

Installation and Operation Manual of X500 Treadmill



I、 Assembly Instructions

Warning: you need an assistant to help assemble this equipment. Do not attempt to assemble alone.

Preparation for Assembling the Treadmill

Ask an assistant to help you place the packing carton near the location where you plan to use the treadmill. Open the side covers of the packing cartons and put them flatly. Remove the loosen part of the carton.

Warning: always use safety enhancement techniques in the following steps.

To avoid personal injury and machine damage, ask a suitable assistant for help before removing the equipment from the tray.

With the help of as many assistants as possible, lift the treadmill off the tray and slide it gently onto the floor. Make sure the power switch is off. Check the "on / off" status of the power switch on the front of the treadmill. Place the switch in the off state. Make sure the treadmill is not plugged into the power supply.

Note: in the following steps, do not let the treadmill roll on the power line.

Put your hands on the two sides of the back part under treadmill running belt to lift the equipment. Roll the front wheel of the treadmill to move the treadmill to the using area.

Before you start, check that you have received the following parts:

1. Frame as-base
2. Left and right column
3. Plastic handrail as-mounting
4. Hardware kit
5. Console Part
6. Installation requirements

The power socket at the installation position of the treadmill must be a suitable voltage (default voltage is 220V), an independent branch circuit of more than 18A, and a grounding wire complying with the national standards and electrical specifications.

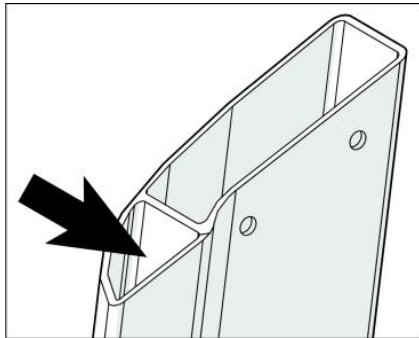
Note: do not use ungrounded sockets or transformers. If the treadmill is connected to the wrong power supply, electrical damage may occur.

2. Assembly rack

Note: Before doing the following, make sure that the treadmill is not connected to any power source.

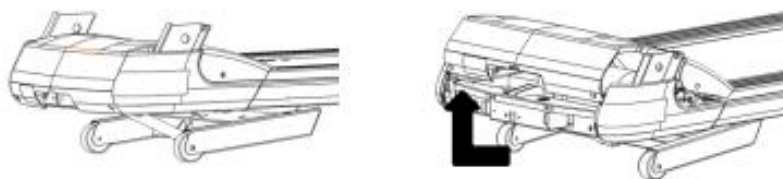
There are two channels inside each aluminum alloy column on the treadmill: one provides structural support and one is equipped with cables. The following figure shows the location of the cable channels in each aluminum pillar.

Image 1: Upper control cable trunk position



1) Gently bend the front edge of the bottom of the treadmill motor cover forward and bypass the bracket on the front of the treadmill base. Lift the shield off the treadmill base and set it aside.

Image 2 :Shroud removal

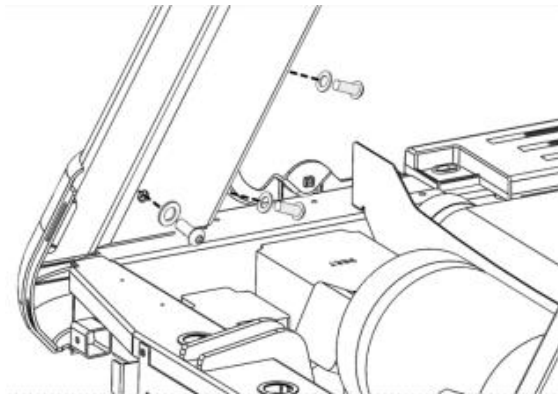


2) Place the aluminum alloy column on the treadmill treadmill, and locate it next to the side frame of the base frame.

3) Place the aluminum pillar on your left on the side frame of the base frame, making sure that the rounded edge of the aluminum pillar is facing you.

4) Use 2* M10 round head screws and 2* $\phi 10$ flat washers to fix the aluminum alloy column to the side bracket.

Image 3: Aluminum post installation

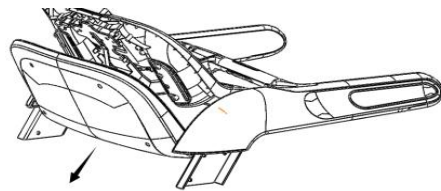


5) Place another aluminum pillar on the side frame of the base frame on your right side with the rounded edge of the aluminum pillar facing you. Use 2* M10 round head screws and 2* $\phi 10$ flat washers to fix the aluminum alloy column to the side bracket

Note: Do not lock the fixing screws under the aluminum alloy column first, so as not to install the armrest.

Remove the six screws that secure the back cover to the treadmill armrest, and then remove the back cover. Set the back cover and the six screws aside and refit later.

Image 4: take off the back cover



Note: The following steps, make sure that the plastic cover of the treadmill handrail covers the aluminum alloy column and is not bent or deformed under pressure. When positioning and lowering the armrest, it is recommended to ask another person for assistance.

Lower the treadmill armrest part over the upright bracket so that its bracket extends into the rectangular opening of the bracket. Tilt the armrest part forward slightly, guide the bracket into the bracket and lower the armrest part to the correct position. Plug the upper control line from the line slot from top to bottom until it passes through the lower end, and connect the terminal to the correct port.

Image 5: Assembly Armrest Part



Image 6: Touch Screen (MND-X500B)

The upper wire Connect the terminal



Image 7: Key Board (MND-X500A)

The upper wire Connect the inverter terminal

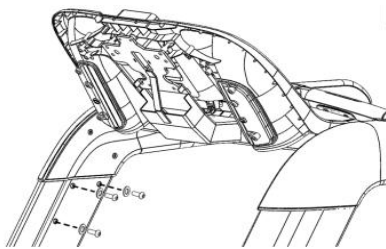


Use three M10 round head screws and $\phi 10$ flat washers to secure the armrest part.

Tip: put the armrest parts bracket in the upright bracket, insert the crosshead screwdriver through a screw hole in the aluminum alloy column into the corresponding screw hole in the bracket. When fixing the relevant parts with a

screwdriver, insert the screws into the other two holes and tighten them, then remove the screwdriver and install the third screw. Repeat these steps for another aluminum bracket as needed.

Image 8: Assembly The Upper Armrest Parts



Installation of the head part: take the head out of the carton carefully, put the four lines out of the head, and pass through the line hole of the handrail of the treadmill. Fix the meter head with four hexagon socket head screws. Connect the upper control line, emergency stop line and heart rate line.

As shown below

Image 9: The head line passes through the wire hole of the armrest

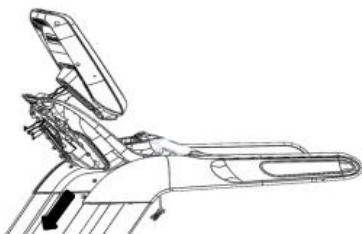


Image 10: Fixed head with cylindrical head screw

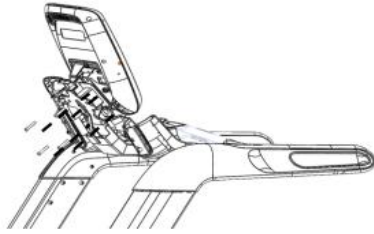


Image 11: Line terminal and connection

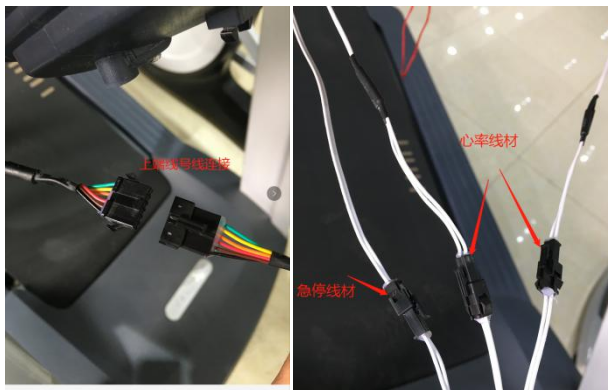


Image 12: Assembly armrest components back cover



Install the back shell of the armrest and fix it with screws. Fasten all the screws on the column of the treadmill. Install the motor cover and fasten it with screws

II、 Basic Functions Introduction of KeyTreadmill (X500A-LED) :

Keys and Functions

Start Stop: start and stop operation

Program key: select 3 time reciprocal, distance reciprocal and heat reciprocal, and select fixed program P1、 P2、 P3、 P4、 P5,P6,P7,P8

Speed +: adjust the speed and increase the value of selected items (speed, time, distance, heat).

Speed -: adjust the speed to reduce the value of the selected item (speed, time, distance, heat).

Slope +: adjust the slope to increase the selected slope value

Slope -: adjust the slope to reduce the selected slope value

Speed shortcut: select speed quickly

Slope shortcut: quickly select slope

Shortcut keyboard 0~9



Program Mode

Countdown of time

Press the program key to select the countdown time mode. The time window flashes "30:00", with the range of 5-99 minutes. Press speed +, speed - to select the time.

Press the start key to run the treadmill at the lowest speed. Press the speed key to select the speed. The time window displays the countdown. When the time is displayed as "0:00", the treadmill stops running.

Reciprocal Distance

Press the program key to select the reciprocal distance mode, the distance window flashes "3.0", the range is 1.0-999 km, press speed +, speed - to select the distance.

Press the start key to run the treadmill at the lowest speed. Press the speed key to select the speed. The distance window displays the countdown. When the distance is displayed as "0", the treadmill stops running.

Heat Reciprocal

Press the program key to select the heat reciprocal mode, the heat window flashes "20", the range is 1.0-999, and select the heat according to the speed plus and speed minus.

Press the start key to run the treadmill at the lowest speed. Press the speed key to select the speed. The heat window displays the countdown. When the heat is displayed as "0", the treadmill stops running.

Fixed Procedures

Press the program key to select the fixed program. When selecting the fixed program, the time window flashes "30:00", and the range is 5-99 minutes.

Press the speed plus and speed minus to select the time.

Press the start key to run. The treadmill runs at the speed set in the fixed program. The time window displays the countdown. When the time is displayed as "0:00", the treadmill stops running.

During operation, press the speed key to change the value of the current program section.

Procedure form:

Fixed Program	P1		P2		P3	
Segment number	Speed	Slope	Speed	Slope	Speed	Slope
1	4.0	7	5.5	7	7.0	9
2	4.0	6	6.0	6	7.5	10
3	4.5	5	6.5	5	8.0	11
4	4.5	6	7.0	4	8.0	12
5	5.0	5	7.5	4	9.5	13
6	5.0	6	8.0	5	10.0	14
7	5.5	4	8.5	4	11.0	15
8	5.5	6	9.0	5	12.0	16

9	6.0	5	9.5	6	13.0	16
10	6.0	4	6.5	7	12.0	17
11	6.5	5	7.0	8	10.0	18
12	4.5	5	7.5	5	8.0	11
13	4.5	6	8.0	4	8.0	12
14	5.0	5	8.5	4	9.5	13
15	5.0	6	9.0	5	10.0	14
16	5.5	4	9.5	4	11.0	15
17	5.5	6	10.0	5	12.0	16
18	4.0	5	10.0	6	13.0	16
19	4.0	4	9.5	7	12.0	17
20	4.5	5	9.0	8	10.0	18
21	4.5	6	8.5	7	8.0	17
22	5.0	7	8.0	6	12.0	15
23	5.0	6	3.0	5	11.0	16
24	5.5	5	1.0	4	10.0	17

Fixed Program	P4		P5		P6	
Segment number	Speed	Slope	Speed	Slope	Speed	Slope
1	8.0	7	8.0	7	4.5	9
2	9.0	6	10.0	6	5.0	10
3	10.0	5	12.0	5	5.5	11
4	11.0	6	14.0	4	6.0	12
5	12.0	5	16.0	4	6.5	13
6	13.0	6	12.0	5	7.0	14
7	14.0	4	16.0	4	7.5	15
8	13.0	6	14.0	5	8.0	16

9	12.0	5	12.0	6	7.5	16
10	14.0	4	10.0	7	7.0	17
11	12.0	5	8.0	8	6.5	18
12	10.0	5	12.0	5	5.5	11
13	11.0	6	14.0	4	6.0	12
14	12.0	5	16.0	4	6.5	13
15	13.0	6	12.0	5	7.0	14
16	14.0	4	16.0	4	7.5	15
17	13.0	6	14.0	5	8.0	16
18	12.0	5	12.0	6	7.5	16
19	14.0	4	10.0	7	7.0	17
20	12.0	5	8.0	8	6.5	18
21	10.0	6	10.0	7	6.0	17
22	8.0	7	12.0	6	5.5	15
23	12.0	6	14.0	5	5.0	16
24	14.0	5	16.0	4	4.5	17

Fixed Program	P7		P8	
Segment number	Speed	Slope	Speed	Slope
1	1.0	4	3.0	0
2	1.0	4	4.0	12
3	2.0	4	4.0	12
4	3.0	14	4.0	12
5	4.0	4	4.0	12
6	5.0	4	7.0	12
7	6.0	4	7.0	12
8	7.0	4	7.0	12

9	8.0	4	7.0	12
10	9.0	4	7.0	12
11	10.0	4	12.0	12
12	2.0	4	12.0	12
13	3.0	4	12.0	12
14	4.0	4	12.0	12
15	5.0	4	12.0	12
16	6.0	4	12.0	12
17	7.0	4	12.0	12
18	8.0	4	3.0	12
19	9.0	4	3.0	12
20	10.0	4	3.0	12
21	11.0	4	3.0	12
22	12.0	4	3.0	12
23	13.0	4	3.0	12
24	5.0	4	3.0	12

Heartbeat Test:

When the controller detects the heartbeat, the heart rate window will display the corresponding value of heartbeat..

Before exercising, stand on both sides of the running platform with feet, hold the heart rate sensor gently with hands, wait about 20 seconds then an accurate value of heart rate will be displayed on the heart rate window.

After exercising, stand on both sides of the running platform with feet, hold the heart rate sensor gently with hands, wait about 20 seconds then an accurate value of heart rate will be displayed on the heart rate window.

Notice: in order to measure the data more accurately, please do not take the heartbeat test when you are doing sports)

Frequency converter Wrong information

	Trouble code	Trouble meaning	
	ER01	Communication failure of frequency converter	Whether the communication line between the frequency converter and the electronic meter is connected normally or loose
	ER02	Lifting failure	Self check the lifting motor again and check whether the lifting motor line is loose
	ER03	EM switch failure	The function is useless. The hardware has been short circuited before leaving the factory.
	ER04	Overcurrent fault	If the frequency converter is over-current, the red light will be on. Check whether the motor line is loose or replace the frequency converter.
	ER05	Undervoltage fault	Check whether the input 220V power line of frequency converter is in good contact
	ER06	Overload fault	If the frequency converter is overloaded, the red light will be on. Check whether the motor line is loose or replace the frequency converter.
	ER07	CE switch failure	Check whether the emergency switch is reset and relevant connecting wire
	ER08		

		Overheating fault	If the frequency converter is overheated, check whether the frequency converter cooling fan operates normally.

III. Basic functions of LCD treadmill (X500B-TFT) :

1.Homepage:



Image 1

① Language selection button, click this button to switch the language, and the interface will jump to Image 2.

- ② Set button, click this button to set the machine, such as WiFi, volume, brightness, auto stop Bluetooth, etc., and the interface will jump to picture.
- ③ Third party application button, click this button to enter the pre installed third party app of the machine, and the interface will jump to Image 4.
- ④ User defined program quick start button. Click this button to start the program of 4-3 interval training. In this mode, the speed and gradient of the treadmill will automatically switch and adjust. The interface will jump to the 3-second countdown interface (Image 5). After the countdown, the interface will jump to the sports interface (Image 6).
- ⑤ Program selection button, click this button to select different fitness modes, and the interface will jump to Image 7.
- ⑥ Log in button. After logging in, you can enter factory settings, and the interface will jump to Image 8.
- ⑦ Quick start button: click this button to quickly start the treadmill. The initial speed is the minimum speed set in the factory mode: 1km / h, the initial gradient is 0, and the interface jumps to the 3-second countdown interface (Image 5). After the countdown, the interface jumps to the sports interface (Image 6).

2.Language Selection Interface



Image 2

- ① Return to exit the interface without modifying the language.
- ② Language selection radio box, click to select language.
- ③ Cancel to exit the interface without modifying the language.

④ Confirm button, language switch to the language selected in the selection box, and exit this page.

3.Settings:



Image 3

- ① Return button, click this button to exit this interface.
- ② WiFi setting button, click this button to connect the network.
- ③ Sound setting button, click this button to drag the bar on the right to adjust the volume.
- ④ Brightness setting button, click this button to adjust the screen brightness by dragging the bar on the right.
- ⑤ Bluetooth button, click this button to connect to Bluetooth.

⑥ About the button, display the version of the current software.

4.Third Party Application Interface



Image 4

① Return button, click this button to exit this interface

② In the third-party application display interface, click the corresponding icon to open the corresponding app

5.Three Seconds Countdown Interface



Image 5

After starting the treadmill, enter the sports interface when the countdown is over (Image 6)

6. Motion Interface



Image 6

- ① The top status bar is used to display the data in motion. Click the corresponding display area to display the detailed list data
- ② Show current sport
- ③ Show current movement progress
- ④ For sports, click this button to select the sports mode, and the interface will jump to figure 7
- ⑤ Duration, click to set the exercise time, and the interface will jump to figure 9
- ⑥ Personal information, click to set personal information, and the interface will jump to figure 10

- ⑦ Target, click to select the target, and the interface will jump to figure 11.
- ⑧ Speed and slope quick selection key, the interface jumps to figure 12, you can quickly select speed and slope
- ⑨ Switch the motion display interface, quickly switch to motion display
- ⑩ Switch the motion display interface and quickly switch to the third-party app display interface
- ⑪ Go to the internet button, click this button to log in and browse, and the interface will switch to figure 13
- ⑫ Live running button, click this button to open the live running selection interface, and the interface will switch to Figure 14

7.Program Choice Interface



Image 7

- ①: Return to the button, click to exit this interface
 - ②: Program selection, you can select different motion modes by clicking
 - ③: Program selection, you can select different motion modes by clicking
- Start the button, click this button, the running opportunity will start running according to the selected mode, and the interface will jump to the 3-second countdown interface (Image 5). After the countdown, the interface will jump to the sports interface (Image 6)

8.Login Interface:



Image 8

- ①: Return key, Click this button to exit this interface

- ②: Enter user name, Current user name, mndfitness,
- ③: Input password, Current password: 876543
- ④: Cancel button,Click this button to exit the interface.
- ⑤: Login button,When entering the user name and password is correct, click this button to enter the factory mode interface, and the interface jumps to figure 16.

9.Time setting interface:



Image 9

- ①: Return key,Click this button to exit the interface.

②③: Click this button to change the display value of the roller.

④: Digital keyboard, You can quickly input the values you want.

⑤: Delete key

⑥: Cancel key, The value modified by clicking this button will not be recorded and will exit the interface.

⑦: Determination key, Click this button to confirm the modification value and exit the interface.,

10. Personal Information Setting Interface :



Image 10

- ①: Return key, click this button to exit this interface
- ②③: Click this button to change the display value of the roller.
- ④: Display the value that needs to be changed
- ⑤: Digital keyboard, you can quickly enter the value you want
- ⑥: Determination key, Click this button to confirm the modification value and exit the interface
- ⑦: Delete key
- ⑧: Cancel key, the value modified by clicking this button will not be recorded and will exit the interface.

11.Target Setting Interface:

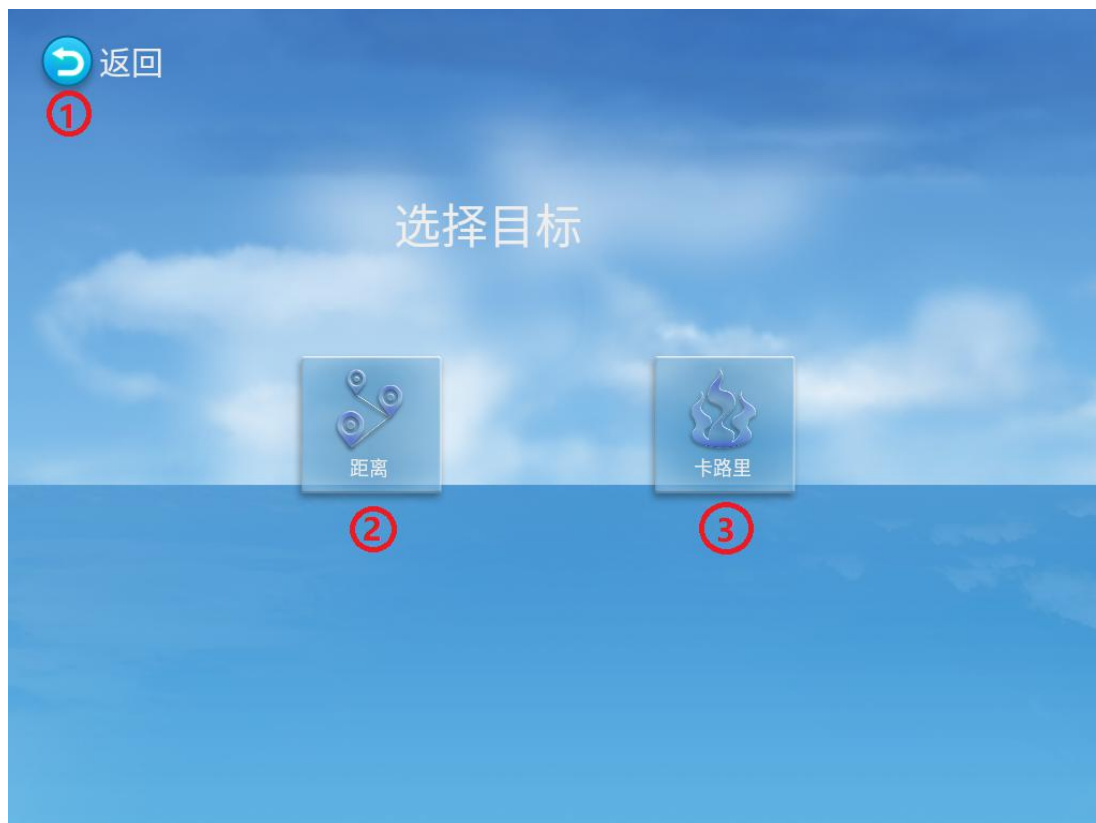


Image 11

① : return key, click this key to exit the interface

② : Click to set the target distance, and the interface will jump to Image 9

③ : Click to set the target calories, and the interface will jump to Image 9

12.Quick Selection Interface of Speed and Slope



Image 12

① : speed direct selection button, click the corresponding button to set the speed to 3km / h, 6km / h, 9km / h, 12km / h

② : press the slope direct selection button, and click the corresponding button to set the slope to 3, 6, 9, 12

13. Online Browsing Interface



Image 13

① : click this button to display and hide the status bar

② : speed and slope quick selection key, the interface will jump to Image 12, you can quickly select speed and slope

③ : Live running button, click this button to open the live running selection interface, and the interface will switch to Image 14

④ : volume down button

⑤ : return key

⑥ : volume plus button

14.Real Scenes Running Selection Interface:



Image 14

Swipe left or right to switch scenes

①: Click this button to show and hide the status bar

②: Speed and slope shortcut selection key, the interface jumps to

Figure 12, you can quickly select speed and slope

③: Click to exit Real scene running

15.Real Scene Running Interface:

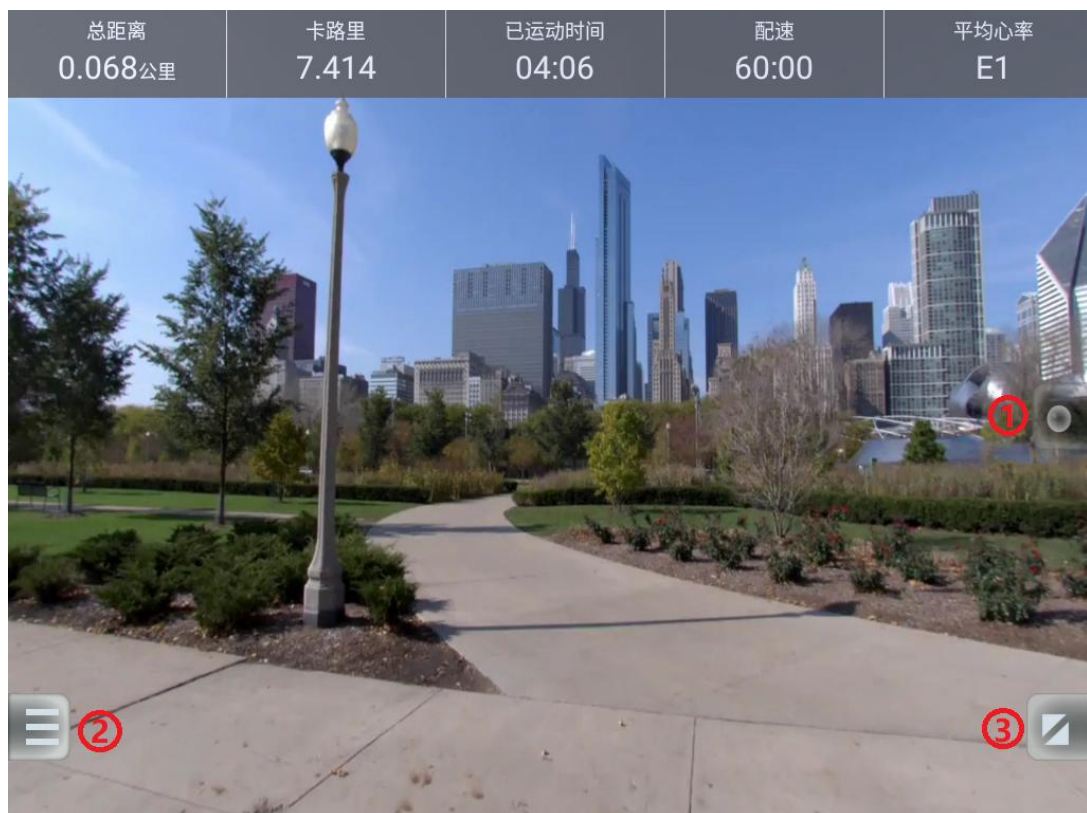


Image 15

①: Click this button to display and hide the status bar

②: Speed and slope quick selection key, the interface jumps to figure 12, you can quickly select speed and slope

③: Click to exit from live running and select scene switching

16. Center Console Button:

Stop button: press this button when the treadmill is running, the treadmill will enter the pause interface, and the interface will jump to figure 18. When the treadmill is paused, press this button, the treadmill will enter the stop interface, and the interface will jump to Image 19.



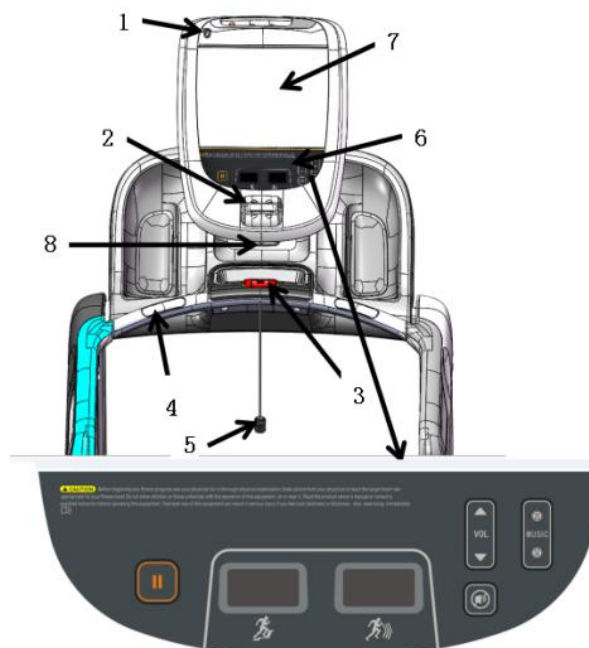
Image 18

①: Start the key again, click this key to change the treadmill from the pause state to the motion state, and the interface will jump to Image 6



①: It is used to display motion data

②: Exit this interface and enter the main interface, as shown in Image 1



Order number	Name	Function	Remarks
	USB	1.Used to connect storage devices such as USB flash disk 2. For charging mobile phones, etc	
	Toggle switch	Turn the left switch up and down to control the angle of the treadmill The right toggle switch moves up and down to control the speed of the treadmill	The range of negative angle supported by treadmill is: -3% -- 15%
	Emergency stop switch	The switch is normally closed. When the emergency stop rope is pulled and the emergency stop switch jumps up, the treadmill will enter the emergency stop state	
	Heart rate handgrip	When the treadmill is running, hold it with both hands, and the treadmill can display the heart rate of the sportsman	Note: the heart rate can only be used as a reference for exercise
	Safety clip	When using the treadmill, clamp the safety clip on the sportsman's clothes. In case of emergency, it is too late to pull the emergency stop, the emergency stop can spring up effectively	Note: when moving, the user must clamp the safety rack on the clothes

	Key surface paste	This button stops the treadmill; This button controls the volume of the treadmill This button controls the previous / next track of the local music player of the treadmill This button is used to mute	
	Touch screen	For controlling the treadmill, or for entertainment functions	
	Headphone jack	For connecting wired headphones	