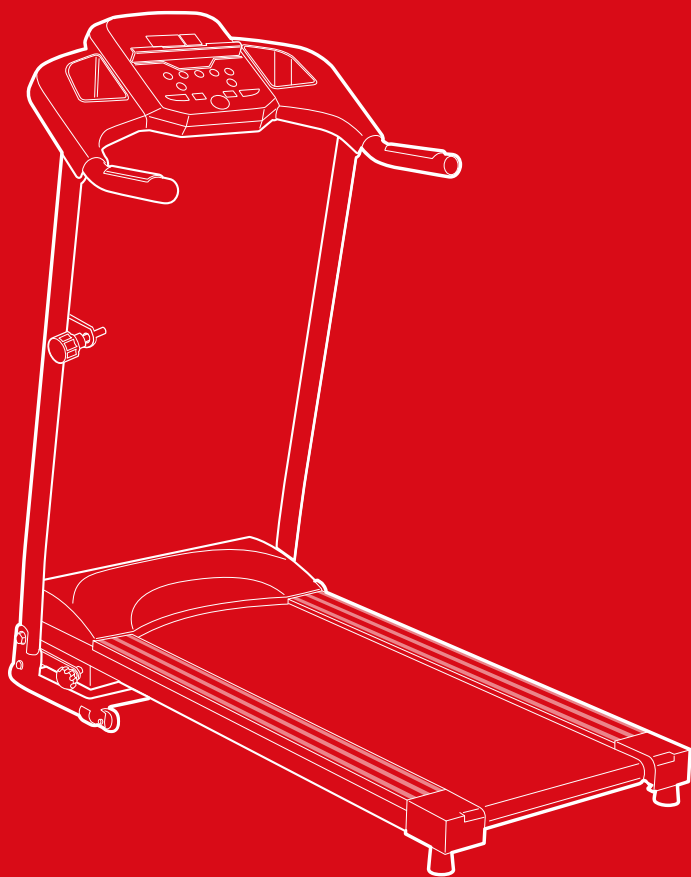




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INSTRUCTION MANUAL

800W Folding Treadmill



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As shoppers, we're always trying to find the perfect balance between quality & value. At BCP, we believe we've achieved that. Our diverse catalog of everyday essentials is tailored especially to our customers & guaranteed to hit that sweet spot of high quality & low price.

— Always. —

! NOTICE

Please retain these instructions for future reference.

- Please do not exceed the weight limitations of this item.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws and knobs before use.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days.
- Do not use or store this item in the proximity of open flame or flammable/combustible chemicals.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.
- This product contains small parts for assembly. Keep small children and pets away while assembling this product.

CAUTION DURING USE

Please do not exceed the weight limitations of this item.

- Place the machine on flat ground. Do not use it in the following places:
 - Outdoors
 - Slanted ground
 - Direct sunlight
 - Near heat sources like a heater/fireplace
 - Places with excessive noise
 - Enclosed spaces or areas without proper air circulation.
- Errors may appear if the power supply is not stable. Do not plug into the same wall outlet as computers, air conditioners, etc.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not start the machine when it is folded.
- Make sure the running belt is fastened before use.
- Do not put the machine near wet objects or water. Errors may occur if item gets wet.
- Do not place any objects 6 feet behind the machine.
- Do not stand on running belt when starting the machine.
- Stop immediately at the first sign of nausea.
- Increase treadmill speed slowly; do not immediately jump to an increased pace.
- Do not stand on belt while adjusting.
- Wear athletic shoes and athletic clothing when using this machine.
- Children, elderly, pregnant women, and patients recovering from injuries or surgery are prohibited to use the machine.
- Clip the safety key onto your clothing during use.
- Firmly hold the railings during use.
- Do not place any objects on the machine.
- Please turn off machine and unplug after using.
- Unplug when moving the machine or changing parts.

TOOLS REQUIRED



HEX KEY
(PROVIDED)



WRENCH
(PROVIDED)



175 LBS
CAPACITY



1 PERSON
ASSEMBLY



UP TO 30 MIN.
ASSEMBLY

HARDWARE

1

M16x55mm
SIDE KNOB



1 PC

2

M12x20mm
LOCKING
KNOB



1 PC

3

M8 WASHER



2 PCS

4

M8x15mm
SCREW



6 PCS

5

M8 PAD

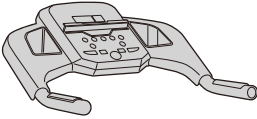


4 PCS

PARTS

A

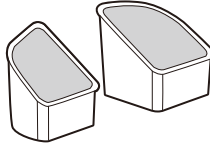
CONTROL PANEL



1 PC

B

CUP HOLDER



2 PCS

C

SAFETY KEY



1 PC

D

SILICON OIL



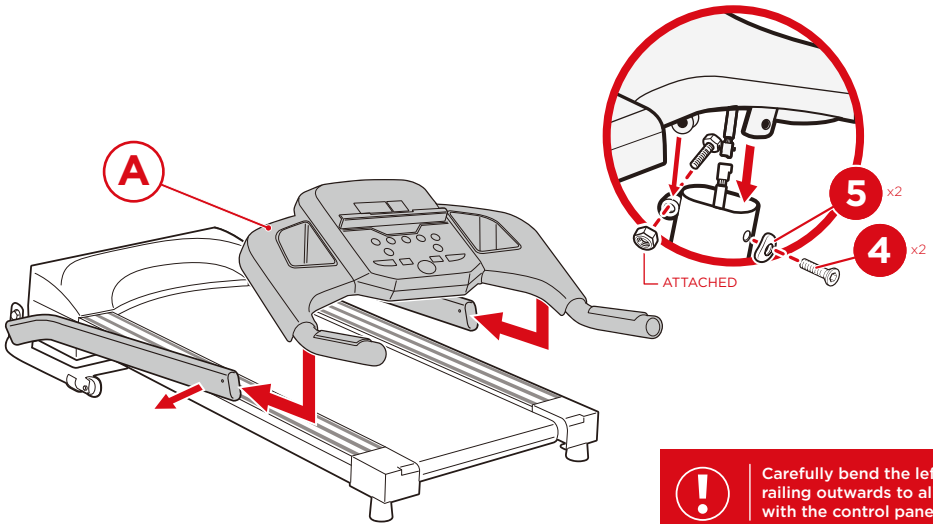
1 PC

PRODUCT ASSEMBLY

1

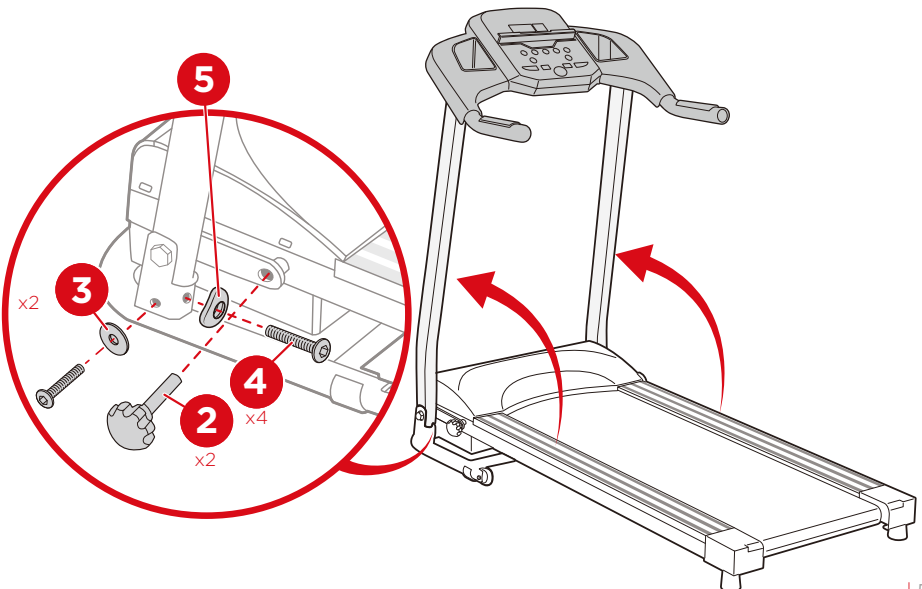
With railings folded, join the connectors from the part A control panel to the corresponding connectors within the railings.

Remove the nuts and bolts from the railings, and then replace them to attach the control panel. Secure it with two part 4 screws and two part 5 pads.



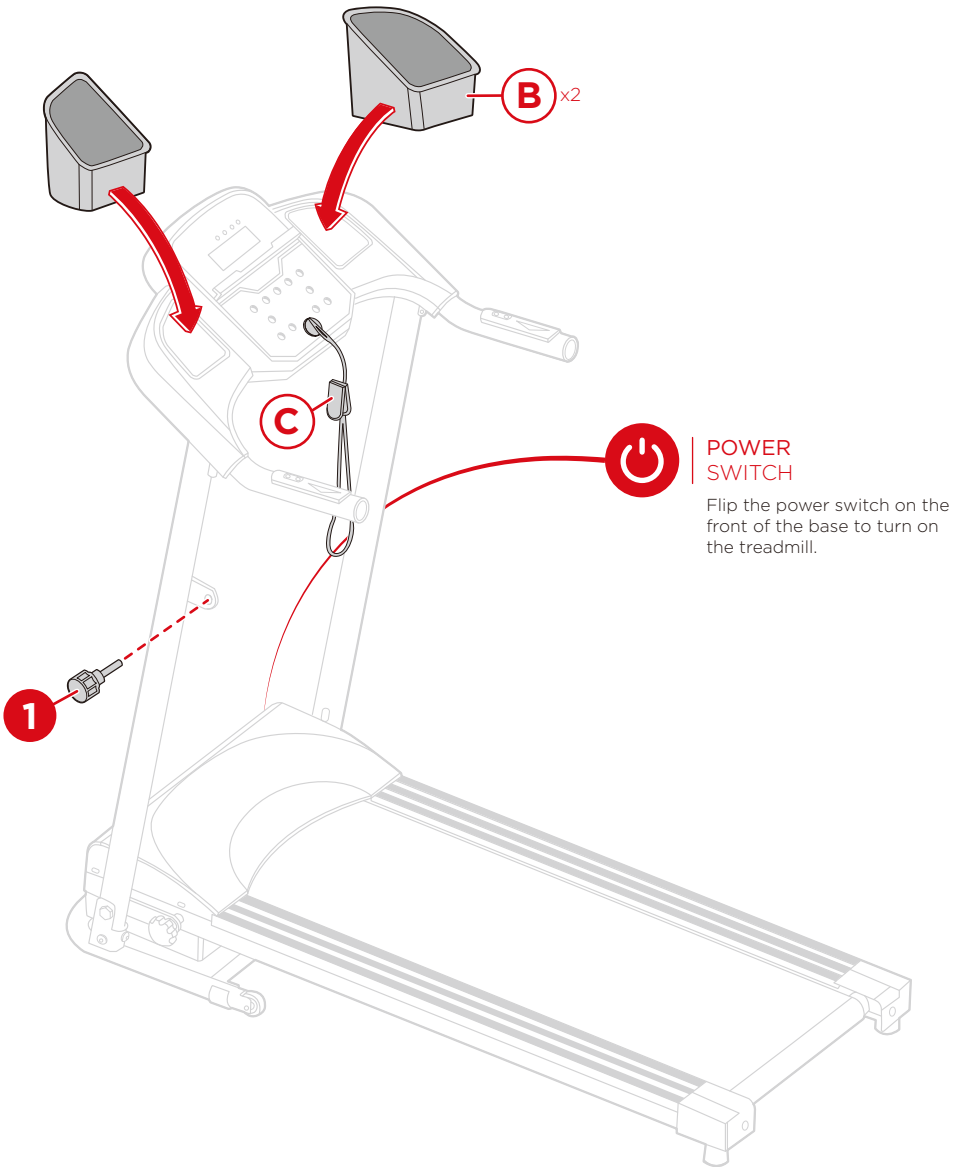
2

Unfold the railings and screw in the part 2 locking knob. Secure one side with two part 4 screws, a part 3 washer, and part 5 pad. Repeat on the other side.



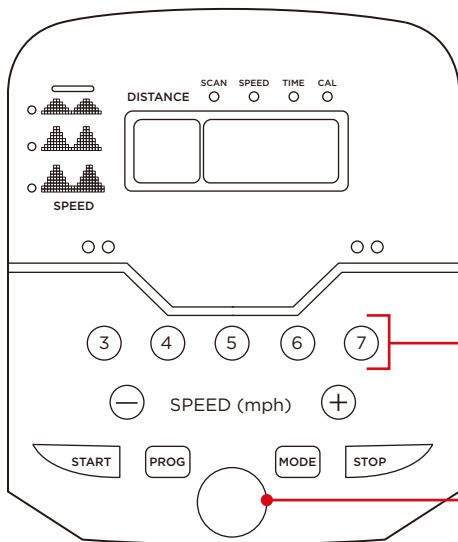
PRODUCT ASSEMBLY

3



Screw in the part 1 side knob.
Place two part B cup holders and part C safety key.

DISPLAY MONITOR



- Max speed is 7.5 miles/hour and minimum speed is 0.5 miles/hour.

- After pushing "**START**", the treadmill will begin operation at 0.5 miles/hour.

- **Start:** Power on the treadmill.
- **Prog:** Choose a workout program.
- **Mode:** Switch display between speed, elapsed time, calories burned, or scan.

Scan: Display automatically toggles between speed, elapsed time, and calories burned.

- **Stop:** Stop treadmill operation.

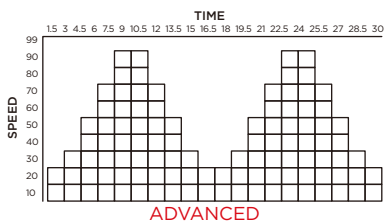
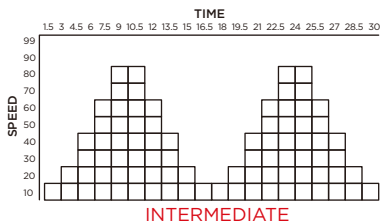
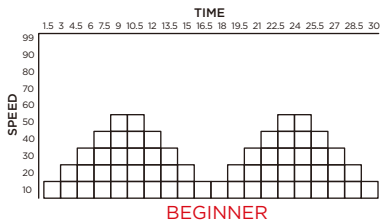
- **+** : Increase speed

- **-** : Decrease speed

- Quick select speed options

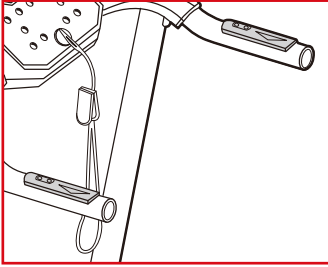
- Safety key

WORKOUT PROGRAMS



- Press “**PROG**” to choose between three 30-minute workout programs:
 - **Beginner**: an introductory workout with a speed range of 1 to 5.
 - **Intermediate**: a moderate workout with a speed range of 1 to 8.
 - **Advanced**: a difficult workout with a speed range of 2 to 9.
- Press “**START**” to begin a workout program. *Note: you cannot increase or decrease speed during a workout program.*
- Press “**STOP**” or remove the safety key to stop a program and end your workout.
- For an emergency stop, pull out the safety key.

HEART RATE MONITOR

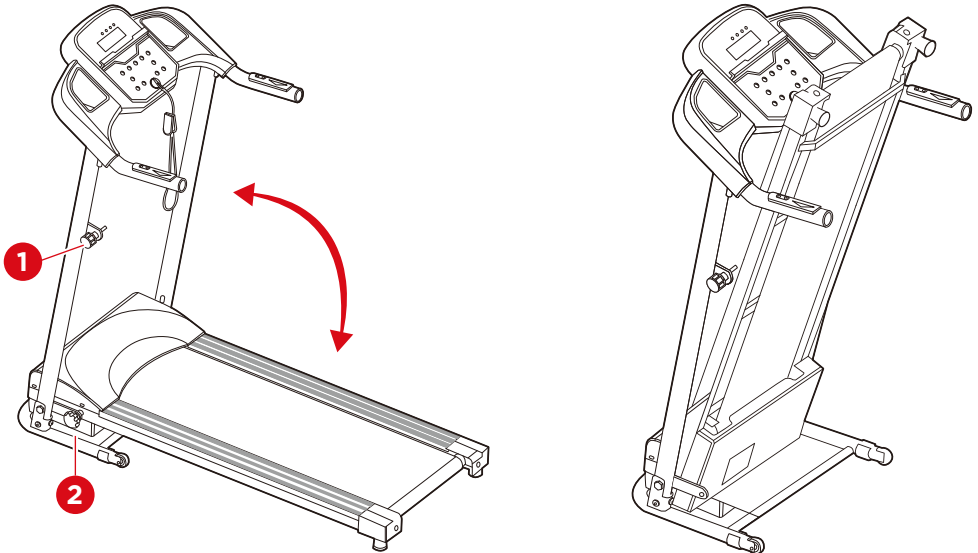


- Place a hand on a heart rate grip reader during your workout to monitor your heart rate.

ERROR CODES

- | | |
|--------------------------------|-------------------------------|
| ERR: The safety key is removed | E6: Motor error |
| E2: Motherboard error | E7: Interrupted communication |
| E4: Motherboard error | E8: Overload error |
| E5: Overcurrent protection | |

FOLDING/UNFOLDING



FOLD:

1. Loosen the part 2 knob and lift up on the running board to fold the treadmill.
2. Secure the frame to the running board by tightening the part 1 knob on the left handrail.

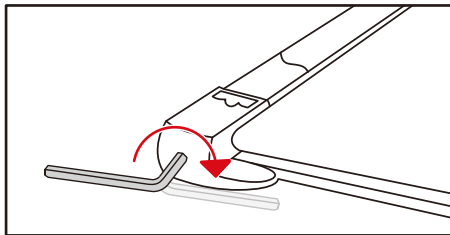
UNFOLD:

1. Release the tension on the part 1 knob and unfold the treadmill.
2. Tighten the part 2 knob to lock the treadmill in place.

APPLYING SILICONE OIL

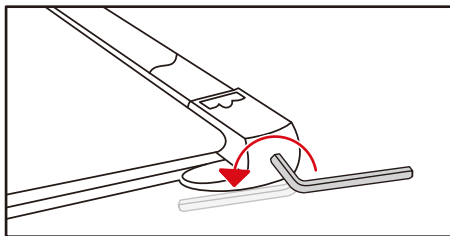
1. Pull up on the running belt to reveal the running board.
2. Apply silicone oil directly to the running board underneath the running belt.
3. Turn the treadmill on and let it run for 3 minutes.
4. Repeat this after 30 hours of treadmill use to extend the life of the treadmill.

TROUBLESHOOTING



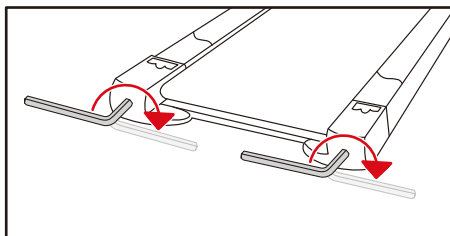
RUNNING BELT DEVIATES TO THE LEFT

1. Start the treadmill at 1-1.5 miles/hour.
2. Use the hex key to turn the screw on the back left of the machine clockwise.
3. Let the machine run for 1 to 2 minutes and adjust as necessary until the belt is in the center of the running board.



RUNNING BELT DEVIATES TO THE RIGHT

1. Start the treadmill at 1-1.5 miles/hour.
2. Use the hex key to turn the screw on the back right of the machine counterclockwise.
3. Let the machine run for 1 to 2 minutes and adjust as necessary until the belt is in the center of the running board.



RUNNING BELT STUCK IN PLACE

1. Use the hex key to turn both screws on the back of the machine clockwise until the issue is solved.

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Product Assembly



Returns & Refunds

PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.



WARNING

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