ITSU
御手の物®

IS0504A User Manual

Contents

Thank you for purchasing the IS0504A.
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.
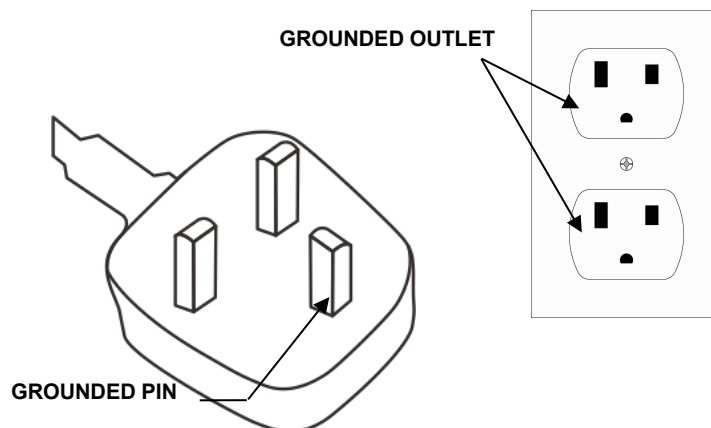
The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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

GROUNDED OUTLET

GROUNDED PIN

ASSEMBLY INSTRUCTIONS

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

1	33	34	72	73
74	11	12	26	21
57	70			

Assembly Parts List：

No.	Desc.	Spec.	Qty		No.	Desc.	Spec.	Qty
1	Front base		1		13	Hexagon head Bolt	M8*15	4
33	Upright-cover-Right		1		26	Lock Washer	Φ8	6
34	Upright-cover-Left		1		21	Screw	st4*12	2
72	Hexagon Wrench	5#	1		57	Emergency stop Key		1
73	Hexagon Wrench	6#	1		70	Silicon Oil		1
74	Cross open-end Wrench	13 14 15	1					
11	Hexagon head Bolt	M8*45 (thread 25)	6					

Tool:

5#Wrench 5mm   1pcs   ;   6#Wrench 6mm   1pcs   ;   Wrench 13、14、15   1pcs

Attention:

Note: do not plug in the power supply until the installation is complete.

STEP 1 :
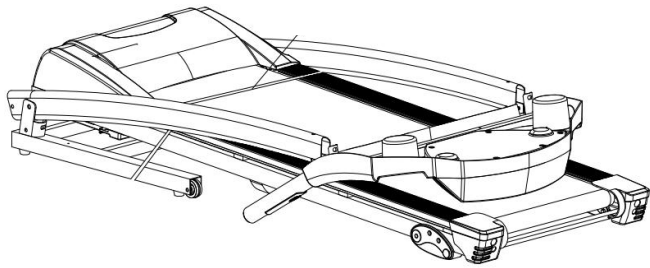
1. Open the packing carton, put the main frame on the level

STEP 2:
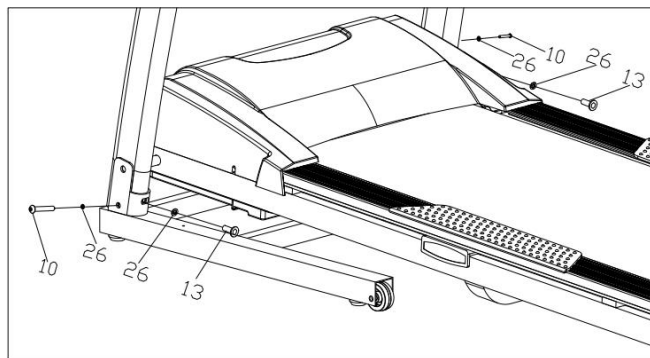
2.Use Wrench(72) to fasten Bolt(11), Washer(26) and Bolt(13) into uprights and base frame,but do not fix tightly first.
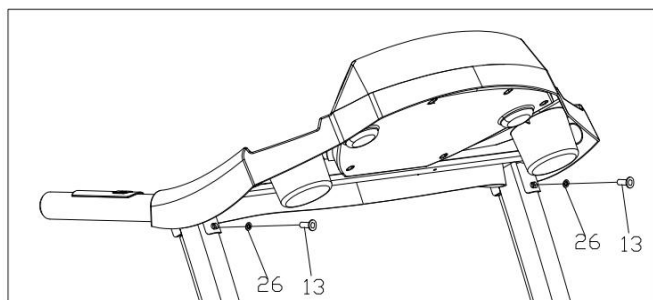
3. Use Wrench(72) to fasten Bolt(11), Washer(26) and Bolt(13) into uprights and base frame,but do not fix tightly first.

STEP 4:
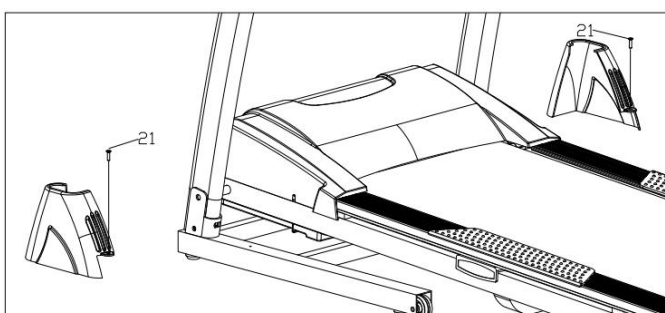
4.Secure the bolts tightly of STEP 1,2,3, then use Wrench(74) to fasten screw(21) into left base cover(33) and right base cover(34) firmly.

STEP 5:Folding machine
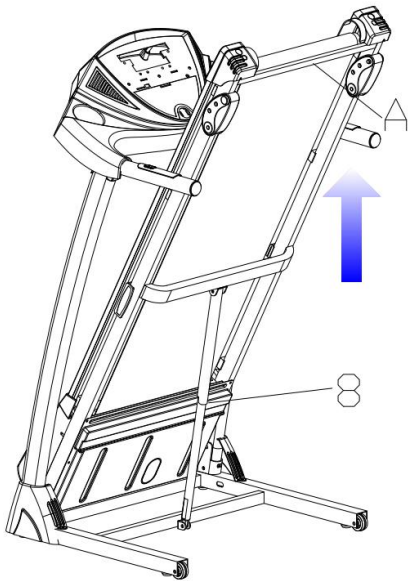
5.One hand hold the machine position A(see sketch of STEP 5), when you hear a sound from cylinder, then the machine is well installed.

STEP 6: unfold the machine
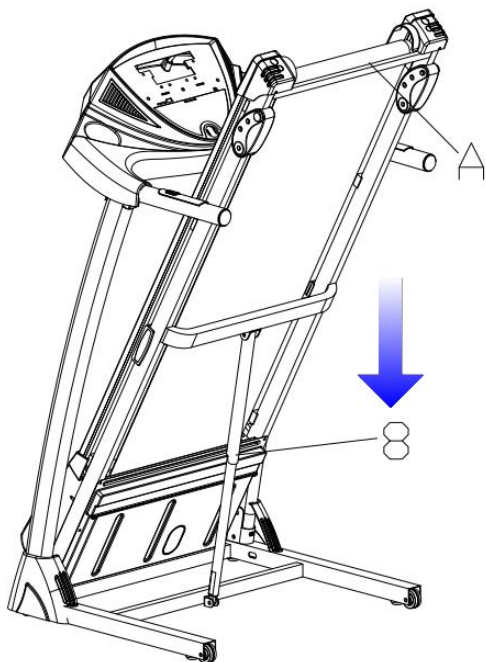
6.One hand hold the machine position A(see sketch of STEP 6), use foot to press the cylinder(8), the machine declined to almost handrail height, release your hand, machine will go down smoothly.

NOTE: For your safety and comfort, please check if all screws are fastened before your use! A brand new motorized treadmill has been successful assembled!

OPERATION GUIDE
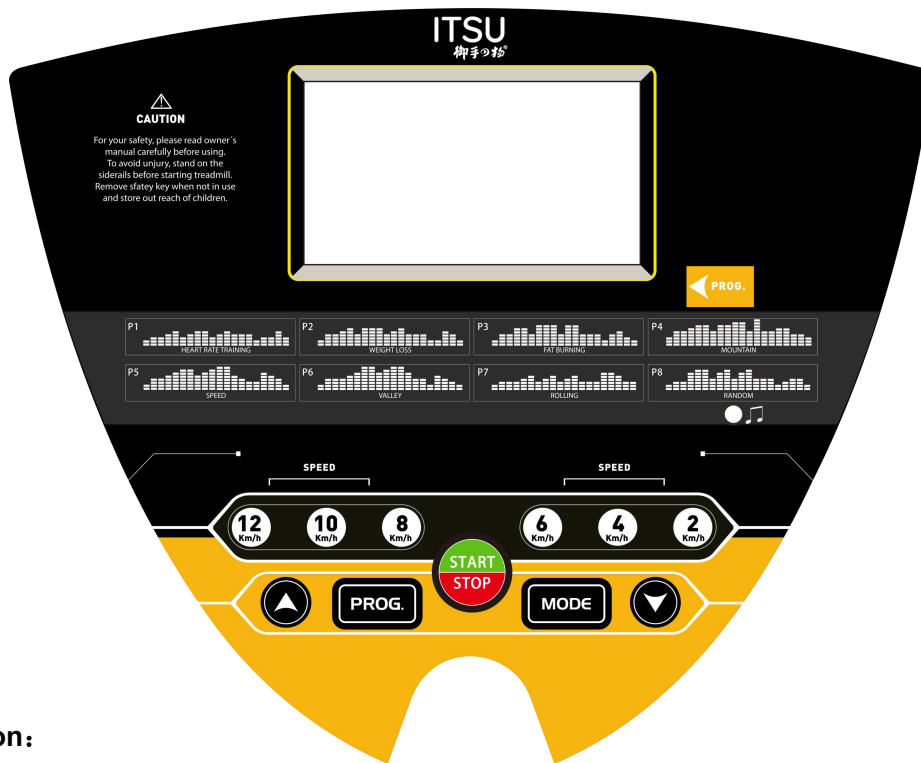
I：Button instruction：

Function button： START, STOP, PROGRAM, MODE, SPEED+/-, Quick speed buttons.

Function button instruction：

A. "PROG."button： When in STOP state,you can press "PROG." button to select the preset program, U1-U5 program, and FAT.

B. "MODE"button： to select TIME / DISTANCE / CALORIE countdown mode.

C. "START"is the begin-running button.

D. "STOP"is the stop-running button.When the machine is running,press this button first time,the machine will be paused,press again,the machine will be stopped.

E. "SPEED+"and"SPEED -"to increase and decrease the speed, and also can adjust other parameters.

F. "QUICK SPEED BUTTON":Total 6 buttons,includes:2,4,6,8,10,12 km/h.

II：Safety key function ：

When the motor is working,take off the safety key,the console will stop,and no starting.

III：Pulse function:

When the machine is connected to power,both hands grasp the pulse sensors on the handrails.In order to receive accurate heartbeat value,please stand on the running platform,and grasp the pulse sensors no less than 30 seconds.Measure range:50—200 beats per minute.

This data is for reference only and cannot be used for medical purpose.

V：Numerical display range：

	BEGIN VALUE	SET STARTING VALUE	SETING RANGE	SHOWING RANGE
PROGRAM TIME(MIN:SEC.)	0:00	30:00	5:00-99:00	0:00-99:59
SPEED(KM/H)	0.0	N/A	1.0-14.0	0.0－14.0
DISTANCE(KM)	0.0	1.0	0.5－99.9	0.0－99.9
CALORIE(KCAL)	0	50	10－999	0－999
MODE TIME(MIN:SEC)	0:00	15:00	5:00-99:00	0:00-99:59

VI.PRESET PROGRAM CHART:

The 40 preset programs:

Each exercise program consists of 20 intervals.The running time of each interval of a program is equally distributed.

PROG	TIME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		Time set/20 intervals = running duration																			
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	2
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	4	4	5	6	8	8	6	7	8	8	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	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P18	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P21	SPEED	4	5	4	4	4	2	3	3	5	3	2	3	3	4	5	3	4	5	5	3
P22	SPEED	5	6	4	4	4	2	2	5	4	2	2	4	4	5	6	4	6	6	6	4
P23	SPEED	2	4	4	4	4	2	4	5	3	2	2	4	4	6	6	4	7	7	7	4
P24	SPEED	3	5	9	5	5	6	6	4	4	3	3	5	5	6	7	7	5	7	7	8
P25	SPEED	3	4	5	4	3	3	6	5	4	2	2	4	4	5	6	7	7	5	6	7
P26	SPEED	1	3	6	4	4	2	5	4	3	2	2	4	4	4	5	6	8	8	6	7
P27	SPEED	4	5	3	3	3	6	6	5	3	3	2	3	3	3	4	5	3	4	5	3

P28	SPEED	1	3	4	4	4	2	3	4	4	2	2	3	3	6	7	7	4	6	7	4
P29	SPEED	2	5	5	5	4	5	6	3	3	2	2	4	4	7	7	4	7	8	4	8
P30	SPEED	6	6	5	4	4	2	4	4	3	3	2	4	5	6	7	5	4	6	8	8
P31	SPEED	4	2	4	4	3	4	5	5	4	3	2	5	8	10	7	7	10	10	7	7
P32	SPEED	5	5	2	2	4	5	5	7	6	3	3	4	9	9	5	9	5	8	5	9
P33	SPEED	2	3	2	1	3	2	9	9	4	3	3	6	7	5	9	9	7	5	5	7
P34	SPEED	2	3	4	5	6	5	4	3	2	1	2	2	4	5	9	9	4	4	4	5
P35	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P36	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	10	8	6	4	2	2
P37	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P38	SPEED	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P39	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P40	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1

VII、CUSTOMIZED PROGRAMS OPERATION

The user can set programs according to their own needs. There are 5 user-setting programs: U1, U2, U3, U4, U5.
Each exercise program consists of 20 intervals.

1. Customized program setting:

Press "**PROG.**" button in standby status to choose U1, U2, U3, U4, or U5,
and the "TIME" window will flash to display the preset time. Press the **SPEED+/-** button to set the desired time, then press the "MODE" button to confirm and then you can set the program parameters, then set the first time interval, press the **SPEED+/-** button **or Quick SPEED button** to set the speed. Press the "MODE" button to complete the setting of the first time interval, and enter the setting of the second time interval to follow same operation, then follow same until all the 20 time intervals are set. After the setting is completed, the data will be saved permanently until the next time you reset it. This data will not be lost due to power outages.

2. Selection and startup of customized programs:

Press the "**PROG.**" button in the standby status to choose a program among U1, U2, U3, U4, U5, and set the running time then you can press the "START" button to start running.

VIII: Body fat test - FAT:

Body mass index (FAT) is a measure of a person's height and weight, not the proportion of the body. FAT is suitable for any male and female, together with other health indicators to provide people with the basis for weight adjustment.

1: When the treadmill is stopped, press the program key to select the body fat test program and enter the body fat test.

2: Press the MODE button to set the gender, age, height and weight respectively. After setting, press the MODE button to test the result. At this time, please put your hands on the handrail sensors, and the body Fat value will be displayed within 8 seconds.

Input parameter display and setting range:

Parameter category	Default value	Setting range	Remark

SEX（F1）	1（MAN）	1—2	1=MAN　2=WOMAN
AGE（F2）	25 years old	10—99 years	
HEIGHT（F3）	170 CM	100—200 CM	
WEIGHT（F4）	70KG	20—150KG	
RESULT（F5）	AS BELOW		

Special note: This data is only used as a workout reference and cannot be used as medical data.

Using Asian standards as a reference, fat test results:

FAT ≤19	--	Under weight
19<FAT ≤25	--	Normal weight
25<FAT ≤29	--	Over weight
FAT≥30	--	Obesity

IX: Error message code meaning:

Problem and Code	Possible Cause	Solution
E1 Communication error	A. Poor communication line contact	Reconnect the communication line and check if the port is plugged in or replace the communication line.
	B. Defect console	Replace the console
	C. Poor motor control	Replace the controller
E2 Explosion-proof	Poor controller	Replace controller
E3 **Speed sensing failure**	A. Speed sensor installation inaccurate	Check and reconnect
	B. Poor speed sensor	Replace the speed sensor
	C. Poor connection between speed sensor and controller	Check and reconnect
	D. Poor controller	Replace controller
E5 Over-current protection	A, running belt friction is too much	Add silicon oil
	B, Controller is damaged	Replace controller
	C, Motor damaged	Replace motor
E6 motor abnormal	motor line and motor defective	Replace motor
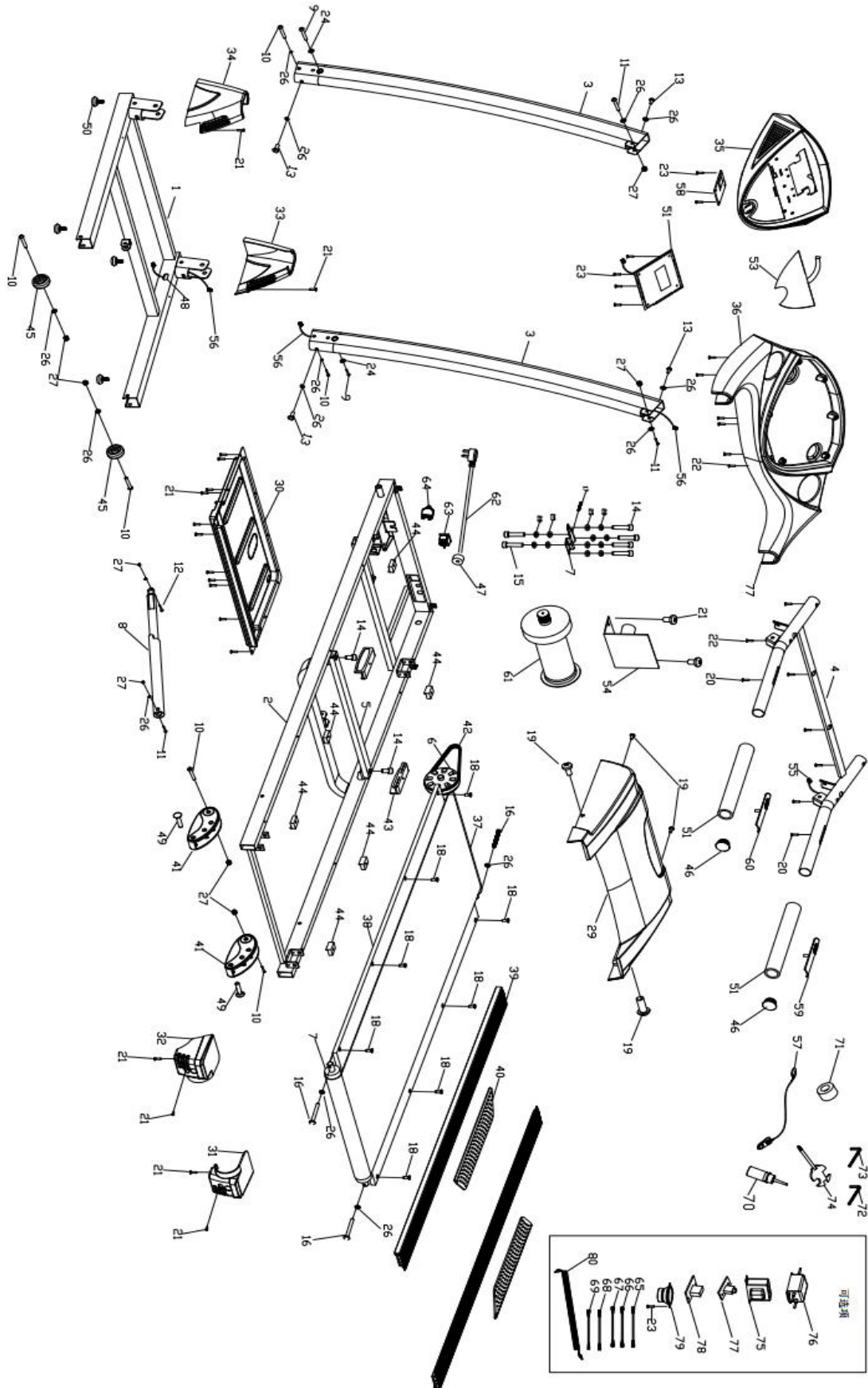
PARTS LIST

No.	Desc.	Spec.	Qty	Remark	No.	Desc.	Spec.	Qty	Remark
1	Front base		1		41	Incline adjustor	143*65*35	2	
2	Main frame		1		42	Belt	184 J6	1	
3	Uprights		2		43	Silicone cushion	100*30*28	2	
4	Console frame		1		44	Cushion	30*23*14	6	
5	Runningboard reinforcement tube		1		45	Transport wheel	∅45*21*∅8.5	2	
6	Front roller		1		46	Handrail plug	Φ32	2	
7	Rear roller		1		47	Power cord buckle	6p-4	1	
8	Cylinder		1		48	Ring retaining wire plug	∅24*∅18*6	1	
9	Hexagon head bolt	M10*105	2		49	Round head steel ball	∅27*∅10	2	
10	Hexagon head bolt	M8*45	6		50	Adjustment foot pad	φ28*M8*15	4	
11	Hexagon head bolt	M8*40	3		51	Handrail cover	∅30*T5*250	2	
12	Hexagon head bolt	M8*25	1		52	Console		1	
13	Hexagon head bolt	M8*15	4		53	Display overlay decal		1	
14	Hexagon cylindrical head bolt	M8*15	4		54	Controller board		1	
15	Hexagon cylindrical head bolt	M8*12	4		55	Upper cable of console		1	
16	Hexagon cylindrical head bolt	M8*60	3		56	lower cable of console		1	
17	Outer hexagonal bolt	M8*75 (25thread)	1		57	Emergency stop key set		1	
18	Hexagon countersunk head bolt	M6*28	8		58	Emergency stop key sensor		1	
19	Cross recessed large flat head screw	M5*10	4		59	Pulse sensor set-Right		1	
20	Self-drilling screw	ST4*20	2		60	Pulse sensor set-Left		1	
21	Cross recessed head tapping screw	ST4*12	20		61	DC motor		1	
22	Cross recessed round head tapping screw	ST4*15	12		62	Power cable		1	
23	Cross recessed round head tapping screw	ST2.2*8	6		63	Rocker switch		1	
24	Flat Washers	Φ10*1.2	2		64	Overload		1	
25	Flat Washers	Φ8*1.2	6		65	Blue single branch wire		1	
26	Internal serrated lock washer	Φ8*1.2	15		66	Brown single branch wire		1	
27	Lock nut	M8	8		67	Brown single branch wire		1	
28	Standard spring	Φ8	6		68	Blue single branch wire		1	
29	Motor cover	568*352*110	1		69	Ground wire		1	
30	Bottom cover	540*318*21	1		70	Silicone oil		1	
31	Rear protect corner-Right	116*94*82	1		71	Magnetic ring		1	
32	Rear protect corner-Left	116*94*82	1		72	Hexagon wrench	5#	1	
33	Upright-cover-Right	200*140*65	1		73	Hexagon wrench	6#	1	
34	Upright-cover-Left	200*140*65	1		74	Cross open-end wrench	13 14 15	1	
35	Console panel	450*300*68	1		75	Inductance		1	Optional
36	Console upper cover	700*398*151	1		76	Filter		1	Optional
37	Running belt	2498*415*T1.6	1		77	MP3 module		1	Optional
38	Running board	1100*540*12	1		78	USB module		1	Optional
39	Side rail	1090*71.5*16	2		79	speaker		2	Optional
40	Side pedal stepper	380*80*8	2	Optional	80	Audio spring line		1	Optional

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.*

Lubricant Oil
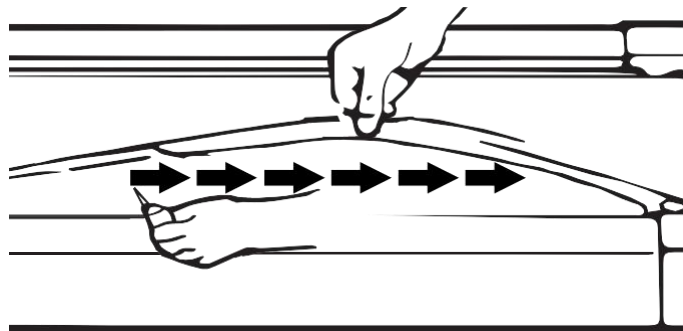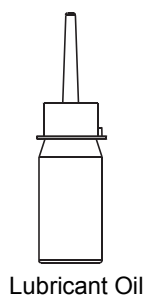
BELT ADJUSTMENT

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.
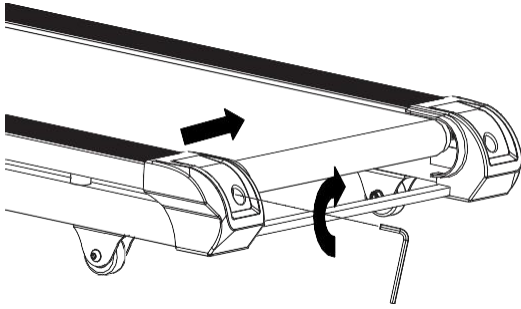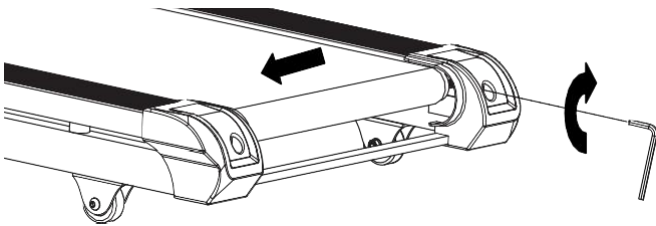

Tool:
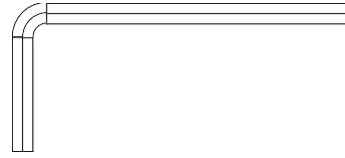
6 mm Allen Wrench

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.
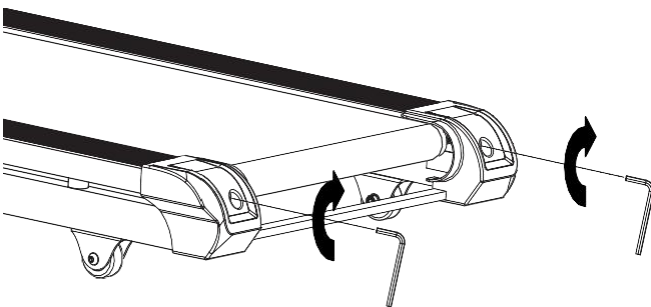

Tool:

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.
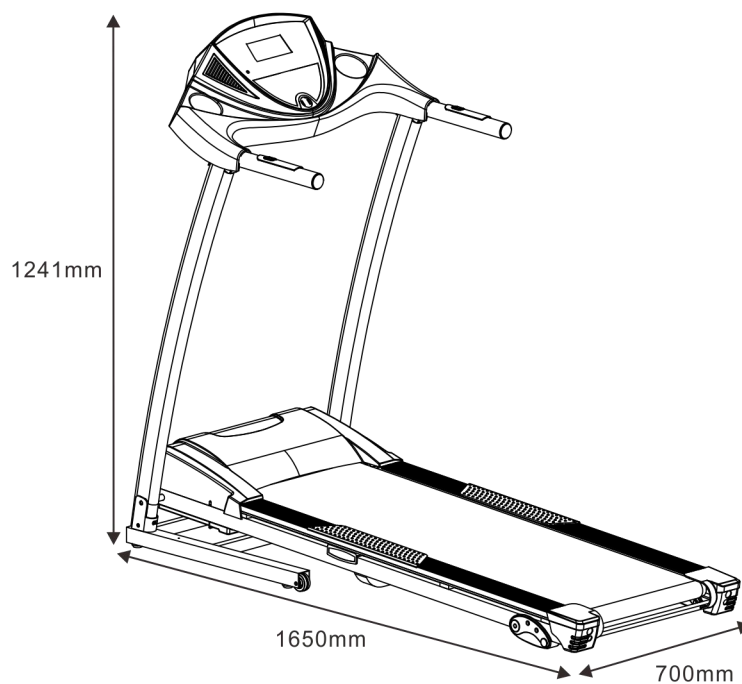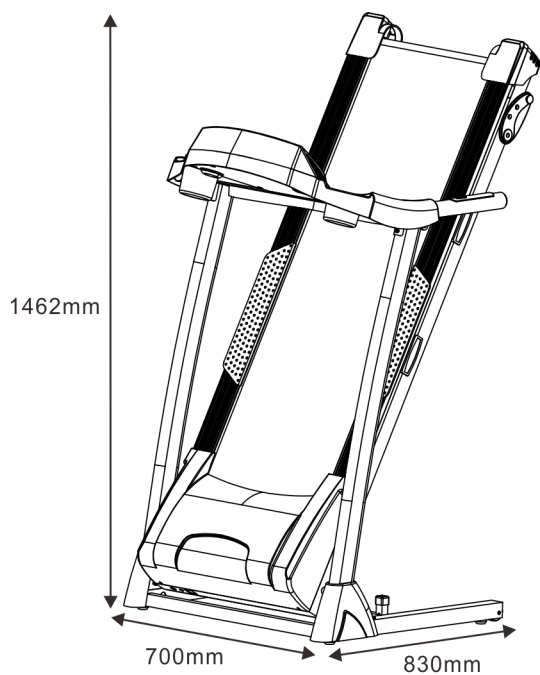

Tool:

6 mm Allen Wrench

Product Specification

Model	IS0504A
Packing dimension (cm)	16L x 76.5W x27H
Product dimension (cm)	155L x 71W x 124H
Net weight	42kg
Gross weight	48kg
Max load	110kg
Colour	Black
Material	Steel, ABS, PP

Contact Us

ITSU WORLD SDN. BHD.
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APP Installation

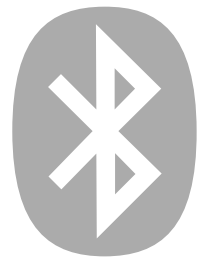1. Compatible with the following mobile operating system:

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

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User Manual

All information is correct at the time of print