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BT BODYTONE AR200C

Bodytone AR200C Bluetooth Folding Treadmill User Manual

Model: AR200C

1. Introduction

Thank you for choosing the Bodytone AR200C Bluetooth Folding Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly or operation and keep it for future reference.

The AR200C treadmill is designed to help you achieve your fitness goals with its robust features, including a maximum speed of 12 km/h, Bluetooth connectivity for popular fitness apps like Kinomap, Zwift, and MyBodytone, and the REACT cushioning system for joint protection.



Figure 1: Front view of the Bodytone AR200C Bluetooth Folding Treadmill.

2. Safety Instructions

To ensure your safety and prolong the life of your treadmill, please observe the following precautions:

- Always consult with a healthcare professional before starting any new exercise program.
- Place the treadmill on a flat, stable surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight for this treadmill is 100 kg (220 lbs). Do not exceed this limit.
- Always attach the safety key clip to your clothing before starting a workout. In case of an emergency, pulling the safety key will immediately stop the treadmill.

- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not operate the treadmill if it is damaged or malfunctioning. Contact customer support immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

3. Package Contents

Carefully unpack your treadmill and verify that all components are present. If any parts are missing or damaged, please contact customer support.

- Bodytone AR200C Treadmill (pre-assembled main unit)
- User Manual
- Safety Key
- Remote Control
- Power Cord
- Assembly Tools (if required for minor adjustments)

4. Setup and Assembly

The Bodytone AR200C features a "Plug&Train" system, meaning it comes largely pre-assembled for quick setup.

4.1 Unfolding the Treadmill

1. Place the treadmill on a flat, stable surface.
2. Carefully lift the running deck from its folded position until it locks into place. Ensure the locking mechanism is fully engaged.
3. Adjust the console and handlebars to your desired position, if applicable, and secure them.



Figure 2: Side view of the treadmill in operational position.

4.2 Connecting Power

Plug the power cord into the treadmill's power inlet and then into a grounded electrical outlet. Ensure the power switch (usually located near the power cord inlet) is in the 'ON' position.

4.3 Folding for Storage

To save space, the treadmill can be folded. Follow the reverse steps of unfolding, ensuring the running deck is securely locked in the upright position. Use the transport wheels to move the folded treadmill.



Figure 3: Treadmill in folded position for storage.

5. Operating Instructions

5.1 Console Overview

The console features an LCD display that shows speed, time, distance, and calories burned. It also includes integrated speakers, a tablet holder, and controls for speed and mode.



Figure 4: Treadmill console with tablet holder and safety key attachment point.

5.2 Safety Key

The red safety key is a critical safety feature. Attach the clip to your clothing and place the magnetic end onto the designated area on the console. The treadmill will not start without the safety key in place. Pulling the safety key during operation will immediately stop the treadmill.

5.3 Starting a Workout

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Attach the safety key to your clothing and the console.
3. Step onto the treadmill, placing your feet on the side rails.
4. Press the 'START' button on the console or remote control. The belt will begin moving at a low speed.
5. Gradually increase the speed using the '+' button on the console or remote control to your desired pace (up to 12 km/h).
6. To stop, press the 'STOP' button or pull the safety key.

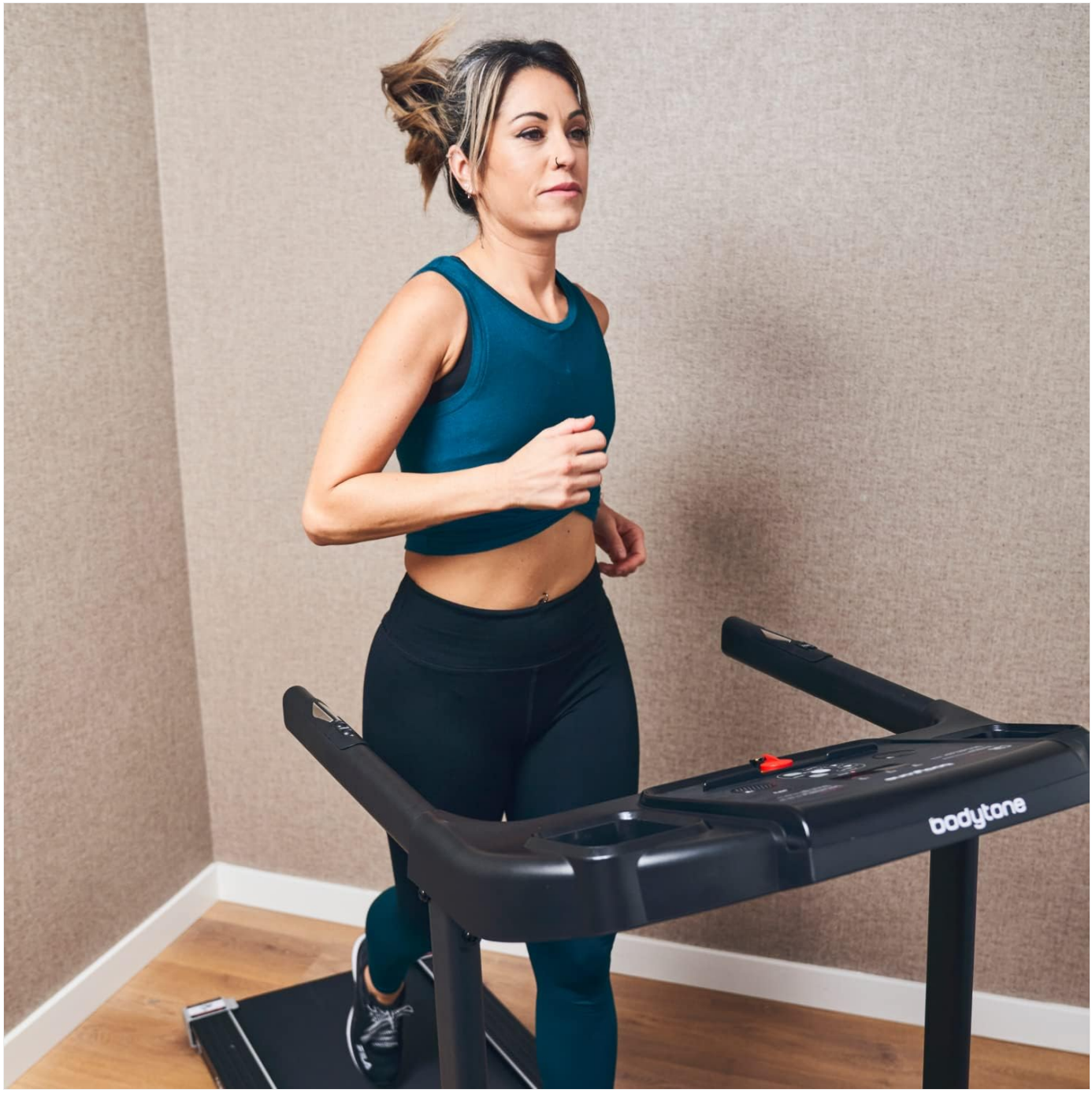


Figure 5: User exercising on the treadmill.

5.4 Using the Remote Control

The included remote control allows for convenient adjustment of speed and mode during your workout.



Figure 6: Remote control for the treadmill.

5.5 Bluetooth Connectivity and Apps

The AR200C treadmill is compatible with popular fitness applications such as Kinomap, Zwift, and MyBodytone. To connect:

1. Download the desired app (Kinomap, Zwift, or MyBodytone) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the app and follow its instructions to search for and connect to your Bodytone AR200C treadmill.
4. Once connected, the app can control the treadmill's speed and track your workout data.

The treadmill also features integrated MP3 connectivity and high-definition speakers for entertainment during your

workout.



Figure 7: Close-up of the running belt, showcasing the REACT cushioning technology.

6. Maintenance

Regular maintenance ensures optimal performance and longevity of your treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions in your full user manual for the correct type of lubricant and application frequency.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full user manual.
- **General Inspection:** Periodically check all nuts, bolts, and connections to ensure they are secure.

7. Troubleshooting

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, power switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Check power switch. Reset circuit breaker if necessary.
Treadmill starts but belt does not move.	Safety key not in place.	Ensure the safety key is correctly placed on the console.
Running belt slips or hesitates.	Belt tension too loose, belt requires lubrication.	Adjust belt tension or lubricate the belt as per maintenance instructions.
Bluetooth connection issues.	Bluetooth off on device, app not configured correctly.	Ensure Bluetooth is enabled on your device. Restart the app and treadmill. Refer to app-specific connection guides.

If the problem persists after attempting these solutions, please contact Bodytone customer support.

8. Specifications

Feature	Specification
Model Name	Active Run 200 Connect (AR200C)
Brand	BT BODYTONE
Maximum Speed	12 km/h
Motor Power	Approx. 1.5 HP DC (Autoboost)
Maximum User Weight	100 kg (220 lbs)
Assembled Dimensions (L x W x H)	170 x 67 x 115 cm (67 x 26.4 x 45.3 inches)
Display Type	LCD
Connectivity	Bluetooth (Kinomap, Zwift, MyBodytone compatible), MP3
Cushioning System	REACT Technology
Additional Features	Integrated heart rate sensors, bottle holder, tablet support, integrated speakers, transport wheels, Plug&Train system, antistatic belt.
Maximum Usage Hours	7 hours/week

9. Warranty and Support

The Bodytone AR200C treadmill comes with a warranty. Please refer to the specific warranty documentation included with your purchase for detailed terms and conditions, including coverage period and claims process.

For technical support, spare parts, or any questions not covered in this manual, please contact Bodytone customer service through their official website or the retailer where you purchased the product.

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