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› [ACTFLAME](#) /

› [ACTFLAME Walking Pad Treadmill User Manual](#)

ACTFLAME TM200

ACTFLAME Walking Pad Treadmill User Manual

Model: TM200

1. INTRODUCTION

Thank you for choosing the ACTFLAME Walking Pad Treadmill. This 2-in-1 portable treadmill is designed for both walking and light jogging, making it ideal for home and office environments. Its compact and lightweight design allows for easy storage under a desk, sofa, or bed, enabling you to integrate exercise seamlessly into your daily routine. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting to ensure optimal performance and longevity of your device.



Figure 1.1: ACTFLAME Walking Pad Treadmill in use, demonstrating its versatility for both jogging and under-desk walking.

2. SAFETY INFORMATION

Please read all instructions carefully before using the treadmill. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Wear appropriate athletic footwear.
- Always start at a low speed and gradually increase as desired.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not use the treadmill if it is damaged or malfunctioning.

3. PACKAGE CONTENTS

Verify that all components are present and in good condition upon unpacking:

- ACTFLAME Walking Pad Treadmill (TM200)
- Remote Control (1)
- Wrench (1)
- Button Battery (1)
- User Manual (1)
- Lubricant (2 bottles)

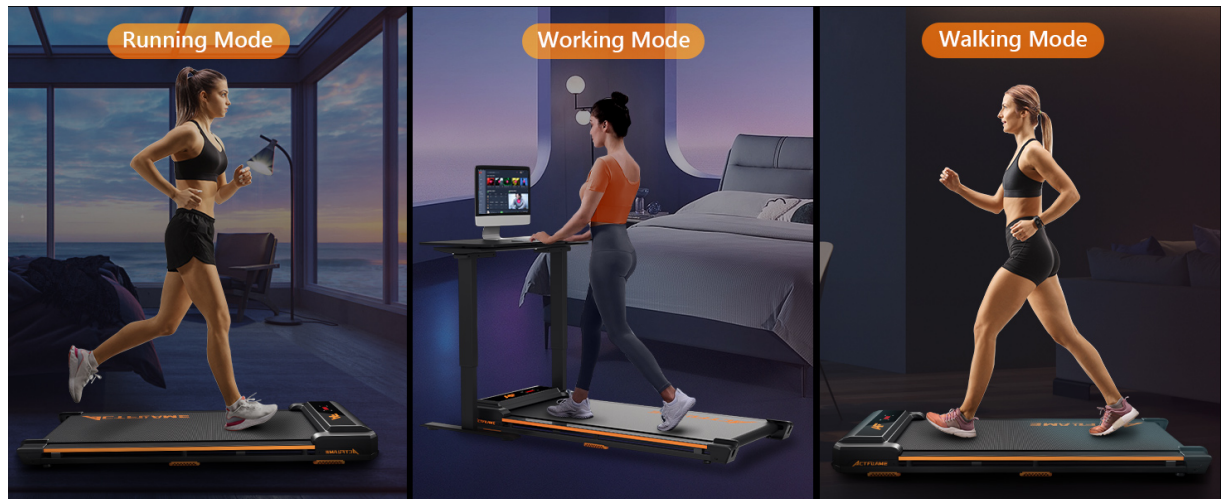


Figure 3.1: All items included in the ACTFLAME Walking Pad Treadmill package.

4. SETUP

The ACTFLAME Walking Pad Treadmill comes pre-assembled, requiring minimal setup before first use.

1. **Unpack:** Carefully remove the treadmill and all accessories from the packaging.
2. **Placement:** Place the treadmill on a hard, level surface. Ensure there is adequate clear space around the treadmill for safe operation. Its compact design allows it to fit under most standing desks or be stored upright.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** Insert the provided button battery into the remote control.



Figure 4.1: The treadmill's lightweight and wheeled design makes it easy to transport and store.

5. OPERATING INSTRUCTIONS

The treadmill features an intuitive LED display and a convenient remote control for easy operation.

5.1 Power On/Off

- To power on, ensure the treadmill is plugged in and flip the main power switch (usually located at the front or rear).
- The LED display will illuminate.
- To power off, flip the main power switch to the OFF position.

5.2 Starting and Adjusting Speed

- Step onto the treadmill belt.
- Press the 'START' button on the remote control. The treadmill will begin at a low speed (e.g., 0.6 MPH).
- Use the '+' button on the remote to increase speed and the '-' button to decrease speed. The maximum speed is 3.8 MPH.

- To stop the treadmill, press the 'STOP' button on the remote control.



Figure 5.1: The LED display provides real-time workout data, controlled by the portable remote.

5.3 Display Information

The LED display cycles through various metrics to help you track your progress:

- **SPEED:** Current walking/jogging speed (Miles per Hour).
- **TIME:** Duration of your workout.
- **DIS (Distance):** Total distance covered.
- **CAL (Calories):** Estimated calories burned.

5.4 Usage Modes

The treadmill supports various activity levels:

- **Working Mode (0.6-1.5 MPH):** Ideal for walking while working at a standing desk.
- **Jogging Mode (2.5-3.0 MPH):** Suitable for light jogging.
- **Running Mode (3.0-3.8 MPH):** For brisk walking or light running.



Figure 5.2: The treadmill's multifunctional design supports various exercise intensities.

5.5 Quiet Operation & Shock Absorption

The treadmill is designed with a quiet motor and a multi-layer running belt to minimize noise and provide comfortable shock absorption, ensuring a smooth and silent workout experience.

Comfortable Shock Absorption System



Figure 5.3: The 5-layer running belt and shock absorption system enhance comfort and reduce impact.

Video 5.1: An official product video showcasing the ACTFLAME Walking Pad Treadmill's features and design.

6. MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your treadmill.

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant.

- Unplug the treadmill.
- Lift the edge of the running belt.
- Apply a small amount of lubricant evenly to the center of the running deck, underneath the belt.
- Plug in the treadmill and run it at a low speed (e.g., 0.6 MPH) for 1-2 minutes to distribute the lubricant.
- Lubricate every 3-6 months depending on usage.

6.2 Cleaning

- Unplug the treadmill before cleaning.
- Wipe down the surface of the treadmill with a damp cloth. Do not use abrasive cleaners.
- Regularly vacuum or wipe dust from around the motor cover.

6.3 Belt Adjustment

If the running belt becomes misaligned or too loose/tight, adjust it using the provided wrench. Refer to the detailed instructions in the full user manual for precise adjustment procedures.

7. TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the common problems and solutions below. For persistent problems, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Main power switch off.	Check power cord connection; Ensure main power switch is ON.
Belt does not move.	Treadmill not started; Safety key not in place (if applicable); Motor issue.	Press START on remote; Ensure safety key is inserted; Contact customer support.
Unusual noise during operation.	Lack of lubrication; Loose components; Belt misalignment.	Lubricate the belt; Check and tighten screws; Adjust belt tension/alignment.
Remote control not responding.	Battery low/dead; Remote not pointed correctly.	Replace remote battery; Ensure remote is pointed directly at the treadmill's sensor.

8. SPECIFICATIONS

Feature	Detail
Brand	ACTFLAME
Model Name	TM200
Color	Black
Product Dimensions	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

Feature	Detail
Maximum Weight Recommendation	265 Pounds
Maximum Horsepower	2.5 Horsepower
Deck Length	44.7 Inches
Display Type	LED
Power Source	Corded Electric
Input Power	200 Watts
Assembly Required	No

9. WARRANTY AND SUPPORT

ACTFLAME offers a 1-year manufacturer's guarantee for this walking pad treadmill. If you have any questions, concerns, or require technical assistance, please do not hesitate to contact our customer support team. We are committed to providing reliable after-sales service and will always stand behind our product.

For support, please refer to the contact information provided on the ACTFLAME official website or your purchase documentation.