



HOME TREADMILL

INSTRUCTION MANUAL

A6/CT06

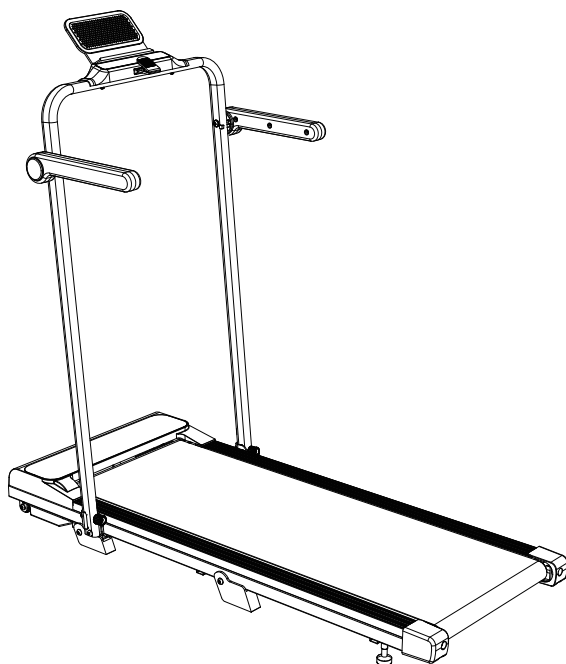


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1 SAFETY PRECAUTIONS

Please read all instructions carefully before operating this product.

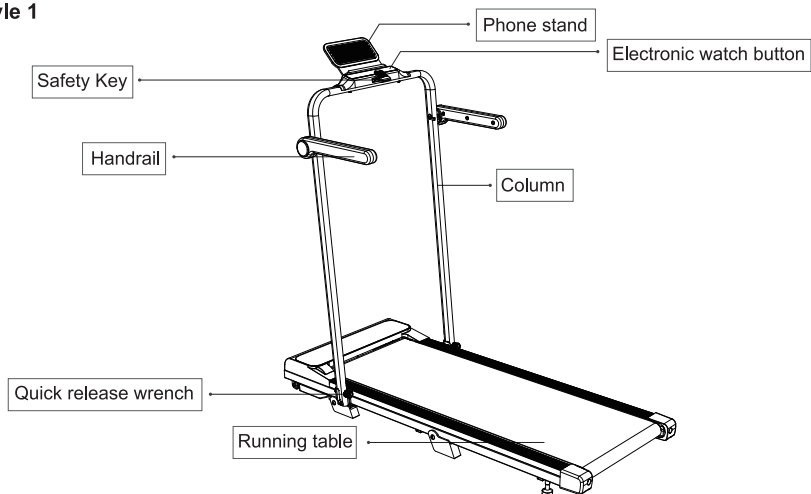
⚠ CAUTION: please adhere to the directives outlined below to prevent harm to yourself or others.

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 lock (red) clip your cloth properly, so that in case of emergency, the safetylock 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 lock 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.

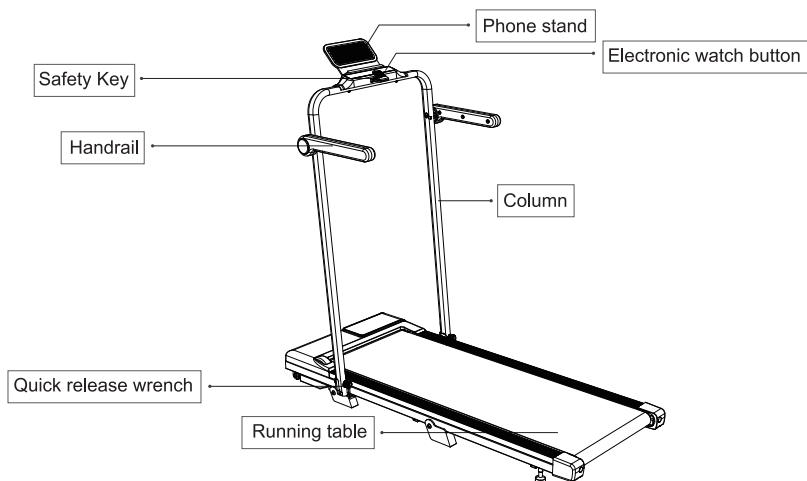
2 PRODUCT INSTRUCTION

PRODUCT CHART

Style 1



Style 2



The two styles have the same functions but differ only in appearance. Please refer to the actual item received.

TECHNICAL PARAMETER

Model	CT06-B/A6 Pro	CT06-C/A6 Plus
Voltage(V)	220-240	220-240
Peak horsepower (W)	2237	2237
Max Load (kg)	136	136
Product Size (mm)	1154.5 * 553 * 1063	1254.5 * 553 * 1163
Running Area (mm)	380 *950	380 *1050
Speed (KPH)	1-12	1-12
Net Weight (kg)	22.94	24.74

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.

⚠ Warning: Before plugging the power cord into the outlet, verify that the field voltage requirements match the voltage of the received treadmill. The power requirements of the device include a dedicated circuit that is grounded and rated at one of the following: the voltage in the United States is typically 120 volts,60 Hz; Canada 120 volts,60 Hz; The voltage in the United Kingdom is 240 volts,50 Hertz; The voltage in Spain is 230 volts,50 Hertz; The voltage in Italy is 230 volts,50 Hertz; The voltage in Germany is 230 volts,50 Hertz; The voltage in France is 230 volts and the frequency is 50 Hertz.

PARTS LISTS

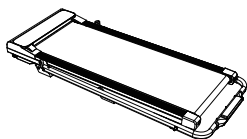
No.	Name	Picture	Quantity	Note
1	Main Frame		1 piece	
2	Phone Stand		1 piece	
3	Safety Lock		1 piece	
4	Power Cord		1 piece	
5	Remote Control		1 piece	
6	Oil		1 piece	
7	L-type 6mm hex socket (dual purpose)		1 piece	
8	Hex Screw		2 pieces	
9	Left handrail		1 piece	
10	Right handrail		1 piece	
11	Square multi-function wrench		1 piece	
12	knobs of the columns		2 pieces	
13	Manual		1 piece	
14	Quick & Easy Guide		1 piece	

3 INSTALLATION STEPS

INSTALLATION STEPS

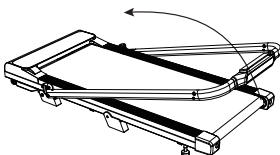
The installation steps for both styles of treadmills are identical. The following operations will be demonstrated using Style 1 as an example.

01



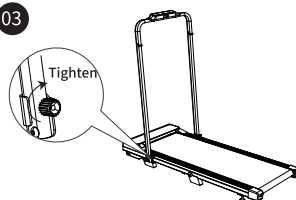
Open the package, take out the assembly material in the box and lay the main unit flat on the ground.

02



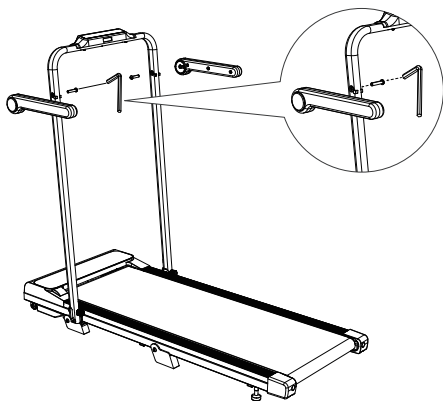
Put up the column in the direction of the arrow.

03



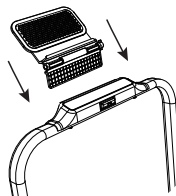
Once the column are in position, tighten the knobs at the base of the column by turning them clockwise, as indicated by the arrow.

04



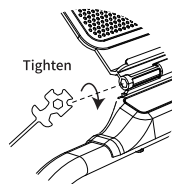
Align the side handle mounting holes with the column holes, insert the long screw into the holes, and tighten it using an L-type 6mm hex socket.

05



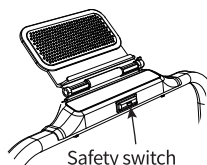
Insert the PAD frame.

06



If the PAD support nut is loose, use a square multi-function wrench to tighten it clockwise.

07



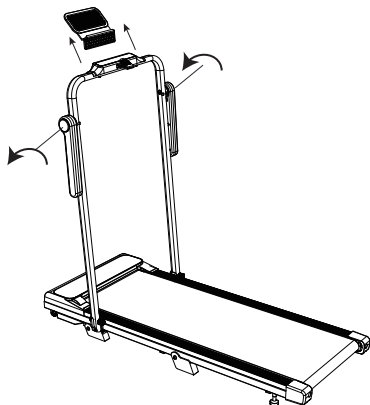
Electronic table yellow sticker position put on the safety switch, power can operate the treadmill operation.

INSTRUCTIONS ON SWITCH OF WALKING

01

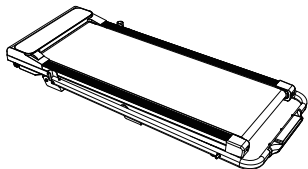
Turn off the treadmill and make sure it is not running.

02



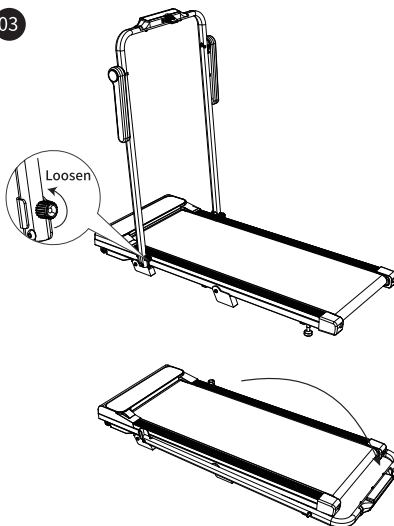
Rotate the side handles backward until they are parallel with the column, and then remove the PAD bracket.

04



Restart the treadmill and operate it within a speed range of 1 to 6 kph (using the remote control).

03



Turn the column knob counterclockwise as indicated by the arrow and lower the column. (Note: Please ensure safety to prevent the column from suddenly dropping and hitting anyone.)

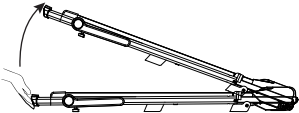
ADJUSTING THE INCLINE

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

01

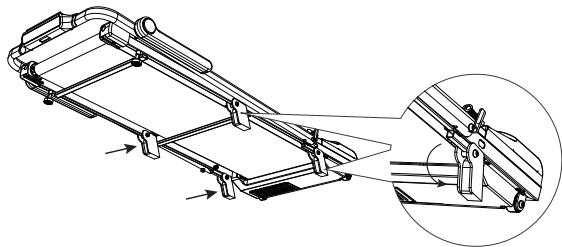
Turn off the treadmill and make sure it is not running.

02



Carefully lift the rear of the treadmill (be sure to prevent it from falling and causing injury).

03



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

04



Lower the treadmill back down and ensure it is stable.

05

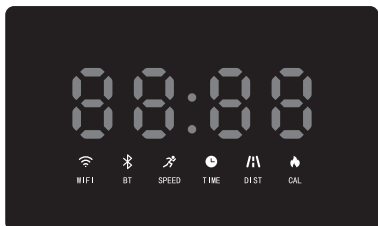
Once the treadmill is stable, turn it back on to resume normal use.

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

4 MANUAL GUIDELINES

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:



01. "WIFI" window

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

02. "Bluetooth" window

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

03. "Speed" window

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

04. "Time" window

Display exercise time.

05. "Distance" window

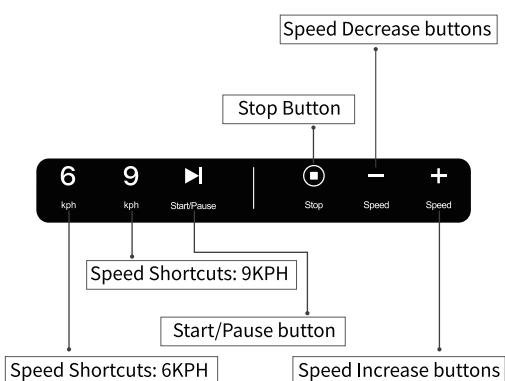
Display the moving distance.

06. "Calories" window

Display the calorie consumption value.

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 (miles)	0.00	0.00-99.99
Calories (kcal)	0.00	0.00-9999



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, press the Start button to pause the treadmill while keeping the existing data of the exercises, and press the button again to continue exercising.

02. Stop Button:

In the operating state of the treadmill, press the Stop button to stop the treadmill and clear out the data of exercises.

DISPLAY AND KEY

03.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;

04.Speed Shortcuts:

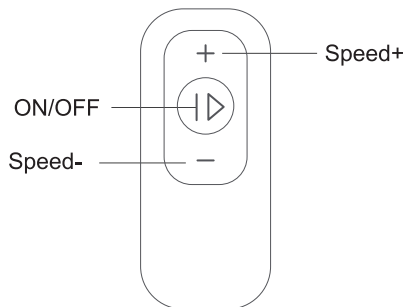
Touch the Speed Shortcut key 6 to set the speed to 6 KPH and key 9 to 9 KPH, and jump back to the Speed Display.

REMOTE CONTROL

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.



02.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.

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

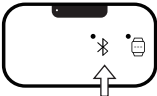
(1) Turn on the Bluetooth function of the mobile phone (android phone) and enable the positioning function).

(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.

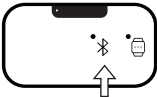
When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.



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



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.

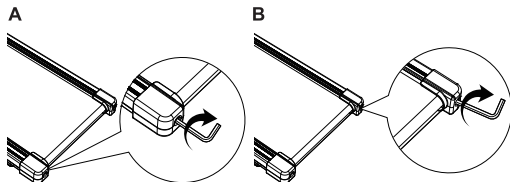
5 ERROR CODE AND SOLUTIONS

Error Code	Error Description	Troubleshooting Solutions
SAFE	Safety lockswitch 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.
Er 3	Overvoltage	(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.
Er 4	Overcurrent	(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 overcurrent. (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.
Er 5	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 overcurrent. (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.
Er 6	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.
Er 7	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.
Er 13	IGBT Short Circuit	(1). Ascertain whether the treadmill is experiencing severe interference from external signals. (2). Examine or replace the controller if necessary.
Er 14	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.

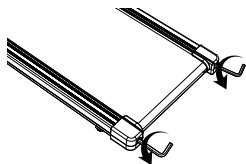


01. A: When the running belt shifts to the left, rotate the adjustment screw on the left rear cover clockwise for 1–2 turns.

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.



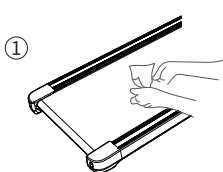
⚠ Warning! Do not overtighten the roller! This may cause permanent damage to the bearing!

LUBRICANT

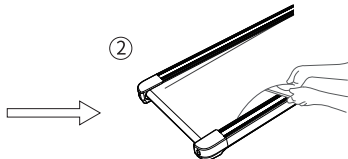
01. The treadmill must be lubricated after half a year or a cumulative run of 100 hours. add 1/3 to 1/2 bottle at a time.

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).

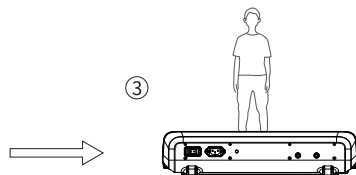
03. Follow the figure below to properly add the lubricant.



(1). Clean the treadmill.



(2). Turn off the power, lift the running belt and apply silicone oil to the inner surface.



(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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