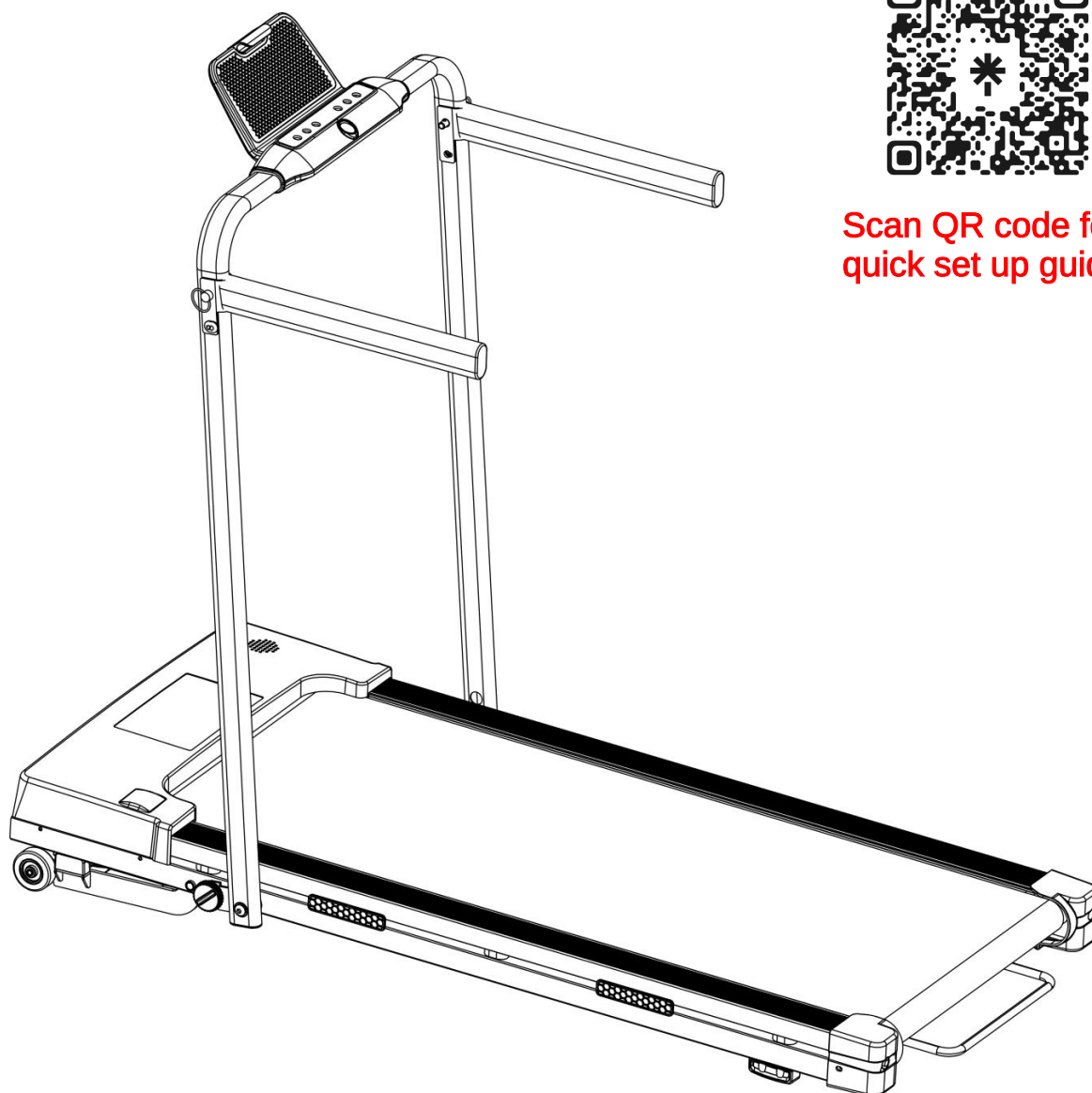
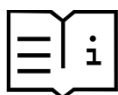


HOME USE TREADMILL

User Manual



Scan QR code for
quick set up guide



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

CONTENTS

1. Product Brief	1
2. Safety Precautions and Warnings	3
3. Assembly Instructions	4
4. User Instructions	6
5. Bluetooth Apps & Music	10
6. Adjustment & Maintenance	11
7. Exercise Programs	13

Troubleshoot:

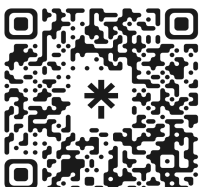
My belt is slipping

My belt is too much to one side

How do I lubricate my belt

.....Other faults

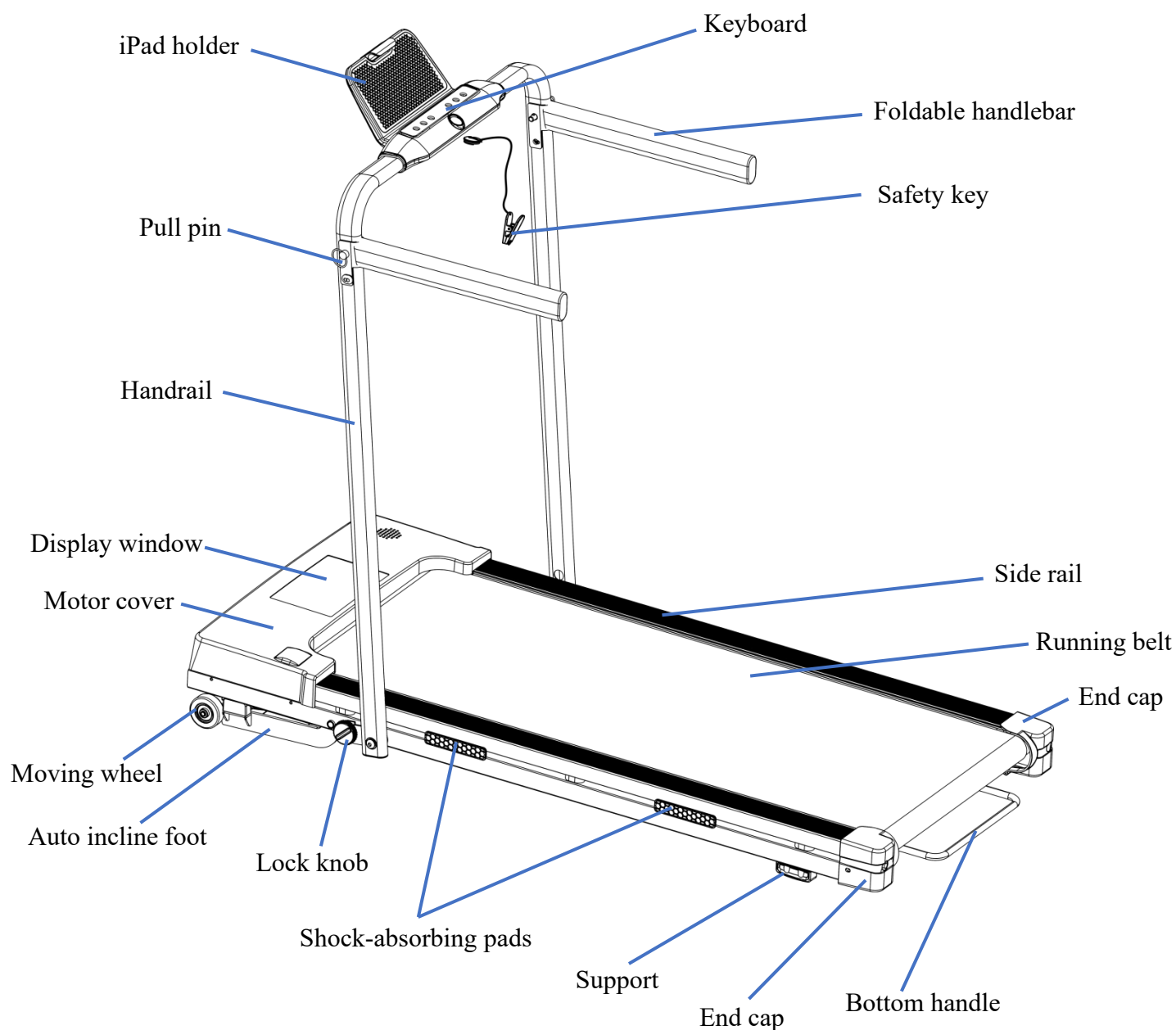
Please scan the QR code to watch the troubleshooting videos.



Seller Support Contact Email :
support@geotechinternational.net

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

1. Product Brief



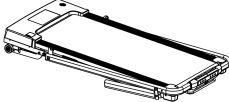
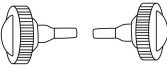
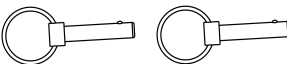
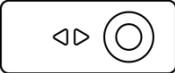
*Note:

- The remote control is stored inside the slot to the right of the motor cover.
- Please remove the plastic strip from the remote control before first use.

Technical Parameters

No.	Parameters	Description
1	Input power voltage	AC 220V
	Rated frequency	50 – 60 Hz
2	Motor power	4.0 HP
3	Speed range	1.0 - 10.0 km/h
4	Running surface dimensions	1000L x 420W mm
5	Max user weight	180 kg
6	Product dimensions	1240L x 590W x 1010H mm
7	Functions	Walking mode
		Running mode
		8-level Auto incline adjustment

Packing List

No.	Item Description	Quantity & Image	
1	Treadmill machine	1 set	
2	Hexagon wrench 5mm	1 pc	
3	Instruction manual	1 pc	
4	Lock knob	1 pair	
5	Pull pin	1 pair	
6	Remote control unit	1 pc	
7	iPad holder	1 pc	
8	Safety key	1 pc	
9	Lubricant	1 bottle	

2. Safety Precautions and Warnings

Placement & Safety

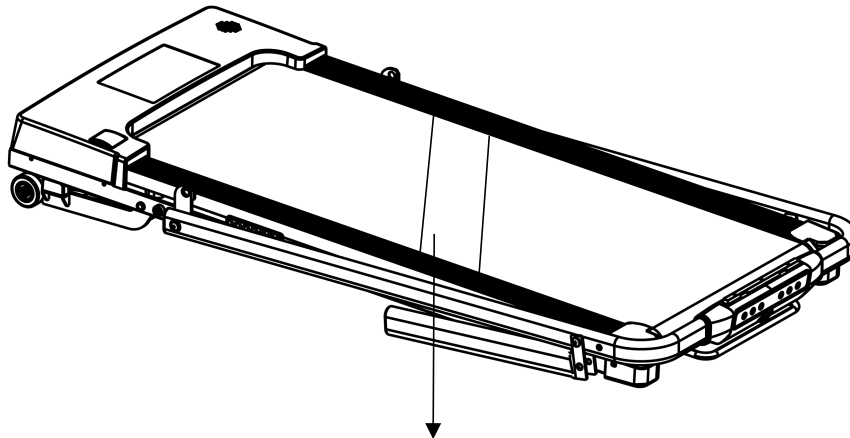
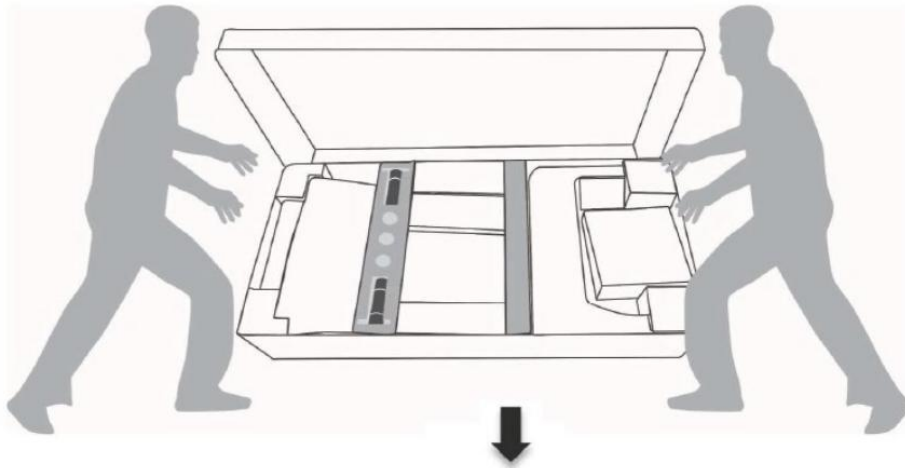
- ▶ Install on a flat, indoor surface with 180 cm clearance behind and 90 cm on the sides. Keep area clear of objects.
- ▶ Use a grounded outlet; unplug when not in use or during maintenance. Do not use damaged cords.
- ▶ Supervise children and disabled persons. Do not disassemble without authorisation.
- ▶ Keep hands and feet away from moving parts; unplug before moving.
- ▶ Wear appropriate clothing. Stop if you feel unwell and consult a doctor.
- ▶ For home use only; avoid prolonged use. Ensure outlet compatibility.
- ▶ Do not operate if casing is damaged.
- ▶ Store the manual safely for future reference.

3. Assembly Instructions

Step 1, Unboxing & Inspection

Assist another person to carefully lift the machine out of the carton.

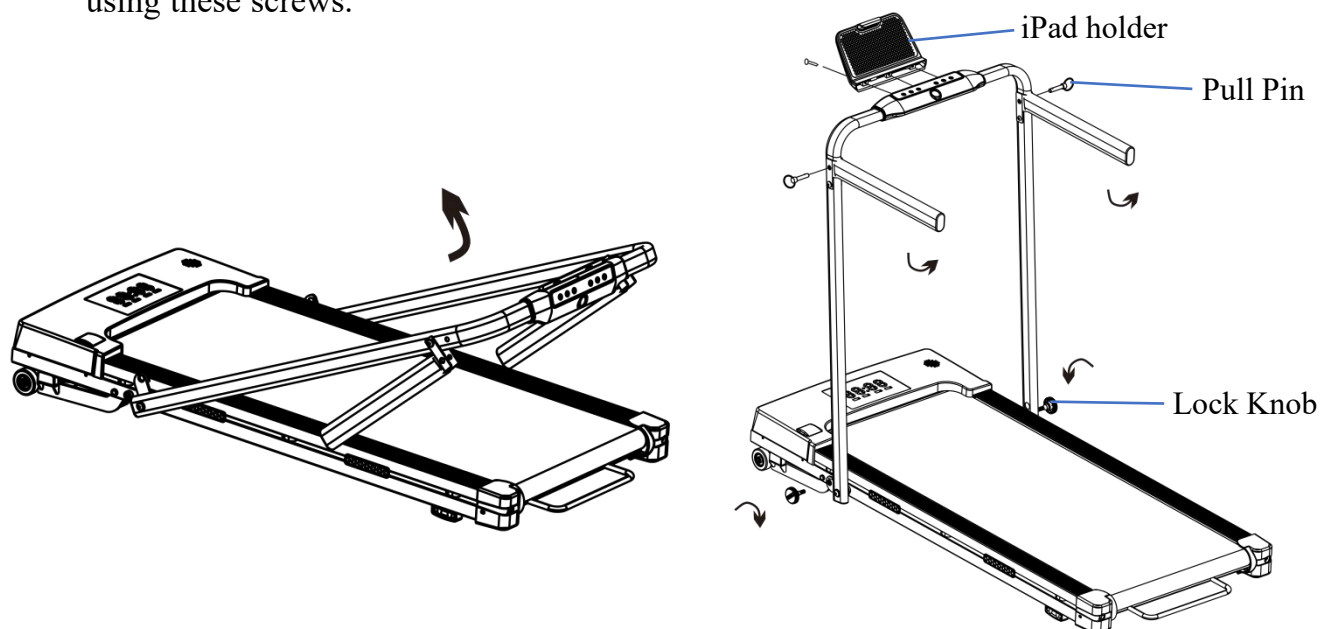
Arrange all components on a flat surface and check against the packing list to ensure nothing is missing.



**The oblique lines visible across
the running belt are standard seam lines
and do NOT indicate a product defect.**

Step 2, Handrail , Handlebar & iPad Holder Installation

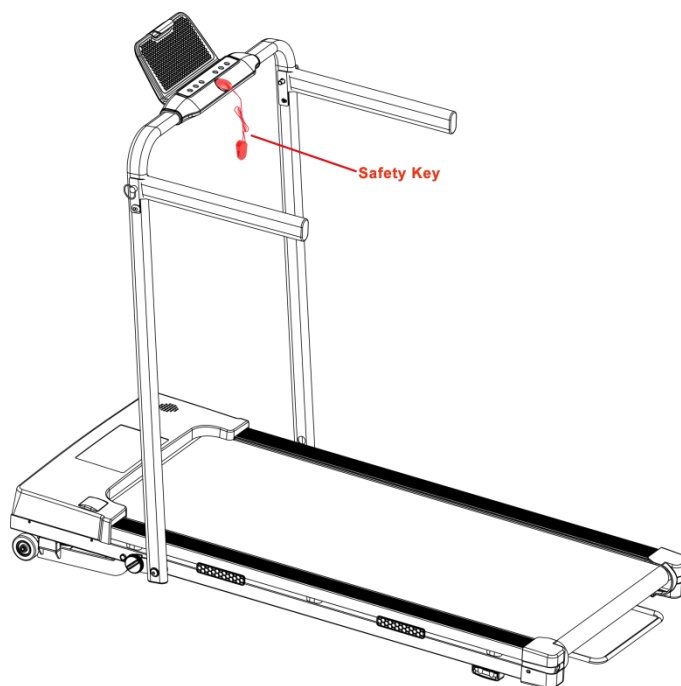
- (1) Stand the handrail upright, then tighten it using the Lock Knobs on both sides.
- (2) Fold the handlebars as instructed and secure them with the Pull Pins on each side.
- (3) Remove the pre-installed screws from the iPad holder, then attach the holder and console using these screws.



Step 3, Insert Safety Key

Open the console box and attach the red magnetic safety key to the circular metal on the console.

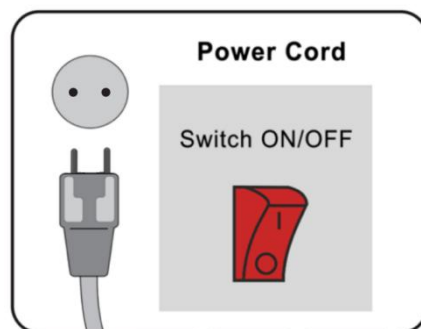
Important: Without the safety key, the treadmill will not operate and may display an “E7” error code.
Note: The treadmill features an automatic incline that adjusts based on user preferences.



4. User Instructions

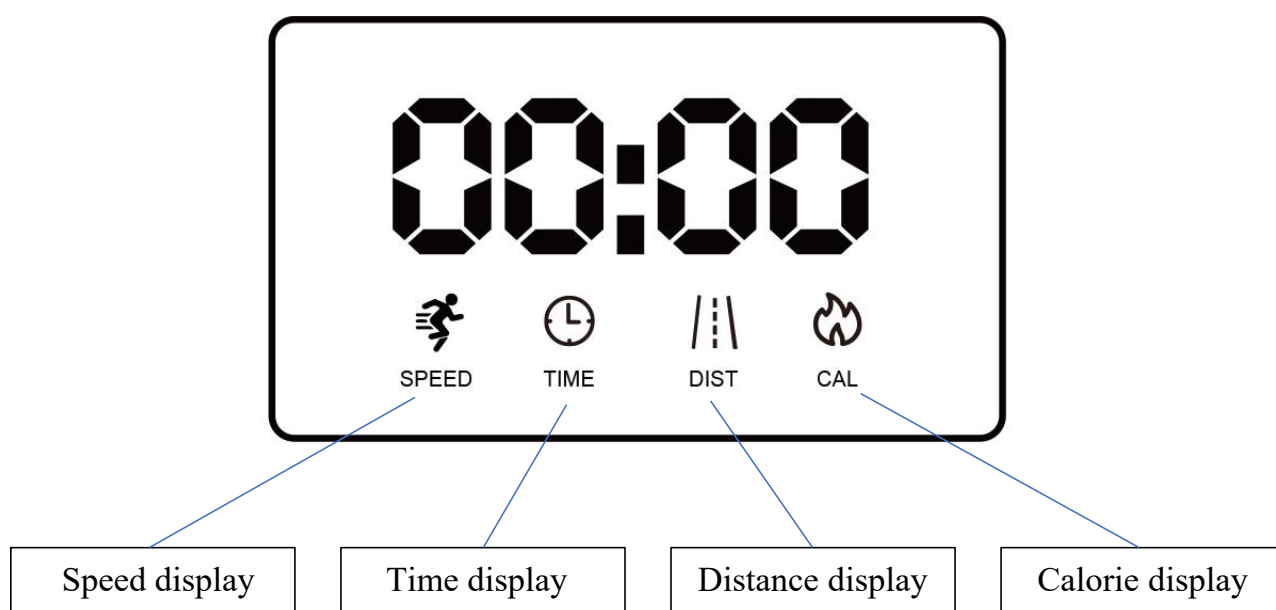
4.1 Starting the Machine

Plug the power cable into a mains socket and turn on the RED switch. The switch and display will light up, indicating the treadmill is in standby and ready for use.



4.2 Display & Remote Control

When turned on, the display automatically cycles through Distance, Time, Speed, and Calories to show your workout metrics in real-time.



Display Range

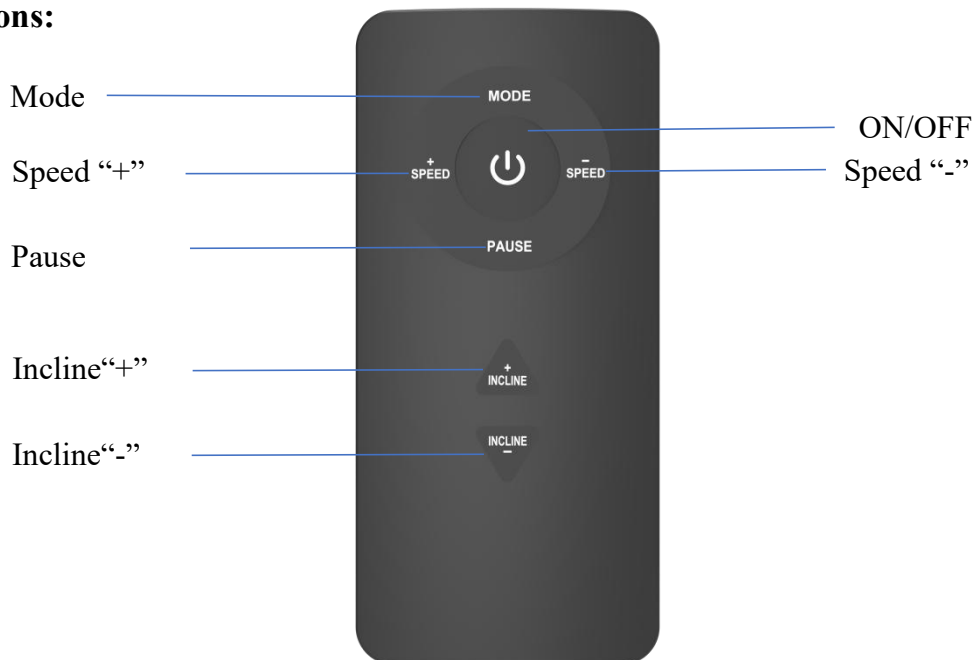
Speed	1.0 - 10.0 km/h
Time	00:00 - 99:59 minutes
Distance	0.0 - 99.9 km
Calories	0 - 999 calories
Auto Incline	1-8 levels

■ Remote control functions

The remote is factory-paired and ready to use. Remove the plastic strip before first use.

To start, turn on the treadmill and press the power button. The display will count down from 3 to 1 before the treadmill begins.

1) Buttons:



2) Functions

	Start or stop the machine	While the walking pad is in standby mode, press this button to start or when it is in operation, press this button again to stop.
	Increase speed	While the walking pad is in running mode, press this button to speed up by 0.1km/h each time. Long press for quick increases.
	Decrease speed	While the walking pad is in running mode, press this button to reduce the speed by 0.1km/h each time. Long press for quick decreases.
	Pause walking	Press this button to pause the walking pad, retaining all exercise data except speed. Press again to resume your walk without losing any data.
	Increase Incline (8 levels)	While the walking pad is in running mode, press this button to raise the incline by one level per press. Hold the button the down for quicker increases.

	Decrease incline (8 levels)	While the walking pad is in running mode, press this button to lower the incline by one level with each press. Hold the button down for quicker decreases.
	*Mode Functions	3 countdown functions (see details below)

*MODE countdown functions

While in standby, press this button to select a modes:

- 1) Time: Set 5 to 99 minutes.
- 2) Distance: Set 1 to 99 km.
- 3) Calories: Set 20 to 990 calories.

Use  and  buttons to set your desired value, then press the  button to begin your session.

Note: While using countdown modes, you can still adjust the speed as needed. The display will continue cycling through each countdown mode in sequence.

▪ Key button functions



ON/OFF: Press this button to start and stop the treadmill

INCLINE+/-: Press these buttons for inclination adjustment

SPEED +/-: Press these buttons for speed adjustment

4.3 Sleep Function

If the treadmill is stopped for 5–10 minutes or more, it will enter sleep mode with the display off.

To wake it, press any button on the remote.

4.4 Easy Storage

This treadmill can be easily stored under a sofa or bed, or leaned against a wall with the running belt facing the wall. Ensure the machine is turned off, unplugged, and the power cable is clear.

4.5 Translation of Error Codes

Error Code	Failure Description	Symptoms	Recommended Solutions
E1	Communication Blockage	▪ Cable blockage between display and Printed Circuit Board (PCB) ▪ No display or PCB signal	▪ Reconnect or replace cable between display and PCB ▪ Replace display board ▪ Replace PCB board
E2	Voltage Detection Failure	▪ Motor cable disconnected ▪ No voltage output or abnormal display ▪ Motor damage	▪ Check motor cable connection ▪ Replace PCB board ▪ Replace motor
E3	Absence of Speed Signal	▪ Speed sensor disconnected ▪ Motor cable disconnected ▪ Burning smell from PCB	▪ Reconnect/replace speed sensor ▪ Reconnect motor cable ▪ Replace PCB board
E4	Auto Inclination Self-Inspection	▪ Incline motor sense cable disconnected ▪ Incorrect AC cable connection ▪ Incline motor cable disconnected	▪ Reconnect incline motor sense cable ▪ Correct AC cable connections ▪ Replace incline motor or cable
E5	Voltage Protection Triggered	▪ Input voltage below 50% ▪ Burning smell from PCB ▪ Motor cable disconnected	▪ Restore standard voltage ▪ Replace PCB board ▪ Reconnect/replace motor cable.
E6	Overcurrent Protection	▪ Excess motor load ▪ Motor jammed ▪ Burning smell from motor or PCB	▪ Reduce load to limits ▪ Replace motor ▪ Replace PCB board
E7	Safety Key is not in place	▪ Unable to operate ▪ Safety lock system malfunction	▪ Reset safety key correctly ▪ Replace display board

5. Bluetooth Apps & Music

Apps:

Use Bluetooth to connect your device to apps like FitShow, Kinomap, and Zwift. Download these from your app store (Apple or Google Play). **Ensure the treadmill is on.** Turn on Bluetooth on your device and 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 and racing with real-time metrics and events.

Note: Only one user can be active at a time. To switch apps, disconnect the previous Bluetooth connection.

Bluetooth Music

Connect your MP3 or music device by searching for “Treadmill” and enjoy your music through the treadmill’s speakers.

6. Adjustment & Maintenance

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

6.1 Regular Cleaning

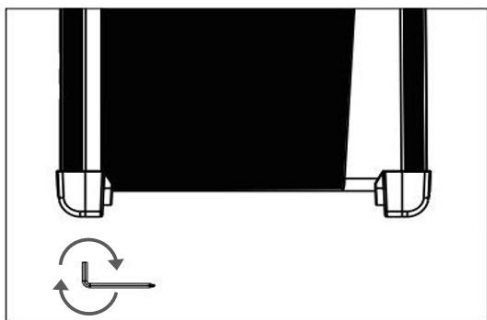
- ▶ Remove dust regularly to prolong lifespan.
- ▶ Clean the exposed sides of the running belt with a damp cloth and soap. Avoid wetting electrical parts.
- ▶ Annually, clean the motor unit —disconnect power before opening the motor cover.

6.2 Running Belt Alignment & Tension

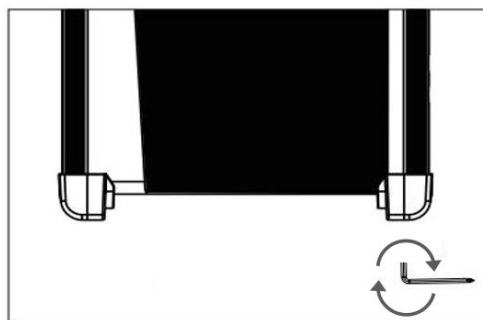
The belt is factory-set but may need adjustment over time.

- ▶ Belt drifting left: Turn the left adjustment bolt clockwise, then run the treadmill at low speed (e.g., 2 km/h) to check. Repeat until centered.
- ▶ Belt drifting right: Turn the right adjustment bolt clockwise and test similarly.

Tension: If slipping occurs (belt skips or stops), turn both adjustment bolts clockwise $\frac{1}{2}$ turn. Repeat as necessary.



Picture A



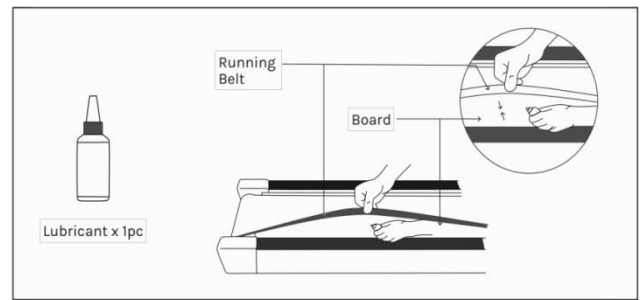
Picture B

6.3 Belt Lubrication & Safeguards

Factory-lubricated; reapply based on usage:

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

To lubricate: lift the belt, open the silicone oil bottle, and squeeze 1/4 of the oil on each side of the running board.



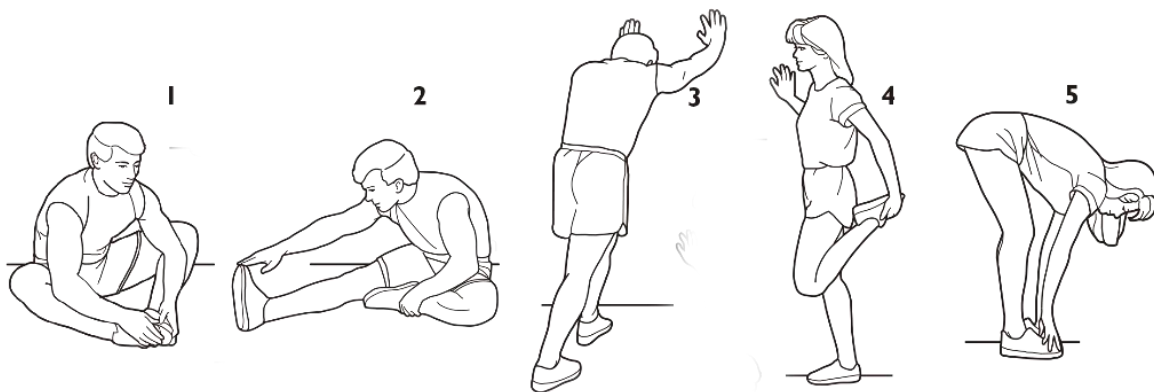
7. Exercise Programs

WARM UP

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

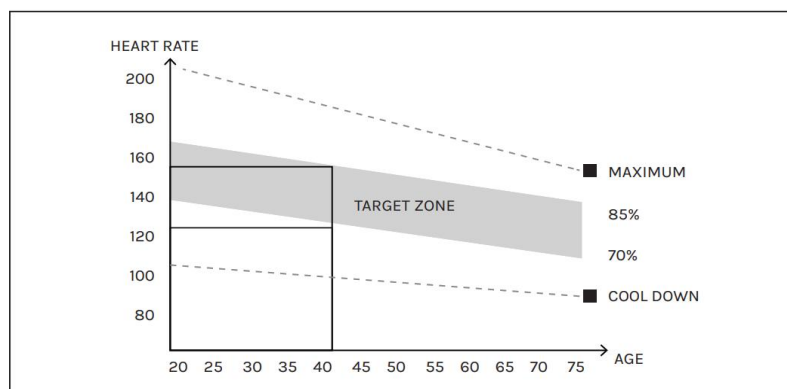
Stretching Exercises:

1. **Inner Thigh Stretch** – Sit with soles together and knees outward.
2. **Hamstring Stretch** – Sit with one leg extended, opposite foot toward you.
3. **Calf/Achilles Stretch** – Place hands on a wall with one leg in front.
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 with at least 1 minute of light jogging or walking, then stretch for 5-10 minutes. This helps improve flexibility and prevents post-exercise issues.



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes during every workout.