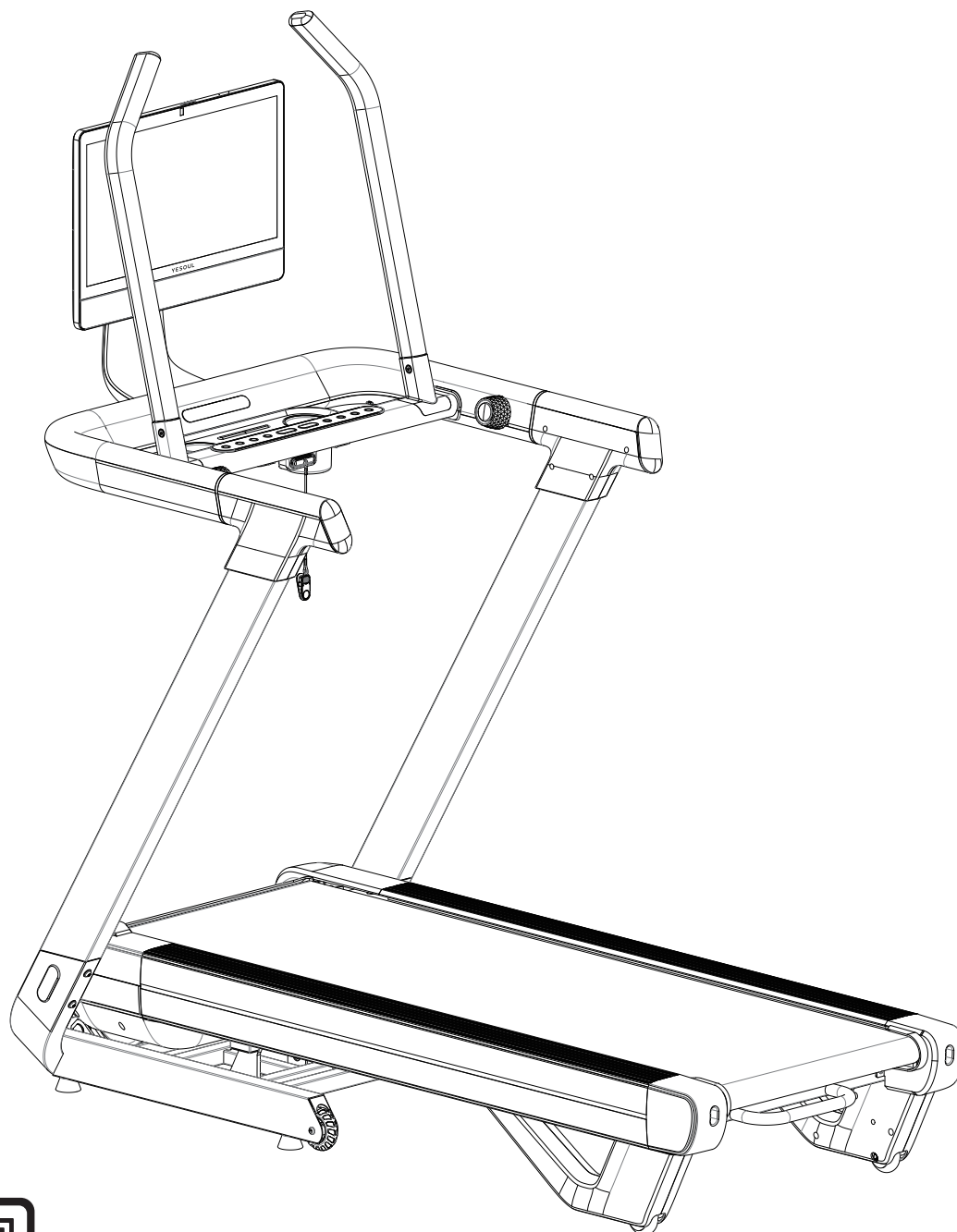


YESOUL

T5 PLUS

TREADMILL

Before using this product, read this manual carefully and keep it for future reference.



Please scan the QR code to watch the installation guide video before assembly.

Product model: T5 PLUS

EN

YESOUL SMART TREADMILL

T5 PLUS USER MANUAL

Product Specifications

Bluetooth	V5.0
Rated Power	1500W
Power Requirements	US / Canada: 110V AC, 60Hz
	UK / Europe / Australia: 220V AC, 50Hz
Important: Each YESOUL T5 PLUS treadmill is designed for the electrical standards of the country in which it is sold. Before moving the treadmill to another country where the product is supported, confirm that the destination voltage and frequency match the treadmill rating. Using an incompatible power supply may damage the treadmill. For example, the US and UK versions of the T5 PLUS have different voltage ratings and are not interchangeable.	
Speed	0.5-12.4mph / 0.8-20km/h
Net Weight	221lb / 100.5kg
Gross Weight	261lb / 118.5kg
Maximum Load Capacity	350lb / 158.8kg
Running Belt Size	60 in (L) × 20 in (W) / 1524 mm (L) × 510 mm (W)
Unfolded Dimensions	72in (L) x 33.5in (W) x 70.7in (H)
	1830mm (L) x 850mm (W) x 1796mm (H)
Compliance Standards	EN ISO 20957-1: 2024 / EN ISO 20957-6: 2021

Display Parameters

Basic Information			
Product Name	21.5-inch Display	Product Model	YS PM2601
Remote Upgrade	OTA online firmware upgrade function	Power Specification	AM75-B24 DC24V3A
LCD Panel Specifications			
LCD Type	VA, Cell: MNT OC	Backlight Type	ELED
Resolution	1920×1080 FHD	Aspect Ratio	16 : 9
Brightness	300nits (Typ)/250nits (Min)	Size	21.5 in
Contrast Ratio	3200:1 (Min)/4000:1 (Typ)	Refresh Rate	60Hz (Typ)
Response Time	17ms (Typ)/23ms (Max)	Panel Lifespan	≥30000Hrs (Min)
Viewing Angle	R/L 178°(Typ); U/D 178°(Typ)	Color Gamut	72%(Typ)/68%(Min)
System Configuration			
Control Method	3 physical buttons	USB C	5V/2A
Speaker	Front outlet 2.0 channel; 10W×2 full-range speaker	Audio/Video Input	HDMI1.4
Environmental Conditions			
Operating Temperature	0℃ ~40℃	Storage Temperature	20℃ ~60℃
Operating Humidity	20% 80% RH	Storage Humidity	10% 90% RH
Maximum Operating Altitude	<3000M		

Safety Instructions

- **Grounding**

This product must be properly grounded. If the treadmill malfunctions or breaks down, grounding provides a path of least resistance for electric current and reduces the risk of electric shock.

- **Installation Requirements**

The power cord has an equipmentgrounding conductor and grounding plug. Connect the plug only to a compatible outlet that is properly installed and grounded in accordance with all local electrical codes. Never use an ungrounded outlet. The 220 V version requires an external circuit breaker and outlet circuit rated at least 16 A; the 110 V version requires a rating of at least 32 A.

- **If You Are Unsure About Grounding**

Have a qualified electrician or service technician check the outlet. Do not modify the supplied ground- ing plug. If the plug does not fit the outlet, have a qualified electrician install a properly grounded outlet.



WARNING: Connect this product only to an outlet with the same configu- ration as its plug. If an adapter is used where permitted, make sure it is correctly installed and grounded.

This product is supplied in regionspecific versions: 110 V for the United States and Canada, and 220 V for the United Kingdom, Europe and Australia. The corresponding grounded plugs and outlets are shown below.

Country	Grounding Plug	
United States Canada		
United Kingdom		
Europe		
Australia		

Safety Instructions



WARNING: This treadmill is electrically powered. Read and understand all safety instructions before use, and operate the treadmill only as described in this manual.

1. Treadmill Placement

• Installation Environment

- ① Place the treadmill on a firm, level surface in a dedicated area. Keep children, pets and bystanders away.
- ② Indoor use only. Do not use or store the treadmill outdoors or in hot or damp locations.
- ③ Before using, storing or moving the treadmill, make sure no person or pet is around, in front of, behind or underneath it.
- ④ Provide a minimum exercise area of 200 cm (L) x 100 cm (W), with at least 200 cm clear behind the running deck and 60 cm on each side. Keep the area free of objects.

• Power-Cord Safety

- ① Use only the power cord supplied with the treadmill.
- ② Connect the plug to a dedicated, properly grounded outlet that complies with local regulations. Do not share the circuit with other appliances.
- ③ Keep the cord away from heat and sharp edges.
- ④ Keep the cord clean and dry. Sweat or spilled liquid may cause leakage current, property damage or personal injury.
- ⑤ Do not use an extension cord or plug adapter, and do not connect other equipment to the same circuit.
- ⑥ Never route the power cord underneath the treadmill.
- ⑦ Do not use the treadmill if the cord or plug is damaged or the outlet is loose.
- ⑧ With dry hands, grasp the plug not the cord when unplugging.
- ⑨ Do not damage, sharply bend or twist the cord.
- ⑩ During a power outage, unplug the treadmill immediately.
- ⑪ Where voltage is unstable, use a suitable surge suppressor (not supplied). Connect the treadmill to the surge suppressor before connecting it to the outlet.

2. User Safety

• Age and Weight

- ① Persons under 16 years of age and persons with limited physical or mental capability must not use the treadmill. Users aged 16 or older who lack experience must be supervised and instructed.
- ② Maximum user weight: 350lb(158.8kg).

• Health Restrictions

- ① If you are receiving clinical treatment or have heart disease, high blood pressure, vascular disease or a spinal disorder, consult a physician before use.
- ② Do not use the treadmill if you have an open wound, persistent fever, a structural spinal abnormality, or are pregnant or may be pregnant.
- ③ Never use the treadmill after drinking alcohol.

Safety Instructions

3. Safe Operation

• Before You Start

- ① Inspect all components. Do not use the treadmill if any part is loose, worn, damaged or incorrectly installed. Tighten all hardware securely.
- ② Attach the safetykey clip securely to your clothing so the treadmill can stop in an emergency.
- ③ Begin by walking slowly in the direction of belt travel. Start running only after you are comfortable and maintain proper form.
- ④ Before starting the belt, stand on the foot rails on both sides of the running belt.
- ⑤ Make sure the treadmill is level, stable and cannot shift.
- ⑥ Confirm that all treadmill functions operate normally.

• During Operation

- ① Only one person may use the treadmill at a time.
- ② Do not eat, drink or perform unrelated activities while using the treadmill.
- ③ Keep other people away from the treadmill.
- ④ Do not touch the moving running belt, reach under the running deck, or place objects underneath the deck.
- ⑤ Do not jump on the treadmill.
- ⑥ While the treadmill is running, do not unplug it or switch off the main power.
- ⑦ If anything abnormal occurs, stop immediately and disconnect power.
- ⑧ Noise emissions are higher under load than without load.

• Changing Speed and Stopping

- ① Increase speed gradually within a range you can safely manage. Do not jump directly to a high speed.
- ② Adjust speed only while stable and balanced.
- ③ Before stopping, gradually reduce speed and walk slowly for 35 minutes to allow your heart rate to recover. Avoid an abrupt stop unless there is an emergency.
- ④ Wait until the belt has stopped completely before stepping off. Then switch off the treadmill and unplug it.

4. Exercise and Health

- ① If you are not accustomed to exercise, avoid excessive training.
- ② If you experience dizziness, chest pain, shortness of breath or other discomfort, stop exercising immediately and seek medical attention.
- ③ Heartrate and other onscreen measurements may be inaccurate and are for reference only. Do not use them as the sole basis for health decisions.
- ④ Do not disclose the treadmilllock passcode to anyone under 16 or unable to operate the treadmill safely.
- ⑤ If you are receiving medical treatment, consult your physician before use.
- ⑥ Understand and practise the emergencystop procedure before use.
- ⑦ Use the treadmill in a wellventilated indoor area.

Safety Instructions

5. Emergency Procedures and Maintenance

• Emergency Stop

- ① If you feel unwell or notice anything abnormal, stop exercising immediately and consult a physician as appropriate.
- ② In an emergency, remove the safety key to stop the treadmill. Pressing STOP pauses operation.
- ③ If an abnormal condition occurs, stop immediately. Hold both side handrails to support yourself and move to a safe area away from the treadmill.

• Maintenance Safety

- ① Maintain the treadmill regularly. Minimise indoor dust and maintain suitable humidity to reduce static interference with the console or controller.
- ② Do not disassemble, repair or modify the treadmill yourself.
- ③ If a fault occurs, contact your local dealer and have the treadmill serviced by qualified personnel.
- ④ Unplug the treadmill before moving, cleaning, maintaining, servicing or inspecting it.
- ⑤ Stop using the treadmill if the housing is broken or cracked, internal parts are exposed, or components have come loose.
- ⑥ After use, store silicone lubricant out of the reach of children.
- ⑦ Keep the safetykey receptacle dry. Do not clean it with liquid cleaner. Wipe away sweat immediately and verify correct operation before reuse.
- ⑧ If the treadmill will not be used for an extended period, unplug it and cover it to protect the internal circuits from dust and moisture.
- ⑨ If you hear unusual noise or the treadmill jams, press STOP, disconnect power and stop using it.
- ⑩ Clean the exterior with a dry, soft cloth. Never spray the treadmill with pressurised water.
- ⑪ Replacement motors, running belts, safety keys, power cords, controllers, gas springs, displays and other parts must be supplied by the manufacturer.

6. Additional Safety Information

• Clothing

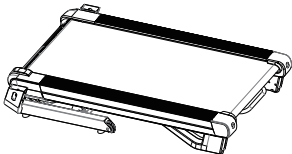
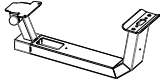
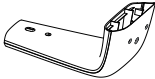
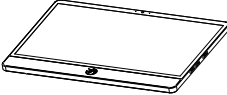
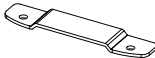
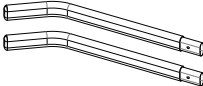
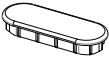
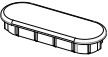
- ① Wear closefitting sportswear and athletic shoes. Tie back long hair and secure buttons and zips. Keep fingers away from the running belt.
- ② Do not carry hard objects in your pockets while using the treadmill.
- ③ Do not use the treadmill barefoot or wearing only thin socks.
- ④ Do not wear sharp accessories that could cause injury or fall into openings in the treadmill.

• Use Limits

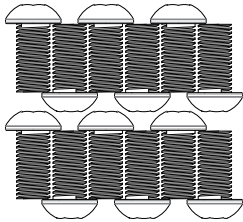
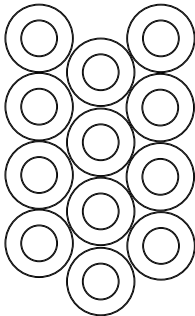
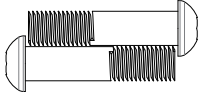
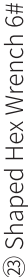
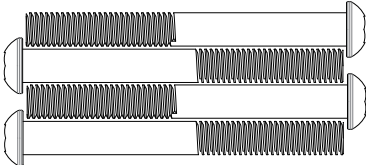
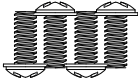
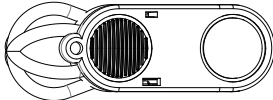
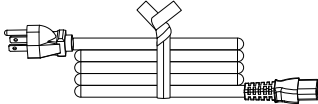
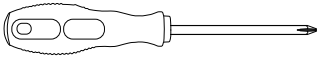
- ① When several people use the treadmill in turn, allow at least 10 minutes between users for cooling.
- ② Do not operate the treadmill under excessive load for extended periods. This can damage the motor and controller and accelerate wear of the bearings, running deck and running belt.

Parts List

STEP 1: Check All Parts

Parts List (Assembly Accessories Table)	NO.	Name	Quantity	Illustration
	①	Base Assembly	1	
	②	Console Assembly	1	
	③	Left / Right Upright	2	(Left)  (Right)
	④	Left / Right Handrail Trim Cover	2	(Left)  (Right) 
	⑤	Display Support	1	
	⑥	Display Support Trim Cover	1	
	⑦	Touchscreen	1	 
	⑧	Display Mounting Plate	1	
	⑨	Display Support Top Cover	1	
	⑩	Climbing Handle Mount	2	 
	⑪	Climbing Handle	2	
	⑫	Cup Holder	2	 
	⑬	Upright Screw Cap	2	 

Parts List

Parts List (Blister Tray)	 ⑭ Socket Flat Head Scr M8×16 12PCS  ⑮ Flat Washer D8 12PCS  ⑯ Socket Flat Head Screw M8×40 2PCS  ⑳ L-Shaped Hex Wrench 5#  ㉑ Shaped Hex Wrench 6#  ⑰ Socket Flat Head Scr M8×70 4PCS  ⑱ Phillips screw M4×10 4PCS  ㉒ Socket flat Head screw M8×12 4PCS  ㉓ Phillips Pan Head Screw ST4.2×14 12PCS  ㉔ safety lock 1PCS
Parts List (Accessory Sheet)	 A.Instruction Manual  B.Silicone Oil  C.Power Cord  D.Dedicated Phillips Screwdriver  E.HEART RATE MONITOR  F.Screen mirroring cable

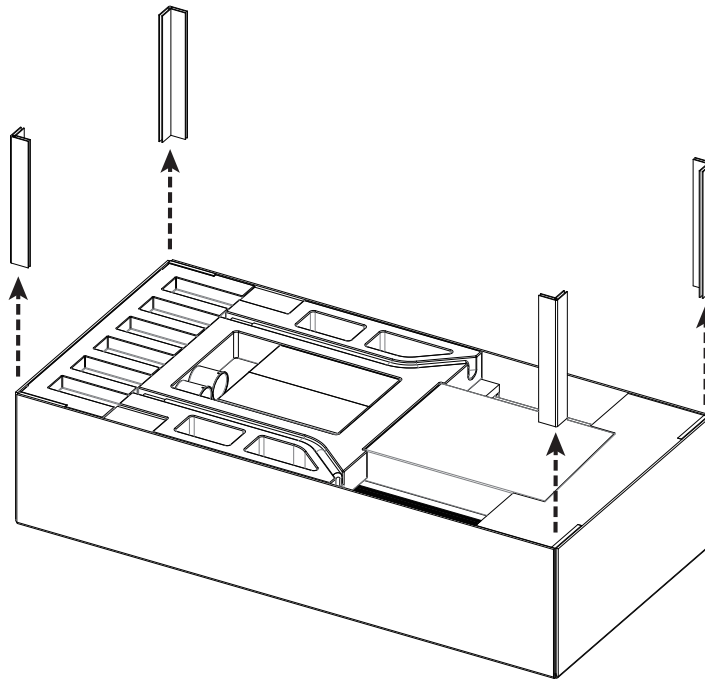


*Bolt Tightening Method: Tighten clockwise, loosen counter-clockwise.

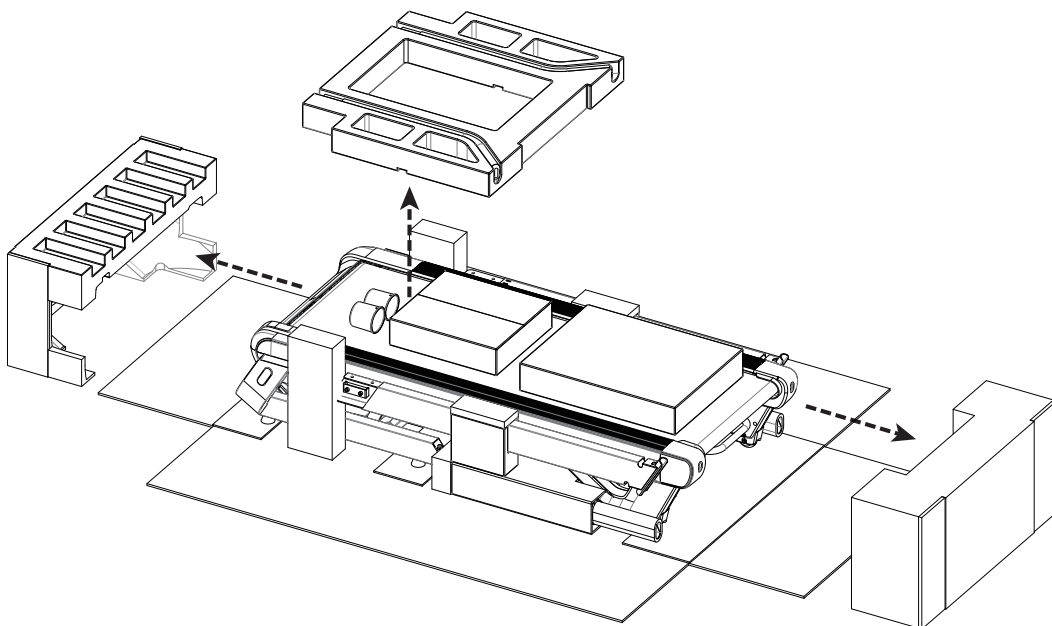
Unpacking Instructions

STEP 2: Open the Carton

1. After receiving the product, to facilitate subsequent installation, first lift the outer box cover upward to take out the manual, then refer to the diagram to pull out the black plastic parts at the four corners of the inner box in sequence, and the inner box will expand automatically.



2. After the inner box is fully opened, first take out all product accessories one by one, then take out the internal foam cushioning parts according to the direction shown in the diagram.

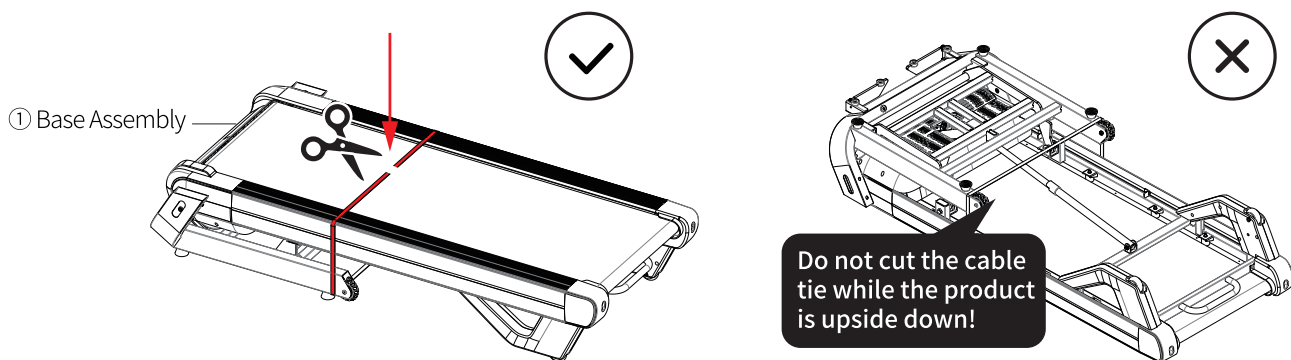


Installation Guide

STEP 3: Unpack the Treadmill (Two People Required)

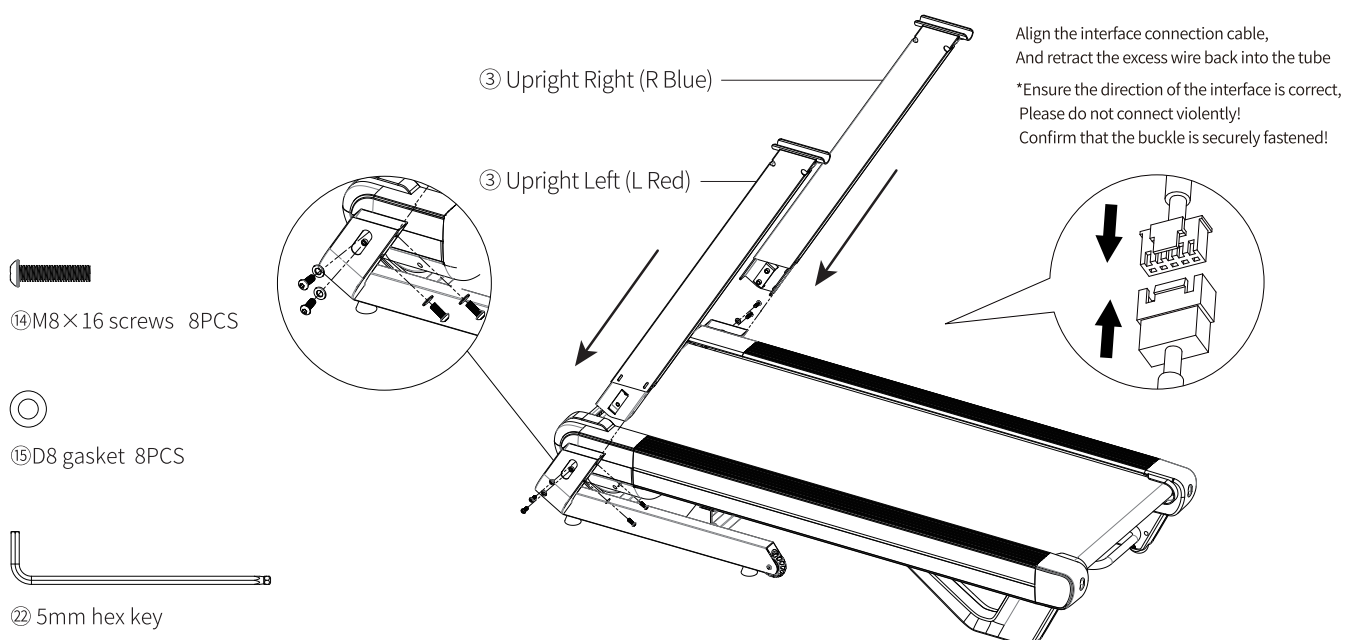
Two people must work together. Stand on opposite sides and support the ① base assembly to keep it balanced. Place it gently on a dry, level, clear surface. Avoid impacts and tipping, then carefully cut the outer packing straps without scratching the treadmill.

WARNING: Never cut the straps while the treadmill is upside down. Before cutting, make sure the folding frame is stable on the floor. The frame may spring open and cause pinch or crush injuries.



STEP 4: Install the Left and Right Uprights

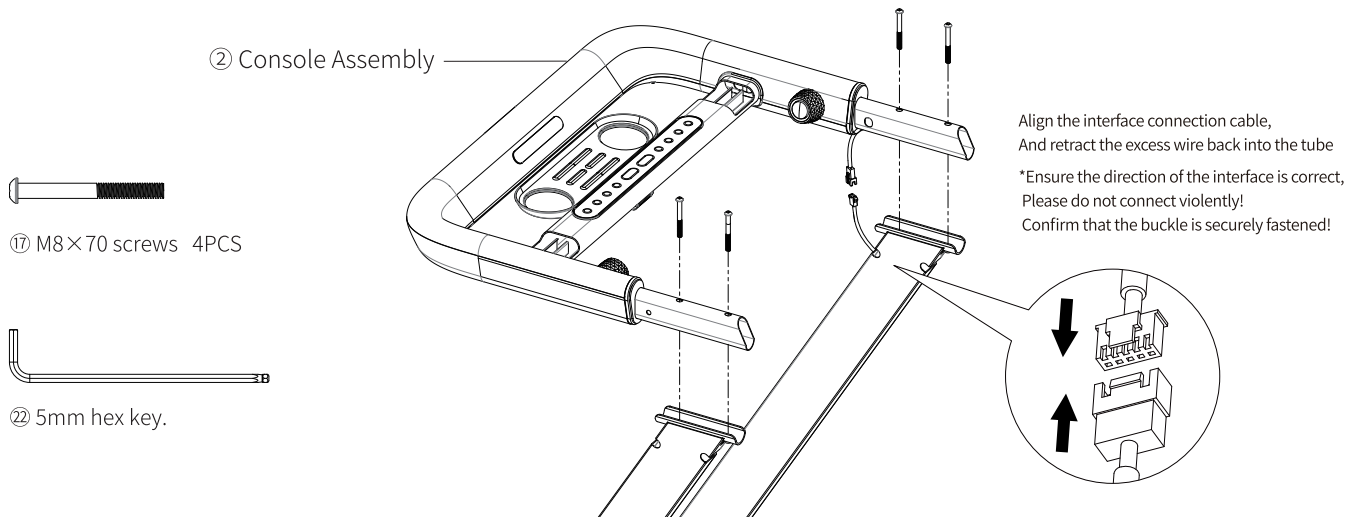
1. Remove the securing tie before docking the signal wires, Align and connect the signal cable for the right upright. Route the remaining cable through the channel at the bottom of the upright and tuck it inside so it cannot be pinched.
2. Align the ③ left upright (L, red) and right upright (R, blue) with their holes in the base frame. Install eight ⑭ M8 × 16 screws with ⑮ D8 washers using the ⑳ 5 mm hex key. Do not fully tighten yet. Repeat on the other side.



Installation Guide

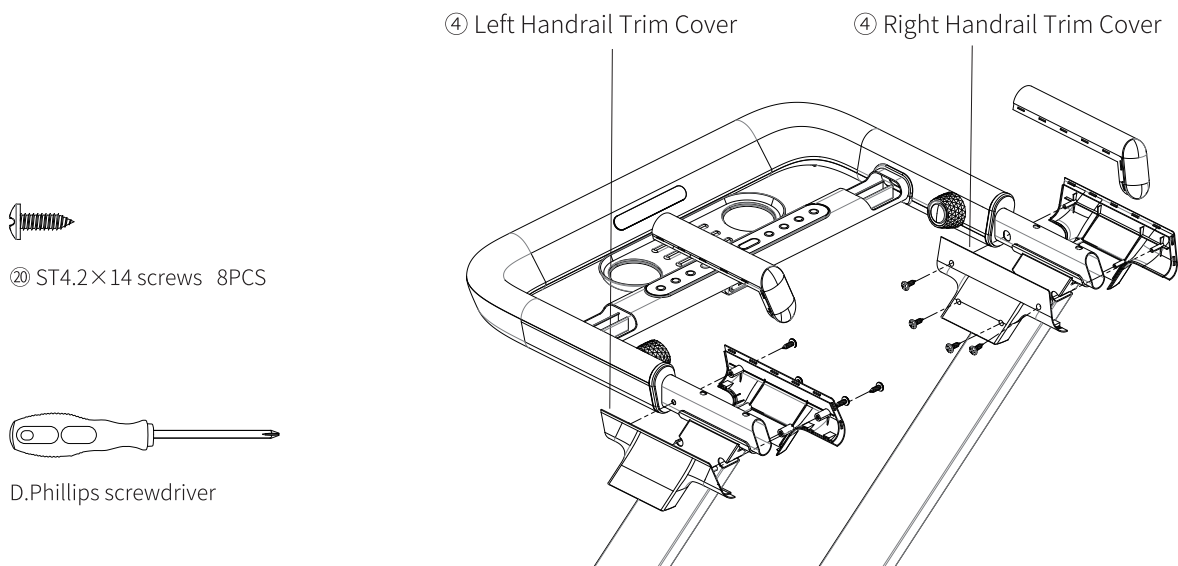
STEP 5: Install the Console Assembly

1. Remove the securing tie before docking the signal wires, Connect the signal cable from the right side of the console assembly to the cable from the right upright.
2. Align the ② console assembly with the slots in the uprights and press it into place. Insert four ⑰ M8×70 screws and tighten them with the ⑳ 5mm hex key.



STEP 6: Install the Armrest Trim Covers

1. Separate the ④ left and right trim covers. Use the L/R marks to identify each side.
2. Align each cover with the slot in the console assembly and press it into place. Install eight ㉔ ST4.2×14 screws with the D.Phillips screwdriver. Repeat on the other side.



Installation Guide

STEP 7: Install the Display Support

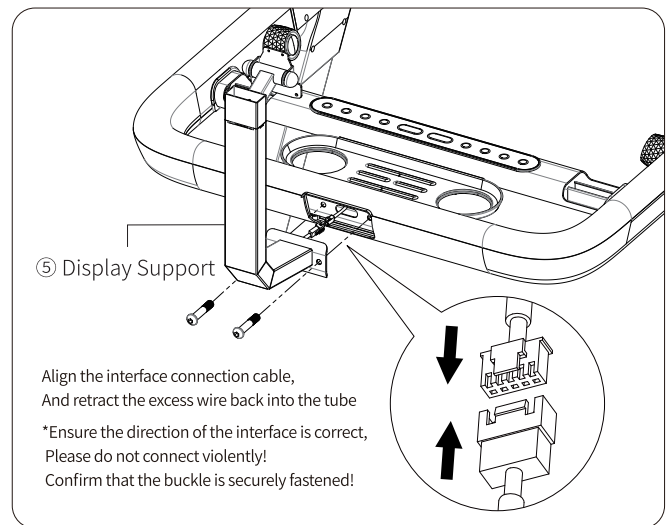
1. Connect the display support signal cable to the console cable.
2. Fit the ⑤ display support into the front mounting points on the console assembly. Install two ⑯ M8×40 screws and tighten them with the ② 5mm hex key.



⑯ M8×40 screws 2PCS



② 5mm hex key

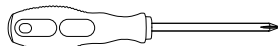


STEP 8: Install the Display Support Trim Cover

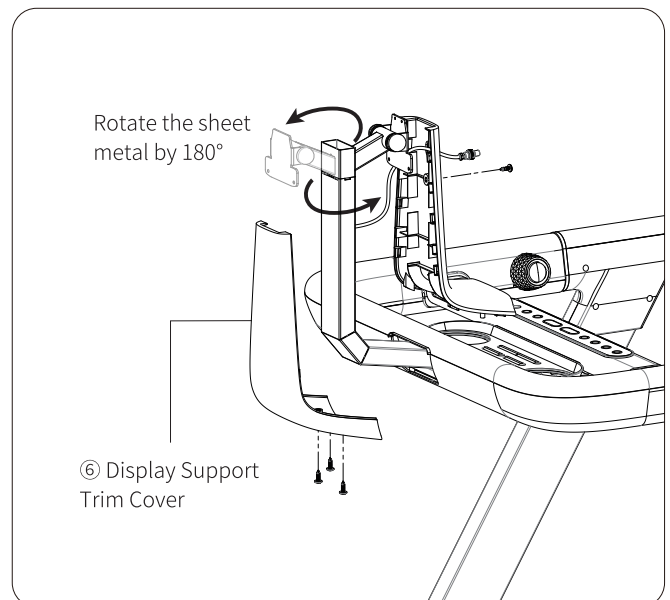
1. Rotate the metal plate at the top of the ⑤ display support 180 degrees rearward. Position the ⑥ front trim cover, pass the internal cables through its slotted opening, then align and snap it into place.
2. Rotate the plate back 180 degrees. Position and secure the ⑥ rear trim cover, then install four ⑳ ST4.2×14 screws with the D. Phillips screwdriver.



⑳ ST4.2×14 screws 4PCS



D. Phillips screwdriver



STEP 9: Install the Touchscreen

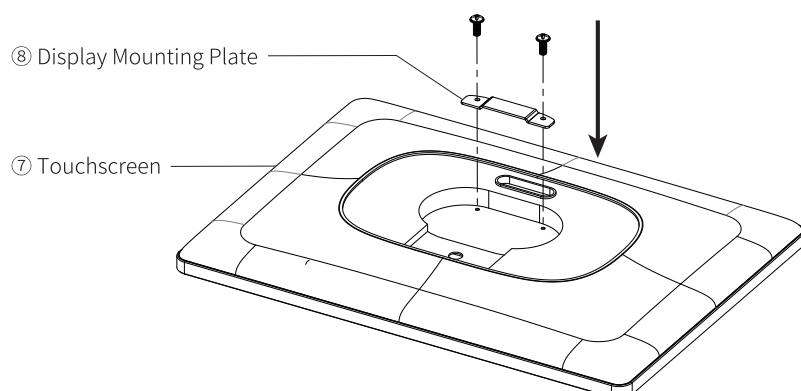
1. Fit the ⑧ display mounting plate into the preset position on the ⑦ touchscreen. Align two ⑱ M4×10 screws with the mounting holes and tighten them with the D. Phillips screwdriver. Make sure the parts fit securely with no looseness.



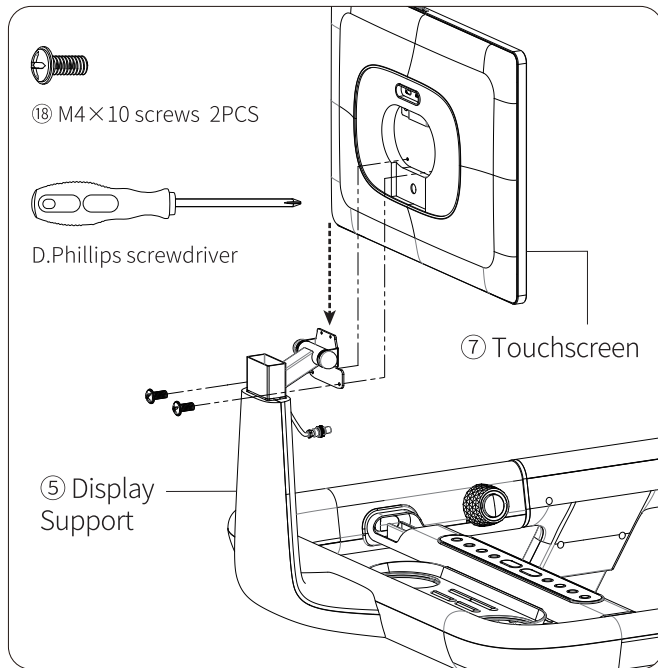
⑱ M4×10 screws 2PCS



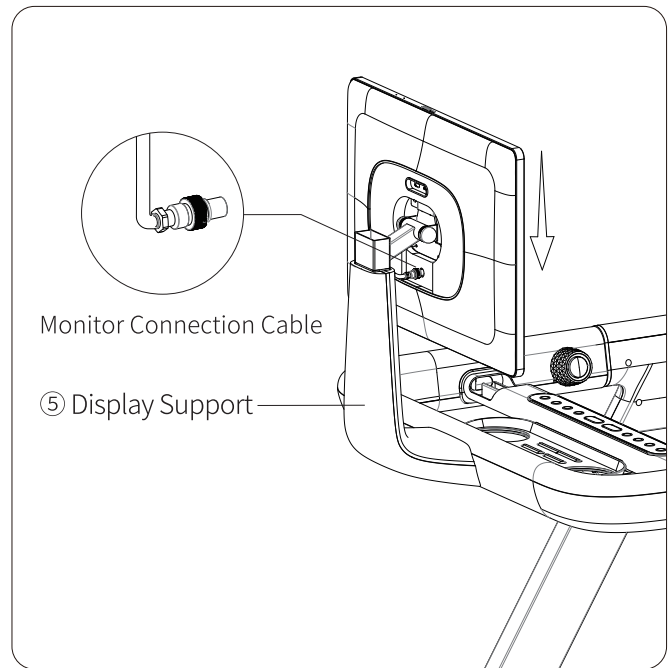
D. Phillips screwdriver



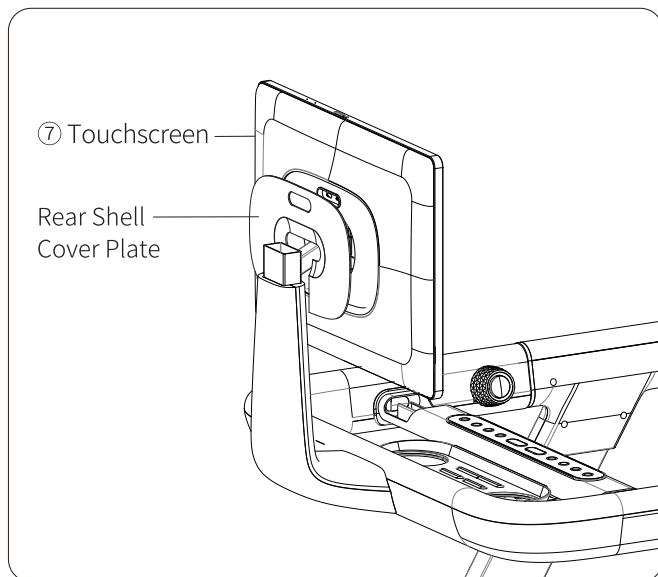
Installation Guide



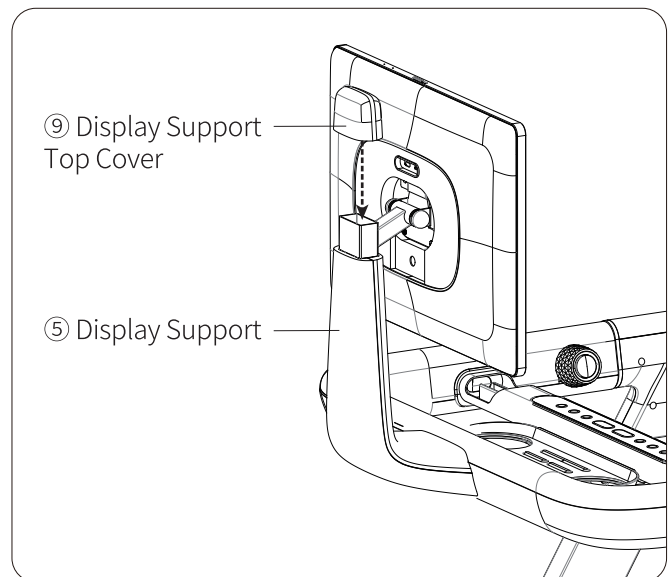
2. Align the ⑦ touchscreen with the slot in the ⑤ display support and press it into place. Confirm that it is fully seated. Align two ⑮ M4×12 screws with the mounting holes and tighten them with the D. Phillips screwdriver.



3. Align the ⑤ display support cable with the matching port on the back of the ⑦ touchscreen. Insert and tighten the connector, then confirm that it is fully engaged and secure.



4. Align the rear cover with the locating tabs on the back of the ⑦ touchscreen. Press it in evenly and make sure the entire perimeter is fully latched.



5. Align the ⑨ display support top cover with the locating tabs above the support. Press it in evenly and make sure it is fully latched and secure.

Installation Guide

STEP 10: Install the Climbing Handle Mounts

Orient each mount as shown, with the angled pening facing forward, and fit it into the slot in the console crosbar. Before installation, move the internal cable out of the small square tube so it cannot be pinched. Install four ⑭ M8×16 screws with ⑮ D8 washers using the ⑳ 5mm hex key. Repeat on the other side



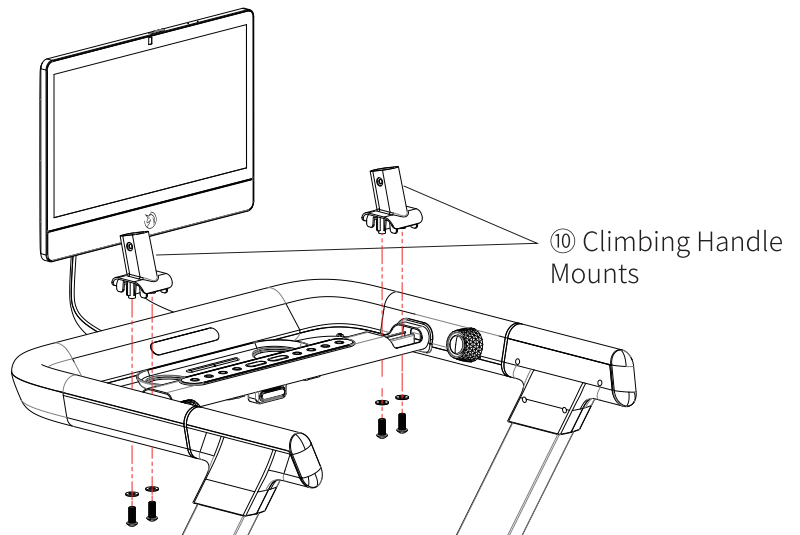
⑭ M8×16 screws 4PCS



⑮ D8 gasket 4PCS



⑳ 5mm hex key



STEP 11: Install the Climbing Handles

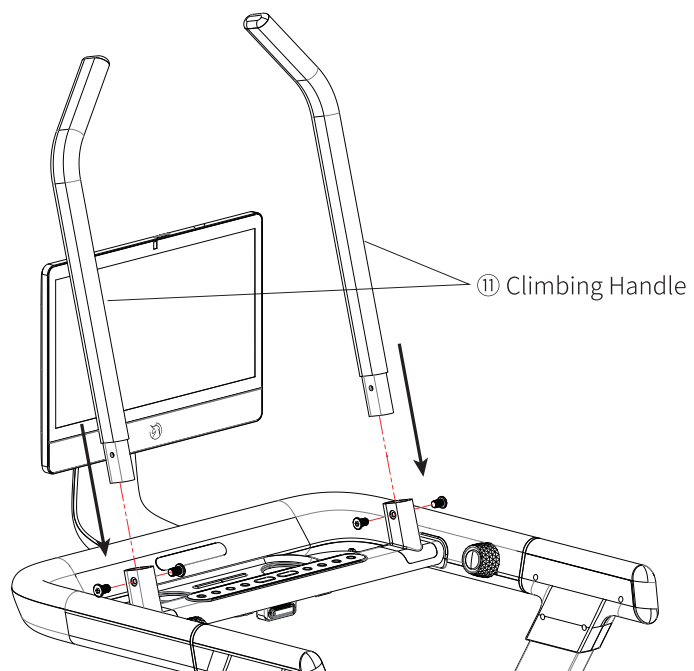
Fit the left and right ⑪ climbing handles into their mounts. Align four ⑲ M8×12 screws with the mounting holes and tighten them with the ⑳ 5mm hex key.



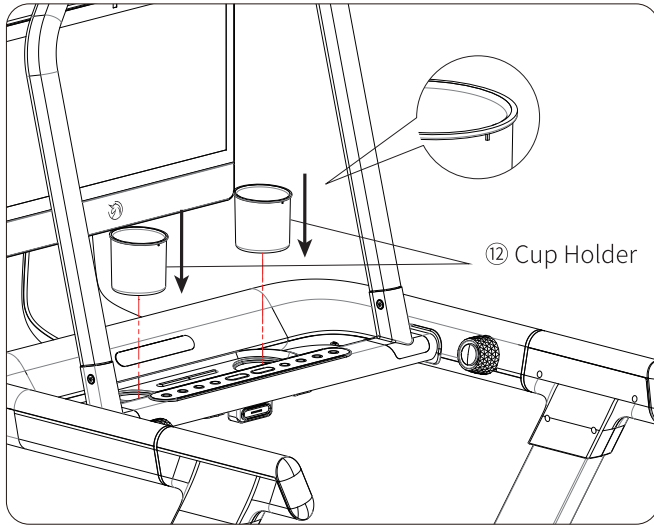
⑲ M8×12 screws 4PCS



⑳ 5mm hex key

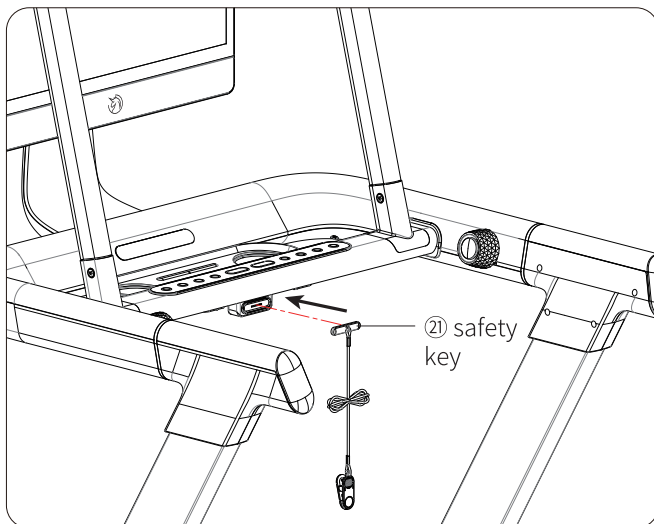


Installation Guide



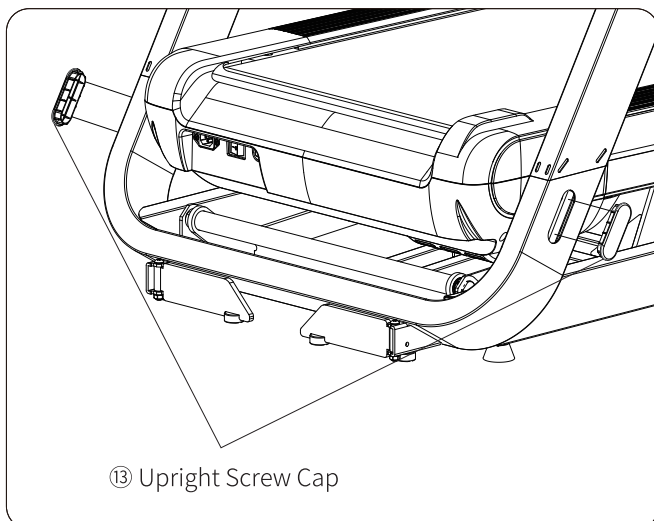
STEP 12: Install the Cup Holders

Place each ⑫ cup holder in the slot shown. Align the locating ribs on the front and rear of the holder with the matching notches, then press it fully into place. View it from the side to confirm it is vertical. If not, remove it, rotate it 180 degrees and reinstall it.



STEP 13: Install the Safety Key

Align the ⑳ safety key with its receptacle at the front of the console assembly and insert it fully until it is secure.



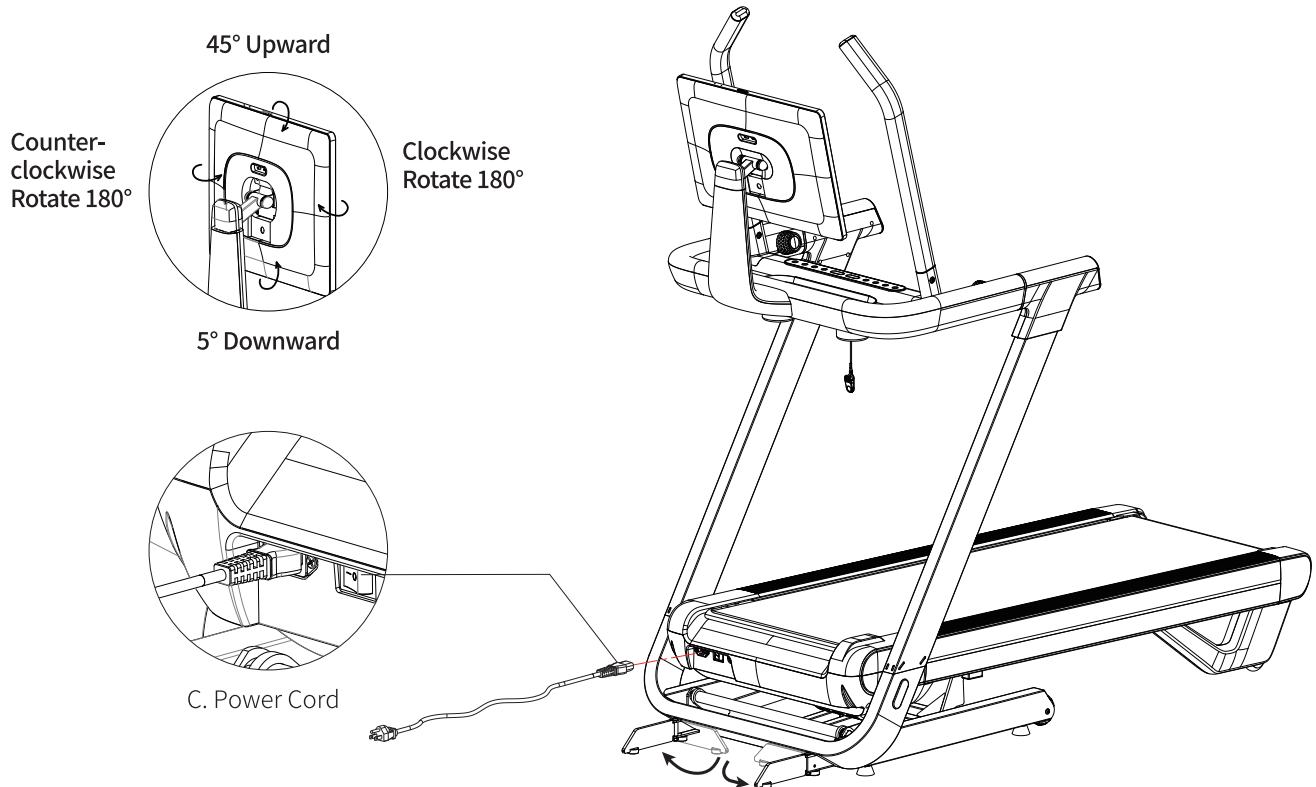
STEP 14: Install the Upright Screw Caps

Fully tighten all eight upright screws. Align the ⑬ Upright Screw Cap with the holes at the lower ends of the left and right uprights, press them into the mounting slots, and make sure each cap sits flush with the upright surface.

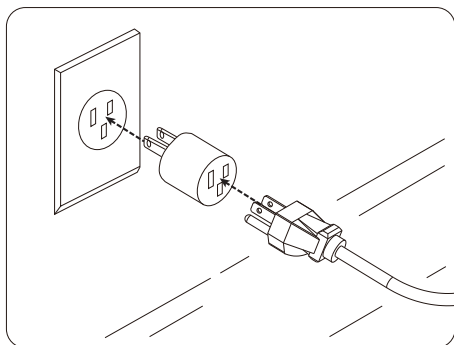
Installation Guide

STEP 15: Connect the Power Cord

Connect the treadmill to the power supply, then press the main power switch on the treadmill. The treadmill will enter standby mode.



Before use, adjust all four levelling feet until the treadmill is level. Confirm that it is stable, then rotate the two support plates at the front underside of the frame in the direction of the arrows until they stop. The treadmill is then ready for use.

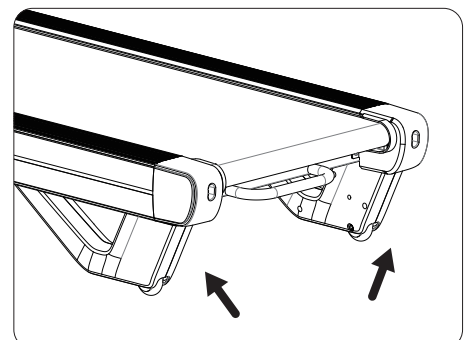


How to Use the Surge Suppressor

1. Turn off the treadmill power and confirm that the socket has a compliant grounding connection.
2. Plug the treadmill into the surge suppressor, then connect the suppressor to the wall socket.
3. Verify that the indicator light works normally, turn on the surge suppressor first, and then power on the treadmill.

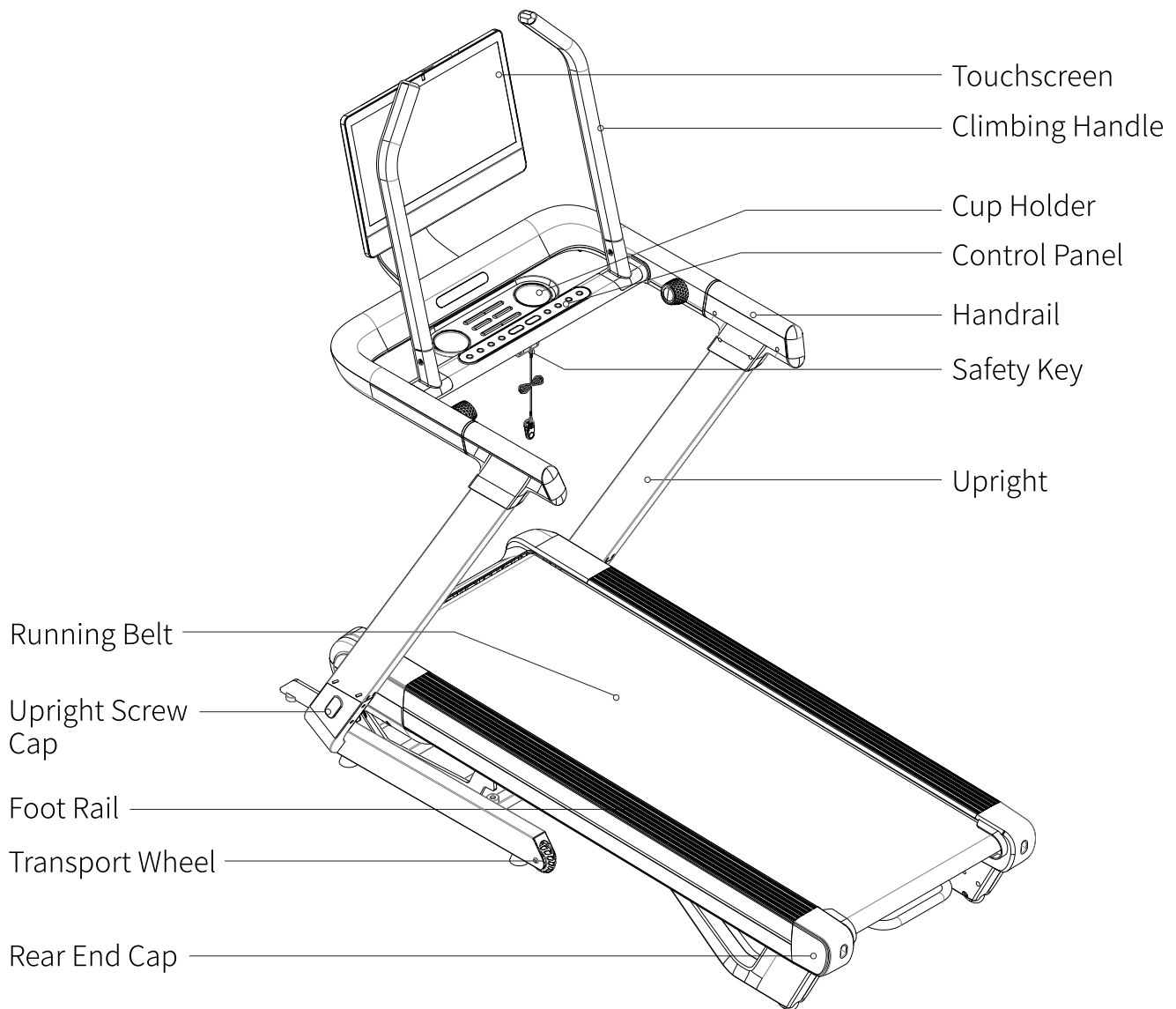
Safety Tips:

Before using the treadmill, please first check whether the bottom foot pads are placed stably. Confirm that the whole machine has no shaking, the tabletop is dry and free of sundries, and there are no obstructions or sharp objects around before starting and using it.



Complete Installation

The illustration below is for reference only. The actual product may vary.



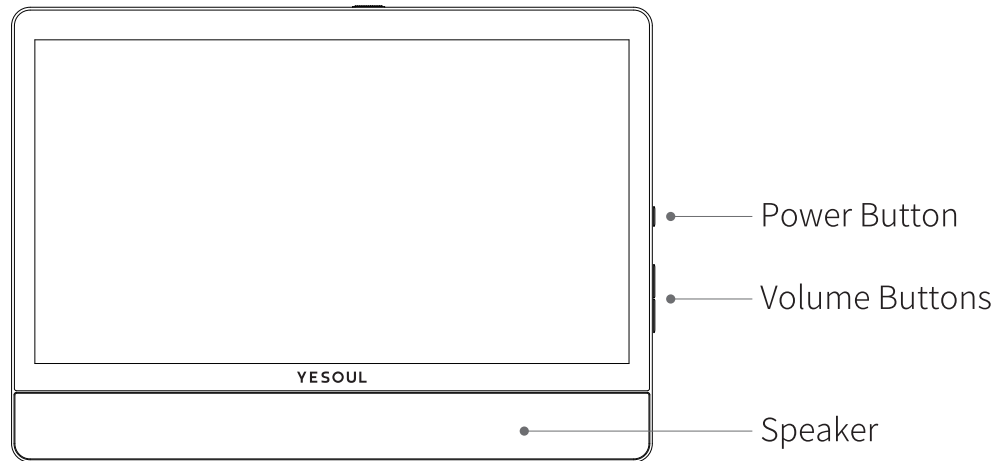
Statement:

This manual describes the product functions and operating instructions available at the time of printing. Because hardware, software and product design may be improved over time, the product you purchased may differ in appearance, interface or colour. The actual product takes precedence.

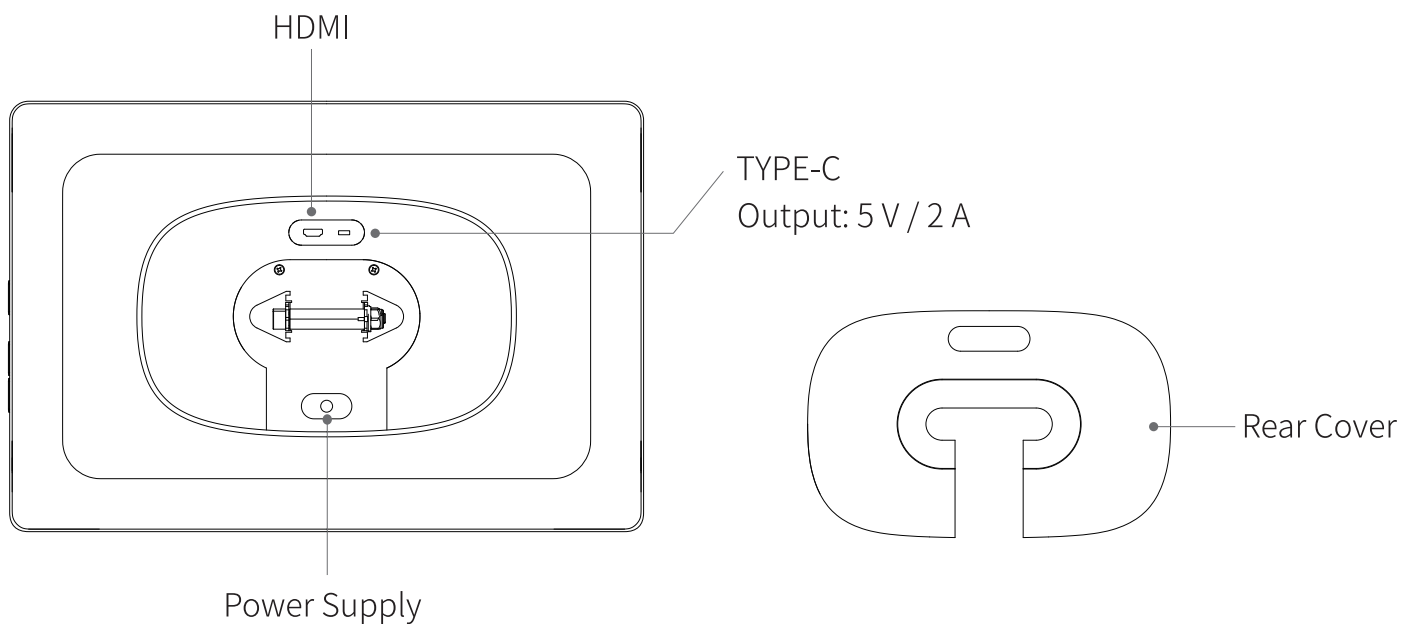
Touchscreen Overview

Touchscreen Buttons and Ports

Front



Back



Mobile Device



F.Screen mirroring cable

HDMI Interface



Wired Mobile Phone Screen Casting

Turn on mobile phone screen casting to instantly unlock more exciting content!

1. Download the "Yesoul Fitness" APP and complete the registration;
2. Connect your device within the application;
3. Use a screen casting cable to connect your mobile phone.

Note: The mobile phone must support DisplayPort

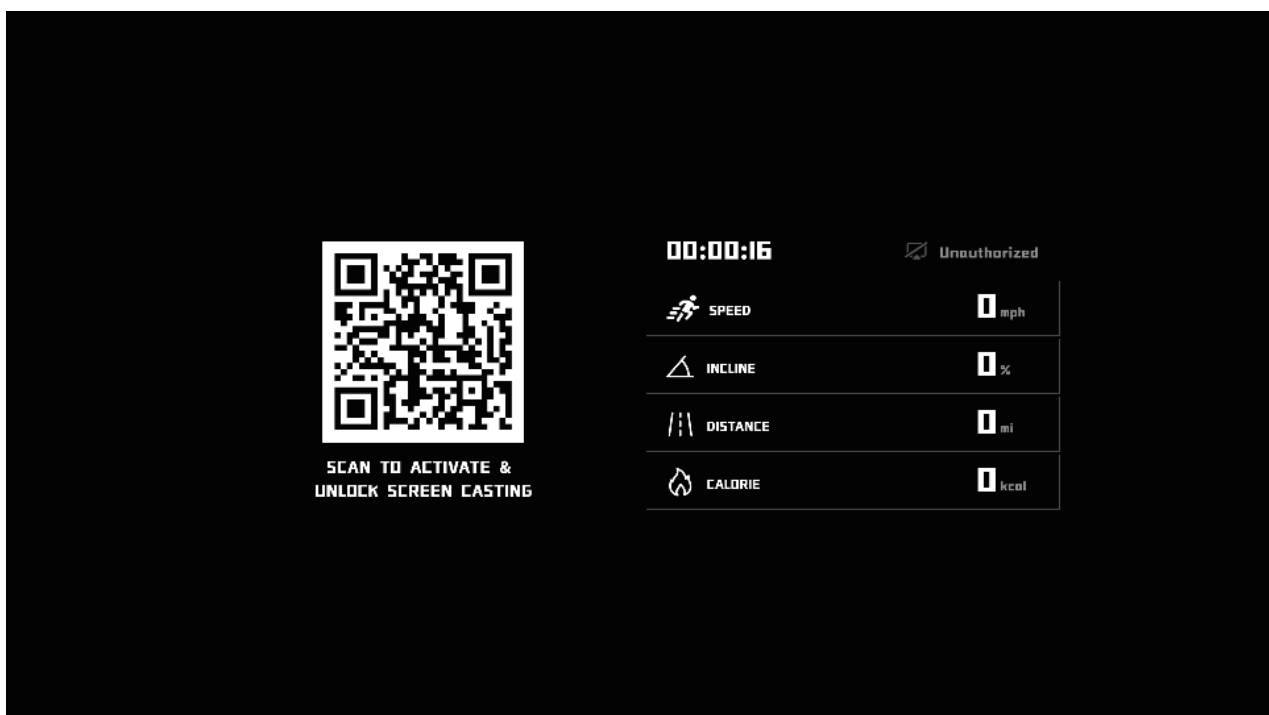
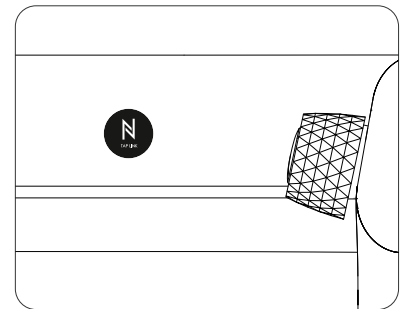
APP User Guide

Core Exclusive Features

• Device Activation

- ① Scan the QR code on your phone or tap the treadmill with NFC to download and install the "YESOUL FITNESS" APP.
- ② Log in or register for an APP account.
- ③ Open YESOUL FITNESS, tap to connect the treadmill via Bluetooth, and the activation is completed.

NFC



• Wired Screen Casting

Insert the DP cable of the treadmill into your mobile phone, and the screen casting will start immediately.

• Data Synchronization

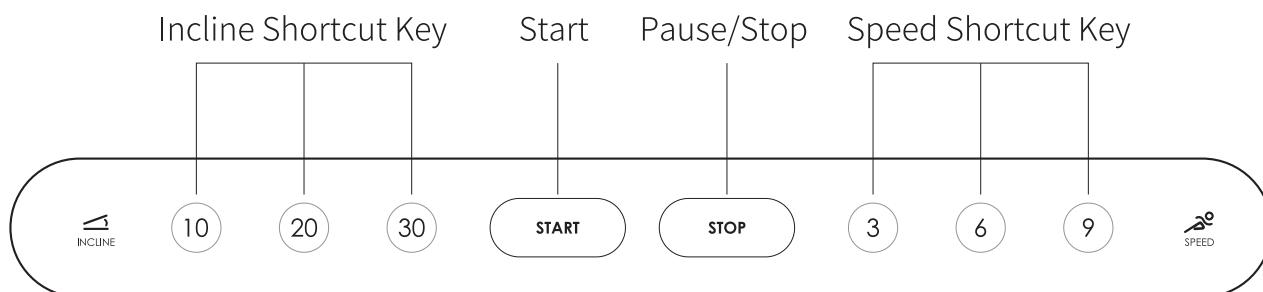
- ① Tap the treadmill with your mobile phone via NFC to download or open the APP.
- ② Confirm the exercise records on your mobile phone.

• Exercise Data Display Position Setting

- ① Insert the treadmill's DP cable into your mobile phone to start screen casting.
- ② Open the "YESOUL FITNESS" APP.
- ③ In the mobile phone screen casting settings, set the display position of exercise data (top, left, right).

Operating Instructions

Keypad Functions



1. Parameter Description

Speed Display Range: Minimum 0.8kph (0.5mph), Maximum 20kph (12.4mph)

Incline Range: 0%-30%

The maximum speed limit corresponding to different incline ranges is as follows:

0%--15% Incline	Maximum Speed 20kph (12.4mph)
16%--25% Incline	Maximum Speed 9.7kph (6mph)
26%--30% Incline	Maximum Speed 6kph (3.7mph)

2. Keypad Functions

① Start, Pause and Stop

Start: In standby mode, press **START** to start the treadmill.

Pause/stop: While the treadmill is running, press **STOP** once to pause. Press **STOP** again to end the workout. Removing the safety key stops the treadmill immediately.

② Quick Controls

Incline: Press **10** **20** **30** on the left to set the corresponding incline percentage.

Speed: Press **3** **6** **9** on the right to set the corresponding speed in the selected unit system.

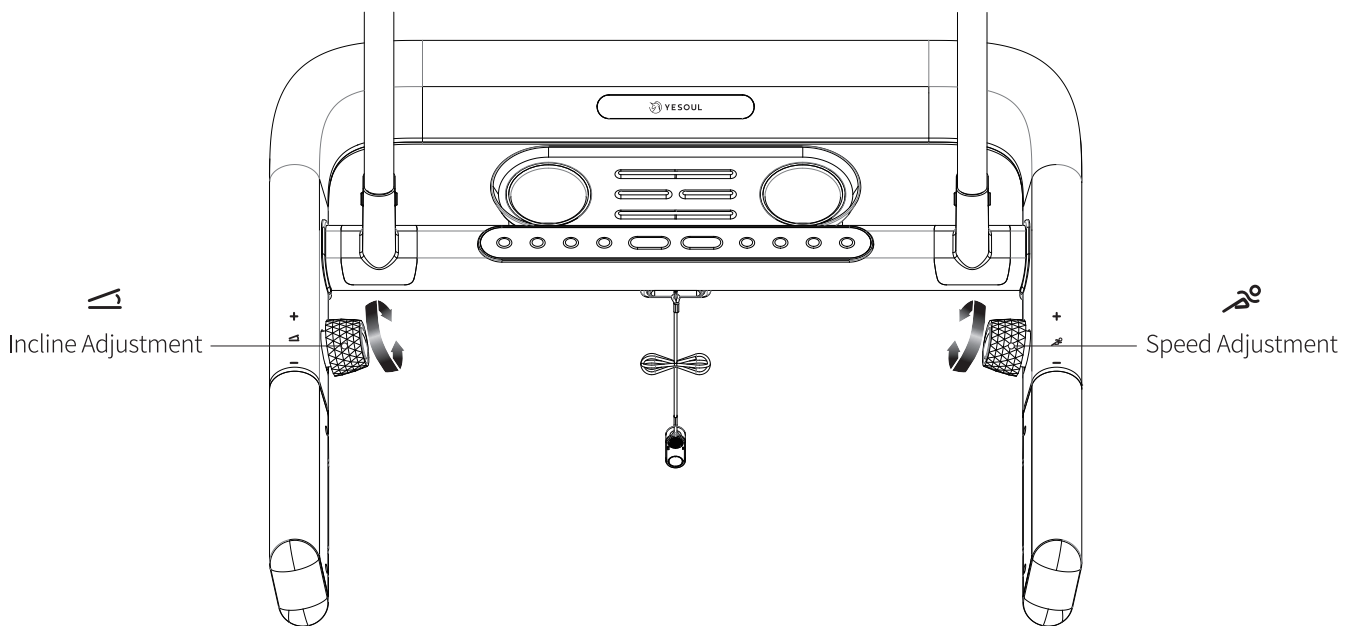
Operating Instructions

3. Knob Controls

(Available only while the treadmill is running; a beep sounds at each step.)

Incline: Turn the left knob forward to increase incline by 1% per step, or backward to decrease it by 1% per step.

Speed: In metric mode, turn the right knob forward or backward to change speed by 0.1 km/h per step. In imperial mode, each step changes speed by 0.1 mph.



4. Manual Mode

① Quick Start

After the treadmill is powered on and the screen lights up, it enters manual standby mode. Press **START** to begin. The treadmill cannot start while the screen is off and locked.

② Operation

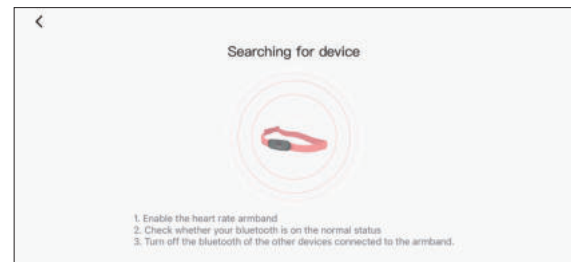
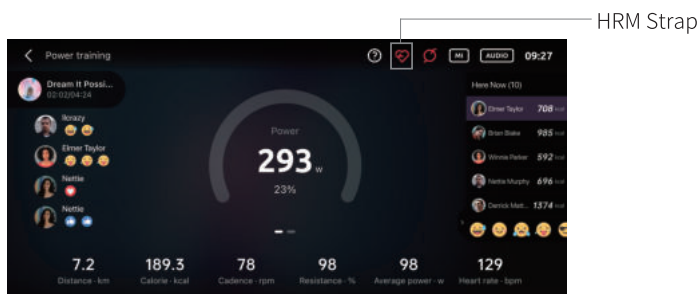
- **Initial state:** Starting speed is 0.8 km/h (0.5 mph). Time, distance and calories count up from zero.
- **Incline:** Use the left knob or the 10 20 30 quick keys.
- **Speed:** Use the right knob or the 3 6 9 quick keys in the selected unit system.
- **Stop:** Press **STOP** to pause, then press it again to end. Removing the safety key triggers an immediate stop.

Operating Instructions

5. Connecting the Heart-Rate Monitor

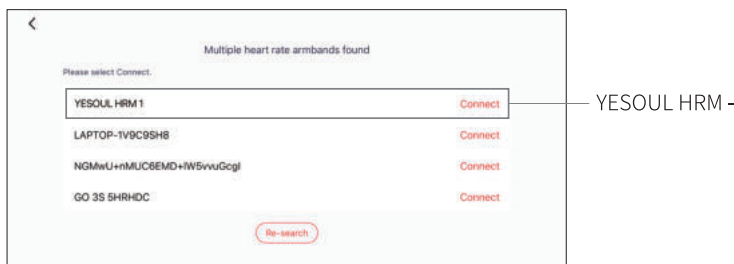
Bluetooth Connection

1. Put on the heartrate chest strap correctly. The sensor powers on automatically, beeps once and flashes its white LED.
2. Connecting the Heart Rate Chest Strap via YESOUL FITNESS APP (As Shown in the Figure)



- a. After selecting and playing a course, tap the  heart rate chest strap icon

- b. Search for heart rate chest strap devices and locate **YESOUL HRM -**



- c. Tap **YESOUL HRM -** to complete the connection

3. Solutions for Connection Failures or Unsearchable Bluetooth Names

- a. If the heart rate chest strap is already connected by others, turn off the Bluetooth on your family members' mobile phones and try reconnecting
- b. When the connection fails, check the remaining battery level; it is recommended to charge the chest strap if the power is low

6. Sleep Mode

After the treadmill stops, it enters sleep mode automatically if no controls are used for more than 5 minutes. The touchscreen turns off. Press any key to wake it.

7. Incline Operation

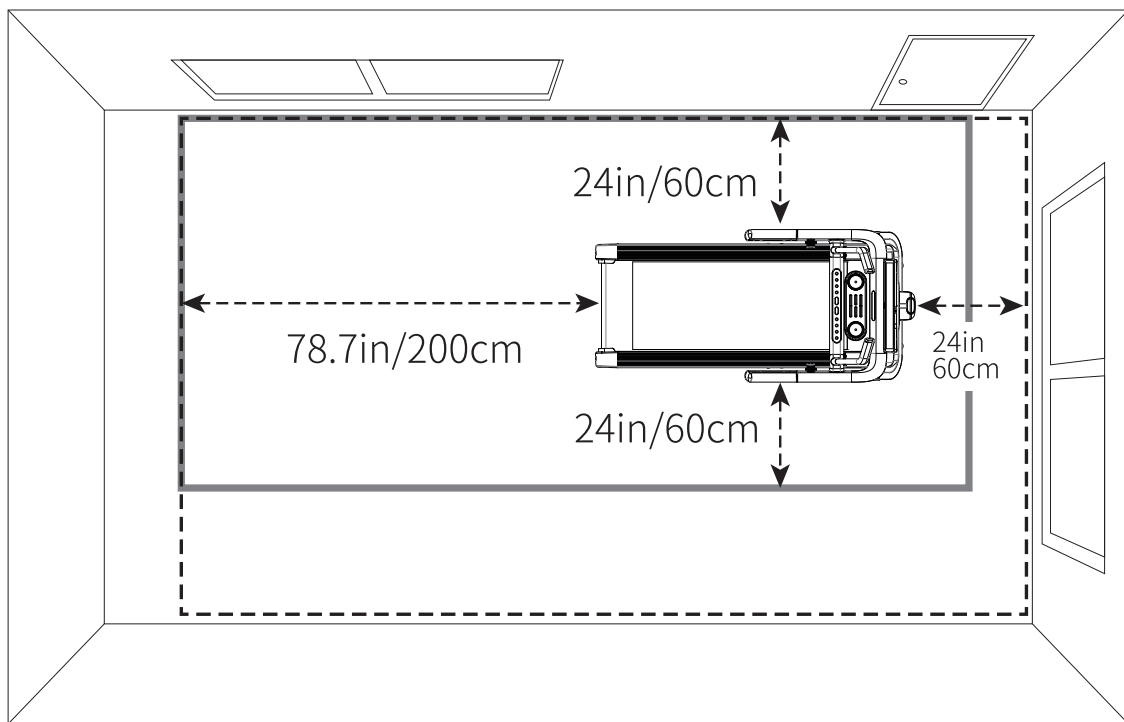
- After power-off and restart, the running deck automatically adjusts to level 0; if the device is in pause/stop state, operating the incline adjustment button/knob will result in no response from the incline.
- Repeatedly moving between minimum and maximum incline may trigger the incline motor's overtemperature protection. Switch off the treadmill and allow it to cool for 20 minutes before restarting.

Operating Instructions

8. Safety Key

- The safety key must be fully inserted in the console before the treadmill controls will operate.
- When the safety key is removed, the touchscreen displays a warning and an alert sounds.
- If the safety lock is removed during operation, the system will stop quickly. After reinserting the safety lock, only the speed will be reset to zero, and all other exercise data will be retained.

9. Treadmill Clearance



Safety Clearance

Dashed arrow area: allow 24 in (60 cm) of safety clearance around the treadmill to reduce the risk of striking walls or furniture.

Minimum Area for Daily Running

Grey solid outline: 79 in (200 cm) long x 39 in (100 cm) wide.

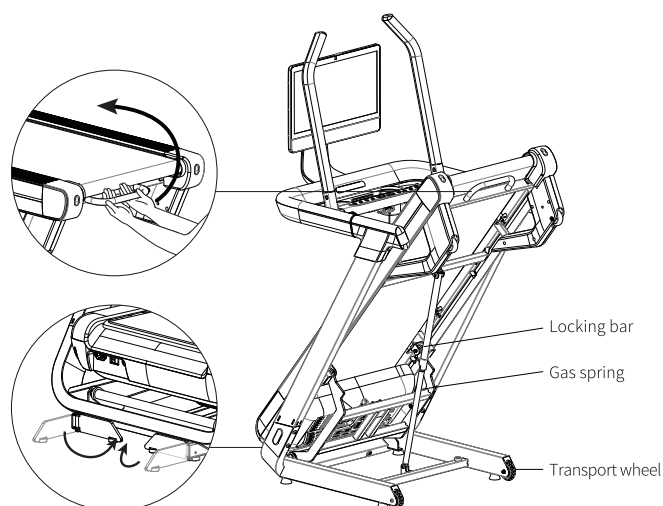
High-Intensity Interval / Strength Training

High-Intensity Interval / Strength Training

Treadmill Folding and Moving

Fold the Treadmill

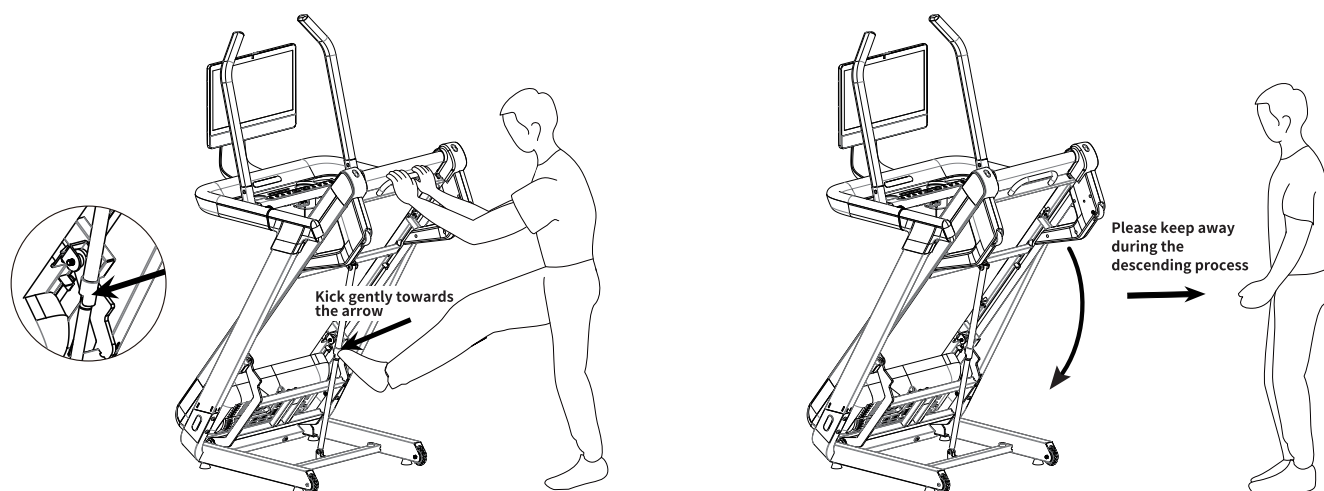
1. Disconnect the treadmill from power before folding.
2. Set the incline to its lowest position.
3. With both hands, slowly lift the storage handle until the gas spring locks into place.
4. Check that the locking bar is fully engaged.
5. Before folding, rotate the two support plates at the front of the base inward.
6. Do not attempt to move the treadmill alone. Ask another adult for assistance to prevent tipover injuries.



Unfold the Treadmill

Location: Place the treadmill on a level, unobstructed surface approximately 1 m from the power outlet

Procedure: Hold the storage handle with both hands and press the locking bar downward with your foot. The running deck will lower slowly. Step back at least 1 m and wait until the deck is fully on the floor.



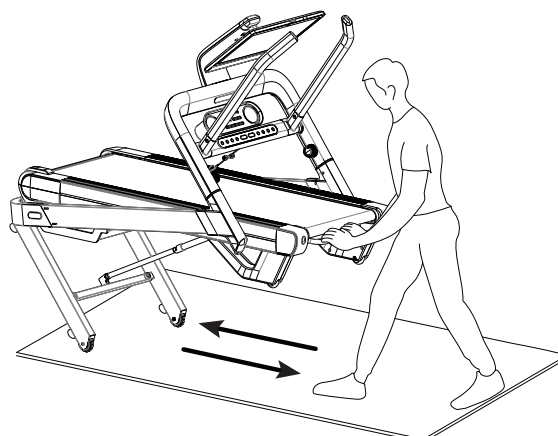
Move the Treadmill

Before Moving

1. Switch off the treadmill.
2. Unplug the power cord from the outlet.
3. Make sure the frame is fully folded and locked.

Moving

After confirming the above, lift the storage handle with both hands, tilt the treadmill forward 40-50 degrees, and push it slowly.



Routine Maintenance

• Running Deck Lubrication

After the running belt has been used for a period of time, lubricate the deck with the supplied silicone lubricant.

Recommended schedule:	Less than 3 hours per week	every 5 months
	47 hours per week	every 2 months
	More than 7 hours per week	every month

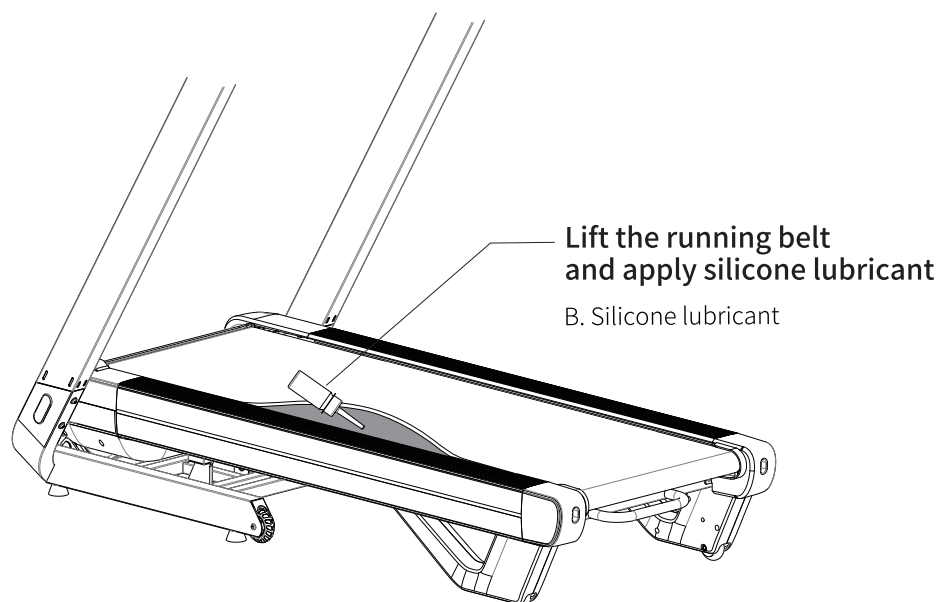
NOTICE: More lubricant is not better. Do not overapply. Correct lubrication helps extend treadmill service life.

• Check Whether Lubrication Is Needed

Lift the running belt and touch the centre of its underside. If your fingers pick up silicone lubricant and the surface feels slightly damp, no lubricant is needed. If the deck is dry and no lubricant transfers to your fingers, apply lubricant.

• Apply Silicone Lubricant

After the treadmill has stopped, lift the belt and position the bottle nozzle near the centre. Apply lubricant evenly to the underside and both sides of the belt. Start the treadmill at its lowest speed and step lightly from left to right for several minutes so the belt distributes the lubricant. See the illustration.



Routine Maintenance

Adjust RunningBelt Tension

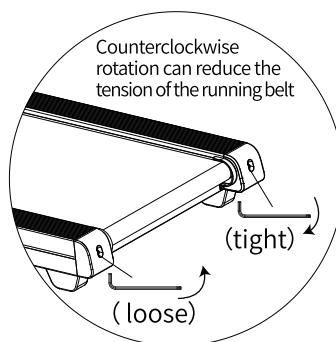
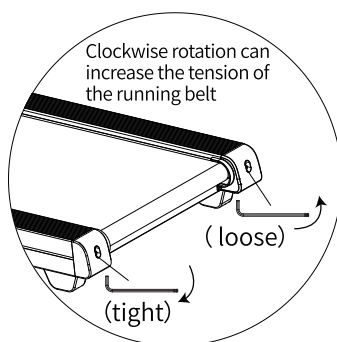
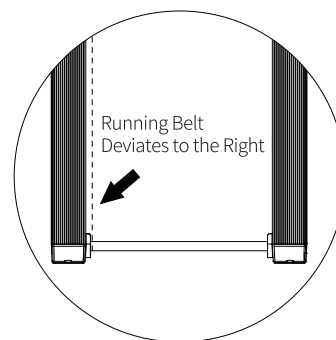
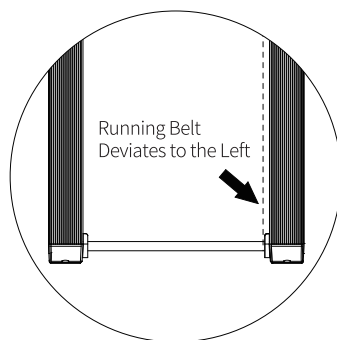
If the belt hesitates or slips underfoot, turn both rear adjustment bolts clockwise by onehalf turn, keeping the adjustment equal on both sides. A loose belt can slip on the rollers. Do not overtighten; excessive tension increases motor load and can damage the motor, belt and rollers.

Centre the Running Belt

The belt is adjusted before shipment and after installation, but it may move off centre during use. Common causes include:

- ① The treadmill is not level or stable.
- ② The user is not running in the centre of the belt.
- ③ The user applies uneven force with the left and right foot.

Belt movement caused by running form may correct itself after several minutes of no-load operation. If it does not, use the supplied 6 mm hex key and adjust gradually in onehalfturn increments as shown.



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

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

NOTICE: Runningbelt tracking adjustment is not covered by the warranty. Check the belt regularly and correct any misalignment promptly; an offcentre belt can be seriously damaged.

Troubleshooting

Brushless Drive System Error Messages

Fault Code	Abnormality Description	Troubleshooting Measures
-	No abnormality	Power on again
E02	Overvoltage	1. Check if the input power supply voltage is normal 2. Check if the power socket plug and power connection line are loose
E03	Undervoltage	1. Check if the input power supply voltage is normal 2. Check if the power socket plug and power connection line are loose
E11	Overload	1. The possible cause is that the current is too large due to exceeding the rated load, the system activates self-protection, just restart it. 2. A certain part of the treadmill is stuck, causing the motor to fail to rotate, the load is too heavy and the current is too large, the system activates self-protection. Just adjust the treadmill and restart it, or add lubricating oil. 3. Check if there is abnormal over-current noise or burnt smell when the motor is running, replace the motor. 4. Replace the controller.
E13	Motor Hall Error	1. Check if the motor wire is connected properly, reconnect the motor wire. 2. Replace the motor. 3. Replace the controller.
E14	Over Temperature	Resume operation after the motor temperature returns to normal
E18	Calibration Error	1. Check if the incline wire is connected properly. 2. Re-calibrate after properly connecting the incline wire.
E19	Incline Adjustment Error	1. Check if the incline wire is connected properly. 2. Power on again after properly connecting the incline wire. 3. Re-calibrate after properly connecting the incline wire.
E21	Hardware Overcurrent	1. The possible cause is excessive current caused by exceeding the rated load, the system activates self-protection, just restart the device. 2. Check if the connection between the power socket plug and the motor is loose. 3. Replace the controller.
E22	Motor Phase Loss	1. Check if the motor connecting wires are properly connected, reconnect the motor wires. 2. Replace the motor. 3. Replace the controller.
E23	Abnormal Data Saving	1. Power off the device for 2 minutes, then restore the power supply. 2. If the device still fails to start, replace the controller.
E24	Motor Calibration Error	Replace the controller
E25	Motor Reverse Rotation	Check if the UVW phase wires of the motor are connected properly
E27	Other Errors	Power on the device again
E28	Hardware Error	1. Check if the connection between the power socket plug and the motor is loose. 2. Replace the controller.
E95	Unknown Fault!	Contact customer service
E98	Safety Lock Abnormality	1. Check if the safety key is fully inserted and moves freely. 2. Check if the connecting wires of the safety switch are loose or fallen off. 3. Check if the safety switch is damaged.
E99	Communication Abnormality	The lower control signal is lost, check if the communication cable connected to the lower control unit is abnormal.

Note: If any error occurs, disconnect power and restart the treadmill. If the error code remains, contact customer support

Display Button Instructions

• Display On/Off

Status	Operation	Effect
Standby	Short press the power button	Power on and enter the splash screen
Any state	Long press the power button for 2 seconds	Turn off the display and select screen off

• Display Volume Adjustment

Status	Operation	Effect
Any state	1. Short press [Volume +]	Increase playback volume
	2. Short press [Volume -]	Decrease playback volume

• Display Parameter Settings

Status	Operation	Effect
Screen playback state	1. Short press the power button to open the system settings menu; 2. Short press [Volume +] to move the cursor and select the function item to adjust; 3. Short press [Volume -] to enter the sub-settings page of the corresponding item; 4. Press [Volume + / Volume -] alternately to modify the parameter value; 5. It will save and exit automatically if no operation for 5 seconds, or you can short press the power button to return to the upper page manually	1. Customize display parameters such as brightness and contrast; 2. Metric/imperial unit switching; 3. Data floating window toggle

• Display Version Number View

Status	Operation	Effect
Non-playback state	1. Long press [Volume -] for 5 seconds to pop up the device information page; 2. You can choose any way to exit after viewing: Method ①: Automatically return to the standby interface if no operation for 10 seconds Method ②: Short press [Volume -] twice to close the page manually Method ③: Short press the power button to close the page manually	View device model, firmware version and other after-sales maintenance information

Frequently Asked Questions

No.	Problem Description	Solution
1	No data displayed on monitor	1. Verify that the cable connection between the electronic control board and monitor is properly seated 2. Check if the connector is plugged in reverse 3. Inspect for broken internal pins inside the connector 4. Inspect for loose internal pins inside the connector 5. Confirm the aviation port connection is properly inserted
2	No display on monitor	1. Check if the indicator light on the electronic control board is lit normally 2. Verify that the cable connection between the electronic control board and monitor is properly seated 3. Check if the connector is plugged in reverse 4. Inspect for broken internal pins inside the connector 5. Inspect for loose internal pins inside the connector 6. Confirm the aviation port connection is properly inserted
3	No audio output from monitor	1. Press the volume shortcut key on the right side of the monitor to check if the speaker is muted 2. Verify the phone's audio output port is set to HDMI output 3. Check if the phone itself is muted
4	Check monitor firmware version	On the data page, press and hold the "Volume -" button for 5 seconds
5	Blurry screen when screen casting from iPad with Type-C port	On your iPad, go to Settings > Display & Brightness > Type-C Settings, then change the default display setting to "Standard Dynamic Range (SDR)"
6	iPad screen casting not working properly	Check your iPad's system version, if it is outdated you will need to update the iPadOS PS: This issue frequently occurs on iPadOS version 15.5
7	Monitor cannot wake up normally	Power cycle the device/monitor by disconnecting and reconnecting the power supply
8	Screen freezes / stays on casting prompt page during iOS screen casting	Unplug and re-plug the screen casting cable from the phone side to resolve the issue
9	Monitor display interface does not match current device	Power cycle the monitor by disconnecting and reconnecting the power supply
10	Stuck on waiting page when connecting Google TV (DP) via HDMI to Type-C adapter	There is a high probability of getting stuck on the waiting page if you plug the Type-C end into the monitor first Solution: Power on the Google TV first, then plug the HDMI end of the HDMI to Type-C adapter cable into the Google TV, finally plug the Type-C end of the cable into the monitor
11	No video output during screen casting	Verify if your casting device supports DP protocol

PRODUCT WARRANTY CARD

YESOUL TREADMILL T5 PLUS

Thank you for purchasing the YESOUL T5 PLUS treadmill. Warranty service is provided under the terms on this card after proof of purchase is verified. Keep this warranty card and present it when requesting service.

Reminder: The original packaging protects the treadmill during transport. We recommend keeping it for 30 days after delivery.

1. Warranty Coverage

Under normal use and maintenance, YESOUL warrants this product against defects in materials and workmanship: 5 years for the frame, 3 years for the motor, and 1 year for the electronic control system, running belt, running deck and display accessories. This warranty applies only to the original purchaser and is not transferable. At its discretion, YESOUL may repair or replace the product through an authorised service provider. All warranty repairs require prior approval. The customer is responsible for the applicable minimum handling charge for replacement parts and may be responsible for at least one roundtrip charge for onsite service. Shipping damage is not covered.

2. When the Warranty Is Void

The warranty becomes void if any of the following applies:

- ① The product is used for display, used outside the region where it was purchased, or operated contrary to this manual.
- ② A valid receipt or invoice cannot be provided.
- ③ The product is repaired, installed incorrectly, impacted or modified by unauthorised personnel, or its serial number is removed or altered.
- ④ The product or accessory is outside the warranty period, or disassembly by the user or unauthorised personnel causes damage to sensors or related parts.
- ⑤ Damage is caused by factors other than a product defect, including improper handling.
- ⑥ Damage results from improper use, misuse, abuse, exceeding the rated load, normal wear, improper maintenance, fire, explosion, lightning, earthquake, typhoon or another accident or natural disaster.

3. Limitation of Liability

YESOUL provides no additional implied warranties and is not liable for:

- ① Special or indirect damage arising directly or indirectly from use of the product.
- ② Economic loss, including loss of property, income or profit, loss of use, or incidental removal and installation costs.
- ③ Any other indirect injury or damage.

Warranty service: Have the product model and serial number ready, then contact official online customer support.

YESOUL TREADMILL T5 PLUS

Product Information	Product Model:	
	Product Code:	
	Name:	
	Color:	
User Profile	Name:	
	Contact Phone:	
	Place of Purchase:	
	Home Address:	
	Invoice Number / Online Order Number:	
	Purchase Date:	Service Order No.:
Maintenance Record	Maintenance Date	

Note: This warranty card will not be reissued. Keep it throughout the warranty period. When requesting service, present this card, the purchase invoice and the corresponding treadmill. YESOUL reserves the right to interpret these aftersales service terms.

QUALITY CERTIFICATE

This product has passed inspection.

Production Date: _____

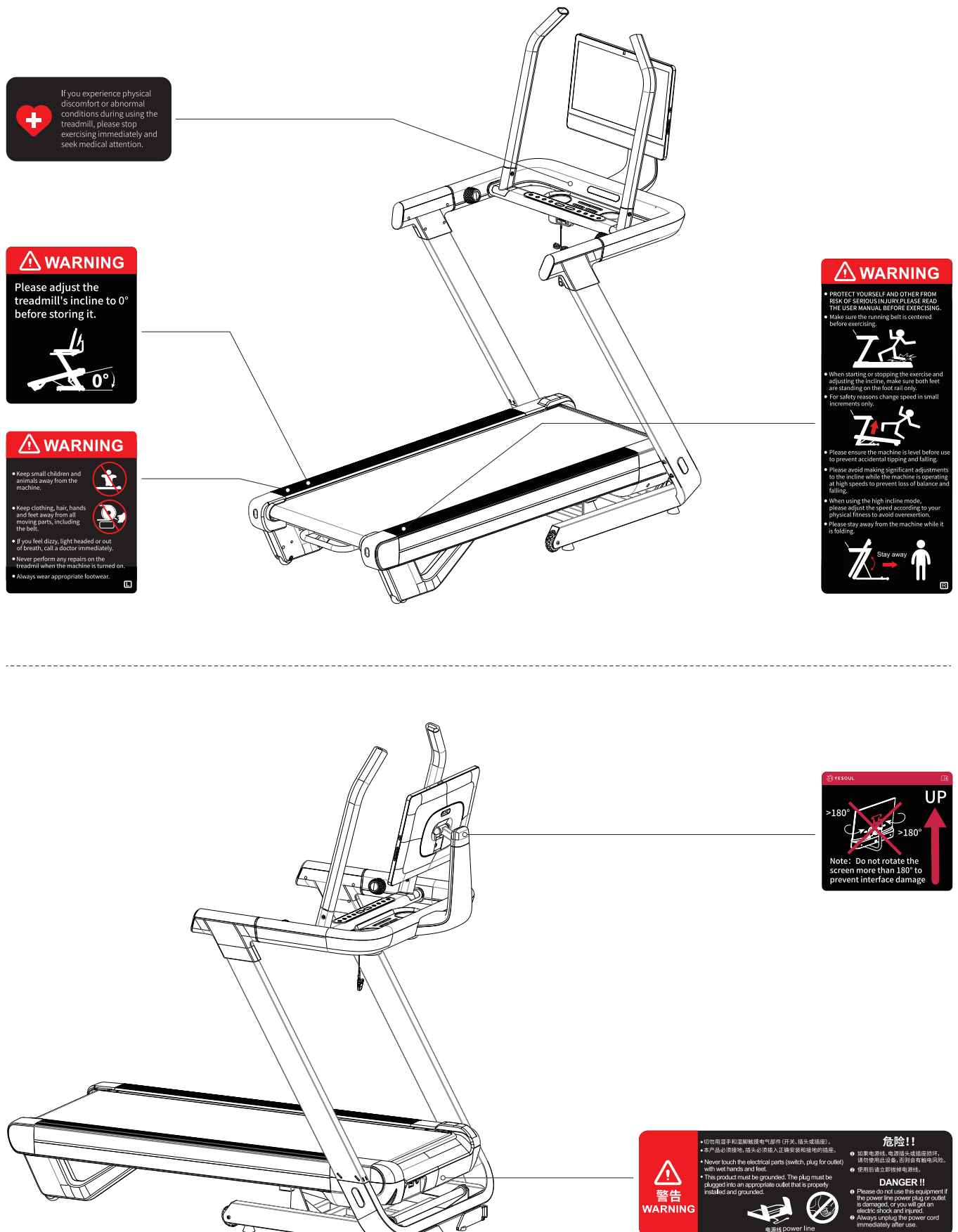


Inspector: _____

Quanzhou · Fujian

Warning Label Locations

This illustration shows where each warning label must be applied. If a label is missing or illegible, refer to the front cover of this manual to request a free replacement. Apply labels only in the positions shown. Labels are not shown at actual size.





T5 PLUS 202609V2

YESOUL

FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.

Unit 1A-3, Qianhai International Industrial Park, No. 920 Binhu South Road, Quanzhou Taiwanese Investment Zone, Fujian Province

此页为备注页，不印刷

装订：骑马钉

尺寸：单页 210*297mm

材质：双胶纸 70g

页数：共36P

双面单色印刷