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BODIOO MK1002

BODIOO Treadmill MK1002 User Manual

Model: MK1002
Brand: BODIOO

1. Safety Information

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

- Ensure the safety key is properly attached before starting the treadmill.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Place the treadmill on a flat, stable surface.
- Wear appropriate athletic footwear during use.
- Maximum user weight capacity: 220 Pounds.

2. Product Overview

The BODIOO MK1002 Treadmill is designed for home fitness, offering a range of features for walking, jogging, and running workouts. It combines a powerful motor with an automatic incline system and a user-friendly display.



A person running on the BODIOO MK1002 Treadmill, showcasing its compact design and user-friendly console.

Key Features:

- **12 Levels Auto Incline Function:** Automatic incline from 0-12% for varied workout intensity.
- **Powerful and Quiet Motor:** 2.5 HP peak power motor for stable speeds from 0.5 MPH to 8.5 MPH.
- **Multifunctional LCD Display:** Tracks Time, Speed, Distance, Calorie, Incline, Heart Rate, Program, and Modes.
- **15 Pre-set Programs:** Offers diverse workout challenges from beginner to advanced.
- **Foldable Design:** Space-saving design with transport wheels for easy storage and movement.
- **Shock Absorbing System:** Designed with a soft drop system to protect flooring and reduce impact.

3. Setup

Assembly:

The BODIOO MK1002 Treadmill is designed for easy assembly. A tool kit is included with the product. Follow the detailed instructions provided in the separate assembly guide for step-by-step setup.

Folding and Unfolding:

The treadmill features a hydraulic soft drop system for safe and easy folding and unfolding. To fold, lift the running deck until it locks into place. To unfold, gently push the release mechanism (often a lever or kick-release) and the deck will slowly lower itself.



A user demonstrating the ease of folding and moving the treadmill with its integrated transport wheels, highlighting its portability.



Diagram showing the dimensions of the treadmill when fully assembled and when folded, emphasizing its space-saving design.

4. Operating Instructions

Control Panel and Display:

The treadmill features a large LCD display and an intuitive control panel. The display shows real-time workout data, including Time, Speed, Distance, Calories Burned, Incline, and Heart Rate.



The multifunctional LCD display showing key workout metrics such as speed, time, calories, distance, and heart rate, along with program selection.

Starting a Workout:

1. Ensure the safety key is in place.
2. Press the 'START' button on the console. The belt will begin to move at a low speed.
3. Gradually increase the speed using the '+' button on the console or handrail controls.

Adjusting Speed and Incline:

Speed can be adjusted from 0.5 MPH to 8.5 MPH. Incline can be adjusted from 0% to 12% automatically.

- Use the '+' and '-' buttons on the console or the handrail controls to adjust speed.
- Use the 'INCLINE +' and 'INCLINE -' buttons on the console or handrail controls to adjust the incline level.



Detailed view of the handrail controls, highlighting the start/stop, speed adjustment, incline buttons, and heart rate sensors for convenient operation.



Visual representation of the 0-12% auto incline feature, illustrating different workout intensities from flat running to aggressive incline.

Using Pre-set Programs:

The treadmill offers 15 pre-set training programs. To select a program, press the 'PROGRAM' button and cycle through the available options. Once selected, press 'START' to begin the program.

Heart Rate Monitoring:

Grip the heart rate sensors on the handlebars to monitor your heart rate during your workout. Your heart rate will be

displayed on the LCD screen.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3 months or after 50 hours of use, whichever comes first. Refer to the assembly guide for specific lubrication instructions and recommended lubricant.
- **Belt Alignment and Tension:** Periodically check the running belt for proper alignment and tension. Adjust as needed according to the assembly guide to prevent slipping or excessive wear.
- **Motor Cover Cleaning:** Once a year, remove the motor cover and vacuum any dust or debris that has accumulated around the motor and other components. Ensure the treadmill is unplugged before performing this.

6. Troubleshooting

If you encounter any issues with your BODIOO MK1002 Treadmill, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Check power connection; Ensure safety key is fully inserted; Reset circuit breaker.
Running belt slips	Belt tension too loose; Belt needs lubrication.	Adjust belt tension (refer to manual); Lubricate the running belt.
Unusual noise during operation	Loose parts; Motor issues; Belt friction.	Check and tighten all bolts and screws; Contact customer support if motor noise persists; Lubricate belt if friction is suspected.
Incline not adjusting	Incline motor issue; Obstruction.	Check for any obstructions under the treadmill; Contact customer support for incline motor issues.

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

7. Specifications

Specification	Value
Brand	BODIOO
Model Name	MK1002
Product Dimensions (D x W x H)	52.8" x 27.4" x 44.3"
Folded Size	36.6"L x 26.6"W x 45.3"H
Item Weight	114 Pounds
Material	Alloy Steel

Specification	Value
Maximum Horsepower	2.5 HP
Speed Range	0.5 - 8.5 MPH
Maximum Incline Percentage	12% (Auto Incline)
Running Area (Deck Length x Width)	43.5" x 17"
Maximum Weight Recommendation	220 Pounds
Number of Programs	15
Display Type	LCD
Power Source	Corded Electric
Included Components	Tool Kit
UPC	782003212337

8. Warranty and Support

The BODIOO MK1002 Treadmill comes with a **2-year warranty**. For warranty claims, technical support, or any questions regarding your product, please contact BODIOO customer service through the retailer's platform or the official BODIOO website.
Please have your model number (MK1002) and proof of purchase ready when contacting support.

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