



AMAZFIT

AirRun User Guide

01 WARNING

1. It is recommended that you consult a professional physician before starting any exercise program. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or nausea.
2. Don't switch on the power until the treadmill is fully unrolled .
3. Stop using the treadmill immediately if you find that its power cord or plug is damaged, and contact your distributor or Customer Services for repair or replacement. Do not dismantle the treadmill yourself.
4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. To reduce the risk of electrical shock: Always unplug the equipment from the electrical outlet immediately after using and before cleaning.
6. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
7. This treadmill requires a correct power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and the user.

8. **GROUNDING METHODS:** This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug.

Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If your outlet does not fit, have a proper outlet installed by an electrician.

9. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

10. **NEVER** operate the treadmill using a generator or UPS power supply.

11. **NEVER** remove any cover without first disconnecting AC power.

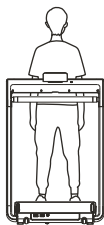
12. To use the treadmill correctly and enjoy all its functions, read this manual carefully before use. If you lend it to others, be sure to lend it together with this manual to others.

02 IMPORTANT SAFETY INSTRUCTIONS

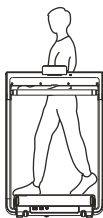
1. Before using the treadmill, make sure the clamp of the safety switch is fastened to your clothes or belt.
2. Do not power on the treadmill when a person stands on the running belt. After the power is turned on, there may be a pause when the running belt starts. Do stand on the plastic anti-skid pads on both sides of the treadmill until the running belt moves.
3. Don't wear clothes that are too long or too loose when you exercise, in case you're hanging onto the treadmill. It's advised to wear running shoes.
4. Keep away from children or pets when using the treadmill.
5. Do not have strenuous exercise within 40 minutes after a meal.
6. This treadmill is designed for adults only, and minors must be accompanied by an adult when using it.
7. When using this treadmill for the first time, grab the armrest with your hands until you adapt to the speed before releasing your hands.
8. If the treadmill accelerates suddenly or its speed increases automatically due to an electronic system fault, press the safety switch or pull the safety rope immediately. The treadmill will stop immediately.
9. If you find any defective components while checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using immediately and do not use until the problem has been rectified.
10. Use the treadmill correctly to prevent physical injury as follows:
 - Warm up before exercise; otherwise, you may easily have muscle strains on the thighs and calves.
 - Perform leg pressing, squatting, stretching exercise, flexing and extending joints, and other actions to warm up and soften your muscles.
 - After getting on the treadmill, start with "dynamic" warm-up actions such as walking and jogging for about 10 to 15 minutes, and then gradually get more exercise.
 - When getting off the treadmill, gradually reduce the speed, and step your feet on the anti-skid pads on the left and right sides to avoid falling or slipping due to dizziness.
 - Before using the treadmill, get to know your maximum exercise amount. If your physical strength cannot keep up with the set speed, you may not keep up with the pace and thus easily fall down.

03 IMPORTANT OPERATING INSTRUCTIONS

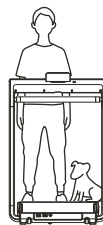
1. Please do not insert any other item in any part of the equipment, as it will damage the equipment. And do not place fingers or objects into the moving parts of the equipment.
2. Put the treadmill in a clean and flat place. Do not put the treadmill on items such as thick carpets; otherwise, it affects the air circulation under the treadmill. Do not place the treadmill near water or outdoors.
3. The treadmill is an indoor device, please do not use it outdoors. The place must be clean and flat, pay attention to moisture. Please note that the treadmill is a special equipment, do not modify.
4. Never operate this treadmill if it has a damaged cord or plug, is not working properly, and has been dropped or damaged.
5. The power cord of the electric treadmill is for special use. If the power cord is damaged, please purchase from the dealer or contact the company directly.
6. Do not break the power cord, extend the power cord, replace the power cord plug, stack heavy objects on the power cord, or place the power cord near a high-temperature heat source. Do not use multipurpose sockets; otherwise fire or electric shock may occur due to poor contact.
7. The treadmill should never be left unattended when plugged in. Cut off the power supply when the machine is not used for a long time. When cutting off the power supply, do not pull the power cord; Must grasp the power plug to pull out, so as not to break part of the core wire in the power cord.
8. Ensure that all nuts and bolts are securely tightened before using the equipment. Check equipment regularly for damage or wear and tear.
9. The product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.



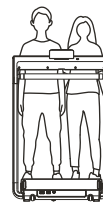
⊗ NEVER walk backwards on the treadmill.



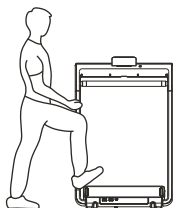
⊗ NEVER walk sideways on the treadmill.



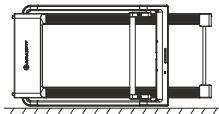
⊗ NEVER put pets on the running belt.



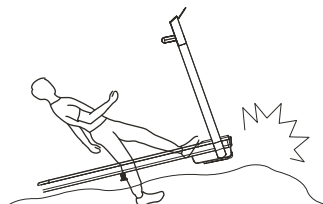
⊗ NEVER use the treadmill by more than one person at the same time.



⊗ NEVER step on the head of the treadmill.



⊗ NEVER store the treadmill sideways.



⊗ NEVER place the treadmill on uneven floor.



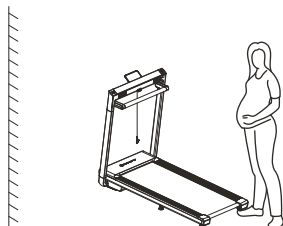
⚠ Wear sneakers during workout.



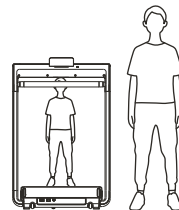
⚠ Keep your sight level to avoid dizziness.



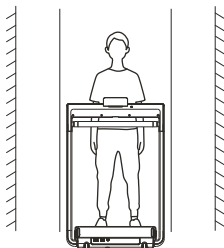
⚠ Keep a distance of above 100 cm between the treadmill and its rear object.



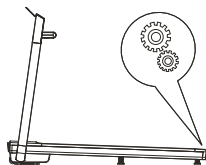
⚠ The elderly and pregnant women shall use it with caution.



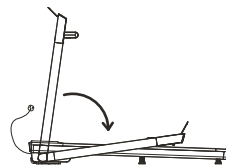
⚠ Minors must be accompanied and guided by an adult when using the treadmill.



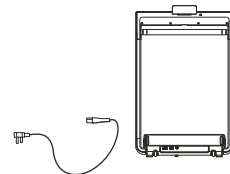
⚠ Keep a distance of above 500 cm between the treadmill and the objects on its both sides.



⚠ Prevent your clothes from getting caught, and don't step on it.



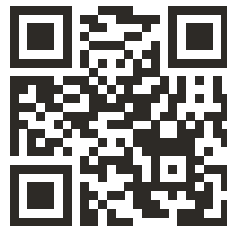
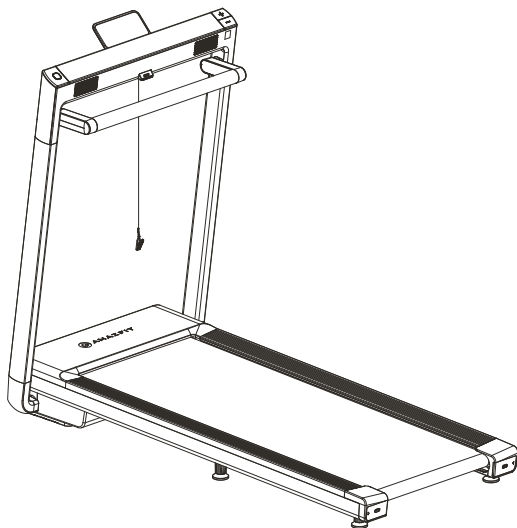
⚠ NEVER fold the treadmill when the power is not turned off.



⚠ Unplug the power card when you do not use the treadmill to prevent others from using it without authorization.

04 WELCOME

Thank you for choosing the Amazfit AirRun Smart Treadmill.



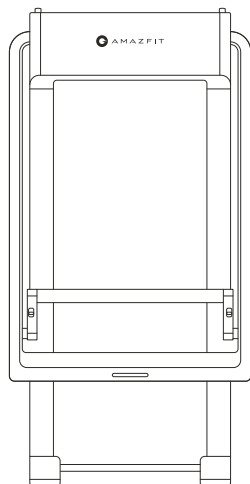
Please scan the QR code.
Download and install the APP.

05 CARTON CONTENTS

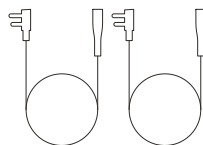
Please check the contents of the package carefully, and contact us if they are missing or damaged.

Official website: en.amazfit.com

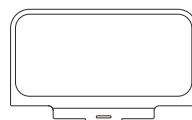
Support: support.amazfit.com



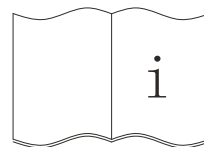
Treadmill



Power cord

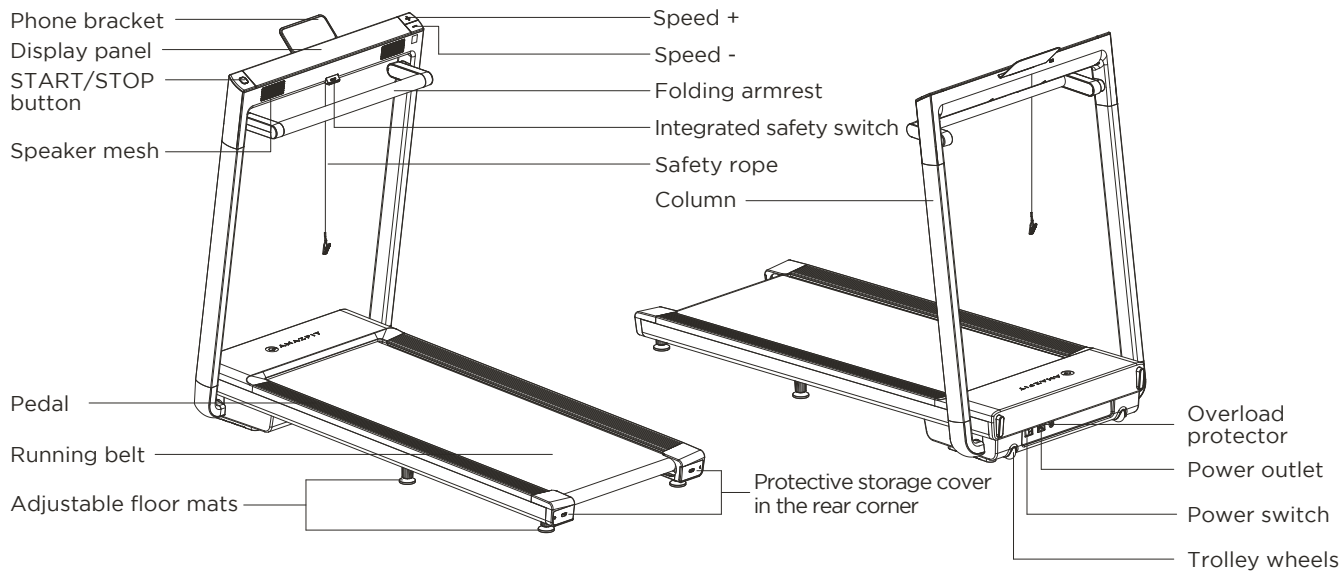


Phone bracket



User Guide

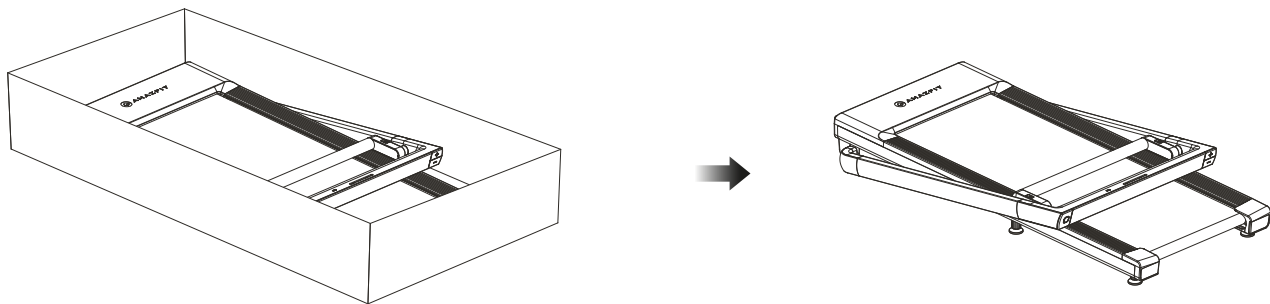
O6 CONFIGURATION



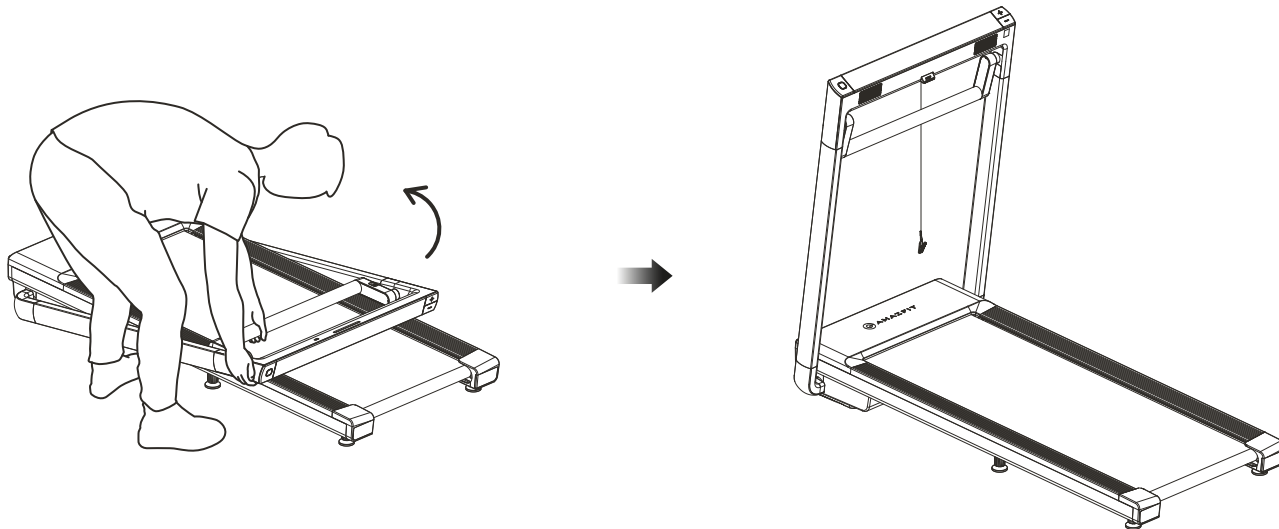
07 USER GUIDE

1. How to unfold the treadmill

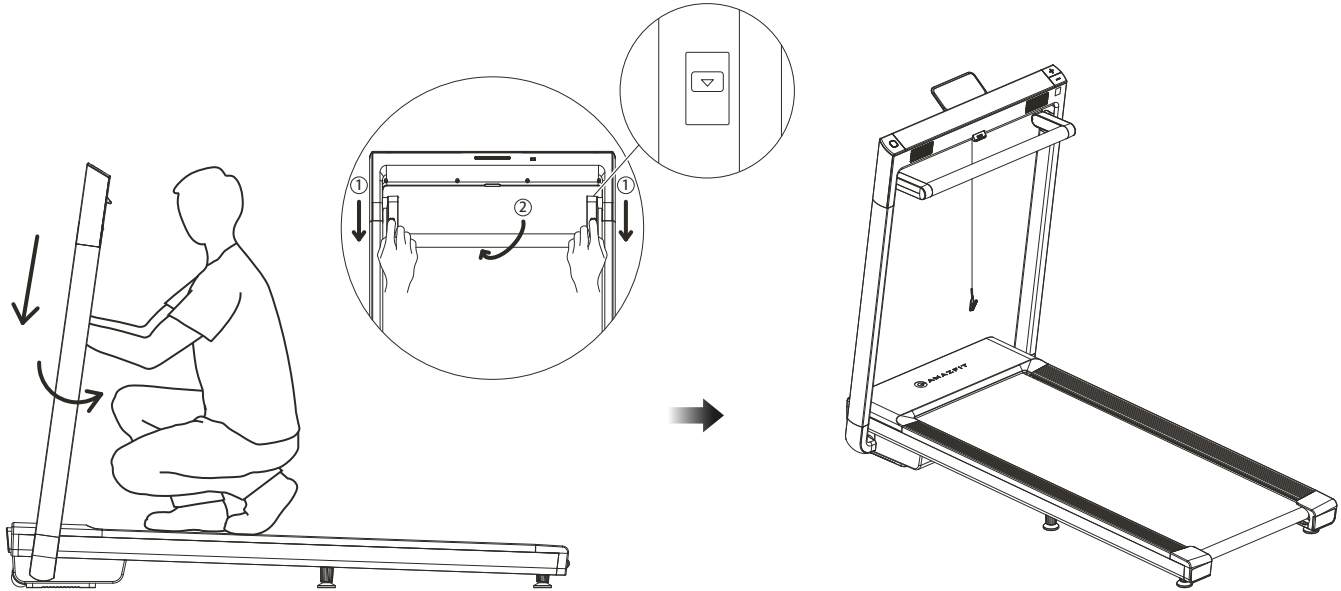
01. Take out the treadmill from its package, and place it on a flat ground.



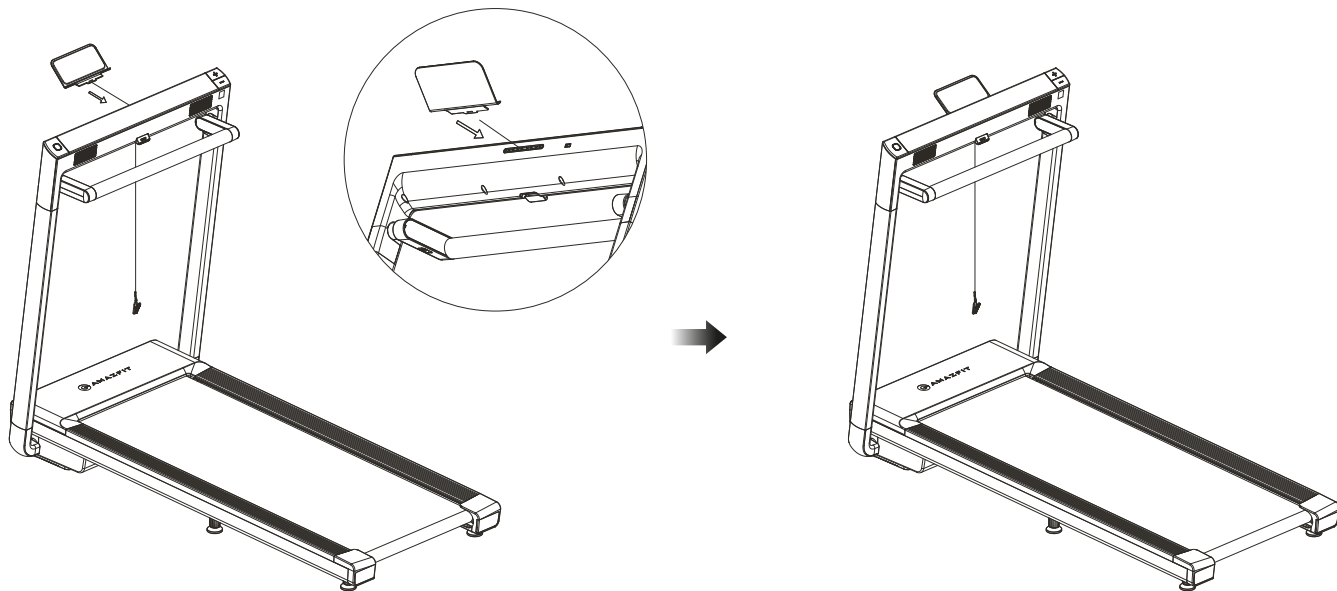
02. Pull up the Display Console to completely unfold the columns.



03. Gently shake the armrest, buckle the buttons on both sides to unlock it, pull up the armrest, and lock the columns.

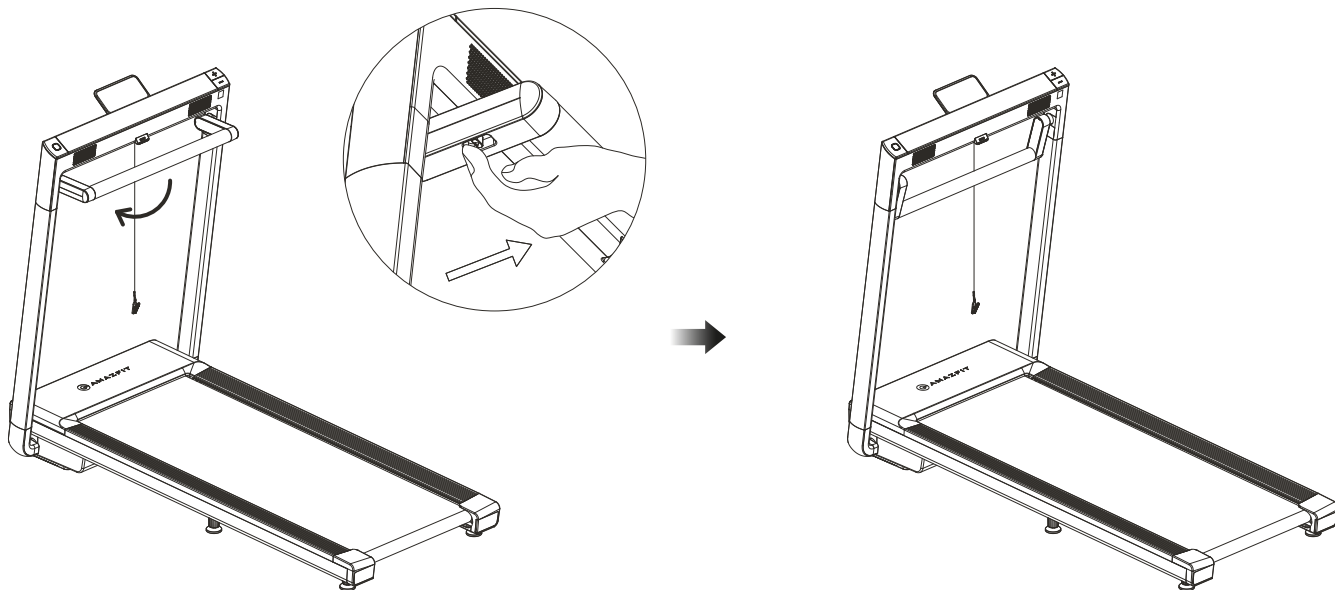


04. Insert the phone bracket into the Display Console. The treadmill is unfolded.

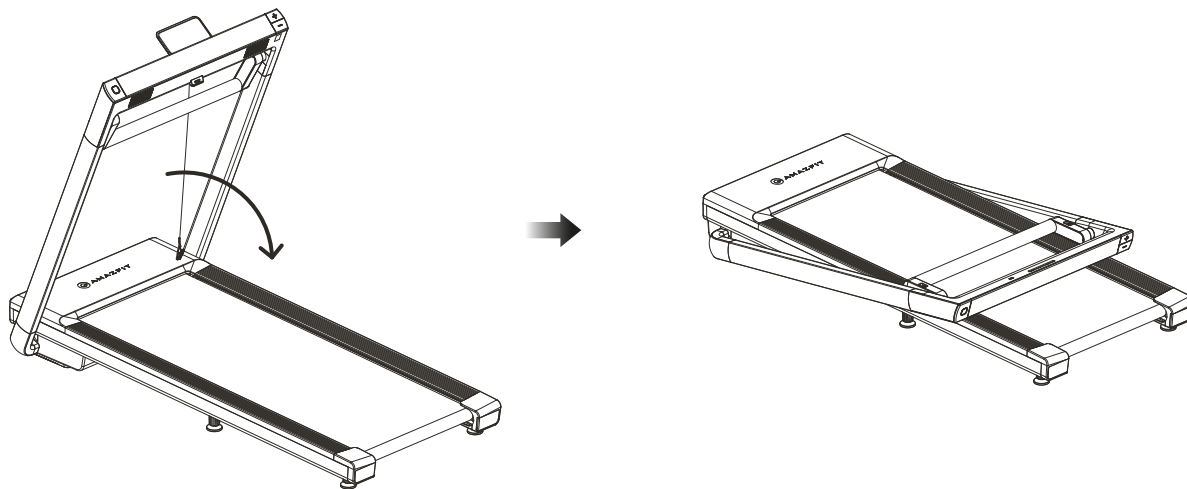


2. How to fold the treadmill

01. Gently shake the armrest, buckle the buttons on both sides to unlock, and turn the armrest down to unlock it.

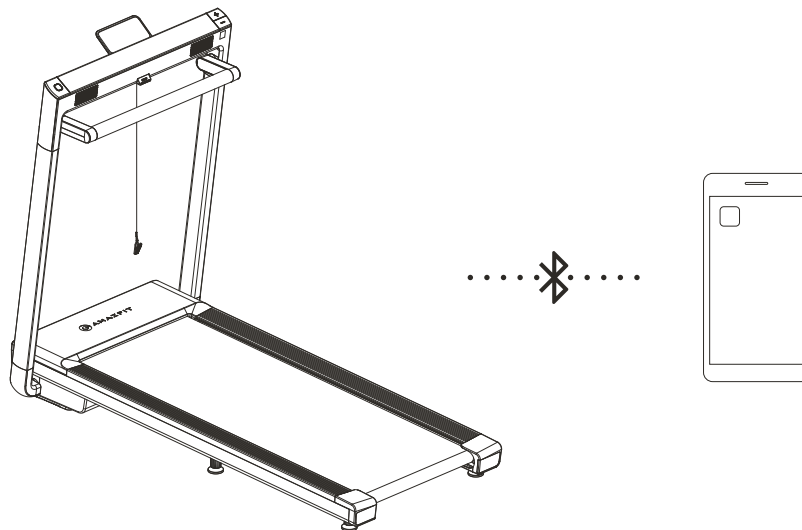


02. Push the columns down completely. The treadmill is folded.



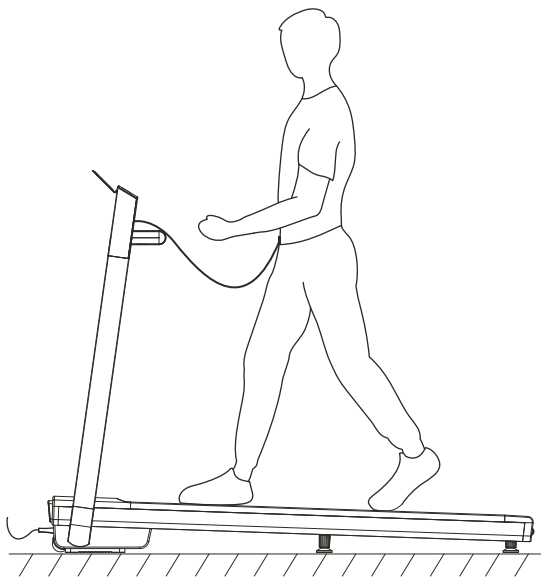
3. Pairing your device

Power on the treadmill, enable your phone's Bluetooth, and open Amazfit APP to register an account or log in to your account; select "Amazfit AirRun" from "My" > "Add Device", and pair your device as instructed.



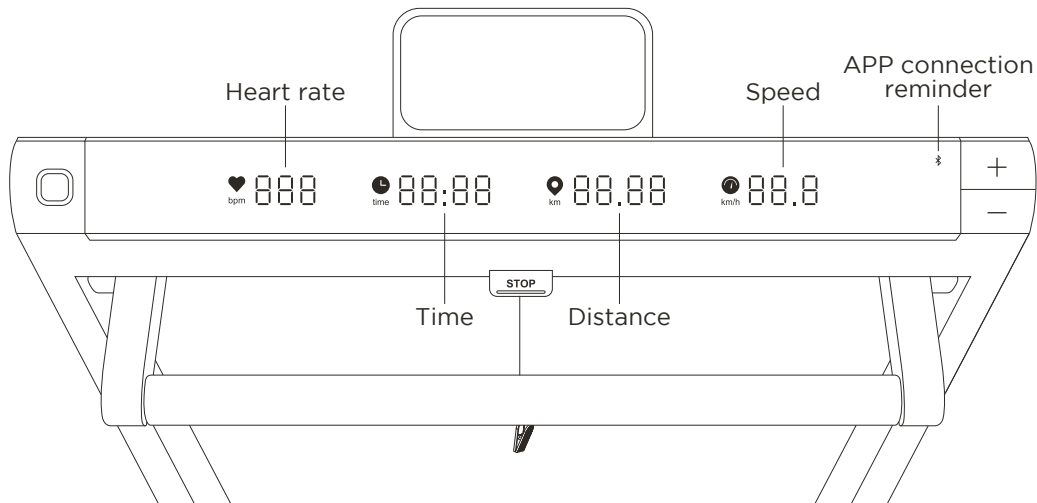
4. Start to use

After pairing your device, fasten the clamp of the safety rope to your clothes, and then use the treadmill.




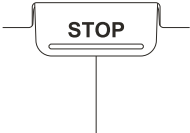


08 GET STARTED

1. Schematic diagram of the display panel



2.Button description

Icon	Item	Description
	START/STOP	<p>If you press this button when the treadmill is powered on, after a 3-second countdown, the treadmill starts to run at a speed of 1 km/h.</p> <p>If you press this button during workout, the treadmill pauses. If you press this button again, after a 3-second countdown, the treadmill gradually resumes to the speed before the pause.</p> <p>If you press and hold this button during workout, the treadmill stops running.</p>
	Speed +	<p>When you press this button, the running speed increases at a step of 0.1 km per time. If you press and hold this button for more than 0.5s, the speed automatically increases progressively.</p>
	Speed -	<p>When you press this button, the running speed decreases at a step of 0.1 km per time. If you press and hold this button for more than 0.5s, the speed automatically decreases progressively.</p>
	Integrated safety switch	<p>If you press the red "Stop" button during workout, the treadmill slows down until it stops. To resume workout, press the "Stop" button again to unlock, and press the "Start" button.</p> <p>If you pull the safety rope during workout, the treadmill stops immediately and locks the keypad. To continue, pull the safety rope again to unlock the keypad, and press the "Start" button on the left side to resume workout.</p>

3. Connect to a heart rate device

3.1 To display your heart rate on the treadmill, pair the Amazfit APP with an Amazfit watch or bracelet. For more devices supported by the Amazfit APP, see the relevant list.

3.2 Before workout, open the Amazfit APP to ensure that the watch or bracelet and the treadmill have been connected. After the treadmill starts, the watch or bracelet records your heart rate and displays it on the treadmill in real time.

3.3 If you want to display your heart rate during workout on the treadmill without the APP, first open the Amazfit APP, and enable "Broadcast Workout Heart Rate" on the watch/bracelet device page. Before workout each time, enable "Treadmill" on the watch/bracelet and start running on the treadmill. The heart rate recorded by the wrist device is sent to the treadmill via Bluetooth broadcast and displayed in real time.

4. Use the treadmill speaker

4.1 The treadmill speaker is an independent Bluetooth device and must be paired with your phone before use.

4.2 If you pair an Android phone with the treadmill, select "Pair" in the pairing pop-up window, or open the system Bluetooth list and manually select "Amazfit AirRun Speaker", to complete Bluetooth pairing.

4.3 If you use an iOS phone, choose "Settings" > "Bluetooth" > "Amazfit AirRun Speaker" to complete Bluetooth pairing.

4.4 After pairing, go to the Bluetooth list and click to connect it before using the speaker each time.

09 MAINTENANCE & CARE

1. Clean the treadmill

1.1 Shut down and disconnect the power supply of the treadmill.

1.2 Add some mild detergent to a 100% cotton rag. Do not spray the detergent directly on the running belt or use acidic and corrosive detergent.

1.3 Wipe off the dust and dirt on the main frame and motor cover, and clean the running belt platform. Do not wipe under the running belt.

1.4 After workout for a period of time, dust and smudges may appear on the tail ground, which is normal. Wipe them off.

2. Lubricate the running belt

2.1 Shut down the treadmill and disconnect the treadmill power cable.

2.2 Open the protective storage cover in the rear right corner and pull out the oil bottle, as shown in Figure A below.

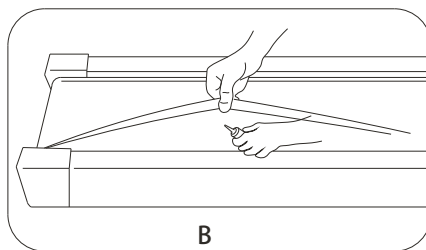
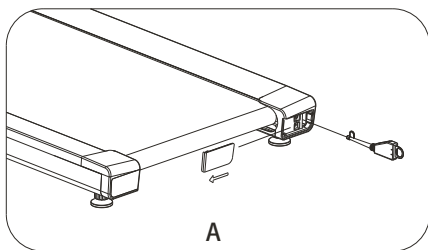
2.3 Lift the edge of the running belt and apply silicone oil to the inner surface, as shown in Figure B below.

2.4 Reconnect the treadmill power supply.

2.5 Turn on the treadmill and make it run at 4 km/h for about 10 to 20 seconds.

2.6 Use 5-10 ml of silicone oil during each lubrication. Too much silicone oil may cause slippage and affect the normal use of the treadmill.

2.7 When the treadmill needs to be refueled, the reminder OIL flashes in the heart rate display window and a refueling reminder is also displayed on the APP. After you press the Start button to start workout, the reminder disappears after the power is turned on. The reminder is displayed again upon next power-on. After refueling, press and hold the speed + button for 3s to clear the reminder, or clear the refueling reminder through the APP.



10 SPECIFICATION

Model: A1975

NEW Weight: 63kg

Gross Weight: 72kg

Rated Power: 932.5W

Rated Voltage: 20V~50Hz

Wireless Connection: BT 4.2

Frequency Range: 2400-2483.5 MHz

Minimum Speed: 1.0 km/h

Maximum Speed: 15 km/h

Size: 1590×810×1250 mm

Treadmill Belt Area: 1300×500 mm

TX Power: ≤ 20 Db (EIRP)

Load limit: 100 kg

Applicable age: 14 to 60 years old

Applicable height: No limit

Folding size: 1590×806×225 mm

11 TROUBLESHOOTING

1. The treadmill enters the emergency stop state.

When you press the START/STOP button, the treadmill cannot start. When the dashboard shows the above state, the treadmill has entered the emergency stop state.

In this case, pull the safety rope again to release the treadmill from the emergency stop state, and press the START button on the left again to resume running.



When the above four icons flash

2. Running belt slipping and correction

2.1 Start the treadmill and make it run at a speed of 6-8 km/h. Stand behind the treadmill and be ready for adjustment.

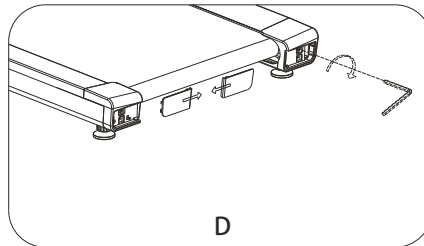
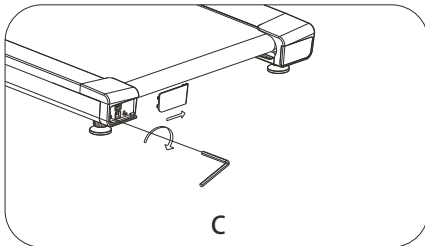
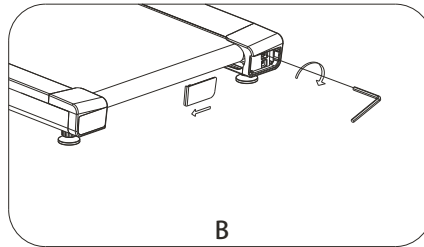
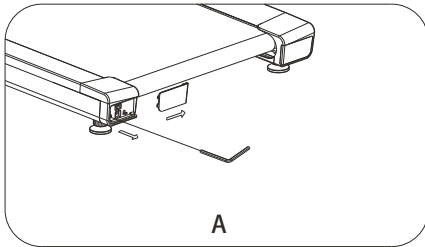
2.2 Open the protective storage cover in the left rear corner and take out the wrench, as shown in Figure A.

2.3 If the treadmill tilts to the right: Turn the right adjusting screw clockwise half a turn, as shown in Figure B below.

2.4 If the treadmill tilts to the left: Turn the left adjusting screw clockwise half a turn, as shown in Figure B below.

2.5 If the treadmill slips: If you find that the running belt is loose, turn the adjusting screws on the left and right sides clockwise half a turn, as shown in Figure D below.

2.6 Make the treadmill run for about 1-2 minutes, and check whether the running belt is centered. If not, adjust it again.



3. Error message code

After the treadmill has an error, an abnormal state is displayed, and an error code is displayed in the heart rate window on the electronic display panel.

Error or Symptom	Possible Cause	Solution
E01	Communication error because the driver did not receive the electronic watch signal	Contact Customer Service
E02	Stall protection and explosion protection or main motor anomaly	Contact Customer Service
E05	Overcurrent protection	Press the overload protector
E06	Generally, motor open circuit	Contact Customer Service
E10	Output short circuit	Contact Customer Service
E11	External AC overvoltage	Check the external power supply
E13	Communication error because the electronic watch did not receive the driver signal	Contact Customer Service
E14	External AC undervoltage	Check the external power supply

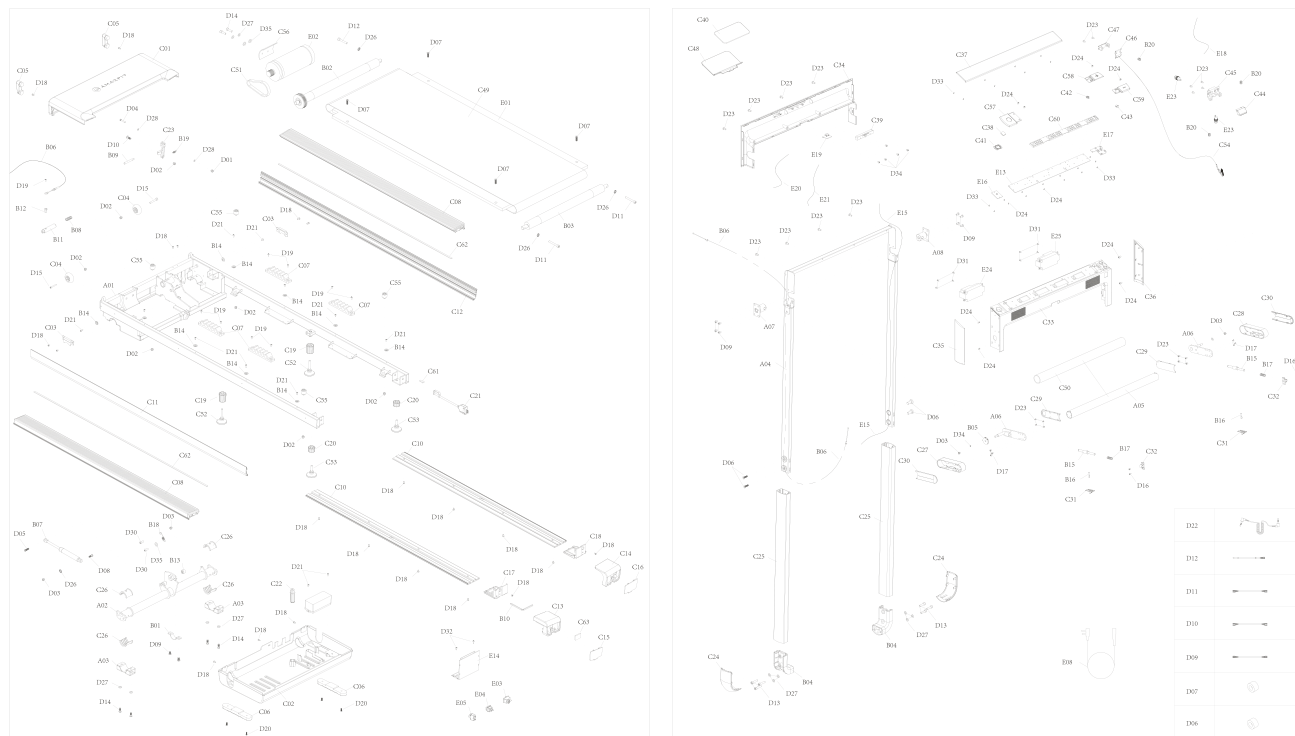
4.After-sales service

The warranty policy :

The Amazfit Limited Warranty covers Amazfit products against manufacturing defects beginning on the original purchase date. The warranty period is 12 months as the applicable consumer laws in the consumer's country of purchase require. Our warranty is in addition to rights provided by applicable consumer laws.

Official website: en.amazfit.com Support: support.amazfit.com

12 EXPLODED DRAWING



D02	
D12	
D11	
D10	
D09	
D07	
D06	

13 PARTS LIST

SN	Material Name	Quantity	No.	Material Name	Quantity
A01	Main frame assembly	1	B05	Drawing cone	1
A02	Lower folding and rotating assembly	1	B06	Wire rope assembly	1
A03	Rotating locking assembly	2	B07	Gas spring	1
A04	Electronic watch stand assembly	1	B08	Compression spring	1
A05	Front armrest assembly	1	B09	Folding limit bolt	1
A06	Armrest side plate assembly	2	B10	6# Allen wrench	1
A07	Left fixing block assembly of the armrest	1	B11	Folding pull pin	1
A08	Right fixing block assembly of the armrest	1	B12	Wire rope fixed shaft	1
B01	Rotating locking plate in the middle	1	B13	Rotating sleeve	1
B02	Front rollers set	1	B14	Edge strip washer	10
B03	Rear rollers set	1	B15	Button side slider	2
B04	Column fixing seat	2	B16	Pull rod	2

SN	Material Name	Quantity	No.	Material Name	Quantity
B17	Compression spring	2	C16	Protective cover in the right rear corner	1
B18	Tension spring 2	1	C17	Protective fixing seat in the left rear corner	1
B19	Tension spring	1	C18	Protective fixing seat in the right rear corner	1
B20	Compression spring 3	2	C19	Floor mat sleeve 1	2
C01	Motor upper cover	1	C20	Floor mat sleeve 2	2
C02	Motor lower cover	1	C21	Oil bottle	1
C03	Small covers at the left and right sides of the motor	2	C22	Bottom expansion rod	1
C04	New handling wheel	2	C23	Decoration	1
C05	Front foot mat	2	C24	Outer cover of the column fixing seat	2
C06	Foot mat	2	C25	Column suite	2
C07	Cushion in the middle	4	C26	Spindle nylon sleeve	4
C08	Upper edge strip	2	C27	Side cover of the left armrest	1
C10	Left and right edge strips	2	C28	Side cover of the right armrest	1
C11	Left edge strip	1	C29	Armrest inner cover	2
C12	Right edge strip	1	C30	Armrest outer cover	2
C13	Left rear protective corner	1	C31	Lever button	2
C14	Right rear protective corner	1	C32	Compressed spring fixing seat	2
C15	Protective cover in the left rear corner	1	C33	Front cover of the electronic watch	1

SN	Material Name	Quantity	No.	Material Name	Quantity
C34	Rear cover of the electronic watch	1	C45	Safe lock bracket	1
C35	Left side cover of the electronic watch	1	C46	Rope bracket	1
C36	Right side cover of the electronic watch	1	C47	Bracket locking seat	1
C37	Display panel	1	C48	iPad bracket	1
C38	Intermediate START/STOP button	1	C49	Running belt	1
C39	iPad fixed outlet	1	C50	Foam on the front armrest tube	1
C40	iPad bracket mat	1	C51	Ribbed belt	1
C41	Transparent START/STOP button	1	C52	Universal foot mate group 2	2
C42	Plus light guide	1	C53	Universal foot mate group	2
C43	Minus light guide	1	C54	Safe lock clamp	1
C44	Safe lock	1	C55	Black cushion	4

NO.	Material Name	Specifications	Quantity	No.	Material Name	Specifications	Quantity
C56	EVA pad	80*64*3.0	1	D04	Hexagon bolt	M5*30 full thread	1
C57	Bracket of the START/STOP button		1	D05	Hexagon socket countersunk head screw	M8*30 thread length: 15	1
C58	Bracket of the + button		1	D06	Hexagon socket countersunk head screw	M8*20 full thread	4
C59	Bracket of the - button		1	D07	Hexagon socket countersunk head screw	M6*25 full thread	4
C60	Grating plate		1	D08	Hexagon socket button head screw	M8*30 thread length: 15, thick rod	1
C61	EVA pad 3	50*20*5	1	D09	Hexagon socket button head screw	M6*10	10
C62	EVA pad	1190*20*2.0	2	D10	Hexagon socket button head screw	M6*25	1
C63	EVA pad	25*25*5.0	1	D11	Hexagon socket head cap screw	M8*65	2
D01	Hexagon lock nut	M5	1	D12	Hexagon socket head cap screw	M8*50 full thread	1
D02	Hexagon lock nut	M6	7	D13	Hexagon socket head cap screw	M8*22 full thread	6
D03	Hexagon lock nut	M8	5	D14	Hexagon socket head cap screw	M8*15 full thread	6

NO.	Material Name	Specifications	Quantity	No.	Material Name	Specifications	Quantity
D15	Hexagon socket head cap screw	M6*38 thread length: 15	2	D25	-	-	-
D16	Cross recessed pan head screw	M5*8	4	D26	Internal serrated lock washer	8	4
D17	Cross recessed pan head screw	M5*12	7	D27	Standard spring washer	8	12
D18	Cross recessed pan head screw	M5*8 (with a washer at the head)	21	D28	Flat washer Level C	5	2
D19	Cross recessed pan head screw	M5*12 (with a gasket at the head)	10	D29	-	-	-
D20	Cross recessed pan head screw	M5*16 (with a gasket at the head)	4	D30	Hexagon socket button head screw	M8*10	2
D21	Cross recessed pan head screw	ST4.2*12 (with a washer at the head)	12	D31	Cross recessed pan head screw	M5*20 (thread length 8)	8
D22	-	-	-	D32	Cross recessed pan head tapping screw	ST4.2*20 (with a washer at the head)	2
D23	Cross recessed pan head tapping screw	ST4.2*12	22	D33	Cross recessed pan head tapping screw	ST2.9*6.0	8
D24	Cross recessed pan head tapping screw	ST2.9*8	29	D34	Cross recessed pan head screw	M3*10	1

NO.	Material Name	Specifications	Quantity	No.	Material Name	Specifications	Quantity
D35	Internal serrated lock washer	6	8	E13	Electronic watch		1
E01	Running board		1	E14	Control circuit board		1
E02	DC motor		1	E15	Main communication cable		1
E03	Square rocker switch		1	E16	START/STOP keyboard		1
E04	3-pin card socket		1	E17	Speed +/- keyboard		1
E05	Overload protector		1	E18	Connection cable of the safe lock and stop switch		1
E06	Magnetic loop		1	E19	USB/headset module		1
E07	Magnetic core		1	E20	Connection cable of the USB/headset module		1
E08	Standard power cord		1	E21	Connection cable of the AUX IN interface		1
E09	AC single-core cable	Brown	1	E22	Audio spring wire		1
E10	AC single-core cable	Brown	2	E23	Inching self-reset switch		2
E11	AC single-core cable	Blue	2	E24	Left speaker		1
E12	Grounding cable	Yellow-green	1	E25	Right speaker		1

14 SPECIAL INSTRUCTIONS

1. This manual is formulated based on existing information. In the principle of continuous improvement and development, the company reserves the right to change product specifications and functions, and to modify and improve any content for any product described in this document.
2. The content of this manual is provided based on the condition of the product at the time of manufacture. Unless otherwise specified by applicable law, no warranty of any kind, either express or implied, is made as to the accuracy, reliability, or content of the document. Therefore, any claims based on the data, graphics, or text descriptions in this manual will be rejected.
3. If you disassemble this product without authorization, the product's warranty will be invalidated.
4. The pictures in the manual are intended to guide the user's operation and are for reference only. For details, please refer to the actual product.