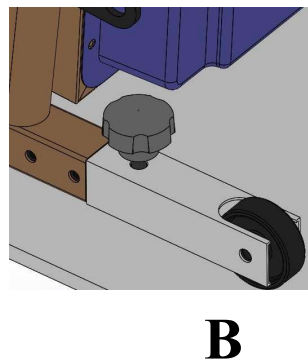
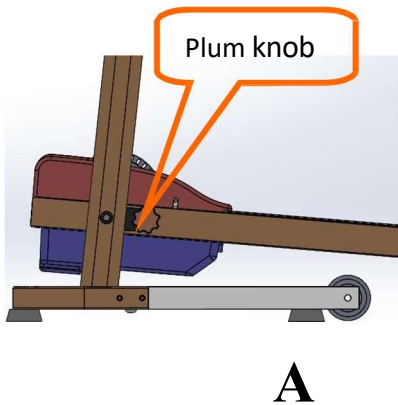
Step 9: Attach the safety key to the yellow area indicated in the picture, then press the start button to operate the treadmill. (Note: The treadmill will only start when the safety key is properly inserted into the yellow area on the console.)



NOTE: After installation, ensure all screws are securely tightened uniformly as required, and verify that no parts are missing before connecting to the power supply.

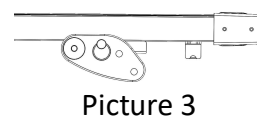
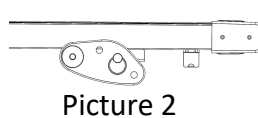
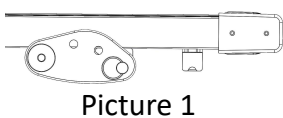
Folding instructions

1. Remove the plum knob(A).
2. Screw the plum knob on the base supporting frame(B).
3. Lift the running deck and use the pull pin to lock the running deck(C).



Manual Incline

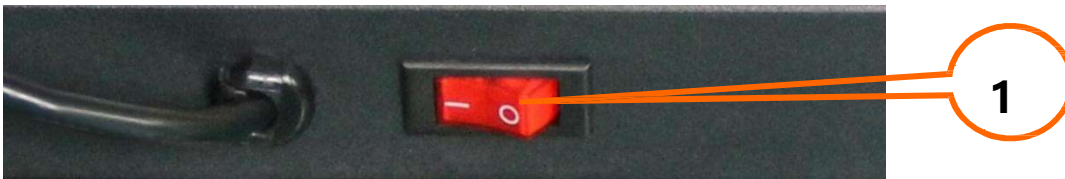
Adjust the manual incline as per the requirements.





6. Getting Started

Step 1: Connect the power adapter to the device, plug it into a power outlet, turn on the device using the power button, and when the light is on accompanied by a beep, the screen will light up.



Step 2: When the treadmill is not in use, keep the safety key out of reach of children. Also, store the silicone oil bottle in a place inaccessible to children. If ingested or if it accidentally gets into the eyes, rinse immediately with water and seek medical attention promptly.

Step 3: Safety key Introduction: The treadmill will only operate when the safety key is inserted into the yellow area on the console. Attach the safety key to your clothing during use to prevent accidents. Remember to reinsert the safety key before continuing use of the treadmill.



Step 4: Console instructions

Startup: Normally starts after 3 seconds of countdown.

Programs: 3 fixed programs and 12 automatic programs.



7. Operating Instructions

7.1 Safety Key Function

When the safety key is removed, "E7" appears on the screen, the treadmill gradually stops, and an alarm sound is emitted. Reattaching the safety key will clear all data within 2 seconds. In any situation, disconnecting the safety key will cause the treadmill to stop immediately, with a prompt message displayed on the screen. Once the safety key is reinserted, the display will return to the initial interface.

7.2 Console Button function

a. Start button, Stop button



When the power is on, press the start button to activate the treadmill. To stop, press the stop button while the treadmill is running; this will clear all data, and the treadmill will gradually come to a complete stop and revert to manual mode.

b. Program key



While in standby mode, pressing this key allows you to cycle through options from manual mode to P1 through P12 automatic programs. The system defaults to manual mode when not in a specific program.

c. Mode key



In standby mode, pressing this button will cycle through the three different countdown modes: time countdown, distance countdown, and calorie countdown.

d. Speed + & Speed- key



Use these keys to adjust the speed of the treadmill, press "+" to increase the speed and "-" to decrease the speed.



e. Speed shortcut key



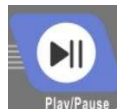
Use these keys to directly set the speed to 3, 4, or 5 km/h during running mode.

f. Volume+/-:



When playing music, press these buttons to turn up or turn down the volume.

g. Play /pause:



To pause the music, press this button while playing. Press it again to resume playback

7.3 Display function

1. Speed.

Display the current running speed value.

2. Time

Display the time of manual mode and the countdown time under automatic modes and programs.

3. Distance

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

4. Calorie

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

5. Heart Rate

Display the pulse when the signal is detected. (The number is for reference only; it cannot be considered for /as medical data.)



8. Installation and Operation Video

Scan the QR code below to view the video on installation and operation.



9. Bluetooth Application Connection

Bluetooth App Control (According to the actual configuration)

Use mobile phone app to control the Treadmill board.

Use phone to scan the QR code below to download the app OR Search "Aisport" on APP store





10. Automatic Programme

Each program is divided into 10 segments, and the running time of each segment of the program is evenly distributed. Following is a form of time distribution of 12 programs

Time Programs		Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.4	1.8	2.4	1.8	3.1	2.4	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.4	3.7	2.4	3.7	2.4	1.2	2.4	1.2
P3	SPEED	1.2	3.1	2.4	3.1	2.4	3.1	2.4	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	4.9	3.1	5.5	3.7	2.4	1.8
P5	SPEED	1.8	3.7	4.9	3.1	4.9	3.7	4.3	3.7	2.4	1.8
P6	SPEED	1.2	4.9	3.7	2.4	3.1	5.5	4.3	3.1	2.4	1.8
P7	SPEED	1.2	3.7	4.3	2.4	2.4	4.3	2.4	1.2	2.4	1.2
P8	SPEED	1.2	2.4	3.7	4.9	4.3	4.9	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.4	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
P11	SPEED	1.8	3.1	4.9	4.9	5.1	3.1	4.3	3.7	1.8	1.2
P12	SPEED	1.2	3.1	3.1	2.4	2.4	3.7	2.4	1.2	1.8	2.4



11. Troubleshooting & Error Codes:

Error code	Description	Solution
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joint between the controller and console, make sure that each core is fully plugged in. Check the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor.
E5	Over current protection: In working, the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burnt smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor causes the faulty circuit that drives the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage, use the correct voltage and test the machine again check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	No safety key	Put the safety key in the right place.



12. Routine Maintenance and Care

Warning: Before cleaning or performing maintenance on the product, ensure that the treadmill's power plug is unplugged.

Cleaning: Regular cleaning helps prolong the lifespan of the electric treadmill. Periodically remove dust to keep the components clean. Be sure to clean both sides of the exposed running belt to minimize the buildup of dirt and debris. Always wear clean athletic shoes to prevent dirt from being transferred onto the running deck and belt. When cleaning the treadmill belt, use a damp cloth with soap, taking care to avoid wetting electrical parts and the running belt.

Warning: Ensure the power plug is disconnected before removing the motor cover and clean the motor at least once a year.

Lubrication for the Running Belt: This electric treadmill's running board and belt are factory lubricated. Friction between the belt and the running board significantly affects the treadmill's lifespan and performance, so regular lubrication is essential. We recommend inspecting the board regularly. If the surface is damaged, please contact Evolve Fitness Ltd.

Lubrication Schedule:

- Light users (less than 3 hours per week): once a month
- Heavy users (more than 7 hours per week): once every two weeks

Additional Recommendations:

1. To better protect your treadmill and prolong its lifespan, it is advisable to turn off the machine and rest it for 10 minutes after every two hours of continuous use.
2. Proper belt tension is crucial:
 - If the belt is too loose, it may slip during use.
 - If it is too tight, it can impair motor performance and accelerate wear on the roller and belt.



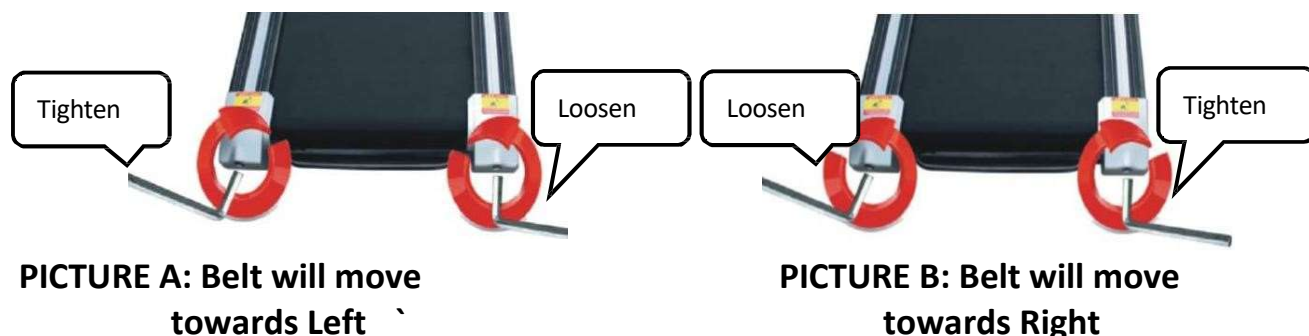
- To check the tension, lift each side of the belt; the appropriate tightness allows a lifting height of 50-75mm.

Running with Proper Alignment and Tension

To ensure optimal performance and longevity of the treadmill, it is important to adjust the running belt to the correct alignment and tension. Regularly maintaining the belt will help the treadmill operate smoothly and effectively.

Running Belt Alignment

- Place the treadmill on a flat surface.
- Turn on the treadmill and set it to a speed of approximately 6-8 km/h.
- If the running belt shifts toward the right side, Rotate the right adjustment bolt counterclockwise by 1/2 turn, Then, rotate the left adjustment bolt clockwise by 1/2 turn. (See Picture B)
- If the running belt shifts toward the left side, Rotate the left adjustment bolt counterclockwise by 1/2 turn, Then, rotate the right adjustment bolt clockwise by 1/2 turn. (See Picture A)



Multi-Wedge Belt Tension Adjustment

Over time, extensive use of the treadmill can cause the multi-wedge belt to loosen due to wear and tear. Proper adjustment is necessary to ensure safe and optimal operation.



Assessment:

If you experience occasional pauses while running, it may indicate that the treadmill belt or multi-wedge belt is slightly loose and requires adjustment for safe use.

How to Determine Which Part Is Loose:

1. Remove the four screws securing the protective cover.
2. Set the treadmill to a speed of approximately 1 km/h.
3. Stand on the running belt, hold onto the armrests, and gently step on the belt (using your own weight).

Observation indicators:

- **A.** If your step does not stop the belt, the tension is appropriate.
- **B.** If your step stops the running belt but the multi-wedge belt and front roller continue to run, the running belt is loose and needs adjustment.
- **C.** If your step stops both the treadmill belt and the multi-wedge belt while the motor continues running, the multi-wedge belt is loose and requires adjustment.

Adjustment Procedure:

1. Use a Allen Key 6 mm to loosen or tighten the screws on the motor base according to the observed condition.
2. Gently flip the multi-wedge belt between the motor shaft and the front roller:
 - If the belt is too loose, flip it 100% over.
 - If it's too tight, the flip will be limited; aim for about 80% flip.
3. Adjust the belt tension so that it can be flipped approximately 80%, ensuring proper tightness.
4. Once adjusted, secure the motor base screws and reinstall the front cover.

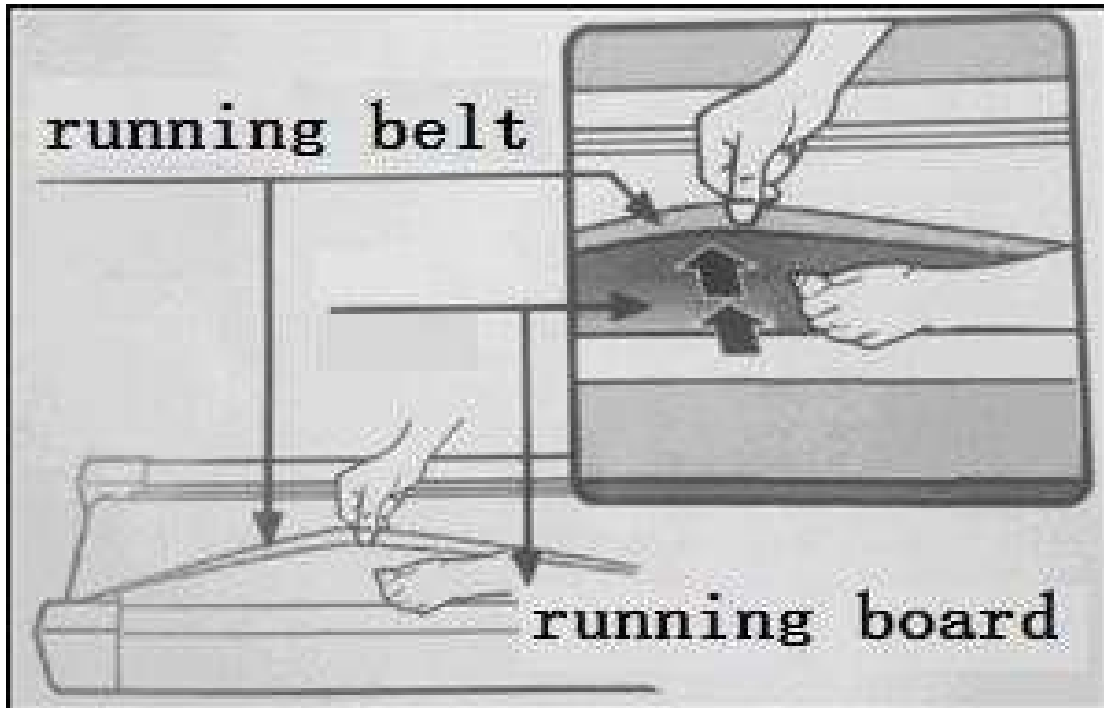
This process helps maintain proper belt tension for safe, smooth treadmill operation.



Applying Silicone Oil

Step 1: Slightly lift the running belt.

Step 2: Open the silicone oil bottle and squeeze the silicone oil along the sides of the running board, as illustrated in the following picture.





WARRANTY CERTIFICATE

Model Number: EVOLVE B1 Pro Treadmill

WARRANTY PERIOD: This Standard Warranty is valid for a period of 12 Months from the date of purchase.

WARRANTY COVERAGE: We, EVOLVE, hereby warrant that the treadmill shall be free from defects in material and workmanship during the warranty period. The warranty covers the following parts and components:

- Frame and chassis.
- Motor
- Belts and pulleys
- Deck and walking surface
- Control panel and electronics
- Handrails and accessories

LIMITATIONS AND EXCLUSIONS:

The warranty does not cover damage caused by:

- Improper use or maintenance
- Overloading or excessive use
- Normal wear and tear
- Failure to follow operating instructions
- Acts of nature (e.g. flood, fire, earthquake)
- Supply of improper electric current and voltage leading to error E5 & E6.

The warranty does not cover repair or replacement of parts or components that are damaged or worn out due to normal usage.

The warranty does not cover repair or replacement of parts or components that are no longer available or are obsolete.



REPAIR AND REPLACEMENT:

In the event, that the treadmill is found to be defective, we shall provide you with the spare parts and the purchaser will repair it. EVOLVE Technical Team will assist to the purchaser on how to replace the spare parts. In case of genuine breakdown all the spare parts will be free of charge to the purchaser, else they will be charged.

The repaired or replaced part shall be deemed to be new for the remainder of the warranty period.

WARRANTY CLAIM PROCESS:

To make a warranty claim, please contact our customer service department on 01254 427840 ext 5 and provide the following information:

- Model number of treadmills
- Description of the problem or issue
- Proof of purchase (e.g. sales receipt)
- Channel of purchase.

We shall investigate the claim and provide with the spare parts within a reasonable time frame.

TRANSFERABILITY:

This warranty is non-transferable to the new owner.

WARRANTY DISCLAIMER:

This warranty is in lieu of all other warranties, express or implied, including but not limited to warranties of merchantability, fitness for a particular purpose, and non-infringement.

We disclaim all liability for any damages, including but not limited to consequential damages, incidental damages, and punitive damages.



14. Contact US

For customer services, please contact us:

Evolve Store Email: sales@yasupplies.co.uk



Keep the Original Box, Packing & Accessories to ensure smooth After-Sales Services Process.