



ECT7

TREADMILL

OWNER'S MANUAL

150

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to users.
3. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the Treadmill to a service center for examination and repair.
6. Do not carry this treadmill by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch where the air openings may be blocked.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Connect this Treadmill to a properly grounded outlet only. See Grounding Instructions.
14. The equipment is designed for commercial use, Maximum load is 160kg.

SAVE THESE INSTRUCTIONS

Before You Start

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks or stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

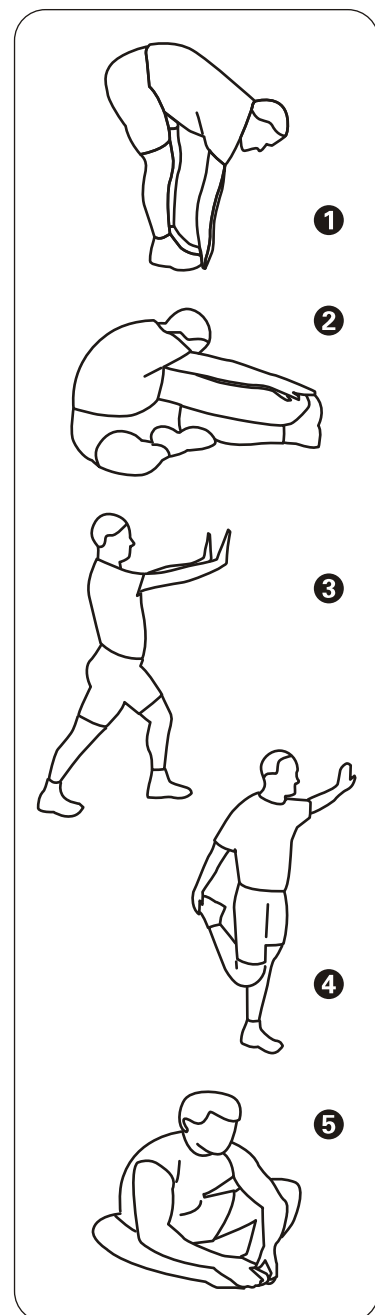
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

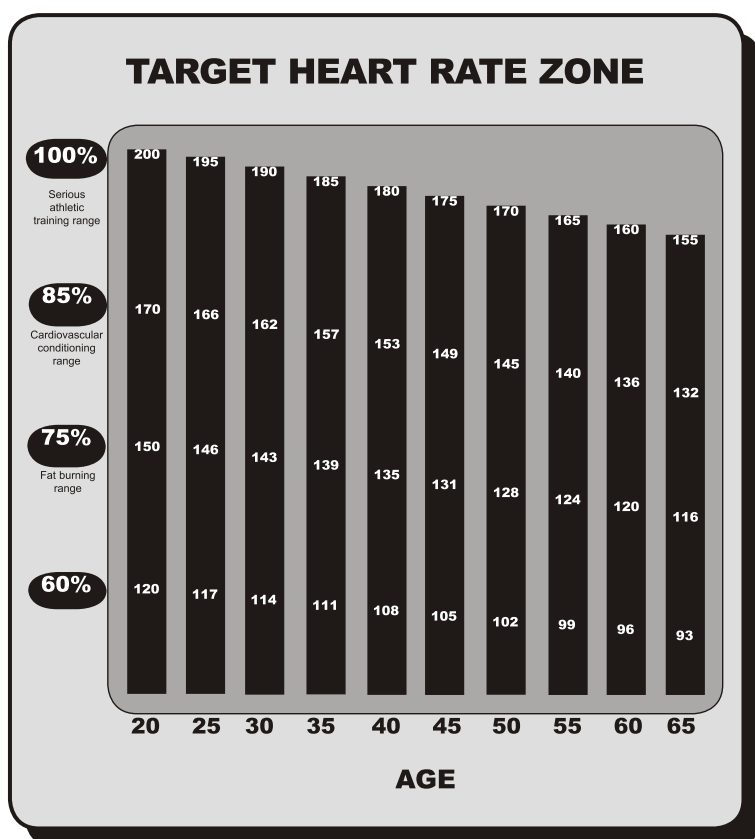


Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

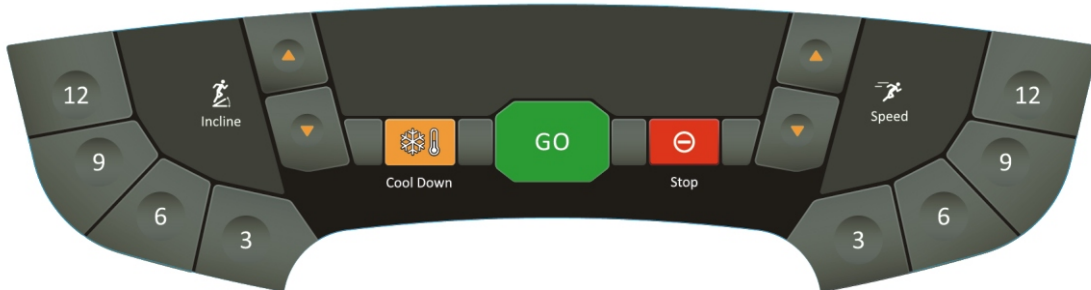
During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Console Panel Functions



110V

220V

Rated Voltage	110-120V~ 50-60Hz
Rated Current	18A
Speed Range	1-20km/h
Incline Range	0-15%
Display	SPEED/ AVG SPEED/ INCLINE/ CALORIE/ CAL/ HOUR/ STEPS/ DISTANCE/ PACE/ TIME/ HEART RATE/ DOT MATRIX

Rated Voltage	220-240V~ 50-60Hz
Rated Power	2200W
Speed Range:	1-20km/h
Incline Range:	0-15%
Display:	SPEED/ AVG SPEED/ INCLINE/ CALORIE/ CAL/ HOUR/ STEPS/ DISTANCE/ PACE/ TIME/ HEART RATE/ DOT MATRIX

Console Panel Functions

Console Panel Function

1. Lower LED + display controls



1.1 The default display for above windows is always:

Time elapsed, Incline, calories, speed, distance.

1.2 If user pressed the "Display shift".

1.3 Then 3 windows in the middle + Heart rate window, will change to other displays.

Incline -> Pace

Calories -> Cal/Hour

Speed -> AVG Speed

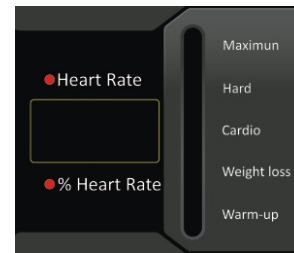
Heart Rate -> % Heart Rate

1.4 If user pressed the "Time shift"

Time elapsed -> Time Remaining -> Time in zone loop through per press.

1.5 If user pressed the "Distance shift"

Distance -> Steps loop through per press.



2. User control buttons



2.1 Time +/-

During workout: Press once, Time window flashes, user can use incline or speed adjustments to change the value press enter to save.

2.2 Cool Down

Press once, Speed drop by 50%, incline drop by 50%.

Console Panel Functions

2.3 Incline+/-

Press the up arrow and down arrow buttons to adjust the incline by 0.5.

2.4 GO

2.4.1 Press once when outside of a program.

2.4.2 Upper LED displays "3", "2", "1".

2.4.3 Belt starts moving.

2.5 STOP

2.5.1 Press once, Speed drop to 0, every other window remains un-changed.

2.5.2 Hold for 3 seconds, console resets.

2.6 Speed +/-

2.6.1 Press the + button and - button to adjust the speed by 0.1.

2.6.2 Enter data entering.

2.7 Clear/Pause

2.7.1 Clear: Clear the value entered.

2.7.2 Pause: console value is not changed, Lower LED scrolls "PAUSE MODE, PRESS GO TO RESUME". Upper LED displays "II".

3. A-ZONE



3.1 GO

3.1 Press once when outside of a program.

3.2 Upper LED displays "3", "2", "1".

3.3 Belt starts moving.

3.2 STOP

3.2.1 Press once, Speed drop to 0, every other window remains un-changed.

3.2.2 Hold for 3 seconds, console resets.

3.3 Cool down

Press once, Speed drop by 50%, incline drop by 50%.

Console Panel Functions

3.4 Incline+/-

Press the up arrow and down arrow buttons to adjust the incline by 1.

3.5 Speed +/-

3.5.1 Press the + button and - button to adjust the speed by 0.1.

3.5.2 Enter data entering. 0.5

3.6 Incline Instant: 3, 6, 9, 12

3,6,9,12 go to selected incline angle directly.

3.7 Speed instant: 3, 6, 9, 12

3,6,9,12 go to selected speed directly.

4. Dot matrix



4.1 Displays 400m track. Indicates position on track by a blink.

4.2 Indicates message when enter value.

4.3 Indicates workout curve in Program mode.

Console operation

1. Quick Start Mode

1.1 Plug into surge protector outlet. Turn on power.

1.2 Stand on the treadmill and straddle belt.

1.3 The LED windows scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN".

1.3.1 If press start button through manual mode;

1.3.2 the upper LED windows Displays "IM" for 3 seconds.

1.4 Press GO button.

1.5 Upper LED displays "3", "2", "1".

1.6 Belt starts moving.

2. Program mode

When console turns on, the LED screen scrolls "PRESS GO OR SELECT PROGRAM TO BEGIN". If Target, Workout program, My workout selected.

Console Panel Functions

2.1 If Target is selected

The LED scrolls "CALORIES TARGET".

The LED scrolls "PRESS ENTER TO SELECT OR PRESS ADJUST KEYS TO SEE OTHER PROGRAMS".

User can use Incline keys or Speed adjustment keys: "+" or "-" to loop through all 3 Target programs: CALORIES TARGET, DISTANCE TARGET, TIME TARGET. Press Enter to select.

2.1.1 If CALORIES TARGET is selected

2.1.1.1 Lower LED displays "ENTER CALORIES 100 KCAL".

2.1.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value by 20.

2.1.1.3 Press Enter to confirm.

2.1.1.4 Lower LED displays ENTER WEIGHT 70 KG.

2.1.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.1.6 Press Enter or GO to confirm.

2.1.1.7 The LED displays "3", "2", "1".

2.1.1.8 Belt starts moving.

2.1.2 If DISTANCE TARGET is selected

2.1.2.1 Lower LED displays "ENTER DISTANCE 5.0 KM".

2.1.2.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.2.3 Press Enter or GO to confirm.

2.1.2.4 The LED displays "3", "2", "1".

2.1.2.5 Belt starts moving.

2.1.3 If TIME TARGET is selected

2.1.3.1 Lower LED displays "ENTER TIME 30 MINS".

2.1.3.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.1.3.3 Press Enter or GO to confirm.

2.1.3.4 The LED displays "3", "2", "1".

2.1.3.5 Belt starts moving.

Console Panel Functions

2.2 If Program is selected

Upper LED Displays: "P1" or "P2"according to user selection.

Program: P1 = Manual P2 = Cardio P3 = Interval P4 = Burn Calories P5 = Heart Rate
P6 = 5K P7 = Hill P8 = Advanced.

Lower LED scrolls: "Press enter to select or Press adjust keys to see other programs".
Press Enter to select.

2.2.1 If Manual (P1) is selected

2.2.1.1 Lower LED displays "MANUAL MODE".

2.2.1.2 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.1.3 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.1.4 Press Enter to confirm.

2.2.1.5 Lower LED displays "ENTER TIME 20 MINS".

2.2.1.6 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.1.7 Press Enter or GO to confirm.

2.2.1.8 The LED displays "3", "2", "1".

2.2.1.9 Belt starts moving.

2.2.2 If Cardio (P2) is selected

2.2.2.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.2.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.2.3 Press Enter to confirm.

2.2.2.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.2.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.2.6 Press Enter or GO to confirm.

2.2.2.7 The LED displays "3", "2", "1".

2.2.2.8 Belt starts moving.

2.2.3 If Interval (P3) is selected

2.2.3.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.3.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

Console Panel Functions

2.2.3.3 Press Enter to confirm.

2.2.3.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.3.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.6 Press Enter or GO to confirm.

2.2.3.7 Lower LED scrolls "ENTER LOWER SPEED 8".

2.2.3.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.9 Press Enter to confirm.

2.2.3.10 Lower LED scrolls "ENTER UPPER SPEED 10".

2.2.3.11 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.3.12 Press Enter or GO to confirm.

2.2.3.13 The LED displays "3", "2", "1".

2.2.3.14 Belt starts moving.

2.2.4 If Burn Calories (P4) is selected

2.2.4.1 Lower LED displays "ENTER MAX SPEED 10".

2.2.4.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.4.3 Press Enter to confirm.

2.2.4.4 Lower LED displays "ENTER MAX INCLINE 10".

2.2.4.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.4.6 Press Enter or GO to confirm.

2.2.4.7 The LED displays "3", "2", "1".

2.2.4.8 Belt starts moving.

2.2.5 If Heart Rate (P5) is selected

Lower LED displays "HEART RATE TRAINING 65".

Lower LED scrolls: "Press enter to select. Use speed adjust keys to see other programs".

Uses Incline keys or Speed adjustment keys: "+" or "-" to loop through all 3 HR programs: 65%, 75%, 85%

Press Enter to select:

Console Panel Functions

2.2.5.1 If 65% is selected

2.2.5.1.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.3 Press Enter to confirm.

2.2.5.1.4 Lower LED displays "ENTER TIME 20 MINS".

2.2.5.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.6 Press Enter to confirm.

2.2.5.1.7 Lower LED displays "ENTER AGE 40".

2.2.5.1.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.5.1.9 Press Enter or GO to confirm.

2.2.5.1.10 The LED displays "3", "2", "1".

2.2.5.1.11 Belt starts moving.

2.2.5.2 If 75% is selected

2.2.5.2.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.2.2 Same as above.

2.2.5.3 If 85% is selected

2.2.5.3.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.5.3.2 Same as above.

2.2.6 If 5K (P6) is selected

2.2.6.1 Lower LED scrolls "5K mode: Press Enter or GO to begin".

2.2.6.2 Upper LED displays "3", "2", "1".

2.2.6.3 Belt starts moving.

2.2.7 If Hill (P7) is selected

2.2.7.1 Lower LED displays "ENTER WEIGHT 70 KG".

2.2.7.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.7.3 Press ENTER to confirm.

2.2.7.4 LED displays "ENTER TIME 20 MIN".

2.2.7.5 Press Enter or GO to confirm.

2.2.7.6 The LED displays "3", "2", "1".

2.2.7.7 Belt starts moving.

Console Panel Functions

2.2.8 If Advanced (P8) is selected

Advanced Program: AFTER BURN, 6K steps, 8K steps, Norway fireman test.

For all 4 programs:

Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

The LED Displays scrolls: "After BURN" or "6K", "8K", "Norway Fireman Test" according to user selection.

Lower LED scrolls: "Press enter to select or Press adjust keys to see other programs".

2.2.8.1 If after burn is selected

2.2.8.1.1 Lower LED displays "ENTER HIGH INTENSITY INTERVAL HEART RATE 90".

2.2.8.1.2 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.3 Press ENTER to confirm.

2.2.8.1.4 Lower LED displays "ENTER DURATION OF HIGH INTENSITY INTERVAL 60 SECONDS".

2.2.8.1.5 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.6 Press ENTER to confirm.

2.2.8.1.7 Lower LED displays "ENTER RECOVERY INTERVAL HEART RATE 65".

2.2.8.1.8 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.9 Press ENTER to confirm.

2.2.8.1.10 Lower LED displays "ENTER DURATION OF RECOVERY INTERVAL 30 SECONDS".

2.2.8.1.11 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.12 Press ENTER to confirm.

2.2.8.1.13 Lower LED displays "ENTER NUMBER OF INTERVALS 8".

2.2.8.1.14 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.2.8.1.15 Press ENTER to confirm.

2.2.8.1.16 The LED displays "3", "2", "1".

2.2.8.1.17 Belt starts moving.

Console Panel Functions

2.2.8.1.18 Upper LED Display "WARM UP PLEASE USE ADJUST KEYS TO CHANGE SPEED AND INCLINE OR PRESS START KEY AGAIN TO START 1ST INTERVAL".

2.2.8.1.19 Press START to confirm.

2.2.8.1.20 Upper Display "HIGH INTENSITY INTERVAL 1 OF X" (X is number of intervals set by user). Speed level goes up until the high intensity interval heart rate set is reached. Start 1st high intensity interval duration.

2.2.8.1.21 After 1ST high intensity interval duration is over, the recovery interval starts.

2.2.8.1.22 Upper Display "RECOVERY INTERVAL 1 OF X" (X is number of intervals set by user). Start recovery interval duration. Speed level is lowered until recovery interval heart rate set is reached.

2.2.8.1.23 Intervals are repeated until the number of intervals set by user is reached.

2.2.8.1.24 Upper Display "Cooldown please use arrow keys to change resistance or press Stop key to end workout". Speed and incline level is the same as the Speed and incline level of the last recovery interval.

2.2.8.1.25 Press STOP key.

2.2.8.1.26 Program ends.

2.2.8.2 If 6K Steps is selected

2.2.8.2.1 The Display "6K Steps".

2.2.8.2.2 Press Enter or GO to confirm.

2.2.8.2.3 Upper LED displays "3", "2", "1".

2.2.8.2.4 Belt starts moving.

2.2.8.3 If 8K Steps is selected

2.2.8.3.1 The Display "8K Steps".

2.2.8.3.2 Press Enter or GO to confirm.

2.2.8.3.3 Upper LED displays "3", "2", "1".

2.2.8.3.4 Belt starts moving.

2.2.8.4 If Norway Fireman test is selected

2.2.8.4.1 The Display "Norway fireman test".

2.2.8.4.2 Press Enter or GO to confirm.

2.2.8.4.3 Upper LED displays "3", "2", "1".

2.2.8.4.4 Belt starts moving.

Console Panel Functions

2.3 If My workout is selected

2.3.1 The LED Displays: "My workouts - design your own workout".

2.3.2 The LED Displays: "ENTER WEIGHT 70 KG".

2.3.3 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.4 Press Enter to confirm.

2.3.5 The LED Displays: "ENTER TIME 20 MINS".

2.3.6 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.7 Press Enter to confirm.

2.3.8 The LED Displays: "PRESS ENTER TO ADJUST SPEED AND INCLINE OR PRESS GO TO BEGIN".

2.3.9 Uses Incline adjustment or speed adjustment keys: "+" or "-" to adjust the default value.

2.3.10 Press Enter to confirm and into the next segment. User can set the 16 segments.

2.3.11 Set the 16th segment, Press Enter to confirm.

2.3.12 The LED Displays: "PRESS ENTER TO ADJUST SPEED AND INCLINE OR PRESS GO TO BEGIN".

2.3.13 Press GO to confirm.

2.3.14 Upper LED displays "3", "2", "1".

2.3.15 Belt starts moving.

3. Treadmill Error Messages

3.1 Communication Error message: ER01

3.1.1 Check console and the main communication cable connection

3.1.2 Check inverter and the main communication cable connection

3.1.3 Replace inverter

3.1.4 Replace console

3.2 Elevation Error messages: ER02

3.2.1 Check power cable of actuator and inverter connection

3.2.2 Check cable of sensor of actuator and inverter connection

3.2.3 Replace actuator

3.2.4 Replace inverter

Console Panel Functions

3.3 Safe-key Error message: ER03

- 3.3.1 Check safe-key button
- 3.3.2 Check cable of safe-key
- 3.3.3 Replace safe-key PCB
- 3.3.4 Replace console

3.4 Over current message: ER04

- 3.4.1 Add silicon to run belt and board
- 3.4.2 Replace inverter
- 3.4.3 Replace motor

3.5 Lower voltage message: ER05

- 3.5.1 Check power AC 220-240V (110-120V)

3.6 Over load message: ER06

- 3.6.1 Add silicon to run belt and board
- 3.6.2 Replace run belt and board
- 3.6.3 Replace inverter
- 3.6.4 Replace motor

3.7 Emergency stop message: ER07

- 3.7.1 Reset Emergency switch then press STOP button
- 3.7.2 Check cable of Emergency switch and Emergency switch connection
- 3.7.3 Replace Emergency switch
- 3.7.4 Replace inverter

3.8 The console no power

- 3.8.1 Check the Ac power
- 3.8.2 Turn on the power switch
- 3.8.3 Check the communication cable and console connection
- 3.8.4 Check the communication cable and inverter connection
- 3.8.5 Replace the communication cable
- 3.8.6 Replace the power cable