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Sportstech DFT100

Sportstech DFT100 Treadmill Instruction Manual

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Sportstech DFT100 Treadmill. Please read it thoroughly before initial use and retain it for future reference.

The Sportstech DFT100 is designed for both home and office environments, offering a versatile solution for walking and light jogging. Its compact and foldable design allows for easy storage, making it suitable for various living and working spaces.

2. SAFETY INSTRUCTIONS

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

- Consult your physician before starting any exercise program.
- Always wear appropriate athletic footwear while using the treadmill.
- Ensure the area around the treadmill is clear of obstructions (at least 0.6 meters on all sides).
- The maximum user weight for this treadmill is **100 kg (220 lbs)**. Do not exceed this limit.
- Keep children and pets away from the treadmill during operation.
- Use the treadmill only on a level, stable surface.
- Connect the treadmill to a properly grounded electrical outlet.
- In case of emergency, press the 'Stop' button on the remote control.

3. PRODUCT FEATURES

- **Compact and Foldable Design:** Ultra-slim profile (approximately 14 cm high when folded) and a foldable handle for easy storage and transport.
- **Speed Range:** Adjustable speed from 0.8 km/h to 8 km/h, suitable for walking and light jogging.
- **Integrated Bluetooth Speaker:** Enjoy audio during your workout by connecting your device via Bluetooth.
- **LED Display:** Clear display of essential workout metrics such as speed, distance, time, and calories burned.
- **App Compatibility:** Connects with Kinomap & FitShow applications for enhanced control, personalized workout programs, and tracking.

- **Quiet Operation:** Designed for low noise levels (below 75dB), making it ideal for use in quiet environments like offices or homes.
- **Remote Control:** Convenient wireless remote control for easy adjustment of functions.
- **Bottle Holder:** Integrated holder to keep your hydration accessible during workouts.



SPORTSTECH
LIVE

Download on the
App Store

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Google Play

**NO
EXCUSES!**

Spannende Workouts und
Motivation mit **Sportstech Live**
und das ganz **OHNE ABO KOSTEN.**

A user exercising on the Sportstech DFT100 treadmill, with a display showing workout metrics and app integration.

4. SETUP

1. **Unboxing:** Carefully remove the treadmill from its packaging. Retain all packaging materials for potential future transport or returns.
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure there is at least 0.6 meters of clear space around the treadmill for safe operation.
3. **Unfolding the Handlebar:** If the handlebar is folded, lift it into the upright position until it locks securely. Ensure all locking mechanisms are fully engaged before use.
4. **Power Connection:** Connect the power cable to the treadmill's power input, then plug the other end into a standard, grounded electrical outlet.



Illustrates the Sportstech DFT100 treadmill being folded for storage and transported using its built-in wheels. It highlights its compact design, only 14 cm high when stored flat.

5. OPERATING INSTRUCTIONS

1. **Power On/Off:** Locate the main power switch on the treadmill (usually at the front near the power cord). Flip the switch to the 'ON' position. The LED display will illuminate. To turn off, flip the switch to 'OFF'.
2. **Using the Remote Control:** The treadmill is primarily controlled via the included wireless remote. Ensure the remote has working batteries.
3. **Starting a Workout:** Step onto the treadmill belt. Press the 'Start' button on the remote control. The belt will begin moving at a low default speed.
4. **Speed Adjustment:** Use the '+' and '-' buttons on the remote control to increase or decrease the running belt speed in increments.
5. **Stopping a Workout:** To stop the treadmill, press the 'Stop' button on the remote control. The belt will gradually slow down and come to a complete stop.
6. **Bluetooth Connection (Audio):** Activate Bluetooth on your smartphone or tablet. Search for 'DFT100' in the list of available devices and pair. You can now play music through the treadmill's integrated speakers.

7. **App Connection (Kinomap & FitShow):** Download the Kinomap or FitShow application from your device's app store. Follow the in-app instructions to connect to your DFT100 treadmill. This allows for advanced workout tracking, control, and access to various training programs.

BLEIB IN BEWEGUNG

KALORIENVERBRAUCH PRO STUNDE BEIM ARBEITEN

SITZEN	50 - 70
STEHEN	85 - 110
GEHEN	200 - 300

Höhenverstellbarer Schreibtisch **DF100**

optional auf **amazon** erhältlich

55 dB flüsterleise fürs Büro

A person walking on the Sportstech DFT100 treadmill while working at a standing desk, demonstrating its use in an office environment.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech DFT100 Treadmill.

- **Cleaning:** Regularly wipe down the treadmill's surfaces with a damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and ensure smooth operation. Refer to the detailed instructions in the full product manual for the correct type of lubricant and the recommended application frequency (typically every 30-50 hours of use).
- **Belt Adjustment:** If the running belt appears to be shifting to one side or slipping during use, it may require adjustment. Consult the full product manual for detailed instructions on how to center and tension the running

belt.

- **Storage:** When not in use, the treadmill can be folded and stored vertically or horizontally in a dry, clean area.

7. TROUBLESHOOTING

If you encounter issues with your Sportstech DFT100 Treadmill, refer to the following common troubleshooting steps:

- **Treadmill does not power on:** Ensure the power cable is securely connected to both the treadmill and a functional, grounded wall outlet. Check that the main power switch is in the 'ON' position.
- **Running belt does not move:** Verify that the main power is on and the remote control has working batteries. Ensure there are no obstructions preventing the belt from moving.
- **Unusual noise during operation:** Immediately stop the treadmill. Check for any loose parts or foreign objects on or under the running belt. If the noise persists, refer to the maintenance section for belt lubrication or adjustment.
- **App connection issues:** Ensure Bluetooth is enabled on your smartphone/tablet and the treadmill. Try restarting both devices. Check the app's permissions on your device.
- **Remote control not responding:** Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the treadmill's receiver.

For more complex issues, please contact Sportstech customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	Sportstech
Model Number	sp_dft_pl
Color	Black
Material	Metal
Display Type	LCD
Product Dimensions (L x W x H, Unfolded)	124 x 62.5 x 105 cm
Item Weight	27 Kilograms
Max Weight Capacity	100 Kilograms
Speed Range	0.8 to 8 km/h
Horsepower	588 Watt
Number of Programs	17
Special Features	App, display, remote control
Max Incline Percentage	15 (Note: Primary use is flat walking/jogging)

9. WARRANTY AND SUPPORT

For detailed warranty information, product registration, and customer support, please refer to the documentation

included with your purchase or visit the official Sportstech website. Keep your purchase receipt as proof of purchase for any warranty claims.