BINOM
FITNESS

AIR V1

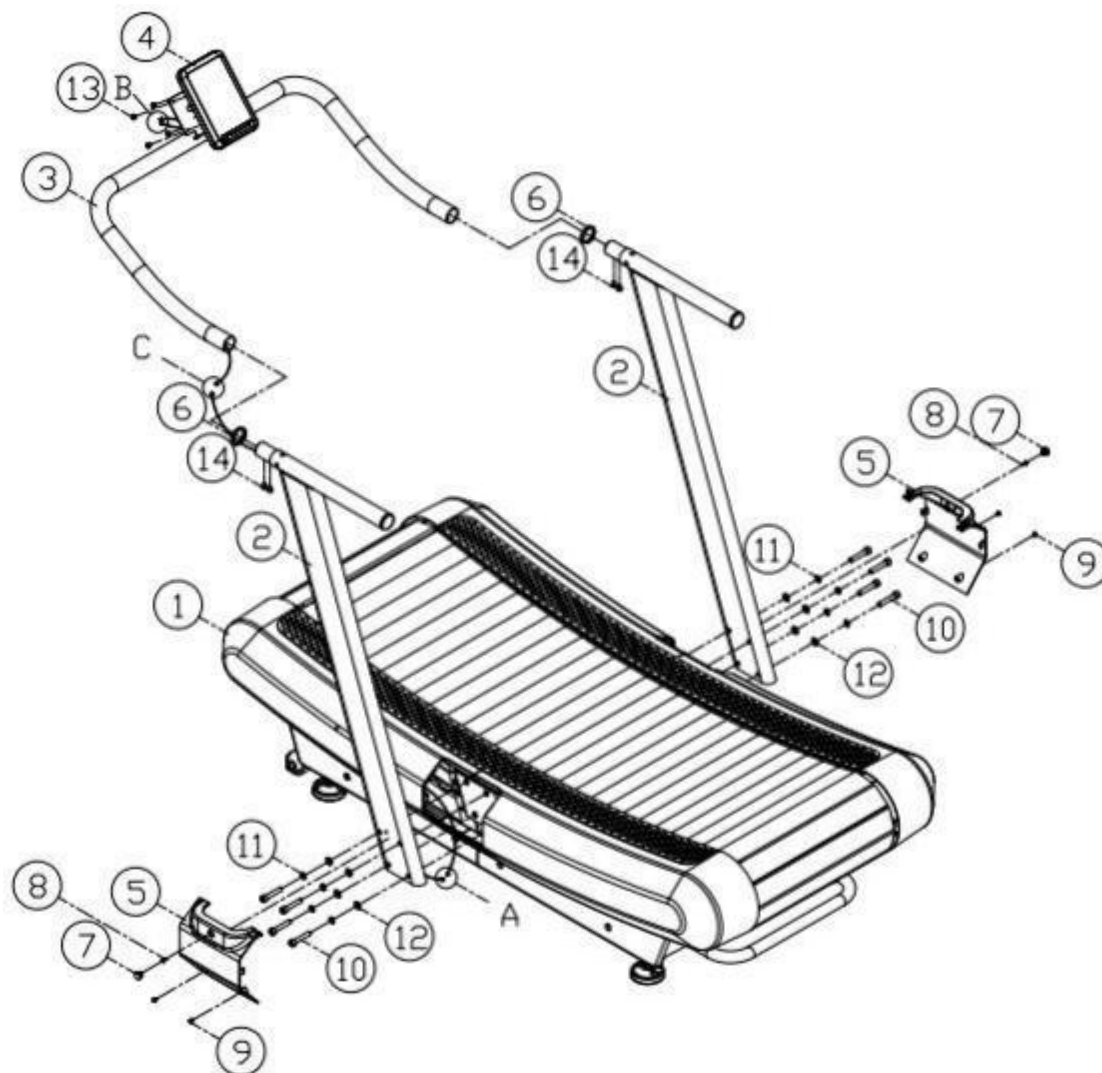**AIR**

Assembly Instructions

Safety Precautions

Note: Please read this manual carefully before use and pay attention to the following safety precautions.

1. The treadmill is suitable to be placed indoors to avoid moisture. It is not allowed to splash water or other liquids on the treadmill, and it is not allowed to place or insert any foreign objects on the treadmill.

2. During the operation of the machine, all moving parts will generate static electricity. Keep away from flammable and explosive materials.

3. When using a treadmill, ensure that its four feet are on the ground reliably, and the placement is stable and reliable, and a safe space of 2000mm*1000mm should be reserved behind the treadmill body.

4. It is recommended to wear sports clothing and suitable sports shoes when using the treadmill.

5. Two or more people are not allowed to exercise on the treadmill at the same time. The maximum weight of the machine is 170 kg.

6. This product is mainly used in professional fitness clubs. Followed by the community, the unit gym.

7. Action guidance:

  A. Running exercise: It can consume energy, improve cardiopulmonary skills, accelerate blood circulation, improve the overall quality of the human body, and achieve the purpose of weight loss and body shaping.

  B. The user must wait for the running belt to stop completely before the user can walk off the treadmill.

8. Any device on the fuselage cannot be in a slack state.

9. This machine must be used in a supervised area. It is forbidden to use by children under 12 years old, disabled people, and heart disease patients. Minors must be used under the guidance of professionals.

10. Never touch any parts of the running treadmill with your hands.

11. Users with long hair should pay attention to the safety of their hair when using the treadmill.

12. If you feel any unsuitability or abnormal conditions during the use of this machine, please stop exercising immediately and consult a doctor.

13. Before each use, ask professionals to check whether the transmission parts are fastened, if there are loose, fasten or replace them in time.

14. During the maintenance and repair of the treadmill, there should be an obvious signboard near the machine for suspension of use.

15. Technical parameters:

  Working environment temperature: 0-40℃

  Running range 1500*480 mm

  Packing size: wooden box outer size 1820*940*520mm

  Equipment area: 1880*890*1620mm

  Bear the user's maximum weight: 170KG

  Net weight of equipment: 130KG

Assembly instructions

Step 1: Use ⑩ hexagon socket head screw (M12*65), ⑩ spring washer (φ12) and ⑩ flat washer (φ12) to assemble the two sides of the column (left and right) to the main frame of the treadmill, And connect to junction A;

Step 2: Use ⑧ cross recessed pan head screws (M5*15) and ⑨ cross recessed pan head self-tapping (ST3.9*15) to assemble the ⑤ side shield to the main frame of the treadmill, and use the ⑦ hole Plug the screw hole at ⑧;

Step 3: Use ⑬ cross recessed pan head screws (M6*15) to assemble ④ electronic watch to ③ armrest group, and connect to junction B;

Step 4: Connect the connection point C, assemble the ③handrail group and ⑥ handle ring to the ②handrail group, and fix them with ⑭ hexagon socket head screws (M8*15).

Instructions for use

ONE. Function display description:

1. SPEED: 0.0~99.9 KM / ML.

2. TIME: 1:00:00~1:59:59, can count up or count down.

3. DISTANCE: 0.00~999.9 K / M, can count up or count down.

4. CALORIES: 0~999, can count up or count down.

5. WATT: 0~1999. (Watts-power)

6. INTERVAL: Intermittent rest exercise mode.

7. KM/M: Metric/English system.

8. PACE: average stride

TWO. Key function description:

1. START key:

A. Pause during exercise

B. Resuming exercise after a pause

2. STOP key:

A. Stop function during exercise

B. Long press for 3 seconds at any time, total reset

THREE. UP key:

A. After pressing this key during the display of each function, time setting, mileage setting, calorie setting, and intermittent exercise setting can be performed respectively.

B. During the display of each function, press this button for more than 1 second to continue to carry (8 steps per second), and stop the carry when released.

4. DOWN key:

A. After pressing this key during the display of each function, time setting, mileage setting, calorie setting, and intermittent exercise setting can be performed respectively.

B. During the display of each function, press this button for more than 1 second to continue to carry (8 steps per second), and stop the carry when released.

5. ENTER key:

This key is the main function selection key and the confirmation function during setting.

6. INTERVAL 20-10 key:

Press this key to directly enter the function option (exercise 20 seconds, intermittent rest 10 seconds)

7. INTERVAL 10-20 key:

Press this key to directly enter the function option (exercise 10 seconds, intermittent rest 20 seconds)

8. INTERVAL CUSTOM key:

Press this key to directly enter the function option (custom setting exercise and intermittent rest time)

9. TARGET TIME key:

Press this key to directly enter the function option (customize the exercise target time)
10. TARGET DISTANCE key:

Press this key to directly enter the function option (customize the set sports target mileage)
11. TARGET CALORIES key:

Press this key to directly enter the function option (customize setting exercise target calories)

12: Press and hold ENTER+START at the same time to switch between English and Metric

13: Press and hold ENTER+DOWN at the same time to shut down quickly。

Operation setting instructions:

1. After installing the battery (POWER ON), the LCD will display for 2 seconds (as shown in Figure 1) and after a long beep at the same time, enter the AGE (age) setting, the age value in the lower left corner (Figure 2) flashes, press After UP/DOWN adjustment, press ENTER to confirm and enter the standby screen.
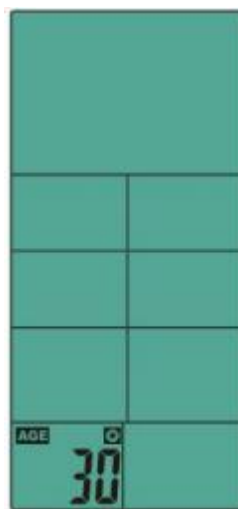
| Photo 1 | Photo 2 | Photo3 |

2. INTERVAL 10/20, READY, WORK, REST, TARGET, TIME, DISTANCE, CALORIES, TIME, DISTANCE, CALORIES, WATTS, SPEED, PACE, HEART RATE will flash in sequence for 1 second in scanning mode (Figure 3).

3. If no button is pressed, the motion signal will automatically go to sleep after 60 seconds.

4. Quick start mode:

A. If the track shoe has a motion signal input during standby, it will "quick start" immediately, and the buzzer will sound for 1 second at the same time.

B, TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, PACE start counting according to the set procedure (Figure 3).

C. After 30 seconds without any signal input, the buzzer will sound for 1 second and enter the wake-up mode.

D. Press the START button once to enter the pause mode, and the buzzer will sound for 0.5 seconds every 30 seconds. When entering the pause mode, all displays will remain on the screen for 3 seconds and then flash once every 4 seconds (3 on/1 off). After a continuous pause for 5 minutes, the buzzer will sound for 2 seconds to enter the wake-up mode, and press the START button to continue running.

E. Press the STOP button to ring for 1 second, TIME displays the total time, DISTANCE displays the total distance,CALORIES displays the total calories burned for 30 seconds, and WATT, SPEED, PACE alternately displays the average value and the maximum value every five seconds.

F. If you press any preset function shortcut key, the function will be executed immediately.

5. INTERVAL selection:

This function can be entered by pressing the UP/DOWN selection function when the machine is turned on, or by selecting the shortcut key when it is stopped.

5.1. Select INTERVAL20/10:

A. Press the INTERVAL key to select INTERVAL20/10. After pressing the Enter key, the mode INTERVAL20/10 will light up and the buzzer will sound for 1 second.

B. CYCLE TIME counts down three seconds and then starts, the buzzer sounds once per second and READY flashes once per second (0.75 seconds on/0.25 seconds off), and the count displays 00/08 (Figure 5).

C. CYCLE TIME starts to count down 20 seconds and WORK flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously. At this time, the rim will have a rotating animation and count down from four minutes, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, PACE start counting according to the set procedure, and the count displays 01/08.

D. CYCLE TIME starts to count down for 10 seconds and REST flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously, and the READY flashes synchronously in the last 3 seconds. The animation is in a static state.

E, C and D continue to repeat the cycle, each cycle count increases by 1 until CYCLE TIME starts to count down 10 seconds after the 08/08 WORK exercise and REST flashes once per second (0.75 seconds on/0.25 seconds off).

F. After 30 seconds without any signal input, the buzzer will sound for 1 second and enter the wake-up mode.

G. Press the START button once, the buzzer will sound for 0.5 seconds every 30 seconds when entering the pause mode. When entering the pause mode, all displays will remain on the screen for 3 seconds and then flash once every 4 seconds (3 on/1 off), After a continuous pause of 5 minutes, the buzzer will sound for 2 seconds to enter the wake-up mode, press the START button to continue running.

H. Press the STOP button or the buzzer will sound for 1 second after the end, TIME displays the total time, DISTANCE displays the total distance, CALORIES displays the total calories display for 30 seconds, and WATT, SPEED, PACE alternately displays the average value and the maximum value every five seconds.

I. If you press any preset function shortcut key, the function will be executed immediately.
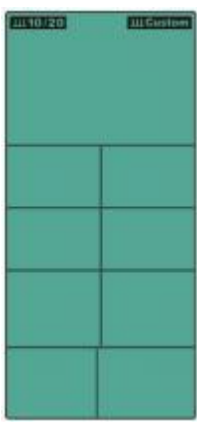
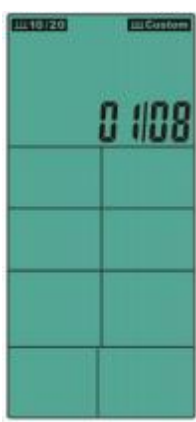| Photo 4 | Photo5 | Photo6 | Photo7 |

5.2 Select INTERVAL 10-20:

A. Press the INTERVAL key to select INTERVAL10/20. After pressing the Enter key, the mode INTERVAL10/20 will light up and the buzzer will sound for 1 second.

B. CYCLE TIME counts down three seconds and then starts, the buzzer sounds once per second and READY flashes once per second (0.75 seconds on/0.25 seconds off), and the count displays 00/08 (Figure 5).

C. CYCLE TIME starts to count down 10 seconds and WORK flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously, REMAINING lights up and counts down from four minutes, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and PACE start counting according to the set procedure, and the counting displays 01/08.

D. CYCLE TIME starts to count down 20 seconds and REST flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously, and READY also flashes synchronously in the last 3 seconds.

E, C and D continue to repeat the cycle, and each cycle count increases by 1 until CYCLE TIME starts to count down 20 seconds after the 08/08 WORK exercise and REST flashes once per second (0.75 seconds on/0.25 seconds off).

F. After 30 seconds without any signal input, the buzzer will sound for 1 second and enter the wake-up mode.

G. Press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound for 0.5 seconds every 1 second. When entering the pause mode, all displays will remain on the screen for 3 seconds and then flash once every 4 seconds (3 on/1 Off), after a continuous pause of 5 minutes, the buzzer will sound for 2 seconds to enter the wake-up mode, press the START button to continue running.

H. Press the STOP button or the buzzer will sound for 1 second after the end, TIME displays the total time, DISTANCE displays the total distance, CALORIES displays the total calories display for 30 seconds, and WATT, SPEED, PACE alternately displays the average value and the maximum value every five seconds.

5.3 INTERVAL CUSTOM:

A. Press the INTERVAL key to select INTERVAL CUSTOM. After pressing the Enter key, enter the mode INTERVALCUSTOM, 00/XX flashes, and the buzzer sounds for 1 second. You can press UP or DOWN to set 00/XX. The setting range is 1~99. It can be set in cycles. After pressing ENTER to confirm, the buzzer will sound for 1 second and enter the next option setting (Figure 6-7).

B. TIME lights up continuously, WORK and 0:01 flash, you can press UP or DOWN to set the working time, the setting range is 0:00~9:59, and it can be set cyclically. Press ENTER to confirm and the buzzer will sound 0 ..75 seconds and enter the next option setting.

C. TIME is continuously lit, REST and 0:01 flashing, working time can be set by pressing UP or DOWN, the setting range is 0:00~0:59, and it can be set cyclically, and the buzzer will sound 1 after pressing ENTER to confirm INTERVALCUSTOM lights up continuously for seconds.

D. CYCLE TIME counts down three seconds and then starts, the buzzer sounds once per second and READY flashes once per second (0.75 seconds on/0.25 seconds off), and the count displays 00/XX.

E. CYCLE TIME starts to count down and WORK flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously, REMAINING lights up and starts the countdown according to the set procedure, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED , PACE starts counting according to the set procedure, and the counting displays 00/XX.

F. CYCLE TIME starts to count down and REST flashes once per second (0.75 seconds on/0.25 seconds off). At the same time, the buzzer also sounds synchronously, and the READY flashes synchronously in the last 3 seconds. The animation is in a static state.

G, C and D continue to repeat the cycle, each cycle count increases by 1, until the set value WORK moves after the CYCLE TIME starts to count down and REST flashes once per second (0.75 seconds on/0.25 seconds off).

H. After 30 seconds without any signal input, the buzzer will sound for 1 second and enter the wake-up mode.

I. Press the START button once, within 30 seconds of entering the pause mode, the buzzer will beep every 1 second for 0.5 seconds. When entering the pause mode, all displays will remain on the screen for 3 seconds and then flash once every 4 seconds (3 on/1 off) , After a continuous pause of 5 minutes, the buzzer will sound for 2 seconds to enter the wake-up mode, press the START button to continue running.

J. Press the STOP button or the buzzer will sound for 1 second after the end, TIME displays the total time, DISTANCE displays the total distance, and CALORIES displays the total calories for 30 seconds. WATT, SPEED, and PACE alternately display the

average value and the maximum value every five seconds.

K. If you press any preset function shortcut key, the function will be executed immediately.

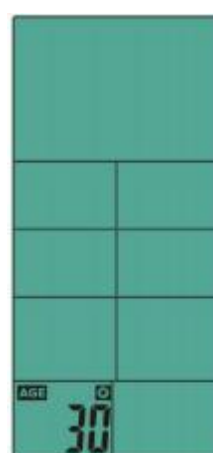| Photo8	Photo9	Photo10	Photo11	Photo12

1. TARGET TIME:

A. Press the button to enter this mode, the value flashes, and the buzzer sounds for 1 second.

B. TIME continues to light up, the TIME value flashes and the time can be set by pressing UP or DOWN (Figure 8). After pressing ENTER to confirm, the buzzer will sound for 1 second. Start the countdown, DISTANCE, CALORIES, WATTS, SPEED, PACE start counting according to the set procedure (Figure 12).

7. TARGET DISTANCE:

C. Press the button to enter this mode, the value flashes, and the buzzer sounds for 1 second.

D. TIME is continuously lit, the TIME value flashes and the time can be set by pressing UP or DOWN (Figure 9). After confirming by pressing ENTER, the buzzer will sound for 1 second. Start the countdown, DISTANCE, CALORIES, WATTS, SPEED, PACE start counting according to the set procedure (Figure 12).

8. TARGET CALORIES:

A. Press the button to enter this mode, the TARGET and CALORIES values   will flash, and the buzzer will sound for 1 second.

B. CALORIES is continuously lit, the CAL value flashes and you can press UP or DOWN to set CAL (Figure 10), press ENTER to confirm, the buzzer will sound for 1 second TARGET, CALORIES starts to count down the set value and the current distance interactively display for 5 seconds, Until the countdown is over, TIME, DISTANCE, WATTS, SPEED, and PACE start counting according to the set procedure (Figure 12).

A.   In any key state, press the START button once, the buzzer will beep every 1 second for 0.5 seconds within 30 seconds of entering the pause mode. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash once every 4 seconds (3 On / off), after a continuous pause of 5 minutes, the buzzer will sound for 2 seconds to enter the wake-up mode, press START to continue running.

B. After 30 seconds without any signal input, the buzzer will sound for 1 second to enter the wake-up mode.