

SAFETY INFORMATION.

Please make sure that you position your Treadmill on a firm flat surface

Should any electrical work be required please contact a Professional Electrician to carry out any repairs.

Your Treadmill is designed for indoor use only, do not use outdoors.

Do not position your Treadmill on a deep thick carpet as air needs to be able to circulate underneath the machine.

Always wear the correct clothing when using your Treadmill avoid loose or long clothing as this could get caught in the moving belt. Always use the correct footwear to avoid injury.

Do not stand on the Treadmill belt before operating, position your feet on either side of the Treadmill belt and as the machine starts then step onto the belt as it gradually gains speed. Do not step on the belt if the machine is at full speed.

Before stepping on the Treadmill please ensure that the emergency cord is attached to you so that the machine will stop should the emergency magnet become detached from the control panel.

Do not allow Children or pets near the Treadmill when in use to avoid accidents. Children and the elderly should only be allowed to use the Treadmill if supervised by an adult.

After using your Treadmill always unplug the machine from the main power supply.

Regularly clean your machine after use, remove dust and sweat from the handles and the running belt. Use a light soapy water mixture to clean the running belt do not use a cleanser.

To adjust the running belt so that it is straight turn the adjusting bolt on either side of the base do not allow the running belt to catch the sides of the machine as this will tear the belt.

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To prevent Children from using the machine unsupervised always unplug the machine from the power supply and keep the emergency stop magnet in a safe place. When the machine is not in use for a long period of time fold the machine and store in a clean dry place. Always take great care when plugging in or unplugging your machine from the main power supply, do not pull the plug out by the cable. If any part of the electric cable is worn or the connections come loose do not use the machine and get Professional help to repair the machine

TECHNICAL SPECIFICATION.

Product Name : Electric Treadmill
Voltage rate : 110V
Rated Frequency : 60 HZ
Rated Power : 500W
Maximum Weight : 120KG

ACCESSORIES.

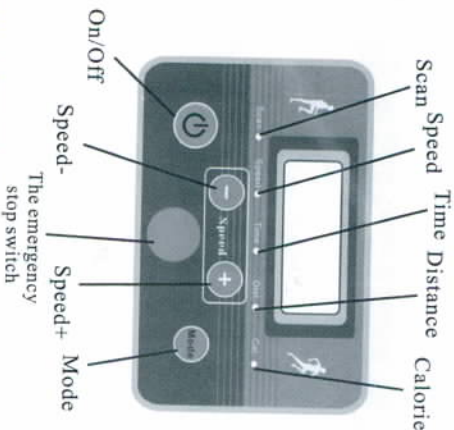
M6 inner hexagonal spanner x 1
M6* 40 inner hexagonal screw x 1
M12* 50 inner hexagonal screw x 1
Magnetic emergency connector.



THIS APPLIANCE IS NOT A TOY AND IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH ANY PHYSICAL OR MENTAL CONDITION. THIS MACHINE SHOULD NOT BE USED BY ANYBODY WITH LACK OF EXPERIENCE OR KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTIONS CONCERNING THE USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY. CHILDREN SHOULD ALWAYS BE SUPERVISED AND SHOULD NOT BE LEFT ALONE TO USE THE MACHINE.

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CONTROL PANEL



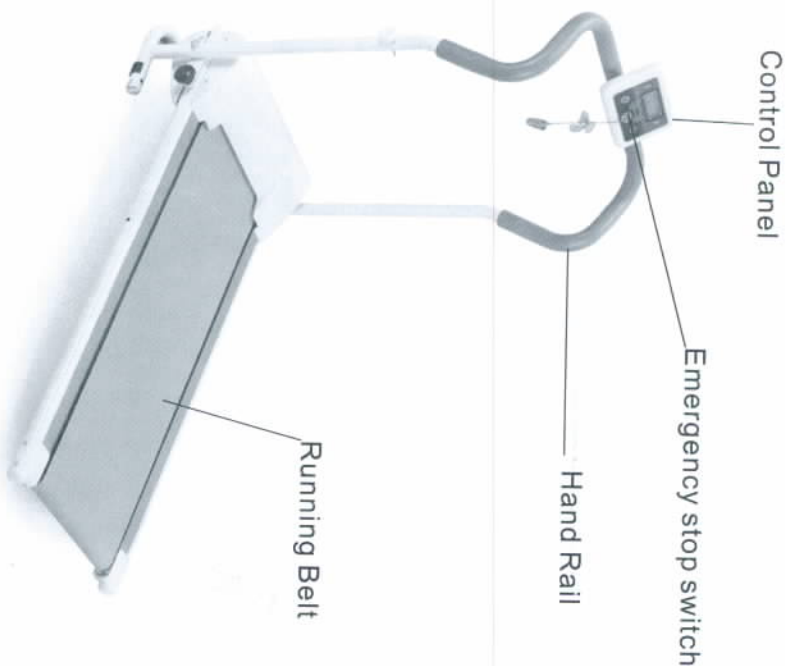
FUNCTION INSTRUCTIONS.

Plug your Confidence Power Plus Treadmill into the main power socket then place the emergency stop magnet over the emergency stop switch. The control panel will 'beep' to indicate that the panel is on and in the standby mode, the LED display will flash - - - - -

BEFORE STARTING THE TREADMILL ATTACH THE EMERGENCY STOP MAGNET TO YOUR WAIST BAND

TO SET THE PRE SET SPEED AND RUNNING TIME.

Once your Confidence Power Plus Treadmill is in the standby mode press the MODE button once the LED will flash - - - - - you can now set the speed to one of 3 set speed settings
P1 : P2 : P3 by pressing the + speed button press once for P1 press again for P2 and press again for P3. Once you have selected your speed setting to select the exercise time period press the mode button once, a default time of 10 minutes will be displayed this can now be altered to the desired exercise time by pressing the speed + or - button . The time setting can be set between 5 minutes and 30 minutes. Once the exercise time has been set you are now ready to start your Confidence Power Plus



ASSEMBLY INSTRUCTIONS

Open the box and carefully take out the treadmill.



Unscrew the nut from the upper handrail (photo 2)
Position the handrail (photo 3) and insert the screw
into the hole provided (photo 4).



photo 2



Photo3



photo 4

Take the control panel and position on the handrail and line
up the holes and insert the M6 inner hexagonal screw
Tighten securely (photo 5) Insert the magnet into the
Control panel (photo 6).



photo 5



photo 6

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Treadmill by pressing the ON button, the control panel will count down from 3 and the running belt will start. To stop the machine at any time press the off button or pull the emergency stop magnet off the stop switch.

TO SELECT YOUR OWN RUNNING SPEED.

Once your Confidence Power Plus Treadmill is in the standby mode press the on button once, the control panel will beep and count down from 3 to zero and then the running belt will start at the default speed 1.0. Carefully step onto the moving belt and once comfortable you can increase the speed of the running mat by pressing the speed + button to reach your desired speed. The maximum speed your Confidence Power Plus treadmill is 10.0 To stop your exercise press the speed – button continuously and the running belt will gradually slow down.

MAINTENANCE

Before moving or cleaning your Treadmill unplug the machine from the power supply.

Clean your machine with a damp cloth avoiding the control panel. Do not use course cleaning materials.

Clean the power switch and control panel with a soft dry cloth DO NOT use a wet cloth in these areas.

Do not use your Treadmill in wet or high dust areas this can cause damage to your machine.

Please use the Treadmill on a flat level surface.

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CONFIDENCE

FITNESS



SportsHQ Group

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WIN600

ELECTRIC TREADMILL

PRODUCTS TESTED TO EN957 FOR YOUR SAFETY

MADE IN CHINA

CONFIDENCE

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POWER PLUS TREADMILL



INSTRUCTION MANUAL

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future reference