

AIR RUNNER HOME-FORZA SERIES

GRT-PCL-084

User Manual



Safety Instructions	3
Application	3
Safety Guidelines	3
1. Power Supply	3
2. Installation Space	3
3. User Requirements	3
4. Before Use	3
5. Emergency Stop	4
6. Operation Precautions	4
7. After Use	4
8. Maintenance & Service	4
9. Warning	4
Product Specifications	4
Assembly Instructions	6
Tools Required	6
Assembly Steps	6
1. Unpack the Machine	6
2. Attach the Upright Posts	7
3. Install the Console Frame	7
4. Mount the Console (Control Panel)	7
5. Install the Handrails	7
6. Attach the Safety Key Clip	7
7. Check Belt Alignment & Leveling	7
8. Final Inspection	7
Notes	8
● Do not over-tighten screws to avoid damage.	8
● Keep children and pets away during assembly.	8
● After assembly, wipe the machine clean before first use.	8
Maintenance & Care	9
Treadmill Belt Adjustment	9
Other Maintenance Notes	9
Control Panel Instructions	10
1. Key Functions	10
2. Button	11
3. Electronic Watch Operation Guide	11
4. Error Display	12
Packing Box Bill	13

Safety Instructions

Important Notice:

Please read and follow these safety instructions carefully before using the machine to ensure safe operation and prevent injury.

Application

This machine is designed for:

- ◆ Commercial fitness clubs
- ◆ Private gyms
- ◆ Bodybuilding training
- ◆ Sports training and teaching

Safety Guidelines

1. Power Supply

- Always unplug the power cord before cleaning or maintenance.
- The power outlet must be properly grounded.
- Do not use the machine outdoors or in high-humidity environments.

2. Installation Space

- A safety clearance of **2000 mm × 1000 mm** must be kept at the rear of the treadmill.

3. User Requirements

- Children, disabled persons, and first-time users must be supervised by a professional trainer.
- Wear proper sportswear and athletic shoes when using the machine.

4. Before Use

- Consult a professional trainer before exercising to avoid injury caused by improper or excessive training.
- Attach the **safety key clip** to your clothing before starting the machine.

5. Emergency Stop

- In case of emergency, press the **red STOP button** on the console or pull the safety key to immediately stop the treadmill.

6. Operation Precautions

- Keep shoelaces, towels, and other objects away from moving parts.
- Do not touch the underside or moving parts while the machine is running.
- The handrails are for balance support only; do not rely on them continuously.
- Do not mount or dismount the treadmill while it is in motion.
- Do not run or walk in reverse direction on the treadmill.
- If you lose balance, hold the handrails firmly, place your feet on the side rails, press the STOP button, and leave the treadmill safely.

7. After Use

- Turn off the power switch and unplug the machine after each use to prevent unauthorized operation.
- Store the detachable power cord properly.

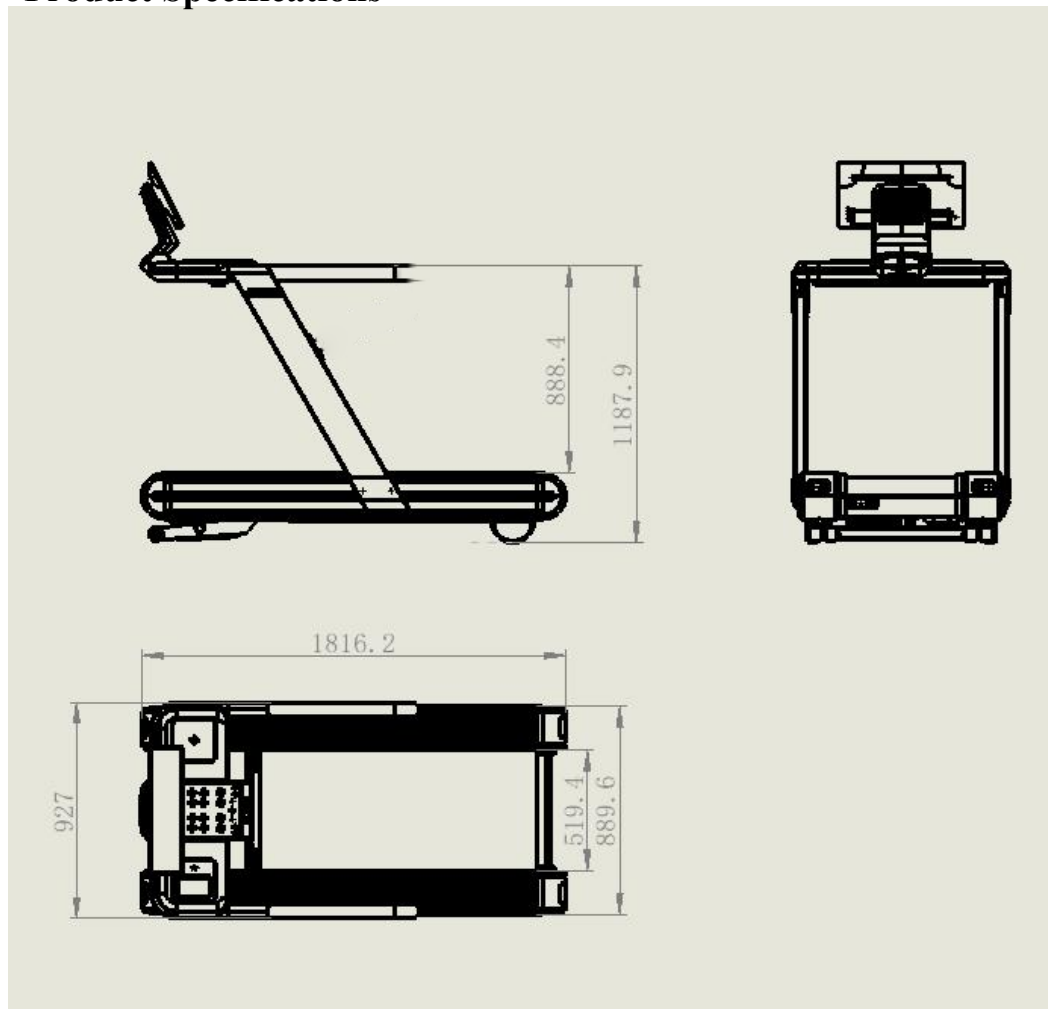
8. Maintenance & Service

- Stop using the machine immediately if you notice abnormal noises or malfunctions. Contact after-sales service or a qualified technician.
- This machine complies with **EN957-1:2005** and **EN957-6:2010** standards.
Classification: **Type S, Class C**.

9. Warning

- Heart rate monitoring systems may not be accurate.
- Excessive exercise may cause serious injury or death. If you feel dizzy, faint, or unwell, stop exercising immediately.

Product Specifications



- Input Voltage: 110V / 220AC
- Rated Power: 2.2 kW
- Product Dimensions (L*W*H): 2200*1000*1600mm
- Product Weight: 200 kg
- Maximum User Weight: 180 kg
- Display: 21.5" LED Display
- Incline : 0~22%
- Running belt : 600*1550mm
- House power: 3.0HP Max:7.0HP

Assembly Instructions

Important:

Before starting assembly, carefully read the instructions below. For safety and efficiency, at least **two people** are recommended for the assembly.

Tools Required

- Allen wrench
- Open-end wrench
- Phillips screwdriver

Assembly Steps

1. Unpack the Machine

- Remove all parts from the carton and lay them on a flat, clean surface.
- Check the parts against the parts list to ensure nothing is missing.

2. Attach the Upright Posts

- Align the left and right uprights with the base frame.
- Secure them using the bolts, washers, and nuts provided.
- Tighten with the Allen wrench and wrench.

3. Install the Console Frame

- Position the console frame between the upright posts.
- Connect the console cables carefully (do not pinch or damage the wires).
- Secure the console frame with bolts and washers.

4. Mount the Console (Control Panel)

- Place the console onto the console frame.
- Connect all wires according to the labeled connectors.
- Fix the console with screws using a screwdriver.

5. Install the Handrails

- Attach the left and right handrails to the upright posts.
- Secure with bolts and tighten firmly.

6. Attach the Safety Key Clip

- Insert the safety key socket into the console.
- Ensure the safety clip is functioning properly.

7. Check Belt Alignment & Leveling

- Ensure the running belt is centered.
- Adjust the rear roller bolts if necessary (use an Allen wrench).
- Confirm the treadmill is stable on the floor; adjust leveling feet if required.

8. Final Inspection

- Double-check that all bolts are tightened.
- Confirm all cables are connected securely.
- Test the emergency stop function before first use.

Notes

Do not over-tighten screws to avoid damage.

Keep children and pets away during assembly.

After assembly, wipe the machine clean before first use.

Maintenance & Care

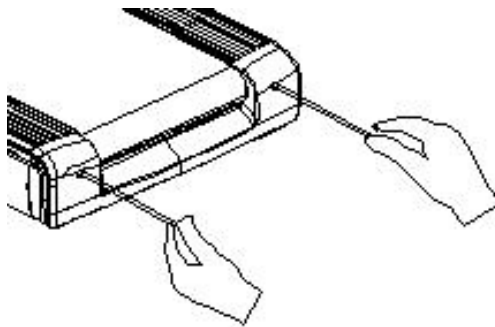
Treadmill Belt Adjustment

1. Belt Alignment Adjustment

- If the running belt shifts to the **left** during use: turn the **left adjustment screw clockwise**, or turn the **right adjustment screw counterclockwise**.
- If the belt shifts to the **right**, do the opposite.
- Adjustment method: Use the Allen wrench (provided) to adjust the screws located on both sides of the rear roller cover until the belt is centered.
- Note: Each adjustment should be small, recommended at **90° per turn**.

2. Belt Tension Adjustment

- Adjustment method: While the treadmill is running at low speed, use the Allen wrench to turn both rear roller adjustment screws clockwise.
- Both screws must be adjusted evenly. Each adjustment should be small, recommended at **90° per turn**.
- Inspection method:
 - ① Run the machine at low speed.
 - ② Hold the front handrails firmly.
 - ③ Step down forcefully on the running belt.
 - ④ If the belt **pauses or slips**, it is too loose and needs further adjustment. If it runs smoothly, the tension is correct and no further adjustment is needed.



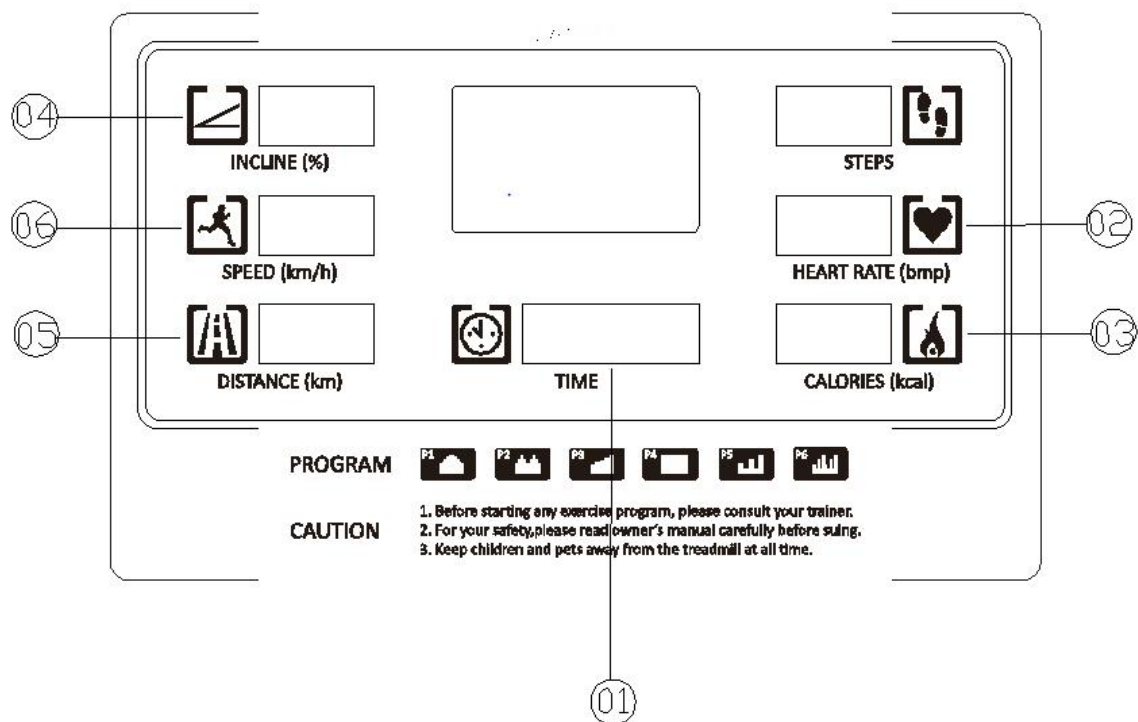
Other Maintenance Notes

1. Pay special attention to checking all wear-and-tear parts regularly.
2. Replace damaged parts promptly. Do not use the machine until it has been repaired. Place a clear **“Under Maintenance”** sign near the machine during service.

3. If the treadmill produces abnormal noises or stops working, contact our after-sales service immediately.
4. Only use original replacement parts supplied by the manufacturer. The manufacturer is not responsible for any damage caused by non-original parts.

Control Panel Instructions

1. Key Functions



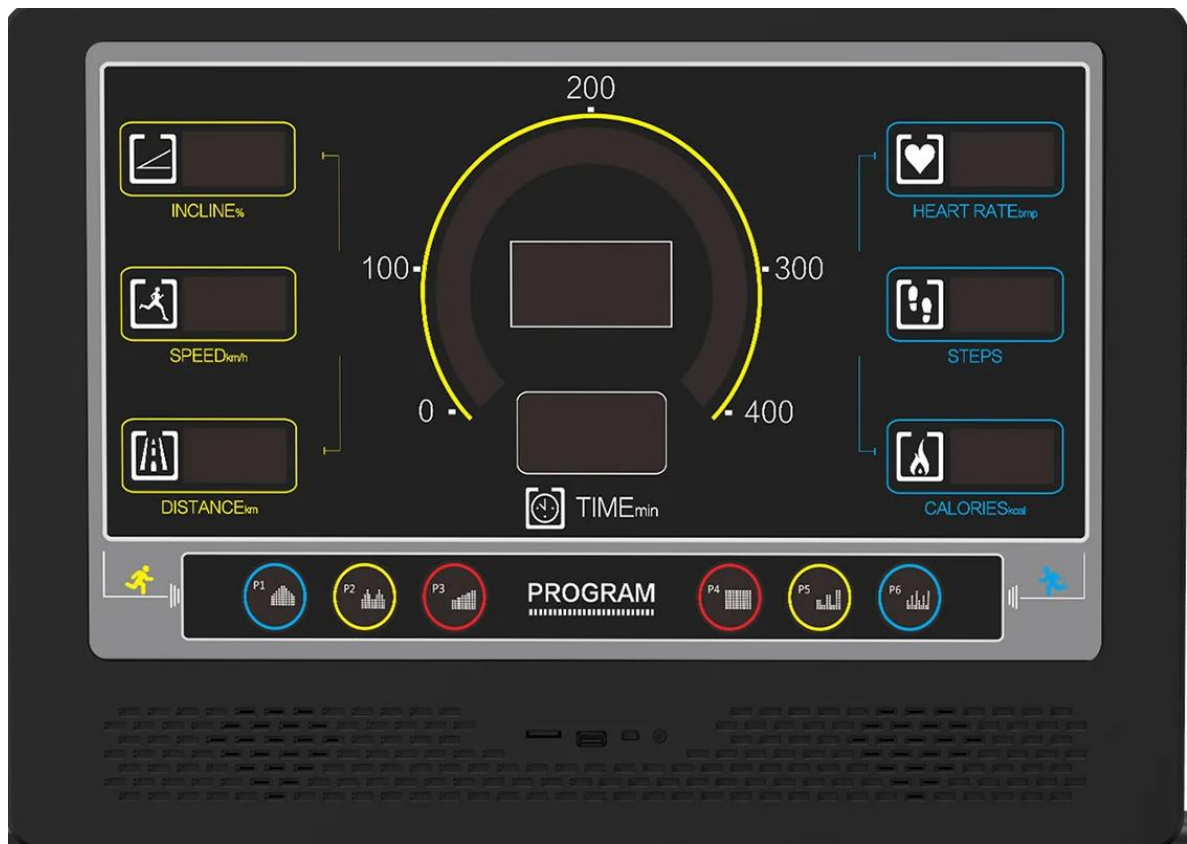
- ① **Time:** Displays the running time, display range (00:00-99:59)
- ② **Heart rate:** Displays the user's heart beats per minute.
- ③ **Calories:** Displays the calories consumed by the user
- ④ **Incline:** Displays the calories burned by the user.
- ⑤ **Distance:** Displays the running distance, unit: kilometers, accuracy 0.001
- ⑥ **Speed:** 0~20 km/h

2. Button

- (1) Start Button: Press this button to start the treadmill.
- (2) Stop Button: Press this button to stop the treadmill.
- (3) MP3 Button: Press this button to play music from a USB drive or SD card.
- (4) Speed+ Button (SPEED+): Press this button to accelerate during exercise.
- (5) Speed-Button (SPEED-): Press this button to decelerate during exercise.
- (6) Incline+ Button (INCLINE+): Press this button to increase the treadmill incline.
- (7) Incline- Button (INCLINE-): Press this button to decrease the treadmill incline.
- (8) Mode Button (MODE): Press this button to select one of eight fixed programs (P1-P6).

3. Electronic Watch Operation Guide

1) Normal Run



Standard running .

Heart Rate Test

Hold the heart rate grips on the front handrails. The incline/heart rate window will display the corresponding heart rate value.

Pre-Exercise Measurement

Stand on the side rails of the treadmill, lightly hold the heart rate sensors with both hands, and wait for about 5 seconds. A relatively accurate heart rate value will be displayed in the heart rate window.

Post-Exercise Measurement

Stand on the side rails of the treadmill, lightly hold the heart rate sensors with both hands, and wait for about 5 seconds. An accurate heart rate value will be displayed in the heart rate window.

Note: The heart rate values displayed on this machine are **for reference only** and should not be used as medical data.

4. Error Display

Error Code Description:

- **Er 1:** Inverter system fault
- **Er 2:** Incline system fault
- **Er 3:** Over-current / Under-voltage protection
- **Er 4:** Over-voltage protection
- **Er 5:** Overload protection
- **Er 7:** Communication fault
- **Er 10:** Overheating protection
- **SAFE:** Safety key system fault

Packing Box Bill

No.	Name	Spec	Qty	Unit	Note
1	Display		1	pc	
2	Column		2	pcs	
3	Main part		1	set	
4	Plastic parts		4	pcs	
5	Assembly material		1	pc	