

Aerofit AF-123

Aerofit AF-123 Electronics Treadmill User Manual

MODEL: AF-123

1. Introduction

Thank you for choosing the Aerofit AF-123 Electronics Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before assembly or use to ensure proper function and to prevent injury. Keep this manual for future reference.

2. Important Safety Instructions

To reduce the risk of serious injury, read all instructions before using the Aerofit AF-123 Treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- 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 flat, stable surface with at least 2 meters (6.5 feet) of clear space behind it.
- Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in moving parts.
- Use the safety key/clip at all times. In case of an emergency, the safety key will stop the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing maintenance.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel for repairs.

3. Package Contents

Please check the contents of your package against the list below. If any parts are missing or damaged, contact Aerofit customer service immediately.

- Aerofit AF-123 Treadmill Main Frame
- Console Unit
- Safety Key
- Power Cord
- User Manual (this document)

- Assembly Tools (if applicable)

4. Setup and Initial Placement

The Aerofit AF-123 Treadmill is designed for ease of setup, with minimal assembly required. Follow these steps for initial placement and power connection:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for future storage or transport.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure there is adequate clearance around the unit, especially at the rear for safety.
3. **Power Connection:** Insert the power cord into the treadmill's power inlet, then plug the other end into a grounded electrical outlet. Ensure the power switch (usually located near the power cord inlet) is in the 'OFF' position before plugging in.
4. **Safety Key:** Attach the safety key clip to your clothing and place the magnetic end onto the designated area on the console. The treadmill will not operate without the safety key in place.



Figure 1: Proper placement and power connection of the Aerofit AF-123 Treadmill. Ensure the treadmill is on a stable, level surface and the power cord is securely plugged into a grounded outlet.

5. Operating Instructions

Familiarize yourself with the console and controls before beginning your workout.

5.1 Console Overview

The AF-123 features an LCD display that shows key workout metrics. The console includes buttons for starting, stopping, adjusting speed, and setting workout parameters.

- **Display:** Shows Pulse, Time, Distance, Speed, and Calories.
- **Start/Stop Buttons:** Initiate and end your workout.

- **Speed Adjustment:** Buttons to increase or decrease the running belt speed.
- **Mode/Program Buttons:** Select workout modes or pre-set programs.
- **Hand Grip Sensors:** Integrated sensors on the handlebars for heart rate monitoring.



Figure 2: The LCD console of the Aerofit AF-123 Treadmill, displaying workout data and control buttons.

5.2 Starting a Workout

1. Ensure the safety key is properly placed on the console and clipped to your clothing.
2. Step onto the treadmill belt, holding onto the handrails for balance.
3. Press the **START** button. The belt will begin to move at a low speed.
4. Adjust the speed using the **SPEED +** or **SPEED -** buttons to your desired intensity (range: 1.0 to 25 Km/h).

5.3 Setting Workout Goals

You can manually set targets for Time, Distance, and Calories before or during your workout.

- While the treadmill is paused or before starting, use the **MODE** button to cycle through Time, Distance, and Calorie settings.
- Use the **SPEED +** or **SPEED -** buttons to adjust the target value.
- Press **START** to begin your workout with the set goal. The treadmill will count down from your target.

5.4 Heart Rate Monitoring

The AF-123 is equipped with hand grip pulse sensors. To measure your heart rate:

1. Grasp both hand grip sensors firmly with clean, dry hands.
2. Maintain contact for approximately 10-15 seconds for an accurate reading to appear on the display.

Note: Heart rate readings are for reference only and should not be considered medical advice.

5.5 Using Additional Features

The Aerofit AF-123 may include additional features such as a stepper, twister, and push-up bar. Refer to the specific instructions for these components for proper usage.



Figure 3: The Aerofit AF-123 Treadmill, highlighting the integrated stepper, twister, and push-up bar for a comprehensive workout.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your Aerofit AF-123 Treadmill. Always unplug the treadmill before cleaning or performing any maintenance.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full service manual or contact customer support.
- **Motor Cover:** Periodically vacuum under the motor cover to remove dust and debris. This should only be done by qualified personnel or after consulting customer support.



Figure 4: Routine cleaning of the Aerofit AF-123 Treadmill console and frame to maintain hygiene and appearance.

7. Troubleshooting

If you encounter issues with your Aerofit AF-123 Treadmill, refer to the following common problems and solutions. If the problem persists, contact Aerofit customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch off; Circuit breaker tripped.	Ensure power cord is secure; Place safety key correctly; Turn power switch ON; Reset circuit breaker.
Running belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension (refer to maintenance section); Lubricate the running belt.
Display not working correctly.	Loose cable connection; Console malfunction.	Check all cable connections to the console; Power cycle the treadmill; Contact customer support.
Unusual noises during operation.	Loose parts; Motor or belt issue.	Inspect for any loose bolts or screws and tighten; Contact customer support for further diagnosis.

8. Specifications

The following are the technical specifications for the Aerofit AF-123 Electronics Treadmill:

Feature	Detail
---------	--------

Feature	Detail
Brand	Aerofit
Model	AF-123
Colour	Black Silver
Product Grade	Home
Material	Alloy Steel
Maximum Speed	25 Kilometers per Hour
Special Feature	Portable
Target Audience	Adult, Youth
Maximum Horsepower	4 Horsepower
Assembly Required	No
Display Type	LCD
Power Source	Corded Electric
Connectivity Technology	Power Cord
Metrics Measured	Heart Rate, Pulse, Time, Distance, Speed, Calories
Frame Material	Alloy Steel
Size (L x W x H)	87" x 38" x 58"

9. Warranty and Customer Support

Aerofit products are manufactured to high-quality standards and are backed by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Aerofit website.

For technical assistance, spare parts, or any questions regarding your Aerofit AF-123 Treadmill, please contact Aerofit customer support. Have your model number (AF-123) and purchase date ready when contacting support.

Customer Support Contact: Refer to your product packaging or the official Aerofit website for the most current contact information.