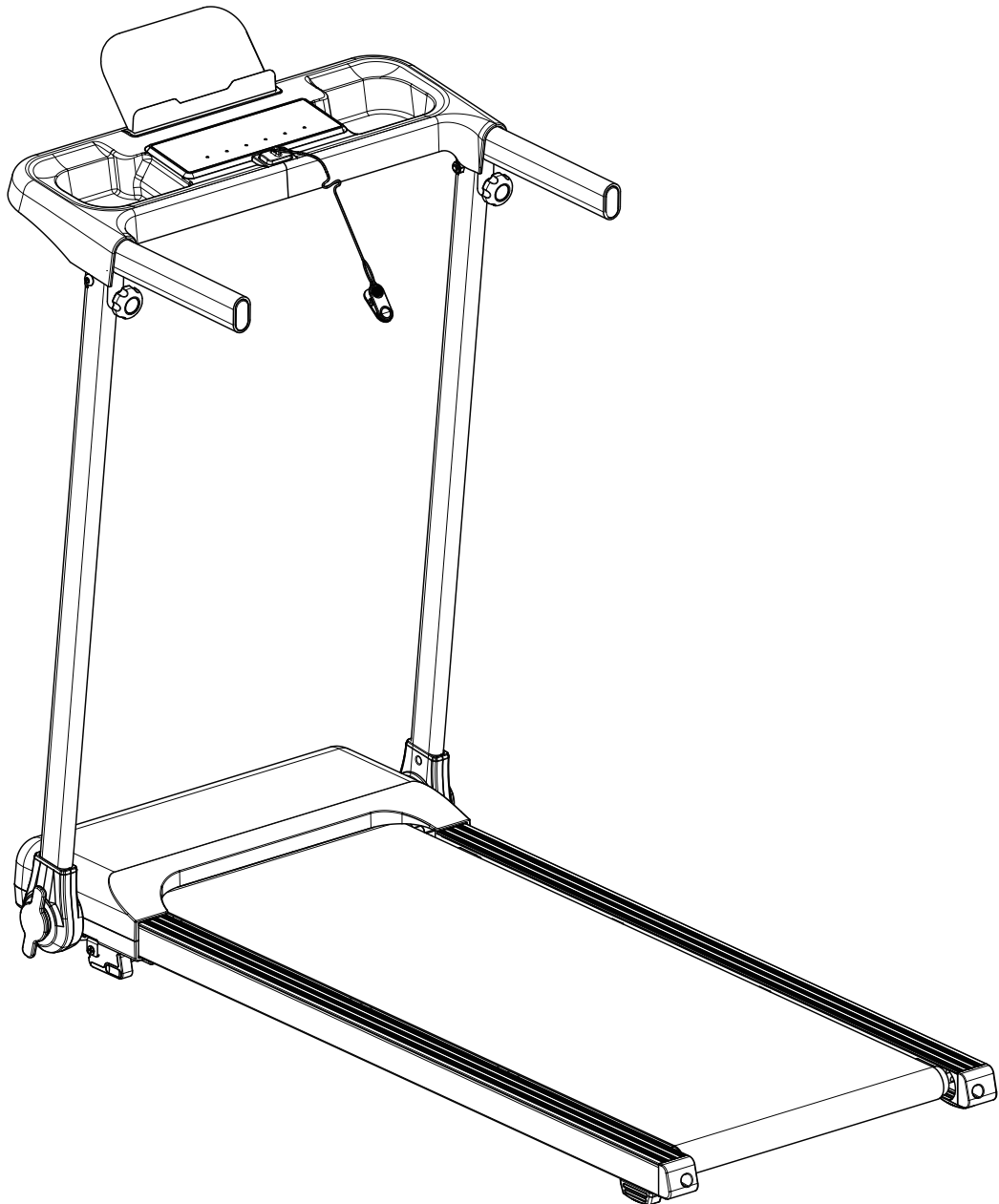


Motorized Treadmill

TDMILL-W04D10



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

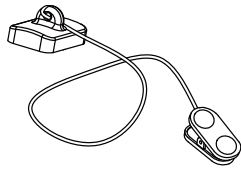
- Always hold on to the handrails while using the treadmill.
- Always make sure the spring knob and round knob are in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 120 kgs.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220-240volt 60 Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

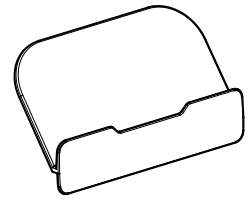
TOOL KIT



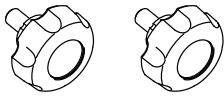
Safety Tether Key
x 1



Allen Key
x 1

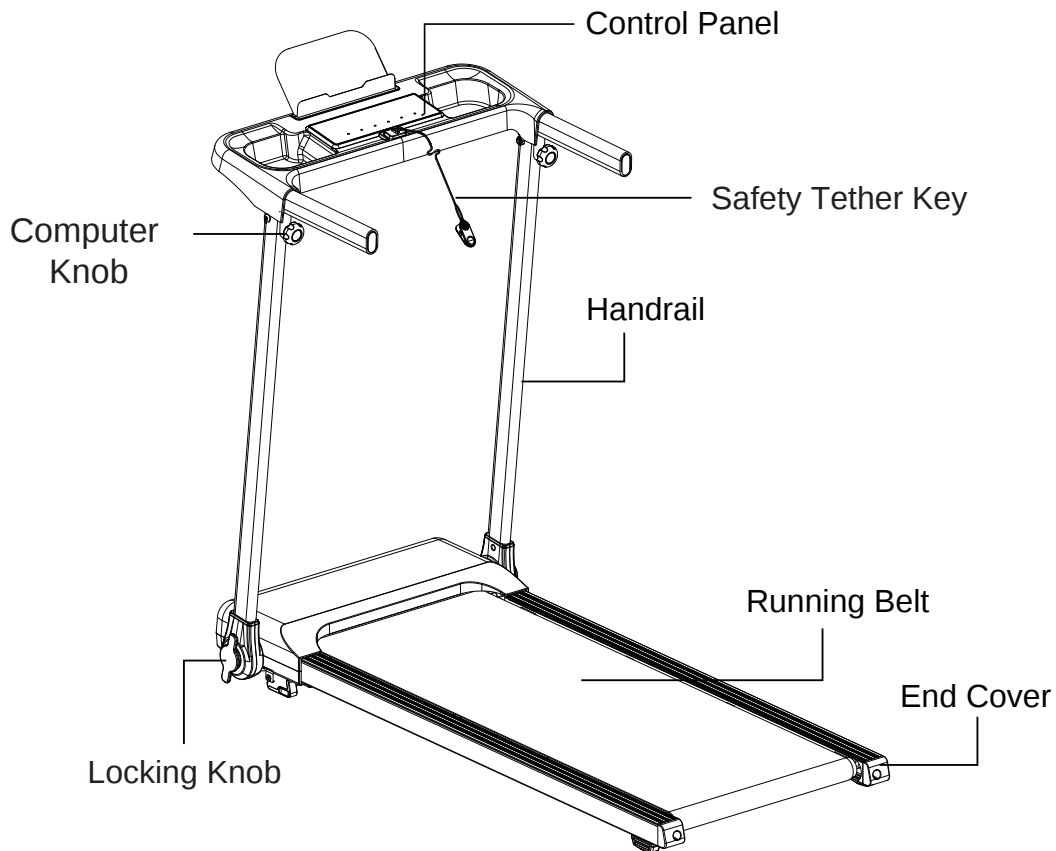


Tablet Holder
x 1



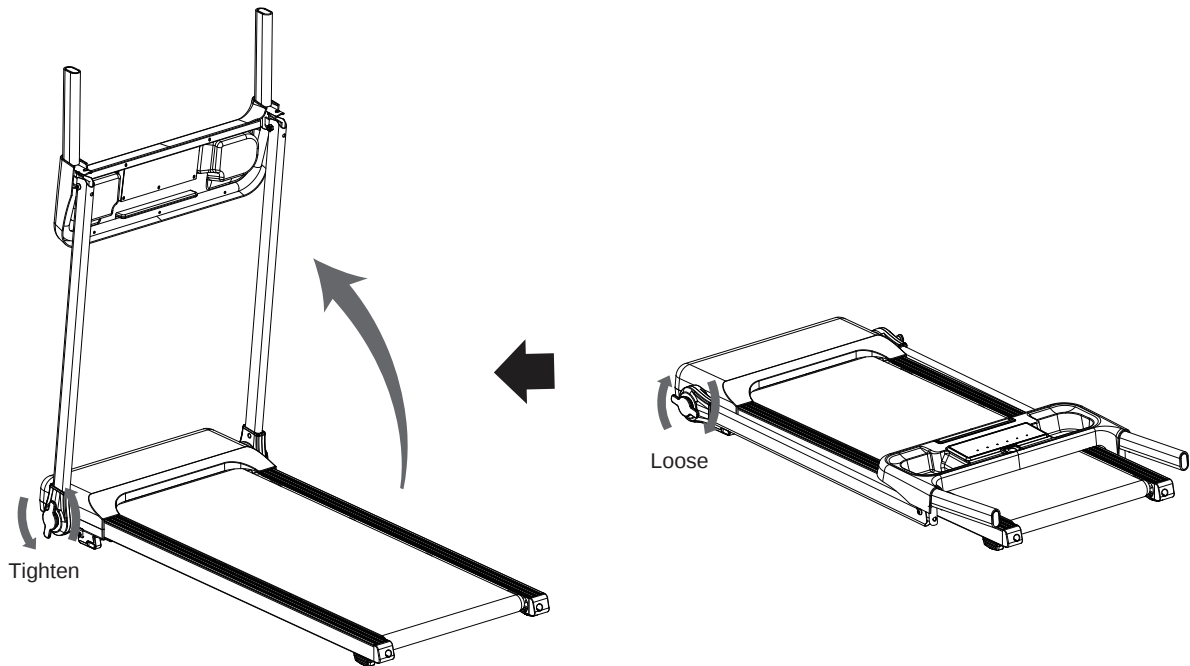
Computer Knob
x2

PARTS LIST



ASSEMBLY INSTRUCTION

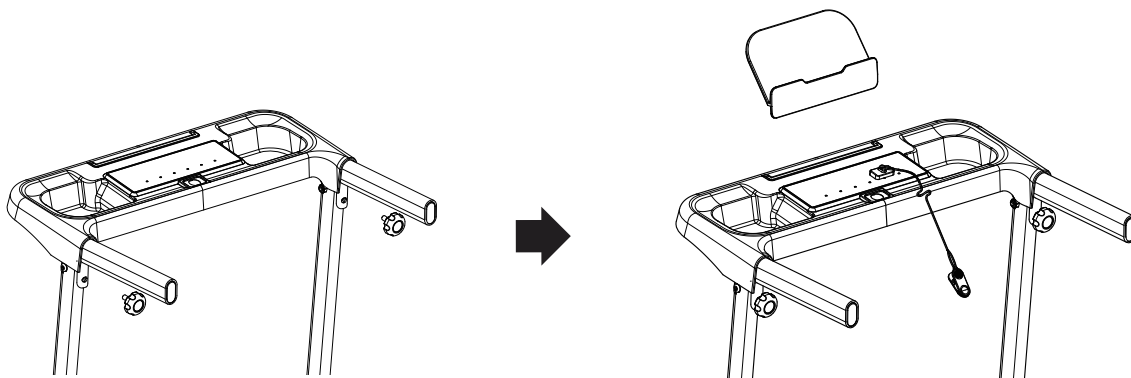
STEP 1



It is recommended to have a second person assist with this step.

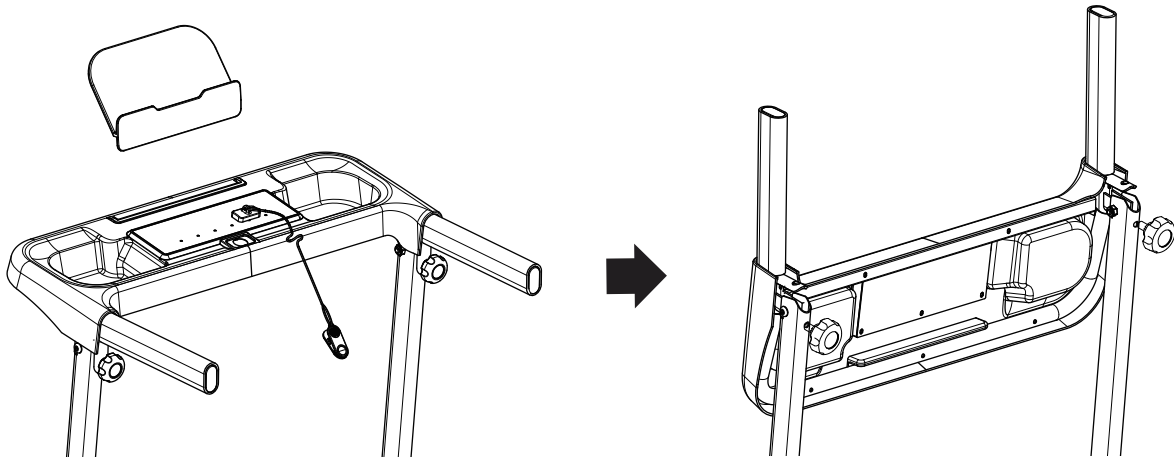
Semi loose the Locking Knobs on the both Right and Left Handlebar Support Tubes to lift them up. One person should hold the both Right and Left Handlebar Support Tubes in place while the other person tightens the Locking Knobs.

STEP 2

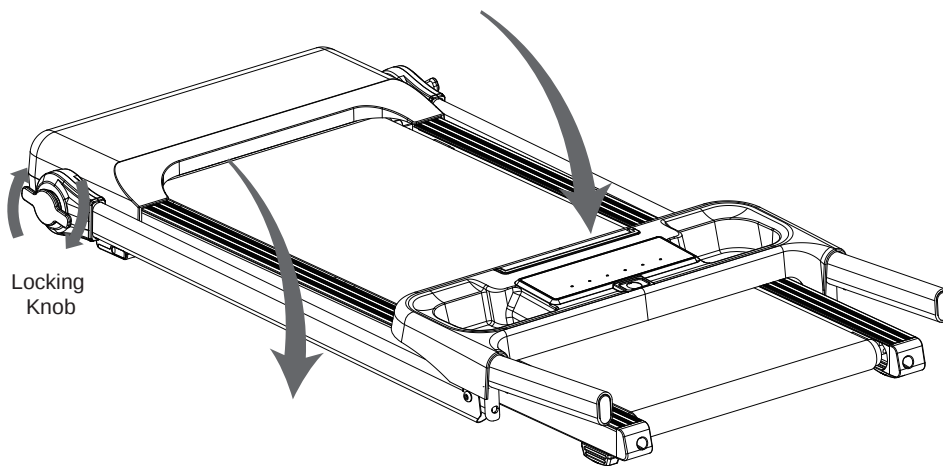


- A. Use two Computer Knobs to tighten the Computer Console.
- B. Install the Tablet Holder onto the Computer Console.

FOLDING THE TREADMILL



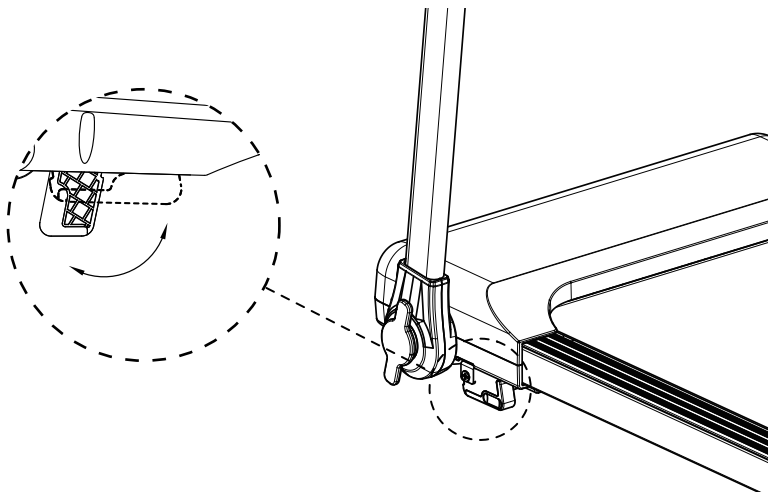
Remove the Tablet Holder and semi loose the Computer Knobs to fold the Computer Console.



Semi loose the Locking Knobs, and both Right and Left Handlebar Support Tubes down to the right position and tighten them again.

INSTRUCTION FOR INCLINE

The unique foldable incline options that provides users of ability to increasing the intensity of exercise, you saw commensurate increases in fitness.



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:

QUICK START:

Press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 1.0km/h. You may press the SPEED + or SPEED - button on the computer console to increase or decrease the running speed during exercise. During workout, you may press the STOP button on the computer console to end your workout at any time.

START: Press the START button to begin exercising.

STOP: Press the STOP button to end your workout.

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

PROG (PROGRAM): To select your chosen workout (P1 to P12).

SPEED +: To adjust the function value up. To increase running speed adjustments during all training periods on different training modes.

SPEED -: To adjust the function value down. To decrease running speed adjustments during all training periods on different training modes.

DISPLAY FUNCTIONS:

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

You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising.

SPEED: Displays the current speed from the minimum 1.0km/h to the maximum 12.0km/h

DIS (DISTANCE): Displays the accumulative distance traveled during workout.

You may also pre-set target distance in STOP mode before training. To set DIS (DISTANCE) press the MODE button on the computer console until you see the split window of DIS (DISTANCE) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target distance range is from 1.00 to 65.0 km. Once you pre-set target distance, press the START button on the computer to begin exercising.

CAL (CALORIES): Displays the total calories burned during your workout.

You may also pre-set target calories in STOP mode before training. To set CAL (CALORIES) press the MODE button on the computer console until you see the split window of CAL (CALORIES) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target calories range is from 10 to 995 calories. Once you pre-set target calories, press the START button on the computer to begin exercising.

TRAINING IN PRE-SET PROGRAM MODE:

When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P12). Press the SPEED + or SPEED - button to change the setting. Press the START button to confirm and start your workout.

PROGRAM	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

LUBRICATION

Lubricating your treadmill running belt will ensure superior performance and extend its life expectancy. When you receive your treadmill please apply some lubricant into each oil cap. 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).Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

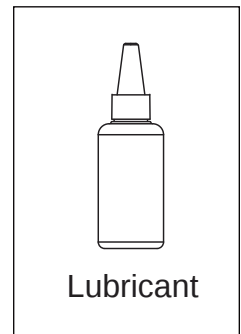
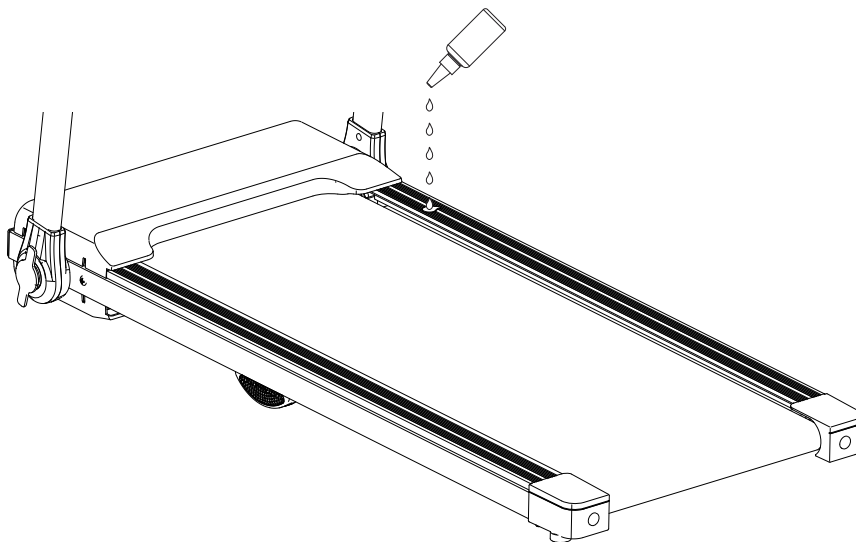
How to check running belt for proper lubrication

Remove the cap on the lubrication system,squeeze few drops of lubricant inside .

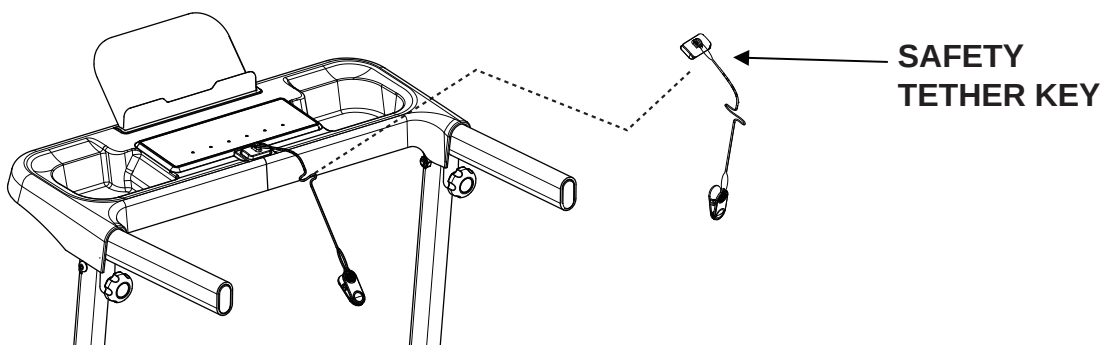
If the surface is slick to the touch, then no further lubrication is required

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

Avoid over oiling the running deck.



EMERGENCY STOP

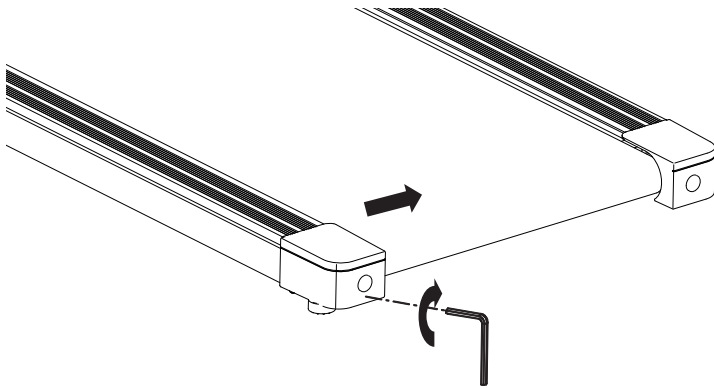


Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop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

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

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 5.0-8.0km/h. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

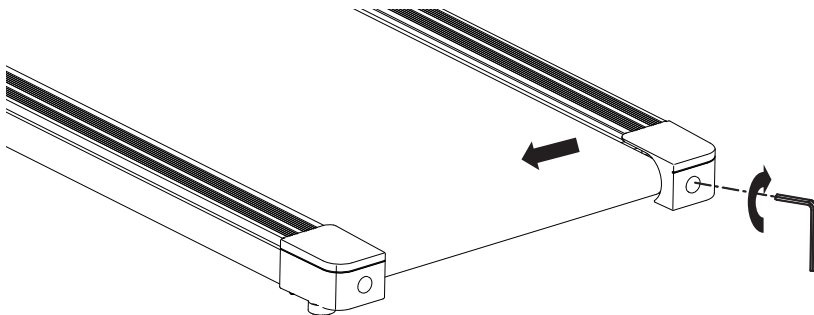


Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

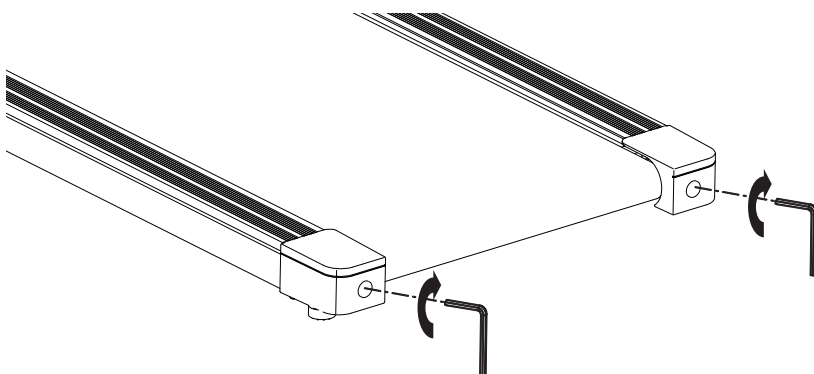


Tool:



Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 5.0-8.0km/h. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



Allen Wrench

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 computer 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.

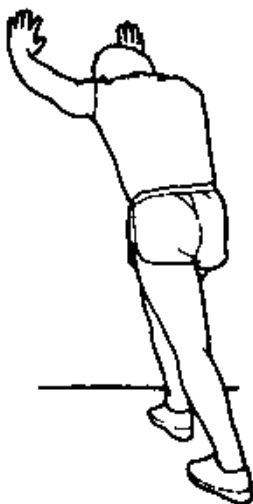


TOE TOUCHES

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.

