

DURAFIT COMPACT (DFIHB002)

MOTORIZED FOLDABLE TREADMILL

OPERATING INSTRUCTION MANUAL



PLEASE READ CAREFULLY BEFORE USE !

USING INSTRUCTION,SAFETY

INSTRUCTION,WARNING USING INSTRUCTION

- ◆ The power plug must have ground connection.Wall plug must have it's own circuit,and not share with any other electrical appliances.
- ◆ Make sure treadmill is steady placed before use.
- ◆ Make sure the function is well performed before use.
- ◆ Users must stand on the side edges when starting up the treadmill.
- ◆ Please clamp the emergency stop to your clothes in case there are any emergencies.
- ◆ Press "START" button on display,treadmill start to work.
- ◆ Users must try to follow the running belt by using left leg.When you feel ready to run,then you can start running on treadmill.Make sure the movement posture is correct. Only one person is allowed on treadmill. Overload is forbidden.
- ◆ Users can adjust speed according to his own demand.
- ◆ Users can pull the emergency stop or press "STOP" button to let treadmill stop after use
- ◆ Turn off the power,unplug the power cable after use.

SAFETY INSTRUCTION

- ◆ Treadmill is for indoor use.Avoid wet,avoid water.Do not put any other things on treadmill.
- ◆ Wear suitable sports shoes and sports clothes.
- ◆ Keep children away from treadmill to avoid any accident.
- ◆ Avoid overtime use, or it may cause the damages for motor and controller,shorten the lifetime of bearings,running boar and running belt. Do maintenance regularly.
- ◆ Maintain the cleanness of the using environment,keep suitable humidity to avoid static which will interfere controller and other digital equipment.
- ◆ Continuous use for home treadmill is max 2 hours.
- ◆ Make sure air ventilation when in use.
- ◆ Make sure there will be 200*100CM flat area in end of treadmill.
- ◆ If you feel uncomfortable when in use,please stop at once and consult to doctors.
- ◆ Lubrication oil must be stored out of reach of children,to avoid them to ea by mistake.
- ◆ Users cannot jump off the treadmill directly after running,to avoid any accident.

- ◆ The power plug must be gently pulled out.
- ◆ If there are any accidents when in use, must stop immediately and cut off power supply.
- ◆ Inform retailers and let them fix it when treadmill has some problems. Do not disassemble and fix by unprofessional person.

 CAUTION: TO AVOID ANY ACCIDENT, PLEASE STRICTLY FOLLOW BELOW

INSTRUCTIONS

- ◆ Make sure clothes is buttoned or zipped.
 - ◆ Do not wear the clothes which are easy Shredded
 - ◆ Do not close to heat.
 - ◆ Keep away from children.
 - ◆ Hold the handle bar and chin-up, jump onto the side board when any emergency is happened.
 - ◆ Do not for out door use.
 - ◆ Cut off the power supply when move the treadmill.
 - ◆ Do not disassemble the treadmill unless there is professional engineer.
 - ◆ Only 10A circuit is suitable for the treadmill.
 - ◆ Only 1 person is allowed for one time use.
 - ◆ Please stop running and consult coach or doctors once you feel dizzy, stomachache, pectoralgia, nausea and tachypnea.
 - ◆ Heart rate test is not armamentarium and the result is for reference only.
 - ◆ Users who under treatment or have below Symptoms must consult doctors and can not use unless get permission from doctors.
- ①. People who is lumbago or had problems of leg, wrist, neck or had surgery for leg, wrist, neck and other related parts.
 - ②. People who have deformability arthritis, rheumatism and gout.
 - ③. People who are osteoporosis.
 - ④. People who have problem in circulation system.
 - ⑤. People who have problem in breathing apparatus.
 - ⑥. People who have heart rate regulator or implant medical device.
 - ⑦. People who have malignant tumor.
 - ⑧. People who have thrombosis, fatty tumor, disturbance of blood circulation or Skin and soft tissue infections

⑨. People who have sensation disorders which is caused by diabetes.

⑩. People who have skin wounds.

⑪. People who run a fever.

⑫. People who have problems of back bones or crook back.

⑬. Pregnant or menstrual period.

⑭. People who feel uncomfortable.

⑮. People who use for restore.

- Please stop using and consult to doctors once you feel backache, anaesthesia, dizzy, heart rate increase when in running.

- Keep away from children in case it causes potential dangers.

- Guardian should keep children away from treadmill. In case it causes potential dangers.

- Please make sure there are no people or pets around treadmill when in using or when assemble the treadmill.

- Do not use the treadmill once it is not in right condition (cover is broken, welding shedding)

- Do not jump onto the treadmill or jump off the treadmill. It may cause hurt if fallen down.

- Do not use treadmill in out door or bathroom, or in other place which is full of moisture.

- Do not use in the sun. Do not use around some heat resource such as stove and Electric Heating Carpet. Or it may cause leakage or fire.

- Do not use when the cable/plug is broken. Or it may cause leakage or fire.

- Do not broken or curl the cable. Do not cover the cable with anything. Or it may cause leakage or fire.

- Only 1 person is allowed for one time use. Do not let anyone else to around the treadmill. Or it may cause the hurt if fallen down.

- People who can not make himself understood or can not operate treadmill by himself is forbidden to use.

- Disassemble, fix and refit is forbidden. It may cause dangers because of mechanical problem.

- Do not spray water or drink to the main body and operation part. It may cause electric shock and fire.

- Do not do strenuous exercise if the use doesn't exercise in normal times.

- Do not use after meal, feel tired or not feel comfortable. It may cause potential

dangers for health.

- This treadmill is for home use. Not suitable for school and gym.
- Do not drink or eat when using treadmill.
- Do not use when drunk. It may cause dangers.
- Do not put something hard in the pocket when running. It may cause dangers.
- Do not let needle, garbage or water on the cable and plug. It may cause leakage or fire.
- Do not unplug the cable or switch the button when in using.
- Do not use wet hands for plug in and plug out. It may cause electric shock and hurt.
- Unplug it when not use it. Dust and moisture will cause deterioration leakage and fire.
- Make sure the treadmill is unplugged when in maintenance. Or it may cause leakage and fire.
- Stop using the treadmill when it can not be started up or there are some problems, and then unplug it to check. Or it may cause leakage and hurt.
- Unplug the treadmill when power failures. Or it may cause dangers when power is restored.
- Hold the plug when unplug the treadmill. Do not hold cable. Or it may cause short circuit, leakage and fire.
- Grounding wire is needed for treadmill. If there are any problems, grounding wires may prevent the risk of leakage and circuit.
- Plug with grounding wire is assembled for the treadmill. Please use suitable wall plug for the treadmill.
- It will cause electric shock if PROTECTIVE EARTHING CONDUCTOR is not correct. If you have doubt, please consult to professional electrician for checking. If there are any problems, please ask professional electrician to fix it.
- The treadmill has plug with grounding wire. Please make sure wall plug is suitable for it. Socket adapter is not suitable for the treadmill.
- This treadmill can not used as medical treatment equipment.

QUALITY GURANTEEE

1. We ensure the treadmill is made of high quality materials.
2. We will take care of after sales problems and fix it when it has problems in normal condition use.
3. Warranty 1 year (calculate from the purchase day). Please contact our after sales service within 12 month if there are any quality problems. Do not try to fix by your self without our

permission.

4. Below conditions are out of warranty:

- ◆ Damage caused by external causes.
- ◆ Haven't use original spare parts.
- ◆ Damage caused by improper use.
- ◆ Do not follow instruction manual.

5. Wearing part, normal wear such as running belt not belongs to warranty parts.

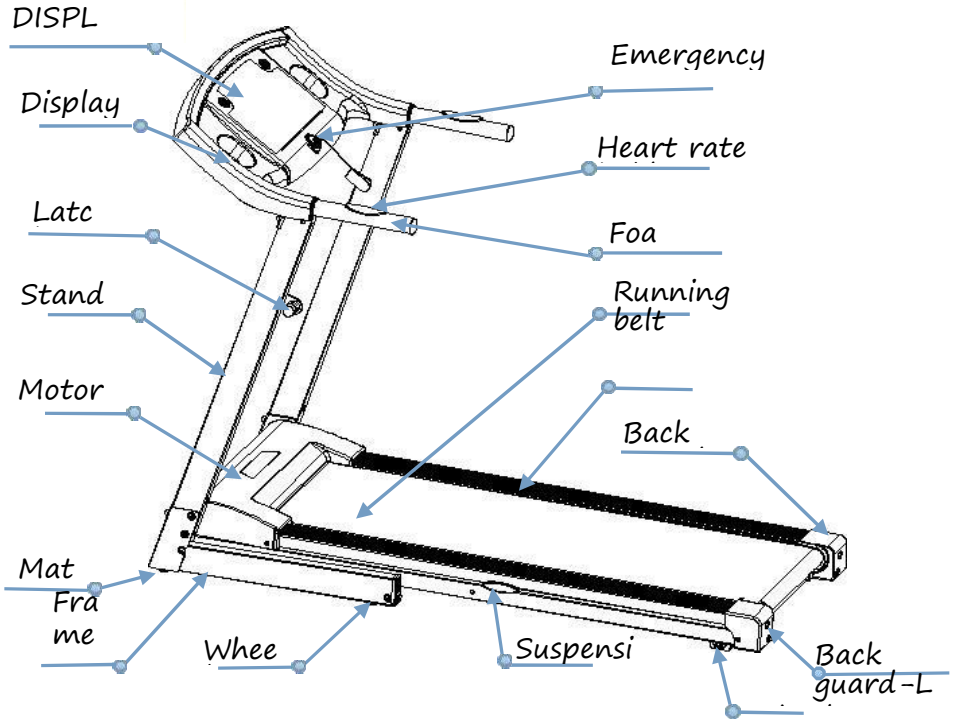
6. This warranty is suitable for home users only. Not suitable for gym and other specialized training.

7. If any spare is needed, please contact custom service. Please provide below info when calling:

- ◆ Instruction manual
- ◆ Item No.
- ◆ Spare parts
- ◆ Certificate of purchase date

8. Do not refund treadmill to us without our confirmation. Or we will refuse it and don't bear the cost.

PRODUCT INTRODUCTION



SPECIFICATION

Max loading	110kg
Expand size	1500mm*680mm*1230mm
Running area	1200mm*400mm
Speed	0.6-12km/h

IPO Sports reserves the right to modify the product without prior notice !





ASSEMBLE

1. Please read instruction carefully before assemble.

2. Take out all the packages, put separately on the clean floor. It is easy for you to check and assemble.
3. Compare the packing list, to check if all the parts are completed.
4. Please be careful when using tools and carrying. Do not assemble according to personal preferences.
5. Please make sure if the tools and packing materials will cause dangers or not. Plastic bag and foam is dangerous for kids.
6. Please read instruction carefully and assemble treadmill accordingly.
7. The treadmill must be assembled by audit only. Ask professional workers for assemble if needed.


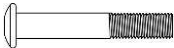
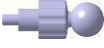







Warning: Assemble carefully, do not damage it.

Item Name	Quantity
 Treadmill	1
 MP3 Cable	1
 Emergency stop	1
 Lubrication oil	1
Screw package	1

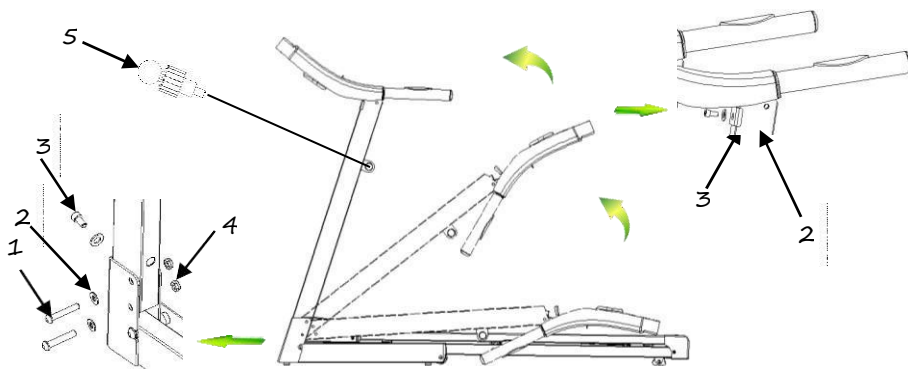
PACKING LIST(Please check below spare parts)

SCREW PACKAGE

 M8x20 Screws 4pcs	 M8*45 Screws 2pcs	 Limit Pin 1pc	 Wrench 1pc
 5mm HEXAGON SOCKET KEY 1pc	 6mm HEXAGON SOCKET KEY 1pc	 M8 distance washer 6pcs	 M8 Lock Nut 2pcs

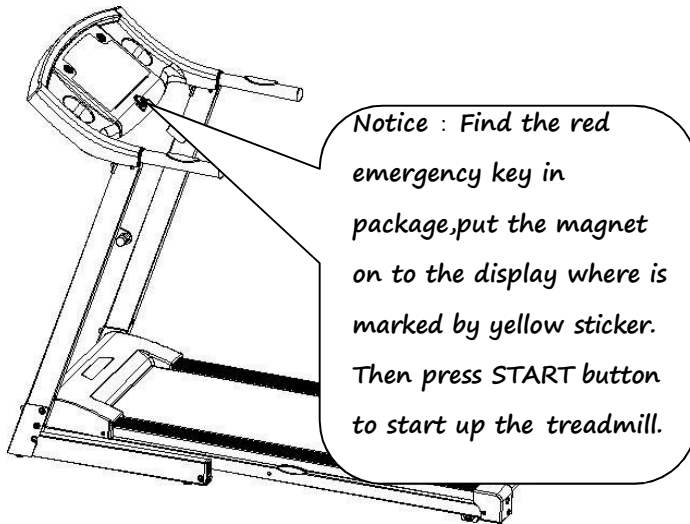
ASSEMBLE INSTRUCTION

1: Assemble treadmill



- ◆ Hold the handle up to the fix position in display.(As in pic)
- ◆ Use 1 (4pcs of M8*45 screws) ,3 (2pcs of M8*20 screws) ,2 (6pcs distance washer) , 4 (4pcsof M8lock nut) tofix and lock the stander tightly; Use 3 (2pcs of M8*20screws) and 2 (2pcs of distance washers) fix the handle and lock tightly.
- ◆ Fix the 5 (Limit pin) into the hole,fix tightly.

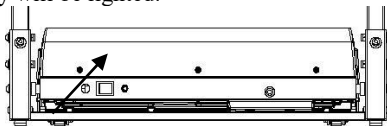
2: Put the emergency stop on to the middle part of display which is marked by a yellow sticker. Treadmill is completed.



USING INSTRUCTION

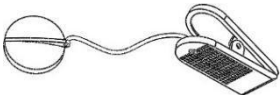
1.Use treadmill:

Plug the cable,press the switch, switch will be lighted, and then you will hear “DI--”, then display will be lighted.



2.Emergency Key:

Treadmill can not work unless the emergency key is put onto the yellow sticker in display.Clamp it to clothes.Pull down the emergency key if there are any emergency is happened.It will stop motor and stop the treadmill. If want to re-start the treadmill,put the emergency key to the yellow sticker again.

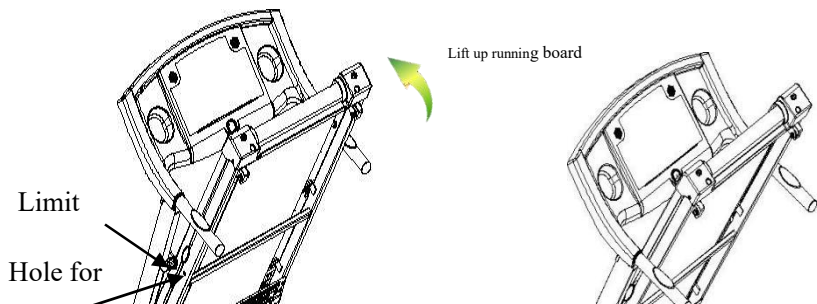


3. Assemble instruction:

Fold treadmill:

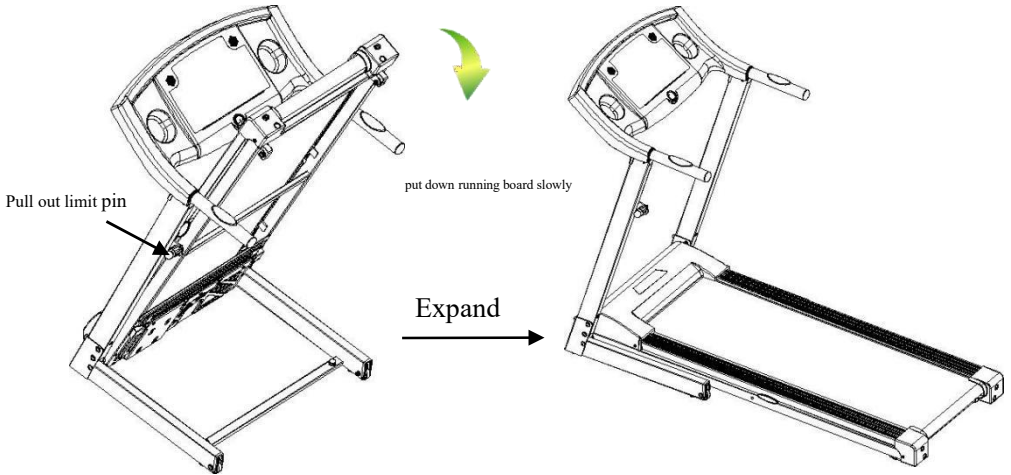
Folding the treadmill saves a lot of space.

- ◆ Press the switch to off,unplug the cable before folding.
- ◆ Lift up the running board by right hand,pull the limit pin by left hand, make sure the limit pin is aligned to the holes in the pipe,and then release the limit pin,and insert it into the holes automatically.Treadmill is folded completely.



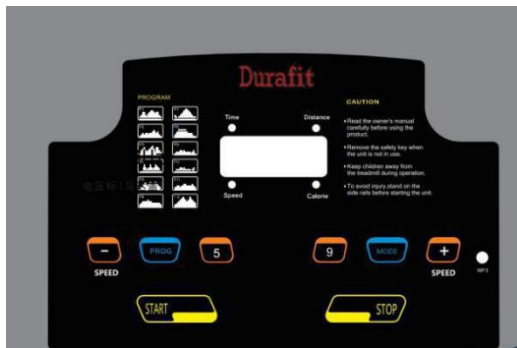
◆ Unfold the running board:

Pull out the limit pin by right hand, put the running board to the floor slowly by left hand.

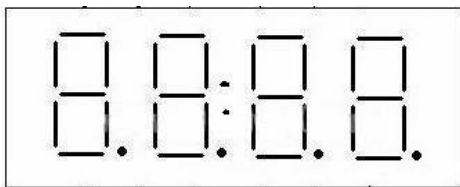


DISPLAY INSTRUCTION







1. Display sticker



2. Window



◆ “Speed”, “Distance”, “Palpitation”, “Time”, “Height”, “Weight”, “Age”, “Calorie” is shown in one window. 3 seconds count down is shown. “OFF” will be shown when emergency key is pulled out.

	<p>START: After 3 seconds count down, treadmill starts to work from the minimum speed.</p>
	<p>STOP: Press STOP button when in running, treadmill will slow down slowly and then stop.</p>
	<p>COUNT DOWN MODE: You can choose count down mode when treadmill is in standby mode. The sequence is: Count down 15mins--Count down 1KM--Count down 50KCL CYCLE</p>
	<p>PROGRAM BUTTON: Manual mode P1---P12--- FAT CYCLE</p>
	<p>SPEED BUTTON: 5KM/H, 9KM/H</p>
	<p>SPEED ADJUST BUTTON: Adjust speed when in running.</p>

If you still can't solve the problems after taking the solutions above, please contact our Customer Care @ contactus@durafit.in or 6383151885/7806811343 to resolve the issue through our Pan- India Service Network.

- ◆ Time,Distance,Calorie,Speed will be shown circulated every 8 seconds.
- ◆ Hold the heart rate tester 30 seconds,your heart rate will be shown in the window.They are different based on different users.
- ◆ Pressing the “mode”button while you running will display the currently displayed speed. Keep pressed the “mode”button will display the long-term display speed, time, mileage, calories alternate and LED light will be flash for 3 time in each mode.

3. Buttons

4. Main function :

Turn on the switch button,come to manual mode after the display is lighted in 3seconds.

◆ Quick Start (Manual mode) :

Put the emergency key onto the display,press START,treadmill will start in minimum speed after 3 seconds countdown.Use “+”“-”to adjust the speed.Press STOP button or pull out emergency key if you want to stop.

◆ Count Down Mode :

Press “MODE” button,you can choose count down mode for TIME,DISTANCE and CALORIE.Back to MAIN MENU.Defaults flicker in display.Adjust data by using “+”“-” button.Press “START” button,treadmill starts to work in minimum speed after 3seconds count down. Press “+”“-” button to adjust the speed.When display shows the count down to 0,treadmill slow down and stop slowly. You can press “STOP” button or pull out emergency key as well.

◆ **Motion parameter display and setting :**

	range	initial	Initial	Setting range
speed	0.6-12.0 km/h	-----	-----	0.6-12.0 km/h
time	0:00—99:59	30:00	30:00	5:00---99:00
distance	0.00km—99.9km	1.00km	-----	0.5km—99.5km
heat	0Kcl—999Kcl	50Kcl	-----	10Kcl—995Kcl

◆ **Fat measurements model :**

Index of body fat (BMI)	The degree of obesity
<19	thin
19--26	normal
26--30	overweight
>30	fat

◆ **Heart Rate :**

Put hands on the metal part of handle,your heart rate will be shown in the Window after 5 seconds.This data is for reference only,can not use for medical care.

◆ **Input audio device**

Plug the audio cable to connect audio device (such as MP3).

◆ **Sleep mode**

Stop use after 10 minutes,system will in sleep mode.Wake it up by pressing any button.

◆ **Safety Key**

The treadmill will working only when safety key in the right position. Please clip the safety key on your clothes .The motor will stop when the safety key is pull out.

5. Error

Code	Cause	Solution
E01	Communication problem between IC board and Electronic table	<ol style="list-style-type: none">1. Check the wire of IC board and Electronic table2. Reset the IC board3. Change the IC board
E02	Explosion-proof protection	<ol style="list-style-type: none">1. Change motor or wires2. Change the IC board
E03	Over current protection	<ol style="list-style-type: none">1. Overload2. Need to add Lubricant3. Change the motor
E05	Controller post error	Change the controller
E06	Lost the date	Change IC board or reset the date
E08	Safety key	Reset the safety key

Daily maintenance

Motorized treadmill maintenance :

Proper maintenance is the key to your treadmill is always at its best, faulty maintenance can damage or shorten the life of treadmill.

NOTICE:

-Do not use sandpaper or solvent to clean up the treadmill, treadmill controller portion is not directly exposed to sunlight or moisture, so as not to damage.

-Regular checking and locking all treadmill parts, damaged parts replaced immediately

Adjusting running belt

Adjust the running has two functions: the tension adjustment adjust and run with a central location. Running at the factory is ready to adjust, but after using the running belt will stretch, friction will cause run off center location with decorative strips and back cover damaged. In the running belt is stretched is normal.

If you use a running machine, appears to run with a slipping or not smooth, you can adjust the tightness of the running belt to improve.

How to adjusting belt

1. 6mm hex wrench inserted into the running belt adjusting screw on the left, 1/4ring turn the wrench clockwise to adjust the drum to tighten after walking belt.
2. Repeat step 1, adjust the screw on the right side. Must determine the adjustment screws the same distance, so that the rear drum will adjust relatively parallel to the frame.
3. Repeat steps 1 and 2 until running belt does not slip.
4. Note that the running belt not adjusted too tight. This bad run, additional pressure on the front/rear drum, roller bearings and other damage, resulting in abnormal noise or other problems.

If you want to reduce the running belt tension please rotate the wrench counterclockwise, attention to the left and right to rotate the same distance.

Adjusting the belt in the middle

When you use a running machine, because running feet of power is not as big as the pressure imbalance on the running belt, resulting in running off center. This deviation is normal, when no one is in operation on the running belt while running, it will come back to the Center. If not back to the Center, you will need to run back to the Center.

1. No-load running the treadmill, speed 6km/H.
2. observe the running distance to the left and right side
 - If the left, using the hex wrench, turn the left screw 1/4clockwisecircle
 - If the right, using a hex wrench, turn the right screw clockwise 1/4
 - If the running belt is still not in the Middle, and repeat the action until adjusted to an intermediate
3. After adjusting running belt to the Middle, set the speed to 16km/H, and watch the running belt deviation and running smooth, if biased, repeat adjustment steps.
4. **WARNING ! Do not tighten the drum excessive ! This will lead to permanent damage of bearing !**

If the above steps do not work, you will need to run and then tighten.



T:tight L:loosen

Lubricant

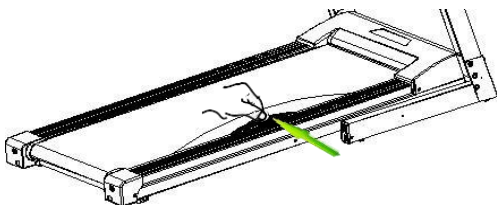
Treadmill factory-over when the lubricating oil. But check the lubrication of running, which helps keep the treadmill in the best State. Treadmill in use years or after 100 hours of operation, you must add lubricant.

Every 30 hours of use or after 30 days, from within the side-wing with the start reached encouraged to touch the running surface, touch silicone oil, you do not need to add oil if you touch the surface when there is a strong sense of dry, please follow the instructions for lubricating operations.

Use of non-petroleum silicone oil

◆ How to add lubricant Oil:

- ① Oil tube is in the backside of the running board.(as in below pic)
- ② Cut the oil bottle a little,not too much.
- ③ Raise the running belt so that the oil bottle reaches the bottom of the running belt and the oil is injected into the middle of the running board. Put down the running belt, press the oil injection area by hand, and turn the running belt to evenly spread the oil on the running belt.
- ④ After power on, wait a minute let the oil automatically evenly, using a treadmill.



Cleaning

Cleaned regularly, to ensure the treadmill life.

- **WARNING:** Running in the cleaning machine, you must cut off the power supply, power cord must be pulled from the socket.
- **After Using:** With a clean towel and damp cloth wipe perspiration meters and other parts and service.
- **NOTICE:** Do not use corrosive materials, do not use liquid stuff, so as not to damage the electronic components. Don't let the electronic components exposed to the Sun.

- **Weekly**: Once every week to clean up the ground, dirt from shoes and other debris on the ground clean.

Store

Please place your treadmill in a clean, dry environment, ensure that the power switch is off .

Move and Fold

In order to move the treadmill, set the installation of wheels. Before moving make sure you disconnect the power supply and folded fuselage

Fault analysis and treatment

The product is designed to be reliable and easy to use. If you have problems, please read the answers to the following questions.

FAQ: Display in off

A: Check the wire, plug and the switch.

FAQ: Stop when using

A: Check that the power cord is connected securely, overcurrent protective device is disconnected.

FAQ: Belt is not in the middle

A: Check if the treadmill is placed on a flat surface, running belt is a good tune. Refer to the adjustment of the running belt.

If the problem is not in the above, and you are not sure how to fix it, please get in touch with us, please do not privately.

● **WARNING**

Before using this product, consult your doctor and do a complete health check, frequent and vigorous exercise should get permission from the doctor before. If this product is used in any discomfort, discontinue use and consult your doctor. Required in the proper form, use of this product, please read the manual in detail before moving.

If left unattended, or use of this product, please prevent children and pets near the close. Sport, including sports shoes, when wearing the appropriate clothing. Sports do not loose clothing to avoid being hooked in a machine.

When using the device to make sure that all bolts and nuts have been tightened. To be kept in good condition, all sports equipment must be regularly maintained.

Before use:

How to start a fitness program depending on your physical condition. If you have for several years had not campaign seriously overweight, or weight, you must be a gradual increase in the movement of time, such as with a few minutes each week.

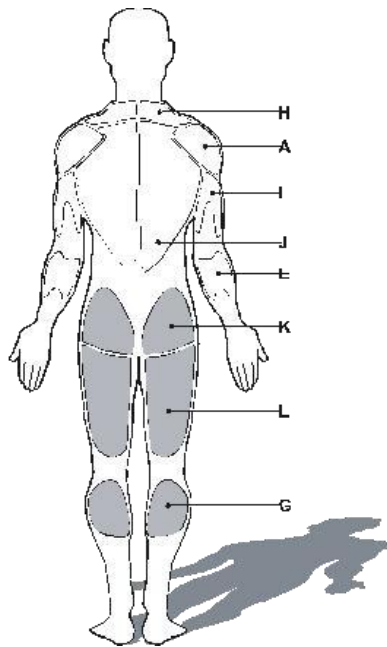
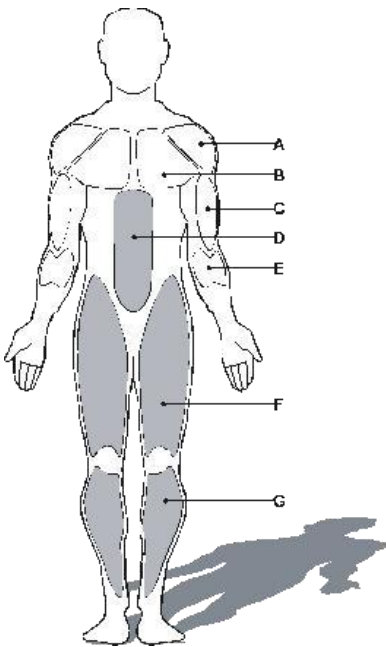
At first you may only be able to target heart rate range of movement for a few minutes, in any case, your aerobic fitness will improve in the 6-8 weeks after. If you need to take a long time to improve, don't get discouraged, in accordance with the pace of movement is very important. One day you will be able to continue for 30 minutes. Your aerobic fitness

- Before beginning an exercise or training program, please consult your doctor, ask a doctor examine the training and diet program, and recommendations for your exercise program.
- Consult with your doctor to set exercise goals, in order to ensure that the plan is in line with the actual, sought to begin training plan.
- Exercise plan, you can attach some aerobic exercise, such as walking, jogging, swimming, dancing or riding a bicycle. Always detect a pulse. If you don't have electronic heart monitor watch, consult a doctor from the wrist or the neck with hand pulse the right way. In addition you must be based on the age and physical condition, to set the target heart rate.

During exercise and drink plenty of water. You must add loss due to excessive movement of water to prevent dehydration. Avoid drinking ice water or beverages, drinking water or beverage temperature should be at room temperature.

Muscle distribution

Lower body muscles are mainly used when in use treadmill which are indicated by grey as in below:



- A: shoulder muscles
- B: Pectoral muscles
- C: Biceps brachii
- D: Abdominal muscles
- E: Forearm muscles
- F: Quadriceps

- G: Muscles of leg
- H: Cowl-muscles
- I: Triceps
- J: Dorsal muscles
- K: Hip muscles
- L: Thighs muscles





Stretching exercise


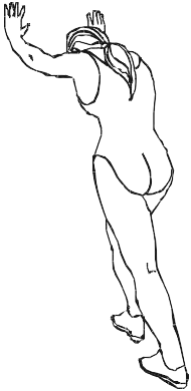

Warm up & Relieve Exercise:

A good exercise plan includes Warm up exercises, Aerobics and Relieve Exercises. Exercise should be performed twice or three times one week (exercise every other day), and it should be raised to four times or five times one week several months later.

Warm up exercise is one of the most important parts in exercise plan which should be done before every time exercise. Right warm up exercise makes your body into good situation for

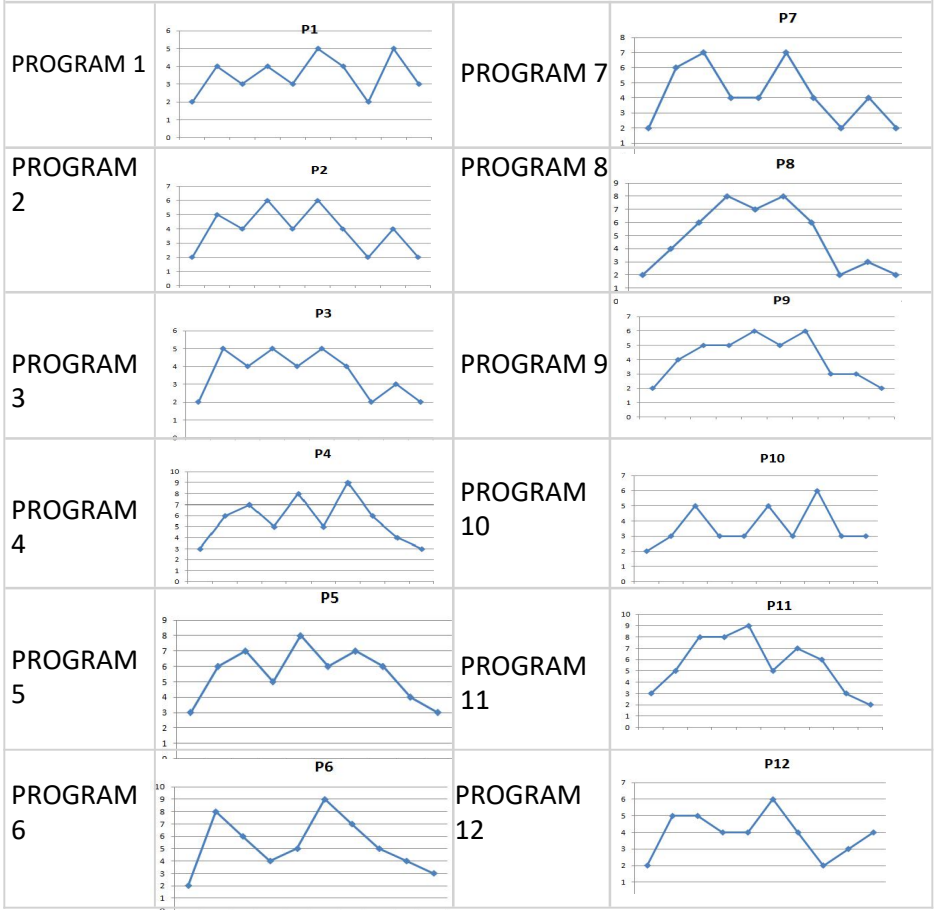
following intense exercise because it helps muscle becomes warmer, and promotes blood circulation which supplies more oxygen into muscle. After aerobics, warm up exercise can ease muscular soreness. Here are some warm up exercise & relieve exercise for your reference:

<p>TOUCH TOES:</p> <p>Bend your body slowly, and relax back & shoulder. Try your best to bend as low as you can, and then keep still for 15 seconds.</p>		<p>SHOULDER EXERCISE:</p> <p>Raise right shoulder to right ear, count 1, release. In the mean time, raise the left shoulder to left ear, count 2.</p>	
<p>STRETCH INNER THIGHS:</p>		<p>STRETCH THIGHS:</p> <p>Sit on the floor,</p>	

<p>WAIST EXTEND ED: Extend arms to right & left, and then raise slowly, up to head. Extend right arm to ceiling, keep still for 1 second, feel the extension of right arm. Then do the same to left arm.</p>		<p>Extend of Shank: Forward the body, hands against the wall, step forward the left leg. Keep right leg straight, left foot against the floor; and then bend left leg, move hip against the wall. Keep still for a while and do the same to the other shank.</p>	
<p>HEAD EXERCISE: Head to the right, count 1, feel the extension of the left side of neck; then head back, let the jaw to ceiling and open your mouth, count 2; head to left side, count 3, turn back your head.</p>			

12 programmes

BLUE = SPEED



If you still can't solve the problems after taking the solutions above, please contact our Customer Care @ contactus@durafit.in or 6383151885/7806811343 to resolve the issue through our Pan - India Service Network.

