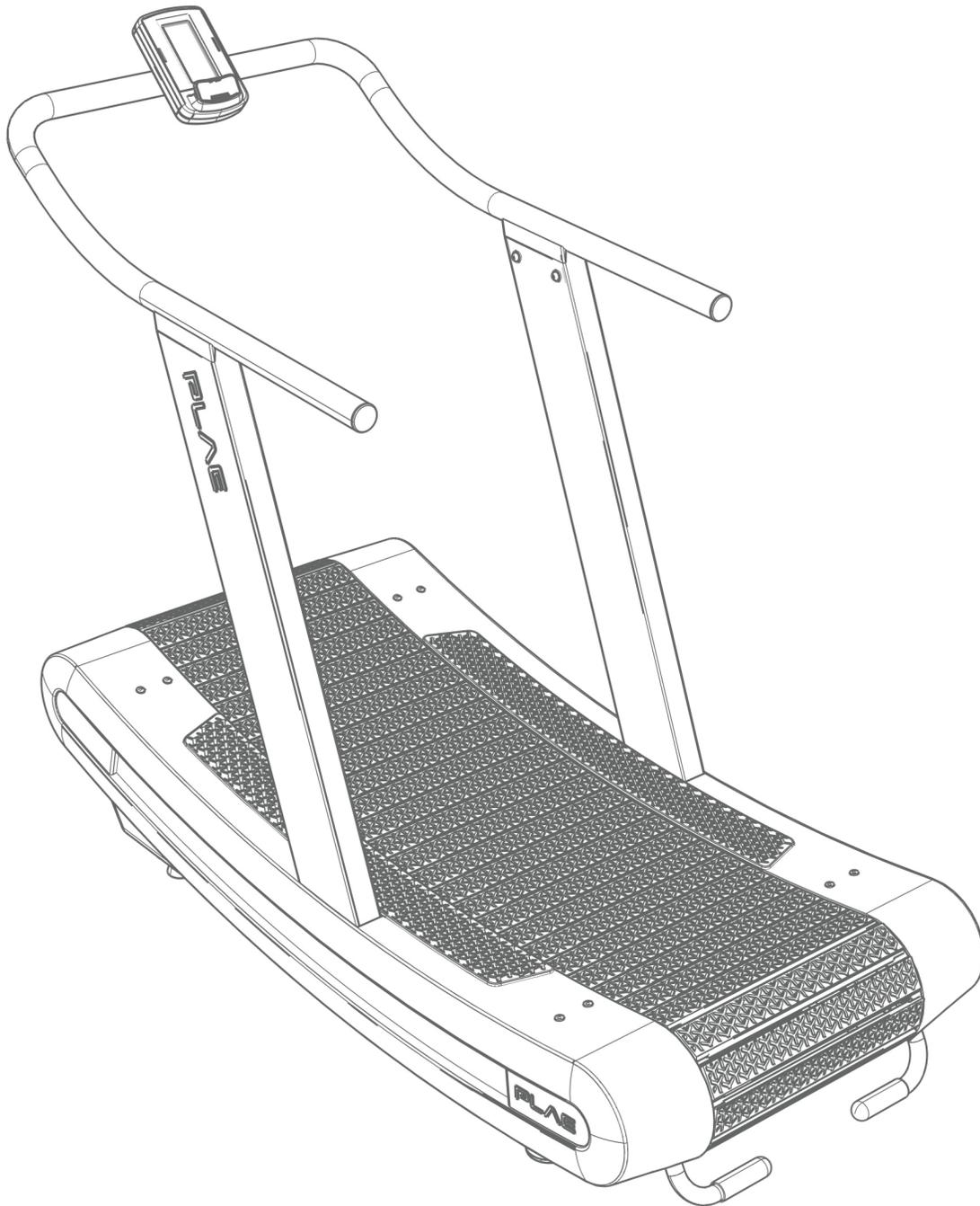# PLAE

Owner's Manual | **ARC Treadmill**

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1. APPEARANCE INTRODUCTION

Console

Handrail

Frame

Running Belt

2. IMPORTANT SAFETY INFORMATION

BEFORE USING THIS TREADMILL, CAREFULLY READ ALL INSTRUCTIONS AND FOLLOW THESE BASIC SAFETY PRECAUTIONS TO PREVENT INJURY.

- Always closely supervise children, individuals with disabilities, or those under medical care when using or near this treadmill to prevent accidents.
- Follow all instructions in this manual when operating or using this treadmill. Do not use any attachments, accessories, or other products not recommended by the manufacturer, as this could cause injury or damage.
- Do not insert fingers, clothing, or any objects into the gaps between slats or moving parts, as this may cause injury.
- Do not operate or use this product outdoors.
- Do not use this treadmill in areas recently treated with aerosol insecticides, foggers, or other chemical sprays, or in poorly ventilated spaces with low oxygen (such as high altitudes or confined rooms)
- This treadmill is not intended for use by persons with physical or cognitive disabilities, mental health conditions, or those lacking experience and knowledge (including children), unless under the direct supervision and instruction of a responsible adult who is capable of safe operation. Children should always be supervised and kept away from the treadmill.
- Improper use or excessive training on this treadmill may result in injury or harm to your physical health.
- Assemble the treadmill on a flat, stable surface or platform.
- Maintain a clear safety zone of at least 78 inches (6 ft 6 in) deep by 39 inches (3 ft 3 in) wide directly behind the treadmill. Additionally, ensure at least 24 inches of clearance on each side and 72 inches in front for safe operation.
- The maximum user weight is 180 KG (400 lbs).
- Regularly inspect the treadmill for damage, wear, or loose components to ensure safe use.

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- Do not detach or remove any adjustment devices that affect exercise performance, as this may cause injury or unsafe operation.
- Refer to the figure below for the correct running posture to maintain balance and prevent injury.


- The running surface measures 18.5 inches wide by 58 inches long (470 mm x 1475 mm).
- Before beginning your workout, stand securely on the side footrests. Do not step onto the slats or begin running until you are balanced on the footrests.
- Wear appropriate athletic clothing and footwear when using this treadmill. Avoid loose-fitting clothes, jewelry, or long hair that could become entangled in moving parts.

2.1 LEVEL ADJUSTMENT
Uneven flooring or an unstable surface may cause the treadmill to shake during use or interfere with incline adjustments.
To level the treadmill:
1. Rotate the locking nut (A) counterclockwise to loosen it.
2. Adjust the leveling foot (B) to the desired height for stability.
3. Rotate the locking nut (A) clockwise to secure it.
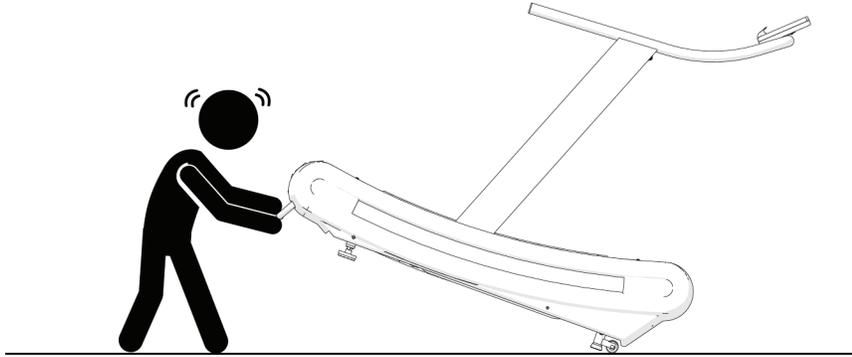4. Repeat the adjustment on both sides to ensure even leveling.
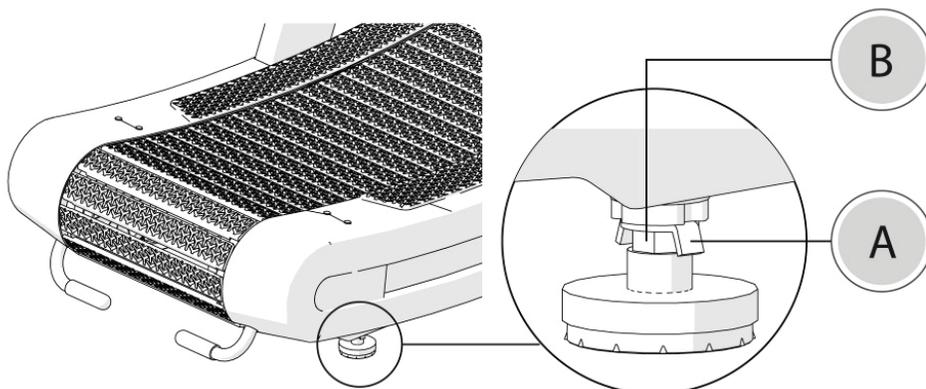
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2.2 ADJUST THE RUNNING BELT LOOSENESS

▪ If you need to adjust the tightness of the running belt, please follow the steps in the repair manual.

2.3 MACHINE MOVEMENT

When moving the machine, lift it as shown in the diagram, and then you can move the machine.

3. ASSEMBLY INSTRUCTIONS

Before Assembly: Carefully read all operating instructions. Select a flat, stable surface in a well-ventilated area with adequate clearance (see Safety Zone guidelines).

▪ Instructions for using optional accessories

This treadmill measures heart rate **only via Bluetooth**. When exercising, use a Bluetooth chest strap to measure your heart rate. You can see your heart rate value in the PULSE window.

3.1 ASSEMBLY PARTS DETAILS
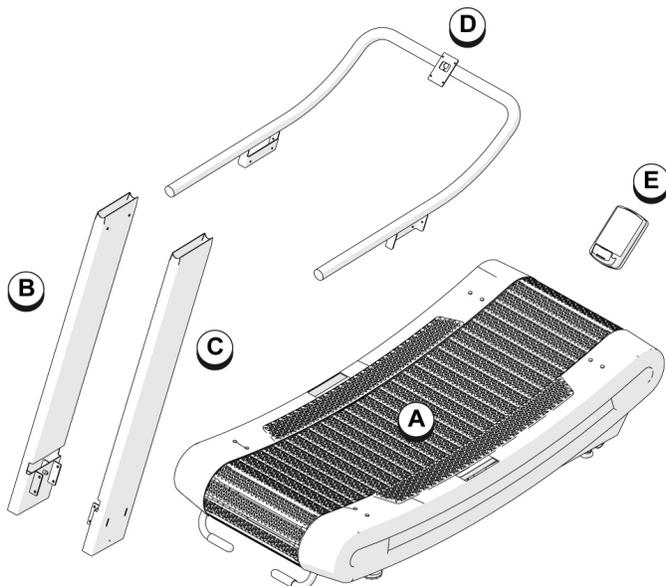
ITEM	DESCRIPTION	QTY.
A	FRAME ASSEMBLY	1
B	UPRIGHT TUBE (LEFT)	1
C	UPRIGHT TUBE (RIGHT)	1
D	HANDRAIL ASSEMBLY	1
E	CONSOLE ASSEMBLY	1

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3.2 PARTS PACKAGE

a **b** **c** **d** **i** **j** **k**
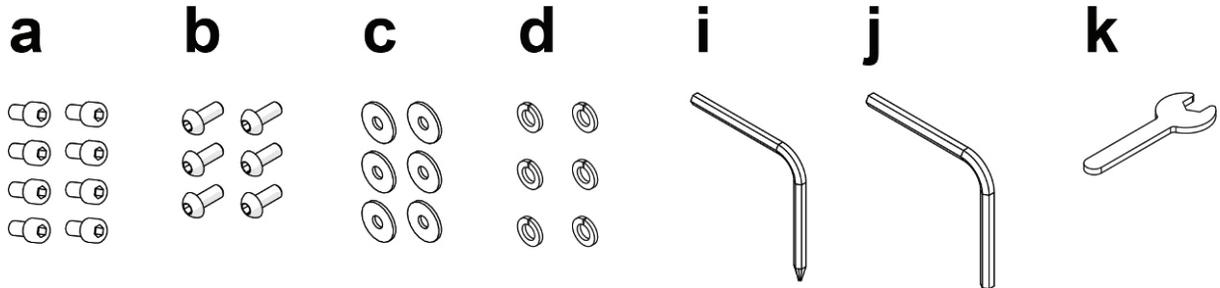
ITEM	DESCRIPTION	QTY
a	Steel hex socket set screws with cone point, resistant to falling - M8xP1.25x15	8
b	Steel hex socket screws with a mushroom head - M8xP1.25x20	6
c	Spring washer 8x25x2.0t	6
d	Spring washer - M8	6
i	L-shaped hex wrench + Phillips screwdriver - 5mm	1
j	L-shaped hexagon wrench - 6mm	1
k	Open-end wrench - 13mmx63mmx2.5t	1

3.3 ASSEMBLY STEPS

Before installation,
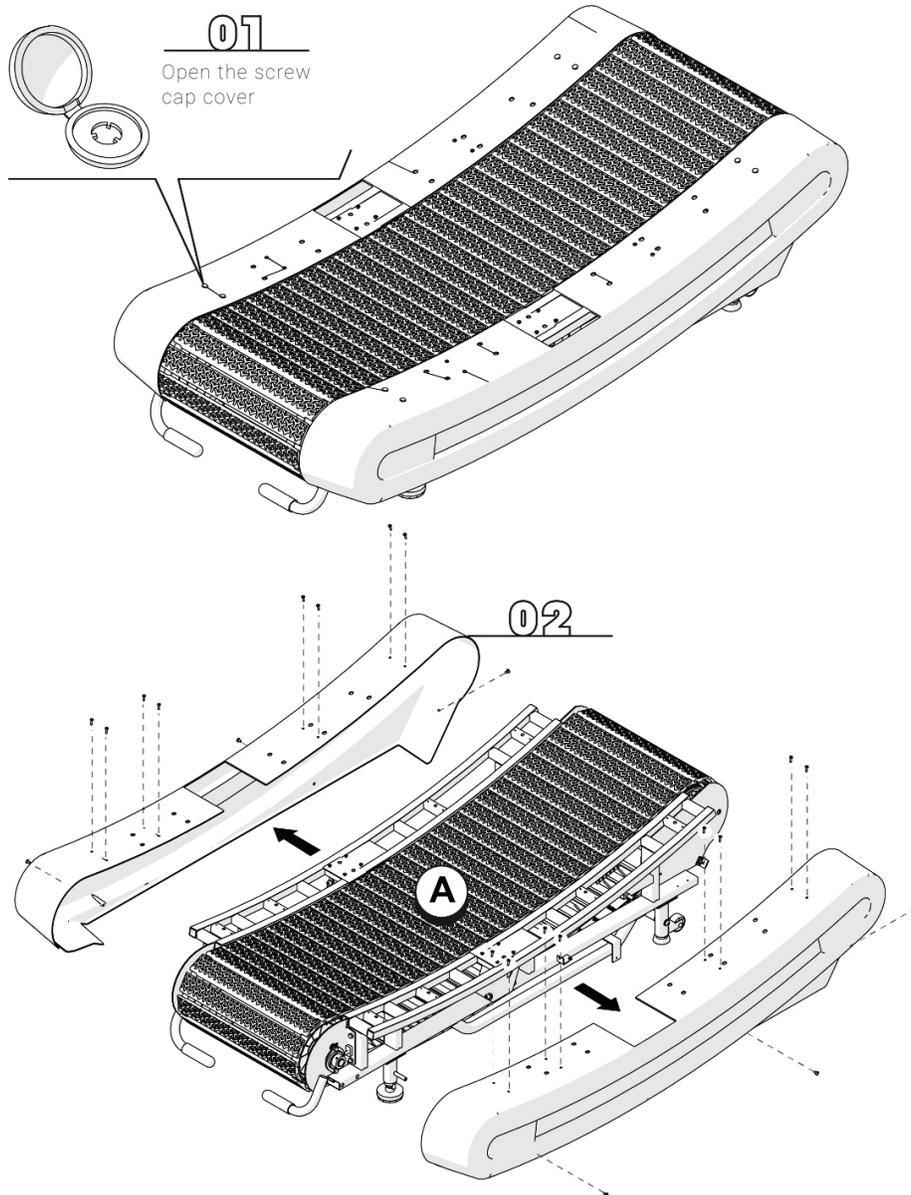please remove the anti-slip pad.

PLAE
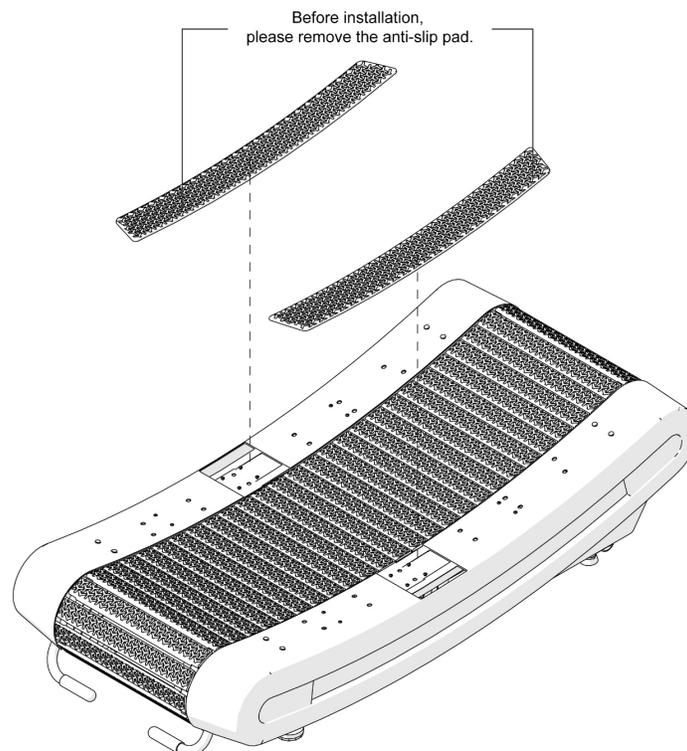
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⚠️ In order to avoid any risks, this action must be performed by two or more individuals together. Please do not attempt it alone.
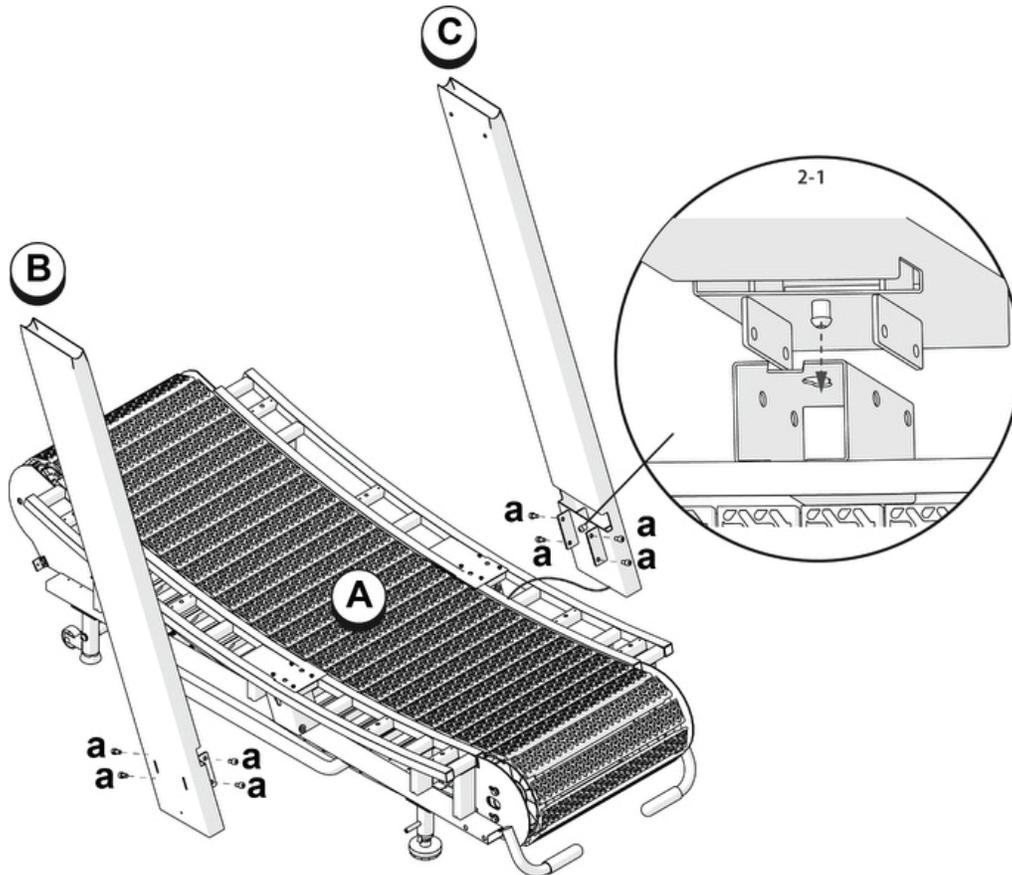
STEP 1:

01 Open the screw cap cover

02

(A)

(Refer to Diagram 1 for visual guidance.)

1. Open the screw cap covers as shown.
2. Loosen the cross screws on the left and right front and rear decorative covers of the base (A), then remove the covers.

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STEP 2:

(Refer to Diagram 2 for visual guidance.)

1. Insert the steel hex socket screw from the upright tube cap into the gourd-shaped hole (as shown in Figure 2-1), then push it downward. Next, use the Velcro strap inside the right handlebar riser (C) to secure the wires from the right side of the frame. Route the control wire through the bottom of the right handlebar riser to the wire outlet at the top.
2. Secure the left and right handlebar risers (B, C) using screw (a), but do not fully tighten yet.
   Caution: Avoid pinching or damaging wires during assembly,

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STEP 3:

connecting wire (upper)

connecting wire (lower)
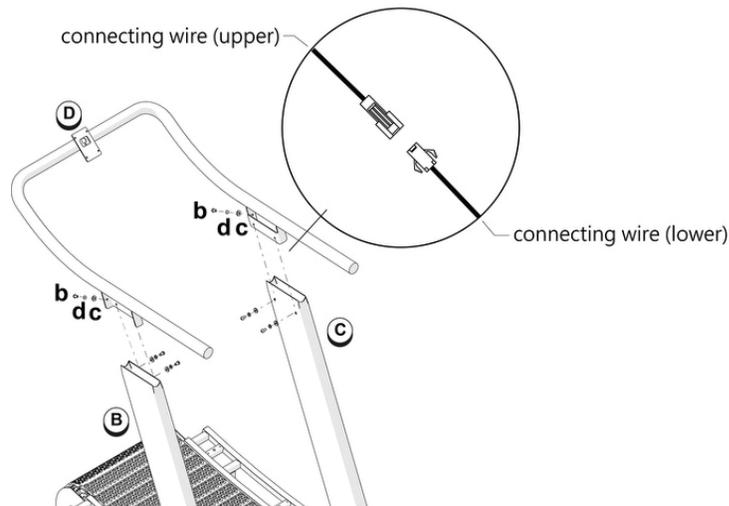
(Refer to Diagram 3 for visual guidance.)

1. Connect the wires from the right upright tube (C) to the tray assembly (D), taking care not to pinch them. Organize the wires and tuck them inside the right upright tube.
2. Align the screw holes to ensure a proper connection between the upright tube and tray. Use screw (b) with spring washer (d) and flat washer (c) to fasten, but do not fully tighten.
3. Verify that all screws for the tray assembly and left/right upright tubes can be inserted simultaneously before using tools to fully tighten them.

   Caution: Avoid pinching or damaging wires during assembly.

STEP 4:

console wire

connecting wire (upper)
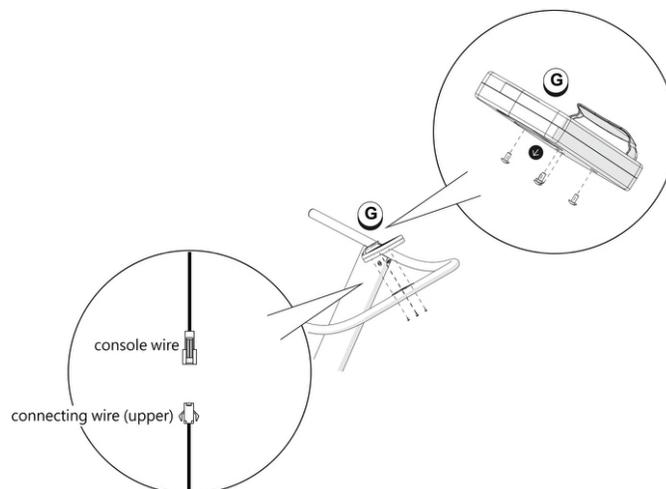
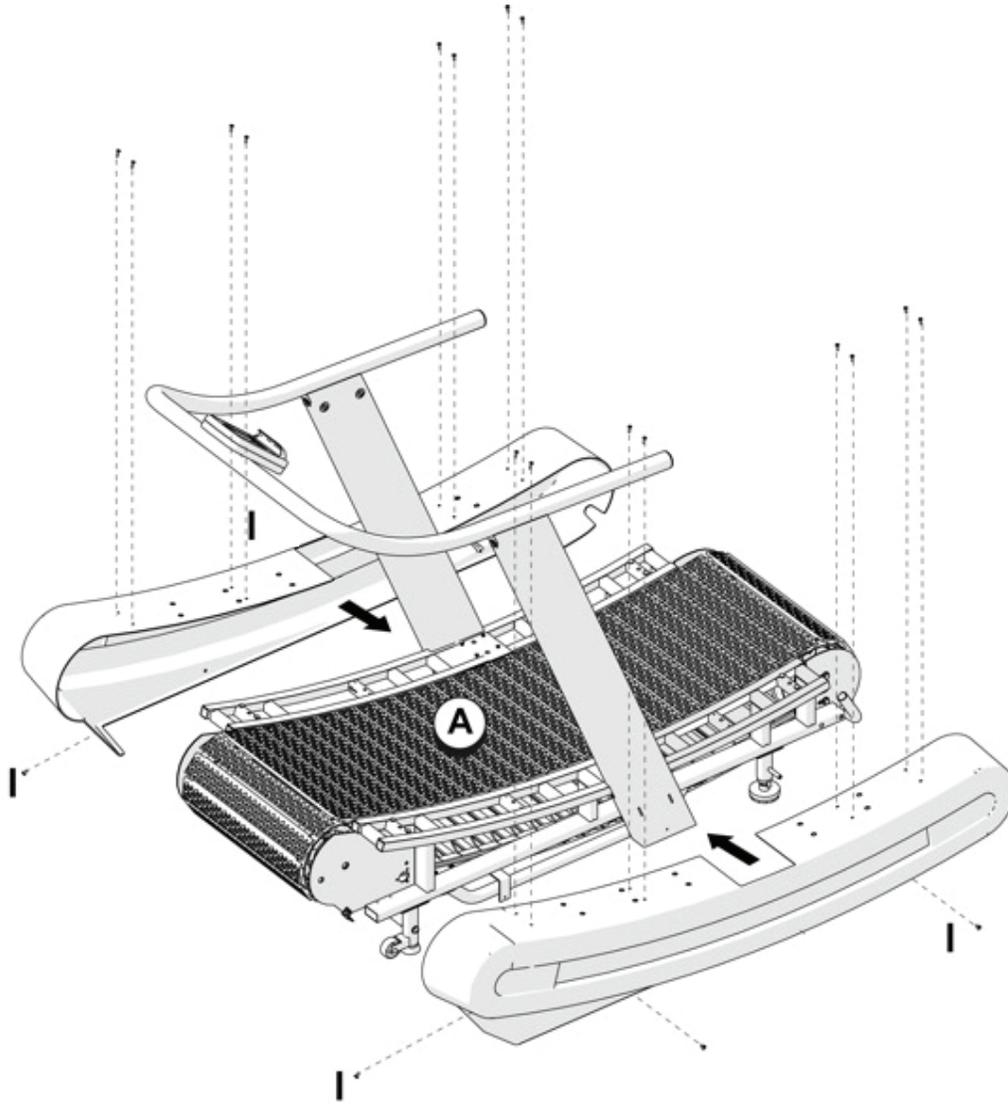(Refer to Diagram 4 for visual guidance.)

1. Remove the screws from the console assembly (G). Position the console assembly (G) onto the water bottle holder assembly. Connect the wires from the water bottle holder to the console wires.
3. Secure the console assembly to the water bottle holder using the previously removed screws.

   Caution: Avoid pinching or damaging wires during assembly.

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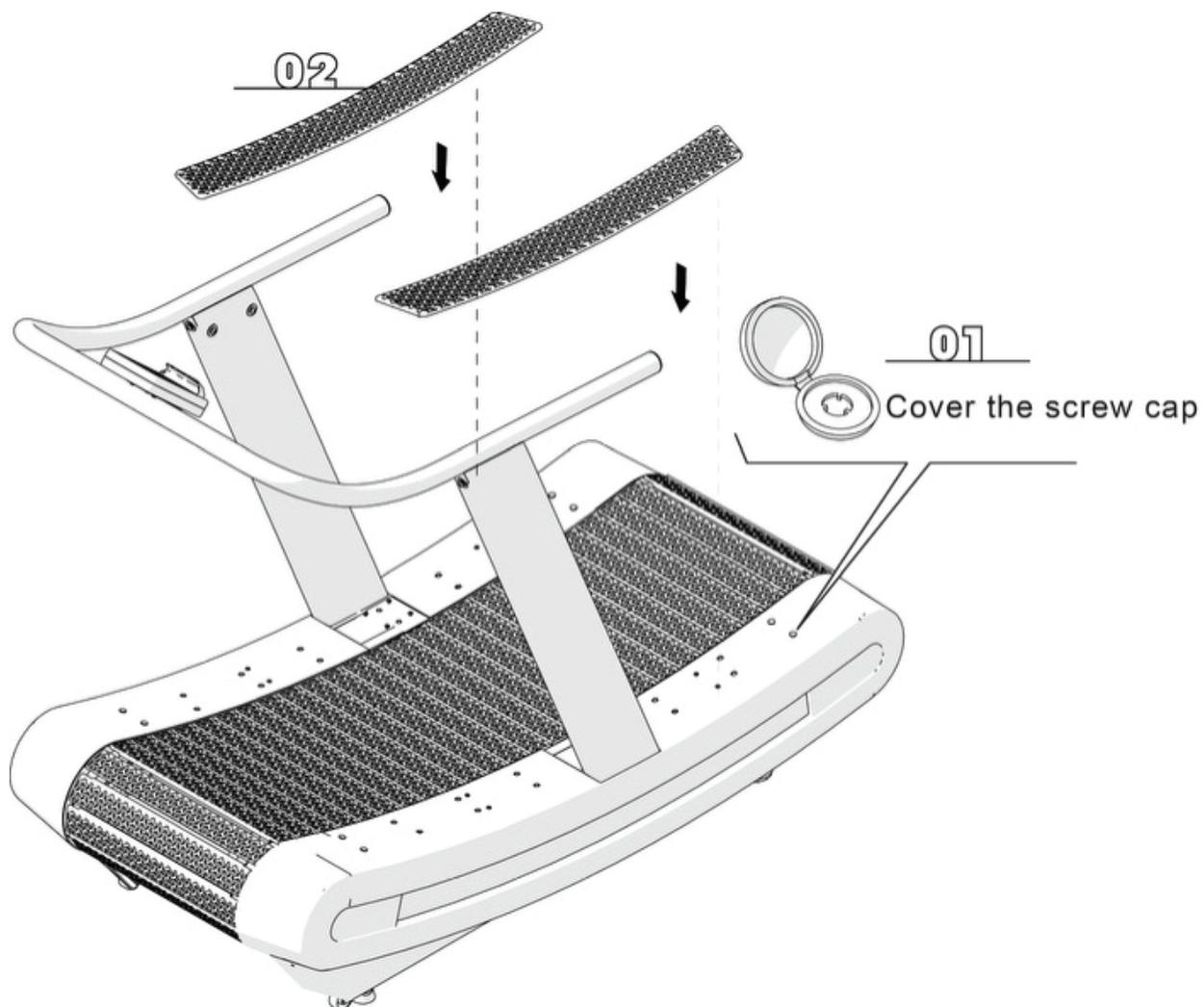## Owner's Manual p.10 | **ARC Treadmill**

(Refer to Diagram 5 for visual guidance.)
1. Reattach the left and right front and rear decorative covers to the base (A) using screws (I) and the truss head cross screws removed earlier.

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STEP 6:

02

01

Cover the screw cap

(Refer to Diagram 6 for visual guidance.)
      1. Cover the screw caps as shown.
      2. Replace the anti-slip mat onto the machine.

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4. CONSOLE OPERATION INSTRUCTION

4.1 DISPLAY FUNCTION

Item	Description
TIME	Display user workout time. Display range 0:00~1:59:00
DISTANCE	Display user workout distance. Display range 0.5~100
CALORIES	Display calories consmption during workout. Display range 0~2000
PULSE	Display user heart-rate during workout. Display range 30~230
WATT	Display the power consumption during training
SPEED	Display current training speed
PACE	Set the time to reach the target distance.
LOAD	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance. Display range L1~L8

4.2 BUTTON FUNCTION

| Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start workout quickly or resume workout in Stop mode.
Stop	To stop/pause workout. Hold on this key for 2 seconds to reboot the console.
Interval	Here are 3 programs: INTERVAL 10/20, INTERVAL 20/10, CUSTOM INTERVAL
Target Distance	Fast access to Target Distance training mode.
Target Calories	Fast access to Target Calories training mode.
Target Heart-rate	Fast access to Target Heart-rate training mode.
Target Time	Fast access to Target Time training mode.

4.3 OPERATION PROCEDURE
POWER ON
1. When powered on, the LCD will fully display for 1 second (Figure 1) with long beep sound, then enter into display standby mode (Figure 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2s, then enter into standby mode.

(FIGURE 1)   (FIGURE 2)   (FIGURE 3)
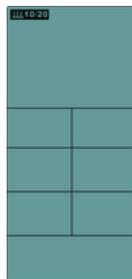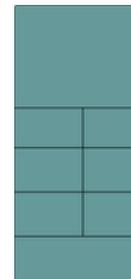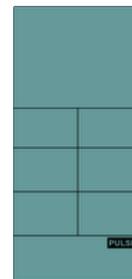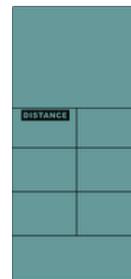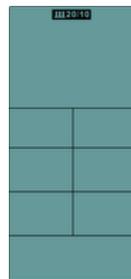
2.   If there is no key input or RPM signal for 4 minutes, the LCD will go into sleep mode. (Figure 3).

BREAK MODE
1.   When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions, but LCD windows display"P". Buzzer will sound for 1s and enter into stand by mode after broke with 5 Min, then press "START" to continue. (Figure 4)
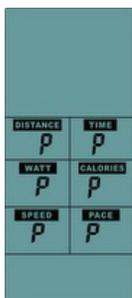
(FIGURE 4)

STOP MODE
1.   Press "STOP" button with buzzer sound 0.5s, enter into Stop mode. All the LCD windows no display, but after 0.5s LCD will display TIME, DIST, CAL (display KM or ML according to the setting). After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS, SPEED, PULSE, also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS, SPEED, PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into standby mode. (Figure 5)
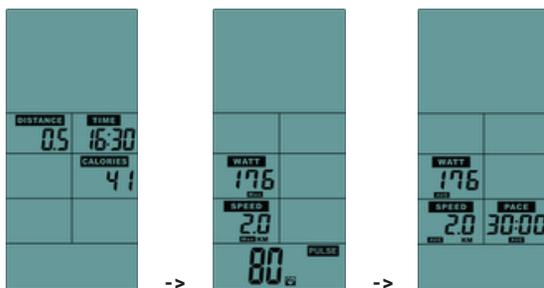
QUICK START
A.   In stand by mode, with single RPM>20 input, quick press "START", buzzer sound 0.5s, then TIME, CALORIES, DISTANCE, WATTS, SPEED, & PACE shining in in sequence, the value will count up according to the operation.

B.   "PULSE" ICON is lighten, if any heart single input the "PULSE" ICON is flashing with current value, if no heart single input LCD display "P".

C.   If without any single input in 5Min, the buzzer rings for 0.5s and computer will back to stand by mode.
D.   If did not complete the setting in 30 seconds, the buzzer sounded for 0.5 seconds and back to standby mode.
E.   Press the "START" button once, enter into the break mode, and press "START" to continue running.
F.   Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.
G.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
H.   When adjust the adjustment button, it will display the LOAD resistance for each segment in WATT window.

INTERVAL 10/20

A.   Press "INTERVAL10/20" button, enter to this mode, LCD display **Ⅲ10/20** ICON, with buzzer beeps 0.5s.
B.   If did not input in 30s when setting, computer will back to standby mode.
C.   The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (Figure 7), LCD display "01/XX" ("01"is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according to the workout. (Figure 8)
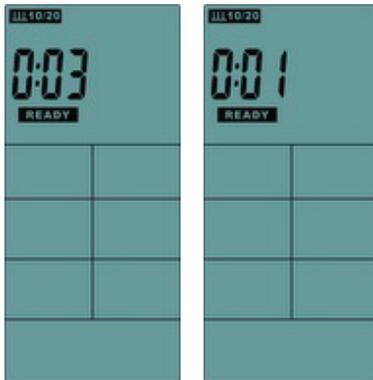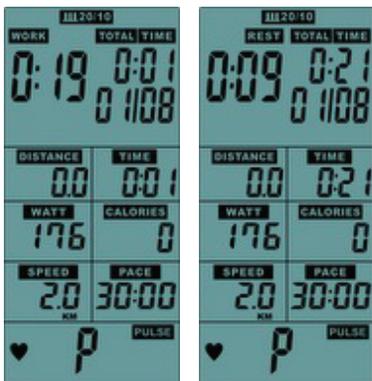

(Figure 7)   (Figure 8)

D.   After Work 10s, LCD window display "01/08"("01"is flashing), "REST" ICON is keep flashing , the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
E.   Work & REST display in cycle, the cycle count increases by one each time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode.(The average value of the sports results is only calculated within the Work time)
F.   When the last REST is reached ,this mode is stop directly.
G.   If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
H.   Press the "START "button once, enter into the break mode, and press "START" to continue running.
I.   Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
J.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

INTERVAL 20/10

A.   Press "INTERVAL 20/10" button, enter to this mode, LCD display   **Ⅲ20/10** ON (Figure 10), with buzzer beeps 0.5s.
B.   If did not input in 30s when setting, computer will back to standby mode.
C.   The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (Figure 7), LCD display "01/XX" ("01"is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/put out 0.25s), "TIME" ICON counts down from 20s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count up according the operation. (Figure 10).

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(Figure 10)

D. After Work 20s, LCD window display "01/08" ("01"is flashing), "REST" ICON is keep flashing, the buzzer rings for 0.25 seconds per second, TIME start to count down from 10s to 0s.

E. Work & REST display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

F. When the last REST is reached, this mode is stop directly.

G. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

H. Press the "START "button once, enter into the break mode, and press "START" to continue running.

I. Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.

J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

CUSTOM INTERVAL

A. Press "INTERVAL CUSTOM" button, enter to this mode, LCD display ⫴Custom CON (Figure 13), with buzzer beeps 0.5s.

B. LCD display the presetting value 01, press "UP/DOWN" button to setting (setting range 01~20), it is non-recyclable (Figure 14).

C. Press "ENTER" confirmed, "WORK" ICON is flashing, LCD window "TOTAL TIME" display the presetting value 0:30. Press "UP/DOWN" button to setting (setting range:0:05~30:00), it is non-recyclable (Figure 15).

D. Press "ENTER" confirmed, "REST" ICON is flashing, LCD window "TOTAL TIME " display the presetting value 0:20. Press "UP/DOWN" button to setting (setting range:0:05~30:00), it is non-recyclable (Figure 16).

E. Press "ENTER" confirmed, meanwhile with a short buzzer rings 0.5s, LCD display "01/XX" ("01"is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/put out 0.25s), "TIME" ICON counts down from the setting value, DISTANCE, CALORIES, WATTS, SPEED, PACE count up according the operation.

F. There is set REST time, matrix displays 01/XX (part 01 is flashing), "REST" ICON keep flashing. The buzzer rings for 0.25s every second.

G. "Work" & "REST "display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)

H. When the last REST is reached, this mode is stop directly.

I. If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

J. Press the "START" button once, enter into the break mode, and press "START" to continue running.

K. KPress the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.

L. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

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(Figure 14)   (Figure 15)   (Figure 16)

TARGET TIME

A.   Press "TARGET TIME" button, enter to this mode, LCD flashing display TARGET & TIME.
B.   LCD "TIME" window display the presetting value 1:00 or the last setting value. Press "UP/DOWN"button to setting (setting range 1:00~1:59:00), it is non-recyclable.
C.   After setting, press "ENTER" confirmed, TARGET & TIME ICON continue to flashing, meanwhile start to count down form setting value.
D.   Press the "START" button once, enter into the break mode, and press "START" to continue running.
E.   Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
F.   If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
G.   If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
H.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

TARGET CALORIES

A.   Press "TARGET CALORIE" button, enter to this mode, LCD flashing display TARGET & CALORIE.
B.   LCD "CALORIE" window display the presetting value 2:00 or the last setting value. Press "UP/DOWN" button to setting (setting range1~2000), it is non-recyclable.
C.   After setting, press "ENTER" confirmed, TARGET & CALORIE ICON continue to flashing, meanwhile start to count down form the setting value.
D.   Press the "START" button once, enter into the break mode, and press "START" to continue running.
E.   Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
F.   If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

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G.   If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
H.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

TARGET DISTANCE

A.   Press "TARGET DISTANCE" button, enter to this mode, LCD flashing display TARGET & DISTANCE.
B.   LCD "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value. Press "UP/DOWN"button to setting (setting range 0.5~100), it is non-recyclable.
C.   After setting, press "ENTER" confirmed, TARGET & DISTANCE continue to flashing, meanwhile start to count down form the setting value.
D.   Press the "START" button once, enter into the break mode, and press "START" to continue running.
E.   Press the "STOP" button to sound the buzzer for 0.5s and enter into the stop mode.
F.   If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.
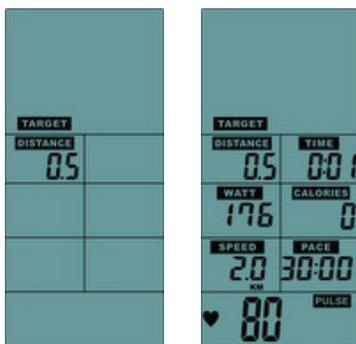G.   If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
H.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

TARGET HEART-RATE

A.   Press "TARGET HEART-RATE" button, enter to this mode, LCD flashing display Age ICON with presetting value 30 or the last setting value. Press "UP/DOWN" button to setting (setting range11~99), it is non-recyclable.
B.   After setting, press "ENTER" confirmed, LCD display the presetting value 65%, press "UP/DOWN" button to adjust to 65% or 85% & the value of Pulse, LCD will shows the corresponding value.
C.   If selected PULSE, LCD display the presetting value "100", press"UP/DOWN" button to setting (setting range 30~230), it is non-recyclable.
D.   Press "ENTER" button to start to count, TARGET & PULSE ICON is flashing.
E.   When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.
F.   The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP ICON" flashes to remind USER to accelerate.

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G.   The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN ICON" flashes to remind USER to slow down.

H.   The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heart-rate signal input is still not lower than 100%, the buzzer rings 1s and enter into the standby mode.

I.   Without any heart single input in 30s, the "PULSE" LCD window display "P", buzzer rings 1s and enter into the stand by mode.

J.   Press the "START "button once, enter into the break mode, and press "START" to continue running.

K.   Press the "STOP" button to sound the buzzer for 0.5 seconds and enter into the stop mode.

L.   If no single input in 5Min, buzzer rings 0.5s enter into stand by mode.

M.   If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.

N.   If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

Set Age	65%	85%	PULSE	START	<TARGET 10%	>TARGET 10%