
REPFORCE K12525

Electric treadmill installation and operation manual



Please read all instructions in the manual carefully before installing and using the electric treadmill, and keep this manual properly.

The pictures in the manual are for reference only, subject to the real thing

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Safety precautions

Warning: Before starting any exercise program, it is recommended that you first consult a professional doctor, especially if you are over 35 years old or have a history of health problems. We are not responsible for any resulting injuries. Do not turn on the power until the electric treadmill is fully installed and the motor protective cover is covered.

matters need attention

- 1、 Before using the treadmill, make sure that the clip of the safety switch is clipped to the clothes or belt.
- 2、 Please do not insert any other items into any part of the equipment, which will damage the equipment.
- 3、 put the electric treadmill in a clean and flat place, do not put the electric treadmill on the thick carpet, so as not to affect the circulation of the air under the electric treadmill, do not put the electric treadmill near the water or outdoor use.
- 4、 when people stand on the running belt, please do not turn on. After the power is turned on, there may be a pause at the beginning of the running belt movement, and the person must stand on the plastic skids on both sides of the electric treadmill until the running belt moves.
- 5、 exercise can not wear too long, too loose clothes, in case of hanging on the electric treadmill, usually wear rubber sole running shoes.
- 6、 electric treadmill in use, do not let children or pets close.
- 7 Any strenuous exercise should only be done 40 minutes after a meal.
- 8、 this fitness equipment for adults to use, minors in the use of electric treadmills need to be accompanied by adults.
- 9、 the first time to use the electric treadmill, be sure to grasp the handrail with your hand, until you feel comfortable after you can release the handrail.
- 10、 treadmill for indoor equipment, do not use outdoors. Place clean and level, pay attention to moisture, pay attention to the electric treadmill for special equipment, do not modify it for other purposes.
- 11、 the power cord of the electric treadmill is dedicated, if the power cord is damaged, please buy from the dealer, or contact the company directly.
- 12、 If the electric treadmill suddenly accelerates or the speed of the electric treadmill automatically increases due to a problem with the electronic system, please immediately unplug the safety switch and the electric treadmill will stop

immediately.

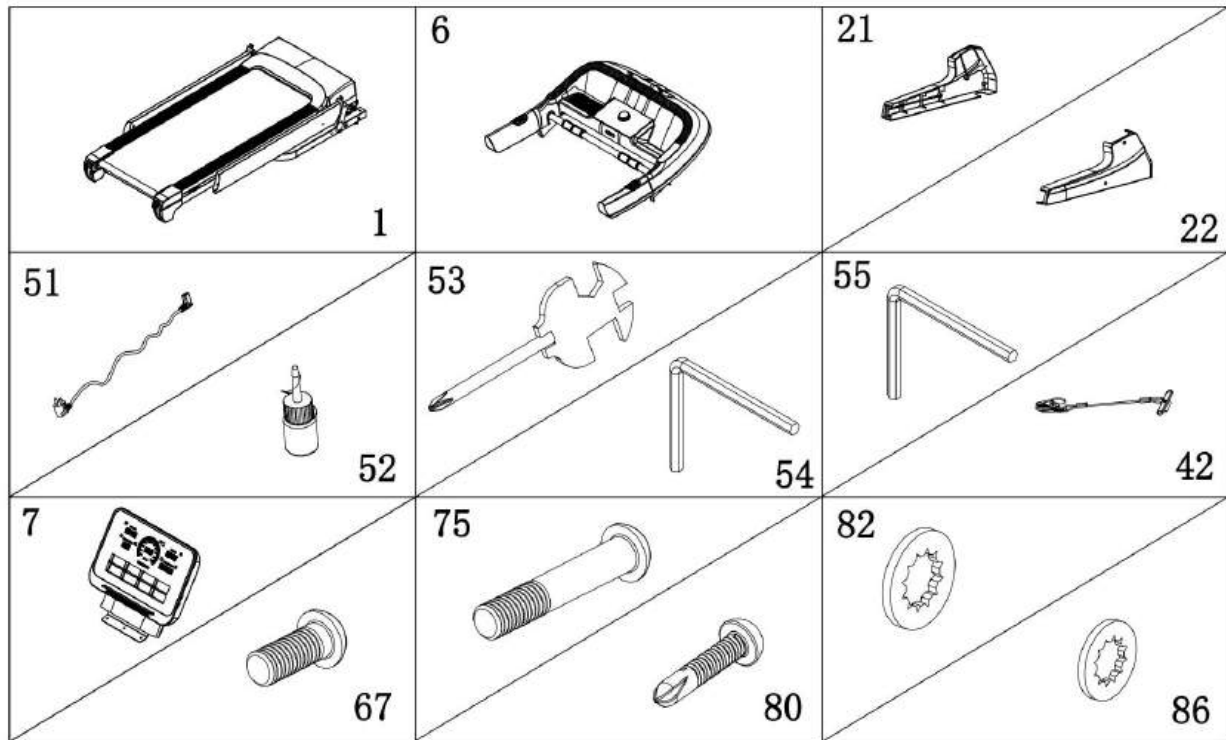
13、do not in the middle of the power line wiring, extend the power line or replace the power line plug, in the power line stacked heavy objects or power line close to the high temperature heat source, prohibit the use of multi-hole socket, otherwise it will cause fire due to poor contact, or electric shock injury accident.

14、When the machine is not used for a long time, it is necessary to cut off the power supply. When cutting off the power supply, do not pull the power cord; grab the power plug and pull it off, so as not to break part of the core wire in the power cord. Plug the power cord plug into a power outlet with a safety ground. The power cord of the electric treadmill is dedicated. If the power cord is damaged, please contact the manufacturer as soon as possible.

15、This treadmill is for home use only.

Assembly manual

The figure below is a scattered diagram of the parts installed on the whole machine. Open the packaging box and you can take out the following parts from the box.



Parts list:

NO.	name	Spec.	QTY.	NO.	name	Spec.	QTY.
1	main frame assembly		1	54	5#Allen wrench	5mm	1
6	Electronic watch assembly		1	55	6#Allen wrench	6mm	1
7	display panel		1	67	Hexagon socket pan head screws	M8*16	11
21	Left bottom shield		1	75	Hexagon socket pan head screws	M10*65	4
22	Right bottom shield		1	80	Cross recessed pan head tapping screws	ST4.2*19	4
42	safe lock		1	82	internal teeth serrated lock washer	10	4
51	power cord		1	86	internal teeth serrated lock washer	8	11
52	oil bottle		1				
53	Cross wrench	S=13\14\15mm	1				

Installation tools:

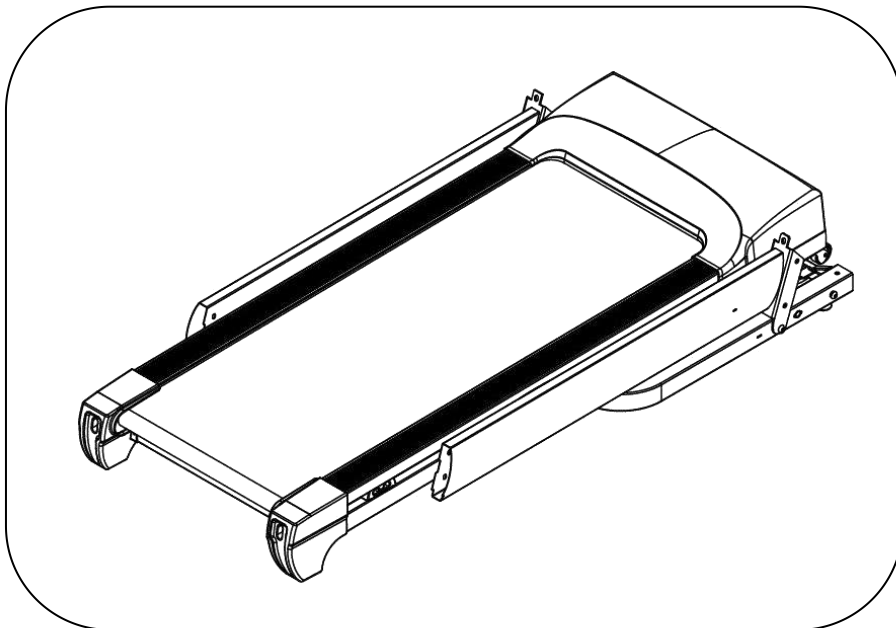
5#Allen wrench 5mm 1pcs,
6#Allen wrench 6mm 1pcs,

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With cross wrench S=13, 14, 15 1pcs

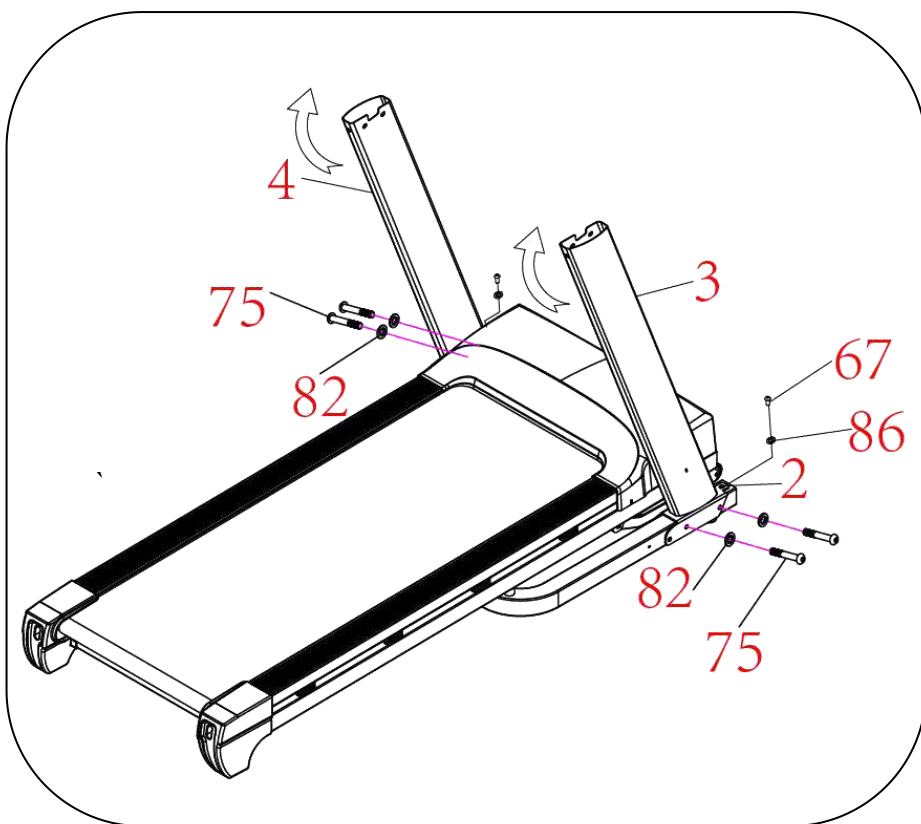
Note: Do not plug in the power cord until installation is complete

Assembly Step1:



1. Open the packing box, take out the above parts from the box, and lay the main frame group flat on the ground.

Assembly Step2:



1. Use 6#hexagon socket wrench (55) to thread hexagon socket head screw (75) and internal serration lock washer (82) through base (2) and right column group (5) and lock gently on base (2).

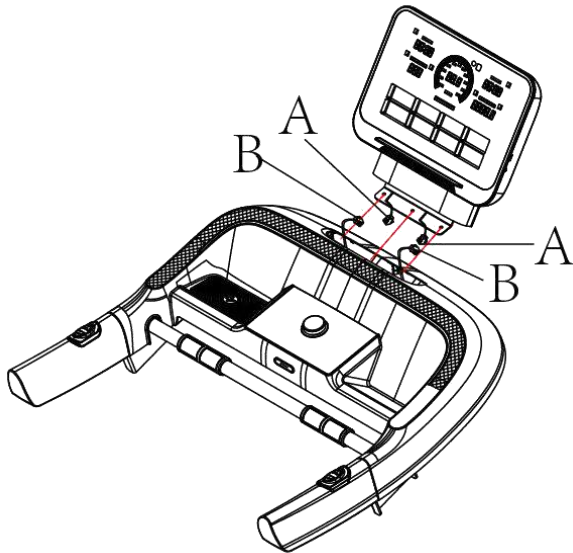
2. Use 5#hexagon socket wrench (54) to lock base (2) and right column group (5) with hexagon socket flat-head screw (67) and internal serration lock washer (86).

Left view

3, the left assembly method with the right

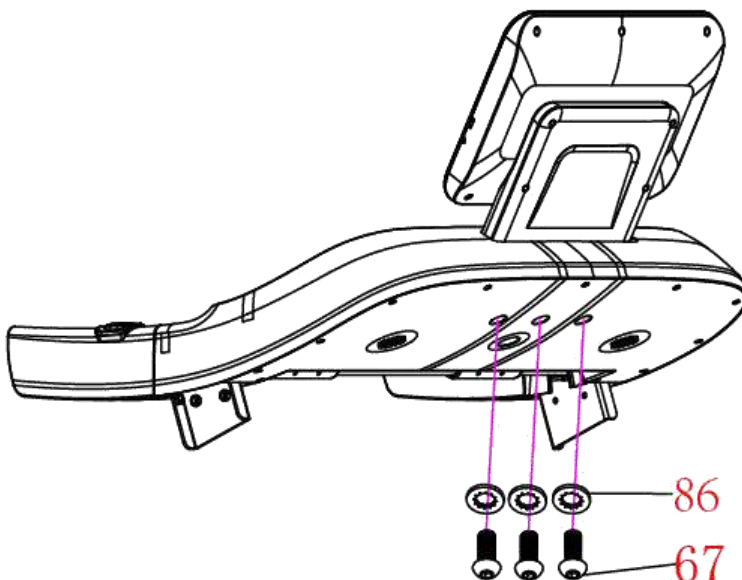
Note: lock the process to have been holding the column, so as not to fall down bruise;

Assembly step 3:



1. First find out the connecting wires in the display panel (7), as shown in the left view, connect the male and female plugs AB correspondingly, put the wires into the electronic watch, and then insert the display panel (7) into the electronic watch assembly (6).

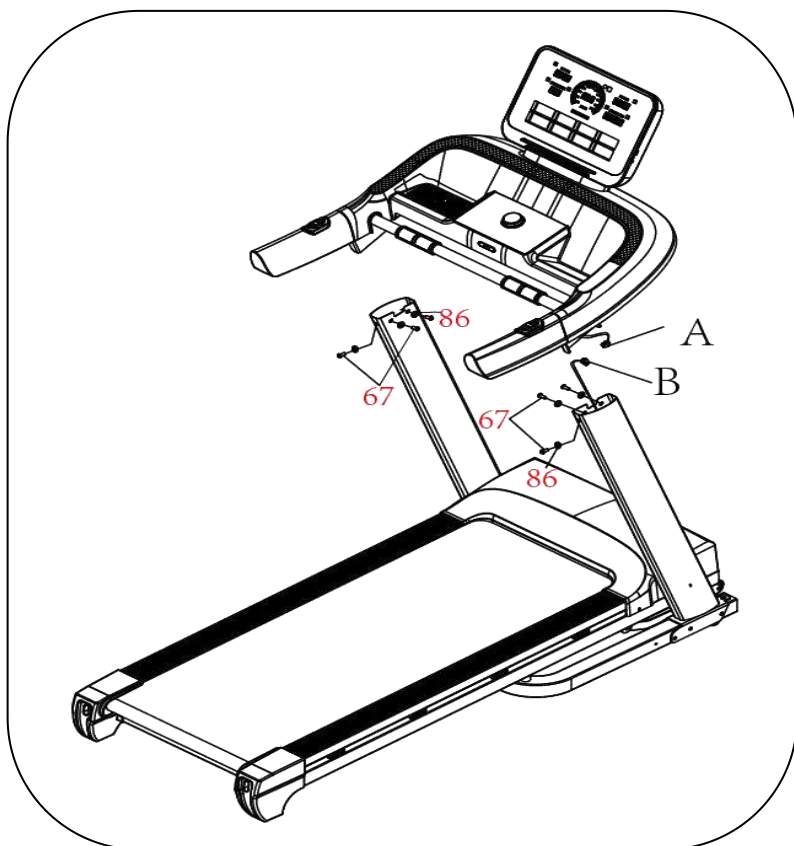
Assembly Step 4:



1. Using a cross wrench (53), thread hexagon socket head screw (67) and serration lock washer (86) through electronic watch assembly and lock to electronic watch assembly (6).

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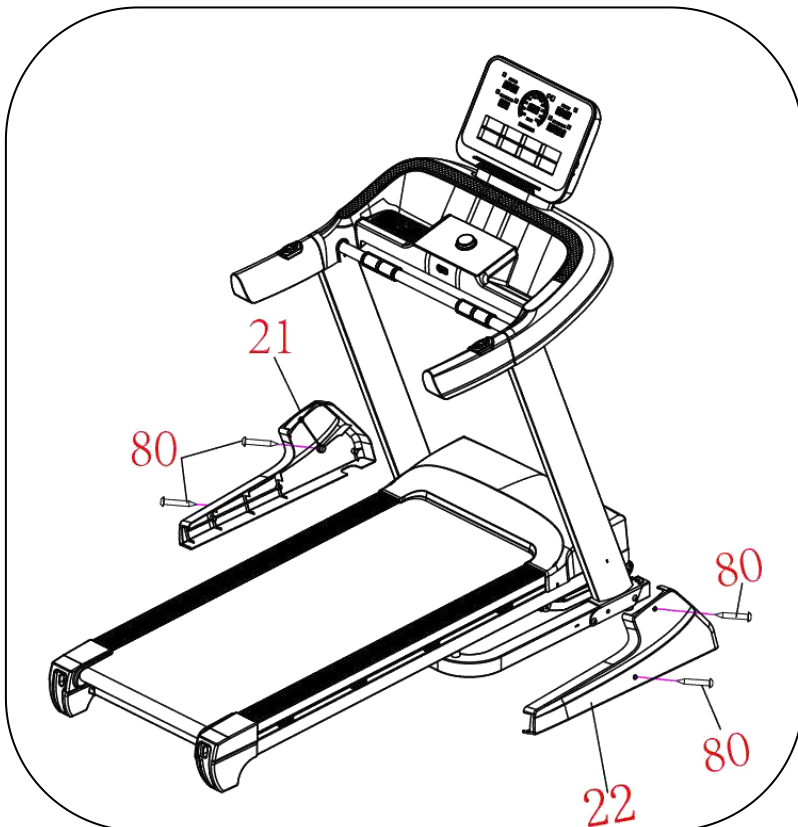
Assembly Step 5:



1. First find out the connecting wire in the electronic watch assembly (6), as shown in the left view, connect the male and female plugs AB correspondingly, put the wire into the column, and then insert the electronic watch assembly (6) into the column.

2. Remove the armrest cover hole plug (28), use 5 #hexagon socket wrench (54), thread the hexagon socket head screw (6 7) and

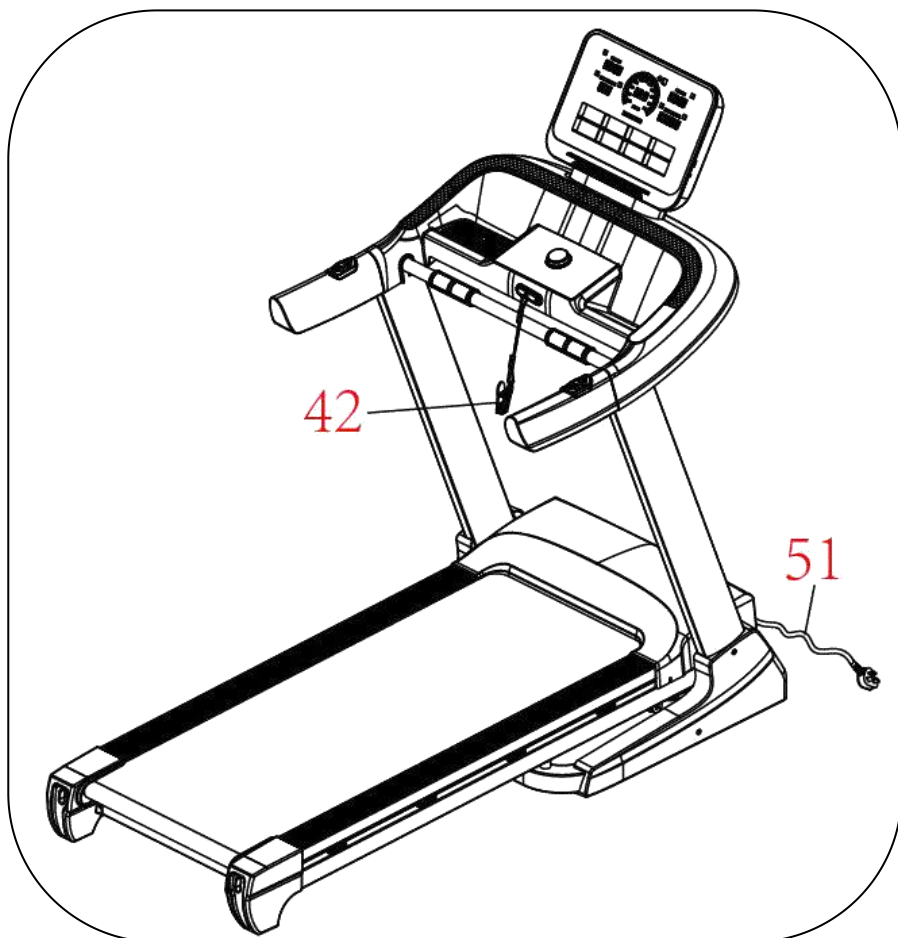
Assembly Step 6:



1. Lock the right base shield (22) on the base and the right column with a crosswrench (53) and a cross recessed pan head tapping screw (80)

Assembly manual

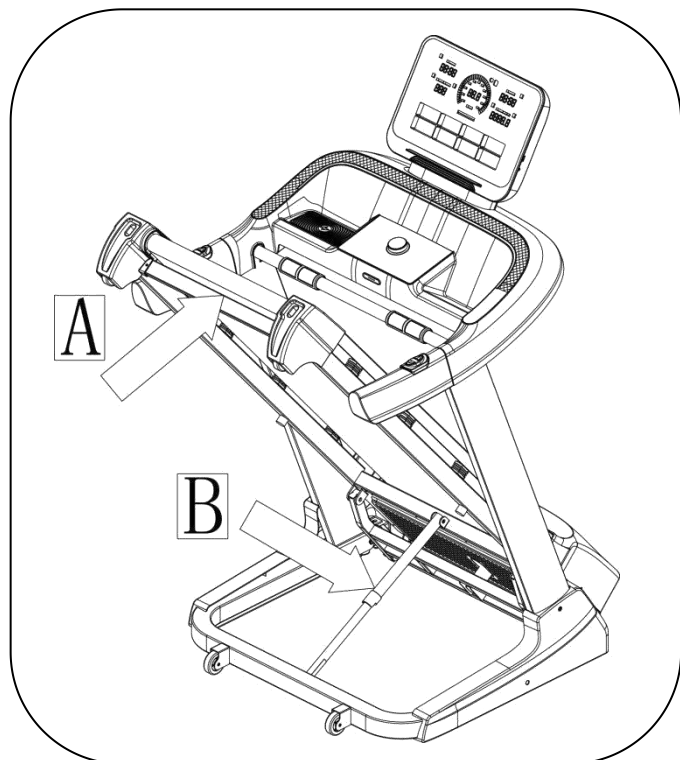
Assembly Step 7:



1. Plug the power cord (51) into the power cord socket of the main rack. (You can unplug the power cord when the treadmill is not in use)
2. Put the safety lock (42) on the electronic watch.

Please note: be sure to confirm that all according to the above requirements after the installation is completed and then lock all screws, check that there is no omission before you can turn on the power supply. Treadmill operation and use, please carefully consult the relevant instructions at the back.

Folding Step

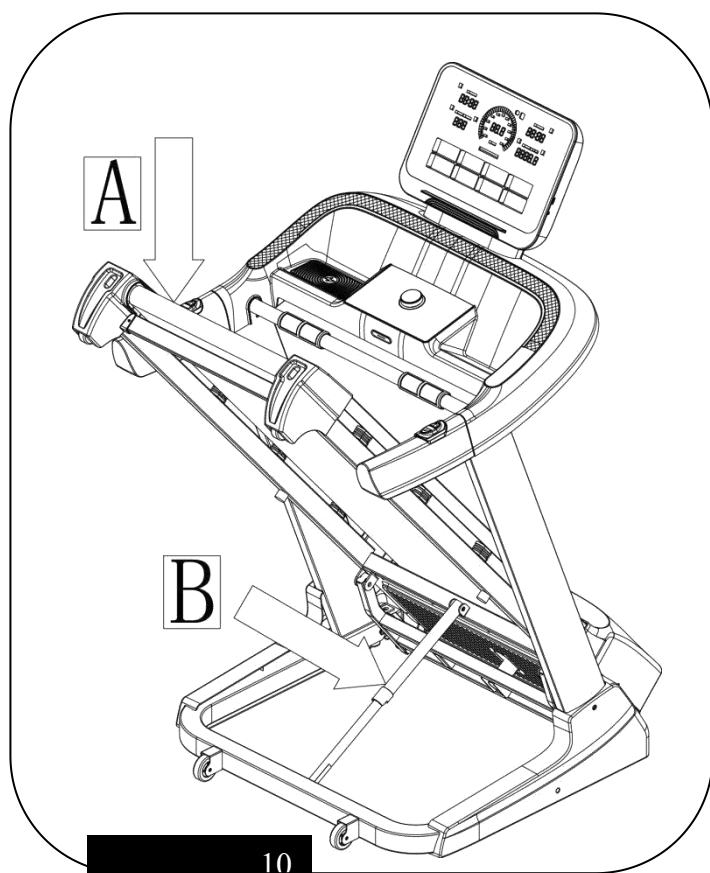


1、 Hold the handrail pipe with your left hand, hold position A with your right hand, lift the machine up, and push it up slightly until you hear the sound from position B.

2、 After folding, the carrying wheel and the adjusting roller can move forward and backward, which is convenient for carrying.

Note: During the process, the left and right handrails must be firmly grasped to prevent the frame from moving forward.

Put down the machine



1. Hold the handrail with your left hand, hold the position A with your right hand, lift the machine slightly upward, and kick B with your right hand. At the same time, pull down the main frame with your right hand, so that the frame can land slowly, and people and pets can leave the machine to avoid any injury.

Technical parameters

Overall size (mm)	1748*867*1588	uses electrical	According to the nameplate on the machine
Foldingsize (mm)	1212*867*1588	maximum power output	According to the nameplate on the machine
Runner size (mm)	520*1350	range of speed	1-18KM/H
Net weight of machine	83KG	Maximum weight allowed for user	
LED Display	Speed Time Distance Calories Heart Rate Incline		

Grounding Description

This product must be grounded. If it should 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 cord having 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.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 230-volt circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

operating manual



I. Brief description

The function of this electronic watch:

- Lifting function
- Sports show app function
- White light display function
- Color film without touch function
- Audio Bluetooth function

The terms used in the instructions are agreed upon:

Treadmill parameters: Speed value, Slope value

Motion parameters: Distance value, Calories value, Time value, Heartbeat value.

Sport mode: full manual mode, program

Full manual motion mode: motion mode with no set amount of motion.

Countdown mode Motion mode: A motion mode with a specific amount of motion.

Automatic program: different exercise programs set by the treadmill. There are 20 exercise programs set in this treadmill.

Custom programs: programs where users can set their own motion parameters

II. Description of parameters

Motion parameters in various motion modes:

- Minimum display speed 1 km/h
- Maximum display speed 18 km/h
- Maximum exercise time in time mode: 99 minutes
- Minimum exercise time in time mode: 8 minutes
- Maximum distance traveled in distance mode: 99 km
- Shortest movement distance in distance mode: 1 km
- Maximum calories consumed in calorie mode: 990 calories
- Minimum calories consumed in calorie mode: 20 calories
- (P1-P20) Minimum running time: 8 minutes
- (P1-P20) Maximum running time: 99 minutes
- Lowest displayed slope: 0 segment
- Maximum displayed slope: 20 segments

III. Description of electronic watch display window

What is displayed on the spreadsheet:

Speed window: 1. When running, display the speed value of movement,
2. When the program is set, the speed value corresponding to the first segment of the program is displayed

3. Display parameter function when body fat test

Time window: 1. Run time, display running time
2. When the program is set, the set running time is displayed
3. When the body fat test is set, the setting values of each parameter are displayed.

Distance window: 1. When running, display the distance of running

Calories window: 1. When running, display the number of calories consumed
2. P01-P20 is displayed when the program is set

Heartbeat window: 1. After holding the heartbeat steel plate with both hands, the corresponding heartbeat value is displayed.

Slope window: 1. When running, display the slope value of the run
2. When an automatic program is set, the slope value corresponding to the first segment of the program is displayed

IV. Description of key functions

1. Keyboard function keys:

- Speed shortcut keys3 (3, 6, 9)
 - Slope shortcut keys3 (3, 6, 9)
 - Start key pause/stop key
 - Program key mode key
 - Speed + key speed-key
 - Slope + key Slope-key

V. Key functions and operation instructions

- Start key---Function description: Start motor operation (3S)

Operating instructions: 1. Electronic watch in full manual operation mode, press the start key to start the motor operation

2. Electronic watch in countdown mode setting state, press the start key to start the motor operation

3. When the electronic watch is in the automatic program setting state, press the start key to start the motor operation.

4. When the electronic watch is in the custom program setting state, press the start button to start the motor.

5. When the electronic watch is in the L program setting state, press the start key to start the motor operation.

6. When the electronic watch is suspended, press this key to start the motor operation, reset the speed and press the lowest speed to run, and other data will continue to accumulate according to the data before suspension.

- Pause/Stop key---Function description: pause/stop motor operation

Operating instructions:

1. When the electronic watch is running, press this button to temporarily stop the motor, but the motion data is saved.

2. Press this key to clear movement data when electronic watch is suspended

- Shuttle left/right rotation---Function description: Speed+/-Adjust

Operating instructions: 1. Electronic watch in operation, clockwise rotation for speed +, counterclockwise rotation for speed-

2. Electronic watch in the parameter setting state, clockwise rotation for data increment, counterclockwise rotation for decrement

- Shuttle press button---Function description: Start/stop motor operation

Operating instructions: 1. When the electronic watch is in full manual operation mode, press the shuttle to start the motor.

2. When the electronic watch is in countdown mode, press the shuttle to start the motor.

shuttle to start the motor to run

3. When the electronic watch is in the automatic program setting state, press the shuttle to start the motor to run
4. Electronic watch in the custom program setting state, press the shuttle to start the motor operation
5. When the electronic watch is in the L program setting state, press the shuttle to start the motor operation.
6. When the electronic watch is suspended, press the shuttle to start the motor operation, the speed will run at the speed before suspension, and other data will continue to accumulate according to the data before suspension.
7. When the electronic watch is running, press the shuttle to stop the motor and reset the movement data.

- **Program key**--Function description: automatic program, custom program, L program and FAT selection

Operating instructions: 1. Press this button to enter the automatic program when the electronic watch is in full manual operation mode

2. After entering automatic program P20, continue to operate this key to enter L program
3. After entering L8, continue to operate this key to enter the custom program
4. After entering the custom program U03, continue to operate this key to enter the FAT test.

4. Operation Flow: Automatic Program-L Program-Custom Program-FAT

Test-Return

- **Mode key**--Function description: Countdown mode selection

Operating instructions: 1. Electronic watch in full manual operation mode, press this key to enter the countdown mode setting

2. Press this button to proceed to the next parameter setting when the body fat test is set

3. Operation flow in standby state: Countdown time-Countdown distance-Countdown calories-Return

4. Body fat test setting operation flow: Set gender-Set age-Set height-Set weight-Body fat test

- **Speed +/-key**---Function description: speed adjustment during operation, parameter adjustment during parameter setting

Operating instructions: 1. Electronic watch in operation state, can adjust the speed of operation value size

2. In parameter setting state, the size of setting parameter value can be adjusted.

- Up and down +/-key---Function description: slope adjustment during operation, parameter adjustment during parameter setting

Operating instructions: 1. When the electronic table is in operation, the slope value of operation can be adjusted.

2. In parameter setting state, the size of setting parameter value can be adjusted.

- Speed shortcut key---Function description: speed value during operation is directly selected

Operating instructions: 1. When the electronic watch is running, press this key to directly select the corresponding speed value.

- Lifting shortcut key---Function description: Direct selection of slope value during operation

Operating instructions: 1. When the electronic table is in operation, press this key to directly select the corresponding slope value.

VI. Description of motion mode

A. Manual mode function

Enter manual mode: After the electronic watch is fully displayed, enter the full manual operation mode. At this time, press the Start key to enter the manual operation mode.

Operating instructions: Initial operating speed is 1.0KM/H, time, distance, calorie window starts from zero positive count, by speed

Adjust key, can adjust the size of the running speed value, press the adjustment key up and down, can adjust the size of the running slope value.

The movement time exceeds 99:59 minutes, the system does not stop, and the time starts from zero.

B. Countdown mode function

1. Enter the time countdown mode: under the full manual operation mode, press the mode key to select the time countdown mode, at this time, the time window displays 30:00 minutes and flashes, and the required operation time can be set by the speed +/-key or slope +/-key, and the setting range is 8:00~99:00 minutes. Press the start key to enter the operation of the time countdown mode.

Operation Description: The initial running speed is 1.0KM/H. The time window starts counting down according to the set running time. The distance and calorie window starts counting up from zero. Press the speed adjustment key to adjust the running speed value. Press the up and down adjustment key to adjust the running slope value. When the set time counts down to zero, the electronic watch starts to slowly stop running and automatically returns to the initial standby state.

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2. Enter the distance countdown mode: under the full manual operation mode, press the mode key to select the distance countdown mode. At this time, the distance window displays 1.0 km and flashes. The required running distance can be set by the speed +/-key or slope +/-key. The setting range is 1.0~99.0 km. Press the start key to enter the distance countdown mode.

Operation Description: The initial running speed is 1.0KM/H, the distance window starts counting down according to the set distance, the time and calorie window starts counting up from zero, press the speed adjustment key to adjust the size of the running speed value, press the up and down adjustment key to adjust the size of the running slope value, when the set distance counts down to zero, the electronic watch starts to slowly stop running and automatically returns to the initial standby state.

3. **Enter**calorie counting mode: Under full manual operation mode, press the mode key to select calorie counting mode. At this time, the calorie window displays 50 and flashes. You can set the required operating calories through the speed +/-key or slope +/-key. The setting range is 20~990. Press the start key to enter the calorie counting mode.

Operation Description: The initial running speed is 1.0KM/H, the calorie window starts counting down according to the set calorie, the time and distance window starts counting up from zero, press the speed adjustment key to adjust the size of the running speed value, press the up and down adjustment key to adjust the size of the running slope value, when the set calorie counts down to zero, the electronic watch starts to slowly stop running and automatically returns to the initial standby state.

C. Automatic program function

Enter automatic program:**In full manual operation mode or mode setting state or L program state**,press the program key to enter automatic program selection, at this time the time window displays 30:00 minutes and flashes (the required running time can be set by speed +/-key or up/down +/-key, the setting range is 8:00~99:00 minutes), press the start key to enter the automatic program operation.

Operating instructions: Automatic program is divided into 16 sections, speed value and slope value of each section run according to preset value of automatic program, running time of each section is 1/16 of set time, time window starts counting down according to set running time, distance and calorie window starts counting up from zero, press speed adjustment key to adjust running speed value, press up and down adjustment key to adjust running slope value, when program runs to next section, The speed and gradient are automatically adjusted to the default value of the next stage. When the set time counts down to zero, the electronic watch starts to stop running slowly and automatically returns to the initial standby state.

D. Custom programs (U01-U03):

In addition to the 20 built-in programs, the treadmill also has three user-defined programs that allow users to set their own according to their personal circumstances: U01, U02, U03.

1, user-defined program settings:

In standby state, press "PROGRAM" key continuously until the user-defined program (U01-U03) you want to set, press "MODE" key to confirm to enter the setting, and then you can set the first time period. When setting, use "SPEED+", "SPEED -" key or speed shortcut key to set the speed, use INSTINE +/INSTINE-key to set the slope, press "MODE" key to complete the setting of the first time period and enter the setting state of the second time period until all 16 (S01-S16) time periods are completed; after the setting is completed, the data will be permanently saved until you reset it next time. Power cannot be cut off during the setting process, otherwise the data cannot be automatically saved.

2. Start of user-defined programs:

A. In standby state, press the "PROGRAM" key continuously until you want to run the user-defined program (U01-U03), and press the Start key after setting the running time.

B. After the parameters and running time of each time period of the user-defined program are set, press the Start button to start immediately.

3. User Defined Program Settings Description:

Each program divides the running time into 16 time periods. When setting, you must complete the speed and slope setting and running time setting of all 16 time periods before you can press the start button to start the treadmill.

4. During operation, the speed can be adjusted by "SPEED+" and "SPEED -". When the operation of the previous section ends, the next section will be automatically entered, and the speed will be automatically adjusted to the value set in this section.

E, L program mode:

In the standby state, press the program key continuously until the L program appears, and the brightness of other unselected L programs becomes low, indicating that the current brightest L program is the selected program. The specific patterns of the eight L programs are as follows.

L1 (Relaxing Walk)

	Default value	adjustment range	Display Range	notes						
SPEED	1.0 (km/h)	1.0–3.0 (km/h)	1.0–3.0 (km/h)	Adjustable only after startup						
INCLINE	0%	0–Highest %		Adjustable only after startup						
TIME	30:00 (min)	8:00–99: 00 (min)	8:00–99:00 (min)							
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	1.0	1.0	2.0	2.0	3.0	3.0	2.0	2.0	1.0	1.0
INCLINE	0	0	1	1	2	2	1	1	0	0
SEGMENT	11	12	13	14	15	16				
SPEED	3.0	3.0	2.0	2.0	1.0	1.0				
INCLINE	1	1	2	2	1	1				

L2 (Risk Walk)

	Default value		adjustment range			Display Range			notes	
SPEED	4.0 (km/h)		1.0–6.0 (km/h)			1.0–6.0 (km/h)			Adjustable only after startup	
INCLINE	0%		0–Highest %						Adjustable only after startup	
TIME	30:00 (min)		8:00--99: 00 (min)			8:00–99:00 (min)				
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	4.0	4.0	5.0	5.0	6.0	6.0	6.0	6.0	5.0	5.0
INCLINE	0	1	2	3	2	1	0	1	2	3
SEGMENT	11	12	13	14	15	16				
SPEED	6.0	6.0	5.0	5.0	6.0	6.0				
INCLINE	2	1	0	1	2	3				

L3 (Silent Jog)

	default	adjustment range	indication range	remark
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SPEED	6.0(km/h)	6.0-8.0(km/h)	6.0-8.0(km/h)	Adjustable only after startup						
INCLINE	0%	0-Highest %		Adjustable only after startup						
TIME	30:00(min)	8:00--99: 00 (min)	8:00-99:00(min)							
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	6.0	7.0	8.0	8.0	7.0	6.0	6.0	7.0	8.0	8.0
INCLINE	0	1	1	2	2	3	3	4	4	3
SEGMENT	11	12	13	14	15	16				
SPEED	7.0	7.0	6.0	6.0	7.0	7.0				
INCLINE	3	2	2	2	3	4				

L4 (800 M Fitness Test)

	Default value	adjustment range	Display Range	notes										
SPEED	3. 0 (km/h)	1. 0-Maximum (km/h)	1. 0-Maximum (km/h)	Adjustable only after startup										
INCLINE	0%	0-Highest %		Adjustable only after startup										
distance	0. 8 (km)	non-adjustable												
800 meters distance countdown, countdown ends, according to the time to determine the results displayed in the speed window.														
<table><tr><td>performance</td><td>time</td></tr><tr><td>A (Excellent)</td><td>Within 3'39"</td></tr><tr><td>B (good)</td><td>3'40"~4'20"</td></tr><tr><td>C (Pass)</td><td>4'21"~4'45"</td></tr><tr><td>D (Unqualified)</td><td>Over 4'46"</td></tr></table>					performance	time	A (Excellent)	Within 3'39"	B (good)	3'40"~4'20"	C (Pass)	4'21"~4'45"	D (Unqualified)	Over 4'46"
performance	time													
A (Excellent)	Within 3'39"													
B (good)	3'40"~4'20"													
C (Pass)	4'21"~4'45"													
D (Unqualified)	Over 4'46"													

L5 (Interval Run)

	Default value	adjustment range	Display Range	notes
SPEED	3.0 (km/h)	3.0-10.0 (km/h)	3.0-10.0 (km/h)	Adjustable only after startup
INCLINE	1%	0-Highest %		

TIME	30:00(min)		8:00--99: 00 (min)			8:00-99:00(min)				
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	3.0	5.0	7.0	3.0	5.0	7.0	8.0	5.0	7.0	9.0
INCLINE	1	2	3	1	2	3	4	2	3	4
SEGMENT	11	12	13	14	15	16				
SPEED	5.0	7.0	8.0	3.0	5.0	7.0				
INCLINE	2	3	4	1	2	3				

L6 (Cross-country Run)

	Default value		adjustment range			Display Range			notes	
SPEED	4.0(km/h)		4.0-10.0(km/h)			4.0-10.0(km/h)			Adjustable only after startup	
INCLINE	2%		0-Highest %							
TIME	30:00(min)		8:00--99: 00 (min)			8:00-99:00(min)				
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	4.0	6.0	8.0	10.0	8.0	9.0	10.0	10.0	10.0	9.0
INCLINE	2	5	8	3	6	9	2	4	6	2
SEGMENT	11	12	13	14	15	16				
SPEED	9.0	9.0	8.0	8.0	8.0	9.0				
INCLINE	10	5	2	5	7	4				

L7 (Fat-burning Run)

	Default value		adjustment range			Display Range			notes	
SPEED	3.0(km/h)		1.0-12.0(km/h)			1.0-12.0(km/h)			Adjustable only after startup	
INCLINE	2%		0-Highest %							
TIME	30:00(min)		8:00--99: 00 (min)			8:00-99:00(min)				
Time per segment = set time/20 speed unit km/h										
SEGMENT	1	2	3	4	5	6	7	8	9	10
SPEED	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0

INCLINE	2	3	4	5	6	7	8	9	10	11
SEGMENT	11	12	13	14	15	16				
SPEED	11.0	10.0	9.0	9.0	8.0	7.0				
INCLINE	10	9	8	7	6	5				

L8 (1000 M Fitness Test)

	Default value	adjustment range	Display Range	notes										
SPEED	3.0 (km/h)	1.0-Maximum (km/h)	1.0-Maximum (km/h)	Adjustable only after startup										
INCLINE	0%	0-Highest %												
distance	1.0 (km)													
time	7 minutes	non-adjustable	0-7'00"											
1000 meters distance countdown, countdown ends, according to the time to determine the results of the speed window.														
<table><tr><td>performance</td><td>time</td></tr><tr><td>A (Excellent)</td><td>Within 3'50"</td></tr><tr><td>B (good)</td><td>3'51"~4'30"</td></tr><tr><td>C (Pass)</td><td>4'31"~4'55"</td></tr><tr><td>D (Unqualified)</td><td>Over 4'56"</td></tr></table>					performance	time	A (Excellent)	Within 3'50"	B (good)	3'51"~4'30"	C (Pass)	4'31"~4'55"	D (Unqualified)	Over 4'56"
performance	time													
A (Excellent)	Within 3'50"													
B (good)	3'51"~4'30"													
C (Pass)	4'31"~4'55"													
D (Unqualified)	Over 4'56"													

VII. Description of Body Fat Test Function

Enter FAT test setting: In initial standby mode or mode setting mode, press the program key to select FAT test setting.

Body fat test setting instructions: After entering the body fat test setting state, the speed window displays the parameter function (F-X), the time window displays the set value, press the speed +/-key or the slope +/-key to adjust the set value, press the mode key to select the next setting.

The first item is gender (F-1) setting: initial value 01 (setting range 01~02, 01 means male;02 means female)

The second item is age (F-2) setting: initial value 25 (setting range 10~99 years old)

The third item is height (F-3) setting: initial value 170 (setting range 100 ~220CM)

The fourth item is weight (F-4) setting: initial value 70 (setting range 20~ 150KG)

The fifth item is Body Fat (F-5) Test: Initial Value---

Body fat test: When the setting is completed, enter the fifth body fat test, the initial display "---", at this time, hold both hands on the heartbeat test steel plate for about 5 seconds, the index of body fat test will be displayed.

Body fat index: body fat index is a measure of a person's height and weight relationship, suitable for any male and female and other health indicators together to provide the basis for people to adjust weight, the ideal body fat index should be between 20 and 25, if less than 19, said weight is too light, if between 26 and 29, said weight is overweight, and if more than 30, said obesity (note: this data is for reference only, not as medical data).

VIII. Description of the heartbeat function

Handhold heartbeat function test method: the palms of both hands are attached to the steel plates of the left and right handrails respectively, and naturally held on the handles on both sides. After about 5 seconds,

LED heartbeat display window will display the initial heartbeat value, please keep your hands still, heartbeat display window will slowly change the display data, 60 seconds later close to the actual heartbeat value

Hand-held heartbeat function instructions: The following conditions may produce irregular heartbeat data:

1. When holding the test, the grip is too tight, please hold the appropriate strength.
2. When running, hold the hand-jumping handle test at the same time, which will produce constant changes in contact. It is recommended to stop the movement when testing the hand-jumping, stand on the side strips of both sides, and hold your hands still.
3. When the hands are dry or cold, or the skin on the palms is particularly thick.

Note: The hand-held heartbeat test data is only used for exercise reference and cannot be used as medical data due to the reasons for many test methods and influencing factors.

IX. Description of Dormancy Function

When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter the sleep state, and the electronic watch will automatically close the display. Press any key to wake it up.

Electronic watch, fully displayed after re-entering the initial standby state.

X. Function description of safety lock

In normal use, the electronic watch can be operated only after the safety lock is placed in the designated position of the electronic watch. When the safety lock is removed, the

electronic watch window displays E07 or "---", accompanied by a prompt sound warning. If the safety lock is removed under operation, the system will stop quickly. After closing the safety lock again, all movement data will be reset.

Light bar color change: 0-5 km green 5.1-10 Kilometers blue 10.1-18 Kilometers red

XI. Audio Bluetooth and APP function description

After the electronic watch is powered on, in the standby state, turn on Bluetooth in the mobile phone settings, click Search, and the name of Bluetooth will be searched. (similar to the name of "FS-DFCFA-A"), click on the Bluetooth name, connected to Bluetooth, you can play the songs inside the phone; if you want to control the speed through the APP, you can download and open the sports show APP, enter the APP interface, click search, search to the Bluetooth name (similar to the name of "FS-DFCFA"), click on the connection device, after connecting, you can operate the treadmill through the APP.

XII. Display range of each value:

	initial	sets initial values	setting range	indication range
Time (min: s)	0:00	30:00	8:00-99:00	0:00~99:59
Speed (km/h)	0.0	0.0	1-18	0-18
Distance (km)	0.00	1.00	1.0-99.0	0.0-99.9
Heart rate (beats/min)	P	/	/	40-199
Calories (kilocalories)	0.0	50.0	20-990	0-999
Slope (segment)	0	0	0-20	0-20

XIV. Automatic Program Data Sheets

24 program automatic program data table 16 paragraphs

	P01		P02		P03		P04		P05		P06	
NO.	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope
1	1.0	0	2.0	0	2.0	0	2.0	0	3.0	0	3.0	0
2	3.0	2	3.0	3	3.0	2	2.0	3	4.0	2	4.0	8
3	3.0	6	3.0	9	5.0	3	3.0	6	5.0	4	5.0	8
4	7.0	6	6.0	9	5.0	4	5.0	6	6.0	4	5.0	8
5	7.0	8	5.0	9	7.0	5	5.0	6	7.0	8	6.0	8
6	5.0	8	5.0	2	7.0	5	5.0	9	8.0	8	6.0	8
7	5.0	6	8.0	2	8.0	7	8.0	9	9.0	6	7.0	7
8	5.0	6	5.0	8	5.0	7	8.0	9	10.0	6	7.0	7
9	7.0	4	5.0	8	5.0	4	8.0	9	10.0	6	7.0	7

10	7.0	4	6.0	4	5.0	4	8.0	9	10.0	6	9.0	7
11	5.0	4	8.0	1	3.0	4	5.0	9	9.0	8	9.0	7
12	5.0	6	8.0	1	3.0	4	5.0	6	8.0	7	10.0	5
13	5.0	6	8.0	4	8.0	6	5.0	6	7.0	6	10.0	5
14	5.0	2	5.0	4	8.0	3	3.0	6	5.0	5	11.0	3
15	3.0	2	4.0	4	4.0	2	2.0	2	4.0	1	5.0	3
16	2.0	0	3.0	0	3.0	0	2.0	0	3.0	0	3.0	0

	P07		P08		P09		P10		P11		P12	
NO.	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope
1	3.0	0	3.0	0	2.0	0	3.0	0	4.0	0	4.0	0
2	4.0	1	5.0	3	4.0	6	5.0	7	5.0	6	6.0	8
3	9.0	4	8.0	8	5.0	6	6.0	7	7.0	6	10.0	8
4	4.0	4	3.0	8	5.0	3	6.0	7	9.0	6	10.0	6
5	10.0	4	5.0	8	6.0	7	6.0	5	10.0	3	7.0	9
6	4.0	6	7.0	3	5.0	7	9.0	5	11.0	3	10.0	9
7	10.0	6	9.0	7	6.0	3	10.0	5	9.0	3	10.0	5
8	4.0	6	3.0	7	3.0	8	6.0	8	6.0	7	10.0	5
9	9.0	8	5.0	3	3.0	8	6.0	8	8.0	7	7.0	8
10	4.0	8	7.0	3	2.0	3	9.0	8	9.0	4	7.0	8
11	8.0	8	10.0	6	6.0	9	10.0	8	10.0	4	10.0	8
12	4.0	10	3.0	6	5.0	9	6.0	8	10.0	4	10.0	4
13	11.0	10	5.0	3	6.0	3	6.0	8	11.0	4	10.0	4
14	5.0	10	7.0	3	3.0	3	6.0	4	9.0	6	10.0	4
15	3.0	6	11.0	5	3.0	7	11.0	4	6.0	6	6.0	4
16	2.0	0	5.0	0	2.0	0	3.0	0	5.0	0	5.0	0

	P13		P14		P15		P16		P17		P18	
NO.	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope	speed	slope
1	1.0	0	2.0	5	2.0	3	2.0	1	2.0	3	2.0	5
2	2.0	8	6.0	6	6.0	4	5.0	5	5.0	5	3.0	7
3	3.0	8	5.0	5	5.0	5	7.0	6	6.0	6	5.0	5
4	4.0	6	4.0	8	4.0	6	5.0	8	7.0	8	6.0	8
5	5.0	9	8.0	4	8.0	3	8.0	12	8.0	6	8.0	6
6	6.0	9	6.0	5	7.0	5	6.0	9	9.0	5	6.0	5
7	7.0	5	5.0	5	5.0	5	5.0	10	10.0	8	9.0	9
8	8.0	5	2.0	10	3.0	6	2.0	9	5.0	7	6.0	10
9	9.0	8	3.0	6	3.0	4	4.0	5	3.0	5	5.0	6
10	10.0	8	3.0	3	2.0	3	2.0	3	4.0	3	2.0	2
11	12.0	8	8.0	4	8.0	3	8.0	12	8.0	6	8.0	6
12	10.0	4	6.0	5	7.0	5	6.0	9	9.0	5	6.0	5
13	8.0	4	5.0	5	5.0	5	5.0	10	10.0	8	9.0	9
14	6.0	4	2.0	10	3.0	6	2.0	9	5.0	7	6.0	10
15	4.0	4	3.0	6	3.0	4	4.0	5	3.0	5	5.0	6
16	2.0	0	3.0	3	2.0	3	2.0	3	4.0	3	2.0	2

Getting Started Guide

NO.	P19		P20	
	speed	slope	speed	slope
1	3.0	3	3.0	1
2	7.0	5	5.0	3
3	6.0	6	8.0	8
4	5.0	8	3.0	8
5	9.0	5	5.0	3
6	7.0	6	7.0	0
7	6.0	5	9.0	7
8	3.0	12	3.0	7
9	5.0	8	5.0	3
10	2.0	3	7.0	3
11	9.0	5	10.0	6
12	7.0	6	3.0	6
13	6.0	5	5.0	3
14	3.0	12	7.0	3
15	5.0	8	11.0	5
16	2.0	3	5.0	0

Treadmill DC System Error Message Tips

E01: indicates abnormal phenomenon prompt of electronic watch and electronic control communication

E01 Common problem solving	The communication cable of the electronic watch is not connected properly, broken, and poorly connected.	Please reconnect the comms.
	Electronic watch has no signal output	Replacement of electronic watch, pending repair
	No signal output under control	Replacement of lower control, pending repair

E02: indicates abnormal phenomenon prompt of voltage detection between lower control and motor

E02 Common problem solving	The motor cable is not connected properly.	Check that the motor cable is connected correctly
	No voltage output or abnormal voltage output from lower control motor	Replacement of lower control, pending repair
	motor failure	replace the motor

E03: indicates that the speed abnormality phenomenon is detected by the down control.

E03 Common problem solving	PWM drive circuit failure of lower control board	Replacement of lower control, pending repair
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E04: indicates the information prompt of overvoltage protection of lower control motor

E04 Common problem solving	Treadmill load exceeds rated operating voltage of motor,	Recommended for use within rated operating voltage range of motor
	Treadmill motor abnormal	replace the motor
	Lower control board motor overvoltage detection circuit failure	Replacement of lower control, pending repair

E05: indicates the information prompt for overcurrent protection of the motor under control.

E05 Common problem solving	Treadmill load exceeds rated operating current of motor,	It is recommended to be within the rated operating current range of the motor
	Treadmill and motor assembly structure problems, resulting in motor resistance or blocking phenomenon	Check if the treadmill structure is normal
	Fault of lower control current limiting system	Replacement of lower control, pending repair

E07 or---: prompt that the electronic watch safety lock is not properly placed

E07 or---Frequently Asked Question Solutions	safety magnet trip	Please place the safety lock in the specified position of the electronic watch
	Electronic watch safety lock system fault	Replacement of electronic watch, pending repair
	Fault of lower control current limiting system	Replacement of lower control, pending repair

E07 or---: prompt that the electronic watch safety lock is not properly placed

E07 or---Frequently Asked Question Solutions	safety magnet trip	Please place the safety lock in the specified position of the electronic watch
	Electronic watch safety lock system fault	Replacement of electronic watch, pending repair

Beginner's Guide

Preparation:

If you are over 35 or have health problems and this is your first workout, be sure to consult a doctor or professional before using.

Before using the electric treadmill, please stand by and familiarize yourself with how to control it-such as starting, stopping and speed adjustment.

It can only be used afterwards. Then stand on the plastic skids on both sides of the treadmill and grab the handrails with both hands, drive the machine to a low speed of 1.6~3.2 km/h, stand straight, look forward, and use one foot to "roll" a few times on the running belt; then stand on the running belt and move with it. After feeling comfortable, slowly increase the speed to 3 - 5 km/h. Maintain this speed for about 10 minutes, and then slowly let the machine stop.

Exercise:

Stand by and familiarize yourself with how to control it--such as adjusting speed and gradient--until you're familiar with it. with a fixed

Walk about 1 km at a pace and record the time taken. This may take 15-25 minutes. At 4.8 km/h, a 1 km journey takes about 12 minutes. After you can easily do this a few times, gradually increase the speed and slope so that you can get a good workout for 30 minutes. Before you walk through the exercise routine, be clear that you can't be impatient. This exercise is for your own health for a lifetime, not overnight magic.

Amount of exercise:

Shortcuts-Exercising for 15-20 minutes is a great way to save time.

Warm up at 4.8 km/h for 2 minutes, then increase the speed to 5.3 km/h and 5.8 km/h for 2 minutes each. Then increase the speed by 0.3 km/h every 2 minutes until you feel faster breathing but no difficulty. Maintain this speed and reduce it by 0.3 km/h if you feel suffocated. Allow four minutes to slow down. If you find it difficult to increase the intensity of your exercise by increasing the speed, use a slow increase in the slope. A slight increase in the slope will greatly increase the intensity of the exercise.

A way to burn calories-This way you will actually burn calories.

Warm up for 5 minutes at a speed of 4 to 4.8 km/h, then increase the speed by 0.3 km/h every 2 minutes until you feel that it is challenging to continue at a certain speed for 45 minutes. To intensify exercise, maintain this pace during an hour of television programming, increase it by 0.3 km/h for each commercial break, and then return to the previous pace for the next program, so that calories are fully consumed during commercial breaks and subsequent increases in heart rate. Finally, allow 4 minutes to slow down.

Frequency of exercise:

Aim for 3-5 sessions/week, 15-60 minutes per session. It's better to schedule your workouts first, rather than work out according to your preferences.

Refined. You can control the intensity of your exercise by adjusting the speed and slope. We recommend that you don't set the incline at first; however, increasing the incline of the treadmill is an effective method when you want to increase the intensity of your workout.

Consult a professional before exercising. He or she can help you recommend exercise frequency, intensity and fitness for your age and body shape.

The movement time is consistent. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, stop immediately! Consult a professional before continuing your exercise.

If you regularly use an electric treadmill, you can choose the speed of normal walking or jogging when selecting the speed.

If you have no experience or are unsure of the most appropriate test speed, refer to the following guidelines:

1-3.0 km/h	a person of poor constitution.
3.0-4.5 km/h	sedentary or inactive person
4.5-6.0 km/h	constant walker
6.0-7.5 km/h	fast walker
7.5-9.0 km/h	jogger
9.0-12.0 km/h	moderate runner
12.0-14.5 km/h	Experienced runners
14.5-16.0 km/h	Excellent runner

Please note that 6 km/h or less is appropriate for walkers; 8.0 km/h or more is appropriate for runners.

Warm-up exercise

It's best to stretch before exercising. Warm muscles stretch more easily, so warm up for 5 to 10 minutes. Then stop and stretch as follows-do five stretches of 10 seconds or more on each leg, and do it again at the end of the workout.

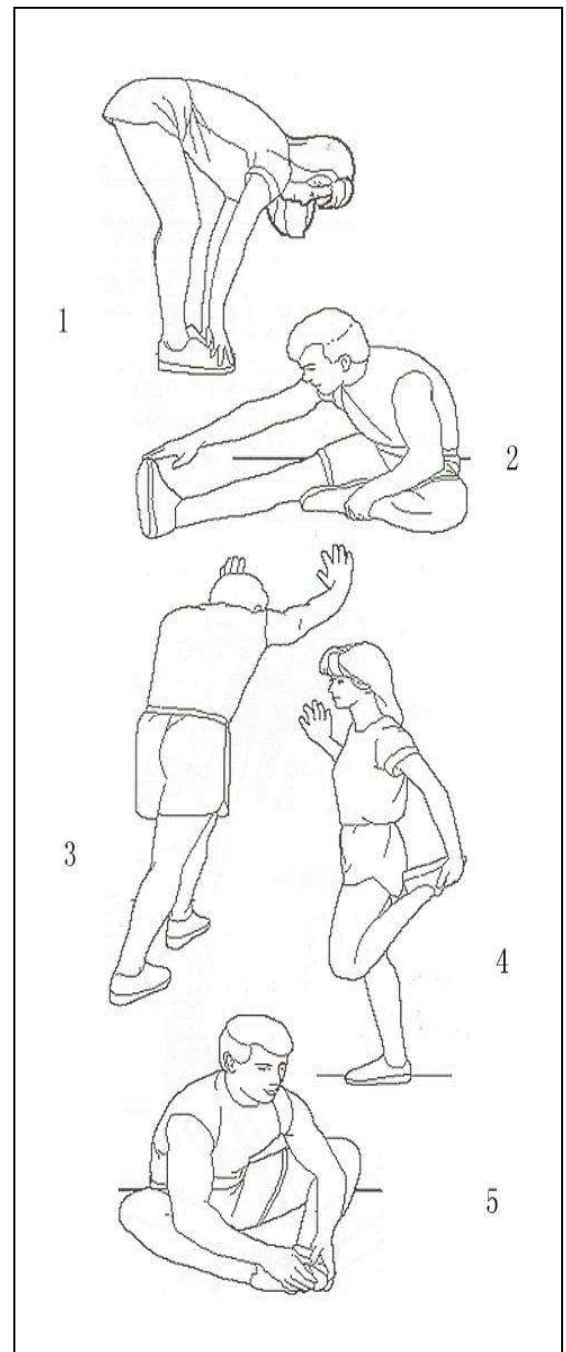
1. Stretch downward: bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring extension: sit on a clean seat cushion and straighten one leg. Bring the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and foot tendon extension: two on the wall or tree stand, one foot behind. Keep your hind legs upright on your heels and lean toward a wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4 quadriceps stretch:hold the wall or table with your left hand to master balance, then stretch your right hand backward, grab the right heel and slowly pull it toward the hips until you feel the muscles in front of your thighs are tense. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Stretching of sartorius muscles (muscles on the inside of the thigh): feet facing each other, knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



Maintenance Guide

Warning: Be sure to unplug the electric treadmill before cleaning or maintaining the product.

Cleanliness: A thorough cleaning will extend the life of your electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed sides of the belt. This will reduce the accumulation of impurities under the belt. Make sure your sneakers are clean and avoid wearing out your board and belt by carrying foreign objects under your belt. The surface of the running belt must be cleaned with a soapy damp cloth. Please be careful not to splash water on the electrical components and under the running belt.

Warning: Make sure to unplug the power supply of the electric treadmill before moving the motor cover. Open the motor protective cover at least once a year to clean the motor

Special lubricant for running belt and electric running

The electric treadmill has pre-greased the tread board and belt. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil regularly. We recommend regular inspection of the panels. If the panel is damaged, please contact our customer service center.

We recommend applying grease between the treadmill belt and the treadmill according to the following schedule:

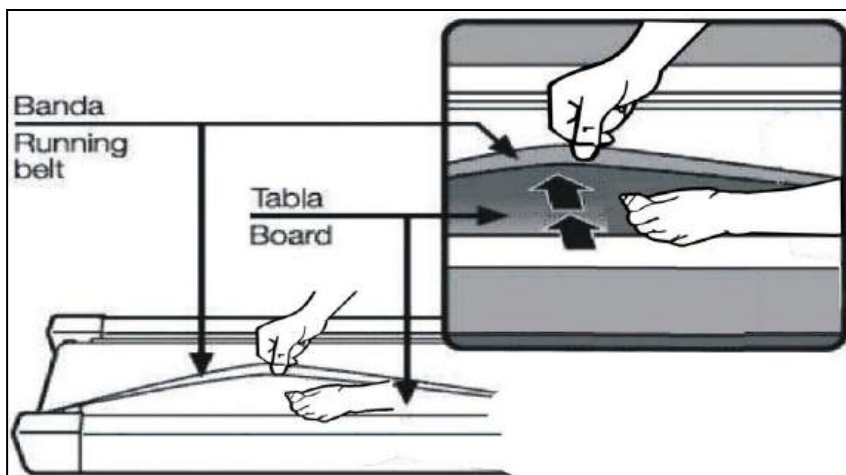
lightweight users (less than 3 hours per week) once a year;

Middle-weight users (3-5 hours per week) Once every 6 months;

Heavy users (more than 5 hours per week) Once every three months.

We recommend that you purchase lubricants from your local dealer or contact us directly.

Note: Any other repairs must be carried out by professionals.



Running belt adjustment

1. In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it.

If the running belt is too loose, there will be slippage during running; if it is too tight, it may reduce the motor performance and increase the wear of the roller and running belt. When the running belt is tight, you can lift the running belt from the treadmill by hand about 50 - 75 mm.

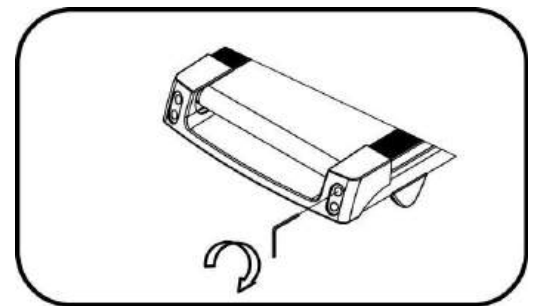
Running belt alignment:

Place the electric treadmill on a level surface. Run the electric treadmill at a speed of approximately 6-8 km/h and observe the deviation of the running belt.

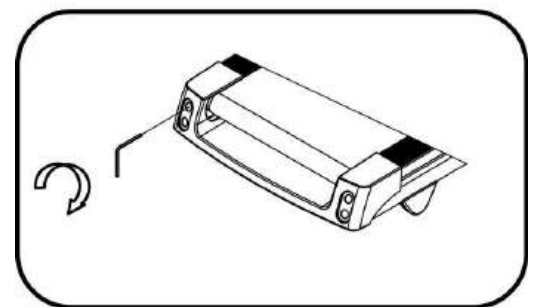
If the running belt is tilted to the right, unplug the safety lock and power switch, rotate the right adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure A.

If the running belt is inclined to the left, pull out the safety lock and power switch, rotate the left adjusting bolt clockwise for 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat until the running belt is centered. panel B

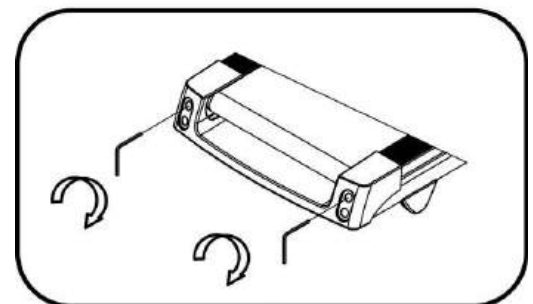
The running belt will gradually relax after the above adjustment or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, rotate the adjusting bolts on the left and right sides clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running band is properly tightened. panel C



A



B



C

This diagram illustrates the exploded view of a vehicle interior assembly, likely a dashboard or center console. The components are numbered as follows:

- Top Section (Instrument Cluster/Dashboard):** Includes parts 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103.
- Bottom Section (Base/Support):** Includes parts 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103.

The diagram shows the relationship between various components, including the instrument cluster, base, and support structure, with lines indicating their assembly paths.

Explosive Details

serial	name	Material/Specif	quantit	serial	name	Material/Specifi	quantit
1	main frame assembly		1	55	6#Allen wrench		1
2	base assembly		1	56	AC Single Branch		1
3	Lift frame assembly		1	57	Blue Single Branch		1
4	Left pillar assembly		1	58	Brown Single Branch		1
5	Right pillar assembly		1	59	magnet ring		1
6	Electronic stand		1	60	Hexagon lock nuts with non-metallic inserts,	M8	12
7	electronic stand		1	61	Hexagon lock nuts with non-metallic inserts,	M10	5
8	front drum		1	62	hexagon socket countersunk head screw	M8*32	4
9	rear roller		1	63	Cross recessed pan head tapping screws with	ST4.2*15	22
10	pneumatic rod		1	64	hexagon socket cap screws	M8*65	3
11	DC motor		1	65	hexagon socket cap screws	M8*40	2
12	lift motor		1	66	hexagon socket cap screws	M8*20	2
13	running board		1	67	Hexagon socket pan head screws	M8*16	11
14	running belt		1	68	Hexagon socket pan head screws	M8*40	6
15	motor top cover		1	69	Hexagon socket pan head screws	M8*42	1
16	motor lower cover		1	70	Hexagon socket pan head screws	M8*25	1
17	Left rear corner		1	71	cross recessed pan head tapping screw	ST4.2*13	34
18	Right rear corner		1	72	Hexagon socket pan head screws	M10*42	1
19	Left rear caster		1	73	Hexagon socket pan head screws	M10*12	2
20	Right rear caster		1	74	Flat head square neck screw	M10*45	4
21	Left base cover		1	75	Hexagon socket pan head screws	M10*65	6
22	Right base cover		1	76	Cross recessed pan head tapping screws with	ST4.2*12	2
23	edgings		2	77	trumpet		1
24	Electronic watch		1	78	standard spring washer	10	2
25	electronic watch		1	79	Cross recessed pan head tapping screws with	ST4.2*60	4
26	Left foam armrest		1	80	Cross recessed pan head tapping screws	ST4.2*19	8
27	Right foam armrest		1	81	cross recessed pan head screw	M5*8	2
28	armrest cover hole		1	82	internal teeth serrated lock washer	10	12
29	display panel		1	83	Plain washers, grade C	8	6
30	lower panel cover		1	84	standard spring washer	8	6
31	Electronic watch		1	85	internal teeth serrated lock washer	5	2
32	carrying wheel		2	86	internal teeth serrated lock washer	8	22
33	foot pad		2	87	standard spring washer	5	2
34	lift key pulser		1	88	Cross groove pan head self-attack	ST4.2*9.5	4
35	Ring protector B		1	89	Cross recessed pan head tapping screws with	ST4.2*60	4
36	buffer nut stud		2	90	hexagon socket countersunk head screw	M6*40	8
37	regulating roller		2	91	Cross recessed pan head tapping screws	ST4.2*25	2
38	multi-wedge belt		1	92	Cross recessed pan head tapping screws	ST4.2*15	4
39	spacer sleeves		8	93	Lower cover of armrest pipe of meter stand		2
40	Electronic watch		1	94	Upper cover of armrest pipe of meter stand		2
41	Safety lock base		1	95	rubber pad		4
42	safety lock switch		1	96	Fixed cover for armrest tube of meter stand		4
43	Speed key pulser		1	97	spring cushion		8
44	the console		1	98	spring ring		8
45	overload protector		1	99	hexagon socket countersunk head screw	M6*40	8
46	power switch		1	100	Cross recessed pan head tapping screws	ST4.2*30	16
47	outlet		1	101	spring cover		16
48	lower segment line		1	102	Cross recessed countersunk tapping screws	ST4.2*12	16
49	upper segment		1	103	hexagon socket cap screws	M8*15	2
50	flying shuttle		1				
51	power cord		1				
52	oil bottle		1				
53	Cross wrench		1				
54	5#Allen wrench		1				

! Note: If there are slight differences between the color and structure of the pictures in this manual and the real thing, please refer to the real thing. The company reserves the right to improve the product. No further notice will be given!