AXEFIT treadmill 300

AXEFIT Under Desk Treadmill 300 User Manual
Model: treadmill 300

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your AXEFIT Under Desk Treadmill 300. Please read all instructions carefully before operating the treadmill and retain this manual for future reference.
The AXEFIT Under Desk Treadmill 300 is a versatile 2-in-1 fitness device designed for both walking and light jogging, suitable for home and office environments. It features a quiet motor, LED display for tracking workout data, and a compact design for easy storage.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always follow basic precautions when using this appliance, including the following:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Do not use the treadmill outdoors or in damp environments.
- Always hold onto the handrails (if applicable) when starting or stopping the treadmill.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this treadmill is 265 pounds (120.2 kg).

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- AXEFIT Under Desk Treadmill 300
- Remote Control

- Power Cord
- Lubricant (2 bottles)
- Tool Kit (including Allen key for belt adjustment)
- Remote Control Battery (pre-installed or spare)

4. SETUP

The AXEFIT Under Desk Treadmill 300 features an installation-free design, meaning it is ready for use directly out of the box with minimal setup.

1. **Unpacking:** Carefully remove the treadmill from its packaging.

2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.

3. **Power Connection:** Connect the power cord to the treadmill and then plug it into a standard electrical outlet.

4. **Remote Control:** Ensure the remote control has a working battery. The remote is essential for operating the treadmill.

Easy to Move and Space Saving

Smooth Wheel

Under Bed

Under Sofa

The treadmill is designed for easy movement with front wheels and compact storage under furniture like a sofa or bed.

5. OPERATING INSTRUCTIONS

The treadmill is controlled via the included remote control and features an integrated LED display.

5.1 Starting and Stopping

- **Power On:** Plug in the treadmill. The LED display will illuminate.
- **Start:** Press the 'Start' button on the remote control. The treadmill will begin at a low speed.
- **Stop:** Press the 'Stop' button on the remote control to halt the treadmill.

5.2 Adjusting Speed

- Use the '+' button on the remote to increase speed.
- Use the '-' button on the remote to decrease speed.
- The speed range is 0.6 to 3.8 Miles Per Hour (MPH).

The treadmill supports various activities: Walking (0.6-2.5 mph), Jogging (2.5-3.0 mph), Running (3.0-3.8 mph), and Working (0.6-1.5 mph).

5.3 LED Display

The integrated LED display cycles through various workout metrics, providing real-time data:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed in MPH.
- **Calories:** Estimated calories burned.

The clear LED display provides real-time tracking of your exercise data.
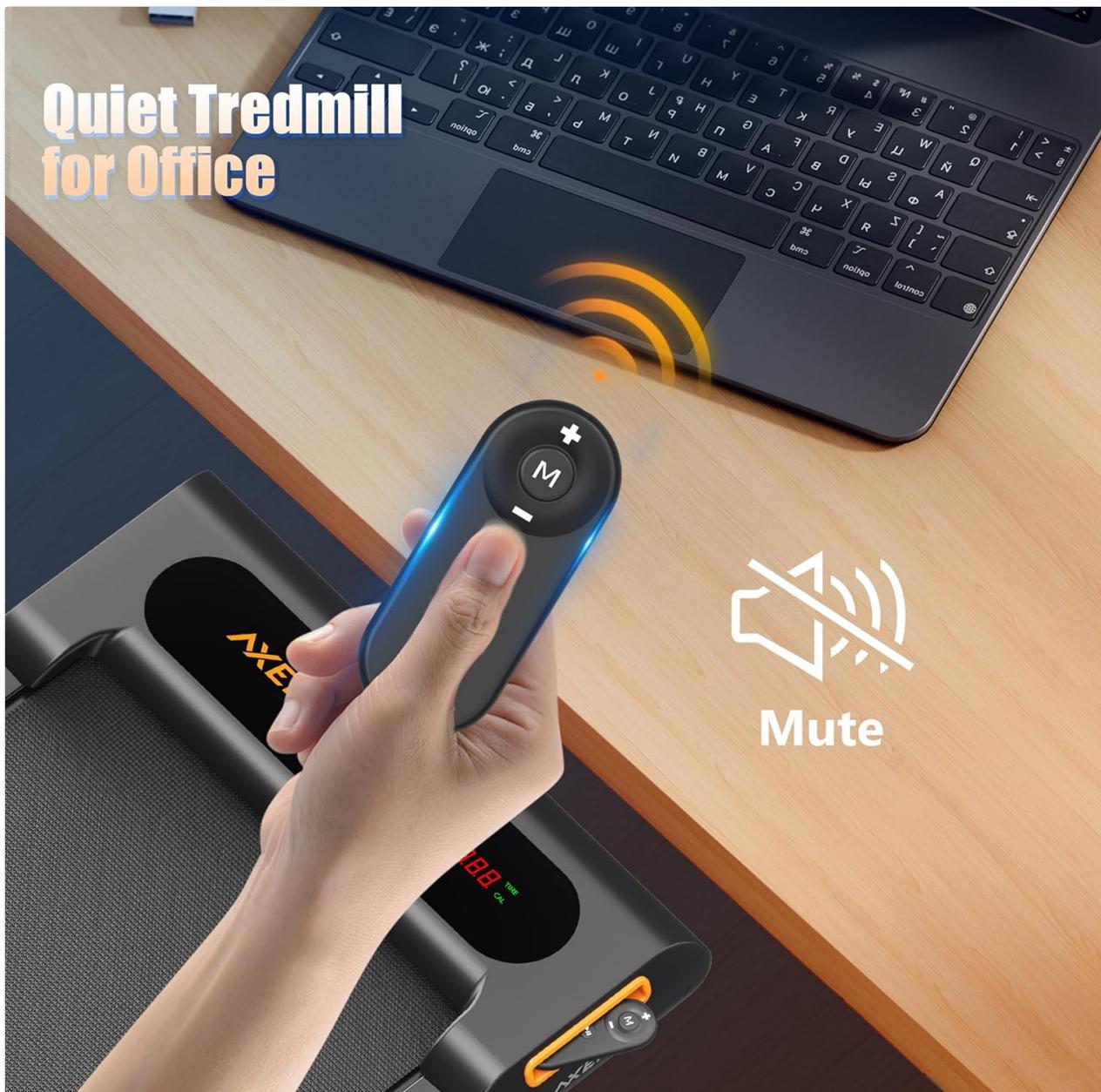
5.4 Remote Control Usage

The remote control is the primary interface for the treadmill. Ensure it is aimed directly at the infrared (IR) receiver located near the display for optimal response.

The treadmill features a convenient silicone-integrated storage slot for the remote control.

The treadmill operates quietly, with sound levels below 45dB, making it suitable for office use without disturbing others.

6. MAINTENANCE

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

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided lubricant bottles.

- Turn off and unplug the treadmill before lubricating.
- Lift the edge of the running belt and apply a small amount of lubricant evenly onto the center of the deck.
- Run the treadmill at a low speed for a few minutes to distribute the lubricant.
- Refer to the specific instructions on the lubricant bottle for frequency.

6.2 Belt Adjustment and Centering

Over time, the running belt may shift to one side. Use the provided Allen key to re-center it.

- If the belt is too far to the left, turn the left adjustment bolt clockwise a quarter turn.

- If the belt is too far to the right, turn the right adjustment bolt clockwise a quarter turn.
- Run the treadmill at a low speed and observe the belt. Repeat adjustments as necessary until the belt is centered.

6.3 Cleaning

- Wipe down the treadmill with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; no power from outlet.	Ensure power cord is securely plugged into both the treadmill and a working electrical outlet. Check circuit breaker.
Remote control is unresponsive.	Remote battery is low or dead; remote not aimed correctly.	Replace the remote control battery. Ensure the remote is aimed directly at the treadmill's IR receiver.
Running belt slips or feels rough.	Belt requires lubrication.	Apply lubricant to the running deck as described in the Maintenance section.
Running belt is off-center.	Belt requires adjustment.	Adjust the running belt using the Allen key as described in the Maintenance section.
Unusual noise during operation.	Loose components; belt friction.	Check for any loose screws or parts. Lubricate the belt if necessary. If noise persists, contact customer support.

8. SPECIFICATIONS

Detailed specifications for the AXEFIT Under Desk Treadmill 300:

- **Model Number:** treadmill 300
- **Brand:** AXEFIT
- **Product Dimensions:** 115D x 50W x 10.4H Centimetres (45.3D x 19.7W x 4.1H Inches)
- **Item Weight:** 20.41 kg (45 lbs)
- **Material:** Alloy Steel
- **Maximum Speed:** 3.8 Miles per Hour (MPH)
- **Minimum Speed:** 0.6 Miles per Hour (MPH)
- **Speed Range:** 0.6-3.8 mph
- **Maximum Horsepower:** 2.5 HP
- **Maximum Weight Recommendation:** 120.2 kg (265 lbs)
- **Display:** LED (Metrics Measured: Calories Burned, Distance, Speed, Time)
- **Power Source:** Corded Electric

- **Input Power:** 300 Watts
- **Special Features:** Compact Design, Portable, Shock Absorbent
- **Deck Length:** 40 Inches
- **Folded Size:** 125 x 61 x 14.5 cm (Not applicable as it's not a folding treadmill, but a compact design for storage)
- **Included Components:** Lubricant, Power Cord, Remote Control, Tool Kit
- **Assembly Required:** No

The treadmill features a powerful and quiet 2.5HP motor, supporting users up to 265 lbs with speeds from 0.6 to 3.8 mph.

Designed for comfort, the treadmill incorporates a double-layer platform, 8 shock absorbers, and a 5-layer running belt to reduce impact on joints.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact AXEFIT customer service directly. Contact details can typically be found on the manufacturer's website or on your product packaging.