

CHIRON GTI

ECO TREADMILL



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1 Important Notice

Please Keep the Manual in Good Condition

- Please thoroughly read and follow the instructions for assembling or using the equipment. If you have any questions, please contact your local distributor or visit our website: ATTACUSfitness.com.
- For your safety, please take safety measures and follow the instructions. Keep this manual in good condition for future reference.
- The owner of the equipment has the sole responsibility of ensuring that all the instructions and safety measures are learned and followed by the users.
- You can download the most up-to-date user's guide from our website: ATTACUSfitness.com.

2 Safety Precautions

WARNING!! To reduce the risk of burns, fire, electric shock, or personal injury, please observe the following:

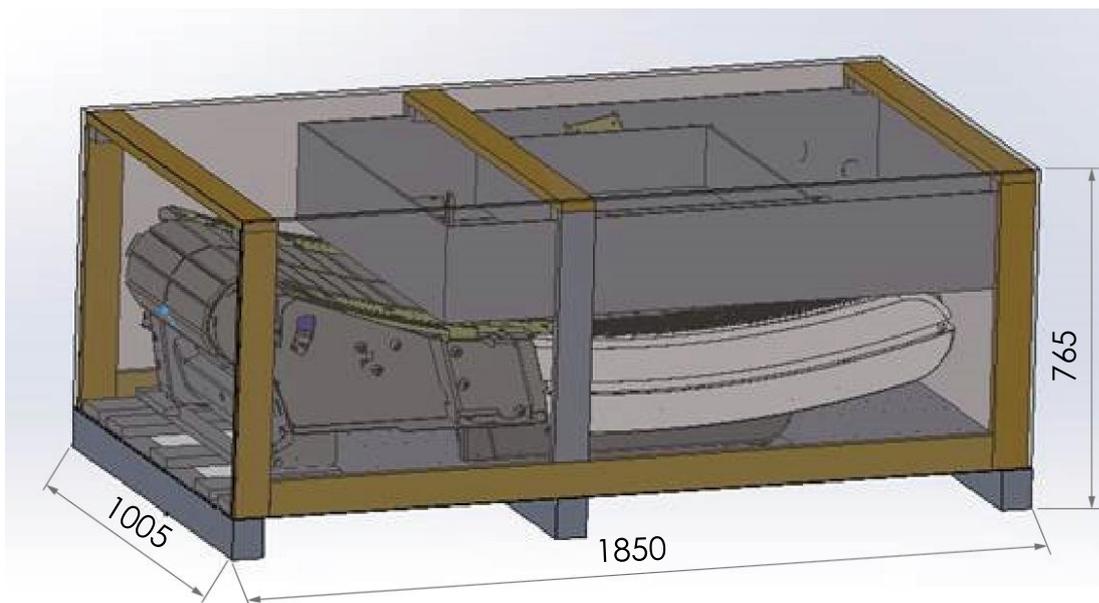
- Please be sure to read through and be familiar with the instructions and cautions from this guide. This will reduce the potential for injury and ensure your safety.
- Please operate the machine following the instructions from the manual.
- Please consult your physician before starting any exercise plan. Improper training or overtraining can result in serious injury or death.
- It is highly recommended that you consult your doctor and run a full health check to find a proper and appropriate exercise program if you are any of the following: pregnant, have a chronic health condition like hypertension and cardiovascular diseases, smoking, over 45 years old, obese, or not having proper exercise routines for more than one year.
- Children under 13 years old are not allowed to use the equipment. Keep children and pets at least 10 inches away from the equipment.
- Persons with reduced physical, sensory or mental capabilities, or lack of knowledge, adolescents from 13 to 19 years, or elderly over 65 should not be on the equipment without proper and constant supervision by a supervisor.
- Improper training and/or overtraining can cause serious physical injury or death. If you are experiencing any kind of pain, nausea, dizziness, shortness of breath, etc., Stop exercising immediately and consult a physician.
- Always turn off and unplug the machine before cleaning and performing maintenance to prevent electrical shock.
- **DO NOT** use any additional components, attachments, or accessories that have not been recommended by the manufacturer.
- **NEVER OPERATE** the equipment if it is not working properly or has any damage. In this case, please contact your distributor immediately for maintenance or technical support services.
- **ATTACUS** is not responsible for any personal injury or death caused by faulty assembly, self-modification/disassembly which would nullify the warranty, or any other ways the user fails to follow the manual.
- **DO NOT** remove the casing, side footrests...etc., without the instruction of your local distributor or certified professionals. Service should only be done by an authorized technician.

3 Assembly

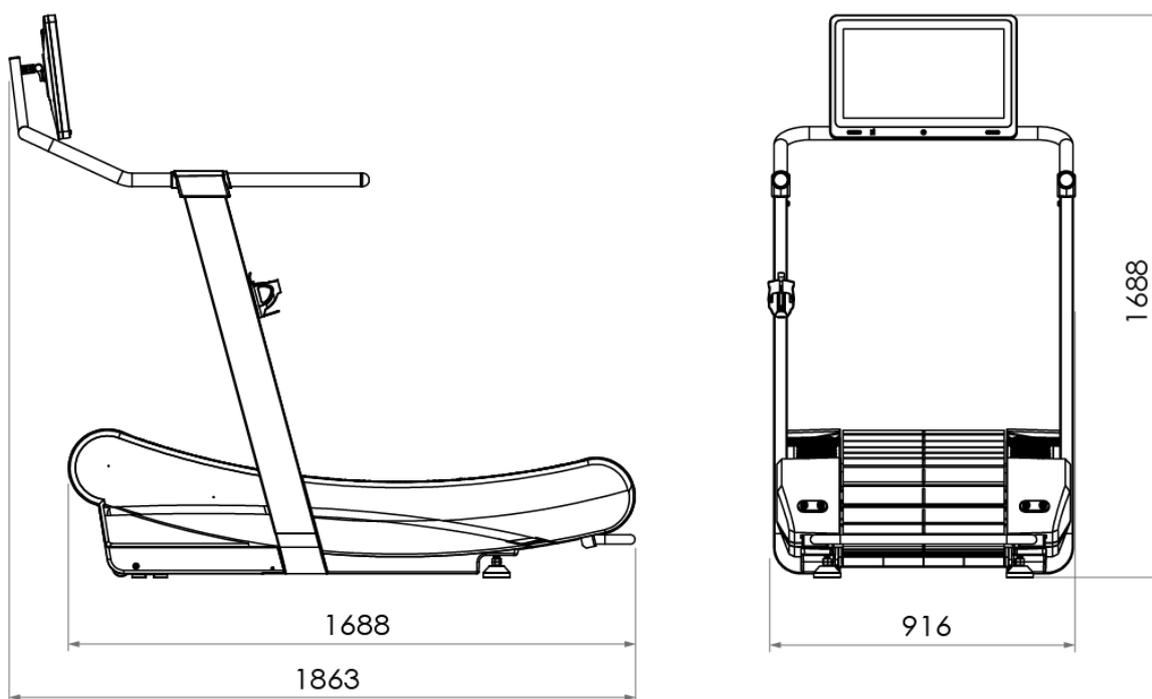
Please read through the manual before the assembly process. If you have any questions, please contact your local distributor or look it up on the official website:

ATTACUSfitness.com To enhance service quality and effectiveness, please be sure to have the product model name and serial number ready when making the call.

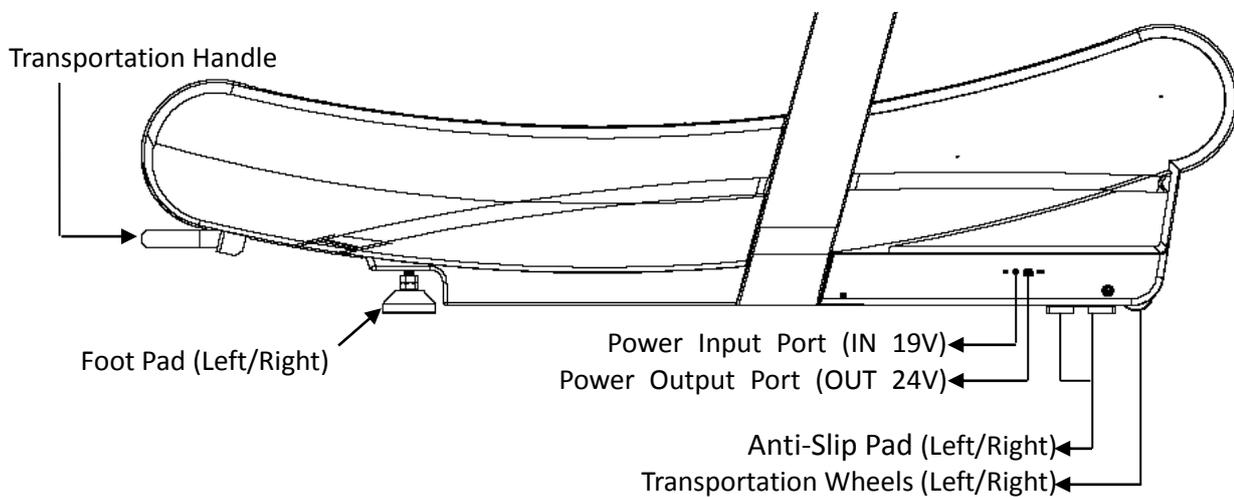
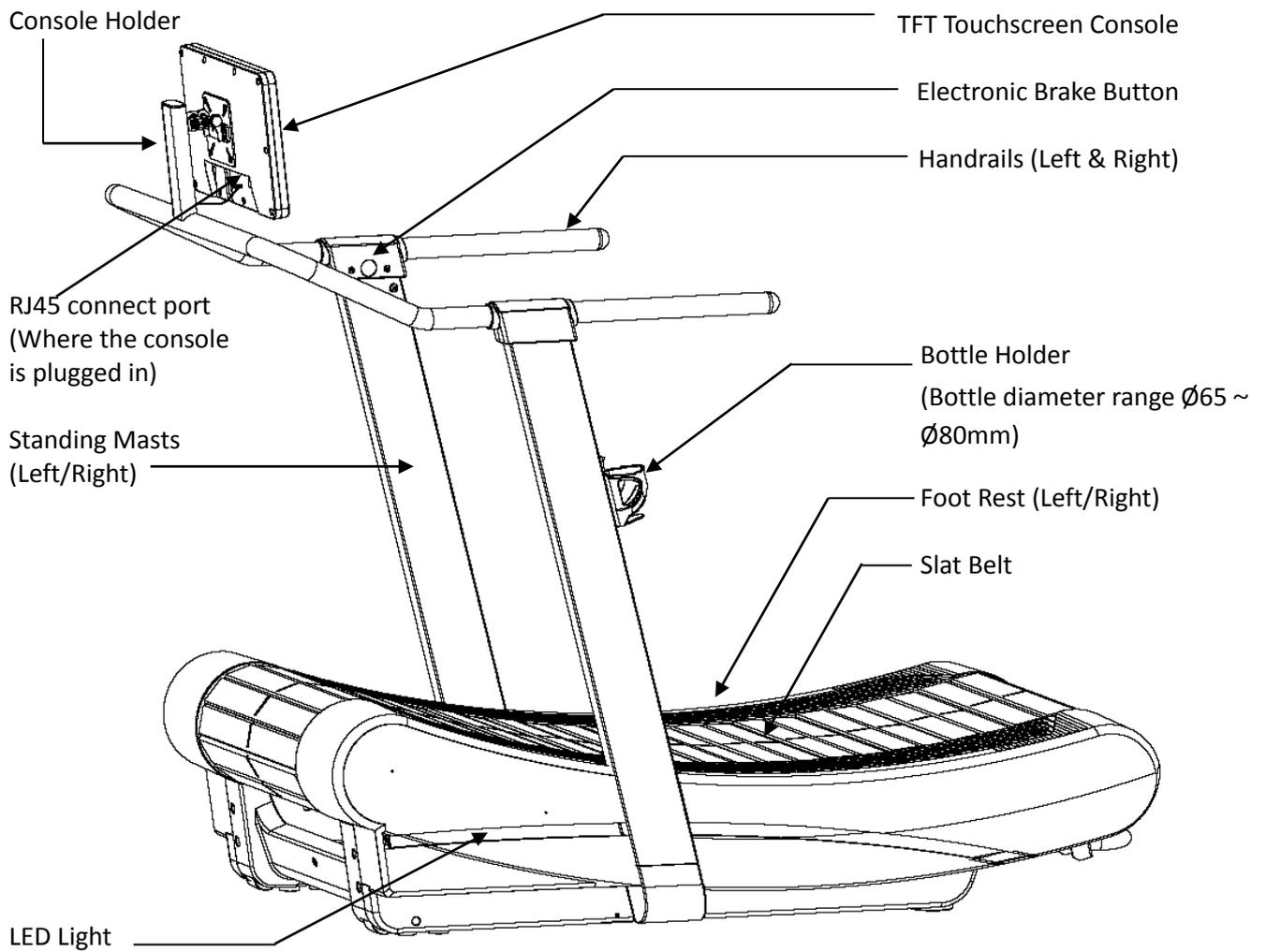
3.1 Package Dimension (unit: MM)



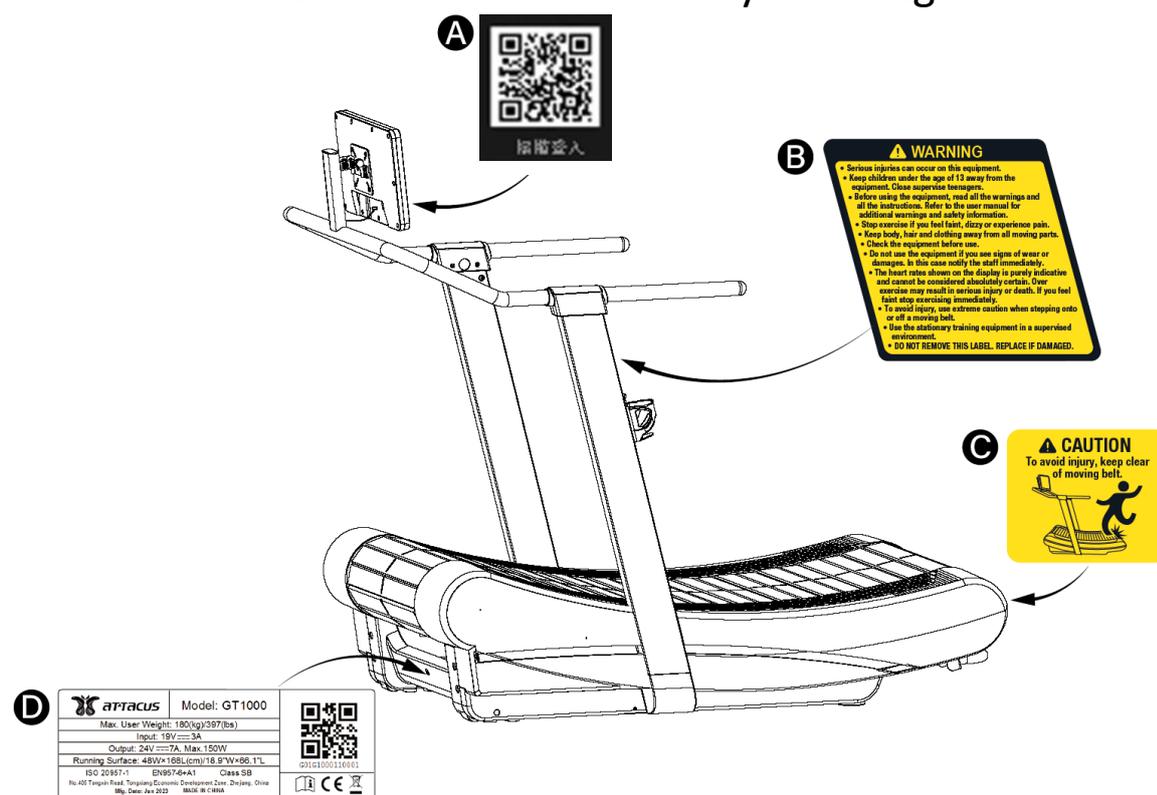
3.2 Machine Dimension (unit: MM)



3.3 Part Names



3.4 Product Serial Number and Safety Warning

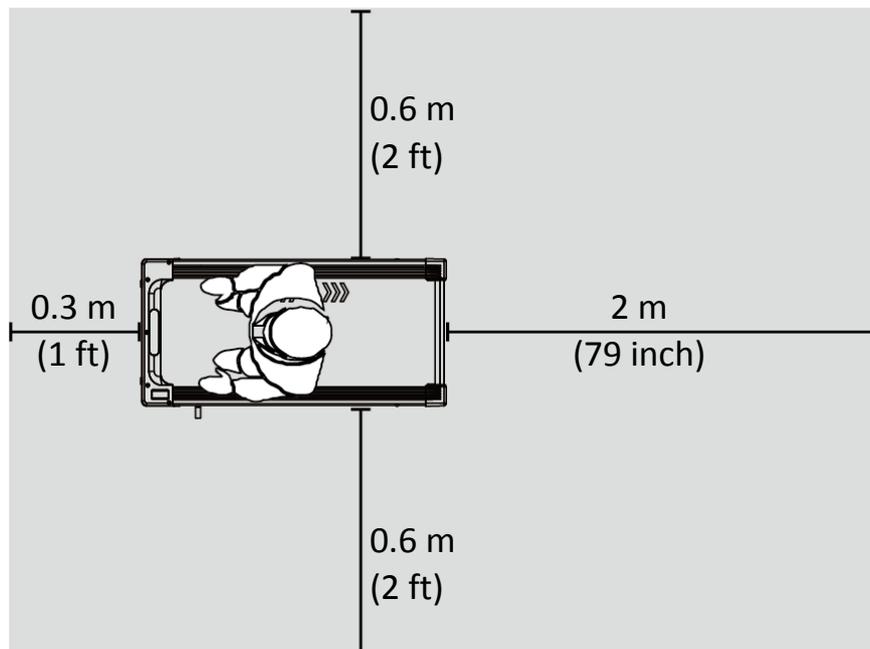


A	<ul style="list-style-type: none"> ● Login with QR Code: Scan to log in with your GPTfit account.
B	<p>⚠ WARNING! To reduce the risk of harm, please follow the below safety instructions:</p> <ul style="list-style-type: none"> ● Serious injuries can occur on this equipment. ● A minor under the age of 13 is prohibited from using the equipment. Teenage usage must be monitored. ● Before using the equipment, please thoroughly read through the warnings and instructions from the manual. ● If you are experiencing faint, dizziness, pain, and/or other discomfort, please stop the training immediately. ● Please be sure that body parts, hair, and clothes are kept away moving components. ● Please inspect the equipment before use. ● If there is any malfunction or abnormality with the equipment, please stop the operation immediately and contact customer service. ● The heart rate shown is for reference only. Overtraining may cause severe injury or death. If you have experienced any discomfort, please stop the training immediately. ● To prevent injury, please be careful going up and down the equipment. ● Please use this equipment in a monitored environment. ● DO NOT remove the safety tag, if it is damaged, please renew the tags.
C	<p>⚠ ATTENTION! Please keep away from the moving running belt to prevent injury.</p>

3.5 Place of Use

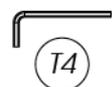
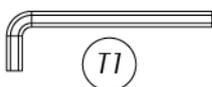
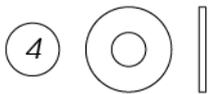
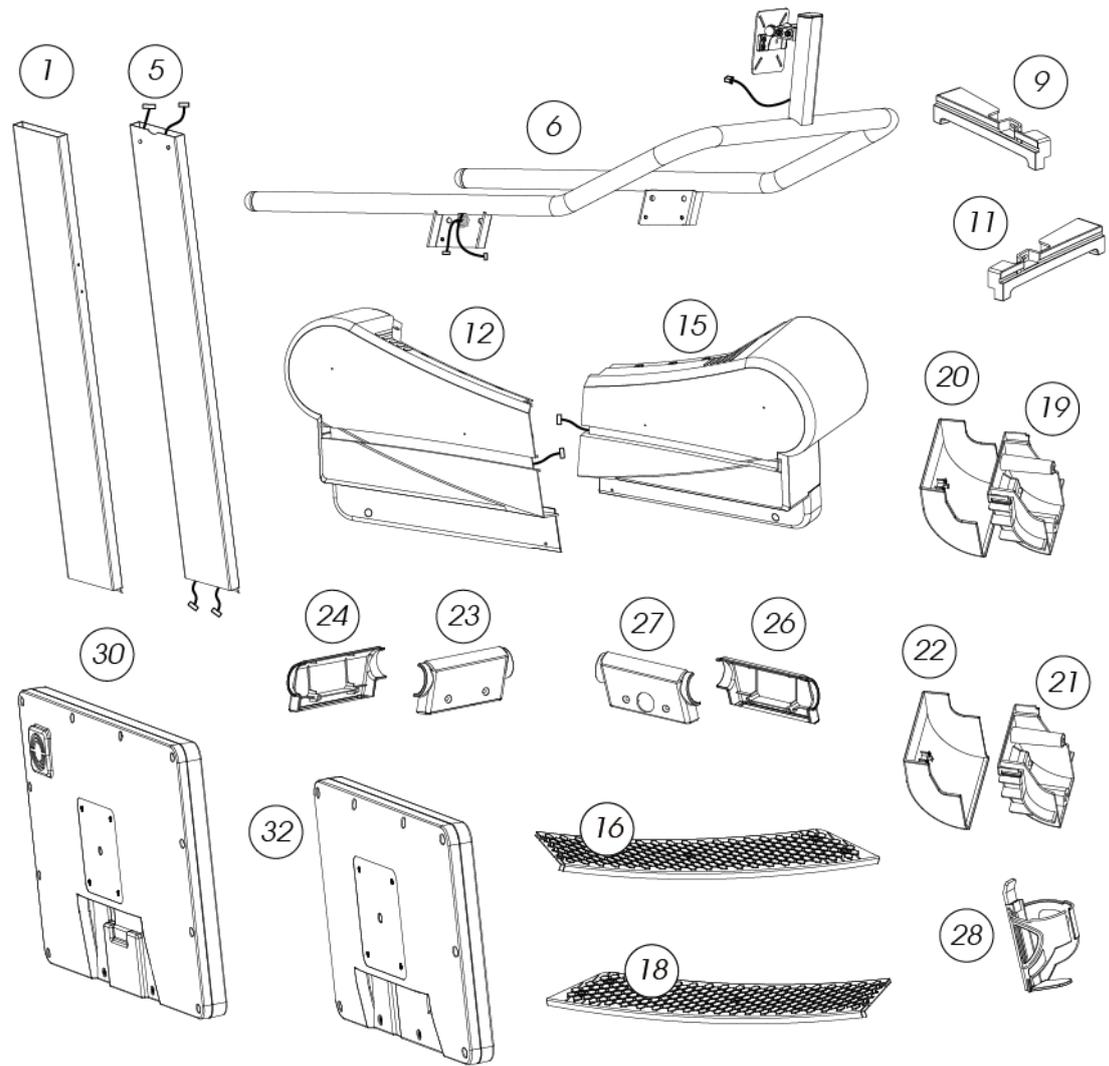
Before choosing where to install the equipment we recommend that you check that the following conditions are available:

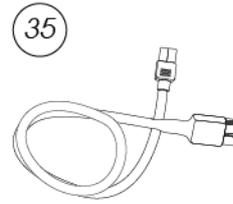
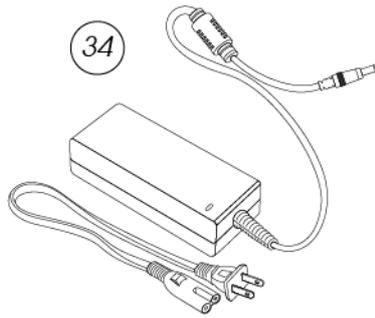
- Flat, stable, and vibration-free floor, which is strong enough to bear the weight of the equipment plus the user.
- This equipment is for indoor use only. **DO NOT** leave the equipment outdoors, exposed to direct sunlight, rain, etc.
- Please ensure sufficient ventilation of the location and avoid keeping the equipment in places with extreme temperature and humidity, or is dusty or susceptible to the splash of water and fluid.
- **DO NOT** operate where aerosol (spray) products are being used or when oxygen is being administered.
- Please ensure that there are no obstacles within the operating range. There should be at least 79 inches (2 meters) of clearance behind this equipment and 2 feet (0.6 meters) to the left and right.



3.6 Part List

	Ref. NO.	Specification	Qty	Ref. NO.	Specification	Qty
ASSEMBLY PARTS	6	Handrail and Console Holder	1	16	Front Left Footrest B	1
	1	Left Mast	1	18	Front Right Footrest B	1
	5	Right Mast	1	9	Mid-Left Cover	1
	12	Front Left Cover	1	11	Mid-Right Cover	1
	15	Front Right Cover	1	19	Inner Left Mast Cover	1
	30	21.5" TFT Console	1	20	Outer Left Mast Cover	1
	32	15.6" TFT Console (Alternative)	1	21	Inner Right Mast Cover	1
	24	Left Handrail Cover A	1	22	Outer Right Mast Cover	1
	23	Left Handrail Cover B	1	28	Bottle Holder	1
	26	Right Handrail Cover A	1	34	Charging Cable	1
	27	Right Handrail Cover B	1	35	Power Output Cable	1
SCREWS	2	Hex Socket Set Screw M10×1.5×25L	8	14	Truss Self Tapping Screw M4×10L	12
	3	Serrated Safety Washer M10	8	17	Flat head Self Tapping Screw M5×0.8×25L	10
	4	Flat Washer Ø10×Ø25×2T	8	25	Flat Head Phillips Self Tapping Screw M5×0.8×30L	4
	7	Flat Washer Ø8×Ø16×1.5T	4	29	Hex Socket Set Screw M5×12L	2
	8	Button Head Hex Socket Screw M8×1.25×15L	4	31	Large Phillips Fat Head Screws M5×0.8×10L	4
	10	Round Head Phillips Screws M4×0.7×10L	2	33	Round Head Phillips Screws M4×0.7×10L	4
	13	Large Phillips Flat Head Screws M5×0.8×10L	6			
TOOLS	T1	8mm Hex Key (Allen Key)	1			
	T2	5mm Phillips Hex Key (Phillips Allen Key)	1			
	T3	4mm Hex Key (Allen Key)	1			
	T4	3mm Hex Key (Allen Key)	1			



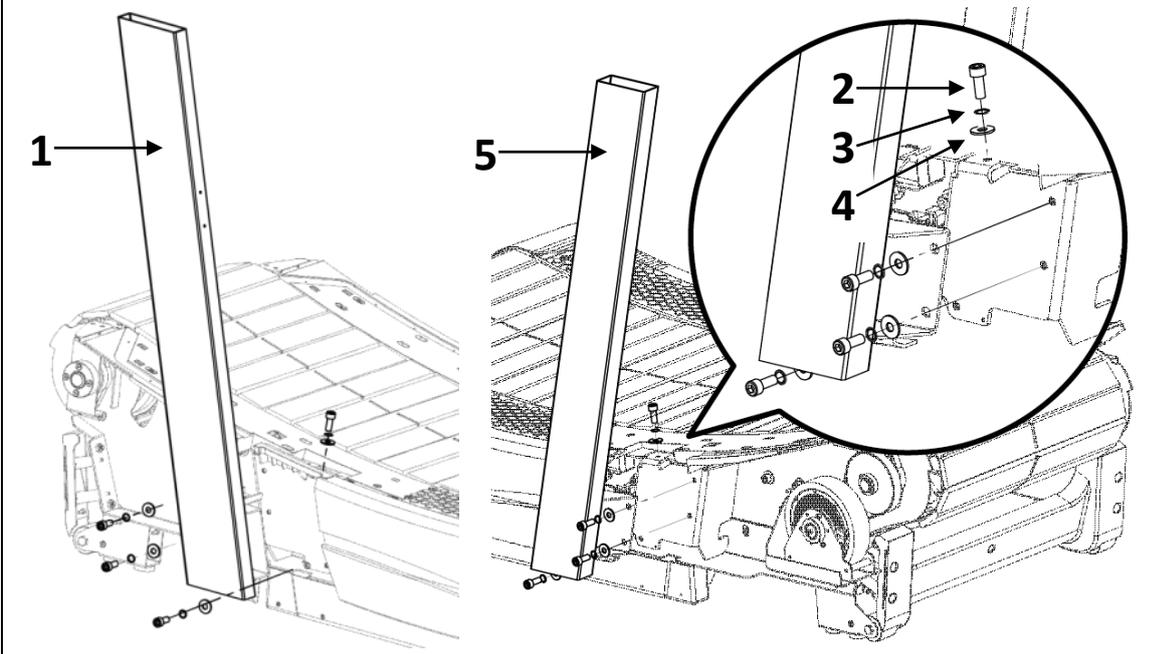


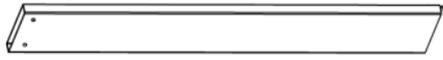
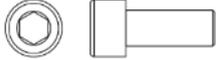
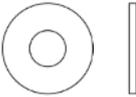
⚠ ATTENTION!

- Keep children and pets away during assembly.
- If you have any questions or the equipment has any missing parts, please contact your distributor or dial in the customer service number on the maintenance card.
- The treadmill is heavy; use care and additional help if necessary when moving. **DO NOT** attempt to move or assemble alone with single hand.
- When the product arrives, please handle it with care. Place the carton box on a flat surface. **DO NOT** open the box if it is placed on its side to prevent parts from falling out.
- Please unpack and assemble the product at the designated location to reduce unnecessary moving.
- Please exercise caution when removing the cable ties from the exterior of the package. These ties can spring open with force and may cause injury if not handled carefully.
- When unpacked, please place all the components in a clear area to enhance the assembling process.
- The treadmill should be assembled and operated on a flat surface. It is highly recommended for you to place a treadmill mat underneath to protect your flooring.
- Please follow the proper instructions. For each step, ensure all screws and bolts are in place and partially tightened. Fully tighten all screws and bolts once all are installed.
- Please ensure all loose components are promptly fastened. **DO NOT** reduce the number of screws and/or bolts used to prevent potential hazards.
- Some parts are pre-lubricated to help with the assembly. **DO NOT** wipe off the grease.
- Unauthorized personnel are prohibited to remove the maintenance covers.
- **DO NOT** discard the packaging material until the assembly is completed.

3.7 Assembly Steps

STEP 1 Assembling Left and Right Masts

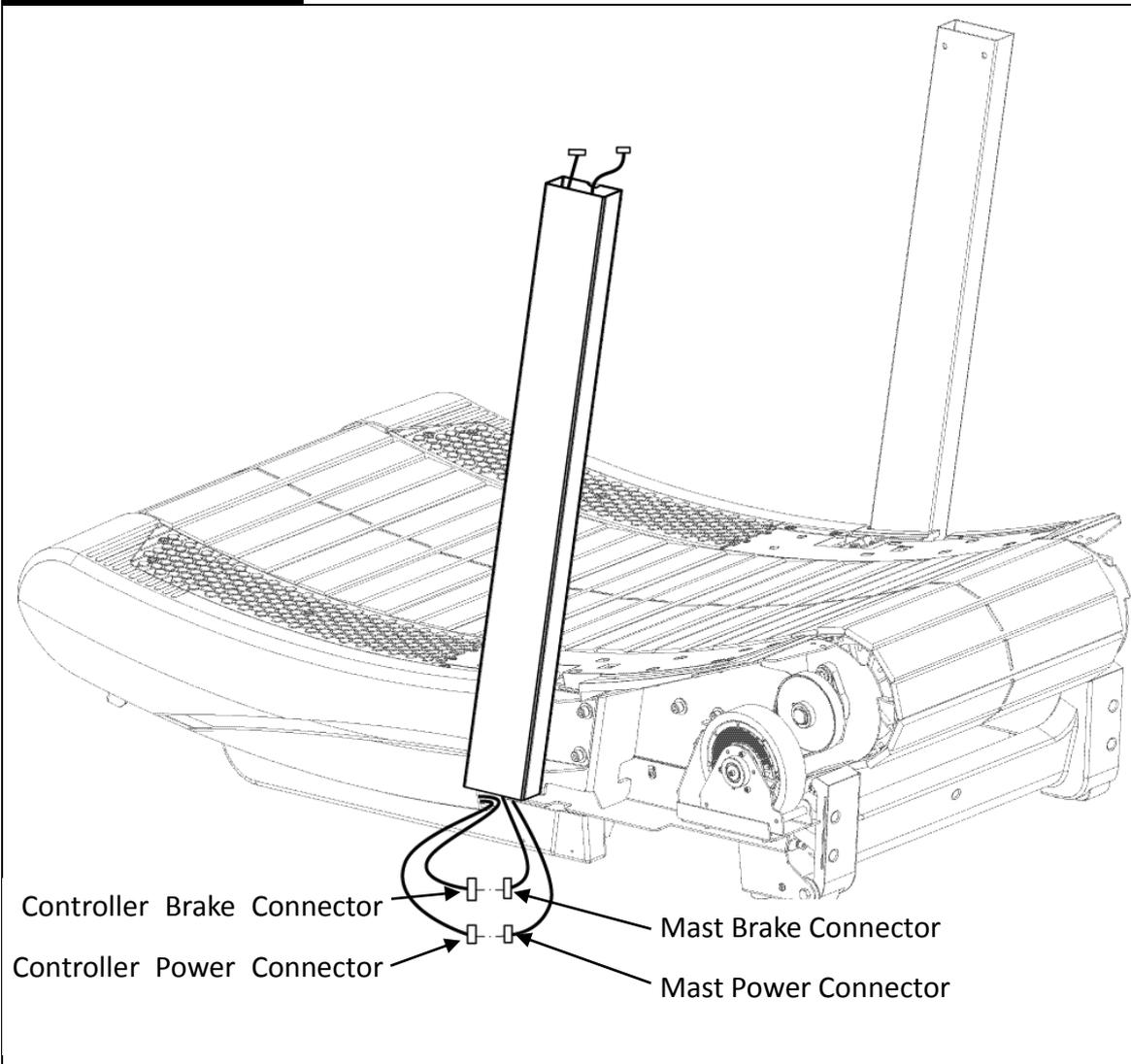


Ref. NO.	Reference Image	Specification	Qty.
1		Left Mast	1
5		Right Mast	1
2		Hex Socket Set Screw M10×1.5×25L	8
3		Serrated Safety Washer M10	8
4		Flat Washer Φ10×Φ25×2T	8
T1		8mm Hex Key (Allen Key)	1

STEP 2

Connecting the Controller with Mast Wire

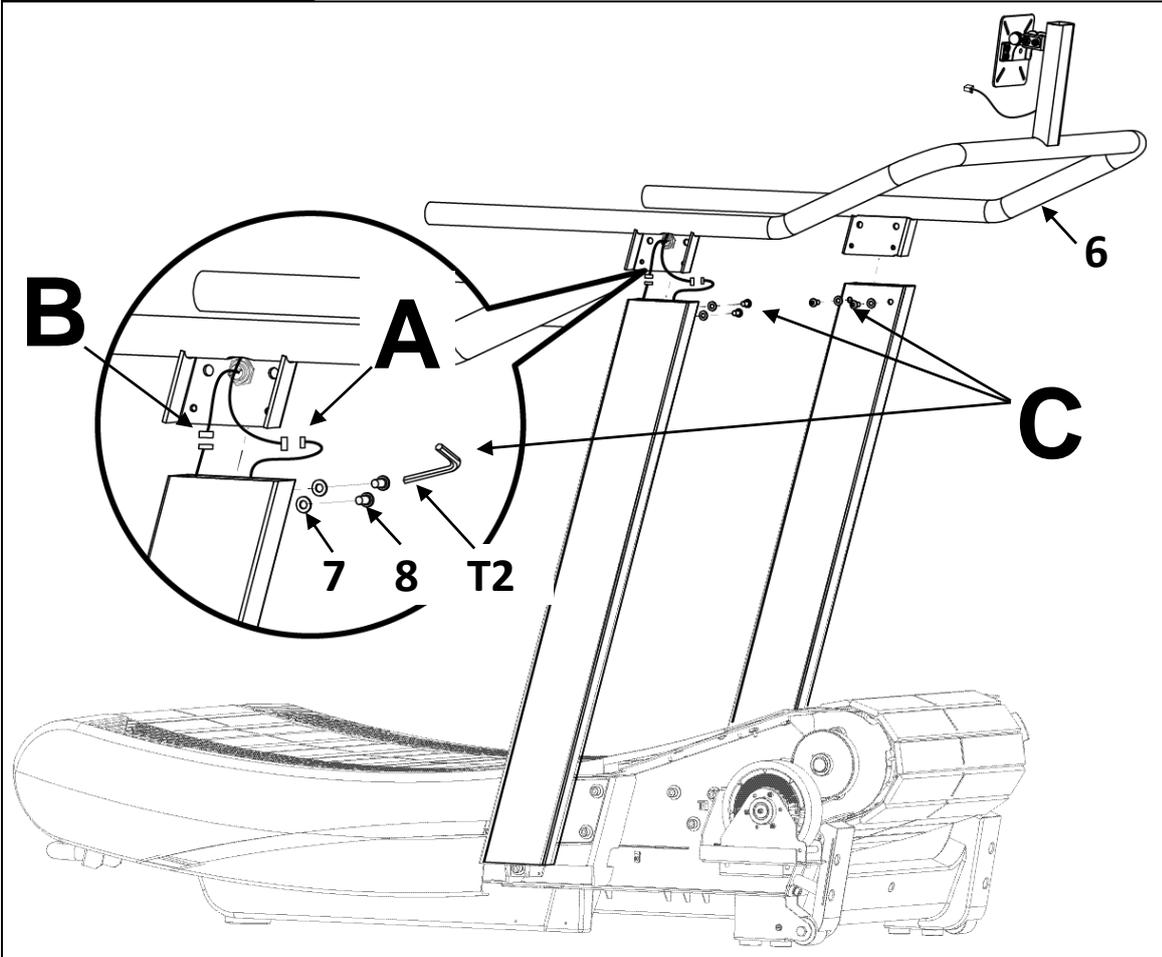
- A) Connect the Brake connector from the mast to the connector from the controller (coming out from the side cover).
- B) Connect the Power connector from the mast to the controller connector (emerging from the side cover).



STEP 3

Assembling the Handrail

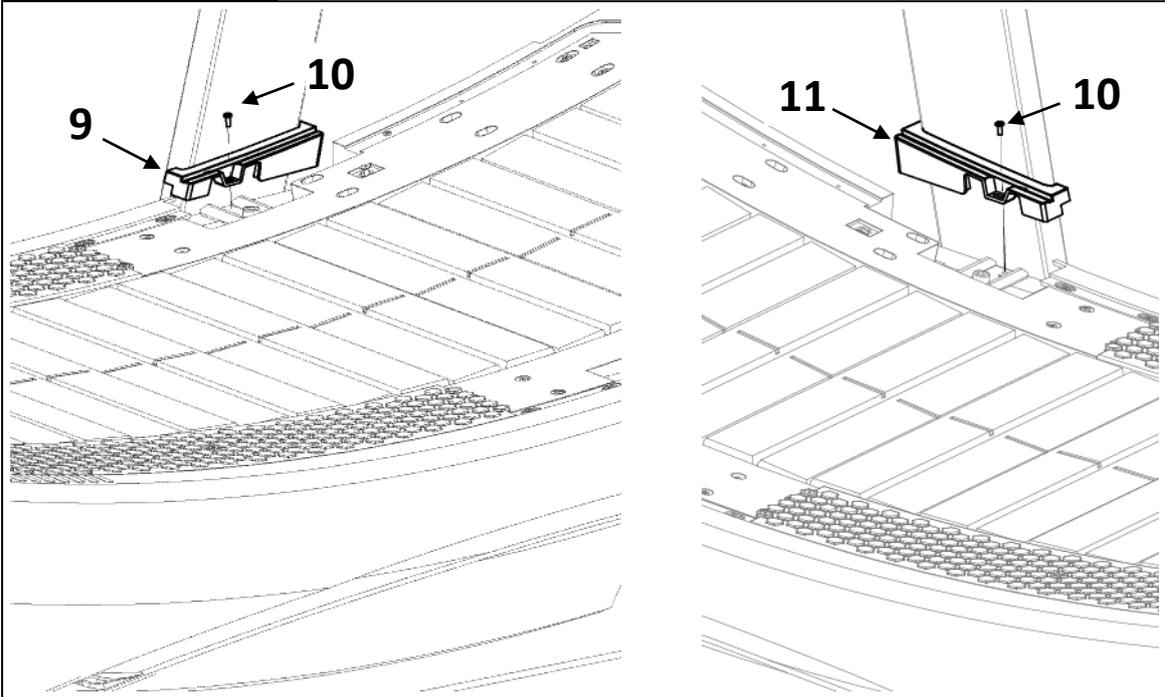
- A) Under the right handrail, connect the Power connector from the handrail to the corresponding connector that emerges from the mast.
- B) Under the right handrail, connect the Brake connector from the handrail to the corresponding connector that emerges from the mast.
- C) Align and install both sides of the handrail on the masts and fasten according to the following images.

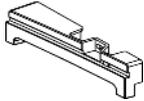
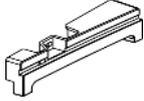


Ref. NO.	Reference Image	Specification	Qty.
6		Handrail and Console Holder	1
7		Flat Washer $\Phi 8 \times \Phi 16 \times 1.5T$	4
8		Button Head Hex Socket Screw $M8 \times 1.25 \times 15L$	4
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 4

Fasten Mid-Left and Right Covers



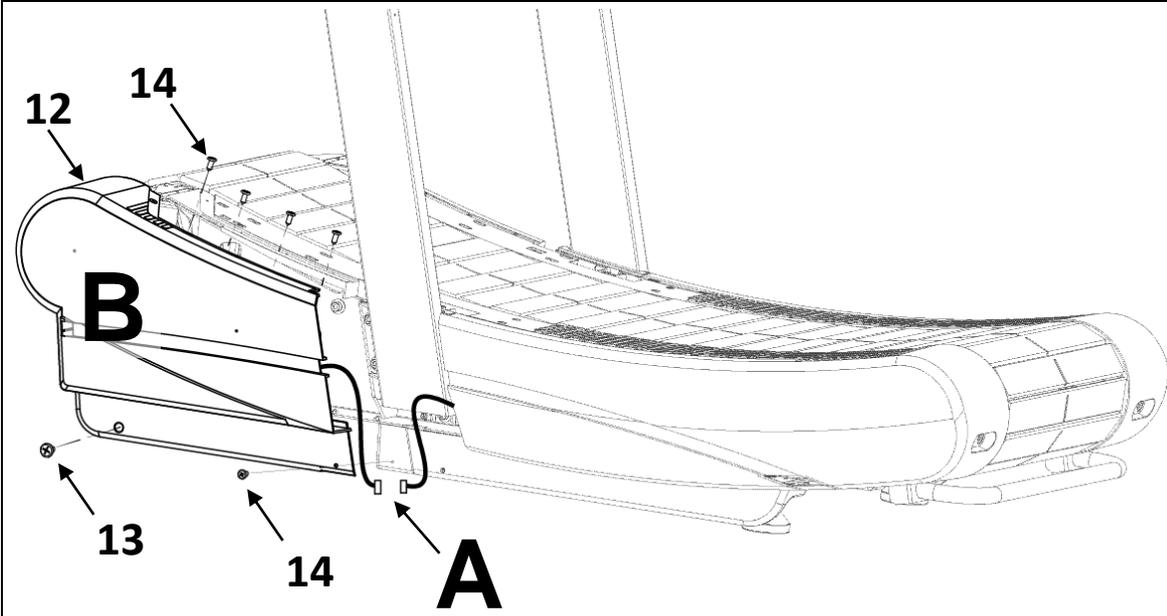
Ref. NO.	Reference Image	Specification	Qty.
9		Mid-Left Cover	1
11		Mid-Right Cover	1
10		Round Head Phillips Screws M4×0.7×10L	2
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

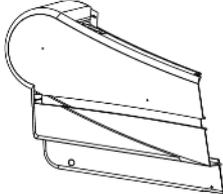
STEP 5

Installing the Front Left Cover

A) Connecting: Connect the wire from the Front Left Cover with that of the light.

B) Fasten: Fasten the Front Left Cover.

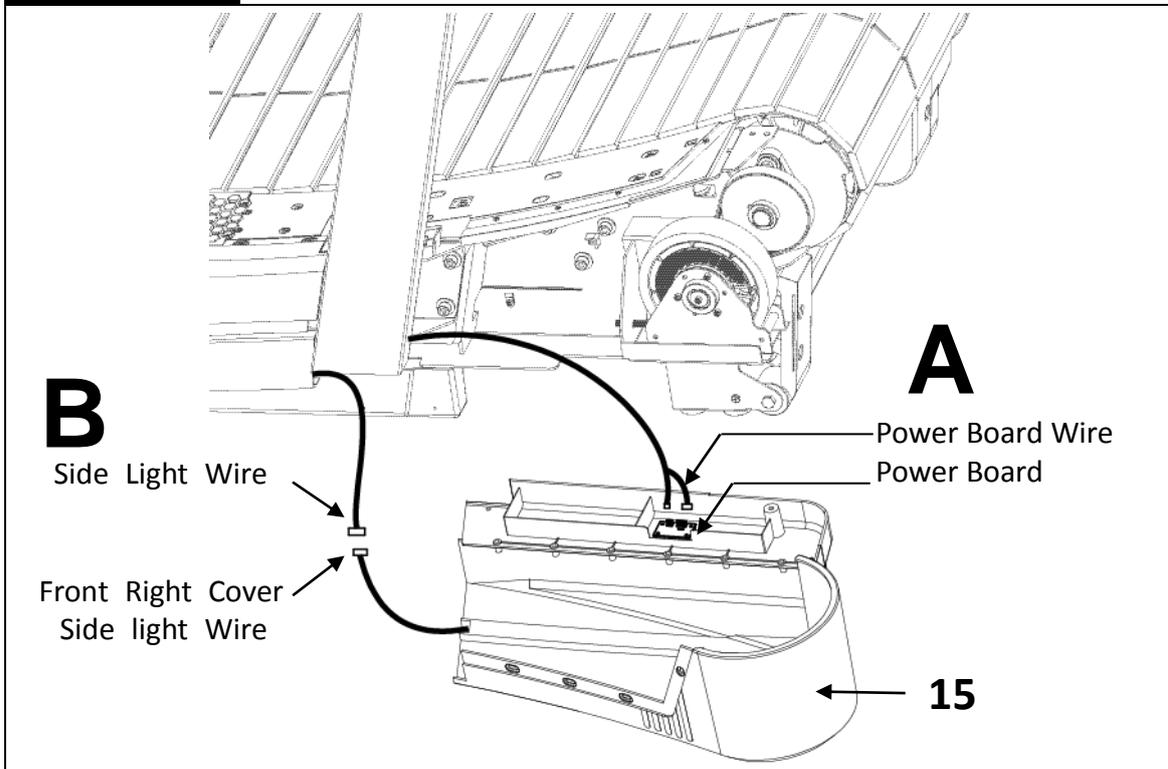


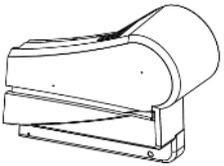
Ref. NO.	Reference Image	Specification	Qty.
12		Front Left Cover	1
13		Large Phillips Flat Head Screws M5×0.8×10L (Black EDP)	1
14		Truss Self Tapping Screw M4×10L	5
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 6

Installing the Front Right Cover

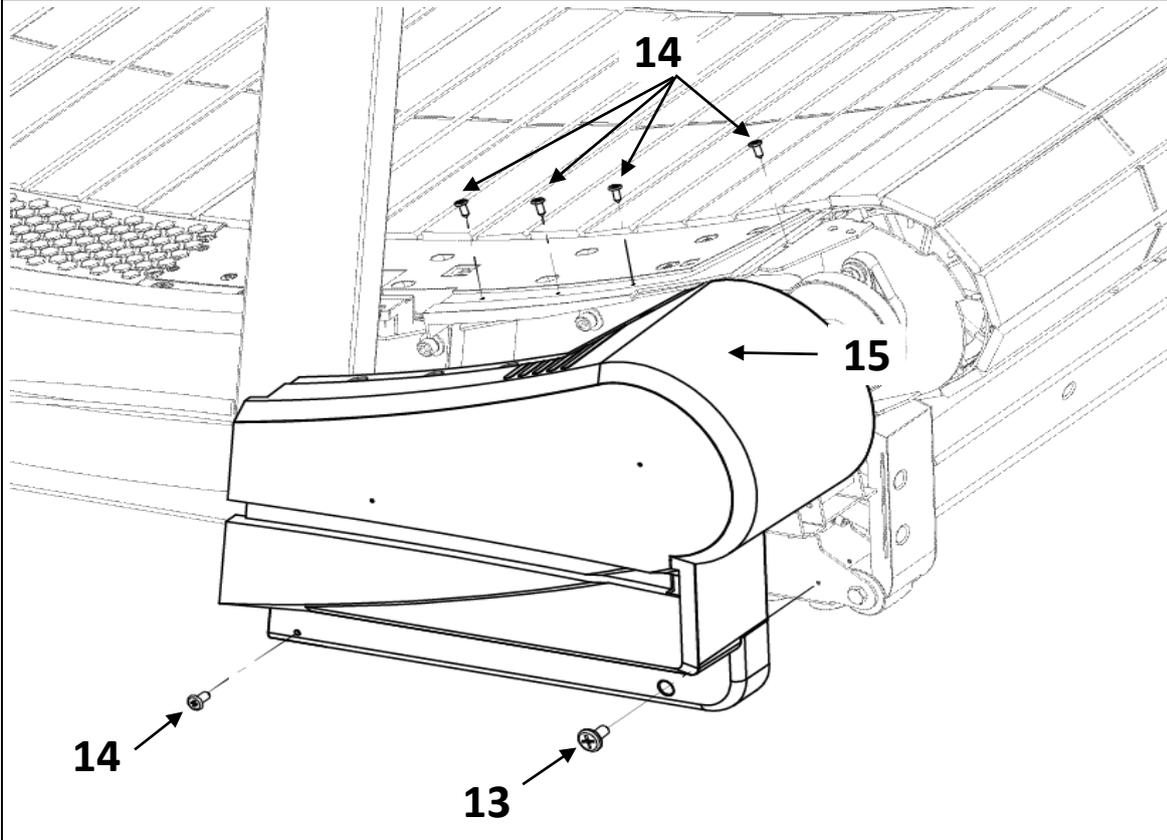
- A) Connect the power board wire to the power board located in the front right cover.
- B) Connecting the light connector in the front right cover with the side light connector.

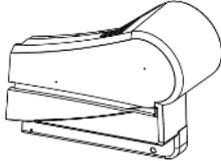


Ref. NO.	Reference Image	Specification	Qty.
15		Front Right Cover	1

STEP 7

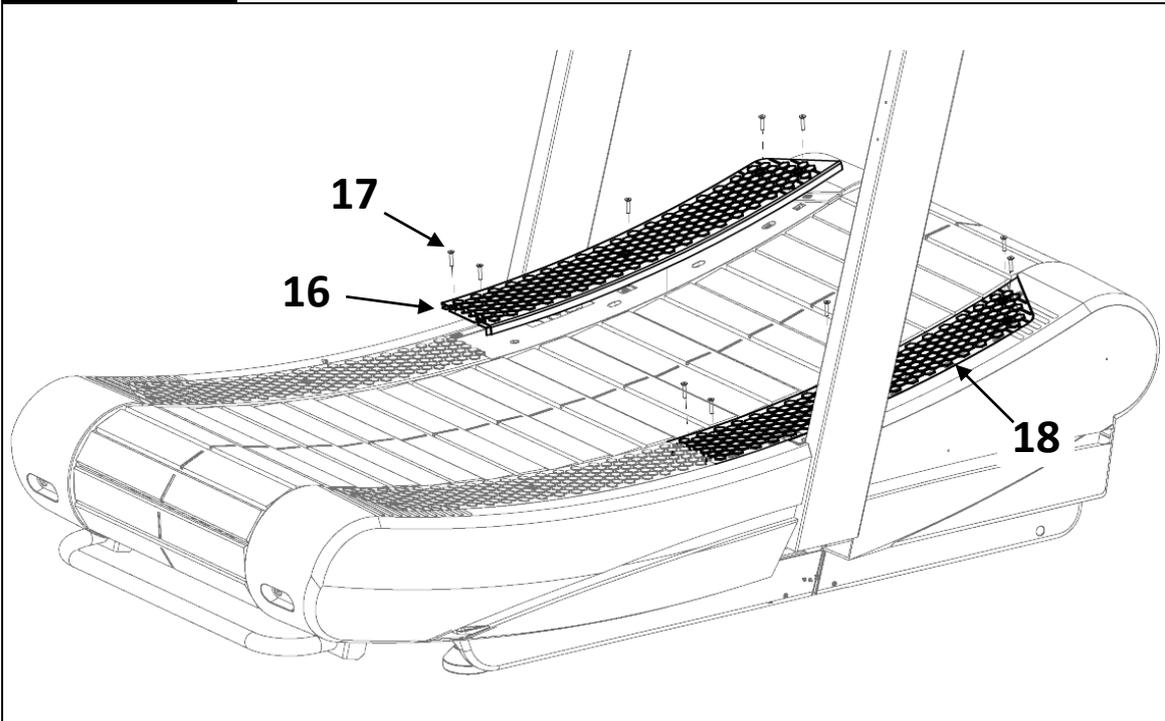
Fasten the Front Right Cover



Ref. NO.	Reference Image	Specification	Qty.
15		Front Right Cover	1
13		Large Phillips Flat Head Screws M5×0.8×10L (Black EDP)	1
14		Truss Self Tapping Screw M4×10L	5
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 8

Fasten the Front Left and Right Footrests



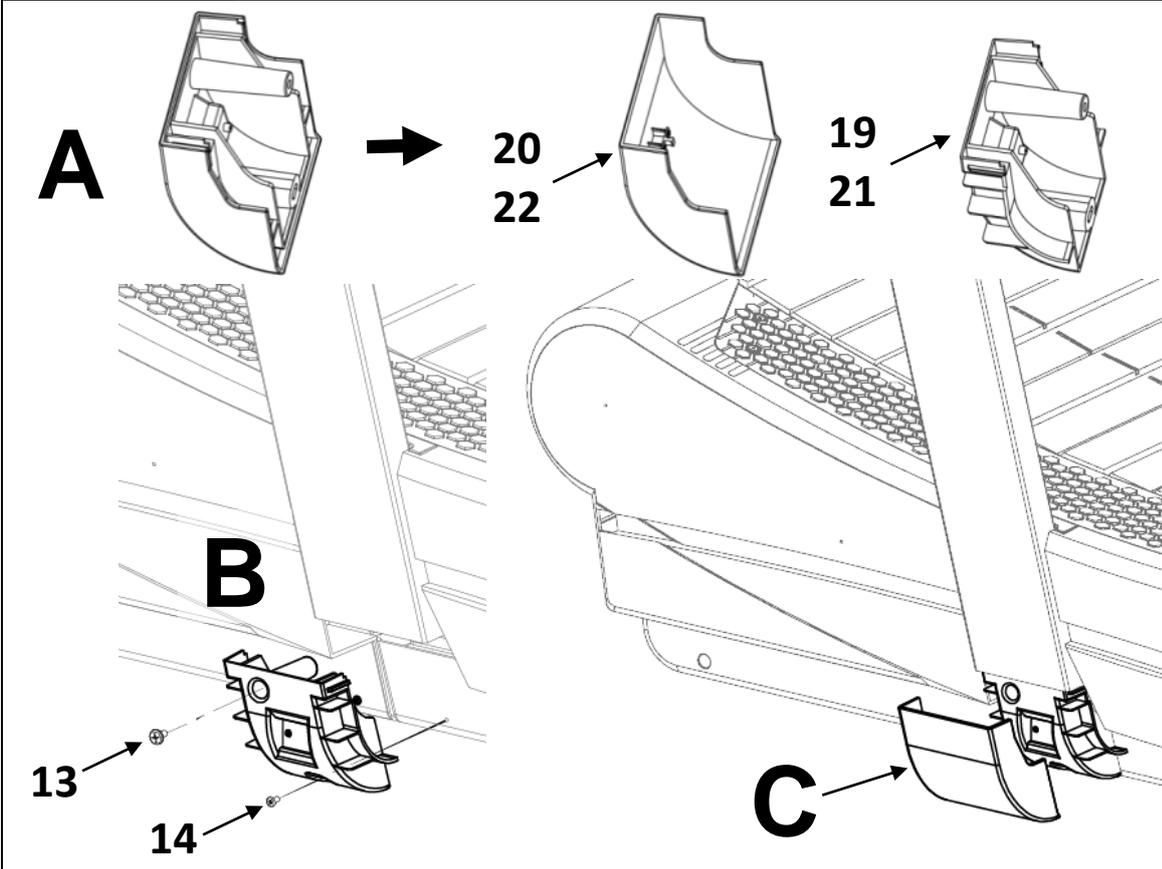
Ref. NO.	Reference Image	Specification	Qty.
16		Front Left Footrest B	1
18		Front Right Footrest B	1
17		Flat head Self Tapping Screw M5×0.8×25L	10
T4		3mm Hex Key (Allen Key)	1

STEP 9

Install the Inner and Outer Mast Covers

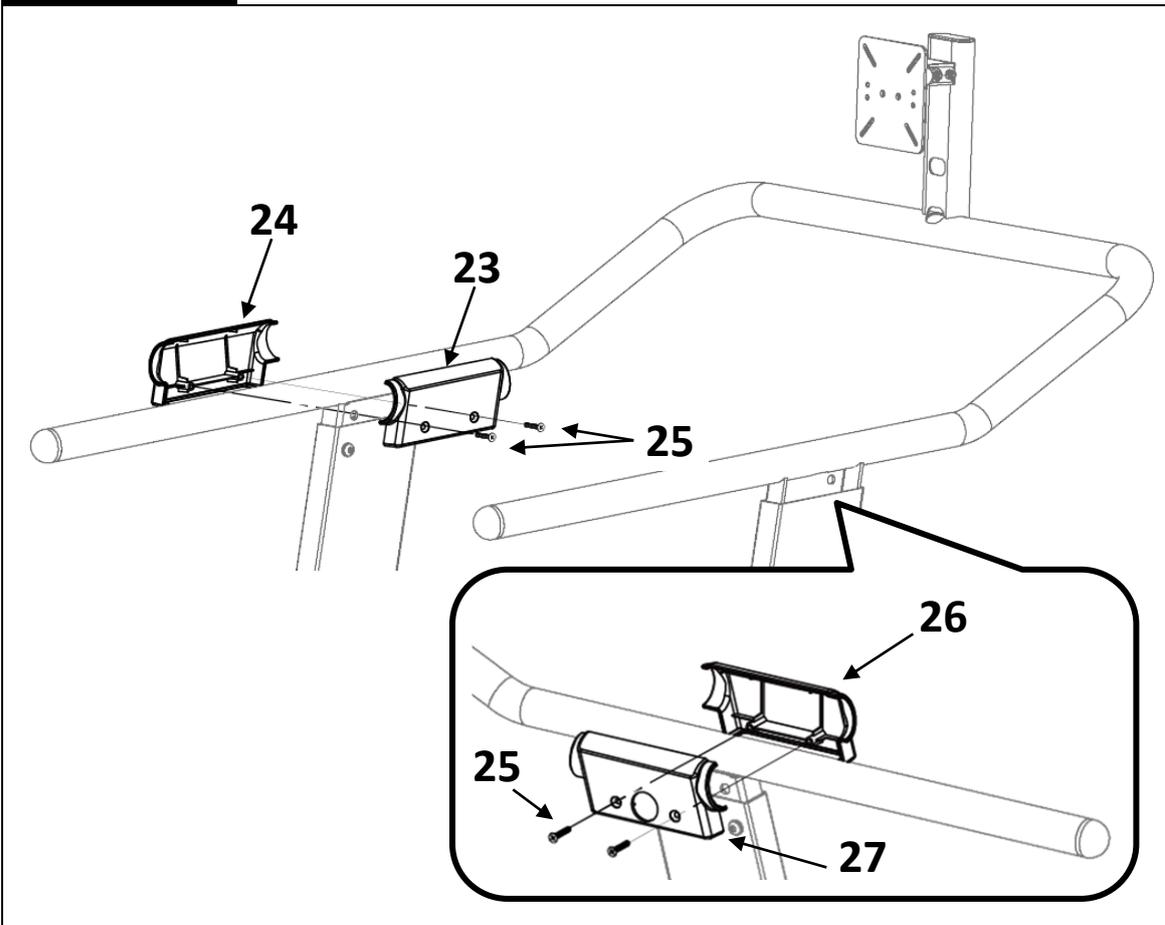
Please follow the steps below to install the inner and outer mast covers.

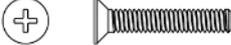
- A) Separate the inner and out covers, which were put together for transportation purposes.
- B) Screw the inner cover on the treadmill's main frame.
- C) Latch on the outer cover to the inner cover.



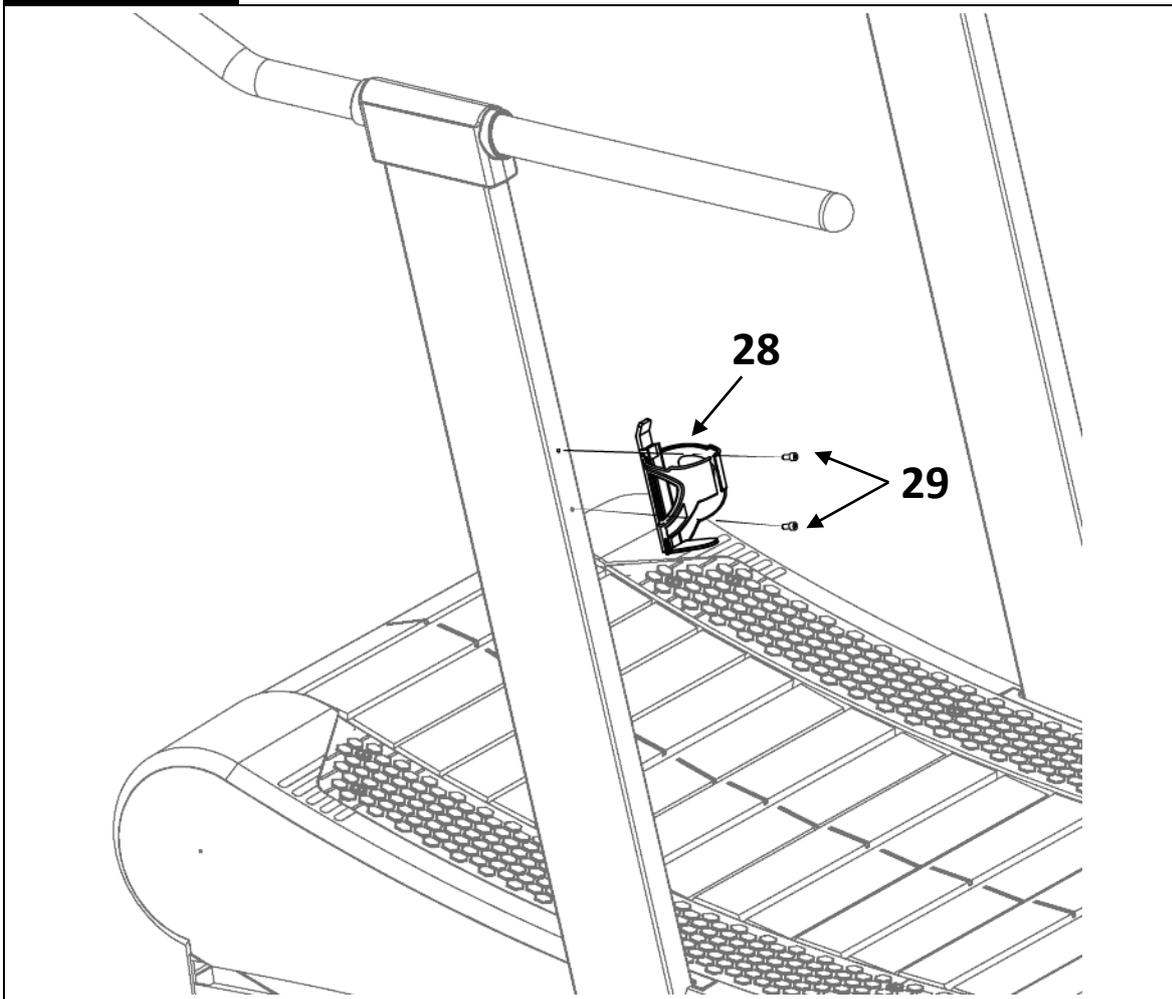
Ref. NO.	Reference Image	Specification	Qty.
20 19		Inner Left Mast Cover 19 Outer Left Mast Cover 20	1
22 21		Inner Right Mast Cover 21 Outer Right Mast Cover 22	1
13		Large Phillips Flat Head Screws M5×0.8×10L (Black EDP)	2
14		Truss Self Tapping Screw M4×10L	2
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 10 Fasten Left and Right Handrail Covers



Ref. NO.	Reference Image	Specification	Qty.
23 24		Left Handrail Cover B Left Handrail Cover A	1
26 27		Right Handrail Cover A Right Handrail Cover B	1
25		Flat Head Phillips Self Tapping Screw M5×0.8×30L	4
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 11 Install the Bottle Holder

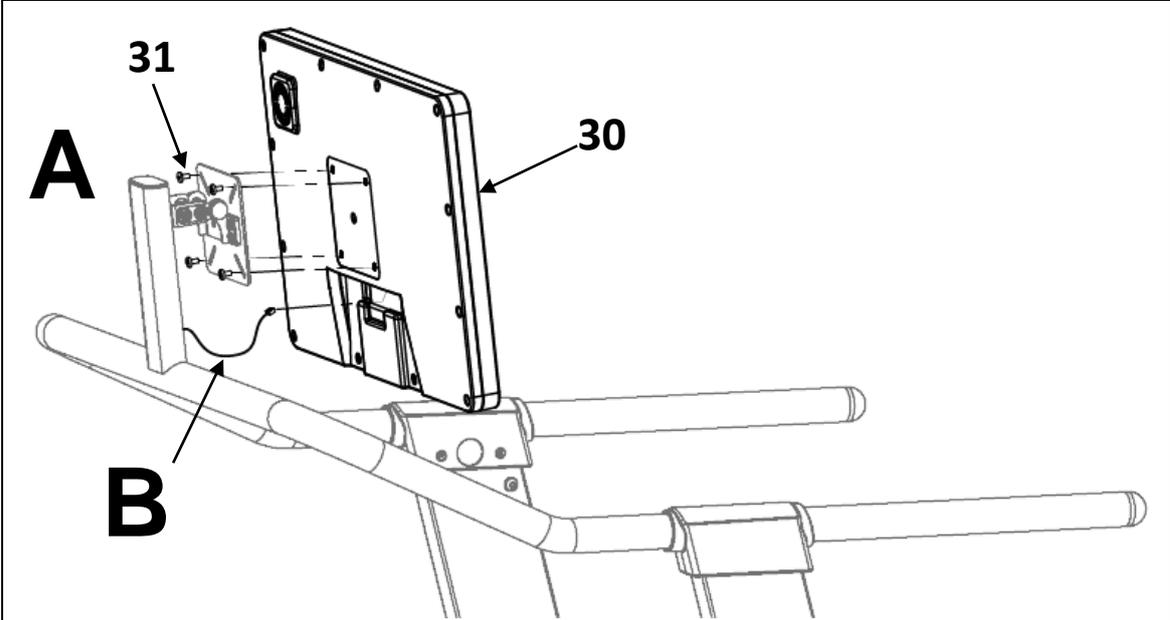


Ref. NO.	Reference Image	Specification	Qty.
28		Bottle Holder	1
29		Hex Socket Set Screw M5×12L	2
T3		4mm Hex Key (Allen Key)	1

STEP 12

Install the 21.5" Console

- A) Screw the screen with the console holder on the Handrail.
- B) Connect the RJ45 wire from the Handrail to the port on the back of the console.

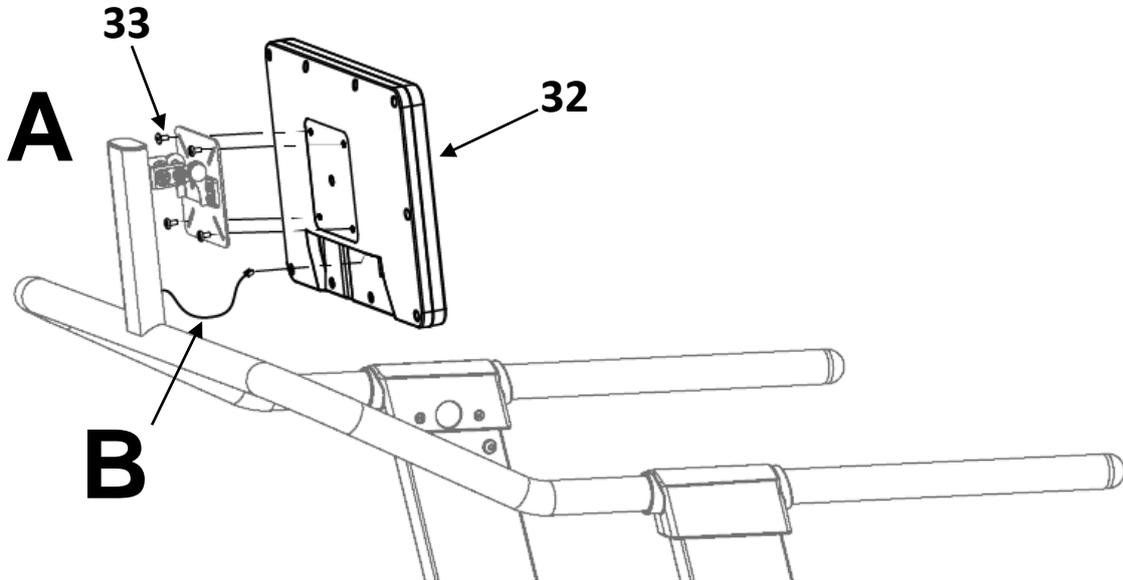


Ref. NO.	Reference Image	Specification	Qty.
30		21.5" TFT Console	1
31		Large Phillips Fat Head Screws M5×0.8×10L	4
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

STEP 12

Install the 15.6" Console (Alternative Model)

- A) Screw the screen with the console holder on the handrail.
- B) Connect the RJ45 wire from the handrail to the port on the back of the console.



Ref. NO.	Reference Image	Specification	Qty.
32		15.6" TFT Console(Option)	1
33		Round Head Phillips Screws M4×0.7×10L	4
T2		5mm Phillips Hex Key (Phillips Allen Key)	1

ASSEMBLY COMPLETED!

For first use or when the battery is low, it is recommended to plug in and charge the battery.

(See [4.9 Charging](#))

3.8 Moving the Treadmill

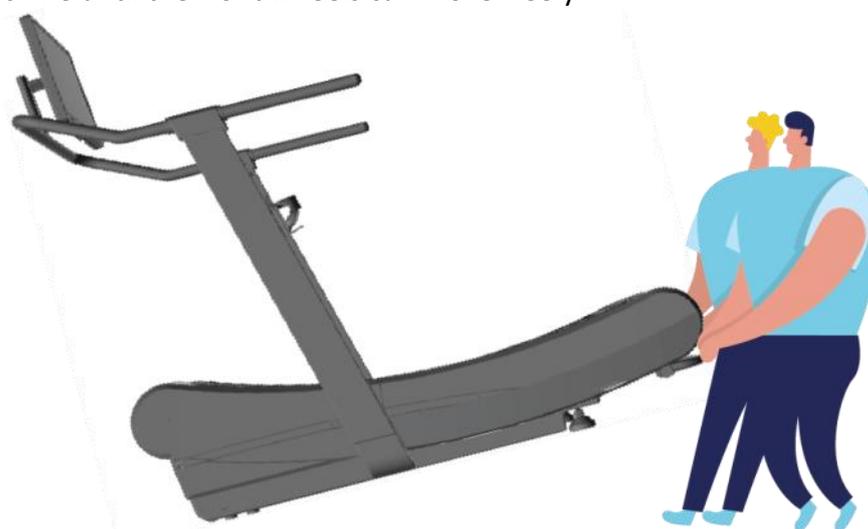
When moving or lifting the machine, use both hands and collaborate with multiple personnel. Follow the instructions below to avoid potentially dangerous situations, such as loss of balance:

- 1) Crouch down to protect your back and engage your leg muscles. Hold the handle located on the rear side of the machine and lift it carefully.



Source of character illustrations: ManyPixels

- 2) Raise the machine until the front wheels can move freely.



Source of character illustrations: ManyPixels

- 3) Push or pull the machine to the designated location, then lower it gently to the floor.

⚠ ATTENTION!

- The treadmill is very heavy, please lift or move it with care.

4 Operation

4.1 Using the Equipment

- Under any circumstances, the equipment is for one person to use only. **DO NOT** have more than one user using it simultaneously.
- **DO NOT** use the product in the presence of small children or pets.
- Maximum user weight limit: 397 lb (180 kg).
- Please be sure to wear proper exercise attire and athletic shoes. Wearing loose clothing or having your shoelaces loose may cause injury or death when the loose parts are caught in the machine. **DO NOT** attempt improper use of the product, such as jumping onto, standing, or sitting on the slat belt.
- Use extreme caution when stepping onto or off the slat belt. Please grasp the side hand grips and place your feet on each of the side footrests.
- **DO NOT** step onto the rotating slat belt from the rear to prevent slipping and avoid injury.
- When exercising, always maintain a comfortable pace.
- **DO NOT** touch the slat belt while it is in motion.
- **DO NOT** drop or insert any object into any opening. An obtrusive object in an opening may cause electrical shock or injury to personnel.
- **DO NOT** place any items on the casing, running board, or screen.
- The person in charge of the gym must explain to the users about proper and improper use of the equipment.
- Please use a damp cloth to wipe down the treadmill. **DO NOT** use solvent-based cleaners.

WARNING!

- Please be sure to read through and be familiar with the instructions and warnings from this guide. This will reduce the potential for injury and insure your safety.
- Please consult your physician before starting any exercise plan. Improper training or overtraining can result in serious injury or death.

4.2 Before Use

Running is one of the simplest and efficient aerobic exercises. Treadmill is an essential tool for you to establish or maintain a habit of running. Exercising on a regular basis could benefit both physical and mental health by enhance metabolism, cardiovascular capability, and engage in weight loss.

■ **Before starting your training plan, be sure to consult your doctor or a professional trainer.**

■ **To prevent possible injury, please evaluate your physical condition and be sure to do the following:**

- 1) Please warm up properly before the workout.
- 2) Check to make sure no objects are placed on the treadmill belt.



Figure A



Figure B



Figure C

Source of character illustrations: ManyPixels

- 3) Getting on the Machine: Please hold on both sides of the Handrail, and stepping on the side footrest (*Figure A*). Then, step onto the middle section of the treadmill (*Figure B*). **DO NOT** step onto the machine from the by stepping on the belt from the rear end.
- 4) Start at a stable speed. As you become more comfortable, increase your walking or running pace. Once you feel balanced, you can release the Handrail and maintain a natural posture while running.
- 5) Due to the curve quality, when you run closer to the screen, the speed will increase whereas by moving toward the rear side, the speed will decrease (*Figure C*).
- 6) Maintain proper posture and exercise attentively. When using media entertainment, prioritize personal safety and posture to prevent injury from incorrect forms.
- 7) Please adjust your training time and intensity according to your own physical condition. Overtraining will cause chronic fatigue and/ or severe physical injury.
- 8) When exiting the treadmill, please hold on to the Handrails and place your feet on the footrests. Exit from either side of the footrest. **DO NOT** exit the treadmill immediately after use as one may experience dizziness.
- 9) Please properly stretch or massage the sore muscle accordingly to prevent fatigue.

■ **Exercise Guidelines for Adults (HPA):**

Benefits	Activities	Freq.	Duration
Improve cardiorespiratory fitness and endurance.	Aerobic exercise such as running, power walking, swimming, cycling, dancing, rope skipping, ball games, traditional fitness, etc.	At least 3 times a week.	At least an average of 20 minutes per time.
Enhance muscular strength and stamina	Weight training, Pull-ups, Push-ups, etc.	At least twice a week.	At least 1~3 sets each time. At least 10~20 reps per set. Take a 2~3 minutes break in between
Improve flexibility.	Stretching exercises, traditional fitness, gymnastic ,etc.	At least 3 times a week.	Stretch at least 8~10 parts of your body. Each muscle stretch at least 20~30 seconds and perform 1~3 repetitions.
Improve body mass (Maintain a healthy percentage of body fat).	Mainly Aerobic exercise supplemented with weight training.	At least 3 times a week.	At least 20 minutes each time. At least 1~3 groups per day.

Reference: <https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=571&pid=882>

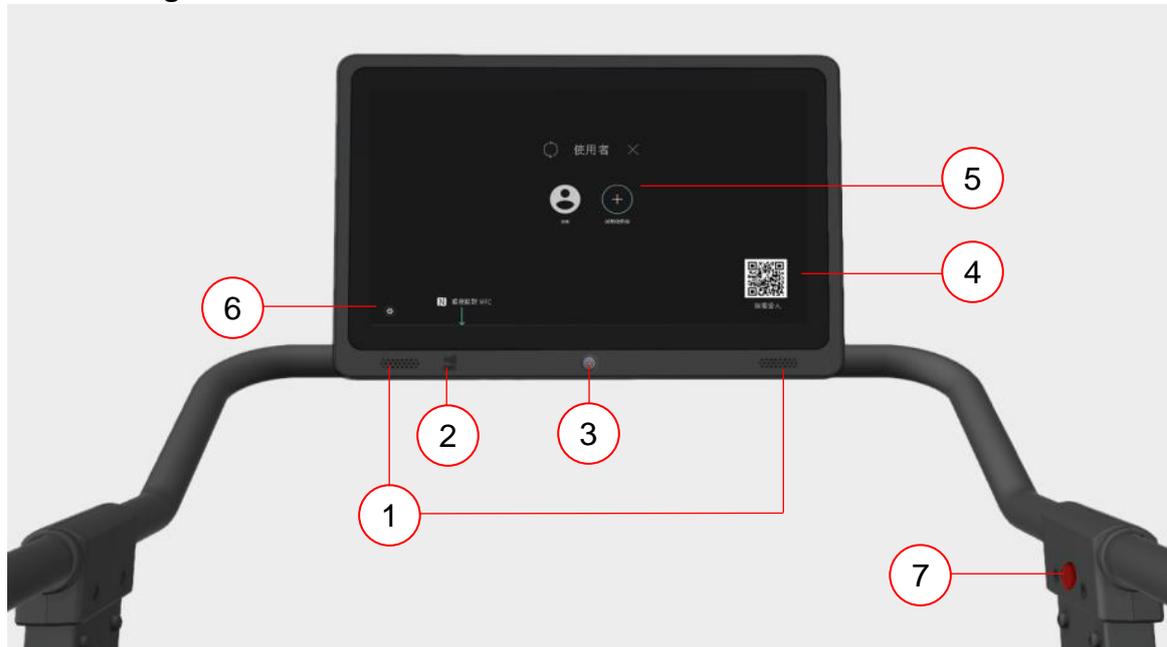
 **ATTENTION!**

- Always wear proper running shoes while using this equipment. **DO NOT** operate the machine barefooted or wearing only socks.
- **DO NOT** wear loose clothing, dangling accessories, or loose shoelaces as they may get caught in the machine.
- If you are experiencing any kind of pain, nausea, dizziness, shortness of breath, etc., Stop exercising immediately and consult a doctor if the symptoms persist.

4.3 Operation Overview

The TFT only has one button. Most actions are done through on-screen operation.

■ Home Page



① Speakers (L/R)

NFC Detection Point:

- ②
- Detecting selected NFC devices. (See [4.5 NFC Quick-Pair](#))
 - Take the bound NFC device near the spot to have quick login to [GPTfit](#) ◦
-

③ Power: **Press the**  **button** to turn off.

④ Scan the QR code to login: Scan the QR code with mobile device to login or set up [GPTfit](#) account.

User Selection:

- ⑤
-  Guest Login
 -  Add User
-

Quick Setup:

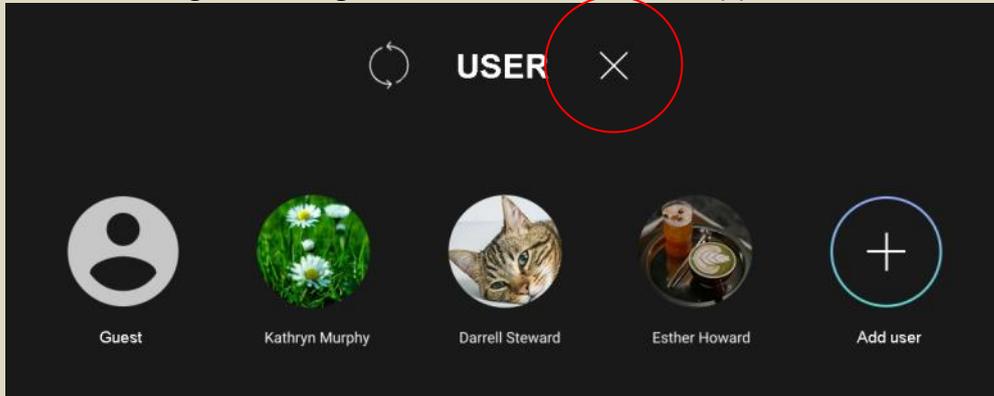
- ⑥ 
- Pairing Bluetooth Heart Rate Device/ Audio Device
 - Wi-Fi Selection
 - Volume Adjustment
 - Screen Brightness Adjustment
-

⑦ Electronic Brake Button: (Red Button)
Press and continuously hold onto the button to slow down or stop the belt.

ATTENTION!

- Data generated under “Guest” will not be saved.
- On the login page, users may set up to three quick-login user account. If you would like to remove existing quick-login user, please remove them manually.

On the Home Page, **selecting** “X,” then remove the user(s).

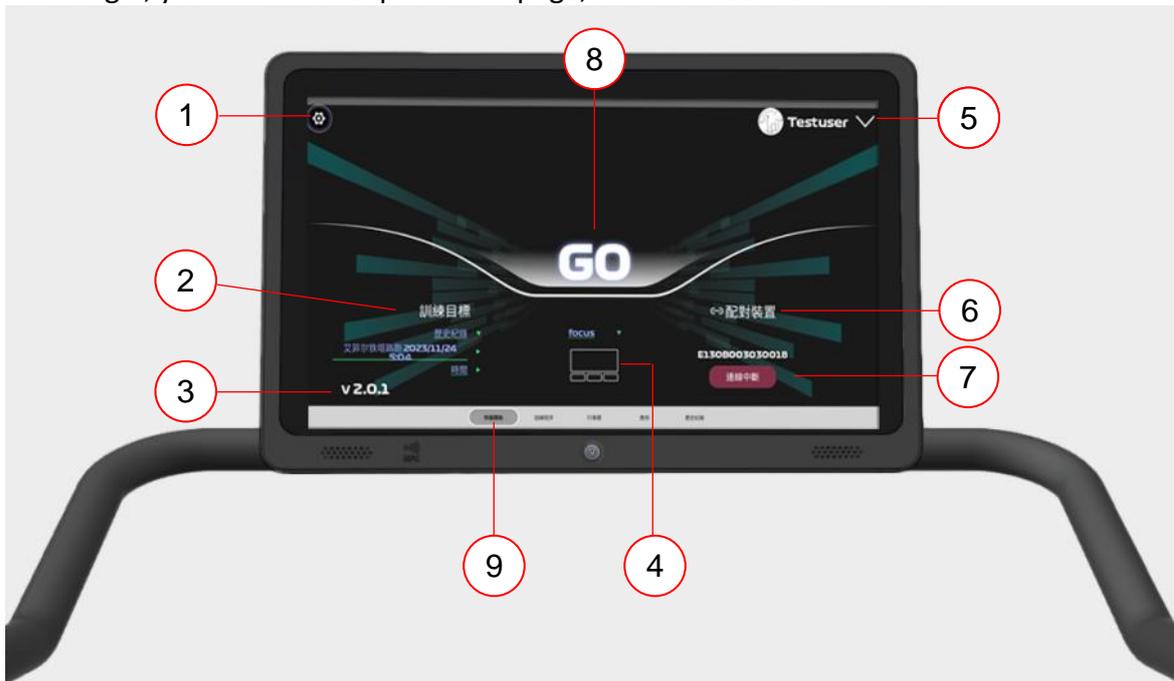


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- User and activity data will be stored in the [GPTfit](#) cloud-based platform not in this device. Therefore, by removing a user on the starting page will not delete the user’s uploaded data in [GPTfit](#).

■ Quick Start

Once login, you will see the quick-start page, the features are listed below:



<p>① </p>	<p>Quick Setup:</p> <ul style="list-style-type: none"> ● Pairing Bluetooth Heart Rate Device/ Audio Device ● Wi-Fi Selection ● Volume Adjustment ● Screen Brightness Adjustment
<p>② Training Target</p>	<p>Once logged in, you can select [GO] to begin workout, or set up the following:</p> <p>Select [Item Setup ▼] under [Training Target] and setup your preferred training indicators. For more information, please see 4.7 Training Target.</p>
<p>③ Version</p>	<p>This indicates the current software version of the console</p>
<p>④ Data Layout</p> <p>  </p> <p>Linear Quad Focus</p>	<p>Select your preferred layout for the data display.</p> <ul style="list-style-type: none"> ● Linear: Equally dividing the data into four linear sections. ● Quad: 2×2 cubes. ● Focus: Selecting one of the data as the main focus of the display and the other three as smaller sections underneath. Select  <p>and set your preferred data as the main focus.</p>
<p>⑤ Set Up</p>	<p>After logging in, you can find the following features:</p> <ul style="list-style-type: none"> ● User Account Setup, including Basic Information, preferences, and Privacy Setting. ● Device Setting, including Lighting Setting, Pair the device, Product registration. ● Log out <p> When operating with a Guest account, users will find [Exist] instead.</p>

⑥ Connecting to Heart Rate Devices	Select [Heart Rate Sensor] to connect to heart rate devices.
⑦ Disconnect to Heart Rate Device	Select [Disconnected] to disconnect the connected heart rate device.
⑧ GO	Select [GO] to begin workout.
⑨ Task Bar	<p>From the Task bar, you can switch between the following windows:</p> <ul style="list-style-type: none"> ● Quick Start ● Training Program ● Calendar ● Application: built-in Ala CloudRun APP. This is a running app that allows friends to race together on world renowned running routes. Users can select from short, medium, and long routes with real-life simulations. See more on Introduction to CloudRun. ● History <p>👉 When operating with a Guest account, there will be no Task Bar.</p>

■ Main Page of Exercise Mode

Please see the features listed below:



①		<p>Quick Setup:</p> <ul style="list-style-type: none"> ● Pairing Bluetooth Heart Rate Device/ Audio Device ● Wi-Fi Selection ● Volume Adjustment ● Screen Brightness Adjustment
②		Real-time data display
③		Select to switch the displayed data on the left
④	 	<p>Select to turn the [Comfort Mode] on.</p> <p>Select to turn the [Sport Mode] on.</p>
⑤	<p>Resistance (%)</p> <p>PWR Limit (W)</p>  	<p>Select to adjust the Resistance level, there are six levels available: Min /20% /40% /60% /80% /100%, you can tap on  or  for minor adjustment, the larger percentage indicates higher resistance.</p> <p>Select to adjust base on power generation, there are six levels available: Min /30W /60W /90W / 120W /150W, you can tap on  or  for minor adjustment, the larger wattage indicates higher resistance.</p> <p>Select to change the options.</p>
⑥		Select to switch the displayed data on the right.
⑦		Select to access preinstalled media platform such as YouTube, Netflix, Iqiyi or Spotify.

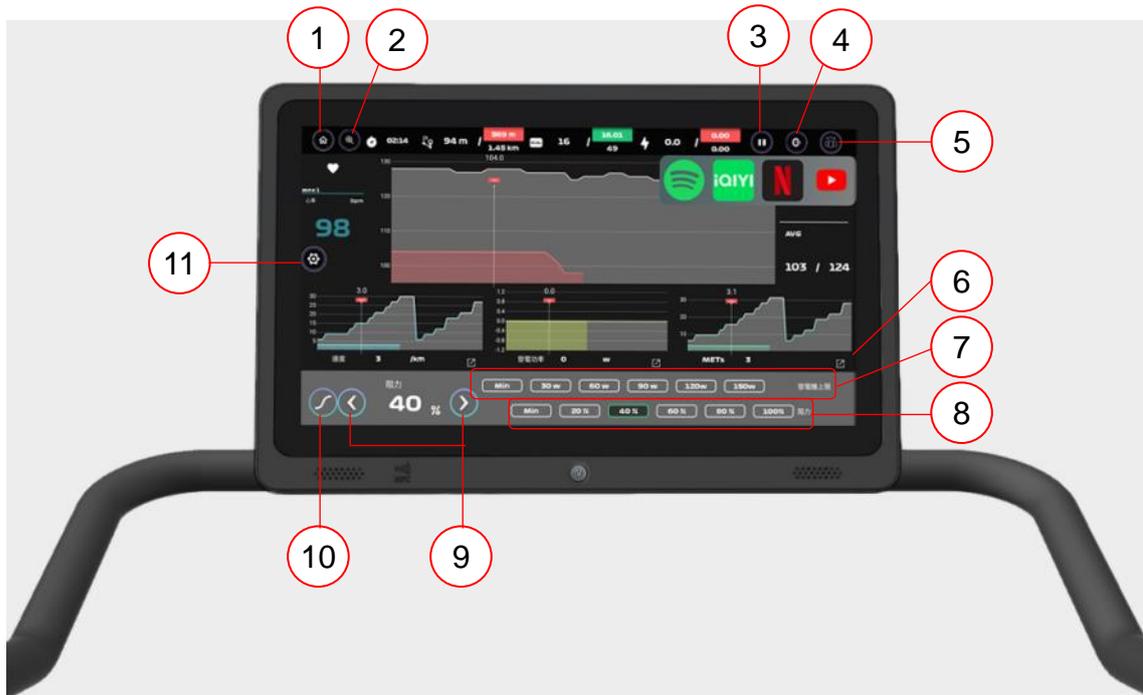
⑧		Select to mark the laps manually.
⑨		Select to pause. Once paused, select to continue. To end select

ATTENTION!

- [Comfort Mode] allows a smoother increase and decrease of resistance as you switch the gear.
- [Sport Mode] allows a quicker reaction time so that the switch of resistance would be performed immediately after selection. Please notice that to switch resistance under a fast running speed you are at your own risk of slide. Please be sure to slow down when making resistance change for both and .

■ Diagrams of Exercise Mode

Please see the features listed below:



①		Return to Exercise main page.
②		Adjust graphic resolution.
③		Select to pause. Once paused, Select to continue. To end select .
④		Select to mark the laps manually.
⑤		Select To access preinstalled media platform such as YouTube, Netflix, Iqiyi or Spotify.
⑥		This function is available in the Focus style display. It is located on the bottom right of the display window. Select to switch the focus of the display.
⑦	W	Select to adjust base on power generation, there are six levels available: Min /30W /60W /90W / 120W /150W, you can tap on or for minor adjustment, the larger wattage indicates higher resistance.
⑧	%	Select to adjust the Resistance level, there are six levels available: Min /20% /40% /60% /80% /100%, you can tap on or for minor adjustment, the larger percentage indicates higher resistance.
⑨		Select to change the options.

⑩		Select to turn the [Comfort Mode] on.
		Select to turn the [Sport Mode] on.
⑪		<p>Quick Setup:</p> <ul style="list-style-type: none"> ● Pairing Bluetooth Heart Rate Device/ Audio Device ● Wi-Fi Selection ● Volume Adjustment ● Screen Brightness Adjustment

ATTENTION!

- [Comfort Mode ] allows a smoother increase and decrease of resistance as you switch the gear.
- [Sport Mode ] allows a quicker reaction time so that the switch of resistance would be performed immediately after selection. Please notice that to switch resistance under a fast running speed you are at your own risk of slide. Please be sure to slow down when making resistance change for both  and .

4.4 Operation Instruction

The following will inform you of the operation instructions. It is highly recommended that one also consult the [Console Instruction Manual](#) to have a better understanding of console set up and the built-in programs, etc.

STEP 1. Turn on the treadmill: Steadily and continually exercise on the treadmill with the speed of 5 km/h and above to wake the treadmill.

👉 If the treadmill did not wake up after the user has exercised with the speed of 5 km/h, please connect to the power and continue to walk until the screen has been light up and the main page appears.

STEP 2. Wi-Fi Setup: **Select** the icon  to search and select Wi-Fi.

STEP 3. Account Registration: **Select**  to add new user > **Select** [Register] (words in blue) and follow the onscreen instructions.

👉 When registering an account, please provide some basic user information such as the user's email, nickname, gender, birthday, height, weight, etc.

👉 Once you set up an account, you will receive a systematic email confirmation. Please follow the instruction to complete the registration process.

👉 If you already has a [GPTfit](#) account, simply scan QR code at the down right corner to login.

👉 It is highly recommended that each person utilizes the personal [GPTfit](#) account to optimize training outcomes by accessing analytical and personalized training data. This data is private by default.

STEP 4. **Select** your account avatar to login and operate the treadmill.

👉 Once logged in, your avatar will appear on the Home Page and remain login during usage. To logout, **select** [Your Avatar] → [Log out].

👉 You can also **select** Guest Login; however, your workout data will not be saved under this mode.

STEP 5. Register the Product: Once logged in, **select** [Your Avatar] on the top right corner, go to [Set up] > scroll up until seeing [Product Registration] > **scan** the QR code with your mobile device > follow the onscreen instructions on your mobile device to complete registration.

STEP 6. Bluetooth Device Selection: **Select**  on the left side →  to connect to a Bluetooth audio device and/or Bluetooth heart rate device.

STEP 7. Begin exercising.

STEP 8. Once the exercise is completed, **select** [Uploading Data] and **press the button** to turn the treadmill off.

Note

- 1 Heart rate data is only available when a Bluetooth heart rate device is connected.
- 2 The treadmill will turn to sleep mode after 3-5 minutes after being left idle in non-exercise mode for energy preservation. To wake the treadmill, please walked with the speed of 5km/h on the treadmill.

ATTENTION!

- During cases when the power could not be turned on, immediately connected with the power or exercise at the constant speed of 9 km/h until the main page appeared on the screen.
- When the energy is too low, a pop-up window would appear and indicate **20% of Battery life**. Please immediately connect to the power or exercise at the constant 9 km/h speed. It is also recommended to increase the power generation with the following methods: increase the resistance up to 40%, or the Power Watt Resistance up to 50W and above.

4.5 NFC Quick-Pair

NFC¹ is a short-range pairing technology that facilitates connections between two Bluetooth devices via touchpoints. When using an already paired NFC device², you can achieve rapid pairing by placing it on the touchpoint  which is on the left lower of the console.

● **Each account could only bond one NFC device³ on the treadmill. Please follow the bonding instructions below.**

1. Turn on the heart rate monitor.⁴
2. Console: Steadily and continually exercise on the treadmill with the speed of 5 km/h and above to wake the treadmill.
3. **Select** [Your Avatar] on the screen → [Set Up] → [Device Setting] → [NFC Pairing the Device] → [Add a device +].
4. Place the NFC icon  of the device against the console touchpoint  to pair.

● **Once the pairing is completed, please complete the following instructions during the next use:**

1. Under the Home page, place the NFC icon  of the device against the touchpoint  which is on the left lower of the console to pair to perform a quick login.
2. Once logged in, **select** [GO] to begin exercising, your heart rate data can be transmitted in this mode.



● **How to switch your paired device?**

1. First, unpaired the paired device: **Select** [Your Avatar] → [Set Up] → [Device Setting] → [NFC Pairing the Device] → **Select** the icon  to proceed with unpairing the device.
2. Pairing to the new device: **Select** [Your Avatar] → [Set Up] → [Device Setting] → [NFC Pairing the Device] → [Add a device +].



Note

- 1 NFC near-field connection tag (passive).
- 2 NFC function is limited to using **ATTACUS Obeat3** or *Obeat1* NFC heart rate armband (Optional. Not included in the treadmill package).
- 3 Heart Rate Armband can be activated by *pressing the button*. Or *press and hold* to turn on and begin recording. More on the heart rate armband could be view here: [ATTACUS Obeat3 online manual](#) and [ATTACUS Obeat One online manual](#).

4.6 The LED Indicators

4.6.1 Heart Rate Zone Indicator

To set up the preference for the side indicator lights according to the heart rate zone, go to [Your Avatar] → [Set up] → [Device Setting] → [Lighting Setting]. As workout intensity increases, the heart rate zone approaches PEAK HIGH (Red), and with lower intensity, it moves closer to WARM UP (Blue). The Heart Rate Zone is a useful indicator to assess physical condition and adjust intensity accordingly.

Light	Heart Rate Zone		Training Intensity%		Effort	Feel	Training Functions	Purpose
			%MHR	%HRR				
Blue	Z0	Daily Life	~50	~55	Lowest	Inactive	Zone when one's not engaging workout	
Cyan	Z1	Warm Up	50~60	55~60	Low	relaxed	Facilitate warm-up & energy recovery	Get fit
Green	Z2	Fat Burn	60~70	60~65	Steady	Talking while exercising	Improve metabolism	Lose excessive weight
Yellow	Z3	Aerobic	70~80	65~75	Moderate	Tired & hard to keep talking	Enhance aerobic power	Aerobic fitness
Orange	Z4	Anaerobic	80~90	75~85	Hard	Feeling strenuous, can't talk comfortably	Increase speed & lactate threshold	Increase efficiency
Red	Z5	Maximum Effort	90~	85~	Very Hard	Out of breath & short heartbeat	Explosive power	Explosive power

WARNING!

- Heart rate monitors may be inaccurate for certain individuals or under some circumstances. The heart rate may display as higher or lower than the actual heart rate for individuals of certain physical features or under certain special activity.
- The heart rate device is for your reference only; it is not a medical device. Overtraining may cause serious injury or death. If you are experiencing any discomfort, please stop exercising immediately.

Tips

- To enable this function, you need a Bluetooth Heart Rate Device to connect to the console. When heart rate data is lost, the console will by default use **Speed** for display.
- Heart Rate Zone is one of the most common workout indicators to quantify workout intensity. It is usually based on **Maximum Heart Rate %MHR**, which defines the 5 zones. Firstly, one would measure the maximum heart rate (MHR=220-Age) and times it with the intended intensity percentile.
For instance, for a 30-year-old person, the maximum heart rate would be 220-30=190 bpm the intensity level of 80% would give: 190×0.8=152 bpm

4.6.2 Speed Zone Indicator

To set up the preference for the side indicator lights according to the speed zone, go to [Your Avatar] → [Set up] → [Device Setting] → [Lighting Setting].

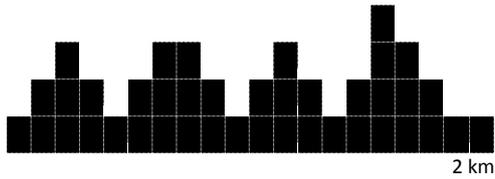
Light	Zone	Speed Range (km/h)
Cyan	Z1	~4
Green	Z2	4~8
Yellow	Z3	8~12
Orange	Z4	12~15
Red	Z5	15~

4.7 Training Target

When logged in, under the Quick-Start Page, **select** [Training Target] → [Item Setup] → **select** your preferred training method.

Each built in training items are listed below:

Program	Item	Description
Target	Act Time	<ul style="list-style-type: none"> ● 5 minutes by default. ● Adjustable between 1 ~ 300 min. ● Once reaching the target time, the session will end and summary page will automatically show on the screen.
	Distance	<ul style="list-style-type: none"> ● 1 Kilometer by default. Adjustable range 0.1 ~ 100km. ● Once reaching the target distance, the session will end and summary page will automatically show on the screen.
	Calories	<ul style="list-style-type: none"> ● 100kcal by default. ● Adjustable range 10 ~ 9,999 Kcal. ● Once reaching the target calories, the session will end and summary page will automatically show on the screen.
	Recycled Energy	<ul style="list-style-type: none"> ● Recycle 10 Watt/Hour by default. ● Adjustable range 1 ~ 10,000 W/hr. ● Once reaching the target recycled energy, the session will end and summary page will automatically show on the screen.
	Heart Rate	<ul style="list-style-type: none"> ● Please set up the target heart rate zone according to your preference. ● The adjustable range for maximum zone is 60~220 bpm. ● The adjustable range for minimum zone is 30~170 bpm. ● Your target heart rate will be listed under the real-time heart rate during training. The real-time heart rate will turn red when it is not within the target range.

Program	Item	Description
SIMPLE PROGRAM	Cross Country	<ul style="list-style-type: none"> ● This program simulates the up and down hill landscape by automatically increasing and decreasing the resistance. ● Once it has reached the preset 2 kilometers, the page will automatically end the exercise and go to the summary page. ● Please be sure to carefully monitor your physical condition, adjust the speed and resistance accordingly.
	 <p data-bbox="528 707 730 752">Weight Loss</p>	<ul style="list-style-type: none"> ● This program will automatically adjust the resistance within the set distance to keep the user heart rate at the best fat burning zone (Max. Heart Rate 60 ~ 70%). ● Once it has reached the preset 2 kilometers, the page will automatically end the exercise and go to the summary page. ● Please be sure to carefully monitor your physical condition, adjust the speed and resistance accordingly.
	 <p data-bbox="528 1193 715 1238">Interval 1-1</p>	<ul style="list-style-type: none"> ● This is a program for HIIT training. There are 15 segments in total. Each segment consists of a 60 sec uphill + 60 sec of cooling down. The training will repeat until reaching the default 2 km. ● Once it has reached the preset 2 kilometers, the page will automatically end the exercise and go to the summary page. ● Please be sure to carefully monitor your physical condition, adjust the speed and resistance accordingly.

Program	Item	Description
SIMPLE PROGRAM	Interval 2-1	<ul style="list-style-type: none"> ● This is a program for HIIT training. There are 10 segments in total. Each segment consists of a 60 sec uphill + 120 sec of cooling down. The training will repeat until reaching the default 2 km. ● Once it has reached the preset 2 kilometers, the page will automatically end the exercise and go to the summary page. ● Please be sure to carefully monitor your physical condition, adjust the speed and resistance accordingly.
	Hill	<ul style="list-style-type: none"> ● This program simulates hill hiking. This program aims to establish uphill endurance by repetitively increase and decrease of resistance. ● Once it has reached the preset 2 kilometers, the page will automatically end the exercise and go to the summary page. ● Please be sure to carefully monitor your physical condition, adjust the speed and resistance accordingly.
History		<ul style="list-style-type: none"> ● From workout history, select a Running history and began to workout side by side. ● In the History program, the workout will be uploaded as a Cloudrun event on GPTfit.

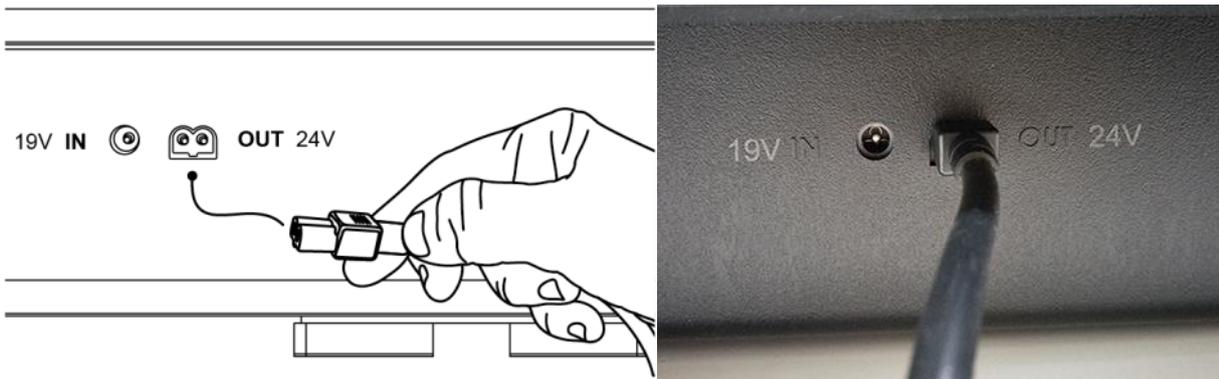
Attention!

- Once reaching the set target, the program will stopped recording or accumulating new results. Because GT1 is a non- motorized model, the slate will not stop along with the program. Be sure to slow down manually and utilize the red brake button on the right hand rail to stop.

4.8 Power Generation

This treadmill can transfer running power into electric power. The maximum power generated is 150watt/ h. While providing power to the console, the treadmill could also charge an external power bank. The following steps will demonstrate how to charge the power bank.

1. Plug the figure-8 connector of the Power Output Cable on the port marked '**OUT 24V**' on the right front side cover.



2. Plug the other side with the Anderson plug of the charger on the power bank for power.



3. Once logged, *select* [GO] to begin to exercise. You can see your real-time charging power on the screen.
4. Once the exercise is completed, unplug the charger.

⚠ ATTENTION!

- Please be aware that a speed greater than 5 km/h is required for charging.
- The treadmill will prioritize 30W of the power generated for the screen and the LED indicator.

4.9 Charging

The built-in lithium battery will transition to low-energy sleep mode (OFF/ SLEEP State) after be left idle for an extensive amount of time. It would take time to transition from (OFF/ SLEEP State) to (ON/ ACTIVE State).

It is recommended to charge for 3 ~ 5 hour in first use.

■ Adaptor Specification

Input: Voltage Range AC 100 ~ 240V, Frequency Range 50/60HZ.

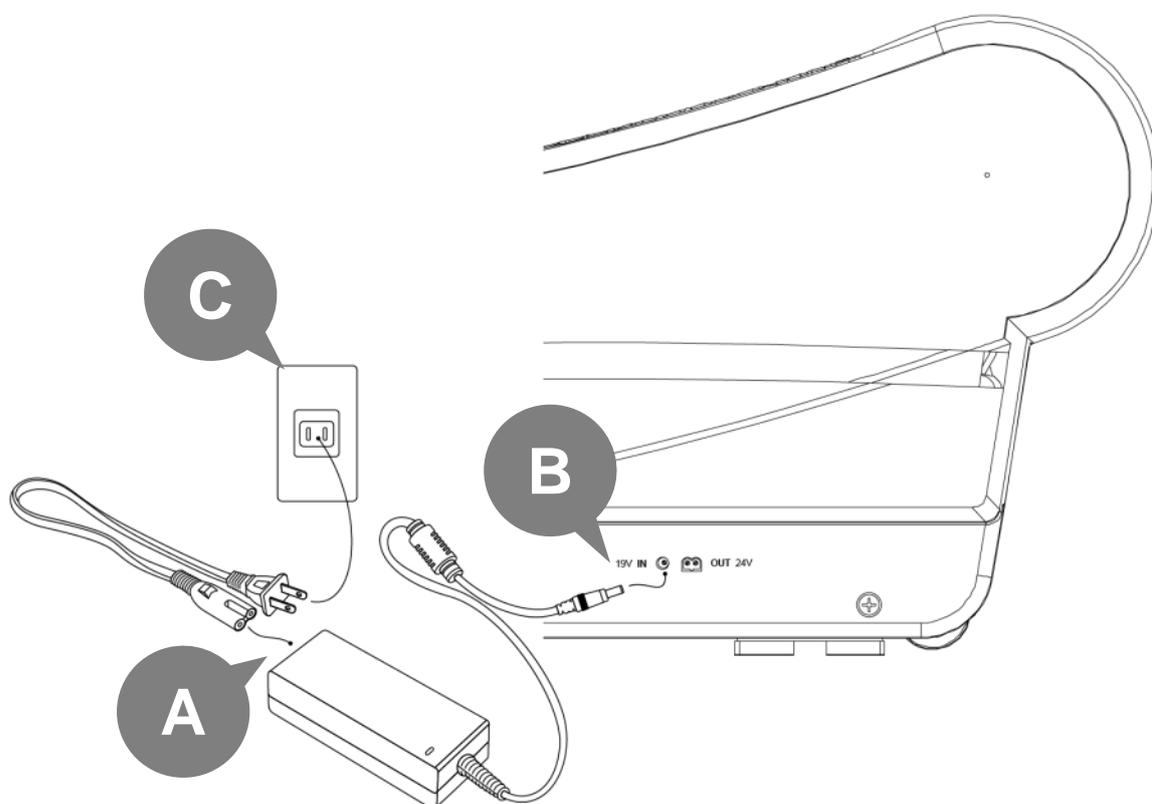
Output: Voltage Range DC 19V, Maximum Output Current 3.0A

👉 The adaptor specification and the power cord plug may vary in different countries or regions. The example below follows a two-pin flat plug power cord and two-hole socket.

■ Charging for Your Treadmill

If you find the battery to be low or during the first use and the treadmill could not be power up by exercising, please charge.

- A) Please Insert the Figure-8 jack at the other end of the plug into the adaptor first.
- B) Insert the round jack of the power cord into the input port marked '19V IN' (for connecting to the power supply) on the right front side cover.
- C) Connect the plug to the corresponding socket.



ATTENTION!

- Please thoroughly inspect the adaptor, plugs and charging port before plugging in for any odd objects (wetness, burn, rust, or accumulated dust). Constantly wipe down the machine and keep it dry to ensure safe connectivity and prevent short circuit.
- Ensure the cord is not tangled or pressed against other objects during charging to prevent overheating and fire hazards.
- In the case of first use or battery low, it is recommended to plug in and charge the battery about 3~5 hours before starting to use it.
- While the treadmill is plugged in, please check on the information bar located on the left side of the console during the sport mode. Once the battery is shown to be 100% charged, promptly unplug the power to prevent the battery from entering a high-voltage state during charging.
- Once the charge reaches 100%, please unplug it immediately to avoid the battery being in a high-voltage state during charging.
- The battery would drain after being left idle after an extensive amount of time. It is recommended to use the machine on a constant basis to ensure battery health. If being left idle for three months and more, it is likely the battery will be fully drained.

5 Maintenance

To ensure personnel safety and prolong product lifespan, please inspect and maintain the treadmill constantly.

Keeping the placement location clean can also decrease maintenance frequency.

Please read and follow the instructions below. If you have any questions regarding maintenance, please contact your local distributor.

Maintenance Method	Daily	Monthly
Wipe down all surfaces with a mild soap solution and dry thoroughly.	✓	
Inspect the unit for noisy, damaged, or loose components.	✓	
Ensure the unit is stable and not shaky. If necessary, re-adjust the leveling feet.	✓	
Inspect the entire unit for loose hardware, including the console, upright masts, handrails, frame, and plastic covers.		✓
Vacuum dust, lint, or debris inside the belt and under the frame.		✓

Attention

- Please unplug the power before performing any cleaning or maintenance.
- Please cease using the treadmill immediately if any damage, tear, or malfunction is discovered. Contact local distributor for maintenance service. Resume the usage only after the maintenance is completed.

6 Specification

Product (With 21.5" TFT Console)	L×W×H : 186.3×91.6×168.8 cm / 73.6"×35.8"×66.5" Weight : 158 kg / 348 lb.	
Maximum User Weight	180 kg / 397 lb.	
Shipment Packaging	L×W×H : 185×100.5×76.5 cm / 72.8"×39.6"×30.1" Weight : 202 kg / 445.3 lb.	
Running Surface	48×168 cm / 18.9"×66.1"	
Screen (2 Models)	<input type="checkbox"/> 15.6" TFT Console	<input type="checkbox"/> 21.5" TFT Console
Power Source	Self-Generating Power	
Battery	Rechargeable Lithium battery	
Capacity	77Wh (5.2Ah, 14.8V)	
Run time	Maximum operation time is 2 hours without charging or power generation. (The time may varied from back light brightness.)	
I/O Ports	Input: DC Port×1 (∅ 2.5mm) Straight plug with 2.5 mm pin diameter) Output: AC Port×1 (the Figure-8 jack)	
Exercise Mode	Target: Activity Time, Distance, Calories, Recycle Energy, Heart Rate Simple Program: Cross Country, Weight Loss, Interval 1-1, Interval 2-1, Hill History Mode: Use pass Cloud Run records to compete. Total of 11 programs	
Heart Rate Detection	Bluetooth [®] / NFC [™]	
Wireless Connectivity	BLE FTMS Profile	
Application	Fitness App: Ala Cloud Run Video Streaming Apps ¹ : Youtube, Netflix, Iqiyi, Spotify	
Cloud Integration	GPTfit	
Components	Charging Cable×1 (Input AC 100V~240V 50/60Hz; Output DC 19V / 3A) Charging Cable of the Outdoor Power Bank×1	
Suggested HR Models	ALATECH Chest Straps CS009/ CS010/ CS011/ CS012 ATTUCUS Optical Hear rate Armband Obeat1 NFC ² / Obeat3 ² ATTUCUS GPS Sports Watches StarONE/ Star2	

Note

- 1 Featured applications may vary by region.
- 2 **ATTACUS** *Obeat3* and *Obeat1 NFC* are optical heart rate armbands that support the NFC function.

Recycling information



The graphic features a crossed-out trash bin icon on the left. To its right is a black arrow-shaped box containing the text 'FR Cet appareil, ses piles et cordons se recyclent'. Further right, the text 'À DÉPOSER EN MAGASIN' is positioned above a shop icon, and 'À DÉPOSER EN DÉCHÈTERIE' is above a recycling symbol icon. The word 'OU' is placed between the two icons. Below the entire graphic, the text reads: 'Points de collecte sur www.quefairedemesdechets.fr Privilégiez la réparation ou le don de votre appareil !'



Li-ion

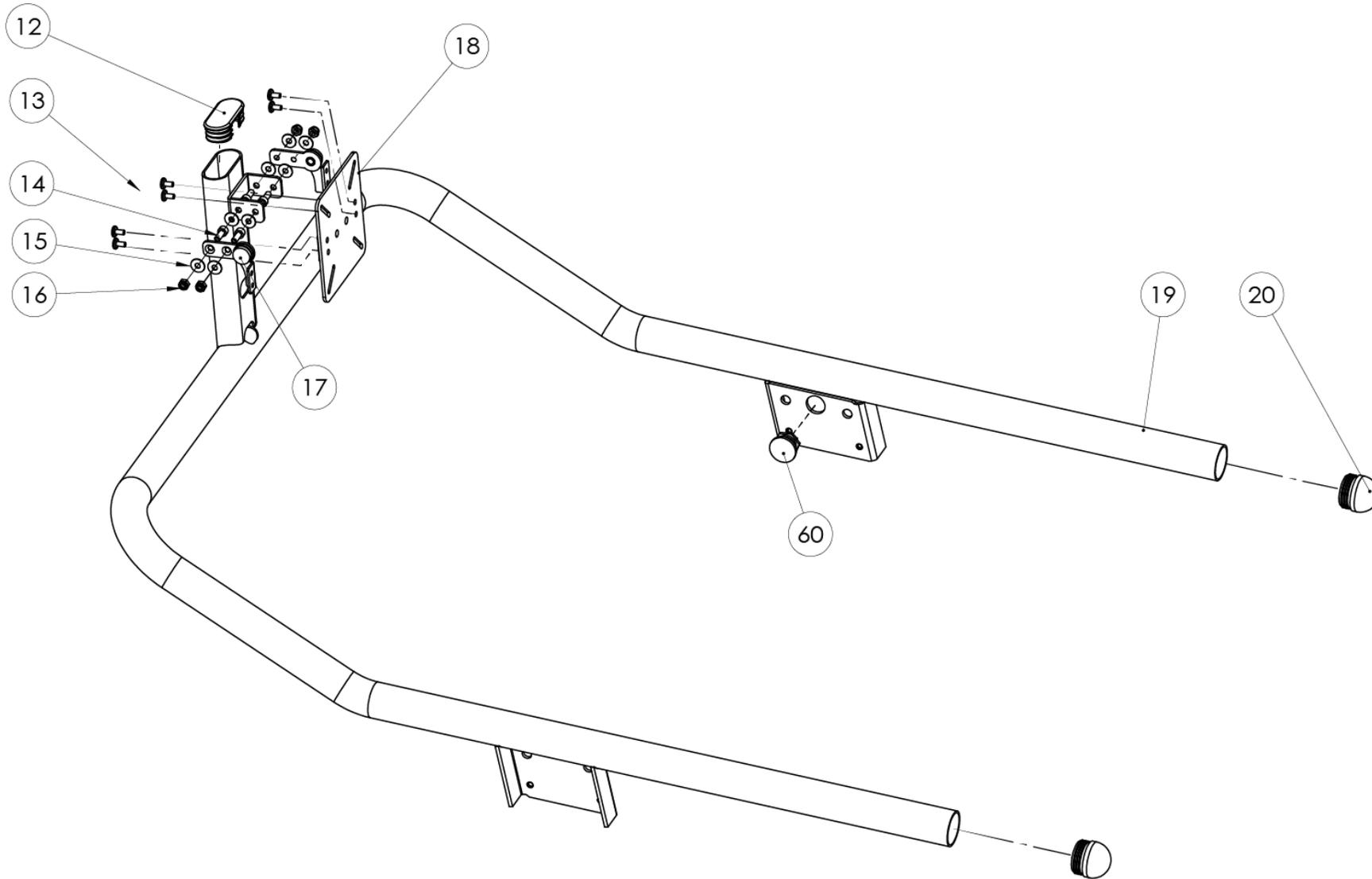


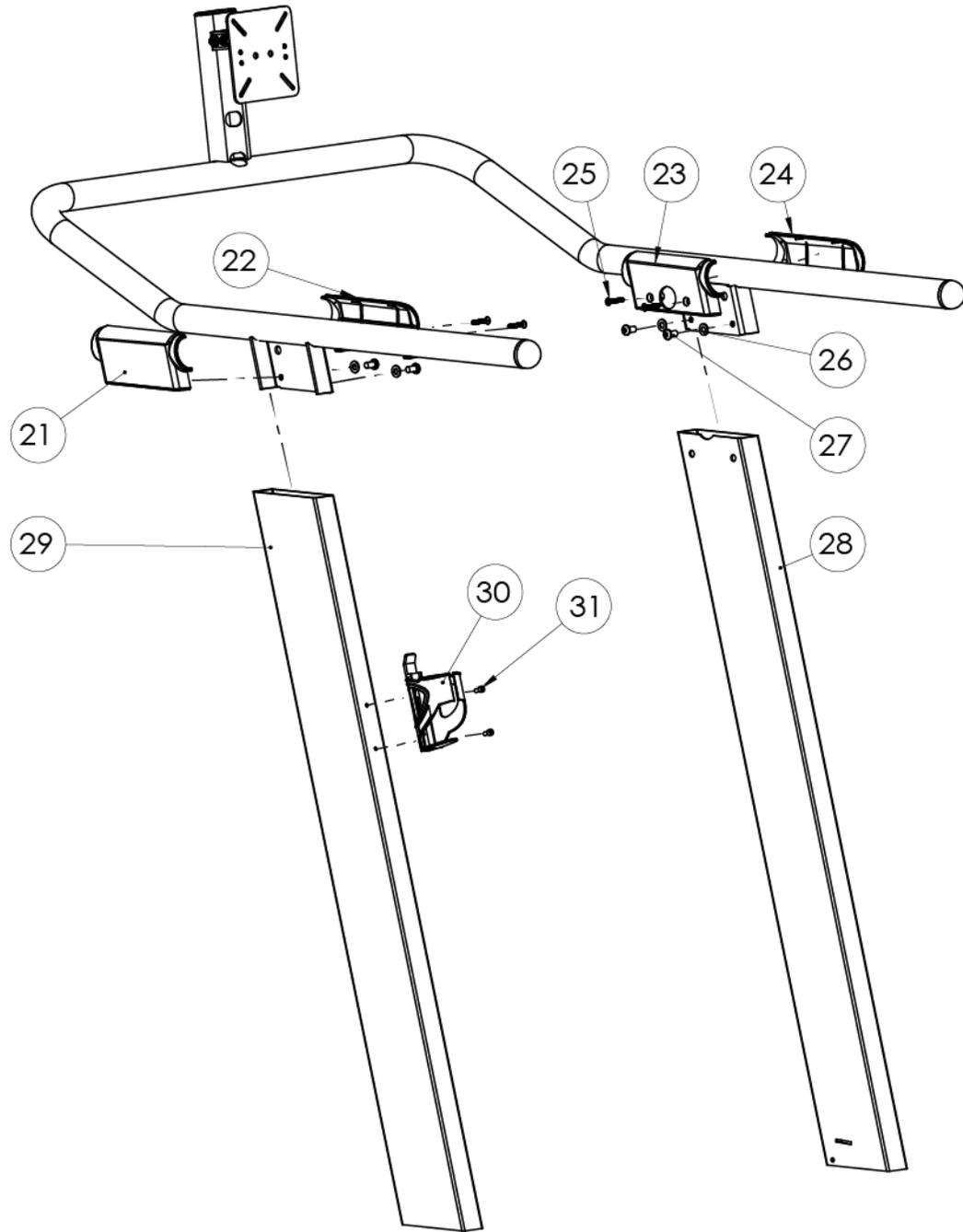
Battery Recycling

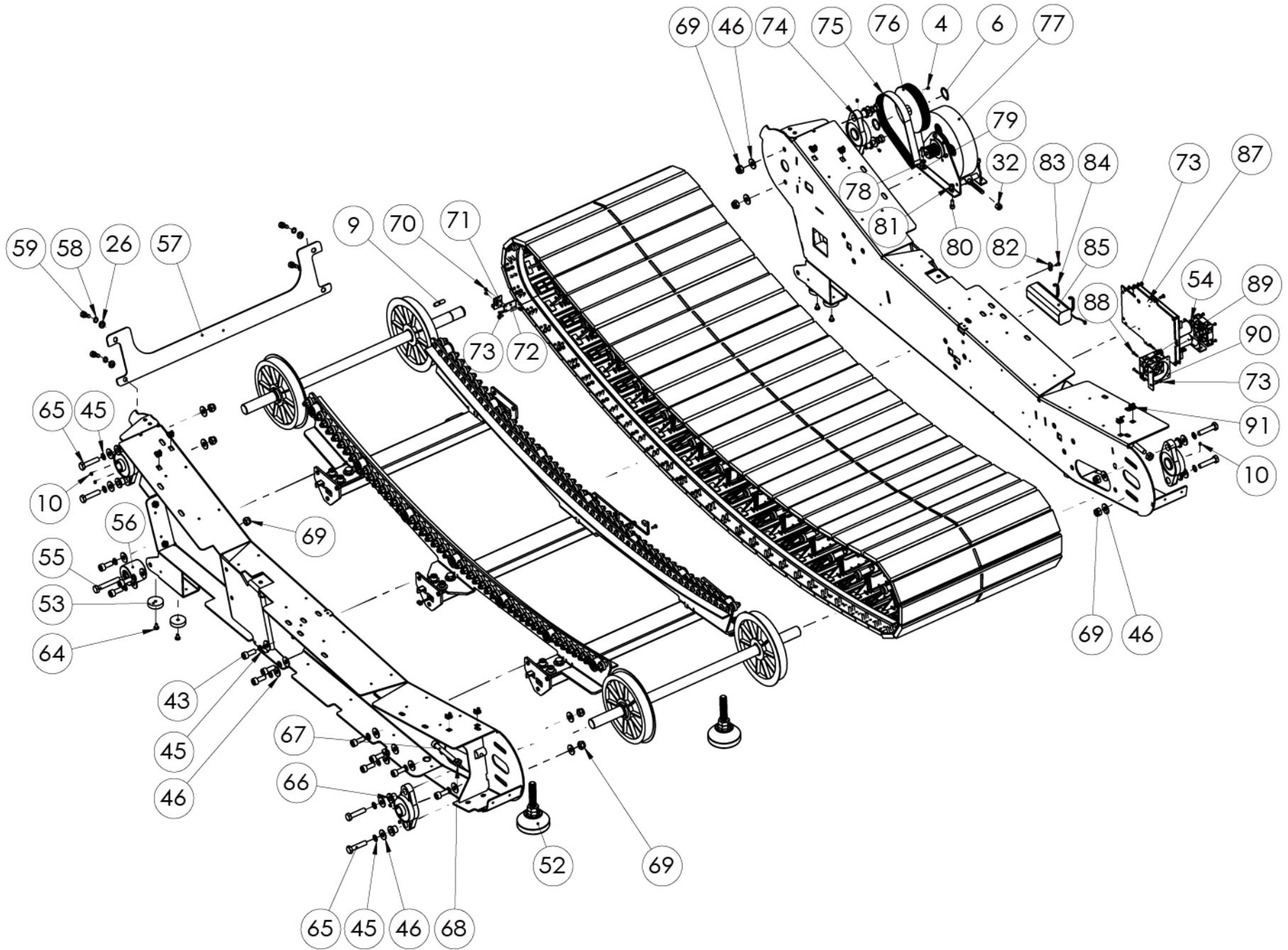
At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

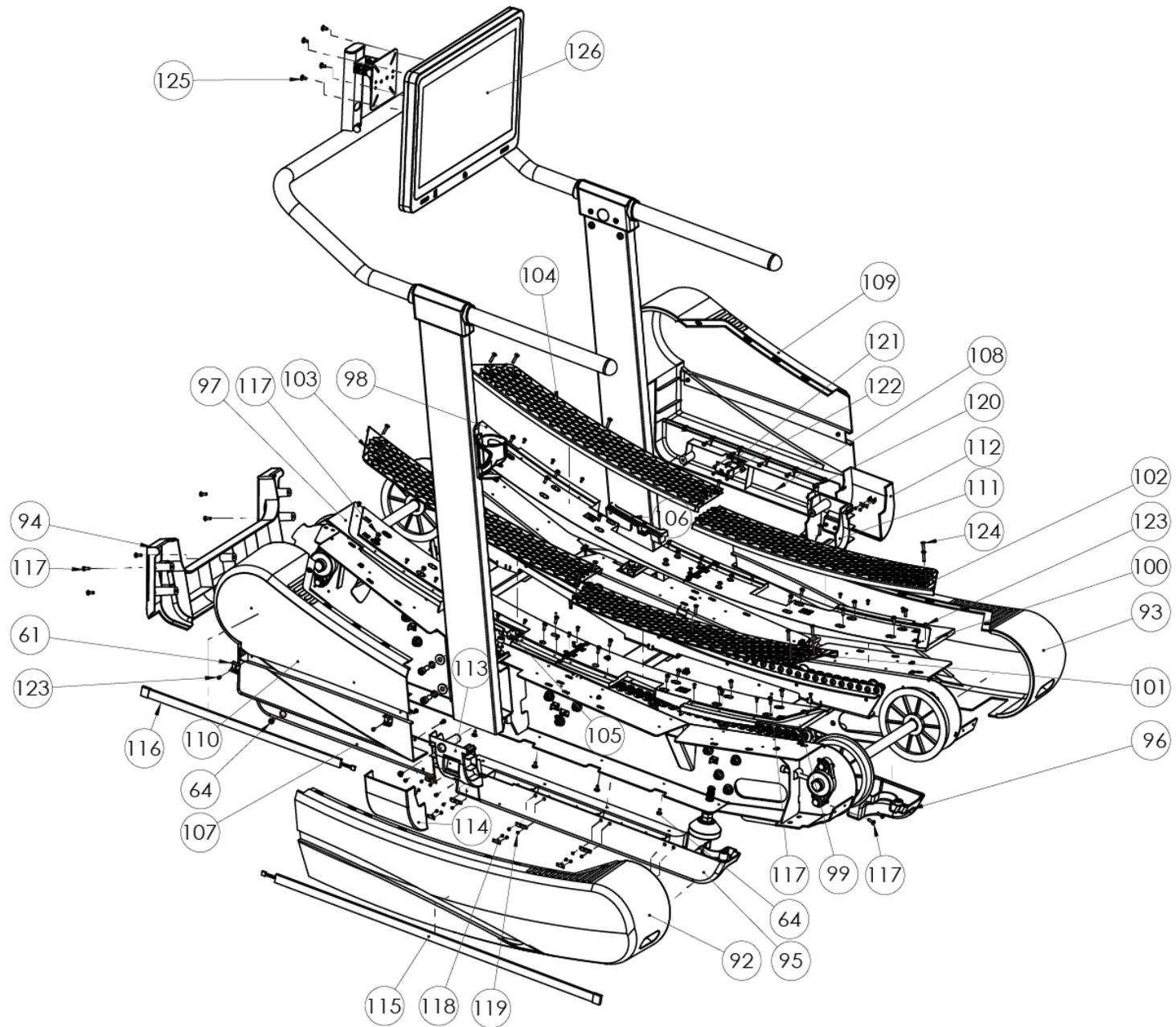
7 Appendix

7.1 Exploded View Drawing











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Designed by ALATECH Technology Limited. Made in China.