

KETTLER Berlin S1

Kettler Berlin S1 Treadmill User Manual

Model: Berlin S1

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the Kettler Berlin S1 Treadmill, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic shoes.
- 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 power cord or plug, or if it is not working correctly.
- Always hold the handrails when starting or stopping the treadmill.
- Do not step on or off the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all components are present. If any parts are missing or damaged, contact Kettler customer support.

- 1 x Motorised Treadmill (main frame, running deck, console)
- Assembly Hardware (bolts, washers, nuts, tools)
- Safety Key
- Power Cord
- User Manual (this document)

3. SETUP AND ASSEMBLY

Follow these steps to assemble your Kettler Berlin S1 Treadmill. It is recommended to have two people for assembly.

1. **Unpacking:** Remove all components from the packaging and place them on a clear, flat surface. Keep packaging materials until assembly is complete.
2. **Base Frame Assembly:** Attach the upright posts to the main base frame using the provided bolts and washers. Ensure all connections are secure.
3. **Console Mast Installation:** Carefully route the console cables through the upright posts. Attach the console mast to the upright posts.
4. **Console Attachment:** Connect the console cables to the corresponding ports on the console. Mount the console onto the console mast, securing it with the designated screws.
5. **Handrail Installation:** Attach any auxiliary handrails or accessories as per the diagrams.
6. **Final Checks:** Double-check all bolts and connections to ensure they are tightened. Plug the power cord into a grounded outlet.



Image 1: The Kettler Berlin S1 Treadmill in its fully assembled state, ready for use. This image shows the overall design including the console, handrails, and running deck.

4. OPERATING THE TREADMILL

This section provides instructions on how to use your Kettler Berlin S1 Treadmill.

4.1 Powering On and Off

- **Power On:** Ensure the treadmill is plugged into a grounded power outlet. Locate the main power switch, usually at the front base of the treadmill, and flip it to the 'ON' position. The console display will illuminate.
- **Power Off:** Flip the main power switch to the 'OFF' position. For extended periods of non-use, unplug the power cord from the wall outlet.

4.2 Console Overview

The console is your control center for all treadmill functions. It displays workout data and allows you to adjust settings.



Image 2: Close-up view of the Kettler Berlin S1 Treadmill console. This image highlights the display screen, control buttons for speed and incline, and the safety key slot.

- **Display Screen:** Shows time, distance, speed, calories burned, and incline level.
- **Start/Stop Buttons:** Initiates or ends a workout.
- **Speed +/- Buttons:** Adjusts the running belt speed.
- **Incline +/- Buttons:** Adjusts the incline level of the running deck.
- **Program Buttons:** Selects pre-set workout programs.
- **Safety Key Slot:** Insert the safety key here to enable treadmill operation.

4.3 Starting a Workout (Manual Mode)

1. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
2. Step onto the treadmill, placing your feet on the side rails.
3. Press the 'START' button. The belt will begin to move at a low speed after a short countdown.
4. Gradually increase the speed using the 'Speed +' button to your desired pace.

5. Adjust the incline using the 'Incline +/-' buttons as needed.

4.4 Using Pre-set Programs

The Kettler Berlin S1 Treadmill may include various pre-set programs designed for different fitness goals.

1. From the main menu, press the 'PROGRAM' button to cycle through available programs.
2. Once you have selected a program, press 'START' to begin. The treadmill will automatically adjust speed and incline according to the program's profile.

4.5 Emergency Stop

In case of an emergency, pull the safety key from the console. The treadmill will immediately stop. Alternatively, press the 'STOP' button firmly.

5. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Running Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific instructions provided with your lubricant. Typically, this involves lifting the belt and applying silicone lubricant to the deck.
- **Running Belt Tension:** The running belt should be properly tensioned. If the belt slips during use, it may need tightening. Use the provided Allen wrench to adjust the rear roller bolts in small increments (quarter turns) until the slipping stops.
- **Running Belt Alignment:** If the belt drifts to one side, adjust the corresponding rear roller bolt. If it drifts right, tighten the right bolt; if it drifts left, tighten the left bolt. Make small adjustments and test.
- **Storage:** The Kettler Berlin S1 Treadmill can be folded for storage. Lift the running deck until it locks into the upright position. Ensure it is securely latched before moving.



Image 3: The Kettler Berlin S1 Treadmill shown in its folded position, demonstrating its space-saving storage capability. This view highlights the folding mechanism.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in, main power switch off, circuit breaker tripped.	Check power cord connection, ensure main power switch is ON, reset circuit breaker if necessary.
Running belt stops or slips.	Safety key not inserted, belt too loose, motor overload.	Ensure safety key is fully inserted. Adjust belt tension (see Maintenance section). Reduce user weight or workout intensity.

Problem	Possible Cause	Solution
Unusual noises during operation.	Loose bolts, belt friction, motor issue.	Check and tighten all assembly bolts. Lubricate running belt (see Maintenance section). If noise persists, contact customer support.
Console display not working correctly.	Loose cable connection, console malfunction.	Check all console cable connections. Power cycle the treadmill. If issue persists, contact customer support.

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

7. PRODUCT SPECIFICATIONS

Below are the technical specifications for the Kettler Berlin S1 Treadmill.

Specification	Detail
Brand	KETTLER
Model	Berlin S1
Colour	Black
Item Weight	125 kg (125010 Grams)
Material	Ethylene Vinyl Acetate
Power Source	Corded Electric
Connectivity Technology	Power cord
Metrics Measured	Distance
Speed Rating	20 kilometers_per_hour
Item Dimensions LxWxH	2.3 x 0.99 x 0.4 Meters
Included Components	1 x Motorised Treadmill

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information, service, or technical support, please refer to the warranty card included with your product or visit the official Kettler website. Keep your purchase receipt as proof of purchase.

Manufacturer: Kettler GmbH, SUNLIGHT SPORTS PVT LTD

Contact: 8068050110