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FITNATION Treadwell



FITNATION Treadwell Instruction Manual

Model: Treadwell

1. PRODUCT OVERVIEW

The FITNATION Treadwell is a compact and lightweight exercise device designed for seated use, allowing you to incorporate movement into your daily routine from the comfort of your home or office. Its design prioritizes convenience and ease of storage.



Key Features:

- Compact and lightweight design, ideal for any space and easy storage under a bed or sofa.
- Features a 10-degree incline.
- Maximum weight capacity of 110 lbs.
- Includes a remote control for adjusting settings.
- Offers 10 speed settings ranging from 0.5 mph to 1.8 mph.
- Timer function adjustable up to 30 minutes.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Treadwell. Failure to follow these instructions may result in injury or damage to the product.

- **IMPORTANT:** This unit is designed exclusively for **seated exercises**. Do not use while standing.
- Ensure the user's weight does not exceed the maximum capacity of 110 lbs (approximately 50 kg).
- Place the Treadwell on a stable, level surface during use.
- Keep hands, feet, and loose clothing clear of all moving parts.
- Do not allow children or pets near the device during operation.
- Unplug the unit from the power outlet when not in use or before cleaning.
- If you experience any pain, dizziness, or discomfort, stop exercising immediately and consult a physician.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged upon opening the package:

- FITNATION Treadwell Unit
- Remote Control
- Lubricant Oil
- Power Adapter (attached or separate)

4. SETUP

The FITNATION Treadwell requires minimal assembly. Follow these steps to prepare your unit for use:

1. Unpack the Treadwell unit and all accessories from the packaging.
2. Place the unit on a flat, stable surface where you intend to use it. Ensure there is adequate space around the unit for safe operation.
3. Connect the power adapter to the Treadwell's power input port.
4. Plug the power adapter into a standard electrical outlet.



Image 4.1: The compact design allows for convenient placement, such as under a desk.

5. OPERATING INSTRUCTIONS

The Treadwell can be operated using the control panel on the unit or the included remote control.

Control Panel:

The control panel features push buttons and a digital display for speed and time.

Remote Control:

The remote control provides convenient access to all functions.





Image 5.1: The included remote control for easy operation.

Basic Operation:

1. **Power On:** Press the Power button (usually red or marked with a power symbol) on the unit's control panel or the remote. The display will illuminate.
2. **Start/Stop:** Press the Start/Stop button (often green or with a play/pause symbol) to begin or pause the

belt movement.

3. **Adjust Speed:** Use the '+' and '-' buttons on the control panel or remote to increase or decrease the speed. The Treadwell offers 10 speed settings from 0.5 mph to 1.8 mph.
4. **Set Timer:** The timer can be set for up to 30 minutes. Refer to the remote control or unit's display for specific timer adjustment buttons (often labeled 'Time' or 'T').
5. **Programs:** The unit may include pre-set programs. Use the 'P' or 'M' button on the remote to cycle through available programs or modes.
6. **Power Off:** Press the Power button again to turn off the unit. For complete power disconnection, unplug the unit from the wall outlet.



Image 5.2: The Treadwell is designed for comfortable use while seated, such as on a couch.



Image 5.3: Close-up view of feet properly positioned on the Treadwell's walking belt.

6. MAINTENANCE

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

Cleaning:

- Always unplug the unit before cleaning.
- Wipe down the exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Keep the walking belt clean and free of debris.

Lubrication:

The walking belt requires periodic lubrication to reduce friction and ensure smooth operation. Use the provided lubricant oil.

- Refer to the specific instructions in your quick start guide for the exact lubrication procedure, including frequency and application method.
- Typically, this involves lifting the edge of the belt and applying a small amount of lubricant to the deck underneath.

7. TROUBLESHOOTING

If you encounter issues with your Treadwell, try the following troubleshooting steps:

- **Unit does not power on:** Ensure the power adapter is securely plugged into both the unit and a working electrical outlet. Check if the outlet is receiving power.
- **Belt does not move:** Verify the unit is powered on and not in pause mode. Check for any obstructions under or around the belt.
- **Unusual noises:** Stop the unit immediately. Check for any foreign objects on the belt or under the motor cover. If the noise persists, contact customer support.
- **Remote control not working:** Check the battery in the remote control and replace if necessary. Ensure there are no obstructions between the remote and the unit's sensor.

If these steps do not resolve the issue, please contact FITNATION customer support.

8. SPECIFICATIONS

Specification	Value
Brand	FITNATION
Model Name	Treadwell
Color	Black
Material	Polypropylene (PP)
Item Weight	26.5 Pounds
Maximum Weight Recommendation	110 Pounds
Controls Type	Push Button
Maximum Incline Percentage	10
Maximum Speed	1.8 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Number of Programs	10
Number of Resistance Levels	10
Operation Mode	Automatic
Item Package Dimensions L x W x H	23 x 18 x 8 inches
Package Weight	14.42 Kilograms
Suggested Users	unisex-adult
UPC	850022706363

9. WARRANTY AND SUPPORT

Warranty:


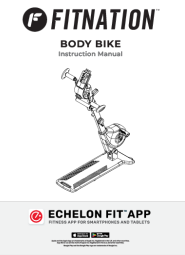
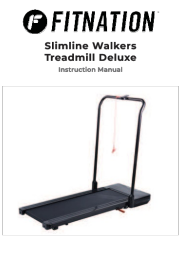
The FITNATION Treadwell comes with a 1-year manufacturer's warranty. Please retain your proof of purchase for warranty claims.

Customer Support:

For technical assistance, warranty inquiries, or to order replacement parts, please visit the official FITNATION website or contact their customer service department. Contact information can typically be found on the product packaging or the brand's official website.

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Related Documents - Treadwell

	<p>FitNation Rock N Fit User Guide: Assembly, Operation, and Safety</p> <p>Comprehensive user guide for the FitNation Rock N Fit vibration plate, covering safety instructions, assembly, operation modes, usage tips, maintenance, and parts list.</p>
	<p>FitNation Body Bike Instruction Manual: Assembly, Operation, and Safety Guide</p> <p>Comprehensive instruction manual for the FitNation Body Bike, covering safety warnings, parts list, assembly steps, tension and angle adjustments, console operation, and battery installation. Learn how to use and maintain your Body Bike for optimal fitness.</p>
	<p>FitNation Slimline Walkers Treadmill Deluxe Instruction Manual</p> <p>This document provides comprehensive instructions for the FitNation Slimline Walkers Treadmill Deluxe, covering setup, operation, maintenance, troubleshooting, and warranty information. It emphasizes safety precautions and proper usage to ensure a positive user experience.</p>



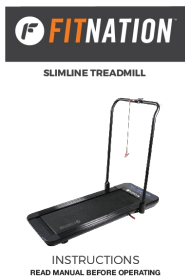
[FitNation Flex Express Stationary Bike Instruction Manual](#)

Comprehensive instruction manual for the FitNation Flex Express stationary bike, including assembly, operation, and safety guidelines. Features Echelon Fit app integration for enhanced workouts.



[FitNation Slimline Treadmill User Manual and Safety Instructions](#)

Comprehensive guide for the FitNation Slimline Treadmill, including setup, operation, maintenance, troubleshooting, and safety warnings. Learn how to use your treadmill with the Echelon Fit app.



[FitNation Slimline Treadmill User Manual and Safety Instructions](#)

Comprehensive guide for the FitNation Slimline Treadmill, covering safety instructions, setup, operation, maintenance, troubleshooting, and warranty information.