

Thank you!

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness- and all this in a familiar environment.

Implied Warranty

The importer of this machine assures that this device was manufactured from high quality materials. Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can render the warranty void. The implied warranty is for 1 year, beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Insert page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, motor, cable, electronic devices, running deck and belt. The guarantee does not cover:

1. Damage effected by outer force;
2. Intervention by unauthorized parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as foam and plastic wear).

The device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from customer service (insert page) if needed.

Please make sure you have the following information on hand when ordering spare parts.

1. operating instructions
2. model number (located on the cover sheet of these instructions)
3. description of spare part
4. part number
5. proof of purchase with purchase date

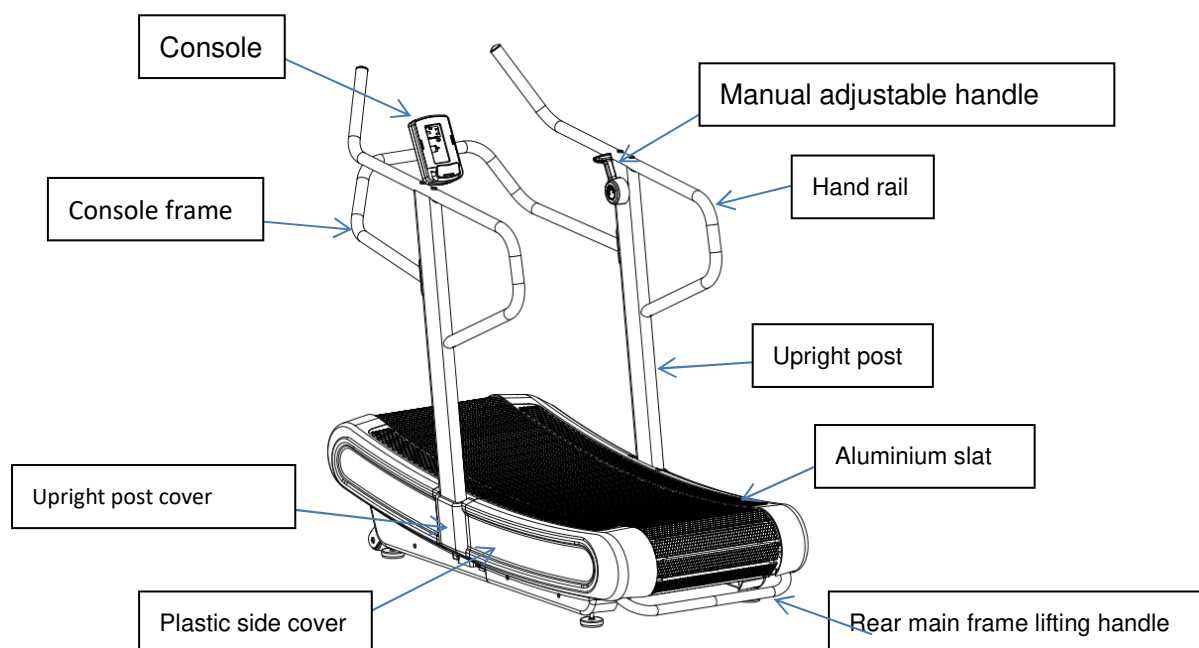
Please do not send the device to our firm without being requested to do so by our service team. The costs of unsolicited shipments will be born by the sender.

General safety instructions

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Still, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard. To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use the device when a qualified care is present.
- 3) When using the fitness device, wear comfortable clothing and preferably spats or aerobic shoes. Avoid wearing loose clothing which could get caught in the moving parts of the device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on the device. In addition, the device should be showed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses the fitness device.
- 7) After the sports device has been set up according to operating instructions, make sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.
- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place the device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purpose described in these operating instructions. Use only attachments recommended by the manufacturer.

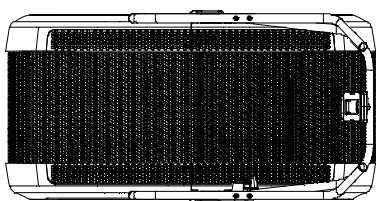
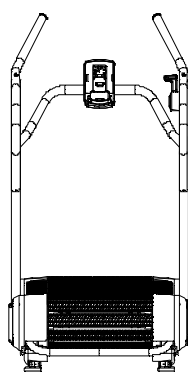
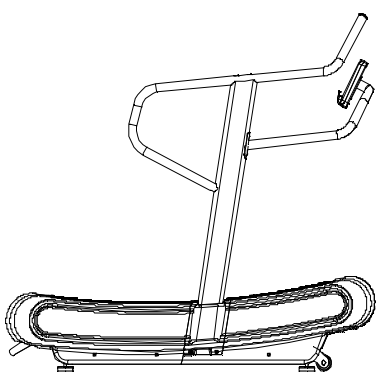
Product profile



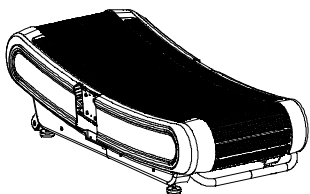
Dimension (Unfold)	1720*810*1570
Running surface	1600*480mm

Remark: Our company retain the priority of revision not to advise in advance.

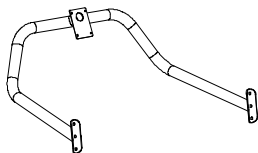
Different views



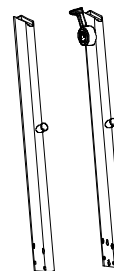
Packing list



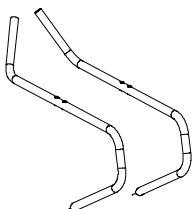
Main body



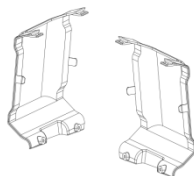
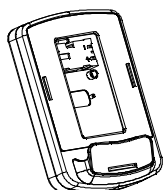
Console frame



Upright post

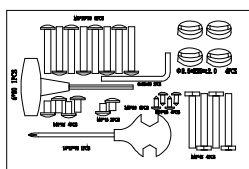


Hand rail left + right



Upright post cover

Console

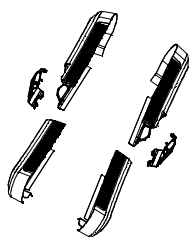


Bolt kit

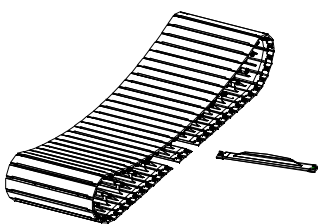
User manual

User manual

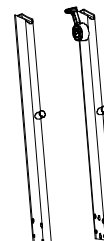
Main part



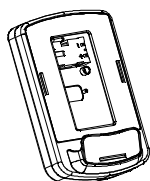
Plastic cover



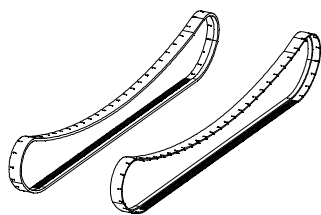
Aluminium slat



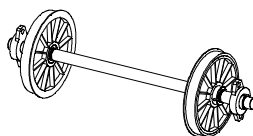
Upright post



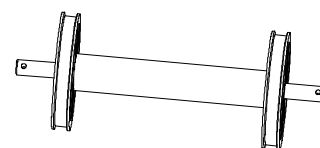
Console



Aluminum slat fixing belt



Front roller



Rear roller

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

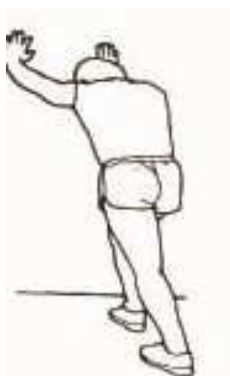
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

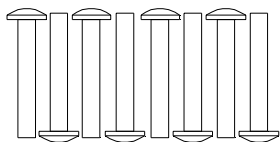
EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

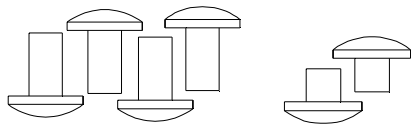


8

Bolt kit list



Allen head C.K.S half
thread bolt M8×55×20

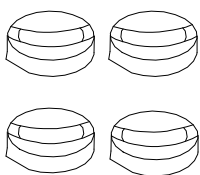


Allen head C.K.S full
thread bolt M8*25

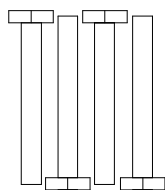
Allen head C.K.S full
thread bolt M8*15



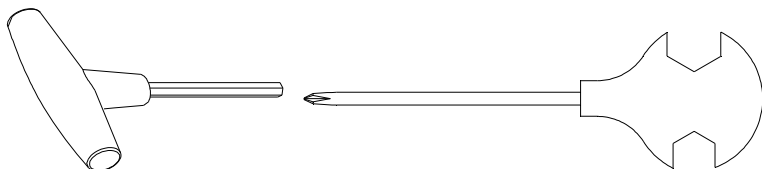
Phillip head C.K.S
self-tapping screw ST4×16



Curve washer
Φ8.5×R25×t2.0

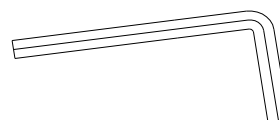


Hexagon socket
head full thread bolt



T shape wrench
6*80

Cross open wrench
14*17*75



L shape wrench 6*35*80

INSTRUCTION MANUAL OF ST3986

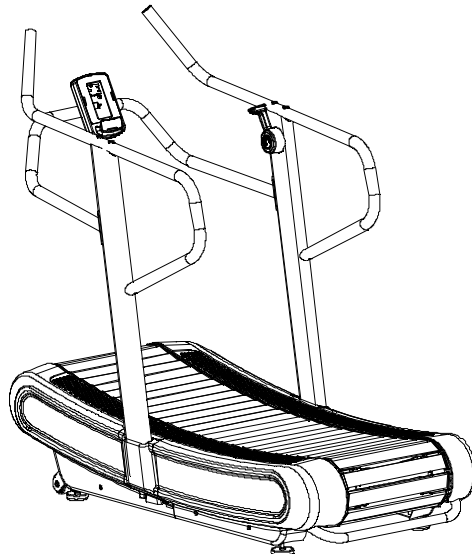
Display function:

Item	Description
TIME	.Display user workout time. .Display range 0:00~1:59:00
DISTANCE	.Display user workout distance. .Display range 0.5~100
CALORIES	.Display calories consumption during workout . .Display range 0 ~ 2000
PULSE	.Display userheart-rate during workout . .Display range 30~230
WATT	.Display the power consumption during training
SPEED	.Display current training speed
PACE	.Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

Button function:

Item	Description
Up ▲	. Adjust function value up.
Down ▼	. Adjust function value down.
Enter	. Confirm setting or selection.
Start	. Start workout quickly or resume workout in Stop mode.
Stop	. To stop/pause workout. . Hold on this key for 2 seconds to reboot the console.
Interval	. here are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom Interval .
Target Distance	. Fast access to Target Distance training mode.
Target Calories	. Fast access to Target Calories training mode.
Target Heart-rate	. Fast access to Target Heart Rate training mode.
Target Time	. Fast access to Target Time training mode.

7. Assembling finished



NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

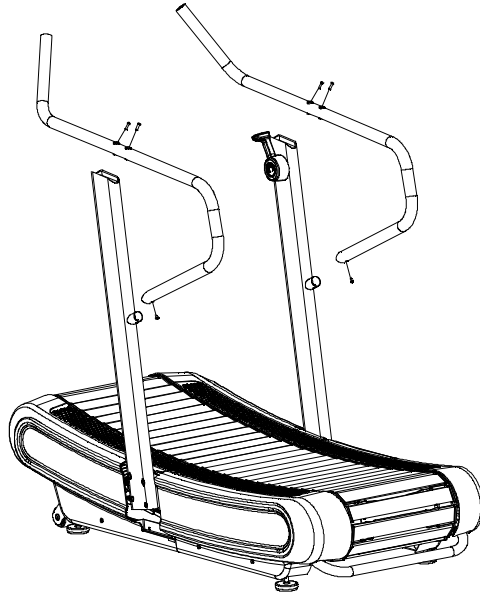
ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

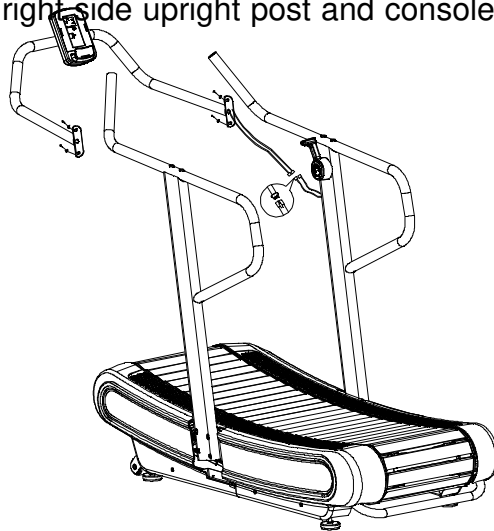


3

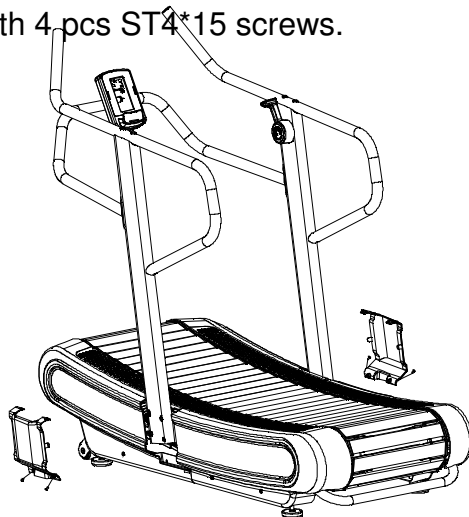
4. Attached the right hand rail to the right upright post, then fix the upper holes with 2 pcs M8*45 screws, then fix the bottom hole with 1 pcs M8*15 screw, then fasten all the screws. Same assembling step on the left side.



5. Connect the wires from right side upright post and console frame, then fix them with 4 pcs M8*25 screws.

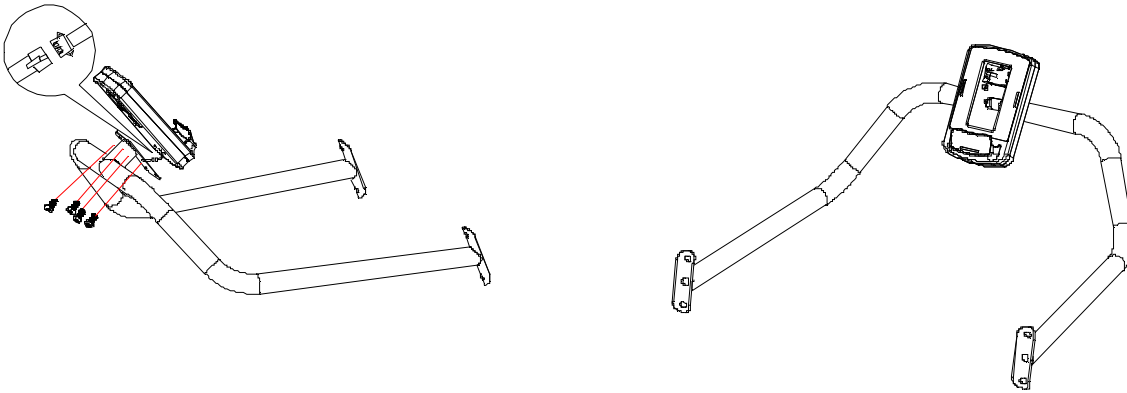


6. Fix the upright post cover with 4 pcs ST4*15 screws.

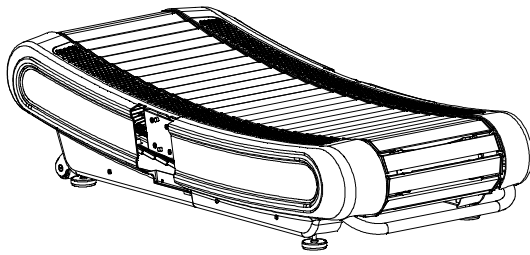


Assembling step

1. Take out the console frame and console from the carton, connect the connect cable, then fix them with 4 pcs of M5X10 screws.



2. Take out the main body from the carton.



3. Connect the right side upright post connecting wires, insert the redundant wire into the upright post, put the right side upright post on the bracket, then fix it with 4 pcs M8×55×20 screws. Same assembly step on the left side upright post. (No need to connect wires)

