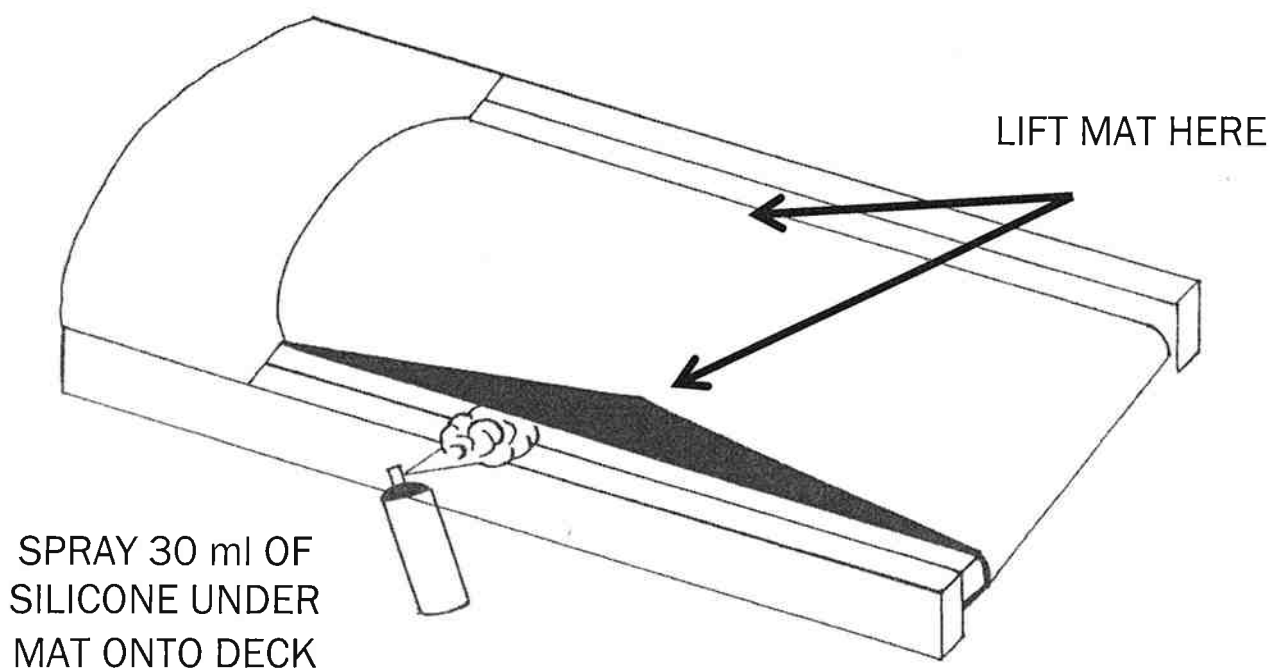


ATTENTION!

TREADMILL MUST BE LUBRICATED WITH 30ml OF SILICONE ONCE EVERY 40 HOURS OF USE OR ONCE PER MONTH TO MAINTAIN OPERATION.

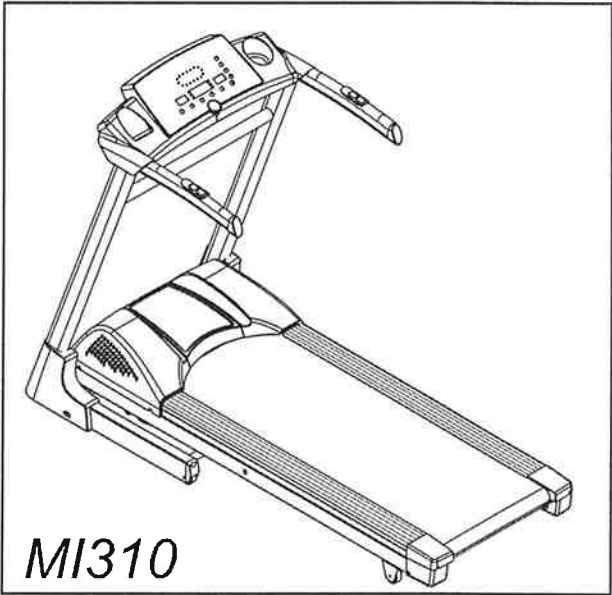
TO LUBRICATE, LIFT MAT AND SPRAY SILICONE ONTO THE RUNNING DECK, ENSURING SILICONE REACHES THE CENTRELINE OF THE DECK, ALL AROUND IMPACT OR FOOTFALL AREA. THE ENTIRE WIDTH OF THE DECK MUST BE COVERED



SILICONE & ONLY 100% HIGH QUALITY SILICONE LUBRICANT MUST BE USED AS LUBRICANT. WD40 & OLIS ARE NOT SUITABLE. WE STRONGLY RECOMMEND INFINITI SILICONE LUBRICANT, AN INFERIOR QUALITY LUBRICANT MAY VOID YOUR WARRANTY. IF YOU ARE UNSURE ABOUT LUBRICATION PROCEDURE, CONTACT YOUR LOCAL DEALER.

WARNING! TREADMILLS NOT MAINTAINED WITH SILICON ARE NOT COVERED BY WARRANTY

Table Of Contents



Congratulations on the purchase of your new motorized treadmill. To help ensure the enjoyable and trouble-free operation of your new treadmill, we strongly suggest you read this manual carefully and follow its recommendations.

- *Important Safety Instruction*.....1
- *Assembly Instruction*
 - MI160.....2
 - MI310.....4
- **ELECTRONICS OVERVIEW**
 - MI160/MI3106
- *Preset Program*
 - MI160/MI310.....11
- *Utilization*.....12
- *Maintenance*.....13

IMPORTANT SAFETY INSTRUCTIONS

DANGER

- To reduce the risk of electric shock

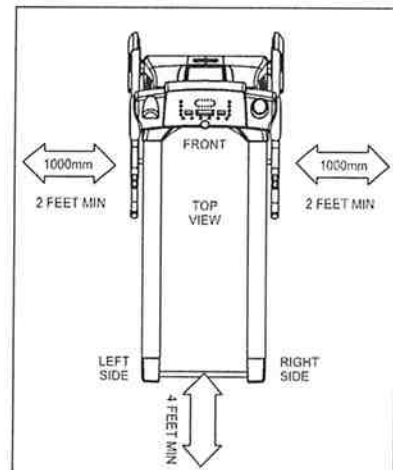
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended uses as described in this manual. Do not use attachment not recommended by the manufacture.
- ◆ To disconnect, turn all controls to the off position, than remove plug from outlet.
- ◆ Connect this appliance to properly grounded outlet only. See Grounding Instructions.
- ◆ The appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finishing, please remove the safety key from the console then always position the safety key where the children can not take.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling or servicing.
- ◆ Never leave the treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplugging from outlet.
- ◆ Never operate this treadmill if it has a damaged cord or plug, is not working properly, if it has been dropped or damaged or if it has been exposed to water.
- ◆ Do not operate where aerosol products are being used or where oxygen is being administered.
- ◆ Don't pull the treadmill by its power cord or use the cord as a handle.
- ◆ Keep close supervision if this treadmill is used by, or near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any object into any opening.
- ◆ Before using the treadmill, always warm up your muscles to prevent the exercise injury.

- ◆ Please unplug the electrical cord from the electrical outlet, and always prevent the children from danger because of careless touching
- ◆ Keep electric cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Before each use, check that the running belt is aligned and centered on the treadmill bed and all visible fasteners on the treadmill are sufficiently tightened and secure.
- ◆ Keep the treadmill on a solid, level surface with sides at least two feet from any walls. Be sure the area around the treadmill remains clear during use and has adequate clearance.

NOTE:

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill. To reduce the risk of burns, fire, electric shock, please keep the following in mind:



ELECTRICAL GROUNDING INSTRUCTIONS

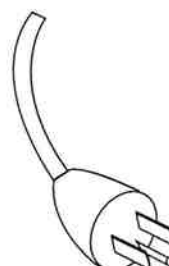
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This treadmill is equipped with a cord having equipment grounding connector and a grounding plug. The plug must be plugged into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

⚠ Danger

Improper connection of the treadmill grounding connector can result in the risk of electric shock. Check with a qualified electrician, if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the treadmill. If it won't fit your outlet, have a properly grounded outlet installed by a qualified electrician

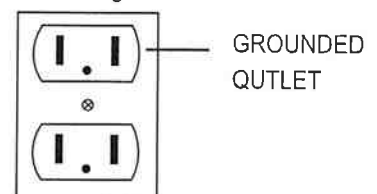
⚠ Warning

Never use extension cords between the treadmill and wall outlet.



GROUNDING
PIN

Figure
Grounding methods

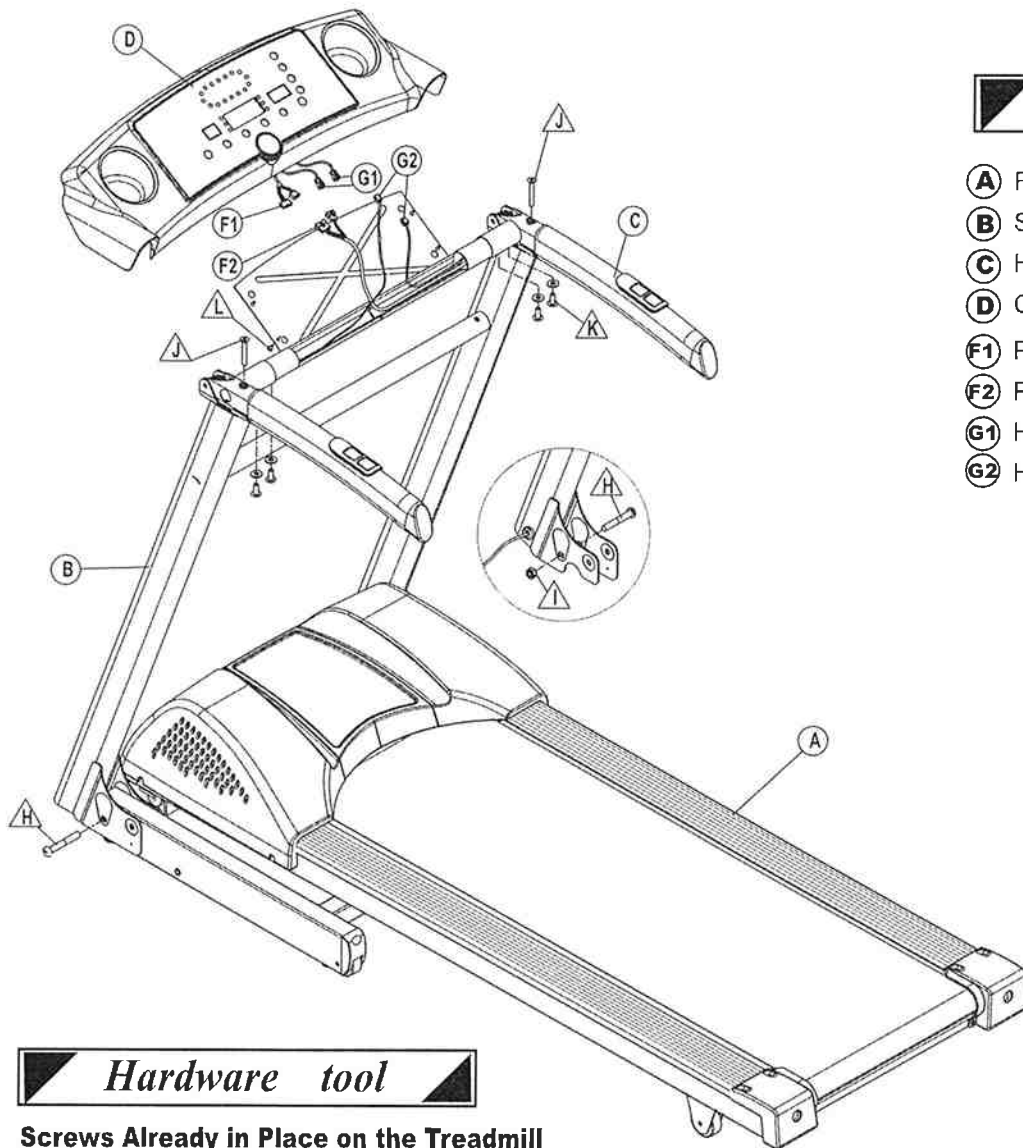


MI160 ASSEMBLY INSTRUCTION

Warning

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

This treadmill is shipped with all parts and tools necessary for assembly. Please read this entire manual thoroughly before assembling. We recommend assembling the treadmill on the shipping carton. Ensure the floor is solid, level and clean.



Parts

- (A) Frame
- (B) Support Handle
- (C) Handlebar
- (D) Console
- (F1) PCB cable
- (F2) PCB cable
- (G1) Hand Pulse Cable
- (G2) Hand Pulse Cable

Hardware tool

Screws Already in Place on the Treadmill

M10 X 60L (4PCS) screw	M10 X 10t (2PCS) nylon nut	M8 X 15L (4PCS) screws
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Screw packed by poly bag

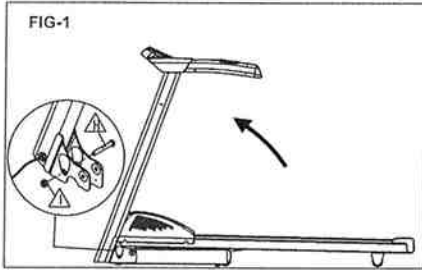
M8 X 65L (2PCS) screws	M4 X 10L (4PCS) screws
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TOOL

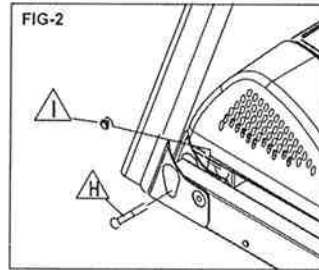
 Wrench-6mm	 Wrench-5mm	 Wrench
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MI160 ASSEMBLY INSTRUCTION

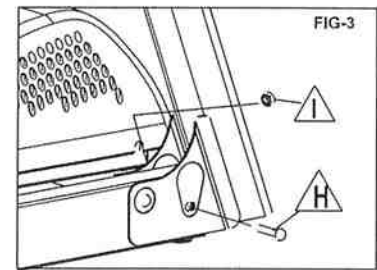
STEP 1: HANDLEBAR SUPPORT POST ASSEMBLY



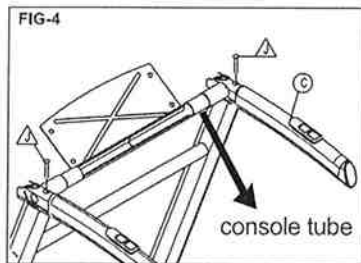
1. Remove screw and nut from both right/left sides of base frame.
2. Upright the support post and handle bar. (FIG-1)



3. Attach screw and nut back to both right/left sides of base frame and tighten the screws.

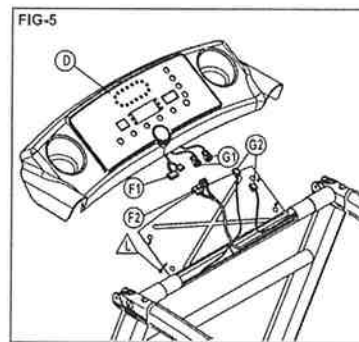


STEP 2: HANDLEBAR ASSEMBLY



1. Adjust the handlebars so they are positioned on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws . (FIG-4)
2. Rotate the console tube so the console bracket is positioned as shown in Figure 4.

STEP 3: CONSOLE ASSEMBLY



1. Hold console on the console tube as shown in Figure 5.
2. Connect PCB cable . (FIG-5)
3. Connect hand pulse cables . (FIG-5)

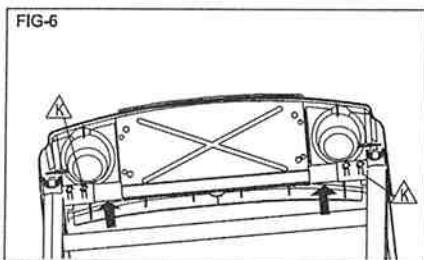
Note: Insert excess wire harness into right side of console tube.

4. Fix console on the bracket by tightening 4 screws .

Warning:

Make sure all the cables/wires are not pinched when the console screws are tightened.

STEP 4: COMPLETE ASSEMBLY



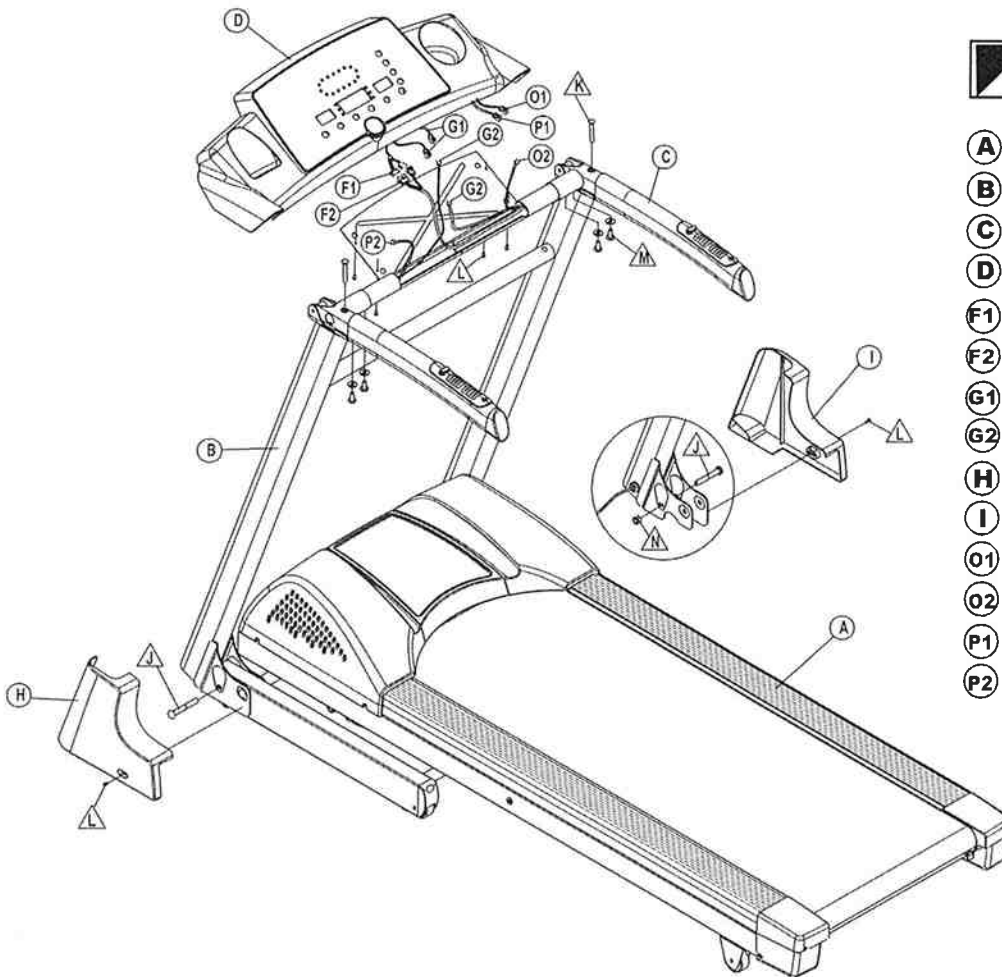
Make sure the console and the cup holders are aligned and then tighten the 4 screws under both sides of console tube. (FIG-6)

MI310 ASSEMBLY INSTRUCTION

Warning

After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

This treadmill is shipped with all parts and tools necessary for assembly. Please read this entire manual thoroughly before assembling. We recommend assembling the treadmill on the shipping carton. Ensure the floor is solid, level and clean.



Parts

- (A) Frame
- (B) Support Handle
- (C) Handlebar
- (D) Console
- (F1) PCB cable
- (F2) PCB cable
- (G1) Hand Pulse Cable
- (G2) Hand Pulse Cable
- (H) Left Rack
- (I) Right Rack
- (O1) Speed Control Harness
- (O2) Speed Control Harness
- (P1) Incline Control Harness
- (P2) Incline Control Harness

Hardware tool

Screws Already in Place on the Treadmill

M10 X 60L (2Pcs)



screw

M10 X 10t (2Pcs)



nylon nut

M8 X 15L (4Pcs)



screws

Screw packed by poly bag

M8 X 65L (2Pcs)



screws

M4 X 10L (6PCS)



screws

TOOL



Wrench-6mm



Wrench-5mm



Wrench