BT BODYTONE DT16

Bodytone DT16 Treadmill User Manual

Model: DT16 | Brand: BT BODYTONE

1. Introduction

Thank you for choosing the Bodytone DT16 Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill and keep it for future reference.

The Bodytone DT16 Treadmill is designed for home use, offering a comprehensive range of features to enhance your training. It combines professional engineering with an attractive design, allowing you to maximize your workout sessions. The integrated REACT technology helps reduce joint strain by cushioning the impact of each stride.



Image 1.1: Bodytone DT16 Treadmill in operational position.

2. Safety Information

Before using the treadmill, please observe the following safety precautions:

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear.
- 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 is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- Maximum user weight: 120 kg.

3. Product Features

The Bodytone DT16 Treadmill offers a range of features designed for an effective and comfortable workout:

- **Powerful Motor:** Equipped with a 2.5 HP motor, providing speeds up to 16 km/h.
- **Adjustable Incline:** Features 15 electronic incline positions for varied workout intensity.

- **Workout Programs:** Includes 12 pre-set training programs.
- **LCD Display:** Multifunction LCD screen displays speed, time, distance, calories, and heart rate.
- **Heart Rate Sensors:** Integrated sensors on the handlebars for heart rate monitoring.
- **REACT Technology:** Orthopedic belt with anti-static properties and cushioning to reduce joint impact.
- **Hydraulic Folding System:** Automatic hydraulic folding system for space-saving storage and easy transport with wheels.
- **Connectivity:** MP3 connection and integrated High Definition speakers.
- **Convenience:** Bottle holders and a support for mobile phones or tablets.



Image 3.1: Detailed view of the control panel with LCD display, quick access buttons, and device holder.

4. Setup

The Bodytone DT16 Treadmill features a semi-assembled design for easier setup. Follow these steps:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Position the treadmill on a level, solid surface, ensuring adequate space around it for safe operation.
3. **Unfolding:** Gently lower the running deck from its folded position until it locks into place. The hydraulic system will assist in this process.
4. **Handlebar Assembly:** Secure the handlebars if they are not already fixed, following the instructions in the separate assembly guide (if provided).
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.
6. **Safety Key:** Attach the safety key to the console and clip the other end to your clothing.



Image 4.1: Treadmill in its fully unfolded, ready-to-use position.



Image 4.2: Treadmill in its folded position, demonstrating the space-saving design.

5. Operating Instructions

Familiarize yourself with the control panel and basic operations:

- **Starting the Treadmill:** Press the 'START' button. The belt will begin moving at a low speed after a short countdown.
- **Adjusting Speed:** Use the '+' and '-' buttons on the console or handlebars to increase or decrease speed. Quick access buttons for specific speeds (e.g., 3, 6, 9, 12 km/h) are also available.
- **Adjusting Incline:** Use the 'INCLINE +' and 'INCLINE -' buttons to adjust the incline level. The treadmill offers 15 electronic positions.
- **Selecting Programs:** Press the 'PROGRAM' button to cycle through the 12 pre-set workout programs. Each program has varying speed and incline profiles.
- **Stopping the Treadmill:** Press the 'STOP' button to gradually bring the belt to a halt. In an emergency, pull the safety key to immediately stop the treadmill.

- **Heart Rate Monitoring:** Grip the heart rate sensors on the handlebars to display your heart rate on the LCD screen.
- **Media Playback:** Connect your MP3 device via the audio jack to play music through the integrated speakers.



Image 5.1: Close-up of the treadmill's control panel, showing the LCD display, speed, incline, and program controls.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** The DT16 features an automatic lubrication system. Check the lubricant level periodically and refill as needed according to the manufacturer's recommendations. Proper lubrication is crucial for belt life and smooth operation.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Refer to the detailed instructions in the full user manual for adjustments.
- **Motor Cover:** Keep the motor cover free from dust and debris to ensure proper ventilation.



Image 6.1: Diagram illustrating the automatic lubrication system for the running belt.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in, safety key not in place, circuit breaker tripped.	Check power connection, ensure safety key is correctly inserted, reset circuit breaker.
Running belt slips or hesitates.	Belt too loose, insufficient lubrication.	Adjust belt tension (refer to full manual), apply lubricant.
Unusual noise during operation.	Loose components, motor issue, belt friction.	Check for loose screws, lubricate belt, contact customer support if noise persists.
Heart rate monitor inaccurate.	Improper grip, dry hands.	Ensure firm, consistent grip on sensors; moisten hands slightly if dry.

For issues not listed here or if solutions do not resolve the problem, please contact BT BODYTONE customer support.

8. Specifications

Feature	Detail
Brand	BT BODYTONE
Model Number	DT16
Motor Power	2.5 HP (Horsepower)
Maximum Speed	16 km/h
Incline Positions	15 (Electronic Adjustment)

Feature	Detail
Workout Programs	12 Pre-set Programs
Running Surface	Approximately 130 cm x 45 cm
Maximum User Weight	120 kg
Special Features	Adjustable, REACT Technology, Hydraulic Folding System, MP3 Connectivity, HD Speakers, Heart Rate Sensors
Product Weight	68 Kilograms
Material	Wood
Color	Black



Image 8.1: Detailed dimensions diagram for the Bodytone DT16 Treadmill, showing running surface (130cm x 45cm), max user weight (120kg), and overall dimensions (172cm length, 72cm width, 124cm height).

9. Warranty and Support

For warranty information, technical support, or spare parts, please contact BT BODYTONE customer service. Keep your purchase receipt as proof of purchase for warranty claims.

BT BODYTONE has been manufacturing and distributing professional gym machines and fitness equipment worldwide since 1996, ensuring quality and reliable technical service.

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