TODO Foldable Treadmill

TODO Folding Treadmill User Manual

Model: Foldable Treadmill

1. Introduction

This user manual provides essential information for the safe and effective operation, setup, and maintenance of your TODO Folding Treadmill. Designed for home and office use, this compact treadmill offers a convenient way to incorporate walking, jogging, or running into your daily routine. Please read this manual thoroughly before initial use.

2. Safety Information

Your safety is paramount. Adhere to all warnings and instructions to prevent injury or damage to the treadmill.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit (at least 2 feet on sides and 6 feet behind).
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords. Unplug the treadmill when not in use or before cleaning/maintenance.
- **User Weight:** Do not exceed the maximum user weight capacity of 242 LBS (120 kg).
- **Safety Key:** Always attach the safety key to your clothing before starting the treadmill. The treadmill will stop immediately if the safety key is dislodged.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure. In case of an emergency, pull the safety key or press the stop button.

3. Package Contents

Verify that all components are present in the package:

- TODO Folding Treadmill (fully assembled)
- User Manual
- Power Cord
- Safety Key
- Lubricant
- Tool Kit

4. Setup

Your TODO Folding Treadmill arrives largely pre-assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Unfolding:**

   The treadmill is designed for easy folding and unfolding. To unfold, rotate the knobs located on the side of the frame to release the uprights. Gently raise the console and handlebars until they lock into place. Ensure all locking mechanisms are securely engaged before use.



Figure 4.1: Two-step folding mechanism with rotating knobs for easy setup and storage.

3. **Placement:** Position the treadmill on a level surface. Ensure the power cord can reach a grounded electrical outlet without strain.
4. **Safety Key Placement:** Locate the red safety key and attach its clip to your clothing. Insert the magnetic end into the designated slot on the console. The treadmill will not operate without the safety key properly inserted.

5. Operating Instructions

Familiarize yourself with the control panel and various operating modes.



Figure 5.1: Detailed view of the control panel, showing the LCD display and function buttons.

5.1 Control Panel Functions

- **LCD Display:** Shows real-time data including speed, time, distance, and calories burned. The display panel can be adjusted for optimal viewing angle.
- **Start/Stop Button:** Press to start or stop the treadmill belt.
- **Speed +/- Buttons:** Adjust the treadmill speed in increments. Speed range is 0.5-5 MPH.
- **Mode Button (P):** Cycle through the 12 pre-set HIIT (High-Intensity Interval Training) modes. Each mode offers a different speed and duration profile.
- **Tablet/Phone Holder:** A convenient slot is provided on the console to hold your tablet or smartphone during workouts.



Figure 5.2: The integrated tablet holder allows for entertainment or guided workouts during use.

5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is properly inserted.
2. Step onto the treadmill belt, holding onto the handlebars for stability.
3. Press the "Start" button. The treadmill will begin at a low speed (e.g., 0.5 MPH) or count down before starting.
4. Adjust the speed using the "+" or "-" buttons to your desired pace.
5. To select a pre-set program, press the "P" (Mode) button repeatedly until your desired program (P1-P12) is

displayed. The treadmill will automatically adjust speed according to the program's profile.

5.3 Ending a Workout

- To stop the treadmill, press the "Stop" button. The belt will gradually slow down and come to a complete halt.
- For emergency stops, pull the safety key from the console. The treadmill will immediately stop.
- Once the belt has stopped, step off the treadmill.



Figure 5.3: The treadmill in active use and its compact folded state, highlighting its versatility.



Figure 5.4: The treadmill features 12 scientific preset modes to guide users through various exercise intensities.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend motor life. Apply the provided lubricant under the belt every 3-6 months, or after approximately 50 hours of use. Refer to the specific instructions in the included lubricant kit.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Use the included tool kit to adjust the tension bolts at the rear of the treadmill. Adjust in small increments (quarter turns) until the belt is centered and properly tensioned.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Ensure it is stored in a dry, cool place away from direct sunlight. The integrated wheels allow for easy movement.



Figure 6.1: The treadmill's compact folded dimensions (48"L x 22.5"W x 5.4"H) for convenient storage.



Figure 6.2: Integrated wheels at the base facilitate easy movement and relocation of the treadmill.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not inserted; Power switch off.	Ensure power cord is securely plugged into a grounded outlet. Insert the safety key fully into its slot. Check if the main power switch (usually near the power cord inlet) is in the "ON" position.
Belt stops or does not stop when commanded.	Safety key dislodged; Control panel malfunction; Software issue.	Ensure the safety key is firmly in place. If the belt continues to move after pressing 'Stop' or if the 'Stop' button does not function as expected, immediately pull the safety key to halt the machine. Unplug the treadmill for 30 seconds, then plug it back in and re-test. If the issue persists, contact customer support.
Running belt slips or shifts.	Belt tension too loose; Belt not centered.	Adjust the belt tension using the adjustment bolts at the rear of the treadmill. Turn the bolts in small increments (quarter turns) to center the belt and ensure proper tension. Refer to the maintenance section for detailed instructions.
Unusual noise from the treadmill.	Loose components; Lack of lubrication; Motor issue.	Check for any loose screws or bolts and tighten them. Lubricate the running belt if it hasn't been done recently. If the noise persists or is severe, discontinue use and contact customer support.

8. Specifications

Feature	Detail
Brand	TODO

Feature	Detail
Model Name	Foldable Treadmill
Motor Horsepower	2.25 HP
Speed Range	0.5 - 5 MPH
Maximum Weight Capacity	242 LBS (120 kg)
Running Area (Deck Length x Width)	41" x 15.3"
Product Dimensions (Unfolded)	48"D x 19.5"W x 35"H
Folded Size	48"L x 22.5"W x 5.4"H
Item Weight	51.2 Pounds
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Plastic
Display Type	LCD
Number of Programs	12 HIIT Modes
Power Source	Corded Electric
Included Components	Lubricant, Power Cord, Safety Key, Tool Kit, User Manual



Figure 8.1: The treadmill is designed to support users up to 242 LBS.

9. Warranty and Support

TODO is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 1-year warranty. Please refer to your purchase documentation for specific terms and conditions.
- **Customer Support:** For any questions, concerns, or assistance with your product, please contact TODO customer support. Our team is always online and ready to help you.
- **Replacements:** TODO provides free replacement parts.

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