

IN Motion

TREADMILL

PRODUCT
USER GUIDE



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01. PRODUCT PARAMETER

√ Help you enjoy exercising at home

Specification:

Model: IN-LB-5

Color: Black

N.W: 24.5kg/28kg

Running area: 400 x 1060mm

Expanding size: 1250 x 620 x 1120mm

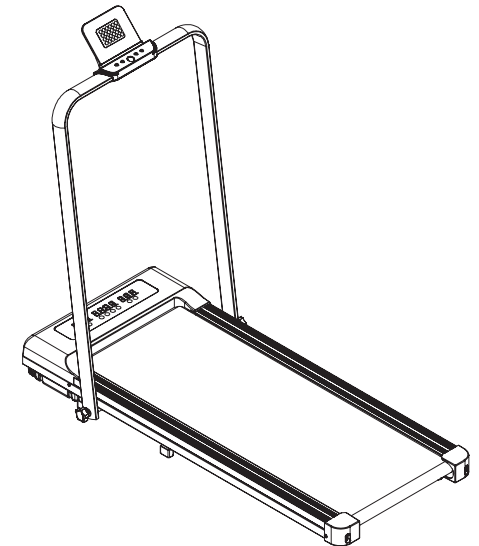
Horse power: 2.0HP

Speed: 0.8-10.8km/h

Shock absorption: AIR

Max weight: 120kg

Note: The physical object
shall prevail



02. SAFETY INFORMATION

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TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE.



- Please do not use the machine when you are sick, tired or drunk. Treadmill is not intended for use by children or those with physical, sensory or cognitive impairments.
- Please wear comfortable clothes and avoid flip-flops or skirts when using this machine.
- Please start from suitable sport as excessive exercise may affect health.
- Please ensure that all parts are not damaged and fixed before use. The device should be placed on a flat surface when used.
- This product only works with electrical outlets with a voltage between 110v and 120v. If your product's plug does not fit your home's outlets. do not attempt to use.
- Never exceed product's maximum weight capacity of 300 lbs. (136kg)
- Do not attempt any maintenance or adjustments other than those described in this manual.
- The device is for home use only. Do not use the device in a commercial, rental, or institutional environment.

03. WARM-UP

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1.Stretch down:

Bend your knees slightly with your body stretch down slowly, let your back and shoulders relax, and try to extend your hands to touch your toes. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times.

2.Hamstring stretch:

Sit down on a clean cushion, straighten one leg and place the other leg inward towards the thigh and snug on the inside of the straightened leg. In the meantime, try to touch the toes of your straightened leg with the hand at the same side. Hold for 10-15 seconds and take a break for a few seconds.

3.Calf and Achilles Tendon Stretches:

Place both hands against the wall while standing with one foot behind the other, keeping your back leg straight and both heels planted on the ground while leaning against the wall. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times for each leg.

4.Quadriceps Stretch:

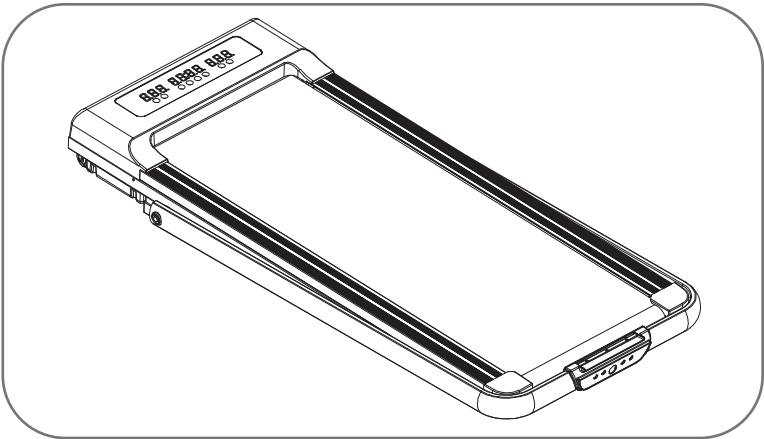
Hold your body steady with your left hand holding against the wall and right hand reaching back to grab your right heel and pull it slowly towards your hips, until you feel the muscle tightness at the front side of your thigh. Hold for 10-15 seconds and take a break for a few seconds. Repeat several

5.Inner thigh Stretch:

Sit on the floor with your two feet holding against each other and your knees pointing to the opposite directions, grab your feet with your hands and pull them toward your groin. Hold for 10-15 seconds and take a break for a few seconds. Repeat 3 times.

04.PRODUCTS ACCESSORIES

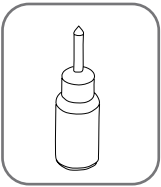
✓ Please carefull check whether the contents of the package are complete and intact, If there is any missing and damage, please contact the seller.



TREADMILL x 1



L STYLE WRENCH x 1



SILICONE LUBRICANT x 1



KNOB x 2



REMOTE CONTROL x 1

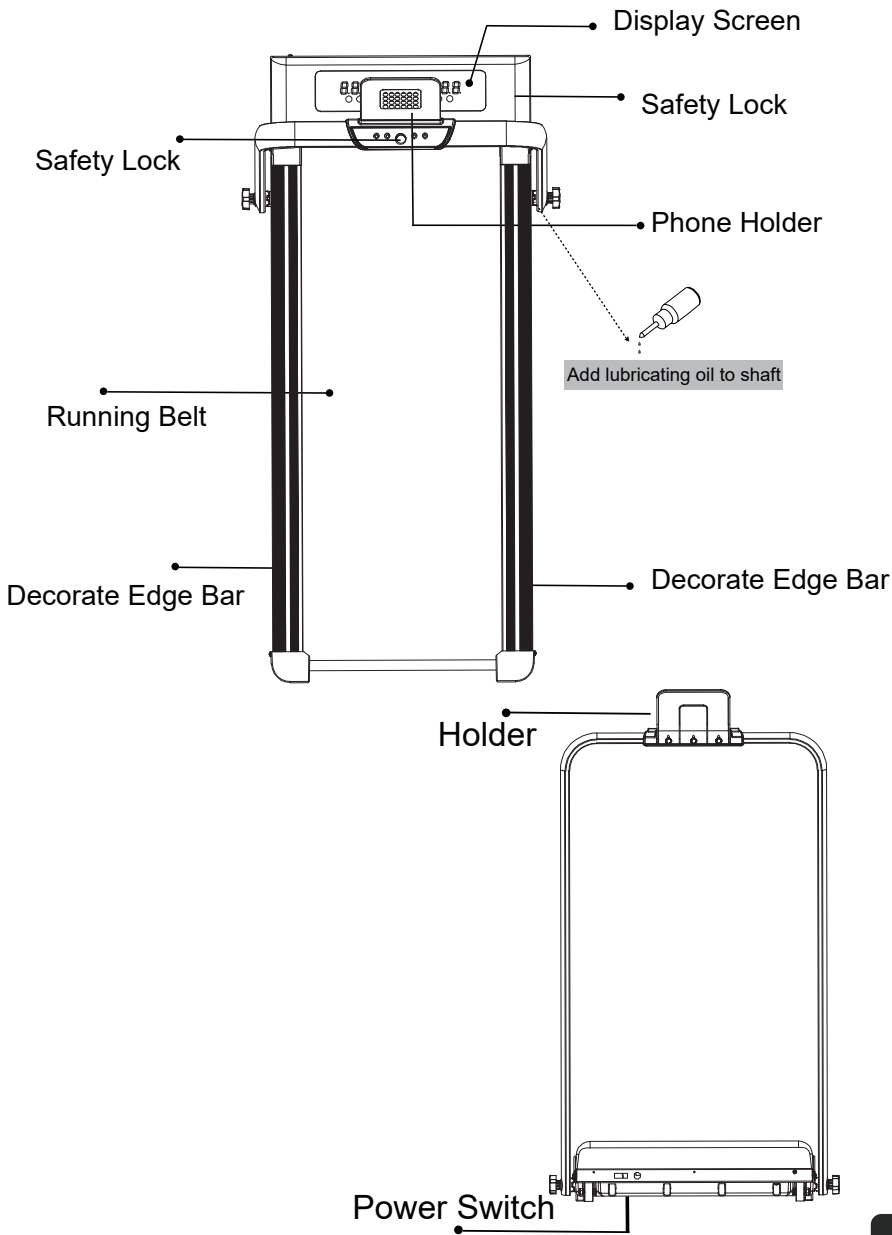


Red Safety Lock

SERIAL NO.	DESCRIPTION	QUANTITY	UNIT
1	TREADMILL	1	PC
2	L STYLE WRENCH	1	PC
3	SILICONE LUBRICANT	1	PC
4	KNOB	2	PC
5	REMOTE CONTROL	1	PC
6	Red Safety Lock	1	PC

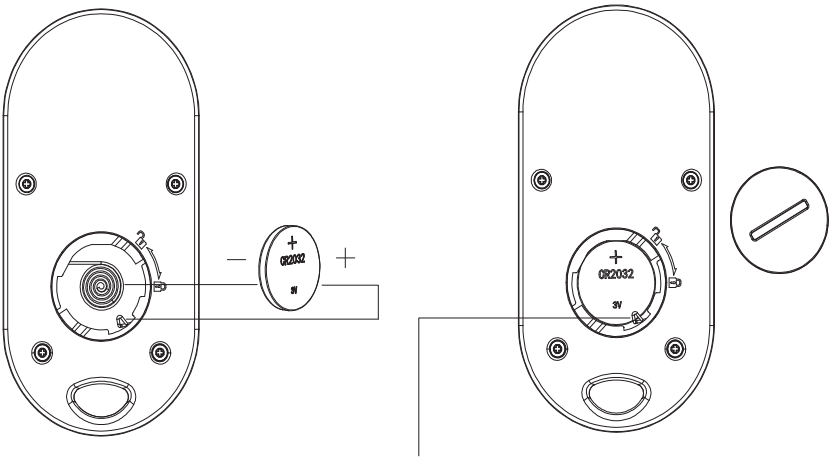
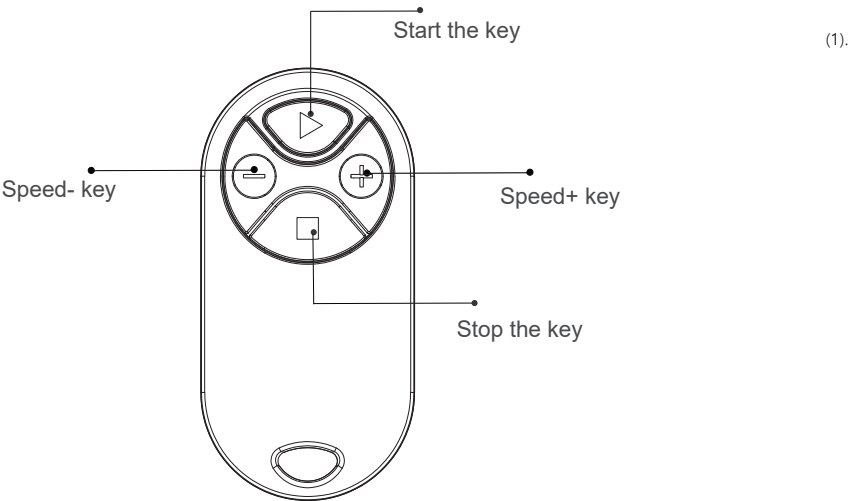
05.PRODUCT STRUCTURE

✓ The running belt is made of head and tail splicing, there are seam marks, if is normal process phenomenon and does not affect the normal use of the treadmill.



06.FUNCTION DIAGRAM

Remote control instructions



The picture shows the positive spring clip is buckled on the positive terminal of the button battery (with words)

06.FUNCTION DIAGRAM

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- (1).Press the "Speed -" key to reduce the machine speed.
 - (2).Press "Speed +" to increase the speed of the machine.
 - (3).Press the "▶/■" button, and the machine will start or stop slowly.
1. In the standby state, directly press the "▶" button, the treadmill would start to move at the speed of 0.8 km/h, other windows start counting up from 0, press "+", "-" button to change the speed.

Setting Parameter	Initial Value	Display range
Time (minutes: seconds)	0:00	0:00-99:59
Speed (km/h)	0.80	0.8-10.8
Distance (km)	0.00	0.00-99.9
Calories (kcal)	0.00	0-999

06. FUNCTION DIAGRAM



The function of the display panel is described



(1). "Speed" window

The current speed value is displayed in the running state, and the speed is on. The display range is 0.8-10.8 KM/H.

Operation description: initial running speed is 0.8KM/H, time, distance window from zero. When the exercise time exceeds 99:59 minutes, the system does not stop, the time will start from zero. (3/6) Speed Shortcuts: 3KM/H/6KM/H.

(2). "Time" window

Display exercise time. The time range is 0:00-99:59 minutes.

(3). "Distance" window

Display the moving distance, the display range is 0.00-99.9 miles, the reverse count is decremented from the set value to zero, when the counter turns to 0, the machine will steadily descend to stop. (Distance and calories switch every 5 seconds.)

(4). "Calories window"

Display the calorie consumption value, the display range is 0.00-999 kcal.

The reverse count is decremented from the set value to zero, when the counter turns to 0, the machine will steadily descend to stop.

07. INSTALLATION STEPS

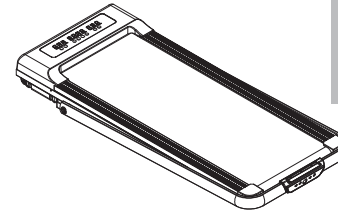


The main structure of the treadmill has been installed in the factory process, and you need to refer to the installation instructions for the final installation and fixing.

01

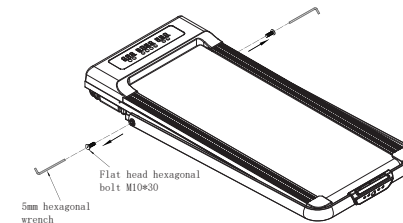


Open the package, take out the assembly material in the box and lay the main unit flat on the ground.



Take out the M10*30 flat head hexagonal bolts on the left and right sides of the handle bar with a 5mm hexagonal wrench.

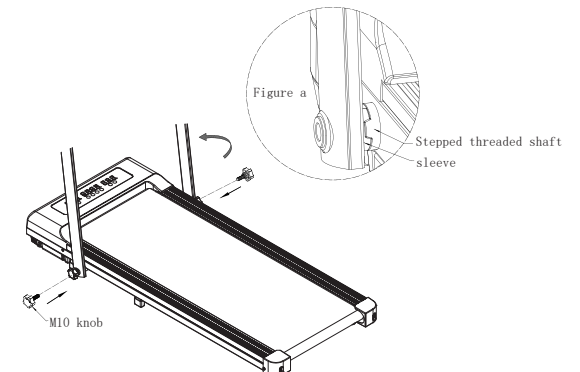
(Note: These two screws are only used for package fixation and are stored separately after disassembly)



02

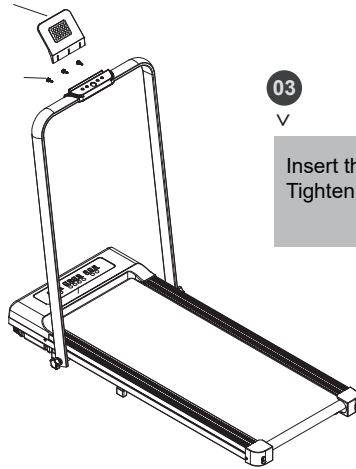


Lift the handle bar up to the position shown above until the stepped threaded shaft engages with the sleeve (as shown in figure a), then the handle bar can be fixed to the running platform with the M10 knob.



07. INSTALLATION STEPS

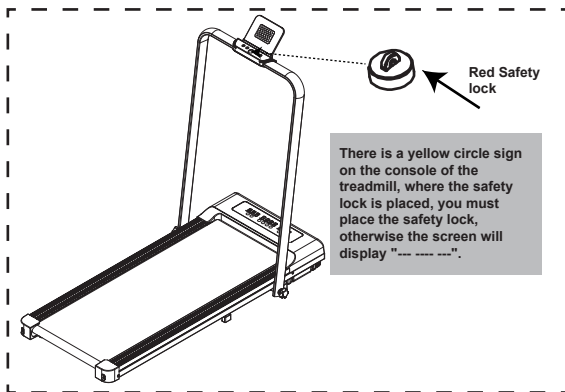
✓



03

✓

Insert the PAD frame.
Tighten the bolt by hand.



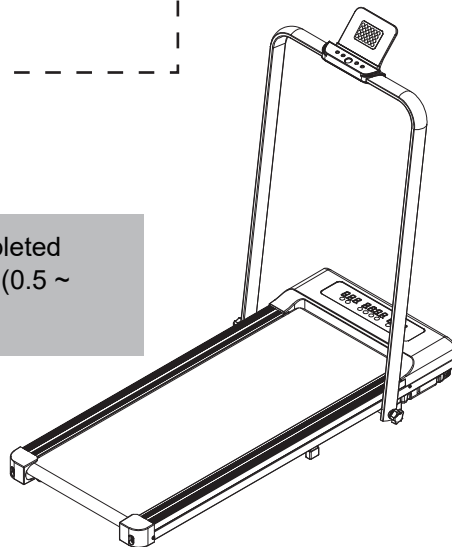
Red Safety
lock

There is a yellow circle sign
on the console of the
treadmill, where the safety
lock is placed, you must
place the safety lock,
otherwise the screen will
display "----".

04

✓

Treadmill installation completed
the speed is 0.8-10.8km/h (0.5 ~
6.7mph).



08. CARE & MAINTENANCE

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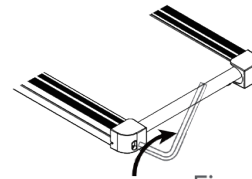


Figure 1

Centering walk belt process as follow:

1. Treadmill without load and set the speed to 6km/h.
2. Manual centering process as follow:
 - If the walk belt has shifted to left, use the hex tool to turn the left idler roller screw clockwise 1/4 of a turn (refer to figure 1).
 - If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise 1/4 of turn (refer to figure 2).
3. Appliance MUST work 1-2 minutes. Repeat manual centering process until the walk belt is centered.

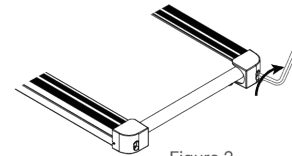


Figure 2

Belt slip correcting process as follow:

1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise 1/2 of turn (refer to figure 3).
3. After corrected, please attempt to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.

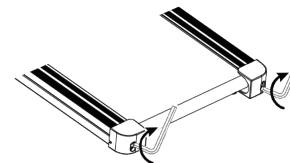


Figure 3

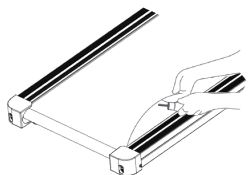
Attentions

1. To prevent any injury, don't place any debris around appliance before maintenance process.
2. MUST use associated hex tool.
3. Take care at maintenance process. Do not pinch fingers.

08. CARE & MAINTENANCE

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1 Belt lubrication process, follow instruction below to lubricate belt.



1. Power off appliance and unplug cord.
2. Using the hex tool, turn both idler roller screws counter clockwise till belt loosen and lifting easily.

Tips: please mark down hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.

3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.

4. Lubrication oil volume Per time of maintenance: 5-10mL.

Attention: it would cause of belt slip if spray too much.

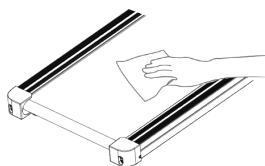
5. Using the hex tool, turn the both idler screws clockwise as previous mark down number of turns until walk belt tighten properly.

6. Power on appliance and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.

Attention: No-loading work at 1.0mph speed setting.

Lubrication frequency: High recommend 125 Miles Per time.

2 Appliance cleaning



1. Power off appliance and unplug power cord before cleaning.
2. Wipe and clean with damp cloth, Do not cleaning with acidic or caustic detergents.
3. Do not clean opposite of walk belt.
4. Its normal few black powders residual under appliance after long working.

09. FAQ & SOLUTIONS

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E01: Indicates that the electronic meter and electronic control communication abnormal phenomenon prompt

E01 Common problem solutions	The communication line of the electronic meter is not connected, broken and poor contact
	No signal output of electronic meter
	No signal output of the lower control

E02: Indicates the abnormal voltage detection between the lower control and the motor

E02 Common problem solutions	The motor wire is not connected
	The lower control supply motor has no voltage output or abnormal voltage output
	The motor is not work

E03: Indicates the abnormal detection speed

E03 Common problem solutions	The lower control board PWM drive line failed
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E04: Indicates the lower control detection motor over voltage protection information prompt

E04 Common problem solutions	The load of the treadmill exceeds the rated working current of the motor
	Treadmill motor is abnormal
	The lower control board motor over voltage test line failed

09. FAQ & SOLUTIONS

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E05: Indicates the lower control detection motor over current protection information prompt

E05 Common problem solutions	Treadmill load is beyond the rated operating current of the motor
	The treadmill and motor assembly structure problems, causing motor resistance or blockage phenomenon
	Lower control of the current limiting system fault

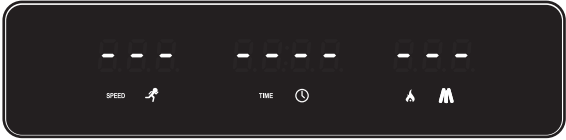
E06: Indicates that the lower control detects the low abnormal voltage of the drive power supply

E06 Common problem solutions	The power supply voltage is too low
	The lower control board detects the line failure

E07 or--: Indicates the electronic watch security lock is not put in good set

E07/--: Common problem solutions	Safe magnet not on the road
	Electronic meter security lock system failed

When the screen shows "---- --", you need put safety lock on treadmill



10. WARRANTY

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MANUFACTURER'S LIMITED WARRANTY

We warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended,under the conditions that it has been installed and operated in accordance with owner's

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only

Exclusions from Warranty Coverage:

we do not warrant against and is not responsible for,and no implied warranty shall be deemed to cover,any product failure,product malfunction,or damagesattributable to:

- 1.Improper installation and/or failure to abide by o installation guidelines;
- 2.Use of this product beyond normal home use,or in application for which it was not designed;
- 3.Cosmetic items such as scratches,dents or discolor- ations;
- 4.Damage caused by normal wear and tear,vandalism,ac- cidental or by animals;

10. WARRANTY

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5.Any act of Nature (such as fire, flooding, snow, ice, hurricanes, earthquakes, lightning or other natural disasters), environmental condition (such as air pollution,mold,mildew,etc.) or staining from foreign substances (such as dirt,grease,oil,etc.);

6.Normal weathering due to exposure to sunlight,weather and atmosphere which can cause colored surfaces to among other things,flake,chalk,accumulate dirt or stains.

7.Improper operation,alteration,handling,storage,abuse or neglect of the products.

using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

1.Order Number

2.Description of Parts

(Adding photos or videos would be helpful)

3.Part Number

4.Date of Purchase