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› Exerpeutic 2-in-1 Heavy-Duty Walking/Jogging Treadmill (Model 4059) Instruction Manual

Exerpeutic 4059

Exerpeutic 2-in-1 Heavy-Duty Walking/Jogging Treadmill

MODEL: 4059

1. Introduction

This manual provides essential information for the safe and effective use of your Exerpeutic 2-in-1 Heavy-Duty Walking/Jogging Treadmill. Please read all instructions carefully before assembly and operation. This treadmill is designed to support a healthy lifestyle through regular exercise, offering the convenience of indoor workouts with shock absorption benefits.



Image 1.1: The Exerpeutic 2-in-1 Treadmill, showcasing its versatility for both walking and jogging.

Key Features:

- **400 lbs. Weight Capacity:** Engineered for durability and stability, accommodating a wide range of users.
- **2-in-1 Design:** Functions as a traditional treadmill with handlebars (up to 4 MPH) or an under-desk walking pad (up to 3 MPH).
- **Spacious Running Belt:** A 43.5" x 16" non-slip belt provides ample space for comfortable strides.
- **Quiet Operation:** Designed with a low-noise motor for minimal disruption during use.
- **Remote Control & Programs:** Easily adjust speed and select from 6 pre-set workout programs.
- **Compact & Portable:** Foldable design with built-in wheels for easy storage and movement.

2. Safety Information

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill.

- Always place the treadmill on a level surface.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides, 6 feet behind).
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum user weight capacity of 400 lbs.

- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.

3. Assembly and Setup

The Exerpeutic 2-in-1 Treadmill requires minimal assembly. It is largely pre-assembled for your convenience.

3.1 Unpacking and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Avoid placing it on thick carpeting that might obstruct ventilation or interfere with the belt.
3. Ensure the power cord is easily accessible to a grounded outlet.

3.2 Handlebar Setup (for Jogging Mode)

1. Lift the handlebars to their upright position.
2. Secure the handlebars using the locking mechanisms on both sides. Ensure they are firmly locked in place before use.
3. Attach the tablet holder to the designated area on the handlebars if desired.



Image 3.1: The treadmill's motor and features, including the tablet holder and built-in wheels for portability.

3.3 Folding and Storage

To fold the treadmill for storage:

1. Ensure the treadmill is powered off and unplugged.
2. Release the handlebar locking mechanisms and carefully lower the handlebars until they are flat against the deck.
3. Utilize the built-in transport wheels to move the treadmill to your desired storage location. It can be stored flat under a bed or upright against a wall.

Designed to Save Space and Move Easily



Image 3.2: The treadmill in its folded, compact state, ideal for space-saving storage.

4. Operating Instructions

Your Exerpeutic treadmill offers two primary modes of operation: with handlebars for jogging and without handlebars for under-desk walking.

2-in-1 Underdesk Treadmill



3 MPH
Walking Mode

4 MPH
Running Mode



Image 4.1: The treadmill's 2-in-1 functionality for both under-desk walking and traditional jogging.

4.1 Powering On/Off

1. Plug the power cord into a grounded electrical outlet.
2. Insert the safety key into its designated slot on the console. The display will illuminate.
3. To turn off, remove the safety key or press the power button on the remote control.

4.2 Using the Remote Control

The included remote control allows for convenient adjustment of speed and program selection.

LED & Remote Control



The display tracks speed, distance, time, and calories. Change the treadmill speed in an instant with the included remote.

Image 4.2: The LED display and remote control for easy operation.

- **Start/Stop:** Press the central button to start or stop the treadmill.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease speed.
- **Quick Speed Buttons:** Dedicated buttons for quick speed changes (e.g., 2 MPH, 3 MPH).
- **Program Selection:** Use the 'M' button to cycle through the 6 pre-set programs.

4.3 Speed Variations

- **With Handlebars (Jogging Mode):** Speed ranges from 0.4 MPH to 4 MPH.
- **Without Handlebars (Under-Desk Walking Mode):** Speed ranges from 0.4 MPH to 3 MPH.

4.4 Display Metrics

The LED display tracks the following workout data:

- Time
- Speed

- Distance
- Calories Burned

Your browser does not support the video tag.

Video 4.3: Official product video demonstrating the Exerpeutic 2-in-1 Supermax Treadmill's features and use.

5. Maintenance

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

5.1 Cleaning

- Wipe down the treadmill after each use with a damp cloth to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the surfaces.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill for the recommended lubrication schedule and type of lubricant.

5.3 Belt Adjustment

If the running belt becomes misaligned or feels loose, it may require adjustment. Consult the detailed instructions in the full product manual for proper belt tensioning and centering procedures.

6. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a grounded outlet and the safety key is correctly inserted. Check the circuit breaker.
- **Belt stops unexpectedly:** Verify the safety key is fully engaged. If it detaches during use, the treadmill will stop for safety.
- **Unusual noises:** Check for any loose parts. Lubricate the running belt if it sounds dry or squeaky. If the noise persists, discontinue use and contact customer support.
- **Error Codes (e.g., "Err 3"):** Specific error codes indicate different issues. Refer to the comprehensive troubleshooting guide in the full product manual or contact customer support for assistance.

7. Specifications

Feature	Specification
Brand	Exerpeutic
Model Name	Exerpeutic 400 Lb. Capacity Heavy-Duty Walking/Jogging Exercise Treadmill Walking Pad- Home Gym Workout, Foldable Under Desk Desk Design
Model Number	4059
UPC	850054379092

Maximum Weight Recommendation	400 Pounds
Product Dimensions (LxWxH)	53"D x 24.4"W x 43"H
Folded Size (LxWxH)	55" x 25" x 4.75"
Item Weight	51 Pounds
Material	Alloy Steel, Plastic
Maximum Speed	4 Miles per Hour
Minimum Speed	0.3 Miles per Hour
Display Type	LED
Included Components	Remote Control, Safety Key
Power Source	Corded Electric
Warranty Description	2 Years

8. Warranty and Support

8.1 Product Warranty

The Exerpeutic 2-in-1 Heavy-Duty Walking/Jogging Treadmill comes with a **2-year warranty**. This warranty covers manufacturing defects and ensures the product meets quality standards under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your treadmill, please contact Exerpeutic customer support. Contact information can typically be found on the manufacturer's official website or on the product packaging.

