

FORCE
by GADNIC

CINTA
DE CORRER



MANUAL DE USUARIO

CINTA037

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Treadmill Parameters

- Running Area: 1280 x 480mm
- Max User's Weight: 140kg
- Speed: 1-18 km/h
- Motor: 3.5HP
- Auto Incline: 15 levels
- Assembly Size: L1620mmxW760mmxH1320mm
- Folding Size: L950mmxW760mmxH1400mm
- Modes: Manual, Countdown: Time, Distance, Calorie. Auto (12 Programs)


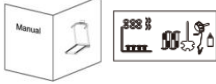


Safety Precautions

Warning: We suggest you consult a physician or health professional before embarking on any exercise regime. Please follow these instructions carefully and completely in assembling the treadmill before you switch the power on. We take no responsibility for any injury or damage to the product as a result of negligence in these aspects.

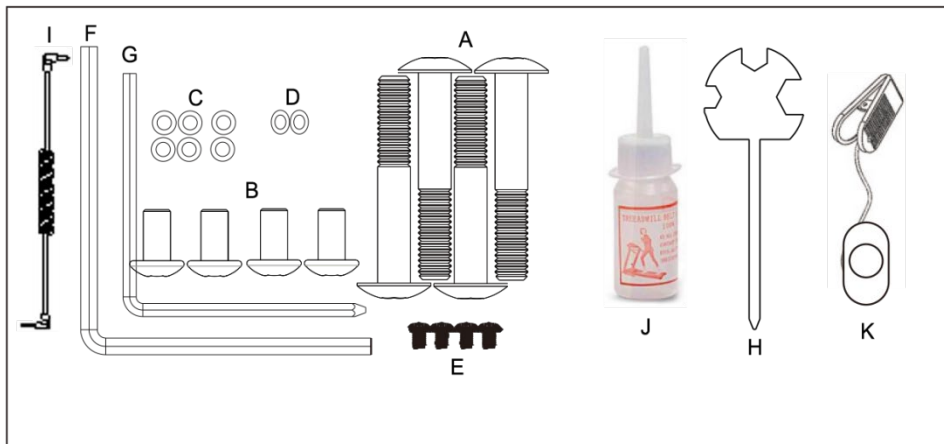
Attention

- Place the treadmill indoors on level ground, in a dry area away from heat, direct sunlight or obstruction.
- Wear proper exercise clothing and footwear when using the machine.
- Put the safety clip on your clothing before you start the treadmill so that should you slip the clip will detach the magnetic connection at the other end to stop the machine.
- Do not use the machine if you are ill, tired or under the influence of alcohol.
- Always start gradually and note excessive exercise may be detrimental to health.
- Use the handrails for support until you are familiar enough with the operations.
- Children should only use the machine under adults' supervision.
- Loading capacity is 140kg, overloading may cause damage.
- The treadmill will be stopped automatically after 99 minutes continuous running because of over-heat protection, after that restart the machine and continue the workout.
- This is a home treadmill and not intended for commercial use.

Packing Details

Frame		User Manual Screw Package	
Column Covers (L+R)		Display	

Screw Package

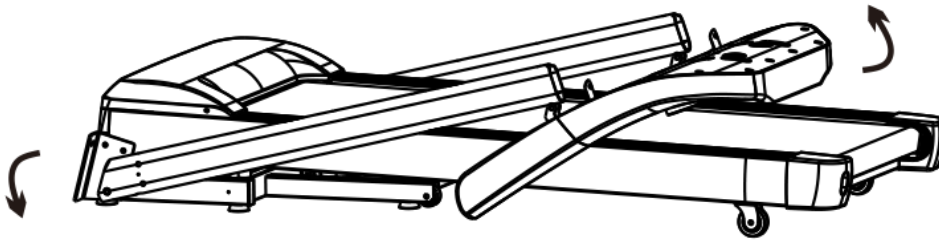


Item	Description	Specification	Qty
A	Bolt	M8*50	4
B	Bolt	M8*16	4
C	Flat washer		6
D	Curved washer		2
E	Bolt	M5*12	4
F	Allen wrench	#6	1
G	Allen wrench	#5	1
H	Multifunctional wrench		1
I	MP3 cable		1
J	Lubricant oil		1
K	Safety key & clip		1

Assembly Steps

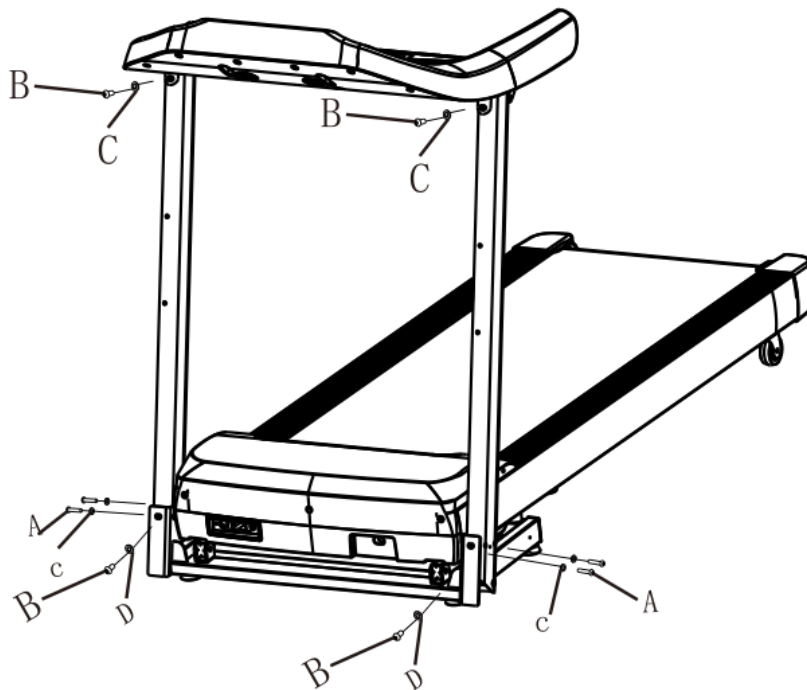
Step 1: Extend the framework

1. Take the treadmill out of the box and lay it flat on the ground.
2. Slowly stand up the machine at the direction of the arrow, as shown in following picture.



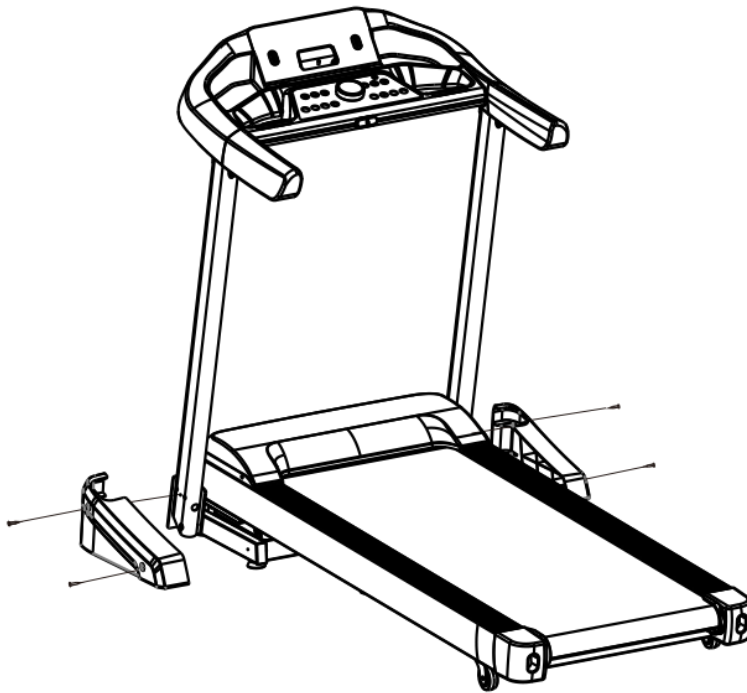
Step 2: Main frame assembly

1. Fasten the left and right stand columns to the main frame with screws, as following picture.
Fix 4 Bolts (A) and 4 Flat Washers (C) by Allen Wrench on both sides of stand columns.
Take 2 Bolts (B) and 2 Curved Washers (D) and fix them on the rear side of the stand columns by Allen Wrench.
2. Fix the console to stand columns with 2pcs Bolts (B) and 2pcs Flat Washers(C), on the rear side of stand columns.



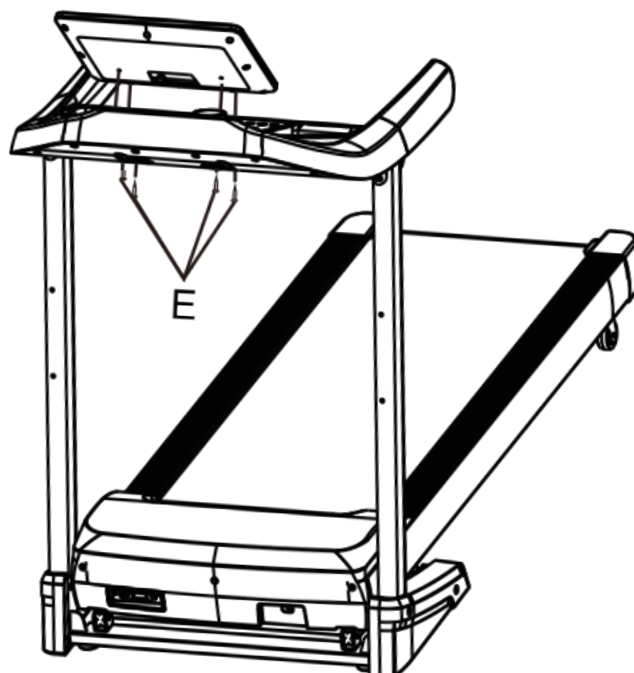
Step 3: Stand Column Covers Assembly

1. Unscrew 4 screws on both sides of the stand columns, then put the left and right corner covers at designated position.
2. Tighten the screws to fix the covers on stand columns.



Step 4: Display Assembly

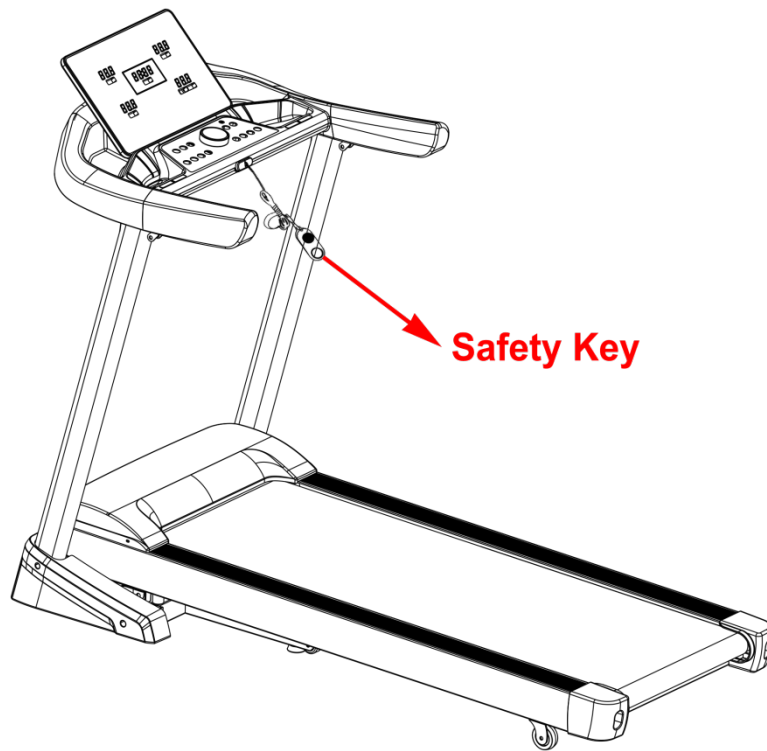
Fix the Display to console with 4pcs Bolts (E) by Multifunctional Wrench (H), as shown in following picture.



Step 5: Insert safety key

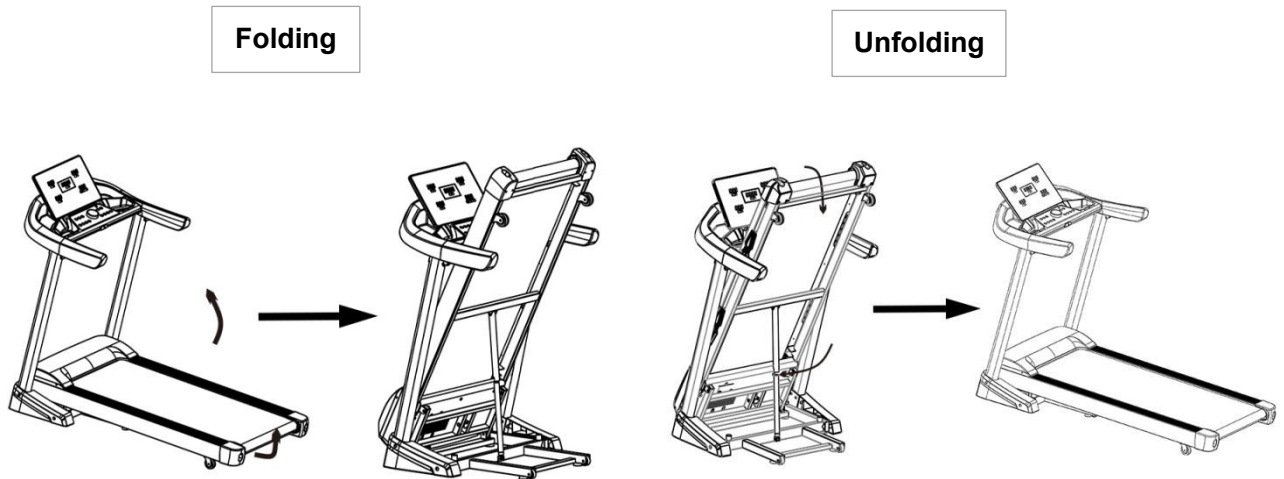
Insert the red magnetic safety key onto the circular metal on the console. *****IMPORTANT*****

If safety key is not in place, the treadmill will be out of operation and will result in “E7” ERROR CODE.

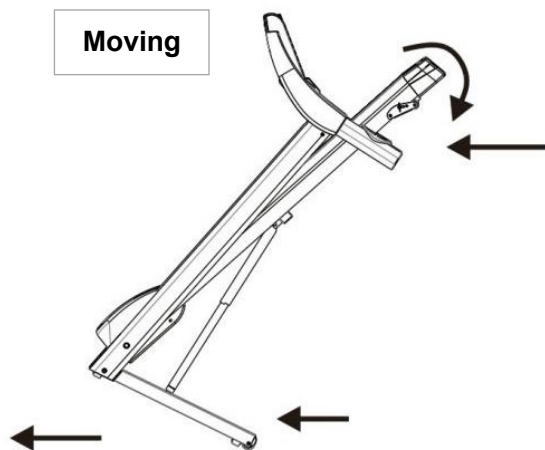


Folding, Unfolding & Moving

Folding & Unfolding: To fold the treadmill for storage, gently lift the end of the running board and raise upwards slowly until you hear the cylinder click to indicate successful folding. To unfold, release air spring with your foot.



Moving the treadmill: Make sure the treadmill is securely folded and unplugged. With both hands on the handles pull the top of treadmill towards yourself to tilt it until the rollers are engaged on the floor. You can now freely wheel the treadmill to a storage location.



Display Panel Operating Instructions



1. Operational Modes

There are 3 modes: Manual, Countdown (MODE), Auto (PROGRAM).

A. Manual Mode

After turning on the treadmill, the display will light up and the unit will enter standby mode. To start, press the LED knob on the console. Rotate the knob to adjust the speed in increments of 0.1 km/h; turn it clockwise to increase the speed and counterclockwise to decrease it. Press the LED knob again to stop the treadmill.

- Minimum speed 1.0km/h
- Maximum speed 14.0km/h
- Minimum incline 1%
- Maximum incline 15%

B. Countdown (MODE)

Time: Select TIME, set 5-99 mins with +/-> press START, adjust speed anytime.

Distance: Select DIS, set 1-99 km with +/-> press START, adjust speed anytime.

Calories: Select CAL, set 20-990 calories with +/-> press START, adjust speed anytime.

C. Auto (PROGRAM) Mode

Press "PROG" to choose from 12 preset programs (P01-P12). Default is P1 for 10 minutes. Use Speed +/- to set total workout time (e.g., 30 minutes). The time is divided into 10 equal periods (about 3 mins each).

There are 12 programs in the Auto (PROGRAM) Mode as below:

P1-P12 Program Map

Program \ Time period		Time set/10 period = Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

2. LED Display Parameters

At startup, a 3 second countdown is displayed as 3, 2, 1

SPEED: Shows running speed

TIME: Shows running time

INCLINE: Shows running inclination

DISTANCE: Shows running distance

CALORIES: Shows calories burnt

HR: Shows heartbeat data

3. Button Functions

START : Press this button to start the treadmill

STOP : Press this button to stop the treadmill

PROG : Press this button to choose from the 12 programs

MODE : Press this button to select the countdown modes of Time, Distance & Calories

INCLINE 3%6%9% : Press any of these 3 buttons for quick inclination selection 3,6,9 levels

SPEED 6,9,12km/h : Press any of these 3 buttons for quick speeds selection 6,9,12km/h

SPEED +/- : Press these 2 buttons for speed adjustments.

Long press (keep finger pressed) for faster speed control.

INCLINE +/- : Press these 2 buttons for auto incline adjustments, max 15%

Long press (keep finger pressed) for faster inclination control.

4. Sleep Function

When the treadmill is not in operation for more than 10 minutes, it goes into hibernation. The display turns off automatically. Press any key to re-activate the unit to get to the standby mode.

5. Safety Key Function

This treadmill will only be operated when the magnetic safety key is inserted onto the console.

Put the safety clip on your clothing when you are using the treadmill. The string will pull the magnet out of the lock turning the treadmill off if you fall or move from the treadmill.

Error Code & Solutions

ERROR CODE	FAILURE DESCRIPTION	PERFORMANCE	SOLUTIONS IN SEQUENCE
E1	Communication is blocked between Display and PCB board	<ol style="list-style-type: none"> 1. Connecting cable between display and PCB is blocked. 2. No display signal. 3. No PCB signal. 	<ol style="list-style-type: none"> 1. Reconnect the cable between display and PCB, or replace a new connecting cable. 2. Replace display board. 3. Replace PCB board.
E2	Electric Controller does not detect the voltage from motor	<ol style="list-style-type: none"> 1. Disconnection of motor cable. 2. No voltage output or abnormal display. 3. Motor is damaged. 	<ol style="list-style-type: none"> 1. Check connection of motor cable. 2. Replace PCB board. 3. Replace Motor.
E3	When the motor is running, the electric controller can not receive the speed signal	<ol style="list-style-type: none"> 1. Disconnection of speed sensor. 2. Disconnection of motor cable. 3. Smell of burning from PCB board. 	<ol style="list-style-type: none"> 1. Reconnect the speed sensor or replace a new speed sensor. 2. Reconnect the motor cable. 3. Replace the PCB board.
E4	Self-inspection of auto inclination	<ol style="list-style-type: none"> 1. Disconnection of incline motor sense cable. 2. Wrong connection of incline motor AC cable with PCB. 3. Disconnection of incline motor connecting cable. 	<ol style="list-style-type: none"> 1. Reconnect the incline motor sense cable. 2. Reconnect the AC cable on incline motor and PCB board. 3. Replace the incline motor connecting cable or replace incline motor.
E5	Explosion protection	<ol style="list-style-type: none"> 1. The input voltage is lower than 50%. 2. Smell of burning from PCB board. 3. Disconnection of motor cable. 	<ol style="list-style-type: none"> 1. Recover the standard input voltage. 2. Replace the PCB board. 3. Reconnect the motor connecting cable or replace the motor.
E6	Over current protection	<ol style="list-style-type: none"> 1. Motor load exceeds rated current. 2. Motor is stuck. 3. Smell of burning from motor. 4. Smell of burning from PCB board. 	<ol style="list-style-type: none"> 1. Reduce the load to a specified value. 2. Replace the motor. 3. Replace the PCB board
E7	Safety Key is not in place	<ol style="list-style-type: none"> 1. Unable to operate system 2. Safety lock malfunction. 	<ol style="list-style-type: none"> 1. Reset safety key correctly. 2. Replace display board.

Adjustment & Maintenance

Warning: Always unplug the treadmill before cleaning, servicing, or maintenance.

Regular Cleaning

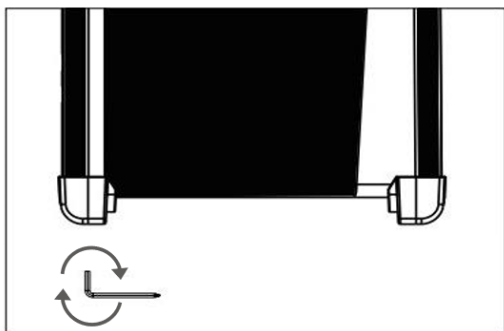
- ▶ Remove dust regularly to prolong lifespan.
- ▶ Clean the exposed sides of the running belt with a damp cloth and soap. Avoid wetting electrical parts.
- ▶ Annually, clean the motor unit disconnect power before opening the motor cover.

Running Belt Alignment and Tension

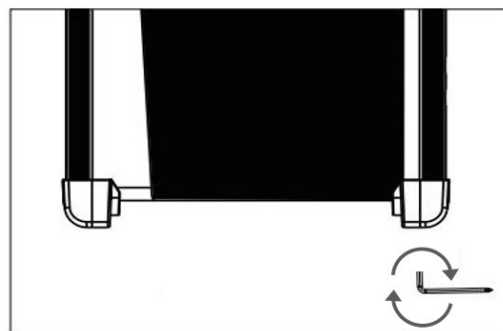
The belt is factory-set but may need adjustment over time.

- ▶ Belt drifting left: Turn the left adjustment bolt clockwise, then run the treadmill at low speed (e.g. 2km/h) to check. Repeat until centered.
- ▶ Belt drifting right: Turn the right adjustment bolt clockwise and test similarly.

Tension: If slipping occurs (belt skips or stops), turn both adjustment bolts clockwise $\frac{1}{2}$ turn. Repeat as necessary.



Picture A



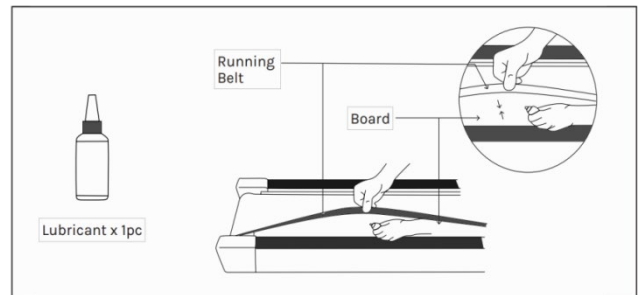
Picture B

Belt Lubrication & Safeguards

Factory-lubricated; reapply based on usage:

- ◆ <3hrs/week: monthly
- ◆ 3–5hrs/week: every 20 days
- ◆ 5hrs/week: every 10-15 days

To lubricate: lift the belt, open the silicone oil bottle, and squeeze 1/4 of the oil on each side of the running board.



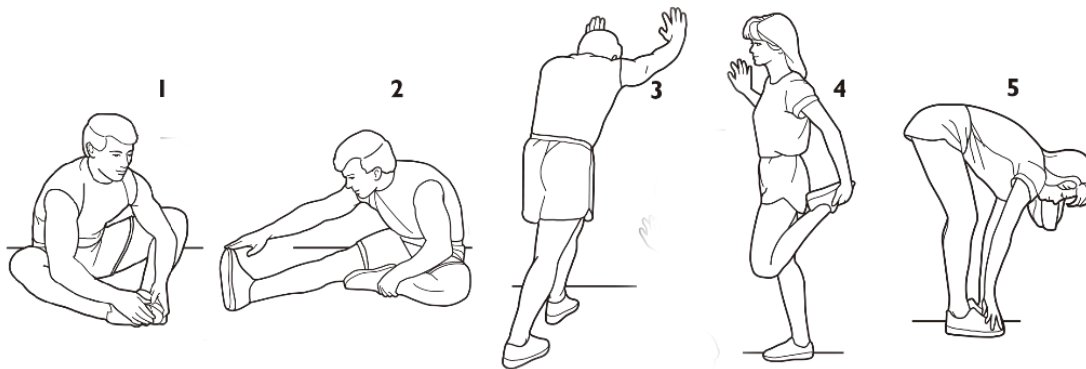
Exercise Programs

WARM UP

Begin each workout with 5-10 minutes of light stretching and exercises to increase your body temperature, heart rate, and circulation. Once warmed up, gradually increase intensity and maintain it for optimal performance. Breathe deeply and regularly throughout.

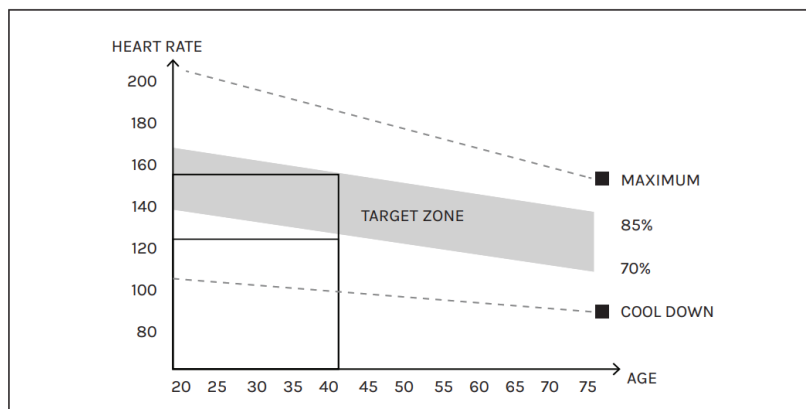
Stretching Exercises:

- 1.Inner Thigh Stretch** – Sit with soles together and knees outward.
- 2.Hamstring Stretch** – Sit with one leg extended, opposite foot toward you.
- 3.Calf/Achilles Stretch** – Place hands on a wall with one leg in front.
- 4.Quadriceps Stretch** – Balance with one hand on a wall, grasp one foot behind.
- 5.Toe Touch** – Slight knee bend, bend forward from hips.



COOL DOWN

Finish with at least 1 minute of light jogging or walking, then stretch for 5-10 minutes. This helps improve flexibility and prevents post-exercise issues.



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes during every workout.

¿Necesitás ayuda?

Ingresa a nuestro soporte técnico escaneando el QR o escribinos por nuestros canales oficiales.



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