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*FITNESS*

ALWAYS MOVING FORWARD

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# ***Owner's Manual***

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# ***Console Operation***

***M5/6/7 Treadmill***

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***Console Type: Touch***




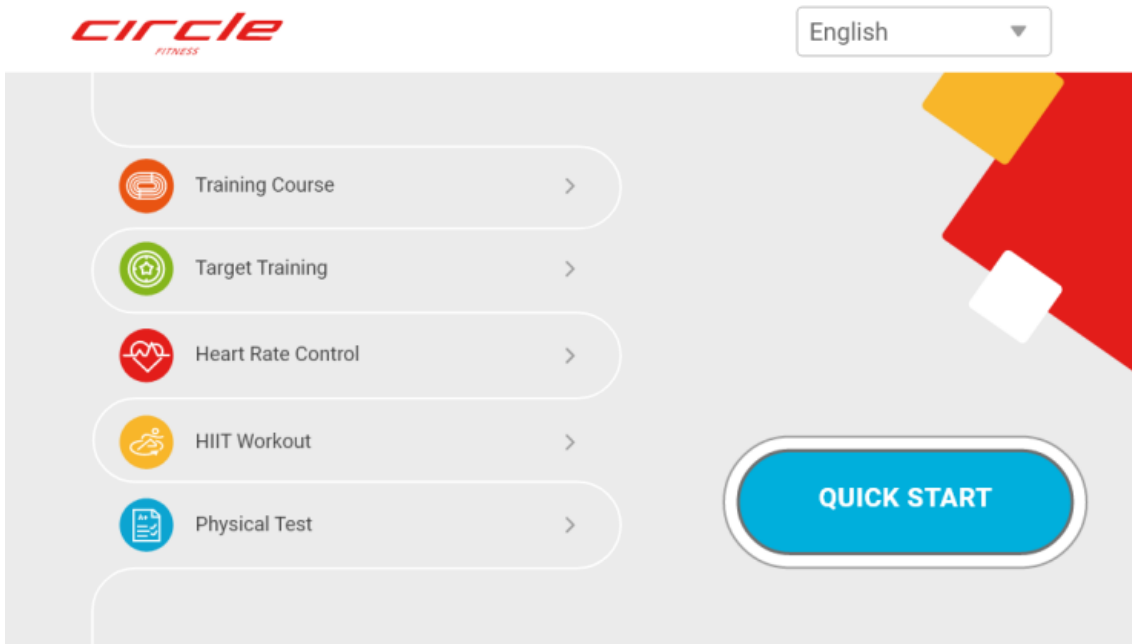
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# 1 Engineering Mode

## How to Enter Engineering Mode

As shown in the image below, press and hold the icon  at the top left corner of the standby screen for 3 seconds. A 「Password」 input field will appear. Enter the password 5598 to access Engineering Mode.



### 1.1 Preference

After entering Engineering Mode, tap 「Preference」. Use the button at the top-right corner to switch between settings screens. The available options include Unit, Language, Brightness, Auto Lock, Maximum Workout Time, Screen Off, Idle Detection, Minimum Speed Limit, Maximum Speed Limit, Speed Increase Limit, Maximum Incline, and Fan Option.

Below are explanations of two commonly used settings. You may configure the others based on your preferences:

- Units: You can choose between Metric and Imperial.
- Language: There are 15 languages available, including English, Russian, Arabic, German, Spanish, French, Japanese, Dutch, Portuguese, Swedish, Thai, Turkish, Vietnamese, Simplified Chinese, and Traditional Chinese. Tap the drop-down menu to select your preferred language.

### 1.2 Information

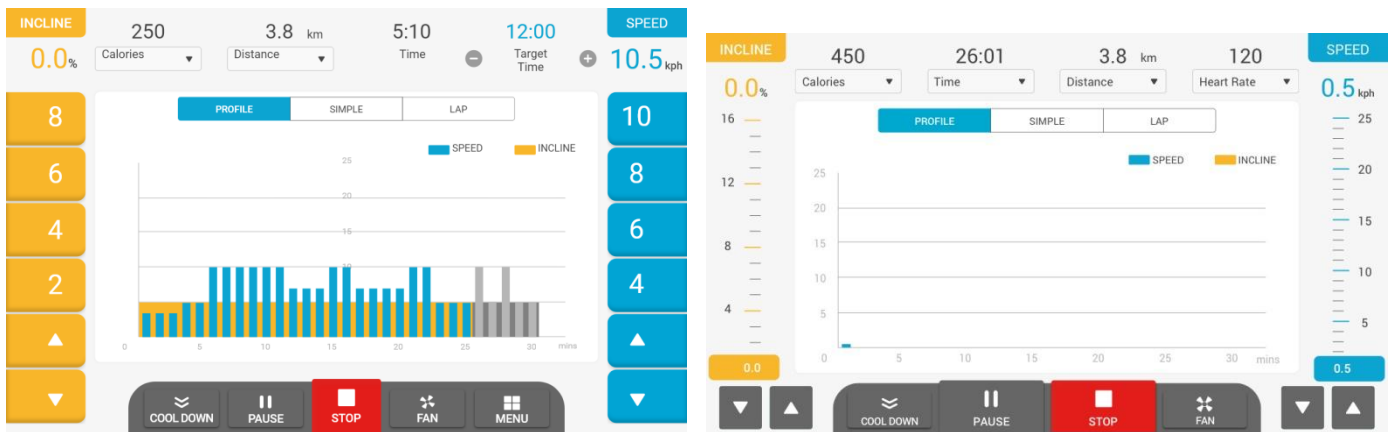
After entering Engineering Mode, tap 「Information」. The available options include: Model, Software Version, Total Usage Time, and Total Distance.

### 1.3 Factory Test

After entering Engineering Mode, tap 「 Factory Test 」 . Use the button at the top-right corner to switch between settings screens. The available options include: Enable Output, Motor HZ Control, Incline AD Control, DC Bus Voltage (V), Motor Loading Current (A), HZ Parameter, Emergency Key Type, and Speed/Incline Control Button Type. Within the "Speed/Incline Control Button Type" setting, you can switch between styles of workout-in-progress screen by selecting either:

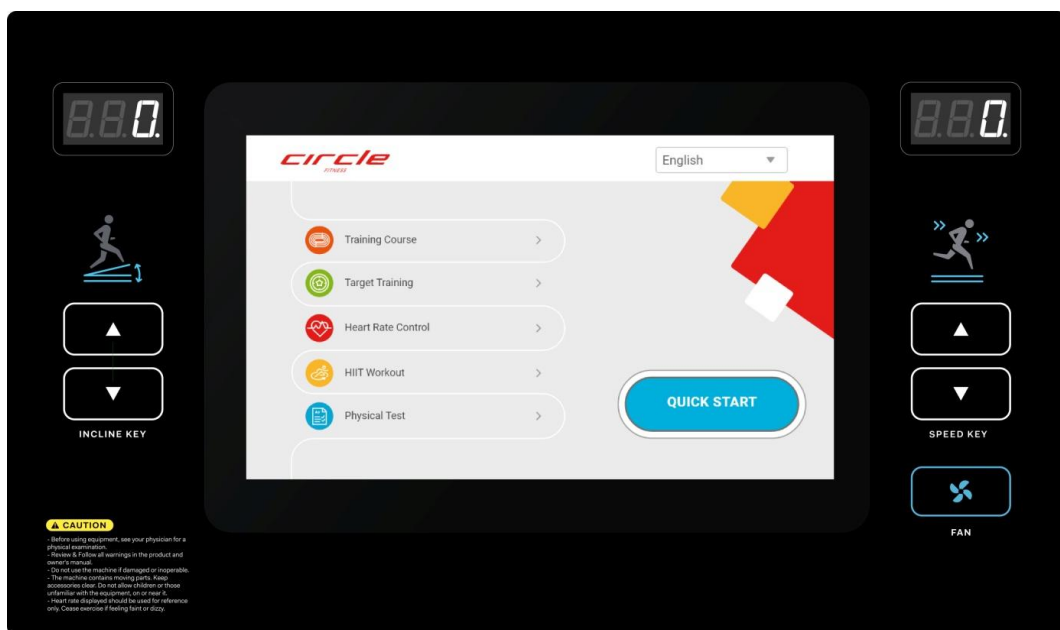
- 「 Quick Button 」 , see left image below, example from M5/6 screen.
- 「 Slider Bar 」 , see right image below.

These settings determine whether the workout-in-progress screen uses traditional or modern interface.



## 2 Console Operation

Control Panel LED Display and Button Functions (Applicable to M7)



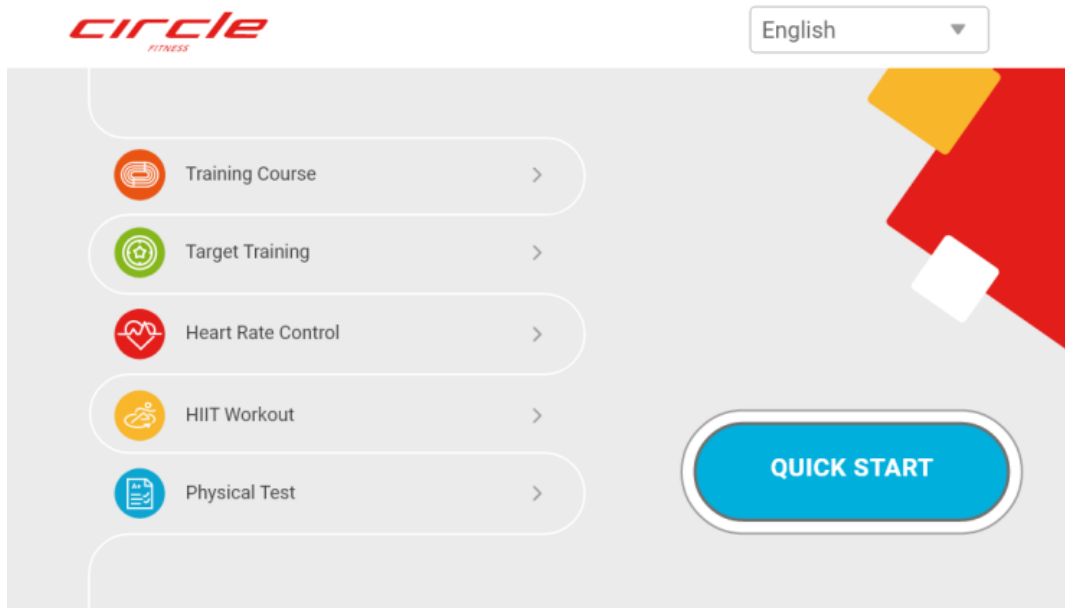
(Applicable to M7)

LED Display	Descriptions
INCLINE	Displays the current incline level.
SPEED	Displays the current speed level.

Button			Functions
▲ / ▼ (INCLINE KEY)			Adjust the incline level during a workout.
▲ / ▼ (SPEED KEY)			Adjust the speed level during a workout.
FAN	M7	Optional	Tap to activate the fan with two speed options: low and high.

## 10.1" Touch Screen Operation (Applicable to M5/6/7)

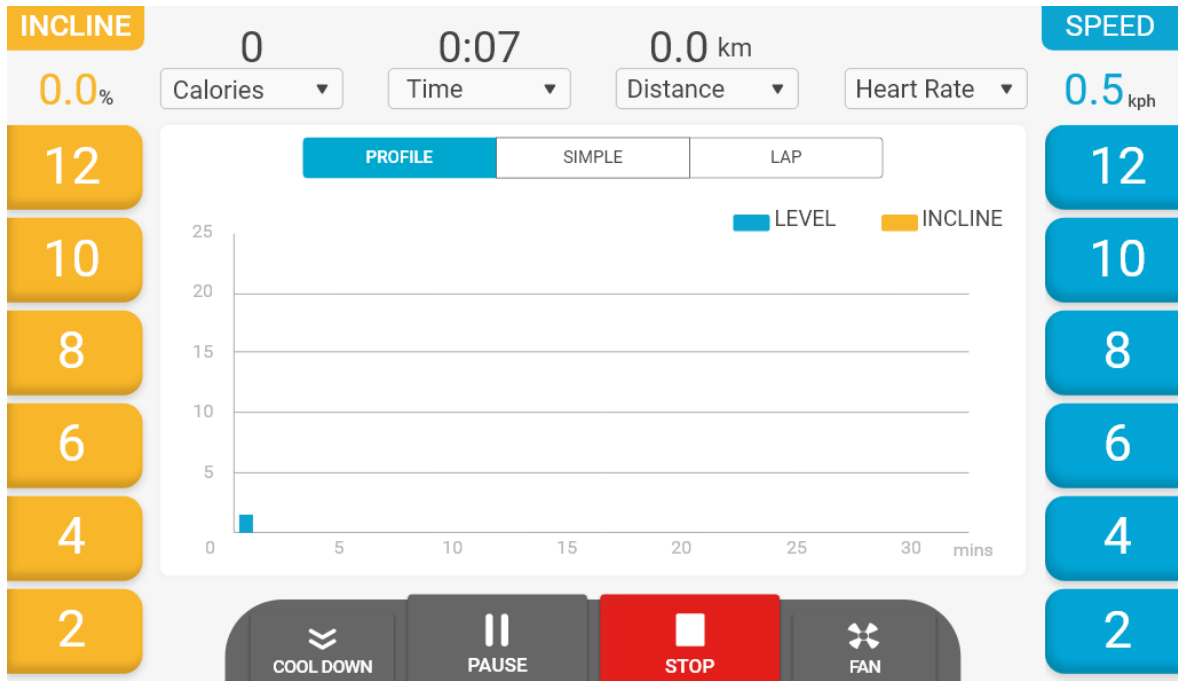
As shown in the standby screen image below, users can tap the touch screen to activate one of six available workout functions. Each function is described as follows:



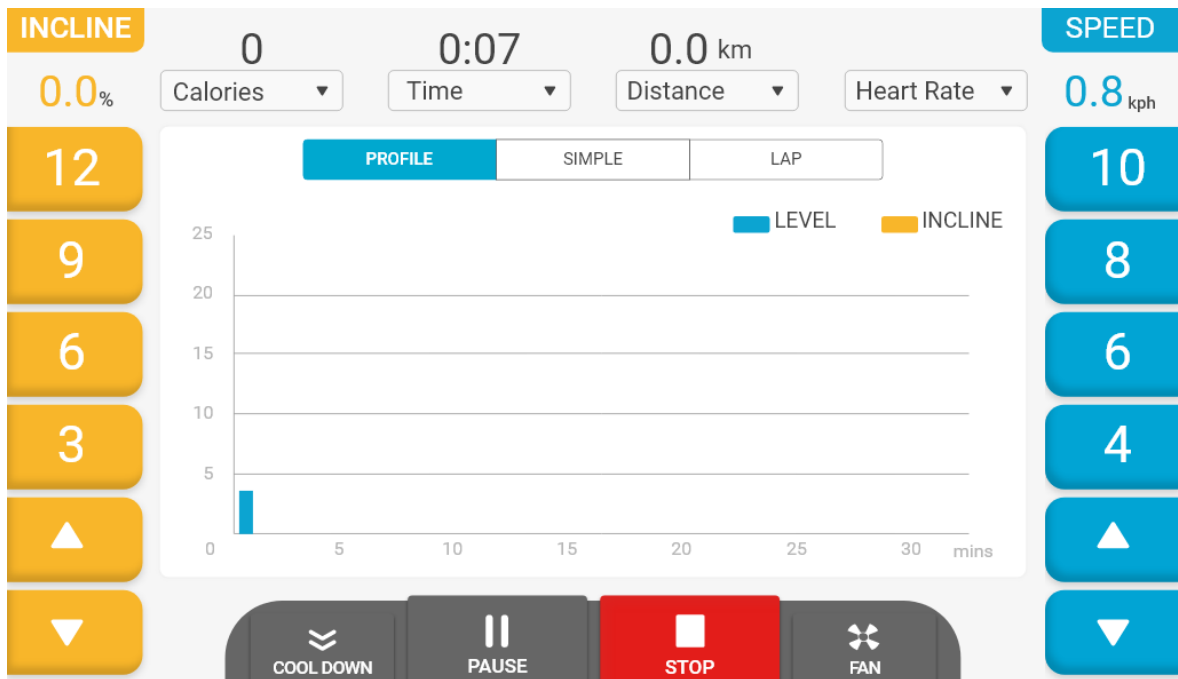
### 2.1 Quick Start

Tapping 「 QUICK START 」 in standby mode will start the workout at the lowest speed and incline level. Users can adjust these levels anytime, while time and distance are automatically recorded. At this moment, the workout-in-progress screen looks similar across all modes and is described as below.

#### Workout-in-Progress Screen



(Applicable to M7)



(Applicable to M5/6)

Metrics (Applicable across all modes) as below can be tapped to switch between available displays:

- 「Calories」, 「Cal/H」, 「Mets」
- 「Time」, 「Time Remaining」
- 「Distance」, 「Pace」, 「Avg. Pace」
- 「Heart Rate」, 「Average Heart Rate」

### Button Functions Overview

- 「COOL DOWN」: Gradually slows down the workout to help the user back to a resting state.
- 「PAUSE」: Temporarily stops the workout. Users can then either click STOP to end the session or click RESUME to continue the workout.
- 「STOP」: Ends the workout and navigates to the summary page.
- 「FAN」: Controls the built-in fan: Tap once to turn it on. Tap again to adjust between high/low speeds.

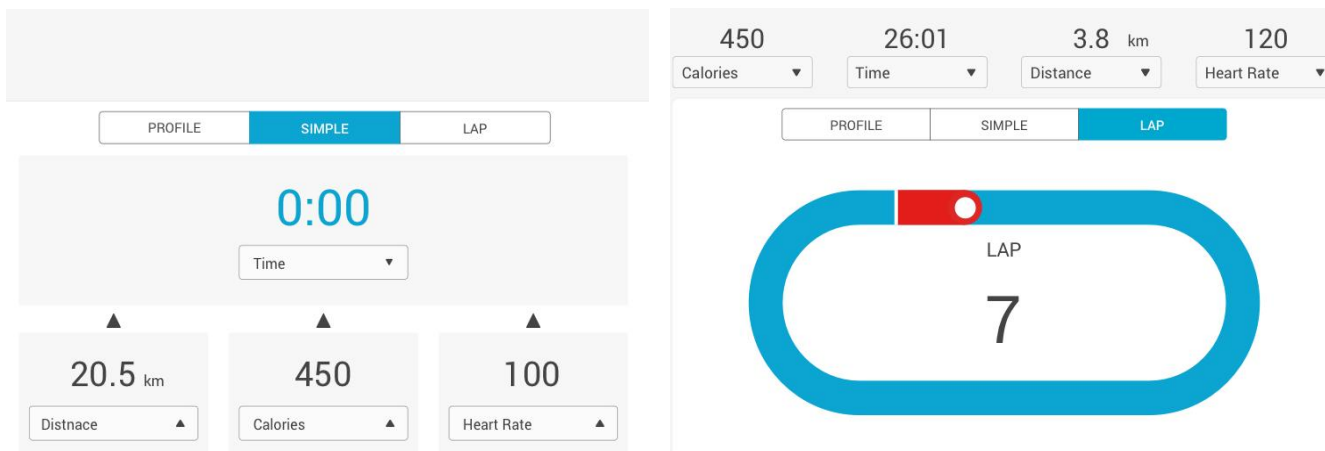
Applicable to M7:

- 「2/4/6/8/10/12(INCLINE)」: Quick selection of 6 incline level.
- 「2/4/6/8/10/12(SPEED)」: Quick selection of 6 speed level.

Applicable to M5/6:

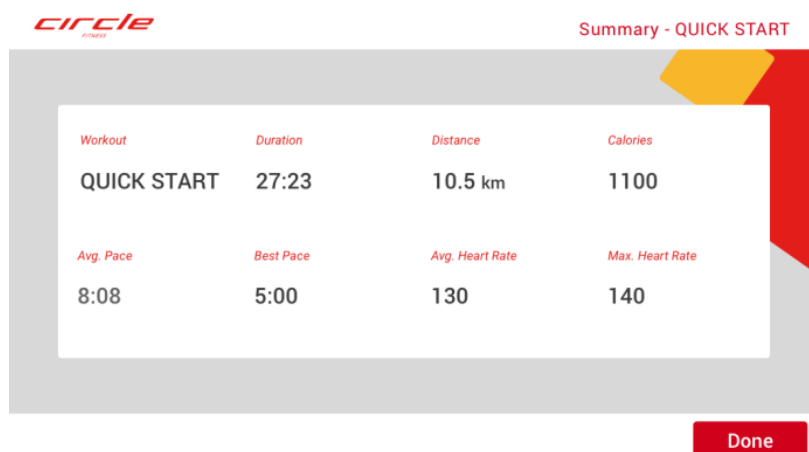
- 「3/6/9/12▲/▼(INCLINE)」: Quick selection of 4 levels or press increase/decrease to adjust incline.
- 「3/6/9/12▲/▼(SPEED)」: Quick selection of 4 levels or press increase/decrease to adjust incline.

Users are allowed to switch between three display modes during workout-in-progress: PROFILE (Default), SIMPLE, and LAP. The latter two modes are as in the left and right images below.



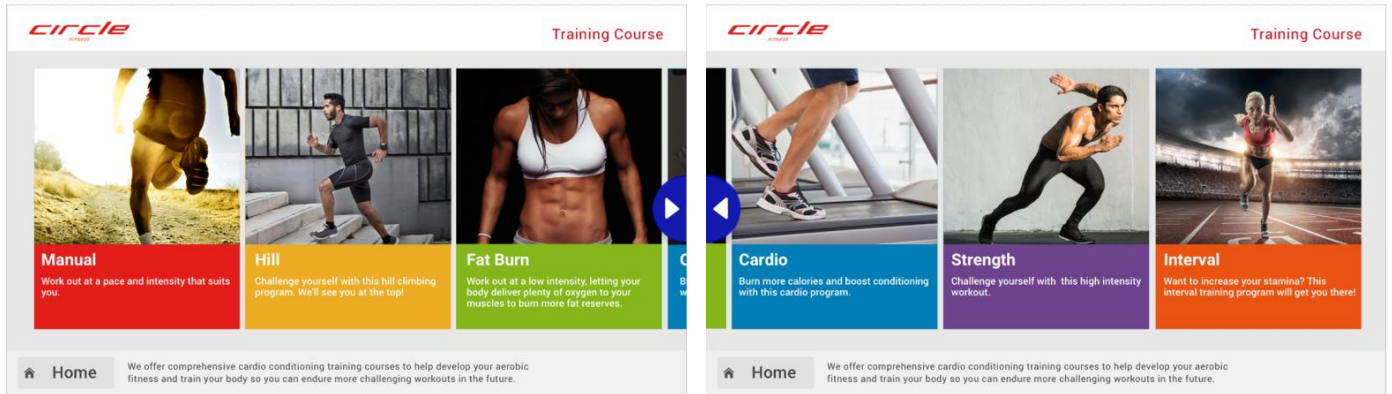
### Summary Screen

After completing a workout, the Workout Summary Screen will be displayed as below.

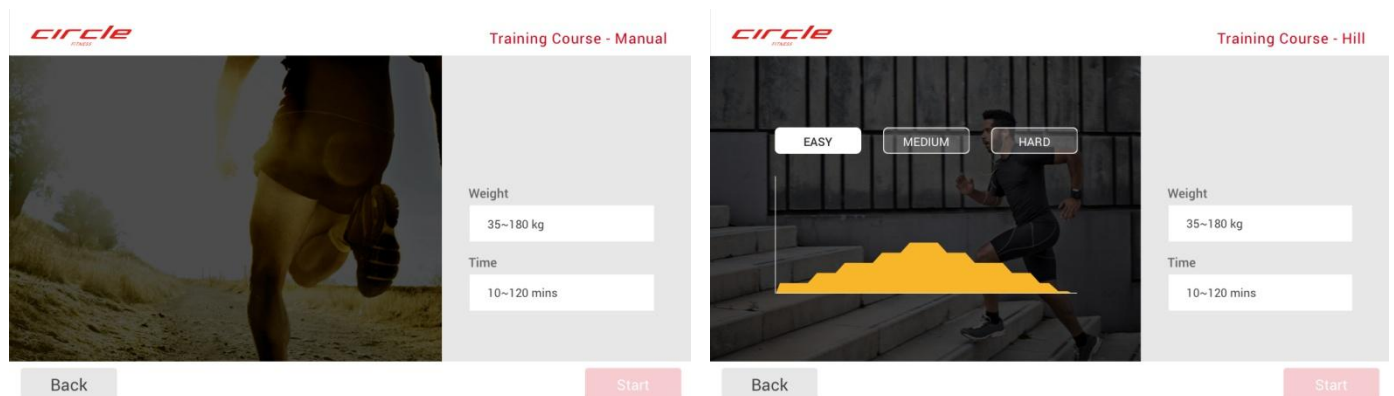


## 2.2 Training Course

In standby mode, tap 「Training Course」 to access six available training courses that can be selected based on your needs: 「Manual / Hill / Fat Burn / Cardio / Strength / Interval」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.



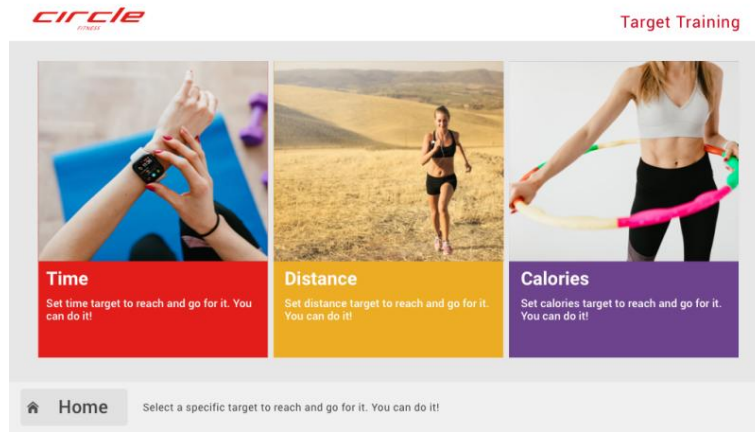
- In 「Manual」 mode it is required to set Weight and Time as shown below in the left image.
- In other modes 「Hill / Fat Burn / Cardio / Strength / Interval」 it requires not only to set Weight and Time, but also to set a difficulty level: 「Easy/Medium/Hard」 as shown below in the right image. (In the 「Hill」 mode, for example)



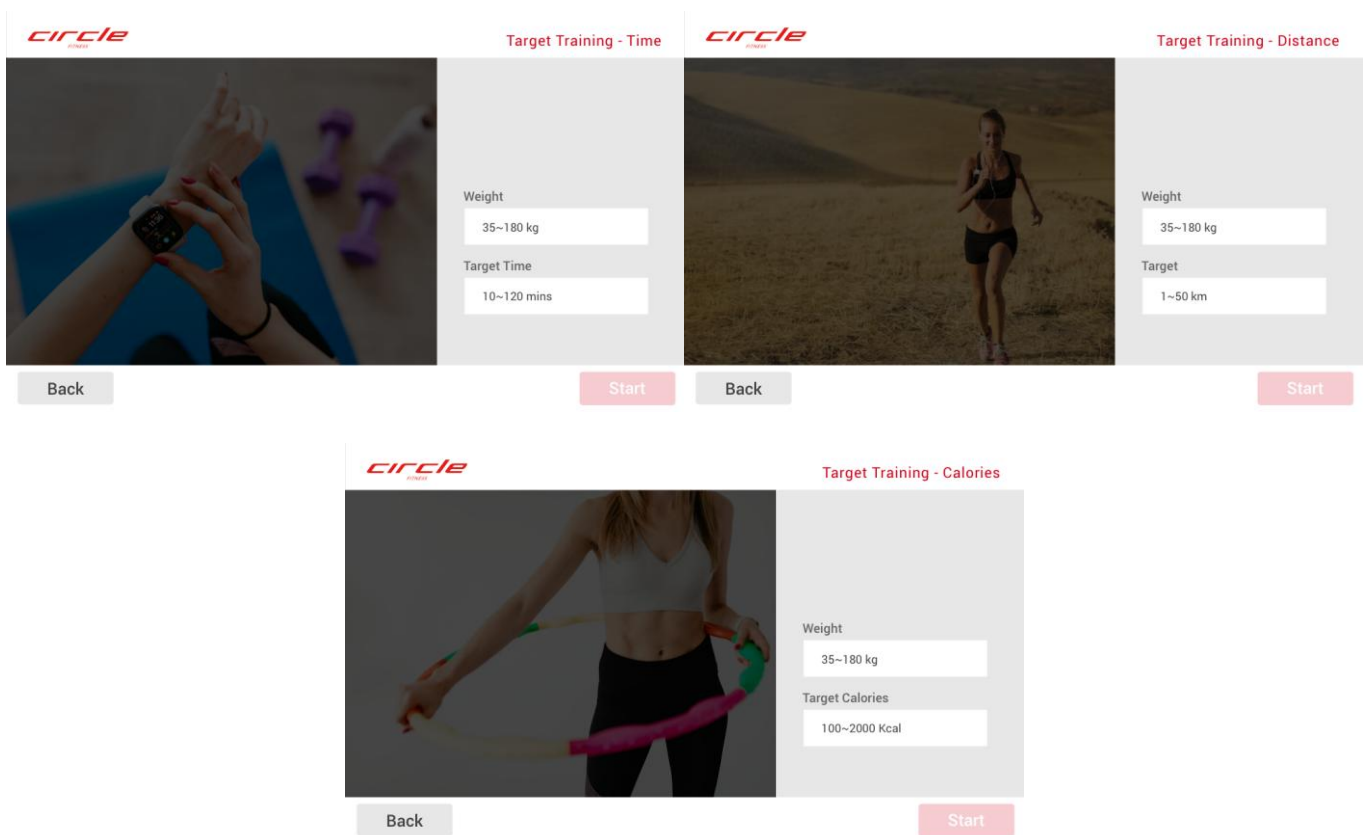
To return to the previous menu, tap 「Back」 at the bottom left corner of the screen. Tap 「Start」 to enter workout-in-progress screen. Once the workout ends, it will automatically proceed to the summary screen.

## 2.3 Target Training

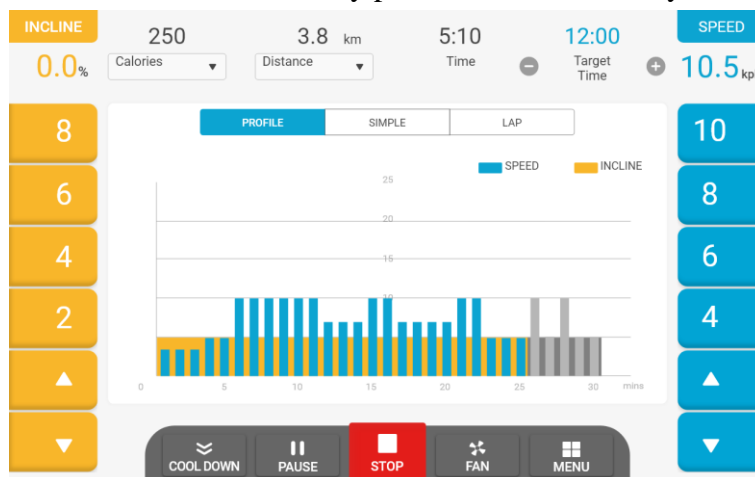
In standby mode, tap 「Target Training」 to access three available training modes that can be selected based on your needs: 「Time / Distance / Calories」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.



- As shown below, in these three modes it is required to set Weight and Target Time / Target Distance / Target Calories, respectively.

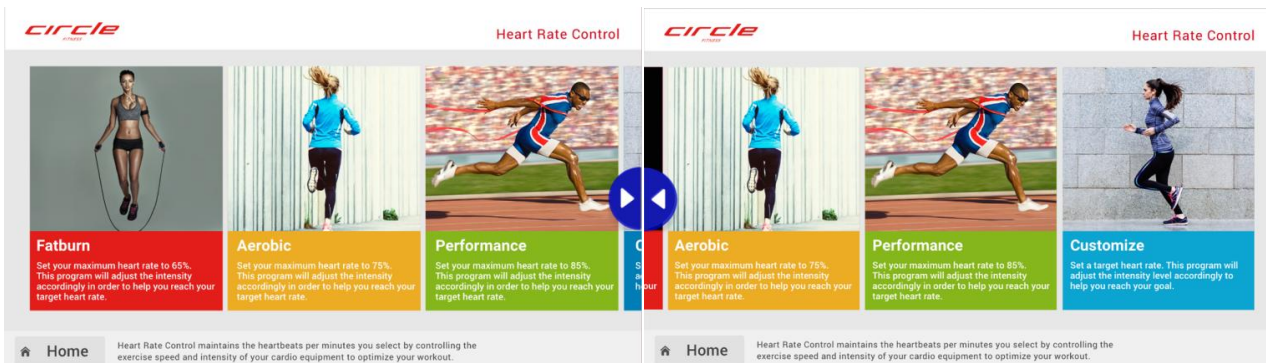


Tap 「 Start 」 to enter workout-in-progress screen(see image below, example from time target training of M5/6 screen). Once the workout ends, it will automatically proceed to the summary screen.

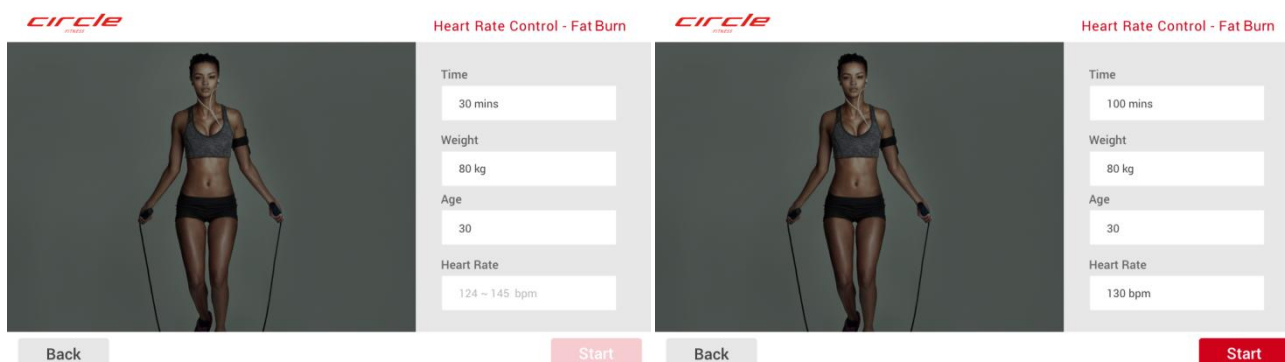


## 2.4 Heart Rate Control

In standby mode, tap 「Heart Rate Control」 to access four available training modes that can be selected based on your needs: 「Fatburn / Aerobic / Performance / Customize」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.

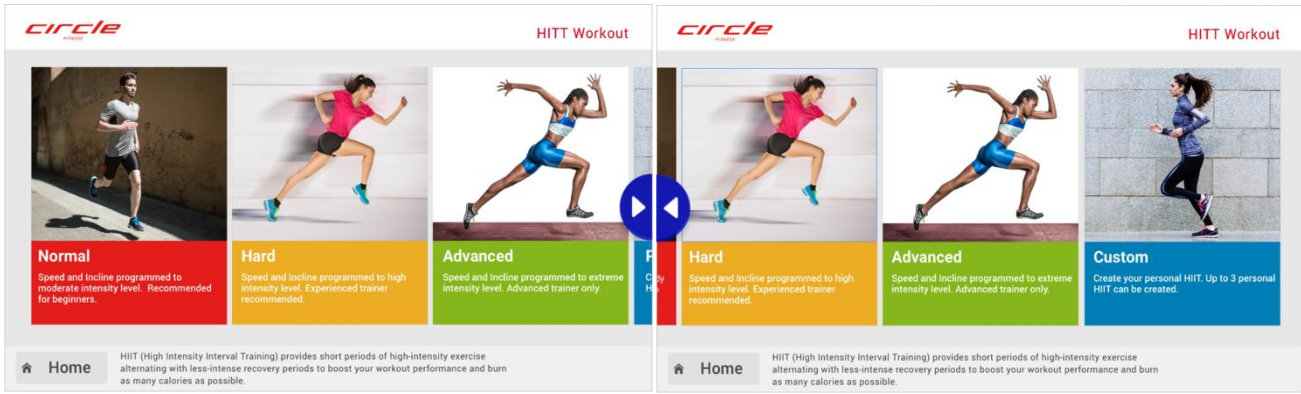


- In these four modes, after setting Time, Weight, and Age, a corresponding target Heart Rate will be automatically calculated for user reference. (as shown in the left image below for the 「Fat Burn」 mode) After the user inputs the value, tap 「Start」 (as shown in the right image below) to enter workout-in-progress screen (see next image, example from M5/6 screen). Once the workout ends, it will automatically proceed to the summary screen.

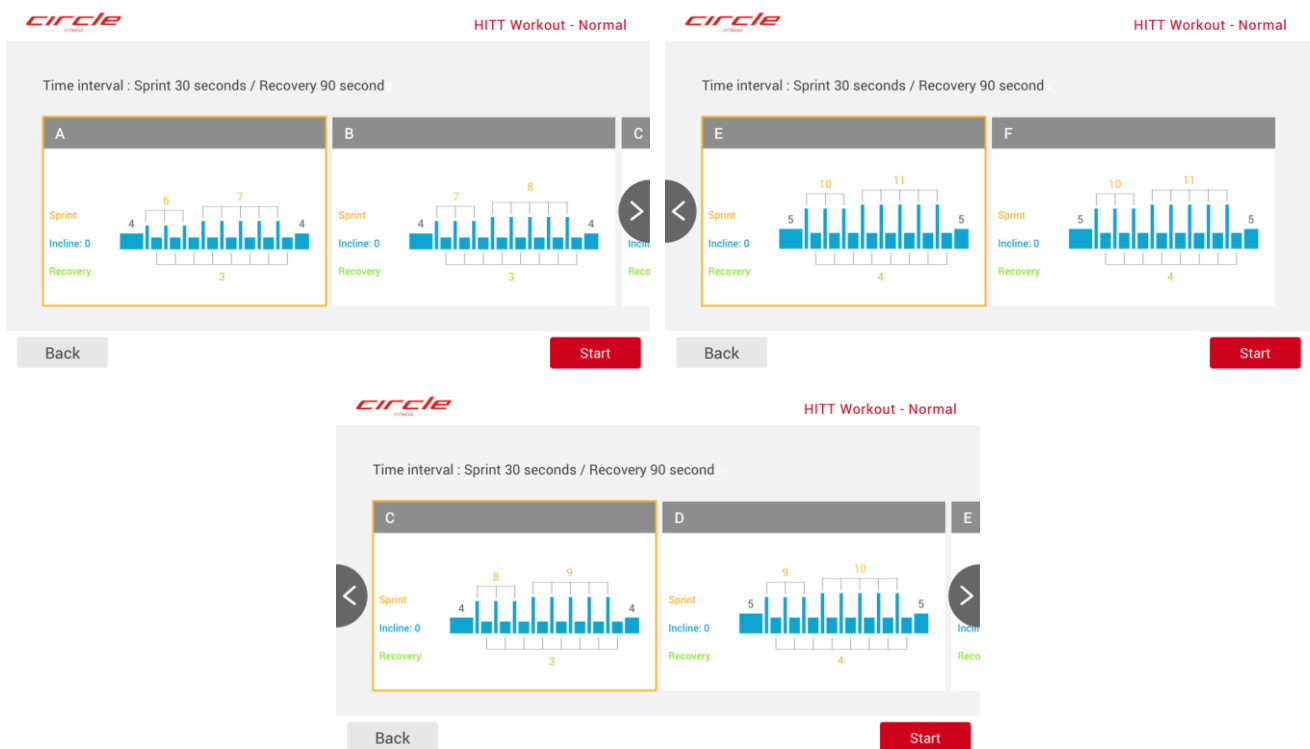


## 2.5 HIIT Workout

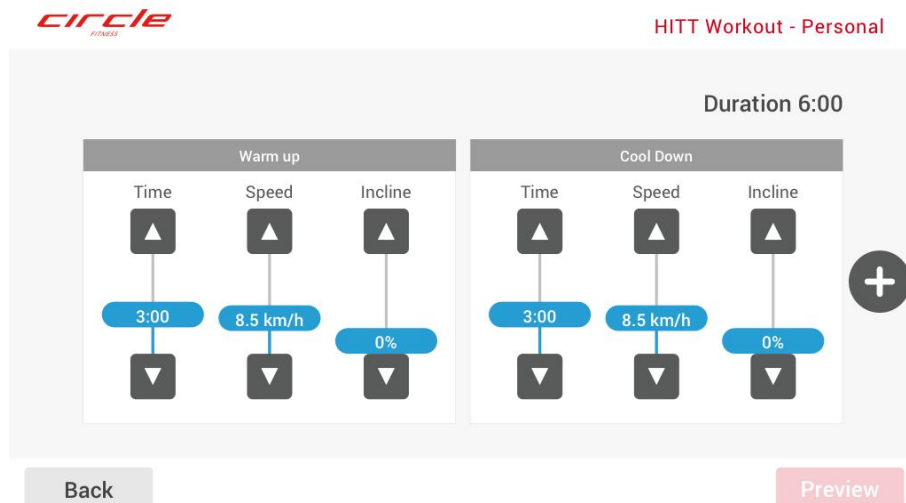
In standby mode, tap 「HIIT Workout」 to access four available modes that can be selected based on your needs: 「Normal / Hard / Advanced / Custom」. To return to the previous menu, tap 「Home」 at the bottom left corner of the screen.



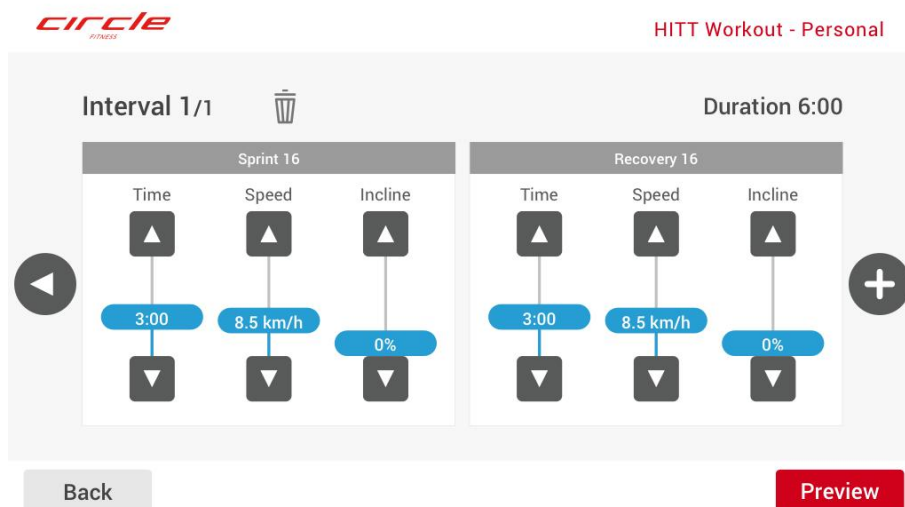
- In Normal / Hard / Advanced modes, there are six intensity levels available, labeled A through F, ranging from easiest to most challenging. The training profiles for each level are shown in the three images below (using Normal mode as an example). The default level is A. Once the desired level is selected, tap 「Start」 to enter HIIT workout-in-progress screen, as described in the final section of this chapter.



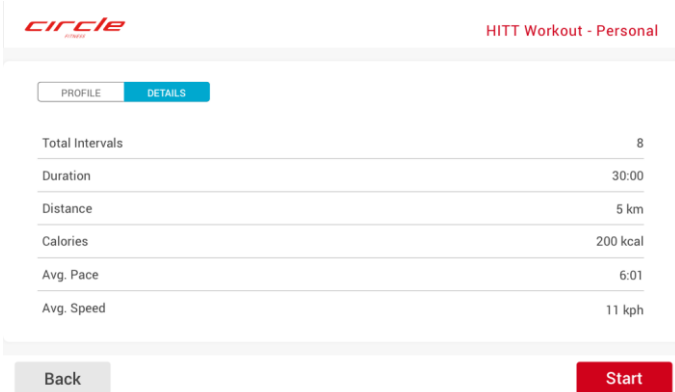
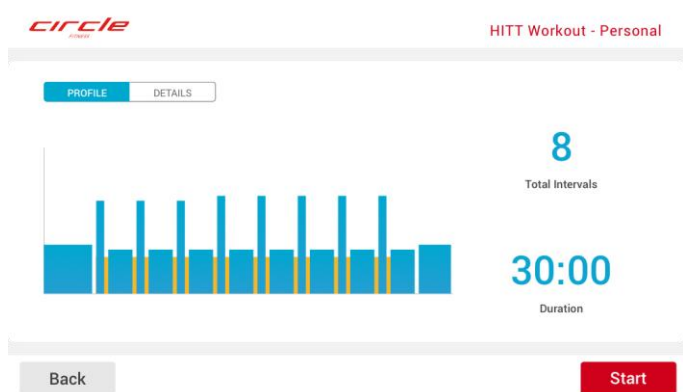
- In Custom mode, users must first configure the Warm Up and Cool Down periods, including Time, Speed, and Incline, as shown in the image below.



By tapping 「+」 icon shown in the image above, you can configure Interval 1, setting Time, Speed, and Incline for both the Sprint and Recovery phases, as illustrated below. Continue tapping 「+」 to add Interval 2 and set its details for Sprint and Recovery phases. You can use 「▶」 or 「◀」 to go back and edit previous intervals, the Warm Up, or the Cool Down periods.



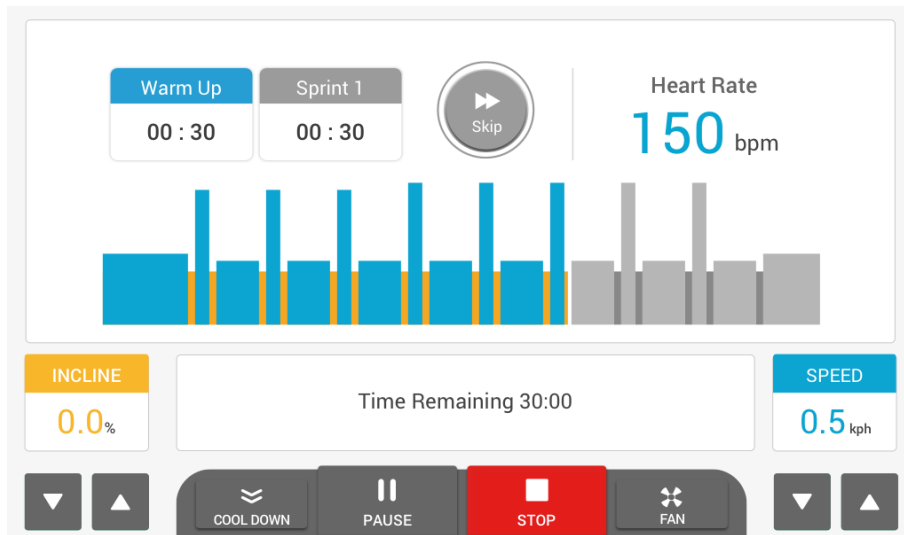
By tapping 「Preview」 at the bottom right of the screen shown above, you'll see a 「PROFILE」 that includes all intervals (as shown in the left image below). You can also tap 「Details」 to switch to the view shown on the right.



Tap 「Start」 to enter HIIT workout-in-progress screen, as described in the next section.

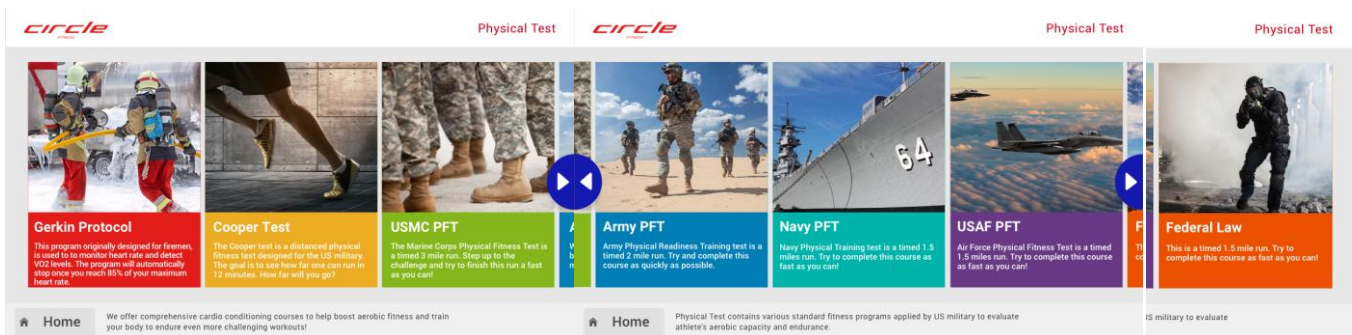
### HIIT Workout-in-Progress Screen

As shown in the image below, the blue-highlighted section indicates the current period/phase in progress, while the gray-highlighted section on the right represents the upcoming period/phase. You can tap 「Skip ▶▶」 to bypass the current period/phase and move directly to the next one. Tapping 「■ Stop」 or completing the workout will bring you to the summary screen.



## 2.6 Physical Test

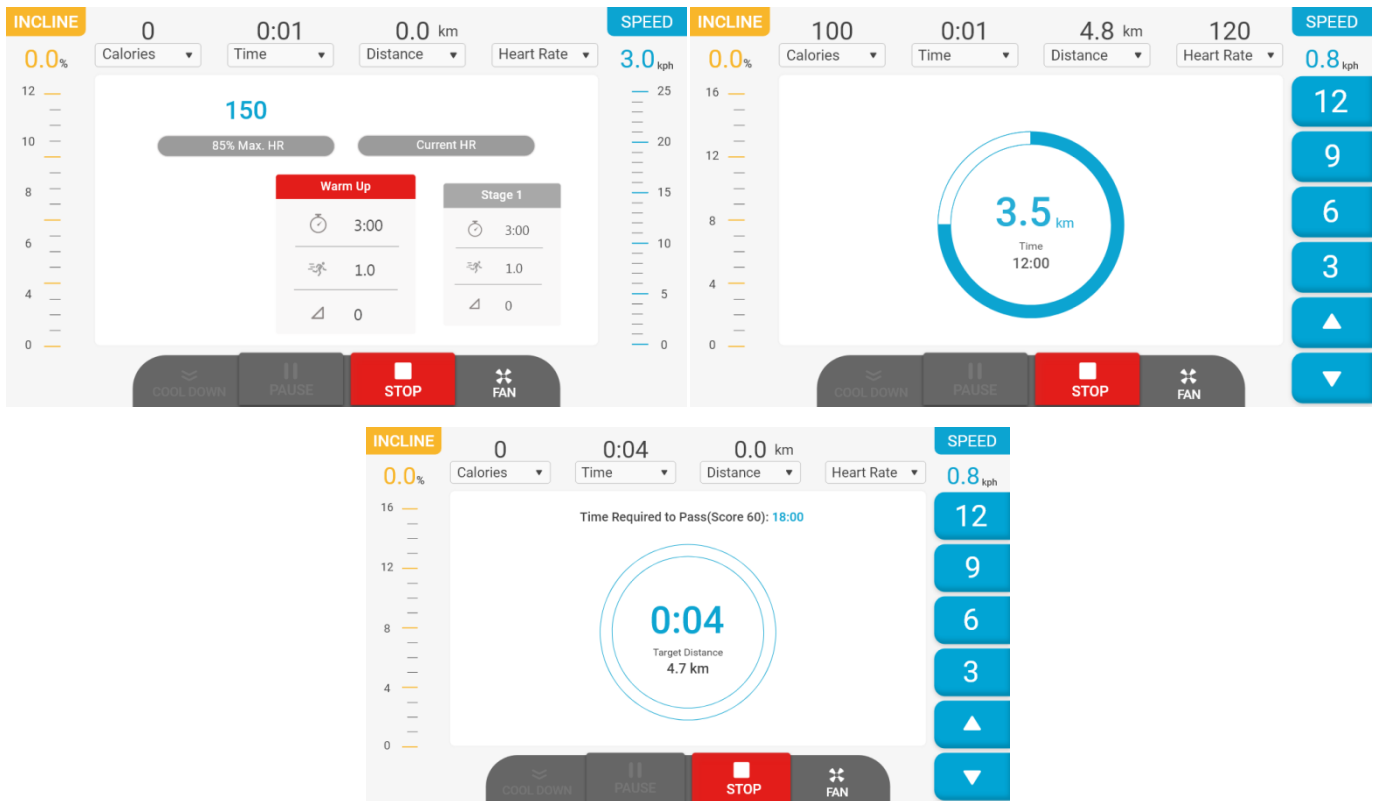
In standby mode, tap 「Physical Test」 to access seven available modes that can be selected based on your needs: 「Gerkin Protocol / Cooper Test / Marine Corps Fitness Test / Army Fitness Test / Navy Fitness Test / Air Force Fitness Test / Federal Law Fitness Test」. To return to the previous menu, tap「Home」at the bottom left corner of the screen.



- In all modes, you will need to set your gender, age, and weight, as shown in the image below (using the Gerkin Protocol as an example). A confirmation screen will appear at the end. Tap 「Start」 to enter workout-in-progress screen during physical tests.

## Workout-in-Progress Screen for Physical Tests

The images below (Left: Gerkin Test; Right: Cooper Test; Next: Other tests, USMC PFT as an example) show the workout-in-progress screens for different tests. Each screen displays key exercise data specific to the selected test.



After pressing 「STOP」 or upon completing the workout, the system will enter the summary screen as shown in the images below. (Left: Gerkin Test; Right: Cooper Test; Next: Other tests, USMC PFT as an example)

