BT BODYTONE DT-14

BT BODYTONE DT-14 Treadmill User Manual

Model: DT-14 | Brand: BT BODYTONE

1. Introduction

This manual provides essential information for the safe and effective use of your BT BODYTONE DT-14 treadmill. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.



Image 1.1: The BT BODYTONE DT-14 treadmill in a home setting with a user running.

The DT-14 treadmill is designed for home fitness, offering a comprehensive workout experience. Key features include:

- **Powerful Motor:** Equipped with a 2.0 HP DC motor, supporting speeds up to 14 km/h for walking and running.
- **Adjustable Incline:** Features a manual inclination system with 2 levels to increase workout intensity.
- **Advanced Cushioning:** REACT technology with a SHOCKS system (6 levels of cushioning) reduces impact on joints.
- **Self-Lubricating Belt:** The Bodytone AUTOLUBRICATE BELT is anti-static and designed for minimal maintenance.
- **Smart Connectivity:** Bluetooth compatible with popular fitness apps like Zwift, Kinomap, and MyBodytone for virtual training.
- **Integrated Display:** An LED screen displays essential metrics including speed, distance, calories, and heart rate.
- **Entertainment Features:** MP3 connection and High Definition speakers for audio playback during workouts.
- **Ergonomic Design:** Includes pulse sensors on handlebars, two bottle holders, and transport wheels.
- **Space-Saving Fold:** Automatic folding system with a hydraulic cylinder reduces space by up to 40% for easy storage.

2. Safety Information

To ensure safe operation and prevent injury, please observe the following safety precautions:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Ensure the safety key is properly attached to your clothing before beginning your workout.
- Do not allow children or pets near the treadmill while it is in operation.
- Wear appropriate athletic footwear and clothing.
- Hold the handrails when starting or stopping the treadmill, or if you feel unsteady.
- Do not step on or off the treadmill while the belt is moving.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- The maximum user weight for this treadmill is 110 kg.

3. Setup and Assembly

The DT-14 treadmill features a 'Plug & Train' design, meaning it comes largely pre-assembled for immediate use. Follow these steps for final setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for potential future transport or storage.
2. **Placement:** Position the treadmill on a level surface, ensuring sufficient space around it as described in the safety section.
3. **Unfolding:** Gently lift the running deck until it locks into the operating position. Ensure all locking mechanisms are securely engaged.
4. **Handlebar Adjustment (if applicable):** Adjust handlebars to a comfortable height if they are adjustable.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.

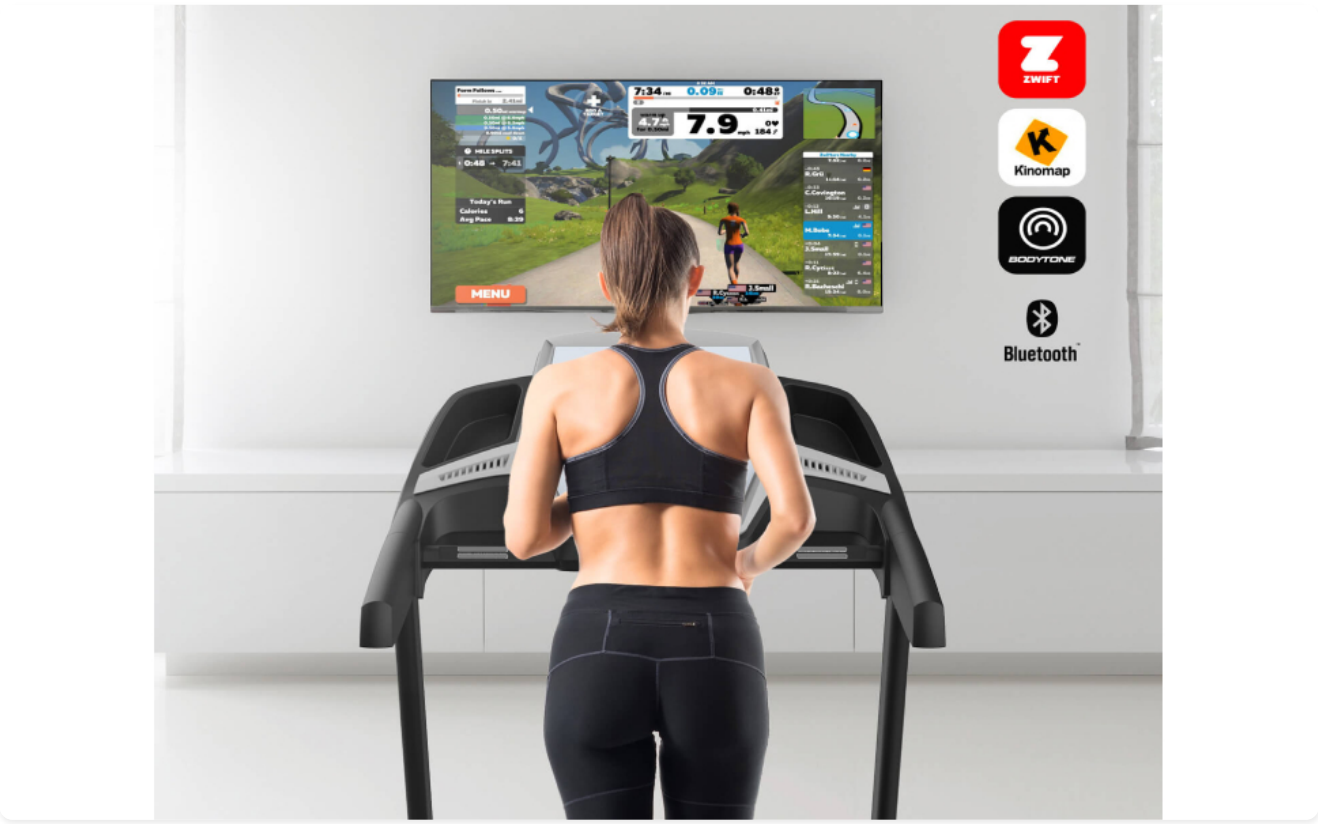


Image 3.1: Illustration of the treadmill's folding mechanism for space-saving storage.

To fold the treadmill for storage, ensure it is powered off and unplugged. Follow the instructions in reverse, using the hydraulic cylinder for controlled lowering of the running deck.

4. Operating Instructions

4.1 Console Overview



Image 4.1: The LED console display showing various workout metrics and control buttons.

The LED console displays key workout data and allows control over the treadmill's functions:

- **Display:** Shows time, speed, distance, calories burned, and heart rate (when using pulse sensors).
- **Speed Controls:** Use '+' and '-' buttons to adjust speed. Quick speed buttons may also be available.
- **Start/Stop:** Initiates or pauses the workout.
- **Mode/Program:** Selects different workout programs or display modes.
- **Safety Key Slot:** Insert the safety key here to enable operation. The treadmill will not start without it.

4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is inserted into the console.
2. Attach the clip of the safety key to your clothing.
3. Step onto the treadmill belt, placing your feet on the side rails.
4. Press the 'Start' button. The belt will begin to move at a low speed.
5. Gradually increase the speed to your desired pace using the speed controls.

6. To adjust incline, use the manual inclination system as per the specific instructions provided with your unit.

4.3 Bluetooth Connectivity and Apps

Your DT-14 treadmill is compatible with various fitness applications via Bluetooth, enhancing your training experience.



Image 4.2: A user running on the treadmill with a screen displaying a virtual training environment from a compatible app.

1. Download your preferred fitness app (e.g., Zwift, Kinomap, MyBodytone) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the fitness app and follow its instructions to pair with your DT-14 treadmill. The treadmill should appear as an available device.
4. Once connected, the app can control certain treadmill functions and display your workout data.

4.4 Audio Playback

Connect your MP3 player or smartphone to the treadmill's MP3 input using an audio cable (not included) to play music through the integrated High Definition speakers.

5. Maintenance

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

5.1 Lubrication

The DT-14 treadmill features a Bodytone AUTOLUBRICATE BELT, designed to be self-lubricating and minimize maintenance. While this reduces the need for frequent manual lubrication, it is recommended to periodically check the running belt for any signs of excessive friction or wear. If you notice any issues or unusual noise, consult the manufacturer's support for specific guidance on lubrication or belt adjustment.

5.2 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to remove dust and debris that can accumulate.

5.3 Belt Adjustment

The running belt may require occasional adjustment to ensure it remains centered and properly tensioned. Refer to the specific instructions provided with your treadmill for detailed steps on how to adjust the belt tension and alignment. Incorrect adjustment can lead to premature wear or unsafe operation.

6. Troubleshooting

If you encounter issues with your treadmill, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not inserted, circuit breaker tripped.	Check power connection, ensure safety key is fully inserted, reset circuit breaker if necessary.
Belt slips or hesitates	Belt tension too loose, belt worn, motor issue.	Adjust belt tension (refer to manual), inspect belt for wear. If issues persist, contact support.
Unusual noise during operation	Loose components, lack of lubrication, motor issue.	Check for loose bolts, ensure belt is properly lubricated (if applicable), contact support if noise continues.
Heart rate monitor inaccurate	Hands not properly placed on sensors, dry hands, electrical interference.	Ensure firm, consistent contact with sensors. Moisten hands slightly if dry. Avoid strong electromagnetic fields.
Bluetooth connection issues	Bluetooth off on device, app not updated, interference.	Ensure Bluetooth is active, restart app and treadmill, try pairing in a different location.

If these steps do not resolve the issue, please contact BT BODYTONE customer support for further assistance.

7. Specifications

Detailed technical specifications for the BT BODYTONE DT-14 Treadmill:



Image 7.1: Diagram illustrating the dimensions of the DT-14 treadmill.

Feature	Specification
Model Number	DT-14
Motor Power	2.0 HP DC
Maximum Speed	14 km/h
Running Surface	125 x 42 cm
Incline System	Manual, 2 levels
Cushioning System	REACT Technology, SHOCKS with 6 levels
Belt Type	Bodytone AUTOLUBRICATE BELT (anti-static, self-lubricating)
Display Type	LED (Time, Speed, Distance, Calories, Heart Rate)

Feature	Specification
Connectivity	Bluetooth (Zwift, Kinomap, MyBodytone compatible), MP3 input
Maximum User Weight	110 kg
Recommended Usage	Up to 10 hours per week
Product Dimensions (Unfolded)	157 cm (length) x 72 cm (width) x 126 cm (height)
Folded Dimensions	114 cm (length) x 76 cm (width) x 126 cm (height) (approximate, based on folding mechanism)
Product Weight	65 kg
Material	Alloy Steel
Included Accessories	Tool kit

8. Warranty and Support

For warranty information, product registration, or technical support, please refer to the documentation included with your purchase or visit the official BT BODYTONE website. Contacting customer service directly will provide the most accurate and up-to-date assistance for your specific 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

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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