XTERRA TR150

XTERRA Fitness TR150 Treadmill User Manual

Model: TR150 | Brand: XTERRA Fitness

INTRODUCTION

This manual provides essential information for the safe and effective use of your XTERRA Fitness TR150 Folding Smart Treadmill. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

The XTERRA Fitness TR150 treadmill is designed to support your fitness goals with a variety of workout programs. It features a sturdy frame, a powerful motor, and a user-friendly LCD display to track your progress. The folding design and transport wheels allow for convenient storage.

SAFETY INFORMATION

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

- Always consult with a physician before beginning any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with adequate clearance around it (recommended 3 feet clear space behind, 20 inches front and sides).
- Ensure the safety key is properly attached before starting the treadmill.
- 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 250 pounds.
- Always wear appropriate athletic footwear while using the treadmill.

SETUP AND ASSEMBLY

Assembly of the XTERRA Fitness TR150 treadmill is required. It typically takes about 15 minutes with minimal tools. Refer to the included hardware and assembly instructions for detailed steps.

Unpacking and Placement

- Carefully remove all components from the packaging. It is recommended to have two people for unpacking

due to the weight (approximately 97 pounds).

- Place the treadmill in your desired location, ensuring it is on a stable, level surface.
- Ensure sufficient clear space around the treadmill for safe operation and folding.

Image: Recommended total space and product dimensions for the XTERRA TR150 treadmill. Shows 63.4" L x 28.75" W x 51.4" H dimensions with 3' rear and 20" front & sides clear space.

Folding and Unfolding

The TR150 features an easy pull knob to release the deck for folding or unfolding, allowing for convenient storage when not in use.

DESIGNED FOR ALL SPACES

Pull knob to release deck

Transport wheels for mobility and storage

Image: Close-up of the pull knob to release the deck for folding, and transport wheels for mobility and storage.

OPERATING INSTRUCTIONS

Console Overview

The intuitive 5-inch LCD display provides real-time feedback on your workout. It shows speed, time, distance, calories burned, and pulse.

SIMPLE YET
EFFECTIVE
INTERFACE

DIRECT ACCESS BUTTONS

Speeds from 1-9 mph

Image: The treadmill console showing the LCD display and direct access buttons for speeds from 1-9 mph.
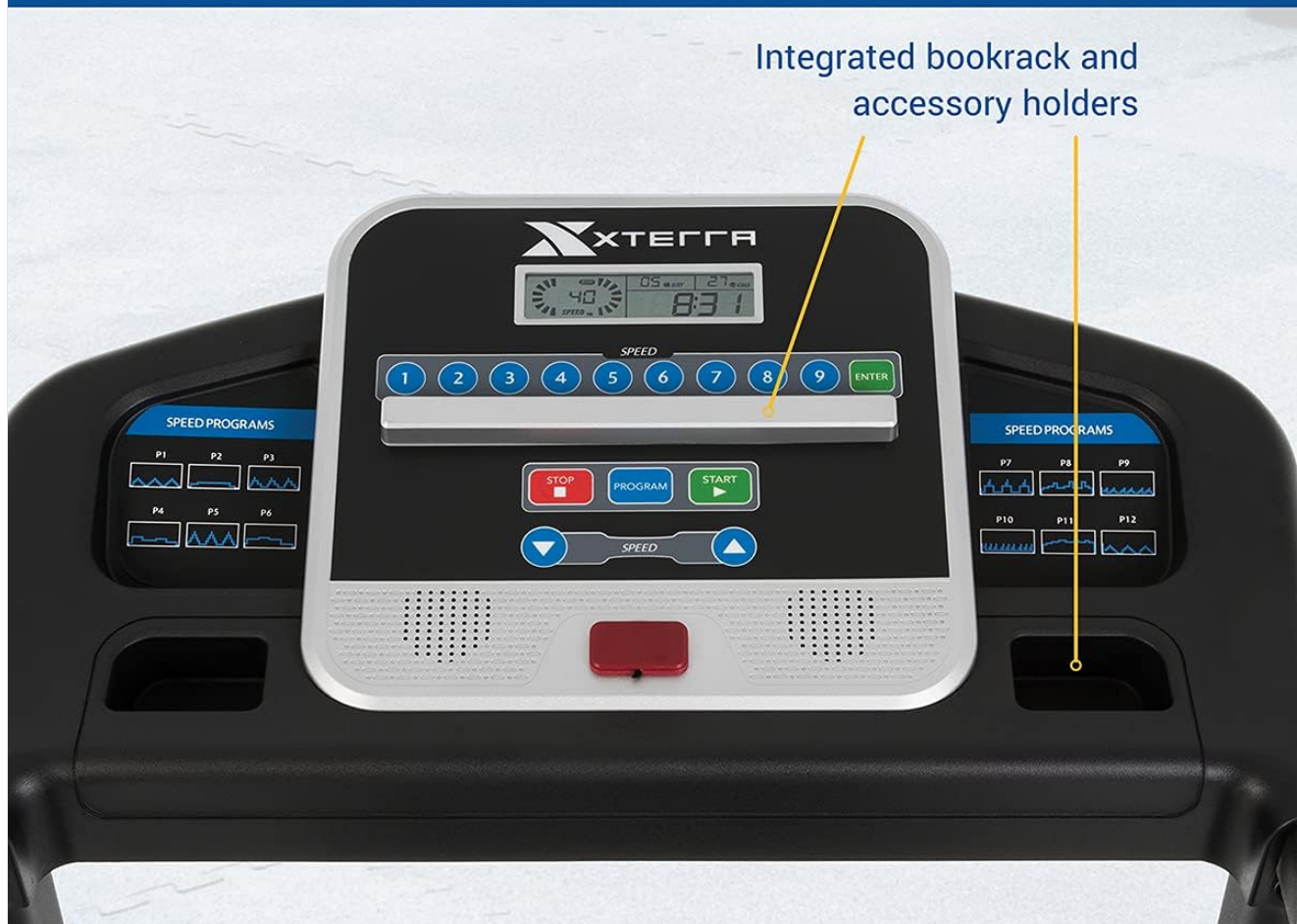
Image: The conveniently designed console with integrated bookrack and accessory holders for personal items.

Starting a Workout

1. Ensure the treadmill is plugged into a 110V outlet.
2. Attach the safety key to your clothing and insert it into the console.
3. Step onto the treadmill belt.
4. Press the **START** button to begin your workout.
5. Adjust speed using the **SPEED UP** and **SPEED DOWN** buttons, or use the direct access speed buttons (1-9 mph).

Workout Programs

The TR150 offers 12 preset programs and 3 manual incline settings for workout variety. Press the **PROGRAM** button to cycle through available programs.

Monitoring Heart Rate

Hand pulse sensors are conveniently located on the handlebars. Grip these sensors to monitor your heart rate during your workout.

HAND PULSE GRIPS
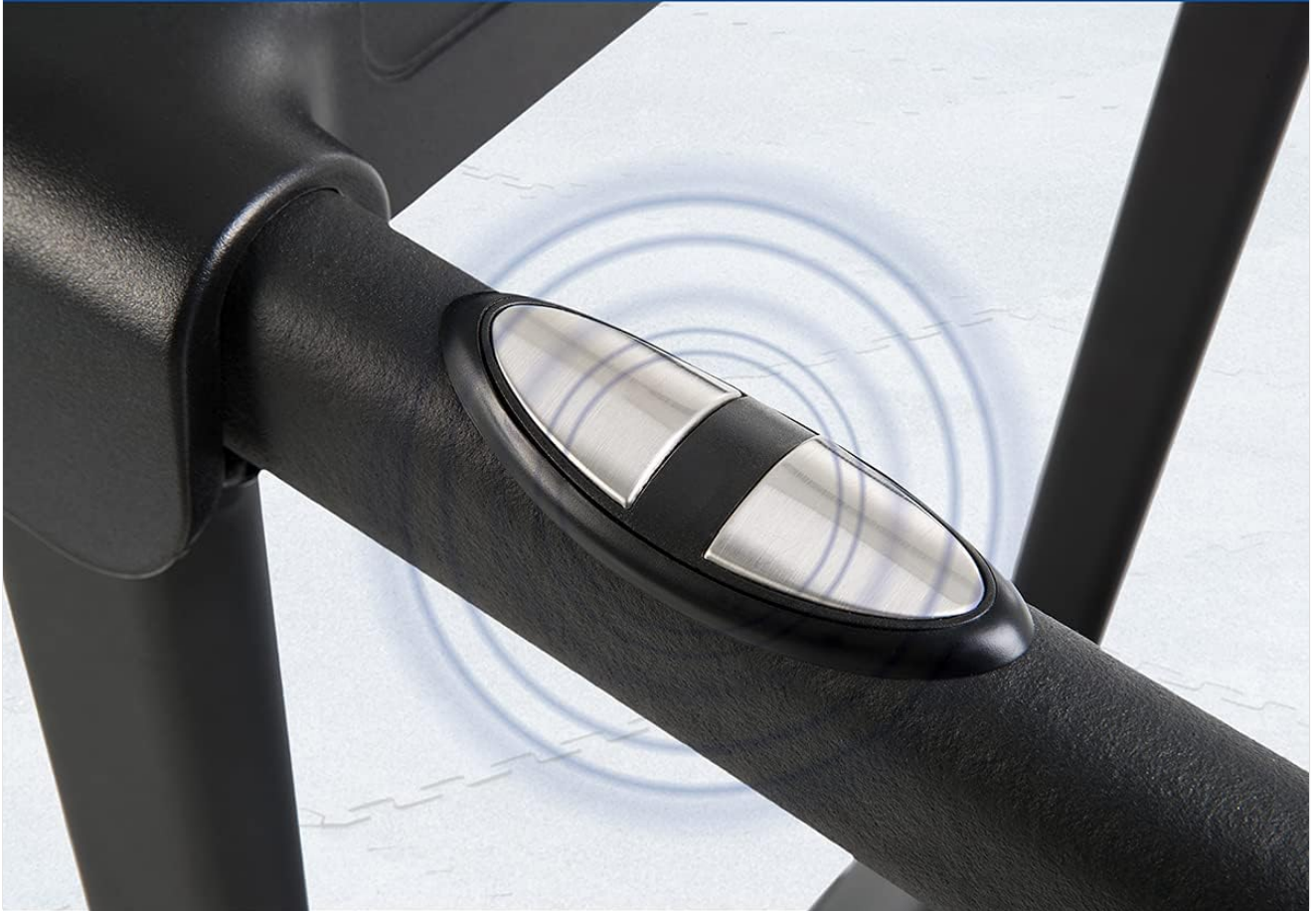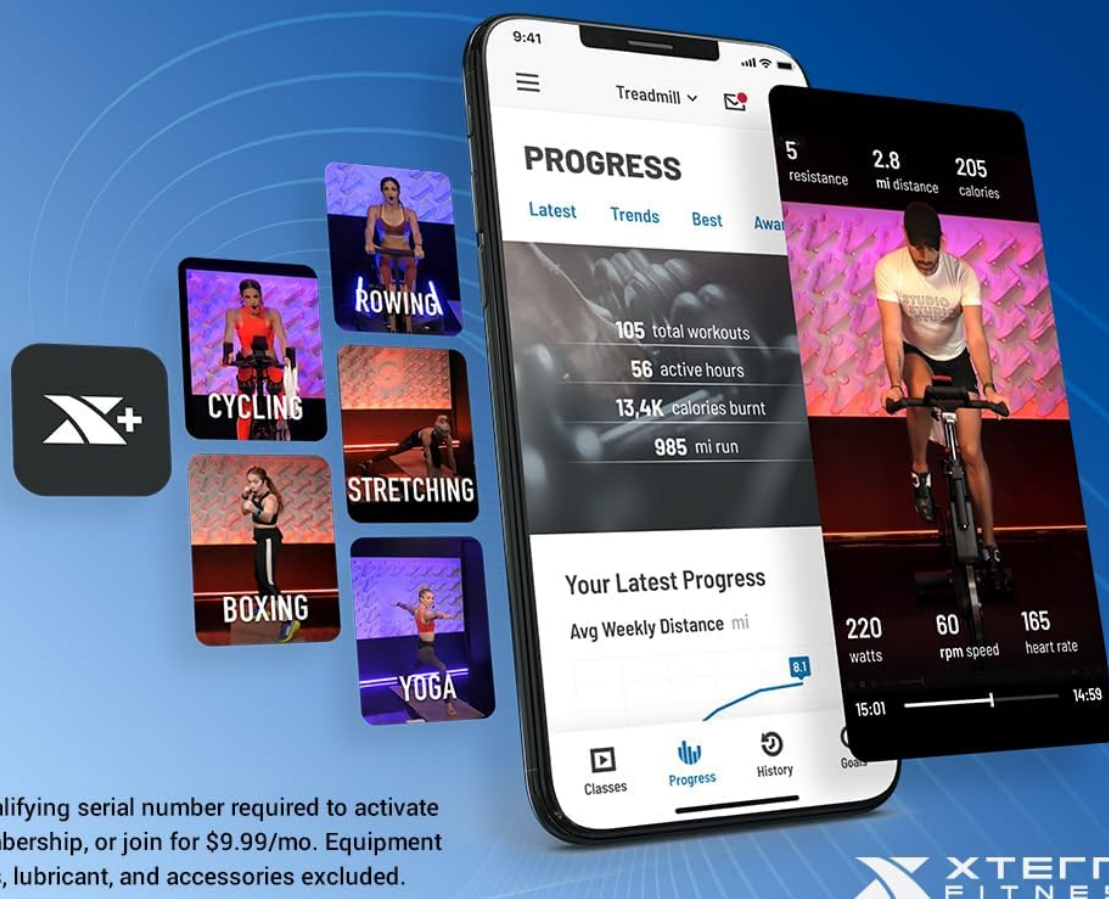## MONITOR YOUR HEART RATE WHILE YOU WORK OUT

Image: Close-up of the hand pulse grips on the treadmill handlebars, used to monitor heart rate.

Using the XTERRA+ Fitness App

The XTERRA+ Fitness App is included with your purchase. This app provides additional workout options and tracking capabilities. Refer to the app's instructions for pairing and usage.

Image: Screenshot of the XTERRA+ Fitness App interface, displaying options for rowing, cycling, stretching, boxing, and yoga workouts.

MAINTENANCE

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

Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Vacuum underneath the treadmill regularly to prevent dust and debris buildup.

Lubrication

The running deck requires periodic lubrication to reduce friction and extend the life of the motor and belt. Refer to the detailed instructions in the full owner's manual for the correct lubrication procedure and frequency.

Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. This typically involves using an Allen wrench

to turn the rear roller bolts. Consult the full owner's manual or online resources for precise instructions on belt centering and tensioning.

Image: A close-up view of the textured running deck of the XTERRA TR150 treadmill.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Reset circuit breaker.
Running belt slips.	Belt tension too loose; Belt needs lubrication.	Adjust belt tension (refer to manual); Lubricate the running deck.
Unusual noise during operation.	Loose hardware; Belt rubbing; Motor issue.	Check and tighten all assembly bolts; Adjust belt centering; If noise persists, contact customer support.

Problem	Possible Cause	Solution
Heart rate monitor inaccurate.	Improper hand placement; Static electricity.	Ensure firm, consistent grip on sensors; Reduce static by wearing cotton clothing or using a humidifier.

SPECIFICATIONS

Key technical specifications for the XTERRA Fitness TR150 Treadmill:

- **Model:** TR150
- **Motor:** 2.25 Horsepower
- **Running Surface:** 16 inches (Width) x 50 inches (Length)
- **Maximum Speed:** 10 Miles per Hour
- **Incline Settings:** 3 Manual Incline Levels (up to 2% maximum incline)
- **Programs:** 12 Preset Programs
- **Display:** 5-inch LCD (non-backlit)
- **Metrics Measured:** Speed, Time, Distance, Calories, Pulse
- **Maximum User Weight:** 250 Pounds
- **Assembled Dimensions (L x W x H):** 63.4" x 28.75" x 51.4"
- **Folded Dimensions (L x W x H):** 31.7" x 28.75" x 51.4"
- **Item Weight:** 97 Pounds
- **Frame Material:** Alloy Steel
- **Power Source:** Corded Electric (110V)

50" x 16" SURFACE

Large running deck accommodates different stride lengths

50"

16"

Image: Illustration showing the 50" x 16" running surface of the XTERRA TR150 treadmill, accommodating various stride lengths.

Image: View of the treadmill's robust construction, highlighting the 2.25 HP motor and heavy gauge steel frame, indicating durability.

WARRANTY AND SUPPORT

The XTERRA Fitness TR150 Treadmill comes with a manufacturer-supplied warranty. For specific warranty details, including coverage and duration, please refer to the warranty card included with your product or visit the official XTERRA Fitness website.

For technical assistance, parts, or service inquiries, please contact XTERRA Fitness customer support. Have your model number (TR150) and serial number ready when contacting support.

Online Resources:

- Official XTERRA Fitness Store: Visit Store
- User Guide (PDF): Download PDF
- User Manual (PDF): Download PDF