



amazon basics T-100 Smart Foldable Manual Treadmill User Guide

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amazon basics T-100 Smart Foldable Manual Treadmill



Product Information

The Amazon Basics Manual Treadmill is a fitness equipment designed for home use. It is a non-motorized treadmill that operates purely based on the user's movement. The treadmill is designed to provide a good workout experience and is built to last for a long period of time. It has a maximum user weight limit of 100 KGS.

Important Safety Instructions

- Read all manuals before operating the treadmill and keep them for future reference.
- Ensure that the machine is placed on a flat ground.
- Follow assembly steps and diagrams carefully.
- Wear shoes when exercising on the machine.
- Make sure all bolts and nuts are secured tightly and use locking washers where provided.
- Check all nuts and bolts periodically for tightness and apply lubrication to moving parts.
- Consult your doctor before starting the exercise to have the correct information on the method.

Assembly Instructions

1. Attach the right and left side hand posts (NO. 3, 4) to the front bottom frame (NO. 2) using bolts, flat washers, and nuts (NO. 40, 28, 29).
2. Cover the flywheel with the plastic cover (No. 18) and secure it with the screw (No. 30).
3. Attach the right and left side hand posts (No. 3 & 4) to the main frame (No. 1) using bolts and washers (No. 21 & 34).
4. Connect the first pair of sensor wire connectors (No. 37 & No. 38).

Please refer to the exploded-view assembly drawing and the part list to visually represent the assembly process.
Note: The treadmill does not come with batteries for the computer. Customers need to arrange two AAA batteries.

Thank you very much for choosing and using our treadmill!

Read all manuals before any operation and keep them for future reference, it will do good to you at all times.

- Put the machine on a flat ground.
- Follow assembly steps and diagrams carefully.
- Do wear shoes when exercising on the machine.
- Ensure that all bolts and nuts are secured tightly and use locking washers where provided.
- Your machine has been designed to give good service for a long period of time, to ensure its good condition, please check all nuts and bolts for tightness and apply lubrication to move parts periodically.
- Before starting the exercise, please consult your doctor to have the correct information on the Method.
- User's weight limitation: 100 KGS

Important Safety Instructions

Read these instructions carefully and retain them for future use. If this equipment is passed to a third party, then these instructions must be included.

When using electrical equipment, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons including the following:

warning

- Incorrect or excessive training may result in adverse health effects.
- This equipment shall be assembled on a stable and level base.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- This stationary training equipment is not suitable for high-accuracy purposes.

Risk of Injury!

- • Keep unsupervised children away from this equipment.
- The equipment is not intended for use by persons with reduced physical sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the equipment by someone responsible for their safety.
- Before starting any exercise program, consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- 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 and extreme shortness of breath, lightheaded, dizziness or feeling of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.
- Equipment can tip over. Do not let children climb on or play with the equipment.
- It is the responsibility of the owner to ensure that all users of this equipment are properly informed as to how to use this equipment safely.
- Only one person at a time should use the equipment.
- Place the equipment on a level surface with sufficient clearance around it to mount, dismount and use it.

- Do not use this equipment if any parts are missing, damaged, or worn.
- To avoid scratching the floor, assemble the equipment on a soft surface, such as a carpet.
- Some parts are preassembled for the ease of the user.
- Do not over-tighten the fasteners.
- Regularly examine the equipment for wear and tear. Stop using the equipment at first sign of damage or if parts become detached.
- Do not use power tools to assemble the equipment. Power tools may strip or damage the parts.
- The cover is plastic material, please do not press heavily or step on it directly to prevent any crash
- Always wear athletic shoes for foot protection while using the equipment.
- Never exceed the maximum load capacity of 100 kg.
- The free zone around the equipment shall be not less than 0.6 meters around the training zone in which the equipment is accessed.
- This equipment contains no user-serviceable parts and requires little maintenance. Leave any servicing or repairs to qualified personnel only.
- Do not attempt to repair the equipment yourself. In case of malfunction, repairs are to be conducted by qualified personnel only.
- Do not open the equipment housing. Do not insert any foreign objects into the inside of the housing.
- Do not alter the design or functionality of this equipment.
- Any modifications outside the scope of repair may compromise the safety of the equipment. Have all repairs been carried out in a professional repair center or by similarly qualified persons? Improper repairs can lead to serious risks for the user.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing or jewelry that may get caught in the equipment or that may restrict or prevent movement. Keep long hair tied back and away from moving parts.
- Using this equipment requires balance and coordination.
- Make sure the equipment is positioned securely on a flat and level surface to avoid it tipping over during heavy exercise.
- The values measured by the control panel are for reference only.
- Before assembly, choose the location where you will assemble and use the equipment. Allow a minimum of 1.6 m x 1.6 m for the training zone and at least 0.6 m of space around the equipment.

Assembly



For additional illustrated assembly steps, refer to the end of the written instructions.

- This equipment should be assembled, maintained and operated only by an experienced adult. If in doubt, consult a professional.
- Read all assembly steps and review the diagrams before assembling the equipment.
- If necessary, lay out protective padding (not included) beneath the equipment to protect your floor from scratches during assembly.
- After assembling the equipment according to the instructions, make sure that all screws, bolts and nuts are installed correctly and tightened.

Before First Use

Risk of suffocation!

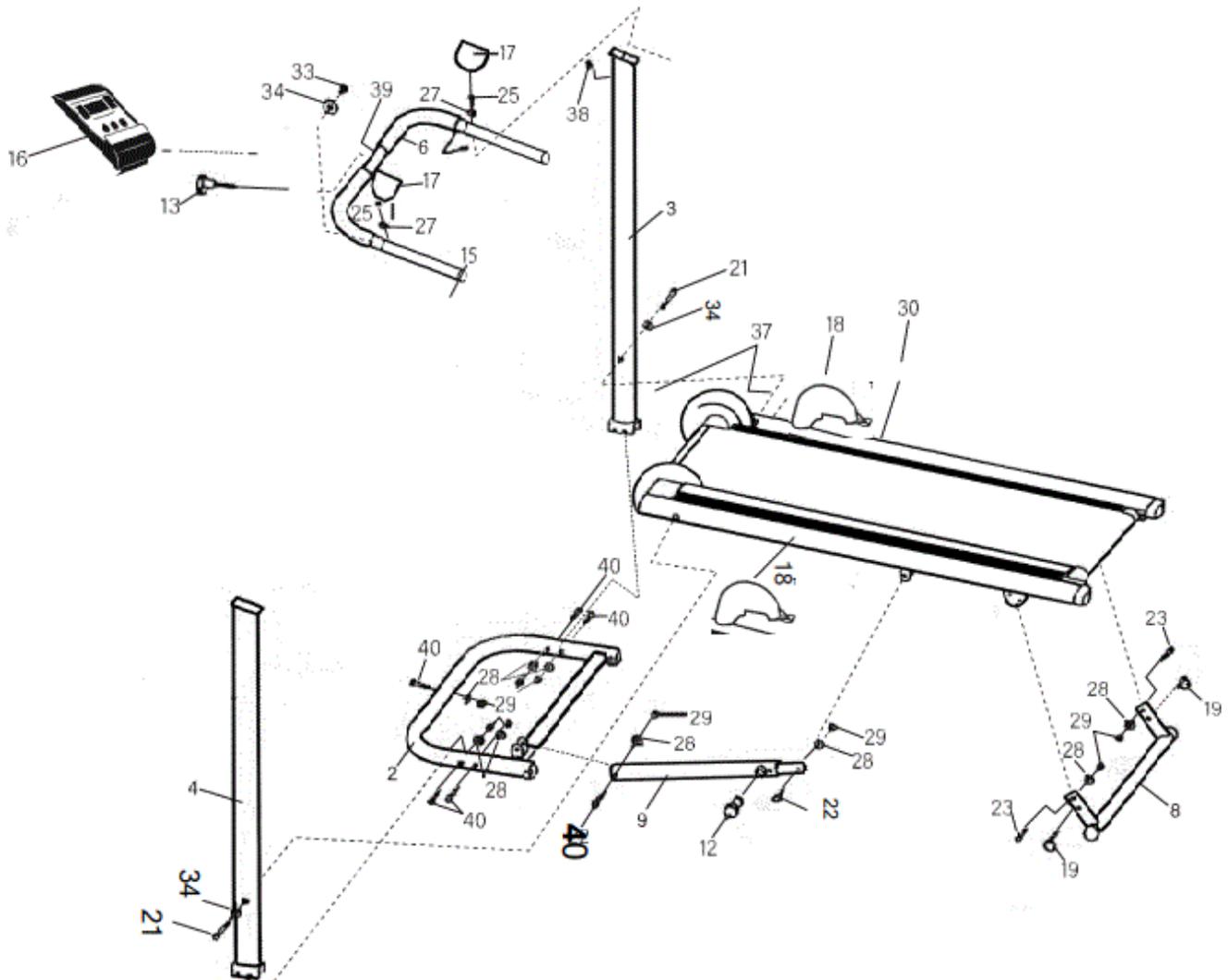
Keep any packaging materials away from children and pets—these materials are a potential source of danger, e.g. suffocation.

- Remove all the packing materials.
- Remove and review all components before assembly.
- Check the equipment for transport damages.

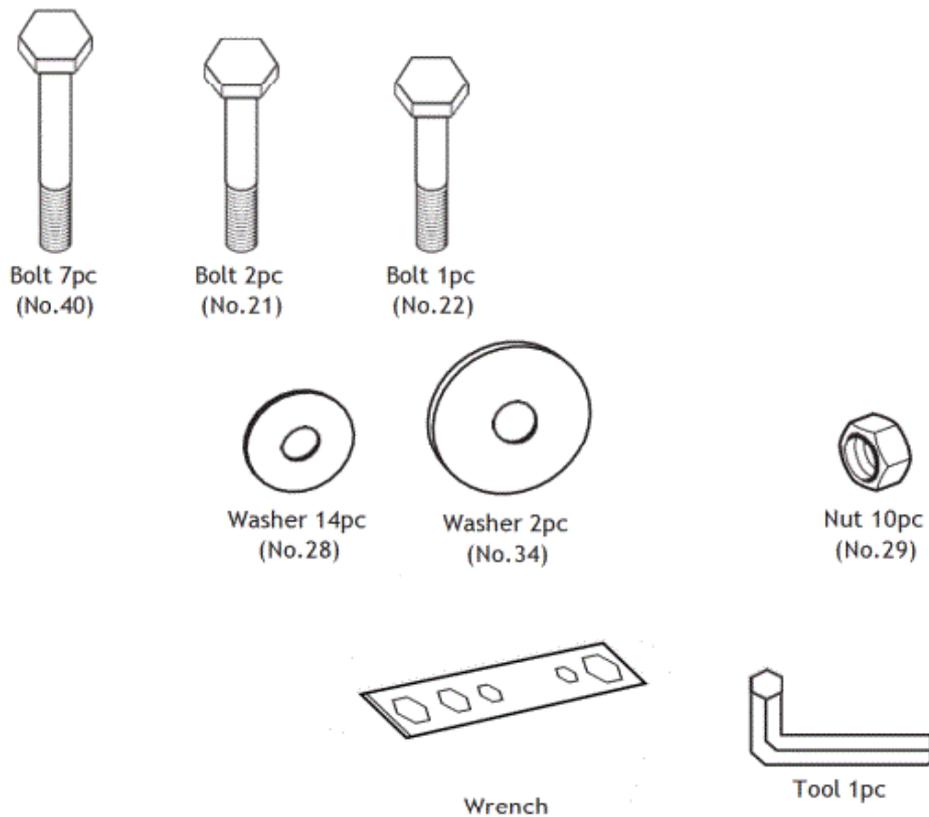
INTENDED

- This equipment is intended for indoor use only.
- This equipment is class H designed for private, home use and is not intended for commercial use. It is not suitable for medicinal or therapeutic purposes.
- Maximum body mass of user is 100 kg.

EXPLODED-VIEW ASSEMBLY DRAWING



COMPARISON CHART



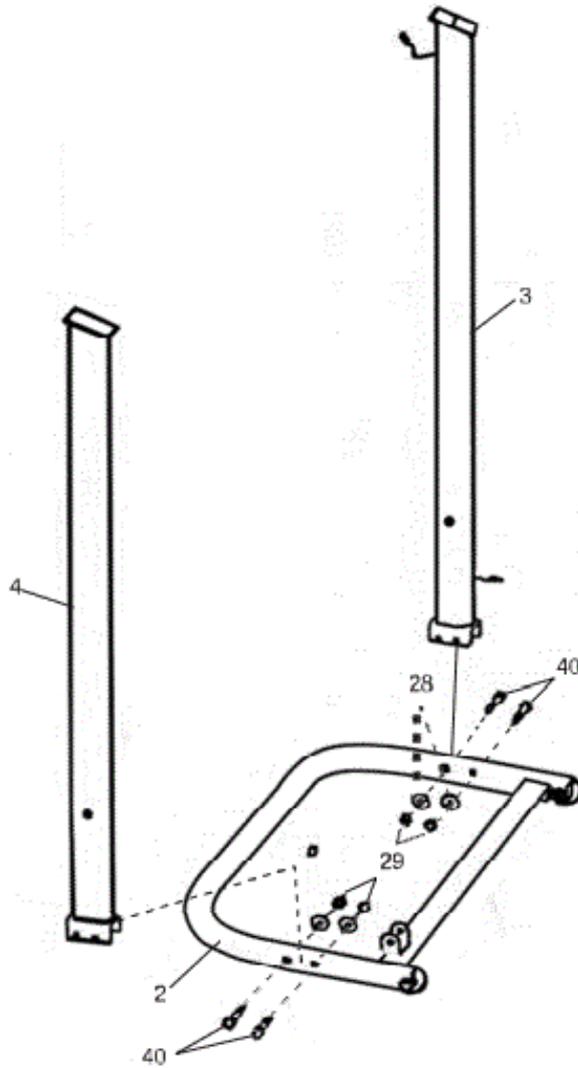
Parts List

Parts List			Tool Kit		
No.	Description	QTY	No.	Description	QTY
01	Mainframe	1	->	Spanner	1 pcs
02	Front Bottom Frame	1	->	L N key	1 pcs
03	Right Side Hand Post	1	->	Bolt 40	7 pcs
04	Left Side Hand Post	1	->	Bolt 22	1pcs
06	Handrail	1	->	Bolt 21	2 pcs
08	Rear Bottom Frame	1	->	Nut 29	6 pcs
09	Folding Postset	1	->	Washer 28	14 pcs
16	Computer	1	->	Washer 34	2 pcs
17	Cover of pillar	2			
18	Wheel Plastic Cover	2			

The battery will not be provided with the product and the customer needs to arrange the 2 batteries of AAA type.

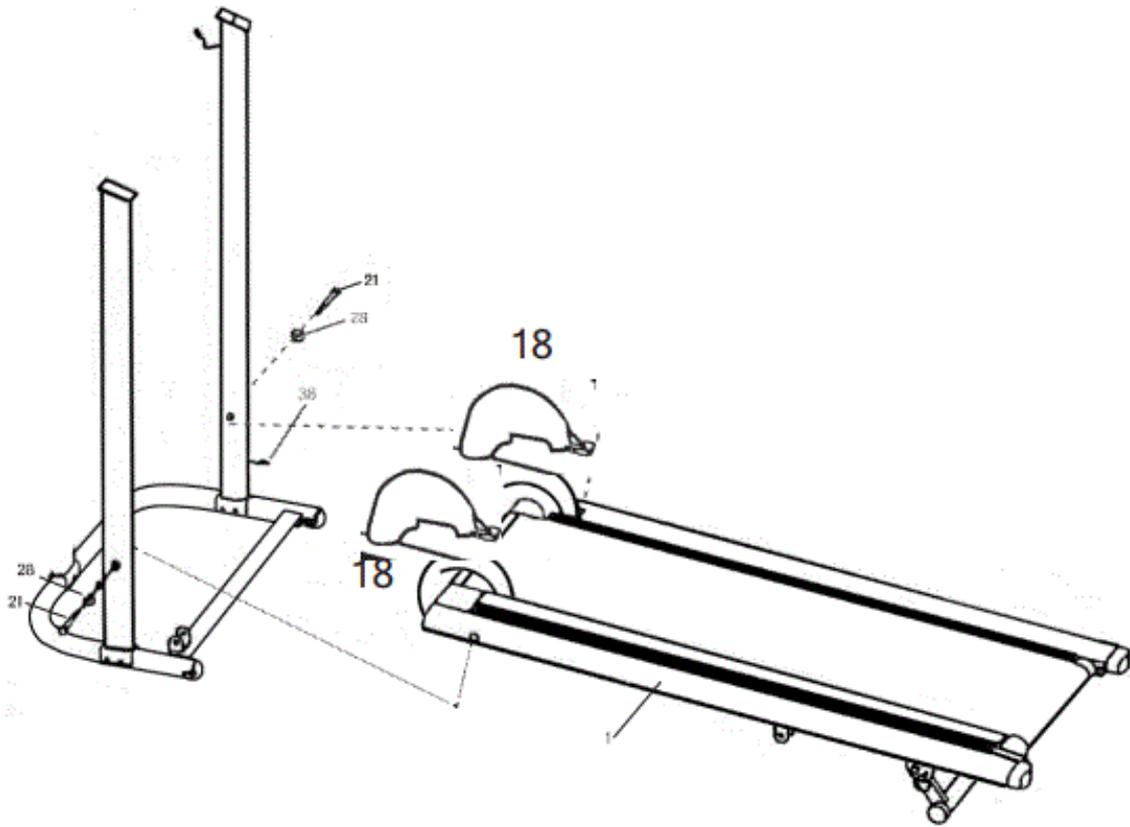
Step 1

- Attach Right and Left Side Hand posts (NO. 3,4) to the Front Bottom Frame (NO.2), fasten them with Bolt, Flat Washers and Nut (NO.40,28,29)



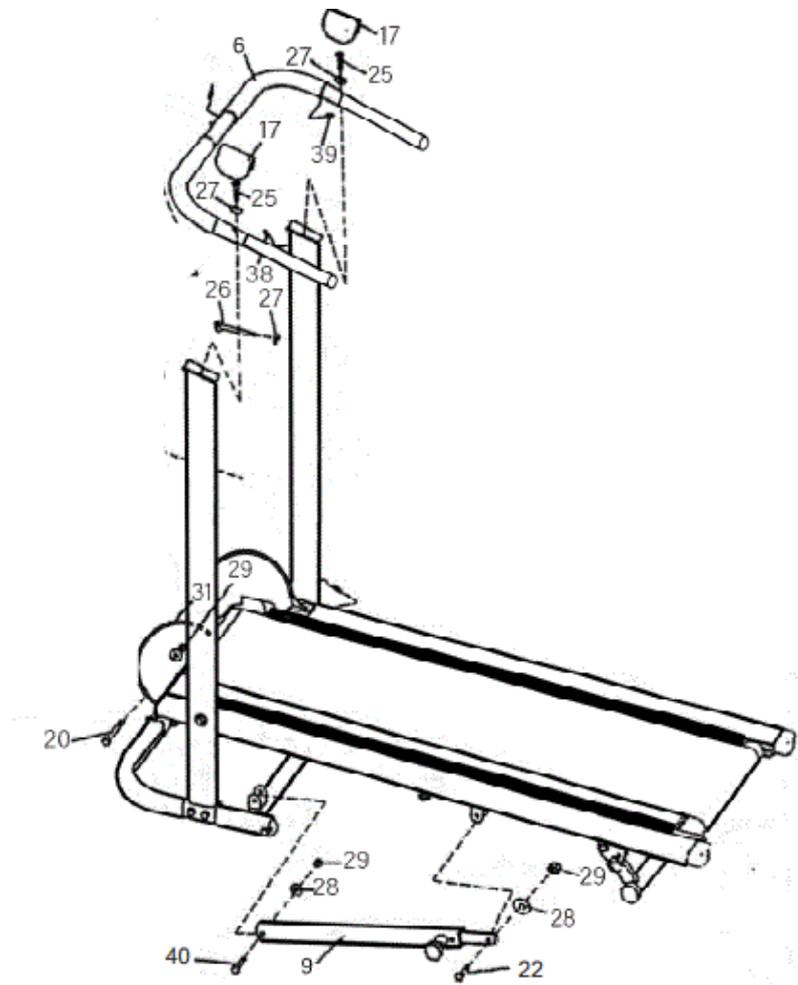
Step 2

- Cover the Flywheel with a plastic cover (No.18), then secure it with the Screw (No.30), Attach the Right and Left Side Hand Post (No.3&4) to the Main Frame (No.1) and fasten them with Bolt and Washer (No. 21 & 34), then connect the first pairs of Sensor Wire Connectors (No. 37 & No.38).



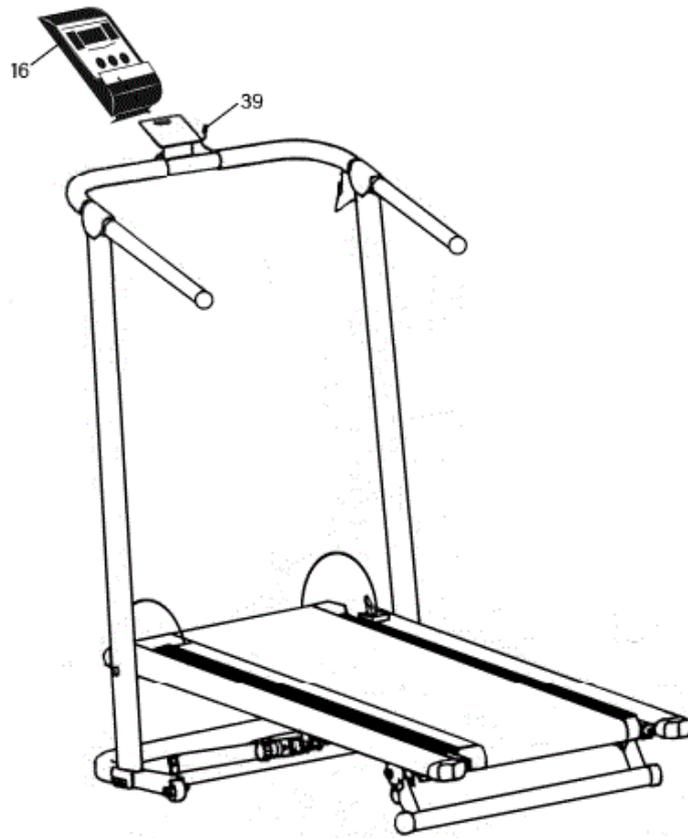
Step 3

- Attach Handrail (No.6), onto Side Hand post (No. 3 & 4), then fasten them with Bolt and Washer (No. 40 & 28) and cover the Hand-cover (No.17). Assemble the Folding Post Set (No.9) on the Main Frame and the Bottom Frame with Bolt and Washer (No. 40, 22, 28 & 29). At last connect the Sensor Wire Connectors (No. 38 & No. 39)



Step 4

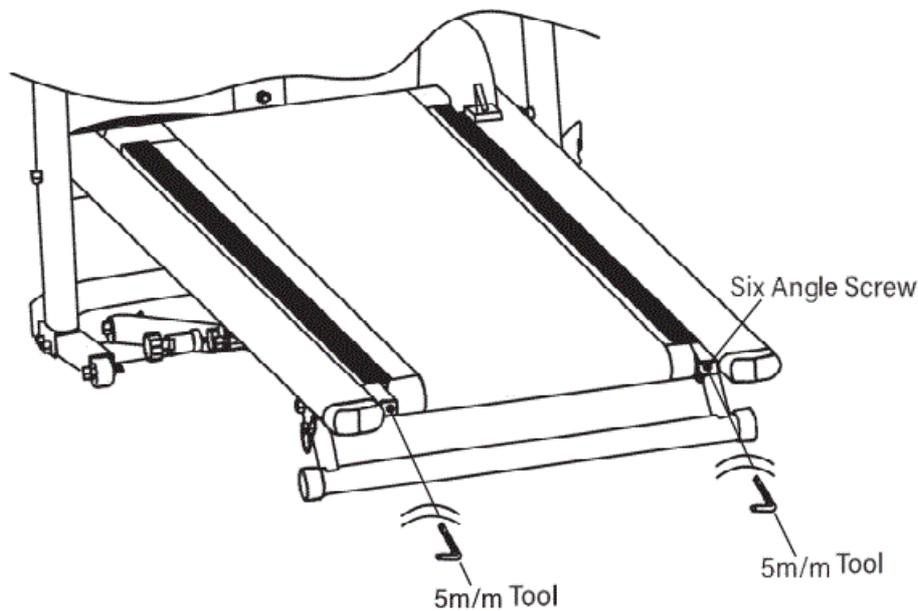
- Place the Computer (No.16) on the Bracket and then insert the Sensor Wire Connector (No. 39) into the Computer.



Treadmill Belt Adjustment

If the following has happened on the Treadmill Belt, it will make some noise on the machine. So if the belt is not in the center position, too tight or too loose, please use the tool to adjust it.

- When the Treadmill Belt moves to the right side please revolve the right side six-angle screw clockwise 1 or 2 circles, then revolve back a little bit.
- When the Treadmill Belt moves to the left side, please revolve the left side six-angle screw clockwise 1 or 2 circles, then revolve back a little bit.
- When the Treadmill Belt is too tight, please revolve the left and the right side six-angle screws anticlockwise, then revolve back a little bit.
- When the Treadmill Belt is too loose, please revolve the left and the right side six-angle screws clockwise, then revolve back a little bit.



Functions of Monitor

KEY FUNCTIONS

- **MODE:** This key makes you select a particular function you want.
- **RESET:** Hold the Mode key for 3 seconds. The value appears as zero.
- **TIME:** This mode displays the elapsed time.
- **Note:** If you set a time goal, this display will show the time remaining in your workout.
- **DISTANCE:** This mode displays the space you have pedaled during your workout, in kilometers or miles.
- **CALORIES:** This mode displays the approximate number of calories you have burned during your workout.
- **SPEED:** This mode displays your pedaling rate. SPEED and RMP repeatedly appear in the window.
- **PULSE (if any):** This mode displays your heart rate when pedaling

HOW TO USE THE MONITOR

- To turn on the console, press the MODE button on the console or begin pedaling.

Scan Mode: To select the SCAN mode, press the Mode button repeatedly until the word SCAN appears in the display.

Time, Speed, Distance, Calories, or Pulse Mode:

- Press the Mode button repeatedly until the name of the desired mode appears in the display. Make sure that the word SCAN does not appear in the display.
- If you have set a workout goal, the display panel will show the countdown and reach zero after you reach the goal; if you continue to exercise, then the display panel will begin to show the count.

NOTE: ODO means Total distance

e-Waste Disposal

Be a Responsible User. Recycle or refurbish your old Amazon brand products to help protect the environment.

The crossed-out bin symbol on this product or its packaging signifies that this product should be discarded separately from ordinary household waste at its end of life. Be aware that it is your responsibility to dispose of e-waste in such a manner that no damage to human health and the environment occur.



E-waste is generated from electronic and electrical appliances/components that have reached their end-of-life period or are no longer fit for their original intended use and are destined for recovery, recycling or disposal. E-waste when disposed of or recycled improperly, can cause severe environmental pollution and adversely affect the human body as it contains toxic chemicals. Please ensure that the electronic products that are unwanted, not working, and nearing or at the end of life are disposed of only through authorized recycling or refurbishing points. Please contact your municipal waste management authority or your household waste disposal service for additional details. This product and the components thereof conform to the provisions of hazardous substances specified under Rule 16 (1) and Rule 16 (4) of E-waste (Management) Rules, 2022 [Chapter VII titled the Reduction in the Use of Hazardous Substances in the Manufacture of electrical and electronic equipment and their components or consumables or parts or spares].

WARRANTY & SERVICE

We grant a 1-year warranty on the product commencing from the purchase date against manufacturing defects.

- Within the warranty period, we will correct any defects in materials or workmanship, either by repairing or replacing the complete appliance, as we may choose, free of charge. This warranty is valid to the original purchaser only.
- Free Warranty-1 year on product for malfunction arising from manufacturing defects. Get brand-authorized service, genuine parts, and a paperless warranty claim experience through your Amazon account. 1-click Warranty support on Amazon for malfunction arising from manufacturing defects. Get Brand Authorized service, genuine parts, and a paperless warranty claim experience through your Amazon account hassle process with complete visibility to every step of your warranty claim. To claim a warranty, A) Go to your orders section, B) Select the product C) Click on Get product support, and D) Schedule an appointment.

This Warranty excludes, or does not apply or becomes void if-

- Damages caused by improper use, abuse, or excessive use outside the intended purpose.
- Normal wear or use, as well as defects that have a negligible, affect the value or operation of the appliance.
- Repairs or product modifications have been carried out by unauthorized organizations or persons and if original Amazon Basics parts are not used.
- Consequential damages (including but not limited to loss of data or loss of income), nor compensation for activities done by yourself.
- The proof-of-purchase has been altered in any way or is made illegible.
- The model number, serial number or production date code on the product has been altered.
- Removed or made illegible.

The defect is caused by connecting peripherals to additional equipment or accessories other than that recommended in the user manual. **WARRANTY & SERVICE**

CUSTOMER CARE EXECUTIVE CONTACT DETAILS

- RETAILER PRIVATE LIMITED, PLOT NO. 5, BLOCK – BN, 5TH ROOM NO. 502, SALT LAKE ELECTRONICS COMPLEX, SECTOR 5 , BIDHAN NAGAR, NORTH TWENTY FOUR PARGANAS, WEST BENGAL, 700091, INDIA.
 - While placing the order for the product, please add the installation to the cart (widget available on the main product page itself).
 - Choose a preferred time slot for installation service, during order checkout.
 - The service provider will contact for installation within 36-48 hours. For assistance contact brand 081 4422 4422.
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Documents / Resources

 <p>The image shows a black and silver manual treadmill with a foldable design. It has a handrail on the left side and a control console on the right. The treadmill is shown in its folded position. The text 'amazon basics' is visible at the top left of the image, and 'Amazon Basics T-100 Smart Foldable Manual Treadmill' is visible at the bottom left.</p>	<p>amazon basics T-100 Smart Foldable Manual Treadmill [pdf] User Guide T-100 Smart Foldable Manual Treadmill, T-100, Smart Foldable Manual Treadmill, Foldable Manual Treadmill, Treadmill</p>
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References

- [User Manual](#)