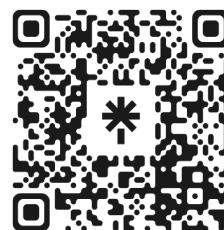
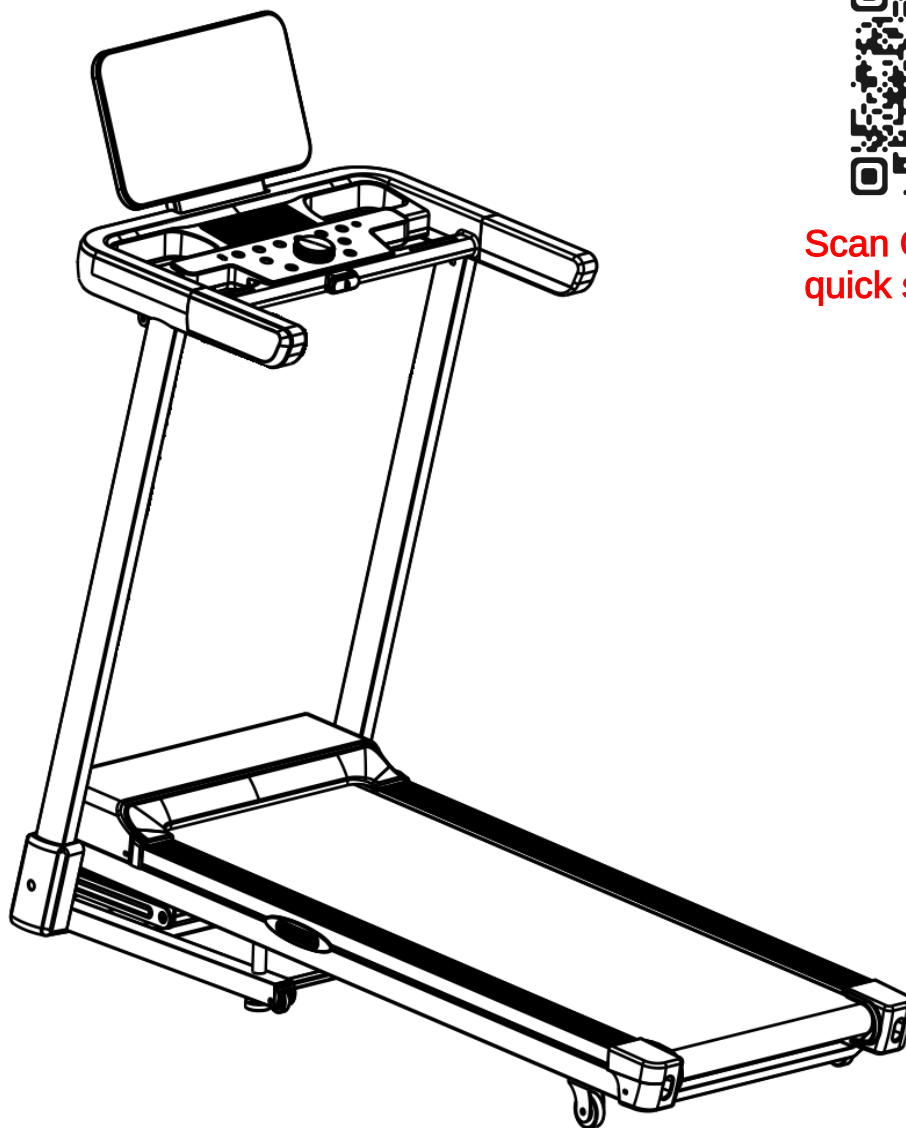
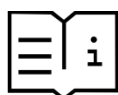


Home Use Treadmill Machine

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.

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Troubleshoot:

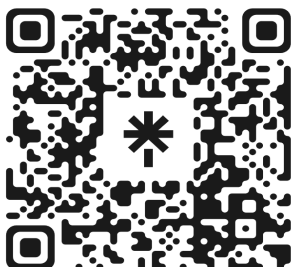
My belt is slipping

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: 1150 x 420mm
- Max User's Weight: 185kg
- Motor: 5.0HP
- Speed: 1-14 km/h
- Auto Incline: 15-levels
- Assembly Size: 1480 x 650 x 1260 mm
- Folding Size: 850 x 650 x 1290 mm
- Modes: Manual, Countdown (Time, Distance, Calories)
- Programs: 12 Pre-set Auto Programs

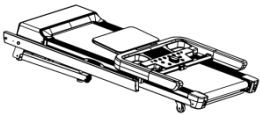
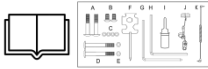
Safety Precautions

It is advisable to consult a doctor or health professional before commencing any exercise routine. Please follow all instructions carefully and thoroughly when assembling the treadmill before switching on the power. We accept no responsibility for any injuries or damage to the product resulting from negligence in these procedures.

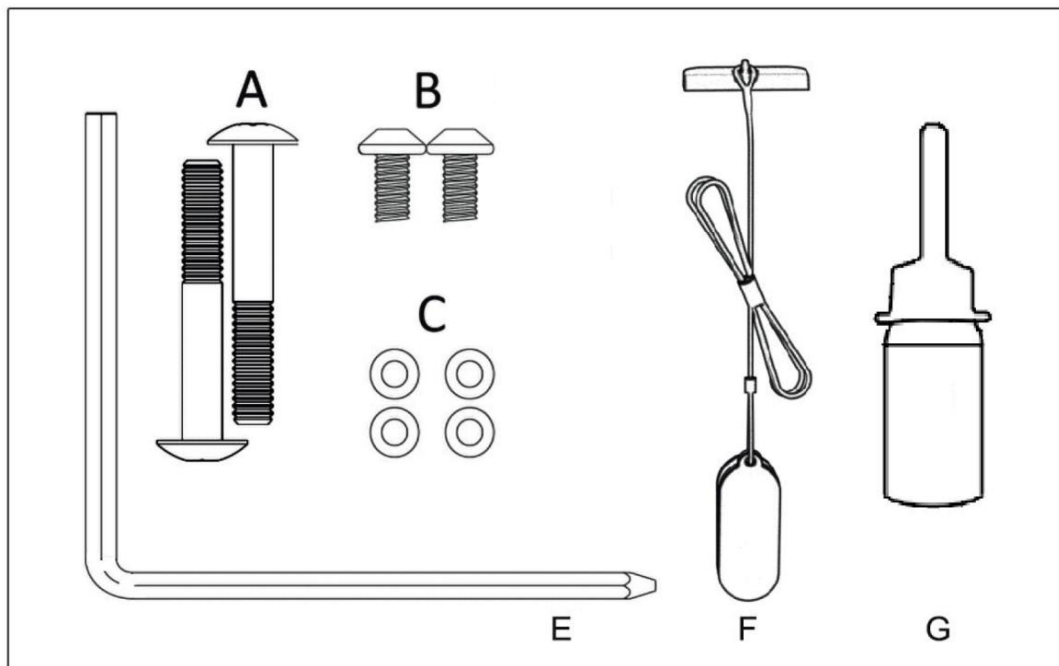
Attention

1. Place the treadmill indoors on level, dry ground away from heat, sunlight, or obstructions.
2. Wear appropriate exercise clothing and footwear.
3. Attach the safety clip to your clothing; it will stop the machine if pulled out.
4. Do not use if you are ill, tired, or under alcohol influence.
5. Start slowly; excessive exercise can be harmful.
6. Use handrails until comfortable with operation.
7. Children should only use under adult supervision.
8. Max load: 185kg; exceeding this may damage the treadmill.
9. The treadmill auto-shuts off after 99 minutes of continuous use due to overheating. Restart to continue.
10. This is a home-use treadmill, not for commercial use.

Packing Details

Frame		User Manual Screw Package	
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Screw Package

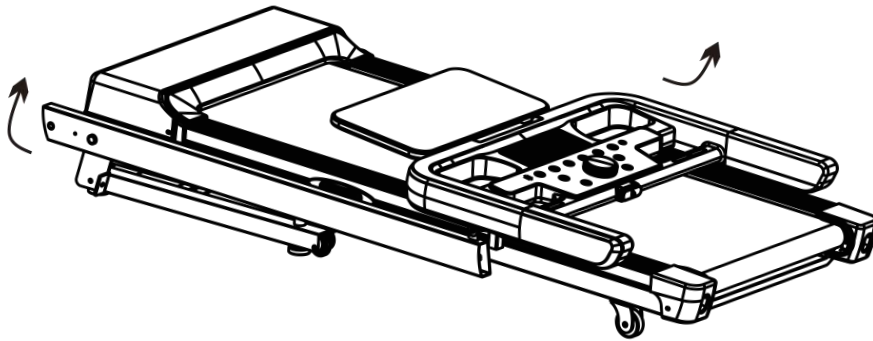


Item	Description	Specification	Qty
A	Bolt	M8*45	2
B	Bolt	M8*16	2
C	Flat Washer		4
E	Allen wrench	5#	1
F	Safety key & clip		1
G	Lubricant oil		1

Assembly Steps

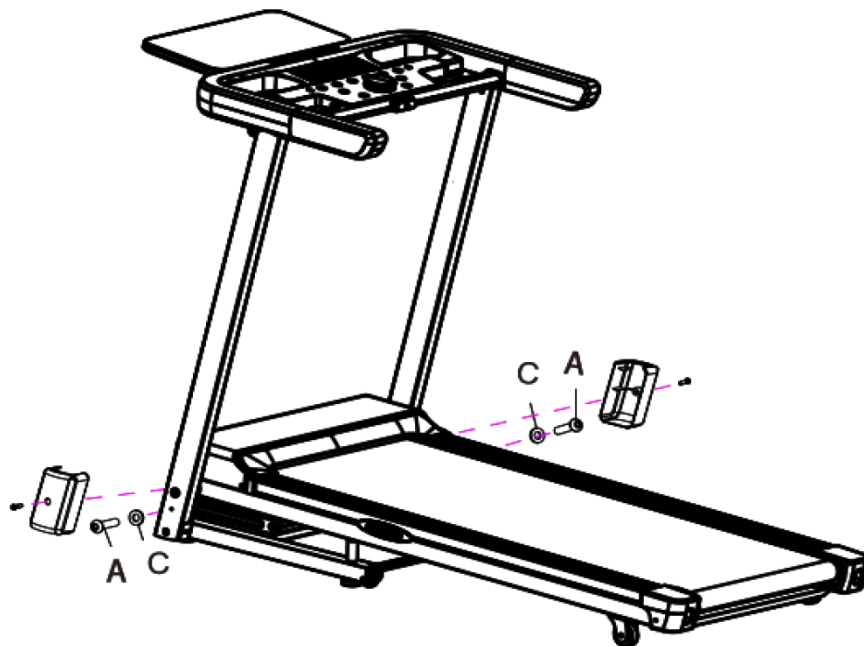
Step 1: Extend the framework

1. Take the treadmill out of the box and lay it flat on the ground, stand up the columns and console as below picture.



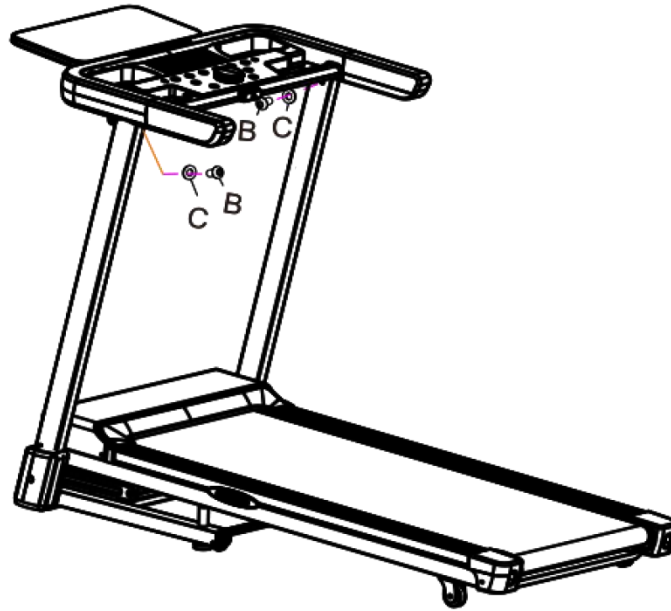
Step 2: Pedestal Installation

1. Attach 2 bolts (M8*45) and 2 flat washers using a 5# Allen wrench on both sides at the bottom of the columns, then tighten.
2. Unscrew the 2 screws on each side of the stand columns.
3. Attach the left and right corner covers in their designated positions using these screws, then tighten.



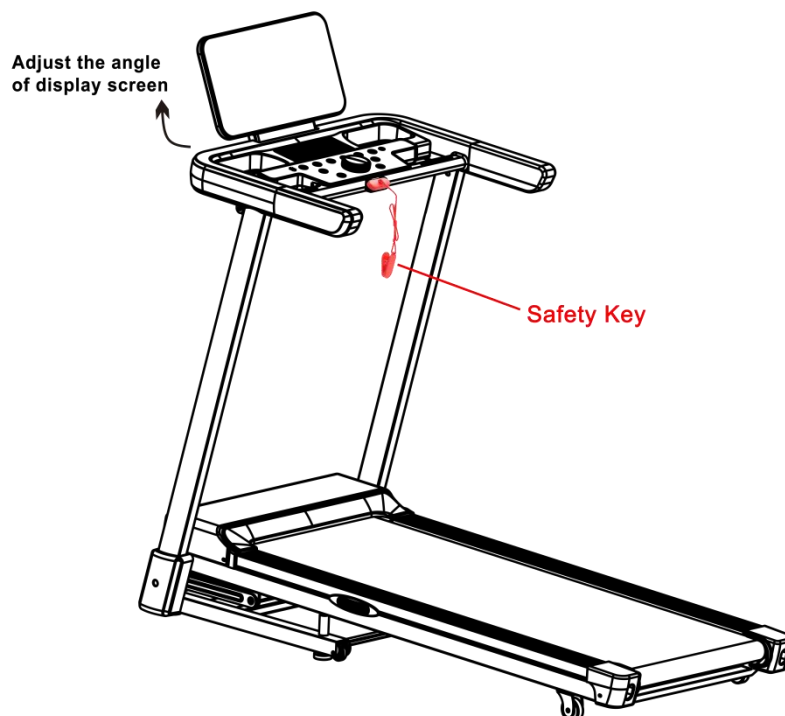
Step 3: Console installation

Secure the console to the upright columns using two M8*16 screws (B) and two flat washers (C), tightened with a size 5 Allen wrench. Gently hold the column poles on both sides during assembly. When tightening the screws, ensure that the cable in the right upright column is not pinched.



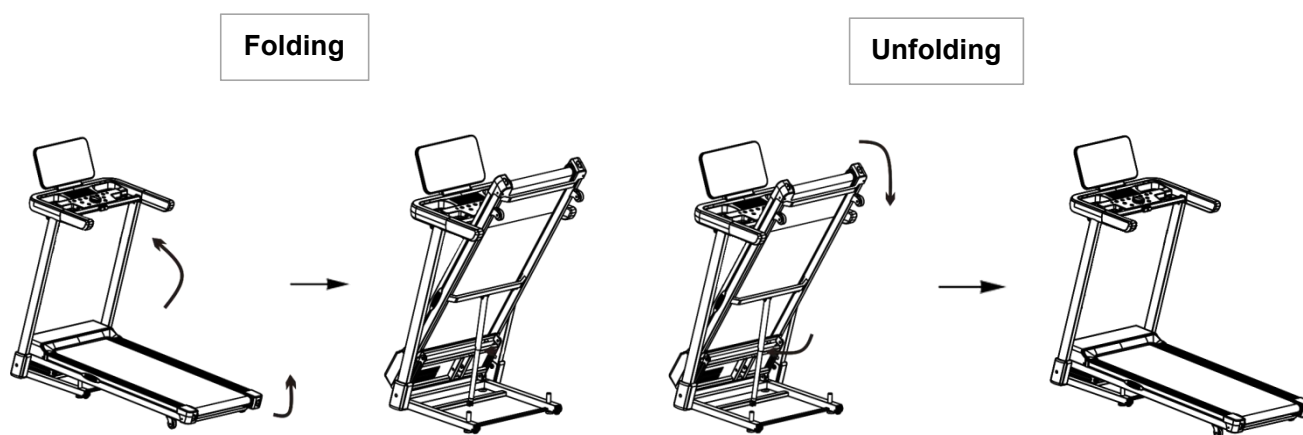
Step 4: Insert safety key

Insert the red magnetic safety key onto the yellow area on the console. If safety key is not in place, the treadmill will be out of operation and will result in "E7" ERROR CODE.

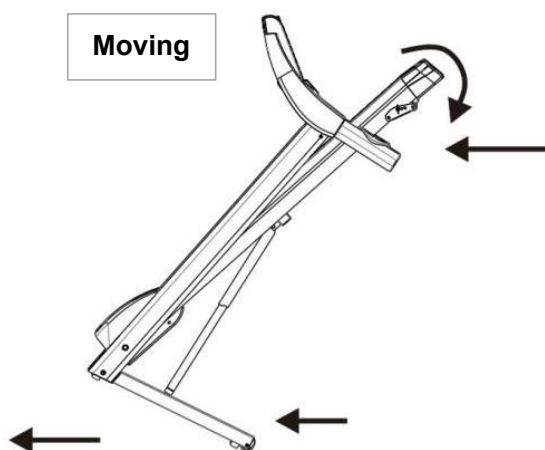


Folding, Unfolding & Moving

1. Folding & Unfolding: To fold the treadmill for storage, gently lift the end of the running board and raise upwards slowly until you hear the cylinder click to indicate successful folding. To unfold, release air spring with your foot. The diagram should be more clear for this an arrow to show where to release.



2. Moving the treadmill: Ensure the treadmill is securely folded and unplugged. Firmly hold the handles with both hands and pull the top of the treadmill towards you to tilt it until the rollers make contact with the floor. You can then easily wheel the treadmill to a storage location.



Display Panel Operating Instructions



1. Operational Modes

There are 3 modes: Manual, Countdown (MODE), Auto (PROGRAM).

A. Manual Mode

After turning on the treadmill, the display will light up and the unit will enter standby mode. To start, press the LED knob on the console. Rotate the knob to adjust the speed in increments of 0.1 km/h; turn it clockwise to increase the speed and counterclockwise to decrease it. Press the LED knob again to stop the treadmill.

- Minimum speed 1.0km/h
- Maximum speed 14.0km/h
- Minimum incline 1%
- Maximum incline 15%

B. Countdown (MODE)

Time: Select TIME, set 5-99 mins with +/-> press START, adjust speed anytime.

Distance: Select DIS, set 1-99 km with +/-> press START, adjust speed anytime

Calories: Select CAL, set 20-990 calories with +/-> press START, adjust speed anytime.

C. Auto (PROGRAM) Mode

Press "PROG" to choose from 12 preset programs (P01-P12). Default is P1 for 10 minutes. Use

Speed +/- to set total workout time (e.g., 30 minutes). The time is divided into 10 equal periods (about 3 mins each).

There are 12 programs in the Auto (PROGRAM) Mode as below:

P1-P12 Program Map

Time period Program		Time set/10 period = Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

2. LED Display Parameters

Startup: Shows 3,2,1 countdown

Display: SPEED(speed), TIME(time), DISTANCE(distance), CALORIES(burnt calories),
INCLINE(incline level), PULSE(heart rate)

3. Button Functions



:LED Knob, press to Start / Stop , rotate to adjust speed.



: Chose from the 12 programs.



: Select the countdown modes of Time, Distance & Calories.



: Start the treadmill.



: Stop the treadmill.



: Quick speed selection 3km/h, 6km/h, 9 km/h.



: Quick incline selection 3%, 6%, 9% incline.



:Long press for faster speed control.

4. Sleep Function

Turns off after 10 minutes of inactivity; press any button to re-activate.

5. Safety Key Function

Must be inserted for operation. Attach the clip to your clothing; if pulled out, the treadmill stops.

Keep the safety key safe to prevent issues.

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 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.

Adjustment & Maintenance

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

Regular Cleaning

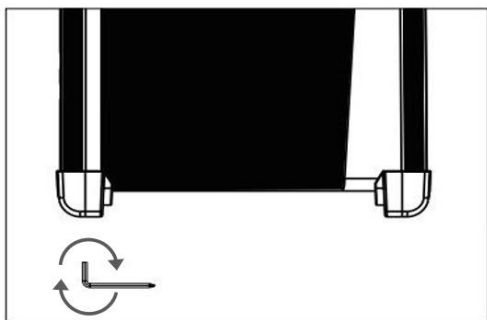
- ▶ Remove dust regularly to prolong lifespan.
- ▶ Clean the exposed sides of the running belt with a damp cloth and soap. Avoid wetting electrical parts.
- ▶ Annually, clean the motor unit —disconnect power before opening the motor cover.

Running Belt Alignment & Tension

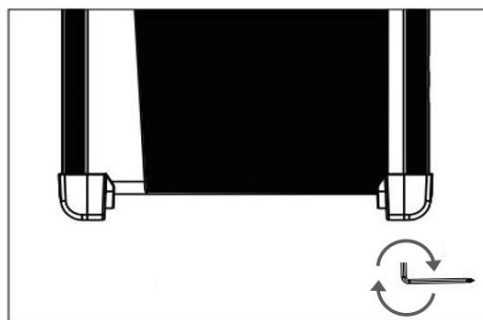
The belt is factory-set but may need adjustment over time.

- ▶ 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



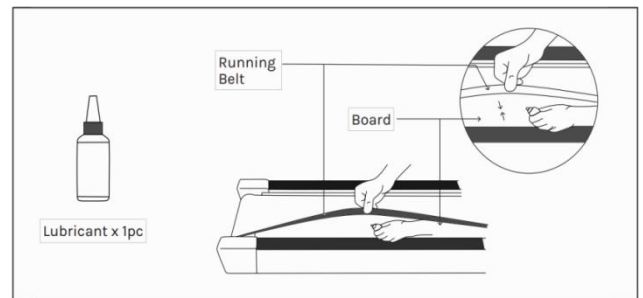
Picture B

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.



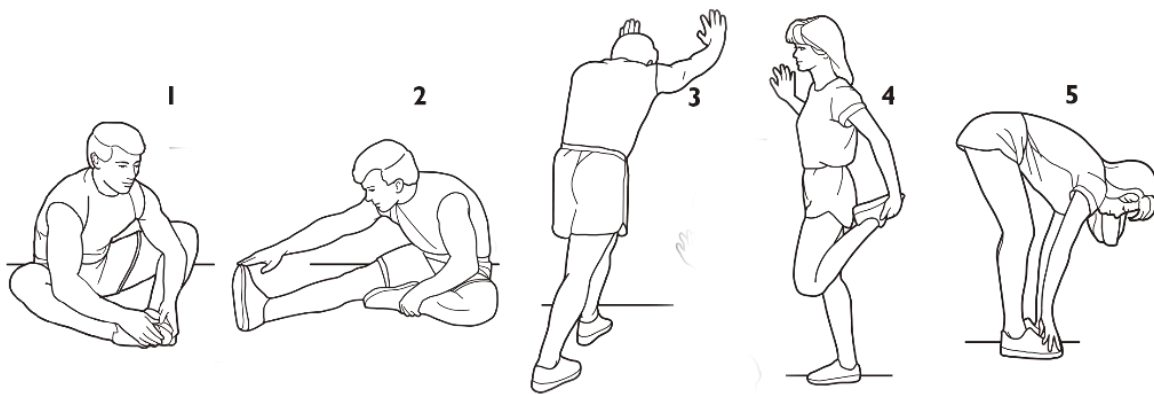
Exercise Programs

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.

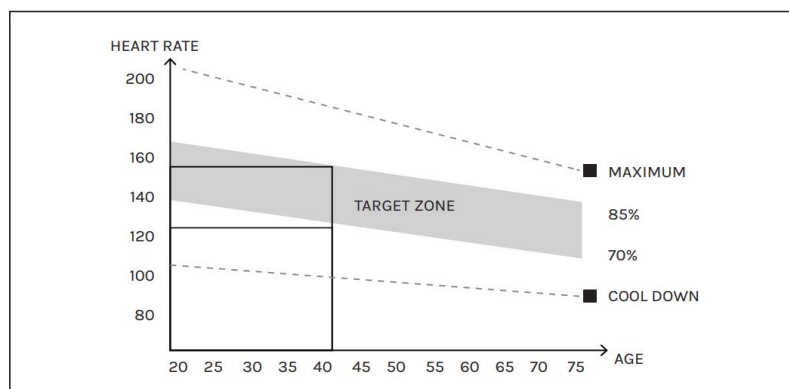
Stretching Exercises:

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.