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› HAMMER Q. Vadis 3.0 Treadmill User Manual

HAMMER 5160

HAMMER Q. Vadis 3.0 Treadmill User Manual

Model: 5160

INTRODUCTION

The HAMMER Q. Vadis 3.0 Treadmill is designed to provide an effective and comfortable running experience in your home. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your treadmill. Please read this manual thoroughly before initial use.



Image: A man running on the HAMMER Q. Vadis 3.0 Treadmill, showcasing its sleek design and compact form factor.

SAFETY INSTRUCTIONS

Always adhere to the following safety guidelines to prevent injury or damage to the equipment.

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Consult a physician before starting any new exercise program.
- Wear appropriate athletic footwear during use.
- 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/maintenance.

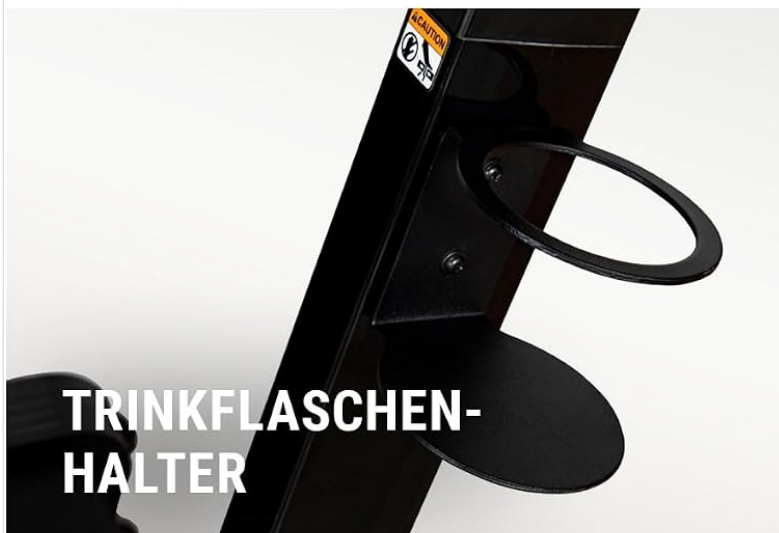


Image: Detailed view of the emergency stop key with its chip, crucial for safety, and the foot pedal for the folding mechanism.

SETUP

Unpacking and Initial Placement

The HAMMER Q. Vadis 3.0 Treadmill comes largely pre-assembled. Carefully remove all packaging materials. Place the treadmill on a level surface, ensuring sufficient space around it for safe operation and folding.

Folding Mechanism

The treadmill features an innovative folding mechanism for space-saving storage. To fold, use the foot pedal to release the running deck and lift it into a vertical position. Ensure it locks securely. To unfold, gently release the deck and lower it

until it clicks into place.

HAMMER

INNOVATIVER KLAPPMECHANISMUS

Schnell und einfach in unter 60 Sek verstaut

Der Klappmechanismus ermöglicht dir das bequeme und komplette zusammenklappen des Laufbands sowohl horizontal als auch vertikal.



Image: A man demonstrating the innovative folding mechanism of the treadmill, showing how it can be stored compactly, even under furniture.

OPERATING INSTRUCTIONS

Console Overview and Basic Operation

The treadmill is equipped with an intuitive LCD display and control panel. The display shows key workout data such as time, distance, speed, calories, and pulse. Use the rotary knob for quick navigation and the quick-select buttons for speed and incline adjustments.

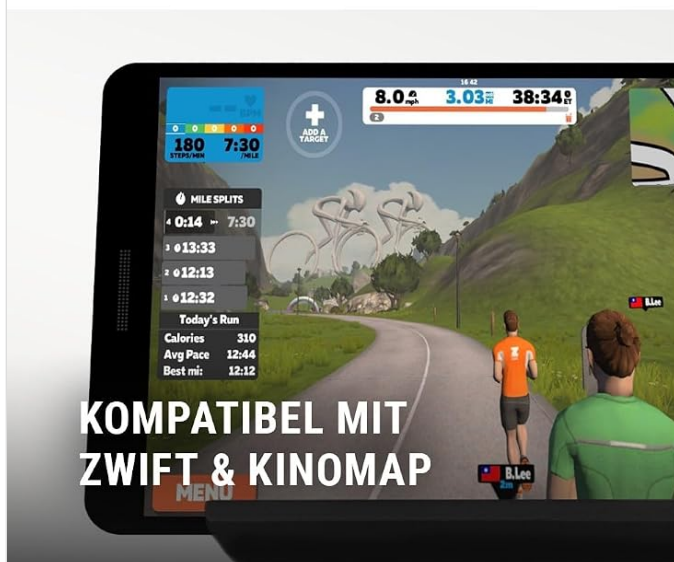
FITNESS TRIFFT TECHNOLOGIE



HANDPULS-SENSOREN



USB-LADEANSCHLUSS & AUX-ANSCHLUSS



KOMPATIBEL MIT ZWIFT & KINOMAP



TRAININGSCOMPUTER MIT LCD-ANZEIGE

Image: A detailed view of the treadmill's console, highlighting the LCD display, integrated hand pulse sensors, USB charging port, and AUX input for media playback.

Workout Programs

The Q. Vadis 3.0 offers 12 pre-installed workout programs. Each program can be divided into 10 sections, allowing for customized adjustments of incline and speed to suit your training needs. These programs are designed to improve endurance, facilitate efficient cardio workouts, strengthen muscles, reduce stress, and aid in weight reduction.

12 TRAININGSPROGRAMME



Image: An infographic detailing the 12 pre-installed training programs and displaying key performance indicators such as speed (up to 18 km/h), incline (up to 12%), and maximum power (5 HP).

App Connectivity (Kinomap, Zwift, HAMMER Workouts)

Enhance your training experience by connecting your tablet or smartphone via Bluetooth to the Q. Vadis 3.0. The treadmill is compatible with popular fitness apps like Kinomap and Zwift, offering live route experiences and interactive workouts. Additionally, the HAMMER Workouts app provides a wide selection of free workout videos tailored for your fitness equipment.

DIGITALE WORKOUTS

KOMPATIEBL MIT:



Image: A tablet screen showing the Zwift app in use with the treadmill, alongside logos for compatible apps: HAMMER Workouts, Zwift, and Kinomap, emphasizing digital workout integration.

Pulse Measurement

Monitor your heart rate during your workout using the integrated hand pulse sensors on the handlebars. For more accurate and continuous monitoring, an optional 5KHz chest strap (not included) can be used, especially for programs that utilize heart rate data.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication with silicone oil to reduce friction and wear. Refer to the included user manual for specific instructions and frequency.
- **Belt Centering:** If the running belt shifts to one side, it needs to be re-centered. This typically involves adjusting

screws at the rear of the treadmill. Consult the detailed instructions in the main user manual for the correct procedure.

- **General Inspection:** Periodically check all bolts and nuts for tightness and ensure all components are securely fastened.

TROUBLESHOOTING

This section addresses common issues you might encounter with your HAMMER Q. Vadis 3.0 Treadmill.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not connected, safety key not in place, circuit breaker tripped.	Ensure power cord is securely plugged in. Check that the safety key is fully inserted. Reset the circuit breaker if necessary.
Running belt shifts to one side.	Belt not centered, uneven surface.	Refer to the "Belt Centering" instructions in the Maintenance section and the full user manual. Ensure the treadmill is on a level surface.
Unusual noise during operation.	Lack of lubrication, loose components.	Lubricate the running belt if due. Check and tighten any loose bolts or screws. If noise persists, contact customer support.
App connectivity issues.	Bluetooth not enabled, app not updated, interference.	Ensure Bluetooth is enabled on your device. Update the app to the latest version. Try restarting both the treadmill and your device.

SPECIFICATIONS

Key technical specifications for the HAMMER Q. Vadis 3.0 Treadmill:

Feature	Detail
Model Number	5160
Dimensions (L x W x H)	160 x 77 x 140 cm
Weight	69 kg
Max. User Weight	130 kg
Running Surface	140 x 48 cm (2.5 mm thick)
Motor Power	5 HP (Peak)
Speed Range	1 - 18 km/h
Incline Range	Up to 12%
Workout Programs	12 pre-installed
Display Type	LCD (2.57 inches)
Connectivity	Bluetooth (for Kinomap, Zwift, Hammer Workouts), USB charging, AUX input

Feature	Detail
Heart Rate Monitoring	Hand pulse sensors, compatible with 5KHz chest strap (optional)
Damping System	6-point Super Soft running surface

SUPER-SOFT LAUFGEFÜHL

Die schwingungsgedämpfte 6-Punkt Super Soft-Laufbandoberfläche sorgt für ein realistisches Laufgefühl und gelenkschonende Bewegungsausführung, wie auf einem Waldboden.



**BIS 130 KG
BELASTBAR**



**6-PUNKT
DÄMPFUNGSSYSTEM**



Image: An illustration highlighting the generous running surface dimensions (140 x 48 cm) and the 6-point damping system for a comfortable and joint-friendly workout.

WARRANTY AND SUPPORT

Your HAMMER Q. Vadis 3.0 Treadmill comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions. For technical support, spare parts, or service inquiries, please contact HAMMER customer service. Contact details can typically be found on the manufacturer's official website or in the original packaging.

This manual is intended as a guide. For comprehensive details and specific procedures, always refer to the full user manual provided with your product.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question