APE STYLE FX900 HOME GYM FOLDABLE TREADMILL

USER'S MANUAL
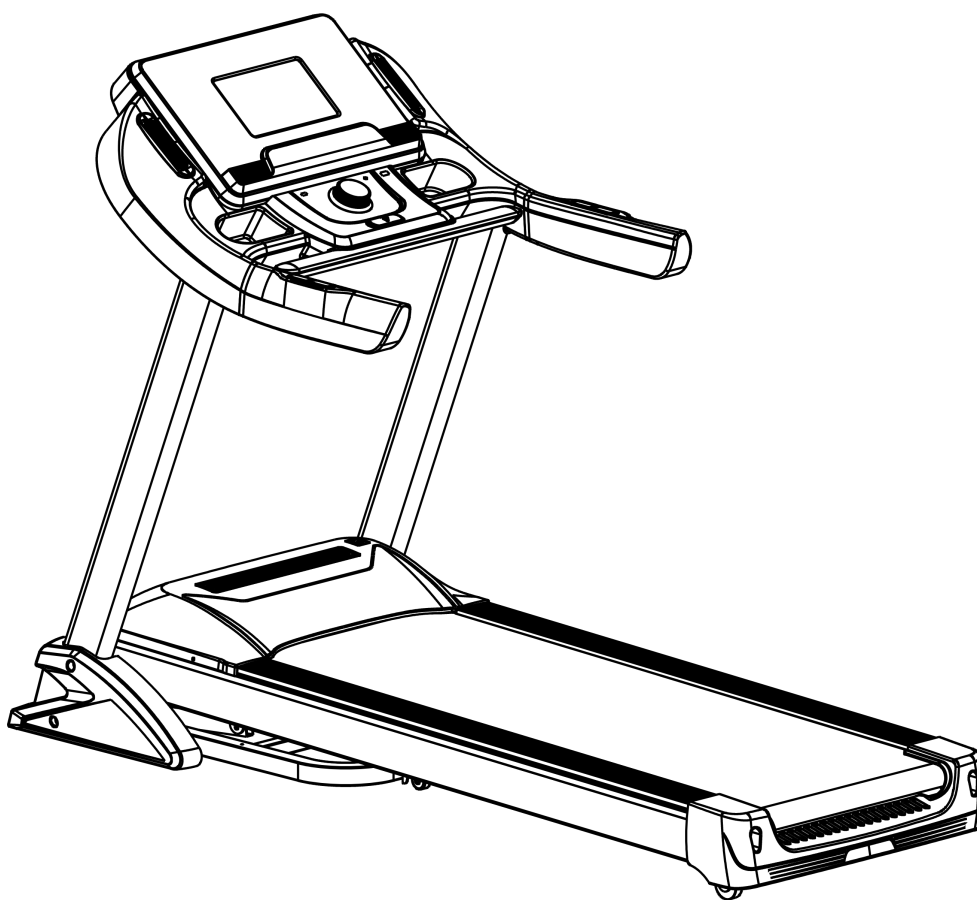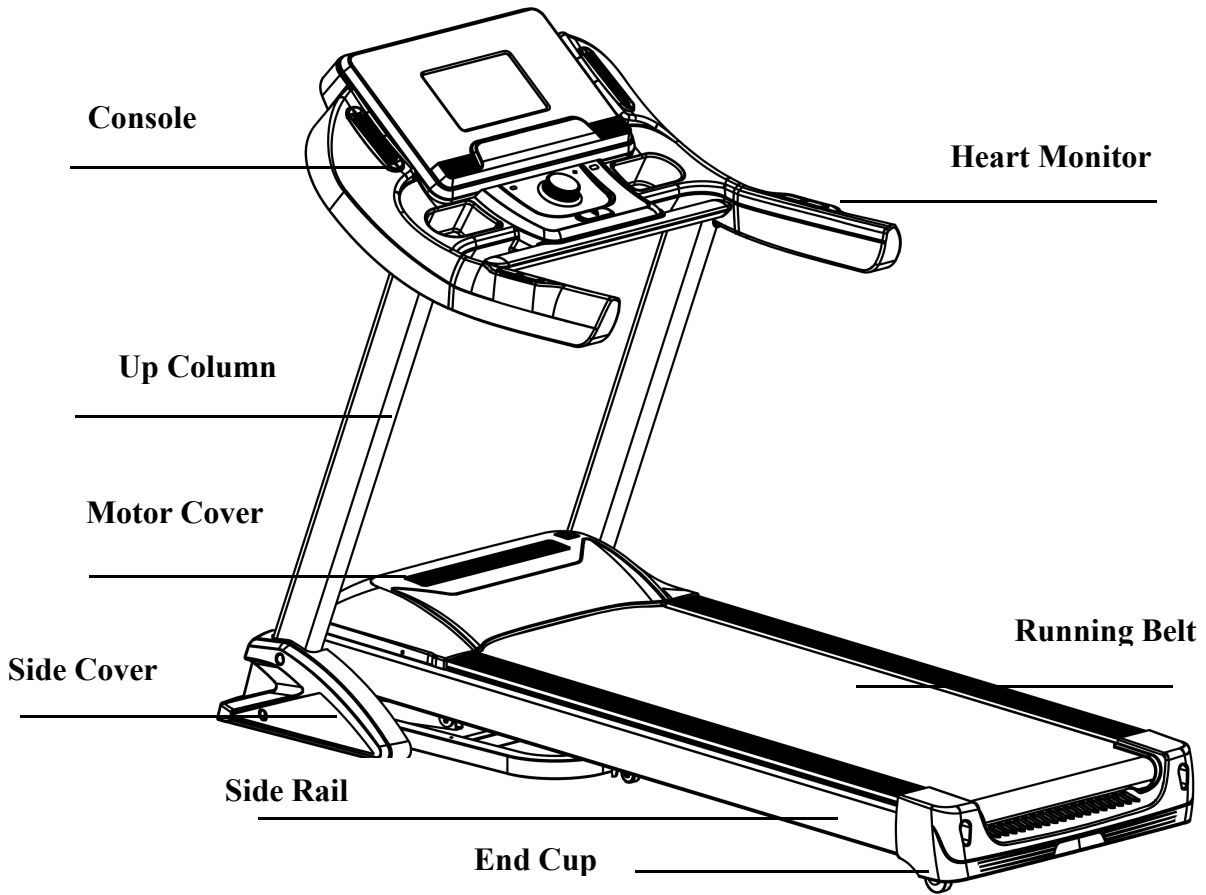
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1. Product Brief

Motorized Treadmill

Console

Heart Monitor

Up Column

Motor Cover

Running Belt

Side Cover

Side Rail

End Cup

Main parameters and parts list

Main technical parameters

No.	Parameters Names	Description
1	Input power voltage	AC220-240V(50/60Hz)
2	Motor power	3.5HP
3	Speed	1.0-20 km/h
4	Running surface	1450*580 mm
5	Max user weight	150 kg
6	Expand dimensions	2040*930*1440 mm

Packing list

No.	Name	units	Qty
1	Complete machine	set	1
2	Protective cover	set	1
3.	Accessory Bag	set	1

Accessory bag list

NO.	Name	QTY	NO.	Name	QTY
1	Inner Hexagon spanner 6mm	1	6	Power line	1
2	Inner Hexagon spanner 5mm	1	7	Safety key	1
3	Combination wrench	1	8	Silicon oil	4
4	Screw M10*50	4	9	User manual	1
5	Screw M8*25	4	10	MP3 Cable	1

2. Security Precautions and Warning

Notice: **:**Please read the instructions carefully before use.

◆ Indoor using and storing the treadmill, avoid dampness, and can not be spilled by water.

◆ Please wear suitable clothes and sneakers before exercise. Prohibited to exercise on the treadmill barefoot.

◆ High power plug must be grounded, electric outlet should have a dedicated circuit, do not share with other electrical equipment.

◆ Keep children away from the machine to avoid accidents.

◆ Avoid too long time and overload operation, otherwise will cause motor and controller damaged, and will accelerate the deterioration of bearing, running belt and running board. Should maintain machine on a regular basis.

◆ Keep machine away from dust to avoid strong static.

◆ Please cut the electric power off after using.

◆ Please maintain good ventilation when running.

◆ Please clamp security lock cable on your clothing to make sure the machine stops at emergency condition.

◆ If you feel not very well when using this machine, please stop and consult a doctor.

◆ Silicone oil must be kept away from children after use.

◆ If power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it at your own discretion.

⚠️ Forbidden

◆ Don't use the machine in the status of the shell break in or break off （the internal structure exposed）or under the condition of welding-parts may fall off.

  ---- Otherwise an accident or injury may happen.

◆ Don't jump up and down in the process of movement.

  ---- May be injuries caused by the fall.

◆ Don't keep machine in or near moist space such as the bathroom.

◆ Don't place machine in direct sunlight, or high temperature places such as near a stove or a heating appliance .

  ----Otherwise may cause the leakage and burst into flames.

◆ Don't use when the power cord is damaged or power plug pin is loose.

  ----Otherwise will lead to an electric shock, short circuit or fire.

◆ Don't damage or bent by force or reverse the power cord. Don't place heavy objects on machine, don't clamp the power line.

   ----Otherwise will cause fire or get an electric shock.

◆ Don't use machine for more than 2 people at the same time, and don't get close to the machine when it is in use.

   ---- Or it may be an accident or injury due to falls.

◆ People who can't express their consciousness or can't operate the machine by themselves cannot use the treadmill.

   ----May occur accident or injury.

   Avoid drinking water or pouring water when operation.

   ---- May cause electric shock and fire. Forbidden!

◆ People who seldom do exercise shouldn't suddenly do intense exercise.

◆ After eating or when feel tired, do not use machine.

   ---- May lead damage to your health.

◆ This product is suitable for family use, does not apply to schools, gymnasium and so on.

   ---- There is the danger of injury.

◆ Don't use when hard objects are in pants pockets.

   ----May cause accident or injury.

◆ Don't use when the power plug is on the needle, garbage, or water.

   ----May cause electric shock, short circuit, or fire. Do not use with wet hands!

◆ when not in use, pull out the power plug from the socket.

   ----The dust and moisture can age the insulation, and result in leakage fire.

◆ This appliance is not intended for use by persons (including children) 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.

◆ Children should be supervised to ensure that they do not play with the appliance.

⚠ Ground protection system!

◆ This product must be grounded. If the machine is dysfunctional, grounding will provide a good channel for electric current, in order to reduce the electric shock risk.

◆ This product is equipped with power plug with grounding conductor and plug. Completely insert the plug to standard socket.

◆ If the equipment grounding conductor's connection is improper, it will cause electric shock. If you have doubts about whether your product is grounded correct or not, please entrust professional to check.

◆ Please use the socket which has the same shape with the grounding plug. Don't use plug adapter.

3. Installation Instructions

When installing, simple fix all screws first, then tighten screws when the installation of frame is done.
1.Put the machine flat on the ground. Remove the screw of the console M8 * 28,lock the console and column,connect the column signal wires with the console signal wires. Cut the nylon cable ties on the base.Then stand the columns and console with the direction shown in the picture bellow.(The machine is heavy, please ensure there are two people to install it)
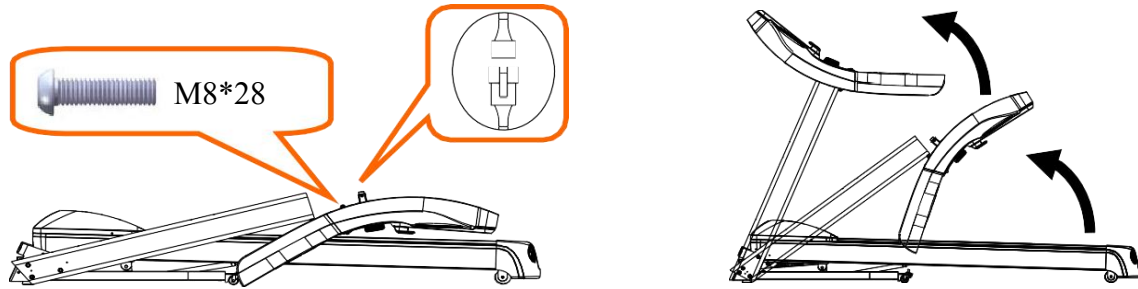

2. Use 6# inner hexagon spanner, screw M10*50, screw M8*25 to lock the columns on the base, as shown in the picture bellow(do not tighten it).
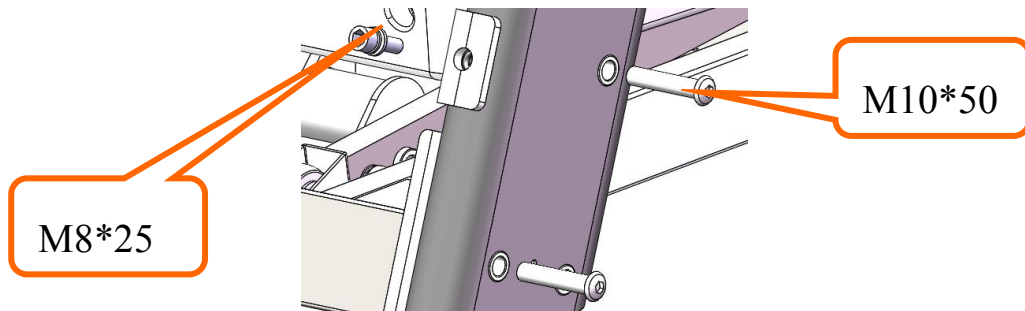
3. Use 6# inner hexagon spanner and screw M8*25 to lock the console on the columns(do not tighten it).
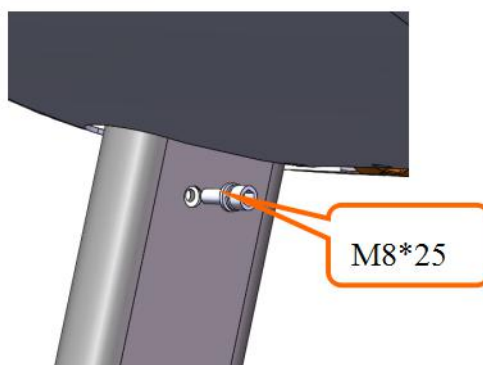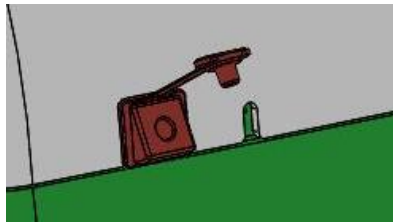

4. (Before step 4, please tighten all screws first. If it's multifunction model, please do this step at last) Use screwdriver and screw M5*14 to fix the base corner protective covers on the columns.
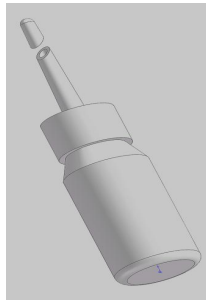
M5*14
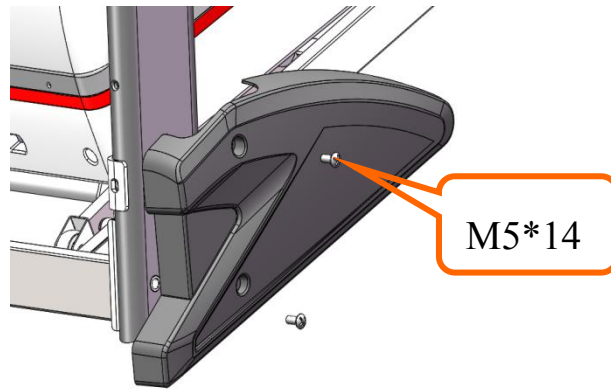
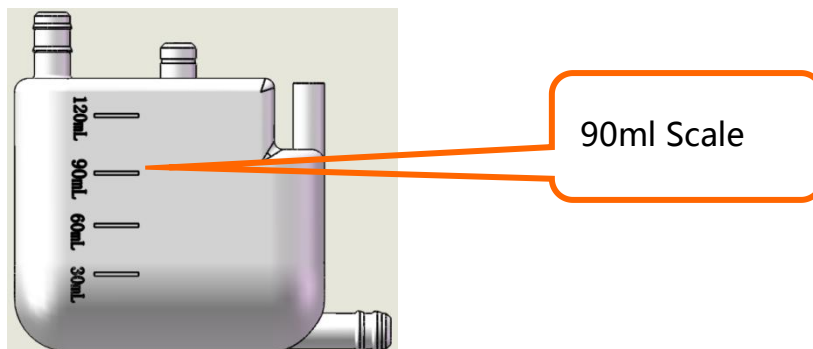5. Silicon oil needs to be added before using the treadmill, method is as follow:

A. Open the cover of the silicon oil tube on the front motor cover.

B. Cut the upper part of the silicon oil bottle.

C. Squeeze the silicon oil from the hole site (not more than 90ml, otherwise it will overflow), and then press the cover back.

90ml Scale
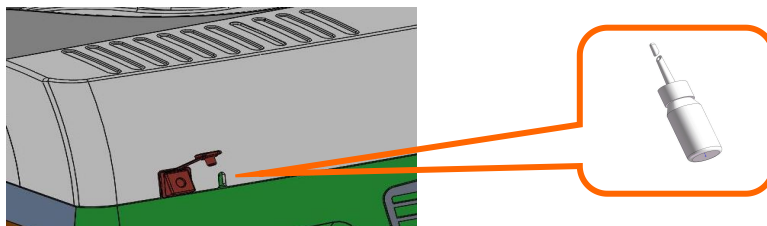
9. Plug the power line as showing below:
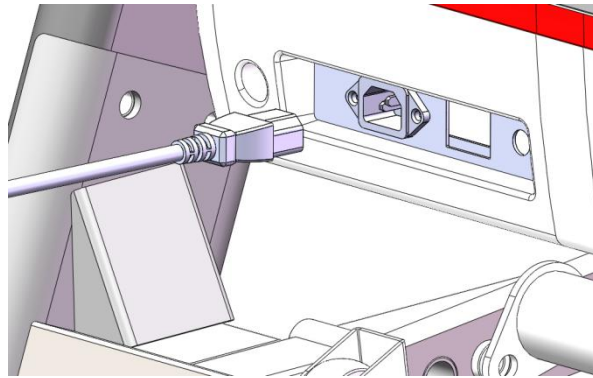
10. Put the safety key on the picture showing place and press the start button to start the treadmill.

Safety key is in red color. Please find it in the accessory bag.
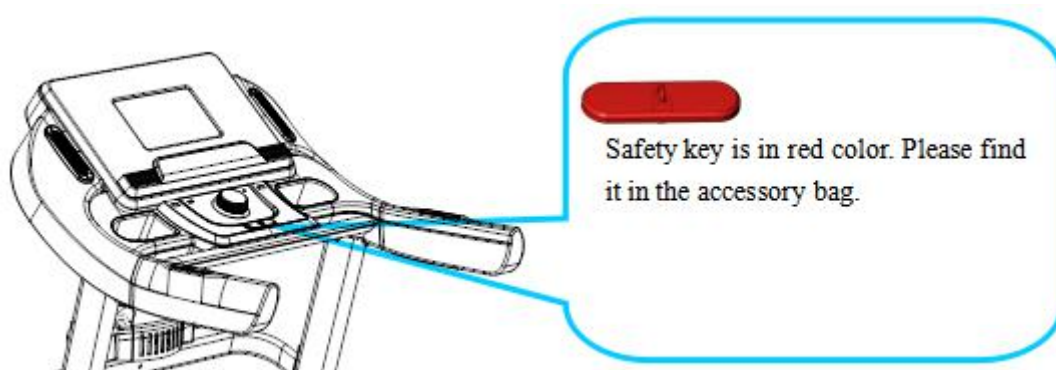
NOTE: please confirm that all screws are locked uniformly according to the requirements after installation, and check no part is left out before plugging electricity.

4. Using Instructions

Using treadmill

1. Insert the power plug properly and turn on the switch(in red color)(1). When the light is on, there will be beep sound, and then the screen will be light up(Systems of TFT screen takes more time to enter the start interface).

1

2. Please keep the safety key away from children when the treadmill is not in use.Please put the silicon oil bottle in places children cannot reach. If it is eaten or split into eyes by mistake, please use water to wash and consult doctor immediately.

3. Safety key Introduction

   The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents. Put the safety key back when continue using the treadmill.
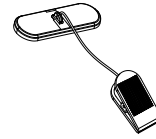
4.Folding Instructions

   Fold the treadmill: It will save space when the treadmill is folded. Please turn off the switch and pull out the power plug before folding. Lift the running deck until it is held.

   Unfold the treadmill: Kick the pressure rod, hold the running deck and then let the running deck to fall gradually.

Kick here to lower the running deck
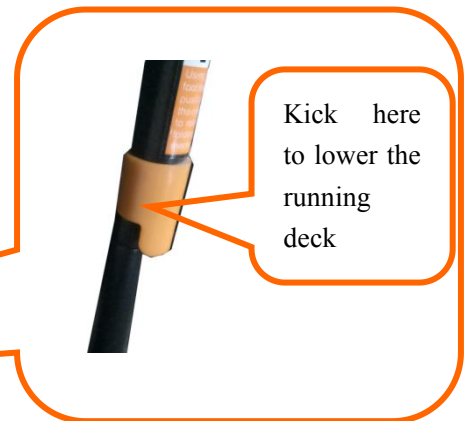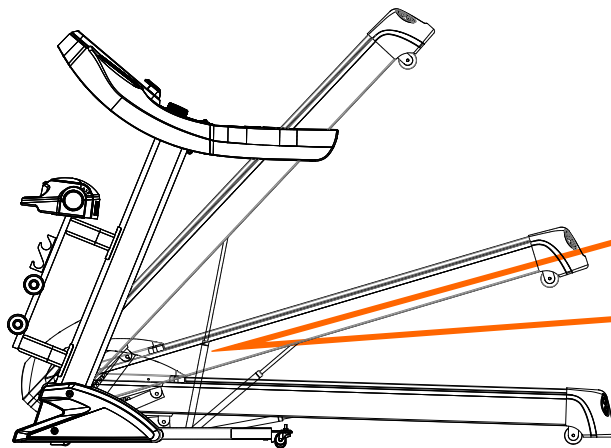
We advise to add silicon oil according to the following schedule:

A. Lightweight user(use the machine less than 3 hours every week): Please open the motor cover to check the oil every one month. When the oil is less than 30ml, please add the oil to 90ml.

B. Heavyweight user(use the machine more than 7 hours every week): Please open the motor cover to check the oil every half moth. When the oil the less than 30ml, please add the oil to 90ml.

30ml scale
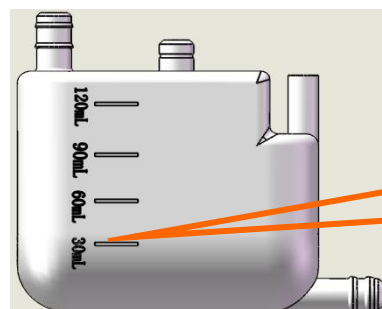
In order to maintain your treadmill and extend the life of the machine, it is suggested that after your continued use of one hour, turn off the machine and let it rest for 10 minutes before using again.

5. Console instructions

5.1 Start-up
Press *START* button to start the treadmill

5.2 Amount of programs
3 manual programs, 12 automatic programs, 1 FAT program.

5.3 Safety lock function
Disconnect the security lock, "E7" shows on the screen. The treadmill stops immediately, and a beep sound is let out. Put the safety key back, all the data will be cleared in 2 seconds.

5.4 Key function
5.4.1 Start button, Stop button：

When the power is on, press the start button, the treadmill starts. Stop key: when the treadmill is in running state, press the stop button, all data will be cleared, and the treadmill gradually comes into a complete stop and returns to the manual mode.

5.4.2 Manual Mode: System default running mode.

5.4.3 Incline key

Incline + and Incline - can be used to set values of parameters and incline. Press these keys to adjust the incline in running state.　And press the Incline quick key to cycle the incline of 3, 6, 9, 12.

5.4.4 Volume key

When connect with mobile phone, volume+ and volume- to adjust the volume.

5.4.5 Speed rotary knob and speed key

When the treadmill is on, use the speed rotary knob to adjust the speed. Rotate clock wise to increase the speed and rotate anticlockwise to decrease the speed. Use speed+ and speed - keys to adjust the speed of the treadmill. And press the speed quick key to cycle the speed of 3, 6, 9, 12km/h.

5.4.6 Program key

In standby mode,pressing this key can cycle the options from manual mode to automatic programs.Manual mode is the system defaulting running mode.

5.4.7 Mode key

In standby mode, press this key can cycle the options of 3 different countdown running mode: time countdown running mode,distance countdown running mode and calorie countdown running mode. Use speed button to set the parameters.

6. Display function

6.1 Speed Display.

Display the current running speed value.

6.2 Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

6.3 Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

6.4 Calorie display

Display cumulative calorie under manual mode and programs. Display the calorie countdown in automatic mode.

6.5 Heart rate display

Heart rate signal will be detected, and the heart-shaped mark flashes while testing

Automatic programs

Program	Time	Set time / 10 = Running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

Meaning of error codes

Fault code	Failure Description	fault handling
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the the connection line, replace it if it's damaged.

E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. Check the speed sensor to see whether it is correctly installed or damaged
E5	Over current protection: In working , the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage ，use the correct voltage and test the machine again；check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	Without putting the safety Key	Put the safety Key on the right place.

5. Routine maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

Cleaning: Comprehensive cleaning will extend the using life of the electric treadmill.

Remove dust periodically in order to keep the parts clean. Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities. Make sure to wear clean athletic shoes to avoid carrying the dirty matters into running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid to wet the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

Running belt specialized lubricant

This electric treadmill's running board and running belt has been lubricated in factory. Friction between the running belt and running board has a great influence to the using life

and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service center.

We advise using lubricant between running belt and running board with following schedule:

Lightweight user (use less than 3 hours a week) once per month;

Heavyweight use (use more than 7 hours a week) once every half month.

1.In order to better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continued use of two hours, turn off the machine and let it rest for 10 minutes before using again.

2.If the treadmill belt is too loose, there will be skid phenomenons while running; if it's too tight, it may reduces motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

Running with adjusted alignment and tightness

In order to better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

Running Belt alignment
● Put electric treadmill flat on the ground.
● Make the electric treadmill run at a speed of about 6-8km/hour .
● If the running belt is closer to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
● If the running belt is closer to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture B)

Picture A   Picture B

Multi-wedge Belt Tension Adjusting

When you use the treadmill for a long time, the multi-wedge belt becomes loose because of the abrasion, then you have to do some appropriate adjustment to facilitate the safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicating that the treadmill belt or multi-wedge belt are a little loose and further affirmation need to be made.

Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly.(we advise treading the treadmill belts with the user's own weight)

A. The instantaneous step can not stop the belt, the tightness is appropriate.

B. If your instantaneous step stops the running belt, but the multi-wedge belt and former

roller is still runing, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use

C. If you observe that the instantaneous step makes the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments   must be made to facilitate the the safe use

Step 2:Use a wrench to adjust the screws on the motor base according the the condition. Meanwhile, gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.

Step 3: Finally lock the motor base,and install the front cover.