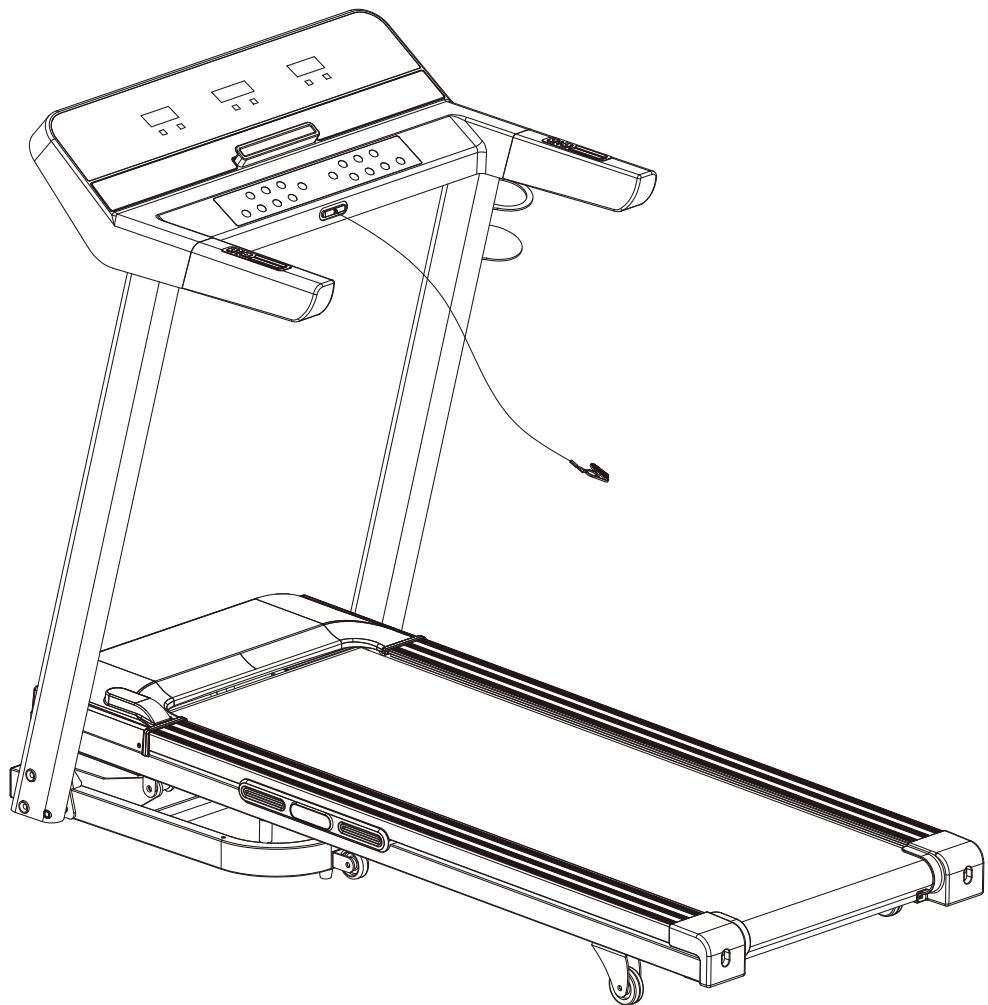


RENPHO User Manual

Smart Treadmill



Model: R-Q004

Special tips:

1. Before installation and operation, please read this user manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictures due to model upgrades.

Important Safety Instructions

WARNING - Read all instructions before using this treadmill. It is important for your treadmill to receive regular maintenance to prolong its lifespan. Failure to regularly maintain your treadmill may void manufacturer's warranty.

DANGER – To reduce the risk of electric shock, disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING AN ADAPTER OR MODIFYING THE CORD OR PLUG IN ANY WAY.

- 1) Place the treadmill on a flat level surface with access to correct voltage and frequency in a grounded outlet.
- 2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may occur.
- 3) Do not block the rear of the treadmill. The minimum clearance area behind the treadmill shall be no less than 1.25m/49inch. Allow a clearance of 0.5m/19inch on each side of the treadmill.
- 4) Place the unit on a solid, level surface when in use.
- 5) Never allow children on or near the treadmill.
- 6) Read, understand, and test the emergency stop procedures before use. When running, make sure the safety key is fastened on your clothing. It is for your safety, should you fall or sustain an injury.
- 7) Keep hands away from all moving parts.
- 8) Do not operate the treadmill if it has a damaged cord or plug.
- 9) Keep the cord away from heated surfaces.
- 10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
- 11) Never drop or insert any object into any openings.
- 12) The treadmill is for consumer use only.
- 13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate displayed may be inaccurate and should be used for reference only.
- 15) Use handrails provided; they are for your safety.
- 16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- 17) Do not wear loose or dangling clothing while using the treadmill.
- 18) Allowed temperature: 41 to 104.°F (5 to 40°C).

Remove the safety key after use to prevent unauthorized treadmill operation.

Important Electrical Information

WARNING!

- 1)DO NOT use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2)DO NOT operate treadmill on Generator or UPS power supply.
- 3)DO NOT remove any cover without first disconnecting AC power.
- 4)DO NOT expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- 5)DO NOT operate electrically powered treadmill in damp or wet locations.

Important Operation Instructions

- 1)Use and move the machine on the flat surface and store in the cool, dry place.
- 2)Insert the power plug into the socket directly. Be sure to read the entire manual before operating your machine.
- 3)Please be noted that changes in speed and incline are not immediately felt. Set your desired speed or incline on the console and release the button.
- 4)Please exercise caution when participating in other activities concurrently while on the treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from running in the centre of the belt; which may result in serious injury.
- 5)To avoid losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is in motion. Try using the treadmill at a lower setting and familiarize yourself with the slower speed before you attempt a higher speed.
- 6)Always hold on to handrail when operating the control panel.
- 7)A safety key is provided with this machine. Removing the safety key will automatically shut off the treadmill. Re-inserting the key will regain full operation.
- 8)The control panel buttons can recognize the gentle force from a finger tap. Avoid exerting excess force on the console buttons.
- 9)This appliance is not intended for use by persons (including children) with reduced physical, sensory or cognitive function, 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.
- 10)Please consult your doctor if you have one of the following conditions:
 - a. *Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases or complication diseases.*
 - b. *If you are over 35 years old and over 286lbs in weight.*
 - c. *Women who are currently pregnant or breastfeeding.*
- 11)Please stop exercising immediately and consult your doctor when you feel dizziness, nausea, chest pain, shortness of breath or other symptoms.
- 12)Please stay hydrated and drink adequate water before, during and after workout.

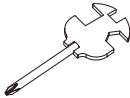
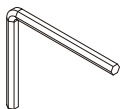
Warning: Please consult your physician or health professional before starting any workout regime, especially for the user over the age of 35 and/or with once-health issue. We take no responsibility for any troubles or damage due to non-compliance.

About the Renpho Smart Treadmill

Technical Parameters

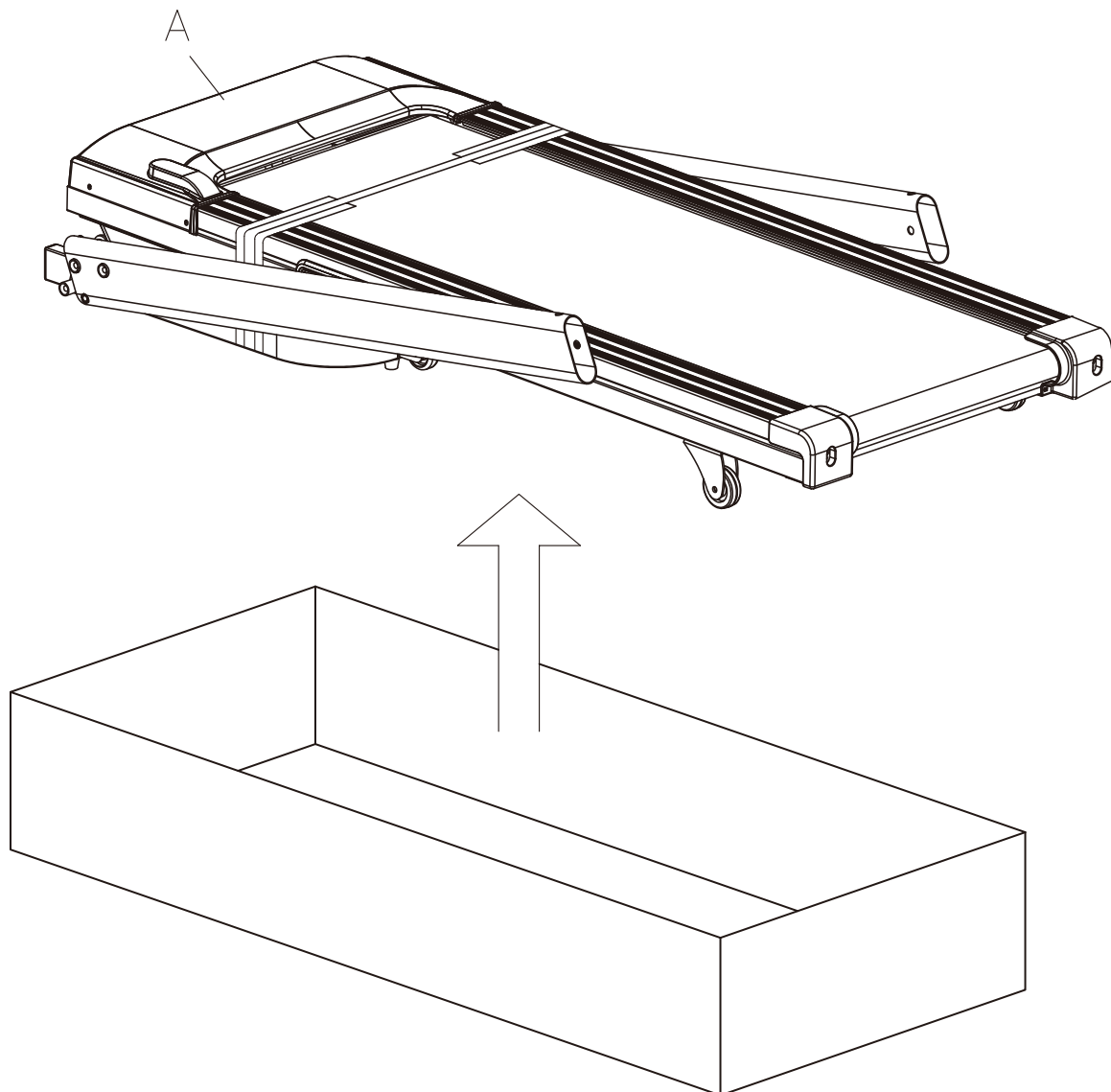
Model	R-Q004
Max. Capacity	286lbs
Speed	1-18km/h (0.6-11.0mph)
Overall Size	about 61 x 31 x 46.7inch
Folded Size	about 36 x 31 x 55.5inch
Product Weight	about 145.5lbs

Parts List:

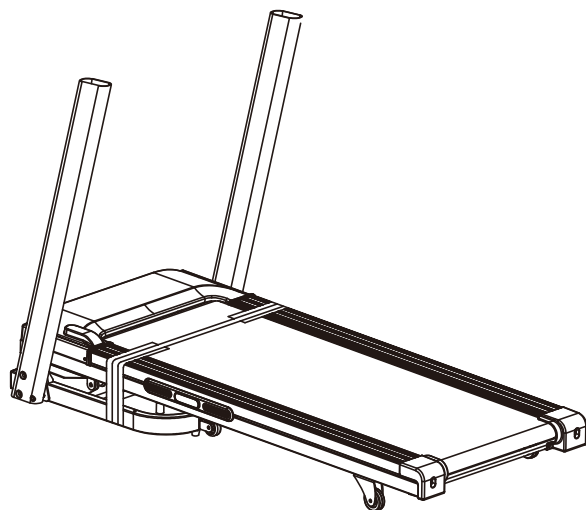
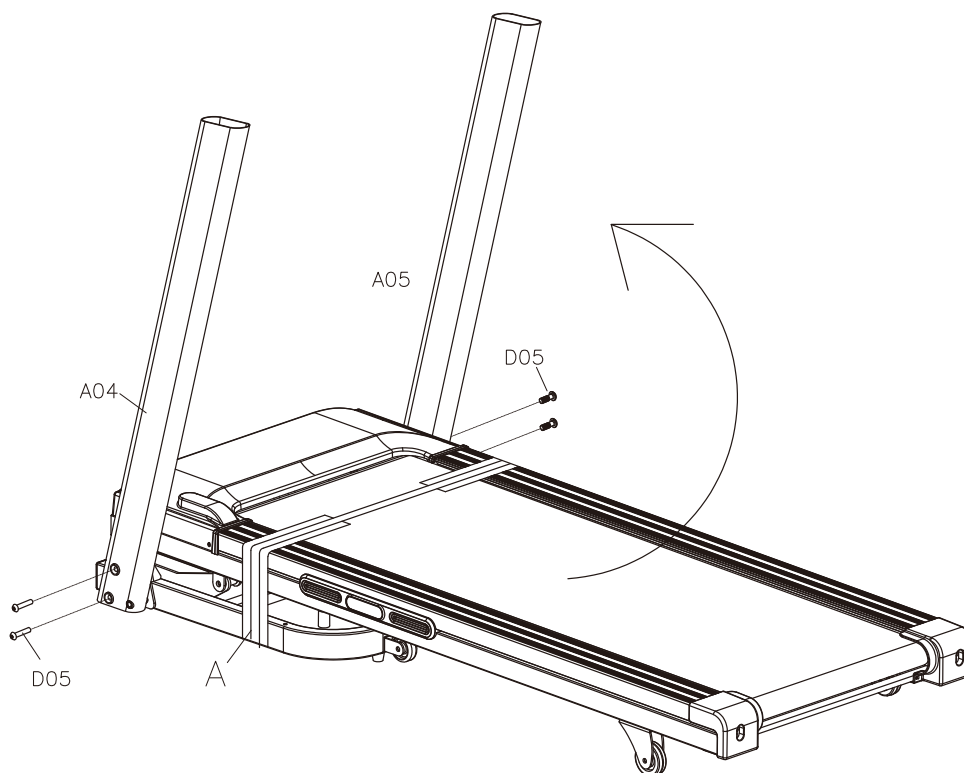
		A	DES.	QTY
	A			
	B			
	C14	A	Smart treadmill	1
	E08	B	Console	1
	B08 S=13、14、15(1X)	C14	Safety key	1
	B09 S5(1X)	E08	Power supply cord	1
	D05 M8*55(4X)	B08	Wrench with screwdriver	1
	D09 M8*15(4X)	B09	S5 Allen wrench	1
	D24 Φ8(4X)	D05	M8*55 Bolt	4
	D15 M5*12(2x)	D09	M8*15 Bolt	4
		D24	Φ8 Lock washer	4
		D15	M5*12 Bolt	2

Assembly Instructions

Step 1: Take out the treadmill and lay it on a flat surface.

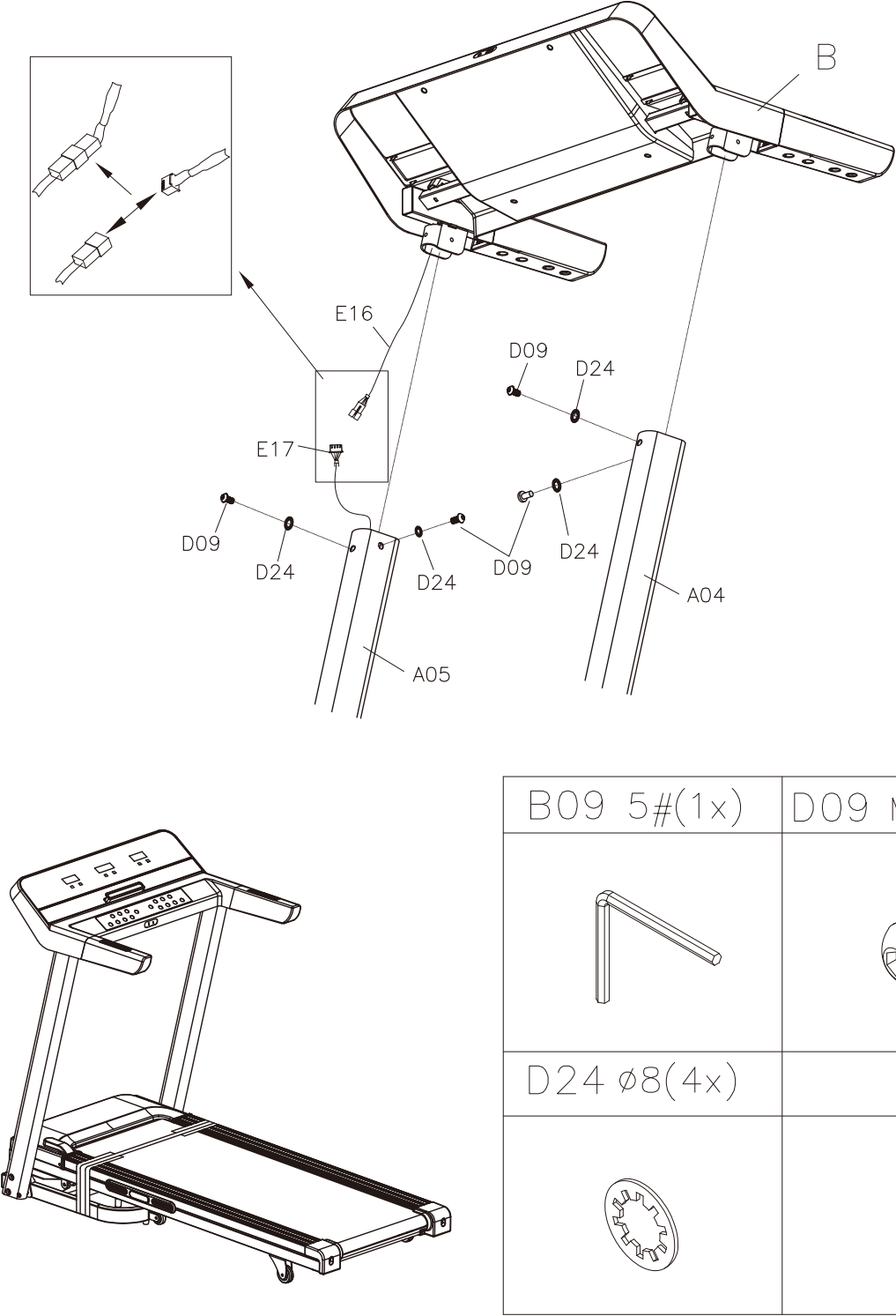


Step 2: Lift both tubes (A04 & A05) up. Then tighten the D05 M8*55 bolts with B09 5# Allen wrench to fix the tube frames.

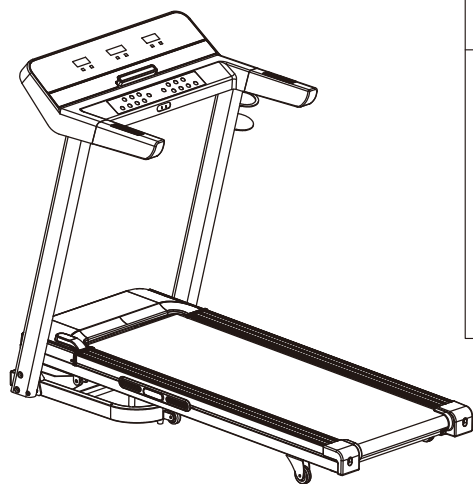
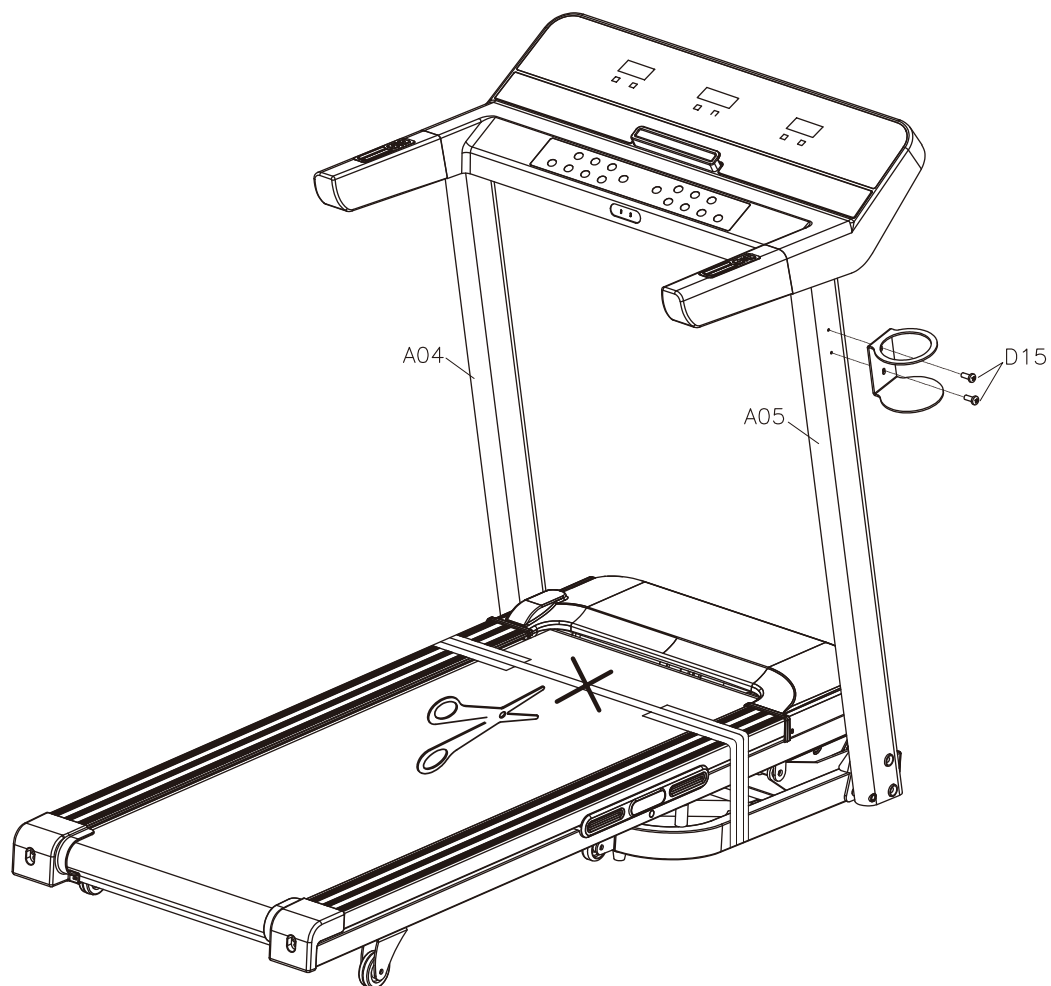


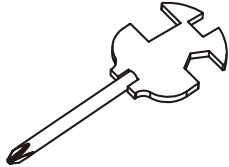
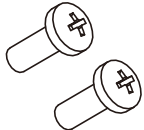
B09 5#(1x)	D05 M8*55(4x)

Step 3: Connect the console cable to the corresponding cable in the right tube frame. To install the console, align D24 $\Phi 8$ washers with D09 M8*15 bolts to the corresponding holes on the tube frames and then use B09 5# Allen wrench to tight-en them.

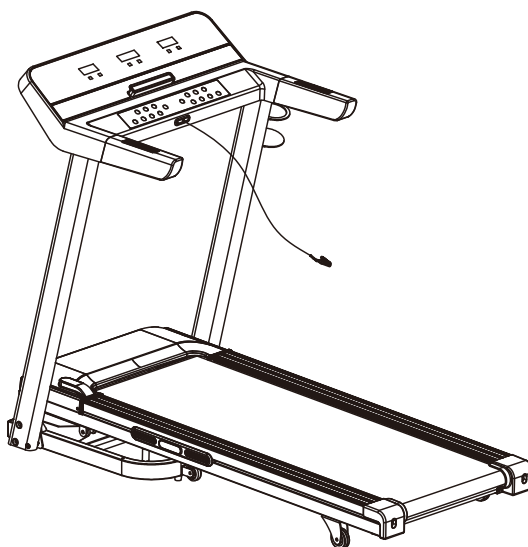
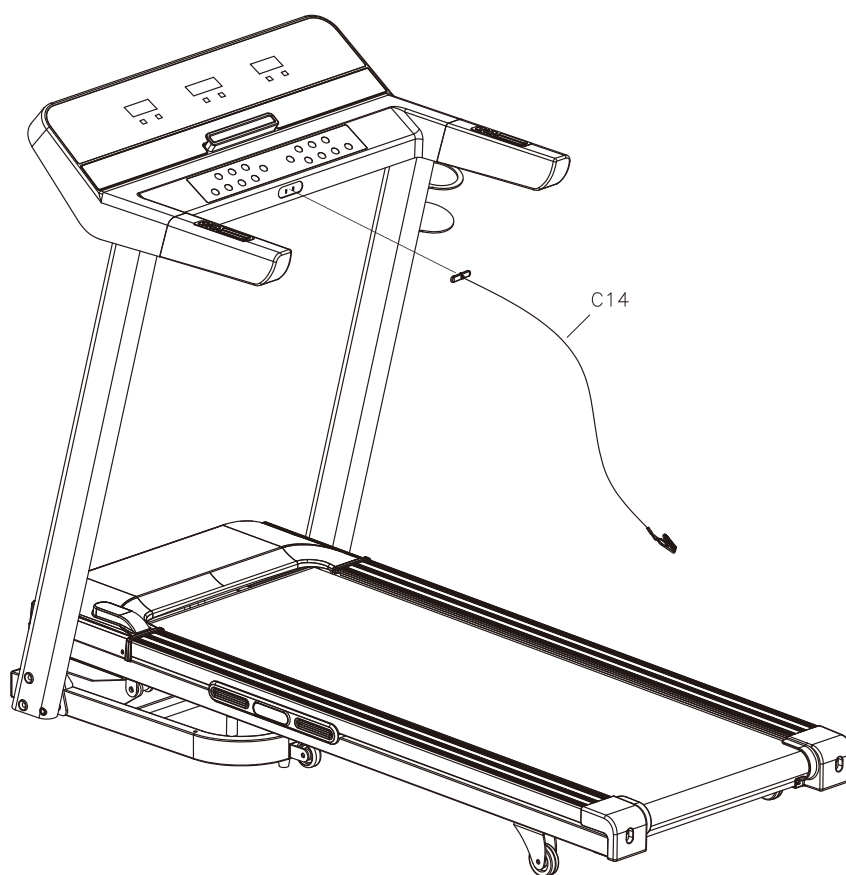


Step 4: Install the bottle holder. After you've completed the assembly, you may remove the packing belt.

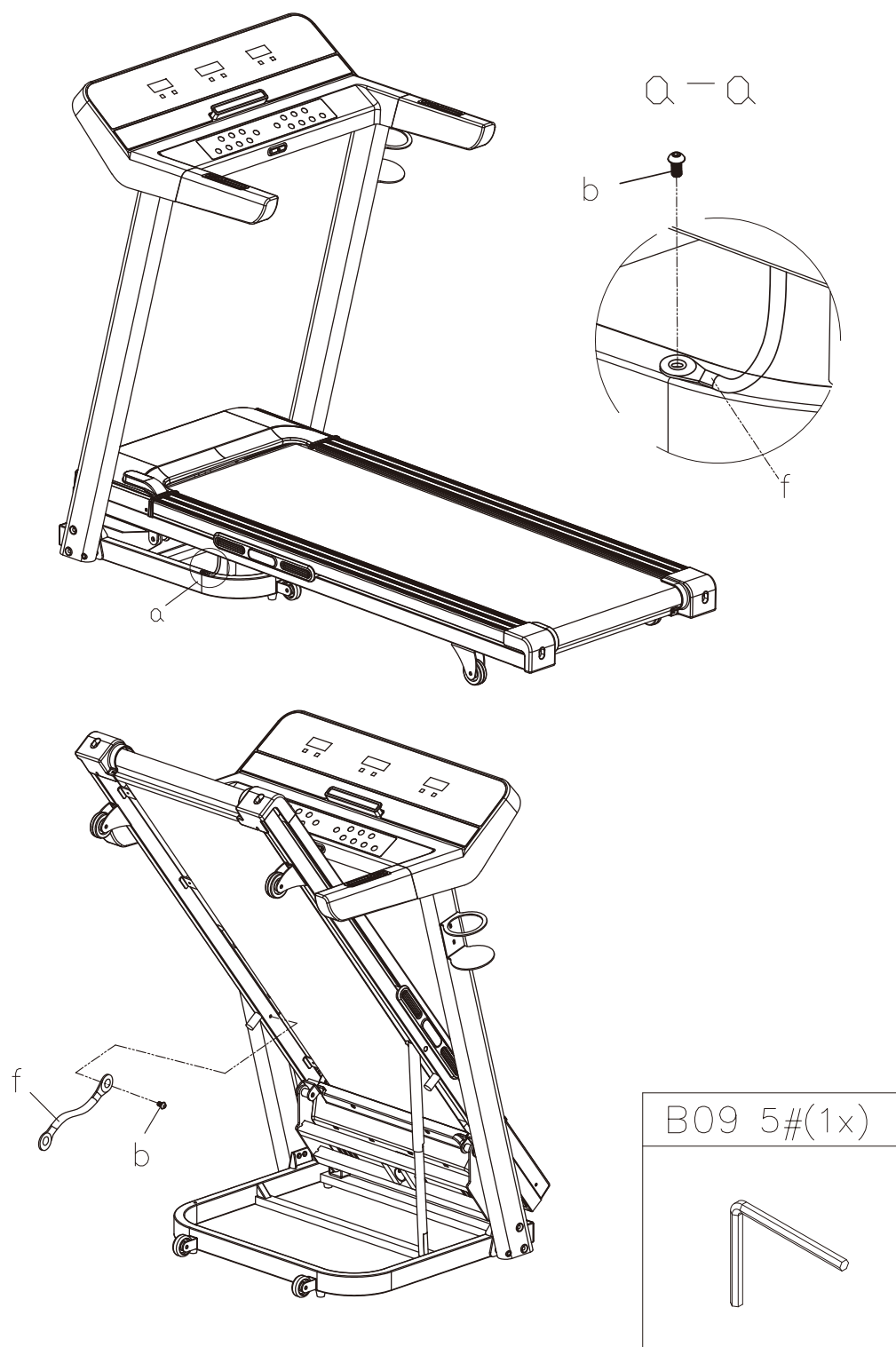


B08 _{S=13、14、15(1x)}	D15 M5*12(2x)
	

Step 5: Insert the safety key.



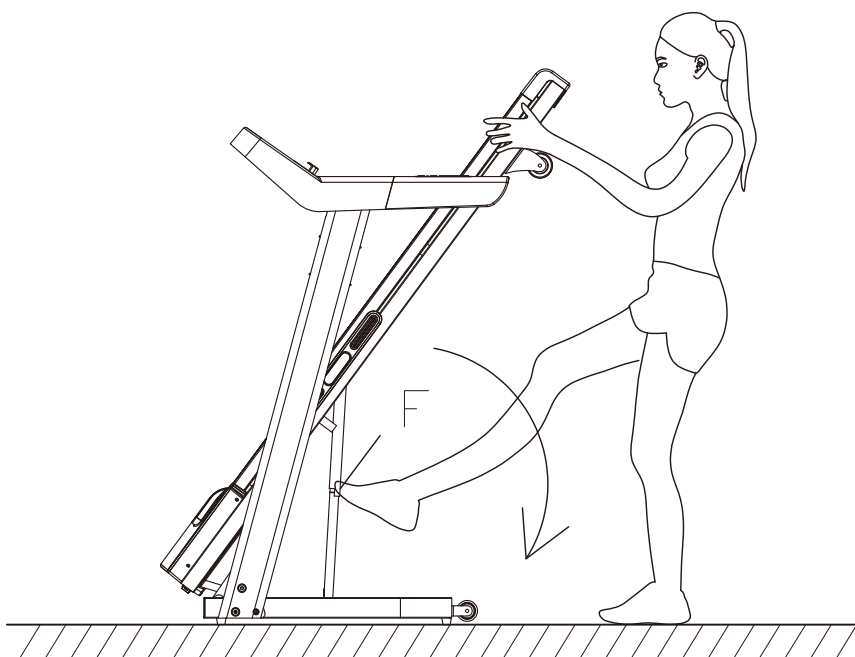
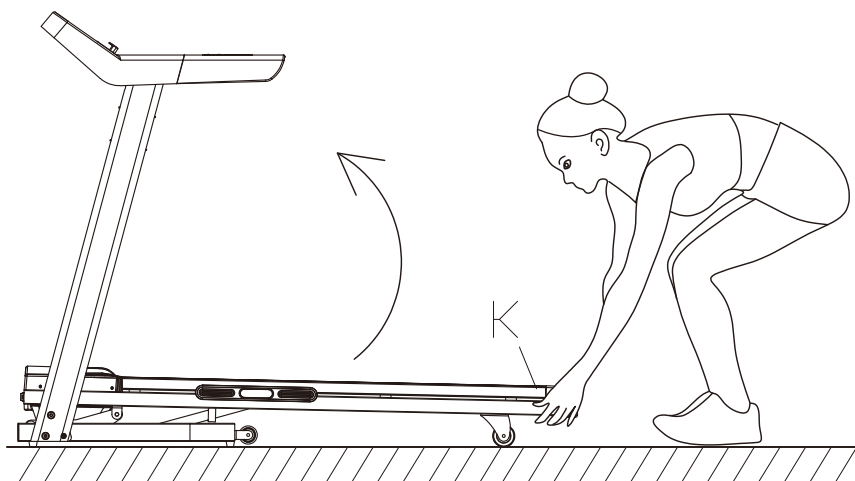
Step 6: Remove bolt A and safety block B using B09 #5 Allen wrench



Folding & Moving

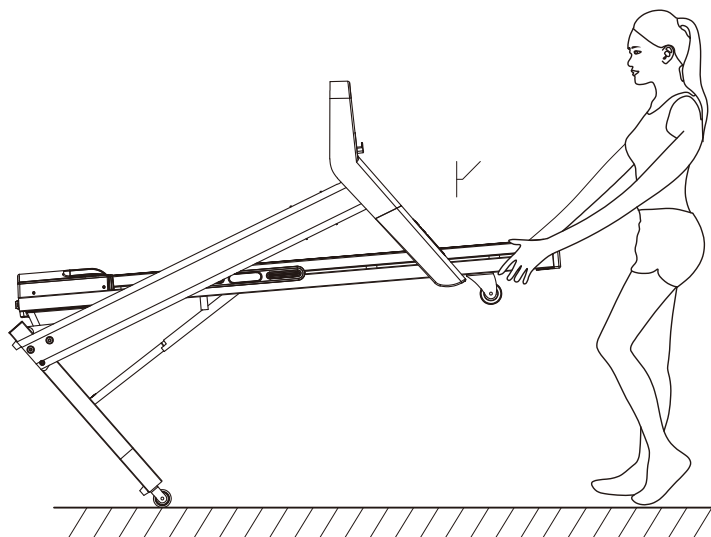
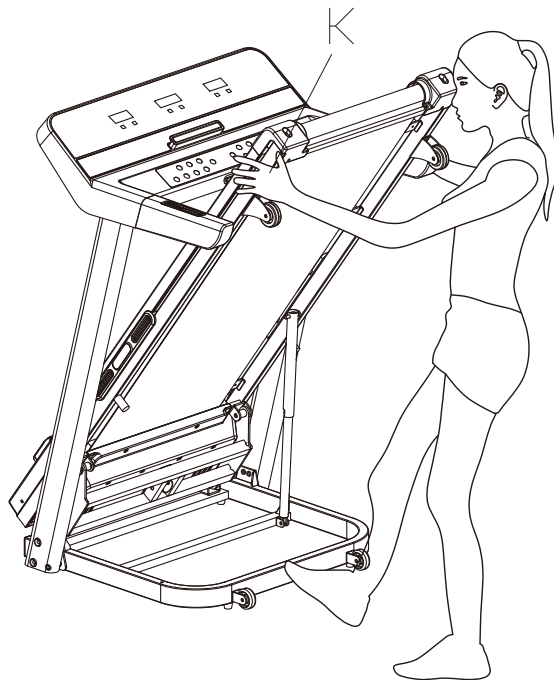
Folding

To fold the treadmill, lift the running board gently to the maximum until a click is heard. To unfold it, use your foot to lightly push against the “F” point (see image C-1) to unlock the folding mechanism.



Moving

If you want to move the treadmill, hold both sides of the running board to increase the incline of the treadmill, then use your foot to push the base frame forward through its rollers.



Important Electrical Information

Warning:

This treadmill requires a right power source to ensure proper operation. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and/or user.

Grounding Methods:

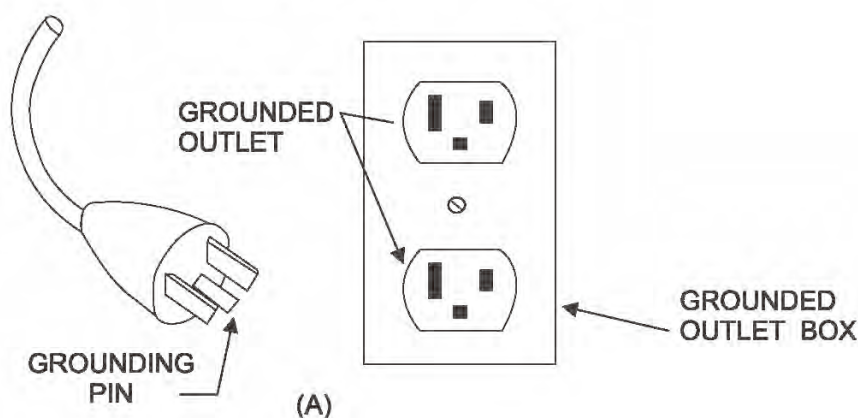
This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in the following sketch A. Make sure that the product is connected to an outlet which has the same configuration as the plug. Do not use an adapter with this product.

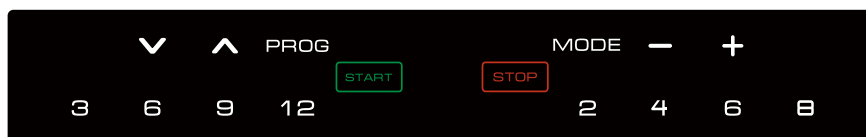
Danger:

Improper connection of the equipment-grounding conductor can result in electric shock. Check with a certified electrician if you are in doubt whether the product is properly grounded. Do not modify the plug provided with the product. If it doesn't fit the outlet, have a proper outlet installed by an electrician.

Grounding methods



Operation Guide



Power Switch

Insert the power plug into the socket and switch on the machine. The treadmill boots with a beep sound and the console enters standby mode (the console will display 0/0:00/0).

Safety Key

Insert the safety key before use. The treadmill works only when the safety key is inserted. Make sure the end of the key clipped to your clothing. The safety key will unclip and disable the treadmill in the event you sustain an injury (such as falling down) and can no longer carry on with the exercise. Re-insert the key to regain full operation.

Console Buttons

START: Press this button, there will be a 3 second countdown displayed on the console. After countdown, the treadmill will run at the speed of 1.0km/h (0.6mph).

STOP: Press this button once while the treadmill is in motion, it will slow down then stop (the console will display "PAU").

(Reset: Press this button twice in succession, the treadmill will reset and create a new exercise record when you press "START" next time).

PROG: Press this button to select and cycle through preset programs (P01-P15), user programs (U01-U03) and standby mode (0).

MODE: Press this button to set Time/Distance/Calories countdown.

SPEED +/-: Press this button to increase/reduce the speed (Press and hold the button to rapidly increase/reduce the value).

INCLINE ^/~: Press this button to adjust the incline of the running board (Press and hold the button to rapidly increase/reduce the value).

3 6 9 12 (Left): Press these buttons to instantly set the incline to 3, 6, 9, 12.

2 4 6 8 (Right): Press these buttons to instantly set the speed to 2km/h, 4km/h, 6km/h, 8km/h (CA); 2mph, 4mph, 6mph, 8mph (US).

Note:

1. We recommend that you maintain a slow speed at the beginning of your workout and hold on to the handrails until you feel comfortable and familiar with the treadmill.
2. To end your workout safely, press STOP button or pull out the safety key to stop the treadmill.
3. The treadmill will return to standby mode if left idle for 30 seconds.

Console Display



Incline



Calories



Time



Distance



Speed



Heart Rate

Detailed Instructions

Quick Start

1. Insert the safety key and turn on the power switch (the console will enter standby mode and display 0/0:00/0).
2. Press START button, there will be a 3 second countdown with beep sounds and the treadmill will run at the speed of 1km/h (0.6mph).
3. Press SPEED +/- or INCLINE ^/~ button to adjust the speed and incline while running.
4. Press STOP button once to slow down and stop. Press it twice in succession to reset the treadmill.

Countdown Mode

In standby state, press MODE button to set Time/Distance/Calories Countdown.

1. Press once to enter Time Countdown Setting ("Time" window will display flickering "15:00"). Press SPEED +/- or INCLINE ^/~ button to set the countdown time from 5: 00—99: 00.
2. Press twice to enter Distance Countdown Setting ("Distance" window will display flickering "1.00"). Press SPEED +/- or INCLINE ^/~ button to set the countdown distance from 0.50—99.90.
3. Press three times to enter Calories Countdown Setting. ("Calories" window will display flickering "50"). Press SPEED +/- or INCLINE ^/~ button to set the countdown calories from 10—999.

Note:

Only one countdown option can be set at a time. Once setting is complete, press "Start" button to begin workout after 3 second countdown. Press SPEED +/- or INCLINE ^/~ button to adjust the speed and incline while running. Press STOP button once to pause and twice to reset the treadmill.

Program

In standby state, press PROG button to select and cycle through 15 Preset Programs(P01-P15) and 3 User Programs(U01-U03).

15 Preset Programs

1. P01-P15 are built-in preset programs. After selecting the specific program, the "Time" window will display "10:00" and flicker (default preset time).
2. You can press SPEED +/- or INCLINE ^/~ button to adjust preset time (If not, press Start button to begin the program directly).
3. Each program is divided into 10 exercise sections, and the time for each section=preset time/10 (refer to the chart below).
4. Upon entering the next exercise section, there will be 3 beep sounds to notify you. Speed and incline will then be changed according to your preset program.
5. You can press SPEED +/- or INCLINE ^/~ button to adjust the speed and incline while running. Once treadmill enters the next exercise section, the console will show initial exercise data of this section.
6. After finishing one program (10 exercise sections), the treadmill will stop slowly and "End" will be displayed on the console accompanied by beep sounds. The machine will return to standby state.

Preset Program Chart:

Section Program		Set time/10 = exercise time of each section (Speed unit: km/h)									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P02	SPEED	2	6	7	8	3	6	8	7	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	3	8	3	8	5	9	5	9	12	6
	INCLINE	1	3	5	7	9	10	8	6	5	2
P04	SPEED	8	10	11	12	12	11	10	10	9	8
	INCLINE	1	2	2	3	1	2	2	2	2	1
P05	SPEED	6	10	12	9	11	8	12	7	9	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P06	SPEED	2	8	6	10	10	9	11	8	5	3
	INCLINE	2	2	3	2	3	4	5	6	5	3
P07	SPEED	2	6	7	9	7	9	6	5	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	2	4	6	8	7	8	9	6	4	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	SPEED	2	4	5	7	6	5	8	6	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3

Section Program		Set time/10 = exercise time of each section (Speed unit: mph)									
		1	2	3	4	5	6	7	8	9	10
P01	SPEED	1.2	2.5	1.9	2.5	1.9	3.1	2.5	1.2	3.1	1.9
	INCLINE	1	2	3	3	1	2	2	3	2	2
P02	SPEED	1.2	3.7	4.3	5.0	1.9	3.7	5.0	4.3	3.1	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P03	SPEED	1.9	5.0	1.9	5.0	3.1	5.6	3.1	5.6	7.4	3.7
	INCLINE	1	3	5	7	9	10	8	6	5	2
P04	SPEED	5.0	6.2	6.8	7.4	7.4	6.8	6.2	6.2	5.6	5.0
	INCLINE	1	2	2	3	1	2	2	2	2	1
P05	SPEED	3.7	6.2	7.4	5.6	6.8	5.0	7.4	4.3	5.6	1.9
	INCLINE	1	2	4	3	2	2	4	5	2	1
P06	SPEED	1.2	5.0	3.7	6.2	6.2	5.6	6.8	5.0	3.1	1.9
	INCLINE	2	2	3	2	3	4	5	6	5	3
P07	SPEED	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P08	SPEED	1.2	2.5	3.7	5.0	4.3	5.0	5.6	3.7	2.5	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P09	SPEED	1.2	2.5	3.1	4.3	3.7	3.1	5.0	3.7	1.9	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	1.2	1.9	3.1	1.9	1.9	3.1	1.9	3.7	1.9	1.9
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	1.2	3.1	5.0	6.2	3.7	5.6	3.1	1.9	1.2	1.2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.9	2.5
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED	1.2	4.3	2.5	4.3	5.0	5.6	2.5	3.1	1.9	1.2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED	1.2	3.7	3.1	2.5	5.0	3.7	3.1	1.2	1.9	1.9
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED	1.2	3.7	3.1	2.5	5.0	4.3	3.1	1.9	1.9	1.2
	INCLINE	3	4	5	6	3	5	5	6	4	3

3 User Programs

In these programs (U01/U02/U03), you can customize your own programs by manually setting each of the 10 sections.

1. Press PROG button until you reach one of U01/U02/U03 and the "Time" window will display flickering "10:00".
2. Press SPEED+/- or INCLINE^/˘ button to set the Total Workout Time and then press Mode button to enter setting in each section(S-01, S-02.....S-10).
3. Press SPEED+/- and INCLINE^/˘ button to set the desired speed and time in the section. Press Mode button to move to the next section or to skip through sections.
4. Once you've set the first section, you can set the value for the next section. Repeat this process until you have completed all sections. The values you set will not change unless edited (Only custom values of Speed and Incline are saved while Time will return to 10:00 on the next startup).
5. Once you've finished setting your own program (when you reach the Total Workout Time setting again), you can press START button to begin your workout. The treadmill will run in the program you set.
6. You can press SPEED +/- or INCLINE ^/˘ button to adjust speed and incline while running. Once treadmill enters the next exercise section, the console will show initial exercise data of this preset section.
7. Once the program is complete (10 sections), the treadmill will slow down and stop accompanied by beep sounds.

Heart Rate Measurement

To measure your heart rate, hold the hand pulse sensors with both of your hands for 10 seconds. Stand still during measurement to ensure an accurate reading, and the console will show user's pulse value after about 5 seconds.

Note: This data is intended for reference only, not for medical guidance.

Bluetooth Connection

Activate the treadmill, enable Bluetooth on your smart phone, search for SYMK and connect to play your own music on the treadmill. Open the "RENPHO Health" app and connect to R-Q004 via Bluetooth to access smart features and workouts.

Power Save Function

The treadmill has a power-saving function. In standby state, or at the state of waiting for operation, if without any operation, the power-saving function will be available after 10 minutes, and the console will turn off. To use the treadmill, press any button to activate the console.

APP Instructions

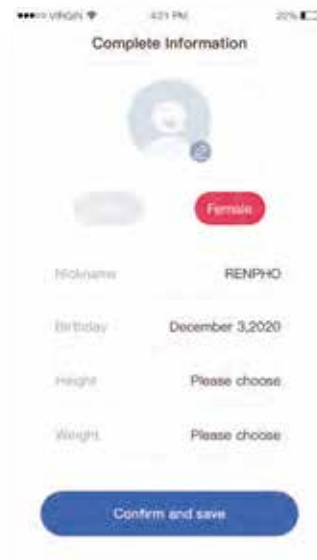
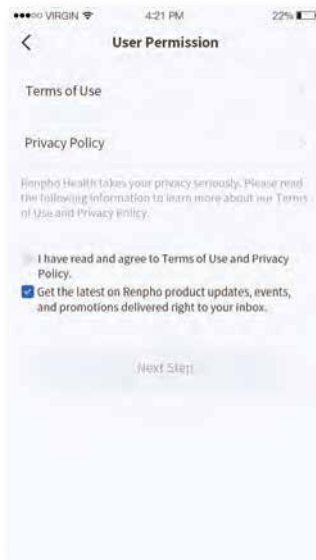
1. Application Download

Download and install the free "Renpho Health" App to your smartphone.



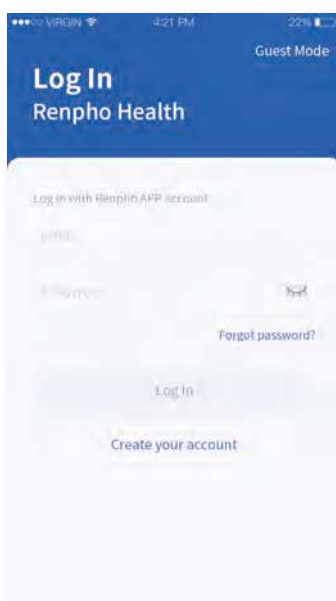
2. Register

Use email address to register the account and complete the personal information; this information is intended for calculation only.



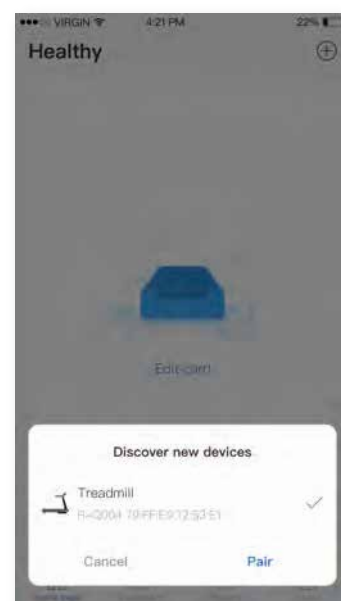
3. Log in

Users can create a new account or log in directly with an existing RENPHO App account.



4. Add device

After logging in, if you turn on Bluetooth on your smart phone and treadmill, the window (as shown) will pop up and remind you to connect the device.

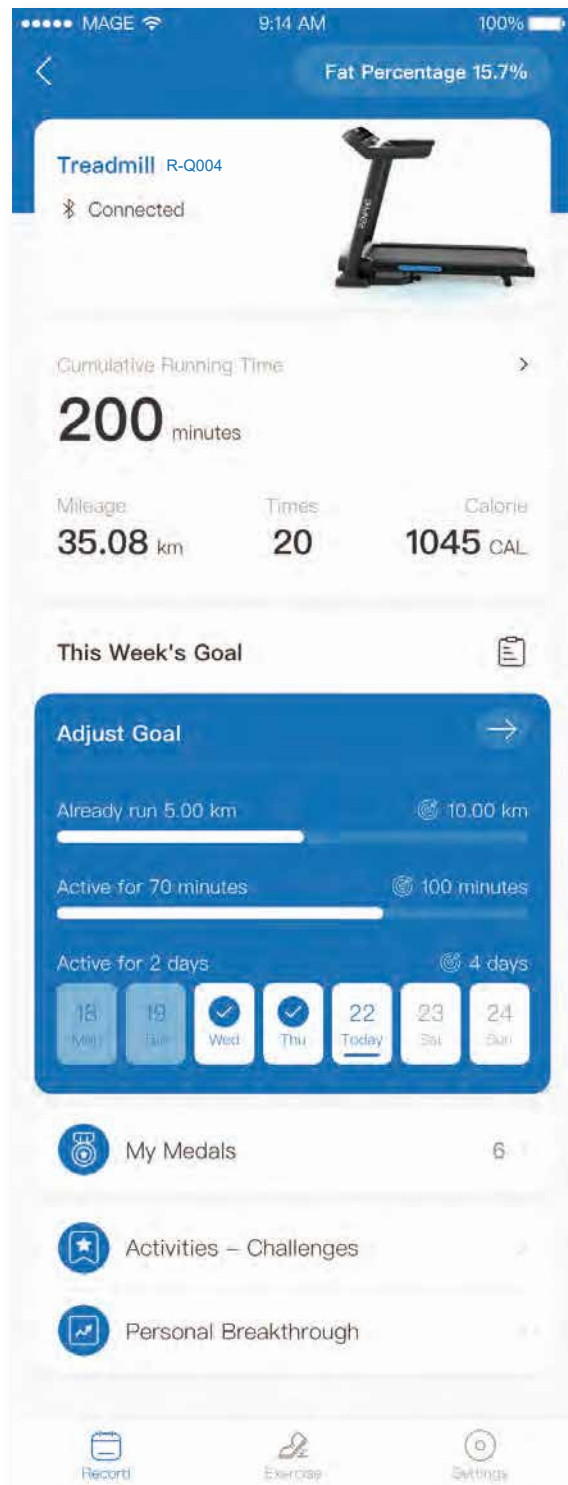


Or you can click  in the right corner to manually connect it.

1. Turn on Bluetooth on your smartphone.
2. Turn on the treadmill.
3. Click the device to connect.



5. After pairing successfully, it will enter the Home Page as shown. The data will be synchronized with the treadmill. Please check more detailed instructions via www.ren-phohealth.com.



Maintenance & Care

General cleaning will help prolong the lifespan 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 to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

To better maintain the treadmill and prolong its lifespan, it is recommended that the machine should be powered off for 10 minutes after 2 hours of continuous use and fully powered off whenever not in use.

Lubricating the Treadmill

IMPORTANT NOTE:

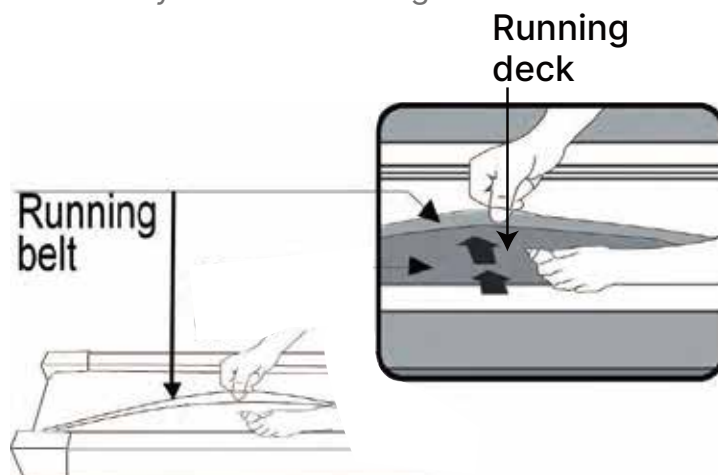
You will need to lubricate your treadmill before the first use.

Lubricating the running board and running belt is essential as the friction between the two affects the function and lifespan of the treadmill, therefore it is recommended that the running board and belt should be inspected regularly.

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

How to Lubricate:

1. Lift the belt up on one side and apply lubricant to the running deck.
2. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
3. Start the treadmill and let it run at the lowest speed for several minutes to allow the lubricant to spread evenly over the running deck.



The following timetable is recommended:

Light user (less than 3 hours/week)	every six months
Medium user (3-5 hours/week)	every three months
Heavy user (more than 5 hours/week)	every two months

Lubrication Reminder Function

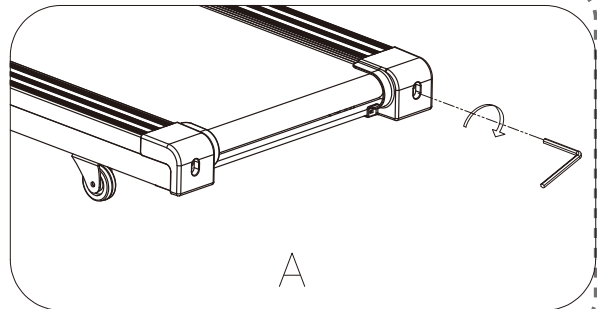
Upon every 300km (186.4miles) of total running distance, a system beeping alert will sound every 10 seconds and TIME window will display "OIL". This means that your treadmill needs to be lubricated with oil. Please add oil on both sides of the running board as instructed. Once lubrication is complete, please hold the "STOP" button for 3 seconds to reset the system warning sound until the next 300km (186.4miles).

Centering the Running Belt

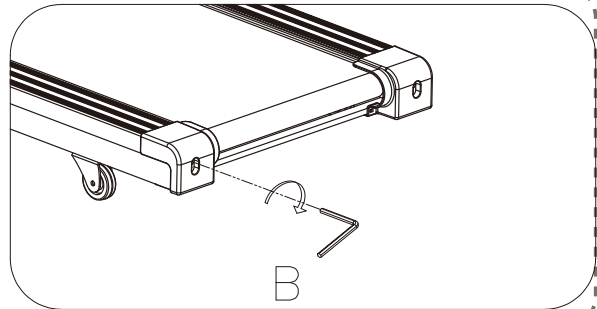
A loose Running Belt may cause you to fall when running. Likewise, if the Running Belt is too tight, it may impact the motor's performance as there will be too much friction between the roller and running belt. The most suitable tightness for the belt is 50-75mm pulled out from the Running Board.

Place the treadmill on the flat surface and set it at the speed of 6-8km/h (4-5mph) to check if the Running Belt drifts.

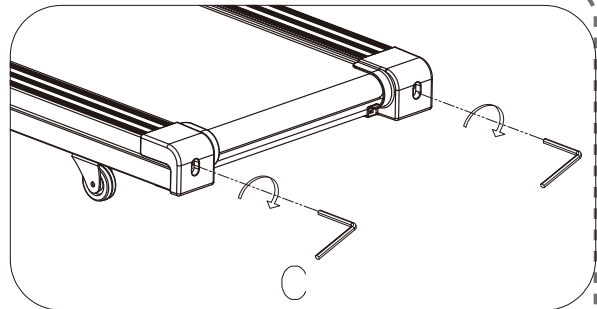
1. If the Running Belt moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ circle clockwise, then turn the left adjustment bolt $\frac{1}{4}$ circle counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the Running Belt moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ circle clockwise, then turn the right adjustment bolt $\frac{1}{4}$ circle counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the Running Belt will loosen. To tighten the belt, turn the adjusting bolts of both sides one full circle clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly. To better maintain the treadmill and prolong its lifespan, it is recommended that maintenance should be done on a regular basis.

Troubleshooting

Problem	Possible Cause	Suggested Action
Treadmill does not start	Not plugged in.	Plug cord into outlet.
	Safety Key not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension not correct on the left or right sides of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller.
Console not working	Wires from the console and bottom control board not properly connected.	Check wire connections from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the console and bottom control board not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	1. Check that the incoming power supply is the correct voltage. 2. Check the control board, replace if damaged. 3. Check the motor, replace if damaged.
E03: Speed sensor failure	Speed sensor not plugged in or wires from the sensor and bottom control board not properly connected.	Check speed sensor and magnetic sensor, replace if damaged.
E04: Incline adjustment or self-inspection failure	The incline motor wire is not connected or the motor is damaged.	1. Check incline motor wires to see if the motor is connected, replace if damaged. 2. Check the control board, replace if damaged. After the problem is fixed, press and hold "Incline^/~" buttons to check if the incline can be adjusted.

Problem	Possible Cause	Suggested Action
E05: Current overload protection (self protecting system)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it is correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	1. Inspect moving parts of the treadmill to ensure that they are operating correctly. 2. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. 3. Check the control board, replace if damaged. 4. Lubricate the treadmill.
E06: Motor abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control board abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	1. The torque is too high, please adjust the torque to be lower. 2. Inspect moving parts of the treadmill to ensure that they are operating correctly. 3. Replace the motor if necessary. 4. Lubricate the treadmill.

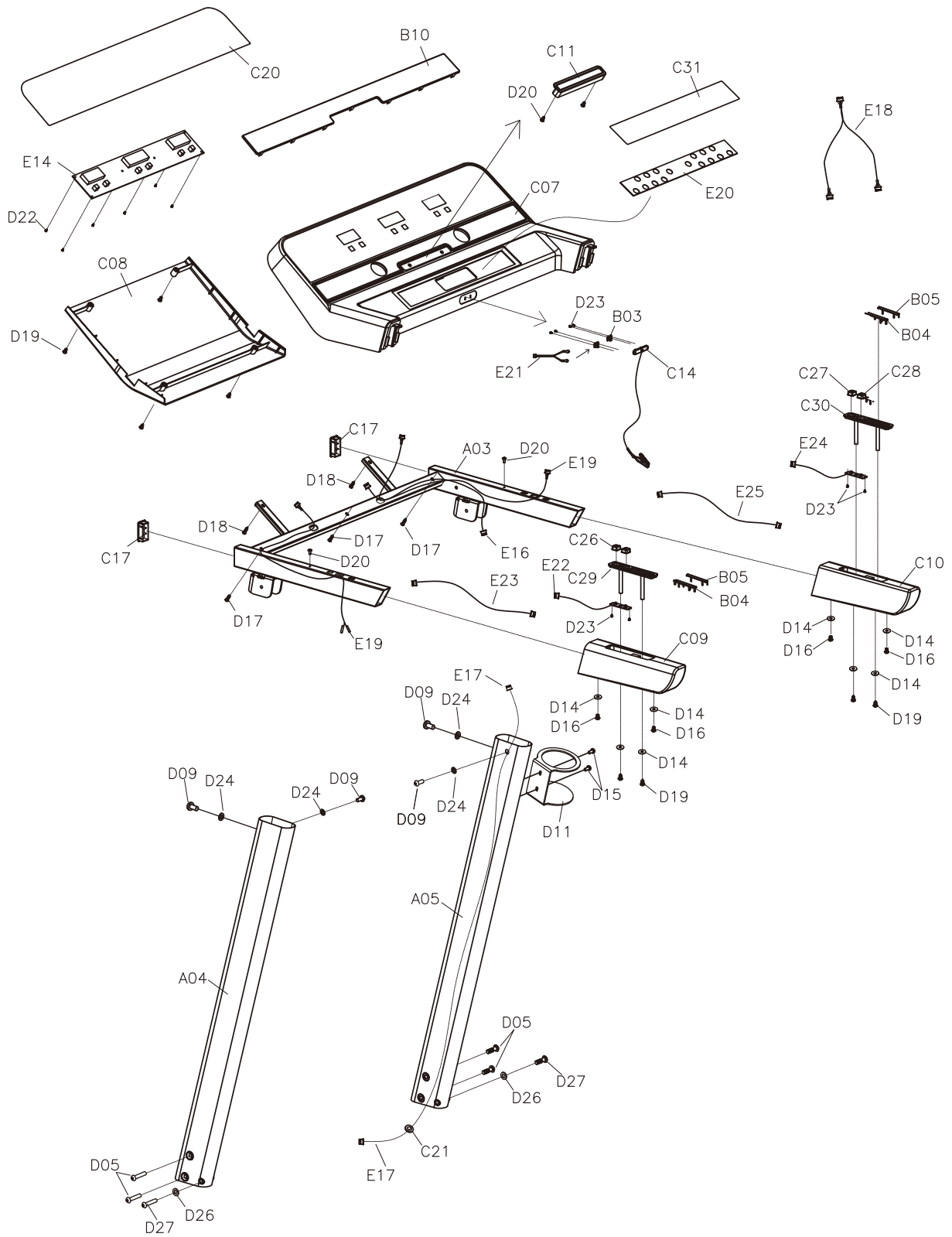
This diagram illustrates the exploded view of a mechanical assembly, showing the relationship between various components. The parts are labeled with alphanumeric codes, and a parts list table is provided on the right side of the image.

Parts List Table:

B08	
B09	
E06	
E07	
E08	
E09	
E10	
E11	
E12	
F03	
F04	
F05	
F02	
F01	
H02	
H01	
H03	
G04	
G01	
G03	
G02	

B08	
B09	
E06	
E07	
E08	
E09	
E10	
E11	
E12	
F03	
F04	
F05	
F02	
F01	
H02	
H01	
H03	
G04	
G01	
G03	
G02	

Assembly Parts List 2



Parts List

NO.	Part Description	Remark	Qty	NO.	Part Description	Remark	Qty
A01	Bottom frame		1	C25	Cylindrical cushion		2
A02	Main frame		1	C26	Button		2
A03	Console frame		1	C27	Button+		1
A04	Right rear cover		1	C28	Button -		1
A05	Cushion		1	C29	Incline handpulse seat		1
A06	Incline frame		1	C30	Speed handpulse seat		1
B01	Front roller		1	C31	Button Acrylic		3
B02	Rear roller		1	D01	Nut	M6	6
B03	Safety key seat shrapnel		2	D02	Nut	M8	6
B04	Left handpulse sheet		2	D03	Nut	M10	6
B05	Right handpulse sheet		2	D04	Bolt	* M1055 L20	4
B06	Air cylinder		1	D05	Bolt	M8 * 55	4
B07	Incline frame sleeving		8	D06	Bolt	M8 * 40 L20	4
B08	Wrench with screw driver	S=13 、 14 、 15	1	D07	Bolt	M8 * 30 L15	1
B09	#5 Allen wrench	5mm	1	D08	Bolt	M8 * 25	2
B10	Speaker net		1	D09	Bolt	M8 * 15	4
C01	Motor top cover		1	D10	Bolt	M10 * 45 L15	1
C02	Motor bottom cover		1	D11	Bolt	M6 * 65	2
C03	Left rear cover		1	D12	Bolt	M6 * 55	1
C04	Right rear cover		1	D13	Bolt	M6 * 35	6
C05	Cushion		2	D14	Big flat washer	φ6 * φ12 * 1.0	8
C06	Side rail		2	D15	Bolt	M5 * 12	9
C07	Console top cover		1	D16	Bolt	M5 * 10	4
C08	Console foam cover		1	D17	Screw	ST4.2*40	3
C09	Left hand rail foam		1	D18	Screw	ST4.2*20	8
C10	Right handrail foam		1	D19	Screw	ST4.2*12	13
C11	Ipad holder		2	D20	Screw	ST4.2*12	14
C12	Running belt		1	D21	Bolt	M10 * 95 L25	1
C13	Motor belt		1	D22	Screw	ST2.9*8	10
C14	Safety key		1	D23	Screw	ST2.5*6	8
C15	Blue cushion		6	D24	Lock washer	φ8	10
C16	Transportation wheel		2	D25	Lock washer	φ10	6

C17	Square end cap		4	D26	Flat washer	φ8	2
C18	Adjustable wheel		2	D27	Bolt	M8 * 55 L20	2
C19	Foot pad		4	D28	Spring washer	φ8	2
C20	Console acrylic		1	D29	Lock washer	φ8	3
C21	Ring protector plug		2	D30	Cross recessd pan head screw	M5*15	2
C22	EVA PAD		1	D31	Cross recessd pan head self-drilling tapping screw	ST4.2*12	2
E05	Socket		1	D32	Cross recessd pan head self-drilling tapping screw	ST4.2*12	1
E06	Magnet ring		1	E01	Running board		1
E07	Magnet core		1	E02	DC motor		1
E08	Power wire		1	E03	Square switch		1
E09	AC single wire	L200 brown	2	E04	Overload protector		1
E10	AC single wire	L350 brown	2	E23	Quick speed upper wire		1
E11	AC single wire	L350 blue	1	E24	Quick incline bottom wire		1
E12	Grounding wire	Yellow & green	1	E25	Quick incline upper wire		1
E13	Magnet ring		1	E26	Incline motor		1
E14	Upper control board		1	E27	Magnetic Sensors		1
E15	Lower control board		1	F01	Filter	Optional parts	1
E16	Singal upper wire		1	F02	Inductance		1
E17	Singal bottom wire		1	F03	AC single wire		1
E18	Hand pulse upper wire		1	F04	Grounding wire		1
E19	Hand pulse bottom wire		2	F05	Screw		4
E20	Touch button		1	H01	USB Module		1
E21	Safety key connection wire		1	H02	USB wire		1
E22	Quick speed bottom wire		1	H03	Screw		2
G01	Speaker		2	G03	Screw		8
G02	MP3 wire		1	G04	Audio signal input wire		1

Warranty Policy

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit :

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

Customer Service

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

 **TEL:** 1(844) 417-0149(US ONLY)

Monday-Friday 9:00AM-4:30PM

1800 MY RENPHO (1800 69 7367) (AU ONLY)

Mon-Fri 9:00-5:00PM (GMT+10)

 **Email:** support@renpho.com
support-au@renpho.com

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

FCC Regulatory Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

RF Exposure Compliance

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Regulatory compliance

This device contains licence-exempt transmitters that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

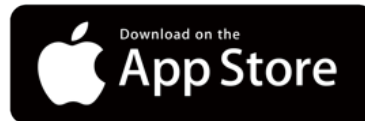
This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

Download the App

1. Search

Search for "RENPHO Health" on App Store/Google Play or scan the QR code below to download the app.



2. Register

Register with your email address and fill in your personal information (this is required for calculating accurate health measurements).

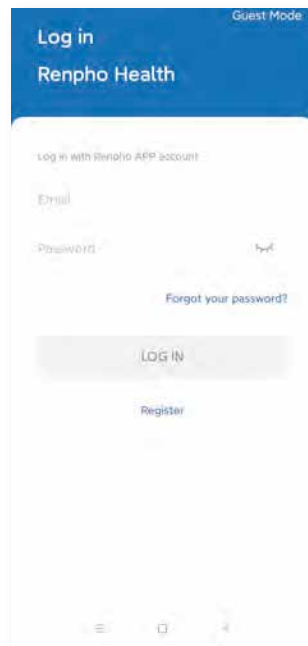
The "User Permission" screen features a back arrow at the top left. It contains sections for "Terms of Use" and "Privacy Policy", each with a checkbox and a link to the respective document. Below these, a paragraph states: "Renpho Health takes your privacy seriously. Please read the following information to learn more about our Terms of Use and Privacy Policy". Two checkboxes follow: "I have read and agree to Terms of Use and Privacy Policy." (checked) and "Get the latest on Renpho Health product updates, events, and promotions delivered right to your inbox" (checked). A blue "GO TO NEXT" button is at the bottom.

The "Register" screen has a back arrow at the top left. It includes input fields for "Email" and "Password". A note specifies: "Your password must be 6-16 characters and contain both letters and numbers." A grey "CONFIRM" button is positioned below the password field.

The "Complete Information" screen features a back arrow at the top left. It displays a profile picture placeholder and a "Female" gender selection button. Below are input fields for "Nickname" (filled with "RENPHO"), "Birthday" (filled with "December 3, 2020"), "Height" (filled with "Please choose"), and "Weight" (filled with "Please choose"). A blue "Confirm and save" button is at the bottom.

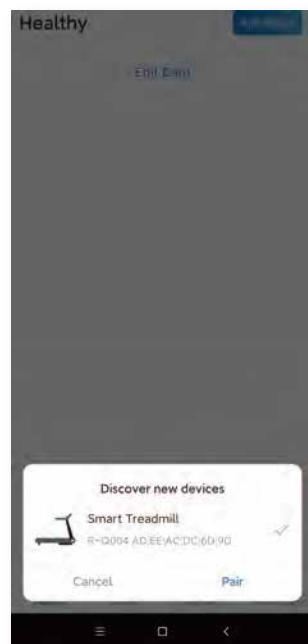
3. Signing in

Log in with your RENPHO App account.



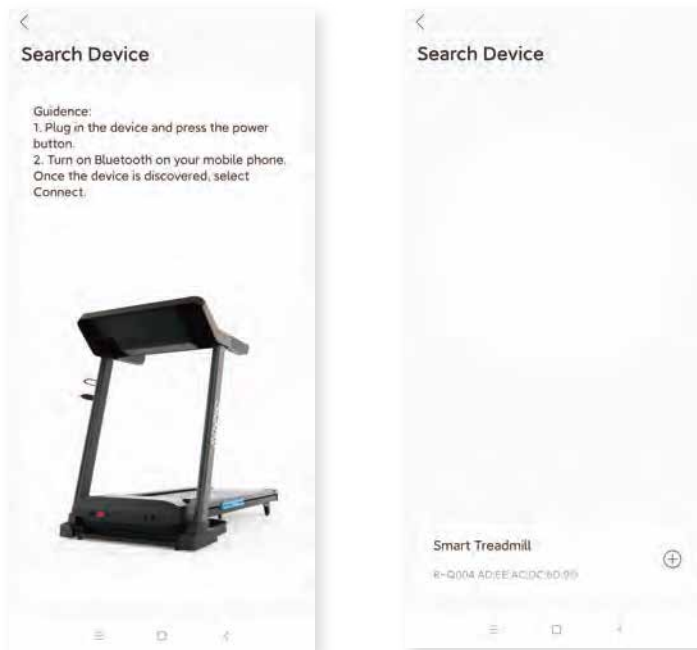
Connect the Treadmill

1. Activate Bluetooth on your smartphone and a pop-up window will appear to allow you to pair your phone with the device.

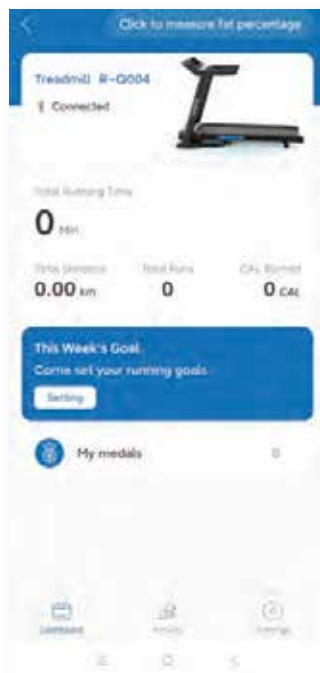


Alternatively, click “Add device” on the right corner to connect manually.

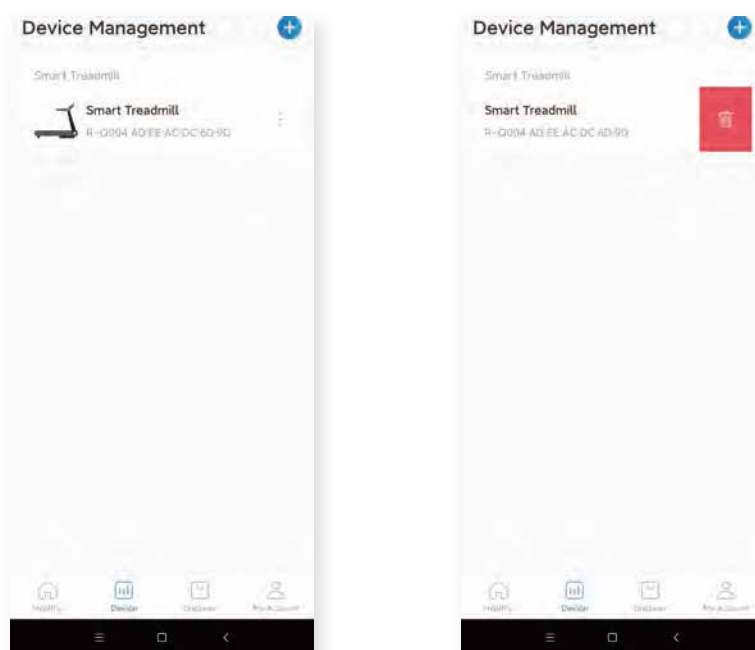
1. Activate Bluetooth on your smartphone.
2. Power on the treadmill.
3. Click ⊕ to connect.



2. After pairing successfully, you will be directed to the Home Page and the app will be synchronized with the treadmill.



3. Select the treadmill on the “Device” page to connect for next use. Swipe left and click to delete to disconnect the device.



Note: The treadmill can be paired with one device only. If you want to connect the treadmill with another device, please ensure it is disconnected from any prior device.

Using the Treadmill via App

1. Start Running

1.1 Click the “Activity” icon to enter the page and click “Start” on Manual Mode to begin your workout.



1.2 The following page will then be shown.



1.2.1 Click  to adjust the running speed.

1.2.2 Click  to adjust the incline of the running board.

1.2.3 Click  to turn on/off the music.

Music: You can download and play 3 music tracks within the app or search and connect to SYMK via Bluetooth to play music from your smartphone.

1.2.4  : Hold the hand pulse sensors with both hands for a few seconds. The icon will then appear to show your current heart rate (Note: the data is for reference only and not for medical guidance).

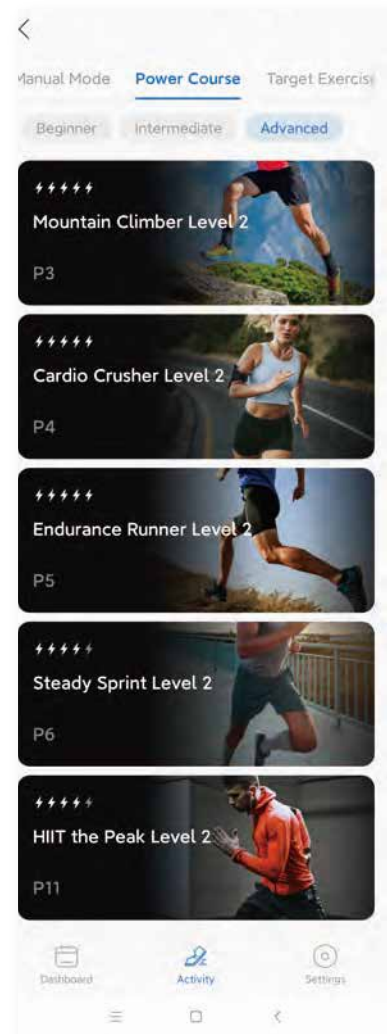
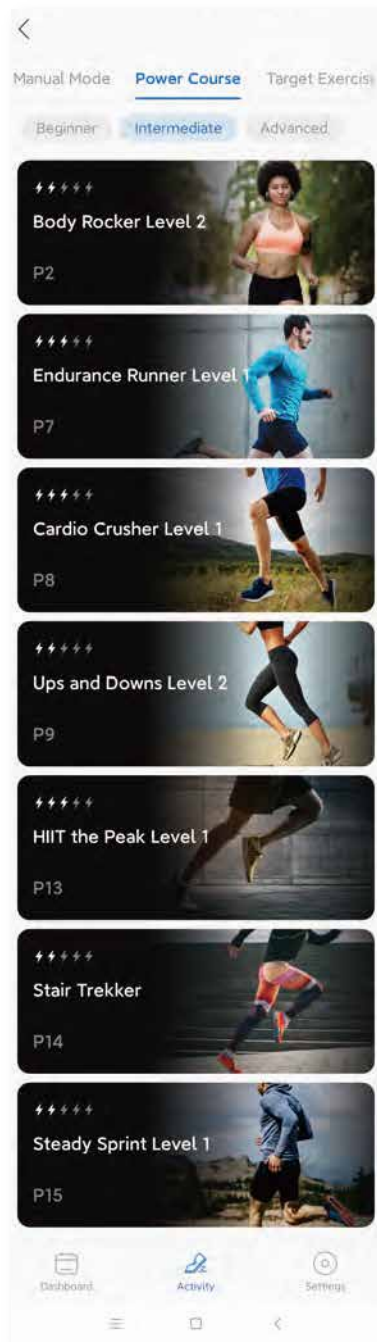
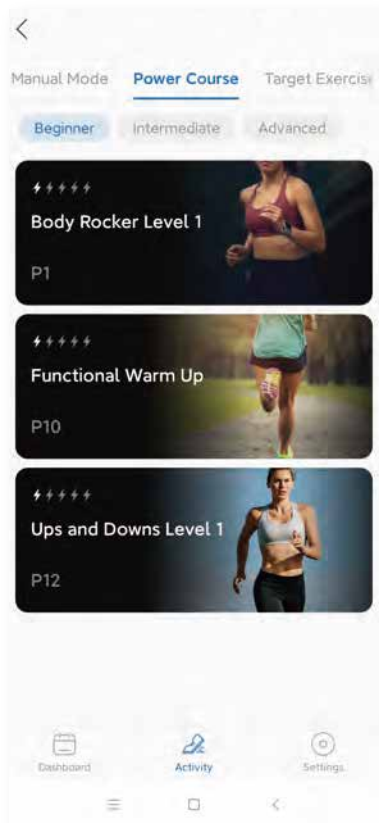
1.2.5  Click to pause or end your workout.

1.3 After you end the workout and save the data, it will show an exercise report that you can share on social media.



2. Program Running

2.1 Click “Power Course” to select your unning program. There are 15 built-in preset programs tailored for beginners, intermediate and advanced runners.



2.2 After selecting a specific program, set the planned exercise time and confirm the details to start your run.

<

Please enter the planned exercise time

Input range is 5-99 minutes.

10 Min

Confirm

☰ □ ✕

<

Details

★★★★★ P1

Body Rocker Level 1

Plan time 10:00 Distance 0.58 km Plan consumption 42 CAL

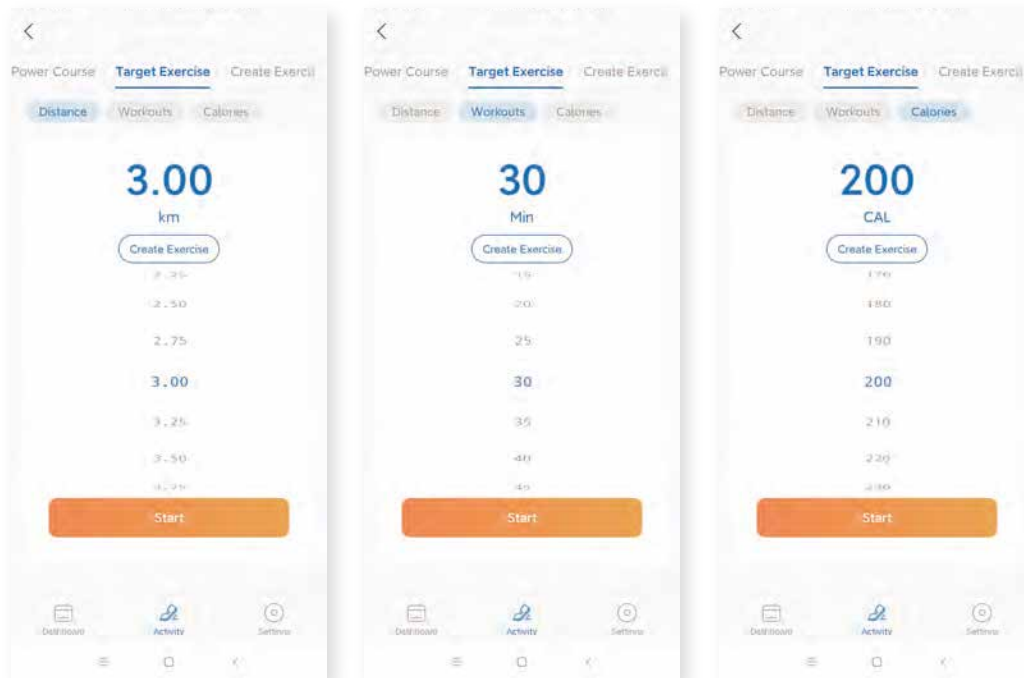
1	Level 1	01:00	2km/h	1Gradient
2	Level 2	01:00	4km/h	2Gradient
3	Level 3	01:00	3km/h	3Gradient
4	Level 4	01:00	4km/h	3Gradient
5	Level 5	01:00	3km/h	1Gradient
6	Level 6	01:00	5km/h	2Gradient
7	Level 7	01:00	4km/h	2Gradient
8	Level 8	01:00	2km/h	3Gradient
9	Level 9	01:00	5km/h	2Gradient
10	Level 10	01:00	3km/h	2Gradient

Start

☰ □ ✕

3. Countdown Running

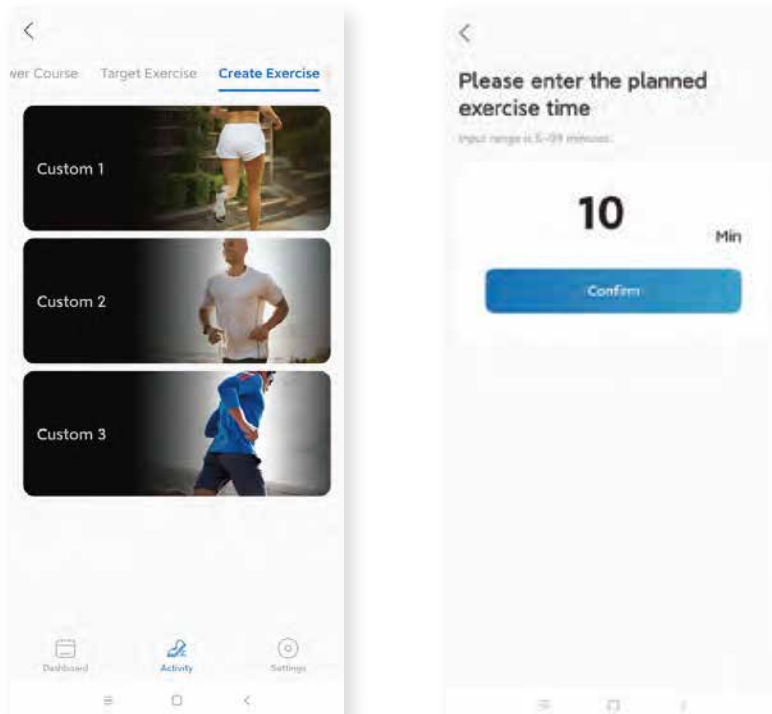
Click “Target Exercise” to begin a countdown run which completes after completing a preset “Distance” (running a set amount of km), “Workout” (running a set amount of time) or “Calories” (burning a set amount of calories).



4. Customized Running

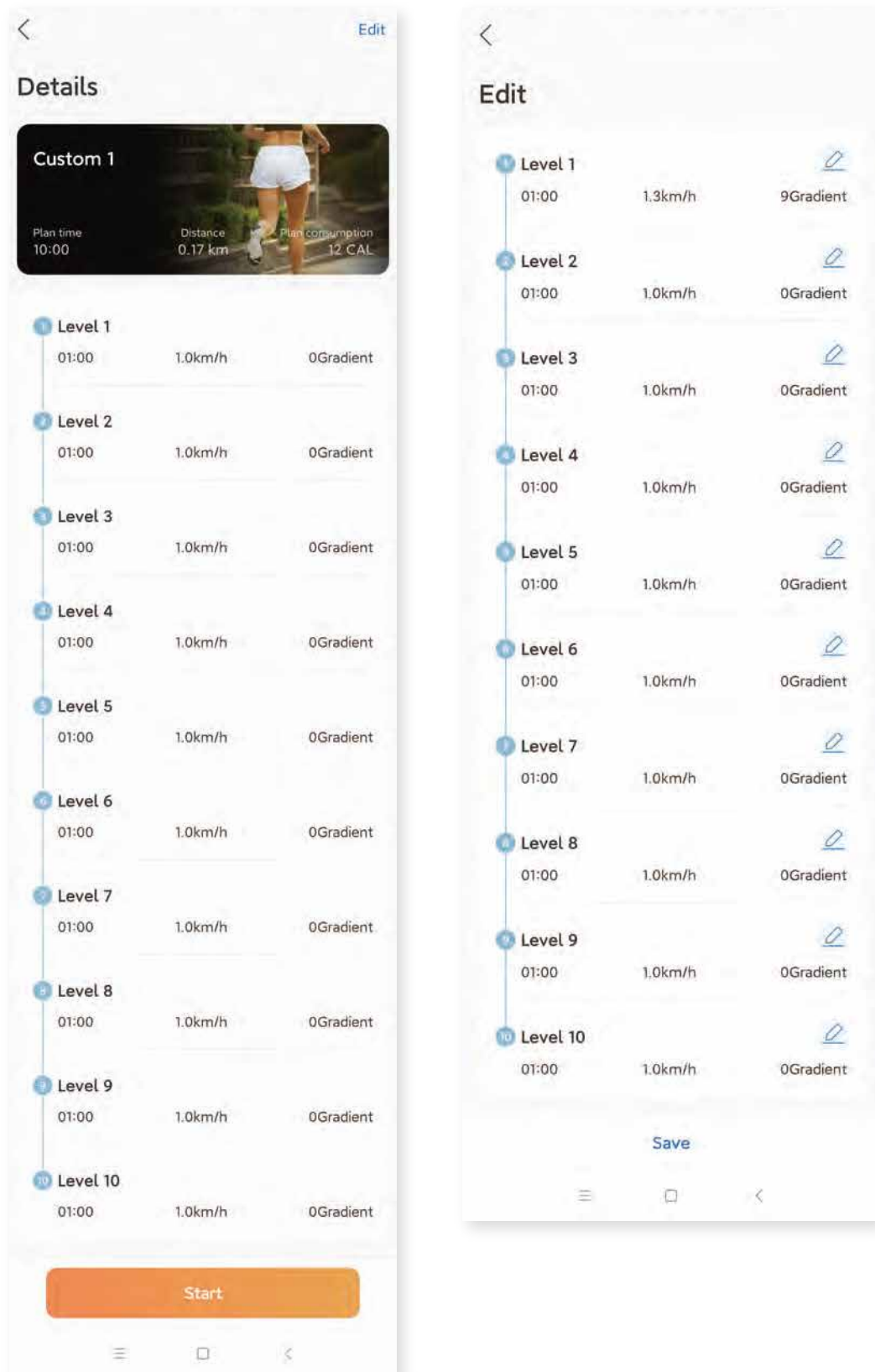
4.1 Click “Create Exercise” to enter the customized running. There are 3 programs for you to create your own run by manually adjusting each of the 10 sections.

4.2 Select any of the custom options and input your settings to save your created course.



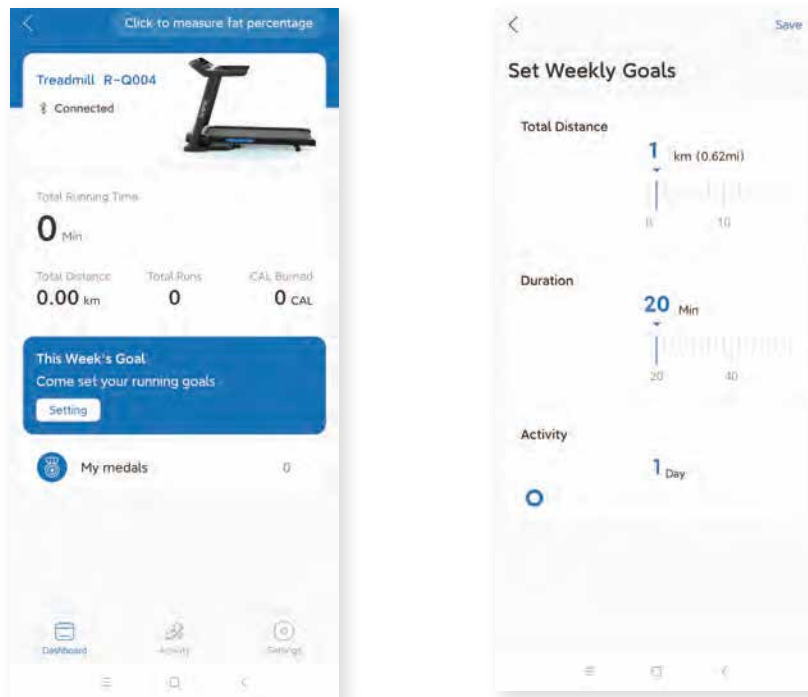
4.3 Enter the following page and click “Edit” on the right corner.

4.4 Edit each section to your preference then save the data and click Start to run your track.

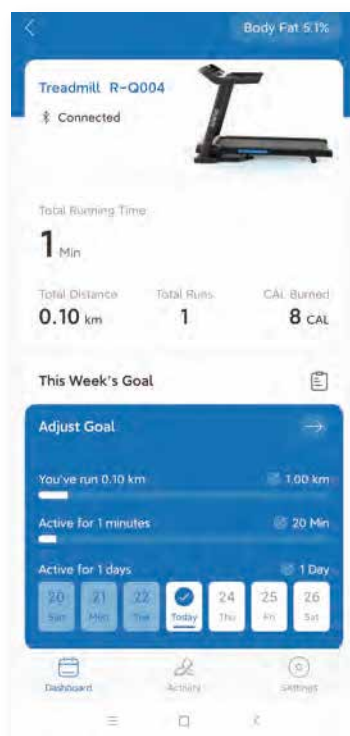


5. Set Weekly Running Goals

Click “setting” on the main page to set your weekly goals.



You can also go back to the main page and click “Adjust Goal” to customize the existing plan to fit your desired workout progress.



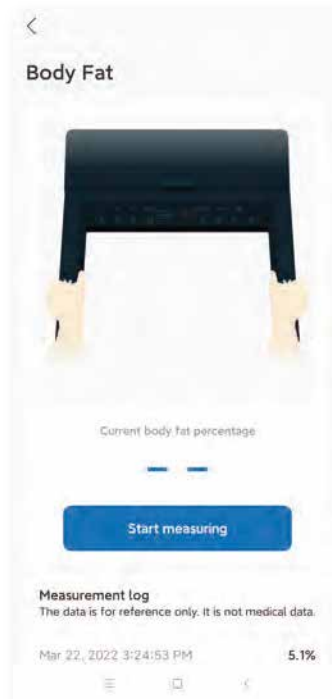
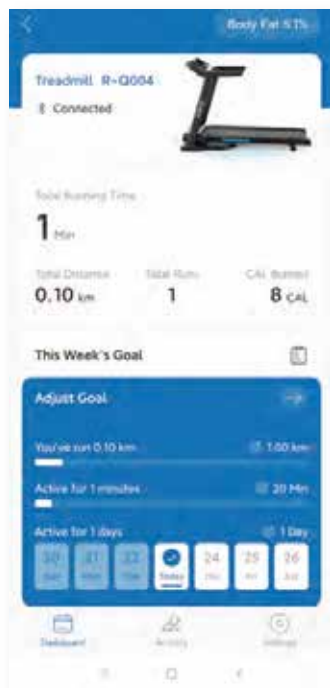
6. Check Running Progress

Click “Total Running Time” on the main page to check your historic running data in a daily, weekly and monthly manner. Select specific data to check every detailed exercise report. Go back to the main page and click  to clear the data if desired.



7. Fat Percentage Measurement

7.1 Click the icon on the right corner to enter the page.



7.2 Click “Start measuring” and confirm the personal information. Hold the hand pulse sensors as pictured in the app for a few seconds and the result will be displayed on the page.

