

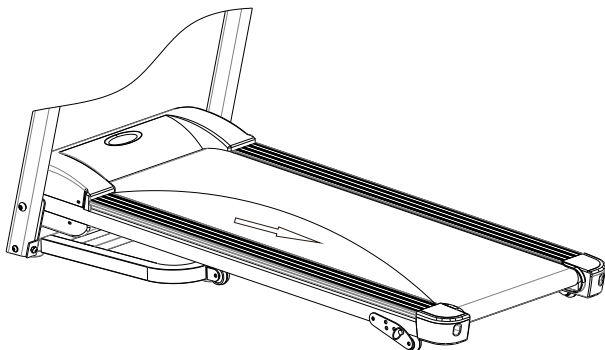
## Running belt adjustment method

1. When running belt lean to the left, adjusting screw on the left 1-2 turns along the clockwise. Then, test running; If still lean to the left, repeat the above steps until back to the center.
2. When running belt lean to the right, adjusting screw on the right 1-2 turns along the clockwise. Then, test running; If still lean to the right, repeat the above steps until back to the center.
3. When the running belt too tight, it will cause stronger resistance. Please adjust both sides screws 1-2 turns along the counterclockwise, loosen the belt until stopping skidding or pausing; When the running belt too loose, please adjust both sides screws 1-2 turns along the clockwise.

Time period		Time set/20 period=Run time and down time period									
formula		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

## Use the treadmill lubricant

Location is in the middle of the lower surface of the running belt. When add lubricant, please inject to the center of running board, then put down the belt, pressing the hole by hands, rotating the belt to apply evenly.



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# Treadmill Instruction Manual

## GT-PRO 3000



Please place red magnet on console to start treadmill.

Thank you very much for purchasing this product, to be able to use the product, be sure to read this manual.

## Treadmill main parameters

1. Running Area: 1150\*420mm
2. Set up Size: (L\*W\*H)1430\*700\*1200mm
3. Folding Size: (L\*W\*H)600\*700\*1140mm
4. Speed: 1-14km/h
5. Mode: "Manual"; "Time countdown"; "Distance countdown"; "Calories countdown"; "Auto". In accordance with Monitor instruction.
6. 12 sport modes can be set up by own needs.

## Safety

### Warning

- Please don't use this machine with illness, fatigue and drunk.
- Children should use this machine under adults accompany.
- Please wear comfortable clothes, avoid flip flop or skirt when using this machine.
- Please start from suitable sport as excessive exercise may affect health.

### Attention

- It's common home use machine, please avoid commercial use.
- Please avoid using this machine at fire source location.
- Please exercise in wide space without any danger.
- When use in the floor, please be sure cover the carpet to avoid damage to the surface.
- When not use, please don't set it on the place as follows:
  - A. Overheat, over cold place.
  - B. Outdoors, direct sunlight place.
  - C. Gas stove, near the fire place.
  - D. Cold and more moisture places.
  - E. Child touch place.
  - F. Soot, water vapor place.
- Please don't use this machine on the uneven places.

## Treadmill Common Error Messages Prompt Description

E01: communication blocked between Electronic and controller.

Solution	When communication line is blocked between Electronic and under controller	Please connect again or change communication line
	When Electronic without signal	Change Electronic to repair
	When under controller without signal	Change under controller to repair

E02: The controller does not detect the voltage of the motor line.

Solution	Motor cable is not connected	Check connection
	No voltage output or abnormal by under controller	Change under controller to repair
	Motor is bad	Change motor

E03: When the motor is running, the controller can't test the speed signal.

Solution	Motor cable is not connected	Check connection
	Under controller with abnormal signal	Change under controller to repair

E05: When the motor is running, current exceeds the rated current.

Solution	Treadmill motor load exceeds the rated current	Recommend within the rated current of the motor
	Treadmill motor assembly structure problems, causing the motor blocked or resistance	Check the structure of treadmill
	By limiting control system failure	Change under controller to repair

E07: Monitor can't test the signal of security lock.

Solution	Safety Magnet off	Please set magnet safety lock correctly
	Electronic Safety lock system malfunction	Change electronic to repair

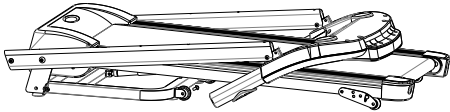
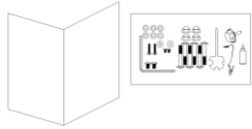
### 9. Each numerical display range:

	Initial	Set initial value	Setting range	Display Range
Time(min:sec)	0:00	45:00	1:00-45:00	0:00~45:00
Speed(km/h)	0.0	N/A	N/A	1-14
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9
Pulse(sec/min)	P	N/A	N/A	N/A
Calories(Kcal)	0	50	20-990	0-999

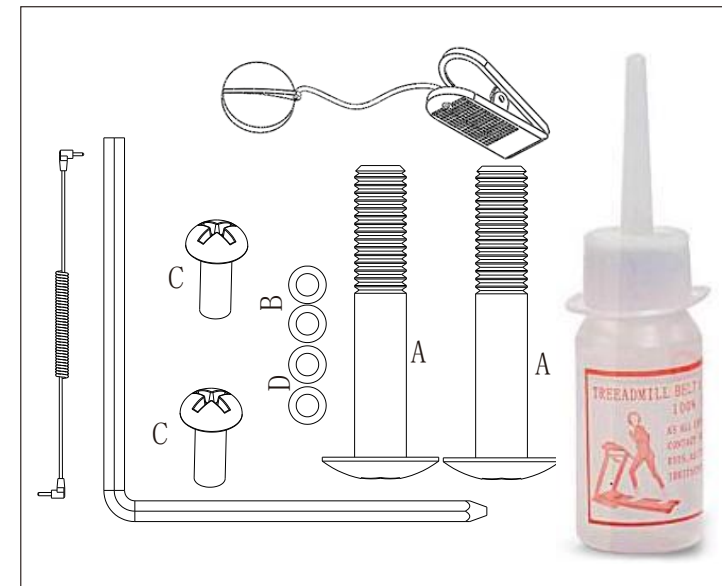
### Schedule 1: P1-P12 Program motion map

Time period formula		Time set/20 period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

### Packing Details

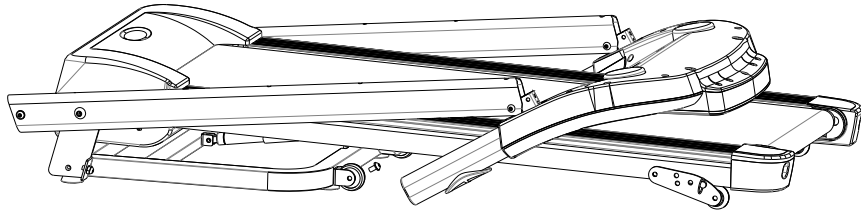
Frame	
Manual + Screw package	

### Screw package(monofunctional)



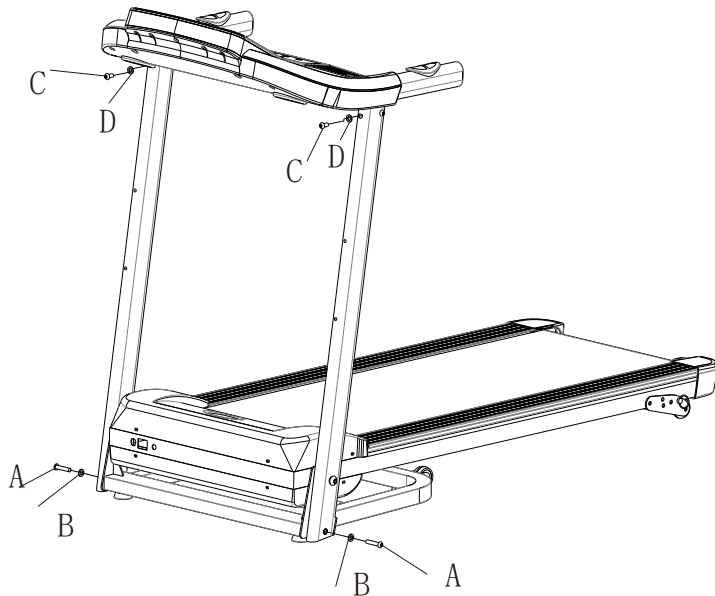
### Step 1: Extending the framework

1. Both men take the treadmill out of the box and lay it flat on the ground.
2. Slowly stand up from the direction of the arrow. As shown in the figure below



### Step 2. Assembly mode

1. The column is connected to the base: The left and right columns and the base holes are assembled in the screw bag as shown in the figure below. A.M8 \* 40 and B. flat pads are respectively tightened in the tool kit M5 wrench.
2. Electronic watch and column connection: as shown in the figure below, the B.M8 \* 16 and C flat pads are respectively assembled into the left and right columns and electronic watch holes and tightened with the Toolkit M5 wrench.



### B. Countdown mode

1. Enter time countdown mode: In the initial standby mode press Kin selection time countdown mode, where the time window 30:00 minutes and flashing speed by +/- keys set the desired run time, set the range of 8: 00-99 : 00 minutes, press the start button to enter the running time countdown mode.
2. Enter distance countdown mode: In the initial standby mode, press the mode button to select the mode from the countdown, this time from the window 1.0 kilometers and flashes, the distance traveled by the speed +/- key set the desired setting range 1.0 to 99.0 kilometers, press Start key to enter the distance countdown mode.
3. Enter calories countdown mode: In the initial standby mode, press the mode button to select the calorie countdown mode, then 50 calories window displays and flashing speed by +/- keys to set the required run-calorie, setting range from 20 to 990, press the Start button to enter calorie countdown mode.

### C. Auto mode

Enter auto mode: In the initial setting mode or standby state, press the key to enter the program automatic program selection. At this time window 30:00 minutes and flashes through speed +/- keys set the desired run time, set the range of 8: 00 ~ 99: 00 minutes, press the Start button to enter the automatic program.

### 7. Sleep Function

When the treadmill stops running without any operating more than 10 minutes into hibernation, spreadsheets automatically turn off the display, press any key to wake electronic form, re-enter standby mode after the initial full-display.

### 8. Safety lock function

After normal use, the need to specify the location of the safety lock into electronic form before they can operate electronic form; safety lock to win, spreadsheets or E07 LCD window displays "---", and accompanied by a beep every second warning; as in the running, won the safety lock, the system will quickly stop, close again the safety lock, all motion data is cleared.

### 3. LCD display instruction

LCD(94774) shows: Speed, Time, Distance, Calories.

### 4. Button function

- Function button: Speed Shortcuts 4 (3, 6, 9, 12)
  - “Start” button      “Stop” button
  - “Program” button      “Mode” button
  - “Speed+” button      “Speed-” button

### 5. Button function and operation

“Start” button - Start the motor

“Stop” button - Stop the motor

“Program” button - Auto program selection

“Mode” button - Countdown mode selection

“Speed+/-” button - Adjust speed when running, adjust parameter value when setting

“Speed Shortcuts” - Directly select speed value when running

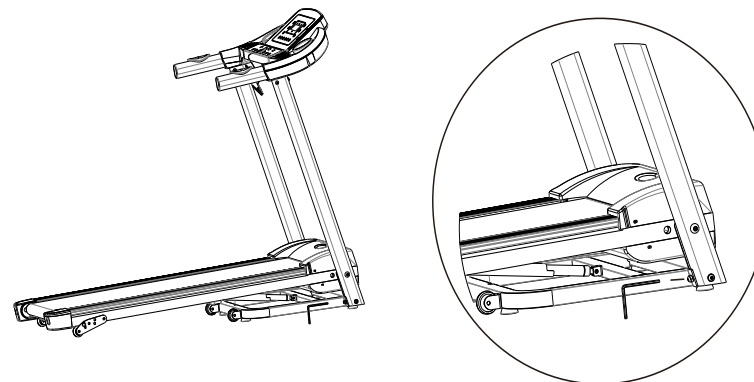
### 6. Sport modes

#### A. Manual mode

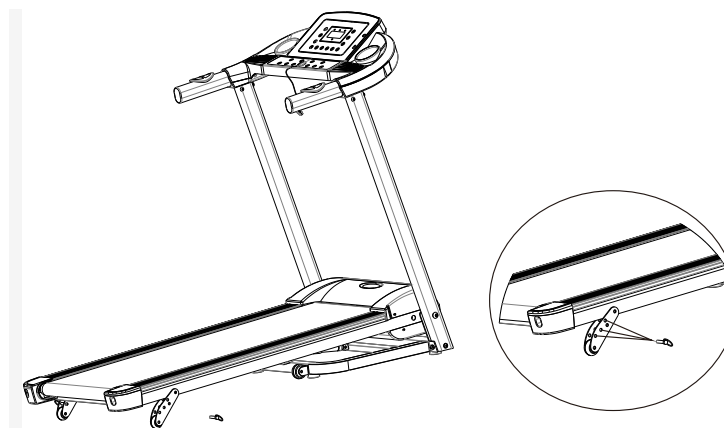
Enter manual mode: After the electronic power meter-wide display, enter the initial standby mode, then press the start button, enter to manual mode.

### Step 3. All screws fixed

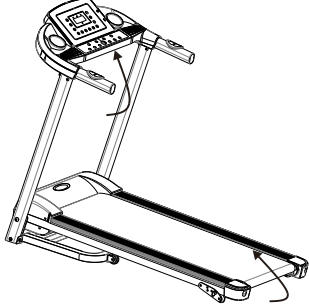
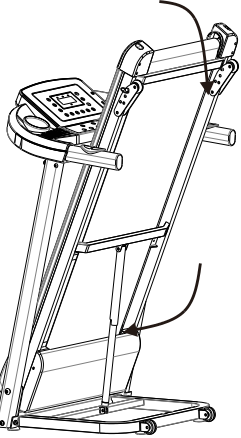
After fixing all the screws in step 2, screw the screws into place as shown in the figure below.



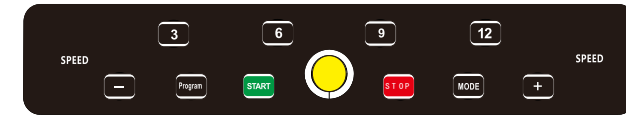
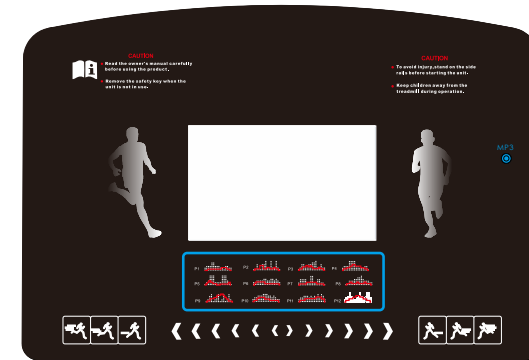
Single function assembly, put the red safety switch in the instrument with a yellow mark to start the treadmill can be used, this model with MP3 function. Plug MP3 cable into the meter display MP3 hole connected mobile phone can listen to music running. The machine also has a manual 3 anti-lift adjustment function as shown in the figure below



## Folding and unfolding

<p>Folding Mode</p>		<p>Where the arrow is shown, gently lift the tail of the main frame with your hand. The host will automatically fold to the appropriate location.</p>
<p>How to expand</p>		<p>As we unfold, use your kick to press the cylinder switch and press the arrow at the end of the main frame with your hand, while the main rack of the treadmill slowly descends to the ground</p>

## No lift electronic watches Operating Instructions



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### 1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode; Mode; Program mode.

### 2. Test heart function, USB with MP 3 amplifier function.

### 3. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 14km/h
- Maximum exercise time: 45min under Time mode
- Minimum exercise time: 8min under Time mode
- Maximum exercise distance: 99km under Distance mode
- Minimum exercise distance: 1km under Distance mode
- Maximum calories consumption: 990cal under Calories mode
- Minimum calories consumption: 20cal under Calories mode
- Minimum time: 8min under (P1-P12) Program mode
- Maximum time: 99min under (P1-P12) Program mode