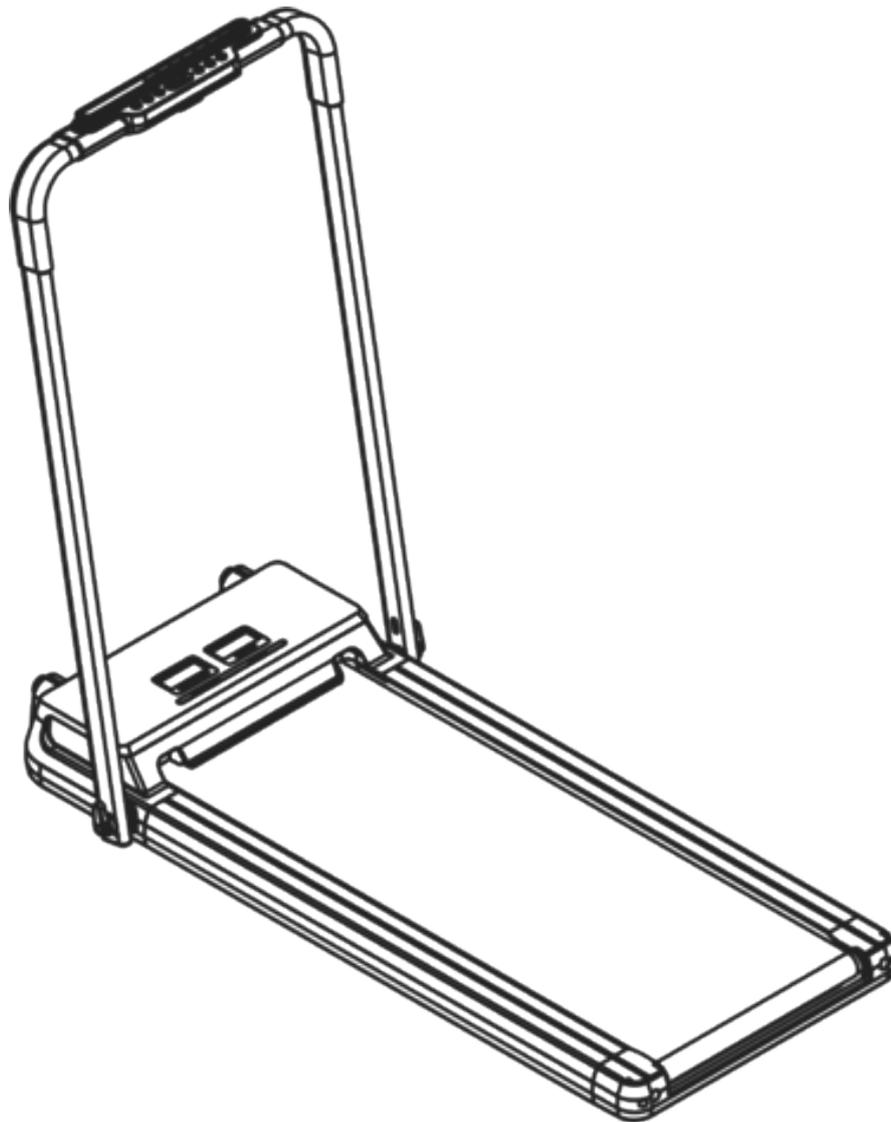


LINK LIFE

Create a Wonderful Lifestyle



USER'S MANUAL Gamma Fitness Treadmill SKU# ETMGY0139

Thank you very much for purchasing our product.
Please read this instruction carefully before use it and keep the instruction at proper place



LivingEssentials
Corp.

***For faster service:
Please contact Living Essentials
Regarding any defective product(s) / Part(s).***

***Our Customer Service Representative will assist you
through the process of obtaining replacement part(s) .***

***Visit our website and fill out the Parts & Service Form,
Give us a call, or email us for replacement parts at:***

1-888-818-8789
rma@livingess.com

LIVING ESSENTIALS
1040 Walnut Ave.
Pomona, CA 91766
Attention: Customer Service Department

Limited Warranty

LIVING ESSENTIALS' products are warranted to be free from defects in material and workmanship for a period of ONE YEAR: One-year warranty from date of original purchase by consumer. If you believe your product is defective, please call, write, or e-mail our customer service department.

Should your product be defective, LIVING ESSENTIALS will help in issuing replacement parts. Whether you call or write, please have your model number and reference number located on the original packaging ready for our customer service team. You will be asked to tell us what product you have, along with the date of purchase and the way you believe the product is defective. For any parts request, it must include images of the defective part/s. Please do not ship your product back to us unless we specifically request you to do so. If it is necessary for your product to be returned, all returns or exchanges must be made through the original store of purchase. Proof of purchase must accompany the returned product. LIVING ESSENTIALS is not responsible for any store policies for returns or exchanges.

Note: This Warranty does NOT apply to any wear and tear. All replacement parts will be shipped standard ground service. NO EXPEDITED Service available (for example; next day air, 2 day air service, 3 day air), there will NOT be any exceptions.

LIVING ESSENTIALS is not responsible for any consequential damages, which may arise out of the purchase, or use of any of our product/s. LIVING ESSENTIALS is not responsible for any personal injury, or property/equipment damage from the use of such product/s. LIVING ESSENTIALS' liability for any breach of warranty shall be limited to replacement of the defective parts as described above.

Important: Some states do not allow the exclusions or limitations so the above limitations or exclusions may not apply to you.

Copyright by: LIVING ESSENTIALS and its affiliates

1. Caution

To avoid any injuries, please read this manual carefully before using.



- For safety purposes do not stand on running belt when starting the machine.
- Please stop using immediately at the first sign of nausea.
- Please increase speed slowly if needed.
- Do not stand on belt while adjusting.
- It is recommended to wear athletic shoes when using the machine.
- Children, elderly, pregnant women, patients recovering from injuries or surgery are prohibited to use the machine.
- Please clip the safety key on your clothing during use.
- Please firmly hold the rail bars during using.

2. Safety Notice

- Please put the machine on flat ground. It is unsuitable to put the machine at following places:
 - (1) Outdoors.(The machine is specially designed for indoor use only)
 - (2) Slanted ground or slanted places on balcony.
 - (3) Sunlight area or near a heater/fireplace.
 - (4) Big noisy places.
- Errors may appear if the power supply is not stable. Please do not use the same socket together with computers, air conditioners, etc.
- It is suggested to wear athletic shoes clothing when using the machine.
- Please increase or decrease speed slowly.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not put the machine near wet objects. Errors may occur if item gets wet.

3. Caution During Use

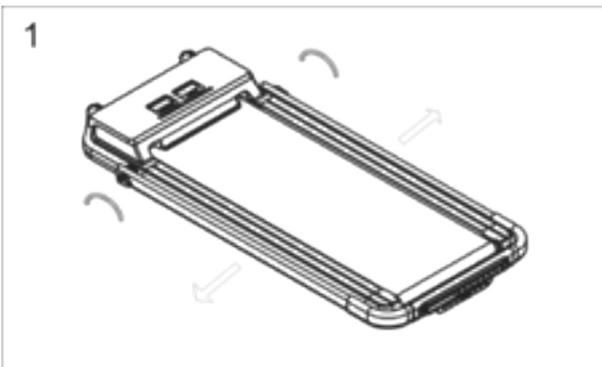
- If you do not feel well before using, please consult with your doctor or coach.
- Our company is not responsible for any injuries as a result of improper use
- Please unplug after using.
- Please unplug when moving the machine or changing parts.
- Children, elderly, and pregnant women are prohibited from using the machine. Patients should consult their doctor before using.
- Please place the machine on a flat surface. Do not place any objects 2M behind the machine.
- Do not start the machine when it is folded.
- Keep water away from the machine, motor, power line, and plug.
- Do not use this machine in enclosed spaces or areas without air circulation.

- Do not place any objects on the machine.
- Keep plug away from hot locations or fireplaces.
- Please turn off machine and unplug after using.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without professional supervision.
- Please make sure the running belt is fastened before using.

4. Technical Specification

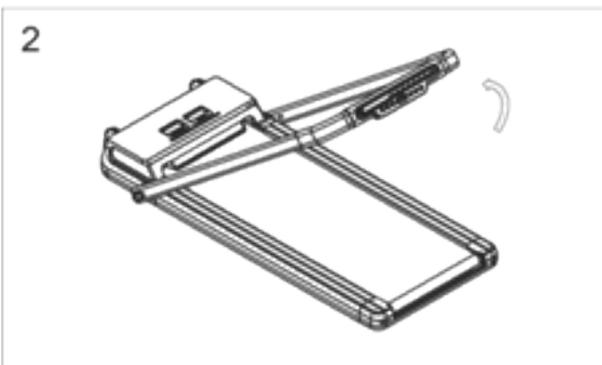
Product Name	Gamma Fitness Treadmill
Voltage	110V
Frequency	50-60Hz
Speed	0.5-7.5mph
User Capacity	200 LBS

5. Assembly Instructions



First step:

Take out the machine from the box, unscrew the adjusting knob on the both sides of the frame respectively(suggest unscrew 3 circles).



Second step:

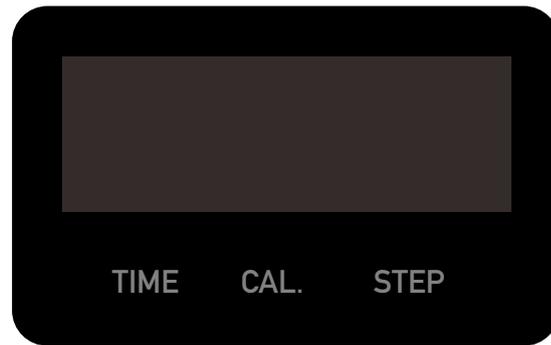
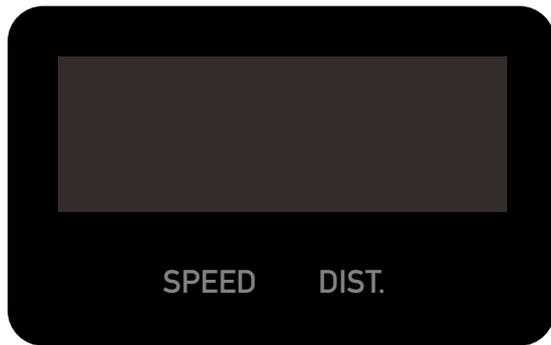
Uplift the handle bar to the slot corresponding to the hinge of main frame and then screw the knob.



Third step:

Put on the safety key.
Finish the assembly.

6. Display Monitor



(1) Display

1.1 "TIME" window has two modes which shows the running time. ①Forward counting time is from 0:00 to 99:59 minutes. ②Countdown is count to 0 from the set time(setting range: 5:00~99:00 minutes). The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

"STEP" window shows the steps. It counts from 0 to 9999 steps. It will recount when the step numbers reaches the top point.

Note: The window will be switched from TIME and STEP cyclically, you can press "M" button to switch between cyclic display mode and single display mode in motion state.

1.2 "DISTANCE" window has two modes which shows the current movement distance.

①In the forward counting mode, the distance will be increased from 0.0 to 99.9 miles, it will recount if the distance reaches the top point. ②In the distance countdown mode, the distance will be decreased from the setting data(setting range:1.00~99.00miles) to 0. The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

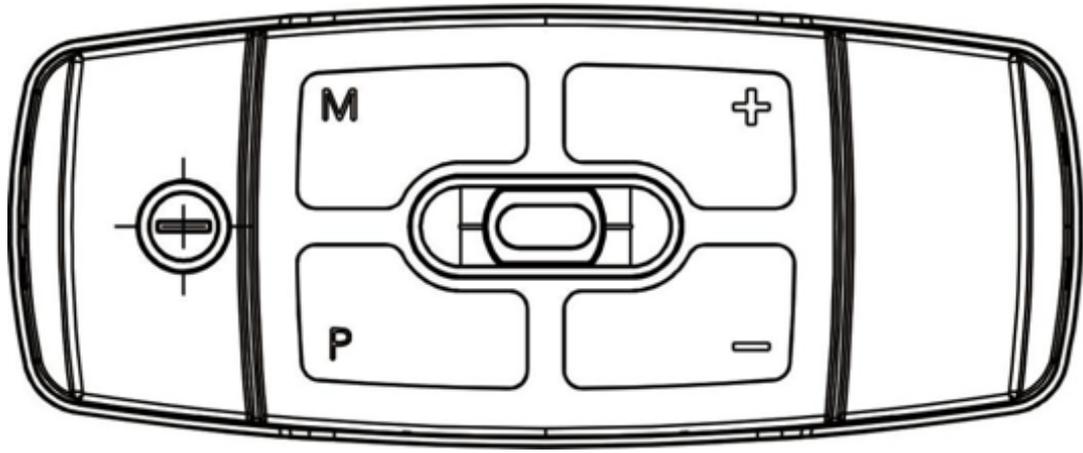
"CALORIES" window has two modes which shows the calories. ①Forward mode counts from 0 to 9999, it will recount when it reaches the top point. ②countdown mode will count from setting calorie data(setting ranges 20~990) to 0. The machine will stop slowly when it counts to 0:00 and shows "end", then the machine will come to the standby mode after 5 seconds.

Note: The window will be switched from DISTANCE and CALORIES cyclically, you can press "M" button to switch between cyclic display mode and single display mode in motion state.

1.3 "SPEED" window shows the current running speed, the setting range is 0.5MPH~7.5MPH. The speed will +/- 0.1MPH every time you click "+/-" button. P1 ~ P12 are displayed under the setting of automatic selection.

1.4 After the treadmill is started, every window will be displayed cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.

1.5 The maximum speed of the treadmill will be limited to 4MPH when the dashboard deflected from a horizontal direction to an arbitrary direction by more than 60 degrees.



(2) Function Of The Remote Control

2.1 "Start/Stop":

- (1) In standby or countdown mode: Pressing "start/stop" button to start the machine. Please note that the default speed is 0.8KM/H.
- (2) Choose the preset program: Pressing "start/stop" to start the machine and the speed will change according to the preset speed.
- (3) In running state: Pressing "start/stop", then the treadmill will stop slowly and back to standby state.

2.2 "+" "-" Button is to adjust speed. Keep pressing "+" "-" over 0.5 seconds, the speed will keep increasing or decreasing. Please note the speed will change by 0.1 km.

2.3 "M": ① In standby mode: it can switch from different mode, including Time, Distance and Calories. ② In running mode: press "M" button will switch display mode between cyclic display mode and single display mode.

2.4 "P": There are P01~P12, totally 12 preset programs you can choose when in standby mode.

2.5 "Reset": Press the "Reset" button, the treadmill will stop immediately. And the system will restart

※ REMARK: Any valid pressing, the treadmills will make a sound "Bi".

(3) Functional Instruction

3.1 Sports mode: Press "start" key to start the machine and the SPEED window will count from "3 2 1". Please note that the default speed is 0.8KM and you can press "+" "-" to adjust speed.

3.2 Countdown mode: when in standby, press "M" key to choose countdown for time, distance and calories. Press "+" "-" to set relevant data. After setting, press "start/stop" to start the treadmill, it will count down from the set data, the machine will stop by itself when it counts to 0.

3.3 Preset program(P01~P12): choose one program first and then press "+" "-" to set the running time(ranges 5:00~99:00, and the default time is 30:00), press "start/stop" to start the machine, it will run according to the preset speed and speed will change according to the time "(Time/20)".

Program	Time	set time/20 = running time for each section																			
		2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P1	SPEED	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P2	SPEED	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P4	SPEED	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P5	SPEED	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P6	SPEED	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P7	SPEED	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P8	SPEED	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P9	SPEED	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P10	SPEED	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P11	SPEED	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P12	SPEED	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2

(4) How To Match A New Remote Control

- 4.1 Power off the treadmill
- 4.2 Press the "speed -" in the machine and "M" button in the remote control at the same time, keep pressing for 6 seconds.
- 4.3 Power on the treadmill within 5 seconds, the remote control will match the machine automatically



(5) Dashboard

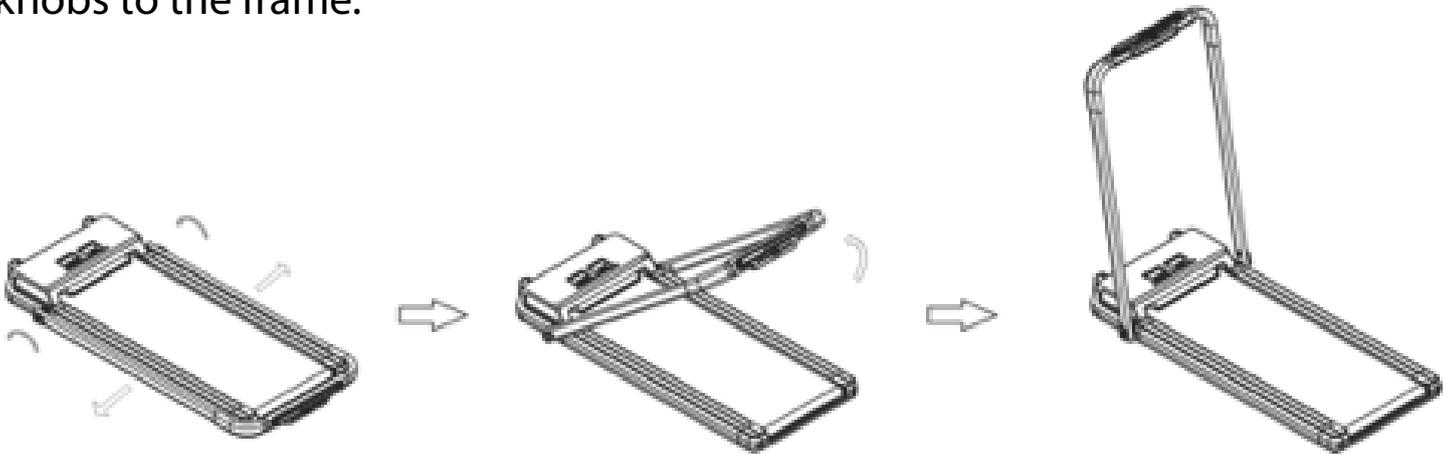
- 5.1  "Start" button
In standby /countdown mode, press the button to start the treadmill. The default speed is 0.5MPH. In preset mode, press the button, the treadmill will start and act according to the preset value and accumulate the data.
- 5.2  "Stop" button
In the running state, press this button to stop the exercise and return to the standby mode. Press the stop button for more than 2 seconds, the system restarts.
- 5.3  "Up/Down" button
It is used to adjust the speed after start up, and the adjustment range is (0.1 MPH) / time. Keep pressing for more than 0.5 seconds, it will continuously increase or decrease. It also can be used to adjust the setting value in the setting state.
- 5.4  "Program" button
To select 12 preset automatic programs P01 ~ P12.
- 5.5  "Mode" button
To switch between various modes in standby mode. Including time countdown (setting range 5: 00 ~ 99: 00), distance countdown (setting range 1 mile ~ 99 miles), calorie countdown (setting range 20 ~ 990). After the treadmill is started, every window will be displayed cyclically at an interval of 5 seconds. You can press the "M" button to switch between cyclic display mode and single display mode.
- 5.5 "SAFE KEY" button
In case of emergency, press the "SAFE KEY" button to cut power instantly.

7. Fold And Unfold



(1) Fold:

Unscrew the knobs, lay the handle bar down clockwise. Then screw the knobs to the frame.



(2) Unfold:

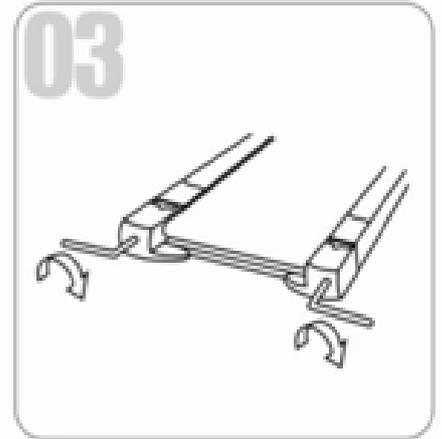
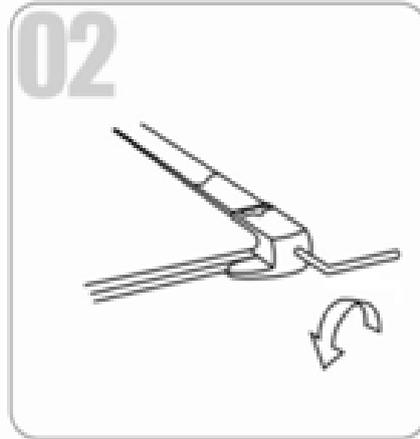
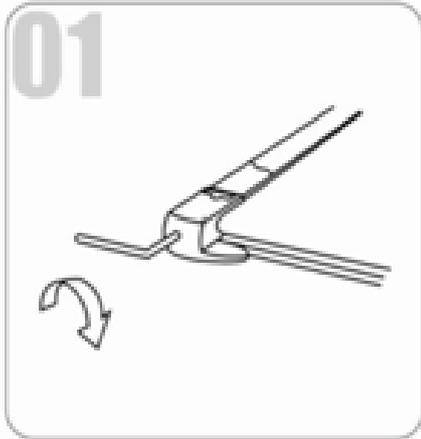
Loosen the knob and uplift the handle bar anticlockwise to the certain angle, then tighten the knobs.

8. Usage Of Silicone Oil



Pull up tightly of the running belt. Then apply the silicone oil to the running board. Start the machine and let it run for 3 minutes without using. It is recommended to do this after every 30 hours of use. It will extend the lifetime of running belt.

9. Belt Adjustment



(1) Running belt deviates to left

Start the machine with speed 1-3KM/H (Don't stand on machine). Use the Allen wrench to turn the screw clockwise until desired fitted (see fig1). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(2) Running belt deviates to right

Start the machine at speed 1-3 KM/H (Don't stand on machine). Use the Allen wrench to turn the screw counterclockwise until desired fitted (see fig2). Then let the machine run without loading for 1-2 minutes. Please adjust like this until the belt is in the middle.

(3) Running belt stuck

If the running belt is not moving, use the Allen wrench to turn the screws 180 degrees on both left and right sides until this is solved (see fig3).

10. Daily Maintenance

1. Please switch off and unplug from power outlet before checking the machine or clearance.
2. Clean belt and dial plate after use, once every week at least.
3. Do not hang up clothes, etc. on the machine.

11. Trouble Shooting

Error Code	Meaning	Problem	Solution
Err(or E00)	No Safety key on Panel	Safety key is not on the panel or it is not properly put on	<ol style="list-style-type: none"> 1. Put safety key in the yellow area of panel 2. Err(or E00) still shows or there is no function, change the computer screen/display monitor.
E2	Control Board Error	Control board is broken or pseudo soldering on control board	Replace control board
E4	Control Board Error	Control board is broken	Replace control board
E5	Over current Protection	Control board short circuit or motor blocked	<ol style="list-style-type: none"> 1. Open the motor cover and check whether the motor is blocked. Remove the block if yes. 2. Replace the control board if it's not blocked, or the error still shows.
E6	Motor Error	Motor broken or motor line fall off	<ol style="list-style-type: none"> 1. Open the motor cover and check whether the motor is broken or whether the motor wire is connected to control board properly. Reconnect the wire is recommended. 2. Replace the control board if the error still shows.
E7	Communication Failures	Wires from the control board to panel board are broken or not properly connected	<ol style="list-style-type: none"> 1. Make sure the wires from the control board and panel board are connected securely and not damaged. 2. Replace the control board if the error still shows.
E8	Overload Protection	Excess of electricity or user exceeded max load weight	<ol style="list-style-type: none"> 1. Make sure the user does not exceed max weight capacity. 2. Reconnect power and re-start the machine. 3. Replace the control board if the error code still shows.