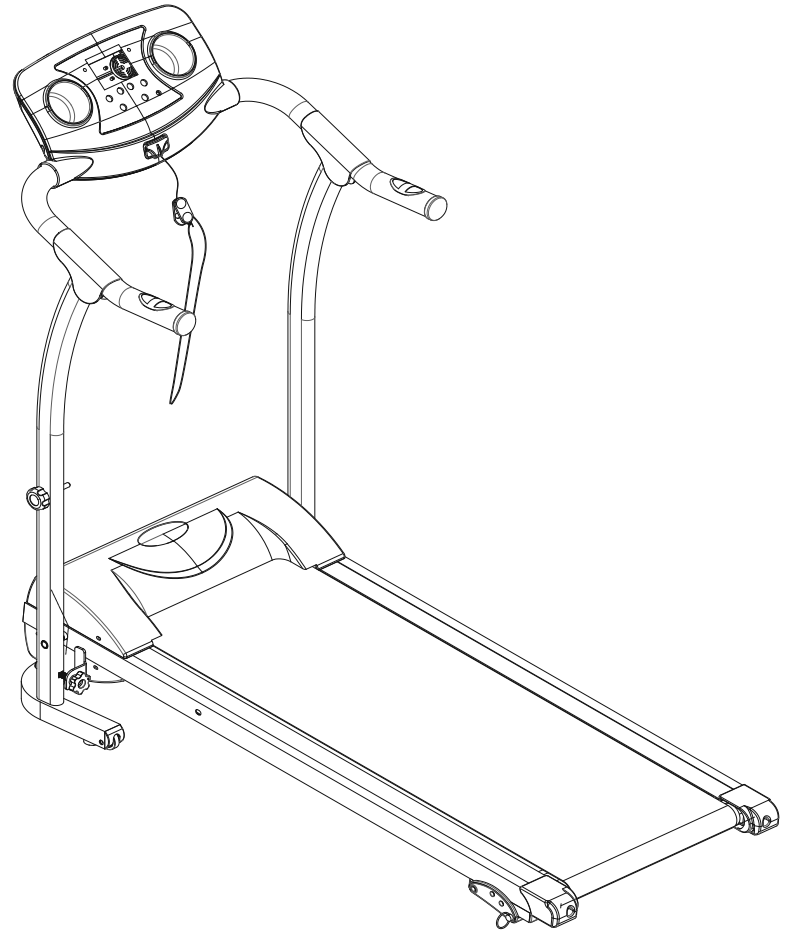


# NexHT

## MOTORIZED TREADMILL OWNER'S MANUAL

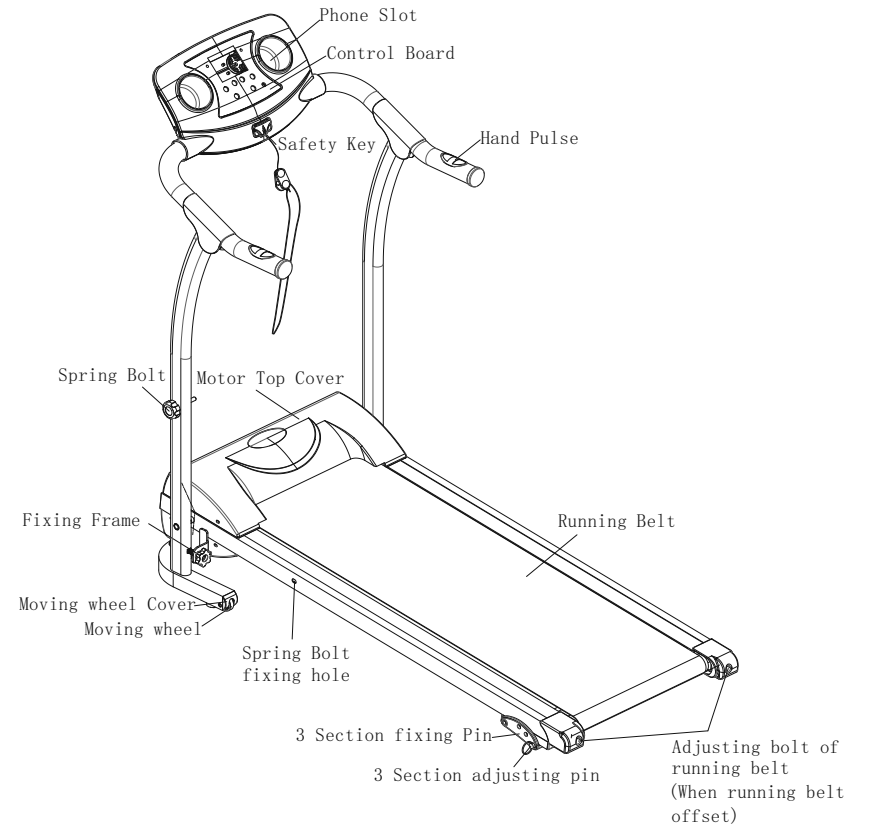


Please read all instructions carefully before using this product.

# CONTENTS

1、 PRODUCT INTRODUCTION	1
2、 CONSOLE FUNCTION	2
3、 ASSEMBLY INSTRUCTIONS	3
4、 OPERATIONAL GUIDELINES	4
5、 RUNNING BELT ADJUSTMENT	5
6、 PRODUCT FEATURES	6
7、 IMPORTANT PRECAUTIONS	6
8、 Warranty	7

# 1、PRODUCT INTRODUCTION



## 2. CONSOLE FUNCTION



### 2.1 START button and STOP button :

START button, press "start" button when treadmill is in stop status, speed show 1.0Km/h, treadmill starts.

STOP button, press STOP button when treadmill is in operation, figures clear to zero, treadmill stops moving and return to user mode, treadmill stops.

### 2.2.AUTO button:

Press AUTO button allows switching from manual mode to auto mode programs P1-P12 when the treadmill is in standby status. Manual mode is system's default mode, the default speed of the manual mode is 1KM/H, the maximum running speed is 12KM/H.

### 2.3SELECT button:

When the treadmill is in standby mode, press this button allows to choose from three different countdown operating modes: time countdown mode, distance countdown mode and calories countdown mode; use Speed +/Speed - button to set the related countdown values, press "START" button to start the treadmill after setting completion.

### 2.4.Speed +/Speed - button:

Adjust values when setting treadmill parameters. Adjust speed when treadmill is working, speed will automatically continue to increase or decrease when holding the buttons for more than 2 seconds.

## 8. WARRANTY

COMPONENT LENGTH OF WARRANTY: 1 year

Inland Products, Inc., Warrants this product to be free of defects in materials or workmanship for one year. This warranty does not include damage resulting from accident to misuse. If this product should become defective, we will replace it free of charge provided it is prepaid freight to: inland Products, Inc. This warranty is in lieu of all other warranties expressed or implied including the implied warranties on merchantability of fitness for any other rights or remedies. In no event shall inland Products Inc., be liable for consequential damages. Register your warranty online at [www.inlandus.com](http://www.inlandus.com).

**⚠WARNING:** This product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/product](http://www.P65Warnings.ca.gov/product).

## 6. PRODUCT FEATURES

- 6.1. Everyone can use the product. (Old people and children need to be accompanied by guardians to use the product.)
  - 6.2 Compact and elegant appearance, easy to install.
  - 6.3 Emergency stop device for safety protection.
  - 6.4 Simple and convenient operation.
  - 6.5 Max load is 120KG
  - 6.6 Selected high quality materials, stable structure, safety and reliability.
  - 6.7 Folding-up functions for freely folding, save space, easy to move.
  - 6.8 Intelligent control panel, LED display window (speed -, mode, program, speed +)
- Full control of movement.  
Speed range 1.0-12 Km/h.

## 7. IMPORTANT PRECAUTIONS

Please read and obey all instructions carefully before using this product.

Suggestions:

Make sure that you have no serious health problem to use this product, or you can consult with your physician.

Clip safety key on clothes and don't take it off easily when walking on the treadmill.

Select the suitable speed range of your body conditions.

In case of feeling discomfort in use, stop the exercise immediately and consult the experts.

Please choose low walking speed at the beginning of the using this product, accelerate the speed gradually upon adaption.

Attention:

Children are prohibited to play on the treadmill.

Old people and children must be accompanied by guardians to use the product.

Avoid the product from high temperature and direct sunlight.

Do not use the treadmill in rugged and slopy places.

Do not use the product after drinking or the body feels uncomfortable.

Contact with the relevant person in charge if power cable or and product damage

Pregnant women are prohibited to use this product.

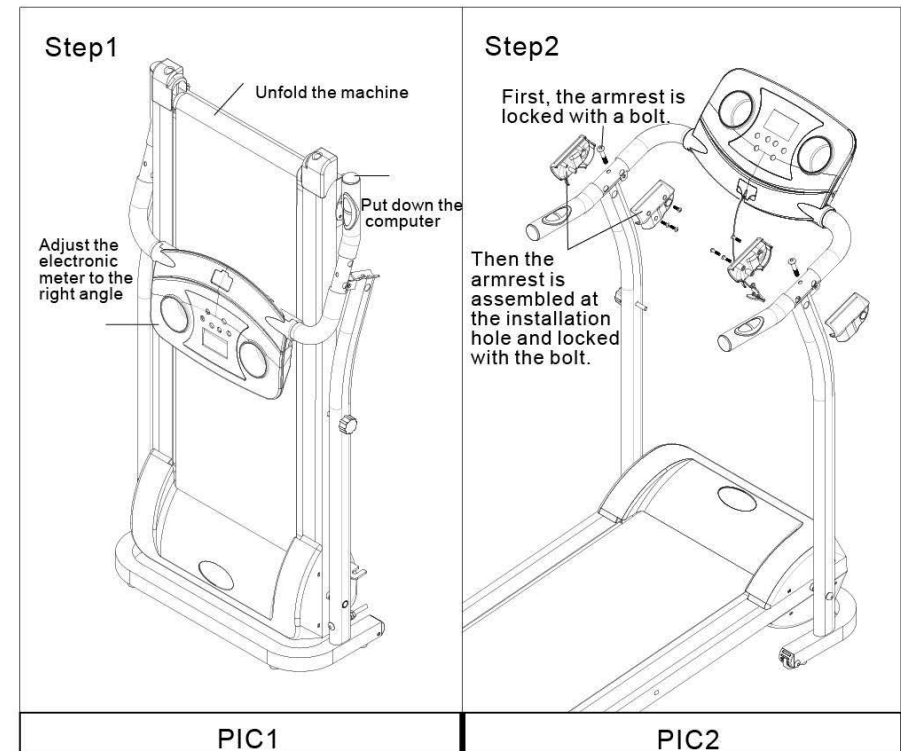
Product specifications

Product	Motorized Treadmill
Rated Voltage	C220V-240V/50HZ AC110-120V/60HZ
Power	0.54HP
Fold-up dimension	10.3*25.2*48.4INCH
Assembly dimension	53.7*25.2*48.6INCH
Package Measurements	54*27*11.4INCH
N.W./G.W.	59.5/70.5LBS
Max Load	198LBS
Speed	1.0-12KM/H

## 3. ASSEMBLY INSTRUCTIONS

Step 1: Take the treadmill out from packaging box, stand it on the floor, stretch out the treadmill, pull up the side handrail and place well the meter board. (as shown in Figure 1).

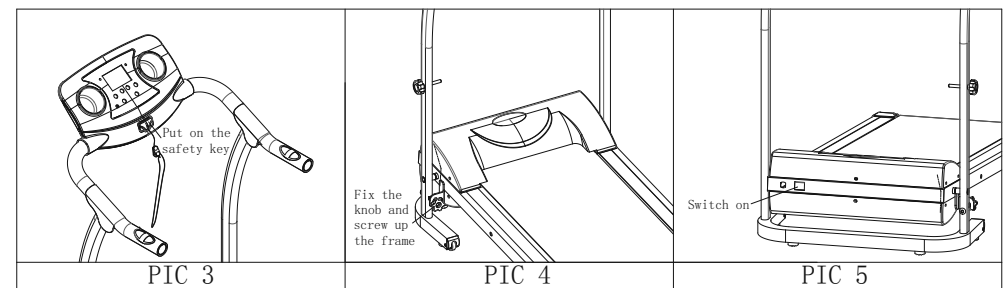
Step 2: Install the screws and the side handrail cover at the specified position. (Figure 2).



Step 3: Install the safety key (Picture 3) .

Step 4: Install the frame fixing knob (Picture 4) .

Step 5: Turn on treadmill power switch (Picture 5) .



#### 4、 OPERATIONAL GUIDELINES

Getting started: Insert the power plug into socket, Press NO.on the power switch. Treadmill boot with “di” alarm noise.

Attention: Clip the other end of safety key on clothes and don’t take it off easily from body.

4.1. Place safety key onto specified location, control panel and LED lantern will change from "SAFE" to "-.-.-" and give out “dididi” alarm noise

4.2. Press “START/STOP”button, treadmill start to work after 3 seconds,screen show 1.0Km/h as the lowest speed,press "Speed +" and "speed -" buttons to adjust speed value.

4.3. Press “MODE”button to switch functions: auto,select,speed acceleration and speed deceleration.

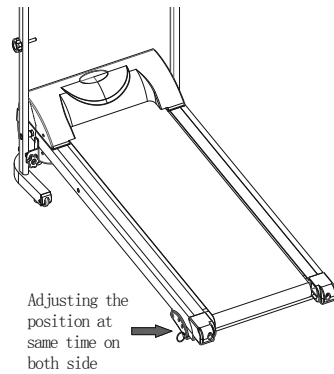
4.4. Press “START/STOP”button,speed slows down to stop gradually.

\*Remove the Safety Key, screen will show “SAFE”, running belt stops automatically.

\*Product will stop automatically after 30 minutes’continuous operation.

4.5 Slopes adjustment, pull out latch from both sides and insert them to the suitable position when you need to adjust the slopes.

(Note: Insert into the same space on both sides)



#### 4.6. Maintenance

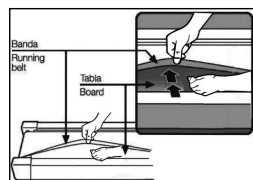
Warning: Before cleaning or maintaining the product, make sure that power plug of the electric treadmill is disconnected.

Cleaning: Full cleaning will prolong usage life of electric treadmill.

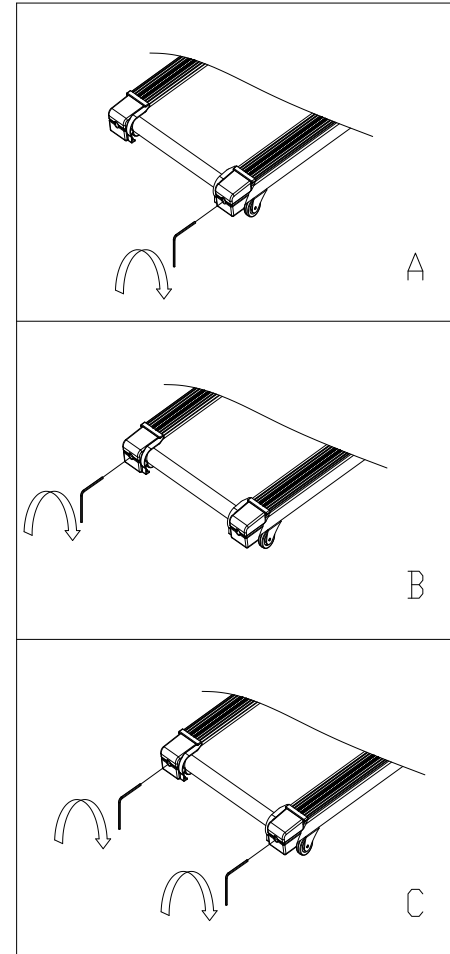
Please refer to the following silicone oil lubrication schedule between running belt and running board as a guideline(Usage method is shown in the below picture):

Usage	Frequency
Lightweight (use less than 3 hours per week)	Once a year
Middleweight (use 3 to 5 hours per week)	Once every six months
Heavyweight (use more than 5 hours per week)	Once every 3 months.

Silicone oil spray can be purchased from your local or contact with us directly.



#### 5、 RUNNING BELT ADJUSTMENT



Place the treadmill on flat ground, set running speed to about 6-8km/h and watch the running belt deviations.

If the belt moves to right, take off the safety key and switch off power,tighten the right bolt about 1/4 of turn (clockwise), switch on the power and place the safety key to start the treadmill, then watch the running belt deviations.Repeat above steps till the running belt is centered.(Figure A)

If the belt moves to left, take off the safety key and switch off power,tighten the left bolt about 1/4 of turn (clockwise), switch on the power and place the safety key to start the treadmill, then watch the running belt deviations.Repeat above steps till the running belt is centered.(Figure B)

As the treadmill walking belt stretches through use it will become necessary to tension the belt. Take off the safety key and switch off power,tighten the left and right bolt about 1/4 of turn (clockwise)simultaneously. Switch on the power and place the safety key to start the treadmill, then stand on the running belt to check its tightness.Repeat above steps till tightness is moderate.(Figure C)