



Stay Active, Stay Healthy

Thank you for choosing DynaSpace!

Designed for all fitness levels, our treadmill combines cutting-edge technology with user-friendly features to help you reach your fitness goals, whether you're walking, jogging, or running.

DynaSpace

DynaSpace



Treadmill User's Manual

Read all precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

Note: The product photo is for reference only and may differ slightly from the actual product.

Model: SGC2099



E-03	Over-load protection	Turn off and re-start machine, if still has problem, need to check
E-10	Main PCB Over-heating protection	Turn off and re-start machine, if still has problem, need to check
E-12	Over-voltage protection	Check the input voltage is normal or not, then turn off and re-start machine. If still has problem, change the
E-14	Motor wire broken	Chang new wire or new motor
E-16	Main PCB broken	Change the main PCB
---	Safety key is missing	Please place safety key on console



YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL AND COMPONENTS DURING THE GUARANTEE PERIOD

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IMPORTANT PRECAUTIONS



The safety key contains a magnet that must be inserted into the display. The clamp at the end of the lace should be attached to your clothing. The treadmill will only operate if the key is correctly placed in the display. This is a **crucial safety requirement**.

Proper lubrication of the treadmill with silicone oil or Teflon is essential. This maintenance must be performed regularly, including before the first use, to ensure optimal performance.

WARNING:

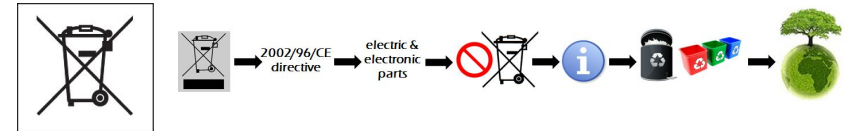
Retain the original packaging, including all protections, the purchase receipt, the manual, and all components throughout the warranty period.

To mitigate the risk of severe injury, please read all important instructions and warnings related to the use of the treadmill thoroughly before use. ZERO assumes no responsibility for personal injuries or property damage resulting from the use of this product.

If the belt slips while walking on the treadmill, follow these steps:

1. Start the treadmill and increase the speed to 3 MPH.
2. Using a 5mm wrench, turn both adjustment bolts 1/4 turn clockwise.
3. Ensure that the belt is tight enough for walking; you should be able to lift each side of the belt approximately 5 to 7 cm off the platform.
4. Be cautious to maintain the alignment of the belt while tightening.
5. Repeat this procedure as necessary until the belt is properly tightened.

VII. RECYCLING INFORMATION

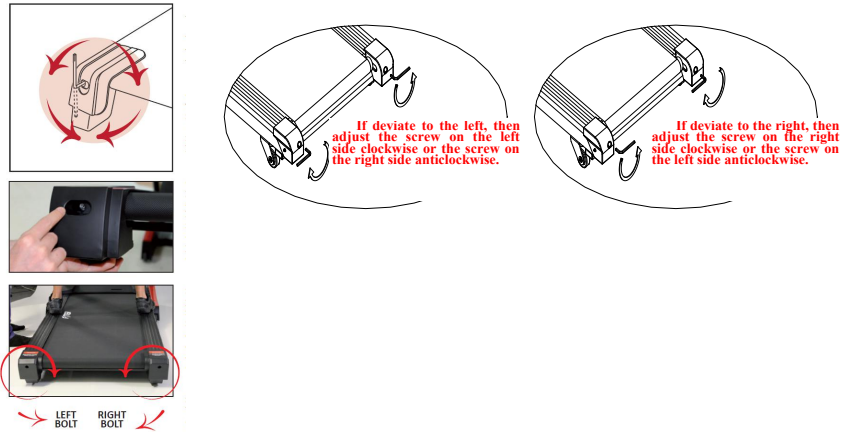


This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

VIII. COMMON ERRORS:

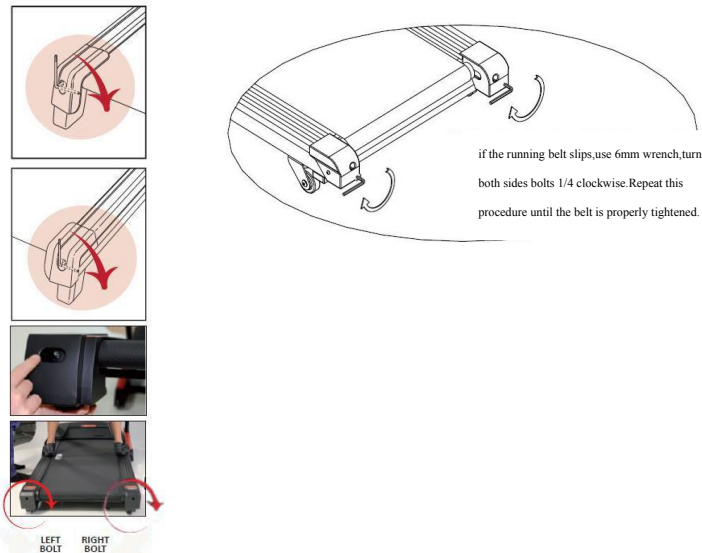
Error Code	Reason	How to solve
NO DISPLAY	A) electricity not connected	Connect the electricity
	B) Power switch not turn on	Turn on power switch
	C) PCB no power or broken	Press over-load protector or change new pcb
	D) signal wire not connected	Re-connect signal wire or change new one
	E) computer broken	Change new computer
	F) background light broken	Check background light wire or change new one
E-01	Poor connection between the display and	Check each joint, change a new line if it is broken.
E-02	Over current protection	Turn off and re-start machine, if still has problem, need to check

• **ALIGN AND TIGHTEN THE BELT OF THE TREADMILL**



Over time, the belt may shift off-center due to use. If the belt has moved to the left, follow these steps:

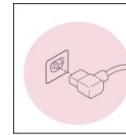
1. Start the treadmill and increase the speed to 3 MPH.
2. Use a 5mm wrench to turn the left adjustment bolt clockwise or the right adjustment bolt counterclockwise as needed.
3. Avoid overtightening the belt to ensure it remains suitable for walking.
4. Repeat the adjustment process until the belt is properly aligned.



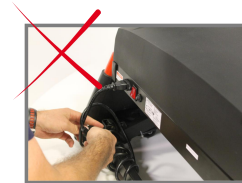
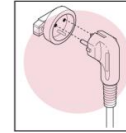
1. **Consult Your Doctor:** Prior to commencing any workout program, consult your physician. This is especially crucial for individuals over the age of 35, those with existing health conditions, and pregnant women.
2. **Inform Users:** The owner is responsible for ensuring that all users are adequately informed about the warnings and safety guidelines.
3. **Follow Manual Instructions:** Operate the equipment strictly in accordance with the instructions provided in the manual.
4. **Equipment Placement:** Keep the equipment in an enclosed area, protected from dust and humidity. Avoid storing it in a garage, indoor backyard, or near water, as exposure to these elements may cause malfunctions and void the warranty.
5. **Surface Stability:** Place the unit on a flat, stable surface. Uneven surfaces may affect the equipment's functionality. Some models feature levelers or leveling threads behind the legs to assist with leveling. Refer to the manual to determine if your unit includes these features.
6. **Ventilation:** Position the unit in a well-ventilated area. Do not use it in places with sprays or oxygen dispensers, as these may affect the air quality and increase the risk of accidents.
7. **Keep Clear of Children and Pets:** Ensure that children under the age of 12 and pets are kept away from the equipment, maintaining a safe distance at all times.
8. **Weight Capacity:** Consult the manual to confirm the maximum weight the equipment can support. Exceeding this weight may lead to malfunctions not covered by the warranty.
9. **Appropriate Attire:** Wear suitable clothing and footwear. Avoid loose clothing that may become entangled in the equipment.
10. **Power Supply:** If the equipment operates via a power supply, ensure that the power cord and plug are in good condition. Connect the equipment only to a properly grounded circuit to prevent damage that may not be covered by the warranty. Keep power cords away from hot surfaces.
11. **Battery-Powered Units:** For battery-powered equipment, verify that the batteries are sufficiently charged to ensure proper display functionality.
12. **Safety Key:** If the equipment includes a safety key, familiarize yourself with its operation before use. The safety key, which has a magnet, must be inserted into the display. Attach the clamp at the end of the lace to your clothing. The treadmill will operate only when the key is properly placed in the display. This step is essential.
13. **Power Supply Operation:** When using a power-supplied unit, avoid starting the machine while on the belt, as this may place unnecessary strain on the motor. Stand with your feet on either side of the belt and begin exercising once the equipment is operational.
14. **Speed Adjustment:** If the unit operates on an electric supply, check the maximum speed it can reach for safety. Gradually adjust the speed to avoid sudden changes.

15. **Supervision:** Do not leave the equipment unattended while it is in operation. Remove the safety key, turn the power switch to the “off” position, and unplug the power cord when not in use.
16. **Pulse Sensor:** If the equipment includes a pulse sensor, note that it is not a medical instrument. It is intended to assist with workout monitoring and may be affected by user movement, which could impact accuracy.
17. **Folding and Storage:** The equipment can be folded for storage. Ensure that all components are securely assembled with the locking system, whether it uses a lock or a hydraulic mechanism. Avoid moving or lifting the unit unless you are certain it is securely locked. Damage occurring due to improper handling will not be covered by the warranty.
18. **Regular Maintenance:** Regularly check and tighten all screws, as vibrations can cause them to loosen. Damage resulting from a lack of maintenance is not covered by the warranty.
19. **Lubrication:** Proper lubrication with silicone oil or Teflon is crucial. Lubricate the treadmill regularly, including before its first use. To lubricate, disconnect the equipment from the power supply (if applicable), lift the belt on one side, and apply oil to the board. Repeat this on the other side. Reconnect the power supply (if applicable), turn the power switch to the “on” position, insert the safety key, and allow the treadmill to run for several minutes without weight. Perform this maintenance regularly.
20. **Unpacking:** Two people are required to remove the unit from the package. Damage occurring during this process will not be covered by the warranty.
21. **Avoid Obstructions:** Ensure that no objects fall into the grooves of the equipment.
22. **Unplug Before Cleaning:** Always unplug the power cord before cleaning the equipment, after use, and before performing any maintenance.
23. **Intended Use:** This equipment is designed for domestic use in indoor settings only, not for commercial environments or outdoor use.
24. **Pre-Workout and Post-Workout Stretches:** Perform stretches before and after workouts to prevent injuries.
25. **Hydration:** Drink water before, during, and after workouts.
26. **Stop If Unwell:** If you experience pain or dizziness during exercise, stop immediately.
27. **Preserve Original Packaging:** Retain the original packaging, including protections, manual, and components throughout the warranty period.
28. **Accessory Variations:** Accessories may vary between different models.
29. **Proper Disposal:** This electronic product should not be disposed of in municipal trash bins. To protect the environment, recycle the product according to your country’s applicable laws. Contact your local council for information on recycling procedures.
30. **Technical Assistance:** For technical support or installation advice, please contact us.

VI. MAINTENANCE



This product must be properly grounded. If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

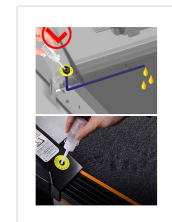


DO NOT TANGLE THE POWER CORD

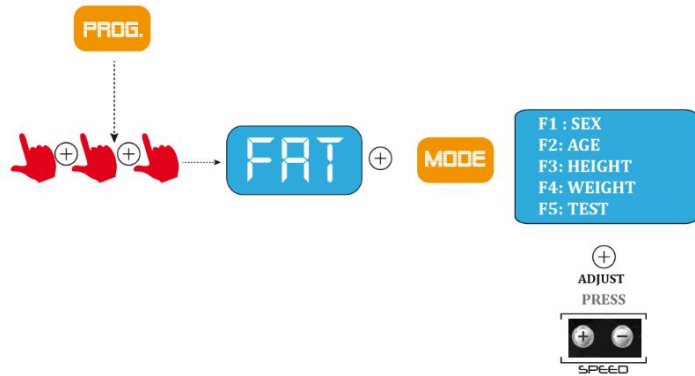
REGULAR MAINTENANCE OF THE TREADMILL

- **Storage:** Store your equipment in an enclosed area, protected from dust and humidity. Avoid placing it in a garage, indoor backyard, or near water. Exposure to humidity, dust, and water can damage the equipment and impact its functionality.
- **Electric Cable:** Ensure that the power cable and plug are in excellent condition. Keep electric cables away from hot surfaces.
- **Screws and Connecting Cables:** Regularly inspect and tighten screws, as vibrations can cause them to loosen over time.
- **Lubrication:** Proper lubrication of the treadmill with silicone oil or Teflon is crucial. Lubricate the treadmill regularly, including before its first use. Locate the oil addition hole on the motor cover. Start the machine, set it to the highest speed, and add oil through the hole. The oil will distribute evenly between the running belt and the board.

< 3 hours/week	2 months
4 - 7 hours/week	1 month
> 8 hours/week	15 days



CONSTITUTION TEST



01	Sex	01 M	02 F
02	Age	10-----99	
03	Height	100----240	
04	Weight	20-----160	
05	FAT	≤19	Underweight
	FAT	=(20---25)	Normal weight
	FAT	=(25---29)	Overweight
	FAT	≥30	Obesity

BLUETOOTH APP



KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE. Keep these guidelines for future reference

II. MAIN TECHNICAL FEATURES










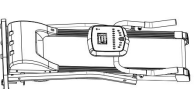


Input Voltage	220V±10%
Frequency	50 Hz
Running area	1100X400mm
Function	Time, Speed, distance, Calorie, heart rate, Easy-self lubrication, bluetooth app, MP3&speakers
Speed	1.0-12 km/h
Max user weight	90KGS
Power	1.75HP

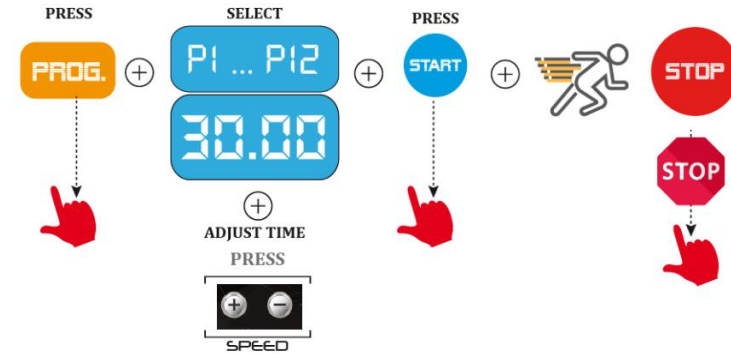
III. ASSEMBLY



Notice: Assembly requires the assistance of two (2) individuals.

No.	Fittings	Qty
1	M8 knob 	6
2	M8*40 	2
3	M8 Flat gasket 	4
4	Incline bolt 	2
5	Tile type gasket 	4
6	Silicone oil 	1
7	5mm wrench 	1
8	Multi- wrench 	1
9	Safety key 	1
10	Main frame 	1

PROGRAM



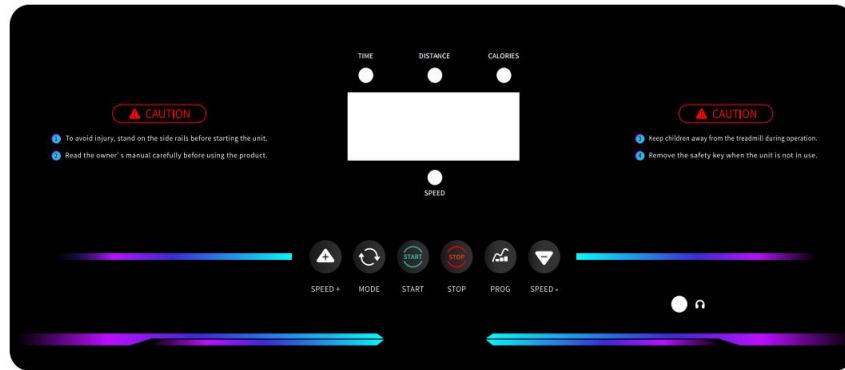
Time	Set time/20 times section=exercise time between last and next time section																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02 Speed	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	1
P03 Speed	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04 Speed	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05 Speed	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06 Speed	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P07 Speed	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08 Speed	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09 Speed	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10 Speed	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11 Speed	3	4	5	9	5	9	5	5	5	9	5	5	5	5	9	9	8	7	6	3
P12 Speed	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

MP3 MUSIC

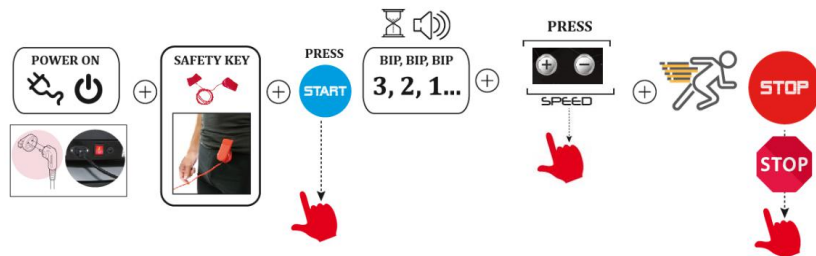


V. TREADMILL OPERATION

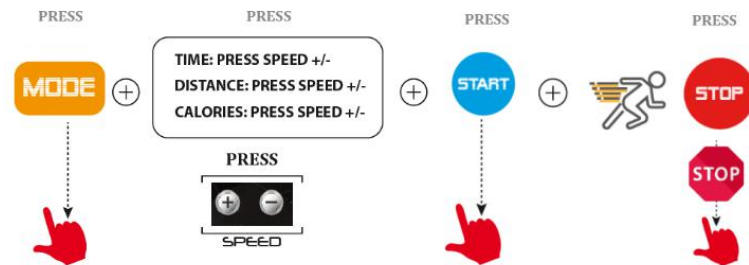
COMPUTER



MANUAL



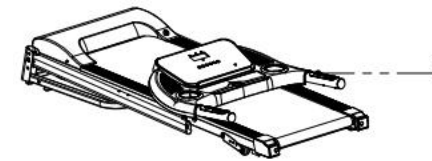
MODE



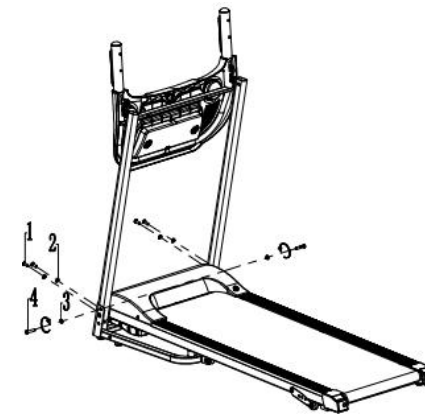
STEP 1

Two individuals should carefully remove the machine from the package and place it gently on a flat surface. Position any additional fittings next to the machine. Lift the stand tube and electronic display as illustrated in Picture 1, ensuring not to pinch the signal wire.

Refer to Picture 2 for the assembly components: #1 M840 screw, #2 tile-type gasket, #3 flat gasket, #4 M840 screw. Use a 5mm wrench to secure the base with these components.



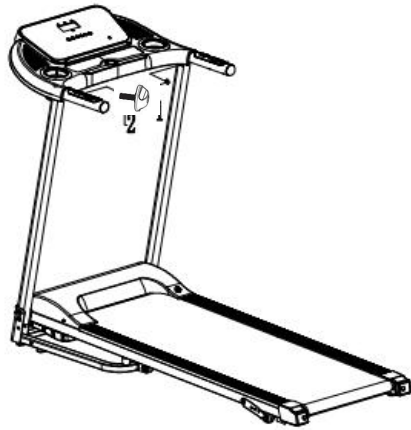
Picture 1



Picture 2

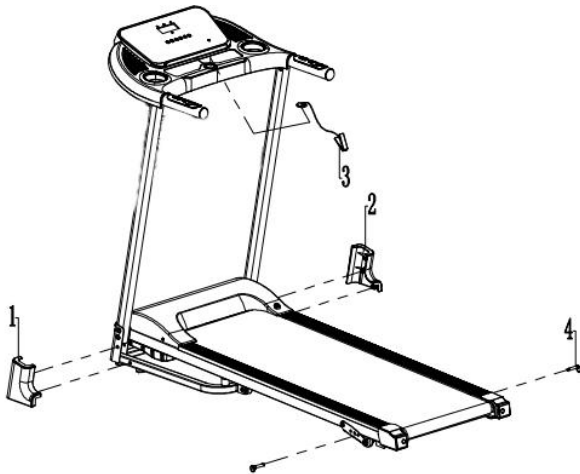
STEP 2

Use 2 pcs M8 knobs to fasten the connection between panel and side frame.

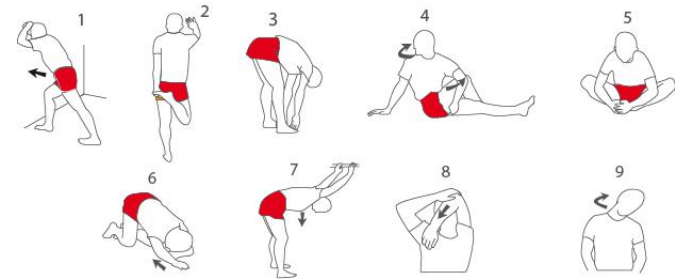


STEP 3

Gently press the side cover until it is firmly in place. Insert the safety key before using the treadmill.



IV. WORKOUT GUIDELINES



Beware: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with existing health conditions.

If your equipment is equipped with a pulse sensor, please note that it is not a medical device. Several factors may affect the accuracy of heart rate measurements. The pulse sensor is intended to assist with workouts by providing general trends in heart rate.

Program with Warm-Up Workouts:

- **Warm-Up:** Begin with 5 to 10 minutes of stretching and light muscle activation. This warm-up will elevate your body temperature, increase your heart rate, and enhance blood flow, preparing you for the workout.
- **Workout Focused on the Training Area:** Engage in exercises for 20 to 30 minutes, ensuring that your heart rate does not exceed 20 minutes of continuous exertion during the initial weeks of your exercise program. Breathe steadily and deeply throughout the workout; do not hold your breath.
- **Cool Down:** Conclude with 5 to 10 minutes of stretching exercises. Stretching improves muscle flexibility and helps prevent injuries following workouts.

Frequency of Workouts: To achieve fitness or improve your physical condition, aim for three workout sessions per week with a rest day between sessions. After several months of consistent training, you may increase to up to five workouts per week.