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## Athletic ESTEIRA ATHLETIC SPEEDY

# Athletic Speedy Treadmill User Manual

Model: ESTEIRA ATHLETIC SPEEDY

## 1. INTRODUCTION

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This manual provides essential information for the safe and efficient operation of your Athletic Speedy Treadmill. Please read all instructions carefully before assembly and use to ensure proper function and to prevent injury.

The Athletic Speedy Treadmill is designed for home use, offering a maximum speed of 12 km/h and 13 pre-defined training programs. It features 2 levels of incline and 6 shock absorbers for a comfortable workout experience.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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**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 starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters of clear space behind it.
- Wear appropriate exercise clothing and athletic shoes.
- Do not operate the treadmill if it has a damaged power cord or plug.
- Always hold the handrails when starting or stopping the treadmill.
- Use the safety key clip at all times. In case of emergency, the safety key will stop the treadmill.
- Do not attempt to adjust or repair the treadmill yourself. Contact qualified service personnel.

## 3. PACKAGE CONTENTS

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Carefully unpack your Athletic Speedy Treadmill and verify that all components are present:

- Athletic Speedy Treadmill Unit
- User Manual
- Assembly Tools (if included)
- Safety Key



*Image 1: Main view of the Athletic Speedy Treadmill. This image shows the overall structure of the treadmill, including the running deck, console, and support frame.*

## 4. ASSEMBLY AND SETUP

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The Athletic Speedy Treadmill requires some assembly before first use. Follow these general steps:

1. **Unpack:** Remove all components from the packaging and place them on a clear, flat surface.
2. **Base Assembly:** Secure the main frame to the base according to the diagrams in the included physical manual.
3. **Upright Posts:** Attach the upright posts to the main frame.
4. **Console Attachment:** Mount the console to the top of the upright posts, ensuring all cables are securely connected.
5. **Final Checks:** Ensure all bolts and screws are tightened. Plug the treadmill into a 110 Volt electrical outlet.

For detailed, step-by-step assembly instructions, please refer to the physical manual included with your product.

## 5. OPERATING INSTRUCTIONS

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## 5.1 Console Overview



Image 2: Close-up view of the Athletic Speedy Treadmill console. This image highlights the display screen, control buttons for speed, mode, and program selection, and the safety key slot.

The console features a digital display and various control buttons to manage your workout. Key functions include:

- **Display Screen:** Shows time, speed, distance, calories, and heart rate.
- **START/STOP:** Initiates or halts the running belt.
- **MODE/RESET:** Toggles between display modes or resets workout data.
- **SPEED +/-:** Adjusts the running belt speed.
- **PROGRAM:** Selects from 13 pre-defined workout programs.
- **Safety Key Slot:** Insert the safety key here to enable treadmill operation.

## 5.2 Starting a Workout

1. Ensure the treadmill is plugged into a 110 Volt power outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its slot on the console.
3. Step onto the treadmill's side rails.
4. Press the **START** button. The belt will begin moving at a low speed.
5. Gradually increase the speed using the **SPEED +** button to your desired pace (up to 12 km/h).
6. You can select one of the 13 pre-defined programs by pressing the **PROGRAM** button before or during your workout.
7. Adjust the incline manually to one of the 2 available levels as desired.

## 5.3 Stopping a Workout

1. Press the **STOP** button. The belt will gradually slow down and stop.
2. Alternatively, pull the safety key from its slot to immediately stop the treadmill in an emergency.
3. Once the belt has completely stopped, step off the treadmill.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Athletic Speedy Treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Do not use abrasive cleaners.
- **Lubrication:** The running belt may require lubrication periodically. Refer to your physical manual for specific instructions and recommended lubricants.
- **Belt Tension:** Check the running belt tension regularly. If the belt slips or feels loose, adjust it according to the instructions in your physical manual.
- **Storage:** When not in use, the treadmill can be folded for storage to save space. Ensure it is securely locked in the folded position.



*Image 3: Side view of the Athletic Speedy Treadmill. This perspective helps in understanding the treadmill's profile and how it might fold for storage.*

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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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; Check household circuit breaker.
Running belt slips.	Belt tension too loose.	Adjust belt tension according to the physical manual.
Unusual noise during operation.	Loose components; Lack of lubrication.	Check all bolts and screws for tightness; Lubricate the running belt if necessary.

If the problem persists, please contact Athletic customer support.

## 8. SPECIFICATIONS

Detailed technical specifications for the Athletic Speedy Treadmill:

Feature	Specification
Model Name	ESTEIRA ATHLETIC SPEEDY
Brand	Athletic
Color	Black
Material	Aluminum
Horsepower	4 Horsepower
Power Source	Electric
Voltage	110 Volts
Maximum Speed	12 Kilometers per hour
Programs	13 Pre-defined programs
Incline Levels	2 Levels (Manual)
Shock Absorbers	6
Max User Weight	120 KG (implied from feature bullets)
Dimensions (L x W x H)	152 x 72 x 118 cm (unfolded)
Item Weight	37 Kilograms (from package dimensions)



Image 4: Dimensions of the Athletic Speedy Treadmill. This image provides a visual representation of the treadmill's length, width, and height.

## 9. WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the warranty card included with your purchase or contact Athletic customer support directly. Keep your proof of purchase for warranty claims.

For technical assistance, spare parts, or service, please visit the official Athletic website or contact their customer service department.