



Motorized Treadmill

TDMILL-W08



Turn on Bluetooth capability on your device and make it discoverable, choose the shown device "BTMP3" to pair it. Once the device is paired you can start using the application on your device to play, pause and adjust the volume, etc.

Note:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.

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 230 volt 50/60Hz 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.

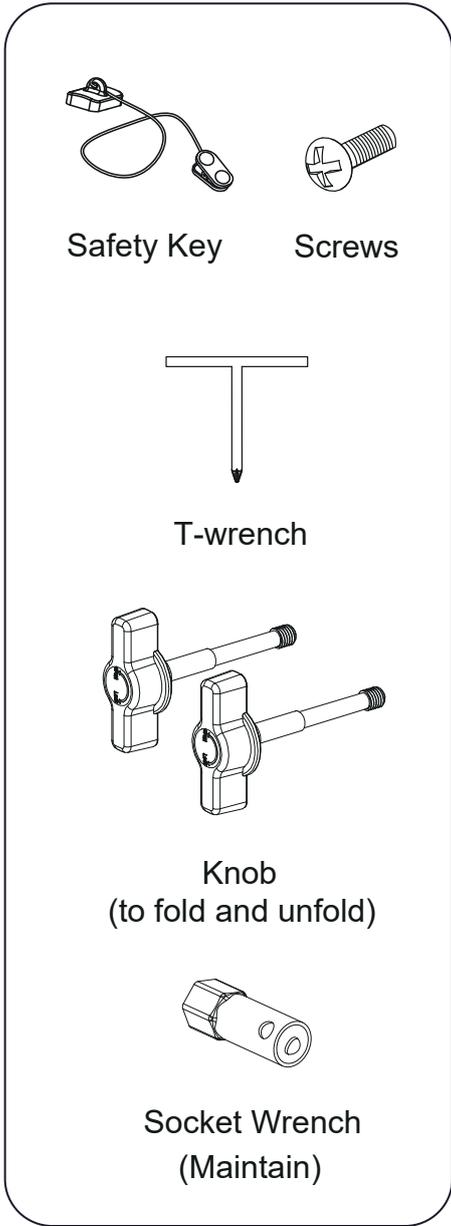
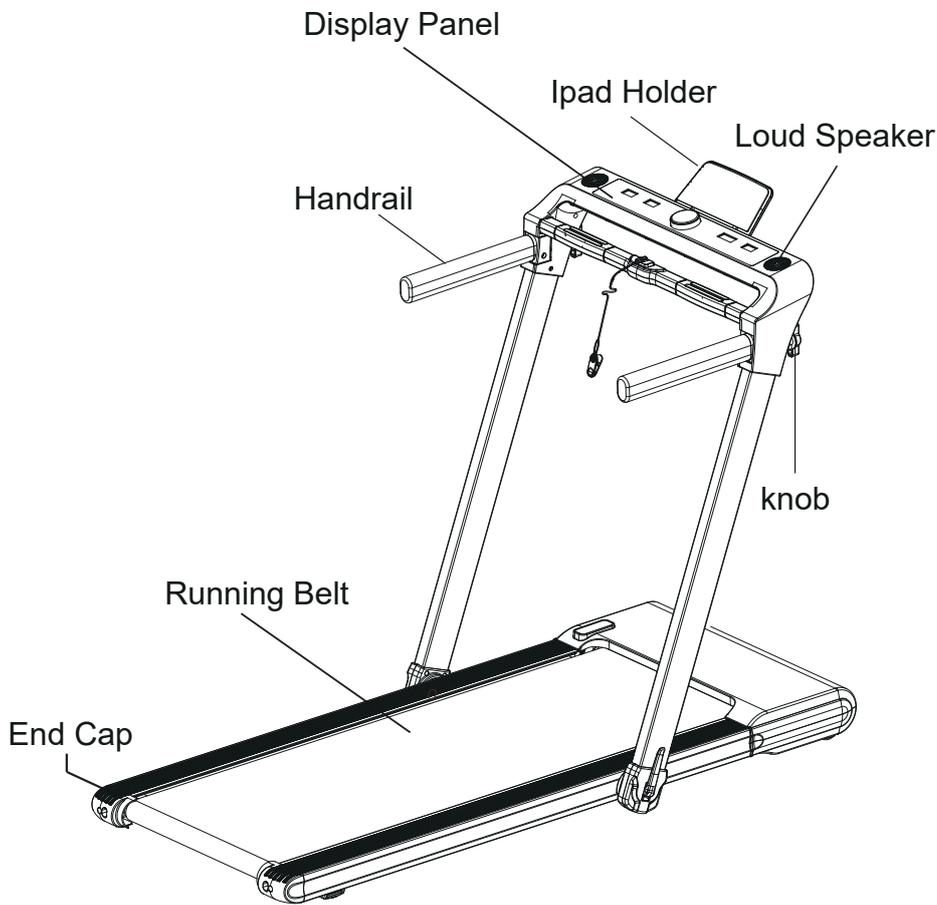
WARNING: Before beginning any exercise program consult your physician.

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.

PARTS LIST

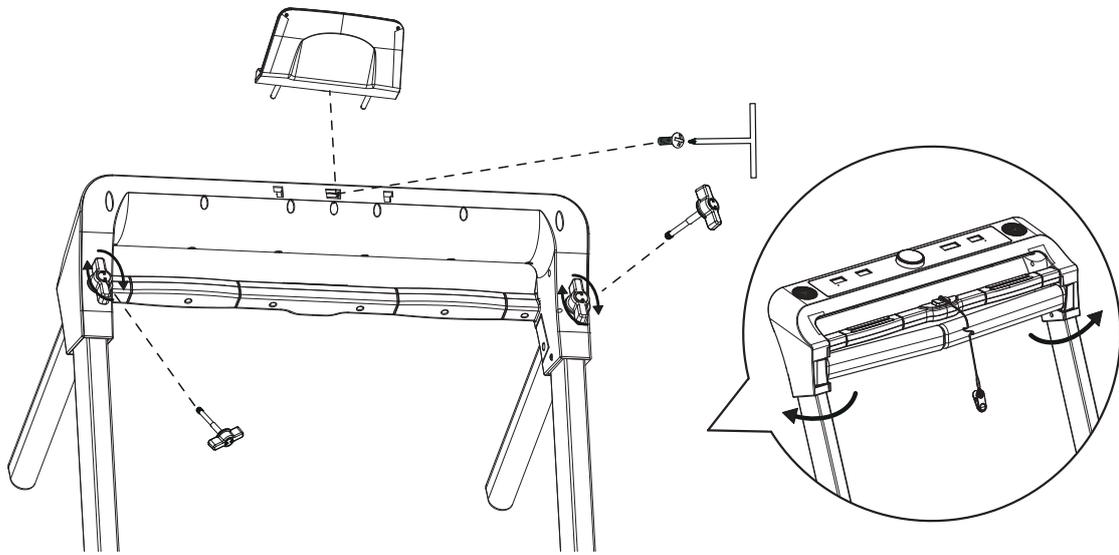
ACCESSORIES



TECHNICAL SPECIFICATIONS

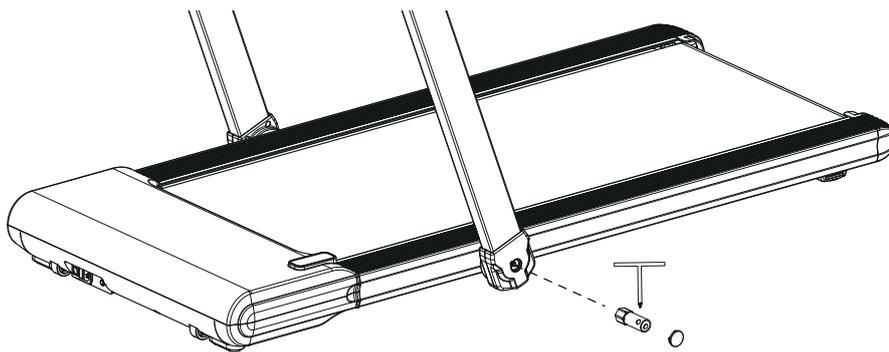
Product Name	Motorized Treadmill
Voltage Rate	230V
Rated Frequency	50/60Hz
Rated Power	2.0HP
Maximum User Weight	120KG

ASSEMBLY INSTRUCTIONS



Take the knob out of the accessories bag, unfold the handlebars, and screw the knob into the fixing hole until it is tight. Tighten the bracket to the back of the main controller with screws and wrench.

MAINTAIN

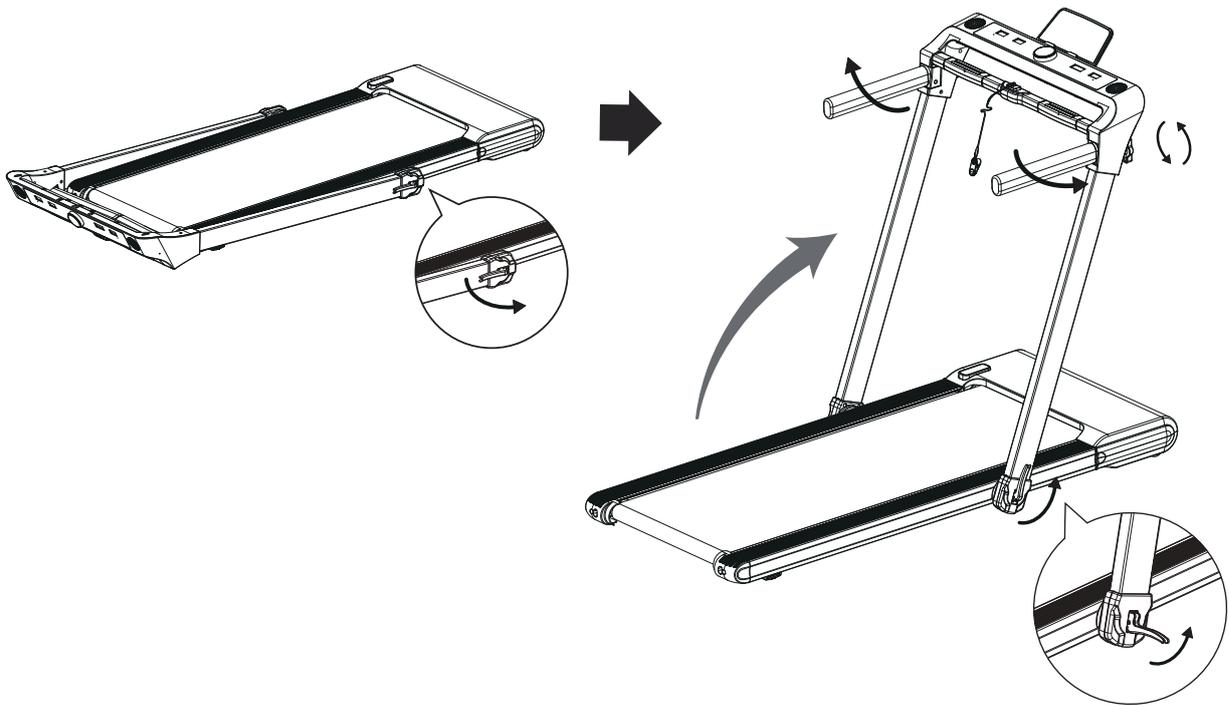


When the column shakes, we can remove the lid on one side, Insert the socket wrench into the corresponding hole of the column, then insert the allen key into the hole of the tool, rotate the wrench, remove the allen key and socket wrench after tightening, and close the lid.

UNFOLDING/FOLDING THE MACHINE

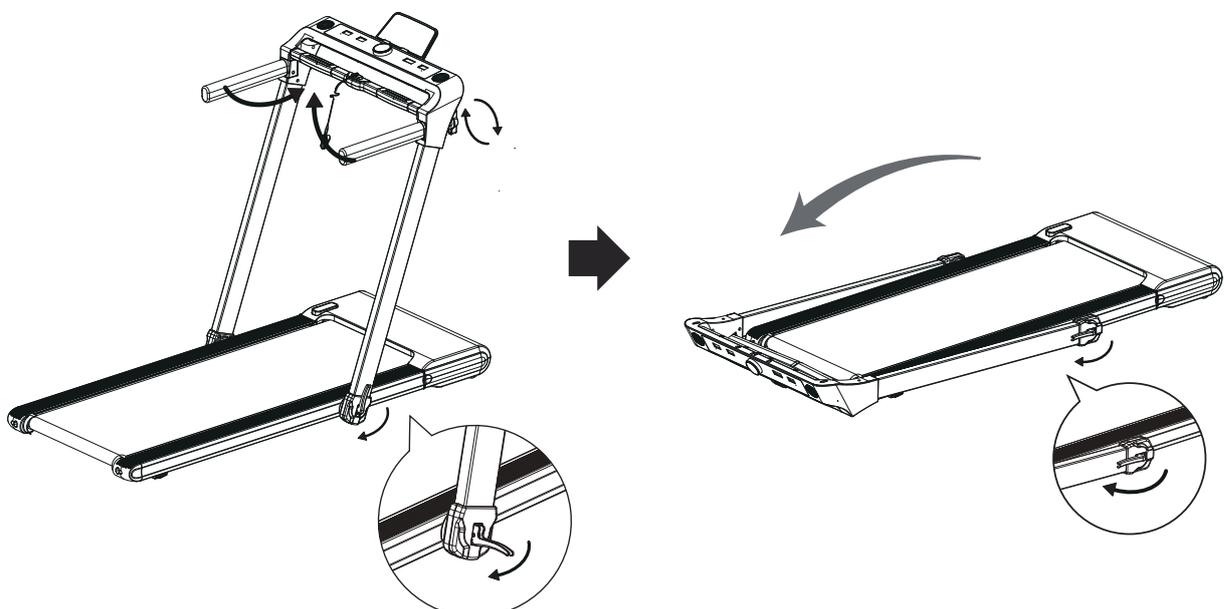
1. Unfolding the machine

Raise the wrench on the bottom of the machine frame to unfold the product.
Unfold the armrest and tighten the locknut behind the control panel.
The lock nut does not have to be completely unscrewed to prevent loss.



2. Folding the machine

Loosen the lock nut behind the control panel and fold the armrest. Then loosen the wrench at the bottom of the product frame to fold the product.
The lock nut does not have to be completely unscrewed to prevent loss.



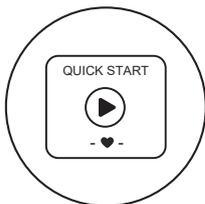
CONTROL PANEL



Before beginning a workout session ensure that the Safety Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

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

FUNCTION BUTTONS:



QUICK START/STOP :

Turn on the power, QUICK START displayed on the encoder, short press the encoder to start exercising, the LCD & LED window will count down for 3 seconds, the LCD & LED will display "3-2-1", then the belt starts to move. The running belt starts running at an initial speed of 0.01 KPH. The setting range is: 1.0-16.0km/h. You can increase or decrease your running speed by turning the encoder clockwise or counterclockwise during your workout. Before running, you can choose the corresponding exercise mode, including count-down time, countdown distance, countdown calories, automatic mode, and conventional manual. When entering the corresponding sport mode for the first time, the initial value must be used. Short press the encoder, that is, slow stop, unplug the safety KEY to quickly stop.



PAUSE: long press the encoder to pause the exercise, for slow stop, the encoder displays "PAUSE". In the pause state, short press the encoder, 3-2-1 enters the running state, and continues to run according to the original mode parameters. The initial speed of the manual mode is 1.0, and the automatic mode starts at the original exercise speed.

SLEEP: In the non-running state and SAFE state, if there is no button or heart rate operation for more than 4 minutes, it will become sleep mode, the digital tube will not display, and the color screen will display SLEEP (the display brightness is darker than usual). In the sleep state, press the button (ON/OFF, plus or minus), pull out the safety KEY, or sense the heart rate, and turn to the standby initial state.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, hold the hand pulse sensor during exercise, the pulse will show after 2-5 seconds. For a more accurate reading, hold the pulse sensor with both hands.

TIME: Displays your elapsed workout time in minutes and seconds. Increments every 1 second from 0:00 to 99:59 in default time mode. The default time under the automatic program P1-P16 is 30:00, and the time can be set manually. You can also preset a target time in STOP mode before training. To set TIME, press and hold the encoder on the computer console until you enter the TIME mode, and rotate the encoder to add or subtract time. Each increment is 1 minute. The preset target time range is from 5:00 to 99:00 minutes. After the preset target time, press the "Start" button on the computer to start the workout. When the preset target time counts down to 0:00, the computer will beep to remind you, and the treadmill will automatically stop.

CALORIES: Before running, you can rotate the encoder to select the mode, short press the encoder to count down the calorie exercise mode, the initial value is 50/cal, long press the encoder to set 10--995/cal, and each addition or subtraction is 1/cal .

DISTANCE: Before running, the encoder can be rotated to select the mode. Short press the encoder to count down the distance movement mode. It can be set to 0.50-65.0km, and each addition and subtraction is 0.1km.

PROGRAM: Before running, you can rotate the encoder to select the mode, short press the encoder to perform the automatic program motion mode, the mode can be selected from P1-P16, long press the encoder to set the running time under the current automatic program, and the time can be set to 5: 00-99:00, plus or minus 1;00 each time.

DISPLAY FUNCTIONS:

SPEED: Displays the current running speed, which can display the current speed from a minimum of 1.0 KPH to a maximum of 16.0 KPH.

CALORIES: Display/countdown displays the total calories burned during exercise, can display a calorie range of 10-995.

TIME: Display/countdown to show your elapsed workout time in minutes and seconds, the time range can be displayed from 5:00-99:00.

DISTANCE: Display/countdown displays the accumulated distance during the exercise, the distance range can be displayed is 0.5-65.0kms.

PROGRAM: Displays the automatic running program during the exercise, and the preset program displays P1-P16.

PULSE: Displays your current heart rate in units of heart rate (BMP) after holding the sensor during exercise.

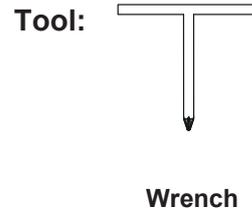
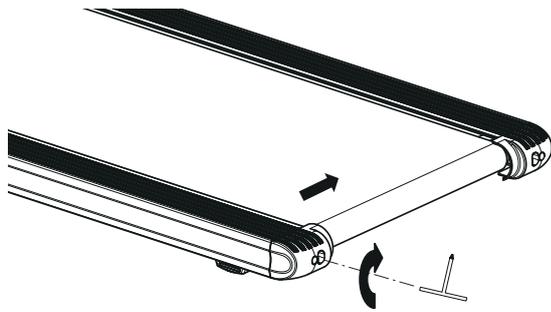
TRAINING IN PRE-SET PROGRAM MODE (P01-P16):

The computer offers 16 pre-set programs (P01-P16). You may select one of the pre-set training programs in STOP mode before training. Press the button on the **Encoder** to select one of the training programs, press the START button to begin exercising.

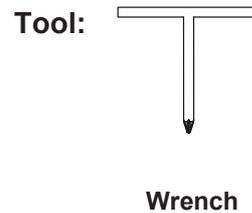
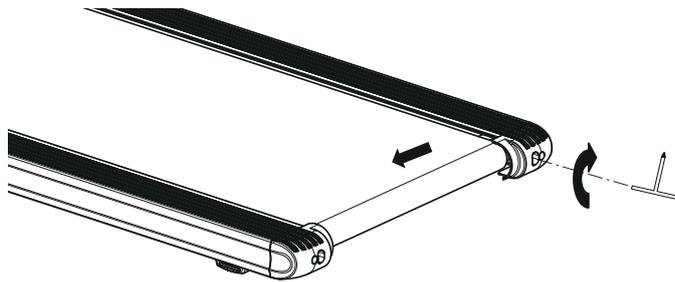
Programm	Geschwindigkeit in km/h pro Segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	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	7	7	5	5	4	3
P13	3	6	8	10	3	6	8	10	3	6	8	10	3	6	8	10	3	6	8	3
P14	2	3	4	5	6	7	8	9	10	9	8	7	6	5	4	3	2	3	4	2
P15	3	3	6	6	9	9	9	9	6	6	3	3	6	6	9	9	6	6	3	3
P16	2	3	4	8	9	10	10	7	6	5	4	3	2	6	8	10	8	6	4	2

BELT ADJUSTMENT

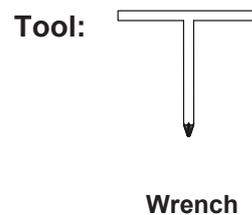
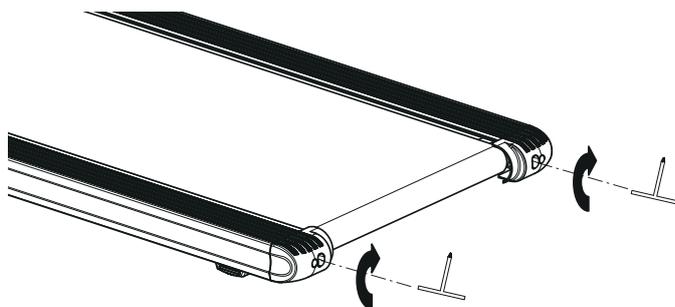
The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 6-8 KPH. Use the Allen Wrench provided to turn the rear roller adjustment 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.



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.



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 6-8 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



LUBRICATION

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

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

Lift one side of running belt.

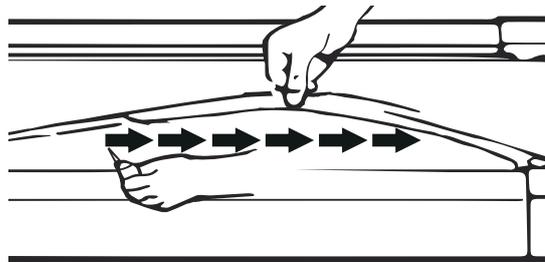
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

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.

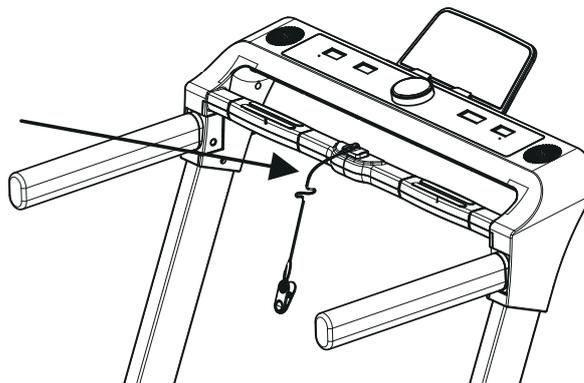


Lubricant
1 PC



EMERGENCY STOP

EMERGENCY STOP KEY



Before beginning a workout session ensure that the EMERGENCY STOP KEY is 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 **EMERGENCY STOP KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

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 foot lock latch tube 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.	<ol style="list-style-type: none">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.	<ol style="list-style-type: none">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.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

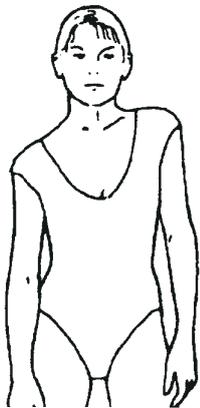
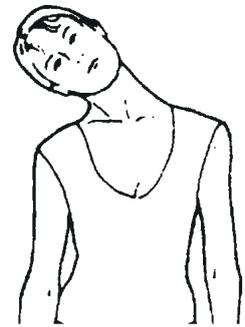
WARM UP AND COOL DOWN ROUTINE

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.

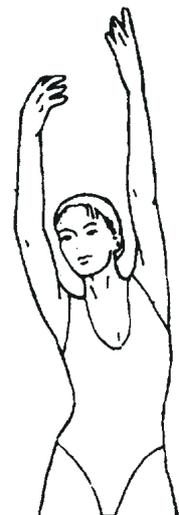
HEAD ROLLS

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.

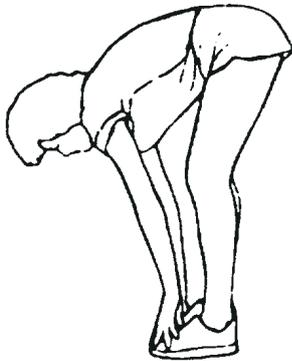


QUADRICEPS STRETCH

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.

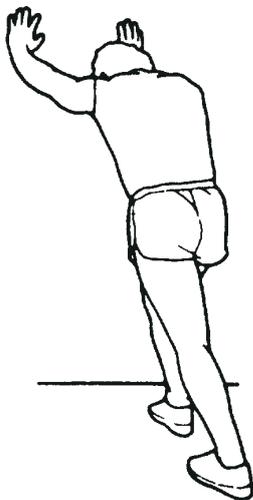
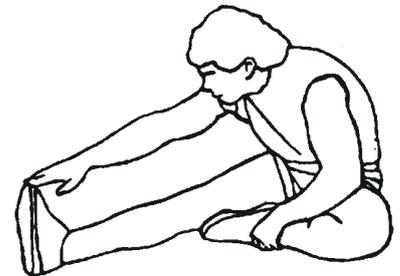


TOE TOUCHES

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.

COMPATIBLE FITNESS APPLICATIONS

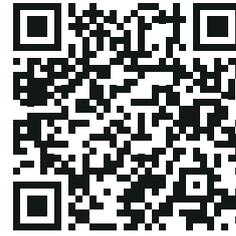
Android



FIT&HOME



iOS



Check if your mobile device confirms the requirements for the application.
The requirements of each application are shown in the Google PlayStore or AppStore.

How to use

Turn on the Bluetooth function of your mobile device. Open the application on your device.
Click on in the main menu on the button "Equipment" to search for available devices.
Choose the shown device from the list to pair it.

Please understand that we are not able to offer you a complete operation guide of the application inside this manual, as the app will be updated from time to time.
This process can make changes to the operation or the design of the application. Please refer to the instructions inside the specific app download store or contact us.

