

## EXERPEUTIC 1010

# EXERPEUTIC 1010 Fitness Walking Electric Treadmill User Manual

Model: 1010 (also known as TF100, Model Number: 97670)

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your EXERPEUTIC 1010 Fitness Walking Electric Treadmill. Please read all instructions carefully before assembly and operation. Fitness walking on a treadmill offers a controlled environment for regular exercise, contributing to calorie expenditure and overall well-being.

## 2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of injury, users must read and understand all instructions before operating this treadmill. Always consult with a physician before starting any exercise program.

- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a solid, level surface with at least 2 feet of clear space on each side and 6 feet behind it.
- Ensure the safety key is properly attached to both the treadmill and your clothing before starting.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- The maximum user weight capacity for this treadmill is 350 pounds (158 kg).
- Wear appropriate exercise clothing and athletic shoes.
- Always hold the handrails when starting or stopping the treadmill.
- Do not attempt to mount or dismount the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

## 3. PRODUCT OVERVIEW

The EXERPEUTIC 1010 Fitness Walking Electric Treadmill is designed for in-home fitness walking, offering a maximum speed of 4 MPH. It features a robust frame and user-friendly controls.

## Key Features:

- 1.5 HP High Torque Motor for consistent performance.
- LCD display showing time, distance, calories burned, and speed.
- Wide side rails for a stable foot platform.
- Folds for space-saving storage and includes transportation wheels.
- Designed for users up to 350 pounds.

## Components:



*Image 3.1: Overview of the EXERPEUTIC 1010 Fitness Walking Electric Treadmill, showing the console, handrails, and walking deck.*

## 4. ASSEMBLY AND SETUP

The EXERPEUTIC 1010 Treadmill is largely pre-assembled. Final assembly primarily involves attaching the computer console.

### Assembly Steps:

1. Carefully remove all components from the packaging.
2. Attach the computer console to the designated area on the handlebar assembly. Ensure all electrical connections are securely fastened.
3. Verify all bolts and screws are tightened before use.

The product dimensions are approximately 47 inches (119.38 cm) L x 29 inches (73.66 cm) W x 51 inches (129.54 cm) H. The product weighs approximately 110 lbs (49.9 kg). Assistance may be required for moving and positioning the unit.



Image 4.1: Dimensions of the EXERPEUTIC 1010 Fitness Walking Electric Treadmill, indicating length, width, and height.

## 5. OPERATING YOUR TREADMILL

### Control Panel:

The LCD display window features elapsed time, distance walked, calories burned, and current speed. Buttons on the console and handlebars allow for control of the treadmill's functions.

### Starting and Adjusting Speed:

1. Ensure the safety key is in place.
2. Press the 'Start' button on the console or the 'On' button on the left handlebar.
3. Adjust the speed using the '+' or '-' buttons on the console or the speed control buttons on the right handlebar. Speed adjusts in increments of 0.1 MPH, up to a maximum of 4 MPH.
4. The treadmill belt size is 16 inches W x 36 inches L.

### Emergency Stop:

In case of an emergency, pull the safety key from the console. This will immediately stop the treadmill belt. To restart, re-insert the safety key and follow the starting procedure. Note that some users have reported difficulty restarting the machine immediately after using the safety key; if this occurs, allow a brief pause before attempting to restart.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Belt Lubrication:** The treadmill belt requires lubrication approximately once a year. The unit is pre-lubricated for its first year of use. Refer to the specific instructions provided with your lubricant for application.
- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts and connections to ensure they are secure.

## 7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the safety key is correctly inserted. Check the circuit breaker.
- **Belt stops unexpectedly:** Verify the safety key is fully engaged. If the belt slips, it may require tension adjustment or lubrication.
- **Unusual noises:** Inspect for loose parts or foreign objects under the belt. Lubricate the belt if squeaking occurs.
- **Display not working:** Check all cable connections to the console. If issues persist, contact customer support.

## 8. PRODUCT SPECIFICATIONS

Feature	Specification
Model Number	97670
Product Dimensions (L x W x H)	119.38 x 73.66 x 129.54 cm (47 x 29 x 51 inches)
Item Weight	49.9 kg (110 lbs)
Maximum Weight Capacity	350 Pounds (158 kg)
Motor Horsepower	1.5 HP High Torque
Speed Range	Up to 4 MPH (adjustable in 0.1 MPH increments)
Treadmill Belt Size	16 inches W x 36 inches L
Display Type	LCD
Displayed Metrics	Speed, Time, Distance, Calories Burned
Frame Material	Alloy Steel

Feature	Specification
Special Features	Foldable, Shock Absorbent
Power Source	Electric

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## 9. WARRANTY AND CUSTOMER SUPPORT

Your EXERPEUTIC 1010 Fitness Walking Electric Treadmill comes with the following warranty:

- **Motor:** 5-year warranty
- **Frame:** 1-year warranty
- **Parts and Labor:** 90-day warranty

For warranty claims, technical assistance, or replacement parts, please contact EXERPEUTIC customer support. Refer to your product registration or the EXERPEUTIC official website for current contact information.