

## ACTFLAME TM500

# ACTFLAME 4-in-1 Compact Treadmill

## USER MANUAL

Model: TM500

### 1. Introduction

Thank you for choosing the ACTFLAME 4-in-1 Compact Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new treadmill. Please read this manual thoroughly before initial use and keep it for future reference.

### 2. Important Safety Instructions

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. ACTFLAME assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- 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.
- Wear appropriate athletic footwear and clothing during use.
- Do not exceed the maximum user weight of 265 lbs (120 kg).
- Always hold the handrails when starting or stopping the treadmill.
- Disconnect the power cord after each use and before cleaning or maintenance.

### 3. Package Contents

Carefully unpack your treadmill and verify that all items listed below are present and undamaged. If any items are missing or damaged, please contact customer service.

# Paket einschließlich



Image: Overview of the treadmill package contents.

- ACTFLAME Compact Treadmill (x1)
- Lubrication Oil (x1)
- L-shaped Wrench (x1)
- Remote Control (x1)
- CR2450 Lithium Cell Battery (x1)
- User Manual (this document)

## 4. Product Overview

The ACTFLAME treadmill is designed for versatile use, offering 4-in-1 modes suitable for various fitness levels and environments, including home and office settings.



*Image: The ACTFLAME treadmill in use for running and as an under-desk walking pad.*

# UNDER-DESK TREADMILL

Work and sport at the same time



*Image: The treadmill configured for under-desk use, allowing work and exercise simultaneously.*



Image: The 4-in-1 modes of the treadmill, including Climbing (2.5-3.0mph), Running (3.0-3.8mph), Walking (0.6-2.5mph), and Working (0.6-2.5mph).

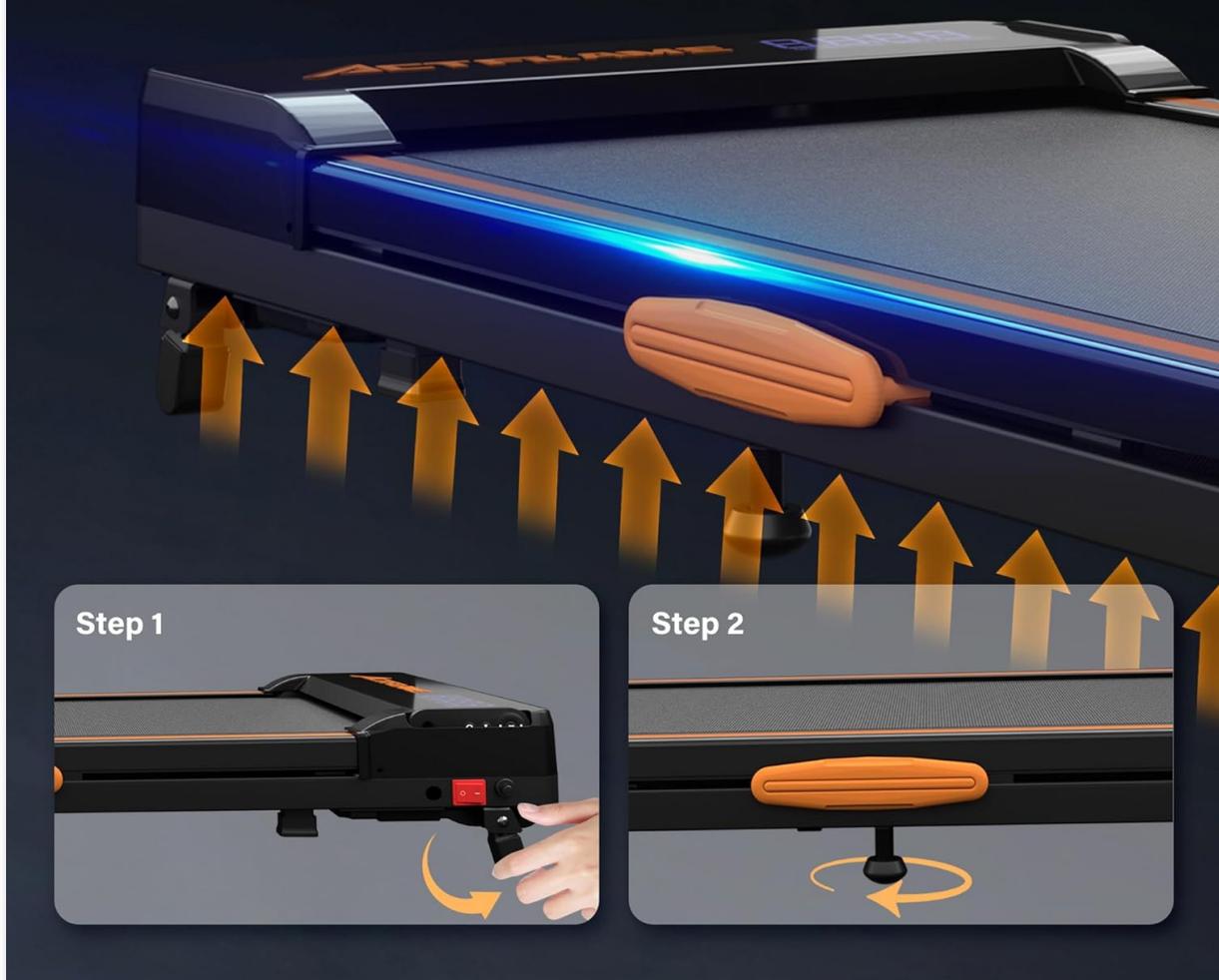
## 5. Setup

### 5.1 Manual Incline Adjustment

The treadmill features a manual incline function to enhance your workout intensity. This adjustment does not require any tools.

# Manual Incline without Tools

Easy access to the incline function without the use of any tools



*Image: Instructions for tool-free manual incline adjustment.*

1. **Step 1:** Locate the incline adjustment mechanism at the rear of the treadmill. Pull the lever to release the locking pin.
2. **Step 2:** Rotate the support knob to raise or lower the treadmill deck to your desired incline level. Ensure the locking pin re-engages securely before use.

## 5.2 Initial Power On

1. Place the treadmill on a flat, stable surface.
2. Insert the power cord into a grounded electrical outlet.
3. Turn on the main power switch, usually located near the power cord inlet.

## 6. Operating Instructions

### 6.1 LED Display and Remote Control

The treadmill features a clear LED display that shows essential workout data and is controlled via a convenient remote.

## Clear and Accurate LED Display & Remote Control



*Image: The clear and accurate LED display and the remote control for the treadmill.*

The LED display provides real-time feedback on:

- **Distance:** Total distance covered during your workout.
- **Time:** Duration of your exercise session.
- **Speed:** Current speed of the running belt.
- **Calories:** Estimated calories burned.

The remote control allows you to:

- Start/Stop the treadmill.
- Adjust speed (increase/decrease).
- Switch between modes (if applicable).

### 6.2 Operating Modes

The treadmill supports four distinct operating modes to suit your activity needs:

- **Working Mode (0.6-2.5 mph):** Ideal for light activity while working at a standing desk.
- **Walking Mode (0.6-2.5 mph):** Suitable for casual walking.
- **Climbing Mode (2.5-3.0 mph):** Engages more muscles with the incline feature.

- **Running Mode (3.0-3.8 mph):** For more intense cardio workouts.

To switch between modes, use the designated button on the remote control.

## 7. Maintenance

### 7.1 Lubrication

Regular lubrication of the running belt is crucial for the treadmill's longevity and smooth operation. Use the provided lubrication oil.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt.
3. Apply a small amount of silicone lubricant evenly onto the center of the deck, underneath the belt.
4. Plug in and turn on the treadmill, then walk on it at a low speed (e.g., 1 mph) for 2-3 minutes to spread the lubricant.
5. Lubricate every 3-6 months depending on usage.

### 7.2 Cleaning

- Wipe down the treadmill's surfaces with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Regularly vacuum underneath the treadmill to prevent dust buildup.

## 8. Troubleshooting

If you encounter any 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; Main switch off; Remote battery dead.	Check power connection; Turn on main switch; Replace remote battery.
Belt slips or hesitates	Belt too loose; Lack of lubrication.	Adjust belt tension (refer to specific instructions if available); Lubricate the belt.
Unusual noise	Loose parts; Foreign object under belt; Motor issue.	Inspect for loose parts and tighten; Check for obstructions; Contact customer service if motor noise persists.

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

## 9. Specifications

Detailed technical specifications for the ACTFLAME Compact Treadmill (Model TM500).

## 2.5HP Powerful & Quiet Motor

Ours Motor 

VS

Others Motor 

 Weight Capacity **265lbs**

 Low Noise **<45dbs**

 Speed **0.6-3.8mph**



Image: Key features including motor power, weight capacity, noise level, and speed range.



*Image: Details of the non-slip running belt and dual shock reduction system.*

# Incline Function, Improve Fat Burning

15° incline design enhances fat-burning efficiency by up to 35%



↑  
15°  
Incline



Image: Illustration of the incline function and its benefit for fat burning.

## Easy to Move and Space Saving



Image: Demonstrating the treadmill's easy portability and space-saving storage options.

Feature	Detail
Brand	ACTFLAME
Model Number	TM500
Motor Horsepower	2.5 HP
Max Weight Recommendation	265 lbs (approx. 120 kg)
Product Dimensions (L x W x H)	120.65 x 50.8 x 11.43 cm (approx. 47.5 x 20 x 4.5 inches)
Item Weight	20.41 kg (approx. 45 lbs)
Speed Range	0.6 - 3.8 mph
Noise Level	<45 dB
Running Belt Layers	5-Layer
Incline	Manual (up to 15 degrees indicated in images)

Feature	Detail
Assembly Required	No
Battery Included	Yes (1 Lithium metal)

## 10. Warranty and Support

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ACTFLAME products are manufactured to the highest quality standards. For warranty information, technical support, or to order replacement parts, please contact our customer service team. Please have your model number (TM500) and purchase date ready when contacting support.

For the most up-to-date warranty details and support contact information, please visit the official ACTFLAME website or refer to your purchase documentation.

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