NOTICE

Thank you very much for choosing Best Choice Products! Please read the installation instructions carefully before installing.

- Firmly secure all screws before use.
- Product is intended for indoor use only.
- If any parts are missing, broken, damaged, or worn, stop using this item until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer’s instructions as this could void the product warranty.
- For safety purposes do not stand on running belt when starting the machine.
- Please stop immediately at the first sign of nausea.
- Please increase speed slowly if needed.
- Do not stand on belt while adjusting.
- It is recommended to wear athletic shoes when using the machine.
- Children, elderly, pregnant women, patients recovering from injuries or surgery are prohibited to use the machine.
- Please clip the safety key on your clothing during use.
- Please firmly hold the rail bars during using.
- Retain these instructions for future reference.

Caution During Use and Safety

Please put the machine on flat ground. It is unsuitable to put the machine at following places:

Outdoors. (The machine is specially designed for indoor use only)
Slanted ground or slanted places on balcony.
Sunlight area or near a heater/fireplace.
Big noisy places.

- Errors may appear if the power supply is not stable. Please do not use the same socket together with computers, air conditioners, etc.
- It is suggested to wear athletic shoes clothing when using the machine.
- Please increase or decrease speed slowly.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not put the machine near wet objects. Errors may occur if item gets wet.
- If you do not feel well before using, please consult with your doctor or coach.
- Our company is not responsible for any injuries as a result of improper use
- Please unplug after using.
- Please unplug when moving the machine or changing parts.
- Children, elderly, and pregnant women are prohibited from using the machine. Patients should consult their doctor before using.
- Please place the machine on a flat surface. Do not place any objects 2M behind the machine.
Caution During Use and Safety Cont.

- Do not start the machine when it is folded.
- Keep water away from the machine, motor, power line, and plug.
- Do not use this machine in enclosed spaces or areas without air circulation.
- Do not place any objects on the machine.
- Keep plug away from hot locations or fireplaces.
- Please turn off machine and unplug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without professional supervision.
- Please make sure the running belt is fastened before using.

Parts & Assembly

<table>
<thead>
<tr>
<th>Part #</th>
<th>Part Name</th>
<th>Specs</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Knob</td>
<td>M16*55</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Silicone Oil</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Washer</td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Display Monitor</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Screw</td>
<td>M8*15</td>
<td>6</td>
</tr>
<tr>
<td>6</td>
<td>Knob</td>
<td>M12*20</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>Cup Holder</td>
<td>ABS</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Safety Key</td>
<td>Red</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Hex Key</td>
<td>-</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Pad</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>11</td>
<td>Cover</td>
<td>ABS</td>
<td>1</td>
</tr>
</tbody>
</table>
**STEP 1:** Use two part 5 screws, one part 3 washer, and one part 10 pad to attach one side of the support frame to the base of the treadmill.

Repeat this on the other side with two more part 5 screws, a part 3 washer, and a part 10 pad to fully attach the support frame to the treadmill.

**STEP 2:** Use two part 5 screws and two part 10 pads to attach the handrail to the support frame.

Make sure that the screws do not interfere with the electric wires within the support frame.

Place the two part 7 cup holders in the designated slots next to the display monitor.

**STEP 3:** Insert the part 8 safety key into the designated slot on the part 4 display monitor.

**STEP 4:** Screw the part 1 knob into the left railing of the support frame.

Use the part 6 knob to attach the left side of the support frame to the base of the treadmill.
Display Monitor

Press “START” to power on the treadmill. After 3 seconds the treadmill will begin operation at .6 miles/hour.

Press the “+” key to increase speed, and the “-” key to decrease speed.

The max speed is 7.5 miles/hour and the minimum speed is .6 miles/hour.

Press “MODE” to display speed, elapsed time, and calories burned.

In “SCAN” mode, the display will toggle between speed, elapsed time, and calories burned.

Press “PROG” to choose between three workout programs.

Press “START” to begin a workout program.

The “+” and “-” keys are disabled during a workout program. Press “STOP” or remove the safety key to stop a program.

Press “STOP” to stop treadmill operation.

For an emergency stop, pull out the safety key.

Error Codes

ERR: The safety key is removed
E2: Motherboard error
E4: Motherboard error
E5: Overcurrent protection
E6: Motor error
E7: Interrupted communication
E8: Overload error
Folding & Maintenance

Fold:
- Loosen the part 6 knob and lift up on the running board to fold the treadmill.
- Secure the frame to the running board by tightening the part 1 knob on the left handrail.

Unfold:
- Release the tension on the part 1 knob and unfold the treadmill.
- Tighten the part 6 knob to lock the treadmill in place.

Applying Silicone Oil:
- Pull up on the running belt to reveal the running board.
- Apply silicone oil directly to the running board underneath the running belt.
- Turn the treadmill on and let it run for 3 minutes.
- Repeat this after 30 hours of treadmill use to extend the life of the treadmill.

Specs.

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Treadmill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power</td>
<td>800W</td>
</tr>
<tr>
<td>Voltage</td>
<td>110V</td>
</tr>
<tr>
<td>Frequency</td>
<td>60Hz</td>
</tr>
<tr>
<td>Speed</td>
<td>.6-7.5 MPH</td>
</tr>
<tr>
<td>User Capacity</td>
<td>250 lbs.</td>
</tr>
</tbody>
</table>
1) Running belt deviates to the left
- Start the treadmill at 1-1.5 miles/hour.
- Use the provided hex key to turn the screw on the back left of the machine clockwise.
- Let the machine run for 1 to 2 minutes and adjust as necessary until the belt is in the center of the running board.

2) Running belt deviates to the right
- Start the treadmill at 1-1.5 miles/hour.
- Use the provided hex key to turn the screw on the back right of the machine counterclockwise.
- Let the machine run for 1 to 2 minutes and adjust as necessary until the belt is in the center of the running board.

3) Running belt stuck in place
- Use the provided hex key to turn both screws on the back of the machine clockwise until the issue is solved.
Email us, we’re here 7 days a week to help you!
customerservice@bestchoiceproducts.com

WARNING
Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.