

USER MANUAL

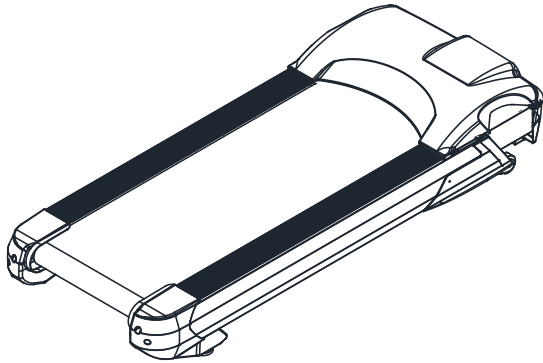
PERFORM PRO  6i



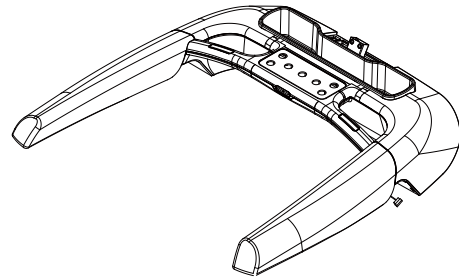
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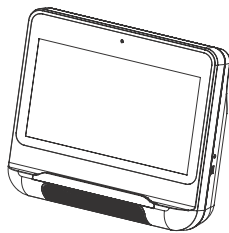
TOOLKIT



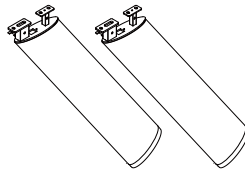
Main frame



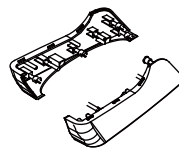
Body console



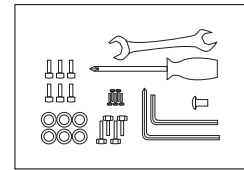
Console



Left and right post



Post cover



Toolkit

NO.	Description	Quantity
A	Main frame	1
B	Body console	1
C	Console	1

NO.	Description	Quantity
D	Left and right post	1
E	Post cover	1
F	Toolkit	1

TOOLKIT

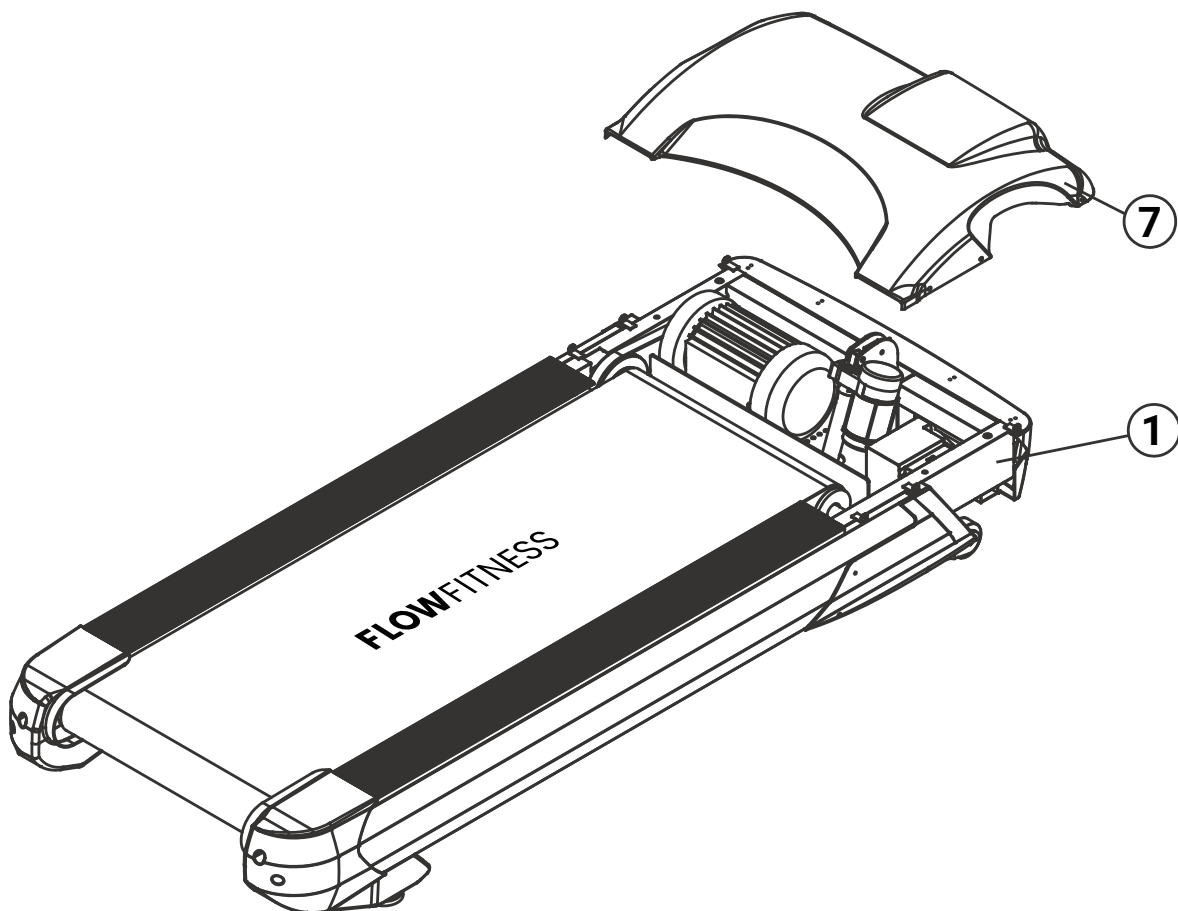
NO.	Description	Quantity
1	Main frame	1
2	Left post	1
3	Right post	1
4	Body console	1
5	TFT console	1
6	Console cover	1
7	Motor cover	1
8 + 9	Body cover on left	2
10 + 11	Body cover on right	2
12	Upper wire	1

NO.	Description	Quantity
13	Middle wire 1	1
14	Middle wire 2	1
15	Bottom wire	1
16	Hexagon bolt M10 x 20	4
17	Bolt M10 x 20	2
18	Hexagon bolt M8 x 15	10
19	Tapping screw ST4.2 x 15	8
20	Phillips flat screw ST4.2 x 15	4
21	Flat shim $\varphi 10.5 \times \varphi 20 \times t 2.0$	6
22	Network cable	1

STEP 1

Use a Phillips screwdriver to unscrew and remove the motor cover (Part 7) from the main frame (Part 1).

NO.	Description	Quantity
29	Hexagon bolt M8*20	4
26	Spring washer $\varnothing 8.1 * \varnothing 13.1 * t1.6$	4
104	Flat washer $\varnothing 8.4 * \varnothing 16 * t1.6$	4



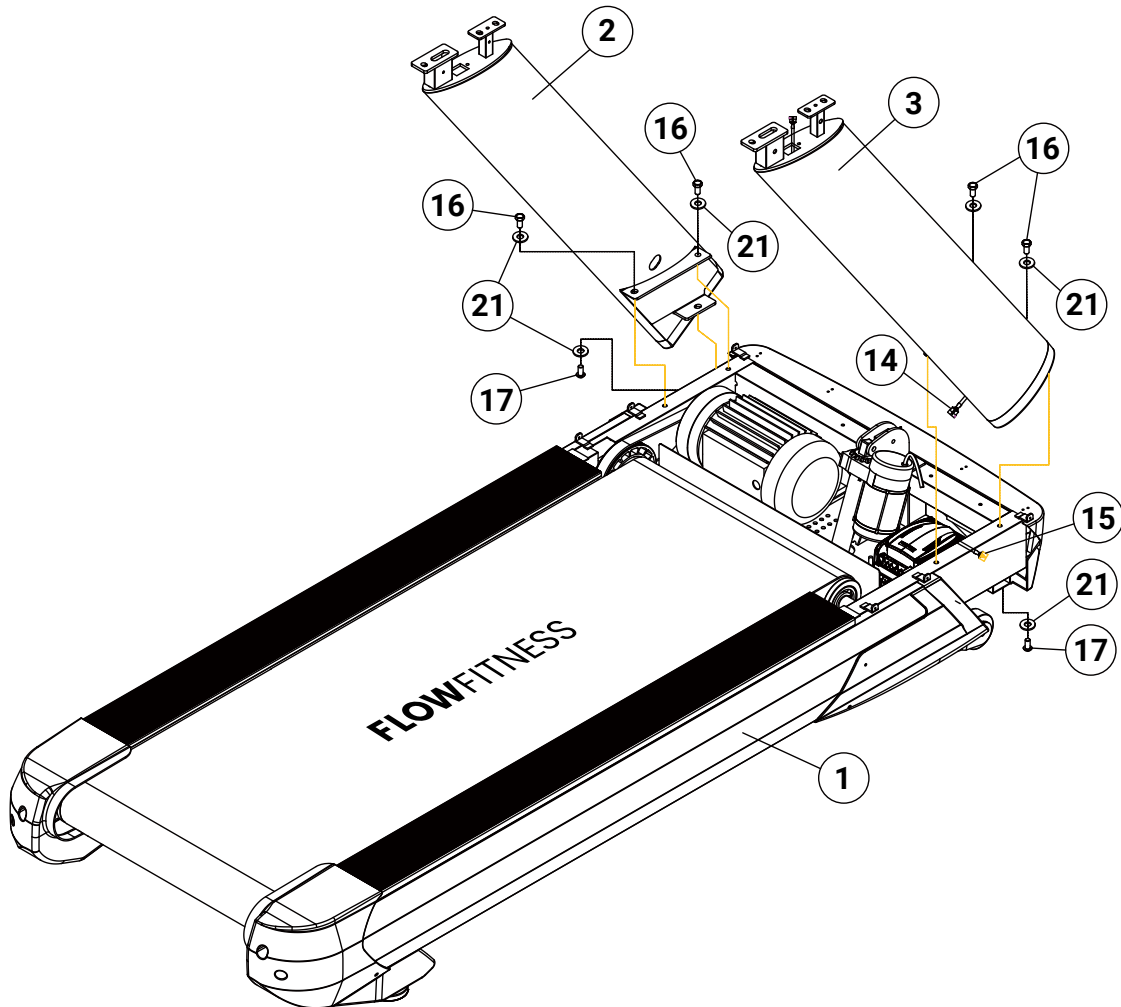
Note: Most screws are pre-assembled.

STEP 2

1. Using a wrench and an inner hexagon spanner, loosely attach the left post (Part 2) and the right post (Part 3) to the main frame (Part 1) with bolts 16, 17 and 21.

Important: Ensure the bolts are not fully tightened at this stage.

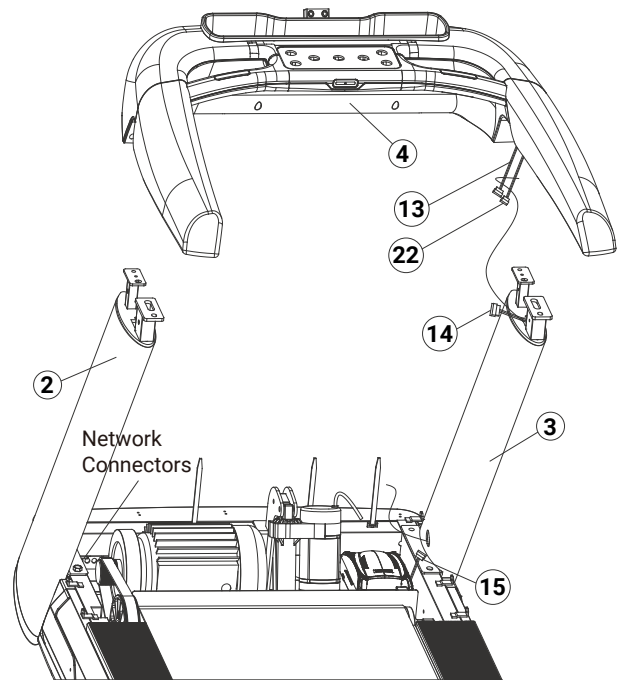
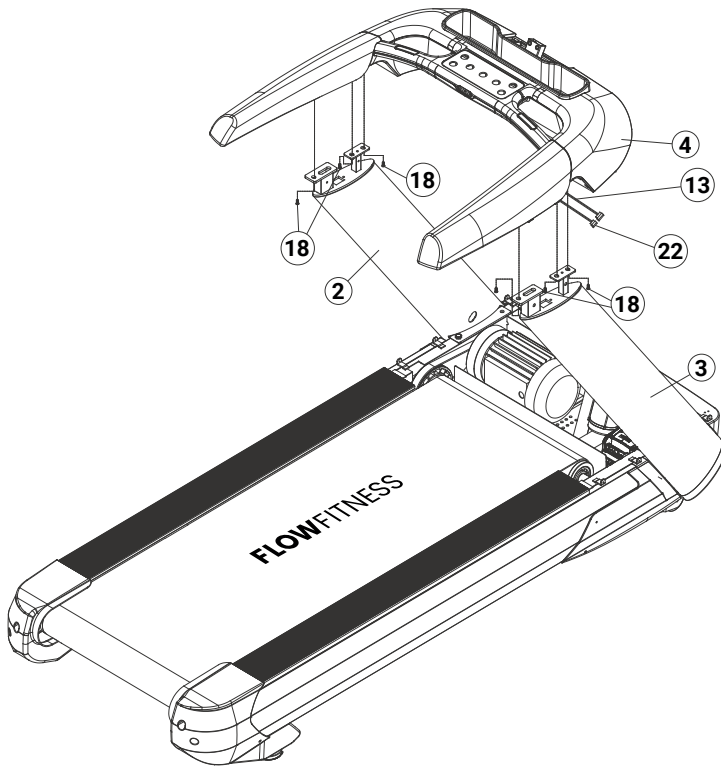
2. Connect middle wire 2 (Part 14) and the bottom wire (Part 15) securely.



Note: Most screws are pre-assembled.

STEP 3

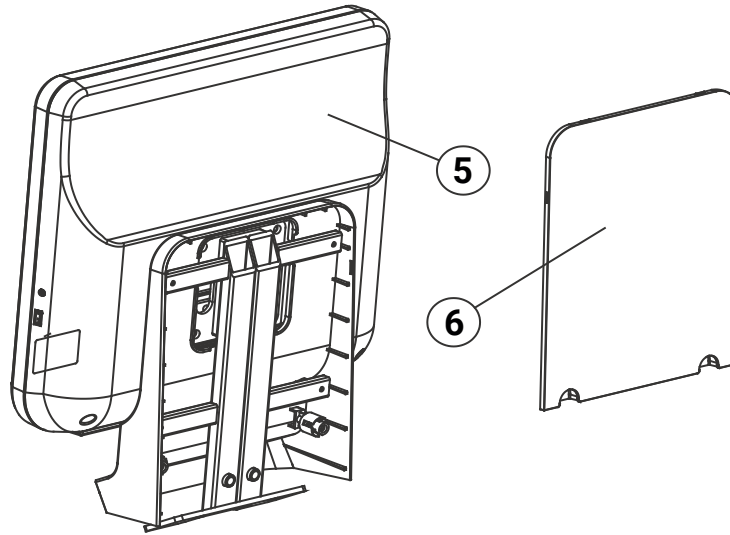
1. Use the inner hexagon spanner to secure the body console (Part 4) to the left and right post (Part 2 and 3) using bolt 18.
2. Connect the middle wire 1 (Part 13) and the middle wire 2 (Part 14) securely.



Note: Most screws are pre-assembled.

STEP 4

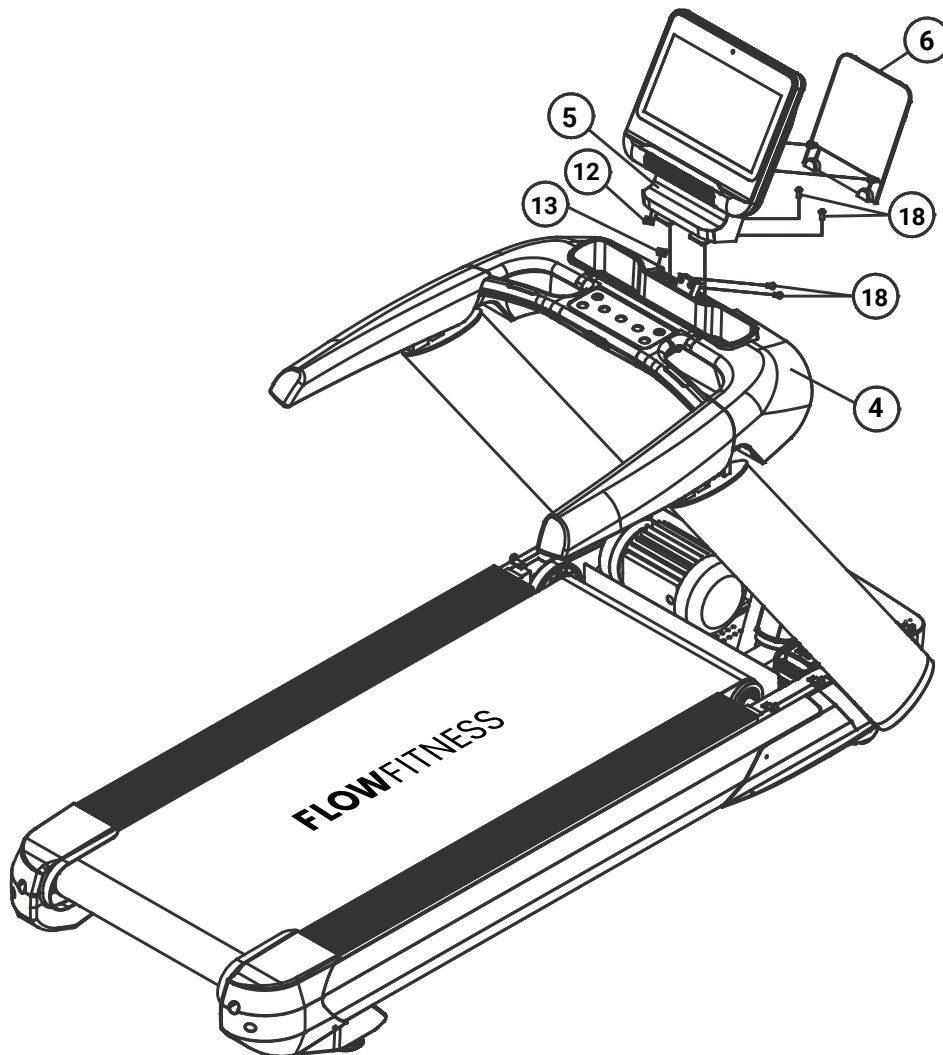
Carefully separate the console cover (Part 6) from the TFT console (Part 5) using your hands.



Note: Most screws are pre-assembled.

STEP 5

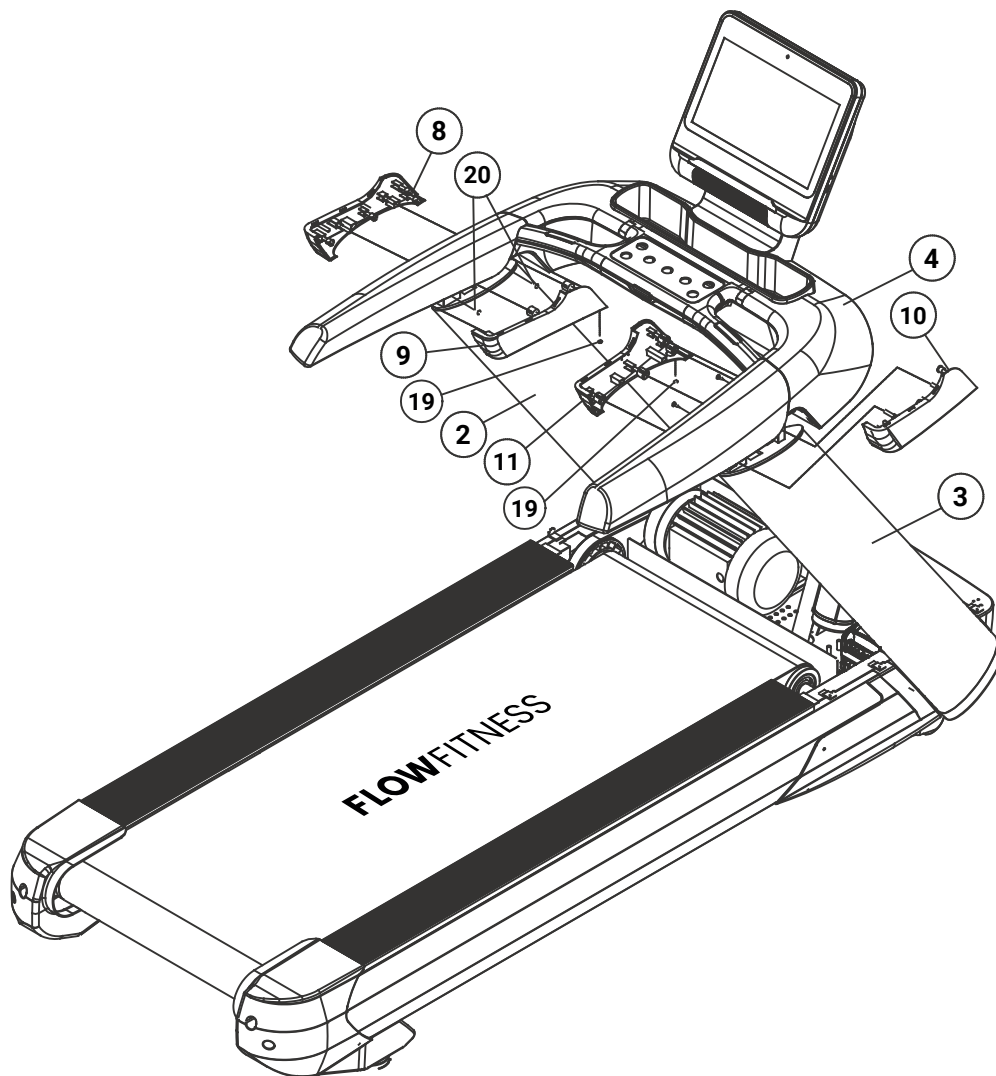
- 1. Connect the upper wire (Part 12) and the middle wire 1 (Part 13)**
Begin by securely connecting upper wire (Part 12) and middle wire 1 (Part 13). Ensure any other associated parts are connected as required.
- 2. Connect the console**
 - With the inner hexagon spanner, lock the TFT console (Part 5) to the body console (Part 4) using bolt 18.
 - Fasten the console cover (Part 6) to the TFT console (Part 5).
- 3. Tighten all connections**
Confirm that all parts and bolts are fully tightened to ensure stability and safety.



Note: Most screws are pre-assembled.

STEP 6

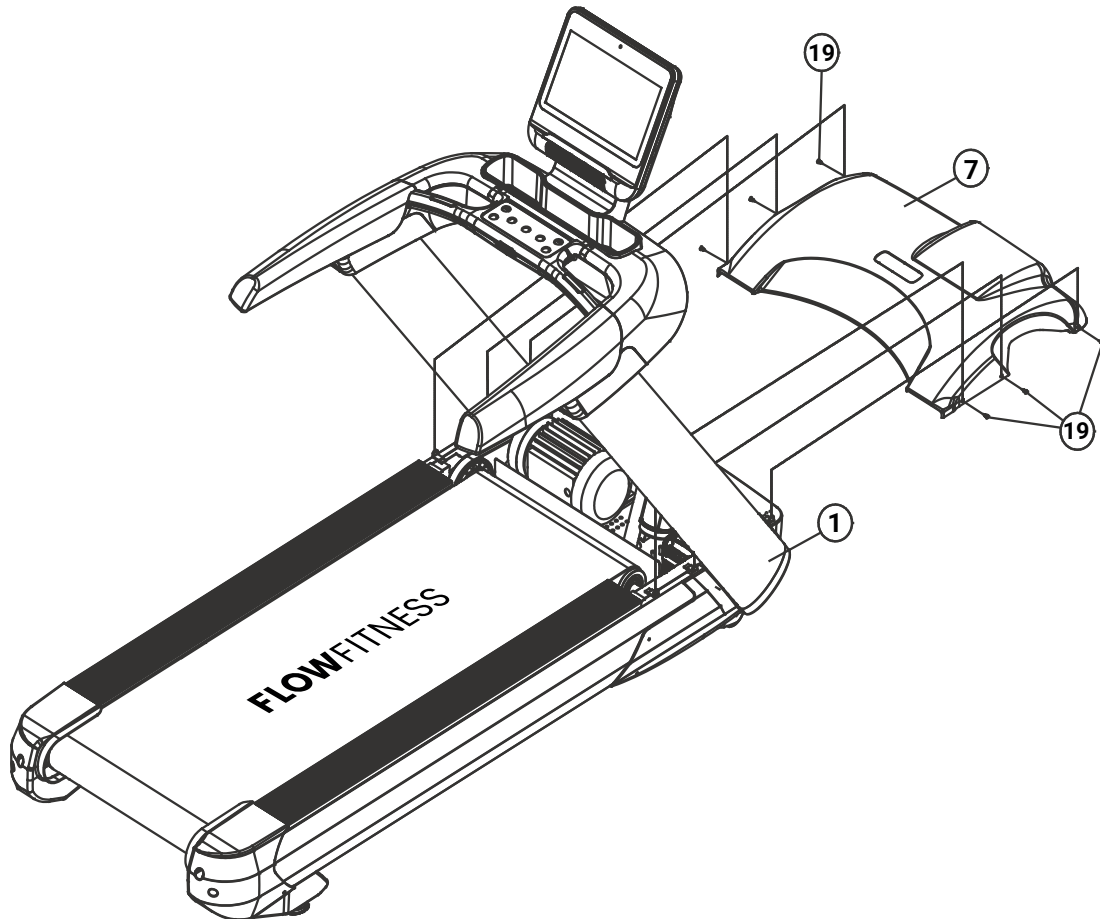
1. Fasten body cover on left (Part 8) and body cover on right (Part 10) to left post (Part 2) and right post (Part 3) with bolt 20.
2. Fasten body cover on left (Part 9) and body cover on right (Part 11) to body cover on left (Part 8) and body cover on right (Part 10).
3. Ensure all bolts are tightened securely.



Note: Most screws are pre-assembled.

STEP 7

1. Use a Phillips screwdriver to securely fasten the motor cover (Part 7) to the main frame (Part 1) using screw 19.
2. Ensure all bolts are tightened securely.

**NOTE:**

Ensure the treadmill is powered on only after all parts have been properly assembled.

Note: Most screws are pre-assembled.

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HEALTH

IMPORTANT:

Read this instruction manual first and follow the instructions carefully before using the product.

- Consult an expert to determine the training level that is most suitable for you.
- If you experience any dizziness, nausea or any other physical discomfort while training, cease the training immediately and consult a physician.
- Watch your heart beat during the training and immediately stop training when values are inconsistent.
- We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the product. This way your heart rate can increase and decrease gradually and you can prevent painful muscles.

SAFETY

- Only use this product as described in this instruction manual.
- Before using this product check that the product functions as it should. In case of malfunction or a defect stop training immediately and contact your dealer.
- Do not use the product when there is a malfunction.
- The product has to be positioned on a flat surface.
- The product can only be used by one person at the same time.
- The product can be used by persons weighing up to 200 kg.
- Always make sure that there is at least one meter of free space in all directions around the product when you are training.
- Don't stick any objects in any opening of the product.
- Keep children and pets away from the product.
- Handicapped persons should get consent from a medical expert and follow their directions for training with the product.
- Do not place hands or feet under the product.
- Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
- Start your training schedule slowly and build it up gradually.
- Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
- When moving the equipment always use the appropriate lifting techniques to prevent back injury.
- Check screws and bolts regularly and fasten them if they are loose.
- The owner of the product is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.
- This product is intended for use in a clean and dry environment. Storage in cold and/or moist areas could lead to problems with the product.

WARNING

Have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment. Flow Fitness is not responsible for any personal injury or damage to property caused by the use of this equipment.

SPECIFICATIONS

Size (cm)	219 x 97 x 160	Power supply	AC 220V - 240V
Folded size (cm)	Unfoldable	Rated power	2200 W
Running size (cm)	58 x 157	Net (kg)	198
User's weight (kg)	200	Gross (kg)	247
Temperture	0 - 40 °C	Class	SB
Console display	Speed / Incline / Time / Distance / Calorie / Pulse		

TECHNOLOGY

3.0 CHP / 6.0 HP

0.8 - 20 Km/h

- 3% - 15% Inclination

EXTRA

Inverter controlled AC Motor

Built-in speakers

Quick Resistance Buttons

Heart Rate Monitoring Function

Ergonomic Design

This manual contains all the information necessary for using and operating this treadmill. Additionally, the manual includes tips and advice on how to train effectively.

We recommend that you carefully read this manual before using the Perform Pro T6i treadmill to ensure that the product is used optimally and safely.

Flow Fitness wishes you great success and enjoyment in your training.

WHAT IS FITNESS

What is fitness? Generally it can be described as a fitness exercise that causes your heart to pump more oxygen to your muscles via the blood from your lungs. The harder the workout, the more fuel (oxygen) the muscles require to achieve this rate of oxygen. The heart has to pump harder to get the oxygenated blood into the muscles. If you have good stamina, your heart pumps more blood with each heartbeat. The heart will not have to beat that often to transport the necessary oxygen into your muscles. Your resting heart rate and heart rate during exercise will reduce.

TRAINING BY HEART RATE

While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heart beat can be determined by this. Secondly, the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 85% of your maximum heart rate. The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

DETERMINING YOUR TRAINING GOAL

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column. For each individual the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

Age	Losing Weight (beats per minute) 60%	Improving stamina (beats per minute) 85%
20 -24	120 - 118	170 -167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

In this instruction manual you will find several different training schedules. You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

WARMING UP & COOLING DOWN

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.



Head Roll

Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.



Toe Touch

Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat this two or three times.



Side Stretch

Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat this three or four times.



Knee bend

Set your feet shoulder-width apart and stretch your hands out. Lower yourself no more than 10cm by bending your knees. Come back up again and repeat several times.



Lower back stretch

Begin on all fours. Stretch your arms out in front of you, allowing your face to lower to a position near the floor. Gently sit back. Rest your glutes just above your heels. Ease back and feel the gentle stretch in your lower back.



Hamstring Stretch

Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of your right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

TRAINING SCHEDULE

Schedule week 1 and 2

Train at 60% of your maximum heart rate.
Max. 3 times a week.

Warming up 5 - 10 minutes.
Train 4 minutes.
Rest 1 minute.
Train 2 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 3 and 4

Train at 60% of your maximum heart rate.
Max. 4 times a week.

Warming up 5 - 10 minutes.
Train 5 minutes.
Rest 1 minute.
Train 3 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 5 and 6

Train at 60% of your maximum heart rate.
Max. 5 times a week.

Warming up 5 - 10 minutes.
Train 6 minutes.
Rest 1 minute.
Train 4 minutes.
Calmly train 3 minutes.
Cooling down 5 minutes.

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are on the next pages.

Training schedule to improve stamina (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 7 minutes.
Rest 1 minute.
Train 5 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 10 minutes.
Rest 1 minute.
Train 10 minutes.
Repeat training 2 or 3 times.
Calmly train 1 minute.
Cooling down 5 minutes.

Training schedule to lose weight (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 60% of your maximum heart rate.
Max. 6 times a week.

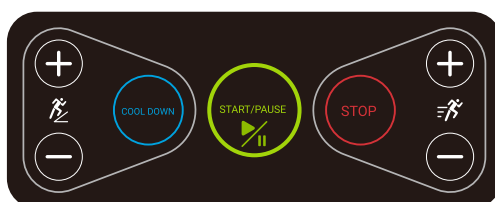
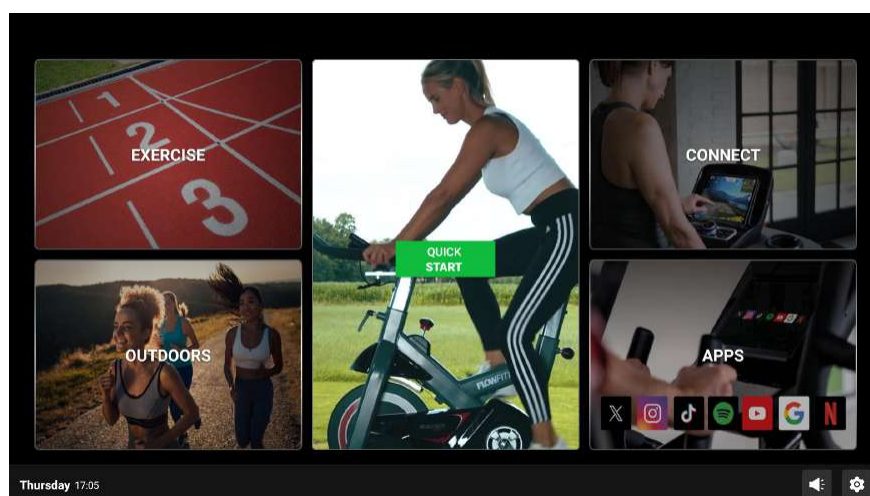
Warming up 5 - 10 minutes.
Train 7 minutes.
Rest 1 minute.
Train 5 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.
Train 10 minutes.
Rest 1 minute.
Train 10 minutes.
Repeat training 2 or 3 times.
Calmly train 1 minute.
Cooling down 5 minutes.

BUTTONS & FUNCTION



Kindly reminder: please check the safety key before start.

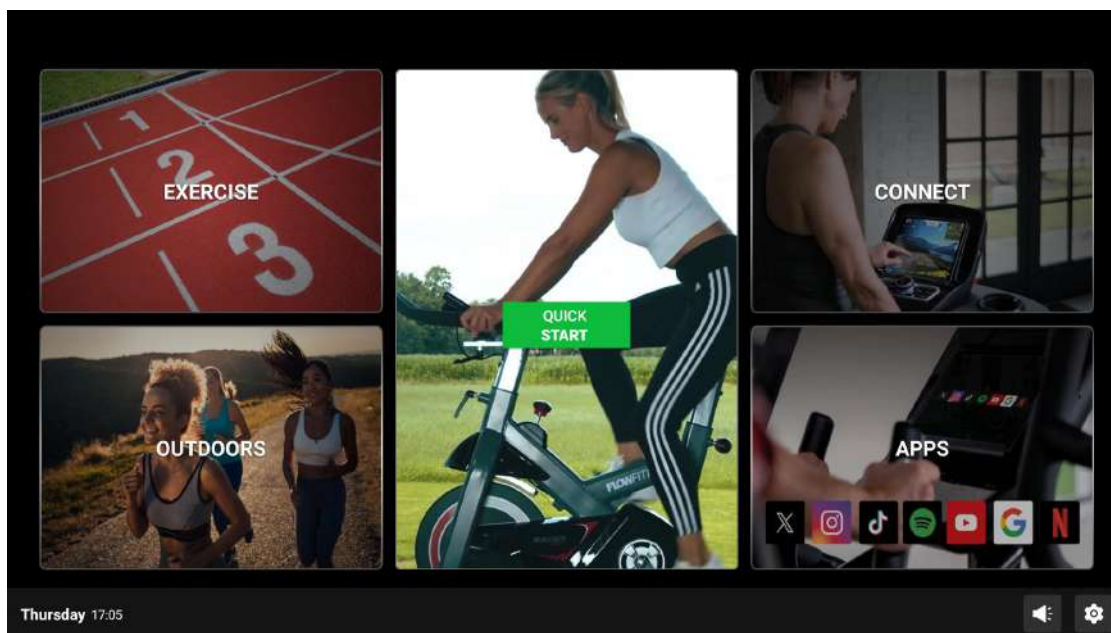
Thank you for purchasing our product. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions. Please keep this manual in a safe place for reference.

1. **Start/Pause:** Press this button in standby mode to start the treadmill; press it while the treadmill is running to pause it. The speed will display the minimum speed, and other data will remain as they were before pausing.
2. **Stop:** Press this button during running, treadmill stops.
3. **Speed+:** Press this button during running, Speed will increase. In settled program, can set the running time in the program.
4. **Speed-:** Press this button during running, Speed will decrease. In settled program, can set the running time in the program.
5. **Incline+:** Press this button when treadmill is running, the incline degree will increase.
6. **Incline-:** Press this button when treadmill is running, the incline degree will decrease.
7. **Cool down:** on running, press this button in to cool down mode.
8. **Speed range:** AC 0.8-20 KM/H.
9. **Incline range:** -3% -15%.

TFT SCREEN OPERATION GUIDE

Home page

From the home page, users can select different exercise modes according to their preference.



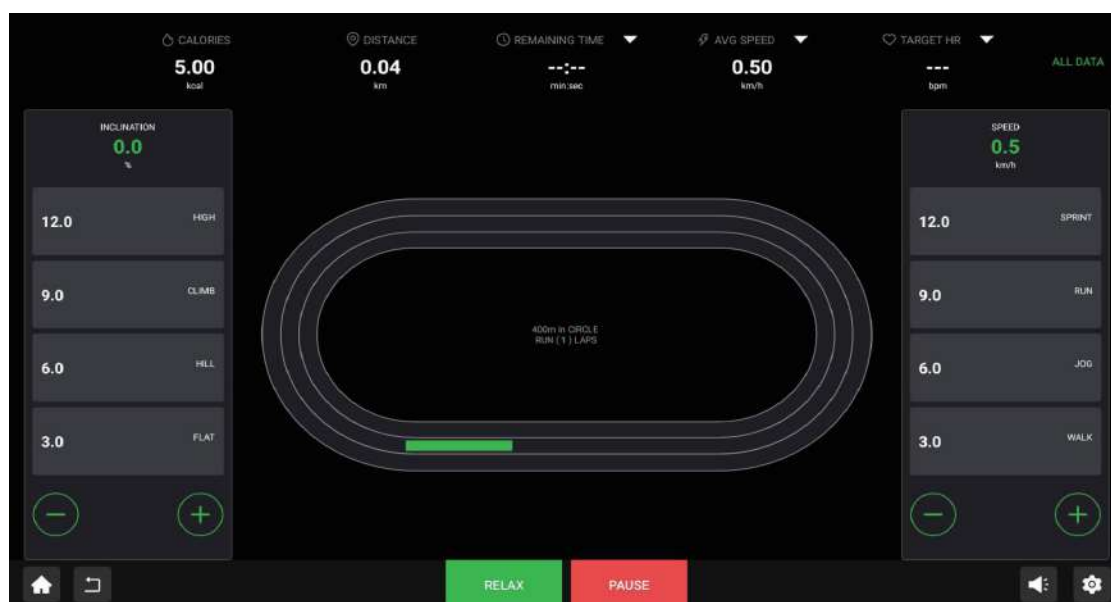
Quick start

**QUICK
START**

This option enables users to start their workout at a preset resistance level. During the session, users can manually adjust the resistance and explore various entertainment options to enrich their exercise experience.

Automatic display switching

The console display automatically cycles through different data every 5 seconds, offering a comprehensive overview of various workout statistics.

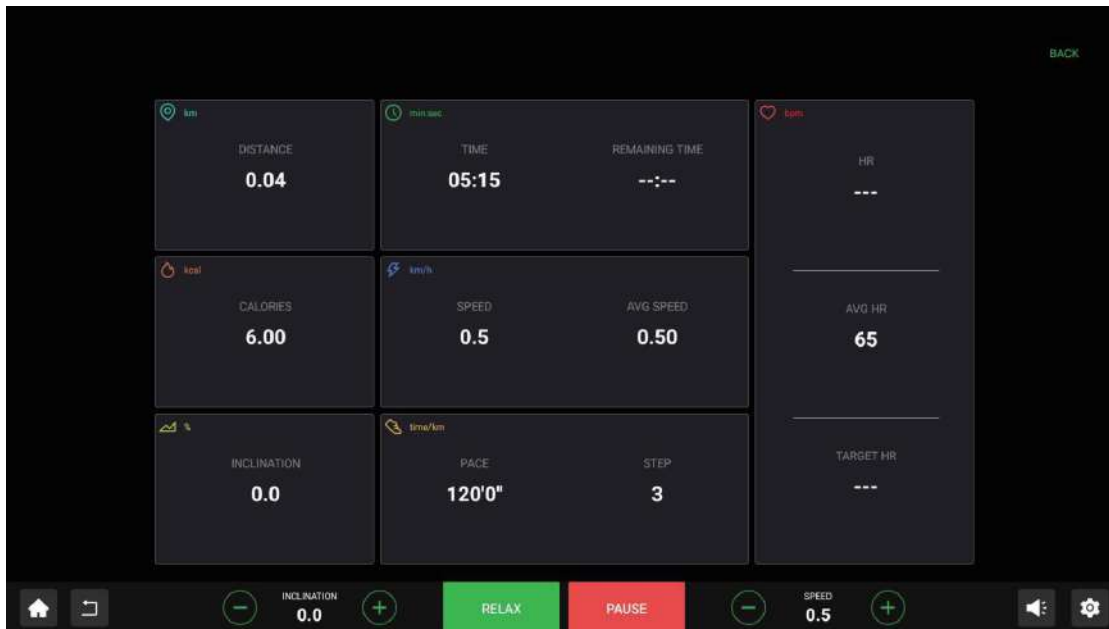


NAVIGATING THE INTERFACE

All data

ALL DATA

By selecting the all data button, users can view a detailed breakdown of their workout statistics, including metrics such as distance, calories burned, and time.



Back button

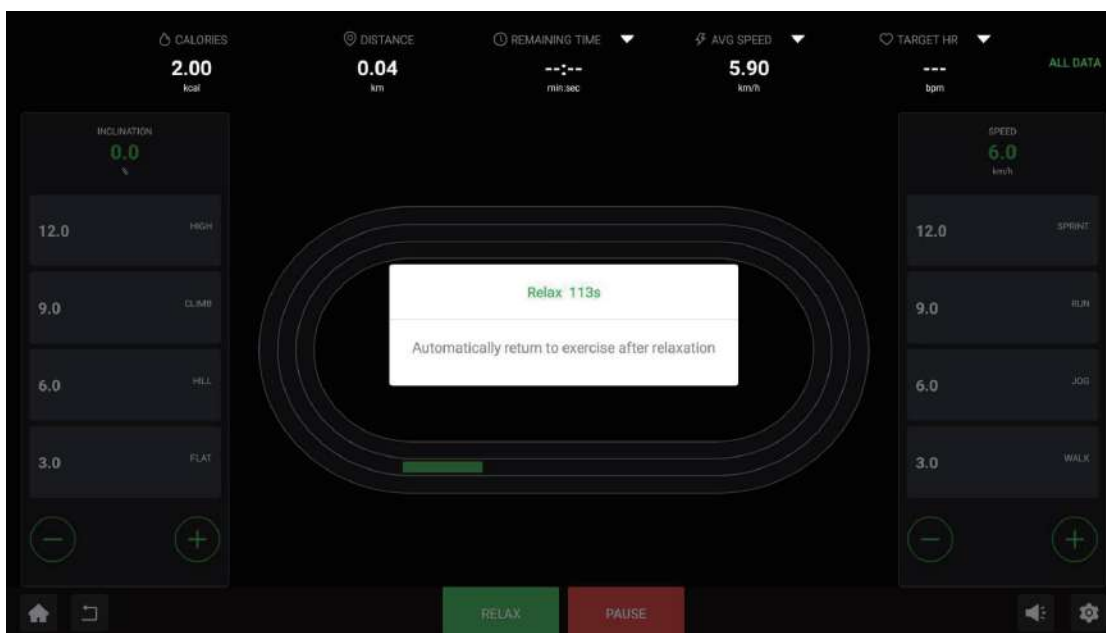
BACK

Clicking the back button closes the current data page and navigates the user back to the previous screen.

Relax mode

RELAX

This mode gradually reduces the current settings to zero, allowing for a smooth and controlled end to the workout.



Pause button

PAUSE

When selecting the pause function, users can choose to either resume their workout or end it.

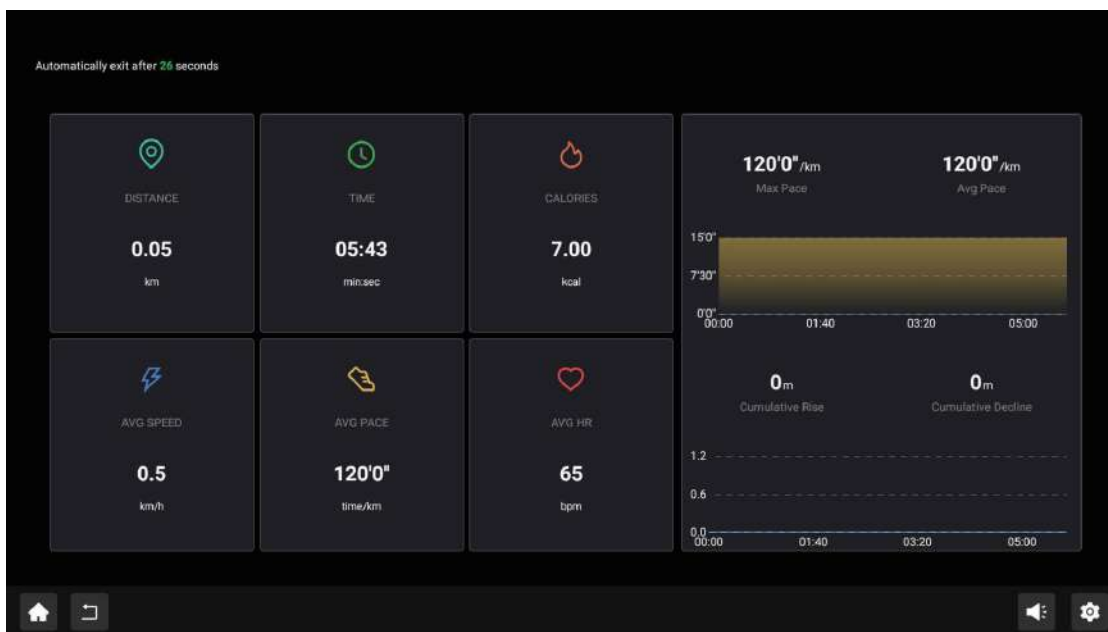
- If no action is taken, the system will automatically stop the workout after a 30-second countdown.

POST WORKOUT SUMMARY

Post-workout results

At the end of the exercise, a summary of the workout results is displayed on the screen.

- From this summary screen, users can adjust sound settings, navigate back to the home page, or access the settings menu.
- If there is no user input for 30 seconds, the screen will automatically return to the home page.



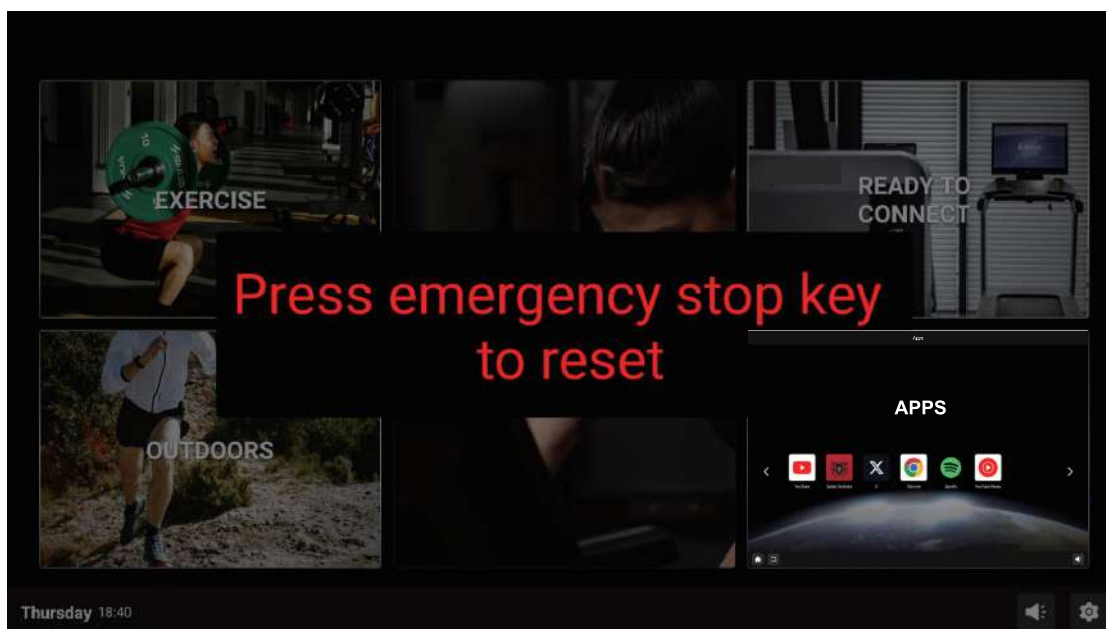
Emergency stop key

Press emergency stop key to reset

In the event of an emergency during exercise, pulling the Emergency Stop Key will immediately halt the treadmill. Upon activation, the following message will appear on the display:

"Press the Emergency Stop Key to reset and resume usage."

To continue using the treadmill after an emergency stop, follow the on-screen instructions to reset the system.



EXERCISE PROGRAMS

Users can choose from a variety of exercise modes and set specific goals to customize their workout. Available options include:

Manual goal setting

Allows users to set goals based on:

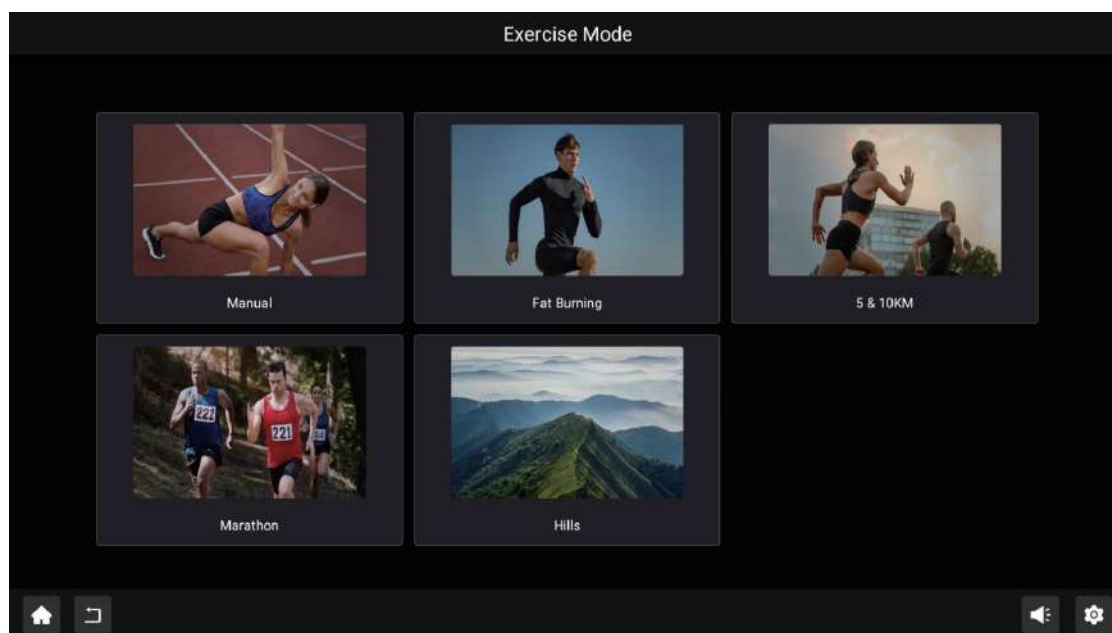
- Time
- Distance
- Calories

Predefined programs

The console includes built-in workout programs:

- Fat burning
- 5 & 10 KM
- Marathon
- Hills

Note: All workout modes will start with a 3-second countdown. After the workout ends, the device will switch to a relaxed mode, during which the speed and incline will reduce to designated values.



Manual mode

The manual mode gives users complete control over their workout settings, allowing you to personalize every aspect of your training to meet your specific goals and preferences. This mode offers three distinct sub-modes:

Time mode

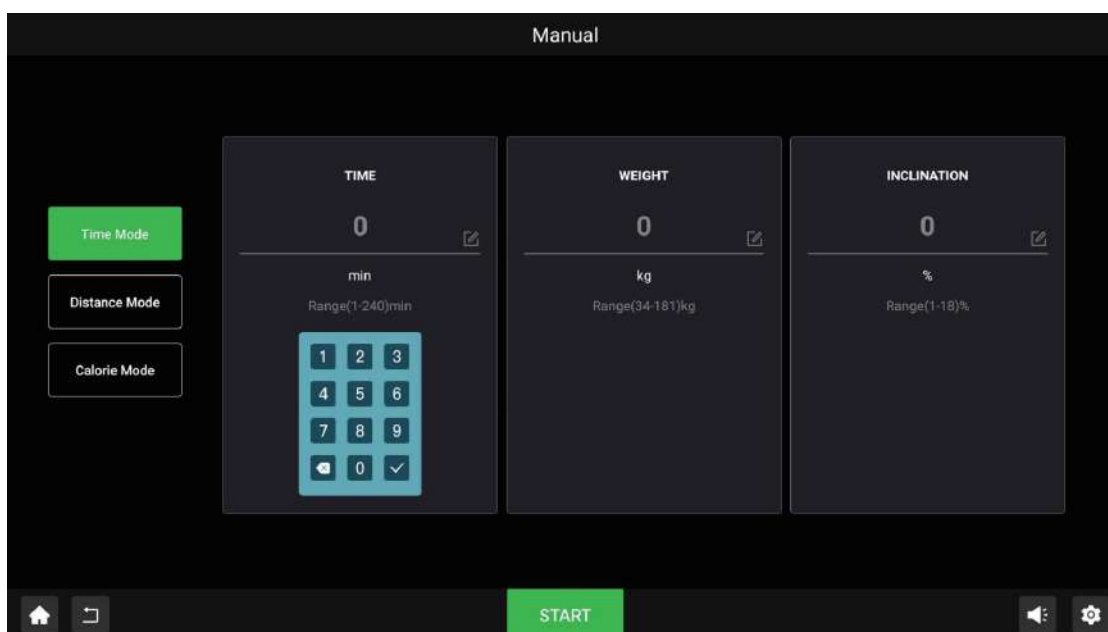
A workout mode that allows you to select the desired duration of your workout based on your training plan. The power level remains constant, while the resistance is automatically adjusted at specified intervals to help you achieve your training goals.

Distance mode

A workout mode that allows you to set a specific distance to be traveled during your workout. The duration of the workout will automatically adjust based on your speed, ensuring that you meet the set distance goal.

Calorie mode

A workout mode that allows you to set a specific calorie target to be burned during your workout. The workout duration will automatically adjust based on your speed, helping you reach your target calorie burn.



Adjustable parameters

To further personalize your workout, the following settings can be customized:

- Workout duration

Input the desired workout duration, ranging from 1 to 240 minutes.

- Workout Distance

Input the desired workout distance, ranging from 1 to 100 kilometers.

- Calorie Consumption

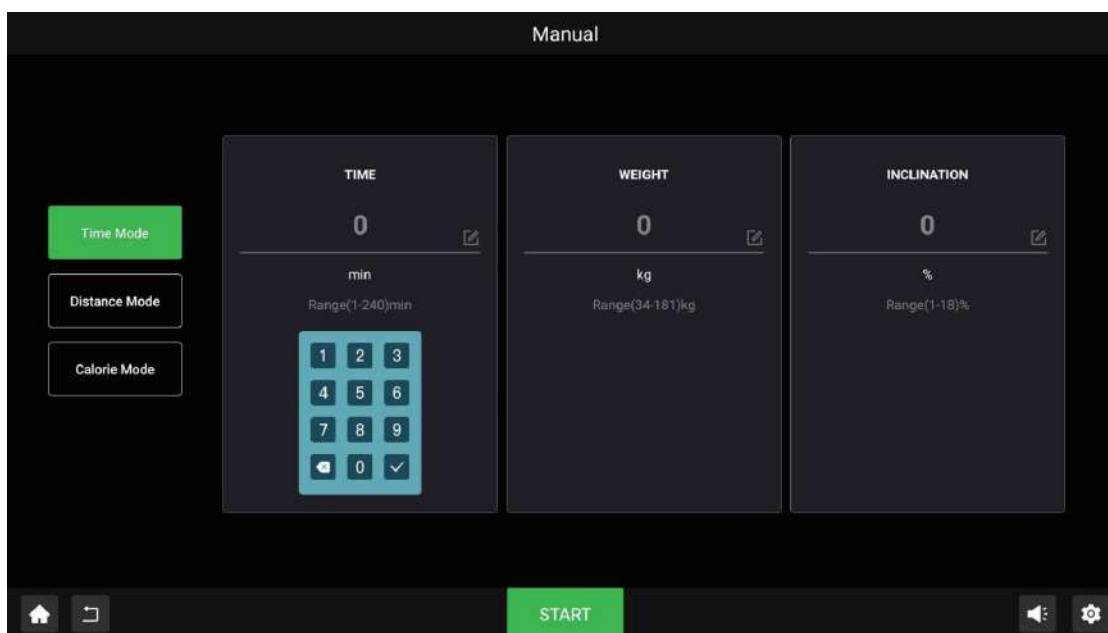
Input the target calorie consumption, ranging from 100 to 1,000 calories.

- User Weight

Input the user's weight, ranging from 34 to 181 kg, to ensure more accurate calorie consumption calculations during the workout.

- Incline Level

Input the desired incline level, ranging from 1 to 18, to customize the slope and increase exercise intensity.



Fat burning

An incline-based workout mode that enables users to choose an appropriate incline level tailored to their training plan. In this mode, the treadmill automatically adjusts to the incline levels set in the program. During the workout, users can modify the speed and incline at any time to effectively achieve their fitness goals.

- User Age

Input the user's age (range: 10 to 99 years) for accurate calculation of calorie consumption during the workout.

- Target Heart Rate

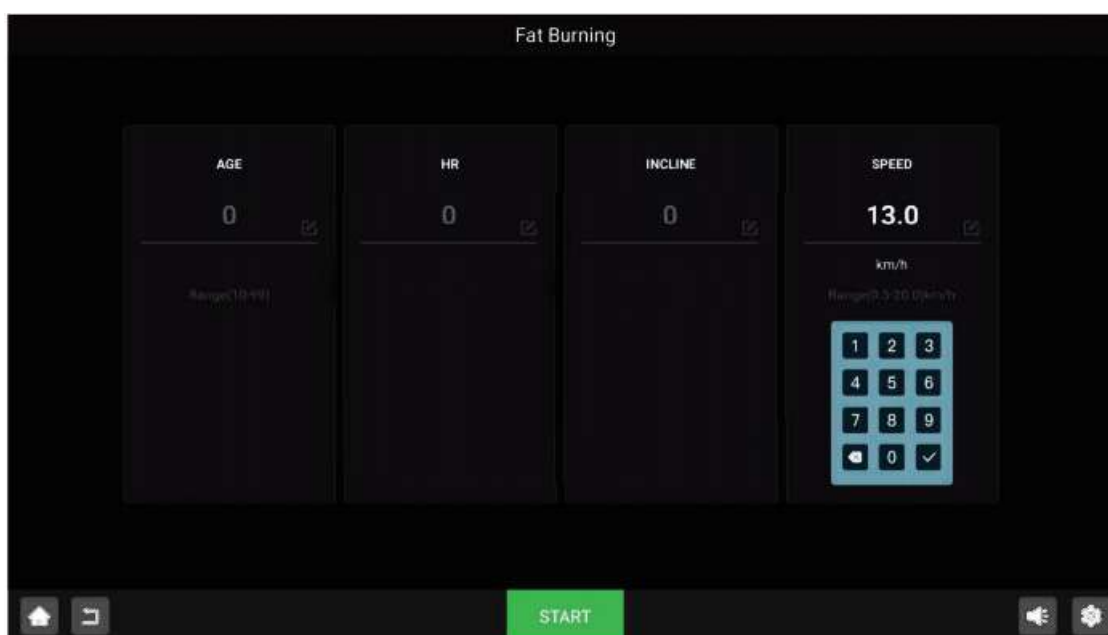
Input the desired heart rate (range: 40 to 220 bpm) to effectively control workout intensity and enhance fat-burning efficiency.

- Incline Level

Input the desired incline level (range: 1 to 18) to set the workout's slope.

- Speed

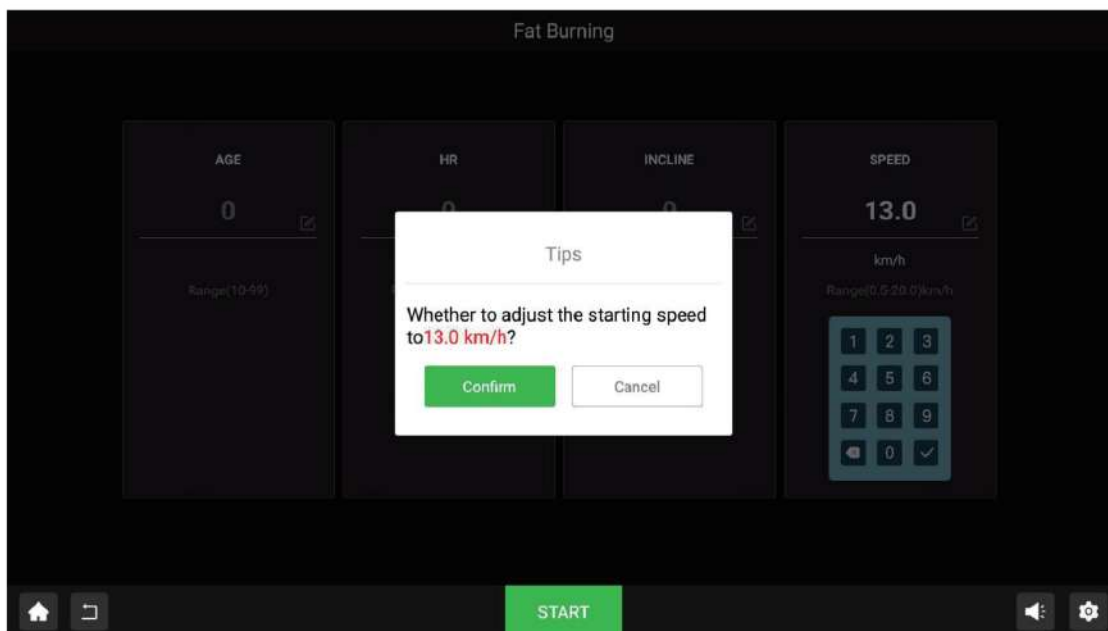
Input the desired speed (range: 0.5 to 20 km/h) to customize the workout pace.



Safety note:

When the manually set speed exceeds 12 km/h, a prompt will appear asking:
"Would you like to adjust the starting speed to 13.0 km/h?"

This ensures a safe and controlled start to your workout.



5 & 10 KM running mode

These distance-based workout modes allow users to select optimal incline and speed levels tailored to their training plan. In these modes, the device pre-adjusts to the incline level set by the user at the start of the session. During the workout, users can easily modify the speed and incline as needed to meet their fitness objectives.

- Workout Level

Input the desired level (range: 1 to 10). Speed and incline can be adjusted freely during the workout.

- User Weight

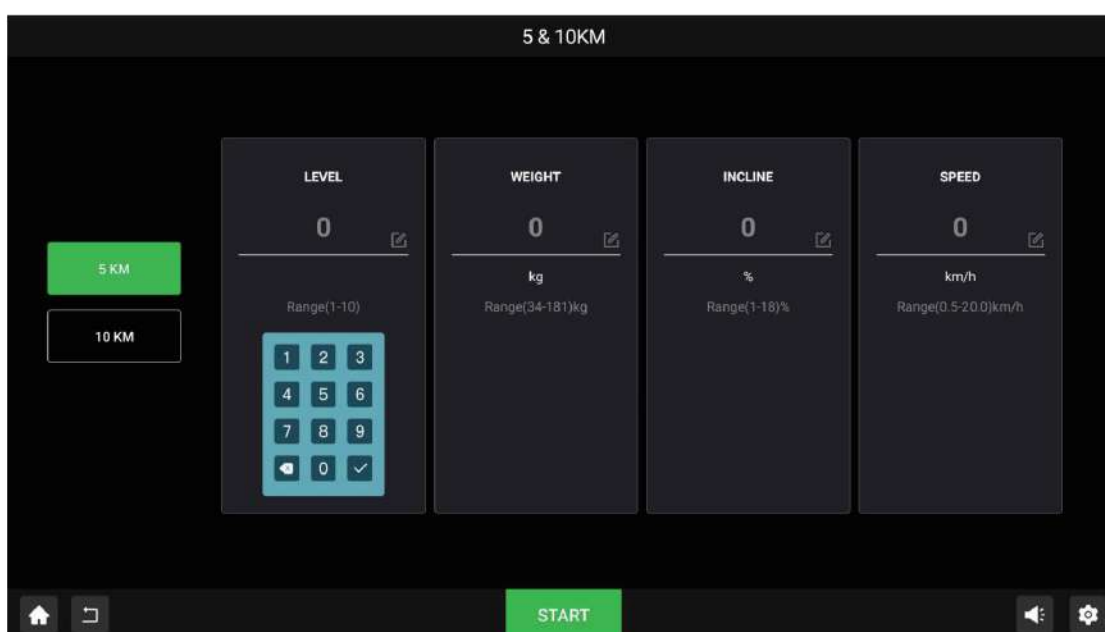
Input the user's weight (range: 34 to 181 kg) to ensure accurate calorie consumption calculations during the session.

- Incline Level

Input the desired incline level (range: 1 to 18) to set the workout's slope and adjust intensity.

- Speed

Input the desired speed (range: 0.5 to 20 km/h) to customize the workout pace according to your preferences.



Marathon Modes: Full and Half Marathon

These distance-based workout modes allow users to customize incline and speed levels according to their training plans. At the start of the session, the treadmill will automatically adjust to the incline level set by the user. During the workout, users have the flexibility to adjust speed and incline settings to better align with their fitness goals and optimize performance.

- User Weight

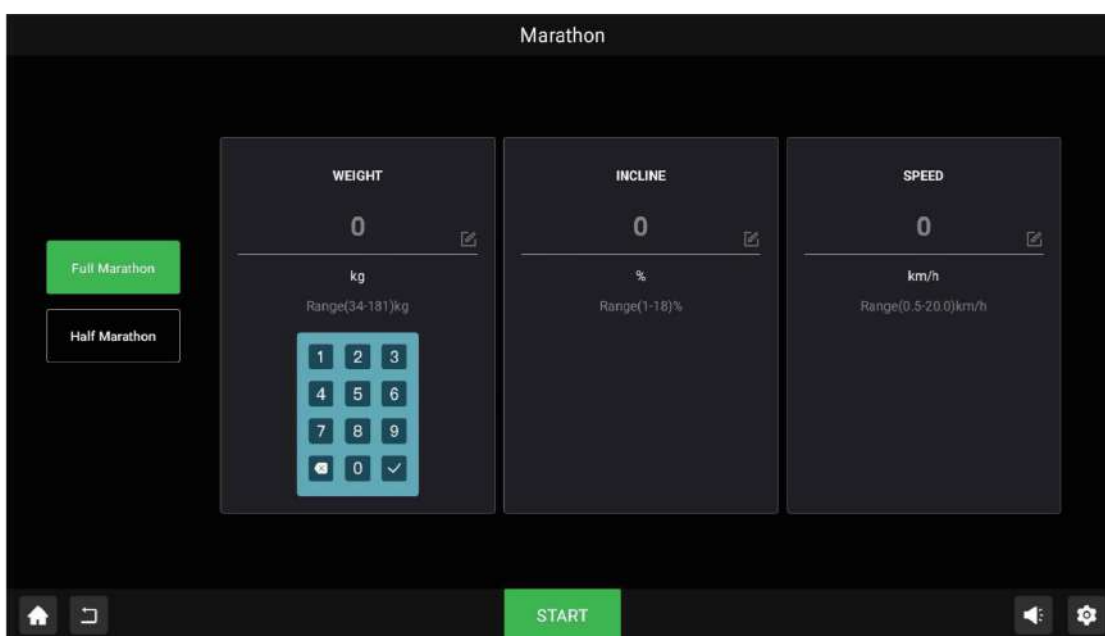
Enter the user's weight (range: 34 to 181 kg) for accurate calculation of calorie consumption during the workout.

- Incline Level

Set the desired incline level (range: 1 to 18) to customize the workout slope and intensity.

- Speed

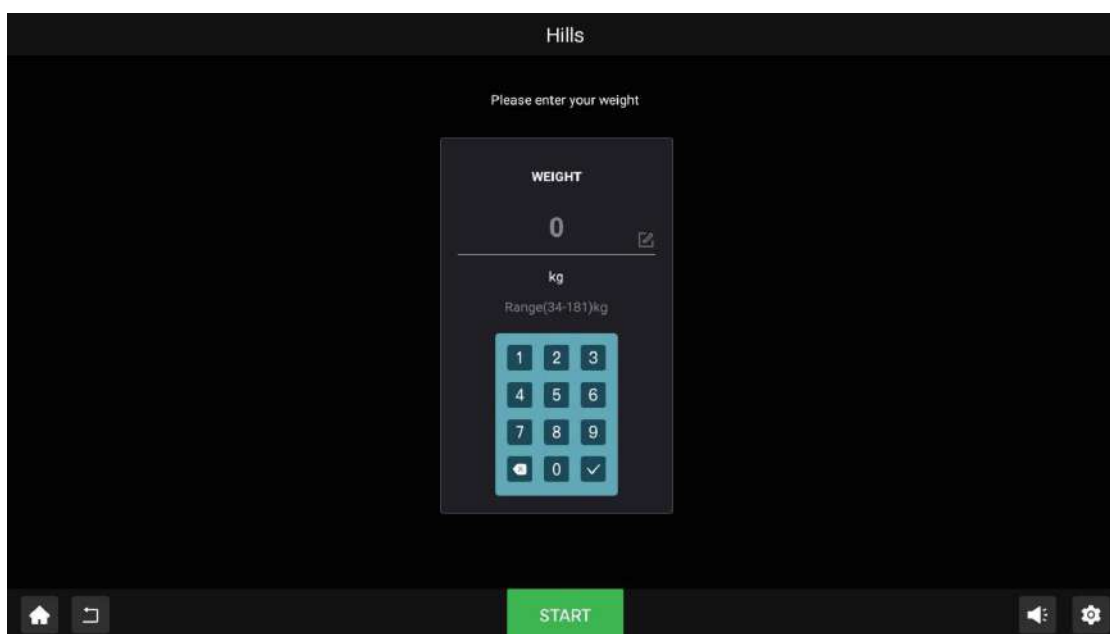
Set the desired speed (range: 0.5 to 20 km/h) to tailor the workout pace to your preferences.



Hill Mode

Hill Mode is an incline-based workout program where the device automatically adjusts the incline according to a pre-programmed sequence at the start of the session. During the workout, users can freely modify both speed and incline settings to tailor the session to their fitness goals and enhance their performance.

All workout modes begin with a 3-second countdown before starting. Once the workout ends, the device enters a 120-second cool-down mode. During this period, the speed and incline gradually decrease to designated values for a relaxed recovery. Users can exit the cool-down mode early by pressing the Stop button if desired.



User Weight

Enter the user's weight (range: 34 to 181 kg) for accurate calculation of calorie consumption during the workout.

After entering the weight of the user, you can choose either the 5 km or 10 km hill program. A detailed overview of these programs is provided below:

Overview of the 5 km training schedule

Level	1	2	3	4	5	6	7	8	9	10
Incline										
1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	✓	✓	✓	✓	✓					
3	✓	✓	✓	✓	✓	✓	✓			
4	✓	✓	✓	✓	✓	✓	✓	✓	✓	
5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7			✓	✓	✓	✓	✓	✓	✓	✓
8					✓	✓	✓	✓	✓	✓
9							✓	✓	✓	✓
10								✓	✓	✓

Overview of the 10 km training schedule

Level	1	2	3	4	5	6	7	8	9	10
Incline										
1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	✓	✓	✓	✓	✓					
3	✓	✓	✓	✓	✓	✓	✓			
4	✓	✓	✓	✓	✓	✓	✓	✓	✓	
5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7			✓	✓	✓	✓	✓	✓	✓	✓
8					✓	✓	✓	✓	✓	✓
9							✓	✓	✓	✓
10								✓	✓	✓

Note:

1. This table only displays the correspondence between levels and incline changes. It does not include specific rules for adjustments in distance and duration within the program.
2. For exercise programs without a set time, the default workout duration is 20 minutes. During this period, the device will automatically adjust the incline within the specified level range according to the selected program.

Hill mode - Incline variation table

Incline	1	3
Speed	1.5 / 3	4.9 / 5.1 / 5.3

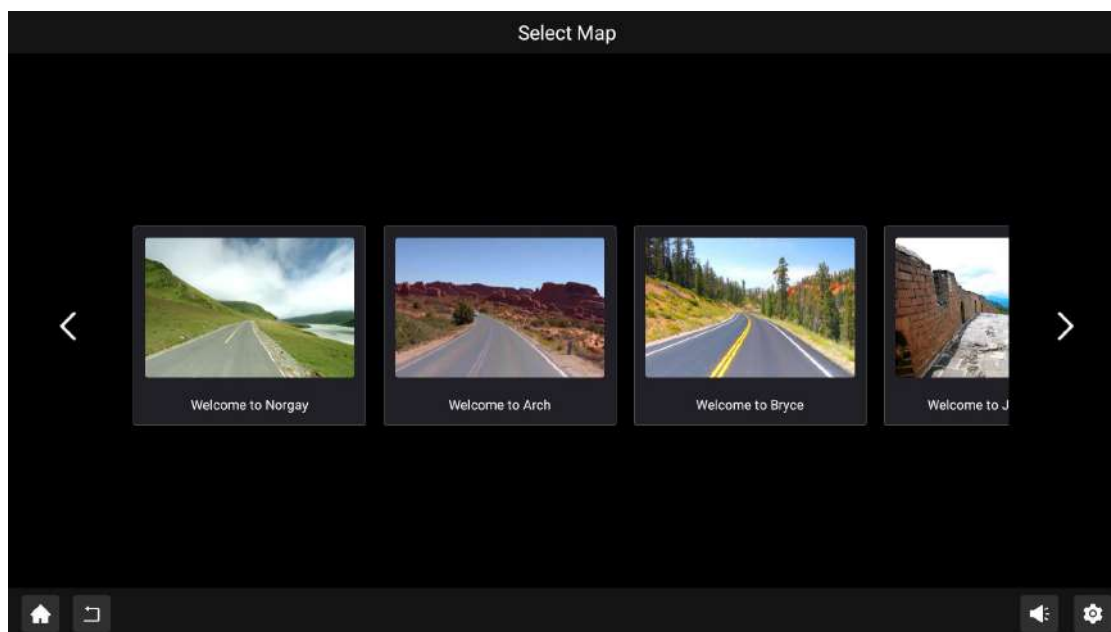
Note:

1. When the incline is initially set to 1%, the corresponding speed is 1.5 km/h. Subsequently, the speed will adjust to 3 km/h.
2. When the incline is 3%, the speed will increase sequentially from 4.9 km/h to 5.3 km/h according to the set program.

OUTDOOR EXERCISE SIMULATION

Outdoor modes

Users can choose from a variety of outdoor exercise maps that simulate different terrains, providing a more immersive and engaging workout experience.



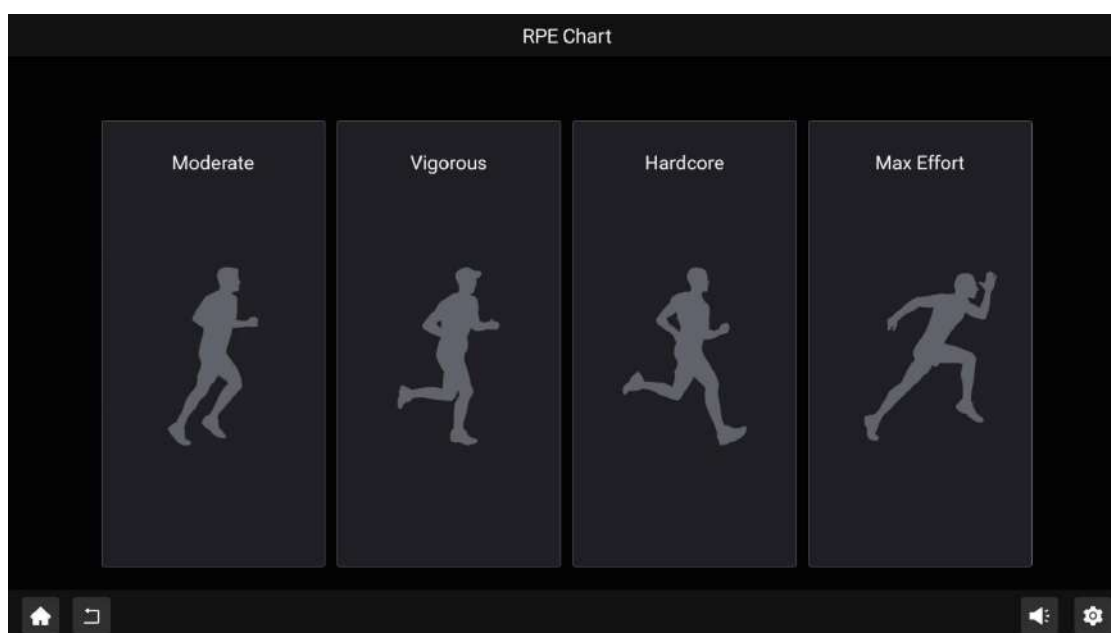
Incline Levels by Intensity

Moderate: Incline 0%

Vigorous: Incline 2%

Hardcore: Incline 4%

Max Effort: Incline 6%



Notes:

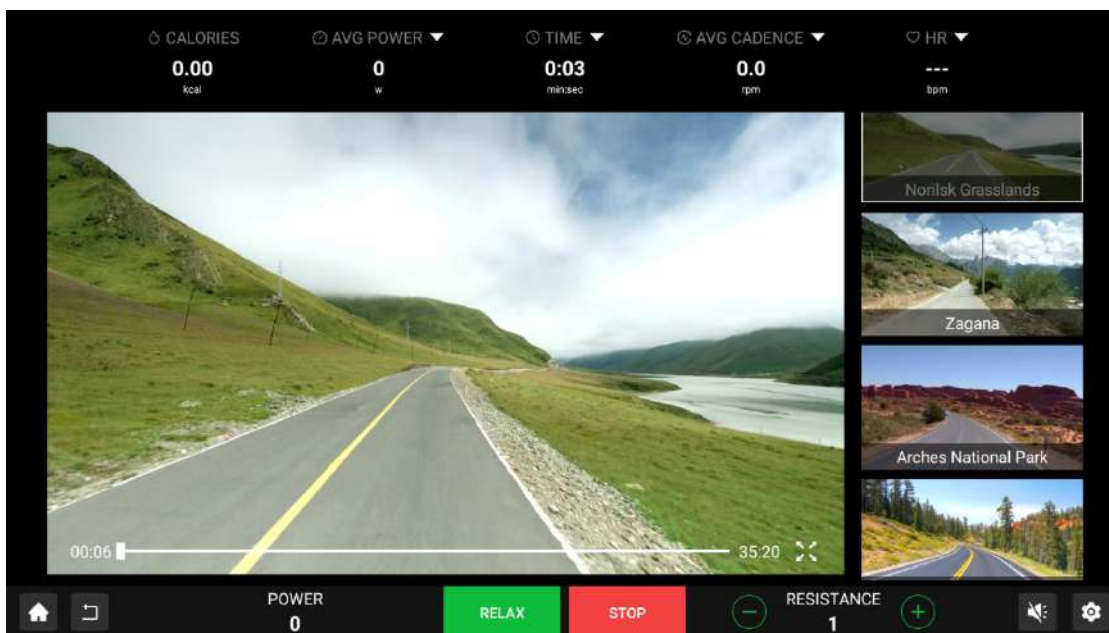
- When the incline is initially set to 1%, the corresponding speed starts at 1.5 km/h and subsequently adjusts to 3 km/h.
- At an incline of 3%, the speed increases sequentially from 4.9 km/h to 5.3 km/h, following the programmed sequence.

**Full-screen mode**

Click the full-screen button to display the exercise map in full-screen mode for an enhanced viewing experience.

**Exit full-screen**

To return to the standard view, click the exit full-screen button.

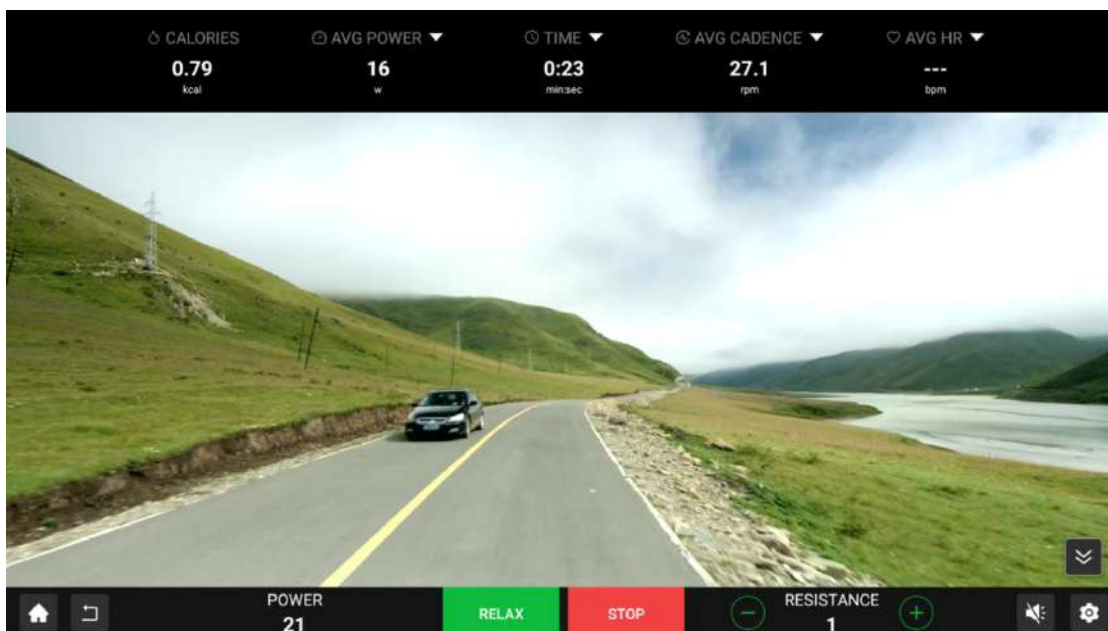


DATA AND INTERFACE CONTROLS



Hide/display data bars

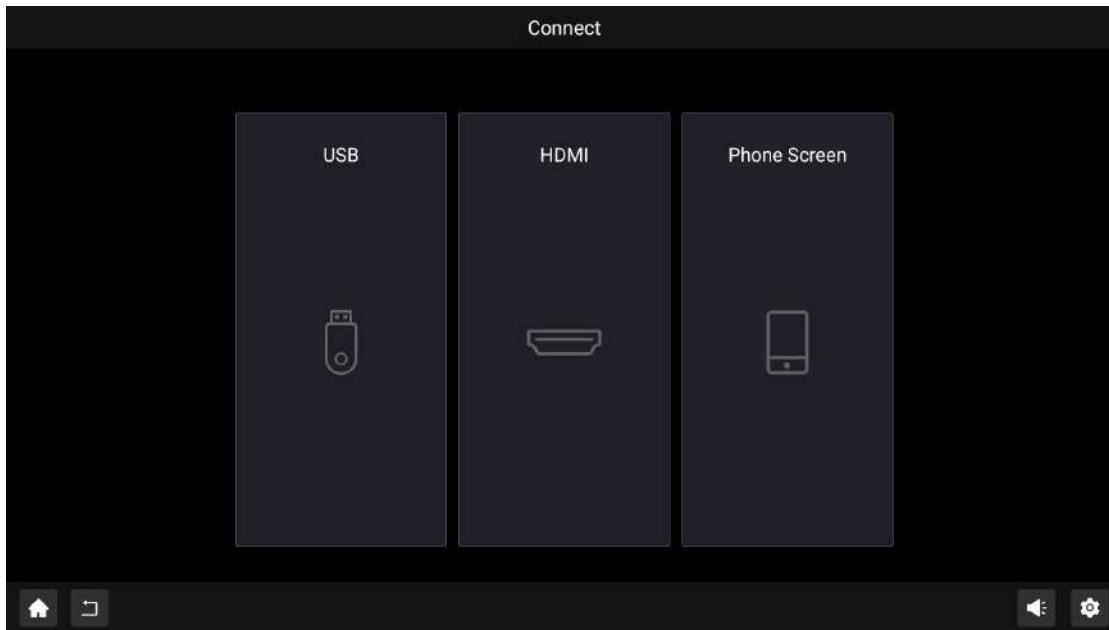
Users can choose to hide the top data bar and bottom button bar by selecting the appropriate button.
- To display these bars again, click the same button.



MEDIA PLAYBACK FUNCTIONS

Ready to connect

Users can connect to the TFT console by using USB, HDMI or by casting their mobile phone screen (iOS/Android).

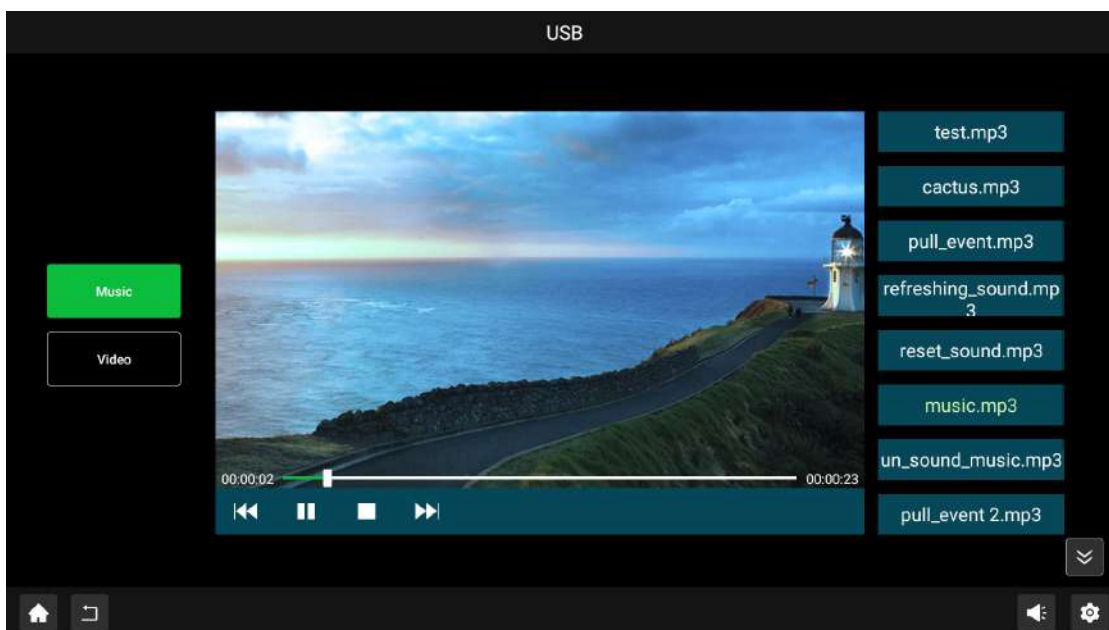


USB Mode

Music

Music: Users can play audio files directly from a USB flash drive.

- Supported audio formats include: MP3, WMA, WAV, APE, FLAC, AAC, OGG, M4A, 3GPP and most common formats.



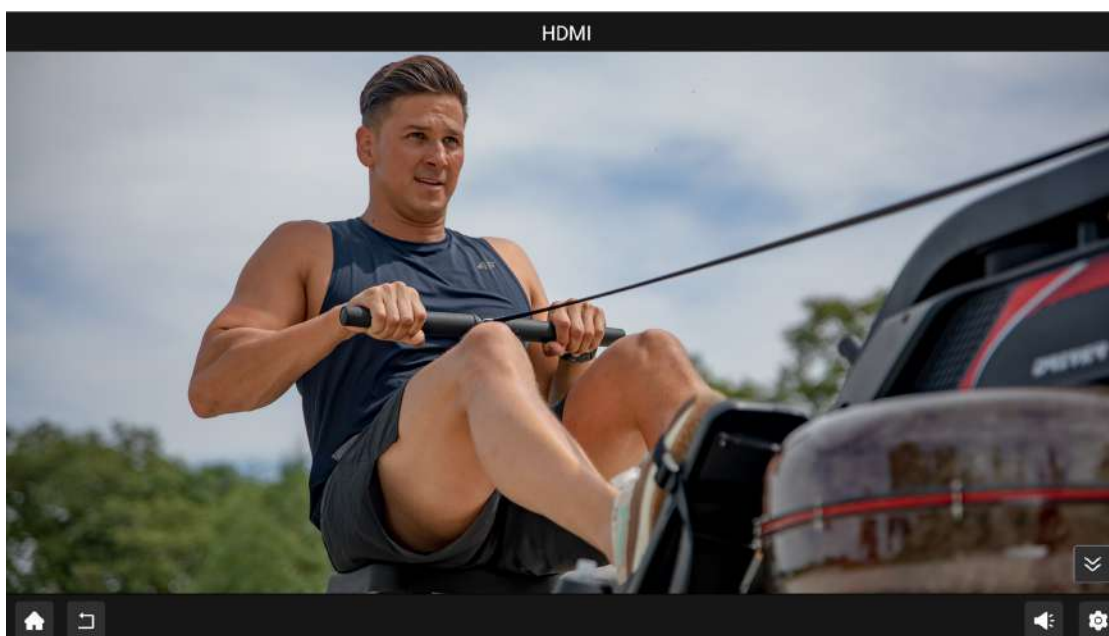
Video

Video: The console supports video playback from a USB flash drive in various formats:

- The system supports 1080p/2160p multi-video decoding, compatible with formats such as H.265, H.264, VP8, MAV, WMV, AVS, H.263, MPEG4, and most common formats.

HDMI mode

Users can connect external devices via HDMI for video input functionality.

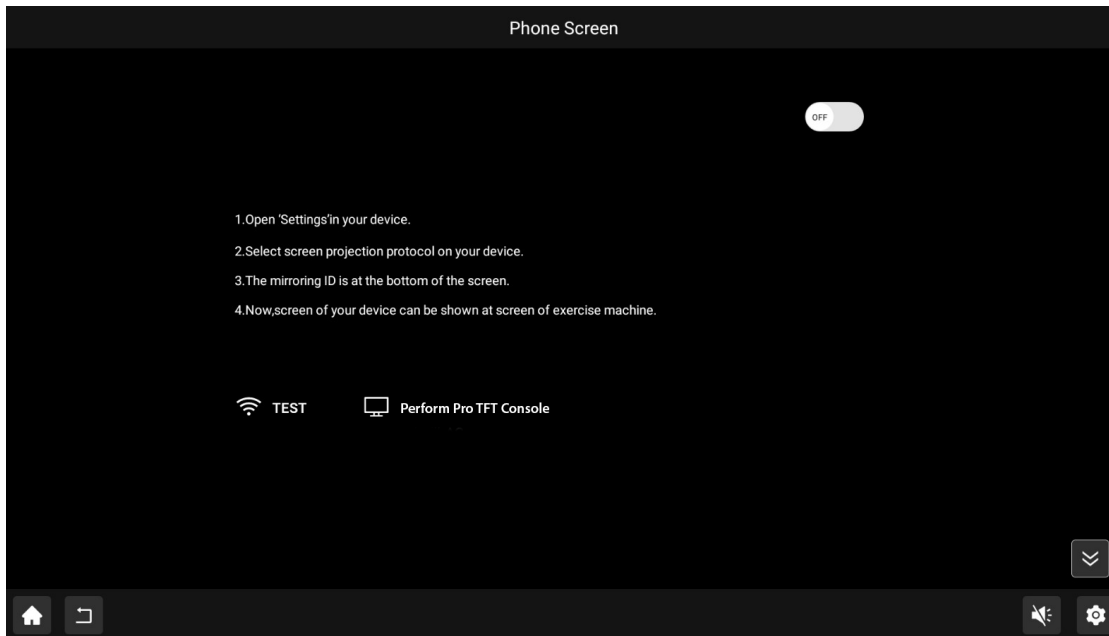


SCREEN CASTING FEATURE

Screen mirroring

This feature enables users to cast their mobile device screens directly onto the console display.

- **Supported devices:** Both Android and iOS devices with built-in Miracast functionality.
- **Alternative method:** Users can also utilize screen-casting options available within compatible mobile video applications to stream content onto the console.



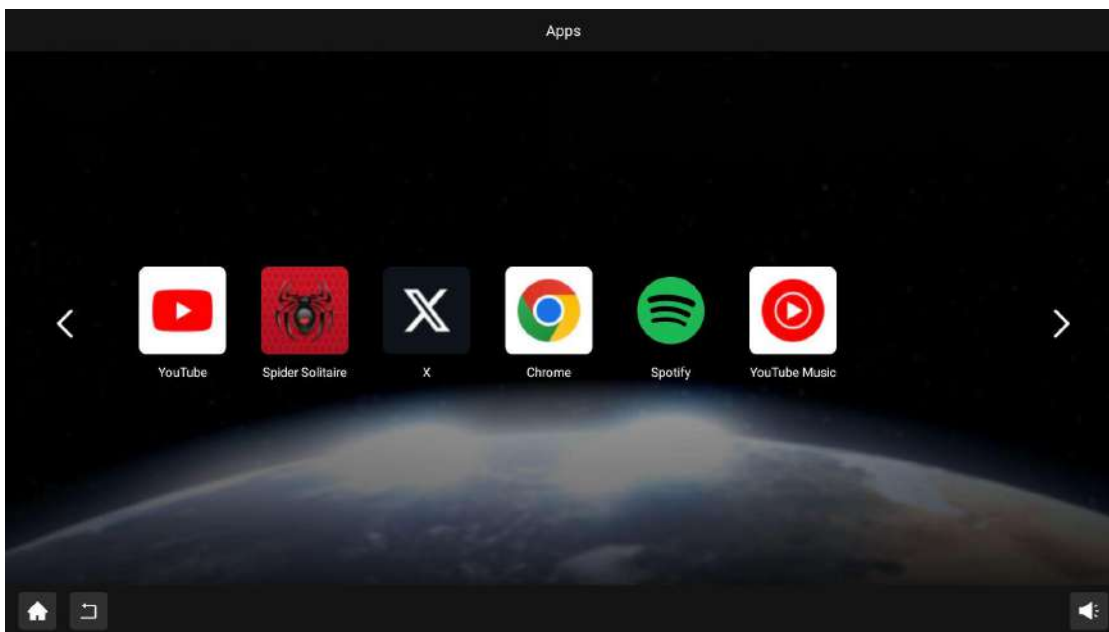
THIRD-PARTY APPS

The console supports third-party application software for enhanced functionality.
- **Note:** The availability of applications will vary based on system updates.



Return home

To return to the home screen from an app, click the home button.

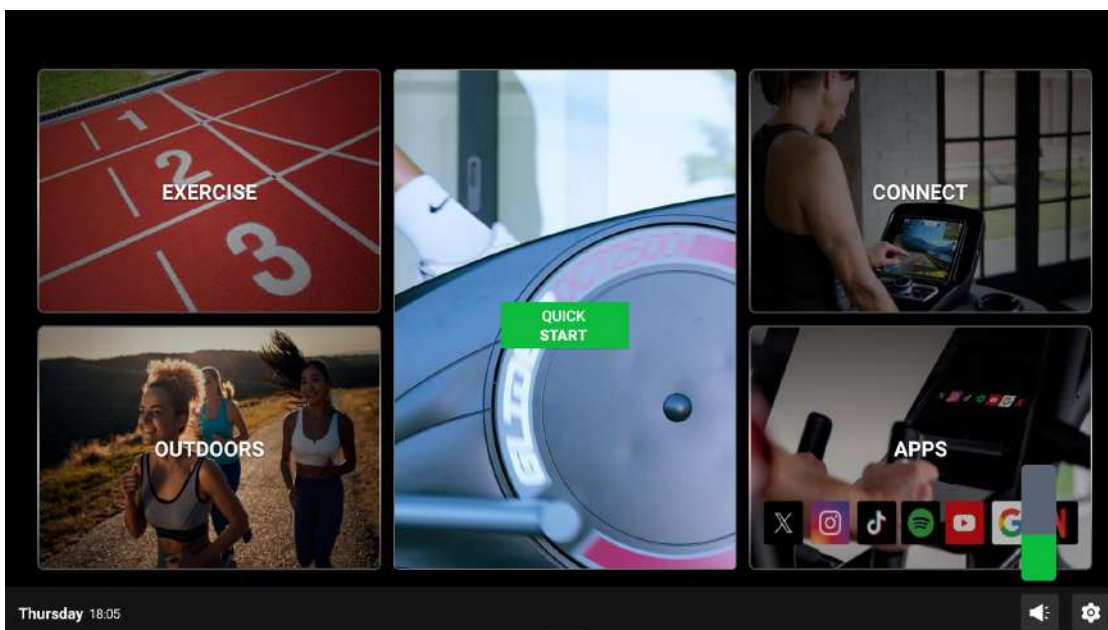


SYSTEM SETTINGS



Sound adjustment

Users can easily adjust the volume using the sound control buttons on the screen.



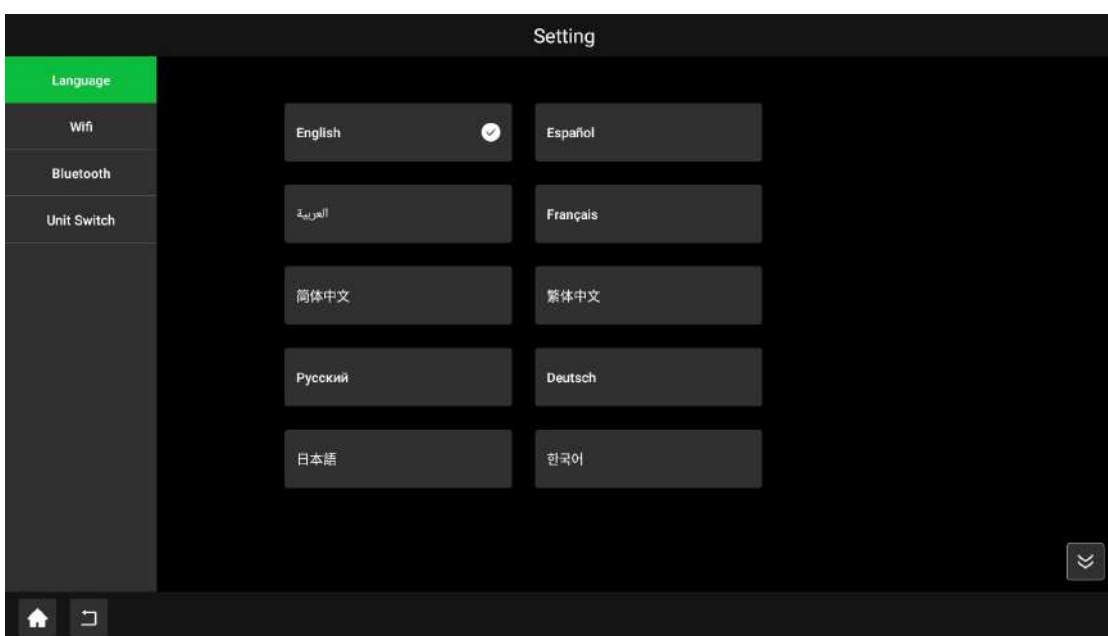
Settings menu

Access the Settings menu to configure essential system options.

Language selection

Choose the preferred system language.

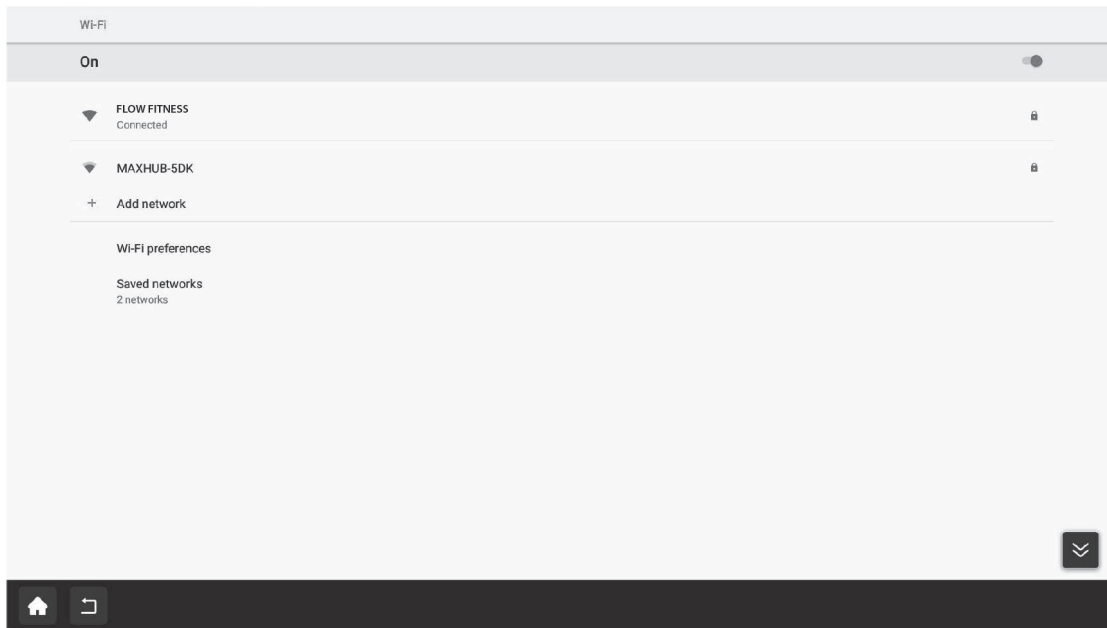
- **Note:** Changing the language will restart the system. In some cases, non-default languages may revert to the previous default setting after a reboot.



WI-FI CONFIGURATION

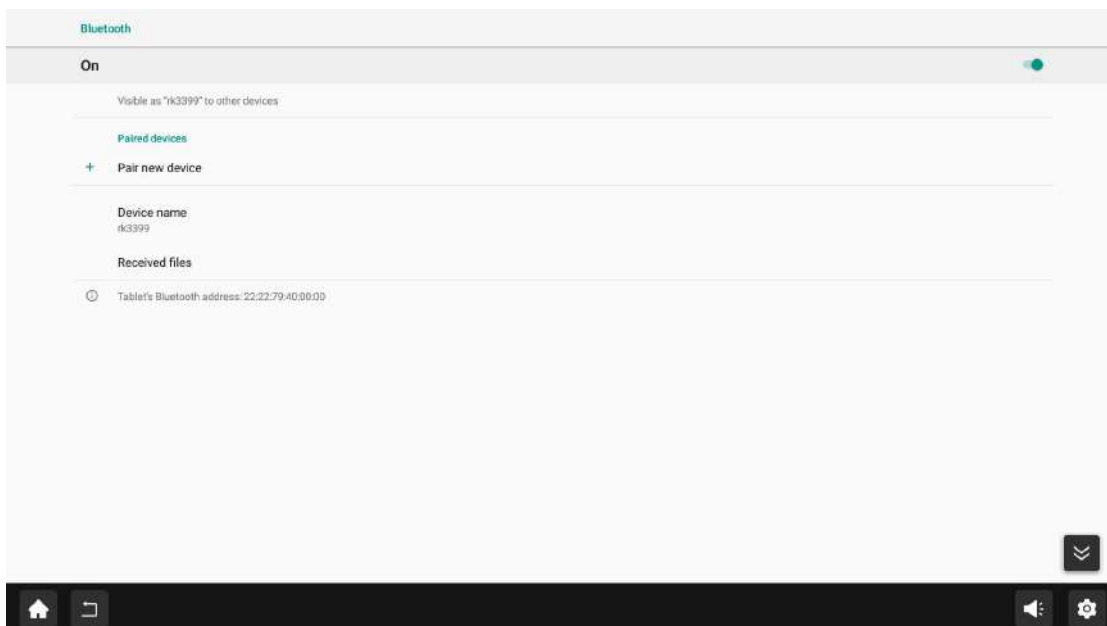
Connect the console to a Wi-Fi network to enable online functionality.

- **Troubleshooting:** If connection issues arise, restart your wireless router or verify the router's channel settings.



Bluetooth

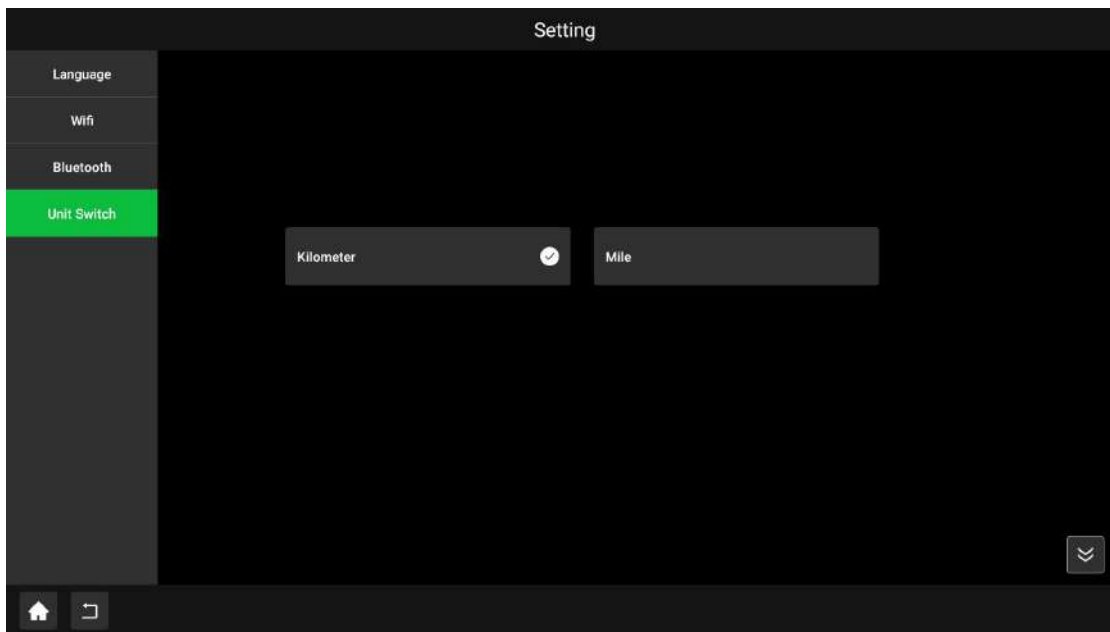
The console supports Bluetooth connectivity for headsets and external speakers.



UNITS OF MEASUREMENT

Unit switch

- Easily switch between kilometers and miles. The system will automatically adjust speed and distance metrics based on the selected unit.



STORAGE, MOVING AND USAGE

Moving the treadmill:

1. Power Off and Prepare

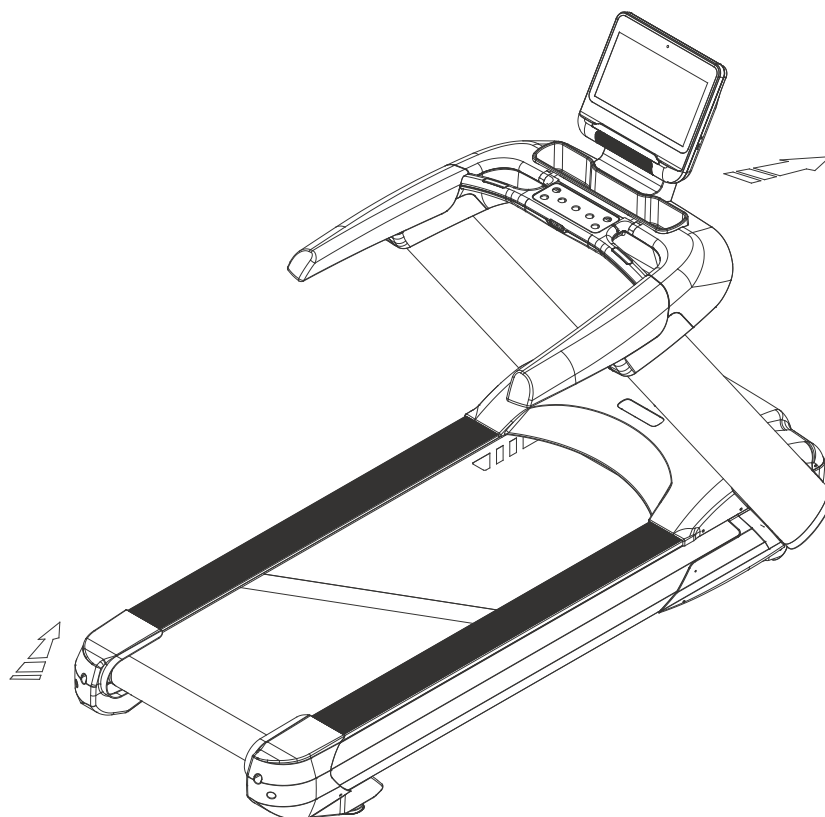
- First, switch off the treadmill and wait for it to come to a complete stop.
- Stand at the rear of the treadmill and lift the end using both hands (as shown in the illustration).

2. Move the treadmill

- Push the treadmill forward to move it to your desired location.

Note:

- Before moving the treadmill, ensure that:
 - The plug is disconnected.
 - The incline is set to its normal position.
- Failing to do so could damage the plug, socket, or the treadmill itself.



MAINTENANCE

Maintaining guidance

Important notice:

Before performing any maintenance, ensure the treadmill is powered off and unplugged.

Cleaning the treadmill

Regular cleaning can significantly extend the life of your treadmill. Follow these steps:

- **Dust removal:** Clean the treadmill regularly, especially the area around the treadmill belt, to prevent dust from accumulating underneath the belt.
- **Footwear:** Always ensure your shoes are clean to avoid carrying foreign objects onto the treadmill, which could damage the treadmill board and belt.
- **Surface cleaning:** Use a damp cloth with mild soap to clean the surface of the treadmill belt. Be careful to avoid splashing water on any electrical components or the belt.

Note: Always unplug the treadmill before removing the motor cover. Clean the motor area of dust once per year.

Running belt maintenance

Your treadmill comes pre-lubricated with oil between the running deck and belt. Proper lubrication is essential to reduce friction, which affects the treadmill's lifespan and performance. Regular checks are recommended, and if you notice any wear on the running deck, contact our customer service center.

Lubrication schedule

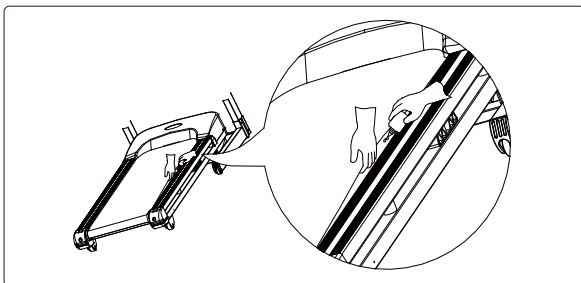
User type	Exercising frequency	Lubricating schedule
Inactive User	Less than 3 hours per week	Once per year
Active User	3-5 hours per week	Once every 6 months
Super Active User	More than 5 hours per week	Once every 3 months

We recommend purchasing **silicone oil** from your local dealer or contacting our distributor directly.

Note: Add **45-50 ml of oil** each time. Pour slowly to avoid over-lubricating. After adding oil, clean any excess from the belt and deck.

How to add silicone oil

1. **Tilt the treadmill:** Tilt the treadmill to a 45-degree angle.
2. **Lift the running Belt:** Gently lift the running belt and apply silicone oil to the running deck. Pour the oil so that it spreads toward the center of the deck.
3. **Stabilize the treadmill:** Once lubricated, set the treadmill back in place.
4. **Run the treadmill:** Turn the treadmill on at a low speed for a few minutes to allow the belt to absorb the oil. Gradually increase the speed afterward.



Maintenance instructions

1. Resting the treadmill for longevity

- To maintain your treadmill and prolong its service life, it is recommended that you turn off the power after every two hours of use and allow the treadmill to rest for 10 minutes before resuming operation.

2. Running belt tension adjustment

- If the running belt is too loose, it may slip during use, which can interfere with your exercise.
- If the belt is too tight, it can reduce the motor's efficiency, cause excessive wear on the rollers and running belt, and make the treadmill shake.

Checking running belt tension:

To check if the belt is properly tightened, lift the running belt away from the running board. The gap should be about **50-75 mm**.

Adjusting the running belt for proper tension:

To ensure the treadmill performs efficiently, adjust the running belt to the correct tension and keep it centered.

Steps to adjust the running belt:

1. Place the treadmill on a flat surface

- Ensure the treadmill is placed on a flat and stable surface.

2. Run the treadmill at 3.5 km/h

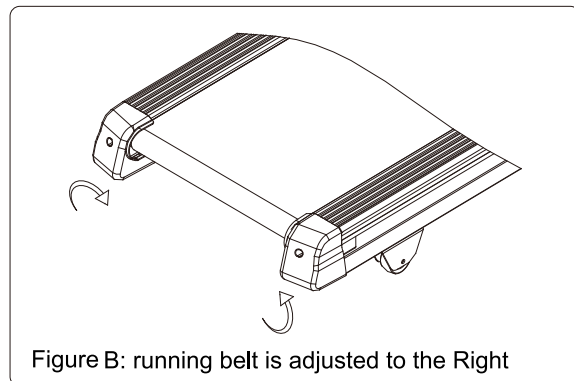
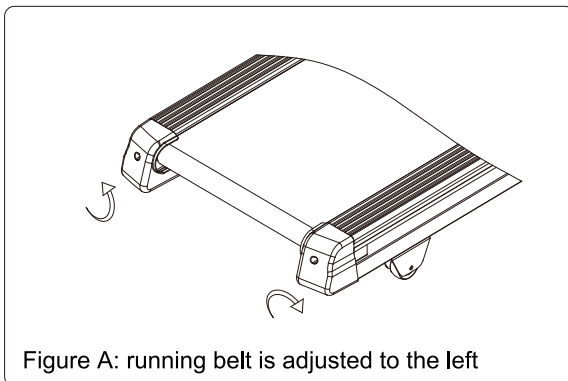
- Set the treadmill speed to 3.5 km/h and observe the belt's position.

3. If the belt drifts to the right

- Turn the right adjustable bolt clockwise by 1/2 turn.
- Then, turn the left adjustable bolt counter-clockwise by 1/2 turn (see Figure A).

4. If the belt drifts to the left

- Turn the left adjustable bolt counter-clockwise by 1/2 turn (see Figure B).



TROUBLESHOOTING

Problem	1. The treadmill's computer is not turning on
Solution	<ul style="list-style-type: none"> - Check the power connection: Ensure the plug is connected to a properly grounded outlet. - Check the power switch: Make sure the switch near the adapter cable is set to the "ON" or "I" position. - Check the fuse: Inspect the fuse near the power switch. If the fuse is blown, contact your reseller for assistance.
Problem	2. Segments of the screen are not lighting up
Solution	If segments of the TFT screen do not light up, the screen may be damaged. Contact your reseller for support.
Problem	3. The screen shows "please install safety key"
Solution	The safety key is either missing or not placed correctly. Insert the safety key into the designated slot on the treadmill.
Problem	4. iOS or Android device not connecting to the T6i
Solution	<p>Steps to resolve connection issues:</p> <ol style="list-style-type: none"> 1. Close any app that connects to the T6i. 2. Turn off the treadmill using the 1/0 switch, wait for 5 seconds, and turn it back on. 3. Go to your device's Bluetooth settings, choose "Forget this device", and turn off Bluetooth. 4. Follow the Bluetooth connection steps outlined in the manual to reconnect.
Problem	5. Heart rate sensor issues
	If the treadmill's handlebar sensors are not consistently reading your heart rate:
Solution	<p>Causes: Sweat, movement, or lotions like hand cream can negatively affect the sensors. It is recommended to use a Bluetooth chest belt for more accurate heart rate monitoring during training sessions. Handlebar sensors are mainly for quick heart rate checks.</p>
Problem	When the Bluetooth chest belt isn't receiving heart rate data:
Solution	<ol style="list-style-type: none"> 1. Ensure the screen on your Flow Fitness device is active, and it is not connected to any other device. 2. Make sure the chest belt is not paired with another device, such as a smartphone or tablet. 3. Follow the chest belt's manual instructions, especially regarding moistening the sensors for better skin contact. 4. Check that the battery is fully charged and properly installed. 5. Ensure the chest belt is worn snugly for proper contact.

Overview of the most common issues

Problem	Possible Reason	Solution
Treadmill cannot start	1. The plug is not connected, or the power switch is off.	1. Plug in the treadmill and turn on the power switch.
	2. The treadmill's overcurrent protector has tripped.	2. Replace the fuse or press the overcurrent protector.
	3. The household overcurrent protector has tripped.	3. Reset the household overcurrent protector.
	4. The safety key is not inserted properly.	4. Insert the safety key into the correct position.
Running belt slipping	The running belt is not tight enough.	Adjust the belt tension (refer to the maintenance guide).
V-belt slipping	The V-belt is not tight enough.	Please contact our service department.
Treadmill is off-center	The roller balance is not properly adjusted.	Adjust the running belt to align with the rotating axis (refer to the maintenance guide).
Strange noise during exercise	1. The rotating axis needs lubrication	1. Apply silicone oil to the rotating axis.
	2. A nut has become loose.	2. Tighten any loose nuts.

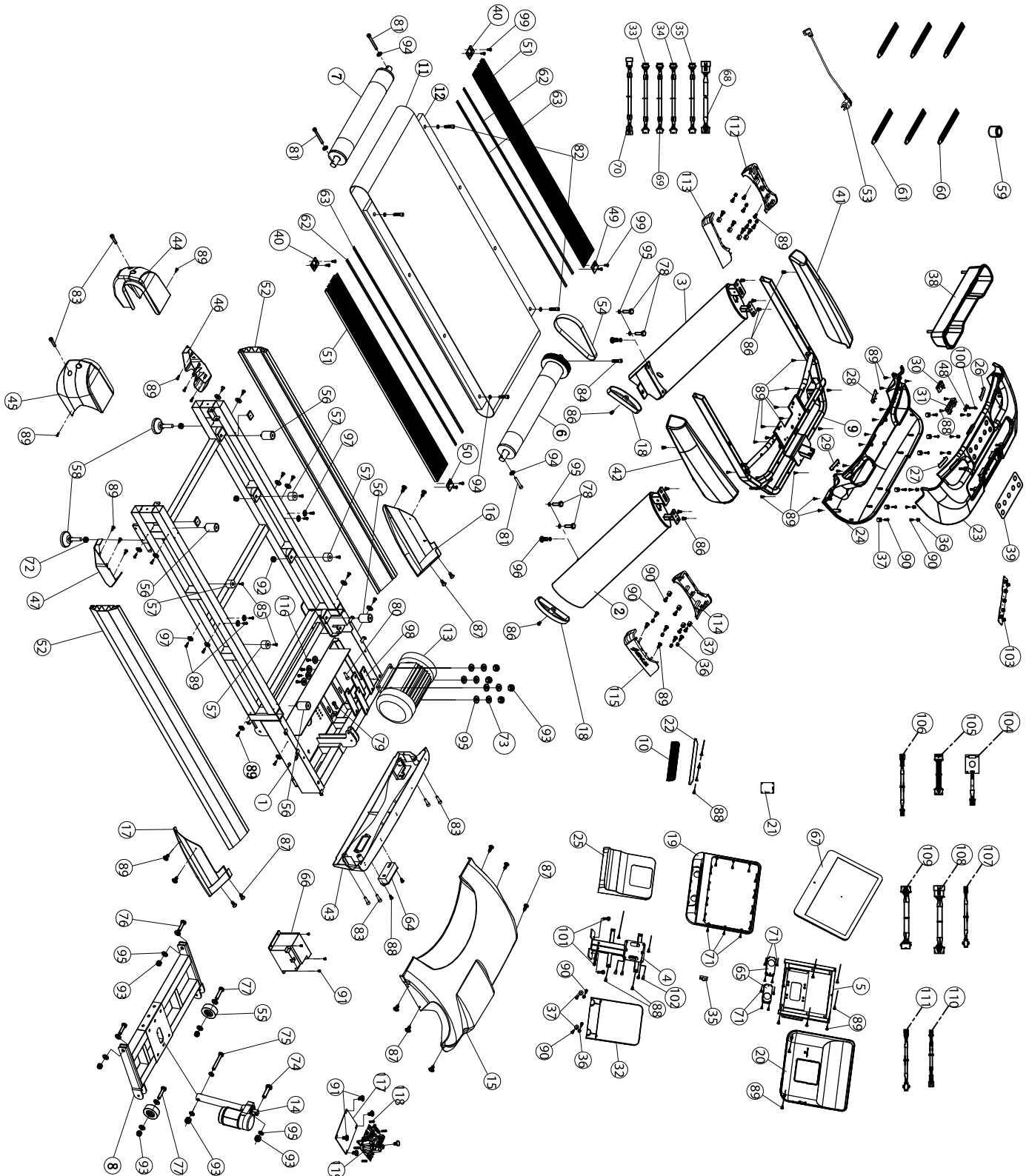
Important note:

If you notice any worn or damaged parts, stop using the treadmill immediately. Replace the parts with original factory components before resuming use.

WARRANTY

The warranty for your product is provided by the Flow Fitness distributor in your country and the reseller where you purchased it. For contact information, please visit <https://www.flowfitness.com/en/dealers/>.

EXPLODED VIEW



NO.	Description	Quantity
1	Main frame	1
2	Right post	1
3	Left post	1
4	Upper console holder	1
5	Console stand	1
6	Front roller	1
7	Rear roller	1
8	Lifting frame	1
9	Handrail frame	1
10	Speaker net	1
11	Running belt	1
12	Running board	1
13	AC motor	1
14	Lifting motor	1
15	Motor cover	1
16	Left cover	1
17	Right cover	1
18	Oval inner pipe plug	2
19	Console upper cover	1
20	Console lower cover	1
22	Tablet holder	1
23	Top cover display/console	1
24	Lower cover display/console	1
25	Front cover display/console	1
26	Heartsensor left	1
27	Heartsensor right	1
28	Lower heartsensor left	1
29	Lower heartsensor right	1
30	Safety switch	1
31	Safety switch base	1
32	Rear protective cover	1
34	Aux cable	1
35	2.0 usb interface cable	1
36	Upper cover of the column	16
37	Body console lower console/display	16
38	Bidon holder	1
39	Key surface	1
40	Rear positioning piece	1
41	Left armrest	1
42	Right armrest	1
43	Front corner guard	1
44	Left rear corner guard	1
45	Right rear corner guard	1
46	Left rear corner cover	1
47	Right rear corner cover	1
48	Safety switch board	1

NO.	Description	Quantity
49	Left front locator	1
50	Right front locating piece	1
51	Plastic edging	2
52	Plastic side strip	2
53	Power cord	1
54	Multi hook belt	1
55	Carrying wheel	2
56	Cushion	2
57	Cushion	4
58	Rear support	2
59	Magnetic ring	1
60	Cable tie	8
61	Cable tie	8
62	Single sided adhesive	2
63	Single sided adhesive	2
64	Switch modules	1
65	Speaker	2
66	Frequency converter	1
67	15.6 Android module	1
68	Communication line	2
69	Medium communication line	1
70	Power communication board cable	1
71	Cross recessed tapping screw	8
72	Outer hexagon nut	2
73	Spring washer	4
74	Outer hexagon bolt	1
75	Outer hexagon bolt	1
76	Outer hexagon bolt	2
77	Outer hexagon bolt	2
78	Outer hexagon bolt	6
79	Outer hexagon bolt	1
80	Outer hexagon bolt	1
81	Hexagon bolt	3
82	Hexagon bolt	4
83	Hexagon bolt	10
84	Hexagon bolt	1
85	Hexagon head	4
86	Hexagon head	10
87	Cross recessed screw	14
88	Cross recessed screw	10
89	Cross recessed screw	60
90	Cross recessed screw	32
91	Cross washer head screw	8
92	Jam nut	4
93	Jam nut	10
94	Flat washer	11

NO.	Description	Quantity
95	Flat washer	15
96	Hexagon socket bolt	2
97	Bowl washer	16
98	Rubber pad	4
99	Cross recessed washer screw	8
101	Outer hexagon bolt	4
103	Key board	1
104	Wireless heart rate module	1
106	Safety switch connecting line 1	1
108	Key connection line 1	1
110	Heartbeat cable 1	1
111	Heartbeat cable 2	1
112	Body cover on left	1
113	Left inner cover	1
114	Body cover on right	1
115	Right inner cover	1
116	Outer hexagon bolt	4
117	Controller fixing plate	1
118	PC board spacer	4
119	Power supply energy-saving board	1