

## TODO CR-PB003

# TODO Under Desk Treadmill CR-PB003 User Manual

Model: CR-PB003 | Brand: TODO

## 1. IMPORTANT SAFETY INSTRUCTIONS

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Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- **Weight Limit:** Do not exceed the maximum user weight of 110 kg (242 lbs).
- **Clearance:** Ensure a minimum of 2 meters (6.5 feet) of clear space behind the treadmill and 0.5 meters (1.6 feet) on each side.
- **Emergency Stop:** Familiarize yourself with the emergency stop function before use.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Power Source:** Connect the treadmill to a grounded outlet only. Do not use extension cords.
- **Unplug When Not in Use:** Always unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

## 2. PACKAGE CONTENTS

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Verify that all components are present and undamaged upon unpacking:

- TODO Under Desk Treadmill (1 unit)
- Remote Control (1 unit)
- Power Cord (1 unit)
- Lubricant Oil (small bottle, 1 unit)
- User Manual (this document)
- Hex Wrench (for belt adjustment, 1 unit)

## 3. PRODUCT OVERVIEW

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### 3.1 Features

- **2-in-1 Design:** Functions as both an under-desk walking pad and a jogging treadmill.
- **Slim and Portable:** Designed for easy storage under furniture.
- **LED Display:** Integrated display shows time, speed, distance, and calories.
- **Remote Control:** Conveniently adjust settings during use.
- **Low Noise Operation:** Motor noise suppressed to below 50 dB.
- **Anti-Skid Running Area:** Provides a secure surface for exercise.
- **Shock-Absorbing Design:** Reduces impact on joints.

### 3.2 Specifications

<b>Model</b>	CR-PB003
<b>Dimensions (L x W x H)</b>	113 x 48 x 12 cm (48.6 x 20 x 4.9 inches)
<b>Product Weight</b>	18.5 kg (40 lbs)
<b>Maximum Load Capacity</b>	110 kg (242 lbs)
<b>Speed Range</b>	0.5 - 5 MPH
<b>Running Area</b>	41 x 15.3 inches
<b>Noise Level</b>	< 50 dB

### 3.3 Components

- **Running Belt:** The main surface for walking or jogging.
- **LED Display:** Shows exercise data.
- **Power Switch:** Located at the front or side of the unit.
- **Remote Control:** Used to operate the treadmill.

## 4. SETUP

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1. **Unpack:** Carefully remove the treadmill and all accessories from the packaging.
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit as specified in the safety instructions.
3. **Power Connection:** Plug the power cord into the treadmill's power inlet, then into a grounded electrical outlet.
4. **Initial Check:** Turn on the power switch. The LED display should illuminate.



Image: The TODO Under Desk Treadmill positioned in a home office environment, ready for use. This illustrates a typical setup for the device.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Powering On/Off

- **Power On:** Flip the main power switch located on the treadmill. The display will light up.
- **Power Off:** Press the stop button on the remote control to halt the belt, then flip the main power switch to off. Unplug the unit from the wall outlet.

### 5.2 Using the Remote Control

The remote control allows you to manage the treadmill's functions:

- **Start Button:** Press to begin belt movement. The treadmill will typically start at a low speed (e.g., 0.5 MPH) after a short countdown.
- **Stop Button:** Press to immediately stop the running belt.
- **Speed Up (+):** Increases the belt speed.
- **Speed Down (-):** Decreases the belt speed.

### 5.3 Speed Range and Modes

The treadmill offers a speed range from 0.5 to 5 MPH, suitable for both walking and light jogging.



Image: A user walking on the treadmill, illustrating its use in a home setting. The image highlights the speed range capability of 0.5 to 5 MPH.

## 5.4 Display Information

The integrated LED display provides real-time feedback on your workout:

- **Time:** Duration of your workout.
- **Speed:** Current speed of the running belt.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Image: A close-up view of the treadmill's running surface, indicating its dimensions of 41 inches in length and 15.3 inches in width. This area is designed to be anti-skid for user safety.

# RUNNING AREA 41X15.3 IN SHOCK-ABSORBRING

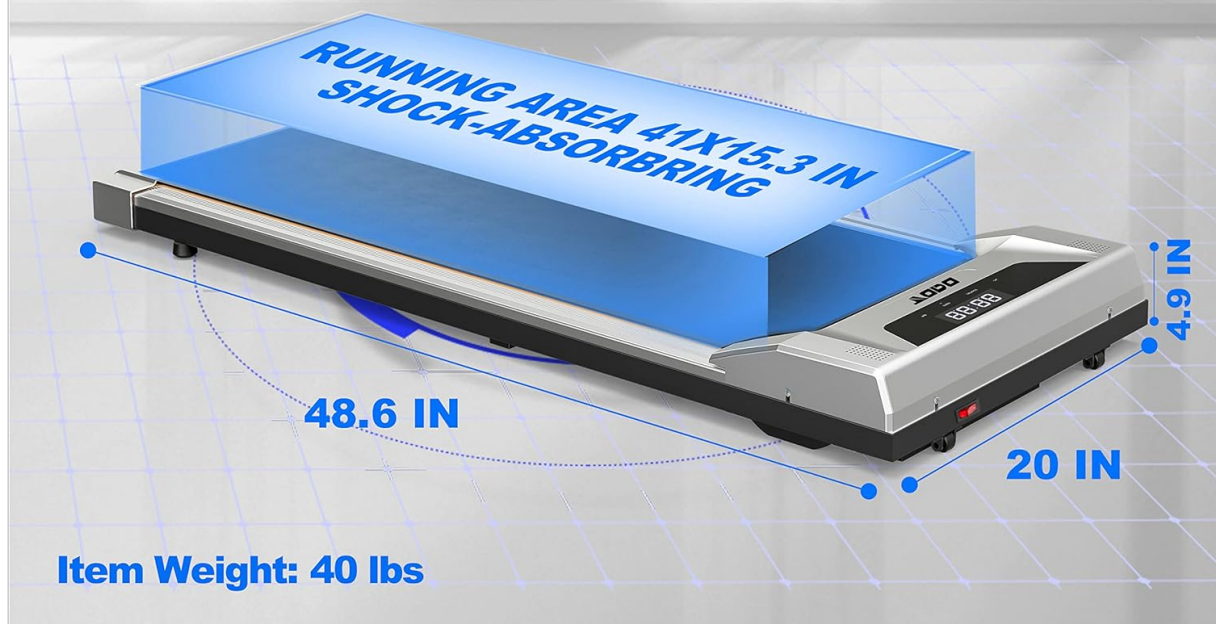


Image: An illustration detailing the overall dimensions of the treadmill (48.6 inches long, 20 inches wide, 4.9 inches high) and highlighting its shock-absorbing design for user comfort.

## 6. MAINTENANCE

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### 6.1 Cleaning

Regular cleaning helps maintain the treadmill's appearance and function:

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to remove dust and debris.

### 6.2 Lubrication

The running belt requires periodic lubrication to ensure smooth operation and prolong its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant.

1. Unplug the treadmill.
2. Lift one side of the running belt.
3. Apply a small amount of lubricant in a line down the center of the deck, underneath the belt.

4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.
6. Lubricate every 3-6 months, or after approximately 50 hours of use, depending on usage frequency.

### 6.3 Belt Adjustment

If the running belt shifts to one side or feels loose, it may need adjustment:

- **Centering the Belt:** If the belt drifts to one side, use the provided hex wrench to turn the adjustment bolt on the rear roller. Turn clockwise to move the belt to the right, counter-clockwise to move it to the left. Make small adjustments (quarter turns) and run the treadmill for a minute to check.
- **Tightening the Belt:** If the belt slips, turn both rear roller adjustment bolts clockwise by a quarter turn. Test the belt. Repeat if necessary, ensuring both sides are tightened evenly.

### 6.4 Storage

Due to its slim design, the treadmill can be stored under a sofa or bed when not in use.



Image: The treadmill stored horizontally under a sofa, demonstrating its compact and space-saving design for convenient storage.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged into both the treadmill and a grounded outlet. Turn the power switch on. Check your home's circuit breaker.

Running belt stops or slips during use.	Belt too loose; Insufficient lubrication; User weight exceeds limit.	Adjust belt tension (see Section 6.3). Lubricate the running belt (see Section 6.2). Ensure user weight is within specifications.
Running belt drifts to one side.	Belt not centered; Uneven floor surface.	Adjust belt centering (see Section 6.3). Ensure the treadmill is on a flat, level surface.
Unusual noise from the treadmill.	Lack of lubrication; Loose components; Debris under belt.	Lubricate the belt. Check for and tighten any loose screws. Inspect under the belt for foreign objects.



Image: A visual representation indicating the treadmill's motor noise is suppressed to below 50 dB, ensuring quiet operation suitable for various environments.

## 8. WARRANTY INFORMATION

This product comes with a manufacturer's warranty. Please refer to the warranty card included in your package or contact customer support for specific details regarding warranty coverage and duration.

## 9. CUSTOMER SUPPORT

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If you have any questions, concerns, or require assistance with your TODO Under Desk Treadmill, please contact our customer support team. Contact information can typically be found on the product packaging or our official website.