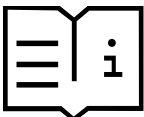


ELECTRIC TREADMILL

USER MANUAL



Scan QR code for
quick set up guide



Please read this manual carefully before using the product and keep it for future.

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Troubleshoot:

My belt is slipping

My belt is too much to one side

How do I lubricate my belt

.....Other faults

Please scan the QR code to watch the troubleshooting videos.



Seller Support Contact Email:
support@geotechinternational.net

Capture the QR code to watch the "Video Guide"
see easy-to-follow instructions

Treadmill Parameters

- Running Area: 1000 x 400mm
- Max User's Weight: 180kg
- Speed: 1.0-10.0 km/h
- Motor: 4.0HP
- Manual Incline: 4 - levels
- Assembly Size: L1340 x W600 x H1070mm
- Folding Size: L500 x W600 x H1240mm
- Modes: Manual, Countdown: Time, Distance, Calorie, Program (12 Programs)

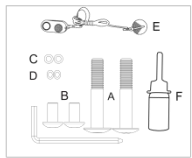
Attention

Warning: We recommend consulting a physician or health professional before starting any exercise routine. Please follow all assembly instructions carefully and thoroughly before turning on the power. We are not responsible for injuries or damage caused by negligence in these steps.

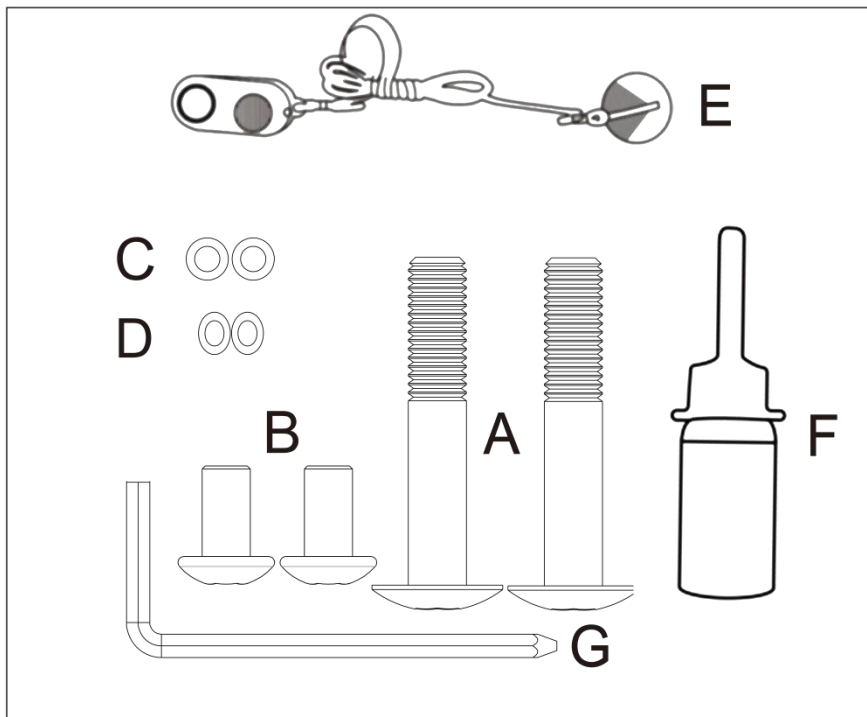
Safety Precautions

- Place the treadmill indoors on level, dry ground away from heat, sunlight, or obstructions.
- Wear appropriate exercise clothing and footwear.
- Attach the safety clip to your clothing; it will stop the machine if pulled out.
- Do not use if you are ill, tired, or under the influence of alcohol.
- Start slowly; excessive exercise can be harmful.
- Use handrails for support until comfortable with operation.
- Children should only operate under adult supervision.
- Max load: 180kg; exceeding this may cause damage.
- The treadmill will automatically shut off after 45 minutes of continuous use due to overheating
Restart to continue.
- Designed for home use only; not suitable for commercial use.

Packing Details

Frame		Screw Package	
User Manual			

Screw Package

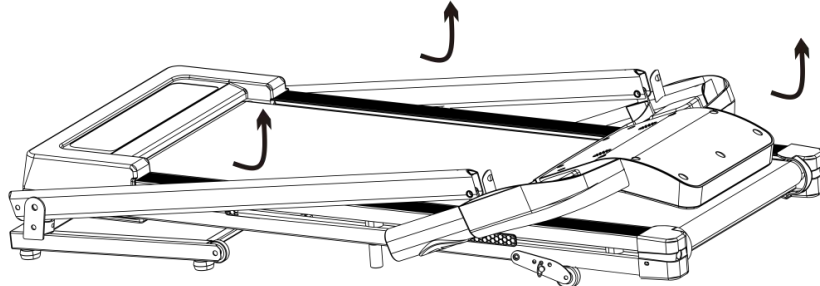


Item	Description	Specification	Qty
A	Bolt	M8*45	2
B	Bolt	M8*16	2
C	Flat Washer		2
D	Curved Washer		2
E	Safety Key		1
F	Lubricant Oil		1
G	Allen Wrench	#5	1

Assembly Steps

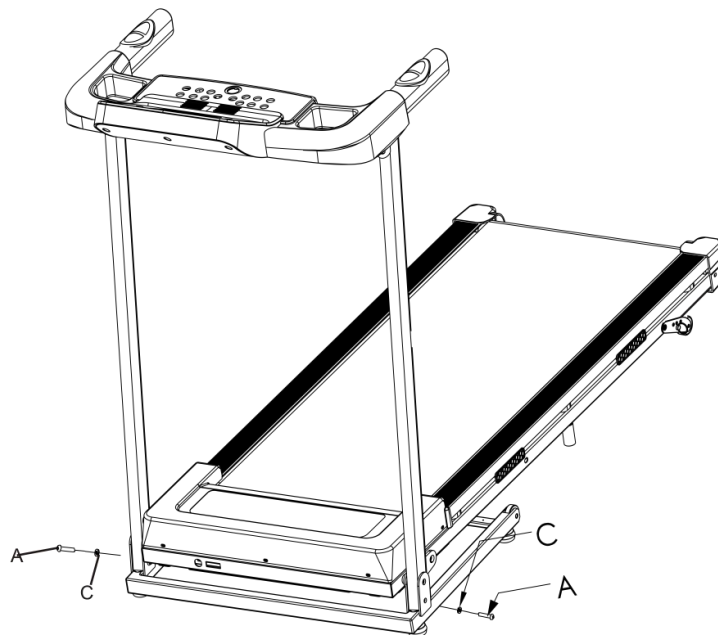
Step 1: Extend the frame

1. Take the treadmill out of the box and lay it flat on the ground.
2. Carefully stand the machine upright in the direction indicated by the arrow, as shown in the picture.



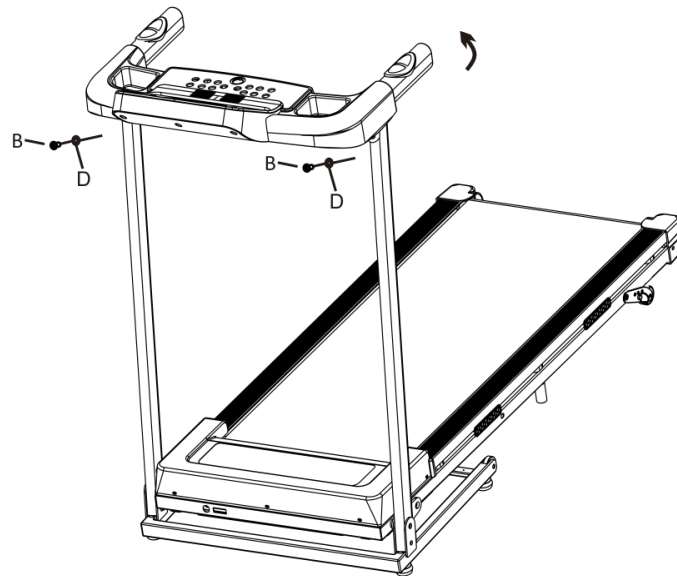
Step 2: Main Frame Assembly

1. Lift the console, and the left and right columns vertically.
2. Once the columns align with the arched base plates, secure them by tightening 2 Bolts A (M8*45) with 2 Flat Washers C on each side, using the 5# Allen wrench.



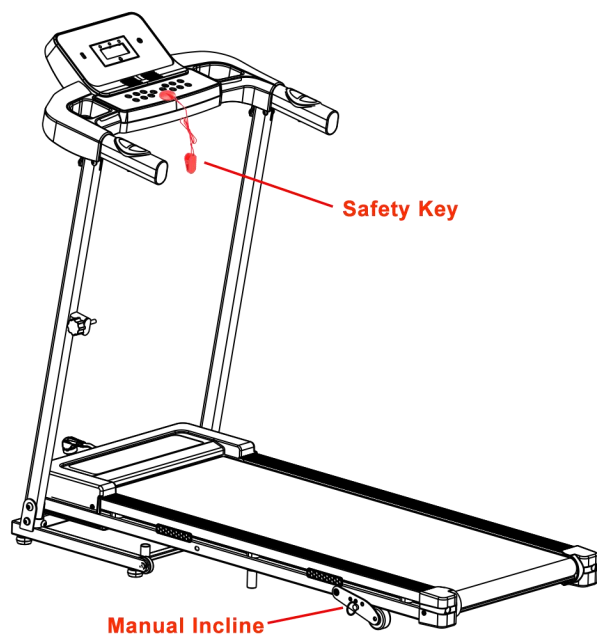
Step 3: Console Assembly

Attach 2 Bolts B (M8*16) and 2 Curved Washers D to the top ends of each column using the 5# Allen wrench.



Step 4: Place the safety key

Insert the red magnetic safety key onto the circular metal connector on the console.



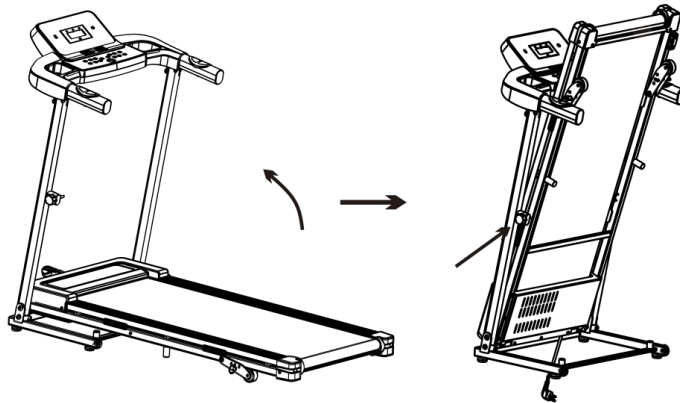
NOTICE:

1. The treadmill will not operate without the safety key, and "E7" will appear on the display if it's missing.
2. The incline can be adjusted by lifting or lowering the adjustment lever.

Folding and Unfolding

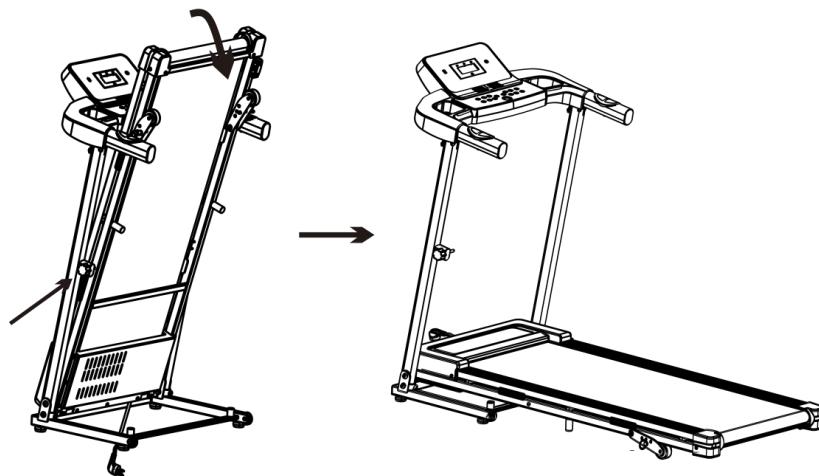
Folding the Treadmill :

1. Pull out the knob on the side of the platform (as shown by the arrow).
2. Lift the platform upwards until the small hole on the platform aligns with the knob hole on the column.
3. Insert the knob into the hole to secure.



Unfolding the Treadmill :

1. Pull out the knob on the side of the platform.
2. Carefully lower the platform slowly.
3. Insert the knob back into the small hole on the column to lock in place.



Display Panel Operating Instructions



Operational Modes

There are 3 operational modes: Manual, Countdown (MODE), Program.

A. Manual Mode

- ✧ After turning on, the display lights up and enters standby.
- ✧ Press “START” to activate manual mode.
- ✧ Speed range: 1.0 km/h to 10.0 km/h.

B. Countdown (MODE)

- Time Countdown:
 - ✧ Press “MODE” > select Time.
 - ✧ When the display flashes, set 5 – 45 minutes with the Speed +/- keys.
 - ✧ Press “START” to begin, and adjust speed anytime during the countdown.
- Distance Countdown:
 - ✧ Press “MODE” > select Dis.
 - ✧ Set 1 – 99 km with Speed +/- keys.
 - ✧ Press “START” and adjust speed during countdown.
- Calorie Countdown:
 - ✧ Press “MODE” > select Cal.
 - ✧ Set 20 – 990 calories using Speed +/- keys.
 - ✧ Press “START” and adjust speed anytime during the countdown.

C. PROGRAM Mode

- ✧ Press “PROGRAM” to enter auto mode.
- ✧ Default program: P01 for 10 minutes.
- ✧ Press “PROGRAM” again to switch to P02, and so on.
- ✧ When the time display flashes, set duration between 5 – 45 minutes using the Speed +/- buttons.

There are 12 programs in the PROGRAM Mode as below:

P01-P12 Program Map

period Program		Time set/10 period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	3	3	6	5	5	4	4	4	4	3
P02	SPEED	3	3	4	4	5	5	5	6	6	4
P03	SPEED	2	4	6	8	7	8	6	2	3	2
P04	SPEED	3	3	5	6	7	6	5	4	3	3
P05	SPEED	3	6	6	6	8	7	7	5	5	4
P06	SPEED	2	6	5	4	8	7	5	3	3	2
P07	SPEED	2	9	9	7	7	6	5	3	2	2
P08	SPEED	2	4	4	4	5	6	8	8	6	2
P09	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

LED Display Parameters

At startup, a countdown shows 3, 2, 1 for 3 seconds.

SPEED: Displays current running speed.

TIME: Shows elapsed running time.

DISTANCE: Tracks distance covered.

CALORIE: Displays calories burnt.

HEART RATE: Shows your heartbeat.

1. Button Functions

START: To turn on the treadmill.

STOP: To stop the treadmill.

PROG: To select one of the 12 preset programs.

MODE: To choose countdown modes: Time, Distance, or Calories.

3/6/9/12: Quick selection buttons for speeds: 3, 6, 9, or 12 km/h.

+ /- : Adjust speed; hold to increase / decrease faster.

2. Sleep Function

If unused for over 10 minutes, the display turns off and the machine enters sleep mode.

Press any key to wake the treadmill.

3. Safety Key Function

The treadmill only operates when the magnetic safety key is inserted.

Attach the safety clip to your clothing; if pulled out, it stops the treadmill immediately.

Error Code & Solutions

ERROR CODE	FAILURE DESCRIPTION	PERFORMANCE	SOLUTIONS IN SEQUENCE
E1	Communication is blocked between Display and PCB board	1. Connecting cable between display and PCB is blocked. 2. No display signal. 3. No PCB signal.	1. Reconnect the cable between display and PCB, or replace a new connecting cable. 2. Replace display board. 3. Replace PCB board.
E2	Electric Controller does not detect the voltage from motor	1. Disconnection of motor cable. 2. No voltage output or abnormal display. 3. Motor is damaged.	1. Check connection of motor cable. 2. Replace PCB board. 3. Replace Motor.
E3	When the motor is running, the electric controller can not receive the speed signal	1. Disconnection of speed sensor. 2. Disconnection of motor cable. 3. Smell of burning from PCB board.	1. Reconnect the speed sensor or replace a new speed sensor. 2. Reconnect the motor cable. 3. Replace the PCB board.
E4	Self-inspection of auto inclination	1. Disconnection of incline motor sense cable. 2. Wrong connection of incline motor AC cable with PCB. 3. Disconnection of incline motor connecting cable.	1. Reconnect the incline motor sense cable. 2. Reconnect the AC cable on incline motor and PCB board. 3. Replace the incline motor connecting cable or replace incline motor.
E5	Explosion protection	1. The input voltage is lower than 50%. 2. Smell of burning from PCB board. 3. Disconnection of motor cable.	1. Recover the standard input voltage. 2. Replace the PCB board. 3. Reconnect the motor connecting cable or replace the motor.
E6	Over current protection	1. Motor load exceeds rated current. 2. Motor is stuck. 3. Smell of burning from motor. 4. Smell of burning from PCB board.	1. Reduce the load to a specified value. 2. Replace the motor. 3. Replace the PCB board
E7	Safety Key is not in place	1. Unable to operate 2. Safety lock system malfunction.	1. Reset safety key correctly. 2. Replace display board.

Bluetooth Sports Apps & Music

Apps: Connect your device via Bluetooth to apps like FitShow, Kinomap, and Zwift. Download from Apple or Google Play.

Connection: Ensure the treadmill is on. Turn on Bluetooth on your device, search for “FS-*****” to connect.



FitShow: For indoor / outdoor workouts, maps, and goals.



Kinomap: Interactive videos for running, cycling, and rowing worldwide.



Zwift : Virtual training, races, and real-time metrics for running and cycling.

Note : Only one active user per app. To switch apps, disconnect the previous Bluetooth connection.

Music :

Connect your MP3 or music device by searching for “Treadmill” and listen through the speakers.

Adjustment & Maintenance

Warning: Always unplug the treadmill before cleaning, servicing, or maintenance.

1. Regular Cleaning

- Remove dust regularly to extend lifespan.
- Clean the exposed sides of the running belt with a damp cloth and soap — avoid wetting electrical parts.
- Annually clean the motor unit; disconnect power before opening the motor cover.

2. Running Belt Alignment and Tension

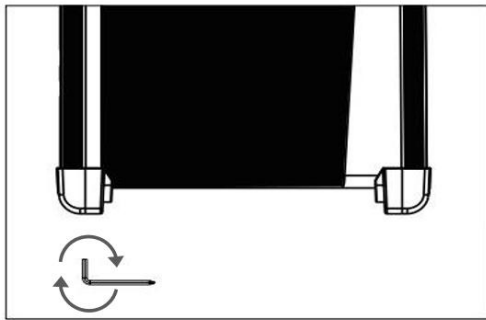
The belt is factory-set but may need adjustment over time.

- If the belt drifts left:

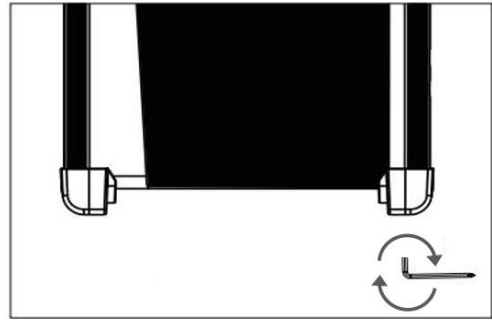
Turn the left adjustment bolt clockwise, run at low speed (e.g., 2 km/h) for a few minutes, then tweak until centered.

- If the belt drifts right:

Turn the right adjustment bolt clockwise and follow the same process.



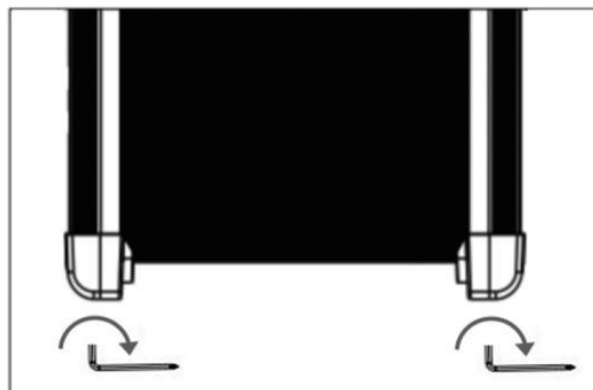
A



B

- **Belt tightness & Slippage**

- Check for slipping or skidding, indicating loosening.
- Tighten by turning both adjustment bolts clockwise $\frac{1}{2}$ turn. Repeat if necessary.



3. Lubricating & Safeguards

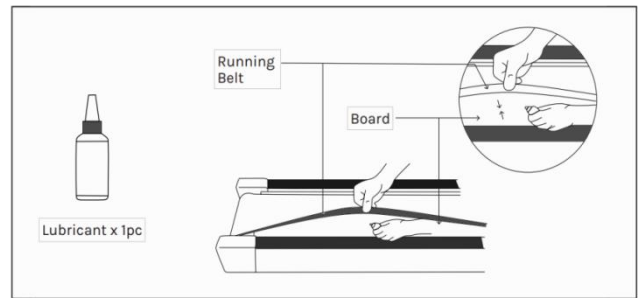
Factory-lubricated, but reapply regularly based on usage:

- ◆ <3 hours / week: monthly
- ◆ 3 – 5 hours / week: every 20 days
- ◆ 5 hours / week: every 10 – 15 days

Lubrication application:

Step 1: Lift up the treadmill belt.

Step 2: Open the silicone oil bottle, squeeze 1/4 of silicone oil provided on each side of running board as a shown.



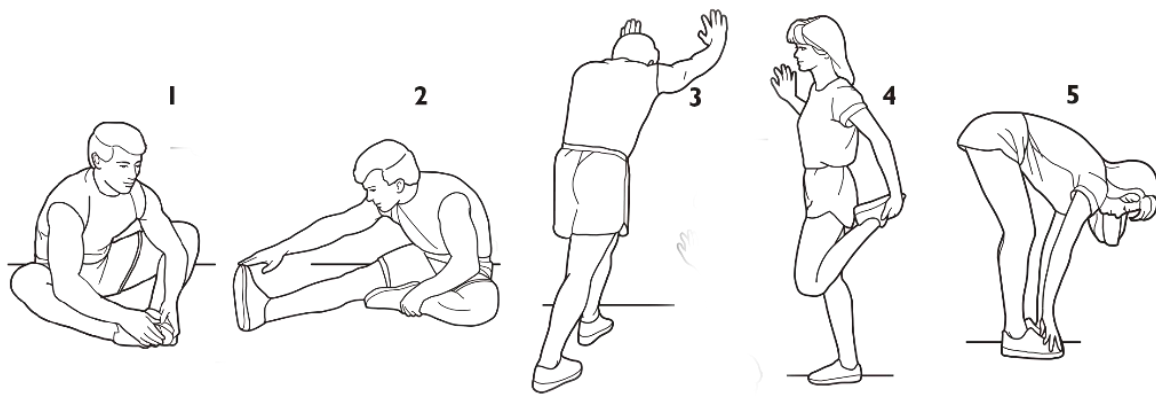
Exercise Programs

WARM UP

Begin each workout with 5 to 10 minutes of stretching and light exercises to raise your body temperature, heart rate, and circulation. Gradually increase intensity and maintain it for optimal performance. Breathe deeply and regularly throughout.

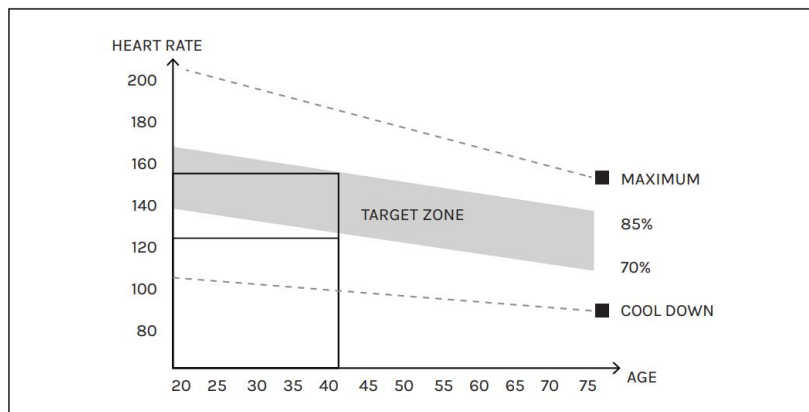
Warm-Up Exercises:

- 1.Inner Thigh Stretch – Sit with soles together, knees outward.
- 2.Hamstring Stretch – Sit with one leg extended, opposite foot toward you.
- 3.Calf/Achilles Stretch – Step one leg forward, hands against a wall.
- 4.Quadriceps Stretch – Balance with one hand on a wall, grasp one foot behind.
- 5.Toe Touch – Slight knee bend, bend forward from hips.



COOL DOWN

Finish each workout with at least 1 minute of light jogging or walking. Then, spend 5 to 10 minutes stretching to cool down. This helps improve muscle flexibility and reduces the risk of post-exercise issues.



During general fitness exercise, your pulse should gradually increase during activity and return to normal during warm-up and cool-down. Remember to always include these phases to maintain safety and effectiveness.