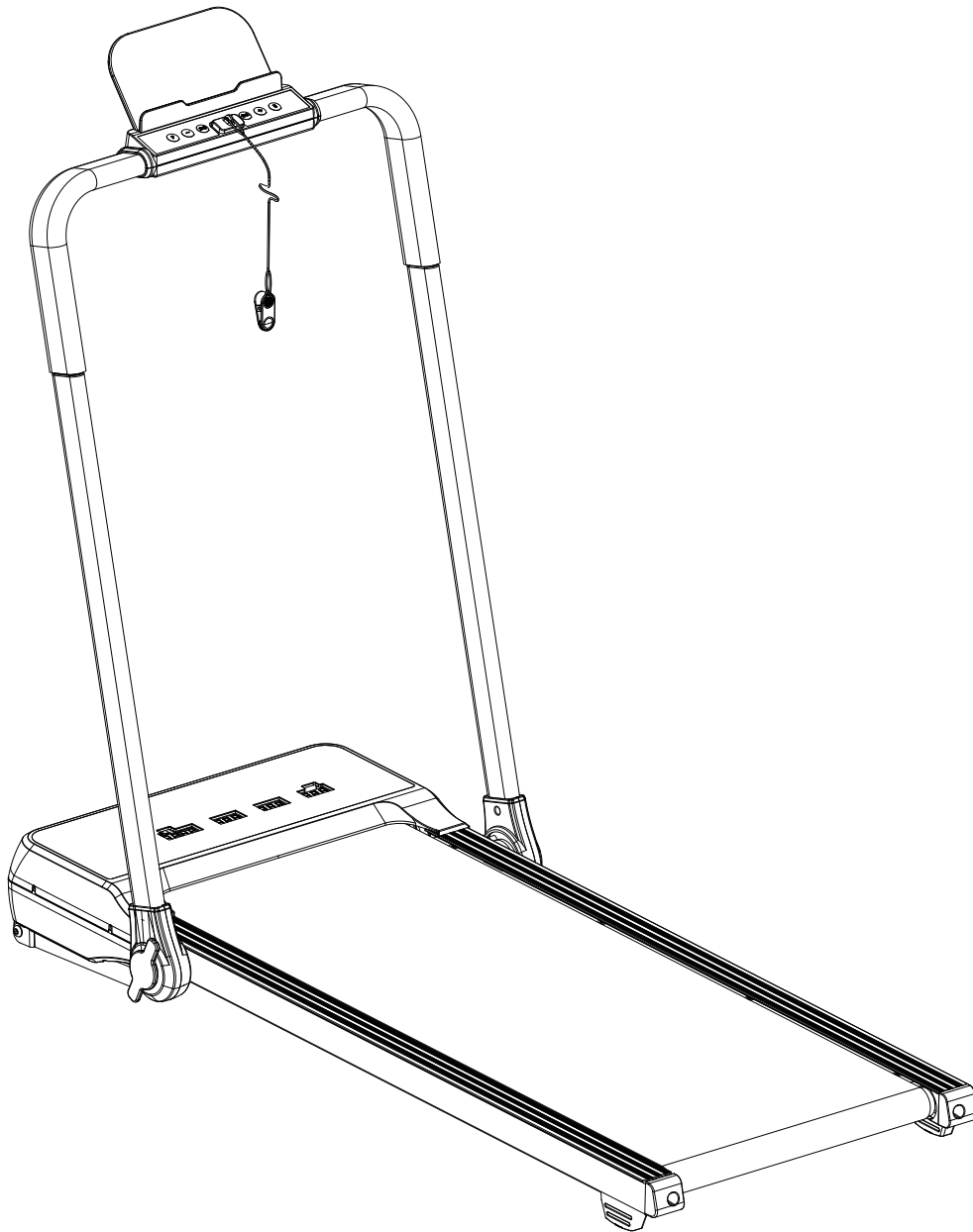


Motorized Treadmill

TDMILL-W04B1



Note:

Before installation and operation, please read this user manual thoroughly and keep it for future reference.

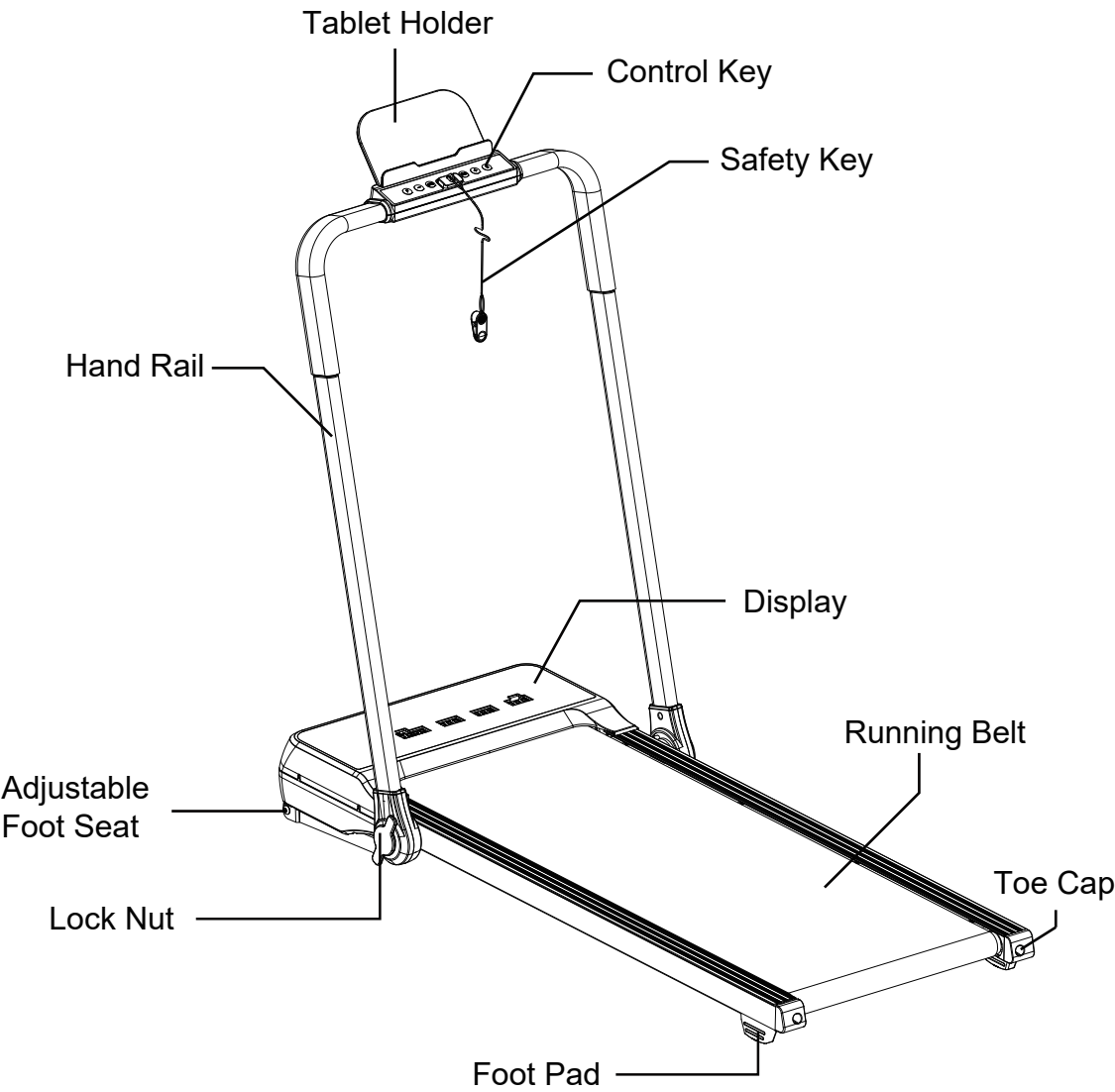
Warning & Safety Information

1. Read the user manual thoroughly before assembling or operating the walking pad treadmill. Retain the manual for the product's service life.
2. Place the treadmill exclusively on a firm, flat surface (e.g., concrete or hardwood). Uneven flooring may trigger safety sensor errors.
3. The Treadmill is designed for indoor use only. It is not to be used outdoors.
4. Do not position the Treadmill on a deep thick carpet as air needs to circulate underneath.
5. Always wear appropriate athletic attire when using the treadmill. Do not wear loose or long clothing, as this may get caught in the moving parts.
6. Always wear the correct footwear.
7. Do not stand on the treadmill belt before starting the treadmill. Position your feet on either side of the belt, and as the motor starts, step onto the treadmill. Do not step on the belt if the treadmill is running at full speed.
8. Before running on the treadmill, make sure the emergency cord is securely attached to your clothing. If the safety key detaches from the control panel, the treadmill will stop immediately.
9. Do not allow children or pets near the treadmill when it is in use.
10. Children and the elderly must only use the treadmill under adult supervision.
11. Always unplug the treadmill from the main power supply when it is not in use.
12. Regularly clean the treadmill after use. Remove dust and sweat from the handles and running belt. Clean the belt with a damp cloth and mild soapy water. Do not use harsh cleaning agents.
13. When the treadmill is not in use for an extended period, fold it away and store it in a clean, dry place.
14. If the power cord or plug is loose, damaged, or worn, do not use the treadmill. Immediately have it inspected and repaired by a qualified electrician.
15. The treadmill is not a toy and is not intended for use by individuals (including children) with physical, sensory, or cognitive impairments. It must not be used by anyone who has not fully read and understood this manual.
16. If the user has a medical condition or is taking medication, consult a physician before using the treadmill.

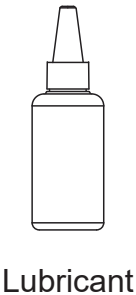
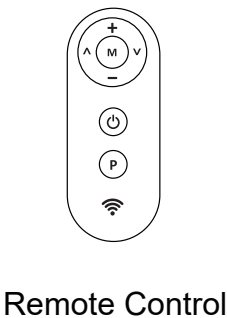
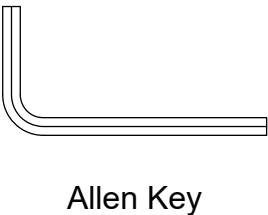
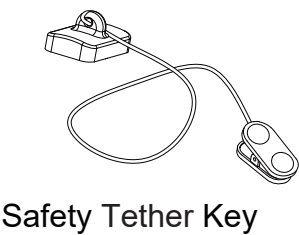
WARNING!

The device cannot be moved without the power cord being pulled out.

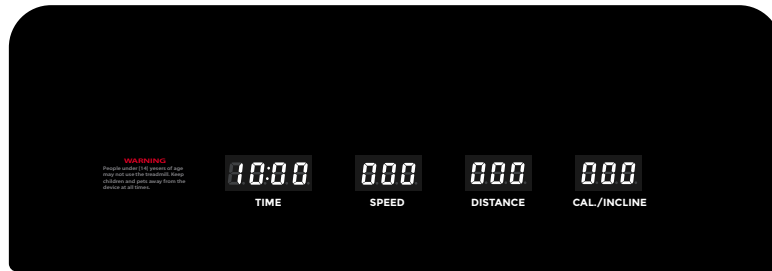
Parts List



Accessories



Control Panel



NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current speed from the minimum 1.0km/h to the maximum 12.0km/h(Running mode) or 6.0km/h(Walking mode).

DISTANCE: Displays the accumulative distance travelled during workout.

CALORIES: Displays the total calories burned during your workout.

INCLINE: Displays the incline levels during your workout.



CONTROL PANEL FUNCTIONS:

START/STOP: Press the START/STOP button to begin or end your workout.

MODE: To select different function (TIME, DISTANCE, or CALORIES) for setting exercise goals in manual program mode before training.

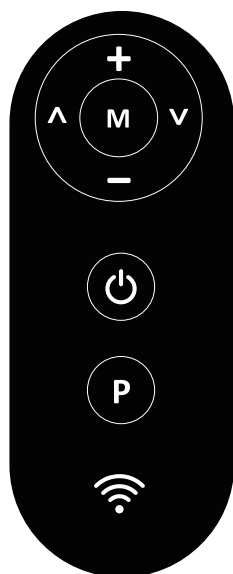
PROG (PROGRAM)/PAUSE: To select your chosen workout (P1 to P06). In the running mode, press the Pause key to enter the pause mode. The current parameters remain unchanged and the speed flashes.

SPEED + : Press to increase running speed in Manual Mode or adjust target values (speed/distance/time/calories) in Goal-Based Modes.

SPEED - : Press to decrease running speed in Manual Mode or lower target values (speed/distance/time/calories) in Goal-Based Modes.

INCLINE: Press the button to adjust the incline level(0-12 Levels) .

FUNCTION BUTTONS:



- ⏻** : Press the button to start/stop training on different training mode immediately.
- P** : Press the button to select the pre-set training program (P01-P06) mode before training. In the running mode, press the this key to enter the pause mode. The current parameters remain unchanged and the speed flashes.
- M** : Press the MODE button to select different functions (time, distance, or calories) for setting exercise goals in manual program mode before training. In the running mode, press the Mode button to switch the display between Time and Step (Unclined position).
- ^** : Press the button to increase the incline level.
- v** : Press the button to decrease the incline level.
- +** : Press the button to make upward adjustments for the speed.
- : Press the button to make backward adjustments for the speed.

TRAINING IN PRE-SET PROGRAM MODE:

When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P06). Press the SPEED + or SPEED - button to change the setting. Press the START button to confirm and start your workout.

This treadmill console has 2 kinds of Workout Programs to choose from.

UNFOLDING PROGRAMME

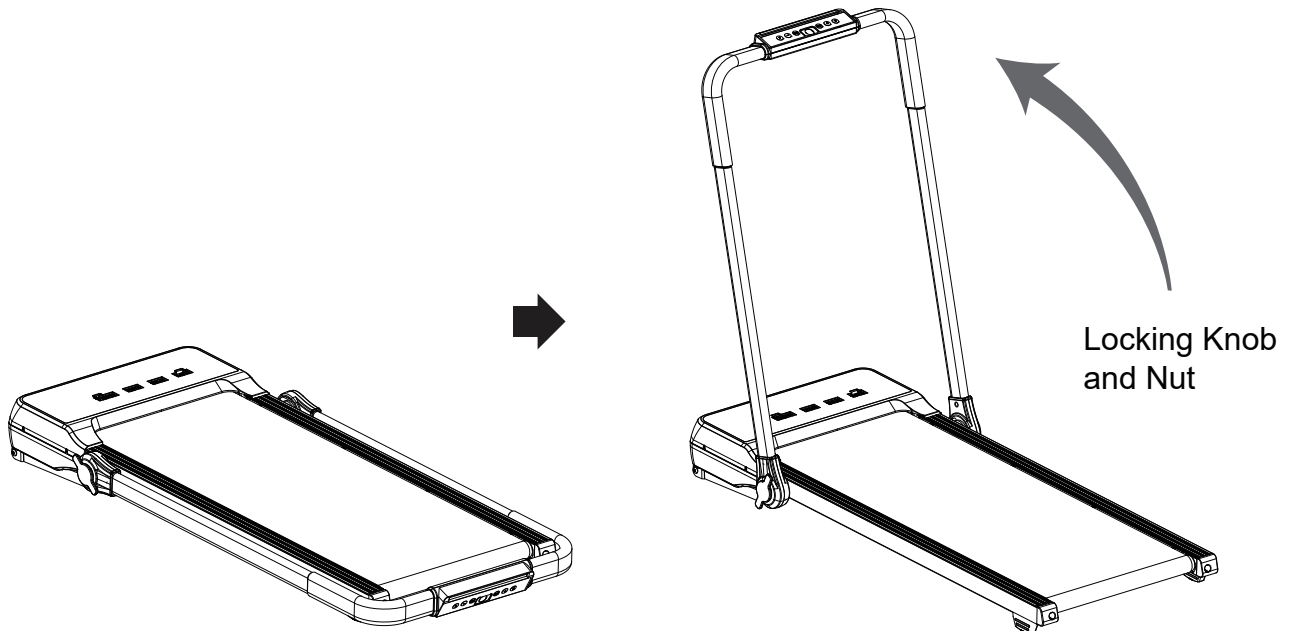
PORG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	2.0
P2	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	3.0	2.0	2.0	3.0	3.0
P3	1.0	3.0	5.0	2.0	4.0	6.0	3.0	5.0	7.0	4.0	6.0	8.0	6.0	4.0	6.0	4.0	3.0	4.0	3.0	2.0
P4	2.0	3.0	3.0	4.0	3.0	4.0	4.0	5.0	4.0	5.0	6.0	8.0	6.0	8.0	8.0	6.0	5.0	4.0	3.0	2.0
P5	2.0	4.0	6.0	8.0	10.0	9.0	7.0	5.0	3.0	2.0	4.0	2.0	4.0	6.0	6.0	5.0	6.0	5.0	4.0	3.0
P6	1.0	3.0	5.0	5.0	5.0	7.0	8.0	9.0	10.0	8.0	6.0	5.0	4.0	5.0	2.0	4.0	5.0	6.0	4.0	2.0

FOLDING PROGRAMME

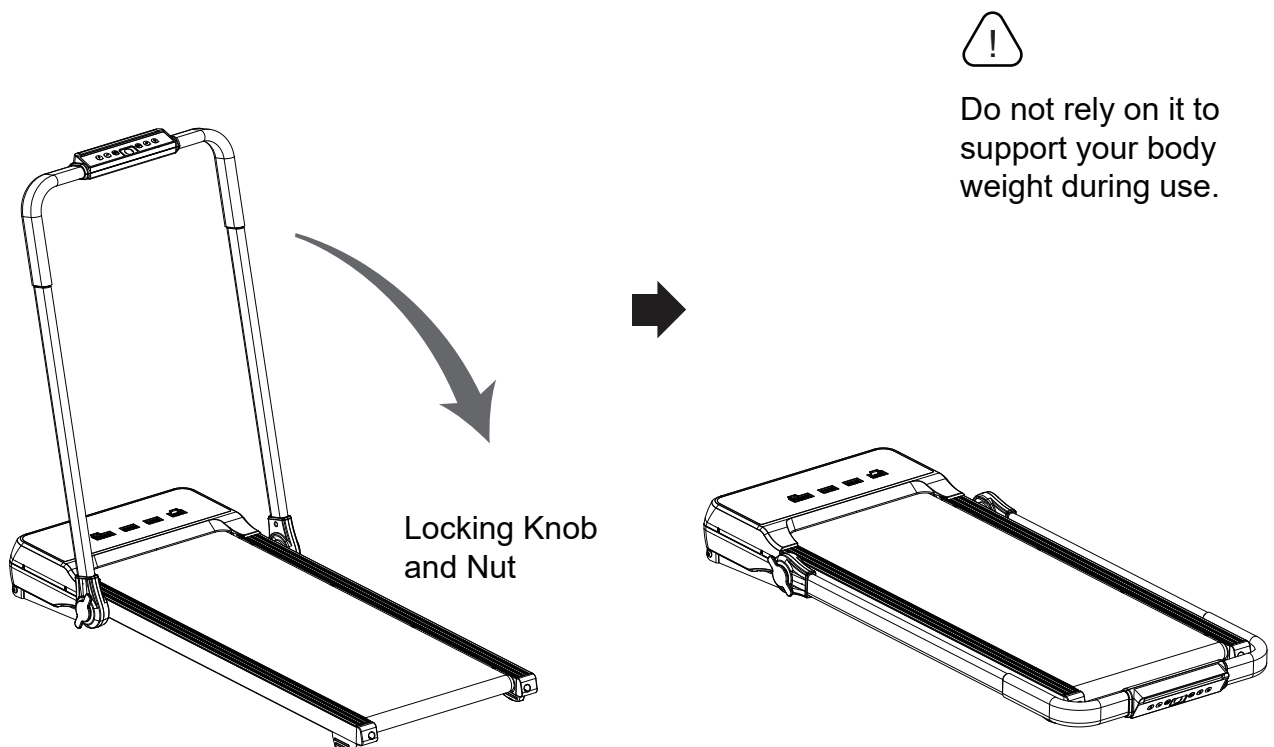
PORG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	2.0	3.0	4.0	4.0	4.0	3.0	2.0	1.0	2.0	3.0	4.0	4.0	4.0	3.0	2.0	1.0	2.0	3.0	2.0
P2	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	4.0	4.0	3.0	3.0	2.0	2.0	3.0	3.0	4.0	4.0	3.0	3.0
P3	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0
P4	1.0	2.0	3.0	2.0	3.0	4.0	3.0	4.0	5.0	5.0	4.0	3.0	4.0	3.0	2.0	3.0	2.0	1.0	2.0	3.0
P5	2.0	2.0	3.0	4.0	3.0	2.0	3.0	3.0	4.0	5.0	4.0	3.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0
P6	1.0	2.0	2.0	3.0	2.0	3.0	3.0	4.0	3.0	4.0	4.0	5.0	4.0	3.0	3.0	4.0	5.0	5.0	4.0	3.0

UNFOLDING/FOLDING THE TREADMILL

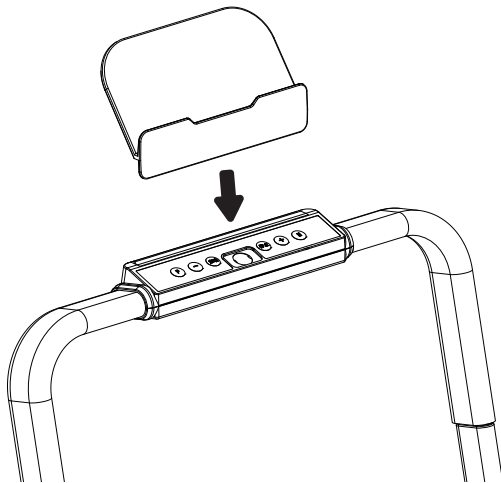
1. Unfolding the Treadmill



2. Folding the Treadmill



ASSEMBLY INSTRUCTIONS



Fasten the Tablet Holder
onto the handlebar.

LUBRICATION INSTRUCTIONS

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Turn off and unplug the treadmill.

Lift one side of the running belt and feel the top surface of the running deck.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply some lubricant.

How to apply lubricant

Turn off and unplug the treadmill.

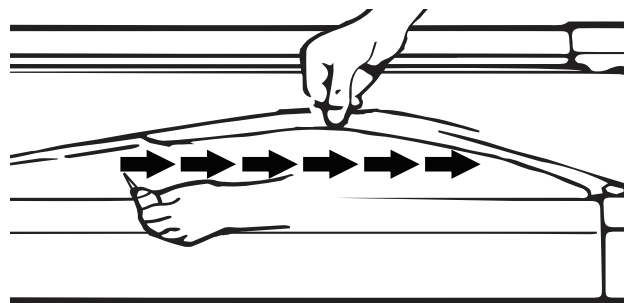
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off. NEVER stand on the belt while distributing lubricant.



Lubricant
1 PC

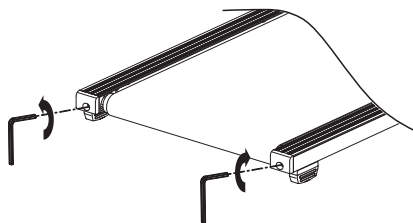


MAINTENANCE

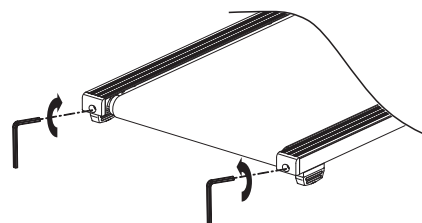
1. Before moving or cleaning your Treadmill unplug it from the main power supply.
2. Always clean the Treadmill with a damp cloth avoiding the control panel.
DO NOT USE ROUGH CLEANING AGENTS.
3. Clean the power switch and control panel with a soft dry cloth. **DO NOT USE A WET CLOTH IN THESE AREAS.**
4. Do not use your treadmill in wet, damp conditions or high dust areas as this can cause damage to the Treadmill.

Adjusting the Running Belt

1. The running belt on the Treadmill will shift slightly after continuous use. This is normal for all treadmills.
2. To straighten/adjust the running belt turn the adjusting bolt on either side of the base, see figure C and D.



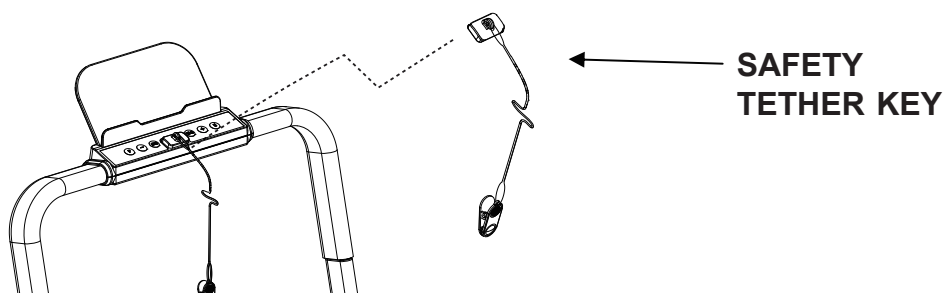
PICTURE C



PICTURE D

3. Do not allow for the running belt to catch the sides of the Treadmill as this will tear the belt.

EMERGENCY STOP



Before beginning a workout session ensure that the Safety Tether Key is properly inserted into the Control Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Control Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replace the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the control console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

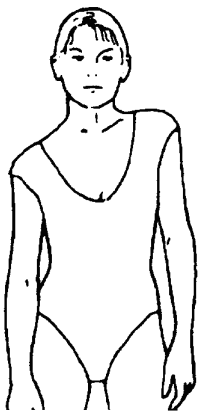
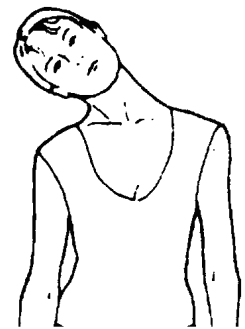
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

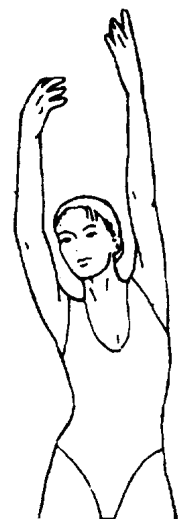
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



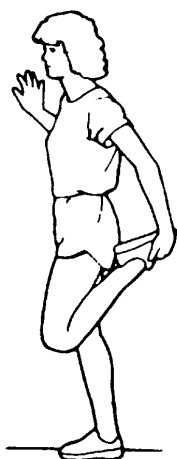
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

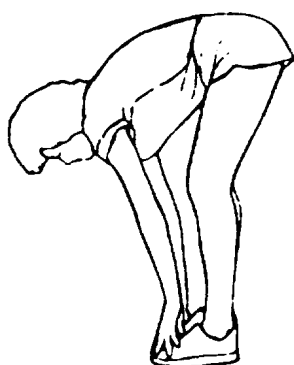


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

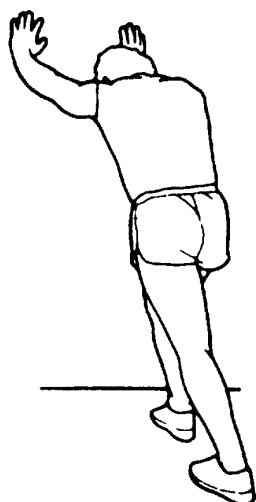
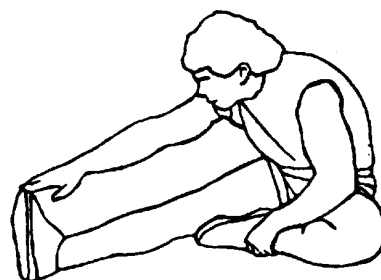


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

