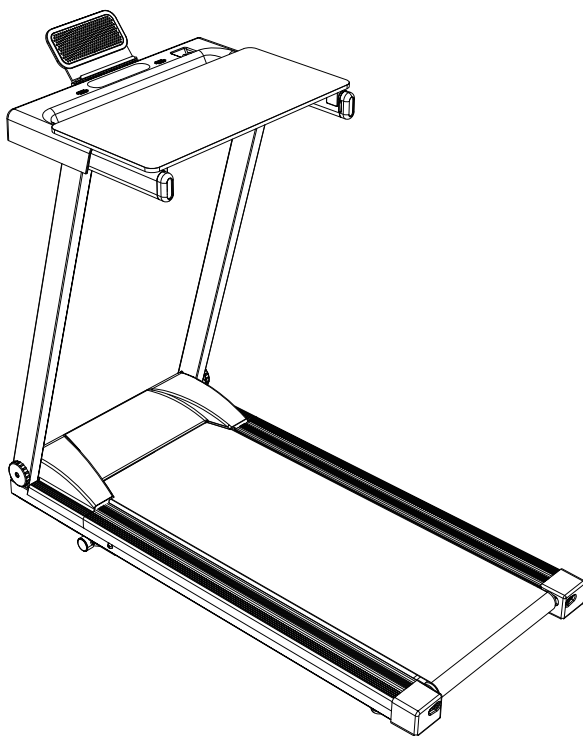




HOME TREADMILL

INSTRUCTION MANUAL

AS03 Rise/A1 Pro



CONTENTS (ENGLISH)

1.SAFETY PRECAUTIONS	1
2.PRODUCT SPECIFICATIONS.....	2
3.INSTALLATION STEPS	4
4.MANUAL CRITERIA	6
5.ERROR CODE AND SOLUTIONS	11
6.MAINTENANCE.....	12
7.SAFE EXERCISE MEASURES	14
8.SERVICE COMMITMENT	16

1 SAFETY PRECAUTIONS

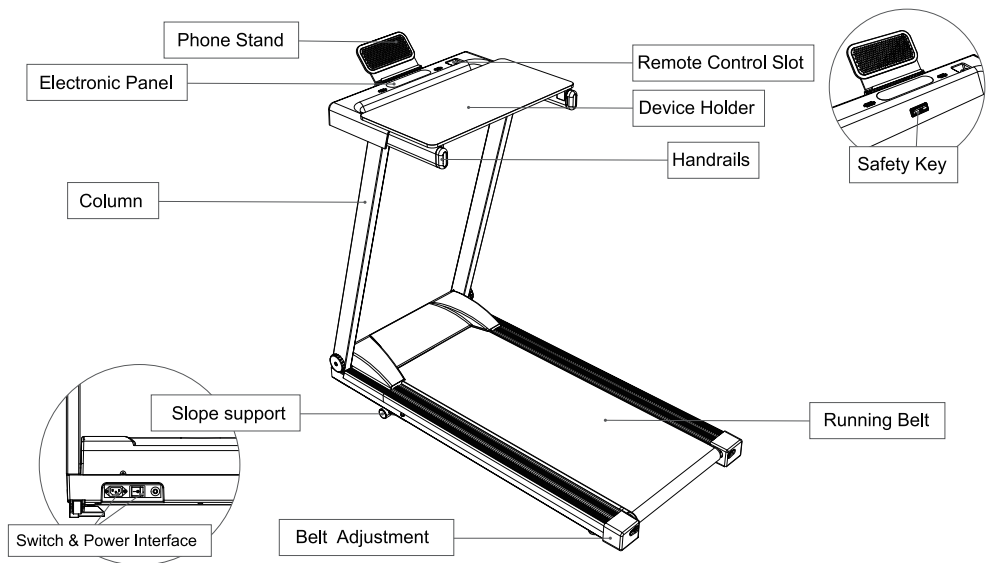
Please read all instructions carefully before operating this product.

⚠ CAUTION: please adhere to the directives outlined below to prevent harm to yourself or others.

01. Prior to initiating use of the treadmill, ensure it is effectively grounded, thus mitigating potential risks and accidents.
02. While using the treadmill, attach the safety key (red) clip your cloth properly, so that in case of emergency, the safety key can be pulled off immediately to stop the treadmill for your safety.
03. (1) Consult a medical professional before commencing an exercise regimen.
(2) Wear appropriate athletic shoes during exercise sessions (avoid running in slippers as they can become entangled with the machine, leading to malfunction).
(3) Maintain a tidy surrounding to prevent dust particles from accumulating on the treadmill causing mechanical issues.
04. This particular model of the treadmill was designed for individual use only. Avoid proximity to children or pets at any time while treadmill is operational to avoid potential incidents.
05. When fully extended, provide a minimum clearance between the treadmill and the walls and furniture (at least 3 feet/1 m on each side).
06. Discontinue using the treadmill should the power cord be damaged.
07. Should the treadmill malfunction or sustain damage, it is imperative to cease use. We kindly request you reach out immediately to your local distributor for prompt repair service.
08. Refrain from touching any moving parts manually. Also, kindly refrain from jamming or forcing items into the mechanism of the treadmill.
09. The treadmill should only be utilized indoors, avoiding exposure to extreme outdoor temperatures or potentially unsanitary gym conditions.
10. Place the treadmill on clean and flat ground, keep the treadmill well ventilated, make sure there's no sharp object nearby, and do not use the treadmill near water and heat sources.
11. Use the handrail when getting on and off the treadmill. Do not get off before the treadmill stops completely. For any emergency when you need to jump off, remove the safety key to stop the treadmill immediately.
12. Do not utilize the treadmill near respiratory equipment or aerosols or sprays causing a mist.
13. To sustain the optimal operation of the treadmill, do not install or attach any accessories or components that are not part of the original assembly provided by the manufacturer of the treadmill.
14. Ensure all components of the treadmill are assembled and secured properly.
15. Always turn off the power supply and unplug the treadmill's power cord following use.

2 PRODUCT INSTRUCTION

PRODUCT CHART



TECHNICAL PARAMETER

Model	AS03 Rise/A1 Pro	AS03 Rise Plus/A1 Pro Elite
Voltage (V)	220	220
Peak horsepower (W)	2237	2610
Max Load (kg)	136	159
Folding Size (mm)	1235 * 611 * 176	1355 * 611 * 176
Product Size (mm)	1235 * 611 * 1132	1355 * 611 * 1132
Running Area (mm)	420 * 1000	420 * 1120
Speed (KPH)	1.0-12.0	1.0-16.0
Net Weight (kg)	34.8	37.5

Locate the device model in the carton.

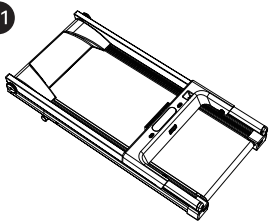
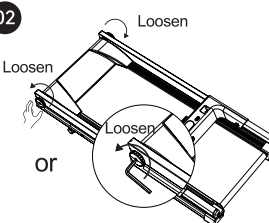
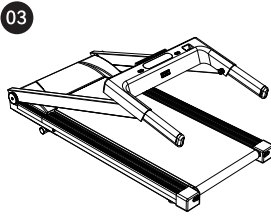
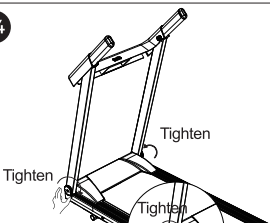
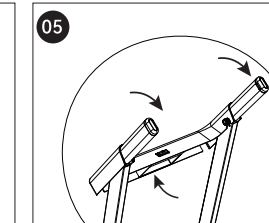
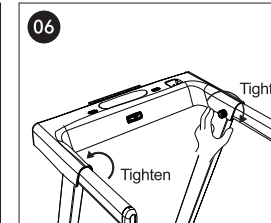
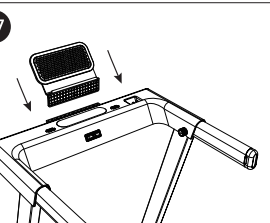
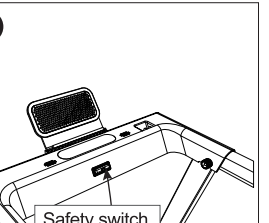
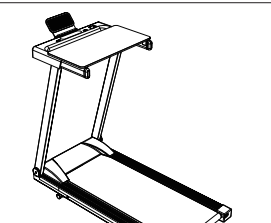
The above data is manual measurement, there may be some deviation, please refer to the actual received prevail.

PARTS LISTS

No.	Name	Picture	Quantity	Note
1	Main FrameMain		1 piece	
2	Phone Stand		1 piece	
3	Safety Lock		1 piece	
4	Power Cord		1 piece	
5	Remote control unit		1 piece	
6	Oil		1 piece	
7	L-type 6mm hex socket (dual purpose)		1 piece	
8	L-type 10mm hex socket (dual purpose)		1 piece	
9	knobs of the columns		2 pieces	
10	Table board		1 piece	
11	Manual		1 piece	
12	Quick & Easy Guide		1 piece	

3 INSTALLATION STEPS

INSTALLATION STEPS

01  Unwrap the packaging, take out the equipment, and place it on a level ground.	02  Turn the knobs on both sides of the columns counterclockwise to loosen. (You can also use the L-type 6mm hex socket) .	03  Lift the columns upward to the desired angle.
04  Turn the knobs on both sides of the columns clockwise to tighten and secure. (You can also use the L-type 6mm hex socket) .	05  Hold the handrails and pull downward and backward to flatten the display panel.	06  Mount the handrail knobs on both sides of the handrail and turn them clockwise to tighten and secure them.
07  Attach the phone holder.	08  Attach the safety key in the yellow area on the display panel.	09  If you want to exercise at a low speed while working or entertaining, you can use the small device holder. Please ensure the device holder is placed securely.

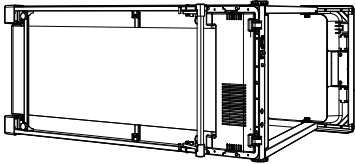
ADJUSTING THE INCLINE

To increase the workout difficulty by adjusting the incline, follow these steps:

01

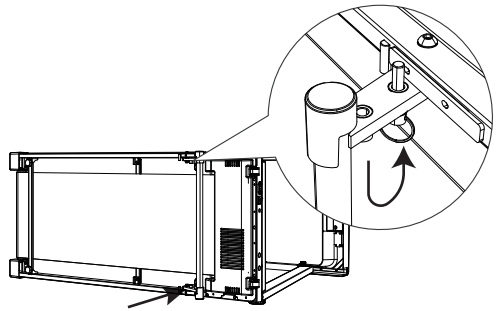
Turn off the power switch of the treadmill, unplug the power cord, and make sure the treadmill is not running.

02



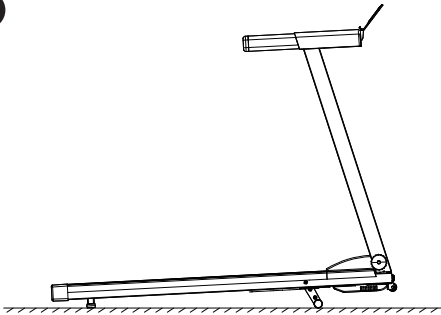
Carefully lean the treadmill to the side.
(Be sure to prevent it from falling and causing harm.)

03



Pull up the incline frame and adjust the pins on both sides to secure the frame in place.

04



Lower the treadmill back down and ensure it is stable.

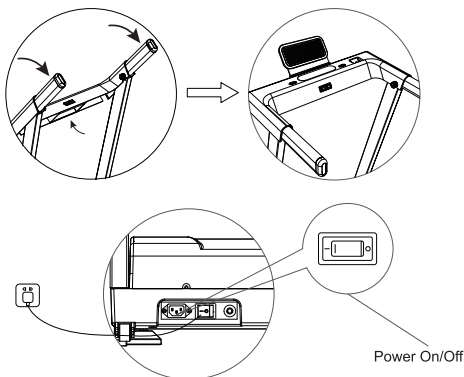
05

Once the treadmill is stable, turn it back on to resume normal use.

To lower the incline, follow the same steps in reverse.

4 MANUAL GUIDELINES

TREADMILL USER MANUAL



01.

Rotate the electronic module and handrail towards the indicated direction until a flat stance is achieved. Mount the handrail knobs on both sides of the handrail and turn them clockwise to tighten and secure them.

02.

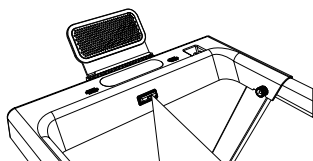
Connect the treadmill power supply then activate the switch (red).

(1) Allow for the display to illuminate and proceed to the initial user interface.

03.

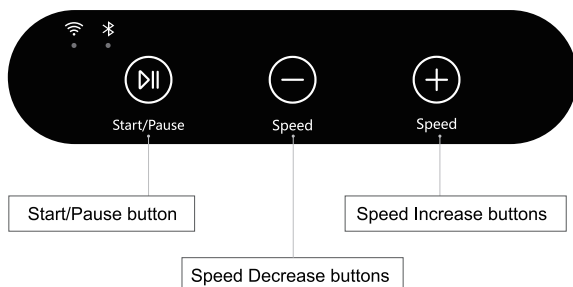
Safety lock

(1). Position the security lock within its respective area located on the electronic control module to initiate operation of the treadmill; attach the corresponding locking clip securely to garments. During an emergency situation, disengage the safety lock promptly to halt the treadmill's motor function instantly. To resume usage, simply reinsert the safety lock into place. Under all circumstances, the treadmill can be aborted via immediate removal of the security lock.



Safety lock: Place the end of the magnet on top of this label.

KEY OPERATION



KEY OPERATION

01.Start/Pause button:

In the standby state of the treadmill, press the Start button to activate the treadmill, and press the button again to start the treadmill.

In the operating state of the treadmill , you can:

- 1.Press and hold the Start button to pause the treadmill while keeping the existing data of the exercises , and press the button again to continue exercising.
- 2.Press the Start button to end the exercises and reset all data to zero.

02.Speed Increase and Speed Decrease buttons:

- In the operating state of the treadmill, there are three interactions with the Speed Increase and Speed Decrease buttons.

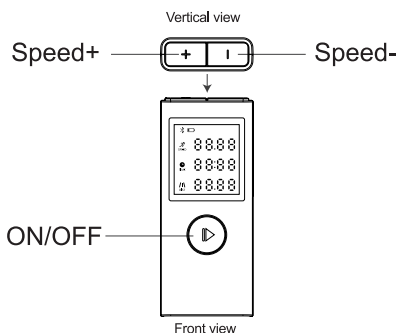
- (1).Short press the button in 1 second to increase/decrease the speed by 0.1 KPH each time;
- (2).Long press and hold the button over 1 second to increase/decrease the speed by 0.5 KPH each time;

Startup Instructions

- a.Stick the safety lock to the safety lock position on the panel.Turn on the power switch,puzzer will beep and the system will go to standby.
- b.Press the START key, the window shows a 3-second countdown, and every minus auzzer beep, the motor will not start.
- c.Start-up speed is: 1 KPH, at this time you can press the speed + and-keys to adjust the speed.

REMOTE CONTROL OPERATION

Before using the remote control, please follow the instructions on the sticker on the remote control for binding operation.



01.Remote control

- (1). Press the "Speed -" key to reduce the machine speed.
- (2). Press "Speed +" to increase the speed of the machine.
- (3). Press the "ON/OFF" button, and the machine will start or stop slowly.

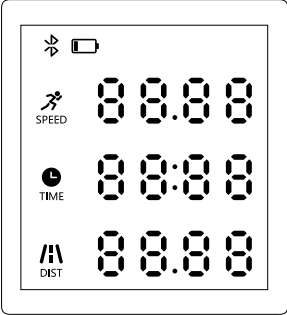
In the standby state, directly press the "ON/OFF" button, the treadmill would start to move at the speed of 1 KPH, other windows start counting up from 0, press "+","-" button to change the speed.

Startup Instructions

- a.Stick the safety lock to the safety lock position on the panel.Turn on the power switch,puzzer will beep and the system will go to standby.
- b.Press the START key, the window shows a 3-second countdown, and every minus auzzer beep, the motor will not start.
- c.Start-up speed is: 1 KPH, at this time you can press the speed + and-keys to adjust the speed.
- d.If the treadmill has started and the remote control does not light up, please touch any key to wake up the remote control, the remote control screen will display the corresponding data.

REMOTE CONTROL DISPLAY

When the machine is running, The information displayed in different Windows is as follows:



**01. "Bluetooth"**

Display the Bluetooth indication. The icon will light up when the Bluetooth connection is successful.

**02. "Speed"**

The current speed value is displayed in the running state, and the speed is on.

**03. "Time"**

Display exercise time.

**04. "Distance"**

Display the moving distance.

Window value display range

Setting Parameter	Initial Value	Display range
Time (minutes: seconds)	0:00	0.00-99:59
Speed (kph)	1.00	See Technical Parameter-Speed for details
Distance (km)	0.00	0.00-99.99

GUIDANCE ON OPERATION OF PITPAT APP



Note: System requirements:
ios13 or above; android 6.0
or above.

The treadmill allows connection to your phone via Bluetooth

1. Download the PitPat App on your phone and install it or scan the QR code below to download and install the app.
2. Open the PitPat App and follow the instructions therein to sign in or register your account information.
3. Connect the treadmill

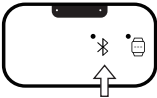
(1) Turn on the Bluetooth function of the mobile phone (android phone) and enable the positioning function).

(2) Open the PitPat App (If a prompt is given from the App for authorization, please grant the relevant permissions to the app).

(3) Go to the application home page and click a corner of the treadmill icon on the upper right to enter the search interface.

Your phone will automatically search for nearby devices. Turn on the treadmill (the device that starts with PitPat-T represents your treadmill) to enable connection.

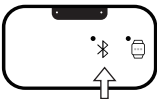
When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.



After registration, click on
the treadmill icon in the
upper right corner



01 Wait for the treadmill to
connect
02 Search for Wifi

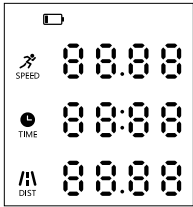


When the Wifi signal light
turns to "green", it means
the connection is
successful

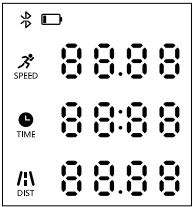
Note: When connecting, make sure your phone is connected to the Internet to control the treadmill via Bluetooth.

For details about the network configuration, please refer to descriptions in the APP.

CONNECTING TO WIFI



Not Connected



Connected

Reminder: If the treadmill is not connected to PitPat, the Bluetooth icon on the treadmill will be inactive. Conversely, if the treadmill has successfully linked with the app, the Bluetooth symbol shall be active on the machine.

User Guide for Configuring the WiFi Connection on Your Treadmill

Upon successful connection between your treadmill and the mobile app, you will be directed to the WiFi configuration screen of the treadmill. Please note that our model is exclusively compatible with a 2.4GHz frequency range (as indicated on the app, only the 2.4GHz WiFi signals detected on the treadmill will appear). Therefore, ensure that your internet access point can support 2.4GHz frequencies.

01. Identify the network you require to connect to.
02. Enter the required WiFi password as per onscreen instructions. upon establishment of a viable internet connection, the Bluetooth icon located on the display panel of the treadmill will illuminate, signifying that your application has returned to the primary homepage.
03. Note: In the event that the WiFi connection fails or is disrupted, wait until the WiFi signal stabilizes before restarting the treadmill in order to reconnect to the internet.

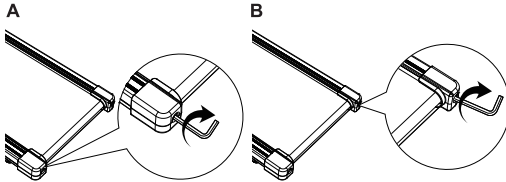
5 ERROR CODE AND SOLUTIONS

Error Code	Description	Troubleshooting Solutions
SAFE	Safety lock switch falls off	
Er1	Communication failure, the electronic panel cannot receive signal	(1).Check for loose, disconnected or damaged communication cables. (2).Check or replace the electronic panel if needed. (3).Check or replace the controller if needed.
Er3	Over-voltage	(1).Check whether the voltage of the power supply is at a normal level of AC 220-240V. (2).Check or replace the controller. (3).Check or replace the motor.
Er4	Over-current	(1).Check for overload status. (2).Check if any mechanical moving part is stuck. (3).Check the level of film release agent. The lack of film release agent may increase the friction between the running belt and the running board, which causes over-current. (4).Check the running board for severe wear. (5).Check the running belt for severe wear. (6).Check if any short circuit exists in the motor line. (7).Check or replace the controller. (8).Check or replace the motor.
Er5	Overload	(1).Check for overload. (2).Check if any mechanical moving part is stuck. (3).Check the level of film release agent. The lack of film release agent may increase the friction between the running belt and the running board, which causes over-current. (4).Check the running board for severe wear. (5).Check the running belt for severe wear. (6).Check if any short circuit exists in the motor line. (7).Check or replace the controller. (8).Check or replace the motor.
Er6	Motor is not connected	(1).Check for loose or disconnected lines for the motor. (2).Check or replace the controller. (3).Assess the need to replace the controller.
Er7	Communication failure, the controller cannot receive signals	(1).Check for loose, disconnected or damaged communication cables. (2).Check or replace the electronic panel. (3).Check or replace the controller.
Er13	IGBT Short Circuit	(1). Ascertain whether the treadmill is experiencing severe interference from external signals. (2). Examine or replace the controller if necessary.
Er14	Load Short Circuit	(1).Check if there is any foreign object at the output of the controller that causes a short circuit. (2).Check or replace the motor.

6 MAINTENANCE

BELT ADJUSTMENT

Before you start exercising, the running belt has been properly adjusted; however, with continued use, the belt may experience varying degrees of stretch. This may cause the belt to wear as it deviates from the center and rubs against the side and rear covers. It is common for the belt to slip over time. If the running belt slips or gets stuck while moving on the treadmill, you can adjust the belt for better performance.

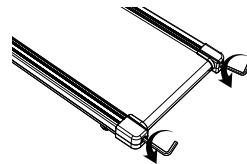


01. A: When the running belt shifts to the left, rotate the adjustment screw on the left rear cover clockwise for 1–2 turns.

B: When the running belt shifts to the right, rotate the adjustment screw on the right rear cover clockwise for 1–2 turns.

Then perform a test run. If the running belt is still off-center, repeat the above steps until the belt is properly aligned.

02. When the running belt is too tight, it will cause stronger resistance. Please turn the screws on both sides counterclockwise 1-2 turns: Loosen the belt until it stops slipping or pausing; when the running belt is too loose, please turn the screws on both sides clockwise 1-2 turns.



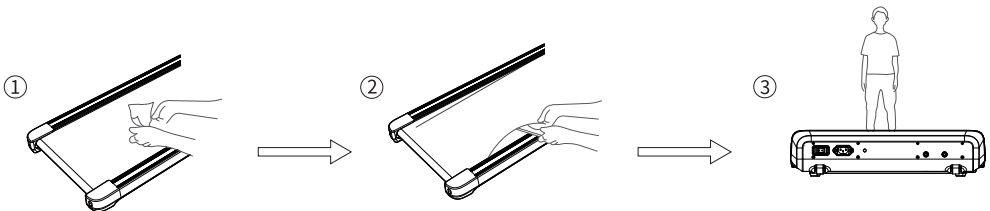
⚠ Warning! Do not overtighten the roller! This may cause permanent damage to the bearing!

LUBRICANT

01. The treadmill must be lubricated after half a year or a cumulative run of 100 hours. add 1/3 to 1/2 bottle at a time.

02. Confirm the lubrication status. With the treadmill off, lift the running belt from one side and reach for the surface under the running belt, and if the lubricant can be touched, there is no need to add more lubricant. But if the lubricant dries up, refill it with it. (Use only non-petroleum-based lubricants).

03. Follow the figure below to properly add the lubricant.



(1). Clean the treadmill.

(2). Turn off the power, pull up the running belt and pour the silicone oil into the inner surface of the running board.

(3). Start the treadmill and lubricate at 4.8 kph for 10-20 seconds.

MAINTENANCE GUIDANCE

Proper maintenance helps keep the treadmill in the best condition while improper maintenance may damage or shorten the life span of the treadmill.

01. Regularly clean and maintain the treadmill, ensuring all components are kept immaculate.
02. After each use of the treadmill, employ a pristine towel or cloth to wipe down vital areas such as the console, depleting sweat and debris. Take care not to allow electrical elements or running belt to come into contact with water.
03. Seek to position your treadmill in an area that is clean, dry and free from moisture. Ensure it is powered off and disconnected from its socket prior to storage.
04. Ease of transportation is incorporated within this product, equipped with wheels for seamless relocation. Prior to shifting the treadmill, ascertain it is unplugged and correctly folded.
05. Conduct constant checks on the individual parts of the treadmill and ensure they are securely fastened. Components exhibiting signs of damage should be swiftly replaced.
06. Prior to commencing exercise, the running belt has been appropriately adjusted; however, with continuous usage, there maybe varying degrees of stretching experienced by the belt.
This may result in wearing out the belt due to its deviation from the center and friction with the side roller and rear cover. Belt slippage over time is common. If the running belt slips or gets stuck during movement on the treadmill, you can adjust the belt for better performance.

7 WORKOUT ROUTINES

Warm-up

A warm-up exercise of 5–10 minutes is required before each operation.

Breathing

Do not hold your breath during the operation. Normally, when you are ready to restore your movements, breathe through your nose and exhale with your mouth. Breathing should be coordinated with your movements. If you breathe too quickly, you should immediately stop exercising.

Frequency

Muscles in the same area should have 48 hours of rest, that is, the same area can be trained the next day.

Load

According to the individual physical condition to determine the amount of training, and then exercise according to the principle of asymptotic load, muscle soreness is normal at the beginning of training, as long as you continue the exercise, soreness can be eliminated.

Relax

Five minutes of restoring action should be taken after each exercise, especially when the foot muscles are stretched and relaxed to prevent long-term coagulation and maintain muscle elasticity.

Diet

In order to protect the digestive system, you can exercise one hour after a meal. After training, you should eat at least half an hour. During exercise, you should drink less water, especially large amounts of water, so as to avoid increasing the burden on the heart and kidney.

EXERCISE GUIDELINES AND RECOMMENDATIONS

DECLARATION OF CAUTION: Prior to commencing this or any exercise regimen, it is imperative that you consult your health care professional.

Warm up exercises enhance blood circulation, providing muscles with increased oxygenation, elevation in body temperature, and preparation for the physical exertion to follow.

Each training session should initiate with a five to ten minutes stretch routine and light movements warm-up. The accompanying illustrations showcase various fundamental stretches.

The recommended approach is to undertake a warm-up session prior to executing your workout. For comprehensive warm-up benefits, repeat each stretch for three consecutive sets.



1. Downward stretch:

Bend your knees slightly, stoop your body slowly, let your back and shoulders relax, and reach your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times (see Figure 1).



2. Hamstring stretch:

Sit on a clean cushion and straighten one leg. Pull the other leg inward so that it clings to the inside of the straightened leg. Touch your toes with your hands as much as possible. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 2).



3. Calf and heel tendon stretch:

Stand with two hands leaning against on a wall or tree, with one foot remaining behind. Keep your rear leg upright and heel contact, leaning toward a wall or tree. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 3).



4 Quadriceps stretch:

Keep balance by leaning against a wall or table with your left hand, then reach back with your right hand to grab your right heel and slowly pull towards your hip until you feel tension in your front thigh muscles . Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscles) stretch:

Sit with your feet facing each other and your knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds and relax. Repeat the above-mentioned movements 3 times for each leg (see Figure 5).



SERVICE COMMITMENT

This product is exclusively intended for domestic applications. Any anomalies associated with commercial usage will not be subject to our warranty coverage.

If you experience any issues with the functionality of your product, kindly liaise with your local distributor regarding customer support!

Instructions for correct disposal of waste electrical and electronic equipment

1. Correct disposing of waste electrical and electronic equipment (WEEE) and symbol of the "crossed-out wheeled bin"

The crossed-out wheeled bin on WEEE means that you are obliged by law to dispose of this equipment separately from the unsorted municipal waste collection system. Disposing of it in the residual waste bin, the yellow bin or yellow bag for recyclable materials is legally prohibited. If the equipment contains portable batteries, accumulators or lamps that are not permanently installed, these must be removed before disposing of the product and be disposed of separately as waste portable batteries.

2. Ways of returning waste electrical and electronic equipment

Owners of waste electrical and electronic equipment can return them to those facilities for returning or collecting waste electrical and electronic equipment set up and provided by the public-sector waste disposal authorities or alternatively with collection points installed by producers, retailers or distant sellers to ensure that the waste electrical and electronic equipment is disposed of correctly. The following link leads to an online registry of the available collection and take-back sites: <https://e-schrott-entsorgen.org/>

3. Data privacy

Owners of waste electrical and electronic equipment are responsible for deleting all personal data from the waste electrical and electronic equipment to be disposed of.



Note: If your device includes an activation warranty benefit, please follow the instructions on the quick operation card to activate the device before normal use.



Points de collecte sur www.quefairendemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

Email: support@deerruntreadmill.com

INS: [deerrun_official](https://www.instagram.com/deerrun_official)

TIKTOK: [deerrun_official](https://www.tiktok.com/@deerrun_official)

Séparez les éléments avant de trier



Made in China



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