

PH FITNESS

Treadmill - Instruction manual



Enjoying your treadmill? Leave us a positive review

It means the world to us!



Thank you for purchasing this product, it will improve your health!

 Table of Contents – PH Fitness

Treadmill Manual

- 1. About PH Fitness – High-Quality Fitness, Made Accessible..... 1
- 2. Quality Guarantee & Customer Commitment 1
- 3. General Safety Instructions 2
- 4. Specific Safety Warnings 3
- 5. Configuration List 3
- 6. Parts List (Configuration Overview) 4
- 7. Technical Specifications 4
- 8. Step-by-Step Assembly Guide 5
- 9. User Instructions & System Error..... 6
- 10. Console Operation Guide 6
- 11. Daily Maintenance & Care 7

1. About PH Fitness – High-Quality Fitness, Made Accessible

At **PH Fitness**, our mission is clear: to make high-quality, professional-grade fitness equipment and accessories affordable and accessible for everyone across the European Union.

We believe that serious training shouldn't come with a serious price tag. That's why we focus on offering **durable, functional, and stylish fitness equipment** at honest prices – whether you're building a home gym or outfitting a training studio.

Who we are

PH Fitness is a family-owned fitness brand founded in 2019 in the southern region of the Netherlands – Limburg. What started as a local initiative driven by passion for sport and entrepreneurship, has grown into a trusted name in fitness across **17 countries within the European Union**.

Built by athletes, for athletes, we combine real training experience with practical design and solid craftsmanship. Every product in our collection is carefully selected, tested, and improved with one clear mission in mind:

To make professional-quality fitness equipment affordable and accessible for everyone in Europe.

Whether you're just getting started or pushing personal records, you can rely on PH Fitness gear to support your progress – today, tomorrow, and beyond.

Our focus:

- ✓ Professional-grade fitness gear at accessible prices
- ✓ Reliable delivery and support across the EU
- ✓ Modern design and easy-to-use functionality
- ✓ Built for long-term performance and enjoyment

☀ **Your Feedback Matters – Help Us Grow!**

Positive reviews make a huge difference for a growing company like ours. They help other customers discover our brand and motivate us to keep improving.

 If you're happy with your PH Fitness equipment, we'd truly appreciate it if you could leave a review. It helps us grow and continue to offer the best quality for the best price. Thank you for supporting a European fitness brand!

Need help or have a question? Contact our support team at info@phfitness.nl – we're happy to assist you.

2. Quality Guarantee & Warranty Commitment

At PH Fitness, we stand behind the quality of our equipment. Every treadmill is built from durable, high-grade materials to support your training goals with confidence.

Warranty Coverage

We offer a 1-year warranty from the date of purchase, covering manufacturing defects that occur under normal use. If you experience an issue, please contact our customer service team within 12 months — we're here to help.

 **Do not attempt repairs yourself without our approval.** Unauthorized handling may void your warranty.

Covered components include:

- Frame
- Electrical wiring
- Armrest foam
- Motor
- Transport wheels

Not covered by warranty:

- Damage caused by external factors (e.g., transport, misuse)
- Use of non-original parts or accessories
- Incorrect installation or handling
- Failure to follow user instructions
- Normal wear-and-tear items such as the running belt

 **Note:** This warranty applies exclusively to private home use. It is not valid for commercial environments such as gyms or personal training studios.

Need spare parts?

If you need parts that fall outside the warranty, our customer service is happy to assist. Please provide the following when ordering:

1. A copy of this manual
2. The treadmill model
3. The serial number of the part
4. Proof of purchase date

 **Do not send your treadmill back without confirmation** from our support team. Unapproved returns will not be accepted, and any shipping costs will not be reimbursed.

3. General Safety Instructions

At PH Fitness, your safety is our priority. While this product has been carefully designed with safety in mind, it is essential to follow these instructions closely. Improper use may result in injury or damage. PH Fitness is not liable for consequences caused by incorrect use.

Please read and follow these instructions before use:

- Always assess your physical condition before training. Train responsibly and at a pace that suits your fitness level. Overtraining or improper use may be harmful to your health.
- This treadmill is not suitable for children. Individuals who are unwell, mentally impaired, or unfamiliar with equipment use should only operate the treadmill under supervision.
- This product is designed for home use only. It is not intended for professional training, clinical diagnostics, or medical therapy.
- The heart rate monitor on this equipment is not intended for clinical or medical evaluation.
- Before each use, inspect the treadmill. Ensure that all screws, bolts, and parts are securely fastened.
- Wear fitted, athletic clothing during workouts. Loose garments may get caught in the moving parts.
- Keep children and pets away from the machine during use to prevent accidents.
- Use the treadmill only on a clean, flat, and stable surface. Keep it away from heat sources, water, and sharp objects.
- Never touch moving parts while the treadmill is in operation. Do not place hands or feet underneath the running belt.
- The treadmill is intended for use by one person at a time only.
- Only use original accessories supplied by PH Fitness. Do not substitute components without approval.
- This product has a user weight limit of 130 kg (280 lbs).

4. Special Safety Instructions – Power Source

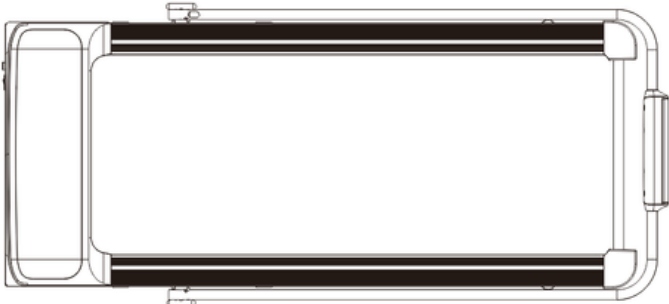
To avoid electrical hazards, always follow the guidelines below when using the treadmill:

- Place the treadmill close enough to an outlet so the power plug can be connected **directly** without using an extension.
- Use a **certified electrical socket**. If the plug doesn't match your socket, have a certified electrician install a compatible outlet — never force the plug.
- Keep the **power cable away from moving parts**, especially the rollers and running belt.
- **Never place the power plug on or near** the running belt, and avoid using the treadmill with a damaged power cord.
- Always **unplug the treadmill before cleaning or maintenance**.

⚠ **Warning:** Failure to unplug the unit may result in personal injury or damage to the equipment.

- Inspect all parts before each use.
- Do not use the treadmill **outdoors**, in **high humidity**, or under **direct sunlight**.
- When leaving the treadmill unattended, always **switch off the power and unplug the unit**.

5. Parts List (Configuration Overview)

Configuration List		
Complete machine		
Bag of instruction	Safety lock Wrench silicone oil instructions Remote control	

6.Technical Specifications

Type:	PH-LB-600
Max user weight:	130kgs
Product size:	1302*620*130mm 1255*620*1022mm
Running Belt:	400*1070MM
Motor power	1.5HP
Speed	1-10km/h
Grade:	HC

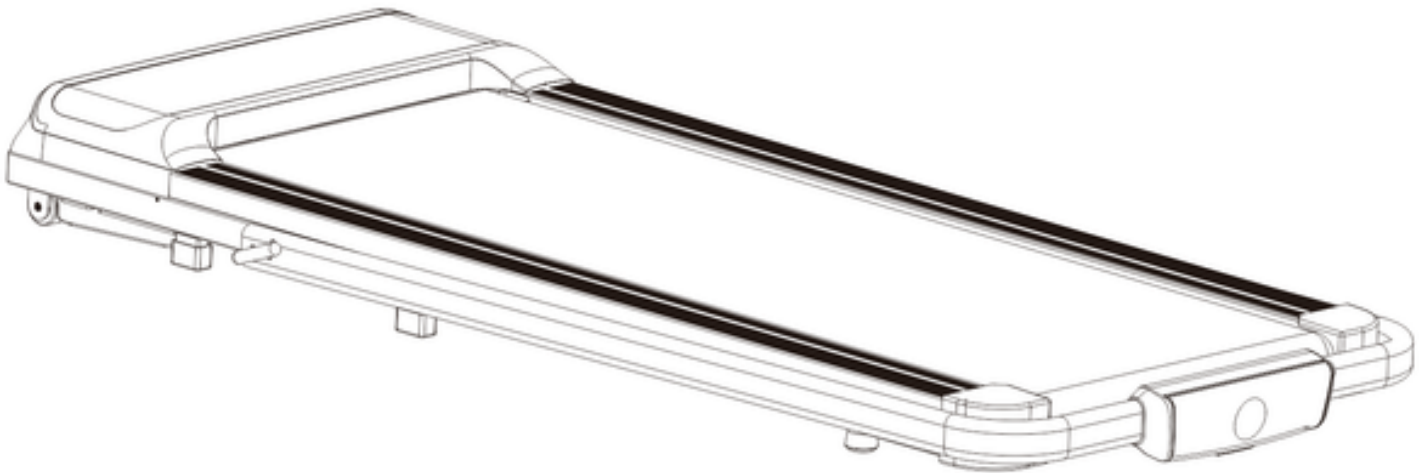
7. Step-by-Step Assembly Guide

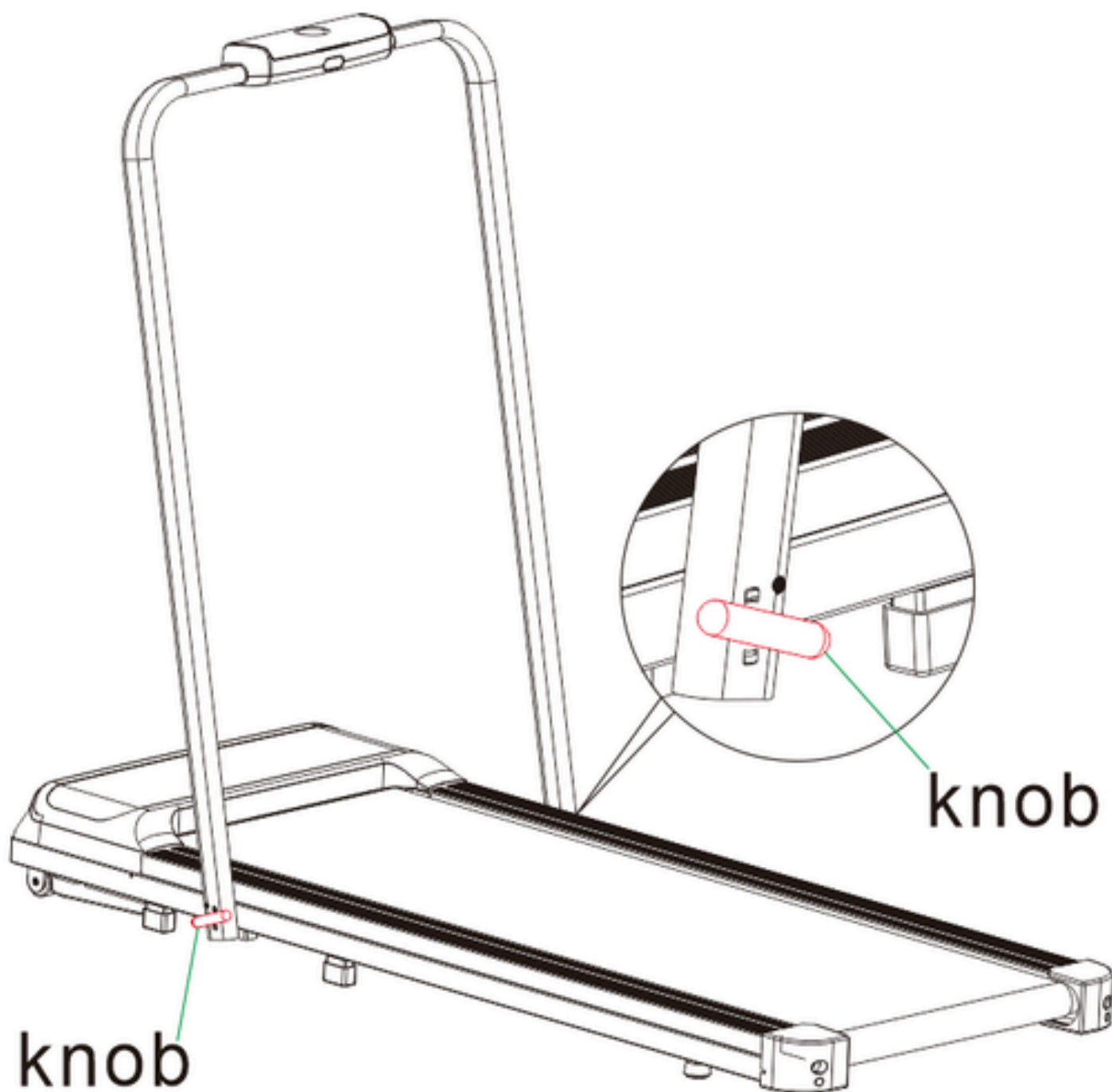
Step 1: Assembling the Treadmill

Follow the steps below to set up your PH Fitness treadmill quickly and safely:

1. **Carefully remove the treadmill from the packaging**
 - Place it on a clean, flat surface to avoid damage.
2. **Lift the armrest into position**
 - Fold and lift the armrest upwards until fully upright.
 - **Rotate the adjustment knob clockwise** to securely lock the armrest in place.

⚠ *Tip:* Make sure the knob is firmly tightened to avoid instability during use.





Step 2: Installation is complete

Open the instrument console, And install the safety lock



8. User Instructions & System Error

Operating Instructions – Treadmill Startup

⚠ For your safety, always use a power socket equipped with a ground connection when operating the treadmill.

1. Connect the power plug to the socket and switch on the power button (Indicator light turns red). You will hear a beep sound, and the display window on the console will light up.
2. Attach the safety key to the yellow-marked area on the console. The treadmill will only operate when the safety key is correctly placed.
 - Always clip the safety key to your clothing during use to prevent accidents.
 - If needed, remove the safety key at any time to instantly stop the motor and prevent falls.
 - To restart the treadmill, reinsert the safety key and follow the start-up procedure again.

X. Console Operation Instructions

I. Display Overview

① Manual Conventions

This manual uses the following terms for treadmill functions:

- Treadmill parameter: Speed
- Workout parameters: Distance, Calories, Time

② Parameter Details

- Minimum displayable speed: 1 km/h
- Maximum displayable speed: 10 km/h

II. Control Panel Functions

③ Panel Button Overview

- Speed shortcut keys: 3 km/h, 5 km/h
- Stop button

- Start button
- Speed – and Speed + buttons

④ Button Functions and Operation

A. Start/Stop Button

- Function: Start the treadmill (3-second countdown) or pause operation
- Press while stopped to begin a session
- Press while running to pause (data is retained)

B. Stop Button

- Function: Stop the treadmill
- Press while running or paused to fully end the session

C. Speed +/- Buttons

- Function: Adjust speed during use
- Short press: Increase/decrease speed by 0.5 km/h
- Long press: Gradually adjust speed in 0.5 km/h increments

D. Speed Shortcut Keys (3 / 5 km/h)

- Function: Instantly jump to preset speed
- Press during operation to directly switch to 3 or 5 km/h

III. Safety Key Function

- The safety key must be properly attached to the console before use.
- If removed, the display will show error code “E07” and emit a warning sound.
- If removed during operation, the treadmill will immediately stop for safety.
- Once the safety key is replaced, all workout data will be reset.

IV. Bluetooth Connectivity

1. Download the “FitShow” app from your device's app store.
2. Open the app, search for the Bluetooth name “FS-XXXXX”, and connect.
3. Follow the in-app instructions for full control and tracking functionality.

Treadmill DC system error message prompts

E1: This fault is a communication problem between the upper and lower air

E1 Solutions to common problems	Check if the upper and lower air connection wires are not in good connect;	If they are not in good contact, please insert the wires into the buckle to troubleshoot the problem. Method
	Check if the wires are twisted or broken in appearance	If this phenomenon occurs, replace the connecting wires

E2: This fault is due to motor wire detachment or motor damage

E2 Solutions to common problems	Please check if the motor wire is in good connect, If the connect is good, please check if the motor has any odor or burnt smell	If this problem occurs, the motor needs to be replaced
--	---	---

E3: This code is for overvoltage protection and burst protection

E3 Solutions to common problems	Check whether the input voltage matches the rated voltage of the controller, check whether the displayed board mileage matches the controller mileage	If powered on, immediately report an error. Please replace the controller.
--	--	---

E4: This code indicates an abnormal detachment or disconnection of the speed communication control line between the upper and lower controls

E4 Solutions to common problems	Please check if the connector of the upper and lower control lines is not in good contact or there is a disconnection phenomenon.	If there is a disconnection, please replace the connection line
--	--	--

E5: The fault code that appears is overcurrent protection or overload protection

E5 Solutions to common problems	The fault code that appears is overcurrent protection or overload protection	Please turn off the power and reconnect.
--	---	---

E6: This fault is overload protection

E6 Solutions to common problems	This fault is overload protection	Please replace the fuse on the controller
--	--	--

E7: E7 fault is due to the safety lock magnet not reaching the fixed area of the safety switch, or the internal safety lock wiring falling off

E7 Solutions to common problems	E7 fault is due to the safety lock magnet not reaching the fixed area of the safety switch, or the internal safety lock wiring falling off	If the safety lock magnet is not placed in the safety lock area, please insert the safety lock configuration magnet. Method 2: The position magnet has been placed in the safety lock area, but error E7 is reported. It is necessary to check whether the wiring between the safety lock module and the control board is in good contact. If it falls off, please plug it in and troubleshoot the problem.
--	---	--

E8: This is a fault code that only exists in dual screen display models.

E8 Solutions to common problems	This is a fault code that only exists in dual screen display models.	This fault is a communication fault code between the armrest button display board and the main control display board. Troubleshooting method: Check whether the connection cable connector is properly plugged in or if there is a wire breakage. If there is a wire breakage, please replace the connection cable.
--	---	--

9. Daily Maintenance & Running Belt Adjustment

To ensure long-lasting performance and a safe workout, regular maintenance of your PH Fitness treadmill is essential. Improper care may lead to malfunction or reduce the lifespan of the equipment.

Important Reminders:

- **Do not clean the treadmill with sandpaper, harsh chemicals, or solvents.**
- **Avoid exposing the control unit to direct sunlight or moisture.** This may cause damage.
- **Inspect all parts regularly.** Tighten bolts and screws and replace worn or damaged components immediately.

Running Belt Maintenance & Adjustment

The treadmill's running belt may shift or stretch with regular use. This is normal and can be corrected through simple adjustments. There are two types of adjustments:

- **Tightness of the belt**
- **Center alignment of the belt**

The belt is pre-adjusted at the factory, but over time it may stretch and shift, potentially causing friction with side panels or the rear cover.

How to Adjust the Running Belt (Tightness)

If the belt slips or feels uneven while running, follow these steps to tighten it:

1. Insert a **5mm Allen (hex) wrench** into the adjustment screw at the left rear of the treadmill. Turn **clockwise 1/4 turn** to slightly tighten the rear roller.
2. Repeat step 1 on the **right side**. Make sure both sides are turned equally to keep the roller aligned.
3. Continue alternating between both sides until the belt no longer slips.
4. **Important:** Do not overtighten the belt. Excess tension can damage the belt, bearings, or rollers, and may cause unusual noise or mechanical

issues.

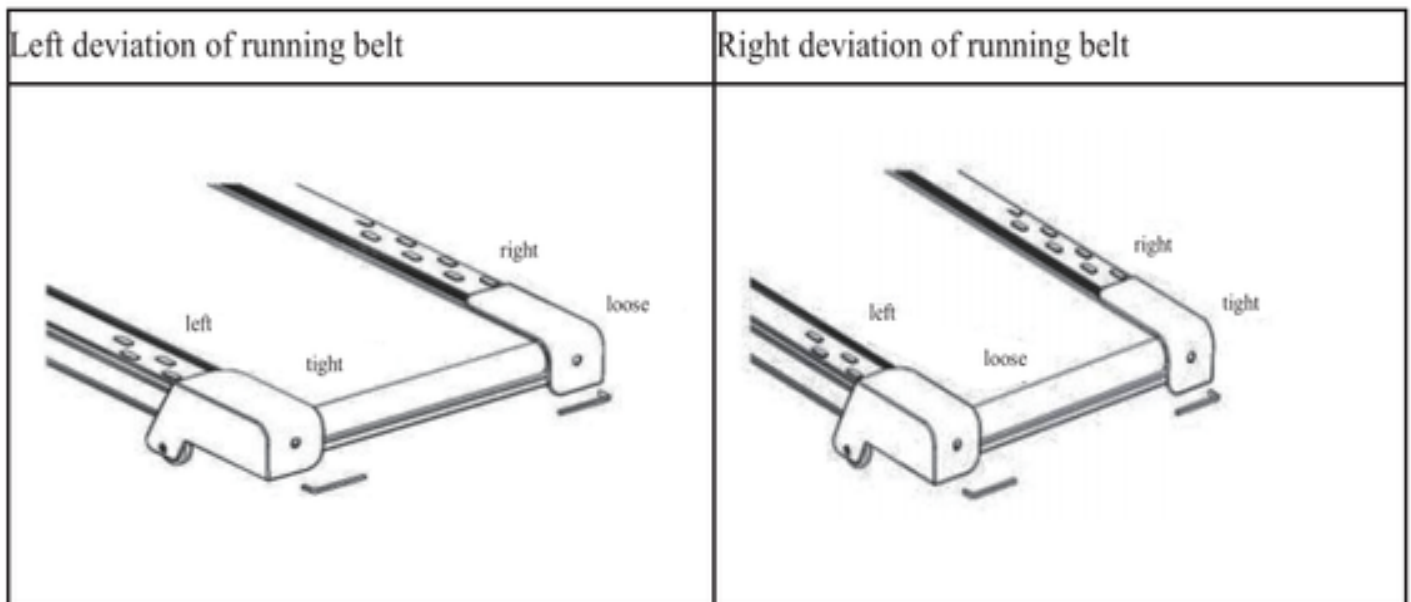
💡 To **loosen** the belt, turn the screws **counterclockwise** by the same amount on both sides.

🎯 How to Center the Running Belt

It's normal for the belt to shift slightly to the left or right due to uneven foot pressure during use. It will usually re-center itself when not in use. If not, follow these steps:

1. Start the treadmill at **6 km/h** with **no one on it**.
2. Observe the distance between the belt and the left and right side rails:
 - If the belt is drifting **left**, turn the **left screw clockwise** 1/4 turn.
 - If the belt is drifting **right**, turn the **right screw clockwise** 1/4 turn.
3. Repeat these adjustments gradually until the belt is centered.
4. ⚠️ **Warning:** Do not overtighten the roller — this may cause **permanent damage** to the bearings.

🔄 If the belt remains off-center after several adjustments, you may need to fine-tune the tension again as described in the previous section.



🔧 Lubrication (Manual Oil Application)

Your treadmill is pre-lubricated at the factory, but it's important to check the lubrication regularly to keep performance at its best.



When to lubricate:

- The treadmill must be oiled after 1 year or running for 100h. Lift one side of the running belt and touch the surface of running platform after running for 30h or 30 days.



How to check:

1. Lift one side of the running belt.
2. Touch the surface underneath after the treadmill has run for a while.
 - If it feels slick, no lubrication is needed.
 - If the surface feels dry, lubricate as described below.



How to apply lubricant:

1. Open the oil port cap (see diagram in manual).
2. Pour non-petroleum silicone oil into the port.



1. Close the cap and run the treadmill for a few minutes to distribute the oil evenly.

⚠ **Important:** Only apply lubricant when the treadmill is turned off and the running belt is completely still. Always use non-petroleum-based silicone oil to avoid damage.



Cleaning Instructions

Frequent cleaning is essential for hygiene and long-term functionality.



Before cleaning:

- Always switch off the power and unplug the power cord from the socket.

After each use:

- Wipe down the display console and other surfaces with a clean towel or damp cloth to remove sweat and dust.
- Avoid abrasive or corrosive cleaners to protect the electronics.
- Do not expose electrical components to direct sunlight or moisture.

Weekly:

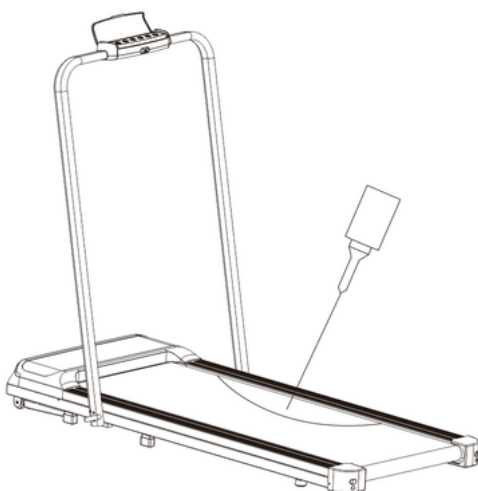
- Clean the floor area under and around the treadmill weekly to remove dirt brought in by shoes or other debris.

Storage & Mobility

- Store your treadmill in a clean, dry area.
- Make sure the power switch is off and the plug is disconnected from the socket.

Moving the treadmill:

- The treadmill is equipped with transport wheels for easy relocation.
- Before moving:
 - Turn off the power
 - Fold the treadmill frame to its upright position



Note: Stop the treadmill to make the running belt still when oiling the running belt. And please use non-petroleum silicone oil.

Cleaning

Frequently clean the treadmill to guarantee its service life.

- Warning: cut off the power when cleaning the treadmill. The power line must be pulled out from the socket.
- After use: clear sweat stains and sundries on instrument and other parts with clean towel and damp cloth.
- Note: don't use corrosive articles and liquid to prevent damage to electronic elements. Don't expose electronic elements to sunlight.
- Every week: clean the ground every week, and clear dirt brought by shoes and other sundries on the ground.

Storage: please place your treadmill in clean and dry environment, and ensure that power switch is off and plug is not in power socket.

Movement and folding: handling wheel is added in design to move the treadmill. Please confirm that power is off and the body of treadmill is folded before moving.

10. Important Matter:

Warning

Please consult your doctor and receive complete physical examination before using the product. Don't carry out frequent and violent exercise without permission of doctor. Please stop using the product and consult your doctor if you feel unwell in use. The product shall be used correctly. Please read service manual in detail before exercise. Please keep children and pets away if the product is unattended or idle.

Please wear suitable clothes including sneakers. Please don't loosen your clothes in exercise to prevent them from being hooked by the machine.

Ensure that all bolts and nuts are tightened when using the equipment. Regularly maintain the treadmill to keep it in good condition.

Before use:

How to start exercise plan depends on your physical condition. If you have not exercised for years or you are seriously overweight, you must gradually increase exercise time, such as a few minutes every week.

At the beginning you may only exercise for a few minutes in target heart rate scope. Anyway, your aerobic fitness will be improved in about 6-8 weeks. Don't lose heart if it takes more time. It is very important to exercise at your own pace. Some day you will be able to exercise continuously for 30min.

- Please consult your doctor before exercise or training. Ask the doctor to inspect your training and diet plan and give suggestions on your exercise plan.
- Set exercise goal after consulting with your doctor to ensure that the plan is practical, and start exercise plan at leisure.
- You can add some aerobic exercises into exercise plan, such as walking, jogging, swimming, dancing or riding. Test pulse frequently. If you have no electronic heartbeat monitor, consult the doctor about how to correctly

measure pulse with hand from wrist or neck. In addition, you must set target heart rate on the basis of age and physical condition.

- Drink enough water in exercise. You must supplement water lost due to overexercise to prevent dehydration. Don't drink a great deal of ice water or beverage. The temperature of drinking water or beverage shall be room temperature.