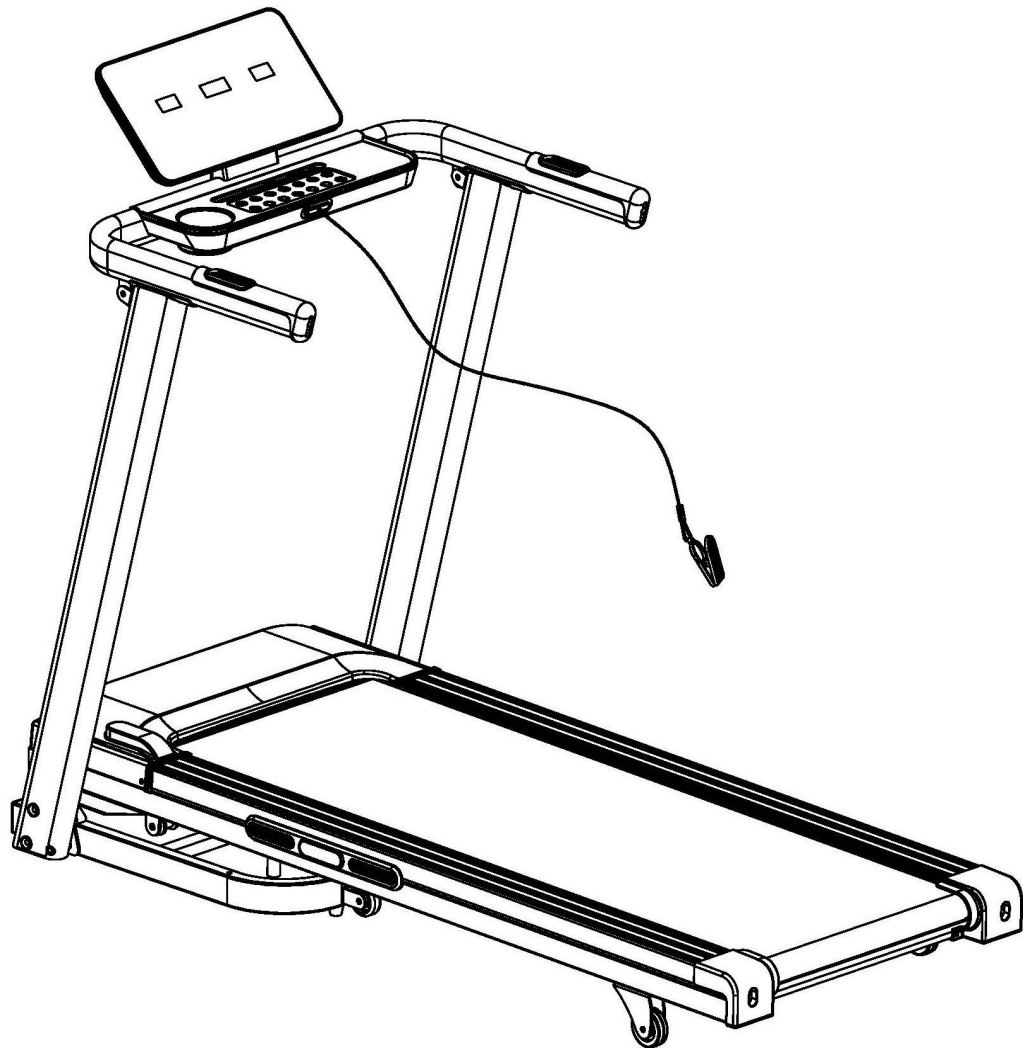# ProRunner

X3 Treadmill Instructions Manual

Special tips:

1. Before installation and operation, please read this operation manual carefully.

2. Please save this manual for future reference.

3. Product may vary slightly from the item pictures due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger–To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
4) Place your unit on a solid, level surface when in use.
5) Never allow children on or near the treadmill.
6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
7) Keep hands away from all moving parts.
8) Never operate the treadmill if it has a damaged cord or plug.
9) Keep the cord away from heated surfaces.
10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
11) Never drop or insert any object into any openings.
12) The treadmill is intended for in-home use only and not suitable for long time running.
13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
15) Use handrails provided; they are for your safety.
16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
17) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2) NEVER operate treadmill on Generator or UPS power supply.
3) NEVER remove any cover without first disconnecting AC power.
4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

1) Insert the power plug into the socket directly.
2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.
3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.
5) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
6) Always hold on to handrail while making control changes.
7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.
8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
9) This appliance is not intended for use by persons (including children) with reduced 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, Children should be supervised to ensure that they do not play with the appliance.
10) 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.
11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.
12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health
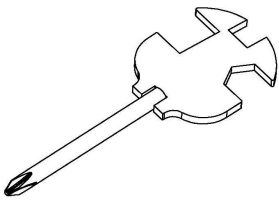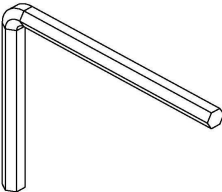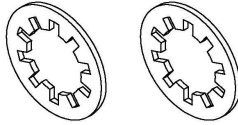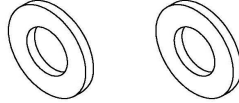
problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.
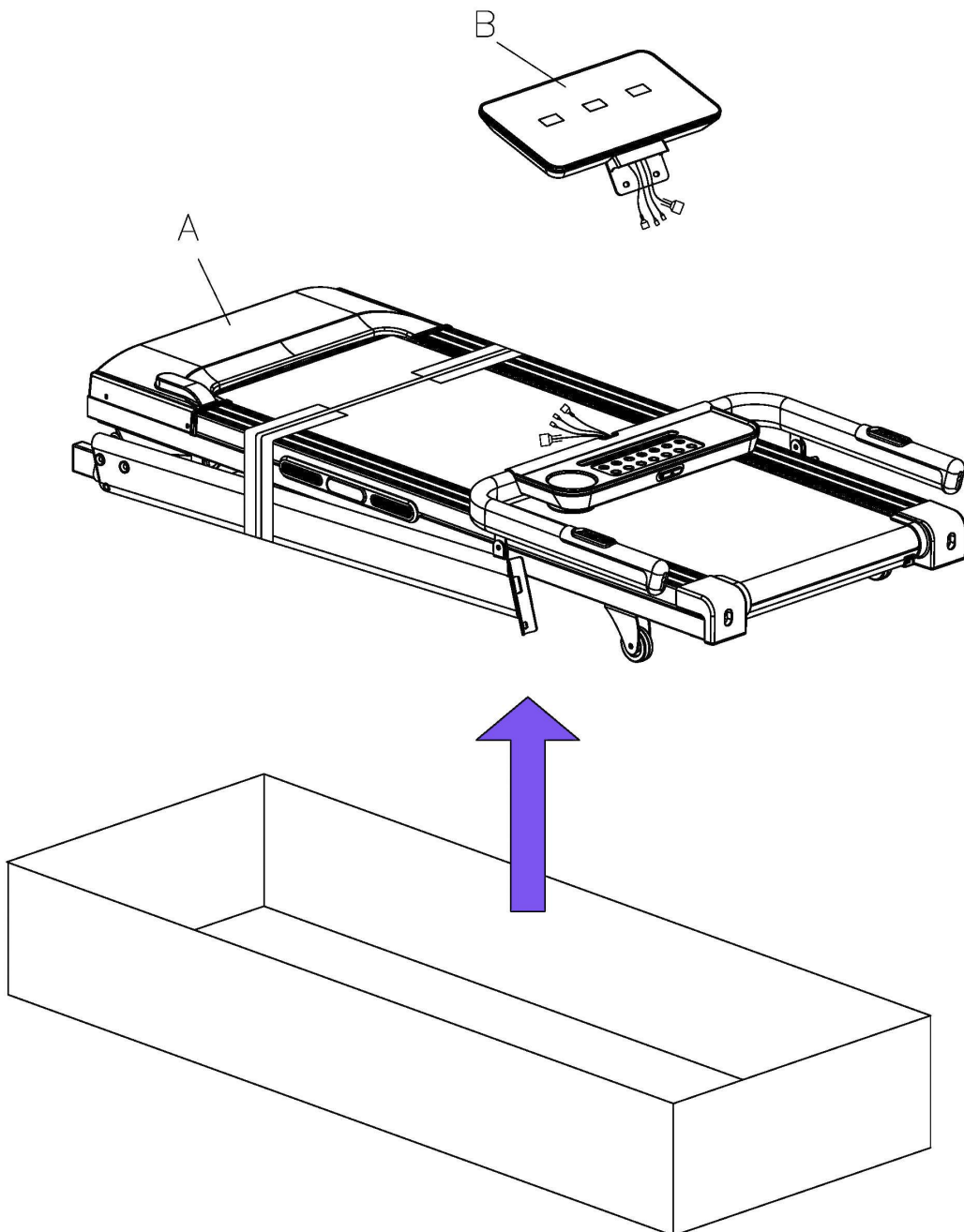
ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:

A	B	C14	E08
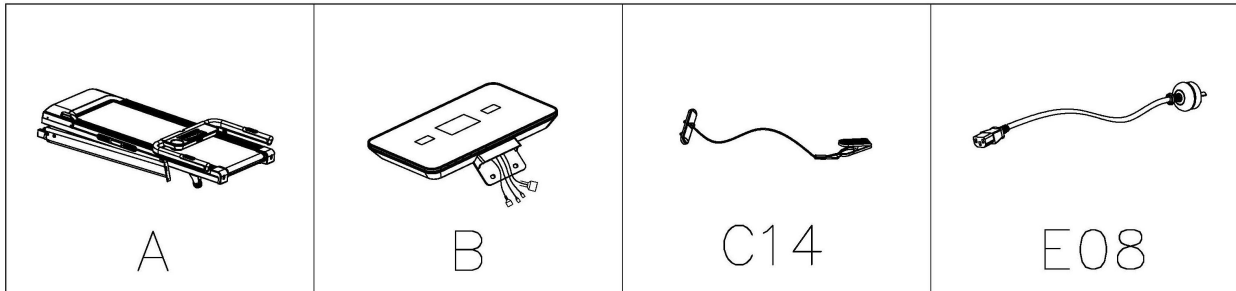
NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
A	Treadmill		1	C14	Safety key		1
B	Console		1	E08	Power wire		1
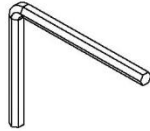
B08 S=13、14、15(1X)	**B09** S5(1X)	**D05** M8*45(4X)
D09 M8*15(4X)	**D24** Ø8(2X)	**D29** Ø8(2X)

B-1

B-2
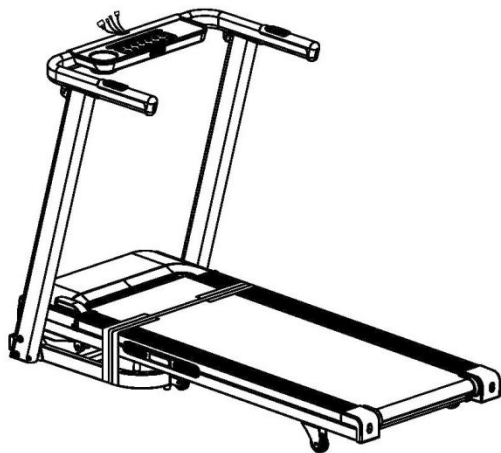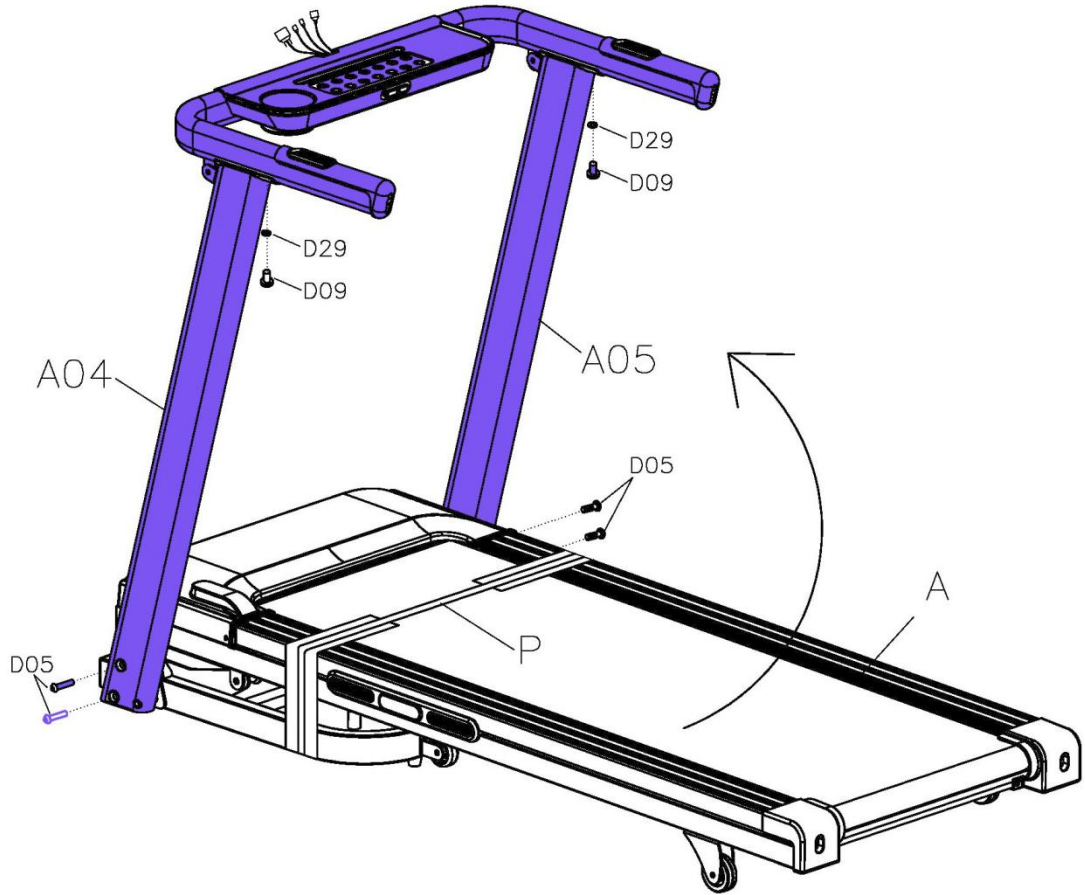
B09 5#(1x)	**D05** M8*45(4x)
D09 M8*15(2x)	**D29** ⌀8(2x)

B-3

① ②

D24

D09
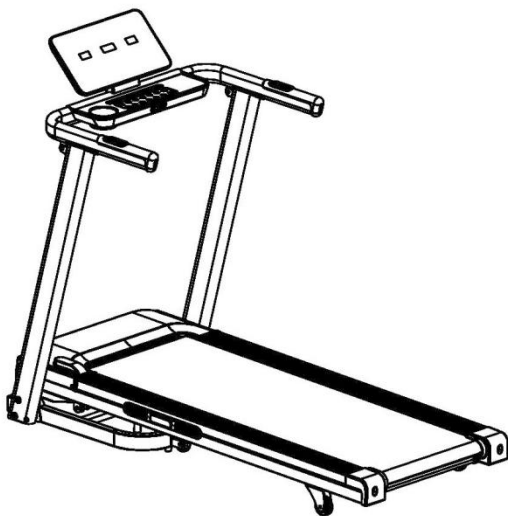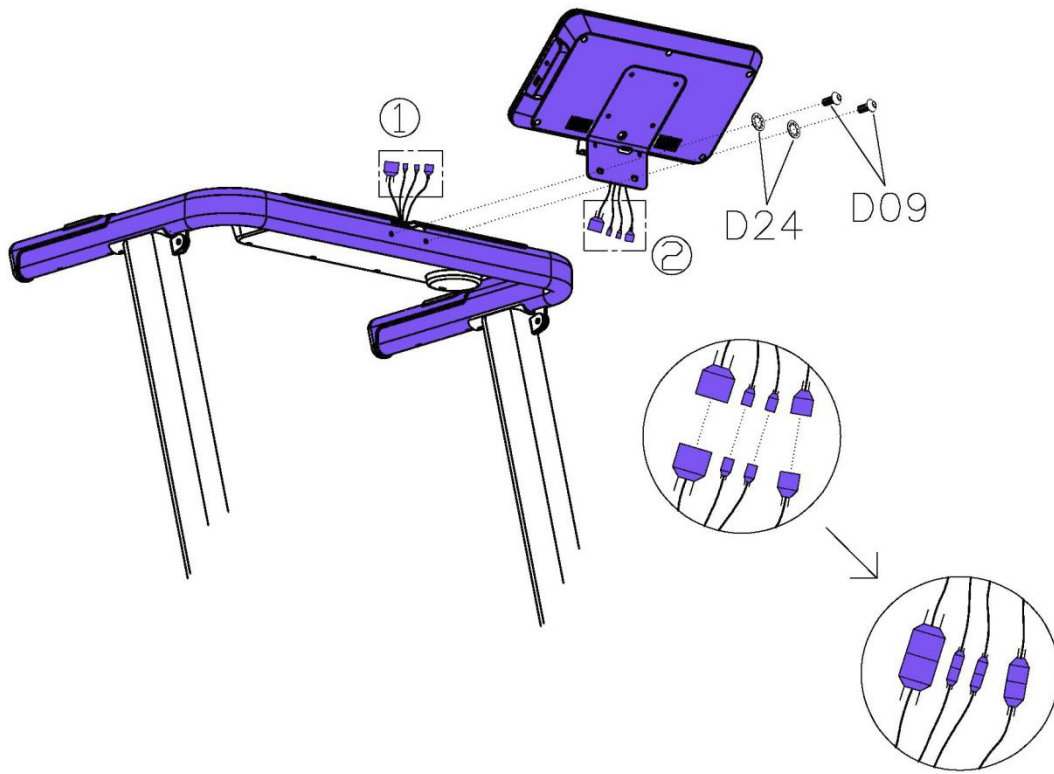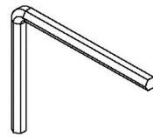
B09 5#(1x)

D09 M8*15(2x)

D24 ⌀8(2x)

B-4

B-5

a—a

b

f

a

A

f

b

A

B09 5#(1x)

B－6

C

C-1

K

K
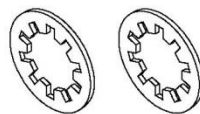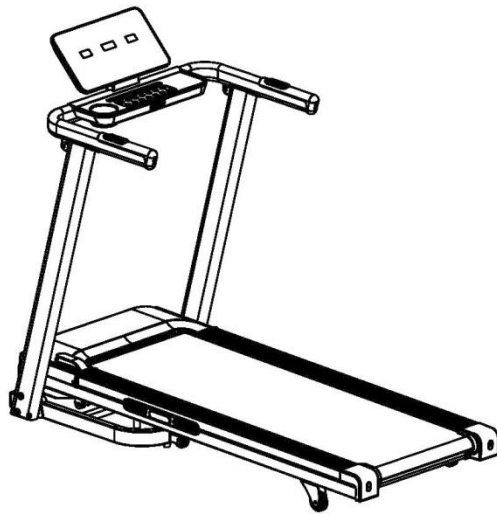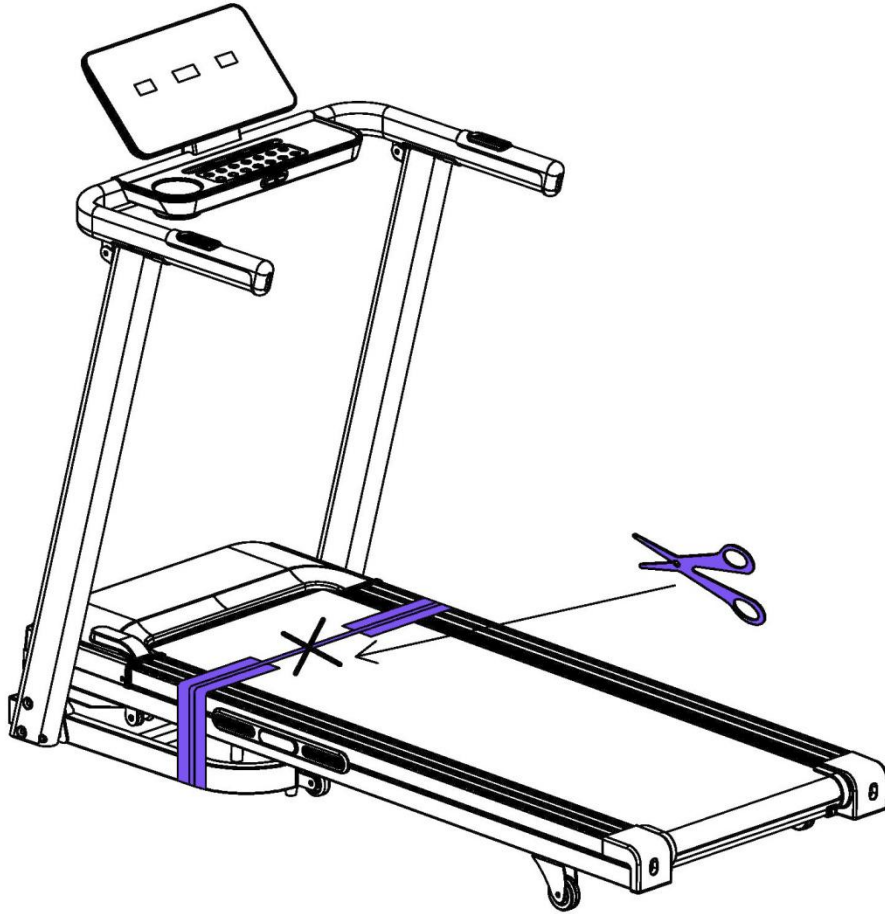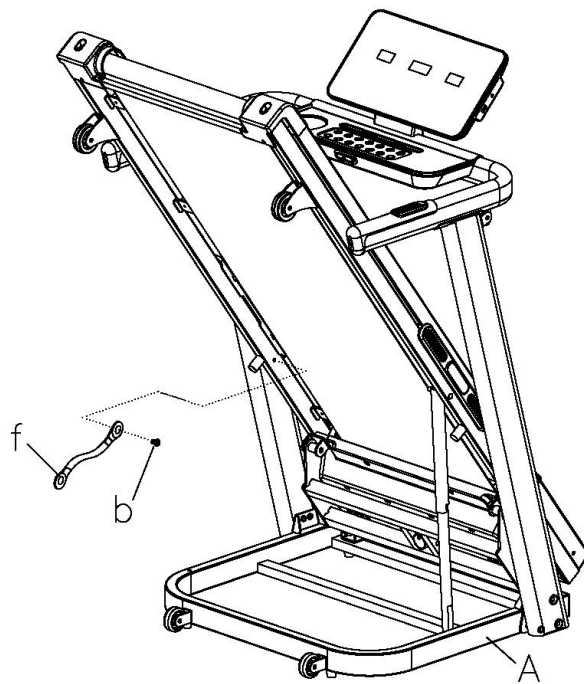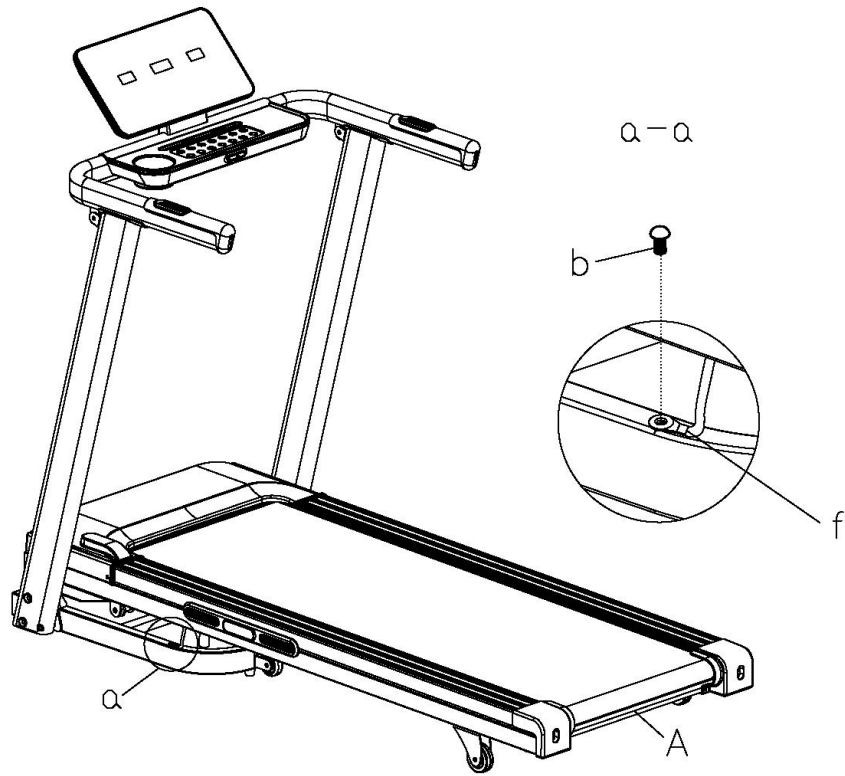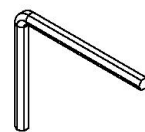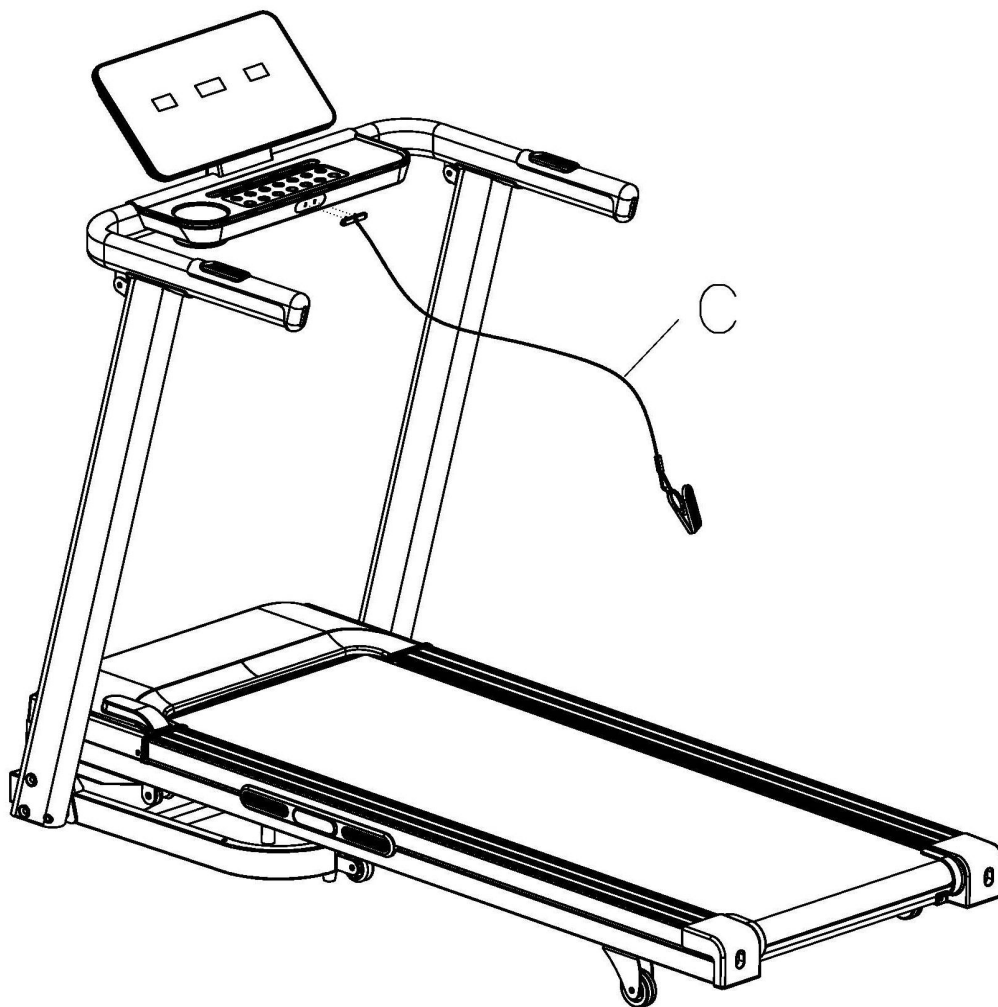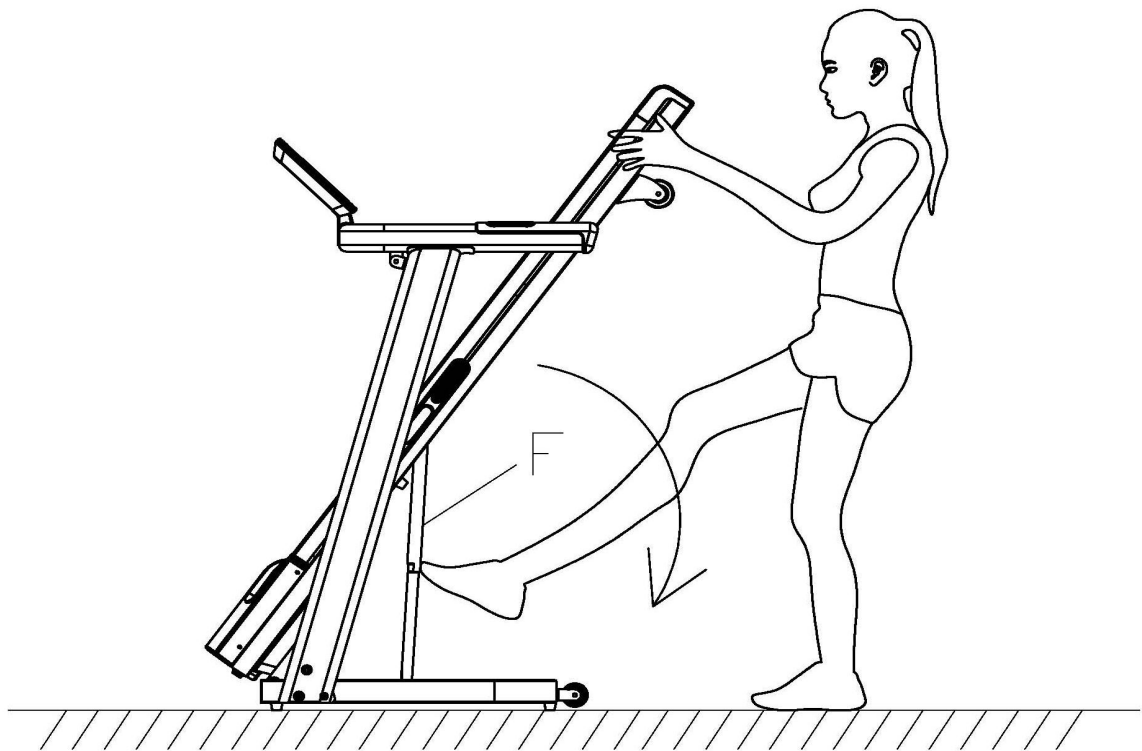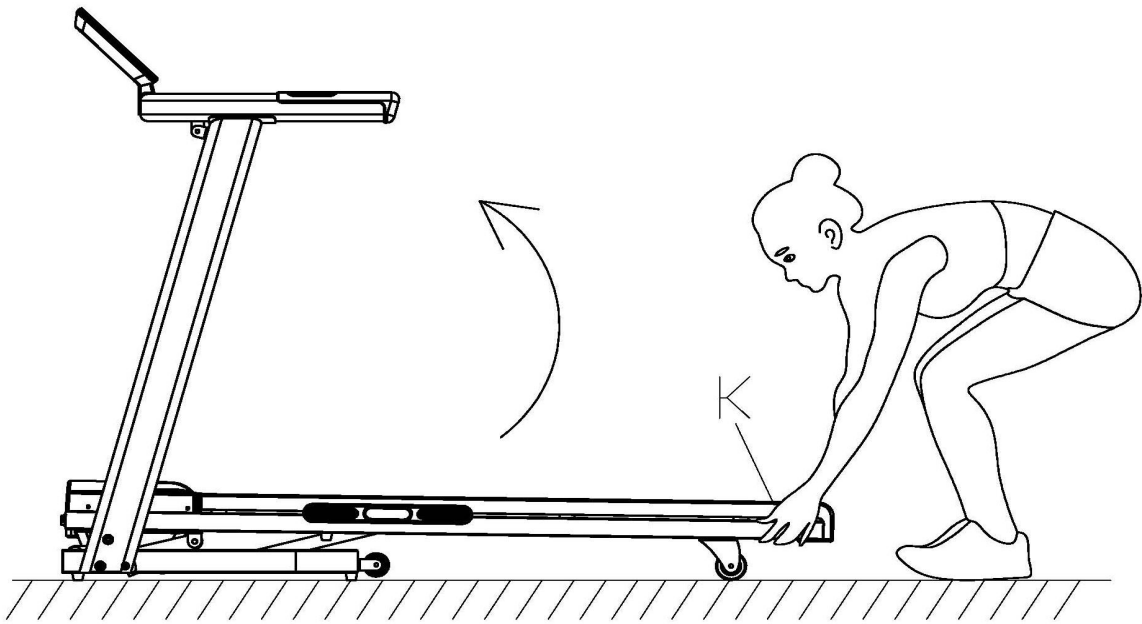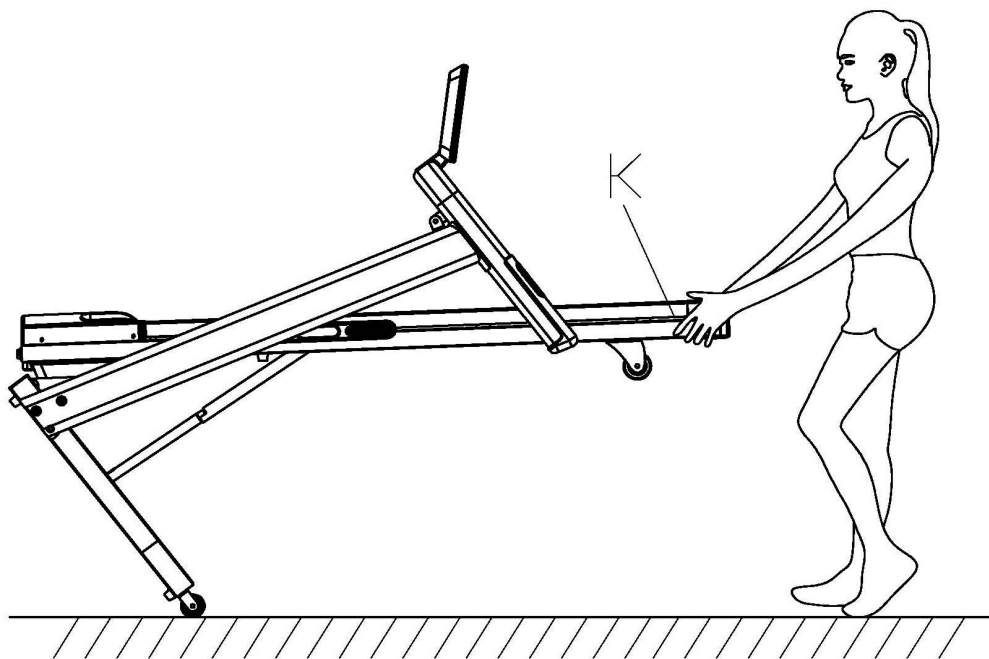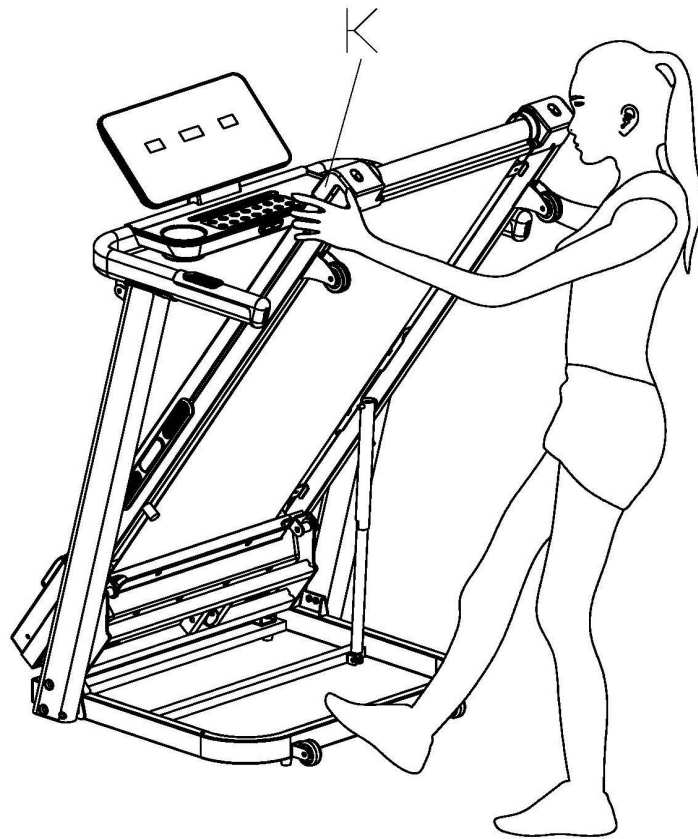
IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician 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 an electrician.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

2. NEVER operate the treadmill using a generator or UPS power supply.

3. NEVER remove any cover without first disconnecting power.

4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

Grounding methods

GROUNDED OUTLET

GROUNDING PIN

GROUNDED OUTLET BOX

(A)
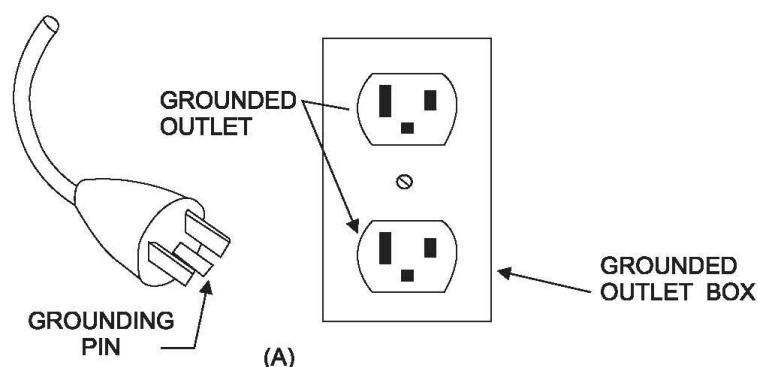
OPERATION GUIDE
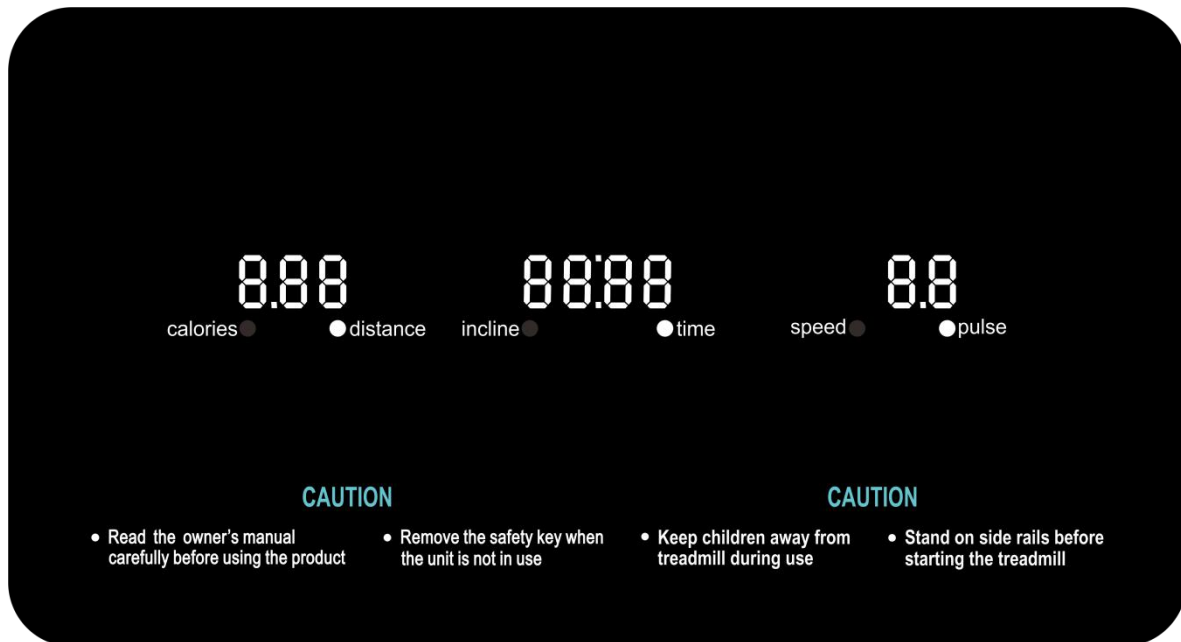
BUTTON FUNCTIONS:

1. INSTANT INCLINE: Press 3,6,9 to choose incline quickly.
2. INSTANT SPEED: Press 3,6,9 to choose speed quickly.
3. INCLINE +: Press this button to increase the incline.
4. INCLINE -: Press this button to reduce the incline.
5. START: Press this button to start the machine.
6. MODE: Press this button to choose between time, distance, calories workout targets, 15 programs,3 user programs and body fat.
7. STOP//PAUSE: Press this button to pause or stop the machine.
8. SPEED -: Press this button to reduce the speed.
9. SPEED +: Press this button to increase the speed.

MEDIA HUB :

1. BLUETOOTH MUSIC: select SYMK from the list of available devices of cell phone and connect.
   Note: Bluetooth automatically disconnects when answering a call and need to be connceted again after the call.
2. USB CHARGING: You can plug in a device to charge via USB.

COMPUTER FUNCTIONS:

1.CALORIES:Display the calories has consume.

2.DISTANCE: Display the distance has run.

3.INCLINE: Display current incline. Press INCLINE+/- to adjust the incline of the machine.

4.TIME: Display the time has run.

5.SPEED:Display current speed. Press SPEED+/- to adjust the speed of the machine.

6.PULSE: Display user's heart rate, this date is just for reference, can not be regarded as medical use.Hold the hand pulse sensor by both hands,the console will show user's pulse value after about 5 seconds.

7.MODE: Press Mode button to enter TIME, DISTANCE, CALORIES ,15 programs , 3 users programs and body fat setting.

7.1 Set of TIME, DISTANCE, CALORIES: From standby mode, press Mode button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.

-Press SPEED+/- or INCLINE+/- to set the workout target value.

-Press START button, treadmill will run after 3 seconds.

-Press SPEED+/- to adjust the speed .

-Press INCLINE+/- to adjust the incline .

7.2 Set of 15 build-in programs: From standby mode, press Mode button, console will show 15 programs, select between 15 programs.

-Press SPEED+/- or INCLINE+/- to set the workout target value.

-Each program can be divided into 10 sections; machine will beep 1 times when starting a new section.

-Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.

-Machine will beep 6 times and stop when the program is finished.

TIME \ PROGRAM		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	5	5	7	7	5	5	3	3
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED	10	3	5	7	3	7	5	7	5	3
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED	3	3	5	7	7	9	7	5	5	1
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED	3	5	3	7	1	5	7	5	3	1
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED	5	5	5	7	9	11	9	7	7	5
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED	3	5	9	11	7	12	9	11	5	3
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED	3	7	9	11	9	9	9	7	5	5
	INCLINE	4	4	4	4	3	3	6	6	8	3

P8	SPEED	5	5	9	9	11	5	11	11	5	3
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED	2	5	5	8	8	4	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED	2	3	4	6	7	5	5	6	7	3
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED	3	4	5	9	5	9	5	5	6	3
	INCLINE	3	6	5	3	5	3	5	5	4	2
P12	SPEED	1	2	3	10	7	7	10	5	4	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED	1	1	3	5	5	5	9	3	1	1
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED	3	4	7	3	4	6	3	4	5	3
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED	2	3	5	5	7	7	7	6	4	3
	INCLINE	3	3	5	5	5	5	2	2	1	0

7.3 Set of 3 users programs: From standby mode, press Mode button, console will show 3 users programs, select between 3 users programs.

-Press SPEED+/- or INCLINE+/- to set the workout target value.

-Each program can be divided into 10 sections; machine will beep 1 times when starting a new section.

-Press SPEED+/- or INCLINE+/- to change the speed and incline during each section.

-Machine will beep 6 times and stop when the program is finished.

7.4 Set of body fat test: From standby mode, press Mode button until you get to FAT.

-Press Mode button to enter information.

Set value with SPEED+/- from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)

-Press Mode button to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

-The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	$\leqslant$19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	$\geqslant$30	Obesity

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km (188miles), your treadmill needs to be maintained with oil. The system will remind with sound for every 10 seconds, and window will show "OIL". This means that your treadmill needs to be lubricated with oil. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY LOCK FUNCTION:

Under any mode, if you pull away the safety key, the machine will stop. The window will show "---" with reminding sound. The machine cannot work until safety key is inserted back.

POWER SAVE FUNCTION:

The machine is with energy saving function. Under standby mode, at the state of waiting for operation, if without any operation, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to turn on the display.

POWER ON （I）AND POWER OFF（O）

Switch off the power: You can switch off the power to stop the treadmill, which won't be damaged at any time.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

➢ To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

➢ A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

CENTERING THE RUNNING BELT:
Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers.   Refer to figure   A.
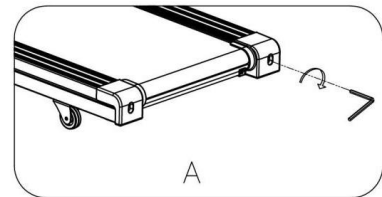
2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers.   Refer to figure B.
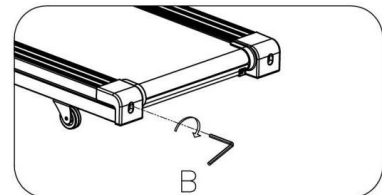
3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.
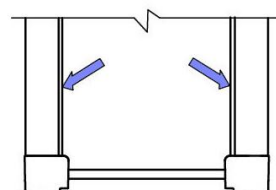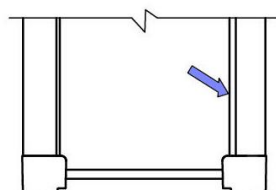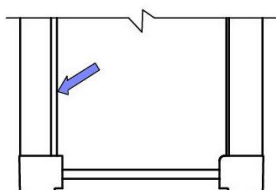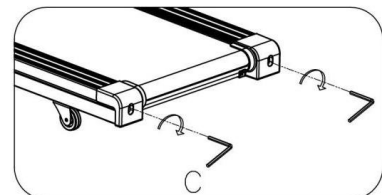
LUBRICATING THE TREADMILL

IMPORTANT NOTE:
You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT:
Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will   affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
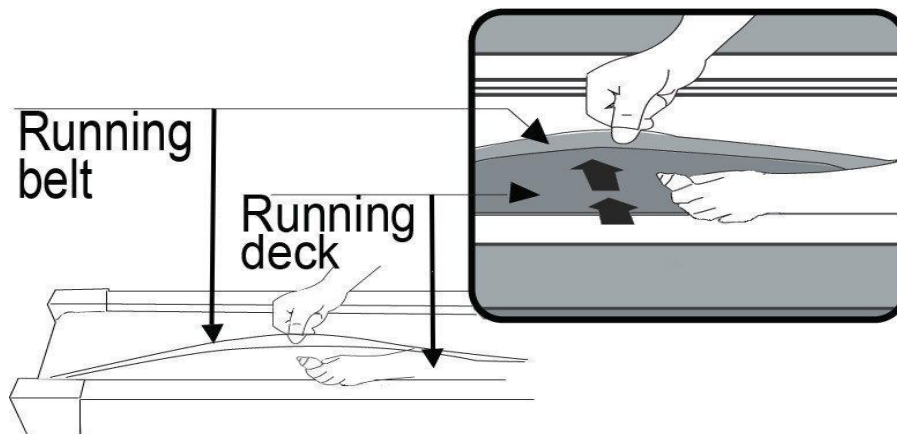
The following time table is recommended:

Light user (less than 3 hours/ week)	*every six months*
Medium user (3-5 hours/ week)	*every three months*
Heavy user (more than 5 hours/ week)	*every two months*
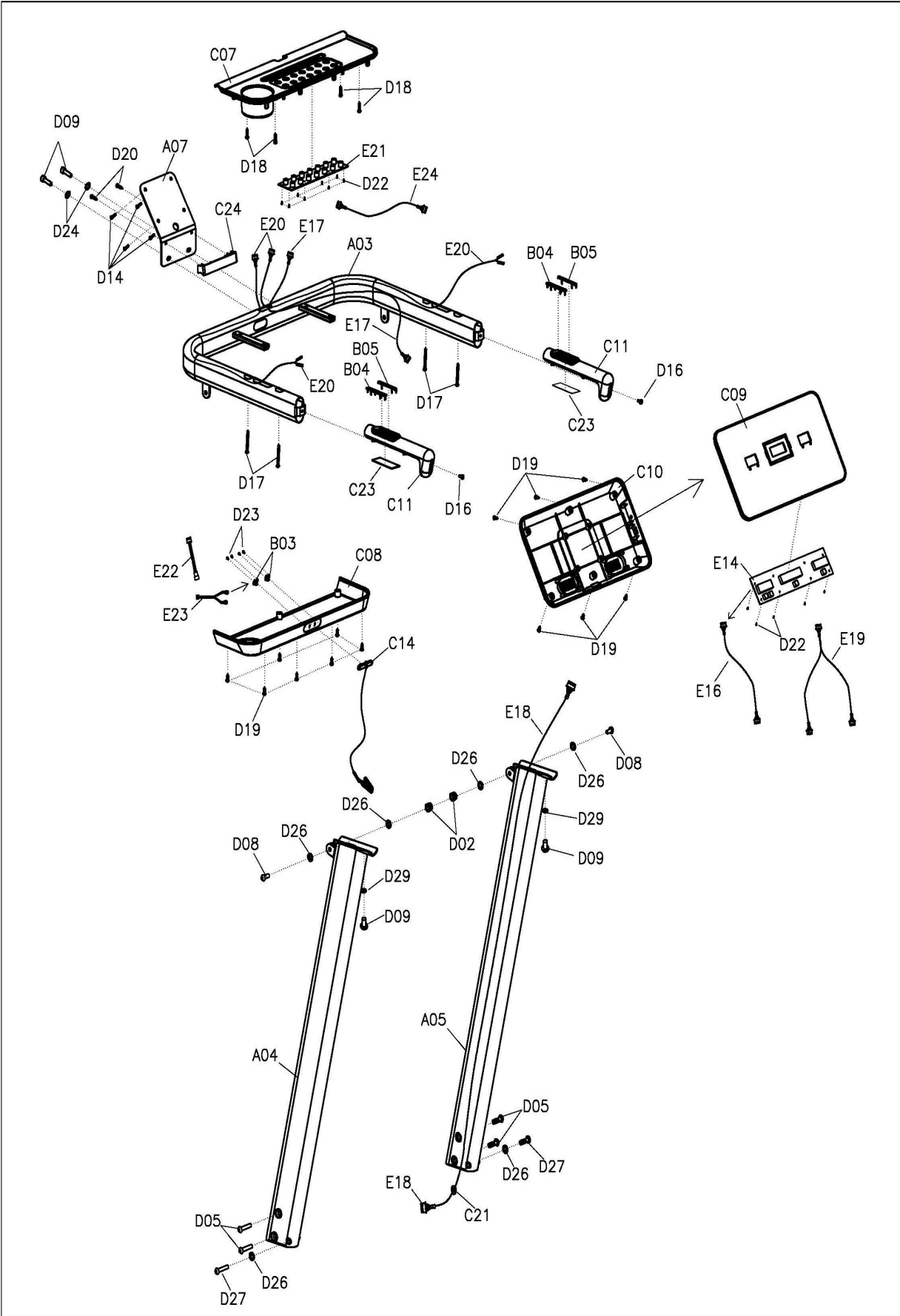
B08	
B09	
E06	
E07	
E08	
E09	
E10	
E11	
E12	
F03	
F04	
F05 F02 F01	
H02	
H01 H03	
G04	
G01 G03	
G02	
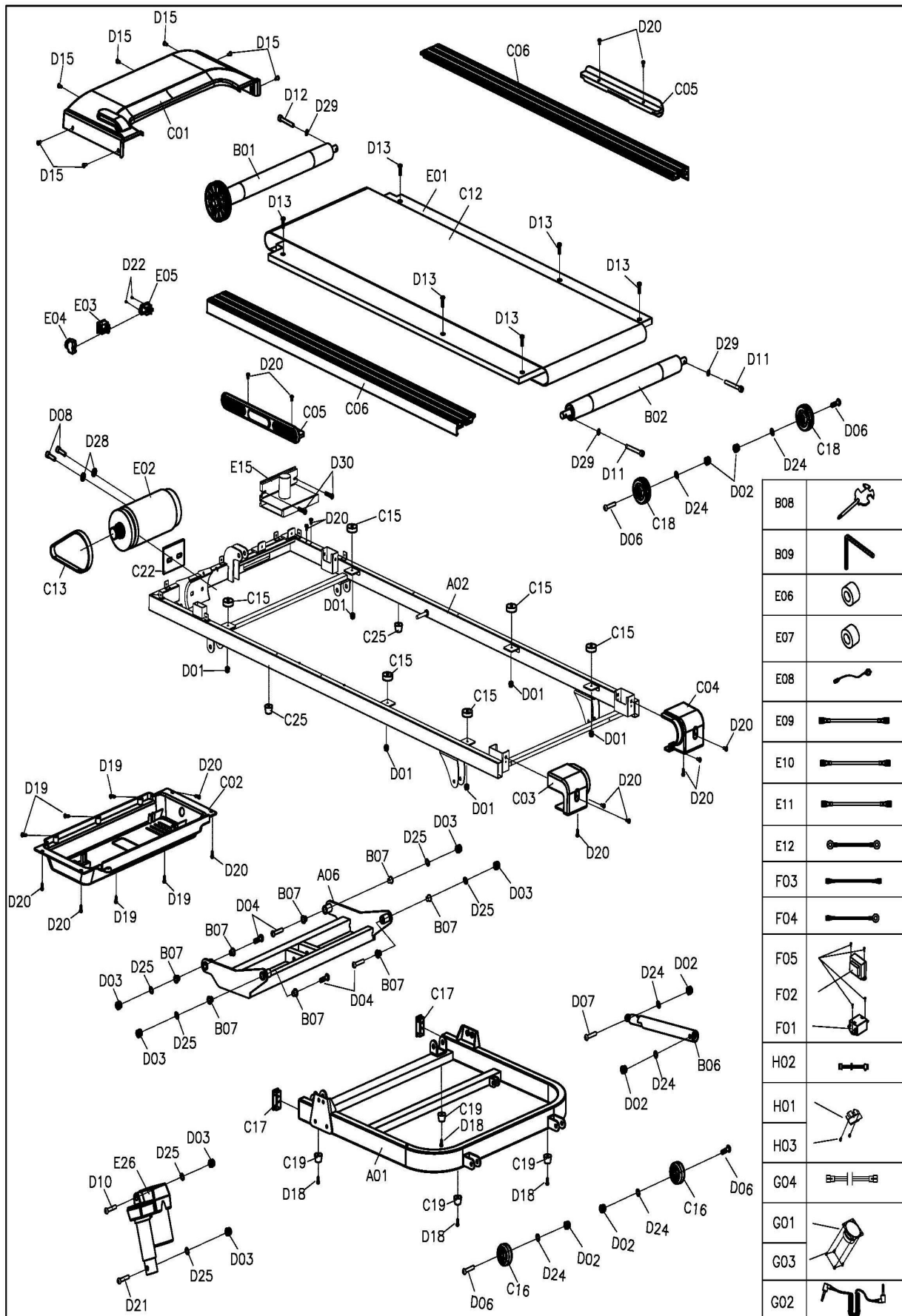
PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
A01	Base frame		1	D04	Bolt	M10*55 L20	4
A02	Main frame		1	D05	Bolt	M8*55	4
A03	Console bracket		1	D06	Bolt	M8*40 L20	4
A04	Left upright tube		1	D07	Bolt	M8*30 L15	1
A05	Right upright tube		1	D08	Bolt	M8*25	2
A06	Incline bracket		1	D09	Bolt	M8*15	6
A07	Console fixed bracket		1	D10	Bolt	M10*45 L15	1
B01	Front roller		1	D11	Bolt	M6*65	2
B02	Back roller		1	D12	Bolt	M6*55	1
B03	Safety key shrapnel		2	D13	Bolt	M6*35	6
B04	Left pulse steel plate		2	D14	Bolt	M5*16	4
B05	Right pulse steel plate		2	D15	Bolt	M5*12	7
B06	Cylinder		1	D16	Bolt	M5*10	2
B07	Incline bracket bushing		8	D17	Screw	ST4.2*45	4
B08	Wrench w/screw driver	S=13、14、15	1	D18	Screw	ST4.2*20	8
B09	5# Allen wrench	5mm	1	D19	Screw	ST4.2*12	18
C01	Motor top cover		1	D20	Screw	ST4.2*12	20
C02	Motor bottom cover		1	D21	Bolt	M10*95 L25	1
C03	Left back end cover		1	D22	Screw	ST2.9*8	20
C04	Right back end cover		1	D23	Screw	ST2.9*6	4
C05	Decorative cushion		2	D24	Lock washer	8	8
C06	Side rail		2	D25	Lock washer	10	6
C07	Console top cover		1	D26	Flat washer	8	6
C08	Console bottom cover		1	D27	Bolt	M8*55 L20	2
C09	Panel top cover		1	D28	Spring washer	8	2
C10	Pane bottom cover		1	D29	Arc-gasket	8	2
C11	Handle cover		2	D30	Lock washer	6	3
C12	Running belt		1	D31	Bolt	M8*15	2
C13	Motor belt		1	D32	Bolt	M5*15	2
C14	Safety key		1	E01	Runng board		1
C15	Blue cushion		6	E02	DC motor		1
C16	Transport wheel		2	E03	On-off switch		1
C17	Square plug		2	E04	Overload protecter		1
C18	Adjustable wheel		2	E05	Power socket		1
C19	Foot pad		4	E07	Magnetic core		1
C20	Cylindrical cushion		2	E08	Power wire		1
C21	Ring-shape wire plug		2	E09	AC signle wire	Brown 200	1
C22	EVA cushion		1	E10	AC signle wire	Brown 350	2
C23	EVA cushion		2	E11	AC signle wire	Blue 350	2
C24	Console wire cover		1	E12	Ground wire		1
D01	Nut	M6	6	E14	Console		1
D02	Nut	M8	8	E15	Control board		1
D03	Nut	M10	6	E16	Top signal wire		1

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
E17	Middle signal wire		1	F01	Filter		1
E18	Bottom signal wire		1	F02	Inductance		1
E19	Hand pulse top signal wire		1	F03	AC single wire		1
E20	Hand pulse bottom signal wire		2	F04	Grounding wire		1
E21	Keyboard		1	F05	Screw	ST4.2*12	4
E22	Safety key sensor top signal wire		2	H01	USB board		1
E23	Safety key sensor bottom signal wire		2	H02	USB power wire		1
E24	Keyboard connectting wire		1	H03	Screw	ST2.9*8	2
E25	Incline motor		1	G01	Power amplifier board		1
				G02	Audio input and output board		1
				G03	Power amplifier power wire		1
				G04	Audio socket wire		1
				G05	Speaker 1		1
				G06	Speaker 2		1
				G07	Mp3 wire		1
				G08	Screw	ST2.9*8	14

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Check the control board, replace if damaged. Check motor, replace if damaged.

E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary. Check the control board, replace if damaged. Lubricate the treadmill.
E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10:Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	The torque is too big, please adjust the torque to be smaller. Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary. Lubricate the treadmill.