

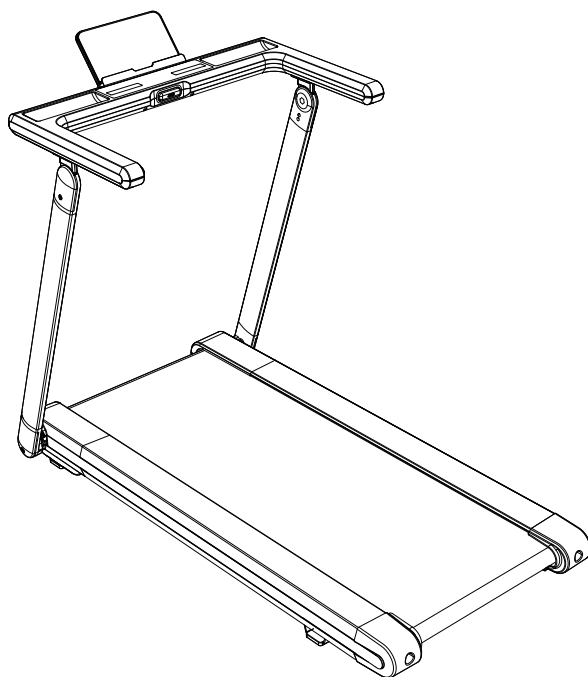


# HOME TREADMILL

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INSTRUCTION MANUAL

## X20/AP01



# CONTENTS (ENGLISH)

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# 1 SAFETY PRECAUTIONS

**Please read all instructions carefully before operating this product.**

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

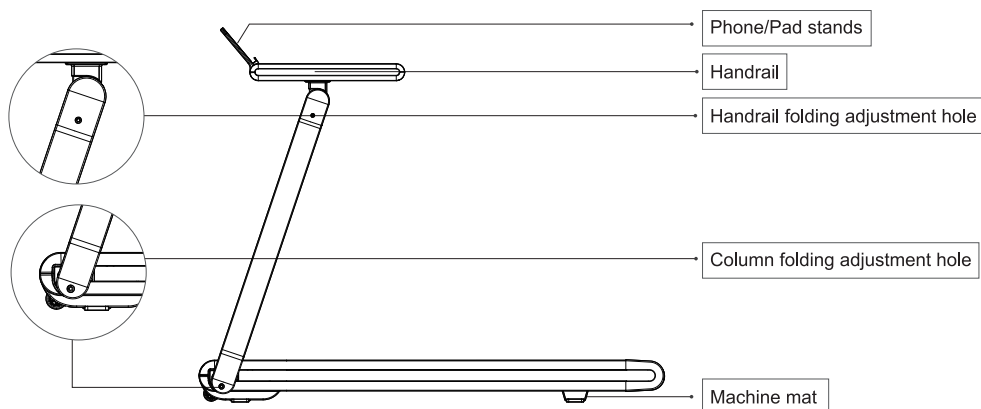
01. Prior to initiating use of the treadmill, ensure it is effectively grounded, thus mitigating potential risks and accidents.
02. While using the treadmill, attach the safety key (red) clip your cloth properly, so that in case of emergency, the safety key can be pulled off immediately to stop the treadmill 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 three feet 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

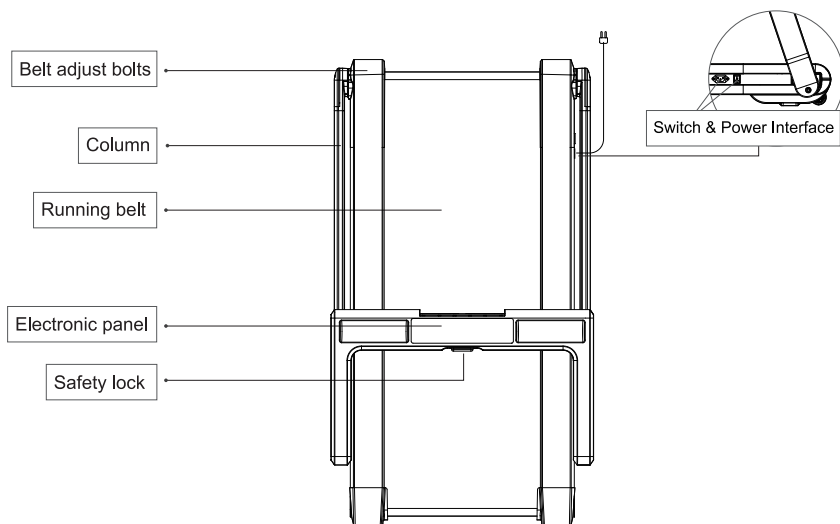
## PRODUCT CHART

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### Side view



### Top view



## TECHNICAL PARAMETER

|                     |                   |
|---------------------|-------------------|
| Model               | AP01/X20          |
| Voltage (V)         | 220               |
| Peak horsepower (W) | 2610              |
| Max Load (kg)       | 181               |
| Product Size (mm)   | 1370 * 773 * 1088 |
| Running Area (mm)   | 450 * 1300        |
| Speed (kph)         | 1.0-18.0          |
| Incline range       | 1-15              |
| Net Weight (kg)     | 39.84             |

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.

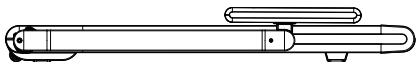
## PARTS LISTS

| No. | Name                                    | Picture                                                                             | Quantity | Note |
|-----|-----------------------------------------|-------------------------------------------------------------------------------------|----------|------|
| 1   | Main Frame                              |    | 1 piece  |      |
| 2   | Phone/Pad stands                        |    | 1 piece  |      |
| 3   | Safety Lock                             |  | 1 piece  |      |
| 4   | Power Cord                              |  | 1 piece  |      |
| 5   | Oil                                     |  | 1 piece  |      |
| 6   | L-type 6mm hex socket<br>(dual purpose) |  | 1 piece  |      |
| 7   | Cylindrical bolt                        |  | 2 pieces |      |
| 8   | Manual                                  |  | 1 piece  |      |
| 9   | Quick & Easy Guide                      |  | 1 piece  |      |

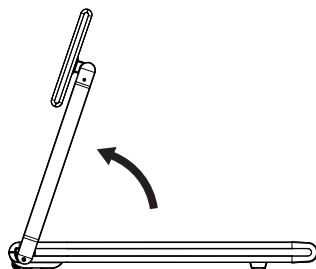
# 3 INSTALLATION STEPS

## INSTALLATION STEPS

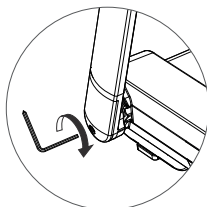
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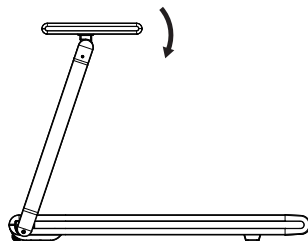
- 01 Open the package, take out the equipment, and place it on a flat ground



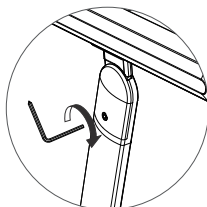
- 02 Lift the aluminum alloy column upward to the limit angle.



- 03 Use a Allen wrench to tighten the left and right mounting holes in a clockwise direction.



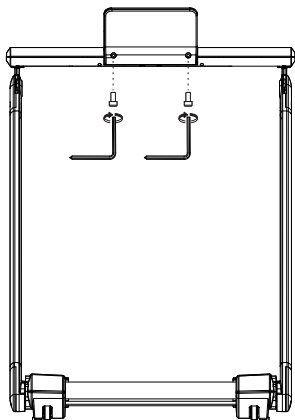
- 04 Lower the armrest and dashboard downward to the limit angle.



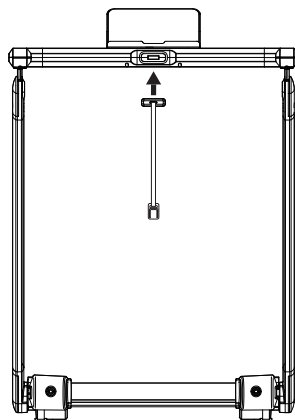
- 05 Use a hex key to tighten the left and right mounting holes in a clockwise direction.

## INSTALLATION STEPS

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- 06 Insert the bracket into the dashboard slot, align it with the indicator line, and tighten the screws.



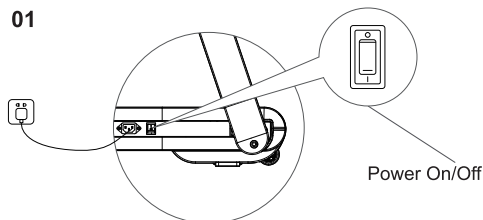
- 07 Place the safety rope at the safety lock position, connect the power cable first, then turn on the power switch.

# 4 MANUAL GUIDELINES

## TREADMILL USER MANUAL

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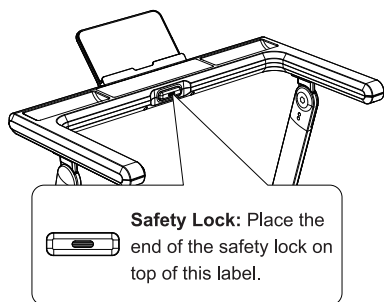
01



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

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

02

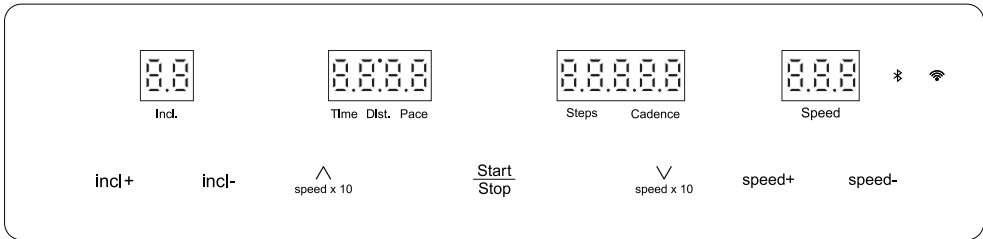


### **02.Safety Lock**

(1). Position the safety 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 safety lock.

DISPLAY AND KEY

When the machine is running, the display window automatically switches every 5 seconds. The indicator light at the bottom of the luli window changes with the display of the window, The information displayed in different Windows is as follows:

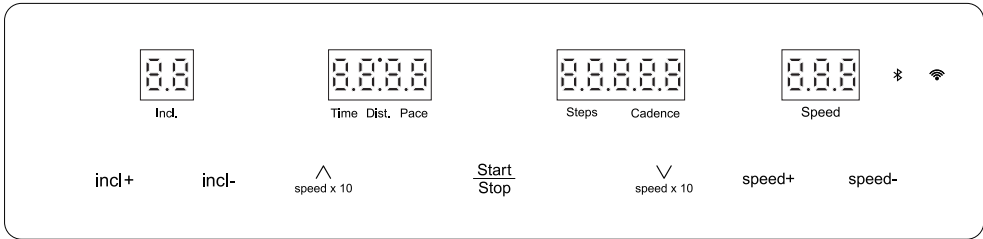


Window value display range

| Name                    | Initial Value | Display range |
|-------------------------|---------------|---------------|
| Incline                 | 0             | 0-15          |
| Time (minutes: seconds) | 0:00          | 00:00-99:59   |
| Distance (km)           | 0.00          | 0.00-99.99    |
| Pace (minutes:seconds)  | 0:00          | 0:00-99:59    |
| Steps                   | 0             | 0-99999       |
| Step frequency          | 0             | 0-99999       |
| Speed (kph)             | 1.00          | 1.0-18.0      |

KEY OPERATION

Display of running mode panel



- 1.The "incl+" button is used to increase the lift after the treadmill is enabled.
- 2.The "incl- " button is used to decrease the lift after the treadmil is enabled.
- 3.Speed x10^: Raises the treadmill speed to the nearest higher integer (rounding up), then continues accelerating in multiplicative increments.
- 4.Start /stop: Start /stop the treadmill. In the standby state of the treadmill, press the Start button to activate the treadmill. In the operating state of the treadmill , press the Stop button to stop the treadmill and clear out the data of exercises.
- 5.Speed x10v: Lowers speed to the nearest integer below (rounding down), then continues decreasing in multiplica-tive steps.

6.The "speed +" button is used to increase the speed.

7.The "speed -" button is used to reduce the speed.

8. \* Bluetooth: Display the Bluetooth indication. The icon will light up when the Bluetooth connection is successful.

9. 📶 Wifi: Display the WiFi indication. The icon will light up when the WiFi connection is successful.

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.

## TREADMILL REVERSE MODE

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Long-press the Start/Stop button to instantly switch to reverse mode. The initial speed is set to -1 kph, with a maximum speed of -3 kph. Press the Start/Stop button shortly to stop.

**Note:** When activating reverse mode, please hold the side handrails for safety to prevent falls.

## TREADMILL VIBRATION MODE

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Follow the "GUIDANCE ON OPERATION OF PITPAT APP" to download the app. Then, enable the treadmill's vibration mode through the app interface to help relax muscles after exercise.

# GUIDANCE ON OPERATION OF PITPAT APP

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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

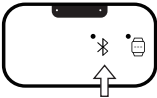
(1) Turn on the Bluetooth function of the mobile phone (android phone) and enable the positioning function).

(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.

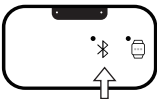
When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.



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

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### 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, you will hear the beep.

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

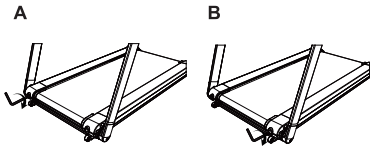
## 1.Description of Fault Display and Fault Code

| Error Code | Fault Description                                      | Solution                                                                                                                                                                                                                                  |
|------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| — — — —    | Safety lock issue                                      | Replace the safety switch board                                                                                                                                                                                                           |
|            |                                                        | Replace the electronic watch                                                                                                                                                                                                              |
|            |                                                        | Reinstall the safety lock                                                                                                                                                                                                                 |
| E01        | Phase loss                                             | 1. Restart the treadmill after cutting off the power supply and calibrate the equipment again.<br>Note: Power it on again after the equipment is turned off and the display panel goes off.<br>2. Check and replace the main drive motor. |
| E02        | IPM overheating                                        | 1. Restart the treadmill after it is powered off and cools down.<br>2. Check and replace the motor fan.<br>3. Check and replace the controller.                                                                                           |
| E03        | Motor overheating                                      | 1.Restart the treadmill after it is powered off and cools down.<br>2.Check the treadmill belt (Solution: Add lubricating oil)<br>3.Check and replace the motor fan.<br>4.Check and replace the main drive motor.                          |
| E04        | Self-test failure<br>(no learning)                     | 1. Restart the treadmill after cutting off the power supply and calibrate the equipment again.<br>Note: Power it on again after the equipment is turned off and the display panel goes off<br>2.Check and replace the main drive motor.   |
| E05        | Vibration out of control                               | 1. Restart the treadmill after cutting off the power supply<br>2. Check and replace the main drive motor.                                                                                                                                 |
| E06        | ENC failure                                            | 1.Check and replace the main drive motor.                                                                                                                                                                                                 |
| E07        | Sudden unintended<br>acceleration or<br>emergency stop | 1.Check and replace the controller.                                                                                                                                                                                                       |
| E08        | Overcurrent                                            | 1.Restart the treadmill after cutting off the power supply<br>2.Check and replace the controller.<br>3.Check and replace the main drive motor.                                                                                            |
| E09        | Phase detection error<br>of left lift motor            | 1.Restart the treadmill after cutting off the power supply<br>2. Check/ Replace the lift motor                                                                                                                                            |
| E10        | Reset error of left lift<br>motor                      | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                                                                             |
| E11        | Left lift motor stuck                                  | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                                                                             |
| E12        | Left lift motor unable<br>to stop                      | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                                                                             |

| Error Code | Fault Description                                                  | Solution                                                                                                                                                                          |
|------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| E13        | Learning error of left lift motor                                  | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E14        | Phase detection error of right lift motor                          | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E15        | Reset error of right lift motor                                    | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E16        | Right lift motor stuck                                             | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E17        | Right lift motor unable to stop                                    | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E18        | Learning error of right lift motor                                 | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor                                                                                     |
| E30        | Other errors (including reporting several errors at the same time) | 1.Restart the treadmill after cutting off the power supply<br>2.Check/ Replace the lift motor<br>3.Check and replace the main drive motor.<br>4.Check and replace the controller. |

# 6 MAINTENANCE

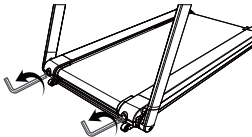
## BELT ADJUSTMENT



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 band is too tight, it creates stronger resistance. Please turn the screws on both sides counterclockwise 1-2 turns: loosen the belt until it stops slipping or pauses; When the running belt is too loose, turn the screws on both sides 1-2 turns clockwise.

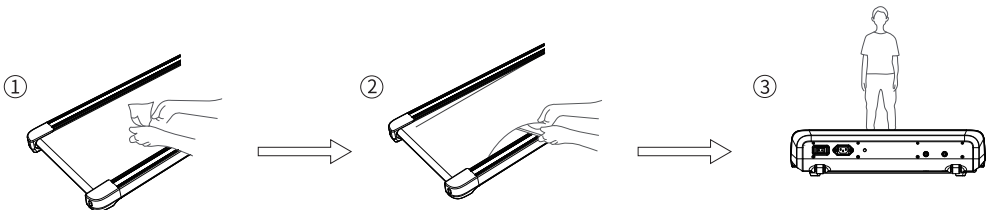
**⚠ Warning! Don't overtighten the roller! This can cause permanent damage to the bearing!**

## 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

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**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

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**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

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### 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](http://www.quefairendemesdechets.fr)  
Privilégiez la réparation ou le don de votre appareil !

Email: [support@deerruntreadmill.com](mailto: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



**SUCCESS COURIER SL**  
CALLE RIO TORMES NUM. 1, PLANTA 1, DERECHA,  
OFICINA 3, Fuenlabrada, Madrid, 28947 Spain  
[succeservice2@hotmail.com](mailto:succeservice2@hotmail.com)



**EVATOST CONSULTING LTD**  
Office 101 32 Threadneedle Street, London,  
United Kingdom, EC2R 8AY  
[contact@evatost.com](mailto:contact@evatost.com)