



360MM BELT ADJUSTABLE INCLINE ELECTRIC TREADMILL

FSEFBTM360A

SAFETY & WARNINGS

1. Caution

To avoid injury, please read this manual carefully before use.



- For safety purposes, do not stand on the running belt when starting the unit.
- Please stop immediately if you feel any nausea or the unit's motion is no longer smooth.
- Always increase or decrease speed at a slow rate.
- Never adjust the belt during use.
- It is suggested to wear sports shoes when using the machine.
- Children, the elderly, pregnant women should not use the machine.
- Always clip the safety key on your clothing during use.
- Firmly hold the grip bars during use

2. Safety Information

- Place the machine on flat ground. Do not use the machine in the following locations:
 1. Outdoors. (The machine is specially designed for indoor use only).
 2. Any ground that is uneven.
 3. Any areas in high sunlight or in close proximity to heating units.
- The input for the machine is AC 220V.
- An error may appear if the power is not stable. The unit must not have any other items connected to the same power socket and should not be used through a power board.
- It is suggested to wear sports shoes and gym clothes when using the machine.
- Always increase or decrease speed at a slow rate.
- Be careful of children or surrounding objects when folding and unfolding the machine.
- Never put the machine near wet objects or areas. The unit may produce an error if it is wet.

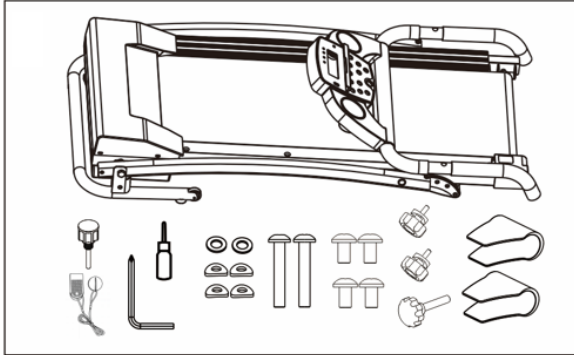
3. Caution during use

- If you do not feel well during exercise, please consult with your doctor.
- No liability will be accepted for improper use of the device and any resulting injuries or damage.
- Please pull out safety key after use.
- Please pull out the safety key when moving or changing any parts of the machine.
- Children, the elderly, pregnant women should not use the machine.
- Do not place any items within two meters of the machine.
- Do not start the machine when it is folded.
- Ensure water does not come in contact with the machine, especially the motor, power cable and plug.
- Never wear long dresses or other unsuitable garments during use.
- Do not use the machine in enclosed spaces, locations with uncirculated air or flammable areas.
- Do not put any objects on the machine.
- Keep the plug away from heat.
- Please switch off the unit and remove the plug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble or modify this machine in any way.
- Please make sure the running belt is fastened before use.
- The running belt on this treadmill has a visible joint mark. This is completely normal and will not affect the performance or operation of your treadmill.

ASSEMBLY

Step 1:

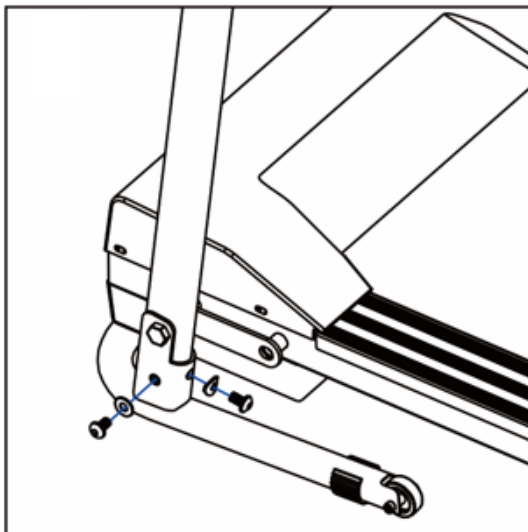
Open the package and remove the treadmill and accessory bag.



Step 2:

Attach the left and right upright tubes to the base frame using the x4 short screws and x4 washers.

Note: Do not tighten the screws.

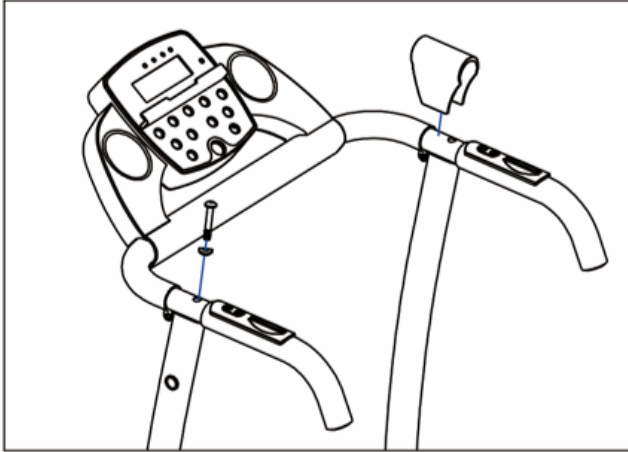


Step 3:

- Attach the control panel to the upright tubes using the x2 screws and x2 washers.
- Tighten all the screws including the x4 from step 2.

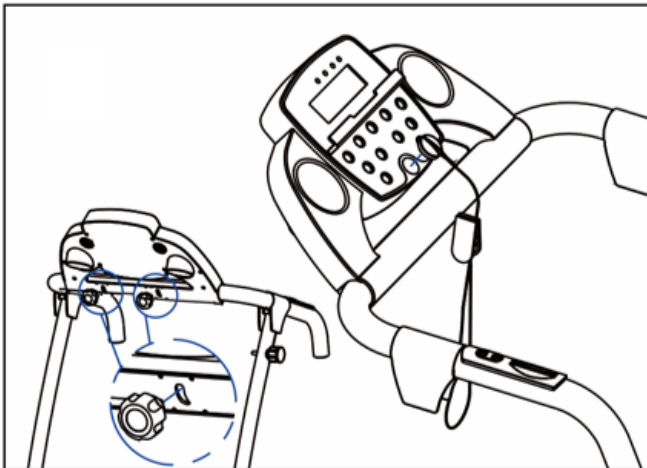
Note: Ensure the cables in the upright tube will not be come into contact with the screws.

- Place the covers on the armrest.



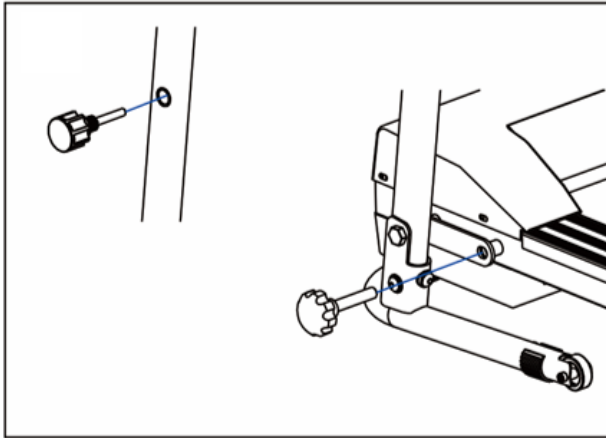
Step 4:

Adjust control panel to a suitable angle using the M6 knob and plastic gasket and then insert the safety key into the panel.



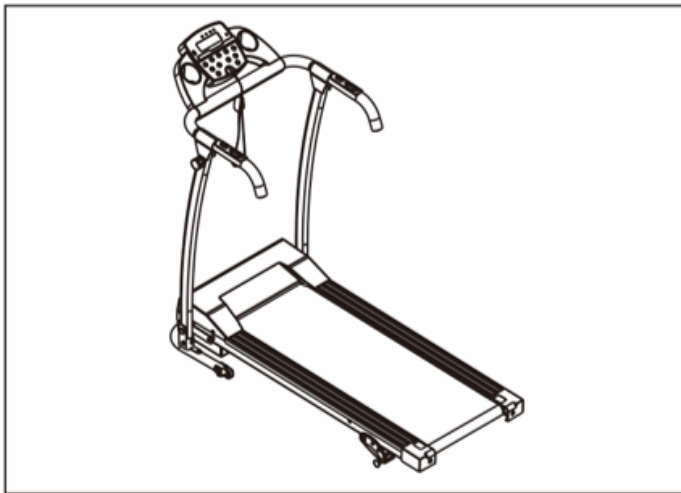
Step 5:

- Attach the M16 knob to left upright tube
- Attach the running frame to base tube by using the M12 knob.



Step 6:

Assembly is complete.



OPERATION

Control Panel



1. Press "START", the machine will start at 0.8km/h after 3 seconds.
2. Press "+" key to speed up and "-" key to slow down. The fastest speed is 10.5km/h and lowest is 0.8km/h.
3. Press the "mode" key, to cycle between the different functions in the following order: Speed, Time, Calorie, and Scan. When "scan" is selected the screen will automatically move between Distance, Time and Calories every 5 seconds.
4. The treadmill has 12 inbuilt programs. To select a program, ensure that the treadmill is in standby with the belt stationary. Press the "PROG" button to select the desired program then press "START" to start the machine.
5. For emergency stop, please pull-out safety key. The machine will stop very slowly. Pull out safety key and the screen will show "Err", put on it will show "OFF".
6. Press "STOP" key to stop the machine after using.

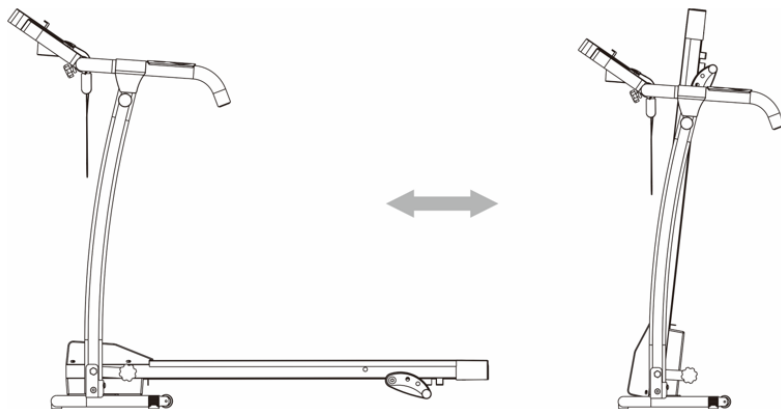
TRANSPORTING

Fold:

- Turn the fixed knob then lift the running board to fold the treadmill.
- Pull out the tension knob, aimed at the platform then release the knob to fix the treadmill in place.
- The treadmill can be moved and stored safely.

Unfold:

- Pull out the tension knob then carefully lower the running board.
- Secure the treadmill using the fixed knob.
- Connect the treadmill to a power outlet.
- The treadmill is ready for operation.



CLEANING & CARE

Always disconnect the unit's power before performing any maintenance or cleaning.

- Clean the belt and dial plate using a slightly damp, clean cloth.
- Check and tighten the screws and spines at fixing point.
- Do not hang clothes or other objects on the machine.

Lubrication

- Pull up the running belt carefully.
- Apply silicone oil to running board.
- Start the machine and let it run for 3 minutes without any weight applied.
- This should be completed after every 30 hours of use and will increase the lifespan for your unit.



Adjusting the Belt

1. If the belt is deviating to the left:

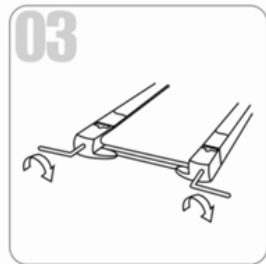
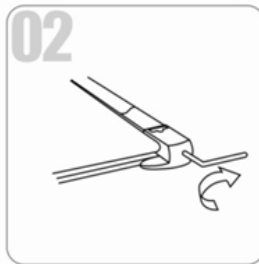
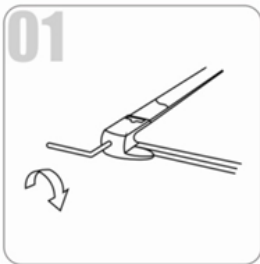
- Start the machine and adjust to 2-3km/h without loading, use a hex key to tighten 1/4 of a rotation.
- Let the unit run without loading for 1-2 minutes.
- Repeat this process until the belt is centred.

2. If the belt is deviating to the right:

- Start the machine and adjust to 2-3km/h without loading, use a hex key to tighten 1/4 of a rotation.
- Let the unit run without loading for 1-2 minutes.
- Repeat this process until the belt is centred.

3. Running belt has jammed:

If the running belt is unable to move, use a hex key to tighten 1/2 a rotation on the left and right until the unit is able to move.



Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**.

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