

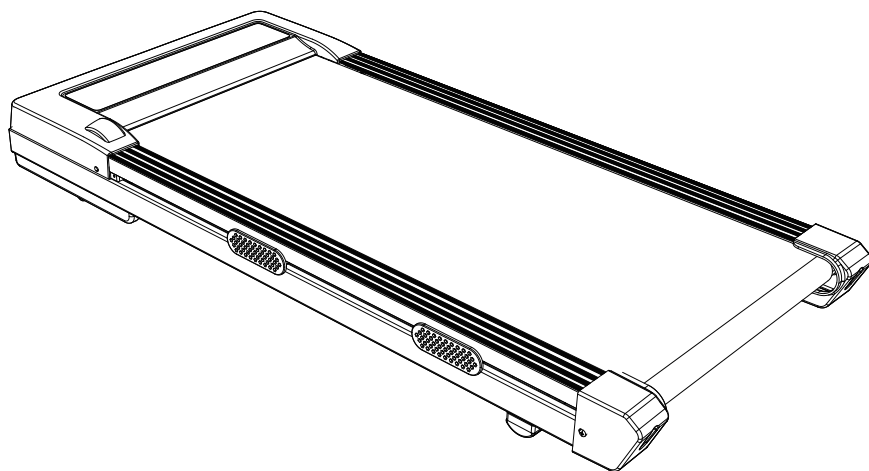


# HOME TREADMILL

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INSTRUCTION MANUAL

**Z10-B/BA07R2**



# CONTENTS (ENGLISH)

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# 1 SAFETY PRECAUTIONS

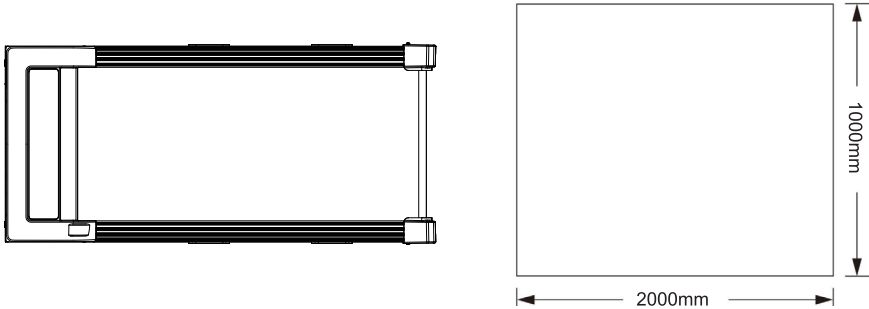
1. Put the electric treadmill in a clean and flat place instead of on a thick carpet, so as not to affect the flow of air under it. Beyond that, do not put the electric treadmill in a place near the water or for outdoor use, and note to protect it against moisture.
2. Do not turn on the power until the electric treadmill is completely installed and the motor is covered by the protective cover. Plug the power cord into a power outlet with a 10A safe grounding. We recommend you to use outlet with an overcurrent protector to ensure the safety of the treadmill and the user.
3. Do not remove the protective cover at will. If it is necessary to open the protective cover for maintenance, please be sure to unplug the power cord plug first (we recommend you to seek for a professional for maintenance).
4. Do not make the electric treadmill block the socket on the wall in the process of placing it to facilitate insertion.
5. The power cord of the electric treadmill is dedicated, if it is damaged, please buy another one from the dealer or contact us directly.
6. Recheck whether the bolts of the installed treadmill are tightened.
7. Note that the electric treadmill is a special instrument, do not modify it for other purposes.
8. Please do not insert any other items in any parts of the equipment.

## PRECAUTIONS

To avoid accidental injury, be sure to pay attention to the following operations:

1. Please warm up before exercising in order to prevent injury.
2. You may only start strenuous exercises 40 minutes after a meal.
3. Before using the treadmill, check whether the power is loaded and whether the safety lock is enabled. Then suck one end of the safety lock onto the treadmill and clip the other end to your clothes or belt, so that you can pull it off in case of an emergency.
4. Please do not turn on the treadmill when standing on the running belt. After the power is connected, the running belt may produce a pause when it starts to move, you must stand on the plastic anti-skateboard on both sides of the electric treadmill until the running belt moves.
5. Please swing your arms naturally when exercising, look forward instead of looking down at your feet.
6. Please speed up progressively when exercising, you may speed up after adapting to the existing exercise speed.
7. Do not wear overlong and over-loose clothes when exercising, to prevent them from being hooked to the electric treadmill. We recommend you to wear rubber soled running shoes or fitness shoes for normal exercise.
8. Be sure to grasp the handrail with your hand when using the electric treadmill for the first time until you feel comfortable with it.
9. Please control the duration of continuous exercise within 90 minutes, after use, please unplug the power plug in a timely manner, take away the safety switch, to avoid overload use.
10. In case of any exceptions in the process of exercise, you should immediately pull off the safety lock, hold the handle with both hands, jump on the anti-skateboard with your feet, and then leave.

11. When the treadmill is left unused, be sure to properly keep the safety lock and keep it out of reach by children.  
Minors must be accompanied by an adult when using the treadmill.
12. The treadmill must be completely stopped and reset before folding; It is not allowed to operate the treadmill after folding.
13. The treadmill must be reserved with a 2000×1000 mm space in the rear.



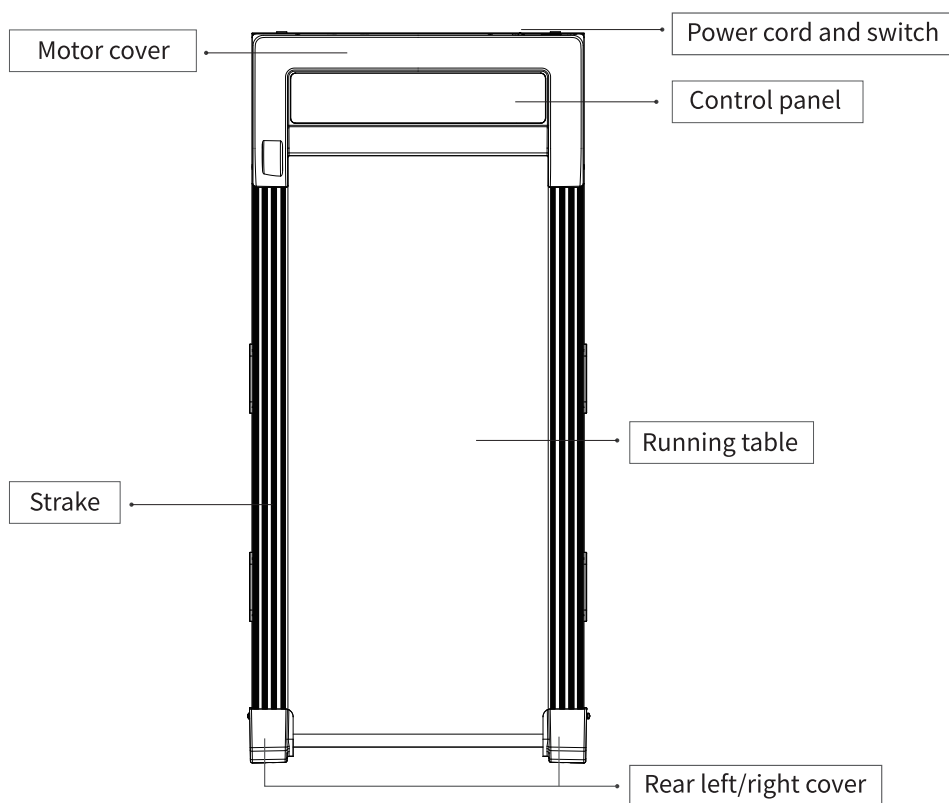
#### Warning

1. Two or more people are not allowed to use the treadmill at the same time.
2. Please use the treadmill under the guidance of a doctor if you feel unwell.
3. The heartbeat monitoring system is for reference only rather than as a medical use, excessive exercise may lead to serious injury or death. You should stop exercising immediately If you feel dizzy.
4. Children, the disabled and pets should stay away from the treadmill to avoid accidents.

# 2 PRODUCT SPECIFICATIONS

## 1.Product illustrations

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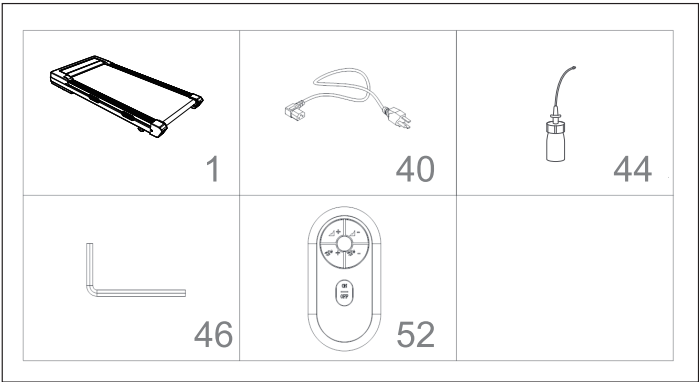


2.Technical Parameters

|                      |                                                     |
|----------------------|-----------------------------------------------------|
| Control panel        | LED                                                 |
| Operating voltage(V) | 220                                                 |
| Panel display        | speed, stepnumber,time,distance,calorie,inclination |
| Walking mode(KPH)    | 1-6                                                 |
| Incline range        | 1-12                                                |
| Drive motor (W)      | 2237                                                |
| Running area(mm)     | 400 * 900                                           |
| Unfold size(mm)      | 1123.5 * 525.5 * 143                                |
| Maximum load (kg)    | 136                                                 |

3.List of Components

What shown in the figure below is a drawing of the components installed on the treadmill. Upon opening the packing case, you may take out the following components therein.



List of components and parts

| No. | Name                | Spec. | Qty. | No. | Name             | Spec. | Qty. |
|-----|---------------------|-------|------|-----|------------------|-------|------|
| 1   | Running pad         |       | 1    | 40  | Power cord       |       | 1    |
| 44  | Silicone oil bottle |       | 1    | 46  | Hexagonal wrench |       | 1    |
| 52  | Remote control      |       | 1    |     |                  |       |      |

# 3 INSTALLATION STEPS

## 1.Installation Steps

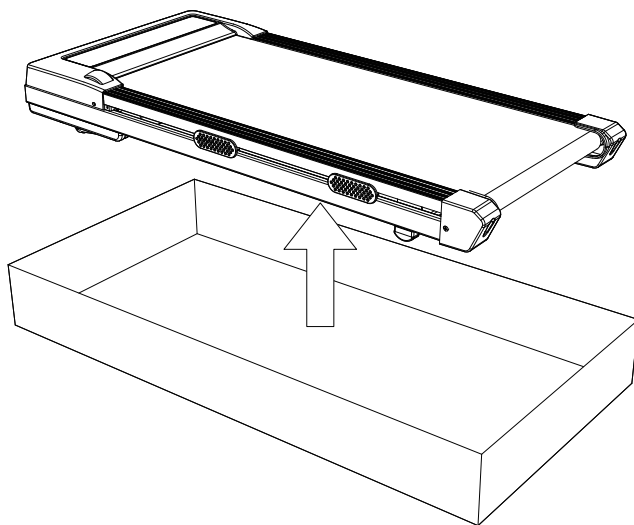
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Note: Do not plug in the power supply until the installation is completed.

### Assembly Step 1:

Take out the following materials from the carton and put the main frame on the ground.

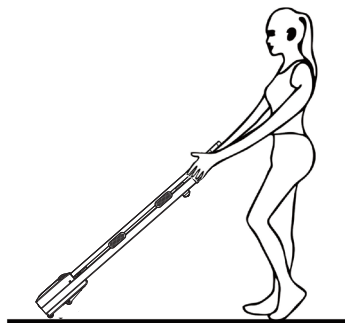
B-1



**⚠ Note:** Before turning on the power supply, please read the relevant instructions for operation and use of the treadmill carefully.

## 2.Handling Instructions

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## 3.Grounding Instructions

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### Grounding instructions

This product must be grounded to provide a path of the least resistance to the current in case of unexpected leakage or other failures, in order to reduce the risk of electric shock. This product comes with a cable with a ground conductor and an earth plug. The earth plug must be inserted into a properly installed socket that complies with local codes and regulations.

**WARNING** – Improper connection of ground conductors may result in the risk of electric shock. If you are not sure if the product is properly grounded, please ask an electrician or a related person for advice. Do not modify the earth plug that the product is equipped at will, if there is no suitable socket, ask the electrician to install a suitable socket. This product is suitable for regional voltages and is equipped with an earth plug.

# 4 MANUAL CRITERIA

## 1.Introduction

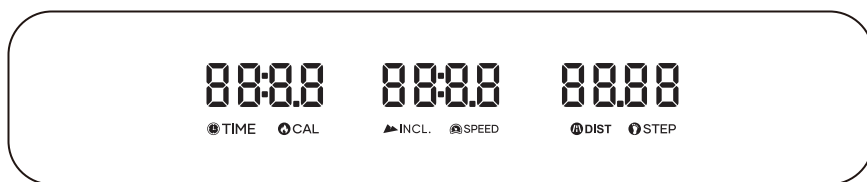
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This product is imperial and equipped with a 220V DC controller and a lift walking machine at a speed of 1-6 KPH..

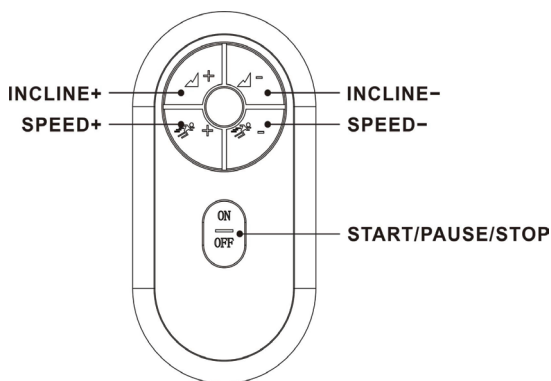
## 2.Walking Machine Remote Control Operation

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Panel display at walking mode



### 1.Introduction of remote control



The remote control consists of five keys, including "Incline +", "Incline -", "Speed +", "Speed -" and "Start/Pause", press and hold to pause for 3 seconds and to stop the treadmill.

### 2. Remote control pairing

Press and hold the remote control "Start/Stop" and power the treadmill on until the buzzer beeps, indicating the pairing is successful.

### 3. Incline Self-check

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When the treadmill is in the standby state, press "Speed-", "Incline+", "Incline-" and "Incline+" in turn to enter the incline self-check state.

### 4.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

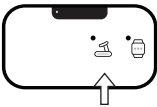
(1) Turn on the Bluetooth function of the mobile phone (android phone) and enable the positioning function).

(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.

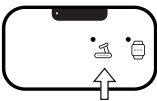
When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.



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.

# 5 ERROR CODE AND SOLUTIONS

## 1.Description of Fault Display and Fault Code

| Fault code | Fault causes                                                          | Fault analysis                                                            | Solution                                                             |
|------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------|
| Er 1       | Failure of the display board to receive the motor driver signal       | The upper and lower control connecting wires are in poor contact          | Reconnect the upper and lower control connecting wires               |
|            |                                                                       | The upper and lower control connecting wires are broken                   | Replace the connecting wires                                         |
|            |                                                                       | The electronic watch is damaged                                           | Replace the electronic watch                                         |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 2       | Lift function fault                                                   | The connecting wire is not properly connected                             | Reconnect the connecting wire                                        |
|            |                                                                       | Lift motor fault                                                          | Replace the lift motor                                               |
|            |                                                                       | Controller fault                                                          | Replace the controller                                               |
| Er 3       | Overvoltage protection                                                | The input voltage is too high                                             | Check whether the AC voltage is higher than 240V                     |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 4       | Overcurrent protection                                                | The motor belt pulley is too tight                                        | Re-tighten the belt                                                  |
|            |                                                                       | Excessively large friction between the running board and the running belt | Apply lubricating oil between the running board and the running belt |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 5       | Overload protection                                                   | The motor belt is too tight                                               | Slightly loosen the belt                                             |
|            |                                                                       | Large friction between the running board and the running belt             | Apply lubricating oil between the running board and the running belt |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 6       | Open circuit protection                                               | Motor not connected                                                       | Connect motor                                                        |
|            |                                                                       | Motor open circuit                                                        | Replace the motor                                                    |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 7       | Failure of the motor driver to receive signals from the display panel | The upper and lower control connecting wires are in poor contact          | Reconnect the upper and lower control connecting wires               |
|            |                                                                       | The upper and lower control connecting wires are broken                   | Replace the connecting wires                                         |
|            |                                                                       | The electronic watch is damaged                                           | Replace the electronic watch                                         |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 13      | IGBT short circuit                                                    | The motor driver is damaged                                               | Replace the motor driver                                             |
| Er 14      | Load short circuit                                                    | Motor short circuit                                                       | Replace the motor                                                    |
|            |                                                                       | The motor driver is damaged                                               | Replace the motor driver                                             |

## 2.Belt Adjustment

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### Running belt adjustment:

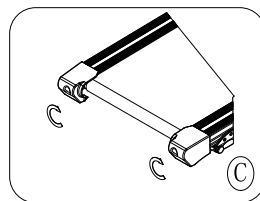
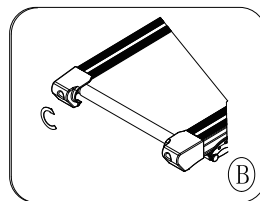
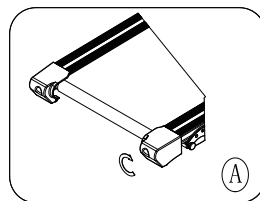
1. In order to better maintain your electric treadmill and extend its service life, we recommend you to turn off the power after it is put into continuous use for 2 hours to rest for 10 minutes before using it again.

2. If the running belt is too loose, slippage may occur when running; If it is too tight, it may reduce the motor performance and aggravate the abrasion of the roller and running belt.

When the running belt is put at an appropriate tightness, both sides of the running belt can be lifted from the running board by hand for about 50-75 mm.

### Running belt centering:

- Place the electric treadmill on the flat ground.
- Run the electric treadmill at a speed of about 10-13 KPH and observe the running band deviation.
- If the running belt deviates to the right, unplug the safety lock and power switch, rotate the right regulating bolt in the clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered, as shown in Figure A.
- If the running belt deviates to the left, unplug the safety lock and power switch, rotate the left regulating bolt in the clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered, as shown in Figure B.
- The running belt will gradually get loose after undergoing the above adjustment or after being put for use for a period of time, which needs to be adjusted.
- Unplug the safety lock and power switch, rotate the regulating bolts on both sides in clockwise direction by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the belt is moderately tight, as shown in Figure C.



# 6 MAINTENANCE

**Warning: Be sure to unplug the electric treadmill before cleaning or maintaining the product.**

**Cleaning: Comprehensive cleaning will extend the service life of the electric treadmill.**

Remove dust regularly to keep the parts clean. Be sure to clean the exposed parts on both sides of the running belt to reduce the accumulation of impurities under the running belt. Make sure your sneakers are clean to prevent the running board and running belt from getting abrasive due to the foreign objects brought under the running belt. The surface of the running belt should be scrubbed with a wet cloth dipped with soap. Please note not to splash water on the electrical components and under the running belt.

**Warning: Be sure to unplug the power supply of the electric treadmill before moving the motor protective cover. Open the motor protective cover at least once a year to vacuum the motor and clean the running belt with special lubricating oil for electric treadmill.**

This electric treadmill has been pre-lubricated between the running plate and the running belt. The friction between the running belt and the running board has a great impact on the service life and performance of the electric treadmill, therefore it is necessary to apply lubricating oil between them on a regular basis.

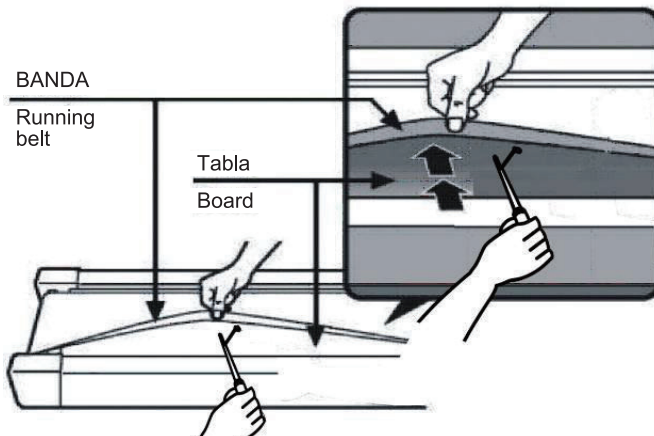
We recommend regular inspection toward the panel. If the panel is damaged, please feel free to contact our customer service center.

We recommend to apply lubricating oil between the running belt and the running board of the electric treadmill according to the following schedule: (the direction for use is shown below)

For lightweight users (using the treadmill for less than 3 hours per week), apply the lubricating oil once a year.

For middleweight users (using the treadmill for 3-5 hours per week), apply the lubricating oil once every 6 months.

For heavyweight users (using the treadmill for more than 5 hours per week), apply the lubricating oil once every 3 months.



# 7 SAFE EXERCISE MEASURES

## 1.Guideline for Exercise of Beginners

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### Preparation:

If you are aged above 35 or have health issue, and this is your first fitness exercise, be sure to consult your doctor or a professional before using the electric treadmill.

Before using the electric treadmill, please stand next to it to familiarize yourself with how to control it - such as starting, stopping and speed adjustment, and you can use it after you are familiar with it. After that, stand on the plastic skateboard on both sides of the treadmill, grab the handrail with both hands, adjust the treadmill to a low speed of 1.4-3.0 KPH, keep your body straight, look forward, and "test" on the treadmill with one foot a few times, and stand on the running belt and move with it. After feeling comfortable with the speed, slowly increase the speed to 2.9-5.0 KPH. Maintain such speed for about 10 minutes, then slowly stop the machine.

### Exercise:

Please stand next to the electric treadmill to familiarize yourself with how to control it - such as adjustment of speed and slope, and you can use it after you are familiar with it. Walk at a set pace for about a mile and keep track of how long it takes. This process This may take 15-25 minutes. When walking at a speed of 4.8 KPH, a mile will take about 12 minutes. After you can easily finish such tasks a few times, gradually increase the speed and slope so that you can get a good workout for 30 minutes. Before the walking exercise program, bear the following tips in your mind: Be patient, such exercise is for your lifetime health rather than an overnight magic.

### AMOUNT OF EXERCISE

Shortcuts - A 15-20 minute workout is a great way to save time.

Warm up at a speed of 4.8 KPH for 2 minutes, then increase the speed to 5.2 KPH and 5.8 KPH for 2 minutes each. Following that, increase your speed by 0.5 KPH every two minutes until you feel your breathing is accelerated but not difficult. Keep working out at this pace and reduce your speed by 0.2 KPH if you feel breathless. At the end, allow four minutes to slow down. If you find it difficult to increase the intensity of your workout by increasing the speed, use a slow increase in the slope. A slight increase in the slope will greatly increase the intensity of the workout.

How to burn calories - This method will indeed burn calories.

Warm up at 3.9 to 4.8 KPH for 5 minutes, then increase the pace by 0.2 KPH every 2 minutes until you find it challenging to continue at a certain pace for 45 minutes. To boost your workout, maintain this pace during an hour of television program, increase your pace by 0.2 KPH during each commercial break cut-in, and then return to your previous pace during the next TV show, so that the calories are fully burned during the commercial break and the subsequent period in which the heart rate is increased. At the end, allow four minutes to slow down.

### Workout frequency:

The targeted workout frequency is 3-5 times a week, and 15-60 minutes for each workout. It would be best to set a workout schedule first, rather than doing it according to your own preferences. You can control the intensity of the workout by adjusting the speed and slope yourself. We recommend you not to set a slope at the beginning, however, when you desire to increase the intensity of your workout, increasing the slope of the electric treadmill is a very effective way.

Seek a professional for advice before exercising. Such a professional is helpful to recommend the frequency, intensity, and duration of exercise appropriate to your age and physical condition. If you experience chest distress or pain, irregular heartbeat, shortness of breath, dizziness, or other discomfort while exercising, stop exercising immediately! Consult a professional before continuing your exercise.

If you frequently use an electric treadmill, you can choose a normal walking speed or a jogging speed.

If you are inexperienced or unsure of the most appropriate test speed, please refer to the following criteria:

- 1 KPH to 2.9 KPH for people with weak physical condition
- 2.9 KPH to 4.0 KPH for people who are sedentary or lack of exercise
- 4.5 KPH to 6.0 KPH for normal walkers
- 6.0 KPH to 7.4 KPH for fast walkers
- 7.4 KPH to 8.6 KPH for joggers
- 8.6 KPH to 11.9 KPH for runners at a moderate speed
- 11.9 KPH to 14.5 KPH for experienced runners
- 14.5 KPH to 19.3 KPH for excellent runners

**Note: A speed of 6 KPH or less is appropriate for walkers; while keeping a speed of 8 KPH or more is appropriate for runners.**

## 2.Warm-up

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It would be best to stretch before your workout. Warm muscles make stretch more easily, so warm up for 5 to 10 minutes before workout. After that, stop and stretch as follows – repeat 5 times, maintain for 10 seconds or more on each leg, and do it again after the workout ends.



### 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 intended for domestic applications only, and any exceptions in connection with commercial use are not covered by our warranty.

If you experience any problems regarding product functionality, please feel free to contact the local distributor to gain 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](#)

TIKTOK: [deerrun\\_official](#)

Séparez les éléments avant de trier



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