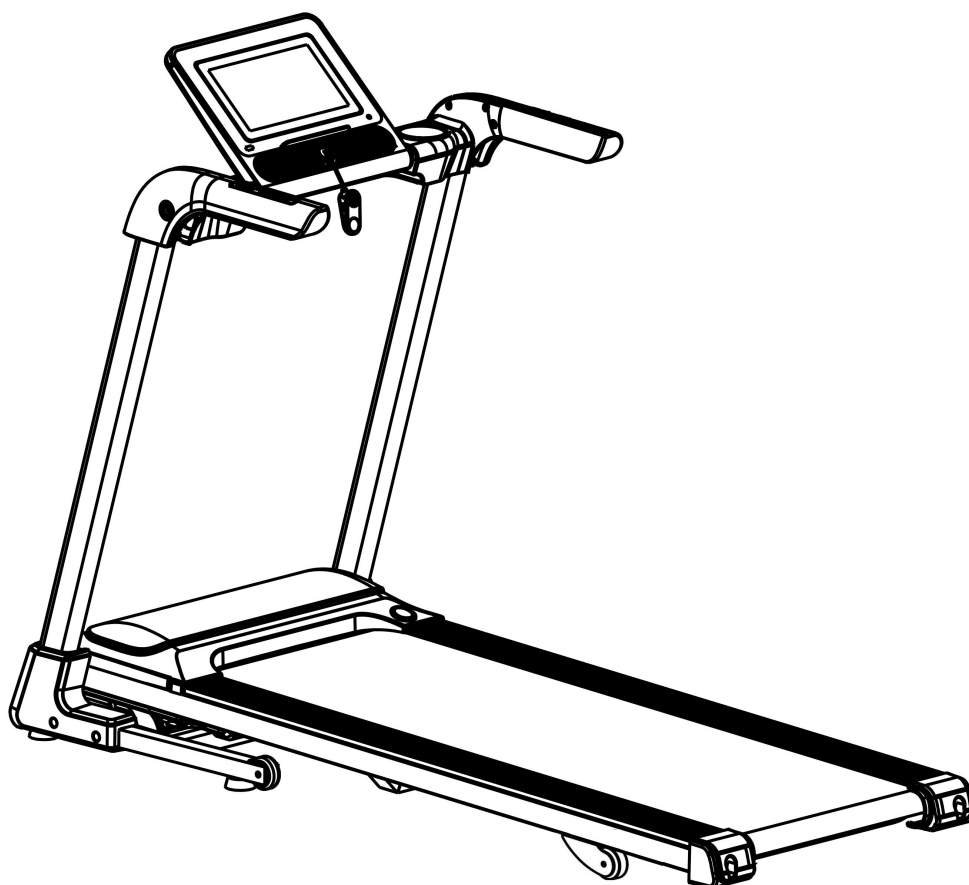


USER'S MANUAL

EVOLVE-A1

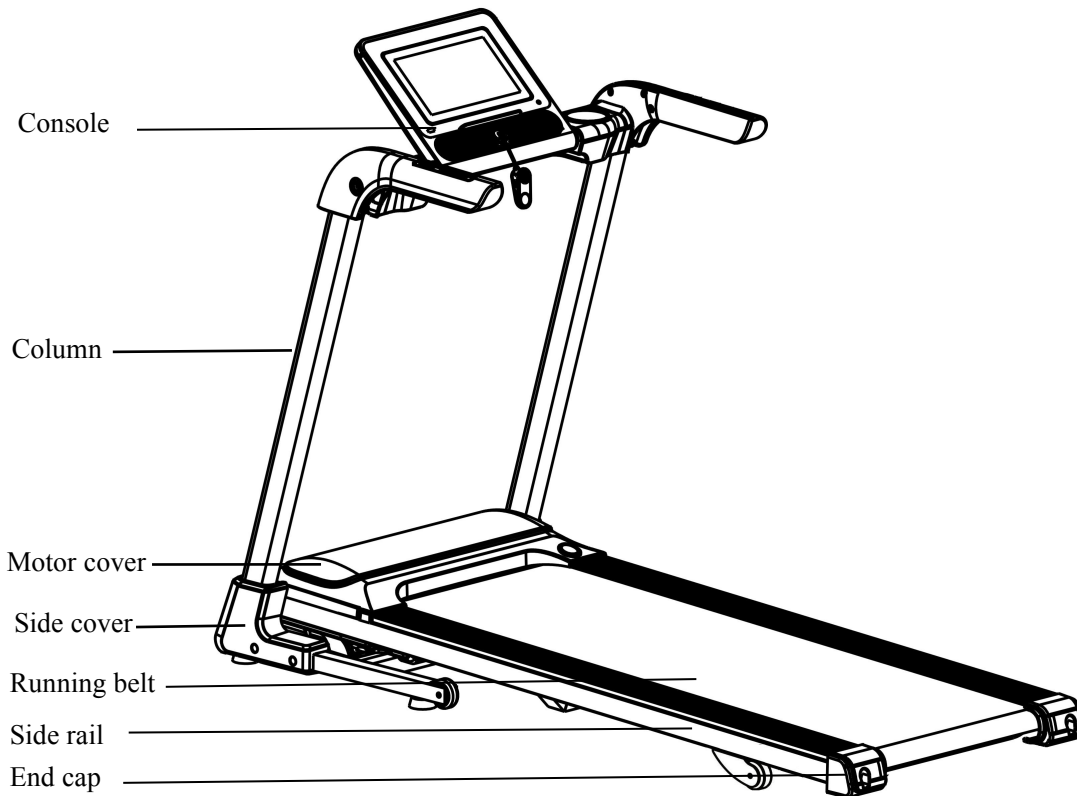


Note: Following the principles of sustainable development, we may modify machines when necessary and will not notify again. It all depends on the actual product.

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1. Product Brief



Main parameters and parts list

Main technical parameters

No.	Parameters Names	Description
1	Input power voltage	AC220-240V(50~60Hz)
2	Motor power	3.5 HP
3	Speed	0.8-14Km/h
4	Running surface	450*1200 mm
5	Max user weight	120 KG
6	Expand dimensions	1545*720*1120mm
7	Media play	AUX, USB , Bluetooth for music display

Packing list

No.	Name	Units	Qty
1	Complete machine	set	1
2	Side cover	set	1

3	Accessory Bag	pc	1		
Tools Bag					
No.	Name	Qty	No.	Name	Qty
1	Inner Hexagon spanner 6mm	1	8	Audio cable	1
2	Inner Hexagon spanner 5mm	1	9	Screws M8*22	4
3	Combination wrench	1	10	Screws M8*45	2
4	Safety Key	1	11	Non-slip stickers(option)	2
5	Silicone oil	1	12	Nut M8	2
6	User's manual	1	13	Screw M8*85	2
7	MP3 Cable(option)	1			

2. Security Precautions and Warnings

Notice: Please read the instructions carefully before use.

- ◆ Indoor using and storing the treadmill, avoid dampness, and can not be spilled by water.
- ◆ Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.
- ◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.
- ◆ Keep children away from the machine to avoid accidents.
- ◆ Avoid too long time and overload operation, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.
- ◆ Keep machine away from dust to avoid strong static.
- ◆ Please cut the electric power off after using.
- ◆ Please maintain good ventilation when running.
- ◆ Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.
- ◆ If you feel not very well when using this machine, please stop and consult a doctor.
- ◆ Silicone oil must be kept away from children after use.
- ◆ If power cord is damaged, please contact our qualified maintenance personnel

for service rather than disassemble it at your own discretion.



Forbidden

- ◆ Don't use the machine in the status of the shell break in or break off (the internal structure exposed) or under the condition of welding-parts may fall off.
---- Otherwise an accident or injury may happen.
- ◆ Don't jump up and down in the process of movement.
---- May be injuries caused by the fall.
- ◆ Don't keep machine in or near moist space such as the bathroom.
- ◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance .
----Otherwise may cause the leakage and burst into flames.
- ◆ Don't use when the power cord is damaged or power plug pin is loose.
----Otherwise will lead to an electric shock, short circuit or fire.
- ◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.
----Otherwise will cause fire or get an electric shock.
- ◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use.
---- Or it may be an accident or injury due to falls.
- ◆ People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill.
----May occur accident or injury.
Avoid drinking water or pouring water when operation.
---- May cause electric shock and fire. Forbidden!
- ◆ People who seldom do exercise shouldn't suddenly do intense exercise.
- ◆ After eating or when feel tired, do not use machine.
---- May lead damage to your health.
- ◆ This product is suitable for family use, does not apply to schools, gymnasium and so on. ----
There is the danger of injury.
- ◆ Don't use when hard objects are in pants pockets.

----May cause accident or injury.

- ◆ Don't use when the power plug is on the needle, garbage, or water.

----May cause electric shock, short circuit, or fire. Do not use with wet hands!

- ◆ when not in use, pull out the power plug from the socket.

----The dust and moisture can age the insulation, and result in leakage fire.



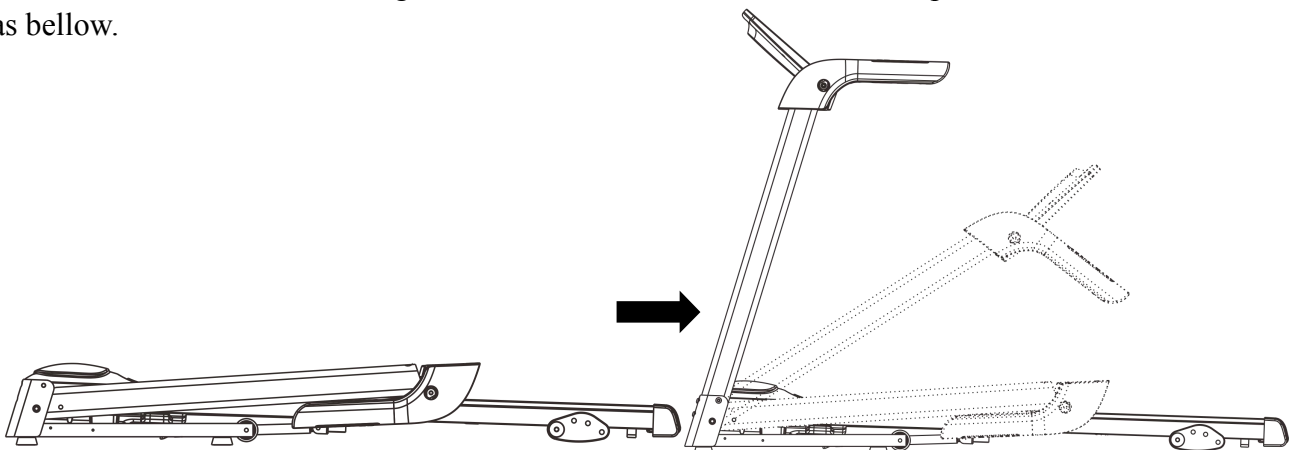
Ground protection system!

- ◆ This product must be grounded. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.
- ◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.
- ◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.
- ◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

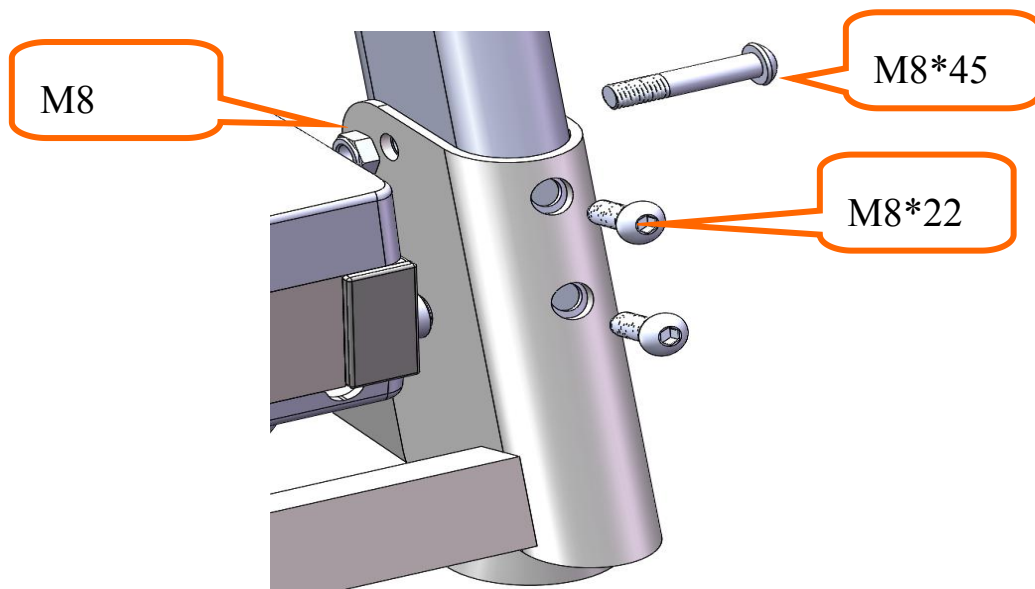
3. Installation Instructions

When installing, simple fix all screws first, then tighten screws when the installation of frame is done.

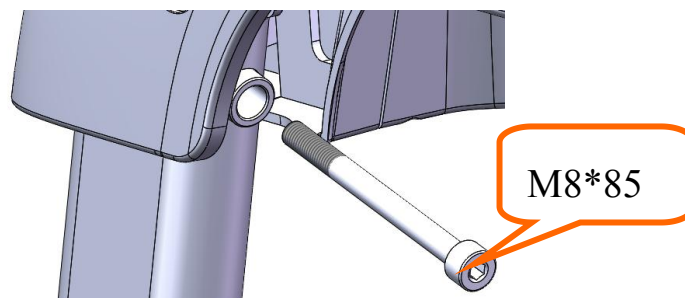
1. Put the machine on the flat ground and set the column and console up with the direction shown as bellow.



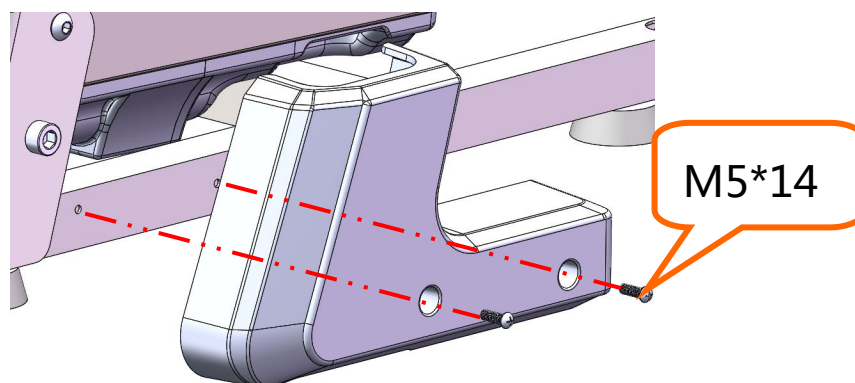
2. Use 5# inner hexagon wrench, screws M8*45 to lock the columns onto the base with lock nuts M8, then use screws M8*22 to fix the column on the base.



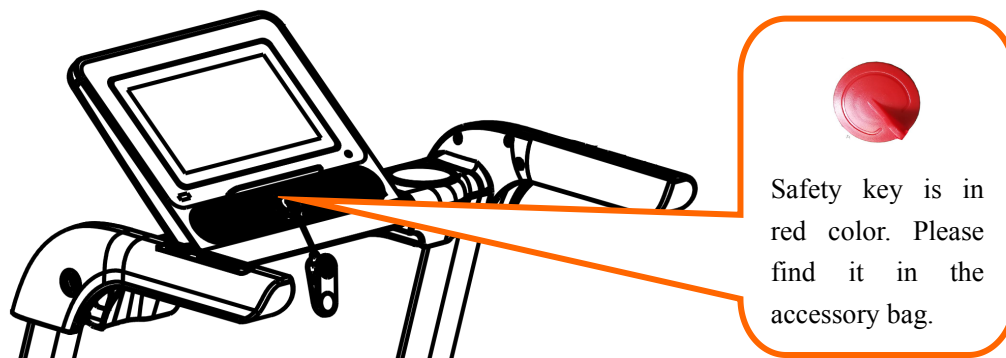
3. Hold left & right columns, use 6# inner hexagon wrench and screw M8*85 to lock the console on the columns.



4. Use the combination wrench to remove the preinstalled M5*14 screws on both sides of the base, then put the side covers and use combination wrench to tighten them onto the base with screw M5*14.



5. Put the safety key on the picture showing yellow area, then press the start button to start the treadmill. (Notice: The treadmill can only start when the safety key is put on the yellow area on the console.)



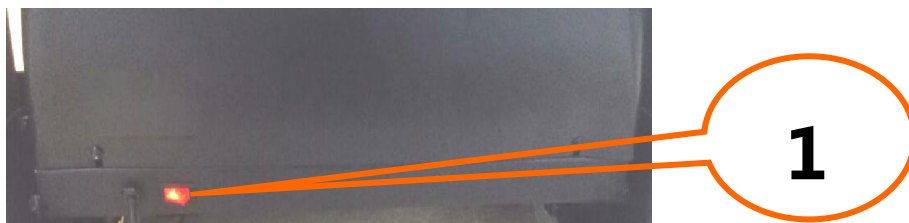
NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

4. Using Instructions

Using treadmill

1. Insert the power plug properly and turn on the switch (in red color)

When the light is on, there will be beep sound, and then the screen will be light up.



2. Please keep the safety key away from children when the treadmill is not in use. Please put the silicon oil bottle in places children cannot reach. If it is eaten or split into eyes by mistake, please use water to wash and consult doctor immediately.

3. Safety key Introduction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents.



4. Folding Instructions

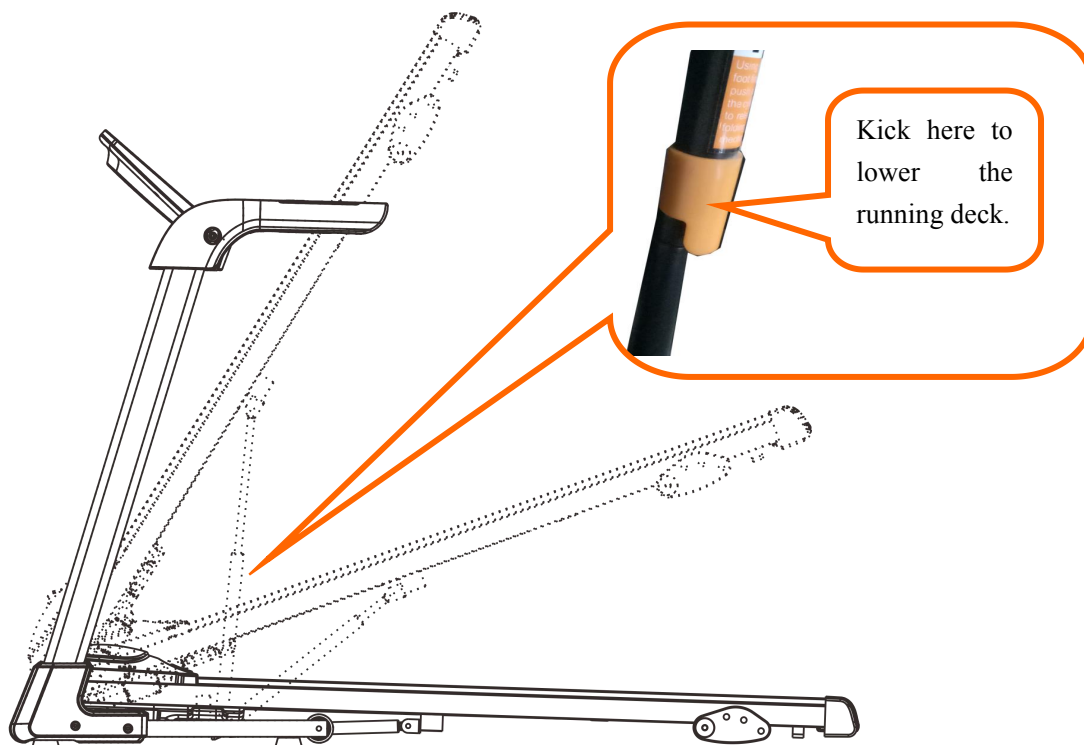
Fold the treadmill:

It will save space when the treadmill is folded.

Please turn off the switch and pull out the power plug before folding. Lift the running deck until it is held.

Unfold the treadmill:

Kick the pressure rod, hold the running deck and then let the running deck to fall gradually.



5. Console instructions

Start-up

Normally start after 5 seconds of countdown.

Amount of programs

3 manual programs, 12 automatic programs.

Safety lock function

Disconnect the security lock, "E7" shows on the screen. The treadmill stops immediately, and there will be a beep sound. Put the safety key back, all the data will be cleared in 2 seconds.

Key function

Start button, Stop button:

When the power is on, press the start button to start the treadmill. And press the stop button to stop the treadmill when the unit is in running mode.

Program key

In standby mode, pressing this key can cycle the options from manual mode to P1 to P12 automatic programs. Manual mode is the system defaulting running mode.

Mode key

In standby mode, press this key to cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode.

Use speed + - to adjust the set value.

Speed + - key:

Use these keys to adjust the speed of the treadmill or to adjust the set value.

Speed shortcut key:

Use these keys to change the speed in running mode.

Volume + - key

Use these keys to adjust the volume.

Play/Pause key

When the music is on, press Play/Pause to pause the music and press it again to continue playing.

Display Function**Speed Display**

Display the current running speed value.

Time Display

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

Distance display

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

Calorie display

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

Heart rate display

Heart rate signal will be detected, and the heart-shaped mark flashes while testing.

Bluetooth App Control (According to the actual configuration)

Use mobile phone app to control the walking board.

Use phone to scan the QR code bellow to download the app.

**Automatic program**

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

5. Routine maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid to wet the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running belt specialized lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center.

We advise using lubricant between running belt and running board with following schedule:

Lightweight user (use less than 3 hours a week) once per month;

Heavyweight use (use more than 7 hours a week) once every half month.

1. In order to better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continued use of two hours, turn off the machine and let it rest for 10

minutes before using again.

2.If the treadmill belt is too loose, there will be skid phenomenons while running; if it's too tight, it may reduces motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

Running with adjusted alignment and tightness

In order to better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

Running Belt alignment

- Put electric treadmill flat on the ground.
- Make the electric treadmill run at a speed of about 6-8km/hour .
- If the running belt is closer to the right, rotate the right adjusting bolt with 1/2 turn counter-clockwise, then rotate the left adjusting bolt with 1/2 turn clockwise. (Picture B)
- If the running belt is closer to the left, rotate the left adjusting bolt with 1/2 turn counter-clockwise, then rotate the right adjusting bolt with 1/2 turn clockwise. (Picture A)



Picture A

Picture B

Applying silicone oil

Step 1: Use scissors to cut the upper end of the oill bottle (Picture 1).

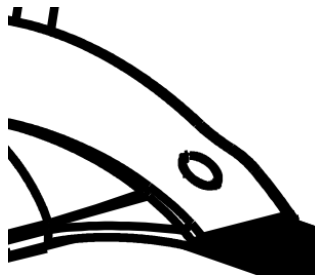
Step 2: Uncover the oil tank cover located on the motor cover(Picture 2 and 3).

Step 3: Squeeze the silicone oil into the oil tank(Picture 4).

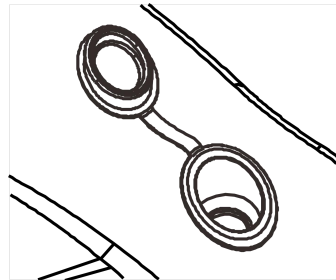
Step5: Start the treadmill, adjust the speed to 5-6 km/h, and run for 5 minutes to make the oil evenly distributed on the running belt.



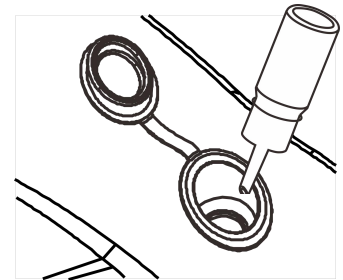
Picture 1



Picture 2



Picture 3



Picture 4