

Table Of Contents



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

■ <i>Important Safety Instruction</i>	1	■ <i>Preset Program</i>	9
■ <i>Assembly Instruction</i>	2	■ <i>Utiliztion</i>	10
■ <i>Console Operation</i>	4	■ <i>Maintenance</i>	11

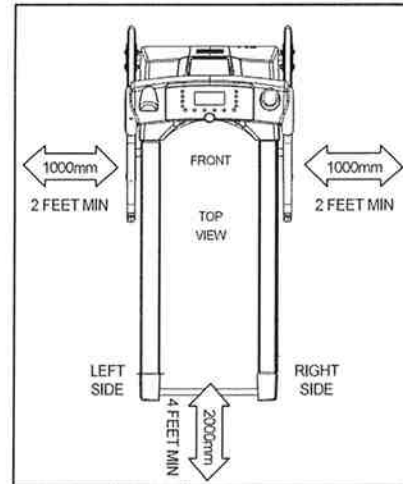
IMPORTANT SAFETY INSTRUCTIONS

DANGER

– To reduce the risk of electrical shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- ◆ Use this appliance only for its intended use as described in this manual.
- ◆ Do not use attachments not recommended by the manufacturer.
- ◆ To disconnect, turn all the controls to the off position, then remove the plug from the outlet.
- ◆ Connect this appliance to a proper grounded outlet only. See Grounding Instructions.
- ◆ This appliance is intended for household use.
- ◆ When you are not going to use your treadmill, or when finished, please remove the safety key from the console. Then always place the safety key where children can not reach.
- ◆ Do not use outdoors.
- ◆ Always unplug the treadmill from the outlet immediately after using, before cleaning, assembling or servicing.
- ◆ Never leave treadmill unattended when plugged in. Disconnect by turning off the master power switch and unplug from the outlet.
- ◆ Never operate this treadmill if it has any damage to the lead or plug. Also if it is not operating correctly, has been dropped, 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 the treadmill is being used by on near children, persons with disabilities or pets.
- ◆ Keep dry. Do not operate this treadmill in wet or moist conditions.
- ◆ Never insert any objects into any openings.
- ◆ To prevent injuries, always warm up your muscles before using the treadmill.
- ◆ Always attach the clip of the safety key to your body before inserting safety key. Please always wear safety key in case of an accident.
- ◆ MAX user weight: Please refer to the maximum user weight information on the treadmill before using.

- ◆ Keep unplugged and have the safety key out of reach of children, when not in use to prevent accidents.
- ◆ Keep electrical cord away from heated surfaces.
- ◆ Keep hands clear of all moving parts. Never place hands or feet under the treadmill.
- ◆ Each time you use the treadmill, check that the running belt is aligned and centered on the treadmill base and all visible fasteners on the treadmill are sufficiently tightened and secured.
- ◆ Be sure that the area around the treadmill remains clear during use and has adequate clearance. Keep the treadmill on a solid, level surface. At least 1000 mm/2 feet from any wall on either side.



NOTE:

Failure to follow this instruction may lead to personal injury or injury to others. It could also cause damage to the treadmill. To reduce the risk of burns, fire or electric shock, please follow these instructions.

ELECTRICAL GROUNDING INSTRUCTIONS

This product must be grounded. If it is malfunctioning or it breaks down, grounding provides the path of least resistance for the electrical current to reduce the risk of electrical 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.

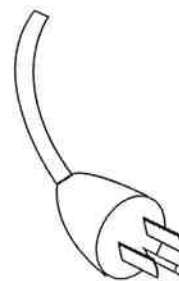
! DANGER

Improper connection of the treadmill grounding connector can result in the risk of electrical 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.

Please pay attention, the power cable needs strictly an individual power source. It can not use the same power supply with any other equipment.

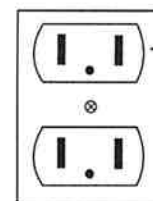
! WARNING

Never use extension cords between the treadmill and the wall outlet. If there is any damage to the cables, please contact the service center. Parts should be replaced by an authorized technician.



GROUNDING PIN

Figure
Grounding methods



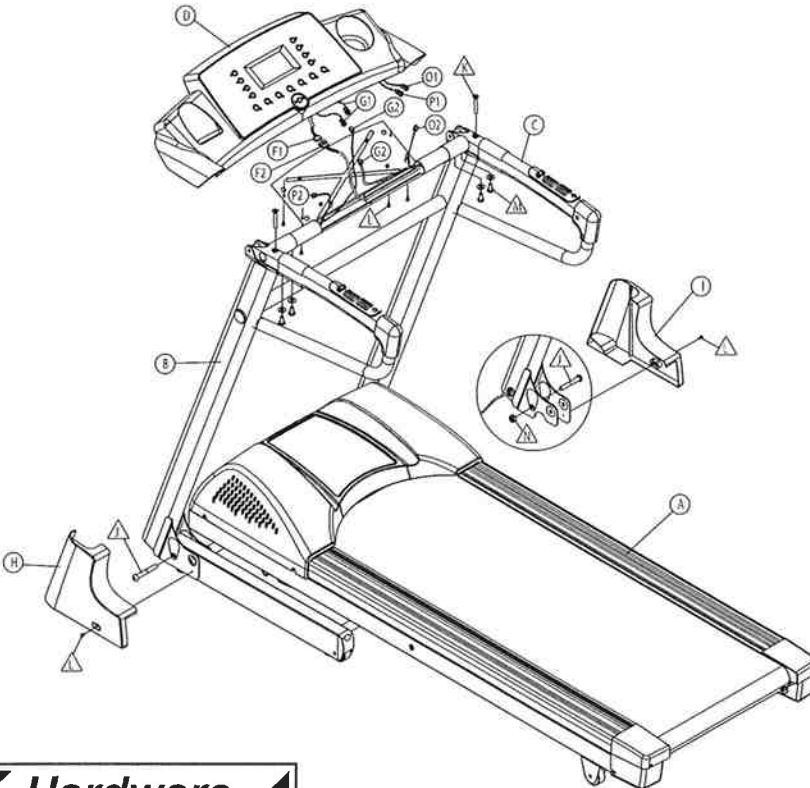
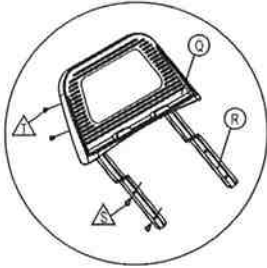
— GROUNDED
OUTLET

MI310X 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.

1. Since your treadmill is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the treadmill over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handle bars and the display window.

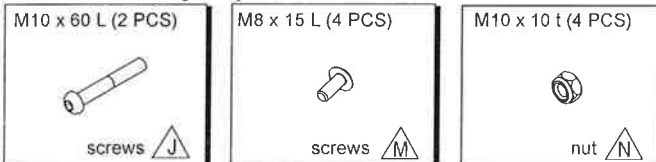


Parts

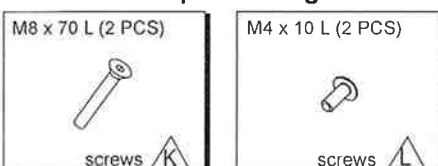
- A: Frame
- B: Support Handle
- C: Handlebar
- D: Console
- F1: PCB Plug
- F2: PCB Wire
- G1: Hand Pulse Plug
- G2: Hand Pulse Wire
- H: Left Cover
- I: Right Cover
- J: Hexagonal Screw Half Round Head
- K: Counter Sunk Sexanglar Screw
- L: Screw
- M: Hexagonal Screw Half Round Head
- N: Nylon Nut
- O1: Speed Control Plug
- O2: Speed Control Wire
- P1: Incline Control Plug
- P2: Incline Control Wire
- Q: Book Holder
- R: Book Holder Bracket (2PCS)
- S: Screw M5 X 10L (4PCS)
- T: Screw M4 X 8L (4PCS)

Hardware

Screws already in place on the treadmill:



Screws in the plastic bag:

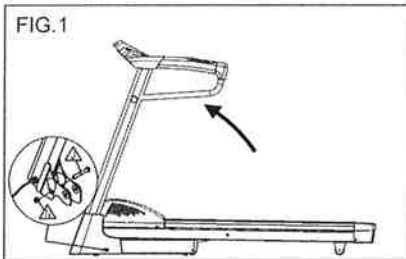




Tools:

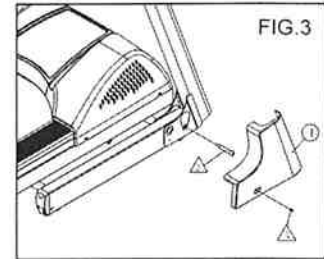
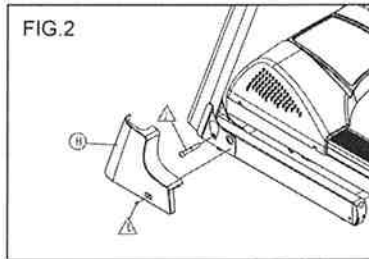







MI310X ASSEMBLY INSTRUCTION

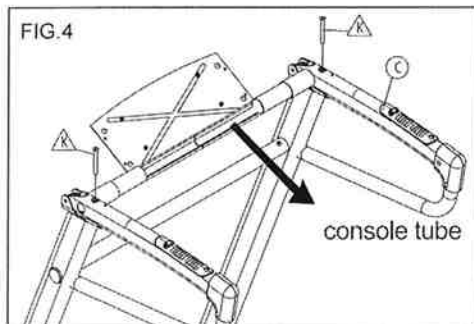
STEP 1: Handlebar support post assembly




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

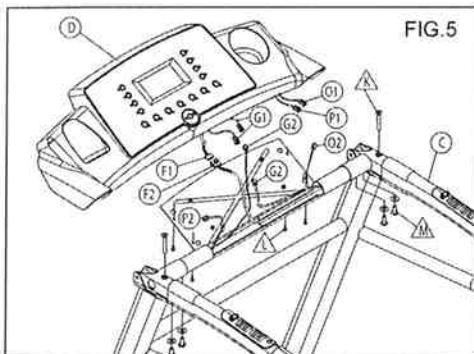


3. Refit the screw  and nut  to both the left and right sides of base frame and tighten.
4. Refit the screw  to both the left and right sides of base covers  ,  . (FIG.2 , FIG.3)











STEP 2: Handlebar assembly


1. Place handlebars onto the support bars, Tighten the screws  to both the left and right sides.
2. Rotate console tube to have console bracket in the proper position. (FIG.4)



STEP 3: Console assembly

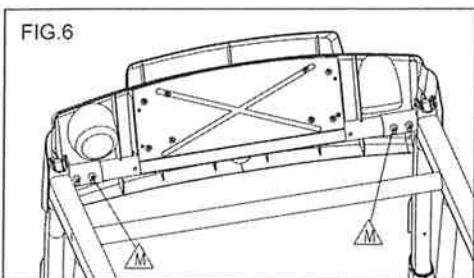
1. Hold console on console tube as illustration.
2. Connect PCB wires   .
3. Connect hand pulse wires   .
4. Connect the Speed Control wires   .
5. Connect the Incline Control wires   .

Note: Insert excess wiring into right side of console tube.


6. Fix console on bracket by tightening 4 screws  . (FIG.5)

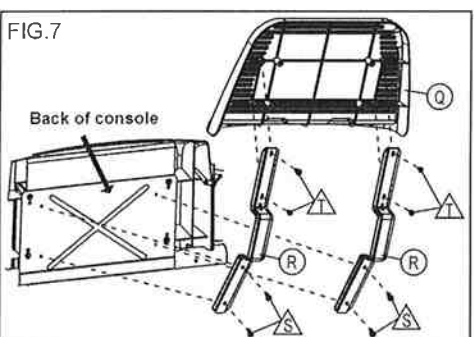
Warning:

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








STEP 4: Complete assembly

1. Make sure side racks are fitted properly on handlebars. If necessary, rotate console tube to get correct position for console/racks on handlebars.
2. Tighten 4 screws  under both sides of console tube. (FIG.6)



STEP 5: Book holder assembly

1. Fix the book holder brackets  with 4 screws  (round hole) and secure it on the back of the console.
2. Place the book holder  on the book holder bracket  , secure it from the back of bracket with 4 screws  (rectangular hole). (FIG.7)

MI310X CONSOLE OPERATION

Button description

START / STOP :

This will start the treadmill and this will stop the treadmill.
There will also be an emergency stop switch. (Safety key)

INCLINE up ▲ :

This will select program / level in setting mode before starting.
This will increase the elevation by one increment at a time.

INCLINE down ▼ :

This will select program / level in setting mode before starting.
This will decrease the elevation by one increment at a time.

SPEED up ▲ :

This will select program / level in setting mode before starting.
This will increase the speed by one increment at a time.

SPEED down ▼ :

This will select program / level in setting mode before starting.
This will decrease the speed by one increment at a time.

MODE :

This will accept programs / levels selection. And this will switch display data on the data window during your exercise.

RESET : This will reset programs.

Quick keys for incline : 4, 6, 8, 10 increment.

Quick keys for speed : 4, 6, 8, 10 km/hr or 3, 4, 5, 6 mph

Handlebar toggle for incline / speed adjustment :

Left handlebar = For incline adjustment. Increase or decrease by 1 every time.

Right handlebar = For speed adjustment. Increase or decrease by 0.1 km/h or 0.1 mph every time.

Display

Windows : The display is 1 LCD windows.

Data window :

Time : 00:00

Distance : 000

Cal : 0000

Pulse : 000

Incline : 00

Speed : 00.0

Audio in/out (Option)

There is a 3.5 mm audio in and audio out socket installed on this console.

Audio in socket :

It supports all kinds of devices/mp3 with 3.5 mm connector and plays through the speaker on the console.

Note: Volume is controlled by your device/mp3.

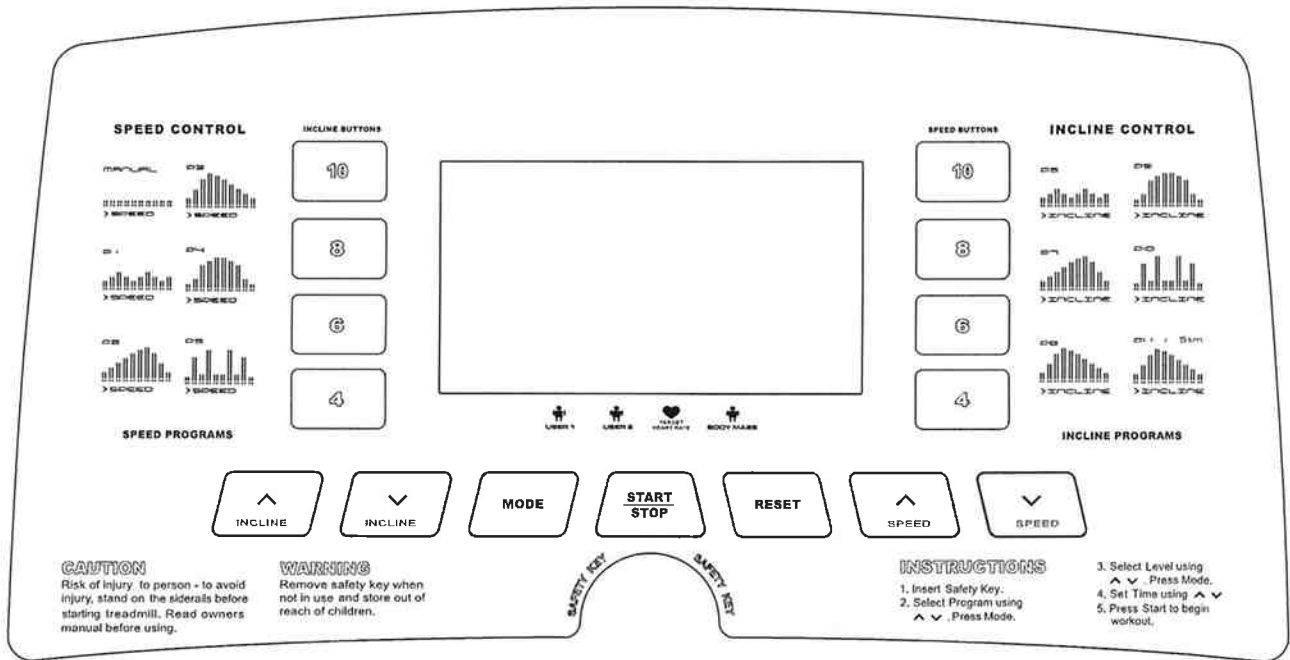
Audio out socket :

It supports all kinds of speaker and earphone with 3.5 mm connector.

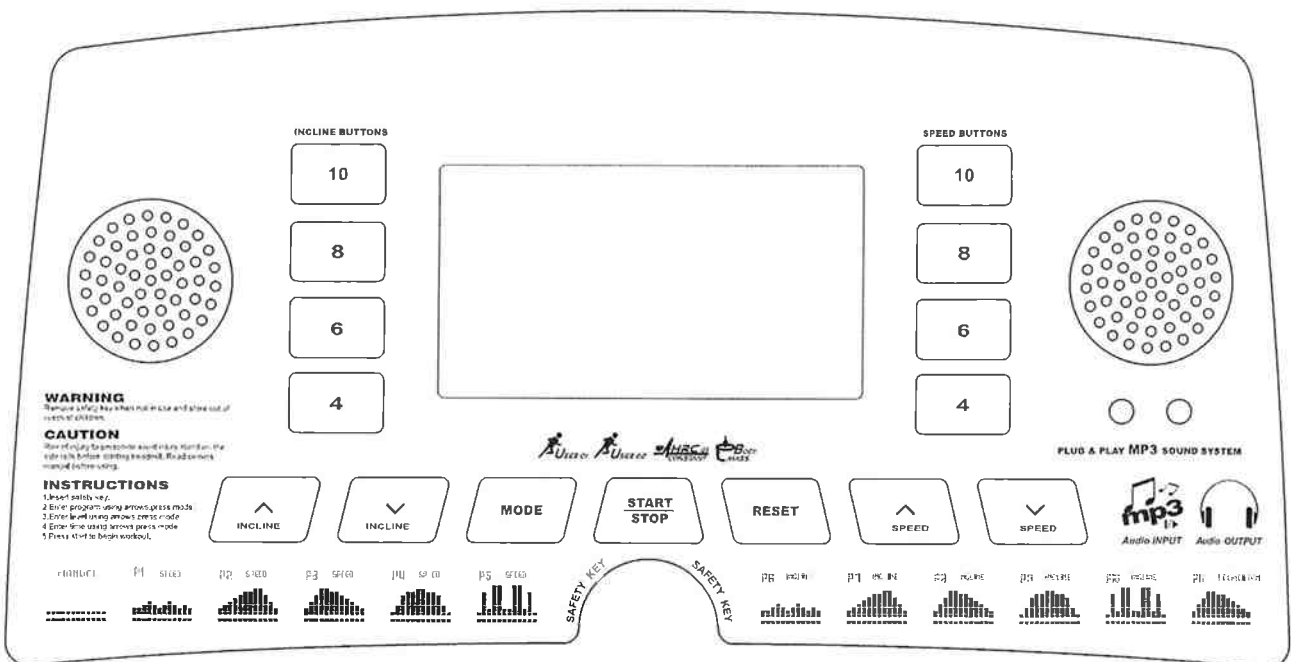
Note: The output volume is controlled by the device/mp3 or speaker. There are no volume controls on the console.

MI310X CONSOLE OPERATION

MI310X



MI310X Audio in / out (Option)



MI310X

CONSOLE OPERATION

Program operation and instruction

Under standby status, press the **MODE** button, then press the **SPEED** up / down (**INCLINE** up / down) button to enter the program setting. Program in sequence as below : Manual run "P1~P11" → "USER1~USER2" → "H.R.C" → "BODY MASS", when you have chosen desired program, press the **MODE** button to enter detailed setting.

1. Manual mode :

- (1) Under program setting, press the **SPEED** up / down (**INCLINE** up / down) button to return to manual mode.
- (2) Press the **START** button, after a 3-second countdown and then the motor starts to run.
- (3) a. After a 3-second countdown, if the time setting is 0 then it will start counting, when time has reached (99:00), the motor will stop.
b. If time setting is 1 or more it's countdown, when the time reaches (00:00) the motor will stop.
- (4) Press the **START/STOP** button when the motor is running it shuts down the motor and incline motor and console shows "PAUSE"; if you press the **START** button again, after a 3-second countdown and then the motor will start to run.
- (5) Under Manual mode, time display on the console will start to flash, press the **SPEED** up / down (**INCLINE** up / down) button to set the workout time and complete time setting and press the **START** button to start your workout.

2. Program mode :

Time display in console will flash, each time by pressing it, time will increase or decrease by 1 min (P1~P10). You can press the **MODE** button to enter time setting with in P1~P10. In P11 you set the distance.

Speed control (P1~P5) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

Incline control (P6~P10) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.

Distance control (P11) :

- (1) When in program setting, press the **SPEED** up / down (**INCLINE** up / down) button to choose desired program.
- (2) Press the **MODE** button to move to profile setting, press the **SPEED** up / down (**INCLINE** up / down) button to set levels.
- (3) Time is unable to set, but you can set the distance, Default = 5K (1~20km) / 3mile (0.6~12mile)

User mode

- (1) Press the **MODE** button to move to time setting (Default : 24), then press the **SPEED** up / down (**INCLINE** up / down) button to set time in sequence.
- (2) Press the **MODE** button to enter incline and speed setting (12 sequences).
- (3) Incline display in console shows current incline level, press the **INCLINE** up / down button to set required incline level.
- (4) Speed display in console shows current incline level, press the **SPEED** up / down button to set required speed, press the **MODE** button to enter next incline and speed stng and so on.
- (5) Press the **MODE** button to show setting process, Ex. time → SE01 → SE02 → → SE12 → to enter time counting automatically.