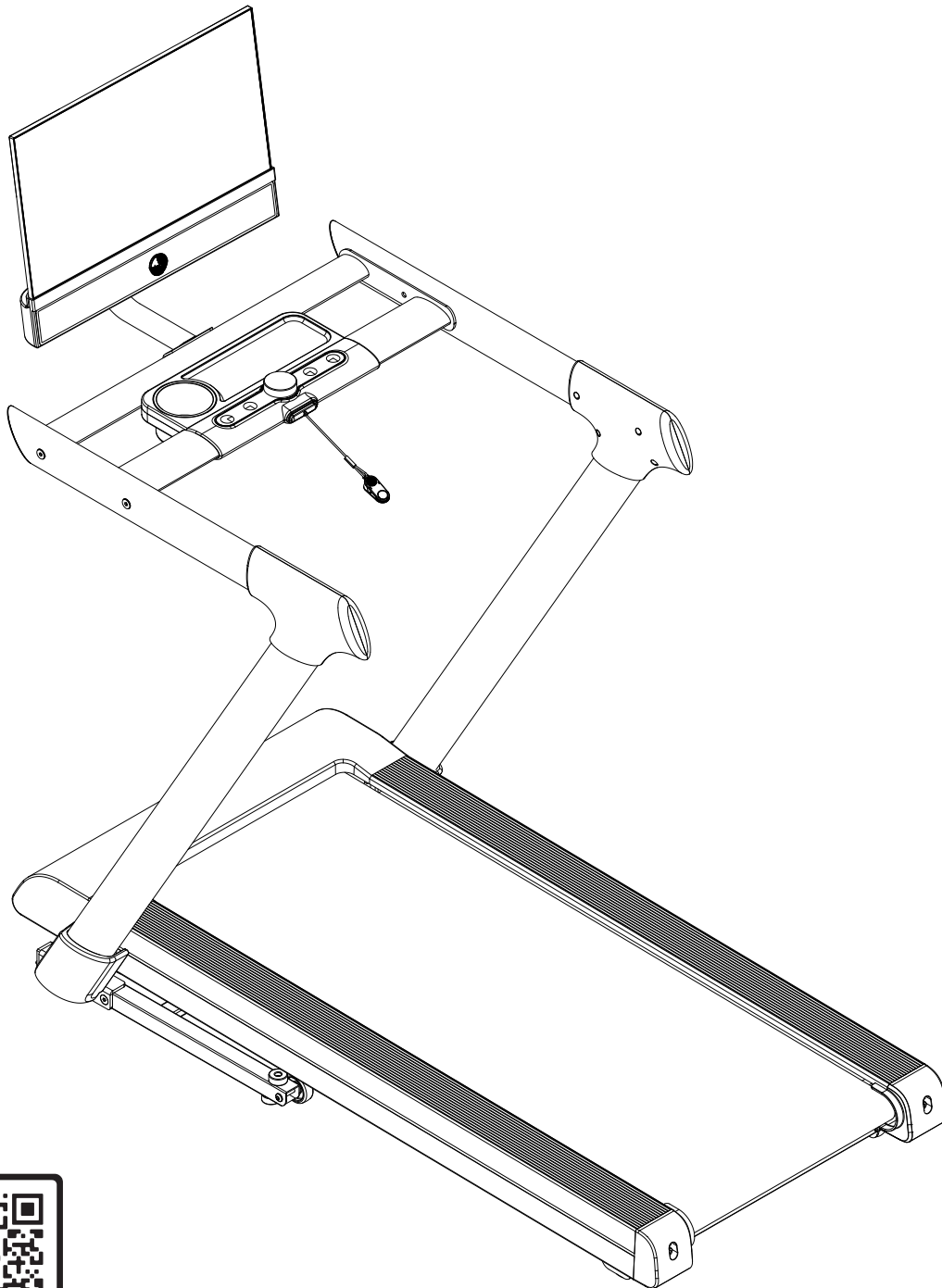




T3S PLUS TREADMILL

Please read all the details of this manual before use, and keep it for future reference.



Scan the QR code to get the installation guide video to watch
Product model:YS-TT3
Item NO.:T3SPLUS

EN

YESOUL TREADMILL T3S PLUS Product Manual

Product Specifications

Supported software version	iOS 12.0 and above, Android 5.1 and above (inclusive)
Wireless connection method	Bluetooth® wireless technology
Bluetooth	Treadmill: V5.0, Speaker: V5.3
Rated voltage	110V
Rated frequency	60Hz
Rated power	3.0HP(MAX)
Speed	1-14kph/0.62-8.7mph
Applicable height	155 ~ 190cm/61 ~ 74.8in
Net weight	56.2kg/123.9lbs
Gross weight	67.3kg/148.4lbs
Rated maximum load	136kg/300lbs
Running surface area	(Length)1150mm×(Width) 450mm/ (Length)45.3in×(Width) 17.7in
Product dimensions	Unfolded size: (Length) 1434mm×(Width) 745mm×(Height) 1441mm Folded size: (Length) 875mm×(Width) 745mm×(Height) 1441mm/ Unfolded size: (Length) 56.5in×(Width) 29.3in×(Height) 56.7in Folded size: (Length) 34.5in×(Width) 29.3in×(Height) 56.7in
Executive standard	EN ISO 20957-1:2024/EN ISO 20957-6:2021

Monitor specifications

Panel type	VA
Curvature	Flat screen
Proportion	16:9
Size	21.5 inches
Backlight type	Side entry LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	75Hz (Max.);60Hz (Typ.)
Brightness	200cd/m ² (Typ.);150cd/m ² (Min.)
Default color temperature	6500K
Contrast	3000:1(Typ.)
Color number	16.7M
Color gamut	72% (Typ.);65% (Min.) NTSC
Viewing angle (horizontal/vertical)	178°
Responding speed	7ms
Interface version (HDMI/DP)	HDMI/Audio Out/DC IN+2USB+serial port
Speaker specifications	None
Input voltage	DC input: 24V
Indicator mode (power on, standby)	Green when starting up, breathing green when standby
Storage temperature	-20°C ~+55°C
Operating temperature	5°C ~ +40°C
Operating humidity	20% ~ 80%
Storage humidity	20% ~ 80%
Control method	5 physical buttons

Important Safety Instructions



Warning! This product is a plug-in product. Please read the following details on the safety precautions for the treadmill and properly use it.

- ◆ Wear appropriate sportswear and shoes before exercising. Ensure that clothing is properly fastened or zipped to prevent it from getting caught in the treadmill.
- ◆ Do not carry hard objects in your pockets while using the treadmill, as this may cause accidents or injuries.
- ◆ Do not use the treadmill after consuming alcohol, as it may lead to accidents or injuries.
- ◆ When turning on the treadmill, stand on the non-slip side rails.
- ◆ Only one person is allowed on the treadmill when it is in operation.
- ◆ Do not eat or engage in other activities while using the treadmill.
- ◆ Ensure that people stay at a safe distance from the treadmill during use to prevent accidents or injuries from falls.
- ◆ Check that the treadmill is placed on a stable surface before use.
- ◆ Verify that the treadmill functions properly before use. Check if the column covers and handlebars are securely locked. If they are loose, injury may occur.
- ◆ Attach the safety key clip to your clothing before use to ensure the treadmill stops safely in case of an emergency.
- ◆ Before working, start by walking slowly on the treadmill with your left foot following the belt direction. Once comfortable, begin working while maintaining proper posture.
- ◆ Maintain a safety clearance of 2000x1000mm/78.7x39.3in behind the treadmill while in use.
- ◆ Adjust speed gradually based on your capacity. Do not suddenly increase speed above 3.8kph/2.3mph to prevent falls and injuries.
- ◆ Do not jump while working to avoid falling or injury.
- ◆ When adjusting the incline, stand on the side footboards of the treadmill with both feet and start exercising only after the adjustment is complete.
- ◆ Please avoid making significant adjustments to the incline while the machine is operating at high speeds to prevent loss of balance and falling.
- ◆ When using the high incline mode, please adjust the speed according to your physical fitness to avoid overexertion.
- ◆ Do not jump off the treadmill after exercising to prevent accidents.
- ◆ To stop the treadmill after exercise, pull the safety key down or press the stop button.
- ◆ After exercising, turn off the treadmill's power switch and unplug it.
- ◆ The treadmill is designed for indoor use. Keep it dry, avoid water spills, and do not place any foreign objects on it.
- ◆ Avoid prolonged excessive use, as it may damage the motor and controller and accelerate wear on the running board and belt. Regular maintenance is recommended.
- ◆ Reduce dust levels and maintain proper indoor humidity to prevent static interference with the console or controller.
- ◆ Always unplug the treadmill before moving it.
- ◆ Stop exercising immediately and consult a doctor if you feel unwell or notice any abnormalities.
- ◆ People who lack regular physical activity should not engage in sudden, intense exercise.
- ◆ Store silicone oil out of children's reach after use to prevent accidental ingestion.
- ◆ Only qualified personnel should access the motor cover or roller housing.
- ◆ The treadmill should only be connected to an external circuit of at least 15A.
- ◆ Children must not use the treadmill or play near it. Guardians should ensure that children do not operate the machine, as this may cause injury.
- ◆ Individuals with disabilities should avoid using this treadmill to prevent accidents or injuries.
- ◆ Ensure a safe environment when using, storing, or moving the treadmill. Make sure no people or pets are behind, under, or in front of the machine to avoid accidents.
- ◆ Do not use the treadmill if the casing is cracked, broken, or has exposed internal parts, as this may result in injury or malfunction.
- ◆ Do not use or store the treadmill outdoors, near bathrooms, or in humid environments to prevent moisture damage.
- ◆ Keep the treadmill away from direct sunlight and high-temperature areas (e.g., near stoves, electric heating carpets) to prevent electrical hazards or fire.
- ◆ Do not attempt to disassemble, repair, or modify the treadmill yourself, as this may cause mechanical failure and safety risks.
- ◆ Keep the treadmill console and body away from water or liquids to prevent electric shock or fire hazards.
- ◆ If the treadmill malfunctions during operation, stop using it immediately and disconnect the power.
- ◆ Contact your local distributor for repairs if a defect occurs. Do not attempt to dismantle any parts of the machine.
- ◆ If you are undergoing medical treatment or belong to any of the following groups, consult a doctor before using this equipment.
 - (1) Those experiencing back pain or who have suffered leg, back, or neck injuries, as well as those with numbness in the legs, back, neck, or hands (e.g., herniated discs, spondylolisthesis, cervical spondylosis).
 - (2) People with degenerative arthritis, rheumatism, or gout.
 - (3) Individuals with osteoporosis or other bone disorders.
 - (4) Those with circulatory system diseases, such as heart disease, vascular diseases, or hypertension.
 - (5) Individuals with respiratory disorders.
 - (6) Users of pacemakers or other implanted medical electronic devices.
 - (7) People diagnosed with malignant tumors.
 - (8) Those with blood clot disorders, severe aneurysms, acute phlebitis, or skin infections.
 - (9) Individuals with severe peripheral circulatory disorders or sensory abnormalities due to diabetes.
 - (10) Individuals with open skin wounds.
 - (11) Individuals experiencing high fever (38°C or above) due to illness.
 - (12) Individuals with spinal abnormalities or curvature.
 - (13) Pregnant women, those who may be pregnant, or those currently menstruating.
 - (14) Individuals requiring bed rest or feeling unwell.
 - (15) Individuals in poor physical condition.
 - (16) Individuals using the treadmill for rehabilitation purposes.
 - (17) Individuals who feel physically unwell or believe that using the treadmill may worsen their condition should avoid using it to prevent health risks or accidents.


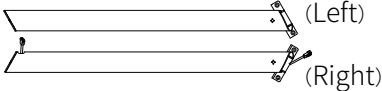
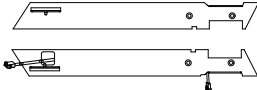
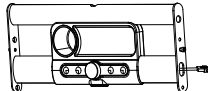








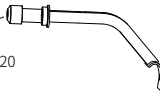
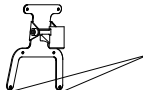
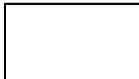
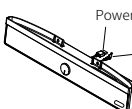
Important Safety Instructions

- ◆ If an emergency occurs, grip the side handrails for support, lift your feet off the running belt, and step onto the treadmill's side safety area.
- ◆ If you notice any incline adjustment issues (such as jamming or failure to rise and lower), stop using the treadmill immediately and contact customer service.
- ◆ When unplugging the power cord, hold the plug itself and pull gently to avoid damaging the plug or power cable.
- ◆ Do not use the treadmill if the power cord or plug is damaged, or if the power outlet is loose, as this may cause electric shock, short circuits, or fire hazards.
- ◆ Keep the power cord away from high-temperature objects to prevent overheating or damage.
- ◆ Do not bend, twist, or forcefully pull the power cord, and do not place heavy objects on it or trap it under furniture to prevent short circuits, electric shocks, or fire hazards.
- ◆ Ensure the power plug is free from foreign objects such as pins, dust, or moisture to avoid the risk of electric shock, short circuits, or fire.
- ◆ Do not unplug the power cord or turn off the power switch while the treadmill is working, as this may cause injury.
- ◆ Do not touch the power plug with wet hands to avoid electric shock or injury.
- ◆ When not using the treadmill, unplug it to prevent insulation deterioration due to dust and moisture, which could lead to leakage or fire.
- ◆ Always unplug the treadmill before performing maintenance to avoid the risk of electric shock or injury.
- ◆ If the treadmill malfunctions, stop using it immediately, unplug it, and contact a professional for inspection and repairs. Continuing to use a faulty treadmill may cause electric shock or injury.
- ◆ During a power outage, immediately unplug the power cord to prevent accidents or injuries when power is restored.
- ◆ The power plug must be properly grounded and used with a dedicated circuit outlet to prevent electrical interference with other appliances.
- ◆ This treadmill must be grounded to ensure electrical current flows safely to the ground in case of a malfunction, reducing the risk of electric shock.
- ◆ The power cord is equipped with a grounding plug and must be inserted into a properly installed and grounded outlet that meets local regulations.
- ◆ Incorrect grounding can result in electric shock hazards. If you are unsure about proper grounding, consult a professional electrician.
- ◆ Do not modify the plug or outlet on your own. If necessary, have a professional electrician install a suitable outlet.
- ◆ Use only the designated grounded plug for this equipment. Please make sure the sockets match and do not use conversion sockets.

Installation Guide - List of Parts

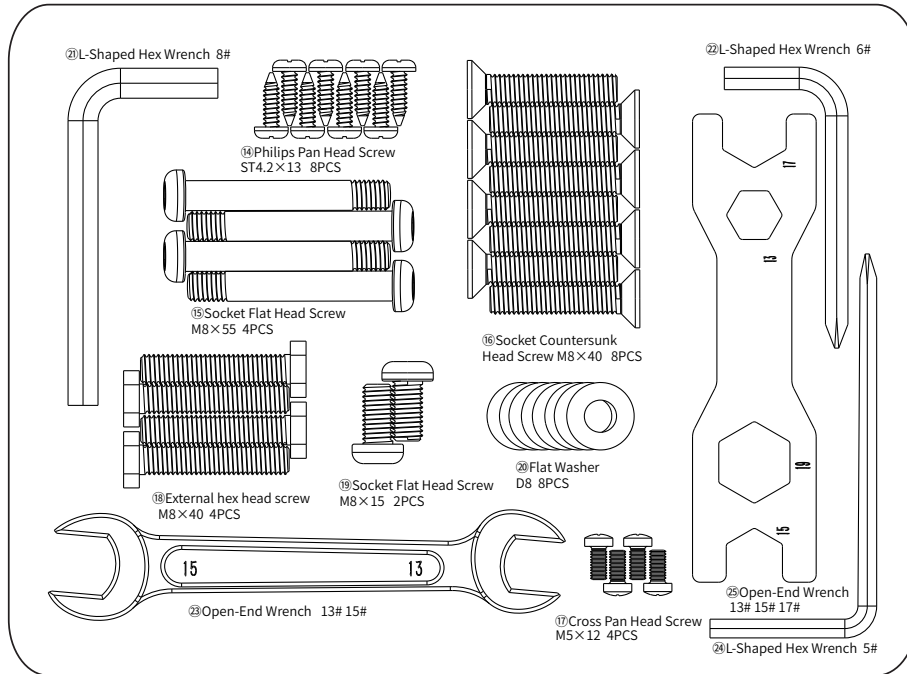
STEP 1: Check of parts

Parts List (Components List)

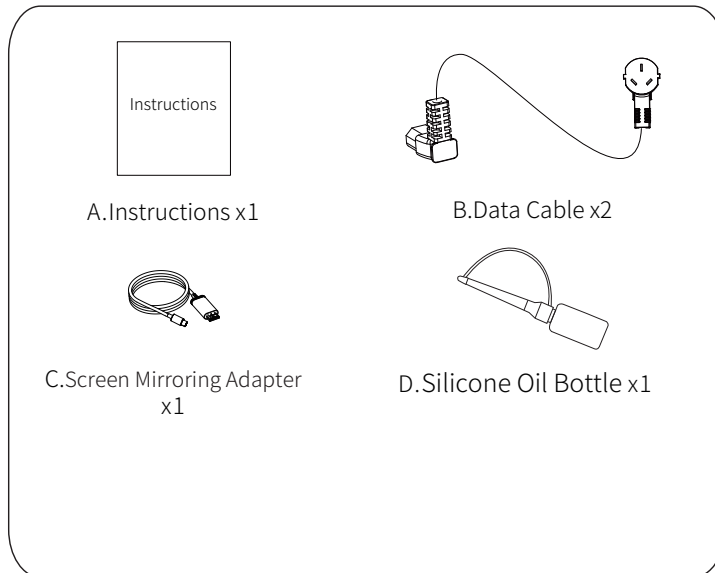
NO.	Name	Quantity	Picture
①	Main Frame ASM.	1	
②	Left/Right Upright	2	 (Left) (Right)
③	Left/Right Handlebar	2	 (Left) (Right)
④	Console ASM.	1	
⑤	Water Bottle Holder	1	
⑥	Left/Right Handrail Trim Cover	4	(Left)  (Right) 
⑦	Left/Right Rear Foot Guard Trim Cover	2	(Left)  (Right) 
⑧	Left/Right Base Upright Cover	2	(Left)  (Right) 
⑨	Safety Lock	1	
⑩	Monitor Stand	1	 1× Prelocked Hexagon Socket Head Screw M8×20
⑪	Screen Fixing Part	1	 2× Pre-Locked Cross Pan Head Screws with Pads M4×10
⑫	Screen	1	 4× Pre-Locked Cross Pan Head Screws with Pads M4×10
⑬	Speaker	1	 Power port Signal port

Installation Guide - List of Parts

Parts List (Blister Board)



Parts List (Parts)



Note:
Please use the provided adapter plug in accordance with the standards and regulations of your region.

*Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.

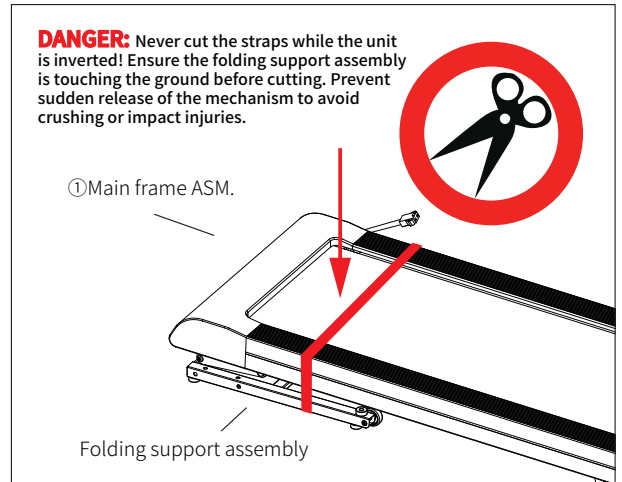


*Bolt fastening method: tighten clockwise, loosen counterclockwise.

Installation Guide

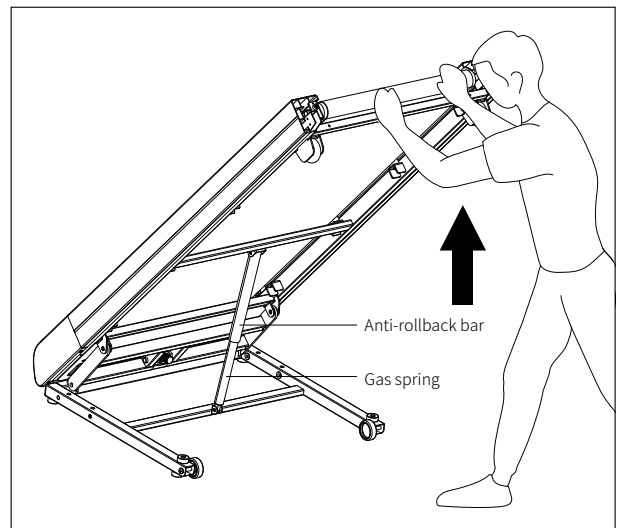
STEP 2: Position the Main frame ASM.

1. Use scissors to cut through the packing tape.

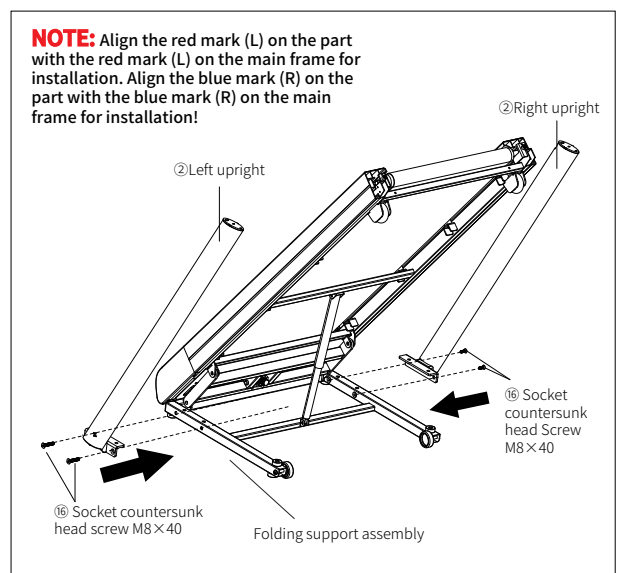


STEP 3: Assemble the Left and Right Uprights

1. Raise the ① main frame ASM. until the anti-rollback bar clicks into place (ensure locking is confirmed).



2. Insert two ⑯ socket countersunk head screws M8x40 through the holes at the bottom of the ② left upright, align them with the holes on the folding support assembly, and tighten them with the ㉔ l-shaped hex wrench 5# (The right upright should be tightened using the same method.)



㉔ L-shaped hex wrench 5#



⑯ Socket countersunk head screw M8x40 4PCS

Installation Guide

3. Fit two ⑱ external hex head screws M8×40 each with one ⑳ flat washer D8 . Insert them through the aligned holes at the top where the ② left upright and folding support assembly overlap. Tighten them using the ㉓ open-end wrench 13# 15# . (The right upright should be installed using the same method.)



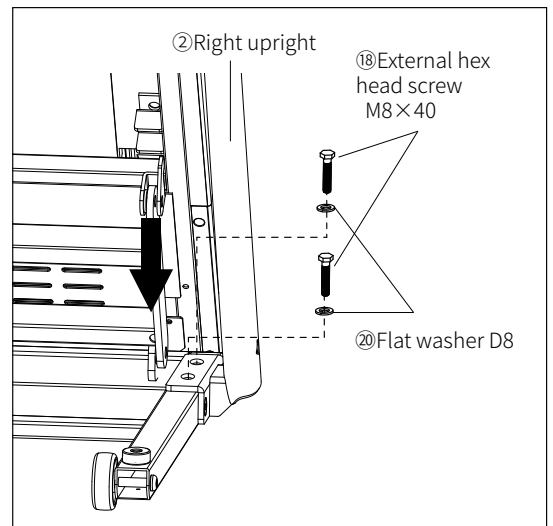
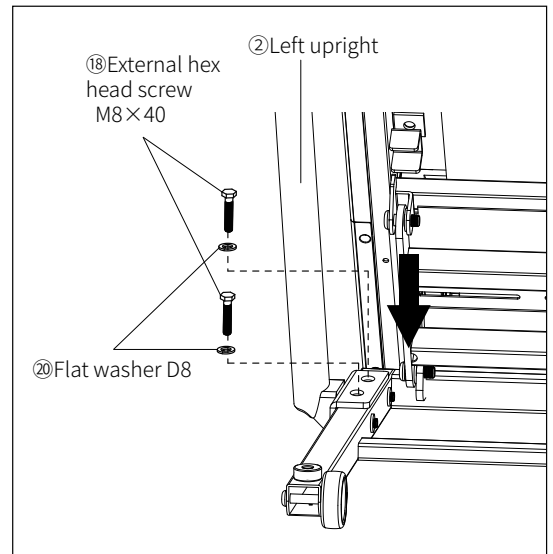
㉓ Open-end wrench 13# 15#



⑱ External hex head screw M8×40 4PCS

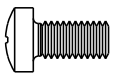


⑳ Flat washer D8 4PCS



STEP 4: Install the Rear Foot Guards

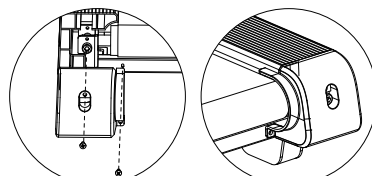
1. Align the ⑦ left/right rear foot guard with the side strip in the direction of the arrow, and press down until it snaps into place. Use the ㉔ L-shaped hex wrench 5# to tighten the ⑰ cross pan head screw M5×12 , ensuring a secure installation.



⑰ Cross pan head screw M5×12 4PCS

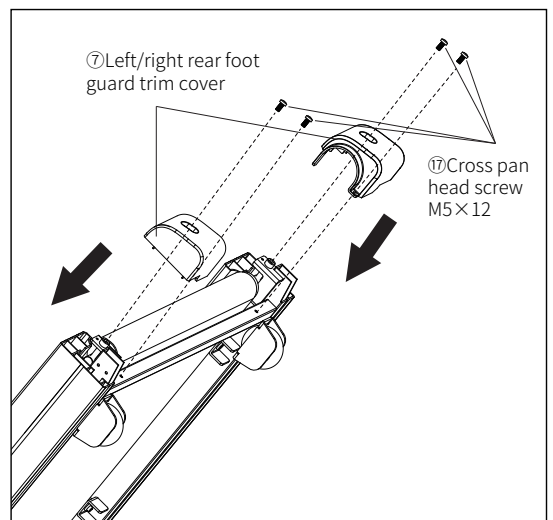


㉔ L-shaped hex wrench 5#



During installation

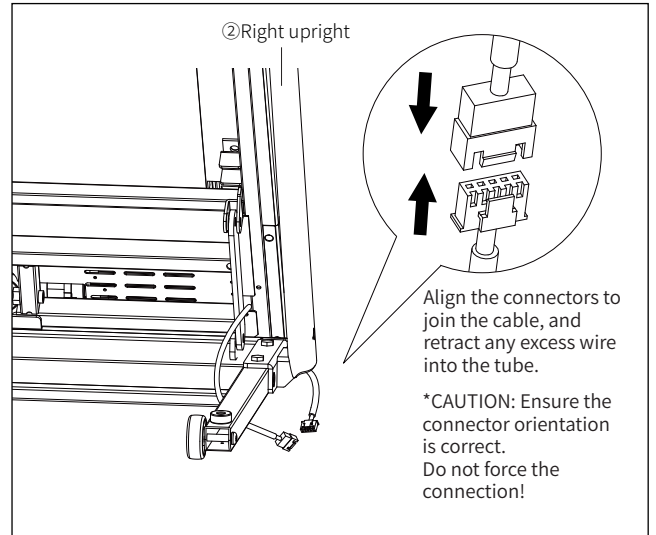
After completion



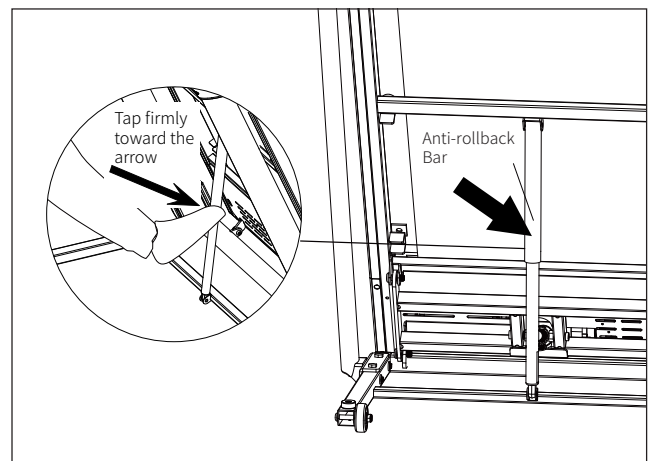
Installation Guide

STEP 5: Install the Right Upright Wiring

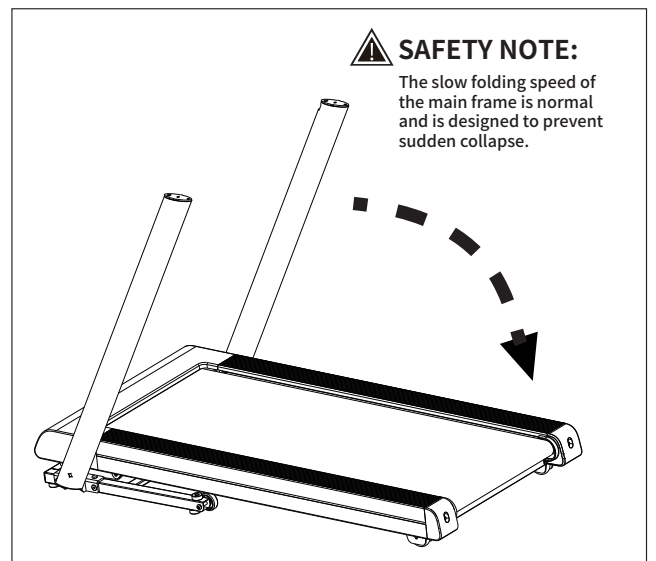
1. Connect the signal cable from the right upright to the main frame, then tuck the cable into the interior along the bottom of the upright.



2. Hold the treadmill firmly with both hands and step down firmly on the anti-rollback bar with your foot. (Maintain a safe distance of approximately 1 meter from the treadmill until the machine is fully unfolded.)



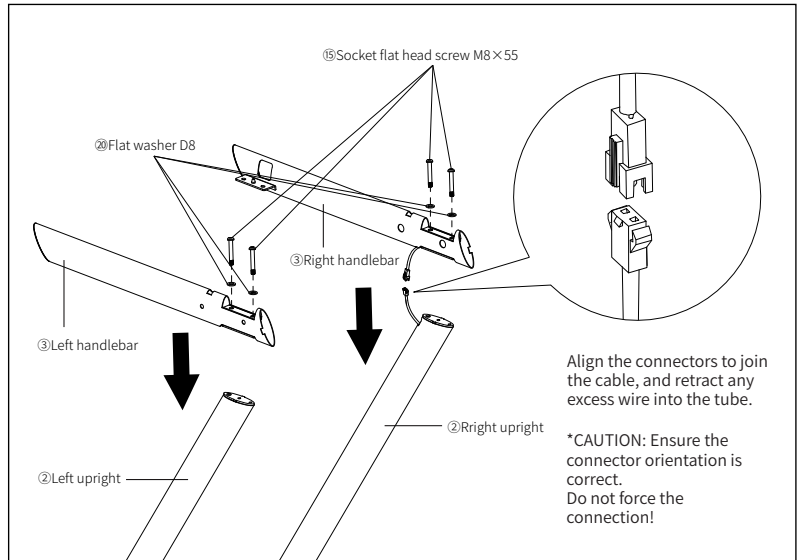
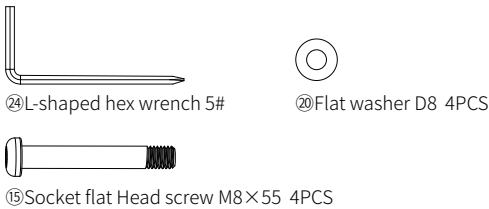
3. Wait for the main frame to descend completely and stabilize before proceeding to the next step.



Installation Guide

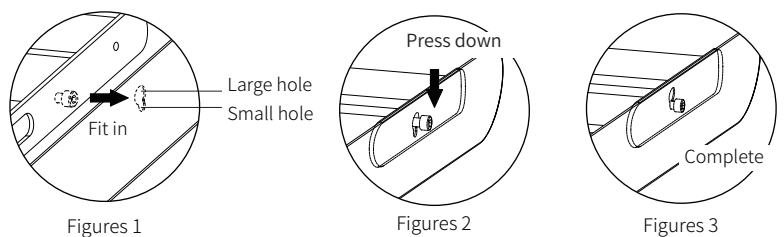
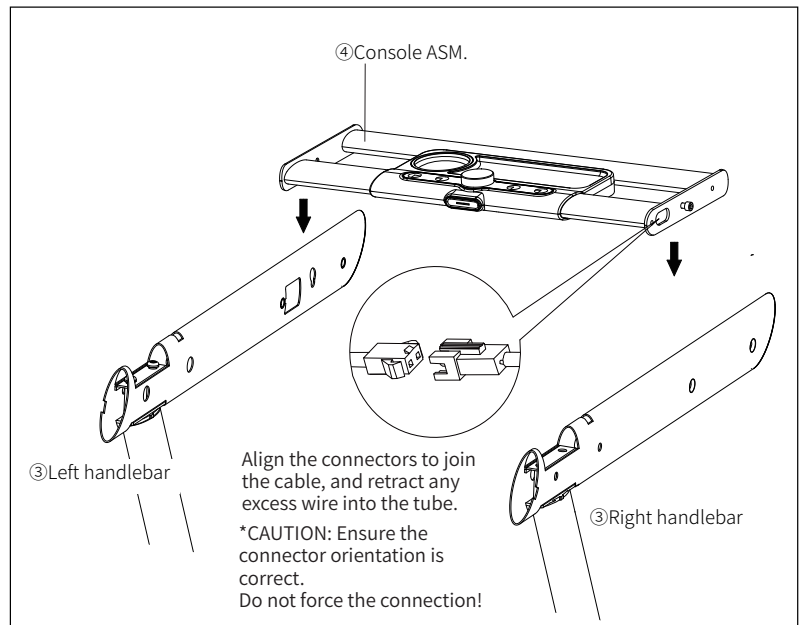
STEP 6: Install Left/Right Handlebars

1. Connect the signal cable of the right handlebar to the signal cable of the right upright.
2. Press the left and right handlebars firmly against their corresponding uprights, aligning the mounting holes.
3. Take four ⑮ socket flat head screws M8×55, each paired with one ⑳ flat washer D8. Use the ㉔ l-shaped hex wrench 5# to tighten all screws.



STEP 7: Install the Console ASM.

1. First, connect the signal cable of the electronic console mount to the signal cable of the right handlebar.
2. As shown in Figures 1-3, align the large holes on the inner side of the ③ left/right handlebars with the screw sleeves on the side of the ④ console ASM. and slide them over. Then press downward until the small holes lock onto the screws.

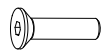


Installation Guide

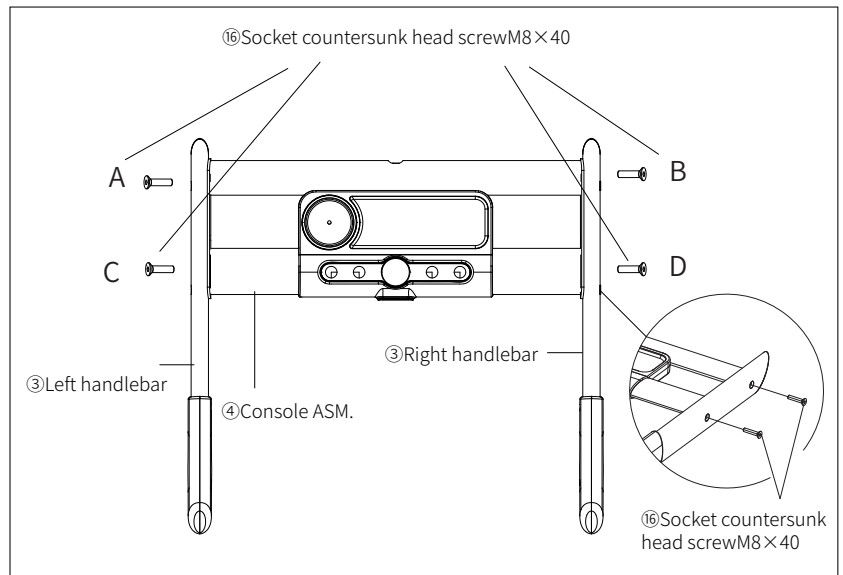
3. Manually align the ④console ASM. vertically. Use the ②L-shaped hex wrench 5# to tighten the four ⑩socket countersunk head screws M8×40 into the mounting slots on the ③left/right handlebars in A-C-B-D order until fully secured.



②L-shaped hex wrench 5#

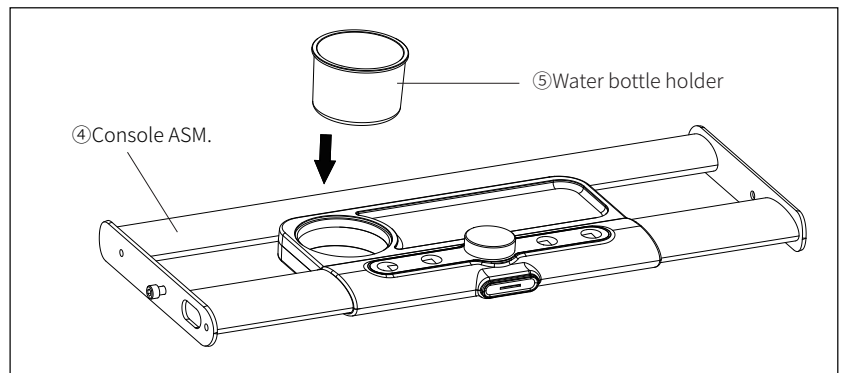


⑩Socket countersunk head screw M8×40 4PCS



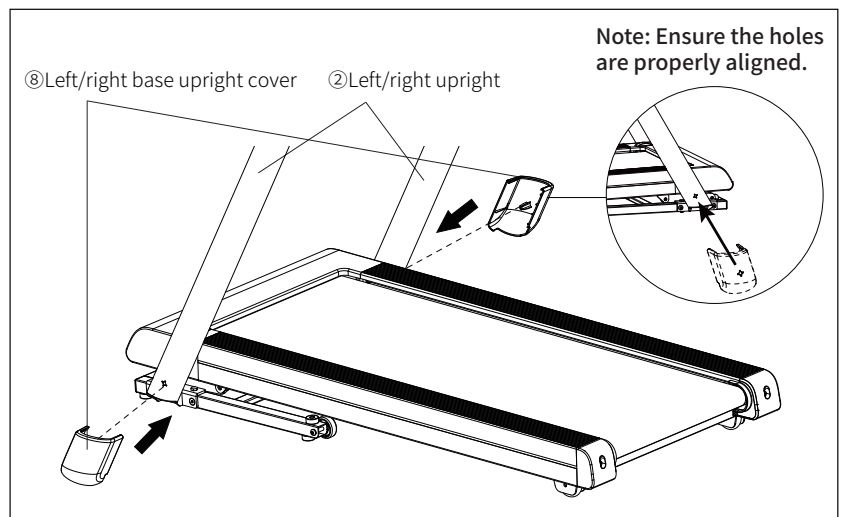
STEP 8: Install the Water Bottle Holder

1. Align the ⑤water bottle holder with the mounting holes on the ④console ASM. and insert it into place.



STEP 9: Install the Base Upright Covers

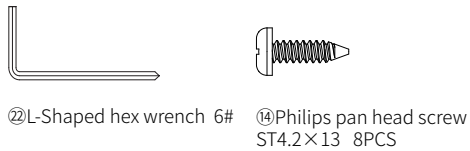
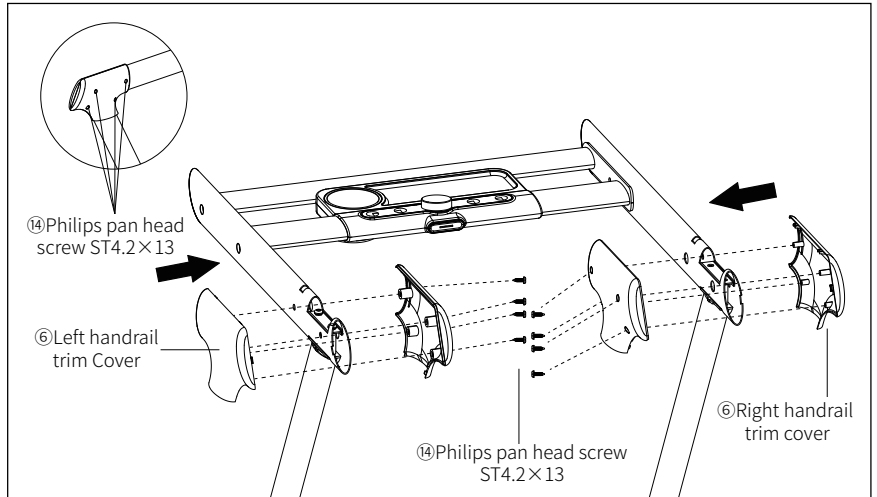
1. Align the ⑧left/right base upright covers with the holes on the ②left/right uprights, then install them on both sides of the base and snap them into place.



Installation Guide

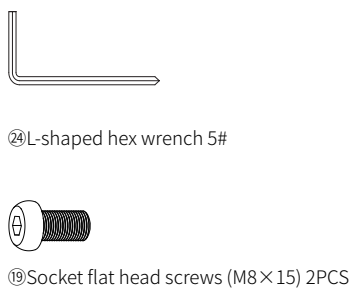
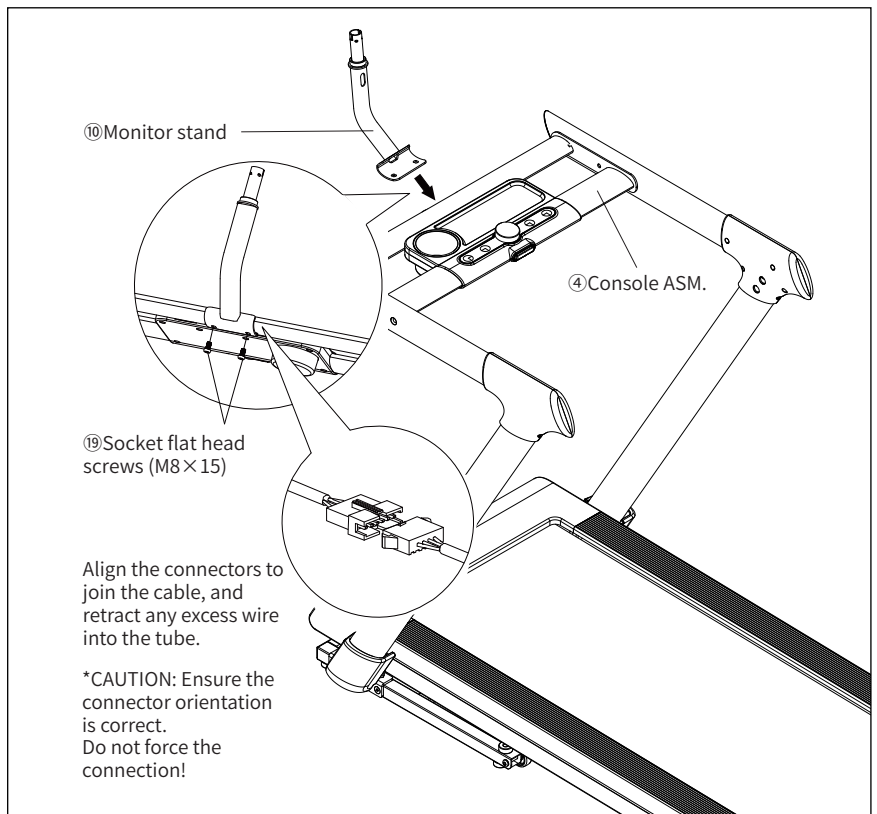
STEP 10: Install the Handrail Trim Covers

1. Position the ⑥left/right handrail trim covers on both sides of the handrails and align the holes as shown in the illustration. Snap the covers closed and press them firmly into place. Use the ②L-shaped hex wrench 6# to tighten the four ⑭Philips pan head screws ST4.2×13 (The other side should be installed using the same method.)



STEP 11: Install the Monitor Stand

1. First, connect the cable from the ⑩monitor stand to the cable from the ④console ASM..
 2. Then, align the two ⑲socket flat head screws M8×15 with the two holes at the bottom of the ⑩monitor stand, and use the ⑳L-shaped hex wrench 5# to thread them in until the ⑩monitor stand is securely attached to the ④console ASM..



Installation Guide

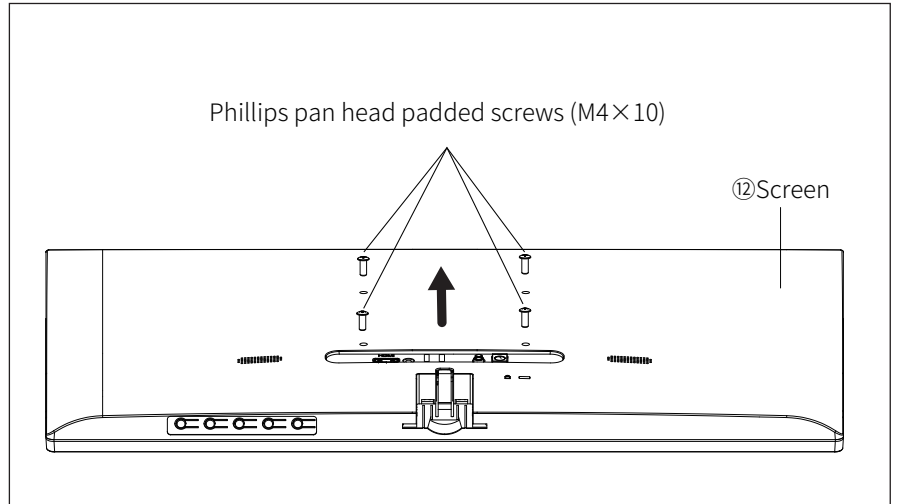
STEP 12: Installation of screen and speaker

1. Use the ⑫ L-shaped hex wrench 6# to remove the Phillips pan head padded screws (M4×10) pre-installed on the ⑫ screen, as shown below;

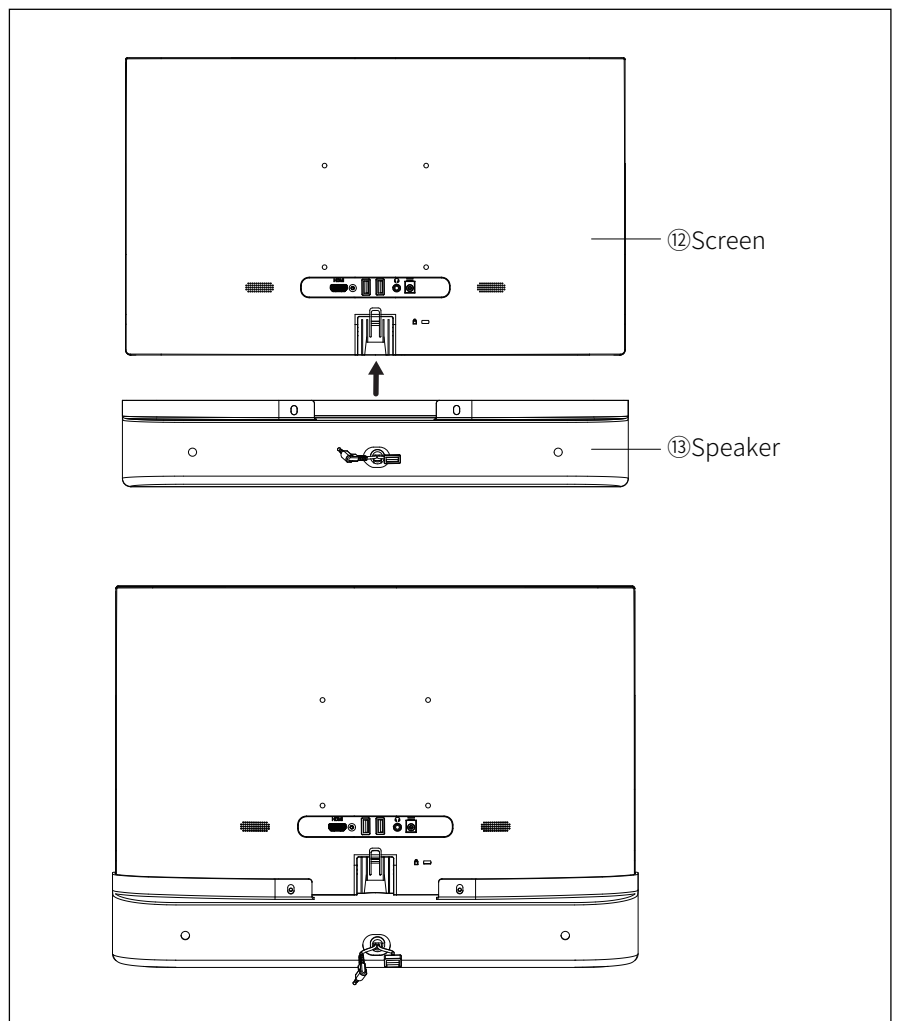
* Please put the screen on the desk flatly. Do not collide with the screen with hard objects to avoid screen damage!



⑫ L-shaped hex wrench 6# Phillips pan head padded screws (M4×10) 4PCS



2. After taking out the ⑫ screen and placing it parallel to the ⑫ screen, place the ⑬ screen in the groove of the ⑬ speaker, as shown in the picture; (Note: The speaker is equipped with a casing. When taking it out, ensure that the front side of the carton is facing up to prevent damage)



Installation Guide

3. Take out the ⑪screen fixing part and use ⑫l-shaped hex wrench 6# to remove the phillips pan head padded screws (M4×10) pre-locked on the ⑪screen fixing part.

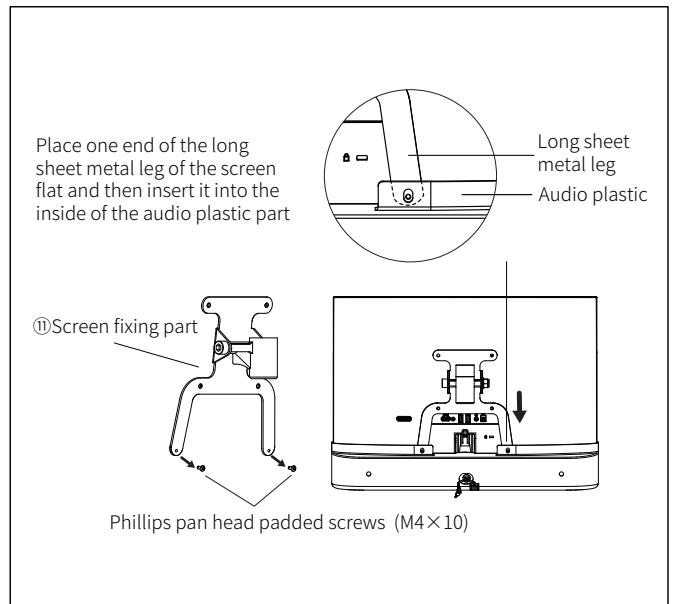
4. Place the ⑪screen fixing part on the back shell of the screen (Note: Place one end of the long sheet metal leg of the screen flat and then insert it into the inside of the audio plastic part.)



⑫L-shaped hex wrench 6#



Phillips pan head padded screws (M4×10) 2PCS



5. Align the holes on the ⑪screen fixing part to the holes on the ⑬speaker and ⑫screen, pre-lock the six removed screws in sequence, adjust the parallelism between the ⑪screen fixing part and the ⑫screen, and then tighten all the screws clockwise;



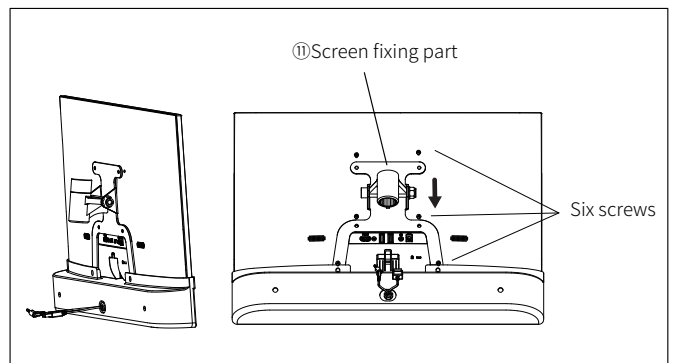
⑫L-shaped hex wrench 6#



Phillips pan head padded screws (M4×10) 4PCS



Phillips pan head padded screws (M4×10) 2PCS



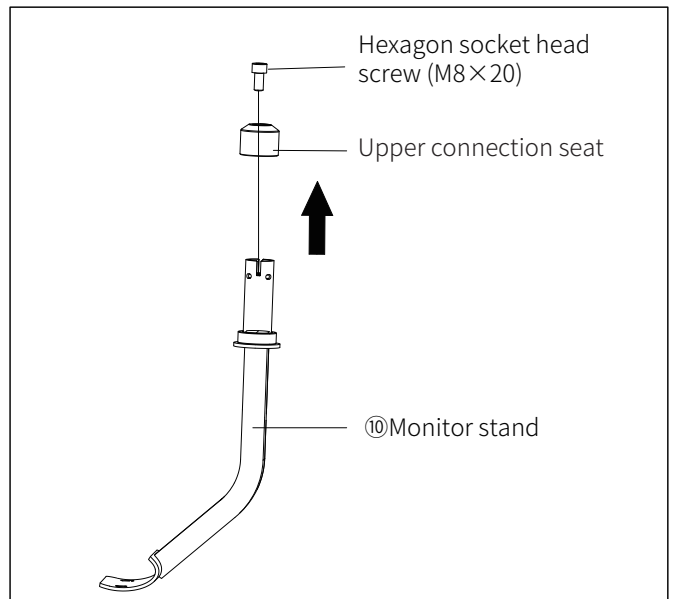
6. Loosen the hexagonal socket head screw (M8×20) pre-installed on the ⑩monitor stand with an ⑫l-shaped hex wrench 6#, and then remove the upper connecting seat.



⑫L-shaped hex wrench 6#



Hexagonal socket head screw (M8×20) 1PC



Installation Guide

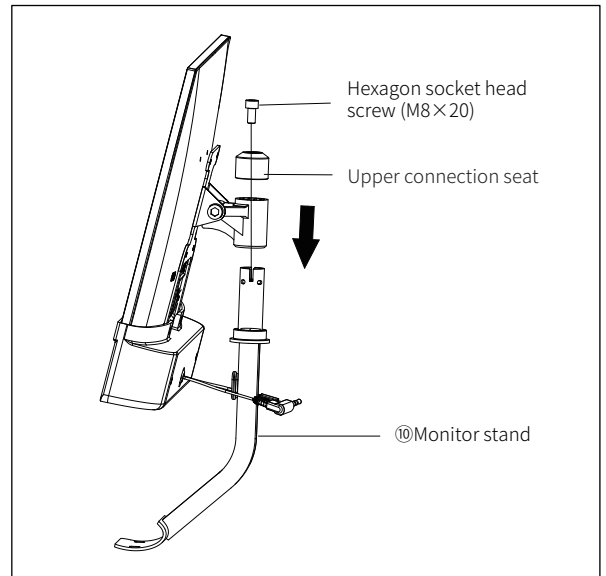
7. Insert the screen and speaker components assembled in the previous step into the ⑩ monitor stand, then put in the upper connecting seat and hexagonal socket head screw (M8×20) in sequence, and use an ⑫ L-shaped hex wrench 6# lock until secure.



⑫ L-shaped hex wrench 6#

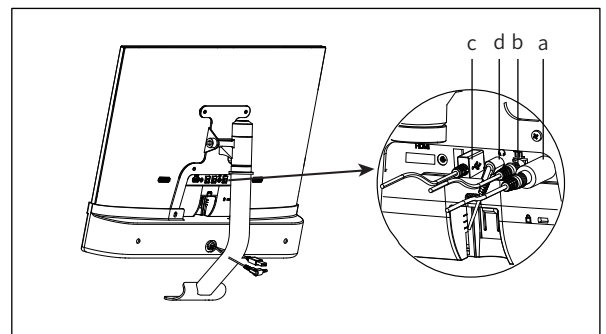


Hexagon socket head screw (M8×20) 1PC



STEP 13: Install the connecting cable

1. Insert the monitor power port (a), signal port (b), speaker power port (c), and signal port (d) into the corresponding sockets at the bottom-rear of the monitor. Ensure full insertion with no looseness. (Note: Match ports to sockets by color codes. Power ports must be securely fastened by clockwise rotation; loose connections are strictly prohibited.)
2. Select the appropriate HDMI interface of the projection cable the HDMI jack under the monitor. (Note the difference between IOS and Android, for Android, the power interface needs to be inserted into the socket, secure the excess wire with Velcro)



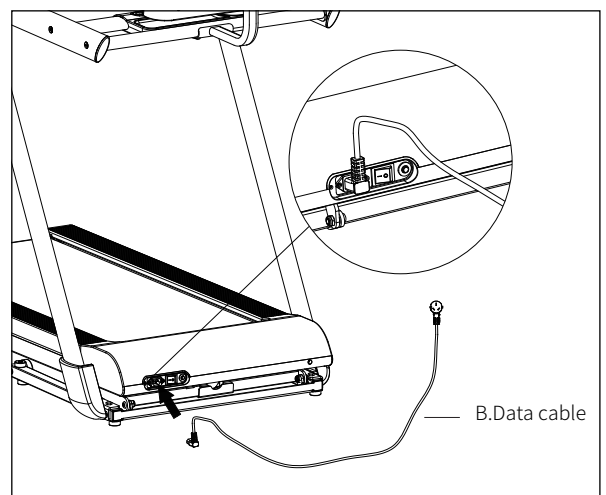
⚠ Safety tips:

- Do not plug or unplug the monitor's interface without cutting off the power supply.
- Please unplug the power when not in use. Do not use this device during thunderstorms. Disconnect the power immediately!

STEP 14: Install the power cable

1. As shown in the figure, connect the power supply, turn on the power switch, and the device enters the standby state.

Note: Please use the provided adapter plug in accordance with the standards and regulations of your region.



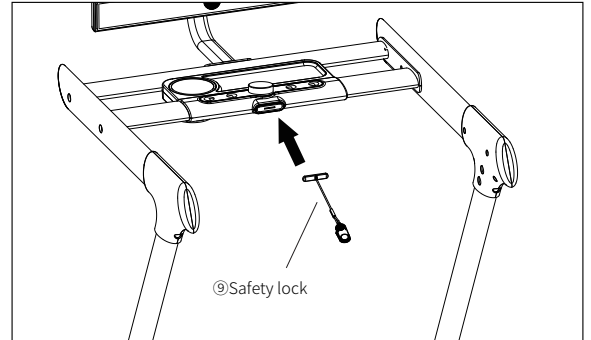
Installation Guide

STEP 15: Install the safety lock

1. Align the holes and install the ⑨safety lock.

⚠ Safety tips:

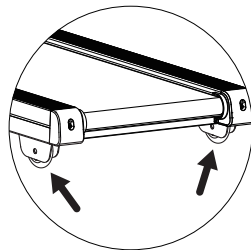
- Before starting, please attach the safety key to clothing.
- The machine will not work without the safety key inserted.
- When the safety key is removed while walking, the machine will perform an emergency stop.
- When not in use, please remove the safety key to prevent children from starting the machine.



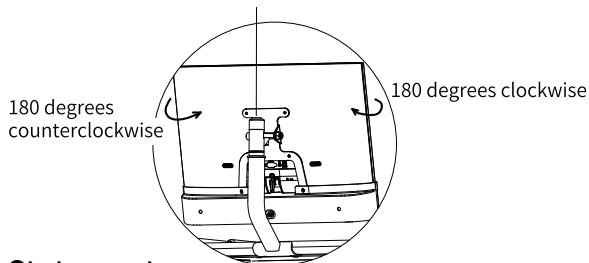
Complete Assembly (For reference only. Actual configuration may vary.)

⚠ Safety tips:

Before use, please check whether the foot pad at the bottom of the treadmill is placed stably and does not shake.

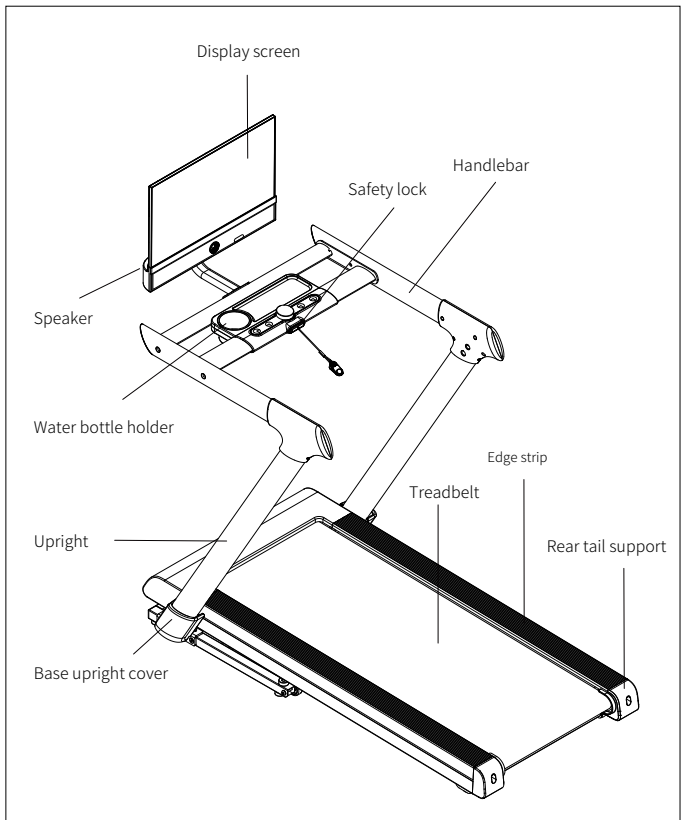


The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise. (Use the ②l-shaped hex wrench 6# to tighten or loosen as needed).



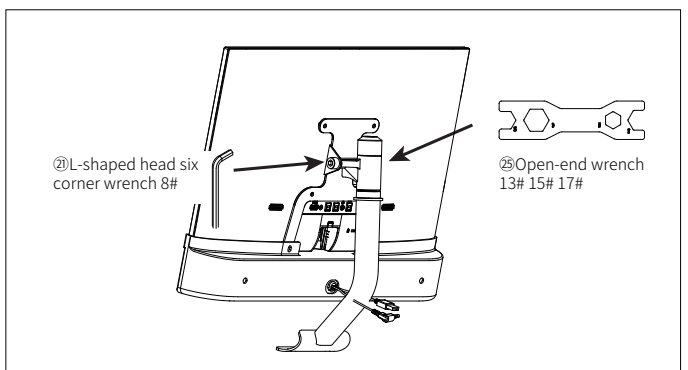
Statement:

This manual includes a comprehensive introduction to the product's functions and operating instructions as of the time of printing. However, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.



Check screen

After installation, check if the screen falls when turned upside down. If it does, use the ②l-shaped head six corner wrench 8# and the ③open-end wrench 13# 15# 17# to tighten it as shown in the figure. (If the screen becomes loose during use or if the joint needs adjustment, follow these steps to make the necessary corrections)



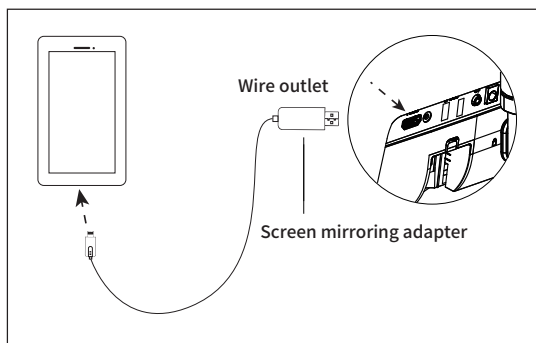
How to Adjust the Screen

Screen Adjustment

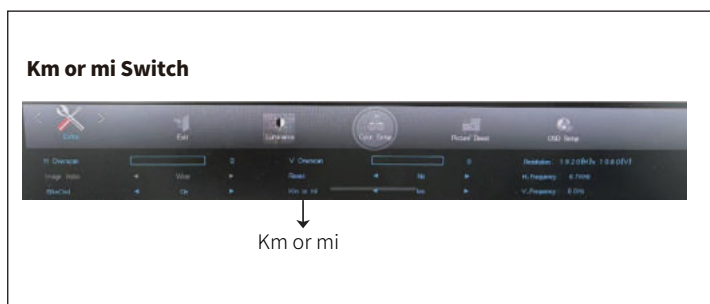
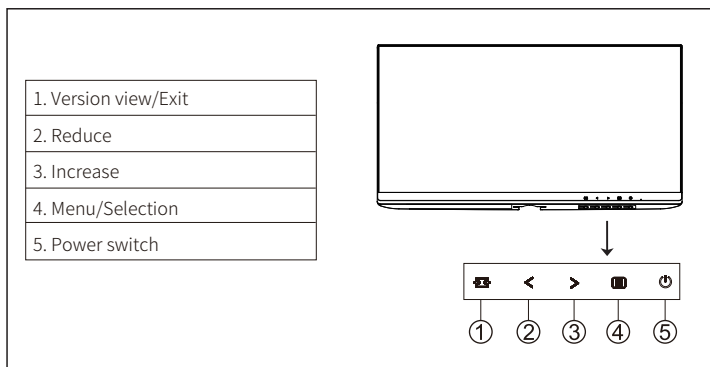
If you need to adjust the monitor screen, please use an ②l-shaped hex wrench 6# to remove the cross-head padded screws on the speaker housing, place it up and down, remove the speaker, and then follow the button operation instructions (as shown in the figure), make adjustments before reinstalling the speaker.(Please ensure the screen mirroring device is connected before adjusting the screen; otherwise, the OSD menu cannot be accessed.)

(1)Connect to the screen mirroring device

Mobile devices:



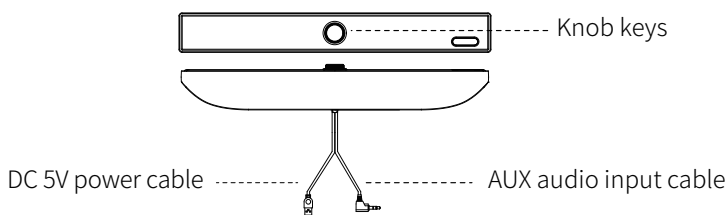
(2)Adjust the monitor screen



- 1.Make sure the monitor is powered on and in screen mirroring mode;
- 2.Press the "Menu" button to enter the OSD menu;
- 3.Press the "Reduce/Increase" buttons to select the desired option (the unit switch option is under "Extra"), then press the "Selection" button to enter;
- 4.Press the "Reduce/Increase" buttons to find "Km or mi", then press the "Selection" button to enter adjustment mode;
- 5.Press the "Reduce/Increase" buttons to choose the desired unit, then press the "Selection" button to save the setting;
- 6.Press the "Exit" button to exit the OSD menu and return the speaker unit to its original position.

How to Adjust the Audio

Audio function operation

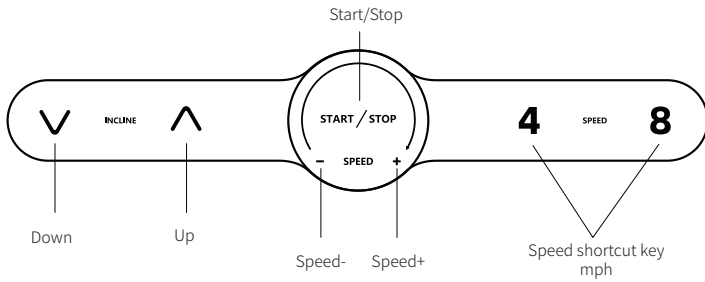


	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power Off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mins	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep state	Sleep state	When clicking the knob button (clicking does not switch modes), inputting audio signals, adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on
Control function	Volume up	/	Turn the switch Clockwise	The volume increases gradually as your rotation	Volume up to maximum with a tone (beep)	Red LED always on
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	Red LED always on
	Mode Switch	Power on	Short press the Rotary switch	Switch AUX mode and Bluetooth mode	Switch to Bluetooth mode with beep (Bluetooth pairing on)	1. AUX mode: red light always on 2. Bluetooth mode: red light flashes quickly
Pairing function	Bluetooth pairing	Power on	Click the knob button to switch the mode to Bluetooth mode	1. Pairing search status, red light flashes quickly 2. If pairing times out in 10mins, it will enter sleep state	Shutdown tone (Shutdown sound)	Red LED flash quickly
	Switch to Pairing mode (the bluetooth can be found by other device)	Power on	Open the bluetooth and Search on the device	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful connection (Paired (dong))	Red LED always on
	Disconnected	Connected	Close your device bluetooth function Cancel the pairing by the device Disconnect the bluetooth connection by Device	1. Announcement tone (Pairing) 2. Speaker enter the pairing mode	Disconnect tone (Pairing)	Red LED flash quickly
	Reconnected-back to BT range	Disconnected	1. Connected with device, the bluetooth disconnected after move the device out of the BT range 2. It reconnected successful if back in BT range within 10mins	1. After over-distance disconnection, the speaker enters the pairing state and the red light flashe quickly 2. After 10 mins, no device is connected and the speaker enters sleep state Reconnected successful with device	Disconnect tone (Pairing)	Red LED flash quickly
	Reconnected	Bluetooth mode (paired with device before)	Switch to bluetooth mode, speaker try to reconnect with the last device	If unable to reconnect within 10mins, enter sleep state	The tone of successful connection (Paired)	Red LED always on
	Factory Reset (In Bluetooth mode)	Power On	In Bluetooth mode, triple-click the speaker knob button	1. Restore to the default boot state (enter AUX mode) 2. Clear Bluetooth connection records and clear front and rear speakers Pairing record, volume restored to default volume (maximum volume 50%) 3. Enter AUX state	Recovery success tone (hello)	Red LED always on

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

Operating Instructions

Electronic display function operation



<p>1. Parameter Description Exercise parameters for various exercise modes:</p> <ul style="list-style-type: none"> The minimum display speed is 1kph/0.62mph. The maximum display speed is 14kph/8.7mph. 																																		
<p>2. Panel Button Functions and Operation Instructions Knob --- Function Description: Speed increase/decrease, Start/Pause/Stop key. Operation Instructions: <ul style="list-style-type: none"> In standby mode, press the knob to start the treadmill. In operation mode, rotate the knob to adjust the speed. In operation mode, press the knob to pause the treadmill operation. In operation mode, hold down the knob to stop the treadmill operation. Speed Shortcut Keys 4, 8 --- Function Description: Quick speed adjustment. Operation Instructions: <ul style="list-style-type: none"> In operation mode, press the speed shortcut key to adjust to the corresponding speed. Incline Adjustment Key --- Function Description: Controls the incline angle of the running deck. Operating Instructions: <ul style="list-style-type: none"> Each time you press the up key, the slope increases by 1%. If you press it for a long time, the slope continues to increase. Each time you press the down key, the slope decreases by 1%. If you press it for a long time, the slope continues to decrease. </p>																																		
<p>3. Exercise Mode Description Manual Mode Function Description Entering Manual Mode: After the treadmill powers on and all displays light up, it enters full manual operation mode. At this point, press the knob to enter manual operation mode.</p> <p>Operation Instructions:</p> <ul style="list-style-type: none"> The initial working speed is 1kph/0.62mph, and the time, distance, and calorie windows start counting from zero. Rotate the knob to adjust the working speed. Press the speed shortcut keys 4, 8 to quickly adjust to the corresponding speed. press the knob to pause the treadmill operation. (hold down the knob to stop the treadmill operation). Pulling out the safety lock can immediately stop the motor. 																																		
<p>4. Display Range of Each Value:</p> <table border="1"> <thead> <tr> <th>Set parameters</th> <th>Initial</th> <th>Set initial value</th> <th>Set range</th> <th>Display range</th> </tr> </thead> <tbody> <tr> <td>Time (hours: minutes: seconds)</td> <td>0:00</td> <td>-</td> <td>-</td> <td>00:00:00-18:15:12 (hours: minutes: seconds)</td> </tr> <tr> <td>Speed (kph)/(mph)</td> <td>0.0</td> <td>1 (kph) / 0.62 (mph)</td> <td>1-14 (kph) / 0.62-8.7 (mph)</td> <td>1-14 (kph) / 0.62-8.7 (mph)</td> </tr> <tr> <td>Distance (km)/(mile)</td> <td>0.00</td> <td>-</td> <td>-</td> <td>0.00-9999 (km) / 0.00-9999 (mile)</td> </tr> <tr> <td>Calories (kcal)</td> <td>0.0</td> <td>-</td> <td>-</td> <td>0.0-9999</td> </tr> <tr> <td>Incline (%)</td> <td>0</td> <td>-</td> <td>0-10%</td> <td>0-10%</td> </tr> </tbody> </table>					Set parameters	Initial	Set initial value	Set range	Display range	Time (hours: minutes: seconds)	0:00	-	-	00:00:00-18:15:12 (hours: minutes: seconds)	Speed (kph)/(mph)	0.0	1 (kph) / 0.62 (mph)	1-14 (kph) / 0.62-8.7 (mph)	1-14 (kph) / 0.62-8.7 (mph)	Distance (km)/(mile)	0.00	-	-	0.00-9999 (km) / 0.00-9999 (mile)	Calories (kcal)	0.0	-	-	0.0-9999	Incline (%)	0	-	0-10%	0-10%
Set parameters	Initial	Set initial value	Set range	Display range																														
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Distance (km)/(mile)	0.00	-	-	0.00-9999 (km) / 0.00-9999 (mile)																														
Calories (kcal)	0.0	-	-	0.0-9999																														
Incline (%)	0	-	0-10%	0-10%																														
<p>Note: Due to equipment manufacturing deviations exist, the above data may differ slightly from actual values and are for reference only.</p>																																		
<p>5. Sleep Function Description: When the treadmill stops working and no operation is performed for more than 10 minutes, it will enter sleep mode. The display on the electronic monitor will automatically turn off. Press any key to wake up the monitor, and after all displays light up, it will return to the initial standby state.</p>																																		
<p>6. Display Range of Each Value:</p> <ul style="list-style-type: none"> During normal use, the safety lock must be inserted into the designated position on the electronic monitor in order to operate it. Remove the safety key, a warning sound will be emitted. If the safety lock is removed during operation, the system will quickly stop, and after reinserting the safety lock, all exercise data will be reset to zero. 																																		

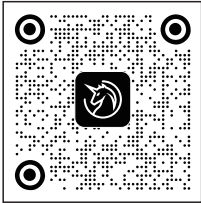
Control Panel Operation

Start	Enter → Standby mode — Short press the knob → The buzzer sounds three times Speed set to the lowest speed
	Pause state — Short press the knob → The buzzer sounds three times Speed set to the lowest speed
Speed adjustment	Exercise state — Rotate the knob to the right → Speed increases by 0.1 kph per rotation notch; Each rotation triggers an audible "beep" prompt for speed changes.
	Exercise state — Rotate the knob to the left → Speed decreases by 0.1 kph per rotation notch; An audible "beep" will sound with each speed change.
Incline Adjustment	In pause/stop state — Left/right adjustment knob → Invalid
	Workout/Pause/In standby mode — Press the up key → The incline angle increases. Each press raises the incline by 1%. Press and hold the button to continuously increase the incline. The incline icon lights up, and the single-digit display shows the incline level. Press the down key → The incline angle decreases. Each press lowers the incline by 1%. Press and hold the button to continuously decrease the incline. The incline icon lights up, and the single-digit display shows the incline level.
Pause	Stop/Screen-off mode — Press the Up/Down key → Invalid
	During workout — Short press the knob → Pause The speed interface displays 0 The distance interface displays the paused workout mileage Time/calories Interface displays the time/calories before the pause
End workout	Paused — Press and hold the knob for 3 seconds → End workout
	Paused state — no operation → The display will turn off after 10 minutes of inactivity
Stop	Stop state — Press and hold the knob for 3 seconds → End workout The speed decreases by 0.5 kph per second until it reaches 0 Workout data: Except for the speed, which shows 00, other values display the data before the workout ended
	Stop state — No operation → The display will turn off after 10 minutes of inactivity
Screen off	In motion — Unfasten the safety latch → The buzzer will beep continuously until the safety lock is installed The display shows error code E98 Workout data: Except for the speed, which shows "00," other values display the data before the emergency stop No response to button press
	Non-exercise — Unfasten the safety latch → Error code disappears Secure the safety latch in place → The buttons are functioning normally
Workout automatically stops	Secure the safety clip — End current workout → Reset data
	Stop/Pause/End state — No operation → The display screen turns off after 10 minutes of inactivity
Workout automatically stops	Shuts down automatically after >90 minutes of inactivity, resets timer when operated.

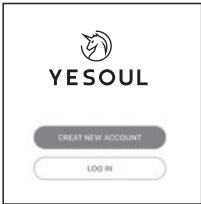
App Instructions

APP installation registration

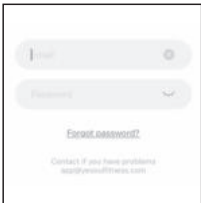
You can scan the QR code below to download the APP and register an APP account.



1. Scan the QR code and download the APP



2. Enter the APP login page



3. Register an APP account



Kinomap Zwift

Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

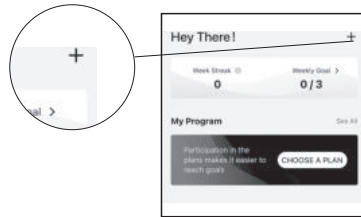
APP course icon descriptions



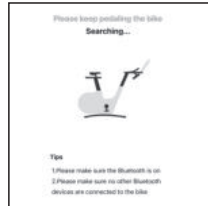
1. Connect & Monitor Heart Rate
2. Sync Data with Gym Equipment
3. Translate Audio & Subtitles
4. Adjust Video Quality On Screen
5. Switch Imperial/Metric Display
6. Adjust Voice & Music Volume

Connect devices

When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



4. Enter the APP homepage



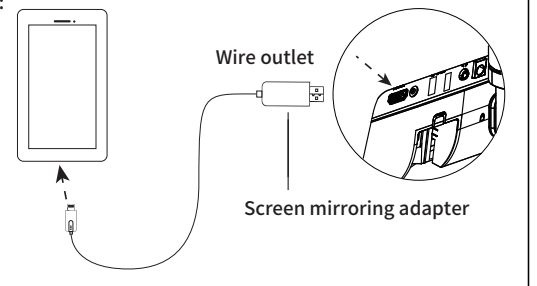
5. Search for devices

- Turn on the Bluetooth button for the sports mode or course in the APP to establish connection automatically.
- The device does not support connecting multiple cell phones at the same time. Please confirm that no other users are connected to the device at this time before use.
- After shutting down, Bluetooth will be automatically disconnected.
- In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.
- The display will automatically go into sleep mode 10 minutes after the exercise ends.

How to Adjust the Screen

Installation instructions for wired screen projection:

Mobile devices:



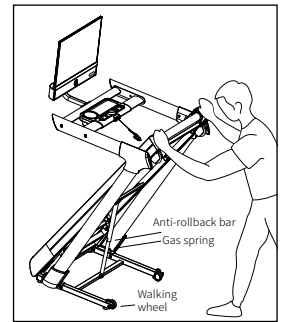
1. Download the Yesoul Fitness app and register.
2. Connect your device within the app.
3. Connect your phone with a screen casting cable. (Phone must support DisplayPort).

Instructions For Use of the Machine

Folding and moving the treadmill

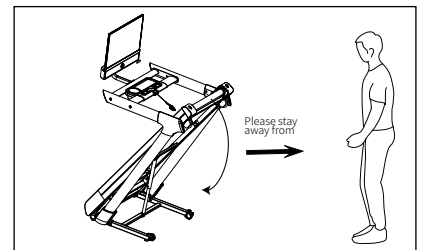
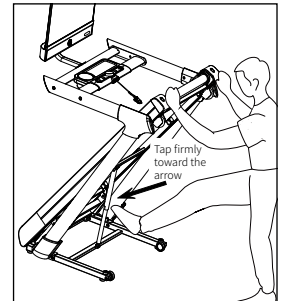
· Folding of treadmill

1. Before folding the treadmill, ensure the power is disconnected.
2. Check whether the incline of the treadmill is at the lowest position.
3. Lift the treadmill to the upright position, and the non-return pipe will automatically get stuck on the pneumatic cylinder.
4. Verify that the anti-return tube is properly engaged with the pneumatic cylinder.



· Deployment of treadmill

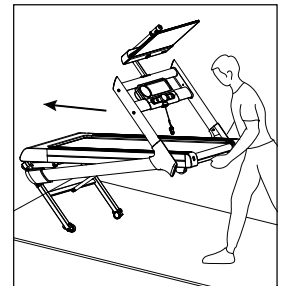
1. To unfold the treadmill, you need to choose a place about 1 meter away from the power socket and with a flat ground and no other obstacles.
2. When unfolding the treadmill, you must first hold the treadmill with both hands and step on the anti-return tube with your feet. The treadmill will automatically lower to the ground slowly. At this time, the person must stay about 1 meter away from the treadmill until the treadmill is fully unfolded.



· Movement of treadmill

When moving the unit you must make sure:

1. The treadmill power switch is turned off.
2. The power plug has been pulled out from the power socket.
3. The large frame has been folded. After clarifying the above points, grab the end of the treadmill with one hand and the handrail on the same side with the other hand. When tilting 40 to 50 degrees toward your chest, you can slowly move the machine.



Routine Maintenance

· Lubrication

After the running belt has been used for a period of time, it must be lubricated with specially formulated methyl silicone oil.

Recommendation: Use less than 3 hours per week Lubricate once every 5 months
 Use 4-7 hours per week Lubricate once every 2 months
 Use more than 7 hours per week Lubricate once a month

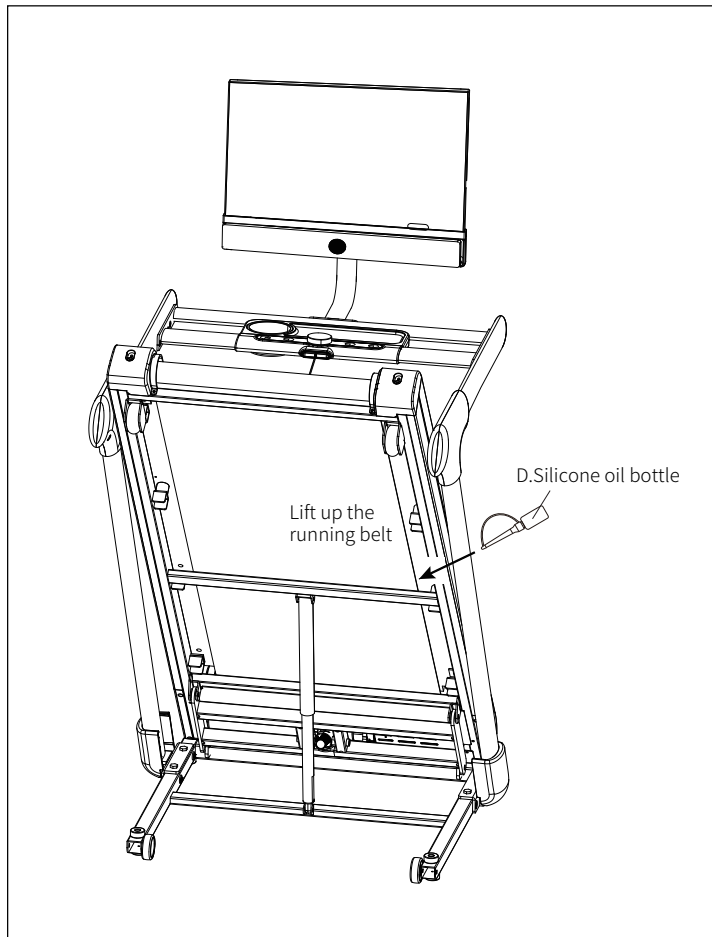
Note: Do not over-lubricate. More lubricant is not always better. Proper lubrication is an important factor in extending the service life of the treadmill.

· How to judge whether lubricant needs to be applied again

Just grab the running belt and touch your hand as far as possible to the center of the back of the running belt. If there is silicone on your hand (it feels a little moist), it means no more lubricant is needed. If the running board is dry, and there is no silicone stuck to your hands, you need to add lubricant.

· Steps to apply lubricant to running boards

Stop the running belt and fold the machine. Lift up the running belt at the rear of the main frame, extend the lubricant applicator as far as possible into the middle area of the running belt, and spray silicone oil onto the inner surface of the running belt, coating both sides with silicone. Operate the treadmill at the lowest speed to distribute the silicone evenly, and gently step on the running belt from left to right with light pressure. Maintain this for several minutes to allow the silicone to be fully absorbed by the running belt. (As shown in the figure)



Routine Maintenance

· Tightness adjustment of running belt

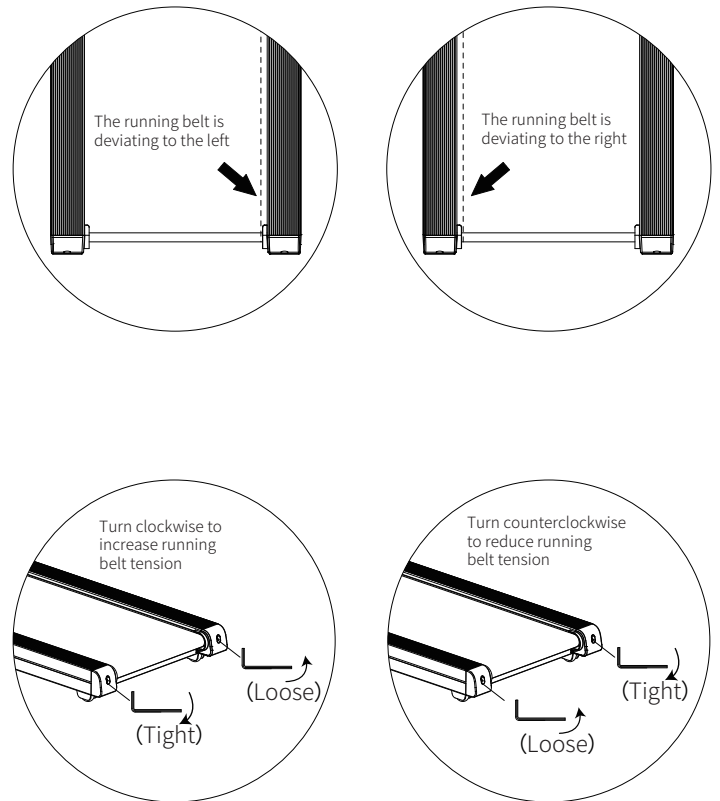
The user has a tendency to stop and slip while running. When this phenomenon occurs, adjust the running belt adjustment bolts left and right simultaneously in half-turn clockwise directions. If the running belt is too loose, the running belt and rollers will slip when you step on the belt. However, it is not good if it is too tight. It will easily increase the load on the motor and damage the motor, running belt and rollers.

· Adjustment of running belt deviation

All treadmills require adjustment of the running belt before leaving the factory and after installation. However, after a period of use, it may still wander. The reasons for this phenomenon are as follows:

- ① The host is not placed smoothly
- ② The user's feet are not in the center of the running belt when exercising
- ③ The user exerts uneven force on both feet

If the misalignment is artificially caused, it can return to normal after a few minutes of no-load rotation. For misalignment that cannot be restored automatically, use the ②-shaped hex wrench 6# that comes with the machine to gradually adjust it in half-turn increments.



If the running belt deviates to the left, adjust the left bolt clockwise or the right bolt counterclockwise.

If the running belt deviates to the right, adjust the right bolt clockwise or the left bolt counterclockwise.

Declare:

Running Belt Misalignment is not covered under warranty and must be maintained by the user according to the manual. Misalignment can cause serious damage to the running belt. It must be detected and corrected promptly.

Common Faults and Solutions

Treadmill brushless system error message prompts:

Fault codes	Fault code meaning	Fault code processing method
-------------	--------------------	------------------------------

Er01: indicates abnormal communication between the electronic meter and the electronic control

Er01	The upper and lower control main connection line interface is loose	Reinforce the connection line interface
	The upper and lower control main connection line is broken	Replace the upper and lower control main connection line
	The electronic meter is broken	Replace the electronic meter
	The controller is damaged	Replace the controller

Er02: indicates the lower control power input overvoltage protection information prompt

Er02	The user's grid voltage is unstable, and the peak voltage is too high	An external filter regulator needs to be added
	The controller is damaged	Replace the lower control, waiting for repair

Er03: indicates the input undervoltage protection information of the lower control power supply

Er03	The user's grid voltage is unstable, and the peak voltage is low	An external filter regulator needs to be added
	The controller is damaged	Replace the lower control, waiting for repair

Er04: Indicates that the main motor is open circuit, phenomenon prompt

Er04	The main motor line is not connected or loose	Reinforce the main motor connection line
	The main motor is open circuit, damaged	Replace the motor
	The controller is open circuit, damaged	Replace the controller
	The main motor is blocked and damaged	Replace the motor

Er05: indicates that the current ADC is abnormal

Er05	The load of the treadmill exceeds the rated working current of the motor	It is recommended to be within the rated working current range of the motor
	There is a problem with the assembly structure of the treadmill and the motor, causing resistance or blockage of the motor	Check whether the treadmill structure is normal
	Failure of the lower control current limiting system	Replace the lower control, waiting for repair

Er06: indicates voltage ADC abnormality prompt

Er06	The user's grid voltage is unstable, and the peak voltage is too high	Need to add an external filter stabilizer
	Wrong wheel diameter value setting	Reset the wheel diameter value and try not to exceed the rated voltage of the motor
	Controller damage	Replace the lower control, waiting for repair

Er08: indicates that the 3s three-phase current deviation is greater than the set value

Er08	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

Er11: indicates that the maximum current exceeds the setting

Er11	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

Er13: indicates abnormal Hall signal value or timing error

Er13	Main motor damaged	Replace motor
	Controller abnormally damaged	Replace controller

Er14: Controller temperature is too high

Er14	Controller temperature is too high	Stop using for more than 1 hour
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Er15: indicates power tube breakdown explosion protection information prompt

Er15	The power transistor breaks down and the controller is damaged	Replace controller
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Er17: Indicates that the Hall signal error is too large

Er17	Controller abnormally damaged	Replace controller
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Er18: Indicates a fault warning during the elevation calibration process

Er18	Elevation motor connection wire fault	Check connection wires (total of 4 wires)
	Elevator fault	Replace the elevator
	Calibration error	Recalibrate

Er19: Indicates a fault warning for the elevation motor

Er19	Elevation motor connection wire fault	Check connection wires (total of 4 wires)
	Elevator fault	Replace the elevator
	Calibration error	Recalibrate

Er98: Indicates a safety key not properly inserted

Er98	Safety key disconnected	Check the wiring
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Er99: Indicates lower control information lost warning

Er99	Connection not secured	Check the wiring
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NOTE: Perform the operations above only during power disconnection. If the fault code persists, contact the after-sales service team for assistance.

Grounding Guide

1. This product must be grounded. If the treadmill malfunctions or becomes damaged, the grounding wire creates a circuit of lowest resistance and conducts current underground, reducing the risk of electric shock. This product comes with a cable that has a conductor and a grounding plug that ground the equipment.
2. The plug must be inserted into an outlet that meets local codes and ordinances installation and grounding requirements.
3. Improper connection of the equipment grounding conductor may result in electric shock hazards. If you are unsure whether your equipment is properly grounded, consult a qualified electrician or service personnel. Please do not modify the plug provided with this product without authorization. If the plug is inconsistent with the outlet, have a qualified electrician install a proper outlet.

This device complies with Part 15 of the FCC Rules

Operation is subject to the following two conditions:
 (1) this device may not cause harmful interference, and
 (2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the device and receiver.
- Connect the device into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1. Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch your toes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and then relax. Repeat the exercise three times. Stretched parts: Ligaments, internal parts of knees, and back. (See Figure 1)

2. Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body and on the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep this posture for 15s and then relax. Exercise both legs three times, respectively. Stretched parts: Ligaments, back and groin. (See Figure 2)

3. Calf/heel stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15s and then relax. Repeat the exercise three times for each leg. Stretched parts: Quadriceps and hip muscles. (See Figure 3)

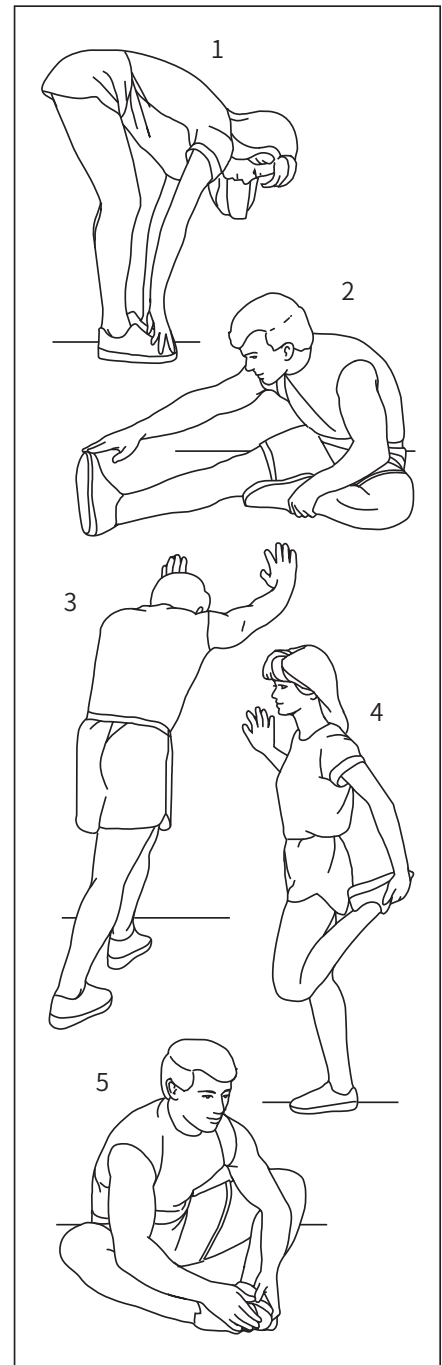
4. Quadriceps femoris stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg. Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5. Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet as close as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times. Stretched parts: Quadriceps and hip muscles. (See Figure 5)

Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.



此页为备注页，不用印刷

骑马钉

210*297mm

70g双胶纸

双面印刷

单色印刷

24页