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> CEARTRY 2-in-1 Treadmill User Manual

CEARTRY TM

CEARTRY 2-in-1 Treadmill User Manual

Model: TM

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your CEARTRY 2-in-1 Treadmill, Model TM. Please read this manual thoroughly before using the product and retain it for future reference.

The CEARTRY 2-in-1 Treadmill is an innovative fitness machine designed for both walking and jogging, offering versatility for various exercise needs. Its compact design allows for easy storage and use in home environments.



Image: The CEARTRY 2-in-1 Treadmill in use, showing a person walking on the treadmill and an illustration of the watch-style remote control.

2. SAFETY INSTRUCTIONS

To ensure safe operation and prevent injury, always adhere to the following safety guidelines:

- Read all instructions in this manual before using the treadmill.
- Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always use the emergency stop function if you feel unwell or need to stop the treadmill immediately.
- Do not step on or off the treadmill while the belt is moving.

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- This treadmill is designed for home use only. Do not use it in a commercial or institutional setting.

3. PRODUCT FEATURES

3.1 Innovative 2-in-1 Design

The CEARTRY treadmill offers two distinct modes of operation to suit various fitness needs. It can function as an under-desk walking pad with speeds ranging from 0.5 MPH to 2 MPH, ideal for light activity while working. Alternatively, it can be used for jogging at speeds from 2 MPH to 4 MPH to achieve more intensive fitness goals.



Image: Illustration showing the two operational modes: a person walking on the treadmill in under-desk mode (0.5-2 MPH) and another person jogging in standard mode (2-4 MPH).

3.2 Remote Control & Preset Programs

Control your workout effortlessly with the included watch-style remote control, which also features an emergency stop function for immediate safety. The treadmill includes 12 preset programs and offers two modes (automatic/countdown) to provide diverse workout options tailored to your physical condition and fitness objectives.



Image: Close-up view of the treadmill's LED display showing speed, time, distance/calories, and program/mode indicators, alongside an illustration of the watch-style remote control.

3.3 Anti-slip Running Belt & LED Display

The treadmill features a 5-layer anti-slip textured running belt, designed to provide a spacious and secure surface for exercise. This multi-layer construction offers effective cushioning for knees and muscles, enhancing comfort and safety during workouts. The integrated LED display clearly shows real-time data including time, speed, distance, and calories burned, allowing you to monitor your progress.



Image: A detailed diagram illustrating the five layers of the treadmill's running belt: Wear-Resistant Surface, Sound Insulation Layer, Reinforcing Support Layer, Shock Absorbing Layer, and Compression Layer.

3.4 Powerful and Quiet Motor

Equipped with a 2.0 HP high-power silent motor, this walking pad is suitable for running, jogging, and walking in a home environment without excessive noise. The durable steel frame combined with a multi-layer shielding design ensures shock absorption and noise reduction, contributing to a quieter, safer, and more comfortable exercise experience.

NEW 2-IN-1 PORTABLE TREADMILL

Suitable for all kinds of people in the family

Jogging Mode: 2-4MPH



Walking Mode: 0.5-2MPH



Image: An internal diagram highlighting the 2.0 HP motor and its components, emphasizing its quiet operation and power.

3.5 Easy to Move and Store

The treadmill is designed for convenience with built-in transport wheels, making it easy to move and store. Its compact form factor allows it to be placed under a desk or bed, saving valuable space. The product requires no assembly and is ready for use directly out of the box.

TREADMILL YOU CAN PICK UP WITH ONE HAND



SPACE SAVED & EASY TO MOVE

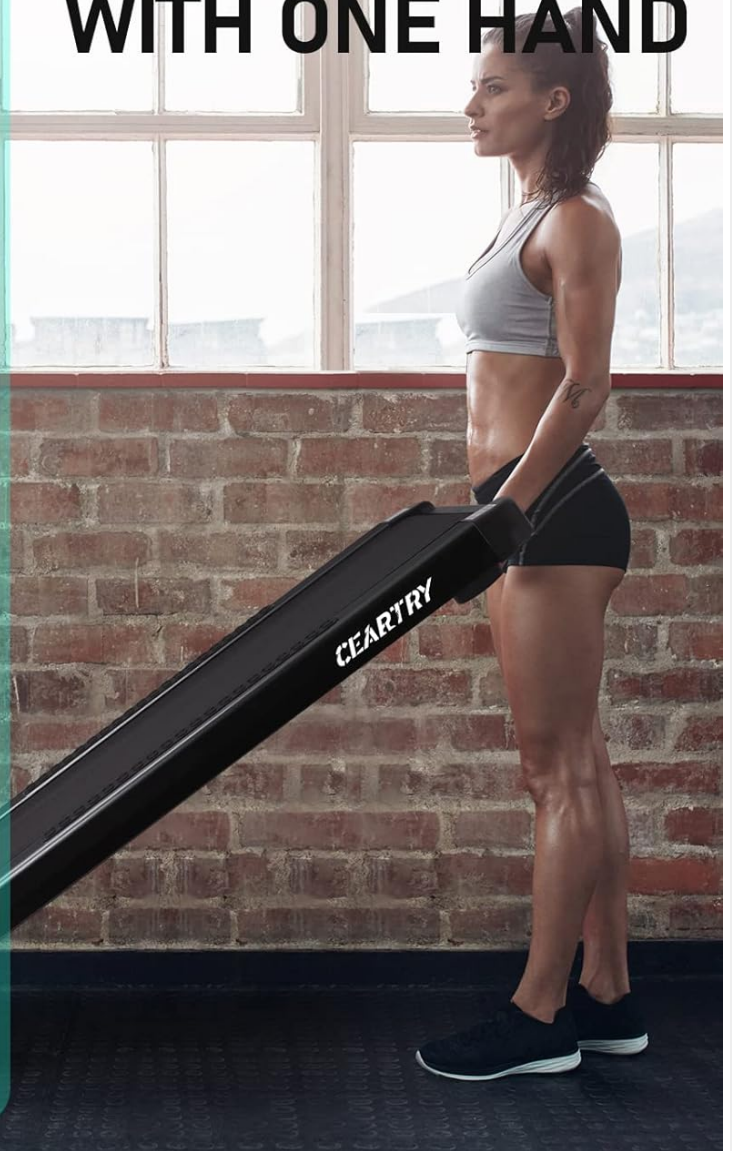


Image: A collage showing the treadmill stored compactly under a bed and a sofa, and a person easily picking up the treadmill with one hand, demonstrating its portability and space-saving design.

3.6 Large Running Area

The treadmill provides a generous running area measuring approximately 40 inches in length and 15.5 inches in width, ensuring comfortable and unrestricted movement during your workout sessions.

LARGE RUNNING AREA



Image: An overhead view of the treadmill's running surface with dimensions indicated, showing a length of 40 inches and a width of 15.5 inches.

4. SETUP

The CEARTRY 2-in-1 Treadmill requires no assembly and is ready for immediate use upon unboxing.

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Position:** Place the treadmill on a firm, level surface. Ensure there is sufficient clear space around the unit as described in the safety instructions.
3. **Power Connection:** Connect the power cord to the treadmill's power input and then plug it into a grounded electrical outlet (AC110V/60Hz).
4. **Remote Control:** Insert the battery into the watch-style remote control. The remote is essential for operating the treadmill.

5. OPERATING INSTRUCTIONS

5.1 Remote Control Functions

The watch-style remote control is your primary interface for operating the treadmill. Familiarize yourself with its buttons:

- **ON/OFF Button:** Press to turn the treadmill on or off.
- **Speed + Button:** Increases the treadmill speed.
- **Speed - Button:** Decreases the treadmill speed.
- **Mode/Program Button (P):** Cycles through preset programs (P01-P12) or switches between automatic/countdown modes.
- **Emergency Stop:** Press the designated button on the remote to immediately stop the treadmill in case of an emergency.

5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the remote control has a working battery.
2. Press the **ON/OFF** button on the remote control to power on the treadmill. The LED display will illuminate.
3. Stand on the side rails of the treadmill, not on the belt, before starting.
4. Press the **ON/OFF** button again to start the belt. It will typically start at a low speed.
5. Gradually increase the speed using the **Speed +** button to your desired pace.
6. Carefully step onto the moving belt.

5.3 Adjusting Speed and Modes

- **Speed Adjustment:** Use the **Speed +** and **Speed -** buttons on the remote to adjust the speed between 0.5 MPH and 4 MPH.
- **Walking Mode:** For under-desk use or light walking, set the speed between 0.5 MPH and 2 MPH.
- **Jogging Mode:** For more intense workouts, set the speed between 2 MPH and 4 MPH.
- **Preset Programs:** Press the **P** button on the remote to cycle through the 12 pre-programmed workouts (P01-P12). Each program has varying speed and duration profiles.
- **Automatic/Countdown Modes:** The treadmill also offers automatic and countdown modes. Refer to the LED display for current mode indication (H1-H3).

5.4 Ending a Workout

1. Gradually decrease the speed using the **Speed -** button until the treadmill comes to a complete stop.
2. Once the belt has stopped, carefully step off the treadmill.
3. Press the **ON/OFF** button on the remote to turn off the treadmill.
4. Unplug the power cord from the wall outlet when not in use.

6. MAINTENANCE

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

- **Cleaning:**
 - Always unplug the treadmill before cleaning.
 - Wipe down the treadmill's surfaces with a damp cloth after each use to remove sweat and dust.
 - Do not use abrasive cleaners or solvents, as they may damage the finish.

- **Belt Lubrication:**

- The running belt requires periodic lubrication to reduce friction and extend its lifespan.
- Use the provided lubricant or a silicone-based treadmill lubricant.
- Refer to the specific instructions in the included "Lubricant" guide for proper application frequency and method. Generally, apply lubricant every 3-6 months depending on usage.

- **Belt Tension and Alignment:**

- Over time, the running belt may become loose or shift to one side.
- If the belt slips or is off-center, use the included tool kit to adjust the tension and alignment screws located at the rear of the treadmill. Make small adjustments (quarter turns) and test the belt after each adjustment.
- Do not overtighten the belt, as this can cause excessive wear on the motor and belt.

- **Storage:**

- When not in use, unplug the treadmill.
- Utilize the built-in transport wheels to move the treadmill to a suitable storage location, such as under a bed or sofa.
- Store in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power outlet not working; remote control battery low/dead.	Ensure power cord is securely plugged into a working outlet. Check household circuit breaker. Replace remote control battery.
Running belt slips or hesitates.	Belt too loose; insufficient lubrication; user weight exceeds capacity.	Adjust belt tension (refer to Maintenance section). Apply lubricant to the running deck. Ensure user weight is within the 300 lbs capacity.
Running belt is off-center.	Belt alignment needs adjustment.	Adjust belt alignment screws at the rear of the treadmill (refer to Maintenance section).
Unusual noise during operation.	Lack of lubrication; loose components; foreign object under belt.	Lubricate the belt. Check for and tighten any loose screws. Inspect under the belt for debris. If noise persists, contact customer support.
Remote control not responding.	Low or dead battery; remote out of range; interference.	Replace the remote control battery. Ensure you are within effective range of the treadmill. Remove any potential sources of interference.

8. SPECIFICATIONS

Feature	Detail
Model Number	TM

Feature	Detail
Brand	CEARTRY
Product Dimensions	125.98 x 55.37 x 11.94 cm (49.6 x 21.8 x 4.7 inches)
Item Weight	24.49 kg (54 lbs)
Maximum Weight Capacity	300 Pounds (136 kg)
Motor Horsepower	2.0 HP
Speed Range	0.5 to 4 mph
Number of Programs	12 Preset Programs
Display Type	LCD
Display Metrics	Speed, Distance, Time, Calories Burned
Frame Material	Alloy Steel
Power Source	Corded Electric (AC110V/60Hz)
Special Features	Heavy Duty, Portable, Shock Absorbent, Wheeled
Included Components	Lubricant, Power Cord, Remote Control, Tool Kit

9. WARRANTY AND SUPPORT

The CEARTRY 2-in-1 Treadmill comes with a three-year after-sales service commitment. For any questions, technical assistance, or warranty claims, please contact CEARTRY customer support.

Please have your model number (TM) and purchase information ready when contacting support.

Contact Information:

- **Website:** Refer to your purchase platform or product packaging for the official CEARTRY support website.
- **Email:** Refer to your purchase platform or product packaging for the official CEARTRY support email.