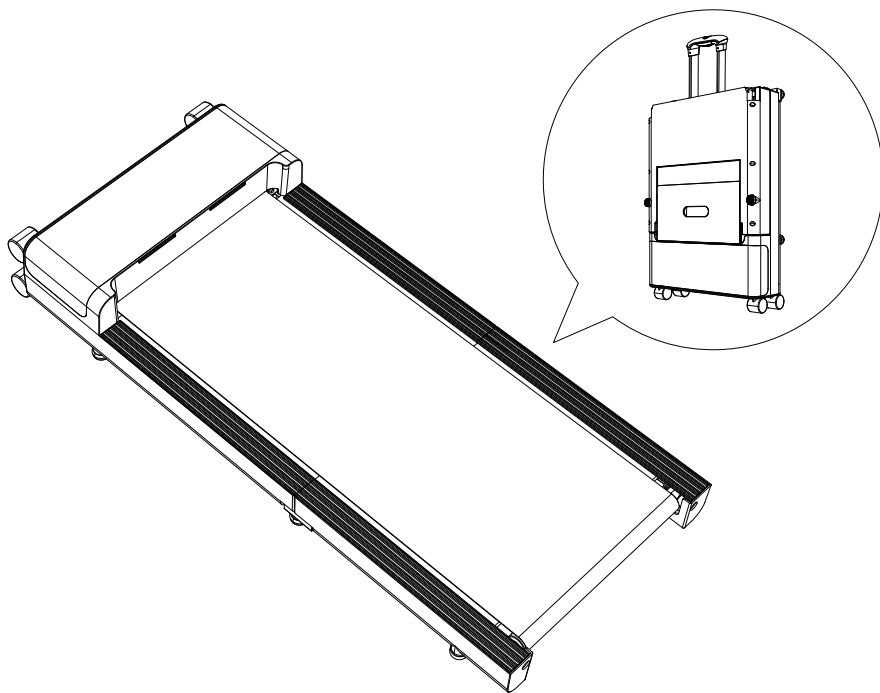




HOME TREADMILL

INSTRUCTION MANUAL

Z20/BA08



CONTENTS (ENGLISH)

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1 SAFETY PRECAUTIONS

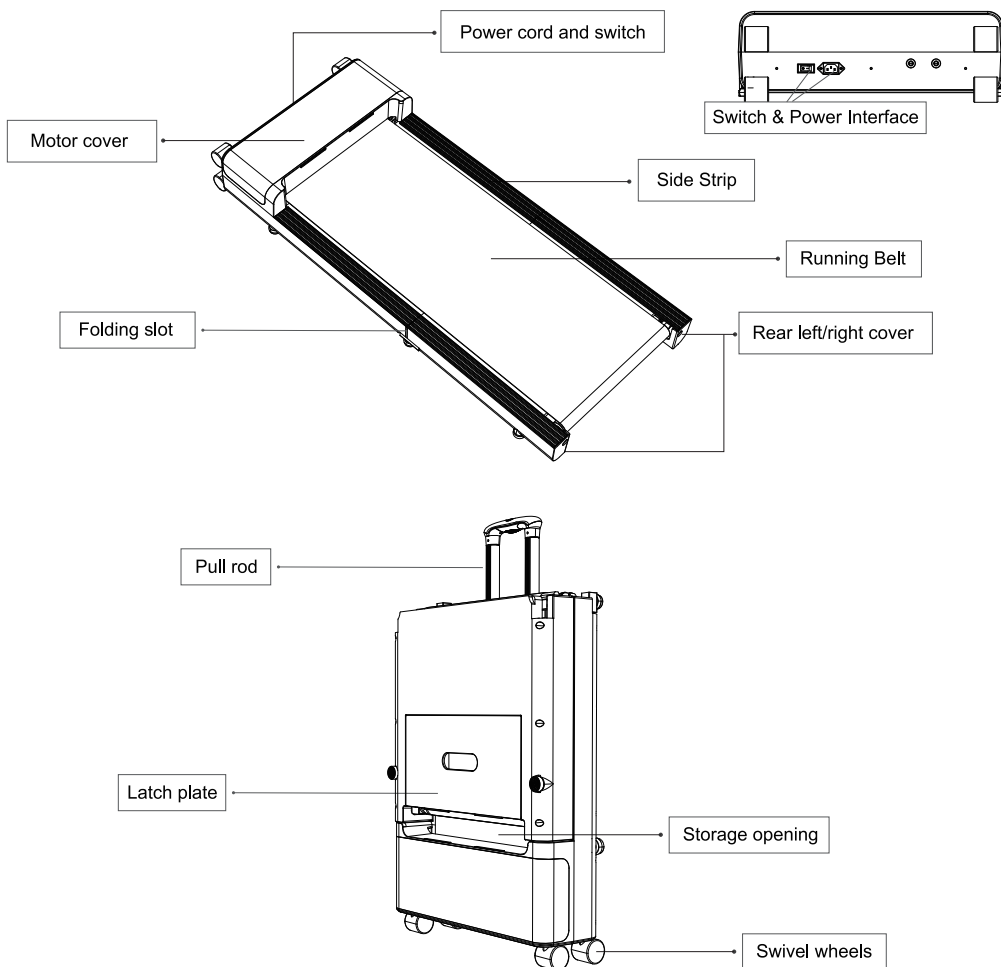
Please read all instructions carefully before operating this product.

⚠ 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. (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.
03. 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.
04. When fully extended, provide a minimum clearance between the treadmill and the walls and furniture (at least 3 feet/1 m on each side).
05. Discontinue using the treadmill should the power cord be damaged.
06. 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.
07. Refrain from touching any moving parts manually. Also, kindly refrain from jamming or forcing items into the mechanism of the treadmill.
08. The treadmill should only be utilized indoors, avoiding exposure to extreme outdoor temperatures or potentially unsanitary gym conditions.
09. 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.
10. Do not utilize the treadmill near respiratory equipment or aerosols or sprays causing a mist.
11. 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.
12. Ensure all components of the treadmill are assembled and secured properly.
13. Always turn off the power supply and unplug the treadmill's power cord following use.

2 PRODUCT INSTRUCTION

PRODUCT CHART



⚠ 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.

TECHNICAL PARAMETER

Model	Z20 / BA08
Voltage (V)	220-240
Peak horsepower (W)	1864
Max Load (kg)	136
Folding Size (mm)	783 * 526 * 178
Product Size (mm)	1226 * 526 * 168
Running Area (mm)	400 * 950
Speed (KPH)	1-6
Net Weight (kg)	26.6

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

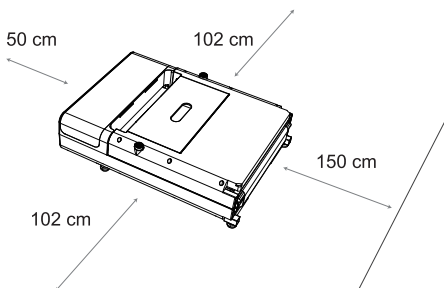
No.	Name	Picture	Quantity	Note
1	Main FrameMain		1 piece	
2	Power Cord		1 piece	
3	Remote control unit		1 piece	
4	Oil		1 piece	
5	L-type 6mm hex socket (dual purpose)		1 piece	
6	Swivel casters		4 pieces	
7	Open-end wrench		1 piece	
8	Manual		1 piece	
9	Quick & Easy Guide		1 piece	

The above line drawings are for illustration purposes only, and the final finished product shall be subject to what you actually receive.

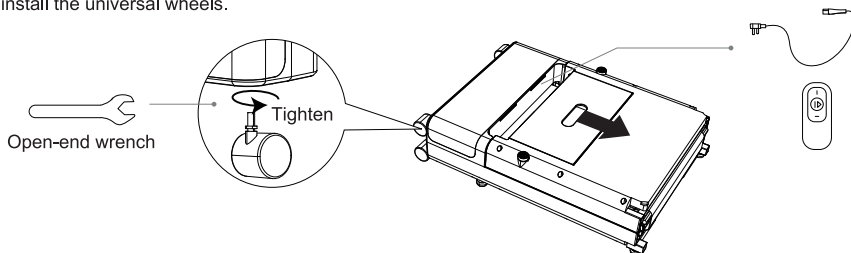
3 INSTALLATION STEPS

INSTALLATION STEPS

- 01 Place the machine on a flat and level surface, ensuring there is 50 cm of space in front, 150 cm behind, and at least 102 cm of clearance on both sides.

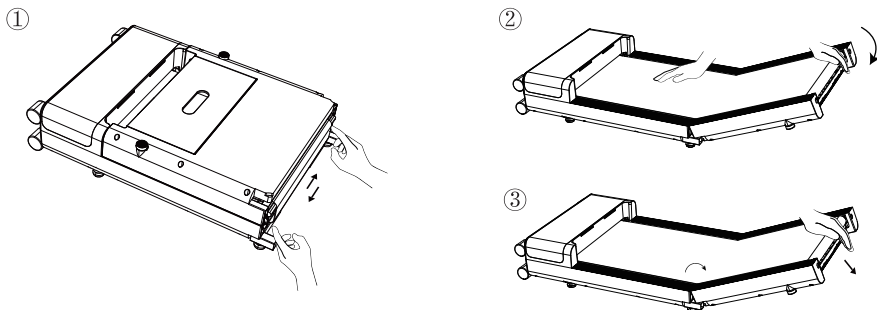


- 02 Release the treadmill's body latch, take out the accessories from the latch slot, and use an open-end wrench to install the universal wheels.



⚠ Among the four universal wheels of the treadmill, two are equipped with braking functions. Please install the two universal wheels with brakes at the top (near the display screen).

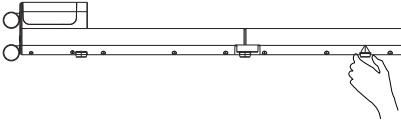
- 03 Adjust the running belt on the roller to center and align it. Hold the front part of the treadmill, grip the rear end with your hand, and forcefully push the rear end backward (note that this will generate significant impact force, so please be cautious for safety).



FIRST USE GUIDANCE

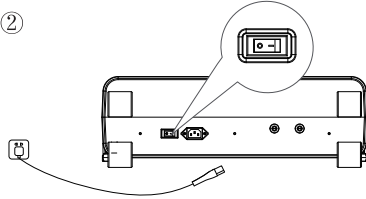
⚠ Note: If your device includes an activation warranty benefit, please follow the instructions on the quick operation card to activate the device before normal use.

①



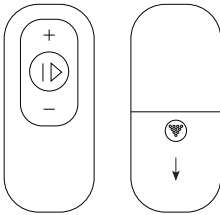
01. Make sure the machine is balanced and the rubber pads are firm and in contact with the ground.

②



02. Plug in the power, turn on the machine, and allow it to run for a while during initial use to let the running belt self-align. If it does not align properly, please refer to Section 6: Running Belt Adjustment for calibration.

③



03. Make sure the batteries are properly installed in the back of the remote controller, then press the “On/Off” key.

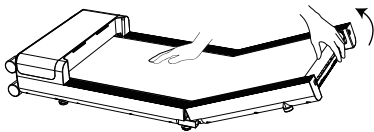
Note that before operation, a 3-second delay will be displayed on the panel.

SAFETY PRECAUTIONS

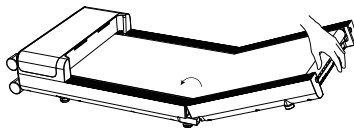
- ⚠ Ensure no one is nearby when unfolding or folding the equipment, and keep children away.**
- ⚠ Significant force is required when unfolding/folding the machine, please exercise caution.**
- ⚠ Please refer to Section 6 for belt adjustment procedures if the belt is misaligned.**
- ⚠ When the treadmill detects no one is using it, it will automatically stop to prevent any danger. (Restart the treadmill to resume operation.)**

FOLDING INSTRUCTIONS

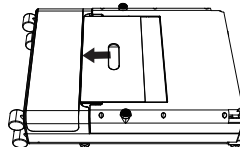
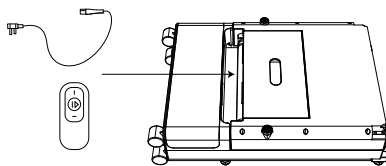
- 01** Disconnect the power supply and ensure the machine has come to a complete stop. Hold the front part of the treadmill and grip the rear end firmly with your hand.



- 02** Firmly pull the rear of the treadmill forward to fold the treadmill (Be mindful of the significant impact force, ensure safety to avoid hitting yourself)

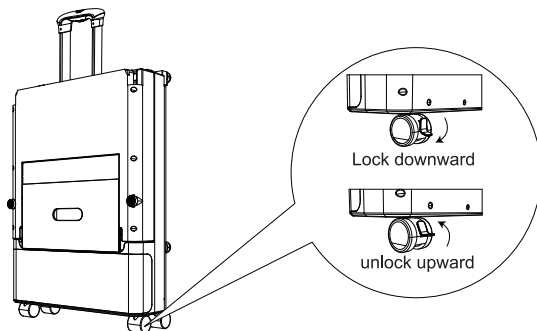


- 03** Put the power cord and remote control into the lock slot and slide to lock the latch.



MOVEMENT INSTRUCTIONS

Stand the treadmill upright, pull the pull rod, and you can drag the treadmill in any direction. To keep the treadmill stationary, lock the universal wheel locks.

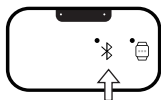


4 MANUAL GUIDELINES

GUIDANCE ON OPERATION OF PITPAT APP



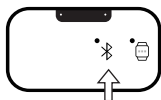
Note: System requirements:
ios13 or above; android 6.0
or above.



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

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.

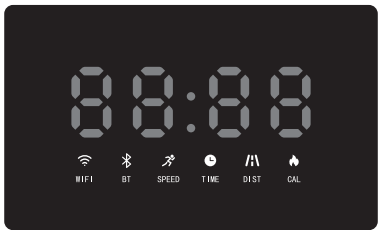
When the treadmill makes a beep, it means the connection is successful, and the Bluetooth icon on the treadmill panel will light up.

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.

DISPLAY AND KEYS

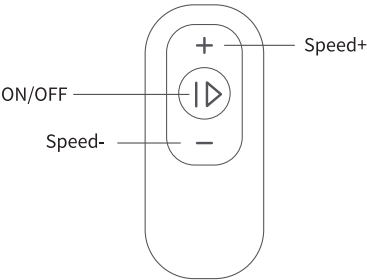
When the machine is running, the display window automatically switches every 5 seconds. The indicator light at the bottom of the display window changes with the display of the window. The information displayed in different windows is as follows:



-  **01. "wifi" window**
Displays the wifi indication. When the wifi connection is successful, the icon will light up.
-  **02. "bluetooth" window**
Displays the bluetooth indication. When the bluetooth connection is successful, the icon will light up.
-  **03. "speed" window**
The current speed is displayed in the running state, and the speed is turned on. Initial value: 0.6/1.0, display range: refer to technical parameters-speed for details.
-  **04. "time" window**
Displays the exercise time. Initial value: 0:00, display range: 0:00-99:59
-  **05. "distance" window**
Displays the moving distance. Initial value: 0.00, display range: 0.00-99.99
-  **06. "calories" window**
Display the calorie consumption value. Initial value: 0.00, display range: 0.00-9999

Note: If the WiFi connection fails or disconnects, wait until the WiFi signal is stable before restarting the treadmill and reconnecting to the Internet.

REMOTE CONTROL



Remote Controller

- 01. Press the "Speed-" key to reduce the speed of the machine.
 - 02. Press the "Speed+" key to increase the speed of the machine.
 - 03. Press the "On/Off" key to slowly start or stop the machine.
- In standby mode, press the "On/Off" key directly, and the window will display a 3-second countdown. A beep will sound every 1 second of the countdown, and the motor will not start; after the countdown is completed, the starting speed is 0.6mph/1kph, and you can press the "Speed +" and "Speed -" keys to adjust the speed.

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.

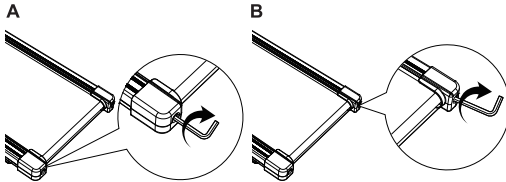
5 ERROR CODE AND SOLUTIONS

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.

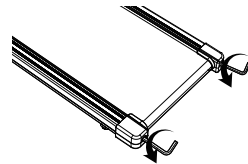


01. A: When the running belt shifts to the left, rotate the adjustment screw on the left rear cover clockwise for 1–2 turns.

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.



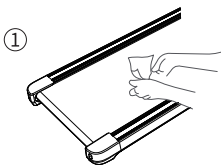
⚠ Warning! Do not overtighten the roller! This may cause permanent damage to the bearing!

LUBRICANT

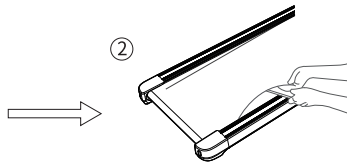
01. The treadmill must be lubricated after half a year or a cumulative run of 100 hours. add 1/3 to 1/2 bottle at a time.

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).

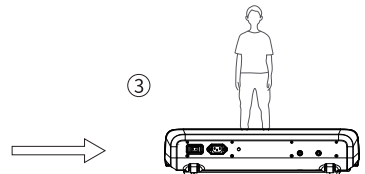
03. Follow the figure below to properly add the lubricant.



(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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