

CARDIO

UK



TREADMILL T55

TITAN LIFE®

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READ THIS OWNER'S MANUAL BEFORE OPERATING YOUR TREADMILL

**IMPORTANT – SEE PAGE 19 FOR
INFORMATION ON TREADMILL
LUBRICATION.**

**THIS INFORMATION HAS BEEN PROVIDED
TO EXTEND YOUR TREADMILL'S LIFETIME.**



When starting up your treadmill, stand with your two feet on the two side panels.



When the belt reaches a speed of 2 km/h, you can step on the belt and start walking.

DEAR CUSTOMER

We are extremely pleased that you have chosen a product from TITAN LIFE. This is a high-quality product designed for home usage. It has been tested to the European EN 957 standard. Please carefully read this entire owner's manual Before you assemble and start to use your treadmill. We recommend that you retain the manual for future reference.

CUSTOMER SERVICE

So that we can offer you the best service in the event of a problem, a malfunction or defect for instance, please save the product's serial number in a safe place. It can be found on the tag affixed to the bottom of the treadmill's frame. You should fill in the following items on the tag. We will need this information if you need to contact us at any time regarding your product. We also recommend that you keep the following information together with your receipt of purchase. You will be required to show your receipt in the event of a claim, if requested.

Brand:

e.g. TITAN LIFE

Product type:

e.g. Treadmill

Model name:

e.g. ATHLETE T'11

Serial number:

e.g. re-12011/5212/45101-01

Date of purchase:

e.g. 20/10/2020

Where purchased:

e.g. Expert Sport Norge

ORDER REPLACEMENT PARTS

If you ever need to buy replacement parts, you will find the product numbers for these in either the list of parts or the component diagram in this owner's manual. When ordering, contact our Customer Service department as follows:

DK: www.livingsport.dk

SE: www.livingsport.se

FI: www.livingsport.fi

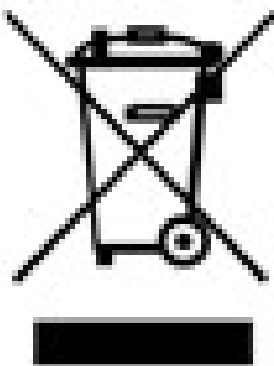
NO: www.livingsport.eu

DE: www.livingsport.info

UK: www.livingsport.info

Have the serial number, model number, your receipt, and owner's manual at hand when you contact us.

DISPOSAL



This symbol means that the product may not be disposed of as household waste. It is your responsibility to take the product to an appropriate collection point for recycling electrical and electronic equipment. This scheme helps to conserve natural resources and prevent any adverse impacts on human health or the environment.

WARRANTY

TITAN LIFE's quality products are designed and tested for home use. This means that the warranty will become null and void if you use the product for commercial, public, or other non-private use.

This product has been manufactured according to the European EN 957 standard.

As an importer of your TITAN LIFE product, LivingSport A/S offers a two-year warranty under the Danish Sale of Goods Act. The warranty covers manufacturing and material defects found during normal use of the product. The warranty does not cover any defects, damage, or wear caused directly or indirectly as a result of improper operation, poor maintenance, violent use, or tampering. LivingSport A/S cannot be held liable for any damage to other household effects incurred in connection with the use of the product. Claims in respect of defects or shortcomings, which should be detected through normal examination of the product, should be addressed to LivingSport A/S within a reasonable time.

The product can be returned for repair in the event of defects or shortcomings. This MUST be agreed with LivingSport A/S prior to the return. Once we assess the extent of the defect or shortcoming, we will attempt to remedy the problem during repair. If this cannot be done within a reasonable time and without major inconvenience to the consumer, we will exchange the product or a credit can be considered. The warranty period begins on the day of delivery. Therefore, please retain your purchase receipt and delivery slip in a safe place.

If you need to make a product claim, please visit:

DK: www.livingsport.dk

SE: www.livingsport.se

FI: www.livingsport.fi

NO: www.livingsport.eu

DE: www.livingsport.info

UK: www.livingsport.info

SAFETY INSTRUCTIONS

You should consult your doctor before beginning this or any other workout programme. This is particularly important for people who have not exercised regularly previously, or those with current or previous health problems.

Please read this manual carefully before beginning your workout. The manufacturer and retailer assume no liability for personal injury or damage to household effects caused by or through use of this product. Carefully read all precautions and instructions for the use of the product. We recommend that you keep this manual for future reference.

- It is the owner's responsibility to ensure that all users of the product are adequately informed of all precautions. Use this product only as described in this manual.
- Use this product indoors only, on a smooth surface, ensuring sufficient free space around the product. Do not place the product outdoors, in a garage, under a carport, in a shed, or near water.
- Keep the product away from moisture and dust.
- ALWAYS keep children under 12 and pets away from the product.
- If necessary, place a mat under the stabilisers to protect wooden floors and carpets.
- regularly check to ensure that all screws and bolts are properly tighten.

- Immediately replace any worn or broken parts.
- Damaged parts or components may pose a risk to your safety and impair the product's lifetime. Therefore, replace damaged or worn parts immediately and do not use the product before you do so.
- Repairs may only be carried out in consultation with LivingSport A/S.
- Ensure that NO LIQUID enters the machine or electronic parts, as this may cause damage to the product.
- The product should be stored at normal room temperature, in other words not below 15°C.
- Wear appropriate clothing when exercising. Avoid wearing loose clothing or accessories that could become entangled in the product's moving parts.
- Always wear athletic shoes or trainers when exercising.
- Keep your back straight while exercising. Do not bend your back.
- If you feel pain or dizziness while exercising, you should stop immediately!
- If your product is fitted with a hand pulse monitor, be aware that the monitor is not a medical device and that you can expect a certain margin of error when measuring your heart rate as compared with the measurements of your pulse rate direct from your heartbeat. Several factors, including the way the user moves, can influence the precision of a hand pulse monitor.
- The hand pulse monitor should be regarded as a training tool to determine your general heart rate.
- The product is classified as an "H" product (for home use)

and is therefore only intended for exercise use at home. It should therefore not be used within commercial or institutional environments.

- The product is NOT designed for medical or rehabilitative purposes.
 - The product is manufactured according to the European EN 957 standard and is not intended for therapeutic or curative exercise.
 - For maximum user weight see USER INSTRUCTIONS.
 - If your product has heart rate then please note this: WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
 - Emergency dismount; clear safety area of at least 2 000 mm in length and at least as wide as the treadmill shall be provided behind the equipment when in use. If your product has heart rate then please note this: WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- Noise emission under load is higher than without load.

IMPORTANT SAFETY INFORMATION

Position your treadmill close to an electrical outlet. Always plug the power cord into a grounded outlet. Ensure that no other power-consuming items are plugged into the same outlet. We recommend that you do not use an extension cord. The product is rated for 220-240-volt outlets. Only allow adults to connect the treadmill to the mains.

If in doubt about how to connect your treadmill, or whether it is safe to do so, you should contact a qualified electrician. You must not attempt to modify the cord or adapter.

The cord must not come into contact with the treadmill! You should therefore not route it under the treadmill or under the rear or front rollers. Do not use the treadmill if the cord is defective!

Turn off the power and unplug the cord during maintenance. Ensure there is no damage to the treadmill and that everything is tensioned before use. The treadmill must not be used outdoors or placed in direct sunlight. When in the “On” position, the treadmill should always be supervised by an adult.

ASSEMBLY

Before starting up your machine, it is important that you carefully read all the steps for assembly. We recommend that you consult the three-dimensional exploded view diagram while doing so.

Dispose of all packaging and loose material before assembling the product. Ensure that all parts have been included and are free of damage before starting with assembly. Use the enclosed list of materials to double-check that this is the case.

Use care when assembling the product. Ensure that you can concentrate and that no one disturbs you during assembly. Children should never be present during the assembly of the product!

MAINTENANCE

The product must be tensioned before each use and it should be checked for any defects, vibrations, strange noises, and missing parts. If you are unsure whether the product has a defect, cease using it and contact LivingSport A/S' Service Department. In particular, take note of the screws and bolts securing the moving parts, whether visible or hidden. If the fault occurs due to improper operation, lack of tensioning, or maintenance, the warranty will become void. Furthermore, LivingSport A/S takes no responsibility for faults which may occur on second and third parties.

It is important that the treadmill is properly maintained, in order to prevent faults and to ensure its smooth functioning. If you fail to maintain your treadmill, you may impair its useful life and risk the warranty becoming void.

**ALL PARTS SHOULD BE CHECKED AND TENSIONED
REGULARLY! DEFECTIVE PARTS MUST BE REPLACED
IMMEDIATELY!**

ADJUSTING THE TREADMILL/BELT

You may need to adjust the treadmill/belt after the first few weeks of use because the rubber parts may expand a little. If you notice the treadmill slipping or "standing still" when you take a forward step, the

treadmill/belt needs to be tightened.

TENSIONING THE TREAD-BELT

1. Use an 8mm wrench for the left adjustment bolt. Turn it clockwise by a $\frac{1}{4}$ turn.
2. Repeat STEP 1 with the right adjustment bolt. Ensure that you turn each bolt the same number of turns. If you fail to do so, the belt will start running askew and you risk destroying the belt.
3. Repeat STEP 1 and STEP 2 until the belt stops slipping/moves from its “standing still” position.
4. Be careful not to overtighten the belt, as this may damage the front roller’s ball bearings. If this happens, you will hear a metallic noise coming from the roller.

To reduce load on the rollers (to loosen the belt), turn both the right and left bolts clockwise the same number of turns.

CENTRING THE TREADMILL / BELT

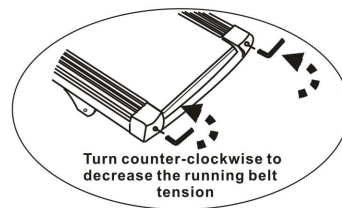
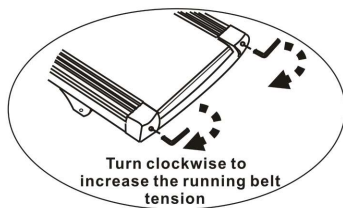
When you run, it is normal that you push off harder with one foot than with another. However, with time, this may lead to the belt being pulled askew. The treadmill will usually re-centre itself by simply being allowed to run without any load on it, meaning no one standing on it while it is running. If this does not remedy the problem, you should adjust your treadmill manually.

- Start the treadmill/belt, allowing it to run at 6 km/h and ensuring there is no load on it. Observe whether the belt is pulls to the right or the left.
- If it pulls to the left, use the wrench to turn the left adjustment bolt. Turn the left bolt clockwise by a ¼ turn.
- If it pulls to the right, use the wrench to turn the right adjustment bolt. Turn the right bolt clockwise by a ¼ turn.
- Repeat the above until you centre the belt.

Once you centre the belt, set the speed at around 12 km/h. Check whether the treadmill is running normally and without any strange sounds.

If the above procedure proves inadequate to centre the belt, you may need, as mentioned above, to tighten the tread-belt.

Refer to the illustration below.



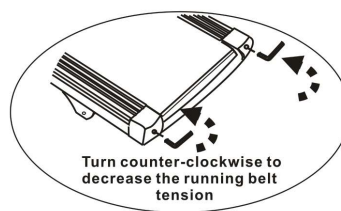
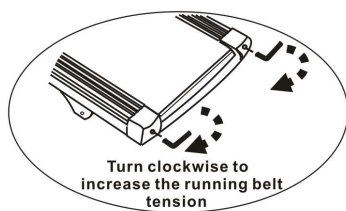
LUBRICATION

Before using your treadmill for the first time, you should check whether it has arrived adequately lubricated by the manufacturer: Lift the belt and feel the underside. If you find any traces of silicone, you do not need to re-lubricate the belt.

If the surface is dry, follow the “Lubricating your Treadmill” instructions below.

Your treadmill should be lubricated regularly. Lubricate it at monthly intervals or after approx. 40 workout hours. Only use an authorised silicone spray or the bottle supplied with the treadmill. If you wish to buy items in addition to those supplied, please contact info@livingsport.dk for referral to your nearest dealer.

LUBRICATING THE TREADMILL



STEP 1:

Use the Allen wrench supplied to loosen the screws towards the end of the belt, as shown above. Turn clockwise about 10 times.

STEP 2:

Lift the belt up and, using the bottle supplied, lubricate the wooden board in an S-shaped pattern. You will need approx. half the bottle.

STEP 3:

Next, retighten the belt.

STEP 4:

Run the treadmill at a speed of 5-6 km/h, without standing or walking

on it, for about 5 minutes, so the oil can be worked into the belt. Lastly, turn the speed to the highest setting and check that the belt is running straight.

CLEANING

Regular cleaning ensures your treadmill lasts longer!

WARNING: The treadmill may not be connected to a power source during cleaning! The power plug should be disconnected from the electrical socket when the treadmill is not in use, and must be during maintenance and during cleaning.

Note: Do not use any soap or detergents. To avoid damage to the console, keep clear of all liquids.

Wipe the console and all other surfaces using a dry cloth after each workout! Do not leave the console in direct sunlight.

Remove the motor cover approx. every 6 months and vacuum the motor compartment. REMEMBER disconnect from the power source. It is important that where you place your treadmill is a dust-free environment. Also remember to clean under and around the treadmill. To make cleaning easier, you should use a mat under the treadmill. Clean the mat at least once a week.

STORAGE

The treadmill should be stored in a clean and dry room, and at a

minimum temperature of 15 degrees. Ensure that the power is turned off and that the cord is not plugged into the outlet.

HEART RATE WORKOUTS

On normal days, our body uses oxygen to convert nutrients from the food we eat into energy for use by our muscles and in other bodily functions. The amount of energy we use is measured in calories. The following rule of thumb applies: if we burn more calories than we consume, the body will source fuel from the calories that the body stores as fat. This will lead to fat being turned into muscle, which will improve our posture and make the body healthier overall.

When we exercise, our heart rate increases to supply a sufficient amount of oxygen to the muscles being used. Regular cardiovascular activities, such as cycling, running, rowing, or working out on a crosstrainer, will result in a stronger heart and stronger lungs that can more effectively distribute oxygen to the muscles. In turn, muscles can more effectively convert calories into energy.

However, to ensure you improve your health in a safe and reliable way, it is necessary that you very accurately estimate the pulse rate you are going to work out at. You do this by setting your maximum heart rate (MHR). This is the maximum number of times your heart can beat per minute.

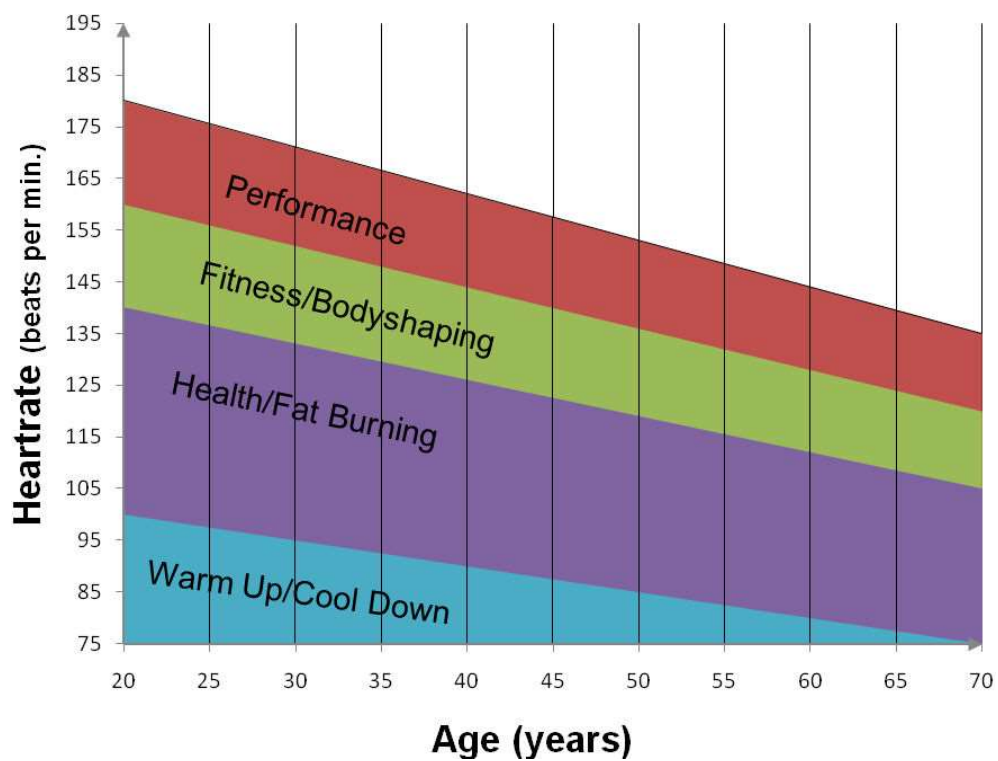
How to set your maximum heart rate:

Men: Estimated MHR = 220 minus your age

Women: Estimated MHR = 226 minus your age

Use the following table to determine the level at which you should work out based on your heart rate.

HEART RATE DIAGRAM



WARMING UP

FLEXIBILITY

Flexibility is described as the range of motion around a joint, where two or more bones come together. By maintaining your joints and improving your flexibility, you will be less susceptible to injury or arthritic infirmity. You should try to gently improve your flexibility using a couple of stretching exercises. Stretching exercises should always be a part of your warm-up and cool-down routines. You can then continue to increase your flexibility during your normal workout.

WARMING UP AND COOLING DOWN

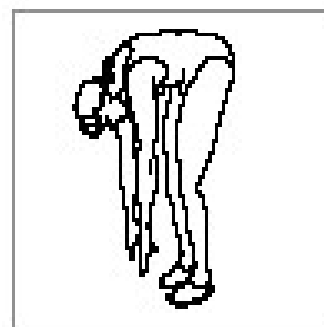
A successful exercise programme consists of a good warm-up, aerobic exercise, and cool-down. Do this programme two or three times a week with a day between workouts. After several months, you can increase your workouts to four or five times a week. Warming up is a very important component of your exercise programme and it should be done before every workout. It prepares your body for a very strenuous workout by warming up and stretching

your muscles. It also improves your circulation and increases your pulse, and delivers more oxygen to your muscles.

We recommend that you repeat the exercises shown here after your workout to reduce exercise pain.

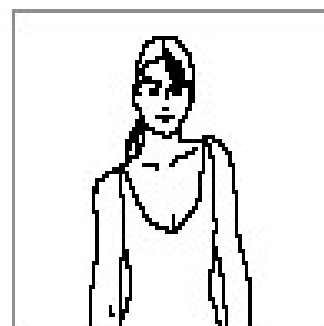
TOUCHING YOUR TOES

Slowly bend forwards from the hips, keeping your back and arms relaxed while stretching downwards towards your toes. Stretch down as far as you can and hold that position for 15 seconds. Bend your knees slightly.



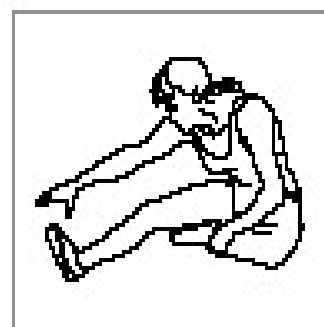
SHOULDER LIFTS

Raise your right shoulder up towards your right ear and hold for 2 seconds. Next, raise your left shoulder up towards your left ear and hold for 2 seconds, while lowering your right shoulder.



HAMSTRING STRETCHES

Sit with your right leg outstretched. Rest the sole of your left foot against the inside of your right thigh. Stretch your right arm out along your right leg as far as you can. Hold for 15 seconds. Relax and then repeat with the left leg and left arm.

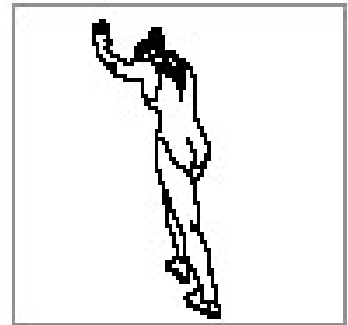


SIDE STRETCHES

Raise your arms above your head. Stretch your right arm up towards the ceiling as far as you can. Then repeat the exercise for your left arm.

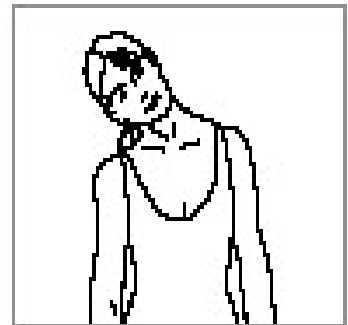
CALF/ACHILLES STRETCHES

Lean against a wall with your left leg in front of the right and your arms forwards. Stretch out your right leg, keeping your left foot on the floor. Next, bend your left leg and lean forwards by moving your right hip in the direction of the wall. Keep your leg stretched and repeat the exercise for the other leg.



HEAD ROLLS

Slowly tilt your head to the right, stretching out the left side of your neck. Hold for 20 seconds. Next, tilt it back again to the left and continue on until the right side of your neck is stretched out. Then, slowly tilt your head forwards and stick out your neck. Never rotate your head all the way round!



Repeat the exercise several times.

GENERAL WORKOUT PROGRAMME

DESIRED RESULT	WORKOUT LEVEL
More active lifestyle <ul style="list-style-type: none"> • Improve functional capacity • Reduce risk of disease • Physical well-being 	Level 1 Work with a heart rate of 40-60% of your maximum
A healthier heart – burn fat <ul style="list-style-type: none"> • Improve cardiovascular health • Weight loss • More energy • Reduce blood pressure • Reduce cholesterol levels • Boost immune system • Reduce stress 	Level 2 Work with a heart rate of 61-70% of your maximum
Fitness – stamina <ul style="list-style-type: none"> • Improve cardiovascular health • Improve aerobic capacity and stamina 	Level 3 Work with a heart rate of 71-85% of your maximum
Competition training	Level 4 Work with a heart rate

<ul style="list-style-type: none">• Shift oxygen limit• Improve competition results	of 86-100% of your maximum
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HELP IN ATTAINING YOUR WORKOUT GOALS

As previously described, there are a range of benefits from exercising, including better sleep and an improved metabolism so that you burn fat even when you are not exercising, better posture that reduces the risk of back pain, and enhanced self-esteem from all the health benefits. We recommend that you do not use your weight loss as the only indicator of your results. Instead, look at yourself in the mirror, which is a far better indicator of success when you are turning fat into muscle.

Do not set unrealistic goals when you begin working out. That will quickly give rise to sore muscles, resulting in a lack of motivation when you fail to achieve your goals. Instead, get on the bike for 20 minutes three times a week, in order to allow your body to recover. Remember: what you are putting into effect is a change of lifestyle, so let it take the time it needs. Try not to do too much all at once to get in shape. Long-term success tends to be easier to achieve when you start slowly. Take one step at a time and make sure that you feel comfortable with your new habits. That way, you won't give up and fall back into an inactive lifestyle. It is also important to understand that several elements of everyday life can help or hinder you in

achieving your goals. What you eat has a strong bearing on your well-being, and so it is important to eat healthily. On top of that, there are lots of little things in everyday life that can bring about a positive result, such as using the stairs instead of the lift. And remember, even if you do not do these things every day, every little bit helps.

USER INSTRUCTIONS

Maximum userweight 150kg

BRIEF DESCRIPTION

Motorized treadmill (diagram 1) can help complete your goal of keeping fit together with unique and elegant appearance. Easily read panel parameter。 Easily operated folding system realizes space-saving. Auto speed range 1-20km/h and auto incline range 0-20. All makes it a hot home use fitness equipment.

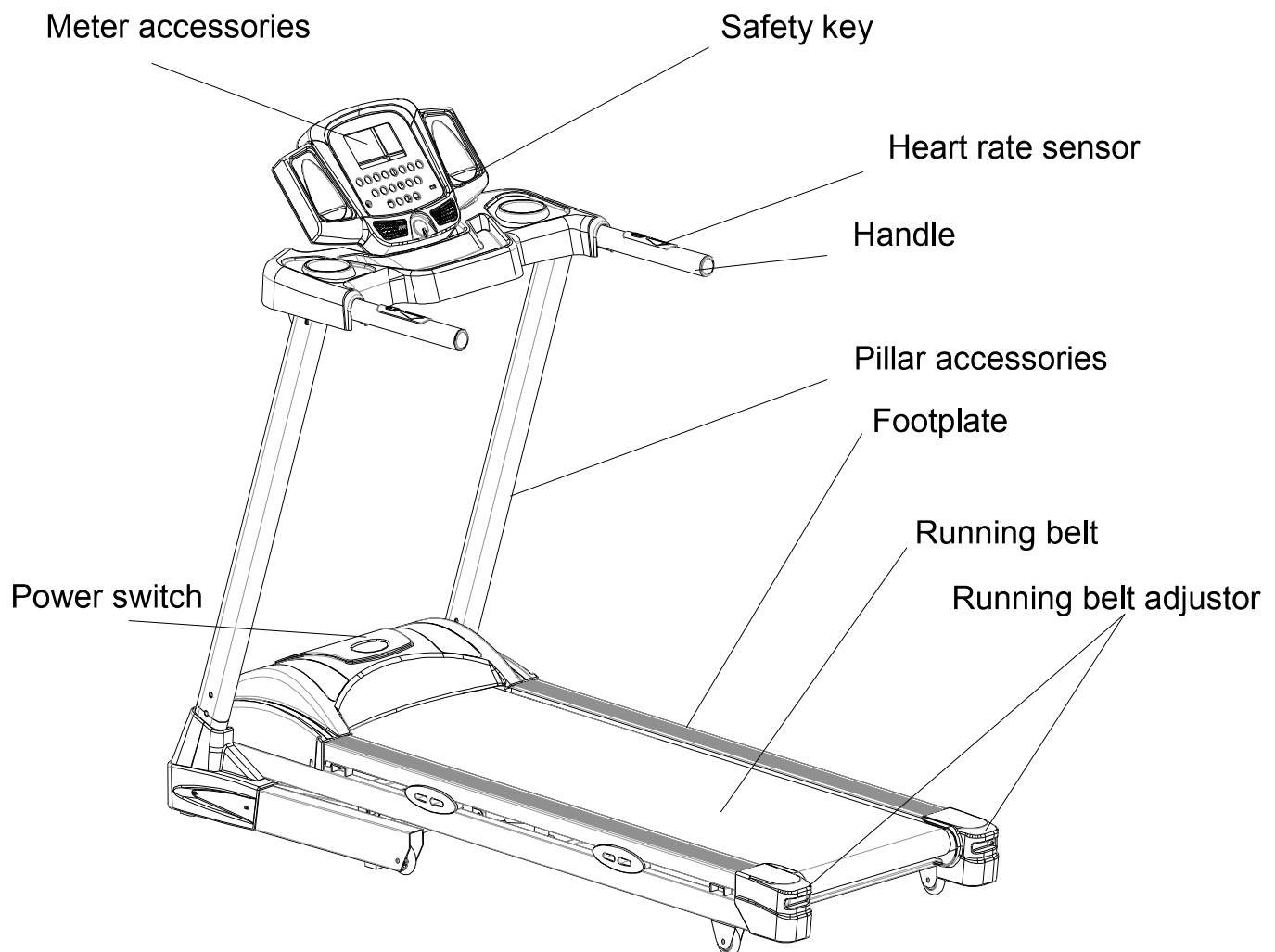


Diagram 1: Motorized Treadmill

MAIN TECHNICAL FEATURES

Main use: Body and beauty building

This treadmill is for home use

Panel displays speed, time, distance, heart rate, calorie etc.

Display Mode: LCD

Input voltage: 220V±10%

Frequency: 50HZ

Input current: ≤8A

Temperature for working: 0~40°C

Speed range: 1~20km/h

Auto incline: 0-20

Program: Time display range:0:00~99:59(minute : second);

Distance display range:0.1~99.99kms

Machine size (L*W*H): 1730x805x1290 (mm)

N/W: 66KGS;

INSTALLATION: SEE “INSTALLATION SKETCH” USE AND OPERATION

Panel Keys and Function



(1) “MP3”

Press this key to open or shut the speaker amplify when we connect the MP3.

(2) “Prog”(keeping pressing this button until you find the program that you want)

You can also press the “program” button to select your preferred program from the predefined programs. Please note P1 to P24 programs are speed program only without inclined change. P25 to P48 programs are a combination of speed and inclined change. Press the “PROG” key once again to enter “48 direct selected programs” there are 99 programs, “P1-P48” the first 24 programs without incline. The last 24 programs including incline. So please choose carefully.

(3) “Incline short cut key”

Press this key, the incline goes directly to the chosen height.

(4) “Speed short cut key”

Under running condition, press this key, speed can be set to the value directly.

(5) “Incline up”

Press this key one by one or Press it continuously, you can choose the incline you need, except for the alarm condition.

(6) “Speed down”

Under running condition, press this key, speed can be speeded down to the one you need.

(7) “Incline down”

Press this key, you can choose the incline you need, except for the alarm condition.

(8) “Speed up”

Under running condition, press this key, speed can be speeded

up to the one you need.

(9) "Mode"

Under ready condition, press this key to enter countdown running way, the first one time count, you could press "speed+" or "speed-" to adjust the time; then press "mode" key again, it goes to distance count, we also could press "speed+" or "speed-" to adjust the countdown distance, finally if you don't like the above two ways, you also could press the "mode" key again, then it finally goes to the calorie count. You could press the "speed+" and "speed -" to adjust your expected calorie to start the final count down. No matter which countdown way is your choice, after you choose one way, then press the "START" key you just could enter this way to start your running.

(10) "Start"

Under ready condition, press this key, it runs at the speed of 1.0km/h.

(11) "Safety key"

Under urgent condition, pull this key, machine stops immediately.

(12) "Stop"

Under running condition, press this key, if it runs at speed more than 3.5km/h, it will slow down then stop. During this stopping process, other keys are not available. If it runs at speed less than 3km/h, then it stops immediately.

Unload operating

1. Insert power plug into the socket with earth wire, turn the switch to "1" position which is on the frame

2. Put the safe key in the right position, then circuit is on, press “start”, keep it run in unload condition. Test the condition of running belt (testing from low speed to high ones), after testing, press “stop”.
3. If everything is ok, then start to run.

Meter operating instruction

1. Insert power plug into the socket with earth wire, turn the switch to “1” position which is on the frame. Place the safe key to the appointed position. After a few seconds, panel will show that the machine is ready.
2. Nip another end of safe key to your clothes, and stand on the footplate on both sides.
3. Press “start” key, running belt moves at the lowest speed (1.0km/h). Speed windows will display your running speed.
4. Start to run.
5. Press speed key or incline key to adjust speed and incline, speed window and incline window will display your speed and incline .
6. To end your exercise in a safe way, please first press “stop” key to close the treadmill. Please leave the running belt until it stops slowly. Turn off the power.

Heart Rate Testing

Our treadmill can test your heart rate via the heart rate sensor. The data is only for reference.

Folding and Opening Treadmill

Folding

Firstly lift and fold the back part of the frame board by hand till you hear a light sound, which means the folding system has been locked. At this time running board can't be turned to the opposite direction

Opening

Put the folded treadmill in a capacious position when you want to run. Then pull the adjusting parts by hand to keep it is unlocked. Press the back part by your hands down to about 10%, release it, then it will open automatically.

Cautions, folding, depositing

Cautions

Please make sure that the plug cap has been pulled out before cleaning or maintenance.

Depositing

The treadmill should be deposited indoor in case of being damp. Water can't be spattered and nothing can be laid and inserted on the treadmill.

Please keep the air a little humid in winter. And please void the big static electricity, it may disturb the operation of meters or even damage them.

GUIDES FOR MALFUNCTION

Analyzing and eliminating malfunction

Item	Malfunction	Reasons	Solution
1	Treadmill can't be started	The safe key isn't in the right position	Put the safe key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
		creepage switch is not right	Replace creepage switch
2	Meter can't display	The meter control line and control panel are unconnected	Pull the bolt out and open the motor cover and reconnect it
			Turn on the meter and reconnect
3	Heart rate can't be displayed	The pole of heart rate sensor is not wet enough	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point 3.3 Adjustment steps for

			tightening running belt for reference
7	Running belt is deflected	The running belt is unadjusted.	Please read point 3.4 The steps for adjusting the deflected running belt for reference

If you still can't solve the problems after taking the solutions above, we hope that you can contact our dealer or company as soon as possible.

ERROR AND SELF-INSPECTION

Error:

Treadmill gives the following error code if anything wrong, please contact the professional service people soon if it happens.

Error	Reason
E00	Didn't detect signal from the speed indicator.
E01	The Voltage is overload and exceed the marked (volt)
E02	The motor is overload and exceed the marked (amps).
E03	Incorrect connection between mam motor and control panel
E04	Poor connection between the display and controller.
E05	Safety key of electronic meter has been placed off.
EOS	Incline self-inspection failure

Self-inspection

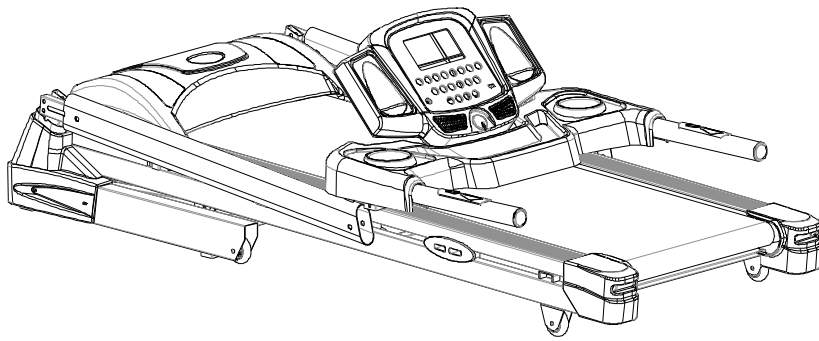
No need to self-inspect unless special situation. If necessary, please do it under the instruction of professional technical people or

sales because of the high voltage.

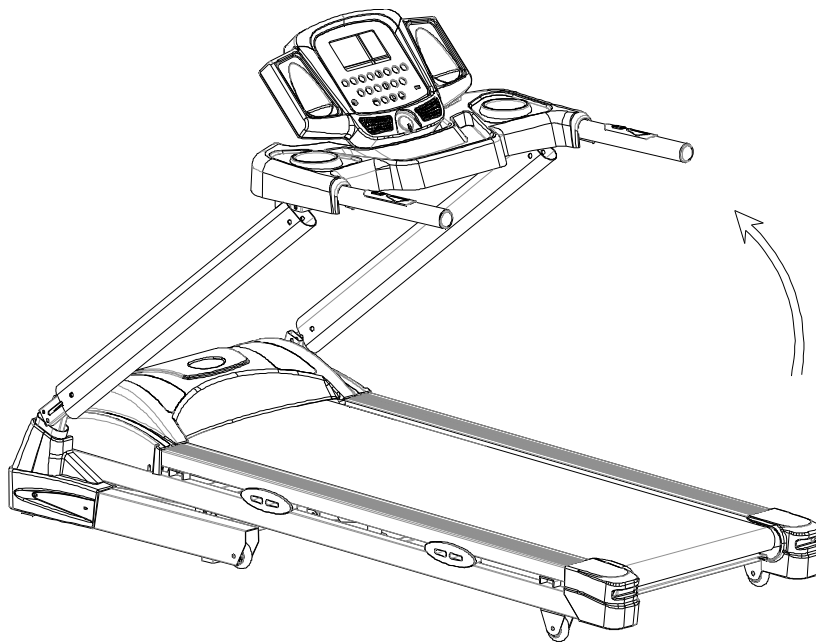
- a Open the red power switch, pull out the safe key
- b Press the “start” and ” speed +” key at the same time and keep it,meanwhile,use another hand to put on the safe key ,then release the button of “start” and “speed+” and press the “mode” key, then the LCD start to show all the data inside
- c After the LCD display finished, then press the “mode” key again.
- d The treadmill runs from the lowest speed to highest speed , meanwhile, the incline is also from lowest to highest. Then treadmill stopped.

The whole self-inspection process takes about 2 minutes

1 GV-4601F Motorized Treadmill Installing Sketch Map

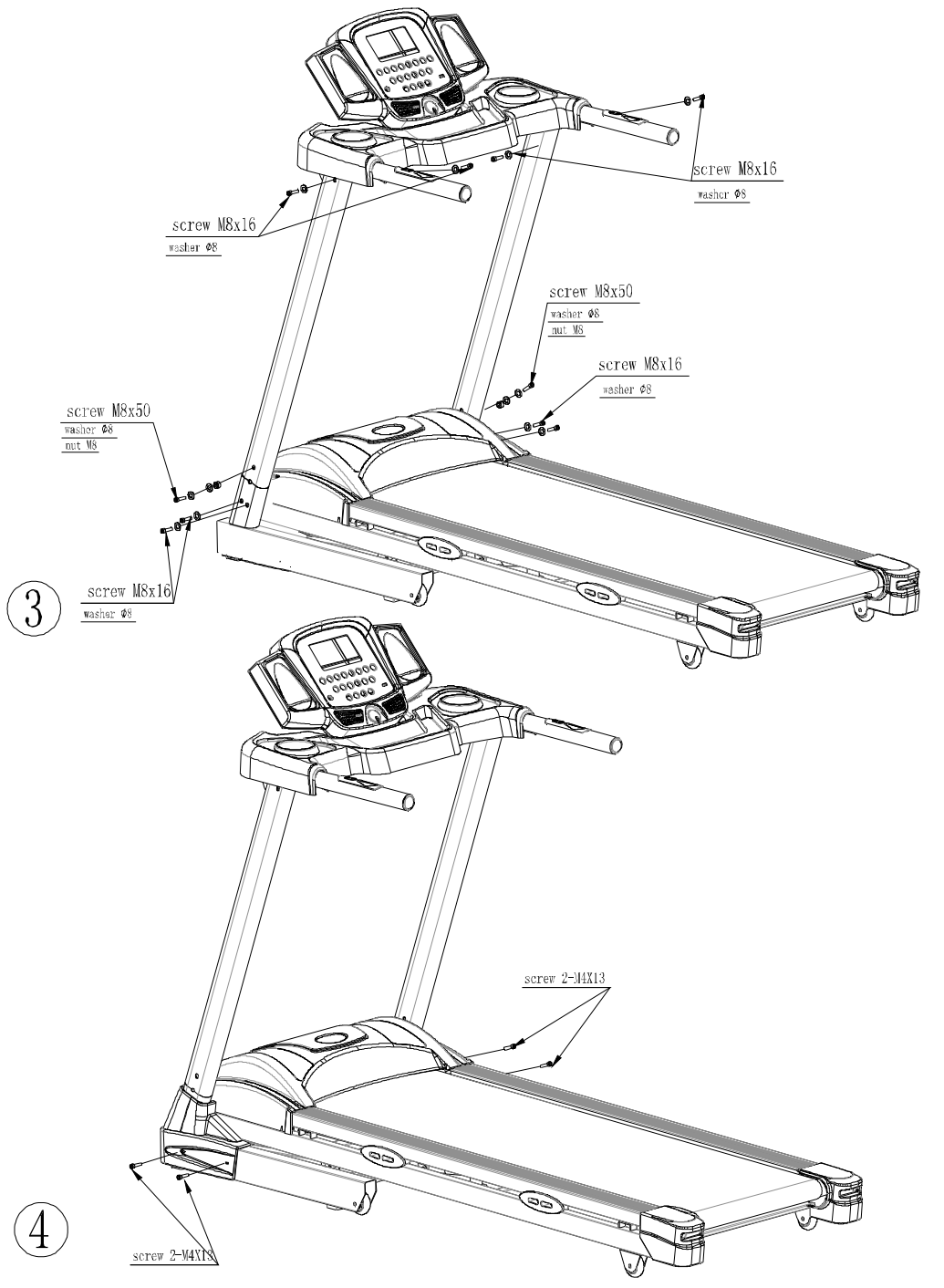


①

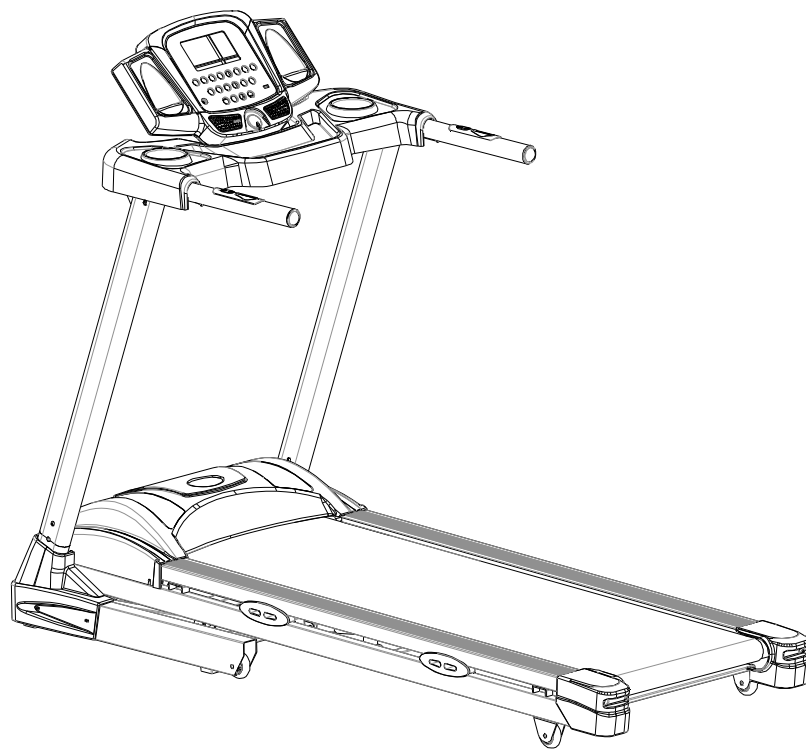


②

2 GV-4601F Motorized Treadmill Installing Sketch Map

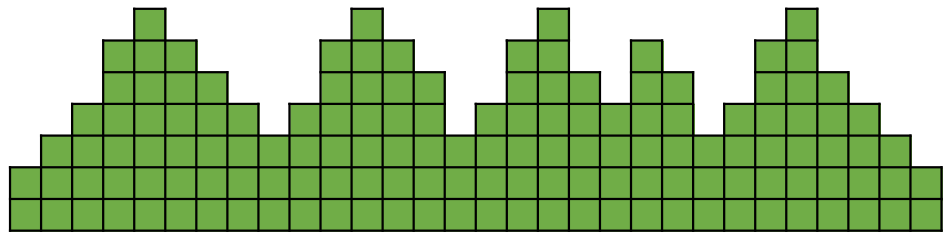


3 GV-4601F Motorized Treadmill Installing Sketch Map

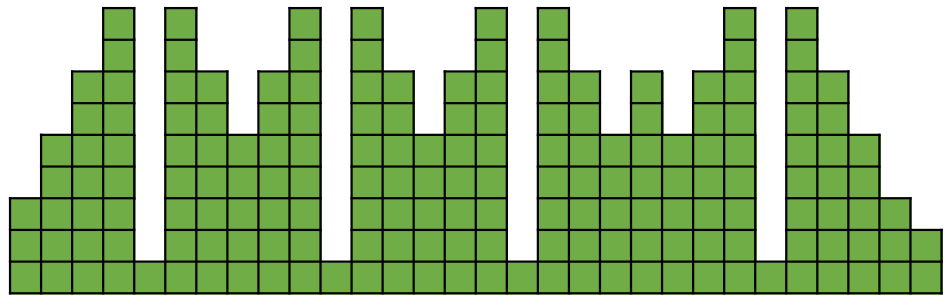


Program profile

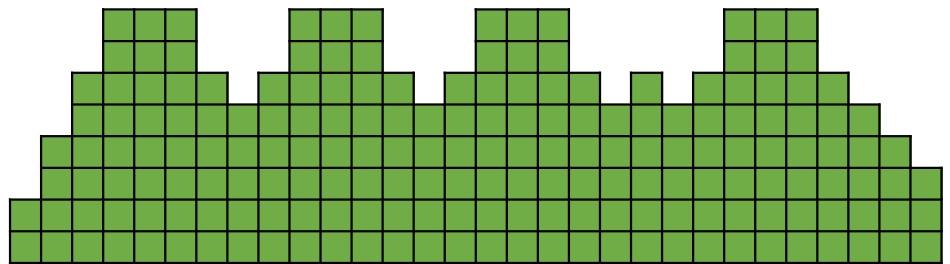
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P1	Speed/km/h	2	3	4	6	7	6	5	4	3	4	6	7	6	5	3	4	6	7	5	4	6	5	3	4	6	7	5	4	3	2



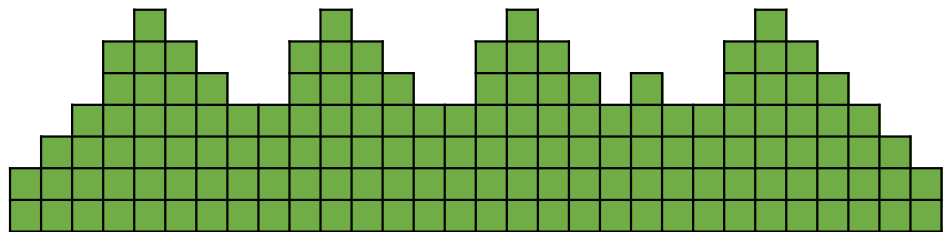
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P2	Speed/km/h	3	5	7	9	1	9	7	5	7	9	1	9	7	5	7	9	1	9	7	5	7	5	7	9	1	9	7	5	3	2



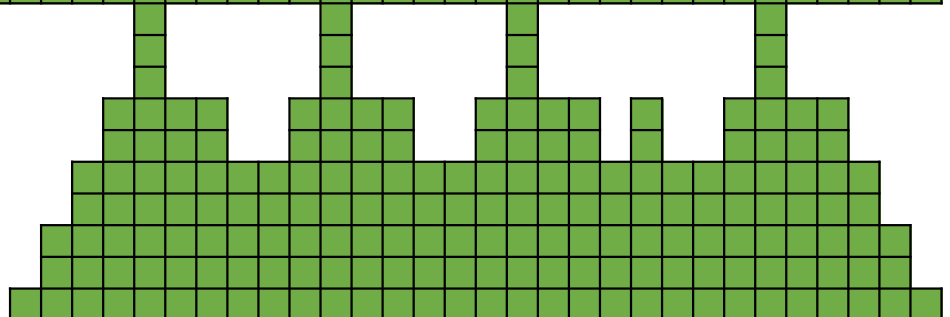
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P3	Speed/km/h	2	4	6	8	8	8	6	5	6	8	8	8	6	5	6	8	8	8	6	5	6	5	6	8	8	8	6	5	4	3

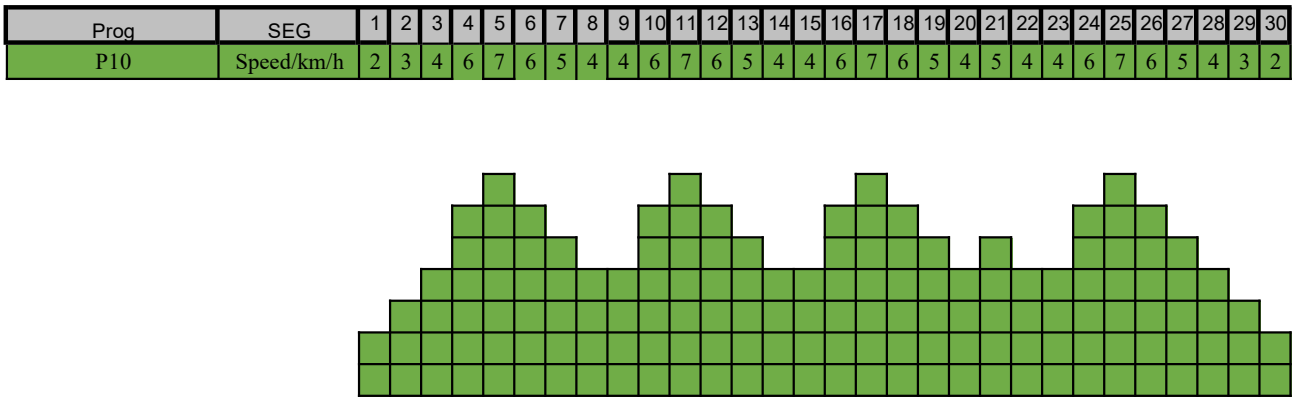
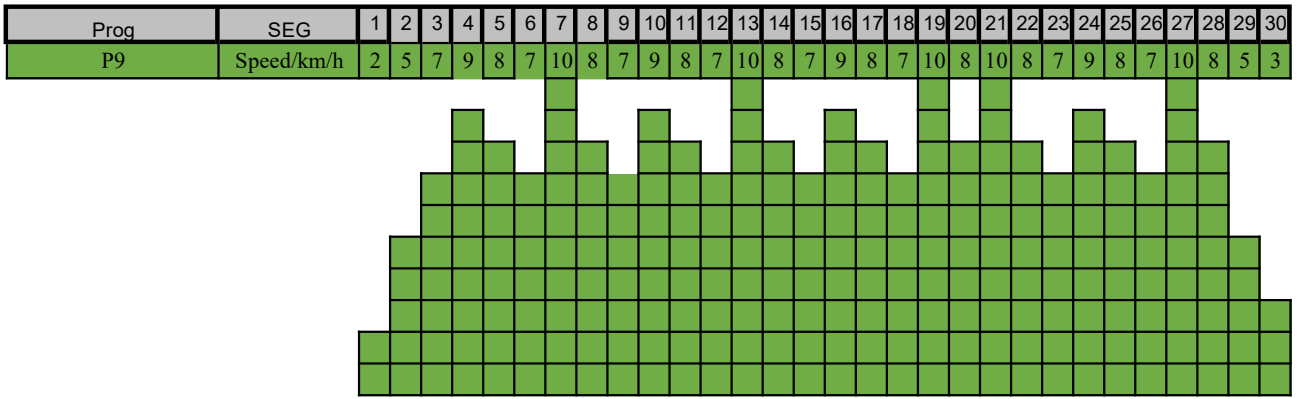
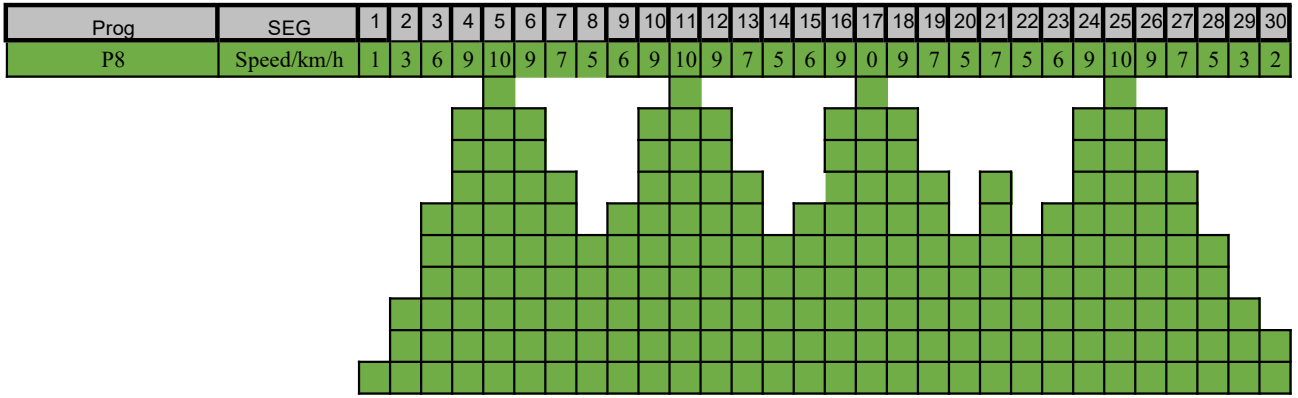
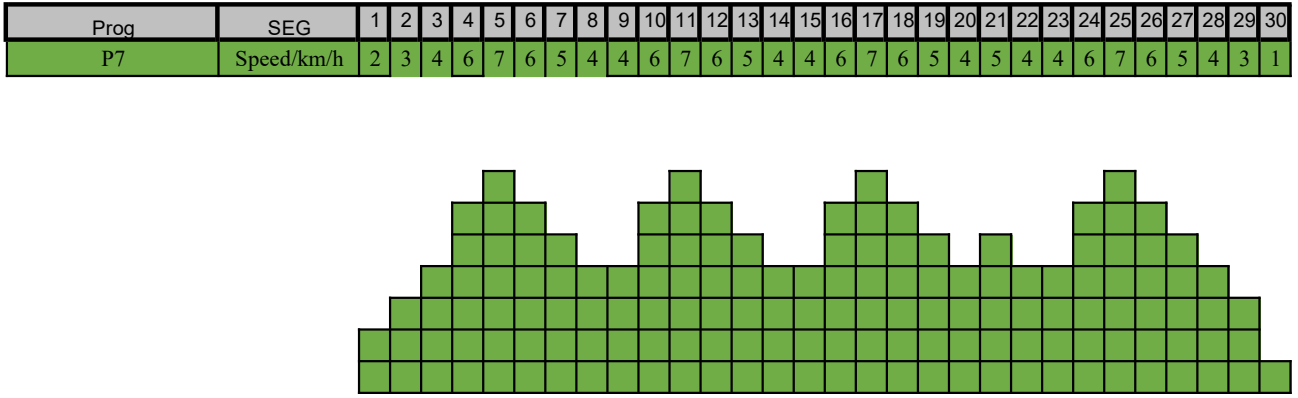
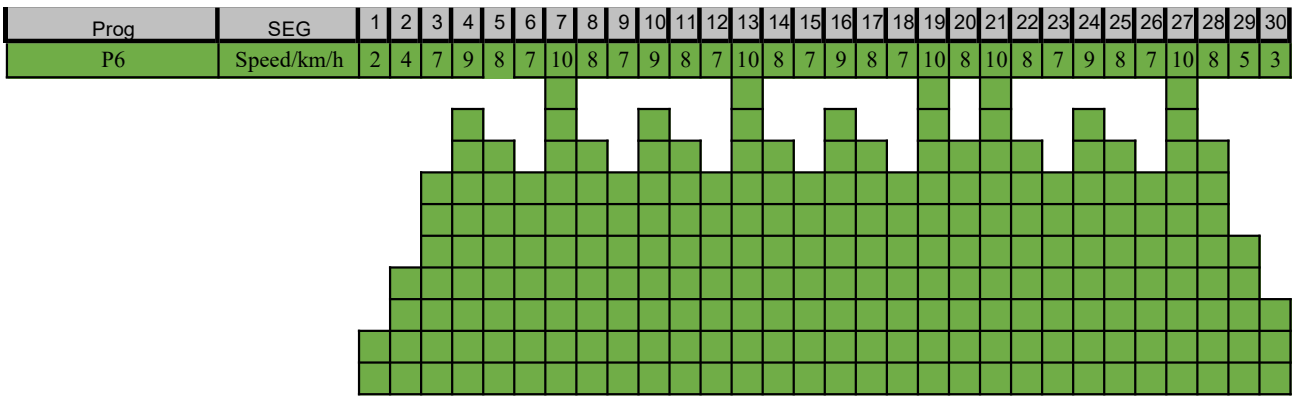


Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P4	Speed/km/h	2	3	4	6	7	6	5	4	4	6	7	6	5	4	4	6	7	6	5	4	5	4	4	6	7	6	5	4	3	2

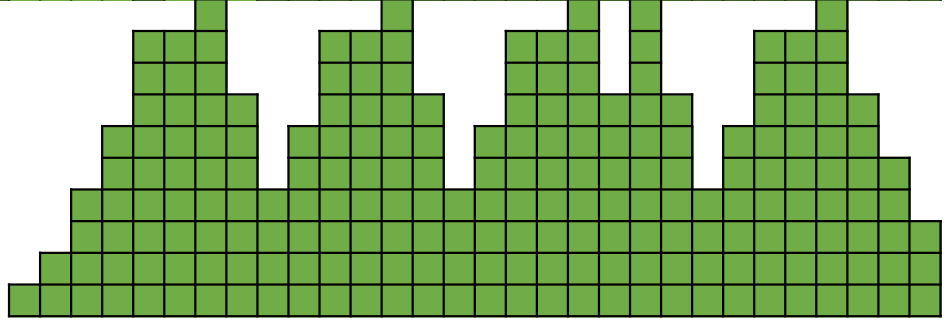


Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P5	Speed/km/h	1	3	5	7	10	7	7	5	5	7	10	7	7	5	5	7	10	7	7	5	7	5	5	7	10	7	7	5	3	1

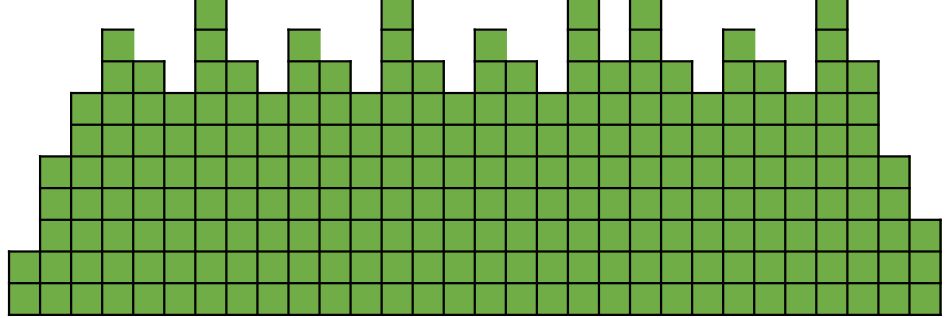




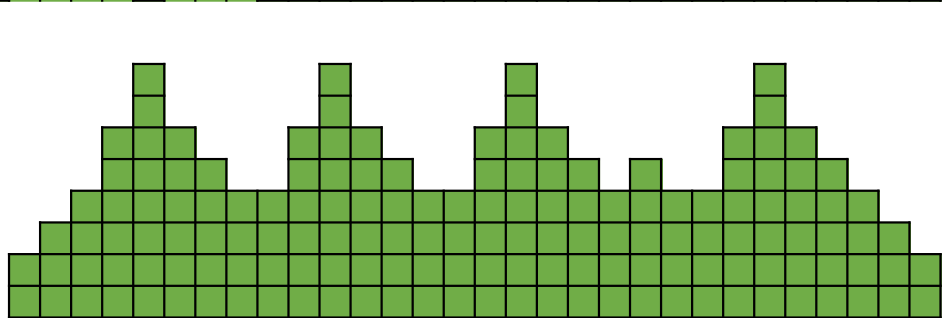
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P11	Speed/km/h	1	2	4	6	9	9	10	7	4	6	9	9	10	7	4	6	9	9	10	7	10	7	4	6	9	9	10	7	5	3



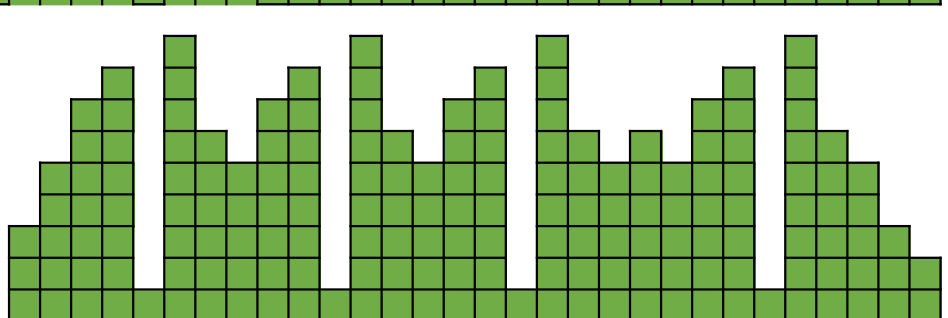
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P12	Speed/km/h	2	5	7	9	8	7	10	8	7	9	8	7	10	8	7	9	8	7	10	8	10	8	7	9	8	7	10	8	5	3



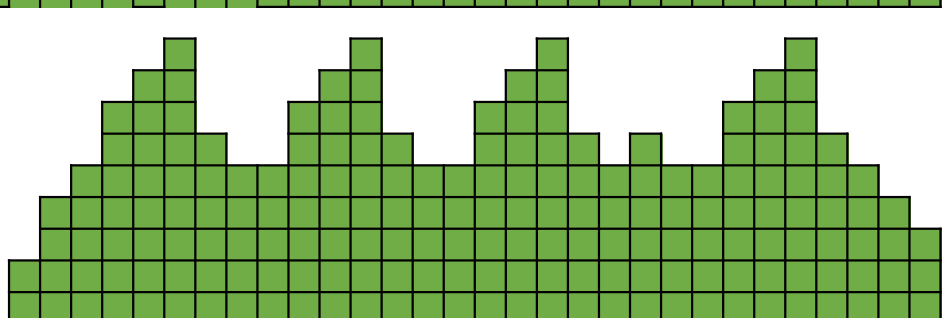
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P13	Speed/km/h	2	3	4	6	8	6	5	4	4	6	8	6	5	4	4	6	8	6	5	4	5	4	4	6	8	6	5	4	3	2



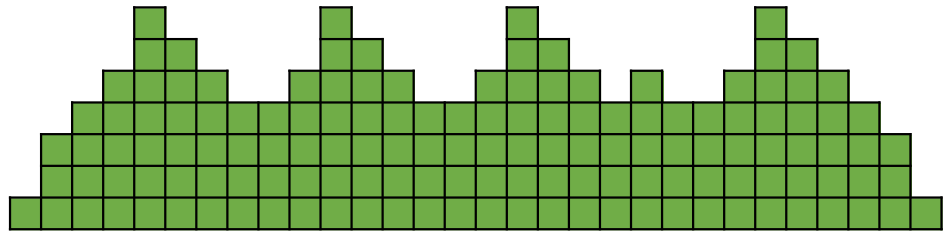
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P14	Speed/km/h	3	5	7	8	1	9	6	5	7	8	1	9	6	5	7	8	1	9	6	5	6	5	7	8	1	9	6	5	3	2



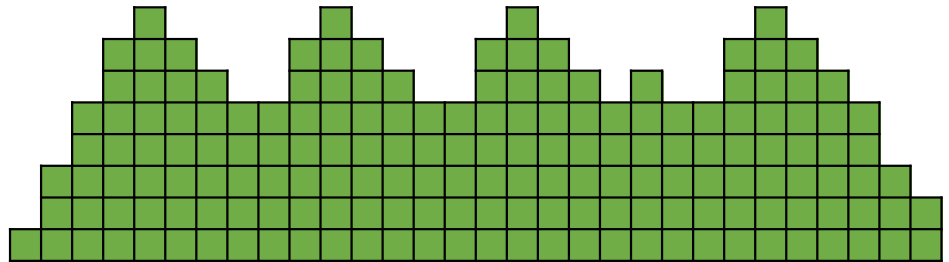
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P15	Speed/km/h	2	4	5	7	8	9	6	5	5	7	8	9	6	5	5	7	8	9	6	5	6	5	5	7	8	9	6	5	4	3



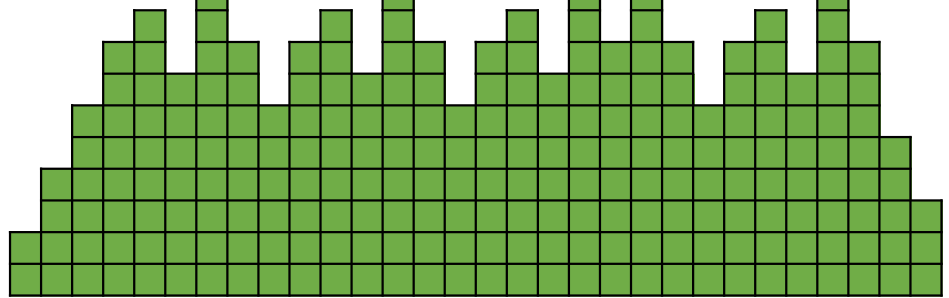
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P16	Speed/km/h	1	3	4	5	7	6	5	4	4	5	7	6	5	4	4	5	7	6	5	4	5	4	4	5	7	6	5	4	3	1



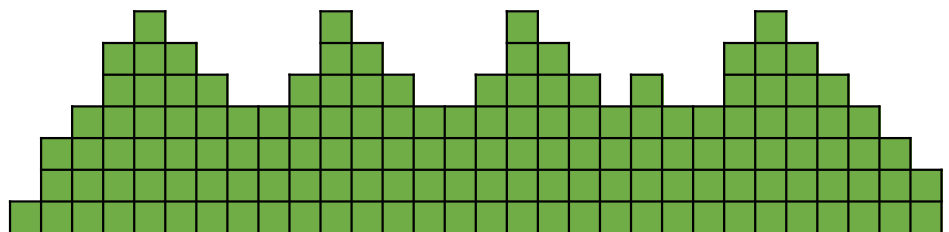
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P17	Speed/km/h	1	3	5	7	8	7	6	5	5	7	8	7	6	5	5	7	8	7	6	5	6	5	5	7	8	7	6	5	3	2



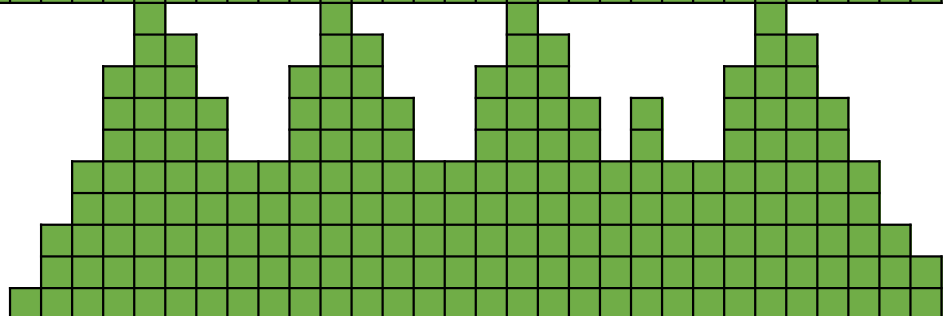
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P18	Speed/km/h	2	4	6	8	9	7	10	8	6	8	9	7	10	8	6	8	9	7	10	8	10	8	6	8	9	7	10	8	5	3



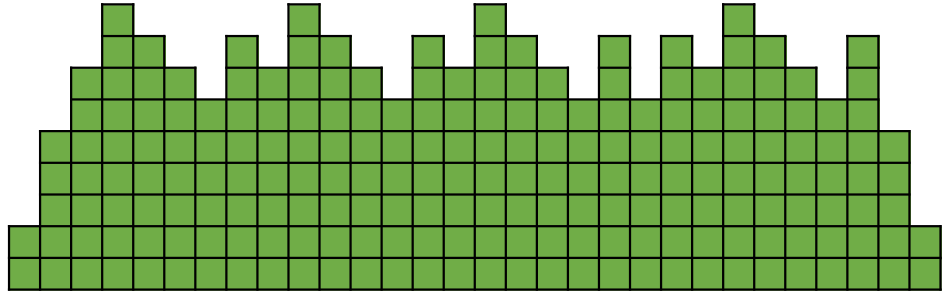
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P19	Speed/km/h	1	3	4	6	7	6	5	4	4	6	7	6	5	4	4	6	7	6	5	4	5	4	4	6	7	6	5	4	3	2



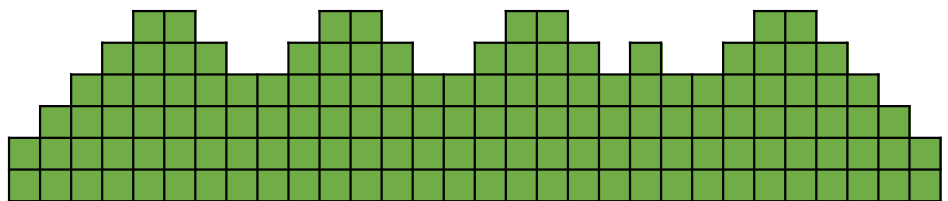
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P20	Speed/km/h	1	3	5	8	10	9	7	5	5	8	10	9	7	5	5	8	10	9	7	5	7	5	5	8	10	9	7	5	3	2



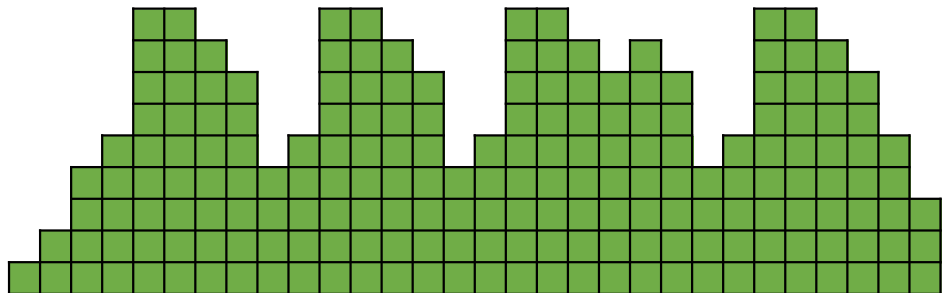
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P21	Speed/km/h	2	5	7	9	8	7	6	8	7	9	8	7	6	8	7	9	8	7	6	8	6	8	7	9	8	7	6	8	5	2



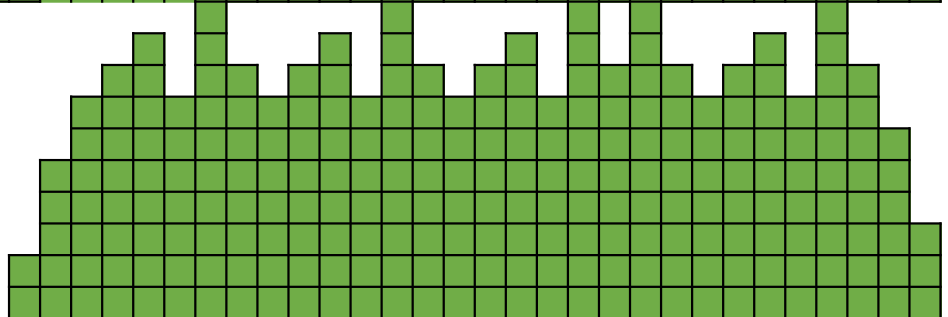
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P22	Speed/km/h	2	3	4	5	6	6	5	4	4	5	6	6	5	4	4	5	6	6	5	4	5	4	4	5	6	6	5	4	3	2



Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P23	Speed/km/h	1	2	4	5	9	9	8	7	4	5	9	9	8	7	4	5	9	9	8	7	8	7	4	5	9	9	8	7	5	3

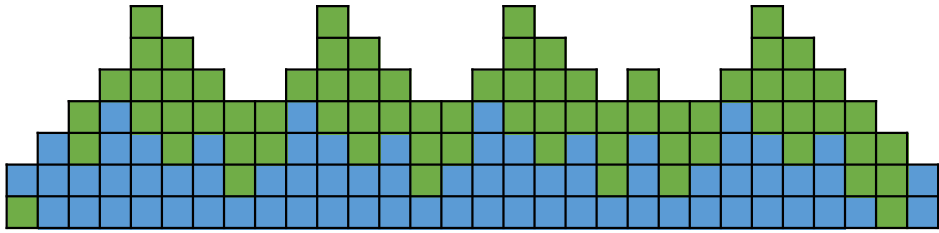


Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P24	Speed/km/h	2	5	7	8	9	7	10	8	7	8	9	7	10	8	7	8	9	7	10	8	10	8	7	8	9	7	10	8	6	3

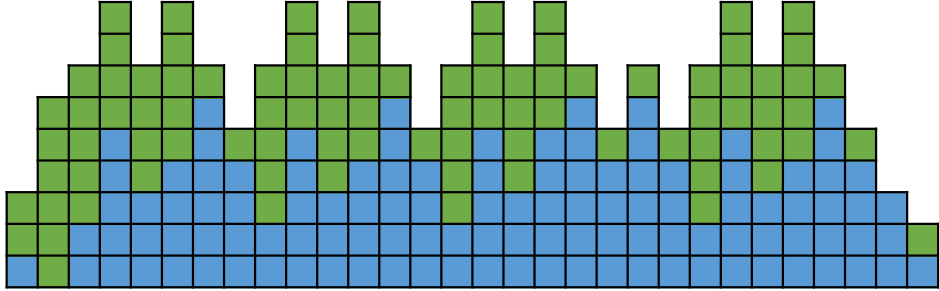


Program profile

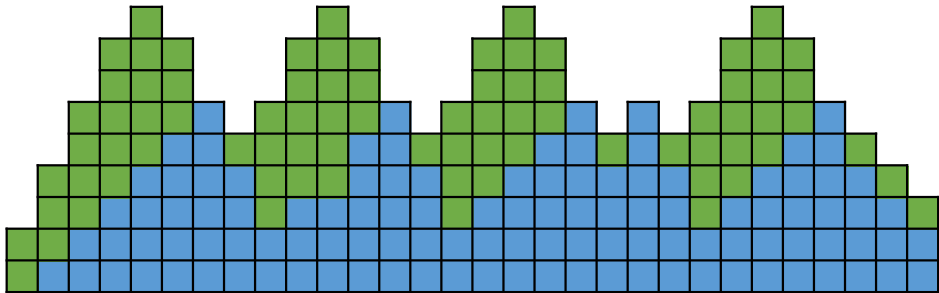
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P25	Speed/km/h	1	3	4	5	7	6	5	4	4	5	7	6	5	4	4	5	7	6	5	4	5	4	4	5	7	6	5	4	3	2
	Incline/Step	2	3	2	4	3	2	3	1	2	4	3	2	3	1	2	4	3	2	3	1	3	1	2	4	3	2	3	1	0	2



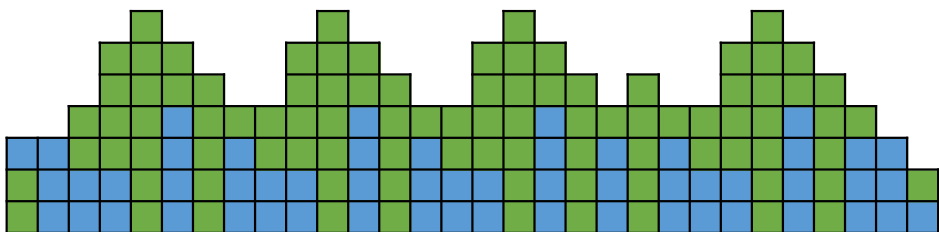
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Program 26	Speed/km/h	3	6	7	9	7	9	7	5	7	9	7	9	7	5	7	9	7	9	7	5	7	5	7	9	7	9	7	5	3	2
	Incline/Step	1	0	2	5	3	4	6	4	2	5	3	4	6	4	2	5	3	4	6	4	6	4	2	5	3	4	6	4	3	1



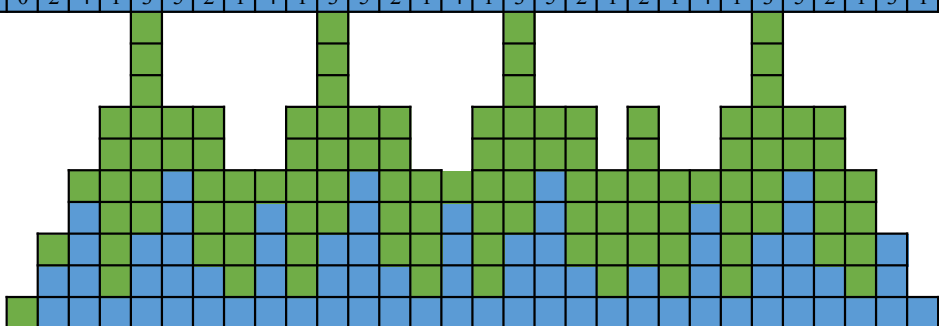
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P27	Speed/km/h	2	4	6	8	9	8	6	5	6	8	9	8	6	5	6	8	9	8	6	5	6	5	6	8	9	8	6	5	4	3
	Incline/Step	0	1	2	3	4	5	6	4	2	3	4	5	6	4	2	3	4	5	6	4	6	4	2	3	4	5	6	4	3	2



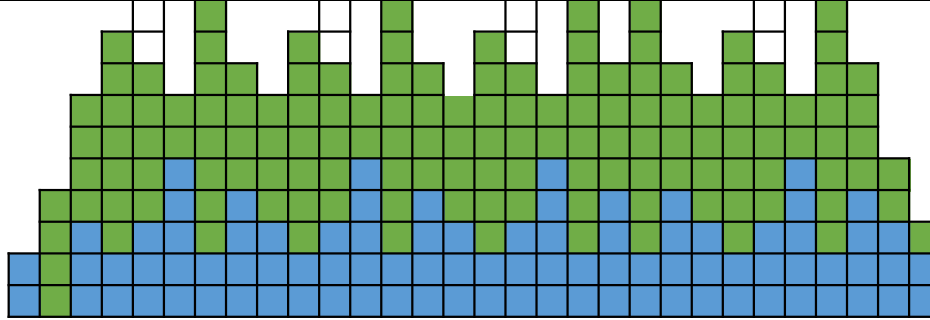
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P28	Speed/km/h	2	3	4	6	7	6	5	4	4	6	7	6	5	4	4	6	7	6	5	4	5	4	4	6	7	6	5	4	3	2
	Incline/Step	3	3	2	2	0	4	0	3	2	2	0	4	0	3	2	2	0	4	0	3	0	3	2	2	0	4	0	3	3	1



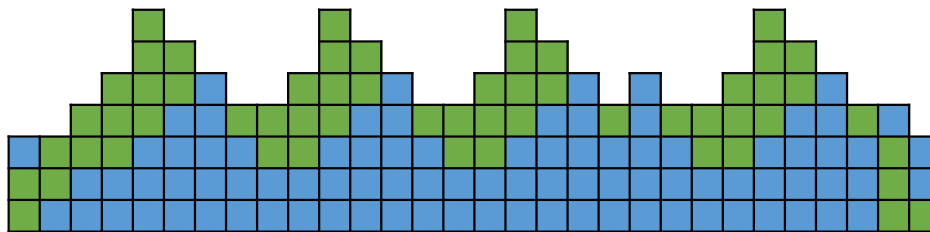
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P29	Speed/km/h	1	3	5	7	10	7	7	5	5	7	10	7	7	5	5	7	10	7	7	5	7	5	5	7	10	7	7	5	3	1
	Incline/Step	0	2	4	1	3	5	2	1	4	1	3	5	2	1	4	1	3	5	2	1	2	1	4	1	3	5	2	1	3	1



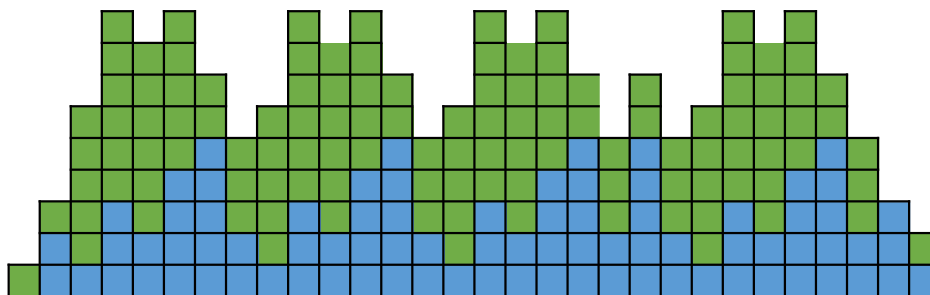
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P30	Speed/km/h	2	4	7	9	8	7	10	8	7	8	7	10	8	7	9	8	7	10	8	10	8	7	9	8	7	10	8	5	3	
	Incline/Step	2	0	3	2	3	5	2	4	3	2	3	5	2	4	3	2	3	5	2	4	2	4	3	2	3	5	2	4	3	2



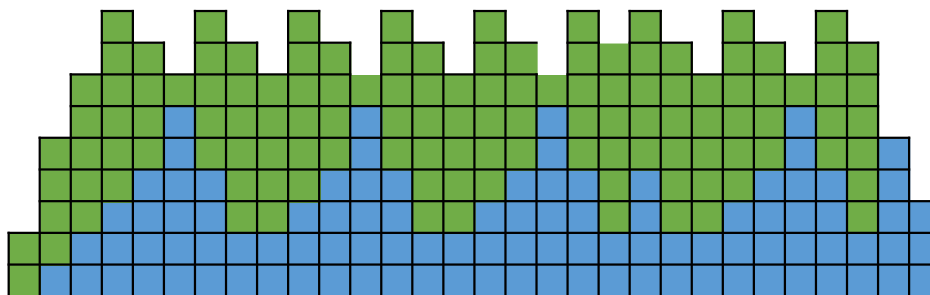
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P31	Speed/km/h	2	3	4	5	7	6	5	4	4	5	7	6	5	4	4	5	7	6	5	4	5	4	4	5	7	6	5	4	3	1
	Incline/Step	3	1	2	2	3	4	5	3	2	2	3	4	5	3	2	2	3	4	5	3	5	3	2	2	3	4	5	3	4	3



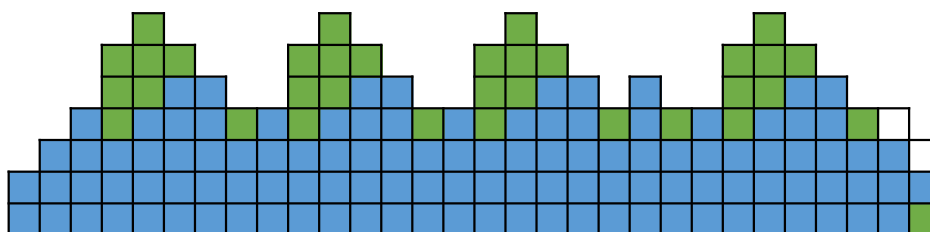
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P32	Speed/km/h	1	3	6	9	8	9	7	5	6	9	8	9	7	5	6	9	8	9	7	5	7	5	6	9	8	9	7	5	3	2
	Incline/Step	0	2	1	3	2	4	5	2	1	3	2	4	5	2	1	3	2	4	5	2	5	2	1	3	2	4	5	2	3	1



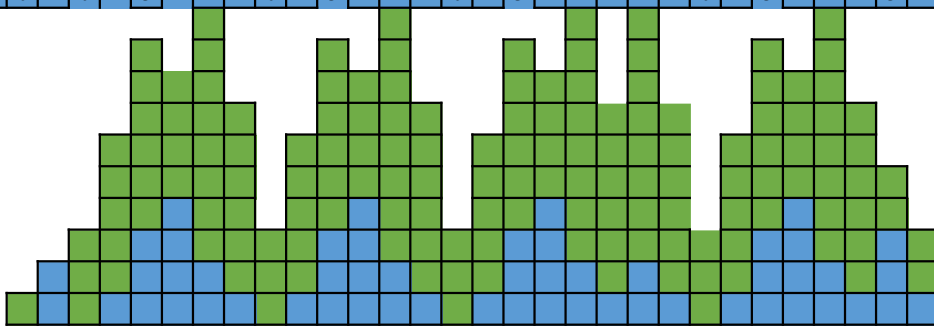
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P33	Speed/km/h	2	5	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	9	8	7	9	8	7	9	8	5	3
	Incline/Step	0	1	2	3	4	6	4	2	2	3	4	6	4	2	2	3	4	6	4	2	4	2	2	3	4	6	4	2	5	3



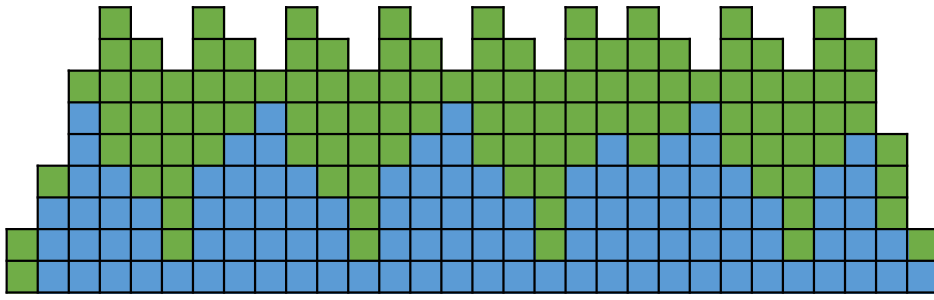
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P34	Speed/km/h	2	3	4	6	7	6	5	4	4	6	7	6	5	4	4	6	7	6	5	4	5	4	4	6	7	6	5	4	3	1
	Incline/Step	2	3	4	3	4	5	5	3	4	3	4	5	5	3	4	3	4	5	5	3	5	3	4	3	4	5	5	3	3	2



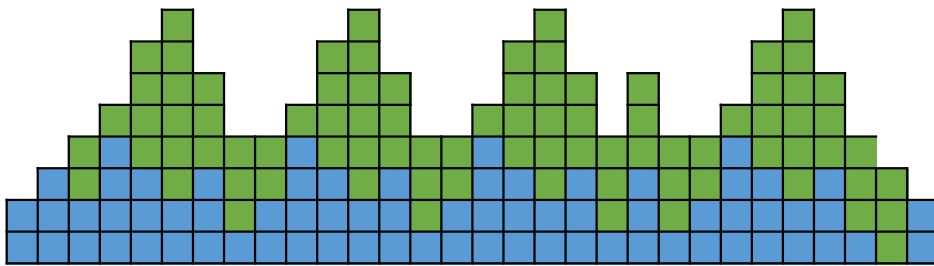
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P35	Speed/km/h	1	2	3	6	9	8	10	7	3	6	9	8	10	7	3	6	9	8	10	7	10	7	3	6	9	8	10	7	5	3
	Incline/Step	0	2	0	1	3	4	2	1	0	1	3	4	2	1	0	1	3	4	2	1	2	1	0	1	3	4	2	1	3	1



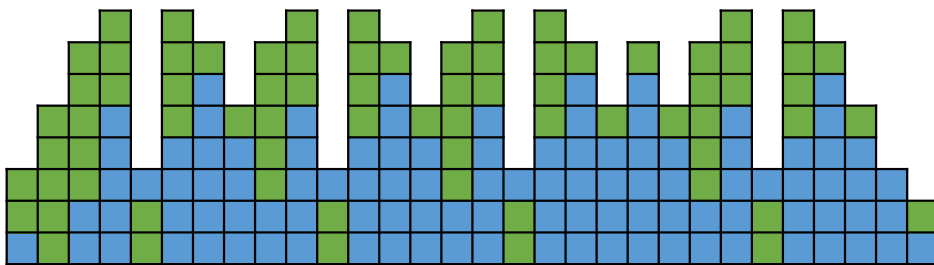
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P36	Speed/km/h	2	4	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	9	8	7	9	8	7	9	8	5	2
	Incline/Step	0	3	6	4	3	1	4	5	6	4	3	1	4	5	6	4	3	1	4	5	4	5	6	4	3	1	4	5	2	1



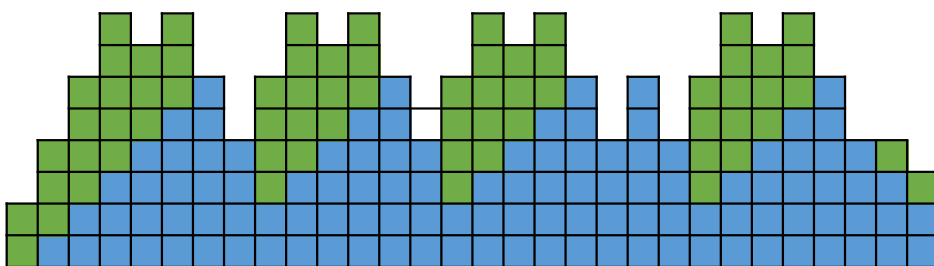
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P37	Speed/km/h	2	3	4	5	7	8	6	4	4	5	7	8	6	4	4	5	7	8	6	4	6	4	4	5	7	8	6	4	3	2
	Incline/Step	2	3	2	4	3	2	3	1	2	4	3	2	3	1	2	4	3	2	3	1	3	1	2	4	3	2	3	1	0	2



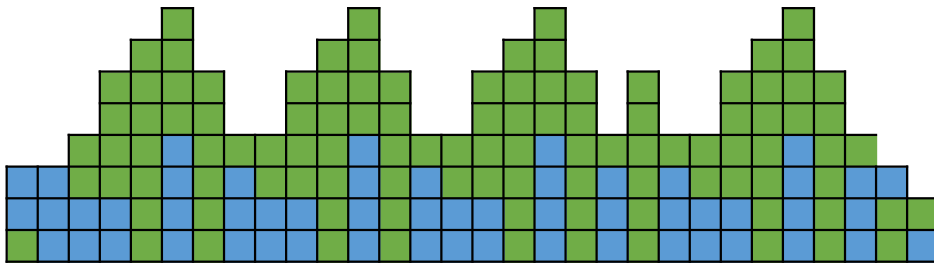
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P38	Speed/km/h	3	5	7	8	2	8	7	5	7	8	2	8	7	5	7	8	2	8	7	5	7	5	7	8	2	8	7	5	3	2
	Incline/Step	1	0	2	5	3	4	6	4	2	5	3	4	6	4	2	5	3	4	6	4	6	4	2	5	3	4	6	4	3	1



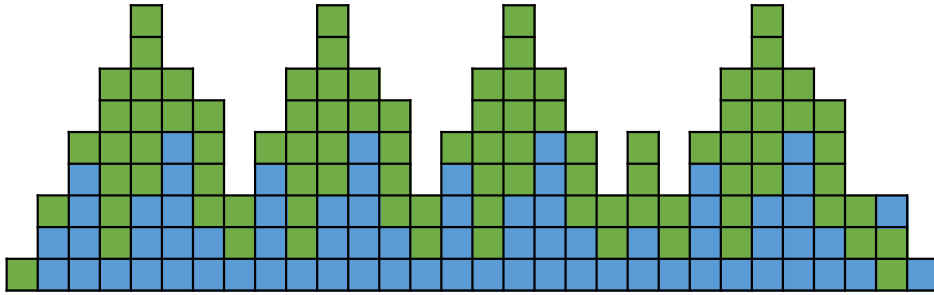
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P39	Speed/km/h	2	4	6	8	7	8	6	4	6	8	7	8	6	4	6	8	7	8	6	4	6	4	6	8	7	8	6	4	4	3
	Incline/Step	0	1	2	3	4	5	6	4	2	3	4	5	6	4	2	3	4	5	6	4	6	4	2	3	4	5	6	4	3	2



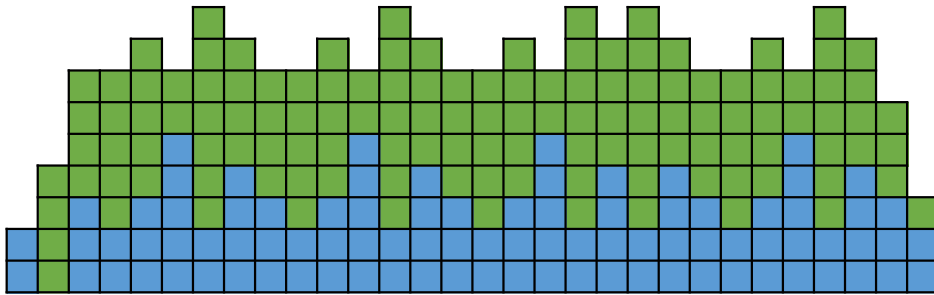
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P40	Speed/km/h	1	3	4	6	7	8	6	4	4	6	7	8	6	4	4	6	7	8	6	4	6	4	4	6	7	8	6	4	2	2
	Incline/Step	3	3	2	2	0	4	0	3	2	2	0	4	0	3	2	2	0	4	0	3	0	3	2	2	0	4	0	3	3	1



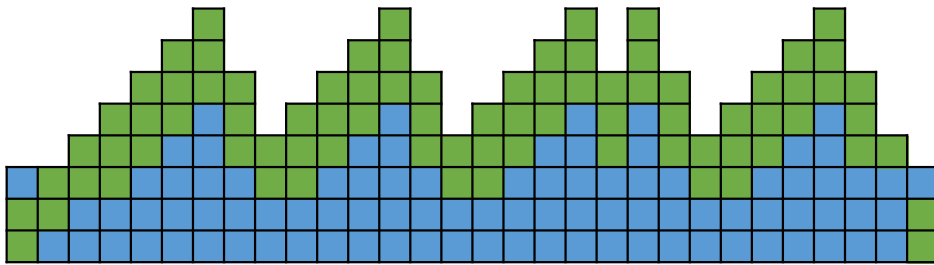
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P41	Speed/km/h	1	3	5	7	9	7	5	3	5	7	9	7	5	3	5	7	9	7	5	3	5	3	5	7	9	7	5	3	2	1
	Incline/Step	0	2	4	1	3	5	2	1	4	1	3	5	2	1	4	1	3	5	2	1	2	1	4	1	3	5	2	1	3	1



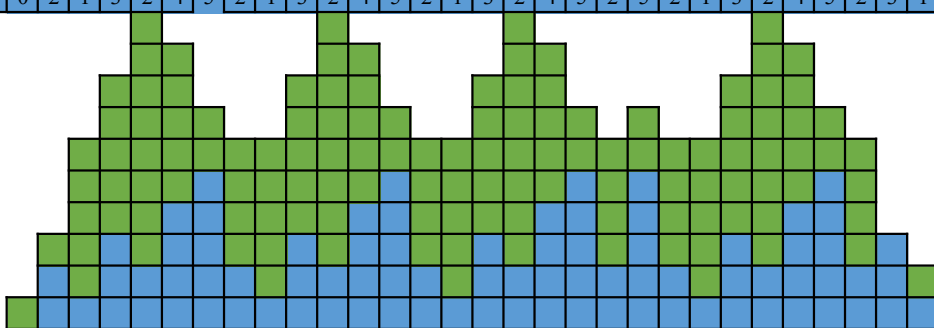
Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P42	Speed/km/h	2	4	7	7	8	7	9	8	7	7	8	7	9	8	7	7	8	7	9	8	9	8	7	7	8	7	9	8	6	3
	Incline/Step	2	0	3	2	3	5	2	4	3	2	3	5	2	4	3	2	3	5	2	4	2	4	3	2	3	5	2	4	3	2



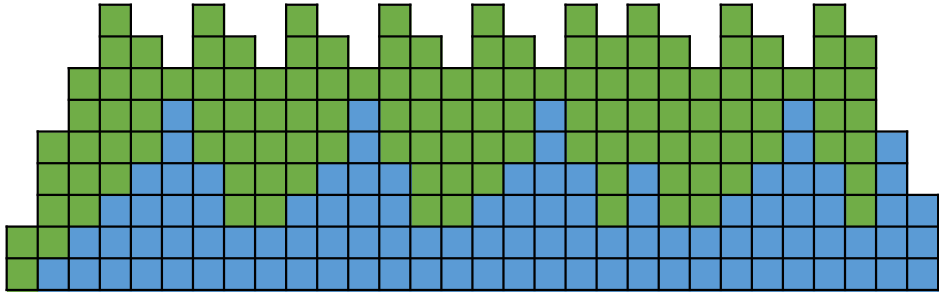
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P43	Speed/km/h	2	3	4	5	6	7	8	6	4	5	6	7	8	6	4	5	6	7	8	6	8	6	4	5	6	7	8	6	3	2
	Incline/Step	3	1	2	2	3	4	5	3	2	2	3	4	5	3	2	2	3	4	5	3	5	3	2	2	3	4	5	3	4	3



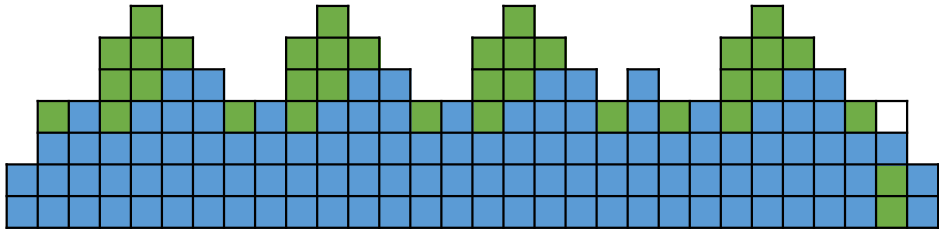
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P44	Speed/km/h	1	3	6	8	10	9	7	6	6	8	10	9	7	6	6	8	10	9	7	6	7	6	6	8	10	9	7	6	3	2
	Incline/Step	0	2	1	3	2	4	5	2	1	3	2	4	5	2	1	3	2	4	5	2	5	2	1	3	2	4	5	2	3	1



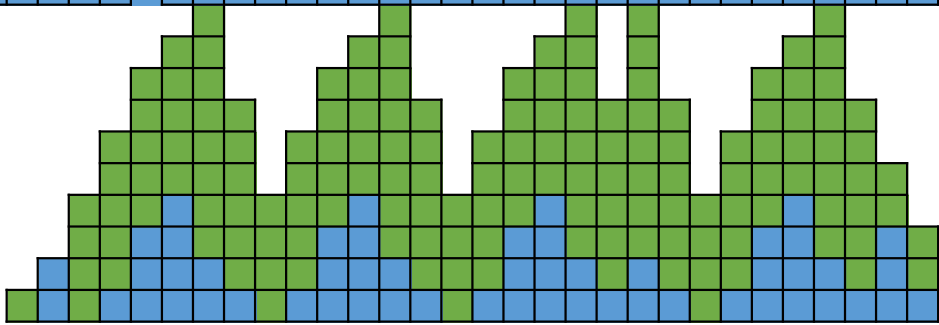
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P45	Speed/km/h	2	5	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	7	9	8	9	8	7	9	8	7	9	8	5	3
	Incline/Step	0	1	2	3	4	6	4	2	2	3	4	6	4	2	2	3	4	6	4	2	4	2	2	3	4	6	4	2	5	3



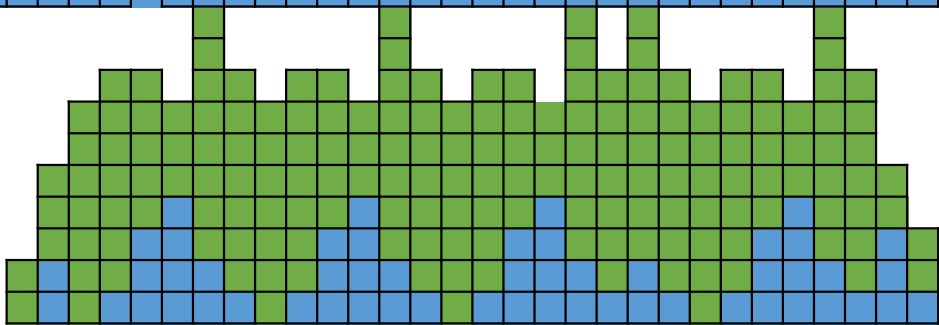
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P46	Speed/km/h	2	4	4	6	7	6	5	4	4	6	7	6	5	4	4	6	7	6	5	4	5	4	4	6	7	6	5	4	2	2
	Incline/Step	2	3	4	3	4	5	5	3	4	3	4	5	5	3	4	3	4	5	5	3	5	3	4	3	4	5	5	3	3	2

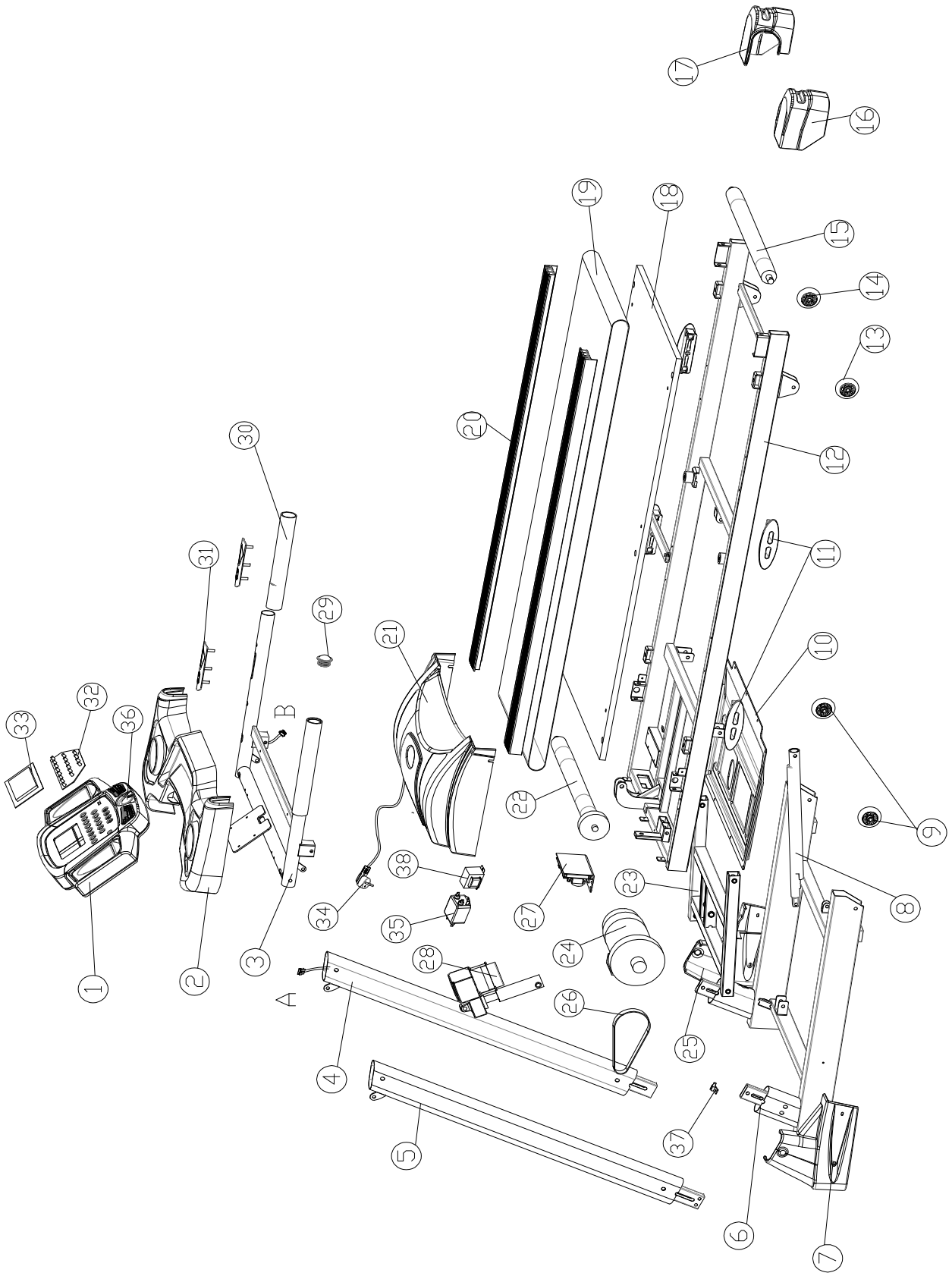


Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P47	Speed/km/h	1	2	4	6	8	9	10	7	4	6	8	9	10	7	4	6	8	9	10	7	10	7	4	6	8	9	10	7	5	3
	Incline/Step	0	2	0	1	3	4	2	1	0	1	3	4	2	1	0	1	3	4	2	1	2	1	0	1	3	4	2	1	3	1



Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P48	Speed/km/h	2	5	7	8	8	7	10	8	7	8	8	7	10	8	7	8	8	7	10	8	10	8	7	8	8	7	10	8	5	3
	Incline/Step	0	2	0	1	3	4	2	1	0	1	3	4	2	1	0	1	3	4	2	1	2	1	0	1	3	4	2	1	3	1





No.	Part		No.	Part		No.	Part	
1	仪表上盖/1PC	Computer casing/1PC	15	后滚轴/1PC	Rear roller/1PC	29	圆管塞/ 2 PC	Pipe stopper/ 2 PC
2	仪表装饰盖/1PC	Computer decoration cover/1PC	16	后堵头-左/1PC	End cap-left/1PC	30	橡塑把套/2PC	Rubber hand grip / 2 PC
3	仪表架组件/1PC	Handrail frame/1PC	17	后堵头-右/1PC	End cap-right/1PC	31	手握心率/2PC	Hand rail heart rate sensor/ 2 PC
4	立管右/1PC	Holder-right/1PC	18	跑步板/1PC	Running board/1PC	32	仪表按键板	KEY BOARD
5	立管左/1PC	Holder-left/1PC	19	跑步带/1PC	Running belt/1PC	33	仪表显示板	LCD
6	跑步机底座架 /1PC	Motor iron frame/1PC	20	边条/2PC	Side cover /2PC	34	电源线	Adaptors
7	底座装饰块-左 /1PC	The base decoration part-left/1PC	21	电机盖/1PC	Motor cover/1PC	35	滤波器	Filter
8	气弹簧/1PC	Gas spring/1PC	22	前滚轴/1PC	Front roller/1PC	36	安全锁	Safetey Keys
9	底座移动轮/2PC	wheel/2PC	23	升降架/1PC	Incline frame/1PC	37	速度感应器	Speed Sensor
10	机架底封板/1PC	The bottom cover under the motor/1PC	24	电机/1PC	motor/1PC	38	电抗	Reactor
11	蓝色缓冲垫/4PC	Blue cushion pad	25	底座装饰块-右/1PC	The base decoration part-right/1PC	A	主线	Wiring (connect B wiring)
12	跑步机机架/1PC	Treadmill frame/1PC	26	多契带/1PC	Motor belt/1PC	B	主线	Wiring (connect A wiring)
13	机架移动轮左 /1PC	Wheel/1PC	27	下电控/1PC	Motor control board/1PC			
14	机架移动轮右 /1PC	wheel-right/1PC	28	升降电机/1PC	Incline motor/1PC			

EU Declaration of Conformity

Object of the declaration:

Product	TITAN LIFE TREADMILL T55
Model	GV4603
Item number	270-200010
Producer Item number	GV4603

Manufacturer	NINGBO GUYUAN FITNESS CO.,LTD
Address	No.177 XiaoGao West Road,ShouNan Street,Yinzhou District.NingBO

This declaration of conformity is issued under the sole responsibility of the manufacturer.



This object of the declaration described above is in conformity with the relevant Union harmonization legislation:

Conformity is shown by compliance with the applicable requirements of the following documents:

Directives:		Standards:
RoHS	2011/65/EU	IEC62321-3-1:2013 IEC62321-5:2013 IEC62321-4:2013 IEC62321-6:2015 IEC62321-7-1:2015 IEC62321:2008ANNEX C
LVD	2014/35/EU	EN 60335-1:2012+A11 EN 62233:2008
EMC	2014/30/EU	EN 55014-1:2006+A1:2009+A2:2011 EN 55014-2:2015 EN 61000-3-2:2014 EN 61000-3-3:2013
GPSD	2001/95/EC	EN957-1 + EN957-6
MD	2006/42/EC	EN957-1 + EN957-6
ERP	2009/125/EC	(EC)NO1275 (EU)NO801

Signed for and on behalf of : NINGBO GUYUAN FITNESS CO.,LTD

Place of issue: Ningbo,China

Date of issue: 13th,May,2019

Name : Erica

Position: sales

Signature

Erica

The technical documentation for equipment is available from the above address.

宁波谷远健身器材有限公司
NINGBO GUYUAN FITNESS CO.,LTD.

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