TODO B095BCGR85

TODO Under Desk Treadmill User Manual

Brand: TODO | Model: B095BCGR85

1. Introduction

The TODO Under Desk Treadmill is an innovative and compact fitness solution designed for home and office use. It allows you to integrate physical activity into your daily routine, whether you're working, watching TV, or simply relaxing. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your new treadmill.

Key Features:

- **Installation-Free Design:** Ready to use right out of the box.
- **Compact & Portable:** Slim profile (48.6" x 20" x 4.9") with built-in wheels for easy storage under a desk, bed, or sofa.
- **Quiet Operation:** Designed with a shock absorption system and ultra-quiet motor for minimal disturbance.
- **Multi-functional LED Display:** Tracks Speed, Time, Distance, and Calories.
- **Remote Control:** Conveniently adjust settings without interrupting your workout.
- **Durable Construction:** Supports up to 242 pounds with a sturdy alloy steel frame.

2. Setup

Unboxing and Placement:

Your TODO Under Desk Treadmill arrives fully assembled. Simply remove it from the packaging and place it on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation.



Figure 2.1: The TODO Under Desk Treadmill in a home office setting, demonstrating its compact design and suitability for use with a standing desk.

Power Connection:

Connect the power cord to the treadmill's power input and then plug it into a standard electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

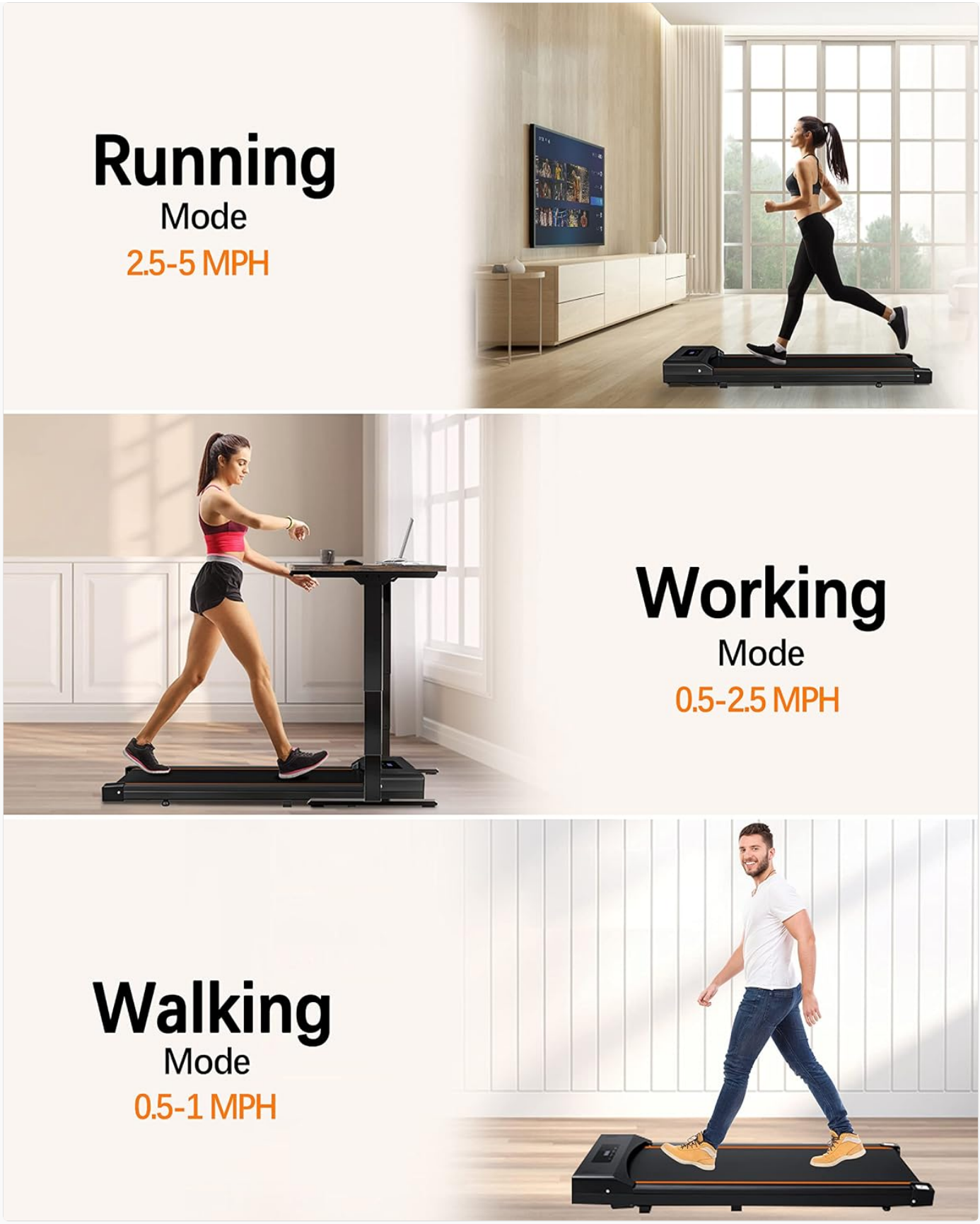


Figure 2.2: Detail of the treadmill's control panel and power connection point.

3. Operating Instructions

Remote Control Overview:

The treadmill is operated primarily via the included remote control. Familiarize yourself with its buttons for seamless control during your workout.



Figure 3.1: The compact remote control for the TODO Under Desk Treadmill.

- **Power Button:** Turns the treadmill on/off.
- **Play/Pause Button:** Starts or pauses the treadmill. Note: Pressing stop may reset accumulated data.
- **+/- Buttons:** Adjusts the speed of the treadmill.
- **Mode Button (M):** Cycles through display metrics (Time, Speed, Distance, Calories).

Modes of Operation:

The treadmill supports various speeds suitable for walking, working, and light jogging.



Figure 3.2: Visual representation of the different speed modes for the treadmill.

For optimal use, consider the following scenarios:

- **Walking Mode (0.5-1 MPH):** Ideal for casual walking while focusing on other tasks.
- **Working Mode (0.5-2.5 MPH):** Suitable for maintaining activity while working at a standing desk.
- **Running Mode (2.5-5 MPH):** For light jogging or a brisk walk.

Official Product Videos:

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Video 3.1: An official product video demonstrating the features and usage of the TODO Under Desk Treadmill.

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Video 3.2: This video illustrates three different exercise scenarios possible with the TODO Under Desk Treadmill, showcasing its versatility.

4. Maintenance

Lubrication:

Regular lubrication of the running belt is crucial for maintaining the treadmill's performance and extending its lifespan. Use the provided lubricant or a compatible treadmill-specific silicone lubricant.

- Apply lubricant every 3 months or after 50 hours of use, whichever comes first.
- Lift the edge of the running belt and apply a thin line of lubricant to the center of the deck.
- Run the treadmill at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant evenly.

Cleaning:

Wipe down the treadmill's surfaces with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.

5. Troubleshooting

If you encounter any issues with your TODO Under Desk Treadmill, please refer to the following common troubleshooting steps:

- **Treadmill Not Turning On:** Ensure the power cord is securely plugged into both the treadmill and the wall outlet. Check the main power switch on the treadmill.
- **Remote Control Not Responding:** Check the battery in the remote control and replace if necessary (CR2032 battery). Ensure there are no obstructions between the remote and the treadmill's sensor.
- **Belt Slippage:** This may indicate the belt needs tensioning or lubrication. Refer to the lubrication instructions in the Maintenance section. If slippage persists, consult customer support.
- **Unusual Noises:** Check for any loose parts or foreign objects under the belt. Ensure the treadmill is on a level surface. If the noise continues, contact customer support.
- **Error Codes:** If an error code appears on the display, try turning the treadmill off and then on again. If the code persists, note the code and contact customer support for assistance.

6. Specifications

Feature	Detail
Brand	TODO
Model Name	under desk treadmill
Color	Black
Product Dimensions	48.6"D x 20"W x 4.9"H
Item Weight	18.5 Kilograms
Material	Alloy Steel
Maximum Speed	5 Miles per Hour
Minimum Speed	0.5 Miles per Hour

Maximum Weight Recommendation	110 Kilograms (242 Pounds)
Deck Length	41 Inches
Deck Width	15.3 Inches
Display Type	LED
Included Components	User Manual, Remote Control, Tool Kit, Lubricant



Figure 6.1: Detailed specifications and dimensions of the treadmill.

7. Warranty and Support

TODO is committed to providing excellent customer experience and stands by the quality of its products.

- **Warranty:** The product comes with a 1-year warranty.
- **Lifetime Promise:** TODO provides life-long service to all its products.

- **Free Replacement:** Free replacement parts are provided forever.
- **Awesome Service:** One-to-one professional immediate service is available.

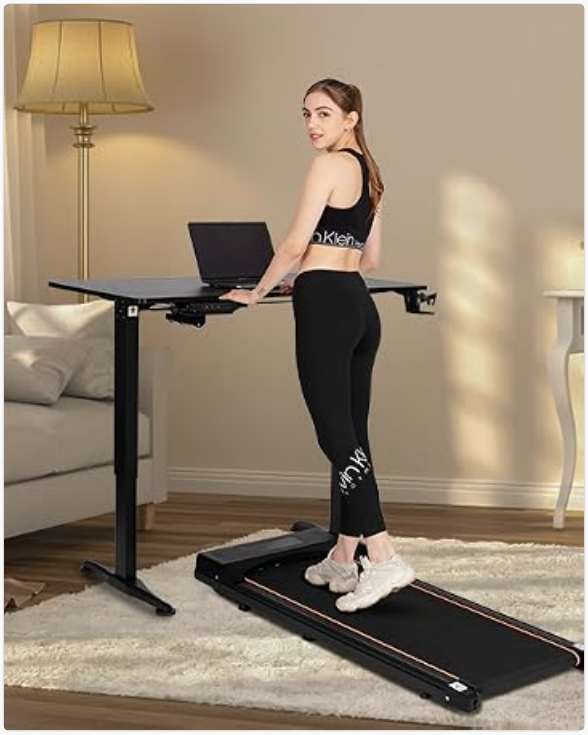


Figure 7.1: TODO's commitment to customer satisfaction and product support.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question