

ITSU  
御手の物®



IS0503A User Manual

Version: 2021/3/31

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Thank you for purchasing the IS0503A.

Before operating this unit, please read this manual carefully to ensure optimum performance and safety.

This manual should be kept available for future reference.

## **REMARK:**

For product improvement, the company reserves the right to change the design and specification at any time without prior notice.

Pictures are for reference use only and may differ from the actual product.

# **SAFETY CAUTIONS**

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

**Danger** – To reduce the risk of electric shock:

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

**Warning** – To reduce the risk of burns, fire, electric shock, or physical injury:

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. If the treadmill is foldable, when user finishes using the treadmill, the elevation needs to be back to original position.
14. When user is using the treadmill, it can not be folded at the same time.
15. Keep a safety space of 2000mm x 1000mm away from the treadmill.
16. This machine is only intended for household use.
17. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
18. Stop using the treadmill if you feel faint, dizzy, or short of breath.
19. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

# GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

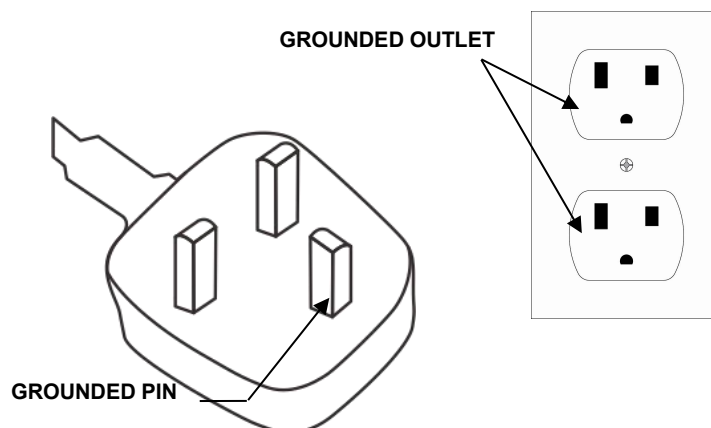
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**Danger** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The products is for use on nominal 220-240 volt and has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.

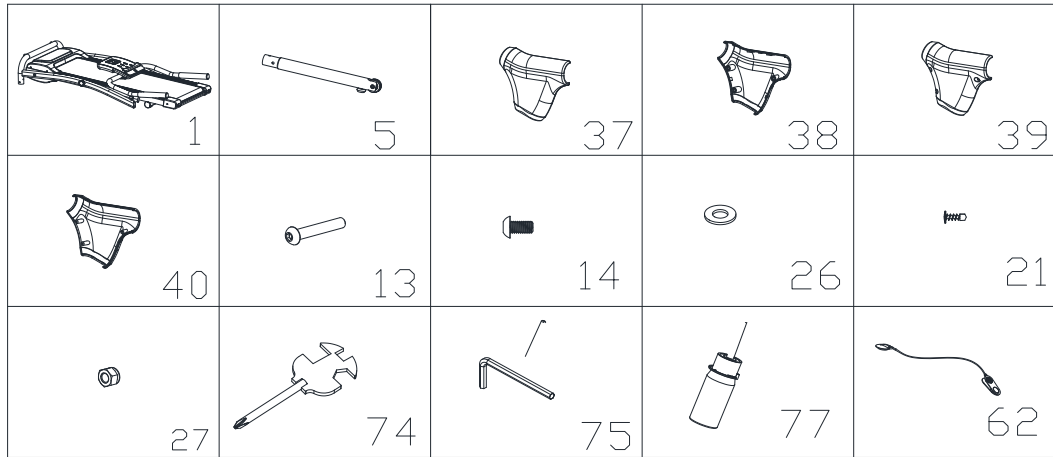
There is no need to use any adapter for this product.

**Figure**  
**Grounding methods**



# ASSEMBLY INSTRUCTIONS

OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW.



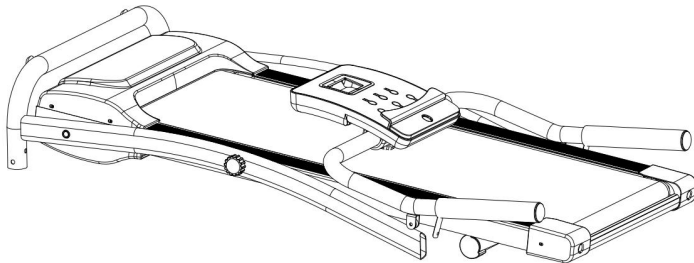
| NO | Name                            | SPEC  | Q'ty | NO | Name                      | SPEC       | Q'ty |
|----|---------------------------------|-------|------|----|---------------------------|------------|------|
| 1  | Base                            |       | 1    | 26 | Washer                    | Φ8         | 6    |
| 5  | Base lengthening tube           |       | 2    | 74 | Cross open end wrench     | 13, 14 ,15 | 1    |
| 13 | Hexagon Socket Button Head Bolt | M8*50 | 2    | 75 | Allen Wrench              | 5#         | 1    |
| 14 | Hexagon Socket Button Head Bolt | M8*15 | 4    | 77 | Lubricant Oil             |            | 1    |
| 27 | Nylon Nut                       | M8    | 2    | 62 | Safety Key                |            | 1    |
| 37 | Left armrest cover left         |       | 1    | 39 | Right armrest cover left  |            | 1    |
| 38 | Left armrest cover right        |       | 1    | 40 | Right armrest cover Right |            | 1    |

## MAIN COMPONENTS:

**5# Allen Wrench 5mm 1pcs ; Cross open end wrench 13,14,15 1pcs**

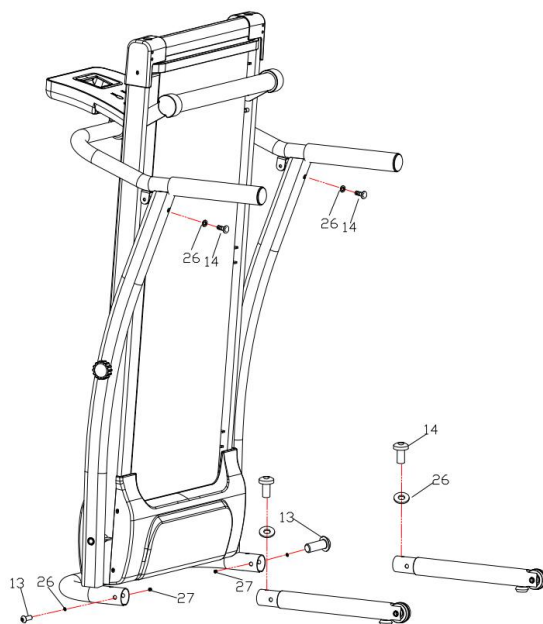
**Note: Do not insert power until installation is complete.**

**Step 1:**



Take out the treadmill from the carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the carton

**Step 2:**



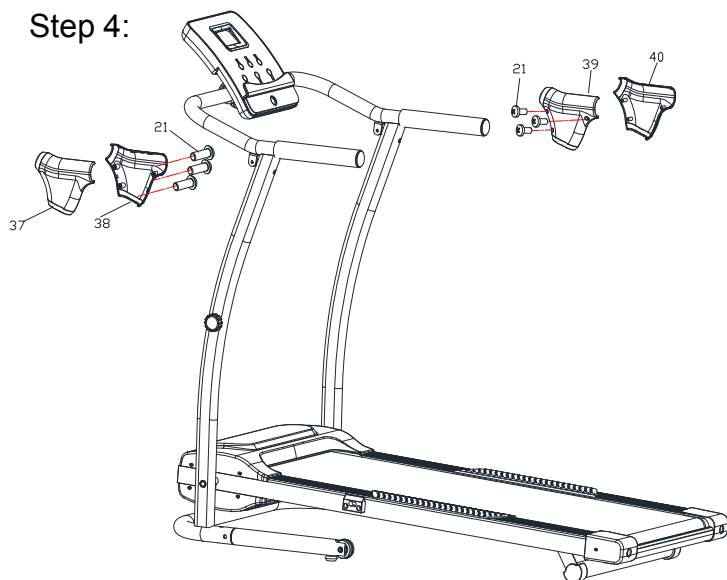
Put the treadmill on the ground, use pull pin fixing the running deck, then use the Allen Wrench(32) to lock Hexagon Socket Button Head Bolt(13), Washer(26), Nylon Nut(27) with the Base lengthening tube(5), And then lock the handrail with the Hexagon Socket Button Head Bolt(14) and the Washer(26).

**Step 3:**



Pull the (48)Fixed knob when putting down the treadmill. When pulling the (48)Fixed knob, you must hold the running platform well and make sure that the running platform is flat on the ground to release your hand.

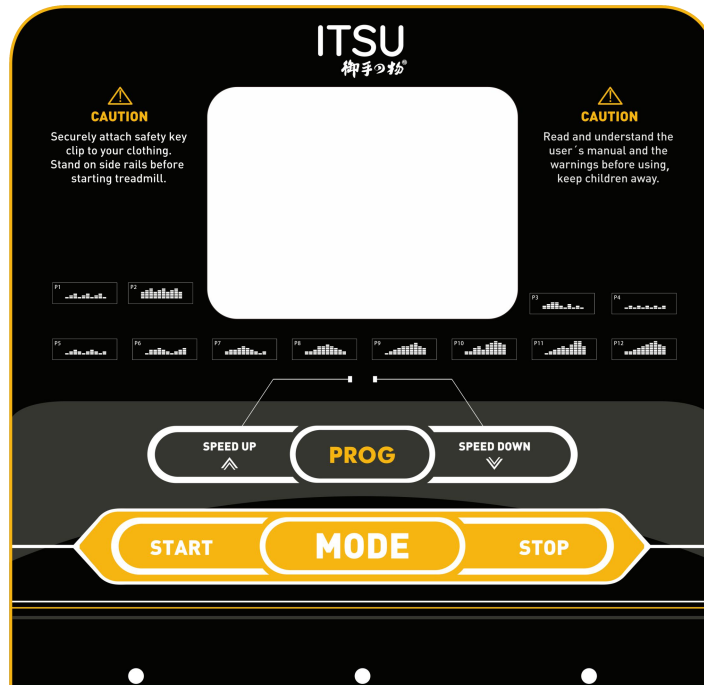
Step 4:



Will (37) (38), (39) (40) cover fixed in (3) tables and columns (1) joint, with wrench to tighten the screw (21) (74).

# OPERATION GUIDE

## 1.1 DISPLAY PICTURE



## 1.2 POWER ON

The Treadmill will start at 1.0KM/H after a 3,2,1 countdown.

## 1.3 PROGRAM

P1-P12 set programs

## 1.4 SAFETY KEY FUNCTION

When you take off safety key, the LCD will display E07, meanwhile the treadmill will be stopped. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

## 1.5 QUICK-START OPERATION

### 1.5.1 Start/Stop button

Press the START button to begin belt movement after a three second count-down and showed "1.0KM/H". It is running until 99 seconds.

Press STOP button to stop your workout, all data is cleared and in manual mode.

There are also have these two quick button on the handrail.

### 1.5.2 PROGRAM OPERATION

Press PROGRAM button to scroll through the manual mode and P1-P12 preset programs. Manual mode is the default operation mode of the system. The default speed of manual mode is from 1.0km/h to 10.0km/h.

### 1.5.3 MODE OPERATION

Press PROGRAM button to scroll through H-1, H-2 and H-3. H-1 for time count-down



mode,H-2 for distance count-down mode,H-3 for calories count-down mode.When you select each mode,you also can press speed +/- key to set value what you want,then press “START” key to run the treadmill.

#### 1.5.4 SPEED OPERATION

“SPEED+” is the button for increasing speed.”SPEED-” is the button for reducing speed.When the treadmill is running,you can press “SPEED+” and “SPEED-” to adjust speed.

### 2.1 DISPLAY FUNCTION

#### 2.1.1 SPEED DISPLAY

Display current running speed.

#### 2.1.2 TIME DISPLAY

Display the running time of manual mode or the running time count-down of program and mode.

#### 2.1.3 DISTANCE DISPLAY

Display the accumulative distance of manual and program mode or the running distance count-down of mode.

#### 2.1.4 CALORIES DISPLAY

Display the accumulative calories of manual and program mode or the running calories count-down of mode.

#### 2.1.5 DISPLAY DATA RANGE FROM EACH WINDOW

TIME:0:00-99(MIN)

DISTANCE:0:00-99(KM)

CALORIES:0.0-990(KC)

SPEED:1.0-10.0(KM/H)

### 3.1 MANUAL MODE

Each program divided running time into 10 intervals; the speed on each interval has been preset in the factory.

| TIME<br>PROG |       | Time set/10 intervals=running duration |   |   |   |   |   |   |   |   |    |
|--------------|-------|--|---|---|---|---|---|---|---|---|----|
|              |       | 1                                      | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| P1           | SPEED | 1                                      | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1  |
| P2           | SPEED | 4                                      | 5 | 6 | 4 | 5 | 6 | 4 | 5 | 6 | 4  |
| P3           | SPEED | 2                                      | 3 | 4 | 4 | 2 | 1 | 3 | 1 | 2 | 1  |
| P4           | SPEED | 1                                      | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 2  |
| P5           | SPEED | 1                                      | 2 | 3 | 2 | 1 | 2 | 3 | 2 | 1 | 2  |
| P6           | SPEED | 1                                      | 3 | 3 | 4 | 3 | 2 | 1 | 2 | 3 | 4  |
| P7           | SPEED | 2                                      | 3 | 3 | 4 | 5 | 4 | 3 | 2 | 1 | 2  |
| P8           | SPEED | 2                                      | 2 | 3 | 5 | 5 | 6 | 5 | 4 | 3 | 2  |
| P9           | SPEED | 1                                      | 2 | 3 | 4 | 5 | 5 | 7 | 6 | 5 | 4  |
| P10          | SPEED | 2                                      | 2 | 4 | 5 | 3 | 6 | 7 | 8 | 7 | 6  |
| P11          | SPEED | 1                                      | 2 | 3 | 4 | 5 | 4 | 6 | 8 | 8 | 5  |
| P12          | SPEED | 2                                      | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 5  |

#### 4.1 PARAMETER SETTING IN THREE MODES

Countdown set to 10:00 minutes,setting range 5:00-99:00,step by step 1:00.

Counting calories set to 50Kcal,setting range 200-990Kcal,step by step 10.

Counting distance set to 1.0km,setting range 1.0-99.0km,step by step 1.0.

The cycle switching sequence is manual,time,distance,calories.

#### 5.1 OTHER

5.1.1 When some counting parameters running end,display screen show END,it will ring 0.5 second in every 2 seconds until treadmill stop running,then turn back to manual mode states.

5.1.2 In setting some parameters,you can set in circling.For example,time setting range 5:00-99:00,when time is set to 99:00,press "+" button,can turn back to 5:00.Increase and decrease use "+" "-" button.

5.1.3 Countdown: Time/Calories/Distance, you just can set one of them,running as per the last setting, the setting parameters is counted down, other parameters are counted forward.

5.1.4 The standard value for calories is 30 kcal / km.

## 6.1 Error code and trouble-shooting

| Error Code | Error Description  | Trouble-shooting  |
|------------|--|---|
| E1         | Communication error: The communication between the lower control PCB and the console is abnormal after power-on.                             | <p>Lower control PCB stops working to enter the error state. Can not turn on the treadmill. Console displays the error code and the buzzer beeps 3 times.</p> <p>Possible cause: The communication between the lower PCB and the console is blocked. Check each cables' connection areas to ensure that each cable is fully well inserted. Check if the cable is damaged and replace it if damaged.</p>   |
| E2         | Indicates that the controller PCB did not detect the voltage above the motor.  | <p>Possible cause: check whether the motor line is connected, reconnect the motor line, check whether the controller PCB has odor, replace the motor;</p>   |
| E3         | Speed sensor has no signal: controller PCB has voltage output to DC motor, but can not receive motor speed feedback for more than 3 seconds. | <p>1. Check if the motor line is firmly connected to controller.</p> <p>2. Shutdown into the error state, console buzzer beeps 9 times, at the same time console displays error code, the other area does not show message. Maintain error state after about 10 seconds into standby state, can restart.</p> <p>Possible cause: in 3 seconds without detecting the speed sensor signal, check if sensor plug is not plugged in or damaged, plug it or replace the sensor.</p> <p>3. Shutdown into the error state, console buzzer beeps 9 times, at the same time console displays error code, the other area does not show message. If it returns to normal after shutdown, you can enter standby state, normally can start.</p>   |
| E5         | Overcurrent protection: in operation, the DC motor current is more than 3 seconds longer than the rated current.                             | <p>Shutdown into the error state, console buzzer beeps 9 times, at the same time console displays error code, the other area does not show message. Maintain error state after about 10 seconds into standby state, can restart.</p> <p>Possible causes: over rated load leads to excessive current, system self-protection, or a part of the treadmill is stuck, resulting in the motor can not rotate, overload, excessive current, the system self-protection; adjust the treadmill to run again. Or, please check if the motor is running with overcurrent sound or if there is charred smell, to replace the motor, or to check whether the controller PCB is charred, to replace the controller PCB, or to check whether the power supply voltage specifications are not in accordance with or too low. Re-test under the correct voltage specifications.</p> |
| E6         | Flameproof protection: abnormal power supply voltage or abnormal motor cause damage to drive motor circuit.                                  | <p>Possible causes: check if the power supply voltage is less than 50% of the normal voltage, please use the correct voltage specification to re-test; check the controller PCB for odour, replace the controller PCB; check whether the motor line is connected, reconnect the motor line.</p>   |
| E7         | Indicates that the console did not detect a security lock signal   | <p>Magnetron damage, Check if magnetron installation position is correct, if magnets are well placed.</p>   |



# PARTS LIST

| No. | Description                                       | Spec     | Qty | Remark | No. | Description               | Spec | Qty | Remark  |
|-----|---|----------|-----|--------|-----|---------------------------|------|-----|---------|
| 1   | Base  |          | 1   |        | 39  | Right armrest cover left  |      | 1   |         |
| 2   | Main frame  |          | 1   |        | 40  | Right armrest cover Right |      | 1   |         |
| 3   | Handrail rack                                     |          | 1   |        | 41  | Side rail                 |      | 2   |         |
| 4   | Rear Adjusting rack                               |          | 1   |        | 42  | Running belt              |      | 1   |         |
| 5   | Base lengthening tube                             |          | 2   |        | 43  | Running board             |      | 1   |         |
| 6   | End cap support fixed tube                        |          | 1   |        | 44  | Fixed Block               |      | 1   |         |
| 7   | Front roller                                      |          | 1   |        | 45  | C-shaped Adjustable       |      | 2   |         |
| 8   | Rear roller                                       |          | 1   |        | 46  | The pedal                 |      | 2   |         |
| 9   | Fixed pull pin                                    |          | 1   |        | 47  | Adjustable Knob           |      | 1   |         |
| 10  | Pressure spring                                   |          | 1   |        | 48  | Fixed knob                |      | 1   |         |
| 11  | Transport Wheel Cap                               |          | 4   |        | 49  | Motor Belt                |      | 1   |         |
| 12  | Hexagon Socket Button Head Bolt                   | M10*65   | 2   |        | 50  | Transport Wheel           |      | 2   |         |
| 13  | Hexagon Socket Button Head Bolt                   | M8*50    | 4   |        | 51  | Adjustable Leveler        |      | 4   |         |
| 14  | Hexagon Socket Button Head Bolt                   | M8*15    | 10  |        | 52  | Handlebar End Cap         |      | 2   |         |
| 15  | Hexagon Socket Round Head Cap Bolt                | M8*12    | 2   |        | 53  | Wire Grommet              |      | 1   |         |
| 16  | Hexagon Socket Round Head Cap Bolt                | M6*60    | 3   |        | 54  | IPAID rack                |      | 1   |         |
| 17  | Hexagon Socket Countersunk Head Bolt              | M6*20    | 6   |        | 55  | Handrail Foam             |      | 2   |         |
| 18  | Cross Recessed Pan Head Tapping Screw             | M6*25    | 2   |        | 56  | Lubricant Oil             |      | 1   |         |
| 19  | Cross Recessed Pan Head Tapping Screw with Washer | M5*20    | 2   |        | 57  | Console                   |      | 1   |         |
| 20  | Cross Recessed Pan Head Tapping Screw with Washer | M5*8     | 8   |        | 58  | Membranecs Key            |      | 1   |         |
| 21  | Cross Recessed Round Head Bolt                    | ST4*12   | 8   |        | 59  | Controller PCB Board      |      | 1   |         |
| 22  | Cross Recessed Pan Head Tapping Screw             | ST4*12   | 9   |        | 60  | Upper cables              |      | 1   |         |
| 23  | Cross Recessed Pan Head Tapping Screw             | ST2.9*15 | 6   |        | 61  | Under cables              |      | 1   |         |
| 24  | Washer  | Φ10*1.2  | 2   |        | 62  | Safety Key                |      | 1   |         |
| 25  | Washer  | Φ8*1.2   | 4   |        | 63  | Safety Tether Key         |      | 1   |         |
| 26  | Washer  | Φ8*1.2   | 8   |        | 64  | DC Motor                  |      | 1   |         |
| 27  | Nylon Nut   | M8       | 4   |        | 65  | Power Switch              |      | 1   |         |
| 28  | Nylon Nut   | M6       | 10  |        | 66  | Fuse Box                  |      | 1   |         |
| 29  | Curve Washe                                       | Φ8       | 2   |        | 67  | Power cord                |      | 1   |         |
| 30  | Motor cover                                       |          | 2   |        | 68  | Blue Wire                 |      | 2   |         |
| 31  | Rear end cap left                                 |          | 1   |        | 69  | Brown Wire                |      | 3   |         |
| 32  | Rear end cap right                                |          | 1   |        | 70  | Brown Wire                |      | 1   |         |
| 33  | End cap support board                             |          | 1   |        | 71  | Grounding Wire            |      | 1   |         |
| 34  | Console PCB upper cover                           |          | 2   |        | 72  | Filter                    |      | 1   | options |
| 35  | Console PCB under cover                           |          | 1   |        | 73  | ST2.9*6                   |      | 9   |         |
| 36  | Console rack                                      |          | 1   |        | 74  | Cross open end wrench     |      | 1   |         |
| 37  | Left armrest cover left                           |          | 1   |        | 75  | Allen Wrench              |      | 1   |         |
| 38  | Left armrest cover Right                          |          | 1   |        | 76  | Ring for Cable            |      | 1   |         |

# MAINTENANCE

## LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply some lubricant.

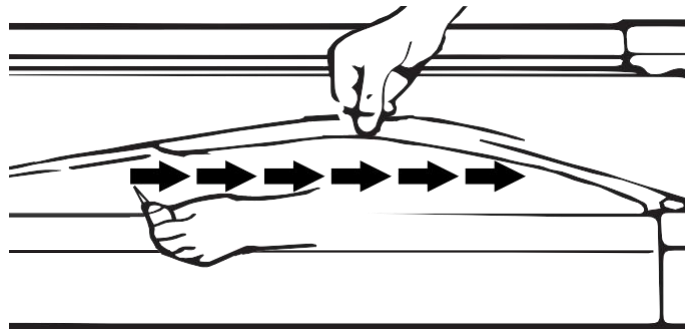
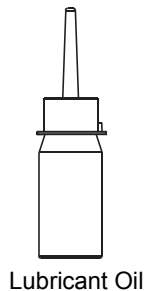
How to apply lubricant

Lift one side of running belt.

Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

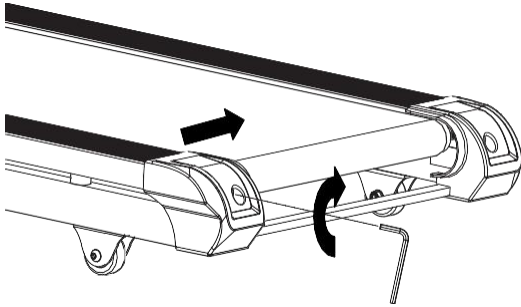
*NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.*



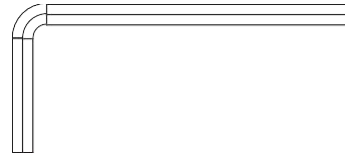
## BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill

and let the belt run at a speed of 8-10 KPH. Use the 6 mm Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

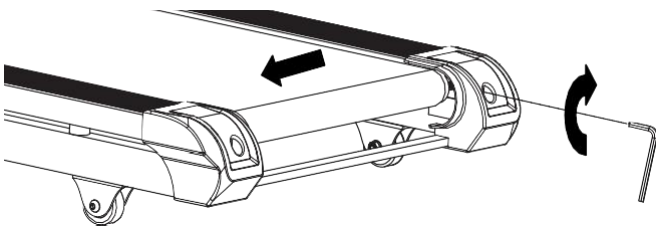


Tool:



**6 mm Allen Wrench**

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

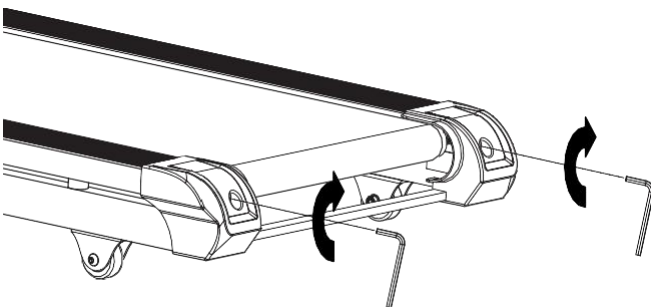


Tool:



**6 mm Allen Wrench**

If the running belt is slipping during use, turn off and unplug the treadmill. Using the 6 mm Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



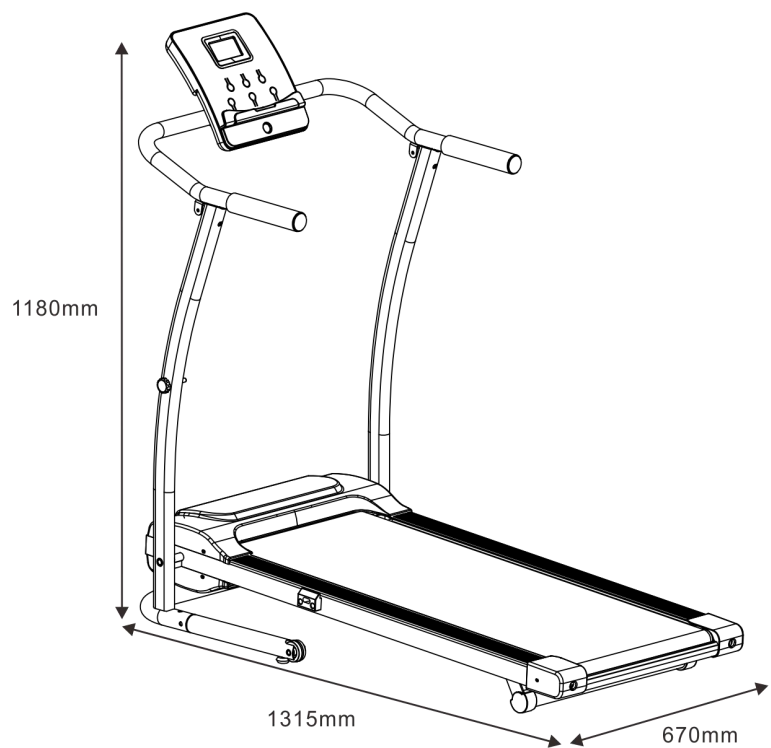
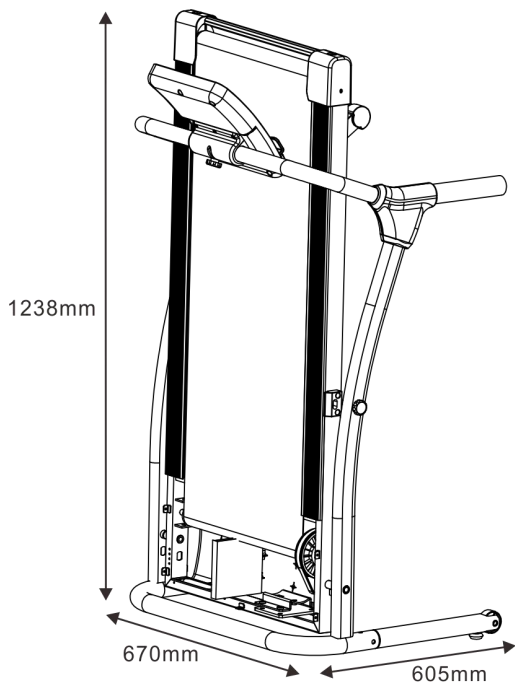
Tool:



**6 mm Allen Wrench**

# Product Specification

|                        |                    |
|------------------------|--------------------|
| Model                  | IS0503A            |
| Packing dimension (cm) | 13.1L x 73W x23.5H |
| Product dimension (cm) | 12.9L x 66W x 118H |
| Net weight             | 28kg               |
| Gross weight           | 32kg               |
| Max load               | 100kg              |
| Colour                 | Black              |
| Material               | Steel, ABS, PP     |





## Contact Us



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## APP Installation

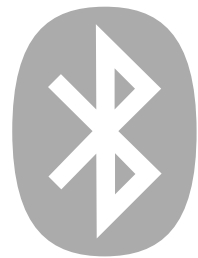
1. Compatible with the following mobile operating system:



IOS 13



Android 10



Bluetooth 4.0

2. Turn on your mobile phone's bluetooth and WIFI or 3G/4G.

3. Scan the QR below to install Fit Show APP



Android



IOS

## ➤ **Download and operate bluetooth APP**

### 2. Register and login

- 1). You need to register a new account and code if you are a new user, in order to keep your exercise record. If not, you can input your account and code, then enter it.
- 2). Please register with your E-mail or phone number, then input your registered fitshow account and code.

### 3. Link your phone and treadmill

- 1). Open bluetooth, APP will be searched treadmill that can be connected nearby, and automatically switch to your nearest treadmill.
- 2). Select more mode, you can choose the motion program you want to use by sliding left and right, include target mode, scene mode. Then, press START button to run.

### 4. Operation of mobile phone APP connecting with treadmill

- 1). Open mobile phone bluetooth: Ready state of treadmill, open mobile phone bluetooth
- 2). Connecting fitshow APP:
  - a. open mobile phone fitshow APP.
  - b. Press "search appliance"
  - c. When the treadmill icon and bluetooth name (FS-BE9CB3) appears in the center of the mobile screen, press on the bottom of the mobile phone screen "connecting appliance"
  - d. Press "START" button
  - e. Mobile phone can show exercise parameter of treadmill



User Manual

All information is correct at the time of print