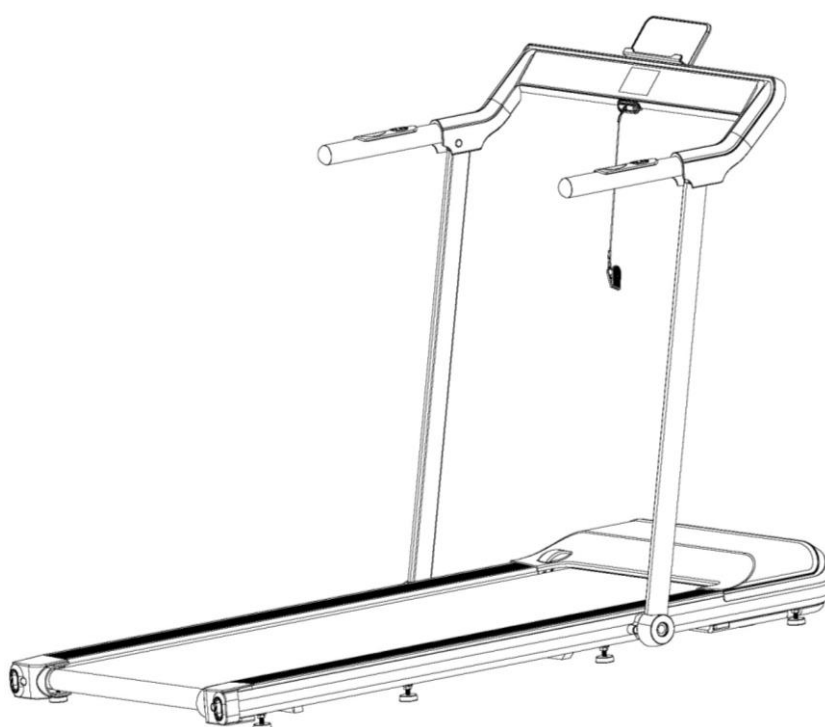




User Manual



Pegasus Connected Folding Treadmill

JL-T722054

EN

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 8 feet (240 cm) of free space behind it and 2 feet (60 cm) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 265 lbs (120 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

⚠ IMPORTANT NOTE: The running belt must be lubricated before the first use! Please see Page 7 for instructions on how to properly apply lubricant.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock and the injury from moving parts:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning or servicing.

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. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance 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. Please contact Customer Service at contact@jllfitness.co.uk.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. **CAUTION: Risk of Injury to Persons – To Avoid Injury**, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.

SAVE THESE INSTRUCTIONS

CAUTION: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s) and Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) This device may not cause interference.
- 2) This device must accept any interference, including interference that may cause undesired operation of the device.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Important Electrical Information

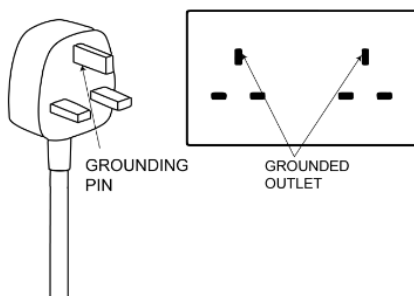
IMPORTANT NOTE:

This treadmill requires a power source of **220 Volts** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

GROUNDING METHOD



CAUTION:

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving parts of the treadmill including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover without first disconnecting the power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any other high humidity environment.

Statement of Purpose

The treadmill is a fitness machine designed to simulate walking, jogging, or running indoors. It provides a convenient and controlled environment for cardiovascular exercise, supporting a range of fitness levels and training goals.

Waste Disposal



JLL products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration of Conformity

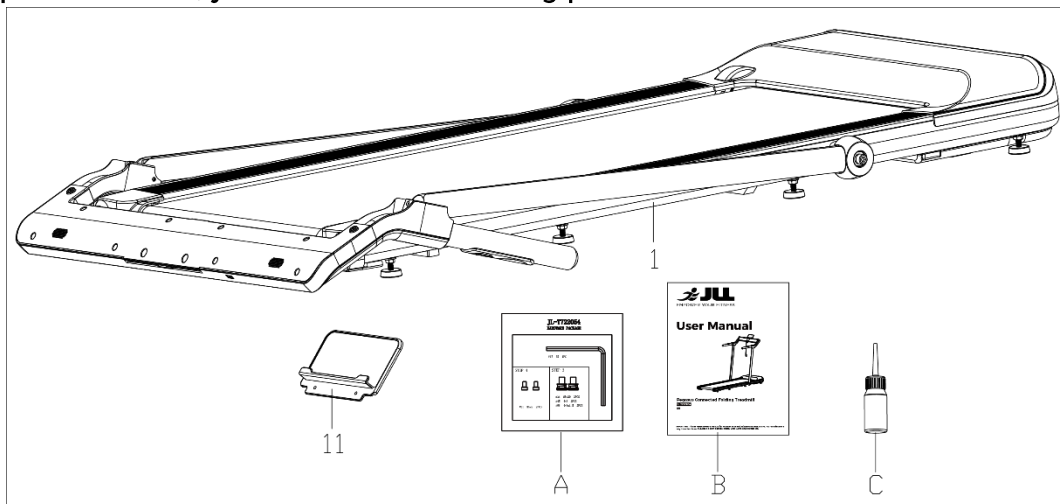
You can find the declaration of conformity at the following link:
<https://jllfitness.co.uk/pages/declaration-of-conformity>

Technical Data

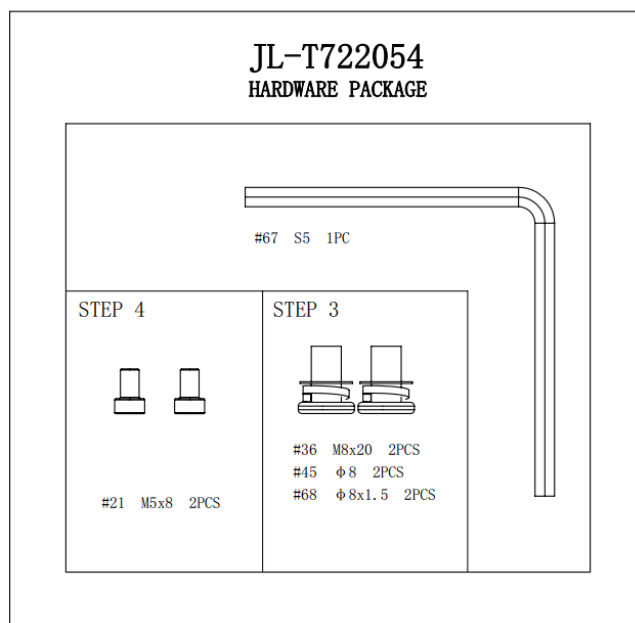
Connectivity: Bluetooth LE
Frequency Range: 2400~2483.5 Mhz
Transmitting Power: 0 dBm

Pre-Assembly Checklist

When you open the carton, you will find the following parts:



Hardware Package



Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number
- ✓ The product name
- ✓ The part number

Please contact us at contact@jllfitness.co.uk or +44 (0) 800 6123 988.

Warning Labels

WARNING
AVERTISSEMENT

Please read all warnings and instructions before using the machine.
Veuillez lire tous les avertissements et toutes les instructions avant d'utiliser les machines.

Risk of personal injury - Keep Children under the age of 13 and pets away from the machine.
Risque de blessures - Tenez les enfants de moins de 13 ans et les animaux domestiques à l'écart des machines.

Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.
Retirez le boîtier de commande (ou la clé, ou la goupille de sécurité, selon le cas) lorsqu'il n'est pas utilisé, et rangez-le hors de portée des enfants.

To reduce the risk of electric shock-unplug before cleaning or servicing.
Pour réduire le risque d'électrocution, débranchez l'appareil avant de le nettoyer ou de l'entretenir.

265LBS/120KG Weight Capacity
Capacité de charge de 265LBS/120KG

Failure to comply with these warnings could result in serious injury or death.
Le non-respect de ces avertissements peut entraîner des blessures graves, voire mortelles.

Make sure all nuts and bolts are securely tightened before each use.
Assurez-vous que tous les écrous et les boulons sont bien serrés avant chaque utilisation.

Lubricant for Motorized Treadmill
Capacity :30ML

Usage Method:

To apply lubricant, lift one side of the running belt and apply oil to the middle of the running board. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the running board.



Must be stored in a cool, dry area.



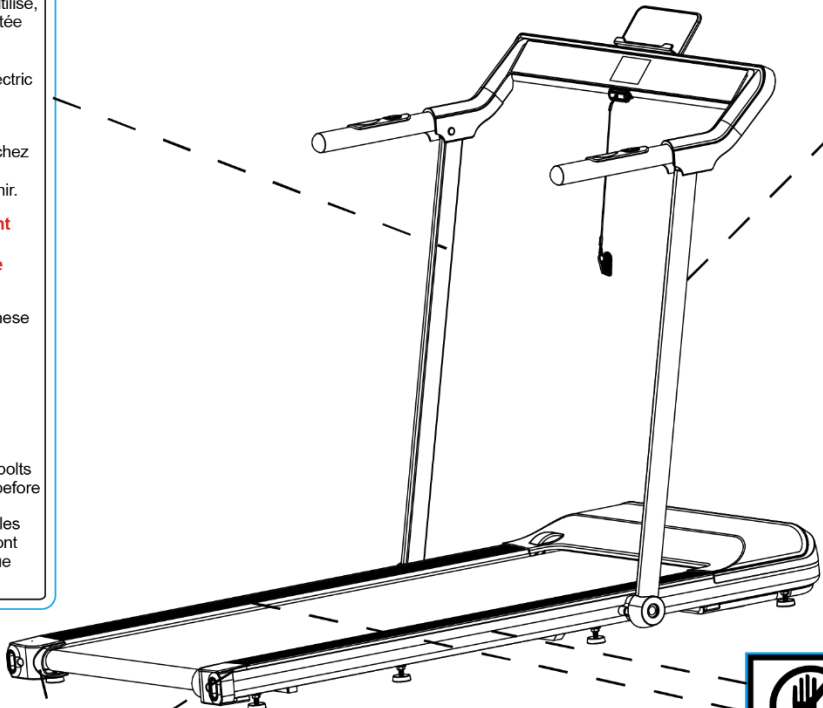
This lubricant is not intended for consumption! Eating is strictly prohibited.



CAUTION
ATTENTION

RISK OF INJURY TO PERSONS: TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF THE MOVING BELT. READ THE USER MANUAL BEFORE STARTING USE.
RISQUE DE BLESSURE POUR LES PERSONNES: POUR ÉVITER LES BLESSURES, SOYEZ EXTRÊMEMENT PRUDENT LORSQUE VOUS MONTEZ OU DESCENDEZ DE LA COURROIE MOBILE. LISEZ LE MANUEL D'UTILISATION AVANT DE COMMENCER L'UTILISATION.

TO REDUCE THE RISK OF INJURY FROM MOVING PARTS, UNPLUG BEFORE SERVICING.
POUR RÉDUIRE LE RISQUE DE BLESSURES CAUSÉES PAR DES PIÈCES MOBILES, DÉBRANCHEZ AVANT L'ENTRETIEN.



DO NOT PLACE YOUR HAND NEAR OR BETWEEN THE REAR END CAPS & REAR ROLLER!



DO NOT STAND ON THE REAR END CAPS! ALWAYS WEAR SHOES WHEN USING THE EQUIPMENT.

RUNNING BELT ADJUSTMENT

LOOSEN TIGHTEN

TO ADJUST RUNNING BELT USE ALLEN WRENCH

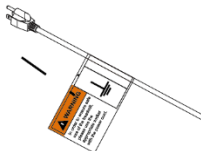
WARNING

In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.



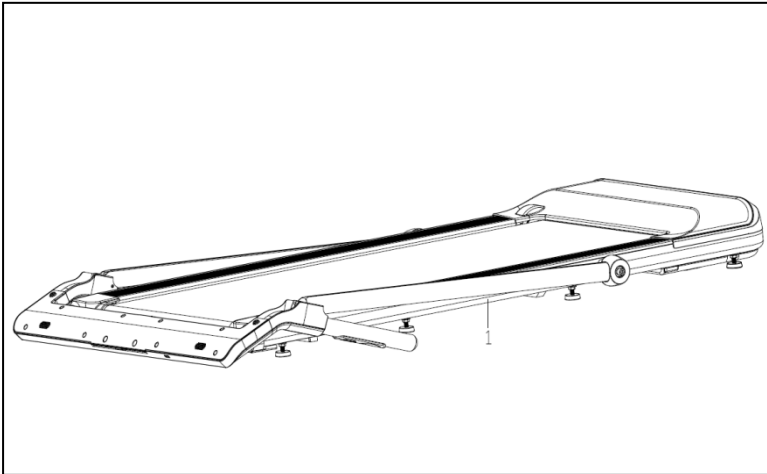
WARNING

In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.



Assembly Instructions

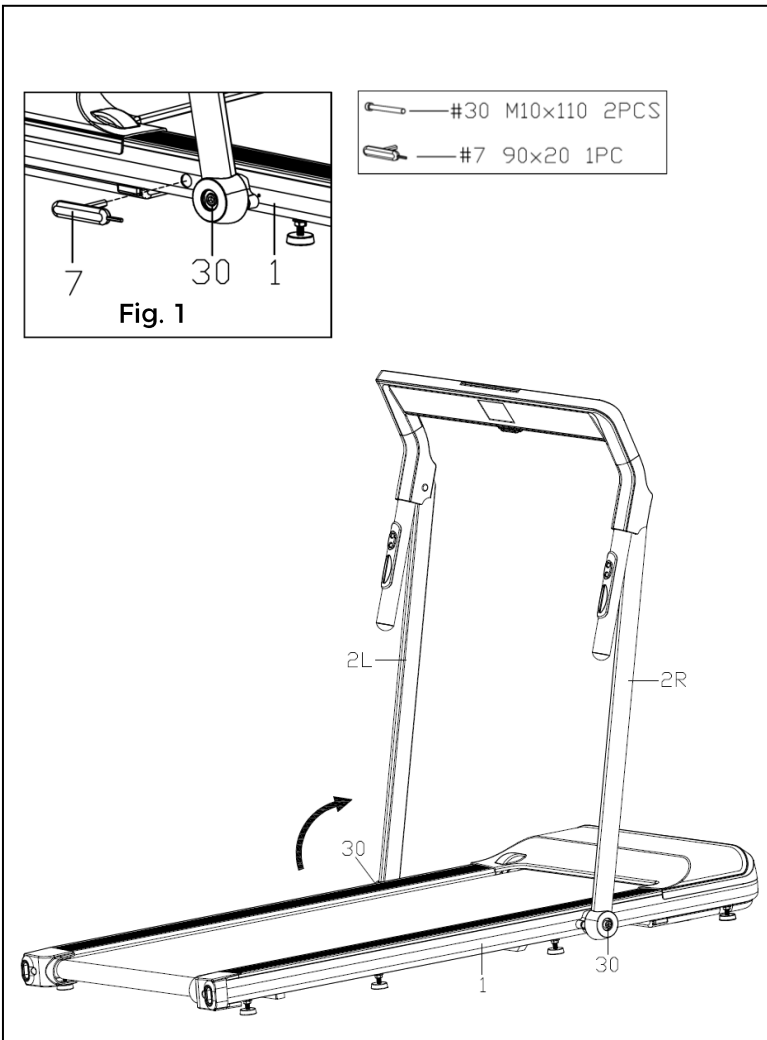
We value your experience using JLL Fitness products. For assistance with parts or troubleshooting, please contact us at contact@jllfitness.co.uk or +44 (0) 800 6123 988.



STEP 1:

We recommend having two people to do the assembly.

Open the carton and remove contents. Place the **Main Frame (No. 1)** on level ground and ensure that you have a work area that is clean and has adequate space.



STEP 2:

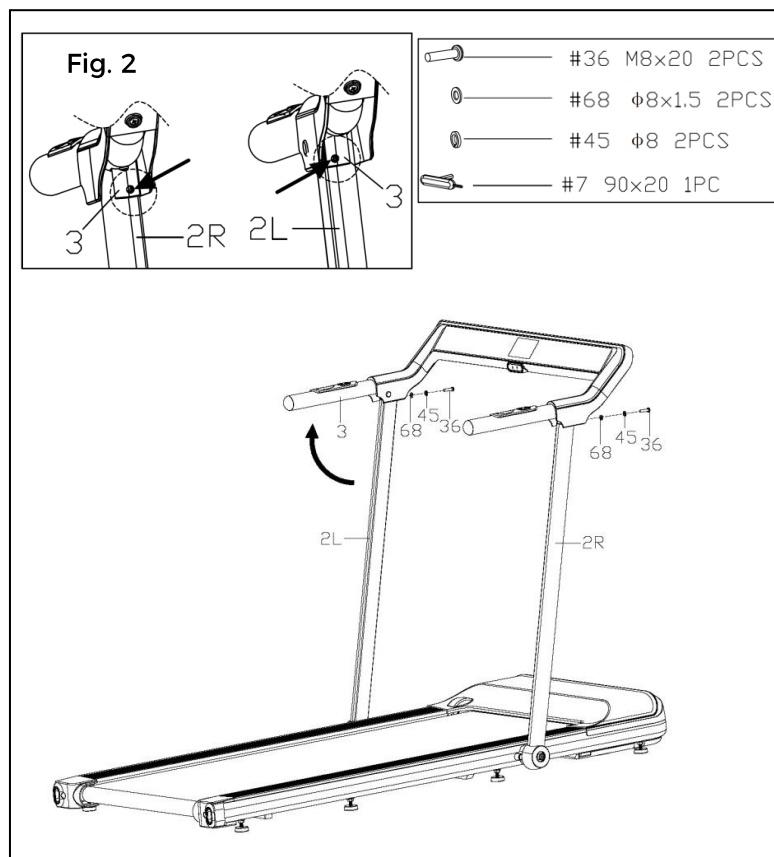
Take out the **Magnetic Wrench (No. 7)** from the **Main Frame (No. 1)** as shown in Fig. 1.

Loosen a few rotations for the 2 **Inner Hex Bolts (No. 30)** using **Magnetic Wrench (No. 7)**.

Hold the **Left & Right Upright Tubes (No. 2L & No. 2R)** then lift up in the direction of the arrow.

Secure both sides of the **Left & Right Upright Tubes (No. 2L & No. 2R)** to the **Main Frame (No. 1)** by tightening the 2 **Inner Hex Bolts (No. 30)** that were just loosened using **Magnetic Wrench (No. 7)**.

NOTE: Please do not completely tighten the **Inner Hex Bolts (No. 30)** at this step.

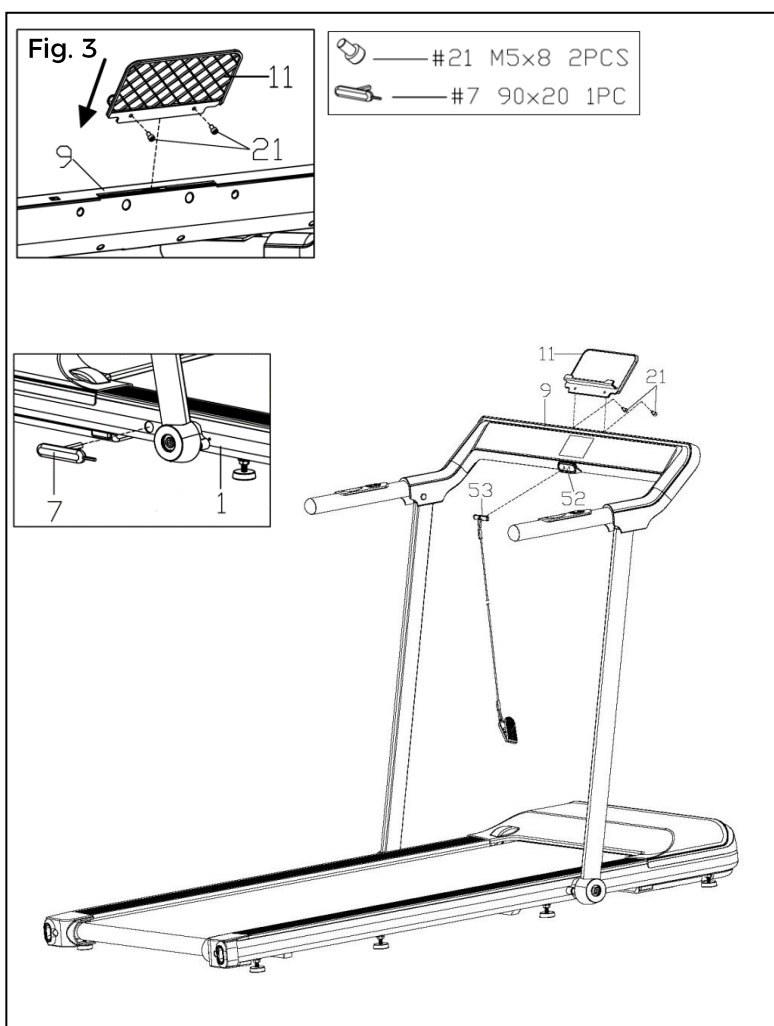


STEP 3:

Hold the **Console Frame (No. 3)** then lift in the direction of the arrow.

Align the holes on the back of the **Console Frame (No. 3)** with the holes on the **Left & Right Upright Tubes (No. 2L & No. 2R)** (as shown in Fig. 2), insert 2 **Inner Hex Screws (No. 36)**, 2 **Spring Washers (No. 45)** and 2 **Flat Washers (No. 68)** through the holes and fasten to secure the **Console Frame (No. 3)** with the **Left & Right Upright Tubes (No. 2L & No. 2R)**, tighten with **Magnetic Wrench (No. 7)**.

NOTE: Now, fasten the 2 **Inner Hex Bolts (No. 30)** from STEP 2 tightly using **Magnetic Wrench (No. 7)**.



STEP 4:

Insert the **Tablet Holder (No. 11)** into the slot on the **Console Front Cover (No. 9)** (as shown in Fig. 3), then secure with 2 **Inner Hex Screws (No. 21)** by using **Magnetic Wrench (No. 7)**.

Put the **Safety Key (No. 53)** on the **Safety Key Seat (No. 52)**.

Put back the **Magnetic Wrench (No. 7)** to the **Main Frame (No. 1)**.

NOTE: attach the clip of the **Safety Key (No. 53)** to your clothing when the treadmill is in use.

The assembly is complete!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See [Page 7](#).

Lubricating the Treadmill

You will need to lubricate your treadmill before the first use! Lubricating the **Running Belt (No. 17)** and **Running Board (No. 18)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt (No. 17)** regularly. If you find any wear on the **Running Board (No. 18)**, please contact us at contact@jllfitness.co.uk.

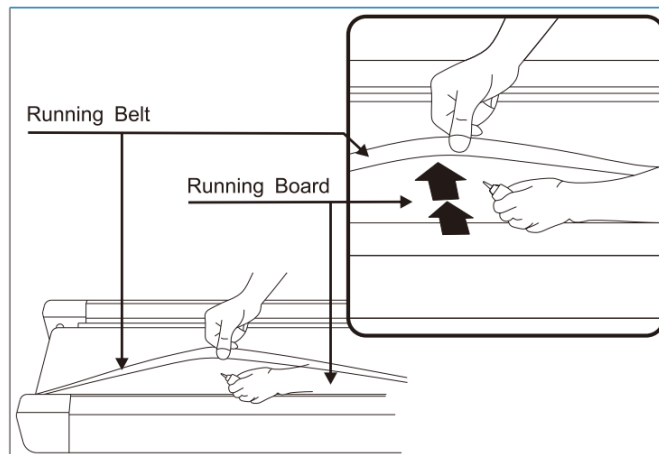
WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

1. Lift one side of the **Running Belt (No. 17)** and apply lubricant in the middle of the **Running Board (No. 18)**. Next, start the treadmill at the lowest speed setting and allow the lubricant to spread over the **Running Board (No. 18)**.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENT TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. 17)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 17)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 17)**. The most suitable tightness for the **Running Belt (No. 17)** is when it is pulled out **50-75mm** from the **Running Board (No. 18)**.

The following timetable is recommended:

Light user (less than 3 hours/ week)	every 5 months
Medium user (4-7 hours/ week)	every 2 months
Heavy user (more than 7 hours/ week)	every month



Maintenance Instructions

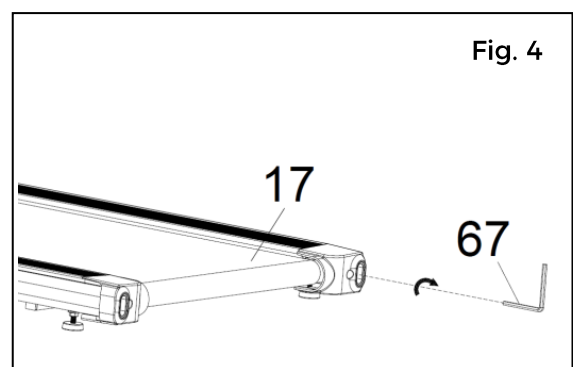
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. 17)** to prevent dust from accumulating underneath the **Running Belt (No. 17)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 18)** and **Running Belt (No. 17)**. Clean the surface of the **Running Belt (No. 17)** with a clean damp cloth.

To better maintain the treadmill and prolong its life it is suggested that the treadmill be powered off for 10 minutes every 1 hour and fully powered off whenever not in use.

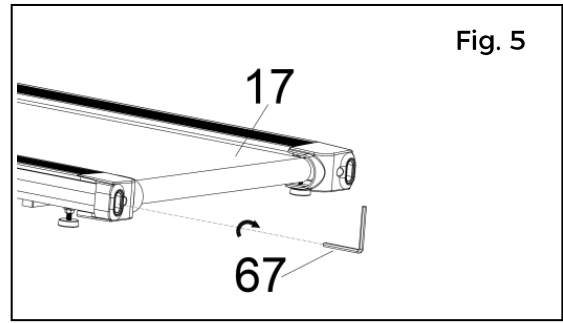
CENTERING THE RUNNING BELT

Place the treadmill on level ground and set it at 5-8 KM/H (3-5 MPH) to check and see if the **Running Belt (No. 17)** drifts from the center. Adjust the **Running Belt (No. 17)** according to instructions below with **Allen Wrench (No. 67)**.

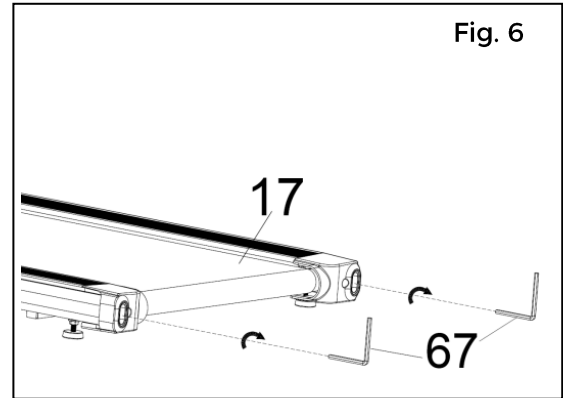
If the **Running Belt (No. 17)** moves to the right, turn the right adjustment bolt $\frac{1}{4}$ turn clockwise, then turn the left adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the **Running Belt (No. 17)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. 4.



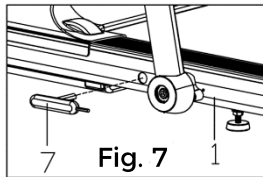
If the **Running Belt (No. 17)** moves to the left, turn left adjustment bolt $\frac{1}{4}$ turn clockwise, then turn the right adjustment bolt $\frac{1}{4}$ turn counter-clockwise. If the **Running Belt (No. 17)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. 5.



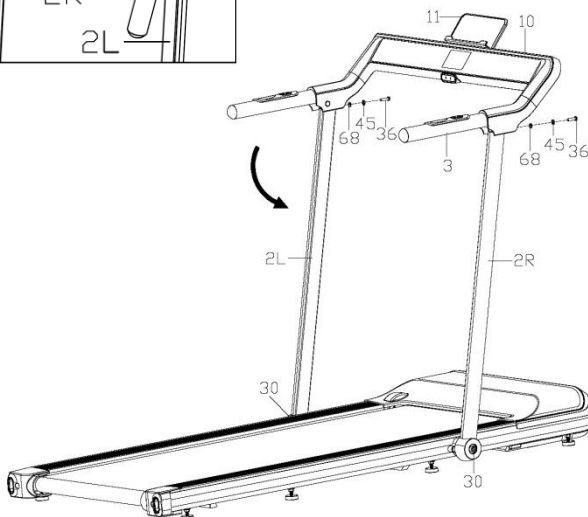
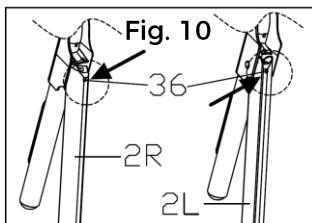
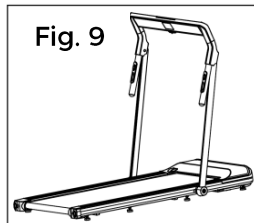
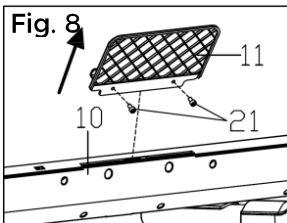
Over time the **Running Belt (No. 17)** will loosen. To tighten the **Running Belt (No. 17)**, turn the left and right adjustment bolts one full turn clockwise, check the tension of the **Running Belt (No. 17)**. Continue this process until **Running Belt (No. 17)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 17)** alignment. Refer to Fig. 6.



Folding Instructions



	#21 M5x8 2PCS
	#36 M8x20 2PCS
	#68 $\phi 8 \times 1.5$ 2PCS
	#45 $\phi 8$ 2PCS
	#7 90x20 1PC



STEP 1:

Turn off the power before folding.

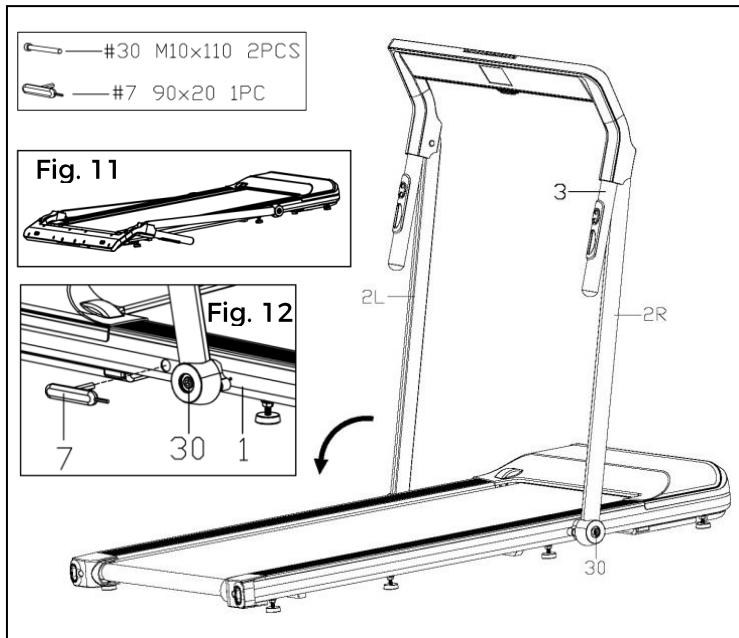
Take out the **Magnetic Wrench (No. 7)** from the **Main Frame (No. 1)** as shown in Fig. 7

Remove 2 **Inner Hex Screws (No. 21)** from the **Console Rear Cover (No. 10)** using **Magnetic Wrench (No. 7)**.

Take off the **Tablet Holder (No. 11)** from the **Console Rear Cover (No. 10)** (as shown in Fig. 8), and then screw the 2 **Inner Hex Screws (No. 21)** back in the **Console Rear Cover (No. 10)** using **Magnetic Wrench (No. 7)**.

Remove 2 **Inner Hex Screws (No. 36)**, 2 **Spring Washers (No. 45)** and 2 **Flat Washers (No. 68)** from the **Left & Right Upright Tubes (No. 2L & No. 2R)** using **Magnetic Wrench (No. 7)**.

Hold on the **Console Frame (No. 3)** and press down the **Console Frame (No. 3)** in the direction of the arrow shown to the status as shown in Fig. 9, and then screw the 2 **Inner Hex Screws (No. 36)**, 2 **Spring Washers (No. 45)** and 2 **Flat Washers (No. 68)** back into the holes of **Left & Right Upright Tubes (No. 2L & No. 2R)** using **Magnetic Wrench (No. 7)** (as shown in Fig. 10).



STEP 2:

Loosen the 2 **Inner Hex Bolts (No. 30)**, then hold on the left and right handrails on the **Console Frame (No. 3)** and fold down in the direction of the arrow shown until the treadmill is in the status as shown in Fig. 11.

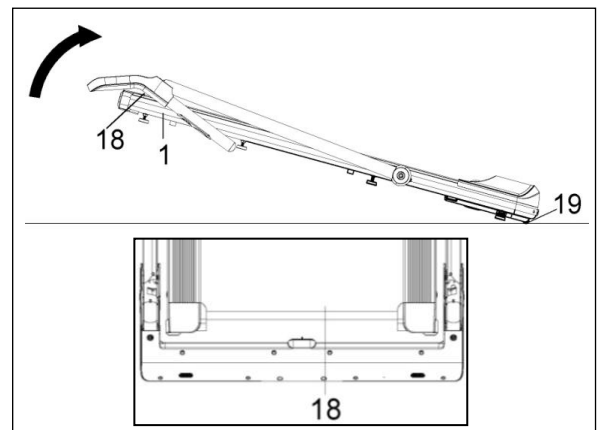
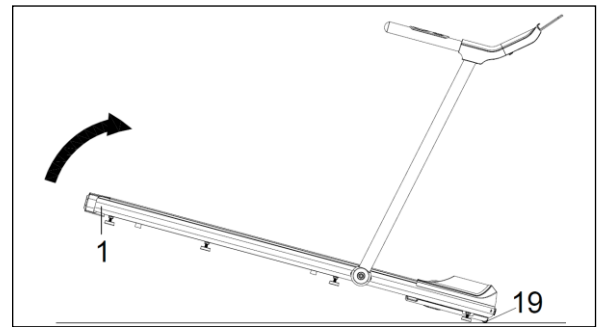
Tighten the 2 **Inner Hex Bolts (No. 30)** and put the **Magnetic Wrench (No. 7)** back in the **Main Frame (No. 1)** as shown in Fig. 12.

CAUTION: Keep hands on left and right handrails when folding to avoid pinching!

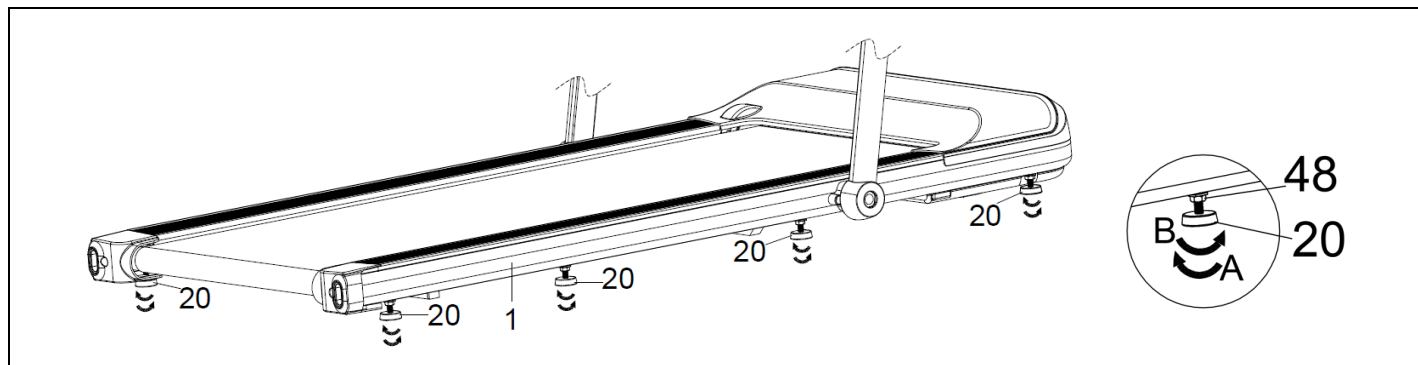
How To Move the Treadmill

There are two ways to move the treadmill. Please always remove the power cord from the **Main Frame (No. 1)** before moving the treadmill.

1. You can move the treadmill when it is unfolded by holding the 2 side tubes on the **Main Frame (No. 1)** and lift the treadmill until the **Transportation Wheels (No. 19)** touch the ground. With the **Transportation Wheels (No. 19)** on the ground, you can transport the treadmill to the desired location with ease.
2. You can move the treadmill when it is folded by holding the **Running Board (No. 18)** with two hands together, then lift the treadmill until the **Transportation Wheels (No. 19)** touch the ground. With the **Transportation Wheels (No. 19)** on the ground, you can transport the treadmill to the desired location with ease.



Adjustment Guide

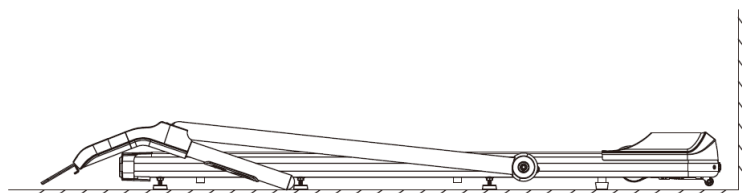


ADJUSTING THE BALANCE

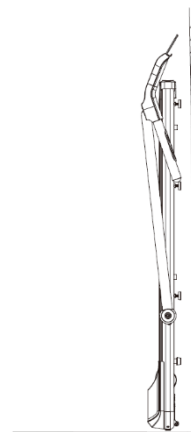
To achieve a smooth and comfortable use, you must ensure that the treadmill is stable and secure. If you notice that the treadmill is unbalanced during use, you should adjust the **Adjustable Pads (No. 20)**. There are 8 **Adjustable Pads (No. 20)** located beneath the **Main Frame (No. 1)**. Simply rotate the **Adjustable Pads (No. 20)** until the treadmill becomes level with the floor surface.

To do so, loosen the **Flat Nut (No. 48)** on the **Adjustable Pads (No. 20)** by turning it *clockwise* (direction A). With the **Flat Nut (No. 48)** loosened, rotate **Adjustable Pad (No. 20)** until it sits level with the surface that the treadmill is on. When you have finished adjusting the **Adjustable Pad (No. 20)**, re-tighten the **Flat Nut (No. 48)** by turning it *counter-clockwise* (direction B). If necessary, repeat this process to adjust the remaining **Adjustable Pads (No. 20)**.

Storage



Floor



Floor



Exercise instructions

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly.

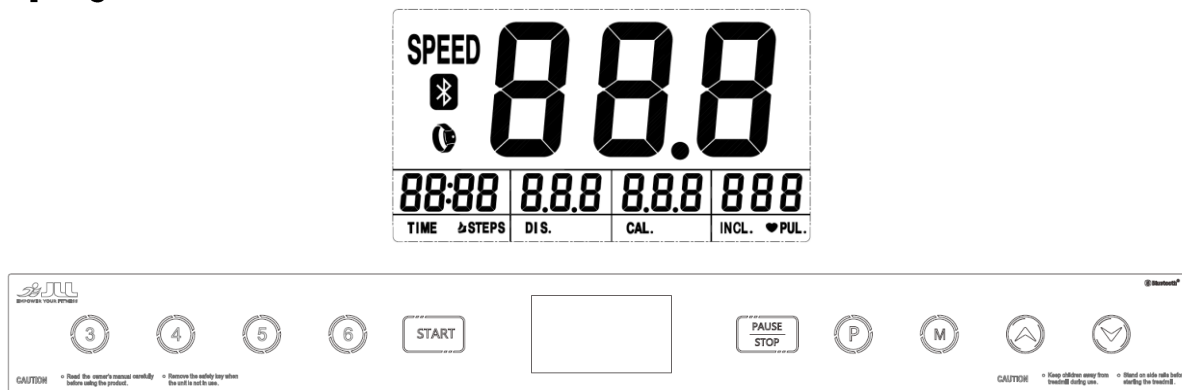
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Turn on the power switch.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
3. Next, attach the clip end of the **Safety Key (No. 53)** to your clothes and insert the magnetic end of the key into the console.
4. Press the "START" button to start the treadmill.
5. The treadmill will start at the system default setting speed of **0.6 MPH (metric 1.0 KM/H)**. When you feel comfortable, you may slowly increase this speed.
6. When you are finished with your exercise, press the "PAUSE/STOP" button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. 53)** to stop the treadmill.

The Display Console



DISPLAYS

TIME /STEPS display:

Displays the running time.

Displays the running time from 0:00-99:59, when the time reaches 99:59, the treadmill will gradually slow down to stop and the speed window will display "End". After completely stopping for 5 seconds, the treadmill will go into standby state.

In distance and calorie countdown mode: time from 0:00-99:59, when time reaches 99:59, the value will be cleared to 0 and treadmill will keep on running.

In the time countdown mode: display counts down from the set time to zero. When the countdown reaches 0:00, the treadmill will gradually slow down to stop and after completely stopping for 5 seconds, the treadmill will go into standby state.

When running, the window will display the number of steps, range from 0 to 9999 steps.

DIS. (DISTANCE) display:

Displays the accumulated distance from 0.00-99.9 KM (MILE). When it reaches the maximum 99.9, the value will be cleared, and the treadmill will keep on running.

When in countdown mode, the display counts down from the set value to zero. When the countdown reaches zero, the treadmill will gradually slow down to stop and after completely stopping for 5 seconds, the treadmill will go into standby state.

CAL. (CALORIE) display:

Displays the calorie consumption value of the exercise. Count from 0.0-999 KCAL, when it reaches the maximum 999 KCAL, the value will be cleared, and treadmill will keep on running.

When in the countdown mode, the display counts down from the set value to zero. When the countdown reaches zero, the treadmill will gradually slow down to stop and after completely stopping for 5 seconds, the treadmill will go into standby state.

SPEED display: Displays the current running speed.

Displays "H-1, H-2, H-3" in mode setting state.

Displays "P01-...P12" in program selection state.

Displays "U01-...U03" in the user program selection state.

Displays current speed value in running state.

Speed display ranges from: 1.0-12.0 KM/H (imperial 0.6-7.5 MPH).

PUL. (PULSE) display:

1. Displays pulse value. When exercising, hold on to the pulse sensors with both hands or connected to heart rate monitor, the system can automatically detect the heartbeat rate of the user and display the value in this window.

Pulse display ranges from: 50-200 times/min.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

(This data is for reference only and should not be considered as medical data.)

BUTTON FUNCTION

1. "START" is the start button.
When the power is on and the safety key is well attached in the safety key seat, press this button to start the treadmill. The default speed displayed is 1.0 KM/H (imperial: 0.6 MPH).
2. "PAUSE/STOP" is the pause and stop button.
When the treadmill is running, press "PAUSE/STOP" button once to pause the treadmill, and "PAUSE" will show on the display. Time, distance, and calorie data will be automatically saved. The speed will go to zero. Press "PAUSE/STOP" button again to stop the treadmill and all data will be cleared to zero. In the STOP state, press and hold the "PAUSE/STOP" button for 6 seconds to disconnect the heart rate monitor. To reconnect the heart rate monitor, press and hold the "PAUSE/STOP" button for 6 seconds again.
3. "P" is the PROGRAM selection button.
In standby state, press to select different running programs from "0:00", "P1-P2-P3-P4-P5-P6-P7-P8-P9-P10-P11-P12-U01-U02-U03-FAT".

"0:00" is the manual program. "P01-...P12" is the pre-set programs. "U01-...U03" is the user program. "FAT" is the constitution detection function program. Manual mode is the default mode. The default speed is 1.0KM/H (imperial 0.6 MPH).

4. "M" is the MODE selection button.
5. In setting state, press   to increase or decrease the set value.
When the treadmill is running, press to increase or decrease the speed. Value increases or decreases in increment of 0.1 KM/H (0.1 MPH). After holding for more than 0.5 seconds, automatically continuous acceleration and deceleration will be realized.
6. SPEED SHORTCUT BUTTONS: 3, 4, 5, 6 (KM/H or MPH),
Press the buttons to fast select the speed of 3, 4, 5 or 6 KM/H (MPH) when the treadmill is running.

SET UP COUNTDOWN MODE (MANUAL MODE)

1. Turn on the treadmill. The treadmill is in standby mode. Press "M" button to select time countdown mode, calorie countdown mode or distance countdown mode. Press "START" button to start the treadmill.
2. To set countdown mode
 - a. In standby mode, press the "M" button to enter the time countdown mode. The "TIME" window will display and flash "15:00". Set countdown time by pressing  . Time setting range 5:00-99:00. Value is in increment of 1:00. Press "START" button and the treadmill will start operating after 3 seconds of countdown. If you do not press "START" button and you press "M" button again, the time value you set will be cleared and treadmill will go into distance countdown mode.
 - b. In the time countdown mode, press the "M" button to enter distance countdown mode. The "DIS." window will display and flash "1.00". Set the distance by pressing  . Distance setting range: 0.50-99.9. The value is in increment of 0.1 KM (MILE). Press "START" button and the treadmill will start operating after 3 seconds of countdown. If you do not press "START" button and you press "M" button again, the distance value you set will be cleared and treadmill will go into calorie countdown mode.
 - c. In the distance countdown mode, press the "M" button to enter calorie countdown mode. The "CAL." window will display and flash "50.0". Set the calorie by pressing  . Calorie setting range 10.0-999 KCAL. Value increases in increment of 1 KCAL. Press "START" button and the treadmill will start operating after 3 seconds of countdown. If you do not press "START" button and you press "M" button again, the calorie value you set will be cleared and treadmill will go into standby mode.
 - d. After the value is set in one of the three countdown modes, press "START" button and the treadmill will start operating after 3 seconds of countdown. Press   to adjust speed or press speed shortcut buttons to change to the speed marked on the button. Press "PAUSE/STOP" button once to pause the treadmill.

OPERATIONS DURING THE EXERCISE

1. Press "START" button, the console will beep, and the treadmill will start operating after 3 seconds of countdown, the speed window shows the countdown. The initial speed is 1.0 KM/H (imperial: 0.6 MPH).
2. Press   to adjust the speed, or press the speed shortcut buttons "3, 4, 5, 6 (KM/H or MPH)", to change to the speed marked on the button.
3. Press "PAUSE/STOP" button, the treadmill will slow down to pause and stop running.
4. When the user holds the pulse sensors with both hands or connected to heart rate monitor for about 5 seconds, the heartbeat rate value will be displayed.
5. To stop the treadmill immediately, remove the **Safety Key (No. 53)**, then LCD window will display "---", and the console will beep 3 times.
6. When the set time, distance or calorie value reaches zero, the speed will gradually reduce till the treadmill stops. The console will beep 3 times. The screen will display "End". All values will go to zero and treadmill is now in standby state.
7. If a value reaches the maximum value, it will reset to zero and the treadmill will stop. In manual mode, the treadmill will stop when the time accumulates more than 99:59 min (100 min).

PROGRAM MODE

1. In standby state, press "P" button and the "SPEED" window will show "P01-...P12". After choosing the program, the "TIME" window will flash the pre-set time "10:00". There are 12 pre-set programs in this system, P01-P12.
2. Press   to adjust the time. The initial time is set to be 10 min. Only time can be set. Setting ranges from: 5:00-99:00.
3. Press "START" button, the treadmill will start running and the speed will gradually increase to the value for the first section of program (see details in the table of program parameters).
4. The speed changes along with the program sections. You can press   to adjust speed or press speed shortcut buttons to change to the speed marked on the button. But when it enters the next program section, the speed will return to the pre-set speed value of that section.
5. Each program is divided into 20 sections, operating time for each section will be 1/20 of the set time.

Each operating time period has a corresponding pre-set speed.

6. The console will beep 3 times when switching from one section to another.
7. When the set time goes to zero, the console will beep 3 times and the treadmill will slow to a stop. The screen will display "End". All values go to zero and treadmill goes into standby state after 5 seconds.
8. At any time, if you need to stop the treadmill immediately, remove the **Safety Key (No. 53)**. The LCD window will display "---" and the console will beep 3 times.

PROGRAM PARAMETERS

		Setup time / 20 = running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED (KM/H)	3	4	5	5	6	5	5	4	5	5	6	5	5	4	5	5	6	5	5	3
	SPEED (MPH)	1.9	2.5	3.1	3.1	3.7	3.1	3.1	2.5	3.1	3.1	3.7	3.1	3.1	2.5	3.1	3.1	3.7	3.1	3.1	1.9
P02	SPEED (KM/H)	3	5	6	7	7	6	6	7	7	6	6	7	7	6	6	7	7	6	5	3
	SPEED (MPH)	1.9	3.1	3.7	4.3	4.3	3.7	3.7	4.3	4.3	3.7	3.7	4.3	4.3	3.7	3.7	4.3	4.3	3.7	3.1	1.9
P03	SPEED (KM/H)	5	10	6	11	7	12	8	12	9	6	10	7	11	8	12	7	11	9	6	3
	SPEED (MPH)	3.1	6.2	3.7	6.8	4.3	7.4	5.0	7.4	5.6	3.7	6.2	4.3	6.8	5.0	7.4	4.3	6.8	5.6	3.7	1.9
P04	SPEED (KM/H)	5	7	8	9	9	9	8	8	9	9	9	8	8	9	9	9	8	8	6	5
	SPEED (MPH)	3.1	4.3	5.0	5.6	5.6	5.6	5.0	5.0	5.6	5.6	5.6	5.0	5.0	5.6	5.6	5.6	5.0	5.0	3.7	3.1
P05	SPEED (KM/H)	5	8	10	11	11	10	10	9	9	10	10	11	11	10	10	11	11	8	6	5
	SPEED (MPH)	3.1	5.0	6.2	6.8	6.8	6.2	6.2	5.6	5.6	6.2	6.2	6.8	6.8	6.2	6.2	6.8	6.8	5.0	3.7	3.1
P06	SPEED (KM/H)	4	6	7	8	9	10	10	9	9	10	10	10	9	9	10	10	10	8	6	3
	SPEED (MPH)	2.5	3.7	4.3	5.0	5.6	6.2	6.2	5.6	5.6	6.2	6.2	6.2	5.6	5.6	6.2	6.2	6.2	5.0	3.7	1.9
P07	SPEED (KM/H)	4	7	8	8	9	9	10	8	8	9	9	10	9	8	9	9	8	8	5	3
	SPEED (MPH)	2.5	4.3	5.0	5.0	5.6	5.6	6.2	5.0	5.0	5.6	5.6	6.2	5.6	5.0	5.6	5.6	5.0	5.0	3.1	1.9
P08	SPEED (KM/H)	4	6	8	9	9	8	8	9	9	9	8	8	8	9	9	9	8	7	5	3
	SPEED (MPH)	2.5	3.7	5.0	5.6	5.6	5.0	5.0	5.6	5.6	5.6	5.0	5.0	5.0	5.6	5.6	5.6	5.0	4.3	3.1	1.9
P09	SPEED (KM/H)	5	7	10	11	12	11	11	10	9	10	11	11	12	11	11	10	10	9	8	4
	SPEED (MPH)	3.1	4.3	6.2	6.8	7.4	6.8	6.8	6.2	5.6	6.2	6.8	6.8	7.4	6.8	6.8	6.2	6.2	5.6	5.0	2.5
P10	SPEED (KM/H)	6	8	10	11	12	12	11	9	10	11	12	11	10	11	12	10	12	8	8	4
	SPEED (MPH)	3.7	5.0	6.2	6.8	7.4	7.4	6.8	5.6	6.2	6.8	7.4	6.8	6.2	6.8	7.4	6.2	7.4	5.0	5.0	2.5
P11	SPEED (KM/H)	6	9	11	12	12	12	11	11	10	11	12	12	11	12	12	11	11	10	9	5
	SPEED (MPH)	3.7	5.6	6.8	7.4	7.4	7.4	6.8	6.8	6.2	6.8	7.4	7.4	6.8	7.4	7.4	6.8	6.8	6.2	5.6	3.1
P12	SPEED (KM/H)	3	6	8	8	8	9	9	8	8	8	9	9	8	8	8	9	9	7	5	3
	SPEED (MPH)	1.9	3.7	5.0	5.0	5.0	5.6	5.6	5.0	5.0	5.0	5.6	5.6	5.0	5.0	5.0	5.6	5.6	4.3	3.1	1.9

USER PROGRAM

The treadmill has 3 user programs: U01, U02, and U03 for you to set your own training program. Each program will have 20 segments.

1. In standby state, press "P" button to select U01, U02 or U03, and then press "M" button to enter the program you select.
2. Press   to set the time for the program, then press "M" button to enter the data.
3. Press   to set the speed, then press "M" button to enter the data.
4. Repeat to set the speed for the other 19 segments.
5. After the last segment is entered, the program is saved. The program data will be saved until you reset it, and it will not be lost due to power failure.

BODY FAT TEST

1. In standby state, press “P” button to enter FAT (Physical fitness test) program.
2. Press “M” button to enter the program of F-1, F-2, F-3, F-4, F-5 (F-1: Gender, F-2: Age, F-3: Height, F-4: Weight, F-5: Physical test)
3. Press   to set the parameter of F-1~F-4 (see below detailed table), then press “M” button to enter the program of F-5 for physical test.
4. At this state, hold the pulse sensors for 5-8 seconds and it will display the “FAT”, check if the weight matches with your height.
5. FAT program is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman; it provides the important grounds for adjusting the weight with other health indicators. The normal FAT is between 20-24, which means if less than 19 is under weight, and if between 25-29 is overweight and more than 30 is obese.

F-1	Gender	1 (man)	2 (woman)
F-2	Age	10-99	
F-3	Height	40-80 inch / 100-200 cm	
F-4	Weight	44-330 lbs. / 20-150 kg	
F-5	FAT	≤ 19	Underweight
	FAT	=(20-24)	Normal weight
	FAT	=(25-29)	Overweight
	FAT	≥ 30	Obesity

DISPLAY RANGE OF VARIOUS PARAMETERS:

Set parameter	Initial value	Set initial value	Setting range	Display range
TIME (minute: second)	0:00	10:00	5:00-99:00	0:00-99:59
SPEED (KM/H) (MPH)	0.0	N/A	N/A	1.0-12.0 KM/H (0.6-7.5 MPH)
DIS. (DISTANCE) (KM) (MILE)	0.00	1.00	0.50-99.9	0.00-99.9
CAL. (CALORIE) (KCAL)	0.0	50.0	10.0-999	0.0-999

NOTE: The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. The information is provided for reference purposes only and should not be used for medical or dietary purposes.

LUBRICATION REMINDER

This treadmill has a lubrication reminder function. Every 300 KM (186 MILES), the console will remind the user to lubricate, with three beeps and “OIL” shown on the window. Please refer to the instructions on page 7 to lubricate the treadmill.

After completing lubrication, press and hold the “PAUSE/STOP” button for 3 seconds in the standby state, to clear the lubricate reminder.

FUNCTION OF THE SAFETY KEY

Remove the **Safety Key (No. 53)** in any mode, and the treadmill will slow down rapidly till it stops. The console will beep 3 times and “---” will be displayed on the window. Insert the safety key back into the console, the treadmill will re-enter into standby state, ready for you to input commands.

HOW TO SWITCH BETWEEN KILOMETERS OR MILES

When the safety key is removed, press “P” button and “M” button for 3 seconds to change between kilometers and miles.

POWER SAVING MODE

This system has a power saving function, in the standby state, if there is no commands input in 10 minutes, the system will enter power saving mode, shutting down the display automatically. The system can be awakened by pressing any button.

USB POWER CHARGER

The console can charge tablets or smart phones. Plug the USB cable into USB port for charging (cable not included).

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

App Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com.

BLUETOOTH

1. The Bluetooth icon will flash when the console is on or wakes from power saving mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE

1. The wireless heart rate icon will stay on when the heart rate monitor is connected.
2. The console can be connected to the heart rate monitor at any time except in power saving mode.
3. The wireless heart rate icon will flash when the console is on. If the heart rate monitor is not connected within 3 minutes, the wireless heart rate icon will turn off.

Troubleshooting

Error	Possible reasons	Solutions
No display on the console panel.	No power supply or the power cord is unplugged.	Ensure power is well supplied and power cord is well plugged. Check the power switch.
	The controller board is not powered on or is damaged.	Replace the controller board.
	The console linking wire, extension wire or controller wire from the console panel to the controller board are not well connected; or the reason may be the console linking wire, extension wire, or controller wire is defective (damaged or broke down).	Ensure that each wire core is well connected or replace wires.
	The console panel is damaged.	Replace the console panel.
	The LCD backlight section on the console panel is damaged.	Replace the console panel.
Incomplete content display.	The display IC on the console panel is not well connected or damaged.	Replace the console panel.
	The conductive strip of the display on the console panel is not well installed.	Replace the console panel.

-----	Safety Key (No. 53) has been removed.		Place the Safety Key (No. 53) back into the safety key seat.
E01	Communicational failure between the console and the controller board. The controller board cannot receive signal from the console.	The connecting wires between console and the controller board are not well connected.	Replug the wires.
		The connecting wires between console and the controller board are broken causing short circuit or open circuit.	Replace new wires.
E13	Communicational failure between the console and the controller board. The console cannot receive signals from the controller.	Signal circuit fault of the console panel.	Replace new console panel.
		Signal Circuit fault of the controller board.	Replace new controller board.
E02	Explosion-proof protection or DC motor abnormality.	The DC motor's wires are not well connected, or the DC motor is damaged.	Re-connect wires; if the problem still fails to be solved, replace the DC motor.
		The IGBT has been broken down causing short circuit.	Replace the controller board.
		The power supply voltage is less than 50% of the normal value.	Please ensure correct voltage and test again.
		The sensor circuit fault of the controller board.	Replace the controller board.
E05	Over-current protection.	The system's self-protection against excessive current due to the load exceeds the rated value.	Press the Overload Protector (No. 54) to restart the treadmill.
		Some part of the treadmill is jammed so the DC motor cannot rotate, thus triggering the self-protection against excessive current under excessive load.	Adjust the treadmill and restart or add lubricant.
		The DC motor is damaged.	Replace the DC motor.
		The controller board is burned.	Replace the controller board.
E06	Fault of motor's open circuit.	The motor's connecting wires are not well plugged.	Re-plug the motor connecting wires properly.
		The motor is open-circuited.	Change the motor.
		The motor belt is loosened.	Re-assembly the motor belt.
E08	Fault of the storage IC on the controller board.	Storage IC on the controller board is not well plugged or broken.	Replace the controller board.
E10	Transient peak current is abnormal (Over-current protection).	The DC motor is short-circuited.	Replace the motor.
		Some part of the treadmill is jammed, so the DC motor cannot rotate, thus triggering the self-protection against excessive current under excessive load.	Adjust the treadmill and restart or add lubricant.
E11	External AC voltage is over-voltage.	The external AC voltage is higher than 150V/AC or 270V/AC.	Stop using the product and ask electrical engineers for help.
E14	External AC voltage under-voltage.	The external AC voltage is lower than 70V/AC or 160VAC.	Stop using the product and ask the electrical engineers for help.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at contact@jllfitness.co.uk.

Parts List

No.	Description	Specification	Qty.
1	Main Frame		1
2L	Left Upright Tube		1
2R	Right Upright Tube		1
3	Console Frame		1
4	Front Roller	Φ15x553.5xΦ35x612	1
5	Rear Roller	Φ15x571xΦ38x612	1
6	Fixed Plate	25x20x2.0	8
7	Magnetic Wrench	90x20	1
8	Spacer	Φ15.3x18	2
9	Console Front Cover		1
10	Console Rear Cover		1
11	Tablet Holder		1
12L-1	Left Handrail Cover		1
12R-1	Right Handrail Cover		1
13	Motor Cover		1
14	Base Cover		1
15L	Left Rear End Cap		1
15R	Right Rear End Cap		1
16	Side Rail	80x19.9x1131	2
17	Running Belt	2575x510x1.4	1
18	Running Board	1140x605x15	1
19	Transportation Wheel	Φ21x6x24	2
20	Adjustable Pad	Φ35x32x10	8
21	Inner Hex Screw	M5x8	2
22	Rubber Pad	40x30x5.0	4
23	Round Plug	Φ32x1.5	2
24	Seal Plug	Φ12x7.3	2
25-1	Seal Plug	Φ18xΦ15.3x6.5	2
26	Upright Tube Cover		2
27	Joint Cover		2
28	Foam Grip	Φ30xΦ38x275	2
29	Motor Belt	J140	1
30	Inner Hex Bolt	M10x110	2
31	Inner Hex Screw	M6x40	2
32	Inner Hex Bolt	M6x55	4
33	Inner Hex Screw	M6x30	8

No.	Description	Specification	Qty.
34-1	Inner Hex Screw	M8x15	2
35	Inner Hex Screw	M6x25	2
36	Inner Hex Screw	M8x20	2
37	Phillips Screw	M3x15	2
38	Phillips Tapping Screw	ST4x12	9
39	Phillips Tapping Screw	ST4x16	12
40	Phillips Screw	ST4x12	9
41	Phillips Screw	M5x25	8
42	PU Pad	Φ35xΦ10x2	4
43	Phillips Screw	M5x8	4
44	Lock Washer	Φ6x1.2	4
45	Spring Washer	Φ8	4
46	Flat Washer	Φ8x1.5	2
47	Nylon Nut	M6	10
48	Flat Nut	M8	8
49	Hex Nut	M3	2
50	Controller Board		1
51	DC Motor	1.25HP	1
52	Safety Key Seat		1
53	Safety Key		1
54	Overload Protector		1
55	Switch		1
56	Power Socket		1
57	Power Cord	250V	1
58	Shortcut Key		2
59	Console Panel		1
60	Console Linking Wire		1
61	Extension Wire		1
62	Controller Wire		1
63	Phillips Screw	M4x8	2
64	Filter	6A	1
65	USB Interface		1
66	Bluetooth Module		1
67	Allen Wrench	S5	1
68	Flat Washer	Φ8x1.5	2
69	Inductance	6A	1

Register

Register your product and verify warranty terms:

jllfitness.co.uk/warranty



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