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Product Instruction Manual

TREADMILL ULTRA

Model NO:T4226



Please read the instruction carefully before using.

V1.1_240906

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02 Safety Precautions & Warning Instructions

1. Safety Precautions and Warning Instructions

Note: Please read the instruction manual carefully before use and pay attention to the following safety precautions.

- ★ The treadmill should be placed in a well-ventilated and dry indoor area to avoid moisture. Do not place any foreign objects on the treadmill to prevent motor damage due to water entering the motor.
- ★ Before starting exercise, ensure you are wearing appropriate sportswear and professional sports shoes, and perform full-body stretching activities. Do not exercise barefoot on the treadmill.
- ★ The power plug must be securely grounded, and the socket used should have a dedicated circuit to avoid sharing power with other electrical devices.
- ★ Keep children away from this equipment to prevent accidents.
- ★ Avoid prolonged operation of the treadmill under overload conditions, as this may lead to damage to the motor and controller, accelerating wear and aging of bearings, running belts, and the deck. Regular maintenance is recommended to ensure the equipment is in good condition.
- ★ To maintain the normal operation of electronic instruments and controllers, reduce indoor dust, and maintain appropriate indoor humidity to prevent strong electrostatic interference.
- ★ After use, be sure to turn off the power of the treadmill.
- ★ Maintain indoor air circulation while using the treadmill.
- ★ If you feel discomfort or experience abnormal conditions during exercise, stop immediately and consult a medical professional.
- ★ After using silicone oil, store it in a place inaccessible to children to avoid serious consequences in case of accidental ingestion.
- ★ The safety area behind the treadmill is 39.37"x78.74".
- ★ The method to jump off the treadmill in an emergency is: grasp the handrails with both hands, lift the body, and simultaneously place both feet on the side strips, then jump off the treadmill from one side.
- ★ Avoid placing the treadmill on a carpet, as this may reduce ventilation and cooling efficiency, leading to potential motor burnt out.
- ★ Do not place the treadmill on uneven floors, as this may cause imbalance during use and damage the treadmill.

Warning: To reduce accidents, please follow these regulations.

- ★ Before using the treadmill, check if clothing is properly fastened or zipped up.
- ★ Avoid wearing items that may be caught by the treadmill.
- ★ Keep the power cord away from heat sources.
- ★ Prevent children from approaching the treadmill.
- ★ Do not use the treadmill outdoors.
- ★ Disconnect the power before moving the treadmill.
- ★ Do not open the upper cover and left and right rear seats without professional supervise.
- ★ Restricted to one person exercising on the treadmill.
- ★ If you feel dizziness, chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a medical professional.

Warning! Mandatory!

When you are undergoing medical treatment or belong to the following patient types, be sure to consult a professional doctor before using.

- (1) Patients experiencing lower back pain or those who have suffered injuries to the legs, lower back, or neck, or those experiencing pain in the legs, lower back, neck, and arms (such as chronic patients with disc herniation, spinal slippage, cervical protrusion, etc.).
 - (2) Patients with osteoarthritis, rheumatism, or painful rheumatism.
 - (3) Individuals with abnormalities such as osteoporosis.
 - (4) Individuals with circulatory system diseases (heart disease, vascular disease, high blood pressure, etc.).
 - (5) Individuals with respiratory organ disorders.
 - (6) Individuals using artificial pacemakers or implanted medical electronic devices.
 - (7) Individuals with malignant tumors.
 - (8) Individuals with thrombosis or severe blood circulation disorders, acute venous inflammation, etc.
 - (9) Individuals with peripheral circulation disorders caused by conditions such as diabetes.
 - (10) Individuals with skin wounds.
 - (11) Individuals with fever due to diseases (skin temperature reaching 38°C or above).
 - (12) Individuals with abnormal or bent backs.
 - (13) Pregnant or potentially pregnant women, or women in menstruation.
 - (14) Individuals feeling physically abnormal and in need of rest.
 - (15) Individuals with obvious poor physical condition.
 - (16) Individuals using the equipment for rehabilitation purposes.
 - (17) Individuals who feel any abnormality in their body other than the above situations.
- Use may cause accidents or worsening of physical condition.

- ◆ If you experience unusual pain, such as lower back pain, leg numbness, dizziness, abnormal heartbeat, or a sense of discomfort different from usual during exercise, stop immediately and consult a medical professional.

- ◆ Do not allow children to use this product or play around it.
- Non-compliance with this regulation may lead to injury.
- ◆ Supervisors of children should be careful not to let them play with this product.
- Non-compliance with this regulation may result in injury.
- ◆ During use or when loading and unloading the product, ensure that there are no people or pets around (rear, bottom, front of the product).

Prohibited!

- ◆ Do not use this device if the housing is cracked, broken, or detached (exposing internal structures) or if welded parts are detached.
- Otherwise, accidents or injuries may occur.
- ◆ Do not jump on or off the treadmill during exercise.
- Doing so may cause falls and injuries.
- ◆ Do not use or store the treadmill outdoors, in the bathroom, or in damp or easily wet places.
- ◆ Do not place the treadmill in direct sunlight or in a high-temperature environment, such as around a fireplace or on heating devices such as electric blankets.
- Otherwise, electrical leakage or fire may occur.

- ◆ If the power cord or power plug is damaged or the socket is loose, do not use the treadmill.
- Otherwise, electric shock, short circuit, or fire may occur.
- ◆ Do not damage, bend, or twist the power cord. Also, avoid placing heavy objects on the power cord or pinching the wire.
- Otherwise, leakage or fire may occur, or even electric shock, short circuit.
- ◆ Do not let two or more people use the treadmill simultaneously, and be mindful of the absence of others around during use.
- Otherwise, accidents or injuries may occur.
- ◆ Do not allow individuals who cannot express their consciousness or operate the treadmill independently to use it.
- This may result in accidents or injuries.

Do not disassemble the treadmill!

- ◆ Absolutely prohibited to disassemble, repair the walking treadmill, or replace the treadmill's components.
- There is a risk of injury due to mechanical failure.

Avoid contact with water!

- ◆ Do not allow the main body or control components to come into contact with water or other conductive liquids.
- This may result in electric shock or fire.

Prohibited!

- ◆ People who do not exercise regularly should not engage in strenuous exercise suddenly.
- This may cause harm to health.
- ◆ Do not use after drinking water, feeling fatigued, during the early stages of exercise, or when the body is in an abnormal condition.
- This may lead to injury.
- ◆ This product is suitable for home use and is not suitable for places with multiple non-specific users, such as schools or gyms.
- ◆ Do not use during drinking, eating, or other activities.
- ◆ Do not use when feeling sluggish after drinking.
- This may cause accidents or injuries.
- ◆ Do not use with hard objects in the pockets of pants.
- ◆ This may cause accidents or injuries.
- ◆ Do not allow needles, garbage, or water to attach to the power plug.
- This may cause electric shock, short circuit, or fire.
- ◆ Do not pull out the power plug or switch the power switch to "o" during use.
- This may cause injury.

Caution with wet hands!

- ◆ Do not pull out or insert the power plug with wet hands.
- This may cause electric shock and injury.

Pull out the power plug!

- ◆ When the equipment is not in use, pull out the power plug from the socket.
- Dust and humid air may cause insulation degradation, leading to electrical leakage or fire.
- ◆ When maintaining, be sure to pull out the power plug from the socket.
- Non-compliance may result in electric shock or injury.
- ◆ When the equipment cannot start or abnormalities occur, stop using it. Immediately pull out the power plug, and entrust a professional to inspect and repair.
- Non-compliance may result in electric shock or injury.
- ◆ During a power outage, pull out the power plug immediately.
- Otherwise, there may be accidents or injuries when power is restored.
- ◆ When pulling out the power plug, do not pull the wire portion; grip the plug to pull it out.
- Otherwise, short circuits, electric shock, or fire may occur.

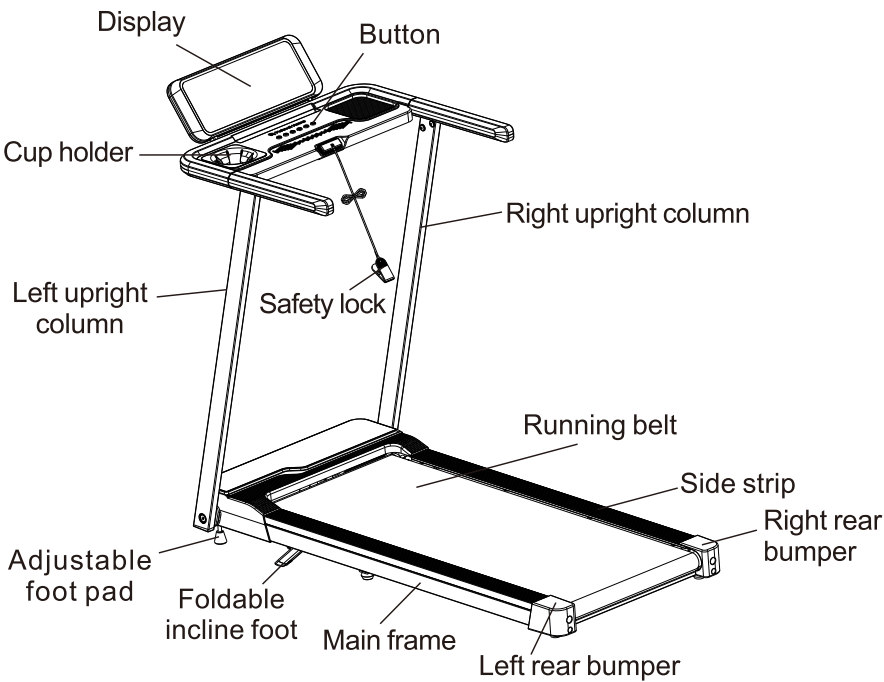
Grounding instructions!

- ◆ This product requires grounding. If the equipment malfunctions, grounding will provide the minimum resistance path for current, reducing the risk of electric shock.
- ◆ The product is equipped with a wire for grounding the device and a grounding plug. This plug must be inserted into a properly installed and grounded socket that fully complies with local regulations or legal requirements.

Danger!

- ◆ Improper connection of the grounding conductor of the device may result in an electric shock hazard. If you have any doubts about the grounding of the product, please entrust a professional electrician for inspection. Even if the plug provided with the equipment does not match the socket, do not modify it.
- Please have a professional electrician install the appropriate socket.
- ◆ This product has a grounding plug. Ensure it is connected to a socket that matches its plug shape.
- This product cannot be plugged to an adapter.

2. Product Introduction



Packing List:

NO.	Name	Qty.	Remarks
1	Main Unit	1	
2	Spare Parts Package	1	See attached table
3	Cup holder	1	

Technical Parameters

Working Voltage	AC 110V 60Hz
Maximum Load	265LBS
Product Dimensions	51.5"x24.6"x43.6"
Folded Dimensions	48.74"x24.6"x5.5
Running Area	16.54"x40.16"
Maximum Power	2.5HP
Displayed Speed	0.6-7.6mph
Control Method	Electronic display

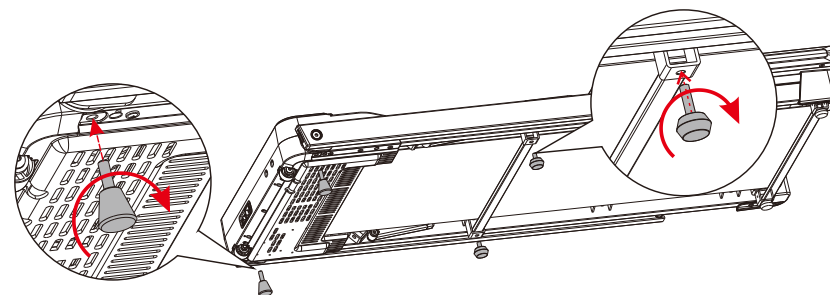
Attachment (Spare Parts Package List)

No.	Name	Qty.	Remarks
1	M8*12 Hexagon Socket Head Cap Screw	2	To fix the panel.
2	Washer	2	To fix the panel.
3	Front Foot Pad	2	To be fixed at the treadmill front.
4	Middle Foot Pad	2	To be fixed in the middle of the treadmill.
5	5# Hexagon Wrench	1	Others
6	6# Hexagon Wrench	1	Adjust the running belt.
7	Open-End Wrench	1	
8	Power Cord	1	
9	Safety Key	1	
10	Methyl Silicone Oil	1	
11	User Manual, Certificate	1	
12	Slip-resistant mat	1	

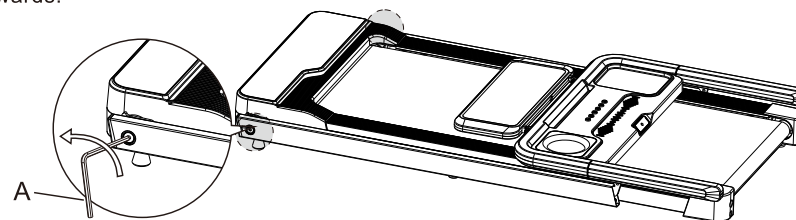
08 Setup Instructions

3. Setup Instructions

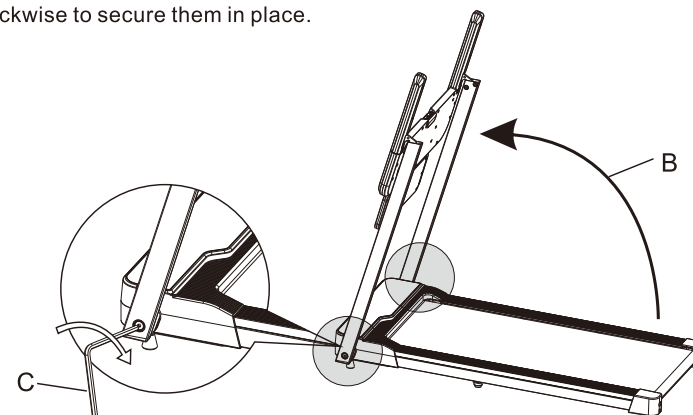
1. As shown in the diagram, after removing the main unit from the packaging, place it flat on the floor and attach the provided foot pads to the front end & middle part, and both sides of the treadmill (ensure correct placement of the foot pads during installation).



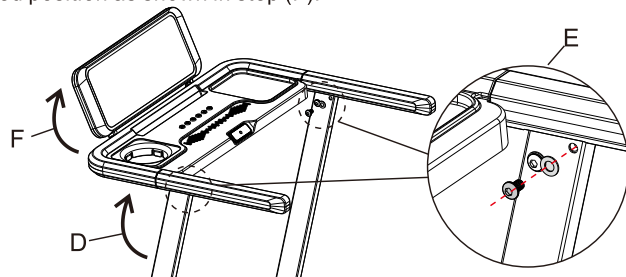
2. As shown in step (A), use the provided hex wrench to rotate the screws on the left and right upright columns counterclockwise 3-4 turns until the support tubes can be lifted upwards.



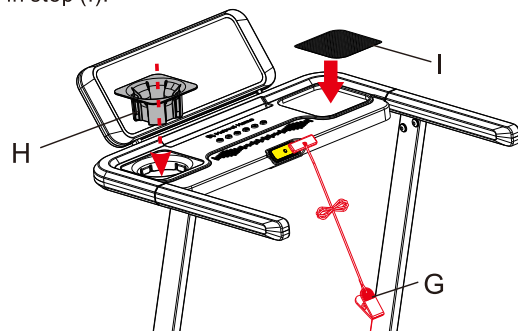
3. As shown in step (B), lift the upright columns upwards to the limit position; then, as shown in step (C), use the hex wrench to rotate the screws on the left and right support tubes clockwise to secure them in place.



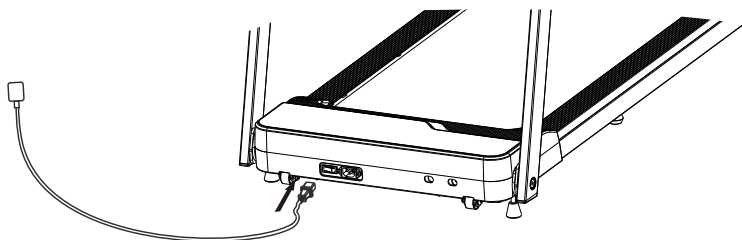
4. As shown in step (D), rotate the panel to connect with the upright columns (avoid pressing on communication wires and be careful not to pinch your hands during installation). As shown in step (E), use the provided hex wrench to secure the M8*12 hexagon head screws and flat washers to lock the panel to the left and right upright columns. Adjust the display to your preferred position as shown in step (F).



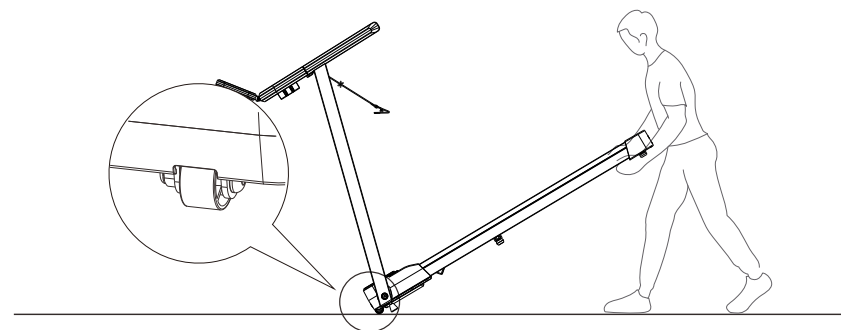
5. As shown in step (G), place the red safety lock in the yellow position on the panel; clip one end of the strap to your clothing while running. As shown in step (H), insert the provided cup holder into the slot on the panel. Place the non-slip pad in the position shown, as shown in step (I).



6. As shown in the diagram, insert the power cord into the front socket of the treadmill, turn on the power switch at the bottom front of the machine, and the treadmill will enter standby mode.

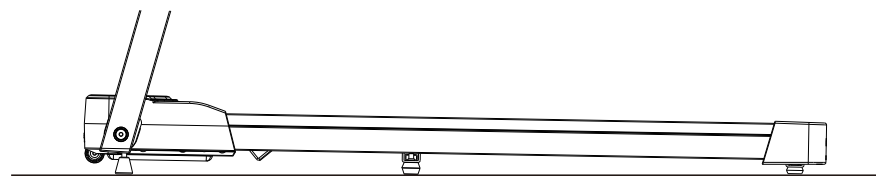


7. To move the treadmill, first unplug the power cord, then lift the rear of the treadmill to make the moving wheels touch the ground, allowing you to move the treadmill forwards and backwards.

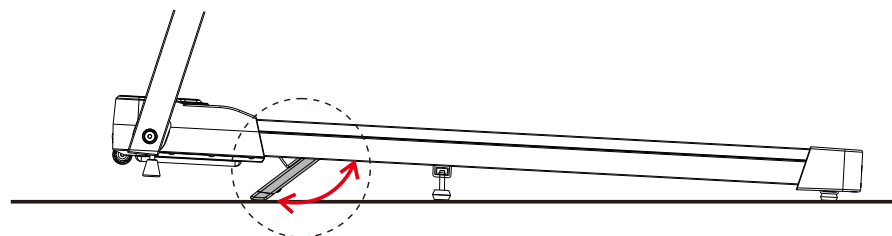


Foldable Incline Foot Instructions

1. In the folded state, the treadmill has a gentler incline.



2. To increase the incline, unfold the foldable incline foot in the direction indicated by the arrow until it reaches the limit point. Then, adjust the middle foot pad to fit snugly against the ground. (Repeat the same steps for the other side.)



Note: Please adjust the incline reasonably according to your needs.

4. Exercise Recommendations and Guidelines

Warm-up

Before each session, a 5-10 minute warm-up is necessary.

Breathing

During exercise, do not hold your breath. Breathe regularly, coordinating with your movements. If breathing becomes too rapid, stop exercising immediately.

Frequency

Training the same muscle group should have a 48-hour rest period, meaning the same muscle group should not be trained on consecutive days.

Training Load

Determine the training load based on personal fitness level, then practice following the principle of progressive load. Muscle soreness is normal in the initial training. With consistent exercise, soreness will gradually subside.

Relaxation

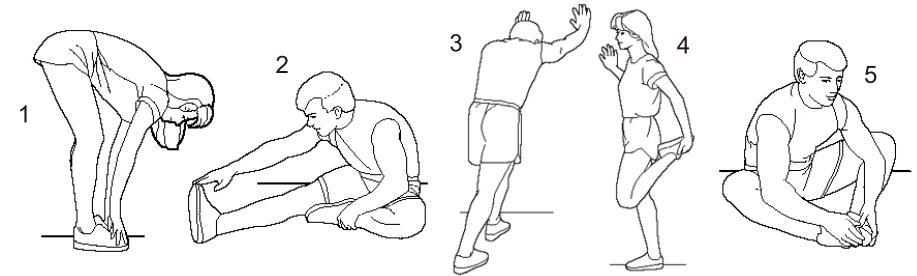
Perform a 5-minute cool-down after each training session, especially stretching and relaxing the muscles in the feet to prevent prolonged tension and maintain muscle elasticity.

Diet and Hydration

It is recommended to exercise at least one hour after a meal, and avoid consuming food immediately after exercise. Drink water sparingly during exercise, especially avoiding large quantities to prevent stress on the heart and kidneys.

Stretching Exercises

It's advisable to start with stretching exercises before using the walking treadmill. Warmed up muscles are more flexible, so spend 5-10 minutes warming up. Before walking, perform the following stretching exercises – 5 times, 10 seconds or more for each leg; repeat this exercise after walking on the walking treadmill.



1. Forward Stretch

Bend both knees slightly, lean forward slowly, allowing the back and shoulders to relax. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Achilles Tendon Stretch

Sit on a clean mat with one leg straight. Bring the other leg inward, pressing it against the inner side of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Heel Tendon Stretch

Stand with both hands against the wall, with one foot at the back. Keep the back leg straight and the heel on the ground, lean towards the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps Stretch

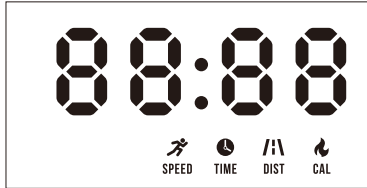
Hold onto the wall or table for balance with the left hand, then extend the right hand backward, grabbing the right ankle and slowly pulling it towards the buttocks until you feel tension in the front of the thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Adductor (Inner Thigh Muscles) Stretch

Feet facing each other, knees outward. Squat down, grabbing both feet and pulling towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

5. Operation Instructions

Display



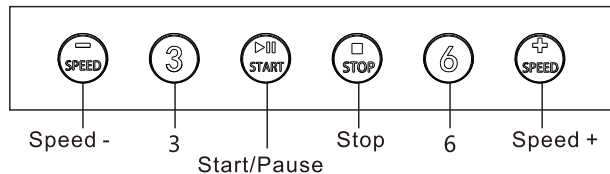
The LED digital display shows (speed, time, distance, calories; automatically switches every 5 seconds during operation):

1. "SPEED": Displays the current speed value in the running state. Speed display range: 0.6-7.6mph.
2. "TIME": Displays the time range from 0 minutes 0 seconds to 99 minutes 59 seconds.
3. "DIST": Displays the distance range from 0.00 to 99.99 miles.
4. "CAL": Displays the calorie range from 0 to 9999 kilocalories.

Audio Bluetooth Pairing Method

In standby mode, long press the "-" button on the watch to search for Bluetooth or disconnect an already connected Bluetooth device. The audio Bluetooth name of this treadmill is: Mobvoi TM Ultra.

Button Instructions



Function Buttons: "Speed -", "3", "Start/Pause", "Stop", "6", "Speed +".

A. Start/Pause: In standby mode, press the ▷|| button to start the treadmill; when the treadmill is running, press the ▷|| button to pause the treadmill. (Note: After pausing, the display shows "PAU"; press the ▷|| button again, the treadmill counts down from 3, 2, 1, and resumes at the lowest speed.)

B. SPEED-: During treadmill operation, short press the "-" button to slowly decrease the speed; long press this button to quickly decrease the speed, with the speed continuously dropping. The decrement is 0.2miles per press.

C. SPEED+: During treadmill operation, short press the "+" button to slowly increase the speed; long press this button to quickly increase the speed, with the speed continuously rising. The increment is 0.2miles per press.

D. 3: Quick speed button for "3".

E. 6: Quick speed button for "6".

F. STOP: During treadmill operation or when paused, short press the Stop button to end the treadmill operation.

14 Operation Instructions

Safety Lock Function

In any state, pulling out the safety lock will display the "E07" error code, and the treadmill will stop immediately if it is running. The treadmill cannot be started or operated if the safety lock is disengaged.

Mobvoi Home intelligent experience

Enhance your treadmill experience by connecting a smartwatch powered by Wear OS by Google™ and installing the Mobvoi Treadmill App on the smartwatch. This allows you to seamlessly track exercise data and monitor your heart rate simultaneously on both your smartwatch and our treadmill.

Download and install Mobvoi Treadmill App

- 1) On the watch platform, open Play Store, search for Mobvoi Treadmill, download and install it.
- 2) On the watch platform, open Play Store, search for Mobvoi Account, download and install it.



Mobvoi Treadmill



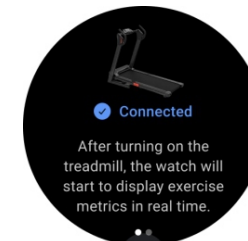
Mobvoi Account

3) Sign in your Mobvoi account.

- a. After installing, open the watch platform and Mobvoi Treadmill App. Choose to log in your Mobvoi account with watch or phone.
- b. If you have not signed in a Mobvoi account, please choose to log in by phone and finish account registration according to tips.

Experience Mobvoi Treadmill

1. Ensure the treadmill is powered on in Bluetooth mode, and your smartwatch's Bluetooth is activated. Open the Mobvoi Treadmill app on your smartwatch, select "Connect Devices," and witness the automatic pairing between the treadmill and the smartwatch, confirming the successful connection.



2. Post successful pairing, access heart rate data, exercise records, and real-time information such as exercise duration, speed, distance, calories, and paces directly through the Mobvoi Treadmill App on your smartwatch while exercising.



3. Monitor data during your workout, and maintain a low-speed setting on the treadmill for personal safety.

4. At the end of your exercise session, the smartwatch platform will record and generate a comprehensive sports record.

Experience Mobvoi Health App on Your Phone

Sync your smartwatch data to the Mobvoi Health app on your mobile device for a complete exercise experience.

1. Search for Mobvoi App in the app store, download, and install it. Log in to your Mobvoi account.
2. Navigate to the "Sports Card" on the home page to review your exercise history from the Mobvoi Treadmill app.
3. In the Mobile Mobvoi app, access detailed data records and share your exercise history with others, enhancing your fitness journey.

6. Common Malfunctions and Troubleshooting

If you have any other questions, please contact the local dealer or our company's after-sales service.

Issues	Possible Causes	Troubleshooting Steps
Treadmill cannot operate.	Power not connected.	Plug the power cord into the socket.
	Power not turned on.	Turn the power switch to the ON position.
	Circuit signal system malfunction.	Check the controller input and signal lines.
Running belt does not run smoothly.	Insufficient lubrication.	Apply methyl silicone oil lubricant.
	Running belt too tight.	Adjust the tightness of the running belt.
Treadmill belt slipping.	Running belt slips.	Adjust the tightness of the running belt.
	Loose belt.	Adjust the tightness of the running belt.

Display Error Messages and Solutions

Fault Codes	Possible Causes	Troubleshooting Steps
E01	Communication abnormality between lower control and electronic board.	Check if the communication cable between the lower control and the electronic board is loose or disconnected
E02	1. Motor wires are loose or disconnected. 2. Carbon brushes are worn out or not in contact with the rotor. 3. Lower control is damaged.	Inspect the motor wires for looseness or disconnection. If not disconnected, check if the motor brushes are worn out or not in contact with the rotor. If the motor is normal, the lower control may be damaged.
E05	Overload protection activated.	If there is an overload, exceeding the rated current, turn off the power and restart.
E07	Safety lock not engaged.	Check if the safety lock is not engaged or if the safety lock wire is loose.
E08	Communication abnormality between upper and lower tables.	Check if the communication line connecting the upper table to the lower table is loose or disconnected
Display Abnormalities	External interference.	Turn off the power switch, wait for 1 minute, and then power on and restart.

7. Product Maintenance

1. Lubrication:

After using the treadmill for a period, it is necessary to lubricate it with the dedicated methyl silicone oil.

Recommendation:

- | | |
|----------------------------------|-------------------------------|
| ★ Weekly usage less than 3 hours | Lubricate once every 5 months |
| ★ Weekly usage between 4-7 hours | Lubricate once every 2 months |
| ★ Weekly usage more than 7 hours | Lubricate once every 1 month |

Remember: Excessive lubrication is not better.

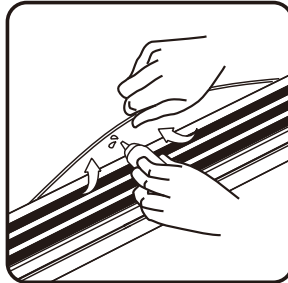
Proper lubrication is a crucial factor in improving the walking pad's lifespan.

2. Checking if Lubrication is Needed:

To check if lubrication is needed, lift the treadmill belt and touch the center of the belt's back with your hand.

If your hand has a slight moist feeling from silicone oil, no lubrication is needed. If the running board is dry and your hand doesn't get any silicone oil, lubrication is required.

- ★ Steps to apply lubricant to the running board (as shown in the right image).
- ★ Stop the walking treadmill running.
- ★ Lift a small portion of the running belt and spray methyl silicone oil on the inner side of the belt, close to the center.
- ★ Run the walking pad at 0.6mph to evenly spread the oil across the running board. Lightly step on the belt from left to right. This process takes a few minutes to ensure complete absorption.



3. Running Belt Tension Adjustment:

All treadmills should be adjusted for running belt tension before out of factory and after setup at home. However, after some usage, the belt may become loose. If users experience a slipping phenomenon while running, the belt needs adjustment. Turn the belt adjustment bolts clockwise, in half-turn increments, synchronously on both sides.

If the treadmill is too loose, when stepping on the running belt, there may be slippage between the running belt and the roller. However, being too tight is not ideal, as it can increase the load on the motor, leading to damage to the motor, running belt, and roller, among other components.

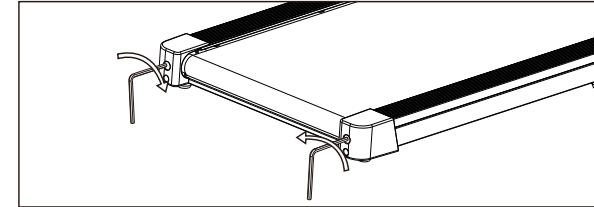
4. Running Belt Deviation Adjustment:

All treadmills should be adjusted for running belt tension before out of factory and after setup at home. However, deviation may still occur after some usage, caused by:

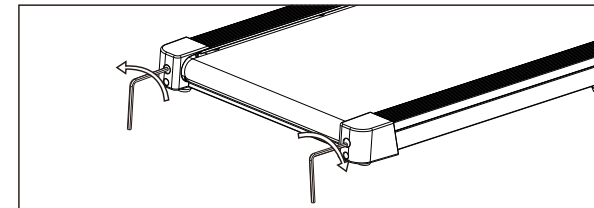
- ① unstable placement;
- ② uneven foot pressure
- ③ uneven force applied by the user with the two feet.

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If the running belt is deviated by usage, running without load for a few minutes can restore normal operation. For cases where automatic recovery is not possible, use the provided 6# hex wrench to adjust gradually in half-turn increments.



If the belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.



If the belt deviates to the right: Adjust the right bolt clockwise or the left bolt counterclockwise.

Note: Running belt deviation is not covered by the warranty. Users need to perform maintenance according to the instruction manual. Prompt detection and correction are necessary to prevent serious damage.

8. Service Commitment

For the electric treadmill, under normal use within one year, we will provide users with free replacement parts for non-human-induced damages. After the warranty period, spare parts will be provided at favorable prices.

This product is intended for home use only. We are not responsible for issues arising from commercial use. For post-sales issues, contact your local dealer's after-sales service.

We provide statutory warranty service in the country where you purchased the product. Regulatory compliance, full-text Supplier DoC are available on the official website.

Please check out our official website to learn more: www.mobvoi.com/products

Please contact us if you experience any problems. Customer service: support@mobvoi.com

The limited warranty applies for T4226 electric treadmill. Within the warranty period of normal use, such as non-human damage, Mobvoi can provide users with free accessories. After the expiration of the warranty period, preferential prices of spare parts may be offered to previous buyers.

Manufacturer: Jiangxi EQi Industrial Co., Ltd



9. FCC Statement

This device has been tested. This device should be installed and operated with a minimum distance of 15cm between the antenna and all persons.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the device and receiver.
- Connect the device into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.