

## VITALWALK TM09GY

# VITALWALK TM09GY Foldable Treadmill User Manual

Model: TM09GY

## 1. INTRODUCTION

Thank you for choosing the VITALWALK TM09GY Foldable Treadmill. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and personal injury. This treadmill is designed for home use only.

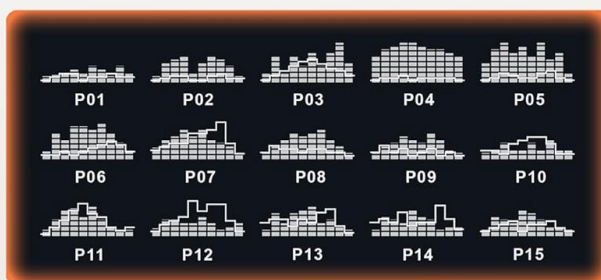
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 feet on sides and rear).
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill. The treadmill will stop if the safety key is dislodged.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Consult a physician before starting any exercise program.
- The maximum user weight capacity for this treadmill is 350 lbs.

### 3. PACKAGE CONTENTS

Carefully unpack the box and ensure all items are present. If any parts are missing or damaged, contact customer support.

- VITALWALK TM09GY Foldable Treadmill (Main Unit)
- Power Cord
- Safety Key
- User Manual (this document)
- Wrench

#### Digital Workout Monitor & Console



15 PRESETS HIIT



Figure 3.1: Overview of the accessories provided with the treadmill, including essential tools and safety items.

### 4. SETUP AND ASSEMBLY

The VITALWALK TM09GY treadmill is designed for minimal assembly. It arrives largely pre-assembled.

## 4.1 Unboxing and Placement

1. Carefully remove the treadmill from its packaging. Due to its weight (approximately 115 lbs), it is recommended to have two people for safe handling.
2. Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and access.

## 4.2 Unfolding the Treadmill

The treadmill features an effortless one-touch fold mechanism.

1. Locate the quick-release lever on the side of the treadmill frame.
2. Press or pull the lever as indicated to release the locking mechanism.
3. Gently lower the console and handlebars into the upright position until they lock securely.
4. Ensure all parts are firmly in place before use.

**Motorized Incline  
Maximize Your Workout**

Experience up to 30% more calories burn with a 15% Auto incline – Enjoy a hiking workout at home!

**15% INCLINE** **10 MPH**

**15% Inc 1900Kcal**

**0% Inc 1100Kcal**

The image shows a man running on a Vitalwalk treadmill. The treadmill is positioned on a wooden floor, and the background is a bright, sunny outdoor scene with a road and green hills. The treadmill's console is tilted upwards, and the man is wearing a white t-shirt and shorts. The Vitalwalk logo is visible on the treadmill's frame and deck.

Figure 4.1: Illustration of the treadmill's folding process, highlighting the quick-release lever that allows for easy and compact storage.



Figure 4.2: The VITALWALK TM09GY treadmill in its fully assembled, operational state, showcasing the console and running deck.

## 5. OPERATING INSTRUCTIONS

### 5.1 Powering On/Off

1. Connect the power cord to a grounded electrical outlet and to the treadmill's power port.
2. Flip the main power switch, usually located near the power cord connection, to the 'ON' position.
3. Attach the safety key to the designated area on the console. The treadmill will not operate without the safety key in place.
4. Press the 'START' button on the console to begin your workout.
5. To stop, press the 'STOP' button or pull the safety key.

### 5.2 Console Overview

The LED monitor displays key workout metrics such as Incline, Distance, Calories Burned, Time, Speed, and Pulse. It also provides access to various preset programs.



Figure 5.1: An individual exercising on the treadmill, demonstrating its performance capabilities including the powerful brushless motor, adjustable incline, and various workout programs.

### 5.3 Adjusting Speed and Incline

- **Speed:** Use the '+' and '-' buttons on the console to adjust the running speed from 0.6 MPH to 10 MPH. Quick speed buttons (e.g., 3, 6, 9 MPH) may also be available for rapid changes.
- **Incline:** Use the 'INCLINE +' and 'INCLINE -' buttons to adjust the auto incline level from 0% to 15%. Quick incline buttons may also be available.

## Free- Assemble & Foldable Design

Unfold to run in a minute , Auto - Fold mechanism and space-save.



Figure 5.2: A user engaging in an inclined workout on the treadmill, illustrating how the 15% auto incline feature can enhance calorie expenditure compared to a flat surface.

### 5.4 Workout Programs (HIIT)

The treadmill includes 15 High-Intensity Interval Training (HIIT) programs (P01-P15) designed for diverse fitness levels. Select a program from the console to automatically adjust speed and incline throughout your workout.

### 5.5 App Connectivity

Connect your tablet or smartphone via Bluetooth to enhance your workout experience. The treadmill supports apps like Fitshow, Strava, and Apple Health.

- Download the desired fitness app (e.g., Fitshow) from your device's app store.
- Enable Bluetooth on your device and open the app.
- Follow the in-app instructions to pair with your VITALWALK treadmill.
- Once connected, you can track workout data, access virtual courses, and manage settings through the app.

## Minimal Footprint, Maximum Run Area

Auto-fold to flat feature with built-in transport wheels that provide portability and easy storage



Figure 5.3: A visual representation of the treadmill's app connectivity, showing a tablet integrated with the Fitshow app for virtual workouts and data tracking.

### 5.6 Heart Rate Monitoring

Grip the pulse sensors on the handlebars to monitor your heart rate during your workout. Your heart rate will be displayed on the console.

### 5.7 USB Charging

A USB charging port (1A/5V) is integrated into the console, allowing you to charge your devices during your workout.

## 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 extend its lifespan. It is recommended to lubricate the belt every 3 months or after 100 hours of use, whichever comes first.

1. Turn off and unplug the treadmill.
2. Carefully lift the edge of the running belt.
3. Apply a small amount of silicone lubricant (provided or compatible treadmill lubricant) evenly under the center of the belt. An applicator may be required as the belt is tight.
4. Run the treadmill at a low speed (e.g., 1-2 MPH) for a few minutes to distribute the lubricant.

## 6.2 Cleaning

- Wipe down the console and exterior surfaces with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust and debris from accumulating in the motor area.

## 6.3 Storage

When not in use, the treadmill can be folded for compact storage. Utilize the built-in transport wheels to move the folded unit.



Figure 6.1: The treadmill in its folded state, emphasizing its minimal storage footprint and dimensions, including its height and the area it occupies.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start or power on.	Power cord not plugged in; Main power switch off; Safety key not in place.	Ensure power cord is securely plugged into outlet and treadmill. Turn main power switch ON. Insert safety key fully into console.
Treadmill starts, then stops unexpectedly.	Safety key dislodged.	Re-attach safety key. Ensure the clip is securely fastened to your clothing during use.
Running belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Refer to the maintenance section for belt lubrication. Adjust belt tension if necessary (consult user manual for specific instructions or contact support).
Unusual noise during operation.	Loose components; Lack of lubrication; Debris under belt.	Check for and tighten any loose bolts or screws. Lubricate the running belt. Clean under the belt. If noise persists, discontinue use and contact support.
Console display is not working.	Loose connection; Power issue.	Check all cable connections to the console. Ensure the treadmill is properly powered on.

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

## 8. SPECIFICATIONS

Detailed technical specifications for the VITALWALK TM09GY Foldable Treadmill.

Feature	Specification
Model Name	TM09GY
Brand	VITALWALK
Motor	3.5 HP Brushless (Peak)
Speed Range	0.6 - 10 MPH
Incline Range	0 - 15% Auto Incline (15 levels)
Running Deck Dimensions	18" W x 48" L

Feature	Specification
Product Dimensions (Unfolded)	60" D x 28.4" W x 9.5" H
Folded Size	60" x 28.4" x 9.5" (9.4" height when folded flat)
Item Weight	115 Pounds
Maximum Weight Capacity	350 Pounds
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)
Display Type	LED
Connectivity	Bluetooth (for Fitshow, Strava, Apple Health apps)
Special Features	Foldable, USB Charging, Device Holder, Water Bottle Slot, Heart Rate Monitoring, CloudBoost Cushioning System

## 9. WARRANTY AND SUPPORT

### 9.1 Warranty Information

The VITALWALK TM09GY Treadmill comes with a one-year warranty and lifetime technical assistance. Please retain your proof of purchase for warranty claims.

### 9.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact VITALWALK customer support through the retailer where you purchased the product or visit the official VITALWALK website for contact details.