

ACTFLAME TM200

ACTFLAME Walking Pad Treadmill (Model TM200) User Manual

Model: TM200

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the ACTFLAME Walking Pad Treadmill. Retain this manual for future reference. Failure to follow these safety guidelines may result in injury or damage to the product.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 feet on sides and front, 6 feet at the rear).
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if you weigh more than the maximum recommended weight of 265 pounds.
- Wear appropriate athletic footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.

2. PRODUCT OVERVIEW

The ACTFLAME Walking Pad Treadmill (Model TM200) is a compact and portable fitness device designed for walking and light jogging in home or office environments. Its 2-in-1 design allows for use under a standing desk or as a standalone unit.

Key Features

- **Compact and Portable:** With a length of 44.7 inches and a weight of 39 pounds, it is designed for easy storage and movement. Integrated wheels enhance portability.
- **Quiet and Powerful Motor:** Features a 2.5HP motor for smooth operation with reduced noise levels (below 45dB), supporting users up to 265 lbs.

- **LED Display and Remote Control:** Real-time tracking of speed, time, distance, and calories. The remote control provides convenient operation.
- **Comfortable Shock Absorption:** Equipped with a 5-layer running belt and multiple shock absorption points for a comfortable exercise experience.



Image: The ACTFLAME Walking Pad Treadmill in operation, showing a user walking on the device and an inset image of the treadmill under a standing desk.

Package Contents

Upon unpacking, ensure all items listed below are present:

- ACTFLAME Walking Pad Treadmill (TM200)
- Remote Control (x1)
- Wrench (x1)
- CR2035 Button Battery (x1, for remote)
- User Manual (x1)
- Lubricant (x2 bottles)



Image: A visual representation of the items included in the ACTFLAME Walking Pad Treadmill package, such as the treadmill, remote control, wrench, battery, user manual, and lubricant.

3. SETUP

3.1 Unpacking and Placement

1. Carefully remove the treadmill and all components from the packaging.
2. Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and to prevent obstruction.
3. The treadmill is designed to be lightweight and features wheels for easy transport. To move, gently lift one end and roll it to the desired location.



Image: A person demonstrating how to easily transport the ACTFLAME Walking Pad Treadmill using its integrated wheels, highlighting its space-saving design.

3.2 Power Connection

1. Locate the power cord and plug it securely into the treadmill's power input port.
2. Plug the other end of the power cord into a grounded electrical outlet.
3. Ensure the power switch on the treadmill is in the 'OFF' position before plugging it in.

3.3 Initial Lubrication

Before first use, or if the treadmill has been stored for an extended period, apply lubricant to the running belt. This ensures smooth operation and prolongs belt life. Refer to the 'Maintenance' section for detailed lubrication instructions.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

1. To power on, flip the main power switch located on the front or side of the treadmill to the 'ON' position. The LED display will illuminate.
2. To power off, flip the main power switch to the 'OFF' position.

4.2 Using the Remote Control

The included remote control allows for convenient adjustment of settings during your workout.

- **Start/Stop Button:** Press to start or stop the treadmill belt.
- **Speed +/- Buttons:** Use to increase or decrease the belt speed.
- **Mode Button:** Cycles through different display modes (e.g., time, distance, calories).



Image: A close-up view of the ACTFLAME Walking Pad Treadmill's LED display and the remote control, showing the various buttons and data readouts.

4.3 Understanding the LED Display

The LED display tracks your workout data in real-time:

- **Time:** Duration of your workout.

- **Distance:** Total distance covered.
- **Speed:** Current belt speed (MPH).
- **Calories:** Estimated calories burned.

4.4 Speed Adjustment and Modes

The treadmill supports various speeds suitable for different activities:

- **Working/Walking Mode:** 0.6 - 1.5 MPH (ideal for use under a desk or light walking).
- **Jogging Mode:** 2.5 - 3.0 MPH.
- **Running Mode:** 3.0 - 3.8 MPH (maximum speed).

Adjust the speed using the '+' and '-' buttons on the remote control to match your desired intensity.



Image: A visual guide illustrating the three primary modes of the ACTFLAME Walking Pad Treadmill: Working (walking under a desk), Jogging, and Running, with their respective speed ranges.

5. MAINTENANCE

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

5.1 Lubrication Procedure

The running belt requires lubrication every 3-6 months, or after approximately 100 hours of use, depending on usage frequency. Use only the provided lubricant or a treadmill-specific silicone lubricant.

1. Turn off and unplug the treadmill from the power outlet.
2. Gently lift one side of the running belt.
3. Apply a small amount of lubricant (approximately 5-10ml) in a thin line along the center of the deck, underneath the belt.
4. Repeat on the other side of the belt.
5. Plug in the treadmill and turn it on. Run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.

5.2 Cleaning

Clean the treadmill regularly to prevent dust and debris buildup.

- Turn off and unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or excessive moisture.
- Periodically vacuum underneath the treadmill to remove dust and lint.

5.3 Belt Adjustment

If the running belt starts to slip or drift to one side, it may need adjustment.

- Turn off and unplug the treadmill.
- Use the provided wrench to make small, quarter-turn adjustments to the rear roller bolts.
- If the belt drifts left, turn the left bolt clockwise or the right bolt counter-clockwise.
- If the belt drifts right, turn the right bolt clockwise or the left bolt counter-clockwise.
- After each adjustment, plug in the treadmill and run it at a low speed for a few minutes to check alignment. Repeat if necessary.

6. TROUBLESHOOTING

Refer to this section for solutions to common issues. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Power switch off; Outlet issue.	Ensure power cord is securely plugged in. Check main power switch. Test outlet with another device.
Belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (see Section 5.3). Apply lubricant (see Section 5.1).
Belt drifts to one side.	Belt misalignment.	Adjust belt alignment (see Section 5.3).
Unusual noise during operation.	Lack of lubrication; Loose components; Foreign object.	Lubricate belt. Check for loose screws. Inspect for objects under the belt. If noise persists, contact support.

Problem	Possible Cause	Solution
Remote control not working.	Battery depleted; Obstruction.	Replace the CR2035 battery. Ensure no obstructions between remote and treadmill sensor.

7. SPECIFICATIONS

Detailed technical specifications for the ACTFLAME Walking Pad Treadmill (Model TM200).

Feature	Specification
Brand	ACTFLAME
Model Name	TM200
Color	White
Product Dimensions (LxWxH)	49"D x 23"W x 5"H
Item Weight	39 Pounds
Material	Alloy Steel
Maximum Speed	3.8 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Weight Recommendation	265 Pounds
Deck Length	44.7 Inches
Display Type	LED
Power Source	Corded Electric
Input Power	240 Watts
Special Feature	Wheeled for easy transport
Assembly Required	No

8. WARRANTY AND SUPPORT

8.1 Product Warranty

The ACTFLAME Walking Pad Treadmill (Model TM200) comes with a **1-year manufacturer's guarantee** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

The warranty does not cover damage caused by improper use, neglect, accidents, unauthorized modifications, or normal wear and tear.

8.2 Customer Support

If you have any questions, concerns, or require assistance with your ACTFLAME Walking Pad Treadmill, please do

not hesitate to contact our customer support team. We are committed to providing reliable after-sales service and will stand behind our product.

Please refer to your purchase documentation or the ACTFLAME official website for the most current contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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

Answered questions about this manual

I lost the remote for my ACTFLAME TM200 walking pad; where can I buy a replacement and can I operate it in manual mode?

Based on the ACTFLAME TM200 manual, here is the information regarding your lost remote and manual operation:Replacement Remotes: The manual does not list a specific part number for the remote, but it notes that...

[Read full answer](#)