

Stamina T900

Stamina Inmotion T900 Manual Treadmill User Manual

Model: T900

INTRODUCTION

The Stamina Inmotion T900 Manual Treadmill is designed to provide an effective and efficient cardio workout in the comfort of your home. This non-motorized treadmill allows you to set your own pace, offering a smooth and consistent motion for toning lower body muscles, supporting heart health, and building total functional strength.

This manual provides essential information for the assembly, operation, maintenance, and troubleshooting of your Inmotion T900 Manual Treadmill. Please read it thoroughly before using the product to ensure safe and optimal performance.

Proposition 65 Warning: This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

PRODUCT FEATURES

The Inmotion T900 Manual Treadmill incorporates several features designed for user comfort, stability, and effective workouts:

- **Dual Weighted Flywheels:** Ensures smooth and consistent operation.
- **Non-Slip Surface:** Provides a secure walking/jogging area.
- **Skid-Resistant Rubber Floor Protectors:** Maximizes stability and protects flooring.
- **Two Incline Positions:** Offers adjustable workout intensity at 8 and 10 degrees.
- **Electronic Monitor:** Tracks workout time, speed, distance, and calories burned with simple one-button control.
- **Foam Padded Rails:** Provides comfortable support on front and sides.
- **Foldable Design:** Sturdy steel frame folds for compact storage.
- **Built-in Wheels:** Allows for easy portability.

ENHANCED COMFORT



Figure 1: Key features of the Inmotion T900 Manual Treadmill.

This treadmill operates without electricity, making it versatile for use in various locations.

SETUP

Unpacking and Assembly

Carefully remove all components from the packaging. Assembly of the Inmotion T900 Manual Treadmill is straightforward and typically takes approximately 20 minutes. The unit consists of three main pieces that are screwed together. Refer to the included assembly manual for detailed, step-by-step instructions.

Placement

Due to its non-electric design and built-in wheels, the treadmill can be used and stored almost anywhere. Ensure the treadmill is placed on a stable, level surface. The skid-resistant rubber floor protectors will help maintain stability during use.

PORTABLE TREADMILL

This lightweight, non-electric treadmill can be used anywhere

**Item dimensions:**

47" L x 22" W x 45" H

Product weight: 52 lbs

Max user weight: 250 lbs

Running belt size:

41" L x 12 3/8" W

Figure 2: Product dimensions and weight capacity for placement consideration.

OPERATING INSTRUCTIONS

Starting Your Workout

To begin, simply step onto the treadmill and start walking at your desired pace. The dual weighted flywheels will ensure a smooth and consistent motion as you propel the belt.

Adjusting Incline

The Inmotion T900 offers two incline positions: 8 degrees and 10 degrees. Adjusting the incline will vary the intensity of your workout. Refer to your assembly manual for specific instructions on how to change the incline setting.

SMOOTH AND STABLE EXERCISE

- Offers two incline positions for an adjustable workout intensity: 10 deg and 8 deg
- Features dual flywheels and stabilizer caps for stability



Figure 3: User demonstrating treadmill operation and incline feature.

Using the Electronic Monitor

The integrated electronic monitor tracks key workout metrics. Use the single-button control to cycle through displays for workout time, speed, distance, and calories burned. This allows you to monitor your progress and enhance your workout.

Müüv Smart Workout App Integration

Enhance your fitness experience by connecting with the müüv app, available on the Apple App Store and Google Play Store. The müüv app provides:

- Smart guided audio coaching.
- Follow-along assembly videos.
- Personalized workouts tailored to your equipment.
- Integration with other fitness equipment you own.
- Ad-free music listening experience from iHeartRadio.

MüüV SMART WORKOUT APP

Fully supported by the Smart Audio Coaching app

- Step-by-step assembly videos
- Personalized workouts on your equipment
- Integrates equipments you already own
- Music listening experience from iHeartRadio



Figure 4: The MüüV Smart Workout App interface.

MAINTENANCE

Belt Tension Adjustment

The treadmill belt tension is factory pre-adjusted. However, manual adjustment may be necessary over time to ensure smooth operation and prevent the belt from grinding or slipping. Follow the instructions provided in the assembly manual for proper belt tension adjustment. Incorrect adjustment can affect performance and belt longevity.

Lubrication

Regular lubrication of the walking belt is crucial for maintaining smooth operation and extending the life of your treadmill. Apply spray lubricant under the belt as advised in the assembly manual or as needed based on usage. Ensure the treadmill is off and stable before applying lubricant.

Cleaning

Wipe down the treadmill frame and monitor with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components. Keep the walking surface clean and free of debris.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Inmotion T900 Manual Treadmill.

Problem	Possible Cause	Solution
Belt not moving smoothly or grinding	Incorrect belt tension or lack of lubrication.	Adjust belt tension according to the assembly manual. Apply spray lubricant under the belt.
Squeaking noise during operation	Lack of lubrication or loose components.	Lubricate the belt. Check and tighten all bolts and connections.
Electronic monitor not displaying data or erratic readings	Loose battery connection or dead batteries.	Ensure batteries are correctly installed and have sufficient charge. If necessary, replace batteries. Check the connection of the monitor cable.
Treadmill feels too steep or difficult to use	Incline setting is too high for current fitness level.	Adjust the incline to the lower 8-degree position. Hold onto the handrails for support as needed.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact Stamina customer support for assistance.

SPECIFICATIONS

Attribute	Detail
Brand	Stamina
Model Name	InMotion® T900 Manual Treadmill
Model Number	45-0900
Product Dimensions (L x W x H)	47" x 22" x 45"
Folded Size	17" x 22"
Item Weight	50 Pounds
Maximum User Weight	225 Pounds
Running Belt Dimensions (L x W)	41" x 12 3/8"

Attribute	Detail
Material	Steel frame, textured non-slip walking/jogging surface
Power Source	Manual (Non-electric)
Maximum Incline Percentage	10 degrees
Display Type	LCD
Metrics Measured	Calories, Speed, Distance, Workout Time
Assembly Required	Yes (Some assembly)
Country of Origin	China

WARRANTY AND SUPPORT

Warranty Information

The Stamina Inmotion T900 Manual Treadmill comes with the following warranty:

- **Frame:** 1-year warranty
- **Parts:** 90-day warranty

Please retain your proof of purchase for warranty claims.

Customer Support






For any questions, technical assistance, or warranty claims, please contact Stamina Products, Inc. customer support. Contact information can typically be found on the manufacturer's website or in the original product packaging. When contacting support, please have your model number (T900) and purchase details ready.

For additional resources, including assembly videos and personalized workouts, download the müüv app.

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Related Documents - T900

	<p>Denise Austin Better Squat Trainer (Model 50-0900) Owner's Manual</p> <p>Official owner's manual for the Denise Austin Better Squat Trainer by Stamina Products. Includes setup, operation, safety instructions, maintenance, conditioning guidelines, and warranty information for model 50-0900.</p>
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 <p>STAMINA X AIR BIKE Owner's Manual</p> <p>Model 15-1175B</p> <p>© 2007 Stamina Products, Inc.</p>	<p>Stamina X Air Bike Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual for the Stamina X Air Bike (Model 15-1175B), including assembly instructions, operational guides, safety warnings, maintenance tips, warranty information, and contact details for Stamina Products.</p>
 <p>STAMINA X DOOR GYM Owner's Manual</p> <p>Model 50-0085B</p> <p>© 2007 Stamina Products, Inc.</p>	<p>Stamina X Boulder Fit Door Gym Owner's Manual & Assembly Instructions</p> <p>Comprehensive guide for the Stamina X Boulder Fit Door Gym (Model 50-0085B), including safety instructions, assembly steps, installation guidance, workout routines, parts list, and warranty information.</p>
 <p>inMOTION E1000 Owner's Manual</p> <p>Model 85-0187</p> <p>© 2007 Stamina Products, Inc.</p>	<p>Stamina InMotion E1000 Compact Strider Owner's Manual</p> <p>Comprehensive owner's manual for the Stamina InMotion E1000 Compact Strider, detailing safety instructions, assembly, setup, operational guidelines, maintenance, conditioning advice, parts list, and warranty information.</p>
 <p>STAMINA X AIR BIKE Owner's Manual</p> <p>Model 15-1175</p> <p>© 2007 Stamina Products, Inc.</p>	<p>STAMINA X AIR BIKE Owner's Manual: Assembly, Operation, and Maintenance Guide</p> <p>Comprehensive owner's manual for the STAMINA X AIR BIKE (Model 15-1175). Includes detailed assembly instructions, operational guides, computer functions, maintenance tips, safety warnings, conditioning guidelines, parts list, and warranty information.</p>
 <p>Indoor Pro Cycle Owner's Manual</p> <p>Model 15-1306</p> <p>© 2007 Stamina Products, Inc.</p>	<p>Stamina Indoor Pro Cycle Owner's Manual (Model 15-1306)</p> <p>Comprehensive owner's manual for the Stamina Indoor Pro Cycle (Model 15-1306), covering assembly, setup, operation, safety guidelines, maintenance, conditioning, and warranty information.</p>