

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!



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Treadmill Manual

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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 Out fitting 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 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 if it you could leave a review. It helps us grow and continue to offer the best quality for the best price. Thanks 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 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 there instructions closely.Improper use may result in injury or damage.PH Fitness is not liable for consequences cause 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

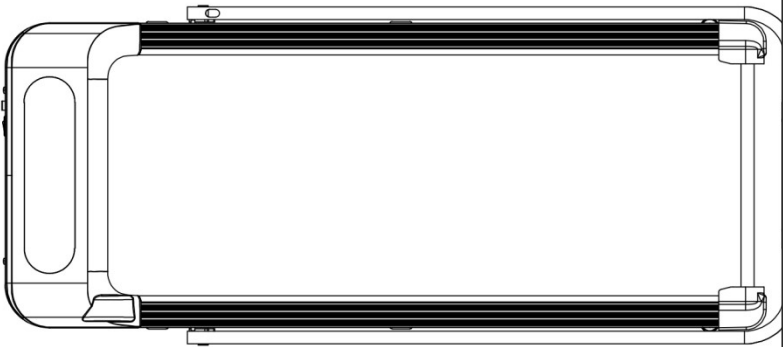
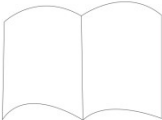
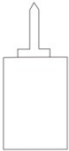
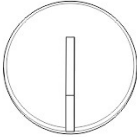
To avoid electrical hazards, always follow the guidelines below when using the treadmill:

- 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-WP-400
Max user weight:	130kgs
Product size:	1185*550*1025mm
Running Belt:	380*1000MM
Motor power	1.5HP
Speed	1-8km/h
Grade:	HC

7.Step-by-Step Assembly Guide

Step1: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. According to the figure (1) the left hand holding the column according to the direction of the arrow, according to the figure (2).

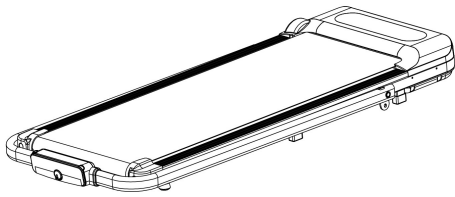


figure (1)

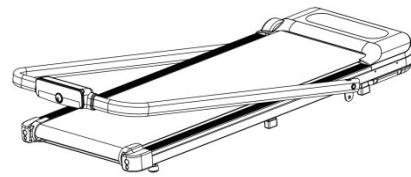


figure (2)

Step 2: Assembly accessories

1. According to the figure (3) after rotating the column up in place. With the 2pcs Cylinder screw M8 * 20 can lock the hole on the column.



figure (3)

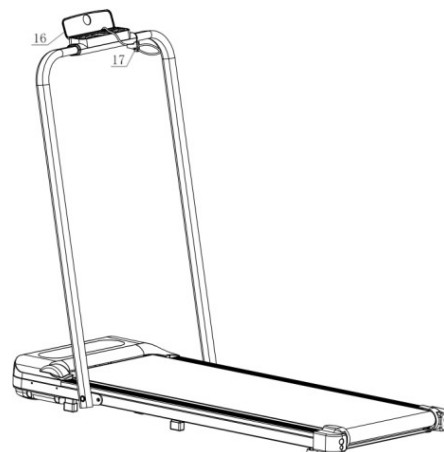


figure (4)

Step 3: Put on safety key,installation is complete

1. See the figure (4). Open the phone holder (16) in the direction of the arrow. Close the safety lock can be!

Step 4: Fold the treadmill

1. (Figure 5) folding treadmill. When folding treadmill is required, remove 2pcs Cylinder head screw M8 * 20, then put the column is placed flat on the ground.

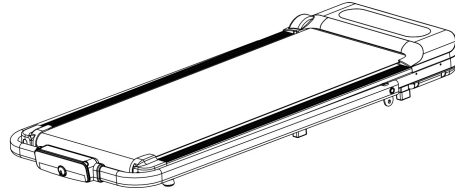


Figure (5)

8. User Instructions & System Error

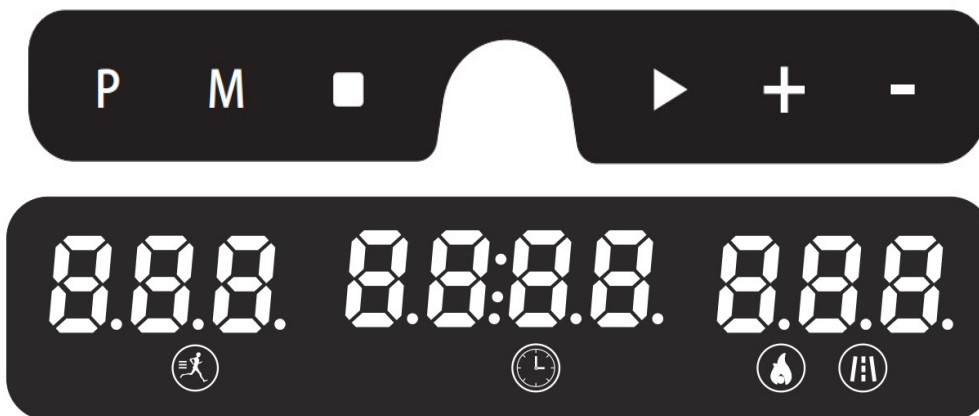
Operating Instructions—Treadmill Startup

 **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 Brief description

Function with this console:

The nouns referred to in the instructions:

Treadmill parameters: Speed value

Motion parameters: Distance, calorie, and Time.

Movement mode: manual, inverted mode, “P”program mode

Full manual exercise mode: exercise mode without set exercise mode.

Exercise mode: an exercise mode with a specific amount of exercise.

“P”program mode Movement mode: a movement mode with a specific movement speed.

② **Parameter Description**

Movement parameters in various movement modes:

Minimum display speed is 1.0KM/H

Maximum display speed is 8KM/H

Maximum exercise time in time reverse mode: 60 minutes

Minimum exercise time in time reverse mode: 5 minutes

Maximum movement distance in reverse meter mode: 99 km

Minimum movement distance in reverse meter mode: 1 km

Maximum calories consumed in calorie counting mode: 990 cal

Minimum calories consumed in inverted calorie mode: 20 cal

Maximum movement time of “P”program mode time inversion: 60 minutes

Minimum movement time of “P”program mode time inversion: 5 minutes

③ **Panel button function description**

1. Panel key function description:

Program mode key,reverse meter mode/pause key,stop key,start key, speed + key, speed-key

④ **Panel button function and operation instructions**

1. **Start key**- -Function description: Start the treadmill operation (3s)

Operation instructions: 1. console is in fully manual operation mode, press this key to start the treadmill operation.

2. **"M Key"**--- In the reverse meter mode setting state, press this key to start the treadmill operation.
3. **"P Key"**---In the "P" program mode setting state, press this key to start the treadmill operation.
4. **Stop key**- -Function Description: Stop the treadmill from running
Operation instructions: 1. The console is in operation, press this key to stop the treadmill operation.
5. **Speed +/- key**- - -Function description: speed value adjustment during runtime, and parameter value adjustment during parameter setting.
Operation instructions:
1. When the console is in operation, adjust the speed at 0.1 km /h and the long press at 0.5 km/h
2. In the parameter setting state, you can adjust the size of the set parameter value.
- Invert mode / pause button- -Function description: selection of inverted mode.
Operation instructions:
1. The console is in full manual operation mode, press this key to enter the reverse mode setting.
2. In the standby state, select the time inversion-distance inversion-calorie inverted meter, and set the corresponding parameters through the "speed +" and "speed-" keys.
3. After running, press the mode button to pause the treadmill (hold data)
- Program mode key- -Function Description: selection of P mode
Operation instructions:
1. The console is in full manual operation mode, press this key to enter the "P" mode setting.
2. In standby operation, you can select P 1 to P 12 in turn, after the selection is completed, Set the corresponding parameters through the Speed + and Speed- -keys.

⑤ **Description of the remote control function**

Speed + key, speed-key Mode / pause key, start / stop key

⑥ **Function and operation instructions of the remote control**

Start / Stop key- -Function description: Start / stop the treadmill running

Operation instructions:

1. Console is in fully manual operation mode, press this key to start the treadmill operation.
2. The console is in the reverse meter mode setting state. Press this key to start the treadmill operation.
3. The console is in the P mode setting state. Press this key to start the treadmill operation.
4. When the console is in operation, press this key to stop the treadmill from running.

Mode / pause key- -Function description: reverse mode selection / pause treadmill.

Operation instructions:

1. Console is in full manual operation mode, press this key to enter the reverse mode setting
2. In the standby state, select the time inversion-distance inversion-calorie inverted meter, and set the corresponding parameters through the "speed +" and "speed-" keys
3. After running, press the mode button to pause the treadmill (hold data)

Speed + / -key- - -Function description: speed value adjustment during runtime, and parameter value adjustment during parameter setting

Operation instructions:

1. When the electronic meter is in operation, adjust the speed at 0.1 km /h and the long press at 0.5 km /h.
2. Adjust the size of the set parameter value.

⑦ **Motion mode description**

A. Manual mode function Enter the manual mode: after the full display on the electronic watch, enter the full manual operation mode, and press the start

key to enter the manual operation mode.

Operation description: the initial running speed is 1.0km /h, the time, distance and calorie window can count from zero, press the speed adjustment key to adjust the size of the running speed value.

[The exercise time exceeds 99.59 minutes, and the treadmill stops automatically](#)

B. Reverse mode function

1. Enter the time inversion mode: in full manual operation mode, press the reverse mode key to select the time inversion mode, the time window displays 10:00 minutes and flashes the running time required by speed + / -key, set range 5:00~60:00 minutes, press the start key to enter the time inversion mode.

Operation description: the initial running speed is 1.0km /h, the time window starts to count according to the set running time, the distance and calorie window count from zero, and press the speed adjustment key to adjust the size of the running speed value. When the set time reaches zero, the console begins to slowly stop running.

2. Enter the distance reverse mode: in full manual operation mode, press the reverse mode key to select the distance reverse mode. At this time, the distance window displays 1.0 km and flashes. You can set the required running distance through the speed + / -key, setting the range 1.0~99.0 miles. Press the start key to enter the distance inverted mode.

Operation description: The initial running speed is 1.0 km /h, the distance window starts to count at the set distance, the time and calorie window start from zero, press the speed adjustment key to adjust the size of the running speed value. When the set distance returns to zero, the console begins to slowly stop running.

3. Enter the calorie counting mode: in the full manual operation mode, press the inverted mode key to select the calorie counting mode. At this time, the calorie window displays 50 cal and flashes. Through the speed + / -key, set the required range of 20~990 cal, and press the start key to enter the operation of the calorie counting mode.

Operation description: The initial running speed is 1.0 km /h, the calorie window starts counting the set calorie, the time and distance window starts from zero, press the speed adjustment key to adjust the size of the running speed value. When the calorie is set to zero, the electronic meter begins to slowly stop running.

C. Inverted meter mode function

1. Enter program mode: in full manual operation mode, press P program mode to select a program mode in P1-P12, the time window displays 30:00 minutes and flash shows the running time required by speed + / -key, set the range 5:00~60:00 minutes, press the start key to enter the operation of time reverse counting mode.

Running instructions: initial running speed according to the program mode corresponding speed, time window according to the set calorie counting, calories and distance window from zero, press the speed adjustment key, can adjust the size of the running speed value, when set time inverted to zero, electronic watch began to slowly stop running.20 segments according to the setting time, and the speed of each segment is shown in the figure:

P1-P12 program																				
unit: km/h	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2
P1	2	3	4	5	6	4	6	6	6	4	5	6	4	4	4	2	4	5	3	2
P2	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	5	3	3	2
P3	2	5	5	6	6	6	6	4	4	2	2	4	7	6	6	6	6	6	4	2
P4	3	3	5	7	6	6	8	5	5	8	8	5	6	5	8	5	7	5	4	3
P5	3	8	8	7	8	6	8	6	4	2	5	4	7	6	6	6	8	6	4	3
P6	3	4	6	6	8	6	8	7	5	6	6	6	6	7	8	7	6	6	5	3
P7	3	5	6	7	8	8	7	8	4	7	7	4	7	7	8	7	8	7	5	3
P8	4	7	3	7	7	7	8	8	5	8	6	7	6	7	8	8	7	7	5	3
P9	4	5	3	8	8	8	8	8	4	8	5	4	7	8	7	7	8	7	6	4
P10	4	8	6	8	7	6	6	8	5	8	8	6	6	6	6	6	7	8	8	2
P11	4	4	7	8	2	8	8	8	8	8	8	8	7	8	8	2	8	8	8	2
P12	2	2	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	5	3	2

⑧ **Description of dormancy function**

When the treadmill stops running, if there is no operation for more than 10 minutes, it enters the dormant state. The electronic meter automatically closes the display and presses any key to wake up Electronic watch, after full display to reenter the initial standby state.

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 the mobile app store, open the downloaded APP, connect and search for the Bluetooth name "FS-XXXXX" according to the operation instructions of the APP, and then operate and use it according to the APP prompts.

Treadmill DC system error message prompts

E06: Indicates abnormal communication between electronic meter and electronic control

E06 Solutions to common problems	The upper and lower control main connection line interface is loose;	Re-reinforce the cable connector
	The upper and lower control main connection line is broken	Replace the upper and lower control main connecting wires
	Electronic watch is broken	Replacement of electronic watch
	Controller damage	Replace the controller

E04: Indicates that the main motor is open circuit

E04Solution s to common problems	The main motor wire is not connected or is loose	Re-reinforce the main motor connection line;
	The main motor is open circuit or damaged.	Replace the motor;
	Controller open circuit, damaged	Replace the controller

E05 : Indicates that the lower control detects the motor overcurrent protection information prompt

E05 Solutions to common problems	The treadmill load exceeds the rated operating current of the motor.	It is recommended to be within the rated operating current range of the motor
	There is a problem with the assembly structure of the treadmill and the motor, causing motor resistance or blockage	Check whether the treadmill structure is normal
	controller current limiting system	Replace the lower control, waiting for repair

	failure	
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E09: Indicates power tube breakdown explosion protection information prompt

E09 Solutions to common problems	Power transistor breakdown, controller damage	Replace the controller
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E07or ---: Electronic watch safety lock is not properly placed reminder

E07 or --- Solutions to common problems	Red Gauss magnet falls off	Reposition the magnet
	Table fault	Replace the table
	Keyboard reed switch failure	Replace the keypad

E02 : Indicates that the lower controller has detected the motor overvoltage protection information prompt

E02Solutions to common problems	The user's grid voltage is unstable and the peak voltage is very high;	Requires an external filter regulator
	Wheel diameter value setting error	Reset the wheel diameter value and try not to exceed the rated voltage of the motor;
	Controller damage	Replace the controller, waiting for repair

9. Daily Maintenance & Running Belt Adjustment

To ensure long-lasting performance and a safe work out, regular Maintenance of your PH Fitness treadmill is essential. Improper care may Lead to malfunction or reduce the life span 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.

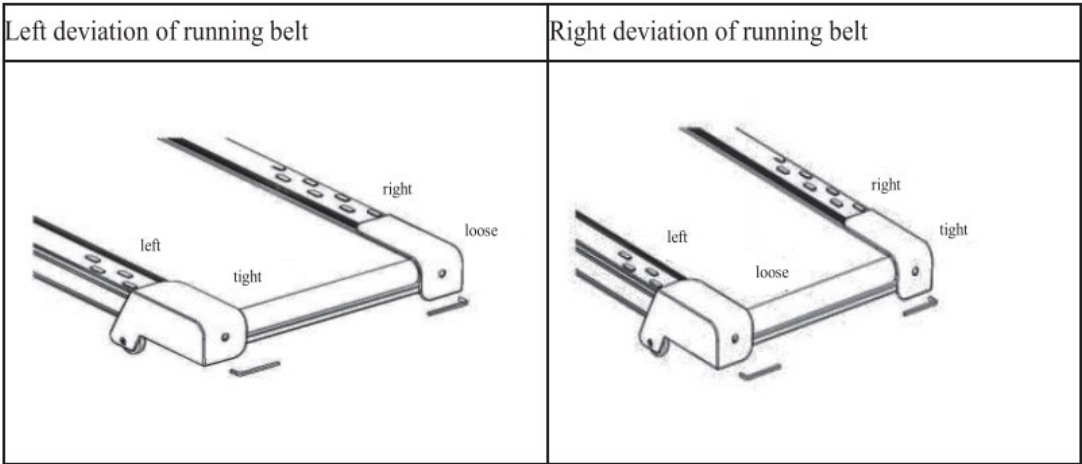
💡 To **loosen** the belt, turn the screws **counterclockwise** by the same amount on both sides.

🎯 **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 over tighten 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.

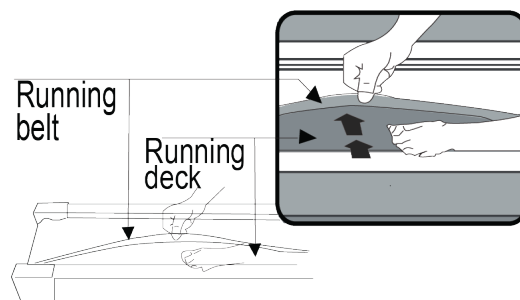


Moving the treadmill:

- 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.