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ACTFLAME TM500

ACTFLAME Incline Walking Pad Treadmill User Manual

Model: TM500 | Brand: ACTFLAME

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your ACTFLAME Incline Walking Pad Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all instructions before using this appliance.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill during operation.
- 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.
- Consult a physician before beginning any exercise program.

PACKAGE CONTENTS

Verify that all components are present before assembly and operation:

- ACTFLAME Incline Walking Pad Treadmill (Model TM500)
- Remote Control
- Power Cord
- Lubricant (for maintenance)

- User Manual (this document)

SETUP INSTRUCTIONS

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for potential future transport or storage.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure there is at least 2 feet (60 cm) of clear space on all sides and 6 feet (180 cm) at the rear for safety.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** Ensure the remote control has the included Lithium Metal battery installed.
5. **Manual Incline Adjustment:** The treadmill features a manual incline. To adjust, locate the incline supports underneath the treadmill.



Image: Steps for manually adjusting the incline of the walking pad. This involves lifting the rear of the treadmill and securing the support legs.

Follow the visual guide to raise or lower the treadmill to your desired incline level. This model offers a 15-

degree incline for enhanced workout intensity.

OPERATING INSTRUCTIONS

1. **Power On:** Locate the power switch on the treadmill and turn it to the "ON" position. The LED display will illuminate.
2. **Start Exercise:** Stand on the treadmill belt. Using the remote control, press the "Start" button. The treadmill will begin at its lowest speed (0.6 mph) after a brief countdown.
3. **Adjust Speed:** Use the "+" and "-" buttons on the remote control to increase or decrease the speed. The speed range is 0.6 to 3.8 mph.
4. **Monitor Progress:** The integrated LED display shows your Distance, Time, Speed, and Calories burned.



Image: Close-up of the treadmill's LED display showing Distance, Time, Speed, and Calories, alongside the remote control with power, start/stop, and speed adjustment buttons.

5. **Stop Exercise:** To stop the treadmill, press the "Stop" button on the remote control. The belt will gradually slow down and come to a complete stop.

6. **Power Off:** Once your workout is complete, turn off the power switch on the treadmill and unplug it from the wall outlet.

Operating Modes (4-in-1)

The ACTFLAME Walking Pad supports various modes to suit your fitness needs:



Image: Visual representation of the four operating modes: Climbing Mode (2.5-3.0mph), Running Mode (3.0-3.8mph), Walking Mode (0.6-2.5mph), and Working Mode (0.6-2.5mph, typically used under a desk).

- **Walking Mode (0.6-2.5 mph):** Ideal for light exercise or warm-ups.
- **Jogging/Running Mode (3.0-3.8 mph):** Suitable for more intense cardiovascular workouts.
- **Climbing Mode (2.5-3.0 mph):** Utilizes the manual incline for a challenging uphill walk.
- **Working Mode (0.6-2.5 mph):** Designed for use under a standing desk, allowing you to walk while working.

KEY FEATURES

- **Manual Incline:** Features a 15-degree manual incline for varied workout intensity.



Image: Illustration comparing walking with incline versus no incline, highlighting increased calorie burn with the 15-degree incline function.

- **Powerful and Quiet Motor:** Equipped with a 2.5HP motor, providing smooth and quiet operation (below 45dB).

2.5HP Powerful & Quiet Motor

Ours
Motor



VS

Others
Motor



Weight Capacity **265lbs**



Low Noise **<45dbs**



Speed **0.6-3.8mph**



Image: Diagram showing the 2.5HP motor and its quiet operation, along with a weight capacity of 265 lbs and speed range of 0.6-3.8 mph.

- **Compact and Portable Design:** Lightweight (20.4 kg / 45 lbs) and designed for easy movement and storage, fitting under beds or sofas.



Image: Demonstrates the treadmill being easily moved with built-in wheels and stored under a sofa or bed, highlighting its space-saving design.

- **Non-Slip Running Belt & Shock Reduction System:** Features a 5-layer non-slip running belt and 8 shock absorber points for a comfortable and safe workout.



Image: Cross-section view of the 5-layer non-slip running belt and an illustration of the 8 shock absorber points on the treadmill deck.

- **LED Display & Remote Control:** Clear LED display for tracking workout data and a convenient remote control for adjustments.

MAINTENANCE

Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Use the provided lubricant.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt and apply a small amount of lubricant to the center of the deck, underneath the belt.
3. Plug in the treadmill and run it at a low speed (e.g., 1 mph) for 2-3 minutes to distribute the lubricant evenly.
4. Frequency: Lubricate every 3 months or after 50 hours of use, whichever comes first.

Cleaning

- Wipe down the treadmill surface with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum around and under the treadmill to prevent dust buildup.

Belt Adjustment

If the running belt shifts to one side or feels loose, it may need adjustment. Refer to the detailed instructions in the full product manual or contact customer support for guidance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Power switch off; Outlet malfunction.	Ensure power cord is securely plugged in. Check power switch. Test outlet with another device.
Belt stops or slows down during use.	Overload; Insufficient lubrication; Belt too loose.	Reduce load. Lubricate the running belt. Adjust belt tension (refer to full manual).
Unusual noise from the treadmill.	Lack of lubrication; Loose components; Belt rubbing.	Lubricate the running belt. Check for loose screws. Adjust belt centering.
Remote control not responding.	Battery depleted; Obstruction between remote and treadmill sensor.	Replace remote control battery. Ensure clear line of sight to the treadmill's display.

For issues not listed here, or if solutions do not resolve the problem, please contact ACTFLAME customer support.

PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	TM500
Brand	ACTFLAME
Motor Horsepower	2.5 HP
Speed Range	0.6 - 3.8 mph
Incline Type	Manual, 15-degree fixed incline
Display Type	LED (Distance, Time, Speed, Calories)
Running Belt Layers	5-Layer Non-Slip
Shock Absorption	8 Shock Absorber Points
Frame Material	Alloy Steel
Product Dimensions (L x W x H)	120.65 x 50.8 x 11.43 cm (47.5 x 20 x 4.5 inches)
Item Weight	20.4 kg (45 lbs)
Power Source	Corded Electric
Included Components	Lubricant, Remote Control
Batteries Required	1 Lithium Metal (included for remote)

WARRANTY AND CUSTOMER SUPPORT

ACTFLAME products are designed for durability and performance. For specific warranty details, please refer to the warranty card included with your product or visit the official ACTFLAME website.

If you encounter any issues or have questions regarding your ACTFLAME Incline Walking Pad Treadmill, please contact our customer support team. Contact information can typically be found on the product packaging or the brand's official website.

Please have your model number (TM500) and purchase date available when contacting support.