

Contact Us

If you encounter any issues regarding damaged or defective products, problems, replacement parts, or any other issues, please contact us through the homepage after-sales service

Manufacturer:

Shenzhen Fuyu Sports Equipment Co.

Address:

Room F, 33rd Floor, Building 12, Lehui Science and Technology Innovation Center, No. 489 Jihua Road, Bantian Community, Bantian Street, Longgang District, Shenzhen City, Guangdong Province, China.

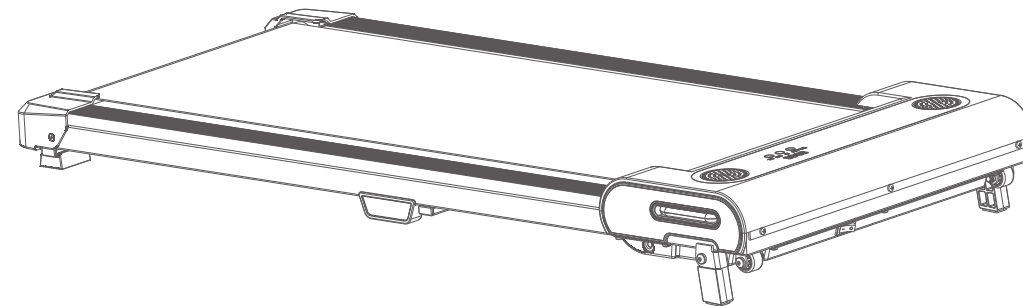
Version: 1.0



Under Desk Treadmill

USER MANUAL

AKLUER



Model No:480L-A

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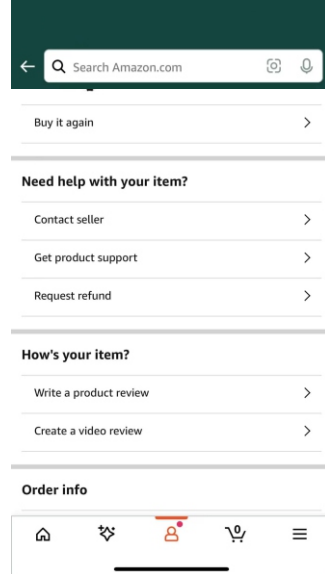
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HOW TO CONTACT US ON AMAZON?

Step 1: **Log in to your Amazon account.**

Step 2: Go to **Your Orders**. Select the item you purchased from us.

Step 3: **Select Contact seller.**



CUSTOMER SERVICE

IMPORTANT: FOR THE TREADMILL ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods.

- ✉ **Email: treadmill.sportstech-eu@outlook.com**
(Please leave your order number, product model, and related issues when emailing us.)
- 🕒 **If emails are not replied to or answered in a timely manner, it may be due to the time difference or weekend. Please leave your order number, product model, and related questions. Please rest assured that we will reply to your message as soon as possible during working hours.**

Response time: 24 - 48 hours.

Please do not return this product without consulting customer service.

Scan the QR code on the right to activate the warranty and get the electronic edition of the product manual, adjusting the running belt and maintenance video.

AKLUER


Scan me!



1 / IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.

7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from walking treadmill.
15. To disconnect, turn all controls to the position, then remove plug from outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.
17. This appliance is not intended for use by persons with reduces physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning

use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this walking treadmill.

18. **The maximum weight capacity for this product is 330 lbs/150kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

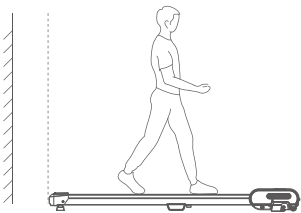
FCC STATEMENT :

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.

This Class B digital apparatus complies with Canadian ICES-003.
Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

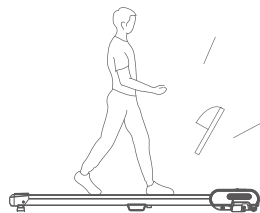
2 / SAFETY NOTICE



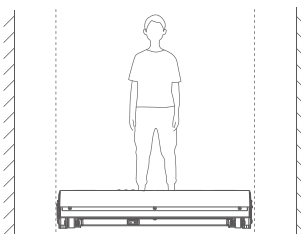
⚠ Please keep a rear distance of 100 cm or more.



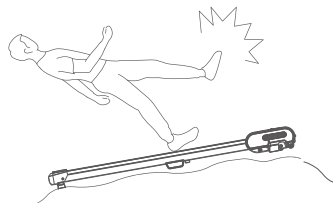
⊗ Please do not stand up on the walking treadmill when it is under auto calibration situation (during 4s after starting).



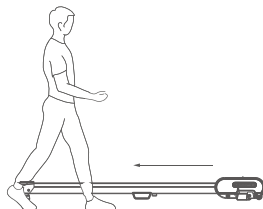
⚠ Please choose sneaker.



⚠ Please keep a distance of 0.6 meters or more for both sides.



⊗ Using on uneven ground is prohibited.



⊗ It is strictly forbidden to walk up and down the walking

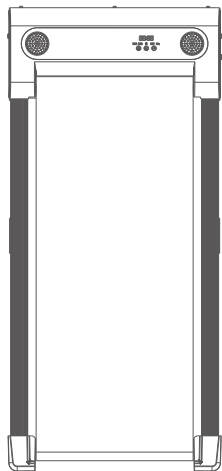
3 / SPECIFICATION

Performance indicators	Detailed parameters	Performance indicators	Detailed parameters
Product dimension	1090x500x98 mm	Minimum speed	1.0 km/h
	42.9x19.7x3.85 inch		
Walking Area	900x410 mm	Maximum speed	6.0 km/h
	35.43x16.1 inch		
Net weight	15.2KG	Rate voltage	220-240V~
	33.5LBS		
Gross weight	18.2KG	Maximum load	150KG
	40.1LBS		330LBS
Peak horsepower	2.5HP		

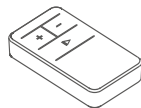
4 / PRODUCT AND ACCESSORIES

Please carefully check whether the contents of the package are complete and intact.
If there is any missing and damage, please contact the seller.

Accessories



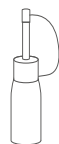
Walking treadmill × 1



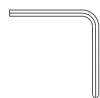
Remote Controller x 1



Battery x 1



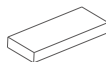
Lubricating Oil x 1



Hex Tool × 1

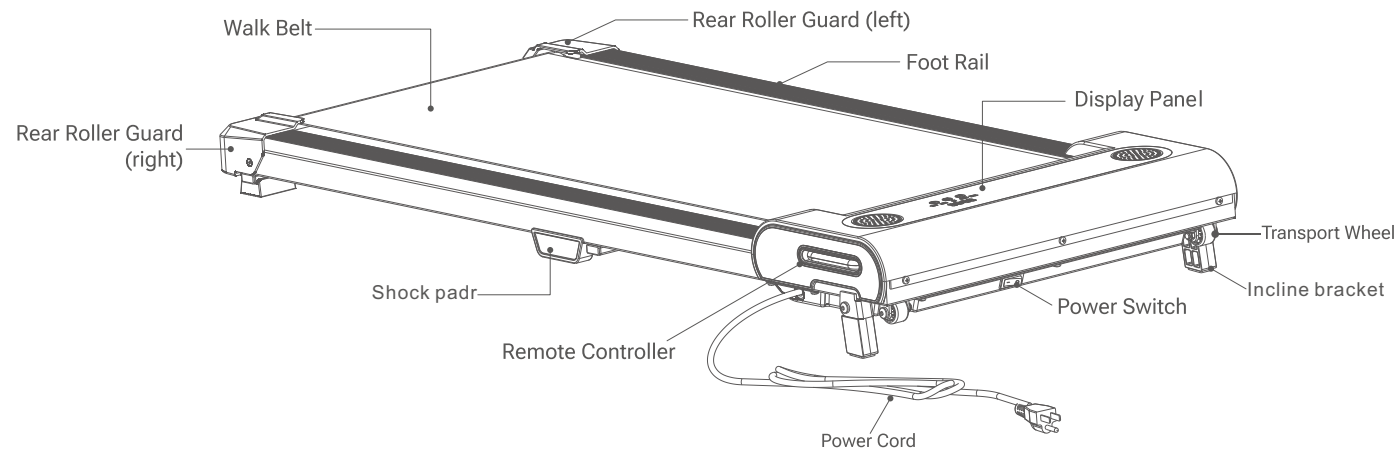


User Manual x 1



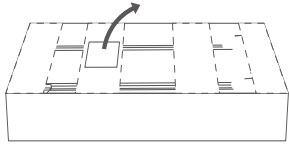
Silicone pad x 2

5 / PRODUCT INTRODUCTION

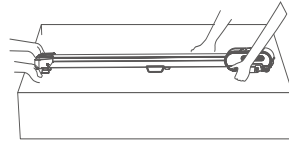


6/ BEFORE START AND STORAGE

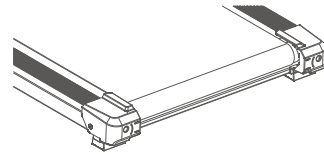
- Take out appliance from packages.



1. Unbox and take out accessory box.



2. Lift out appliance and place at flat surface.
Attention: 2-3 persons assist is necessary.

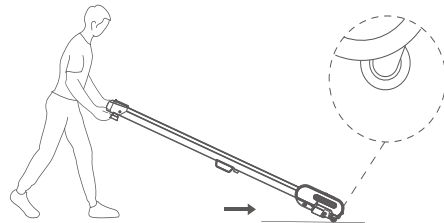


3. Its normal that visible welding marks residual on walk belt.

- Transportation

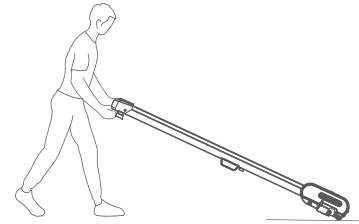


1. If transportation needs, unplug power cord and lifting the terminal of appliance.



2. Easy to transport appliance with bottom transportation wheel assists, like as wheelbarrow.

- Connect the power



1. Choose flat ground to place the Walking Treadmill. Do not place it on thick and soft cushion.



2. Plug in power cord and switch on power rock button, you can hear a Bi sound from buzzer, its means the circuit of appliance has connected with power electricity.
Warning: MUST use power cord with comes of package.

- Storage

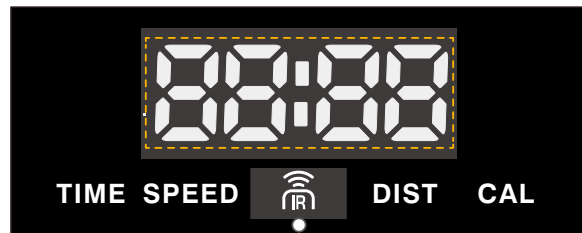


Power off appliance and unplug power cord before storage process.

Warning:

Before starting to workout with this product, Please assess your physical condition and perform exercise properly and regularly. Incorrect or excessive training can be harmful to your health, If you feel unwell, Stop exercising immediately and consult with your doctor.

7 / DISPLAY SCREEN



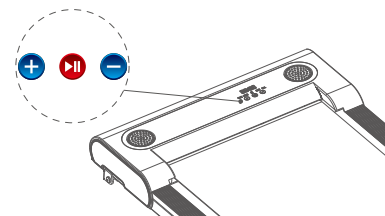
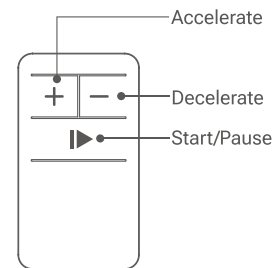
Infrared Receiver Port

As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	1.0~6.0 km/h	Displays the speed of walking belt.
Calories	0-999 Kcal	Displays the approximate number of calories you have burned.
Time	0:00-99:59 minutes	Displays the elapsed time;
Distance	00.0~99.9 kms	Displays the distance that you have walked or run.
Infrared Receiver Port	/	Aiming the receiver when remote control is in use.

8 / OPERATION

Remote Control



- ▶ Press button to start walking belt, the default initial speed setting is 1.0km/h.
- ▶ Press button to have a pause in working mode , to resume workout, re-press it again.
- ▶ Hold press this button to stop walking belt when your workout is completed.



Press or hold this button to accelerate ,the increment is 0.5km/h.

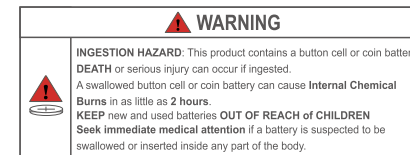


Press or hold this button to decelerate ,the decrement is 0.5km/h.

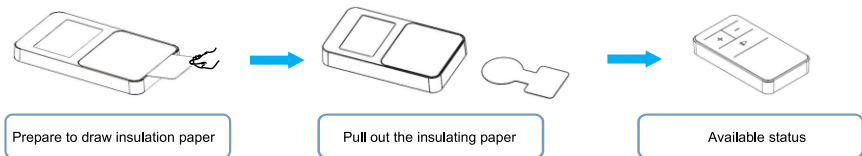
• with console buttons

Feature of console buttons are identical as remote control.

Attention: please get off treadmill when you intend to control with console buttons.



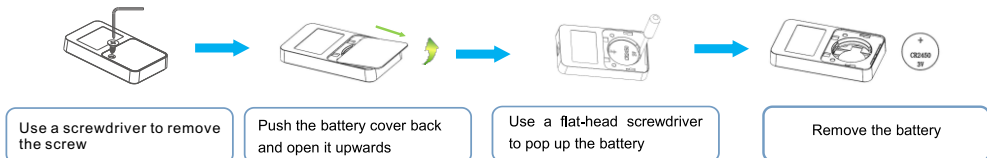
◆ **Need to pull out the remote control insulation paper before using**



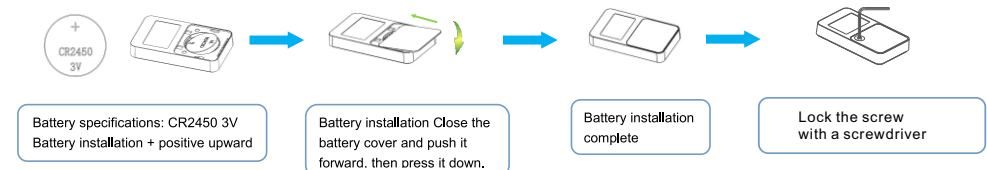
◆ **Replacement button battery for remote control**

After using the remote control for a long time, if the user feels that the sensitivity of the remote control is reduced or cannot be operated, the battery must be low. At this time, the remote control battery needs to be replaced.

● **Remove the battery**

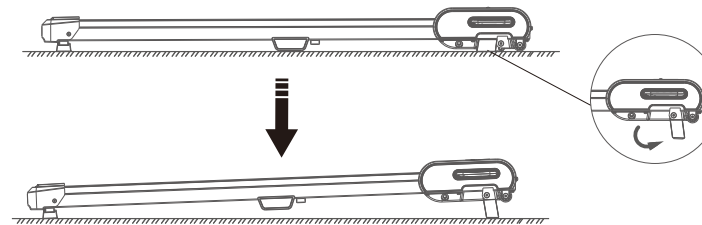


● **Install battery**



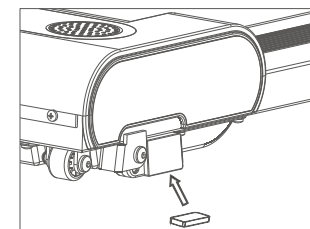
9 / HOW TO USE

For better experience, this machine has increased the manual incline structure components, the incline angle is about 5%, refer to below picture.



Warm Tips

When the home has wooden floors or ceramic tiles, silicone pads can be attached in flat mode to prevent scratches on the floor, as shown in the picture on both sides.



10 / TROUBLESHOOTING

Problem	Fault Analysis	Resolutions
No working	<ol style="list-style-type: none"> 1. Power rock switch dysfunction 2. Power supply interrupted. 3. Power cord damaged 	<ol style="list-style-type: none"> 1. Replace new power rock switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loosen	Tighten walking belt tension with hex tool A (1/4 a turn both idler roller screw clockwise)
Remote control does not work	<ol style="list-style-type: none"> 1. Incorrect use of default 2. Battery power shortage. 3. Remote control malfunction 	<ol style="list-style-type: none"> 1. Remotor control should directly aiming to receiver port when in use. 2. Replace new battery cells. 3. Replace new remote control.
Friction noise	Walking belt off center.	See details of walking belt tension chapter.

11 / CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.

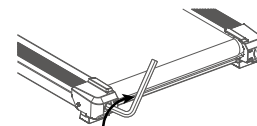


Figure 1

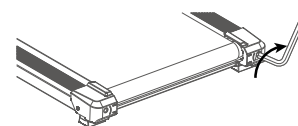


Figure 2

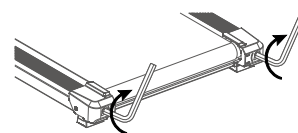


Figure 3

Centering walk belt process as follow :

1. Power off appliance and unplug the power cord .
2. Manual centering process as follow:
 - If the walk belt has shifted to left, use the hex tool to turn the left idler roller screw clockwise **1/4** of a turn(refer to figure 1).
 - If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise **1/4** of turn(refer to figure 2).
3. Appliance **MUST** work 1-2minutes. Repeat manual centering process untill the walk belt is centered.

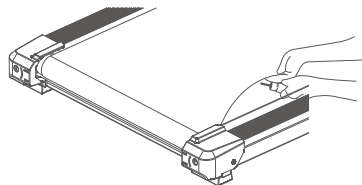
Belt slip correcting process as follow :

1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise **1/2** of turn(refer to figure 3).
3. After corrected, please attempts to walking 1-2 minutes under 1.0 mph speed setting. Repeat until the walk belt is properly tightened.

Attentions

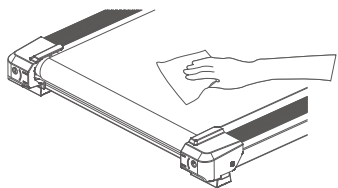
1. To prevent any injury, don't place any debris around appliance before maintenance process.
2. **MUST** use associated hex tool.
3. Take care at maintenance process. Do not pinch fingers.

B. Belt lubrication process, follow instruction below to lubricate belt.



1. Power off appliance and unplug cord.
2. Using the hex tool, turn both idler roller screws counterclockwise till belt loosen and lifting easily.
Tips: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.
3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.
4. Lubrication oil volume Per time of maintenance: 5-10mL.
Attention: it would causes of belt slip if spray too much.
5. Using the hex tool, turn the both idler screws clockwise as previous markdown number of turns untill walk belt tighten properly.
6. Power on appliance and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
Attention: No-loading work at 1.5 km/h.
Lubrication frequency: Highly recommended distance 200 km per trip.

C : Appliance cleaning.



1. Power off appliance and unplug power cord before cleaning.
2. Wipe and clean with damp cloth, Do not clean with acidic or caustic detergents.
3. Do not clean opposite of walk belt.
4. Its normal few black powders residual under appliance after long working.

12 / ERROR CODE

When error occurs, error warning indicator will light up and display its error code.

Error Code	Fault Analysis	Resolutions
E01	Communcation interrupted between contoller and numeric display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated. Notice: Always power off and unplug power cord before processing.
E02	Flame protection	1. Unscrew motor hood and verify connection between controller and motor. 2. Power supply interrput due to connector loosen or out, please unscrew motor hood to check. 3. Please contact with after sale service if problem CAN NOT solved by above process.
E05	Over current protection	1. Due to user over limited 150Kg. 2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt)
E06		3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)
E07	Software bug	Replace new controller.
E10	Communcation interrupted between signal cable and console.	Unscrew motor hood and verify connection of singal cable , please contact with after sale service if E10 error code has not been eliminated

13 / SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

