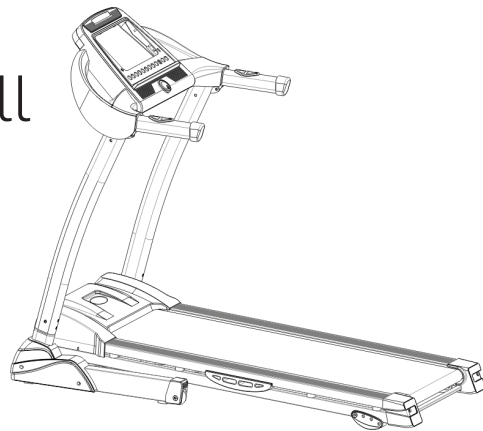


وسمى

# FitPro Treadmill



6 HP



MAX USER  
WEIGHT- 120 KGS



USB MUSIC  
CONNECTOR



FOLDABLE

**1 YEAR  
WARRANTY**

## Table of Contents

1. Brief Description
2. Main Technical Features
3. Tips for safety
4. Installation
5. Use and Operation
6. Maintenance
7. Guides for malfunction
8. Warranty
9. Error and self-inspection
10. Installation Sketch

## BRIEF DESCRIPTION

GV-4300 motorized treadmill (diagram 1) can help complete your goal of keeping fit together with unique and elegant appearance. Easily read panel parameter. Easily operated folding system realizes space-saving. Auto speed range 1-14km/h with 3 manual incline. All makes it a hot home use fitness equipment.

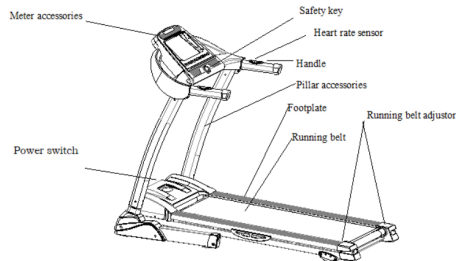


Diagram 1:GV-4300 Motorized Treadmill

## MAIN TECHNICAL FEATURES

**Main use:** Body and beauty building

This treadmill is for home use

Panel displays speed, time, distance, heart rate, calorie etc.

**Display Mode:** LCD

**Input voltage:** 220V

**Frequency:** 50/60Hz

**Input current:** ≤8A

**Temperature for working:** 0~40℃

**Speed range:** 1~14km/h

**Incline:** 3 manual

**Program:** Time display range: 0:00~99:59 (minute : second);

**Distance display range:** 0.1~99.9kms

**Machine size (L\*W\*H):** 1590x740x1300 (mm)

**N/W:** 62KG

## TIPS FOR SAFETY

1. Insert the power plug into the socket directly. Current load should be less than 10A.
2. The constant running time is less than 2 hours, max weight is less than 120kgs
3. Place your treadmill on the clean floor, not on the thick carpet, otherwise it will not convenient for ventilation. Also please don't put the treadmill in the moist place or outdoors; If there is something wrong with the electrical wire, please replace it with the electrical wire provided by our company. For the replacement, please contact with the local distributor.
4. The treadmill should be placed in the convenient position for electric socket.
5. The freshman should grip the handrails when jogging and running until familiarly. Please don't stand on the running belt, after the machine is power on (the safe key is at the appointed position). Please stand on the footplates besides the treadmill, press the "start" button, it runs at the lowest speed, at this time you can run on the belt.
6. While running, you should dress properly. Don't dress too loosely in case your clothes are entangled by the machine. And please wear sport shoes with soft sole.
7. Before taking down the protecting cover of the treadmill, please keep the machine is power off.

8. Don't let children and non-sportors get close to the running treadmill to avoid unnecessary injury.
9. Please make sure one end of the safe key has been placed in the appointed position and the other one has been nipped to your clothes when you are running on the machine. In this way, you can pull the safe key for the machine's sudden stop under the dangerous condition. Then you will not be injured.
10. If you are enjoying other entertainment while running such as watching TV, reading. Please be particularly careful. These activities will distract your attention, which may make you lose your balance and get hurt
11. Please pull the plug off from socket and keep the safe key, when the treadmill is unused.
12. Please don't put anything under treadmill and don't let your children play near it after folding.
13. Please consult your doctor at first before running, if you have one of the following diseases.
  - a) Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
  - b) If you are over 35 years old and heavier than common weight.
  - c) Women in pregnant or in breasting period
14. Please stop exercising immediately and consult your doctor if you're feel giddy, surfeit, thorax ache or other symptoms.
15. Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

## INSTALLATION: SEE “INSTALLATION SKETCH”

## USE AND OPERATION



### 1. start/stop

Under ready condition, press this key, it runs at the speed of 1.0km/h. Under running condition, press this key, if it runs at speed more than 3.5km/h, it will slow down then stop. During this stopping process, other keys are not available. If it runs at speed less than 3km/h, then it stops immediately.

### 2. BODYFAT

press “BODYFAT” button, “SEXà1”, which indicated “man”, will show in the window. Then “man” (1) or “woman” (2) can be selected by “speed up” and “speed down” buttons.

Press “mode” button again, “AGEà25”- the initial age, will show in the window. Then age can be selected by “speed up ” and “speed down” buttons, range from 10 to 99 years old.

Press “mode” button again, “HEIGHT” with initial value 170cm. will show in the window. Then height can be selected by “speed up” and “speed down” buttons, range from 50 to 250cm.

Press “mode” key again “WEIGHT” with initial value 60kgs, will show in the window. Then press weight can be selected by “speed up” and “speed down” buttons, range from 20 to 150KGS.

Press “mode” key again, “BMI” will show in the window. The BODYFAT figure will display on the window once the heart-rate sensor on both handlebars are grasped. To quit this program, only press “MODE/BODYFAT” button.

Please note: the following explanation as guidance only :( Please refer to GP if you have any concerns about your results)

Explanation:

Bodyfat < 19: underweight.

Bodyfat 19~25: normal

Bodyfat 26~30: overweight

Bodyfat > 30: obes

### **3. Speed Down**

Under running condition, press this key, speed can be speeded down to the one you need.

### **4. Speed up**

Under running condition, press this key, speed can be speeded up to the one you need.

### **5. PROG(could be pressed continuously to your expected mode)**

Press the "PROG" key once again to enter "24 direct selected programs". So please choose carefully.

### **6. Mode**

Under ready condition, press this key to set time, distance and calorie accordingly. Press "set-up" or "set-down" keys to set the value of time, distance and calorie. Then press "start" key, the machine will run at 1.0km/h. And the set figures will be counted down, when it comes to "0", machine stops.

### **7. Next**

When you use USB function, press this key to choose the next song in your USB.

### **8. pre**

When you use USB function, press this key to choose the previous song in your USB

### **9. Set up**

Under the "mode" condition, we only could press the "set up" key to up speed.

### **10. Set down**

Under the "mode" condition, we only could press the "set down" to down the speed.

### **11. VOL +**

When the amplify is open, press this key to increase the voice.

### **12. VOL -**

When the amplify is open, press this key to down the invoice.

### **13. Safety Key**

Under urgent condition, pull this key, machine stops immediately.

## **UNLOAD OPERATING**

1. Insert power plug into the socket with earth wire, turn the switch to "1" position which is on the fram.
2. Put the safe key in the right position, then circuit is on, press "on/off", keep it run in unload condition. Test the condition of running belt (testing from low speed to high ones), after testing, press "on/off"
3. If everything is ok, then start to run.

## METER OPERATING INSTRUCTION

### 5.3.1

1. Insert power plug into the socket with earth wire, turn the switch to "1" position which is on the frame. Place the safe key to the appointed position. After a few seconds, panel will show that the machine is ready.
2. Nip another end of safe key to your clothes, and stand on the footplate on both sides.
3. Press "on/off" key, running belt moves at the lowest speed (1.0km/h). Speed windows will display your running speed.
4. Start to run.
5. Press speed key or incline key to adjust speed and incline, speed window and incline window will display your speed and incline.
6. To end your exercise in a safe way, please first press "on/off" key to close the treadmill. Please leave the running belt until it stops slowly. Turn off the power.

### 5.3.2 Heart Rate Testing

Our treadmill can test your heart rate via the heart rate sensor. The data is only for reference.

## FOLDING AND OPENING TREADMILL

### 1. Folding

Firstly lift and fold the back part of the frame board by hand till you hear a light sound, which means the folding system has been locked. At this time running board can't be turned to the opposite direction.

### 2. Opening

Put the folded treadmill in a capacious position when you want to run. Then pull the adjusting parts by hand to keep it is unlocked. Press the back part by your hands down to about 10%, release it, then it will open automatically.

## MAINTENANCE

1. Identification ways for the degree of tightness of running belt and poly V-belt.

When the running belt skips, please follow the steps as follows to make sure which belt needs to be adjusted, running belt or poly V-belt.

- a) Cut off power, screw off the bolt on cover of protection. Then take down the protecting cover from the treadmill.
- b) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, together with the front roll, but the motor still runs, under this condition, it means the poly V-belt needs to be adjusted.
- c) Turn the speed to be around 3km/h, step on the running belt by pressure and try your best to make the running belt stop. If running belt stops, but front roll still runs, under this condition, it means the running belt needs to be adjusted.

## THE ADJUSTMENT STEPS FOR POLY V-BEL

Cut off power firstly and take down the cover of protection.

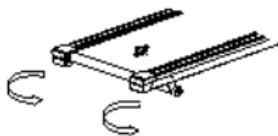
- a) Loosen the four screws for the motor, adjust them in a circuit clockwise, then screw down the loose screws.
- b) Keep the power on, and adjust the poly V-belt is loose or not following the point 3.1 above, if yes, please repeat the action same to point a) above.

## ADJUSTMENT STEPS FOR RUNNING BELT

- a) Turn the speed to be 5.6km/h. for running.
- b) Turn the bolts at both right and left sides to be half a circuit or a circuit by the 8mm spanner. ( diagram1 and diagram 2).
- c) After adjustment, running belt still skips, please repeat the steps above.



Tighten the running belt(diagram 1)



loosen the running belt(diagram 2)

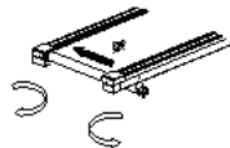
## THE ADJUSTMENT STEPS FOR RUNNING BELT DEFLECTION

The running belt will be deflected more or less under using. Then it needs to be adjusted. The steps are as follows:

- a) Place the treadmill on a horizontal floor, turn the speed to be 5.6km/h for running.
- b) If the running belt is deflected to the right, adjust the bolt on the right by turning it for half an circle clockwise, then adjust the bolt on the left by turning it for half an circle.(see diagram 3)
- c) If the running belt is deflected to the left, adjust the bolt on the left by turning it for half an circle clockwise, then adjust the bolt on the right by turning it for half an circle.(see diagram 4).
- d) After the adjustment, the running belt still keeps deflecting, please repeat the steps above. running belt deflected to right running belt deflected to left.



The adjustment for right deflection (diagram 3)



The adjustment for left deflection (diagram 4)

## RUNNING BOARD LUBRICATION

The treadmill is equipped with lubricated running board, which needs constant maintenance. The friction between running board and running belt has a great effect on the treadmills' life. So please lubricate your machine termly. The steps are as follows:

- Cut off the power
- Wipe out the dust between running board and running belt with a clean cloth.
- Daubing the Silicon oil on the running board and running belt equably.
- While adding lubrication oil, please keep your clothes away from the machine for avoiding the injury.

## CLEANING

- Please power off and pull the plug cap out before cleaning.
- Wipe out the dust stuck on the surface and running board frequently.
- Please clean the surface of frame and running belt with a soft cloth dipped with suds, don't use things like eradicator and naphtha.(After cleaning, please dry it for use).
- Please take the protecting cover off every two month, use vacuum dust-collector to suck the dust remaining inside of the protecting cover.(The dust will make the components of circuitry board short circuit).

## CAUTIONS, FOLDING, DEPOSITING

### Cautions

Please make sure that the plug cap has been pulled out before cleaning or maintenance.

## Depositing

The treadmill should be deposited indoor in case of being damp. Water can't be spattered and nothing can be laid and inserted on the treadmill. Please keep the air a little humid in winter. And please void the big static electricity, it may disturb the operation of meters or even damage them.

## GUIDES FOR MALFUNCTION

### ANALYZING AND ELIMINATING MALFUNCTION

ITEM	MALFUNCTION	REASONS	SOLUTION
1	Treadmill can't be started.	The safe key isn't in the right position	Put the safe key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
		creepage switch is not right	Replace creepage switch
2	Meter can't display	The meter control line and control panel are unconnected	Pull the bolt out and open the motor cover and reconnect it
			Turn on the meter and reconnect
3	Heart rate can't be displaye	The pole of heart rate sensor is not wet enough.	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetis	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point 3.3 Adjustment steps for tightening running belt for reference
7	Running belt is deflected	The running belt is unadjusted	Please read point 3.4 The steps for adjusting the deflected running belt for reference



If you still can't solve the problems after taking the solutions above, we hope that you can contact our dealer or company as soon as possible.

## WARRANTY

1. We have assigned well-trained professionals at the dealers'. They are ready to serve for you at any time. You can purchase any spare parts you need.
2. Within the warranty time, and under your correct operations, our technicians will replace or repair the defective accessories in free.. But you will have to pay our technicians for the cost of broken parts if the warranty is expired or you use them in an incorrect way.
3. The warranty for spare parts under the correct operation.
  - a) Frame: 1 year
  - b) Control board: 1 years
  - c) Motor: 3 year

### CONDITION BEYOND MANUFACTURER'S WARRANTY:

If the product you purchase has the problems as follows, the manufacturer's warranty is not effective:

- a) Improper operating, negligence, accident
- b) Wrong adjustment of running belt and poly V-belt
- c) Unauthorized take-down
- d) Improper maintenance

## ERROR AND SELF-INSPECTION

**Error:**Treadmill gives the following error code if anything wrong, please contact the professional service people soon if it happens.

ERROR CODE	REASON
E00	please check if the safety key was in the right position, without any shifting.
E01	Please check if the main line was in good connection.
E02	Change the MCB if still with the problems after restarted the treadmill.
E03	Please check if the speed sensor on the motor was in the right position, without any shifting.
E04	Self-inspection if both incline motor and connect line were well,if still not OK, please change the MCB
E05	Change the MCB if still with the problems after restarted the treadmill.
E06	Change the MCB if still with the problems after restarted

## SELF-INSPECTION

No need to self-inspect unless special situation. If necessary, please do it under the instruction of professional technical people or sales because of the high voltage.

a, open the red power switch, pull out the safe key.

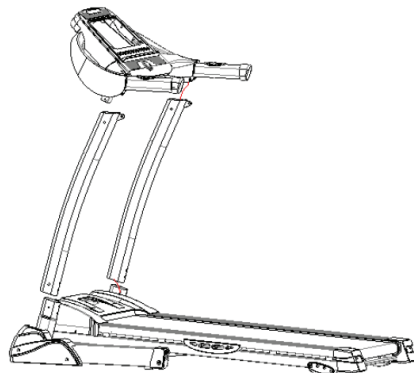
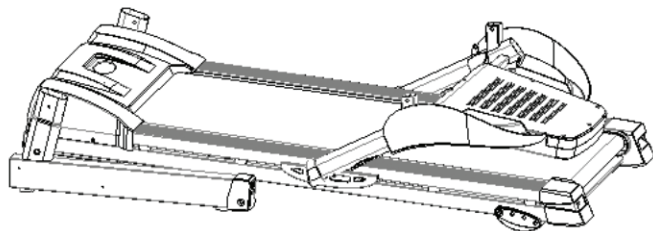
b, Press the "start/stop" and "speed +" key at the same time and keep it, meanwhile, use another hand to put on the safe key ,then release the button. of "start" and "speed+" and press the "mode" key, then the LCD start to show all the data inside.

c, after the LCD display finished, then press the "mode" key again.

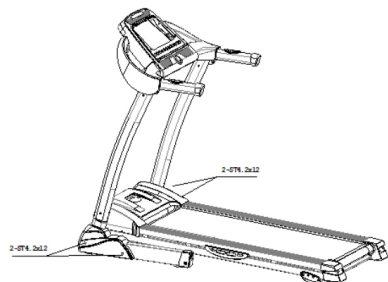
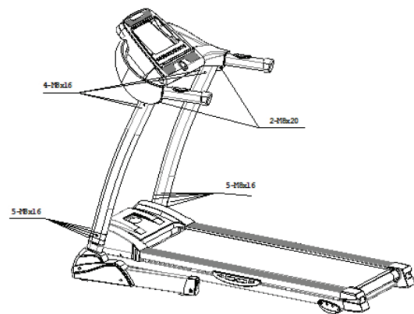
d, the treadmill runs from the lowest speed to highest speed , meanwhile, the incline is also from lowest to highest. Then treadmill stopped.

The whole self-inspection process takes about 2 minutes

## MOTORIZED TREADMILL INSTALLING SKETCH



## MOTORIZED TREADMILL INSTALLATION SKETCH MAP



Proofreading has been carefully done to the manual, if there are printing mistakes, please kindly understand. If pictures and the real product doesn't match, please take the product as the final and correct one.

If any improvement on function and specification, please kindly understand if you are not informed.

## Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

### Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: \_\_\_\_\_

Model: \_\_\_\_\_

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)

### Customer Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Number: \_\_\_\_\_

Office Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Product Details

Model No.: \_\_\_\_\_

Serial No.: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Invoice Number: \_\_\_\_\_

Online Site: \_\_\_\_\_

Please log onto to [www.lifelongindiaonline.com](http://www.lifelongindiaonline.com) and complete the online warranty form with your personal and product details within 14 days.

### Terms and Conditions:

1. This warranty is void if:

- The completely filled warranty card is not presented at the time of servicing the product.
- The product is not operated according to the instructions given under the user manual.
- Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
- Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
- Product label specifying the model number, serial number and production code has been removed and altered.
- Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
- Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
- Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.

2. Repairs or replacements will be carried out by authorized service provider.

3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised service provider.

4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.

5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.

6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.

7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.

8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Manufactured for & Marketed by :  
**Lifelong Online Retail Private Limited**

For queries and complaints:  
please contact: [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)  
[www.lifelongindiaonline.com](http://www.lifelongindiaonline.com)