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BT BODYTONE AR200C

Bodytone AR200C Folding Bluetooth Treadmill User Manual

Model: AR200C | Brand: BT BODYTONE

1. Introduction

The Bodytone Active Run 200 Connect folding treadmill is designed for home workouts, offering a compact and convenient solution for fitness enthusiasts. It features a 1.75 HP DC motor, reaching speeds up to 12 km/h, and includes 12 pre-defined programs with 3 training modes (time, distance, calories). Bluetooth connectivity allows integration with apps like Zwift, Kinomap, and MyBodytone for interactive training. The treadmill also includes MP3 connectivity, HD speakers, and a clear LED display for tracking key metrics. Its SHOCKS cushioning system protects joints, and the 120x40 cm running surface ensures stability. With transport wheels and a Plug&Play assembly system, it is easy to set up and store.



Figure 1: Bodytone AR200C Treadmill in use.

2. Safety Instructions

- Always consult a physician before starting any exercise program.
- Read the entire user manual carefully before use.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing and the console before starting.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Do not use the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not use electrical screwdrivers for assembly; hand-tighten screws to avoid damaging threads.

3. Setup and Assembly

The Bodytone AR200C treadmill features a Plug&Play system for quick and easy assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Unfolding the Treadmill:** Gently lift the console and handlebars into the upright position.
3. **Securing the Beams:** Align the holes in the support beams with the corresponding threads on the base. Insert the provided screws (S1 with washers, S2 without) and hand-tighten them. Ensure the console cable is not pinched and remains hidden within the beam.
4. **Attaching the Control Panel:** Align the control panel with the top of the support beams. Insert the remaining screws and hand-tighten them gently and patiently to avoid cross-threading.
5. **Power Connection:** Plug the power cord into a suitable electrical outlet.



Figure 2: The Bodytone AR200C Treadmill in its folded, compact state.

Assembly Video Guide

Your browser does not support the video tag.

Video 1: Detailed assembly instructions for a similar treadmill, demonstrating beam and console attachment, and initial power-up. (Source: Deluxe 13)

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Video 2: Shows the folding and unfolding mechanism, quick speed adjustment buttons, and heart rate detection on a similar treadmill. (Source: ISE STORE)

4. Operating Instructions

To begin your workout, ensure the safety key is in place. The treadmill will not operate without it. The LED display shows speed, calories, distance, and time.

1. **Starting the Treadmill:** Attach the safety key to the console and your clothing. Press the 'START' button. The treadmill will begin at a low speed.
2. **Adjusting Speed:** Use the '+' and '-' buttons on the console or handlebars to adjust the speed. Pressing them briefly changes speed incrementally, while holding them down changes it more rapidly. The maximum speed is 12 km/h.
3. **Pre-defined Programs:** Select from 12 pre-defined programs to vary your workout intensity.
4. **Training Modes:** Choose from 3 training modes: time, distance, or calories, to set specific goals for your session.
5. **Heart Rate Monitoring:** Grip the heart rate readers on the handlebars to monitor your pulse during your workout.
6. **Connectivity:** Connect your device via Bluetooth to apps like Zwift, Kinomap, and MyBodytone for interactive training. Use the MP3 connection and HD speakers for audio.
7. **Stopping the Treadmill:** Press the 'STOP' button for a progressive stop. For an emergency stop, pull the safety key from its slot.



Figure 3: The LED console displaying workout metrics and controls.

Operation Video Guide

Your browser does not support the video tag.

Video 3: Demonstrates general treadmill operation, including starting, speed adjustment, and use of the console features. (Source: Cecotec Official Store)

5. Maintenance

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

1. **Lubrication:** The running belt requires periodic lubrication. The treadmill comes pre-lubricated from the factory, so you might notice some oil marks initially, which is normal. Regularly lubricate the running belt as instructed in the manual to extend its life and ensure smooth operation.

2. **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
3. **Belt Tension and Alignment:** Do not attempt to adjust the belt tension or alignment without consulting the official tutorial or a qualified technician. Incorrect adjustments can damage the treadmill.



Figure 4: Illustrates the lubrication point for the treadmill belt.

6. Troubleshooting

- **Treadmill does not start:** Ensure the power cord is securely plugged in and the safety key is correctly placed on the console. Check the power switch on the base of the treadmill.
- **Belt stops or slips:** The running belt may require lubrication or tension adjustment. Refer to the maintenance section or contact customer support.

- **Unusual noises:** Stop the treadmill immediately and inspect for any loose parts or obstructions. If the noise persists, contact customer support.
- **Console display not working:** Check all cable connections to the console. Ensure the power is on.

7. Specifications

Feature	Specification
Model	AR200C
Motor	1.75 HP DC (1.5 Horsepower Max)
Maximum Speed	12 km/h
Running Surface	120 x 40 cm
Maximum User Weight	100 kg
Dimensions (Unfolded)	170 x 67 x 115 cm (Depth x Width x Height)
Product Weight	38 kg (50 kg packaged)
Connectivity	Bluetooth, MP3
Display Type	LCD
Special Features	Foldable, SHOCKS cushioning system, Transport wheels
Programs	12 pre-defined programs, 3 training modes



Figure 5: Key dimensions of the Bodytone AR200C Treadmill.

8. Warranty

This product comes with a**2-year warranty** from the date of purchase. Please retain your proof of purchase for any warranty claims. The warranty covers manufacturing defects and malfunctions under normal use conditions. It does not cover damage caused by misuse, accidents, unauthorized modifications, or improper maintenance.

9. Customer Support

For technical assistance, spare parts, or warranty inquiries, please contact BT BODYTONE customer service. Refer to the contact information provided in your product packaging or visit the official BT BODYTONE website.

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