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BT BODYTONE Ar400sm

BT BODYTONE Active Run 400 Smart Treadmill User Manual

Model: Ar400sm

1. Important Safety Instructions

Please read all instructions carefully before using the BT BODYTONE Active Run 400 Smart Treadmill. Retain this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to your clothing before beginning your workout.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight for this treadmill is 120 kg (264 lbs).

2. Package Contents

Carefully unpack your treadmill and verify that all components are present. If any parts are missing or damaged, contact customer support immediately.

- Treadmill Frame (main unit)
- Console Assembly
- Upright Posts (Left and Right)
- Base Frame
- Hardware Kit (bolts, washers, nuts, tools)
- Safety Key
- Power Cord
- User Manual



Image: The BT BODYTONE Active Run 400 Smart Treadmill shown in its folded, compact state, indicating how it might appear upon unpacking or for storage.

3. Assembly and Setup

Assembly is required for this treadmill. Follow these steps carefully to ensure proper setup.

3.1 Unpacking and Placement

1. Remove all components from the packaging and place them on a clear, flat surface.
2. Position the treadmill in your desired workout area, ensuring sufficient space around it for safe operation and access.

3.2 Assembling the Frame

1. Attach the upright posts to the base frame using the provided bolts and washers. Do not fully tighten yet.
2. Carefully lift and attach the console assembly to the top of the upright posts, securing it with the remaining hardware.

3. Connect any internal wiring between the console and the main frame as indicated in the detailed assembly diagram (refer to the included paper manual for specific diagrams).
4. Once all components are aligned, fully tighten all bolts.

3.3 Initial Power-Up

1. Plug the power cord into a grounded electrical outlet.
2. Locate the main power switch, usually at the front base of the treadmill, and turn it to the 'ON' position.
3. The console display should illuminate.



Image: A person running on the fully assembled BT BODYTONE Active Run 400 Smart Treadmill, demonstrating its operational state.

4. Operating Instructions

Familiarize yourself with the console and basic operations before starting your workout.

4.1 Console Overview



Image: A close-up view of the treadmill's control console, showing the digital display, speed controls, and other function buttons, with a hand interacting with the interface.

- **Display Screen:** Shows time, speed, distance, calories, and heart rate.
- **START/STOP Button:** Initiates and pauses/stops the treadmill belt.
- **SPEED +/- Buttons:** Adjust the running belt speed.
- **INCLINE +/- Buttons:** Adjust the incline level of the running deck (if applicable).
- **MODE Button:** Cycles through display modes or workout programs.
- **Quick Speed Buttons:** Preset buttons for instant speed changes.
- **Safety Key Slot:** Where the safety key magnet attaches.

4.2 Basic Operation

1. Ensure the treadmill is plugged in and the main power switch is ON.

2. Attach the safety key clip to your clothing and place the magnet end into the safety key slot on the console. The display will activate.
3. Step onto the treadmill belt, standing on the side rails.
4. Press the **START** button. The belt will begin moving at a low speed after a short countdown.
5. Gradually increase the speed using the **SPEED +** button to your desired pace.
6. To stop, press the **STOP** button. The belt will gradually slow down and stop. Alternatively, pull the safety key to immediately stop the treadmill.



Image: A person actively running on the BT BODYTONE Active Run 400 Smart Treadmill, viewed from the side, illustrating proper usage during a workout.

4.3 Using the Safety Key

The safety key is a critical safety feature. It must be in place for the treadmill to operate. In case of an emergency or if you fall, pulling the safety key will immediately stop the treadmill belt, preventing injury.



Image: A detailed view of the treadmill's console, highlighting the prominent red safety key attached to its designated slot, ready for use.

5. Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the detailed instructions in your paper manual for the correct lubricant type and application frequency (typically every 3-6 months depending on usage).
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in your paper manual.
- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before performing this.
- **Inspect Power Cord:** Regularly check the power cord for any damage. If damaged, discontinue use and contact customer support.

6. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Main power switch off; Safety key not in place.	Ensure power cord is securely plugged in. Turn main power switch ON. Insert safety key correctly.
Running belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension (refer to manual). Lubricate the running belt.
Belt drifts to one side.	Belt alignment is off.	Adjust belt alignment (refer to manual).
Unusual noise during operation.	Loose hardware; Lack of lubrication; Foreign object.	Check and tighten all bolts. Lubricate belt. Inspect for and remove any foreign objects.
Console display is erratic or blank.	Loose cable connection; Power issue.	Check all console cable connections. Ensure stable power supply.

7. Specifications

Technical specifications for the BT BODYTONE Active Run 400 Smart Treadmill.

Feature	Detail
Brand	BT BODYTONE
Model Number	Ar400sm
Product Dimensions (L x W x H)	76 x 160 x 29 cm
Item Weight	81 Kilograms
Assembly Required	Yes
Maximum Weight Recommendation	120 Kilograms

8. Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official BT BODYTONE website. If you require technical assistance, replacement parts, or have any questions not covered in this manual, please contact BT BODYTONE customer support through their official channels.

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