Treadmill by
REVO

Treadmill User Manual

SL-Q16-9

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INSTRUCTION

Thank you very much for purchasing our product.
Please read this instruction carefully before use it and keep the instruction at a right place.

1. Caution

To avoid any accidental injuries, please read this manual carefully before using.

- For safety purpose, do not stand on running belt while running.
- Please stop immediately for any feeling of vomit or jerky during using.
- Please adjust the speed slowly.
- Do not adjust the belt during using.
- It is suggested to wear sports shoes when using the machine.
- Children, the elder, pregnant women, patients are best not to use the machine.
- This product is suitable for home using, not suitable for professional training andtesting, andcannot be used for medical purposes.

2. Safety Notice

- Please put the machine on flat ground. It is unsuitable to put the machine at followingplaces:

  1. Outdoors.(The machine is specially designed for indoor use only)
  2. Slant ground or slant places on balcony.
  3. Sunlight area or near heater.
  4. Noisy places.

- An error code occurs when the power is unstable. Please do not use thesamesockettogether with computer or air conditioner etc.
- It is suggested to wear sports shoes and gym suit when use the machine.
- Please increase or decrease speed slowly.
- Do not put the machine near to damp object. Error maybe caused by water drop.
- If the power cord is damaged, in order to avoid danger, it must be replaced by professionalsfrom the manufacturer, its maintenance department or similar departments.
- Keep the oil bottle out of the reach of children. If you accidentally swallowit or get it intoyoureyes, rinse with water and seek medical help in time.
- There should be 1m (1000mm) on both sides and front of the treadmill, and 2mx1m(2000mm*1000mm) space at the back to emergency jump away.

3. Caution During Use

- If you do not feel well before using, please consult with your doctor or coach.
- It is not our company's responsibility for any improper use by user to cause bodyinjured
- Please pull up plug after using.
- Please pull out plug for any movement or change parts for the machine.
- Children, elder, pregnant women are prohibited to use the machine. Patients needdoctor'sconsultant before using.
- Children, the elder, pregnant women, patients are best not to use the machine.
- Water drop is prohibited to run into the machine , especially to motor, power lineandplug.
- Danger may cause if wearing long dress or other unsuitable dresses during use.
- Encloser spaces, air uncirculated places and with flammability places are prohibitedtousethe machine
- Do not put any objects on the machine.
- Put away the plug from heated place or fire seat.
- Please switch off all functions and pull out plug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not put any objects on the machine.
- Do not disassemble the machine without conduct of professional person.
- Please make sure the running belt is fastened before using.
- Do not jump up or down on the machine during exercise. ———May cause injuryduetofall.
- The machine must be grounded. In the event of malfunction, grounding will provideapathofleast resistance for current to reduce the risk of electric shock.

4. Technical Specification

Product Name:	Treadmill
Item No.	SL-Q16-9
Voltage	110V
Frequency	60Hz
Speed	0.5-4MPH

5. Control Panel
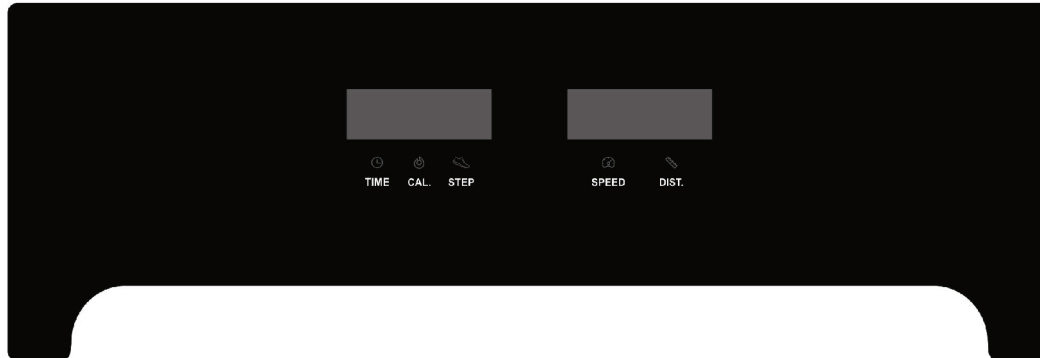
**1** Display

▪ (1.) "TIME" window has two modes which shows the running time.
①Forwardcounting time is from 0:00 to 99:59 minutes.
②Countdown is count to0fromtheset time(setting range: 5:00~99:00 minutes).
The machine will stopslowlywhenitcounts to 0:00 and shows" end", then
the machine will come to thestandbymodeafter 5 seconds.
"CALORIES"window has two modes which shows the calories.
①Forwardmode counts from 0 to 9999, it will recount when it reaches
the toppoint. ②countdown mode will count from setting calorie data
(setting ranges20~9990)to 0. The machine will stop slowly when it
counts to 0:00 and shows" end", thenthe machine will come to the standby
mode after 5 seconds. "STEP "window shows the steps. It counts from
0 to 9999 steps. It will recountwhen the step numbers reaches the top point.
Note:The window will be switched from TIME CAL and STEPcyclically, you can
press" M" button to switch between cyclic display mode and single display
mode in motion state.

▪ 1.2 "DISTANCE"window has two modes which shows the current movement
distance. ① In the forward counting mode, the distance will be increased from
0.0to 99.9 miles, it will recount if the distance reaches the top point.
② In the distance countdown mode, the distance will be decreased fromt he
setting data (settingrange:1.00~99.00miles) to 0 .
The machine will stop slowly when it counts to 0:00and shows" end",
then the machine will come to the standby modeafter 5seconds. Note:
The window will be switched from DISTANCE and SPEEDcyclically,
you can press" M" button to switch between cyclic display modeand single
display mode in motion state.

**"SPEED" window shows the current running speed, the setting rangeis
0.5MPH~4MPH. The speed will +/- 0.1MPH every time you click "+/-"
button. P1 ~ P12 are displayed under the setting of automatic selection.**

1.3 After the treadmill is started, every window will be displayed cyclically at a ninterval of 5 seconds. You can press the "M" button to switch betweencyclicdisplay mode and single display mode.
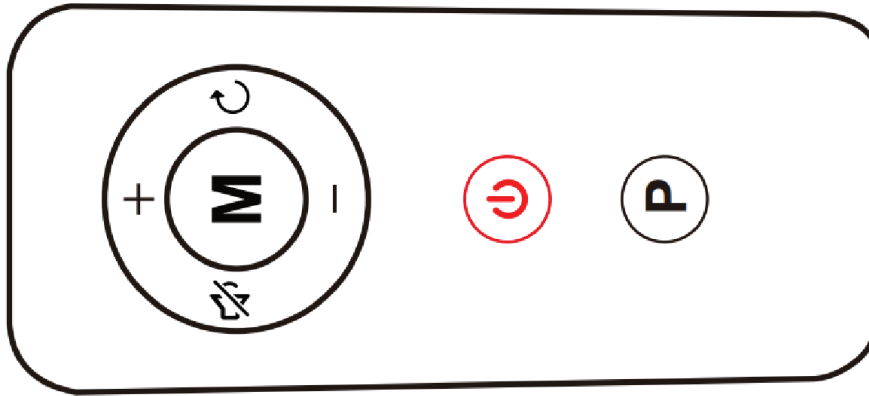
2 Function Of The Remote Control

2.1 ⏻ "Start/Stop":

(1) In standby or countdown mode: Pressing "start/stop" button to start the machine.Note: The default speed is 0.5mph.

(2) Choose the preset program: Pressing "start/stop" to start the machine and the speed will changes according to the preset speed.

(3) In running state: Pressing "start/stop" , then the treadmill will stop slowly and back to standby state.

2.2 "+""-"button is to adjust speed. Keep pressing "+"/"-" over 0.5 seconds, the speed will keep increasing or decreasing. Note: The speed will change by 0.1mph.

2.3 "M":①In standby mode: it can switch from different mode, including Time, Distance and Calories. ②In running mode: press "M" button will switch display mode between cyclic display mode and single display mode.

2.4 "P": There are P01~P12, totally 12 preset programs you can choose in stand by mode

2.5 Press the " 🔇 " once to mute the machine, and press it again 'to resume the beep sound.

2.6 After use, press "⏻" button, treadmill will stop slowly andit will retain its data until power off.It will resume the previous speed when start again. "Reset": Press the " ↻ " button, the data will reset. It only works when treadmill is in standby mode.

● 3.1 Sports mode: Press "start" key to start the machine and the SPEED window will count from "3 2 1 ". Machine starts in P00 mode. Start countin (0:00~99:59, re-timecounting from 0:00 when overflow) Note: The default speed is 0.5mphandyoucanpress "+""-" to adjust speed.

● 3.2 Countdown mode: when in standby, press "M" key to choose count down for time (Time range 5:00~99:00, default 30:00), distance(Distance range1MI ~99MI, default 1.0 MI) and calories(The calorie range is 20~9990 cal, the default is50cal). Press "+""-" to set relevant data. After setting, press "start/stop" to start the treadmill, it will count down from the set data, the machine will stop by itself whenit counts to 0.

● 3.3 Preset program(P01~P12): choose one program first and then press "+""-" to set the running time(ranges 5:00~99:00, and the default time is 30:00), press "start/stop" to start the machine, it will run according to the preset speed and speedwill changeaccording to the time "(Time/20)"

Program \ Time	set time/20 = running time for each section																			
P1 SPEED	1.0	1.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	1.0	1.0
P2 SPEED	1.0	2.0	3.0	4.0	4.0	4.0	4.0	3.0	2.0	1.0	1.0	2.0	3.0	4.0	4.0	4.0	4.0	3.0	2.0	1.0
P3 SPEED	1.0	1.0	1.0	2.0	2.0	2.0	3.0	3.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	2.0	1.0
P4 SPEED	1.0	2.5	4.0	4.0	4.0	2.5	1.0	1.0	2.5	4.0	4.0	4.0	2.5	1.0	1.0	2.5	4.0	4.0	4.0	2.0
P5 SPEED	1.0	2.0	3.0	4.0	4.0	3.0	3.0	4.0	4.0	3.0	3.0	4.0	4.0	3.0	3.0	4.0	4.0	3.0	2.0	1.0
P6 SPEED	1.0	3.0	3.0	3.5	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	3.0	2.5	2.5	3.0	3.0	1.0
P7 SPEED	1.0	3.0	4.0	3.0	4.0	4.0	4.0	4.0	3.5	4.0	4.0	4.0	4.0	3.0	4.0	4.0	4.0	4.0	3.0	1.0
P8 SPEED	1.0	2.0	3.0	4.0	3.5	4.0	3.0	4.0	3.5	4.0	4.0	3.5	4.0	3.5	4.0	3.5	4.0	3.0	2.0	1.0
P9 SPEED	1.0	3.0	2.0	4.0	3.0	4.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	4.0	2.5	4.0	2.0	3.0	1.0
P10 SPEED	1.0	3.0	2.0	4.0	4.0	3.5	4.0	4.0	4.0	3.5	4.0	4.0	4.0	4.0	4.0	2.5	4.0	2.0	3.0	1.0
P11 SPEED	1.0	2.0	4.0	4.0	4.0	4.0	3.0	4.0	4.0	4.0	4.0	4.0	4.0	3.0	4.0	4.0	4.0	4.0	3.0	1.0
P12 SPEED	1.0	1.0	3.0	4.0	3.0	3.5	4.0	2.5	4.0	3.0	4.0	4.0	4.0	4.0	4.0	3.0	4.0	2.5	3.0	1.0

6. Usage of Silicone Oil

● Pull up tightly of the running belt. Then put the silicone oil tor unning board. Then start the machine to running 3 minutes without loading. It is better to maintain like this every 30 hours working of the machine.
This can save lifetime of partsproperly.

7. Running Belt Adjustment
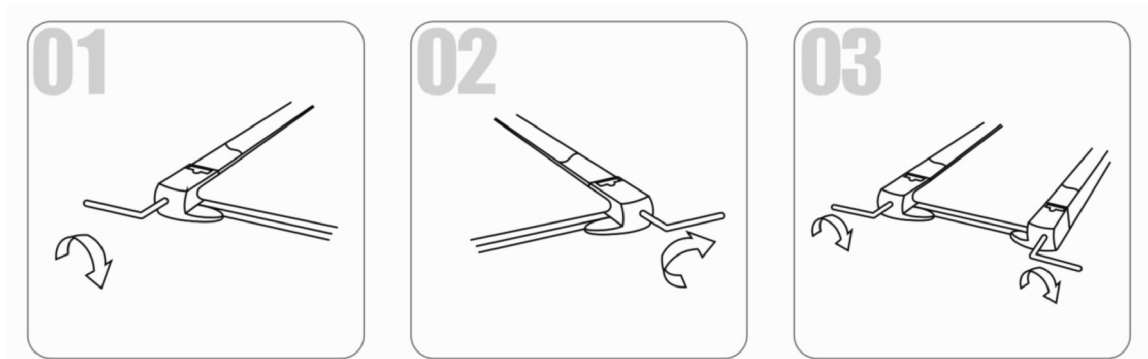
1 **Running belt deviate to left**

Start the machine by speed at 1-2mph without loading, use die nut to make the screw go 1/4circle(see fig1). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

2 **Running belt deviate to right**

Start the machine by speed at 1-2mph without loading, use die nut to make the screw go 1/4circle(see fig2). Then make the machine running without loading 1-2 minutes. Please adjust like this to make the belt till to mid place.

3 **Running belt slip**

If the running belt is in dead condition, use die nut to make the screw1/2 circlebothleft andright till this slip solved.

8. Daily Maintainance

1 Please disconnect power before checking the machine or cleaning.

2 Clear belt and dial plate after using, at least once a week.

3 Check and tighten screws and spines at fixing point.

4 Do not hang clothes or other objects on the machine.

9. Trouble Shooting

Error Code	Meaning	Problem	Problem
E5	Over Current Protection	Control board short circuit or motor blocked	1. Open the motor cover and check whether the motor is blocked. Removethe block if yes. 2. Replace the control boardif it'snot blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall of	1. Open the motor cover and check whether the motor is broken or whetherthe motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows
E8	Overload Protection	Excess of electricity or user exceeded max load weight	1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code still shows