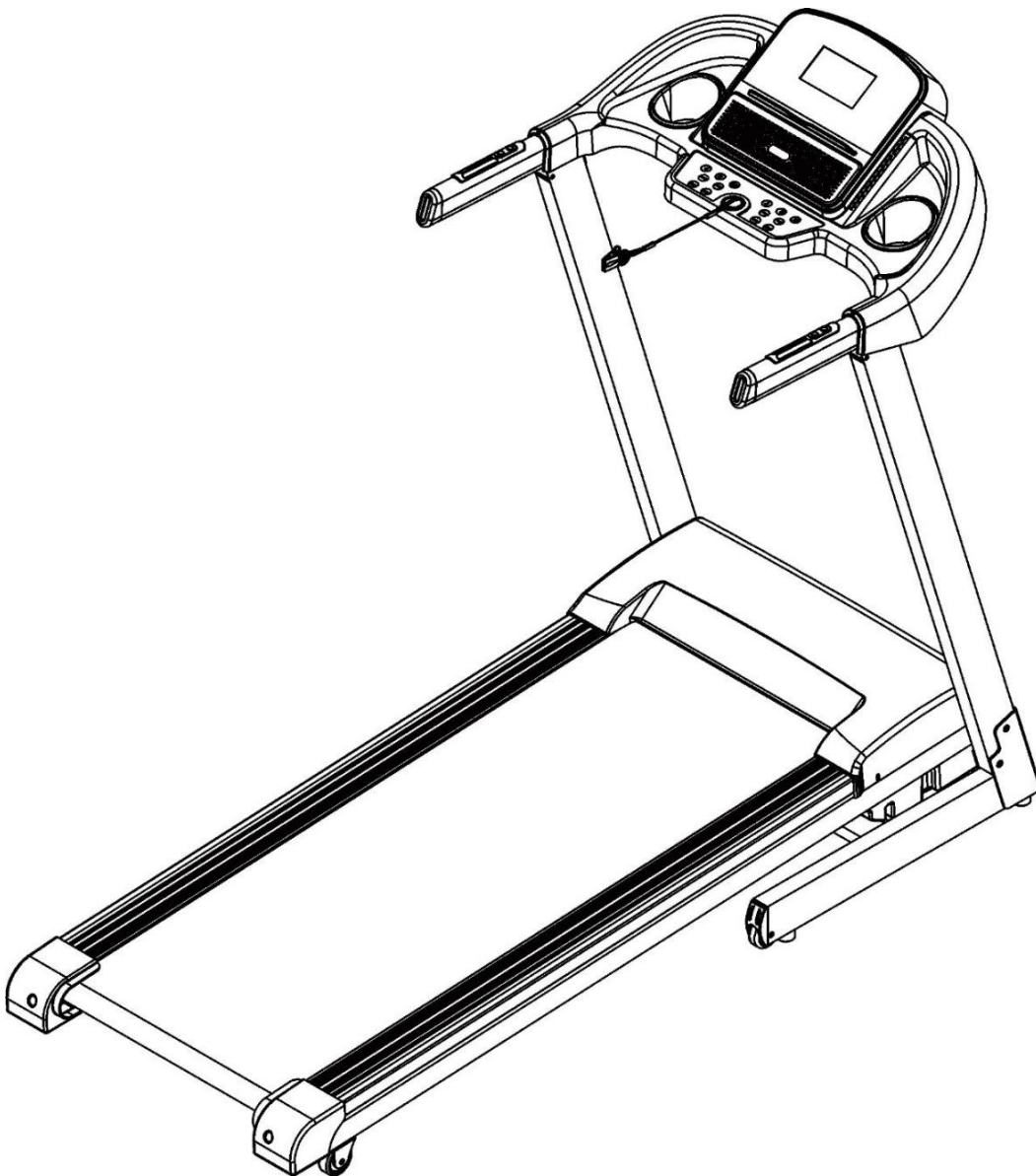




# ELECTRIC TREADMILL WITH INCLINE

SF-T7861

USER MANUAL



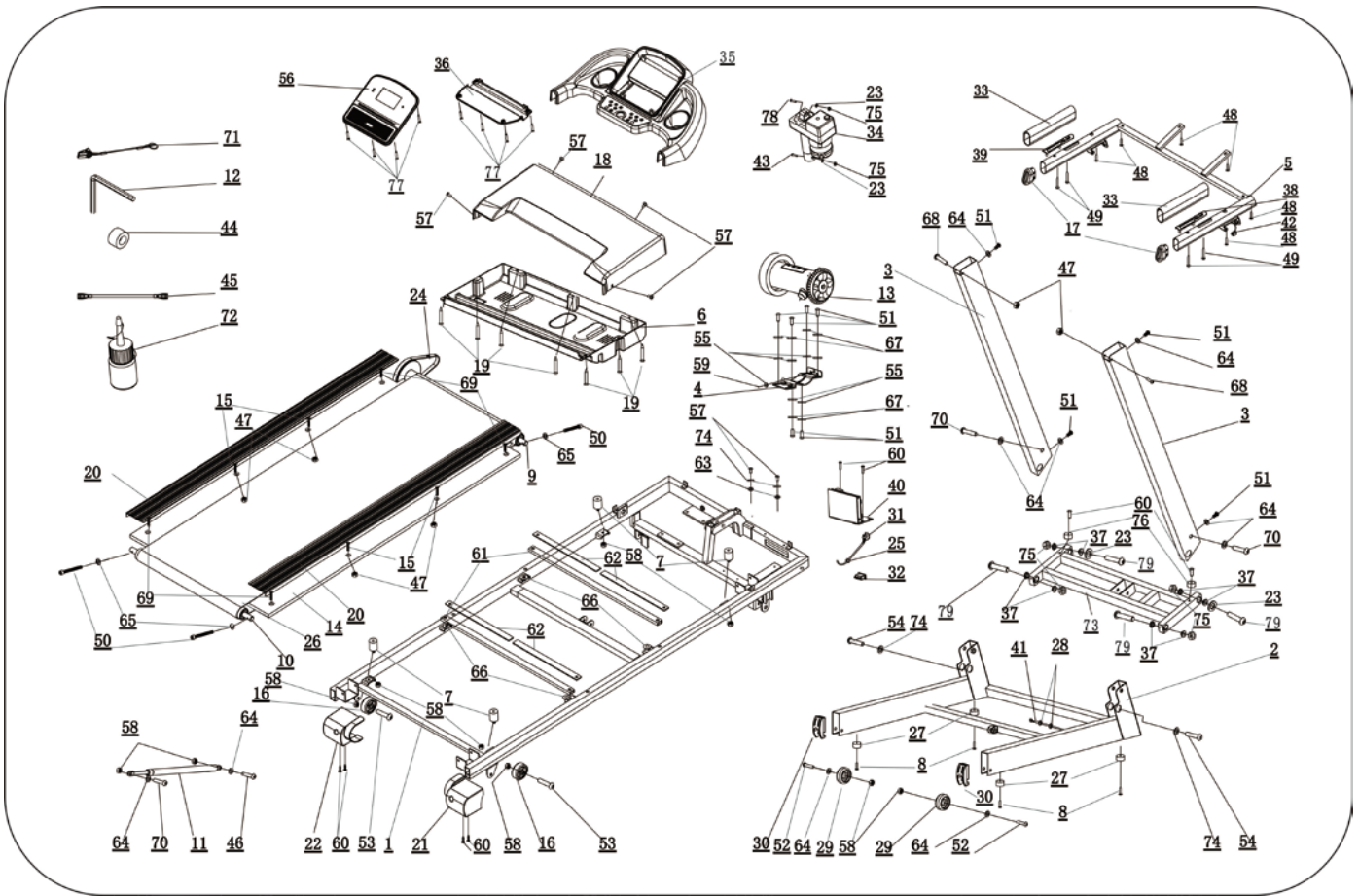
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# **IMPORTANT SAFETY INFORMATION**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

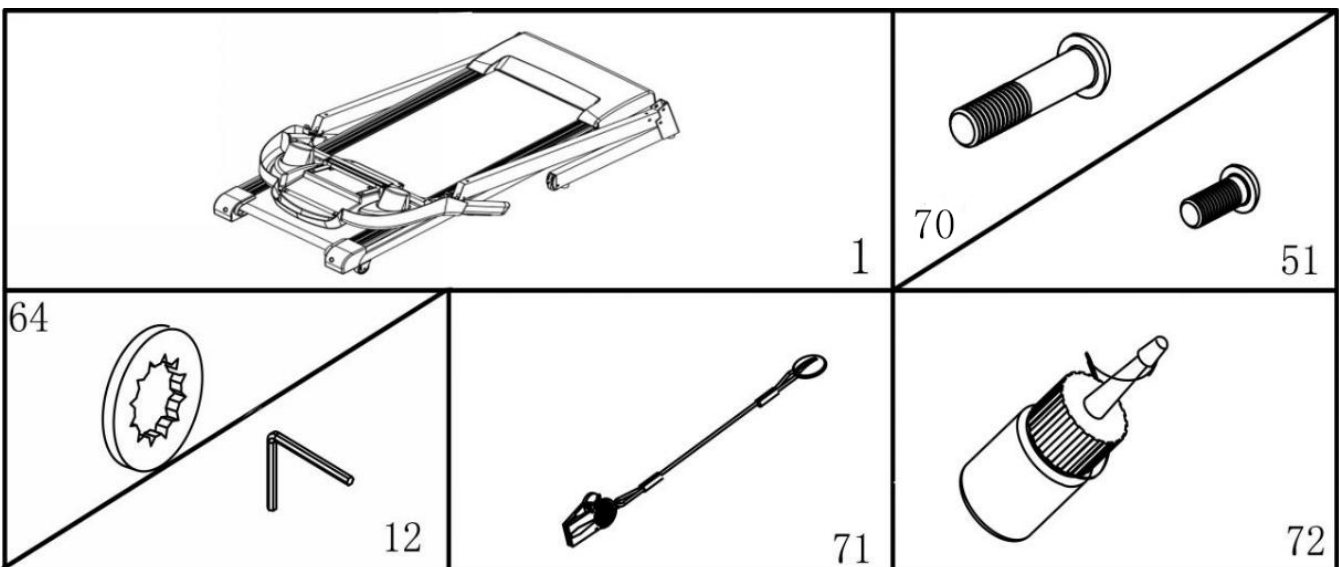
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240 CM) of free space behind it and 2 feet (60 CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 pounds (100 KG).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; It is not intended for commercial use.

# EXPLODED DIAGRAM



# ASSEMBLY CONTENTS

When you open the carton, and you will find the below parts in the carton.

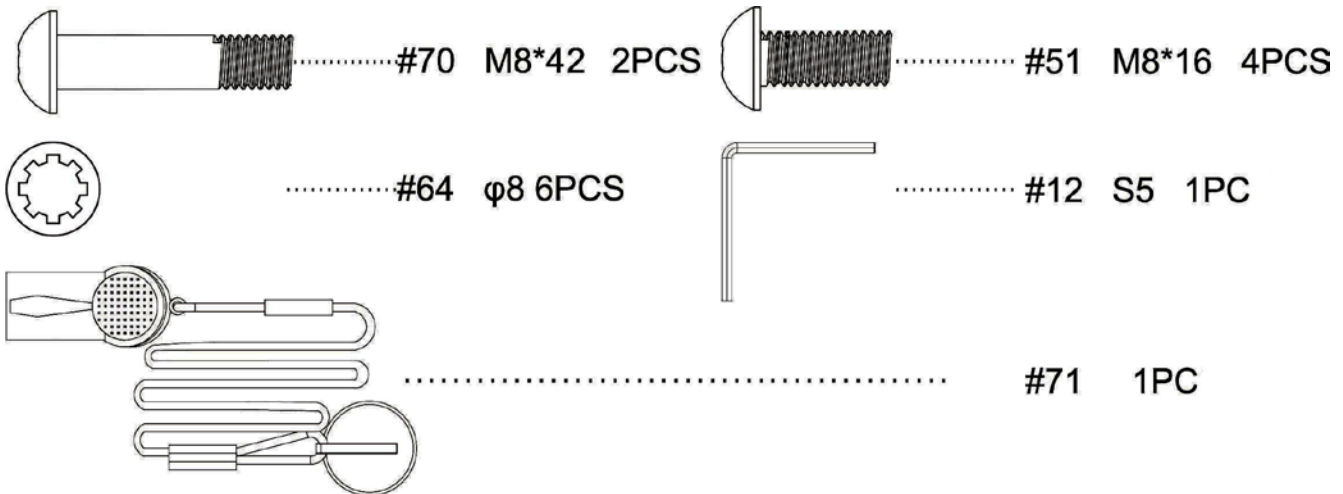


# PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	36	Computer Seal Cover		1
2	Base Frame		1	37	Interval Sleeve		8
3	Upright Frame		2	38	Hand Pulse with Speed +/- key		1
4	Motor Bracket		1	39	Hand Pulse with Incline +/- key		1
5	Computer Bracket		1	40	Control Circuit Board		1
6	Motor Bottom Cover		1	41	Computer Bottom Wire		1
7	Cushion		4	42	Computer Upper Wire		1
8	Screw	ST4.2*25	4	43	Bolt	M10*55	1
9	Front Roller		1	44	Magnetic Ring		1
10	Rear Roller		1	45	Brown Single Line		1
11	Cylinder		1	46	Bolt	M8*25	1
12	Allen Wrench	S5	1	47	Lock Nut	M6	6
13	DC Motor		1	48	Screw	ST4.2*20	6
14	Running Board		1	49	Screw	ST4.2*45	4
15	Bolt	M6*35	4	50	Bolt	M6*65	3
16	Wheel		2	51	Bolt	M8*16	10
17	Inclined Tube Plug		2	52	Bolt	M8*40	2
18	Motor Upper Cover		1	53	Bolt	M8*40	2
19	Bolt		7	54	Bolt	M10*55	2
20	Side Rail		2	55	Flat Washer C	Φ8	7
21	Right Rear Cover		1	56	Panel		1
22	Left Rear Cover		1	57	Bolt	M5*8	6
23	Lock Washer	Φ10	4	58	Lock Nut	M8	10
24	Motor Belt		1	59	Bolt	M8*25	1
25	Power Wire Buckle		1	60	Screw	ST4.2*19	8
26	Running Belt		1	61	Running Board Strengthen Tube		2
27	Foot Pad		4	62	Strengthen Tube Cushion	275*20*3	4
28	Ring Wire Protector B		2	63	Lock Washer	Φ5	2
29	Transportation Wheel		2	64	Lock Washer	Φ8	10
30	Transportation Wheel Cover		2	65	Lock Washer	Φ6	3
31	Standard Power Wire		1	66	Nylon Isolation Mat	Φ23*Φ10.5*2	4
32	Switch		1	67	Spring Washer	Φ8	6
33	Foam Grip		2	68	Bolt	M6*37	2
34	Incline Motor		1	69	Bolt	M8*25	4
35	Computer Cover		1	70	Bolt	M8*42	3

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
71	Safety Key		1	76	Cushion		2
72	Oil Bottle		1	77	Screw	ST4.2*13	8
73	Incline Bracket		1	78	Bolt	M10*42	1
74	Spring Washer	Φ10	4	79	Bolt	M10*45	4
75	Bolt	M10	6				

## **HARDWARE PACKAGE**



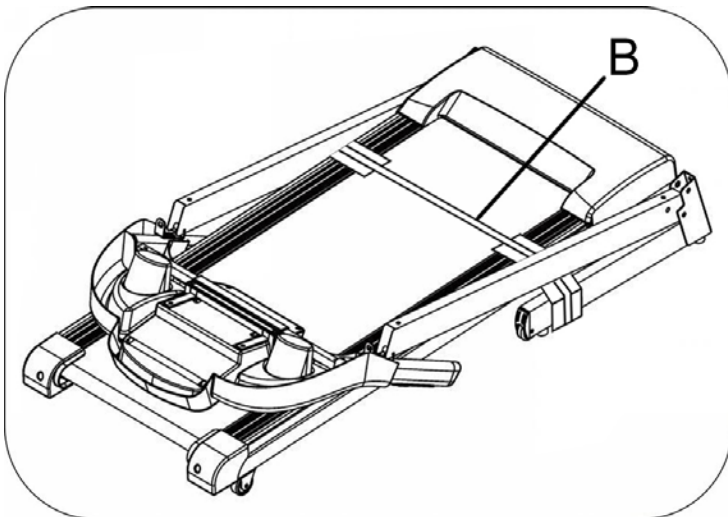
### **Ordering Replacement Parts (U.S. and Canadian Customers only)**

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

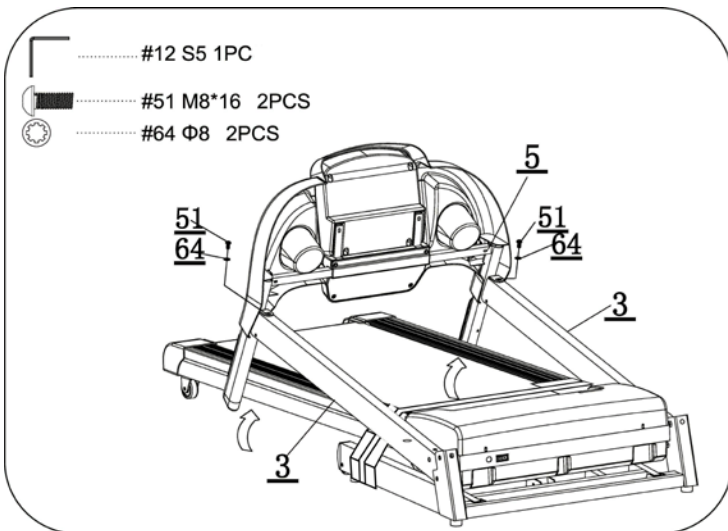
# ASSEMBLY INSTRUCTIONS



## STEP 1:

Open the carton and remove all contents. Place the **Main Frame (No. 1)** on level ground and ensure that you have a clean, adequate work space.

Do not cut the **Packing Belt (No. B)** until the assembly is complete!



## STEP 2:

Attach **Computer Bracket (No. 5)** onto the **Upright Frames (No. 3)** using 2 **Bolts (No. 51)** and 2 **Lock Washers (No. 64)**. Tighten and secure with **Allen wrench (No. 12)**.

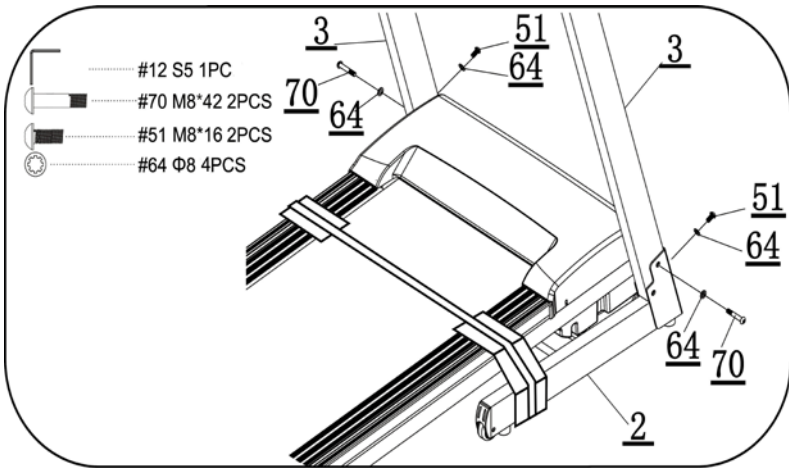


## STEP 3:

Pull up the **Computer Bracket (No. 5)** and **Upright Frames (No. 3)** as the arrow indicates.

**Notice:** When you pull up, make sure the **Upright Frames (No. 3)** do not press against the wires in **Upright Frames (No. 3)**. Keep both hands on the **Upright Frames (No. 3)** and **Computer Bracket (No. 5)** so that they will not fall and cause injury.





**STEP 4:**

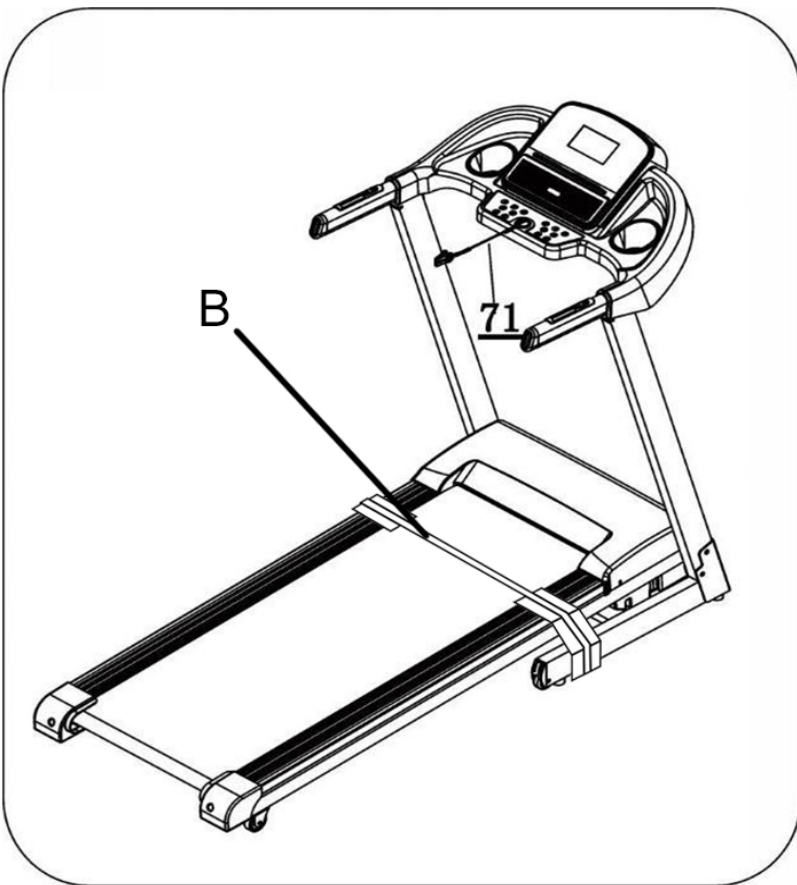
Attach **Upright Frames (No. 3)** onto **Base Frame (No. 2)** with 2 **Bolts (No. 70)**, 2 **Bolts (No. 51)**, and 4 **Lock Washers (No. 64)**. Tighten and secure with **Allen Wrench (No. 12)**.

***Notice:** Support the Upright Frames (No. 3) with both hands to avoid falling down and causing injury.*

**STEP 5:**

Insert the **Safety Key (No. 71)** into the computer.

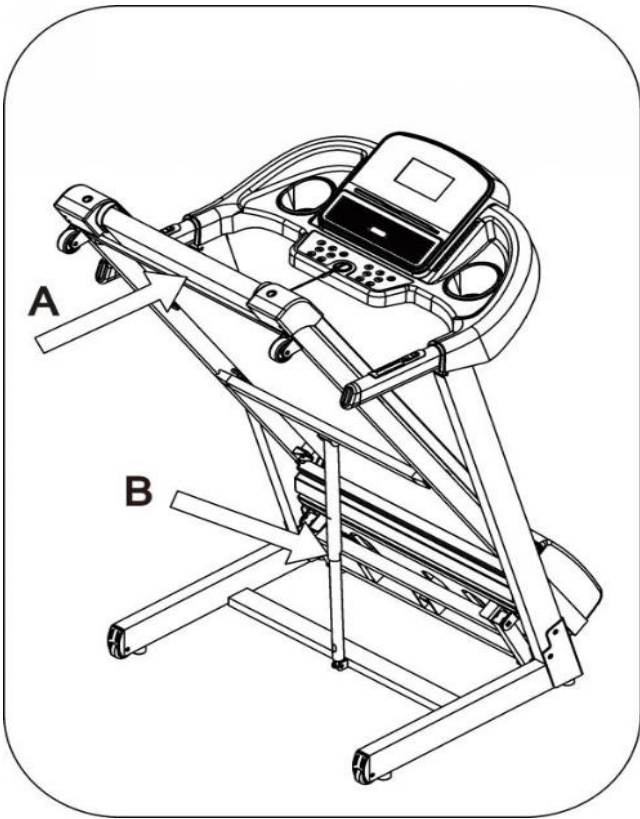
The assembly is now complete. Now you can cut the **Packing Belt (No. B)**.



# FOLDING INSTRUCTIONS

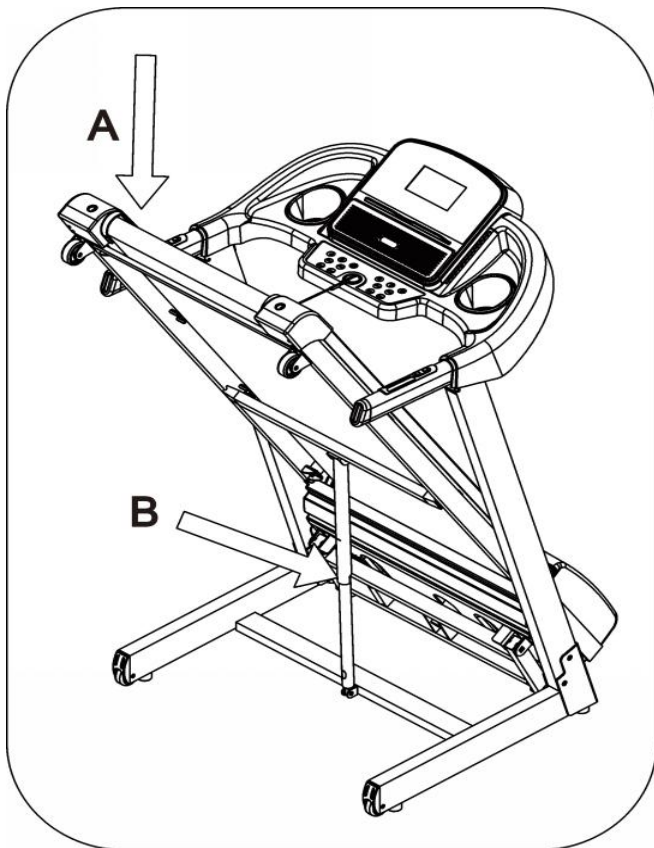
**NOTE:** Please make sure the incline is at ZERO when folding and unfolding.

**To fold the treadmill,** place your hands at position A and lift the running board all the way up until you hear the safety lock 'Click' from the safety cylinder.



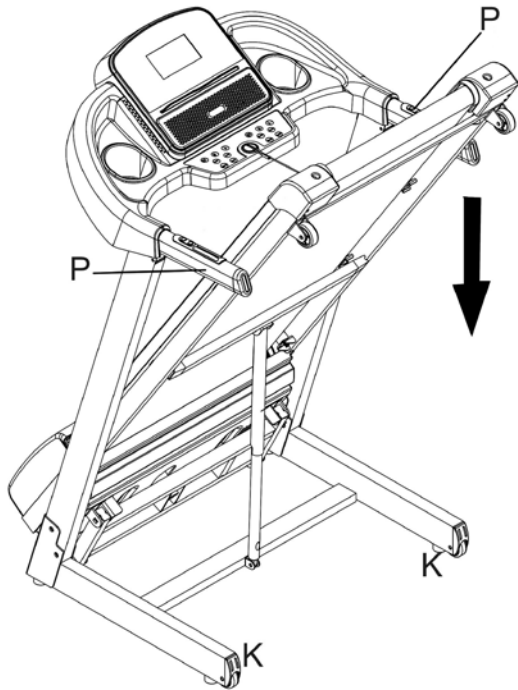
**To unfold the treadmill,** simply give the safety cylinder a light kick at position B and pull down the running board at position A at the same time. With its soft drop system, the machine will unfold slowly.

**(Please keep everyone and all pets away from the machine when unfolding the treadmill).**



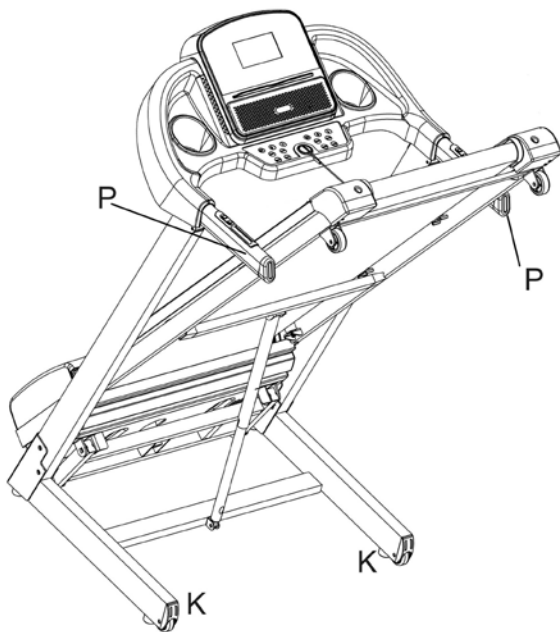


# HOW TO MOVE THE TREADMILL



Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position "P" to support the top end of the treadmill. Next, place one foot at position "K" to hold the bottom end of the treadmill steady. With your foot at "K", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "P" reaches a low enough point, the wheels of the treadmill will touch the ground.



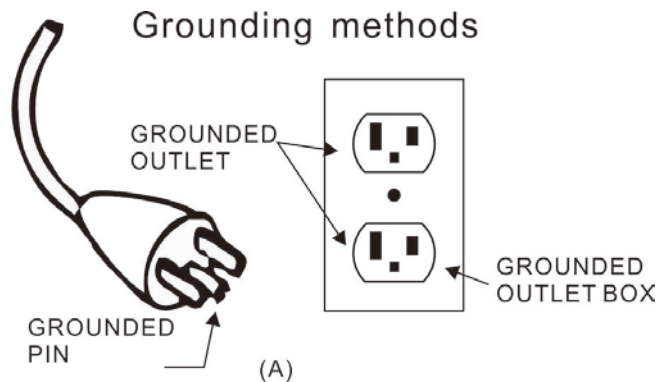
To transport, hold the treadmill from position "P" and tilt until the wheels "K" are able to move on the ground.

# **IMPORTANT ELECTRICAL INFORMATION**

**IMPORTANT NOTE:** This treadmill requires a power source of **110 Volts** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

## **GROUNDING METHODS:**

This product must be grounded. Should the treadmill 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 plug that has 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.



## **CAUTION:**

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

## **⚠ WARNING:**

**DO NOT** use a ground fault circuit interrupt (GFCI) outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the Air Pressure Cylinder, and transportation wheels.

**DO NOT** operate the treadmill using a generator or UPS power supply.

**DO NOT** remove any cover on this treadmill without first disconnecting the power cord.

**DO NOT** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or in any high humidity environment.

# CONSOLE GUIDE



## WINDOW DISPLAY

1. **SPEED:** The speed range is 0.5-7.5 MPH. The initial default speed is 0.5 MPH.
2. **CALORIES:** Displays total calories burned.
3. **TIME:** Displays the elapsed running time.
4. **DISTANCE:** Display the total distance traveled.
5. **PULSE/INCLINE:** Displays your pulse data when hands are placed on the sensors. When pulse is not used, the treadmill will display the number of incline segments.

## BUTTON FUNCTION

**“START” BUTTON:** Insert the **Safety Key (No. 71)** into the console and press START to start the treadmill. The treadmill will run at the lowest speed or at the speed of default program which is a 3 second time count down; In the case of a pause, press the START button to continue. The treadmill will start from the data retained before the pause.

**“STOP” BUTTON:** Press STOP to stop the treadmill; the treadmill will slow down in speed until reaching a stop. In the running mode, press STOP button to stop the treadmill and keep the current running data. Press STOP button again to return to the standby mode.

**“PROG” (PROGRAM) BUTTON:** Press PROG to choose a program from manual mode, P1-P15, FAT.

**“MODE” BUTTON:** When the treadmill is in the standby state, press MODE to choose from the following: manual mode, time count down mode, distance count down mode, and calories count down mode.

**SPEED +/- KEYS:** During use, press these +/- keys to increase or decrease your speed. The speed will adjust 0.1 MPH at a time.

**INCLINE +/- KEYS:** During use, press these +/- keys to increase or decrease the incline.

**2MPH, 4MPH, 6MPH (QUICK SPEED KEYS):** During use, use these quick speed keys to instantly bring the running belt to the desired speed of 2MPH, 4MPH, 6MPH.

**4%,8%,12% (QUICK INCLINE KEYS):** During use, press these quick incline keys to instantly bring the treadmill to an incline of 4%, 8%, 12%.

### **START-UP QUICKLY (MANUAL):**

Get through power by inserting the **Safety Key (No. 71)**. After a 3 second countdown, the treadmill will start running from the lowest speed. Add and subtract by using the SPEED +/- keys to adjust the speed. Please press the stop button or remove the **Safety Key (No. 71)** directly to stop.

### **COUNTDOWN MODE:**

Press ‘MODE’ to select time countdown mode, distance countdown mode, and calories countdown mode. The window will then show the default data. At the same time, press SPEED +/- keys to set the data. Press ‘START’ and the treadmill will run at the lowest speed. Then you can press SPEED +/- keys to change the speed. When it counts down to 0, the treadmill will stop smoothly. You can press ‘STOP’ or remove the **Safety Key (No. 71)** from the console to stop the treadmill.

### **PRESET PROGRAMS:**

Press ‘PROG’ to choose the inner install program from P1-P15. When the program is set, the time window will show default data. Press SPEED +/- keys to set the running time. Each program has been divided into 20 sections, each exercise time=the setting time/20. Press ‘START’, and the treadmill will run at the first section speed and incline. When the section is over, it will enter the next section automatically. The speed, incline, and next section will change. When finishing one program, the treadmill will stop smoothly. While running, you can change the speed by the SPEED +/- keys or quick SPEED keys, and incline by the INCLINE +/- keys or quick INCLINE keys anytime. When the program enters the next section, the running belt will come back to the default speed and incline of the section. You can press ‘STOP’ or remove the **Safety Key (No. 71)** to stop the treadmill anytime.

### **SAFETY KEY FUNCTION**

Remove the **Safety Key (No. 71)**, then the treadmill will stop immediately. All the windows display “———”, the buzzer will make 3 sounds “B—B—”, and the treadmill must be stopped. Attach the magnetic end of the **Safety Key (No. 71)** to the computer, the treadmill will be at the standby mode and the incline would be decreased to 0° automatically.

## HEARTBEAT TEST

When holding the hand pulse with two hands, the pulse window will show your heartbeat after 5 seconds. To get an accurate heartbeat, please test when the treadmill is stopped, and you are holding the hand pulse for more than 30 seconds. The heartbeat data is just for reference, it cannot be used as medical data.

## HIBERNATION FUNCTION

When stopped without any operation for more than 10 minutes, the system shuts down all displays and goes dormant. Press any key to wake up.

## RUNNING DATA DISPLAY AND SETTING RANGE

	INITIAL DATE	INITIAL SETTING DATE	SET RANGE	SHOW RANGE
PROGRAM TIME	0:00	30:00	5:00-99:00	0:00—99:59
SPEED(M/H)	---	---	---	0.5-7.5
INCLINE %	---	---	---	0-15
DISTANCE (MILE)	0	1.0	0.5-99.9	0.00—99.9
PULSE	P	N/A	N/A	50-200
CALORIES(CAL)	0	50.0	10.0-999	0—999
MODE TIME	0:00	15:00	5:00-99:00	0:00-99:59

## INNER PROGRAM DATA LIST

PROG	TIME	To set time / 20 time = running time of each period																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	1.2	1.8	1.8	2.4	3.1	1.8	2.4	3.1	3.1	1.8	2.4	3.1	2.4	2.4	2.4	1.2	1.8	1.8	3.1	1.8
	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	1.2	2.4	2.4	3.1	3.7	2.4	3.7	3.7	3.7	2.4	3.1	3.7	2.4	2.4	2.4	1.2	1.2	3.1	2.4	1.2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	1.2	2.4	2.4	3.7	3.7	2.4	4.3	4.3	4.3	2.4	4.3	4.3	2.4	2.4	2.4	1.2	2.4	3.1	1.8	1.2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	2	4	4	4	6	6	3	2
P04	SPEED	1.8	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	4.9	4.9	3.1	5.5	3.1	3.1	3.7	3.7	2.4	2.4	1.8
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	1.2	2.4	2.4	3.1	3.7	4.3	4.3	3.1	3.7	4.3	4.9	4.9	3.1	2.4	1.8	1.8	3.7	3.1	2.4	1.2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	1.2	2.4	2.4	2.4	3.1	3.7	4.9	4.9	3.7	4.3	4.9	4.9	3.7	2.4	2.4	1.2	3.1	2.4	1.8	1.2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	1.2	1.8	1.8	1.8	2.4	3.1	1.8	2.4	3.1	1.8	2.4	3.1	1.8	1.8	1.8	3.7	3.7	3.1	1.8	1.8
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	1.2	1.8	1.8	3.7	4.3	4.3	2.4	3.7	4.3	2.4	3.7	4.3	2.4	2.4	2.4	1.2	1.8	2.4	2.4	1.2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	1.2	2.4	2.4	4.3	4.3	2.4	4.3	4.9	2.4	4.9	5.5	5.5	2.4	2.4	2.4	3.1	3.7	1.8	1.8	1.2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	1.2	2.4	3.1	3.7	4.3	3.1	2.4	3.7	4.9	4.9	3.7	3.7	3.1	2.4	2.4	1.2	2.4	2.4	1.8	1.8
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	1.2	3.1	4.9	6.2	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.5	5.5	3.1	3.1	2.4	1.8
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	2	4	5	6	3	2	5	5	2
P12	SPEED	1.8	2.4	5.5	5.5	3.1	5.5	3.1	4.9	3.1	5.5	4.3	3.1	3.1	4.3	5.5	5.5	3.1	4.3	3.7	1.8
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	1.8	3.7	4.3	3.1	5.5	5.5	4.3	3.1	3.1	4.3	5.5	3.1	4.9	3.1	5.5	3.1	5.5	5.5	2.4	1.8
	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	1.2	1.2	2.4	3.1	3.7	3.1	2.4	1.8	1.2	0.6	1.2	1.8	2.4	3.1	3.7	3.1	2.4	1.8	1.2	0.6
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	1.2	2.4	3.7	4.9	3.7	3.7	2.4	2.4	1.2	1.2	1.2	2.4	3.7	4.9	3.7	3.7	2.4	2.4	1.2	1.2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

## USB CHARGING FUNCTION

After the power is turned on, the device can be recharged by connecting to a mobile phone or iPad that needs to be recharged. Interface output voltage for dc5v.

**Note:** due to the phone or iPad specifications, charging requirements are inconsistent, so it cannot support all devices. There may be parts of the phone or iPad that cannot be charged.

## BODY FAT TEST

Press 'PROG' under ready condition, until 'FAT' shows in the speed window. 'FAT' is body fat test mode. Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "-1-", "-2-", "-3-", "-4-". When setting each parameter, press SPEED +/- keys to adjust the data. The CAL/PULSE window will show the data, press 'MODE' to finish. The window will show "F5" and "---" enter ready condition. Hold the handle pulse with two hands. This will show your BMI data after 5 seconds.

### 1. DATA DISPLAY AND SET RANGE

Parameter Type	Default	Setting Range	Mark
SEX (-1-)	1 (MALE)	1—2	1=MALE 2=FEMALE
AGE (-2-)	25	10—99	
HEIGHT (-3-)	68 in	40—78 in	
WEIGHT (-4-)	154 LBS	44—330 LBS	

### 2. BMI REFERENCE

BMI	
FAT $\leq$ 19	Under weight
19<FAT $\leq$ 25	Normal weight
25<FAT $\leq$ 29	Over weight
FAT $\geq$ 30	Obesity



# EXERCISE INSTRUCTIONS

## GETTING STARTED

Before starting any exercise programs, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the treadmill properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Turn on the power switch located next to the power cord. Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside it and familiarize yourself with the controls. Once you feel comfortable to get on, you can stand with your feet on the foot rails and balance yourself by putting your hands on the handrails.

Next, attach the clip end of the **Safety Key (No. 71)** to your clothing and insert the magnetic end of the key into the console. Press the START button to start the treadmill. The machine will start at the default speed of 0.5MPH. Once you feel comfortable, you may slowly increase the speed. When you are finished with your exercise, press the STOP button or remove the magnetic end of **Safety Key (No. 71)** to stop the treadmill.

## SAFETY LOCK

Remove the **Safety Key (No. 71)** from the console to stop the treadmill immediately. Once the treadmill reaches a full stop, the window display on the computer will show "---" and the treadmill will beep. To start the treadmill again, insert the magnetic end of **Safety Key (No. 71)** into the console and press START.

## POWER OFF

Power to the treadmill can be turned off at any time without risk during or after an exercise.

## CAUTION

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you become comfortable and familiar with the treadmill.
2. Insert the magnetic end of the safety key into the console and attach the opposite end with the safety clip to your clothing before beginning your workout. To end your workout, press the STOP button or remove the safety key. The treadmill will stop immediately.

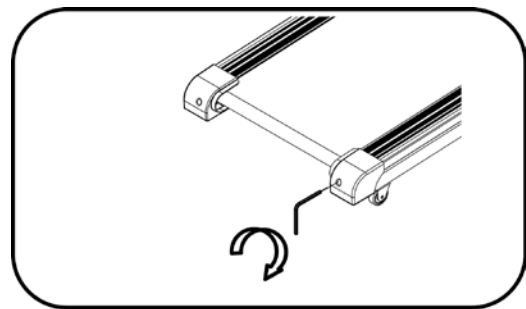
# MAINTENANCE GUIDE

General cleaning will help to prolong the life and improve the performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis, cleaning the two exposed sides of the running belt will prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from the shoes does not wear out the running belt. Clean the surface of the running belt using a clean damp cloth. Keep liquids away from electrical parts and running belt.

## ADJUSTING THE RUNNING BELT

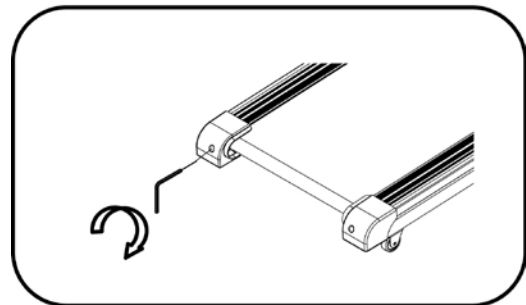
Place the treadmill on level ground and set it at 3.5-5 MPH to check and see if the **Running Belt (No. 26)** drifts from the center. Adjust the **Running Belt (No. 26)** according to below instructions with **Allen Wrench (No. 12)**.

1. If the **Running Belt (No. 26)** drifts to the right, remove the safety key, turn the adjusting bolt on the right side 1/4 turn *clockwise*, then start running until the belt is centered. Refer to image A.



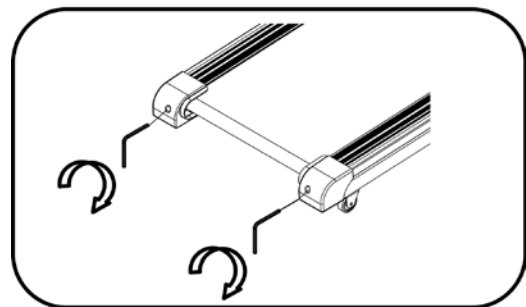
A

2. If the **Running Belt (No. 26)** drifts to the left, remove the safety key, turn the adjusting bolt on the left side 1/4 turn *clockwise*, then start running until the belt is centered. Refer to image B.



B

3. Over time, the **Running Belt (No. 26)** will loosen. To tighten the belt, remove the safety key, turn both the left & right side adjusting bolts 1/4 turn clockwise, then re-start running. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to image C.



C

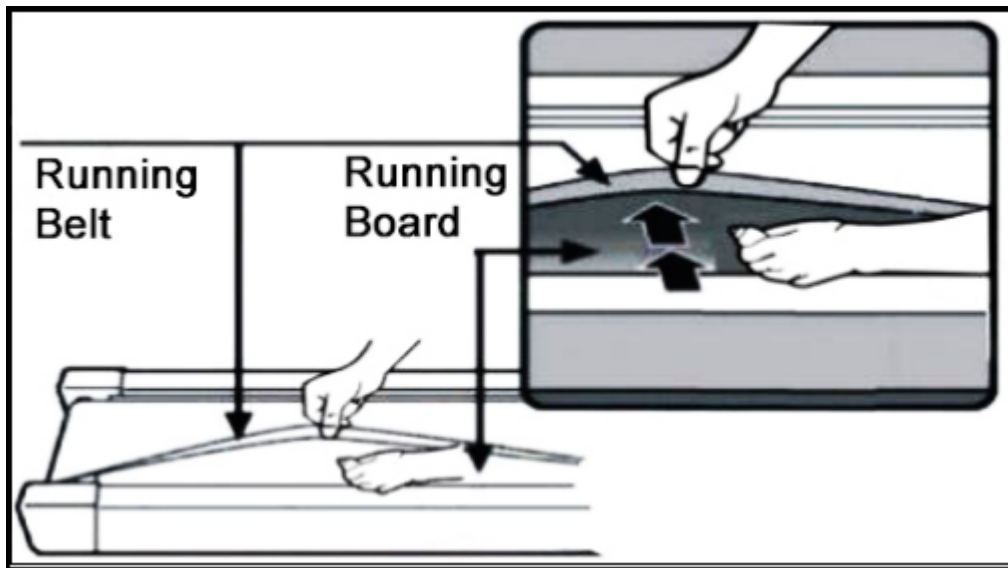
# LUBRICATING THE TREADMILL

Lubricating the running belt & running board is essential as the friction affects the life span and operations on the treadmill. Inspect the running belt regularly. If you find any wear on the running board, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).

**⚠ WARNING:** Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

**The following time table is recommended:**

- Light user (less than 3 hours/ week)                      every 2 months
- Medium user (3-5 hours/ week)                              every 45 days
- Heavy user (more than 5 hours/ week)                    every month



## **NOTE:**

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off when not in use.

A loose running belt will result in the runner sliding off when in use, while too tight of a running belt will result in decrease to the motors performance and also create more friction between the roller and the running belts. The most suitable tightness for the belt is pulled out **50-75 mm** from the running board.

# TROUBLESHOOTING

CODE	Description	How to troubleshoot
E01	<ol style="list-style-type: none"> <li>1. Message wire is broken or not connected well.</li> <li>2. Computer or control board is broken.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the computer and bottom control board wire is connected well.</li> <li>2. Check if IC on bottom control board is loose, reset the IC.</li> <li>3. If you experience a problem with the power on the bottom control board, change the bottom control board.</li> </ol>
E02	<ol style="list-style-type: none"> <li>1. The wire for the motor is not connected well or the carbon brush inside the motor is loose.</li> <li>2. The power tube on the control board is short cut or broken.</li> <li>3. Burst clash protection.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the wire for the motor is connected well and check if the carbon brush inside motor is connected well.</li> <li>2. Check if the power tube on the control board is broken, if so, change the control board.</li> </ol>
E03	<ol style="list-style-type: none"> <li>1. Detect line on the control board that lost efficacy.</li> </ol>	<ol style="list-style-type: none"> <li>1. Change control board.</li> </ol>
E04	<ol style="list-style-type: none"> <li>1. The treadmill load exceeds the rated operating voltage of the motor.</li> <li>2. Motor is broken.</li> <li>3. Overload voltage will make the detect line on the control board lose efficacy.</li> </ol>	<ol style="list-style-type: none"> <li>1. Not to use under overload state.</li> <li>2. Change motor.</li> <li>3. Change control board.</li> </ol>
E05	<ol style="list-style-type: none"> <li>1. Current overload protecting.</li> </ol>	<ol style="list-style-type: none"> <li>1. If the treadmill over loaded or the motor is stuck, causing excessive current, the machine will start a self-protecting system. Adjust the machine and restart.</li> <li>2. Check if the motor has noise or if the motor / bottom control board is burnt out. If burnt out, change the good motor and bottom control using correct voltage.</li> </ol>
Show "----"	<ol style="list-style-type: none"> <li>1. The safety key is not at the appointed site.</li> <li>2. The safety key is not connected well or broken.</li> </ol>	<ol style="list-style-type: none"> <li>1. Check if the safety key is at the appointed site.</li> <li>2. Check if the safety key sensor board is connected well.</li> <li>3. Change the safety key sensor board inside computer.</li> </ol>

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